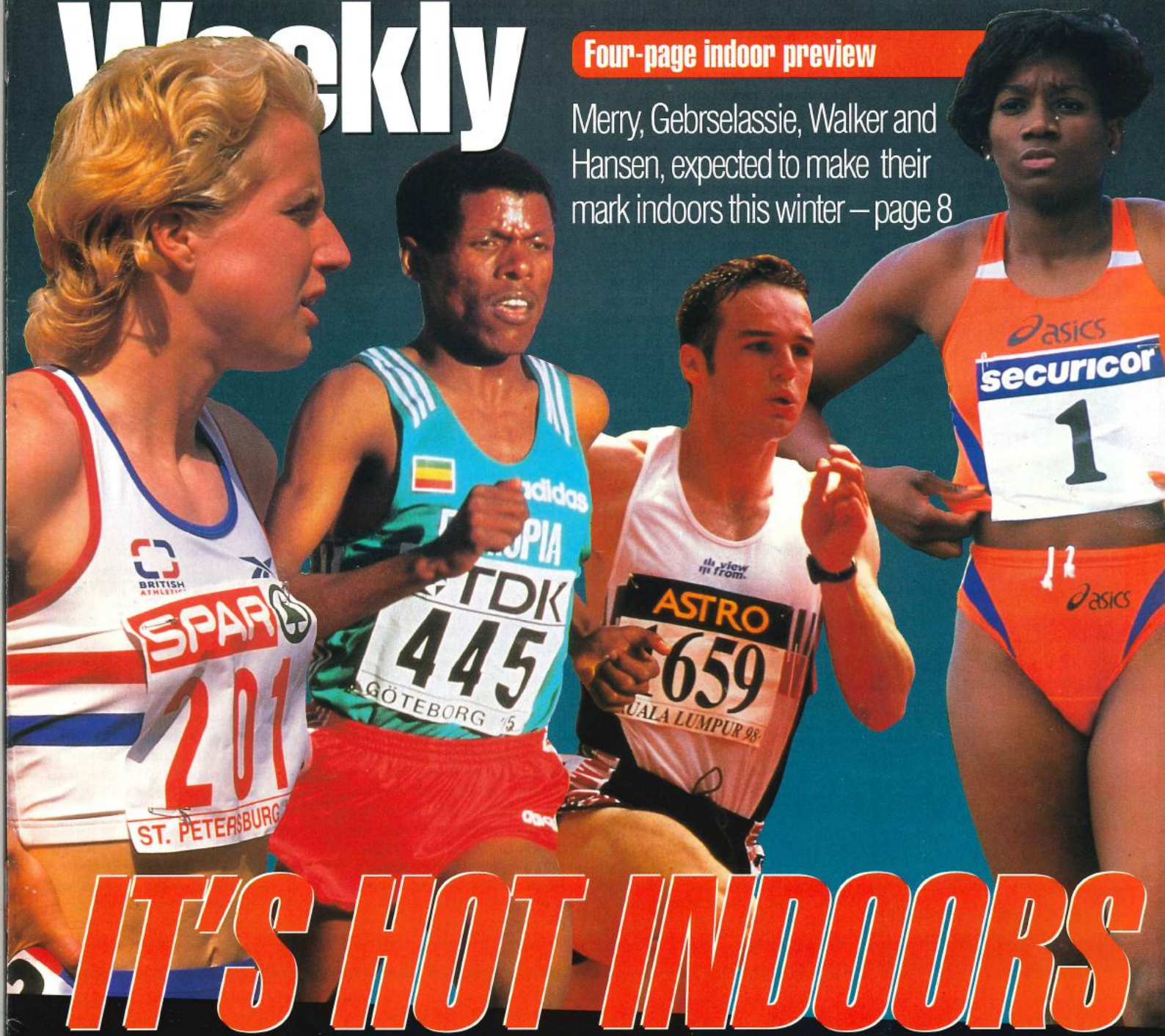
RESULTS! 13 pages of the leading results from road, multi-terrain and cross country

Athletics Weekly

Four-page indoor preview

Merry, Gebrselassie, Walker and Hansen, expected to make their mark indoors this winter – page 8



IT'S HOT INDOORS

ON THE ROAD IN 1999

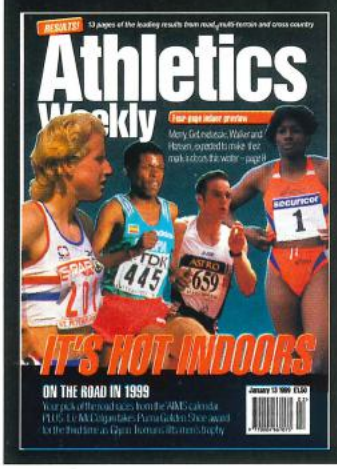
Your pick of the road races from the AIMS calendar. PLUS: Liz McColgan takes Puma Golden Shoe award for the third time as Glynn Tromans lifts men's trophy

January 13 1999 £1.50

9 770004 667073 02>

In this issue...

News	6
Indoor Guide	8
Track Chat	14
Puma Rankings	16
On The Road	18
Road Fixtures	20
Products	24
Young Athlete	26
Fell	28
Vets' Voice	29
What's On	30
Results	33
Letters	45



Late challenge to Welsh ambition

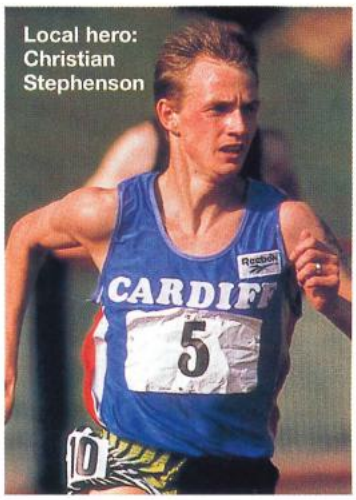
HIGH noon tomorrow adds up to D-Day for ambitious endurance runners in Wales. Despite the inspirational performances of Christian Stephenson and Hayley Nash this winter, so few of their compatriots have entered for Sunday's Reebok Cross Challenge races in Cardiff's Bute Park, the closing date has been put back.

Meeting director Graham Finlayson says: "I'm delighted with the response from the English runners – they've been brilliant. But Welsh athletes are always grumbling there's no decent races for them. Then I put this on and they say the quality's too high and they don't stand a chance of winning.

"Yet the whole idea of the Reebok series is to encourage British athletes to get better by racing at a slightly higher level than they're used to."

There were only four Welsh seniors among the first 30 entries for the men's 9km. Among them are former national champion Christian Stephenson, who was 22nd in the Europeans, and his Cardiff AAC clubmate Andres Jones, who finished 28th – and was second Briton home – in the opening IAAF Cross Challenge race of the season in Brussels just before Christmas. They're outnumbered by cross-border invaders such as Keith Cullen, Dominic Bannister and Neil Caddy from the GB team in Ferrara, plus Andrew Pearson.

But the fear is that Durham's small fields – fewer than 40 finishers in either IAAF race – will be duplicated in Cardiff.



Local hero: Christian Stephenson

TIMETABLE

11.15am	U13 boys	3km
11.18am	U13 girls	3km
11.35am	U15 girls	3km
11.50am	U15 boys	4km
12.05pm	U17 men	6km
12.08pm	U17 women	4km
12.30pm	U20 women	5km
1.00pm	U20 men	7km
1.30pm	Men/women	4km
1.50pm	Women	6km
2.20pm	Men	9km

The situation is similar with the women's 6km, in which the Welsh heroine of Ferrara, 35-year-old Hayley Nash, will meet British team-mate Lucy Elliott and a possee of Worlds hopefuls including former Ethiopian Birhan Dagne, who is now eligible to compete for Britain.

But now Finlayson hopes late entries – he can be called on his mobile, 0411-018359, up to noon tomorrow – will boost the numbers in the senior races.

He is also surprised there hasn't been more interest in a 4km for men and women which he is staging especially to help athletes preparing for the World Trials short races.

Rob Whalley, winner of last winter's World Trial 4km in Cardiff, lines up in a men's field comprising young lions such as former and reigning English National junior cross country champions Matt O'Dowd and Allen Graffin. Helen Pattinson, a GB regular since qualifying for the 4km at last winter's World Championships, headed the early women's entries.

In the U20 races – run under IAAF rules and therefore now without athletes such as Sam Haughian who were born in 1979 – Crawley AC's Joel Kidger could dramatically close the gap on his clubmate, Gavin Thompson, who is leading the U20 men's series. Birchfield's Rebecca Everett, third in the U20 women's standings, will face strong opposition from international Louise Kelly.

Both junior fields will be supplemented by schools inter-counties competitions thanks to additional sponsorship by Arjo Wiggins, who are also funding invitation events for U17s, U15s and U13s. With over 500 schoolchildren racing, the eagerness of the next generation in Wales is in danger of putting the current crop to shame – unless Finlayson's phone is red-hot for the next day or so.

Wide Open Races

ANYONE can enter.

Reebok CROSS CHALLENGE 98 99 SERIES

HOTLINE 01444 257160

TROMANS' TWO-STEP

GLYNN TROMANS takes time out from chasing Reebok Cross Challenge points to contest the IAAF Cross Challenge race in Seville on Sunday.

It's the start of his two-step – or, rather, two-week routine – that proved so successful last winter.

Amazingly when the 28-year-old Coventry Godiva Harrier finished 31st in the Spanish city last year, it was his IAAF debut.

But he's determined to follow the same route he took to the World Championships when he led home the British team in Marrakesh.

So Tromans will follow Seville by racing the Coca-Cola International in Belfast on January 23, the Almond Blossom in Portugal, on February 7 and the Reebok Inter-Counties Championships on February 21,

It will lay the ghost of a stitch which left him trailing in 47th in the European Championships after his aspirations for a top 10 finish seemed realistic for three-quarters of the race.

Tromans, who has undergone two heart operations to achieve his athletics successes, is quick to squash fears that his problems in Ferrara were more serious.

"It was a bad stitch on the wrong day," he says. "It was uncontrollable and it does not make me a bad runner."

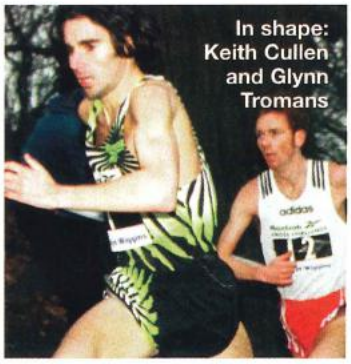
Cullen flat out again

KEITH CULLEN is over the virus that hit him after he finished tenth in the European Championships last month – and looking forward to not having to tackle the Cardiff Castle hill on Sunday.

He is delighted the Reebok Cardiff Challenge is being run in Bute Park, where he completed his hat-trick of British titles last year.

"It's a better course outside the Castle," says Cullen, who has mixed memories of last year's Reebok race in the Principality. He led for most of the way over a course that included a frightening downhill stretch in the Castle walls but was beaten in the end by a late entrant from Kenya.

"The hill was far too dangerous," says Cullen. "Especially going up and down it six or seven times."



In shape: Keith Cullen and Glynn Tromans

He's hoping Bute Park will provide him with the launchpad toward his big target of the winter – a place in the World Championships long race in Belfast on March 28.

And he is confident he is over the illness he brought home from Ferrara, explaining: "On the flight home I went down with some sort of virus and missed training for a week or so, which meant there was no real point going to Brussels for the IAAF Cross Challenge.

"I was going to take a break after Christmas, anyway, so it's not really interrupted my winter. After Cardiff, I'll probably have one more race abroad before the trials.

"The main priority is the World Cross. And then I'd like to go for a fast 10,000m again in the European Challenge, as I did last spring."

Cross Talk



With Trevor Frecknall

E-mail: trevor.frecknall@ecm.emap.com

Pearson takes a peek

ANDREW PEARSON plans a spying mission to Belfast – proof that he is back in his most positive frame of mind.

For he's not planning to run the Coca-Cola International at Stormont on Saturday week. "I want to look at the course they're using for the World Cross," he says after restoring his confidence by winning the Reebok Cross Challenge at Cumbernauld and finishing as second Briton in the BUPA Great North IAAF Cross Challenge.

Pearson, twice the leading Brit in past World Cross Country Championships, is clearly back in the form that earned him the silver medal in last year's European Mountain Trophy.

And his run into ninth place in Durham, 15 seconds behind European Cross Country Championships silver medallist Mohammed Mourhit, gave him even more pleasure than his thrilling win over English National champion Dominic Bannister in Cumbernauld.

He regrets he couldn't hang on to the legendary Khalid Skah, who got away in the last 600 metres, but says: "The gap wasn't fantastically big between me and Mourhit."

And Pearson's coach, Dennis Quinlan, is already looking forward to him continuing the mountain running exploits which have enabled him to continue to receive lottery backing.

Quinlan says: "Mountain running, especially uphill only, can form a useful part of an endurance athlete's year – it has not done Bobby Quinn and Heather Heasman much harm, both of whom benefit from lottery funding as a consequence.

"Next year's World Mountain Trophy in Borneo is little more than a tough cross country with lots of small ups and downs, much to the disappointment of the fell runners!"

War-zone Amy goes shopping

WHAT does a bright young athlete do when she's caught in a war zone? Go shopping, of course!

Amy Waterlow was in no mood to cower in her hotel in Dubai when the USA and Britain began to bomb Iraq just before Christmas.

The reigning English National junior cross country champion had flown out to the Gulf with north-east champion Stewy Bell for a road race in the sunshine rather than make the shorter journey to Scotland for the Reebok Cumbernauld Challenge.

"The bombing of Iraq started while we were in the air," says the Loughborough University student who does not need to take a degree in unflappability. "Because of the uncertainty, the race was called off but the organisers were happy for us to stay and train for four days until it was time for us to fly home. So we trained in the warm – and I found time to finish my Christmas shopping.

"I was a little bit frightened because I'd flown out on my own – Stewart was on a different flight. But it was a good experience."

It obviously didn't faze her. In her first race since her return from the warm weather training trip that went like a bomb, she was second Briton home in the Great North IAAF Cross Challenge, 40 seconds behind Paula Radcliffe but, for the first time, ahead of Vikki McPherson, who has made a late start to a season designed to peak at the World Championships in Belfast.

Not that she's going to rest on that laurel. Conscious there are harder battles to come if she is to realise her own ambition and get into the British team for Belfast, Waterlow says: "I'm still not there. It was great to be up with Vikki. I look up to her and Paula. But I want to get closer to them more often."

That said, Cardiff may be a little bit more daunting than the Gulf. "I'm not sure I'll be running the Reebok race," she says. "I've got to get some work in at Loughborough."

Any cross country news? Ring Trevor Frecknall on 01733-465493

BRIEFING

World Trials rules

SELECTION criteria have been announced for British athletes wanting to run the World Trials incorporated in the Reebok UK Inter-Counties Cross Country Championships in Wollaton Park, Nottingham, on February 20.

The men's and women's 4km races will be based on Celtic national and English regional teams of eight athletes per team. UK Championship medals will be awarded to the first three individuals and first three teams (four to score).

The senior men's 12km, junior men's 8km, senior women's 8km and junior women's 6km races will be based on English county and Celtic district teams entered for the Inter-Counties Champs. Seniors will be nine per team and juniors eight per team. UK Championship medals will be awarded to the first three individuals in each race.

Applications for wild card entries into any of the races should be made to Cliff Robinson, 9 Knoll Close, Littleover, Derby DE23 7SG (tel: 01332-519521).

Team entries are being handled by UK CAU cross country secretary Joe Mower, who can be contacted on 01473-218254 by managers with questions.

National deadline

ALL eligible clubs should have received entry forms for the View From English National Cross Country Championships at Newark Showground on March 13. Entries close on January 22 with no late entries allowed.

Clubs which have not yet received forms should contact their regional office without delay.

Individual entries will again be welcomed from Scottish, Welsh and Northern Irish athletes who are not first claim members of English clubs. They can apply for forms to (men) George Ogle, 11 Thornton Crescent, Blaydon-on-Tyne, Tyne & Wear NE21 4BA and (women) Vera Duerdin, 10 Anderton Close, Bury, Lancs BL8 2HQ. Clubs are reminded that all foreign athletes must be registered with UK Athletics to be able to compete.

Luppitt date switch

TO avoid clashing with last weekend's county championships, the Luppitt Lollop is being held near Honiton, Devon, on Sunday January 31.

There's still time to enter the 14-miler with 2000 feet of climbs. Details from organiser Dave Pressley on 01392-881711.

McKiernan is out

CATHERINA McKIERNAN has been forced to withdraw from the Rás na hÉireann in Dunleer, Ireland, on Sunday by the knee injury that prevented her running the BUPA Great North Cross County.

Champs miss big day again

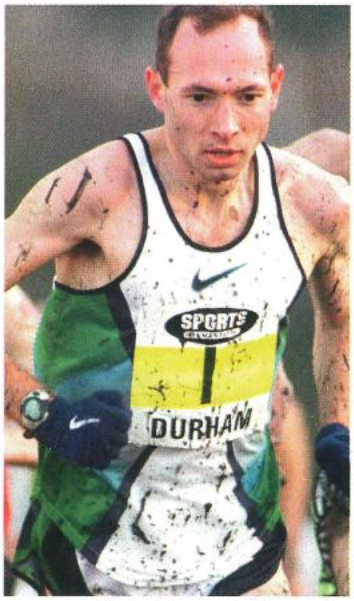
BRITAIN's unquestioned leading cross country runners Jon Brown and Paula Radcliffe will again miss the World Trials incorporated in the Reebok Inter-Counties Championships in Nottingham's Wollaton Park on February 20.

Both will be on the other side of the Atlantic preparing for the World Championships in Belfast.

Radcliffe, the reigning European champion, flies off to Albuquerque on February 8 for four weeks of intensive training aimed at improving on the silver medals she has won at the last two World Cross Country Championships.

Brown, who would surely be European champion for the second time in three years if he had travelled to Ferrara, will be back home in Vancouver after a couple more races in Spain. Bolder in Colorado is his usual altitude training centre, though George Gandy at Loughborough University remains his coach.

Neither are 'political' schemers but both demonstrate the distance the sport has to go if it is to provide the financial support that will persuade its best athletes to prepare with other members of the national squad.





Transatlantic trainers: Jon Brown and Paula Radcliffe

Brown settled in Canada before lottery funds began to seep into the sport and sees no incentive to return. Indeed, he had two reasons for not bidding to add to his 1996 European cross country title last month: one was a foot injury that hampered his training; the other was "it would have meant me travelling over for that race, travelling back for Christmas and coming back a couple of weeks later."

And after proving his quality – even while jet-lagged – by finishing third in the BUPA Great North IAAF Cross Challenge behind world junior champion Milion Wolde and Kenyan Thomas Nyariki, Brown gave another reason: "I have to be thinking of running well in March. It's hard to keep yourself motivated for months on end."

New format's first clash

WITH the new cross country fixtures format for the UK due out shortly, the most powerful county in England has already decided it can't fall into line next winter.

The North-East has arranged its county championships for Saltburn in December – because the BUPA Great North Cross Country will be held on the recommended date, January 8.

Yet the Great North organisers would be delighted in a merger of the two meetings – a move that would reduce the workload on both athletes and officials in the area, whose reputation as the hotbed of harrier racing is looking a little worn these days.

Brendan Foster, head of Nova International which stages the IAAF meeting, says: "We would be very interested in talking to the North-East Championships folk about holding their championships as part of our event.

"I'm sure we could work together and put on an even bigger and better meeting at Durham."

North-East county secretary George Ogle says he will put the suggestion to his committee but points out: "We tried it once before, when the inaugural European Championships were held at Alnwick, and it was an absolute calamity with runners going off-course following the television buggy."

Unlike the Europeans, the Great North programme already has all but one of the age-group races held at county champs. The exception is the U20 women. And Ogle added: "I don't think anyone would complain if we were able to reduce the number of events because there's no doubt that there are too many races, especially in the age-groups, but we have already promised the championships to Saltburn. All I can do now is put the suggestion to the committee."

The outcome could be the first indication as to whether the traditionalists on the country scene are willing to give the new format a chance to bring order to the chaotic fixture list.

Tulba taking speedy confidence on board

PHIL TULBA, one of the chief sufferers from the lap-counting fiasco that marred the middle distance race at the BUPA Great North cross country meeting, is taking to the boards in search of the place in the 4km race at the World Championships in Belfast.

He says the 3000m at the Midland Games and AAA Indoor Championships at the NIA, Birmingham, might yield a qualifying time for the World Indoors – "but the priority is the short race at the World Cross Trials."

The 25-year-old former Loughborough University student from Basingstoke Mid Hants AC says: "I'm confident I can run the qualifying time, but it's a question of getting the right races.

"Everything is going right for me. Believe it or not, I've only done two track sessions yet I felt ridiculously comfortably in that abortive sprint at Durham."

More important, his confidence is unaffected: "I'm feeling so good about myself and my training."

Session man Quinn

BAF Senior Coach Derek Parker outlines his training schedules which took Robert Quinn to the Scottish cross country title

FOR the past 15 years it has been my privilege and pleasure to have been involved in the training of Scottish cross country champion and British international 10km runner Robert Quinn.

Last year Robert finished fourth in the World Mountain Running Championships at Reunion and was the first Briton across the line.

In this short article I shall describe a few of Robert's sessions which I hope will be of inspiration to *AW* readers and provide them with some guidance about how to plan their own programmes.

When asked about the key to Robert's successes at top class level in cross country, road, track, and mountain races in places as far apart as the Czech Republic and the United States – including two World Championships – I always answer: 'Hard work, dedication, commitment, and intelligent training.'

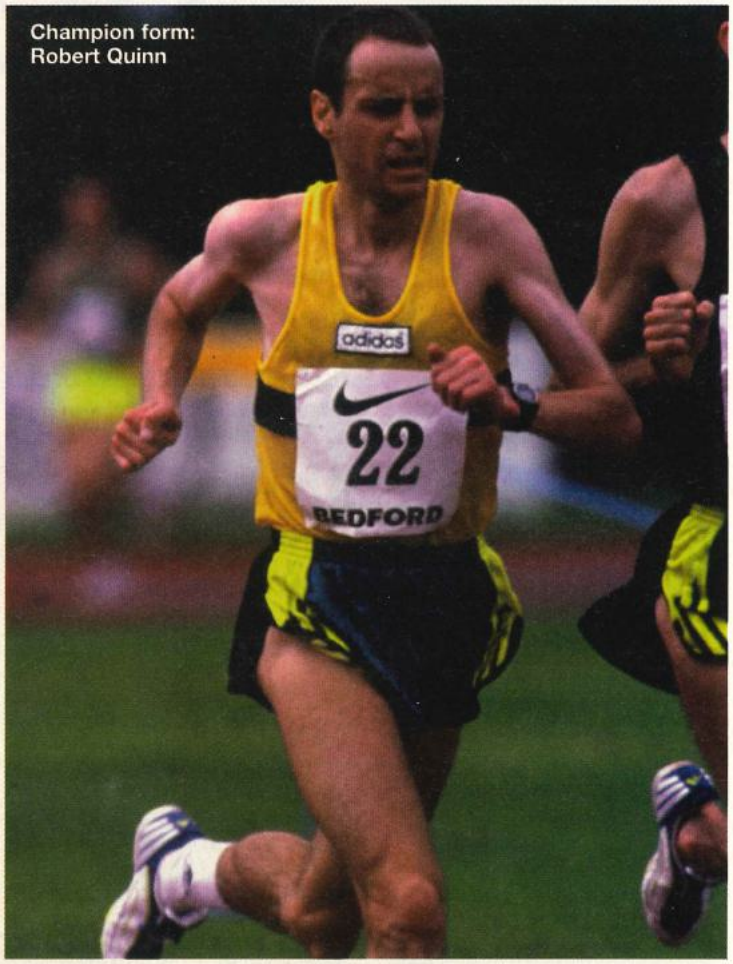
These attributes are reflected in Robert's willingness throughout his career to travel beyond the boundaries of Scotland to gain experience against world class opposition when it would have been easier to stay at home and pick up district or national titles in less competitive races.

They are also evident in his twice daily sessions virtually every day of the year, including Christmas and New Year's Day. Even on the morning of races such as the Edinburgh to Glasgow relay necessitating an early start, Robert does a warm-up session at around 6am to put himself in the right frame of mind for his stage of the event.

I must emphasise, however, that I am not advocating twice daily or even daily sessions for the vast majority of athletes. They must tailor their sessions to accommodate their age, health, fitness level, ability, and their capacity to recover from training loads.

Robert's training involves a combination of fartlek, track, hill, and steady running sessions over distances ranging from four to 15 miles at the appropriate heart rate.

While it is impossible in this brief article to go into detailed analysis of his workouts I shall describe a few which readers might find of benefit. Again I emphasise, you must modify the session in accordance with your own individual requirements. Do NOT blindly follow someone else's programme. Use it merely for guidance, information, and inspiration.



Champion form: Robert Quinn

Fartlek sessions

(done on Mondays with colleagues at Kilbarchan AC training sessions)

1 1 minute fast (1 minute jog) + 2 minutes fast (1 minute jog) + 3 minutes fast (1.5 minutes jog) + 2 minutes fast (1 minute jog) + 1 minute fast. The 1 minute and 2-minute repetitions are run at 1500m/3000m pace. The 3 and 4 minute repetitions are run at 5km/10km pace.

2 Five sets of 2 minutes at 5km pace (60-second recovery jog) + 1 minute at 3km pace (45-second jog recover) + 30 seconds at 1500m pace (45-second jog recovery). There is NO recovery between sets. Each new set starts 45 seconds after the final 30-second repetition in the previous set.

3 Four sets of 2.5 minutes at 10km pace (jog 30 seconds recovery) + 2.5 minutes at 5km pace (jog 60 seconds recovery).

Each set comprises one repetition at 10km pace and one repetition at 5km pace. An athlete with race targets of sub-29 minutes and 13 minutes 45 seconds for 10km and 5km respectively would aim to cover approximately 860 metres and 910 metres in his 2.5-minute repetition runs.

Track sessions

(done on Thursdays with colleagues at Kilbarchan AC):

1 2 x 100m (60 seconds recovery) + 2 x 800m (45 seconds recovery) + 2 x 600m (30 seconds recovery) + 2 x 400m (25 seconds recovery). All repetitions are run at 5km pace.

2 1200m at 5km pace (70 seconds recovery) + 400m at 1500m pace (45 seconds recovery) x 3 sets.

3 600m (30 seconds recovery) at 5km pace + 200m at 1500m pace (30 seconds recovery) x 6 sets.

4 12 x 400m (30 seconds recovery) at 3km pace. This same session – but with 22 seconds recovery – is done at 5km pace 10 days before a major track, road, or cross country competition.

Livesey for the States

HARD though the officials of UK Athletics and the Sports Council are working to make sure lottery funds help the stars of the future, 18-year-old Chris Livesey is planning to cross the Atlantic in search of success.

The Preston Harrier who underlined his potential by reaching last month's European Championships and running away with the U20 men's race at the BUPA Great North meeting in Durham, is off to study in the USA for four years.

He has accepted a place at Providence College, whose latest European Championships success was Mark Carroll, the Irishman who finished third in the 5000m in Budapest.

Livesey will fly out to be jointly coached by Irishmen Ray Treacy and Andy Ronan with his confidence soaring. He explains: "I've been running much better than expected this winter.

"I came to Durham last year and had a nightmare – just as I had at Gateshead. This year when I went to Margate for the European Trials I expected top 10 – and found myself in the Europeans after finishing sixth.

"At the start of the winter, my targets were to get in some good training and reach the Worlds."

Belfast continues to loom large ... and so does Riga, the Latvian capital which will be hosting the European Junior Championships in the summer. "I'd like to get in the 1500 and maybe bid for a medal," says Livesey, whose PB of 3:46.5 left him second in the UK junior rankings last summer.

BRIEFS

Midlands may move

THE Midland 12-Stage Road Relays may be moved to avoid a clash with the IAAF World Cross Country Championships in Belfast on March 27 and 28.

Pledging the issue would be discussed by the Midland Road Running Committee next month, chair Norman Wilson said: "We've had the race on Easter weekend before and could do so again if it is the wish of the majority of our clubs. But it's up to them."

Gates on way

ATHLETICS WEEKLY, in conjunction with athletics tour specialist WGT Travel, have now awarded Nigel Gates a trip to the European Veteran Indoor Championships in Malmo from March 4-7, *writes Martin Duff*.

Jo Ogden, the original recipient of the award, felt she was unable, after all, to accept the challenge.

Gates, the British and Irish Vets' International cross country champion, plans to tackle the 3000m on March 4 followed by the 1500m on the final day of the championships.

Already holder of the world best M40 time of 8:20.16 for 3000m, Gates will be capable of adding the M45 world best, which has stood to Renato de Palmas, at 8:46.80 since 1985.

Athletics Weekly is pleased to co-operate with WGT Travel and the BVAF to recognise the Brighton & Hove stalwart's talents on the European stage.

Gates will be keeping a diary of his exploits in Malmo which will feature in *Vets' Voice* after the championships.

Scots' must join scheme

ALL members of Scottish clubs are now required to belong to the new membership scheme, Athletics Scotland, before competing in SAF permitted events. Athletes must enter their membership number in the box provided on entry forms.

Athletes who have not yet joined Athletics Scotland should telephone the hotline, 08700-500600, for an application form.

Membership of the scheme is also open to non-members of clubs who would then no longer be required to pay an unattached or non-members' levy.

Non-club members who do not belong to the scheme will continue to pay the non-member levy of £1 per event.

High days take off

MIDLANDS staff coach Mike Dolby is organising indoor coaching/ training sessions for prospective coaches, school teachers and athletes with a minimum standard of 1.50m at Solihull on Sunday afternoons to the end of March.

For details contact him on 0121-7056842.

We're top of the TV pops

By Trevor Frecknall

BRITISH athletes go into the new year knowing that if they continue to be successful, they will be top of the sporting pops on television.

The proof comes in the shape of viewing figures just released which show the European Championships in Budapest turned on Britons more than any other viewing nation.

The final fabulous night was watched on 7.9 million sets in Britain as the men climbed to the top of the table for the first time ever thanks to victories by Steve Backley, the 400m relay squad of Mark Hylton, Jamie Baulch, Iwan Thomas and Mark Richardson plus Jonathan Edwards.

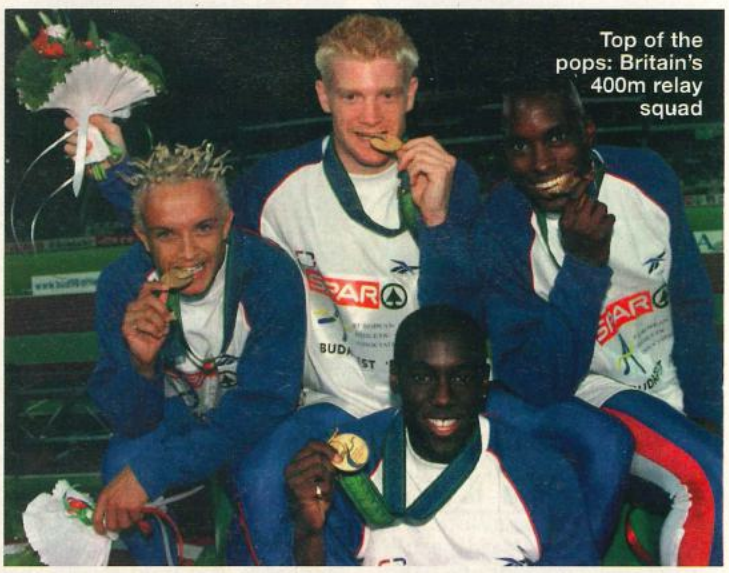
The audience was more than a third higher than that in Germany, even though they were able to celebrate title runs by Nils Schumann in the 800m and Damien Kallabis in the 3000m steeplechase.

Germany claimed 700,000 more viewers over the six days of the championships – but only because they were fed almost 18 hours more coverage than appeared in Britain.

The figures, released by the European Athletic Association, are certain to add confidence to Fast Track as its search goes on for a "white knight sponsor" of the four big British meetings.

For the Budapest action was shown on BBC television, which will also be showing this summer's action from the Grand Prix II meeting at Gateshead on June 27. Also being screened by the BBC are the AAA Championships incorporating the World Trials at Birmingham on July 23-25, Grand Prix I at Sheffield on August 7 and Great Britain v USA at Scotstoun, Glasgow, on September 4.

These are the stats:



Top of the pops: Britain's 400m relay squad

Who watched what

TV COVERAGE

(Total hrs: mins of transmission)

1	Germany	50:40
2	Switzerland	46:20
3	Finland	45:30
4	Italy	44:57
5	Iceland	44:10
6	Czech Rep	38:57
7	Greece	38:33
8	France	37:44
9	Estonia	37:22
10	Hungary	35:22
11	Sweden	33:20
12	BRITAIN	32:53
13	Monaco	32:34
14	Cyprus	29:25
15	Slovakia	28:43
16	Spain	23:56
17	Norway	21:44
18	Turkey	21:15
19	Israel	20:45
20	Slovenia	19:37
21	Croatia	19:34
22	Portugal	18:18
23	Bosnia	15:38
24	Lithuania	15:41
25	Poland	15:23
26	Holland	13:04
27	Ireland	13:01
28	Romania	11:30
29	Bulgaria	10:35
30	Russia	10:25
31	Belgium	3:58
32	Austria	2:41
33	Japan	1:00

AGGREGATE AUDIENCE

(in millions)

1	Germany	49.000
2	BRITAIN	48.300
3	Italy	36.724
4	France	32.321
5	Poland	28.500
6	Sweden	18.455
7	Bulgaria	15.446
8	Holland	14.210
9	Eurosport	11.088
10	Finland	10.413

BIGGEST AUDIENCES

		Date	millions
1	BRITAIN	Aug 23	7.900
2	Germany	Aug 23	5.000
3	France	Aug 21	4.445
4	Poland	Aug 23	3.700
5	Bulgaria	Aug 29	2.745
6	Italy	Aug 23	1.824
7	Holland	Aug 20	1.455
8	Eurosport	Aug 23	1.192
9	Finland	Aug 23	1.134
10	Sweden	Aug 21	1.060

Coach Bob Smith dies

BOB SMITH, husband of Phylis, father of Robert and Christian, coach and inspiration to countless British athletes, died of a heart attack at his home last Wednesday night.

A coach for half his 61 years, he had been at the local track with his training group earlier in the evening. When he collapsed, Phylis strove to put her newly-learned nursing skills into practice, helped by a neighbour who is a nurse. But the attack was massive.

The funeral is on January 18 (2pm) at St Mary's Church, Bushbury, Wolverhampton. The mourners are asked not to send flowers but to make donations to the Ron Pickering Memorial Fund (charity number: 1005166). Donations can be sent to Mrs Jean Pickering, 11 Wendover Drive, Welwyn, Herts AL6 9LT.

Phylis said: "He was always trying to help athletes, especially those who were disadvantaged.

"He would not want money to go on flowers that would die in a matter of days. He would want it to be spent on something much more practical."

One of Smith's training group, Sharon Tunaley, the former AAAs 200m champion, paid this touching tribute: "On behalf of all athletes past and present who Bob has helped to achieve personal goals above and beyond our own expectations, I'd like to say he will be sadly missed. It is a great loss to the athletics world where he had so many friends."

Gowry Retchakan, the 400m hurdler who has been a GB team-mate of Phylis Smith for years, said: "He was a good, unassuming man, who always had something nice to say to people. I have known him ever since Phylis became an international runner and what I remember best about Bob was his gentle smile. I also remember his son Robert and mine, Sunny, playing while Phylis and I were warming up for some race or the other!

"One comment he made to me last year springs to mind. Last Easter he was in Spain with his entire family and his training squad. When there was a break between the reps his squad was doing, he walked over to me (I think I was doubled up in pain after a hurdles session) and said, 'Well, you are going to have a good year this year, young lady!' Young? – debatable but I let it pass. And I did have a good year last year.

"I know Phylis,. Robert and Christian are sure to miss him, every day for a considerable period of time but he lived his life the way he wanted to and did what he did best – better than most people.

"Chin up, Phylis. You have a lot of friends and you will rise above it, just the way Bob would have liked you to."

■ **More tributes next week.**

Date switch for AAAs annual meeting

THE landmark annual general meeting of the AAA of England will not be held on the same Saturday afternoon as the Reebok Inter-Counties Cross Country Championships, as originally reported.

It will go ahead on February 27 (1pm) at the Civic Hall, Leeds.

It is even more important than usual because delegates will be asked to vote for changes to its constitution so that the association can govern England within the framework already accepted by clubs in the vote which established UK Athletics as the governing body to replace the British Athletic Federation.

Details of the recommended changes are being circulated to clubs now.

Apart from the rule changes, one practical proposal is for the AAAs to have full-time staff and an office of its own for the first time.

Previously, its elected officials have worked from home and used the full-time office workers of the BAF to distribute championship entry forms and process the replies.

Since the BAF went into administration, it has made more use of regional headquarters – staff at the North of England AA have booked the venue for the AGM – and the suggestion is that it should establish its own base in Edgbaston House, Birmingham, the home of the Midland Counties AA.

New job lands Tessa in a row

TESSA SANDERSON, the 1984 Olympic javelin champion, landed a new job for the new year – and stepped into a political row.

Sanderson, a Labour party campaigner, was appointed to the English Sports Council.

And on the same day, Sports Minister Tony Banks and his boss, Chris Smith, the Secretary of State at the Department of Culture, Media and Sport, were accused of sexual discrimination amid allegations they are determined a woman will be appointed chairman of the ESC.

They have rejected the recommendation of a selection panel that the £20,000 a year part-time job should go to either former footballer Trevor Brooking, the current acting chairman, or Geoff Thompson, a former karate world champion. The candidates rejected by the panel were Sanderson, Brigid Simmonds, the chief executive of Business In Sport and Leisure, and Sue Campbell of the Youth Sports Trust.

On hearing the post is to be re-advertised, Thompson condemned it as "girl power gone mad."

Politicians think 40-year-old Sanderson would be the ideal figurehead to improve the profile of minority sports groups – and her supporters argue her lack of experience in sports administration is a bonus.

Call to scrap Olympics

THE Olympic Games should be scrapped because their credibility has been so badly damaged, says former Australian sports minister Andrew Thomson.

Shocked by allegations from International Olympic Committee executive board member Marc Hodler that some members' votes have been bought by host cities, Thomson said the Games should end after they have gone ahead as planned in Sydney in 2000 and Athens in 2004.

Thomson, the son of five-times British Open golf champion Peter, said: "If you are going to organise sport on a global level, I would have thought the first requirement would be that it be ethically clean. What better than to make Athens the last?"

The IOC has banned board members from visiting prospective host cities until an inquiry has been held into Hodler's allegations and subsequent revelations from former bidders.

OBITUARIES

Meningitis claims the Simpsons' baby

THE eight-month-old daughter of former British heptathlon record-holder Judy Simpson and athletics coach Robin, has died from meningitis during a family holiday in Exeter.

Joan Mary Simpson fell victim to the brain disease after her parents rushed her to the Diana, Princess of Wales Children's Hospital in Birmingham when she became feverish.

Her father said: "Joan was a wonderful little child, everything you could wish for. The fact that she was our only child makes it even harder. It is difficult to know how we can get over such a terrible, terrible loss."

Friends in the sport were quick to rally round Robin and Judy, who competed at Olympic and World level as well as winning a Commonwealth title during her heptathlon career and is probably better known now for her role as Nightshade in *The Gladiators*.

David Moorcroft, chief executive of UK Athletics, said: "This has been devastating news. Our thoughts are with Judy and her family at this terrible time. Judy herself is a tremendous athlete and an outstanding ambassador for athletics and sport in general."

Mountaineer mourned

PAUL FOOKS was killed while out walking in Scotland on New Year's Eve. The group Paul was with, all clubmates at Holme Pierrepont Running Club, were descending Sgurr a'Mhaim, a peak south of Ben Nevis, when a simple slip on ice resulted in a fall of 1500ft.

Paul walked extensively home and abroad including the Pyranees, Alps and particularly Scotland where he had bagged over 200 Munros.

As a runner, Paul was one of Holme Pierrepont's best, always counting for the senior team in league races, and took part in virtually every event the club entered or organised. Last year he gained a county vest by running for Nottinghamshire in the Inter-Counties 20 mile race at Finchley. He was second counter finishing in 2:00:03, a PB.

Paul was a quiet, unassuming man who always had time for beginners and slower runners. He was a committee member for over five years and as events secretary represented the club on the Notts AAA, MCAA, Notts Road Race League and East Midland Cross Country League. He was principal organiser of the league races hosted by the club. Once he laid out the cross country course, started the race, ran in it, and then produced the results!

DON WELLS

COUNTDOWN

Who to watch during the indoor season...

The coming weeks promise a feast of cut-throat indoor competition. The AAA Championships on January 30-31 and the BUPA Grand Prix on Valentine's Day, both televised live on BBC, are just two of the stops on a rollercoaster ride that climaxes with March's World Indoor Championships in Maebashi, Japan

Report: Jason Henderson Pictures: Mark Shearman

Men

60m: SADLY most of Britain's top sprinters will miss the indoor season. Of our European 100m one-two, Dwain Chambers is unlikely to race and if Darren Campbell does it will be his first time since 1994, when he ran 6.70 for 60m. Ian Mackie is another likely to give it a miss, while Marlon Devonish usually spends the months after Christmas in California with Mark Richardson.

Christian Malcolm is entered for this weekend's Birmingham Games however and don't forget our European Indoor silver medallist from last year, Jason Gardener.

200m: MIKE McFARLANE's decision to take his athletes off the indoor circuit will be cursed by athletics fans. Although we'll let him off when they perform outdoors next summer.

Julian Golding is one. He will be frustrated at not being able to gain revenge for his European Indoors defeat last winter, but Valencian bronze medallist that day, Allyn Condon, will fly the flag. Look out also for Doug Turner, who is strong indoors and had a tremendous summer last year; John Regis and Jason John.

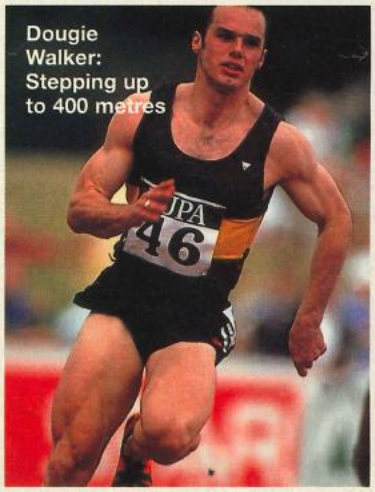
400m: EVEN without Iwan Thomas, Mark Richardson and Roger Black, the 400m at the BUPA Indoors could still upstage Haile Gebrselassie. Dougie Walker is confirmed. And all Jamie Baulch and Solomon Wariso have to do is give Fast Track a call and we can all brace ourselves to enjoy perhaps the most exciting 45 seconds of the winter.

Middle-distance: JOHN MAYOCK set off for Australia last week after being denied the chance to prove his fitness in Durham's Great North cross country short-course race. A race that proved longer than he first thought when he began to sprint one lap too early.

Surely the European Indoor 3000m champion is a cert for Maebashi, though. He has the qualifying time and, with Anthony Whiteman planning to race outdoors in South Africa, we have no-one else.

60m hurdles: TONY JARRETT is another McFarlane disciple to miss the indoor season. This leaves Colin Jackson and Damien Greaves, who is also in good form.

High jump: BRITISH high jumpers don't like competing indoors in Britain. Dalton Grant competed nine times last winter and Steve Smith five times – but never in Britain.


Dougie Walker: Stepping up to 400 metres


Ashia Hansen: Hoping to return to her 1998 winter form

Pole vault: NICK BUCKFIELD broke the UK record outdoors at the start of last summer, but was then hit by injury. Hopefully this winter he will have more luck. Britain's European Cup vaulter last year, Mike Edwards, has entered the Birmingham Games this weekend.

Long jump: NATHAN MORGAN has only recently started training again after injuring his back in Budapest. He is not on a runway yet but will compete indoors, in the sprints – running the 60m at the AAAs.

Our other eight-metre man Steve Phillips competes this weekend.

Triple jump: JONATHAN EDWARDS is training overseas but will hopefully return for the AAAs and BUPA meet. He suffered a rare defeat in Maebashi last winter – the venue of the World Championships this March.

Commonwealth champion Larry Achike hopes to achieve the world qualifying mark of 17:15 in Australia, before heading to Japan. He will not compete in Britain indoors. Julian Golley will, he is entered for this weekend's Birmgham Games.

Shot: MARK PROCTOR is struggling to return from injury and thus hit the same form that brought him a 20.85m indoor throw last winter.

With Shaun Pickering retired, we look to Carl Myerscough and Emeka Edechuku.

Women

100m: JOICE MADUAKA, Britain's No.1 indoors (and outdoors over 100m) last year, will not compete indoors – another McFarlane athlete.

Marcia Richardson is hardly a distant No.2 however, but our European Cup sprinter didn't compete indoors last year.

200m: DONNA FRASER has been troubled by injury in the run-up to Christmas but will be determined not to lose her UK indoor 200m record to Katharine Merry – who hopes to attack the mark at the BUPA meeting.

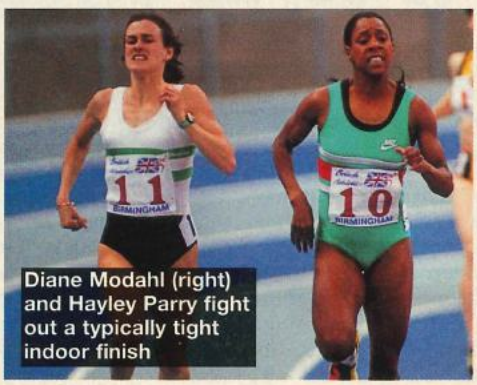
Merry will not go for the World Championships though, as she heads to Australia to concentrate on training in February.

400m: FRASER runs 200s and 60s in the winter to stay sharp, and Merry has no plans to run two laps indoors either. Allison Curbishley will continue to sharpen her hurdling skills on the outdoor training track.

Michelle Thomas and Melanie Neef are running indoors however.

Middle-distance: TANYA BLAKE may come over from the United States again to compete in the AAA Championships. Last year's indoor No.1 Hayley Parry has made a successful return from the injury that ruined her '98 outdoor season.


Julie Pratt (right): ready to take on the seniors indoors


Diane Modahl (right) and Hayley Parry fight out a typically tight indoor finish

TO MAEBASHI

Mutola heads latest BUPA entries

MARIA MUTOLA is just one of many overseas 'stars' signed up by Fast Track to compete in the BUPA Grand Prix at the NIA on February 14.

With Haile Gebrselassie already down to attack Daniel Komen's world 5000m record, Mutola hopes to attack the women's world 800m best – a target she was denied in controversial circumstances last winter.

The Oregon-based athlete, who holds the Mozambique records from 200m (23.86) to 3000m (9:27.37), shaded former East German Christine Wachtel's time of 1:56.40 by four hundredths of a second in Lievin, France.

But a few weeks later Mutola was stripped of the record when analysis of video footage showed she inadvertently stepped on to the inside of the track.

In Athens, 1992, Moroccan Said Aouita broke the men's world indoor 3000m record. But this was also nullified for the same reason.

Mutola is the reigning Commonwealth 800m champion. In 1991 she won the world outdoor title, won an Olympic bronze in 1996 and will be going for her fourth successive world indoor title.

Apart from Gebrselassie and Mutola, other athletes 'signed up' to compete in the BUPA Grand Prix, include:

■ Irina Privalova in the women's 60m. The Russian won the European 200m title last summer and won world indoor titles over 60m in 1991 and 400m in 1995. She is also the world indoor record-holder for 60m.

■ Bruny Surin in the men's 60m. The Canadian ran 9.89 seconds at the Canadian Championships last summer to beat Donovan Bailey. He is also the 1993 and 1995 world indoor 60m champion.

■ Haralambros Papadias in the men's 60m. The Greek is the reigning world indoor champion for 60m and won the bronze medal behind Darren Campbell and Dwain Chambers over 100m at the European Championships.

■ Dougie Walker in the men's 400m. The flying Scotsman has recovered from the knee operation that affected his fitness at the Commonwealth Games. As European 200m champion and 300m record-holder, it will be his first serious 400m.

■ Milion Wolde in the men's 5000m. Wolde will act as pacemaker to his training partner Gebrselassie. Wolde is the current world junior cross country and 5000m champion, clocked 12:59.39 in Zurich last summer, won the elite men's cross country race in Durham recently and is, we repeat, only the pacemaker.

■ Colin Jackson in the 60m hurdles. The 31-year-old won the European 110m hurdles title last summer. Indoors he is the world record-holder but has won silver three times at the world indoors.

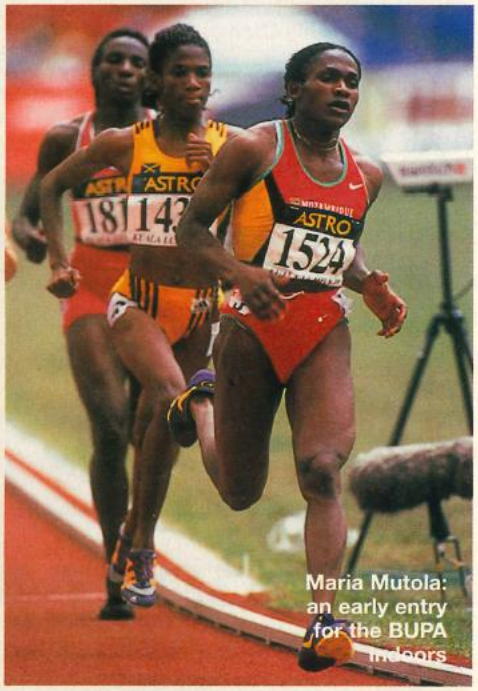
■ Florian Schwarthoff also goes in the 60m hurdles. The German is used to getting close to Jackson. In 1994 he placed second at the European Championships behind the Welshman.

■ Stella Jongmans in the women's 800m. The improving Dutchwoman placed fourth in the European Indoors last winter and is a regular sub-two-minute runner outdoors.

■ Katharine Merry in the women's 200m. Britain's new 400m woman will drop down to 200m at the BUPA meet to attack Donna Fraser's UK best of 22.96.

■ Ashia Hansen in the women's triple jump. The world indoor record-holder hopes to return to her best after an injury hit summer.

■ Rodica Mateescu also in the women's triple jump. The Romanian won silver at the 1997 world outdoor championships and placed fourth in the world indoors. She was fourth in Budapest last summer.



Maria Mutola: an early entry for the BUPA Indoors

■ The ticket hotline number is 0121-2002222. If you are a member of the British Athletics Supporters' Club then 200 discounted tickets are up for grabs.

The £11 tickets will go to members for £9.50. To reserve tickets call Andy Pettit on 0181-6593841. For details on how to join the BASC contact Jack Miller at 41 Fairfax Road, London W4 1EN (tel: 0181-9956217).

60m hurdles: DIANE ALLAHGREEN is back after missing the 1998 summer season.

Allahgreen, the European Indoor bronze medallist, is down to run in Birmingham this weekend.

With Clova Court, Julie Pratt and Denise Lewis competing over the hurdles, it will be one of the most competitive events of the season.

High jump: DEBBIE MARTI competes indoors this weekend in Birmingham.

If our men don't compete at the NIA again, then we can still look forward to Marti, Jo Jennings, Michelle Dunkley and Susan Jones.

Pole vault: JANINE WHITLOCK broke seven UK indoor records last winter, plus a UK all-comers' best. She improved outdoors, but had a disappointing summer, failing in her bid to win a championship medal.

Long jump: COMMONWEALTH champion Jo Wise, currently training in South Africa, will find the world qualifying mark of 6.85m tough.

Like all field events, it seems the IAAF want to keep their Maebashi field events down to straight finals.

Denise Lewis will only be long jumping and hurdling indoors in 1999.

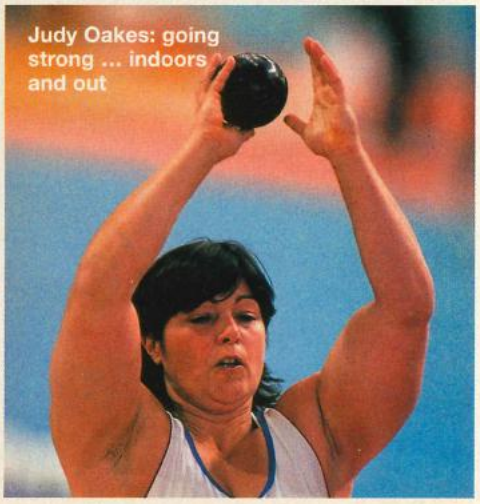
Her original plan to compete in the World Championships pentathlon has been scuppered due to a pre-Christmas bout of flu. It would have been her first indoor multi-events contest.

Triple jump: ASHIA HANSEN is gunning for the world indoor title. And, if she achieves what she feels she is capable of, her world record could go again.

It will be no tougher in Maebashi than in Valencia last year. The world's elite in this event are all European.

Shot: JUDY OAKES, will still be Britain's No.1 when she turns 41 next month.

She won a European Indoor Championship medal back in 1979 – but will also have the non-too-easy world qualifying target of 18.90m to aim for. After such an illustrious career will she be motivated to journey to Japan?


Judy Oakes: going strong ... indoors and out

Indoor schedule 1999

Jan 16-17	**Birmingham Games**	**Birmingham**
Jan 23	Jablonex 99	Jablonec, CZE
Jan 23-24	**AAA Combined Events**	**Birmingham**
	Moldovan Champs	Kishiney, MOL
Jan 24	IHM Meeting (IAAF)	Karlsruhe, GER
Jan 29	Erdgas Hallenmeeting	Chemnitz, GER
Jan 30	Akademika	Sofia, BUL
Jan 30-31	**AAA Champs and World Trial**	**Birmingham**
Jan 31	International Meeting	Halle, GER
Feb 1-3	Belarussian Champs	Minsk, BLR
Feb 2	Bulatav Memorial Pole Vault	Minsk
Feb 3	International Meeting	Erfurt, GER
Feb 5	International Meeting	Budapest, HUN
	Millrose Games	New York, USA
	International High Jump/Pole Vault	Wuppertal, GER
Feb 6	**Schools Int/GB U23 v France**	**Birmingham**
	International Shot Meeting	Sassnitz, GER
	President Cup	Pawezys, LIT
Feb 6-7	Greek Champs	Piraeus, GRE
	Yugoslavian Champs	Belgrade, YUG
Feb 6-8	Ukraine Champs	Lviv, UKR
Feb 7	Sparkassen Cup (IAAF)	Stuttgart, GER
	Midland Championships	**Birmingham**
Feb 8	Star Games	Tampere, FIN
Feb 10	Brogalan Meeting	Malmo, SWE
Feb 12	Reno Games	Reno, USA
	International Meeting	Bielefeld, GER
	International High Jump Meeting	Arnstadt, GER
	Brenska Latka	Brno, CZE
Feb 12-14	French Champs	Lievin, FRA
Feb 12-13	Latvian Champs	Riga, LAT
Feb 13	Sparkassen Meeting	Dortmund, GER
Feb 13-14	Swedish Champs	Stockholm, SWE
	Icelandic Champs	Reykjavik, ICE
	Irish Champs	Nenagh, IRL
	Finnish Champs	Jyvaskyla, FIN
	Balkan Champs	Pireaus, GRE
	Lithuanian Champs	Panevezys, LIT
	Dutch Champs	Den Haag, NED
Feb 14	**BUPA Indoor Grand Prix (IAAF)**	**Birmingham**
	Russian Winter	Moscow, RUS
	International High Jump Meeting	Balingen, GER
	Belgian Champs	Ghent, BEL
Feb 15	Washington Invitation	Washington, USA
Feb 16	Memorial Ma Cagival (IAAF)	Madrid, ESP
Feb 17	Estonia v Latvia v Lithuania	Tallinn, EST
	Banskobystricka Latka 99	Banska Bystrica, SVK
Feb 18-19	Russian Champs	Moscow, RUS
Feb 19	Flanders Meeting (IAAF)	Ghent, BEL
	Boston Adidas Invitation	Boston, USA
	Opoczno 99 High Jump Meeting	Spala, POL
	Pole Vault of Prague 99	Prague,CZE
Feb 20-21	**AAA U20 Championships**	**Birmingham**
	German Champs	Karlsruhe, GER
	Italian Champs	Genova, ITA
	Romanian Champs	Bucaresti, ROM
	Danish Champs	Malmo, SWE
	Austrian Champs	Bratislava, SVK
	Hungarian Champs	Budapest, HUN
	Norwegian Champs	Stange, NOR
	Slovakian Champs	Bratislava, SVK
	Czech Champs	Prague, CZE
	Bulgarian Champs	Sofia, BUL
	Spanish Champs	Seville, ESP
	Polish Champs	Spala, POL
	Swiss Champs	Magglingen, SWI
	Portuguese Champs	Espinho, POR
Feb 21	Gaz de France (IAAF)	Lievin, FRA
	Finland v Sweden v Baltic States	Tallinn, EST
	Stars of pole vaulting	Donetsk, UKR
	Governator Cup	Samara, RUS
Feb 23	Meeting D'Eaubonne	Eaubonne, FRA
Feb 24	ITA v EST v FRA v GBR v POR v RUS	Genova, ITA
	Athinia Meeting	Athens, GRE
	Olympia Cup	Prague, CZE
Feb 25	Globen Gala (IAAF)	Stockholm, SWE
Feb 26-27	USA Trials	Atlanta, USA
Feb 28	IHS Meeting	Sindelfingen, GER
Mar 5-7	**IAAF World Championships**	**Maebashi, JAP**
Mar 10	Top 99 High Jump Meeting	Belgrade, YUG

■ THE BUPA Indoor Grand Prix at Birmingham's National Indoor Arena on February 14 is the first event of the Ricoh Tour. The other meetings in the four-meeting series include the Flanders Indoor on February 19, Gaz de France on February 21 and Globen Gala on February 25.

UK All-time indoor lists

■ Continued from last week's AW, and correct as of December 12.

Compiler: Martin Rix

Women

■ Long jump

6.70	Sue Hearnshaw	Mar 3 '84
6.70	Jo Wise	Mar 9 '97
6.68	Fiona May	Feb 12 '94
6.53	Mary Rand	Mar 27 '66
6.53	Sue Reeve	Feb 26 '78
6.51	Ruth Howell	Feb 23 '74
6.51	Yinka Idowu	Feb 12 '94
6.50	Mary Agyepong	Feb 1 '86
6.49	Denise Lewis	Mar 9 '96
6.39	Kim Hagger	Feb 3 '91
6.38	Carol Zeniou	Jan 29 '83
6.36	Maureen Chitty	Feb 19 '72
6.36	Sharon Bowie	Jan 10 '87
6.34	Barbara-Anne Barrett	Feb 20 '71
6.33	Ann Simmonds	Mar 14 '70
6.33	Barbara Lawton	Nov 21 '70
6.33	Joyce Oladapo	Feb 14 '88
6.28	Joanne Mulliner	Feb 21 '87
6.25	Kelly Wenlock	Feb 26 '82
6.25	Margaret Cheetham	Mar 17 '85
6.25	Gill Regan	Feb 1 '86
6.25	Evette Finikin	Feb 3 '89

■ Triple jump

15.16	Ashia Hansen	Feb 28 '98
13.85	Michelle Griffith	Feb 12 '94
13.52	Rachel Kirby	Feb 27 '93
13.42	Mary Agyepong	Feb 20 '93
13.01	Connie Henry	Jan 21 '95
12.96	Evette Finikin	Feb 16 '92
12.96	Shani Anderson	Jan 27 '96
12.64	Karen Skeggs	Feb 8 '97
12.52	Pamela Anderson	Jan 21 '96
12.43	Debbie Rowe	Mar 15 '98
12.41	Judy Kotey	Feb 28 '98
12.38	Kate Evans	Jan 26 '97
12.26	Liz Gibbens	Mar 2 '96
12.23	Kerensa Denham	Jan 18 '97
12.15	Fiona Davidson	Jan 22 '95
12.13	Maggie Still	Jan 21 '96
12.11	Caroline Warden	Jan 21 '96
12.07	Justina Cruickshank	Jan 18 '98
12.03	Jodie Hurst	Feb 8 '97
12.00	Nikki Barr	Jan 17 '98

■ Shot

19.06	Venissa Head	Apr 7 '84
18.74	Judy Oakes	Feb 14 '88
17.94	Myrtle Augee	Feb 8 '87
17.85	Meg Ritchie	Feb 24 '84
17.18	Yvonne Hanson-Nortey	Feb 3 '89
17.05	Angela Littlewood	Feb 2 '80
16.45	Maggie Lynes	Jan 29 '94
16.40	Mary Peters	Feb 28 '70
15.85	Alison Grey	Feb 12 '94
15.80	Janis Kerr	Jan 24 '76
15.75	Caroline Savory	Feb 23 '83
15.69	Sharon Andrews	Feb 13 '93
15.60	Justine Buttle	Feb 27 '88
15.46	Brenda Bedford	Feb 21 '76
15.42	Jo Duncan	Dec 20 '97
15.32	Helen Hounsell	Feb 13 '82
15.27	Vanessa Redford	Feb 27 '82
15.18	Lana Newton	Jan '79
15.12	Tracy Axten	Feb 1 '97
14.98	Sandra Smith	Dec 21 '85

■ Pentathlon

4363	Kim Hagger	Feb 4 '84
4297	Julia Bennett	Feb 8 '98
4238	Vikki Schofield	Feb 5 '95
4168	Sue Longden	Jan 29 '78
4166	Diana Bennett	Feb 8 '98
4144	Marcia Marriott	Feb 4 '84
4058	Sarah Damm	Feb 4 '96
4012	Emma Beales	Mar 14 '93
3988	Pauline Richards	Jan 26 '97
3962	Kathy Warren	Feb 12 '83
3957	Emma Lindsay	Feb 18 '96
3955	Kerry Jury	Feb 4 '96
3939	Charmaine Johnson	Feb 15 '92
3934	Jackie Kinsella	Mar 1 '86
3922	Clova Court	Feb 28 '92
3916	Jenny Kelly	Feb 8 '98
3915	Jayne Barnetson	Feb 25 '89
3838	Mandy Laing	Feb 12 '83
3834	Sarah Owen	Mar 1 '80
3826 with 600	Wendy Laing	Mar 14 '93
4343	Marcia Marriott	Feb 22 '87

■ 3km walk

13:12.01	Julie Drake	Mar '93
13:31.32	Verity Snook	Feb 13 '93
13:32.30	Lisa Kehler	Mar 5 '88
13:47.10	Sylvia Black	Feb 26 '94
13:57.61	Melanie Wright	Feb 13 '93
14:17.96	Katie Ford	Feb 28 '98
14:29.00	Lynsey Tozer	Feb 26 '95
14:33.36	Gill Watson	Feb 26 '95
14:36.22	Nicky Jackson	Feb 26 '94
14:37.80	Sharon Tonks	Jan 25 '98

Key: a – automatic time only recorded to nearest 10th; A – altitude in excess of 1000m; o – octathlon less 400m score; S – sextathlon less 60m score; y – time for 440/880 yards; < – time no slower than; + – intermediate time; " – photo-electric cell time; $ – suspended for steroid infringement

Amendments to Martin Rix, 2 Dalefield, Roebuck Lane, Buckhurst Hill, Essex IG9 5QT or e-mail: MartinRixx@aol.com

World indoor records

Men			
50	Donovan Bailey (CAN)	5.56A	Reno, '96
60	Maurice Greene (USA)	6.39	Madrid, '98
100	Frank Fredericks (NAM)	10.05	Tampere, '96
200	Fredericks	19.92	Lievin, '96
400	Michael Johnson (USA)	44.63	Atlanta, '95
800	Wilson Kipketer (DEN)	1:42.67	Paris, '97
1000	Noureddine Morceli (ALG)	2:15.26	Birmingham, '92
1500	Hicham El Guerrouj (MAR)	3:31.18	Stuttgart, '97
Mile	El Guerrouj	3:48.45	Ghent, '97
2000	Haile Gebrselassie (ETH)	4:52.86	Birmingham, '98
3000	Daniel Komen (KEN)	7:24.90	Budapest, '98
5000	Komen	12:51.48	Stockholm, '98
60H	COLIN JACKSON	7.30	Sindelfingen, '94
HJ	Javier Sotomayor (CUB)	2.43	Budapest, '89
PV	Sergey Bubka (UKR)	6.15	Donetsk, '93
LJ	Carl Lewis (USA)	8.79	New York, '84
TJ	Aliecer Urrutia (CUB)	17.83	Sindelfingen, '97
SP	Randy Barnes (USA)	22.66	Los Angeles, '89
Hept	Dan O'Brien (USA)	6476	Toronto, '93
5kmW	Mikhail Shchennikov (RUS)	18:07.08	Moscow, '95
4x200	UK (Christie, Braithwaite, Mafe, Regis)	1:22.11	Glasgow, '91
4x400	Germany (Lieder, Carlowitz, Just, Schonlebe)	3:03.05	Seville, '91
Women			
50	Irina Privalova (RUS)	5.96+	Madrid, '95
60	Privalova	6.92	Madrid, '93
200	Merlene Ottey (JAM)	21.87	Lievin, '93
400	Jarmila Kratochvilova (TCH)	49.59	Milan, '82
800	Maria Mutola (MOZ)	1:56.40	Wien, '88
1000	Mutola	2:31.23	Stockholm, '96
1500	Doina Melinte (ROM)	4:00.27	E Rutherford, '90
Mile	Melinte	4:17.14	E Rutherford, '90
2000	Gabriela Szabo (ROM)	5:30.53	Sindelfingen, '98
3000	Elly van Hulst (NED)	8:33.82	Budapest, '89
5000	LIZ McCOLGAN	15:03.17	Birmingham, '92
60H	Ludmila Engquist (URS)	7.69	Chelyabinsk, '90
HJ	Heike Henkel (GER)	2.07	Karlsruhe, '92
PV	Emma George (AUS)	4.55	Adelaide, '98
LJ	Heike Drechsler (GDR)	7.37	Wien, '88
TJ	ASHIA HANSEN	15.16	Valencia, '98
SP	Helena Fibingerova (TCH)	22.50	Jablonec, '77
3kmW	Alina Ivanova (UKR)	1:44.00	Moscow, '92
Pent	Anke Behmer (GDR)	4995	Senftenberg, '88
4x200	SC Eintrach (Arendt, Knoll, Kluth, Kinzel)	1:32.55	Dortmund, '88
4x400	Russia (Chebykina, Goncharenko, Kotlyarova, Alekseyeva)	3:26.84	Paris, '97

British indoor records

Men			
50	Darren Briathwaite	5.68	Madrid, '97
60	Linford Christie	6.47	Lievin, '95
100	Braithwaite	10.40	Tampere, '96
200	Christie	20.25	Lievin, '95
400	Jamie Baulch	45.39	Birmingham, '97
800	Sebastian Coe	1:44.91	Cosford, '83
1000	Matt Yates	2:17.86	Birmingham, '92
1500	Peter Elliott	3:34.20	Seville, '90
Mile	Elliott	3:52.02	E Rutherford, '90
2000	John Gladwin	5:05.20	Cosford, '87
3000	John Mayock	7:43.31	Birmingham, '97
5000	Nick Rose	13:21.27	New York, '82
60H	Colin Jackson	7.30	Sindelfingen, '94
HJ	Steve Smith	2.38	Wuppertal, '94
PV	Nick Buckfield	5.61	Birmingham, '96
LJ	Barrington Williams	8.05	Cosford, '89
	Stewart Faulkner	8.05	Seville, '90
TJ	Jonathan Edwards	17.64	Birmingham, '98
SP	Geoff Capes	20.98	Los Angeles/Winnipeg, '76
Hept	Alex Kruger	5978	Barcelona, '95
5kmW	Martin Rush	19:22.29	Birmingham, '92
4x200	UK (Christie, Braithwaite, Mafe, Regis)	1:22.11	Glasgow, ''91
4x400	England (Bentham, Regis, Heard, Harmsworth)	3:07.04	Cosford, ''87
Women			
50	Wendy Hoyte	6.21	Grenoble, '81
60	Beverly Kinch	7.13	Madrid, '86
200	Donna Fraser	22.96	Birmingham, '97
400	Phylis Smith	51.69	Birmingham, '97
800	Jane Colebrook-Finch	2:01.12	San Sebastian, '77
1000	Kirsty Wade	2:38.95	Stuttgart, '87
1500	Zola Budd	4:06.87	Cosford, '86
Mile	Kirsty Wade	4:23.86	New York, '88
3000	Liz McColgan	8:34.80	Budapest, '93
5000	McColgan	15:03.17	Birmingham, '92
60H	Jacqui Agyepong	8.01	Barcelona, '95
HJ	Debbie Marti	1.95	Birmingham, '97
PV	Janine Whitlock	4.28	Sindelfingen, '98
LJ	Sue Hearnshaw	6.70	Gothenburg, '84
	Jo Wise	6.70	Paris, '97
TJ	Ashia Hansen	14.70	Valencia, '98
SP	Venissa Head	19.06	St Athan, '84
Pent	Kim Hagger	4363	Vittel, '84
3kmW	Julie Drake	13:12.01	Toronto, '93
4x200	UK (Dunn, Stoute, Keough, Gunnell)	1:33.96	Glasgow, '90
4x400	UK (Smith, Gunnell, Thomas, Fraser)	3:32.25	Paris, '97

WIN AAA Championship tickets!

FIFTY pairs of tickets are up for grabs for the finals day at the AAA Senior Indoor Championships on Sunday January 31.

Early entries for the Championships include world indoor triple jump record-holder Ashia Hansen and Commonwealth 400m champion Sandie Richards.

But almost all the athletes with World Indoor Championship ambitions will be at the National Indoor Arena for a weekend that also doubles as the world trial.

Tickets are £5 (£2.50 for U16 and OAPs) for each day. And meeting times are Saturday noon until 4.30pm and Sunday 1pm until 5pm. A weekend ticket costs £8 (£4 for U16/OAPs).

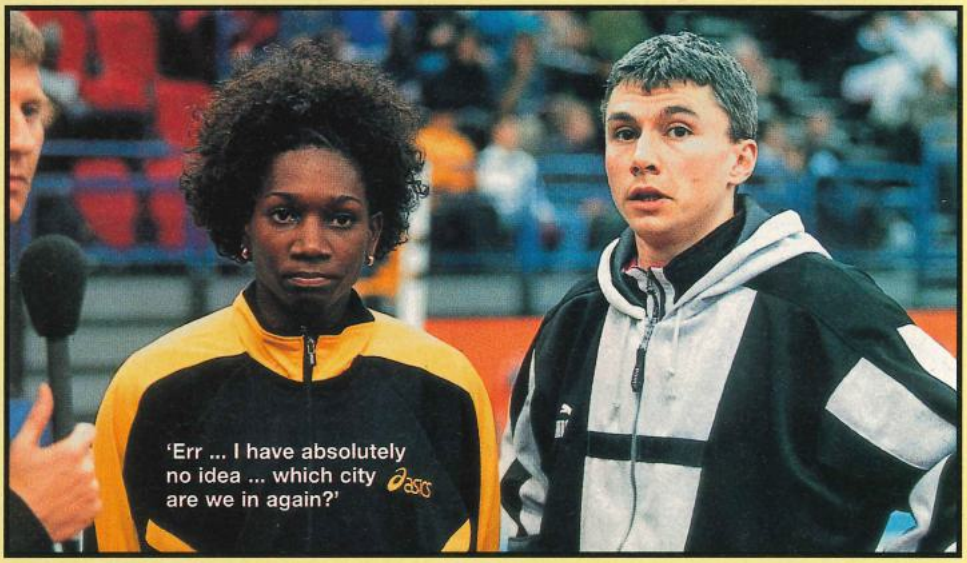
■ To win one of the 50 pairs of tickets answer the following question:

Where is the National Indoor Arena?

(a) Glasgow ☐
(b) Birmingham ☐
(c) Crystal Palace ☐

Send your answers to *Athletics Weekly*, EMAP Active, Bretton Court, Bretton, Peterborough PE3 8DZ. Closing date is January 25.

If you do not wish to receive any other offers' please tick the box ☐



Save £30



NIKE TOTAL AIR MAX
Top of the range Nike running shoe with full length Air Max units for supreme cushioning and support.
A fantastic buy!
6, 7, 8, 8½, 9, 10, 10½+11 UK sizes
Our Price £89.99
RRP £119.99
NIK 459



REEBOK DMX 10
Dynamic running shoe featuring DMX 10 Technology at a fantastic price!
6-14 full UK sizes except 10+11
Our Price £59.99
RRP £109.99
REE 404

Save £40



NIKE AIR ZOOM EQUILIBRIUM
Top of the range over-pronation shoe for the heavy guys with Zoom Air technology
6-10½ inc ½ UK sizes
Our Price £59.99
RRP £99.99
NIK 406

Save £50



NEW BALANCE M1500
ENCAP/EVATHANE technology with excellent durability. Weight 340gms. D and 2E Width. D Width (6½, 7+7½ UK sizes) NEW 26D
6½-9 inc ½ UK sizes+11½+12½ 2E Width NEW 26
Our Price £49.99
RRP £99.99
NEW26/26D

Save £50



BROOKS TRUTH
Top of the range Brooks shoe with fabulous over pronation protection
6-9 full UK sizes
Our Price £49.99
RRP £99.99
BRO 38

Save £20



REEBOK RUN DMX 6
DMX running shoe with great cushioning at an unbeatable price.
6-10 full UK sizes +8½+9½+10½+12
Our Price £49.99
RRP £69.99
REE 451

Save £40



REEBOK RUN DMX 6

Top of the range ladies running shoe with active airflow cushioning in the rear and forefoot.
A fantastic buy

3-8 full UK sizes +5½+6½
Our Price £29.99
RRP £69.99

REE 460

Save £40



REE 459

Save £40



REEBOK GRAPHLITE ROAD
Lightweight training shoe that will be suitable for all distances
6+7 UK sizes
Our Price £29.99
RRP £69.99
REE 25

Save £20



NEW BALANCE M585
The most stable running shoe in the New Balance range. Weight 430gms. D Width only
6½, 7, 7½, 8½, 9, 9½ +10 UK sizes
Our Price £39.99
RRP £59.99
NEW 38D

Save £23



ASICS GEL 121
Rearfoot Gel in a classic training shoe offering overall flexibility comfort and cushioning
6, 7½, 8½+9½ UK sizes
Our Price £36.99
RRP £59.99
ASI 10

Save £30



NEW BALANCE M875
The ultimate in cushioning provided by absorb both in the heel and forefoot. Weight 353gms.
6½ -10 inc ½ UK sizes+11+12½
Our Price £29.99
RRP £59.99
NEW 87

Save £30



NIKE AIR TERRA CAIRN

Low profile Zoom Air in this rugged off road shoe for X-country or the fells. Fantastic grip and comfort

5½-12 inc ½ UK sizes +3½+4½
Our Price £29.99
RRP £59.99
NIK 487



NEW FREE
Winter Sale Catalogue.
Call now for your copy

POSTAL ORDER FORM

Return it with your payment to :
Sportsshoes Unlimited, Hall Ings, Bradford BD1 5SA

NAME _____
ADDRESS _____
_____
_____ POSTCODE _____
TEL No.(Daytime)

PRODUCT	CODE (IN RED)	SIZE	£	p
P&P (Including insurance)			3	00
TOTAL				

VISA MasterCard SWITCH AMERICAN EXPRESS

CARD No. _____ ISSUE No. _____
Signature _____ EXPIRY DATE _____

LIMITED STOCKS SOME OF THE PRODUCTS FEATURED IN THIS ADVERTISEMENT ARE END OF LINE PURCHASES. THIS ALLOWS US TO OFFER THEM AT GREATLY REDUCED PRICES. IT DOES MEAN THAT STOCKS AND SIZES OF CERTAIN PRODUCTS ARE LIMITED PLEASE RING FOR DETAILS AND ORDER EARLY TO AVOID DISAPPOINTMENT

Please allow 15 working days for payment by cheque
PAYMENT IN STERLING ONLY

All U.K. & BFPO orders plus £3.00 postage and packing. Postal charges apply in UK and BFPO only

SPEED SERVICE 01274 530530
Same day despatch on telephone credit card orders received by 1pm Mon-Fri

sportsshoes unlimited

the largest sportsshoe retail outlet in the world

01274 530530
FAX: 01274 532222
www.sportsshoes.com

VISA MasterCard SWITCH AMERICAN EXPRESS

adidas®

Adidas Classic Long T-shirt RRP £19.99
XS-XL
WH/BLK ADI 220
ALSO AVAILABLE
XS+M
BLK/WH ADI 468
XS-L
NY/WH ADI 469
M
RD/WH ADI 296
£14.99

Nike Swoosh Cap
One Size Only
RRP £9.99
NIK 495
£5.99

Nike Authentic Cap
One Size Only
RRP £9.99
NIK 494
£5.99

Nike Wool hat
One Size Only
RRP £8.99
NIK 496
£5.99

Nike Fundamental Mesh Vest
S-XL RRP £14.99
NIK 492 **£9.99**

Adidas Classic Tight
XS-XL
RRP £24.99
ADI 221
£19.99

Nike 3 Pack Black Socks
7½-11
RRP £12.99
NIK 489 **£9.99**

Nike Tactel Running Short
S-XL
RRP £14.99
NIK 491
£9.99

Adidas Trefoil 3 pack
J11-2
RRP £9.99
ADI 473 **£7.99**

Nike DRI Fit Long Sleeve Top
S-XL
RRP £29.99
NIK 493 **£19.99**

Nike Prague Wind Jacket
S-XXL
RRP £29.99
NIK 490 **£19.99**

Adidas Supplex Pool Tight
Soft thermal tight which wicks away sweat. Ideal for any sporting activity
S-XL
RRP £34.99
ADI 470 **£14.99**

Save £20

Adidas Supplex Pool Tight
Soft thermal tight which wicks away sweat. Ideal for any sporting activity
XXS-XXL
RRP £34.99
ADI 471 **£14.99**

Save £20

RONHILL

1. **Ron Hill Reflect Run Hat**
One Size, Orange/Navy /Green/Yellow
RON 112
£7.99

2. **Ron Hill Reflect Trackster**
S-XL
RON 113
£26.99

3. **Ron Hill Thermal Gloves**
M+L
RON 93 **£7.99**

4. **Ron Hill Viloft Long Sleeve Rib**
S-XL
RON 19
£19.99

5. **Ron Hill 'Brite-Lite' Bib**
One Size
RON 20 **£8.99**



Save £15

SUB 4 Thermastat /Winterweight Lycra Tights
S-XL
SUB 38 **£29.99**

RON HILL TRACKSTER ELITE GT
Excellent multi-purpose pant featuring fantastic moisture wicking qualities
Sizes: S+M+L+XL
NAVY RON 89 BLACK RON 78 **Our Price £9.99**
RRP £24.99

Also Available **RON HILL TRACKSTER TREK GT**
Thicker warmer training pants for outdoor pursiuts
Sizes: S+M+L+XL
NAVY RON 75 BLACK RON 88 **Our Price £19.99**
RRP £24.99

Track Chat



With Jason Henderson

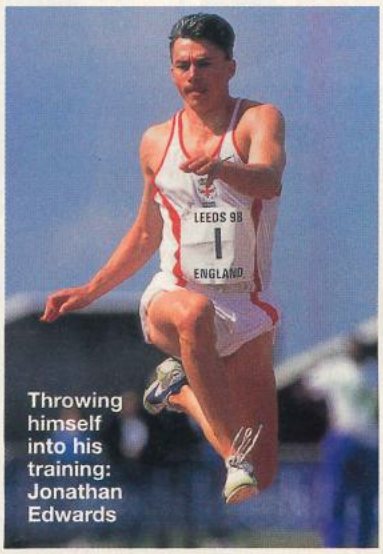
E-mail: jason.henderson@ecm.emap.com

Edwards joins Zelezny's camp

JONATHAN EDWARDS, determined to recapture his outdoor world title, travelled to South Africa a week ago for the second phase of his winter training programme, *writes David Martin.*

After easily winning his first European gold medal, the world record-holder's summer season came to an abrupt halt in Brussels last September when a persistent injury to his left foot forced him to curtail his bid to add the Commonwealth crown to his trophy cabinet.

Thankfully, after expert surgery from top Swiss specialist Roland Biedert, Edwards quickly threw away his crutches and began light training in November before flying to Sierra Nevada in Spain for a fortnight's warm weather work prior to Christmas.



Throwing himself into his training: Jonathan Edwards

Edwards took the opportunity to train alongside world javelin record-holder Jan Zelezny and European gold medallist Steve Backley – undertaking a schedule prepared by the Czech's coach Jan Pospisil.

"I had a great time and it was a very useful period, particularly as Jan put a different slant on what I would normally do," says Edwards.

"I did lots of different drills and one and half months after my operation it drew a firm line in the sand for me. I'm looking forward to meeting up with him again."

Edwards will be accompanied by Backley in South Africa, with Britain's No.2 javelin thrower Mick Hill and high hurdler Tony Jarrett joining them at their remote base 60 miles north of Johannesburg.

Zelezny will also be present after missing all last summer with a shoulder injury. "I'll let you know his shape when I get back," the adopted Geordie adds. "You can call it the second phase of my winter programme. Honestly, since the operation I have had no problems whatsoever from the injury and I'm looking forward to continuing my rehabilitation."

Edwards will return to South Africa in mid-February to take part in a series of three meetings being organised by his agent Andy Norman, including the Engen Grand Prix final in Cape Town on March 26 which has International Amateur Athletic Federation permit status.

Gardener signs for footy agent

JASON GARDENER has linked up with one of Britain's top sports agencies.

The Bath athlete, who won silver at last winter's European Indoor Championships over 60m, has signed a two-year contract with Team Sports Management.

The agency is run by Mel Stein, who has guided Paul Gascoigne's career, among others.

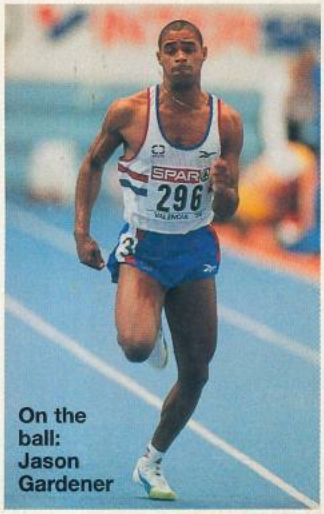
Moving into athletics he picked out Gardener as his first signing.

"The agency think athletics has a bright future, so I was really flattered when they called me," says Gardener.

"They have been monitoring certain athletes for a while, looking not just at their results but at their behaviour and lifestyle.

"Of course, this new relationship will only really work if I deliver on the track and I understand that completely," he adds.

"But this will allow me to concentrate on training and delivering on the track while they look after commercial interests and kit sponsorships."



On the ball: Jason Gardener

Iwan's 800 green light

IWAN THOMAS has joked about racing 800m. At the Commonwealth Games he said: "When I run under 44 seconds for 400, then I'll promise you an 800."

Rather than insisting he sticks at 400m, coach Mike Smith adds: "When he runs under 44 seconds, then I'll let him!"

But Smith, while being 100 per cent confident of Thomas' 400m ability, is not too sure he would make a great half-miler. "Of course he could probably run 1:50, maybe even get down to 1:45," Smith says. "But there's a lot of difference between that and being up with the Wilson Kipketers of the world.

"If you take out Juantorena (Alberto, the 1976 Olympic 400m and 800m champion), there aren't too many who can do it."

Out of the athletes Smith has coached over the years – Roger Black, Todd Bennett, Thomas – he says: "Kriss (Akabusi) could have been very good. He ran about 1:48 round about the time he switched to hurdles and had the ability to go much faster."

Smith (and Thomas) know the 800m talk was one of many things said in the heat of a KL moment. And, like the idea of Thomas and Jamie Baulch training together, it was a good intention that didn't make it back from Malaysia.

Smith adds that Baulch is as reluctant to leave Cardiff and his coach Linford Christie, as Thomas is to leave Smith and Southampton.

In fact, there's more chance of them racing each other over 800m than training together.

Pavey to see specialist

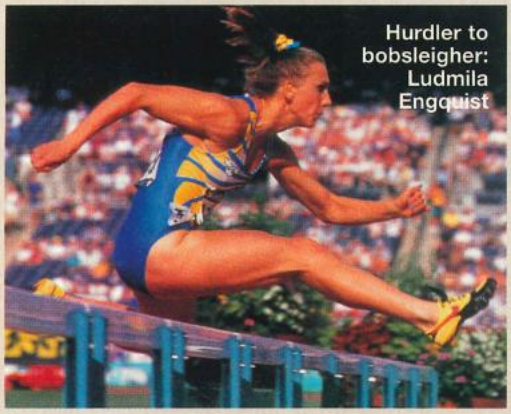
MIDDLE-DISTANCE runner Jo Pavey is seeing a London knee specialist in a bid to keep alive her hopes for 1999, *writes Kevin Fahey.*

Pavey is making slow progress from an operation carried out on an injury that wrecked her '98 season. "There's a lot of scar tissue around the knee which has proved very frustrating and it's taking longer to get back than I thought," she says.

The Bristol woman has been seeing Crawley-based Neil Black, and adds: "I am not panicking. It's obviously eating into my winter preparation.

"But I have to make sure I get it right in the long term. I've got to think about Sydney."

A woman for all seasons



Hurdler to bobsleigher: Ludmila Engquist

LUDMILA ENGQUIST may attempt to win a gold medal at the winter Olympics to go alongside her summer Olympic 100m hurdles triumph in 1996.

The Swedish newspaper *Expressen* has reported that Engquist, 34, will bid for a place as a bobsleigher in the Winter Olympics at Salt Lake City in 2002.

The Russian-born Swede is awaiting the IOC's decision to see whether women bobsleighers will be allowed to compete.

Engquist failed a drugs test in 1993 but, after claiming her ex-husband had spiked her vitamin drink, was reinstated by the IAAF in 1995.

Engquist is not the first athlete to attempt to compete at summer and winter Olympic Games. East German Torsten Voss won the 1987 world decathlon title and came second in the Seoul Olympics. He later went on to win bobsleigh gold.

British sprinter Courtney Rumbolt was part of England's four-man team that won bronze in Nagano last winter. And Ed Moses, the US hurdler, tried but failed to get to the winter Olympics.

Cup entries near deadline

ENTRIES are pouring in for this summer's British Athletics League Men's Gold and Women's Jubilee Cup competitions – Britain's only nationwide athletics knock-out contests, *writes Tom Pollak.*

Clubs which entered teams in 1998 should by now have received entry forms for the event which culminates with the Cup Finals at Bedford on Saturday August 14.

Closing date for entries is Saturday January 23, so any clubs which have not yet received entry details should immediately contact the cup secretary, Tony Miller, 1 Anton Way, Aylesbury, Buckinghamshire, HP21 9LT, email him on millert@1pm-it.co, or ring him on 01296-582680.

Jayasinghe steals the headlines at Asian Games

THE recent Asian Games witnessed a continental record in the men's 100 metres – as Koji Ito, of Japan, clocked 10-dead in his 100 metres semi-final in Bangkok.

Ito went on to win the 100m and set a championship best in the 200m of 20.25, but the headline stealer at the Games was Sri Lanka's controversial woman sprinter Susanthika Jayasinghe.

Jayasinghe, the world 200m silver medallist pulled out of the Games saying she was being 'harrassed'. At first it was rumoured she might flee to either Europe or Australia. But it seems likely she might target an American university instead.

In April 1998, Jayasinghe tested positive for the steroid Nandroline but had her ban lifted by Sri Lankan athletics officials.

She is still waiting for a final decision on her case by the International Amateur Athletics Federation.

Dougie's dash fails to make history

TRACKSIDE bookies at Edinburgh's New Year's Gala offered odds of 5-1 on that Dougie Walker would break Harry Hutchens' 115-year-old world professional 300 yards record of 30.0 seconds.

Walker, the European 200m champion and record-holder over the more modern, yet still rarely run distance of 300 metres, failed in his attempt by five hundredths of a second.

And he was just over a second outside the fastest time ever run over the distance by an amateur – 29.3 seconds, indoors, by American Marshall Dill in 1974.

The meeting, which also features the famous Powderhall Sprint, was watched this year by less than 1000 people, compared to the crowds of up to 10,000 that used to flock to watch the traditional New Year's athletics event.

And as early evening approached the meeting descended into chaos when athletes and officials were asked to leave Meadowbank – so as to adhere to local licensing laws. The meeting's programme had over-run by several hours.

No bets were taken on Walker winning the 300 yards – as he was such an overwhelming favourite. And sadly, unless a sponsor is found, the odds on the 130-year-old Hogmanay meeting seeing in the millennium look similarly bleak.

BRIEFS

Seb on the Web

TUNE into the *Daily Express's* website http://www.express-sport.com today (Wednesday) at 1pm to see Sebastian Coe chatting on the Internet.

Then, in next week's *Athletics Weekly,* read our exclusive interview with the British 800 metres record-holder.

Lough retires

GARRY LOUGH has retired because of a leg injury. No, not the Northern Ireland middle-distance runner, Gary, but the racehorse of the same name.

Lough, the horse, won seven of her 25 races and is now looking forward to a career in the paddocks. For more about Gary Lough the athlete please see *Cross Talk* in *AW* next week

Field judging

DEVON COUNTY AA holds the first of three clerk of the course/equipment officer courses for field judges this Sunday, January 17, at Exeter Arena.

The second session is at Braunton on February 13 and the third at Exeter on February 28. Please call Bob Ivory on 01271-865293.

400 x 1mile record

A CANADIAN team has broken the world best for the rarely run relay distance of 100 x one mile.

Held at the end of 1998, the team covered the 400 laps in seven hours 35 minutes and 52 seconds. Rich Tremain ran the fastest leg, with 4:11; Graham Hood (who beat Daniel Komen at Gateshead two summers ago) 4:15; while Canadian record-holder Kevin Sullivan was also part of the team.

Hammerama

THE annual Hammerama, held at Colindale, clashed with the London Marathon last year. Organiser Alan Bertram is pleased to announce that this year's hammer throwing event takes place on Sunday, April 25 – one week after London.

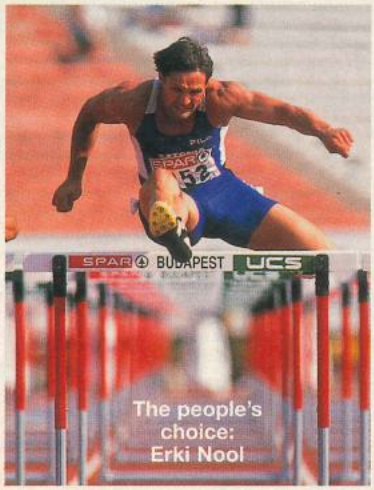
Bertram jokes that *Athletics Weekly* will have no excuse not to cover his meeting this year.

Erki the Great

DECATHLETE Erki Nool was the most popular athlete in Budapest when he won Estonia's first European gold medal since 1938.

An army of 70 fans followed their hero to Hungary, and on his return even more voted for him in a national poll to decide the country's most popular person. Nool 'defeated' among others the President of Estonia, Lennart Meri.

Last year was a good year for Nool. After Budapest his wife Kadri gave birth to a son, Robin.



The people's choice: Erki Nool

SOUTH OF ENGLAND ATHLETIC ASSOCIATION
1999
ROAD CHAMPIONSHIPS
Sunday, 7th February, 1999. 11.00 am
CHICHESTER PRIORY 10K
Entries: Henry Adams, Longstone, Westerton, Chichester PO18 0PG
NO SAE REQUIRED
Entry Fee: £5.50 Club Affiliated Runners
Closing date: 15th January, 1999
No entries on the day

PUMA CELL

PUMA® Road Rankings

Golden Shoe Award

A SURPRISING conclusion to the year saw Glynn Tromans leapfrog into the lead despite not racing.

Tromans and Spencer Newport were equal third going into the final month, a point behind Paul Evans and Dave Tune.

But the Victory 5 at Portsmouth changed everything, despite none of the top four taking part. The first three at Portsmouth all ran faster than Evans and Tune had done for the distance in 1998, therefore pushing the duo down the rankings.

And the points Evans and Tune dropped allowed Tromans and Newport to go ahead of them with 112 points. That left the head-to-head count to decide who wins the Puma Golden Shoe and £1000 first prize – and it was Tromans who came out on top.

The Puma Golden Shoe Award is based on the UK top 40 rankings over five miles, 10km, 10 miles, half-marathon and the marathon. Forty points are awarded to the top ranked athlete at each distance down to one point for the 40th ranked. Each athlete's best three scores are then added to produce a total score (maximum 120). Only one overseas event may count towards each athlete's score.

A head-to-head is used to decide the winner in the case of a tie and 1998 was the first year it was necessary. The head-to-head is based on the distances at which both scored, i.e. five miles, 10km and 10 miles.

Tromans headed Newport at five miles and 10 miles to win 2-1 against the Blackheath Harrier, who was higher placed at 10km.

Tromans v Newport

Each athlete's record was as follows:

Athlete	five miles	10km	10 miles
Tromans	23:10 (40pts)	29:20 (33)	47:25 (39)
Newport	23:11 (39)	29:07 (39)	48:30 (34)

Tromans had a good year, making championship teams at cross country (GB in Marrakesh) and track (England in Kuala Lumpur), after ending 1997 by running the World Half-marathon Championships.

He also has a solid record in the Puma Golden Shoe Award, which started in 1996. He was fifth in the inaugural year with 107 points, seventh in 1997 with 89 points and now he starts 1999 £1000 richer.

But Newport has made a bigger improvement. He was unplaced in either of the first two years but his great strides forward in 1998 brought him so close to taking the Puma Golden Shoe.

It's been a big year for Newport, who married British international Angela Davies and made his marathon debut in London.

He was second ranked in the country at five miles – having pushed top Kenyan Jospeh Kibor all the way at Welwyn Garden City – and 10km with a fine run at Dewsbury (both events part of the Puma Cell series backed by his sponsors), while he clocked two sub-49 minute 10 milers.

Tromans takes the award on the basis of two races in three days as part of his Commonwealth Games build-up. He ran the fastest five-miler of the year at Blisworth on the evening of August 21 and less than 48 hours later went top of the UK 10-mile lists (Paul Evans later ran faster at Newry) with a 47:25 victory at Erewash.

Evans, winner in 1996 and joint winner with Richard Nerurkar a year later, had to settle for equal third with Tune, who may be rueing his decision not to run in Portsmouth having entered the race.

Also reaching three figures were Malcolm Price of Sunderland and Hounslow's Alan Chilton, who has just emigrated to Australia.

Liz McColgan defended the women's award to keep her 100 per cent record intact. She beat Marian Sutton, who has been in the top three each time, by just one point with former Ethiopian Birhan Dagne – who made her GB debut in the reserves' race at the Chiba Ekiden Relay in November – in third.

McColgan topped the UK lists at the half-marathon and the marathon and was second at five miles, beaten only by Paula Radcliffe's world best at Balmoral. She had the luxary of being able to "drop" her 33:13 10km at Belfast which would have scored 36 points.

Sutton topped the UK 10-mile lists, produced the second and third fastest times at the marathon, and three of the best six 10km times, but it wasn't enough to beat McColgan.

■ Debbie Percival, 25th in 1996 and fifth a year later, was fourth as four vets made the top 10. Lynne MacDougall and 40-year-old Jo Thompson completed those with three figure scores while Angharad Mair, despite an injury-ravaged year, was just outside.

McColgan v Sutton

Their records were as follows:

Athlete	five miles	10km	10 miles	half-marathon	marathon
Liz McColgan	25:25 (39pts)	33:13 (–)	– (–)	69:50 (40)	2:26:54 (40)
Marian Sutton	26:48 (–)	33:08* (39)	53:31 (40)	73:22 (–)	2:32:14 (39)

* with only one overseas event to count, Sutton's 33:05 10km at Alabama is "dropped" but her 33:08 at Swansea still places second in the UK lists.

Puma Edinburgh Marathon update

9am, Sunday September 26 1999

■ More than 2000 runners registered on the entry hotline in the six weeks before entries opened on January 5.
■ On schedule to become Britain's second biggest marathon in its inaugural year.
■ Fast and spectacular point-to-point course from Dunfermline to Edinburgh – ancient capital to modern capital.
■ Dunfermline Abbey – Risyth – Forth Road Bridge – Princes Street – The Royal Mile – Holyrood Palace – Holyrood Park – Meadowbank Stadium.
■ World class international field. Incorporates Scottish championships. Initial prize fund in excess of $33,000.
■ Your final marathon before the new millenium?
■ Exceptional goodie bag to all finishers. Prize for the best runner wearing fancy dress.
■ Entry hotline still open: 0131-5297822, 24 hours a day

PUMA EDINBVRGH MARATHON

Golden Shoe Awards



Cell Superfly



■ RRP £59.99
■ 334gm (men's)
■ Revolutionary Everlite outsole
■ Cell rearfoot cushioning
■ Lightweight superior cushioning shoe
■ Official shoe of the Puma Edinburgh Marathon

PUMA CELL

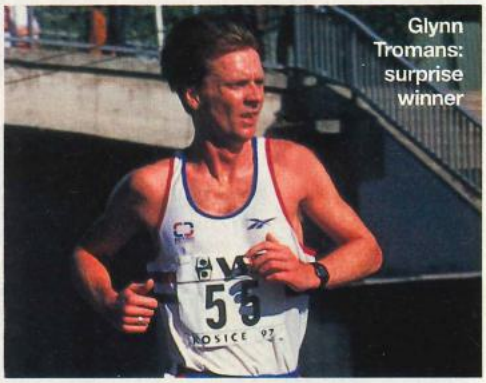
Final Puma Golden Shoe Awards 1998

Men

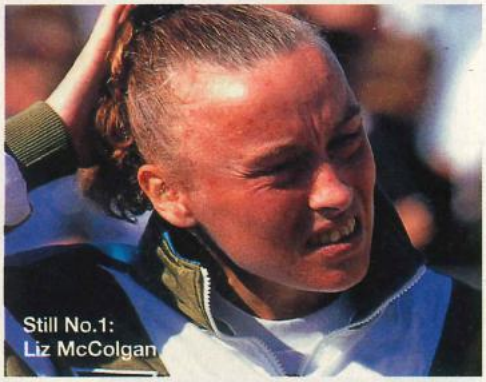
1	Glynn Tromans (Cov)	112
2	Spencer Newport (B'hth)	112
3eq	Dave Tune (Roth)	110
3eq	Paul Evans (Belg)	110
5	Malcolm Price (Sun)	102
6	Alan Chilton (Houn)	100
7eq	Mark Steinle (B'hth)	86
7eq	Mark Hudspith (Morp)	86
9	Paul Freary (Bolt)	80
10	Richard Nerurkar (Bing)	79
11	Nick Wetheridge (Bas)	77
12eq	Nick Jones (Tip)	72
12eq	Dale Laughlin (Chelms)	72
14	David Miles (Bir)	67
15	Dave Cavers (Bord)	66
16	Barry Royden (Med)	65
17eq	Steve Brace (B'end)	63
17eq	Steve Green (Bing)	63
19	Dave Taylor (B'hth)	62
20	Tony Graham (Tip)	60
21	Peter Whitehead (Sky)	58
22	Michael Openshaw (CleS)	54
23	Matt O'Dowd (Swin)	53
24	Tommy Murray (I'clyde)	52
25eq	Steve Brooks (Bing)	51
25eq	Mark Morgan (Swan)	51
27eq	Keith Anderson (Bing, M40)	50
27eq	Allan Adams (C'dale)	50
29	Billy Burns (S Ribb)	48
30eq	Nick Comerford (Card)	45
30eq	Andrew Pearson (Bing)	45
32	Darren Hiscox (B'end)	44
33	Colin Moore (Bing)	43
34	Tony O'Brien (Liv H)	41
35eq	Jon Brown (Sheff)	40
35eq	Rod Finch (Soton)	40
35eq	Dave Buzza (Corn)	40
38	Andres Jones (Card)	39
39eq	Keith Cullen (Chelms)	38
39eq	Dale Rixon (B'end)	38
41eq	Nick Francis (SB)	37
41eq	Stewy Bell (CleS)	37
43eq	Ian Hudspith (Morp)	36
43eq	Larry Mathews (Salf)	36
43eq	Billy Nixon (Soton RC)	36
46eq	Paul Roden (Sale)	35
46eq	Chris Robison (I'clyde)	35
48	Bashir Hussain (Stock)	34
49eq	Christian Stephenson (Card)	31
49eq	Rob Denmark (Bas)	31
51eq	Gary Staines (Belg)	30
51eq	Julian Moorhouse (Bir)	30
53eq	Scott Cohen (Miz)	29
53eq	Adrian Mussett (Col H)	29
55eq	Adrian Passey (B&R)	28
55eq	Justin Pugsley (Bir)	28
57eq	Rob Whalley (Stoke)	27
57eq	John Ferrin (NBH)	27
59	Andy Morgan (Soton RC)	25
60eq	Tim Dickinson (B'hth)	24
60eq	Chris Parkes (Roth)	24
60eq	Darrell Smith (B'hth)	24
60eq	James Starling (Soton RC)	24
64	Steve Sharp (TVH)	23
65eq	Graeme Croll (Cambus)	22
65eq	Graham Hill (Stock)	22
65eq	Richard Findlow (Brad)	22
68eq	Tommy Hughes (Anna)	21
68eq	Stuart Poore (Soton RC)	21
68eq	Brian Rushworth (Sun)	21
71	Martin Rees (Swan, M45)	20
72eq	Charles Woodd (Bris)	19
72eq	Rob Birchall (Bir)	19
72eq	Vince Garner (AFD)	19
72eq	Matt Vaux-Harvey (Stour)	19
76eq	Adrian Marriott (HW)	18
76eq	Andy Arrand (Army)	18
78eq	Jon Solly (Herne H)	17
78eq	Andy Bristow (B&H)	17
78eq	Guy Amos (Norw)	17
81eq	Adrian Callan (Shett)	16
81eq	Mark Croasdale (Bing)	16
81eq	Ieuan Ellis (Els)	16
84eq	Eric Crowther (Salf)	14
84eq	Carl Thackery (Hallam)	14
84eq	Tony Duffy (Bolt, M40)	14
84eq	Ian Archbold (Morp)	14
84eq	John Ross (Miz)	14
89	Paul Froud (B&H)	13
90eq	Paul Bennett (Roth)	12
90eq	Dominic Bannister (SB)	12
92eq	Kim Critchley (Sale)	11
92eq	Matt Smith (Tip)	11
92eq	Adrian Clark (C'field)	11
92eq	Darren Hale (Roth)	11
96eq	Mark Flint (Telf)	10
96eq	Neil Caddy (N&P)	10
96eq	Terry Wall (Morp)	10
96eq	Shaun Milford (Newq RR)	10
96eq	Andy Tarry (Red)	10

Women

1	Liz McColgan (Dund)	119
2	Marian Sutton (W'bury, W35)	118
3	Birhan Dagne (Ex L)	113
4	Debbie Percival (Med, W35)	106
5	Lynne MacDougall (Glas)	104
6	Jo Thompson (Bath, W40)	102
7	Angharad Mair (Newp, W35)	99
8	Alison Wyeth (Park)	98
9	Liz Talbot (Bed C)	91
10	Amanda Wright (Bir)	88
11	Heather Heasman (Alt, W35)	87
12	Miranda Heathcote (Ton)	85
13	Anne Buckley (P&B)	83
14	Caroline Herbert (Arena)	82
15	Vicky Pincombe (Mine)	81
16	Sue Reinsford (Bed C)	75
17	Lucy Elliott (SB)	72
18	Maria Bradley (Over, W35)	71
19eq	Yvonne Murray-Mooney (Moth)	67
19eq	Tracy Swindell (Thurr)	67
21	Zara Hyde-Peters (Havant, W35)	66
22	Danielle Sanderson (Wat, W35)	63
23	Kath Bailey (Havant)	58
24eq	Amy Stiles (W'bury)	57
24eq	Mel Ellis (SB)	57
26	Frances Gill (Neath, W35)	53
27eq	Ruth Kingsborough (Over)	52
27eq	Bev Hartigan (Bir)	52
29eq	Trudi Thomson (Pit, W40)	51
29eq	Hayley Nash (Newp, W35)	51
31eq	Jill Boltz (Blay)	50
31eq	Amy Waterlow (Sale)	50
33	Sandra Branney (Glas)	48
34	Kath Charnock (Wig P, W35)	46
35	Wendy Farrow (Der L)	41
36	Paula Radcliffe (Bed C)	40
37	Penny Thackray (Hallam)	38
38eq	Gillian Horovitz (unatt, W40)	37
38eq	Nicola Brown (CleS)	37
40	Angela Davies (BMH)	36
41	Beth Allott (Salf)	35
42eq	Sally Goldsmith (EWM, W35)	34
42eq	Michelle Ross (Stoke)	34
44	Angela Joiner (SB)	33
45eq	Anita Mellowdew (E&E)	32
45eq	Clare Pauzers (Herne H, W35)	32
45eq	Lisa Hollick (SB)	32
45eq	Tara Krzywicki (Charn)	32
49eq	Sarah Bentley (Bir)	30
49eq	Jo Lodge (Houn)	30
51	Helen Pattinson (Pres)	29
52eq	Debbie Gunning (Ex L)	27
52eq	Lynne Maddison (P'tatyn)	27
52eq	Caroline Horne (Craw, W40)	27
55	Fiona Lothian (Fife)	25
56eq	Sharon Dixon (Park)	23
56eq	Wendy Jones (Ciren)	23
56eq	Bev Jenkins (Salf)	23
56eq	Sue Parker-Lamb (Sale)	23
60eq	Zina Marchant (Bath, W40)	22
60eq	Angela Allen (Ply)	22
62	Zoe Lowe (St Alb)	21
63eq	Denise Pycroft (Woott)	20
63eq	Evelyn Gisbey (Salf)	20
63eq	Bronwen Cardy-Wise (B&R, W45)	20
66eq	Hayley Yelling (Houn)	19
66eq	Jackie Newton (Stock)	19
68eq	Claire Naylor (SinA)	18
68eq	Julia Cornford (B&H, W35)	18
70eq	Andrea Whitcombe (Park)	17
70eq	Lucy Wright (Leeds)	17
70eq	Trishia Sloan (Salf)	17
73eq	Pam Morgan (Liv H)	16
73eq	Anne Jeeves (SB, W40)	16
73eq	Karen MacLeod (Edin, W35)	16
76eq	Kate Burge (Staffs)	15
76eq	G O'Connor (RRC, W35)	15
76eq	Emma Evans (Neath)	15



Glynn Tromans: surprise winner



Still No.1: Liz McColgan

79eq	Janice Moorekite (Inv EK, W40)	14
79eq	Sandra Edwards (Linc W, W35)	14
81	Jane Boulton (Crow)	13
82eq	Kate Ramsey (Charn)	12
82eq	Jane Spark (Alt)	12
82eq	Sheila Fairweather (Glas U)	12
82eq	Marilyn Clarke (Wimb W, W40)	12
82eq	Rita Quill (SB)	12
87eq	Dawn James (AFD)	10
87eq	Julie Peters (Traff)	10
87eq	Kerrie Wood (Gloss)	10
90eq	Linda Mawer (Imp)	9
90eq	S Forrester (Melth)	9
90eq	K Keller (Vall, W45)	9
93eq	Debbie Sullivan (Hav M)	8
93eq	Heather Robinson (Cles)	8
95eq	C Patton (Hallam)	7
95eq	Edwina Turner (Les C)	7
95eq	Michelle Wannell (Exe)	7
98eq	Sue Martin-Clarke (Dart)	6
98eq	Nicki Lee (Hunc)	6
98eq	Janet Kenyon (Bolt, W35)	6

Previous years

1996

Men

1	Paul Evans (Belg)	117
2	Gary Staines (Belg)	112
3	Mark Flint (Telf)	111

Women

1	Liz McColgan (Dund)	120
2	Yvonne Murray (Moth)	115
3	Marian Sutton (W'bury)	114

1997

Men

1eq	Richard Nerurkar (Bing)	118
1eq	Paul Evans (Belg)	118
3	Andrew Pearson (Long)	111

Women

1	Liz McColgan (Dund)	119
2	Marian Sutton (W'bury)	118
3	Vikki McPherson (Glas)	112

■ Next week: we begin our in-depth 1998 road rankings with the 5km lists

Rankings compiled by Bob Frank and correct up to December 31. Amendments to Bob Frank, *Athletics Weekly*, Bretton Court, Bretton, Peterborough PE3 8DZ.
Fax: 01733-465206;
e-mail: bob.frank@ecm.emap.com

PUMA

On the Road



With Bob Frank

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

Plant continues to blossom

RAY PLANT's running career continues to bloom, *writes Dave Edwards.*

The City of Stoke ace capped an indifferent season, blighted by injury and illness, by capturing the Staffordshire Champion of Champions title for 1998.

Plant beat off strong opposition to claim the spoils for his winning performance at the Stafford 20 when he clocked 1:48:23.

The title is decided by taking into account performances in the Staffordshire championship races over five distances from 10km up to the marathon. The male and female open and veteran championship winning performances are graded according to a points handicapping system to decide the overall champion.

Plant just scraped home ahead of Tipton's Alistair Kean who took his home club 10km title in 31:12.

Each of the category winners receives £50 in sports vouchers from the Staffs AAA, while Plant's haul of booty includes an additional £50 for being the outright victor.

The best male veteran performance went to Ray Stanyer of Tipton for his 33:07 clocking at the Tipton 10km, while new Tipton signing Emma Cowan scooped the best performance by a woman at the same race. The female veteran best performance was clocked by evergreen Chris Kilkenny when she won the John Oultram 10 in 65:22.

This year the county titles and overall champions crown will be decided at the following races: 10km: Staffs University; 10-mile: John Oultram; half-marathon: Leek; 20 miles: Stafford; marathon: Wolverhampton.

Asian course comes under close scrutiny

THE need for internationally accepted measurement has been highlighted by the performances in the Asian Games in December, *writes Norrie Williamson.*

It started with the women's marathon which was won by Naoko Takahashi in 2:21:47, some four minutes better than her PB. This was more than 13 minutes ahead of second placed Kim Chung-Ok (2:34:55) who took 72 seconds off her best.

Takahashi's 5km splits were 16:37, 33:03, 49:16, 1:05:38, 1:22:08, 1:39:02 and 1:56:11. She ran the first half in 69:15 compared with 72:32 for the second 21.1km. Although this was the fifth fastest time ever run by a woman, it was the fastest in a women-only race.

Pacing was obviously not an issue and it seems there was a very small field, which basically turns this into a time trial. Adding further fuel to the controversy was the reported hot and humid conditions which saw a 25°C start and 30°C finish.

Over the next few days the lines were congested with speculation as to the length and design of the course. At first it appeared there was no record of an approved international measurement of the course. Additionally it became clear it was a point-to-point course with a tailwind between 4km and 32km.

It may also have had an overall drop. The athlete's performance was now being put into question. People delved back into the issues of other performances, such as Alberto Salazar's disputed New York 'record' and Derek Clayton's 2:08:33 said to be run on a short course. In short a concoction of myth and half-myth disguised an outstanding run.

With two days until the men's race, the IAAF area measurer provided details. Suddenly everyone started acknowledging the performance for what it was. What factors changed a performance from speculative to creditable?

1) The course was measured three times by Fung Wang-Tak. The last was the key one as changes were made right up to the final moment.

2) The runners had full use of the roads and Wang-Tak had police escorts for all measurements. This minimised the chances of wrongly positioned cones, short cuts, etc.

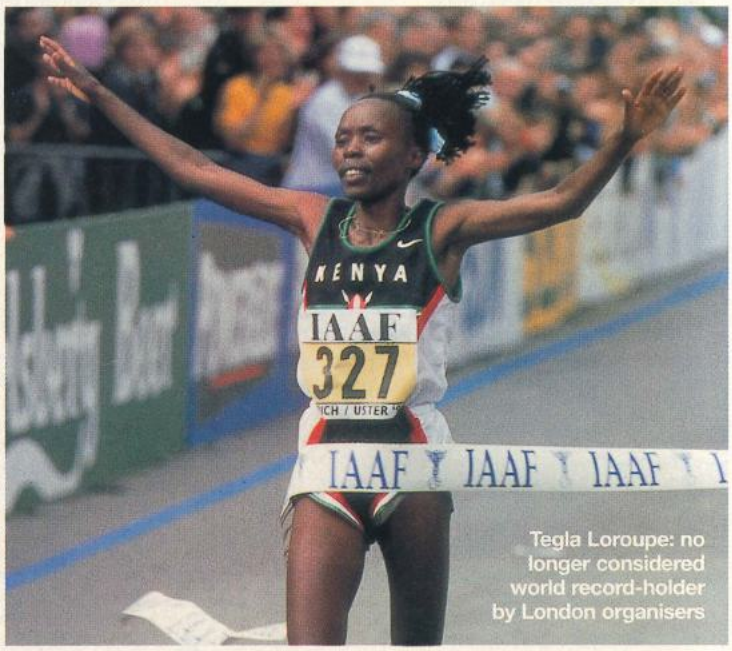
3) Wang-Tak watched the race from the lead car and could confirm the runners ran within his measurement.

4) Wang-Tak was experienced – first attending an IAAF seminar in 1994, doing his apprenticeship and recently being given IAAF grading.

5) Takahashi had the following performances during the current year: March 8: 2:25:48 women-only marathon in Nagoya, Japan; May 5: 31:55.95 for 10,000m in Mito, Japan; May 9: 15:21.15 for 5000m; June 12: 31:57.99 for 10,000m.

Two days later, Olympic silver medallist Lee Bong-ju won the men's race in 2:12:32, which seemed to further substantiate Takahashi's performance. Only four women have run faster under any conditions:

- 2:20:47 Tegla Loroupe (KEN) Rotterdam April 19 1998
- 2:21:06 Ingrid Kristiansen (NOR) London April 21 1985
- 2:21:21 Joan Benoit Samuelson (USA) Chicago Oct 20 1985
- 2:21:45 Uta Pippig (GER) Boston April 18 1994.



Tegla Loroupe: no longer considered world record-holder by London organisers

None of these have been in a women's-only race, which prompted the Flora London Marathon organisers to announce a bonus of $125,000 for the first woman who runs faster than 2:21:46 in their April race. This means the winning female can walk off with $153,000. Although recorded on a point-to-point course in aided conditions, the London organisers apparently feel pacing by men is a bigger assistance (arguably verified by Ingrid Kristiansen's 2:21:06 'record' in London before the men's and women's races were separated). They noted men and women cannot compete together for records on the track and that there should be similar criteria for road performances.

Women start 30 minutes before men in London. The other clear lesson from this episode is that athletes' performances will always be in doubt unless the courses have been measured to internationally recognised standards, by recognised measurers who can confirm the runners adhered to the course.

If you have any road news, call Bob Frank on 01733-465952

Brindley plans to mix surfaces

ABERDEEN's Tracey Brindley is not planning a major assault on the road racing scene in the near future despite her impressive victory in the New Year's Day Morpeth to Newcastle run, *writes Fraser Clyne.*

The 26-year-old Scottish international still has major hill running ambitions to fulfil before taking to the roads in a serious vein.

She said: "I'm planning to run in the European and World Mountain Running Trophy races again this year and I'd also like to have a go at the British hill running championships."

Brindley is one of Scotland's most consistent performers on the hills. Last season she won the Knockdhu International at Larne, was ninth in the European Trophy at Sestriere and was 23rd in the World Trophy event on La Reunion.

Road running will, however, play an increasingly important part in her life in the future.

She explained: "My coach (Ken Hogg) suggested I might try a marathon this year but I think it's too early for that. I've only run one half-marathon (76:47 at Inverness in 1997) although I'll certainly be doing more road racing in the months ahead.

"The Inverness Half-marathon and the Scottish 10km championships at the beginning of March are in my plans. After that, however, I'll have to see what's available. Its difficult because a lot of the road races I might want to do clash with some of the more important hill races."

Brindley's more immediate plans include an outing in next month's Scottish Cross Country Championships at Cupar then, hopefully, the UK Trials at Nottingham on February 20.

Crowe rediscovers winning habit in Larne

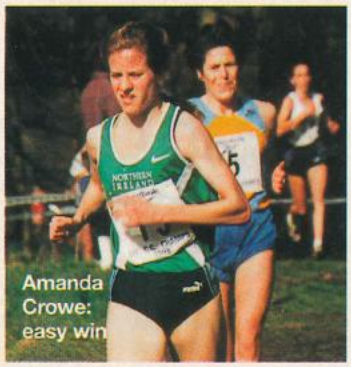
COMMONWEALTH Games 1500m finalist Amanda Crowe turned to the roads over the Christmas period.

The Northern Ireland record-holder over 800m, 1500m and the mile made a winning return to the Larne Rugby Club, although strong winds ruled out a course record.

She says: "I set the course record of 28:10 when I was about 18. I think I was in shape to go under that but it was so gusty, it was more of a steady run than going flat out."

Crowe won in 28:47 and followed that with an outing in the 11-mile Comber Cup multi-terrain race. For an 800m/1500m specialist that was somewhat over-distance, but she says: "I had to do a Sunday run so I had a slow run round, taking 80 minutes."

With black ice making conditions treacherous in places, Crowe took it easy, particularly on the downhills. Having missed four years after splitting her kneecap running a few years ago, Crowe can be forgiven for her safety-first attitude but the intensity will pick up as she seeks World Cross Country Championships selection.



Amanda Crowe: easy win

The 25-year-old was a member of Britain's team for the short course in Marrakesh last year and the thought of competing close to home in Belfast is one that excites the County Down teacher.

And then her attentions will switch to the track where she hopes to lower the Irish 1500m record. Having run 4:10.68 in the Commonwealth Games final in Kuala Lumpur, despite suffering with a cold, she believes she can get down to 4:08 in 1999.

WE HEAR...

■ **THE Chichester Priory 10km hosts the South of England championships for the first time on February 7, hoping to attract further fast times.**

Four athletes beat 30 minutes in 1998 and organisers hope the course record of 29:36 will fall this time. Previous winners include Steve Harris, Vince Garner and Billy Nixon while Nigel Gates has clocked a sub-30 minute time there as a veteran.

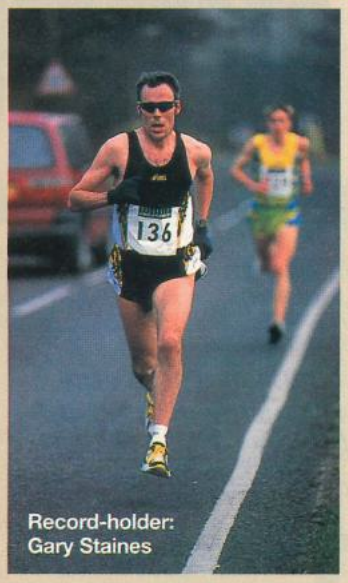
The race will again incorporate the Sussex championships and is part of the Hampshire Road Race League. In recent years the race has been over-subscribed so runners are advised to enter early. Further details are available from Graham Jessop on 01243-527673.

■ **BY THE time this issue hits the shops, the Ballycotton 10 is likely to have passed its entry limit.**

The hugely popular Irish race doesn't take place until March 14 but just a week ago organiser John Walshe had received 1050 entries.

He reported around 100 entries were coming in per day and was fully expecting the limit of 1500 to be reached within days.

Paul Freary won last year's race and twice winner Noel Berkeley and Amsterdam Marathon fifth placer Tommy McGrath are among the favourites for the 22nd staging of the race.



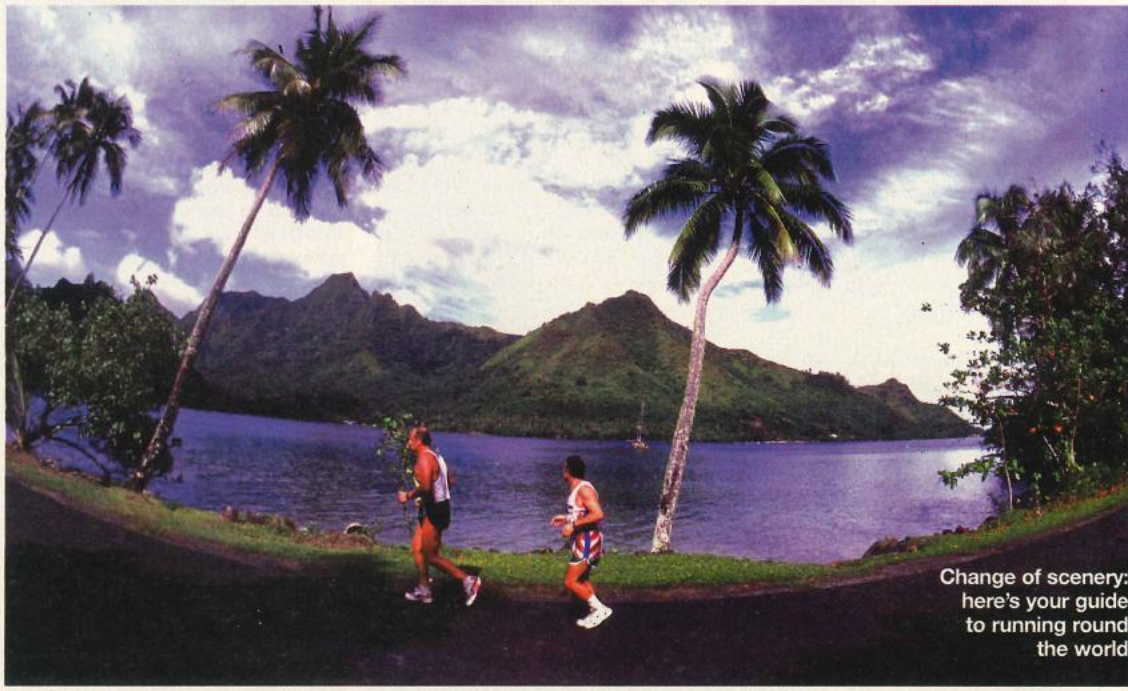
Record-holder: Gary Staines

The race always produces fast times and Gary Staines (47:00) and Marian Sutton (55:28) are the course record holders. Bonuses of £400 (men) and £350 (women) will be paid should those records fall, on top of the first prizes of £300 for either sex.



Turned down for Lo

Just because you haven't been accepted for the Flora London Marathon doesn't mean you can't still run a big city marathon with a great atmosphere. Bob Frank looks at some of the alternatives



Change of scenery: here's your guide to running round the world

THOUSANDS of runners around the UK will be kicking their heels, having received their Flora London Marathon rejection slips. But there are many more marathons both at home and abroad to consider, each with their own attractions.

Whether it's another mass participation event, such as New York, or a low-key event with just a few hundred, the choice is endless.

AIMS, the Association of International Marathons and Road Races, has 130 races as members from 56 countries, and there are also many non-AIMS events to which major tour companies arrange trips.

But most of the world's top road races are members of AIMS, rare exceptions being the Stramilano Half-marathon in Milan; the Uster Half-marathon near Zurich – which hosted last year's world half-marathon championships – and Britain's top half-marathon, the Great North Run.

Indeed, only three British events – the Flora London Marathon, Coolmax Tour of Tameside and the Robin Hood Marathon – are members of AIMS, a body which gives as good a guarantee of quality organisation as you are likely to find.

AIMS was set up in 1982 following a series of meetings between race directors of the world's top marathons. The objectives of the organisation are:
1) to foster and promote road running throughout the world
2) to work with the International Amateur Athletic Federation on all matters relating to international road races
3) to exchange information, knowledge and expertise among the members of the association.

In 1989, membership was extended from just marathons to other major road races and from an initial membership of 28 the association has grown considerably.

Chicago grows to lead the field

BERLIN and Rotterdam may have witnessed world records in 1998, but neither provided the quality in depth of Chicago, Boston and London.

Based on the formula used to calculate the best domestic races, Chicago comes out on top by one point from Boston, with 1997 leader London in third.

The league table is based on the world top 40 rankings for men and women, with 40 points being awarded to the races which produced the fastest times – i.e. to Berlin for Ronaldo da Costa's world record and to Rotterdam for Tegla Loroupe's achievement – down to one point for the 40th ranked performances. Each races' points are then added to produce a league table.

Chicago, under the organisation of Carey Pinkowski and with Glen Latimer assembling the elite field, is re-establishing itself as one of the world's top marathons again.

The sponsorship of LaSalle Banks has enabled Pinkowski and Latimer to bring together awesome line-ups and, like London, the race also appeals to the masses.

Only fourth on the world league table in 1997, Chicago took a huge step forward last year. Ondoro Osoro became the fastest marathon debutant in history as he won in 2:06:54, the third fastest marathon of all time. Four runners broke 2:08, another statistic for the history books as no race has ever produced such quality in depth, and Osoro's Kenyan record added to the other seven current national records – including Steve Jones' UK record of 2:07:13 – set in the Windy City.

As recently as 1996, Britain provided both male and female winner in Chicago, and three of the first five home. Since then the race has really taken off worldwide with the 1998 entry of 20,063 showing an increase of 4000 from the previous year and double the 1996 figure.

So even though we are unlikely to see Britons filling the podium again in the near future, Chicago will continue to be an attraction to our elite, good standard club runners and the less serious.

The fast and flat course, the atmosphere of a mass participation marathon, the stunning Chicago skyline and a friendly organisation will continue to see the race's UK entry rise.

Boston, as ever, packed with Africans in 1998, saw three sub-2:08 performances while Olympic champion Fatuma Roba set an Ethiopian record to win the women's race. Moses Tanui's men's victory saw him become the eighth successive Kenyan to win the race.

London, which headed the 1997 table from Rotterdam and Berlin, places third on the basis of quality in depth – heading the two afore-mentioned races which both produced world records in 1998.

New York, although not the easiest of courses, continues to attract quality and ranks sixth for 1998, having failed to make the top 10 a year earlier.

ndon? Look abroad

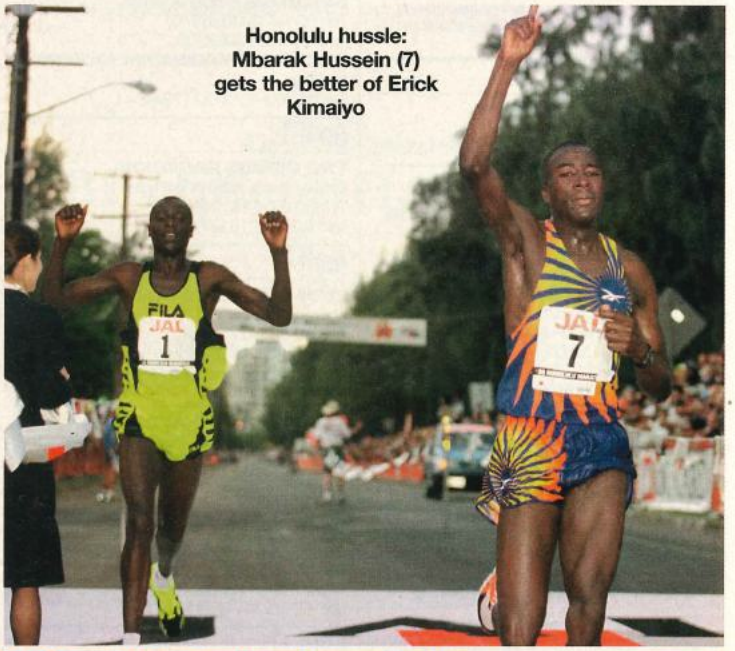
1998 world marathon rankings

Men

1	2:06:05	Ronaldo da Costa (BRA)	Berlin	20.09
2	2:06:54	Ondoro Osoro (KEN)	Chicago	11.10
3	2:07:19	Khalid Khannouchi (MAR)	Chicago	11.10
4	2:07:26	Fabian Roncero (ESP)	Rotterdam	19.04
5	2:07:27	Josephat Kiprono (KEN)	Berlin	20.09
	also 2:09:11		Rotterdam	19.04
6	2:07:34	Moses Tanui (KEN)	Boston	20.04
	also 2:09:43		Chicago	11.10
7	2:07:37	Joseph Chebet (KEN)	Boston	20.04
	also 2:08:48		New York	01.11
8	2:07:44	Lee Bong-ju (KOR)	Rotterdam	19.04
9	2:07:45	Gert Thys (RSA)	Chicago	11.10
	also 2:07:52		Boston	20.04
10	2:07:57	Abel Anton (ESP)	London	26.04
11	2:07:59	Joseph Kahugu (KEN)	Chicago	11.10
12	2:08:01	Alberto Juzdado (ESP)	Tokyo	08.02
13	2:08:07	Abdelkader El Mouaziz (MAR)	London	26.04
14eq	2:08:13	Antonio Pinto (POR)	London	26.04
14eq	2:08:13	Sammy Korir (KEN)	Amsterdam	01.11
16	2:08:26	Andre Luiz Ramos (BRA)	Boston	20.04
17	2:08:31	Vanderlei Cordeiro de Lima (BRA)	Tokyo	08.02
18eq	2:08:33	Danilo Goffi (ITA)	Rotterdam	19.04
18eq	2:08:33	Julio Rey (ESP)	London	26.04
20	2:08:40	José Manuel Garcia (ESP)	Tokyo	08.02
21	2:08:42	Jackson Kabiga (KEN)	Fukuoka	06.12
	also 2:09:37		Paris	05.04
22	2:08:43	Muneyuki Ojima (JPN)	Otsu	01.03
23	2:08:45	John Kagwe (KEN)	New York	01.11
	also 2:08:51		Boston	20.04
24	2:08:47	Simon Bor (KEN)	Amsterdam	01.11
25	2:08:48	Nobuyuki Sato (JPN)	Fukuoka	06.12
26	2:08:51	Amnaa Zebedayio Bayo (TAN)	New York	01.11
27	2:08:52	Elijah Lagat (KEN)	Prague	24.05
28	2:08:56	German Silva (MEX)	Boston	20.04
29eq	2:09:10	Samson Kandie (KEN)	Prague	24.05
	also 2:09:11		Berlin	20.09
29eq	2:09:10	Tadayuki Ojima (JPN)	Fukuoka	06.12
31eq	2:09:11	Akira Shimizu (JPN)	Oita	01.02
32	2:09:21	Moges Taye (ETH)	Wien	24.05
33	2:09:23	Nozomi Saho (JPN)	Rotterdam	19.04
34eq	2:09:33	Martin Fiz (ESP)	Otsu	01.03
34eq	2:09:33	Stefano Baldini (ITA)	Rome	29.03
36	2:09:38	Noriaki Igarashi (JPN)	Fukuoka	06.12
37	2:09:45	Grzegorz Gajdus (POL)	Wien	24.05
38	2:09:46	Giacomo Leone (ITA)	Tokyo	08.02
39eq	2:09:48	Abdeslam Serrokh (MAR)	Barcelona	15.03
39eq	2:09:48	Eder Moreno Fialho (BRA)	Chicago	11.10

Women

1	2:20:47	Tegla Loroupe (KEN)	Rotterdam	19.04
2	2:21:47	Naoko Takahashi (JPN)	Bangkok	06.12
	also 2:25:48		Nagoya	08.03
3	2:22:23	Catherina McKiernan (IRL)	Amsterdam	01.11
	also 2:26:26		London	26.04
4	2:23:21	Fatuma Roba (ETH)	Boston	20.04
5	2:23:57	Joyce Chepchumba (KEN)	Chicago	11.10
	also 2:27:22		London	26.04
6	2:25:17	Franca Fiacconi (ITA)	New York	01.11
	also 2:28:12		Rome	29.03
	& 2:28:59		Budapest	23.08
7	2:25:21	Katrin Dorre-Heinig (GER)	Hamburg	19.04
	also 2:28:38		Osaka	25.01
8	2:25:22	Marleen Renders (BEL)	Berlin	20.09
	also 2:27:30		London	26.04
	& 2:29:43		Budapest	23.08
9	2:25:45	Sun Yingjie (CHN)	Tianjin	11.04
10	2:26:11	Junko Asari (JPN)	Rotterdam	19.04
	also 2:28:29		Tokyo	15.11
11	2:26:33	Adriana Fernandez (MEX)	New York	01.11
12	2:26:54	LIZ McCOLGAN	London	26.04
13	2:27:04	Colleen de Reuck (RSA)	Chicago	11.10
	also 2:29:43		Boston	20.04
14	2:27:06	Nicole Carroll (AUS)	Paris	05.04
15	2:27.10	Manuela Machado (POR)	Budapest	23.08
	also 2:29:13		Boston	20.04
16	2:27:17	Renata Sobiesiak-Paradowska (POL)	Boston	20.04
17	2:27:19	Madina Biktagirova (RUS)	Nagoya	08.03
	also 2:28.01		Budapest	23.08
18	2:27:20	Elana Meyer (RSA)	Chicago	11.10
19	2:27:34	Anuta Catuna (ROM)	Boston	20.04
20	2:27:36	Eri Yamaguchi (JPN)	Sapporo	30.08
21	2:28:12	Harumi Hiroyama (JPN)	Nagoya	08.03
22	2:28:13	Tomoko Kai (JPN)	Nagoya	08.03
23	2:28:19	Susan Chepkemei (KEN)	Berlin	20.09
24	2:28:29	Ari Ichihashi (JPN)	Tokyo	15.11
25eq	2:28:31	Lidia Simon-Slavuteanu (ROM)	Osaka	25.01
	also 2:28:41		London	26.04
25eq	2:28:31	Maura Viceconte (ITA)	Budapest	23.08
27	2:28:37	Alina Tecuta-Gherasim (ROM)	Paris	05.04
28	2:28:39	Kayoko Obata (JPN)	Chicago	11.10
29	2:28:43	Ikuyo Goto (JPN)	Osaka	25.01
30	2:28:47	Mina Ogawa (JPN)	Osaka	25.01
31	2:28:48	Komatsu (JPN)	Nagoya	08.03
	also 2:29:09		Sydney	06.09
32	2:28:50	Wang Yanrong (CHN)	Beijing	10.10
33	2:28:51	Valentina Yegorova (RUS)	Nagoya	08.03
34	2:28:51	Lyubov Morgunova (RUS)	Beijing	10.10
	also 2:28:57		Nagoya	08.03
35	2:29:10	Monica Pont (ESP)	Nagoya	08.03
36	2:29:25	Tatyana Pozdnyakova (UKR)	Chicago	11.10
37	2:29:29	Yoshiko Ichikawa (JPN)	Osaka	25.01
38	2:29:30	Sonja Krolik-Oberem (GER)	Amsterdam	01.11
	also 2:29:39		London	26.04
39	2:29:32	Mineko Yamanouchi (JPN)	Nagoya	08.03
40	2:29:39	Malgorzata Sobanska (POL)	Cologne	11.10



Honolulu hussle: Mbarak Hussein (7) gets the better of Erick Kimaiyo

1998 world marathon league table

1	Chicago, USA	226
2	Boston, USA	225
3	LONDON	204
4	Rotterdam, NED	172
5	Berlin, GER	128
6	New York, USA	108
7	Nagoya, JPN	82
8	Amsterdam, NED	80
9	Tokyo-New York Friendship, Tokyo, JPN	71
10	Budapest, HUN	49

AIMS CALENDAR

January 31

OSAKA INTERNATIONAL LADIES' MARATHON, Japan
Tel: 00-8163148277; fax: 00-8163148275

February 7

BEPPU OITA MAINICHI MARATHON, Japan
Tel: 00-81928526610;
fax: 00-81928526661
LAS VEGAS INTERNATIONAL MARATHON, USA
Tel/fax: 001-7028763870
VALENCIA MARATHON, Spain
Tel: 00-34963460707;
fax: 00-34-963463635

February 12

EGYPTIAN MARATHON, Egypt
Tel: 00-20-25755029; fax: 00-20-2778861

February 14

CARIBBEAN CEMENT JAMAICA MARATHON, Jamaica
Tel: 001-8769286231;
fax: 001-8769286096
TOKYO-NEW YORK FRIENDSHIP MARATHON, Japan
Tel: 00-81332258648;
fax: 00-81-333594225

February 20

TAHITI-MOOREA BLUE MARATHON, Tahiti
Tel: 00-689777968; fax: 00-689450519

February 21

OHME 30km, Japan
Tel: 0081-354791294;
fax: 00-81354791298

February 28

SEVILLE MARATHON, Spain
Tel: 00-34954596800;
fax: 00-34954675524
OLD MUTUAL CAPE TOWN MARATHON, South Africa
Tel/fax: 00-27216837214
VERDIAN PLACES MARATHON, Parma, Italy
Tel: 00-39-0524572083;
fax: 00-39-0524574518

March 7

LAKE BIWA INTERNATIONAL MARATHON, Japan
Tel: 00-81-63468371; fax: 00-8163468372

March 14

CATALUNYA-BARCELONA MARATHON, Spain
Tel: 00-34-932680114;
fax: 00-34-932684334
CHINA COAST MARATHON, China
Tel/fax: 00-85228162798
KYOTO CITY HALF-MARATHON, Japan
Tel: 00-81-753151235;
fax; 00-81753151236
LISBON HALF-MARATHON, Portugal
Tel: 00-351-14413182;
fax: 00-351-14413073
LOS ANGELES MARATHON, USA
Tel: 001-3104445544;
fax: 001-3104738105

Star race

Lisbon Half-marathon, March 14

FOR the world's elite, this race is a perfect build-up to a spring marathon with a swift course producing confidence-boosting fast times.

Antonio Pinto delighted home fans with a world record last year while Liz McColgan is a regular visitor to the race. Last year McColgan broke the 70-minute barrier but could only finish fifth, such is the quality of the field.

Catherina McKiernan won last year as part of her preparation to her successful Flora London Marathon.

Star race

Generale Bank Marathon Rotterdam, April

ROTTERDAM may not have a budget to match London but the course is arguably quicker and could have seen two world records in 1998.

Of course, Tegla Loroupe – assisted by male pacemakers – broke Ingrid Kristiansen's record by 19 seconds. But Fabian Roncero may also have taken the world record if he'd not stopped twice in the closing stages due to cramp.

With 5km to go Roncero was nearly a minute quicker than Belayneh Dinsamo's 1988 world record of 2:06:50 set on the same Rotterdam course.

Roncero faded to 2:07:26 but Rotterdam could still claim to be the world record course for men and women – until Ronaldo da Costa's stunning Berlin performance.

MAUI INTERNATIONAL MARATHON, USA
Tel: 001-8088716441;
fax: 001-8085730412
NAGOYA INTERNATIONAL WOMEN'S MARATHON, Japan
Tel: 00-81-522210737;
fax: 00-81-522210739
ROME MARATHON, Italy
Tel: 00-39-064065079;
fax: 00-39-064065063
VIGARANO MARATONA, Italy
Tel: 00-39053243196;
fax; 00-390532436563

March 27

CITY-PIER-CITY HALF-MARATHON, Den Haag, Netherlands
Tel: 00-31-174517273;
fax: 00-31-174510129

March 28

BERLIN HALF-MARATHON
Tel: 00-49-303025370;
fax: 00-49303062203
GRAZ-MURPROMENADEN MARATHON, Austria
Tel/fax: 00-43-316717944

April 3

TWO OCEANS MARATHON, Cape Town, South Africa
Tel: 00-27-21619407;
fax: 00-27-21618724

April 4

PARIS INTERNATIONAL MARATHON, France
Tel: 00-33142767380;
fax: 00-331-42767385

April 5

SPLENDID INTERNATIONAL HALF-MARATHON, Gualtieri, Italy
Tel: 00-39-0522964972;
fax: 00-39-0522965148

April 11

SEOUL INTERNATIONAL WOMEN'S RELAY, Korea
Tel: 00-8224125065/6;
fax: 00-8224147771

April 17

BELGRADE STARK MARATHON, Yugoslavia
Tel: 00-381-11648266;
fax: 00-38111651328

April 18

FLORA LONDON MARATHON
Tel: 0171-6204117; fax: 0171-9284208
GENERALE BANK MARATHON ROTTERDAM, Netherlands
Tel: 00-31-104172886;
fax: 00-31-104325050

Star race

Flora London Marathon, April 18

LONDON is not only Britain's No.1 marathon, it is one of the world's premier events.

From the great atmosphere generated by 30,000 runners and huge crowd support to the big budget that attracts the world's best, London is one of the three major spring marathons.

A fast and flat course, taking in many of the capital's famous landmarks, has brought many fast times and until 1998 Ingrid Kristiansen's world record of 2:21:06 set in London had stood for 13 years.

For 1999 London has attracted the world record-holder Ronaldo da Costa, Olympic champion Josiah Thugwane, unbeaten marathoner Catherina McKiernan, former world half-marathon champion Liz McColgan and Olympic 10,000m champion Fernanda Ribeiro, making her debut at the distance.

SANTIAGO INTERNATIONAL MARATHON, Chile
Tel: 00-562-3397075;
fax: 00-562-3397076

April 19

BAA BOSTON MARATHON, USA
Tel: 001-5084356905;
fax: 001-5084356590

April 25

MADRID MARATHON, Spain
Tel: 00-34-913669701;
fax: 00-34-913640313
SHELL MARATHON, Hamburg, Germany
Tel: 00-49-40616773;
fax: 00-49-40614978
WROCLAW MARATHON, Poland
Tel: 00-48-71676680;
fax: 00-48-71-676267

May 1

FLETCHER CHALLENGE MARATHON, Rotorua, New Zealand
Tel/fax: 00-64-73488448

May 2

BERLIN 25km, Germany
Tel: 00-49-303051771;
fax: 00-49-3030099610
TURIN MARATHON, Italy
Tel/fax: 00-39-0116631231
VANCOUVER INTERNATIONAL MARATHON, Canada
Tel: 001-6048722928;
fax: 001-6048722903

May 8

GOTHENBURG HALF-MARATHON, Sweden

May 16

COPENHAGEN MARATHON, Denmark
Tel: 00-45-35266900;
fax: 00-45-35386903

May 23

PRAGUE INTERNATIONAL MARATHON, Czech Republic
Tel: 00-4202299163; fax: 00-420-2298197

May 30

VIENNA CITY MARATHON, Austria
Tel: 00-43-16069510;
fax: 00-43-16069540

Star race

BAA Boston Marathon, April 19

THE point-to-point Boston course has seen a host of fast times but running this marathon can take longer to recover from.

As far as times are concerned, much depends on which direction the wind is blowing, but of course the race is more famous for Heartbreak Hill.

This can be where the race is won and lost, but it's the downhill sections on the course which leave the quads suffering for longer than many other marathons.

June 6

INTERNATIONAL ENSCHEDE MARATHON, Twente, Netherlands
Tel: 00-31-174517273;
fax: 00-31-174510129

June 12

STOCKHOLM MARATHON, Sweden
Tel: 00-46-86671930;
fax: 00-46-86643822

June 16

COMRADES MARATHON, South Africa
Tel: 00-27-331933510;
fax: 00-27-331427548

June 20

CORRIDA DE SAO JOAO-PORTO, Portugal
Tel/fax: 00-351-22083331

June 26-27

VETERANS' GRAND PRIX, Bruges, Belgium
Tel: 00-32-11459981;
fax: 00-32-11459910

June 27

TALLINN MARATHON, Estonia
Tel/fax: 00-3722790618
LAKE SAROMA 100km, Japan
Tel: 00-81-337141311;
fax: 00-81-337145455

July 3

MIDNIGHT SUN MARATHON, Norway
Tel: 00-47-77684054;
fax: 00-47-77655635

July 4

PAAVO NURMI MARATHON, Finland
Tel: 00-35822503526;
fax: 00-35822503106
BEACHCOMBER MARATHON, Mauritius
Tel: 00-230-4642256;
fax: 00-230-4540392

July 11

FILA INTERNATIONAL SKYMARATHON, Italy
Tel/fax: 00-39-0153506239
GOLD COAST MARATHON, Queensland, Australia
Tel: 00-61-755271363;
fax: 00-61-755271295

July 18

SAPPORO HALF-MARATHON, Japan
Tel: 00-81-112414670;
fax: 00-81-112616134

July 25-31

COOLMAX TOUR OF TAMESIDE
Tel: 0161-3423315; fax: 0161-3423744

July 31

SWISS ALPINE MARATHON 67km, Davos, Switzerland
Tel: 00-41-81257771; fax: 00-41-2526784

August 1

MOUNT MERU INTERNATIONAL MARATHON, Tanzania
Tel: 00-255-0572394;

fax: 00-255-0572271

August 7

SIBERIAN INTERNATIONAL MARATHON, Russia
00-7-3812242567; fax: 00-7-3812242723

August 14

HELSINKI CITY MARATHON, Finland
Tel: 00-358934812405; fax: 00-358-934812367

August 15

CIUDAD DE MEXICO MARATHON, Mexico
Tel: 00-525-6886829;
fax: 00-525-6048658

August 22

REYKJAVIK MARATHON, Iceland
Tel: 00-354-5883399; fax: 00-3545813686

August 29

HOKKAIDO MARATHON, Japan
Tel: 00-81-112320840;
fax: 00-81-112105734
MOSCOW PEACE MARATHON, Russia
Tel/fax: 00-7-0959240015/0824

September 4

INTERNATIONAL JUNGFRAU MARATHON, Switzerland
Tel: 00-41-794219500;
fax: 00-41-319517562

September 5

NIKE BUDAPEST HALF-MARATHON, Hungary
Tel: 00-36-12676560;
fax: 00-36-12676561

September 11

PHILLIPS INTERNATIONAL 15km, Pila, Poland
Tel/fax: 00-48-672124011

September 12

BUENOS AIRES CITY HALF-MARATHON, Argentina
Tel: 00-54-17886656;
fax: 00-54-17848354
MEDIA MARATHON INTERNATIONAL DE MEDELLIN, Colombia
Tel: 00-574-2308000;
fax: 00-574-2601231
TALLINN HALF-MARATHON, Estonia
Tel/fax: 00-372-2790618

September 19

OK WACHAU MARATHON, Austria
Tel: 00-43-27198680;
fax: 00-43-27198740

September 26

BERLIN MARATHON, Germany
Tel: 00-49-303025370;
fax: 00-49-303062203
ROBIN HOOD MARATHON, Nottingham
Tel: 0115-9152777; fax: 0115-9152766
ROUTE DU VIN HALF-MARATHON, Luxembourg
Tel: 00-352-430137240;
fax: 00-352430137317

October 3

KAISER'S PLUS BUDAPEST MARATHON, Hungary
Tel: 00-36-12676560;
fax: 00-36-12676561
KOSICE PEACE MARATHON, Slovakia
Tel: 00-421956220010;
fax: 00-421-956224158
PORTLAND MARATHON, USA
Tel: 001-5032481134;
fax: 001-5032248851

Star race

Berlin Marathon, September 26

AN excellently organised race which always figures highly in the world rankings.

The course is fast and flat although surprisingly few top Britons have raced there in recent years.

Catherina McKiernan ran the world's fastest debut there in 1997 and the race hit the headlines again last year when Ronaldo da Costa smashed the world record by 45 seconds.

October 10

ISTANBUL EURASIA MARATHON, Turkey
Tel/fax: 00-90-2125135944
ITALIAN MARATHON MEMORIAL ENZO FERRARI, Italy
Tel: 00-39-059650297;
fax: 00-39059651330
LAKE TAHOE MARATHON, USA
Tel: 001-5305447095;
fax: 001-5305446061
ROYAL VICTORIA MARATHON, Canada
Tel: 001-6043828181;
fax: 001-6043849482
ZAGREB MARATHON, Croatia
Tel: 00-3851350543; fax: 00-385-1391128

October 13

BELGRADE RACE THROUGH HISTORY, Yugoslavia
Tel: 00-381-11648266;
fax: 00-381-11-651328

October 17

CANADIAN INTERNATIONAL MARATHON, Canada
Tel: 001-4169721062;
fax: 001-4169721238
DELTA LLOYD AMSTERDAM MARATHON, Netherlands
Tel: 00-31-206630781;
fax: 00-31-206630561
LAUSANNE MARATHON, Switzerland
Tel: 00-41-218063016;
fax: 00-41-218062548

October 24

BMW AUCKLAND INTERNATIONAL MARATHON, New Zealand
Tel: 00-64-95751616;
fax: 00-64-95751617
LASALLE BANKS CHICAGO MARATHON, USA
Tel: 001-3122430003;
fax: 001-312-2435652
LJUBLIANSKI MARATHON, Ljubljana, Slovenia
Tel: 00-38-611316285;
fax: 00-38-611314025
SPA EURO MARATHON, Echternach, Luxembourg
Tel: 00-352-348354; fax: 00-352-340667
US MARINE CORPS MARATHON, USA
Tel: 001-7037842225; fax: 001-7037842265
VENICE MARATON FOR UNICEF, Italy
Tel: 00-39-041940644;
fax: 00-39-041940349

October 31

ETA FRANKFURT MARATHON, Germany
Tel: 00-49-6968607015;
fax: 00-49-6968607090

November 7

NEW YORK CITY MARATHON, USA
Tel: 001-2128604455;
fax: 001-212-8609754

November 14

HABANA MARATHON, Cuba
Tel: 00-53-7407951; fax: 00-53-7335310

November 19-21

SPORTSMAN'S TRAVEL MALTA CHALLENGE MARATHON, Malta
Tel: 00-356-344378; fax: 00-356-338559

November 21

AMAGASAKI INTERNATIONAL FOR THE UNICEF CUP, Japan
Tel: 00-81-63489772;
fax: 00-81-63489644
BANGKOK MARATHON, Thailand
Tel: 00-66-22664071; fax: 00-6622668159
MONACO INTERNATIONAL MARATHON, Monaco
Tel: 00-377-92054305;
fax: 00-377-92056808
TOKYO INTERNATIONAL WOMEN'S MARATHON, Japan
Tel: 00-81-355407455;
fax: 00-81-332486636

Star race

LaSalle Banks Chicago Marathon, October 24

THE Windy City has been a happy hunting ground for British runners. Apart from recent victories by Marian Sutton (1996 and '97), Eamonn Martin ('95) and Paul Evans ('96), there were three British victories in the eighties.

Steve Jones won in 1984 and '85, the latter in the current UK record of 2:07:13, while Paul Davies-Hale made a winning marathon debut there in 1989.

In the early '90s the race slipped from being a major marathon to an also-ran, 2:16:14 being enough to win as recently as 1992, but it has bounced back with a bang since LaSalle Banks added their finance and marketing expertise to the event.

November 28

DISCOVERIES MARATHON, Lisbon, Portugal
Tel: 00-351-13616160;
fax: 00-351-13616169
FIRENZE MARATHON, Italy
Tel/fax: 00-39-055572885
SEATTLE MARATHON, USA
Tel: 001-2067293660;
fax: 001-2067293662

December 4

COSTA RICA INTERNATIONAL MARATHON, Costa Rica
Tel: 00-506-2583608;
fax: 00-506-2337791

December 5

COSTA DE CALVIA MARATHON, Spain
Tel: 00-34-971670310;
fax: 00-34-71670359
FUKUOKA MARATHON, Japan
Tel: 00-81-334812300;
fax: 00-81-334812449
MACAU INTERNATIONAL MARATHON, Macau
Tel: 00-853580762; fax: 00-853343708

December 12

CANCUN INTERNATIONAL MARATHON, Mexico
Tel: 001-813-9853345;
fax: 001-8139854386
HONOLULU MARATHON, USA
Tel: 001-808-7347200;
fax: 001-808-7327057

Star race

New York City Marathon, November 7

THE New York Marathon is one race every top athlete would dearly love to win.

Josiah Thugwane, the Olympic champion, and world record-holder Ronaldo da Costa have expressed their desire to win in the Big Apple before they hang up their running shoes.

Not as flat as most of the world's premier marathons, it nevertheless creates an amazing atmosphere and is the most popular race abroad for Britons.

December 19

DELHI INTERNATIONAL 10km, India
Tel: 00-91-114364844;
fax: 00-91-114620102

December 31

SILK ROAD ULTRAMARATHON, Italy-Japan
Tel: 00-81-463617209;
fax: 00-81-463617210

Birchfield Harriers

Wish to announce, in conjunction with the Birmingham & District Invitation League, plus the Midland Counties Women's League,

CROSS COUNTRY RACES

To be held on

SATURDAY 13 FEBRUARY 1999

These races will be held in conjunction with the Final Division One Fixture.

Race Start Timetable

1200	U13 Girls	Inter League and Open Race	2.5k - 3k
1220	U13 Boys	Open Race	2.5k - 3k
1240	U15 Girls	Inter League and Open Race	3.5k - 4k
1300	U15 Boys	Open Race	3.5k - 4k
1330	U20 Women	Inter League and Open Race	4.5k - 5k
1400	Senior Women	Inter League and Open Race	6k - 6.5k
1430	Senior Men	Birmingham League Division One	9.5k - 10k

Entries are welcome from any women and boys who desire a race, in the open races. NO ENTRY FEES.

Entries to and Directions from:- Maurice Millington.
Please enclose a SAE.
Send to: M. Millington, Birchfield Harriers, Walsall Road, Perry Barr, Birmingham, B42 2LR.

Tel: (0121) 344 4858. Fax: (0121) 331 1533

*The club would like to acknowledge the support of **NIKE (UK)** and the Schools Project as well as **POWERJOG** and the Endurance Initiative – both projects supported by **SPORTSMATCH**.*

POWERJOG The Ultimate Running Machine
SPORTS £ £ MATCH

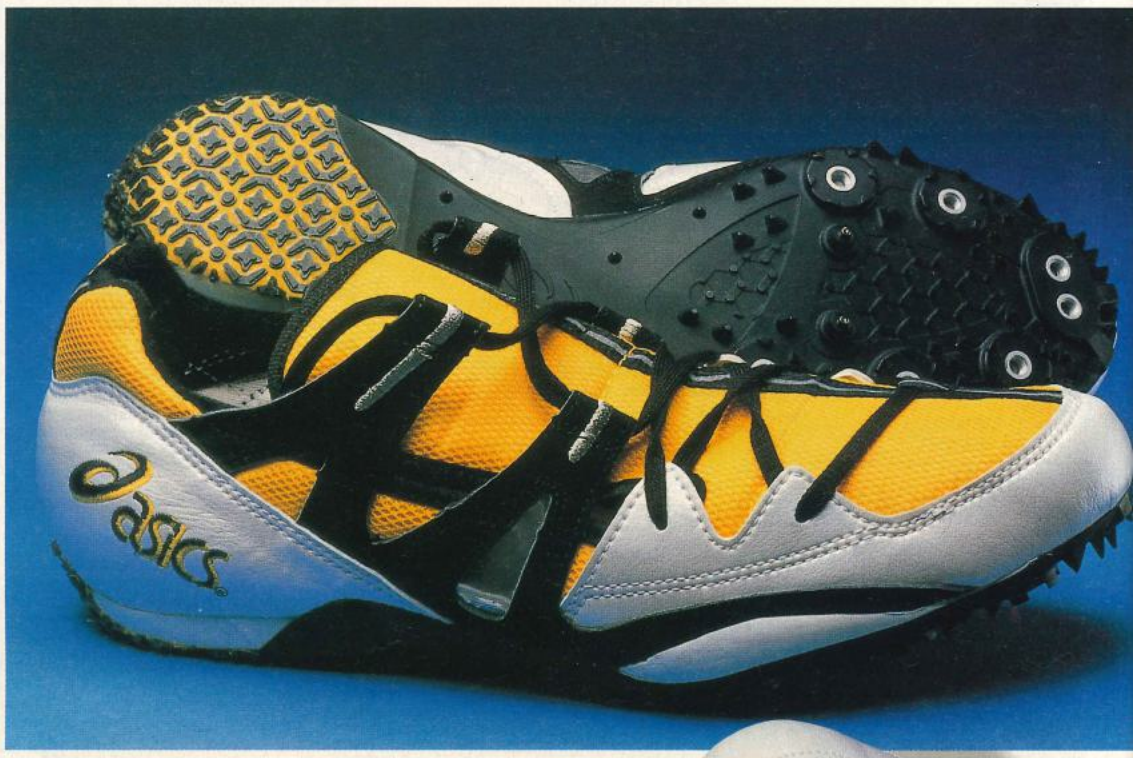
Test Bed

Champion feeling comes at a price



With Allan Haines

E-mail: allan.haines@ecm.emap.com



Tech spec

ASICS KENAH

THIS middle distance spike was developed from shoes worn last season by Iwan Thomas. The skeletal upper helps keep weight down and an external spike plate is fitted with two permanent steel pins beneath the midfoot. Seven other spike locations are distributed around the forefoot.

Midsole is compression moulded EVA and the heel is faced with the highly successful Duosole, a material noted for its traction and wear resistance.

- **Price:** £99.99
- **Weight:** 198g
- **Sizes:** 6-12

The test

OUR 29-year-old middle distance man races over 400m (52 secs), 800m (1:54) and 1500m (4:01). He has a stable, average width foot and heel strikes. He weighs 11st 7lbs and is 5' 11" tall.

The test was to wear the Kenah for track sessions and races on conventional, all-weather tracks.



The verdict

"THOUGH modelled on Iwan Thomas' shoes, in which he ran a British 400m record 44.36, I'd be lucky to run a lap 10 seconds slower than the European and Commonwealth champion and I knew if I didn't it would be my fault rather than the shoe's technology.

"I broke them in with no problems and could possibly have raced in them straight from the box. The one thing that did take some getting used to was the incredible grip. When wearing spikes on an all-weather track you don't expect to slip but here you had the feeling that if you were suddenly confronted with a wall in the middle of the home straight you could scale it, Spiderman style.

"Another thing I noticed was the shoe seemed 'weighted' towards the front of the foot, almost encouraging you to toe strike. Extreme heel strikers may find this makes them a little uncomfortable but then again few 800/1500 runners are heel strikers.

"I liked the good support and cushioning. For a spike they were great. Often racing shoe manufacturers are so committed to giving you winged feet running feels like biomechanical suicide. In some cases you may as well take a hammer and chisel to your shins for the good they do you.

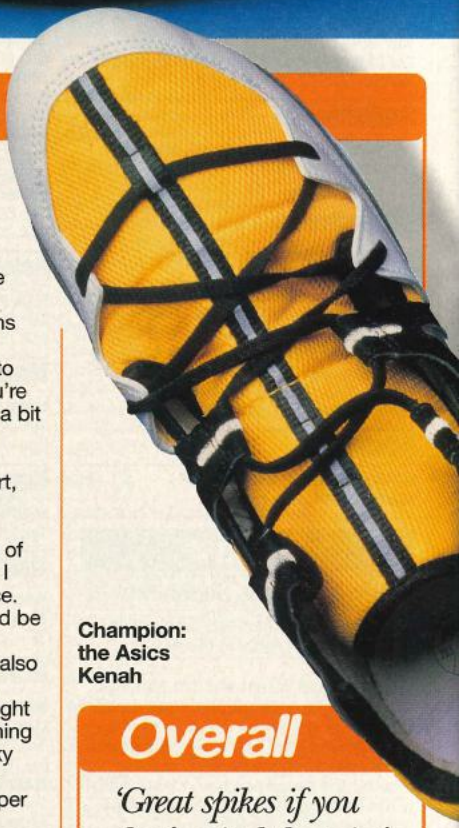
"It was also nice, with a lap to go in a 1500 when you feel you're getting a bit flat-footed, to feel a bit of bounce there.

"The Kenah has that rare combination of traction, support, cushioning and lightness.

"Overall I liked the traction, comfort and the mental aspect of knowing Iwan wears them too. I wasn't so happy about the price. Reduced by £20 to £30 it would be an acceptable figure for me.

The colour and design were also a bit over the top for my taste.

"Even though expensive I might buy another pair if I began running PBs and they became my 'lucky spikes'. As it is it's going to be difficult to drop back to a cheaper model after wearing such an expensive shoe."



Champion: the Asics Kenah

Overall

'Great spikes if you don't mind the price'

New store has women in mind

SWEATSHOP, the sports retail group, has included a unique 'vitality room' for women in its recently-opened new branch at North Finchley.

Located at 815-819 High Road, the shop will devote half its 3,000 square feet to women's sports clothing and footwear and will be staffed by women.

Within the 'vitality room', created by lifestyle consultant Joanna Hall MSc, customers can obtain free advice on training and fitness and will be able to test their fitness in just three minutes.

Sweatshop has also launched a women's training network to introduce training partners for London-based running.

The store's men's section features an Adidas footscan machine and a treadmill, enabling customers to 'try before they buy'.



Vitality consultant: Joanna Hall MSc

Triax gets forefoot cushioning

NIKE has released the £69.99 Air International Triax among its spring '99 range.

At this price it looks a very good buy and is sure to find favour with runners on high mileage who need good cushioning rather than loads of anti-pronation features.

The single density midsole houses Air units in both the heel and forefoot. Construction is the usual Nike slip last build to give the shoe a responsive feel and keep weight to a minimum (a UK 10 weighs 407g).

Outsole is waffle-treaded carbon rubber, while lacing relies on a conventional system with oval laces.



Calendar earners

CALENDARS seem to be the in-thing when it comes to clubs making a few quid and both Ilford AC and Newport Harriers have been quick off the blocks.

■ **Ilford Athletic Club:** Among the athletes featured are Ashia Hansen and top U15 long jumper Monique Parris. But don't get the idea this is a lavish, all-colour production. It isn't! The pictures are mono and in some cases more than a little out of focus. But the overall effect is still acceptable and at least the £3.50 plus 50p for p&p is going to the club.

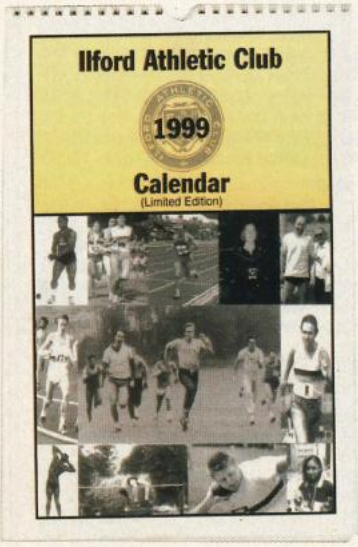
The A4 size calendar includes some of the main fixture dates too so it's a 'must' for any athlete who competes in the south.

Orders can be placed by telephone: 0181-4727594.

■ **Newport Harriers:** A large, A3 format and a snappy cartoon cover on good gloss paper gives this one a professional feel but it would have been much better in colour.

Mono throughout, each page features a sketch of an athletic event and the logo of the page sponsor. The calendar grid suffers from over-design and as a result runs the risk of losing the user. But again it's a great way to help finance a club.

■ For more details call Michael Rowland Belcher on 01633-662307.



Total care for athletes

ADVANCE Performance, the Cambridgeshire-based coaching specialist has expanded to offer athletes a complete service.

Its 'Total Athlete Care' range includes personal training plans, regular workshops, physiological testing, sports psychology and nutrition advice.

Products by Polar, Timex and Mizuno are also available.

For more information call Stuart Hale on 01780-783958 or visit the Total Athlete Care stand at races.

New specification javelins on offer

NEW IAAF javelin specifications come into force in April, making existing spears no longer valid for competition.

The new rule has the centre of gravity in a different position to give better landing characteristics.

Old javelins may only be used in domestic competition if the meeting organiser indicates on the entry form which specification is to be used. If the new specification is used a sufficient number of the new design javelins must be provided.

In order to help with the transition Dr Alan Neuff, a BAF coach in javelin and field events official, who runs Neuff Athletic Equipment is offering a range of the new javelins at special prices until January 31. Multiple orders for a single delivery will qualify for further discount. For advice or more details tel: 01653-691865 or fax him on 01653-691865.

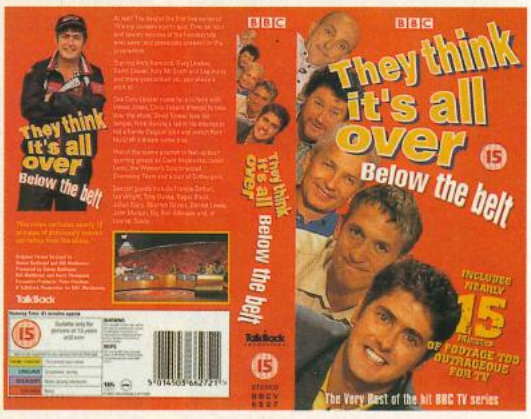
It's not all over ... yet!

LATEST video offering from the BBC is They Think it's All Over – Below the Belt.

A collection of the popular programme's best bits, along with some out-takes they claim were too rude to be used on TV, the 83 minute tape sells at £12.99 and includes all the usual stuff from the likes of Lee Hurst, David Gower, Gary Lineker and company.

Though well produced and at times very funny you can't help feeling you've seen much of it before. In the case of the previously unscreened bits its just a case of new but not particularly different.

If you like the programme you'll love the video. Copies of the tape are on sale in most video shops.



Young Athlete



With Elaine Dunn

E-mail: elaine.dunn@ecm.emap.com

UK all-time age group indoor lists

Compiler: Martin Rix

AS the indoor season gets underway we thought it a good idea to publish the age group indoor lists for men – women will appear next week – as they make for some interesting reading.

While many of the sprint times have been re-written most of the distance events remain with the 70s and 80s boys.

What is amazing is that the under-20 3000 metres record still stands to Ian Stewart from 1968 with the newest entry being Michael Capper in 1983.

Perhaps many of the middle distance lads are preferring to concentrate on the summer season and using cross country as a training means through the winter months rather than the dry indoor atmosphere, or maybe it is just a measure of how good Stewart *et al* were.

U20 men

60

6.63	Dwain Chambers	Feb 23 '97
6.66	Jamie Henderson	Jan 24 '87
6.67	Jason Livingston $	Mar 10 '90
6.67	Christian Malcolm	Mar 1 '97
6.73	Steve Gookey	Mar 10 '90
6.73	Jason Gardener	Feb 19 '94
6.75	Mike McFarlane	Mar 18 '78
6.75	Elliot Bunney	Feb 10 '85
6.76	Martin Giraud	Feb 19 '95
6.79	Michael Powell	Jan 30 '81
6.79	Mark Findlay	Feb 15 '97
6.79	Mark Lewis-Francis	Feb 21 '98

200

20.96	Ade Mafe	Jan 19 '85
21.26	Christian Malcolm	Feb 16 '97
21.37	Allyn Condon	Jan 8 '93
21.41	Jamie Henthorn	Mar 2 '96
21.47	Dwain Chambers	Feb 18 '96
21.48	Darren Campbell	Jan 3 '92
21.48	Mark Findlay	Jan 26 '97
21.50	Ian Horsburgh	Feb 16 '97
21.51	Marlon Devonish	Feb 25 '95
21.51	Tim Benjamin	Feb 22 '98
oversized track		
21.3	Peter Little	Feb 17 '78

400

46.56	Mark Hylton	Feb 4 '95
46.87y	Roger Hunter	Mar 3 '84
47.24	Roger Black	Feb 16 '85
47.61	David Grindley	Feb 13 '91
47.65	Guy Bullock	Feb 14 '93
47.69	Hugh Kerr	Feb 25 '95
47.78	Kris Stewart	Mar 1 '97
47.83	Matthew Elias	Feb 7 '98
47.84	Carl Southam	Feb 23 '92
47.84	Alloy Wilson	Feb 22 '98

800

1:48.53	David Sharpe	Feb 8 '86
1:50.4	Ikem Billy	Dec 10 '83
1:50.55	Eddie King	Feb 12 '94
1:50.60	Paul Burgess	Jan 7 '89
1:50.8	Mal Edwards	Jan 24 '76
1:50.9	Andy Myatt	Mar 20 '82
1:51.0	Peter Elliott	Jan 24 '81
1:51.06	Craig Winrow	Jan 7 '89
1:51.30	Matt Dixon	Feb 15 '97
1:51.4	Julian Spooner	Mar 1 '78

1500

3:46.21	David Sharpe	Feb 25 '86
3:47.5	Gary Taylor	Feb 11 '81
3:48.1	John Davies	Apr 20 '68
3:48.4	Frank Clement	Nov 13 '71
3:48.7	Paul Dennis	Feb 21 '70
3:49.0	Chris McGeorge	Mar 21 '81
3:49.1	Alistair Currie	Dec 8 '84
3:49.15	Matt Dixon	Feb 23 '97
3:49.4	Roy Tilling	Jan 29 '71
3:49.6	Clifton Bradeley	Dec 10 '83

3000

8:01.4	Ian Stewart	Feb 24 '68
8:08.0	John Bednarski	Dec 7 '68
8:11.3	Philip Dixon	Jan 10 '81
8:11.6	Colin Reitz	Jan 27 '79
8:12.4	Nick Rose	Nov 21 '70
8:13.2	Mike Kearns	Dec 8 '73
8:13.4	Tony Blackwell	Dec 10 '77
8:13.8	Dick Callan	Nov 16 '74
8:13.9a?	Michael Capper	Feb 20 '83
8:14.4	John Boggis	Nov 21 '70

60H (3'6")

7.68	Jon Ridgeon	Mar 3 '85
7.78	Colin Jackson	Jan 26 '85
7.86	Brett St. Louis	Mar 21 '87
7.89	Anthony Jarrett	Mar 13 '87
8.01	Nigel Walker	Mar 20 '82
8.01	David Nelson	Mar 22 '86
8.01	James Archampong	Feb 13 '94
8.02	Kieran Moore	Mar 20 '82
8.05	Ross Baillie	Jan 22 '95
8.10	Paul Brice	Mar 19 '83
8.10	Chris Baillie	Feb 21 '98
hand timing		
7.8	Kieran Moore	Feb 23 '82

High jump

2.27	Steve Smith	Feb 1 '91
2.24	Brendan Reilly	Nov 16 '91
2.23	Ben Challenger	Mar 1 '97
2.20	Geoff Parsons	Jan 29 '83
2.20	James Brierley	Jan 28 '96
2.16	Claude Moseley	Apr 13 '80
2.16	Alex Kruger	Mar 13 '82
2.15	Andrew McIver	Jan 26 '80
2.15	John Hill	Jan 11 '85
2.15	Dalton Grant	Mar 16 '85
2.15	David Barnetson	Feb 18 '90
2.15	Andrew Lynch	Feb 21 '93
2.15	Mike Robbins	Feb 18 '95
2.15	Darren Joseph	Feb 18 '96
2.15	Martin Lloyd	Feb 14 '98

Pole vault

5.20	Warren Siley	Feb 16 '92
5.15	Billy Davey	Mar 5 '83
5.10	Neil Winter	Feb 8 '92
5.05	Andy Ashurst	Mar 31 '84
5.00	Matt Belsham	Dec 2 '89
5.00	Christian Linskey	Jan 25 '97
4.90	Bob Kingman	Mar 15 '92
4.80	Mike Edwards	Dec 13 '86
4.80	Gary Jackson	Feb 1 '87
4.80	Mark Grant	Feb 10 '90
4.80	Dean Mellor	Feb 10 '90
4.80	Kevin Hughes	Feb 8 '92
4.80	Paul Williamson	Feb 13 '93
4.80	Mark Davis	Mar 19 '95

Long jump

7.81	Stewart Faulkner	Mar 19 '88
7.62	Jason Canning	Mar 19 '88
7.55	Steve Phillips	Feb 2 '91
7.50	Kevin Liddington	Mar 19 '89
7.49	Nathan Morgan	Jan 29 '97
7.48	Daley Thompson	Feb 12 '77
7.42	Trevor Sinclair	Feb 28 '79
7.38	David Clerihew	Mar 2 '96
7.35	Colin Mitchell	Jan 28 '78
7.32	Paul Johnson	Mar 9 '86
7.32	Marcus Browning $	Jan 9 '87
7.32	Garry Slade	Mar 21 '87
downhill		
7.43	Derrick Brown	Mar 7 82
7.36	Mark Belben	Jan 11 '86

Triple jump

15.94	Onochie Achike	Feb 14 '93
15.76	Steven Anderson	Dec 8 '84
15.68	Aston Moore	Mar 22 '75
15.60	Mike Makin	Mar 21 '81
15.57	Paul Johnson	Jan 10 '87
15.56	Vernon Samuels	Feb 19 '83
15.48	John Herbert	Mar 21 '81
15.44	Jon Wallace	Feb 15 '97
15.37	Ronnie Corbin	Feb 18 '84
15.35	Francis Agyepong	Feb 18 '84

Shot (7.26kg)

18.31	Carl Myerscough	Feb 8 '98
18.21	Matt Simson	Feb 3 '89
17.78	Billy Cole	Mar 10 '84
17.36	Chris Ellis	Dec 8 '84
17.26	Geoff Capes	Nov 16 '68
17.02	Emeka Udechuku	Feb 22 '98
16.87	Antony Zaidman	Mar 7 '81
16.39	Simon Williams	Feb 15 '86
16.20	Alan Carter	Mar 23 '63
16.20	Nigel Spratley	Mar 19 '89

Heptathlon (senior implements)

5380o	David Bigham	Mar 4 '90
5304	Gavin Sunshine	Mar 7 '93
5260o	Brian Taylor	Mar 5 '89
5259	Barry Thomas	Mar 10 '91
5209o	Jim Stevenson	Mar 4 '90
5026	Dean Macey	Feb 4 '96
4960	Mark Bushell	Feb 5 '95
4927	Jamie Quarry	Mar 10 '91
4902	Alexis Sharp	Mar 10 '91
4892	Ben Roberts	Feb 8 '98

Pentathlon (senior implements)

3254	Ben Roberts	Jan 31 '98
3234	Erik Toemen	Feb 1 '97
3218	Steve Bonnett	Feb 1 '97
3060	Gerard Plunkett	Jan 31 '98
3058	Edward Morris	Feb 1 '97
3015	Gavin Fordham	Jan 31 '98
2997	Anthony Sawyer	Jan 31 '98
2772	Neil Kelly	Feb 1 '97
2722	Ben Davies	Jan 31 '98
2588	Gareth Dyball	Jan 31 '98
with pole vault for high jump		
3675S	Billy Davey	Mar 5 '83
3418	Nigel Skinner	Feb 4 '84
3243	Paul Brice	Feb 12 '83
3213S	John Garner	Mar 3 '84
3058S	Mark Luscombe	Mar 6 '82

3kmW

12:01.89	Philip King	Feb 21 '93
12:36.2	Kirk Taylor	Apr 11 '87
12:37.0	Gareth Holloway	Apr 9 '88
12:43.33	Stuart Monk	Feb 18 '96
12:48.7	Pat Chichester	Apr 13 '85
12:49.55	Michael Kemp	Feb 22 '98
12:59.0	Nathan Kavanagh	Apr 13 '85
12:59.0	Leigh Taylor	Apr 9 '88
13:03.56	Matthew Hales	Feb 16 '97
13:05.40	Steve Hollier	Feb 18 '95
13:05.43	Thomas Taylor	Feb 22 '98

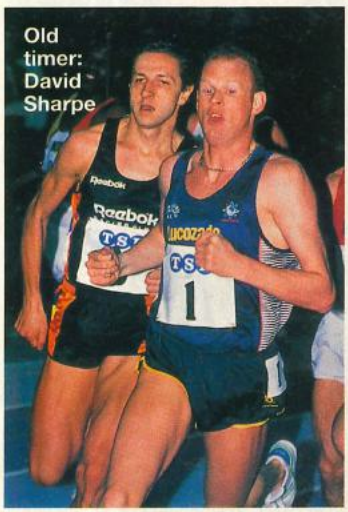
5kmW

22:11.44	Michael Kemp	Feb 28 '98
22:23.53	Stuart Monk	Feb 25 '95
22:55.51	Scott Davis	Feb 26 '94

U17 boys

60

6.79	Mark Lewis-Francis	Feb 21 '98
6.92	Darren Campbell	Feb 17 '90
6.93	Tim Benjamin	Feb 21 '98
6.95	Mark Walcott	Feb 10 '90
6.95	Dwain Chambers	Feb 12 '94
6.95	Christian Malcolm	Jan 28 '95
6.96	David Jackson	Mar 18 '89
6.96	Kevin Mark	Feb 14 '93
6.96	Tristan Anthony	Feb 21 '98
7.00	Mike Williams	Jan 23 '88
hand timing		
6.8	Darren Bills	Mar 19 '77

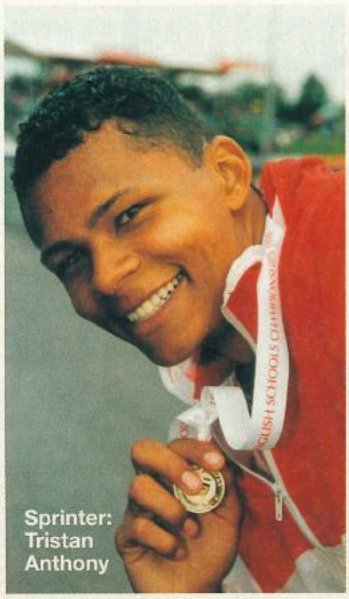


Old timer: David Sharpe



Top form: shot putter Carl Myerscough


U17 200 metre record-holder: Tim Benjamin


Sprinter: Tristan Anthony

200

21.51	Tim Benjamin	Feb 22 '98
21.95	Ade Mafe	Mar 19 '83
21.99	Kris Stewart	Feb 24 '96
22.02	Tristan Anthony	Feb 28 '98
22.07	Kevin Mark	Feb 13 '93
22.18	Lee Bryan	Mar 1 '98
22.23	Mark Walcott	Mar 17 '90
22.25	Christian Malcolm	Feb 19 '95
22.33	Darren Campbell	Mar 9 '90
22.37	Mark Hylton	Feb 13 '93

400

48.15	Guy Bullock	Feb 23 '92
48.63	Kris Stewart	Feb 29 '96
49.58	Chris Page	Jan 4 '97
49.59	Cephas Howard	Feb 23 '92
49.62	Mark Hylton	Feb 14 '93
49.69	Steve McHardy	Mar 15 '92
50.10	Dean Park	Feb 13 '94
50.11	Mark Ponting	Feb 14 '93
50.17	John Shenava	Feb 15 '97
50.28	Craig Winrow	Mar 18 '88
hand timing		
49.6	Richard McDonald	Feb 18 '96
49.8	Ade Mafe	Mar 19 '83

800

1:53.86	Craig Winrow	Mar 19 '88
1:54.01	Mark Sesay	Mar 19 '89
1:54.79	Paul Burgess	Mar 22 '86
1:55.6	Mal Edwards	Mar 23 '74
1:57.5y	John Cadman	Feb 4 '67
1:57.18	Bryan Hendry	Jan 23 '94
1:57.2	Julian Spooner	Mar 19 '77
1:57.2	Chris McGeorge	Jan 14 '78
1:57.32	Alex Bowden	Feb 18 '90
1:57.62	Steve Green	Mar 21 '87

1500

3:58.9	Terry Colton	Jan 10 '69
4:00.0	Martin Wilson	Mar 17 '73
4:00.8	Barrie Moss	Mar 18 '72
4:02.9	Alistair Currie	Mar 21 '81
4:03.0	Dave McMeekin	Dec 7 '68
4:03.6	Steve Durnall	Mar 18 '72
4:03.7	Stephen Gilbey	Mar 22 '75
4:03.80	Conor Sweeney	Feb 22 '97
4:03.82	Matt Dixon	Feb 25 '95
4:04.48	Darrell Smith	Mar 19 '83

3000

8:59.0	Steve Lawrence	Dec 20 '69
9:03.77	Matthew Watson	Feb 17 '96
9:04.4	Tony Leach	Apr 20 '81
9:08.2	Paul Gowans	Feb 19 '73
9:08.6	Dave Mitchinson	Feb 19 '95
9:08.9	Elliot Hankins	Feb 19 '95
9:11.85	Matthew Bailey	Feb 15 '97
9:12.5	Iain Murdoch	Feb 14 '96
9:12.9	Stephen Patmore	Feb 19 '95
9:15.98	Darren Middleton	Feb 15 '97

60H (3'0")

7.92	Brett St. Louis	Mar 17 '85
7.99	Richard Dunn	Mar 16 '91
7.99	Damien Greaves	Feb 12 '94
8.07	Jon Ridgeon	Mar 19 '83
8.07	Robert Hollinger	Feb 15 '97
8.07	Chris Baillie	Feb 15 '97
8.13	Matthew Clements	Feb 13 '93
8.16	Colin Jackson	Mar 19 '83
8.16	Ross Baillie	Feb 12 '94
8.17	Glenn Davies	Mar 22 '86
8.17	Neil Owen	Feb 11 '90
hand timing		
7.9	Damien Greaves	Jan 30 '94
7.9	Matthew Clements	Jan 30 '94

High jump

2.13	Brendan Reilly	Mar 18 '89
2.11	Ken McKeown	Jul 12 '98
2.07	Ossie Cham	Apr 7 '79
2.07	Jamie Russell	Feb 21 '98
2.05	Mark Lakey	Mar 20 '82
2.03	John Hopper	Mar 16 '85
2.03	Luke Crawley	Mar 1 '98
2.01	Tim Blakeway	Mar 21 '87
2.01	Ian Gidley	Mar 21 '87
2.01	Steve Smith	Feb 25 '89
2.01	Colin McMaster	Mar 3 '96

Pole vault

4.90	Christian Linskey	Jan 13 '96
4.85	Neil Winter	Feb 17 '90
4.50	Warren Siley	Mar 19 '89
4.50	Richard Smith	Jan 19 '97
4.40	Ian Lewis	Jan 30 '85
4.40	Neil Young	Feb 14 '93
4.40	Stephen Smith	Feb 18 '96
4.35	Billy Davey	Apr 13 '80
4.35	Nick Buckfield	Mar 18 '89
4.31	Jimmy Lewis	Mar 21 '81

Long jump

7.07	Onochie Onuorah	Feb 10 '90
6.95	Chris Tomlinson	Feb 21 '98
6.94	David Mountford	Feb 21 '98
6.90	Scott Herbert	Feb 10 '90
6.87	Craig Elder	Jan 18 '98
6.86	Marcus Browning $	Mar 9 '86
6.85	Hughie Teape	Mar 21 '80
6.84	Barry Nevison	Mar 19 '83
6.77	Kevin Liddington	Dec 13 '86
6.69	Mark Lawrence	Mar 21 '87
downhill		
6.98	Mark Belben	Mar 17 '84

Triple jump

15.07	Steven Anderson	Jan 25 '81
14.87	Vernon Samuels	Mar 21 '81
14.86	Lawrence Lynch	Feb 26 '84
14.74	Hughie Teape	Mar 22 '80
14.42	Stephen Shalders	Feb 22 '98
14.39	Darren Gomersall	Mar 17 '85
14.27	Mike McKernan	Feb 7 '95
14.25	John Mackin	Sep 2 '71
14.22	Anthony Bloomfield	Dec 9 '78
14.18	Eldon Lake	Mar 17 '85

Shot (5kg)

18.40	Carl Myerscough	Feb 18 '96
18.37	Chris Ellis	Mar 20 '82
18.28	Neal Brunning $	Feb 28 '87
18.14	Emeka Udechuku	Feb 18 '95
18.09	Billy Cole	Mar 21 '81
17.87	Antony Zaidman	Mar 18 '78
17.24	Matt Simson	Mar 22 '86
16.88	George Brocklebank	Mar 17 '79
16.67	Alan Husk	Mar 20 '76
16.53	Bryan Kelly	Mar 4 '90
eligibility uncertain		
16.63	Milo Kamu	Mar 19 '89

Pentathlon

3499	Robert Hollinger	Feb 2 '97
3497	Marc Newton	Mar 3 '96
3360	James Anthony	Jan 31 '98
3352	Dominic Girdler	Jan 31 '98
3346	Chris Dack	Jan 31 '98
3339	Chris Low	Feb 17 '96
3246	Leon McRae	Feb 2 '97
3239	Martin Taylor	Feb 14 '98
3235	Matthew Peleszok	Feb 14 '98
3234	Peter Watson	Feb 2 '97
with 200 for high jump		
3549	Allan Scott	Dec 12 '98
3369	James Anthony	Dec 13 '97
3343	Richard McDonald	Dec 9 '95
3273	Peter Watson	Dec 21 '96

3kmW

12:50.67	Stuart Monk	Feb 18 '95
13:42.4	Nathan Kavanagh	Apr 9 '83
13:50.50	Michael Kemp	Feb 11 '96

U15 boys

60

7.17	Jermaine Williams	Feb 23 '92
7.23	Tristan Anthony	Feb 15 '97
7.24	Michael Tietz	Jan 5 '92
7.29	Kevin Mark	Mar 9 '91
7.31	David Gilkes	Feb 23 '92
7.32	Ben Inatimi	Feb 15 '97
7.34	Wayne Gray	Feb 19 '95
7.39	Ben Barnes	Feb 14 '93
7.40	Richard Booth	Jan 20 '91
7.40	Daniel Angus	Jan 21 '96

200

22.78	Tristan Anthony	Feb 16 '97
23.11	Mark Lewis-Francis	Feb 16 '97
23.32	Michael Tietz	Feb 22 '92
23.35	Ryan Preddy	Feb 22 '98
23.58	Arif Shah	Feb 13 '93
23.68	Wayne Gray	Feb 18 '95
23.73	Daniel Plummer	Feb 18 '95
23.74	Robert Allenby	Feb 12 '94
23.74	Tim Benjamin	Feb 18 '96
23.79	Steve Wiggans	Feb 12 '94

400

50.72	Ryan Preddy	Feb 21 '98
52.76	Neil Simpson	Feb 21 '98
53.62	Jonathon Hall	Feb 8 '98
54.20	Kevin Quinn	Feb 21 '98
54.52	Bryan Hendry	Jan 19 '92
54.61	Adam Davies	Mar 1 '98
54.86	Simon Rees	Feb 21 '98
54.94	Richard McDonald	Jan 30 '94
55.44	Gary Carr	Jan 30 '97
55.76	Neil Akester	Feb 6 '94
hand timing		
51.8	Cephas Howard	Dec 8 '90
54.3	James Colclough	Feb 21 '93
54.5	Aaron McIndoe	Dec 10 '95

800

2:02.75	Michael Combe	Feb 21 '93
2:02.99	Ryan Preddy	Mar 1 '98
2:03.52	Marc Newton	Feb 12 '94
2:04.56	Aaron McIndoe	Feb 29 '96
2:04.77	Paul Draper	Feb 23 '92
2:05.26	Barry Woodward	Feb 18 '95
2:05.51	Christopher Bodys	Feb 8 '98
2:05.71	John Heanley	Feb 18 '95
2:07.0y+	Barrie Williams	'70
2:06.69	David Moulton	Feb 17 '96
2:06.8	Craig Michie	Feb 9 '95

1500

4:26.50	Derek Watson	Jan 30 '97
4:29.0	Antony Murray	Feb 10 '94
4:30.1	Robin MacIntosh	Nov 18 '98
4:30.60	Ross Houston	Feb 5 '94
4:31.01	Paul Arcari	Jan 30 '97
4:32.14	Paul McGee	Jan 18 '97
4:32.5	Michael Chisholm	Jan 29 '98
4:32.6	Alex Bryce	Mar 23 '74
4:34.47	Peter Lilford	Feb 12 '97
4:35.85	Grant Ritchie	Feb 4 '96

3000

10:12.8	Bryan Hendry	Mar 6 '91
10:51.4	Mark Rudzinski	Feb 14 '96
10:58.8	Kenneth Mullen	Mar 11 '92

60H (2'9")

8.30	Matthew Clements	Feb 23 '92
8.51	Jon Snade	Mar 9 '91
8.69	Ken McKeown	Mar 23 '96
8.80	Brian Pearce	Feb 19 '95
8.80	Tim Sinclair	Feb 21 '98
8.81	Tim Greenwood	Feb 22 '97
8.85	Jon Crawshaw	Feb 17 '96
8.87	John Marsden	Feb 17 '96
8.90	Josef Bailey	Feb 23 '92
8.92	Dean Park	Feb 23 '92

High jump

1.95	Ken McKeown	Mar 3 '96
1.91	Chuka Enih-Snell	Feb 21 '98
1.90	Ross Hepburn	Mar 20 '76
1.88	Wayne Gray	Feb 18 '95
1.86	James Pettigrew	Mar 14 '93
1.82	Tim Greenwood	Feb 15 '97
1.81	Gary Woods	Feb 5 '89
1.80	Jamie Dalton	Jan 10 '93
1.80	Kevin Drury	Feb 12 '94
1.80	David Espin	Mar 1 '97

Pole vault

4.05	Christian Linskey	Feb 27 '94
4.05	Richard Smith	Jan 29 '95
3.71	Steven Brown	Feb 17 '96
3.50	Tom Richards	Feb 13 '93
3.50	Phil Lofthouse	Feb 18 '93
3.50	Andrew Corey	Feb 24 '96
3.50	Andrew MacDonald	Feb 15 '97
3.45	Chris Chapman	Aug 27 '89
3.40	Jimmy Lewis	Feb 14 '79
3.40	Ian Lewis	Feb 24 '82
3.40	Tom Benn	Jan 29 '94

Long jump

6.38	Mark Awanah	Feb 22 '97
6.24	Kevin Hibbins	Feb 19 '95
6.15	David Gilkes	Feb 23 '92
6.15	Wayne Hay	Feb 19 '95
6.04	Marc Newton	Feb 13 '94
6.04	Chris Dack	Feb 22 '97
5.97	F Senior	Mar 1 '76
5.95	Craig Thomas	Mar 23 '96
5.88	Chuka Enih-Snell	Feb 1 '98
5.87	Nick Dowsett	Feb 6 '93
downhill		
6.32	Andrew Thornton	Feb 2 '92

Triple jump

12.88	Chris Dack	Jan 11 '97
12.60	Mark Awanah	Feb 1 '97
12.52	Andrew Lynch	Oct 11 '87
12.48	Richard Kindell	Jan 25 '92
12.16	Allan Scott	Dec 1 '96
12.09	Richard Piper	Feb 19 '97
12.04	Richard Oparka	Feb 25 '96
11.81	Paul Cumming	Mar 22 '93
11.72	Austin Ferns	Jan 14 '95
11.66	Stuart Addie	Feb 9 '92
downhill		
11.73	Robert Collins	Jan 16 '92

Shot (4kg)

16.72	Chris Ellis	Feb 24 '80
15.74	Carl Saggers	Feb 22 '98
15.38	Ben Barnes	Feb 21 '93
14.74	Adrian Cluskey	Feb 19 '95
14.72	Pete Waterman	Mar 20 '94
14.62	Graeme Allan	Feb 5 '95
14.10	Chris Wade	Feb 16 '97
13.96	Jason Mulcahy	Feb 28 '87
13.84	Bruce Robb	Mar 16 '91
13.84	Liam Walsh	Feb 18 '96

Pentathlon

2857	Graeme Allan	Feb 18 '95
2800	Marc Newton	Jan 3 '94
2786	Tim Greenwood	Feb 22 '97
2785	Chris Dack	Feb 22 '97
2747	Sam Allen	Mar 14 '93
2732	James Pettigrew	Mar 14 '93
2629	Kevin Drury	Jan 3 '94
2616	Martin Taylor	Feb 17 '96
2615	Edward Dunford	Jan 31 '98
2521	Roger Skedd	Feb 22 '97
with 60 for 60 hurdles		
2710	Peter Stephen	Mar 5 '94
with 200 for high jump		
3024	Edward Dunford	Dec 12 '98

3kmW

13:21.22	Lloyd Finch	Feb 22 '98

Key:
a – automatic time only recorded to nearest 10th
A – altitude in excess of 1000m
o – octathlon less 400m score
S – sextathlon less 60m score
y – time for 440/880 yards
< – time no slower than
+ – intermediate time
" – photo-electric cell time
$ – suspended for steroid infringement
Correct as at December 12, 1998.

Amendments to Martin Rix, 2 Dalefield, Roebuck Lane, Buckhurst Hill, Essex IG9 5QT or e-mail: MartinRixx@aol.com

Fell



With Gareth Webb

E-mail: elaine.dunn@ecm.emap.com

FELL SHORTS

Peaks lift

THE Three Peaks Race Association has donated £500 toward future England fell running junior squad training weekends, *writes Gareth Webb.*

After another "good year" the association is "keen to put something back into fell running." It made the cash offer after receiving confirmation from England junior fell coach Norman Matthews of further squad training sessions for 1999.

Last year, Matthews held a one day session at Sedbergh in the Lake District which proved a success. Unfortunately, due to lack of funds, he was unable to extend the day to a weekend.

"With this contribution I can invite selected junior athletes to stay overnight and give a more comprehensive training weekend," says Matthews, who has earmarked the weekend of March 20-21. For further information, contact Matthews on 01204-468390.

Alpine organisers

FOLLOWING a request by the organisers of the Alpine Mountain Running Grand Prix, next year's series will be organised by the World Mountain Running Association (WMRA, formerly the ICMR).

The Grand Prix, inaugurated by the race organisers of Lenzerheide (Switzerland), Telfes (Austria) and Bergen (Germany), were joined this year by the Stellina Challenge at Susa in Italy. And as a result of the successful conclusion to the four-race series, the organisers requested the Grand Prix be officially recognised by the WMRA for next season.

After negotiations between Wolfgang Muenzel of Germany and the Grand Prix organisers it was agreed that next year's series will be an official WMRA event. And a new feature of the Grand Prix will be an international team race which the WMRA believes "will give up-and-coming younger athletes the chance to savour international competition."

England coach steps down

Picture: Peter Hartley

GREAT BRITAIN coach Dennis Quinlan has stepped down as fell coach for the England team so as to avoid "potential conflicts" at major events – like the European and world trophies – where his impartiality may be brought into question.

As GB coach and UK Performance Manager for fell, hill and mountain running, Quinlan is required to promote the interests of the leading mountain runners throughout the UK. Retaining a position as coach to the England team, he believes, could be seen as "supporting and promoting the interests of leading English athletes 'in competition with' their counterparts in Scotland, Wales and Northern Ireland." Hence his decision to step down.



Avoiding conflict: Dennis Quinlan

This year Quinlan attended both the European and world trophies as England and GB coach. "In that position, despite offering support and encouragement to leading athletes throughout the UK, I felt unable to fulfil adequately that function," he says. "Athletes and officials outside England might reasonably doubt my impartiality."

Why Quinlan accepted GB coaching role

DENNIS QUINLAN's decision to accept the position of Great Britain coach for fell, hill and mountain running was, he says, "to try and ensure elite athletes had a voice in the emerging GB structure and access to the financial and other support services coming on-line."

While all disciplines were to get GB coaches, fell and hill running initially were not – despite being affiliated to BAF. The reason given, according to Quinlan, was that "there was no GB team in major events."

He says: "I argued that a GB team may come about, perhaps in the Europeans – although not in 1999 – but there was a need nonetheless. Fortunately the position was agreed and I have been able to obtain support for athletes and coaches which I know would not have happened but for me being in that position."

Recent Sports Council support for UK athletics, he says, has been a lifesaver, offering many fell and hill athletes opportunities never before experienced. These processes, however, have been confusing at individual and team level.

A UK Sports Council was set up to cater for elite individuals (Lottery funded world class athletes) and GB teams preparing for major games. At the same time the sports councils of the individual Home Nations have aided athletes – including fell and hill runners – the extent of which has been variable. Some individuals just outside the world class criteria benefited in Scotland while others in a similar position in other parts of the UK did not.

"The greatest beneficiaries in 1998 were undoubtably the English teams for the European and World trophies," says Quinlan. "Thanks to the English Sports Council, and the professional support of PAS, they were given the opportunity for altitude training for both events and early acclimatisation for the worlds.

"The athletes were very appreciative of this support and made great use of the opportunities. For the vast majority of athletes this was the first opportunity to experience what they enjoyed and that experience will undoubtedly contribute to their personal understanding and development."

Six athletes are receiving support from lottery funding – Bobby Quinn, Andrew Pearson, Richard Findlow, Adam Crossland, Heather Heasman and Carol Greenwood – and it is a responsibility of Quinlan's to "monitor and support them."

He adds: "These athletes are not only provided with individual grants but, thanks to PAS/Sports Council negotiations, their coaches also gain a degree of assistance.

"They can also apply for GB Programme Money for some support of their overseas preparations for the major events. The extent, if any, of Sports Council team support at 'Home Country' level for 1999 is, as yet, undecided."

Fell / Vets news? Ring Elaine Dunn on 01733-465335

1998 Half-marathon rankings

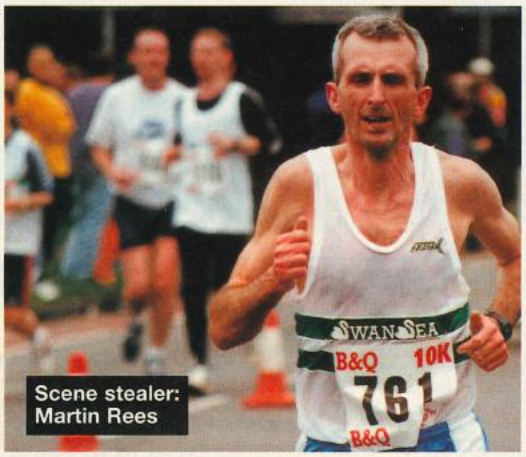
Compiler: Martin Duff

MARTIN REES upstaged all the M40s when his 66:56 effort from Stroud in September not only turned out to be the best of the M45s but was also faster than the best of the new vets could offer. Keith Anderson came closest with 67:04, in a poor year for the younger vets.

In the older age groups, Bruce Tulloh continued to practice what he preaches by heading the M60s, while Les Davis made a miraculous recovery from career threatening injury to head the M55s with 75:15.

For the women, Angharad Mair at 74:01 topped the W35's, but it was another runner on the comeback trail who produced the best age related effort.

Bronwen Cardy-Wise has persevered with her Achilles injury through the years and her personal campaign for a fairer distribution of women's race prizes to veterans received a boost with her W45 chart topping effort of 79:15.



Scene stealer: Martin Rees

Vets' Voice



With Martin Duff

E-mail: elaine.dunn@ecm.emap.com

M40

67:04	Keith Anderson (Bing)	Kendal Aug 29
67:39	Jim Estall (Belg)	Bath Mar 8
68:29	Bill Foster (B'hth)	GNR Oct 4
68:31	Tony Duffy (Bolt)	Ashton-u-Lyne May 31
68:41	Dave Neil (Stone)	Stafford Mar 22
69:28	Paul Muller (B&F)	Helsby Jan 18
69:47	Les Jones (Liv)	Helsby Jan 18
69:49	Fraser Clyne (M Aber)	Inverness Mar 8
69:49	Paul Sperrin (Bris)	Bath Mar 8
69:50	Graham Ratcliffe (Warr)	Helsby Jan 18

M45

66:56	Martin Rees (Swan)	Stroud Oct 25
68:31	Brian Kirkwood (Miz)	Alloa Mar 29
69:58	Mike Hager (Tip)	Liverpool Aug 30
70:13	Dave Hill (THH)	Wilmslow Mar 29
70:59	Ahmed Amraoui (Exe)	Bristol May 10
71:11	John Fidler (CEP)	Helsby Jan 18
72:01	John Kerr (Steel)	Doncaster Mar 22
72:32	Dave Weigel (Askern)	Doncaster Mar 22
72:41	Bob Treadwell (RSB)	Hastings Mar 15
72:59	Gordon Seward (Exe)	Exeter May 3

M50

72:03	Bill Adams (M Aber)	Helensburg Aug 9
72:05	Martyn Rouse (Inv EK)	Fleet Mar 22
73:05	Jimmy Bell (Els)	Liverpool Aug 30
73:36	Steve Moore (H&W)	Watford Feb 1
73:46	Chris Hughes (THH)	Wilmslow Mar 29
74:36	Stan Curran (Salf)	Wilmslow Mar 29
74:43	Gerry Milne (Moray)	Inverness Mar 8
74:59	Alan Carroll (E Ches)	Leyland Mar 22
75:03	Ian Barnes (Poole R)	Liverpool Aug 30
75:17	Alan Fisher (T'tree)	Southend Jun 7

M55

75:15	Les Davis (Severn)	Stroud Oct 25
76:47	Graham Patton (Mass F)	Althrop Mar 1
76:55	Martin Ford (Chelt)	Stroud Oct 25
77:47	Peter King (Marl)	Bracknell Oct 25
78:10	Les Haynes (Bing)	Liverpool Aug 30
79:36	Don Williams (Eyri)	Tywyn May 3
79:41	Ken Burgess (Alt)	Freckleton Jun 21
80:04	Eddie Broad (Inv EK)	Liverpool Aug 30

M60

79:32	Bruce Tulloh (Ports)	Bath Mar 8
79:36	Fred Gibbs (Bing)	Liverpool Aug 30
81:47	Chris Roome (Metros)	Wokingham Feb 8
82:30	Dennis Hayes (Kesw)	Liverpool Aug 30
82:59	Ron Pannell (Vall)	Leeds May 17
83:32	Peter Watson (Torb)	Exeter May 3
83:54	Alec Dunn (Stock)	Sheffield Apr 26
83:59	Pat Dobbs (Thurr)	Liverpool Aug 30

M65

84:57	Ron Higgs (Barn)	Newham Apr 12
86:51	Harry Gamble-Thompson (M&C)	Redcar Mar 8
87:00	Bill McBrinn (Shett)	Dumfries Jun 14
87:35	John Thomas (Corby)	Great Barford Sep 20
87:53	Gerry Spink (Bing)	Liverpool Aug 30
88:41	Doug Morris (Osw)	Tywyn May 3
88:59	Callum Fiddes (Heelas)	Reading Mar 15
89:49	Bob Emmerson (Leam)	Grunty Fen Sep 13

M70

89:43	Bob Peart (NEVAC)	Redcar Mar 8
90:15	Bob Appleby (Bing)	Bingley May 10
95:08	Max Jones (Bir)	Scarborough Mar 24
95:20	Bill Gwynn (SWVAC)	Truro Sep27
96:08	Dennis Keogh (MVAC)	Lake Vyrnwy Sep 27
98:54	Eddie Naisby (Prest)	Chester May 24

M75

1:47:09	Tom Evans (Bro D)	Tywyn May 3
1:48:40	Geoff Keeling (F'lands VS)	Brentwood Mar 22
1:50:23	Ken Cooper (M'head)	Reading Mar 15

M80

2:37:02	Tom Holloway (Burn J)	Burnham Beeches Aug 16

W35

74:01	Angharad Mair (Newp)	Glasgow Aug 23
74:31	Debbie Percival (Med)	Fleet Mar 22
75:56	Jo Thompson (Bath)	GNR Oct 4
76:00	Maria Bradley (Over)	Reading Mar 15
76:33	Zara Hyde (Havant)	Liverpool Aug 30
76:57	Kath Charnock (Wig P)	Helsby Jan 18
77:27	Frances Gill (Neath)	Reading Mar 15
77:39	Danielle Sanderson (Wat)	Richmond May 17
78:22	Sandra Edwards (Linc W)	Frankfurt Mar 1
78:55	Julia Cornford (B&H)	Fleet Mar 22

W40

78:03	Caroline Horne (Craw)	Reading Mar 15
78:36	Sandra Branney (Glas)	Glasgow Aug 23
80:29	Jane Boulton (Crow)	Brighton Feb 22
80:33	Sheila Allen (H&P)	Redcar Mar 8
81:07	Erica Christie (ScVH)	Elgin Sep 6
81:13	Janice Moorkite (Inv EK)	Camberley Feb 22
81:56	Jackie Jackson (Der L)	Helsby Jan 18
82:01	Anne Jeeves (SB)	Wokingham Feb 8
82:12	Alison Whitelaw (Wrex)	Helsby Jan 18
82:50	Joan Jackson (unatt)	Ashton-u-Lyne May 31

W45

79:15	Bronwen Cardy-Wise (B&R)	Stroud Oct 25
79:42	Zina Marchant (Bath)	Bath Mar 8
80:18	Paula Fudge (Houn)	Stroud Oct 25
80:29	Marilyn Clarke (Wimb W)	Wokingham Feb 8
81:35	Ann Ford (Red RR)	Nottingham Sep 27
82:18	Diane Underwood (Cent)	GNR Oct 4
82:21	Edwina Turner (Les C)	Camberley Feb 22
82:40	Sue Cariss (Bing)	Leyland Mar 22
82:45	Chris Kilkenny (C&S)	Stafford Mar 22

W50

85:27	Eleanor Robinson (Bord)	Mansfield Jul 5
86:07	Carol Wolstenholme (Hallam)	Sheffield Apr 26
87:27	Margaret Auerback (Rane)	Wokingham Feb 8
89:23	Felicity Garland (Red RR)	Nottingham Sep 27
89:38	Mary Meredith (P'tatyn)	Chester May 24
91:32	Doreen Phillips (Glouc)	Gosport Nov 15
92:23	Val McLauchlan (Horsh J)	Portsmouth Mar 8
92:29	Rosemarie Osborne (SWVAC)	Gloucester Jul 26
92:58	Kath Garrido (Ling)	Fleet Mar 22
92:59	Dorothy Chandler (Chelt)	Stroud Oct 25

W55

93:25	Dee Tsakarisianos (Bourt)	Budapest Sep 6
93:37	Kath Robertshaw (Otl)	Knavesmere Jan 25
95:11	Sue Lambert (Serp)	Brighton Feb 22
95:11	Sue Tulloh (Marl)	Bath Mar 8
96:37	Valerie Naylor (St Hel)	Wilmslow Mar 29

W60

1:36:54	Pam Jones (Ilf)	Roding Mar 1
1:37:37	Mary Anstey (Newq)	Lake Vyrnwy Sep 27
1:40:02	Joan Royal (Dors D)	Sturminster Aug 2
1:42:24	Margaret Ackers (B'water)	Portsmouth Mar 8
1:44:53	Jean Palmer (Roms)	Reading Mar 15

W65

1:46:34	Lou Gilchrist (Midd)	Wilmslow Mar 29
1:48:05	Eileen Quinton (Horsh J)	Portsmouth Mar 8
2:05:43	Madge Bradsall (Stragg)	Reading Mar 15

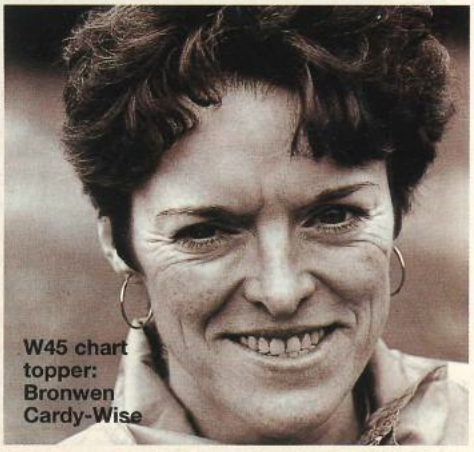
W70

2:12:54	Iva Barr (Bed H)	Bedford Feb 8
2:26:05	Pat Trickett (C&S)	Madeley Oct 4
2:37:39	Marjorie Dalton (Kett)	Grunty Fen Sep 13

W80

2:49:34	Alice Billson (Vets)	Burnham Beeches Aug 16

■ We have done our best with these rankings. Some age groups may be wrong, as not all races are classed in five-year groups. Nobody has been missed out deliberately! Any amendments to Martin Duff, Ramatuelle, Spronketts Lane, Warninglid, West Sussex RH17 5SA, from whom deeper lists may be obtained for £2 plus A4 size SAE.


W45 chart topper: Bronwen Cardy-Wise

What's on

Preview guide to forthcoming events

Cross country

Wednesday January 13

UK FIRE SERVICE v POLICE FEDERATION
Stowe, Buckingham. 2pm

Saturday January 16

BIRMINGHAM & DISTRICT INVITATION LEAGUE
Division One: Coventry. **Division Two:** Princethorpe College, Rugby (races for women also). **Division Three:** Sparkhill. **Division Four:** Gloucester. **Division Five:** Rugeley
Cliff Franks, 23 Salisbury Avenue, Cheltenham, Gloucestershire GL51 5BT. Tel: 01242-528548

CHILTERN LEAGUE
Division One: Berkhamstead.
Division Two: CANCELLED
D Orme. Tel: 0181-4291461

CHINGFORD LEAGUE
Trent Park
Ivor Wiggett. Tel: 0181-3640872

KENT MEN'S LEAGUE
Hayes
Ian Smith, 4 Christchurch Road, Dartford, Kent DA1 3DH. Tel: 01322-271553

MOWBARY CONFECTIONERY MID-LANCS LEAGUE
Lancaster University. 1pm. Guest runners welcome £1 entry.
Bob Welfare. Tel: 01772-653926

NORTH MIDLANDS LEAGUE
Sutton Lawns, Sutton-in-Ashfield
Edwin Toft, 14 Croft Road, Cosby, Leicester LE9 1SE. Tel: 0116-2863916

SHEFFIELD SECONDARY SCHOOLS'
Westfield

SOUTH EAST LANCASHIRE LEAGUE
Fitton Hill School. Oldham. 1.45pm.
Mrs V Walton, 40 Taunton Road, Chadderton, Oldham OL9 0BE. Tel: 0161-652718

SURREY LEAGUE
Division One: Richmond.
John Hanscomb. Tel: 0181-3993928
Division Two: Lloyd Park.
Ken Crooke. Tel: 0181-6574269
Division Three: Esher.
Debbie Singleton. Tel: 01932-843099
Division Four: Haslemere Border
Dave Bateman. Tel: 01428-661020

Sunday January 17

AVALON LEAGUE
Somer or Swindon
Mike West, 46 Aldercombe Road, Coombe Dingle, Bristol BS9 2QL. Tel: 0117-9683964

EAST YORKSHIRE LEAGUE
Bridlington Links Golf Club
Judy Allison, 55 Harland Road, Bridlington. Tel: 01262-671673

GLASGOW CITY OPEN CHAMPIONSHIPS
Pollok Park, Glasgow
Tel: 0141-5711903

ICKNIELD LEAGUE
Nowton Park, Bury St Edmunds
Peter Chaplin. Tel: 01223-517120

KEEP ON RUNNING SOUTH YORKSHIRE LEAGUE
Les Outwin. Tel: 0114-2302615

KENT WOMEN'S & KENT YOUNG ATHLETES' LEAGUE
Danson Park, Bexley

LOCHGELLY RUN
Tel: 01592-780104

NORTH YORKS & SOUTH DURHAM HARRIERS LEAGUE
Richmond Comprehensive School, N Yorks.
Barbara Cotton. Tel: 01642-817619

REEBOK CARDIFF CHALLENGE & ARJO WIGGINS SCHOOLS' INVITATION RACES
Bute Park, Cardiff. Entries closed.
G Finlayson BEM, c/o Arjo Wiggins, Idem Paper Mill, Cardiff CF1 8UJ

RYSTON RUNNERS GRAND PRIX
Shouldham Warren, near Downham Market. 11am. (long 9km)

SOUTH YORKSHIRE LEAGUE AND CHAMPIONSHIPS
tba

TODAY'S RUNNER ESSEX AND SUFFOLK LEAGUE
River Walk, Hadleigh, Suffolk. 10.30am junior. 11am main race. Guest runners welcome.
Jerry Everett. Tel: 01206-369236

WEST MIDLAND YA LEAGUE
Newbold Comyn, Leamington Spa
C Michell. Tel: 01902-843857

WESTWARD WINTER LEAGUE
Bideford
Trevor Honeychurch. Tel: 01803-557151

WEST YORKSHIRE LEAGUE
Nunroyd Park, Guiseley.
Peter Watson, 39 Springfield Road, Farsley, Pudsey, Leeds LS28 5LS. Tel: 0113-2564151

Wednesday January 20

LONDON SCHOOLS' CHAMPIONSHIPS
Parliament Hill Fields
Richard England, 29 Birch Grove, London W3 9SP. Tel: 0181-9927915

Friday January 22

CARDIFF & VALE OF GLAMORGAN SCHOOLS' BOYS CHAMPIONSHIPS
Trelai Park

Saturday January 23

ESSEX SCHOOLS' CHAMPIONSHIPS
Harlow

IAAF WORLD CROSS CHALLENGE
Stormont Estate, Belfast. 11am
NIAF, Athletics House, Old Coach Road, Belfast BT9 5PR. Tel: 01232-602707

MAJESTIC TRAVEL NORTH WALES LEAGUE
Wrexham. 2.10pm
D Williams. Tel: 01978-820612

SCOTTISH EAST DISTRICT LEAGUE
Livinston
Alex Jackson. Tel: 0131-6647864

SCOTTISH NORTH DISTRICT LEAGUE
Nairn

SHEFFIELD PRIMARY SCHOOLS'
venue to be arranged

SHERMAN CUP
Farringdon School, Sunderland. 1pm
Mrs Ogle. Tel: 0191-4401561

SUSSEX LEAGUE
Stanmer Park
Dave Oliffe, 10 Blackcap Close, Southgate West, Crawley, West Sussex RH11 8TW. Tel: 01293-549226

TILFORD BELLIS CHALLENGE CUP
Crookesbury Common, Tilford. 2pm. £2/£2 on day, payable to Waverley Harriers.
E Holley, 54 Harbour Road, Pagham, Bognor Regis PO21 4TE. Tel: 01243-265754

VAC CHAMPIONSHIPS
Belgrave Hall. 2.30pm
R Belmore. Tel: 01428-654749

WEST SUFFOLK AC MIDDLE SCHOOLS
Haverhill. 10.30am

Sunday January 24

ESSEX RELAYS
Hilly Fields, Colchester. 11am
Howard Williams, 84 Tyelands, Billericay, Essex CM12 9PB. Tel: 01277-625294

FLEET & CROOKHAM RACES
Farm Fields, Hitches Lane. 10am for entries. £2/£1 U15s.
Fleet X Country, PO Box 1, Fleet, Hants GU13 9JU

ISLE OF MAN CLOSED CHAMPIONSHIPS
Crossags Farm, Ramsey. 2pm. Will include round four of the league. Postal entries close January 17.
Joan Powell. Tel: 01624-672009

MONTGOMERYSHIRE LEAGUE
Flash Leisure Centre, Welshpool. 1pm

ROUND CASTLES
Banchory
Tel: 01330-822076

SUNDAY LEAGUE
Epping. 10.30am women. 11.15am men
John Denford. Tel: 0181-3675403

TODAY'S RUNNER LEAGUE
Kent Division, Minnis Bay
Rob Bright, 44 Pembroke Road, Coxheath, Maidstone, Kent ME17 4QN. Tel: 01622-744187

VALLEYS LEAGUE
Hereford
C Steele. Tel: 01685-881343

Birmingham Games

National Indoor Arena, January 16-17

ENTRIES for the Games this weekend include: women: Vicky Day (400m), Jo Sloane and Mel Neef (400m), Diane Allahgreen (60H), Emma Davies (800m), Debbie Marti (high jump), Linda Stanton (pole vault); and in the men's events: Christian Malcolm, Brendon Ghent and Marcus Adam (60m), Malcolm and Jason John (200), Brad Donkin (800), Gary Lough, Spencer Barden and Rod Finch (1500m), Julian Moorhouse (3000m), Mark Mandy (high jump), Steve Phillips and Julian Flynn (long jump), Tim Thomas and Mike Edwards (pole vault), Emeka Udechuku (shot) and Julian Golley (triple jump).

Road

Wednesday January 13

DEVON SERIES 3km
Rugby Club, Brixham. To be confirmed. Graded races. 7.30pm. £1.50 on night only.
David Eveleigh. Tel: 01392-255808

STREET SERIES 5km
7.30pm
Clive Thomas. Tel: 01458-443184

Sunday January 17

HASTINGS WILMOTHS 10km
New William Parker Community Arena. 10.30am. £5/£6 unatt/£1 extra on day, payable to Hastings 10km road race.
Secretary, 18 Martingale Close, St Leonards on Sea, E Sussex TN37 7SW. Tel: 01424-753956

THEALE THRASH TWO 10km
Theale, Berks. 11am. £7.50, payable to Banana Leisure.
Banana Leisure, PO Box 386, Reading RG31 6PU. Tel: 0118-9415500

Thursday January 21

LARA MIDWEEK TRAINING RACES
Shaftesbury Sports Centre. 7pm one mile. 7.20pm 5000m. Enter on night only.

WESTON PROM RUNS 5
Tropicano. 7.30pm. £1.50/£2.50 unatt/50p extra on night, payable to Weston AC.
Dave Jones, 93 Spring Hill, Worle, Weston-super-Mare, Somerset BS22 9BB. Tel: 01934-414361

Friday January 22

POOLE RUNNERS RACE SERIES 5km
Boscombe pier. 7.15pm. Entries on night only. £1.
Geoff Scott. Tel: 01202-625051

Nationwide Sun 21st March 1999
CITY OF BATH HALF MARATHON
INCORPORATING THE 1999
AVON HALF MARATHON CHAMPIONSHIPS
- Fast Flat Course suitable for all abilities
- The perfect run up to the London Marathon
- £3,000 worth of prizes plus spot prizes
- Souvenir Race T-shirt to all finishers
- Challenge trophy to first team of 12
- A great day out in the Historic City of Bath
- Entry fee £7 (£8 unaffiliated). Closing date: 8-3-99
- Entry on day by 10.00 am £14 (£15 unaffiliated)

Entry forms SAE to:
37 HOLCOMBE CLOSE,
BATHAMPTON, BATH BA2 6UP

view from.
Grade 1

Sunday January 24

BRAUNTON 10
North Devon Track, Braunton. 11am. £4/£5 unatt/£1 extra on day, payable to North Devon RR. Postal entries close January 17.
Mrs S Bradford, Chanters Hill, Barnstaple. Tel: 01271-373176

FOLKSWORTH 15
Folksworth School. 11am. £4.50/£5.50 unatt, payable to Yaxley Runners & JC. No entries on day. Postal entries closed.
Race Organiser, 20 Appletree Close, Yaxley, Peterborough PE7 3JY

FOUR VILLAGES HALF-MARATHON
Helsby, near Chester. 11am. £6/£7 unatt, payable to Four Villages Half-marathon. No entries on day. Postal entries closed.
Margaret Robertson, 38 Latham Avenue, Helsby, Cheshire WA6 0ER

MITCHAM 25km
10am. £4/£5 unatt/£6 on day, payable to Sutton & District AC.
Entries Secretary, 6 Tyers House, Aldrington Road, London SW16 1TJ

SANDRA HIGGINBOTTOM MEMORIAL 10km
Springfield Park, Rochdale. 11am. £3.50/£4.50 unatt/50p extra on day, payable to Pink Rose 10km.
PC 4735 O'Sullivan BEM, Rochdale Police Station, The Holme, Rochdale OL16 1AG. Tel: 0161-8568526

THEALE THRASH THREE 10km
Theale, Berks. 11am. £5.50 before January 17/£7.50 after January 17, payable to Banana Leisure.
Banana Leisure Dept AW, PO Box 386, Reading RG31 6PU. Tel: 0118-9415500

Tuesday January 26

HAMMERSMITH RIVERSIDE YACHT HANDICAP 3.3
Rutland Grove, near Hammersmith Bridge.12.30pm. Entry free.
Francis Thomason, 12 Berestede Road, Hammersmith, London W6 9NP. Tel: 0181-7413741

Fell

Sunday January 17

HOAD HILL RACE
Ulverston Victoria Low School, Ulverston.
Contact K Shuttleworth. Tel: 01539-724720

LARA FELL RACES
Shining Cliff Woods, Ambergate, Derbyshire. Noon.
LARA, PO Box 33, Belper, Derbyshire DE56 4HZ. Tel: 01773-880338

Sunday January 24

SOREEN FELL 7
Peniston Hill near Howorth West Yorks. 11.30am. £2 on day only. 1200ft. Free Soreen Malt Loaf to all finishers.
Dave Woodhead, 166 Hainworth Wood Road, Keighley, West Yorkshire BD21 5DF

Track

Tuesday January 19

NENE VALLEY H OPEN GRADED 3km
Embankment Track, Peterborough. 7.15pm. 60p NVH members/£1 non-members

Tuesday January 26

EXETER HARRIERS OPEN
Exeter Arena. 6.50pm. £2 per number
Tel: 01392-432398/832986

Walks

Thursday January 14

COLCHESTER HANDICAP
Garrison Track, Colchester. 7.15pm

Saturday January 16

STEYNING AC OPEN 15km
Steyning AC HQ. 2pm. £2, payable to Steyning AC. Postal entries closed.
Dave Stevens, 23 Roman Road, Steyning, West Sussex BN44 3FN. Tel:01903-814422

Saturday January 23

SURREY WC CHAMPIONSHIPS & YAG RACES 10
Monks Hill. 2.30pm

Multi-Terrain

Sunday January 24

SLAUGHTERFORD 9
Box Highland County Primary School. 10am. £4/£5 unatt/£1 extra on day, payable to Chippenham Harriers 83. Postal entries close January 15
30 The Tynings, Corsham, Wiltshire SN13 9DE

Indoor

Wednesday January 13

CRYSTAL PALACE OPEN 60m SPRINTS
Crystal Palace. 7pm
Mark De'Ath, Crystal Palace National Sports Centre,Norwood, London SE19 2BL. Tel: 0181-7780131

Saturday January 16

BIRMINGHAM GAMES
NIA, Birmingham. Until January 17

CRYSTAL PALACE OPEN FIELD EVENTS
Crystal Palace. 10.30am. High jump, long jump, triple jump, pole vault, shot.
Details as above

REEBOK SPORTSHALL
West Ulster Division, Derry City
Linda Low. Tel: 01868-752525

SOUTH OF ENGLAND CHAMPIONSHIPS
Bedford. Pentathlons all age groups. Postal entries closed. No late entries.
Indoor Championships, South of England AA, Suite 106, City of London Fruit Exchange, Brushfield Street, London E1 6EX

Sunday January 17

NORTHERN CHAMPIONSHIPS
Thornes Park, Wakefield. Long jump, triple jump, shot put, pole vault.
Contact: 0113-2461835

NOTTINGHAMSHIRE SPORTSHALL LEAGUE
Grove Leisure Centre, Newark. 10.30am.
Keith Fletcher, 5 Shelton Gardens, Ruddington, Nottinghamshire. Tel: 0115-9842722

Thursday January 21

HORSHAM BLUE STAR HARRIERS 50m SPRINTS
Broadbridge Heath, Horsham. 7pm. £2.50. U15 and above. Entry on night only.
Keith May, 11c Hillcrest Close, Scaynes Hill, West Sussex RH17 7PJ. Tel: 01444-831430

Saturday January 23

AAA OF ENGLAND COMBINED EVENTS CHAMPIONSHIPS
National Indoor Arena, Birmingham, until January 24

NORTHERN CHAMPIONSHIPS
Don Valley Stadium. Long jump, triple jump, high jump.
Contact: 0113-2461835

SOUTH OF ENGLAND CAMPIONSHIPS
Bedford. High jump all ages, shot all ages, long jump men/U20M, women/U20W. Triple jump men/U20M, women /U20W. Entries closed. No late entries.
Details as above

Sunday January 24

NORTHERN CHAMPIONSHIPS
Don Valley Stadium. 60m & 60H.
Contact: 0113-2461835

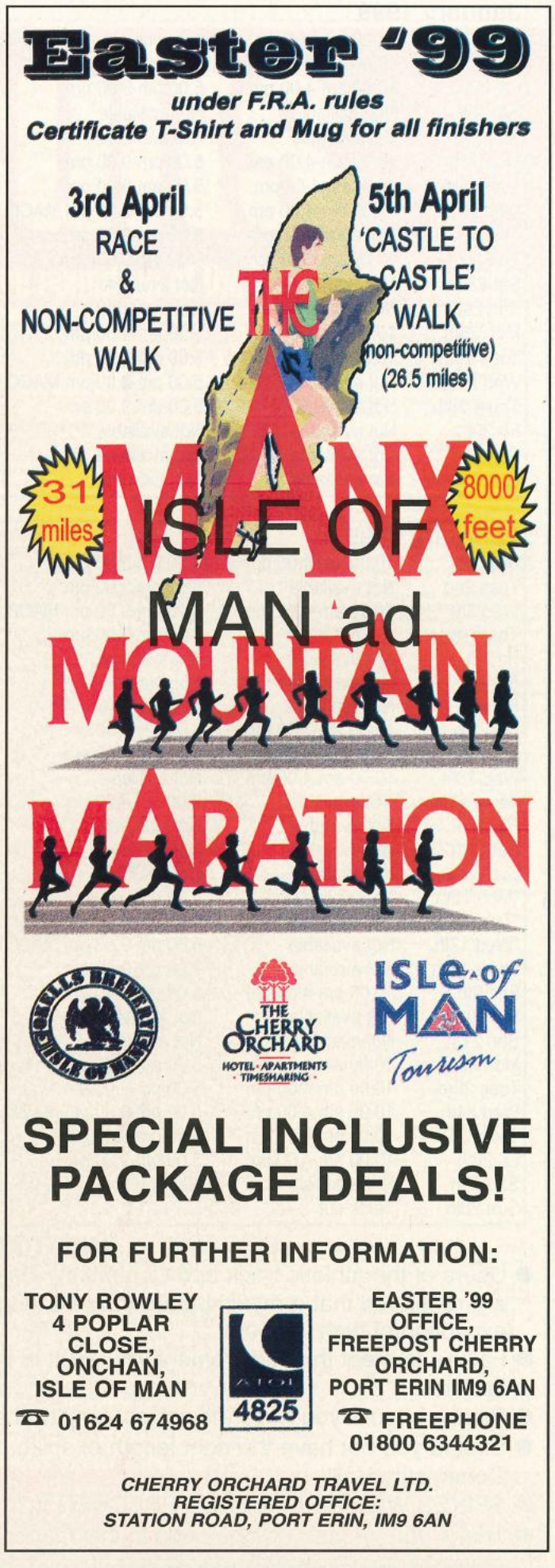
REEBOK SPORTS HALL
Scotland North region, Dundee
Linda Low. Tel: 0131-3177320.

SOUTH OF ENGLAND CHAMPIONSHIPS
Bedford. 60m, 60 hurdles all age groups. Pole vault all age groups. Long jump U17M/U15B, U17W/U15G. Triple jump U17M/U15B, U17W. Entries closed. No late entries.
Details as above

Overseas

Sunday January 24

BELGIAN CROSSCUP
Hannut



DATES FOR TRAINING – NIA BIRMINGHAM '99

January 1999		
Wed 13th	10.00am-4.00 pm	5.00 pm-9.00 pm MACC squad training only
Thurs 14th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Fri 15th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Sat 16th	Not available	Not available
Sun 17th	Not available	Not available
Mon 18th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Tues 19th	10.00am-4.00 pm	5.00 pm-9.00 pm
Wed 20th	10.00 am-4.00 pm	5.00 pm-9.00 pm MACC squad training only
Thurs 21st	10.00 am-4.00 pm	5.00 pm-9.00 pm
Fri 22nd	10.00 am-4.00 pm	5.00 pm-9.00 pm
Sat 23rd	Not available	Not available
Sun 24th	Not available	Not available
Mon 25th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Tues 26th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Wed 27th	Not available	5.00 pm-9.00 pm MACC squad training only
Thurs 28th	Not available	5.00 pm-9.00 pm
Fri 29th	Not available	Not available
Sat 30th	Not available	Not available
Sun 31st	Not available	Not available

February 1999		
Mon 1st	10.00 am-4.00 pm	5.00 pm-9.00 pm
Tues 2nd	Not available	6.00 pm-9.00 pm
Wed 3rd	10.00 am-4.00 pm	5.00 pm-9.00 pm MACC squad training only
Thurs 4th	Not available	5.00 pm-9.00 pm
Fri 5th	Not available	Not available
Sat 6th	Not available	Not available
Sun 7th	Not available	Not available
Mon 8th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Tues 9th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Wed 10th	10.00 am-4.00 pm	Not available
Thurs 11th	Not available	5.00 pm-9.00 pm
Fri 12th	Not available	Not available
Sat 13th	Not available	Not available
Sun 14th	Not available	Not available
*Mon 15th	Not available	6.00 pm-9.00 pm
*Tues 16th	Not available	6.00 pm-9.00 pm
*Wed 17th	Not available	6.00 pm-9.00 pm MACC squad training only
Thurs 18th	Not available	7.00 pm-9.00 pm
Fri 19th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Sat 20th	Not available	Not available
Sun 21st	Not available	Not available
Mon 22nd	10.00 am-4.00 pm	5.00 pm-9.00 pm
Tues 23rd	10.00 am-4.00 pm	5.00 pm-9.00 pm
Wed 24th	10.00 am-4.00 pm	5.00 pm-9.00 pm MACC squad training only
Thurs 25th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Fri 26th	10.00 am-4.00 pm	5.00 pm-9.00 pm
Sat 27th	Not available	Not available
Sun 28th	Track out	

● All information given was correct at time of going to press

To check information please contact
Wilbert Greaves:
(0121) 200 2202
or the Community Hall:
(0121) 200 7130

Training Prices
Adults: £2.00
Children Under 16: £1.00
BAF Coaching Passes – FREE
BOA Gold-Silver Passport Holders – FREE

★ Training on these days will be restricted and <u>will not</u> include Hurdles, High Jump and Pole Vault.

● These days and times may be subject to change and you should always check with the arena before setting out to avoid disappointment.

the nec group
birmingham

<u>IMPORTANT NOTICE</u>

- Users of the athletic track and Community Hall at the National Indoor Arena Birmingham, are reminded that a maximum 6mm spike length is permitted on both surfaces – with the exception of high jumpers.
- Failure to meet this requirement will result in the individual(s) being refused access to the facilities.
- Please ensure you have the correct length of spike for training/competition, to avoid refusal.
- Should you not have the right length of spike, they can be purchased from Reception at Community Hall.
- SPIKES WILL BE CHECKED FREQUENTLY.
- Thank you for your co-operation in this matter.

THE MANAGEMENT

Cross country

January 9/10

COUNTY CHAMPIONSHIPS
AVON & SOMERSET
Bath University

ROB WHALLEY handed out a World Championship warning to his British rivals with a runaway victory in the combined Avon and Somerset championships, *Kevin Fahey reports*.

The 30-year-old Great Britain international is determined to win selection for the World cross country championships in Belfast in March, and on this performance has every chance.

Whalley, a duty manager at the University's sports centre, crushed his nearest rival Martin Cox by over a minute as he raced clear of the field.

By any standard it was a fine performance. But as he was at the course by 8.30am to take charge of organising the event, it becomes even more impressive.

"I'm more used to turning up to an event, running, showering and then going home," said Whalley. "I thought there would be nothing to this organising lark – how wrong could I be!

"I had to spend all morning ensuring the course was properly marked and then sorting out the marshals and getting them into the right places. Then when the junior races started I went out onto the course to make sure they were all being directed the right way.

"By the time I got to the start line I was feeling a bit knackered. Fortunately once the race started I felt okay and as I pulled clear I started to relax."

Over 100m clear at the end of the first lap, Whalley doubled that by the second as Cox and Julian Emery swapped blows for the runner-up spot.

While Whalley coasted to a handsome victory, Cox called upon all his mountain running strength to finally shake off Emery, who enjoyed his best race for some while to finish third.

Wells City Harrier Eddie Richards regained the Somerset title he last held two years ago by finishing fifth overall with Tony Roper runner-up and Justin Swift-Smith third.

Further down the field there was a fine run by Westbury's Neil Miller, who has had a new lease of life since turning 40 and clinched the veterans' prize.

In the women's race Ann Taswell won a thrilling race from her Wells clubmate and British junior international Amber Gascoigne.

They quickly pulled clear of the field and Taswell just had enough strength and determination to hold off her younger rival, who is in her first year at Loughborough University.

In-form Bristol veteran Viv McConell claimed the her first Avon senior title – at the tender age of 42 – by finishing third overall while there was also a fine run by Kim Dyer in fourth.

Bristol AC dominated the younger age groups, winning six of the titles.

Abi Wilshire led an U15 girls clean-sweep with clubmates Jenny Tudball, Holly Cook and Lucy Jones completing the top four.

And the club filled the top five U15 boys places with Tim Elson racing clear of Torran Elson and Ben Norman.

Kate Reed won the U17s' race from Ursula Counsell, Simon Stygall was a clear winner of the U17 men's event, David Awde topped the U13s race and Jessica Woolley was an easy winner of the junior women's race. The other two titles went to Yeovil Olympiades' Guy Briggs in the junior men's event and Frome's Emma Whittaker in the U13 girls.

Men

1 R Whalley (Bath U) 36:42; 2 M Cox (Salf) 37:48; 3 J Emery (W'bury) 37:55; 4 S Shepley (Tip) 38:17; 5 E Richards (Wells) 38:20; 6 B Trapnell (Bath U) 38:24; 7 M O'Doherty (W'bury) 38:51; 8 T Roper (Bris) 39:23; 9 R Jones (W'bury) 39:25; 10 J Swift-Smith (Wells) 40:03; 12 G Eagle (Frome) 40:33; 13 K Stenner (Somer) 40:45; 14 G Woods (Bath) 41:00; 15 J Faskunger (Bris) 41:01; 16 R Wallis (W'bury) 41:18; 17 T Kingsnorth (W&B) 41:55; 18 A Woods (Bath) 42:02; 19 J Duncan (Bris) 42:09; 20 G Hughes (Bath) 42:24; 21 D Minors (Wells) 42:32; 22 P Sperrin (Bris, M40) 42:33; 23 B Danvers (Bris) 42:48; 24 A Crane (Cleve) 43:01; 25 T Tkyennen (Bris) 43:43; 26 P Westlake (Bitt) 44:05; 27 P Thompson (GWR) 44:09; 28 P Insoll (GWR, M40) 44:13; 29 T Atkins (Yeo O) 44:15; 30 J List (Bris) 44:29

U20

1 G Briggs (Yeo O) 30:13; 2 J Shorney (W'bury) 30:19; 3 R Hoad (Bath Uni) 30:37; 4 G Chatwood (Taun) 30:58

U17

1 S Stygall (Bris) 20:37; 2 M Fielding (W'bury) 20:47; 3 J Plumb (Bris) 21:31; 4 B Illis (Taun) 21:36; 5 M Lavis (W'bury) 21:47; 6 R Smyth (Taun) 21:54; 7 A Leslie (Taun) 21:57; 8 M Flook (Bris) 22:34; 9 L Randall (Taun) 22:39; 10 D Lyne (Bris) 23:05

U15

1 Tim Elson (Bris) 16:53; 2 Torran Elson (Bris) 17:03; 3 B Norman (Bris) 17:09; 4 S Exley (Bris) 17:10; 5 M Sims (Bris) 17:16; 6 R Antell (Frome) 17:22; 7 C Ward (Wells) 17:33; 8 A Sparks (Wells) 17:38; 9 J Lench (Bris) 17:43; 10 T Backwell (Yeo O) 18:12; 11 T Smith (Bris) 18:18; 12 T Wallis (Bris) 18:24; 13 L Mayers (Bris0 18:27; 14 S Eley (Bris) 18:31; 15 G Redgers (W'bury) 18:36

U13

1 D Awde (Bris) 10:34; 2 L Bartlett (Bris) 10:51; 3 M Dickinson (Bris) 10:52; 4 A Meadows (Taun) 10:54; 5 A Badman (Bris) 11;01; 6 C McMillan (Bris) 11:02; 7 D Silcock (Bris) 11:19; 8 A Meadows (Taun) 11:24; 9 S Evans (Bris) 11:33; 10 D Wargan (Bris) 11:37; 11 AN Other; 12 A Mattis (Bris) 12:21; 13 C Johnson (Bris) 12:31; 14 A Fielding (W'bury) 12:36; 15 R Hawkins (Yeo O) 12:37

Women

1 A Taswell (Wells) 28:14; 2 A Gascoigne (Wells) 28:18; 3 V McConnell (Bris, W40) 29:00; 4 K Dyer (Bris) 29:19; 5 H May (Houns) 29:24; 6 B Lambert (Bris) 29:54; 7 M Gay (Bris) 30:10; 8 S Monahan (GWR, W35) 30:18; 9 Y Cox (Bitt, W35) 30:22; 10 K Davison (Bath, W35) 30:27; 11 A Hurford (GWR, W35) 31:10; 12 J Oliver (Bath) 31:02; 13 V Ford (GWR, W35) 32:52; 14 C Fisher (Taun) 33:35; 15 N Coggins (Bitt, W35) 33:38

U20

1 J Woolley (Bris) 26:10; 2 S Drewer (W'bury) 27:19; 3 D Martin (W'bury) 29:45

U17

1 K Reed (Bris) 18:26; 2 U Counsell (Bris) 18:47; 3 H Fifield (Wells) 19:02; 4 J Essex (Bris) 20:19; 5 S Gardner (W'bury) 20:30; 6 M Cummings (Wells) 20:33; 7 L Wright (Yeo O) 20:36; 8 N Fifield (Wells) 20:48

U15

1 A Wilshire (Bris) 14:19; 2 J Tudball (Bris) 14:48; 3 H Cook (Bris) 15:05; 4 L Jones (Bris) 15:15; 5 F Deamer (W'bury) 15:27; 6 F Summers (Bris) 15:48; 7 K Woolmer (Wells) 15:51; 8 F Hughes (L'port) 15:56; 9 S Backwell (Yeo O) 16:14; 10 K Pellow (Taun) 16:24

U13

1 E Whittaker (Frome) 11:38; 2 L Whitehead (Wells) 11:57; 3 S Hignett (Bris) 12:03; 4 L Corfield (Bris) 12:15; 5 R Sparey (W'bury) 12:30; 6 J Binks (W'bury) 12:36; 7 T Hemmings (Bris) 12:41; 8 A Travers (Frome) 12:45; 9 A Davies (Bris) 12:46; 10 H Mortimer (Bris) 12:46; 11 D Creighton (Yeo O) 12:56; 12 C Rumney (W'bury) 13:04; 13 C Uphill (Frome) 13:06; 14 S Hooper (W'bury) 13:17; 15 L Day (W'bury) 13:24

Results

The most comprehensive round-up of the latest athletics action

BEDFORDSHIRE
Shuttleworth College, Beds

Men

1 W Levett (Vaux) 38:21; 2 P Farmer (Vaux) 38:49; 3 S Herring (Bed C) 39:10; 4 D Deed (Vaux) 39:21; 5 J McMahon (Bed C) 40:06; 6 R Powell (Vaux) 40:54; 7 M Webster (Lut) 42:39; 8 S James (Bed C) 42:42; 9 A Cook (Bed C, M40) 42:50; 10 L Natale (Duns RR) 43:08

TEAM: 1 Vauxhall AC 41; 2 Bedford & County 50; 3 Leighton Buzzard 163

M40 TEAM: 1 Bedford & County 14; 2 Vauxhall 44; 3 Biggleswade 68

M50 TEAM: Biggleswade 44

U17

1 G Suffling (Lut) 21:20; 2 O Matthews (Vaux) 21:46; 3 N Stead (Bed C) 21:54; 4 N Falkner (Lut) 23:34; 5 K Hayward (Bigg) 23:34; 6 P Bridger (Lut) 25:24; 7 D Groom (Vaux) 26:38; 8 A Wiltshire (Vaux) 27:26; 9 D Pitts (Bigg) 27:42

TEAM: 1 Luton United 11; 2 Vauxhall 17

U15

1 C Beattie (L Buzz) 13:33; 2 I McPherson (Vaux) 13:44; 3 J Howell (L Buzz) 14:10; 4 A Searle (Vaux) 14:31; 5 T Stead (Bed C) 14:32; 6 L Cadman (Bed C) 14:42; 7 R Hopkinson (L Buzz) 14;51; 8 S Ames (Bed C) 15:51; 9 C Tomes (Bed C) 15:48; 10 N Casey-Austim (Vaux) 16:04

TEAM: 1 Leighton Buzzard 11; 2 Vauxhall 16; 3 Bedford & County 19

U13

1 J Horsman (Bed C) 11:03; 2 A Corkett (Bed C) 11:19; 3 L Smyth (Bed C) 12:10; 4 N Bodye (Vaux) 12:43; 5 G Nelson (Vaux) 12:49; 6 B Sampson (L Buzz) 12:55; 7 J O'Mahony (Bed C) 13:09; 8 H Howell (L Buzz) 13:13; 9 T Stanley (Bed C) 13:19; 10 J Dilnutt (L Buzz) 13:30

TEAM: 1 Bedford & County 6; 2 Vauxhall C 21; 3 Leighton Buzzard 24

Women

1 G Duckworth (L Buzz, W40) 26:07; 2 G Driscoll (Duns RR, W40) 26:26; 3 P Herrington (Bed C) 27:07; 4 M Chew (Stops S, W50) 27:51; 5 D Brookway (Vaux) 28:04; 6 J Streeter (N Herts RR, W35) 28:23; 7 L Hogan (Vaux, W40) 28:31; 8 A Thomas (Bed H) 28:51; 9 J Roe (L Buzz, W35) 30:43; 10 C Armstrong (Bed H, W40) 30:51

U20/U17

1 S Cripsey (Bed C, U20) 20:17; 2 S Bassill (Lut, U17) 20:59; 3 C McMahon (Lut, U20) 21:11; 4 C Jarwood (Vaux) 22:11; 5 K Burgoyine (Bed HS) 23:37; 6 S Frost (Bed C, U20) 23:46; 7 L Cook (Bed C) 24:51; 8 M Larke (Bed C) 24:57

U15

1 K Worrall (Bed C) 15:02; 2 R Corkett (Bed C) 15:18; 3 A Booth (Bed C) 15:34; 4 K Inwood (Bed C) 15:39; 5 H Pardon (Lut) 15:49; 6 L Chandler (Lut) 15:53; 7 K Langley (L Buzz) 16:09; 8 M Morris (Bed C) 16:23; 9 R Turner (Lut) 16:41; 10 C McCormack (Lut) 17:00

TEAM: 1 Bedford & County 6; 2 Luton United 20; 3 Bedford & County B 23

U13

1 K Wooton (Lut) 12:16; 2 N Turner (Lut) 13:28; 3 L Cooper (Bed C) 13:32; 4 H Netherway (Bed C) 13:38; 5 E Wright (Bed C) 13:39; 6 H Phelan (Bed C) 13:45; 7 L Spavins (Bed C) 14:09; 8 C Hardy (Lut) 14:37; 9 E Wyatt (Vaux) 14:58; 10 K Wilson (Vaux) 15:15

TEAM: 1 Luton United 11; 2 Bedford & County 12

BUCKINGHAMSHIRE
Shuttleworth College, Beds

Men

1 M Simpson (Houns) 37:18; 2 C Herrington (Mil K) 38:33; 3 A Forrest (Mil K) 38:35; 4 A Rolt (VoA) 40:30; 5 I Van Lockven (Mil K, M40) 41:08; 6 P Cannell (VoA) 41:11; 7 A Cox (Mil K) 41:16; 8 D Brown (Chilt) 41:26; 9 T Jones (VoA, M40) 41:58; 10 N Overington (Puma TVH) 42:00

TEAM: 1 Milton Keynes 43; 2 Vale of Aylesbury 90; 3 Chilton Harriers 146

VET **TEAM:** 1 Vale of Aylesbury 80; 2 Milton Keynes 88; 3 Bearbrook Joggers 162

U20

1 D Castle (Mil K) 26:29; 2 M Taylor (Dr Chall GS) 27:31; 3 S Kockelbergh (Mil K) 30:27; 4 M Sanderson (Wyc P) 31:56

U17

1 T De'Ath (WSE) 22:12; 2 C Hearn (Mil K) 22:26; 3 O Josephson (Dr Chall GS) 23:00; 4 M Sigllechner (Mil K) 23:04; 5 I Wood (Mil K) 23:33; 6 D Howells (Dr Chall GS) 23:40; 7 W Ridgeway (Mil K) 23:55; 8 N Johnson (Ayles GS) 24:31; 9 C Ore (Ayles GS) 25:09; 10 P O'Boyle (WSE) 25:47

TEAM: Milton Keynes 18

U15

1 P Winfield (Mil K) 13:30; 2 P Siglechner (Mil K) 13:57; 3 A Quinn (Mil K) 14:20; 4 A Shute (Ayles GS) 14:28; 5 M Prosser (Ayles GS) 14:30; 6 M Thomas (Ayles GS) 14:36; 7 P Gregory (Waddes GS) 14:39; 8 A Boroughs (Ayles GS) 14:48; 9 J Birbeck (Ayles GS) 14:55; 10 M Ward (Ayles GS) 15:52

TEAM: 1 Milton Keynes 19; 2 Aylesbury Grammar School 23; 3 Aylesbury GS B 49

U13

1 P Erwood (VoA) 11:33; 2 M Beryman (Mil K) 11:37; 3 K Bennett (Mil K) 11:42; 4 V Iannone (VoA) 12:07; 5 V Alexander (Dr Chall GS) 12:14; 6 T Hammacher (Dr Chall GS) 12:16; 7 J Wilcox (Mil K) 12:24; 8 J Down (Mil K) 12:27; 9 T Beedell (Dr Chall GS) 12:30; 10 R Threlfall (Mil K) 12:32

TEAM: 1 Milton Keynes 20; 2 Dr Challoner Grammar School 32; 3 Vale of Aylesbury 32

Women

1 S Aperhais (Wyc P) 25:16; 2 R Iannone (Mil K) 25:29; 3 C Neil (Wyc P) 25:47; 4 L Butt (Wyc P) 26:36; 5 C Brighton (Burn J) 27:43; 6 H Bennewith (VoA) 28:34; 7 R Rutt (VoA) 28:43; 8 L Gazzani (B'brook J) 28:54; 9 S Cox (Mil K) 29:47; 10 C Knight (Burn J) 38:07

TEAM: 1 Wycombe Phoenix 8; 2 Milton Keynes 22; 3 Bearbrook Joggers 41

U20/U17

1 J Horne (Wyc P, U20) 21:51; 2 S Jarvis (Wyc P, U17) 22:12; 3 Y Edwards (WSE, U17) 23:31; 4 Z Whittin (Mil K, U20) 23:39; 5 C Wise (VoA, U17) 23:55; 6 C Penfold (Mil K, U17) 25:23; 7 K Ghalve (Mil K, U17) 25:52; 8 E Smith (Woodeston CoE, U17) 26:00; 9 H Purves (Woodeston CoE, U17) 26:21; 10 G Scott (Wyc P, U17)

TEAM: 1 Wycombe Phoenix 13; 2 Milton Keynes 17

U15

1 C Boosey (VoA) 15:59; 2 L Dodd (Beaconsfield HS) 17:13; 3 R Moss (Bed C) 17:16; 4 S Gibbons (Mil K) 17:26; 5 A Roskilly (Mil K) 17:30; 6 C Murray (Beaconsfield HS) 17:46; 7 A Wilks (Woodeston CoE) 18:05; 8 H Court (D&T) 18:15; 9 N Challener (VoA) 18:33; 10 L Scott (Beaconsfield) 18:35

TEAM: 1 Beaconsfield HS 18; 2 Woodeston CoE School 32

U13

1 E Hunt (Mil K) 12:04; 2 C Moss (Bec) 12:22; 3 K Doherty (Mil K) 12:38; 4 J James (Mil K) 12:41; 5 R Gibbons (Mil K) 13:14; 6 G Turtle (Chilt H) 13:16; 7 V Houston (Dr Chall HS) 13:33; 8 K Marther (Mil K) 13:41; 9 C Gasper (Mil K) 13:50; 10 S Griffiths (Dr Chall HS) 13:52

TEAM: 1 Milton Keynes 8; 2 Milton Keynes B 22; 3 Dr Challenor HS 33

CAMBRIDGESHIRE
Bassingbourne

DEAN MARSHALL used his knowledge of the course to win the Cambridgeshire title for the first time, *Bob Frank reports*.

The Nene Valley Harrier is based at the Bassingbourne army barracks which provided a very wet and undulating course for the disappointingly small fields.

Marshall, who designed the course, had shown a return to form with second place in the previous week's Lincs League but it was clubmate Mike Barnsdale who first showed at the front.

By halfway Marshall, whose previous best in these championships was sixth place in 1994, had opened up a useful lead and he went on to win by 17 seconds as team-mate Chris Clarke moved through into second on the final lap.

Nene Valley Harriers provided 11 of the first 15 home to win the team golds for the eighth time in 10 years.

Caroline Thomas, the 1996 champion, was in a class of her own to win the women's race. She went clear of clubmate Mel Neal on the opening flat section but powered away on the hills to win by 50 seconds.

Neal took silver for the second year in a row as Peterborough won the team title.

Men

1 D Marshall (Nene V) 35:41; 2 C Clarke (Nene V, M40) 35:58; 3 B Baldelli (C&C) 36:12; 4 M Hills (P'boro) 36:15; 5 P Thompson (Nene V, M40) 36:19; 6 T Elkington (Ely) 36:28; 7 L Hemmings (Nene V) 36:40; 8 S Beard (Nene V) 36:41; 9 M Barnsdale (Nene V, M40) 36:44; 10 R Church (Nene V) 36:52; 11 I Aunger (Nene V) 37:10; 12 T Butler (Nene V) 37:20; 13 D Connell (Hunt) 37:23; 14 P Bevilacqua (Nene V, M40) 37:48; 15 D Whittington (Nene V) 37:53; 16 I Dennis (Camb Tri) 37:56; 17 D Phillips (Rams) 38:07; 18 B Drabner (Thorney, M40) 38:31; 19 P Gripp (Ely) 39:36; 20 A Cerno (Ely) 39:38

TEAM: 1 Nene Valley Harriers 49; 2 Ely Road Runners 166; 3 Werrington Joggers 314

VET TEAM: 1 Nene Valley Harriers 16; 2 Cambridge Tri 51; 3 Nene Valley Harriers B 63

U20 (8km)

1 P Oliver (C&C) 27:55; 2 N Holt (Nene V) 28:08; 3 D Snipe (Nene V) 31:55

U17 (6km)

1 S Richards (C&C) 19:29; 2 A Harris (P'boro) 19:42; 3 D Capps (March) 20:10; 4 K Howe (C&C) 20:17; 5 R Williams (Nene V) 20:38; 6 R Pullen (River) 21:23; 7 D Wells (Nene V) 22:19; 8 D Wills (Nene V) 23:00; 9 R Bream (River) 23:42

TEAM: Nene Valley Harriers 20

U15 (4km)

1 M Tipping (P'boro) 16:03; 2 S Lane (P'boro) 16:10; 3 A Scott (P'boro) 16:34; 4 N Mitchell (C&C) 16:35; 5 P Hainsby (River) 16:36; 6 A Samworth (Nene V) 16:38; 7 D Slater (Nene V) 16:42; 8 G Cliff (P'boro) 16:50; 9 C Chapman (Nene V) 17:05; 10 B Goymour (P'boro) 17:26

Athletics Weekly

Your event results: Phone: 01733-261144 Fax: 01733-465206

e-mail results to: trevor.frecknall@ecm.emap.com

TEAM: 1 Peterborough 6; 2 Nene Valley Harriers 22
U13 (3km)
1 D Pettit (P'boro) 11:50; 2 T Vickery (C&C) 11:58; 3 K Tombleson (Nene V) 12:11; 4 T Harrison (Nene V) 13:03; 5 M Carter (P'boro) 13:25; 6 D Dew (Hunt) 13:34; 7 S McKevitt (P'boro) 13:51; 8 T Potter (Nene V) 14:14; 9 P King (P'boro) 14:31; 10 L Bains (Eye) 18:28
TEAM: 1 Peterborough 13; 2 Nene Valley Harriers 15
Women (6km)
1 C Thomas (P'boro) 20:52; 2 M Neal (P'boro) 21:42; 3 D Sutton (Bassing) 22:51; 4 C Mead (C&C) 23:15; 5 K Garrod (B&C, U20) 23:18; 6 J Lasenby (Ex L, W40) 23:19; 7 H Williams (Camb Tri) 23:24; 8 B Green (C&C) 24:00; 9 R Watson (P'boro) 24:05; 10 S Burnett (Werr J, W35) 24:24; 11 M Shiner (River, W35) 24:43; 12 L Mitchell (Royston) 24:59; 13 J Heron (C&C) 25:48; 14 D Fee (Werr J, W35) 27:01; 15 D Braverman (C&C, W45) 27:14
TEAM: 1 Peterborough 12; 2 Cambridge & Coleridge 25
VET TEAM: Werrington Joggers 45
U17 (5km)
1 R Dove (P'boro) 17:05; 2 S Hornsby (P'boro) 18:21; 3 C Jennings (C&C) 18:28; 4 M Bull (P'boro) 18:47; 5 C Birch-McMullan (P'boro) 21:37
TEAM: Peterborough 7
U15 (4km)
1 L Reynolds (Hunt) 17:05; 2 C Larham (P'boro) 17:40; 3 V Nailor (P'boro) 18:10; 4 S Roberts (C&C) 18:29; 5 J Campbell (C&C) 18:35; 6 M White (C&C) 18:47; 7 E Beedham (March) 19:33; 8 C Cowie (Hunt) 20:27
TEAM: Cambridge & Coleridge 15
U13 (3km)
1 G Foster (P'boro) 13:28; 2 K Laundy (P'boro) 13:37; 3 C Jackson (C&C) 13:54; 4 L Minghella (P'boro) 14:43; 5 S Campbell (C&C) 15:11; 6 J Morris (C&C) 18:00; 7 S Smith (Eye) 21:33
TEAM: 1 Peterborough 7; 2 Cambridge & Coleridge 14

CHESHIRE Reaseheath

TIPTON's Nick Jones was in a class of his own as he stormed to his third county senior title, *Dave Edwards reports*.

Jones has experienced a mixed year with some fine road and country performances punctuated by his disappointment in the New York Marathon. On this occasion, he threw down the gauntlet to the opposition and led throughout in his usual buccaneering style.

At the end of the first lap on the three-lap course billed as 11.5km, he was already 100 metres clear of Malcolm Fowler, running in Wilmslow colours, with Stoke's Mike Proudlove recovering from an early fall, occupying third.

Jones continued to pile on the pace. He was relentless in his pursuit of victory, extending his lead throughout. Proudlove worked his way through economically to overhaul Fowler going into the final circuit. His consolation was a silver which represents his best return as a senior in the championships.

Jones said: "Christmas has been a difficult time. I took some time off with a cold, got engaged and have bought a new house. I was only doing about 50 miles a week over Christmas but I topped 100 miles this week and felt good out there today."

Veteran international Ken Moss was in superb form, taking fifth place. West Cheshire and Vale Royal had a close battle throughout, but the former held out for a convincing gold. Vale Royal gained some consolation by clinching the veterans' crown.

In the junior men's race Warrington's John Gilbert wrapped up the title with a fine front running performance, finishing almost a minute ahead of Sale's Gavin Tomlinson.

The U17 race produced an absolute cracker with the gold only being decided in the sprint for the line. County Schools champion Daniel Addison out-kicked clubmate Dave Green with Sale's Jonathan Bailey only a second behind in third. Warrington packed strongly to close their counters in fifth place for an easy team win.

The women's race witnessed the resurgence of Sale's former track international Sue Parker, now running under her married name of Lamb. She has experienced over 18 months out of the top flight since the death of her father but now appears to be on the way back.

"I lost interest for a long time after dad died," she said. "He was my greatest supporter and my inspiration. I never stopped running but it was all low key. However, after running so abysmally this summer, I decided I had to do something and I got down to some serious training again."

She swept to the front tracked closely by Altrincham's Ann O'Kearney-McMullen and clubmate Jenny Heath.

At the end of the first 3.5km lap, Lamb, McMullen and Heath remained locked together. Halfway through the second and final lap, Heath's challenge subsided and McMullen was working hard to stay in contention. But Lamb always had the measure of her opponent.

She said: "I was so nervous. I had a cold over Christmas and am racing in Holland next week so I didn't want too hard a work-out. Ann made me work hard on the first lap but I always felt in control. I need to get race fit again and hope to be challenging over the 1500 metres this summer."

Suzanne Owen fulfilled her dream of leaving the junior ranks with a county title under her belt. She carried too much firepower for her opponents and said: "I ran a PB over four miles in the Christmas handicap race and won the Round the Walls race. This was my last chance to win a medal as a junior. I have been second on several occasions and was determined to make up for it and go out on a high."

Warrington's Louise Wood and Kate Brennan were Owen's only real challengers with Brennan being rewarded with gold in the U17 event.

The Cheshire track and Schools title-holder has been delighted with her form of late. She took third at the Nike International race recently and will be going for the Inter-Counties.
Men
1 N Jones (Tip) 37:21; 2 M Proudlove (Stoke) 38:15; 3 M Fowler (Wilm) 38:25; 4 S Ruscoe (Vale R) 38:57; 5 K Moss (Vale R, M45) 39:08; 6 M Weedall (Vale R, M40) 39:32; 7 M Kinch (Bing) 39:40; 8 I Weatherall (Helsby) 39:44; 9 L Bookman (Warr, M40) 40:30; 10 D Carrington (Sale, M40) 40:34; 11 M Hinson (Helsby) 40:41; 12 G Kirk (Sale) 40:46; 13 A Starkey (W Ches) 40:54; 14 J Fidler (W Ches, M50) 41:36; 15 A Bentley (Stoke) 41:39; 16 P Spencer (W Ches) 41:50; 17 T McGaff (Wilm, M40) 42:00; 18 D Norman (Helsby) 42:07; 19 M Wrigley (Wilm) 42:09; 20 D Burthem (Warr, M45) 43:02
M45: 2 P Weatherhead (Warr) 43:02; 3 J Kershaw (Macc) 43:12
M55: J Amies (Macc) 45:32
M60: R Tunstall (Helsby) 48:43
TEAM: 1 West Cheshire 129; 2 Vale Royal 165; 3 Wilmslow 168
VET TEAM: Vale Royal 127
U20
1 J Gilbert (Warr) 25:39; 2 G Tomlinson (Sale) 26:33; 3 A Bradley (Macc) 28:25
TEAM: Warrington 11
U17
1 D Addison (Warr) 24:31; 2 D Green (Warr) 24:31; 3 J Bailey (Sale) 34:32
TEAM: 1 Warrington 8; 2 Macclesfield 24
U15
1 T Egerton (Traff) 14:14; 2 R Horton (Warr) 14:46; 3 G Thompson (Vale R) 14:46
TEAM: 1 Macclesfield 23; 2 Warrington 23
U13
1 S Charlton (Warr) 12:06; 2 R Pemberton (Vale R) 12:18; 3 C Williams (Vale R) 12:27
TEAM: 1 Vale Royal 10 2 Warrington 12
U11
1 B Mallison (Warr) 6:51; 2 J Burgon (Macc) 6:54; 3 S Mitchell (Halt/Frod) 7:08
TEAM: 1 Warrington 14; 2 Vale Royal 18; 4 Macclesfield 26
Women
1 S Lamb (Sale) 26:32; 2 A O'Kearney-McMullen (Alt) 26:39; 3 J Heath (Sale) 27:01; 4 S Jones (Macc) 27:26; 5 J Bartham (Warr) 27:27; 6 R Pleeth (Macc) 27:53; 7 J Thorn (Vale R, W40) 27:54; 8 C Cunningham (Spect) 27:59; 9 S Wood (Vale R) 28:28; 10 G Brown (Stoke) 29:03; 11 A Smith (Warr) 29:08; 12 H Woodley (Tatt) 29:11; 13 S A Hales (Macc, W35) 29:26; 14 S Gilliver (Wilm, W35) 29:31; 15 J McBride (Macc, W35) 29:46
W40: 2 B Murray (Macc) 29:52; 3 L Worrall (W Ches) 30:20
W45: 1 M Huyton (Macc) 31:20; 2 M Jones (Alt) 32:24
W50: 1 S Owen (Tatt) 31:02; 2 M Davenport 35:03
TEAM: 1 Macclesfield 23; 2 Warrington 33; 3 Vale Royal 47
U20
1 S Owen (Stoke) 17:02; 2 L Wood (Warr) 17:55; 3 L McCreesh (Sale) 18:00
U17
1.K.Brennan (Warr) 17:43; 2 K Ellison (Vale R) 19:123; 3 B Patchett (Vale R) 19:13
TEAM: 1 Vale Royal 18; 2 Warington 22; 3 Sale 37
U15
1 S Clark (Sale) 14:16; 2 S Isaac (Vale R) 14:58; 3 K Kirkham (Macc) 15:10
TEAM: 1 Vale Royal 19; 2 Macclesfield 20; 3 Warrington 22
U13
1 K Hewitt (Osw) 10:30; 2 E Carter (Vale R) 10:35; 3 H McBride (Macc) 10:42
TEAM: 1 Macclesfield 14; 2 Oswestry 21; 3 Warrington 28
U11
1 J Crosby (Warr) 8:00; 2 J Durrant (Macc) 8:01; 3 C Smith (Macc) 8:08
TEAM: 1 Macclesfield 10; 2 Vale Royal 31; 3 Terra Nova School 35

CORNWALL St Austell

NEIL CADDY raced to a runaway victory, *Kevin Fahey reports*.

The British international hit the front from the gun to leave his rivals trailing.

With international marathon runner Dave Buzza opting for a long Sunday run and watching from the sidelines, it was left to former junior international Kevin Toher to provide Caddy's sternest opposition.

Indeed, before Christmas Toher had surprised Caddy by beating him in a Westward League race. But any hopes of Toher repeating that success evaporated with the opening half a mile.

"I wanted a hard run so went for it from the start," said Caddy. "I think Kevin probably eased off a bit during the race and ran within himself to finish second but nonetheless I am pleased with my run.

"I have trained hard this week and didn't ease down.While it is possibly a race I could have done without after last week and then the Reebok race at Cardiff next weekend, I wanted to show the Cornish people I wasn't afraid of running on my own patch."

Helen Pearson, still only 17, clinched a superb victory in the women's race to earn her first senior cross country title.

The Cornwall AC athlete, adopting the same tactics as Caddy, raced clear of the field to finish well clear of Belinda Fear from the Navy.

Pearson's team-mate Katherine Trehane, also an U20, finished third overall and with vet Joy Saville also well placed Cornwall AC won the team prize. U17 Eryn Cookson ensured Cornwall AC another title.

In the U15s' race great rivals Jemma Simpson and Zoe Jelbert enjoyed another exciting tussle with Simpson emerging victorious. Backed up by Danielle Cross, Newquay and Par easily won the team event.

Jelbert's older brother Ian maintained family honour by winning his U17s race.

Penair School's Robbie Bugden, who represented English Schools last season, clinched the U15s' title while Michael Barnard was an impressive U13 winner.
Men
1 N Caddy (N&P) 31:08; 2 K Toher (N&P) 32:46; 3 R Matthews (Corn) 33:15; 4 S Milford (N&P) 33:42; 5 S May (Mile High, M40) 34:04; 6 O Shilston (Corn, U20) 34:53; 7 R Rogers (N&P, M40) 35:31; 8 L Ferley (Corn) 35:49; 9 G De Selincourt (Corn) 36:04; 10 T Wright (N&P) 36:17; 11 A Bullock (N&P) 36:24; 12 J Burrows (Corn, U20) 26:33; 13 N Doyle (N&P) 36:43; 14 G Davies (Carn, M40) 37:44; 15 G Eustice (Corn) 38:12
M50: P Meredith (Corn) 39:07
TEAM: 1 Newquay and Par 14; 2 Cornwall AC 26
U17
1 I Jelbert (N&P) 19:32; 2 A McVey (Corn) 19:50; 3 S Fisher (Corn) 19:59
TEAM: Cornwall AC 16
U15
1 R Bugden (Penair Sch) 14:59; 2 G Franklin (N&P) 15:14; 3 D Angell (Penair) 15:43
TEAM: Penair School 19
U13
1 M Barnard (N&P) 12:58; 2 P Devenport (N&P) 13:11; 3 T Goodman (Torpoint Sch) 13:12
TEAM: 1 Newquay and Par 19; 2 Penair School 34
Women
1 H Pearson (Corn, U20) 18:52; 2 B Fear (RNAC) 19:23; 3 K Trehane (Corn, U20) 19:27; 4 J Lean (N&P) 20;23; 5 J Saville (Corn, W35) 20:32; 6 R Medd (Falm RR) 20:46; 7 A Bolton (N&P) 21:00; 8 J Warren (Corn, W35) 21:11; 9 L Harrison (N&) 21:41; 10 E Cookson (Corn, U17) 21:58
U17: 2 V Hardy (Corn) 22:56
TEAM: 1 Cornwall AC 9; 2 Newquay and Par 20; 3 Falmouth Road Runners 30
U15
1 J Simpson (N&P) 12:54; 2 Z Jelbert (N&P) 13:17; 3 A Brown (Ply) 13:41
TEAM: 1 Newquay and Par 10; 2 Penair School 30
U13
1 R Gillespie (Corn) 11:16; 2 D Barnes (N&P) 11:20; 3 J Solomon (Penair) 11:58
TEAM: 1 Newquay and Par 11; 2 Cornwall AC 15; 3 Penair School 36

CUMBRIA Keswick

AFTER a week of bad weather, the meeting was cancelled due to flooding and the dangerous nature of the course, *Keith Bradshaw reports*.

DEVON Bicton College

STUART HALL retained his title in fine style, *Kevin Fahey reports*.

Normally more at home on the roads, Hall, representing Plymouth Harriers on this occasion though he has now switched allegiance to Tipton Harriers, showed he can still mix it on the country over a gruelling course that was icy in parts and thick with mud in others.

Bideford's Martin Rush, back from his stay in Australia, never gave up the challenge as he looked to win back the title he last held two years ago.

But Hall always looked to have the race under control. He eventually edged clear to win by 15 seconds.

In a competitive vets' race Exeter's Rob Williams held off Dave Wilson-Evans challenge to retain his title.

In the age-group races Bideford's 1998 AAA U20 indoor 1500m champion Andrew Ingle showed he is wintering well by comprehensively beating Daniel Carthy to win the junior title.

There was further success for Bideford in the U13s' race with Oliver Robinson clinching top spot while Plymouth's Toby Underdown claimed the U17 crown. South Devon's Rob Skornia raced clear in the U15s' event.

Exeter's Michelle Wannell utterly dominated the women's race, beating Angela Allen into second place by almost two minutes.

Second for the last two years – behind Allen in 1997 and Helen Myers last year – Wannell is clearly getting back to her best form.

North Devon's Jenny Horn was over a minute clear in the U20s' race while South Devon's Carrie Martindill as an equally impressive U17 winner.

Backed up by Janette Paton and Sarah Rogers she also picked up the team title.

The U15s' title went to City of Plymouth's Amy Wilkins while North Devon's Isabell Stoate was the U13 winner.
Men
1 S Hall (Ply H) 42:02; 2 M Rush (Bide) 42:17; 3 G Gerrard (Bris) 42:30; 4 M Feighan (Exe) 42:56; 5 R Williams (Exe, M40) 44:08; 6 D Wilson-Evans (Ply H, M40) 44:27; 7 P Ford (S&B) 44:44; 8 C Cook (Ply H) 45:06; 9 T Pares (RNAC) 45:17; 10 P Rigler (Bide) 45:18; 11 T Chudley (SWRR) 45:22; 12 S Payne (RNAC, M40) 45:32; 13 S Anderson (Ply H) 46:02; 14 P Hockin (Bide) 46:11; 15 J Parkinson (Bide) 46:23; 16 P Cawse (Bide) 46:29; 17 R Drage (Tavis) 46:37; 18 A Kennedy (Ex'mth, M40) 46:39; 19 S Weekes (Exe) 46:44; 20 M Northey (Ply H) 46:49
M45: 1 R Selby (Ex'mth) 48:46; 2 S Merry (Ex'mth) 49:27; 3 P Sturtridge (Bide) 49:41
M50: 1 C Pillar (Dart) 53:05; 2 C Litson (Ply H) 54:17; 3 C Ringer (Tiv) 55:03
M55: 1 P Tabenor (Ply H) 51:29; 2 C Boult (Tiv) 61:06; 3 T Powell (Tavis) 62:03
M60: 1 T Hair (S Dev) 52:39; 2 P Watson (Torb) 53:40; 3 E Barber (Torb) 55:31
M65: K House (S Dev) 65:12
TEAM: 1 Plymouth Harriers 69; 2 Bideford 79; 3 Exeter Harriers 118; 4 Exmouth Harriers 218
M40 TEAM: 1 Exmouth 17; 2 Exeter Harriers 29; 3 Plymouth Hariers 50; 4 South Devon AC 53
U20
1 A Ingle (Bide) 34:54; 2 D Carthy (Ivy Comm Coll) 35:59; 3 R Hart (Torb) 36:44; 4 M Cowen (Exe) 37:43
TEAM: Ivybridge Community College 15
U17
1 T Underdown (Ply) 21:44; 2 M Skelley (Erme V) 22:02; 3 D Parker (Ply Coll) 22:29; 4 R Green (Exe) 22:32; 5 A Privett (Exe) 22:40; 6 D Collins (Erme V) 22:46
TEAM: 1 Exeter Harriers 19; 2 South Devon AC 36; 3 South West Road Runners 44
U15
1 R Skornia (S Dev) 16:17; 2 D Warden (S Dev) 16:47; 3 J Webb (N Abb) 17:01; 4 G Richards (Erme V) 17:08; 5 A Skelly (Erme V) 17:17; 6 A Vaughan (Ex'mth) 17:47
TEAM: 1 South Devon AC 13; 2 Exmouth Harriers 29
U13
1 Oliver Robinson (Bide) 10:41; 2 D Edwards (Bide) 10:43; 3 L Arthurs (Ply H) 10:50; 4 M Goodwill (N Dev) 10:55; 5 I Matus (DML) 10:59; 6 A Smith (Exe) 11:04
TEAM: 1 Bideford AC 19; 2 Exeter Harriers 27; 3 North Devon AC 37
Women
1 M Wannell (Exe) 33:35; 2 A Allen (Ply H) 35:22; 3 M Blair (Torr, W35) 36:41; 4 H Dyke (S Dev) 36:49; 5 J Griffiths (Ex'mth, W40) 37:04; 6 W Urban (Torb, W35) 37:32; 7 C Stevinson (Exe U) 38:24; 8 P White (SWRR, W35) 38:36; 9 S Urro (Erme V, W45) 38;41; 10 C Smith (Ply H) 39;22; 11 S Masoli (Ply H) 40:07; 12 L Swani (SWRR) 40:10; 13 S Street (N Dev) 40;41; 14 S Olliffe (Torr) 40:48; 15 Y Warden (S Dev, W45) 41:41
W40: 2 J Reed (Erme V) 42:19; 3 H Collins Exe) 42:57
W45: 3 S Davies (Torb) 42:15
W50: 1 L Steel (Erme V) 43:59; 2 A Sturtridge (Bide) 44:04; 3 E Severn (Brix) 46:15
W55: S Abbot (Torr) 52;11
TEAM: 1 Plymouth Harriers 23; 2 South West Road Runners 46; 3 Erme Valley Harriers 48; 4 Torbay AC 48; 5 South Devon AC 48
W35 TEAM: 1 Torbay 23; 2 Erme Valley Harriers 24; 3 Exmouth Harriers 27
U20
1 J Horn (N Dev) 25:12; 2 J Knapman (S Dev) 26:35; 3 H Bright (Bide) 27:23
U17
1 C Martindill (S Dev) 20:21; 2 Emily Hopper (N Dev) 21:28; 3 J Parton (S Dev) 23:18; 4 K Howson (Ivy Coll) 23:33
TEAM: South Devon AC 10
U15
1 A Wilkinson (Ply) 19:33; 2 Laura Bates (Ply) 19:50; 3 L Nurse (Exe) 19:58
TEAM: Bideford 22
U13
1 I Stoate (N Dev) 11:50; 2 C Crone (N Dev) 12:15; 3 K Humpreys (SWRR) 12:24; 4 E Pittwood (N Dev) 12:27; 5 B Atkinson (S Dev) 12:37; 6 M Moore (S Dev) 13:02
TEAM: 1 North Devon AC 7; 2 South Devon AC 22; 3 Ivybridge Community College 34

DORSET Bournemouth

COUNTY officials are having to think very hard about the future of these championships as the move into January produced the lowest ever entry, *Martin Duff reports*.

There were quality runs from the Bournemouth trio of Jenny Brown, Louise Damen and Charlotte Moore but they had little opposition in numbers let alone class.

Brown was the only senior woman to toe the line and took just 18 minutes to cover the 5km course around the gentle bumps of Kings Park. A minute and a half down, Debbie Austin and Amanda Kerr won the veteran and U20 titles respectively but there were only six runners in the three age groups.

Damen took the U17 race with ease from Helen Geanes and will be looking to star in the South of England AA Championships at Parliament Hill at the end of the month.

Her clubmate Moore, who won the Hampshire League race the previous weekend, had a big margin over Kelly Borthwick to win the U15 title and set up a possible Bournemouth double in the SEAA Champs.

Nick Baugniet jumped long-time leader Larry Austin to take the men's championship from a three age-group field that numbered just 24, only 11 of whom were seniors.

Austin, who turned veteran two days after the race, followed his recent pattern by doing all of the work only to be overtaken on the run-in. With wife Debbie taking the women vets' title and daughter Amber a close second to Natalie Real, the family had a good day. In view of the numbers, it was a good job they turned up.
Men
1 N Baugniet (Poole) 34:44; 2 L Austin (B'mth) 34:48; 3 M Wilkie (Wimb) 35:51; 4 S Maughan (Sig Rgt) 36:37; 5 D Barlow (Yeo O) 37:22; 6 G Allen (B'mth) 38:26
TEAM: 1 Bournemouth 17; 2 Signals Regiment 22
M40: 1 S Little (Sig Rgt) 37:14; 2 P Fryer (Wimb) 40:47; 3 N Harding

(Poole) 42:04
U20
1 C Purt (B'mth) 35:02; 2 G Miller (B'mth) 36:32; 3 D Robberts (B'mth) 36:56; 4 T Barton (Brid) 38:10; 5 P Carr (Poole) 38:22
TEAM: Bournemouth 6
U17
1 E Jackson (Dorch) 16:24; 2 T Hayball (Brid) 16:42; 3 S Dixon (Brid) 16:42; 4 J Rich (Egdon) 17:17; 5 C Clement (B'mth) 17:33
TEAM: 1 Bridport Runners 12; 2 Bournemouth 21
U15
1 T Oliver (B'mth) 9:32; 2 P Hogben (Dorch) 9:43; 3 P Wigfield (Canf Sc) 9:49; 4 R Beasley (Dorch) 9:54; 5 C McCourt (B'mth) 10:03; 6 C Dean (Poole R) 10:05
TEAM: 1 Dorchester 14; 2 Bournemouth 17
U13
1 C Bravington (B'mth) 7:13; 2 D Cheney (Poole R) 7:15; 3 P Burton (Poole R) 7:24; 4 P Bale (Brid) 7:27; 5 A Borthwick (Brid) 7:30; 6 A Wilson (Brid) 7:33
TEAM: 1 Bridport Runners 15; 2 Bournemouth 18; 3 Bournemouth B 44
Women
J Brown (B'mth) 18:00
W35: 1 D Austin (B'mth) 19:33; 2 D Aspden (Wey) 24:54
U20: 1 A Kerr (Wimb) 19:50; 2 L Bardsley (Dorch) 20:32; 3 H Towner (Poole R) 20:24
U17
1 L Damen (B'mth) 9:38; 2 H Geanes (Yeo O) 10:32; 3 S Eaton (Wimb) 11:04
U15
1 C Moore (B'mth) 8:17; 2 K Borthwick (Brid) 9:01; 3 V Leak (Yeo O) 9:16; 4 R Chadney (Brid) 9:21; 5 M Hack (B'mth) 9:24
TEAM: 1 Bridport Runners 12; 2 Bournemouth 14
U13
1 N Real (Poole R) 8:19; 2 A Austin (B'mth) 8:23; 3 R Locke (P'land RMS) 8:34; 4 K Hanford (Brid) 8:39; 5 A Horwood (Wimb) 8:55; 6 D Cracknell (Poole R) 8:56

ESSEX Claybury, Woodford

Men (7.5M)
1 N Wetheridge (Bas) 38:42; 2 E Martin (Bas) 39:32; 3 J Mills (Chelm) 41:25; 4 M Whelan (Chelm) 41:47; 5 R Malseed (C&T) 41:51; 6 A Koikai (Ilf) 42:04; 7 T Keys (Hav M) 42:16; 8 J Burrell (Chelm) 42:19; 9 A Huckson (Chelm) 42:33; 10 R Gaine (Col H) 42:49; 11 C Miles (S'end) 42:54; 12 J Gentry (NEB) 42:59; 13 G Reynolds (Ilf) 42:59; 14 D Jordan (Ilf) 43:00; 15 K Murphy (Wood G) 43:02; 16 R Dickenson (Hav M) 43:03; 17 M Sanford (Chelm) 43:08; 18 S Vine (Chelm) 43:12; 19 J Barker (Hav M) 43:14; 20 T Payne (C&T) 43:17; 21 G Chatterton (Chelm) 43:27; 22 J Lendon (Hav M) 43:29; 23 G Wootton (Wood G) 43:36; 24 A Pamphilon (Wood G) 43:48; 25 M Muir (NEB) 43:50; 26 M Gibbs (Chelm) 44:07; 27 D Tullett (Chelm) 44:11; 28 M Cates (Eton M) 44:13; 29 A Barden (Bas) 44:13; 30 C Hardy (Thurr) 44:17; 31 P Tarrier (Orion) 44:25; 32 S Rueby (Hav M) 44:26; 33 A Catton (Ilf) 44:26; 34 M Bland (Hav M) 44:31; 35 C Waugh (B'wood) 44:44; 36 G Heslop (Chelm) 44:52; 37 E White (Col H) 45:01; 38 R Holland (Wood G) 45:09; 39 K Harris (S'field) 45:15; 40 G Pritchard (Hav M) 45:26; 41 N Tyler (Hav M) 45:28; 42 S Read (Enf) 45:47; 43 T Jason (Wood G) 45:56; 44 P Chase (Wood G) 46:00; 45 G Morris (Harl RC) 46:01; 46 S Williams (Pitsea) 46:05; 47 D Rose (Walth) 46:09; 48 R Martin (Col H) 46:12; 49 D Lawless (Thurr) 46:33; 50 A Rugg (Wood G) 46:42
TEAM: 1 Chelmsford 59; 2 Havering Mayesbrook 130; 3 Ilford 186; 4 Woodford Green 187; 5 Colchester Harriers 285; 6 Chelmsford B 311; 7 Thurrock 326; 8 Woodford B 371; 9 Springfield Striders 410; 10 Orion 411
U20 (5M)
1 N Bangs (Thurr) 27:32; 2 L Crispin (Thurr) 29:09; 3 L Samatar (NEB) 29:12; 4 J Deacon (Hav M) 30:11; 5 L Cooper (Harl RC) 30:12; 6 R Scott (S'end) 30:14; 7 K McGill (S'end) 31:02; 8 R Warner (Hav M) 32:29; 9 A Bull (NEB) 32:31; 10 S Pociechyua (C&T) 34:45
U17 (3M)
1 R Smith (Bas) 16:58; 2 D Allen (Hav M) 17:31; 3 L Clements (Hav M) 17:33; 4 E Van Der Schans (Thurr) 17:41; 5 T Pounds (Orion) 17:52; 6 J Williams (Chelm) 18:09; 7 M Clark (Orion) 18:19; 8 M King (Orion) 18:43; 9 S Frost (Thurr) 18:48; 10 J Weaver (S'end) 18:53
TEAM: 1 Orion 40; 2 Thurrock 42; 3 Harlow RC 72; 4 Newham & Essex Beagles 86
Women (5M)
1 J Sullivan (Hav M) 31:33; 2 G Greenhalgh (C&T) 31:38; 3 D Harmsey (Hav M) 32:44; 4 L Higgs (Col H) 32:48; 5 J Critchley (Ilf) 33:04; 6 A Oakman (C&T) 33:09; 7 S Williamson (Ilf) 33:19; 8 S Bridger (Thurr) 33:40; 9 J Heath (Thurr) 34:08; 10 N Barnett (Hav M) 34:11; 11 J Bulgin (NEB) 34:18; 12 D Morley (Col H) 34:38; 13 C Tedeschi (Orion) 34:49; 14 K Levison (ELR) 34:58; 15 E Newman (C&T) 35:09; 16 L Tanner (C&T) 35:25; 17 L Felton (Hav M) 35:42; 18 S McGinn (C&T) 35:50; 19 S Chapman (Wood G) 36:00; 20 B Bramley (ELR) 36:08
TEAM: 1 Havering Mayesbrook 31; 2 Colchester & Tendring 42; 3 Ilford 75;4 Colchester Harriers 78; 5 East London Runners 92; 6 Woodford Green 105
U20 (3M)
1 J Swallow (B'wood) 19:21; 2 K Smith (Bas) 20:32; 3 V Tester (Hav M) 21:13; 4 H Hawes (Hav M) 21:22; 5 V Purkiss (Thurr) 23:41; 6 L White (Harl AC) 23:51
U17 (3M)
1 S Raven (S'end) 20:38; 2 L Bailey (Thurr) 20:43; 3 H Stubbs (Wood G) 20:47; 4 C Webb (B'wood) 21:01; 5 H Biscoe (Hav M) 21:18; 6 D Glanville (Ilf) 21:28; 7 E Childs (Bas) 21:35; 8 J Short (Bas) 21:46; 9 R Clifton (S'end) 21:56; 10 L Regan (Loughton) 22:13
TEAM: 1 Basildon 48; 2 Havering Mayesbrook 49; 3 Harlow RC

GREATER MANCHESTER Ashton-under-Lyne

PAUL RODEN and Jayne Spark regained their respective titles on a testing but interesting new course, *Trevor Baxter reports*.

Roden, an ex National junior title-holder, only made up his mind to run the night before the race.

And his decision was rewarded with a comfortable victory from promising young clubmate Stuart Stokes.

Spark, the 1993 North of England champion, had always targeted this race in her plans and she too dominated the event.

"I have not raced or trained very much so I'm delighted to get the result I did," said Roden. "In fact during the last 12 months I've not been doing the level of training I've been used to.

"I ran at Chester-le- Street but I've had a few problems which have set me back. I tried to put in some quality running rather than quantity last week and it paid off. Now I'll probably look to the Northerns and the Inter-Counties."

As a former member of host club East Cheshire Harriers, Roden was familiar with the terrain and put his local knowledge to good use.

"It was a good course but very heavy and it only got worse as the afternoon went on," he said. "I just seemed to find myself at the front, picked up the pace on the second lap and just felt quite relaxed."

Spark saved her burst until the last lap and finished clear of Beth Allott.

"The heavy ground suited me and it was good to see the team managed to get second even though we were without people like Heather (Heasman). She said: "I've got a race in Dun Laoghaire this weekend for England so that will be a good test."

Neither defending champion featured in the results with Neil Wilkinson struggling to get over flu while Salford clubmate and Manchester postwoman Beverley Jenkins had been working nights.

Men (11.8km)
1 P Roden (Sale) 40:29; 2 S Stokes (Sale) 40:39; 3 P Riley (Traff) 40:47; 4 M Hill (Tip) 40:01; 5 A Williams (E Ches) 41:12; 6 J Brown (Salf) 42:13; 7 G Hill (Stock) 42:14; 8 J Cookson (Sale) 42:18; 9 K Chapman (Salf) 42:42; 10 D Mason (Salf) 42:51; 11 D Moran (Alt) 43:20; 12 J Loxham (Stock) 43:49; 13 P Roberts (Salf) 43:57; 14 G Raven (E Ches) 44:01; 15 N Peach (Sale) 44:05; 16 S Hughes (Sale) 44:12; 17 S Culshaw (Horw) 44:15; 18 S Hulme (Midd) 44:26; 19 M Donnelly (Sale) 44:27; 20 G Matthews (E Ches) 44:36
TEAM: 1 Sale 81; 2 Salford 100; 3 Altrincham 203; 4 Stockport 206; 5 East Cheshire 221; 6 Trafford 284
M40: 1 A Carroll (E Ches) 44:46; 2 P Derbyshire (Wig P) 45:32; 3 D Gee (Man H) 46:04
U20
1 R Maycock (Sale) 19:21; 2 S Vernon (Stock) 19:23; 3 M Cayton (Horw) 20:25; 4 D Gray (Sale) 20:47; 5 A Norman (Alt) 20:51; 6 A Wareing (Alt) 21:18
TEAM: Sale
U17
1 S Payne (Sale) 19:43; 2 S O'Reily (Stock) 19:47; 3 C Iddon (Bolt) 20:17; 4 B Whitworth (O&R) 20:21; 5 P Shaw (Stock) 20:32; 6 M Cooke (Traff) 20:54
TEAM: 1 Sale 35; 2 Trafford 41; 3 Bury 72
U15
1 A Fraser (Sale) 14:01; 2 T Lancashire (Bolt) 14:05; 3 N McAvoy (Sale) 14:26; 4 T Williams (Roch) 14:28; 5 O Higby (Man H) 14:29; 6 G Broome (Sale) 14:30
TEAM: 1 Sale 21; 2 East Cheshire 77, 3 Oldham and Royton 83
Women (7.7km)
1 J Spark (Alt) 31:01; 2 B Allott (Salf) 31:23; 3 A Powell (Leigh) 32:40; 4 T Sloan (Salf) 32:48; 5 J Rashleigh (Horw RMI, W40) 32:58; 6 A Kershaw (Traff) 33:09; 7 L Kenhoe (Traff) 33:32; 8 L Quigley (Wig P) 33:35; 9 P Hope (Bolt) 33:54; 10 C Entwhistle (Wig H) 34:15; 11 F Ashton (Salf M) 34:45; 12 K Wood (Glossop) 35:11; 13 C O'Connor (Salf) 36:13; 14 S Boam (E Ches) 35:26; 15 A Sixmith (Alt) 35:39; 16 L Jolly (Salf) 35:51; 17 C Hunter-Rowe (Horw) 36:27; 18 S Robson (Alt) 36:29; 19 L Greenless (Stock, M40) 36:41; 20 D Curley (Wig P) 37:01
M40: 3 K Mather (Saddle) 37:22; 4 S Exon (Traff) 37:55; 5 J Harold (Horw) 38:52; 6 W McRae (Roch) 39:15
TEAM: 1 Salford 35; 2 Altrincham & District 67; 3 Horwich RMI 78
VET TEAM: 1 Horwich RMI 24; 2 Altrincham & District 50
U20
1 S Walker (Roch) 21:10; 2 L Carson (E Ches) 21:14; 3 J Wood (Leigh) 21:31; 4 E Lafferty (Salf M) 21:59; 5 L Waterlow (Salf M) 22:38; 6 R Woodnutt (Traff) 22:59
U17
1 S Yousefian (Stock) 20:04; 2 B Wane (Leigh) 20:27; 3 G Castle (Stock) 20:54; 4 N Ismail (Salf M) 21:30; 5 K Heaton (Leigh) 21:50; 6 E McIntyre (Man H) 21:53; 7 O Carter (Stock) 22:13; 8 L J Todd (Salf M) 22:19; 9 T Delaney (O&R) 22:20; 10 J Walker (Roch) 22:23
U15
1 L Hughes (Horw RMI) 15:34; 2 R Waller (Salf M) 15:51; 3 E Bennett (Salf M) 16:40; 4 E Williams (Horw RMI) 16:42; 5 E Taylor (O&R) 16:47; 6 A Weaver (Midd) 16:50; 7 A Walters (Wig H) 17:02; 8 G Jones (Horw RMI) 17:07; 9 Lawton (Bury) 17:16; 10 L Pringle (Salf M) 17:29
TEAM: 1 Sale 26; 2 Horwich RMI 48; 3 Oldham & Royton Harriers 85

HERTFORDSHIRE Stevenage

JAMES LAWLER changed his tactics during the senior race with such success that he won the county gold medal in Fairlands Valley Park, *Chris Stott reports*.

Having not trained during the week, Lawler was not intending to push it until the later stages but at about 2km he was feeling good and decided to take the lead. From then on he was never challenged.

Dave Bullock, primarily an 800/1500m track performer, was concerned about the distance and felt he had not pushed as hard ashe could have. Consequently, he had too much to do in the later stages and finished 20 seconds behind the winner.

Sharon Morris, the women's winner admitted the course was deceptively tough but was obviously pleased with her victory and now hopes for a top 15 placing in the Inter-Counties.

Danielle Sanderson, a previous winner, settled for second this time. The former International marathon runner now considers herself a fun runner and will take her races as they come and how she feels.

Lisa Samuels, who in coming third overall decisively won the U17 title, now has to decide which age-group to enter in the Inter-Counties. In the National, however, she will almost certainly aim for the U17s.

Men (12.1km)
1 J Lawler (Bed) 37:34; 2 D Bullock (SB) 37:54; 3 D Gibbons (Tip) 39:02; 4 I Johnstone (TVH) 39:16; 5 A Slack (Ver) 39:27; 6 N Miller (Ver) 39:50; 7 A Holt (Ver) 39:56; 8 L Wells (Enf) 40:02; 9 A Cross (Ver) 40:11; 10 D Chapman-Jones (Ver) 40:25; 11 D Treadaway (Enf) 40:41; 12 P Allen (GVH) 40:59; 13 M Hamer (St Alb) 41:25; 14 M Adcock (Wat) 41:36; 15 S Lowe (SB) 41:40; 16 D Gentle (NHRR) 41:48; 17 M Faughnan (Ver) 41:54; 18 S Claridge (St Alb) 41:58; 19 M Parker (Barn) 42:01; 20 D Surrey (SB) 42:06
TEAM: 1 Verlea 55; 2 North Herts RR 193; 3 Verlea B 196
U20 (8km)
1 A Murphy (SB) 26:46; 2 S Hunt (Harrow) 27:34; 3 A Clark (Ver) 28:46; 4 D Mobert (NHRR) 30:33; 5 J Roxborough (SNH) 30:33
U17 (6km)
1 M Griffith (Enf) 19:48; 2 A Bowden (Harrow) 19:55; 3 J Collins (St Alb Sch) 19:56; 4 N Hall (Ver) 20:11; 5 N Burton (Dac) 20:27; 6 N Phillips (St Alb Sch) 20:41; 7 N Carlisle (St Alb GD) 21:15; 8 N Murphy (St Alb Sch) 21:22; 9 D Allen (Ver) 21:23; 10 M Collins (SB) 21:55
TEAM: 1 St Albans School 34; 2 Harrow 44; 3 Verlea 61
U15 (5km)
1 T Bedford (St Alb Sch) 18:40; 2 D Lewis (SB) 19:06; 3 R Scott (Enf) 19:19; 4 A Cracknell (Dac) 19:24; 5 M Williams (SNH) 19:29; 6 D Hine (SB) 19:32; 7 L Reynolds (SNH) 19:33; 8 N Odlin (SB) 19:51; 9 D Jakes (Ver) 20:08; 10 S Dixon (Barn) 20:10
TEAM: 1 Shaftesbury Barnet 27; 2 St Albans School 51; 3 Stevenage & North Herts 61
U13 (3.2km)
1 P Lipman (Dac) 11:17; 2 O Lewis (SB) 11:28; 3 P Yeomans (Wat) 11:35; 4 D Christian (Enf) 11:50; 5 C Yeomans (Wat) 11:56; 6 R Mullhouse (Ver) 11:58; 7 T Gray (Ver) 12:00; 8 S Fraser (Ver) 12:02; 9 R Rumble (Ver) 12:03; 10 R Cawthorne (SNH) 12:05
TEAM: 1 Verlea 30; 2 Watford 34; 3 Stevenage & North Herts 37
U11 (1.6km)
1 S Goddard (Barn) 8:02; 2 A Bysouth (Ver) 8:04; 3 T Finill (Harrow) 8:05; 4 J Scott-Blount (Harrow) 8:12; 5 S Constable (SNH) 8:15; 6 L O'Connor (Harrow) 8:16; 7 P Barrett (Ver) 8:17; 8 D Cooper (Ver) 8:24; 9 M Harper (Ver) 8:26; 10 D Thompson (Enf) 8:28
TEAM: 1 Verlea 26; 2 Harrow 27; 3 Barnet & District 59
Women (5km)
1 S Morris (H&W) 17:58; 2 D Sanderson (Wat) 19:19; 3 J Cox (Enf) 20:26; 4 L Joslin (Enf) 20:30; 5 Z Lowe (St Alb) 20:35; 6 W Jones (Royst) 20:53; 7 E Murray (SB) 20:57; 8 J Drury (SNH) 21:00; 9 A Yorwerth (St Alb) 21:10; 10 T Allen (Ver) 21:16; 11 J Browning (SNH) 21:19; 12 J Gandee (H&W) 21:34
TEAM: 1 Verlea 52; 2 Stevenage & North Herts 61; 3 Verlea B 86
U17 (5km)
1 L Samuels (SNH) 20:13; 2 S Stanmore (SB) 21:17; 3 L Hall (SB) 21:21; 4 L Cowley (SB) 21:40; 5 C Willer (Wat) 22:29; 6 J Gray (Ver) 23:27; 7 J Hill (Bed) 24:02; 8 S Lucy (Ver) 25:01; 9 K Jordan (H&W) 25:20; 10 S Pooni (Enf) 25:47
TEAM: Verlea 39
U15 (3.2km)
1 J Nugent (SB) 11:10; 2 E Hall (Ver) 11:50; 3 S Brough (S&NH) 11:57; 4 C Wilkinson (SB) 12:00; 5 T Weaver (SB) 12:04; 6 L Gaul (SB) 12:40; 7 E Braithwaite (Ver) 13:22; 8 J Wass (Ver) 13:25; 9 L Prior (SB) 13:27; 10 L Bailey (Wat) 13:27
TEAM: 1 Shaftesbury Barnet 16; 2 Verlea 38
U13 (3.2km)
1 R Gibbs (SNH) 12:26; 2 H Beard (SNH) 12:56; 3 L Cunningham (SNH) 13:08; 4 H Wright (Dac) 13:46; 5 L Stokoe (H&W) 13:49; 6 K La Grange (Wat) 13:50; 7 F Brooke (Ver) 13:54; 8 K Milne (St Alb) 14:16; 9 L O'Brien (SB) 14:25; 10 L Johnson (SNH) 14:33
TEAM: 1 Stevenage & North Herts 16; 2 Verlea 45
U11 (1.6km)
1 L Fairweather (Parks) 6:21; 2 K Fairweather (Parks) 6:22; 3 S Lavey (Parks) 6:26; 4 Z Dunning (Dac) 6:28; 5 K Harrison (Parks) 6:44; 6 I Graham (Ver) 6:58; 7 C Silva (H&W) 7:06; 8 K Summer (H&W) 7:19; 9 J Parkinson (Parks) 7:24; 10 K Henderson (Barn) 7:28
TEAM: 1 Parkside 11; 2 Verlea 43

KENT Gillingham

OF THE 10 winners from last winter's championships, only two won gold medals again, *Steve Roe reports*.

They were Lisa Dobriskey, the pride of Littlestone, and Barry Royden, the Medway racing machine.

Change that to winning machine; Royden may have failed at the marathon – if running 2:19 can be so described – but when it comes to this type of racing, on home soil, he has no peer.

It was a thrilling and hard fought victory. Mark Steinle made all the early front running and such was his speed in the opening mile that Royden and Allen Graffin were almost flat out trying to keep within 10 metres of the Blackheath Harrier.

Steinle ultimately paid the price, but still held a narrow lead on starting the second lap. Ten seconds behind was lion-hearted Chris Knight, followed by Darrell Smith, Andrew Graffin and Gareth Williams.

The early leader lost ground on the far side of the course and when the final lap began, Royden and Graffin were still neck-and-neck, 15 seconds ahead of Steinle, who at least had a healthy advantage over the now isolated Knight.

Royden's last lap featured a number of efforts to drop Graffin, but last year's National U20 winner was not about to concede defeat and with 200 metres remaining he was still right there with a chance. Then Royden made his final surge. Graffin chased hard but could not claw back the small gap that had opened and the champion held his form to win by two seconds.

At these races last winter, one of Dobriskey's rivals called her "the next Julie Rose," and for an athlete in this part of the world – particularly a member of Ashford AC – there can be no higher praise. But when she lined up for the U15 girls' race something had to give because on the line too was Jessica Pygall, who retained the U13 title last time and was defending an unbeaten record in the championships.

Dobriskey did not need to apply full throttle to retain her title. Heading for the hilliest part of the course quite early in the race, she was already well clear and certain to add to her Southern Inter-Counties win of last month..

The burning question at the end of the U17 men's race was: who had been more affected by the misdirection which occured on the first lap. Matthew Hill, going for his fourth win in four years, the second in this age group, was leading at the time. When he went the wrong way others followed, including Jermaine Mays.

Eventually, after a certain amount of back-tracking and regrouping, Mays emerged with the advantage that mattered and after completing the course of 5700m, plus whatever extra, he had ended Hill's unbeaten sequence with a nine-second win.

Bromley AC produced the 1992 girls champion in Francesca Green. Now they have the new one in Ella Fisher who, by coincidence, goes to the same school her predecessor attended.

There was no more decisive winner among the men than Andrew Beckwith (U20). The former champion at U15 and U17 level started the final circuit with a massive lead. There were those who wondered if there had been another misdirection. In reality, the explanation was more basic. "I put the boot in downhill," said the winner.

Louise Watson's women's victory could kick-start a career that, but for various interruptions, might have yielded more than one UK title, the1996 10,000m.

Now Watson is free of injury, has successfully completed her accountacy studies, soon starts a new job and, for good measure, has equalled the record number of wins of this title.

Kerrie Nott was the leader of 45 runners in the early stages. Ruth Branson and Candy Perkins gave chase, followed by Watson and Alison Fletcher.

Julie Stacey was eighth approaching the war memorial but had improved by two places at the start of the second lap when the five in front read: Watson, Perkins, Fletcher, Rebecca Lovett and Nott.

Just beyond halfway, by which stage Lovett and Nott were detached from the first three, Watson started to pull away.

It was then that Stacey, by common consent the fastest finisher, really came alive. She was too far adrift to trouble Watson, but first Lovett was passed, then Fletcher and finally ,in the last half-mile, she nailed Perkins to win her fifth silver – three of them behind her sister – since 1985.

Watson was home and dry by then. It was her fourth win in ten years and there could be more, because: "The Kents bring out the best in me."

Did the winner of the U20 women's race say "Ich bin die Siegerin" as she crossed the finish line? Possibly; it means "I am a winner" in German, the language Claire Colmer is studying (Russian, too) at a university in the North of England.

Her winning margin of one minute and 15 seconds was the day's widest and really says it all. Colmer, the runner-up last year, led for all but the first few hundred metres of a race that had only nine starters..

Tom Fahey of Dartford, winner of the U13 boys' race two years ago, went off course in the same event last winter. "I thought I would have won it," he said – and was understandably ecstatic at becoming a champion again.

He seized the U15 title in stunning fashion. Jonathan Ruffer had led from the start, always aware that Fahey was close but doing enough to keep Fahey behind him after both had dropped the dangerous Darren Pryce.

Coming to the sports field that staged the finish, Ruffer led by 10 yards and looked safe, but Fahey sensed his rival was weakening.

Charging to the final turn he drew level with the leader and then got ahead when they went flat out for the line.

The new U13 boys' champion, taking the notable scalp of Paddock Wood's Jeremy Worthington, is Oliver Freeman.

Freeman had time to savour his moment before watching his big sister line up for the U17 women's race. Henrietta Freeman had lost an epic battle to Lisa Dobriskey in last winter's U15 event, but now, in a different age group, her main rival was ex-U13 champion Gemma Viney.

After her 16th birthday two days earlier, Viney would have liked to celebrate with another title but Freeman, who won U15 gold in 1996, had opened a 10 second lead at the end of the first lap and the member of IEK then serenely doubled her advantage before finishing.

Men (12km)
1 B Royden (Med) 38:40; 2 Allen Graffin (Ton) 38:42; 3 M Steinle (B'hth) 39:34; 4 C Knight (GEC) 40:06; 5 D Smith (B'hth) 40:21; 6 Andrew Graffin (Ton) 41:03; 7 G Williams (Med) 41:16; 8 M Coleman (Ashf) 41:56; 9 N Barrable (Ton) 42:01; 10 I Hamilton (Med) 42:29; 11 P Chance (GEC) 42:32; 12 R Hall (Med) 43:15; 13 L Reilly (Kent) 43:35; 14 J Rendall (Ton) 43:36; 15 S Keywood (Ton) 43:36; 16 G Saker (GEC) 43:51; 17 M Linney (Bex) 44:08; 18 P Mason (Ton) 44:11; 19 P Cole (Sitt, M40) 44:18; 20 J Cosgrove (Med, M40) 44:21; 21 D Law (M'stone) 44:31; 22 S Beaney (Med) 44:35; 23 D Cochrane (Ashf & D) 44:37; 24 M Barlow (Kent) 44:43; 25 P Harland (Ton) 44:45; 26 M Cox (Kent) 44:46; 27 A Webb (Ashf) 44:47; 28 A Hollens (Ton) 44:55; 29 S Wilson (Dartf) 45:02; 30 M Lee (S'oaks) 45:08; 31 S Smythe (Camb H, M40) 45:11; 32 G Meredith (Camb H, M50) 45:14; 33 C Neal (Med) 45:30; 34 P Calnan (B'hth) 45:36; 35 P Boxshall (Kent, M40); 36 R Turner (Ashf) 45:56; 37 T Sutton (Inv EK) 46:04; 38 B Hutchinson (Kent, M40) 46:07; 39 L Catley (Ton) 46:17; 40 P Lazo (Kent) 46:18; 41 M Ashby (Camb H) 46:31; 42 M Guichard (Dartf) 46:39; 43 S Hay (I&I, M40) 46:41; 44 A Brodie (Med) 46:42; 45 R Pearce (I&I) 46:44; 46 K Williams (Ashf) 46:46; 47 D Evans (Med) 46:51; 48 S Loach (Dul) 47:02; 49 R Bridges (Med) 47:03; 50 R Owen (Ton) 47:09; 51 B Lee (Kent) 47:16; 52 S Kelly (Ashf) 47:31; 53 J Marchant (Dartf) 47:35; 54 D Thornby (M'stone) 47:38; 55 S Scott (Kent) 47:40; 56 I King (Ashf) 47:41; 57 C Clinch (Ton, M40) 47:44; 58 D Field (Plum, M40) 47:49; 59 D Palfrey (TWH) 47:52; 60 S Allen (Med, M40) 47:55

TEAM (6-to-score): 1 Tonbridge 64; 2 Medway 85; 3 Kent AC 176; 4 Ashford AC 225; 5 GEC 313; 6 Dartford 363; 7 Invicta East Kent 467; 8 Bexley 510; 9 Tunbridge Wells Harriers 563; 10 Sevenoaks 604; 11 Paddock Wood 617; 12 Forbanks 742

TEAM (12-to-score): 1 Tonbridge 326; 2 Medway 414; 3 Bexley 1345

U20 (9km)
1 A Beckwith (Inv EK) 32:29; 2 A Thomas (Inv EK) 33:37; 3 S Coombes (Dartf) 33:46; 4 S Holmes (B'hth) 33:50; 5 G Baxter (GEC) 33:53; 6 G Hows (Camb H) 34:11; 7 M Lemon (GEC) 34:29; 8 B Wells (Inv EK) 34:38; 9 M Norman (GEC) 35:08; 10 J Batchelder (Padd W) 36:07; 11 S Turner (B'hth) 36:41; 12 T Matthews (Ashf) 36:48

TEAM: 1 Invicta East Kent 11; 2 GEC 21; 3 Blackheath 33; 4 Paddock Wood 43

U17 (5.7km)
1 J Mays (Kent) 19:55; 2 M Hill (B'hth) 20:04; 3 J Saunders (GEC) 20:12; 4 M Healy (Kent) 20:23; 5 R Laming (B'hth) 20:25; 6 R Slade (GEC) 20:26; 7 B Henty (Kent) 20:29; 8 M Woods (GEC) 20:31; 9 A Madar (B'hth) 20:33; 10 A Pickett (Dartf) 20:36; 11 W Bolton (B'hth) 20:38; 12 S Taylor (Ashf) 20:41; 13 D Pryce (Ashf) 20:46; 14 S Dunderdale (B'hth) 20:48; 15 A Abu-Boakye (Kent) 20:50

TEAM: 1 Blackheath 27; 2 Kent AC 27; 3 GEC 35; 4 Medway 100; 5 Paddock Wood 117

U15 (4.3km)
1 T Fahey (Dartf) 14:38; 2 J Ruffer (Camb H) 14:40; 3 D Pryce (Ashf) 14:45; 4 T Hawkey (Dartf) 14:58; 5 C Grimes (GEC) 15:03; 6 J Curtin (Inv EK) 15:17; 7 C Price (GEC) 15:22; 8 A Hayward (Inv EK) 15:31; 9 D Smith (Ton) 15:34; 10 S Cowland (GEC) 15:36; 11 M Withey (Dartf) 15:37; 12 P Price (GEC) 15:38; 13 D Ryan (B'hth) 15:42; 14 J Parnell (Camb H) 15:50; 15 S Sharp (Ton) 15:56

TEAM: 1 GEC Avionics 34; 2 Dartford 47; 3 Tonbridge 62; 4 Ashford AC 79; 5 Blackheath 90

U13 (2850m)
1 O Freeman (Inv EK) 10:05; 2 J Worthington 10:10; 3 C Norris (B'hth) 10:40; 4 J Roberts (Dartf) 10:53; 5 J Fahey (Dartf) 10:55; 6 C Dowling (GEC) 10:59; 7 A Dowell (Camb H) 11:09; 8 A Holder (GEC) 11:10; 9 T Linaidge (GEC) 11:11; 10 M Stanley (How) 11:13; 11 D Legg (Camb H) 11:21; 12 S Welsh (GEC) 11:31

TEAM: 1 GEC Avionics 35; 2 Dartford 43; 3 Blackheath 61; 4 Paddock Wood 73; 5 Howard School 78

Women (6.4km)
1 L Watson (GEC) 24:05; 2 J Stacey (Brom) 24:11; 3 C Perkins (Ashf) 24:24; 4 A Fletcher (Dul, W35) 24:27; 5 R Lovett (Med) 24:35; 6 K Nott (Camb H) 24:49; 7 R Branson (TWH) 25:13; 8 N Thompson (Dartf) 25:25; 9 R Marshall (Inv EK) 25:50; 10 J Fraser (Inv EK, W35) 25:59; 11 M Skinner (Inv EK) 26:05; 12 J Moorekite (Inv EK, W40) 26:11; 13 B Appleby (Med, W45) 26:28; 14 A Williams (Med) 26:36; 15 T Apps (Padd W) 26:39; 16 D Farnham (Med, W40) 26:57; 17 B Jameson (Med) 27:05; 18 S Payton (Med) 27:17; 19 M Levey (Inv EK, W45) 27:28; 20 R Huntingford (GEC) 27:39

TEAM (3-to-score): 1 Invicta East Kent 30; 2 Medway 32; 3 Ashford AC 51; 4 Tunbridge Wells Harriers 64; 5 Bromley 69; 6 Paddock Wood 81

TEAM (12-to-score): 1 Medway 83; 2 Invicta East Kent 95; 3 Tunbridge Wells Harriers 191

U20 (5.7km)
1 C Colmer (Bex) 21:46; 2 J Brown (Ashf) 23:01; 3 N Clare (Ashf) 23:15; 4 S Kean (Ashf) 23:39; 5 H Barnes (Inv EK) 23:56; 6 B Dyer (Ashf) 24:55; 7 T Truelove (Inv EK) 25:24; 8 K Lindsey (Padd W) 25:39; 9 J Clark (Dartf) 25:44

TEAM: Ashford AC 9

U17 (4.3km)
1 H Freeman (Inv EK) 15:49; 2 G Viney (B'hth) 16:15; 3 L Clayton (Inv EK) 17:46; 4 C Castledine (B'hth) 18:04; 5 A Hewson (Dartf) 18:10; 6 M Hayward (Inv EK) 18:18; 7 H Barker (B'hth) 18:49; 8 M Griffiths (Inv EK) 18:51; 9 H Dyason (Med) 18:58; 10 N Baker (Brom) 19:00

TEAM: 1 Invicta East Kent 10; 2 Blackheath 13

U15 (3.2km)
1 L Dobriskey (Ashf) 11:48; 2 C Dale (Inv EK) 12:05; 3 J Pygall (Med) 12:10; 4 K Buchan (Med) 12:52; 5 C Harvey (Med) 12:59; 6 H Killick (Ton) 13:04; 7 N Fullman (Med) 13:08; 8 G Baker (Brom) 13:22; 9 J Alexander (Dartf) 13:33; 10 E Chivers (Dartf) 13:48

TEAM: 1 Medway 12; 2 Ashford AC 35; 3 Dartford 36; 4 Invicta East Kent 46; 5 Paddock Wood 51

U13 (2850m)
1 E Fisher (Brom) 11:35; 2 F Lafferty (Med) 11:43; 3 S Langford (Ashf) 11:53; 4 G Smidova-Coleman (B'hth) 12:03; 5 E Bugler (B'hth) 12:10; 6 J Green (Med) 12:14; 7 F Usher (Dartf) 12:15; 8 S Baker (Dartf) 12:15; 9 A Lenzan (Bex) 12:20; 10 E Jones (Camb H) 12:25

TEAM: 1 Blackheath 20; 2 Dartford 27; 3 Medway 32; 4 Bromley 37; 5 Ashford AC 43

LANCASHIRE
Witton Park, Blackburn

TWENTY years after winning his first Lancashire senior race at the age of 17, multi-international Dave Lewis scorched to victory to add another county title to his amazing list of honours, *Keith Bradshaw reports*.

Now 37-years-old, the three times National winner explains: "20 years ago, we had to race with the seniors, all seven-and-a-half-miles of it, and I won. They didn't give me the senior trophy, though.

"Today I just wanted to get out and run hard from the off. After all the injuries, it's the best winter's preparation I've had for years and I just wanted to test myself. I felt very strong, as if there was even a bit more in the tank. I'm hoping to have a good run in the National again this year, so I'm well pleased with this."

In typical Lewis fashion, the Rossendale warrior skipped across the heavy mud patches, as those in his wake trod warily to pick the least glutinous routes.

By the end of three gruelling laps, Lewis had carved out a winning margin of 52 seconds. He was warming down casually as fellow international Andy Morgan-Lee, making his championship debut in his adopted county, led the challengers home in second.

The closest race of the day came in the U17 men's event where 1998 National champion Lee McCash had to fight all the way to hold off the persistent challenge of Martyn Cryer from Blackpool. Only one second separated them after a race-long battle.

The tightest of struggles in the womens' race saw Blackburn's Pauline Powell escape the attentions of Michelle Mann to retain her title on home territory. Coached by father Frank, 25-year-old Powell is now a full time athlete and in determined mood as she pursues ambitions over the country and the track.

Courtney Birch, who won U13 gold at the National and English Schools' last winter, had no problems as she moved up to U15 and raced to a crushing victory. The powerful youngster finished seventh overall in a joint run with the U15 boys, but won the girls race by 74 seconds!

Men (7M)
1 D Lewis (Ross) 36:16; 2 A Morgan-Lee (Soton RC) 37:08; 3 A Walpole (Salf) 38:15; 4 P Leybourne (Salf) 38:25; 5 J Prowse (B&F) 39:22; 6 M Jackson (Cov) 39:37; 7 C King (N Fylde) 39:39; 8 S Deakin (Pres) 40:01; 9 A Keene (Tip) 40:06; 10 M Aspinall (Ross) 40:19 ; 11 A Fox (Manx) 40:32; 12 A Rowe (Wesh, M40) 40:37; 13 A Black (Clay) 40:42; 14 M Brown (Clay) 41:07; 15 P Hall (B'burn) 41:11; 16 P Clarke (Manx) 41:22; 17 D Reader (B&F) 41:32; 18 S Smith (Pres) 41:34; 19 C Quine (Manx) 41:35; 20 M Wallis (Clay) 41:35; 21 K Callister (Manx) 41:42; 22 J Houghton (N Fylde, M40) 42:29; 23 K Wilding (Wesh, M40) 42:34; 24 K Johnston (Chor H) 42:40; 25 I Greenwood (Clay) 42:52; 26 W Gardner (L&M, M40) 42:59; 27 W Barry (Traff) 43:02; 28 S Grimshaw (Wig D, M40) 43:08; 29 M Paddon (B&F) 43:10; 30 S Taylor (Clay) 43:13

TEAM: 1 Clayton-le-Moors 114; 2 Manx Harriers 124; 3 North Fylde AC 190

M40 (7M)
1 Rowe 40:37; 2 Houghton 42:29; 3 Wilding 42:34; 4 Gardner 42:59; 5 Grimshaw 43:08; 6 C Shuttleworth (Pres, M40) 44:11; 7 K Hesketh (Pres, M40) 44:22; 8 P Taylor (Ross, M40) 44:46; 9 D Voyle (L&M, M55) 45:01; 10 P Corlett (Chor AC, M40) 45:08

TEAM: 1 Wesham Road Runners 32: 2 Preston Harriers 40; 3 Lancaster & Morecambe AC 46

U20 (5M)
1 A Sutton (Pres) 28:43; 2 C Heyes (Pres) 30:07; 3 N Samuels (B'burn) 30:45; 4 M Nield (B'burn) 31:17; 5 M Huxley (B'burn) 32:51; 6 D Gray (Manx) 33:53; 7 N Lloyd (Chor AC) 35:17

TEAM: Blackburn Harriers 12

U17 (4M)
1 L McCash (Pend) 20:41; 2 M Cryer (B&F) 20:42; 3 A Ford (B&F) 21:02; 4 R Barton (B'burn) 21:46; 5 L Barton (B'burn) 21:48; 6 J O'Dea (B'burn) 21:49; 7 R Parrington (L&M) 21:50; 8 B Fish (B'burn) 22:35; 9 J Halligan (Manx) 23:10; 10 D Hayes (B&F) 23:27

TEAM: 1 Blackburn Harriers 15; 2 Blackpool & Fylde 15; 3 Manx Harriers 34

U15 (2.5M)
1 R Edgar (L&M) 12:29; 2 M Ross (Pend) 12:50; 3 L Varley (B&F) 12:53; 4 G Cooper (Chor H) 12:57; 5 T Davies (Manx) 12:58; 6 C Watson (Liv PS) 13:02; 7 D Riley (Pend) 13:22; 8 S McGlone (Liv PS) 13:39; 9 D McKinlay (B'burn) 13:31; 10 A Stewart (Liv PS) 13:39

TEAM: 1 Pendle AC36; 2 Blackpool & Fylde 59; 3 Lancaster & Morecambe 62

U13 (2M)
1 J Rusius (Pend) 12:09; 2 S Howarth (Wig D) 12:19; 3 R Newton (Pres) 12:33; 4 T Partridge (Liv PS) 12:38; 5 M Hall (B'burn) 12:46; 6 R Benson (B'burn) 12:53; 7 D Jones (L&M) 13:01; 8 J Donnelly (B&F) 13:04; 9 R Walmsley (Liv PS) 13:07; 10 R Entwistle (B'burn) 13:25

TEAM: 1 Liverpool Pembroke & Sefton 39; 2 Blackburn Harriers 40

Women (4M)
1 P Powell (B'burn) 22:59; 2 M Mann (Pres) 23:14; 3 J Ashman (Manx) 24:31; 4 C Betmead (Nth Fylde) 25:16; 5 J Hodkinson (Pres) 25:38; 6 A Martin (Clay) 26:28; 7 A Sweeney (Pres) 26:33; 8 V Peacock (Clay) 26:43; 9 B McWade (Clay) 26:48; 10 E Leonard (Chor H, W35) 27:25; 11 S Fisher (Pres) 27:37; 12 C Lewis (Clay, W35) 27:44; 13 H Sandelands (Wig P, W35) 27:48; 14 C Goulden (Chor H) 27:51; 15 J Pound (Chor AC, W40) 28:01

TEAM: 1 Preston Harriers 14; 2 Clayton-le-Moors 23; 3 North Fylde 29

W35: 1 Leonard 27:25; 2 Lewis 27:44; 3 Sandelands 27:48
W40: Pound 28:01

W45: K Thompson (Clay) 30:30

TEAM: 1 Clayton-le-Moors 16; 2 Chorley Harriers 19; 3 Chorley AC 24

U20 (3M)
1 E Deakin (Pres) 20:21; 2 C Gardner (L&M) 21:33; 3 D Culshaw (Wig D) 22:14; 4 B Dix (Pres) 23:25; 5 E Calderbank (N Fylde) 23:59

U17 (3M)
1 V Rusius (Pend) 20:07; 2 K Trickett (Pend) 20:12; 3 M Livesey (Pres) 20:58; 4 E Rutland (B&F) 21:21; 5 J Bradford (L&M) 21:30; 6 R Parker (Pend) 21:43; 7 S Davies (L&M) 21:46; 8 K Brooks (Hynd) 22:02; 9 J Parker (Pend) 22:06; 10 A McGregor (L&M) 23:33

TEAM: 1 Pendle AC 9; 2 Lancaster & Morecambe 22

U15 (2.5M)
1 C Birch (Liv PS) 13:08; 2 S Ormerod (Pres) 14:22; 3 L Richardson (Chor AC) 14:28; 4 H Booth (L&M) 14:39; 5 C Glover (Burn) 14:49; 6 K Ingram (Chor H) 15:08; 7 H Bullen (Hynd) 15:16; 8 C Rickwood (B&F) 15:22; 9 E Ellis (Park HS) 15:32; 10 J Tunstill (Park HS) 15:40

TEAM: 1 Preston Harriers 42; 2 Hyndburn 57

U13 (2M)
1 A Smith (Park HS) 12:52; 2 V Snape (Chor H) 13:15; 3 A Brooks (Hynd) 13:17; 5 C J Devlin (L&M) 13:33; 6 C Hamilton (Hynd) 13:37; 7 L Stevens (B&F) 13:42; 8 H Wright (Manx) 13:52; 9 L Finucane (Pend) 14:07; 10 L Dickinson (Park HS) 14:09

TEAM: 1 Hyndburn 28; 2 Blackpool & Fylde 43

LEICESTERSHIRE & RUTLAND
Great Bowden, Leicester

SIMON COTTON won another thrilling race, pipping Tipton teammate Sean Fenwick to complete a hat-trick, while Tara Krzywicki dominated the women's event despite another good run by Nicki Lee, *Chris Smith reports*.

Fenwick set the pace for a pack of six – Cotton, Nicky Mapp making his senior debut, Phil Makepeace, Gareth Deacon and Kevin Haynes, who lost contact on lap two.

At halfway, Cotton was clear of Fenwick with Makepeace and Mapp vying for bronze. Then on the final circuit a six second lead was whittled away as Fenwick tried to move clear on the final downhill. As they hurtled to the line Cotton just had the speed in his legs to win. Mapp was also a strong finisher, taking the gap to 13 seconds as he lead OWLS to the team title.

Krzywicki quickly opened up a six second lead on Lee with Clare Tomkinson and junior Lisa Worden in close pursuit.

The Midland champion's hill climbing ability took her to victory, leading Charnwood to the title. Worden put up the best junior result of the day with Ryan Falkner's eighth spot in the seniors also outstanding.

Men (10km)
1 S Cotton (Tip) 42:36; 2 S Fenwick (Tip) 42:38; 3 N Mapp (OWLS) 42:49; 4 P Makepeace (Leic C) 43:09; 5 G Deacon (Cov) 43:56; 6 K Haynes (Nun) 44:46; 7 R Brimleys (OWLS) 45:19; 8 R Faulkner (OWLS) 45:38; 9 T Boyce (OWLS) 45:51; 10 G Lee (Harb) 45:54; 11 A Hart (Leic C) 46:04; 12 S Needs (Leic C) 46:11; 13 R Sheen (Leic C) 46:46; 14 D Shephard (OWLS) 47:25; 15 T Buckton (Hunc) 47:57; 16 D Pearce (Leic C) 48:16; 17 M Findley (B Leys) 49:22; 18 J McGhee (Nun) 49:22; 19 S Costal (Harb) 49:41; 20 S Twigg (OWLS) 49:48

TEAM: 1 Oadby & Wigston Legionnaires 64; 2 Leicester Coritanian 82; 3 Harborough 160

M40 (10km)
1 A Maddocks (Charn) 45:44; 2 J O'Flynn (Hunc) 48:18; 3 J Matthews (OWLS) 48:34; 4 G Slight (Hunc) 49:02

TEAM: 1 Huncote 22; 2 OWLS 38; 3 Harborough 78

U20 (8km)
1 N Clarke (Corby) 35:13; 2 A Blow (B Leys) 36:09; 3 P Swaine (Harb) 37:39

U17 (6km)
1 J Parker (OWLS) 21:04; 2 I Turlington (OWLS) 22:01; 3 D Blow (Charn) 22:16; 4 D Harris (OWLS) 22:24; 5 M Cherry (Harb) 22:37; 6 P Ard (OWLS) 22:40

TEAM: 1 OWLS; 2 OWLS B

U15 (4.5km)
1 J Geary (Nune) 15:50; 2 P Brown (Charn) 16:26; 3 R Ayres (Charn) 16:47; 4 A Mason (OWLS) 16:56; 5 S Kiely (OWLS) 16:57; 6 M Eaton (OWLS) 17:21

TEAM: 1 OWLS 22; 2 Charnwood 34; 3 OWLS B 42

U13 (3.5km)
1 J Carter (Nun) 10:23; 2 J Gavin (Leic C) 10:30; 3 T Fowkes (Charn) 10:37; 4 J Fersome (Cov G) 10:44; 5 D Moss (Charn) 10:53; 6 D Thacker (Charn) 11:00

TEAM: 1 Charnwood 23; 2 OWLS 53

Women (6km)
1 T Krzywicki (Charn) 22:01; 2 N Lee (Hunc) 23:14; 3 C Tompkinson (Charn) 25:06; 4 A Thompkinson (P'boro) 25:15; 5 S Miliver (OWLS) 26:07; 6 V Barber (Charn) 26:35

TEAM: 1 Charnwood 12; 2 Harborough 32; 3 OWLS 32

W35 (6km)
1 S Newman (Wreake) 25:01; 2 D Hopkins (RACES) 26:36; 3 V Goode (Harb) 29:27

U20 (6km)
1 L Worden (Charn) 24:09; 2 M Iliffe (Charn) 25:04; 3 V Smith (Bris) 25:26; 4 F Meakin (OWLS) 25:43

TEAM: Charnwood 8

U17 (5km)
1 J Green (Charn) 20:42; 2 C Simpkin (Charn) 21:03; 3 N Messinger (OWLS) 21:16; 4 S Clarke (Corby) 21:27; 5 M Garner (W Valley) 23:41; 6 S Swaine (Harb) 23:47

TEAM: Charnwood 10

U15 (4.5km)
1 H Gibbs (Leic C) 18:20; 2 H Whitmore (OWLS) 19:04; 3 H Franks (Leic C) 19:47; 4 K Fersome (Cov G) 19:49; 5 L Johnson (Charn) 19:55; 6 D Reid (Charn) 19:57

TEAM: 1 Leicester Coritanian 11; 2 Charnwood 21

U13 (3.5km)
1 L Jephson (Leic C) 11:14; 2 B Randle (Leic C) 11:45; 3 A Warne (Harb) 11:58; 4 V Greasley (Leic C) 12:06; 5 H Munns (Charn) 12:09; 6 J Cox (Stilton) 12:17

TEAM: 1 Leicester Coritanian 7; 2 Stilton 27; 3 Harborough 38

MERSEYSIDE
Sherdley Park, St Helens

GARY ELLIS, surprise winner of last year's title, proved it was no fluke with a front running victory over an impressive Paul Howarth on a stamina sapping course, *Trevor Baxter reports*.

Ellis (32) races only sparingly but no good effect and, on this form is a medal contender in the North of England Championship.

Ann Griffiths, the only female to have won the county title in every age-group, took the women's title ahead of a field decimated by the flu with ex-South Liverpool runner Gill Varley the only serious challenger. Griffiths' seven-month-old son William was not impressed by her stroll – he slept throughout the race. Varley's former team-mates took the silver medals behind a Wirral outfit which was so surprised by their victory they were still warming down when the presentation was made.

Liverpool's domination of the girls' team races continued unabated although Lynsey Doyle and Kiera Vogel grabbed individual titles for Wirral and Pembroke-Sefton. Mike Rimmer headed Southport Waterloo's victory in the U13 boys' race, the only team race not to go the way of Wirral AC.

Men (11.5km)
1 G Ellis (Liv) 41:38; 2 P Howarth (Wir) 41:54; 3 N Vengdaslam (Liv PS) 42:17; 4 R Berry (Liv PS) 43:07; 5 B Murphy (Liv PS) 43:26; 6 J Boardman (Liv PS); 7 M Girvan (Warr, M40) 43:58; 8 K Usher (Liv PS) 44:20; 9 G Groves (Liv) 44:41; 10 M Collins (Liv RC) 45:04; 11 J Eden (Liv PS) 45:06; 12 C Jones (Liv PS) 45:27; 13 C Pedder (New, M40) 45:33; 14 P Quine (Liv RC) 45:35; 15 M Stanley (Wall) 45:36; 16 A McDevitt (Wirr, M40) 45:49; 17 J Mason (Liv, M45) 45:52; 18 J Parkinson (Liv) 45:57; 19 S Rashid (Liv PS) 46:00; 20 D Edwards (S Liv) 46:02

TEAM: 1 Liverpool Pembroke-Sefton 37; 2 Liverpool Harriers 142; 3 Wirral 153; 4 South Liverpool 155; 5 Liverpool Running Club 190; 6 St Helens-Sutton 294; 7 Penny Lane Striders 393

U20 (8.5km)
1 C Lindesay (Wirr) 31:52; 2 P Walsh (Liv) 32:48; 3 J Rice (Liv PS) 32:54; 4 B Cooke (Wirr) 33:47; 5 W Goudie (Wirr) 33:41; 6 J Barber (Wirr) 33:43

TEAM: Wirral 16

U17 (5.5km)
1 L Russell (Wirr) 20:40; 2 L Lawton (Liv) 20:42; 3 T Nelson (Liv) 21:08; 4 A Baddeley (Wirr) 21:17; 5 S McCain (Wirr) 21:34; 6 D Harris (Liv PS) 22:09

TEAM: Wirral 17

U15 (3.8km)
1 P Hennessy (Liv) 12:58; 2 R Smith (Wirr) 13:04; 3 H Stewart (Liv PS) 13:10, 4 P McGlory (Liv) 13:12; 5 J Peerless (Wirr) 13:16; 6 T Wade (S'port W) 13:26

TEAM: 1 Wirral 23; 2 Liverpool H 24; 3 Southport Waterloo 77

U13 (3km)
1 M Rimmer (S'port W) 11:43; 2 D Phillips (S'port W) 11:58; 3 T Michaelson (Liv) 12:04; 4 A Donaldson (S'port W) 12:10; 5 B Jones (Wirr) 12:21; 6 M Watson (Wirr) 12:23

TEAM: 1 Southport Waterloo 15; 2 Wirral 31; 3 Liverpool H 40

Women (7.6km)
1 A Griffiths (Sale) 31:10; 2 G Varley (Liv, n/s) 31:50; 3 C Smith (Liv) 33:52; 4 G Darby (Liv PS, W35) 34:52; 5 M Murphy (Liv) 35:11; 6 C Flicroft (Bolt) 35:16

TEAM: 1 Wirral 46; 2 South Liverpool 52

U20/U17 (3.8km)
1 J Shortall (Liv) 15:01; 2 R Lindesay (Wirr) 15:18; 3 L Michaelson (Liv) 15:27; 4 C Terry (Liv) 15:34; 5 V Wilsher (Liv) 16:54; 6 P Fitzsimmons (St Hel) 17:02

TEAM: 1 Liverpool 13; 2 Wirral 28

U15 (3.9km)
1 L Doyle (Wirr) 12:58; 2 K Rollinson (Liv) 13:01; 3 C O'Brien (Liv) 13:13; 4 H O'Connor (St Hel) 13:15; 5 S Duncan (Liv) 13:18; 6 I Davenport (St Hel) 13:21

TEAM: 1 Liverpool H 24; 2 Liverpool Pembroke-Sefton 41; 3 Wirral 42

U13 (3km)
1 K Vogel (Liv PS) 9:56; 2 A Lyons (Liv) 10:23; 3 M Adams (Liv PS) 10:29; 4 J

Rainey (Liv) 10:36; 5 R Thompson (Liv) 10:42; 6 A Beattie (Wall) 10:47
TEAM: 1 Liverpool H 14; 2 Southport Waterloo 66; 3 Wirral 57

MIDDLESEX Ruislip

HAVING arrived from Morocco almost a year ago, Mohammed Fatihi, who is credited with a sub-29min 10km on the road, proved he is also at home with the mud of English cross country, *Pete Mulholland reports*.

The recent winner of the London championship added to his CV in a dominating manner as he sped home with his team-mate Andy Fooks proving the only challenger for much of the race.

Content to sit in off the pace in the early stages, Fatihi found himself in second clipping the heels of Fooks at halfway.

This was the signal for Fatihi to break clear with Fooks the only taker as they approached Shannon's Gallop Hill.

From there on Fatihi made light work of the heavy conditions as he pulled away from Fooks with Andy Coleman and Thompson of London Irish – who was leading his team to a clear win – dropping away.

Even more dominating in the women's race was Hayley Yelling who with team-mate Jo Lodge enabled Hounslow to repeat the Valley's one-two of the men's race.

Yelling was in control from the off and had almost 30m advantage before completing a third of the race as Lodge and Kate Jenrick began to pull clear of Southern Inter-Counties U20 winner Lisa Towns.

While Yelling headed for home, Lodge took off and passed Kenrick with 1km remaining to clinchher first county individual medal.

Men (12km)
1 M Fatihi (TVH) 36:25; 2 A Fooks (TVH) 36:45; 3 A Coleman (Enf) 37:26; 4 K Thompson (Lon I) 37:27; 5 S Kennific (Lon I) 37:37; 6 C Beecham (High) 38:03; 7 J Pes (High) 38:12; 8 J Trapmore (SB) 38:13; 9 E Southam (High) 38:14; 10 J Guiney (Lon I) 38:21; 11 C Bailey (High) 38:39; 12 A Van Zyl (SB) 38:47; 13 M Townend (Har) 38:50; 14 K O'Dee (Lon I) 39:08; 15 B Walsh (SB) 39:16; 16 N Mitchell (N Lon) 39:18; 17 S Murray (Lon I) 39:37; 18 P Haarer (Rane) 39:39; 19 C Michael (Trent P) 39:46; 20 M Potter (N Lon) 39:47; 21 J Vanderhelstraete (Trent P) 40:24; 22 K Vose (Lon I) 40:25; 23 A Wray (Harrow) 40:36; 24 P Lemmon (N Lon) 40:39; 25 A Mitchell (Mus H) 40:41; 26 C Finill (Harrow) 40:42; 27 T Edeba (N Lon) 40:46; 28 J Lindgren (Mus H) 40:52; 29 M Coleman (N Lon) 40:57; 30 M Cursons (Harrow) 41:00; 31 D Clark (Hill) 41:02; 32 K Turner (Mus H) 41:03; 33 J Kissane (N Lon) 41:04; 34 T Grose (ESM) 41:05; 35 R Erikkson (Mus H) 41:23; 36 M Forrest (Front R) 41:35; 37 A Davidson (High) 41:38; 38 R Brown (Mus H) 41:42; 39 M Lepps (Harrow) 41:47; 40 B O'Reilly (Mus H) 41:49; 41 L Rudge (Harrow) 41:54; 42 T Jones (Hill) 41:58; 43 J Leversedge (Har) 42:21; 44 G Townsend (TVH) 42:24; 45 R Howells (ESM) 42:28; 46 K Kemp (Mus H) 42:30; 47 P Wetton (TVH) 42:32; 48 J Fishive (Mus H) 42:34; 49 G Noble (Harrow) 42:37; 50 P MacLean (Hill) 42:43; 51 P Cuddihy (Hill) 42:44; 52 D Brown (Mus H) 42:45; 53 P Llewellyn (SB) 43:10; 54 K Julian (High) 43:29; 55 A Thompson (Harrow) 43:37; 56 J Rene (N Lon) 43:51; 57 A Miles (Hill) 43:51; 58 A Lashmar (VPH) 43:56; 59 M Smith (Hill) 44:07; 60 A Rowland (Front R) 44:13; 61 P Warburton (Hill) 44:15; 62 J Lehtonen (N Lon) 44:20; 63 T Teinila (Serp) 44:21; 64 A Owen (N Lon) 44:32; 65 A Gebru (N Lon) 44:38; 66 M Smith (ESM) 44:42; 67 A John (QPH) 44:45; 68 L Benjamin (TVH) 44:45; 69 S Plested (ESM) 44:48; 70 M Chilton (Front R) 44:52; 71 S Wells (Har) 45:13; 72 S Dokic (Hill) 45:19; 73 K Murphy (Lon I) 45:23; 74 R Green (Lon I) 45:23; 75 D Milner (Har) 45:27
TEAM: 1 London Irish 72; 2 Highgate 124; 3 North London 149; 4 Muswell Hill 198; 5 Harrow 208; 6 Puma TVH 240; 7 Hillingdon 290; 8 Ealing, Southall & Middlesex 392; 9 Trent Park Trotters 395; 10 Haringey 405
TEAM (12 to score): Muswell Hill 634
U20 (8km)
1 D Dalmedo (Hill) 26:57; 2 M Nicholls (Harrow) 27:37; 3 J Lee (Houn) 27:44; 4 R Fisher (Harrow) 27:49; 5 R Stockman (Enf) 27:56; 6 T Berhe (TVH) 28:43; 7 J Shipley (Hill) 28:59; 8 M Clark (Enf) 29:44; 9 A Anandhachar (ESM) 29:51; 10 M Da Silva (TVH) 31:57
TEAM: Harrow 31
U17 (6.4km)
1 M Farah (Houn) 21:35; 2 A Ali (Houn) 22:50; 3 A Louden (ESM) 22:58; 4 J Powell (Wood G & Ex L) 23:12; 5 S Carrington (Har) 23:24; 6 D Murphy (ESM) 23:31; 7 I Essak (Houn) 24:10; 8 S Overall (Houn) 24:29; 9 M McIntosh (Harrow) 24:32; 10 P Norris (Harrow) 24:34; 11 P Forey (Houn) 24:56; 12 A O'Donnell (ESM) 25:17; 13 T Langley (ESM) 25:27; 14 B Barrett (Harrow) 25:44; 15 A Patterson (Hill) 26:12
TEAM: 1 Borough of Hounslow 18; 2 Ealing, Southall & Middlesex 34; 3 Harrow 53; 4 Puma TVH 88
U15 (4km)
1 S Omar (ESM) 15:33; 2 S Reiterbund-Olley (Har) 15:40; 3 M Osman (Houn) 15:48; 4 S Outten (ESM) 16:23; 5 M Saunders (Harrow) 16:27; 6 C Coughlan (High) 16:31; 7 A Ibrahim (TVH) 16:42; 8 M Jones (Harrow) 16:45; 9 P Hryniewiecki (ESM) 16:50; 10 D St Clair (Enf) 17:10; 11 S McCann (Hill) 17:13; 12 C Clark (Hill) 17:16; 13 S Spencer (Harrow) 17:23; 14 C Morrissey (High) 17:23; 15 K Lagnatha (SB) 17:24; 16 S Jenkins (ESM) 17:28; 17 R Merrick 17:39; 18 D Humphreys (Enf) 17:57; 19 L Wison-Wolfe (Harrow) 18:04; 20 A Vignall (High Sch) 18:17
TEAM: 1 Ealing, Southall & Middlesex 30; 2 Harrow 45; 3 Borough of Hounslow 85; 4 Highgate School 95; 5 Hillingdon 97
U13 (3.2km)
1 L Bowran (ESM) 13:47; 2 C Lavey (Harrow) 14:07; 3 G Harrison (Harrow) 14:27; 4 C Nicol (TVH) 14:38; 5 J Hickman (Harrow) 14:43; 6 B Powell (Wood G & Ex L) 14:44; 7 L Danagher (High) 14:53; 8 J Martin (Enf) 15:01; 9 L Mateega (SB) 15:03; 10 C Hammerton (Enf) 15:06; 11 N Reader (Houn) 15:13; 12 N Davis (ESM) 15:20; 13 J Devara (SB) 15:22; 14 C Perkins (Enf) 15:24; 15 J Tonna (ESM) 15:28
TEAM: 1 Harrow 28; 2 Ealing, Southall & Middlesex 44; 3 Borough of Enfield 54; 4 Shatesbury Barnet 72; 5 Borough of Hounslow 75
Women (5.6km)
1 H Yelling (Houn) 22:56; 2 J Lodge (Houn) 23:40; 3 K Jenrick (High) 23:48; 4 L Towns (TVH) 24:21; 5 A Murphy (Mus H) 24:49; 6 A Solly (N Lon) 24:57; 7 S Cooney (High) 25:06; 8 Z Lynam (Lon I) 25:25; 9 F Kennedy (ESM) 25:36; 10 Z Lewis (Serp) 25:52; 11 K Armstrong (SB) 26:56; 12 Y Budd (Hill) 25:58; 13 M Romero (Lon I) 26:05; 14 V Parry (Mus H) 26:06; 15 M Heaton (Lon I) 26:09; 16 D Kennedy (TVH) 26:13; 17 J Evans (Lon I) 26:21; 18 J Orr (Lon I) 26:26; 19 G Morgan (ESM) 26:28; 20 N Kaderbhoy (SB) 26:31; 21 C Menzies (Mus H) 27:00; 22 N Cendrowicz (High) 27:13; 23 F Holland (N Lon) 27:18; 24 J Hill (ESM) 27:27; 25 J Tye (Hill) 27:37; 26 L Koorer (ESM) 28:05; 27 R Miller (N Lon) 28:08; 28 B Cullen (Park) 28:31; 29 K Medlicott (Trent P) 28:46; 30 K Fogarty (ESM) 28:47
TEAM: 1 London Irish 53; 2 Ealing, Southall & Middlesex 78; 3 Highgate 85; 4 Muswell Hill 88; 5 Puma TVH 97; 6 Hillingdon 102; 7 North London 108; 8 Serpentine 131; 9 Trent Park Trotters 172; 10 London Frontrunners 210
U20/U17 (4.8km)
1 C Walsh (SB) 19:50; 2 S Miles (Hill, U17) 20:59; 3 J Christie (Hill, U17) 21:46; 4 J Ankier (SB, U17) 22:39; 5 L Webb (Houn, U17) 23:17; 6 E Grant (Hill) 23:42; 7 B Wilson (ESM) 23:57; 8 J Bleasdale (Hill, U17) 24:08; 9 A Shimmin (ESM, U17) 24:52; 10 L Hampton (ESM, U17) 25:02
TEAM: 1 Hillingdon 19; 2 Ealing, Southall & Middlesex 43
U15 (3.2km)
1 M Powell (Wood G & Ex L) 14:47; 2 K Wilson (Enf) 15:21; 3 R Coughlan (Park) 15:46; 4 J Carverhill (ESM) 16:18; 5 T Hutchinson (SB) 16:20; 6 M Piper (Houn) 16:23; 7 S Mansell (Houn) 16:27; 8 B Ikusika (TVH) 16:34; 9 M McNamara (Enf) 16:48; 10 H Bundock (Hill) 16:57; 11 R Pais (ESM) 16:59; 12 A Sykes-Brown (TVH) 17:06; 13 K Wicks (TVH) 17:18; 14 E Berry (TVH) 17:18; 15 H Gul (Enf) 17:20
TEAM: 1 Borough of Enfield 45; 2 Puma TVH 47; 3 Borough of Hounslow 57; 4 Ealing, Southall & Middlesex 60; 5 Hillingdon 71; 6 North London 96
U13 (2.4km)
1 R Worman (ESM) 13:23; 2 L Houlihan (Enf) 13:34; 3 C Comberti (High) 13:36; 4 K O'Connor (Park) 13:40; 5 J Baxter (Hill) 13:41; 6 C Thompson (SB) 13:59; 7 K McMillan (TVH) 14:14; 8 S Hill (Houn) 14:21; 9 N Martin (TVH) 14:35; 10 C Boswell (Hill) 14:40; 11 H Cunningham (ESM) 14:42; 12 K Ferguson (TVH) 14:44; 13 C Carverhill (ESM) 14:53; 14 S Graham (SB) 14:56; 15 N White (Enf) 15:06
TEAM: 1 Ealing, Southall & Middlesex 42; 2 Puma TVH 47; 3 Borough of Hounslow 62; 4 Borough of Enfield 72; 5 Hillingdon 78; 6 Queens Park H 138

NORFOLK Barnham Common, Thetford

Men
1 G Amos (Norw) 28:53; 2 N Davy (Norw) 29:23; 3 G Davison (N Norf BR) 29:32; 4 R Joy (N Norf BR) 29:41; 5 D Whiting (Hallam) 29:51; 6 S Walford (Norw) 29:56; 7 J Pringle (Diss) 30:35; 8 I Robertson (Norw) 31:41; 9 S Jones (N Norf BR) 31:19; 10 K Vaughan (Thet) 31:56; 11 J Christopher (N Norf BR) 32:11; 12 A Nesom (Norw) 32:16; 13 A Wright (N Norf BR) 32:35; 14 J Collins (Norw) 32:52; 15 I Murray (Norw) 33:03; 16 S Elvin (Nrow) 33:41; 17 N Hodge (Norw) 33:58; 18 P Davis (Runners Centre Tri) 34:59; 19 R Best (Norw) 35:01; 20 A Grand (Norw) 35:16
TEAM: 1 City of Norwich; 2 North Norfolk Beach Runners; 3 City of Norwich B
M40
1 D Reed (Norf G) 30:56; 2 D Hurren (Norw) 31:49; 3 S Huntington (Norf G) 33:11; 4 J Harding (Diss) 33:23; 5 P Johnson (Norw) 34:00; 6 R Lindsay (Norw) 34:24; 7 I Fowlie (Norf G) 34:45; 8 D Pring (Norf G) 35:17; 9 M Collins (Gt Yar) 35:25; 10 M Spragg (Gt Yar) 35:32
TEAM: 1 Norfolk Gazelles; 2 Great Yarmouth Road Runners; 3 Norwich Road Runners
U20
1 J O'Neill (Norw) 28:18; 2 M Eccles (Norw) 28:52; 3 S Baldwin (Norw) 29:27; 4 O Porritt (Norw Sch) 29:47; 5 M Krelie (Diss) 30:26; 6 S Roger (Norw) 31:24; 7 A Feakes (Diss) 32:35; 8 A Murrell (Cost HS) 35:28
TEAM: 1 City of Norwich; 2 Diss; 3 Norwich School
U17
1 N Walker (Dere) 13:55; 2 P Moss (W Norf) 14:06; 3 S Davies (N Norf BR) 14:18; 4 S Ward (Rys) 14:34; 5 D Beier (Norw) 14:47; 6 D Thornton (Caister HS) 14:55; 7 G Thurtle (Flegg) 14:59; 8 M Duncan (Diss) 15:00; 9 R Legood (Rys) 15:04; 10 M Moore (Flegg) 15:06
TEAM: 1 Flegg; 2 Dereham; 3 Ryston
U15
1 J Skinglsley (Norw) 12:44; 2 S King (N Norf BR) 13:00; 3 S Richardson (Gt Yar) 13:20; 4 G Hockins (Rosemary Musker HS) 13:41; 5 L Sim (Thet) 13:45; 6 J Lacey (Gt Yar) 13:59; 7 M Larwood (Diss) 14:04; 8 R Rutherford (Norw) 14:16; 9 M Timmins (unatt) 14:24; 10 R Simmonds (Rys) 14:30
TEAM: 1 Great Yarmouth; 2 City of Norwich; 3 North Norfolk Beach Runners
U13
1 J Thurtle (Gt Yar) 11:05; 2 C Thomson (Norw) 11:09; 3 S Thompson (Gt Yar) 11:14; 4 D Mann (Norw) 12:05; 5 A Smith (Norw) 12:12; 6 M Root (Caister HS) 12:13; 7 M Naylor (Norw) 12:21; 8 J McLean (Norw) 12:34; 9 G Timmins (Aylsham MS) 12:42; 10 M Doherty (King Edwards VII HS) 12:43
TEAM: 1 City of Norwich; 2 Great Yarmouth; 3 Aylsham Middle School
U11
1 H Hood (Diss) 6:29; 2 S Huntington (Norw) 6:39; 3 M Dack (Norw) 6:42; 4 T Mortimer (Norw) 7:04; 5 K Bird (Rys) 7:05; 6 S Bruce (Rys) 7:07; 7 M Fox (Norw) 7:10; 8 F Baker (Dere) 7:13; 9 J Cator (Diss) 7:26; 10 S West (Norw) 7:54
TEAM: 1 Norwich RR; 2 City of Norwich; 3 Diss
Women
1 J Horner (Norw) 30:42; 2 S Knights (Norw) 31:14; 3 T Jones (Norw) 31:29; 4 E Collins (Norw) 32:36; 5 A Craighill (UEA Sportlink) 33:18; 6 A Lancaster (UEA Sportlink) 34:30; 7 J Catchpole (Diss) 36:33
TEAM: 1 City of Norwich; 2 UEA Sportlink; 3 City of Norwich B
W35: 1 S Bower (Thet) 30:26; 2 L Wilkinson (Norw) 32:15; 3 D Marsh (Norw) 33:47; 4 S Failchild (Diss) 35:24; 5 V Manty (Diss) 36:53; 6 D Pamplin (Gt Yar) 38:19
TEAM: 1 City of Norwich; 2 Diss; 3 West Norfolk
U20
1 N Alford (N Norf BR) 18:31; 2 R Buller (Norw) 19:34
U17
1 E Pooley (Norw HS) 15:52; 2 A Dungar (Norw) 15:54; 3 T Smith (Diss) 16:00; 4 O Walwyn (Norw) 16:04; 5 M Garrod (Norw) 17:52; 6 A Burrage (Norw) 18:14
TEAM: 1 City of Norwich; 2 Norwich High School; 3 Diss
U15
1 J Palmer (King Edward VII HS) 14:20; 2 S Martin (Flegg) 14:34; 3 H South (Thorpe St Andrew Sch) 14:36; 4 G Coombs (King Edward VII High School) 14:59; 5 H Gilbert (W Norf) 15:30; 6 A Seaman (Norw) 15:38; 7 S Jolly (Culford Sch) 15:53; 8 J Eccles (Thorpe St Andrew Sch) 16:02; 9 L Fox (Norw) 16:11; 10 K Burrage (Norw) 16:17
TEAM: 1 King Edward VII High School; 2 Thorpe St Andrew; 3 City of Norwich
U13
1 E Smith (King Edward VII HS) 11:55; 2 M Perkins (Norw) 12:00; 3 F Harrison (Gt Yar) 12:12; 4 G Connolly (Norw) 12:24; 5 D Brett (Norw) 12:38; 6 E Leeves (Gt Yar) 12:48; 7 L Doyle (Norw) 12:53; 8 S Page (N Norf BR) 13:00; 9 L Shipp (Gt Yar) 13:06; 10 E Stratton (King Edward VII HS) 13:52
TEAM: 1 Norwich; 2 Great Yarmouth; 3 King Edward VII HS
U11
1 G Moss (W Norf) 7:03; 2 K Naylor (Norw) 7:43; 3 M Chelklin (Wayland) 7:50; 4 L Dack (Norw) 8:05; 5 C Cameron (Aylesham MS) 8:09; 6 R Hands (Aylesham MS) 8:33; 7 K Timmins (Aylesham MS) 8:46; 8 A Timmins (Aylesham MS) 8:51; 9 G Gooderham (Diss) 8:55; 10 K Fawkes (Blackdale MS) 9:16
TEAM: 1 Aylsham Middle School; 2 Wayland Runners; 3 West Norfolk

NORTHAMPTONSHIRE Corby

TONY GRAHAM became the champion after a gap of eight years when he strode to a convincing win, *John Montgomery reports*.

The 35-year-old, running for his second claim club Corby AC, covered the flat, muddy 10km course in 31:20 for a 42 second victory over Kettering's Neil Coe.

Corby retained the team title while Andrew McKenna of Milton Keynes went one better than last year when he won the junior title. His brother Michael made it a family double when he lifted the U17 title, while Corby landed individual glory in the U15 and U13.

Thomas Bark won the former and Warren Barry pipped Northampton Phoenix's Patrick Jelley by one second in the U13.

Liam Bates of Kettering Harriers won the U11 race as expected.

Northampton Phoenix's Louise Thompson retained her U20 women's title and for the second year running won the combined senior, junior, veteran and U17 race.

Ruth Love (Northampton Phoenix) won her first senior title by one second from sister Esther, while Kettering's Julia Russell was crowned the U17 champion.

Kelly Widdicks beat Emma King to win the U15 girls race with Kara Finch filling her place as U13 champion.

Widdicks' sister, Berenice, won the U11 race, switching places with last year's winner Stephanie Cooper.

Men (10km)
1 T Graham (Corby) 31:20; 2 N Coe (Kett) 32:02; 3 J Creane (Corby) 32:16; 4 G Petersen (North P) 32:43; 5 M Feely (Corby) 33:03; 6 J Beadwell (Corby) 33:09; 7 R Cressey (North P) 33:14; 8 D Keating (Corby) 33:17; 9 B Summers (North P) 33:32; 10 T Egan (North P) 33:40; 11 T Garrity (Corby) 34:04; 12 V Carroll (North P) 34:13; 13 S Partridge (North P) 34:23; 14 G Marshall (Kett) 34:27; 15 R Edwards (Kett) 34:33; 16 D Webster (W'boro) 34:37; 17 C Curtis (Corby) 34:46; 18 B Myers (North P) 34:50; 19 N Webb (Corby) 35:00; 20 M Lemons (W'boro) 35:08
TEAM: 1 Corby 34; 2 Northampton Phoenix 55
U20
1 A McKenna (Mil K) 31:50; 2 M Amos (Houns) 32:41; 3 H Perez (North P) 33:43; 4 J King (Dav) 34:14; 5 M Almond (North P) 36:32
M40
1 P Spick (Corby) 33:59; 2 J Smith (Corby) 34:40; 3 N Jerome (Sils) 35:30; 4 M Cook (Corby) 36:33; 5 D Coates (Sils) 36:51; 6 P Gray (Corby) 37:01; 7 R Gilks (W'boro) 37:25; 8 K Roberts (North P) 37:35; 9 M Church (North P) 37:43; 10 S Harris (North P) 37:55
TEAM: 1 Corby AC 13; 2 Northampton Phoenix 39
U17
1 M McKenna (Mil K) 17:13; 2 B Merriman (North P) 17:27; 3 A Love (North P) 17:37; 4 J Mayes (North P) 17:40; 5 J Jones (Mil K) 17:49
TEAM: Northampton Phoenix 9
U15
1 T Bark (Corby) 14:45; 2 L Savva (North P) 15:02; 3 C Lamb (North P) 15:24; 4 M Gerrett (North P) 15:26; 5 S Grimley (Corby) 15:32; 6 P Currington (North P) 15:42; 7 G Blair (North P) 15:46; 8 W Simpson (Corby) 15:57; 9 T Glover (North P) 16:03; 10 M Johnson (Corby) 16:13
TEAM: 1 Northampton Phoenix 9; 2 Corby AC 14; 3 William Parker School 43
U13
1 W Barry (Corby) 13:34; 2 P Jelley (North P) 13:35; 3 J Gibson (Dav) 14:06; 4 M Bird (Kett) 14:36; 5 J Weighill (North P) 14:40
TEAM: 1 Northampton Phoenix 13; 2 Kingsthorpe Middle School 35; 3 William Parker School 37
U11
1 L Bates (Kett) 9:00; 2 J Clark (Corby) 9:31; 3 L Ratcliffe (North P) 9:55; 4 S Sanders (Kett) 10:12; 5 T Johnson (Kett) 10:28; 6 S Lyman (WJS) 10:30; 7 O Sherkle (Kett) 10:31; 8 B Batsford (BMS) 10:33; 9 R Mineards (KMS) 10:41; 10 J Matsell (BMS) 11:02
TEAM: 1 Kettering Town Harriers 10; 2 Boothville Middle School 35; 3 Woodford Halse Primary School 53
Women
1 R Love (North P) 19:29; 2 E Love (North P) 19:30; 3 A Berrill (North P) 19:56; 4 N Sharpe (North P) 20:27; 5 J Walker (Corby) 20:54
TEAM: 1 Northampton Phoenix 6; 2 Corby AC 19
U20
1 L Thompson (North P) 19:08; 2 C Scott (Mil K) 19:39
W35
1 V Walton (Kett) 21:29; 2 K Wheeler (Corby) 21:46; 3 E Parsons (North P) 22:35; 4 K Evans (Kett) 23:02; 5 M James (Sils) 23:15
TEAM: 1 Kettering 13; 2 Silson Joggers 20
U17
1 J Russell (Kett) 19:37; 2 M Boyle (Kett) 19:58; 3 C Harry (North P) 20:00; 4 D Glover (North P) 20:17; 5 J Dawson (Corby) 20:22
TEAM: 1 Kettering Town Harriers 9; 2 Northampton Phoenix 14
U15
1 K Widdicks (North P) 13:35; 2 E King (Kett) 13:45; 3 S Oldfield (Kett) 14:09; 4 L Chown (North P) 14:21; 5 K Hughes (North P) 14:29; 6 F Wright (North P) 14:33; 7 C Holland (North P) 14:38; 8 K Finch (North P) 14:40; 9 C Faulkner (North P) 14:42; 10 R Ost (North P) 14:54
TEAM: 1 Northampton Phoenix 10; 2 Corby AC 45; 3 William Parker School 50
U13
1 K Finch (North P) 12:56; 2 H Price (Kett) 13:37; 3 C Cave (North P) 14:13; 4 E Whitaker (North P) 14:54; 5 C Mann (North P) 14:54; 6 L Buckley (North P) 14:55; 7 H Harris (North P) 15:21; 8 J Radford (WPS) 15:21; 9 C Cave (North P) 15:21; 10 R Elliott (Lat Sch) 15:31
TEAM: 1 Northampton Phoenix 8; 2 William Parker School 39; 3 Latimer School 47
U11
1 B Widdicks (North P) 10:02; 2 S Cooper (St M) 10:29; 3 R Cave (Kett) 11:08; 4 S Hardwick (North P) 11:41; 5 G Hawes (WHPS) 11:59; 6 H Laskey (Kett) 12:05; 7 L Allen (KMS) 12:53; 8 S Dixon (BMS) 12:53; 9 C Mulrainey (WPS) 13:03; 10 S Sharpe (BJS) 13:15
TEAM: 1 Kettering Town Harriers 31; 2 Kingsthorpe Middle School 32; 3 Woodford Halse Primary School 37

OXFORDSHIRE Drayton School, Banbury

Men
1 S Kimber (Ox C) 36:11; 2 J Bradley (Ox U) 36:18; 3 E Fountain (Ox U) 36:46; 4 G Harris (Bris) 37:17; 5 C Maxwell (Ox C) 37:32; 6 S Pritchard (Banb) 37:56; 7 P Wilson (WHH) 38:27; 8 S McGuigan (WHH) 38:55; 9 I Robinson (Banb) 39:22; 10 C Thompson (Ox C) 39:32; 11 T Clare (W'stock) 40:06; 12 C Birfch (Ox C) 40:39; 13 S Cherel (Head) 40:49; 14 J Price (Ox U) 40:54; 15 P George (Banb) 40:59; 16 S Hoff (Ox C) 41:01; 17 D Gavaghan (Head) 41:17; 18 T Taylor (WHH) 41:28; 19 F Howard (Head) 41:37; 20 J Moss (Kidlin) 41:54
TEAM: 1 Oxford City 28; 2 White Horse Harriers 66; 3 Headington 72
M40: 1 D Green (WHH) 38:20; 2 T Hughes (WHH) 38:32; 3 J Exley (Ox C, M50); 4 R Grant (Ox C) 40:23; 5 R Schofield (Ox C) 40:40; 6 M Creasey (Eyn) 42:09; 7 G Smith (Kidling) 42:37; 8 J Ashton (Wit) 42:50; 9 P Gilkes (Cher) 43:26; 10 P Coy (Banb) 43:44
TEAM: 1 Oxford City 27; 2 Headington 69; 3 Kidlington 82
U20
1 S Aldridge (Read) 28:57; 2 N Wright (Banb) 32:29; 3 G Kitto (Abing Sch) 35:14
U17
1 R Dean (VoA) 22:30; 2 I Duncan (Abing) 22:48; 3 A Flynn (Bic) 23:17; 4 J Kingsley (Abing) 23:22; 5 P Jeffery (Ox C) 23:44; 6 D Pickett (Bic) 23:27; 7 P Fisher (VoA) 25:29; 8 N Gordon (Banb) 26:33; 9 G Bailey (Abing Sch) 27:26; 10 R Rothkopf (Abing Sch) 29:05
U15
1 M Ashton (Wit) 17:04; 2 T Penfold (WHH) 17:08; 3 S Scott (Ox C) 18:03; 4 A Moreton (Magdalen Sch) 18:06; 5 J Penn (Abing) 19:04; 6 M Cullen (Abing Sch) 19:10; 7 J Richards (Abing Sch) 19:39; 8 C Miles (Wit) 20:07; 9 W Devenish (Bic) 21:13; 10 A Smith (Wit) 22:29
U13
1 C Gillespie (WHH) 14:00; 2 P Castle (Ox C) 14:31; 3 B Galbraith (Abing) 14:42; 4 B Fisher (Abing) 14:52; 5 T Couling (Abing) 14:55; 6 M Woodruff (Abing) 15:04; 7 T Penn (Abing) 15:21; 8 E Chaffe (Banb) 15:25; 9 G Petts (Wit) 16:37; 10 E Hickman (Wit) 16:50
TEAM: Abingdon Amblers 22
Women
1 E O'Hare (Ox U) 31:50; 2 M Clarke (Ox U) 32:44; 3 M Hirst (Head) 34:06; 4 M Birdsall (Ox C) 34:19; 5 J Choulerton (Head) 35:55; 6 S Howard (Head) 37:21; 7 S Hutchinson (Ox C) 40:07; 8 D Gutteridge (Cher) 40:46; 9 L Waller

(Cher) 41:44; 10 C O'Keere (Ox C) 42:50
TEAM: 1 Headington 14; 2 Oxford City 21
W35: 1 S Pitt (Wit) 35:06; 2 J Ashton (Wit) 36:18; 3 H O'Shea (Abing) 38:32; 4 A Hogan (Cher) 38:53; 5 C Hueter (Ox C) 38:57; 6 K Miles (WHH) 39:38; 7 S Bailey (WHH) 41:06; 8 R Thomas (Wit) 41:55; 9 W Wilson (Abing) 43:44; 10 R Webb (Rad L) 44:00
TEAM: 1 Witney 11; 2 Abingdon Amb 25; 3 White Horse Harriers 27
U20/U17
1 R Candlin (Ox C, U17) 29:13; 2 J Bailey (WHH, U20) 31:53; 3 N Roberts (Banb, U17) 33:35
U15
1 R Bolton (Ox C) 19:35; 2 E Gottwald (Abing) 20:46; 3 J Smith (Rad L) 21:12; 4 A Aldridge (Read) 21:48; 5 K Parfitt (Abing) 23:52; 6 C Duncan (Abing) 25:37
U13
1 J Rhodes (WHH) 14:37; 2 M Williams (Ox C) 15:15; 3 H Thorne (Rad L) 16:07; 4 P Sprinz (Ox C) 16:34; 5 L Peacock (Banb) 16:35; 6 G Hood (Ox C) 17:07; 7 E Ridley (Wit) 17:27; 8 H England (Ox C) 17:28; 9 T Martin (Ox C) 17:30; 10 S Shandal (Bic) 17:34

SHROPSHIRE Telford

Men
1 T Boyle (Tip) 31:43; 2 D Mansbridge (Telf) 32:11; 3 R Cope (Wrekin) 32:49; 4 A Mawdslet (Stoke) 33:12; 5 G Wilson (Telf, M40) 33:26; 6 P Ward (Wrekin) 33:35; 7 E North (Hallam) 33:38; 8 C Lancaster (Telf) 33:54; 9 J Allen (B'north) 34:02; 10 D Wilde (B'north) 34:13; 11 P Plant (Telf) 34:19; 12 S North (Spen) 34:25; 13 P Jones (Telf) 34:40; 14 P Humphries (Telf) 34:54; 15 R Price (B'north) 35:11; 16 J Cocker (Telf) 35:32; 17 M Venables (B'north, M40) 35:46; 18 S Jones (Telf) 36:00; 19 H Thomas (Telf) 36:34; 20 G Manson (Osw, M40) 36:37
U20
1 N Smith (Shrews) 33:49; 2 H Matthews (Shrews) 34:21; 3 A Glendinning (TCAT) 35:05
U17
1 T Bailey (Telf) 18:43; 2 N Andrews (Telf) 19:15; 3 I Glendinning (Burt Boro) 20:04; 4 C Warburton (Osw O) 20:25; 5 S Conroy (Osw O) 20:35; 6 S James (Osw) 21:20; 7 N Beighton (Shrews FC) 21:48; 8 C Kempter (Telf) 22:26; 9 C Argyle (B Castle) 23:48; 10 S Underhill (Shrews FC) 24:18
TEAM: 1 Telford AC 11; 2 Oswestry Olympians 15
U15
1 S Marlow (Osw) 14:56; 2 S Glendinning (Burt Boro) 15:02; 3 W Good (Adams) 15:13; 4 R Andrews (Telf) 15:24; 5 B Conroy (Osw) 15:50; 6 A Banks (Elles) 16:16; 7 J Highfield (B'north) 16:17; 8 S Boulton (Adams) 16:21; 9 C Faulde (Osw) 16:26; 10 G Finnel (Elles) 16:29
TEAM: 1 Burton Borough 25; 2 Ellesmere College 30; 3 Oswestry School 48
U13
1 D Cains (Telf) 11:22; 2 P Shaw (Telf) 11:23; 3 M Mills (Telf) 11:33; 4 R Sands (Abraham) 11:42; 5 A Wainwright (Telf) 11:49; 6 G King (Abraham) 11:50; 7 M Barnard 11:52; 8 M Kwiatkowski (Bir) 12:25; 9 D Lacc (Darby) 12:27; 10 S Monkton (Adams) 12:29
TEAM: 1 Telford AC 6; 2 A Darby School 17; 3 Bridgnorth AC 43
Women
1 Y Hill (Bir) 18:48; 2 C Martin (Telf) 19:05; 3 S Candy (Shrops S, W35) 20:08; 4 W Walton (Shrops S, W35) 20:22; 5 A Noake (Wrekin) 20:36; 6 J Nicholls (Osw, W35) 20:42; 7 L Hardy (Shrops S, W35) 20:58; 8 A Lewis (Telf) 21:00; 9 G Hough (Shrews, W35) 21:12; 10 S Brown (Osw) 21:21
TEAM: 1 Telford AC 25; 2 Oswestry Olympians 29; 3 Telford Harriers 41
VET TEAM: 1 Shropshire Shufflers 14; 2 Oswestry Olympians 40; 3 Telford Harriers 54
U20
1 R McLewis (Shrews) 19:11; 2 S Davies (Telf) 20:01; 3 J Dunn (Shrews) 21:41; 4 S Freeman 22:47
TEAM: Shrewsbury 6th Form College 8
U17
1 G Small (Telf) 20:11; 2 J Lavender (Shrews) 20:55; 3 S Mills (Osw) 21:37
U15
1 S Gatford (Telf) 11:13; 2 S Bartley (Telf) 11:36; 3 E Greaves (Osw) 12:03; 4 V Davies (Shrews) 12:40; 5 G Hartshorne (Shrews) 12:52; 6 K Williams (Osw) 12:57; 7 A Roberts (Newp) 13:08; 8 H Barlow (Telf) 13:21; 9 J Cooper (Newp) 13:47; 10 E Draper (B'north) 14:08
TEAM: 1 Telford 11; 2 Shrewsbury AC 21; 3 Newport Girls High School 30
U13
1 C Burgoyne (Shrews) 9:35; 2 H Bartlett (Adams) 9:43; 3 N Wray (Osw) 10:08; 4 S Evans (Osw) 10:11; 5 G Westman (Osw) 10:13; 6 K Orwin (Telf) 10:14; 7 S Bryan (B'north) 10:19; 8 S Wright (N B'north) 10:20; 9 F Martin (Telf) 10:28; 10 J Booke (Osw) 10:38
TEAM: 1 Oswestry Olympians 12; 2 Telford AC 27; 3 Shrewsbury AC 27

SUSSEX Lancing Manor

GAVIN THOMPSON looked thoroughly bemused when he was presented with the gold medal for winning the U20 race after he had staged a deadheat with clubmate Joel Kidger, *Martin Duff reports*.

The 1997 British European cross country team member thus officially relieved Kidger of his title but they had decided on the last descent down from The Clump at the top of the Downs they would share the title. Officials thought otherwise after their feinting to sprint away from each other in the finishing straight was adjudged as horseplay and the due rules of championships applied.

Behind them, U17 champion Tom Sargant held third for much of the race but was reeled in by Russell Pittam on the long run down the hill.

At the other end of the men's age range, Nigel Gates regained the country senior title he last won in 1989 and 1991. Gates, 45, was nearly twice the age of his nearest challenger, 23-year-old Kevin Holland, who was running over this famous old course for the first time.

The British and Irish Veterans' International champion was at the head of affairs from the start. Two short laps of the park showed Gates, Joe Forshew, Holland, Paul Holdham and Sussex intermediate champion Dave Knight leading.

Up the first part of the big climb, Stuart Moran briefly challenged for the lead from Gates, but the Brighton stalwart was not King of the Mountains in the so-called 'Great Race' for nothing. As Geoff Hill moved up to challenge off the top of the climb, Holland followed the Phoenix runner round a tight turn, leaving Gates veering 20 yards off course.

The ground was soon made up and round the park after nearly four miles Holland and Gates had 50 yards on Hill, who was running out of steam after a bout of food poisoning. Stephen Rees-Jones followed Hill into the park, but went third as they ventured onto the rough stuff for the final three-mile lap.

All the way up the hill, Holland and Gates tested each other, but on the hard and rough chalky descent, Gates finally got away before finishing in triumph, arms aloft, for a memorable victory. Holland, 50 yards down, chased all the way, but sank to the ground to tear off his spikes as soon as he crossed the line.

Wendy Holden, third last year, was troubled throughout the women's race by eventual U20 champion Joanne Hind before winning by 50 yards. Triathlete Hinde led for the first lap of the park, tracked by Lynn Williams and Holden, but as they went out for the one mile opening lap in the country, Holden went to the front.

The Lewes runner was then 10 yards clear re-entering the park, as Emma Satterly and Williams followed 30 yards down. Going up the first part of the big hill on the long lap, Holden increased her advantage over Hinde and Satterly dropped Williams, whose tip-toe style seemed unsuited to the challenge.

There was little change between the leaders on the long run back down but Rebecca Adams staged a rally to surge past a tiring Satterly, who was to take U20 silver behind Hinde.

Elsewhere in the younger age-groups, Tom Hopkins won a close battle with Max Lovell to take the U17 title. "He sat in behind me all the way up the hill," said Lovell of Hopkin's tactics. Their fast start threw Daryl Hards, who allowed them to get clear on the first step up the hill, before closing near the top.

Men
1 N Gates (B&H, M45) 43:04; 2 K Holland (Craw) 43:15; 3 S Rees-Jones (B&H) 44:00; 4 S Moran (B&H) 44:05; 5 T Carrick (Phoe) 44:12; 6 K Hoyte (Phoe) 44:25; 7 G Hill (Phoe) 44:31; 8 P Stacey (B&H) 44:56; 9 L Beard (Phoe) 45:08; 10 J Foreshew (Chich) 45:17; 11 P Holdham (B&H) 45:37; 12 T Kimber (Craw) 45:41; 13 S Morley (B&H, M40) 45:48; 14 K Toop (Chich) 45:51; 15 C Fayres (B&H) 45:53; 16 R Lacey (Phoe) 46:16; 17 A McDermott (Craw) 46:29; 18 K Leitch (Worth) 46:32; 19 T Cook (unatt) 46:34; 20 S Wright (B&H) 46:46; 21 T Ulliot (B&H, M40) 46:46; 22 N Sellman (Hast) 46:52; 23 J Heron (Hast) 46:55; 24 J Baker (Chich) 47:09; 25 D Knight (B&H) 47:18; 26 T Naylor (unatt) 47;34; 27 A Brown (Worth, M40) 47:49; 28 P Whitcomb (B&H, M45) 48:13; 29 M Wells (Hail) 48:16; 30 F Young-Martos (Craw) 48:24; 31 P Froud (B&H) 48:26; 32 G Hannaford (B&H, M45) 48:50; 33 J Lowden (Worth) 49:01; 34 S Davidson (Hail) 49:08; 35 T Holborn (Phoe) 49:15; 36 S Fortnam (unatt) 49:28; 37 S Neal (B&H) 49:45; 38 N Clarke (A2Tri) 49:512; 39 G Thayre (Craw0 50:04; 40 P Collicut (Phoe) 50:04
TEAM: 1 Brighton & Hove 40; 2 Phoenix 76; 3 Brighton & Hove B 133; 4 Crawley 134; 5 Chichester Runners 188; 6 Worthing & District 266; 7 Hastings 291; 8 Crawl;ey B 393; 9 Arena 80 394; 10 Chichester Runners B 408
U20
1 G Thompson (Craw) 31:37; 2 J Kidger (Craw) 31:37; 3 R Pittam (Phoe) 32:29; 4 T Sargant (Hail) 32:42; 5 D Wicks (Hast) 33:22; 6 M Hopkin (Craw) 34:51; 7 R Airey (B&H) 35:17; 8 D Ball (Craw) 36:08; 9 R Chrystie (Horsh BS) 37:23; 10 M Neale (B&H) 37:51
TEAM: 1 Crawley 9; 2 Phoenix 29
U17
1 T Hopkins (Craw) 18:32; 2 M Lovell (Phoe) 18:45; 3 D Hards (Phoe) 19:00; 4 P Benton (EG) 19:44; 5 T Ruffer (Craw) 19:52; 6 E Tambeh (Hast) 19:57; 7 N Airey (B&H) 20:39; 8 D Sutton (B&H) 21:06; 9 L Dale (B&H) 21:07; 10 A Bourne (Horsh BS) 21:21
TEAM: 1 Phoenix 33; 2 Crawley 34
U15
1 K Dunstan (Horsh BS) 16:19; 2 J Vail (B&H) 16:33; 3 S Cullinane (Craw) 16:43; 4 B Brett (E'bne) 16:47; 5 J Cairns (B&H) 16:48; 6 M Barham (Hast) 16:50; 7 D Hopkins (Craw) 17:04; 8 R Neale (B&H) 17:14; 9 M Furber (Worth) 17:15; 10 L McNally (Phoe) 17:20; 11 P Wilson (Hast) 17:24; 12 J Mountford (Hast) 17:37
TEAM: 1 Brighton & Hove 28; 2 Crawley 39; 3 Hastings 49; 4 Hastings B 103
U13
1 D Giles (Craw) 12:43; 2 G Ruffer (Craw) 12:50; 3 C Ivemy (Hail) 13:39; 4 L Martyin (Craw) 13:55; 5 D Cowdan (Chich) 14:00; 6 R Pritchard (Chich) 14:14; 7 L Hunt (Hast) 14:17; 8 K Gent (Craw) 14:26; 9 M Duningan (Worth) 14:34; 10 K Trigwell (Craw) 14:40
TEAM: 1 Crawley 15; 2 Chichester Runners 52; 3 Hastings 66; 4 Brighton & Hove 70
Women
1 W Holden (Lewes) 24:45; 2 J Hinde (Hast, U20) 24:56; 3 R Adams (Horsh BS) 25:44; 4 E Satterly (Phoe, U20) 25:55; 5 J Hardwick (Hast R, W45) 25:57; 6 L Williams (Arena) 26:18; 7 L Jones (Arena, W35) 26:20; 8 A Johnson (B&H) 26:34; 9 C Naylor (Arena, W40) 26:38; 10 S Baines (Hail) 26:45; 11 J Downes (B&H) 26:47; 12 D Lee (Hast) 26:54; 13 K Wells (Lewes) 27:03; 14 T Owen (Arena) 27:12; 15 A Cronin (Hail) 28:07; 16 G Nicholls (Worth) 28:24; 17 L Hoyte (Horsh BS) 28:25; 18 E Wells (Craw) 28:26; 19 S Bassett (Horsh BS) 28:29; 20 J Bateman (B&H) 28:32; 21 B Biss (Chich) 28:40; 22 T Coleman (Arena, W35) 28:51; 23 K Allen (Craw) 28:57; 24 E Buckley (Hast) 29:08; 25 J Keneally (B&H) 29:19; 26 T Tamplin (Arena) 29:22; 27 M Cvjtic (Phoe) 29:30; 28 V Boyle (Arena) 29:38; 29 R Branna (Hay H) 29:42; 30 V Evans (E Grin) 29:46
TEAM: 1 Arenma 80 36; 2 Brighton & Hove 64; 3 Hastings 91; 4 Hailsham Harriers 100; 5 Horsham Blue Star 103; 6 Phoenix 105; 7 Arena 80 B 108; 8 Worthing & District 138
U17
1 L Spencer (Chich) 20:04; 2 F Clark (Craw) 20:14; 3 K Watson (E'bne) 20:22; 4 E Austen (Phoe) 20:41; 5 S Meeney (Horsh BS) 22:05; 6 E Jones (Craw) 22:11; 7 S White (Horsh BS) 22:19; 8 K Austen (Phoe) 22:21; 9 K Horton (Worth) 22:51; 10 S Meeney (Horsh BS) 23:02
TEAM: 1 Horsham Blue Star 22; 2 Phoenix 24; 3 Horsham Blue Star B 41
U15
1 H Stanton (Craw) 13:46; 2 M Roiss (Phoe) 14:04; 3 K Gunn (Phoe) 14:07; 4 A Coutino (Lewes) 14:17; 5 K Cartilidge (B&H) 14:22; 6 P Aukett (Worth) 14:57; 7 T Gluckman (Phoe) 15:02; 8 M Jackson (B&H) 15:07; 9 N Rudman (Craw) 15:16; 10 J Prickett (Chich) 15:17; 11 V Mayor (Craw) 15:18; 12 C Dunn (Phoe) 15:18; 13 E Loughman (Hast) 15:24; 14 H Pollard (Hotsh) 15:26; 15 J Manser (E Grin) 15:27
TEAM: 1 Phoenix 24; 2 Crawley 44; 3 Brighton & Hove 59; 4 Worthing & District 88; 5 Horsham Blue Star 95
U13
1 K McLelland (Phoe) 10:27; 2 E Bushby (Phoe) 10:29; 3 C Browning (Chich) 10:32; 4 T Nally (Worth) 10:36; 5 H Reddall (Horsh BS) 10:51; 6 H Bates (Phoe) 11:01; 7 E Lake (Lewes) 11:18; 8 K Gunn (Phoe) 11:30; 9 K Butters (Hast) 11:42; 10 R Jackson (Lewes) 11:44
TEAM: 1 Phoenix 17; 2 Worthing & District 54; 3 Lewes 55

WARWICKSHIRE Newbold Comyn, Leamington Spa

Men (9.8km)
1 M Bouldstridge (Bir) 32:16; 2 A Farnsworth (Tip) 32:41; 3 R Taylor (Cov) 33:03; 4 R Mason (Leic C) 33:15; 5 M Hirsch (Bir) 33:31; 6 D Smith (SSH) 33:35; 7 A Wright (Nun) 33:37; 8 D Rowan (SSH) 33:48; 9 G Mallon (Tip) 34:03; 10 D Watson (Cov) 34:12; 11 S Kinson (Learn) 34:15; 12 A White (Cov) 34:18; 13 M Taylor (Cov) 34:20; 14 M Wassell (SSH) 34:43; 15 A Thake (Salf) 34:52; 16 D Collins (Cov) 35:16; 17 P Morby (SSH) 35:25; 18 S Hazell (Cov) 35:25; 19 S Wurr (Learn) 36:01; 20 T Gosnall (Bir) 36:02
TEAM: 1 Coventry Godiva 53; 2 Solihull & Small Heath 85; 3 Birchfield 103
U20 (9.8km)
1 G Collis (Cov) 34:21; 2 G Blackman (SSH) 34:24; 3 A Evans (RSC) 37:09; 4 B Dukes (Birm R) 37:51; 5 B Levine (Bir) 38:09
U17 (6km)
1 S McGlen (Birm R) 21:14; 2 M Simpkins (SSH) 21:16; 3 J Walsh (Birm R) 21:25; 4 M Lole (Cov) 21:40; 5 P Patterson (Rug) 21:44; 6 P Andrew (Sphinx) 21:46; 7 M Murray (RSC) 22:23; 8 P Collins (Bir) 22:33; 9 C Eckloff (Cent) 22:39; 10 S Nicholls (SSH) 22:55
TEAM: 1 Royal Sutton Coldfield 28; 2 Solihull & Small Heath 29; 3 Coventry Godiva 37
U15 (4.5km)
1 M Hawkins (Strat) 17:02; 2 N Hawkins (Strat) 17:13; 3 N Donovan (SSH) 17:20; 4 M Walsh (RSC) 17:46; 5 C Farrell (Cov) 17:49; 6 P Collins (Bir) 18:07; 7 M Mitchell (SSH) 18:13; 8 M Gale (RSC) 18:19; 9 J Stamford (SSH) 18:23; 10 M Gubbins (Bir) 18:36
TEAM: 1 Solihull & Small Heath 19; 2 Royal Sutton Coalfield 23; 3 Coventry Godiva 35
U13 (3km)
1 J Goode (RSC) 10:46; 2 A Butterworth (RSC) 10:47; 3 M Archbold (SSH) 10:47; 4 A McLeod (SSH) 10:56; 5 T Sharpe (Spark) 11:01; 6 T Betts (Learn) 11:02; 7 M Larden (Bir) 11:08; 8 J Davis (RSC) 11:16; 9 S Smith (RSC) 11:19; 10 M Simpkins (SSH) 11:23
TEAM: 1 Royal Sutton Coldfield 11; 2 Solihul & Small Heath 17; 3 Leamington 33
Women (7km)
1 C Adams (Cent, W35) 26:08; 2 T Brown (Cov G) 26:28; 3 H Keene (Tip) 26:31; 4 D O'Shea (N'brook) 27:28; 5 V Botham (Birm U) 27:31; 6 N Adkins (Bir, W35) 27:50; 7 K Scales (Tip) 28:07; 8 D Harris (Tip) 28:17; 9 L White (Cov, W45) 28:36; 10 J Hoffman (N'brook) 28:52; 11 K Scarff (Cov, W35) 29:04; 12 R Byole (RSC) 29:17; 13 L Sherren (Strat, W35) 29:17; 14 J Mumford (Cov) 29:35; 15 R Freeman (SSH) 30:06
TEAM: 1 Coventry Godiva 21; 2 Royal Sutton Coldfield 31; 3 Northbrook 37
U20 (5km)
1 H Bebbington (RSC) 20:46; 2 S Penn (Cov) 21:20; 3 S Hayward (Cov) 21:46; 4 J Emery (Rug) 23:44; 5 K Taylor (Cov) 24:04; 6 R Wasson (Bir) 24:24
U17 (5km)
1 J Dagnan (Cov G) 21:27; 2 L Blackman (SSH) 21:52; 3 S Hasler (RSC) 21:57; 4 L Joyce (SSH) 22:23; 5 H Wood (SSH) 22:48; 6 L Burn (RSC) 23:05
TEAM: Solihull & Small Heath 11
U15 (4km)
1 A Coombs (RSC) 15:36; 2 S Bailey (RSC) 15:37; 3 L Newman (Cov G) 15:42; 4 E Woods (RSC) 16:08; 5 M Smith (Rug) 16:14; 6 B Sanders (Sphinx) 16:37; 7 L Flanner (Spark) 16:44; 8 A Massey (Nun) 16:53; 9 K Gidley (SSH) 17:00; 10 H Phipps (RSC) 17:05
TEAM: 1 Royal Sutton Coldfield 7; 2 Solihull & Small Heath 35; 3 Sparkhill 37
U13 (3km)
1 J Coxon (SSH) 11:51; 2 N Naji (Leam) 12:05; 3 C Oldfield (SSH) 12:10; 4 N Bass (Leam) 12:17; 5 V Finch (SSH) 12:18; 6 F Manger (Spinx) 12:30; 7 A Harley (Spark) 12:46; 8 H Barlow (RSC) 12:58; 9 T Loftus (Birm R) 13:06; 10 F Tibbits (Leam) 13:1
TEAM: 1 Solihull & Small Heath 9; 2 Leamington 20; 3 Royal Sutton Coldfield 39

WILTSHIRE Swindon

Men
1 D Mitchinson (Swin, U20) 34:14; 2 Charles Sykes (Swin) 34:25; 3 B Gardener (Calne, M40) 36:20; 4 L Rodriguez (Team S) 36:51; 5 D Croft (Pewsey) 36:55; 6 M Anderson (Pewsey) 37:17; 7 C Trickett (Salis) 37;23; 8 D Stevens (Pewsey) 37:33; 9 Chris Sykes (Swin, M40) 37:35; 10 S Norris (Salis) 37:47; 11 S Hunt (Salis, M40) 38:12; 12 I Donald (Calne) 38:30; 13 N McCormack (Swin) 38:49; 14 J Hughes (Swin) 38:55; 15 R Kindersley (Serp, M40) 39:49; 16 J Burt (Total Fit) 40:08; 17 N Fisher (Total Fit) 40:48; 18 P Smith (Calne, M40) 41:23; 19 S Oliver (Swin, M40) 41:47; 20 A Radwell (Salis) 42:03
M50: M Affleck (Swin) 47:26
TEAM: 1 Swindon Harriers 25; 2 Salisbury 48; 3 Calne 54
U20
1 N Montague (Swin) 28:53; 2 I Webster (Swin) 30:33; 3 M Druett (W'bury) 31:21
U17
1 A Fulford (Swin) 21:46; 2 A Sherman (Swin) 21:46; 3 C Sawyer (Swin) 22:21
TEAM: 1 Swindon Harriers 6; 2 Lavington 15
U15
1 S Lingard (Bath) 18:05; 2 O Hickton (Lavington Sch) 18:07; 3 K Jefferies (Swin) 18:19; 4 J Scragg (Swin) 18:33; 5S Holloway (Salis) 18:44; 6 C Seaward (N'bury) 18:51
TEAM: 1 Salisbury 22; 2 Swindon Harriers 23; 3 Ridgeway School 29
U13
1 G Oliver (Ridgeway Sch) 13:24; 2 S Ghey (Clarendon Sch) 13:26; 3 P Stokes (Swin) 13:36; 4 D Barkes (Salis) 13;44; 5 M Clarke (Lavington) 13:47; 6 A Ghey (Clarendon) 14:09
TEAM: 1 Ridgeway School 21; 2 Clarendon School 21; 3 Lavington School 23
Women
1 W Combes (Salis) 20:10; 2 E O'Dowd (Swin, U20) 20:26; 3 A Stiles (W'bury) 20:49; 4 Z Marchant (Bath, W45) 21:06; 5 K Olivant (Swin) 22:09; 6 S Eggers (Swin, W35) 23:02; 7 M Hunt (Salis, W45) 23:24; 8 C Hall (Swin) 23:53; 9 M Emmett (Salis, W40) 24:16; 10 P Townsend (Swin, W35) 24:40
W50: V Gibbons (Swin) 28:33
TEAM: 1 Swindon Harriers 13; 2 Salisbury 17; 3 Swindon B 29
U17
1 J Brewer (Swin) 19:24; 2 M Mais (And) 21:10
U15
1 S Crannis (Ridgeway) 14:07; 2 G Morris (Salis)14;28; 3 N Knight (Salis) 14:32; 4 G Roberts (Salis) 14:33
TEAM: 1 Salisbury 9; 2 Ridgeway School 18; 3 Lavington School 29
U13
1 J Anderson (Salis) 13:43; 2 Laura Stacey (Ridgeway) 13:47; 3 V Adlard (Salis) 13:59; 4 S Tedd (Salis) 14:00; 5 P Morris (Salis) 14:15; 6 J Hatherway (Ridgeway) 14:44
TEAM: 1 Salisbury 8; 2 Ridgeway School 21; 3 Lavington School 24

YORKSHIRE Rotherham

BOTH senior titles changed hands, Kim Critchley getting the tightest of verdicts in the men's race and Carol Greenwood running away with the women's race, *Roger Norton reports*.

Ian Mitchell, Colin Moore and Critchley got away from a tightly knit bunch before the halfway mark on a good course which had plenty of variety. Ian Fisher, Andy Peace and John Heap detached themselves from the rest but never looked likely to close the gap on the leaders.

Moore, at 38, is running superbly and for a time looked as though his strength and experience might prevail but he dropped off the pace leaving Critchley and Mitchell to fight it out.

Mitchell made all the running, looking particularly strong on the formidable uphill stretch, but was never able to shake off Critchley and the York-based Sale runner looked comfortable throughout.

Critchley, not sure where the finish was, left his sprint very late but Mitchell also has a handy finish and it was touch and go with the time-keepers unable to separate them.

Critchley, who said he found the uphill sections hard, took his first Yorkshire senior title although he is a former junior champion.

Mitchell, 22, had a fine career in the Skyrac colours from the youngest age-groups but injury has impeded his transition to the senior ranks. This was arguably his best senior race over the country and, with a regular 70 miles a week training regime, he is "getting it together". However, he is not certain to do the Inter-Counties. After some indoor racing at 3000m, he might do the World Trial short race.

A solid run from the consistent Fisher gave him fourth place ahead of Peace with Heap returning to form to complete the top half-dozen. These were picked for the Yorkshire team along with the absent Andrew Pearson, Richard Findlow and Chris Bryan.

A pretty useful Leeds City squad, defending champions, were ham-

mered by the Moore-inspired Bingley team which had a distinct fell running flavour.

Darren Spawforth did not defend his title and neither did Sarah Bentley in the women's race. After a steady start, Greenwood picked up the pace so quickly that even the tenacious Penny Thackray was soon dropped. Despite recent treatment for a back problem, the fell runner looked superb as she negotiated the twisting course with ease and stretched her margin to 48 seconds by the end. It was her fifth Yorkshire win, the last being in 1993 and the first as a 17-year-old in 1983.

At one point Thackray was caught by Jane Clark but the threat was short lived and the Hallamshire runner went on to repeat last year's runner-up spot.

Forgetting for a time her campaign to persuade the club to merge with Sheffield AC and produce a National League team in track and field, Thackray had the added bonus of leading Hallamshire to a successful defence of their team title. She and Channah Patten were home before the first Leeds runner, Laura Woffenden, but they needed a third counter and Jenny Chambers 16th place proved good enough.

Men (11km)
1 K Critchley (Sale) 36:59; 2 I Mitchell (Long) 36:59; 3 C Moore (Bing) 37:15; 4 I Fisher (Otl) 37:47; 5 A Peace (Bing) 37:50; 6 J Heap (Hallam) 37:51; 7 M Whitfield (Bing) 37:54; 8 I Holmes (Bing) 38:00; 9 J Ward (Hallam) 38:06; 10 S Winstanley (Leeds C) 38:13; 11 G Hull (Leeds C) 38:20; 12 D Watson (Holm) 38:23; 13 P Sheard (P&B) 38:48; 14 J Pavis (Sale) 38:51; 15 A Beevers (Leed C) 39:02; 16 P Dobson (Leeds C) 39:05; 17 B Legg (Holm) 39:06; 18 R Jebb (Bing) 39:10; 19 P Tedd (Bing) 39:26; 20 M Mason (Hal) 39:29; 21 J Stephens (Long) 39:39; 22 A Buckley (Holm, M40) 39:43; 23 R Holladay (Roth) 39:50; 24 B Weistarmaier (Leeds C) 39:51; 25 S Green (P&B) 39:57; 26 K Harker (Mor) 40:05; 27 D Rowbotham (Leeds C) 40:14; 28 D Teasdale (Hallam) 40:35; 29 J Hornby (Spen) 40:36; 30 S Mitchell (Leeds C) 40:52
TEAM: 1 Bingley 60; 2 Leeds City 103; 3 Hallamshire 179; 4 Holmfirth 225; 5 Rotherham 248; 6 Longwood 252; 7 Pudsey and Bramley 311; 8 Sheffield AC 389; 9 Barnsley AC 419; 10 Knavesmire 472; 11 Spenborough 506; 12 Barnsley Harriers 654; 13 Skyrac 680
U20 (8km)
1 M Bishop (Hallam) 28:37; 2 D Middleton (Barns AC) 29:08; 3 K Goulding (Holm) 29:45; 4 D Lovitt (Sheff) 30:17 (DQ); 5 J Heywood (Holm) 30:27; 6 M Bailey (Barns AC) 30:37; 7 J Wardman (R&Z) 30:50; 8 M Brear (Bing) 31:17; 9 R Northrop (Hal) 31:40; 10 G Stevens (BGS) 31:45; 11 C Wrighton (BGS) 32:13; 12 C Miller (Sky) 32:15
TEAM: Bradford Grammar School
U17 (6km)
1 R King (Holm) 21:35; 2 N Goodliffe (Holm) 21:52; 3 C Miller (Harrog) 22:45; 4 B Woodburn (Leeds C) 22:46; 5 A Langron (Holm) 23:00; 6 J Scott (Brad GS) 23:00; 7 D Webb (Leeds C) 23:18; 8 S Mulhall (Spen) 23:22; 9 R Wadsworth (Brad GS) 23:32; 10 J Coen (Sky) 23:37; 11 M Garland (Rown) 23:44; 12 J Fitzmaurice (Wake) 23:46; 13 G Coates (Leeds C) 23:46; 14 J Rhodes (Brad GS) 23:54; 15 P Yates (Holm) 23:58
TEAM: 1 Holmfirth 23; 2 Leeds City 49; 3 Bradford Grammar School 59
U15 (4.5km)
1 S Enright (Hal) 16:34; 2 R Spencer (Sky) 16:45; 3 D Sugden (Holm) 17:11; 4 J Henry (Spen) 17:20; 5 M Dewhirst (Holm) 17:22; 6 D Davidson (Leeds C) 17:27; 7 C Sampson (Hallam) 17:43; 8 M Buckingham (Holm) 17:50; 9 L Rooney (Roth) 17:52; 10 S Wardman (R&Z) 17:54; 11 M Hillaby (Scar) 17:55; 12 A Earnshaw (Leeds C) 18:05; 13 A White (Holm) 18:05; 14 T Coates (Sky) 18:15; 15 M Chadwick (Leeds C)
TEAM: 1 Holmfirth 29; 2 Skyrac 55; 3 Leeds City 59; 4 Hallamshire 70; 5 Rotherham 112; 6 Holmfirth B 117
U13 (3km)
1 D McQuarrie (Rown) 11:26; 2 P Awnley (Scar) 11:39; 3 R Hastey (Roth) 11:55; 4 I Douglas (Sky) 12:04; 5 N Darnton (Barns AC) 12:05; 6 B Ross (Brad GS) 12:16; 7 J Marshall (Roth) 12:30; 8 D Cox (Scar) 12:32; 9 N Howard (Brad GS) 12:33; 10 T Ludlam (Hallam) 12:35; 11 R Stephenson (Roth) 12:36; 12 S Woodburn (Leeds C) 12:39; 13 J Caddick (Spen) 12:42; 14 S Clegg (Bing) 12:43; 15 B Hague (Roth) 12:47
TEAM: 1 Rotherham 36; 2 Bradford Grammar School 64; 3 Spenborough 89; 4 Leeds C 100; 5 Hallamshire 109; 6 Bingley 123
Women (6km)
1 C Greenwood (Bing) 23:23; 2 P Thackray (Hallam) 24:11; 3 J Clark (P&B) 24:24; 4 L Mawer (Imp) 24:35; 5 C Patten (Hallam) 24:41; 6 L Woffenden (Leeds C) 24:55; 7 J O'Mara (Roth) 25:04; 8 L Canwell (Leeds C) 25:33; 9 K Slater (K&C) 25:42; 10 J Shotter (P&B, W35) 25:57; 11 C Young (Leeds C, W35) 26:14; 12 K Storey (Roth) 26:22; 13 S Dugdale (Skip, U20) 26:32; 14 S Dolan (Imp, W35) 26:41; 15 S Marshall (Roth) 26:44; 16 J Chambers (Hallam, W35) 26:53; 17 R Lundean (unatt, U20) 26:58; 18 C Wright (Imp, W35) 27:02; 19 C Sykes (Womb) 27:03; 20 T Hilton (Womb) 27:03; 21 S Cariss (Bing, W35) 27:05; 22 N Kime (Knaves) 27:08; 23 R Whitehead (Bing) 27:13; 24 R Taylor (Skip, U20) 27:14; 25 N McNally (Vall) 27:24; 26 J Clarke (Roth) 27:47; 27 K Kaiser (Vall, W35) 27:48; 28 N Curtis (Vall) 27:55; 29 M Green (Bing) 28:08; 30 P Goldthorpe (Leeds C) 28:13
TEAM: 1 Hallamshire 23; 2 Leeds City 25; 3 Rotherham 34; Imperial 36; 5 Bingley 45; 6 Pudsey and Bramley 47; 7 Skipton 73; 8 Valley Striders 80; 9 Knavesmire 99; 10 Spenborough 145; 11 Holmfirth 147; 12 York Acorn 158
U17 (4.5km)
1 N White (Holm) 19:17; 2 C Hare (Loftus) 19:29; 3 H Garnham (Rown) 19:59; 4 Lyne (Hallam) 20:06; 5 B Fender (Wake) 20:15; 6 L Sheard (Wake) 20:21; 7 A Woodvine (R&Z) 20:21; 8 H Grinstead (Sky) 20:30; 9 L Jackson (R&Z) 20:38; 10 R Clegg (Spen) 20:48; 11 L Glennon (Barns AC) 21:05; 12 K Young (Hull Spr) 21:18; 13 R Underwood (Hallam) 21:25; 14 K Davey (Sky) 21:29; 15 N Parsons (Hal) 21:30
TEAM: 1 Skyrac 40; 2 Hallamshire 40; 3 Skipton 56; 4 Halifax 56
U15 (4km)
1 S Holah (P&B) 15:33; 2 E Spencer (Sky) 15:33; 3 A Hoban (Wake) 15:39; 4 T McNaney (Roth) 15:52; 5 G Bendle (Bing) 15:55; 6 S Jephcott (D&S) 15:59; 7 R Smith (Bing) 16:04; 8 S Williams (Sky) 16:05; 9 E Roper (Hallam) 16:27; 10 K Johnson (Hal) 16:39; 11 H Darbyshire (R&Z) 16:49; 12 A Collett (Rown) 16:53; 13 K Waugh (R&Z) 16:59; 14 C Bleasdale (Rown) 17:06; 15 N Griffith (Rown) 17:11
TEAM: 1 Bingley 30; 2 Skyrac 34; 3 Nestle Rowntree 41; 4 Wakefield 42; 5 Hallamshire 56; 6 Richmond and Zetland 56
U13 (3km)
1 Z Gowland (Wake) 12:54; 2 L Kemp (Holm) 13:01; 3 L O'Gorman (PFR) 13:03; 4 H Yates (Holm) 13:01; 5 L Muscroft (Roth) 13:16; 6 A Hibbert (Rown) 13:21; 7 C Wright (Wake) 13:22; 8 A Fozzard (Wake) 13:34; 9 N Bromley (Wake) 13:35; 10 L Kirk (Sky) 13:40; 11 R Townsend (Leeds C) 13:48; 12 L Gibbs (Rown) 13:53; 13 S Goodall (R&Z) 14:05; 14 A Hague (Roth) 14:06; 15 A Baines (R&Z) 14:10
TEAM: 1 Wakefield 16; 2 Holmfirth 33; 3 Nestle Rowntree 41; 4 Richmond and Zetland 54; 5 Hallamshire 58; 6 Skyrac 68

January 10

MIDLAND VETERANS' AC CHAMPIONSHIPS

Men (10km)
1 M Hager (Tip, M45) 31:35; 2 S Robinson (Chelt, M40) 31:40; 3 A Wetherill (Red, M40) 32:02; 4 M Cadman (Mid, M40) 32:09; 5 B Jones (Wrex, M40) 32:50; 6 P Carbutt (B&R, M45) 33:16; 7 S Jennings (Notts, M40) 33:19; 8 M Eustace (Tip, M40) 33:28; 9 K Bright (Hales, M40) 33:36; 10 K Swadkins (Tip, M45) 33:49; 11 M Flowers (Worc, M40) 33:56; 12 I Redford (Mass F, M40) 33:59; 13 P Banks (Cov, M45) 34:01; 14 J Peavoy (Mass F, M45) 34:04; 15 P Hurcombe (Birm R, M40) 34:12; 16 K Spare (Der, M40) 34:13; 17 T Potter (Der, M40) 34:16; 18 S Sheard (Mass F, M40) 34:20; 19 S Clews (B&R, M40) 34:25; 20 H Fowler (Birm R, M40) 34:35; 21 A Grice (Tip, M45) 34:43; 22 P Ivens (Der, M40) 34:46; 23 V Rollason (B&R, M45) 34:51; 24 S Johnson (Der, M40) 34:55; 25 G Patton (Mass F, M55) 35:02
M50: 1 K Green (Tip) 35:19; 2 S Couldwell (Bir) 35:54; 3 J Potts (Bir) 36:02
M55: 2 E Cockayne (Bir) 36:34; 3 M Hawkins (B&R) 36:53
M60: 1 M Butterly (Der) 40:34; 2 D Lyons (Mass F) 41:17; 3 M Knight (Der) 42:54
M65: 1 P Morris (SSH) 38:42; 2 G Oliver (100k Ass) 40:09; 3 G Ashby (W Brom) 41:02
M40 TEAM: 1 Tipton Harriers 40; 2 Massey Ferguson 69; 3 Derby & County 79
M50 TEAM: 1 Birchfield 15; 2 Derby and County 32; 3 Bromsgrove and Redditch 40
M60 **TEAM:** Solihull & Small Heath 17
Women
1 S Lappage (Tip, W40) 19:55; 2 Y Crawley (Der L, W35) 20:16; 3 L White (Cov, W50) 21:16; 4 K Scarff (Cov, W35) 21:36; 5 S Carey (Nune, W50) 21:44; 6 M Deacy (Hunc, W45) 22:29; 7 K Haley (B&R, W35) 22:29; 8 B Parkinson (North P, W50) 22:48; 9 M Jeavons (W Brom, W40) 22:58; 10 J Witterick (Shrop S, W50) 23:04
TEAM: Coventry Godiva 18

YORKSHIRE VETERANS' CHAMPIONSHIP Sheffield

M40
1 A Buckley (Holm, M45) 33:02; 2 P Venables (Roth) 33:34; 3 S Rennie (CoH) 33:43; 4 A Normandale (Rown) 34:00; 5 G Eldridge (Roth) 34:18; 6 R Harbisher (Holm) 34:28
M45: 2 J Kerr (Steel) 34:25; 3 R Burn (T&S) 35:24
TEAM: 1 Rotherham 33; 2 Holmfirth 38; 3 City of Hull 64
M50
1 P Probin (Bing) 33:38; 2 B Hilton (Leeds C) 34:27; 3 N Robson (Bing) 34:57
M55: 1 L Haynes (Bing) 36:52; 2 B Dover (Bing) 37:59; 3 M Atkinson (CoH) 38:39
M60: 1 F Gibbs (Bing) 36:59; 2 D Pickering (E Hull) 39:56; 3 M Mahoney (St B) 42:43
M65: 1 G Spink (Bing) 44:08; 2 E Chambers (E Hull) 44:33; 3 J Lynch (Roth) 46:56
M50 TEAM: 1 Bingley 12; 2 Rotherham 35; 3 Leeds City 47
M60 TEAM: Bingley
Women
1 A Dennison (Brad Aire) 40:16; 2 S Cariss (Bing, W45) 40:26; 3 H Garrison (Roth) 40:37
W40: L Robinson (Den Dale) 42:31
W50: C Wolstenholme (Hallam) 42:52
W55: H Morath (Abbey) 50:28
W60: S Pickering (Barns AC) 48:24
TEAM: 1 Denby Dale 19; 2 Rotherham 27; 3 Hallamshire 34

LOCHABER PEAT TRACK

Fort William
Men (5m, Lochaber unless stated)
1 J Hepburn 29:09; 2 J Coyne (Carn) 30:10; 3 A McLennan 31:03; 4 I McKellaig 32:19; 5 R Boswell (M40) 32:52; 6 D Paterson 33:14; 7 K Whyte (M40) 33:48; 8 J O'Neill 34:04; 9 G McNab 34:47; 10 W Brooks (M40) 34:58
M50: R Cant 36:08
Women
1 J Smith (Green GP, W35) 38:22; 2 N McDonald (L'aber) 40:59; 3 C Valentine (L'aber) 41:54

January 9

SURREY WOMEN'S LEAGUE Petersham

ANOTHER statistic in the flu epidemic, a three-week lay-off by Kate Ramsey, doesn't appear to have done her much harm as she recorded her first win in the combined division one and two race, *Pete Mulholland reports*.

A member of Charnwood's medal winning teams in the Midland and National road relays, Chertsey-based Ramsey was 10 seconds clear of the field on completion of the first small lap of 2km, reached in a shade under eight minutes.

Running as a trio Susan Blackett Rachel Disley and Ceri Diss chased after Ramsey as Surrey silver medallist Estle Viljoen began to fall away.

Over the second and final lap, Ramsey's lead was maintained while Disley, Diss and Blackett swapped positions throughout.

Unaware of the battle behind her Ramsey swept on. Disley, the Surrey champion in 1997 and third last year, showed a welcome return to form to break clear and go second while Blackett, having probably her best ever run over the country, edged into third.

Led home by Diss, Herne Hill snatched a close team victory over South London Harriers. Herne Hill, after a disastrous result in the opening fixture, trail defending champions South London by two points with one fixture left.

In the U17 race Amanda Lucas repeated her usual front running tactics to easily defeat Katie Grimshaw, who battled with Debbie Hearn before pulling away on the final hill.

The U15 result almost proved a carbon copy of the Surrey county race as Lorna Vyse repeated her win of that event. Entering the finishing straight, Charlotte Best, second in the Surrey, looked set for a repeat but Olivia Hines, third on that ocassion, used her track speed to edge ahead two strides from the line.

Stacey Fairhead, ill at the time of the Surrey championships, showed what may have been by easily winning the U13s' race. Her team-mate Charlotte Adams battled much of the way with Emily Secker before pulling clear on the final stages.

Women (5.75km)
Division one: 1 R Disley (THH) 21:18; 2 C Diss (Herne H) 21:28; 3 C McKinlay-Evans (S Lon) 22:07; 4 M Clarke (Herne H, W40) 22:25; 5 H Chung (THH) 22:48; 6 G Nerurkar (THH) 22:51; 7 C James (S Lon) 23:08; 8 L Thompson (S Lon, W35) 23:18; 9 V Mitchell (S Lon, W35) 23:20; 10 W Chalmers (Herne H) 23:20; 11 L Leggett (Herne H) 23:21; 12 S Young (DMV, W40) 23:22; 13 M Johnston (W4H, W35) 23:26; 14 J Heffernan (VAC, W35) 23:36; 15 N Harvey (Herne H) 23:40; 16 M Auerbach (Rane, W50) 23:41; 17 M Pautard (Rane, W35) 23:48; 18 P Crocker (S Lon) 23:50; 19 M Blake (Dulw) 23:53; 20 A Meagram (Dulw) 24:17; 21 A Jones (VAC, W35) 24:18; 22 A Roden (S Lon, W50) 24:20; 23 K Stephenson (W4H) 24:21; 24 J Craig (S Lon, W35) 24:24; 25 K Freeborough (n/s) 24:29; 26 B Cuthbert (Rane) 24:33; 27 W Davies (Wok, W35) 24:35; 28 P Rich (VAC, W35) 24:39; 29 O Fayemi (Dulw) 24:43; 30 S Diggins (VAC, W35) 24:45
TEAM: 1 Herne Hill Harriers 42; 2 South London 45; 3 Thames Hare & Hounds 74; 4 Veterans AC 119; 5 Dulwich Runners 126; 6 Ranelagh 129; 7 West 4 172; 8 Woking 174; 9 Dorking & Mole Valley 177; 10 Epsom & Ewell 217
Positions after three fixtures: 1 South London 28; 2 Herne Hill 26; 3 Thames Hare & Hounds 22; 4 Dulwich Runners 21 (311); 5 Veterans AC 21 (317); 6 Ranelagh 15; 7 West 4 13; 7 Epsom & Ewell 8; 9 Woking 7; 10 Dorking & Mole Valley 4
Division two: 1 K Ramsey (Walt) 21:11; 2 S Blackett (DPR) 21:23; 3 E Viljoen (HW) 21:41; 4 P Rogers-Dixon (Wimb W) 22:39; 5 L Vaughan (G&G) 22:40; 6 M Statham (Holl S, W40) 22:50; 7 N Haines (Belg) 23:00; 8 J Kelsey (K&P) 23:20; 9 H Maskrey (Belg) 23:22; 10 P Flynn (Strag, W35) 23:32; 11 R Best (DPR) 23:40; 12 J Lansdown (SoC) 23:44; 13 C Davies (26.2) 24:08; 14 H Imeson (Tad, W35) 24:29; 15 T Sturton (Belg, U20) 24:32; 16 S Carnell (Reig) 24:50; 17 A Crouch (Sutt, U20) 25:00; 18 A Morris (Elm, W35) 25:03; 19 J Munn (Tad, W35) 25:10; 20 R Burbridge (K&P) 25:28
TEAM: 1 Belgrave 94; 2 Stragglers 118; 3 Dulwich Park Runners 160; 4 Wimbledon Windmilers 171; 5 Striders of Croydon 174; 6 Kingston & Polytechnic 187; 7 Walton 192; 8 Elmbridge 197; 9 British Airways 221; 10 26.2 Club 229
Positions after three fixtures: 1 Belgrave 51; 2 Stragglers 47; 3 Dulwich Park Runners 46; 4 Wimbledon Windmilers 39 (509); 5 Striders 39 (539); 6 Elmbridge 37; 7 Tadworth 29 (582); 8 Kingston & Poly 29 (657); 9 26.2 Club 26 (668); 10 Guildford & Godalming 26 (670)
U17 (4.4km)
1 A Lucas (Sutt) 18:13; 2 K Grimshaw (G&G) 19:06; 3 D Hearn (Belg) 19:13; 4 E Damant (Rane) 19:14; 5 F Love (G&G) 19:14; 6 J Richards (E&E) 19:31; 7 K Jackson (Sutt) 20:23; 8 E Firth (E&E) 20:32; 9 J Carr (Wok) 20:41; 10 S McCullough (Sutt) 21:11
TEAM: 1 Sutton & District 29; 2 Epsom & Ewell 51; 3 Guildford & Godalming 55; 4 Woking 59; 5 Belgrave 75; 6 Ranelagh 76
Positions after three fixtures: 1 Sutton & District 19; 2 Epsom & Ewell 14; 3 Ranelagh 10 (183); 4 Woking 10 (186); 5 Guildford & Godalming 9; 6 Belgrave 6
U15 (3.5km)
1 L Vyse (Wok) 13:40; 2 O Hines (HW) 14:05; 3 C Best (Craw, gst) 14:06; 4 H Robey (G&G) 14:15; 5 A Hughes (Rane) 14:47; 6 J Sabatini (Wok) 15:18; 7 S Ferguson (HW) 15:39; 8 A Beverley (Rane) 15:51; 9 E Broughton (E&E) 15:57; 10 J Maledon (HW) 15:10
TEAM: 1 Hercules Wimbledon 27; 2 Woking 39; 3 Ranelagh 61; 4 Guildford & Godalming 70; 5 Sutton & District 74; 6 Epsom & Ewell 82
Positions after three fixtures: 1 Hercules Wimbledon 27; 2 Guildford & Godalming 22; 3 Woking 19; 4 Epsom & Ewell 17; 5 Sutton & District 16 (209); 6 Ranelagh 16 (248)
U13 (3km)
1 S Fairhead (G&G) 12:51; 2 C Adams (G&G) 13:08; 3 E Secker (K&P) 13:19; 4 J Carter (E&E) 13:23; 5 L Collier (Belg) 13:49; 6 C Wilson (Rane) 13:59; 7 H Ritson (Sutt) 14:08; 8 H Dare (E&E) 14:14; 9 S Raggett (Wok) 14:15; 10 T Narain (G&G) 14:16
TEAM: 1 Guildford & Godalming 31; 2 Epsom & Ewell 43; 3 Belgrave 55; 4 Sutton & District 62; 5 Kingston & Polytechnic 74; 6 Woking 92
Positions after three fixtures: 1 Guildford & Godalming 24; 2 Epsom & Ewell 21; 3 Sutton & District 17; Woking 13; 5eq Belgrave/Ranelagh 12 (243)

MISKIMMIN CUP Ballyclaire

THE pre-race favourites John Ferrin and Jim Campbell went straight into the lead and soon pulled away from the rest of the field, *Alan Keys reports*.

But by the end of the first of six laps, Ferrin was on his own and put in a powerful display of running to finish over a minute clear of Campbell.

Amanda Crowe dominated the women's race finishing 45sec clear of Suzanne McCormick.

Men (6M)
1 J Ferrin (NBH) 31:40; 2 J Campbell (Anna) 32:43; 3 P Smyth (NBH) 33:33; 4 D Gallagher (SP) 33:36; 5 A Campbell (Anna) 34:10; 6 M Carty (NBH) 34:13; 7 J Weir (NBH) 34:16; 8 N Caldwell (Anna) 34:24; 9 M Shields (NBH, M40) 34:31; 10 D Fisher (BD) 34:42
M40 (3M)
1 J White (Anna) 17:14; 2 P Murphy (NBH) 17:21; 3 N Cahoon (Alb) 17:25; 4 J Moreland (Anna, M50) 17:37; 5 B McHenry (WTH, M50) 17:41; 6 B Stewart (NBH ,M45) 17:42
U17 (3M)
1 D Grant (SP) 16:51; 2 M Black (NBH) 16:56; 3 K Purdy (LV) 17:09; 4 A Rainey (LV) 17:26; 5 P Holbrook (B&A) 17:34; 6 C Duffin (CAI) 18:28
U15 (2M)
1 C O'Connell (SP) 11:25; 2 P Guiney (CB) 11:26; 3 J Sherry (SP) 11:39; 4 C Diamond (Anna) 11:43; 5 M Agnew (B&A) 11:51; 6 N Dowan (SC) 11:54
U13 (1M)
1 B Lynas (CR) 6:05; 2 N Rooke (CAI) 6:10; 3 R Glendinning (WTH) 6:12; 4 S McMenamin (EN) 6:14; 5 D Carden (SC) 6:18; 6 D McGarvey (CAI) 6:21
Women (3M)
1 A Crowe (Lisb) 18:24; 2 S McCormick (Lag V) 19:09; 3 J Butler (ST) 20:45; 4 S Guiney (Alb) 20:45; 5 A Slone (B&A) 20:46; 6 H McCausland (SP) 20:58
U17 (3M)
1 J Shannon (Lag V) 19:50; 2 L Hassan (CHS) 19:53; 3 C Prenter (Lag V) 20:56
U15 (2M)
1 C Guiney (Lag V) 13:13; 2 G McGoldrick (SP) 13:40; 3 L Macey-Lillie (WTH) 13:57; 4 K McGivern (RH) 13:57; 5 C Morrow (CHS) 14:08; 6 M Kelly (SP) 14:16
U13 (1M)
1 L Freel (Lag V) 6:21; 2 A MacMannus (Alb) 6:34; 3 N Davidson (WTH) 6:35; 4 C MacMannus (Alb) 6:39; 5 E Cooper (Alb) 6:44; 6 B Cane (CB) 6:50

SCOTTISH EAST DISTRICT LEAGUE Gorebridge

JEFF PYRAH finished ahead of a field of 167 to win the senior men's race at the second of this season's three league meetings, *Fraser Clyne reports*.

Aberdeen's Ben Hukins was the early leader but his fast start petered out after the opening mile, leaving Pyrah and Chris Smith to battle for pole position.

Pyrah, silver medallist behind Commonwealth Games marathoner David Cavers at the East Championships in November, proved to be the stronger over the second half of the course and pulled away to win by 80m.

Angela Mudge defeated Alison Carr and Vicky Lawrence to win the non-counting women's race.

Men
1 J Pyrah (CoE) 30:00; 2 C Smith (A'deen) 30:14; 3 S Moss (Fife) 30:33; 4 B Hukins (A'deen) 30:40; 5 A Milligan (Fife) 30:52; 6 M McQuaid (Falk) 31:07; 7 C Farquharson (HBT) 31:18; 8 T Mitchell (Fife) 31:24; 9 M Ferguson (CoE) 31:31; 10 P Morrison (Fife) 31:33; 11 R Lee (Living) 31:35; 12 K Lyall (CoE) 31:42; 13 J Murray (Lass) 31:42; 14 I Steel (CoE) 31:48; 15 R Hope (CoE) 31:49; 16 N Cunningham (Pit) 31:51; 17 I Stewart (Carnegie, M40) 31:51; 18 G Ackland (Living) 32;18; 19 S Watson (Tev) 32;19; 20 J Musgrave (A'deen) 32:22; 21 K Hood (Cors) 32:26; 22 S Lawson (Falk, U20) 32:27; 23 T Bracegirdle (A'deen, U20) 32:33; 24 T Brand (Living) 32:36; 25 T Poyser (CoE, U20) 32:38; 26 D Anderson (Fife) 32:40; 27 B Carlin (Tev) 32:47; 28 J Farquhar (Pit) 32:52; 29 A Ward (CoE) 32:56; 30 D law (Cors) 33:00
TEAM: 1 City of Edinburgh 76; 2 Fife AC 84; 3 Livingston 164; 4 Aberdeen AAC 200; 5 Falkirk Victoria Harriers 208; 6 Fife B 278; 7 City of Edinburgh B 279; 8 Teviotdale Harriers 289; 10 Kwik Fit Corstorphine 295
VET TEAM: 1 Falkirk Victoria Harriers 154; 2 Fife AC 174; 3 Babcock

Pitreavie 208; 4 Haddington ELP 240
U17
1 P Evans (Falk) 15:03; 2 K Johnstone (Falk) 15;16; 3 S Campbell (GHS) 15:35; 4 D Hastie (CoE) 15:49; 5 D Eynon (GHS) 15:53; 6 D McDonald (Dund H) 15:56
TEAM: 1 George Heriots School 20; 2 Falkirk Victoria Harriers 22; 3 Dundee Hawkhill Harriers 31
U15
1 J Newsom (Pit) 12:53; 2 S Forbes (A'deen) 13:05; 3 G Bee (Fife) 13:11; 4 A Murphy (Fife) 13:18; 5 P McCloskey (Pit) 13:28; 6 D Simpson (Pit) 13:38
TEAM: 1 Babcock Pitreavie 12; 2 Fife AC 14; 3 Livingston 35
U13
1 S Fraser (Lass) 10:21; 2 M Kennedy (A'deen) 10:28; 3 A Stewart (Falk) 11:00; 4 D Mann (CoE) 11:04; 5 M Smith (CoE) 11:13; 6 S Pilkington (Cors) 11:17
TEAM: 1 Aberdeen AAC 21 2 City of Edinburgh 21; 3 Kwik Fit Corstorphine 31
U11
1 C Guzy (Fife) 6:48; 2 C Douglas (Falk) 6:50; 3 G Wright (C'nethy) 7:02; 4 R Finlayson (Lass) 7:03; 5 D McLachlan (Fife) 7:06; 6 A Boyle (Falk) 7:08
TEAM: 1 Falkirk Victoria Harriers 24; 2 Fife AC 25; 3 City of Edinburgh 28
Overall standings: 1 Fife AC 430; 2 City of Edinburgh 659; 3 Falkirk Victoria Harriers 1045; 4 Aberdeen AAC 1236
Women
1 A Mudge (C'nethy) 20:13; 2 A Carr (Dund H) 21:30; 3 V Lawrence (EWM) 21:30; 4 S Ridley (EWM) 21:43; 5 L Eades (Living) 23:16; 6 L Howie (Gala) 23:42; 7 D MacDonald (HBT, W35) 23:54; 8 A Morrison (Carnegie) 24:05; 9 A McNeiledge (HBT) 24:09; 10 W Kerr (Lass) 24:50

SCOTTISH NORTH DISTRICT LEAGUE
Alness

ALAN REID pulled level with Simon Pride at the head of the men's league table with a fine victory in the fourth of the six counting races, *Fraser Clyne reports*.

Ultra distance international Pride chose to miss this latest fixture as he is recovering from a recent Achilles tendon injury and didn't want to disrupt his preparations for the Barry 40-mile track race in March. Now he and Reid each have two wins to their credit.

Ross Arbuckle was well behind the Peterhead athlete in second place while Frank Barton maintained his 100 per cent M40 record, finishing third overall.

With unbeaten Marie Duthie choosing to sit on the sidelines, Alison Campbell took the opportunity to win her first women's league race.

The Inverness Harrier finished almost 100m clear of her clubmate Julie Anderson with leading U17 Joanne Logie third overall.

Men
1 A Reid (P'head) 37:29; 2 R Arbuckle (Keith) 38:05; 3 F Barton (Keith, M40) 38:14; 4 D Flynn (I'ness) 38:48; 5 M Flynn (Moray, M40) 39:13; 6 P Mathieson (Forres) 39:30; 7 G Sim (Moray, M45) 39:36; 8 B Foreman (Moray) 39:38; 9 B Law (Keith) 39:40; 10 S MacKenzie (I'ness) 40:00
U20: A Beattie (Moray) 61:32
M50: G Mitchell (I'ness) 41:50
TEAM: 1 Keith and District; 2 Moray Road Runners; 3 Inverness Harriers
U17
1 C Poole (Black I) 23:26; 2 S McIntyre (I'ness) 24:38; 3 S Marwick (Black I) 26:48; 4 J Mitchell (Forres) 26:51; 5 R paterson (Moray) 27:34; 6 A Milne (Moray) 28:06
TEAM: BP Black Isle
U15
1 M Chisholm (L'aber) 14;58; 2 J Stephen (Black I) 15:17; 3 D MacAulay (Nairn) 15:23; 4 A Watt (P'head) 15:43; 5 B Crawford (Fraser) 16:36; 6 C Stewart (Moray) 16:52
TEAM: 1eq BP Black Isle/Moray RR
U13
1 K Hay (Forres) 13:17; 2 G Welsh (L'aber) 13;36; 3 M Chisholm (L'aber) 14:47; 4 S Anderson (P'head) 14:58; 5 R Cooper (I'ness) 15:33; 6 C Mathieson (I'ness) 15:39
TEAM: Lochaber AC
U11
1 M Mitchell (Forres) 5:43; 2 A Watt (P'head) 5:58; 3 R McKenzie (Nairn) 6:09; 4 F Stephenson (I'ness) 6:13; 5 D Wood (Black I) 6:22; 6 L Taylor (Black I) 6:35
TEAM: BP Black Isle
Women
1 A Campbell (I'ness) 21:06; 2 J Anderson (I'ness) 21:27; 3 J Logie (Moray, U17) 21:33; 4 A MacLean (I'ness, W35) 21:46; 5 K Boocock (I'ness, W35) 22:23; 6 H Hall (I'ness, W35) 22:37
TEAM: Inverness Harriers
U15
1 J. Main (I'ness) 14:48; 2 F Spence (I'ness) 14:57; 3 M Spence (I'ness) 14:57; 4 S Gibb (Fraser) 15:50; 5 V Robertson (I'ness) 16:44; 6 G Forbes (Forres)
TEAM: Inverness Harriers
U13
1 A McArthur (I'ness) 12:32; 2 L Henderson (I'ness) 12:42; 3 L Tourney (P'head) 12:46; 4 S Stevenson (I'ness) 13:29; 5 G Massie (Fraser) 13:30; 6 F Duthie (Fraser) 13:33
TEAM: Inverness Harriers
U11
1 N Alston (I'ness) 5:52; 2 R MacKenzie (I'ness) 6:08; 3 C Mathieson (I'ness) 6:51; 4 A Fields (Black I) 7;15; 5 L McNeil (Black I) 7:19; 6 H Williams (Moray) 7:56
TEAM: Inverness Harriers

DURHAM PINE NORTH EASTERN HARRIER LEAGUE
Prudhoe

SUNDERLAND Harriers extended their lead in Division One to an unassailable 10 points after the fourth of the six promotions, *Brian Kirkley reports*.

The Wearsiders, who dominated from when the divisions were formed until South Shields interrupted the sequence last year, provided the individual winner of the senior six miles handicap as Geoff Armstrong, with a five minutes start, emerged from the hilly farmland course covered in mud but 15 seconds clear.

Morpeth junior Mark Brown off scratch moved through the field of 263 into fourth with the fastest time from Rob Hand. Sunderland also had Paul Emerson third, Tim Field seventh in the third best time, and Vince Emmett 13th leading their challenge for a decisive victory.

Heather Robinson continued her prolific winter spell of successes going clear from the gun in the women's four miles. She forged ahead on the opening uphill start and, despite the rugged terrain and the precarious section of water, stones and broken branches in the forest area, increased the gap to more than a quarter of a mile over Claire Smallwood, who held off Morag McDonnell for second.
Men (6M)
1 G Armstrong (Sund) 33:28; 2 G Fairley (Gate) 34:43; 3 P Emmerson (Sund) 34:55; 4 M Brown (Morp) 35:01; 5 T Young (Elvet) 35:16; 6 R Hand (Dur) 35:23; 7 T Field (Sund) 35:29; 8 J Archer (Low F) 35:30; 9 J Dickinson (Tyne) 35:36; 10 G Clarkson (Gosf) 35:39; 11 K Mackey (SSh) 35:45; 12 C Stead (Gate) 35:48; 13 D Hill (Salt) 35:57; 14 V Emmett (Sund) 36:06; 15 F Smith (Salt) 36:09; 16 C Sampson (Morp) 36:09; 17 A Kidling (Mand) 36:11; 18 M Mallen (Crook) 36:21; 19 P Foster (H&P) 36:24; 20 G Watson (Dur) 36:26
TEAM: 1 Sunderland H&AC 143; 2 Durham City 206; 3 Saltwell Harriers 243; 4 Crook & District 321; 5 Houghton & Peterlee 336
U17 (4M)
1 K Laddie (Blackhill) 21:39; 2 L Browell (Sund) 23:08; 3 M Nicholson (Gosf) 23:31; 4 P Best (Shild) 23:48; 5 J Phillimore (Tyne) 24:05; 6 P Groark (Sund) 24:06; 7 R Smee (Els) 24:09; 8 C Oliver (Sund) 24:39; 9 C Paton (Gosf) 24:41; 10 K Dunn (Shild)
TEAM: 1 Sunderland 16; 2 Gosforth 25; 3 Shildon 26; 4 Birtley 41
U15 (2.75M)
1 S McCarthy (NSP) 14:00; 2 C Lamb (CleS) 14:44; 3 M Nichol (Sund) 14:49; 4 S Brown (Shild) 14:55; 5 B Taylor (CleS) 15:03; 6 C Ridley (Els) 15:13; 7 R McLeod (Els) 15:23; 8 A Mirley (Dur) 15:33; 9 C Parr (Gate) 15:34; 10 R Clements (NSP) 15:40
TEAM: 1 North Shields Poly 22; 2 Chester-le-Street 25; 3 Elswick Harriers 33; 4 Shildon 37; 5 Gateshead 46
Women (4M)
1 H Robinson (CleS) 23:21; 2 C Smallwood (J&H) 25:05; 3 M McDonnell (Salt) 25:17; 4 D Elliott (Sund Str) 26:26; 5 D Richardson (K Quakers) 26:38; 6 V Bennett (Gosf) 26:54; 7 M Oliver (Tyne) 26:58; 8 B Pickersgill (Aln) 27:50; 9 R Adams (Elvet) 28:07; 10 J Young (Elvet) 28:10
TEAM: 1 Elvet Striders 31; 2 Tynedale Harriers 40; 3 Houghton & Peterlee 51
U20 (3.5M)
1 S Maude (Gosf) 20:55; 2 A Hunter (J&H) 21:12; 3 J Patterson (Morp) 21:20; 4 L Burnie (Aln) 21:49; 5 J O'Donnell (J&H) 21:51; 6 A Scott (Els) 21:59; 7 R Howard (Shild) 22:24; 8 R Norman (Tyne) 22:43; 9 U Heywood (Gosf) 22:52; 10 D Fletcher (Shild) 23:13
TEAM: 1 Jarrow & Hebburn 21; 2 Gateshead 38
U15
1 C Wickham (Gate) 15:05; 2 F Burnie (Aln) 15:42; 3 D Hodgkinson (Walls) 16:06; 4 S Armstrong (Gate) 16:16; 5 K Pearson (Tyne) 16:30; 6 K Hunter (NSP) 16:36; 7 H Pearson (Tyne) 16:45; 8 C Pringle (Morp) 16:46; 9 S Landless (Gate) 16:47; 10 V Robinson (CleS) 16:51
TEAM: 1 Gateshead 14; 2 North Shields Polytechnic 29; 3 Sunderland Harriers 60
U13
1 D Watts (Morp) 11:57; 2 S Crowe (Els) 12:15; 3 E Nesbitt (Morp) 12:19; 4 A Gibson (Els) 12:31; 5 A Clark (NSP) 12:47; 6 K Hicken (Morp) 12:58; 7 A Barter (Birt) 13:03; 8 K O'Neill (Els) 13:12; 9 S James (Blay) 13:22; 10 V Hughes (NSP) 13:32
TEAM: 1 Morpeth 10; 2 Elswick 14; 3 North Shields Polytechnic 32; 4 Birtley 48; 5 Gateshead Harriers 51; 6 Blackhill Bounders 55

NORTHERN VETS
Bolton

SUE SELBY produced arguably the run of the day to place 20th overall, *Gareth Webb reports*.

Running on home ground, she shrugged off wintry conditions and a rutted surface to extend her lead on each of the three laps to hold off former team-mate Audrey Foster by over two minutes. Seoul Olympic marathon runner Sue Crehan finished a further three minutes back in third for firstW40.
M40 (6M)
1 P Milligan (Alt) 31:37; 2 G Rawlinson (N Vets) 31:58; 3 B Shaw (Midd) 32:36; 4 S Breckell (Clay, M45) 34:02; 5 S Entwistle (Gloss) 34:10; 6 F Fielding (Gloss, M45) 34:27; 7 K Burgess (Alt, M55) 34:33; 8 D Helps (Leigh, M45) 35:07; 9 P Irwin (Ross) 35:16; 10 D Kearns (Bolt, M50) 35:30; 11 L Ngqobongwana (Alt) 35:34; 12 K Fowler (Bolt, M45) 35:39; 13 A Chipman (Alt) 35:47; 14 A Fielding (Bolt, M50) 36:07; 15 E Parker (Alt) 36:23; 16 N Griffiths (Spect, M50) 37:30; 17 J Smith (Roch, M55) 37:35; 18 G Large (N Vets, M50) 37:39; 19 D Walton (Alt, M55) 37:55; 20 S Selby (Bolt, W35) 37:56
M55: 3 R Ashby (Sale) 39:32
M60: 1 W Atkinson (N Vets) 40:14; 2 B Court (Bolt) 40:53; 3 M Schofield (Alt) 43:52
M65: 1 D Howarth (Leigh) 41:59; 2 J Betney (Clay) 48:24; 3 D Newton (N Vets) 59:04
M70: B Crook (Tod) 53:41
Women
1 S Selby (Bolt, W35) 37:56; 2 A Foster (N Vets, W45) 40:07; 3 S Crehan (Sale, W40) 40:07; 4 M Trickey (Sale, W50) 44:26; 5 S Charman (S Liv, W45) 46:00; 6 M Gartrell (Wrex, W60) 53:13

WELSH CHAMPS
Colwyn Bay

Men (12km)
1 I Pierce (Tip) 39:25; 2 A Jones (Card) 39:52; 3 C Donnelly (Eryri) 40:03; 4 C Jones (Eryri) 40:35; 5 D Naylor (Swan) 40:41; 6 S Tobin (Swan) 41:06; 7 R Gardner (Card) 41:25; 8 P Millar (Swan) 41:47; 9 M Jenkins (Newp) 41:56; 10 S Robst (Les C) 42:12; 11 J Baker (Les C) 42:14; 12 G Hughes (Les C) 42:16; 13 I Lloyd (Swan) 42:20; 14 K Tobin (Swan) 42:20; 15 A Bailey (Bro D) 42:22; 16 S Mosley (Swan) 42:38; 17 P Cook (B&V) 42:53; 18 G Williams (Eryri) 43:20; 19 D Huws (Eryri) 43:35; 20 J McQueen (Eryri) 43:53; 21 R Edwards (Bang Un) 44:07; 22 S Watson (Swan) 44:26; 23 P Abraham (Swan) 44:26; 24 E Roberts (Eryri) 44:33; 25 J Cox (Les C) 45:07
TEAM: 1 Swansea 62; 2 Eryri 88; 3 Les Croupiers 114
U20 (6140m)
1 T Gardner (Wyc) 20:35; 2 S Olsen (Card) 20:43; 3 M Collins (Torf) 20:48; 4 J Phillips (B&V) 21:06; 5 A Vaughan (Eryri) 21:27; 6 E Dyer (Brec) 21:31; 7 P Kennedy (B&V) 21:47; 8 A Williams (Bro D) 22:37; 9 D Hebblethwaite (Brec) 22:48; 10 K Oats (Dees) 22:58
TEAM: 1 Barry & Vale 38; 2 Brecon 42
U17 (6140m)
1 R Williams (SB) 20:25; 2 M Jones (Stoke) 20:41; 3 A Waters (A'dare) 20:46; 4 J Williams (B&V) 20:55; 5 E Cole (Bridge) 21:00; 6 D Beynon (Swan) 21:14; 7 M Hobbs (Swan) 21:48; 8 D Notman (P'cawl) 22:00; 9 M Emery (Bridge) 22:25; 10 S Clarke (Carm) 23:10
U15 (4385m)
1 D Jones (Carm) 14:57; 2 R Kinsey (Card) 15:10; 3 D Gurman (Torf) 15:13; 4 L Northall (Wrex) 15:18; 5 C Davies (Swan) 15:28; 6 L Pierce (Eryri) 15:30; 7 N Jones (Col B) 15:53; 8 S Jones (Swan) 15:56; 9 M Powell (Swan) 15:57; 10 M Gibbins (Brec) 15:58
TEAM: 1 Swansea 38; 2 Colwyn Bay 66; 3 Brecon 67; 4 Carmarthen 82
U13 (3100m)
1 O Evans (Carm) 11:45; 2 R O'Connell (Beddau) 11:49; 3 L Davies (Wrex) 11:50; 4 G Stokes (Torf) 11:55; 5 T Page (Carm) 12:10; 6 T Slater (Beddau) 12:27; 7 G Jones (Swan) 12:35; 8 S Fraser (Brec) 12:37; 9 S Martin (Preseli) 12:58; 10 R Langdon (Swan) 13:01
TEAM: 1 Carmarthen 35; 2 Carmarthen B 82
Women (6885m)
1 H Nash (Newp, W35) 26:57; 2 S Gray (Abert) 28:15; 3 S Lynch (Newp) 28:42; 4 C Dugdale (unatt) 29:13; 5 A Nixon (Chep) 29:24; 6 B Evens (Card) 30:23; 7 P Jeffs (Bro D) 30:25; 8 A Whitelaw (Wrex) 30:29; 9 W Edwards (Les C) 31:11; 10 R Naish (Bro D) 31:59; 11 E Davies (Dees) 32:40; 12 K Ripley (Les C) 33:00
TEAM: 1 Les Croupiers 56; 2 Cardiff 60
U20/17 (4385m)
1 S Pritchard (Brec) 17:40; 2 G Parnell (Newp) 17:45; 3 M Gaskell (Brec) 17:57; 4 J Jones (Swan) 18:01; 5 S Williams (Wig) 18:03; 6 S Wensley (Newp) 18:25; 7 T Penherwood (Swan) 18:26; 8 S Williams (Wrex) 18:31; 9 E Crowley (Card) 18:44; 10 L Morris (Llanelli) 18:45
TEAM: 1 Brecon 37; 2 Swansea 41
U15 (3100m)
1 E Sherrard-Smith (Swan) 11:59; 2 A Jones (Swan) 12:07; 3 C Rimmer (Swan) 12:07; 4 H Wright (Torf) 12:25; 5 A James (Bridge) 12:50; 6 K Potter (Col B) 13:02; 7 H Rees (Brec) 13:03; 8 C Leach (Aberdare) 13:08; 9 C Smith (Bridge) 13:15; 10 E Sevand (Swan) 13:21
TEAM: 1 Swansea 28; 2 Swansea B 40; 3 Brecon 53
U13 (2570m)
1 R Cotter (Llanelli) 10:34; 2 F Harding (Wrex) 10:38; 3 T Barnard (Bridge) 11:11; 4 S Morgan (A'dare) 11:18; 5 S Martin (Newp) 11:19; 6 D Davies (A'dare) 11:21; 7 J Gooch (Beddau) 11:27; 8 Z John (Bridge) 11:28; 9 S Leyman (Swan) 11:33; 10 N Grabham (Bridge) 11:41
TEAM: 1 Bridgend 38; 2 Newport 49; 3 Swansea 56; 4 Beddau 66; 5 Carmarthen 96; 6 Wrexham 102

GLOUCESTERSHIRE LEAGUE
Thornbury

Men (10.4km)
1 D Walmsley (Bourt) 39:23; 2 T Rudd (Stour) 40:21; 3 M Gilbertson (GWR) 40:40; 4 A Gore (Chelt) 41:13; 5 C Davis (Sev) 41:34; 6 A Geen (Durs, M40) 41:40; 7 B O'Leary (Chelt) 42:17; 8 R Bufton (Bourt) 42:27; 9 D Lander (Sev) 43:04; 10 M Williams (Kenil) 43:24; 11 A Bickerstaff (GWR) 43:34; 12 M Green (FoD, M40) 43:42; 13 P Thornton (Kidder) 44:00; 14 M Dorrill (Kenil) 44:16; 15 B Park (Kidder, M40) 44:27; 16 M Whittock (Sev) 44:50; 17 A Raynes (T'bury) 44:52; 18 C Ashworth (Durs, M40) 44:52; 19 L Davis (Sev, M55) 45:04; 20 B Griffiths (Bourt, M40) 45:15
M45: N Langridge (T'bury) 47:12
M50: M Wilcox (GWR) 47:22
M60: N Williamson (Blaenavon) 65:23
TEAM: 1 Severn 463; 2 Dursley 380; 3 GWR 345
VET TEAM: 1 Dursley 265; 2 Severn 242; 3 Kenilworth 214
U17 (5640m)
1 M Johnson (Worc) 24:24; 2 M Carrier (Broms Sch) 25:27; 3 W Hilgart (FoD) 29:23
U15 (4270m)
1 D Mitchell (B&R) 17:25; 2 D Goodman (B&R) 17:31; 3 R Hunt (Chelt) 17:56; 4 J Lockey (Chelt) 18:09; 5 S Plank (Chelt) 18:15; 6 T Wallis (Glouc) 18:44; 7 S Famming (Chelt) 18:49; 8 J Agard-Evans (Chelt) 19:24; 9 M McMahon (Broms Sch) 19:28; 10 A Lewis (Chelt) 19:32
TEAM: 1 Cheltenham 12; 2 Gloucester 33
U13 (4620m)
1 R White (B&R) 10:16; 2 G Hughes (Ders) 10:28; 3 M Walker (Chelt) 11:12; 4 R Wallis (Glouc) 11:22; 5 D Agard-Evans (Chelt) 11:34; 6 A Ward (Ders) 11:52
TEAM: 1 Dursley 16; 2 Cheltenham 17
U11 (1480m)
1 B Thomas (Durs) 6:10; 2 T Killigrew (B&R) 6:11; 3 A De-Camps (FoD) 6:41; 4 N Adams (Kenil) 6:45; 5 G Reynolds (FoD) 6:51; 6 E Werrett (Broms Sch) 6:57
TEAM: Forest of Dean 17
Women (5640m)
1 B Sampson (Glouc, W40) 25:38; 2 S Hatheringham (B&R) 25:50; 3 J Shaw (Chelt, W35) 26:16; 4 M Johnson-Myres (Worc, W35) 26:28; 5 J Dineen (B&R) 26:45; 6 M Barwood (Glouc, W35) 26:56; 7 L Littlewood (Stour) 27:30; 8 S Howarth (Kidder) 27:41; 9 K Mainstone (T'bury) 27:55; 10 K Owen (Glouc) 28:13
W45: 1 J Nutting (T'bury) 30:04; 2 S Myers (GWR) 33:58
W50: S Fox (T'bury) 37:41
TEAM: 1 Gloucester 91; 2 Bromsgrove & Redditch 87; 3 Stourport 74
VET TEAM: 1 Gloucester 80; 2 Thornbury 55
U17 (5640m)
1 E Martin (Durs) 19:28; 2 E Feakins (Glouc) 20:55; 3 H Scott (Broms Sch) 21:48; 4 E Rogers (Chelt) 22:18; 5 L Hobbs (Durs) 25:36
U15 (4270m)
1 J Safe (C&S) 20:57; 2 L Safe (C&S) 20:57; 3 J Less (C&S) 22:12; 4 S Mitchell (Broms Sch) 23:40; 5 E Woodhill (Broms Sch) 24:04; 6 R Jones (Chelt) 24:56
TEAM: Cannock & Staffs 6
U13 (4620m)
1 A Wilkes (Chelt) 11:34; 2 S Rogerson (FoD) 11:43; 3 R Rogerson (FoD) 12:11; 4 S Finch (C&S) 12:13; 5 S Symons (Broms Sch) 12:28; 6 K Lyle (Chelt) 12:33
TEAM: 1 Cheltenham & County 14; 2 Bromsgrove School 28
U11 (1480m)
1 L Symonds (Broms Sch) 6:47; 2 C Hillier (Ders) 6:52; 3 S Little (Stroud) 6:52
TEAM: Bromsgrove School 10

THAMES HARE & HOUNDS INTER-CLUB 5
Putney Vale

Men
1 R Howell (THH) 29:11; 2 A Weir (THH) 29:20; 3 P McTigue (Herne H) 29:25; 4 T Harran (Herne H) 29:36; 5 P Phillips (Herne H) 30:21; 6 M Boyle (Herne H) 30:26; 7 G Tuck (HW, M45) 30:35; 8 N Altmann (THH) 30:44; 9 S Molden (THH) 31:03; 10 K Jennings (HW, M40) 31:05; 11 A Lynch (THH) 31:15; 12 R Jacobs (Herne H, M40) 31:19
M60: K Spacie (THH) 34:28
TEAM (6 to score): 1 Herne Hill 43; 2 Thames Hare & Hounds 48; 3 Hercules Wimbledon 110; 4 Milocarians 111
TEAM (10 to score): 1 Herne Hill134; 2 Thames Hare & Hounds 140

HARRIS CUP
Greenock

Men (6m, all Greenock Glenpark)
1 R Docherty (U20) 32:55; 2 S McLoone 33:39; 3 A Morrison 34:05; 4 R Davidson 34:23; 5 G Mitchell 34:26; 6 R Shaw (M40) 35:10; 7 W McLaughlin (M40) 36:15; 8 D McNeill (M50) 37:11; 9 A McCall 37:21; 10 N Hay (M40) 42:31
HANDICAP: R Dolan (M40)

LEICESTERSHIRE PRIMARY SCHOOLS' RACES

Boys
Yr 6: T Meads (Thurlaston)
Yr 5: C Benson (Desford)
Yr 4: S Spence (Desford)
Yr 3: T Adams (Bishop Ellis)
Girls
Yr 6: 1eq K Millington (Leighfield)/Aimi Knight (Bushloe)
Yr 5: N Shephard (Sherrier)
Yr 4: R Krych (Stanton)
Yr 3: I Dunmore (Ratby)

January 3

LINCS LEAGUE
Hubbards Hill, Louth

Men
1 J Stephenson (Louth) 32:09; 2 D Marshall (Nene V) 32:18; 3 S North (Frisk) 32:25; 4 C Clarke (Nene V, M40) 32:30; 5 M Sands 9Holb) 32:36; 6 N Marsh (Louth) 32:43; 7 M Barnsdale (Nene V, M40) 32:51; 8 G Knight (Frisk) 32:57; 9 S Gould (Stam H) 33:07; 10 N Holt (Nene V, U20) 33:14; 11 N Overton (Nene V) 33:27; 12 I Martinson (Gst) 33:27; 13 M Packer (Louth) 33:38; 14 G Coulam (Clee) 33:44; 15 I Monaghan (C'field) 33:54; 16 R Church (Nene V, M45) 34:03; 17 P Clark (Clee) 34:15; 18 S Beard (Nene V) 34:19; 19 D Houlton (Linc W) 34:25; 20 S Medhurst (Nene V) 34:34
TEAM: 1 Nene Valley Harriers 13; 2 Louth 19; 3 Nene Valley Harriers B 36
U17
1 I Boneham (Gran) 20:35; 2 S Templeman (Grim) 20:45; 3 C Cope (Holb) 21:07; 4 R Williams (Nene V) 21:33; 5 I McMillan (Clee) 21:45
TEAM: Nene Valley Harriers 22
U15
1 G Dobbs (Clee) 12:28; 2 O Teasel (C'field) 12:51; 3 G Morris (Gran) 13:15; 4 J Porter (Nene V) 13:29; 5 D Brassington (Clee) 13:38
TEAM: 1 Chesterfield 16; 2 Cleethorpes 17; 3 Nene Valley Harriers 21
U13
1 H Robertson (Gran) 10:53; 2 R Ward (Louth) 10:56; 3 K Tombleson (Nene V) 11:20; 4 W Humphries (Holb) 11:22; 5 J

Harrison (Nene V) 11:24
TEAM: 1 Louth 18; 2 Grantham 32; 3 Chesterfield 41
Women
1 C Potts (Eye, W45) 25:29; 2 T Taylor (Stam H) 25:39; 3 L Parry (Clee, W35) 25:54; 4 J Clay (Holb, W35) 26:16; 5 S Revill (Stam H) 27:05
TEAM: Eye Community Runners 28
U17
1 N Buckingham (Grim) 14:34; 2 J Peters (Louth) 15:20; 3 R Bampton (Linc W) 16:58
TEAM: Grimsby 10
U15
1 T Ilsey (Clee) 11:28; 2 F Newton (Clee) 11:42; 3 K Hudson (Linc W) 12:03; 4 H Kirk (Grim) 12:15; 5 A Lilley (Clee) 12:39
TEAM: Cleethorpes 8
U13
1 N Johnson (Linc W) 12:07; 2 H Mort (C'field) 12:18; 3 J Wilson (Linc W) 12:22; 4 A Waterman (Clee) 12:51; 5 A Thomas (Linc W) 12:59
TEAM: 1 Lincoln Wellington 9; 2 Grantham 28; 3 Lincoln Wellington B 28

NEWBURY BORDER LEAGUE
Frimley

U17 men
1 J Dickinson (Has B) 18:50; 2 T Bolton (gst) 22:05; 3 D Regan (gst) 22:08
U15
1 L Grainger (Wav) 16:58; 2 A McGeoch-Williams (Brack) 17:21; 3 D Straw (BMH) 17:31; 4 T Graham (BMH) 17:43; 5 S Quinn (BMH) 18:24
TEAM: 1 Basingstoke & Mid Hants 18; 2 Waverley 37; 3 Bracknell 38
U13
1 P Newbank (Walt) 12:48; 2 S Challon (BMH) 13:07; 3 R Chambers (Walt) 13:18; 4 A Gamble (BMH) 13:37; 5 D Norris (Brack) 13:42
TEAM: 1eq Basingstoke & Mid Hants/Walton 29; 3 Bracknell 51; 4 Waverley 64; 5 Fleet & Crookham 67; 6 Aldershot, Farnham & District 68
U11
1 B Wilson (Walt) 11:54; 2 S Garrett (Brack) 12:11; 3 G Dredge (Walt) 12:12; 4 R Hughes (Brack) 12:18; 5 S Gill (AFD) 12:48
TEAM: 1 Bracknell 27; 2 Aldershot Farnham & District 39; 3 Walton 55; 4 Basingstoke & Mid Hants 66; 5 Walton 88
U9
1 A Butler (BMH) 4:38; 2 M McPharland (AFD) 4:42; 3 L Wilson (Walt) 5:03; 4 H Silvester (AFD) 5:11; 5 A Garrett (Brack) 5:13
U17 women
1 H Sharp (Has B) 16:10; 2 B Harris (BMH) 19:35; 3 AN Other (U13) 19:43; 4 J Foster (Has B) 20:13; 5 E Wiles (C'ley) 20:41
U15
1 B Compton (BMH) 13:55; 2 T Perry (BMH, gst) 14:15; 3 R Harris (BMH) 15:18; 4 S Henderson (Brack) 15:31; 5 J Kiernan (Brack) 15:34
TEAM: 1 Basingstoke & Mid Hants 20; 2 Bracknell 33; 3 Woking 42; 4 Newbury 46
U13
1 N Bartholomew (F&C) 13:07; 2 R Driver (AFD) 13:15; 3 S Bolton (BMH) 15:38; 4 C O'Neill (Brack) 14:07; 5 J Brierley (BMH) 14:09
TEAM: 1 Basingstoke & Mid Hants 32; 2 Bracknell 39; 3 Fleet & Crookham 57; 4 Aldershot, Farnham & District 66
U11
1 I Lee (AFD) 8:18; 2 E Pallant (AFD) 8:38; 3 S Ely (Brack) 8:41; 4 C Smith (F&C) 8:55; 5 J Straw (BMH) 8:56
TEAM: 1 Aldershot, Farnham & District 17; 2 Basingstoke & Mid Hants 34; 3 Bracknell 49; 4 Fleet & Crookham 86
U9
1 L Ely (Brack) 5:24; 2 E O'Neill (Brack) 5:29; 3 T Laing (BMH) 5:42; 4 L Wright (BMH) 5:47; 5 N Jeffery (And) 6:14

OXFORD MAIL OXON LEAGUE
Cirencester

Men
1 D Walmsley (Bor) 35:13; 2 S Kimber (Oxf) 35:57; 3 G Harris (Hed) 36:55; 4 E Dixon (Ban) 36:59; 5 J Lennox (Hed) 37:13; 6 P Wilson (WHH) 37:48; 7 D Green (WHH, M40) 37:58; 8 M Smith (Cir) 38:01; 9 J Exley (Oxf, M50) 38:20; 10 S McGuigan (WHH, U20) 38:31; 11 J Greaves (Wds) 38:35; 12 N Baimbridge (Hkn) 38:47; 13 S Pritchard (Ban) 39:01; 14 I Robinson (Ban) 39:11; 15 R Bufton (Bor) 39:16; 16 R Grant (Oxf, M40) 39:20; 17 G Richards (Abn, M40) 39:26; 18 T Glare (Wds) 39:28; 19 T Taylor (WHH) 39:51; 20 B Griffiths (Bor, M40) 40:08
M50: 2 R Tredwell (Oxf) 41:33; 3 M Hurd (Wds) 41:43
M60: W Brown (Hed) 47:14
U20: 2 N Wright (Ban) 42:58; 3 M Amson (Ban) 45:34
Overall Men: 1 D Walmsley 2; 2 S Kimber 4; 3 G Harris 5
Overall U20: 1 J Bowler 50; 2 N Wright 112; 3 M Amson 127
Overall M40: 1 D Green 14; 2 R Grant 29; 3 D Wheeler 31
Overall M50: 1 J Exley 23; 2 M Hurd 53; 3 R Tredwell 74
Overall M60: W Brown 197
DIV I TEAM: 1 Headington 149; 2 White Horse 186; 3 Oxford City 191
Overall: 1 Headington 384; 2 Oxford City 466; 3 White Horse 699
DIV II TEAM: 1 Bourton 283; 2 Cirencester 351; 3 Headington B 368
Overall: 1 Headington B 1004; 2 Bourton 1111; 3 Cirencester 1443
U17
1 I Duncan (Abn) 23:13; 2 C Hughes (Cir) 23:47; 3 M Ashton (Wit, U15) 24:15; 4 T Penfold (WHH, U15) 25:00; 5 D Prickett (Bic) 25:06; 6 S Laycock (Cir, U15) 25:20; 7 L Thornhill (Abn) 26:21; 8 L Thomas (Gos, U15) 27:39; 9 J Penn (Abn, U15) 27:51; 10 C Miles (Wit, U15) 29:41
Overall U17: 1eq A Flynn (Bic)/I Duncan 3; 3 P Jeffrey (Oxf) 5
Overall U15: 1 T Penfold 6; 2 M Ashton 9; 3 L Thomas 17
TEAM: 1 Abingdon 17; 2 Cirencester 20; 3 Witney 29; 4 Banbury 44
Overall Team: 1 Abingdon 54; 2 Witney 88
U13
1 C Gillespie (WHH) 9:18; 2 P Castle (Oxf) 9:45; 3 B Fisher (Abn) 9:48; 4 T Penn (Abn) 9:50; 5 T Couling (Abn) 10:05; 6 B Galbraith (Abn) 10:13; 7 M Woodruff (Abn) 10:21; 8 M Jessop (Abn) 10:27; 9 A Briscoe (WHH) 10:58; 10 G Petts (Wit) 10:59
Overall: 1 C Gillespie 2; 2 P Castle 4; 3 O Parsons (Oxf) 7
TEAM: 1 Abingdon 12; 2 Abingdon B 21; 3 White Horse 23; 4 Witney 35
Overall Team: 1 Abingdon 41; 2 Abingdon B 78; 3 Witney 112
U11
1 N Flynn (Bic) 8:06; 2 I Timms (Ban) 8:21; 3 S Penn (Abn) 8:35; 4 A Woodruff (Abn) 8:47; 5 J Hill (Abn) 8:51; 6 S Harvey-Owen (Oxf) 9:08; 7 I Castle (Oxf) 9:20; 8 J Carter (Oxf) 9:23; 9 R Newport (Oxf) 9:25; 10 J Belcher (Oxf) 9:37
Overall: 1 N Flynn 2; 2 I Timms 4; 3 S Penn 6
Women
1 E O'Hare (Cir) 24:00; 2 A Hirst (Hed) 26:24; 3 F Briscoe (WHH, U17) 26:41; 4 L Godding (WHH) 26:53; 5 R Candlin (Oxf, U17) 29:18; 6 H Underwood (Cir) 29:21; 7 M Harrison (Hed) 29:26; 8 F Wood (Cir, U20) 29:34; 9 K Whitmore (Hed) 29:54; 10 R Brooks (Cir) 30:36
W35: 1 A Hogan (Chw) 31:06; 2 S Helm (Wit) 31:13; 3 K Miles (WHH) 31:22
W45: 1 R Thomas (Wit) 32:48; 2 R Fulford (Cir) 33:49; 3 S Smith (Ban) 33:56
W55: 1 M Campbell (Cir) 31:37; 2 G Partridge (Hed) 34:20; 3 M Tinson (Wit) 35:28
Overall Women: 1 A Hirst 4; 2 J Craft (Hed) 6; 3 L Godding 8
Overall W35: 1eq A Coldrick (Bor)/K Shaw (Chw) 25; 3 J Ashton (Wit) 29
Overall W45: 1 G Dean (Rad) 6; 2 H O'Shea (Abn) 34; 3 S Bailey (WHH) 49
Overall W55: 1 M Campbell 48; 2 G Partridge 76; 3 M Tinson 85
Overall U20: A Richmond (Hed) 45
Overall U17: 1 H Dean (Rad) 2; 2 F Brisco 13; 3 R Candlin 20
TEAM: 1 Cirencester 15; 2 Headington 18; 3 White Horse 23
Overall Team: 1 Headington 53; 2 Cirencester 112; 3 White Horse 114
U15
1 R Bolton (Oxf) 9:09; 2 J Rhodes (WHH, U13) 9:32; 3 E Gottwald (Abn) 9:52; 4 L Sewell (Cir) 10:00; 5 M Williams (Oxf, U13) 10:15; 6 H Thorne (Rad, U13) 10:20; 7 H England (Oxf, U13) 10:24; 8 J Smith (Rad) 10:32; 9 F Rhodes (WHH) 10:51; 10 S Molyneux (Rad, U13) 10:53
Overall U15: 1 E Gottwald 3; 2 J Smith 6; 3 F Rhodes 15
Overall U13: 1 J Rhodes 3; 2eq H Thorne & M Williams 9
TEAM: 1 Oxford City 13; 2 Radley Ladies 24; 3 Abingdon 32; 4 White Horse 42
Overall Team: 1 Radley Ladies 54; 2 Oxford City 56; 3 Abingdon 99
U11
1 C Plateau (Rad) 7:58; 2 N Galbraith (Rad) 8:14; 3 G Hood (Oxf) 8:22; 4 K E Daly (Rad) 8:34; 5 K I Daly (Rad) 8:42; 6 A Peacock (Ban) 8:50; 7 S Plateau (Rad) 9:01; 8 J England (Oxf) 9:30; 9 H Nixon (Wit) 9:58; 10 V Richards (Abn) 14:13
Overall: 1 C Plateau 2; 2 G Hood 5; 3 G French (Oxf) 6

NORTH YORKSHIRE AND SOUTH DURHAM HARRIER LEAGUE
Acklam Grange School

Men/M40/U20 (6.25M)
1 I Cook (Burn R) 32:04; 2 P Bentley (M&C) 32:10; 3S O'Grady (New M) 33:09; 4 D Parkin (Loft) 33:16; 5 P Lowe (Mand) 33:24; 6 J Hunter (Loft) 33:37; 7 N Orr (Darl) 33:42; 8 R Cole (Mand, U20) 33:49; 9 A Tate (Rown) 33:52; 10 K Patterson (Mand) 34:03
M40: S Bailey (Burn R) 34:39
TEAM: 1 Knavesmire 164; 2 Burn Road 173; 3 Mandale 176; 4 Thirsk 183; 5 Loftus 226; 6 Middlesbrough & Cleveland 253; 7 Darlington 274; 8 Richmond & Zetland 293; 9 Swaledale 313; 10 Scarborough 364
U17 (3.5M)
1 D Augustus (Scar) 17:18; 2 P Best (Shil) 17:49; 3 D Hugill (Mand) 17:58; 4 I Wilson (Burn R) 18:32; 5 D Gibson (Mand) 18:24
TEAM: 1 Mandale 25; 2 Burn Road 50; 3 Shildon 56; 4 Middlesbrough & Cleveland 62
U15 (2.25M)
1 A Harvey (M&C) 11:22; 2 M Hillaby (Scar) 11:32; 3 C Coats (Mand) 11:34; 4 S Bates (M&C) 11:35; 5 C Luck (M&C) 11:39
TEAM: 1 Middlesbrough & Cleveland 18; 2 Mandale 42; 4 Richmond & Zetland 75; 4 Shildon 84; 5 Scarborough 89
U13 (1.5M)
1 D Quarrie (Rown) 7.40; 2 R McManus (Mand) 8:00; 3 P Awnley (Scar) 8:04; 4 J Rafferty (Mand) 8:11; 5 N Zissler (R&Z) 8:17
TEAM: 1 Mandale 25; 2 Darlington 57; 3 Richmond & Zetland 61; 4 Scarborough 67
Women/W35/U20 (2.75M)
1 E Casson (M&C) 15:47; 2 B Taylor (Darl) 16:01; 3 R Brown (Darl) 16:12; 4 C Summersgill (M&C) 16:20; 5 D Rutherford (T&S) 16:36; 6 C Hare (Loft, U20) 16:48; 7 S Milburn (N Ayc, W35) 16:55; 8 A Woolvine (R&Z, U20) 17:00; 9 A Hayward (T&S, W35) 17:09; 10 L Jackson (R&Z, U20) 17:20
TEAM: 1 Darlington 40; 2 Middlesbrough & Cleveland 47; 3 Knavesmire 51; 4 Thirsk & Sowerby 66; 5 Richmond & Zetland 96
U15 (2.25M)
1 K Bage (M&C) 12:42; 2 J Jackson (New M) 13:00; 3 G Rutherford (Darl) 13:13; 4 M Scott (Shil) 13:33; 5 A Clark (Burn R) 13:37
TEAM: 1 Nestle Rowntree 43; 2 New Marske 54; 3 Middlesbrough & Cleveland 57
U13 (1.5M)
1 J Highfield (M&C) 8:52; 2 A Hibbert (Rown) 9:05; 3 R Emslie (Rown) 9:15; 4 I Gibbs (Rown) 9:17; 5 S Bates (M&C) 9:19; 6 S Goodall 9:27; 7 A Baines (R&Z) 9:33; 8 L Gibbon (New M) 9:42; 9 S Hart (New M) 9:43; 10 N Owens (Shil) 9:44
TEAM: 1 Nestle Rowntree 34; 2 Middlesbrough & Cleveland 38; 3 Richmond & Zetland 50; 4 New Marske 57; 5 Mandale 95; 6 Scarborough 97; 7 Shildon 115

January 2

ESSEX LEAGUE
Thurrock

Men
1 E Martin (Bas, M40) 32:07; 2 N Bangs (Thurr, U20) 33:33; 3 J Barker (Hav M) 33:52; 4 J Mills (Chelm) 34:13; 5 T Payn (C&T, U20) 34:23; 6 R Gaine (Colch) 34:29; 7 R Dickenson (Hav M, U20) 34:33; 8 P West (Colch) 34:41; 9 N Heppel (Brent, U20) 34:46; 10 C Miles (S'end) 34:54; 11 T Barden (Bas) 35:21; 12 K Martin (Colch) 35:29; 13 D Carrol (Bas, U20) 35:32; 14 M Blaid (Hav M) 35:33; 15 W Hawes (Hav M, U20) 35:40; 16 T Bartrum (Colch) 35:44; 17 C Waugh (Brent) 35:48; 18 E White (Colch) 35:53; 19 C Lewin (Colch) 36:04; 20 R Nixon (Colch, U20) 36:09
M40: 2 S Williams (Pit) 36:27; 3 C Purse (Chelm) 37:04; 4 G Hart (Chlem) 38:13; 5 P Binns (S'end) 38:37
TEAM: 1 Colchester 79; 2 Havering 93; 3 Southend 166; 4 Thurrock 171; 5 Chelmsford 222
U17
1 R Smith (Bas) 23:49; 2 E Van Der Schans (Thurr) 23:57; 3 J Williams (Chelm) 24:32; 4 T Pounds (Orion) 24:40; 5 M Clarke (Orion) 24:56; 6 D Allen (Hav M) 25:22; 7 L Clements (Hav M) 25:29; 8 D Bullen (Thurr) 25:45; 9 M Hooker (Bas) 26;23; 10 D Crispin (Thurr) 26:26
TEAM: 1 Thurrock 32; 2 Orion 42
U15
1 T Dymond (Hav M) 18:32; 2 J Young (Orion) 18:53; 3 J Purkiss (Thurr) 19:34; 4 A Batnasothy (Thurr) 19:50; 5 J Tydeman (Bas) 19:53; 6 A Philbrick (Colch) 20:03; 7 R Smith (C&T) 20:21; 8 A Cross (Thurr) 20:31; 9 J Isaacs (Hav) 20:35; 10 K O'Sullivan (Hav M) 20:58
TEAM: 1 Thurrock 26; 2 Havering 34; 3 Orion 54
U13
1 T Snow (Orion) 16:19; 2 A Rolfe (Thurr) 16:44; 3 D Mead (Hav) 16:46; 4 D Quinn (S'end) 16:52; 5 A Humphreys (S'end) 16:54; 6 D Patten (Thurr) 17:22; 7 D Botter (Bas) 17:46; 8 M Keane (Orion) 17:51; 9 A Briggs (Thurr) 18:03; 10 J Sceats (S'end) 18:34
TEAM: 1 Thurrock 33; 2 Southend 37; 3 Havering 43; 4 Orion 49
Women
1 J Sullivan (Hav M) 26:12; 2 G Greenholgh (C&T) 26:40; 3 R Eddy (C&T) 26:52; 4 J Critchley (Ilf) 27:07; 5 J Heath (Thurr) 27:50; 6 A Oakman (C&T) 27:55; 7 N Barnett (Hav M) 28:19; 8 L Felton (Hav M, W35) 28:49; 9 S McGann (C&T) 28:55; 10 D Harme (Hav M) 29:08
W35: 2 L Branch (Chelms) 29:36; 3 R O'Sullivan (Hav M) 30:09
W45: 1 L Tanner (C&T) 29:12; 2 I Riley (Dagen) 35:09
U20: H Hawes (Hav M) 29:20
TEAM: 1 Colchester & Tendring 20; 2 Havering Mayesbrook 28; 3 Southend 96; 4 Chelmsford 102
U20
1 J Swallow (Brent) 19:16; 2 V Tester (Hav M) 21:07; 3 S Raven (S'end, U17) 21:17; 4 C Webb (Brent, U17) 21:25; 5 S Humphreys (Hav M, U17) 21:41; 6 H Biscoe (Hav M, U17) 21:45; 7 H Stubbs (Gst, U17) 22:08; 8 D Glanville (Ilf, U17) 22:28; 9 L Bailey (Thurr, U17) 22:49; 10 R Clifton (S'end, U17) 23:06
U20: 3 L White (Harl) 24:03
U20 TEAM: 1 Brentwood 1; 2 Havering Mayesbrook 2; 3 Harlow 14
U17 TEAM: 1 Havering & Mayersbrook 24; 2 Southend 35
U15
1 F Fullerton (Hav M) 16:39; 2 L Deadman (Hav M) 17:39; 3 S Ward (Bas) 17:56; 4 L Welham (C&T) 18:08; 5 A Joel (Bas) 18:25; 6 L Clifford (Bas) 19:03; 7 K Hunter (C&T) 19:05; 8 M Hughes (C&T) 19:13; 9 L O'Neil (Hav M) 19:26; 10 J Tanner (C&T) 19:52
TEAM: 1 Havering Mayesbrook 24; 2 Colchester & Tendring 29; 3 Basildon 33
U13
1 D Tatum (Halsted) 15:32; 2 M Wall (Bas) 15:39; 3 L Snow (Orion) 16:06; 4 C Raven (S'end) 16:15; 5 S Luck (Hav M) 16:39; 6 L Hartnett (Bas) 16:44; 7 L King (Ilf) 16:47; 8 A Lingard (Bas) 16:53; 9 V Gangs (Thurr) 16:57; 10 K Ward (C&T) 17:06
TEAM: 1 Basildon 30; 2 Havering Mayesbrook 44; 3 Southend 66; 4 Ilford 102; 5 Thurrock 125

GLOUCESTER LEAGUE
Bromsgrove

U17 men
1 T Dable (Leam) 21:57; 2 J Bowater (B&R) 22:57; 3 J Mudderman (Leam) 23:06
TEAM: 1 Leamington 10; 2 Bromsgrove & Redditch 11
U15
1 N Hawkins (Strat) 13:37; 2 D Mitchell (B&R) 13:45; 3 M Hawkins (Strat) 14:00; 4 S Plank (Chelt) 14:15; 5 T Parkinson (Leam) 14:20; 6 R Hunt (Chelt) 14:21; 7 T Porter (B&R) 14:40; 8 D Goodman (B&R) 14:44; 9 S Finning (Chelt) 14:53; 10 D Hearn (B&R) 15:11
TEAM: 1 Stratford 15; 2 Bromsgrove & Redditch 17; 3 Cheltenham & Co 19
U13
1 G Hughes (Durs) 11:08; 2 M Addison (B&R) 11:11; 3 R White (B&R) 11:12; 4 M Butler (Leam) 11:32; 5 R Peace (Durs) 11:53; 6 D Lloyd (B&R) 11:53; 7 T Lee-Betts (Leam) 11:54; 8 D Agard-Evans (Chelt) 12:10; 9 W Juba (Leam) 12:14; 10 A Woodwiss (Brom) 12:20
TEAM: 1 Bromsgrove & Redditch 11; 2 Leamington 20; 3 Dursley 24
U17 women
1 E Rogers (Chelt) 15:20; 2 L Addison (B&R) 15:50; 3 S Lewis (B&R) 16:03; 4 N Collins (B&R) 16:24; 5 H Scott (Broms) 16:54; 6 L Hobbs (Durs) 17:20; 7 R Farmer (C&S) 18:01; 8 K Farmer (C&S) 18:18
TEAM: Bromsgrove & Redditch 9
U15
1 H Morris (B&R) 13:04; 2 H Gardener (B&R) 13:05; 3 S Plummer (Leam) 13:06; 4 J Crisp (Chelt) 13:10; 5 J Safe (C&S) 13:30; 6 H Blamire -Brown (Brom) 13:34; 7 J Holt (Leam) 13:43; 8 H Smith (B&R) 13:43; 9 L Safe (C&S) 13:48; 10 R Holmes (Leam) 14:10
TEAM: 1 Bromsgrove & Redditch 11; 2 Leamington 20; 3 Cannock & Staffs 25
U13
1 S Patter (B&R) 11:32; 2 A Wilkes (Chelt) 12:36; 3 N Bass (Leam) 12:40; 4 H Small (B&R) 12:48; 5 S Langdale (B&R) 12:55; 6 S Rogerson (FoD) 12:57; 7 L Kyte (B&R) 13:03; 8 S Symonds (Brom) 13:17; 9 N Box (Chelt) 13:32; 10 S Beddows (Leam) 13:40
TEAM: 1 Bromsgrove & Redditch 10; 2 Leamington 24

Road

January 10

GARSTANG 10km

GREAT BRITAIN international Paul Freary defied the challenge from a strong Border Harriers' contingent as he set a course record in this popular rural 10km, *Keith Bradshaw reports.*

Despite the icy conditions, Freary took eight seconds off Peter Riley's record set in 1998. Second placer Alan Bowness was also inside the old mark.

Border's Jackie Hargreaves had a comfortable win. The Border Harrier finished 27th overall, 58 seconds ahead of Jane Riley.

Men (10km)
1 P Freary (Bolt) 31:05 (rec); 2 A Bowness (Bord) 31:11; 3 S Murdoch (Bord) 31:58; 4 P Muller (Wrekin, M40) 32:42; 5 M Scott (Bord) 33:20; 6 G Mason (Cope N) 33:31; 7 A McKee (Cope N) 33:38; 8 M Coulthurst (Red R) 33:58; 9 J Houghton (N Fylde, M40) 34:09; 10 K Wilding (Wesh, M40) 34:11; 11 D Bowness (Cope N) 34:19; 12 L Willden (N Fylde, M40) 34:41; 13 G Cunliffe (Clay, M40) 34:49; 14 D Green (Wig D) 35:20; 15 M Walker (Gosf, M50) 35:25; 16 A Calrkson (Clay, M40) 35:28; 17 E Cook (unatt, M45) 35:29; 18 P Butterworth (Clay, M40) 35:31; 19 M Owen (Acc, M40) 35:41; 20 P Sandford (L&M, M40) 35:43
M45: A Hudson (Wesh) 35:48
M55: P Taylor (Bord) 40:23
M60: D Brown (Clay)42:37
M65: F Makin (L&M) 42:49
Women
1 J Hargreaves (Bord) 36:18; 2 J Riley (Wig P) 37:16; 3 J Jackson (unatt, W40) 38:39; 4 V Barrett (N Fylde) 40:45; 5 H Sandelands (Wig P, W35) 41:07; 6 M Eccles (Red R) 41:40; 7 J Pound (Chor AC, W40) 42:08; 8 L Johns (Wig P) 42:38
W45: J Adams (Red R) 44:31
W50: J Orritt (Red R) 44:07
W55: H Mitchell (Gars) 50:35
W60: E Elkington (L&M) 49:45
No of finishers: 366

STUBBINGTON 10km

MICHAEL EAST ran one second quicker than last year to improve on his 1998 runner-up spot, *Malcolm Price reports.*

By 5km (15:20) four were together at the front. East, Tim Watson and Colin Palmer - all track specialists with road wins to their credit - were battling it out with Simon Plummer, a recent England junior cross country debutant.

The group stayed together until 9km when East and then Watson made their decisive charges for the tape with East coming out on top by five seconds.

The women's race saw the in-form Kath Bailey winning by two minutes from Kath Wheeler.

Men
1 M East (Ports) 31:01; 2 T Watson (Havant) 31:06; 3 C Palmer (Team S) 31:12; 4 S Plummer (Soton RC) 31:16; 5 R Savage (Hard) 31:36; 6 D Furmidge (Ryde) 31:38; 7 D Thomson (Ports) 31:44; 8 D Hurdwell (B'mth) 31:48; 9 M Twomey (Soton RC) 31:52; 10 V Stamp (Ports) 32:09; 11 C Olden (New F) 32:33; 12 A Bridge (Soton RC, M40) 32:43; 13 I Harpur (Soton RC) 33:08; 14 M Hoey (B'mth) 33:13; 15 G Gough (RN, M40) 33:14; 16 R Ball (Ports, M45) 33:16; 17 G Rhimes (Ports, M45) 33:17; 18 I Hardcastle (Win) 33:22; 19 J Bristow (B&H, M40) 33:34; 20 Z Grice (Stubb G) 33:36; 21 N Tolfrey (Havant) 33:54; 22 P John (RN) 33:58; 23 P Davis (Team S) 33:59; 24 T Saunders (Havant, M50) 34:02; 25 T Frost (Liss) 34:03; 26 V Bass (Ports) 34:06; 27 I Barnes (Poole R, M50) 34:11; 28 P Gale (Fair VS) 34:12; 29 R Merritt (Soton RC) 34:22; 30 J Marshall (Stubb G, U20) 34:40; 31 R Wilson (Team S, M40) 34:46; 32 N Hotson (Soton RC, M40) 34:52; 33 C Wrapson (Gosp, M40) 34:56; 34 P Guest (Ports J, M40) 34:59; 35 D Vosser (Over) 35:02; 36 G Lloyd (WSE) 35:03; 37 D O'Brien (Ports J) 35:05; 38 A Cullen (BMH) 35:07; 39 H Szwinto (New F, M40) 35:07; 40 G McRobert (Soton RC) 35:09; 41 M Ellard (Chich) 35:23; 42 K Bailey (Havant, W) 35:24; 43 S Hearden (Stubb G) 35:30; 44 G Jones (Oxf C, M50) 35:31; 45 M Smith (Soton RC, M50) 35:37; 46 D Ford (Horsh J) 35:40; 47 R Gunner (Stubb G) 35:41; 48 M Renyard (Hard, M50) 35:43; 49 R Kendall (Hard) 35:53; 50 R Berogna (Den) 35:57
TEAM: 1 City of Portsmouth 34; 2 Southampton Running Club 38; 3 Team Solent 118
M55: R Gould (Wx) 38:57
M60: A Marsh (Ports J) 40:00
M65: R Webb (Arunn) 41:45
Women
1 Bailey 35:24; 2 C Wheeler (Over, W35) 37:33; 3 R McGimpsey (Soton C, W35) 37:41; 4 A Cameron (BMH) 38:25; 5 S Robson (Ports J) 38:33; 6 C Doe (Poole R, W40) 38:38; 7 T Prendergast (Hard) 39:11; 8 D Austin (B'mth, W35) 39:26; 12 J Ross (Win, W40) 40:26; 13

J Talbot (Ports J, W45) 40:30; 14 C Hiscock (Ports) 40:47; 15 B Edwards (Win) 41:07; 16 S Rhimes (Soton C, W40) 41:17; 17 L Prideaux (E'leigh, W45) 41:22; 18 K Armitage (Stubb G, W35) 41:46; 19 S Thirtle (Team S, W40) 41:55; 20 L Brodie (Win, W35) 42:00
TEAM: 1 Portsmouth Joggers 27; 2 Winchester & District 47; 3 Overton Harriers 55
W50: M Crocker (Vic) 42:56
W60: J Palmer (Roms) 48:31
U20: S-M Coulson (unatt) 59:43

MILBOURNE 10 Milbourne St Andrew, near Blandford

Men
1 A Trent (Egd H) 56:25; 2 R Morgan (Dors D, M40) 56:27; 3 T Cutler (Poole R, M45) 56:41; 4 A Rich (Egd H, M45) 57:23; 5 D Patrick (Poole) 57:41; 6 A Hunt (Egd H) 58:16; 7 M Taylor (unatt) 58:20; 8 A Moriarty (Egd H) 58:55; 9 A Mead (Wimb) 59:02; 10 G Smith (Dors D, M40) 59:23
M50: T Leech (Egd H) 67:54
M60: C Ching (D Lloyd) 75:10
TEAM: 1 Egdon Heath Harriers 11; 2 Dorset Doddlers
Women
1 F Anderson (Egd H, W35) 66:39; 2 P Caffyn (Dors D, W35) 67:31; 3 S Billington (Wimb, W45) 71:15
W45: 2 J Boichot (Wey) 75:51
W55: J Royal (Dors, W60) 73:24

RICHARD BURTON 10km Cwmafan

Men
1 A Jones (Card) 30:58; 2 S Tobin (Swan) 31:48; 3 M Rees (Neath H) 31:49; 4 D Rixon (B'end) 32:31; 5 J Kitteter-Rottich (N'brook) 32:46; 6 O Haines (unatt) 33:25; 7 N Gwen (Trotts) 34:35; 8 P Kellan (Les C) 34:51; 9 J Rees (Neath, M40) 35:02; 10 J Collins (Swan) 35:28
TEAM: Swansea Harriers
M50: D Davies (Neath) 36:26
TEAM: Swansea Harriers
Women
1 F Gill (Neath) 36:26; 2 A Crochett (B'end) 42:52; 3 F Williams (Card, W40) 43:50
W35: H Meads (unatt) 61:34
TEAM: Swansea Harriers

TYKES 4 Littleborough

Men
1 B Crowther (Alt) 20:13; 2 J Convery (Leeds) 20:30; 3 D Rankin (O&R) 20:48; 4 R Peers (Alt) 20:56; 5 S Haylock (Stock) 21:36
6 P Brannan (Clay, M40) 21:42; 7 M Horrocks (Clay) 21:45; 8 D Hinde (Sheff) 21:48; 9 S Barlow (Horw) 21:49; 10 P McLoughlin (Alt) 21:54; 11 M Higginbottom (Salf, M40) 22:02; 12 D Callan (Ross) 22:28; 13 D Moore (York) 22:29
M45: A Healey (Bury) 24:38
M50: G Smith (Ross) 23:19
M55: D Edge (Roch) 24:50
M60: P Dibb (Long) 29:16
M65: A Walsham (N Vets) 28:41
M70: J Lawton (N Vets) 31:09
U20: C Leishman (Ross) 27:03
Women
1 J Kenyon (unatt, W35) 24:09; 2 M Bromley (G'dale) 25:03; 3 G Roby (Hal, W35) L 35 25:12; 4 D Martin (Bury) 27:06; 5 C Waterhouse (Hal) 27:41; 6 M Meredith (P'atyn, W50) 27:49; 7 S Budgett (Man YMCA, W35) 27:54; 8 C Willgoose (Hal, W35) 28:18; 9 M Meredith (P'atyn) 28:25; 10 A Templeton (Bux) 28:34
W65: L Gilchrist (Midd) 29:29

SEVENOAKS MONTHLY H'CAP

Mixed (5M)
1 S Sangvik (W) 35:28; 2 L Collins (M45) 32:26; 3 G Cooper (M40) 33:07
Fastest: 1 M Clark (M40) 31:06; 2 Collins (M45) 32:26; 3 S Hallpike (M45) 33:00

January 9

NIGEL BARGE MEMORIAL 5 Summerston, Glasgow

FRANK McGOWAN quickly broke away and was well clear after 1.5 miles, where the leader receives the 'king of the mountain' prize, *Denis Shepherd reports*.

He went on to win the race by 44 seconds from veteran Brian Kirkwood who got the better of a tussle with Charlie Thomson. Thomson probably lost second prize when he came close to doing a somersault at a point where leaking water had turned to ice and a toddler walked in front of the chasing runners. He gained some compensation by sharing in Ronhill Cambuslang's team victory.

Archie Jenkins somehow managed to be in two places at the same time - he competed in the District 1500m at Kelvin Hall, then took the veterans prize, before returning to run the 3000m indoor event the next day.
Men
1 F McGowan (Shett) 24:55; 2 B Kirkwood (Miz, M45) 25:39; 3 C Thomson (Cambus) 25:40; 4 J Brown (Cambus) 26:09; 5 S Gibson (Moth) 26:24; 6 A Chalmers (Spring) 26:32; 7 A Jenkins (Cambus, M45) 26:41; 8 H McKay (Fife) 26:51
M50: R Young (C'dale) 28:29
TEAM: Ronhill Cambuslang 14
Women
1 L McMahon (JWK) 29:00; 2 A Higgins (Loudoun) 29:21; 3 S Branney (Glas, W40) 29:32; 4 CA Thomson (Glas) 29:36
U20: K Limond (Glas) 34:28
TEAM: City of Glasgow 137

ELLIOT CUP 6 Greenock

Men (all Inverclyde)
1 S Conaghan 26:33; 2 G Gaffney (M40) 29:06; 3 S McAllister 30:29; 4 G King 30:33; 5 C Spence (M45) 31:00; 6 C Black 31:13; 7 S Dalgleish 31:48; 8 J Bannister 31:57; 9 G Hegarty 32:14; 10 R McDonald 33:44
M50: W Stoddart (M65) 39:12
Handicap: L McMahon
Women: AM McKee 34:18

January 8

TRANSCO PROMS 3km SERIES Aberdeen

CALUM DAVIDSON secured his third win and removed seven seconds from Dan Whitehead's course record in the fourth of the six counting races in the series, *Fraser Clyne reports*.

The Aberdeen AAC man didn't have it all his own way however as veteran international Keith Varney kept up the pressure all the way round the out-and-back promenade course.

Varney also broke the old standard when finishing runner-up just a few strides behind.
Men
1 C Davidson (A'deen) 8:54; 2 K Varney (Metro, M40) 8:56; 3 C O'Brien (A'deen) 9:30; 4 P Jennings (Metro, M40) 10:00; 5 N Price (Ellon) 10:06; 6 T Litterick (Metro) 10:13; 7 C Munday (unatt) 10:21; 8 C Benzies (Metro, M40) 10:45; 9 P. Gedge (unatt) 11:06; 10 I Williamson (A'deen, M45) 11:07; 11 A Fulton (A'deen, M50) 11:12; 12 B Taylor (A'deen, M45) 11:15; 13 M Bryce (Garioch, M45) 11:24; 14 E Rennie (Cosmic, M45) 11:30; 15 C Logan (A'deen, M45) 11:34
Women
1 J Gordon (A'deen, W40) 13:35; 2 M Simpson (unatt, W40) 13:39; 3 C Smith (A'deen, W35) 13:45; 4 L Hemmings (unatt, W45) 13:54

January 7

LIVINGSTON & DISTRICT FIDDLERS HANDICAP Livingston

Men (4M, all Livingston)
1 J May 18:56; 2 T Brand 19:20; 3 G Gilholey 19:23
M40: C Northam 19:58
U17 (2M): D McIlwraith 10:45
Women (4M)
1 A Gardiner 23:09; 2 T McMenemy (W35) 25:26; 3 M Ewing (W35) 26:11
U17 (2M): S Hamilton 11:54
Handicap: A Gardiner

January 6

HARRIER LEAGUE Peterborough

Men (5km h'cap)
1 D Snipe (Nene V, U20) 19:36; 2 D Cousins (Rams) 30:55; 3 P Brampton (P'boro) 20:22
Fastest
Men: 1 N Overton (Nene V) 16:02; 2 S Beard (Nene V) 16:26; 3 L Hemmings (Nene V) 16:53
Women: C Potts (Eye, W40) 22:12

KINGFIELD CANTER HANDICAP Woking

Mixed (3M)
1 N Brown (Strag, W) 23:58; 2 A Davidson (Liss) 25:10; 3 T Hellman (Elm) 25:19
Fastest: Men
1 A Hislop (AFD) 16:19; 2 J Chamberlain (Phillips) 25:29; 3 Hellman 17:34
Women: Browne 23:43

MINEHEAD RUNNING CLUB SEAFRONT 3

Men
1 P Govier (Mine) 15:59; 2 R Smyth (Taun, U17) 16:19; 3 B Willis (Taun, U17) 16:33; 4 W Joyce (Taun) 16:50; 5 R Lewis (Mine, M40) 16:59; 6 T Mogford (Kings) 17:36; 7 C Passmore (Tiv, M40) 17:46; 8 T Harding (SWRR, U17) 17:50; 9 TG Sizer (Mine, M40) 18:01; 10 J Kennedy (Yeo O, U17) 18:17
M50: 1 J Lethaby (Mine) 20:29; 2 I Melhuish (Mine) 21:17
U14
1 A Baker (WSCC) 8:45; 2 M Sully (WSCC) 8:51; 3 I Patchett (THS) 9:40
U12
1 L Milton (Mine) 9:48; 2 J Moorish (Tiv) 10:28; 3 L Freeman (Mine) 10:55
U10
1 C Knight (Danes) 3:04; 2 P Baker (Danes) 3:08; 3 J Miles (Crow) 3:25
Women
1 V Pincombe (Mine) 16:25; 2 K Jones (Mine) 20:47; 3 R Holmes (Kings, U17) 21:09; 4 C Harrison (Bir, U17) 21:28; 5 L Crossman (Mine, W35) 22:26; 6 K Broadley (Queens, U17) 22:35; 7 A Dyer (Mine, W35) 22:37; 8 A Coles (Mine, W35) 23:25
U14
1 K Humphries (SWRR) 9:57; 2 S Purssey (Queens) 11:16; 3 H Pring (THS) 12:10
U12
1 L Compton (SWRR) 11:01; 2 M Moor (THS) 11:06; 3 S Pearson (THS) 11:14
U10
1 F Pascall (Crow) 3:22; 2 R Wilson (Old Cl) 3:23; 3 L Rosling (Crow) 3:27

January 5

WICK WINTER SERIES 5

Men
1 W Miller (Wick Tri, M40) 28:05; 2 S Sinclair (A'deen) 28:14; 3 H Wright (Keith) 29:21; 4 R Aitken (Wick Tri) 30:36; 5 A Scolly (unatt, M40) 30:42; 6 N Bremner (Wick Tri, M40) 31:40

VICTORIA PARK HARRIERS v ETON MANOR Hackney

Men (3M)
1 M Cates (Eton M) 15:00; 2 A Lashmar (VPH) 15:50; 3 R Newbold (VPH) 15:56; 4 J Roche (VPH) 16:01; 5 P Cates (Eton M) 16:27; 6 A Rothman (VPH) 16:34; 7 L Austin (VPH, M50) 16:34; 8 K Fordham (Eton M) 16:40; 9 G Bagnall (VPH) 16:53; 10 J George (VPH) 16:55
M55: G Sayer (Eton M) 18:34
M60: T Everitt (Eton M) 17:50
Women
1 A Gammon (VPH) 19:31; 2 J Stafford (Eton M) 20:25; 3 L Dear (Eton M) 20:49
TEAM: 1 Victoria Park Harriers 357; 2 Eton Manor 386

January 3

BARROW 6 Barrow, Leicester

Men
1 K Haynes (Nun) 30:40; 2 P Makepeace (Leic) 30:57; 3 A Wright (Nun) 31:33; 4 M Mundey (Road) 32:24; 5 C Talbot (Hunc) 32:30; 6 A Richards (Nun) 32:35; 7 C Sabin (Beau L) 32:48; 8 A Blow (Beau L) 32:48; 9 K Lumas (Charn, M40) 33:31; 10 G Slight (Hunc, M40) 33:32
TEAMS
Division One: 1 Nuneaton 194; 2 Huncote 325; 3 Road Hoggs 327; 4 Stilton 420; 5 Beaumont Leys 474
Division Two: 1 Harborough 516; 2 Charnwood 587; 3 Shepshed 597
Women
1 N Lee (Hunc) 36:24; 2 L Nutt (Shep) 37:37; 3 H Jennings (Beau L) 37:56; 4 S Newman (Wreake) 38:10; 5 L Tumaney (Charn) 38:39; 6 M Deacy (Hunc) 40:45; 7 J Pestlethwaite (Harb) 41:04; 8 N Messinger (OWLS) 41:11; 9 N Milner (OWLS) 41:15; 10 J Martin (Barrow) 41:25
TEAMS
Division One: 1 Huncote 19; 2 Shepshed 31; 3 Wreake 33; 4 OWLS 34; 5 Beaumont Leys 60
Division Two: 1 Charnwood 46; 2 Desford 123; 3 Birstall 136

January 1

OMAN & DE LOUGHRY CUPS 4

Men
1 E Burke (Water) 19:02; 2 F Lombard (UCC) 19:18; 3 C Lombard (Leev) 19:43
Women
1 S O'Sullivan (B'more-Cobh) 21:53; 2 M McCambridge (DSD) 22:54; 3 J Carr (Civ S, W35) 23:19

CLEETHORPES NEW YEAR'S DAY 10km

Men
1 S Bell (Linc W) 33:26; 2 P Clark (Clee, M40) 33:58; 3 M Packer (Louth) 34:04; 4 I Chidwick (Clee) 34:17; 5 C Hunsley (Clee, M40) 34:22; 6 D Ricketts (CoH) 35:13; 7 N Marsh (Louth) 35:19; 8 I Martinson (Scun) 35:20; 9 S Connolly (Clee) 35:23; 10 S Green (Clee, M45) 35:36
TEAM: CleethorpesM40: 3 I Dowse (Scun) 35:54
M45: 2 J Barker (Clee) 36:22
M50: D Reffin (Notts) 37:32
M55: D Myers (Clee) 40:21
M60: C Dawkins (Clee) 40:06
M65: A Harries (Clee) 48:43
M70: D Holt (Clee) 53:48
Women
1 D Barclay (Wolds, W45) 38:38; 2 F Fenwick (Grims, W35) 39:57; 3 K Palmer (Clee) 40:50; 4 B Wilson (Clee) 40:54; 5 P Fenelon (Goole, W45) 42:02
TEAM: Cleethorpes
W50: J Watson (Wolds) 51:09
W60: J Powell (Wolds) 51:16
No of finishers: 176
100: C Jacklin (Wolds, W40) 45:36

December 27

SYNCHRO SYSTEMS AUDLEY 10km

Men
1 M Proudlove (Stoke) 31:19; 2 A Prophett (Stoke) 33:11; 3 A Hartveld (Stoke) 33:25; 4 S Dunn (Trent) 33:55; 5 R Thompson (Newc) 34:40; 6 M Morgan (Severn) 35:05; 7 I Yates (Trent) 35:17; 8 C Meir (PMAC) 35:50
M40: D Myatt (Trent) 37:30
M50: K Minshull (unatt) 37:35
M55: 1 G Calvert (PMAC) 41:29
TEAM: Trentham 20
Women
1 R Watchorn-Rice (Newc) 40:38 2 K Porter (PMAC) 42:00 3 K Meere (unatt) 47:12
W35: G Earp (S.Ches) 48:43

Indoor

January 10

NORTH EASTERN CHAMPIONSHIPS Jarrow

OUTDOOR North East 100m champion Paul Nwoalise had to settle for second in the senior 60m, as U20 200m silver medallist Ross Linnett beat him by a tenth of a second, Brian Kirkley reports.

Ross Elliott achieved a CBP in the U17 men's 60m hurdles. Sara Todd also ran a CBP in the senior women's 60m and achieved a double in the 60m hurdles.

English Schools' inter girls long jump champion Elaine Smith sprinted away from Rachel Archer in the U17's 60m and Yasmine Meite lowered her U15 girls' 60m record by a tenth of a second with 8.3, as her sister Natasha, in second, equalled the old mark.
Men
60: 1 R Linnett (Gate) 6.9; 2 P Nwoalise (Croy) 7.0; 3 N Wiscombe (J&H) 7.3
60H: 1 R Hunter (Gate) 8.5; 2 M Fletcher (J&H) 8.8
U20
60: 1 L Catton (Mand) 7.2; 2 C Hunter (J&H) 7.3; 3 G Ankers (Shil) 7.5
60H: 1 C Hunter 8.8 (CBP); 2 B Lock (Morp) 9.6
U17
60: 1 M O'Byrne (Mand) 7.3; 2 A Rogers (J&H) 7.4; 3 C Weitze (Gate) 7.5
60H: 1 R Elliott (H&P) 8.9 (CBP); 2 R Myers (Tyne) 9.9; 3 C Tate (Shil) 9.0
U15
60: 1 D Riley (Morp) 7.8; 2 A Selby (Morp) 8.0; 3 A Rogers (Shil) 8.2
60H: 1 D Robertson (J&H) 11.1; 2 H Sturrock (Gate) 11.2; 3 S Bell (Mand) 12.8
Women
60: 1 S Todd (J&H) 7.9 (CBP); 2 V Barr (Gate) 8.0; 3 R Irvine (EWM) 8.1
60H: 1 Todd 9.3; 2 J Elliott (Els) 10.1; 3 R Gibb (SSh) 12.3
U17
60: 1 E Smith (Mand) 8.1; 2 R Archer (Morp) 8.3; 3 B Beltizzi (Morp) 8.5
60H: I G Dalglish (Gate) 10.0; 2 N Hogg (Tyne) 11.3; 3 C Graham (SSh) 10.5
U15
60: 1 Y Meite (Shil) 8.3 (CBP); 2 N Meite (Shil) 8.4; 3 J Pybus (Mand) 8.6
60H: 1 E Morris (SSh) 11.1; 2 H Jackson (Gate) 11.7

January 9-10

MIDLAND COUNTIES OPEN NIA, Birmingham

JOHN REGIS completed a sprint double at the first big domestic indoor meeting of the winter, clocking 6.78 and 21.02 for the 60 and 200 metres.

Ross Baillie clocked a Scottish record of 7.77 in the men's 60m hurdles to beat Damien Greaves. Rachel King won the women's hurdles, beating Julie Pratt.

Mark Sesay made his track comeback, but finished with two runner-up spots: behind Lawrence Baird in the 400m and Brad Donkin in the 800m.
Men
60: Ht1: 1 J Regis (Belg) 6.78; 2 R Baillie (Sale) 6.81; 3 N Morgan (Bir) 6.83; 4 A White (TVH) 6.86; 5 C Browne (Bir) 6.87; 6 B Ghent (Rugby) 6.89. **Ht2:** 1 M Tietz (Bir) 6.81; 2 M Findlay (B'hth) 6.84; 3 A Yambasu (Puma TVH) 6.91; 4 E White (Sale) 6.97; 5 K Ellis (Peter) 6.99; 6 M Douglas (Belg) 7.23. **Ht3:** 1 G Jones (WSE) 6.92; 2 R Rubenis (Telf) 7.03; 3 A Mcfarlane (Grant) 7.16; 4 D Morgan (Bris) 7.17; 5 S Buttler (CoStoke) 7.22; 6 C Diamond (WSE) 7.25. **Ht4:** 1 P Ellershaw (B&F) 7.12; 2 S Duberley 7.23; 3 Quentin Diamond (WSE) 7.27; 4 G Williams (Card) 7.27; 5 E Merrick (Wood G) 7.29; 6 R Fanning (Sale) 7.31. **Ht5:** 1 G Daley (Birm R) 7.39; 2 D Elderfield (Newb) 7.45; 3 G Douglass (Wig) 7.55; 4 B King (Harr) 7.60; 5 D Warmington (unatt) 7.74. **Ht6:** 1 R Henry (Bir) 7.35; 2 C Allen (O&R) 7.39; 3 Peacock (Belg) 7.48; 4 P Richardson (North P) 7.57; 5 N Wells (MK) 7.58; 6 F Warren (Bir) 7.59. **Ht7:** 1 D Gunatunga 7.67; 2 D Haynes (Worc) 7.85; 3 J Cleary (Lut) 7.91; 4 A Doughty (Brec) 7.97; 5 S Chauhan (Harb) 8.06; 6 P Newell (Worc) 8.35
200: Ht1: 1 K Ellis (Peter) 22.34; 2 S Duberley 22.64; 3 J Tipper (C&S) 23.04; 4 D Sweetman (Charn) 23.06; 5 N Pryce (Donc) 23.08. **Ht2:** 1 T McAdams (C&S) 22.41; 2 R Clifford (B&F) 23.38; 3 A Beech (GEC) 24.22; 4 P Hickey (Traff) 24.34; 5 K Elliott (Bir) 24.66. **Ht3:** 1 J Regis (Belg) 21.02; 2 J Henthorn (Team S) 21.37; 3 M Findlay (B'hth) 21.56; 4 E White (Sale) 21.61; 5 J Stewart (Sale) 22.23; 6 D Joyce (Puma TVH) 23.59. **Ht4:** 1 T Poulton-White (Skyrac) 24.23; 2 F Warren (Bir) 24.29; 3 S Smith (C&S) 24.46; 4 S Smith (Rugby) 25.64; 5 D Gunatunga 25.99; 6 P Newell (Worc) 28.01. **Ht5:** 1 N Groocock (IOW) 23.59; 2 R Henry (Bir) 23.61; 3 M Piper (GEC) 25.28; 4 D Haynes (Worc) 25.85; 5 C Batts (Kidlington) 25.98. **Ht6:** 1 G Jones (WSE) 22.15; 2 M Rey (WSE) 22.23; 3 B Ghent (Rugby) 22.25; 4 A White (TVH) 22.51; 5 R Lambert (Bed & C) 22.63;
400: Ht1: 1 L Baird (Clee) 48.03; 2 M Sesay (Leeds) 48.18; 3 D Donovan (SB) 49.13; 4 M Kloiber (Belg) 49.83; 5 N Budden (CoNor) 49.86; 6 A Mole (Houn) 49.99. **Ht2:** 1 N Kentish (North P) 49.98; 2 M Collins (Houn) 50.33; 3 D Price (Bir) 50.65; 4 C Young (Hallam U) 51.33; 5 J Bell (NEB) 51.91; 6 M Peacock (Belg) 53.24. **Ht3:** 1 M Morantz (Wx & B) 49.84; 2 R Hinch (Cleeth) 51.09; 3 D Elderfield (Newb) 51.55; 4 J Merrett (Glouc) 52.64; 5 I Hughes (Traff) 53.88. **Ht4:** 1 J Walker (W&B) 52.94; 2 K Elliott (Birch) 53.12; 3 J Pickup (Newb) 53.13; 4 J Mcloughlin (Houn) 53.19; 5 D Crates (Thurr) 53.42; 6 P Benedickter (Lut) 54.12. **Ht5:** 1 G Sinclair (Severn) 53.07; 2 S Yoxall (C&S) 54.07; 3 N Morgan (Newp) 54.20; 4 D Burley (Worc) 54.36; 5 S Penn (C&S) 54.89; 6 C Nyonyintono (Stroud) 55.34. **Ht6:** 1 N Spargo (Tam) 53.29; 2 D Arthurs (Spark) 54.13; 3 D Warburton (Tam) 54.25; 4 J Culshaw (Tam) 54.62; 5 D Taylor (C'field) 57.37; 6 T Wells (Corby) 57.44. **Ht7:** 1 P Richardson (North P) 53.77; 2 R Brunsdon (Bris) 57.38; 3 W Harrison (Tam) 58.52
800: Ht1: 1 G Vickers (Telf) 1:55.36; 2 J McLoughlin (Houn) 1:55.95; 3 D Clarke (Card) 1:56.33; 4 J Parker (unatt) 1:57.00; 5 A Thomas (Wells C) 1:57.46; 6 D Goodger (Newp) 2:00.62. **Ht2:** 1 R Mallard (Hales) 1:56.84; 2 J Press (Traff) 1:57.85; 3 D Wilcock (Barnet) 1:58.19; 4 J Merrett (Glouc) 1:58.48; 5 S Wilson (GEC) 2:02.42; 6 K Pye (Notts) 2:03.01. **Ht3:** 1 T Mayo (C&S) 1:53.29; 2 M Hibberd (Puma TVH) 1:53.88; 3 P Gilbert (Phoen) 1:54.61; 4 P Slythe (GEC) 1:55.00; 5 S Neill (Telf) 1:56.02; 6 A Mole (Houn) 1:57.75. **Ht4:** 1 J Cuff (Glouc) 2:02.81; 2 J Culshaw (Tam) 2:07.70. **Ht5:** 1 N Hazelwood (Hales) 2:01.18; 2 P Bate (Vale R) 2:01.42; 3 B Wilcock (B&D) 2:08.91
Ht6: 1 K Kyereme (SB) 1:56.70; 2 D Murphy (Lough S) 1:57.52; 3 T Vellam (Linc W) 1:58.93; 4 D King (NEB) 1:59.29; 5 A Jones (Leeds) 2:00.84; 6 S Yoxall (C&S) 2:02.21. **Ht7:** 1 B Donkin (Bir) 1:52.7; 2 M Sesay (Leeds) 1:53.0; 3 S Lees (SSH) 1:54.1; 4 C Gilby (Belg)

1:54.4; 5 A Knight (Canb) 1:54.6; 6 Sean Price (Swan) 1:58.7
60H: Ht1: 1 R Baillie (Sale) 7.77 (Scottish rec); 2 D Greaves (NEB) 8.03; 3 D Malins (Craw) 8.19; 4 A Caines (Bir) 8.24; 5 M Nicholson (Bir) 8.26; 6 M Douglas (Belg) 8.28. **Ht2:** 1 L Gittens (MK) 8.54; 2 P Batchelor (Cov) 8.59; 3 N Petley (Warr) 8.88; 4 J Coleman (Grant) 9.06; 5 P Monaghan (U20) 9.07; 6 R Brunsdon (Bris) 9.43
HJ: 1 M Latham (Stoke) 2.05; 2 L Crawley (SSH) 1.95; 3 R Toms (Read) 1.95; 4 S Linsell (Leeds)1.95
PV: 1 C North (Bris) 5.00; 2 S Simpson (Wx & Bath) 4.60; 3 R Thickpenny (Peter) 4.60; 4 G Showell (Tam) 4.50; 5 C Type (Card, U20) 4.30; 6 Gareth Lease (UWIC) 4.30
LJ: 1 J Flynn (Belg) 7.19; 2 E Merrick (Wood G) 7.07; 3 S Nash (TVH) 6.56; 4 S Edu (SB) 6.54; 5 G Douglass (Wig) 5.72; 6 A Davies (Rug) 5.28
SP: 1 L Woodward (C&S) 15.23; 2 D Readle (Liv) 15.18
M40
60: Ht1: 1 V Oliver (Notts) 7.36; 2 J Hamilton (Chelt) 7.46; 3 T Cox (Nun H) 7.80; 4 R Cawson (Burt) 7.99; 5 T Wells (Corby) 8.24; 6 J Barwick (G Yar) 8.53. **Ht2:** 1 P Clayton (Notts) 7.90; 2 S Woolley (Mans) 7.95; 3 C Sealy (Notts AC, Mid Vets) 8.08; 4 S Boardman (Leigh) 8.54; 5 J Bradley (Telf) 8.76; 6 G Hudson (Nun H) 9.18
200: Ht1: 1 S Woolley (Mans) 26.43; 2 R Cox (Eastern Vets) 26.68; 3 J Lawrence (MK) 27.26. **Ht2:** 1 V Oliver (Notts) 23.33; 2 P Hickey (Traff) 24.58; 3 C Pinder (Oxf C) 25.19; 4 T Wall (Leam) 25.66; 5 R Watkins (Wyc P) 25.98. **Ht3:** 1 S Davis (IOW) 25.2; 2 R Cawson (Burt) 25.4; 3 J Barwick (G Yar) 26.6; 4 R Davies (Wrex) 26.7
800: Ht1: 1 D Wilcock (B&D) 2:05.47; 2 R Daniel (Camb H) 2:07.53; 3 P Maddison (Chelm) 2:10.97; 4 J Rutherford (Walt) 2:11.78; 5 P Green (WSE) 2:22.94. **Ht2:** 1 T Wall (Leam) 2:13.59; 2 J Moore (Holbeach) 2:21.29; 3 R Cox (MVAC) 2:24.14
U20
60: Ht1: 1 H Richards (Charn) 6.96; 2 D Chin (Houn) 6.97; 3 T Anthony (Ver) 7.04; 4 J Chatt (Dart) 7.06; 5 A Parker (Newp) 7.08; 6 B Lewis (Bir) 7.21. **Ht2:** 1 D Papura (Barry) 7.20; 2 R Lea (Louth)7.28; 3 A Potter (Bath) 7.42; 4 J Barnard (Bas) 7.52; 5 N Edwards (Glouc) 7.54; 6 R Spurrell (Wx & B) 7.72. **Ht3:** 1 A Ashworth (Old & R) 7.32; 2 E Morris (Bir) 7.57; 3 Neil Wells (MK) 7.58; 4 R Wratten (Stroud) 7.59; 5 Steven Lucas (Notts) 7.73; 6 A Schofield (Sutt SH) 8.28. **Ht4:** 1 A Brathwaite (Leic) 7.38; 2 S Frost (Wrex) 7.48; 3 L Newman (Newp) 7.51; 4 J Nicklin (Stoke) 7.53; 5 J Cuff (Glouc) 7.73; 6 M Hollington (Card) 7.76
200: Ht1: 1 L Newman (Newp) 24.00; 2 G Hallett (Card) 24.21; 3 M Hollington (Card) 24.76; 4 J Parker (Notts) 25.94; 5 R Davighi (North P) AC 27.86. **Ht2:** 1 D Chin (Houn) 22.46; 2 M Levy (Bir) 22.78; 3 A Potter (Bath) 23.65; 4 J Derham (GEC) 23.95; 5 J Cuff (Glouc) 24.02; 6 R Kirby (GEC) 24.44. **Ht3:** 1 D Papura (Barry) 22.36; 2 R Lea (Louth) 23.19; 3 S Franklin (Newp) 23.94; 4 I Rock (IOW) 24.14; 5 S Foster (Leigh) 24.52. **Ht4:** 1 J Chatt (Dart) 21.94; 2 B Lewis (Bir) 22.01; 3 T Anthony (Ver) 22.48; 4 A Chaffe (Notts) 23.54; 5 P Baldock (Wx&B) 23.76;
400: Ht1: 1 T Benjamin (Card) 48.88; 2 S Surety (Bas) 50.02; 3 S Bullock (Chelt) 50.03; 4 L Bryan (Cov) 52.62. **Ht2:** 1 C Page (Card) 47.90; 2 M Levy (Bir) 51.42; 3 R Castillo (Notts) 51.81; 4 N Edwards (Glouc) 52.28; 5 J Talbot (Newc AC) 53.39. **Ht3:** 1 J Cuff (Glouc) 51.32; 2 R Papworth (Mill Sch) 52.54; 3 S Foster (Leigh H) 54.34; 4 K Piper (Houn) 54.44. **Ht4:** 1 A D'arcy (RSC) 52.20; 2 P Lewis (Nene V) 54.06; 3 L Newman (Newp) 55.64; 4 D O'Connell (Houn) 59.94
800: Ht1: 1 J Corbett (Chich R) 1:57.09; 2 A Mclean (Belg) 1:57.21; 3 L Turner (Stoke) 2:01.31; 4 S Offiler (Notts) 2:03.09; 5 D Lewis (Newp) 2:09.41. **Ht2:** 1 S Davis (Glouc) 2:06.30; 2 C Lewis (Sutt St Helens) 2:07.35; 3 G Robbins (Swan) 2:08.28; 4 S Kellie (Glouc) 2:08.30; 5 A Little (Bir) 2:08.58. **Ht3:** 1 D Yates (Mat) 2:00.70; 2 B Tromans (Hales) 2:01.55; 3 D Coleman (Mans) 2:03.92; 4 P Jones (Newp) 2:04.75; 5 J Hatcher (Mans) 2:17.53; 6 A Schofield (Sutt St Helens) 2:20.66
LJ: 1 A Delefield (Sheff) 6.47; 2 A Potter (Bath) 6.20; 3 J Nicklin (Stoke) 6.19; 4 S Frost (Wrex) 6.19; 5 E Morris (Bir) 5.90; 6 R Wratten (Stroud) 5.90
SP: 1 A Shorrock (Wig) 11.53; 2 J Hamer (Telf) 10.11; 2 I Franklin (Bolt) 10.90; 3 D Harris (H&C) 5.54;
U17
60: Ht1: 1 K Forde (Birm R) 7.10; 2 S Childs (Brec) 7.16; 3 P Whitehouse (Bir) 7.35; 4 R Ghent (Cov) 7.46; 5 L Ballantine (Haygrove Sch) 7.86; 6 C Hodges (Chelt) 8.01. **Ht2:** 1 A Christy-Rees (Brec) 7.72; 2 J Manton (Worc) 7.77; 3 D Leonard (MK) 8.03; 4 D Pagett (W&B) 8.15; 5 N Nyonyintono (Stroud) 8.65. Ht3: 1 J Peet (Birm R) 7.31; 2 A Owen (Nun H) 7.88; 3 D Newman (Newp) 7.95; 4 R Mayou (C&S) 8.14; 5 AN Other 8.19; 6 R Brook (Cov) 8.20
200: Ht1: 1 R Ghent (Cov) 23.88; 2 P Ellis (Rush) 24.38; 3 T Young (IOW) 24.78; 4 A Christie-Rees (Brec) 24.85; 5 J Manton (Worc) 25.12. **Ht2:** 1 F Mullett (Card) 24.63; 2 J Daplyn (OCAC) 24.77; 3 D Leonard (MK) 25.44; 4 M Daplyn (Ox C) 25.81; 5 R Mayou (C&S) 26.30.
Ht3: 1 K Forde (Birm R) 22.47; 2 I Monckton (W&B) 22.99; 3 P Whitehouse (Bir) 23.03; 4 S Childs (Brec) 23.64; 5 S Langley (Hull Achilles) 23.77. **Ht4:** 1 G Llewellyn (Card) 24.47; 2 S Jones (Card) 24.50; 3 D Rossiter (Hales) 24.71; 4 C France (Telf) 25.02; 5 S Moore (Wx&B) 26.62. **Ht5:** 1 A Davies (Glouc) 23.85; 2 S Grainger (Notts) 24.31; 3 M Bell (Rush) 24.45; 4 R Bailey (C&S) 24.56; 5 B Morgan (Bridg) 25.16
400: Ht1: 1 M Snow (North P) 50.15; 2 S Tunnicliffe (Nun) 50.68; 3 C Burrows (Gates) 52.63; 4 A Davies (Glouc) 52.78; 5 L McGowan (Glouc) 53.62; 6 S Grainger (Notts) 53.86. **Ht2:** 1 I Monckton (W&B) 52.08; 2 R Bailey (C&S) 53.44; 3 J Daplyn (OCAC) 55.11; 4 A Rudd (Notts) 55.91; 5 K Harrison (Linc W) 56.46; 6 M Harris (H&C) 56.80.
Ht3: 1 M Holt (W&B) 55.56; 2 M Osborn (Wen Oly) 55.91; 3 F Mullett (Card) 56.86; 4 E Lloyd (Glouc) 56.94
800: Ht1: 1 S Richards (Swan) 2:04.58; 2 D Reynolds (D&S) 2:07.76; 3 L McGowan (Glouc) 2:08.72; 4 T Buckley (DASH) 2:08.79; 5 S Ablitt (Grant) 2:11.89. **Ht2:** 1 L Slater (D&S) 2:11.62; 2 E Lloyd (Glouc) 2:13.59; 3 P Kellie (Glouc) 2:14.57; 4 R Newell (Sale) 2:15.92; 5 C Pennington (Witney) 2:25.64. **Ht3:** 1 R Preddy (Glouc) 1:57.08; 2 L Pritchard (Glouc) 1:59.57; 3 I Boneham (Grant) 1:59.73; 4 C Taylor (Hallam) 2:02.60; 5 E Bailey (Stoke) 2:04.79; 6 D Lewis (Mans) 2:07.57
60H: 1 J Peet (Birm R) 8.49; 2 T Wells (Corby) 9.31; 3 Thomas Willan (Notts) 9.40; 4 A Christie-Rees (Brec) 9.46; 5 L Ballantine (Haygrove Sch) 9.56
HJ: 1 D Espin (Mans) 1.93; 2 J Creighton (Liv H) 1.80; 3 S Tunnicliffe (Nun H) 1.70; 4 C France (Telf) 1.65; 5 G Russon (Hales) 1.65; 6 M Dalton (Liv H) 1.60
SP: 1 C Fletcher (Wig) 13.37; 2 M Latham (Wig) 13.23; 3 P Hopley (C&S) 13.18; 4 C Levett (Bir) 13.00; 5 A Christie Reid (Brec) 10.49
U15
200: Ht1: 1 A Shorrock (Wig) 25.49; 2 R Childs (Brec) 25.75; 3 M Logan (Tam) 29.23. **Ht2:** 1 G Blackman (Rush) 24.34; 2 M Hanratty (Spark) 24.38; 3 D Wormleighton (Nun H) 24.88; 4 D Constable (GEC) 25.00
400: 1 G Blackman (Rush) 54.39; 2 A Banks (C&S) 60.13
800: 1 M Henratty (Spark) 2:15.06; 2 M Gubbins (Bir) 2:16.53; 3 M Short (Glouc) 2:17.94; 4 M Hall:Evans (D&S) 2:20.91; 5 M Logan (Tam) 2:21.10
HJ: 1 S Chantrell (Card) 1.80; 2 J Orwin (Cov) 1.45; 3 T Payne (unatt) 1.30
Women
60: Ht1: 1 C Bloomfield (Ex L) 7.47; 2 S Anderson (SB) 7.57; 3 T Nelson (Sale) 7.63; 4 R King (Card) 7.66; 5 D Benjamin (WSE) 7.74; 6 M Neef (Glas) 7.79. **Ht2:** 1 L Thorne (Wyc P) 7.78; 2 J Money (Der L) 7.87; 3 D Rowe (Bir) 7.88; 4 K Reynolds (Rad L) 7.92; 5 J Buchanan (Wirr) 7.99; 6 J White (Peter) 8.11. **Ht3:** 1 L O'Callaghan (Wyc P) 7.89; 2 L Parsons (Card) 7.91; 3 B Annan (Bury) 8.04; 4 E Nicholls (Bris) 8.16; 5 P Woodland (Rad L) 8.18; 6 J Lawson (MK) 8.43. **Ht4:** 1 C Pearson (Leic C) 8.23; 2 R Dosanjh (SSH) 8.58; 3 W Morant (Bir) 8.63; 3 A Osborne (Old) 8.63; 5 M Weale (Brec) 9.17; 6 M Wixey (Mid Vets) 12.86
200: Ht1: 1 L O'Callaghan (Wyc P) 25.83; 2 L Parsons (Card) 26.26; 3 C Brown (SB) 26.43; 4 B Annan (Bury) 26.81; 5 J Grondow (Card) 27.23; 6 B Dosanjh (Birm R) 28.86. **Ht2:** 1 C Bloomfield (Ex L) 24.14; 2 S Anderson (SB) 24.55; 3 L Thorne (Wyc P) 25.04; 4 K Goodwin (CoHull) 25.20; 5 E Mardle (Card) 26.21; 6 K Williams (Swan) 27.32
300: Ht1: 1 C Pierre (SB) 41.96; 2 R Cozens (Card) 43.82; 3 M Mason (Cov) 43.86; 4 C Coleman (Mans) 45.90; 5 G Becke (Bridge) 48.07. **Ht2:** 1 K Wall (Bas) 39.8; 2 V Pettitt (Cov) 42.5; 3 K Russell (Peter) 42.5; 4 L Evans (Sale) 43.5; 5 S Bell (Park) 44.3; 6 E Ward (Linc W) 44.4. **Ht3:** 1 R Parker-Simpson (Hales) 45.07; 2 T Harrison (RSC) 45.96; 3 F Roberts (Newp) 46.07; 4 S Wing (Cov) 46.30; 5 C Carrier (Bromsgrove Sch) 46.31; 6 C Webster (Hallam) 49.49. **Ht4:** 1 K Saunders (Glouc) 43.35; 2 K Hunt (W Norf) 45.19; 3 N Towning (North P) 45.27; 4 R Lawson (CoHull) 45.38; 5 A Bevan (Crawley) 45.48; 6 V Wilkinson (W&B)49.89
400: Ht1: 1 V Day (Ex L) 55.66; 2 L Whitehead (Swan) 55.88; 3 L Metraux (B&H) 59.12; 4 C Robinson (Birm U) 60.05. **Ht2:** 1 L Hopkins 60.35; 2 E Richardson (Cleeth) 62.39; 3 E Graysmark 63.13; 4 J Money (Der L) 62.34
800: Ht1: 1 C Brown (SB) 2:17.12; 2 T Wales (Wx & B) 2:19.88; 3 N Wasteroey (Civ S) 2:20.14; 4 H Mittelberger (Abert) 2:20.65. **Ht2:** 1 S Beevers (Wake) 2:29.21; 2 W Morant (Birch) 2:38.26; 3 S Kneill (C&S) 2:38.46. **Ht3:** 1 Sarah Mead (Torf) 2:16.7; 2 C Gott (Peter) 2:16.7; 3 K Bright (Newp) 2:17.5; 4 R Lyne (Hallam) 2:18.5
60H: Ht1: 1 R King (Card) 8.58; 2 J Pratt (Ex L) 8.66; 3 K Reynolds (Rad L) 8.72; 4 H Worsey (U20) (Leic) 8.96; 5 K Bartlett (SB) 9.06. **Ht2:** 1 S Davidge (Exe) 8.99; 2 L Roberts (Newp) 9.21; 3 J Bennett (E&E) 9.35; 4 J Morris (WSE) 9.73; 5 C Pearson (Leic) 9.83; 6 P Woodland (Rad L) 9.99
HJ: 1 A Bembrose (AFD) 1.73; 2 S Green (Liv H) 1.60; 3 S Crawley (SSH) 1.60; 4 S Higham (Bord) 1.55; 5 E Kueberunia (Cov) 1.55
PV: 1 E Hornby (Bir) 3.00 2 E Owen (Brec, M) 2.80
LJ: 1 D Benjamin (WSE) 5.60; 2 A Danson (CoHull) 5.47; 3 S Pinel (Birch) 5.45; 4 J Bennett (E&E) 5.43; 5 J Morris (WSE) 5.19; 6 M Weale (Brec) 4.01
SP: 1 T Rey 12.36; 2 J Mees (Hales) 10.76;
W35
60: Ht1: 1 L Hopkins (BoEnf) 8.40; 2 J Lawson (MK) 8.44; 3 V Kirkland (Nun) 9.06; 4 L Ahmet (Rad L) 9.29; 5 E Kear (Rad L) 10.06; 6 M Wixey (Mid Vets) 12.85
200: 1 L Talbert (Thurr) 27.82; 2 M Webb (Card) 35.67
800: 1 L Talbert (Thurr) 2:26.07; 2 S Hooper (Card) 2:35.31
U20
60: 1 A Tulloch (Wyc P) 7.98; 2 C Weightman (Peter) 8.01; 3 R Harris (Worc) 8.05; 4 AN Other 8.05; 5 K Hill (VoA) 8.16; 6 Mandy Crompton (O&R) 8.25
200: 1 N Sanders (Wyc P) 25.17; 2 H Brookes (Sale) 25.45; 3 R Harris (Worc) 26.06; 4 C Russell (O&R) 26.19; 5 L Hughes (Ynys Mon) 27.57. **Ht2:** 1 C Marsden (Card) 26.64; 2 J Hudson (Charn) 27.69; 3 E Church (Card) 27.78; 4 Z Hopkins (North P) 28.93; 5 D Halsall Liv H) 43.1
400: Ht1: 1 K Wall (Bas) 55.89; 2 D Porazinski (Newp) 57.68; 3 H Brookes (Sale) 57.89; 4 K Tromans (Bir) 58.52; 5 S Whitby (Craw) 62.28. **Ht2:** 1 H Thieme (Bir) 58.39; 2 L Fitzgerald (Houn) 60.49; 3 J Hudson (Charn) 62.24; 4 J Blackman (Rush) 63.86. **Ht3:** 1 K Bolton (Scar) 63.36; 2 L Chambers (Hallam) 65.51; 3 S Edwards (Houn) 66.14; 4 S Twist (Tam) 74.96
800: 1 C Riley (Park High) 2:22.07; 2 S Whitby (Craw) 2:23.72; 3 R Jablonski (Tip) 2:26.19
LJ: 1 M Crompton (Old) 4.83; 2 A Nicholls (W&B) 4.53
U17
60: Ht1: 1 D Selley (P'seli) 7.90; 2 L Evans (Sale) 8.03; 3 D Allen (Birm R) 8.18; 4 H Dudley (W&B) 8.31; 5 J Lloyd (Tam) 8.49. **Ht2:** 1 E Bailey (North P) 7.98; 2 L Winter (Exe) 8.11; 3 S Squires (OWLS) 8.19; 4 E Pengelly (Card) 8.33; 5 G Sharples (Liv H) 8.38; 6 L Hunt (Dud & S) 8.41. **Ht3:** 1 H Griffin (Sale) 7.89; 2 E Eley (North P) 8.36; 3 A John (Carm) 8.38; 4 K Saunders (Glouc) 8.44; 5 Z Gearing (Phoe) 8.57; 6 S Billington (Haygrove Sch) 8.77. **Ht4:** 1 C Condie (Ayles V) 8.17; 2 R Gray (Notts) 8.40; 3 L Hodges (Kes Bath) 8.45; 4 G Matthews (W&B) 8.54; 5 K Moorg (RSC) 8.57; 6 C Godfrey (North P) 8.65
200: Ht1: 1 E Bailey (North P) 27.23; 2 E Eley (North P) 27.63; 3 R Cozens (Card) 27.74; 4 E Pengelly (Card) 28.09; 5 Z Gearing (Phoen) 28.50. **Ht2:** 1 C Pierre (SB) 25.78; 2 D Selley (P'eli) 25.88; 3 S Spinks (W Norf) 26.07; 4 V Tunaley (Ips) 26.10; 5 P Hendriks (W&B) 26.16; 6 A John (Camb) 27.38.
Ht3: 1 R Gray (Notts) 27.14; 2 L Hunt (D&S) 27.44; 3 B Davies (Wrex) 27.52; 4 E Ward (Linc W) 27.71; 5 E Rzewuski (Wyc P) 27.85; 6 L Holdsworth (Liv H) 27.95. **Ht4:** 1 E Caney 27.10; 2 J Baker (Card) 27.13; 3 L Millson-Watkins (Wyc P) 27.87; 4 G Matthews (Wx&B) 28.53; 5 A Prothero (Newp) 29.32. **Ht5:** 1 K Moore (RSC) 28.19; 2 R Lawson (CoHull) 28.29; 3 R Reilly (W&B) 28.30; 4 L Daniels (Wyc P) 28.59. **Ht6:** 1 H Griffin (Sale) 26.26; 2 L Evans (Sale) 26.71; 3 H Menardi (Notts) 28.33; 4 C Shirley (Birm R) 30.39; 5 K Walker (Tam) 30.63;
800: 1 G Thomas (Carm) 2:24.12; 2 H Singleton (Wake) 2:28.49; 3 K Walker (Tam) 2:29.76; 4 E Roper (Hallam) 2:30.27; 5 A Bevan (Craw) 2:31.29; 6 K Saunders (Glouc) 2:33.57
60H: 1 D Selley (P'seli) 9.03; 2 S Oldham (D&S) 9.34; 3 L Winter (Exe) 9.42; 4 J Lloyd (Tam) 9.62; 5 K Saunders (Glouc) 10.20; 6 L Evans 10.34
SP: 1 J Street (Tam) 11.75; 2 L Douglas (Dees)10.96; 3 L Finlay (Rhond) 10.84
U15
60: Ht1: 1 A Spencer (Wig) 8.03; 2 K Jones (C&S) 8.14; 3 C Hamilton (Chelt) 8.32; 4 N Nutting (OWLS) 8.32; 5 K Hammond (C&S) 8.52; 6 H Churm (C&S) 8.57. **Ht2:** 1 N Plateau (Rad L) 8.24; 2 V Sumerling (Phoen) 8.53; 3 AN Other 8.55; 4 R Brenton (Rad L) 8.77; 5 J Godfrey (North P) 8.80; 6 K Warner (OWLS) 9.15. **Ht3:** 1 N Cross 8.21; 2 K Marshall (Dud & S) 8.52; 3 A Beighton (Leic C) 8.52; 4 A Conolly (Telf) 8.66; 5 K Grebby (W&B) 8.72; 6 S Ahmet (Rad L) 8.81. **Ht4:** 1 L McManus (Leic C) 8.48; 2 H Lucas (Rad L) 8.86; 3 G Mant (Rad L) 8.89; 4 K Williams (Leic C) 9.50; 5 J Doughty (Brec) 9.72
200: Ht1: 1 K Jones (C&S) 27.14; 2 L Langowski (Tam) 28.38; 3 S Rahdall (Corby) 29.73; 4 E Mason (Corby) 30.52; 5 G Harcombe (Tam) 34.02. **Ht2:** 1 V Griffiths (Liv H) 26.55; 2 S Day (Tam) 27.76; 3 A Stacey (Birch) 27.88; 4 V Sumerling (Phoen) 28.21; 5 H Davis (IOW) 28.41; 6 G Dunkerley (O&R) 28.99. **Ht3:** 1 A Spencer (Wig) 25.89; 2 C Greaves (Liv H) 26.50; 3 N Plateau (Rad L) 26.77; 4 A Woodman (Bris) 26.83; 5 K Massey (W&B) 27.11; 6 C Beckett (MK) 28.50. **Ht4:** 1 C Jennings (CoHull) 26.68; 2 G Whillock (C&S) 28.75; 3 H Churm (C&S) 29.02; 4 K Birkin (Torf) 30.12. **Ht5:** 1 L Sutton (Ox C) 28.37; 2 J Godfrey (North P) 28.87; 3 K Grebby (Wx&B) 29.20; 4 M Chandler (Spark) 29.22; 5 L Martlew (Card) 29.65; 6 C Cawston (W Norf) 29.81.
Ht6: 1 K Hammond (C&S) 28.18; 2 L Reed (Bris) 28.78; 3 C Wood (Tam) 29.07; 4 L James (Brec) 29.52; 5 S Oakes (Cov) 29.53
800: Ht1: 1 A Perriss (MK) 2:29.41; 2 M Wall (Bas) 2:31.07; 3 L Flanner (Spark) 2:36.46; 4 S Davies (D&S) 2:42.60. **Ht2:** 1 Lucy Thomas (Neath) 2:21.10; 2 L Webster (W&B) 2:25.99; 3 G Jones (Llis) 2:28.36; 4 K Frisby (Der L) 2:35.17; 5 A Frith (Tam) 2:44.46. **Ht3:** 1 M Chandler (Spark) 2:36.18; 2 K Shone (unatt) 2:38.78; 3 L James (Card) 2:44.43; 4 G Harcombe (Tam) 2:58.00
60H: Ht1: 1 R Brenton (Rad L) 10.30; 2 C Wood (Tam) 10.33; 3 H Rodgers (Notts) 10.60; 4 S Ahmet (Rad L) 10.64; 5 J Reade (Rush) 11.00. **Ht2:** 1 L McManus (Leic C) 9.97; 2 A Beighton (Leic C) 10.05; 3 K Marshall (D&S) 10.26; 4 H Lucas (Rad L) 10.97; 5 K Warner (OWLS) 11.00
HJ: 1 I Hadland (N Dev) 1.60; 2 J Cannon (Liv H) 1.55; 3 S Upton (SSH) 1.50; 4 N James (Card) 1.50; 5 A Woodman (Bris) 1.40; 5 L Reed (Bris) 1.40
SP: 1 R Bartlett (Telf) 9.45; 2 L Sutton (Oxf AC) 8.96; 3 S Day (Tam) 8.46; 4 R Hanson (Telf) 7.70; 5 L Sewell (CoHull) 7.31; 6 K Crompton (O&R) 7.25

SCOTTISH EAST DISTRICT CHAMPIONSHIPS
Kelvin Hall, Glasgow

ALTHOUGH the East and West events were combined over the two days for the first time, all three Scottish record-breakers were East athletes, *Denis Shepherd reports*.

Matthew Peerless added 5cm to his national U17 pole vault record with a clearance of 3.8m despite having recently returned to action after four months out through injury - and took the shot title for good measure.

"The Scottish senior championships and the AAA U17s are my vaulting targets for the winter," said Peerless, 16 last month. He was quick to praise the new indoor facility at Grangemouth which has enabled a regular pole vault squad to function under coach Eamon Fitzgerald, thus raising the standard in the East.

However, Peerless's personal improvement was nothing compared to that of 15-year-old Kirsty Maguire who raised her PB from 2.70, to 3.10 to smash three records - Scottish senior native, under 20 and under 17 - and beat U20 record-holder Louise Gauld into second.

"I was hoping for 2.90," said Maguire, whose dad Kevin was Scottish decathlon champion in the 70s. "I may do the AAA although I haven't entered yet."

Darren Ritchie, in his first competition since mid-summer, showed he has fully recovered from a hamstring injury sustained in the Commonwealth Games trails when beating his own native record of 7.48m three times to finish up with 7.68 - only 18cm short of his outdoor best.

I felt in good form and am looking forward to seeing how much I can improve this year after a non-existent 1998 season, "said the 23-year-old.

The most prolific winner was Gillian Stewart who made use of her heptahlon skills to take the hurdles, high jump, long jump and shot titles. "I've been ill and did not perform up to my best," said Stewart, 19 next week. "But this has given me confidence to go out and do well in the summer when I'm fully fit."

There was some impressive sprinting with Heather McKay (17), another recovering from illness, knocking .08 off her PB to take the 60m in 7.67 - .02 faster than the Commonwealth sprinter Malgorzata Rostek who took the West title. McKay pulled out of the 200m still feeling the effects of tonsillitis.

Sinead Dudgeon, the former Scottish 200m outdoor champion who tends to specialise in 400m hurdles nowadays took the 200m (24.79) and 400m (54.75), with Kris Stewart doing likewise in the men's events (22.27 and 49.29).

Max Colligan completed a middle distance double in the 800m and 1500m. Gemma Ryde looked good in taking both U17 sprints while other noteworthy double winners included Craig Erskine (U17 200 and 400), Jemma Scott (U17 hurdles and high jump) and Angela Shearer (U15 60 and hurdles).

Men
60: J Oparka (Dund H) 6.91
200/400: K Stewart (Scot B) 22.27/49.29
800: M Arndt (FVH) 1:59.63
1500/3000: M Colligan (FVH) 4:03.4/8:47.62
60H: C Low (Arb) 8.69
HJ: S Livingstone (Edin) 2.06
PV: D Hamilton (Edin) 4.40
LJ: D Ritchie (Sale) 7.68
TJ: C McDonald (Edin) 13.24
SP: S Thompson (Belg) 13.68
U17
60: M Smith (Edin) 7.52
200/400: C Erskine (Lochg) 23.48/51.65
800/1500: C Foley (Dund H) 2:06.15/4:18.9
60H: P Torry (Ellon) 9.58
HJ: 1eq M Stewart (Arb) & M Campbell (Ellon) 1.70
PV: 1 M Peerless (Corst) 3.80 (Scot rec); 2 R Hurren (Falk) 3.40
LJ: Hurren 5.90
SP: Peerless 12.44
U15
60: A Tatton (FVH) 8.03
200: D Seath (Pit) 25.94
800: R MacIntosh (Stew) 9:10.12
60H/HJ: G Jamieson (Mont) 10.15/1.60
LJ: G Cochrane (Pit) 4.85
SP: A Robertson (Falk) 11.07
U13
60: S McCormich (unatt) 8.51
800: T Ashby (unatt) 2:29.18
SP: S Turner (Corst) 6.77
Women
60: H McKay (Lochg) 7.67
200/400: S Dudgeon (EWM) 24.79/54.75
60H: G Stewart (EWM) 9.07
800: J Ward (Glas) 2:17.78
1500: J Thomson (Lochg) 4:59.01
3000: L Marr (Pit) 10:42.37
HJ/LJ/SP: G Stewart (EWM) 1.65/5.26/10.61
PV: K Maguire (EWM, U17) 3.10 (Scot U20/U17 rec)
TJ: S Ramminger (Arb) 10.77
U17
60/200: G Ryde (Cent) 7.9/25.58
800: H Ballantine (Loch) 2:24.54
60H/HJ: J Scott (Arb) 9.34/1.65
300: H Bowers (Aber) 42.30
1500: H Ballantine (Lochg) 5:29.72
LJ: H Stevenson (Ellon) 4.59
SP: L Thompson (Nairn) 9.08
U15
60/60H: A Shearer (Aber) 8.21/9.61
200: J Scott (DHH) 27.57
800: M Sheill (Harm) 2:33.00
HJ: J Erskine (Lochg) 1.48
LJ: D Dougall (EWM) 5.01
SP: F Miller (Elg) 10.73
U13
60: L Dickson (EWM) 8.65
800: C Macauley (Pit) 2:36.84
SP: S McRobbie (Ellon) 9.03

SCOTTISH WEST DISTRICT CHAMPS
Kelvin Hall, Glasgow

BRIAN DOYLE staked his claim as the fastest sprinter of the meeting with impressive wins in the 60m (6.81) and 200m (21.82) - both in times substantially faster than those of the East winners, *Denis Shepherd reports.*.

Runner-up in the 60m was 1998 champion David Turnbull but unfortunately the athlete who might challenge Doyle if at his best, former Olympic runner Brian Whittle, pulled out of the 200m final after winning his heat in 22.26.

In the women's events, Comonwealth Games sprinter Malgorzata Rostek took the 60m (7.69) and Lee McConnell the high jump (1.80), while Pamela Anderson had a double in the long and triple

jumps.

The split of the championships into two days allowed Liam McDermid to win four medals - as an U15 he could only have competed in three events on the same day. he ended up with three gold in the 60m (7.82), 200m (25.36), 60H (9.54) and long jump (4.86).

Allan Scott had a good hat-trick in the U17 60m (7.06), hurdles (8.14) and long jump (6.75) while Claire Rooney took the U17 girls 60m (7.83) and 200m (25.96).

Men
60: 1 B Doyle (C'nauld) 6.81/21.82 2 D Turnbull (Ayr) 7.00; 3 S Liddell (unatt) 7.13; 4 B Connell (Vic P) 7.13
200: Doyle 21.82
400: A Mitchell (Kilb) 50.23
800: C Mnorrison (Invercl) 1:56.73
1500: K Downie (Cam) 4:02.63
3000: B Scally (SHH) 8:51.41
PV: 1eq M Brennen (White) & I MacKenzie (Invercl) 3.40
HJ: T Gilhooly (Edin) 2.06
LJ: C Elder (White) 6.61
TJ: D Kidd (Lark) 13.10
SP: K Wilson (Wigt) 13.79
U17
60/60H/LJ: A Scott (White) 7.06/8.14/6.75
200: G Carr (Vic P) 23.63
400: M Cullen (Law) 52.83
800: C Watson (Vic P) 2:04.22
1500: D Watson (Vic P) 4:12.3
HJ: P Doherty (Clyd) 1.96
PV: A Strange (Loch) 2.80
SP: P Brailsford (Mid Arg) 13.04
U15
60/200/60H/LJ: L McDermid (Vic P) 7.82/25.36/9.54/4.86
800: D Shearer (Lark) 2:17.98
HJ: A McKendrick (Vic P) 1.65
SP: G Hagan (Clyd) 12.52
U13
60: A Wilson (Ayr) 8.65
800: H Smith (Girvan) 2:40.70
SP: A Allan (Giff) 5.66
Women
60: M Rostek (Glas) 7.69
200: N Middleton (EK) 25.75
400: C Easton (EWM) 57.57
800: J Ross (Vic) 2:15.27
3000: J Knowles (Glas) 10:41.93
60H: K Law (Glas) 9.42
HJ: L McConnell (Lough) 1.80
LJ/TJ: P Anderson (Glas) 5.40/11.63
SP: M Walters (Glas) 11.60
U17
60/200: C Rooney (EK) 7.83/25.96
300: K McFadyen (Ayr) 42.53
800: K Ayre (VP) 2:34.04
1500: D Smith (Kilb) 5:15.92
60H: J Milligan (Ayr) 9.47
HJ: L Irvine (Glas) 1.60
LJ: S McVie (Ayr) 5.32
SP: N Black (Glas) 9.10
U15
60: L Cunningham (L&L) 8.30
200: L Brown (Glas) 27.65
800: J Lando (Mother) 2:29.68
60H: H Templeton (Ayr) 10.02
HJ: S Stewart (Glas) 1.48
LJ: J Nicoll (Mother) 4.93
SP: E Graham (Ayr) 8.99
U13
60: N Gossman (Glas) 8.30
800: L McPherson (Glas) 2:37.32
SP: C McMillan (Mother) 7.22

January 9

OPEN MEETING
Crystal Palace

Men
60H: 1 M Freckleton (B'hth) 8.5; 2 G Reddington (AFD) 8.9; 3 K Benton (Hav M) 9.5
U20
60H: 1 S Hunt (Sutt) 8.6; 2 D Saban (Sutt) 8.7
U17
60: 1 R Morton (VoA) 7.5; 2 D Crawford (Dart) 7.5; 3 R Bartlett (VoA) 7.6
60H: 1 C Tye-Walker (WSE) 8.4; 3 T Sinclair (Sutt) 8.7; 3 L Lucas (Dart) 9.1
U15
60: 1 K Tejan-Cole (Herne H) 7.6; 2 D Gonsalves (S Lon) 7.6; 3 G Owen (Ton) 7.7
60H: 1 T Robinson (B'hth) 9.9; 2 D Rogers (Ver) 10.0
Women
60H: 1 S Claxton (C&T) 9.0; 2 S Porter (Sutt) 9.0; 3 D Bennett (E&E) 9.1; 4 S Akinbiyi (Tow H) 9.1
U20
60H: 1 K Porter (B'hth) 9.1; 2 H Smith (Norw) 9.2; 3 S Mantle (NEB) 9.3
U17
60: 1 M Parris (Ilf) 7.9; 2 A Barnaby (B'hth) 8.0;
3 G Watson (Herne H) 8.1
60H: 1 S Pullinger (Brack) 8.9; 2 G Bennett (NEB) 9.0
U15
60: 1 S Dason (Croy) 8.4; 2 K Benneworth (B'hth) 8.4; 3 L Wells (W Suff) 8.4
60H: 1 S Belle (Tow H) 9.3; 2 C Garnett (Herne H) 9.5; 3 E Peak (Sutt) 10.0
U13
60: 1 C Schoburgh (Camb H) 8.7; 2 S Gale (Dart) 9.0; 3 J Barden (Ilf) 9.0
60H: 1 J Barden (Ilf) 10.8; 2 J Yakubu (NEB) 11.5; 3 M Crow (Med) 11.9

January 3

OPEN MEETING
Swansea

Men
50: B Harland (Swan U) 6.3
Vets
50: H Roberts (Newp, M40) 6.9
U20
50: A Thomas (Newp) 6.3
55H: J Anthony (Neath) 8.2
U17
50: C Snell (Swan) 6.4
55H: Snell (Swan) 8.3
U15
50: 1 G White (Neath)/P Lewis (Neath) 7.4
Women
U20
55H: S Little (Newp) 8.9
U17
55H: D Selley (P'elli) 8.2
U15
55H: L Leyman (Swan) 11.3
U13
55H: C Bradbury (Swan) 11.2

Track

December 22

NEATH CHRISTMAS RELAYS

10,000m Teams of Three
1 K Lewis, K Archer, S Williams 29:52; 2 P Jones, R Bamsey, G Spencer 29:55; 3 L Sandham, S Partridge, K Christie 30:23; 4 D Davies, H Carpenter, L Hughes 30:53; 5 F Gill, S Jones, P Bamsey 30:56; 6 J Rees, R Bowen, N Jones 31:22; 7 P Richards, V Connelly, F Williams 31:25; 8 N Horsley, D Oak, S Hames 31:36; 9 J Davies, F Archer, J Eange 31:40; 10 T Harries, J Richards, J Evans 32:18

Fell

January 10

STAVELEY HEAD RACE
Birkfield Farm, Staveley, Cumbria

FORMER British Open (BOFRA) champion Karen Slater made it two wins out of two in the 14-race Kendal Winter League, *Gareth Webb reports*.

The 41-year-old Keighley runner proved too strong for Helm Hill's Sue Parkin as she won by two minutes.

Colin Valentine found things much closer in the men's race as he held off Kendal's Billy Proctor, the first veteran home.

Men (4M, 800ft; Inc Kendal Winter League race 2 of 14)
1 C Valentine (Kesw) 26:06; 2 W Proctor (Helm HR) 26:21; 3 S Wadsworth (Wharfe) 26:49; 4 C Lumb (Helm HR, M40) 27:42; 5 C Jones (Ach) 28:06; 6 T Rutherford (Clay) 28:22; 7 Y Meyfroidt (Helm HR) 28:50; 8 D Richardson (Helm HR, M40) 29:30; 9 R Sewell (Kend, M40) 29:39; 10 N Radford (Amble) 30:14
U17: 1 R Wadsworth (K&C) 19:23; 2 G Story (unatt) 21:42; 3 S Hounslow (K&C) 22:03
U14: 1 M Hounslow (K&C) 8:39; 2 A Wilkin (Helm HR) 8:46; 3 L Paget (Helm HR) 9:16
U12: 1 C Robinson (Helm HR) 8:54; 2 D Shepherd (Sett) 9:03; 3 B Davies (Helm HR) 9:26
Women (3.5M, 800ft)
1 K Slater (K&C, W40) 20:58; 2 S Parkin (Helm HR) 22:54; 3 K Rogan (Wharfe) 24:57; 4 V Rogan (Wharfe) 25:16; 5 N Westworth (Helm HR) 28:42
U16: 1 K Roberts (Kend) 9:10; 2 K Bowe (Helm HR) 9:51; 3 S Slater (K&C) 10:05

January 9

ASHURST BEACON RACE
Upholland, near Wigan

SEAN WILLIS proved the class act as he pulled away early on to comfortably retain his title, *Gareth Webb reports*.

It is alleged that there are only four races in the FRA calendar with uphill finishes - and this one goes on for one-and-a-half miles. Even so, the sting in the tail posed few problems for the 1985 British junior champion as he held off Brendan Bolland of Newburgh by almost a minute.

Last year Willis missed out on Mark Croasdale's 1996 course record of 35:09 by seven seconds after a thrilling tussle with an in form Darren Flatley. This year the former swimming pool lifeguard was content to cruise to victory with Bolland, in second, having the consolation of leading Newburgh to the team award.

Men (5.9M, 950ft)
1 S Willis (Tod) 38:25; 2 B Bolland (New N) 39:22; 3 T Hesketh (Horw, M50) 39:59; 4 P Brannon (Clay, M40) 41:08; 5 P Graham (New N) 41:09; 6 P Minshull (New N) 41:11; 7 N Rothwell (S'port W) 43:59; 8 S Forster (Prest) 44:31; 9 P Bland (Horw, M50) 44:44; 10 W Coppelov (New N, M40) 44:51
M40: 3 A Heaton (Bowland) 45:17
M50: 3 G Large (N Vets) 47:41
M60: R Hill (Clay) 53:53
TEAM: 1 Newburgh Nomads 13; 2 Horwich 23; 3 Southport Waterloo 35
Women
1 J Coleman (Chor H) 53:34; 2 S Cooper (S'port W, W45) 55:17; 3 C Cutner (S'port W, W40) 55:38; 4 P Rowley (New N, W40) 57:32; 5 J Tolson (Red R, W40) 61:00

THE TRIG POINT RACE
Milford, Staffs

AFTER sitting in for much of the race, Marcus Scotney moved clear beyond the final checkpoint to win, *Gareth Webb reports*.

Scotney, who wasn't sure of the course, had taken the precaution earlier that morning of checking the route from the final checkpoint to the finish. And after pulling clear with Mark Hartell from the gun, bided his time for well over an hour before making his bid for home.

Christine Kilkenny had no such worries as she notched up her eighth win in the 15-year history of this event.

Men (15M, 1500ft)
1 M Scotney (Dark Pk) 92:52; 2 M Hartell (Macc) 93:38; 3 G Farmer (Chase, M40) 99:30; 4 C Anderton (Staffs M) 1:42:15; 5 D Rowley (Mercia, M40) 1:42:15; 6 A Cooper (Chase) 1:42:29; 7 J Currie (RSC, M40) 1:43:00; 8 P Cadman (Mercia) 1:43:09; 9 C Taylor (Mercia, M40) 1:43:11; 10 D Tait (Dark Pk, M50) 1:43:19
M50: 2 P Bratby (Congle) 1:50:23; 3 R Hyman (Mercia) 1:53:19
Women
1 C Kilkenny (C&S, W40) 2:00:30; 2 V Musgrove (Eryri, W40) 2:01:49; 3 L Lee (Staffs M, W40) 2:02:30; 4 N Barton (Staffs M) 2:05:22; 5 J Lea (Nun, W40) 2:09:33

Multi-terrain

January 10

OLD MONKS 6
Hesleden

Men
1 P Stephenson (Hart BR) 36:48; 2 I Cook (Hart BR) 37:36; 3 M Lamb (Hart BR) 37:50; 4 A Henderson (Morp) 38:07; 5 J Laws (Sund) 38:20; 6 R Firth (Mand, M50) 38:35; 7 C Edwards (Hart BR, M40) 39:39; 8 M Armstrong (Hart BR) 39:49; 9 P Kelly (Els, M50) 39:56; 10 D Edwards (Hart BR, M40) 40:30; 11 M Webb (Mand) 40:35; 12 D Munnelly (unatt) 40:41; 13 P Kelsey (Hart BR) 40:53; 14 D Hill (Salt) 41:14; 15 C Wright (Mand, M40) 41:30; 16 M Wynne (Salt) 41:52; 17 M Hunter (Dur C) 42:10; 18 P Batts (R&Z) 42:15; 19 H Stephenson (Hart BR, M40) 42:23; 20 P Dunn (unatt) 42:25
M60: 1 T Wesson (unatt) 61:25; 2 B Frankland (Qua) 61:56
Women
1 S Allan (H&P, W35) 42:35; 2 A Rowe (Darl, W35) 43:47; 3 S Milburn (New Ayc, W35) 45:34; 4 M McDonnell (Salt) 45:35; 5 M Oliver (Tyne, W35) 50:08; 6 R Adams (Elvet, W35) 50:49; 7 S Stephenson (Hart BR) 52:45; 8 S Feed (unatt) 54:03; 9 A Waistell (H&P) 54:56; 10 J Hudson (unatt) 57:43
W35: 6 P Hanson (Hart BR) 60:26
W45: D Alderson (Hart BR) 67:56
No of finishers: 146
100: S Tully (unatt) 56:58

TODAY'S RUNNER LEAGUE
Notts & Derbyshire Division, Broxstowe Park, Nottingham

Men (4.2M)
1 S Carlin (Rip) 23:43; 2 A Mellow (Mans) 23:58; 3 J Sheen (Mans) 24:16; 4 M Johnson (SinA) 24:22; 5 M Walker (Rip) 24:39; 6 N Luke (SinA) 24:44; 7 L Lebelinski (Huck) 24:56; 8 J Farquharson (Mans) 24:57; 9 P Moriarty (Heanor) 25:03; 10 R Huntington (Mans) 25:04
TEAM: 1 Mansfield 71; 2 Ripley 146; 3 Sutton in Ashfield 166; 4 Kimberley 242; 5 Ilkeston 247; 6 Hucknall 365; 7 Heanor 370; 8 Chesapeake 489; 9 Kirkhalam 637
Women
1 E Robinson (Rip) 29:20; 2 W Ray (Ilk) 29:48; 3 J Jeffries (SinA) 29:59; 4 V Naylor (SinA) 30:34; 5 L Parry (Ilk) 30:39; 6 M Collinge (Mans) 30:42
TEAM: 1 Ilkeston 198; 2 Ripley 199; 3 Sutton in Ashfield 215; 4 Mansfield 229; 5 Kimberley 250; 6 Chesapeake 273; 7 Heanor 279; 8 Hucknall 296; 9 Kirkhalam 297
COMBINED TEAM: 1 Mansfield 300; 2 Ripley 345; 3 Sutton in Ashfield 381; 4 Ilkeston 445; 5 Kimberley 492; 6 Heanor 649; 7 Hucknall 661; 8 Chesapeake 762; 9 Kirkhallam 934

January 9

ABERDEEN BEACH BUM RACE

Handicap
1 F Gauld 40:26; 2 E Chepekin 41:08; 3 C Mowatt 42:20; 4 C Golightly 42:29; 5 P Webster 43:02; 6 I Cran 43:49; 7 J Christie 43:58; 8 S Pryor 44:01; 9 S Armitage 44:32; 10 F Smith 44:47
Fastest Times:
Men
1 J Buchan 27:49; 2 M Johnson 28:51; 3 D Duguid 29:17; 4 A Smith 30:21; 5 J Strachan 31:15; 6 F Smith 31:17; 7 P Buchanan 31:26
Women
1 S Armitage 32:02; 2 J Christie 36:58; 3 L Rice 38:43; 4 A Thomson 39:14; 5 L Noble 40:04; 6 S Buchan 40:05; 7 S Hendry 41:05

Walks

January 10

MET POLICE 10km
Imber Court

IF THOSE who wait also serve - then it served Darrell Stone well to wait until the fifth lap out of six, *Paul Warburton reports*.

At that point Stone realised he could no longer tow his pal Jamie O'Rawe around and shot after Mark Easton who had established an 80 metre lead.

In a little more than a kilometre Stone was on Easton's back and used the last lap to make sure of a win on very little training and with a second half negative split nearly two minutes faster than the first.

Early on, the Sussex international was content to languish behind a group of four but at 3km he and O'Rawe were on their own in the chase for Easton disappearing fast in the distance.

At half way the chasing pair went through in a modest 22:45 - 33 seconds down on Easton who had marked his intentions from the gun.

But once Stone gave chase O'Rawe suffered, and Matthew Hales capitalised on the Road Hoggs man's demise to catch him on the last lap.

Jimmy Ball walked his usual consistent effort to finish in the top five for an incredible 12th time while Andy Goudie got back on the shoulder of Tim Watt who had earlier pushed the pace.

Goudie waited until the last 800 metres before finally putting paid to Steyning's third team member, at the same time improving his New Year's Day effort by more than two minutes.

Despite Goudie's effort, Belgrave dropped back to third in the team race while Steyning won easily, with Surrey taking silver after Mike Aris and Peter Hannell had done well in supporting Easton.

In the women's race Debbie Wallen and Sally Warren went through 5km together in 25:49 but after that the Aldershot junior international gradually drew away.

For all that Wallen was required to keep one eye on the disqualification board over the last two laps as two cards had already been submitted opposite her name.

Behind, former international Verity Snook made a welcome return to racing after a two year absence.

Men
1 D Stone (Steyn) 43:41; 2 M Easton (SyWc) 43:45; 3 M Hales (Steyn, U20) 45:00; 4 J O'Rawe (R Hoggs) 45:32; 5 J Ball (Steyn) 46:17; 6 A Goudie (Belg) 47:14; 7 T Watt (Steyn) 47:18; 8 S Allen (Ilf, M40) 51:58; 9 M Aris (SyWc, M50) 53:21; 10 N Whorlow (Belg, U20) 53:37; 11 C Lanchon (Belg, M45) 53:53; 12 P Hannell (SyWc, M55) 54:21; 13 G Hunwicks (Ilf, M45) 54:34; 14 S Maidment (Steyn, M45) 55:39; 15 P King (Belg, M45) 55:47; 16 D Sharpe (Ilf, M45) 56:47; 17 P Stanley (Wey, M45) 57:19; 18 J Short (Wey, M60) 58:03; 19 A Ross (Camb H, M50) 58:06; 20 P Cassidy (Lough, M55) 58:19; 21 C Flint (L Vids, M50) 58:31; 22 D Fotheringham (Belg, M65) 59:46; 23 N Simmons (SyWc, M55) 59:54; 24 R Jones (Wey, M60) 62:16; 25 J Godbeer (Camb H, M60) 62:20; 26 D Ainsworth (Ilf, M50) 62:36; 27 S Lightman (SyWc, M55) 63:03; 28 S Pender (Enf, M50) 63:29; 29 K Livermore (Enf, M65) 64:05; 30 T Sliwerski (SyWc, M50) 64;20; 31 H Rennie (Camb H, M45) 65:48; 32 C Foster (Enf, M50) 66:59; 33 T Fernandez (Lough, M50) 67:35; 34 R Denny (Camb H, M60) 67:40
TEAM: Steyning 9; 2 Surrey WC 23; 3 Belgrave 27; 4 Ilford 47; 5 Weymouth 59; 6 Cambridge H 75
Women
1 D Wallen (AFD, U20) 52:04; 2 S Warren (Bir) 52:29; 3 V Snook (AFD) 56:34; 4 A Lewis (AFD, W50) 57:24; 5 J Hesketh (Steyn) 57:42; 6 L Fryer (Belg, U17) 59:49; 7 J Trower (Steyn, W45) 60:41; 8 F Fernandez (Lough, W45) 67:35; 9 P Ficken (SyWc, W55) 68:25; 10 R Steinholtz (L Vids, W45) 72:46; 11 A Von Bismarck (Lough, W70) 74:26
TEAM: 1 Aldershot 8; 2 Steyning 14

HALIFAX INTERNATIONAL LEAGUE
Isle Of Man

JOHN TYSON won his first athletic event at the age of 52, *Paul Warburton reports*.

The Manx vet was a minute clear at the finish of the Castletown course, as was second-placed Dennis Skinner. After that the charge started with 14 finishing in the next minute, including fastest of the day Peter Kaneen in just under 50 minutes.

H'cap (10km)
1 J Tyson (unatt, M50) 69:53; 2 D Skinner (unatt) 73:38; 3 G Corran (Manx H, M40) 62:27; 4 P Jempson (unatt) 78:31; 5 J Stubbs (unatt, M50) 64:30; 6 D Wilkinson (Manx H) 62:26; 7 T Bates (IOMV, M45) 54:47; 8 M Gilbertson (unatt) 68:09; 9 J Bairstow (Manx H) 62:18; 10 S Cox (IOMV, M45) 53:55
Fastest: 16 P Kaneen (Manx H) 49:08
H'cap (5km)
1 J Gilbertson (unatt) 41:03; 2 I Kelly-Moore (unatt) 40:27; 3 C McLaughlin (unatt) 34:50; 4 S Lockett (unatt) 38:11; 5 B Lockett (unatt) 38:07; 6 M Tasker (Manx H, W40) 42:54
H'cap, U11 (1km)
1 C Jackson 8:39; 2 C Furner 8:45; 3 R Moore 6:52; 4 J Furner 6:53; 5 L Howard 8:39; 6 A Locking 8;16; 7 C Furner 7:36; 8eq C Taylor & J Partington 7:55

SARNIA 5
Guernsey

H'cap (all Sarnia AC)
1 R Elliott 40:41; 2 D Le Pellay (M45) 54:49; 3 J Dedman 55:34; 4 M Le Sauvage (M55) 53:09; 5 J Le Noury (W35) 61:22; 6 K Le Noury (M40) 51:55
U11, 1M: 1 T LeLacheur 11:04; 2 L LeLacheur 10:57; 3 J Le Noury 10:27

Overseas

SPAIN

IAAF CROSS INTERNATIONAL, Amorebieta, January 10

Men
1 R Limo (KEN) 33:53; 2 B Limo (KEN) 33:53; 3 H Mekonen (ETH) 33:54; 4 T Nyariki (KEN) 34:02; 5 A Mezegebu (ETH) 34:07; 6 P Kosgei (KEN) 34:11; 7 M Wolde (ETH) 34:17; 8 G Tola (ETH) 34:20; 9 A Chimukoko (ZIM) 34:23; 10 J Kosgei (KEN) 34:27; 11 S Hoff (RSA) 34:30; 12 JM Garcia (ESP) 34:31
Women
1 G Wami (ETH) 23:19; 2 Z Ouaziz (MAR) 23:20; 3 J Maranga (KEN) 23:44; 4 M Denboba (ETH) 23:57; 5 A Worku (ETH) 24:01; 6 Y Taye (ETH) 24;04; 7 B Adere (ETH) 24:38; 8 H Hussein (TAN) 24:39; 9 N Mugo (KEN) 24:52; 10 N Rocha (MEX) 24:58

Stop press

THE funeral of Bingley Harriers' Keith Firm, who died after a short illness on January 3, will be held at Rawdon Crematorium tomorrow, Thursday January 14, at 3.30pm. Tribute in next week's issue.

Letters

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

ATHLETICS WEEKLY COMMENT

A great return?


Nigel Walsh

I'D be the last to suggest the return of Daley Thompson, Allan Wells and Kriss Akabusi (see letter of the week) will be bad for athletics, and veteran athletics in particular. In fact I think they could surprise us all provided they've stayed in shape since retiring. But can the return of once world-beaters – in a sport where time and distance is the essence – have the same appeal as sports with more aesthetic appeal? I'd gladly pay to watch the still sublime skills of a 40-year-old John McEnroe or Yannick Noah, but not in a sport as pure as ours ... I'd rather remember athletes at their peak.

Call for consideration

IN Dave Martin's recent report on the European Cross Country Championships in Ferrara, Italy, he wrote on the topic of Gareth Turnbull, the highly talented Republic of Ireland athlete.

The Belfast lad finished third in a thrilling race and in the report it is quoted: "if Belfast's Gareth Turnbull hadn't opted for Republic of Ireland citizenship, the British junior team would have left Ferrara wearing gold medals around their necks."

This quote is the equivalent of saying that if Haile Gebrselassie opted for the Republic of Ireland we would win many team medals. If the BAF had been considerate toward Turnbull and other Northern Ireland athletes of the calibre of Dermot Donnelly and James McIlroy the British team may be collecting all types of medals. Dermot Donnelly finished a close second to your national champion, Keith Cullen in Margate which may translate as a top 15 finish in Ferrara. What a great success the senior team may have have had if Donnelly had been selected previously.

McIlroy has left your best 800m runners trailing in his wake. I would advise *AW* and BAF to be more considerate toward Northern Ireland's athletes in the future.

GARETH COUGHLAN
Co Neath, Ireland

LETTER OF THE WEEK



new balance® **The best letter wins a pair of New Balance running shoes**

Tough task for returning stars

IT was with great interest I read in your mag about the possible comeback of former UK stars Daley Thompson, Kriss Akabusi and Allan Wells in a showdown next summer on the veteran scene.

I assume they'll all be over 40 by summer, but I think it is a little unfair to think that they will only have one another to battle against ... our best M40 men can post times of near 11sec for 100m, 22.5 for 200m, 51sec for 400m and 54sec for 400H and a decathlete, whom Daley knows well, posted over 7000pts (age-graded) for a world record last year ... so I think these erstwhile stars will have their work cut out to win the British Championships this year and I look forward to the confrontations ... IF THEY MATERIALISE ... it's a lot harder when you're a vet!

JULIAN KENNEDY
Bournemouth

What about the vets?

AFTER reading numerous reviews of the year I am left disappointed there has been little or no recognition of veteran achievements.

The media interest has always surrounded the flourish of youthfulness.

Keith Anderson competing in the Commonwealth Games marathon gave the veteran movement a voice and fellow vets a lift with his pride and determination for success.

Rob Wise also proved distance is no object when winning the World Vets 10km road championship in Japan.

Together with our many golden moments at the European vets track and field championships we have much to praise. We should be justifiably proud of all our age group achievements which we historically predominate.

We are not an athletic nation who just want to grow old gracefully when there is so much life to be lived, and medals to win.

M BARNSDALE
Deeping St James, Peterborough

Owen can have it

I FEEL I must take issue with your correspondents as to whether Michael Owen deserved to win the BBC Sports Personality of the Year award.

Although I did not vote for him I think of all the candidates he deserved the award more than any of them.

Look at the facts, Iwan Thomas won the European and Commonwealth individual 400 metre gold medals, along with the gold and bronze in the respective relays, he also placed first in the World Cup, arguably winning three of the four most important 400 metre races this summer. Denise Lewis also won European and Commonwealth titles, was ranked number one in the world and is arguably the best all round female athlete in the world for 1998.

In addition Sonia O'Sullivan won both long and short World Cross Country titles, 5000 and 10,000m titles at the European Championships, 5000m at the World Cup and had a superb run in difficult conditions at the Great North Run.

The other nominee, Tony Adams, was part of an Arsenal team which won both major English titles in the 1997/98 season, as well as putting his personal problems behind him.

Michael Owen on the other hand won absolutely nothing apart from the BBC award. I'm sure not one of the others would swop what they won in 1998, for what Michael Owen won, let him have it, as he has achieved nothing else at either national or international level especially compared to our athletes!

ANDY HORLOCK
(tongue firmly in cheek)
West Thurrock

Starting with a bang

TOP tip for 1999, no more sore hands or trapped thumbs.

Buy a large pack of party poppers; carefully remove all the paper rolls; then, holding the popper high above your head, pull the string for a loud, effective bang.

Just as good as a small starter's pistol but no licence required, just some common sense.

It certainly made my cat 'start' when I tested one.

Keep up the good work with the magazine.

FRANK PLUNKETT
Hallamshire Harriers Sheffield

THE WEEK THAT WAS

30 years ago
JANUARY 11 1969

■ TREVOR RODWELL topped the youths' he 100, 220 and 440-yard rankings for the previous year with 9.9, 21.8 and 48.9 seconds respectively.

20 years ago
JANUARY 13 1979

■ INTER Sandra Arthurton and senior Kathryn Binns repeated their wins of the previous year in the Women's Inter-League cross country fixture at Ampthill, Bedford.

10 years ago
JANUARY 11 1989

■ PRIMO NEBIOLO was forced to resign as president of the Italian Athletic Federation less than a month after being re-elected to serve a four-year term.

Athletic Equipment

Podium Medicine balls, D-balls, Sprint harnesses, Footwork ladders, Plyometric hurdles and boxes, weighted jackets and resistance parachutes. All track and field hardware.

Neuff Athletic Equipment

Tel/Fax: 01 653 691 865, e-mail: sales@neuff.demon.co.uk

Essential Sportswear

100% Polyester **CLUB VESTS** Custom Made ***LYCRA***



Quality Assured

WASP SPORTS

01938 820481

Foel, Welshpool, Powys SY21 0PB

http//www.wasp-sports.demon.co.uk



RETAILERS' GUIDE

BRISTOL

EASY RUNNER

Offers footwear and clothing for runners of all standards plus individual service and advice.

Bristol's Specialist Running Shop.

6, Horfield Road, St. Michael's Hill, Bristol. Tel: 0117 9297787. Mail Order enquiries welcome.

MIDDLESEX

RUNNERSWORLD

333 Rayners Lane, Rayners Lane, Middlesex HA5 5EN. Tel/Fax: 0181 868 6997.

Late night Friday until 7pm. Mail order available 200 metres from Rayners Lane Tube Station.

CAMBS

ACTION SPORTS

Mitchams Corner, 34 Chesterton Rd., Cambridge. Tel: 01223 356207.

For first class advice & service. Fully trained staff. All the top manufacturers running shoes, clothing and accessories stocked. Club discounts.

Kit

CLUB COLOURS – Vests, shorts, wind suits, track suits, badges, holdalls, ties. Douglas Sports, 9 Acton Hill Mews, 310-328 Uxbridge Road, London W3 9QP. Tel: 0181-876-5818.

EVENT

BRACKNELL AC 21st YOUNG ATHLETES OPEN MEETING

SATURDAY 3rd APRIL 1999 at 10.30am

at the John Nike Stadium, Bracknell Leisure Centre

(Under BAF Rules)

U11 Girls & Boys:	60m, 150m
U13 Girls:	80m, 150m, 600m or 1000m, 70mh, LJ, HJ, DT
U13 Boys:	80m, 150m, 600m, 1000m, LJ, HJ
U15 Girls:	100m, 200m, 800m, or 1500m, 75mh, LJ, HJ, DT, SP, JT
U15 Boys:	100m, 200m, 800m, 1500m, 80mh, LJ, HJ, SP, JT, HT
U17 Women:	100m, 200m, 300m, 800m, 80mh, LJ, HJ, DT, SP, JT, HT
U17 Men:	100m, 200m, 800m, 1500m, LJ, HJ, SP, JT, HT

Medals to first three in each event

Entry fee: £1.50 per event to: The Organiser, 2 Birkbeck Place, Owlsmoor, Sandhurst, Berks, GU47 0UL

Stating: Club, Events, Age Groups & Date of Birth. Three events only may be entered.

Stamped addressed envelope for confirmation & timetable which will be sent after closing date

Cheques & PO's payable to Bracknell AC.

ENTRIES CLOSE 19.3.99. NO LATE ENTRIES WILL BE ACCEPTED

NUTRITION

1st Nutrition

A NEW SEASON – A NEW START

Sports Diets

GUIDANCE FOR ATHLETES WHO WISH TO PERFORM TO THEIR FULL POTENTIAL

Health Programmes

GUIDANCE ON HEALTH PROGRAMMES TO HELP RELIEVE OR PREVENT THE DEGENERATIVE AILMENTS OF MATURITY

Sports Food Products

NUTRITIOUS ENERGY DRINKS AND FOOD SUPPLEMENTS

For further information send an A5 S.A.E now to:

1st Nutrition PO Box 268 Grimsby DN37 0GN

Attention all coaches and athletes!

Subscribe to Athletics Weekly

■ Introduce yourself and your athletes to *Athletics Weekly* magazine with a special introductory 12-month subscription for only £58.00 and save £9.00 (inc. p&p).

Guarantee your own personal copy by simply completing the order coupon below:

■ Six-month subscriptions available at half annual rate.

It's simple. You get your copy every Wednesday and save over £9 on a years subscription.

Subscription order form

Please start a subscription to *Athletics Weekly* magazine.
Please send each issue of *Athletics Weekly* to:

Title _____ *First name* _____

Surname _____

Address _____

_____ *Postcode* _____

Tel no (day) _____ *(eve)* _____

Please tick:

12 months @ £58.00 (PB2K/B1v) ☐

6 months @ £29.00 (PB2K/B1w) ☐

I enclose a cheque for the sum of £ _____

made payable to *Athletics Weekly*

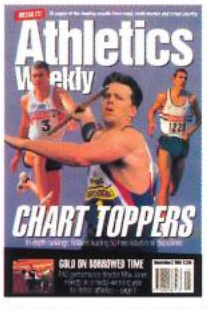
Please debit £ _____ from my

Access / Visa / Amex / Diners card (delete as appropriate)

Card No ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiry Date _____

Signature _____



Send your completed coupon to:
***Athletics Weekly* subscriptions,**
FREEPOST, (MID 06040)
Leicester LE87 4EF

Offer only available in the UK. Your subscription will start with the next available issue. Offer closes December 31 1998.

We may share information about you with our parent company, EMAP plc, and our sister companies in the EMAP Group and also third parties where we feel their services may be of interest to you. If you do not wish your details to be passed on to these third parties please tick this box ☐

Please tick if you are over 18 years of age ☐

* based on normal rate £1.40 per copy

Next Issue ...

All in the next issue of *Athletics Weekly*, on sale every Wednesday

CROSS COUNTRY

CARDIFF CROSS

Report from the fourth round of the Reebok Cross Challenge

DRUGS IN SPORT

SEBASTIAN COE

The way forward for sport in its fight against drug cheats

ON THE BOARDS

PLAYING INDOORS

Report and results from the Birmingham Games

Athletics Weekly

at your service

VOLUME 53 – No.2
JANUARY 13 1999

EMAP Active Ltd,
Bretton Court, Bretton,
Peterborough, PE3 8DZ
Tel: 01733-261144 (Editorial) and 01733-264666 (Advertising)
Fax: 01733-465206 (Editorial) and 01733-465248 (Advertising)

EDITOR:
Nigel Walsh (465336)
nigel.walsh@ecm.emap.com
DEPUTY EDITOR:
Bob Frank (465952)
bob.frank@ecm.emap.com
DESIGN EDITOR:
Rob Gould (465332)
rob.gould@ecm.emap.com
NEWS EDITOR:
Trevor Frecknall (465493)
trevor.frecknall@ecm.emap.com
STAFF WRITERS:
Elaine Dunn (465335)
elaine.dunn@ecm.emap.com
Jason Henderson (465464)
jason.henderson@ecm.emap.com
ASSOCIATE EDITOR:
Allan Haines (465913)
allan.haines@ecm.emap.com
PHOTOGRAPHER:
Mark Shearman
EDITOR'S SECRETARY:
Pauline Haines (465333)
pauline.haines@ecm.emap.com
OVERSEAS EDITOR:
David Cocksedge
CHIEF CONTRIBUTING EDITOR:
David Martin
CONTRIBUTING EDITORS:
Tim Hutchings, Mark Hylton, Lesley Owusu
VETERANS:
Martin Duff
FELL:
Gareth Webb
STATISTICIAN: Ian Hodge
CONTRIBUTORS: Alastair Aitken, Trevor Baxter, Keith Bradshaw, Mark Butler, Mark Cawte, Fraser Clyne, Dave Edwards, Kevin Fahey, Alan Keys, Brian Kirkley, Pete Mulholland, Roger Norton, Mark Ouma (South Africa), Bev Parsons, Malcolm Price, Steve Roe, Denis Shepherd, Chris Smith, Don Turner, Paul Warburton, Norrie Williamson
BACK ISSUES:
Lorraine Russell (555161)
COACHING ADVISER:
Max Jones
ADVERTISEMENT DIRECTOR:
Samantha Marsh (465451)
sam.marsh@ecm.emap.com
DISPLAY SALES EXECUTIVE:
Mark Wilson (465355)
PRODUCTION CONTROLLER:
Wyn Harrison (465920)
MARKETING EXECUTIVE:
Susan Kirwan (465466)
PUBLISHER:
Karen Borsberry-Woods (465978)
PUBLISHING DIRECTOR:
Rob MacDonald (465356)
MANAGING DIRECTOR:
Barry Dennis (465360)

TYPESETTING & COLOUR ORIGINATION:
Final Reproductions, Sawtry, Huntingdon, Cambs.

PRINTED BY: Cradley Print PLC, Warley, West Midlands.
© EMAP Active Ltd 1998.
Registered at the Post Office as a newspaper.

■ *WHILE Athletics Weekly will take every care to help readers with training, diet and injuries, neither EMAP Active Ltd, nor its contributors can accept any responsibility for illness or injury caused as a result of advice given. Athletics Weekly cannot take any responsibility for loss or damage to supplied material.*

HOW TO OBTAIN A COPY

SHOP-SAVED

Reserve a copy at your newsagents using the coupon below

SUBSCRIPTIONS

Orders and enquiries – 9am-5.30pm (Mon-Fri). 01858-468888. Tower Publishing Services Ltd, Tower House, Sovereign Park, Lathkill Street, Market Harborough, Leicestershire, LE16 9EF. State number of issues per year. Facsimile: 01858-434958.

Subscription rates: UK and BFPO £72.20, Airmail Eire and Europe £98.40, Airmail Zone 1 £123.40, Airmail Zone 2 £131.40. Six-month subscriptions available at half annual rate. Credit card orders welcome.

BACK ISSUES

Price £2.00 (UK and BFPO), £3.00 (overseas surface mail), overseas airmail rates on request. From: Tower Publishing Services Ltd, Back Numbers, Tower House, Sovereign Park, Market Harborough, Leicestershire, LE16 9EF. Tel: 01858-468888

If you have difficulty obtaining a copy of this magazine, contact Patrick Johnston at: Frontline Ltd, Park House, 117 Park Road, Peterborough, or telephone on 01733-555161

To my newsagent ...

Please reserve/deliver me a copy of *Athletics Weekly* magazine every Wednesday.

Name _____

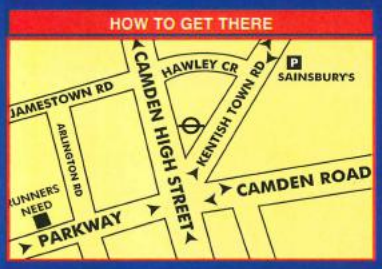
Address _____

_____

_____

_____ **Postcode** _____

HOW TO GET THERE



RUNNERS NEED

Runners Need,
34 Parkway, Camden Town,
London NW1 7AH.
10.00am to 6.00pm Mon-Sat
1 minute from tube station/4 minutes from Sainsbury's Car Park
Look out for RUNNERS NEED red neon sign



SEND S.A.E. FOR FULL SALE PRICELIST

1) NEW BALANCE RAIN JACKET: Fully waterproof, windproof and breathable. Delfy fabric offers sure protection from the elements. All seams are taped. Full mesh lining. Inside storm flap. Elasticated waist and tiecord. Side zip-pockets. Elasticated and velcro cuffs. Reflective piping front and back. Navy/orange. Sizes - Small or Large only. A quality rain top at a great price. **WAS £1099.99. NOW £49.99.**

2) NEW BALANCE DELFY RAIN PANT: Matching pant to jacket. Fully lined. Two side zip-pockets. Back zip-pocket. Elasticated waist with tiecord. 12" leg zippers with inside storm flap. Navy. S, M, L, XL. **WAS £59.99. NOW £29.99.**

3) RONHILL TRACKSTER CLASSIC: The original classic training pant. Four-way stretch Exertech fabric gives superior wicking and performance characteristics. **SPECIAL OFFER** on this discontinued colour. Black with orange piping. S, M, L, XL. **WAS £17.99. NOW £9.99.**

4) ASICS "WINNING COMFORT" THERMAL TOP: A superb base layer for winter running. Navy (not shown) - S, M, L, XL. Black - L, XL. Green - L, XL. Grey - L. **WAS £29.99. NOW £12.99.**

5) ASICS PBT MICROFLEECE TIGHT: Elasticated waist with drawstring and key pocket. Black/red. S, M, L, XL. **WAS £29.99. NOW £14.99.**

6) ADIDAS RUN JACKET: Ripstop nylon. Windproof and water-resistant. Two side zip-pockets. Elasticated tiecord waist. Elasticated cuffs. Navy/white. S, M, L, XL. **WAS £39.99. NOW £19.99.**

7) SUB 4 GAMEX JACKET: Waterproof, windproof and breathable. Fully seam-sealed. Full-length zip. Reflective tape front and back. Two side-pockets. Tiecord waist. Velcro cuffs. Soft, light and comfortable. The perfect weight for running. Royal or fluo green. S, M, L, XL. **WAS £59.99. NOW £34.99.**

8) NEW BALANCE WOMEN'S CAMBRIDGE JACKET: Breathable, windproof and shower-resistant. Ultra-lightweight microfibre shell. Coolmax mesh liner. Full-length zip. Reflective piping front and back. Two side zip-pockets. Elasticated waist with tiecord. Front and back vents. Navy/periwinkle. S, M, L, XL. **WAS £49.99. NOW £19.99.**

£20 OFF — ASICS GEL 130



Classical well-cushioned trainer, especially suitable for the runner with no motion-control requirements.
UK SIZES: 6 to 12, 13, 14.

WAS £59.99
NOW £39.99

£25 OFF — ASICS GEL 130 MC



High-stability version of the popular GEL 130. One of our best-selling anti-pronation shoes. Excellent medial support. Alpha-Gel in heel.
UK SIZES: 7 - 12, 13, 14.

WAS £64.99
NOW £39.99

£30 OFF — NEW BALANCE M876



A neutral shoe offering excellent cushioning. Absorb in heel and forefoot. Lightweight but durable - Compression-moulded EVA midsole and blown rubber outsole.
UK SIZES (D WIDTH): 6½, 7½, to 10½.

WAS £59.99
NOW £29.99

£20 OFF — ASICS GEL ULTRA MARATHON



Excellent value for the mid-mileage runner. Dual-density midsole with gel in heel offers good cushioning and stability for the mild pronator. Outsole has blown rubber forefoot and carbon rubber in heel.
UK SIZES: 7 to 9½. (no 9).

WAS £49.99
NOW £29.99

£20 OFF — ASICS GEL 2030 (WOMEN'S)



Excellent cushioning, with Gel in heel and forefoot. Good medial support. Voted "Best neutral/cushioned shoe" (Today's Runner, September'98).
UK SIZES: 3 to 7. (inc. half sizes).

WAS £69.99
NOW £49.99

NIKE SPORT TIMERS

TRIAX 26	£55
TRIAX 42	£65
TRIAX 120	£75
TRIAX 250	£95

MAIL ORDER

0171 209 3413
0171 267 7525 (24 HRS)
FAX: 209 3455

SWITCH · Access · VISA

Send cheque/PO/credit card No. to: **RUNNERS NEED,** 34 Parkway, Camden Town, London NW1 7AH.
OR PHONE/FAX YOUR ORDER
P&P £3.00 per order (Applies to UK and BFPO only).