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athletics WEEKLY

THE WORLD'S NO. ETICS MAGAZINE



BLAST FROM THE PAST

Three-time National cross winner Andrea Whitcombe wins in Cardiff

Mo Farah answers your questions

Who's the greatest – McColgan or Radcliffe?

Weekend round-up includes Gebrselassie's record near miss

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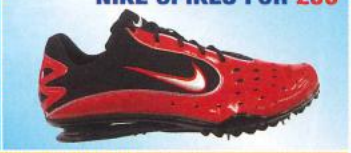
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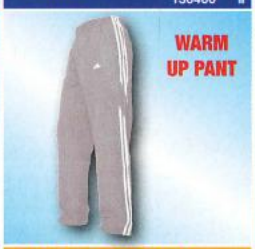


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Mark Shearman

Alex Carter, left, was among the winners at last weekend's Cardiff Challenge cross-country meeting. For a report, results and pictures see page 16

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We can learn a lot from the Ethiopian fans, says Geoff Wightman



Cover: Andrea Whitcombe (above, 49) won the Cardiff Challenge cross country race last weekend (Mark Shearman)

Gebrselassie – a true legend never to be doubted

I MUST admit, I wrote Haile Gebrselassie off some time ago. When he first started losing on the track, around seven years ago, I was convinced his best days were over.

It began at the IAAF World Championships in Edmonton in 2001. Going for his fifth consecutive world 10,000m title, he finished third in a race won by Charles Kamathi of Kenya. Two years later, at the World Championships in Paris, he was beaten by his younger and faster fellow countryman Kenenisa Bekele. At the 2004 Olympics in Athens he was aiming for his third Olympic 10,000m gold, but finished only fifth.

His legs have gone, I told myself. He might try to reinvent himself as a marathoner, I figured, but his purple patch was over. He wasn't quite a spent force, but his best days were definitely behind him.

Jim Denison, a former colleague of mine and Gebrselassie's biographer, always told me to have faith. He was particularly defensive about Gebrselassie's age. "Just because he's been around for ages, everyone assumes he's old," he told me. "But he's not!"

Gebrselassie's early, faltering attempts at the marathon did little to change my view. But he has finally – and spectacularly – nailed the distance, setting a world record of 2:04:26 in Berlin in September and now, last week, the second-fastest mark ever of 2:04:53 (see page 37).

'The Emperor', as he is known, is a true champion. Probably the greatest distance runner of all-time, in fact. And I should have known better than to ever have doubted him.

IT is good to see Andrea Whitcombe on the cover of *AW* again. Aged 18, she featured on *AW's* front page in February 1990 (see right) when winning the senior race at the English National Cross Country Championships. It was the first of three National titles and a running career that included a Commonwealth silver medal at 5000m in 1998.



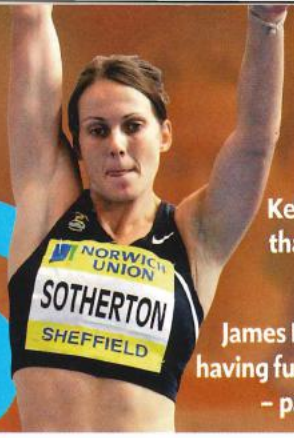
Disillusioned with selection decisions and keen to tap her potential in swimming and cycling, she switched to triathlon in 2001 and enters this Olympic year as one of Britain's best prospects in that sport.

Consequently, while it was nice to see her return to her roots in Cardiff last weekend, it is unlikely to mark a permanent move back to athletics.

Jason Henderson, Editor

NEWS

Athletics stories from around the globe



Kelly Sotherton is thankful of injury – page 8

James Brewer is having fun at 1500m – page 9



Rivalry is friendly, insists Ohuruogu

SPRINTS 400m world champion is adamant the rivalry between her and Nicola Sanders remains firmly on the track

WORLD CHAMPION Christine Ohuruogu has played down speculation about a falling-out with 400m rival Nicola Sanders.

Ohuruogu pipped fellow Brit Sanders to Osaka gold last summer, before teaming up with the Amersham athlete to claim 4x400m relay bronze.

The sprint duo has been part of a 33-strong squad in South Africa, where Sanders and Ohuruogu have been involved in the UKA Training Camp for the Norwich Union GB & NI Team.

But the 23-year-old Newham and Essex Beagles star revealed there was no animosity between the pair – just a healthy rivalry as the Beijing Olympic Games ticks ever closer.

"People keep asking me about the rivalry with Nicola, but she's doing her own thing and I will do mine," said Ohuruogu, who saw her Olympic lifetime ban for missing three out of competition drug tests overturned by the British Olympic Association in November.

"We get on fine – that's it. We're rivals but we still talk and say hello to each other – we've just got our own sets of friends. We never avoid each other and rivalry is good for us and I always make sure it's a positive thing.

"I don't think about being the golden girl of British athletics," she added. "I just get on with what I need to do and I then go home and sleep – there's nothing more to it."



World 400m medallists Nicola Sanders and Christine Ohuruogu break out with laughter at the suggestion they have fallen out

Getty Images

Ohuruogu revealed she will not go for World Indoor Championship gold in Valencia in March as previously planned – as her focus for 2008 remains squarely on Beijing and an Olympic podium finish.

The Stratford star has committed to run the 60m and 200m at the Norwich Union Grand Prix in Birmingham in February, before hanging up her spikes for the rest of the indoor season in preparation for the UK outdoor trials in Manchester and Beijing.

"The Olympics is the only thing I'm focused on and I'm just enjoying being fit and healthy," she added. "If you aren't injured you can push on and build for the year ahead and we're going the right way.

"I've committed to do Birmingham and that will probably be it for now in Olympic year. There's no World Indoors for me – I just want to continue focusing for Beijing.

"If you dream of what might happen in Olympic year, you waste valuable energy and you can wear yourself out thinking about what's ahead. All I do is look forward to each training session and keep my schedule on track. I don't look back now, there's no point, and I have to keep focusing on what's ahead."

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Robinson to take on the clock in London

WORLD Championships 11th-placer Dan Robinson will contest this year's Flora London Marathon, but instead of approaching the race with the focus of placing highly, the 33-year-old will instead aim to run a fast time.

The Commonwealth bronze medallist will not have to worry about Olympic standards, as his strong performance in Osaka last year effectively counts as an 'A' qualifier. Robinson (left) is therefore free to focus simply on revising his personal best of 2:13:53.

"Eight months was a long time to focus on one race," Robinson told BBC Radio Gloucestershire, explaining why he was using London as preparation for Beijing. "I haven't really worried about the watch before, so it would be nice to run a fast city marathon. I'd like to get my PB as close as I can to 2:10 or 2:11."

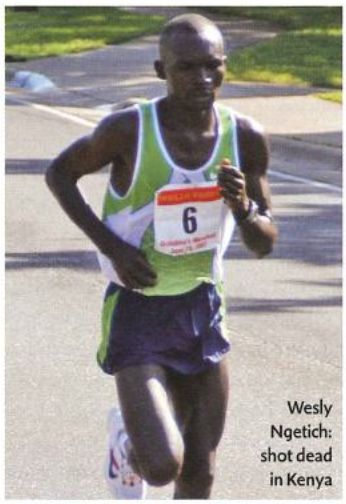
Kenyan violence claims another athlete's life

ATHLETICS WEEKLY reported two weeks ago about how athletes have been affected in the current civil unrest in Kenya and warned that the situation could escalate if the violence is not curbed.

Those fears are beginning to be realised after the death of another athlete this week. Marathon runner Wesly Ngetich died on Monday after being shot in the chest with an arrow during fighting, according to *Race Results Weekly*. Having been shot with the arrow, Ngetich was taken by his sister-in-law to a nearby hospital, but he died soon after.

Ngetich had been planning to compete in the PF Chang's Rock 'N' Roll Marathon in Phoenix, Arizona, earlier this month, but was unable to get out of the country because of the violence in his hometown of Trans Mara.

Although he was in his early thirties, Ngetich had only been running



Wesly Ngetich: shot dead in Kenya

internationally for just a few years. Some of his first competitive appearances came in half-marathon races in Britain. He finished third in Reading and fifth in Wilmslow in March 2004.

One year later he won 'Grandma's Marathon' in Duluth, Minnesota – a race which he won again in 2007 – and had planned on racing there again this year. He set a lifetime best of 2:12:10 when placing second at the 2006 Houston Marathon in Texas.

While with his tribe on Monday, Ngetich became involved in the political violence that has swept through Kenya since the disputed re-election of President Mwai Kibaki on December 27. Ngetich was a member of the Masai tribe, which supports opposition leader Raila Odinga.

"We are extremely sad for this terrible news and send our deepest sympathies to his family for their loss," Ngetich's manager, Hussein Makke, told *Race Results Weekly*. "We hope and pray this fighting will come to an end very soon.

"I was told that there were five or six others killed at the same time, but other than that I have no details," added Makke. "I cannot confirm if Wesly was involved in the fighting or whether he was attacked."

"Words cannot express our feelings at this moment," said Scott Keenan, the executive director of Grandma's Marathon. "Our sympathies go out to Wesly's family and friends and our thoughts and prayers will remain with them during this extremely sad and difficult time. We loved having Wesly here at Grandma's and he enjoyed coming here. It is difficult to imagine that he is gone."

Ngetich was married with three children, ages eight, six and one. He lived on a 60-acre farm in the southwestern corner of Kenya, close to the Tanzanian border, where he grew corn and beans and had seven cows.

The news of Ngetich follows the death of 1988 Olympian Lucas Sang, who was hacked to death at the start of this month after similarly being caught up in the violence.

After Geb misses mark, kids will try to break marathon world record

ETHIOPIAN legend Haile Gebrselassie may have failed in his attempt to break the world marathon record, but coaches at Birmingham University are hoping that some of Britain's youngsters will succeed in breaking 2:04:26 for 26.2 miles.

Of course, no one is expecting the young athletes to do this single-handedly, so Birmingham coach Bud Baldaro is inviting teams of 10 to take on the challenge of bettering the current world records for the marathon on March 19. Boys' teams will aim for Gebrselassie's mark, while the girls' teams will be targeting Paula Radcliffe's world record of 2:15:25.

The races will take place on the Birmingham University track, and teams can run in any order, so long as each runner does a minimum of three laps each. "We would really welcome additional teams – clubs, universities and schools are welcome," Baldaro told *AW*. "I am genuinely excited by what we are trying to do and it is all part of our attempt to involve community and schools in our sport."



Children will have their eye on Steve Cram's UK 1500m record

Additionally, Baldaro is also organising similar attempts on the UK 1500m records of Steve Cram and Kelly Holmes on the same day. The 15x100m relay is open to children in primary school or in years seven and eight at secondary school. Boys' teams will be aiming to break Cram's 1985 mark of 3:29.67, while girls will target Holmes' time of 3:57.90 set at the 2004 Athens Olympics.

All runners will receive medals and certificates and there are prizes to the first three teams, courtesy of Asics. Athens marathon course record-holder Bill Adcocks will be present as chief guest and Baldaro is hoping that either Cram or Holmes will also put in an appearance.

"There has been lots of local interest already, but teams from further afield are welcome," added Baldaro of the 1500m relays.

Anyone interested in the 'university challenge' should contact Baldarao at: bud@baldaro.com or on: 07741-051235.

■ SEE *Results*, page 37, for a report on Haile Gebrselassie's marathon world record attempt in Dubai

Marlow reappointed

BRITAIN'S Peter Marlow has been reappointed as the chairman of the European Athletics Race Walking Committee for the period 2008-2011.

This appointment represents a major milestone for the former British champion over 10km and 20km as it will mean that he will have been the only chairman of the European Athletics Race Walking Committee since it was inaugurated in 1996.

Marlow, a 1972 Olympian in the 20km walk, has been at the forefront of international race walking politics for over 20 years since being elected the British representative on the IAAF Race Walking Committee in 1976 making him one of the longest serving officials at any level in IAAF.

Recently retired from his job as a director of a retail health company, Marlow intends to devote more time to bringing the goals of the commission to fruition, before his step-down date in 2011.

"I'm really pleased that European Athletics feels I still have a lot to offer the commission and I have really enjoyed my period as chairman since 1996," said Marlow. "The sport in Europe is in a very healthy state as all three Olympic champions from Athens are European, but with the changes in society in recent times I feel we have to look at new ways to make the discipline more appealing to today's younger generation."

BRIEFS

TV company searches for 'unbreakable' athletes

PRODUCTION company Ricochet is in the process of making a new television series called 'Unbreakable' and is looking to find Britain's toughest people to take on an amazing adventure, training with some of the world's elite agencies.

Ricochet would like to hear from super-fit athletes to take across three continents, where endurance, physical performance and mental toughness will be tested to the limit.

If you think you are 'unbreakable', email: unbreakable@ricochet.co.uk or leave a voicemail on 01273-224815.

Chelmsford road relays

THIS year's Chelmsford Road Relays on March 1 will double up as the Eastern Region Championships. As usual, there are four stages for the men and three for the women.

Khanafeyeva fails test

FORMER world record-holder in the women's hammer, Gulfiya Khanafeyeva, has tested positive for a stimulant, according to the Russian athletics chief.

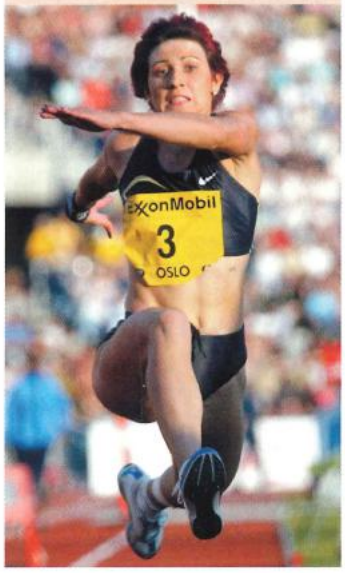
The positive test is said to have come from the 2007 World Military Games in Hyderabad, India, last year, where the 25-year-old finished second.

The result of the B sample is not yet known, but if it confirms the outcome of the A sample, Khanafeyeva may face a lifetime ban as it will be her second doping offence. She served a three-month ban in 2002 for a minor drugs offence.

Khanafeyeva set a world record of 77.26m in 2006 and went on to improve her PB by 10 centimetres one year later, but in that same competition Tatyana Lysenko increased her own world record to 78.61m – before she too tested positive.

No indoors for Lebedeva

WORLD long jump champion Tatyana Lebedeva (below) will not compete indoors this year. *AW* reported in November that the triple jump world indoor record-holder underwent Achilles surgery and doctors have since advised the Russian athlete against rushing back. Lebedeva will take her time as she prepares for the Olympics.



Injuries help Sotherton's season

KELLY Sotherton has revealed her secret weapon in her long-running rivalry with Swedish superstar Carolina Klüft – an enforced injury lay-off.

The Commonwealth Games heptathlon champion is currently in South Africa for a spell of warm-weather training ahead of February's Norwich Union Grand Prix, where she will lock horns with Klüft for a special three-event contest.

But should the 31-year-old earn the early season bragging rights against the Olympic, world and European heptathlon champion, it could be down to an injury which limited her to cycling and swimming between October and December.

The World Championships bronze medallist had a problem with the sesamoid bones in her foot and was told not to run – a break she believes will pay dividends when Klüft arrives in Birmingham on February 16.

"I feel good now but from the end of October until the middle of December I wasn't able to run," said Sotherton.

"I was told to rest, but with the cycling and other things I kept myself very fit and I'm actually in the best physical shape of my life and offloading that six weeks has probably done me good.

"I trained so well towards the end of last season that I've carried it through to now and I train a lot smarter than I did a year ago.

"I feel fitter than I did in Osaka and the changes I made to my training in June are paying off. I gambled with a new running regime and that's been carried through to now.

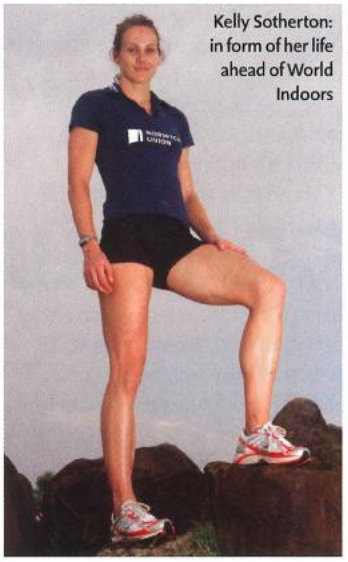
"I've always said that things happen for a reason and the injury was almost a blessing in disguise."

Sotherton's bid for Olympic gold could be boosted further if Klüft opts to focus solely on the long jump rather than defend the title she won in Athens.

But the Birchfield Harrier insists she would prefer to arrive in China with the 24-year-old three-time World Champion on the heptathlon entry list.

"I want her to be in Beijing," she added. "I think she will do it, I've heard she's doing the World Indoors so I think she's up for it, but it depends on all of her injuries.

"I want her to be in Beijing and to have another crack at her – nobody will remember in ten years if she wasn't in Beijing but I'd love to beat her."


Kelly Sotherton: in form of her life ahead of World Indoors

Getty Images

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2012 base pleases Twell

ALDERSHOT was last week announced as the location for Team GB's preparation camp in the lead up to the London Olympics and the choice brought a big smile to the face of 2012 hopeful Steph Twell.

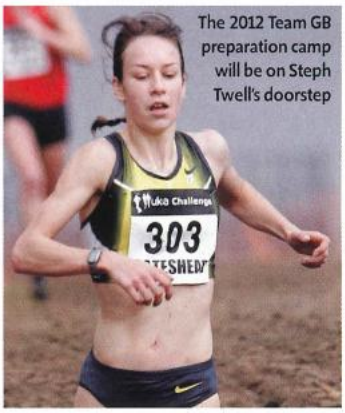
The two-time European junior cross-country champion was born and raised in the Hampshire town as her father, Andy, is an army major and was based in Aldershot – also known as the home of the British Army – for several years.

Twell is also a member of the Aldershot, Farnham & District club, and goes for training runs around the field of the nearby army sports facilities.

"I took up athletics because the Aldershot track was literally in my back garden," said Twell, who won European junior 1500m silver last year and ran the fastest time in the world by a junior for the same distance in 2007.

"I have trained here all my life and to think that I can train here before the Olympics in 2012 – if selected – is just great. It is really inspiring. Basing Team GB's preparation camp in Aldershot will leave a great legacy for the town."

The reasons for the British Olympic Assocation choosing the location included proximity, suitability, security and availability.



The 2012 Team GB preparation camp will be on Steph Twell's doorstep

UK Athletics performance director Dave Collins was just as excited by the news and says the facilities could be used as a preparation camp for British athletes even before 2012. "The camp offers an ideal location for track and field athletes to concentrate on the job ahead and ensure they are able to focus on their preparations," he said. "Once the track is upgraded, the facilities at Aldershot mean there is the possibility of UK Athletics using it as a preparation camp for a major championship prior to 2012"

'Nazi' Games on stage

FORMER national coach Tom McNab has written a play about the 1936 Berlin Olympic Games, which will be delivered by professional actors when it is staged in March.

The play centres on the political issues raised by what have become known as the "Nazi Games" and characters depicted include Hilter, Goebbels and Avery Brundage, who was the United States Olympic Committee president who refused to boycott the Games.

It will be presented as a radio play, but McNab, who is an experienced playwright and author, said: "When you have professional actors, it's amazing how it comes to life when you put it on stage."

The play, which is raising money for the Grove House Cancer Hopsice, will be staged on March 19 at Trestle Theatre, St Albans. For more information, contact Paul Parrish, Grove House Hopsice on 01727-897552.

Brewer's temporary move up to the 1500m

EUROPEAN junior silver medallist James Brewer will forego his speciality event, the 800m, this indoor season in order to explore his potential over 1500m, *writes Jon Mulkeen*.

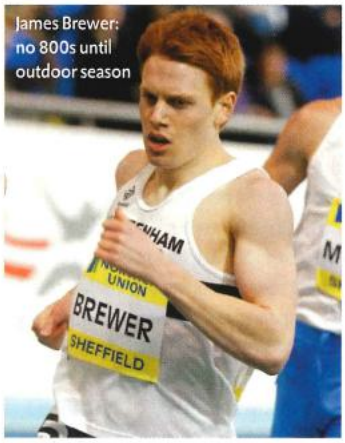
The 19-year-old has made a good start to the year too. Having never before contested the metric mile indoors, Brewer ran a UK-lead of 3:47.82 – just one second outside his outdoor PB with which he topped last year's national junior list.

"I was aiming to run under 3:50, so I was pleased to run quite a bit quicker than that," said Brewer, who last year moved to Bath University, where he is studying civil engineering. "After last year I knew that I needed to improve my general endurance, so I've been doing more endurance work than I have done in the past.

"I've never had much of a chance to run many competitive 1500s, so I thought I'd give it a go during the indoor season, just to see what kind of potential I have," he added. "I'm just playing around with the event at the moment, but I know that there's definitely a lot more there."

Brewer, who was voted *AW*'s junior male athlete of 2007, was one of the revelations of last year. He made a big breakthrough at the start of the year to win the UK indoor 800m title before going on to represent Great Britain at the European Indoor Championships, where he missed out on the final by one place. He then went on to take the European junior silver medal in Hengelo.

But the 800m will take a backseat for the time being. "I won't be doing any indoor 800s this year," said Brewer, who ran 19 800m races in total last year. "I'll move back to them for the outdoor season. Last year just felt so long because I was running 800s all the time and by the end of the season I'd had enough of them."



James Brewer: no 800s until outdoor season

The Cheltenham athlete says he is looking forward to seeing what kind of time he can run in the 1500m. "I have a couple of races lined up in Vienna and Linz over the coming weeks," he said. "I can't wait to get into fast-paced races to see how much I can chip away at my 1500m time."

If all goes well, Brewer may even get close to the 3:43 qualifying standard for the IAAF World Indoor Championships in Valencia. "I'm not far off the standard, so it's a good target to aim for," he said. "The World Indoors is an outside aim at the moment, but if I qualified then I'd love to go because it would be a great chance to gain more experience."

His first season as a senior just so happens to be an Olympic year – something Brewer is all too aware of. "I'd love to go to the Olympics," he said without hesitation. "My main aim this year is to get my time down as much as possible.

"Last year I was more focused on performing well at championships, so I was probably capable of running a bit quicker in 2007," he added. "One year on, I'm expecting to take more off my PB and I shouldn't be too far off the Olympic qualifying (1:46.00)."

Reed refuses to become complacent

CANADIAN middle-distance runner Gary Reed is feeling confident after winning the 800m silver medal at the World Championships, but says he is not taking anything for granted this Olympic year, *writes Jon Mulkeen*.

In one of the closest finals at the World Championships, Reed – a former decathlete – led almost the duration of the race and commanded the pace, but was caught on the line by surprise package Alfred Kirwa Yego of Kenya.

Nevertheless, his consistency at the sub-1:45 level resulted in Reed being merit-ranked world No.1 by *Athletics International* last month. "The ranking is an honour and my performance in Osaka has given me confidence," Reed told *AW*. "I think any time you can get lucky enough to have success against the top runners in the world, you will be confident.

"I am not getting ahead of myself though, because there is still a lot of work to be done – races are not won or lost on paper."

The 26-year-old said he did not have any particular tactics in mind before the World Championships final and the same will apply for this year's Olympics. "I didn't necessarily plan to use those tactics, it just so happened that I ended up out front," he said of the 800m final in Osaka, which was won in 1:47.10 – the slowest ever winning time in a World Championships final.



Gary Reed: will not rest on his laurels in 2008

"I knew what everybody was capable of doing and I didn't want to just make the pace for them. I don't know in advance how the races will play out – I will just go out and race."

In what has been a very open year for the men's 800m internationally, there is no clear early favourite for the Olympic title. While *AI* ranked Reed No.1, *Track & Field News* magazine had Reed down in ninth place with Kenyan youngster David Rudisha assuming the top spot – despite him not competing in Osaka.

"I think David (Rudisha) and anybody there in Beijing will be a threat," said Reed. "You can never predict when somebody is going to have a break through, so you have to be ready for everybody and everything."

Reed lives in Victoria on Vancouver Island, British Columbia in Canada, but he spends part of his summer in Scotland to have easier access to the European grand prix meetings. He plans to do the same again in 2008 and so far, he says, training has been going well.

In recent years he has reduced the Canadian 800m record in several steps from 1:45.05 to 1:43.93. But Reed is reluctant to predict how fast he will run in 2008 as he is more focused on winning medals.

"I think if I can stay healthy and injury-free that I can run very fast, but I would never predict a specific time," he said. "I don't like to limit myself ever."

Brown set for Tokyo

BRITISH-turned-Canadian marathon runner Jon Brown hopes to achieve Canada's Olympic qualifying mark of 2:12:38 at next month's Tokyo Marathon in Japan, where he will line up against a very strong field.

The Tokyo Marathon often produces fast times and great depth, and Brown will be familiar with running in Japan after clocking 2:11:46 at the 2006 Fukuoka Marathon.

A host of strong Japanese runners will be taking part, but the strongest challenge looks set to come from the other entrants. Kenya's Daniel Njenga is a two-time former winner with a 2:06:16 personal best, while Eric Wainaina – the Kenyan with two Olympic marathon medals to his name – is another favourite, as is Abel Kirui, the Kenyan who finished second to Gebrselassie when he broke the world record in Berlin last year.

Switzerland's world and European medallist Viktor Röthlin will likely be one of the top finishers, as will Commonwealth champion Samson Ramadhani and former Boston winner Hailu Negussie of Ethiopia.

Parsons in race against time for PB

HIGH JUMPER Tom Parsons has it all to do as he battles back from injury and looks to improve his personal best in the process ahead of March's IAAF World Indoor Championships.

The Birchfield Harrier, who is currently in South Africa as part of a UKA training camp for the Norwich Union GB & NI Team, sprained his ankle and tore ligaments in a training accident just after Christmas.

Parsons is now in a race against time to prove his fitness for the World Indoors, but first the Birmingham youngster must improve his PB by one centimetre in order to earn the required qualification height of 2.30m.

The 23-year-old, who claimed a shock 10th-place finish in Osaka last year, is gearing up for the biggest 12 months of his career, which includes a shot at both the Beijing Olympics and World Indoor titles.

"I'm feeling good apart from my ankle," said Parsons. "I sprained it a week before I came out here and tore a ligament, so I've just been doing a lot of rehab. I did my first weights session on Wednesday and the jogging got better through the week so I'm not that far away.

"Hopefully I will still be able to do some of the indoor season and I want to be back for the UK Indoor Championships and get the qualifying standard for the World Indoors, which is the same as Beijing. It's a centimetre above my current PB – if I don't make it to the World Indoors it wouldn't be a disaster, but I'm desperate to go to the Olympics.

"The indoor season was always going to be a stepping stone to the Olympics this year but in the high jump most of the best people in the world do the indoor season."

Parsons knows he will not have it all his own way – even domestically this season – with the likes of fellow Brits Martyn Bernard, Germaine Mason and Samson Oni pushing him hard for the tag of British No.1.



Tom Parsons rehabs his way back from an ankle injury at the Team GB camp in South Africa

But Parsons, who was ranked 37 out of 39 jumpers going into last year's World Championships but came out in tenth, is refusing to rule out the possibility of shocking the world's high jumpers for a second successive summer.

"A year ago my target would have been 2012," he added. "In 2006 I failed to get to the European championships and improved just one centimetre, so I had to change what I was doing and my whole outlook on my technique.

"I moved back closer to my coach Fayyaz Ahmed and it's really paid off for me but I know there's plenty of room for improvement and there's no reason why I can't go another four or five centimetres higher than my 2.29m.

"That PB didn't feel perfect so I want to be in the 2.30s as soon as possible and with a bit of technical tinkering there's more to come – watch this space."

■ Norwich Union is the team behind UK Athletics and are proud to support the Norwich Union GB & NI Team. To play your part for athletics in your area, visit: www.joinourteam.com

OLYMPIC NEWS

Bird's eye view for Brown

PRIME Minister Gordon Brown visited the Beijing Olympic Stadium last week – and in doing so became the first foreign VIP to visit the arena.

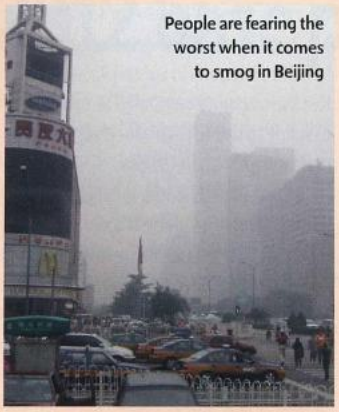
Brown spent around 20 minutes inside what has been dubbed the 'bird's nest' and he said: "I thought it was magnificent and it is going to be great for the athletes, its going to be great for the public."

Brown was accompanied on the trip by Kelly Holmes and the double Olympic champion added: "This is a fantastic stadium, it's certainly a gold medal for innovation and has given us something to aspire to in London."

In China, Brown and Holmes also helped launch the 'Tomorrow's Champions" programme, where China and Britain will work together to give their athletes and coaches a shared experience of the pressures of preparing for and competing in a home Olympic Games.

Smog reduction doubts

THE Mayor of Beijing has admitted it will be an "arduous" task to reduce smog in the city during the Games.



People are fearing the worst when it comes to smog in Beijing

Guo Jinlong told the official national Chinese news agency: "The task to control pollution and traffic congestion is still arduous."

He added that Beijing will cooperate with neighbouring cities to improve environmental conditions.

The city has already started closing down some of the bigger blast furnaces in the city's steel industry. Nearer the Games, temporary traffic restrictions will come into play to limit the vehicle fumes. It is also an option to artificially induce rainfall.

Boycott Beijing, says Tory

CONSERVATIVE politician Edward McMillian-Scott has called for a boycott of the Beijing Olympics due to China's human rights record. And it's got nothing to do with the smog!

The Euro MP wrote in *The Yorkshire Post*: "An Olympic boycott was imposed against South Africa by the IOC itself in 1964 because of apartheid; it worked. In 1980, the US and 60 other countries boycotted the Moscow Olympics because of the Soviet invasion of Afghanistan; within three years the USSR was crumbling. Those who argue against boycotts say that "being there" matters more: I disagree, it just gives comfort to tyrants."

IAAF takes UK brand advice

THE International Association of Athletics Federations has appointed two British companies to help develop and enhance it brand during the countdown to 2012.

The Works, which is based in Leeds, is the IAAF's first ever official branding agency. Whitestone, which is based in London, has been brought in to act as a consultant on the global governing body's brand strategy.

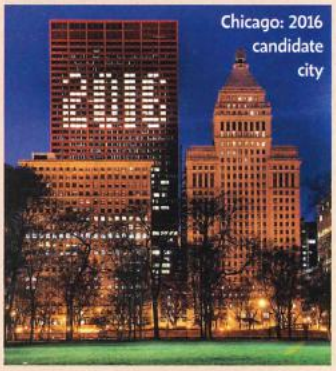
The London Olympics is an important event for the IAAF as it celebrates its centenary in 2012.

Race for 2016 hots up

SEVEN cities have bid to stage the 2016 Olympics. The following sent their applications to the International Olympic Committee last week – Baku, Azerbaijan; Chicago, USA; Doha, Qatar; Madrid, Spain; Prague, Czech Republic; Rio de Janeiro, Brazil; and Tokyo in Japan.

The IOC will cut the field to a shortlist of finalists in June and will pick the host city in October 2009 in Copenhagen, Denmark.

Chicago is trying to bring the Games back to the United States for the first time since 1996. Rio is attempting to host the first Games in South America, while Doha wants the first Games in the Middle East. Madrid finished third in the race to host the 2012 Games.



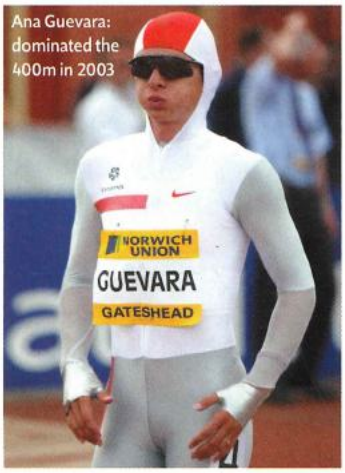
Chicago: 2016 candidate city

Frustrated Guevara hangs up spikes

FORMER world 400m champion Ana Guevara has decided to call it a day after growing tired of the corruption within the Mexican Athletics Federation, *writes Jon Mulkeen*.

In October last year, Guevara stated that she would boycott the Olympics if the head of the Mexican Athletics Federation, Mariano Lara, remained in power. But the 30-year-old has now gone one step further by quitting the sport altogether, claiming she can not be part of the Mexican delegation while staying true to her beliefs.

Mexico's National Sports and Culture Commission is currently investigating Lara for mismanagement of funds, and Guevara – who set a South American record of 48.89 in 2003 – says she has grown disillusioned with the system in Mexico. But the 2004 Olympic silver medallist, who finished fourth in this year's World Championships, has not ruled out running for another country.



Ana Guevara: dominated the 400m in 2003

Simpson calls it quits

WORLD and Olympic 400m finalist Brandon Simpson has announced his somewhat premature retirement from the sport at the age of 26, having become embittered with persistent injury problems.

The Jamaican-born sprinter placed fifth in the 2004 Olympic 400m final and sixth at the Helsinki World Championships one year later. He then switched nationality to the USA for a short period before changing again to represent Bahrain.

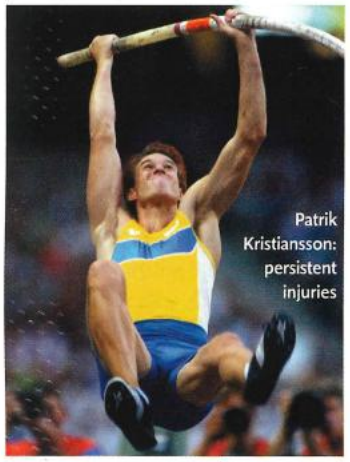
But Simpson, who won three world 4x400m medals between 2001 and 2005, did not get a chance to represent his new nation in global competition as injuries kept getting in the way, although he did set a Bahraini record and lifetime best of 44.64 in 2006.

Simpson told *The Jamaican Observer*: "I'm getting tired of dealing with injuries and having set a huge goal for a season and watch it go down just because of something as insignificant as an Achilles tendon injury or a hernia or something like that."

Kristiansson retires too

FORMER world bronze medallist Patrick Kristiansson is the latest in a growing list of athletes to announce their retirement.

The Swedish pole vaulter won European indoor silver in 2002 before clinching world outdoor bronze in 2003 with a lifetime best of 5.85m. But 30-year-old Kristiansson, who last year got married to world heptathlon champion Carolina Klüft in a ceremony in Scotland, had struggled with injuries since 2005.


Patrik Kristiansson: persistent injuries

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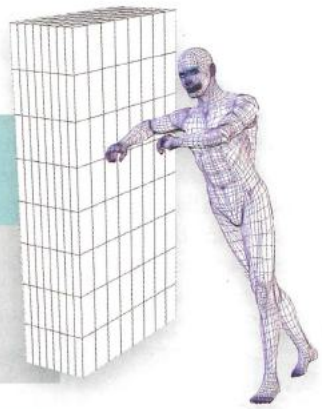
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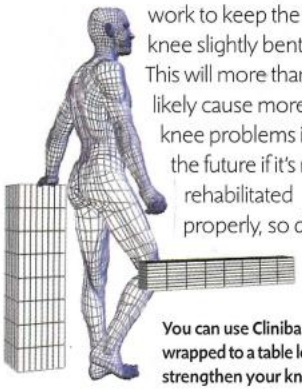
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Get back on the road to recovery

Q OCCASIONALLY when I'm running, it will be as if my leg hits the ground with my knee straight, whereas normally when you hit the ground, the knee will be slightly bent. This can go on for quite a few strides and, although it's only slightly painful, suggests to me that something is wrong. I know one leg is slightly shorter than the other by 7mm but I wear orthotics, which should correct this. Is it time to change my orthotics or is it some other problem?

A AS you suggest, one of the reasons for this could be due to your leg-length discrepancy. If your troublesome knee is on the shorter leg, then that knee will tend to want to remain straighter to functionally lengthen it. This will allow the body to remain aligned better and reduce the load on your pelvis and spine in particular. Actually, 7mm is quite significant in mechanical terms and it may be that some of that amount is coming from your pelvis, rather than being genetic and correctable by orthotics. It is therefore worth getting your pelvis checked by a therapist specialising in biomechanics, because if some of the discrepancy is coming from your pelvis, and the problem is only being corrected via your feet (using orthotics), then this could be contributing to your running problem and indeed cause injuries later.

This problem can also be caused by a previous knee injury. If you have had a knee injury in the past and it wasn't rehabilitated properly, then your thigh (quadriceps) muscle can still be weak. In this case, when it fatigues, the knee will lock out straight to avoid the muscle from having to work to keep the knee slightly bent. This will more than likely cause more knee problems in the future if it's not rehabilitated properly, so do try to find a therapist who understands about knee rehab.



You can use Cliniband wrapped to a table leg to strengthen your knee

Meanwhile, try this exercise to start to strengthen your knee (see diagram): Wrap a piece of Cliniband around a table leg or the banisters and then around the back of your knee. Stand square and don't let your hips, trunk or upper body move. Stand far enough away from the fixation point to have enough tension on the band. Then slowly, keeping your other leg straight, allow your knee to bend forward and lift your heel off the ground, keeping your toes on the floor. Bend just enough to take the tension off the Cliniband, then straighten your knee back against the resistance of the Cliniband and lock it out straight. Repeat this slowly. Try eight repetitions of three to start with and build it up.

Q I AM a sprinter who stopped training a few years ago because of what I believe to be, a persistent hamstring injury. The precise location of the problem is on my right leg, behind my knee to the right-hand side. It hasn't troubled me in a while, but I know that if I were to restart running it would just go again.

A IT IS difficult to be sure with the limited amount of information available, so this could be a number of different things. It could indeed be a hamstring problem. If that is the case then stretching and strengthening should help. Once you're more flexible and stronger, try doing high speed strength work with Cliniband (an elasticated resistance material) to prepare the muscles and tendons for high-speed work.

It could, however, be related to your back and sciatic nerve. If your back is involved then it may be putting abnormal tension through your sciatic nerve, which can be causing the local pain in your 'hamstring' area. It may in fact be the hamstring going into spasm to protect your nerve. It is therefore worth getting your back checked out.

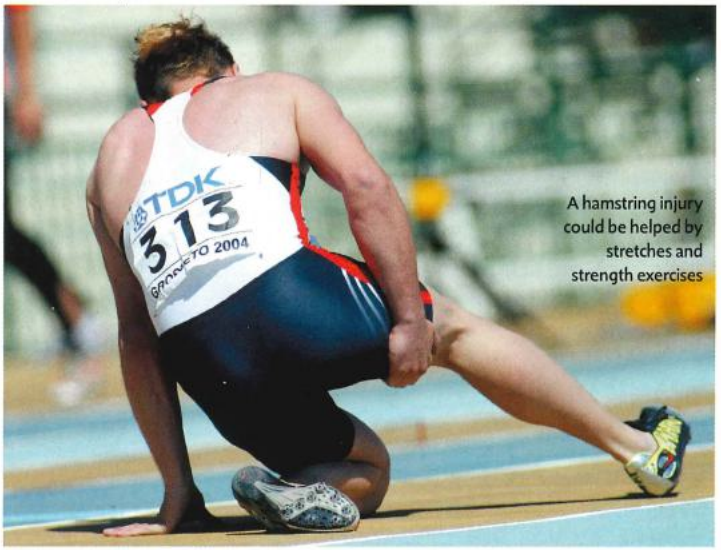
Q I WOULD like to get back into running and sprinting, but first I want to strengthen up an area of a persistent niggle. What kind of things can I do to prevent re-injuring myself? After injuring my ankle six months ago, the injured area is still swollen, although I don't feel any pain any longer. Can you recommend ways to get rid of the scar tissue that has built up in this area?

A THE first thing to do is to massage the area where you have the pain and swelling. This will help to mobilise the scar tissue in the ankle. Even after six months this should help. Try this daily for five minutes. After a few days you can then try to strengthen the ankle by doing some resistance exercises with Cliniband (see Mobilis advertorial, *AW* December 27, 2007). Slowly build up the strength in the ankle.

You can also do some balance work, which will help re-educate and stabilise your ankle too. Things like standing on an unstable surface (like a mattress) with your eyes closed will help. After three to six weeks working most days on this programme, try slowly getting back into running.

Find out more

FOR further advice, tips or for more information on Mobilis Performance Injury Prevention courses, log on to www.mobilisperformance.com or call 0161-678 0233 now.



A hamstring injury could be helped by stretches and strength exercises

Do you have any injuries or niggles, whether they be new or old, that will not go away and that you would like further advice on?

Write to our resident physiotherapist and biomechanic expert, Martin Haines from Mobilis Performance, and he will advise on the up-to-date treatment techniques and help you on the road to recovery.



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Who are Martin Haines and Mobilis Performance?

MARTIN HAINES qualified 25 years ago as a remedial gymnast and recreational therapist and then two years later as a chartered physiotherapist. Martin has worked with 11 Olympic medallists, who have collected 23 medals between them. In addition, he has been the conditioning advisor to the England rugby team, top UK football teams, including Chelsea and Liverpool, the McLaren F1 racing team and the PGA. Martin is currently working with UK Athletics, providing one-day biomechanic courses to their coaches, which focus on injury prevention and optimal performance.

Farah in the spotlight

Mo Farah answers your questions in the first of a series of competitions linked to Track Pride

TRACK PRIDE
AT THE HEART OF ATHLETICS

Q WHEN did you move to Britain and where did you come from?
Matthew Jones, via email

A I MOVED to Britain when I was nine. I was born in Somalia but I grew up in Djibouti which is a little island off the coast of Somalia. Then I moved to London to join my father.

Q WHO inspired you to start running long distance and how?
Robyn Bailey, via email

A MY PE teacher at high school, Alan Watkinson got me into running. I was about 12 years old and at Feltham Community College, and he took me along to a club. I used to like playing football and he kind of dragged me into it. I would go along half an hour early and he'd let me have a kick about in the gym, then we'd go down the running club.

Q PLEASE describe your training in the week before a major race with any key meals included.
Martin Lambert, via email

A WELL here's what I'll do in the week running up to the Norwich Union Grand Prix in Birmingham: I'll get back on the Monday from South Africa and go for a 60-minute run, then in the afternoon I'll do some core stability work in the gym. On Tuesday morning I'll do a light session – say a mile, an 800m, a 400m then some 200s, just to get the legs moving on the track. In the afternoon I'll go for a 40-minute run. On the Wednesday I'll go for a longer run – probably about 75 minutes. Then on Thursday I'll do a little bit of tempo, where you wear a heart monitor and run to a certain pulse. Then I might do some strides. On Friday I'll do a couple of runs. As for food, I'll eat sensible, good food like rice, chicken or salad. The night before a race I might eat pasta or rice, or if I'm at home I'll eat maize meal like the Kenyan guys do. In the morning I'll eat bread or porridge.

Q DO you ever have much to do with Kenenisa Bekele and do you get on well?
John Marks, Northampton


Mo Farah: has no plans to be a veteran runner!

A I RACED against him at the World Juniors in Santiago in 2000. I finished 11th and he was second – a Kenyan guy beat him. Ever since then I've seen him do well. I do talk to him and I guess he knows who I am. We say hi to each other although he's quite a shy person too.

Q WHEN was the last time the athletes' house ordered pizza?
William Hicks, Hull

A WELL normally if I run well I do treat myself to a pizza, but not often. Actually my last treat was Nandos – I went to watch Arsenal play Chelsea and after Arsenal won I had a treat and went to Nandos, because I was happy! The next day I flew out to South Africa for warm weather training and I've been eating carefully since.

Q DO you think we have any young, male distance runners who could reach world-class too?
Mark Johnson, Birmingham

A THERE are some coming through – Andy Vernon is doing really well for starters. Michael Rimmer's another young guy doing really well too.

Q I HAVE always dreamed of competing in a British vest at an international race. What emotions did you feel stepping on to the track in a British vest for the first time?
Jack Morley, via email

A THE first time is still in my head and I remember it well. My first big one was the European Junior Cross Country championships where I finished fifth. That was in 1999 – I was about 15. Then there was my first big track competition which was the World Under-18 Championships, where I got really emotional. Competing against guys from all over the world, including the Kenyans, I just felt so proud to be there amongst them, with a GB vest on. You could just see the track with all the flags around it, all the different countries – that was amazing.

Q DO you see yourself competing in 20 years' time on the veterans scene?
Phil Carter, via email

A NO WAY! I'll be retired, with a fat belly and chilling out!

■ THE winner of the GB kit for the best question goes to Jack Morley, who is aged 14

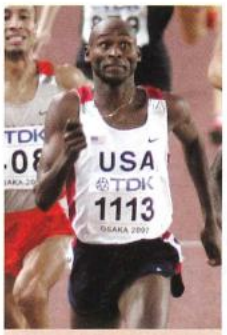
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Athletics Weekly and Track Pride Q&As

- Please email trackpride@athletics-weekly.co.uk to put your questions to our panel.
- Deadlines for each panel member are detailed with their biographies opposite.
- Each week we'll select the best question of the week and the person who sent it in will receive a framed GB team vest, signed by members of the team.

UK Athletics Track Pride – get involved!

- Clubs can earn £2 back for every ticket their members buy for the Norwich Union Grand Prix in Birmingham on February 16.
- There are also a selection of prizes, such as exclusive training sessions and signed GB team kit for the best performing clubs.
- Club members buying tickets through the Track Pride scheme will also gain access to the Club Lounge at the National Indoor Arena on the evening of the Norwich Union Grand Prix.
- To get involved, clubs should nominate a ticket agent who then contact ukathletics@fasttrackagency.com for a step-by-step guide to ordering your tickets and claiming your rewards.



Bernard Lagat
Kenyan-born American who won world 1500m and 5000m double in last year's IAAF World Championships in Osaka, Japan.
Deadline for questions: January 27



Neil Black
UK Athletics chief physiotherapist and UKA expert for sports science and medicine has been working with British team since 1990.
Deadline for questions: February 3



Niels de Vos
Former Sale Sharks boss taken on last year by UK Athletics as its chief executive. From a business, rather than athletics background.
Deadline for questions: February 8

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Just like old times

Three-time National winner Andrea Whitcombe turned back the clock with a brief return from triathlon

Report: Paul Halford at Blackweir Fields
Pictures: Mark Shearman



Andrea Whitcombe (49): took a break from triathlon to land a surprise victory

Senior women

TOP British triathlete and Olympic 5000m runner Andrea Whitcombe, competing in her first cross-country race in around four years, gave a lesson in how to cut through a boggy course to some seasoned campaigners on a wet day in Cardiff.

The member of Harrow AC is no stranger to the scene, having won the National three times in the Nineties and represented Britain seven times at the IAAF World Cross Country Championships.

However, Whitcombe, who switched to triathlon in 2000 and found greater success in that sport, is not used to wearing spikes these days.

But seven years of running sharing equal focus with swimming and cycling have clearly not blunted her foot-speed. Last year she ran 34:12 for 10km and on the evidence of this run could cause another upset at the National at Alton Towers on February 23. After surprising herself with a seven-second victory here, the 36-year-old said she may consider running at the event which brought her wins in 1990, 1991 and 1997.

"It was my first cross country in four or five years," said the 1998 Commonwealth 5000m silver medallist after leading from early on to beat Rachel Felton and Michelle Ross-Cope into second and third respectively. "I haven't even put spikes on for at least two years."

So what made Whitcombe decide to compete? "I live in Swansea (30 miles away)," explained the woman who was 15th in her 5000m heat at the 2000 Olympics. "I don't start my triathlon season until the end of March to April so I just thought I'd come and run.

"I've started to do a few road races, but we have such a long and tiring triathlon season. I go to at least 10 or 12 different countries a year."

Not only was Whitcombe in front of Ross-Cope, who represented Britain at the IAAF World Road Running Championships last autumn, but also in her wake were Juliet (fifth) and Jane (ninth) Potter, the Charnwood AC twin sisters who have been in good form of late.

She said: "I didn't think I was running that well. I've been doing a lot of swimming and cycling just lately so I'm really surprised.

"I didn't really care where I came. I just wanted a good run. I was quite happy just to go and lead it and if I got beaten, I got beaten.

"I might try to do the National as I think I will run reasonably well. I still love it (running). Running is my favourite. The biking and the swimming are the hard parts."

National or not, she has no wish to return to athletics, having already exceeded her athletics achievements in triathlon – she was seventh in the 2005 World Championships – and her focus is on winning a medal at the Olympics in Beijing.

However, she declared her annoyance at the selection policy. Whitcombe, who was controversially overlooked for selection for the last Olympics in triathlon, said she needs to compete in the World Cup in Madrid in May to try to secure her selection.

"I'm (British) No.1 by a long way," she said. "I'm ranked top-10 in the world. I think I should just be selected. I don't think you can just put it down to one race. It's different to running where it's a time. In triathlon, anything can happen. The courses are different, the heat, the weather."

In coming from behind to beat Ross-Cope, Felton showed the speed which took her to Midland 1500m and Golden Jubilee Cup 800m wins last season.

Felton won the Birmingham Cross Challenge in October, but since then picked up a bug from the hospital at which she works and an ankle injury, forcing her to miss the trials for the European Cross Country Championships.

Senior men

JEAN NDAYSENGA, the victor in Gateshead and Birmingham this winter, was back in winning ways here in Blackweir Fields after a couple of indifferent performances.

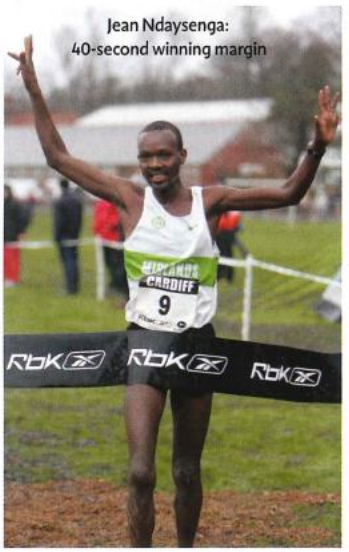
The Burundian-born Birchfield Harrier was only 25th in Belfast, but fared a little better in Edinburgh a week later with a 10th place.

Ndaysenga left behind the rest of the field early on and went on to finish 40 seconds clear.

Next was Rob Bugden, the Bristol & West athlete who led a South West trio across the line. He gained some cheer after the disappointment of missing out on representing Britain in the European



Rachel Felton (17) finishes second in the senior women's race, beating Michelle Ross-Cope



Jean Ndaysenga: 40-second winning margin



Jean Ndaysenga leads from Rob Bugden, Lee Turner and Kevin Heywood in the senior men's race

Cross Country Championships this winter because his passport was delayed in the post from his family home to his student lodgings in Cardiff. Bugden, who received a call-up for Toro as reserve because of an injury to Kevin Deighton, received it on the day the GB team returned home. He joked: "I didn't need the passport to come over the road today."

He added: "Jean was a class above today so I can't really complain. I was just concentrating on getting away from Kevin (Heywood, third) and Kevin (Toher, fourth).

"I went over on my ankle on Wednesday so I thought I wasn't going to race today, but I strapped it up and it felt fine."

Bugden is in confident mood, hoping for IAAF World Cross Country Championships selection this winter. Ironically, those championships are in Edinburgh so he will not need a passport.

Under-20 men

AFTER easily winning the under-20 race here, Simon Lawson suggested he may quit running for football.

The Cardiff AC athlete, who has played for Wales at under-16 level, was apparently close to making the decision when he was disappointed with 15th in the junior trials for Toro last month. "I still haven't made a decision," he said.

However, Lawson, who plays football most Sundays, could have his mind made up if he performs much better at the Inter-Counties in Nottingham in March, which doubles as the trial for the World Cross Country Championships.

A top-six place will be his aim there as it should be enough to earn his first major international vest in Edinburgh. "I'll aim for Nottingham now and put football on hold and see what happens there," said the twice former AAA 1500m age-group champion.



Simon Lawson (6): undecided about whether he should focus on football or athletics



Katie Knowles (4) sits behind Julia Cooke (1) before going on to win the junior women's race

Lawson believes his disappointment at Liverpool was down to the fact he had been playing football in the build-up.

"The running helps the football, but the football doesn't help the running," he said.

"I train twice a day every day, but the football is on top of that and counteracts it. I'm getting quite fit but running my legs into the ground playing football."

Lawson's parents believe the sub-31-minute 10km runner will stick with athletics and that he can continue participating in both – and how followers of athletics must hope they are right.

Under-20 women

KATIE KNOWLES, who last month won the Brooks Cornwall Championships senior race by a margin of more than two minutes, was again in dominant form to win the under-20 event.

Representing South West England, the 17-year-old Bristol & West athlete enjoyed a 22-second margin of victory over Cheltenham's Julia Cooke.

Expressing her surprise at winning, she said afterwards: "I had two weeks off training through flu so I wasn't really feeling that fit before coming here. It's only last week that I decided to do it. I still don't feel 100 per cent but I feel I'm getting back."

Other age-groups

MELISSA COURTNEY, one of the favourites for the South of England title this weekend, warmed up for that event with a 30-second victory over second-placed Amber Watson in the under-15 girls' race.



Melissa Courtney: winner of the under-15 girls' race

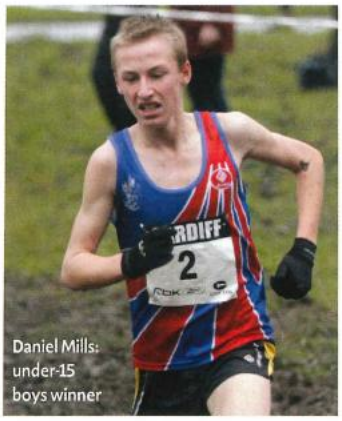
One of a talented group of Poole AC youngsters, Courtney said: "I found the course quite hard, but I'm quite good on flat courses. I planned to stay with the group on the first lap and then see how I felt, but I felt okay earlier on so I kicked."

Looking ahead to Parliament Hill, she said: "I'm running against Emelia Gorecka. We both race each other a lot, but I haven't beaten her this season so it should be a good race."

In the corresponding boys' race, Daniel Mills, who is competing for the first time this year against national-level opposition, added to his win in Gateshead earlier in the season with a 23-second margin over Ireland's Max van Haefte.

Robert Galt beat his Gloucestershire Schools team-mate Tom Curr into the runner-up position by 12 seconds in

CARDIFF CROSS CHALLENGE, JANUARY 20


Daniel Mills: under-15 boys winner

the under-17 men's event.

In the equivalent women's race, Glamorgan Valleys Schools' Zoe Thomas matched Ndaysenga as the equal biggest winner of the day, putting 40 seconds between herself and Natasha Cockram.

In the under-13 race, Wessex & Bath's Alex Carter showed an impressive turn of speed over the last 200 metres or so to knock Morgan Thomas into the runner-up spot, eventually finishing nine seconds clear.

Poole's Grace Howie followed up her two Hampshire League wins this winter by coming home 18 seconds clear in the under-13 girls' race.

Bashir Hussain is someone who makes good use of the veteran races that are becoming a fixture of these cross challenge events and here won by eight seconds from Austin Davies.

Fourth in Belfast and second in Gateshead in the masters' race, the frequent racer responded to suggestions he was in good form by joking: "Put me against the senior men and I won't look so good."


Bashir Hussain: veteran winner

Results

Senior men

1 J Ndayisenga (Midland Counties AA) 31:41; 2 R Bugden (Sw England) 32:21; 3 K Heywood (Sw England) 32:29; 4 K Toher (Sw England) 32:30; 5 L Turner (N England) 32:49; 6 N Lane (Wales) 33:08; 7 J Thomas (Wales) 33:24; 8 H Evans (Wales) 33:27; 9 B Warren (Hail) 33:32; 10 J McCole (N England) 33:37; 11 N Swinburn (N England) 33:46; 12 R Gardiner (Card) 33:50; 13 T Dalton (Midland Counties AA) 33:55; 14 J Wills (B&W) 34:02; 15 A Chambers (Exe) 34:08; 16 M Jennings (Card) 34:30; 17 D Stevens (Card U) 35:15; 18 B Ellis (Traff) 35:38; 19 A Donald (Wales) 35:54; 20 C Discombe (Les C) 36:00; 21 O Mott (Bris U) 36:09; 22 S Paterson (San D) 36:11; 23 W Hughes (Thurl) 36:23; 24 D Green (Bris U) 37:14; 25 M Vella (Bris U) 37:16; 26 G Keogh (Dono) 37:28; 27 N Dukes (Les C) 38:10; 28 M Fowles (Card) 38:21; 29 P Cavanagh (Dono) 38:40; 30 E Takata (Card) 38:48

U20 men

1 S Lawson (Card) 22:07; 2 J Dalgleish (Gloucs Schs) 22:20; 3 R Peters (Sw England) 22:28; 4 S Gallienne (Sw England) 22:37; 5 D Fitmaurice (C'liffe) 22:56; 6 A Bitchell (Dyf Sch) 23:06; 7 D Woolford (Sw England) 23:08; 8 G Hanrahan (Se Wales Schs) 23:14; 9 E Pierce (C'liffe) 23:18; 10 C Dobson (Sw England) 23:22; 11 L Van Haefte (Dono) 23:27; 12 M Withey (Gloucs Schs) 23:47; 13 M Kershaw (Se Wales Schs) 23:52; 14 C Frapwell (Gloucs Schs) 23:58; 15 C Moore (AFD) 23:59; 16 A Soljhoo (Glam Valleys Schs) 24:00; 17 L Watson (Dyf Sch) 24:14; 18 R Jones (Af N T Sch) 24:16; 19 D Thomas (Dyf Sch) 24:22; 20 D Kelly (Dono) 24:25; 21 R De Camps (Gloucs Schs) 24:29; 22 T Whitmarsh-Knight (Cardiff & Vale Schs) 24:37; 23 T Miller (Af N T Sch) 24:41; 24 A Kaighin (Gloucs Schs) 24:46; 25 W Douglas (Af N T Sch) 25:07; 26 C Driscoll (Af N T Sch) 25:11; 27 M Pierce (Menai) 25:14; 28 S Smith (Bris U) 25:21; 29 C Kinloch (Se Wales Schs) 25:24; 30 R Harris (Af N T Sch) 25:29

Schools teams: 1 Gloucestershire Schools 105; 2 Afan NT Schools 158; 3 Cardiff & Vale Schools 178

U17 men

1 R Galt (Gloucs Schs) 20:10; 2 T Curr (Gloucs Schs) 20:22; 3 J Travers (Dono) 20:33; 4 B Coldray (Gloucs Schs) 20:44; 5 S Witter (Traff) 20:55; 6 R Davies (Af N T Sch) 21:06; 7 N Young (Mend) 21:08; 8 J Harries (Dyf Sch) 21:10; 9 N Morell (Dyf Sch) 21:28; 10 E Keogh (Dono) 21:53; 11 C White (Gloucs Schs) 22:04; 12 C Carpanini (Se Wales Schs) 22:07; 13 A Edwards (Glamvalleys Schs) 22:09; 14 S Pierce (Menai) 22:12; 15 G Livingstone-Thompson (Gloucs Schs) 22:15; 16 M Richards (Dyf Sch) 22:21; 17 O Haswell (Cardiff & Vale Schs) 22:37; 18 M Thomas (Cardiff & Vale Schs) 22:41; 19 J Frapwell (Gloucs Schs) 22:44; 20 L Gani (Gloucs Schs) 22:50; 21 A Matchett (Dyf Sch) 22:50; 22 T Foster (Gloucs Schs) 23:04; 23 O Chick (Glamvalleys Schs) 23:08; 24 W Bobkin (unatt) 23:10; 25 P Davies (Cardiff & Vale Schs) 23:10; 26 U Runner (-) 23:15; 27 M James (Glamvalleys Schs) 23:24; 28 J McEvoy (Af N T Sch) 23:30; 29 C Lewis (Af N T Sch) 23:32; 30 A Other (-) 23:34

Schools teams: 1 Gloucestershire Schools 52; 2 Dyfed Schools 128; 3 Cardiff & Vale Schools 156; 4 Afan NT Schools 187; 5 Gloucestershire Schools B 206; 5 GlamValleys Schools 215; 6 SE Wales Schools 239

U15 boys

1 D Mills (Nun) 14:10; 2 M Van Haefte (Dono) 14:33; 3 T Purnell (Gloucs Schs) 14:43; 4 F Bailey (SB) 14:52; 5 L Carroll (Gloucs Schs) 14:59; 6 F O'Reilly (B'mth) 15:06; 7 E Hardee (Se Wales Schs) 15:15; 8 T Davis (Glamvalleys Schs) 15:15; 9 H Coldray (Gloucs Schs) 15:37; 10 J McHugh (Traff) 15:43; 11 J Hanrahan (Se Wales Schs) 15:46; 12 B Faulkner (Ardee & D) 15:54; 13 K Hale (Gloucs Schs) 15:56; 14 D Chesworth (Se Wales Schs) 15:59; 15 E Mears (Cardiff & Vale Schs) 16:03; 16 W Paulson (Gloucs Schs) 16:04; 17 L Lloyd (Dyf Sch) 16:05; 18 D Lewis (Af N T Sch) 16:12; 19 M O'leary (Af N T Sch) 16:15; 20 A Thrall (Gloucs Schs) 16:19; 21 L Heckler (Dyf Sch) 16:22; 22 G Richards (Gloucs Schs) 16:23; 23 S Longville (Cardiff & Vale Schs) 16:25; 24 K Stephens (Se Wales Schs) 16:30; 25 L Jones (Dyf Sch) 16:31; 26 T Migiluolo (Gloucs Schs) 16:34; 27 A Phelps (Gloucs Schs) 16:37; 28 R Llyr (Dyf Sch) 16:41; 29 D Court (Cardiff & Vale Schs) 16:43; 30 C Dee (Gloucs Schs) 16:44

Schools teams: 1 Gloucestershire Schools 66; 2 SE Wales Schools 128; 3 Cardiff & Vale Schools 170; 4 Dyfed Schools 171; 5 Gloucestershire Schools B 182; 6 Afan NT Schools 250; 7 GlamValleys Schools 275

U13 boys

1 A Carter (WxB) 8:46; 2 M Thomas (Glamvalleys Schs) 9:05; 3 D James (Gloucs Schs) 9:07; 4 K Young (Mend) 9:18; 5 S Jones (Gloucs Schs) 9:20; 6 M Birkinshaw (Glamvalleys Schs) 9:25; 7 J Gooch (Cardiff & Vale Schs) 9:28; 8 L Bradley (Newp) 9:33; 9 E Thompson (Gloucs Schs) 9:34; 10 H Williams (Cardiff & Vale Schs) 9:35; 11 W Smith (Se Wales Schs) 9:35; 12 S Evans (Gloucs Schs) 9:37; 13 J Perrington (Cardiff & Vale Schs) 9:37; 14 E Whitbourn (Gloucs Schs) 9:38; 15 D Shallis (Cardiff & Vale Schs) 9:42; 16 S Williams (Dyf Sch) 9:43; 17 A Other (-) 9:45; 18 T Parnell (Gloucs Schs) 9:46; 19 C Still (Se Wales Schs) 9:50; 20 C Lovatt (Carm) 9:50; 21 J Fear (Gloucs Schs) 9:53; 22 B Vincent (Gloucs Schs) 9:53; 23 L Preece (Af N T Sch) 9:54; 24 L Wassell (Gloucs Schs) 9:56; 25 K Shoemark (Gloucs Schs) 9:58; 26 F Davies (Af N T Sch) 9:58; 27 D Still (Se Wales Schs) 9:58; 28 I Cooke (Dyf Sch) 10:00; 29 L Ford (Af N T Sch) 10:00; 30 J Tranter (Dyf Sch) 10:03

Schools teams: 1 Gloucestershire Schools 61; 2 Cardiff & Vale Schools 115; 3 Gloucestershire Schools B 157; 4 SE Wales Schools 179; 5 GlamValleys Schools 207; 6 Afan NT Schools 216; 7 Dyfed Schools 249.

Senior women

1 A Whitcombe (Swan) 21:09; 2 R Felton (Sw England) 21:16; 3 M Ross-Cope (Stoke) 21:16; 4 A Chalk (Sw England) 21:27; 5 J Potter (Charn) 21:29; 6 T Brown (Midland Counties AA) 21:43; 7 E Adams (AFD) 21:46; 8 A Hutchinson (IRL) 21:50; 9 J Potter (Charn) 21:50; 10 D Jones (Wales) 22:07; 11 C Martin (Wales) 22:08; 12 K Goodhead (Sw England) 22:11; 13 F Briscoe (W Horse) 22:12; 14 N Bamford (Midland Counties AA) 22:18; 15 J Russel (N England) 22:23; 16 C Coffey (Bris U) 22:52; 17 S Knill (Wales) 22:59; 18 I Ainsworth (Bris U) 23:12; 19 K Humphreys (Card) 23:16; 20 L Durman (Stroud) 23:20; 21 P Aukett (Bris U) 24:08; 22 H Canter (N England) 24:42; 23 H Jarvis (Sale) 25:00; 24 R Tyler (Card U) 25:10; 25 T Sexton (Wales) 25:17; 26 E Brown (Card) 25:31; 27 K Beecher (Les C) 25:54; 28 N Woods (RSC) 27:16; 29 S Griffiths (Neath) 30:12

U20 women

1 K Knowles (Sw England) 18:37; 2 J Cooke (Chelt) 18:59; 3 L Dixon (Glamvalleys Schs) 19:30; 4 L Parker (Wells) 19:38; 5 S Holliday (And) 19:47; 6 D Hughes (Gloucs Schs) 20:00; 7 G Brown (Cardiff & Vale Schs) 20:05; 8 J Roberts (Se Wales Schs) 20:05; 9 S Lane (Gloucs Schs) 20:08; 10 A Speight (UWIC) 20:19; 11 C Conway (Sw England) 20:26; 12 S Edwards (Gloucs Schs) 20:52; 13 L Barker (Powys Sch) 21:22; 14 S Kendrick (Powys Sch) 21:51; 15 R King (Af N T Sch) 21:57; 16 B Davies (Cardiff & Vale Schs) 21:57; 17 L Henly (Se Wales Schs) 22:21; 18 C Brooke (Gloucs Schs) 22:23; 19 S Cooke (Gloucs Schs) 22:26; 20 R Gardner (Gloucs Schs) 22:32

Schools teams: 1 Gloucestershire Schools 45; 2 Cardiff & Vale Schools 77; 3 Gloucestershire Schools B 82; 4 Afan NT Schools 100

U17 women

1 Z Thomas (Glamvalleys Schs) 16:29; 2 N Cockram (Se Wales Schs) 17:09; 3 A Davies (Dyf Sch) 17:15; 4 E Downey (Dyf Sch) 17:20; 5 A Phillips (Dyf Sch) 17:20; 6 B Teague (Gloucs Schs) 17:29; 7 S Wright (Se Wales Schs) 17:30; 8 M Allen (Card) 17:37; 9 C Morgan (Af N T Sch) 17:48; 10 R Price (Gloucs Schs) 17:51; 11 V Jackson (Se Wales Schs) 17:54; 12 I Simmonds (Gloucs Schs) 17:59; 13 K Ley (Af N T Sch) 18:01; 14 A Other (-) 18:02; 15 L Regan (Cardiff & Vale Schs) 18:04; 16 A Tattersall (Gloucs Schs) 18:16; 17 R Underhill (Gloucs Schs) 18:17; 18 R Gale (Gloucs Schs) 18:18; 19 L Brobin (Cardiff & Vale Schs) 18:21; 20 N Allen (Card) 18:22; 21 C Sayce (Cardiff & Vale Schs) 18:34; 22 E Docherty (Gloucs Schs) 18:40; 23 J Stacey (Glamvalleys Schs) 18:50; 24 F Jones (Glamvalleys Schs) 19:01; 25 O Willson (Gloucs Schs) 19:02; 26 H Pugh (Gloucs Schs) 19:03; 27 A Thomas (Gloucs Schs) 19:18; 28 J Fish (Gloucs Schs) 19:24; 29 H Jones (Gloucs Schs) 19:41; 30 J Brock (Dyf Sch) 19:43

Schools teams: 1 Gloucestershire Schools 79; 2 Dyfed Schools 115; 3 Gloucestershire Schools B 157; 4 SE Wales Schools 159; 5 Cardiff & Vale Schools 161; 6 GlamValleys Schools 180; 7 Afan NT Schools 187

U15 girls

1 M Courtney (Poole) 15:38; 2 A Watson (Gloucs Schs) 16:08; 3 F Scrafton (W'bury) 16:16; 4 H Thomas-Howells (Af N T Sch) 16:32; 5 L Bell (Dyf Sch) 16:44; 6 B Summers (Gloucs Schs) 17:06; 7 J Lewis (Dyf Sch) 17:11; 8 J Smart (Af N T Sch) 17:17; 9 I Briscoe (Gloucs Schs) 17:19; 10 F Lewis (Glamvalleys Schs) 17:22; 11 G Gunn (Gloucs Schs) 17:25; 12 H Hill (Gloucs Schs) 17:27; 13 L Welsh (Poole) 17:31; 14 M Withers (Dyf Sch) 17:33; 15 B Pudifoot (Gloucs Schs) 17:39; 16 L Mitchell (Gloucs Schs) 17:42; 17 L Harries (Dyf Sch) 17:55; 18 S Roberts (Gloucs Schs) 17:58; 19 C Bryant (Cardiff & Vale Schs) 18:00; 20 H Iles (Corn) 18:11; 21 M Sander (Cardiff & Vale Schs) 18:12; 22 G Lowe (Gloucs Schs) 18:16; 23 M Turner (Dyf Sch) 18:18; 24 M O'Connell (Gloucs Schs) 18:19; 25 Z Barber (W'bury) 18:21; 26 E Pearson (Af N T Sch) 18:22; 27 L Tattersall (Gloucs Schs) 18:24; 28 I Godfrey (Se Wales Schs) 18:25; 29 J Osborne (Af N T Sch) 18:27; 30 L Harvey (Cardiff & Vale Schs) 18:30

Schools teams: 1 Gloucestershire Schools 55; 2 Dyfed Schools 101; 3 Gloucestershire Schools B 139; 4 Afan NT Schools 140; 5 Cardiff & Vale Schools 183; 6 SE Wales Schools 256; 7 GlamValleys Schools 280

U13 girls

1 G Howie (Poole) 9:14; 2 S Haysom (Poole) 9:32; 3 S Carroll (Gloucs Schs) 9:38; 4 E Fay (Ardee & D) 9:58; 5 H Jones (Gloucs Schs) 10:01; 6 B Tomlinson (Gloucs Schs) 10:06; 7 L Goudswaard (Gloucs Schs) 10:10; 8 M Osborne (Cardiff & Vale Schs) 10:11; 9 A Donnelly (Ardee & D) 10:13; 10 K Watts (Glamvalleys Schs) 10:15; 11 A Ingram (unatt) 10:16; 12 C Cox (Gloucs Schs) 10:17; 13 R Evans (Glamvalleys Schs) 10:18; 14 H Dent (Gloucs Schs) 10:19; 15 L Tarrant (Cardiff & Vale Schs) 10:20; 16 H Mittelberger (Glamvalleys Schs) 10:22; 17 J Hegarty (Glamvalleys Schs) 10:27; 18 C Froggett (Gloucs Schs) 10:29; 19 F Morris (Glamvalleys Schs) 10:30; 20 K Townsend (Gloucs Schs) 10:31; 21 G Morgan (Cardiff & Vale Schs) 10:32; 22 K O'Neill (Dyf Sch) 10:45; 23 L Hammett (Af N T Sch) 10:46; 24 K Smith (Gloucs Schs) 10:47; 25 S Quayle (Se Wales Schs) 10:52; 26 R John (Cardiff & Vale Schs) 10:55; 27 R Bevan (Cardiff & Vale Schs) 10:57; 28 M Rezougui (Se Wales Schs) 11:01; 29 E Campbell (Se Wales Schs) 11:03; 30 A Other (-) 11:04

Schools teams: 1 Gloucestershire Schools 47; 2 GlamValleys Schools 107; 3 Cardiff & Vale Schools 130; 4 Gloucestershire Schools B 168; 5 SE Wales Schools 231; 6 Cardiff & Vale Schools B 248; 7 Dyfed Schools 296; 8 Afan NT Schools 305

Masters

Overall

1 B Hussain (N England, M40) 19:48; 2 A Davies (Brec, M40) 19:56; 3 J Downs (Dono, M40) 20:00; 4 P Coles (P'pridd R, M45) 21:42; 5 M Leacy (S Ohanlon, M40) 21:54; 6 P Crane (Neath, M45) 21:57; 7 T Lewis (B'end, M40) 22:19; 8 A Other (-, -) 22:22; 9 S Wilson (Swan, M40) 22:22; 10 M Robbins (Wrex, M40) 22:25; 11 N Webb (Les C, M45) 22:29; 12 R Jones (Les C, M45) 22:36; 13 S Tobin (Swan, M45) 22:58; 14 M Tabor (Les C, M50) 23:22; 15 R Hunt (B'end, M45) 23:27; 16 P Crane (Neath, M45) 23:28; 17 S Woods (Ardee & D, M50) 23:36; 18 C Fowler (P'pridd R, M45) 23:48; 19 P Coker (Les C, M50) 23:51; 20 R Self (Les C, M50) 24:09; 21 H Hartnell (Isl, M45) 24:11; 22 J Thomas (B'end, M40) 24:22; 23 D Owen (Les C, M40) 24:25; 24 I McDonald (San D, M40) 24:48; 25 K Short (Glouc, M55) 24:50; 26 A Other (-, -) 24:58; 27 J Diffey (Les C, M40) 25:07; 28 M Dunscombe (Sarn H, M45) 25:10; 29 J Davies (P'pridd R, M40) 25:14; 30 G Crispie (Les C, M45) 25:22; 31 R Morris (San D, M55) 25:33; 32 L O'Duffy (Les C, W35) 25:37

M60: 1 J Aston (Les C) 27:46. **M65:** 1 B Gough (P'pridd R) 27:33; 2 K Buckle (Chelt) 28:36

Women

2 C Davies (P'pridd R, W35) 26:30; 3 S Wilson (Nun, W40) 27:03; 4 J Coker (Les C, W45) 27:12; 5 R Tabor (Dulw, W55) 27:21; 6 J Scholey (Les C, W45) 27:41; 7 M Emmett (Llf, W50) 27:46

W35: 1 L O'Duffy (Les C) 25:37. **W40:** 2 M Prout (B'end) 28:10; 3 F Williams (San D) 29:20. **W45:** 3 S Davies (Brec) 29:08. **W50:** 2 F Davies (B'end) 28:50; 3 C Dallimore (Les C) 30:26

Steel yourself for a cracking half-marathon

THE SIG Insulations Sheffield Half Marathon on April 27 2008 will be the 26th running of this event and entries are flooding in. Organisers are already predicting that 2008 will see a further extension of an 11-year period of growth to 5000 runners, and with a target of raising £50,000 for local charities, bringing the 26-year total to £500,000, the slogan High Fives! has been coined to mark the event.

The race starts and finishes in the magnificent surroundings of Don Valley Stadium. Crowds pack the stands to urge the runners on, generating atmosphere. Sheffield's Great Fun Run (3k) takes place while the half-marathon runners are out on the course, and there are amusements within the stadium grounds to keep everyone entertained.

Sheffield was awarded the BARR Gold Grade in 2003 and has proudly retained this endorsement for five consecutive years, with meticulous attention to good organisation and



The start of last year's race

facilities. As well as toilets and showers there is a secure baggage deposit area and the course is traffic-free and closely marshalled.

Many people believe that Sheffield will be a hilly course, but race organisers have designed a route from the stadium to the city centre and back which avoids virtually all of them, providing a nearly level course between the hills! The lowest and highest points of the course are only 60 metres apart in height, and the average climb rate is nine metres per mile.

Runners are again expected to travel the length and breadth of the country for the Sheffield race in 2008. The sharp end attracts a number of elite athletes. Tomas Abyu and Simon Tonui have shared honours in the last three years. Cash prizes of £500, £200 and £100 are on offer to the first three men and women, and local club runners took second and third in both classes in 2007. Reebok sports vouchers are up for grabs for the top ten places in the men's race and top five in the women's, and also to six five-year age groups. £60 vouchers also go to each member of the winning men's and women's club teams. By using chip timing, finishing times and positions are published, and all prizes can be presented on the day, the winners' names being prominently displayed on the giant stadium scoreboard.

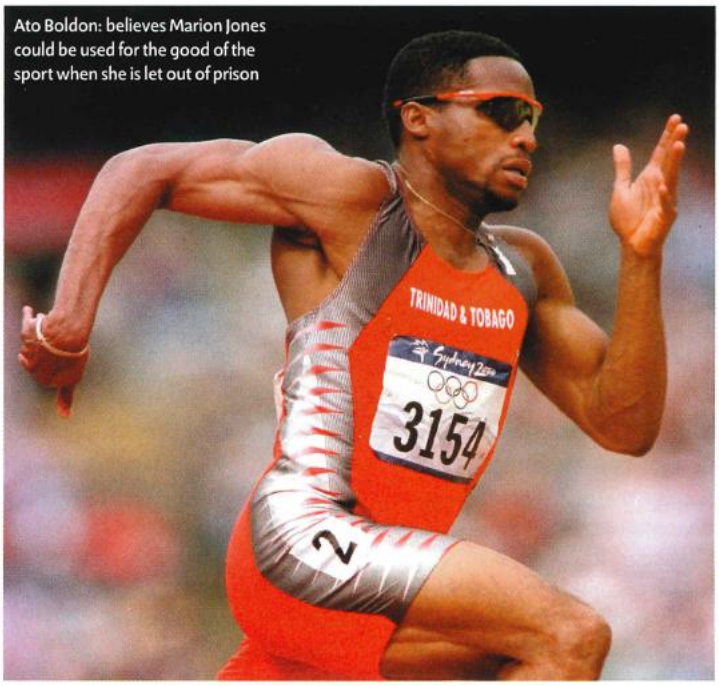
The race is popular with unattached runners from the 'keep fit' generation. Many are just recreational runners who have trained over the winter months. As a half-marathon requires dedicated training – a race limit of three hours is in place with a sweep bus picking up stragglers!

■ MUCH more information, including online entry, can be found on www.sheffieldmarathon.com and by calling 0114 230 8429



Jones can be an example

DUNCAN MACKAY says the fallen idol's story could send a powerful message



Ato Boldon: believes Marion Jones could be used for the good of the sport when she is let out of prison

Mark Shearman

WHEN Ato Boldon speaks it is not always worth listening to him.

I remember on the eve of the World Championships in Athens in 1997 being completely and utterly beguiled by his press conference where he spun a convincing argument about how he would not only win the gold medal in the 100m, but also break the world record, based entirely on the dream of his girlfriend, conveniently called Cassandra.

I think I even wrote at the time that my readers should get down to their local bookmaker and put their money on him (if any *Guardian* people are looking at this, I'm sorry. If it's any consolation, I lost £20 as well).

In the end, not only did he fail to break the world record, but he did not even win, losing to his training partner Maurice Greene (although after the semi-final it was memorable for Boldon spotting one prominent British journalist peeling away in the mixed zone – the area where the journalists meet the athletes – and shouting, "Hey man! Where you going? I haven't finished speaking yet.")

I witnessed a similar performance from the Trinidad & Tobago runner before the Sydney Olympics in 2000. "Ato, after Hasley Crawford won the 100m in Montreal in 1976, Trinidad named a plane after him. What would you like if you won the title?" one journalist asked. "I think I would like a sports centre named after me," Boldon replied. Then there was a pause. "Oh. And I would like Tobago as well ...." Cue much laughter.

He finished second. Thus is the tale of how Tobago narrowly escaped being renamed Boldonland, which I am sure would have happened with a man the size of Ato's ego.

But when Boldon speaks about the evils of performance-enhancing drugs in our sport he is definitely worth listening too, especially so when he is talking about the recent situation involving Marion Jones. And this is most certainly not a laughing matter.

"I have known Marion since we were teenagers, so I know how captivating she can be – it's partly why, even given much circumstantial evidence, so many people refused to believe she wasn't totally innocent," Boldon told *The Sunday Herald* in Glasgow.

"I would line up to hear her story, and I would want my own daughter in the audience if she was relating how things turned out the way they did. Too often in this sport, we treat the drug-convicted as lepers whose names must not even be spoken, when in fact it is by listening to their stories and asking them to talk to the young ones who perhaps may be tempted to go in the wrong direction when it comes to sports, that they can perhaps make their greatest contribution.

"Don't let Marion waste away because we are upset at how she contributed to harming the image of the sport, or we feel upset because we believed in her. She still has a contribution to make, and someone needs to be brave enough to admit it, and then ask her if she wants to be involved."

Boldon, now a senator in Trinidad's Parliament, is absolutely right. Here we have someone once considered the world's greatest-ever female athlete caught up in the web of deceit that has ensnared her to the extent that in March she will begin a six-month prison sentence. Her humiliation could hardly be more total and it is no surprise that most people in the sport want to turn their backs on her, disgusted as they are.

But to simply sweep her under the carpet and try to forget she ever happened would be to risk it occurring again. Far better, I think, for the next generation to keep being reminded of what happened to the once great Marion Jones, now reduced to a convicted felon, broke and disgraced.

When she is released from the slammer, the International Association of Athletics Federations should invite her to every major junior and youth event it holds (sending her economy, of course, rather than first-class, and billeting her in three-star hotels, rather than the five-star ones she was once able to demand) and parade her in front of every young athlete there. "This is how you could end up if you take drugs," could be the billing.

What a powerful message that would be.

■ DUNCAN MACKAY is the athletics correspondent of the *Observer*

Mud, glorious mud

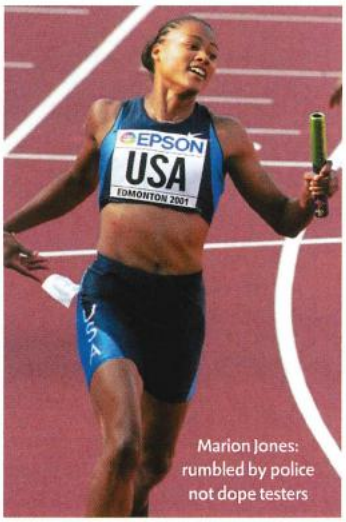
I WENT back to my roots two weeks ago when I covered the BUPA Great Edinburgh International Cross Country in Holyrood Park. There used to be a time, 15 years ago, early in my career, when, between November and March, every weekend was taken up with me traipsing through the mud in my wellies trying to get a word with the winner of some obscure event that no one beyond the real hardcore of the sport cared about.

Amazingly, I discovered in Edinburgh, the same people were still running things. I had forgotten how nice and accommodating they were, how great fun it was and how much I enjoyed it. I will be back.

Testing times for the sport

IT IS no surprise that Craig Masback, the outgoing chief executive of USA Track & Field, should try to turn the Jones case into a propaganda victory for his organisation. He claimed that her prison sentence showed that, unlike other sports, athletics was taking the problem of doping seriously. He conveniently ignored the fact that Jones passed 167 tests during her career and she was eventually convicted for lying to federal investigators, not because of anything that USAT&F had done.

If it had been left to the athletics authorities, she would probably still be claiming her innocence and getting away with it, even though Masback has admitted they had harboured serious doubts about Jones since 2000 after her husband of the time, CJ Hunter, was done for steroids. What it does mean, though, is that when the next Olympic champion gets up at their press conference and claims we can trust them because they have passed "hundreds of drugs tests" we have every right to withhold judgment.



Marion Jones: rumbled by police not dope testers

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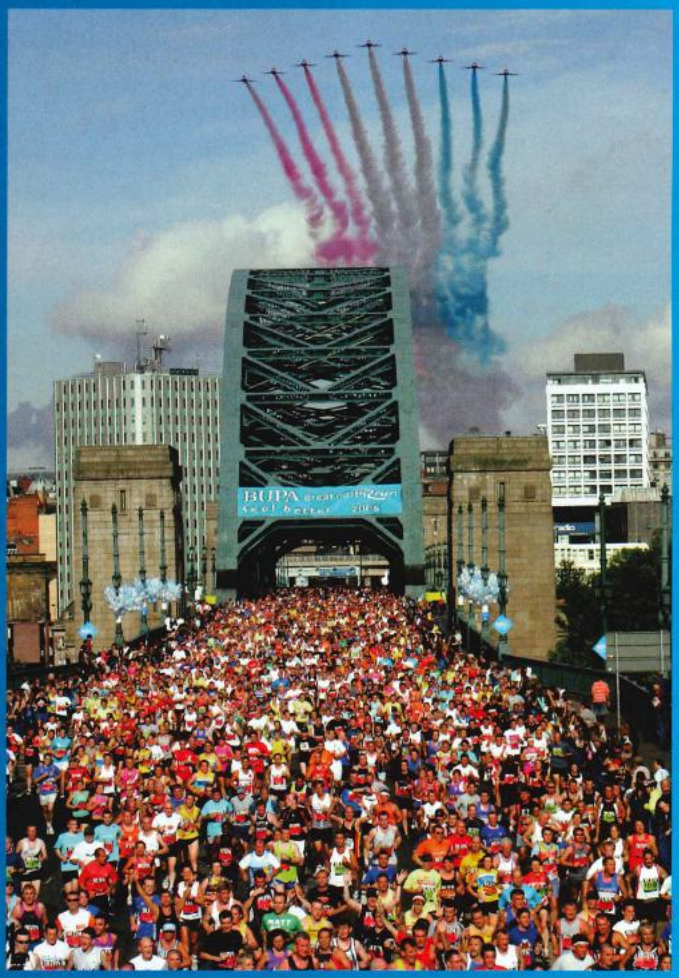
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TAKE TO THE STREETS

Chris Tomlinson

PETER STANLEY assesses the technique of British long jump record-holder Chris Tomlinson



'Perhaps 90 per cent of what the athlete jumps is the result of the approach run and board work'

A GOOD long jumper must possess speed, strength, skill, co-ordination, agility, discipline and consistency.

Chris Tomlinson possesses these attributes in varying quantities; the elements can affect each other as each one progresses and evolves. The key to the consistency and accuracy of the approach is to be disciplined in the initial strides (pictures 1, 2, 3, 4 and 5).

The run starts with controlled accelerations and power. The preparation has a low starting position; knees are flexed to allow a powerful drive into motion with the force being exerted down through the feet which are positioned under the centre of mass.

The low position is maintained initially.

As the hip extension takes place he gradually rises; a straight line from the ankle up through the leg and torso to the head is apparent. The limbs are synchronised to allow rapid force production. Picture 6 shows an upright/slightly forward inclined torso. The hands are a little high – we would normally be looking for the hand level in the front arm to be drawn up to the shoulder line. The corresponding arm at the back is a little over-extended and 'loose'.

Usually the upper arm would finish up at shoulder level at the back.

The mid run-up strides are consistent and establish the horizontal velocity to carry the torso in an upright posture with the head held in a natural alignment. The spatial awareness and the 'steering' to allow accuracy on the board are usually, naturally introduced over the last four strides. Within this final section, the final two strides involve the preparation of the take-off rhythm.

In picture 7 we see the contact of the penultimate stride where the foot contacts the ground with a flat action. The stride length into the penultimate contact is Chris's longest stride, but even though it is a flat-foot placement the contact must still be active to continue momentum into the last stride. The last stride is the shortest stride and forms the basis of the mechanism of the take-off. The last two stride variations come about as a result of preparation for take-off by 'naturally' lowering his centre of mass.

Picture 8 shows the active push through into the final stride.

Pictures 9, 10 and 11 show the slight change in body posture to a slight backward lean, there is a slight flexing of the leg as the full force is absorbed and the elastic property utilised as the take-off extension is completed. Over this last stride sequence it is essential that horizontal momentum is maintained whilst the body position is adjusted to allow for the slightly longer contact time, which is required to introduce the vertical velocity to gain height.

The backward lean at the board can be up to 10° or 11° in top class long jumpers. The inevitable slight flexing of the knee in conjunction with the foot placement slightly ahead of the C of M induces the lean back and allows the additional contact time on the board.

It is of paramount importance during the initial contact with the board that the C of M is not allowed to be lowered even further as this will create a negative acceleration down on to the board, which will have to be overcome before vertical acceleration can be gained.

Jumpers running in excess of 10m/sec will have a running foot contact time of approximately 0.08sec; at the board the take-off time is in the range of 0.12/0.13sec for elite horizontal jumpers.

In picture 11, we see Chris getting an excellent extension into take-off.

Note the line of force imparted through his body from ankle joint, through his leg, torso and up to his head. In the horizontal plane we call this 'penetration of the board' – this is displayed as Chris's hip line travels approximately 35-45cms into the jump by passing over the take-off foot whilst he is still in contact with the ground.

The final push 'through and up' creates the vertical element. At the instant of take-off we are looking for a gain in vertical velocity of 3.7 to 4.0m/second while only losing 1.2 to 1.25m/second horizontally.

To achieve an efficient take-off, the knee has to be extended going into touchdown on the board; as it descends the foot action is in a backward action as the body travels over it; the hip action at placement has to be strong. The elements working in conjunction with each other will allow a strong pivot position and a feeling of acceleration across the board.

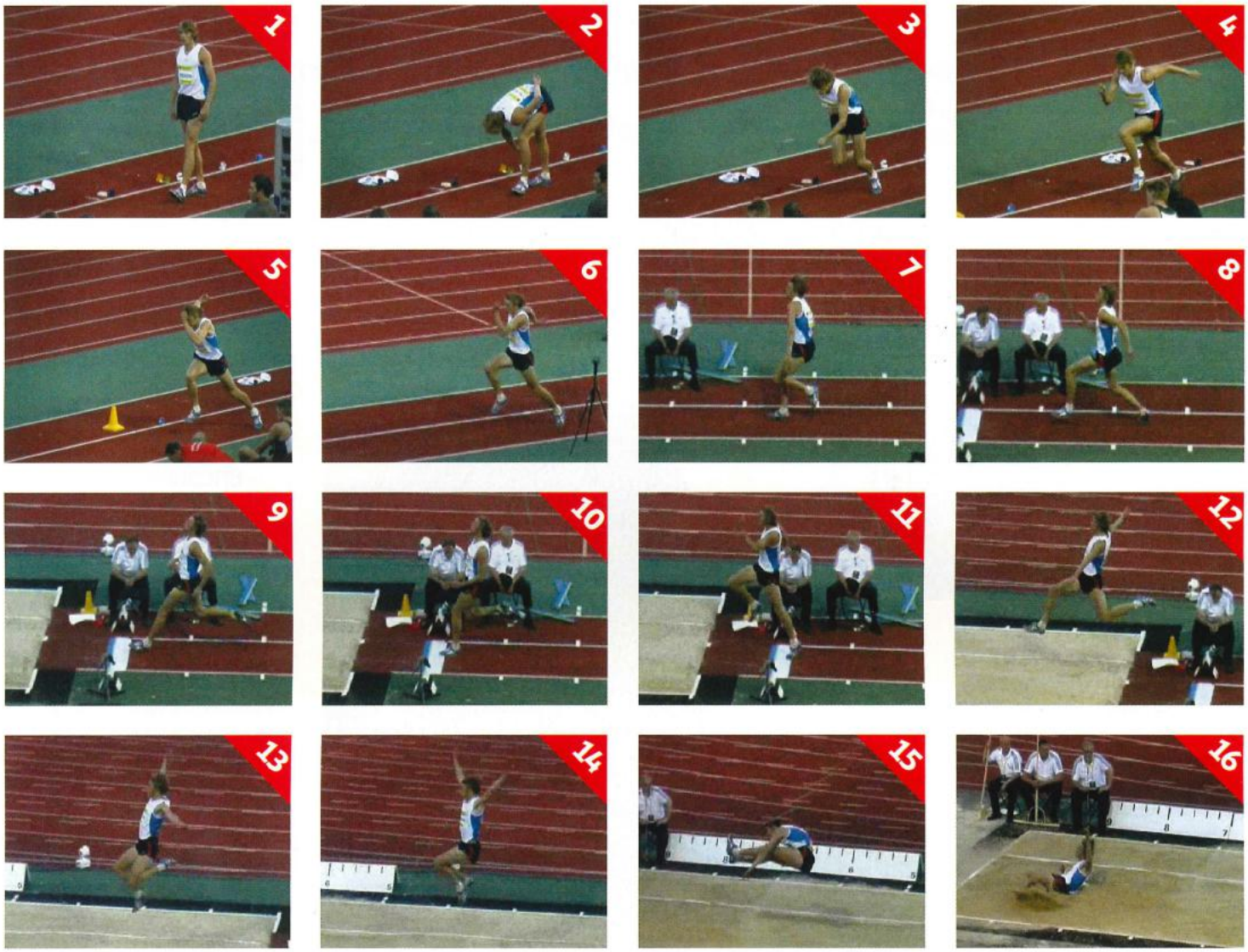
The flight (as shown in pictures 12, 13 and 14) shows Chris working to gain a long thin shape in the air to combat the forward rotational forces he has created at take-off. He attempts to hold a 'stride' into 'hang' style. This is the element of jumping we work on least as once the take-off velocity and angle of take-off have been produced there is no other force which can add any additional length to the jump (excluding a strong following wind of course).

A poor flight can result in an inefficient landing, which will reduce the distance.

Pictures 15 and 16 show Chris with an excellent leg shoot and employing a side skid through landing technique, which he adopted in his early years as a high quality junior triple jumper. You can see by the parallel marks left in the sand between the initial foot entry and the lower body entry that he has effected an efficient landing as the completion to the jump. He has achieved this by working his torso over his hip position as he breaks the surface of the sand.

The basic components of the long jump technique are:

- Approach running
- Penultimate stride
- Last stride
- Instant of take-off
- Flight
- Landing



Approach running:
Must result in the optimum/maximum controlled achievable velocity related to the age and ability of the athlete.

There is a conclusion to the approach. It must end in the athlete in an 'OPTIMAL' take-off position. This is an erect posture, which will allow an efficient take-off. The take-off must have a priority of horizontal momentum, with vertical acceleration as a vital component. The combination of horizontal momentum and vertical velocity at take-off dictates the length of the jump.

Penultimate stride:
The penultimate stride is generally the longest stride and the contact should be flat-footed but still active and pushing into the last stride to maintain horizontal speed as the centre of mass is naturally lowered.

Last stride:
The last stride is normally the shortest and ends with a heel to toe contact which feels flat. The athlete should work to maintain their hip line and feel tall as they contact the board to neutralise negative acceleration, which would result if the athlete 'drops' down on the board'.

The last stride contact should ensure that the Centre of Mass is moving in the right direction. The knee will have a little flexion but it will be limited to allow a vigorous straightening which forms a pivot over the foot placement. This will result in very little knee travel (give) and a high take-off position.

The athlete must feel they are passing over the board at top speed.

Instant of take-off:
Full extension with the line of force directed up through the leg, torso and head.

The free limbs are skilfully co-ordinated and vigorously utilised to enlist force into the vertical component. At this moment the athlete's emphasis must be on vertical velocity. The combination of the horizontal and vertical forces applied to the C of M result in the angle of take-off and the ultimate distance which is achievable. The higher the athletes C of M is at this instant, the higher the flight path will commence.

The athlete must 'flow' off and up from the board.

Flight:
The flight is achieved using a variety of 'in-air' styles which enable movement patterns to create a long thin shape which can be employed to control posture and balance to allow an efficient landing.

Landing:
Landing efficiently will be directly affected by the flight posture, balance, preparatory movements and the athletes' skill. The goal should be to maximise the length of the flight while minimising the fall-back distance.

Long jump training should be prioritised to work on the major technical elements which have the greatest bearing on the measurable distance.

Tom Tellez – the coach of Olympian Carl Lewis – has said that 90 per cent of what the athlete jumps is a result of the approach run and the board work.

This would appear to be sound advice for all of us.

Now download the video

IT is also possible for *Athletics Weekly* readers to download free, the video file in question from the Quintic members' forum. This will be an ongoing facility as we run more of these image sequences.

For access to the Quintic/UKA members' forum, visit www.quintic.com/members_forum then enter your details followed by the password uka321 – all in lower case without any spaces. Then click the *Athletics Weekly* link. Try the downloads link for free use of the Quintic software trial or The Quintic Player to get more from the videos.

QUINTIC

The Jamaican express

Veronica Campbell has won Olympic and world sprint titles but she hasn't stopped yet, as DAVID POWELL discovered

Pictures: Getty Images and Mark Shearman



Unlike more extrovert sprint champions who have preceded her, Veronica Campbell is going about her business quietly and effectively

VERONICA CAMPBELL sits in a comfortable corner of the athletes' hotel the day before the Ivo Van Damme Memorial meeting in Brussels. She is accompanied by her husband-to-be, Omar Brown, and manager Claude Bryan. Having been warned that Campbell is not the most forthcoming of interviewees, I have asked all three to be there to help the flow and guard against periods of painful silence.

Olympic and world champion sprinter Campbell may be but gold medal talker she is not. Or so I had been told. Yet, while it is true that Campbell gives nothing away easily, she is no closed book. With an occasional sweet smile, she opens up with tales from her childhood and talk of her off-track interests – from golf and bowling to handbags – although she holds a firm line in reluctance when pressed to sing her own praises or go public with her goals.

But so what if Campbell is a little on the reserved side? After the debris left by the once media manipulative Marion Jones and the American's other former rivals who have sullied the sport's reputation, such as Kelli White and Ekaterina Thanou, what women's sprinting needs is a sustained spell of unassuming, trustworthy reconstruction. So far so good from Campbell.

Winner of the first World Youth Championships 100m in 1999, first to achieve the women's sprint double at the World Junior Championships, in 2000, Campbell is also the first Jamaican woman to hold an Olympic sprint title, having taken the 200m gold in Athens. Then, at the World Championships in Osaka last August, she succeeded where Asafa Powell failed, plundering Jamaica's first global 100m title.

Campbell's triumph in Osaka came in the kind of race that women's sprinting requires more of, a final which, hitherto at least, remains notable for the closeness of the finish rather than the shadow of doping. Only after a long wait for the result to be confirmed – both Campbell and defending champion Lauryn Williams timed 11.01 – was the former able to celebrate her latest entry into the Jamaican record books.

The road to history for Campbell began in Trelawny, the parish which has produced many prominent Jamaican athletes, among them Merlene Frazer, Ben Johnson, Michael Green and Usain Bolt. More specifically it began along the track between the family home and local grocery store. Mum, having identified her daughter's speed, put it to practical use, setting young Veronica as the automatic timer for dinner.

"I was always the favourite child to be sent to the grocery store to buy groceries because I would do it so quickly," Campbell recalled. "It was a dirt path and I would run there and back. It wasn't very far and, if my mum sent me to get some eggs for breakfast, she could put the fat on the fire and know I would be back in time before it burned out. So I have been running from a very tender age."

Whether it was fetching the eggs or shattering the egos of local boys who thought they could outrun her, Campbell never doubted her ability. "The boys always thought they could beat me, so we would always compete to prove a point, and I always won," she recalled. "I was around nine or 10, the boys were maybe 15. There was one particular guy who was an athlete and he always thought he was the fastest but I would always beat him."

'Merlene Ottey is a wonderful person, she has always been my hero. We communicate on a regular basis. She has always given me good encouragement'

VERONICA CAMPBELL

How long did it take him to get the message? "I guess he didn't get it because he didn't beat me once and kept coming back," Campbell said. "I haven't seen him for many years, so I don't know where he is." Not that it matters any more – Campbell's male company has moved on and she can count among her training partners none other than Tyson Gay, the world's No.1 male sprinter of 2007.

Campbell trains at the University of Arkansas, the only woman in her group. "We may do a few starts together but their pace is way faster than mine so we don't do everything together," she said. "Otherwise, I train by myself. If they have an easy day I may train with the guys but when it is a fast pace I have got to go with myself. But we watch over each other to make sure we are doing the right stuff."

Like Gay, the world 100 and 200m champion, Campbell was in Osaka while their coach, Lance Brauman, was in prison on fraud charges. According to Campbell, Brauman continued to set her sessions, coaching by telephone. At the World Championships, Brown would oversee her workouts. According to Bryan, he did "a heck of a job getting her focused and keeping her nerves calm." Two months later, Campbell and Brown, the Commonwealth 200m champion, were married in Montego Bay. Guests included Gay,

VERONICA CAMPBELL STAT PACK

Name: Veronica Campbell
Country: Jamaica
Date of birth: May 15, 1982
Events: 100m and 200m
Achievements: Olympics – 200m gold (2004); 4x100m gold (2004); 4x100m silver (2000); 100m bronze (2004).
World Championships – 100m gold (2007); 100m silver (2005); 4x100m silver (2005); 200m silver (2007); 4x100m silver (2007).
World Youth Championships – 100m gold (1999)
World Junior Championships – 100m and 200m golds (2000)
Commonwealth Games – 200m silver (2006); 100m silver (2002)



Competing indoors in Birmingham in February 2006, Campbell wins the 200m against fellow Jamaican Peta-Gaye Dowdie

Merlene Ottey and Prime Minister Bruce Golding.

Campbell is grateful for the inspirational role played by Ottey in her career. "Merlene is a wonderful person, she has always been my hero," Campbell said. "We communicate on a regular basis. She has always given me good encouragement." Ottey e-mailed Campbell before her races in Osaka. "She told me that I was doing good and that, by the end of the year, my cup would overflow. She is somebody I really admire, a very great athlete."

She continued: "I learned about Merlene Ottey when I went to Vere Technical High School. She was a student there and everybody at Vere spoke highly of her. My first memory of athletics on TV was the Atlanta Olympics. The women's 100m was very exciting – Merlene and Gail Devers and that photo-finish was one of the most memorable things of the Olympics." That photo-finish, to which Campbell refers, resulted in Devers, from the US, taking gold in 10.94, the same time as Ottey, who had to settle for silver.

Of her relationship with Brauman, Campbell said: "I have been working with him for a long time, since my junior college days, so it is a long relationship. He is a great coach and we get along well. His workouts really work for me." Since his release, Brauman has been working out of Florida and whether Campbell follows remains to be seen. Another area in which she is leaving her options open is on whether to go for the 100m in Beijing, defend her 200m title, or double, as she did in Osaka. In the 200m she had to settle for silver five metres behind Allyson Felix of the US. "I may end up doing the double but I will have to see," she said. "Both events are important to me. I didn't really start my training for 2007 with particular emphasis on either one. It just happened that I ran the 100m better."



Popular champion: Campbell's victory in Osaka last year was well received

Explaining why Trelawny produces more sprinters than any other part of Jamaica, Bryan said: "Population-wise it is one of the less inhabited parishes of the country due to the fact that it is mountainous terrain. It is a little less developed than other places, which may lend itself to athletes doing so well there because there is a lot of walking that takes place over the rugged terrain.

"But I think it is a combination of things – the opportunities that track and field affords an individual to get an education, get an opportunity to go overseas. I also think the tradition – we have had many Olympic champions over the years – George Rhoden and Arthur Wint at 400m, Deon Hemmings at 400m hurdles, Don Quarrie and Veronica at 200m."

Campbell has four sisters and five brothers, although she was raised in a split family. "I didn't grow up with all my brothers and sisters, I was brought up with mum and stepdad," she said. "It was a small house. My father used to do sports and I have two bigger brothers who used to run track in high school but, apart from them, I am the only one who is an athlete in my family."

Following behind her, though, is her 13-year-old brother, David, whom she describes as "a very determined kid". Like Ottey and big

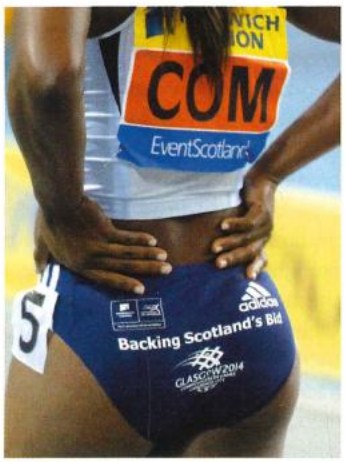


Veronica Campbell and Tyson Gay (right) share the same coach ... and kit sponsor

Impossible is Nothing

sister before him, he attends Vere Technical High School. "He is a sprinter, but his coach told him he also had great potential in the long jump," Campbell said.

It was from Vere that Campbell went to Barton County College in Kansas, where she met Brauman. Then she went to the University of Arkansas from where she graduated in 2006. Why Arskansas? "When I was trying to decide which university I would go to after leaving junior college I went on a few visits and I was fascinated by the business programme at Arkansas," she said.



When running indoors in Glasgow in 2006, Campbell showed her support for Scotland's bid for the 2014 Commonwealth Games – in which they were subsequently successful



Olympic gold! Veronica Campbell wins the 200m title in Athens from Allyson Felix of the USA

"That was one of my reasons for going there, then Omar wanted to go there and there were other Jamaicans there. I wanted to go somewhere where I would feel at home away from home."

The newlyweds share a number of interests away from the track. They play each other at golf and bowling. "I am very competitive with Omar," she said, without disclosing who tends to win. "It's proper golf but short holes and the last time I played I was 10 over par. At bowling, 160-something is my best."

When it comes to spending her winnings, Campbell says that her only real indulgence is her collection of Louis Vuitton handbags. "Omar says it is time for me to stop spending my money on handbags but I like them," she said. Not that she plunders wealth from the circuit as most athletes in demand do. She competes comparatively rarely.

Bryan explained: "The most important thing for us – not just Veronica and Omar but everyone in our group – is championships. When history weighs you, it is weighted on championships and, so far, Veronica has done a very good job of accumulating championship medals. Essentially, you look at scheduling and whether it lends itself to success at championships. Irrespective of what the meet is. If it does not then we are not going to do it."

Campbell added: "I have not fully maximised my potential in this sport so I am just working hard and looking forward to the future. Hopefully, I can create some more history before the end of my career. I just want to be the best I can be, whatever that is."

On the subject of how many more years she may remain in the sport, Campbell is reluctant to speculate. Ottey, her idol, was still competing last season at 47. Could Campbell keep going that long? "I would rather leave that question unanswered," she replies, laughing as she speaks.

The world 100m champion is warmer than first impressions would have you believe.

'I have not fully maximised my potential in this sport so I am just working hard and looking forward to the future. I just want to be the best I can be, whatever that is'

VERONICA CAMPBELL

Your Say

Write to: *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN or fax 01733-898441.
E-mail: jason.henderson@athletics-weekly.co.uk
(Please supply both a full postal address and daytime telephone number)

Parents to blame

FOR us people of 'a certain age' to outbid each other regarding the decline in distance standards could be considered perverse and tasteless. Ray O'Donoghue's reminiscences of the Surrey cross country championships back in the 1960s/70s/80s apply, also, to most counties.

If anyone wants a bidding war on the 'to hell in a handcart front' I'll contribute this and refer to the variously described Thanet/Margate 10-mile road race, which I won, I think, five times. Once the race attracted about 40 entrants, most of whom would expect to beat the hour. Last December's event catered for about 400 and only the winner bettered 60 minutes. That's something I would never have predicted.

Where myself and Mr O'Donoghue part company is in the treatment rather than the diagnosis. Specifically his assertion that youngsters should be encouraged more. The Brighton Sea Front relay was a big race back in 'the good old days' and whether the likes of Gerry and Geoff North, John Thresher, Trevor Hart, Laurie O'Hara, Tony Fairclough and so on were encouraged when they were kiddies is for them to say.

What is crystal clear is that Belgrave Harriers, as a club, was defined by the success of its senior squad, most of whom were self-coached.

It cannot surely have escaped Ray's notice that the decline in senior standards has occurred side by side with parents and coaches (one category) taking over at club level.

Ian Macmillan, Kent

You need dedication

I THINK the heading in Ray O'Donoghue's excellent article in last week's *AW* implied he was being unduly optimistic following his surmise of this year's Surrey's Cross Country Championships and comparing to the halcyon days of yesteryear.

His 'just a glimmer' stems from the younger youngsters showing enthusiasm, but the letter from Gerry Archer (Letters, Jan 17) puts this in to stark perspective when he reports that there were only 14 finishers in the junior under-20 race of the Middlesex Championships.

Once their voices start to break the keen as mustard, boys in particular, just disappear from the sport. Searching through my records I see that in 1958 the junior Middlesex race had 116 finishers (I was 18th). On that statistic the base of the pyramid of participation at serious club level has shrunk by almost 90 per cent leading to the talented such as Phil Wicks having such an easy ride.

These 'demographics' suggest that no amount of centrally funded effort with well paid, well meaning administrators will bring distance running back to its former glory.

It is not just athletics that experiences huge dropout from the initially keen 12 to 16-year-olds. Tennis is also a glaring example.

It is symptomatic of an unfortunate change of culture in much of the Western world that has insidiously infected the way the younger generations are growing up. Participation in sport for even modest results involves some dedication which us vets/super-vets (sorry masters) knew and know all about. But as Ron Hill's books are titled, the road is long and hard – too hard certainly for the missing 102 Middlesex juniors we have lost in the past 50 years.

Dave Fereday, Barnet & District AC

Sights and sounds

THE issue of runners wearing earphones in races or even in training should be dead in the water. I know that Paula Radcliffe uses them during weight training, gym circuits and the like and Haile Gebrselassie used music in his indoor world record runs, but these are professional athletes for goodness sake.

Seeing club runners and others wearing them suggests to me that they see running as a chore rather than a joyful experience with all its many sights and sounds. Perhaps they should look for something else to do.

Mike Spragg, Great Yarmouth

Daley the greatest

WHO'S the greatest, asks Pete Anderton (*Letters*, Jan 10). For me it has to be Daley Thompson for being such a superb all-round athlete and competitor. With regards the greatest performance, Paula Radcliffe's marathon mark stands out. But this is only from a British perspective, of course.

Frank Willoughby, York

Grey clouds loom

WE ARE all guilty of using the word 'great' too often, but where Haile Gebrselassie is concerned it is a pre-requisite.

So I was very disappointed to learn that he may not run in the Olympic Marathon in Beijing this August. How can the best distance runner there even consider not running?

Clearly, health is the issue and if as a result of running in the Beijing pollution he was forced to retire then that would be a crying shame.

But why did those sages on the Olympic committee even give Beijing the vote to stage the Games? Each member visited the city and would have encountered the smog, so what were they thinking of?

To my mind it was a political decision to grant China the Games and now we are on the verge of another potentially superb Olympics being ruined in part by the pollution that emanates around the city.

I hope my scepticism is proved wrong and the air is clean and Geb does go for gold in the marathon, but somehow I don't think this problem is going to blow over as easily as that!

Dave Marshall, Nottingham

LETTER OF THE WEEK

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



AW's most loyal reader

IN the January 3 issue of *AW* (*Comment*) the Editor welcomed information on long readership, so I thought to put down a few comments, although I am surely not your longest reader.

My first read of *AW* was at the start of 1951, when I saw a reference to it in *World Sports*, a great little mag, no longer in existence, covering all sports (incidentally, is there anything as good currently?).

As my life changed and I moved around from Hampstead to Chesham and then back to Harrow and Wembley, I always arranged to pick up a regular copy of *AW* with the local newsagent, or picked up a regular copy in the West End where I worked for 40 odd years.

I am sure that I have not missed reading *AW* a single week, since I began in 1951. Part of one's life now, like brushing one's teeth.

I had a fantastic collection of over 20 years in the loft when I lived in Harrow but in 1983, to my eternal shame, I got rid of them. At least it made the ceiling joists happy!

I have been a subscription reader only since I retired in 2003 and now live in Cheltenham. I look forward avidly to this year's track and field action and reading *AW* as much now at the age of 70 as I did back in 1951.

I recall only two letters printed in *AW*, for one of which I won Letter of the Week. I wrote an article in which I warned against over-optimism after the 1993 World Championships, of blessed memory for Brits. I think I pointed out that we still had many weak areas in British athletics performances and should avoid the dangers of smugness about our great "goldies" of that year.

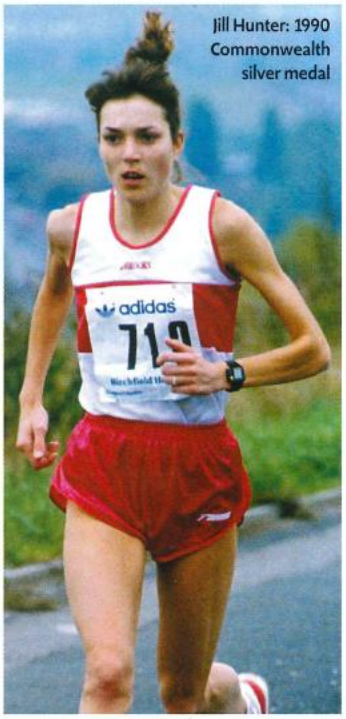
Benny Goodman, London

SINCE running an article asking loyal readers to boast about their longevity, I have been inundated with replies and plan to run a sizeable feature in next week's issue. Question is, can anyone beat Benny Goodman? Editor

Queens of distance running

Who have been the best British women in history at 10,000m, marathon and cross country? MEL WATMAN lists them using his unique points system

Pictures: Mark Shearman


Jill Hunter: 1990 Commonwealth silver medal

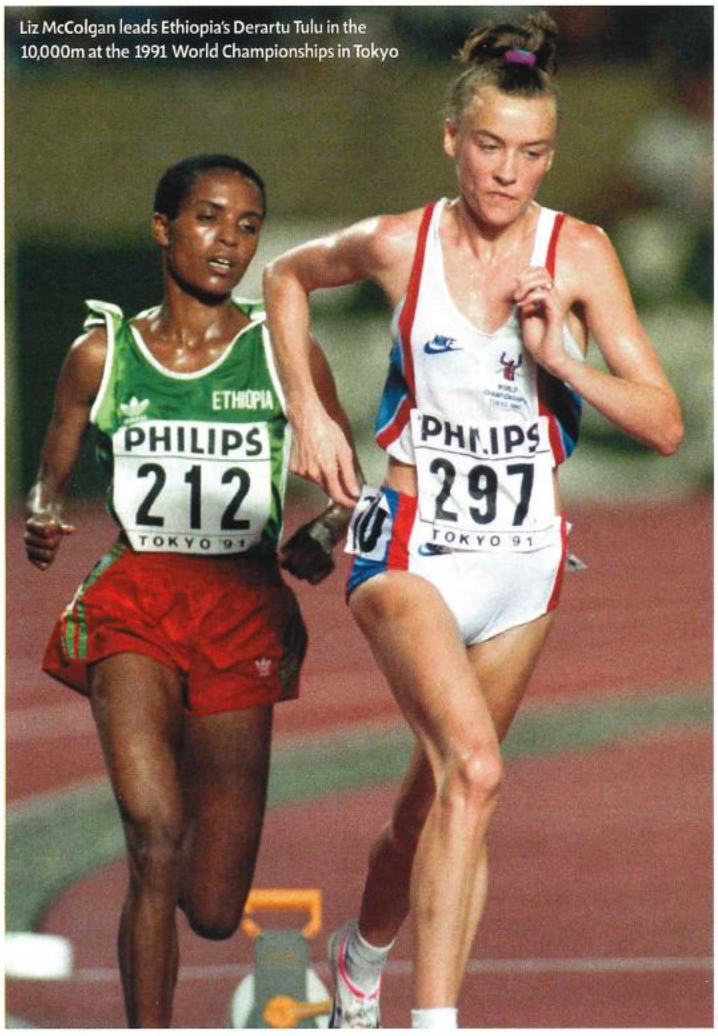
Scoring system (points awarded only from 1934):
Olympics (from 1936): 1st – 25 points, 2nd – 15, 3rd – 10, 4th – 3
World Champs (from 1983): 1st – 15, 2nd – 10, 3rd – 5, 4th – 2
World record-holder (from 1946): 15 (+ extra two points for each full year as record-holder); for records set 1934-39: 10 points + one point per year; deduct four points if record extended over World War period
World record bonus: Five points when set winning Olympic or world title
European Champs: 1st – 10, 2nd – 5, 3rd – 2
Commonwealth Games: 1st – 5, 2nd – 3, 3rd – 1
UK record (from 1946): Three points (+ extra one point for each full year as record-holder); for records set 1934-1939: two points + half point per year up to and including 1945; deduct two points if record extended over World War II period
World ranking (from 1946): 1st – 5, 2nd – 3, 3rd – 2; (from 1934 to 1945) 1st - 3
WAAA / AAA titles: (or first UK finisher if in top three) one point

10,000 METRES

(ranked from 1980; top five only)

1 Liz McColgan (née Lynch) 62
2nd 1988 Olympics (15)
1st 1991 World (15)
1st 1986 & 1990 Comm G (10)
World ranked: 1st 1991 (5), 2nd 1988 (3)
UK record: 31:41.42 on 28.7.1986, 31:19.82 on 4.9.1987, 31:06.99 on 2.7.1988, 30:57.07 on 26.6.1991 (held for 11 years) (14)

2 Paula Radcliffe 47
4th 2000 Olympics (3)
2nd 1999 World (10), 4th 2001 (2)
1st 2002 Eur (10)
World ranked: 1st 2002 (5), 2nd 1999 (3), 3rd 1998 & 2001 (2)
UK record: 30:48.58 on 4.4.1998, 30:40.70 on 10.4.1999, 30:27.13 on 26.8.1999, 30:26.97 on 30.9.2000, 30:01.09 on 6.8.2002 (held for 9 years) (12)



Liz McColgan leads Ethiopia's Derartu Tulu in the 10,000m at the 1991 World Championships in Tokyo

3 Kath Binns 10
UK record: 33:33.7 on 27.2.1980, 32:57.17 on 15.8.1980 (held for 6 years) (9)
WAAA: 1981 (1)

4eq Jill Hunter 5
2nd 1990 Comm G (3)
WAAA: 1989, (AAA) 1995 (2)

4eq Yvonne Murray (later Mooney) 5
1st 1994 Comm G (5)

LIZ McCOLGAN – PROFILE

Born: Dundee (Scotland), May 24, 1964

WHEN Liz McColgan ground down the opposition to win the world 10,000m title in Tokyo in 1991, Brendan Foster described it as "the greatest performance by a male or female British athlete in the history of long distance running". That judgement is still valid as far as track racing is concerned. Others may have broken world records and Paula Radcliffe has since run faster but the fact remains no other Briton has won a global title at 5000m or 10,000m. That run in Tokyo proved to be the summit of her career, but she made several other ascents to the upper slopes of athletics greatness, including an Olympic 10,000m silver medal in 1988, a world half-marathon championship in 1992, two Commonwealth 10,000m titles (1986 & 1990), a world indoor 5000m record of 15:03.17 in 1992, world bests on the road including 14:57 for 5km in 1991, 30:39 for 10km in 1989 and 67:11 half-marathon in 1992, marathon victories in New York (1991), Tokyo (1992) and London (1996), and a silver medal in the 1987 World Cross Country Championships. She had impressive speed too, becoming the fifth fastest ever Briton at 1500m with 4:01.38 in 1987 and setting a UK indoor 3000m record of 8:34.80 when placing second in the 1989 World Indoor Championships.
Personal bests: 800m – 2:05.9 (1987), 1500m – 4:01.38 (1987), 3000m – 8:34.80 indoors (1989) & 8:38.23 (1991), 5000m – 14:59.56 (1995), 10,000m – 30:57.07 (1991), 15km – 47:43 (1988), half-marathon – 67:11 (1992), marathon – 2:27:32 (1991).
Annual progression at 10,000m: 1985 – 33:19.14, 1986 – 31:41.42, 1987 – 31:19.82, 1988 – 31:06.99, 1990 – 32:23.56, 1991 – 30:57.07, 1992 – 31:26.11, 1995 – 31:40.14.

MARATHON

(ranked from 1979; top seven only)
(Note: 2 points awarded for each "classic marathon" victory; eg. London, New York, Chicago etc)

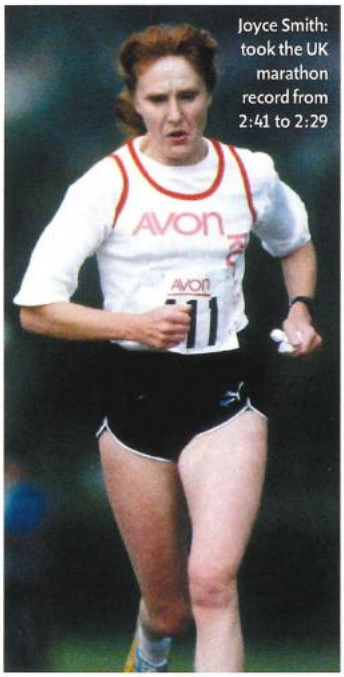
1 Paula Radcliffe 77
1st 2005 World (15)
World record: 2:17:18 on 13.10.2002, 2:15:25 on 3.4.2003 (held for 5 years) (25)
World ranked: 1st 2002, 2003, 2005 (15); 3rd 2007 (2)
UK record: 2:18:56 on 14.4.2002 and as above (held for 5 years) (8)
AAA/London: 2002, 2003, 2005 (6)
Other big city: Chicago 2002, New York 2004 & 2007 (6)

2 Veronique Marot 21
World ranked: 2nd 1989 (3)
UK record: 2:28:04 on 20.10.1985 (held for 1 year), 2:25:56 on 23.4.1989 (held for 12 years) (16)
WAAA/London: 1989 (2)

3 Joyce Smith (Byatt) 20
World ranked: 2nd 1979 (3)
UK record: 2:41:37 on 17.6.1979, 2:36:27 on 22.9.1979, 2:33:32 on 22.6.1980, 2:30:27 on 16.11.1980, 2:29:57 on 29.3.1981, 2:29:43 on 9.5.1982 (held for 4 years) (7)
WAAA: 1979, 1980 (2)
Big city: Tokyo 1979 & 1980, London 1981 & 1982 (8)

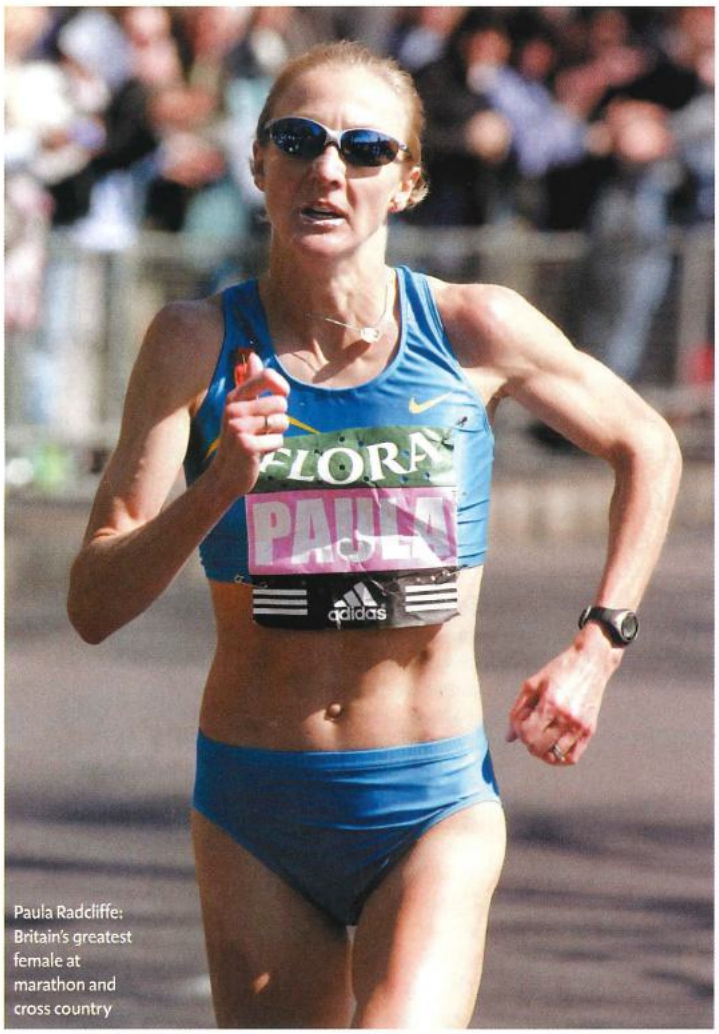
4 Priscilla Welch (Mayes) 8
UK record: 2:28:54 on 5.8.1984, 2:26:51 on 10.5.1987 (held for 1 year) (4)
WAAA: 1984, 1987 (2)
Big city: New York 1987 (2)

5 Liz McColgan (Lynch) 6
AAA/London: 1996 (2)
Other big city: New York 1991, Tokyo 1992 (4)


Joyce Smith: took the UK marathon record from 2:41 to 2:29

6 Marian Sutton (Witts) 5
AAA: 1997 (1)
Big city: Chicago 1996 & 1997 (4)

7 Sarah Rowell 4
UK record: 2:28:06 on 21.4.1985 (3)
WAAA: 1985 (1)


Paula Radcliffe: Britain's greatest female at marathon and cross country

PAULA RADCLIFFE – PROFILE

Born: Barnton, near Northwich (Cheshire), December 17, 1973

OTHER British women athletes have broken world records too, but no one has pushed out the frontiers of performance in the way that Paula Radcliffe has in the marathon or been so far ahead of the world's second best in their event. In 2003 she was Britain's fastest marathon runner, male or female! Her time of 2:15:25 was a truly phenomenal achievement. No woman in the world, other than herself with 2:17:18 and 2:17:42, has yet run faster than 2:18:47 ... a gap representing one kilometre of road. Like Jim Peters half a century earlier, Paula has revolutionised the marathon; unlike him she has a global title (2005 World) to her name. Of her eight marathons, she has won seven, the one blemish being her non-finish at the 2004 Olympics. Among her other road racing exploits have been world bests of 14:51 for 5km, 30:21 for 10km and 65:40 for the Great North Run half-marathon in 2003, together with world half-marathon titles in 2000, 2001 and 2003, while a brilliant cross-country career has included world titles in 1992 (junior), 2001 and 2002. On the track there have been many frustrations when outkicked after setting a fast pace, but in 2002 she was in tremendous form when winning the Commonwealth Games 5000m in 14:31.42, barely three seconds away from the world record, and the European 10,000m title in a European record 30:01.09, the second fastest ever time.

Personal bests: 800m – 2:05.22 (1995), 1500m – 4:05.37 (2001) (4:01 paced time trial in 2000), mile – 4:24.94 (1996), 3000m – 8:22.20 (2002), 5000m – 14:29.11 (2003), 10,000m – 30:01.09 (2002), 15km – 46:41 (2003), 10 miles – 50:01 (2003), 20km – 62:21 (2003), half marathon – 65:40 (2003), 30km – 1:36:36 (2003), 20 miles – 1:43:33 (2003), marathon – 2:15:25 (2003).

Marathon career: 1st 2002 London 2:18:56, 1st 2002 Chicago 2:17:18, 1st 2003 London 2:15:25, dnf 2004 Olympics (Athens), 1st 2004 New York 2:23:10, 1st 2005 London 2:17:42, 1st 2005 World (Helsinki) 2:20:57, 1st 2007 New York 2:23:09.

CROSS COUNTRY

(Points awarded: WCCA Championship or UK Trial winner – 1 pt; International Championship & European Championship – 1st 3, 2nd 2, 3rd 1; World Championship (from 1973) – 1st 10, 2nd 6, 3rd 3)

1 Paula Radcliffe 49
World: 1st 2001 & 2002 (20), 2nd 1997, 1998 & 2001 (18), 3rd 1999 (3)
European: 1st 1998 & 2003 (6)
UK: 1994, 1995 (2)

2 Zola Budd (later Pieterse) 20
World: 1st 1985 & 1986 (20)

3eq Joyce Smith (Byatt) 13
World: 2nd 1973 (6)
International: 1st 1972 (3), 3rd 1971 (1)
WCCA: 1959, 1960, 1973 (3)

3eq Rita Ridley (Lincoln) 13
World: 3rd 1974 (3)
International: 2nd 1967 & 1970 (4), 3rd 1972 (1)
WCCA: 1969, 1970, 1971, 1972, 1974 (5)

5 Liz McColgan (Lynch) 9
World: 2nd 1987 (6), 3rd 1991 (3)

6 Angela Tooby (later Smith) 8
World: 2nd 1988 (6)
WCCA: 1985 (1), UK 1988 (1)

7 Lilian Styles 6
WCCA: 1928, 1929, 1930, 1933, 1934, 1937 (6)

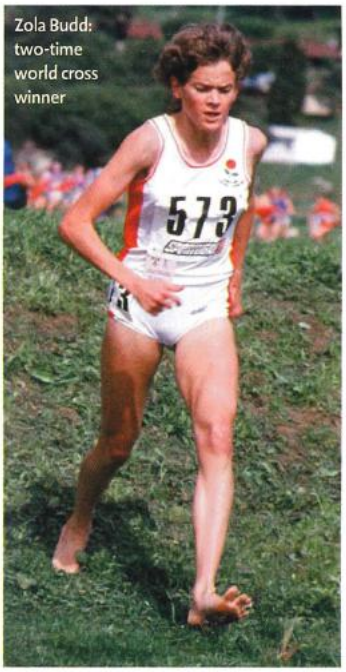
8 Hayley Yelling 5
Eur: 1st 2004 (3)
UK: 2003, 2005 (2)

9eq Diane Leather (later Charles) 4
WCCA: 1953, 1954, 1955, 1956 (4)

9eq Pam Davies 4
WCCA: 1965, 1966, 1967, 1968 (4)

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

NEXT WEEK: steeplechase and hurdles


Zola Budd: two-time world cross winner

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Surname: _____
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Date of Birth/Age: _____
Gender: _____
Telephone/Mobile Nos: _____
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Academy Member: ☐ Yes ☐ No
Membership Number: _____
Date of Activity: _____

Emergency contact details
Name of Parent/Guardian/Carer: _____
_____
Emergency Contact No: _____
Who is authorised to take and collect your child at this activity?:
_____

Does you child suffer from any of the following?

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

Other: _____

Is your child currently on medication or have any injuries?
☐ Yes ☐ No If yes, please specify:
_____

Do you consider your child to have a disability?
☐ Yes ☐ No If yes, please specify:
_____

What is your child's Ethnic origin?
☐ White ☐ Mixed Race ☐ Asian ☐ Black ☐ Chinese
☐ Other

Do you object to photographs of your child being taken for publicity purposes? (NSPCC guidelines)
☐ Yes ☐ No

Club: _____

Special Dietary requirements (please state):
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_____

Please state pb's (for squad allocation): 800m _____
1500m _____ 3000m _____

For Coaches Only:
What is your current UKA coaching level? _____
Please enclose photocopy of licence.

Do you have a UKA CRB certificate? ☐ Yes ☐ No
Please enclose photocopy of certificate
(If no, please contact Rod Lock on 0238 078 9041)

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

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

Signed _____ Date _____

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

A beacon on the race calendar

It's not difficult to see why more and more runners are choosing to run the Sussex Beacon Half-marathon

THE Sussex Beacon Half-marathon is one of the South East's premier races – it regularly attracts over 4500 runners. With a flat, fast course running past iconic landmarks such as Brighton Pavilion, and along the seafront with its brightly coloured beach huts, the half-marathon is a perfect city tour. It's a fantastic, well-organised route with road closures in place. The race features chip timing and online entry. Every finisher receives a goody bag plus a commemorative medal.

2007 was a perfect race day, clear skies, very little wind and amongst the runners was Sally Gunnell. The race was part of her Flora London Marathon training, "It was lovely going through the Lanes, the race said to me: 'This is what Brighton and Hove is all about'. I really enjoyed it. My time was ten minutes faster than I thought I would be!" said Sally, wearing No. 1. Her debut appearance saw her finish in 1:40.

The half-marathon is part of the Sussex Grand Prix, in recognition of the support Sussex runners have given the race, the Beacon is pleased to offer SGP places for just £16. To qualify for the reduced rate, make sure you have your unique code which you can obtain from your running club.

The 2008 race is set to be another record breaker – places are limited to 4800. After this just 200 Sussex Beacon charity places will be available priced at £50, which include a £30 donation to the Sussex Beacon.



Nearly 5000 runners are expected in Brighton



The half-marathon takes place on a fast, traffic-free course

Make sure you don't miss out, places are selling fast – visit www.beaconhalf.org.uk to enter online or download an entry form.

New for 2008 – **Sussex Beacon Youth Race** – a 2.5km event for 11-16-year-olds It starts at 10am and runs along Brighton seafront. Pre-race entry £5, entry on the day – £6. To download an entry form, visit www.beaconhalf.org.uk or call 01273-604631.

Calling all marshals – help a good cause

THE half-marathon depends on support and help from an army of volunteers. It's a great day, volunteers are well looked after and there are lots different things to do ranging from just an hour to the whole day. If you would like to help please email halfamarathon@sussexbeacon.org.uk or call 01273-694222 (during office hours) and speak to Gary, Lucy or Julie.

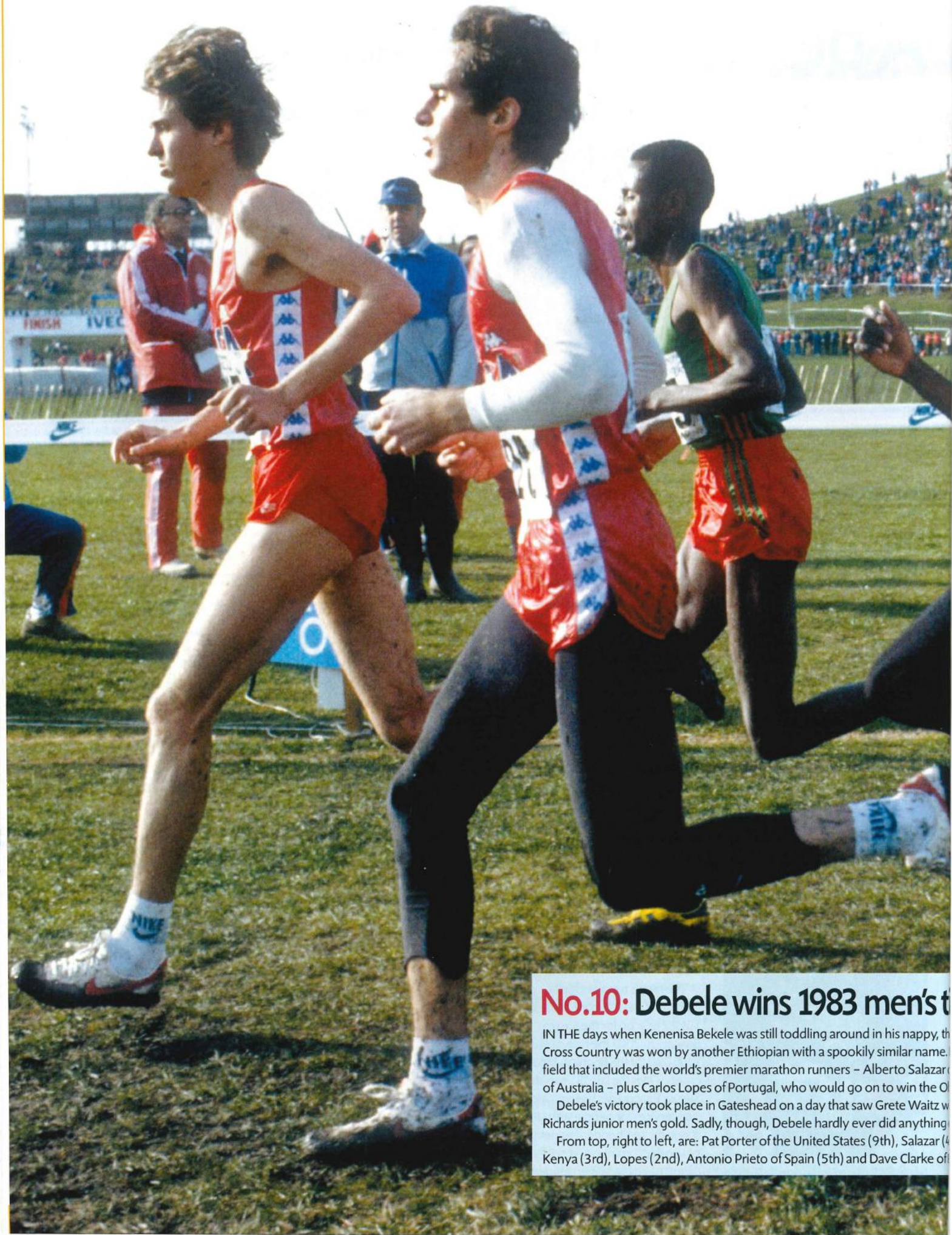
The race is a major charity fundraiser and is organised by the Sussex Beacon for the Sussex Beacon. In 2007 the race raised over £105,000 for the Brighton-based HIV charity. Over the last 15 years the Sussex Beacon has been providing vital services for people with HIV who stay in the ten-bedded residential unit or use the community services. Clients needs vary from residential care, to recovery from a hospital stay, terminal care or adaptation to medication. The challenges facing people living with HIV are enormous – the Sussex Beacon helps with all this.



The race is one of the South East's top events

■ IF YOU would like find out more about the Sussex Beacon visit www.sussexbeacon.org.uk – you can also make a secure online donation to help us continue our work

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Race starts at 9.45am
BRIGHTON SEAFRONT
Enter online at www.beaconhalf.org.uk
NEW FOR 2008
YOUTH 2.5K RACE
see website for details
Registered Charity No. 298388



No.10: Debele wins 1983 men's t

IN THE days when Kenenisa Bekele was still toddling around in his nappy, th
Cross Country was won by another Ethiopian with a spookily similar name.
field that included the world's premier marathon runners – Alberto Salazar (
of Australia – plus Carlos Lopes of Portugal, who would go on to win the O

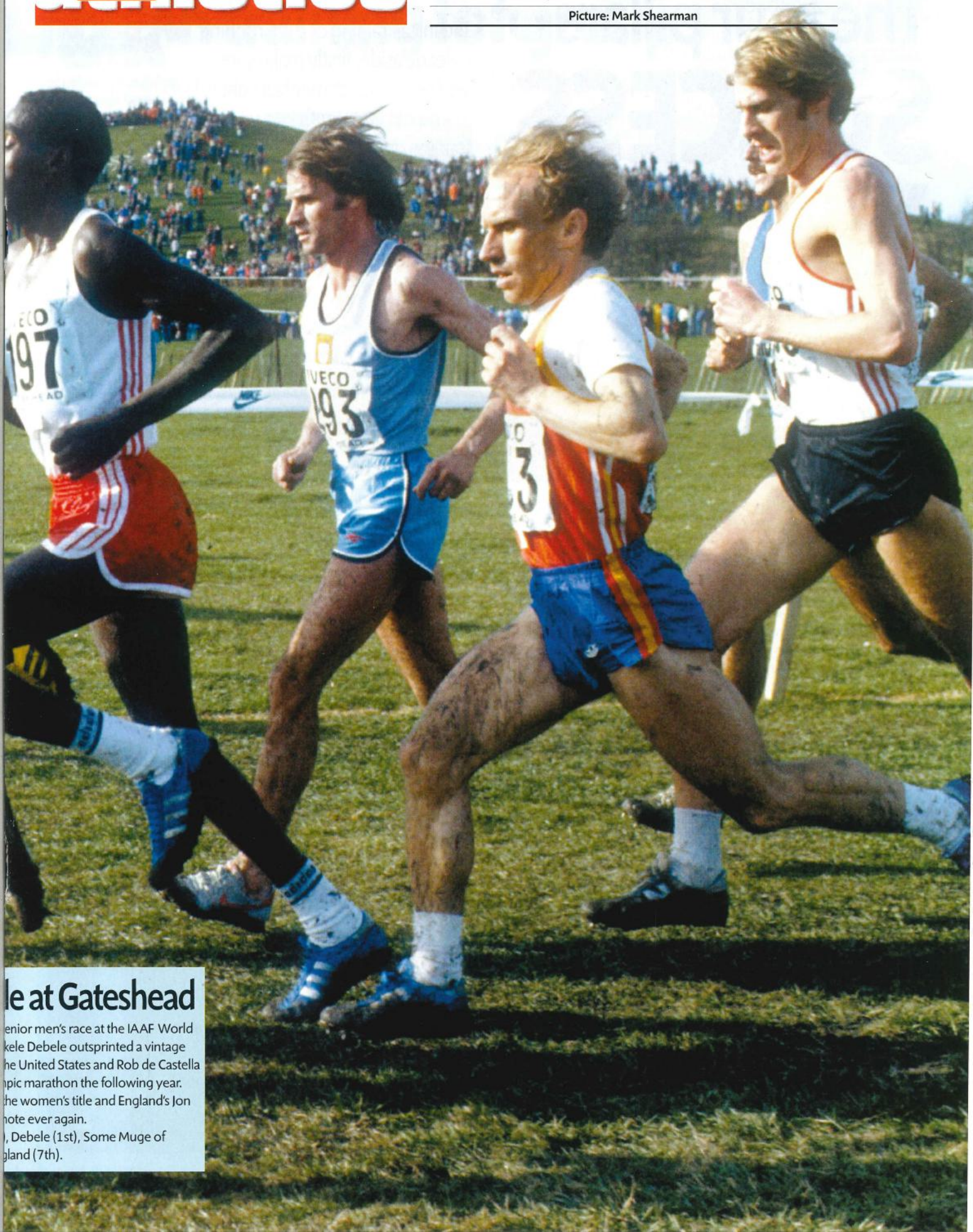
Debele's victory took place in Gateshead on a day that saw Grete Waitz w
Richards junior men's gold. Sadly, though, Debele hardly ever did anything

From top, right to left, are: Pat Porter of the United States (9th), Salazar (4
Kenya (3rd), Lopes (2nd), Antonio Prieto of Spain (5th) and Dave Clarke of

athletics WEEKLY

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

Picture: Mark Shearman



le at Gateshead

enior men's race at the IAAF World
kele Debele outsprinted a vintage
he United States and Rob de Castella
npic marathon the following year.
he women's title and England's Jon
note ever again.
, Debele (1st), Some Muge of
gland (7th).

The four pillars of SUCCESS

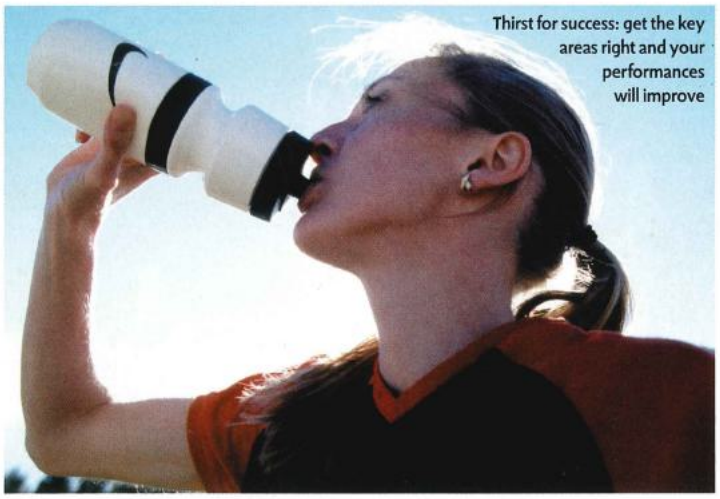
Technical training or pure running mileage aside, firstly make sure you get the fundamentals right as you get your teeth into your training during the new year

AW basics
advice, techniques and tips for beginners

YOUR New Year's resolutions have been made and are hopefully now being acted upon. But have you got your priorities right?

As you start to tackle 2008 and look forward to competitions later this year, ask yourself whether you are focusing on the right areas.

Whether you sprint, run long distances, jump or throw, there are four key areas – or pillars of success – that should form the crux of any training plan you are trying to follow. They are:



Thirst for success: get the key areas right and your performances will improve

Nutrition

The challenge: Poor eating has a number of knock on effects. You will fail to recover from sessions very well. You will fail to perform well in training and competition due to poor food choices. Injuries and illnesses are more likely to occur due to vitamin and mineral deficiencies. Your immune system will also be affected negatively by bad diet. While, finally, you are unlikely to perform well if you are just plain overweight.

The solution: There are lots of diet plans and advice can vary. But good nutritional choices are not difficult. At its very simplest, it is not rocket science. Cut out junk food and limit processed produce. Eat real food and drink lots of water. And make sure you eat a varied diet with lots of fruit and vegetables.

Strength and conditioning

The challenge: athletes with poor strength are unlikely to enjoy a full range of movement during their particular event. Worse still, they are far more likely to break down with injury due to weaknesses in various areas. A good strength programme should be included in every athletes' schedule. Yes, even distance runners too.

The solution: There is no excuse not to do some strength training. If you cannot get to a gym, then there are dozens of exercises that can be done at home, starting with simple press ups and sit ups. If you are not in a power event, then a good workout once a week is better than nothing. Twice a week is ideal. Failing that, you may prefer to do 10 minutes every day, possibly before or after a training session. At the very least, do something – regularly.

Mobility

The challenge: As we grow old we lose our flexibility. This will affect our performance in our chosen event and will also potentially lead to injuries.

The solution: Get into the habit of stretching after every training session. Just a few minutes will make all the difference if you currently do nothing. Stretching aside, you can also improve your mobility by giving your body exercises it isn't used to – for example, if you only ever run then try circuit training and suddenly you will feel muscles being used that have been neglected for years. To take things one step further, athletes may consider enrolling in a yoga or pilates class.

Attitude

The challenge: The hardest aspect of training for many people is simply getting out of the door. But it doesn't stop there. Once you are training, are you doing the right kind of work? Are you training hard enough? Are you focused enough during your sessions or in competitions? It is no coincidence that the most successful athletes usually have the best mental make up.

The solution: Take a few moments to write your goals for the next few months and next few years. What will it take to achieve them? Are you doing these things right now? What are you doing well? What do you need to improve on? If you have determination, good planning and time management, you are far more likely to achieve your physical goals.

10 top tips for busy athletes

FEW of us have the luxury of being full-time athletes. So for runners, jumpers and throwers who need to cram training into spare moments outside of work and family commitments, here is some advice.



Make sure you get enough sleep

1 Keep kit in your car. Having trainers and sports clothes in the boot of your vehicle means you will always be ready to do a session.

2 Get up early – and nail your session before the rest of your family wakes up or before your busy day at work kicks in.

3 Write a plan in advance and make your training time effective.

4 As busy as you are, make sure you get enough sleep. Without sufficient rest, your fitness and form will suffer.

5 Lower your targets – with more achievable goals you will feel good hitting them as opposed to always being frustrated at failing to fulfil your schedule.

6 Commute to work. Running or cycling to work, or hitting the gym or track on the way to or from work, can save a considerable amount of time.

7 Identify unnecessary time activities. Analyse your time management and you may find you discover a few extra minutes that might add up to allow you an extra half hour or so training time.

8 Create a gym at home, therefore saving travelling time.

9 Weigh up your performance goals with your ability to commit to your sport.

10 Make sessions count. Cut down on junk miles and stop wandering around the gym aimlessly. If you have a limited amount of time, use it wisely.



Cycle to work if you can

Javelin training for groups

WILF PAISH gives simple advice to beginners on how to learn to throw a spear

BRITAIN has held its own at world level when it comes to throwing the javelin, but it might become more difficult in the future because of the way in which we interpret the health and safety regulations. This has encouraged interested people to fabricate a sponge javelin. But sadly it is toy that has no real place in the learning of the skill.

As a teacher I always used an improvised javelin, which I made with the pupils as part of a physics lesson – one related to centre of gravity and moments. Indeed, I encouraged children to make their own and bring them to school. This was forced upon me, not through safety, but rather because of cost. I wanted each pupil in my class to have a javelin each. Even using the cheapest, which was manufactured at the time, this would have taken up almost half of my PE allowance.

One can improvise an excellent javelin shape, which flies well, from a length of half inch dowel rod. The length is important – it needs to be about the same (length) height as the thrower. Balance the rod on the finger so that its centre is found, marking it with a pencil. Cut a six inch length of half inch water hosing, and place it in warm water to make it flexible and more elastic. Slide this up the length of the javelin until its centre reaches the rod centre mark. On cooling, this will contract and form the javelin grip. Cut a one inch length of the same hosing and place on one end of the rod. This forms the nose, protects the dowel rod from splitting and produces the pitching moment.

The skill of javelin throwing

It is a very natural movement for most young boys, who often become compulsive throwers, skimming stones across water at every opportunity. It is not a natural event for young girls – this is not a sexist comment but one related to physical differences.

Since throwing is projecting something into space using the arm, it is essential to learn a safe and effective arm movement first. Sadly, this is not as simple as it sounds, since it is not a natural throwing action like one would use with a ball. Indeed, it is better if the "clever lever system" is learned from the very outset. The arm is just the aspect that creates the final flail-like action.



Aim high! An exciting, glamorous event, Britain has a great tradition in javelin throwing

What is the 'clever lever system'? Simply, it is a series of fast acting, short levers, that progress up the throwing side starting from the foot and ending with the hand.

The throw should start by quickly turning the right heel out. This should bring in the knee, which in turn brings in the hip, which brings in the shoulder, which brings in the elbow which brings in the hand. All of the short levers summating to help produce the final speed of release, by forcing rotation about the long axis.

It is best if this concept can be taught from the very first introduction.

Get a grip

Yes, the grip is important. It needs to be firm behind the ledge produced by the hose (binding). The javelin should run directly down the length of the palm, and NOT across it. The arm action is that of any three-part lever forming a flail action. In very simple terms, the first pivot is that of the shoulder, the second the elbow and the third is the hand.

All three levers, must eventually form a straight line, so that the release point is directly in line with the first pivot (the shoulder). The second pivot must be directly above the first, and the third pivot (the wrist) directly above the second. I emphasise that the deltoid, the shoulder muscle, must conflict with the ear. The elbow must NOT drop, nor come wide of the long central axis.

Let it fly!

The first throwing action, described above, I use to encourage the pupils to stab the javelin into the ground. I often use a plastic cup or drinks can as a target. It is important to establish a straight line throw very early on in the skill process.

Accuracy does aid the learning process. However, the fun is in throwing it a long way, hence progress should be rapid towards flighting the javelin. Remind the pupils that the arm does not drop to give the javelin height-this must be achieved by the "bowing" of the back. I always emphasise a little rhyme "Chin-knee-toe, make a bow, see it go". All produced by the clever lever system. The "chin knee toe" being the balance position with all three in vertical alignment.

Very little time should be spent with standing throws. In the space of six throws, I like them all to use a three strides rhythm. This takes little time when each has a javelin. Again the single runway is of little use for the mass teacher. I use the straight of the track, using the lanes as a foot-plant guide. After this stage, coaching supersedes teaching where pupils can be taught an accurate, competitive, approach run.

Here one must emphasise that the javelin is unique among the throws. Indeed, it is the same as the long jump, where the athlete would not contemplate a series of cross-over steps.

Finally, I would urge teachers to emphasise the clever lever system. It will protect the pupils elbows, and help to create fine throwers.

NEXT WEEK: indoor athletics – training and competing under cover

Coaching contributors wanted by *AW*

ATHLETICS WEEKLY is the world's only weekly track and field magazine and the only publication in the UK that covers the premier Olympic sport.

At this hugely exciting time, with the London Olympics approaching, *Athletics Weekly* is keen to improve the quantity and quality of its coaching articles.

These range from in-depth articles focusing on technical elements of athletics, to interviews with successful coaches, to items geared toward helping beginners who read *AW*'s 'Basics' section.

Given this, we are looking for experienced coaches to act as contributors to the magazine. Good candidates will be able to provide unique material – both in the form of words and also, ideally, photographs.

We are interested in articles on every track and field event. But in addition to pieces on sprints, hurdles,endurance, jumps, throws and walks we are also keen to hear from anybody who can write authoritatively on subjects such as strength and conditioning, mobility, nutrition, sports psychology etc.

There may also be the opportunity for somebody to be appointed as coaching editor, a role that will see the person overseeing all advice-related articles in *Athletics Weekly*. Such a candidate would need to have good knowledge of every athletics event and also be sufficiently organised to co-ordinate the flow of words and pictures to our office.

Such a role can be done from home and would perhaps suit somebody who is retired or semi-retired.

PLEASE send a letter and CV outlining your skills to Jason Henderson, *Athletics Weekly*, 83 Park Road, Peterborough, Cambridgeshire PE1 2TN or email jason.henderson@athletics-weekly.co.uk



Sharing knowledge: if you can coach – and write – then let us know

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GUEST SPEAKER PROFESSOR RON MAUGHAN School of Sport and Exercise Scientist Loughborough University

A PRACTICAL GUIDE TO NUTRITION FOR ATHLETIC SUCCESS

EVENT GROUPS AND LECTURERS

800/1500 EVENT GROUP

HOW TO DEVELOP A PROGRESSIVE TRAINING PLAN LEADING TO INTERNATIONAL COMPETITION.

Phil Banning – Former Director of Coaching for Wales, coach to many internationals, an ex GB International 1500m runner and author of 'How to Teach Endurance Running'

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David Lowes – Coached a number of Internationals from grass root level. Chairman of BMC Young Athletes Academy and Director of BMC Young Athlete Residential Courses. Former GB international athlete and author of many articles on endurance

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BELARUS

Brest, January 12

OLYMPIC 100m champion Yuliya Nesterenko made a low-key return to competition with a sub-standard run over 300m.

Women: 300: Y Nesterenko 41.33. SP: Y Leantsiuk 17.43.

Mogilyov, January 12: Men: HJ: S Haliashou 2.25. TJ: R Pakhomchyk 16.57. Women: LJ: V Shutkova 6.44.

CANADA

Toronto, January 19

AMERICAN record-holder Jenn Stuczynski went to the top of the 2008 world lists with a 4.71m vault. It was her second best ever indoor result.

Women: PV: J Stuczynski 4.71.

Windsor, January 12: Men: PV: R Buller 5.61.

CZECH REPUBLIC

Trinec, January 22: Men: HJ: 1 L Thornblad (SWE) 2.30; 2 I Ukhov (RUS) 2.26; 3 A Tereshin (RUS) 2.26. Women: HJ: 1 B Lalakova 1.97; 2 R Dubnova 1.90; 3 V Klyugina (RUS) 1.90; 4 D Gyorffy (HUN) 1.90.

Hustopece, January 19

RUSSIAN indoor record-holder Ivan Ukhov leapt a world-lead of 2.36m in the high jump and had some good attempts at 2.41m.

Men: HJ: 1 I Ukhov (RUS) 2.36; 2 L Thornblad (SWE) 2.34; 3 A Dmitrik (RUS) 2.30; 4 S Ton 2.27; 5 P Horak (SVK) 2.27.

Women: HJ: 1 V Palamar (UKR) 1.99; 2 A Friedrich (GER) 1.99; 3 I Strakova 1.95; 4 R Dubnova 1.92; 5 V Klyugina (RUS) 1.92.

FRANCE

Le Mans, January 20: Men: XC (9.4K): 1 D El Himer 26:19; 2 B Kiplagat (KEN) 26:20; 3 W Kiprop (KEN) 26:21; 4 P Muriuki (KEN) 26:22; 5 M Benhari 26:36. Women: XC (5.1K): 1 L Masai (KEN, U20) 15:22; 2 B Ghezielle 15:49; 3 M Komu (KEN) 15:52; 4 J Coulaud 15:54; 5 S Bourgailh-Haddioui 16:13.

Oyonnax, January 12

KATE DENNISON won the women's pole vault competition with an impressive 4.35m, while Steve Lewis cleared a solid 5.50m in the men's competition.

Men: PV: 1 R Lavillenie 5.58; 2 J Clavier 5.50; 3 R Mesnil 5.50; 4eq STEVEN LEWIS 5.50 (5.32o, 5.50xo, 5.65xxx); 13 SCOTT SIMPSON 5.22. Women: PV: 1 KATE DENNISON 4.35 (4.02o, 4.20o, 4.35xxo, 4.45xxx); 8 Louise Butterworth 4.02 (3.87xo, 4.02xxo, 4.12xxx).

GERMANY

Chemnitz, January 19: Men: 60H: T Blaschek 7.68. Women: 60H: J Ritz 8.15.

Erfurt, January 19: Men: 400: F Lausecker 46.90.

Fuerth, January 19: Women: 60: V Sailer 7.32.

Leverkusen, January 19: Men: TJ: R Lewis (GRN) 16.87.

Ludwigshafen, January 19: Men: PV: R Holzdeppe (U20) 5.60 (nat jun rec).

Sindelfingen, January 19: Men: 60: T Unger 6.63. PV: A Straub 5.72. Women: C Schwanitz 17.86.

Nordhausen, January 18: Men: SP: 1 C Cantwell (USA) 21.35; 2 P Sack 20.41; 3 T Majewski (POL) 20.01. Women: SP: 1 H Engman (SWE) 18.13 (nat rec); 2 N Kleinert 18.12; 3 D Hinrichs 17.68.

Wuppertal, January 18: Men: HJ: 1 E Onnen 2.30; 2 A Tereshin (RUS) 2.24. Women: K Jess (U17) 1.86. PV: 1 A Rogowska (POL) 4.56; 2 K Gadschiew 4.40; 3 J Piwowarska (POL) 4.30.

Munich, January 13: Men: 800: L Rifeser (ITA) 1:48.29.

Cologne, January 10: Men: HJ: K Lotfy (EGY, U20) 2.21 (nat rec, nat jun rec).

Erfurt, January 5: Men: 800: S Keiner (U20) 1:47.49 (nat jun rec).

Dresden, December 29: Men: 1500: W Mueller 3:40.75.

ITALY

Verona, January 20: Men: 10.6K: 1 S Lebid (UKR) 30:48; 2 M Lel (KEN) 30:48; 3 D Curzi 31:03. Women: 6K: 1 B Genovese 19:56; 2 G Gualtieri 20:13; 3 S Benedetti 20:24.

LUXEMBURG

Luxemburg, January 19: Men: 60H: h1: P Svoboda (CZE) 7.63. LJ: 1 P Rapp (GER) 8.03. Women: 60: 1 O Povh (UKR) 7.33; 2 I Brzezinska (POL) 7.35. 800: L Masna (CZE) 2:04.85.

NEW ZEALAND

Christchurch, January 18: Men: 3000: MATT SMITH 8:11.99.

PORTUGAL

Pombal, January 13: Men: TJ: N Evora 17.11.

RUSSIA

MOSCOW CHAMPIONSHIPS, Moscow, January 19-20

FORMER European junior silver medallist Yekaterina Martynova had a big breakthrough over 1500m with a world lead of 4:06.37 – almost nine seconds faster than her outdoor best and 15 seconds quicker than her previous indoor PB.

Meanwhile, Yuriy Borzakovskiy notched up a 400m/800m double win, while world-

Event organisers ... Event organisers ... Event organisers ...

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

Close, but not close enough for Gebrselassie

UNITED ARAB EMIRATES

STANDARD CHARTERED DUBAI MARATHON, Dubai, January 18

A SUICIDAL early pace killed Haile Gebrselassie's chances of revising his formidable 2:04:26 world-record in Dubai. The legendary distance running figure slowed in the second half of the race but still posted the second fastest time ever of 2:04:53.

The weather was ideal for a record attempt with the start temperature at 11C and little wind, but unfortunately for the 34-year-old, the pacing was not so perfect.

Gebrselassie reached 10km in 28:39, which was 45 seconds quicker than the first 10km from his world record in Berlin and is roughly the pace for a 2:00:49 marathon!

The pace marginally slowed as he reached 14km in 40:25 (2:01:49 pace) and 18km in 52:15 (2:02:29 pace) and the former four-time world 10000m champion clocked an incredible 61:27 at the half-marathon checkpoint. He had originally aimed to clock 62 minutes for the 13.1-mile checkpoint.

Having been coasting along inside 2:03 pace, fatigue evidently set in through the 10km segment between 30km and 40km after pacemaker Abel Kirui dropped out. By this point Gebrselassie's chances had evaporated, as he was 27 seconds off world-record pace.

The pace continued to dwindle, but he held on to record the second-fastest run of all-time and he won by almost two and a half minutes.

Nevertheless, it was still a superlative performance and his run in Dubai ensures that he is the only athlete to have recorded two sub-2:05 clockings and six sub-2:07 clockings. Incredibly, his top five marathon performances add to up an average of 2:05:38 – by far the greatest of all leading marathon runners.

Kenya were second and third, courtesy of Isaac Macharia (2:07:16) and the third fastest performer of all-time, Sammy Korir (2:08:01). Ireland's Martin Fagan ran 2:14:06 to place a respectable 13th, while the best British finisher was Nick Berriall, who ran 2:45:37 for 28th place.

Concerned about the polluted conditions, Gebrselassie is now unsure about whether he will contest this year's Olympic marathon in Beijing.

The women's race was dominated by Ethiopians, as the great Berhane Adere pulled away after 40km for an impressive victory in the second fastest time in the world this season of 2:22:42. The two-time Chicago Marathon winner is also set for a battle against Paula Radcliffe at the Flora London Marathon in April and will be one of the favourites in Beijing.

Running one of the fastest ever debuts, the diminutive Bezunesh Bekele was the runner-up (2:23:09) and the defending champion, Magarsa Assale Tafa was third in a new PB of 2:23:23.

Two of the pre-race favourites, Lornah Kiplagat and Olivera Jevtic, were forced to withdraw mid-race.

Men: Mar: 1 H Gebrselassie (ETH) 2:04:53; 2 I Macharia (KEN) 2:07:16; 3 S Korir (KEN) 2:08:01; 4 G Shentema (ETH) 2:09:27; 5 T Tola (ETH) 2:09:38; 6 R Kipkoech (KEN) 2:09:39; 7 D Chisma (ETH) 2:10:16; 8 A Fekadu (ETH) 2:11:04; 9 A Melese (ETH) 2:12:03; 10 W Todoo (KEN) 2:12:20; 13 M Fagan (IRL) 2:14:06; 28 NICK BERRILL (M45) 2:45:37; 29 NEIL TAIT (M40) 2:45:49; 36 TERRY HISLOP (M45) 2:53:50; 69 SCOTT MCIVOR (M50) 3:10:26.

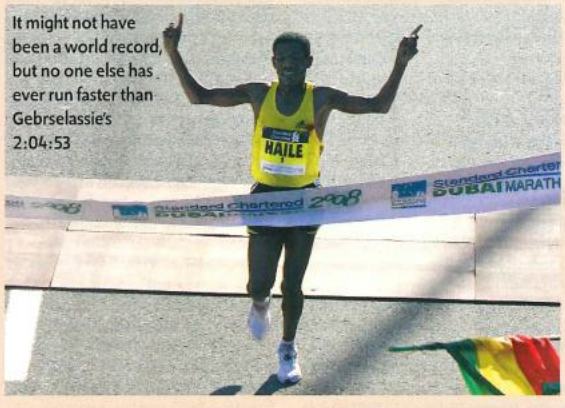
Women: Mar: 1 B Adere (ETH) 2:22:42; 2 B Bekele (ETH) 2:23:09; 3 M Assale (ETH) 2:23:23; 4 R Cheruiyot (KEN) 2:25:48; 5 A Chelagat (KEN) 2:27:29; 6 A Gigi (ETH) 2:28:24; 7 S Gemechu (ETH) 2:30:20; 8 R Tola (ETH) 2:33:44; 9 K Teka (ETH) 2:35:58; 10 L Kimani (BIH) 2:37:37; 23 ALI HUGHES 3:25:48; 25 JANE BEERE (W45) 3:30:37.



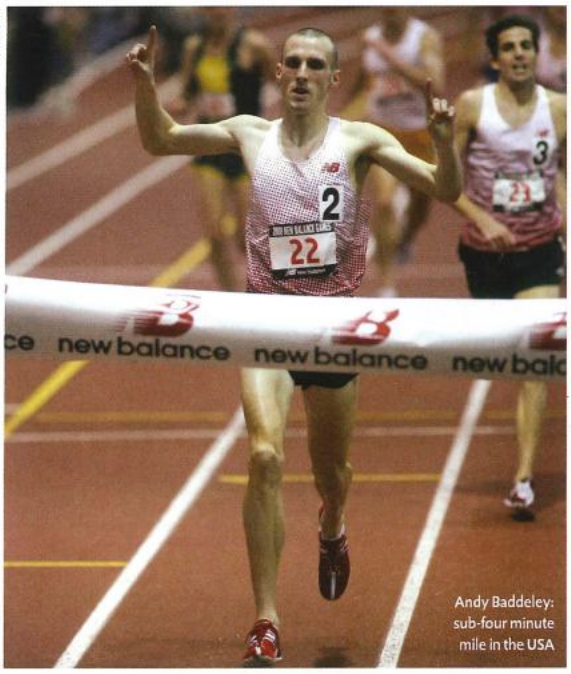
Haile Gebrselassie ran alone from 30km onwards



Haile Gebrselassie follows the pacemakers in the early stages of the race



It might not have been a world record, but no one else has ever run faster than Gebrselassie's 2:04:53



Victah Sailor

Andy Baddeley: sub-four minute mile in the USA

leads were set by Vevgeniya Polyakova (women's 60m), Anastasiya Kapachinskaya (women's 200m) and Yelena Soboleva (women's 800m).
Men: 60: A Yepishin 6.69. 200: R Smirnov 21.12. 400: Y Borzakovskiy 47.06. 800: r8: 1 Y Koldin 1:48.02; 2 R Aritkulov 1:48.70; 3 V Sokolov 1:49.07. r9: Borzakovskiy 1:47.80. HJ: 1 E Malchenko 2.28; 2 Y Rybakov 2.28; 3 V Voronin 2.26; 4 P Fomenko 2.26. PV: S Kucheryanu 5.70. TJ: 1 Y Plotnir 16.88; 2 A Petrenko 16.81. Women: 60: 1 Y Polyakova 7.17; 2 Y Mekhti-Zade 7.35. In hts: h3: Polyakova 7.22. 200: r1: A Kapachinskaya 23.40. r2: O Zykina 23.38. In hts: h3: Polyakova 23.58. h5: 1 Kapachinskaya 23.37; 2 Zykina 23.47. 400: r1: Zykina 52.22; 2 Kapachinskaya 52.51; 3 O Sukhachova 53.05. r2: N Nazarova 52.20; 2 T Levina 53.15; 3 T Popova 53.47. r4: Z Kashcheyeva 53.35. 800: 1 Y Soboleva 2:01.61; 2 Y Martynova 2:03.48; 3 T Popova 2:05.32; 4 Y Kofanova 2:05.50. 1500: 1 Martynova 4:06.37; 2 Y Sidorchenkova 4:06.99. 60H: T Filatova 8.19. HJ: 1 T Kivimyagi 1.98. PV: 1 V Gurova 6.43; 2 N Kutyakova 6.43.

Volgograd, January 19: Men: 60H: Y Borisov 7.64. Women: 60: L Kruglova 7.32. 200: 1 A Geflikh 23.42; 2 S Pospelova 23.48; 3 Y Gushchina 23.52. 400: 1 O Forsheva 52.26; 2 A Ovchinnikova 52.88; 3 T Firova 52.99. 60H: 1 T Dektyareva 8.03; 2 O Korsunova 8.09; 3 Y Kondakova 8.11; 4 M Kotoryeva 8.11. HJ: Y Slesarenko 1.97. LJ: 1 O Kucherenko 6.66; 2 M Pankova 6.53. TJ: Y Ivanova 14.08. SP: 1 O Gaus 18.00; 2 A Omarova 17.85.

GOVERNOR CUP, Krasnodar, January 15: Men: 60: A Yepishin 6.70. PV: Y Lukyanenko 5.70. LJ: 1 R Gataullin 7.94; 2 V Shkurlatov 7.85. Women: 60H: 1 M Korotyeva 8.12; 2 O Korsunova 8.14; 3 A Antonova 8.16; 4 Y Kondakova 8.20. LJ: 1 O Kucherenko 6.87; 2 T Kotova 6.77; 3 Y Sokolova 6.52; 4 I Radevica (LAT) 6.45. TJ: 1 O Bufalova 14.54; 2 V Gurova 14.17; 3 A Pyatykh 14.04.

SLOVENIA

Ljubljana, January 19: Men: HJ: R Prezelj 2.27.

SPAIN

Alicante, January 20: Men: HM: S Sang (KEN) 61:53. Women: HM: M Pueyo 71:55.

Cantabria, January 20: Men: XC (10.3K): 1 J Ebuya (KEN) 28:58; 2 B Gebremeskel (ETH) 28:58; 3 G Gebremariam (ETH) 29:15; 4 B Kiprop (UGA) 29:22; 5 J Torres (USA) 29:36. Women: XC (5.9K): 1 S Charki (MAR) 20:01; 2 J Martin 20:49; 3 E Navascues 20:49; 4 Z Fuentes-Pila 20:56; 5 M Urbina 21:41.

Huesca, January 20: Men: XC (10.6K): 1 R Matelong (KEN) 30:06; 2 K Menjo (KEN) 30:07; 3 K Tadesse (ERI) 30:28; 4 A Baday (MAR) 30:39; 5 Y Asmerom (ERI) 30:45. Women: XC (6.4K): 1 S Sultan (ERI) 20:48; 2 F Ribeiro (POR) 20:49; 3 Z El Kamch (MAR) 21:04; 4 R Morato 21:14; 5 K Soud (MAR) 21:22.

Seville, January 20: Men: XC (10.8K): 1 M Kipsiro (UGA) 31:01; 2 Z Tadese (ERI) 31:01; 3 L Komon (KEN) 31:21; 4 B Kipyego (KEN) 31:25; 5 C Nyasango (ZIM) 31:30; 6 T Tola (ETH) 31:35; 7 M Kipyego (KEN) 31:58; 8 T Longosiwa (KEN) 32:00; 9 Y Kifle (ERI) 32:06; 10 C Martinez 32:25. U20 (6.6K): 1 B Aburquerque (POR) 20:32; 2 JAMES WILKINSON 20:34. Women: XC (8K): 1 P Jepleting (KEN) 25:49; 2 M Konovalova (RUS) 25:52; 3 W Yimer (ETH) 26:01; 4 V Kibiwott (KEN) 26:30; 5 E Jepkorir (KEN) 26:45; 6 A Kalovics (HUN) 26:56; 7 W Ayanu (ETH) 27:06; 8 V Wanjiru (KEN) 27:10; 9 H Aouhaddou (MAR) 27:13; 10 A Aguilar 27:27; 20 HATTI DEAN 28:47. U17 (4K): 1 LILY PARTRIDGE 13:26; 2 BLUE HAYWOOD 13:38; 3 LORNA RUSSELL 13:46.

Santander, January 19: Women: HJ: R Beitia 1.98.

Valencia, January 19: 60H: J Onyia 7.97.

Jaen, January 16: Men: 10K: 1 Y Kifle (ERI) 29:22; 2 K Tadesse (ERI) 29:27; 3 B Alemayehu (ETH) 29:41. Women: 10K: 1 M Dominguez 33:16; 2 E Jepkorir (KEN) 33:17; 3 N Habtemariam (ERI) 33:25.

SWEDEN

Gothenburg, January 12: Women: 60: L Berntsson 7.32.

USA

Baton Rouge LA, January 19: Women: 60: 1 J Broaddus 7.26; 2 S Henry 7.26; 3 K Baptiste (TRI) 7.33. 60H: N Wilson (JAM) 8.12. In hts: L Jones 8.09.

Champagne IL, January 19: Women: 60: A Anderson 7.31.

NEW BALANCE GAMES, New York NY, January 19

WORLD 1500m finalist Andy Baddeley enjoyed a high-profile mile victory at the New Balance Games and dipped under the four-minute barrier with a world-leading time of 3:59.29, just one second outside his PB.

The Harrow athlete had competed in this event for the past two years, placing second in 2006 and fifth in 2007. But it proved to be third time lucky for Baddeley, who beat New Zealand's Adrian Blincoe and Canada's Ryan McKenzie.

Baddeley's 1500m split (3:45.86) is the fastest by a British man this year for the metric mile.

Meanwhile, Jo Mersh (formerly Fenn) made a highly-anticipated return to action, although it may not have been the performance she was looking for. The former world indoor 800m bronze medallist finished a distant 13th in 4:49.74, splitting 4:24.24 for 1500m along the way.

Former world indoor 3000m record-holder Liliya Shobukhova was the winner, running 4:31.90 to hold off Canada's Megan Metcalf.
Men: 400: D Barrett (JAM) 47.12. Mile: 1 ANDY BADDELEY 3:59.29; 2 A Blincoe (NZL) 3:59.98; 3 R McKenzie (CAN) 4:00.98; 4 R Myers 4:01.15; 5 J McAdams 4:01.31. (1500 splits: 1 BADDELEY 3:45.86; 2 McKenzie 3:46.39; 3 Blincoe 3:46.46; 4 Myers 3:46.84; 5 McAdams 3:47.25). Women: 400: 1 A Williams 53.33; 2 S Stoddart (JAM) 53.51. 500: C Price (U20) 1:10.30. Mile: 1 L Shobukhova (RUS) 4:31.90; 2 M Metcalf (CAN) 4:32.28; 3 A Mortimer 4:33.34; 4 J Rhines 4:33.42; 5 S Hall 4:33.92; 6 H Stellingwerff (CAN) 4:34.26; 13 JO MERSH 4:49.74. (1500m splits: 1 Shobukhova 4:15.79; 2 Metcalf 4:16.10; 3 Mortimer 4:16.51; 4 Rhines 4:16.73; 5 Hall 4:17.01; 6 Stellingwerff 4:17.50; 13 MERSH 4:24.24).

UNC CLASSIC, Chapel Hill NC, January 19: Men: 60H: L Doucoure (FRA) 7.68. Women: 60: D Osayomi (NGR) 7.33. 60H: D Carruthers 8.24. LJ: E Lesueur (FRA) 6.64.

Vermillion SD, January 19: Men: PV: 1 eq B Walker 5.61; 1 eq D Miles 5.61; 3 J Hartwig (M40) 5.51.

Clemson SC, January 18: Women: 60H: S Moss 8.11. HJ: L Spencer (LCA) 1.90 (nat rec).

GOTHAM CUP, New York NY, January 18: Men: LJ: NICK NEWMAN 7.33.

Houston TX, January 18: Men: 60: B Christian (ANT) 6.65. Women: 60: L Jones 7.34. 60H: L Golding-Clarke (JAM) 8.05.

Boston MA, January 17: Women: Mile: 2 MEDENA KNESPL 4:58.63.

Hanover NH, January 13: Men: SP: A Nelson 20.71. Hep: M Abdur-Rahim 5883 (6.94, 7.20, 14.43, 1.90, 7.92, 4.40, 2:36.30).

Boulder CO, January 12: Men: 60: J Rankin (U20) 6.64.

Kent OH, January 12: Men: WT: 1 A Kruger 24.28; 2 K Johnson 23.01.

Ypsilanti MI, January 12: Men: 60: A Harris 6.64.

Fayetteville AR, January 11: Men: 400: Q Iglehart-Summers 47.02. 800: J Hatch 1:48.93.

Cross-country

January 20

ESSEX AA RELAY CHAMPIONSHIPS
Hadleigh

Men (5x3M)
1 Chelmsford 84:09 (J Williams 16:37, D Fewell 16:21, E Messer 16:28, W Wright 16:55, L Pickering 17:48); 2 Colchester H 86:20 (C Lewin 18:10, J Nears 17:37, C Sellens 17:05, A Smalls 17:36, A Mussett 15:52); 3 Southend 86:24 (P Whittaker 16:07, R Scott 17:40, B Hunter 16:17, S Whittaker 17:44, C Lee 18:36); 4 Havering Mayesbrook 86:30 (P Coates 17:04, R Warner 16:29, C Coates 18:00, M Bland 17:12, R Dickenson 17:45; 5 Basildon 86:47 (G Deacon 16:58, S Phillips 18:18; G Riddell 15:40, T Harris 18:40, N Weatheridge 17:11); 6 Springfield Striders 86:47 (P Molyneux 16:52, T Windley 17:40, M Crook 17:28, G Chandler 17:43, P Dobson 16:54); 7 Hav M B 91:19; 8 Col H B 91:29; 9 Chelm B 92:22; 10 S'field B 96:56
Fastest legs: 1 Riddell 15:40; 2 Mussett 15:52; 3 P Whittaker 16:07
Women (4x3M)
1 S'end 79:37 (C Cornwell 18:59, D Hurley 19:16, K Holland 21:14, C Donnelly 20:08); 2 Col H 84:43 (D Morley 20:30, C Sandercock 21:11, L Higgs 21:01, C Smith 22:01); 3 Chelm 85:11 (R Luxton 20:57, J Smith 21:45, A Oakman 20:02, A Hales 22:27); 4 Benflett RC 85:54 (C Stunt 20:36, D Dudley 21:28, V Dodds 21:55, J Watson 21:55); 5 S'field 87:47 (M Oxlade 19:54, T Alexandrou 22:42, L Wescott 22:30, L Turk 22:41); 6 Basil 90:31; 7 Harwich RR 94:37; 8 Ilford 95:31
Fastest legs: 1 Cornwell 18:59; 2 Hurley 19:16; 3 Oxlade 19:54

DURHAM CATHEDRAL RELAYS
Racecourse, Durham City. Cross Country

A New Marske Harriers team consisting of junior athletes, proved too good for their older rivals, defeating the defending champions Sunderland when winning the feature event, *reports Les Venmore.*

Gavin Massingham came home well clear for the Wearsiders on leg one, with Cleveland Schools' champion, Russell Best coming home in 7th place for New Marske.

The improving Michael Dawson took North Shields Poly into the lead on leg two as Lewis Gamble-Thompson lifted New Marske into 2nd place, 12 seconds behind the leaders.

Junior cross-country international, Ricky Stevenson soon made up the deficit and turned the advantage to 26 seconds at the finish line, with Patrick Martin moving Sunderland into second position.

Morpeth Harriers narrowly defeated their great rivals, Chester Le Street in a thrilling women's race..

Maxine Czarnecka of Chester Le Street headed the field on leg one, coming home 12 seconds ahead of Morpeth's Aiveen Fox.

Tracy Laws maintained the lead on leg two, but Jane Mooney reduced the advantage to five seconds.

Laura Weightman was given the difficult task of chasing Alyson Dixon, but had made up the deficit before halfway. However, she waited as her rival tried to pull away again before using her superior speed in the final 200m. Not surprisingly Weightman's time was fastest on the day.

Men (3 x 3km)
1 New Marske H 25:58 (R Best 8:54, L Gamble-Thompson 8:47, R Stevenson 8:17); 2 Sunderland H 26:24 (G Massingham 8:18, D Weston 9:30, P Martin 8:36); 3 Gateshead H 26:43 (C Paton 9:25, R Murray 8:27, A Teate 8:51); 4 Morpeth H 26:51 (M Brown 8:33, R Floyd 8:59; D Swinburne 9:19); 5 North Shields Poly 27:37 (R Stephenson 8:29, M Dawson 9:00, D Graham 10:08); 6 Durham University 27:43 (G Lloyd 8:25 leg 1); 7 Chester Le Street 27:43 (C Lamb 8:47 leg 1); 8 Gate B 28:23; 9 Dur U B 28:31 (N Shrubb 8:59 leg 1); 10 Morp B 28:33; 11 Birtley 28:36; 12 Gosforth H 28:56 (M Nicholson 8:31 leg 1); 13 Heaton H 28:57; 14 N Marske B 29:40; 15 Sun B 30:24
Fastest: Stevenson (U20) 8:17; Massingham 8:18; Lloyd 8:25; Murray (U17) 8:27; Stephenson 8:29; Nicholson 8:31; A Caine (Tyne) 8:32; Brown 8:33
Vet men (M35+) (3 x 3km)
1 NSP 28:11 (T Brannon 9:36, I Twaddle 9:07, M Frost 9:28); 2 Elswick H 28:35 (K Stephenson 9:45; P Dixon 9:42, P Turner 9:08); 3 Sund 28:55 (P Given 9:18, J Dobson 9:51, G Harden 9:46); 4 Morp 29:02 (P Waterston 9:41, P Walker 9:20, I Handyside 10:01); 5 Durham City H 29:26 (S Marshall 10:25, I Crampton 9:27; R Hand 9:34); 6 N Marske 30:06 (T Livingston 9:50, N Walker 10:31, M Gamble-Thompson 9:45); 7 NSP B 30:15; 8 Crook & District 31:18; 9 NSP B 31:41; 10 Els 31:42
M50: 1 Morp 32:19 (A Jenkins 10:15; R Sewell 11:08, G Bayne 10:56); 2 Crook 33:25; 3 NSP 33:32
M60: 1 Wallsend H 37:27 (T O'Gara 11:34; J Flynn 12:56; D Shotton 12:57); 2 South Shields H 41:28
Fastest: Twaddle (M35) 9:07; Turner (M35) 9:08; Given (M35) 9:18; Walker (M40) 9:20; Crampton (M45) 9:27; Frost (M40) 9:28; Hand (M45) 9:34; Brannon (M40) 9:36
Women (3 x 3km)
1 Morp 30:29 (A Fox 10:19; J Mooney 10:14, L Weightman 9:56); 2 Chester Le Street 30:33 (M Czarnecka 10:07, T Laws 10:21, A Dixon 10:05); 3 NSP 34:00 (A Johnson 11:40, L Robinson 11:44, G Rutherford 10:36); 4 Gate 34:41 (K Simpson 10:26, S Youden 11:59, T Rich 12:16); 5 Dur U 35:34 (C Pearson 12:42, V Finch 10:41, S Tomaszcyk 12:11); 6 Morp B 35:45 (Z Armstrong 10:47, D Oakley 11:45, M McDonald 13:13); 7 Walls 35:53; 8 Dur U B 36:04; 9 Claremont 36:08; 10 Sunderland Strollers 36:13
Vets: 1 NSP 35:40 (L Miller 12:10, C Davis 12:08, H Lambert 11:22); 2 CleS 36:00 (H Robinson 11:16, D Gardiner 12:33, J Tinkler 12:11); 3 Morp 36:52 (C Bruce 12:31, S Welsh 12:32, G Cavill 11:49); 4 Elvet Striders 37:46; 5 NSP B 40:21
Fastest: Weightman (U17) 9:56; Dixon 10:05; Czarnecka 10:07; Mooney 10:14; Fox 10:19; Laws 10:21; A Buckley (Bing) 10:22; Simpson 10:26
Vets: Robinson (W45) 11:16; Lambert (W50) 11:22; F Shenton (Elv, W45) 11:35

BOOTH DECORATORS' CROSS COUNTRY LEAGUE, RACE 4
Bramcote Hills Park, Nottingham

Overall
1 D Connor (Ripley, M40) 23:26; 2 C Rainsford (Mean) 23:43; 3 D Jordan (Hean, M40) 23:54; 4 D Ridout (Hean) 24:07; 5 D Annable (Belp) 24:43; 6 P Timmons (Ripley, M40) 24:45; 7 A Seamer (Hean, M45) 24:53; 8 J Fyfe (Kimb, M45) 25:00; 9 S Leverton (N Der, M50) 25:09; 10 L Perkins (Hean) 25:14; 11 G Lowry (Belp, M40) 25:17; 12 L Marshall (Mans, Junior) 25:33; 13 K Davis (Hean) 25:37; 14 S Ashmore (Hean) 25:54; 15 L James (Hean) 26:12; 16 A Brewer (Sutt) 26:24; 17 K Brown (Sutt, M45) 26:33; 18 S Merwood (Belp) 26:36; 19 A Weatherson (Hean, M40) 26:41; 20 P Simpson (Kimb, M40) 26:49; 21 G Collins (Belp) 26:58; 22 M Tomlinson (Ripley) 27:11; 23 S Williams (Sutt, M40) 27:17; 24 A Nelson (Hean, M55) 27:20; 25 K Mandehvan (Belp, M40) 27:22; 26 R Morgan (Belp, M55) 27:26; 27 M Penny (Ripley) 27:28; 28 D Bailey (Sutt) 27:30; 29 S Taylor (Belp) 27:31; 30 S Edwards (Belp, M45) 27:35
TEAM: 1 Hean 10; 2 Belp 9; 3 Ripley 8; 4 Kimb 7; 5 Sutt 6; 6 Mans 5; 7 N Der 4; 8 Ilk 3; 9 Chesap 2; 10 Wirks 1. After 4 races: 1 Hean 40; 2 Ripley 35; 3 Belp 32; 4 N Der 26; 5 Sutt 24; 6 Kimb 19; 7 Mans 16; 8 Ilk 16; 9 Chesap 7; 10 Wirks 5
Women
1 F Meakin (Sutt) 27:56; 2 S Roddis (N Der) 29:30; 3 G Alton (Hean, W45) 30:17; 4 N Trewethey (Belp) 30:20; 5 T Holmes (Sutt) 30:31; 6 T Hempsall (Belp, W40) 30:53; 7 A Barker (N Der, W45) 31:13; 8 L Taylor (Hean) 31:54; 9 M Tedder (Mans) 32:20; 10 V Naylor (Sutt, W60) 32:30; 11 J Gration (Hean) 30:37; 12 K Raynor (Mans, WJ) 32:45; 13 H Blount (Mans, WJ) 33:09; 14 L Holmes (Ripley) 33:11; 15 E Williams (Mans, W40) 33:16
TEAM: 1 Sutt 10; 2 N Der 9; 3 Hean 8; 4 Mans 7; 5 Belp 6; 6 Ripley 5; 7 Kimb 4; 8 Ilk 3; 9 Chesap 2; 10 Wirks 1. After 4 races: 1 Sutt 39; 2 Hean 33; 3 N Der 32; 4 Belp 30; 5 Mans 21; 6 Ripley 20; 7 Kimb 20; 8 Ilk 10; 9 Chesap 10; 10 Wirks 5
TEAM: 1 Heanor 10; 2 Belper 9; 3 Sutton 8; 4 Ripley 7; 5 North Derbyshire 6; 6 Mansfield 5; 7 Kimberley 4; 8 Ilkeston 3; 9 Chesapeake 2; 10 Wirksworth 1. After 4 races: 1 Hean 40; 2 Belp 35; 3 Ripley 31; 4 Sutt 29; 5 N Der 25; 6 Kimb 16; 7 Mans 16; 8 Ilkes 16; 9 Chesap 7; 10 Wirks 5

DERBY RUNNER JUNIOR LEAGUE
Shepshed

Years 7-12
Overall
1 R Hargreaves (Wreak, U17) 10:22; 2 J Payne (Wreak, U15) 10:42; 3 S Barker (Shelt, U15) 10:46; 4 G Webb (Wreak, U17) 11:25; 5 M Kirby (Wreak, U15) 11:28; 6 S Lyon (Wreak, U17) 11:30; 7 R Dewick (Wreak, U17) 11:31; 8 M Jakubecz (unatt, U17) 11:47; 9 H Coleman (Wreak, U13) 11:48; 10 E McNeelance (Wreak, U13) 11:59; 11 C Swift (Rolls R, U15) 12:17; 12 E Nutt (Shep, U15) 12:20
Women
1 E McNeelance (Wreak, U13) 11:59; 2 C

Swift (Rolls R, U15) 12:17; 3E Nutt (Shep) 12:20
Years 1-6
Overall
1 J Hatton (Wreak, U11) 5:01; 2 T Johnson (Wreak, U11) 5:45; 3 J Smith (Charn, U11) 5:50; 4 E Hollis (Wreak, U11G) 5:52; 5 L Butler (Wreak, U11) 5:53; 6 T Coleman (Wreak, U11) 6:04; 7 H Roberts (Ivan, U11G) 6:06; 8 C Turley (Shelt, U11) 6:18; 9 L Tailor (Wreak, U11) 6:29; 10 G Rawlinson (W End, U11) 6:31
Women
1 E Hollis (Wreak) 5:52; 2 H Roberts (Ivan) 6:06; 3 L Tailor (Wreak) 6:29; 4 G Rawlinson (W End) 6:31

DERBY RUNNER LEAGUE
Grace Dieu Manor, Shepshed
Men
1 T Hartley (Barr R) 30:11; 2 P Critchlow (Beau L, M40) 30:19; 3 G Beetham (Barr R) 30:29; 4 C Jordan (Hinck) 30:46; 5 M Couldwell (Der TC) 31:17; 6 J Williams (OWLS) 31:18; 7 T Caulton (Hatt D, M40) 31:32; 8 R Whitelegg (Hinck) 31:40; 9 D Walker (Barr R) 32:00; 10 S Owens (Hunc, M50) 32:05; 11 G Burnett (Shep, M40) 32:18; 12 M Rose (Shep, M40) 32:25; 13 M Naunton (Hatt D) 32:43; 14 R Brown (Barr R) 32:44; 15 S Elliott (Hatt D) 32:58; 16 P Gregory (Herm) 33:00; 17 R Bettsworth (Wreak, M40) 33:03; 18 J Lavine (Herm) 33:06; 19 E Walters (Der TC) 33:09; 20 N Wright (Birst) 33:14; 21 D Booth (Herm) 33:15; 22 J Manning (Der TC) 33:25; 23 B Stout (Ivan) 33:28; 24 M Bush (Wreak) 33:31; 25 J O'Brien (S Der) 33:34; 26 A Long (Herm, M40) 33:53; 27 J Davis (OWLS) 33:57; 28 D Masser (Hinck, M40) 34:17; 29 M Wood (Rolls R, M40) 34:25; 30 T Duck (Harb) 34:26
M50: 2 D McMillan (S Der) 34:30. **M60:** 1 M Gray (Harb) 41:49
TEAM:
DIVISION 1: 1 Hatton Darts 273; 2 Hinckley 337; 3 Wreake 365; 4 Ivanhoe 533; 5 OWLS 681; 6 Birstall 760; 7 West End 789
DIVISION 2: 1 Hermitage 299; 2 Barrow R 394; 3 Shepshed 517; 4 Derby TC 629; 5 Desford 681; 6 Beaumont 877; 7 Shelton 1156
Women
1 G Steel (Herm) 33:42; 2 C Wilson (Herm) 34:43; 3 S Newman (Wreak, W40) 36:45; 4 N Warr (Hatt D) 38:02; 5 H Spotak (Barr R) 38:31; 6 J Toon (Desf) 38:59; 7 L Nutt (Shep, W40) 39:17; 8 E Whittaker (OWLS) 39:58; 9 K Silke (Hinck) 40:01; 10 D Pearson (Ivan, W40) 40:27; 11 P Glover (Wreak, W40) 40:35; 13 W Bell(joy) (Beau L, W40) 41:33; 14 H Brew (Shelt) 41:39; 15 A Caven (OWLS) 42:33; 16 K Kemp (Birst, W40) 43:02; 17 Y Beckwith (W End) 43:21; 18 M Billington (Desf, W40) 43:40; 19 R Welsh (Shep) 43:42; 20 G Gamble (Shelt) 43:50; 21 J Davisworth (Beau L, W50) 43:52

KILBARCHAN AAC CHAMPIONSHIPS
Milliken Estate, Kilbarchan, Strathclyde
Men (6M)
1 J Snodgrass (Kilb) 33:28; 2 D Petrie (Kilb) 35:15; 3 D Mewse (Kilb) 36:20; 4 S Hards (Kilb, M40) 36:28
U17 (4M)
1 S Fleming (Kilb) 21:51
U15 (3M)
1 G Evans (Kilb) 17:58; 2 J Lochans (Kilb) 18:44
U13 (2M)
1 R Mountford (Kilb) 11:57; 2 A Mitchell (Kilb) 12:21; 3 N Love (Kilb) 12:31
Women (4M)
1 K O'Brien (Kilb) 31:33; 2 M Meehan (Kilb) 33:04; 3 W Phillips (Kilb) 35:05
U15 (2M)
1 E Eadie (Kilb) 12:21; 2 S Lynch (Kilb) 13:10; 3 E Haddock (Kilb) 13:45
U13 (2M)
1 V Hogan (Kib) 13:06

MANX GAS ISLE OF MAN CHAMPIONSHIPS
Crossags Farm, Ramsey
Senior men (10.08km)
1 J Halligan (Manx) 40:58; 2 K Lowndes (Manx) 41:10; 3 N Armstrong (Manx) 41:25; 4 G Epfani (Manx) 42:52; 5 E Gumbley (Manx) 43:21; 6 D Gray (Manx) 43:33; 7 M Garrett (Manx) 44:43; 8 P Renshaw (Northern) 45:22
Vet men (7.56km)
1 A Fox (Manx, M45) 33:01; 2 P Kaneen (Manx, M45) 35:58; 3 P Cain (Manx, M50) 36:46; 4 J Bishop (IOM Vet, M40) 36:54; 5 G Stigant (IOM Vet, M45) 37:10; 6 D Newton (Manx, M50) 38:10; 7 M Gellion (IOM Vet, M50) 38:20; 8 P Cooper (IOM Vet, m55) 39:01
U20 (7.56km)
1 R Fairclouigh (Northern) 32:41
U17 (5km)
1 S Brand (Qe2 Sc) 22:04; 2 T Richmond (Manx) 23:07; 3 J Cain (Manx) 23:37
U15 (3km)
1 N Pierce (Western) 12:41; 2 T Kelly (Manx) 12:43; 3 A McQuarrie (Qe2 Sc) 13:27
U13 (2.53km)
1 J Morris (Qe2 Sc) 11:08; 2 S Moore (Western) 11:10; 3 A Price (Manx) 11:16; 4 A Young (Manx) 11:39; 5 J Garrett (Manx) 11:41; 6 F Veale (Cs Rush) 12:10
Women (5km)
1 C Partington (Manx, W40) 23:52; 2 G Griffiths (Manx, W40) 24:25; 3 S Nelson (Manx) 25:17; 4 B Kaneen (Manx, W40) 29:26; 5 A Cain (Manx, W45) 31:00
U17 women (3km)
1 G Astin (Manx) 12:55; 2 R Franklin (Manx) 13:38; 3 B Kaneen (Manx) 15:25
U15 (3km)
1 S Astin (Manx) 12:56; 2 H Scarlett (Manx) 14:11; 3 M Smalley (Western) 14:57
U13 (2.52km)
1 A Ashe (Manx) 13:08; 2 A Ross (Manx) 13:42; 3 P Cross (Ramsey Gs) 13:57; 4 S Kaneen (Manx) 14:18

STRATHCLYDE POLICE RACE 5.5M
Lochinch, Glasgow
Men (5.5M)
1 S Mitchell (Glas U) 32:03; 2 A Joyce (S'clyde Pol) 34:30; 3 D Mitchell (S'clyde Pol, M45) 35:03; 4 C Scott (S'clyde Pol) 36:09; 5 J McMillan (S'clyde Pol, M60) 36:20

THE RUNNING SHOP ROUND THE CASTLES SERIES
Drum Castle, Aberdeenshire
Men (6M)
1 B Phillips (Adeen) 36:20; 2 D Whitehead (Cos) 37:35; 3 G Bee (Adeen U) 37:39; 4 B Hukins (Adeen) 39:14; 5 K Varney (Metro, M50) 40:30; 6 M Johnson (Metro, M40) 41:58; 7 H Lorimer (HBT) 42:50; 8 C Bruno (unatt) 43:08; 9 J Park (Metro, M40) 43:21; 10 D Hirst (Dees, M40) 43:49
U17 (3.5M)
1 R Simpson (Banc) 21:11; 2 G Taylor (Caith) 21:51; 3 R Toy (Dund H) 22:44; 4 B Adams (unatt) 24:16; 5 L Morrison (Arb) 24:53; 6 J Espie (unatt) 26:52
U15 (2M)
1 D Paterson (Caith) 20:22; 2 M Downie (Arb) 20:28; 3 W Tubby (Banc) 20:40; 4 S Burgess (Dees) 21:21; 5 M Thomson (unatt) 21:29
U13 (2M)
1 P Urquhart (I'ness) 14:15; 2 M Ferguson (Banc) 14:20; 3 A Melvin (Banc) 14:25; 4 D Lafehr (Adeen) 14:59; 5 R Murdoch (Caith) 15:28
TEAM (3 to score): 1 Arbroath & District 27; 2 Montrose & District 34
Women (3M)
1 R Buchan (Adeen, W40) 20:48; 2 F Prentice (Adeen, U20) 21:17; 3 H Johnston (Dees, W35) 21:32; 4 B Dunphy (Arb, U17) 21:33; 5 S Wilson (unatt) 21:38; 6 L Mahady (Adeen, W45) 22:01; 7 S Prise (Adeen, U20) 22:07; 8 L Thomson (Ellon, U17) 22:54; 9 A Longmuir (Adeen, U17) 22:58; 10 H Coleman (Dund H, U17) 23:07; 11 S Knox (Serp, W35) 23:22
U17: 5 C Buchan (Ellon) 24:39
U15 (2M)
1 E Buchan (Adeen) 14:00; 2 I Brodie (Dund H) 15:02; 3 L Gilder (Arb) 16:12; 4 A Mellish (Dund H) 16:15; 5 F Name Morgan (Haz AC) 16:25
TEAM: 1 Dundee Hawkhill H 17; 2 Arb 23
U13 (2M)
1 K Murdoch (Adeen) 14:15; 2 E Dunnett (Caith) 15:13; 3 E Prise (Adeen) 15:43; 4 O Dunnett (Caith) 16:12; 5 B Wilson (Moray) 16:14
TEAM: 1 Caithness 12; 2 Aberdeen 12

January 19

BIRMINGHAM AND DISTRICT INVITATION LEAGUE - DIVISION 1
Coventry
Overall
1 K Deighton (Lough S) 28:18; 2 T Bark (Cov) 28:24; 3 M Powell (OWLS) 28:39; 4 G Hope (Severn A C) 28:54; 5 G Davies (OWLS, U20) 29:09; 6 T Settle (Lough S) 29:10; 7 J Poole (Lough S) 29:15; 8 M Colthard (Lough S) 29:20; 9 D Pettit (Birm U) 29:22; 10 B Livsey (Bir) 29:24; 11 J Trollope (Bir, U20) 29:27; 12 F Baddick (Lough S) 29:39; 13 C Gunderson (Birm U, U20) 29:41; 14 P Miles (OWLS) 29:43; 15 T Carter (Lough S) 29:45; 16 A Derricott (Staffs M, U20) 29:49; 17 J MacDonald (Lough S) 29:50; 18 S Platts (OWLS) 29:53; 19 J Boxell (OWLS) 29:56; 20 D Cotterill (Tip, U20) 29:59; 21 M Matthews (Birm R) 30:00; 22 A Peers (Logh S, U20) 30:04; 23 D Roper (Chelt) 30:12; 24 M Grainger (K&S) 30:13; 25 R Kenney (Cov, U20) 30:17; 26 G Briggs (Staffs M) 30:29; 27 S Emery (R&N) 30:30; 28 T Meakin (OWLS) 30:32; 29 J Millington (Tip) 30:33; 30 C Booker (Hale, U20) 30:36; 31 W Joyce (Tel) 30:37; 32 J Ratcliffe (Tip, U20) :30:39; 33 A Prophett (Chelt) 30:41; 34 T Kenderdine (K&S) 30:42; 35 H Hammond (Cov) 30:45; 36 M Buntin (Tip) 30:51; 37 A Mariani (Lough S, U20) 30:52; 38 N Quigley (Birm U, U20) 30:53; 39 B Nock (Hale) 30:54; 40 P Holmes (Chelt) 30:55; 41 P Whitehouse (Bir, U20) 30:55; 42 O Blake (Lough S) 30:57; 43 P Kavanagh (Tip) 31:00; 44 M Vardy (Lough S) 31:00; 45 N Marley (R&N) 31:04; 46 A Inskip (Birm U) 31:05; 47 B Cole (Stoke) 31:09; 48 J Williams (OWLS) 31:11; 49 W Ferguson (Birm U) 31:12; 50 D Jordan (Chelt) 31:14; 51 C Bagshaw (Tel) 31:16; 52 J Gercs (R&N) 31:20; 53 C Rainsford (Lough S) 31:21; 54 G Deval (Bir, U20) 31:22; 55 S Godfrey (Birm U) 31:25; 56 C O'Neill (OWLS) 31:26; 57 S Bazell (Stoke) 31:28; 58 S Cruchley (Hale) 31:30; 59 P Clamp (Tip) 31:31; 60 M Clewes (Staffs M, U20) 31:33; 61 M Hager (Tip, M55) 31:34; 62 M Boucher (Lough S) 31:38; 63 D Hill (Tip) 31:39; 64 P Burkart (Lough S) 31:41; 65 E Womsley (Lough S, U20) 31:43; 66 A Allen (Stoke) 31:44; 67 J Sewell (R&N) 31:45; 68 S Milner (R&N, U20) 31:47; 69 R Wright (R&N, U20) 31:49; 70 J Mee (Birm U) 31:54; 71 S Nelson (R&N) 31:55; 72 C Walker (W&B, U20) 31:56; 73 A Burtler (Hale) 32:02; 74 M Norris (Chelt) 32:03; 75 C Penn (Birm U) 32:04; 76 D Randall (Chelt) 32:05; 77 N Hazelwood (Hale) 32:07; 78 P Birch (R&N) 32:15; 79 A Jackson (K&S) 32:19; 80 L Chinard (Bir) 32:23; 81 A Smith (Cov) 32:28; 82 D Smith (W&B) 32:30; 83 P Worthington (Lough S) 32:31; 84 P Stephens (Severn) 32:37; 85 R Hailey (Tel, M50) 32:38; 86 M Blundell (Bir) 32:40; 87 R Forsbrook (Chelt) 32:42; 88 J Norris (Chelt) 32:48; 89 N Share (W&B) 32:52; 90 N Earl (Birm U) 32:57; 91 S Geggie (Hale) 33:04; 92 J Danahay (Stoke) 33:11; 93 B Danvers (K&S) 33:14; 94 R Gray (Birm R) 33:16; 95 J Attwooll (Cov) 33:17; 96 M Bridges (OWLS) 33:18; 97 S Pyke (Staffs M) 33:21; 98 D Harrison (Birm U) 33:22; 99 D Rigby (Lough S, U20) 33:23; 100 B Moen (R&N) 33:23
TEAM: 1 Loughborough Students 49; 2 Owls 87; 3 University of Birmingham 207; 4 Tipton H 218; 5 Birchfield H 281; 6 Cheltenham & County H 295; 7 Rugby & Northampton 323; 8 Coventry Godiva H 359
Standings after 3 matches: 1 OWLS 417; 2 Lough S; 3 Tip 455; 4 Birm U 545; 5 Cov 755; 6 Bir 897; 7 Chelt 928; R&N 957

BIRMINGHAM AND DISTRICT INVITATION LEAGUE - DIVISION 3
Cofton Park
Birmingham CC League Division 3
1 J Brocklehurst (Strat) 36:20; 2 S Marshall (Strat) 36:23; 3 I Mansell (Dud K) 36:39; 4 J Johnson (B'ville) 36:43; 5 I Yates (Trent) 36:50; 6 D Parker (B'ville) 37:48; 7 R Minton (Strat) 38:04; 8 R Andrew (B'ville) 38:07; 9 S Holdcroft (Dud K) 38:24; 10 J Grix (B'ville) 38:35; 11 M Griffiths (Tel H) 39:27; 12 S Pye (Amaz F) 39:32; 13 M Ferguson (B'ville) 39:45; 14 K Duckworth (Dud K) 39:50; 15 K Loundes (Chase) 40:00; 16 R White (Centu) 40:13; 17 T Hobbins (Staff H) 40:29; 18 D Evans (Sneyd) 40:38; 19 P Bingham (Centu) 40:46; 20 D Harte (B'ville) 40:50; 21 S Rose (B'ville) 40:53; 22 D Quinney (Dud K) 41:16; 23 G Bonner (Dud K) 41:18; 24 P Scholte (Peel) 41:20; 25 E Fowlet (Nun) 41:23; 26 W Vickers (Strat) 41:27; 27 J O'Brein (Sara) 41:31; 28 P Taylor (Strat) 41:35; 29 T McLoughlin (Droit) 41:44; 30 K Hawkes (Strat) 41:55
TEAM: 1 Bournville H 186; 2 Stratford-upon-Avon 289; 3 Dudley Kingswinford RC 416; 4 Centurion RC 780; 5 Sneyd Striders 871.

DURHAM SCHOOLS' CHAMPIONSHIPS
Meadowfield, Durham
KATE AVERY, the English Schools' junior champion in 2006, dropped her great rival Sigourney Bell at the halfway point, coming home to a comfortable victory in the intermediate girls' race. This was her fifth successive win in these Championships.
Senior boys (6.5km)
1 P Hurst (Gate) 23:10; 2 K Thompson (Dur) 24:43; 3 A Knox (Gate) 25:12; 4 B Chadwick (Dur) 25:43; 5 J Askew (Darl) 25:52; 6 J Rutherford (Darl) 26:27; 7 T Mason (Darl) 26:40; 8 A Moss (Sw Dur) 27:22; 9 B Springett (Darl) 27:40; 10 L O'Brien (Dur) 28:07
TEAM: 1 Durham Central 58
Inter (4.3km)
1 J Moore (S Tyne) 18:45; 2 J Phillips (Darl) 18:48; 3 G Ritchie (W Wear) 18:51; 4 T West (Dur) 19:10; 5 L Wintrip (Eas) 19:16; 6 J Archer (Wear) 19:23; 7 M Grimes (Dur) 19:27; 8 J Gibbon (Sw Dur) 19:38; 9 C Gaffney (Darl) 19:39; 10 J Marshall (Derw) 19:49
TEAM: 1 Wearside 102; 2 Dur C 104; 3 South West Durham 174
Junior (4.2km)
1 C Boyek (Sw Dur) 16:32; 2 S Smith (Wear) 16:54; 3 S Barras (S Tyne) 17:03; 4 G Lowry (S Tyne) 17:05; 5 B Maskell (W Wear) 17:12; 6 O Walker (Gate) 17:20; 7 D Waller (W Wear) 17:21; 8 R Costello (Gate) 17:23; 9 M Coultard (Sw Dur) 17:25; 10 H Lawton (Sw Dur) 17:29
TEAM: 1 SW Dur 73; 2 West Wearside 107; 3 Dur C 153
Minor (2.2km)
1 R Loraine (Gate) 8:24; 2 C Peverley (W Wear) 8:30; 3 M Wilson (Wear) 8:34; 4 M Bunn (S Tyne) 8:38; 5 L Clark (S Tyne) 8:44; 6 R Harbottle (Gate) 8:45; 7 L Boyek (Sw Dur) 8:49; 8 H Danby-Platt (Wear) 8:53
TEAM: 1 Gateshead 127; 2 W Wear 142; 3 SW Dur 145
Senior girls (4.2km)
1 H Gertig (Gate) 18:09; 2 S Coleby (Dur) 19:12; 3 A Owen (W Wear) 20:35; 4 E Saxby (Dur) 21:21; 5 E Clifford (Darl) 23:23; 6 A Jordan (Dur) 23:32; 7 V Brewis (Wear) 23:59; 8 H Willis (Dur) 25:43
Inter (3.6km)
1 K Avery (Sw Dur) 15:24; 2 S Bell (Gate) 15:58; 3 E Toogood (Sw Dur) 16:25; 4 R Oldham (Gate) 17:21; 5 R Jamieson (Gate) 17:27; 6 D Pickavance-Clarke (Derw) 17:28; 7 S Crosby (Wear) 17:30; 8 H Nagel (W Wear) 17:51; 9 B Curran (W Wear) 17:57; 10 S Philbrick (Sw Dur) 18:20
Junior (3km)
1 Z Hewitson (Darl) 14:59; 2 C Coates (Darl) 15:04; 3 C Porter (Wear) 15:12; 4 F Higgin (Dur) 15:17; 5 S Taylor (Gate) 15:36; 6 B Oakes (Derw) 15:37; 7 E Bradbury (Gate) 15:53; 8 A Archbold (Sw Dur) 15:54; 9 B Jones (Dur) 15:55; 10 D Momberaraya (Gate) 15:56
TEAM: 1 Gate 61; 2 Darlington 85; 3 Dur C 122
Minor (2.2km)
1 A Etherington (Dur) 8:53; 2 A Waites (Wear) 9:11; 3 S Forster (Derw) 9:14; 4 F Dewar (Darl) 9:15; 5 L Wright (Dur) 9:34; 6 L Bellamy (W Wear) 9:41; 7 M Hodgson (Dur) 9:50; 8 R Simpson (W Wear) 9:51
TEAM: 1 Dur C 44; 2 W Wear 129; 3 Wear 152

EAST DUNBARTONSHIRE SCHOOLS LEAGUE
Whitehill, Kirkintilloch
Boys (2km)
1 C Heirs (Kirk O, U13) 7:42; 2 S Lawrie (Kirk O, U15) 7:59
Girls
1 A Lamond (Kirk O) 7:34; 2 M Milliken (Kirk O) 8:34

EAST HULL HARRIERS CROSS COUNTRY
Hull
Men (7.8M, ages not declared)
1 J Frost (E Hull) 44:54; 2 J Rogers (E Hull) 49:41; 3 E Rex (E Hull) 50:50; 4 I Grewar (E Hull) 51:48; 5 M Jackson (E Hull) 52:27
Handicap: 1 P Gibson (E Hull) 55:16; 2 Frost; 3 Jackson
Women (4M)
1 E Dawber (E Hull) 30:56; 2 J Earle (E Hull) 31:33; 3 J Wilson (E Hull) 31:54
Handicap: 1 Dawber; 2 Earle; 3 M Carrick (E Hull) 41:11

HAMPSHIRE SCHOOLS' CHAMPIONSHIPS
Gang Warily, Hampshire
Senior boys (7km)
1 C Bounds (Ald) 23:21; 2 J Knapp (E&W) 23:30; 3 M Kiralyfi (E&W) 23:32; 4 D Kiralyfi (E&W) 23:37; 5 J Arnold (Ald) 23:38; 6 T Goddard (Ald) 23:46; 7 C Brown (E&W) 23:58; 8 T Bowerman (Ald) 24:22; 9 S Fowler (E&W) 25:08; 10 M Cromati (IoW) 25:17
TEAM: 1 Eastleigh & W 16; 2 Aldershot 20; 3 E&W B 56; 4 Isle of Wight 56
Inter
1 W Newnham (IoW) 20:49; 2 O Aitchinson (Ald) 20:55; 3 L Gates (E&W) 21:00; 4 T Brimcombe (Se Hants) 21:11; 5 A Teuten (Ports) 21:17; 6 J Bradford (E&W) 21:19; 7 C Berntsen (And) 21:25; 8 B Stannard (E&W) 21:27; 9 S Ninnim (E&W) 21:44; 10 M Nottingham (E&W) 21:45
TEAM: 1 E&W 55; 2 Ald 146; 3 IoW 163; 4 E&W B 174; 5 Southampton 276
Junior
1 H Dixon (Ald) 15:27; 2 B Hooper (Ald) 15:29; 3 O Pascoe (E&W) 15:42; 4 N Murray (E&W) 15:56; 5 C Ladhams (Bas) 15:56; 6 B Cook (Gos) 16:05; 7 C White (Soton) 16:06; 8 D Hansford (New F) 16:09; 9 T Bennet (And) 16:11; 10 T Smith (Ald) 16:21
TEAM: 1 Ald 62; 2 E&W 85; 3 Soton 182; 4 Basingstoke 184; 5 E&W B 194; 6 IoW 225
Senior girls
1 C Purdue (Ald) 12:42; 2 L Webb (E&W) 13:05; 3 L Alexander-High (Ald) 13:32; 4 G Gair (Se Hants) 13:40; 5 A Abe (IoW) 13:57; 6 V Cronin (E&W) 14:20; 7 T Roensberg (IoW) 14:21; 8 S Prior (Bas) 14:40; 9 K Way (New F) 16:10; 10 S Price (Se Hants) 16:15
Inter
1 L Small (Ald) 12:06; 2 L Warwick (E&W) 12:34; 3 J Buckingham (Soton) 12:49; 4 E Stevens (Ald) 12:58; 5 L Stewart (E&W) 13:00; 6 J Chen (Ports) 13:01; 7 F Langridge (E&W) 13:04; 8 D Seabrook (Ald) 13:19; 9 S Smith (Ald) 13:30; 10 J McLachlan (E&W) 13:32
TEAM: 1 E&W 50; 2 Ald 52; 3 Soton 107; 4 Ald B 203; 5 New Forest 233; 6 E&W B 236
Junior
1 G Peel (Ald) 11:45; 2 E Gilmore (Gos) 12:01; 3 J Bowling (E&W) 12:05; 4 J Anderson-Busby (Ald) 12:06; 5 M Stewart (E&W) 12:17; 6 R Knapton (E&W) 12:23; 7 D Bennet (E&W) 12:25; 8 L Nkomo (New F) 12:28; 9 L Haines (Ald) 12:34; 10 C Harris (Ports) 12:55
TEAM: 1 E&W 52; 2 Ald 73; 3 Ald B 206; 4 New F 209; 5 Soton 220; 6 Bas 246

HENDERSON CUP 7M
Clydebank
Overall (7M)

1 M Consani (Gars) 47:03; 2 J Taylor (Gars) 52:37; 3 C Kilshaw (Gars) 55:18
M40: 1 S Cullen (Gars) 56:28
Women
1 E Consani (Gars) 71:15
U13 (1.5M)
1 C Young (Gars) 9:39; 2 J Ross (Gars) 10:26; 3 J Austin (Gars) 12:06

LONDON CITY RUNNER METROPOLITAN LEAGUE

Perivale

Senior men
1 O Edwards (SB) 31:29; 2 G Watts (SB) 31:45; 3 S Farah (NEB) 32:12; 4 A Greenleaf (unatt) 32:15; 5 J Parslow (SB) 32:31; 6 E Creemers (VP&TH) 32:33; 7 J Trapmore (SB) 32:37; 8 K Murphy (WG&EL) 32:39; 9 S Whelan (LFR, M40) 32:41; 10 M Shone (WG&EL) 32:50; 11 B Powell (WG&EL) 32:53; 12 J Atkinson (Met P) 33:02; 13 K Robertson (SB) 33:09; 14 N Vanlerberghe (VP&TH) 33:15; 15 G Saqui (High) 33:17; 16 H Wyber (WG&EL) 33:23; 17 G Robinson (Gard CR) 33:25; 18 N Gamester (SB) 33:30; 19 N Torry (Serp) 33:33; 20 H Torry (Serp) 33:35; 21 R Phillips (Serp) 33:42; 22 D Thompson (Hill, U20) 33:48; 23 G Irvine (TVH) 33:59; 24 J Clarke (NEB) 34:06; 25 J Cooper (Met P) 34:07; 26 C Symonds (E&H) 34:09; 27 D Clark (SB) 34:10; 28 A Kotsyubka (ESM) 34:12; 29 R Wilson (ESM) 34:14; 30 C Berg (WG&EL) 34:15; 31 P Stainer (SB, M40) 34:26; 32 N Stoddart (SMR) 34:27; 33 J Rainsford (LFR, U20) 34:31; 34 A Baci (E&H) 34:33; 35 M Flannelly (WG&EL, M40) 34:38; 36 J Castro (Hill, U20) 34:43; 37 M Bateman (Hill) 34:49; 38 S Whiting (LFR, M40) 34:51; 39 H Jama (ESM) 35:01; 40 M Revier (Hill, U20) 35:02; 41 A Robbins (Serp) 35:03; 42 C Nicol (TVH) 35:04; 43 J Morris (SB, U20) 35:05; 44 A Aitken (High) 35:06; 45 T Lashmar (VP&TH) 35:07; 46 P Wyatt (Met P) 35:09; 47 L Packer (Met P) 35:10; 48 B Fairhall (VP&TH) 35:11; 49 I Campbell (Met P, M45) 35:12; 50 S Mitchell (E&H) 35:13; 51 M Forrest (LFR, M40) 35:15; 52 R Holland (WG&EL, M45) 35:20; 53 N Gold (High) 35:27; 54 S Buckle (St Alb S) 35:28; 55 M Sullivan (SB, U20) 35:32; 56 A Holt (Gard CR, M40) 35:33; 57 K Free (Met P) 35:34; 58 W Gristwood (ESM, M45) 35:36; 59 N Mitchell (LFR, M45) 35:40; 60 P Lemmon (LFR, M45) 35:42; 61 M Ennion (St Alb S) 35:44; 62 R Tuddenham (Serp) 35:48; 63 A Drent (SB) 35:49; 64 S Barrett (Serp) 35:50; 65 J Flahive (LFR, M40) 35:52; 66 C Bailey (High, M45) 35:58; 67 E Phillips (Serp) 36:01; 68 M Lane (Met P, M45) 36:02; 69 T Grant (Hill) 36:03; 70 A Dodd (ESM) 36:04; 71 S Prosser (Herts P) 36:05; 72 T Lebreton (High) 36:06; 73 N Morrison (Herts P, M55) 36:07; 74 P Greaves (Herts P, M40) 36:12; 75 M Branco (Serp) 36:13; 76 N McGoun (WG&EL) 36:17; 77 S MacE (Gard CR) 36:19; 78 A Welshman (LFR, M40) 36:22; 79 D Spring (Serp) 36:26; 80 J Blanchard (ESM, M45) 36:26; 81 R Brown (ESM, M40) 36:28; 82 K Walden (SB) 36:30; 83 H Gilham (Herts P, U20) 36:39; 84 R Browne (LFR, M40) 36:42; 85 B Judge (Gard CR) 36:44; 86 S Livingstone (Gard CR, M50) 36:52; 87 S Britten (Herts P) 36:53; 88 C Shepherd (WG&EL) 36:54; 89 N Broadbent (E&H, U20) 36:58; 90 R Fowler (E&H) 37:04; 91 T Mitchell-Smith (VP&TH) 37:05; 92 E Samuel (LFR) 37:06; 93 E Southam (High, M45) 37:09; 94 R Harding (Met P, M40) 37:11; 95 S Managhan (LFR) 37:14; 96 M Dasilva (TVH) 37:16; 97 E Noble (Serp, M40) 37:16; 98 P Hayman (Serp) 37:19; 99 J Lowe (High) 37:19; 100 A Chklar (WG&EL) 37:19
DIVISION 1 TEAM: 1 Shaftesbury Barnet H 1714; 2 Woodford Green with Essex Ladies 1425; 3 Serpentine 1335; 4 Metropolitan Police 1220; 5 Ealing, Southall & Middlesex 1096; 6 Hillingdon 1062; 7 Highgate H 1038; 8 London Heathside 989; 9 Victoria Park & Tower Hamlets 948; 10 Herts Phoenix 676; 11 Garden City Runners 670; 12 Thames Valley H 627; 13 Enfield & Haringey 623; 14 St Albans Striders 373; 15 Woodford Green with Essex Ladies B 232
STANDINGS AFTER FOUR MATCHES: 1 Shaftesbury Barnet H 6689; 2 Woodford Green with Essex Ladies 6160; 3 Serpentine 5478; 4 Metropolitan Police 4910; 5 Hillingdon 4818; 6 Highgate H 4666; 7 Ealing, Southall & Middlesex 4141; 8 London Heathside 3723; 9 Garden City Runners 3134; 10 Victoria Park & Tower Hamlets 2880; 11 St Albans Striders 2713; 12 Thames Valley H 2635; 13 Herts Phoenix 2625; 14 Enfield & Haringey 2569; 15 Woodford Green with Essex Ladies B 1662
DIVISION 2 TEAM: 1 London Frontrunners 1043; 2 Serpentine B 797; 3 Hillingdon B 461; 4 Shaftesbury Barnet H B 299; 5 Highgate H B 282; 6 Metropolitan Police B 225; 7 London Frontrunners B 219; 8 Ealing, Southall & Middlesex B 200; 9 St Mary's Richmond 196; 10 Newham & Essex Beagles 185; 11 Harlow 144; 12 Mornington Chasers 144; 13 London Heathside B 117; 14 Hayes & Harlington 108; 15 Herts Phoenix B 104; 16 Victoria Park & Tower Hamlets B 88; 17 Royston Crows 44; 18 Barnet & District 39; 19 London Irish 38
STANDINGS AFTER FOUR MATCHES: 1 London Frontrunners 4205; 2 Serpentine B 3281; 3 Hillingdon B 1968; 4 Metropolitan Police B 1768; 5 Shaftesbury Barnet H B 1678; 6 Newham & Essex Beagles 1482; 7 Highgate H B 1332; 8 St Mary's Richmond 879; 9 London Frontrunners B 734; 10 Harlow 660; 11 Mornington Chasers 624; 12 Ealing, Southall & Middlesex B 614; 13 London Heathside B 614; 14 Barnet & District 557; 15 Hayes & Harlington 361; 16 Royston Crows 209; 17 Herts Phoenix B 181; 18 Victoria Park & Tower Hamlets B 165; 19 London Irish 38; 20 Garden City Runners B 28; 21 Thames Valley H B 27
VETS TEAM: 1 London Heathside 640; 2 London Frontrunners 601; 3 Woodford Green with Essex Ladies 601; 4 Ealing, Southall & Middlesex 571; 5 Highgate H 538; 6 Metropolitan Police 536; 7 Hillingdon 529; 8 Herts Phoenix 470; 9 Thames Valley H 347; 10 Serpentine 325; 11 London Heathside B 275; 12 Hillingdon B 266; 13 Woodford Green with Essex Ladies B 233; 14 Garden City Runners 220; 15 Shaftesbury Barnet H 200; 16 Herts Phoenix B 175; 17 Highgate H B 119; 18 Ealing, Southall & Middlesex B 117; 19 Enfield & Haringey 113; 20 Victoria Park & Tower Hamlets 103; 21 St Mary's Richmond 94; 22 London Frontrunners B 89; 23 Harlow 88; 24 St Albans Striders 85; 25 Mornington Chasers 72; 26 Hayes & Harlington 54; 27 Royston Crows 48; 28 London Irish 39; 29 Barnet & District 35; 30 Metropolitan Police B 6
STANDINGS AFTER FOUR MATCHES: 1 London Heathside 2437; 2 Woodford Green with Essex Ladies 2213; 3 London Frontrunners 2170; 4 Metropolitan Police 2141; 5 Hillingdon 2116; 6 Ealing, Southall & Middlesex 2110; 7 Highgate H 1598; 8 Serpentine 1536; 9 Herts Phoenix 1415; 10 Shaftesbury Barnet H 1308; 11 Thames Valley H 1246; 12 Garden City Runners 1183; 13 Hillingdon B 1038; 14 Enfield & Haringey 1003; 15 London Heathside B 955; 16 Woodford Green with Essex Ladies B 868; 17 St Albans Striders 576; 18 Barnet & District 450; 19 Harlow 443; 20 Herts Phoenix B 434; 21 Victoria Park & Tower Hamlets 426; 22 St Mary's Richmond 413; 23 Ealing, Southall & Middlesex B 364; 24 Hayes & Harlington 254; 25 London Frontrunners B 248; 26 Mornington Chasers 177; 27 Serpentine B 149; 28 Highgate H B 119; 29 Royston Crows 89; 30 Garden City Runners B 61; 31 Thames Valley H B 54; 32 London Irish 39; 33 Metropolitan Police B 27; 34 Enfield & Haringey B 11; 35 Newham & Essex Beagles 6
U17/U15
1 R Mann (Hill, U17) 12:46; 2 T Bryant (SB, U17) 12:53; 3 J Laing (Hill, U17) 13:11; 4 L Nicholas (ESM, U17) 13:21; 5 R Thompson (Hill, U17) 13:24; 6 T Grant (Hill, U15) 13:34; 7 T Gough (Herts P, U17) 13:39; 8 E Shepherd (Herts P, U15) 13:44; 9 W Laing (High, U17) 13:52; 10 M Fayers (Hill, U15) 14:01; 11 V Zaver (Herts P, U15) 14:01; 12 A Peters (E&H, U15) 14:02; 13 S Ashcroft (ESM, U17) 14:07; 14 R Wagstaff (E&H, U15) 14:17; 15 H Birrell (High, U17) 14:23
TEAM: 1 Hillingdon 161; 2 Herts Phoenix 126; 3 Ealing, Southall & Middlesex 119; 4 St Mary's Richmond 96; 5 Highgate H 83; 6 Hillingdon B 80; 7 Enfield & Haringey 62; 8 Ealing, Southall & Middlesex B 59; 9 Shaftesbury Barnet H 48; 10 Royston Crows 40; 11 Herts Phoenix B 28; 12 St Mary's Richmond B 27; 13 Newham & Essex Beagles 10; 14 Thames Valley H 3
STANDINGS AFTER FOUR MATCHES: 1 Hillingdon 822; 2 Herts Phoenix 743; 3 Ealing, Southall & Middlesex 700; 4 Hillingdon B 507; 5 St Mary's Richmond 461; 6 Woodford Green with Essex Ladies 448; 7 Shaftesbury Barnet H 435; 8 Ealing, Southall & Middlesex B 368; 9 Highgate H 363; 10 Newham & Essex Beagles 349; 11 Enfield & Haringey 330; 12 Herts Phoenix B 313; 13 Royston Crows 153; 14 Shaftesbury Barnet H B 144; 15 London Heathside 95; 16 Woodford Green with Essex Ladies B 88; 17 Newham & Essex Beagles B 63; 18 St Mary's Richmond B 53; 19 Hayes & Harlington 39; 20 Thames Valley H 25; 21 Enfield & Haringey B 5
U13
1 M McLaughin (SB) 11:21; 2 B Chapman (SMR) 11:35; 3 A Haynes (ESM) 11:37; 4 D McGuigan (ESM) 11:39; 5 D Pinder (ESM) 12:05; 6 F McGuigan (ESM) 12:16; 7 S Hobbs (Hill) 12:17; 8 B Culverwell (SMR) 12:27; 9 B Killip (SMR) 12:31; 10 R Hope (Hill) 12:32; 11 E Webb (SMR) 12:33; 12 T Saunders (Hill) 12:36; 13 O Berg (TVH) 12:36; 14 J Hailstone (Hill) 12:43; 15 M Banstead (SMR) 12:44
TEAM: 1 Ealing, Southall & Middlesex 102; 2 St Mary's Richmond 90; 3 Hillingdon 77; 4 Shaftesbury Barnet H 52; 5 Thames Valley H 37; 6 St Mary's Richmond B 33; 7 Ealing, Southall & Middlesex B 20; 8 Herts Phoenix 9; 9 Hillingdon B 9; 10 Woodford Green with Essex Ladies 6
STANDINGS AFTER FOUR MATCHES: 1 St Mary's Richmond 462; 2 Ealing, Southall & Middlesex 450; 3 Hillingdon 421; 4 Shaftesbury Barnet H 285; 5 St Mary's Richmond B 225; 6 Woodford Green with Essex Ladies 178; 7 Thames Valley H 162; 8 Herts Phoenix 153; 9 Ealing, Southall & Middlesex B 105; 10 Hillingdon B 92; 11 Shaftesbury Barnet H B 53; 12 Highgate H 13; 13 Newham & Essex Beagles 9; 14 Thames Valley H B; 8; 15 Victoria Park & Tower Hamlets 2
Senior women
1 V Webster (SB) 23:21; 2 E Evans (High) 24:02; 3 K Philp (Gard CR) 24:40; 4 J Gray (Gard CR) 24:47; 5 K Pradier (Serp, W35) 25:02; 6 A Wingler (High, W35) 25:04; 7 A Hopkins (ESM) 25:05; 8 D Kennedy (WG&EL) 25:09; 9 A Curley (High, W35) 25:14; 10 E Grant (Hill) 25:16; 11 Z Wray (Barn) 25:20; 12 N De (Hill) 25:26; 13 M Livingstone (Gard CR, W35) 25:31; 14 C Miles (SB) 25:34; 15 A Care (WG&EL) 25:38; 16 L Bromilow (VP&TH) 25:48; 17 K Jenrick (High, W40) 25:55; 18 G Marrs (unatt) 25:59; 19 B Pritchett (WG&EL, W40) 26:09; 20 K Gundersen (WG&EL) 26:24; 21 F Kennedy (ESM, W50) 26:26; 22 H Zenner (Serp) 26:32; 23 G Jubb (St Alb S) 26:35; 24 L Wilson (ESM, W50) 26:40; 25 M Hall (Gard CR) 26:48; 26 S McHugh (Met P) 26:55; 27 A Einarsdottir (LFR, W35) 26:59; 28 L Cameron (Met P) 27:09; 29 A Openshaw (Serp) 27:15; 30 N Name (Gard CR) 27:25; 31 H Hoyle (Barn, W35) 27:30; 32 N Anderson (SB, W35) 27:35; 33 M Valencia (LFR) 27:37; 34 N Name (Gard CR) 27:40; 35 B Fernandez (LFR) 27:41; 36 A Stach-Kevitz (NEB, W35) 27:45; 37 J Wastell (LFR, W45) 28:04; 38 O Muminova (LFR) 28:12; 39 C Perry (Barn) 28:20; 40 J Turner (High) 28:23; 41 J Thomas (WG&EL, W40) 28:33; 42 L Waldman (LFR, W40) 28:37; 43 G Morgan (ESM, W45) 28:41; 44 R Mitchell-Smith (VP&TH) 28:44; 45 S Knox (Serp, W35) 28:46; 46 A Palin (Serp) 28:59; 47 R Munnik (High) 29:05; 48 A Eichen (Serp, W35) 29:08; 49 L Bruce-Burgess (Barn) 29:12; 50 A McGuigan (ESM) 29:14
TEAM: 1 Garden City Runners 446; 2 Highgate H 433; 3 Woodford Green with Essex Ladies 381; 4 Serpentine 362; 5 Ealing, Southall & Middlesex 351; 6 London Frontrunners 280; 7 Metropolitan Police 245; 8 Barnet & District 241; 9 Shaftesbury Barnet H 230; 10 Hillingdon 212; 11 London Heathside 179; 12 Victoria Park & Tower Hamlets 158; 13 Serpentine B 154; 14 Mornington Chasers 103; 15 Highgate H B 82; 16 St Albans Striders 70; 17 Garden City Runners B 59; 18 Newham & Essex Beagles 57; 19 Ealing, Southall & Middlesex B 47; 20 St Mary's Richmond 41; 21 Metropolitan Police B 38; 22 Thames Valley H 4; 23 Enfield & Haringey 3
STANDINGS AFTER FOUR MATCHES: 1 Garden City Runners 2129; 2 Highgate H 2090; 3 Woodford Green with Essex Ladies 1829; 4 Serpentine 1716; 5 Ealing, Southall & Middlesex 1396; 6 Barnet & District 1199; 7 Metropolitan Police 1197; 8 London Frontrunners 1181; 9 Hillingdon 1174; 10 Shaftesbury Barnet H 1135; 11 London Heathside 1113; 12 Serpentine B 938; 13 St Albans Striders 715; 14 Victoria Park & Tower Hamlets 689; 15 Enfield & Haringey 507; 16 Garden City Runners B 451; 17 Mornington Chasers 404; 18 Highgate H B 360; 19 London Heathside B 312; 20 Herts Phoenix 308; 21 Woodford Green with Essex Ladies B 282; 22 Metropolitan Police B 246; 23 Newham & Essex Beagles 215; 24 Thames Valley H 171; 25 St Mary's Richmond 166; 26 Ealing, Southall & Middlesex B 101; 27 Hillingdon B 32; 28 Barnet & District B 22; 29 Hayes & Harlington 12; 30 Mornington Chasers B 10; 31 London Frontrunners B 3
VETS TEAM: 1 Highgate H 151; 2 Serpentine 129; 3 Ealing, Southall & Middlesex 125; 4 London Heathside 107; 5 Woodford Green with Essex Ladies 83; 6 Garden City Runners 76; 7 Serpentine B 58; 8 Mornington Chasers 48; 9 London Frontrunners 37; 10 Barnet & District 36; 11 Shaftesbury Barnet H 35; 12 Newham & Essex Beagles 34; 13 Ealing, Southall & Middlesex B 27; 14 Metropolitan Police 26; 15 St Mary's Richmond 26; 16 Hillingdon 23; 17 Victoria Park & Tower Hamlets 4; 18 Thames Valley H 3; 19 Enfield & Haringey 2
STANDINGS AFTER FOUR MATCHES: 1 Highgate H 615; 2 Garden City Runners 576; 3 Ealing, Southall & Middlesex 466; 4 London Heathside 463; 5 Serpentine 425; 6 Woodford Green with Essex Ladies 286; 7 Barnet & District 245; 8 London Frontrunners 233; 9 Shaftesbury Barnet H 227; 10 Serpentine B 187; 11 Mornington Chasers 175; 12 London Heathside B 151; 13 Hillingdon 106; 14 Metropolitan Police 75; 15 Newham & Essex Beagles 60; 16 Ealing, Southall & Middlesex B 58; 17 St Mary's Richmond 56; 18 Garden City Runners B 43; 19 St Albans Striders 40; 20 Victoria Park & Tower Hamlets 23; 21 Highgate H B 20; 22 Herts Phoenix 13; 23 Enfield & Haringey 7; 24 Thames Valley H 5
U17/U15
1 M Reynolds (ESM, U17) 14:51; 2 M Newbury (TVH, U17) 15:02; 3 E Waldman (Lon Hth, U17) 15:18; 4 G Bell (ESM, U15) 15:22; 5 S Williams (High, U15) 15:26; 6 J Mobed (TVH, U15) 15:45; 7 E Edmunds (SMR, U15) 16:17; 8 E Burkot (Lon Hth, U17) 16:24; 9 E Davies (ESM, U15) 16:25; 10 H Pollak (ESM, U17) 16:32; 11 G Miles (SMR, U15) 16:35; 12 E Johnston-Purus (SMR, U15) 16:41; 13 K Bryant (SMR, U15) 16:49; 14 E Layton (SB, U17) 16:59; 15 R Pryce (SMR, U17) 17:05
TEAM: 1 Ealing, Southall & Middlesex 92; 2 St Mary's Richmond 73; 3 Thames Valley H 54; 4 London Heathside 47; 5 St Mary's Richmond B 33; 6 Hillingdon 26; 7 Highgate H 24; 8 Herts Phoenix 23; 9 Shaftesbury Barnet H 15; 10 Ealing, Southall & Middlesex B 10; 11 Victoria Park & Tower Hamlets 9
STANDINGS AFTER FOUR MATCHES: 1 St Mary's Richmond 517; 2 Ealing, Southall & Middlesex 414; 3 Woodford Green with Essex Ladies 343; 4 Thames Valley H 319; 5 St Mary's Richmond B 300; 6 Herts Phoenix 254; 7 Hillingdon 216; 8 Enfield & Haringey 190; 9 London Heathside 180; 10 Newham & Essex Beagles 172; 11 Highgate H 152; 12 Barnet & District 113; 13 Ealing, Southall & Middlesex B 94; 14 Victoria Park & Tower Hamlets 54; 15 Hillingdon B 50; 16 Woodford Green with Essex Ladies B 44; 17 Shaftesbury Barnet H 43; 18 Serpentine 32; 19 Herts Phoenix B 19; 20 Royston Crows 19; 21 Newham & Essex Beagles B 8; 22 Metropolitan Police 3
U13
1 S Tory (TVH) 12:27; 2 E Bird (Herts P) 12:58; 3 H Gibbons (Hill) 13:00; 4 E Lloyd (Herts P) 13:06; 5 K Baily (ESM) 13:17; 6 A Hunton (SMR) 13:21; 7 C Kerr (E&H) 13:28; 8 E Calder (Royst) 13:29; 9 K Fray (E&H) 13:35; 10 L Coffey (Herts P) 13:57; 11 S Jones (Royst) 14:13; 12 R Miles (Hill) 14:31; 13 R O'Sullivan (Royst) 14:46; 14 S Smith (WG&EL) 14:51; 15 N Harding (SMR) 14:53
TEAM: 1 Herts Phoenix 83; 2 Royston Crows 75; 3 Ealing, Southall & Middlesex 74; 4 St Mary's Richmond 70; 5 Hillingdon 68l; 6 Thames Valley H 57; 7 Enfield & Haringey 50; 8 Woodford Green with Essex Ladies 19; 9 Ealing, Southall & Middlesex B 15; 10 Victoria Park & Tower Hamlets 9; 11 Hillingdon B 5; 12 Thames Valley H B 3
STANDINGS AFTER FOUR MATCHES: 1 Hillingdon 336; 2 Herts Phoenix 301; 3 Ealing, Southall & Middlesex 288; 4 Thames Valley H 287; 5 Woodford Green with Essex Ladies 283; 6 Royston Crows 250; 7 Enfield & Haringey 231; 8 St Mary's Richmond 215; 9 Hillingdon B 97; 10 Ealing, Southall & Middlesex B 62; 11 Woodford Green with Essex Ladies B 39; 12 Newham & Essex Beagles 33; 13 Victoria Park & Tower Hamlets 20; 14 Thames Valley H B 13; 15 Metropolitan Police 5; 16 Garden City Runners 3

MIDLAND WOMEN'S LEAGUE

Cofton Park

Ages not given
Overall
1 C Martin (Tel) 24:47; 2 K Fawke (Tel) 24:49; 3 D Walters (Bir, VW) 25:22; 4 L O'Gorman (Lough S) 25:31; 5 D James (Birm U) 25:48; 6 J Grey (Bir) 26:2; 7 L Mayho (Birm U) 26:12; 8 J Simpson (Birm R) 26:35; 9 B Sanders (Bir) 26:38; 10 M Williamson (Leam, VW) 26:53; 11 S Davis (Tel) 26:58; 12 M Kirkham (Cov) 27:05; 13 A Wilson (W&B, VW) 27:05; 14 L Cox (Tip) 27:09; 15 L Smith (Birm R) 27:15; 16 M James (Bourn) 27:15; 17 H Finch (SSH) 27:21; 18 S Baines (Tip, VW) 27:23; 19 J Finch (SSH) 27:30; 20 S Williamson (Bir) 27:50; 21 S Rudge (Bir) 28:10; 22 T Ugwu (Bourn) 28:17; 23 L Flanner (SSH) 28:20; 24 K Kirkham (Lough S) 28:24; 25 A Smith (Cov) 28:27; 26 R Buxton (Cov) 28:30; 27 V Rusius (Birm R) 28:32; 28 C Davies (Birm U) 28:36; 29 L Otto (Birm R) 28:45; 30 R Cook (Bir, VW) 28:47; 31 R Freeman (SSH) 28:49; 32 C Mijovic (Bir, VW) 29:00; 33 A Dipple (DASH) 29:02; 34 K Bonham (Birm U) 29:10; 35 C Chisholm (Birm R) 29:15; 36 S Gray (Bourn) 29:15; 37 J Jones (W&B) 29:18; 38 M Smith (R&N) 29:19; 39 L Howell (Bourn) 29:20; 40 J Musgrave (SSH, JW) 29:23; 41 D Davies (Strat) 29:30; 42 R Smith (N'brook) 29:38; 43 S Evans (Spark, VW) 29:51; 44 S Weatherburn (W&B, VW) 30:00; 45 P Williams (Lough S) 30:02; 46 Z Blower (Leam) 30:13; 47 V Ornsby (W&B, VW) 30:32; 48 T Hill (Birm U) 30:34; 49 C Fenn (N'brook, VW) 30:36; 50 E Quested (Birm R) 30:38; 51 R Russell (Bir) 30:39
TEAM: 1 Tel AC 14; 2 Birch 19; 3 Birm U 39; 4 Birm R; 50; 5S&SH 59; 6 Cov G 63; 7 Lough U 73; 8 Bourn H 74; 9 W&B 94; 10 Tip H 115
VETS TEAM: 1 Birch H 65; 2 W&B 104; 3 Sparkhill 187; 4 Bourn H 200; 5 Halesowen 218

NORTHAMPTONSHIRE SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

Abington Park, Northampton

Senior boys (4.89km)
1 J Goringe (North N'thants) 18:17; 2 J Betts (N'hampton) 18:37; 3 S Franklin (North N'thants) 18:48; 4 R Gardner (South N'thants) 18:56; 5 J Cardwell (N'hampton)

19:00; 6 M Marriott (N'hampton) 19:11; 7 J Lambert (East N'thants) 19:19; 8 A Hartley (North N'thants) 20:26; 9 J Westley (East N'thants) ntt; 10 S Hughes (East N'thants) ntt
TEAM: 1 Northampton 26; 2 East N'thants 37
Inter (4.89km)
1 L Robinson (North) 18:52; 2 M Fellows (E N'thants) 19:00; 3 J Warren (E N'thants) 19:00; 4 S Goodall (E N'thants) 19:05; 5 N Kernick (E N'thants) 19:07; 6 J Davies (North) 19:15; 7 O Stenson (S N'thants) 19:18; 8 J Waples (S N'thants) 19:23; 9 G Cardwell (North) 19:27; 10 L Gore (E N'thants) 19:44
TEAM: 1 E N'thants 35; 2 North 67; 3 S N'thants 83; 4 N N'thants 132
Junior (4.175km)
1 R Burling (S N'thants) 16:11; 2 S Turnell (North) 16:32; 3 C Hills (North) 16:39; 4 D Bignell (S N'thants) 16:45; 5 A Phillips (S N'thants) 16:46; 6 L Roberts (S N'thants) 16:48; 7 G Marshman (E N'thants) 16:54; 8 S Hewett (North) 17:30; 9 C MacDonell (E N'thants) 17:37; 10 R Bowe (E N'thants) 17:43
TEAM: 1 S N'thants 46; 2 North 49; 3 E N'thants 87; 4 N N'thants 186
Minor (3.345km)
1 L Greer (North) 13:43; 2 L Kirk (E N'thants) 13:46; 3 J Nottingham (S N'thants) 13:50; 4 J Smith (North) 13:51; 5 S Millar (North) 14:08; 6 M Slann (N N'thants) 14:20; 7 J Hankins (N N'thants) 14:37; 8 M Inwood (North) 14:39; 9 D White (North) 14:45; 10 D Waples (S N'thants) 14:49
TEAM: 1 North 39; 2 S N'thants 84; 3 E N'thants 99; 4 N N'thants 99
Senior girls (4.175km)
1 H Munn (N N'thants) 17:39; 2 L Davies (N N'thants) 18:08; 3 J Baber (North) 18:52; 4 N Hills (North) 19:11; 5 J Lowdon (North) 19:23; 6 K Payne (N N'thants) 19:40
Inter (4.175km)
1 K Leonard (North) 17:52; 2 R Barber (North) 18:20; 3 E Kier (E N'thants) 18:29; 4 B Banks (North) 18:40; 5 C Thompson (North) 19:07; 6 D Smith (N N'thants) 19:30; 7 K Barnett (E N'thants) 19:38; 8 F Starceric (E N'thants) 19:47; 9 E McGowan (North) 19:50; 10 S Ward (S N'thants) 20:04
TEAM: 1 North 33; 2 E N'thants 61; 3 S N'thants 93
Junior (3.345km)
1 J Dimmock (E N'thants) 14:02; 2 C Inwood (North) 14:41; 3 J Varley (E N'thants) 14:48; 4 G Freeman (N N'thants) 15:02; 6 L Salter (E N'thants) 15:09; 7 C Blake (North) 15:14; 8 S Rugg (E N'thants) 15:17; 9 K James (S N'thants) 15:33; 10 L Byrd (North) 15:49
TEAM: 1 E N'thants 45; 2 North 54; 3 N N'thants 92; 4 S N'thants 116
Minor (2.5km)
1 E Rata (N N'thants) 11:09; 2 B Freeman (N N'thants) 11:24; 3 H Proud (North) 11:34; 4 A Inwood (North) 11:35; 5 G Elliot-King (North) 11:42; 6 I Hughes (North) 11:48; 7 K Mourton (S N'thants) 11:55; 8 F Yull (S N'thants) 11:57; 9 R Kings (N N'thants) 12:09; 10 A Cooney (S N'thants) 12:09
TEAM: 1 North 47; 2 N N'thants 49; 3 S N'thants 88; 4 E N'thants 200

NORTHERN IRELAND JUNIOR AND VETERANS' CHAMPIONSHIPS

Londonderry

THE opening veteran men's race saw reigning champion and pre-race favourite Dave Morwood lead a group of seven through the first of the four 2km laps with Letterkenny from Co. Donegal looking strong in the team race. By halfway, Pauric McKinney of Letterkenny had a slight lead over Morwood with Annadale's Paul Carroll five metres adrift.

McKinney was seeking retribution for last year when despite crossing the line first he was disqualified as his club had failed to enter him. At 6km Morwood had closed the gap and Kieran Carlin of Finn Valley had joined Carroll in the battle for bronze. North Belfast had closed the gap in the team contest to one point.

Morwood, who won the British Vets and the Stormont International was in no mood to relinquish his title and he broke clear on the final lap for a clear victory.

The women's race incorporated three seperate Championships with most runners eligible in two categories.

The race soon became a battle between youth and experience. At halfway, Louise McLean, who represented Northern Ireland at Stormont, was side by side with the host club's Aileen Morrison who has been a revelation this season.

Morrison moved away to win on the final lap with the evergreen Anne Paul coming through for bronze.

Junior men
1 S Duncan (Omagh) 31:59; 2 O Carlton (Abbey) 32:32; 3 J Falls (B&A) 32:52; 4 B Teer (E Down) 33:00; 5 A Doherty (NBH) 33:35; 6 N Collins (Omagh) 33:58; 7 D Reed (Derry) 34:03; 8 J Flanagan (IRL) 34:08; 9 A McKee (Anna) 34:09; 10 E Colhoun (Derry) 34:22; 11 M Cox (Omagh) 35:04; 12 C Crawford (IRL) 35:22; 13 S Thompson (Drom) 35:29; 14 C Moore (Omagh) 35:41; 15 E McGinty (Derry) 35:58; 16 M Finnigan (Derry) 36:01; 17 G Crawford (L'kenny) 36:04; 18 A O'Hara (NBH) 36:05; 19 P McCafferty (Derry) 36:08; 20 C Collins (Omagh) 36:10; 21 A Graham (NBH) 36:15; 22 D Connolly (Derry) 36:17; 23 K Carlin (Derry) 36:23; 24 J Nelis (Derry) 36:24; 25 J Speight (Omagh) 36:29; 26 G Duddy (Derry) 36:38; 27 M McLaughlin (Omagh) 37:00; 28 D Tweed (NBH) 37:10; 29 A Maguire (Derry) 37:13; 30 P Bradley (Coderry 'b') 37:17; 31 C O'Sullivan (IRL) 37:38; 32 J Collins (IRL) 37:44; 33 A Callaghan (IRL) 37:54; 34 B Daly (IRL) 38:00; 35 C Johnston (Derry) 38:01; 36 D Furey (Derry) 38:06; 37 N McCollum (IRL) 38:42; 38 A Mehaffey (NBH) 39:34; 39 J Doherty (Coderry 'b') 39:49; 40 J Botella (Willowfield T Harriers) 39:51; 41 P Bradley (City Of Derry Spartans 'b') 40:11; 42 D Sommerville (Omagh) 40:13; 43 R Snodgrass (Foyle V) 40:15; 44 S Kelly (NBH) 40:55; 45 P Donaghy (Coderry 'b') 41:41; 46 J Pewtner (Coderry 'b') 44:36; 47 M Monaghan (IRL) 46:05
TEAM: 1 Omagh harriers 77; 2 City of Derry 89; 3 North Belfast 154; 4 Letterkenny 164
Vets
1 D Morwood (NBH, M35) 27:15; 2 P McKinney (IRL, M40) 27:24; 3 P Carroll (Anna, M35) 27:30; 4 K Carlin (IRL, M35) 27:49; 5 C Roberts (Derry, M35) 28:00; 6 G Crossan (IRL, M35) 28:18; 7 D Bonner (IRL, M45) 28:20; 8 B Thursby Phelin (IRL, M35) 28:48; 9 N Douglas (Ballym R, M35) 28:49; 10 P Blaney (NBH, M35) 28:52; 11 N Carty (NBH, M40) 28:54; 12 M Shields (NBH, M50) 29:18; 13 M Wray (B&A, M40) 29:19; 14 M Fitzpatrick (NBH, M35) 29:31; 15 P Hegarty (IRL, M45) 29:52; 16 D McCarthy (Derry, M45) 29:55; 17 N Faulkner (IRL, M40) 30:01; 18 T Farrell (IRL, M35) 30:11; 19 C Davidson (EAH, M40) 30:15; 20 G Keewan (A'ville, M40) 30:18; 21 M O'Halloran (IRL, M35) 30:23; 22 B Dumegan (NBH, M40) 30:25; 23 I Barrett (B&A, M35) 30:28; 24 E Burns (NBH, M40) 30:39; 25 S McAnnaney (Derry, M50) 30:45; 26 K Ferry (IRL, M35) 30:51; 27 C Loughory (Spring, M35) 30:59; 28 J Davis (Lag V, M45) 31:01; 29 M Levelly (Anna, M40) 31:04; 30 R Curran (Ballym R, M50) 31:09
M55: 1 D Clarke (NBH) 33:59; 2 M McCausalnd (Derry) 35:49. **M60:** 1 J Patterson (Mourne) 32:35; 2 J Hayes (B'drain) 35:03; 3 J Quinn (E Down) 36:58.
M70: 1 M Spottiswood (NOMADS) 45:49; 2 R Grimason (EAH) 47:35
TEAM: 1 Leterkenny 33; 2 North Belfast 34; 3 Finn Valley 44; 4 City of Derry 78; 5 North Belfast B 181; 6 Springwell 199; 7 Dromore 234; 8 East Down 248; 9 Tir Chonaill 258; 10 Foyle valley 334
Women inc vets
1 A Morrison (Derry) 15:48; 2 L McClean (NBH, W35) 15:51; 3 A Paul (Derry, W45) 16:20; 4 B McGinty (IRL, W20) 16:24; 5 F Maxwell (Mourne, W45) 16:30; 6 E McShane (Abbey, W20) 16:51; 7 R Harkens (Lag V, W35) 16:58; 8 M Kelly (IRL, W35) 17:27; 9 O McCullagh (Derry) 17:28; 10 G Burns (Drom, W35) 17:30; 11 C Prenter (Abbey) 17:34; 12 S Guthrie (IRL, W20) 17:39; 13 C Dunne (IRL) 17:46; 14 A Rankin (Spring, W35) 17:47; 15 F McFadden (Spring, W35) 17:48; 16 M Rooney (IRL, W45) 17:53; 17 H Stockdale (Omagh, W40) 17:55; 18 C Henry (Spring) 17:55; 19 G Wasson (Spring, W40) 17:56; 20 L McNeill (Abbey) 17:56; 21 J McMonagle (Derry, W35) 18:00; 22 K Lewis (Willow, W20) 18:10; 23 N McCaughey (Abbey) 18:16; 24 P Gallagher (IRL, W35) 18:25; 25 H McCausland (Omagh, W35) 18:42; 26 E Patton (IRL, W20) 18:44; 27 G Neary (Derry, W20) 18:49; 28 M Speight (Omagh, W45) 18:59; 29 T Doherty (IRL) 19:01; 30 B Ryan (Foyle V, W45) 19:04; 31 A McCain (Omagh, W45) 19:13; 32 K Ferguson (IRL, W20) 19:18; 33 B Byrne (Derry, W40) 19:23; 34 S McGowan (IRL, W40) 19:26; 35 P Campbell (Omagh, W40) 19:30; 36 H Hunter (Lag V) 19:33; 37 L Feeney (Foyle V) 19:34; 38 B Moohan (IRL) 19:39; 39 C Lawn (Omagh, W20) 19:45; 40 P McGlade (Spring) 19:46; 41 M MacKin (Drom, W50) 19:49
INTERMEDIATE WOMEN TEAM: 1 Finn Valley 43; 2 City of Derry 47; 3 Abbey 48; 4 Springwell 51; 5 Omagh 85; 6 Foyle Valley 130
JUNIOR WOMEN TEAM: 1 Finn Valley 16
FEMALE VETS TEAM: 1 Omagh 53; 2 Tir Chonaill 60; 3 Springwell 60; 4 City of Derry 61; 5 Foyle Valley 103

SCOTTISH EAST DISTRICT LEAGUE

Deans, Livingston

FORMER champion Robert Russell led home a Central AC 1-2-3 to ensure their club not only won the senior men's section of the League, 339 ahead of Edinburgh AC, but also took the overall male trophy for the first time.

Men (8.7km)
1 R Russell (Centr) 28:11; 2 A Hay (Centr) 28:25; 3 S McDonald (Centr, U20) 29:12; 4 M Strain (HBT) 29:16; 5 A Anthony (Centr) 29:18; 6 B Phillips (Lass) 29:20; 7 M Carroll (Perth RR) 29:38; 8 R Ward (HBT) 29:43; 9 G Bee (Fife) 29:54; 10 R Houston (Centr) 29:59; 11 G Stewart (Edin) 30:01; 12 K Hood (Cors) 30:20; 13 A Drahodfil (Edin U) 30:21; 14 A Hart (HBT) 30:23; 15 B Cole (Edin U) 30:24; 16 D Cavers (Tev, M40) 30:33; 17 R Milne (Loth) 30:35; 18 D Coombs (Edin U) 30:37; 19 N Gunstone (Dund H) 30:37; 20 T Lawrenbce (C'gie) 30:53; 21 L Miller (Centr) 30:55; 22 B Hagos (A'deen, U20) 30:58; 23 D Knight (Perth RR) 31:02; 24 G Beal (Edin) 31:07; 25 S Campbell (Arb, M40) 31:11; 26 M Breen (Cors) 31:14; 27 A Donaldson (Pit) 31:15; 28 R O'Hare (Edin, U20) 31:18; 29 E Jardine (Gala) 31:24; 30 N Young (Fife) 31:33
M40: 3 M McQuaid (Falk) 31:51
TEAM (6 to score): 1 Central 42; 2 Edinburgh 181; 3 Hunter's Bog Trotters 194; 4 Edinburgh University 200; 5 Corstorphine 251; 6 Fife 275; 7 Carnegie H 394; 8 Centr B 411; 9 Teviotdale H 444; 10 Perth RR 516; 11 Lothian RC 522; 12 Gala H 533; 13 Lasswade 583; 14 Harmeny 682; 15 Ferranti 749
VETS TEAM (3 to score): 1 Fife 161; 2 C'gie 197; 3 Centr 208; 4 Edin 222
U17 (6.2km)
1 S Reilly (Centr) 21:17; 2 F Scott (Cors) 21:37; 3 A Hendry (Centr) 21:45; 4 C Strachan (A'deen) 22:24; 5 R Fulton (A'deen) 22:32; 6 J Joy (A'deen) 22:53
TEAM (4 to score): 1 Centr 46; 2 Aberdeen 55; 3 Edin 127
U15 (4.1km)
1 M Cram (Edin) 14:41; 2 R Mathieson (Lass) 14:41; 3 S Green (Centr) 14:58; 4 T Watson (Centr) 15:15; 5 G McGregor (Falk) 15:31; 6 J Wightman (DSMC) 15:35
TEAM: 1 Centr 19; 2 Falkirk Victoria H 22; 3 Edin 34
U13 (2.6km)
1 C Galloway (Cors) 10:03; 2 C Kerr (Centr) 10:13; 3 J Kerr (Edin) 10:21; 4 S Dempsey (Dund H) 10:26; 5 A Coubrouigh (Centr) 10:29; 6 B Portykus (Pit) 10:32
TEAM: 1 Centr 20; 2 Edin 22; 3 Corst 42
Women (6.2km)
1 G Palmer (Edin) 23:51; 2 M MacLarty (Centr) 24:56; 3 A Docherty (Centr) 25:11; 4 J Clark (Pit) 25:21; 5 C Gordon (HBT) 25:21; 6 M Wright (HBT) 25:27; 7 S Legge (Fife, W35) 25:40; 8 S Coleman (Pit, U20) 25:43; 9 S Hood (Edin) 25:45; 10 H Dean (Centr, W35) 25:45; 11 K Jenkins (Gala) 25:54; 12 D Lauder (Gala) 25:57; 13 K Anderson (Gala) 26:02; 14 F Thompson (Centr) 26:06; 15 J Stevenson (Centr, W55) 26:12
TEAM (3 to score): 1 Centr 15; 2 HBT 33; 3 Gala H 36; 4 Edin 45; 5 Centr B 49; 6 Fife 56
U17/U15 (4.1km)
1 S Inglis (Loth, U17) 16:29; 2 S Kelly (Fife, U15) 16:41; 3 K Pennel (Pit, U15) 17:00; 4 M Inglis (Loth, U17) 17:09; 5 H Rees (Fife, U15) 17:16; 6 F Brqcegirdle (Fife, U17) 17:34; 7 L Stewart (?dund, U15) 17:34; 8 E Owens (Edin, U15) 17:42; 9 S Blair (Edin, U15) 17:59; 10 R Armitage (A'deen, U17) 18:04
TEAM: 1 Fife 13; 2 Loth 17; 3 A'deen 39
U13 (2.6km)
1 K Murdoch (A'deen) 10:46; 2 O O'Hare (Edin) 11:08; 3 C Gray (Edin) 11:18; 4 H Jones (Gala) 11:27; 5 L Morris (Gala) 11:36; 6 R Stewart (Dund H) 11:37
TEAM: 1 Edin 12; 2 Gala 18; 3 Centr 49
Final League standings
Men: 1 Centr 181; 2 Edin 520; 3 HBT 595; 4 Corst 701; 5 Fife 708; 6 C'gie 832; 7 Falk 1038; 8 Edin U 1301
Vets: 1 Fife 419; 2 Edin 446; 3 C'gie 470; 4 Centr 687
U17: 1 Centr 46; 2 A'deen 55; 34 Edin 127
U15: 1 Centr 53; 2 Falk 117; 3 Lass 123
U13: 1 Centr 82; 2 Corst 140; 3 G Heriots 153
Women: 1 Centr 67; 2 Gala 96; 3 Edin 129; 4 Fife 142; 5 HBT 194; 6 Edin U 241
U17/U15: 1 Loth 74; 2 Fife 84; 3 Edin 105
U13: 1 Edin 33; 2 Gala 182; 3 Falk 205
Overall male: Centr
Overall female: Edin

SOUTH EAST LANCASHIRE LEAGUE

Boggart Hole Clough, Salford

Men (10km)
1 C Hardman (Salf) 35:43; 2 J Kovacs (Salf) 37:43; 3 G Priestley (Horw, U20) 38:18; 4 M Moorhouse (Salf) 38:51; 5 I Grime (H&EB) 39:47; 6 D Massey (Horw, M40) 40:10; 7 P Backhouse (E Ches) 40:35; 8 A Connally (E Ches, U20) 40:37; 9 P Williams (Linc W) 40:51; 10 J Howarth (Leigh, M40) 41:14; 11 G Matthews (E Ches, M40) 41:32; 12 D Vaughan (E Ches, M40) 41:37; 13 P Birkett (Salf, M40) 41:53; 14 G Booth (Horw) 42:02; 15 M Flatley (M'ton) 42:13
M50: 1 J Cook (Roch) 43:17; 2 K Thomas (Lost) 43:29; 3 A Harris (Radc) 44:30. **M60:** 1 T Daniels (Salf) 54:34; 2 N McGraw (G'dale) 55:02; 3 D Hitchen (B'den RR) 55:54
TEAM (6 to score): 1 Salford H 76; 2 East Cheshire H & Tameside 77; 3 Horwich RMI H 168; 4 Middleton H 234; 5 Rochdale H 239; 6 Astley & Tyldesley RR 251
VETS TEAM (3 to score): 1 E Ches 17; 2 Roch 39; 3 Horw 39; 4 Lostock 43
M50 TEAM: 1 E Ches 21; 2 Roch 41; 3 Horw 43
U17 (5km)
1 R Gouild (E Ches) 18:09; 2 I McCann (Leigh) 18:32; 3 T Powell (Leigh) 18:58; 4 N Gould (E Ches) 19:29; 5 M Antill (E Ches) 19:48
TEAM: E Ches 10
U15 (3.5km)
1 J Crompton (Horw) 12:31; 2 D Coyle (Most) 12:45; 3 B Coop (Bury) 13:22; 4 D McIlmunn (Most) 14:03
TEAM: 1 Hors 18; 2 Moston H 18
U13 (2.5km)
1 R Powell (Leigh) 8:30; 2 P Jagger (unatt) 9:13; 3 L Thompson (Most) 9:20; 4 R Powell (Leigh) 9:26; 5 D Bebbington (Chor) 9:27; 6 J Hill (E Ches) 9:32; 7 J Walsh (Roch) 9:39; 8 J Guy (O&R) 10:11
TEAM: 1 Leigh H 15; 2 E Ches 23; 3 Chorley 33
Women (7.5km)
1 L Howarth (Leigh, U20) 28:48; 2 B Jenkins (Salf, W35) 29:26; 3 D Allen (Leigh, U20) 30:09; 4 D Cartwright (Radc) 30:34; 5 S Hudak (E Ches, U20) 30:43; 6 D Allen (Leigh, U20) 30:58; 7 S Budgett (Horw, W40) 31:28; 8 C Scholes (Lost) 31:48; 9 C Burn (Horw) 32:00; 10 H Teague (E Ches) 32:17; 11 R Dunnington (E Ches, W50) 32:19; 12 L Fisher (B'den RR, W45) 32:31
W45: 2 A Blomfield (Roch) 33:13; 3 A Ferguson (B'den RR) 33:49. **W50:** 2 J Needham (Roch) 35:58
TEAM (3 to score): 1 Leigh 10; 2 E Ches 26; 3 Burnden RR 44; 4 Radcliffe 48; 5 Roch 65
U17 (5km)
1 L Dheehy (Salf M) 20:32; 2 A Stevenson (Horw) 21:16; 3 H Warburton (Leigh) 21:57
TEAM: Leigh 18
U15 (3.5km)
1 K Reynold (E Ches) 14:13; 2 V Newell (E Ches) 14:29; 3 L Riches (Leigh) 14:51; 4 E Lee (Leigh) 14:52; 5 A Howarth (Leigh) 15:08; 6 J Augsberger (O&R) 15:20; 7 S Hicks (Most) 15:41; 8 N Davies (E Ches) 15:42
TEAM: 1 E Ches 11; 2 Leigh 12; 3 Salford Metropolitan 34
U13 (2.5km)
1 B Jones (Leigh) 9:16; 2 S Johnson (Leigh) 9:17; 3 A Kersley (Leigh) 9:58; 4 G Leck (Leigh) 10:01; 5 E Peters (O&R) 10:08; 6 A Hicks (Most) 10:09; 7 H Booth (E Ches) 10:21; 8 D Leith (E Ches) 10:22
TEAM: 1 Leigh 6; 2 E Ches 25; 3 Most 30

SOUTH LONDON HARRIERS V THH MOB MATCH

Coulsden

Overall
1 S Wurr (THH) 47:15; 2 D Symons (THH) 47:30; 3 T Kingsnorth (THH) 48:34; 4 P Bal (S Lon) 49:29; 5 C Phelan (S Lon, M45) 49:48; 6 N Altmann (THH) 49:56; 7 D Baker (S Lon, M40) 50:27; 8 D Ogden (S Lon, M45) 50:52; 9 A Collins (S Lon, M40) 50:56; 10 D Gillett (S Lon) 51:59; 11 P Scarles (S Lon, M40) 52:17; 12 L Mathews (THH, M40) 53:28
M50: 1 J Zaple (Herne H) 57:18; 2 C Edgington (S Lon) 57:59. **M55:** 1 F Upcott (S Lon) 58:35. **M60:** 1 C Beauvais (S Lon) 58:28. **M65:** 1 D Newland (S Lon) 62:38
Women
1 L Stavreski (THH) 55:41; 2 P Major (S Lon, W40) 56:28
W45: 1 A Carpenter (THH) 60:05
TEAM (M&W combined, 11 to score): 1 South London H 115; 2 Thames Hare & Hounds 171
TEAM (6 to score): 1 THH 38; 2 S London 43; 3 Herne Hill H 236

SPEYSIDE LEISURE NORTH DISTRICT LEAGUE

Keith

Men (10km)
1 A Reid (P'head, M40) 35:02; 2 T Christie (P'head) 35:10; 3 J Goodall (Keith, M40) 35:11; 4 K Cowie (Moray) 35:20; 5 P Rogan (Forres) 36:24; 6 G Sim (Moray, M55) 36:28; 7 A MacRae (I'ness) 36:30; 8 S Gill (Keith) 36:38; 9 N Brown (Keith, M40) 36:49; 10 G Jenkins (Moray) 36:57; 11 F Barton (Keith, M50) 37:26
M50: 2 E Paterson (Moray) 38:08
TEAM (4 to score): 1 Keith & District 373; 2 Moray RR 371; 3 Forres H 352
U17 (6.4km)
1 G Taylor (Caith) 23:00; 2 R Cammack (Moray) 24:02; 3 C Fyfe (I'ness) 25:35; 4 M Munro (I'ness) 27:19
TEAM (2 to score): 1 Caithness 196; 2 Inverness H 195; 3 Moray 194
U15 (4.5km)
1 D Shand (Moray) 15:54; 2 J Gillespie (Forres) 16:12; 3 D Gardiner (Caith) 16:22; 4 D Paterson (Caith) 16:26; 5 S Bowie (Moray) 16:58; 6 M Goodfellow (Moray) 17:06
TEAM (3 to score): 1 Moray 291; 2 Caith 286
U13 (3km)
1 C Campbell (I'ness) 12:27; 2 P Urq (I'ness) 12:45; 3 P Kelly (I'ness) 13:08; 4 K Cowie (BCHS) 13:17; 5 L Lyall (Forres) 13:33; 6 R Murdoch (Caith) 13:51
TEAM (3 to score): 1 I'ness 297; 2 Moray 276; 3 Caith 273
Women (6.4km)
1 D Scott (L'aber, W35) 25:57; 2 M Todd (High Hr) 26:50; 3 K McLeod (I'ness, W35) 28:06; 4 M Graham (Moray) 28:50; 5 E Laird (Moray, W35) 29:09; 6 S Johnston

RESULTS

(Keith, W35) 29:19; 7 J Mair (I'ness, W35) 29:43; 8 J Nicol (I'ness, W35) 30:41
W45: 1 B Childs (Forres) 31:18
TEAM (4 to score): 1 I'ness 284; 2 Moray 282; 3 Keith 269
U17/U15 (4.5km)
1 L Sharp (Moray, U17) 14:43; 2 E Black (I'ness, U15) 15:26; 3 K Rogan (Forres, U15) 16:25; 4 P Gass (I'ness, U15) 16:34; 5 T MacLean (I'ness, U15) 16:44; 6 Z Beattie (I'ness, U17) 17:41
TEAM (3 to score): 1 I'ness 295; 2 Caith 191
U13 (3km)
1 E Dunnett (Caith) 13:01; 2 O Dunnett (Caith) 13:24; 3 B Wilson (Moray) 13:44; 4 E MacKay (Caith) 14:05; 5 J Currie (Caith) 14:27; 6 S Fraser (Forres) 14:28
TEAM (3 to score): 1 Caith 296; 2 Moray 275

VETERANS AA-NORTH EAST CHAMPIONSHIPS
Acklam School, Middlesbrough

BRIAN RUSHWORTH gained his sixth successive overall victory. Now in the M45 age-group, Rushworth had won the M40 title five times.

Rushworth waited until the last of the four muddy laps, before dropping his nearest challenger, Ian Crampton.

Walter Ryder who won the International in Ireland in November, travelled down from his Scottish home to take the M70 title.

Donna James in the W40 category, won the women's race leading home last year's winner, Heather Robinson who retained the W45 title.

Men M35-69 (10.5km)
1 B Rushworth (Sun, M45) 35:36; 2 I Crampton (Dur, M45) 35:54; 3 M Thompson (Gate, M35) 36:05; 4 M Gamble-Thompson (New M, M45) 36:31; 5 K Harker (R&Z, M35) 37:03; 6 J Blackett (N Yks M, M40) 38:14; 7 K MacKey (S Sh, M50) 38:32; 8 S Marshall (Dur, M50) 38:43; 9 T Tait (Dur, M45) 39:00; 10 A Dent (Blay, M50) 39:10; 11 K Galbraith (Hart, M45) 39:13; 12 A Jenkins (Morp, M55) 39:55; 13 G Armstrong (Sun, M40) 40:12; 14 E Hayley (Ssh, M40) 40:42; 15 K Elliott (Sun, M50) 41:00; 16 H Matthews (Els, M60) 41:12
M50: 5 E Wilson (Ssh) 42:37. **M55:** 2 A Rowell (Dur) 43:25. **M65:** 1 F Strand (Ssh) 48:11
M70+ (5.2km)
1 W Ryder (Morp, M70) 21:52; 2 I Barnes (Darl, M70) 23:43; 3 J Prudham (J&H, M70) 23:50
M75: 1 E Appleby (Heat) 26:51
Women (5.2km)
1 D James (Elv, W40) 19:59; 2 H Robinson (CleS, W45) 20:29; 3 H Lambert (NSP, W50) 20:45; 4 F Shenton (Elv, W45) 21:12; 5 D Hales (Dur, W35) 22:16; 6 S Phillips (Darl, W45) 22:21; 7 J Tinkler (CleS, W45) 22:25; 8 H Conally (Swale, W45) 22:45; 9 A Ansell (M&C, W35) 22:58; 10 L Marr (Tyne, W45) 22:59; 11 S White (Tyne, W45) 23:38; 13 J Young (Elv, W55) 25:55; 14 W Rowell (Elv, W55) 25:56; 15 K Stewart (NSP, W65) 28:21
TEAM: 1 Elvet Striders 19

VETS AC CHAMPIONSHIPS
Wimbledon

VIC MAUGHN notched up his third Veterans AC cross-country championship in succession after being chased throughout the three laps at Caesar's Well by top M50 Ray Marriott, *Martin Duff reports.*

The 45-year-old had expected to do battle with Herne Hill clubmate Mike Boyle, but the return of a sickness bug during warm up put paid to that challenge. Thereafter Maughn was always slightly ahead before finally pulling clear of the questing Marriott on the third lap.

Women's winner Clare Pauzers had a similarly close battle before taking the women's race from Alison Brownhill. "She was with me on the first lap but dropped a bit on each hill then I went away on the last lap," said the delighted winner who was pleased to be healthy and running well again after a summer of missed races.
Overall
1 V Maughn (Herne H, M45) 32:24; 2 R Marriott (S Lon, Gst, M50) 32:32; 3 L Reilly (Kent, M45) 34:01; 4 G Morgan (S Lon, M45) 35:34; 5 F Ward (Vets, M50) 35:40; 6 M Mann (Dulw, M55) 36:14; 7 P Kennedy (WSEH, M55) 37:01; 8 P Hamilton (B&B, M60) 37:08; 9 R Vials (Bark RR, M55) 37:55; 10 G Ball (Wimb W, M55) 38:12
M50: 3 A Davidson (S Lon) 40:36. **M55:** 5 G Smith (E&E) 39:40; 6 C Rayner (W4H) 39:53; 7 J Spencer-Wood (Padd W) 40:38. **M60:** 2 M Miller (HW) 40:31; 3 D Maskell (Vets) 40:46; 4 P Clark (Wav'ly) 43:45. **M65:** 1 J Batchelor (Ilf) 38:43; 2 J Garber (Herne H) 45:50; 3 L Morris (E&H) 47:25. **M70:** 1 K Spacie (THH) 43:25; 2 B Shave (Herne H) 50:02
Women
1 C Pauzers (Herne H, W45) 38:35; 2 A Brownhill (W4H, W45) 39:01; 3 Y Hill (Rane, W40) 40:17; 4 J Georgiou (Farn, W55) 41:27; 5 L Pritchard (Dulw, W55) 41:39; 6 M Rayner (W4H, W55) 43:25; 7 M Moody (Vets, W55) 44:15; 8 C Wyngard (Dulw, W45) 44:45; 9 J Taylor (Wimb W, W50) 47:00
W70: 1 P Jones (Ilf) 49:52; 2 E Mansfield (Vets) 51:37

January 16

RAF v FIRE v POLICE v OXF UNI
RAF Halton

Men
1 D Mitchinson (Pol) 36:54; 2 B Whitby (Pol) 37:07; 3 R Franzese (Oxf U) 37:33; 4 P Tucker (Pol) 37:46; 5 D Cole (RAF, M45) 37:48; 6 S Cairns (Pol) 38:14; 7 D Lewis (RAF) 38:41; 8 M Bishop (Oxf U) 38:44; 9 G Baillie (Fire) 38:57; 10 I Bailey (RAF) 39:05; 11 J Mercer (Oxf U) 39:06; 12 J Cooper (Pol) 39:08; 13 K White (RAF) 39:21; 14 A Chetwynd (Oxf U) 39:24; 15 G Ash (Oxf U) 39:28; 16 A Turnbull (RAF) 39:48; 17 M Simms (Oxf U) 40:32; 18 L Athersmith (RAF) 40:43; 19 M Maxwell (RAF) 40:50; 20 P Wyatt (Pol) 40:53; 21 S Render (Oxf U) 41:04; 22 O Ellis (RAF) 41:38; 23 J Darling (Oxf U) 42:21; 24 M O'Neill (Fire) 42:35; 25 K Ivory (RAF) 42:45; 26 R Welch (Pol) 43:10; 27 R Gibby (Fire) 43:12; 28 M Roger (Fire) 43:16; 29 G Crone (Fire) 43:46; 30 N Bostock (RAF) 44:12; 31 A Smallwood (Fire) 45:01; 32 S Kingshott (RAF) 45:17; 33 N Scroxton (Oxf U) 45:45; 34 S McLachlan (RAF) 50:32
TEAM: 1 Police 45; 2 RAF 68; 3 Oxford University 69; 4 Fire Service 148
Veteran men
1 I Weatherall (Pol) 39:50; 2 P Stainer (Fire) 40:25; 3 D Riley (Pol) 40:37; 4 I Campbell (Pol) 41:06; 5 P Murtagh (Pol) 41:52; 6 S Bell (RAF) 42:15; 7 M Lane (Pol) 42:29; 8 C Thompson (RAF) 43:06; 9 M Bond (Pol) 44:03; 10 J Lawlor (RAF) 44:28; 11 C Wintrip (RAF) 44:38; 12 - Ranicar (Fire) 44:41; 13 K Waterman (Fire) 45:11; 14 N Golland (Fire) 45:20; 15 D Vassallo (RAF) 45:35; 16 K Dyer (Fire) 45:53; 17 G Love (Fire) 47:19; 18 S Queen (RAF) 47:32; 19 M Pattinson (RAF) 45:57; 20 C Metcalf (RAF) 48:33; 21 R Gammage (RAF) 48:34; 22 - Waller (RAF) 48:45; 23 J Gaff (RAF) 50:15
TEAM: 1 Police 13; 2 RAF 35; 3 Fire Service 41
Women
1 R Watchorn-Rice (Fire) 25:16; 2 R Deegan (Oxf U) 25:22; 3 J Brown (Pol) 25:26; 4 D Lander (Pol) 25:28; 5 S Simmons (Pol) 25:37; 6 J Digby (RAF) 26:02; 7 J Fletcher (Pol) 26:03; 8 K Swanson (Pol) 26:13; 9 J Turnbull (Pol) 26:33; 10 S McHugh (Pol) 27:08; 11 L Wellings (RAF) 28:00; 12 L Cameron (Pol) 28:07; 13 A Stratford (RAF) 29:27; 14 J Roe (RAF) 29:53; 15 A Meechan (RAF) 30:06; 16 P Holden (Fire) 31:59; 17 A Penrose (RAF) 34:47
TEAM: 1 Police 19; 2 RAF 44

RAF v MIDDLESEX v CIVIL SERVICE (SIR SEFTON BRANCKNER & SEAX TROPHY)
RAF Halton

Men
1 M Hilton (CS) 37:38; 2 D Cole (RAF) 37:48; 3 D Merckel (CS, M45) 38:26; 4 P Parry (CS) 38:29; 5 D Lewis (RAF) 38:41; 6 P Norris (Middlesex) 39:00; 7 I Bailey (RAF) 39:05; 8 K White (RAF) 39:21; 9 S Snow (CS) 39:38; 10 A Turnbull (RAF) 39:48; 11 L Athershmith (RAF) 40:43; 12 M Maxwell (RAF) 40:50; 13 O Ellis (RAF) 41:38; 14 P Lemmon (Middlesex) 42:05; 15 K Ivory (RAF) 42:45; 16 A Longthorpe (CS) 43:24; 17 L Benjamin (Middlesex) 43:59; 18 N Bostock (RAF) 44:12; 19 S Kingshott (RAF) 45:17; 20 M Hall (Middlesex) 46:09; 21 M Ingram (Middlesex) 46:47; 22 M Wilson (Middlesex) 50:06; 23 S McLachlan (RAF) 50:32
TEAM: 1 RAF 43; 2 Middlesex 100
Veteran men
1 A Tindall (CS) 38:32; 2 M Eadie (CS) 40:08; 3 P Stainer (Middlesex) 40:25; 4 S Marklew (CS) 40:58; 5 C Finill (Middlesex) 41:02; 6 J Gilling (CS) 41:29; 7 K Donkin (CS) 41:34; 8 S Bell (RAF) 42:15; 9 J Flahive (Middlesex) 42:18; 10 C Bailey (Middlesex) 42:37; 11 C Thompson (RAF) 43:06; 12 J O'Shea (CS) 43:57; 13 J Lawlor (RAF) 44:28; 14 C Wintrip (RAF) 44:38; 15 D Vassallo (RAF) 45:35; 16 S Queen (RAF) 47:32; 17 M Puttinson (RAF) 47:57; 18 C Metcalf (RAF) 48:33; 19 R Gammage (RAF) 48:34; 20 - Waller (RAF) 48:55; 21 J Gaff (RAF) 50:15
TEAM: 1 Civil Service 13; 2 Middlesex 27; 3 RAF 16
Women
1 J Digby (RAF) 26:02; 2 D Kennedy (CS) 26:07; 3 B Tull (CS) 26:18; 4 E Stavreski (CS) 26:38; 5 S Rudge (CS) 27:05; 6 C Day (CS) 27:10; 7 P Thomas (Middlesex) 27:47; 8 L Wellings (RAF) 28:00; 9 L Cameron (Middlesex) 28:07; 10 P Rutherford (Middlesex) 28:43; 11 A McGuigan (Middlesex) 29:12; 12 A Stratford (RAF) 29:27; 13 J Roe (RAF) 29:53; 14 A Meechan (RAF) 30:06; 15 M Noel (CS) 31:19; 16 A Penrose (RAF) 34:47
TEAM: 1 Civil Service 14; 2 RAF 34; 3 Middlesex 37

January 15

NORTHUMBERLAND SCHOOLS' CHAMPIONSHIPS
Kirkley Hall, Ponteland

THE damp and extremely muddy conditions, did not deter the competitors who took part.

Current English Schools' 1500m champion, Laura Weightman (Duchess HS) won the senior girls' race, her fourth consecutive title in this event.

Senior boys (5.5km)
1 J Gibson (Newc) 19:59; 2 T Perrins (Newc) 20:29; 3 J Scott (N North'd) 20:33; 4 J Hewitt (Newc) 20:52; 5 R Balmbra (N North'd) 21:34; 6 D Watt (N Tyne) 21:44; 7 N Flannery (Newc) 21:57; 8 D Graham (N Tyne) 21:58; 9 A Inglis (Tyne) 21:59; 10 T Forrester (N Tyne) 22:34
Inter (5.5km)
1 B Pearson (Newc) 20:33; 2 L Baister (E North'd) 20:48; 3 T Walker (Newc) 20:59; 4 G Irwin (Tyne) 22:05; 5 S Causebrook (Tyne) 22:29; 6 J Falconer (E North'd) 22:30; 7 A Barker (E North'd) 22:42; 8 W Buswell (Newc) 22:53; 9 J Anderson (Newc) 23:12; 10 D Gibbon (E North'd) 23:22
Junior (4.2km)
1 A Harrington (E North'd) 16:26; 2 J Brown (Tyne) 16:32; 3 J Boyd (N Tyne) 16:39; 4 S Greenwood (Tyne) 16:50; 5 E Hetherington (E North'd) 17:05; 6 T Allen (N North'd) 17:11; 7 J Hepple (E North'd) 17:11; 8 C Johnson (Newc) 17:18; 9 N Johnstone (Newc) 17:26; 10 N Newton (Tyne) 17:29
Minor (3km)
1 A Wallett (N Tyne) 12:09; 2 R Ramsay (N North'd) 12:10; 3 K Newton (Tyne) 12:16; 4 Z Dawson (Newc) 12:34; 5 L Brooks (N North'd) 12:37; 6 S Brown (Newc) 12:41; 7 T Wilkie (Tyne) 12:46; 8 O Redman (Tyne) 12:47
Senior girls (4.2km)
1 L Weightman (N North'd) 17:38; 2 C Baudouin (Newc) 18:16; 3 N Young (E North'd) 18:30; 4 S Cervenham (Newc) 20:13; 5 H Blair (Newc) 20:17; 6 G Taylor (Newc) 20:17; 7 L Dixon (E North'd) 20:29; 8 A Johnson (N Tyne) 20:58; 9 S Hill (Newc) 22:00; 10 A Lauckner (Newc) 22:20
Inter (4.2km)
1 R Lundgren (Newc) 18:12; 2 H Waddell (Newc) 18:47; 3 R Ferguson (N Tyne) 18:51; 4 D Oakley (E North'd) 18:57; 5 C Pitt (E North'd) 19:10; 6 Z Armstrong (E North'd) 19:17; 7 R King (Newc) 19:23; 8 A Poremba (N North'd) 19:30; 9 S Loraine (Newc) 19:47; 10 R Munro (Newc) 19:59
Junior (3km)
1 R Denton (Newc) 11:46; 2 H Rank (E North'd) 12:25; 3 S Bruce (Newc) 12:34; 4 F Kankowski (E North'd) 12:34; 5 H Jones (N North'd) 12:57; 6 S Robinson (E North'd) 13:08; 7 C Falconer (E North'd) 13:14; 8 H Buswell (Newc) 13:25; 9 A McGregor (Newc) 13:32; 10 K Johnson (E North'd) 13:34
Minor (2.5km)
1 L Pages (Newc) 11:38; 2 S Purvis (E North'd) 12:15; 3 H Warburton (Newc) 12:21; 4 B Gill (Newc) 12:23; 5 K Nissen (Newc) 12:31; 6 A Stewart (N North'd) 12:33; 7 E Shashova (E North'd) 12:37; 8 A Easton (N North'd) 12:44

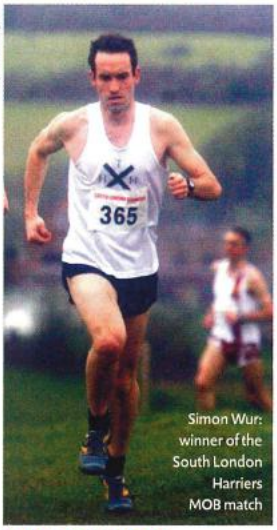
January 13

NORTH-WEST SUNDAY LEAGUE
Runcorn, Cheshire

Men (no times taken)
1 G Houghton (Spec); 2 C Potts (Liv RC); 2 C Pedder (M'burgh N, M50); 4 I Magill (Liv RC); 5 P Quine (Liv RC, M40); 6 D Edwards (Liv RC, M40); 7 I Palin (Liv RC); 8 M Houghton (Spec); 9 M Collins (Liv RC, M40); 10 P Schumann)Roby, M40)
M50: 2 C Martin (Spec). M60: T Burke (Penny L)
TEAM (6 to score): 1 Liverpool RC 33; 2 Spectrum Striders 73; 3 Newburgh Nomads 176; 4 Warrington RR 221; 5 Penny Lane Striders 238
Women
1 C Davies (Spec); 2 L Farhall (Spec); 3 M Martin (Spec, W40); 4 K Forster (Spec, W40); 5 P Thurtle (Penny L); 6 C Slynes (Spec, W35)
W50: C Quirk (Slelm B)
Women (3 to score): 1 Spec 6; 2 Penny L 35; 3 Skelmersdale Boundary H 36; 4 Li RC 40
Standings after 4 races – men: 1 Liv RC 43; 2 Spec 41; 3 N'burgh N 34; 4 Penny L 32; 5 Warr R 29
Women: 1 Spec 44; 2 Penny L 34; 3 Liv RC 33; 4 Skelm B 32

SPORT DIRECT LEAGUE
Crossgates, West Yorkshire

Men
1 T Midgley (Horsf); 2 G Pearce (Ilkley); 3 J Rogers (Abbey R); 4 T Adams (Ilkley); 5 J Mason (W'kirk, M40); 6 P Branney (K'stall); 7 B Goodison (Abbey R, M50); 8 J Hutchinson (Ilkley); 9 C Keedy (St Ther); 19 J Wood-R (Ilkley)
M60: C Gill (St Ther). M70: B Dodd (Ack)
TEAM (8 to score) – premier: 1 Ilkley 129; 2 Abbey Runners 188; 3 Rothwell H 341; 4 Horsforth H 364
Div 1: 1 Woodkirk Striders 321; 2 Valley Striders 375; 3 Kirkstall H 382
VETS TEAM (6 to score): 1 Abbey 225; 2 Horsf 283; 3 R'well 322
Women
1 C Farrow (Vall); 2 K Ball (Ack); 3 S Grant (Abbey R, W35); 4 K Best (Airec, W35); 5 K Bell (Abbey R, W35); 6 L Clark (Vall)
W45: C McCarthy (Ack). **W50:** C Davies (R'well). **W55:** L Morris (Airec). **W65:** M Lenaghan (Kippax)
TEAM– premier (5 to score): 1 Abbey R 34; 2 Horsf 136; 3 Vall 142; 4 R'well 152
Div 1 (4 to score): 1 K'stall 117; 2 Airecentre Pacers 141; 3 St Theresa's 177
VETS TEAM (3 to score): 1 Abbey R 84; 2 R'well 111; 3 Airec 112
Standings after 3 races:
Men – premier: 1 Abbey R 4; 2 Ilkley 6; 3 Horsf 10
Div 1: 1 Vall 5; 2 W'kirk 7; 3 K'stall 10
Vets: 1 Abbey R 3; 2 R'well 9; 3 Vall 12
Women – premier: 1 Abbey R 3; 2 R'well 10; 3 Ack 11
Div 1: 1 K'stall 3; 2 Airec 7; 3 Kippax H 11
Vets: 1 Abbey R 4; 2 Ack 10.5; 3 R'well 11.5


Ray O'Donoghue

Simon Wurr, winner of the South London Harriers MOB match

EAST YORKSHIRE LEAGUE
Thixendale

Men (6.2M)
1 E Rawlings (Pock) 44:10; 2 R Snaith (Bev) 44:13; 3 J Leskiewicz (Bev) 44:16; 4 K Moment (Scar) 44:22; 5 Z Welbourn (CoH) 44:25; 6 R Maw (Scar) 44:32; 7 S Griffin (Goole) 44:36; 8 J McGivern (Bev, M40) 44:51; 9 I Hird (CoH, M45) 44:52; 10 M Kendall-Lansell (Scar, M45) 44:55; 11 A Morrell (Bev) 44:56; 12 P Morley (Scar) 44:59; 13 T Kraft (Scar, M50) 45:07; 14 N Scruton (Scar, M60) 45:10; 15 P Fielding-Smith (Bev) 45:16
M65: 1 M Thompson (Scar) 63:12
Women (6.2M)
1 R Johnson (Scar, W35) 46:59; 2 N Moore (CoH, W35) 48:52; 3 H Wilcock (Pock) 48:59; 4 C Millson (Bev) 51:02; 5 C Bracken (Bev, W40) 51:37; 6 J Battersby (Bev, W40) 52:35
W55: 1 J Allison (Brid) 52:53. **W60:** 1 P Atkins (Bev) 63:22
TEAM (4 to score): 1 Bev 15; 2 CoH 24; 3 Scar 27
Standings after 4 races: 1 CoH 94; 2 Bev 101; 3 Driffield Striders 121

KENDAL WINTER LEAGUE FIRBANK RACE
Kendal, Cumbria

Overall (3.5M)
1 M Addison (Helm) 22:13; 2 T Addison (Helm) 22:33; 3 M Robinson (Dark Pk) 24:04; 4 D Gorst (Howg, M40) 24:21; 5 P Knowles (Amble) 24:43; 6 J Dryden (Sett, M40) 24:45; 7 J Livesey (Howg) 24:54; 8 S Addison (Helm, M40) 25:00; 9 S Watson (Wharf) 25:04; 10 J Holt (Clay, M50) 25:06
M60: 1 D Fell (C'land F) 29:47
Women
1 H Robinson (unatt) 26:42; 2 N Davies (B'dale F) 29:28; 3 P Symonds (Kend) 31:13
U17 (2M)
Overall
1 A Kay (Ross, U17) 11:36; 2 A Till (Dallam, U17) 11:47; 3 S Thwaites (Helm, U17) 11:52
Women
1 M Hyder (Helm) 13:22; 2 J Addison (Helm) 15:23
U14 (1.3M)
Overall
1 R Addison (Helm, U14M) 8:25; 2 J Knox (Helm, U14M) 8:37; 3 D Sutton (Dallam, U14M) 9:40
Women
1 R Goodfellow (Dallam) 10:05; 2 B Dutson (unatt) 10:24; 3 L Munro-Bennett (Helm) 10:33
U12 (1.3M)
Overall
1 J Hall (Bing, U12M) 6:13; 2 B Johnston (Wharf, U12M) 6:19; 3 T Taylor (Kend, U12M) 6:26
Women
1 M Stuart (Helm) 7:00; 2 L Nunwick (Helm) 7:21; 3 C Milligan (Helm) 7:43

LOCHABER WINTER LEAGUE RIVER BANK 5
Fort William, Highland

Overall

1 R Watt (L'aber) 28:40; 2 D Paterson (L'aber) 29:16; 3 C Donnelly (L'aber, M45) 30:39; 4 M Gorman (W'lands Cc, M40) 30:40; 5 J Smith (L'aber) 31:01; 6 N Arnott (L'aber) 31:03; 7 J Hepburn (L'aber, M40) 31:10; 8 P Ward (L'aber) 31:35; 9 J Gay (L'aber) 31:50; 10 G Muir (L'aber) 31:54

M50: 1 G Brooks (L'aber) 34:53; 2 D Duncan (Ochil) 35:01; 3 C McAndrew (L'aber) 35:58. **M60:** 1 E Orr (L'aber) 39:37; 2 D Tomlinson (L'aber) 42:40; 3 D Ford (L'aber) 44:30

Women

1 N Meekin (L'aber) 35:14; 2 A Blackhall (L'aber) 35:19; 3 S MacKenzie (L'aber, U20) 37:45; 4 N Forster (L'aber, W40) 39:41; 5 E Pearce (L'aber, W40) 39:53; 6 S Byrne (L'aber) 41:01

W40: 3 L MacLennan (L'aber) 43:50. **W50:** 1 A Kitson (L'aber) 45:05

MANCHESTER AREA LEAGUE

Stockport

Men (9km approx)

1 A Nixon (Stock H, U20) 30:46; 2 S North (Sale) 31:02; 3 A O'Gorman (Traff) 31:11; 4 B Hussain (Stock H, M40) 31:41; 5 J Bailey (Sale) 31:48; 6 I Salisbury (Traff) 32:00; 7 J Loxam (Stock H) 32:11; 8 C Leigh (Traff) 32:35; 9 A Lamont (Macc) 32:39; 10 D Brocklehurst (Traff, U20) 32:58; 11 L Dunn (Manc Y) 33:06; 12 M Fowler (Wilm, M40) 33:21; 13 M Crosby (Alt) 33:27; 14 R Downes (Wilm, M40) 34:13; 15 S Parrott (Wilm, M40) 34:15

M45: 1 G Matthews (E Ches) 34:40; 2 R Kirk (W Ches) 36:27; 3 S Robinson (E Ches) 36:53. **M50:** 1 T McGaff (Wilm) 35:42; 2 C Price (Swint) 38:13. **M55:** 1 L Best (Stock H) 35:23; 2 F Day (E Ches) 37:44; 3 J Reilly (M'ton) 40:20. **M60:** 1 B Blyth (Macc) 38:12; 2 F Reilly (Stock H) 38:54; 3 A Bradshaw (Manc H) 43:46. **M65:** 1 T Dutton (Manc Y) 45:34; 2 E Normansell (Stock H) 46:39; 3 S Sacks (Salf) 47:16. **U20:** 3 T Grundy (Macc) 34:37

TEAM (6 to score): 1 Trafford 83; 2 Stockport H 102; 3 Wilmslow RC 141; 4 Sale H Manchester 160; 5 Macclesfield H 170; 6 Altrincham & District 254

VETS TEAM (4 to score): 1 Wilm 70; 2 Stock H 100; 3 East Cheshire H & Tameside 179

U20 TEAM (3 to score): Traff 15

U17 (6km)

1 M Cooke (Stock H) 21:04; 2 A Webster (Sale) 21:30; 3 N Brooke (Sale) 22:07; 4 R Worland (Sale) 22:19; 5 E Wiliams (Macc) 22:23; 6 A Beaney (W Ches) 22:40; 7 J Healy (SHS) 22:49; 8 L Humphreys (W Ches) 23:10; 9 J Wignall (Sale) 23:24; 10 D Horniman (Traff) 23:28

TEAM (3 to xcore): 1 Sale 9; 2 St Helens Hutton 50

U15 (4.8km)

1 J Morris (Stock H) 18:30; 2 L Hilton (Macc) 18:35; 3 H Long (Stock H) 19:13; 4 J Ellis (W Ches) 19:19; 5 C Rowllinson (Sale) 19:30; 6 J Ashcroft (SHS) 19:35; 7 D Meadows (W Ches) 19:36; 8 J White (SHS) 19:38; 9 D Hughes (SHS) 19:44; 10 C Greenwood (Sale) 19:52

TEAM: 1 SHS 23; 2 Sale 26; 3 Warrington 52

U13 (3km)

1 R Powell (Leigh, Gst) 11:16; 2 R Hindley (Stock H) 11:37; 3 L Gregory (E Ches) 11:42; 4 C Middleton (E Ches) 11:55; 5 A Sixsmith (Traff) 11:59; 6 M Murphy (E Ches) 12:15; 7 S Darbyshire (Warr) 12:17; 8 C Smith (Warr) 12:21; 9 T Earley (Col B, Gst) 12:50; 10 R Powell (Leigh, Gst) 12:59

TEAM: 1 E Ches 10; 2 Warr 22; 3 Stock H 32

Women (6km)

1 H Timmins (Warr) 23:32; 2 A Farmer (Macc) 24:22; 3 S Harris (Macc) 24:27; 4 S Murray (Macc) 25:32; 5 E Jones (Belle V) 25:46; 6 C Stevenson (Wilm) 26:09; 7 G Connolly (SHS) 26:26; 8 A Hartopp (Macc, W40) 26:34; 9 V O'Donnell (Traff) 26:47; 10 A Drasdo (Traff, W40) 26:56

W40: 3 C Shelley (Manc Y) 27:13. **W45:** 1 K Sutton (Wilm) 27:42; 2 A Vesey (Alt) 27:47. **W50:** 1 J Howe (Traff) 27:15; 2 S Crehan (Sale) 28:35. **W55:** 1 A Dinsmor (Stock H) 32:21. **W60:** 1 J Skitt (Manc Y) 43:58

TEAM (4 to score): 1 Macc 17; 2 Wilm 58; 3 Traff 66; 4 SHS 96; 5 Sale 121; 6 Manchester Triathlon 128

VETS TEAM: 1 Macc 66; 2 Traff 105; 3 Wilm 130

U17 (4.8km)

1 L Sullivan (Warr) 18:43; 2 L Sheehy (Salf M) 21:06; 3 N McArthur (Manc Tc) 21:22; 4 L Kay (Stock H) 21:36

U15 (3km)

1 H Doherty (Sale) 12:31; 2 L Bunce (Macc) 13:00; 3 L Smith (Alt) 13:01; 4 A Hughes (Stock H) 13:02; 5 R Jefferson (Warr) 13:10; 6 J Shaw (SHS) 13:10; 7 B Chasty (Macc) 13:29; 8 J Guinnane (Sale) 13:49; 9 L Sigsworth (Alt) 14:02; 10 V Hamilton (Warr) 14:04

TEAM: 1 Alt 25; 2 Warr 26; 3 Macc 8

U13 (3km)

1 D Wallis (Macc) 10:20; 2 C Jarvis (SHS) 10:43; 3 T McCormick (W Ches) 10:45; 4 A Fitton (Sale) 10:48; 5 O Wild (Stock H) 11:01; 6 I Nutter (Stock H) 11:17; 7 V Calderbank (Sale) 11:25; 8 K Buckley (Bury, Gst) 11:36

TEAM: 1 Sale 19; 2 Stock H 22; 3 SHS 41

Standings after 4 matches:

Men: 1 Traf 78; 2 Wilm 72; 3 Alt 68

Vets: 1 Wilm 80; 2 Traff 66; 3 Stock H 65

U17: Sale 40

U15: 1 SHS 40; 2 Sale 33

U13: 1 Warr 38; 2 Macc 35

Women: 1 Macc 80; 2 Wilm 72; 3 SHS 71

Vets: 1 Macc 79; 2eq Stock H/Wilm 71

U15: 1 Warr 35; 2eq Alt/Sale 34

U13: 1 Stock H 39; 2 Sale 37; 3 SHS 32

NORTH YORKSHIRE AND SOUTH DURHAM HARRIER LEAGUE

Caedmon School, Whitby

Men (9km approx)

1 L Gamble-Thompson (New M, U20) 31:43; 2 P Lowe (N Yks M) 31:45; 3 J Hunter (Loft, M40) 32:11; 4 R Bellamy (N Yks M) 33:15; 5 D Middlemass (Loft) 33:18; 6 L Rodgers (Loft, U20) 33:20; 7 J Fahey (New M) 33:49; 7 C Jefferies (Bill MH) 35:38````; 8 K Harker (R&Z) 34:07; 9 A Mitchell (M'bro, U20) 34:34; 10 G Grounds (unatt) 34:46; 11 A Minister (Hart) 34:56; 12 J Orange (R&Z, M40) 34:59; 13 S Purkiss (R&Z, M40) 35:13; 14 A Pearson (Loft) 35:16; 15 T Danby (New M) 35:23; 16 P Burn (Bev, U20) 35:31; 18 T Livingston (New M, M50) 35:43; 19 K Galbraith (Hart, M40) 35:46; 20 T Zaranko (R&Z, M40) 35:57; 21 P Wildmore (Loft, M40) 36:04; 22 J Strathers (Bev, U20) 36:20

M50: 2 G Bellamy (Darl) 38:46; 3 K Edwards (Hart) 39:12. **M60:** 1 J Robinson (R&Z) 42:15; 2 D Bellamy (Redc) 43:16; 3 G Gardner (Hart) 44:39

TEAM (6 to score): 1 Loftus & Whitby 75; 2 New Marske H 96; 3 Richmond & Zetland H 156; 4 Hartlepool Burn Road 165; 5 North York Moors 216

U17 (6.5km approx)

1 D Schofield (Scar) 21:12; 2 M Jones (M'bro) 21:55; 3 A Blowers (New M) 22:15; 4 J Rowe (Bev) 22:51

U15 (3.2km approx)

1 S Wood (R&Z) 10:43; 2 M Shaw (New M) 10:49; 3 T Allen (R&Z) 11:02; 4 J Schofield (Scar) 11:06; 5 J Forrest (New M) 11:10; 6 G Robinson (R&Z) 11:13; 7 R Pearse (New M) 11:52; 8 B McGrath (M'bro) 12:04; 9 N Woolley (M'bro) 12:08; 10 H Madgewick-Lawton (Tees) 12:09

TEAM (4 to score): 1 R&Z 29; 2 N Marske 33; 3 Middlesbrough & CLeveland 55

U13 (2.4km approx)

1 F Roberts (R&Z) 8:29; 2 J King (R&Z) 9:18; 3 M Rhodes (M'bro) 9:26; 4 D Overin (R&Z) 9:38; 5 B Scarborough (Scar) 9:41; 6 C Pascoe (New M) 9:41

TEAM: 1 R&Z 14; 2 Thirsk & Sowerby H 69; 3 Scarborough 70

Women (6.5km approx)

1 C Summersgill (M&C) 21:48; 2 M Stansmore (M&C, W35) 22:13; 3 T Clark (R&Z) 22:32; 4 L Roche (M&C, U20) 22:49; 5 A Owen (Loft) 24:09; 6 N Kent (Loft, W35) 24:14; 7 A Smith (M&C, U17) 24:47; 8 S Philips (Darl, W45) 24:48; 9 J Parker (York, U17) 24:58; 10 M Ellis (Loft, U17) 25:09; 11 H Cox (T&S, W35) 25:18; 12 A Wheatman (Scar, U17) 25:23

W45: 2 S Millburn (N Ayc) 27:00; 3 P Costello (Redc) 29:05

TEAM (4 to score): 1 M&C 14; 2 Loft 36; 3 R&Z 50; 4 Scar 84

U15 (3.2km approx)

1 M Winzer (R&Z) 12:23; 2 G Rodgers (Loft) 12:38; 3 C Mason (York) 12:50; 4 A Carty (York) 12:57; 5 H Taylor (Bev) 12:59; 6 R Colton (York) 13:04; 7 R Clarke (Darl) 13:29; 8 S Dick (York) 13:37; 9 E Harper (Scar) 13:39; 10 K Paxton (T&S) 13:45

TEAM: 1 City of York 21; 2 Beveley 50; 3 Middlesbrough-Mandale 60

U13 (2.4km approx)

1 D Braithwaite (Loft) 9:48; 2 N Dawson (Bev) 10:26; 3 F McCluskey (M'bro) 10:32; 4 S Botterill (York) 10:38; 5 K Coiulson (New M) 10:38; 6 N Hutchinson (Loft) 10:44; 7 L Jordan (M&C) 10:50; 8 F Dewar (Darl) 10:50; 9 S Parkin (Loft) 10:55; 10 A Fletcher (R&Z) 11:00

TEAM: 1 Loft 26; 2 Bev 40; 3 York 59

WESSEX LEAGUE

Bournemouth

Men (8.8km)

1 D Fry (Newb) 28:25; 2 A McLeod (Newb) 28:45; 3 B Gardner (Newb, M50) 28:52; 4 N Bauguiet (Poole, M40) 28:59; 5 N Young (Mend, U17) 29:23; 6 W Lillis (Newb, M40) 29:59; 7 S Roland-Simms (B'port, U20) 31:06; 8 S Horton (Poole, M45) 31:08; 9 B Bamber (Newb, M40) 31:12; 10 F Young-Martos (Newb, M45) 31:25

M45: 3 A Tuttle (Newb) 33:17. **M55:** 1 I Thompson (Devizes) 36:47. **M60:** 1 J Bolton (Wey SP) 38:10. **U20:** 2 T Maynard (B'port) 32:03

TEAM: 1 Newbury 6; 2 Newb B 25; 3 Poole AC 27

M40 TEAM: 1 Newb 9; 2 Poole 21; 3 Dorchester/Weymouth 30

U17 (5km)

1 C MacLean (Taun) 15:20; 2 T Beer (Salis) 15:45; 3 J Blackmore (B'mth) 16:06; 4 L Butler (Taun) 17:12; 5 T Attwell (Mend) 17:22; 6 O Ager (Taun) 17:36

TEAM: 1 Taunton 9; 2 City of Salisbury 9; 3 Taun B 16

U15 (4km)

1 R Horton (Poole) 13:34; 2 F O'Reilly (B'mth) 13:48; 3 F Cook (D&W) 13:55; 4 S Cooper (Taun) 14:10; 5 A Other (unatt) 14:53; 6 D Wright (Mend) 15:04; 7 A Martin (Mend) 15:45; 8 W Gourlay (Poole) 16:02; 9 O Teenan (B'mth) 16:55; 10 T Wiltshire (Salis) 16:57

U13 (2.7km)

1 R Preece (Taun) 8:09; 2 A Carter (Salis) 8:10; 3 B Westhenry (D&W) 8:24; 4 K Young (Mend) 8:54; 5 I Taschimowitz (Taun) 9:05; 6 B Hawkins (Taun) 9:15; 7 B Kirkton (B'mth) 9:27; 8 S Leitch (Taun) 10:00; 9 S Williams (Mend) 10:29

TEAM: 1 Taun 12; 2 Mendip 23

Women (4.5km)

1 H Hughes (Poole, U20) 17:42; 2 C Smith (D&W, W50) 18:09; 3 E Martin (B'port, U17) 18:47; 4 H Hughes (Poole, W45) 19:00; 5 T Justice (B'mth) 19:49; 6 M Thompson (Devizes, W50) 20:06; 7 J Rogers (B'port) 20:54; 8 K Jolliffe (W'borne, W40) 21:24

TEAM: Wimborne 27

U17 (4.5km)

1 A Murray-Gourlay (Salis) 16:20; 2 R Heard (Taun) 16:23; 3 B Neal (Poole) 17:28; 4 K Sandford (Salis) 18:17; 5 R Penfold (Mend) 18:48; 6 L Heppell (Poole) 18:51

TEAM: 1 Salisbury 5; 2 Poole 9; 3 Taun 11

U15 (3.3km)

1 A Thorogood (Mend) 12:12; 2 I Ness (Taun) 12:26; 3 D Harper-Brown (B'mth) 13:13; 4 R Smith (D&W) 14:14; 5 J Morris (D&W) 14:18

U13 (2.7km)

1 G Howie (Poole) 8:37; 2 S Haysom (Poole) 8:39; 3 T Hole (New Fj) 9:11; 4 R Carver (Mend) 9:13; 5 B Letherby (D&W) 9:27; 6 R Kelly (Mend) 9:28; 7 A Martin (Mend) 9:30; 8 G Morris (New Fj) 9:56; 9 E Gennings (New Fj) 10:12; 10 E Martin (Mend) 10:17

TEAM: 1 Poole 14; 2 Mendip 17; 3 New Forest Junior 20

YORKSHIRE VETS CHAMPIONSHIPS

Keighley

Men 35+

1 I Holmes (Bing, M40) 33:02; 2 D Watson (Holm, N35) 32:32; 3 R Harris (Roth, M35) 32:39; 4 S Wright (Donc, M40) 33:01; 5 J Convery (Bing, M45) 33:20; 6 G Devine (P&B, M40) 33:47; 7 D Cooney (Roth, M40) 34:14; 8 A Brown (Bing, M35) 34:20; 9 M Farran (Leeds C, M45) 34:29; 10 S Dimelow (PFR, M35) 34:34; 11 E Flether (Donc, M45) 34:37; 12 M Mason (Hal, M35) 34:45

Men 50+

1 J Mitcham (Skip, M50) 35:06; 2 S Rennie (CoH, M50) 35:35; 3 K Newman (Donc, M50) 36:05; 4 A Normandale (York, M50) 36:55; 5 M Paget (Donc, M50) 36:58; 6 P Grimes (Hal, M50) 37:11

M55: 1 G Bell (Bing) 38:22; 2 P Keen (Hallam) 38:30; 3 T Wright (Long) 38:54. **M60:** 1 B Tintinger (Roth) 38:01; 2 D Tait (Ilk) 39:21; 3 N Robson (Bing) 39:32. **M65:** 1 L Haynes (Bing) 40:10; 2 M Smith (Bing) 40:44; 3 F Gibbs (Bing) 42:35

Women and M70+

Overall

1 S Becconsall (Bing, W45) 22:50; 2 D Gibbs (York, W50) 23:08; 3 J Johnson (Holm, W40) 23:29

M70: 1 H Dobson (Knaves) 25:30; 2 J Smithurst (Bing) 27:49; 3 B Fozzard (Wake) 28:16. **M75:** 1 G Booth (Long) 29:24

Women

1 S Becconsall (Bing, W45) 22:50; 2 D Gibbs (York, W50) 23:08; 3 J Johnson (Holm, W40) 23:29; 4 J Wilson (Hallam, W35) 23:48; 5 A Varley (Leeds C, W35) 23:50; 6 A Bennett (Ilk, W45) 23:51; 7 A Eagle (Ilk, W45) 23:57; 8 E Woffenden (Keigh, W35) 24:04; 9 D Richards (Sheff, W35) 24:08; 10 A Oddie (Ilk, W35) 24:13; 11 E Tomes (Keigh, W50) 24:17; 12 W Barclay (Ilk, W40) 24:23; 13 R Whitehead (Bing, W35) 24:40; 14 M Green (Bing, W45) 24:43; 15 D Hagger (Ilk, W45) 24:46; 16 J Shotter (Holm, W45) 24:53; 17 L Ewart (Holm, W50) 25:03; 18 C Fryer (Hal, W40) 25:18; 19 C Wolstenholme (Hallam, W60) 25:31

W55: 1 G Tombs (Ack) 28:53; 2 J Vassey (Bing) 28:59. **W60:** 2 K Robertshaw (Otl) 29:13; 3 J Heron (Roth) 30:50. **W65:** 1 S Bolland (Spen) 47:07

January 12

SWEATSHOP SURREY LEAGUE

Division 4, Lloyd Park, Croydon

Men

1 A McFarlane (FOT) 31:41; 2 T Robinson (FOT) 32:29; 3 S Bishop (Holl S) 33:11; 4 N Morgan (W'ley) 33:34; 5 E Lees (FOT) 33:57; 6 P Thibault (FOT) 34:38; 7 P Griffiths (DPR) 34:46; 8 S Mean (Holl S) 35:00; 9 J Barks (FOT) 36:25; 10 P Auchemp (Has B, M40) 36:38; 11 P Fleming (Has B, M40) 36:53; 12 J Coolango (FOT) 37:13; 13 M Readwin (Holl S) 37:15; 14 P Roker (FOT, M40) 37:24; 15 R Gibson (Has B, M40) 37:29

M60: P Clark (W'ley) 41:47

TEAM: 1 Ful-On Tri 116; 2 Holland Sports 210; 3 Haslemere Border 352; 4 Collingwood 395; 5 Waverley 434; 6 Lingfield 480; 7 Dulwich Park 498

Standings: 1 FOT 292; 2 Holl S 680; 3 Has B 976.5; 4 Ling 1284.5; 5 W'ley 1340; 6 Coll 1308.5; 7 DPR 1573.5

CHINGFORD LEAGUE

Trent Park

Men

1 D Wardle (WG&EL) 26:37; 2 R Sparke (WG&EL, U17) 27:13; 3 D Brennan (E&H) 28:44; 4 A Cornwell (WG&EL, U17) 28:51; 5 R McCormick (Barn, M40) 28:59; 6 A Baci (E&H) 29:36; 7 T Lashmar (VP&TH) 29:39; 8 S Aiken (Trent P) 30:02; 9 C Read (WAL) 30:15; 10 N McGoun (Orion) 30:18; 11 J Taylor (Barn) 30:27; 12 A Mason (Barn, M40) 30:36; 13 E Paul (Orion, M40) 30:40; 14 C Micheal (Barn, M40) 30:46; 15 J O'Shea (!, U17) 30:54; 16 B Hall (Orion) 30:57; 17 A O'Connor (E&H) 31:01; 18 A Kelleher (Barn, M40) 31:07; 19 M Walker (Barn) 31:14; 20 T Wright (Orion) 31:21; 21 J Kilsby (Barn, M50) 31:35; 22 T Mitchell-Smith (VP&TH, M40) 31:42; 23 B Parker (VP&TH) 31:51; 24 P Cates (Eton M, M40) 31:53; 25 D Wilcock (Barn, M50) 31:58; 26 G Bagnall (VP&TH) 31:59; 27 D Rose (Walth, M40) 32:00; 28 A Duncan (Eton M, M40) 32:02; 29 J Roach (WG&EL) 32:02; 30 K Julian (Orion, M40) 32:03

TEAM: 1 Barnet 71; 2 Orion 114; 3 Victoria Park & Tower Hamlets 146; 4 Woodford Green with Essex Ladies 160; 5 Enfield & Haringey 178; 6 Trent Park 288; 7 Eton Manor 433; 8 Walthamstow 454

OVERALL STANDINGS: 1eq Barn/Orion 37; 3 WG&EL 29; 4eq E&H/VP&TH 28; 6 Trent P 21; 7 Eton M 13; 8 Walth 12

VETS TEAM: 1 Barn 86; 2 Orion 243; 3 WG&EL 255; 4 VP&TH 438; 5 Trent P 447; 6 Eton M 484

OVERALL STANDINGS: 1 Barn 40; 2 Orion 36; 3 WG&EL 32; 4 Trent P 27; 5 VP&TH 22; 6 Eton M 21

U17

1 A Jones (E&H) 24:18; 2 A Wright (Trent P) 26:54; 3 B Savage (Trent P) 29:54

TEAM: 1 Trent P 13; 2 E&H 13

OVERALL STANDINGS: 1eq E&H/Trent P 26; 3 Orion 20

U15

1 L Callis (Trent P) 17:14; 2 A Peters (E&H) 17:23; 3 R Wagstaff (Trent P) 17:50; 4 T Bower (NEB) 18:39; 5 L Blaikie (WG&EL) 18:50; 6 G MacKenzie-Lowe (E&H) 18:55

TEAM: 1 Trent P 18; 2 E&H 31; 3 WG&EL 46

OVERALL STANDINGS: 1 Trent P 40; 2 WG&EL 32; 3eq E&H/Orion 25

U13

1 J Stockings (WG&EL) 13:07; 2 A Vassilou (Trent P) 14:18; 3 P Crout (Trent P) 15:16; 4 B Hall (Orion) 15:42; 5 C Stocking (WG&EL) 15:45; 6 H Docking (WG&EL) 16:56

TEAM: 1 WG&EL 20; 2 Trent P 20; 3 Orion 28

OVERALL STANDINGS: 1 Trent P 39; 2 WG&EL 35; 3 Orion 25

Women

1 L Elmore (Trent P, W35) 32:44; 2 L Gaffney (Loughton, W35) 35:18; 3 C Inch (Orion, W45) 36:37; 4 Z Woodward (Eton M, W35) 37:00; 5 S Pearce (unatt) 37:02; 6 C Thurgood (Orion) 37:37; 7 G Brooks (Loughton, W35) 37:39; 8 C Sarell (VP&TH) 38:01; 9 K Solder (WG&EL) 38:04; 10 L Rankin (Trent P) 38:14; 11 N Anderson (SB, W35) 38:22; 12 C Perry (Barn) 38:23; 13 R Mitchell-Smith (VP&TH) 38:44; 14 K Berry (Trent P) 39:21; 15 K Bannister (VP&TH) 39:27

TEAM: 1 VP&TH 87; 2 Trent P 95; 3 Loughton 105; 4 Orion 106; 5 Eton M 173; 6 Barn 200

OVERALL STANDINGS: 1 Orion 36; 2eq Loughton/VP&TH 35; 4 Trent P 26; 5 WG&EL 21; 6 Eton M 19

VETS TEAM: 1 Orion 139; 2eq Eton M/Loughton 140; 4 VP&TH 180; 5 Trent P 185; 6 Barn 232

OVERALL STANDINGS: 1 Orion 39; 2 Loughton 36; 3eq Eton M 28; 5 Trent P 22; 6 Barn 17

U17

1 B Hewitt (WG&EL) 20:45; 2 J Docking (WG&EL) 21:13; 3 A Holford (WG&EL) 23:38

TEAM: 1 WG&EL 10

OVERALL STANDINGS: 1 WG&EL 40; 2eq Orion/Loughton 9

U15

1 K Stockings (WG&EL) 14:10; 2 C Conway (WG&EL) 14:27; 3 S Hickman (E&H) 15:26; 4 C Glennon (Trent P) 16:15; 5 S Walker (VP&TH) 16:35; 6 J McCormick (Trent P) 16:49

TEAM: 1 Trent P 25; 2 WG&EL 25; 3 E&H 36

OVERALL STANDINGS: 1 WG&EL 36; 2 Trent P 35; 3 E&H 24

U13

1 C Kerr (E&H) 11:35; 2 G Ferrari (WG&EL) 11:44; 3 K Fray (E&H) 12:15; 4 A Calvert-Jordan (E&H) 12:28; 5 H Bedeau (WG&EL) 13:28; 6 E Burwood (E&H) 13:56

TEAM: 1 E&H 14; 2 WG&EL 26; 3 VP&TH 43

OVERALL STANDINGS: 1 E&H 40; 2 WG&EL 34; 3 Eton M 28

RESULTS

SECONDARY SCHOOLS' CROSS COUNTRY LEAGUE
Shepshed

Senior boys
1 T Bell (Guthlaxton); 2 B Lacey (Burleigh); 3 J Norman (King Edward Vii Melton); 4 E Glaister (Countesthorpe); 5 K Axon (Welbeck)

Inter
1 E Hart (Ratcliffe); 2 D Hallam (Lutterworth College); 3 G Buttery (Ashby Grammar); 4 S Jones (De Lisle); 5 D Calow (Groby Cc); 6 P Radley (Leicester Gs); 7 S Maddocks (Rawlins); 8 E Nutt (Lutterworth College); 9 B Salt (Rawlins)

Junior
1 S Ashman (Kibworth Hs); 2 J Kench (Brockington Hs); 3 J Hall (Lutterworth Hs); 4 J Nutt (Lutterworth Hs); 5 J Monk (Kibworth Hs); 6 R Radley (Thomas Estley); 7 A Moss (Lutterworth Hs); 8 J Tambini (De Lisle); 9 A Halliwell (De Lisle); 10 J Pope (John Ferneley)

Minor
1 X Tansey (Bushloe); 2 D Robertson (Lutterworth Hs); 3 C Stevenson (Shep); 4 An Other; 5 J Barker (De Lisle); 6 P Maddocks (Humphrey Perkins); 7 J Warren-Ballard (Brockington); 8 O Glasse (Lutterworth Hs); 9 C Muldoon (Kibworth Hs); 10 O Pritchard (Dixie Gs)

Senior girls
1 Z Hawkins (Burleigh); 2 B Krych (Ashby Grammar); 3 E Milodowski (Burleigh)

Inter
1 M Booler (Robert Smyth); 2 N Timson (John Cleveland); 3 K Blackledge (Our Ladys Convent); 4 T White (John Cleveland)

Junior
1 M Fairbrother (Leysland); 2 J Ashford (Loughborough Hs); 3 A Beeby (Leysland); 4 A Taylor (Lutterworth Hs); 5 E Jones (De Lisle); 6 I Reid (Dixie Gs); 7 I Perry (Shep); 8 C Marsh (John Ferneley); 9 Z Derijk (Loughborough Hs); 10 L Jones (John Ferneley)

Minor
1 R Borrows (Abington Hs); 2 J Southam (Belvoir); 3 C Tillin (H'field); 4 E Morley (De Lisle); 5 E Voss (Kibworth Hs); 6 L Tansey (Bushloe); 7 E McNeelange (Wreake Valley); 8 S Myers (Brockington); 9 E Coady (Loughborough Hs); 10 A Coltman (De Lisle)

SENIOR KNOLE RUN
Knole Park, Sevenoaks

U18 men (5.95M)
1 J Gilmour (Man Gram) 33:36; 2 D Easter (St Alb) 34:16; 3 J Hay (RGS Guil) 34:54; 4 A Young (Man Gram) 35:09; 5 M Kiralyfi (Win) 35:18; 6 D Kiralyfi (Win) 35:22; 7 B Collins (St Alb) 35:31; 8 C Dodd (E'bourne C) 35:37; 9 E MacKenzie (St Alb) 35:46; 10 A Vey (Rad) 35:51; 11 N Jesson (Judd Sch) 36:18; 12 R Poolman (Ghana) 36:22; 13 C Brown (Win) 36:31; 14 T Jervis (Man Gram) 36:32; 15 G Poolman (Ghana) 36:43; 16 A Muir (Abing) 37:02; 17 I Harland (Judd Sch) 37:15; 18 R Priseman (St Alb) 37:24; 19 J Darby (Judd Sch) 37:33; 20 J Keeler (Man Gram) 37:35

TEAM: 1 Manchester Grammar 94; 2 St Albans 102; 3 Winchester 131; 4 Judd 135; 5 Adams Grammar 332

U18 women (2.2M)
1 B Rollins (Stam S) 14:18; 2 C Freeman (E'bourne C) 14:40; 3 R Eaton (E'bourne C) 14:46; 4 C Cook (E'bourne C) 14:50; 5 R Gardiner (St Alb) 14:59; 6 K Kaye (Farl) 15:21; 7 S Crumley (Downe) 15:26; 8 A Shepherd-Barron (S'oaks) 15:43; 9 B Kidger (Ard) 15:51; 10 L Yates (St Alb) 15:52; 11 R Shepherd (E'bourne C) 15:54; 12 S Wilkinson (S'oaks) 16:08; 13 C Gill (Ound) 16:15; 14 K Hogg (Ard) 16:23; 15 E Kier (Ound) 16:29; 16 C Lloyd (Chart) 16:37; 17 B Thomson (Upp) 16:38; 18 A Bourdilon (Reg H) 16:45; 19 K Spooner (St Pauls) 16:51; 20 C Swift (Kent C) 16:59

TEAM: 1 Eastbourne College 20; 2 St Alb 72; 3 Sevenoaks 78; 4 Oundle 83; 5 Ardingly 94

January 9
ERIC HUMPHRIES MEMORIAL 6.5
Northampton

Overall
1 P Melling (Woot B) 39:16; 2 M Sherriff (Prison) 40:18; 3 T Caulton (Derby P, M45) 42:06; 4 A Seamer (Notts P, M45) 42:29; 5 D Parkins (Woot B, M40) 42:43; 6 R Lack (Woot B) 42:55; 7 M Gore (Harb, M40) 43:42; 8 P West (Kett) 43:46; 9 S Bunn (North P, M40) 43:51; 10 E Smith (Woot B, M40) 43:55; 11 G Callaghan (Prison , M45) 43:58; 12 D Rayfield (North P, M40) 44:05; 13 P Gray (North P, M50) 44:09; 14 D Quiney (D&K) 44:38; 15 I Randell (Woot B, M50) 44:43

M50: 3 S Clews (Prison) 46:30; 4 K Willis (North P) 47:02. **M55:** 1 A Webb (Bookham) 49:27. **M65:** 1 J Thomas (Corby) 54:25

TEAM: 1 Wootton RR 22; 2 Northants Police 50; 3 Prison Service 50

Women
1 M Jesson (North P, W35) 47:53; 2 F Malin (Woot B, W40) 50:00; 3 K Brooks (W Mercia P, W45) 50:48; 4 P Randall (Woot B, W50) 54:10

W50: 2 L Hickey (North RR) 57:48

Fell

January 20
KINDER TRIAL
Hayfield, High Peak

Overall (10M/3000ft)
1 J Boyle (Dark Pk) 1:55:14; 2 N Craig (Penn) 1:55:44; 3 R Little (Dark Pk) 2:01:03; 4 D Soles (Penn, M40) 2:01:45; 5 S Coldrick (Penn) 2:02:31

M50: 1 A Fox (G'dale) 2:16:12. **M60:** 1 D Tait (Dark Pk) 2:14:30

Women
1 Z Fleming (Bowline) 2:27:26; 2 M Edgerton (Penn, W45) 2:35:25; 3 J Armistead (Dark Pk) 2:48:26

W40: 1 Y Eardley (Penn) 3:04:50

January 19
BOX HILL FELL RACE
Box Hill

Overall (7.5M, 1700ft)
1 N Barrable (SLOC) 51:47; 2 P Sheard (P&B, M40) 52:16; 3 C Beecham (High) 53:25; 4 N Bunn (Tring, M40) 55:14; 5 M Muir (S'field) 55:36; 6 K Harding (Tring, M45) 56:06; 7 R Jackaman (Camb) 57:24; 8 D Castle (E Kent Bt) 57:33; 9 M Winn-Smith (Camb) 58:08; 10 G Francis (Sheen, M40) 58:17; 11 A Howser (Holm, M50) 59:05

M45: 2 S Bush (DMV) 59:32; 3 K Masson (DMV) 60:14. **M50:** 2 T Norton (E Kent Bt) 63:28. **M55:** 1 G Tucker (Reig) 67:52. **M60:** 1 G Newton (Tad) 65:38

Women
1 M Salmi (Ful-on-tri) 64:07; 2 T Woodyard (S'field, W40) 65:15; 3 C Court (DMV) 66:44

W45: 1 J Shotter (Holm) 70:42; 2 A Harding (Tring) 72:01. **W50:** 1 S Clarke (S'field) 80:22. **W55:** 1 C Steward (Dulw) 81:27

TEAM (M&W Combined): 1 Tring RC 58; 2 Springfield Striders 96; 3 Thames Turbo Triathletics Club 125

JARRETT JAUNT HANDICAP
Wath Brow Bridge, West Cumbria

RICKY LIGHTFOOT was practically three minutes clear of his field when clocking a course record of 32:05 while Jackie Winn beat the M50 record in fifth place overall.

Overall (4.5M/1500ft)
1 R Lightfoot (Ellen) 32:05; 2 R Adams (Horw) 35:04; 3 M Amor (C'land F, M40) 35:29; 4 D Morris (Ellen) 36:31; 5 J Winn (C'land F, M50) 37:30

M60: 1 D Morgan (C'land F) 54:42

Women
1 K Cooper (C'land F) 44:48; 2 B Faulder (Seat) 48:57; 3 J Trauakis (unatt) 51:04

W40: 1 A Goldsworthy (Kesw) 51:50. **W50:** 1 M Hawley (C'land F) 63:50

Handicap (all U16): 1 P Richardson (Ellen) 39:27; 2 L Tyrer (Ellen) 43:26; 3 N Thomson (C'land F) 42:59

January 18
ASHURST BEACON
Wigan, Lancashire

Overall (5.9M/950ft)
1 : Passco (B'burn) 37:32; 2 J Hunt (Dark Pk, M40) 38:07; 3 G Groves (Liv H) 38:24; 4 M Laithwaite (Ach Clc) 39:25; 5 R Ashworth (S'port W, M40) 40:13; 6 K Moss (N Vets, M55) 40:31

M60: 1 M Crook (Horw) 46:03. **M65:** 1 R Hart (Wig P) 51:08. **M70:** 1 G Arnold (Prest) 62:41. **U18M:** 1 J Dugdale (Clay) 45:35

Women
1 K Ingram (Horw) 42:07; 2 L Clough (Chor H) 44:42; 3 S Howard (S'port W) 45:21

W50: 1 G Walkington (Horw) 51:21. **W60:** 1 J Atkins (Chor H) 58:52

January 6
KENDAL LEAGUE SCOUT SCAR RACE
Kendal, Cumbria

U17 (2.5M/250ft)
1 J Addison (Helm) 28:47; 2 T Sessford (Keigh) 29:15; 3 M Fretwell (Sett) 29:26

U14 (1.5M/50ft)
1 R Addison (Helm) 13:18; 2 J Knox (Helm) 13:37; 3 M Penellum (Brought) 14:18

U12 (1M/20ft)
1 J Hall (Bing) 7:04; 2 T Taylor (Kend) 7:12; 3 B Johnston (Wharf) 7:30

U17 women (2.5M/250ft)
1 M Hyder (Helm) 32:27; 2 B Van Hinsbergh (Helm) 36:59; 3 J Addison (Helm) 38:35

U14 (1.5M/50ft)
1 R Goodfellow (Dallam) 15:27; 2 B Dutson (unatt) 16:00; 3 L Munro-Bennett (Helm) 16:42

U12 (1M/20ft)
1 M Stuart (Helm) 7:51; 2 L Nunwick (Helm) 8:10; 3 K Wright (Brought) 8:17

Overall (4.5M/300ft)
1 P Dugdale (Kend, M40) 37:08; 2 A Dunn (Helm) 38:16; 3 M Addison (Helm) 38:28; 4 T Austen (Amble) 38:33; 5 D Crayston (Dallam, M40) 40:24

M50: 1 J Holt (Clay) 41:35. **M60:** 1 D Fell (C'land F) 50:34

Indoor

January 20
MIDLAND CHAMPIONSHIPS PART 1
NIA, Birmingham

Men
60: 1 R Scott (Yate) 6.70; 2 L Rice (B&W) 6.84; 3 R James (Bir) 6.96; 4 C Hylton (Bir) 7.02; 5 P Judson (Notts) 7.10; 6 S Marshall (Cov) 7.24. **Ht1:** 1 R Scott (Yate) 6.7; 2 R James (Bir) 7.1; 3 F Falconer (Bir) 7.2; 4 B Goss (Glouc) 7.3. **Ht2:** 1 L Rice (B&W) 7.0; 2 P Judson (Notts) 7.1; 3 R Rubenis (Tel) 7.2. **Ht3:** 1 C Hylton (Bir) 7.1; 3 S Marshall (Cov) 7.3. **200:** 1 P Judson (Notts) 21.58; 2 D Cossins (Bir) 21.86; 3 F Falconer (Bir) 22.49; 4 N Kanonik (Bir) 22.60. **Ht1:** 1 D Cossins (Bir) 22.47. **Ht2:** 1 P Judson (Notts) 22.46; 2 M Dunwell (Notts) 22.95. **Ht3:** 1 F Falconer (Bir) 22.78. **Ht4:** 1 N Kanonik (Bir) 22.69; 2 J Tipper (Tel) 22.71. **400:** 1 D Lewis (Bir) 48.75; 2 L Zvasiya (Bir) 49.26; 3 M Cook (Mans) 49.50; 4 D Lewis (W&B) 50.62; 5 J Merrett (Severn) 50.81. **Ht1:** 1 L Zvasiya (Bir) 50.19; 2 P Palmer-Junior (Bir) 50.46. **Ht2:** 1 D Lewis (Bir) 50.28. **Ht3:** 1 M Cook (Mans) 50.06; 2 J Merrett (Severn) 50.26. **800:** 1 O Holden (Hale) 1:55.26; 2 J Miller (Chelt) 1:55.58; 3 A Gray (Birm R) 1:57.29; 4 P Harmer (Charn) 1:58.13. **Ht1:** 1 R Hill (Notts) 1:49.70; 2 J Miller (Chelt) 1:55.93; 3 A De Camps (Glouc) 1:57.57; 4 M Turner (Bir) 1:59.09. **Ht2:** 1 D Moss (WG&EL) 1:51.14; 2 O Holden (Hale) 1:54.79; 3 A Gray (Birm R) 1:56.36; 4 P Harmer (Charn) 1:56.77. **60H:** 1 W Sharman (Belg) 7.97; 2 J Adeniran (SB) 8.06; 3 E Okoro (Bir) 8.57. **HJ:** 1 M Roberts (NEB) 2.10; 2 J Thomas (Bir) 2.00; 3 S Ridgway (Traff) 1.95. **LJ:** 1 J Moore (Bir) 7.34; 2 A Bell (NEB) 6.90; 3 M Parnell (Bir) 6.52; 4 M Rollings (Stoke) 6.51. **TJ:** 1 M McKernan (Bir) 15.09; 2 K Katarzynski (Bir) 14.69; 3 P Weston (B&W) 13.38; 4 J Curtis (SSH) 13.34; 5 A Smith (Tam) 13.34. **SP:** 1 B Roberts (Bir) 14.33

U20 men
60: 1 J Blundell (Cov) 7.07; 2 A Walters (Bir) 7.07; 3 R Farrington (Bir) 7.07; 4 B Smith (Bir) 7.11; 5 M Warner (Notts) 7.12; 6 A Goulding (Notts) 7.26; 7 N Frodsham (Leam) 7.27. **60: Ht1:** 1 R Farrington (Bir) 6.99; 2 S Horton (Tip) 7.32; 3 B Newman (Bir) 7.33; 4 A Taylor (B&W) 7.48; 5 S Linnie (Worc) 7.49; 6 T Offler (Notts) 7.50. **Ht2:** 1 A Walters (Bir) 7.10; 2 M Warner (Notts) 7.22; 3 A Twomey (Cov) 7.32; 4 S Dummett (Tel) 7.35. **Ht3:** 1 J Blundell (Cov) 7.13; 2 B Smith (Bir) 7.16; 3 N Frodsham (Leam) 7.26; 4 A Goulding (Notts) 7.32; 5 B Riekstins (Tel) 7.47. **200:** 1 L Lennon-Ford (Bir) 22.11; 2 R Farrington (Bir) 22.49; 3 S Horton (Tip) 23.17; 4 B Riekstins (Tel) 23.19; 5 A Storer (R&N) 23.31. **Ht1:** 1 L Lennon-Ford (Bir) 22.61; 2 A Storer (R&N) 23.15; 3 B Riekstins (Tel) 23.25. **Ht2:** 1 R Farrington (Bir) 22.99. **Ht3:** 1 S Horton (Tip) 23.14; 2 J Timmins (Tip) 23.44; 3 B Horsley (Tam) 23.50. **400:** 1 R McDonald (Bir) 49.47; 2 N Constanti (FoD) 50.82; 3 C Burn (Strat) 51.20; 4 L Gibson (RSC) 51.45; 5 A Nassir (Charn) 51.53. **Ht1:** 1 R McDonald (Bir) 51.08; 2 L Gibson (RSC) 51.57; 3 A Nassir (Charn) 51.78. **Ht2:** 1 C Burn (Strat) 50.94; 2 N Constanti (FoD) 51.34. **60H:** 1 C Holmes (Bir) 8.39; 2 O Lawrence (Bir) 8.47. **HJ:** 1 M Ashley (Notts) 1.90; 2 M Brown (Cov) 1.90; 3 A Rigby (C&S) 1.90; 4 E Mason (Bath) 1.90. **PV:** 1 F Pask (Corby) 4.10; 2 J Green (Shrews) 3.60. **SP:** 1 A Berrow (Tam) 12.46; 2 T Pearson (Charn) 11.99

Women
60: 1 E Bailey (R&N) 7.59; 2 E Ruddock (R&N) 7.69; 3 C Weightman (Yate) 7.78; 4 K Russell (WxB) 7.79; 5 M Thomas (Bir) 7.96; 6 N Robinson (Cov) 8.08. **Ht1:** 1 E Bailey (R&N) 7.64; 2 C Weightman (Yate) 7.81; 3 N Robinson (Cov) 7.91; 4 S Lambert (Glouc) 8.34. **Ht2:** 1 M Cooksey (Tip) 7.61; 2 E Ruddock (R&N) 7.69; 3 K Russell (WxB) 7.79; 4 M Thomas (Bir) 7.98. **200:** 1 E Ruddock (R&N) 24.28; 2 M Cooksey (Tip) 24.44; 3 C Riley (RSC) 25.97. **Ht1:** 1 M Cooksey (Tip) 25.08; 2 K Russell (WxB) 25.46; 3 C Riley (RSC) 25.75. **Ht2:** 1 E Ruddock (R&N) 24.54; 2 E Bailey (R&N) 25.00. **400:** 1 L Langowski (Cov) 54.29 (CBP); 2 M Beesley (Tam) 54.31; 3 C Burgoyne (Shrews) 56.62; 4 E Williams (Cov) 57.02; 5 R Harris (Bir) 60.68. **Ht1:** 1 M Beesley (Tam) 56.92; 2 R Harris (Bir) 57.91; 3 G Elliott (Kett) 58.85; 4 L Corfield (B&W) 59.35; 5 A Frith (Tam) 61.27. **Ht2:** 1 C Burgoyne (Shrews) 57.19; 2 E Williams (Cov) 57.50; 3 L Singleton (W&B) 58.28. **Ht3:** 1 L Langowski (Cov) 55.02; 2 C Brown (R&N) 55.46. **800:** 1 V Owen (Sale) 2:11.55; 2 S Johnson (C&S) 2:13.25; 3 S Olorenshaw (Cov) 2:19.65. **60H:** 1 S McGreavy (Sale) 8.27 (CBP); 2 G Werrett (R&N) 8.58; 3 N Robinson (Cov) 8.77; 4 J Eaton (Yate) 9.17. **HJ:** 1 J Leach (Bir) 1.80. **PV:** 1 H Williams-Smith (Bir) 3.50; 2 K Obern (R&N) 2.80. **LJ:** 1 L Singleton (W&B) 5.34; 2 A Palmer (Bir) 5.29. **TJ:** 1 A Kelly (Shrews) 12.15; 2 L Robinson (Nun) 12.04; 3 J Birmingham (Bir) 10.92

U20 women
60: 1 S Went (Leam) 7.88; 2 L Blackman (SSH) 8.05; 3 K Moncrieffe (Bir) 8.18; 4 E Hourd (Notts) 8.23; 5 S Weaver (Here) 8.26; 6 K Salter (Bed C) 8.27; 7 E Cluley (R&N) 8.36. **60: Ht1:** 1 S Went (Leam) 7.78; 2 L Blackman (SSH) 8.08; 3 K Salter (Bed C) 8.29. **Ht2:** 1 S Weaver (Here) 8.17; 2 K Moncrieffe (Bir) 8.20; 3 E Hourd (Notts) 8.30; 4 E Cluley (R&N) 8.36. **200:** 1 E Diamond (B&W) 25.41; 2 S Went (Leam) 25.72; 3 L Blackman (SSH) 26.56. **Ht1:** 1 E Diamond (B&W) 25.57. **Ht2:** 1 S Went (Leam) 25.98; 2 L Blackman (SSH) 26.59. **400:** 1 E Okoro (Bir) 58.76; 2 J White (Worc) 59.00; 3 F Keeble (Chelt) 59.20; 4 H Pitman (B&W) 61.68. **Ht2:** 1 E Okoro (Bir) 59.36; 2 J White (Worc, U17) 60.07; 3 E Baker (Chelt) 61.19. **800:** 1 E Okoro (Bir) 2:16.85; 2 C Read (C&S) 2:17.97. **60H:** 1 L Ferguson (Tel) 9.27. **HJ:** 1 B Partridge (Tel) 1.70; 2 H Pitman (B&W) 1.65; 3 C Parry (SSH) 1.60; 4 C Berrington (K&S) 1.55; 4 R Spooner (Yate) 1.55. **SP:** 1 R Wallader (R&N) 13.56 (CBP); 2 S Scott (Bir) 10.63; 3 L Boyd (Corby) 10.61; 4 K McBeth (Cov) 10.36

January 19/20
NORTHERN SENIOR/U20 CHAMPIONSHIPS
EIS, Sheffield

THE meeting got off to a great start with four championship records on the first day, *Roger Norton reports.*

Richard Buck, whose attitude to the indoor scene had been distinctly lukewarm following a series of mishaps (the latest being an over-distance lane in the Northern Open Meeting), put all that behind him with a sparkling display in the 400m. Buck breezed through his heat in 48.26 before reducing his championship best of 47.12 to 47.05 in the final.

Anyika Onuora twice bettered Diane Allahgreen's 60m record of 7:45, clocking 7:42 in the heat. Pushed all the way by Hayley Jones i n the final she crossed the line in 7:40.

World Youth representative Abigail Irozuru was in fine form producing a championship best of 6.02m in the long jump.

The U20 women's 400m final saw perhaps the best finish of the first day as Leigh Lennon timed her finish to perfection, dipping on the line to record 57:88, relegating Sarah Lucas to second place by two hundredths of a second. Sarah had recorded a CBP of 57:39 in her heat.

The high standards set on day one of the championships were maintained on the Sunday. The highlights in the field were the U20 men's triple jump and the senior men's long jump. All three medallists in the triple jump broke the previous record and set new lifetime bests. Inspired by the performances of Craig Fiddes and James Gardner, bronze and silver medallists, Mike Ehlen produced a magnificent jump of 13.99m to remove Andrew Sturrock's 2003 13.43m mark from the record book. In the long jump Chris Kirk was in superb form. The championship record holder set a new mark of 7.58m with his opening jump and then went on to better that with 7.75m. This jump moves him into the UK all time indoor top 20.

Following two victories at Loughborough on Saturday, Jessica Ennis won the long jump at her home venue with 6.15m before taking third place in the shot. The winner was her Sheffield training partner Amy Hill with 13.79m. Hill, currently in fine form, won her event in the U20 age group setting a new championship mark of 13.62m.

Melissa Carr took gold in the U20 triple jump with a best of 12.13m to better her own record of 12.08m

Sheffield's Jamie Williamson took his third consecutive senior men's shot title with a best of 17.07m.

The track programme ended on a high note when in the very last final, the senior men's 800m, Kieran Flannery produced a very well judged run not only to claim the gold medal but set a new championship record of 1.52.06.

Men
60: 1 E Phiri (Sheff) 6.91; 2 D Bradley (Bir) 7.03; 3 M Hudson (Leeds C) 7.03; 4 L Giblin (KuH) 7.14; 5 A Stokes (Liv PS) 7.14; 6 D Taylor (Leeds U) 7.16. **Ht1:** 1 E Phiri (Sheff) 7.03; 2 A Stokes (Liv PS) 7.12; 3 P Herberts (Barns) 7.25. **Ht2:** 1 C Kirk (NEB) 7.15; 2 L Giblin (KuH) 7.17; 3 D Scott (Traff) 7.21; 4 A Timms (Leeds C) 7.25. **Ht3:** 1 M Hudson (Leeds C) 7.09; 2 D Taylor (Leeds U) 7.11; 3 D Readle (Liv PS) 7.21. **Ht4:** 1 T Martin (Sale) 6.39; 2 D Bradley (Bir) 7.04; 3 A Ashton (Bury) 7.22; 4 R Francis (Wake) 7.29. **200:** 1 R Strachan (Leeds C) 21.95; 2 E Phiri (Sheff) 22.00; 3 P Taylor (Liv PS) 22.02; 4 A Wilkinson (Sale) 22.58; 5 L Giblin (KuH) 22.71; 6 R Francis (Wake) 22.94. **Ht1:** 1 E Phiri (Sheff) 22.10; 2 A Stokes (Liv PS) 22.91. **Ht2:** 1 P Taylor (Liv PS) 22.35. **Ht3:** 1 R Strachan (Leeds C) 22.36; 2 L Giblin (KuH) 22.57. **Ht4:** 1 A Wilkinson (Sale) 22.46; 2 R Francis (Wake) 22.72. **400:** 1 R Buck (York) 47.05; 2 P Taylor (Liv PS) 48.49; 3 J Kelley (Sheff) 48.53; 4 N Little (Gate) 49.93; 5 A Wilkinson (Sale) 50.12. **Ht1:** 1 R Buck (York) 48.26; 2 N Little (Gate) 49.50; 3 S Brindley (Sheff) 50.25. **Ht2:** 1 R Smith (Leeds C) 49.01; 2 P Taylor (Liv PS) 49.07; 3 L Baird (Traff) 50.46. **Ht3:** 1 J Kelley (Sheff) 49.54; 2 A Wilkinson (Sale) 49.99; 3 D Lavipour (High) 50.44. **800:** 1 K Flannery (Gate) 1:52.06; 2 P Bradshaw (B'burn) 1:52.69; 3 C Bryant (Wig D) 1:52.97; 4 R Hastey (Roth) 1:54.40; 5 R Beardsell

(Traff) 1:55.72; 6 S Wray (P&B) 1:57.34. **Ht1:** 1 K Flannery (Gate) 1:56.33; 2 R Beardsell (Traff) 1:56.38; 3 C Bryant (Wig D) 1:56.42; 4 S Wray (P&B) 1:57.78. **Ht2:** 1 R Hastey (Roth) 1:56.78; 2 P Bradshaw (B'burn) 1:57.90; 3 S Garrett (Sheff) 1:58.54; 4 D Eckersley (Burnley) 1:59.14; 5 N Howard (Sky) 1:56.69. **1500:** 1 B Green (Warr) 3:53.86; 2 P Hutton (Gosf) 3:58.31; 3 R Ingham (O&R) 3:59.42; 4 B Jones (Cov) 4:02.42. **3000:** 1 B Jones (Cov) 8:31.01; 2 J Taylor (Morp) 8:33.07; 3 R Weir (Der) 8:34.51; 4 N Samuels (Sale) 8:37.90; 5 D Augustus (Sale) 8:41.85; 6 M Jagger (Linc W) 8:52.34; 7 D Parkinson (Kend) 8:55.93. **60H:** 1 D Hughes (Traff) 7.85; 2 D Bradley (Bir) 8.13; 3 M Hudson (Leeds C) 8.20; 4 R Henry (E&H) 8.50; 5 N Kelly (Bord H) 8.51; 6 P Jarrett (Sheff) 8.58. **HJ:** 1 R Mitchell (Sale) 2.15; 2 M Aram (Liv H) 2.00; 3 L Powell (Bord H) 2.00; 4eq A Gallie (Der) 1.95; 4eq B Mourbey (C'field) 1.95. **PV:** 1 M Christie (Sale) 5.00; 2 M Cullen (Sale) 4.00. **LJ:** 1 C Kirk (NEB) 7.75; 2 J Brown (Sale) 7.20; 3 L Blaymire (KuH) 7.00; 4 A Timms (Leeds C) 6.84; 5 C Weitz (Bord H) 6.72; 6 J Stacey (Gate) 6.63. **TJ:** 1 D Budd (Sheff) 14.23; 2 G Jackson (NEB) 14.16; 3 A Babatunde (M'boro) 13.98; 4 J Lee (Traff) 13.60; 5 M Aram (Liv H) 13.27. **SP:** 1 J Williamson (Sheff) 17.07; 2 R Martisauskas (Sale) 16.80; 3 C Fletcher (Wig D) 16.05; 4 L Richards (York) 15.63; 5 D Brunt (Sheff) 15.31; 6 R Russell (Scar) 14.87

U20 men

60: 1 A Robertson (Sale) 6.87; 2 C Craig (P'boro) 6.96; 3 R Evans (Stock H) 7.12; 4 T Marshall (Sheff) 7.17; 5 C Dryden (M'boro) 7.19; 6 T Anim Somuah (SHS) 7.20; 7 M Brown (Bury) 7.25; 8 L Miller Briggs (Warr) 7.29. **60: Ht1:** 1 A Robertson (Sale) 6.95; 2 C Dryden (M'boro) 7.17; 3 T Anim Somuah (SHS) 7.28; 4 S Stone (Amber) 7.32; 5 D Higham (P&S) 7.45. **Ht2:** 1 R Evans (Stock H) 7.08; 2 T Marshall (Sheff) 7.14; 3 H Doran (Liv PS) 7.32; 4 J Caine (Bing) 7.37; 5 A Robinson (Prest) 7.49. **Ht3:** 1 C Craig (P'boro) 7.00; 2 M Brown (Bury) 7.19; 3 L Miller Briggs (Warr) 7.24; 4 J Thomas (Horw) 7.39; 5 C O Brian (Wirr) 7.44; 6 C Stevenson (York) 7.45. **200:** 1 C Craig (P'boro) 21.75; 2 T Marshall (Sheff) 22.51; 3 L Miller Briggs (Warr) 22.71; 3 D McIntosh (Hull A) 22.86; 4 D McIntosh (Hull A) 23.15; 4 H Doran (Liv PS) 23.06; 5 H Doran (Liv PS) 23.30. **Ht1:** 1 T Marshall (Sheff) 22.65. **Ht2:** 1 C Craig (P'boro) 21.97; 2 L Miller Briggs (Warr) 22.84. **400:** 1 W Ashall (Liv PS) 49.13; 2 N Flannery (Gate) 49.34; 3 C Smith (Wirr) 49.84; 4 S Butterworth (Sale) 50.73; 5 D Higham (Liv PS) 50.94. **Ht1:** 1 C Smith (Wirr) 49.72; 2 J McGinn (Liv PS) 50.71. **Ht2:** 1 W Ashall (Liv PS) 51.90. **Ht3:** 1 N Flannery (Gate) 50.13; 2 D Higham (Liv PS) 50.80; 3 S Butterworth (Sale) 50.96. **800:** 1 C Smith (Wirr) 2:00.63; 2 R Schofield (Sheff) 2:01.33. **Ht1:** 1 C Smith (Wirr) 1:58.78; 2 J Stringer (Vale R) 1:59.41; 3 D Robinson (Clee) 2:00.20. **Ht2:** 1 R Schofield (Sheff) 1:59.07; 2 N Flannery (Gate) 1:59.35; 3 T Atkinson (Wake) 1:59.55. **1500:** 1 J Griffiths (Vale R) 4:08.87; 2 J Cutsforth (KuH) 4:10.29. **60H:** 1 J Wright (Sale) 8.28; 2 C Robertson (Hunts) 8.52; 3 T Casey (Leeds C) 8.55; 4 S Stone (Amber) 8.62; 5 A Robinson (Prest) 8.78. **HJ:** 1 D Hammond (Sale) 2.00; 2 M Ehlen (Sale) 1.95; 3 J Mason (Bost) 1.90; 4 C Gore (Prest) 1.90; 5 N Williams (Bord H) 1.90. **PV:** 1 R Searles (Dearn H) 4.50; 2 E Mourbey (C'field) 4.00. **LJ:** 1 A Burgess (Sale) 6.85; 2 J Gardner (Stoke) 6.83; 3 J Wright (Sale) 6.74; 4 A Robinson (Prest) 6.57. **TJ:** 1 M Ehlen (Sale) 13.99; 2 J Gardner (Stoke) 13.89; 3 C Fiddes (Blay) 13.86. **SP:** 1 T Smith (Wig D) 14.83; 2 P Brown (Blay) 13.97

Women

60: 1 A Onoura (Liv H) 7.40; 2 H Jones (Wig D) 7.52; 3 H Asher (Liv H) 7.84; 4 Z Hohn (Wake) 7.87; 5 M Morganella (Bord H) 8.05; 6 R Dales (Wake) 8.11; 7 K Read (Liv H) 8.16; 8 B Holdsworth (Donc) 8.22. **Ht1:** 1 A Onoura (Liv H) 7.42; 2 H Asher (Liv H) 7.80; 3 M Morganella (Bord H) 8.06; 4 K Read (Liv H) 8.10; 5 R Dales (Wake) 8.11. **Ht2:** 1 H Jones (Wig D) 7.60; 2 Z Hohn (Wake) 7.98; 3 B Holdsworth (Donc) 8.17; 4 L Chambers (unatt) 7.25; 5 J Noblet (Prest) 8.37. **200:** 1 A Onoura (Liv H) 24.21; 2 H Taylor (Sale) 25.33; 3 B Holdsworth (Donc) 26.18. **400:** 1 R Sweeney (Sale) 56.68; 2 V Garrad (Traff) 57.21; 3 S Trusch (Prest) 59.82; 4 J Noblet (Prest) 60.52; 5 K Wellam (Sale) 61.47. **Ht1:** 1 R Sweeney (Sale) 57.10; 2 S Trusch (Prest) 59.99; 3 J Noblet (Prest) 60.26. **Ht2:** 1 V Garrad (Traff) 57.64. **800:** 1 N Desai (Traff) 2:13.30; 2 J Lange (Oxf U) 2:13.45; 3 R Sweeney (Sale) 2:13.85. **1500:** 1 H Singleton (Wake) 4:38.37; 2 E Waterhouse (CleS) 4:39.34; 3 J Hill (Sale) 4:42.97; 4 E Stevenson (Der) 4:43.28; 5 N Squires (Hallam) 4:46.35. **3000:** 1 E Waterhouse (CleS) 9:57.62; 2 C Robson (Tees) 10:02.49; 3 B Ellis (Vale R) 10:06.36; 4 A Snook (Shild) 10:36.41. **HJ:** 1 S Moncrieff (Traff) 1.85; 2 K Humberstone (Sheff) 1.75; 3 E James (Prest) 1.60; 4 K Parr (Leeds C) 1.55. **PV:** 1 E Mingas (BWF) 3.00; 2 P Krawczyk (Dearn H) 2.80. **LJ:** 1 J Ennis (Sheff) 6.15; 2 K Hilton (Chor AC) 5.52; 3 K Parr (Leeds C) 5.13. **TJ:** 1 K Hilton (Chor AC) 11.77; 2 C O Reilly (R&N) 11.22. **SP:** 1 A Hill (Sheff) 13.79; 2 C Beckett (Traff) 12.98; 3 J Ennis (Sheff) 12.78; 4 D Collinson (Wake) 11.47; 5 K Parr (Leeds C) 11.29; 6 B Staniland (Oxf U) 11.11; 7 F Thomas (Wake) 10.91; 8 L Kneen (Western) 10.71; 9 C Reid (Morp) 10.23

U20 women

60: 1 R Wilson (Sale) 7.64; 2 A Lewis (KuH) 7.80; 3 K Cox (Leeds C) 7.93; 4 K Brick (Wirr) 8.08; 5 C Gedling (Liv H) 8.09; 6 F Winspear (M'boro) 8.14; 7 E Stokes (M'boro) 8.28. **60: Ht1:** 1 R Wilson (Sale) 7.75; 2 K Cox (Leeds C) 7.93; 3 K Brick (Wirr) 8.03; 4 E Stokes (M'boro) 8.14; 5 A Benett (Liv H) 8.19; 6 H Derbyshire (Warr) 8.27; 7 J McIntosh (Der) 8.32. **Ht2:** 1 A Lewis (KuH) 7.74; 2 M Brown (Stoke) 8.04; 3 C Gedling (Liv H) 8.06; 4 F Winspear (M'boro) 8.10; 5 H Douglas (Der) 8.19; 6 D Carr (Leeds C) 8.31; 7 R Stoakley (W Ches) 8.32; 8 L Revitt (Donc) 8.42. **200:** 1 R Rashford (Sale) 24.93; 2 B McLinden (Wirr) 25.41; 3 C Gedling (Liv H) 25.48; 4 N Pearson (Gate) 26.09; 5 M Forrest (Wig D) 26.41; 6 K Cox (Leeds C) 26.74. **Ht1:** 1 R Rashford (Sale) 25.10; 2 B McLinden (Wirr) 25.62; 3 M Forrest (Wig D) 26.25. **Ht2:** 1 C Gedling (Liv H) 25.81; 2 N Pearson (Gate) 26.24; 3 K Cox (Leeds C) 26.43; 4 H Douglas (Der) 26.61. **400:** 1 L Lennon (NEB) 57.88; 2 S Lucas (Traff) 57.90; 3 B McLinden (Wirr) 58.10; 4 M Harrison (Wake) 58.48; 5 N Pearson (Gate) 60.82. **Ht1:** 1 S Lucas (Traff) 57.39; 2 M Harrison (Wake) 57.89; 3 M Forrest (Wig D) 61.80. **Ht2:** 1 L Lennon (NEB) 57.96; 2 C Rogers (Amber) 59.83; 3 D Bamber (BWF) 61.07; 4 L Potter (Hallam) 61.45; 5 E Done (W Ches) 61.57. **Ht3:** 1 B McLinden (Wirr) 59.02; 2 N Pearson (Gate) 59.56. **800:** 1 L Lennon (NEB) 2:10.65; 2 K Clark (Hull A) 2:17.00; 3 L Thomas (Linc W) 2:20.41. **1500:** 1 K Clark (Hull A) 4:46.52; 2 C Pratchett (Wake) 4:51.22. **3000:** 1 V Graves (York) 10:17.93; 2 R Wood (B'burn) 10:25.88. **60H:** 1 L Dewdney (Gate) 8.80; 2 A Helsby (Liv H) 8.96; 3 A Hill (Sheff) 9.16; 4 L Revitt (Donc) 9.34; 5 E Markendale (Pend) 9.52. **HJ:** 1 E Markendale (Pend) 1.55. **PV:** 1 K Wilson (Donc) 3.10. **LJ:** 1 A Irozuru (Sale) 6.02; 2 M Carr (Shild) 5.61. **TJ:** 1 M Carr (Shild) 12.13; 2 H Pickles (Manc) 11.30; 3 K Hall (Prest) 10.08; 4 E Owen (Vale R) 10.08. **SP:** 1 A Hill (Sheff) 13.62; 2 H Evenden (Leeds C) 11.87; 3 A Merrills (Roth) 10.83

OPEN MEETING
Loughborough

Men

60: r1: 1 L Baptiste (WG&EL) 6.87; 2 S Smith (Lough S) 6.89; 3 S Eruchie (Bir) 7.05; 4 B Williams (Lough S) 7.06; 5 R Yousif (NEB) 7.06; 6 P Brizell (Ireland) 7.15. **r2:** 1 A Blow (Lough S) 7.04; 2 E Dunford (Bir) 7.08; 3 J Jegede (Lough S) 7.09; 4 S Small (Lough S) 7.14; 5 D Kavanagh (Ireland) 7.17; 6 D Hough (Ireland) 7.21. **r3:** 1 P Swan (Lough S) 7.16; 2 D Gardiner (Leeds C, U20) 7.18; 3 P Duffy (Ireland) 7.21; 4 M Beaument (Newk) 7.30. **r4:** 1 G Hawkes (Lough S) 7.24; 2 J Laffey (Ireland) 7.29. **r5:** 1 E Aselius (Corby, U20) 7.28. **r6:** 1 S Smith (Lough S) 6.84; 2 L Baptiste (WG&EL) 6.89; 3 S Eruchie (Bir) 6.99; 4 B Williams (Lough S) 7.04; 5 R Yousif (NEB) 7.07; 6 J Jegede (Lough S) 7.13. **r7:** 1 P Brizell (Ireland) 7.07; 2 D Kavanagh (Ireland) 7.11; 3 P Swan (Lough S) 7.22. **r8:** 1 D Hough (Ireland) 7.18; 2 E Aselius (Corby, U20) 7.19; 3 P Duffy (Ireland) 7.24. **r9:** 1 P Berners (Charn, U17) 7.39; 2 A Bryant (WSEH, U20) 7.49; 3 R Palmar (Leic C, U17) 7.49. **60H: r1:** 1 N Gayle (Traff) 8.00; 2 E Dunford (Bir) 8.06; 3 P Coghlan (Ireland) 8.11; 4 S Nyananyo (NEB) 8.27. **r2:** 1 R Beckford (Lon Hth) 8.37; 2 D Feeney (Lough S) 8.39; 3 S Wombwell (Lough S) 8.51; 4 A Hemery (Lough S) 8.85. **r3:** 1 D Hughes (Traff) 7.83; 2 E Dunford (Bir) 7.95; 3 N Gayle (Traff) 8.05; 4 P Coghlan (Ireland) 8.15; 5 K Sempers (Belg) 8.16; 6 S Nyananyo (NEB) 8.26. **r4:** 1 N Gayle (Traff) 8.09; 2 R Beckford (Lon Hth) 8.27; 3 D Feeney (Lough S) 8.42; 4 A Hemery (Lough S) 8.85. **HJ:** 1 L Evling-Jones (Belg) 2.00; 2 J Guest (Leam, U17) 1.90; 3 A Hemery (Lough S) 1.90; 4 J Roach (Tam, U17) 1.90. **PV:** 1 K Sempers (Belg) 4.70; 2 G Stroud (Exe) 3.90; 2 J Murray (Card) 3.90; 4 W Lambourne (Mil K, U20) 3.70; 5 A Bryant (WSEH, U20) 3.70. **LJ:** 1 J Jegede (Lough S) 7.47; 2 A Bell (Lough S) 7.08; 3 S Small (Lough S) 6.91; 4 B Pickup (Lough S) 6.67; 5 E Field (Lough S) 6.66; 6 S Smith (Lough S) 6.64. **TJ:** 1 B Williams (Stoke, U17) 14.53. **SP:** 1 G Johnson (USA) 20.08; 2 S Thompson (Belg) 16.44; 3 L Richards (York) 16.00; 4 E Dunford (Bir) 14.87; 5 B Roberts (Bir) 14.37

U20 men

SP: 1 J Stephenson (Lough S) 17.92; 2 W Lambourne (Mil K) 12.14

U17

SP: 1 M Wheeler (Herne H) 18.96

U15

SP: 1 J Newman (Bir, U17) 15.04

Women

60: r1: 1 E Bailey (Lough S) 7.68; 2 K Russell (Lough S) 7.84; 3 K Robbilliard (Lough S) 7.96; 4 D Matthew (Lough S) 8.16. **r2:** 1 L Samuel (Leic C, U20) 7.96; 2 J Domingo (Charn, U20) 8.38; 3 E Wardle (Charn, U17) 8.44. **r3:** 1 K Thompson (Liv H, U17) 7.88; 2 J Domingo (Charn, U20) 8.46; 3 E Wardle (Charn, U17) 8.50. **60H:** 1 J Ennis (Sheff) 8.32; 2 L Hazel (P'broke) 8.60; 3 P Agbo (TVH) 8.68; 4 A Lennox (Stoke, U20) 9.29. **HJ:** 1 J Ennis (Sheff) 1.91; 2 S Pywell (Sal) 1.79; 3 S Hine (Lough S) 1.79; 4 K Thompson (Liv H, U17) 1.75; 5 S Heveran (Ireland) 1.75; 6 A Lassu (Sale, U20) 1.70; 7 L Hazel (Bir) 1.65; 8 M Clifford (Lough S) 1.65; 9 G Clements (Dartf) 1.60. **LJ:** 1 P Agbo (TVH) 6.09; 2 L Samuel (Leic C, U20) 5.53; 3 A Lennox (Stoke, U20) 5.46. **SP:** 1 E Francis (Leic C) 15.22; 2 E Carpenter (WSEH) 14.24; 3 R Wallader (R&N, U20) 14.14; 4 R Gonse (Bed C) 13.47; 5 J Holman (Bir) 12.71; 6 L Hazel (Bir) 12.27; 7 H Evenden (Leeds C, U20) 11.61; 8 A Lennox (Stoke, U20) 10.78; 9 B Jones (Glouc) 10.70

U20 women

TJ: 1 T Longwe (Lough S) 11.29; 2 K Birks (Leic C) 10.16

U17

SP: 1 Y Spencer (C'field) 11.84

SEAA SENIOR/U20/U17/U15 CHAMPIONSHIPS
Lee Valley

THE South of England Indoor Championships continues to grow in stature at the impressive Lee Valley Athletics Centre and there were some notable efforts on the track and field.

The big news was a good start to the year from Phillips Idowu. The triple jumper started with a 16.96m leap and then improved to 17.06m and had a few no jumps in the 17.40m range.

Pre-race publicity had focused on the possibility of Dwain Chambers competing though the sprinter had never entered. The 60m was still a tight race with Elijah Winn surprising with a 6.71 victory just ahead of Gibrilla-Pato Bangura and Harry Aikines-Aryeetey. The world junior champion had to be content with third after a poor start but was pleased to be back competing in his first race since last February.

A championship record fell in the 60m hurdles where Richard Alleyne's 7.82 gave

David Griffiths



Laura Langowski records a 400m championship best at the Midland Indoors while Meghan Beesley ran the second fastest indoor 400m by a junior ever

him a metre on the up-and-coming Gianni Frankis.

Apart from Idowu, the other field highlight came in the high jump where four cleared 2.20 with Darvin Edwards winning on countback.

The women's star performer was Sarah Claxton. She gained a triple winning a tight 60m, the hurdles in a championship record of 8.18 and the long jump.

Another record fell in a close 400m with Tara Bird beating Melanie Purkiss by just two hundredths in 55.57 after both had set marks in the semi finals. A far more clearcut record went to Faye Fullerton who solo ran the 1500m in 4:22.11.

Pick of the junior men's track action was Jordan Huggins' 6.79 60m and James Alaka's 21.80 200m, though Rick Ward gained a good 800/1500 double and Alex Al Ameen equalled the championship record in the hurdles (8.17).

There was double success for U20 athlete Anike Shand-Whittingham. Her times of 7.54 and 24.53 compared well to the seniors.

Impressing in the U17 men's 60m was Kieran Showler Davis. He equalled Harry Aikines-Aryeetey's record with 6.95 in the semi and then ran a superb 6.86 in the final. Dan Putnam ran a fast 22.14 200m and also showing good early season speed in the U17 girls' 200m was Twinelle Hopeson. She set championship records in both the semi and final and her 25.32 gave her four metres on Victoria Ohuruogu.

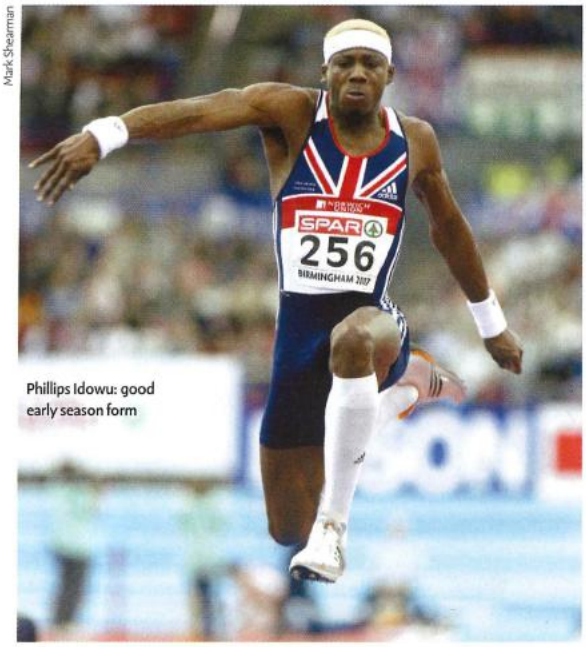
In the field, other records were Scott Huggins in the U20 pole vault where he also set a Scottish U20 mark of 4.91 and high jump marks for U17s Samuel Bailey (2.05) and Marilyn Nwawulor (1.73).

a = 19th b = 20th

Men

60 (a): 1 E Winn (E&H) 6.71; 2 G Bangura (VP&TH) 6.71; 3 H Aikines-Aryeetey (Sutt) 6.72; 4 R Moseley (SB) 6.76; 5 J Lawal-Balogun (Kent) 6.82; 6 A Matthews (WSEH) 6.84. **SF1:** 1 H Aikines-Aryeetey (Sutt) 6.72; 2 R Moseley (SB) 6.77; 3 A Matthews (WSEH) 6.83; 4 R Graham (Herne H) 6.88; 5 A Mensah (SB) 6.93; 6 C Wilson (WG&EL) 6.95. **SF2:** 1 E Winn (E&H) 6.72; 2 G Bangura (VP&TH) 6.85; 3 J Lawal-Balogun (Kent) 6.88; 4 J Barbour (B&B) 6.89; 5 J Browne (Kent) 6.95. **Ht1:** 1 M Walker (E&H) 6.92; 2 N Thomas (NEB) 6.93; 3 D Bovell (B&B) 7.00. **Ht2:** 1 R Moseley (SB) 6.96; 2 D Davis (Sutt) 6.97; 3 M Arthur (Lon Hth) 7.07; 4 M Grant (E Ang U) 7.11. **Ht3:** 1 H Aikines-Aryeetey (Sutt) 6.81; 2 A Mensah (SB) 7.08; 3 M Otubambo (E&H) 7.29. **Ht4:** 1 D Bromfield (High) 7.03; 2 M Holloway (WSEH) 7.04; 3 D Doyley (B&B) 7.04; 4 B Richardson (Camb U) 7.10. **Ht5:** 1 M Miah (WG&EL) 6.95; 2 G Wilson (Belg) 7.14; 3 T Ossai (SB) 7.19; 4 O Seon (E&H) 7.25. **Ht6:** 1 E Winn (E&H) 6.94; 2 J Barbour (B&B) 7.03. **Ht7:** 1 G Bangura (VP&TH) 6.87; 2 J Browne (Kent) 6.97; 3 B Funmilayo (QPH) 7.15; 4 J Greenidge (WG&EL) 7.15; 5 A Balogun (Ilf) 7.24. **Ht8:** 1 A Matthews (WSEH) 6.87; 2 R Graham (Herne H) 6.97; 3 R Ffrench-Shand (Herne H) 7.27; 4 J Bridge (Ash) 7.28. **Ht9:** 1 L Slue (Harrow) 6.97; 2 J Lawal-Balogun (Kent) 6.98; 3 T Sodeyi (B&B) 7.06; 4 R Alleyne (Sheff) 7.19. **h1:** 1 C Wilson (WG&EL) 6.93; 2 J Wood (Harrow) 7.09; 3 M Collins (Lut) 7.16; 4 G Frankis (NEB) 7.23. **Q:** 1 H Aikines-Aryeetey (Sutt) 6.74; 2 R Moseley (SB) 6.78; 3 J Barbour (B&B) 6.91; 4 M Arthur (Lon Hth) 7.00; 5 L Slue (Harrow) 7.01; 6 M Holloway (WSEH) 7.08. **Ht2:** 1 J Lawal-Balogun (Kent) 6.85; 2 M Miah (WG&EL) 6.86; 3 A Matthews (WSEH) 6.87; 4 A Mensah (SB) 6.93; 5 D Bromfield (High) 7.14. **Ht3:** 1 E Winn (E&H) 6.78; 2 G Bangura (VP&TH) 6.80; 3 N Thomas (NEB) 6.95; 4 D Doyley (B&B) 6.97; 5 J Wood (Harrow) 7.04. **Ht4:** 1 R Graham (Herne H) 6.88; 2 C Wilson (WG&EL) 6.90; 3 J Browne (Kent) 6.92; 4 D Bovell (B&B) 7.00; 5 G Wilson (Belg) 7.24. **200 (b):** 1 T Abeyie (WG&EL) 21.46; 2 J Lawal-Balogun (Kent) 21.63; 3 C Williams (Kent) 21.97; 4 D Doyley (B&B) 22.54. **SF1:** 1 T Abeyie (WG&EL) 21.56; 2 C Williams (Kent) 21.91; 3 A Balogun (Ilf) 22.33. **SF2:** 1 J Lawal-Balogun (Kent) 21.94; 2 D Doyley (B&B) 22.40; 3 S Daniels (NEB) 22.47; 4 L Slue (Harrow) 22.63. **SF3:** 1 R Thomas (Belg) 22.11; 2 B Ellis (Win) 22.16; 3 J Bridge (Ash) 22.82; 4 T Ossai (SB) 22.98. **Ht1:** 1 T Abeyie (WG&EL) 22.2; 2 C Williams (Kent) 22.4. **Ht2:** 1 B Ellis (Win) 22.5; 2 L Slue (Harrow) 22.9. **Ht4:** 1 J Lawal-Balogun (Kent) 22.3; 2 A Balogun (Ilf) 22.6; 3 S Daniels (NEB) 22.9. **Ht5:** 1 R Thomas (Belg) 22.6. **400:** 1 S Green (NEB) 47.05 (CBP); 2 D Garland (Bir) 47.41; 3 N Leavey (TVH) 48.51; 4 A Ademuyewo (Sale) 48.83; 5 M Berridge (BMH) 48.84; 6 L Sellers (Win) 49.79. **SF1:** 1 D Garland (Bir) 48.74; 2 T Druce (Cl) 49.17; 3 K Appiah (E&H) 49.79. **SF2:** 1 M Berridge (BMH) 49.03; 2 A Ademuyewo (Sale) 49.05; 3 M Brown (NEB) 49.19; 4 G Hawkes (Lough S) 50.03. **SF3:** 1 S Green (NEB) 48.36; 2 N Leavey (TVH) 48.92; 3 L Sellers (Win) 49.12; 4 A Blow (BMH) 49.26; 5 E Harrison (B&B) 50.91. **Ht1:** 1 J Hussain (Belg) 50.71. **Ht2:** 1 D Garland (Bir) 49.12; 2 J Elderfield (BMH)

RESULTS



Mark Shearman

Phillips Idowu: good early season form

49.67; 3 K Appiah (E&H) 50.27. **Ht3:** 1 S Green (NEB) 49.81; 2 L Sellers (Win) 50.29. **Ht4:** 1 T Druce (CI) 50.31; 2 M Brown (NEB) 50.46. **Ht5:** 1 N Leavey (TVH) 49.75; 2 M Berridge (BMH) 49.75. **Ht6:** 1 A Ademuyewo (Sale) 49.62; 2 A Blow (BMH) 49.90. **800 (a):** 1 E Aston (C&C) 1:54.84; 2 J Long (WG&EL) 1:58.85. **Ht2:** 1 C Goose (Norw) 1:57.64; 2 D Stepney (Phoe) 1:58.00; 3 P Wren (Read) 1:58.43. **1500 (b):** 1 P Bridger (Lut) 3:50.9 (CBP); 2 R Mullett (Lewes) 3:51.0; 3 T Penfold (Bir) 3:51.9; 4 I Williamson (C&C) 3:52.9; 5 T Marley (B&W) 3:54.1; 6 R Ward (Camb U) 3:58.7; 7 S Sterling (NEB) 4:05.5. **Ht1:** 1 R Ward (Camb U) 4:02.93; 2 T Marley (B&W) 4:03.83; 3 R Airey (B&H) 4:05.95. **Ht2:** 1 P Bridger (Lut) 3:58.93 (CBP); 2 I Williamson (C&C) 3:59.57; 3 D McKinlay (B&B) 4:00.48; 4 A Pickett (Dartf) 4:06.33; 5 S Dobin (Camb U) 4:07.98. **Ht3:** 1 R Mullett (Lewes) 4:00.89; 2 T Penfold (Bir) 4:01.66; 3 S Sterling (NEB) 4:02.62; 4 D Ragan (BMH) 4:03.50; 5 D Poulton (SNH) 4:06.19. **60H (a):** 1 R Alleyne (WG&EL) 7.82 (=CBP); 2 G Frankis (NEB) 7.92; 3 T Sodeyi (B&B) 8.01; 4 D Davis (Sutt) 8.11; 5 M Silah-Freckleton (WG&EL) 8.20; 6 B Richardson (Camb U) 8.49. **Ht1:** 1 R Alleyne (WG&EL) 7.95; 2 M Silah-Freckleton (WG&EL) 8.01; 3 T Sodeyi (B&B) 8.10; 4 B Richardson (Camb U) 8.21; 5 C Minn (Craw) 8.95. **Ht2:** 1 D Davis (Sutt) 7.98; 2 G Frankis (NEB) 8.00; 3 R Baderin (Liv H) 8.65; 4 J Appiah (Kent) 8.66. **HJ (b):** 1 D Edwards (Belg) 2.20; 2 A Scarr (E&H) 2.20; 2 S Oni (Belg) 2.20; 4 R Grabarz (Bed C) 2.20; 5 M Lloyd (Bex) 2.15; 5 D Stone (SB) 2.15; 7 M Crowley (E&H) 2.10; 8 A Girdler (Traff) 2.00; 9 G Dyball (WG&EL) 1.95; 10 S Hemmings (S'end) 1.90. **PV (a):** 1 G Conlon (TVH) 4.50; 2 N Cottrell (Wyc P) 4.40. **LJ (a):** 1 N Thomas (NEB) 7.05; 2 M Holloway (WSEH) 6.90; 3 R John (HW) 6.85; 4 J Chappell (B'mth) 6.67. **TJ (b):** 1 P Idowu (Belg) 17.06 (CBP); 2 T Oke (WG&EL) 15.34; 3 N Ezenwa (Camb H) 14.82; 4 M Burton (Kent) 14.79; 5 T Isinkaye (E&H) 14.19; 6 K Newton (WG&EL) 13.52; 7 R Vanhorn (Orion) 13.11

U20 men

60 (a): 1 J Huggins (E&H) 6.79; 2 J Alaka (B&B) 6.81; 3 A Infantino (E&H) 6.87; 4 N Levine (WSEH) 6.89; 5 E Ayanful (WG&EL) 6.92; 6 J Ejehu (Harrow) 7.05. **SF1:** 1 A Infantino (E&H) 6.93; 2 N Levine (WSEH) 6.93; 3 J Ejehu (Harrow) 7.08; 4 A Dockery (Herne H) 7.20; 5 A Ojo (ESM) 7.28; 6 H Byrne (NEB) 7.36. **SF2:** 1 E Ayanful (WG&EL) 7.01; 2 G Price (Team S) 7.09; 3 M Bano (H&W Coll) 7.10; 4 J Alexander (B&B) 7.22; 5 C Lawson (SB) 7.24; 6 P Nargund (HW) 7.34. **SF3:** 1 J Alaka (B&B) 6.98; 2 L McLaughlin (Croy) 7.09; 3 K Adedoyin (Sutt) 7.10; 4 L King (TVH) 7.26; 5 C Blake (VP&TH) 7.34; 6 C Boateng (Herne H) 7.36. **SF4:** 1 J Huggins (E&H) 6.93; 2 O Dixon (Croy) 7.09; 3 D Akande (Chelm) 7.23; 4 S Mitchell (Camb H) 7.25; 5 W De Torvy-Ballou (TVH) 7.27; 6 S Ratcliffe (Havant) 7.28. **Ht1:** 1 J Huggins (E&H) 7.04; 2 G Price (Team S) 7.10; 3 C Lawson (SB) 7.26; 4 A Green (Ilf) 7.50. **Ht2:** 1 A Infantino (E&H) 6.94; 2 S Ratcliffe (Havant) 7.23; 3 A Dockery (Herne H) 7.25. **Ht3:** 1 J Alaka (B&B) 7.03; 2 N Levine (WSEH) 7.04; 3 A Ojo (ESM) 7.25; 4 L Allen (W Suff) 7.49. **Ht4:** 1 O Dixon (Croy) 7.10; 2 K Adedoyin (Sutt) 7.20; 3 S Mitchell (Camb H) 7.33; 4 P Nargund (HW) 7.35; 5 J Iwhdibie (S Lon) 7.41; 6 A Wright (M&M) 7.45. **Ht5:** 1 E Ayanful (WG&EL) 6.99; 2 J Ejehu (Harrow) 7.04; 3 M Bano (H&W Coll) 7.19; 4 C Blake (VP&TH) 7.30; 5 M Walker (Stan Coll) 7.49. **Ht6:** 1 L McLaughlin (Croy) 7.11; 2 L King (TVH) 7.30; 3 C Boateng (Herne H) 7.33; 4 H Byrne (NEB) 7.38; 5 T O'Brien (SB) 7.40; 6 S Harris (Inv EK) 7.44. **Ht7:** 1 J Alexander (B&B) 7.28; 2 D Akande (Chelm) 7.29; 3 W De Torvy-Ballou (TVH) 7.35; 4 A Bleakley (VoA) 7.42; 5 B Porter (S Lon) 7.43; 6 G Steventon (Read) 7.46. **200 (b):** 1 J Alaka (B&B) 21.80 (CBP); 2 D Talbot (St Aug) 22.40; 3 E Ayanful (WG&EL) 22.65; 4 L Wooldridge (Ton) 22.98; 5 M Bano (H&W Coll) 23.05; 6 M Hunt (Chelm) 23.28. **SF1:** 1 D Talbot (St Aug) 22.54; 2 L Wooldridge (Ton) 22.92; 3 M Bano (H&W Coll) 23.16; 4 S Mitchell (Camb H) 23.34; 5 T Sayers (Yeov O) 23.46. **SF2:** 1 J Alaka (B&B) 22.15; 2 E Ayanful (WG&EL) 22.75; 3 M Hunt (Chelm) 23.16; 4 M Harrison (Bas) 23.39; 5 A Dockery (Herne H) 23.41. **Ht1:** 1 J Alaka (B&B) 22.81; 2 M Harrison (Bas) 23.49. **Ht2:** 1 D Talbot (St Aug) 22.71; 2 L Wooldridge (Ton) 23.10; 3 M Bano (H&W Coll) 23.30; 4 A Dockery (Herne H) 23.32. **Ht3:** 1 E Ayanful (WG&EL) 22.84; 2 M Hunt (Chelm) 23.11. **Ht4:** 1 T Sayers (Yeov O) 23.35; 2 S Mitchell (Camb H) 23.49. **400 (b):** 1 R Oppong-Konadu (C&C) 50.44; 2 M Baker (M&M) 50.50; 3 G Steventon (Read) 50.51; 4 J Moorcroft (Team K) 50.57; 5 M Fraser (Norw) 51.80. **Ht1:** 1 M Baker (M&M) 50.27; 2 J Moorcroft (Team K) 50.32; 3 G Steventon (Read) 50.34; 4 M Fraser (Norw) 51.88. **Ht2:** 1 R Oppong-Konadu (C&C) 51.53. **800 (a):** 1 R Ward (Norw) 1:56.23; 2 O Mansour (WG&EL) 1:56.75; 3 O Heeks (Orion) 1:58.82; 4 J Moorcroft (Team K) 2:00.22; 5 S Poulton (SNH) 2:01.14. **Ht1:** 1 R Ward (Norw) 2:01.91. **Ht2:** 1 O Mansour (WG&EL) 2:01.49. **1500 (b):** 1 R Ward (Norw) 4:04.55 (CBP); 2 R Glastonbury (Rad) 4:06.90; 3 S Collins (E&H) 4:06.92; 4 T Bowerman (AFD) 4:07.38; 5 A Ridley (W Suff) 4:11.98. **60H:** 1 A Al-Ameen (B&B) 8.17 (=CBP); 2 C Wakeford (M'field) 8.45; 3 Z Saucede (E&H) 8.53; 4 A Williams (Hav M) 8.74; 5 L Clarke (WSEH) 8.75. **HJ:** 1 J Hamilton (D&T) 2.00; 2 C Baker (E&H) 2.00; 2 C Lake (WSEH) 2.00; 4 D Dunscombe (Worth) 1.95; 5 B Johnson (Bed C) 1.95; 6 B Armogie (Herts P) 1.90; 7 T Dagadu (RR Sch) 1.90; 8 A Davis-Phillip (Kent) 1.85; 8 L Ely (W Norf) 1.85. **PV (a):** 1 S Huggins (B&B) 4.91 (CBP, Scot U20 rec); 2 R Buk (Croy) 4.60; 3 R Warensio (Swin) 4.40; 4 M Read (Chelm) 4.20; 5 M Devereux (Bed C) 4.20; 6 A Bosher (E&E) 3.60. **LJ (a):** 1 J Grocock (Team S) 7.27 (CBP); 2 N Okolo (SB) 7.05; 3 D Bramble (ESM) 6.65; 4 A Bleakley (VoA) 6.58; 5 J Olasan (HW) 6.43; 6 S Stuart (Ilf) 6.41; 7 S Hitchcock (M&M) 6.27. **TJ (b):** 1 N Okolo (SB) 14.82; 2 N Fox (SB) 14.71; 3 K Mathurin (TVH) 13.72; 4 R Constable (Team S) 13.68; 5 I Simson (Camb U) 13.46; 6 D March (M&M) 13.42; 7 K Onubogu (SB) 13.41; 8 N Odum (HW) 12.89; 9 J Fox (Dartf) 12.85. **SP (b):** 1 D Douglas (WG&EL) 14.96; 2 M Baptiste (NEB) 14.73; 3 E Ntim-Dwemoh (Croy) 13.82; 4 P Hayball (Hunts) 12.81

U17

60 (a): 1 K Showler-Davis (Win) 6.86 (CBP); 2 D Tobias (Bed C) 7.08; 3 L Owen (TVH) 7.08; 4 D Putnam (B&B) 7.11; 5 J Miller (Bex) 7.17; 6 F Ricketts (High) 7.34. **SF1:** 1 K Showler-Davis (Win) 6.95 (=CBP); 2 D Putnam (B&B) 7.10; 3 F Ricketts (High) 7.19; 4 R Francis (Kent) 7.32; 5 D Segun (Croy) 7.33; 6 A Cooke (Chelm) 7.35. **SF2:** 1 D Tobias (Bed C) 7.07; 2 L Owen (TVH) 7.12; 3 J Miller (Bex) 7.16; 4 T Kennedy (Sutt) 7.30; 5 M Walcott (Herne H) 7.31; 6 A Jovanovski (Wat) 7.33. **Ht1:** 1 K Showler-Davis (Win) 7.00; 2 L Elliott (Ash) 7.55; 3 J Alexis (Harrow) 7.66; 4 S Benfield (Wit) 7.70. **Ht2:** 1 D Tobias (Bed C) 7.17; 2 J King (S'end) 7.43; 3 J Alcock (M&M) 7.47; 4 M Oluwole (Camb H) 7.48. **Ht3:** 1 J Miller (Bex) 7.3; 2 R Robinson (Herne H) 7.7; 3 J Cumberbatch (SMR) 7.7. **Ht4:** 1 L Owen (TVH) 7.3; 2 R Frederick (SB) 7.5; 3 B Dredge (Herne H) 7.5; 4 C Rendora (WG&EL) 7.6. **Ht5:** 1 T Kennedy (Sutt) 7.37; 2 T Evans (WSEH) 7.52; 3 M Sadoh (Salv Coll) 7.61. **Ht6:** 1 D Putnam (B&B) 7.26; 2 A Cooke (Chelm) 7.35; 3 M Fletcher (B&B) 7.41. **Ht7:** 1 R Francis (Kent) 7.31; 2 M Walcott (Herne H) 7.39; 3 R Walcott (E&H) 7.52; 4 T Larkin (WG&EL) 7.60. **Ht8:** 1 F Ricketts (High) 7.23; 2 D Segun (Croy) 7.31. **Ht9:** 1 A Jovanovski (Wat) 7.30; 2 J Arthur (E&H) 7.48. **Q:** 1 K Showler-Davis (Win) 6.96; 2 T Kennedy (Sutt) 7.28; 3 R Francis (Kent) 7.31; 4 L Elliott (Ash) 7.43; 5 R Walcott (E&H) 7.49; 6 T Evans (WSEH) 7.50. **Ht2:** 1 D Tobias (Bed C) 7.13; 2 D Segun (Croy) 7.31; 3 A Jovanovski (Wat) 7.32; 4 J Arthur (E&H) 7.45; 5 C Rendora (WG&EL) 7.52; 6 R Robinson (Herne H) 7.69. **Ht3:** 1 D Putnam (B&B) 7.16; 2 F Ricketts (High) 7.17; 3 A Cooke (Chelm) 7.33; 4 M Fletcher (B&B) 7.34; 5 R Frederick (SB) 7.37; 6 J Alcock (M&M) 7.49. **Ht4:** 1 L Owen (TVH) 7.13; 2 J Miller (Bex) 7.23; 3 M Walcott (Herne H) 7.32; 4 J King (S'end) 7.40; 5 M Oluwole (Camb H) 7.45; 6 B Dredge (Herne H) 7.56. **200 (b):** 1 D Putnam (B&B) 22.14 (CBP); 2 O Oyewobi (E&H) 22.64; 3 D Tobias (Bed C) 23.01; 4 A Medcraft (WSEH) 23.27; 5 J Arthur (E&H) 23.39; 6 I Rasmussen (Lut) 23.56. **SF1:** 1 D Putnam (B&B) 22.59; 2 A Medcraft (WSEH) 23.30; 3 I Rasmussen (Lut) 23.49; 4 J Miller (Bex) 23.95. **SF2:** 1 O Oyewobi (E&H) 22.88; 2 D Tobias (Bed C) 23.01; 3 J Arthur (E&H) 23.16; 4 R Kechacha (VP&TH) 23.74. **Ht1:** 1 D Putnam (B&B) 23.1; 2 R Kechacha (VP&TH) 23.8. **Ht2:** 1 A Medcraft (WSEH) 23.7. **Ht3:** 1 D Tobias (Bed C) 23.2; 2 J Arthur (E&H) 23.7; 3 J Miller (Bex) 23.9. **Ht4:** 1 O Oyewobi (E&H) 23.6; 2 I Rasmussen (Lut) 23.6. **400 (b):** 1 T Bensted (B&B) 51.20; 2 A Smith (Mil K) 51.48. **SF1:** 1 T Bensted (B&B) 52.66. **SF2:** 1 J Green (Ash) 52.01; 2 A Smith (Mil K) 53.00; 3 T Larkin (WG&EL) 53.46. **Ht1:** 1 J Green (Ash) 52.87. **Ht2:** 1 T Bensted (B&B) 51.74. **800 (a):** 1 J Taylor (Norw) 1:59.80; 2 J Senior (Norw) 2:00.97; 3 A Smith (B&H) 2:01.92; 4 A Clement (BMH) 2:03.68. **SF1:** 1 P Scanlan (WG&EL) 2:02.6; 2 A Smith (B&H) 2:02.9; 3 P Devaney (Bed C) 2:04.6. **SF2:** 1 J Senior (Norw) 2:00.5; 2 J Taylor (Norw) 2:01.8; 3 A Clement (BMH) 2:02.5; 4 J Graham (BMH) 2:03.7; 5 J Taylor-Caldwell (ESM) 2:04.1. **Ht2:** 1 G Miller (Rad) 2:03.85; 2 P Manning (Rad) 2:03.85; 3 A Clement (BMH) 2:03.94; 4 J Taylor-Caldwell (ESM) 2:04.16. **1500 (b):** 1 R Letch (AFD) 4:11.58 (CBP); 2 C Darby (Norw) 4:11.97; 3 S Deathe (Mil K) 4:12.67. **60H (a):** 1 J Forman (IoW) 8.5; 2 A Wharfe (M&M) 8.5; 3 B Hopkins (B&B) 8.6; 4 B Kelk (C&C) 8.6; 5 J Edgar-Hill (Hav M) 8.8; 6 T Parry (K&P) 8.8. **Ht1:** 1 A Wharfe (M&M) 8.55; 2 B Kelk (C&C) 8.72; 3 A Ebundayo (E&H) 8.83; 4 M Walcott (Herne H) 8.91; 5 R Armogie (Herts P) 9.00. **Ht2:** 1 J Forman (IoW) 8.39; 2 J Edgar-Hill (Hav M) 8.69; 3 T Parry (K&P) 8.83; 4 B Hopkins (B&B) 8.83; 5 A Cummings (Croy) 8.91. **HJ:** 1 S Bailey (Chelm) 2.05 (CBP); 2 J Kent (Horsh BS) 2.00; 3 M Grabarz (Bed C) 1.90; 4 T Gardner (E Grin) 1.85; 5 J Lakey (Team K) 1.80; 6 J Jones (P'broke) 1.75; 7 M Sadoh (Salv Coll) 1.75. **PV (a):** 1 G Lester (K&P) 3.70; 2 R Humby (Team S) 3.70; 2 S Brown (Lewes) 3.70; 4 E Quiney (Croy) 3.60; 5 J Withrington (Fitzw Sch) 3.50; 6 C Peers (Ton) 3.00. **LJ (a):** 1 L King (Chelm) 6.35; 2 R Walcott (E&H) 6.32; 3 J Alcock (M&M) 6.19; 4 C Searing (Dartf) 6.13; 5 D Harvey (WSEH) 6.09. **TJ (b):** 1 B Amosu (Croy) 14.57 (=CBP); 2 D Smith (Ash) 13.78; 3 J Allwood (Herne H) 13.12; 4 J Okeyemi (Harrow) 12.62. **SP (b):** 1 Z Duquemin (Jer) 14.25; 2 L Goodacre (CC&C Sch) 12.79

U15

60 (a): 1 M Ojo (ESM) 7.45; 2 E Amaning (TVH) 7.46; 3 A Akintokun (Bas) 7.48; 4 J Atille (Croy) 7.50; 5 J Tele (Hav M) 7.58; 6 J Walker (Orion) 7.89. **SF1:** 1 E Amaning (TVH) 7.47; 2 M Ojo (ESM) 7.49; 3 J Atille (Croy) 7.56; 4 S Maguire (WSEH) 7.95; 5 G Hutchinson (E&H) 7.96. **SF2:** 1 A Akintokun (Bas) 7.48; 2 J Tele (Hav M) 7.54; 3 J Walker (Orion) 7.76; 4 M Lewis (ESM) 7.79; 5 N Hanson (VP&TH) 7.83. **Ht1:** 1 E Amaning (TVH) 7.53; 2 M Ojo (ESM) 7.57; 3 G Hutchinson (E&H) 7.95. **Ht2:** 1 J Tele (Hav M) 7.66; 2 J Walker (Orion) 7.77; 3 N Hanson (VP&TH) 7.87. **Ht3:** 1 A Akintokun (Bas) 7.57; 2 J Atille (Croy) 7.64; 3 S Maguire (WSEH) 7.94. **200 (b):** 1 J Atille (Croy) 24.32. **Ht2:** 1 J Atille (Croy) 24.6. **400 (b):** 1 M Lewis (ESM) 56.20 (CBP); 2 A Walshe (Herts P) 56.57. **1500 (b):** 1 E Shepherd (Herts P) 4:38.2 (CBP). **60H (a):** 1 B Ashby (Herne H) 8.90; 2 A Peden (Harrow) 8.93; 3 C Morten (Ton) 9.32; 4 S Maguire (WSEH) 9.43. **HJ (a):** 1 B Ashby (Herne H) 1.64; 2 M Danobrega (Bed C) 1.61. **PV (b):** 1 D Gardner (SNH) 2.60. **LJ (b):** 1 A Peden (Harrow) 5.73. **SP (b):** 1 Y Zatat (Ilf) 11.22

Women

60 (a): 1 S Claxton (WG&EL) 7.52; 2 A Ceesay (NEB) 7.53; 3 J Johnson (Herne H) 7.54; 4 T Nubi (E&H) 7.64; 5 M Adeove (E&H) 7.77; 6 M Watson (Herne H) 7.78. **SF1:** 1 S Claxton (WG&EL) 7.55; 2 M Adeove (E&H) 7.65; 3 M Watson (Herne H) 7.80; 4 M Webster (Bed C) 7.81; 5 Y Henry (TVH) 7.90. **SF2:** 1 J Johnson (Herne H) 7.7; 2 A Ceesay (NEB) 7.7; 3 T Nubi (E&H) 7.7; 4 C Spurway (R&N) 7.8; 5 K Turner (WSEH) 7.9. **Ht1:** 1 A Ceesay (NEB) 7.59; 2 C Spurway (R&N) 7.73; 3 L Wood (Chelm) 7.74; 4 A Francis (WG&EL) 8.00; 5 E Young (Team S) 8.08. **Ht2:** 1 S Claxton (WG&EL) 7.57; 2 M Adeove (E&H) 7.70; 3 K Skelding (WG&EL) 7.99; 4 A Broadbelt (TVH) 8.02; 5 R Ali-Jackson (Chelm) 8.41. **Ht3:** 1 J Johnson (Herne H) 7.65; 2 T Nubi (E&H) 7.73; 3 H Pryer (WSEH) 7.81; 4 K Turner (WSEH) 7.83; 5 K Short (Brack) 8.27. **Ht4:** 1 Y Henry (TVH) 7.77; 2 M Watson (Herne H) 7.84; 3 M Webster (Bed C) 7.85; 4 X Powell (Camb H) 7.88; 5 K Barden (Chelm) 8.49. **200 (b):** 1 A Ceesay (NEB) 25.00; 2 C Spurway (R&N) 25.51; 3 M Webster (Bed C) 25.82; 4 T Cunningham (Dartf) 26.98. **Ht1:** 1 M Webster (Bed C) 26.32; 2 T Cunningham (Dartf) 26.84. **Ht2:** 1 A Ceesay (NEB) 25.21; 2 C Spurway (R&N) 25.70. **400 (b):** 1 T Bird (WG&EL) 55.57 (CBP); 2 M Purkiss (Team S) 55.59; 3 S Tomkins (Sale) 55.80; 4 E Bonnett (Yeov O) 57.54; 5 S Singer (B&B) 57.86; 6 R Brereton (WG&EL) 59.18. **SF1:** 1 T Bird (WG&EL) 56.31 (CBP); 2 E Bonnett (Yeov O) 57.18; 3 S Singer (B&B) 58.19; 4 T Cunningham (Dartf) 61.48. **SF2:** 1 M Purkiss (Team S) 55.93 (CBP); 2 S Tomkins (Sale) 56.25; 3 R Brereton (WG&EL) 59.27; 4 B Welbourn (Camb U) 59.50; 5 J Fogarty (Camb U) 61.97. **Ht1:** 1 S Tomkins (Sale) 56.80; 2 E Bonnett (Yeov O) 57.00; 3 R Brereton (WG&EL) 59.15. **Ht2:** 1 M Purkiss (Team S) 57.79; 2 B Welbourn (Camb U) 60.12; 3 T Cunningham (Dartf) 61.65. **Ht3:** 1 T Bird (WG&EL) 56.58; 2 S Singer (B&B) 59.65. **800 (a):** 1 R Stringer (Norw) 2:08.84; 2 C Plateau (Rad) 2:09.17; 3 C Nichols (Woking) 2:09.27; 4 N Shaw (Lough S) 2:16.11; 5 N Gooderham (Norw) 2:21.83. **Ht1:** 1 C Nichols (Woking) 2:21.51; 2 N Shaw (Lough S) 2:24.31. **Ht2:** 1 C Plateau (Rad) 2:18.98; 2 R Stringer (Norw) 2:19.36; 3 N Gooderham (Norw) 2:20.50. **1500 (b):** 1 F Fullerton (Hav M) 4:22.71 (CBP); 2 C Elms (Camb H, W40) 4:41.01; 3 E Murty (Dartf) 4:42.84; 4 R Iannone (VoA) 4:47.83; 5 N Gooderham (Norw) 4:51.17; 6 D Kennedy (WG&EL) 4:55.97. **60H (a):** 1 S Claxton (WG&EL) 8.18 (CBP); 2 C Garnett (Herne H) 8.60; 3 A Broadbelt (TVH) 8.68; 4 L Jones (Herts P) 9.09; 5 C Brennan (Hav M) 9.54; 6 N Farman (Herts P) 9.69. **Ht1:** 1 S Claxton (WG&EL) 8.32; 2 L Jones (Herts P) 9.17; 3 C Brennan (Hav M) 9.62; 4 S Madgett (Oxf U) 9.80. **Ht2:** 1 A Broadbelt (TVH) 8.65; 2 C Garnett (Herne H) 8.68; 3 N Farman (Herts P) 9.70. **HJ (a):** 1 E Newman (Harrow) 1.76; 2 L Hodgins (VoA) 1.70; 3 F Smithson (WSEH) 1.65; 3 C Forrest (G&G) 1.65. **PV (b):** 1 J Harding (Bed C) 3.30; 2 A Price (Ash) 3.20; 3 G Dowsett (M&M) 2.70; 3 N Hart (Woking) 2.70; 5 K Dobberson (Bex) 2.50. **LJ (b):** 1 S Claxton (WG&EL) 6.16; 2 J Pacey (WSEH) 5.78; 3 M Gault (Ports) 5.47; 4 H Cone (TVH) 5.38; 5 A Barrett (Harrow) 5.34; 6 A Francis (WG&EL) 5.20; 7 C Linskill (N Dev) 5.17; 8 H Channon (Walton) 5.13. **TJ (a):** 1 N Williams (SB) 13.04; 2 S Aneto (WG&EL) 12.83; 3 A Barrett (Harrow) 11.86; 4 T Spurling (W Suff) 11.77; 5 C Linskill (N Dev) 11.73; 6 S Gutzmore (High) 11.71; 7 L Wood (Chelm) 11.41; 8 A MacLeod (WSEH) 11.13; 9 L Davidson (K&P) 10.89. **SP (b):** 1 E Gatrell (Woking) 15.89; 2 J Duncan (WG&EL) 14.85; 3 C Edwards (Hunts) 14.03; 4 S Brown (B&B, U20) 13.28

U20

60 (a): 1 A Shand-Whittingham (B&B) 7.54 (CBP); 2 J Phillips (Herne H) 7.71; 3 H Croxford (Win) 7.74; 4 L Ugen (Bex) 7.81; 5 S Henry (Harrow) 7.92; 6 M Iheke (K&P) 8.08. **60: SF1:** 1 A Shand-Whittingham (B&B) 7.64; 2 H Croxford (Win) 7.76; 3 J Phillips (Herne H) 7.82; 4 J Mayes (Lon Hth) 8.17; 5 K Shepherd (Bas) 8.23; 6 E Collard (S'end) 8.26. **SF2:** 1 L Ugen (Bex) 7.79; 2 S Henry (Harrow) 7.89; 3 M Iheke (K&P) 8.04; 4 P Oladugba (Chelm) 8.07; 5 N Sylva (Bex) 8.14; 6 R Wilcock (Wat) 8.33. **Ht1:** 1 A Shand-Whittingham (B&B) 7.70; 2 J Phillips (Herne H) 7.79; 3 P Oladugba (Chelm) 8.04; 4 M Iheke (K&P) 8.16; 5 C Flowers (Harrow) 8.44. **Ht2:** 1 L Ugen (Bex) 7.83; 2 H Croxford (Win) 7.93; 3 K Shepherd (Bas) 8.24; 4 R Wilcock (Wat) 8.25. **Ht3:** 1 S Henry (Harrow) 7.94; 2 N Sylva (Bex) 8.05; 3 J Mayes (Lon Hth) 8.18; 4 E Collard (S'end) 8.32; 5 A Forde-Scille (Herne H) 8.34. **200 (b):** 1 A Shand-Whittingham (B&B) 24.53; 2 H Croxford (Win) 25.11; 3 L Wake (Herts P) 25.56; 4 L Bouchard (Chelm) 25.89; 5 M Iheke (K&P) 26.23. **Ht1:** 1 H Croxford (Win) 25.40; 2 M Iheke (K&P) 25.94; 3 L Bouchard (Chelm) 26.14. **Ht2:** 1 A Shand-Whittingham (B&B) 25.13; 2 L Wake (Herts P) 25.96. **400 (b):** 1 K Denyer (Worth) 58.47 (CBP); 2 A Middleton (Bigg) 59.15; 3 G Dawkins (CI) 59.45; 4 S Twinam (CI) 59.55; 5 K Laidlow (Camb H) 59.86; 6 O Campbell (Croy) 60.46. **SF1:** 1 G Dawkins (CI) 60.34; 2 O Campbell (Croy) 60.51; 3 S Twinam (CI) 60.53; 4 L Cave (AFD) 61.41. **SF2:** 1 K Denyer (Worth) 59.45; 2 A Middleton (Bigg) 59.60; 3 K Laidlow (Camb H) 60.15; 4 S McLellan (B&B) 60.69. **Ht1:** 1 K Denyer (Worth) 60.14; 2 S Twinam (CI) 60.84; 3 L Cave (AFD) 60.97; 4 S McLellan (B&B) 61.27. **Ht2:** 1 A Middleton (Bigg) 61.62. **Ht3:** 1 G Dawkins (CI) 59.92; 2 O Campbell (Croy) 60.11; 3 K Laidlow (Camb H) 60.49. **800 (a):** 1 K Foy (WG&EL) 2:15.79; 2 J Hunter (VoA) 2:17.35; 3 S Tyers (Rad) 2:19.35; 4 S Jacks (Norw) 2:20.41; 5 S Profitt (SB) 2:20.93. **Ht2:** 1 L Lattimore (Harrow) 2:23.89; 2 J Hunter (VoA) 2:23.96; 3 K Foy (WG&EL) 2:24.15. **1500 (b):** 1 S Wheat (Col

H) 4:47.58. **60H (a):** 1 S Gaynor (Herts P) 8.79; 2 R Reynolds (WSEH) 9.00; 3 J Heckford (WSEH) 9.03; 4 C Taite (WSEH) 9.06; 5 S Seaton (E&E) 9.15; 6 C Whalley (Mil K) 9.49. **SF1:** 1 R Reynolds (WSEH) 8.98; 2 C Taite (WSEH) 9.07; 3 S Gaynor (Herts P) 9.39; 4 S Twinam (Cl) 9.97. **SF2:** 1 J Heckford (WSEH) 9.10; 2 S Seaton (E&E) 9.12; 3 C Whalley (Mil K) 9.19; 4 K Motley (C&C) 9.55; 5 B Sanders-Clarke (E&H) 9.96. **Ht1:** 1 S Seaton (E&E) 9.20; 2 C Taite (WSEH) 9.23; 3 C Wearing (M&M) 9.41. **Ht2:** 1 S Gaynor (Herts P) 8.78; 2 R Reynolds (WSEH) 8.95; 3 C Whalley (Mil K) 9.33; 4 B Sanders-Clarke (E&H) 9.76. **Ht3:** 1 J Heckford (WSEH) 9.08; 2 K Motley (C&C) 9.45; 3 N Hill (Hav M) 9.54. **HJ (a):** 1 P Hughes (Brun U) 1.73; 2 J Rowland (Craw) 1.55; 3 B Siddons (Hav M) 1.55; 4 K Lysons (Fleet) 1.55. **PV (b):** 1 R Arnheim (B&B) 3.40; 2 E Rendell (Inv EK) 2.90; 3 K Gibbs (Ash) 2.50. **LJ (b):** 1 A Richardson (Bed C) 5.51; 2 L Blackie (B&B) 5.50; 3 J Morgan (Col H) 5.28; 4 H Besford (Chelm) 5.22; 5 D Bakre (E&H) 5.11; 6 S Copping (M&M) 5.02. **TJ (a):** 1 S Wright (Read) 11.76; 2 L Blackie (B&B) 11.71; 3 J Morgan (Col H) 11.40; 4 D Bakre (E&H) 11.38; 5 C Flowers (Harrow) 11.13; 6 N Delahunty (Oxf C) 10.93; 7 A Forde-Scille (Herne H) 10.89; 8 S Copping (M&M) 10.85; 9 D Currie (Herts P) 10.85; 10 R MacKay (C&C) 10.58. **SP (b):** 1 S Brown (B&B) 13.50; 2 J Rowland (Craw) 11.10; 3 A Moronkeji (TVH) 11.09

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60 (a): 1 T Hopeson (Croy) 7.65; 2 C Underwood (Chilt) 7.70; 3 M Nwawulor (Harrow) 7.71; 4 C Humphreys (Orion) 7.84; 5 A Kiddle (Tabor) 7.98; 6 R Hanagan (Ash) 7.99. **SF1:** 1 T Hopeson (Croy) 7.71; 2 R Hanagan (Ash) 7.95; 3 V Ohoruogu (VP&TH) 7.97; 4 H Rennardson (Ton) 8.09; 5 K Robinson (Camb H) 8.35; 6 J Grainger (Ben Sch) 8.38. **SF2:** 1 C Underwood (Chilt) 7.8; 2 A Kiddle (Tabor) 8.0; 3 D Annon (B&B) 8.0; 4 G Ungoed (E'bne) 8.2; 5 O Elder (Rad) 8.5; 6 R Bailey (Harrow) 8.5. **SF3:** 1 C Humphreys (Orion) 7.82; 2 M Nwawulor (Harrow) 7.83; 3 E Campbell (Ash) 8.16; 4 R Wiltshire (TVH) 8.26; 5 C Cullen (Herts P) 8.28; 6 H James (Camb H) 8.36. **Ht1:** 1 T Hopeson (Croy) 7.83; 2 E Campbell (Ash) 8.11; 3 J Grainger (Ben Sch) 8.35; 4 D Smith (Harrow) 8.38; 5 H Ingran (E'bne) 8.45. **Ht2:** 1 C Underwood (Chilt) 7.88; 2 R Wiltshire (TVH) 8.15; 3 C Cullen (Herts P) 8.20; 4 H James (Camb H) 8.30. **Ht3:** 1 C Humphreys (Orion) 7.91; 2 V Ohoruogu (VP&TH) 7.94; 3 R Hanagan (Ash) 8.00; 4 E Tele (Hav M) 8.35; 5 J Shaw (M&M) 8.42. **Ht4:** 1 H Rennardson (Ton) 8.08; 2 R Bailey (Harrow) 8.25; 3 O Elder (Rad) 8.35; 4 H Butt (Newb) 8.40. **Ht5:** 1 M Nwawulor (Harrow) 7.88; 2 D Annon (B&B) 8.06; 3 G Ungoed (E'bne) 8.13. **Ht6:** 1 A Kiddle (Tabor) 7.98; 2 K Robinson (Camb H) 8.29; 3 R Plummer (SB) 8.35; 4 A McDonald (S'end) 8.48. **200 (b):** 1 T Hopeson (Croy) 25.32 (CBP); 2 V Ohuruogu (NEB) 25.80; 3 D Annon (B&B) 26.21; 4 E Campbell (Ash) 26.48; 5 N Beale (Read) 26.68. **SF1:** 1 T Hopeson (Croy) 25.42 (CBP); 2 N Beale (Read) 26.49. **SF2:** 1 V Ohuruogu (NEB) 25.93; 2 D Annon (B&B) 26.22; 3 E Campbell (Ash) 26.49. **Ht1:** 1 T Hopeson (Croy) 25.38. **Ht2:** 1 L James (Bed C) 26.40; 2 N Beale (Read) 26.50. **Ht3:** 1 E Campbell (Ash) 26.39. **Ht4:** 1 V Ohuruogu (NEB) 26.13; 2 D Annon (B&B) 26.59; 3 R Hussey (Oxf C) 26.81; 4 A Reynolds (Havant) 26.97. **300 (b):** 1 F Foster (S Lon) 41.67 (CBP); 2 L Barrow (WSEH) 41.67; 3 B Percy (IoW) 42.29; 4 D Willis (Herts P) 42.89; 5 K Hannon (Brain) 42.99; 6 P Lowe (Harrow) 43.98. **SF1:** 1 F Foster (S Lon) 41.6; 2 B Percy (IoW) 42.1; 3 K Hannon (Brain) 43.1; 4 E Bilton (IoW) 44.0. **SF2:** 1 L Barrow (WSEH) 42.9; 2 D Willis (Herts P) 43.3; 3 P Lowe (Harrow) 43.7; 4 S Sattin (Herts P) 44.7. **Ht1:** 1 L Barrow (WSEH) 43.0; 2 F Foster (S Lon) 43.9; 3 D Willis (Herts P) 44.6. **Ht2:** 1 B Percy (IoW) 43.0; 2 K Hannon (Brain) 43.7. **Ht3:** 1 P Lowe (Harrow) 44.3. **800 (a):** 1 H Edwards (Herne H) 2:18.79; 2 E Grant (Rad) 2:20.73; 3 P Lowe (Harrow) 2:23.03; 4 F Johnson-Deeley (Cl) 2:24.34; 5 N Dabhi (NEB) 2:24.51. **Ht2:** 1 P Lowe (Harrow) 2:24.18. **1500 (b):** 1 F Johnson-Deeley (Cl) 5:04.66. **60H (a):** 1 C Humphreys (Herts P) 8.81; 2 C Hall-Jones (Dr Chall) 8.88; 3 M Southwart (Ton) 8.95; 4 F Williams (WSEH) 9.03; 5 N Beale (Read) 9.17; 6 K Warland (Oxf C) 9.31. **SF1:** 1 C Hall-Jones (Dr Chall) 8.93; 2 K Warland (Oxf C) 9.09; 3 C Galloway (WG&EL) 9.37; 4 E Evans (S'end) 9.60; 5 A Barclay (Craw) 9.65; 6 R Hamilton (Inv EK) 9.80. **SF2:** 1 M Southwart (Ton) 8.97; 2 N Beale (Read) 9.03; 3 H Lloyd (Herts P) 9.27; 4 L Green (Norw) 9.28; 5 J Shaw (M&M) 9.65; 6 S Ugbo (NEB) 9.76. **SF3:** 1 C Humphreys (Herts P) 8.90; 2 F Williams (WSEH) 8.90; 3 G Atkins (S'end) 9.43; 4 L Bass (C&C) 9.84. **Ht1:** 1 C Humphreys (Herts P) 9.08; 2 L Bass (C&C) 9.80; 3 S Ugbo (NEB) 9.81. **Ht2:** 1 L Green (Norw) 9.32; 2 H Lloyd (Herts P) 9.33; 3 E Evans (S'end) 9.59. **Ht3:** 1 C Hall-Jones (Dr Chall) 8.97; 2 G Atkins (S'end) 9.38; 3 A Barclay (Craw) 9.66; 4 D Hankins (Bed C) 9.89. **Ht4:** 1 F Williams (WSEH) 9.04; 2 C Galloway (WG&EL) 9.09; 3 N Beale (Read) 9.19; 4 J Shaw (M&M) 9.93. **Ht5:** 1 M Southwart (Ton) 8.99; 2 K Warland (Oxf C) 9.01. **HJ (a):** 1 M Nwawulor (Harrow) 1.73 (CBP); 2 J Matthews (B&B) 1.70; 3 C Parsons (New FJ) 1.65; 4 H Frith (Bed C) 1.65; 5 K Caulfield (Herts P) 1.60; 6 L Harrison (W Suff) 1.60; 7 C Galloway (WG&EL) 1.60; 8 E Buckett (Win) 1.55; 8 S Abrams (AFD) 1.55; 10 D Hankins (Bed C) 1.55; 11 M McPherson (TVH) 1.55; 12 J Hutchings (Herts P) 1.55; 13 M Sasegbon (SNH) 1.55. **PV (b):** 1 J Ive (Sutt) 3.80 (CBP); 2 L Stickland (Horsh BS) 3.40; 3 E Besford (Chelm) 3.30; 4 R Williams (Herne H) 3.20; 5 L Butcher (Bath) 2.70. **LJ (b):** 1 K Caulfield (Herts P) 5.49; 2 M Nwawulor (Harrow) 5.36; 3 R Hanagan (Ash) 5.36; 4 G Atkins (S'end) 5.18; 5 H Longsworth (Harl Sch) 5.14; 6 J Matthews (B&B) 5.08; 7 S Meikle (Wat) 5.06; 8 A Kiddle (Tabor) 5.01; 9 E Williamson (Chelm) 4.83. **TJ (a):** 1 H Longsworth (Harl Sch) 10.73; 2 E Rhodes (Hunts) 10.35; 3 L Sammout (C&C) 10.15; 4 B Scanes (SNH) 10.13; 5 C Nightingale (SNH) 10.05; 6 P Woods (Harl) 9.85; 7 T Martin (E Grin) 9.70; 8 R Dean (WG&EL) 9.59. **SP (b):** 1 S Milner (W Suff) 11.00; 2 A O'Brien (B&H) 10.49; 3 G Young (Bath) 10.35; 4 K Jones (B&B) 10.20; 5 C Coker (S'end) 9.99; 6 K Rothwell (Jer) 9.92; 7 H Bright (Brain) 9.73; 8 E Rhodes (Hunts) 9.32

U15

60 (a): 1 J Williams (Herts P) 7.60 (CBP); 2 C Stephenson (Norw) 8.10; 3 M Lewis (ESM) 8.16; 4 S Otung (Km Card) 8.17; 5 S Brown (Dartf) 8.25; 6 U Nwachukwu (E&H) 8.34. **SF1:** 1 S Otung (Km Card) 8.12; 2 C Stephenson (Norw) 8.14; 3 S Steele-Boyce (VP&TH) 8.46; 4 V Williamson (Norw) 8.47; 5 V Mitchell (Norw) 8.48; 6 N Fox (SB) 8.70. **SF2:** 1 U Nwachukwu (E&H) 8.14; 2 M Lewis (ESM) 8.24; 3 G Edwards (S'end) 8.39; 4 J Morgan (E'bne) 8.52; 5 M Nikodemova (Chilt) 8.55; 6 G Louca (E'bne) 8.56. **SF3:** 1 J Williams (Herts P) 7.67 (CBP); 2 S Brown (Dartf) 8.26; 3 S Amgbaduba (Herne H) 8.29; 4 S O'Neill (Torb) 8.40; 5 N Keegan (M&M) 8.43; 6 A Waghorn (M&M) 8.50. **Ht1:** 1 J Williams (Herts P) 7.69 (CBP); 2 S Steele-Boyce (VP&TH) 8.43; 3 J Morgan (E'bne) 8.43; 4 V Mitchell (Norw) 8.58; 5 F Lythgo-Smith (E'bne) 8.91. **Ht2:** 1 U Nwachukwu (E&H) 7.99; 2 C Edwards (S'end) 8.40; 3 N Fox (SB) 8.59; 4 M Angus (M&M) 8.60; 5 B Omotoyo (Herne H) 8.79; 6 J Quartey-Pigot (Herne H) 8.90. **Ht3:** 1 M Lewis (ESM) 8.38; 2 V Williamson (Norw) 8.40; 3 N Keegan (M&M) 8.50; 4 G Louca (E'bne) 8.60; 5 E Akpobi (NEB) 8.60; 6 T Coltart (B'mth) 8.87. **Ht4:** 1 C Stephenson (Norw) 8.17; 2 S Amgbaduba (Herne H) 8.35; 3 M Nikodemova (Chilt) 8.55; 4 H McLean (Thurr) 8.70; 5 L McCrory (S'end) 8.85. **Ht5:** 1 S Otung (Km Card) 8.22; 2 S Brown (Dartf) 8.38; 3 S O'Neill (Torb) 8.47; 4 A Waghorn (M&M) 8.60; 5 S McCrory (S'end) 8.93. **200 (b):** 1 M Lewis (ESM) 26.23; 2 B Curtis-Harris (BMH) 26.29; 3 D Henry (E&H) 26.81; 4 N Hickmott (Dartf) 26.85; 5 J Knight (E&E) 27.12; 6 N Keegan (M&M) 27.48. **SF1:** 1 B Curtis-Harris (BMH) 26.58; 2 N Hickmott (Dartf) 26.78; 3 J Knight (E&E) 27.20. **SF2:** 1 M Lewis (ESM) 26.56; 2 D Henry (E&H) 26.69; 3 N Keegan (M&M) 27.26. **Ht1:** 1 B Curtis-Harris (BMH) 26.40. **Ht2:** 1 D Henry (E&H) 26.70; 2 N Hickmott (Dartf) 26.80. **Ht3:** 1 M Lewis (ESM) 26.83; 2 J Knight (E&E) 27.20; 3 N Keegan (M&M) 27.45. **800 (b):** 1 K Snowden (Herne H) 2:26.95. **1500 (b):** 1 M Wood (Mil K) 4:46.4. **60H (a):** 1 S Otung (Km Card) 9.25; 2 V Williamson (Norw) 9.27; 3 N Lebeau (Thurr) 9.40; 4 L McDonald (Norw) 9.46; 5 E Akpobi (NEB) 9.51; 6 H McLean (Thurr) 9.64. **SF1:** 1 S Otung (Km Card) 9.37; 2 N Lebeau (Thurr) 9.44; 3 E Akpobi (NEB) 9.50; 4 C Astalos (C&C) 9.55. **SF2:** 1 V Williamson (Norw) 9.30; 2 L McDonald (Norw) 9.47; 3 H McLean (Thurr) 9.50; 4 L Stevens (B&B) 9.77. **Ht1:** 1 L McDonald (Norw) 9.48; 2 H McLean (Thurr) 9.64; 3 A Waghorn (M&M) 9.98. **Ht2:** 1 C Astalos (C&C) 9.79; 2 L Stevens (B&B) 9.91. **Ht3:** 1 V Williamson (Norw) 9.49. **Ht4:** 1 S Otung (Km Card) 9.42; 2 N Lebeau (Thurr) 9.53; 3 E Akpobi (NEB) 9.55. **HJ (a):** 1 C Shelley (Ips) 1.55; 2 G Nwawulor (Harrow) 1.50; 3 A Rackham (SNH) 1.50; 4 E Grimsey (E&H) 1.50; 5 G Armogie (Herts P) 1.45; 6 B Yapp (W Suff) 1.45; 7 M Higginson (N Abb) 1.45. **PV (b):** 1 G Pearce (St Greg's) 2.70; 2 L Gale (Bath) 2.60; 3 C Noakes (K&P) 2.50; 4 A Huggins (B&B) 2.30; 5 E Grimsey (E&H) 2.20; 6 S Parr (B&B) 2.20; 7 N Epsly (Chelm) 2.10; 8 J Willard (Enf Sch) 2.10. **LJ (b):** 1 T Cottart (B'mth) 5.01; 2 M Lewis (ESM) 4.89; 3 B Curtis-Harris (BMH) 4.82; 4 N Lebeau (Thurr) 4.74; 5 S O'Neill (Torb) 4.65. **SP:** 1 M Okpokiri (NEB) 10.75; 2 S Duquemin (Jer) 10.37; 3 K Davey (B&B) 10.17; 4 S Miller (Herts P) 9.81; 5 S Tryon (Beac Hs) 9.21

VAULT MANCHESTER
Sport City

Men

PV: 1 S Lewis (Lough S) 5.53; 2 T Scherbath (Germany) 5.43; 3 C Bluzat (FRA) 5.03; 4 L Cutts (Dearn H) 5.03; 5 S Simpson (Bir) 5.03; 6 M Eaves (Lough S) 4.88; 7 A Williams (Bir) 4.85; 8 M Walker (Card) 4.38; 9 M Cullen (Sale) 4.23

U20 men

PV: 1 R Searles (Dearn H) 4.63; 2 A Sutcliffe (Sale) 4.63; 3 T Hillier (B&W) 4.38; 4 P Hallworth (Dearn H) 4.23; 5 D Passet (C'field) 4.03; 6 M Wright (BWF) 4.03; 7 A Benamrouche (FRA) 3.63; 8 J Kirkland (C'field) 3.53

U17

PV: 1 T Parkin (Gate) 4.03; 2 J Andrews (Macc) 3.93; 3 C Walker-Shepherd (B&W) 3.83; 4 D O'Hara (BWF) 3.43; 5 D Hodgson (Wrex) 3.33; 6 C Ridgeway (C&S) 3.23; 7 L Morton (Hale) 3.03

U15

PV: 1 E Martin (Dearn H) 3.63; 2 G Appley (Sale) 3.03; 3 M Kirkland (C'field) 2.53; 4 A Cooper (Stoke) 2.53

Women

PV: 1 K Dennison (Sale) 4.23; 2 L Butterworth (Bir) 4.13; 3 E Spain (SB) 4.03; 4 H Paxton (Card) 3.73; 5 A Massey (Sale) 3.73; 6 J Truelove (Mil K) 3.73; 7 H Williams-Smith (Bir) 3.58; 8 E Taylor (Notts) 3.23; 9 P Krawczyk (Dearn H) 3.03; 10 L Johnson (Traff) 2.63; 11 K Horwich (Sale) 2.63

U20 women

PV: 1 S Scott (Gate) 3.73; 2 A Haywood (Sale) 3.63; 3 Y Dyer (B&W) 3.33; 4 C Howarth (Chelm) 3.33; 5 R Evans (Macc) 2.53

U17

PV: 1 K Wilson (Donc) 3.03

U15

PV: 1 K Byres (Sale) 3.03; 2 L Foster (C&S) 2.53; 3 B Ferguson (B&F) 2.08

January 13

LEE VALLEY MINITHON (8-13 YRS)
Lee Valley

U13 men

Tri: 1 S Wake (Herts P) 228; 2 D Gardner (SNH) 216; 3 J Clarke (unatt) 211; 4 A May (unatt) 204; 5 J Akisanya (Ilf) 203. **Tri:** 1 C Wingfield (Barn) 220 (8.2, 4.41, 1:48.5) (60, LJ, 600); 2 R Fleming (E&H) 205 (8.3, 1.45, 3.63) (60, HJ, LJ); 3 C Horne (Barn) 193 (8.9, 3.86, 1:56.0) (60, LJ, 600); 4 T St Lewis (Ilf) 190; 5 J Murphy (M&M) 189

January 12

NATIONAL HIGH JUMP SQUAD MEET
Brunel University

Men

HJ: 1 R Grabarz (Bed C) 2.19; 2 A McKie (WSEH) 2.19; 3 M Lloyd (Bex) 2.13; 4 M Crowley (E&H) 2.05; 5 C Baker (Norw, U20) 2.00; 6 S Hennings (S'end) 1.95; 7 G Dyball (WG&EL) 1.95

Multi-terrain

January 20

ANNAN & DISTRICT WINTER LEAGUE TRAIL 5.5M
Langholm, Dumfries & Galloway

Overall (5.5M)

1 M Whitelaw (Annan) 35:41; 2 J Boardman (Annan, M40) 35:56; 3 R Irving (Annan, M45) 38:19

Women

1 C Legg (Annan, W45) 48:37; 2 R Robson (Annan) 49:19; 3 S Douglas (Annan, W40) 49:19

LOCHABER WINTER LEAGUE HILL 4
Ben Lohra, Fort William, Highland

Overall (4M)

1 M Gorman (W'lands Cc) 27:49; 2 J Hepburn (L'aber, M40) 28:06; 3 T Smith (L'aber) 28:35

M40: 2 R Shaw (L'aber) 30:36; 3 A Kennedy (L'aber) 31:51. **M50:** 1 G Brooks (L'aber) 32:52; 2 C McAndrew (L'aber) 34:07; 3 J Treasurer (L'aber) 34:08. **M60:** 1 E Orr (L'aber) 39:03; 2 D Ford (L'aber) 40:54

Women

1 A Blackhall (L'aber) 34:27; 2 N Forster (L'aber, W40) 35:09

W40: 2 L MacEwan (L'aber) 36:48; 3 E Pearce (L'aber) 37:05. **W50:** 1 N Kennedy (L'aber) 42:54. **U20:** 1 S MacKenzie (L'aber) 36:22

MAY HILL MASSACRE 8.7M
Huntley

Overall (8.7M)

1 L Rankin (Stroud) 58:29; 2 P Murrin (Chep) 58:39; 3 R Gornall (Stroud, M40) 59:34; 4 M Sciven (Merc F) 59:40; 5 M Humphreys (Stroud, M40) 60:08; 6 R Hopkins (Thornb) 62:09; 7 J Newey (Malv) 62:54; 8 T Conway (Black Pj) 62:54; 9 C Berry (Led, M40) 63:20; 10 T Marshall (FoD, M40) 63:33

M50: 1 B Stadden (Butt) 65:48

Women

1 H Fines (B&W) 64:30; 2 L Kent (Chelt) 64:42; 3 G Jamieson (unatt) 70:32; 4 L Ryan (unatt) 72:43; 5 A Hopcraft (Stroud, W40) 72:57

PLUMPTON CLASSIC 7.5km & JUNIOR 2km
Plumpton

Men (7.5km)

1 P Prosser (Burg HR) 26:44; 2 D Bradford (Lewes) 27:08; 3 N Smith (Unnat) 27:20; 4 D Angel (Flit) 27:48; 5 R Watts (Dulw) 27:58; 6 S James (Steyn, M40) 28:02; 7 C Tack (Chich) 28:05; 8 L Hards (Phoe, U20) 28:08; 9 T Roddiss (Chich) 28:22; 10 P Harris (Burg HR) 28:28

Boys (2km)

1 A Smith (Horsh J) 6:29; 2 L Wakelen (Hay H) 6:34; 3 T Hallett (Steyn) 6:36

Women (7.5km)

1 S Alvarez (Hail, W35) 28:56; 2 G Wheeler (Hail) 29:19; 3 E Turner (Horsh BS, W40) 30:01; 4 J Bryce (Burg HR, W40) 31:29; 5 J Hesketh (Steyn, W35) 31:31; 6 R Moore (Worth) 31:51; 7 C Aquilina (Arena, W45) 32:12; 8 M Lazell (High) 32:51

Girls (2km)

1 A Collins (B&H) 6:53; 2 A Captain (unatt) 7:03; 3 H Jackson (Lewes) 7:04

WENDOVER 5
Aylesbury

Overall

1 N Marley (Alch) 29:22; 2 J Shelley (SB, U20) 29:26; 3 P Farmer (Ampt) 29:28; 4 P Hamilton (Anna) 29:32; 5 E O'Gorman (Chilt) 30:47; 6 M Bennett (Chilt, U20) 31:42; 7 K Ivory (Ports J, M40) 31:47; 8 M Summerfield (VoA, M40) 31:52; 9 M Booth (Wyc P, U20) 32:19; 10 G Chalk (Head) 32:23

M40: 3 O Byrne (Bear J) 32:36; 4 K Harding (Tring) 33:01. **M45:** 1 T Dixon (Oxf C) 32:34. **M50:** 1 L Hurman (Head) 34:10; 2 J Burgess (Alch) 34:15; 3 T Kelly (Vets) 34:29. **M55:** 1 W Connolly (unatt) 36:32. **M65:** 1 B Cradden (Bear J) 42:53. **M70:** 1 D Cannon (FVS) 45:37

Women

1 L Butt (Chilt, W35) 35:44; 2 K Hewitson (Head) 35:50; 3 S Quantrill (Chilt) 36:30; 4 S Cox (Mil K) 36:39; 5 T Taylor (Mil K, U20) 37:37

W35: 2 A Young (Topnotch) 37:59. **W40:** 1 D Parker (unatt) 38:23. **W45:** 1 S Heath (SB) 38:18. **W50:** 1 J Lewis (Read RR) 42:35. **W55:** 1 L Harris (unatt) 43:18. **W65:** 1 C Daniells (Mil K) 48:13

January 19

BANSTEAD WOODS TIME TRIAL (5km)
Banstead, Surrey

Overall

1 C Phelan (S Lon, M45) 17:35; 2 M Marzetti (unatt) 17:41; 3 J Chang (262) 18:50

M55: 1 J Quaintance (S Lon) 19:25

Women

1 B O'Donovan (Wimb W, W40) 21:48; 2 A Norris (Dulw, W45) 21:52

BUSHY PARK TIME TRIAL (5km)
Hampton, London

Overall

1 B Markham (AFD, U20) 16:44; 2 R Stannard (Belg) 16:46; 3 K White (HW) 16:48

M40: 1 A Pritchard (Strag) 17:18. **M50:** 1 M Anderson (Farn) 18:24

Women

1 E Davis (unatt) 18:11; 2 R Galligan (AFD) 18:22; 3 R Taylor (unatt) 19:34

W50: 1 J Beckett (unatt) 22:48. **W55:** 1 J Davies (E&E) 21:56

LEEDS HYDE PARK TIME TRIAL (5km)
Hyde Park

Overall

1 A Grice (Leeds C) 16:24; 2 C Keedy (St Th) 17:03; 3 P Webster (Leeds U) 17:44

M65: 1 M Coles (Sky) 20:15

Women

1 S Graham (Morp) 18:40; 2 B Braasch (Leeds & Br) 22:38

RICHMOND PARK TIME TRIAL (5km)
Tasmin Trail, richmond

Overall

1 R Simms (unatt) 18:03; 2 M Holden (Strag) 18:46; 3 N Rothwell (Strag, M40) 18:55

Women

1 L Gamble (unatt) 21:05; 2 L Bottomley (W4H, W35) 21:10

WIMBLEDON COMMON TIME TRIAL (5km)
Wimbledon Common, London

Overall

1 D Coetzee (HW) 17:45; 2 G Blesson (HW, M40) 18:28; 3 C Coles (Sutt) 18:37

Women

1 S Rusbatch (unatt) 20:58; 2 A Garnier (THH, W50) 21:54

January 13

OH MY OBELISK! (10M)
Exeter

Overall

1 T Merson (SWRR) 67:56; 2 P Monaghan (Torb, M40) 70:00; 3 D Tomlin (Teign) 70:11; 4 N Holmes (Erme, M40) 73:20; 5 R Palmer (R4'ever) 74:16; 6 R Hayes (Teign, M40) 75:57; 7 I Pang (SWRR, M40) 76:12; 8 M Rogers (Plyms) 76:30; 9 B Partridge (SWRR, U20) 76:47; 10 M Bayer (Sidm, M50) 77:12; 11 N Einchcomb (SWRR, M45) 78:49; 12 R Taylor (SWRR, M40) 78:54

M55: 1 R Millward (SWRR) 86:02. **M60:** 1 A Littlejohns (Laun RR) 98:16. **M65:** 1 B Hayes (Teign) 93:33

Women

1 K Cheshire (Hull A, U20) 79:08; 2 W Urban (Torb, W40) 80:02; 3 S Daw (E Corn, W40) 82:06

W35: 1 D Hillman (Corn) 84:03. **W40:** 3 F Bond (Honi) 86:27. **W50:** 1 K Cook (SWRR) 89:39. **W55:** 1 P Warner (SWRR) 1:43:34

RESULTS

Road

January 20

BRASS MONKEY HALF-MARATHON
Knavesmire

STEPHEN HEPPLES beat course record holder Ian Fisher to win the 25th running of this popular race, *Roger Norton reports*.

Hepples tracked Fisher for most of the way before unleashing a powerful finish to come home some 70 metres clear in 68:24.

Hepples, always looking comfortable, said he had "plenty in the tank" and it certainly looked like it.

A solid performance from Darran Bilton, on his own when Fisher and Hepples got clear, gave him third place in 69:45.

The wind did not deter women's winner Hayley Haining from breaking her own course record. Haining clocked 71:46 beating last year's mark of 72:07 which in turn had taken a minute and a half off her previous course record.

Haining finished eighth overall in the field of over 1000 and, on this sort of form, will be in the running for a place in the marathon for Beijing.

Overall

1 S Hepple (NEB) 68:13; 2 I Fisher (Otl) 68:24; 3 D Bilton (Leeds C, M40) 69:45; 4 J Bulman (N Yorks M) 70:58; 5 M Pierson (Holm) 71:04; 6 P Marchant (R'well) 71:17; 7 S Neill (P&B) 71:25; 8 H Haining (Kilb, W35) 71:46; 9 M Bendall (Horsf) 72:04; 10 D Turnbull (Holm) 72:23; 11 T Lambert (Swale) 73:22; 12 D Williams (Bev) 73:58; 13 R Pattinson (P&B, M40) 74:31; 14 R Bellamy (N Yorks M, M40) 74:33; 15 J Rogers (Abbey) 75:00; 16 M Hall (Mid M, M45) 76:20; 17 T Hazell (Horsf, M40) 76:30; 18 S Mitchell (Leeds C) 76:33; 19 M Armstrong (Hart, M40) 76:35; 20 N Bedwell (Keigh, M40) 76:38; 21 J Mawson (Otl) 76:41; 22 C Primas (TVH) 76:46; 23 D Parkin (Loft) 76:58 **M40:** 7 I Archbold (Quak) 77:13; 8 A Nesom (York) 79:04; 9 D Chaplin (York A) 79:35. **M45:** 2 S Buchan (CoH) 77:27; 3 T Massey (Nidd) 80:11; 4 M Crabtree (Hal) 80:58; 5 J Sinclair (Ilk) 81:16; 6 C Hartley (Eas) 81:21; 7 M Fryer (Hal) 81:54; 8 P Teece (Bill MH) 82:06; 9 G Asti (Stock H) 82:13; 10 J Baker (T&S) 82:35; 11 M Landells (Drag) 82:38. **M50:** 1 I Scott (Quak) 80:38; 2 A Wormald (Abbey) 81:59; 3 G Werret (Ask) 83:41; 4 R West (Wake) 85:12. **M55:** 1 P Johnson (Scar) 83:20; 2 K Pailing (R'well) 84:59; 3 T Lonergan (Ilk) 88:54. **M60:** 1 W Allen (Tad) 85:36; 2 J Wrigglesworth (R'well) 89:06; 3 P White (Vall) 91:36. **M65:** 1 J Robertshaw (Otl) 94:11. **M70:** 1 J Conaghan (New M) 1:44:15

Women

1 H Haining (Kilb, W35) 71:46; 2 J Briscoe (Wake) 78:27; 3 R Moore (C O E) 79:54; 4 A Green (Keigh) 82:10; 5 L Mawer (Bing, W35) 82:20; 6 P Munro (Bing, W35) 83:50; 7 S Cumber (Hal, W35) 84:18; 8 B Penty (York) 84:46; 9 K Farquhar (Holm, W35) 85:39; 10 K Walshaw (Holm) 86:07; 11 H Cross (Pock) 86:22; 12 S Jarvis (Ilk) 86:30; 13 J France (Holm, W45) 87:02; 14 A Bogie (Chap A) 87:07; 15 E Johnson (Swale, W35) 87:12; 16 J Barley (Leeds C, W40) 88:34; 17 J Keavney (Swale, W40) 89:12

W40: 3 A Thompson (Loft) 90:14. **W45:** 2 C McCarthy (Ack) 93:04; 3 A Clarke (Quak) 94:32; 4 A Tooby-Smith (unatt) 95:37; 5 F Skidmore (Dews) 95:37; 6 A Bennett (Ilk) 97:12; 7 S Simpson (H'gate) 98:57. **W50:** 1 M Egan (Vall) 98:24; 2 D Frost (Idle) 98:24; 3 C Buckley (unatt) 1:41:11. **W55:** 1 F Verrill (unatt) 1:45:55; 2 G Tombs (Ack) 1:47:34. **W60:** 1 J Horan (Roth) 1:49:55. **W65:** 1 K Robertshaw (Otl) 1:43:20; 2 M Leneghan (Crossg) 1:55:12

CLUB CHAMPIONSHIPS 10km
Perivale, London

Overall

1 A Dodd (ESM) 34:17; 2 T Mosley (ESM) 34:58; 3 M Delahunty (ESM) 36:17 **M55:** 1 P Manly (ESM) 38:19. **M60:** 1 B Stanbrook (ESM) 40:23

Women

1 C Jones (ESM, W40) 39:34; 2 S Hiscox (ESM) 39:59

W50: 1 J Harris (unatt) 42:12

DARTFORD LES WITTON 10
Kent

Overall

1 C Bloomfield (Bill) 53:38; 2 P Tucker (B&B) 55:26; 3 B Southin (Serp) 56:29; 4 P Martelletti (unatt) 56:34 **M45:** 1 T Bately (Deal TC) 59:28. **M50:** 1 D Kitcher (Dartf) 62:02. **M60:** 1 M Rouse (Inv EK) 65:21; 2 T Edgley (Inv EK) 68:43; 3 M Conway (Inv EK) 68:48

TEAM: Beckenham RC

Women

1 T Oldershaw (Padd W, W40) 61:32; 2 T Ranson (S'field) 64:53; 3 L Ruderman (Serp) 67:13

W40: 2 S Hawkins (Inv EK) 68:38; 3 R Ferguson (B&B) 68:49. **W45:** 1 J Palmer (Ben) 70:01

TEAM: Serpentine RC

FOLKSWORTH 15
Peterborough

Overall

1 M Blunden (Notts) 81:39; 2 P Lewis (L Eaton) 89:07; 3 J Mitchell (Woking) 89:12; 4 S Cragg (Louth) 90:13; 5 C Deasey (Cov, M40) 90:53

M40: 2 D Tilley (Sleaf) 92:25; 3 M Dorrill (Kenil) 92:46. **M45:** 1 M Packer (Louth) 94:12; 2 V Roberts (Bourne) 97:53. **M50:** 1 J Chapman (Stop) 1:40:47. **M55:** 1 C Moody (Harl RC) 1:41:05. **M60:** 1 B Wells (Bed H) 1:43:24; 2 J Hayes (N Norf) 1:47:36; 3 S Mann (Herts P) 1:48:16

Women

1 N Clay (Stilt, W35) 92:48; 2 D McEwan (Bed H) 95:48; 3 M Neal (P'boro) 98:37; 4 F Hart (Stam S) 98:28; 5 D Parfitt (Norf G, W45) 99:59; 6 P Taylor (Stam S, W40) 1:40:27

W40: 2 K Masson (C&C) 1:45:40; 3 Y Scarrott (Werr J) 1:47:45. **W45:** 1 J James (Sleaf) 1:50:23. **W50:** 1 S Spong (Hav 90) 1:46:29

FRED HUGHES 10
St Albans

Overall

1 J Lawler (Bed C) 53:32; 2 S Harrison (FVS Tri) 55:55; 3 T Doran (OWLS) 56:10; 4 E Vamben (Serp) 56:21; 5 J McGinn (Wat) 56:24; 6 A Reeves (Serp) 56:29; 7 N Torry (Serp) 56:32; 8 H Torry (Serp) 56:43; 9 J Fairs (Serp) 57:22

M40: 1 S Whiting (L Front) 58:26; 2 S Hall (FVS Tri) 58:45; 3 P Greaves (Herts P) 59:37. **M50:** 1 D McGregor (Serp) 60:53; 2 B White (FVS Tri) 61:33; 3 M Bradley (Wat) 62:13; 4 J Robinson (Rane) 62:25; 5 R Harrison (Mil K) 64:43. **M60:** 1 N Bingham (Barn) 69:40.

M65: 1 J Thomas (Corby) 71:08

Women

1 K McKay (SB) 62:17; 2 D Sanderson (Wat, W45) 62:31; 3 K Pradier (Serp, W35) 62:37; 4 H Mussen (Serp) 62:57; 5 L Winn (Serp) 63:55; 6 S Gannon (Ware J, W40) 64:13; 7 H Wilkinson (Serp) 64:35; 8 S Williams (unatt) 64:48; 9 S Miles (Hill) 64:56; 10 S O'Mahoney (Ware J) 65:55; 11 S Wilson (Serp) 66:24; 12 P Clayton (M'head) 66:52; 13 S Reynolds (Chilt, W35) 67:05; 14 J Fanning (Serp) 67:24; 15 R Zuckerman (Serp) 67:50; 16 V Sercombe (Serp, W35) 67:53

W45: 2 C Findlay (D Lloyd) 72:05; 3 C Inch (unatt) 73:14; 4 K Hancock (Serp) 73:56. **W50:** 1 L Wilson (ESM) 69:30. **W55:** 1 M De Winter (Dunst) 80:21

NOT THE ROMAN IX
Stratford-Upon-AVon

Overall (12km)

1 G Payne (G Eliot, M50) 41:54; 2 R Minton (Strat) 42:40; 3 S Riley (Leam, M45) 43:53; 4 S Pritchard (Banb) 43:56; 5 S Harrison (Leam, W35) 44:13; 6 C Tucker (Cher R&I) 44:17; 7 S Hall (Eve) 44:51; 8 T Jones (Eve, M45) 45:22

M50: 2 S Colbourne (Sphin) 47:34. **M55:** 1 P Hawcroft (B&R) 48:38. **M60:** 1 D Whymant (Amaz F) 52:00; 2 G Pritchard (Banb) 53:23.

M70: 1 J Langman (N'brook) 56:22

TEAM: 1 Cherwell R 41; 2 Evesham Vale RC 42; 3 Stratford-upon-Avon 56

Women

1 S Harrison (Leam, W35) 44:13; 2 M Parson (unatt, W40) 47:01; 3 E James (Bir) 47:28; 4 S Baker (R&N, W40) 48:01

W45: 1 R Bales (B&R) 51:41. **W50:** 1 C Jordan (Corby) 54:29; 2 A Carlin (R&N) 55:08. **W55:** 1 H Fiddament-Harris (R&N) 55:20; 2 A Rollings (R&N) 57:59

TEAM: 1 Rugby & Northampton 287; 2 Spa Striders 289; 3 Amazing Feet 365

SHELL FOUR VILLAGE HALF-MARATHON
Helsby, Cheshire

Overall

1 T Abyu (Salf) 65:22; 2 N Renault (Long E) 65:25; 3 B Gamble (Stone MM) 69:49; 4 S Littler (Wesh) 70:19; 5 M Croasdale (L&M, M40) 72:06; 6 D Soltys (Tel) 72:26; 7 B Murphy (Liv PS, M40) 72:31; 8 A McNeill (Long E, M40) 72:32; 9 P Muller (Horw, M50) 74:28; 10 M Cullen (SHS) 74:49; 11 C Heys (Sale) 75:11; 12 G Houghton (Spec) 75:14; 13 M Russell (Bolt MTC) 75:20; 14 L Ande (Salf) 75:24; 15 P Sankey (Liv RC) 75:33; 16 S Marklew (RSC, M40) 75:36; 17 R Downs (Wilm, M40) 75:39; 18 C Potts (Liv RC) 75:41; 19 S Monk (B'burn) 75:54; 20 M Shaw (Stock H, M40) 76:03; 21 N Archer (Vale R, W) 76:05; 22 G Pendlebury (Wesh, M50) 76:11

M40: 7 K Moore (W Brom) 77:43; 8 T Annable (Vale R) 79:37. **M45:** 1 M Hatton (S Ches) 77:59; 2 D Edwards (Liv RC) 79:27; 3 D Norman (Wirr) 79:53; 4 C Jimenez Fernandez (unatt) 80:37; 5 R Bowker (S'port W) 81:37; 6 M Collins (Liv RC) 81:55. **M50:** 3 D Carrington (Alt) 79:39; 4 D Southern (Alt) 80:18; 5 R Murray (Macc) 80:28; 6 T Clough (Leeds C) 80:40; 7 T McGaff (Wilm) 80:58; 8 G McAra (N Vets) 84:52; 9 C Martin (Spec) 85:16. **M55:** 1 R Frodsham (Liv RC) 85:29; 2 A Pitchford (DL Ches O) 89:24; 3 P Weatherhead (Wirr) 90:16; 4 M Cole (S Ches) 90:39. **M60:** 1 D Waywell (Wesh) 84:10; 2 P Sarson (Staff H) 87:06; 3 T Burke (Penny L) 92:56; 4 O Downing (Bing) 93:28; 5 D Walton (Alt) 93:56; 6 G Gerrard (unatt) 94:05. **M65:** 1 K Burgess (Alt) 87:50; 2 A Peers (Spec) 97:19; 3 E Normansell (Stock H) 99:48

Women

1 N Archer (Vale R) 76:05; 2 L Gardner (L&M) 78:05; 3 N Nealon (Hunc, W35) 80:13; 4 K Crickmore (Ches TC) 81:47; 5 G Laithwaite (SHS, W35) 81:57; 6 M Kitching (Tatten, W35) 82:00; 7 G Connolly (SHS) 83:33; 8 C Betmead (BWF, W35) 83:49; 9 S Jane Murphy (Belg) 84:16; 10 J Knass (Stock H) 84:55; 11 Y Wyke (Wig P, W40) 85:24; 12 M Buckle (Newc S) 87:14; 13 S Kleeman (Eryri) 87:22; 14 A Sedman (Belle V, W40) 87:32; 15 K Harvey (Alt, W45) 88:01; 16 S Lomas (Stock H) 89:15; 17 E Crawshaw (Wirr) 89:41

W40: 3 J Hatton (Macc) 90:28; 4 A Drasdo (Traff) 91:08; 5 K Wood (Stock H) 91:36; 6 J Jones (Wig P) 91:49; 7 A Frost (Macc) 92:04; 8 S Atkinson (Tatten) 92:44. **W45:** 2 A Dalton (Skelm) 90:02; 3 A Eggington (S'port W) 92:45; 4 N Mowat (Wilm) 93:28; 5 K Sutton (Wilm) 94:43; 6 M Travner (Vale R) 95:37; 7 C Hawkes (Wirr) 96:53; 8 C Hewitt (Wrex) 97:11; 9 L Martin (Deestr) 98:54; 10 A Brind (unatt) 99:00. **W50:** 1 C Kenny (unatt) 91:20; 2 L Turton (Stock H) 1:40:38. **W60:** 1 C Morgan (Shrop S) 1:45:54

January 19

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park

Overall

1 C Thomson (B&H) 16:13; 2 J Mutch (B&H, U20) 17:26; 3 T Harris (B&H, M45) 17:37

M55: 1 A Field (P'nix Tc) 19:43. **M60:** 1 A Haig (Phoe) 19:19

Women

1 G Geilinger (B&H, U20) 20:17; 2 J Kenneally (B&H, W35) 20:46

OWEN MCGHEE QUAICH 4
Greenocvk, Strathclyde

Overall

1 S Gaffney (Inver, U20) 23:43; 2 N McLaughlin (Inver) 24:02; 3 R Bushfield (Inver, W35) 19:42

Women

1 R Bushfield (Inver) 19:42

Handicap: 1 e Watt (Inver, M40) 26:23; 2 Bushfield; 3 R Shaw (Inver, M40) 27:11

TWIN PIERS 10km
Colwyn Bay

Overall

1 D Blazier (A'gele) 33:13; 2 B Rothery (Eryri) 33:49; 3 C Bailey (Wrex) 33:54; 4 R Watson (Col B) 34:29; 5 T Watson (Col B) 34:40; 6 G R Williams (Menai, M40) 34:52

M40: 2 D Roberts (A'gele) 35:43. **M50:** 1 S Bellis (Buck) 37:49; 2 S Wright (Wig P) 38:33. **M55:** 1 D Bewley (unatt) 38:52; 2 L Maloney (unatt) 39:05; 3 J Griffith (Cybi) 40:45. **M60:** 1 A Egan (Wrex) 41:25. **M65:** 1 D Williams (Eryri) 40:59. **U20:** 1 P Edge (Dees) 35:04; 2 P Wathen (Eryri) 35:21

TEAM (4 to score): 1 Eryri H 2:20:36; 2 Abergele H 2:20:53; 3 Colwyn Bay 2:27:34

Women

1 S Ridgway (Eryri) 37:51; 2 T Lewis Jones (N Wal RR, W35) 39:30; 3 I Redfern (Col B, W35) 39:44; 4 A Roberts (Eryri) 39:46

W50: 1 S Bradley (Bux) 46:19. **W65:** 1 B Jones (Bro D) 51:30

TEAM: 1 Eryri 2:49:10; 2 North Wales RR 3:06:31; 3 Michelin 4:32:18

January 16

GATESHEAD LUNCHTIME HANDICAP 5km
Saltwell Park

Overall

1 G Harden (Sun, M45) 18:23; 2 V Hemy (NSP, M40) 18:35; 3 M Graham (Low F, M40) 19:17

Handicap

1 C Vinter (unatt, W) 33:37; 2 C Mitsides (Walls) 33:50; 3 M Holmes (unatt) 34:19

January 13

BARROW 6
Barrow-upon-Soar, Leicestershire

Overall

1 G Lee (OWLS, M40) 31:57; 2 A Sabin (Leic C) 32:07; 3 T Hartley (Barr R) 32:10; 4 P Critchlow (Beau L, M40) 32:38; 5 D Battersby (Barr R) 33:19; 6 C Southam (Stilt, M40) 33:21; 7 G Deacon (Leic C, M40) 33:58; 8 I Murdey (Beau L) 34:11; 9 R Whitelegg (Hinck) 34:19; 10 D Pearce (Leic C, M40) 34:25; 11 M Rose (Shep, M40) 34:34; 12 K Cook (Hunc, M40) 34:37

M40: 8 M Munday (Road) 35:07; 9 I Paramore (Barr R) 35:20. **M45:** 1 P Mann (Ivan) 35:24; 2 A Long (Herm) 35:36; 3 A Chambers (Ivan) 35:49. **M50:** 1 P Mensley (Charn) 36:54. **M55:** 1 C Mason (S Der) 37:40; 2 M Sandford (Hunc) 39:24; 3 M Jelley (Wreak) 40:24. **M60:** 1 A Norman (Nun) 37:36; 2 T Vaughan (Beau L) 40:44.

M65: 1 A Bradbury (Nun) 43:39

Women

1 B Eburne (Hinck) 36:11; 2 N Clay (Stilt) 36:21; 3 D Marsden (Beau L) 36:56; 4 C Draper (Barr R) 37:50; 5 C Wilson (Herm) 38:05; 6 H Spotak (Barr R) 39:37; 7 J Muston (Shep) 39:47

W45: 1 G Vaughan (Beau L) 40:34; 2 S Black (Birst) 41:03. **W50:** 1 J Davisworth (Beau L) 41:56. **W55:** 1 L Griffin (Birst) 42:50

BELLE VUE HIT THE TRAIL 5
Stockport

Overall

1 D Nicholls (Wilm) 26:02; 2 M Claff (Kent) 26:28; 3 M Cullen (SHS) 26:46; 4 S Freart (W'stock) 28:00

M50: 1 S Morran (N Vets) 30:28. **M60:** 1 T Hulme (Wilm) 33:43

Women

1 J Seymour (Hallam) 32:21; 2 L Turton (Stock H, W50) 36:59

MILBORNE ST ANDREW "10"
Milborne St Andrew, Dorset

Overall (9.79M)

1 M Grist (Poole R, M45) 57:09; 2 T Fisher (unatt) 57:50; 3 J Sharkey (B'mth) 58:09

M45: 2 M Pittaway (RM Port) 59:52. **M50:** 1 S Hunt (B'mth) 61:50. **M60:** 1 M Welland (Oxf C) 64:29

TEAM: Bournemouth 27

Women

1 C Thomas (Poole R, W45) 66:45; 2 D Broom (Eg H, W40) 67:32

W40: 2 J Chapman (Littled) 69:48. **W45:** 2 D Tweed (Poole R) 70:40; 3 J Moloney (RM Port) 71:23. **W50:** 1 S Green (Eg H) 71:34; 2 F Anderson (Eg H) 73:09. **W55:** 1 J Boichot (Wey SP) 80:42; 1 C Horder (B'mth J) 74:15

TRAM: Poole R 15

January 12

CARDIFF BLACKWEIR PARK TIMETRIAL (5km)
Blackweir Park, Cardiff

Overall

1 A Donald (Card) 16:33; 2 S Crees (Les C) 16:42; 3 D Headon (Les C, M45) 18:26

Women

1 L O'Duffy (Les C, W35) 19:33; 2 K Beecher (Les C) 19:41

January 10

RAMSEY BAKERY FIRE SERVICE RUN
Ramsey, Isle of Man

Overall (9km)

1 A Cannell (Northern) 28:07; 2 P Renshaw (Northern) 28:43; 3 A Bell-Scott (Manx) 29:36; 4 T Melvin (Northern) 29:39

Women

1 C O'Hanlon (IOM Vet, W35) 35:52; 2 V Jacobson (unatt) 37:42

Handicap: 1 N Boyd (unatt, W35) 37:51; 2 Jacobson; 3 Renshaw

Overall (3km)

1 R Fairclough (Northern, U20) 9:11; 2 K Vondy (Northern, M45) 9:30; 3 K Deakes (Northern, M40) 10:23

Women

1 T Slinger (Northern) 13:06; 2 J Melvin (unatt, W35) 14:11

Handicap: 1 M Kelly (Northern, W) 14:43; 2 Fairclough; 3 S Hall (unatt) 13:14

Track

January 15

YEOVIL OLYMPIADS WINTER OPEN
Yeovil

Men

SP: 1 S Biddlecombe (Yeov O) 12.96. **SP:** 1 L Biddlecombe (Yeov O, U17) 14.09

Mixed Events

60: 1 N Clements (Yeov O, U20) 7.45.

1000: 1 N Morgan (Yeov O, U20, W) 3:01.34

January 13

BOB WRIGHT HANDICAP SERIES
Osmond Priaulx, Guernsey

Handicap: 1 J Le Noury (Sarnia, W45) 15:21; 2 Dave Dorey (Sarnia, M60) 15:23; 3 Rose Druckes (Sarnia, W60) 15:34

Mixed Events

2000W: 1 S Le Noury (Sarnia) 10:07; 2 J Le Noury (Sarnia) 10:11; 3 T Bates (Sarnia, M55) 10:54; 4 P Lockwood (Sarnia) 10:54; 5 K Le Noury (Sarnia, M50) 12:44

Walks

January 20

NORTHAMPTON WALKS CHAMPIONSHIPS
Kettering

Men

1 J Constandinou (Bir, M35) 1:59:14; 2 B Austin (Mil K, M60) 2:09:25; 3 D Fall (Bir, M60) 2:19:41

Overall

1 M Williams (Tam, M40) 47:52; 2 M Wall (Leic WC, M50) 56:03; 3 A Ellam (E&H, M50) 57:57

Women

1 H Middleton (Leic WC) 60:57

Overall

1 J Nicholls (Leic WC, U15) 20:57; 2 C Elcock (D&S, U13) 21:28

Women

1 J Nicholls (Leic WC) 20:57

Amendments

STAFFORDSHIRE CROSS COUNTRY, January 5

Insert 5 L Hayes (Newc) 14:28

AW looks forward to this Saturday's televised match at the Kelvin Hall

All eyes on Glasgow

THE IAAF World Indoor Championships in Valencia on March 7-9 will be at the forefront of the minds of most athletes in Glasgow, but the first major indoor meeting in the 2007 domestic calendar will provide the first glimpse of how well the British athletes have wintered.

World champions Bernard Lagat (1500m and 5000m) and Brad Walker (pole vault) are the star attractions from the United States. Other highlights include heptathlete Jessica Ennis competing in the high jump and hurdles and comebacks from Michael East and Sam Ellis.

Here are the starters in each event.

■ Women's Spar under-20 60m hurdles – 1.39pm

■ Women's 400m 2012 Select – 1.44pm

■ Men's 400m 2014 Select – 1.49pm

■ Men's long jump – 2.03pm

BRITISH outdoor record-holder Chris Tomlinson seeks a positive start to his season and, if he is in form, could have in mind breaking his British indoor record of 8.17m.

Nils Winter (GER); James Beckford (COM); Chris Tomlinson (GBR); John Moffitt (USA); tbd (SWE)

■ Men's pole vault – 2.06pm

COMMONWEALTH bronze medallist Steve Lewis has a tough task in the guise of world champion Brad Walker.

Alexander Straub (GER); (COM); Steve Lewis (GBR); Brad Walker (USA); Alhaji Jeng (SWE)



Steve Lewis: faces the world champion

■ Women's 60m hurdles – 2.10pm

TO complete her sixth successive victory in this meeting, Susanna Kallur must beat heptathlete Jessica Ennis, who was last year's British No.1 at 100m hurdles.

Judith Ritz (GER); Priscilla Lopes (COM); Jessica Ennis (GBR); Lolo Jones (USA); Susanna Kallur (SWE)

■ Men's 60m hurdles – 2.21pm

ALLAN SCOTT, whose Scottish record of 7.52 on his season's debut earlier this month took him to the top of the world rankings, seeks to maintain his good form against a field which includes Sweden's Robert Kronberg.

Helge Schwarzer (GER); Richard Phillips (COM); Allan Scott (GBR); David Oliver (USA); Robert Kronberg (SWE); Chris Baillie (Guest, GBR)

■ Women's 200m – 2.29 pm

JOICE MADUAKA, 34, begins yet another season of world-class sprinting with a run against Aleen Bailey, who was fifth in the last Olympics in this event.

Cathleen Tschirch (GER); Aleen Bailey (COM); Joice Maduaka (GBR); Shareese Woods (USA); tbd (SWE)

■ Women's 400m – 2.35pm

2004 US Olympic trials winner Monique Hennagan goes against Osaka world semi-finalist Shereefa Lloyd.

Claudia Hoffmann (GER); Shereefa Lloyd (COM); Gemma Nicol (GBR); Monique Hennagan (USA); tbd (SWE)

■ Men's 1500m – 2.48pm

MICHAEL EAST, the 2002 Commonwealth champion who made a disappointing comeback from long-term injury at the BUPA Great Edinburgh Cross Country earlier this month, will hope for better form in this, his specialist event. However, Bernard Lagat, world champion at this distance and 5000m, ought to be in shape to win.

Wolfram Muller (GER); Shadrack Korir (COM); Michael East (GBR); Bernard Lagat (USA); tbd (SWE)

■ Men's 200m – 2.58pm

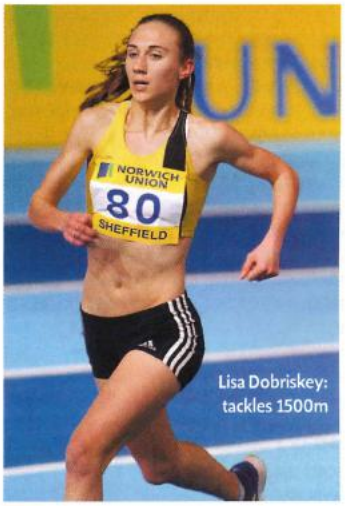
FORMER world indoor silver medallist Johan Wissman of Sweden takes on 2006 AAA indoor champion Tim Abeyie.

Alexander Kosenkow (GER); tbd (COM); Tim Abeyie (GBR); Darvis Patton (USA); Johan Wissman (SWE)

■ Women's high jump – 3.03pm

STEPHANIE PYWELL will be looking to advance on her impressive breakthrough last season when she cleared 1.90m, but here she faces 1.97m jumper Nicole Forrester and former world junior bronze medallist Sharon Day.

Nicole Forrester (COM); Stephanie Pywell (GBR); Sharon Day (USA); tbd (SWE)



Lisa Dobriskey: tackles 1500m

■ Women's 1500m – 3.08pm

TAKING on 9:30 steeplechaser Korine Hinds of Jamaica, Lisa Dobriskey continues her comeback from injury at the end of last year.

Kerstin Werner (GER); Korine Hinds (COM); Lisa Dobriskey (GBR); Colleen Newhart (USA); tbd (SWE)

■ Women's long jump – 3.16pm

WORLD heptathlon fourth-placer Jessica Ennis has her work cut out against Bianca Kappler, who has recorded 6.90m and was fifth in last year's World Championships.

Bianca Kappler (GER); Jackie Edwards (COM); Amy Harris (GBR); Rose Richmond (USA); tbd (SWE); Jessica Ennis (Guest, GBR)

■ Men's 400m – 3.20pm

DOMINICAN REPUBLIC'S Alleyne Francique, who has won the two most recent world indoor titles in this event, faces 45.19 runner Jamaal Torrance of the United States.

Simon Kirch (GER); Alleyne Francique (COM); Richard Buck (GBR); Jamaal Torrance (USA); tbd (SWE)

■ Women's 800m – 3.30pm

A BRITISH win is a big possibility here through Jenny Meadows, who went to last year's World Championships, or 2:01 runner Celia Brown.

Monika Gradzki (GER); Celia Brown (COM); Jennifer Meadows (GBR); Sasha Spencer (USA); tbd (SWE)

■ Women's 3000m – 3:40pm

AAA INDOOR 1500m champion Katrina Wootton meets African prodigy Veronica Nyaruai, who has run 15:13.1 for 5000m, but is still only 18.

Antje Moldner (GER); Veronica Nyaruai (COM); Katrina Wootton (GBR); Kristen Anderson (USA); tbd (SWE)

■ Men's 800m – 3.55pm

EUROPEAN 800m silver medallist Sam Ellis makes his comeback to the big-time after the injury which forced him out of the last summer season. He faces Uganda's junior record-holder Abraham Chepkirwok.

Rene Herms (GER); Abraham Chepkirwok (COM); Sam Ellis (GBR); Trent Riter (USA); tbd (SWE)

■ Women's 60m – 4.05pm

JEANETTE KWAKYE, who has been the quickest Brit at 60m each of the last three years, takes on Aleen Bailey, 2004 Olympic fourth-placer at 200m.

Verena Sailer (GER); Aleen Bailey (COM); Jeanette Kwakye (GBR); Sani Roseby (USA); tbd (SWE)

■ Men's 60m – 4.15pm

EUROPEAN indoor silver medalist Craig Pickering was Britain's No.2 on the boards last year and will be seeking to become No.1 now Jason Gardener has retired. Pickering's training partner Ryan Scott, who made the semi-final of the European Indoors last year, plus Simeon Williamson, the World University and European under-23 100m champion, are also in the field.

Ronny Ostwald (GER); Simeon Williamson (COM); Craig Pickering (GBR); Darvis Patton (USA); tbd (SWE); Ryan Scott (Guest, GBR)

■ TIMETABLE and startlist correct at the time of going to press

WHAT'S ON

Preview guide to forthcoming events worldwide

Cross-country

Saturday January 26

GARSCUBE HARRIERS INTER-SCHOOLS' LEAGUE
Craigend Visitor Centre, Mugdock Country Park, nr Milngavie. 11.30am.
Contact: 0141-6387173. jon_austin@hotmail.com

GREGSON'S SOLICITORS NORTH WALES CHAMPIONSHIPS
Northop. Noon
Contact: David Alun Williams, 82 Pont Adam Crescent, Ruabon, Wrexham LL14 6EE. 01978-820612

MIDLAND CHAMPIONSHIPS
Leamington Spa.

NORTHERN CHAMPIONSHIPS
Roundhay Park, Leeds.

SOUTHERN CHAMPIONSHIPS
Parliament Hill, London.

Sunday January 27

LAKENHEATH 5 AND FUN RUN
Lakenheath Cricket Club, Lakenheath, Suffolk. 11am.
Contact: Mike Chambers, Anchor House, 19 Anchor Lane, Lakenheath IP27 9DP. 01842-861108
Entry: £4. Extra on day: £1.
Postal entries close: January 20.

SCOTTISH ATHLETICS 4km CHAMPIONSHIPS
Bellahouston Park, Glasgow.
Contact: 0870-1451515. www.scottishathletics.org.uk

Thursday January 31

DORSET SCHOOLS' CHAMPIONSHIPS
Canford Arena, Poole.

Saturday February 2

BARTON AND DISTRICT AC OPEN RACE
Barton-upon-Humber, Lincolnshire.
Contact: Edwin Bellamy. 01652-633422

BUSA CHAMPIONSHIPS
Swansea.

EAST SURREY LEAGUE
Wimbledon Common. 2pm.
Contact: Ken Crooke, 8 Rylandes Road, South Croydon CR2 8EA. 0208-657 4269. kc003r3806@blueyonder.co.uk

GLOUCESTERSHIRE LEAGUE
Plock Court, Gloucester.
Contact: www.glosaaa.org.uk

HERTFORDSHIRE SCHOOLS' CHAMPIONSHIPS
St Albans.

MIDDLESEX VETERANS CHAMPIONSHIPS
Ruislip.

SOUTH OF ENGLAND VETERANS CHAMPIONSHIPS
Ruislip.

SPEYSIDE LEISURE NORTH DISTRICT LEAGUE
Highland HR. 1.15pm.
Contact: 01343-542065. www.northleague.fsnet.co.uk

Sunday February 3

KENT FITNESS LEAGUE
Oxleas Wood, Eltham.

NEWBURY BORDER YOUNG ATHLETES' LEAGUE
Tba. 11am.
Contact: martin.goodway@btinternet.com

NORFOLK CHAMPIONSHIPS (SENIOR & VETERAN)
Houghton Hall, King's Lynn.

OXFORD MAIL LEAGUE
Cirencester.

SUNDAY WINTER SERIES
Lord Wandsworth College.
Contact: Marian Eldridge. 01256-862201/07715-503459. eldridgem@lordwandsworth.org

WEST NORFOLK AC CROSS COUNTRY
Houghton Hall, King's Lynn. 11am.
Contact: 07793-208655. www.westnorfolkac.co.uk

Wednesday February 6

POLICE SPORT UK CHAMPIONSHIPS
Pontypool Park, Pontypool, Torfaen.
Contact: DC Sally Broome. 07989-432219. sally.broome@gwent.pnn.police.uk

Saturday February 9

APEX SPORTS CHILTERN LEAGUE
Wing, nr Leighton Buzzard.
Contact: Dennis Orme, 12 Warden Avenue, Harrow HA2 9LW. dennis_orme@msn.com www.chilternccl.co.uk

BIRMINGHAM AND DISTRICT INVITATION LEAGUE
Division 1: Severn. Division 2: Gloucester. Division 3: Stafford.

CAMBRIDGE HARRIERS 10M CHAMPIONSHIPS AND OPEN
Joydens Wood, Bexley, Kent. Noon
Contact: Mark Cross. 07768-696009. mark_a_cross@yahoo.co.uk
Entry: £2.

ENGLISH SCHOOLS' INTER-COUNTY MATCHES
Various.
Contact: www.esaa.net

LONDON CITY RUNNER METROPOLITAN LEAGUE
St Albans.

MAJESTIC TRAVEL NORTH WALES LEAGUE
Oswestry.
Contact: David Alun Williams, 82 Pont Adam Crescent, Ruabon, Wrexham LL14 6EE. 01978-820612

MANCHESTER AREA LEAGUE
Wythenshawe.
Contact: julie.laverock@talk21.com

MID LANCASHIRE LEAGUE
Archbishop Temple High School, Preston.

MIDLAND WOMEN'S LEAGUE
Gloucester.

SCOTTISH ATHLETICS NATIONAL MASTERS' CHAMPIONSHIPS
Balbardie Park, Bathgate.
Contact: 0870-1451515. www.scottishathletics.org.uk

SURREY LADIES' LEAGUE
Richmond Park. 12.15pm.
Contact: Ron Gobey. 0208-856 4681. ron@gobey9944.fsnet.co.uk

SWEATSHOP SURREY LEAGUE
Division 1: Richmond Park. Division 2: Lloyd Park. Division 3/4: Wimbledon Common.

WEST CHESHIRE AC JUNIOR SERIES
Stanney Track, Ellesmere Port. 10am.
Contact: Dennis Wall. 0151-201 1254. dennis.wall1@ntlworld.com

Sunday February 10

BROOKS WESTWARD LEAGUE
Bovey Tracey.
Contact: www.westwardleague.co.uk

GWENT LEAGUE
Blaise Castle, Bristol.

HEREFORDSHIRE LEAGUE
Presteigne.
Contact: Mike Blenkinsop, 25 The Grove, Shobdon, Leominster. 01568-708119

IVANHOE CHALLENGE JUNIOR CROSS
Foremark Reservoir, Leicestershire.
Contact: Joanna Roberts, The Cottage, Aqueduct Road, Coleorton, Coalville LE67 8JA. 01530-222986. mike@mroberts70.wanadoo.co.uk
Entry: £4.50. Postal entries close: February 3.

NORTH YORKSHIRE AND SOUTH DURHAM HARRIER LEAGUE
Blakeston School, Stockton.
Contact: Mike Cotton. 01642-817619

TONBRIDGE AC JUNIOR RACES
Yardley Court School, Somerhill, Tonbridge, Kent.

Saturday February 16

BROOKS SUSSEX LEAGUE
Plumpton College.
Contact: Philip Baker. 01243-533784

CHINGFORD LEAGUE
Victoria Park (Road).

HAMPSHIRE LEAGUE
Wimbourne, Hamworthy.

KENT MEN'S LEAGUE
Nurstead Court, Meopham.

KENT WOMEN'S LEAGUE
Nurstead Court, Meopham.

NORTH WEST LONDON YOUNG ATHLETES' LEAGUE
Copthall Stadium, Hendon.

NORTHERN IRELAND SENIOR CHAMPIONSHIPS
Belfast (Tbc).

SPEYSIDE LEISURE NORTH DISTRICT LEAGUE
Forres. 1.15pm.
Contact: 01343-542065. www.northleague.fsnet.co.uk

START FITNESS NORTH EASTERN HARRIER LEAGUE
Wrekenton.

VETS AC CROSS
Wimbledon. 2.30pm.
Contact: Bob Belmore. 01428-654749

WILF RICHARDS CROSS COUNTRY RACES
Heaton Park, Manchester. 1.30pm.
Contact: George Lawson. 0161-485 2261

Midland Cross Country Championships, Newbold Comyn, Leamington, Saturday January 26

AN impressive entry looks set to make for a good competitive day of cross-country running on what is likely to have made the course very wet and slippery underfoot, *writes Dave McNamee.*

Prominent in the senior men's race will be Billy Farquharson (below), of Notts, leading a very strong Notts team, who also have Nick Talbot and Richard Kay entered. Also in the line-up is Jean Ndaysenga of Birchfield, winner of the Cardiff Cross Challenge last weekend.

Other individuals of note include Matt Lole of Coventry Godiva, James Walsh – Midland-born but running for Leeds City, and Tom Humphries of Cannock & Staffs.

Also in the picture could be Severn's Josh Lilly and Tim Dalton. Bristol has also entered Robbie Bugden and Rob Whalley, who could contribute to putting Bristol into the team places.

In the senior women's race, Charnwood's usual trio of Jane and Juliet Potter and Tara Kryzwicki are entered. Bristol has Amy Chalk, Charlotte Coffey and Kate Goodhead among others. Cirencester's Wendy Nicholls (Jones) is down to run, as is Michelle Ross-Cope of Stoke.

Meanwhile, RSC's Laura Kenney, Claire Martin of Telford, Birchfield's Emma Phillips and Debbie Walters, Nicola Bamford of Notts and Tina Brown of Coventry could be high up.



In the teams stakes, it could well be a two-way battle between Charnwood and Bristol, with Tipton also looking strong.

Top entries for the junior men's race include Lenny Shail of Coventry, Greg Divall of Birchfield, Alex Derricott of Staffs Moorlands and Ander Russell of Stroud.

Shaftesbury Barnet's Sarah Waldron, Joanne Callaway and Olivia Larcombe head the entries for the junior women's race.

In the younger age groups, OWLS look favourites to win the under-17 men's event, while Stroud has a strong under-15 squad.

Bessie Hollins of Kettering Town Harriers and Katie Holt of City of Stoke look strong contenders in the under-17 women's and under-15 girls' events respectively.

Timetable

11.30am	Under-13 boys	3km
11.45	Under-20 men	8km
12.25pm	Under-13 girls	3km
12.45	Under-15 boys	4km
1.05	Under-17/under-20 women	5km
1.35	Under-15 girls	4km
1.55	Under-17 men	6km
2.25	Senior women	6km
3pm	Senior men	12km

If possible, please submit your fixture online at **www.athleticsweekly.com**

Sunday February 17

DERBY RUNNER LEAGUE
Foremark Reservoir, Milton.
SUNDAY LEAGUE
Watford.
WESSEX LEAGUE
Ham Hill, Yeovil.
Contact: Ian Humphreys, 6 Nettle Combe View, Wells, Somerset BA5 3QF. 01749-675100
WEST GLAMORGAN LEAGUE
Swansea Valley. 11am.
Contact: Kevin Corocoran, 15 Heol Yr Eryr, Cwmrhydyceirw, Swansea SA6 6SR. 01792-792301. wgl@tesco.net

Wednesday February 20

MIDLAND POLICE AND SERVICES LEAGUE
Cannock Chase, Staffordshire. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

Saturday February 23

SAUCONY ENGLISH NATIONAL CHAMPIONSHIPS
Alton Towers, Staffordshire.
www.englishcrosscountry.co.uk
MANCHESTER SCHOOLS' LEAGUE
Woodbank Park, Stockport.
Contact: John Wharf. 0161-284 8378
SCOTTISH POWER SCOTTISH NATIONAL CHAMPIONSHIPS
Callendar Park, Falkirk.
www.scottishathletics.org.uk

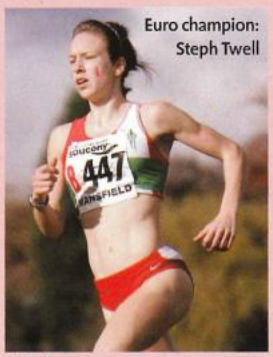
Saturday March 1

GWENT LEAGUE
Blaise Castle, Bristol.
MID LANCASHIRE LEAGUE
Witton Park, Blackburn.
NORTH WEST LONDON YOUNG ATHLETES' LEAGUE
Wormwood Scrubs, London.
START FITNESS NORTH EASTERN HARRIER LEAGUE
Prudhoe.

Sunday March 2

DERBY RUNNER LEAGUE
Sinai Park, Burton-on-Trent.
FROSTBITE FRIENDLY LEAGUE
Bourne.
NEWBURY BORDER YOUNG ATHLETES' LEAGUE
Lightwater Country Park, Camberley. 11am.
Contact: martin.goodway@btinternet.com
OXFORD MAIL LEAGUE
Horspath.
SUNDAY WINTER SERIES
Lord Wandsworth College.
Contact: Marian Eldridge. 01256-862201/07715-503459. eldridgem@lordwandsworth.org
WESSEX LEAGUE
Avon Heath Country Park.
Contact: Ian Humphreys, 6 Nettle Combe View, Wells, Somerset BA5 3QF. 01749-675100
WEST MIDLANDS YOUNG ATHLETES' LEAGUE
Perry Park, Birmingham.

Saucony South of England Cross Country Championships, Parliament Hill, London, Saturday January 26


Euro champion: Steph Twell

DOUBLE European junior champion Steph Twell and clubmate Charlotte Purdue are expected to run in the combined women's under-20/under-17 event, *writes Martin Duff.*

Emma Pallant, the defending champion, will also be on the start line there with Sussex and Kent champions Sophie Coleman and Bryony Proctor.

Meanwhile, in the senior men's race, as the "Southern" returns to its spiritual home on Hampstead Heath this year, a better turn-out is expected than in recent years when they were held away from the capital.

It should be wide-open with county winners Phil Wicks (Surrey) and Ollie Freeman (Sussex) looking strong, while former winner Huw Lobb, beaten into second by Wicks last year, will be seeking to retain the team crown for Bedford, for whom county winners Matt Janes and Dan Dalmedo will also be on duty.

Hertfordshire 1-2 Kevin Skinner and Dave Mitchinson will try to help Newham regain the team championship that they have lost for the past three years to Bedford.

Louise Damen won this event four years ago and then returned to top spot in 2007 and will be hoping Winchester make it three wins in a row just a week before they represent Great Britain in the European Champion Clubs Cup in Portugal. She will have Gloucestershire champion Sophie Morris to beat while Surrey champion Emily Adams' participation will boost Aldershot's challenge to their Hampshire rivals.

Shaftesbury Barnet should be stronger this year and Vicky Webster retained her Hertfordshire title earlier this month.

Aldershot could again dominate the age-group team races, but were headed in two of the boys' events by Tonbridge last year, while there are also some interesting individual performances to look out for.

The junior men's race sees the return to major events for Essex winner Adam Hickey, who will have to see off a challenge from his county's senior silver medallist Andrew Livingstone and Hampshire and Middlesex winners Phil Berntsen and Nick Goolab. Other county winners Ryan Parker and Kurt Wolfe will be well placed in the under-17 women's race, while Camilla Freeman should be back from injury to challenge Emelia Gorecka in the under-15 event. County winners Melissa Hawtin and Joanna Spannagl will make this a competitive age group.

The under-13 races always throw up some new challengers but Steve Knuckey has been dominant in boys' events.

Timetable

11am	Under-15 boys	4.5km
11.25	Under-13 girls	3km
11.40	Under-13 boys	3km
11.55	Under-15 girls	4km
12.25pm	Under-17 men	6km
12.50	Under-17/under-20 women	5km
1.15	Under-20 men	8km
1.50	Senior women	8km
2.50	Senior men	15km

Wednesday March 5

MIDLAND POLICE AND SERVICES LEAGUE
Chesterfield. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk
POLICE SPORT UK REGIONAL MATCH
Chesterfield. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

Saturday March 8

G3 MARCH
Newlands Corner, Dove Road, Guilford, Surrey. 8.30am.
Contact: Toby Jenkins, The Barn Studios, Woking GU22 8JG sales@allabouttriathlons.co.uk www.allabouttriathlons.co.uk Entry: £12.50.
SAINSBURY'S ENGLISH SCHOOLS' CHAMPIONSHIPS
Sefton Park, Liverpool.
SCOTTISH POWER SCOTTISH SECONDARY SCHOOLS' CHAMPIONSHIPS
Irvine. 1pm.
Contact: www.ssaa.co.uk
WEST CHESHIRE AC JUNIOR SERIES
Stanney Track, Ellesmere Port. 10am.
Contact: Dennis Wall. 0151-201 1254. dennis.wall1@ntlworld.com

Sunday March 9

TONBRIDGE AC JUNIOR RACES
Yardley Court School, Somerhill, Tonbridge, Kent.
WEST GLAMORGAN LEAGUE
Singleton Park, Swansea. 11am.
Contact: Kevin Corocoran, 15 Heol Yr Eryr, Cwmrhydyceirw, Swansea SA6 6SR. 01792-792301. wgl@tesco.net

Monday March 10

THE RUNNING SHOP ROUND THE CASTLES SERIES
House of Dun, Montrose. 12.30pm.
Contact: 01330-825198. sandy@sandyreid.wanadoo.co.uk www.therunningshop.uk.com

Saturday March 15

EAST SURREY LEAGUE
Box Hill, Dorking. 2.30pm.
Contact: Ken Crooke, 8 Rylandes Road, South Croydon CR2 8EA. 0208-657 4269. kc003r3806@blueyonder.co.uk
LOUGHTON AC CENTENARY 10km
Loughton.
Contact: www.loughtonac.org.uk
MANCHESTER SCHOOLS' LEAGUE
Woodbank Park, Stockport.
Contact: John Wharf. 0161-284 8378
UK CROSS CHALLENGE INC INTER-COUNTIES
Wollaton Park, Nottingham.

Sunday March 16

BROOKS WESTWARD LEAGUE
Bicton.
Contact: www.westwardleague.co.uk
KIRKINTILLOCH OLYMPIANS EAST DUNBARTONSHIRE PRIMARY SCHOOLS' LEAGUE
Tbc.
Contact: 0141-776 6013. gordon_olympians@hotmail.com
NORTH YORKSHIRE AND SOUTH DURHAM HARRIER LEAGUE
Richmond School, Richmond.
Contact: Mike Cotton. 01642-817619

Wednesday March 19

MIDLAND POLICE AND SERVICES LEAGUE
Hewell Grange, Bromsgrove. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

Saturday March 22

MARATHON TOUR OF THE FYLDE RACE 3 – CROSS COUNTRY 6
Collegite High School Sports Centre, Garstang Road West, Blackpool, Lancashire. 6pm.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS ron@blackpoolmarathon.com www.runblackpool.com Entry: £8.

Friday March 28

SIAB CROSS
Strathallan College, Perth.

Saturday March 29

BMAF CHAMPIONSHIPS
Banbury, Oxfordshire.
Contact: www.bmaf.org
CHINGFORD LEAGUE
Trent Park.
GLOUCESTER 4km CHAMPIONSHIPS AND OPEN PLUS YOUNG ATHLETES' MILE
Indoor Tennis Centre, Plock Court, Tewkesbury, Gloucester.
Contact: Rob Cytlau. 01452-614783
SCHOOLS' HOME INTERNATIONAL
Edinburgh.

Sunday March 30

DERBY RUNNER LEAGUE 'B' FINAL RELAYS
Castle Park, Beaumont Leys, Leicester.
IAAF WORLD CROSS-COUNTRY CHAMPIONSHIPS
Holyrood Park, Edinburgh.

Wednesday April 2

MIDLAND POLICE AND SERVICES LEAGUE
Tally Ho, Birmingham. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

Sunday April 6

DERBY RUNNER LEAGUE NATIONAL AND PLATE FINAL
Ampthill, Bedford.

Tuesday April 8

EAST SURREY LEAGUE
Ewell Court Track, West Ewell. 7pm.
Contact: Ken Crooke, 8 Rylandes Road, South Croydon CR2 8EA. 0208-657 4269. kc003r3806@blueyonder.co.uk

Fell

Sunday January 27

SOREEN STANBURY SPLASH (7M/1200FT)
Penistone Hill Country Park, near Haworth, Keighley, West Yorkshire.
Entry: £3.50. Extra on day: On day only.

Sunday March 9

LEITH HILL HALF-MARATHON
The Priory School, West Bank, Dorking, Surrey. 11am.
Contact: Robert McCaffrey, 1 East Street, Epsom KT17 1BB lhh@propubs.com www.trionium.com Entry: £25.

Sunday March 16

SEVENOAKS ROTARY KNOLE PARK 10km
Knole Park, Sevenoaks, Kent. 10.30am.
Contact: Brian Brauns, 4 The Old Walk, Otford, Sevenoaks TN14 5PP brianbrauns@tiscali.co.uk Entry: £10.

Sunday March 30

EXE TO AXE (20.3M)
South West Coastal Park, Exmouth, Devon. 10am.
Contact: John Perratt, Gable Cottage, Stanhope Drive, Sidmouth EX10 9JE johnperratt@talktalk.net www.sidmouthrunningclub.org.uk Entry: £8.

If possible, please submit your fixture online at **www.athleticsweekly.com**

Northern Cross Country Championships, Roundhay Park, Leeds, Saturday January 26

LAST year, a trio of Greater Manchester runners made the most of home advantage to take the medals in the senior men's race and the same three are entered again.

Salford's Andi Jones took gold, while Sale's Gareth Raven and Altrincham's Matt Barnes took second and third.

However, if looking for a local winner, perhaps Leeds City's Dave Webb is the man. He was fourth last year and was fifth overall and second Briton at the UK Cross Challenge in Belfast recently.

However, Leigh Harrier Peter Riley, the winner of the trial for the European Championships who has been in indifferent form recently, should be the one to beat if he starts and is fit.

Leeds should be favourites, but also going for Altrincham will be Andy and Dave Norman and Jason Ward, who represented Britain at the IAAF World Cross Country Championships last year.

Miler Tom Lancashire is entered and looks to have decent strength following his third place in the 4.3km race at the BUPA Great Edinburgh International.

Under-23 Ryan McLeod is in good form, as is Morpeth's Ian Hudspith.


Andi Jones

In the senior women's race, Hatti Dean is down to defend her title. The Hallamshire Harrier has finished 15th at the IAAF World Cross Championships and competed for Britain at the Europeans since her win at Heaton Park.

Carly Needham, the shock of the winter so far, could challenge Dean, though, if she is not on top form. The Vale Royal AC athlete came from nowhere to finish sixth at the European Cross trial and was seventh recently in Belfast, just four seconds behind Steph Twell.

Chester-le-Street's Morag McDonnell and Kendle's Rebecca Robinson, who were third and fourth last year, are also entered.

Bingley's Victoria Wilkinson, two-time former winner Jenny Clague, Edinburgh Southern Harriers' Freya Murray and Sale Harrier Sonia Thomas should also be among the leaders.

Kevin Deighton should a big favourite for the junior men's race, if he lines up. However, recent Yorkshire senior champion Alistair Brownlee is also in good form. Simon Horsfield and last year's runner-up Nick Swinburn could also challenge.

In the junior women's race, defending champion Stevie Stockton is entered. She is set to face Lucy Mayho and Ferrier, the silver and bronze medallists from last year, while 2007 under-17 winner Heather Timmins steps up.

Timetable

11.30am	Under-17 women	4.5km
11.55	Under-17 men	6km
12.15pm	Under-13 girls	3km
12.25	Senior women	8km
1.10	Under-15 boys	4km
1.30	Under-15 girls	4km
1.50	Under-13 boys	3km
2.00	Senior men	12km
3.00	Under-20 men	8km
3.20	Under-20 women	6km

Indoor

Thursday January 24

GATESHEAD INDOOR ATHLETICS
Gateshead.
Contact: Gateshead Council. 0191-433 5700

Saturday January 26

BRUNEL JUMPS AND SPEED SERIES
Uxbridge. Noon
Contact: www.brunel.ac.uk/life/sport/athletics

NORWICH UNION INTERNATIONAL
Glasgow. Preview, see page 49

WOODIE'S DIY IRISH CHAMPIONSHIPS
Belfast. Until Sunday January 27.
Contact: Athletics Northern Ireland. 02890-602707

Sunday January 27

UKA INDOOR CITY CHALLENGE SEMI-FINAL
Sport City. Preview, see page 53

NORTHERN U17/U15 CHAMPIONSHIPS
EIS, Sheffield.

Thursday January 31

HORSHAM BLUE STAR HARRIERS INDOOR MEETING
Horsham. 7pm.
Contact: Keith May, 11c Hillcrest Close, Scaynes Hill, West Sussex RH17 7PJ. 01444-831430. kmaystar@aol.com
Entry: £3. Extra on day: £On day only.

Saturday February 2

BIRMINGHAM GAMES
NIA, Birmingham. Until Sunday February 3.
Contact: Championship secretary, MCAA, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR. 0121-344 4201. www.midlandathletics.org.uk
Postal entries close: January 11.

UKA INDOOR CITY CHALLENGE SEMI-FINAL
UWIC, Cardiff

WINDSOR, SLOUGH, ETON & HOUNSLOW WINTER OPEN GRADED INC BERKS AA CHAMPIONSHIPS
Eton. 1pm.
Contact: Dennis Daly. 01753-686169
Entry: £5 per event.

Wednesday February 6

REEBOK MANCHESTER OPEN
Sport City. 6.30pm.
www.saleharriersmanchester.com
Entry: £3 per event. Extra on day: £1.

Saturday February 9

MIDLAND CHAMPIONSHIPS PART 2 PLUS U13 OPEN QUADRATHLON
NIA, Birmingham. Until Sunday February 10.
Contact: Championship secretary, MCAA, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR. 0121-3444201. www.midlandathletics.org.uk
Postal entries close: January 18.

NORWICH UNION WORLS TRIALS & UK CHAMPIONSHIPS
EIS, Sheffield. Until February 10.

Tuesday February 12

BRUNEL JUMPS SERIES
Uxbridge. Noon
Contact: www.brunel.ac.uk/life/sport/athletics

Thursday February 14

HORSHAM BLUE STAR HARRIERS INDOOR MEETING
Horsham. 7pm.
Contact: Keith May, 11c Hillcrest Close, Scaynes Hill, West Sussex RH17 7PJ. 01444-831430. kmaystar@aol.com
Entry: £3Extra on day: On day only.

Saturday February 16

BRUNEL SPEED SERIES
Uxbridge. Noon
Contact: www.brunel.ac.uk/life/sport/athletics

DM HALL SCOTTISH COMBINED EVENTS
Glasgow.
Contact: Katie Horne. 0870-1451515.

NORWICH UNION GRAND PRIX
Birmingham

UWIC GRAND PRIX SERIES
Cardiff.
Contact: www.uwic.ac.uk/grandprix

Sunday February 17

MIDLAND COUNTIES OPEN
HPC Alexander Stadium, Birmingham.
Contact: Championship secretary, MCAA, Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR. 0121-344 4201. www.midlandathletics.org.uk
Postal entries close: January 25.

UKA INDOOR CITY CHALLENGE FINAL
EIS, Sheffield.

Thursday February 21

GATESHEAD INDOOR ATHLETICS
Gateshead.
Contact: Gateshead Council. 0191-433 5700

Saturday February 23

NORWICH UNION ENGLAND ATHLETICS U20/U17/U15 CHAMPIONSHIPS
Birmingham. Until Sunday February 24.
www.englandathletics.org
Postal entries close: January 28.

Sunday March 2

REEBOK MANCHESTER OPEN
Sport City. 11am.
Contact: www.saleharriersmanchester.com
Entry: £3 per event. Extra on day: £1.

WINDSOR, SLOUGH, ETON & HOUNSLOW WINTER SERIES OPEN GRADED
Eton. 1pm.
Contact: Dennis Daly. 01753-686169
Entry: £5 per event.

Saturday March 8

ENGLAND ATHLETICS U17/U15 COMBINED EVENTS CHAMPIONSHIPS
Sheffield. Until Sunday March 9.
Contact: www.englandathletics.org
Postal entries close: February 11.

NORTHERN U17/U15 COMBINED EVENTS CHAMPIONSHIPS
EIS, Sheffield. Until Sunday March 9.

Sunday March 16

REEBOK MANCHESTER OPEN
Sport City. 11am.
Contact: www.saleharriersmanchester.com
Entry: £3 per event. Extra on day: £1.

Wednesday March 19

REEBOK MANCHESTER OPEN
Sport City. 6.30pm.
Contact: www.saleharriersmanchester.com
Entry: £3 per event. Extra on day: £1.

Thursday March 20

GATESHEAD INDOOR ATHLETICS
Gateshead.
Contact: Gateshead Council. 0191-433 5700

Multi-terrain

Saturday January 26

BANSTEAD WOODS TIME TRIAL (5km)
Lowest path parallel to the passing road, Banstead Woods, Banstead, Surrey. 9am.
Contact: www.parkrun.com/bwtt_home.aspx

BUSHY PARK TIME TRIAL (5km)
Diana Fountain car park, Bushy Park, Hampton, London TW12. 9am.
Contact: www.bptt.net

LEEDS HYDE PARK TIME TRIAL (5km)
Hyde Park, Leeds. 9am.
Contact: leedsoffice@parkrun.com www.parkrun.com
Entry: £Free.

RICHMOND PARK TIME TRIAL (5km)
Tasmin Trail, Richmond, Surrey. 9am.
Contact: richmondoffice@parkrun.com www.parkrun.com
Entry: £Free.

TRENT PARK 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Enfield, Middlesex. 9.30am.
Contact: Peter Lambert, 6 Crofton Way, Enfield EN2 8HX. 07745-961582. handicaptrentparkrc.org www.trentparkrc.org
Entry: £2.50.

WIMBLEDON COMMON TIME TRIAL (5km)
Path north of the windmill, Wimbledon Common, London. 9am.
www.bptt.net

Sunday January 27

CHERNOBYL 10km
Welcome Tavern, Hennel Lane, Walton Park, Walton-le-Dale, Preston, Lancashire. 11am.
Contact: Tony Cowell, 53 The Oaks, Walton Park, Walton-le-Dale, Preston PR5 4LT. 01772-316204
Entry: £8. Extra on day: £2.
Postal entries close: January 21.

LAKESIDE CANAL RUN
Lakeside, Frimley Green, Surrey. 10am.
Contact: Mike Gratton, Director, Events House, 63 Osborne Road, Farnborough GU14 6AP. 01252-373797. mike@209events.com www.209events.com
Entry: £13.

Saturday February 2

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.

BUSHY PARK TIME TRIAL (5km)
See January 26.

GUILDFORD MONTHLY 5km TIME TRIAL
Stoke Park, opposite Guildford Spectrum, Guildford, Surrey GU1 1UP. 9am.
Contact: www.ggac.co.uk

LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.

RICHMOND PARK TIME TRIAL

If possible, please submit your fixture online at **www.athleticsweekly.com**

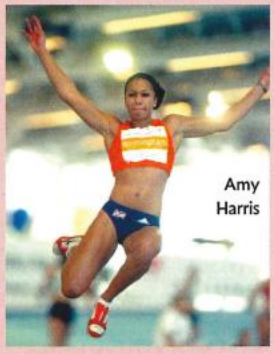
Indoor City Challenge, Manchester Regional Arena, Sunday January 27

SHEFFIELD start the defence of the title they have won on each of the two occasions this event has been staged.

In this first of two semi-finals, they take on Glasgow, Edinburgh, Birmingham, Sheffield, Manchester and Newcastle, with each city representing a different area of the country (see right).

The top three teams from each semi-final and the top two runners-up overall will be invited to compete at the final in Sheffield on February 2.

Prizes include a free warm-weather training trip for a male and female athlete of the series and £250 prize awarded via a points system.


Amy Harris

The second semi-final will take place on February 2 in Cardiff. Spectator entry is free. For more info visit www.ukathletics.net/competitions/indoor-city-challenge/

Semi-final 1 teams

Team Glasgow (dark blue)
West Scotland

Team Edinburgh (violet)
East Scotland

Team Birmingham (orange)
Warwickshire, Staffordshire, Shropshire, Worcestershire, Herefordshire

Team Sheffield (purple)
Derbyshire, Nottinghamshire, Leicestershire, Yorkshire

Team Manchester (sky blue)
Greater Manchester, Cheshire, Merseyside, Lancashire, Isle of Man

Team Newcastle (black)
Cumbria, Northumberland, Lincolnshire, Humberside, Co Durham

(5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday February 3

BANNATYNES WELLINGBOROUGH 5km (ROUND 2)
Irchester Country Park, Irchester, Wellingborough, Northamptonshire. 10am.
Contact: Alan Rose, Event Director, Just Racing, 56 York Road, Wollaston NN29 7SG. 01933-663516. events@justracinguk.com www.justracinguk.com Entry: £7.
FROSTBITE FRIENDLY LEAGUE
Bourne.
STOURBRIDGE LADIES ONLY 6km
Oldswinford Hospital School, Heath Lane, Stourbridge, West Midlands DY8 1QX. 10.30am.
Contact: Ian Clarke, 20 Olive Lane, Halesowen B62 8LS. 0121-669 7892. ian-joan.clarke@virgin.net www.srclub.co.uk Entry: £5.
STOURBRIDGE STAGGER
Oldswinford Hospital School, Heath Lane, Stourbridge, West Midlands DY8 1QX. 10.30am.
Contact: Siobhan Haden, 34 Rugby Road, Wollaston DY8 4RJ. 01215-597892. ian-joan.clarke@virgin.net www.srclub.co.uk Entry: £7.

Saturday February 9

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Saturday February 16

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
THAMES MEANDER 54
Kings Meadow, Reading, Berkshire. 9am.
Contact: Steve Partridge, Spitalfields, London E1. contact@thamesmeander.com www.thamesmeander.com Entry: £35.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday February 17

EASY RUNNER TOUGH TEN CHALLENGE
Weston College, Weston-super-Mare, Somerset BS23. 10.30am.
Contact: Michael Buckland, PO Box 431, Weston-super-Mare BS22 9WZ. 01934-522147. www.toughten.co.uk entriessecretary@toughten.co.uk Entry: £11.50.

Saturday February 23

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
TRENT PARK 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Enfield, London. 9.30am.
Contact: Peter Lambert, 6 Crofton Way, Enfield EN2 8HX. 07745-961582. handicaptrentparkrc.org www.trentparkrc.org Entry: £2.50.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday February 24

BANNATYNES WELLINGBOROUGH 10km (ROUND 3)
Irchester Country Park, Irchester, Wellingborough, Northamptonshire. 10am.
Contact: Alan Rose, Event Director, Just Racing, 56 York Road, Wollaston NN29 7SG. 01933-663516. events@justracinguk.com www.justracinguk.com Entry: £8.
THE TERMINATOR
Pewsey School, Wilcot Road, Pewsey, Wiltshire. 10.30am.
Contact: Richard Pearce, The Old Orchard, Rudge Lane, Oare, Marlborough SN8 4JH. 01672-562412. pvrcrunningclub@yahoo.co.uk www.pewseyvalerunningclub.com Entry: £10.
TIM SUTTON FOWLMEAD 5
Fowlmead Country Park, Deal, Kent.
Contact: Tim Sutton, Hillcrest Sports Injury Clinic, 1 Hillcrest Gardens, Deal CT14 9QU. 01304-366248. www.fowlmead.co.uk tim@timsuttonsportsmassage.co.uk Entry: £8. Extra on day: £2. Postal entries close: February 15.

Saturday March 1

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
GUILDFORD MONTHLY 5km TIME TRIAL
Stoke Park, opposite Guildford Spectrum, Guildford, Surrey GU1 1UP. 9am.
www.ggac.co.uk
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday March 2

STEYNING STINGER MARATHON & HALF-MARATHON
Steyning Grammar School, West Sussex. 8.30am.
Contact: Race secretay, 15 Mill Road, Steyning BN44 3LN. 01903-879585. www.steyningac.co.uk Entry: £14. Postal entries close: February 22.

Saturday March 8

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday March 9

BIFFA RODDLESWORTH ROLLER 6 (APPROX)
Abbey Village, Chorley, Lancashire.
Contact: Terry Dickenson, 58 Millbrook Close, Wheelton PR6 8JY. 01254-830591. tdickenson@tesco.net www.chorleyac.org Entry: £5.50. Extra on day: £2. Postal entries close: March 5.
EXBURY GARDENS 10km
Exbury Gardens, Exbury, Southampton, Hampshire SO45 1AZ. 10am.
Contact: Race secretary, 12 Sunningdale, Hythe, Southampton SO45 5BD. 0238-0844510. exburygardens10k@btinternet.com Entry: £10. Postal entries close: February 29.

Saturday March 15

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
Tasmin Trail, Richmond, Surrey. 9am.
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Friday March 21

MAIDENHEAD EASTER 10
Nortel, Westacott Way, Maidenhead, Berkshire. 9.30am.
Contact: John Shepherd, Maidenhead Easter Ten, 34 Boulters Court, Maidenhead SL6 8TH 01628-829440 dpjr@btinternet.com www.maidenheadac.co.uk Entry: £TBC.
MARATHON TOUR OF THE FYLDE RACE 2 – BEACH 4
Car Park Pier North Promenade, Lytham St Annes, Blackpool, Lancashire. 11am.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS ron@blackpoolmarathon.com www.runblackpool.com Entry: £8

Saturday March 22

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday March 23

CARDIAC ARREST (WINTER)
Weston Underwood, Olney, Milton Keynes, Buckinghamshire. 11am.
Contact: Ed Yabsley, 5 Paddock Close, Great Linford, Milton Keynes MK14 5LD 07773-350271 info@heartbeatevents.co.uk www.hearbeat-events.co.uk Entry: £16
GUISELEY GALLOP 10km
West Side Retail Park, Guiseley, Leeds, West Yorkshire. 10.30am.
Contact: Guiseley Gallop, 7 Silverdale Close, Guiseley, Leeds LS20 8BQ. 07779-748301. www.skyrac.org.uk peterrawnsley@btinternet.com Entry: £6.50. Extra on day: £2. Postal entries close: March 17.

Monday March 24

NOTTS EASTER 10km
Wollaton Park, Nottingham, Nottinghamshire NG8 2AE. 11am.
Contact: Mick Robinson, Canterbury Mill, Canterbury Road, Nottingham NG8 1PQ. 01159-854222. www.nottsac.co.uk Entry: £7. Extra on day: £2. Postal entries close: March 15.

Saturday March 29

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
BUSHY PARK TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL

If possible, please submit your fixture online at **www.athleticsweekly.com**

(5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
TRENT PARK 5km HANDICAP
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday March 30

COMBE GIBBET TO OVERTON 16
Overton Recreation Centre, Bridge Street, Overton, Hampshire RG25 3ES. 2pm.
Contact: combegibbet@overtonharriers.org.uk
Entry: £10.

Saturday April 5

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
GUILDFORD MONTHLY 5km TIME TRIAL
Stoke Park, opposite Guildford Spectrum, Guildford, Surrey GU1 1UP. 9am.
Contact: www.ggac.co.uk
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday April 6

CHEDWORTH ROMAN TRAIL 10
Chedworth Village Hall, Fields Road, Chedworth, Cirencester, Gloucestershire. 10.30am.
Contact: David Edelsten, Hill Farm House, Queen Street, Chedworth GL54 4AG 01285-720190 david.edelsten@virgin.net www.cirencester-ac.org.uk
Entry: £5. Extra on day: £2. Postal entries close: March 25.
FULLER'S THAMES TOWPATH 10
Chiswick, West London W4 3UJ. 9.30am.
Contact: Tony Hopkins, 31 Clayton Crescent, Brentford TW8 9PT 0208-547 7915 fttt@west4harriers.org www.west4harriers.org
Entry: £10.

Saturday April 12

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Saturday April 19

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Saturday April 26

BANSTEAD WOODS TIME TRIAL (5km)
See January 26.
LEEDS HYDE PARK TIME TRIAL (5km)
See January 26.
RICHMOND PARK TIME TRIAL (5km)
See January 26.
TRENT PARK 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Enfield, London. 9.30am.
Contact: Peter Lambert, 6 Crofton Way, Enfield EN2 8HX. 07745-961582. handicaptrentparkrc.org www.trentparkrc.org
Entry: £2.50.
WIMBLEDON COMMON TIME TRIAL (5km)
See January 26.

Sunday April 27

OFFAS ORROR 20km
The Anchor Inn, Tintern, Chepstow, Gwent, Wales. 10.30am.
Contact: Bill Bewg, 1 Windsor Close, Magor, Cadicot NP26 3PX 01633-880165 07773-425774 bill1940@tiscali.co.uk
Entry: £9

Road

Friday January 25

SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
Contact: malcolmfrench@aol.com
Entry: £2. Postal entries close: January 23.

Saturday January 26

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.

Sunday January 27

BARRETTS CANTERBURY 10
Chaucer Technology School, Spring Lane, Canterbury, Kent CT1 1SU. 11am.
Contact: Race Entries, 5 Byron Close, Canterbury CT1 1XN. contact.@invictaeastkentac.org.uk www.invictaeastkentac.org.uk
Entry: £10.
BENFLEET 15
Benfleet, Essex.
GLOUCESTER 50km
Anchor Inn, Epney, Gloucester, Gloucestershire GL2 4YR. 11am.
Contact: Ann Wilson, 61 Darell Close, Quedgeley, Gloucester GL2 4YR. 07979-865453. wilsonanne691@aol.com
Entry: £23.
HAMPSHIRE CHRONICLE ROMSEY 5
Romsey School, Greatbridge Road, Romsey, Hampshire. 10.30am.
Contact: Roger Wakeling, PO Box 16, Romsey SO51 9ZU. 07971-299349. conceptsport@aol.com www.conceptsport.co.uk
Entry: £7.50.
ROMSEY 5
Romsey, Hampshire.
WORTHING LIDO 4
Worthing, Sussex.

Tuesday January 29

BRIDGE INN 5km
Bridge Inn, Shortwood, near Mangotsfield, Bristol.
Contact: Professor Chris Elson, 14 Belvedere Road, Bristol BS6 7JQ. 0117-9733391. bristolandwestac.org.uk. c.j.elson@bris.ac.uk
Entry: £4.

Saturday February 2

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.
TOWN2TRING ULTRA 40
Kew, London to Tring, Hertfordshire. 8.15am. Until Sunday February 3.
Contact: Rory Coleman, LeaHurst, Oakleys Road, Long Eaton NG10 1FQ. 07866-477051. rory.coleman@ambitionevents.com www.tring2town.com
Entry: £24.

Sunday February 3

ALEXANDRA PARK 5km
Alexandra Park, Moss Side, Manchester. 11.30am.
Contact: www.openathletics.org
ASICS ALSAGER 5
Alsager Leisure Centre, Hassall Road, Alsager, Stoke-on-Trent, Staffordshire ST7 2HP. 11am.
Contact: Ken Rushton, 6 Gardenholm Close, Lightwood, Stoke-on-Trent ST3 7YQ. 01782-330853. suken@run222.freeserve.co.uk
Entry: £8.50.
ASICS WATFORD HALF-MARATHON
Cassiobury Park, Watford, Hertfordshire WD17 3EZ. 10.30am.
Contact: Race Secretary, 22 Beresford Road, Rickmansworth WD3 8QU. 01923-897527. half@watfordharriers.org.uk www.watfordharriers.org.uk
Entry: £15.
BLACKMORE VALE HALF-MARATHON
Playing Fields, Bishops Caundle, Sherborne, Dorset DT9 5ND. 11am.
Contact: John Old, Brockfield, Ottery Lane, Sherborne DT9 6ED. 01935-817263. bvlhalfm@yahoo.co.uk www.bvlions.co.uk
Entry: £9.
DEWSBURY 10km
Dewsbury Ring Road, Dewsbury, West Yorkshire. 9am.
Contact: Bernard Disken, Dewsbury 10km, 13 Mitchell Avenue, Dewsbury WF13 4JF. www.dewsburyroadrunners.co.uk
Entry: £12.
GREAT WEST RUN FULFORDS 5
Royal Avenue, Exmouth, Devon EX8 1DG. 11am.
Contact: Rolland Young, 66 Hawthorn Grove, Exmouth EX8 4HD. 07796-824404. robert@keast.org www.exmouth-harriers.co.uk
Entry: £8.
RYDE 10
Ryde Rowing Club, Ryde Esplanade, Isle of Wight. 11am.
Contact: Steve Lee, Race Secretary, 31 Oakfield High Street, Ryde PO33 1EJ. 01983-616497. races@rydeharriers.co.uk www.rydeharriers.co.uk
Entry: £7.
UNI HILLY 5km
Exeter University, Main Campus, Sports Park, Stocker Road, Exeter, Devon.
Contact: Ironbridge Runner Events, 10 Lower North Street, Exeter EX4 3ET. 01392-493800. www.ironbridgerunner.co.uk ibr.events@btinternet.com
Entry: £6. Extra on day: £2.

Wednesday February 6

WOKING MONTHLY HANDICAP (2.85M)
Woking Leisure Centre, Woking Park, Kingfield Road, Woking, Surrey GU22 9BA. 12.30pm.
Contact: www.woking3.org.uk

Friday February 8

BOSCOMBE WINTER 5km SERIES
Boscombe Pier, Bournemouth, Dorset.
Contact: Geoff Scott. 01202-625051.

Saturday February 9

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.
CARDIFF VALENTINES 10km LOVE RUN
Bute Park, Cardiff. 11am.
Contact: Judith Waddington, Epicentre, 41 West Street E11 4LT. 02380-615614. judith@ppuk.org.
Entry: £15.
LONDON 10km PPUK VALENTINES LOVE RUN
Battersea Park, London SW11. 10am.
Contact: Judith Waddington, Epicentre, 41 West Street E11 4LT. 02380-615614. judith@ppuk.org www.ppuk.org
Entry: £20.
NEWCASTLE VALENTINE'S PPUK 10km & 5km
Gosforth Park, Northumberland. 11am.
Contact: Judith Waddington, PPUK Ltd Epiecentre, 41 West Street E11 4LJ. judith@ppuk.org www.ppuk.org
Entry: £15.

Sunday February 10

26.2 RRC VALENTINES 10km
Chessington Community College, Garrison Lane, Chessington, Surrey KT9 2JS. 9am.
Contact: Race Secretary, Surbiton Racket & Fitness Club, Berrylands, Surbiton KT5 8JT. entries@valentines10k.co.uk www.valentines10k.co.uk
Entry: £9.
BLACKBURN WINTER WARMER 10km
Wilton Park, Preston New Road, Blackburn, Lancashire BB2. 11am.
Contact: Adrian Baston, 1 Midsummer Street, Blackburn BB2 1HH. 01254-609628. blackburnroadrunners@ntlworld.com www.blackburnroadrunners.net
Entry: £6.
DOVER MERCURY HALF-MARATHON
Duke of Yorks Royal Military School, Dover, Kent CT15 5EQ. 10am.
Contact: Ian Pettitt, 16 St Richards Road, Deal CT14 9JR. 01304-382290. ipettitt@tiscali.co.uk www.dealtri.co.uk
Entry: £10.
LONGLEAT 10km
Longleat, Warminster, Wiltshire. 10am.
Contact: Mike Gratton, Events House, 63 Osborne Road, Farnborough GU14 6AP. 01252-373797. info@209events.com www.209events.com
Entry: £13.
MCC PROMOTIONS 10km
Nonsuch Park, Ewell Road, Cheam, Surrey. 11am.
Contact: Mark Caswell. 07977-831519
NJT SUPPLIES LIVERSEDGE HALF-MARATHON
Roberttown Common, Liversedge, West Yorkshire.
Contact: Peter Knott, 222 Roberttown Lane, Liversedge WF15 7LF. 01924-401147. petek.genesys@btconnect.com
Entry: £8.
SIDCUP 10
Chislehurst & Sidcup Grammar School, Hurst Road, Sidcup, Kent. 10am.
Contact: 50 Cliffview Road, Lewisham SE13 7DD. www.kentac.org.uk
Entry: £7. Extra on day: £1.
STAMFORD STRIDERS ST VALENTINE'S 30km

If possible, please submit your fixture online at **www.athleticsweekly.com**

Queen Eleanor School, Green Lane, Stamford, Lincolnshire PE9 1HE. 11am.
Contact: Amanda Hannah, 16 Manor Road, Carlby, Stamford PE9 4LZ. 01778-590631. stamfordstriders@yahoo.co.uk www.stamfordstriders.co.uk
Entry: £14.

WOKINGHAM HALF-MARATHON
Cantley Park, Wokingham, Berkshire. 10am.
Contact: Race organiser, PO Box 54, Wokingham RG40 2JW. wokingham.half@ntlworld.com www.wokinghamhalfmarathon.co.uk
Entry: £4.

Wednesday February 13

DERBY MIDWEEK TRAINING RACES (5km & MILE)
Alvaston & Boulton Cricket Club, Raynesway, Derby. 7pm.
Contact: David Denton, 5 Swinney Lane, Belper DE56 1EF. 01773-880338. 07747-776233.
Entry: £3. On night only.

Saturday February 16

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: Free.

Sunday February 17

ASHFORD & DISTRICT 10km
Sandyacres, Sandyhurst Lane, Ashford, Kent TN25 4PE. 11am.
Contact: Allan Crawley, Entries co-ordinator, 1 Lloyds Green, Wittersham, Tenterden TN30 7NX. ac@ashford-runners.co.uk www.ashford-runners.co.uk
Entry: £9.

BROOKS PLYMOUTH HOE 10 INC DEVON COUNTY CHAMPIONSHIPS
Brickfields, Devonport, Devon. 10am.
Contact: Colin Bunting, 35 Pondfield Road, Saltash PL12 4UA
Entry: £7. Postal entries close: February 9.

ENNSTONE 7
The Ice Rink, Telford Town Park, Telford, Shropshire. 11am.
Contact: John Leonard, 11 Princess Anne Garden, Dawley, Telford TF4 3QU. 01952-502264. running@themysterymachine.org www.wrekinroadrunners.org.uk
Entry: £7.

ESSEX 20
Great Bromley, Essex. Noon

GREAT EAST RUN 20km
Bungay Sports Centre, Bungay High School, Bungay, Suffolk NR35 2AQ. 11am.
Contact: Paula Dye, 20 Copplestone Close, Worlington, Beccles NR34 7SF. www.greateastrun.org.uk
Entry: £14.

HOTELYMPIA 10km
ExCel, Middlesex. 9.30am.
Contact: 01242-282081. felicity@leapfrogpr.com www.hotelympia10k.com
Entry: £13.

LYTCHETT MANOR 10 INC DORSET COUNTY CHAMPIONSHIPS
Lytchett Minster School, Dorset. 10.30am.
Contact: 01202-624455. www.lytchettmanorstriders.co.uk
Entry: £7. Extra on day: £1.
Postal entries close: February 9.

MEON VALLEY PLOD 19.5
Sustainability Centre, HMS Mercury, East Meon, Petersfield, Hampshire. 10.30am.
Contact: Patsie Ruzewicz, 2 Arran Close, Cosham PO6 3UD. 02392-324289. patsie54@aol.com www.pjc.org.uk
Entry: £12.

RAS CORS CARON HALF-MARATHON
Brenig, Station Road, Tregaron, Ceredigion SY25 6HX. 11am.
Contact: Race Secretary, Brenig Ins, Station Road, Tregaron SY25 6HX. ray@brenigins.freeserve.co.uk
Entry: £9.

SSAFA FORCES FESTIVAL OF RUNNING 10km/3KM/1KM
Aldershot, Hampshire. 11am.
www.ssafa.org.uk

VILLAGE BAKERY HALF-MARATHON
The Clubhouse, Wrexham Industrial Estate, Wrexham, Clwyd LL13 9PH. 11am.
Contact: Peter Jones, 45 Cherry Tree Road, Bradley, Wrexham LL11 4DN. 01978-756142. wrexham-athletics.co.uk
Entry: £8. Extra on day: £1.
Postal entries close: February 11.

Thursday February 21

WESTON PROM RUN 5
Cabot Bars, Knightstone Road, Weston-super-Mare, North Somerset BS23 2AH. 7.30pm.
Contact: Dave Jones, Weston Athletic Club, 93 Spring Hill, Worle, Weston-super-Mare BS22 9BB. 01934-414361. www.westonac.co.uk
Entry: £3.

Saturday February 23

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.

Sunday February 24

BARNARDO'S DAD'S DASH 5km
Battersea Park, London, SW1 4NJ. 10am.
Contact: Kirsty Low, Head Office, Tanners Lane, Barkingside, Ilford IG6 1QG. 0208-498-7019. events@barnards.org.uk
Entry: £10.

COMBE SCHOOL PFA 10km
Combe School, Combe St Nicholas, Chard, Somerset TA20 3NG. 10.45am.
Contact: Drew Anderson, PFA Chairman, 4 Ashfield Terrace, Forton Road, Chard TA20 2HP. 01460-63083. www.combestnicholasprimary.co.uk
Entry: £7. Extra on day: £1.

GREAT NORTH WEST HALF-MARATHON
Hilton Hotel, North Promenade, Blackpool, Lancashire. 11am.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS. ron@blackpoolmarathon.com
Entry: £14.

HAMPSHIRE CHRONICLE WINCHESTER 10km
River Park Leisure Centre, Gordon Road, Winchester, Hampshire SO23 7DD. 10.30am.
Contact: Roger Wakeling, PO Box 16, Romsey SO51 9ZU. 07971-299349. conceptsport@aol.com www.conceptsport.co.uk

LOSTOCK 6
Lostock, Lostock Lane, Horwich, nr Bolton, Lancashire BL6 4BL. 11am.
Contact: Peter Hopley, 24 Kittiwake Road, Heapey, Chorley PR6 9BA. 01257-249321. hopley5@tiscali.co.uk www.lostockac.co.uk
Entry: £6.

MUSCULAR DYSTROPHY BURY 20 & 10
Newton Park, Bury St Edmunds, Suffolk. 10.30am.
Contact: Paul Felton, 13 New Street, Sudbury CO10 1JB. 07974-097313. racers@lineone.net
Entry: £16/12.

THE CHILDREN'S MUTUAL TUNBRIDGE WELLS HALF-MARATHON
Tunbridge Wells Sports Centre, St Johns Road, Tunbridge Wells, Kent TN4 9TX. 10am.
Contact: Peter Tullett, 38 Claremont Road, Tunbridge Wells TN1 1TA. 01892-531335. halfmarathon@twharriers.org.uk www.twharriers.org.uk
Entry: £13.

Tuesday February 26

BRIDGE INN 5km
Bridge Inn, Shortwood, near Mangotsfield, Bristol.
Contact: Professor Chris Elson, 14 Belvedere Road, Bristol BS6 7JQ. 0117-9733391. bristolandwestac.org.uk. c.j.elson@bris.ac.uk
Entry: £4.

Friday February 29

SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
Contact: malcolmfrench@aol.com
Entry: £2. Postal entries close: February 27.

Saturday March 1

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.

ESSEX SENIOR ROAD RELAYS
Chelmsford, Essex.

Sunday March 2

ALEXANDRA PARK 5km
Alexandra Park, Moss Side, Manchester. 11.30am.
www.openathletics.org

ASICS/SWEATSHOP READING HALF-MARATHON
Madejski Stadium, Reading, Berkshire. 10.05am.
Contact: Asics Reading Half-marathon, Sweatshop Events, Station Road, Hampton TW12 2BX. 0208-939 3215. www.asicsreadinghalfmarathon.co.uk

BERKHAMSTED HALF-MARATHON
Cricket Club, Castle Hill, Berkhamsted, Hertfordshire HP4. 11.30am.
Contact: Mr N Potts, 7 Castle Hill, Berkhamsted HP4 1HE. bookstack@btinternet.com www.berkhamstedhalfmarathon.co.uk
Entry: £17.

BIDEFORD HALF-MARATHON
Bideford, Exeter, Devon. 10.30am.
Contact: Alan Heard. 01237-470254. www.bidefordaac.co.uk
Entry: £12. Extra on day: £2.

BROOKLANDS 10km & WHEELCHAIR 10km
Mercedes World, Brooklands Circuit, Weybridge, Surrey. 8.30am.
Contact: Mike Gratton, Events House, 63 Osborne Road, Farnborough GU14 6AP. 01252-373797. mike@209events.com www.209events.com
Entry: £13.

CHEADLE SPRING 5
Station Road, Cheadle, Stoke-on-Trent, Staffordshire. 10.30am.
Contact: Barrie Clutton, 69 Thorley Drive, Cheadle, Stoke-on-Trent ST10 1SF. 01538-754339. www.cheadlerc.co.uk
Postal entries close: February 23.

FARNDON 10km
Farndon, Cheshire.
Contact: Peter Norman, Bryn Cottage, Trefechan, Penycae, Wrexham LL14 1UE. 01978-846292. wrexhamroadrunners.org.uk. peter.norman11@btinternet.com
Entry: £5. Extra on day: £1.
Postal entries close: February 27.

GLOUCESTER 20
Frampton-on-Severn Community Centre, Lake Lane, Frampton-on-Severn, Gloucester, Gloucestershire. 10am.
Contact: Sandra Ennis, 114 Cecil Road, Gloucester GL1 5HQ. 01452-504630. www.gloucesterac.co.uk
Entry: £12. Extra on day: £1.
Postal entries close: February 23.

HAWESWATER HALF-MARATHON
Bampton Village, Penrith, Cumbria. 11.30am.
Contact: Haweswater Half-marathon, c/o UKResults, 1 Sutton Street, Blackburn BB2 5ES. hammond_susan@hotmail.com www.edenrunners.co.uk
Entry: £12. Extra on day: £3.
Postal entries close: February 17.

LIVERPOOL HALF-MARATHON
Sefton Park, Liverpool, Merseyside. 10am.
Contact: Alan Rothwell, 6 The Aerodrome, Speke Road, Liverpool L24 8QD. www.runliverpool.org.uk l1310k@yahoo.com
Entry: £17.

LLANELLI WATERSIDE HALF-MARATHON
Millennium Coastal Park, Festival Fields, Llanelli, Dyfed. 11.30am.
Contact: Tim Gasser, 64 Pennant Road, Swiss Valley, Llanelli SA14 8EW. 01554-758036. enquiries@halfmarathon.org.uk
Entry: £16.

LONDON HEATHSIDE 5
Finsbury Park, London.
Contact: s.woolf@londonheathside.org.uk
Postal entries close: February 25.

MAD MARCH HARE 20
Martins Hill Lane, Burton, Christchurch, Dorset. 10am.
Contact: Christopher Potter. 01202-482624. christopher.potter@selex-comms.com www.christchurch-runners.org.uk
Entry: £8.

NIKE MILTON KEYNES HALF-MARATHON
Open University, Milton Keynes, Buckinghamshire. 10.30am.
Contact: MK Half c/o FR Systems, Unit 30, Blythe Park Business Base, Cresswell Lane, Blythe Bridge, Stoke-on-Trent ST11 9RD. www.mkhalf.co.uk
Entry: £14.

NORTON 9
Middle School, Norton, nr Doncaster, South Yorkshire. 11am.
Contact: Dave Collingwood, Colby West End Road, Norton, Doncaster DN6 9EF. 01302-701486.
Entry: £7. Extra on day: £1.
Postal entries close: February 24.

RODING VALLEY HALF-MARATHON
Ashton Playing Fields, Woodford Green, Essex. 9am.
Contact: RVHM, Beech Farm Barn, High Road, Loughton IG10 4JJ. dhollingworth@btconnect.com www.dmhdevelopments.hostingbt.com
Entry: £10. Extra on day: £1.

THANET 20
Pfizer Social Club, Richborough, nr Sandwich, Kent. 9.30am.
Contact: Thanet 20, 11 Arklow Square, Ramsgate CT11 8PS. www.thanetroadrunners.org.uk
Entry: £12. Postal entries close:

If possible, please submit your fixture online at **www.athleticsweekly.com**

February 23.
WYMONDHAM 20 & 10
Wymondham Central Hall, Buck Lane, Wymondham, Norfolk NR1 0QB.
Contact: p.wightman@btinternet.com

Wednesday March 5

TEDDY HALL RELAYS
Iffley Road Sports Centre, Oxford, Oxfordshire. 1pm.
Contact: Bryn Reynolds. bryn.reynolds@bnc.ox.ac.uk
Entry: £16 male team/£12 female Team. Postal entries close: February 27.
WOKING MONTHLY HANDICAP (2.85M)
Woking Leisure Centre, Woking Park, Kingfield Road, Woking, Surrey GU22 9BA. 12.30pm.
Contact: www.woking3.org.uk

Friday March 7

BOSCOMBE WINTER 5km SERIES
Boscombe Pier, Bournmouth, Dorset.
Contact: Geoff Scott. 01202-625051.

Saturday March 8

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.
DENTDALE RUN
Dent Primary School, Dent, Cumbria. 1pm.
Contact: www.dentdale.com/dentrun.htm
Entry: £8. Extra on day: £2. Postal entries close: March 1.

Sunday March 9

1000 MILE OULTON PARK HALF MARATHON
Oulton Park, Little Budworth, Cheshire. Noon
Contact: Race Organiser, TRI Active, 3 Rufus Court, Chester CH1 2JW graham@tri-active.co.uk www.tri-active.co.uk
Entry: £16
ADIDAS LONDON MARATHON HALF-MARATHON
Sliverstone, Towcester, Northamptonshire.
BROOKS 5km
Oulton Park, Little Budworth, Cheshire. 10am.
Contact: Race Organiser, TRI Active, 3 Rufus Court, Chester CH1 2JW graham@tri-active.co.uk www.tri-active.co.uk
Entry: £8.50.
CITY OF SALISBURY 10
Salisbury Leisure Centre, Butts Road, Salisbury, Wiltshire. 11am.
Contact: Rod Smith, 21 Chichester Close, Salisbury SP2 8AQ
Entry: £8. Extra on day: £1.
DEVIZES 10km
Devizes Football Club, Devizes, Wiltshire. 11am.
Contact: DRC Secretary, 31 Rotherstone, Devizes SN10 2DD. www.devizesrunningclub.org.uk
Entry: £7.50. Extra on day: £1. Postal entries close: February 26.
EAS CASTLE COMBE 10km
Castle Combe Circuit, Castle Combe, Chippenham, Wiltshire. 9.30am.
Contact: Will Whitmore, 1 Clarendon Road, Trowbridge BA14 7BR 07874-201420. will@dbmax.co.uk www.dbmax.co.uk
Entry: £11.
EQUITY BRENTWOOD HALF-MARATHON
Sawyers Hall College, Sawyers Hall Lane, Brentwood, Essex. 10am.
Contact: Keith Hawkes, Brentwood Borough Council, Town Hall, Ingrave Road, Brentwood CM15 8AY. 01277-312638 queries@brentwodhalf.org www.brentwoodhalf.org
Entry: £13.
ESSENTIAL SPORTS BANBURY 15
Spiceball Sports Centre, Spiceball Park Road, Banbury, Oxfordshire OX16 2PG.
Contact: G Smith, 6 Crouch Street, Banbury OX16 9PP. 01295-253053
Entry: £9. Extra on day: £1. Postal entries close: March 3.
FINCHLEY 20
Hillingdon AC Club House, 206 Bury Street, Ruislip, Middlesex. 9.30am.
Contact: Caroline Bolam, 73a Victoria Road, Ruislip HA4 9BH wildh@talktalk.net www.hillingdonac.co.uk
Entry: £15.
INVERNESS HALF-MARATHON
Sports Centre, Bught Park, Inverness, Inverness-shire. 1pm.
Contact: 07867-516624. admin@invernesshalf.co.uk www.invernesshalfmarathon.co.uk
Entry: £17. Postal entries close: February 9.
LYDD HALF-MARATHON
The Rype, Lydd, Kent. 10am.
Contact: Martin Burke, Unit 4, Malthouse Business Park, The Maltings, Peasmarsh TN31 6ST 01797-230730 info@nice-work.org.uk www.nice-work.org.uk
Entry: £14.
MONDI 15
HM Prison Whitemoor, Cambridgeshire. 10am.
Contact: Gena Jackman, 12 Kingsley Street, March PE15 8LX. www.marchathleticclub.co.uk
Entry: £8. Extra on day: £1.
NEWTON'S FRACTION HALF-MARATHON
South Kesteven Sports Stadium, Trent Road, Grantham, Lincolnshire NG31 7XQ. 10.30am.
Contact: Dave Eldridge, 18 Redcliffe Road, Grantham NG31 8EB. 01476-567592. davejeldridge@yahoo.co.uk
Entry: £8. Extra on day: £2. Postal entries close: February 23.
STANLEY PARK 10km
Stanley Park Arena, Blackpool, Lancashire. 11am.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool, Lancashire 01253-395976. ron@blackpoolmarathon.com www.blackpoolmarathon.com
Entry: £7.
SUB 4 STAFFORD 20 INC STAFFORDSHIRE COUNTY CHAMPIONSHIPS
Staffordshire University, Beaconside, Stafford, Staffordshire. 10.30am.
Contact: 6 Gardenholm Close, Lightwood, Stoke-on-Trent ST3 7YQ. 01782-330853
Entry: £7.50. Extra on day: £1.
THE DUCHY 20
Penventon Park Hotel, Redruth, Cornwall. 10.30am.
Contact: Vance Webster, Tremeneth, Gulval Churchtown, Penzance TR18 3BD. 01736-366319. kvt3@tremeneth.freeserve.co.uk www.cornwallac.org.uk
Entry: £6. Extra on day: £2. Postal entries close: March 1.

Saturday March 15

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.
RHAYADER ROUND THE LAKES 20
Leisure Centre, North Street, Rhayader, Powys. 1pm.
Contact: Angela Arthur, 3 Cae Pwll, Cwmdauddwr, Rhayader LD6 5EU 01597-810705/07733-222289 asacae@aol.com
Entry: £10.

Sunday March 16

ASICS FLEET PRE-LONDON HALF-MARATHON
Calthorpe Park, Fleet, Hampshire. 11.30am.
Contact: Martin Payne, Half Marathon Entries, PO Box 1, Fleet, Hampshire GU52 8GU racedirector@fleethalfmarathon.com www.fleethalfmarathon.com
Entry: £14.
BEDFORD HARRIERS OAKLEY 20
Lincroft Middle School, Station Road, Oakley, Bedford, Bedfordshire. 10am.
Contact: Jacinta Horne, 67 Pendennis Road, Bedford MK14 8NJ. 01234-307013. hello@bedordharriers.co.uk www.bedfordharriers.co.uk
Entry: £15.
HASTINGS HALF-MARATHON
Sea Road, Grosvenor Gardens, St Leonards-on-Sea, East Sussex. 10.30am.
Contact: Race Director, 219 Harley Shute Road, St Leonards-on-Sea TN38 9JJ. 01424-437001. www.hastingshalf.co.uk
Entry: £17.
MAD MARCH HARE 10km
Valley Road, Plympton, Devon. 10am.
Contact: James Linton, 13 Rowden Court, Stoke Road, Noss Mayo, Plymouth PL8 1JG. 01803-864545. race@plymouth10km.co.uk
Entry: £6. Extra on day: £1.
NATIONWIDE BATH HALF-MARATHON
Great Pulteney Street, Bath, Somerset. 11am.
Contact: Race Secretary, Running High Events Limited, PO Box 3315, Bath BA1 6WX. 01225-422255. racesecretary@runninghigh.co.uk www.runninghigh.co.uk
Entry: £30.50.
SPEN 20
Princess Mary Stadium, Bradford Road, Liversedge, West Yorkshire. 10am.
Contact: Chris Drake, 4 Chapel Road, Lower Wyke, Bradford BD12 9AE. 01274-678363
Entry: £5. Extra on day: £1. Postal entries close: March 12.
WILKINSON ACKWORTH HALF-MARATHON
Village Hall, Low Ackworth, Pontefract, West Yorkshire. 10.30am.
Contact: Christine McCarthy, 111 Holyell Lane, Glasshoughton, Castleford WF10 4QZ. 01977-732494. cyriljones@tiscali.co.uk www.race-results.co.uk
Entry: £13.

Thursday March 20

MARATHON TOUR OF THE FYLDE RACE 1 – 6 MILE ROAD RACE
North Pier, Blackpool, Lancashire. 6pm.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS ron@blackpoolmarathon.com www.runblackpool.com
Entry: £8
WESTON PROM RUN 5
Cabot Bars, Knightstone Road, Weston-super-Mare, North Somerset BS23 2AH. 7.30pm.
Contact: Dave Jones, Weston Athletic Club, 93 Spring Hill, Worle, Weston-super-Mare BS22 9BB. 01934-414361. www.westonac.co.uk
Entry: £3.

Saturday March 22

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.
ROTARY EASTER QUARTER-MARATHON
Bournemouth, Dorset.
VICTORIA PARK OPEN5
St Augustine's Hall, Cadogan Terrace, Victoria Park London E9 5EG.
Contact: 01204-596109. www.vphthac.org.uk

Sunday March 23

MARATHON TOUR OF THE FYLDE RACE 4 – FLEETWOOD 10
Fleetwood Sports Centre, The Esplanade, Fleetwood, Lancashire. 6pm.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS ron@blackpoolmarathon.com www.runblackpool.com
Entry: £8

Friday March 28

SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
Contact: malcolmfrench@aol.com
Entry: £2. Postal entries close: March 26.

Saturday March 29

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com www.parkrun.com
Entry: £Free.

Sunday March 30

ASICS KINGSTON BREAKFAST RUN 16
Ancient Market Place, Kingston Town Centre, Kingston, Surrey. 8.30am.
Contact: Human Race, 12 Southcote Avenue, Surbiton info@RWhumanrace.co.uk www.humanrace.co.uk
Entry: £18.
BOURNEMOUTH BAY 10km
Bournemouth, Dorset. 9.30am.
Entry: £9.
BOURNEMOUTH BAY HALF-MARATHON
Bournemouth, Dorset. 10am.
Entry: £12.
HOGWEED HILLY HALF IV
Horton Village Hall, Horton, Chipping Sodbury, Gloucestershire BS37 6NU. 10.30am.
Contact: Gill Rogers, 56 Vayre Close, Chipping Sodbury BS37 6NU 01454-325886/07910-214977 rabbell1@aol.com www.hogweedtrotters.co.uk
Entry: £12.
WIMBLEDON 10km
Wimbledon Rugby Club, Beverely Meads, Barham Road, Copse Hill, London SW20 0ET. 9.30am.
Contact: Marlo Kinnear, 167 Earlsfield Road SW18 3DD. 07986-067711 marlobeaudet@hotmail.com www.wimbledon10k.com
Entry: £12.

Wednesday April 2

WOKING MONTHLY HANDICAP (2.85M)
Woking Leisure Centre, Woking Park, Kingfield Road, Woking, Surrey GU22 9BA. 12.30pm.
Contact: www.woking3.org.uk

Saturday April 5

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact:

If possible, please submit your fixture online at **www.athleticsweekly.com**

brightonoffice@parkrun.com
www.parkrun.com
Entry: £Free.

REGENTS PARK RACES SUMMER 10km SERIES
The Hub, Regents Park, London NW1. 9am.
Contact: Maruice Raynor, 37 Belsize Park NW3 4EB 07713-327690
mauriceraynor@london.com
www.regentsparkraces.org
Entry: £7.

Sunday April 6

ALEXANDRA PARK 5km
Alexandra Park, Moss Side, Manchester . 11.30am.
Contact: www.openathletics.org

DUNSFOLD 10km
Dunsfold Park, Cranleigh, Guilford, Surrey. 10am.
Contact: Mike Gratton, Events House, 63 Osborne Road, Farnborough GU14 6AP. 01252-373797.
mike@209events.com
www.209events.com
Entry: £13.

VETERAN AND YOUNG ATHLETE RELAYS
Colchester, Essex. Noon

WAKEFIELD HOSPICE CITY 10km
Thormes Park Atletic Stadium, Horbury Road, Wakefield, West Yorkshire. 10am.
Contact: Helen Rowlands, Wakefield Hospice, Aberford Road, Wakefield WF1 4TS. 01924-213900
helen.rowland@wakefieldhospice.co.uk
www.wakefieldhospice.org
Entry: £8.50.

WHITE HORSE HALF MARATHON
Millbrook School, School Lane, Grove, Oxfordshire OX12 7LB. 10am.
Contact: Kevin Harris, 10 Foliat Close, Wantage OX12 7AP. 01865-483306/01235-764302
kevinxharris@waitrose.com
www.whitehorseharriers.org
Entry: £8

Saturday April 12

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact:
brightonoffice@parkrun.com
www.parkrun.com
Entry: £Free.

Sunday April 13

BOLTON 10km
Leverhulme Park Athletics Stadium, Long Lane, Bolton, Lancashire BL2 6EB. 9am.
Contact: Nick Howarth, 34 Turton Heights, Bolton BL2 3DU. 07770-283171.
www.boltonumitedharriers.co.uk
nicholas.howarth@btinternet.com
Entry: £6. Extra on day: £4.
Postal entries close: March 10.

Thursday April 17

WESTON PROM RUN 5
Cabot Bars, Knightstone Road, Weston-super-Mare, North Somerset BS23 2AH. 7.30pm.
Contact: Dave Jones, Weston Athletic Club, 93 Spring Hill, Worle, Weston-super-Mare BS22 9BB. 01934-414361.
www.westonac.co.uk
Entry: £3.

Saturday April 19

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact:
brightonoffice@parkrun.com
www.parkrun.com
Entry: £Free.

Friday April 25

SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
Contact: malcolmfrench@aol.com
Entry: £2. Postal entries close: April 23.

Saturday April 26

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact:
brightonoffice@parkrun.com
www.parkrun.com
Entry: £Free.

RUN BALMORAL 10km, 5km
Royal Balmoral Estate, Aberdeenshire.
Contact: www.run-balmoral.com

Sunday April 27

25TH TEM STRIDES LOCHABER MARATHON
Nevis Centre, An Aird, Fort William, Highland PH33 6AN. 11am.
Contact: Dugie MacDonald, 11 North Corran, Ardgar, Fort William PH33 7AA. 01855-841276/ 07918-887373
dugie.lchaber@btinternet.com
www.lochaberac.co.uk
Entry: £23

GREAT DAFFODIL RUN 15M & 10km
Kelmarsh Hall, Kelmarsh, Northampton, Northamptonshire. 10.30am.
Contact: Great Daffodil Run, 29 Albany Street EH1 3QN. 0870-034-0040
daffodil.runs@mariecurie.org.uk
www.mariecurie.org.uk
Entry: £16 (15M)/£14 (10km).

QUINTILES BRACKNELL HALF MARATHON
South Hill Park Arts Centre, Bracknell, Berkshire RG12 7PA. 9am.
Contact: Tracey Witts, Leisure Section, Time Square, Market Street, Bracknell RG12 1JD. 01334-352000/01334-354111
half.marathon@bracknell-forest.gov.uk
www.bracknell-forest.gov.uk
Entry: £12

ROTARY SHAKESPEARE HALF-MARATHON
Stratford-upon-Avon, Warwickshire, CV37. 9.30am.
Contact: Race Director, PO Box 3539, Stratford-upon-Avon CV37 7WQ.
Entry: £22

ROTARY SHAKESPEARE MARATHON
Stratford-upon-Avon, Warwickshire, CV37. 9.30am.
Contact: Race Director, PO Box 3539, Stratford-upon-Avon CV37 7WQ.
Entry: £22

SHEFFIELD HALF MARATHON
Don Valley Stadium, Sheffield, Yorkshire. 9.30am.
Contact: Ian Thomas, 8 Sandygate Park Road, Sheffield S10 5TY. 01442-308429
ian@scssheffield.demon.co.uk
www.sheffieldmarathon.com
Entry: £16

SORBOTHANE BLACKPOOL HALF MARATHON
Blackpool, Lancashire, FY1. 9am.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS
ron@blackpoolmarathon.com
www.blackpoolmarathon.com
Entry: £16

SORBOTHANE BLACKPOOL MARATHON
Blackpool, Lancashire, FY1. 9am.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS
ron@blackpoolmarathon.com
www.blackpoolmarathon.com
Entry: £22

Track

Thursday January 24

WAKEFIELD INDOOR OPEN
Wakefield.
Contact: Bryan Murray, 8 High Brook Fall, Lofthouse, Wakefield, WF3 3EW. 01924-302385

Tuesday February 19

YEOVIL OLYMPIADS WINTER OPEN
Yeovil. 6pm.
Contact: David Cooke. 01278-662271.
somersetathletics@hotmail.co.uk
Entry: £10 for series.

Sunday March 16

CAMS OPEN THROWS
Cambridge.
Contact: www.cambsaa.org.uk

KINGSTON AND POLY OPEN GRADED MEETING
Kingston.
Contact: David Barrington. 01932-789758.

Tuesday March 18

YEOVIL OLYMPIADS WINTER OPEN
Yeovil. 6pm.
Contact: David Cooke. 01278-662271.
somersetathletics@hotmail.co.uk
Entry: £10 for series.

Saturday March 29

BRACKNELL AC YOUNG ATHLETES' OPEN
Bracknell. 10.30am.

CRAWLEY AIM 6 & 12 HOUR RACE
Crawley.
Contact: Pam Storey. 01342-717222.
pamstorey@tiscali.co.uk

Sunday April 13

KINGSTON UPON HULL AC OPEN SPECTACULAR
Kingston. 10am.
Contact: John Brant, 40 The Quadrant, Cottingham Road, Hull HU6 8NX. 01482-857266.
www.kuhac.co.uk
john@apshipping.co.uk

Saturday April 19

KINNAIRD & SWARD TROPHIES MEETING
Kingston. 10am.
Contact: David Barrington. 01932-789758.

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Contact:
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Contact: Steve Duke. 01903-265495.
steven.duke1@ntlworld.com

Overseas

Friday January 25

INTERNATIONAL HIGH JUMP MEETING WITH MUSIC
Moscow, Russia.
www.eng.rusathletics.com

Saturday January 26

BOSTON INDOOR GAMES
Boston, USA.
www.bostonindoorgames.com

TELSTRA A-SERIES GRAND PRIX
Canberra, Australia. Until Jan 27.
www.athletics.com.au

Sunday January 27

LOTTO CROSSCUP
Hannut, Belgium.

OSAKA INTERNATIONAL LADIES' MARATHON
Osaka, Japan.
www.osaka-marathon.jp

RUSSIAN WINTER
Moscow, Russia.

Tuesday January 29

INDOOR CLASSIC
Vienna, Austria.
www.indoor-classic-vienna.com

Thursday January 31

INDOOR MEET
Linz, Austria.

INDOOR MEET
Bratislava, Slovak Republic.

Friday February 1

MILROSE GAMES
New York, USA.
www.millrose-games.com

Saturday February 2

BUDAPEST INTERNATIONAL INDOOR MEETING
Budapest, Hungary.

CINQUE MULINI INTERNATIONAL
Dunkirk, France.

EUROPEAN CHAMPION CLUBS CUP CROSS COUNTRY
Albufeira, Portugal.
www.european-athletics.org

GUBERNATOR CUP
Samara, Russia.

INTERNATIONAL HIGH JUMP MEET
Arnstadt, Germany.
www.arnstadt.net/hmm

NEUKIRCHENER UNDER-23 INTERNATIONAL
Dusseldorf, Germany.

SPARKASSEN CUP
Stuttgart, Germany.
www.sparkassen-cup.de

Sunday February 3

CINQUE MULINI (IAAF CROSS COUNTRY PERMIT)
San Vittore, Italy.
www.cinquemulini.org

OHME MARATHON
Ohme, Japan.

Friday February 8

PSD BANK MEETING
Dusseldorf, Germany.
www.athletics-meeting-duesseldorf.de

Saturday February 9

IAAF CROSS COUNTRY PERMIT
Nairobi, Kenya.

Sunday February 10

IAAF CROSS COUNTRY PERMIT
Chiba, Japan.

LOTTO CROSSCUP
Dour, Belgium.

Saturday February 16

EUROPEAN INDOOR CUP
Moscow, Russia
www.european-athletics.org

Sunday February 17

HISTORIC HALF-MARATHON
Fort Langley, Canada.
www.tryevents.ca

IAAF CROSS COUNTRY PERMIT
Diekirch, Luxemburg.

Sunday February 24

IAAF CROSS COUNTRY PERMIT
Albufeira, Portugal.

Sunday March 2

IAAF CROSS COUNTRY PERMIT
Fukuoka, Japan.

Friday March 7

IAAF WORLD INDOOR CHAMPIONSHIPS
Valencia, Spain. Until March 9.

Sunday April 6

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Ron Pickering memorial fund

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We need more athletics fans



Scottishathletics' CEO GEOFF WIGHTMAN says we need more than just spectators



Rare breed: East Kilbride AC's cross-country fans

THERE was a little bit of a 'stooshie' (look it up) in parts of the Scottish print media when stewards at the finish of the BUPA Great Edinburgh International Cross Country allegedly manhandled both race winners and some Ethiopian and Eritrean fans in order to get Gelete Burka and Kenenisa Bekele to a place of safety. While it was regrettable that there was anything physical about it, I did mark it down on my list of signs that athletics is making progress. You know that you are generating passion within your sport when:

(a) You have a pitch invasion

(b) It happens in a cross country event

(c) It involves police, Rock Steady stewards and a rock star getaway vehicle (actually a golf buggy, but it is a Royal Park)

(d) There are fans from more than one continent dancing together in the freezing cold while they await the awards ceremony.

We have a lot to learn from our ex-pat East African visitors. For too long athletics has been stuck in a no-man's land as everyone's second favourite sport – great to watch during major games, always capable of producing the Sports Personality of the Year but, for much of the calendar, not perceived as being engaging or relevant enough to create legions of paying fans. We do 'spectators' and 'supporters' but not 'fans' in any great numbers. Before the British Athletics Supporters' Club slap me again, you are of course the exception. We would like you to be the rule.

The solution to this lies in the current school-age generation and the opportunity for athletics to reposition itself in the build-up to London 2012 and Glasgow 2014. UK Athletics' Norwich Union meeting at Crystal Palace can still produce a roar that is heard a mile away as can the international indoor curtain raiser held each year at Kelvin Hall – but below these set-piece spectaculars it can be hard work to engage a youth audience that has many other options on its time. What they are watching needs to be:

- Meaningful (medals, promotion and relegation, Cup final/eliminator);
- Relevant (national or city teams that stir passion in a way clubs do not;
- Stars (and as a lesson in how to make something out of nothing, I would say 'darts');
- Entertaining (the major team sports, including cricket have re-modelled their basic product to create maximum excitement).

In the meantime, do not let the East Africans drown out the British fans at the IAAF World Cross weekend on March 29-30 in Edinburgh. We are aiming for 10,000-plus on course and will be bussing in our young fans from clubs and schools at no charge. Admission to the event is free. There will be sky divers, fireworks, thunder sticks, wind dancers, live music, a designated youth entertainment area and supporting races for all ages.

Children in the adopt-a-nation programme could win the chance to visit their team in the athletes' village and carry their flag in the opening ceremony (edinburgh2008.org). Bring your own face paint.

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Editorial Tel: 01733-898440
Fax: Tel: 01733-898441
Advertising Tel: 01733-898442
Fax: Tel: 01733-898443
Subscriptions: Tel: 01778-392018
subscriptions@warnersgroup.co.uk

Editor: Jason Henderson
jason.henderson@athletics-weekly.co.uk
Deputy Editor: Paul Halford
paul.halford@athletics-weekly.co.uk
Production Editor: Mike Taylor
mike.taylor@athletics-weekly.co.uk
News Editor: Jon Mulkeen
jon.mulkeen@athletics-weekly.co.uk
Staff Writer: Karyn Reidy
karyn.reidy@athletics-weekly.co.uk
General Enquiries: Steph Gregory
officemanager@athletics-weekly.co.uk
Photographic submissions:
pictures@athletics-weekly.co.uk
Results Compiler: Steve Smythe
results@athletics-weekly.co.uk
Contributors: Alastair Aitken, Steve Bateson, Trevor Baxter, Kevin Fahey, Trevor Frecknall – UKA, Doug Gillon – *The Herald*, David Griffiths, Tim Grose, Jeremy Hemming, Keith Mayhew, Tom McCook, Steven Mills, Ken Nakamura, Wilf Paish, Harry Shakeshaft, Tim Watt
Results team: Martin Duff, Dave Edwards, Nigel Harding, Roger Norton, Steve Roe, Denis Shepherd, Chris Smith, Don Turner, Les Venmore
Coaching: Max Jones, Frank Horwill
Photographer: Mark Shearman
athleticsimages@aol.com
Associate Editor: John O'Hara
john.ohara@athletics-weekly.co.uk
Web Editor: Britta Sendlhofer
Advertising:
Elisabeth Cammell
elisabeth.cammell@athletics-weekly.co.uk
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