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# Athletics Weekly

Wednesday 14th July 1993

90p

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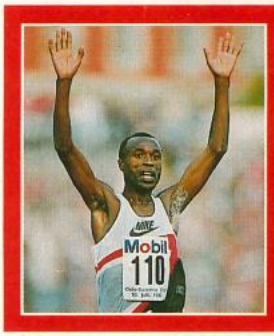
Athletics Weekly RESULTS 1 RESULTS

## ENGLISH SCHOOLS

- Complete results
- Full reports
- Interviews

## MARTIN STEELE

*Back with a vengeance at 800 – page 28*



## WORLD RECORD

*Full report and pictures of Yobes Ondieki's 10,000m run*

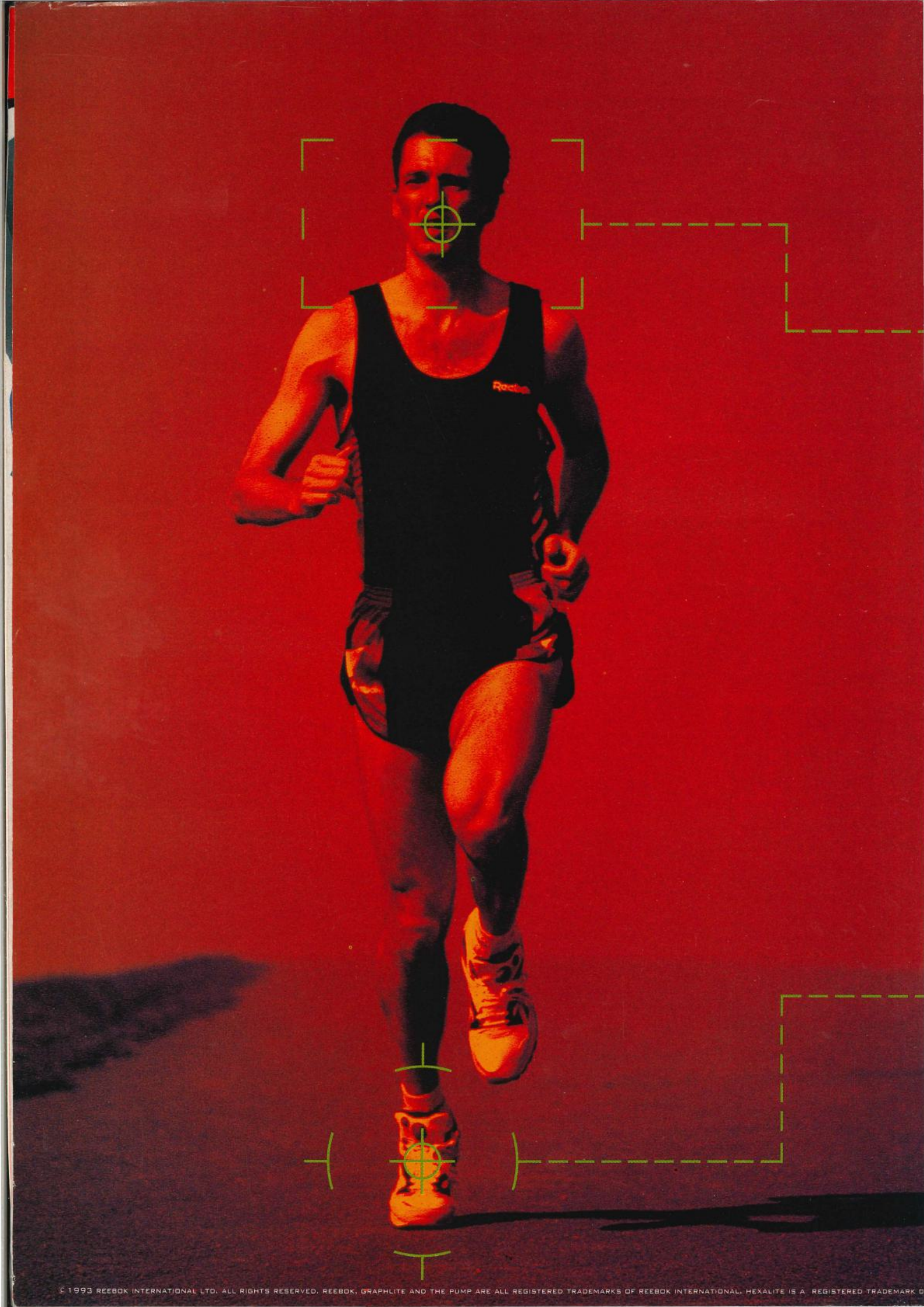
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## AAA PREVIEW

*Look ahead to the action at Birmingham*

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THE ENGLISH SCHOOLS' Championships lived up to its reputation as the premier athletics event for Britain's youth with a string of records over two days of top competition.

Lancashire's Guy Bullock stormed to a championship best performance in the senior boys 400m, eclipsing the previous record held by training partner and British record holder David Grindley.

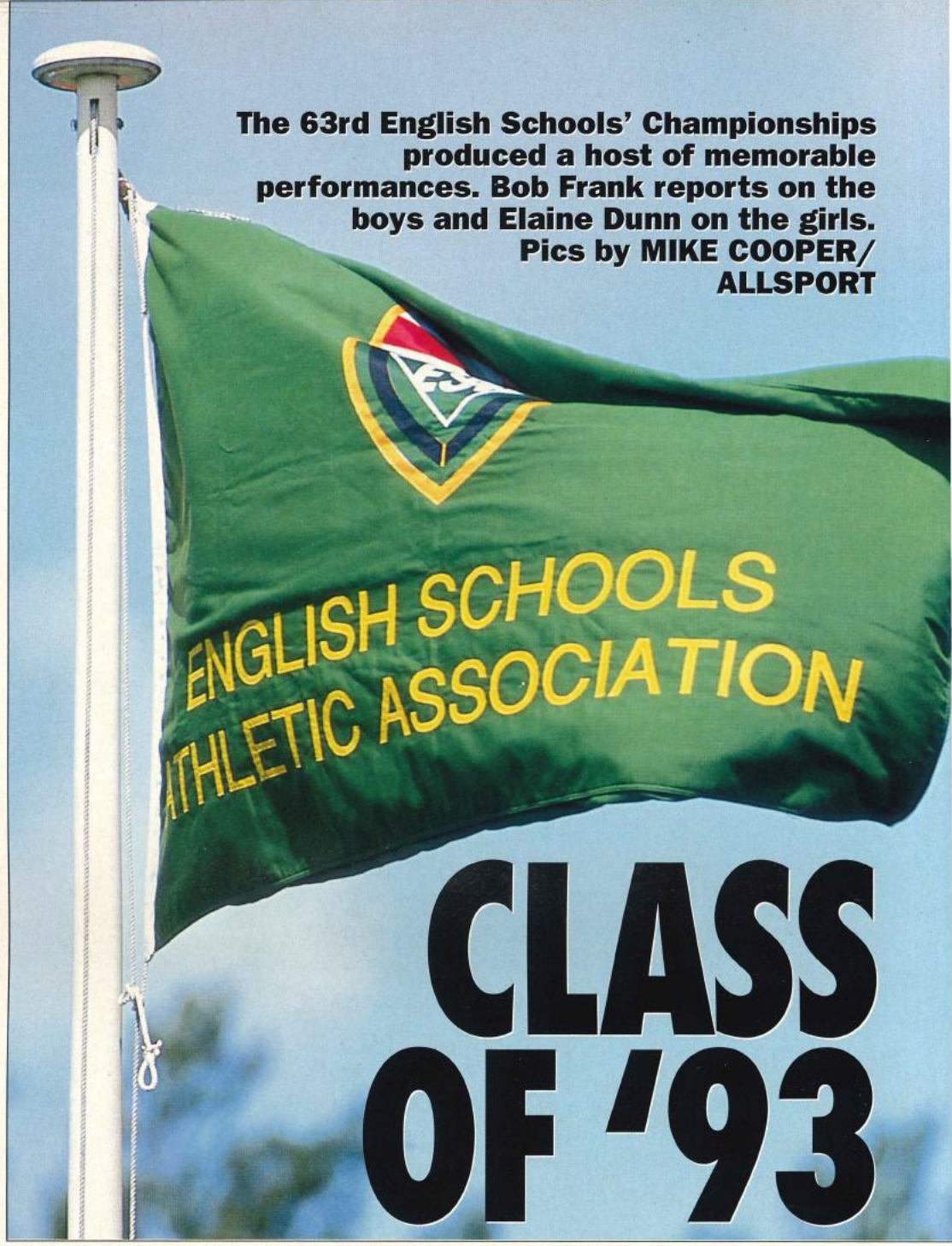
Natasha Danvers, a newcomer to the 300m hurdles, scorched to a UK age best in the inter girls age group, while Emma Merry collected her sixth English Schools' title, leaving her just one short of Spencer Duval's record.

The Coventry Godiva stalwart also improved the 14 year-old championship best performance.

Emeka Uduchuka broke the CBP in the junior boys discus, landing just 4cm short of the UK record.

Others found it tougher going. Samson Omonua, one of the favourites in the senior boys 100m, crashed to the ground in the second round, breaking his femur in two places.

**COVER PICTURE: Guy Bullock winning the 400 metres with a CBP of 46.30**




**The 63rd English Schools' Championships produced a host of memorable performances. Bob Frank reports on the boys and Elaine Dunn on the girls. Pics by MIKE COOPER/ ALLSPORT**

# CLASS OF '93

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MAKE THE BEST DECISION OF YOUR LIFE AND TAKE ADVANTAGE OF



Victory punch for 800m senior winner Gary Clarke



Kindred spirits: Gavin Mason and Toby Dolman congratulate each other in the 800m inters

## SENIOR BOYS

THERE was never any doubt that Guy Bullock would take the 400m; it was just a question of whether he would delete training partner David Grindley from the English Schools' record books.

That he did speaks volumes for his abilities, for conditions were far from ideal as he stormed to victory in 46.30sec, taking three hundreths of a second off the record.

After his record-breaking run, the 1992 inter boy's champion said: "It means a lot tome to break David Grindley's record, because I train with him and we're good friends as well. He didn't want me to take it. He said if I had a nice day I'd take it, but it's not exactly a nice day.

"I think my coach Chris Butler should get more credit than he does, because he's brought me through, and he's brought David through. I've done more endurance work than last year, and I'm now stronger at the end ofthe race." Bullock, who now has high hopes of striking gold in the European Junior Champs, won by over one and a half seconds from Southern U20 champion Nick Budden, who dipped under 48sec for the second successive week.

But Bullock had words of encouragement for his beaten rivals, saying: "There were a lot of good young guys in the race with me, and I think when they get a bit more experience we'll have a really good 4x400 team."

Allyn Condon looks like joining Bullock in the 4x400m team for the European Junior Champs. The 1992 200m champion took the 100m in aCBP of 10.37sec, proving his fitness to selectors for San Sebastian.

Condon, who withdrew from the final of last week's AAA U20 Champs with a groin strain, has been selected for the 200m, 4x100m and 4x400m, subject to proving his fitness.

This showing will surely be proof enough, although he will still compete at Birmingham this weekend. The Sale Harrier, who won World Junior gold in the sprint relay in Seoul, said: "I had no problems with my groin. I would like to get a medal in the European Junior Champs. It would be great to get gold."

AAA U20 double champion Danny Joyce equalled the previous CBP of 10.40 in taking second, but spare a thought for 1992 inter silver medallist Samson Omonua.

The Berkshire sprinter won his heat in 10.74sec, but tragedy struck in the semi-final, when he clipped the inside kerb and crashed spectacularly to the ground.

The Southern U20 bronze medallist was stretchered off the track and taken to hospital, where it was confirmed he had broken his femur in two places.

There was also drama in the 2,000m steeplechase, won by a delighted English Schools' debutant Ben Rieper.

Rieper, the Greater Manchester Schools' champion, had already pulled clear of long-time leader Simon O'Connor when the latter crashed over the barrier 200m from home.

And with O'Connor still sprawled, Kent Schools' champion Harvey Cossell followed suit. But the Invicta athlete picked himself up off the floor to clinch a bronze medal, one place better than last year, before receiving treatment. He said: "When I saw Simon O'Connor on the ground, I lost concentration, and didn't sight the barrier. I didn't bring my trail leg through quick enough and it hit the barrier."

This shouldn't detract from Rieper's victory, and the Joe Galvin coached athlete wore one of the biggest smiles seen at Blackpool over the two days. He beamed: "This is the best day of my life. I can't believe I've done it. I've been training really hard, and I've had great support from my family and coach, and I've taken five seconds off my PB."

In the jumps there were predictable victories for Larry Achike (Triple), Carl Howard (Long) and Mark Latham (High). Achike, favourite to take gold in San Sebastian, won with ease, recording 16.15m, adding 22cm to Julian Golley's three year-old CBP.

Also in the field Paul Williamson took the pole vault with four first time ►




Natasha Danvers savours her 300H CBP and UK record

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clearances, winning with 4.90m before failing at 5.10m.

Kevin Lunsdon, as expected, retained his 110H title, but a more surprising winner came in the form of Kent's Dom O'Mahoney, who produced a a stunning display to defeat the more fancied Kevin Farrow and Kent team-mate Mark Steinle.

Steinle and Simon Garnett led for much of the race, but English Schools' cross country champion Farrow hit the front with 200m to go, before O'Mahoney's burst brought him gold.

Farrow's winter rival, Scott West, also missed out on gold, as Bruno Witchalls took the 1,500 from AAA U20 champion Neil Caddy and West. West, only ninth in the AAA U20 Champs, was satisfied with bronze, saying: "After the disappointment of last week, I really wanted to come here and give it my best shot. My game plan was to sit back, because last week I got blown away on the last lap."

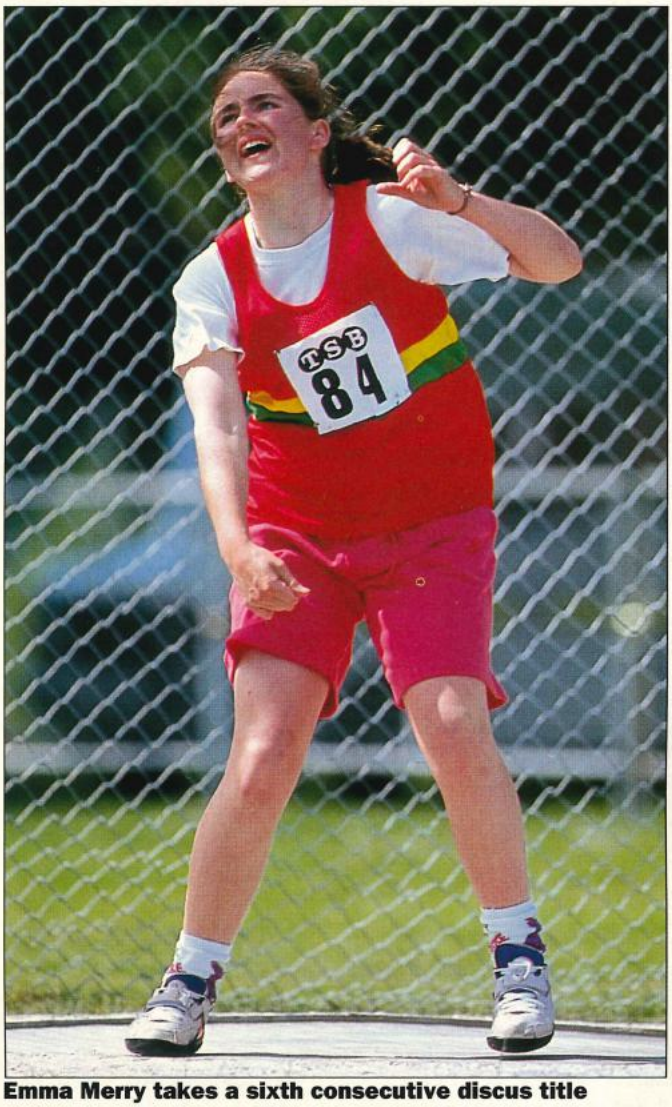
Although gaining ground in the closing stages, West could not deny Witchalls, who picked it up with 600m to go. The champion said: "It was my first big race of the season, and I was very pleased with it."

Matthew Bridle was another convincing winner, taking the 200m in a PB of 21.41sec. Coached by Jim Harris the Trafford athlete isa training partner of Olympians Louise Fraser and Sandra Douglas.

## INTER BOYS

MATTHEW CLEMENTS equalled the UK age record of 12.90sec to take the 100m hurdles. The Cambs athlete added to his junior boys' success last year to win by 0.39sec. Clements, who has had a highly successful start to the season over 100m, 200m and his speciality 100H, missed Nicholas Csemiczky's CBP by just two hundreths of a second.

Blackheath club-mates Marvin Bramble and Adian Woodhouse took first and second in the triple jump, setting PBs of 15.11m and 14.47m respectively but team-mate Matthew Bundock had to settle for second once again in the discus, beaten by Middlesex champion Hector Lawrence, who produced a last round throw of 46.36 to snatch victory from Bundock, who had led throughout.




**Emma Merry takes a sixth consecutive discus title**

Also in the throws, Nick Steinmetz was in a class of his own in the hammer, winning by over 12m with a sensational first round throw of 67.34m. The Bedford athlete collected his third successive English Schools' title.

Bill Fuller improved his position at the top of the 1993 rankings, reaching 17.14m in the shot, to add to the junior boys title he won in 1991.

In the sprints, victories went to Trevor Cameron (100) and Graham Beasley (200). Kevin Mark withdrew from the semis of the shorter sprint because of a hamstring injury,which robbed spectators of the eagerly anticipated dual with Cameron.

The Middlesex athlete look highly impressive in winning, and said: "That was a good race for me. If Kevin had been here, we would have pushed each other."

Over 400m, Mark Hylton was a convincing winner in 49.15sec, and said: "I was looking forward to racing Cephas Howard, but he was missing with a stress fracture. I don't think I've had enough recognition this year — I've run 48.48."




**Ben Rieper celebrates victory in the 2,000SC**

That performance came in the ISF World Championships in Italy, and the former 200m champion, a training partner of Mark Richardson, is clearly another quality 400m runner to watch at Windsor, Slough and Eton.

The one-lap hurdles brought an unexpected winner in Devon's Jon Goodwin, who held off favourite Matthew Douglas. Goodwin, a member of City of Plymouth, is in his first serious year at the hurdles, and took advantage when Douglas hit a hurdle in the later stages, taking a second off his PB to win in 54.85sec.

Coached by Ron Blank, Goodwin will now make his international debut at the schools international at Dublin on Saturday. He was picked for a junior pentathlon international last year, but a stress fracture ruled him out.

The 1,500m brought a narrow victory for Richard Mann over West Midland team-mate Tom Mayo. Mann, a former English Schools' winner on the country, pulled away on the backstraight of the final lap, but was reeled in along the home straight, just holding on to win by 0.44sec.

The high jump and pole vault went to form, James Brierley and Neil Turner respectively winning gold.

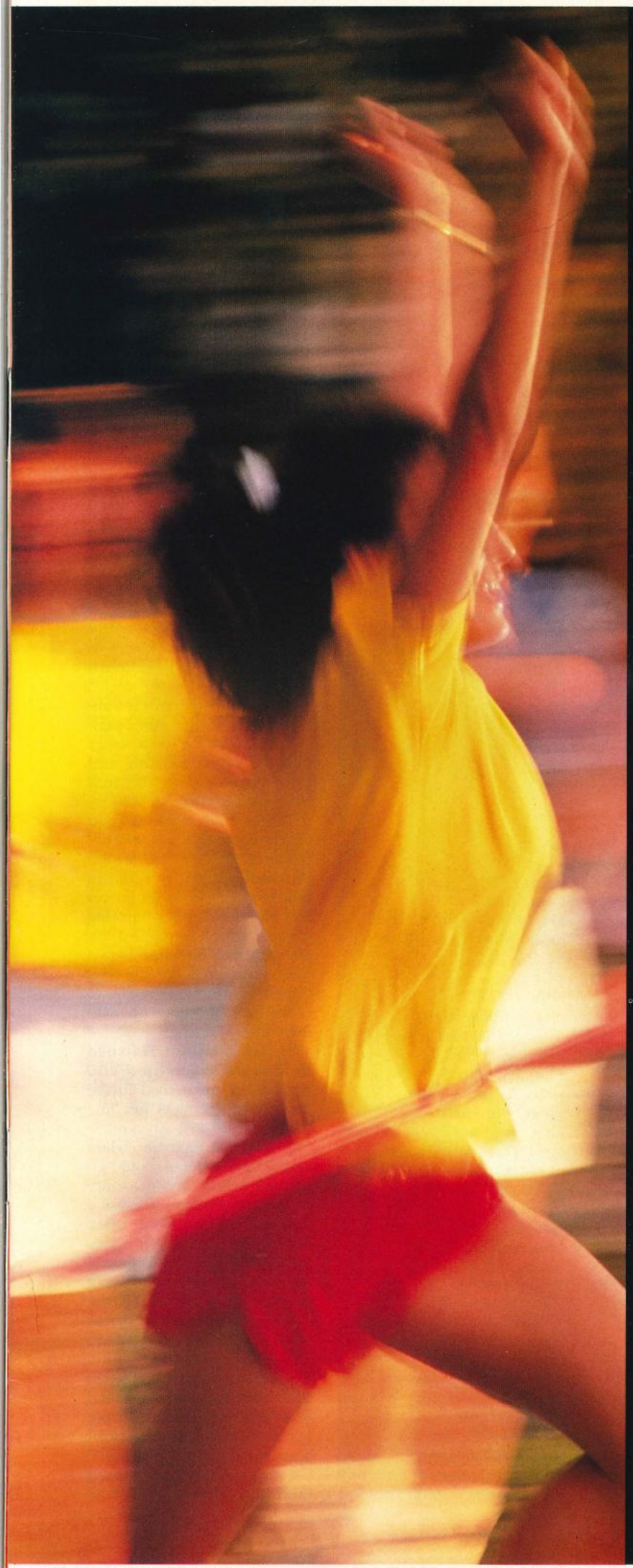
## JUNIOR BOYS

EMEKA UDECHUKA has had a phenominal start to his first year of his serious competition. The Blackheath Harrier carried off the discus gold medal with the five best throws of the competition.

Udechuka posted a PB of 50.76m in the second round to eclipse the 13 year-old CBP by 72cm. It also fell just 4cm short of the UK age record, which will surely be smashed out of sight this year.

Ben Barnes, a club-mate, and the only one to beat Udechuka, had to settle for third behind Lincs' Alan Rudkin. The versatile Barnes, national indoor 60m champion, said: "I'm disappointed, because I fancied my chances of winning. It's been a very bad year. I'll be starting my winter season earlier than normal and hope to win an international vest next year."

Martin Mortley was yet another Blackheath Harrier to impress, taking the shot with a first round throw of 14.30m. And on a great day for the club, Martin Stringer took the javelin in a close competition with former *Athletics Weekly*



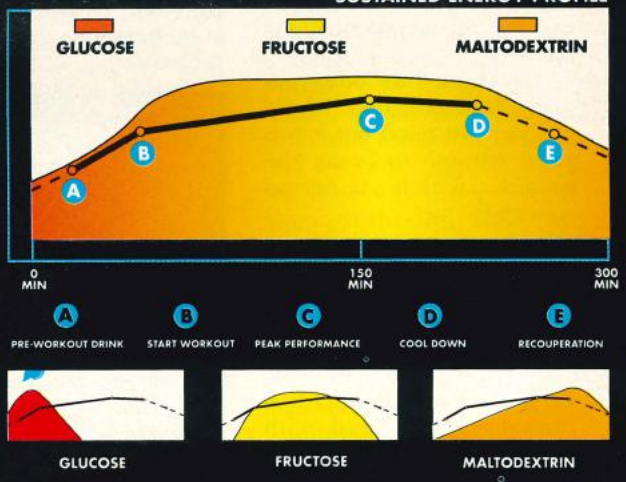
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OLYMPUS OUTDOOR WORLD

Club Athlete of the Week, Robert Charlesworth.

As expected, Adam Devonshire took the hammer. The Bedfordshire athlete, top of the U15 rankings, threw 52.02m to add to his Southern title.

AAA indoor champion Arif Shah won the 200m with an impressive performance, while a closely contested 1,500m went to Northern champion Matthew Dixon, who held off Southern champion David Stanley.

## Senior Girls

HEIDI MOULDER and Emma Merry did not disappoint living up to their tags as favourites.

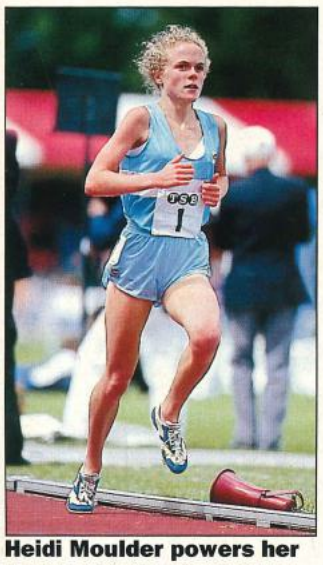
Merry, the defending champion, achieved a championship best. She stamped her authority on the discus right from the start with a 49.38m effort, a distance that was only beaten by herself.

It was in the fourth round that she unleashed the mighty 51.50 which broke the 14-year-old record of Fiona Conden.

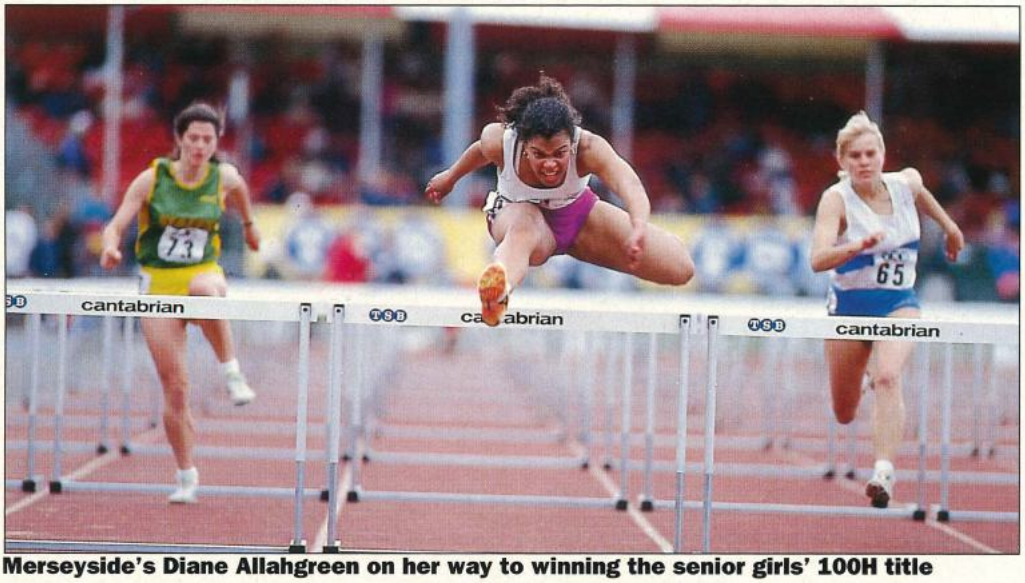
"I wanted this one very badly," she admitted. "It did not feel that good but it was good enough to break the record, which is good enough for me".

Back on the track in the 3,000 Moulder was busy adding to her National U20 title which she won in Bedford 10 days ago.

From the gun it was Catherine Berry and Alice Braham in the lead with Moulder back in sixth place. They passed 400m in 74 seconds all occupying the same positions. At 600m, passed in 1:54 Moulder had moved into third behind Berry and Braham.



**Heidi Moulder powers her way to the line in the 3,000m senior girls race**




**Merseyside's Diane Allahgreen on her way to winning the senior girls' 100H title**

Around 1,000m, reached in 3:09, Moulder hit the front and began pulling away from the rest of the field. A 3:10 next 1,000m saw Moulder with a huge lead over Braham, Berry and Manchester's Claire O'Conner.

Moulder looked cool and confident as she passed the bell in 8:15, 10 seconds in front of the rest, taking roughly 77 seconds to complete the last circuit.

She said: "Going into the wind down the back straight was tough and so for the first 1,000m I wanted to shelter in the pack. My team-manager Tom Watson said to me before the race "go on Heidi make my day" and I think I have done that now".

It has been quite a week for the Brimsham Green School sixth former. Two days after winning the National U20's she received the unexpected news of her selection for the European Juniors. Three days later she collects her first English Schools title.

She said: "The last five days have been very exciting. Now I shall have to settle down and get some more speed into my legs ready for the Europeans." Moulder is expecting to return next year to defend her title.

Second place went to Parkside athlete Braham who announced she had just completed her last track race and would be concentrating on the roads.

In the sprints Beverly Christopher took advantage of the absence of an injured Sophie Smith to come home a comfortable 100m victor.




**Championship best performance for M Bramble in the inter boys triple jump**

Over the furlong distance 17-year-old Catherine Murphy, who felt she had a point to prove, won a close battle with arch rival Debbie Mant, with a tremendous personal best of 23.72.

"I came here to show the selectors that I should be going to the European Juniors," she said "I feel very annoyed at being missed, perhaps now they will have to notice me".

Silver medallist Mant said she was pleased with her run, as she too lowered her personal best from 24.2 to 23.96, but said she was feeling tired as she has run many races recently. Now she proposes to settle back into training in preparation for the European Juniors.

The Bedford stable, headed by Alec and Rosmery Stanton, struck gold twice, with Michelle Matthews' 800m and Liz Talbot's 1,500 victories.

Talbot's win over favourite Jeina Mitchell was perhaps the sweeter. For the last two years Talbot had been runner-up to Mitchell, who was going for her seventh school's title.

Mitchell made her customary blast from the gun opening up a 20m gap over Talbot, Sarah Salmen and Julie Mackey with the first 300m being passed in 50.0.

Talbot had worked hard and closed the advantage, passing Mitchell at 500m. Mitchell was now looking tired and began to look over her shoulder at the chasing group which was led by Mackey and Salmen. Down the back straight for the final time and Mitchell began to come back at Talbot overtaking with 200m left.

Talbot was not finished though as she rallied and passed her great rival in the final 70m to collect her first title

"I was not too sure when to go. I knew Jeina would go off hard and my pre-race plan was to go at 800m but I decided to go past after about 500," Talbot said. "When she passed me again I was not sure if I could hang on but I dug deep and she came back to me. I feel great because she has always beaten me by miles before".

Gracious in defeat Mitchell said: "She was strong and I was tired due to the strong wind, but I gave it a go and I have to be pleased with that."

Fellow Stanton squad member, Matthews, was

delighted with her win and personel best which was gained by a gun to tape sustained effort.

"This is what I have wanted for a long long time," she said. "Really I have only just come on in the last year or so and it's all credit to Alex and Rosemary – they are what got me here."

Allison Curbishley lived up to her favourite tag but was disappointed by her inside lane draw.

"The bends were very tight and I could not line the hurdles up very well, "said the Ron and June Summers coached athlete.

She is now looking forward to the European Juniors where she hopes to break the 59sec barrier as well as get a semi-final place.

Another athlete who wore the favourite tag admirably was hurdles defending champion Diane Allahgreen of Merseyside who was in a class of her own winning in 13.50.

Surprise winner in the 400m was 19-year-old Sarah Stevenson of Notts, who was competing in her first English Schools and major champs after only taking up the sport two years ago.

It took a photo finnish to decide third and fourth places which included national indoor 400 silver medallist Caroline Swinbank and Kelly Woods of Lincolnshire, who had the race of her life.

"I felt vey relaxed all the way around and could hear all my friends shouting me on," she said. "Down the home straight I could sense someone coming along side me so I dug deeper. I'm so chuffed."

Jo Dear, National U20 champion, produced a fine display of long jumping and was the only athlete to go over 6m on all of her efforts.

Kelly Kane, throwing in her home town, produced the upset of the field when she defeated reigning champion Uju Efobi by a tantalising 3cm. Kane's 13.07 came in the first round, while Efobi's 13.04 was in the fourth.

Kirsty Morrison, who looks set to become Britain's top javelin thrower in 1994, was a clear winner but was well short of the championship best of 56.16 set by Amanda Liverton three years ago.

## INTERMEDIATE GIRLS

NATASHA DANVERS set a national record in the 300H clocking 41.99 and beating the more experienced Denise Bolten by more than one second. The previous best was set by Allison Curbishley at 42.91 two years ago.

Danvers, last year's junior 75H silver medalist, has only had a handful of competitions over the ditance and goes faster each time.

The 15-year-old Sydenham school athlete described her race as "okay" although she said she has not been able to produce the perfect race yet and is still stuttering at some of the barriers.

"I won this one for my mum and dad. All the way round I kept telling myself that I had to win. I was not bothered about the time I just wanted to win, "she said.

Bolton's run for second place lifted her from fourth to third on the current U17 ranking lists and Lesley Irvine's bronze medal winning time of 44.62 lifted her from ninth to fith.

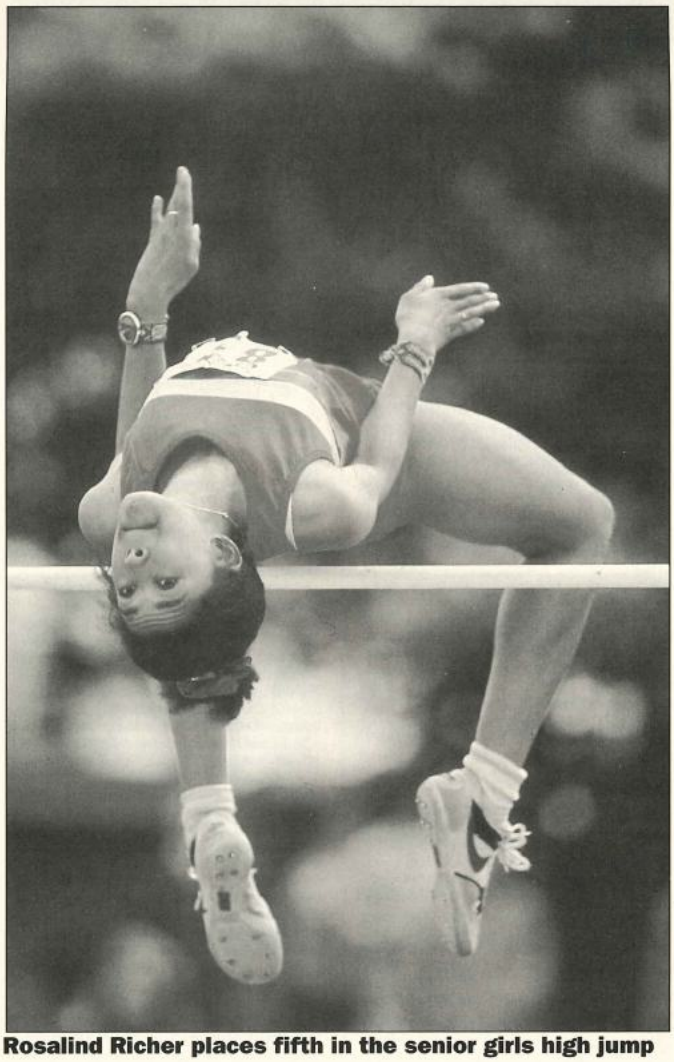
Nicola Slater of Oxford added the 3,000m tittle to the cross-country one she won in March in what was her first major track race this year, but only after a battle with Northumberland's Amanda Tremble.

The early pace was set by Tremble who took 1:55 fot the first 600m. She was closely followed by Alison Outram, (Middx) Slater and Beverley Gray of Humberside.

Slater did not hit the front until 800m from home, reached in 7:20, with Kimberley Robinson of Lancashire now moving into the frame. But by the time the bell was rung it was a two horse race.

Down the final back straight and into the teeth of the wind Slater began to drift away and with 200m remaining she pulled away to a 4m victory.

"I knew Amenda would be there or there abouts but I knew that my sprint finish was better," Slater said. "I thought she would have tried to run the speed out of me . I decided before hand to stick in behind everyone to shelter from the wind, and basically that is what I did."



**Rosalind Richer places fifth in the senior girls high jump**

Local favourite Leanne Eastwood did not disappoint with a stunning display of sprinting to retain her 100m title. The 16-year-old said she was happy to keep the title but unhappy with her start in the final which left her with a lot to make up before the tape.

Hereford and Worcester's Joanne Sloane collected her second schools title; she won the junior girls 100m in 1991. But it was not all plain sailing for the 16-year-old double champion.

"In the heats I had to keep telling my legs to go faster, but I was really pleased with the semi-final where I set a personel best and at winning final, but Sue (Wiiiams )and Emily (Feltham) pushed me hard right to the line," she said.

Both Williams and Feltham ran faster than they had ever done before from 25.4 to 24.6 and 25.3 to 24.8 respectively.

All-Conquering Hannah Curnock was knocked off her perch by Dorothea Lee of Dorset, whose race plan was to go out hard from the gun and see how long she could last. She was never headed although the first 200m was much slower than she had wanted.

"I ran how I felt and that was strong," she said. "I was hoping to win because on paper I have better times than Hannah."

Junior international heptathlete Julie Hollman won the long jump after finishing fourth last year but only after two no-jumps in the qualifying rounds.

"I did not panic. I just tried to relax and hoped I would jump far enough to go on for another three jumps." the Lincolnshire 16-year-old said. "I knew what I had to do and just tried to do it."

It all happened in the final three jumps with Cheshire's Rebecca Lewis taking the lead with 5.65 in round four then Tammy McCammon going out to 5.73 in round five before Hollman landed at 5.86 in the final round to leap into No 1 spot and take her first schools title.

Angharad Richards' first round javelin throw of 43.74 was enough to win her the title over Laura Kaluza's 42.24 ►

pb in the final round. All of which was a complete surprise for hot favourite Clover Wynter-Pink who could only muster a 36.88m opening effort.

## JUNIOR GIRLS

TATUM NELSON set a championship best of 11.67 to impressively take the 100m. Only Katharine Merry, Britains Europa Cup representative, has ever run faster at the same age.

This was certainly Nelson's championship – she improved her pb in the semi-finals and again in the final.

"I came third last year and really wanted to win this time," the 14-year-old Tunbridge and Langton athlete said.

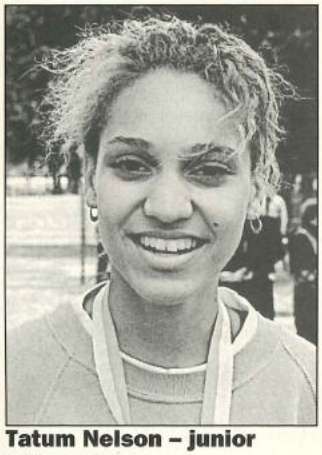
In the 200m Lesley Owusu, who had been running consistently at a level above all others in her age group, did not disappoint as she coped with three races in two days to hit the tape with almost one metre of daylight between gold and silver.

"I have been training hard for this one and thought that I would have had a good chance of winning," the 14-year-old St Joseph's schoolgirl said.

It was first time lucky for Rachael Ogden of North Yorkshire. For the 13-year-old had never been to an English Schools before and she was a comfortable winner over 800m, beating last year's silver medallist Emma Davies by more than two seconds.

"I decided before the start that I would take the lead at the bell and then go for it. I knew that Emma would be the one to beat," she said.

The metric mile event had been billed as the race of the the age-group with defending champion Caroline Wood,



**Tatum Nelson – junior 100m winner**



**Neil Turner took top spot in the inter boys' pole vault**

Justina Heslop, schools cross country champion, Dawn Adams, the fastest this year, Claire Duncan, second fastest, Emma Alberts Northern Champion and Heslop, schools cross country champion all in the line-up.

But disaster struck in the heats when Wood was dramatically knocked out. In the final it was Heslop who took the pace on with Adams not far off the front. Adams said: "I got spiked in the heats so I wanted to hang back and stay out of trouble. I knew I had the fastest time but I was not sure if I would win or not because there were so many others around. I knew that Justina would give me a good race."

Kate Forsyth of St Thomas More High School, Northumberland produced a surprise win in the 75 hurdles with a time that took her to No 1 spot in this year's rankings.

"I was a bit confident after recording the fastest qualifying time in the semi-final (11.29) which was quite a shock," she said.

Sarah Wilhemy, 13 was in outstanding form in the long jump with five of her six jumps further than the second place by Amy Nuttell of Lincolnshire.

Like Wilhemy, Heather Derbyshire outclassed the rest of the field in the javelin with a four metre margin. This extends her No.1 status over silver medallist Sian Lax of Shropshire.

# RESULTS

## Senior Boys

### 100

**ROUND 1**

**Heat 1 (+2.80):** 1, J Gardner (Avon) 10.78; 2, T Fletcher (Nhants) 10.84; 3, C Browne (WMids) 11.11; 4, M Roadknight (HerWor) 11.36; 5, J Horlock (Chesh) 11.40;

**Heat 2 ( 2.30):** 1, R Rubenis (Shrops) 10.88; 2, P Bolton (GtrMan) 10.89; 3, M Nartey (Kent) 10.98; 4, J Blanco (Surrey) 11.09;

**Heat 3 (+2.60):** 1, A Condon (Chesh) 10.70; =, C Nappin (SYorks) 10.70; 3, M Woodhouse (Norflk) 10.74; 4, M Champion (Kent) 10.94; 5, L Gordon (London) 10.98; 6, G Palmer (Surrey) 11.08; 7, T Samuels (WMids) 11.09; **Heat 4 ( 3.50):** 1, S Omonua (Berks) 10.74; 2, D Joyce (Beds) 10.79; 3, M Devonish (WMids) 10.96; 4, R Waring (Chesh) 11.08; 5, W Martin (Wilts) 11.25;

**ROUND 2: Semi-Final A ( 3.10):** 1, A Condon (Chesh) 10.60; 2, J Gardner (Avon) 10.71; 3, M Woodhouse (Norflk) 10.76; 4, P Bolton (GtrMan) 10.77; 5, R Rubenis (Shrops) 10.82; 6, C Browne (WMids) 10.84; 7, M Nartey (Kent) 10.99; 8, L Gordon (London) 11.00;

**Semi-Final B ( 3.70):** 1, D Joyce (Beds) 10.67; 2, C Nappin (SYorks) 10.88; 3, M Devonish (WMids) 10.94; 4, T Fletcher (Nhants) 10.94; 5, M Champion (Kent) 10.96; 6, R Waring (Chesh) 11.13; 7, G Palmer (Surrey) 11.18; **FINAL (+5.70):** 1, A Condon (Chesh) 10.37; 2, D Joyce (Beds) 10.40; 3, J Gardner (Avon) 10.46; 4, M Woodhouse (Norflk) 10.61; 5, C Nappin (SYorks) 10.64; 6, M Devonish (WMids) 10.66; 7, P Bolton (GtrMan) 10.72; 8, T Fletcher (Nhants) 10.87

### 200

**ROUND 1: Heat 1 (+3.50):** 1, M Bridal (Chesh) 21.85; 2, A Walcott (WMids) 21.92; 3, S Gwilliam (Humber) 22.11; 4, N Johnson (Essex) 22.20; 5, T Beech (Wilts) 22.52; 6, A Wellens (NYorks) 22.61; **Heat 2 ( 4.40):** 1, N Hamer (Derbys) 22.33; 2, A Fish (Kent) 22.54; 3, B Hamps (Sussex) 22.74; 4, P Wilson (Leics) 23.12; **Heat 3 (+3.40):** 1, S Simmons (Essex) 22.17; 2, R Day (Notts) 22.67; **FINAL (+5.70):** 1, M Bridal (Chesh) 21.41; 2, N Hamer (Derbys) 21.82; 3, S Simmons (Essex) 21.94; 4, S Gwilliam (Humber) 21.96; 5, N Johnson (Essex) 22.01; 6, A Fish (Kent) 22.19; 7, A Walcott (WMids) 22.20

### 400

**ROUND 1: Heat 1:** 1, N Budden (Norflk) 48.71; 2, A Mole (Nhants) 48.95; 3, R Knowles (Warks) 48.99; 4, J Deacon (Durham) 49.43; 5, P Cooper (Humber) 49.57; 6, T Hawkes (Derbys) 49.78; 7, B O'Brien (Cleve) 50.16; **Heat 2:** 1, S McHardy (WMids) 49.55; 2, S Ciarajella (Essex) 49.66; 3, S Cavanagh (Hants) 49.87; 4, S Charlwood (Kent) 50.03; 5, S Beauchamp (Berks) 50.37; 6, G Hudson (Devon) 51.51; **Heat 3:** 1, G Bullock (Lancs) 48.62; 2, M Larnach (London) 49.29; 3, A Francis (Suffik) 49.36; 4, S McKeever (Cumb) 49.63; 5, M Cotton (Cambs) 50.12; 6, J MacGregor (HerWor) 51.32; **Heat 4:** 1, P Slythe (Kent) 48.79; 2, N Watson (Durham) 49.64; 3, S Heggie (Notts) 49.88; 4, J Nicholson (Bucks) 50.18; 5, A Pickering (HerWor) 50.45; 6, D Bastik (Middx) 51.63; **ROUND 2: Semi-Final A:** 1, G Bullock (Lancs) 47.35; 2, S Ciarajella (Essex) 48.17; 3, A Mole (Nhants) 48.42; 4, S McHardy (WMids) 48.74; 5, S Cavanagh (Hants) 49.39; 6, R Knowles (Warks) 49.42; 7, J Deacon (Durham) 50.30; **Semi-Final B:** 1, P Slythe (Kent) 47.99; 2, N Budden (Norflk) 48.70; 3, M Larnach (London) 48.81; 4, A Francis (Suffik) 48.87; 5, S Heggie (Notts) 49.22; 6, P Cooper (Humber) 49.49; 7, N Watson (Durham) 49.53; **FINAL:** 1, G Bullock (Lancs) 46.30; 2, N Budden (Norflk) 47.84; 3, P Slythe (Kent) 48.05; 4, S McHardy (WMids) 48.31; 5, A Mole (Nhants) 48.51; 6, M Larnach (London) 48.56; 7, S Ciarajella (Essex) 48.59; 8, A Francis (Suffik) 48.91

### 800

**Heat 1:** 1, R Brown (WMids) 1:55.46; 2, G Clarke (Lancs) 1:55.65; 3, A Parker (NYorks) 1:55.66; 4, C Beswick (GtrMan) 1:55.91; 5, B Mate (Nland) 1:57.42; 6, D Ion (Cumb) 2:00.76; **Heat 2:** 1, R Warburton (Staffs) 1:56.77; 2, P Galvin (Devon) 1:56.96; 3, C Symonds (Middx) 1:57.05; 4, M Winter (Lancs) 1:57.50; 5, B King (Avon) 1:57.59; 6, D Bedford (Derbys) 1:59.15; **Heat 3:** 1, J Fraser (Sussex) 1:55.85; 2, I Bowden (WYorks) 1:56.06; 3, C Stringer (GtrMan) 1:56.08; 4, D Locker (Staffs) 1:56.18; 5, S Rees-Jones (Sussex) 1:56.74; 6, C Burnip (Beds) 1:58.98; **Heat 4:** 1, J Mayo (WMids) 1:54.23; 2, I Mansfield (Lincs) 1:54.32; 3, C Woods (Cleve) 1:54.32; 4, C Jenkins (WYorks) 1:54.36; 5, M Willingale (Berks) 1:56.23; 6, A Jordan (Nland) 1:58.29; **Semi-Final A:** 1, J Mayo (WMids) 1:53.72; 2, J Fraser (Sussex) 1:53.83; 3, P Galvin (Devon) 1:54.07; 4, G Clarke (Lancs) 1:54.26; 5, R Warburton (Staffs) 1:57.20; 6, C Beswick (GtrMan) 1:57.48; 7, C Jenkins (WYorks) 2:00.17; **Semi-Final B:** 1, I Mansfield (Lincs) 1:55.01; 2, C Woods (Cleve) 1:55.11; 3, A Parker (NYorks) 1:55.16; 4, R Brown (WMids) 1:55.42; 5, I Bowden (WYorks) 1:55.59; 6, C Stringer (GtrMan) 1:56.93; 7, C Symonds (Middx) 1:58.60; **FINAL:** 1, G Clarke (Lancs) 1:53.69; 2, C Woods (Cleve) 1:53.94; 3, A Parker (NYorks) 1:53.98; 4, P Galvin (Devon) 1:54.08; 5, J Mayo (WMids) 1:54.27; 6, R Brown (WMids) 1:54.46; 7, J Fraser (Sussex) 1:54.76; 8, I Mansfield (Lincs) 1:59.48

### 1,500

**ROUND 1: Heat 1:** 1, T Mate (Nland) 4:08.97; 2, I Hollingsworth (Essex) 4:09.01; 3, T Taylor (WMids) 4:09.54; 4, N Caddy (Cornw) 4:09.72; 5, M Laffar (Sussex) 4:10.42; 6, J Willson (Kent) 4:12.88; 7, J Staneke (Mersey) 4:16.67; 8, J Hatcher (Cumb) 4:18.55; 9, I Mitchell (WYorks) 4:19.63; **Heat 2:** 1, S West (Leics) 4:01.47; 2, B Witchalls (Surrey) 4:01.55; 3, D Rankin (GtrMan) 4:02.15; 4, E Bowen (Warks) 4:02.28; 5, A Renfree (Cornw) 4:03.23; 6, L Morgan (Nland) 4:03.61; 7, A Smith (Avon) 4:04.17; 8, J Burrell (Cambs) 4:06.72; **FINAL:** 1, B Witchalls (Surrey) 3:51.75; 2, N Caddy (Cornw) 3:54.25; 3, S West (Leics) 3:55.07; 4, T Mate (Nland) 3:56.27; 5, I Hollingsworth (Essex) 3:57.93; 6, A Renfree (Cornw) 3:58.40; 7, T Taylor (WMids) 3:59.26; 8, D Rankin (GtrMan) 4:02.59; 9, E Bowen (Warks) 4:04.33; 10, L Morgan (Nland) 4:11.07;

### 3,000

**FINAL:** 1, D O'Mahoney (Kent) 8:26.83; 2, K Farrow (Derbys) 8:28.25; 3, M Steinle (Kent) 8:29.49; 4, S Garnett (GtrMan) 8:37.16; 5, M O'Dowd (Wilts) 8:41.69; 6, M Young (Oxford) 8:43.06; 7, L Veness (Sussex) 8:43.20; 8, R Holladay (SYorks) 8:44.31; 9, R Ashe (Middx) 8:44.44; 10, P Holdham (Sussex) 8:46.48; 11, B Noad (Avon) 8:48.50; 12, P McCartney (Nland) 8:48.59; 13, A Whitnam (Kent) 8:49.68; 14, S Jackson (SYorks) 8:51.22; 15, D McCormack (Beds) 8:54.47; 16, M Gostling (Derbys) 8:59.04; 17, P Morrison (Hants) 8:59.68; 18, M Smith (Herts) 9:04.81; 19, E Gabbott (Herts) 9:05.04; 20, J Dixon (NYorks) 9:08.83; 21, G Freeman (Notts) 9:25.66;

### 110H

**ROUND 1: Heat 1 ( 2.70):** 1, P Donovan (Leics) 14.26; 2, S McAree (Nland) 14.40; 3, P Batchelor (WMids) 14.44; 4, C Pember (HerWor) 14.68; 5, N Stranbridge (Devon) 15.01; 6, J Fullwood (Derbys) 15.36; 7, D Barker (London) 18.01; **Heat 2 ( 2.90):** 1, K Lumsdon (Nland) 13.87; 2, P Stubbs (Staffs) 14.50; 3, M Burbridge (Cambs) 14.69; 4, A Caines (WMids) 14.87; 5, C Edsall (Hants) 15.05; 6, G Walker (Humber) 15.18; 7, K France (Lincs) 15.54; **FINAL ( 2.80):** 1, K Lumsdon (Nland) 13.85; 2, P Donovan (Leics) 14.13; 3, A Caines (WMids) 14.37; 4, P Batchelor (WMids) 14.53; 5, S McAree (Nland) 14.54; 6, M Burbridge (Cambs) 14.57; 7, C Pember (HerWor) 14.67; 8, P Stubbs (Staffs) 16.62;

### 400H

**ROUND 1: Heat 1:** 1, J Parker (HerWor) 55.52; 2, M Arend (Somers) 55.82; 3, J Bridger (Dorset) 56.77; 4, C Taylor (NYorks) 57.01; 5, S Parley (Avon) 58.94; 6, A Judge (Nhants) 59.92; **Heat 2:** 1, J Toal (Beds) 56.00; 2, N Green (Somers) 56.16; 3, K Dauda (Leics) 56.30; 4, A Bargh (Hants) 56.67; 5, C Foster (SYorks) 56.94; 6, M Colwell (Oxford) 57.65; 7, N Cox (Wilts) 58.92; **FINAL:** 1, J Toal (Beds) 54.67; 2, J Parker (HerWor) 54.68; 3, M Arend (Somers) 56.61; 4, J Bridger (Dorset) 56.66; 5, K Dauda (Leics) 57.13; 6, N Green (Somers) 58.12; 7, C Foster (SYorks) 58.98

### 2,000SC

**ROUND 1: Heat 1:** 1, B Rieper (GtrMan) 6:04.67; 2, S Overthrow (Gloucs) 6:08.20; 3, A Blackmore (Shrops) 6:08.37; 4, H Cossell (Kent) 6:08.45; 5, D Preston (Middx) 6:08.63; 6, J Matthews (Nhants) 6:12.62; 7, D Hughes (Avon) 6:14.44; 8, D Connell (Cambs) 6:19.65; 9, D Churchill (Cleve) 6:37.57; 10, J Guiney (London) 6:39.89; **Heat 2:** 1, B Reese (Mersey) 5:58.56; 2, S O'Connor (Staffs) 6:02.66; 3, A Fooks (Somers) 6:02.96; 4, C Elliott (Hants) 6:03.36; 5, S Lewis (Notts) 6:04.24; 6, C Wheeler (GtrMan) 6:06.68; 7, P Donnelly (HerWor) 6:17.75; 8, C Crawford (Cleve) 6:25.98; 9, S McGibbon (Norflk) 6:32.44; **FINAL:** 1, B Rieper (GtrMan) 5:47.71; 2, C Elliott (Hants) 5:52.74; 3, H Cossell (Kent) 5:58.14; 4eq, S Overthrow (Gloucs) and B Reese (Mersey) 5:59.68; 6, A Blackmore (Shrops) 6:00.62; 7, S Lewis (Notts) 6:04.19; 8, S O'Connor (Staffs) 6:06.22; 9, A Fooks (Somers) 6:06.37; 10, C Wheeler (GtrMan) 6:09.27

### 4 x 100

**ROUND 1: Heat 1:** 1, West Midlands 42.79; 2, Kent 43.33; 3, Cheshire 43.63; 4, Wiltshire 44.38; 5, Avon 44.74; 6, Hereford & Worcestershire 44.81; **Heat 2:** 1, Essex 43.30; 2, Devon 45.08; 3, Nottinghamshire



**Richard Mann – first in the 1,500m inters**

45.21; **FINAL:** 1, West Midlands 42.18; 2, Cheshire 42.75; 3, Kent 42.86; 4, Essex 43.02; 5, Wiltshire 43.68; 6, Avon 44.37; 7, Devon 44.77

## HJ

**FINAL:** 1, M Latham (Staffs) 2.04; 2eq, B Thompson (Nland) 2.01 and D Rutland (Cornw) 2.01; 4, D Otter (SYorks) 1.98; 5, C Hindley (Notts) 1.90; 6eq, D Goulding (SYorks) and S Smith (Warks) 1.90 and S Kett (Dorset) 1.90; 9, A Lowe (GtrMan) 1.90; 10eq, D Charles (Surrey) 1.85 and D Clark (Hants) 1.85 and P Gilding (Sussex) 1.85;
13, R Laws (Nland) 1.85

## LJ

**FINAL:** 1, C Howard (Oxford) 7.34 ( 3.10); 2, C Davidson (Kent) 7.15 ( 3.20); 3, S Rose (Hants) 7.07 ( 3.30); 4, H Thompson (GtrMan) 6.94 ( 2.10); 5, B Downer (Surrey) 6.92 ( 2.20); 6, A Malcolm (Wilts) 6.90 ( 3.50); 7, N Scott (Notts) 6.70 ( 3.30); 8, L Ashton (Cambs) 6.60 ( 3.30); 9, A Mason (Suffik) 6.60 ( 3.10); 10, A Sleightholme (WYorks) 6.53 ( 2.90); 11, J Clawley (Staffs) 6.49m ( 2.80); 12, S Harrison (WYorks) 6.47 ( 3.90); 13, A Clark (Warks) 6.33 ( 3.20); 14, G Conlon (Avon) 6.30 ( 3.60); 15, J Clare (Chesh) 6.22 ( 2.30); 16, L Parry (Mersey) 6.15 ( 3.20); 17, P Griffiths (HerWor) 6.12 ( 3.60); 18, R Callender (Middx) 5.82 ( 1.90); 19, S Darby (Warks) 4.18 ( 1.50)

## TJ

**FINAL:** 1, O Achike (Sussex) 16.15 ( 3.70); 2, D Ricketts (WMids) 14.70 ( 1.70); 3, T Erogbogbo (Bucks) 14.37 ( 2.20); 4, J Lever (Dorset) 14.32 ( 4.60); 5, B Hodson (Middx) 14.07 ( 3.90); 6, S Gee (Mersey) 13.97 ( 3.80); 7, J Mason (WYorks) 13.88 ( 3.10); 8, I Omambala (Kent) 13.83 ( 4.00); 9, N Cavill (Devon) 13.49 ( 3.10); 10, G Crockendale (Essex) 13.39 ( 1.40); 11, U Ezugwu (Shrops) 13.13 ( 2.30); 12, A McArthur (WMids) 12.62 ( 2.10); 13, M Harrison (NYorks) 12.35 ( 2.10)

## PV

**FINAL**
1, P Williamson (Humber) 4.90; 2, C North (Avon) 4.80; 3, I Wilding (Staffs) 4.80; 4, C Wills (WMids) 4.35; 5, M Buck (Essex) 4.35; 6, K Treen (WMids) 4.20; 7eq, K Smith (Chesh) 4.05 and J Robinson (WMids) 4.05 and S Gaines (Cumb) 4.05

## SP

**FINAL:** 1, J Tyler (Staffs) 16.75; 2, M Edwards (Leics) 16.29; 3, S Fricker (Dorset) 15.93; 4, G Antonatos (Lincs) 15.08; 5, P Selby (Hants) 14.38; 6, K Kaiser (Cleve) 14.22; 7, R Snow (Surrey) 14.21; 8, D Burnett (Essex) 13.82; 9, G Baker (Oxford) 13.69; 10, C Rogers (WMids) 12.84; 11, S Timmins (Kent) 12.46; 12, B McEvilly (Mersey) 12.38; 13, K Obedike (London) 11.14; 14, R Fletcher (WYorks) 10.68

## DT

**FINAL:** 1, M Quigley (Cumb) 49.08; 2, L Broadhead (Staffs) 47.48; 3, A Squires (Devon) 45.88; 4, E Cole (Chesh) 45.34; 5, G Leeson (Herts) 44.86; 6, S Morgans (Shrops) 44.42; 7, D Daniels (WMids) 43.88;8, M Lewis (Chesh) 43.52; 9, D Goulding (Lincs) 41.94; 10, O Folkes (Somers) 41.76; 11, C Roberts (Kent) 41.42; 12, D Vidgen (Bucks) 41.24; 13, J Kindon (Somers) 41.04; 14, R Lyman (WMids) 38.18;15, A Porter (London) 36.50; 16, G McKenna (Herts) 34.94; 17, S Bull (Devon) 27.52

## JT

**FINAL:** 1, S Bird (Berks) 59.54; 2, S Carter (Kent) 58.90; 3, A Whiting (Berks) 58.00; 4, A Hayward (Humber) 57.72; 5, S Faben (Cambs) 57.16; 6, T Eldridge (Essex) 56.46; 7, G Lay (NYorks) 55.46; 8, S Achurch (Lincs) 55.02; 9, S Kearney (Sussex) 54.92; 10, P Johnson (Mersey) 50.84; 11, D Johnson (SYorks) 50.84; 12, M Stone (Hants) 50.14; 13, M Powell (Gloucs) 49.78; 14, L Browne (Cambs) 48.80; 15, P Temple (Norfik) 46.76; 16, W Platt (Kent) 45.92; 17, T Moreton (Oxford) 45.66; 18, S Kirkham (London) 45.54

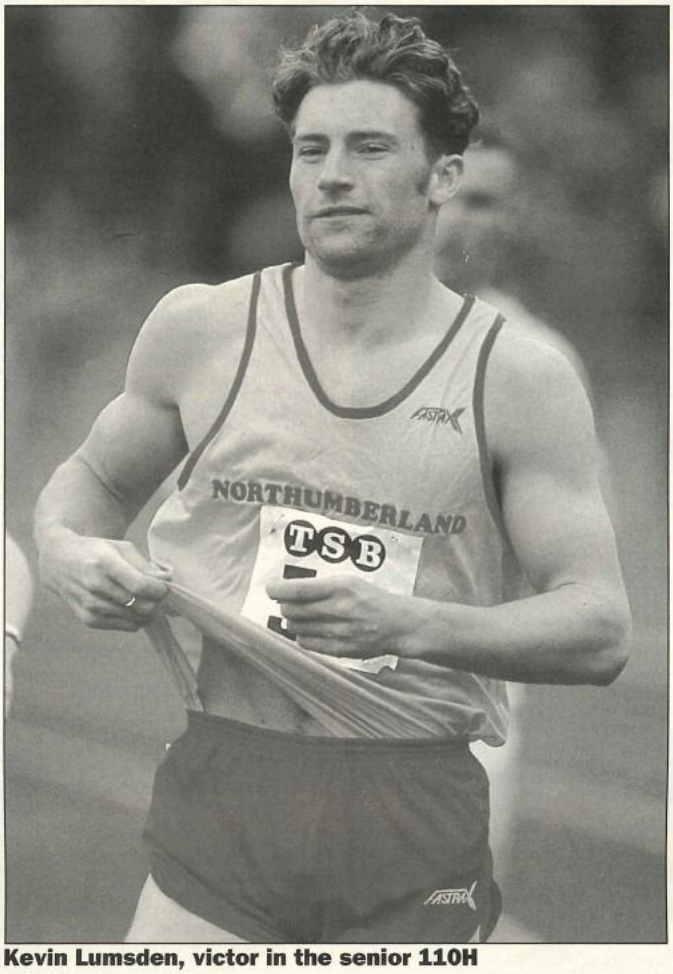
## HT

**FINAL:** 1, A Swain (WYorks) 57.40; 2, N Curtis (Nhants) 56.40; 3, I Park (Middx) 56.20; 4, R Careless (Shrops) 54.60; 5, M Tully (Chesh) 53.92; 6, A McNicholas (Beds) 53.34; 7, W Clarke (Lincs) 52.48; 8, B Durrant (Devon) 50.48; 9, A Keevil (Somers) 49.32; 10, M Robertson (Bucks) 48.80; 11, I Hay (Humber) 45.54;12, L Rutherford (Norfik) 44.46; 13, K Cook (Somers) 43.38; 14, A Beattie (Surrey) 41.86

## JUNIOR BOYS

## 100

**Heat 1 (+1.80):** 1, J Skeete (Essex) 11.7; 2, B Watkins (Norfik) 11.8; 3, I Finegan (Chesh) 11.8; 4, S Wiggans (Lancs) 11.8; 5, A Poland (Bucks) 11.9; 6, D Calvert (Hants) 12.0; 7, M Smart (WYorks) 12.0; 8, R Jewell (Gloucs) 12.0; Heat 2 ( 2.30m/s)
1, R Bogle (Cambs) 11.6; 2, M Dickson (London) 11.7; 3, J Wilson (Cleve) 11.9; 4, A Edu (Berks) 11.9; 5, R O'Keefe (Cumb) 12.2; 6, S Balogun (Middx) 12.3; **Heat 3 (+3.50):** 1, P Perigo (SYorks) 11.3; 2, K Ampofo (London) 11.6; 3, S Woodhouse (Norfik) 11.7; 4, N Akester (Humber) 11.7; 5, A Berthier (Middx) 11.7; 6, A Matarazzo (Gloucs) 11.8; 7, R Moane (NYorks) 12.0;
**Heat 4 (+2.70)**
1, G Howe (Beds) 11.7; 2, C McHale (GtrMan) 11.7; 3, D Delaney (London) 11.8; 4, M Maclean (HerWor) 11.8; 5, J Friar (Lancs) 11.9; 6, S Hodge (Devon) 12.0;




**Kevin Lumsden, victor in the senior 110H**

7, N Buchan (Kent) 12.3; **Heat 5 (+3.30)**
1, C Hamilton (SYorks) 11.6; 2, J Lack (Bucks) 11.8; 3, A O'Connor (GtrMan) 11.8; 4, G Fearon (Middx) 12.0; 5, A Cropp (Humber) 12.1; 6, A Bates (Nland) 12.2; 7, D Carter (Dorset) 12.2; **Semi-Final A (+4.40):**1, P Perigo (SYorks) 11.39; 2, R Bogle (Cambs) 11.46; 3, G Howe (Beds) 11.61; 4, M Dickson (London) 11.74; 5, S Woodhouse (Norfik) 11.77; 6, D Delaney (London) 11.91; 7, A O'Connor (GtrMan) 11.92; 8, J Wilson (Cleve) 11.99; **Semi-Final B (+2.30):** 1, K Ampofo (London) 11.53; 2, C McHale (GtrMan) 11.68; 3, J Skeete (Essex) 11.72; 4, N Akester (Humber) 11.72; 5, J Lack (Bucks) 11.78; 6, C Hamilton (SYorks) 11.80; 7, B Watkins (Norfik) 11.95; 8, I Finegan (Chesh) 12.43; **FINAL (+3.40):** 1, P Perigo (SYorks) 11.30; 2, R Bogle (Cambs) 11.38; 3, K Ampofo (London) 11.52; 4, G Howe (Beds) 11.54; 5, C McHale (GtrMan) 11.58; 6, N Akester (Humber) 11.62; 7, J Skeete (Essex) 11.68; 8, M Dickson (London) 11.72

## 200

**Heat 1 (+3.00)**
1, C Creaby (WYorks) 23.83; 2, M Bagnall (Staffs) 23.99; 3, J Torres (London) 24.22; 4, S Steadman (Berks) 24.37; 5, A French (Hants) 24.62; 6, M Carr (Notts) 24.63;
**Heat 2 (+2.60)**
1, R Lewis (Beds) 24.00; 2, N Hoque (London) 24.13; 3, P Vickers (Sussex) 24.15; 4, D Jackson (Herts) 24.21; 5, J Lunnes (Middx) 24.65; 6, R Fanning (Bucks) 24.65; 7, S Imam (Middx) 24.71;
**Heat 3 ( 2.20):** 1, C Blake (GtrMan) 22.69; 2, A Shah (Leics) 23.47; 3, J Moss (Chesh) 23.52; 4, M Bowler (Surrey) 24.07; 5, A Edmonds (Hants) 24.39; 6, M Lawrence (Kent) 24.47; 7, A Johnston (Berks) 24.59;
**Heat 4 (+3.70):** 1, I Leaman (Devon) 23.53; 2, S Morans (Lancs) 23.54; 3, D Jackman (Surrey) 23.77; 4, R Allenby (Humber) 24.00; 5, D Sweeting (Kent) 24.11; 6, T Driver (Beds) 24.26; 7, S Foster (Oxford) 24.73; **Heat 5 (+4.50):** 1, A Crossley (Notts) 23.63; 2, A Penford (Berks) 23.64; 3, J Goodliffe (Middx) 23.87; 4, D Haslam (NYorks) 23.87; 5, D Hall (Humber) 24.13; 6, I Charles (Lincs) 24.46; 7, P Wells (WYorks) 24.50;
**Semi-Final A (+2.90):** 1, C Blake (GtrMan) 22.71; 2, I Leaman (Devon) 23.39; 3, S Morans (Lancs) 23.54; 4, M Bagnall (Staffs) 23.55; 5, C Creaby (WYorks) 23.61; 6, R Lewis (Beds) 23.77; 7, D Jackman (Surrey) 23.84; 8, J Torres (London) 24.37;
**Semi-Final B (+4.20):** 1, A Shah (Leics) 23.20; 2, J Moss (Chesh) 23.47; 3, A Crossley (Notts) 23.66; 4, N Hoque (London) 23.66; 5, A Penford (Berks) 23.81; 6, D Haslam (NYorks) 23.95; 7, J Goodliffe (Middx) 24.00; 8, P Vickers (Sussex) 24.09; **FINAL (+4.90):** 1, A Shah (Leics) 22.93; 2, J Moss (Chesh) 23.05; 3, C Blake (GtrMan) 23.05; 4, I Leaman (Devon) 23.34; 5, S Morans (Lancs) 23.42; 6, A Crossley (Notts) 23.48; 7, N Hoque (London) 23.57; 8, M Bagnall (Staffs) 23.64

## 400

**Heat 1:** 1, K Wu (Surrey) 53.64; 2, G Noble (Middx) 53.88; 3, J Colclough (HerWor) 53.99; 4, D Joyner (Wilts) 54.28; 5, G Porritt (Cleve) 54.73; 6, N Hamilton (London) 54.81; 7, J Payne (Bucks) 56.22; 8, D Wright (Avon) 56.24; **Heat 2:** 1, J Kilshaw (Essex) 53.44; 2, J Histon (Surrey) 53.56; 3, K Elliott (Staffs) 53.92; 4, N Morgan (Wilts) 54.15; 5, D Keoghan (GtrMan) 54.62; 6, M Howarth (Leics) 54.81; 7, R Ward (Kent) 56.41; 8, D Polson (London) 57.41; **Heat 3:** 1, D Howarth (Norfik) 53.78; 2, J Watts (Chesh) 53.79; 3, A Thomas (Mersey) 54.07; 4, D Oxland (Kent) 54.43; 5, A Scutts (Nland) 55.89; 6, A Wilson (Humber) 56.44; 7, S Kinnear (Cumb) 56.91; **Heat 4:** 1, A Johnson (Cambs) 54.75; 2, R McNab (SYorks) 54.88; 3, S Wrobel (Middx) 55.07; 4, C Haverson (Norfik) 55.10; 5, S Trent (Wilts) 55.23; 6, B Saunders (Cumb) 55.67; 7, G Hedman (Essex) 56.30
**Semi-Final A:** 1, J Colclough (HerWor) 52.85; 2, A Thomas (Mersey) 53.03; 3, J Kilshaw (Essex) 53.25; 4, J Watts (Chesh) 53.31; 5, K Wu (Surrey) 53.52; 6, S Wrobel (Middx) 54.51; 7, D Keoghan (GtrMan) 54.78; 8, D Joyner (Wilts) 55.56; **Semi-Final B:** 1, K Elliott (Staffs) 52.99; 2, G Noble (Middx) 53.32; 3, J Histon (Surrey) 53.52; 4, D Howarth (Norfik) 53.80; 5, D Oxland (Kent) 54.17; 6, N Morgan (Wilts) 54.40; 7, A Johnson (Cambs) 54.64; 8, R McNab (SYorks) 54.68;
**FINAL:** 1, J Histon (Surrey) 52.48; 2, J Watts (Chesh) 52.79; 3, K Elliott (Staffs) 52.90; 4, A Thomas (Mersey) 53.43; 5, J Colclough (HerWor) 53.66; 6, D Howarth (Norfik) 53.74; 7, J Kilshaw (Essex) 54.09; 8, G Noble (Middx) 54.17

## 800

**Heat 1:** 1, K Archibald (Nland) 2:06.77; 2, C B-Whetham (Herts) 2:07.51; 3, M Newton (Staffs) 2:07.57; 4, R Reavley (Beds) 2:07.93; 5, N Gordon (Cleve) 2:08.49; 6, B Sulaiman (Middx) 2:09.16; 7, S Jones (Wilts) 2:09.44; 8, A Lassiter (Surrey) 2:09.62;
**Heat 2:** 1, J Marshall (Dorset) 2:04.80; 2, J Moore (Sussex) 2:05.54; 3, R Stock (Essex) 2:06.01; 4, S Owen (Chesh) 2:06.25; 5, K Corr (Durham) 2:06.78; 6, I Farquhar (HerWor) 2:12.00; 7, C Harries (Wilts) 2:13.88; **Heat 3:** 1, N Kirk (Kent) 2:05.68; 2, E Hankins (Berks) 2:06.81; 3, N Polson (Humber) 2:08.41; 4, C Shinner (Somers) 2:08.90; 5, R Sinclair (Staffs) 2:09.46; 6, M Harding (Middx) 2:09.53; 7, P Lucas (Notts) 2:12.23; 8, G Keller (Herts) 2:14.11;
**Heat 4:** 1, S Briffitt (London) 2:02.90; 2, D Lovatt (GtrMan) 2:03.78; 3, P Morby (WMids) 2:03.81; 4, S McCabe (Chesh) 2:03.87; 5, C Moss (Kent) 2:03.96; 6, W Farmer (Beds) 2:06.47; 7, A Beckey (Somers) 2:14.86; 8, C Young (Notts) 2:19.75; **Heat 5:** 1, K Round (Lancs) 2:08.57; 2, N Henderson (Hants) 2:09.04; 3, J Buckley (Surrey) 2:09.51; 4, S Kinnear (Cumb) 2:09.73; 5, R Williams (SYorks) 2:09.99; 6, S McKeown (Herts) 2:10.52; **ROUND 2: Heat 1:** 1, N Kirk (Kent) 2:03.29; 2, S Briffitt (London) 2:03.79; 3, J Marshall (Dorset) 2:04.35; 4, S Owen (Chesh) 2:09.62; 5, J Buckley (Surrey) 2:11.22; 6, C B-Whetham (Herts) 2:12.05; **Heat 2:** 1, J Moore (Sussex) 2:05.91; 2, K Archibald (Nland) 2:06.13; 3, D Lovatt (GtrMan) 2:06.68; 4, C Moss (Kent) 2:07.81; 5, M Newton (Staffs) 2:08.90; 6, N Henderson (Hants) 2:12.12; **Heat 3:** 1, E Hankins (Berks) 2:04.85; 2, P Morby (WMids) 2:06.10; 3, R Stock (Essex) 2:07.04; 4, S McCabe (Chesh) 2:07.51; 5, N Polson (Humber) 2:10.40; 6, K Round (Lancs) 2:13.83; **FINAL:** 1, N Kirk (Kent) 2:00.74; 2, J Marshall (Dorset) 2:01.09; 3, S Briffitt (London) 2:01.60; 4, J Moore (Sussex) 2:02.87; 5, E Hankins (Berks) 2:03.17; 6, D Lovatt (GtrMan) 2:05.23; 7, P Morby (WMids) 2:06.13; 8, K Archibald (Nland) 2:12.62

## 1,500

**FINAL:** 1, M Dixon (Lancs) 4:15.24; 2, D Stanley (Hants) 4:15.84; 3, L Garrett (Notts) 4:16.17; 4, M Townend (Middx) 4:17.11; 5, S Holley (Beds) 4:18.22; 6, T Hall (GtrMan) 4:22.62; 7, T Salmon (Norfik) 4:24.29; 8, D Moore (Mersey) 4:24.35; 9, L Shearer (GtrMan) 4:26.33; 10, D Bell (Nland) 4:28.48; 11, A Elliott (Derbys) 4:31.78; 12, A Boucker (HerWor) 4:32.80; 13, S Austin (Essex) 4:36.25; 14, M Gilpin (NYorks) 4:36.84

## 80H

**Heat 1 (-3.50):** 1, A Boon (WMids) 12.01; 2, S Robinson (NYorks) 12.24; 3, S Filer (Norfik) 12.39; 4, R Quelch (Hants) 12.40; 5, N Greenhill (Dorset) 12.47; 6, S Scott (London) 12.53; 7, S Bonsall (Chesh) 13.12; **Heat 2 (-3.30):** 1, I Cawley (Hants) 11.71; 2, T Dalton (Middx) 12.06; 3, P Stephenson (Mersey) 12.25; 4, A Rickard (Shrops) 12.50; 5, A Tuckwell (Leics) 12.59; 6, T Huxtable (Devon) 12.63; 7, B Brown (Staffs) 12.91; 8, J Thaigarajah (Sussex) 13.13; **Heat 3 (-2.70):** 1, G Turner (Notts) 11.73; 2, S Allen (Humber) 11.76; 3, N Dowsett (Essex) 11.81; 4, D Prince (GtrMan) 12.35; 5, A Kelly (Somers) 12.62; 6, M Walton (Mersey) 13.36;
**Heat 4 (-2.80):** 1, L Collins (Nland) 11.76; 2, U Oleh (Surrey) 12.38; 3, M Ridler (Cleve) 12.47; 4, D Spite (Berks) 12.62; 5, B Gillings (Cambs) 12.69; 6, D Vernon (Somers) 12.86; 7, T Pulham (Kent) 14.02;
**Heat 5 (-2.30):** 1, C Bird (Berks) 11.90; 2, R Eva (Cambs) 12.58; 3, A Newmarch (Lincs) 12.63; 4, N Griffiths (Gloucs) 12.70; 5, L Opia (Somers) 12.74; 6, F Binka (London) 13.53; **ROUND 2: Heat 1 (-2.90):** 1, I Cawley (Hants) 11.47; 2, C Bird (Berks) 11.52; 3, A Boon (WMids) 11.70; 4, A Newmarch (Lincs) 12.01; 5, U Oleh (Surrey) 12.03; 6, S Filer (Norfik) 12.92; **Heat 2 (-2.60):** 1, N Dowsett (Essex) 11.21; 2, G Turner (Notts) 11.23; 3, T Dalton (Middx) 11.57; 4, R Quelch (Hants) 11.69; 5, R Eva (Cambs) 12.52; 6, D Prince (GtrMan) 13.65; **Heat 3 (-3.50):** 1, S Allen (Humber) 11.35; 2, L Collins (Nland) 11.43; 3, N Greenhill (Dorset) 11.78; 4, M Ridler (Cleve) 11.84; 5, S Robinson (NYorks) 12.03; 6, P Stephenson (Mersey) 12.16; **FINAL (-3.70):** 1, N Dowsett (Essex) 11.02; 2, S Allen (Humber) 11.12; 3, I Cawley (Hants) 11.23; 4, G Turner (Notts) 11.25; 5, L Collins (Nland) 11.29; 6, C Bird (Berks) 11.52; 7, T Dalton (Middx) 11.81; 8, R Quelch (Hants) 12.20

## 4 x 100

**Heat 1:** 1, Hampshire 46.15; 2, Surrey 46.26; 3, Hereford & Worcestershire 47.40; 4, Cumbria 48.02;
**Heat 2:** 1, Humberside 46.65; 2, Cheshire 46.87; 3, Buckinghamshire 46.95; 4, South Yorkshire 47.17; 5, Leicestershire 47.60; **Heat 3:** 1, Bedfordshire 46.51; 2, London 46.55; 3, Kent 46.75; 4, Norfolk 47.09; 5, North Yorkshire 47.41; 6, Gloucestershire 47.46; 7, Middlesex 48.07; **Heat 4:** 1, Devon 47.79; 2, Nottinghamshire 47.89; 3, Berkshire 47.95; 4, Staffordshire 48.08
**FINAL:** 1, Bedfordshire 45.30; 2, Humberside 45.90; 3, London 45.98; 4, Surrey 46.01; 5, Hampshire 46.19; 6, Kent 46.60; 7, Cheshire 46.94; 8, Devon 47.56

## HJ

**Pool A:** 1eq, D Francis (HerWor) and L Black (Nhants) 1.73; 3eq, M Lashington (WYorks) and S Chesters (Essex) 1.73; 5, J Portway (Kent) 1.73; 6, R Holton (Notts) 1.70; 7, I Fish (Cleve) 1.70; 8, D Reardon (WMids) 1.67; 9, R Dorey (Somers) 1.67; 10, D Robinson (WMids) 1.62; 11, A Harris (Avon) 1.62; 12, L Healey (Norfik) 1.62; 13, P Graham (London) 1.57;
**Pool B:** 1, S Dann (Durham) 1.73; 2, K Drury (Shrops) 1.73; 3eq, J Pettigrew (Gloucs) and J Morley (Surrey) 1.73; 5, L Fenton (Kent) 1.73; 6, R Curzon (Notts) 1.73m; 7, C Nicholls (Essex) 1.70; 8, C Odogwu (Berks) 1.70; 9, T Hill (WMids) 1.62; 10eq, A Stergiou (Somers) and D Roper (Norfik) 1.57; 12eq, D Graham (Mersey) and A Harris (London) 1.57; **FINAL:** 1, R Holton (Notts) 1.85; 2, S Dann (Durham) 1.79; 3, J Pettigrew (Gloucs) 1.79; 4, J Portway (Kent) 1.79; 5, D Francis (HerWor) 1.76; 6, J Morley (Surrey) 1.73; 7, L Fenton (Kent) 1.73; 8, R Curzon (Notts) 1.70; 9, K Drury (Shrops) 1.70; 10, S Chesters (Essex) 1.67; 11, L Black (Nhants) 1.62

# THE SWEAT SHOP SALE IS STILL RUNNING

**MIZUNO VETOL:**



A great value for money training shoe for the runner with a normal foot plant or the mild supinator who wants good cushioning without excess weight. The Vetol has trans-power in the heel, which is a mixture of sorbothane for cushioning and an H2 rubber compound for energy return. Further shock absorption is provided by the single density compression moulded EVA mid-sole which has been cut away under the arch to reduce the weight. Additional features include; a rubber outersole, combination lasting, a notched achilles heel tab, variable width lacing and a synthetic suede and nylon upper. A superb shoe at this price. Colour: White/Blue/Grey. Sizes: UK 8-10. **WAS £44.99 NOW ONLY £24.99.**

**REEBOK GRAPHLITE ROAD:**



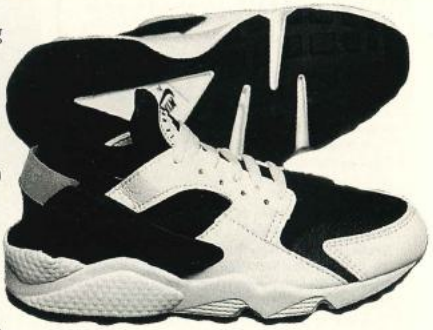
One of Reebok's top shoes in 1993. The Graphlite Road features Reebok's exclusive graphite bridge system that significantly reduces the weight of the shoe without reducing the stability. The dual density compression moulded EVA midsole with Hexalite in the heel gives excellent cushioning, while the outersole of a carbon rubber heel and a blown rubber forefoot is long lasting and gives excellent forefoot shock absorption. Additional features include; combination lasting, variable width lacing, a notched achilles tab and reflective trim for night time visibility. An excellent shoe, especially at this reduced price. Colour: Purple/ White/Orange. Sizes: UK 6-10, 11, 12. **WAS £69.99 NOW ONLY £39.99.**

**REEBOK VENTILATOR SUPREME:**



In our opinion one of the best anti-pronation shoes on the market. Designed for the heavier runner or the runner who pronates severely, the Ventilator Supreme has a dual density Hy-Elvaloy midsole with Hexalite in the heel and Hytrel foam in the forefoot and increased cushioning. Stability is provided by the straight last and the rearfoot arch bridge which is extended down the inside to inhibit pronation. The sole is made from MC 5000 carbon rubber which is exceptionally long lasting and gives good grip off road. Colour: White/Red/Blue/ Black. Sizes: UK 6-11½, 13. **WAS £69.99 NOW ONLY £46.99.**

**NIKE AIR HUARACHE:**



Nike's top lightweight training shoe that set the standard for others when it came out in 1991. The Huarache offers excellent shock-absorption from the compression moulded EVA mid-sole with an airbag in the forefoot and airbag in the heel. The unique upper is made from a neoprene sleeve that holds the foot snugly in place, which in tandem with the anatomically shaped mid-sole supports the natural motion of the foot. The carbon rubber waffle outersole is long lasting and gives good grip on all terrain. Ideal for faster training runs or for long distance races. Colour: Black/White. Sizes: US 7-12, 13. **WAS £69.99 NOW ONLY £49.99.**

**REEBOK WOMENS BOSTON HXL:**



Designed for the runner who wants a lightweight training shoe, primarily for running on the road. The Boston has excellent shock absorption at the heel from the Hylite midsole (compression moulded EVA) together with the blown rubber outersole. A carbon rubber heel piece ensures that the sole is long lasting. Additional features include; combination lasting and a dynamic cradle to increase stability; variable width lacing and a man made suede and nylon mesh upper. Colours: White/Lilac/Pink. Sizes: UK 4-8. **WAS £49.99 NOW ONLY £29.99.**

**REEBOK BOSTON ROAD:**



New for 1993 this shoe is coming out in a new colour hence we can bring you this excellent bargain. Designed for the runner with a normal foot plant, the supinator, or the runner who likes good fore-foot cushioning, the Boston Road has a single density Hi-Elvaloy midsole with Hexalite in the heel for increased cushioning. The forefoot cushioning is enhanced by the blown rubber outersole. Additional features include; a carbon rubber heel piece, a notched achilles heel tab, variable width lacing and a nylon mesh and synthetic suede upper. An excellent shoe at this greatly reduced price, especially if you want a shoe with good all round cushioning. Colour: White/ Royal/Black. Sizes: UK 6-12, 13. **WAS £49.99 NOW ONLY £34.99.**

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### LJ
**FINAL:** 1, M Peters (Derbys) 6.40 ( 0.86); 2, C Wood (Leics) 6.16 (-0.21); 3, D Gilling (Wilts) 5.98 ( 1.23); 4, A Mackay (Bucks) 5.96 (-0.84); 5, L Peacock (Devon) 5.82 ( 1.47); 6, P Hayhurst (Lancs) 5.78 ( 0.79); 7, A Smith (WMids) 5.75 ( 0.74); 8, R Ingram (GtrMan) 5.67 ( 0.67); 9, O Daniel-Barnes (Middx) 5.57 (-1.04); 10, N Francis (Essex) 5.57 (-0.16); 11, D Butler (Notts) 5.55 ( 0.74); 12, D Gallagher (London) 5.50 ( 1.31); 13, C Lewis (HerWor) 5.44 (-0.37); 14, B Wynter (Gloucs) 5.35 (-1.07)

### TJ
**Pool A:** 1, I Rowe (Hants) 12.84; 2, F Vaughan (Beds) 12.05; 3, T Medcalf (Sussex) 11.87; 4, P Idowu (London) 11.85; 5, C Reid (Herts) 11.76; 6, J Foley (Wilts) 11.46; 7, R Goodrick (Notts) 11.43; 8, O Oviawe (Avon) 11.42; 9, S Wells (Essex) 11.40; 10, J Gillespie (Shrops) 11.33; 11, T Pickles (NYorks) 11.10; 12, G Walton (Derbys) 11.02; **Pool B:** 1, M McKernan (WMids) 12.64; 2, A Jefferies (Wilts) 12.36; 3, L Knowles (Beds) 12.23; 4, A Fox (Herts) 12.08; 5, A Ireland (Cumb) 11.91; 6, S Allen (Staffs) 11.86; 7, C Makurah (GtrMan) 11.82; 8, J Stephenson (Bucks) 11.59; 9, A Dowan (SCSGer) 11.24; 10, G Rennison (NYorks) 11.11; 11, A Parkinson (Mersey) 11.08; **FINAL:** 1, M McKernan (WMids) 13.04 ( 1.70); 2, I Rowe (Hants) 12.77 ( 3.40); 3, L Knowles (Beds) 12.67 ( 0.90); 4, A Jefferies (Wilts) 12.48 ( 1.00); 5, A Fox (Herts) 12.09m (-0.40); 6, P Idowu (London) 12.08 ( 1.30); 7, T Medcalf (Sussex) 11.98 ( 4.10); 8, C Reid (Herts) 11.91 ( 1.00); 9, F Vaughan (Beds) 11.90 (-1.00); 10, C Makurah (GtrMan) 11.90 ( 1.30); 11, S Allen (Staffs) 11.57 ( 2.70); 12, A Ireland (Cumb) 11.52 ( 2.30)

### PV
**FINAL:** 1, C Linskey (SYorks) 3.65; 2, R Cooper (Middx) 3.55; 3, P Lofthouse (Niland) 3.35; 4, B Flint (SYorks) 3.35; 5, B Johnston (Mersey) 3.25; 6, T Richards (Avon) 3.15; 7, S Simpson (Avon) 3.15; 8, L Smith (Oxford) 3.15; 9, R Gardener (Norflk) 3.00; 10, S Porter (Avon) 3.00; 11eq, G Harris (Lancs) and R Hulse (Mersey) 2.70

### SP
**FINAL:** 1, M Mortley (Kent) 14.30; 2, J Bull (Sufflk) 13.53; 3, T Winter (Berks) 13.06; 4, G Hastie (NYorks) 12.90; 5, I Hawkins (Hants) 12.89; 6, A Greenslade (Avon) 12.67; 7, S Jones (Staffs) 12.44; 8, S Gilbert (Sussex) 12.37; 9, S Williams (Norflk) 11.92; 10, D Lowe (Surrey) 11.43; 11, M Thornley (Leics) 11.23; 12, S Reed (NYorks) 11.02; 13, J Jordan (Derbys) 10.90; 14, M Machin (Staffs) 10.85



**Emeka Udechuka notched a CBP in the junior discus**

### DT
**FINAL:** 1, E Udechuku (London) 50.76; 2, A Rudkin (Lincs) 47.94m; 3, B Barnes (Kent) 46.40; 4, C Karayannis (Herts) 40.98; 5, D Black (Staffs) 40.30; 6, T Attwood (Herts) 36.36; 7, J Thyer (Devon) 35.94; 8, B Wheatley (Bucks) 34.48; 9, M Thatcher (Wilts) 33.68; 10, G Gray (Cambs) 32.16; 11, A Young (Oxford) 31.46; 12, M Kirk (WYorks) 29.56

### JT
**FINAL:** 1, M Stringer (London) 51.62; 2, R Charlesworth (Nhants) 51.54; 3, M Pedrick (HerWor) 49.88; 4, D Mountney (Dorset) 49.42; 5, T Phillips (Herts) 49.18; 6, D Brazil (London) 48.46; 7, N Noyce (Hants) 46.40; 8, B Shelbourne (Surrey) 46.10; 9, J Hodson (Chesh) 44.76; 10, S Jamieson (Kent) 44.16; 11, C Green (Kent) 44.10; 12, S Walker (Derbys) 43.30; 13, R Welling (Avon) 42.46; 14, P Boundy (Hants) 42.14; 15, D Parker (NYorks) 40.58; 16, A Ailing (Cambs) 40.04; 17, D Donaldson (Cambs) 38.70; 18, P Starns (Essex) 36.90; 19, B Edwards (Essex) 35.44; 20, R Linton (Middx) 33.40; 21, R Diegan (Essex) 32.86

### HT
**FINAL:** 1, A Devonshire (Beds) 52.02; 2, M Kennedy (Middx) 51.60m; 3, T Wurr (Warks) 46.28; 4, P Waterman (Kent) 43.50; 5, A Keay (WMids) 41.50; 6, P McNamara (Beds) 41.34; 7, J Punch (Nhants) 41.02; 8, M Clinch (GtrMan) 40.66; 9, G Hawkins (Gloucs) 39.20; 10, J Harker (Nhants) 39.18; 11, J Hawkins (Kent) 38.60; 12, S Coldwell (Herts) 37.74; 13, C Walsh (Cleve) 36.02; 14, S El-Mehdaoui (London) 33.56; 15, M Hayes (Derbys) 0.00; 16, M Hamlyn (Middx) 0.00

## INTERMEDIATE BOYS

### 100M
**Heat 1 (+5.20):** 1, T Cameron (Middx) 10.73; 2, M Tietz (Derbys) 10.98; 3, A Ward (Lancs) 11.09; 4, C May (GtrMan) 11.11; 5, M Findlay (Essex) 11.26; 6, N Wilkinson (Cambs) 11.49; 7, J Ward (Notts) 11.55; **Heat 2 (+4.70):** 1, J Calliste (Middx) 11.11; 2, M Lord (Chesh) 11.29; 3, S Taylor (Cambs) 11.32; 4, J Liu (NYorks) 11.39; 5, K Grubb (Wilts) 11.42; 6, J Timms (Humber) 11.81; **Heat 3 (+3.40):** 1, T Collis (Leics) 11.12; 2, J Cox (Dorset) 11.29; 3, R Davis (Beds) 11.33; 4, P Martin (Durham) 11.41; 5, S Chapman (Lincs) 11.48; 6, M Hart (Cambs) 11.55; **Heat 4 (+4.00):** 1, A Johnson (London) 10.90; 2, R Marciniak (GtrMan) 11.10; 3, K Mark (Middx) 11.11; 4, L Thompson (Cleve) 11.17; 5, G Hand (Chesh) 11.21; 6, C Christou (WMids) 11.27; 7, S Roseburgey (Niland) 11.41;
**Semi-Final A (+3.90):** 1, T Cameron (Middx) 10.76; 2, T Collis (Leics) 11.06; 3, R Marciniak (GtrMan) 11.08; 4, A Ward (Lancs) 11.14; 5, R Davis (Beds) 11.20; 6, M Lord (Chesh) 11.38; 7, M Findlay (Essex) 11.40; 8, J Calliste (Middx) 12.71; **Semi-Final B ( 4.40):** 1, A Johnson (London) 11.0; 2, M Tietz (Derbys) 11.1; 3, L Thompson (Cleve) 11.1; 4, G Hand (Chesh) 11.1; 5, C May (GtrMan) 11.1; 6, J Cox (Dorset) 11.2; 7, S Taylor (Cambs) 11.4; **FINAL (+4.90):** 1, T Cameron (Middx) 10.78; 2, T Collis (Leics) 10.99; 3, M Tietz (Derbys) 11.09; 4, A Johnson (London) 11.12; 5, R Marciniak (GtrMan) 11.19; 6, A Ward (Lancs) 11.20; 7, L Thompson (Cleve) 11.20; 8, G Hand (Chesh) 11.29

### 200
**Heat 1 (+3.10):** 1, A Leeming (Cumb) 22.37; 2, A Christopher (Berks) 22.85; 3, S Walker (Chesh) 22.90; 4, S Pursey (Hants) 22.90; 5, P Tschornow (Shrops) 23.02; 6, N Brooker (Surrey) 23.06; 7, J Shipp (Norflk) 23.10; 8, A Grogan (Middx) 23.20; **Heat 2 (+4.40):** 1, D Money (Derbys) 22.24; 2, U Ugono (London) 22.31; 3, P Park (Cumb) 22.34; 4, J Thatcher (Wilts) 22.96; 5, C Dean (WYorks) 23.26; 6, D Bowman (Humber) 23.50; 7, G Field (Staffs) 23.80; **Heat 3 (+4.60):** 1, R Devenport (Herts) 22.38; 2, T Jideonwo (Hants) 22.59; 3, C Lennon (Middx) 22.62; 4, R Pratt (Beds) 23.05; 5, E Tawiah (London) 23.30; 6, N Ward (Dorset) 23.32; 7, B Ghent (Warks) 23.47; **Heat 4 (+3.70):** 1, G Beasley (Beds) 22.2; 2, S Roll (Surrey) 22.3; 3, G Breeze (Chesh) 23.0; 4, N Kentish (Nhants) 23.1; 5, N Swaby (WMids) 23.2; 6, I Habbits (Avon) 23.6; 7, M Hill (SYorks) 23.7; **Heat 5 (+4.70):** 1, N Maxwell (Middx) 22.12; 2, K Gajjar (WYorks) 22.55; 3, N Wiscombe (Durham) 22.75; 4, S Sharghy (Sussex) 23.31; 5, M Patton (Mersey) 23.42; 6, G Cater (Hants) 23.45; **Heat 6 (+5.30):** 1, I Craggs (Durham) 22.61; 2, C Henry (Notts) 22.63; 3, M Brown (Essex) 22.90; 4, J Noon (Warks) 22.95; 5, A Robinson (WMids) 23.01; 6, C Wright (Mersey) 23.74; **ROUND 2: Heat 1 (+2.60):** 1, N Maxwell (Middx) 22.52; 2, P Park (Cumb) 22.54; 3, R Devenport (Herts) 22.66; 4, I Craggs (Durham) 22.76; 5, C Henry (Notts) 22.80; 6, S Walker (Chesh) 22.93; 7, J Noon (Warks) 22.94; **Heat 2 (+4.20):** 1, G Beasley (Beds) 22.01; 2, A Leeming (Cumb) 22.09; 3, U Ugono (London) 22.35; 4, C Lennon (Middx) 22.46; 5, S Pursey (Hants) 22.56; 6, N Wiscombe (Durham) 22.70; 7, J Thatcher (Wilts) 23.00; **Heat 3 (+2.50):** 1, D Money (Derbys) 22.38; 2, S Roll (Surrey) 22.54; 3, K Gajjar (WYorks) 22.82; 4, T Jideonwo (Hants) 22.91; 5, A Christopher (Berks) 22.99; 6, M Brown (Essex) 23.13; 7, G Breeze (Chesh) 23.70;
**FINAL (+5.90):** 1, G Beasley (Beds) 21.76; 2, D Money (Derbys) 22.02; 3, A Leeming (Cumb) 22.13; 4, N Maxwell (Middx) 22.20; 5, S Roll (Surrey) 22.32; 6, P Park (Cumb) 22.51; 7, C Lennon (Middx) 22.59; 8, U Ugono (London) 22.62

### 400
**Heat 1:** 1, C Howard (Hants) 50.52; 2, R Knowles (WYorks) 50.67; 3, Y Atta (Somers) 50.99; 4, P Brend (Devon) 51.15; 5, G Johnstone (Leics) 51.29; 6, N Stevens (Berks) 52.11; 7, K Davis (Sufflk) 52.35; 8, C Barrow (Lancs) 53.49; **Heat 2:** 1, R Wilson (Warks) 50.32; 2, J Dempsey (Sussex) 51.47; 3, C Slater (Bucks) 51.81; 4, A McFarlane (Lincs) 52.08; 5, R Alleyne (Middx) 52.11; 6, J Baker (Derbys) 52.44; 7, T Lerwill (Essex) 52.45; 8, M Cameron (Kent) 52.84; **Heat 3:** 1, M Hylton (Berks) 50.14; 2, A Brackstone (Chesh) 50.41; 3, G Dearman (Middx) 50.64; 4, L Baird (Humber) 50.64; 5, R Scantlebury (Surrey) 51.59; 6, M Forde (London) 51.85; 7, K Sharpe (Wilts) 52.27; **Heat 4:** 1, S Williams (Oxford) 50.88; 2, R Patis (Kent) 50.97; 3, I Toothill (SYorks) 51.35; 4, M Carding (Leics) 51.69; 5, L Sinnott (Nhants) 52.07; 6, T Booth (Cumb) 52.35; 7, M Emery (WMids) 52.44; **ROUND 2: Semi-Final A:** 1, M Hylton (Berks) 50.42; 2, C Slater (Bucks) 50.90; 3, G Dearman (Middx) 51.34; 4, G Johnstone (Leics) 51.67; 5, R Patis (Kent) 52.00; 6, I Toothill (SYorks) 52.46; 7, S Williams (Oxford) 53.33; **Semi-Final B:** 1, A Brackstone (Chesh) 50.37; 2, L Baird (Humber) 50.47; 3, R Wilson (Warks) 50.55; 4, P Brend (Devon) 50.61; 5, R Knowles (WYorks) 50.95; 6, Y Atta (Somers) 51.00; 7, R Scantlebury (Surrey) 51.22; 8, J Dempsey (Sussex) 52.44; **FINAL:** 1, M Hylton (Berks) 49.15; 2, R Wilson (Warks) 50.12; 3, A Brackstone (Chesh) 50.33; 4, C Slater (Bucks) 50.48; 5, G Dearman (Middx) 50.48; 6, L Baird (Humber) 50.97; 7, P Brend (Devon) 51.22; 8, G Johnstone (Leics) 52.23

### 800
**Heat 1:** 1, G Mason (Surrey) 1:56.30; 2, A Dale (Humber) 1:56.37; 3, M Makin (GtrMan) 1:56.73; 4, R Morley (Lincs) 1:57.14; 5, C Tipton (Shrops) 1:58.00; 6, J Quint (Norflk) 1:59.47; 7, B Newson (Wilts) 1:59.52; 8, J Didlick (HerWor) 2:03.87; **Heat 2:** 1, L Newby (Kent) 1:57.57; 2, R Cartwright (Leics) 1:57.63; 3, P Mattu (WMids) 1:57.80; 4, K Wicks (Oxford) 1:57.91; 5, J Stephenson (Middx) 1:58.49; 6, A Warsame (Surrey) 1:59.25; 7, G Midson (Nhants) 1:59.41; 8, S Robinson (Cumb) 1:59.90; **Heat 3:** 1, T Dolman (Surrey) 1:57.65; 2, M Clarke (Nhants) 1:57.69; 3, D Williams (Middx) 1:58.12; 4, J McCook (WMids) 1:58.33; 5, K Sinclair (Herts) 2:00.80; 6, M Dewing (Cleve) 2:09.60; **FINAL:** 1, G Mason (Surrey) 1:55.36; 2, T Dolman (Surrey) 1:55.73; 3, M Makin (GtrMan) 1:55.94; 4, M Clarke (Nhants) 1:56.12; 5, R Morley (Lincs) 1:56.14; 6, R Cartwright (Leics) 1:56.19; 7, L Newby (Kent) 1:58.16



**Scott West took bronze in the senior boys' 1,500m**

### 1,500
**Heat 1:** 1, T Mayo (WMids) 4:05.42; 2, D Canning (GtrMan) 4:05.48; 3, P Lamb (Mersey) 4:05.80; 4, A Moses (Surrey) 4:05.98; 5, J Hickey (WMids) 4:05.98; 6, D Flint (Durham) 4:07.00; 7, G Creagh (Middx) 4:07.58; 8, M Raw (NYorks) 4:12.92; 9, B Hope (Oxford) 4:13.04; 10, S Porter (London) 4:20.60; **Heat 2:** 1, R Mann (WMids) 4:14.49; 2, P Draper (GtrMan) 4:14.71; 3, M McGarry (Niland) 4:14.82; 4, S Allen (Essex) 4:14.84; 5, M Benham (Hants) 4:15.22; 6, B Woodd (London) 4:17.79; 7, W Peltor (Wilts) 4:18.67; 8, P McGuiness (Mersey) 4:20.67; 9, T Forrest (Bucks) 4:23.10; **FINAL:** 1, R Mann (WMids) 4:03.26; 2, T Mayo (WMids) 4:03.70; 3, D Canning (GtrMan) 4:03.81; 4, S Allen (Essex) 4:05.15; 5, P Lamb (Mersey) 4:05.43; 6, A Moses (Surrey) 4:07.14; 7, P Draper (GtrMan) 4:09.56; 8, D Flint (Durham) 4:10.69; 9, J Hickey (WMids) 4:15.99; 10, M McGarry (Niland) 4:20.97

### 3,000
**FINAL:** 1, M Miles (WMids) 8:45.48; 2, S Bond (Derbys) 8:48.40; 3, B Smith (GtrMan) 8:50.43; 4, M Nolan (Niland) 8:53.89; 5, D Freeman (WMids) 8:54.01; 6, Y Yusuf (Surrey) 8:56.68; 7, M Palmer (Avon) 8:57.08; 8, A Graffin (Kent) 8:57.83; 9, M Green (Lancs) 8:58.76; 10, C Davies (Shrops) 8:59.58; 11, I Edwards (Mersey) 9:00.73; 12, A Hennessy (Somers) 9:01.62; 13, M Linbourne (Kent) 9:06.83; 14, D McKay (Nhants) 9:07.70; 15, S Tompsett (Middx) 9:08.81; 16, D Siddons (Berks) 9:10.30; 17, I Westgate (Norflk) 9:12.87; 18, J Thie (Avon) 9:13.78; 19, R Stewart (Mersey) 9:17.64; 20, R Brown (Niland) 9:19.14; 21, J Foreshew (Sussex) 9:20.70; 22, L Reed (Cambs) 9:45.21

### 100H
**ROUND 1: Heat 1 (+3.90):** 1, J Allard (Warks) 13.42; 2, M Bushell (Hants) 13.43; 3, D Bradley (Chesh) 13.49; 4, R Churchill (SYorks) 13.95; 5, J Wood (Devon) 14.25; 6, M Keane (Herts) 14.33; **Heat 2 ( +.50):** 1, J Storey (Herts) 13.65; 2, D Greaves (Essex) 13.98; 3, J Haslem (Mersey) 14.05; 4, J Bailey (Staffs) 14.20; 5, D Donley (NYorks) 14.26; 6, S Squires (Leics) 14.58; **Heat 3 (+3.70):** 1, J Snade (Shrops) 13.00; 2, M Clements (Cambs) 13.22; 3, B Rowe (Staffs) 14.15; 4, W Andrews (London) 14.22; 5, A Kapoor (Surrey) 14.23; 6, G Read (Sufflk) 15.05;
**FINAL (+3.10):** 1, M Clements (Cambs) 12.90; 2, M Bushell (Hants) 13.29; 3, D Bradley (Chesh) 13.30; 4, J Allard (Warks) 13.42; 5, D Greaves (Essex) 13.49; 6, J Storey (Herts) 13.57; 7, J Snade (Shrops) 13.67; 8, R Churchill (SYorks) 13.74

### 400H
**ROUND 1: Heat 1:** 1, L Thompson (Lincs) 56.67; 2, M Anderson (Staffs) 56.76; 3, R Milner (Surrey) 57.31; 4, A Hunte (London) 58.50; 5, G Lock (Hants) 58.62; 6, R Harris (Dorset) 58.71; 7, T Pearson (WYorks) 58.95; 8, R Brindle (Notts) 60.17; **Heat 2:** 1, A Daniel (Kent) 57.11; 2, M Chapman (Essex) 57.45; 3, D Park (London) 57.51; 4, M Lethbridge (Sussex) 57.62; 5, J Allen (Derbys) 58.31; 6, R Guevara (Middx) 59.64; 7, L Rudd (Cumb) 62.54; 8, S Moore (HerWor) 63.41; **Heat 3:** 1, J Goodwin (Devon) 55.78; 2, M Douglas (Bucks) 55.84; 3, C R-Adams (Shrops) 55.98; 4, G Singh (Leics) 56.04; 5, P Ross (Derbys) 58.39; 6, I Pease (Surrey) 58.49; 7, J Thomas (HerWor) 59.74; **FINAL:** 1, J Goodwin (Devon) 54.85; 2, M Douglas (Bucks) 55.08; 3, A Daniel (Kent) 56.18; 4, L Thompson (Lincs) 56.30; 5, C R-Adams (Shrops) 56.30; 6, M Chapman (Essex) 56.57; 7, G Singh (Leics) 57.09; 8, M Anderson (Staffs) 59.87

### 1,500SC
**ROUND 1: Heat 1:** 1, M Plano (GtrMan) 4:30.46; 2, T Boyce (Leics) 4:30.94; 3, J Kennedy (Middx) 4:31.33; 4, S Brown (WYorks) 4:31.86; 5, K Routledge (Durham) 4:32.48; 6, K Nash (Surrey) 4:34.00; 7, J Sandbrook (WMids) 4:36.78; 8, A Gibson (Mersey) 4:38.98; 9, A Williams (GtrMan) 4:42.02; 10, S Wurr (Warks) 4:43.37; 11, D Trice (Kent) 4:43.52; 12, C Spencer (Hants) 5:22.50; **Heat 2:** 1, S Stokes (GtrMan) 4:31.65; 2, G Russell (Surrey) 4:31.70; 3, D Wardle (Sufflk) 4:31.77; 4, B Collingwood (Humber) 4:31.86; 5, A Thake (WMids) 4:32.13; 6, R Geary (Notts) 4:38.95; 7, S Marwood (NYorks) 4:40.25; 8, J Calvert (Kent) 4:41.82; 9, R Connor (Cleve) 4:48.22; 10, G Dickinson (Surrey) 4:49.11; 11, T Muskett (Middx) 4:49.97; **FINAL:** 1, J Kennedy (Middx) 4:26.17; 2, S Stokes (GtrMan) 4:26.27; 3, B Collingwood (Humber) 4:28.98; 4, T Boyce (Leics) 4:29.94; 5, S Brown (WYorks) 4:30.81; 6, M Plano (GtrMan) 4:32.00; 7, G Russell (Surrey) 4:33.21; 8, K Routledge (Durham) 4:33.91; 9, A Thake (WMids) 4:35.85; 10, D Wardle (Sufflk) 4:38.39

### 4x100
**ROUND 1: Heat 1:** 1, Essex 43.46; 2, Cumbria 45.58; 3, Derbyshire 45.65; 4, South Yorkshire 47.11; 5, Surrey 48.39; **Heat 2:** 1, London 44.12; 2, West Midlands 44.13; 3, Cheshire 44.74; 4, Northumberland 45.92; 5, Nottinghamshire 48.14; **Heat 3:** 1, Hampshire 44.21; 2, Merseyside 44.93; 3, Hertfordshire 45.76; 4, Shropshire 47.57; **Heat 4:** 1, Middlesex 44.18; 2, Warwickshire 44.37; 3, Durham 44.97; 4, Oxfordshire 49.70; **FINAL:** 1, Middlesex 43.03; 2, Essex 43.21; 3, West Midlands 43.70; 4, Warwickshire 43.96; 5, Hampshire 44.06; 6, London 44.36; 7, Merseyside 44.43

### HJ
**FINAL:** 1, J Brierley (Shrops) 2.06; 2, R Brocklebank (Lancs) 2.03; 3, R Aspden (Surrey) 2.00; 4, N Brewer (Kent) 1.94; 5, N McAvoy (GtrMan) 1.94; 6, M Toone (Chesh) 1.94; 7, B Knowles (WMids) 1.94; 8eq, T Costello (Cambs) and I Massey (Mersey) 1.91; 10, B Challenger (Leics) 1.88; 11eq, J Lavery (Essex) and R Pearson (Warks) 1.88; 13, N Rushton (Derbys) 1.85; 14eq, K Derbyshire (SYorks) and J Fearne (Dorset) 1.80; 16, A Rowe (Shrops) 1.80; 17, M Wright (NYorks) 1.80; 18, A Flory (Somers) 1.80; 19, P Dovell (Dorset) 1.75; 20, L Broomfield (Surrey) 1.75; 21, P Sundin (Niland) 1.75

### LJ
**FINAL:** 1, M Giraud (Surrey) 6.85 ( 3.30); 2, D Gilkes (London) 6.82 ( 3.80); 3, T Huntley (Surrey) 6.70 ( 3.40); 4, J Irving (Mersey) 6.61 ( 4.10); 5, A Thornton (Niland) 6.48 ( 3.00); 6, P White (Middx) 6.47 ( 4.70); 7, P Bosworth (Beds) 6.43 ( 2.30);
8, R Kindell (Essex) 6.41 ( 3.40); 9, L Smith (WYorks) 6.28 ( 1.50); 10, P Groves (Oxford) 6.26 ( 2.80); 11, E Tuwai (Oxford) 6.18 ( 1.80); 12, P Hourihan (Mersey) 6.07 ( 2.50); 13, D Bullock (HerWor) 5.98 ( 2.30); 14, J Evans (Niland) 5.97 ( 2.70); 15, N Gordon (Lincs) 4.97 ( 2.20)

### TJ
**FINAL:** 1, M Bramble (London) 15.11 ( 4.40); 2, A Woodhouse (Kent) 14.47 ( 2.20); 3, M Thompson (Staffs) 13.69 ( 3.90); 4, K Stennett (Gloucs) 13.59 ( 3.10); 5, C Jackson (Derbys) 13.57 ( 2.80); 6, N Dickens (Surrey) 13.55 ( 3.50); 7, N Carrow (Somers) 13.48 ( 2.60); 8, R Hynes (Mersey) 13.40 ( 4.10); 9, S Josephs (Essex) 13.36 ( 5.40); 10, K Rockhead (Beds) 13.27 ( 4.30); 11, N Ezugqu (Somers) 12.94 ( 2.90); 12, M Grover (Berks) 12.75 ( 3.10); 13, K Anderson (London) 12.49 ( 4.30); 14, D Edge (WMids) 11.96 ( 5.40)

### PV
**FINAL:** 1, N Turner (Oxford) 4.40; 2, M Davis (Nhants) 4.30; 3eq, D Shepherd (Chesh) and M Parley (Avon) 4.10; 5, I Noble (WYorks) 3.95; 6, O Chaplin (Shrops) 3.95; 7, C Guite (SYorks) 3.95; 8eq, B Armstrong (WMids) 3.80 and P Holt (WYorks) 3.80 and E Richards (Avon) 3.80; 11, L Walker (Sussex) 3.65; 12, S Cross (Norflk) 3.65

### SP
**FINAL:** 1, W Fuller (Surrey) 17.14; 2, D Alexopoulos (Somers) 15.08; 3, A Soalla-Bell (Middx) 15.06; 4, I McLaughlin (Bucks) 14.77; 5, S Keller (Notts) 13.80; 6, R Wareing (Lancs) 13.67; 7, P Carroll (Mersey) 13.50; 8, D Beveridge (Essex) 13.45; 9, S Burman-Roy (Kent) 13.43; 10, G Lloyd-Bennett (Kent) 13.15; 11, A Bush (Derbys) 13.08; 12, S Deamer (Herts) 12.87; 13, S James (Shrops) 12.78; 14, W James (Devon) 12.75; 15, J Haffenden (NYorks) 11.42

### DT
**FINAL:** 1, H Lawrence (Middx) 46.36; 2, M Bundock (Kent) 46.24; 3, S Bates (Staffs) 43.42; 4, S Hale (WMids) 42.68; 5, S Barker (Nhants) 42.22; 6, J

Robinson (Sussex) 41.54; 7, M Leonard (Essex) 40.78; 8, E Birchall (Middx) 40.00; 9, B Purewal (Notts) 39.52; 10, B Walker (Herts) 38.60; 11, S Brisk (Gloucs) 38.06; 12, R Parsons (Herts) 36.24; 13, P Stewart (Devon) 31.52; 14, L Hodgson (WYorks) 31.22

### JT

**FINAL:** 1, S Evans (Devon) 56.22; 2, M Atkins (Derbys) 56.02; 3, S O'Hanlon (Herts) 54.48; 4, S Cross (Mersey) 53.22; 5, B Cascoe (London) 53.06; 6, M Phillips (WMids) 52.40; 7, S Smith (Notts) 49.80; 8, S Birse (Cleve) 49.26; 9, K Lavelle (Shrops) 46.44; 10, N Hughes (Avon) 45.58; 11, S Forster (GtrMan) 43.82; 12, A Aylward (Sussex) 42.52; 13, J Field (HerWor) 34.36;

### HT

**FINAL:** 1, N Steinmetz (Beds) 67.34; 2, M Floyd (GtrMan) 54.94; 3, R Walker (Humber) 52.66; 4, D Slater (Beds) 51.48; 5, D Robinson (Durham) 49.86; 6, C Knight (Beds) 47.76; 7, B Hearne (Nhants) 46.56; 8, D Shenton (Nland) 46.38; 9, P Guram (Essex) 45.04; 10, C Gregory (Middx) 44.60; 11, N Bulman (Cleve) 44.18; 12, A Davies (Somers) 43.94

## JUNIOR GIRLS

### 100

**ROUND 1**

**Heat 1 ( 3.40)**: 1, N Hughes (Leics) 12.60; 2, G Davis (Dorset) 12.71; 3, K Endacott (Devon) 12.77; 4, N Coppin (Surrey) 12.85; 5, L Richards (Middx) 12.92; 6, L Bickersdike (GtrMan) 13.06; 7, R Place (NYorks) 13.16; **Heat 2 ( 3.60):** 1, T Nelson (Kent) 12.10; 2, C Slade (Lincs) 12.81; 3, L Haylock (Cambs) 12.83; 4, S Ketterer (Shrops) 12.87; 5, H Cook (NYorks) 12.90; 6, C Tompsett (Middx) 12.93; 7, S Burnham (Humber) 13.05; **Heat 3:** 1, L Seston (Suffik) 12.20; 2, S Anderson (WMids) 12.26; 3, S Bowen (Berks) 12.31; 4, D Jones (Chesh) 12.44; 5, S Cootes (Essex) 12.55; 6, J Ridge (Surrey) 12.78; 7, C Parnell (GtrMan) 12.85; **Heat 4:** 1, G Davies (Gloucs) 12.71; 2, N Clarke (Middx) 12.81; 3, H Small (Shrops) 12.83; 4, R Clark (Leics) 12.92; 5, K McKinley (WYorks) 13.02; 6, C O'Donnell (Cambs) 13.07; 7, J Johnson (London) 13.16; **Heat 5:** 1, S Miles (Berks) 12.32; 2, D Rose (Warks) 12.65; 3, E Lloyd (Staffs) 12.66; 4, V Goode (London) 12.73; 5, A Clifton (Norfik) 12.76; 6, S Kaci (GtrMan) 12.77; 7, A Read (Devon) 12.85; **Heat 6:** 1, W Sidibe (London) 12.33; 2, S Lawrence (Hants) 12.65; 3, S Green (Cumb) 12.85; 4, J White (Lincs) 12.89; 5, D Sinnott (Mersey) 12.92; 6, E Shipp (Norfik) 13.23; **ROUND 2: Heat 1 ( 4.40):** 1, T Nelson (Kent) 11.87; 2, W Sidibe (London) 12.35; 3, D Jones (Chesh) 12.72; 4, E Lloyd (Staffs) 12.76; 5, G Davies (Gloucs) 12.82; 6, H Small (Shrops) 12.84; 7, C Slade (Lincs) 13.17; **Heat 2 ( 5.00):** 1, L Seston (Suffik) 12.10; 2, S Miles (Berks) 12.10; 3, G Davis (Dorset) 12.47; 4, S Cootes (Essex) 12.48; 5, D Rose (Warks) 12.66; 6, N Clarke (Middx) 12.75; 7, L Haylock (Cambs) 12.79; **Heat 3 ( 3.20):** 1, S Anderson (WMids) 12.32; 2, S Bowen (Berks) 12.40; 3, N Hughes (Leics) 12.64; 4, S Lawrence (Hants) 12.81; 5, V Goode (London) 12.87; 6, K Endacott (Devon) 12.92; 7, S Green (Cumb) 12.99; **FINAL ( 3.30):** 1, T Nelson (Kent) 11.67; 2, L Seston (Suffik) 12.11; 3, S Anderson (WMids) 12.26; 4, S Miles (Berks) 12.30; 5, S Bowen (Berks) 12.35; 6, W Sidibe (London) 12.50; 7, S Cootes (Essex) 12.56; 8, G Davis (Dorset) 12.68

### 200

**ROUND 1: Heat 1 ( 2.70):** 1, N Baines (Dorset) 25.37; 2, E Miller (Herts) 25.59; 3, M Murray (GtrMan) 25.70; 4, C Barker (Suffik) 25.75; 5, C Smith (Derbys) 26.12; 6, N Obi (Bucks) 26.21; 7, H Brylewski (Oxford) 26.33; **Heat 2 ( 3.40):** 1, E Hall (HerWor) 25.53; 2, L Chaffe (Essex) 25.75; 3, N Rogers (Staffs) 25.89; 4, M Purkiss (Hants) 25.95; 5, L Cresswell (WMids) 26.29; 6, H Roscoe (Chesh) 26.33; 7, N Brathwaite (Middx) 27.04; **Heat 3 ( 3.10):** 1, L Owusu (Berks) 24.41; 2, E Walker (SYorks) 25.11; 3, K Gear (Devon) 26.18; 4, T Bishop (Middx) 26.25; 5, K Kelly (Hants) 26.55; 6, K McDonald (Cumb) 26.60; 7, R Watson (Cambs) 26.81; **Heat 4 ( 4.30):** 1, A Charles (Oxford) 25.23; 2, N Moses (NYorks) 25.97; 3, A Gray (Derbys) 26.01; 4, K Patterson (Hants) 26.10; 5, M Hutchins (WMids) 26.11; 6, H Stares (Avon) 26.64; 7, S Nicolle (Shrops) 26.79; **ROUND 2: Semi-Final A ( 4.30):** 1, L Owusu (Berks) 24.64; 2, N Baines (Dorset) 25.17; 3, L Chaffe (Essex) 25.41; 4, E Hall (HerWor) 25.46; 5, A Gray (Derbys) 25.95; 6, N Moses (NYorks) 26.37; 7, C Barker (Suffik) 27.40; **Semi-Final B ( 5.10):** 1, E Walker (SYorks) 24.99; 2, A Charles (Oxford) 25.48; 3, E Miller (Herts) 25.66; 4, M Murray (GtrMan) 25.67; 5, M Purkiss (Hants) 25.77; 6, N Rogers (Staffs) 25.85; 7, K Gear (Devon) 26.45; **FINAL ( 5.50):** 1, L Owusu (Berks) 24.42; 2, A Charles (Oxford) 25.09; 3, E Walker (SYorks) 25.22; 4, N Baines (Dorset) 25.24; 5, L Chaffe (Essex) 25.26; 6, E Hall (HerWor) 25.62; 7, M Murray (GtrMan) 25.77; 8, E Miller (Herts) 25.96

### 800

**ROUND 1: Heat 1:** 1, E Davies (Hants) 2:19.15; 2, L Worden (Leics) 2:19.84; 3, S Hardy (Nhants) 2:22.30; 4, E DeNobrega (London) 2:24.40; 5, A West (Notts) 2:24.81; 6, C Hargreave (Durham) 2:25.40; 7, V Hurley (Warks) 2:28.24; 8, E Ackland (Cornw) 2:29.48; **Heat 2:** 1, C Hall (Norfik) 2:19.57; 2, A O'Shea (London) 2:19.98; 3, L McCabe (Chesh) 2:20.20; 4, A Wilding (Hants) 2:23.31; 5, K Doherty (Gloucs) 2:25.13; 6, J Wydenbach (HerWor) 2:25.57; 7, T Howells (Bucks) 2:25.74; 8, K Colley (WYorks) 2:26.63; **Heat 3:** 1, R Ogden (NYorks) 2:16.62; 2, V Haswell (Durham) 2:16.99; 3, L Epton (Leics) 2:19.33; 4, L Joslin (Herts) 2:22.01; 5, L Seymour (Kent) 2:26.37; 6, K Richardson (London) 2:28.51; 7, C Concannon (SYorks) 2:32.55; **FINAL:** 1, R Ogden (NYorks) 2:15.24; 2, E Davies (Hants) 2:17.34; 3, V Haswell (Durham) 2:18.80; 4, L Worden (Leics) 2:19.09; 5, L Epton (Leics) 2:19.88; 6, L McCabe (Chesh) 2:20.13; 7, C Hall (Norfik) 2:20.35; 8, A O'Shea (London) 2:20.43



**Samson Omonua was taken to hospital after falling badly in the senior boys 100m final**

### 1,500

**ROUND 1: Heat 1:** 1, S Pendrich (Kent) 4:45.20; 2, J Heslop (Nland) 4:45.29; 3, K Johns (Durham) 4:45.83; 4, C Duncan (Mersey) 4:46.61; 5, A Filsell (Sussex) 4:47.51; 6, S Thomas (Nland) 4:48.70; 7, J Hogan (NYorks) 4:55.65; 8, L Hale (Gloucs) 4:57.12; 9, G Salmon (Avon) 4:59.13; 10, S Badham (London) 4:59.95; 11, C Waite (Wilts) 5:06.81; **Heat 2:** 1, E Alberts (Durham) 4:43.57; 2, H Whitehead (Notts) 4:45.56; 3, D Adams (Mersey) 4:48.75; 4, K Duke (NYorks) 4:53.20; 5, C Wood (Nland) 4:53.45; 6, K Wallace (Hants) 4:56.00; 7, K Dennison (Humber) 4:56.13; 8, J Swallow (Essex) 4:59.00; 9, F Green (Kent) 5:06.37; 10, R Straw (Staffs) 5:13.93; **FINAL:** 1, D Adams (Mersey) 4:37.47; 2, S Pendrich (Kent) 4:37.76; 3, J Heslop (Nland) 4:38.11; 4, E Alberts (Durham) 4:43.13; 5, K Johns (Durham) 4:45.28; 6, A Filsell (Sussex) 4:48.78; 7, C Duncan (Mersey) 4:50.03; 8, H Whitehead (Notts) 4:52.84; 9, K Duke (NYorks) 4:53.26; 10, S Thomas (Nland) 4:53.27

### 75H

**ROUND 1: Heat 1 (-2.40):** 1, P Woodland (Oxford) 11.82; 2, V Henson (Cambs) 12.03; 3, C Dyche (Staffs) 12.08; 4, J Pratt (Essex) 12.11; 5, J Noblet (Lancs) 12.31; 6, M Simon (London) 12.41; 7, L McMillan (Norfik) 12.64; 8, H Clarke (Cumb) 12.75; **Heat 2 (-1.80):** 1, K Challoner (Shrops) 11.75; 2, P Taylor (Mersey) 11.87; 3, L McGoldrick (Durham) 11.91; 4, C Pearson (Leics) 11.92; 5, C Pearce (Cambs) 12.01; 6, A Wright (NYorks) 12.03; 7, M Bolsover (SYorks) 12.11; 8, J Evans (Sussex) 12.41; **Heat 3 (-1.80):** 1, K Forsyth (Nland) 11.43; 2, D Kenney (Leics) 11.93; 3, L Devlin (SYorks) 12.39; 4, A English (Humber) 12.41; 5, E Chamberlain (WMids) 12.65; 6, T Bridges (Middx) 12.71; 7, K Hulbert (Devon) 12.85; 8, J Love (Kent) 13.13; **Heat 4:** 1, E Anderson (Staffs) 11.65; 2, N Hall (Suffik) 12.04; 3, D Harrison (WMids) 12.10; 4, L Flanagan (NYorks) 12.26; 5, S Johnson (Nhants) 12.27; 6, A Baden (Devon) 12.45; 7, E Richardson (Humber) 12.59; 8, N Dallaway (London) 12.77; **Heat 5 (-5.60):** 1, E Brown (Surrey) 12.2; 2, S Claxton (Essex) 12.3; 3, V Dodd (Norfik) 12.5; 4, V Morton (Mersey) 12.6; 5, L Winsor (Notts) 12.7; 6, S Cloke (Devon) 12.8; 7, K Livesey (Lancs) 13.1; **ROUND 2: Heat 1 ( 1.60):** 1, K Forsyth (Nland) 11.29; 2, C Dyche (Staffs) 11.53; 3, L McGoldrick (Durham) 11.57; 4, J Pratt (Essex) 11.67; 5, C Pearson (Leics) 11.73; 6, V Morton (Mersey) 12.23; 7, A English (Humber) 12.31; **Heat 2 ( 5.00):** 1, D Kenney (Leics) 11.31; 2, E Brown (Surrey) 11.42; 3, E Anderson (Staffs) 11.46; 4, D Harrison (WMids) 11.64; 5, V Dodd (Norfik) 11.67; 6, P Taylor (Mersey) 11.75; 7, L Devlin (SYorks) 12.06; **Heat 3 ( 2.70):** 1, P Woodland (Oxford) 11.50; 2, V Henson (Cambs) 11.56; 3, N Hall (Suffik) 11.56; 4, S Claxton (Essex) 11.63; 5, K Challoner (Shrops) 11.65; 6, L Flanagan (NYorks) 11.89; **FINAL ( 3.10):** 1, K Forsyth (Nland) 11.06; 2, D Kenney (Leics) 11.26; 3, P Woodland (Oxford) 11.38; 4, E Brown (Surrey) 11.49; 5, C Dyche (Staffs) 11.50; 6, V Henson (Cambs) 11.51; 7, N Hall (Suffik) 11.68; 8, E Anderson (Staffs) 12.47



**Trevor Cameron storms to an inter boys' 100m victory**

### 4 x 100

**ROUND 1: Heat 1:** 1, Hampshire 50.18; 2, Staffordshire 50.28; 3, Suffolk 50.62; 4, Derbyshire 51.18; 5, Cumbria 51.84; 6, Shropshire 52.21; 7, North Yorkshire 52.23; **Heat 2** 1, Essex 49.10; 2, West Midlands 49.58; 3, Oxfordshire 50.04; 4, Middlesex 50.84; 5, Devon 51.19; 6, London 51.32; **Heat 3:** 1, Greater Manchester 50.98; 2, Cambridgeshire 51.10; 3, South Yorkshire 51.17; 4, Leicestershire 51.33; 5, Norfolk 51.94; 6, Humberside 52.23; **FINAL:** 1, Essex 49.17; 2, West Midlands 50.10; 3, Hampshire 50.28; 4, Cambridgeshire 50.43; 5, Greater Manchester 50.46; 6, Suffolk 50.61; 7, Oxfordshire 50.70; 8, Staffordshire 51.25

### HJ

**ROUND 1: Pool A:** 1, R Martin (Cumb) 1.54; 2eq, L Rich (Devon) 1.54 and L Jones (WMids) 1.54 and C Young (Cambs) 1.54; 5, S Sandford (GtrMan) 1.54; 6, G O'Connor (Mersey) 1.51; 7eq, K Stout (Essex) 1.51 and C Farquarson (Sussex) 1.51; 9eq, S Hocking (Shrops) 1.46 and L Merjason (Essex) 1.46; 11, G Pixton (Wilts) 1.46; 12, A Fairbairn (Bucks) 1.46; 13, S Smith (Kent) 1.41; **Pool B:** 1, J Moore (Cumb) 1.54; =, C Everett (Norfik) 1.54; 3, N Brewer (Kent) 1.54; =, N Ladrowski (Devon) 1.54; 5, C Ledger (Suffik) 1.54; 6eq, L Crocker (Cambs) and K Trowers (WMids) 1.54; 8, J Gorden (Hants) 1.51; 9, J Kennard (Wilts) 1.51; 10, C Potter (Dorset) 1.46; 11, C Bratby (SYorks) 1.46; 12, J Tucker (Essex) 1.46; 13, L Webb (GtrMan) 1.41; 14, V Awanah (London) 1.41; **FINAL:** 1, C Everett (Norfik) 1.66; 2, J Moore (Cumb) 1.57; 3, S Sandford (GtrMan) 1.54; 4eq, C Ledger (Suffik) and R Martin (Cumb) 1.54; 6, L Jones (WMids) 1.54; 7eq, N Ladrowski (Devon) and C Young (Cambs) 1.54; 9, K Trowers (WMids) 1.54; 10eq, L Rich (Devon) and L Crocker (Cambs) 1.51; 12, N Brewer (Kent) 1.51

### LJ

**ROUND 1: Pool A:** 1, S Wilhelmy (Essex) 5.55; 2, N Butler (Oxford) 5.20; 3, B Samuels (WMids) 5.07; 4, K Rodgers (Notts) 5.06; 5, J Lowery (Nland) 5.01; 6, V Lawes (Kent) 4.93; 7, D Codd (GtrMan) 4.91; 8, A Dodd (Derbys) 4.85; 9, E Dundjerovic (Herts) 4.83; 10, M Lamb (Humber) 4.75; 11, J Browne (Suffik) 4.60; 12, K McDonald (London) 4.34; **Pool B:** 1, A Nuttell (Lincs) 5.37; 2, A Ward (Lancs) 5.27; 3, R Murphy (Mersey) 5.22; 4, E Richardson (GtrMan) 5.22; 5, E White (Oxford) 5.15; 6, H Baker (Devon) 5.15; 7, M Marsh (SYorks) 5.08; 8, S Lees (Oxford) 4.98; 9, J Payne (HerWor) 4.93; 10, S Harden (Suffik) 4.92; 11, K Shirtliff (Humber) 4.85; 12, S Philips (Sussex) 4.81; 13, K Thorpe (Derbys) 4.65; **FINAL:** 1, S Wilhelmy (Essex) 5.70 ( 0.90); 2, A Nuttell (Lincs) 5.45 (-0.30); 3, B Samuels (WMids) 5.40 ( 2.00); 4, N Butler (Oxford) 5.30 ( 1.10); 5, E White (Oxford) 5.23 ( 1.00); 6, A Ward (Lancs) 5.23 (-0.20); 7, H Baker (Devon) 5.19 ( 0.30); 8, K Rodgers (Notts) 5.08 (-0.40); 9, R Murphy (Mersey) 5.04 ( 1.20); 10, J Lowery (Nland) 5.04 ( 0.50); 11, E Richardson (GtrMan) 4.93 ( 0.20)

### SP

**FINAL:** 1, T Rea (Warks) 11.28; 2, D Williams (GtrMan) 11.03; 3, J Roberts (Essex) 10.80; 4, R Chamberlain (Dorset) 10.67; 5, E Clarence (GtrMan) 10.61; 6, R Dunn (Gloucs) 10.33; 7, C Sumnall (Nhants) 10.20; 8, D Brown (WMids) 10.16; 9, C Wallhead (Humber) 9.89; 10, J Smith (Essex) 9.78; 11, M Ingham (WYorks) 9.76; 12, M Walker (Berks) 9.70; 13, L Panford (Surrey) 9.63; 14, H Arnold (Hants) 9.50; 15, S Webber (GtrMan) 9.34; 16, T Akiwumi (London) 9.31; 17, M Harrison (Derbys) 9.31; 18, A Heaviside (NYorks) 9.27; 19, C Grabham (Humber) 9.24; 20, S Baines (Herts) 9.10; 21, L Nesbitt (Devon) 9.04; 22, S Tipple (WYorks) 8.84; 23, H Chapman (Norfik) 8.82; 24, F Reid-Hughes (Kent) 8.70; 25, N Allum (Oxford) 8.57

### DT

**ROUND 1: Pool A:** 1, L Keightley (Berks) 32.34; 2, D Lester (Shrops) 31.48; 3, M Woods (Essex) 31.16; 4, L Herrington (Hants) 30.82; 5, N Kerr (WMids) 30.04; 6, E Hay (Herts) 29.48; 7, C Sugden (WYorks) 26.74; 8, M Higman (Devon) 25.52; 9, C Florence (Cumb) 24.22; 10, L Sullivan (London) 24.20; 11, S Stubbs (Bucks) 23.66; **Pool B:** 1, K Kirkham (HerWor) 35.06; 2, H Hood (Dorset) 30.46; 3, L Carter (Derbys) 29.42; 4, D Pope (GtrMan) 29.34; 5, N Ware (Avon) 27.22; 6, G Smith (Leics) 27.00; 7, J Pinfold (Warks) 26.92; 8, H Brown (Oxford) 26.54; 9, C Cosper (Essex) 25.88; 10, A Weston (Berks) 23.80; 11, R Cox (WMids) 23.02; 12, L Monroe (Hants) 22.88; **FINAL:** 1, N Kerr (WMids) 35.64; 2, L Keightley (Berks) 35.32; 3, L Herrington (Hants) 34.90; 4, M Woods (Essex) 33.96; 5, E Hay (Herts) 33.12; 6, D Lester (Shrops) 32.52; 7, L Carter (Derbys) 31.26; 8, H Hood (Dorset) 30.46; 9, N Ware (Avon) 27.08; 10, G Smith (Leics) 26.02; 11, D Pope (GtrMan) 25.88; 12, K Kirkham (HerWor) 21.50

### JT

**ROUND 1: Pool A:** 1, H Derbyshire (GtrMan) 32.62; 2, K Amos (Essex) 31.58; 3, L Porter (Nhants) 31.08; 4, H Richards (Avon) 30.30; 5, A Hunter (Humber) 26.70; 6, H Oldham (Leics) 26.54; 7, M Rogers (Surrey) 25.90; 8, E Ford (Dorset) 25.66; 9, D James (Cornw) 25.52; 10, S Simmons (GtrMan) 24.82; 11, R Fox

(SYorks) 24.46; 12, M Stone (Devon) 22.56; **Pool B**: 1, S Lax (Shrops) 34.36; 2, T Francis (Dorset) 33.88; 3, J Allen (Leics) 33.16; 4, H Sharp (Norflk) 31.14; 5, K Morgan (Wilts) 30.34; 6, E Perrin (Cambs) 28.88; 7, K Hardy (Kent) 28.50; 8, L Perry (Essex) 27.94; 9, A Simmons (Essex) 27.38; 10, L Rann (Hants) 27.34; 11, L Bolton (Cornw) 25.70; 12, E Jackson (London) 25.22; 13, C Head (Norflk) 25.12; 14, E Stables (Cumb) 20.24; **FINAL:** 1, H Derbyshire (GtrMan) 39.52; 2, S Lax (Shrops) 35.84; 3, J Allen (Leics) 35.52; 4, T Francis (Dorset) 33.84; 5, K Amos (Essex) 33.54; 6, H Richards (Avon) 32.12; 7, L Porter (Nhants) 31.94; 8, H Sharp (Norflk) 30.72; 9, K Hardy (Kent) 30.56; 10, K Morgan (Wilts) 30.38; 11, L Perry (Essex) 30.04; 12, E Perrin (Cambs) 26.76

## INTERMEDIATE GIRLS

### 100

**ROUND 1: Heat 1 ( 4.20):** 1, H Upson (Norflk) 12.28; 2, M Clements (Oxford) 12.43; 3, N Crosby (WYorks) 12.45; 4, R Sampson (Avon) 12.67; 5, J Weston (Herts) 12.68; 6, O Griffith (Hants) 12.76; 7, J Bevan (HerWor) 12.79; 8, K Dennis (Cambs) 12.91; **Heat 2 ( 5.00):** 1, L Eastwood (Lancs) 11.98; 2, A Waite (Essex) 12.41; 3, E Dengate (Surrey) 12.55; 4, M Roberts (Mersey) 12.55; 5, T Taylor (Beds) 12.60; 6, N Howarth (WYorks) 12.63; 7, S McDonagh (Warks) 12.69; **Heat 3 ( 5.70):** 1, E Rowicki (Lancs) 12.07; 2, G Impett (Dorset) 12.20; 3, J Daniels (GtrMan) 12.25; 4, L Sharps (Chesh) 12.27; 5, L Carter (Beds) 12.49; 6, K Oakes (Hants) 12.67; 7, S Russell (Wilts) 12.71; **Heat 4 ( 4.90):** 1, R Drummond (Staffs) 12.18; 2, H Fee (Herts) 12.37; 3, D-M Kerr (Durham) 12.44; 4, H Rusby (SYorks) 12.47; 5, A Foster (Humber) 12.52; 6, T Ainscow (Lancs) 12.72; 7, K Pearson (Middx) 13.39; **ROUND 2: Semi-Final A ( 3.80):** 1, L Eastwood (Lancs) 12.10; 2, G Impett (Dorset) 12.22; 3, H Fee (Herts) 12.25; 4, J Daniels (GtrMan) 12.30; 5, A Waite (Essex) 12.47; 6, N Crosby (WYorks) 12.56; 7, E Dengate (Surrey) 12.64; 8, H Rusby (SYorks) 12.65; **Semi-Final B ( 2.60):** 1, R Drummond (Staffs) 12.19; 2, E Rowicki (Lancs) 12.31; 3, H Upson (Norflk) 12.34; 4, L Sharps (Chesh) 12.42; 5, A Foster (Humber) 12.44; 6, L Carter (Beds) 12.49; 7, D-M Kerr (Durham) 12.56; 8, M Clements (Oxford) 12.63; **FINAL ( 5.10):** 1, L Eastwood (Lancs) 11.86; 2, R Drummond (Staffs) 12.01; 3, G Impett (Dorset) 12.09; 4, E Rowicki (Lancs) 12.13; 5, L Sharps (Chesh) 12.16; 6, H Fee (Herts) 12.27; 7eq, J Daniels (GtrMan) and H Upson (Norflk) 12.38

### 200

**ROUND 1: Heat 1 ( 2.80):** 1, J Colgate (Derbys) 25.36; 2, E Symonds (Norflk) 25.81; 3, J Balogun (Hants) 25.82; 4, A Nuosu (Surrey) 25.96; 5, K Saunders (Berks) 26.28; 6, S Barker (Middx) 26.61; 7, A Bullock (Staffs) 27.29; **Heat 2 ( 4.40):** 1, E Feltham (Wilts) 24.83; 2, J Sloane (HerWor) 24.87; 3, S Williams (Surrey) 25.19; 4, L Thorne (Bucks) 25.52; 5, J Murphy (Mersey) 26.09; 6, M Turner (Middx) 26.27; 7, N Smethurst (GtrMan) 26.37; **Heat 3 ( 4.60):** 1, H Seery (WYorks) 25.25; 2, K Payne (Shrops) 25.45; 3, V Shipman (Derbys) 25.55; 4, C Dunn (Humber) 26.16; =, S Phipps (Sussex) 26.16; 6, I Bolton (Herts) 26.37; 7, E Woodcock (SYorks) 26.96; **ROUND 2: Semi-Final A ( 3.90):** 1, E Feltham (Wilts) 24.95; 2, J Colgate (Derbys) 25.02; 3, L Thorne (Bucks) 25.36; 4, H Seery (WYorks) 25.48; 5, A Nuosu (Surrey) 25.49; 6, E Symonds (Norflk) 25.57; 7, S Phipps (Sussex) 26.06; **Semi-Final B ( 6.70):** 1, J Sloane (HerWor) 24.49; 2, S Williams (Surrey) 24.61; 3, V Shipman (Derbys) 24.80; 4, K Payne (Shrops) 24.94; 5, J Balogun (Hants) 25.27; 6, J Murphy (Mersey) 25.99; 7, C Dunn (Humber) 26.00; **FINAL ( 4.20):** 1, J Sloane (HerWor) 24.55; 2, S Williams (Surrey) 24.65; 3, E Feltham (Wilts) 24.71; 4, L Thorne (Bucks) 24.80; 5, J Colgate (Derbys) 25.02; 6, K Payne (Shrops) 25.17; 7, V Shipman (Derbys) 25.20

### 300

**ROUND 1: Heat 1:** 1, J Carr (Herts) 41.47; 2, T Taylor (HerWor) 41.58; 3, C Harkin (SYorks) 41.68; 4, L Newton (Lancs) 42.25; 5, L Dixon (Mersey) 42.54; 6, S Huby (Humber) 43.39; 7, A Bailey (Derbys) 43.51; **Heat 2:** 1, S Harrison (Surrey) 41.33; 2, R Nicholson (Kent) 41.58; 3, S Godbeer (Devon) 41.62; 4, J Burke (Humber) 42.31; 5, C Saunders (Hants) 42.39; 6, A Slater (Bucks) 42.71; **Heat 3:** 1, L-J Lacey (Berks) 40.78; 2, K Donnan (Cumb) 41.22; 3, C Cox (Leics) 41.40; 4, C Bowden (Lincs) 41.54; 5, F Chamberlain (Somers) 41.67; 6, A Keenan (Cleve) 42.61; 7, E Hall (Wilts) 42.83; **Heat 4:** 1, R Baker (Sussex) 41.47; 2, C Obi (Berks) 42.05; 3, K McGuire (GtrMan) 42.16; 4, J Baig (Surrey) 42.42; 5, H Edmondson (Durham) 42.64; 6, V Francis (Mersey) 42.85; 7, D Jones (Norflk) 43.45; **Heat 5:** 1, K Sotherton (Hants) 41.35; 2, V Pincott (Sussex) 41.66; 3, J Reid (Shrops) 41.90; 4, N Clench (Suffik) 42.23; 5, M Clarke (GtrMan) 42.70; 6, D Hardy (Nhants) 42.83; 7, S Wilkins (Avon) 43.15; **Heat 6:** 1, V Standen (Berks) 40.94; 2, C Howard (WYorks) 41.73; 3, A Flanagan (Warks) 42.27; 4, D Taylor (NYorks) 42.52; 5, S Watkinson (SYorks) 42.95; 6, S George (HerWor) 43.50; **ROUND 2: Heat 1:** 1, L-J Lacey (Berks) 40.91; 2, R Baker (Sussex) 40.92; 3, S Godbeer (Devon) 41.52; 4, C Cox (Leics) 41.70; 5, C Howard (WYorks) 41.93; 6, F Chamberlain (Somers) 42.06; 7, K McGuire (GtrMan) 42.50; **Heat 2:** 1, V Standen (Berks) 40.81; 2, K Sotherton (Hants) 40.92; 3, J Carr (Herts) 40.94; 4, T Taylor (HerWor) 41.17; 5, V Pincott (Sussex) 41.77; 6, J Reid (Shrops) 42.38; 7, N Clench (Suffik) 42.83; **Heat 3:** 1, K Donnan (Cumb) 41.76; 2, R Nicholson (Kent) 42.10; 3, C Harkin (SYorks) 42.16; 4, A Flanagan (Warks) 42.61; 5, C Obi (Berks) 42.80; 6, C Bowden (Lincs) 42.90; 7, S Harrison (Surrey) 43.10; **FINAL:** 1, R Baker (Sussex) 40.43; 2, R Nicholson (Kent) 40.59; 3, V Standen (Berks) 40.59; 4, J Carr (Herts) 40.85; 5, T Taylor (HerWor) 41.03; 6, L-J Lacey (Berks) 41.13; 7, K Sotherton (Hants) 41.30; 8, K Donnan (Cumb) 41.41

### 800

**ROUND 1: Heat 1:** 1, A Weeds (Cambs) 2:19.63; 2, J Groves (Chesh) 2:19.67; 3, K Smithson (Lancs) 2:20.06; 4, C Sykes (SYorks) 2:20.24; 5, S Street (Devon) 2:21.05; 6, S McGaw (Gloucs) 2:21.77; 7, S Bradley (Nland) 2:22.22; 8, S Andrews (HerWor) 2:29.28; **Heat 2:** 1, D Lee (Dorset) 2:12.22; 2, H Cole (Essex) 2:14.38; 3, K Jones (Bucks) 2:16.31; 4, S Jacques (SYorks) 2:18.13; 5, E Bailey (Sussex) 2:19.44; 6, Z Peatfield (Derbys) 2:19.59; 7, S Kimberley (Warks) 2:20.94; 8, A Burt (HerWor) 2:24.41; **Heat 3:** 1, H Curnock (Gloucs) 2:12.51; 2, H Parsons (Sussex) 2:12.66; 3, S Hinchcliffe (GtrMan) 2:14.19; 4, L Pringle (Nhants) 2:14.68; 5, P McCrea (Cumb) 2:15.23; 6, M Mann (Lancs) 2:18.30; 7, V Robinson (Chesh) 2:20.58; **FINAL:** 1, D Lee (Dorset) 2:12.24; 2, H Curnock (Gloucs) 2:12.47; 3, H Parsons (Sussex) 2:13.87; 4, A Weeds (Cambs) 2:13.92; 5, H Cole (Essex) 2:15.39; 6, L Pringle (Nhants) 2:15.42; 7, J Groves (Chesh) 2:16.70; 8, S Hinchcliffe (GtrMan) 2:20.02

### 1,500

**FINAL:** 1, J Oldfield (Nhants) 4:40.89; 2, C McNulty (Avon) 4:43.49; 3, J Costello (Devon) 4:44.43; 4, H Todd (Durham) 4:44.71; 5, A Welsh (Mersey) 4:46.21; 6, T Wales (Wilts) 4:47.25; 7, R Lovatt (Kent) 4:48.01; 8, R Love (Nhants) 4:49.07; 9, V Russell (Beds) 4:49.66; 10, S Murphy (Chesh) 4:50.41; 11, L Powell (Lancs) 4:50.42; 12, L Ireland (NYorks) 4:51.99; 13, D Riddler (NYorks) 4:55.17; 14, P Gowing (Avon) 5:01.06

### 3,000

**FINAL:** 1, N Slater (Oxford) 9:46.94; 2, A Tremble (Nland) 9:50.42; 3, B Gray (Humber) 9:57.90; 4, K Robinson (Lancs) 10:02.52; 5, C Swift (Mersey) 10:06.92; 6, H Ward (Staffs) 10:08.05; 7, A Outram (Middx) 10:24.62; 8, J Heath (Chesh) 10:31.21; 9, K Matthew (Cleve) 10:51.96

### 80H

**ROUND 1: Heat 1 (-1.60):** 1, E Fairs (Derbys) 11.65; 2, C Bushby (Nland) 11.90; 3, V Styles (Mersey) 12.16; 4, A Stern (Cambs) 12.23; 5, J O'Malley (Humber) 12.39; 6, C Clement (Essex) 12.62; 7, L Bushell (Suffik) 12.64;
**Heat 2 (-3.10):** 1, L Colledge (Leics) 12.00; 2, M Jones (Staffs) 12.31; 3, H Jenkin (Essex) 12.32; 4, S Pattison (Nland) 12.45; 5, A Wright (Norflk) 12.58; 6, E Nye (Avon) 12.85;
**Heat 3 (-2.80):** 1, J Suddes (Nland) 12.07; 2, A Batt (Herts) 12.13; 3, N Sharp (Dorset) 12.23; 4, J Richardson (Cornw) 12.31; 5, J Jenner (Kent) 12.58; 6, L Coe (Cambs) 12.86;
**Heat 4 (-4.10):** 1, C Milborrow (Sussex) 12.45; 2, L Brackstone (Chesh) 12.65; 3, E Blunt (Surrey) 12.69; 4, J Marsden (WYorks) 12.73; 5, A Ashby (NYorks) 12.74; 6, R Kennedy (Humber) 13.11;
**ROUND 2: Semi-Final A ( 2.50):** 1, E Fairs (Derbys) 11.45; 2, A Batt (Herts) 11.68; 3, J Richardson (Cornw) 11.83; 4, A Stern (Cambs) 11.92; 5, C Milborrow (Sussex) 12.06; 6, L Brackstone (Chesh) 12.08; 7, J Suddes (Nland) 19.47;
**Semi-Final B ( 4.60):** 1, L Colledge (Leics) 11.52; 2, C Bushby (Nland) 11.55; 3, N Sharp (Dorset) 11.57; 4, H Jenkin (Essex) 11.90; 5, M Jones (Staffs) 11.92; 6, V Styles (Mersey) 12.10; 7, E Blunt (Surrey) 12.11;
**FINAL ( 4.20):** 1, L Colledge (Leics) 11.40; 2, E Fairs (Derbys) 11.42; 3, A Batt (Herts) 11.53; 4, M Jones (Staffs) 11.59; 5, J Richardson (Cornw) 11.64; 6, N Sharp (Dorset) 11.74; 7, C Bushby (Nland) 11.94; 8, H Jenkin (Essex) 28.93



**Nicola Slater, winner of the inter girls' 1,500m**

### 300H

**ROUND 1: Heat 1:** 1, N Danvers (London) 43.02; 2, L Irvine (Nhants) 45.04; 3, S Sagar (SYorks) 46.03; 4, A Hutchinson (Notts) 46.18; 5, L Baden (Devon) 47.30; 6, C Entwhistle (GtrMan) 47.50; 7, B Sorsby (Cleve) 49.00; **Heat 2:** 1, D Bolton (Lancs) 44.86; 2, K Jones (GtrMan) 45.32; 3, J Mahony (Mersey) 45.51; 4, J Dash (London) 45.63; 5, L Clowes (Staffs) 47.01; 6, B Stevenson (Notts) 47.54; **FINAL:** 1, N Danvers (London) 41.99; 2, D Bolton (Lancs) 43.53; 3, L Irvine (Nhants) 44.62; 4, J Mahony (Mersey) 45.10; 5, K Jones (GtrMan) 45.15; 6, S Sagar (SYorks) 45.26; 7, J Dash (London) 46.30

### 4x100

**ROUND 1: Heat 1:** 1, Lancashire 47.54; 2, Surrey 49.52; 3, Hampshire 49.87; 4, South Yorkshire 50.83; 5, Hereford & Worcestershire 51.43; **Heat 2:** 1, Humberside 50.16; 2, Cambridgeshire 50.69; 3, Norfolk 50.81; 4, West Yorkshire 51.00; 5, Staffordshire 51.92; 6, Avon 52.57; **Heat 3:** 1, Hertfordshire 48.85; 2, Merseyside 49.41; 3, Northumberland 49.79; 4, Cheshire 50.12; 5, Sussex 50.45; **FINAL:** 1, Lancashire 47.46; 2, Surrey 49.00; 3, Humberside 49.27; 4, Hertfordshire 49.36; 5, Merseyside 49.56; 6, Northumberland 50.13; 7, Cambridgeshire 50.24

### HJ

**FINAL:** 1, S Jones (GtrMan) 1.73; 2, L Evans (Suffik) 1.64; 3, C Boulton (Oxford) 1.64; 4, J Cruickshank (GtrMan) 1.64; 5, E Gibbens (Kent) 1.61; 6eq, A Dearden (Middx) and R Forrest (Shrops) and M Smith (Wilts) and A Jones (WMids) 1.56; 10, N Smallwood (WMids) 1.56; 11, J Morris (Berks) 1.56; 12eq, K Hawker (Somers) 1.56 and C Watton (HerWor) 1.56; 14, D McIlory (NYorks) 1.51; 15eq, M Dunkley (Nhants) and A Binks (Leics) and F Wilson (Cleve) 1.51

### LJ

**FINAL:** 1, J Hollman (Lincs) 5.86 ( 0.60); 2, T McCammon (Middx) 5.73 (-0.90); 3, R Lewis (Chesh) 5.65 (-0.30); 4, L Eden (GtrMan) 5.65 ( 1.10); 5, K Mackenzie (Hants) 5.46 ( 0.40); 6, C Slater (Essex) 5.41m (-1.00); 7, M Margison (Nland) 5.30 (-0.20); 8, K Store (Humber) 5.21 (-0.30); 9, L Price (Sussex) 5.18 (-0.20); 10, A Nyhan (NYorks) 5.18 (-1.20); 11, S Wright (Lincs) 5.17 (-2.30); 12, M Sterling (London) 5.10 ( 1.70); 13, L Green (Nland) 4.91 (-1.00);

### SP

**FINAL:** 1, H Wilding (Mersey) 12.57; 2, E Gattrell (Surrey) 11.21; 3, N Smith (Middx) 11.13; 4, N Huggins (Surrey) 10.61; 5, C Bennett (Surrey) 10.58; 6, V Heath (Essex) 10.47; 7, P Shirt (Derbys) 10.40; 8, L Batho (Essex) 10.21; 9, C Hill (Wilts) 10.19; 10, A Howard (Norflk) 9.97; 11, S Soares (Beds) 9.73; 12, L Damsell (Gloucs) 9.66; 13, C Bennett (Humber) 9.65; 14, E Jones (Herts) 9.62; 15, C Luther (Dorset) 9.49; 16, C Moore (Staffs) 9.39; 17, L Munden (Dorset) 9.27; 18, R Johnstone (Leics) 9.23; 19, C Swindlehurst (GtrMan) 8.99; 20, M Parkes (Notts) 8.67

### DT

**FINAL:** 1, L Grey (WMids) 36.98; 2, A Faben (Cambs) 36.12; 3, M Cornick (Dorset) 36.00; 4, T Nicholls (Essex) 34.56; 5, H Eden (Suffik) 34.04; 6, D Rankin (Mersey) 33.94; 7, J Setter (GtrMan) 32.96; 8, S Cook (Berks) 32.64; 9, C Lane (Herts) 31.76; 10, R Hopgood (NYorks) 30.68; 11, N Edley (SYorks) 29.70; 12, K Hopkins (Berks) 29.48; 13, L Braddock (Berks) 28.38

### JT

**FINAL:** 1, A Richards (Surrey) 43.74; 2, L Kaluza (Lancs) 42.24; 3, L Smith (Suffik) 37.94; 4, J Foster (GtrMan) 37.58; 5, C Wynter-Pink (Surrey) 36.88; 6, P Blank (Herts) 36.10; 7, E Pidgeon (Essex) 35.90; 8, C Archer (Somers) 35.20; 9, J Parry (Hants) 34.86; 10, D Nuttell (Essex) 34.48; 11, G Johnson (Notts) 34.24; 12, N Mackay (Nhants) 34.12; 13, K Evans (WMids) 33.10; 14, A Cundy (Cambs) 33.02; 15, J Devereux (Hants) 33.02; 16, E Rich (Somers) 30.50; 17, G Plank (Wilts) 28.08; 18, B Levy (London) 26.88; 19, C Turnbull (Sussex) 26.10

## SENIOR GIRLS

### 100

**ROUND 1**

**Heat 1 ( 3.90):** 1, B Christopher (Berks) 11.92; 2, L Daws (Derbys) 12.21; 3, C Hall (GtrMan) 12.26; 4, T Pendlebury (Lancs) 12.61; 5, L Brear (WYorks) 12.62; 6, K Green (Middx) 12.74; 7, N McStea (Durham) 12.75; **Heat 2 ( 3.90):** 1, E Ruddock (WMids) 11.95; 2, S Jones (Berks) 11.98; 3, J Evans (Essex) 12.22; 4, D Gerber (Middx) 12.30; 5, H Sharland (Leics) 12.30; 6, L Cross (Kent) 12.36; **Heat 3 ( 2.20):** 1, G Easter (Norflk) 12.45; 2, K Higgins (Herts) 12.51; 3, Z Wilson (WMids) 12.56; 4, A Fyall (Durham) 12.56; 5, L Collins (Lancs) 12.81; **FINAL ( 4.00):** 1, B Christopher (Berks) 11.79; 2, S Jones (Berks) 11.88; 3, E Ruddock (WMids) 11.93; 4, J Evans (Essex) 12.15; 5, C Hall (GtrMan) 12.24; 6, G Easter (Norflk) 12.27; 7, L Daws (Derbys) 12.30; 8, K Higgins (Herts) 12.36

### 200

**ROUND 1**

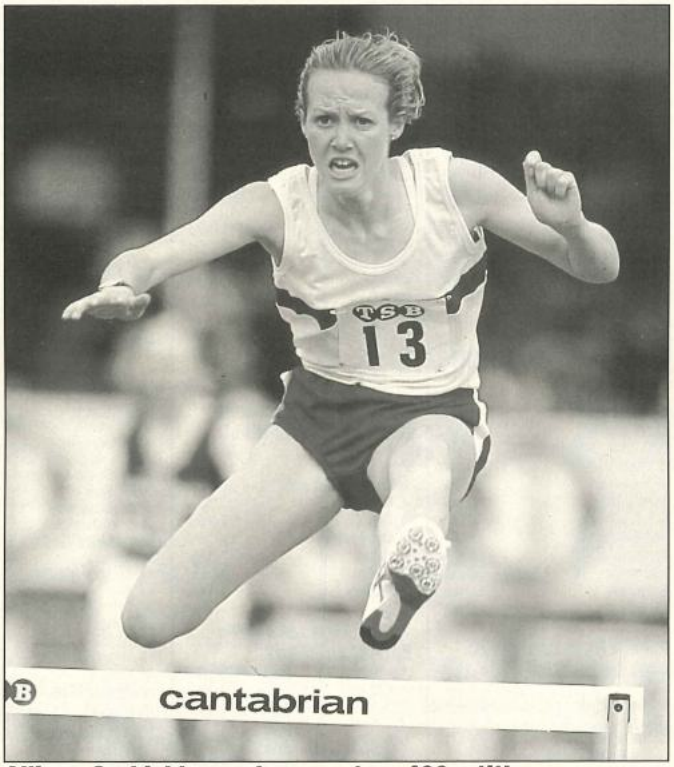
**Heat 1 ( 2.90):** 1, D Mant (Dorset) 24.02; 2, K Butler (Warks) 24.75; 3, K Crooks (Essex) 24.88; 4, S Evans (WMids) 25.43; 5, B Hutchinson (Cleve) 25.82; 6, A Gill (NYorks) 25.93; 7, K Gillott (Derbys) 25.94; **Heat 2 ( 4.60):** 1, C Murphy (Herts) 24.41; 2, R Kilgour (Devon) 24.83; 3, K Teasdale (Mersey) 24.90; 4, E Ashford (Kent) 25.30; 5, E Hopkins (Sussex) 25.88; 6, C Thompson (Cleve) 25.96; **Heat 3 ( 3.10):** 1, L Whitehead (Mersey) 24.70; 2, K Manuel (Dorset) 25.19; 3, K Minton (Middx) 25.50; 4, S Hook (Bucks) 26.01; 5, D Ralston (WYorks) 26.28; **FINAL ( 5.00):** 1, C Murphy (Herts) 23.72; 2, D Mant (Dorset) 23.96; 3, L Whitehead (Mersey) 24.61; 4, K Teasdale (Mersey) 24.63; 5, K Butler (Warks) 24.65; 6, R Kilgour (Devon) 24.73; 7, K Manuel (Dorset) 24.80; 8, K Crooks (Essex) 25.12

### 400

**ROUND 1: Heat 1:** 1, S Stevenson (Notts) 56.72; 2, K Eustace (Avon) 56.83; 3, K Woods (Lincs) 57.52; 4, A Carr (Chesh) 58.44; 5, S White (Cumb) 59.85; 6, H McNamara (Mersey) 59.92; 7, W Broom (HerWor) 60.44; **Heat 2:** 1, N Reed (Middx) 58.17; 2, S Cocker (Mersey) 59.28; 3, L O'Callaghan (Bucks) 59.55; 4, N North (SYorks) 61.83; 5, S Davies (HerWor) 62.31; 6, S Smith (Lincs) 62.78; **Heat 3:** 1, C Swinbank (Avon) 58.31; 2, V Francis (Surrey) 58.91; 3, R Brown (Middx) 59.77; 4, F Aston (GtrMan) 60.35; 5, K Martin (Cornw) 62.28; 6, S Cox (Bucks) 65.90; **FINAL:** 1, S Stevenson (Notts) 56.66; 2, K Eustace (Avon) 56.70; 3, C Swinbank (Avon) 57.05; 4, K Woods (Lincs) 57.05; 5, S Cocker (Mersey) 57.57; 6, N Reed (Middx) 57.76; 7, V Francis (Surrey) 58.05; 8, A Carr (Chesh) 58.54

### 800

**ROUND 1: Heat 1:** 1, K Wagstaff (Staffs) 2:17.27; 2, E Casson (Cleve) 2:17.36; 3, V Bothams (Nland) 2:17.50; 4, H Pattinson (Lancs) 2:17.54; 5, T Ashcroft (Durham) 2:18.28; 6, T Baker (Somers) 2:18.48; **Heat 2:** 1, M Matthews (Beds) 2:13.93; 2, R Buller




**Allison Curbishley on her way to a 400m title**

(Norflk) 2:14.01; 3, T Brown (WMids) 2:14.60; 4, S Bull (Derbys) 2:15.04; 5, A Ingram (Sussex) 2:15.69; 6, M Garnett (Lancs) 2:15.85; 7, B Fallon (Mersey) 2:17.55; **FINAL:** 1, M Matthews (Beds) 2:11.96; 2, K Wagstaff (Staffs) 2:13.07; 3, E Casson (Cleve) 2:15.03; 4, A Ingram (Sussex) 2:15.94; 5, T Brown (WMids) 2:16.08; 6, S Bull (Derbys) 2:16.13; 7, V Bothams (Nland) 2:18.40

## 1,500

**FINAL:** 1, E Talbot (Beds) 4:27.82; 2, J Mitchell (Surrey) 4:29.09; 3, S Salmon (Cornw) 4:31.67; 4, J Mackay (Herts) 4:37.09; 5, V Kirk (Somers) 4:40.95; 6, K Nott (Kent) 4:41.11; 7, E Graysmark (Gloucs) 4:41.41; 8, E Merchant (HerWor) 4:44.23; 9, L Carney (Mersey) 4:45.01; 10, V Roberts (Mersey) 4:45.25; 11, R MacPhee (Kent) 4:57.98

## 3,000

**FINAL:** 1, H Moulder (Avon) 9:32.26; 2, A Braham (Somers) 9:43.36; 3, C Berry (Surrey) 9:44.09; 4, S Simmons (Kent) 9:52.10; 5, C O'Connor (GtrMan) 9:58.47; 6, P Gullett (Suffik) 9:59.19; 7, J Turnbull (GtrMan) 10:05.76; 8, S Bibby (Lancs) 10:09.79; 9, H Martin (Devon) 10:13.85; 10, L Kettle (Kent) 10:16.22; 11, C Hodgson (Surrey) 10:18.10; 12, C Fisher (Norflk) 10:19.64; 13, B Gronow (Cornw) 10:28.47

## 100H

**ROUND 1: Heat 1:** 1, M Major (Essex) 14.42; 2, T Fradley (Staffs) 14.65; 3, S Male (Surrey) 14.98; 4, N Siddall (SYorks) 15.11; 5, F Allan (Notts) 15.17; 6, A Askey (GtrMan) 15.46; 7, N Murray (Chesh) 15.49; **Heat 2 ( 2.70):** 1, D Allahgreen (Mersey) 13.99; 2, J McDonald (Surrey) 14.66; 3, D Nicklin (Essex) 15.07; 4, M Gee (Notts) 15.15; 5, H Bailey (Leics) 15.39; 6, S Nicholson (Humber) 15.82; **Heat 3 ( 2.00):** 1, N Turner (Oxford) 14.78; 2, M Gillham (Kent) 15.10; 3, A Babb (Devon) 15.16; 4, V Jensen (Somers) 15.34; 5, K Bubb (Surrey) 15.39; **Heat 4 ( 3.00):** 1, A Murphy (Kent) 14.54; 2, S Price (WMids) 14.73; 3, O Bermingham (Essex) 14.90; 4, J Cooke (Notts) 15.07; 5, H Holt (Avon) 15.53; 6, K Shaw (NYorks) 17.68; **ROUND 2: Semi-Final A ( 3.40):** 1, D Allahgreen (Mersey) 13.93; 2, O Bermingham (Essex) 14.47; 3, J McDonald (Surrey) 14.57; 4, T Fradley (Staffs) 14.63; 5, J Cooke (Notts) 14.96; 6, M Gillham (Kent) 15.12; **Semi-Final B ( 2.50):** 1, A Murphy (Kent) 14.39; 2, M Major (Essex) 14.42; 3, S Price (WMids) 14.51; 4, N Turner (Oxford) 14.52; 5, S Male (Surrey) 15.17; 6, A Babb (Devon) 15.27; 7, D Nicklin (Essex) 15.30; **FINAL ( 4.60):** 1, D Allahgreen (Mersey) 13.50; 2, A Murphy (Kent) 14.11; 3, J McDonald (Surrey) 14.21; 4, O Bermingham (Essex) 14.22; 5, N Turner (Oxford) 14.23; 6, S Price (WMids) 14.43; 7, T Fradley (Staffs) 14.59; 8, M Major (Essex) 14.67

## 400H

**ROUND 1: Heat 1:** 1, A Curbishley (Cleve) 62.71; 2, N Ward (Surrey) 64.12; 3, A Roze (Middx) 64.52; 4, K Heath (Berks) 64.66; 5, K Thurston (Chesh) 64.72; 6, V Moseley (Mersey) 66.83; 7, J Fuller (Bucks) 68.46; 8, J Arnold (Humber) 70.75; **Heat 2:** 1, S Ditchfield (Lancs) 62.18; 2, J Sykes (WYorks) 63.15; 3, S Veysey (Gloucs) 63.30; 4, C Griffiths (GtrMan) 63.35; 5, R Briers (Mersey) 65.51; 6, K Haywood (HerWor) 65.90; 7, K Norman (Surrey) 68.38; 8, G Smith (Cambs) 69.91; **FINAL:** 1, A Curbishley (Cleve) 59.47; 2, S Ditchfield (Lancs) 60.92; 3, C Griffiths (GtrMan) 61.74; 4, J Sykes (WYorks) 62.54; 5, S Veysey (Gloucs) 63.03; 6, A Roze (Middx) 63.72; 7, K Heath (Berks) 63.87; 8, N Ward (Surrey) 65.69

## 4x100

**ROUND 1: Heat 1:** 1, Berkshire 47.87; 2, Merseyside 48.54; 3, Essex 49.03; 4, Lancashire 49.88; 5, Surrey 49.96; 6, Nottinghamshire 50.22; **Heat 2:** 1, Kent 48.11; 2, West Midlands 48.14; 3, Durham 49.54; 4, Middlesex 49.54; 5, Buckinghamshire 51.28; **FINAL:** 1, Berkshire 47.06; 2, Merseyside 47.22; 3, Kent 47.45; 4, West Midlands 47.83; 5, Essex 48.25; 6, Durham 48.74; 7, Lancashire 48.94

## HJ

**FINAL:** 1, S Corder (Essex) 1.69; 2, L Dimberline (Hants) 1.69; 3, K Evans (Shrops) 1.69; 4, H Baker (Nland) 1.69; 5, R Richer (WMids) 1.66; 6, A May (Bucks) 1.63; 7, C Howard (Leics) 1.63; 8eq, S Woolrich (Hants) and L Dickinson (WYorks) and D Harvey (Hants) and C May (Surrey) 1.58; 12, S Filce (Chesh) 1.58

## LJ

**FINAL:** 1, J Dear (Berks) 6.29 ( 3.20); 2, S Dobson (Staffs) 5.85 ( 3.80); 3, N Turner (Oxford) 5.81 ( 3.60); 4, A Forrester (Durham) 5.78 ( 3.60); 5, D King (Leics) 5.73 ( 2.20); 6, A Logan (Durham) 5.55 ( 1.60); 7, N Jupp (Berks) 5.52 ( 1.70); 8, S Anderson (London) 5.46 ( 1.30); 9, K Blackwood (Kent) 5.43 ( 1.10); 10, R Barron (WMids) 5.27 ( 4.80); 11, K Gibb (Lancs) 5.17 ( 1.60)

## SP

**FINAL:** 1, K Kane (Lancs) 13.07; 2, U Efobi (London) 13.04; 3, E Capes (Lincs) 12.14; 4, E Weldon (Devon) 11.13; 5, J Challinor (Lancs) 11.04; 6, A Town (Herts) 10.84; 7, V Kirlew (Notts) 10.10; 8, L White (Chesh) 9.97

## DT

**FINAL:** 1, E Merry (WMids) 51.50; 2, L Sprules (Middx) 40.72; 3, R West (Hants) 38.92; 4, J Hopkins (Berks) 38.90; 5, T Saint-Smith (Middx) 38.84; 6, H Middlemass (Cleve) 38.76; 7, M Merrigan (WMids) 38.28; 8, W Thompson (Essex) 36.62; 9, D Holden (Middx) 35.86; 10, A Read (Hants) 35.70; 11, P Cable (Norflk) 35.62; 12, S Ashbridge (Cumb) 23.88

## JT

**FINAL:** 1, K Morrison (Kent) 51.02; 2, L Burrell (WMids) 46.32; 3, K Granger (Devon) 45.88; 4, J Burton (Dorset) 42.62; 5, J Nightingale (Sussex) 38.82; 6, C Taylor (Shrops) 37.50; 7, C Lacey (Oxford) 36.06; 8, J Fenwick (Gloucs) 35.76; 9, C Possami (Essex) 33.46; 10, L Cook (Surrey) 31.84; 11, C Roden (WYorks) 31.58; 12, R Normanton (GtrMan) 30.32; 13, E Lilley (NYorks) 28.64

### Junior Boys : Group A Championship Shield: 1: London 44.0 pts

| | |
|---|---|
| 2: Kent | 38.0 pts |
| 3: Hampshire | 29.0 pts |
| 4: Middlesex | 24.0 pts |
| 5: Surrey | 20.0 pts |
| 6: Greater Manchester | 16.0 pts |
| 7: West Midlands | 14.0 pts |
| 8: Essex.13.0pts | |
| 9: Merseyside | 9.0 pts |
| 10: West Yorkshire | 3.0 pts |

### Junior Boys : Group B: Durham Cup:

| | |
|---|---|
| 1: South Yorkshire | 25.0 pts |
| 2: Nottinghamshire | 22.0 pts |
| 3: Humberside | 18.0 pts |
| 3: Cheshire | 18.0 pts |
| 5: Hertfordshire | 16.0 pts |
| 5: Hereford & Worcestershire | 16.0 pts |
| 5: Berkshire | 16.0 pts |
| 8: Leicestershire | 15.0 pts |
| 8: Lancashire | 15.0 pts |
| 10: Staffordshire | 13.0 pts |
| 11: Northumberland | 11.0 pts |
| 12: Devon | 9.0 pts |
| 13: Durham | 8.0 pts |
| 13: Derbyshire | 8.0 pts |
| 13: Cambridgeshire | 8.0 pts |
| 13: Buckinghamshire | 8.0 pts |
| 17: Sussex | 7.0 pts |
| 17: North Yorkshire | 7.0 pts |
| 19: Norfolk | 6.0 pts |
| 19: Avon | 6.0 pts |

### Junior Boys : Group C: Watford Council Trophy:

| | |
|---|---|
| 1: Bedfordshire | 36.0 pts |
| 2: Dorset | 13.0 pts |
| 3: Wiltshire | 12.0 pts |
| 4: Northamptonshire | 10.0 pts |
| 5: Gloucestershire | 9.0 pts |
| 6: Lincolnshire | 8.0 pts |
| 7: Suffolk | 7.0 pts |
| 8: Warwickshire | 6.0 pts |
| 9: Cleveland | 4.0 pts |
| 10: Shropshire | 1.0 pts |
| 10: Oxfordshire | 1.0 pts |

### Intermediate Boys : Group A: Hendon Council Trophy

| | |
|---|---|
| 1: Surrey | 58.0 pts |
| 2: Middlesex | 52.0 pts |
| 3: West Midlands | 43.0 pts |
| 4: Greater Manchester | 41.0 pts |
| 5: London | 28.0 pts |
| 6: Kent | 27.0 pts |
| 7: Essex | 20.0 pts |
| 8: Merseyside | 15.0 pts |
| 9: Hampshire | 14.0 pts |
| 10: West Yorkshire | 9.0 pts |

### Intermediate Boys : Group B: Goodwill Cup:

| | |
|---|---|
| 1: Derbyshire | 29.0 pts |
| 2: Cheshire | 24.5 pts |
| 3: Leicestershire | 18.0 pts |
| 4: Devon | 17.0 pts |
| 5: Buckinghamshire | 15.0 pts |
| 6: Staffordshire | 13.0 pts |
| 6: Humberside | 13.0 pts |
| 8: Lancashire | 11.0 pts |
| 9: Hertfordshire | 10.0 pts |
| 10: Cambridgeshire | 9.0 pts |
| 10: Berkshire | 9.0 pts |
| 12: Durham | 8.0 pts |
| 13: Northumberland | 7.0 pts |
| 14: Avon | 5.5 pts |
| 15: Sussex | 4.0 pts |
| 15: Nottinghamshire | 4.0 pts |
| 17: South Yorkshire | 3.0 pts |
| 18: Norfolk | 1.0 pts |

### Intermediate Boys : Group C: Rotary (Slough) Shield:

| | |
|---|---|
| 1: Bedfordshire | 23.0 pts |
| 2: Warwickshire | 18.0 pts |
| 2: Shropshire | 18.0 pts |
| 4: Northamptonshire | 15.0 pts |
| 5: Oxfordshire | 10.0 pts |
| 6: Somerset | 9.0 pts |
| 6: Cumbria | 9.0 pts |
| 8: Lincolnshire | 8.0 pts |
| 9: Gloucestershire | 4.0 pts |
| 10: Cleveland | 2.0 pts |
| 11: Wiltshire | 1.0 pts |
| 11: Suffolk | 1.0 pts |
| 11: Dorset | 1.0 pts |

### Senior Boys : Group A: E.W. Haley Trophy

| | |
|---|---|
| 1: Kent | 51.0 pts |
| 2: West Midlands | 49.0 pts |
| 3: Essex | 24.0 pts |
| 4: Hampshire | 19.0 pts |
| 5: Greater Manchester | 18.0 pts |
| 6: Surrey | 13.0 pts |




**Michelle Matthews wins the senior girls' 800m**

# TEAM RESULTS

| | |
|---|---|
| 7: West Yorkshire | 9.0 pts |
| 7: Middlesex | 9.0 pts |
| 9: Merseyside | 6.5 pts |
| 10: London | 4.0 pts |

### Senior Boys : Group B: Cheshire Trophy:

| | |
|---|---|
| 1: Cheshire | 33.0 pts |
| 2: Staffordshire | 32.0 pts |
| 3: Northumberland | 20.5 pts |
| 4: Leicestershire | 20.0 pts |
| 4: Humberside | 20.0 pts |
| 6: Berkshire | 16.0 pts |
| 7: Lancashire | 15.0 pts |
| 7: Avon | 15.0 pts |
| 9: Derbyshire | 14.0 pts |
| 10: Norfolk | 12.0 pts |
| 10: Devon | 12.0 pts |
| 12: Sussex | 10.0 pts |
| 13: South Yorkshire | 8.3 pts |
| 14: Hereford & Worcestershire | 7.0 pts |
| 14: Buckinghamshire | 7.0 pts |
| 16: North Yorkshire | 6.0 pts |
| 16: Cambridgeshire | 6.0 pts |
| 18: Nottinghamshire | 4.0 pts |
| 19: Hertfordshire | 3.0 pts |
| 20: Durham | 1.0 pts |

### Senior Boys : Group C: Ernest Campion Trophy:

| | |
|---|---|
| 1: Bedfordshire | 17.0 pts |
| 2: Dorset | 13.3 pts |
| 3: Cornwall | 12.5 pts |
| 4: Northamptonshire | 12.0 pts |
| 5: Somerset | 10.0 pts |
| 5: Shropshire | 10.0 pts |
| 5: Oxfordshire | 10.0 pts |
| 5: Lincolnshire | 10.0 pts |
| 9: Cleveland | 9.0 pts |
| 10: Cumbria | 8.0 pts |
| 11: Wiltshire | 7.0 pts |
| 12: Gloucestershire | 4.5 pts |
| 13: Warwickshire | 2.3 pts |
| 14: Suffolk | 2.0 pts |

### Junior Girls : Group A: Championship Shield:

| | |
|---|---|
| 1: Essex | 39.0 pts |
| 2: West Midlands | 34.0 pts |
| 3: Greater Manchester | 33.0 pts |
| 4: Hampshire | 22.0 pts |
| 5: Kent | 17.0 pts |
| 6: Merseyside | 12.0 pts |
| 7: Surrey | 7.0 pts |
| 8: London | 6.0 pts |
| 9: Middlesex | 3.0 pts |

### Junior Girls : Group B: Forrester Trophy:

| | |
|---|---|
| 1: Leicestershire | 24.0 pts |
| 1: Berkshire | 24.0 pts |
| 3: Northumberland | 16.0 pts |
| 4: Durham | 14.0 pts |
| 5: Norfolk | 12.0 pts |
| 6: North Yorkshire | 11.0 pts |
| 7: Staffordshire | 9.0 pts |
| 7: Cambridgeshire | 9.0 pts |
| 9: South Yorkshire | 8.0 pts |
| 10: Devon | 7.0 pts |
| 11: Hertfordshire | 6.0 pts |
| 12: Hereford & Worcestershire | 5.0 pts |
| 12: Derbyshire | 5.0 pts |
| 14: Cheshire | 4.0 pts |
| 15: Lancashire | 3.0 pts |
| 16: Sussex | 2.0 pts |
| 16: Nottinghamshire | 2.0 pts |
| 16: Avon | 2.0 pts |
| 19: Buckinghamshire | 1.0 pts |

### Junior Girls : Group C: A.F. Joseph Trophy:

| | |
|---|---|
| 1: Oxfordshire | 25.0 pts |
| 2: Dorset | 17.0 pts |
| 3: Suffolk | 14.5 pts |
| 4: Shropshire | 13.0 pts |
| 5: Cumbria | 11.5 pts |
| 6: Warwickshire | 9.0 pts |
| 6: Lincolnshire | 9.0 pts |
| 8: Gloucestershire | 3.0 pts |
| 9: Northamptonshire | 2.0 pts |
| 10: Wiltshire | 1.0 pts |

### Intermediate Girls : Group A: Hendon Business Men's Trophy:

| | |
|---|---|
| 1: Surrey | 41.0 pts |
| 2: Greater Manchester | 27.0 pts |
| 3: Merseyside | 24.0 pts |
| 4: Essex | 14.0 pts |
| 5: Middlesex | 13.2 pts |
| 6: London | 9.0 pts |
| 6: Kent | 9.0 pts |
| 8: West Midlands | 7.2 pts |
| 9: Hampshire | 6.0 pts |
| 10: West Yorkshire | 3.0 pts |

### Intermediate Girls : Group B: Goodwill Cup:

| | |
|---|---|
| 1: Lancashire | 40.0 pts |
| 2: Hertfordshire | 19.0 pts |
| 3: Sussex | 16.0 pts |
| 4: Staffordshire | 14.0 pts |
| 4: Derbyshire | 14.0 pts |
| 6: Humberside | 13.0 pts |
| 7: Northumberland | 12.0 pts |
| 8: Hereford & Worcestershire | 11.0 pts |
| 8: Cheshire | 11.0 pts |
| 8: Cambridgeshire | 11.0 pts |
| 11: Leicestershire | 9.0 pts |
| 12: Berkshire | 8.0 pts |
| 13: Devon | 5.0 pts |
| 13: Buckinghamshire | 5.0 pts |
| 13: Avon | 5.0 pts |
| 16: South Yorkshire | 4.0 pts |
| 16: Durham | 4.0 pts |
| 18: Norfolk | 3.0 pts |
| 19: Nottinghamshire | 1.0 pts |

### Intermediate Girls : Group C: Buckinghamshire Cup:

| | |
|---|---|
| 1: Dorset | 22.0 pts |
| 2: Northamptonshire | 15.0 pts |
| 3: Suffolk | 14.0 pts |
| 3: Oxfordshire | 14.0 pts |
| 5: Lincolnshire | 9.0 pts |
| 6: Wiltshire | 7.2 pts |
| 7: Gloucestershire | 7.0 pts |
| 8: Shropshire | 4.2 pts |
| 9: Cornwall | 4.0 pts |
| 10: Cumbria | 2.0 pts |
| 10: Bedfordshire | 2.0 pts |
| 12: Somerset | 1.0 pts |

### Senior Girls : Group A: Joan Hayward Cup:

| | |
|---|---|
| 1: West Midlands | 36.0 pts |
| 2: Kent | 30.0 pts |
| 3: Merseyside | 29.0 pts |
| 4: Essex | 26.0 pts |
| 5: Surrey | 23.0 pts |
| 6: Middlesex | 15.0 pts |
| 7: Greater Manchester | 14.0 pts |
| 8: Hampshire | 11.0 pts |
| 9: London | 70.0 pts |
| 10: West Yorkshire | 5.0 pts |

### Senior Girls : Group B: Rotary (Northwich) Cup:

| | |
|---|---|
| 1: Berkshire | 36.0 pts |
| 2: Lancashire | 20.0 pts |
| 3: Avon | 19.0 pts |
| 4: Staffordshire | 15.0 pts |
| 4: Hertfordshire | 15.0 pts |
| 4: Devon | 15.0 pts |
| 7: Nottinghamshire | 10.0 pts |
| 8: Durham | 9.0 pts |
| 9: Sussex | 6.0 pts |
| 10: Leicestershire | 5.0 pts |
| 11: Northumberland | 4.0 pts |
| 12: Norfolk | 2.0 pts |
| 12: Derbyshire | 2.0 pts |
| 14: South Yorkshire | 1.0 pts |
| 14: Cheshire | 1.0 pts |
| 14: Buckinghamshire | 1.0 pts |

### Senior Girls : Group C C.F. Gosling Trophy

| | |
|---|---|
| 1: Bedfordshire | 16.0 pts |
| 2: Dorset | 14.0 pts |
| 2: Cleveland | 14.0 pts |
| 4: Somerset | 10.0 pts |
| 4: Oxfordshire | 10.0 pts |
| 4: Lincolnshire | 10.0 pts |
| 7: Shropshire | 7.0 pts |
| 8: Cornwall | 6.0 pts |
| 9: Warwickshire | 4.0 pts |
| 9: Gloucestershire | 4.0 pts |
| 11: Suffolk | 3.0 pts |

### Aggregate totals : Group A Broadbridge Trophy

| | |
|---|---|
| 1: West Midlands | 183.3 pts |
| 2: Kent | 172.0 pts |
| 3: Surrey | 162.0 pts |
| 4: Greater Manchester | 149.0 pts |
| 5: Essex | 136.0 pts |
| 6: Middlesex | 116.3 pts |
| 7: Hampshire | 101.0 pts |
| 8: London | 98.0 pts |
| 9: Merseyside | 95.5 pts |
| 10: West Yorkshire | 29.0 pts |

### Aggregate totals : Group B: Bradford Cup:

| | |
|---|---|
| 1: Berkshire | 109.0 pts |
| 2: Lancashire | 104.0 pts |
| 3: Staffordshire | 96.0 pts |
| 4: Cheshire | 91.5 pts |
| 5: Leicestershire | 91.0 pts |
| 6: Derbyshire | 72.0 pts |
| 7: Northumberland | 70.5 pts |
| 8: Hertfordshire | 69.0 pts |
| 9: Devon | 65.0 pts |
| 10: Humberside | 64.0 pts |
| 11: Avon | 52.5 pts |
| 12: South Yorkshire | 49.3 pts |
| 13: Sussex | 45.0 pts |
| 14: Durham | 44.0 pts |
| 15: Nottinghamshire | 43.0 pts |
| 15: Cambridgeshire | 43.0 pts |
| 17: Hereford & Worcestershire | 39.0 pts |
| 18: Buckinghamshire | 37.0 pts |
| 19: Norfolk | 36.0 pts |
| 20: North Yorkshire | 24.0 pts |

### Aggregate totals : Group C: Tonkin Cup:

| | |
|---|---|
| 1: Bedfordshire | 94.0 pts |
| 2: Dorset | 80.3 pts |
| 3: Oxfordshire | 70.0 pts |
| 4: Northamptonshire | 54.0 pts |
| 4: Lincolnshire | 54.0 pts |
| 6: Shropshire | 53.3 pts |
| 7: Suffolk | 41.5 pts |
| 8: Warwickshire | 39.3 pts |
| 9: Gloucestershire | 31.5 pts |
| 10: Cumbriam | 30.5 pts |
| 11: Somerset | 30.0 pts |
| 12: Cleveland | 29.0 pts |
| 13: Wiltshire | 28.3 pts |
| 14: Cornwall | 22.5 pts |

● ***Results supplied by Joe Lee Computing***

# HOW TO ENTER THE 1994 NUTRASWEET LONDON MARATHON

## TO BE HELD ON APRIL 17TH 1994

1. Application for entry forms are available from all branches of the Trustee Savings Bank (TSB) until Friday, September 17th 1993, priced £2. Complete the form and return it to the address given. Entry forms will be mailed to applicants in early October.
2. British Forces Overseas who are unable to obtain an entry form from a TSB Bank branch should apply in writing to the address below by September 17th, enclosing a £2 fee and a 9" x 4" SAE.
3. British Athletic Federation (BAF) and Amateur Athletic Assocation of England (AAA of E) Championships for men and women – if you are a member of an affiliated club and have bettered 2:45 (men) or 3:15 (women) in a marathon in 1992 or 1993 then you qualify for automatic entry. Write to the address below by December 31st 1993, giving details of performance and club. If your qualifying time was achieved in the London Marathon then enclose a copy of your finishing certificate. Please send a SAE.
4. Club entries – All BAF affiliated clubs who wish to apply for an allocation of entries should write to the address below on official, headed paper, stating the name of the official who will be responsible for the entries, the number of votes the club has at the AGM of its governing body, the number of First Claim members over 18 years-old and a SAE. Letters should arrive no later than November 1st.
5. Overseas runners should contact Sports Tours International, 91 Walkden Road, Walkden, Manchester M28 5DQ (Tel: 061 703 8161).
6. For further details call the Nutrasweet London Marathon Hotline on 0891 234234 (calls charged at 36p/min cheap rate and 48p/min at all other times).

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# LEARNING THE HARD WAY

**Away from the glamour of the TSB English Schools Championships, athletics is having to battle to be a winner with children. Trevor Frecknall reports**

THE English Schools Championships continues to deserve its nickname as "The Kids' Olympics".

But beneath this pinnacle of athletics excellence, the sport is in increasing danger of losing the battle for the hearts and minds of the country's children, especially in the inner cities.

West Yorkshire, for example, should have had a team of 70 at Blackpool. The area that covers Leeds, Bradford, Halifax, Huddersfield and Wakefield managed to field barely half that number.

It's not as if the children lack examples. Mark Sesay proudly wore the royal blue vest of West Yorks at seven English Schools track and field championships, culminating in his winning the senior 800m title at Hull.

"That didn't seem to inspire them," says West Yorks Schools AA secretary Doug Ward. "I don't know what will."

"When we started, we would be able to pick 70 without difficulty," recalls Ward. "Now we are struggling to get half that number. Inner city schools don't take part in district championships. It's not that they haven't got the athletes. Whether it's the staff that are not interested, I don't know."

## BIG IS NOT BEST

FORMER English Schools AA secretary Norman Dickinson believes the inner city problem stems from the creation of huge comprehensives.

Dickinson, now vice-chairman of ESAA having retired in December after 17 years as secretary, says: "School sport in general suffered with the advent of comprehensives.

"Instead of having 10 or 12 secondary schools competing against one another, there are three or four. Some people would argue there's more than one team per school. But it's not the same for the youngster so say, 'I'm in the third team' rather than, 'I'm representing my school'. "Another factor is the Saturday job. When youngsters start to work part-time, they are not prepared to turn out on a Saturday and play sport."

Dickinson, an officer of ESAA for 25 years, also cites "the troubles that are prevalent in the teaching profession." He says: "I am not blaming Government or being political but it is a fact that teachers are being more and more harrassed in their work and a lot just don't seem to have the time to do out-of-school work. It's not a question of saying at 4pm, 'I can go out and take my athletes now' but 'I have got to attend this meeting or that meeting now'.

"Sport has suffered in schools and I feel schools suffer as well because of lack of sport.

"I feel very strongly that school sport is an important ingredient of the life of a school — and the life of a youngster." Not that ESAA has given up the battle. Dickinson is proud to say: "Athletics is not as healthy as it was, say, 10 years ago — but it is more healthy than lots of other sports in school.

"We have what we consider to be a healthy entry in the Schools Cup competition: 700 schools out of a possible 4,000.

"That's not bad for one sport considering each school needs 14 to a team.

"Even so, there is some cause for concern."

## CLUBS CAN HELP

CLOSER links between schools and athletics clubs could answer the problems, believes David Littlewood, the ESAA secretary who has also been connected with Hercules Wimbledon AC for over 30 years.

"There are a number of useful initiatives going on," he says. "My own club has had coaches into schools for six months or so. Schools are becoming more anxious to develop links.

> ***"Sport has suffered in schools and I feel schools suffer as well because of lack of sport"***
> **NORMAN DICKINSON**

"With the National Curriculum, a large number of schools are very thankful for expert support and advice from clubs. There is potentially a climate that would support a greater liaison."

He emphasises that clubs cannot sit back and expect youngsters to pour in from schools.

"It's no good saying to a promising youngster, 'Go and join a club' because you know he isn't going to do that. There is a ertain shyness unless friends are already involved with the club."

## MUM'S THE WORD

PARENT power is the latest weapon in Nottinghamshire, hosts of this year's TSB English Schools Cross country Championships and bidders for a future track and field championship.

Notts Schools AA secretary John Jones has begun the new initiative at his own school, Dayncourt Comprehensive at Radcliffe-on-Trent, and among the mums he has enlisted is Ann Ford, the former British international from Borough of Hounslow.

"The biggest change over the last few years is that you no longer get the maths, science and English teachers helping out," says Jones. "They are so tied-up with their own National Curriculum.

"So it came down to the odd teacher getting help from a couple of sixth formers.

"But now we've taken the bull by the horns and got the parents interested. The idea is that we'll develop 'ASC Dayncourt', integrate the PE programme with probably a training night, and get the parents to do Sunday morning runs with the kids and perhaps help with some of the administration.

"We'll take the youngsters to open meetings to get a feel of the sport and then anyone who is keen can push on into a club."

## COACHING PRICE SOARS

DERBYSHIRE Schools AA are seeking a sponsor — to save their 'talent creation' system that has been the envy of other counties for decades.

Every summer for almost 30 years, they have taken 40 promising athletes for a coaching week at Lea Green Sports Centre. But this time, the price rose from £14 to £60 a head because Derbyshire County Council could no longer afford the subsidy.

Derby's Schools AA secretary, Chris Cohen, said: "Hopefully we will find a way to continue in future years."

Among the coaches involved since the start of this initiative 28 or 29 years ago is Wilf Paish.

Among the athletes who have come through the system — and then returned as seniors to "mother" the next young batch — is Fiona May, GB's No.1 long jumper.

"It's a tremendous scheme," says Cohen. "It has produced a lot of good athletes who look back on it with very fond memories."

# TITO SPORTS
## STOCK CLEARANCE SALE

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| **Gel 120** U.S. 7, 7½, 12, 13 | £60.00 | **£34.99** |
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| **WOMENS SHOES Gel Saga** | £55.00 | **£24.99** |
| **Gel Exult** US, 6, 9 | £80.00 | **£39.99** |
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| **Lyte Speed** | £65.00 | **£29.99** |
| **Gel Lyte III** | £70.00 | **£34.99** |
| **Gel Lyte Ultra** | £70.00 | **£39.99** |
| **CHILDRENS SHOES 121** | £35.00 | **£31.50** |
| **Gel Saga** | £30.00 | **£19.99** |

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| | | |
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| **Magnum DR** | £60.00 | **£39.99** |
| **Regent Plus** | £70.00 | **£34.99** |
| **Outrage** | £45.00 | **£24.99** |
| **Banshee** | £40.00 | **£29.99** |
| **Flash II** | £50.00 | **£27.99** |
| **WOMENS SHOES Magnum DR** | £60.00 | **£34.99** |
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| **W. Outrage** | £45.00 | **£24.99** |
| **W. Rage II** | £50.00 | **£24.99** |
| **Reliance** | £30.00 | **£14.99** |

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|---|---|---|
| **Air Speed** | £50.00 | **£29.99** |
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| **Air Base II (Orange)** | £45.00 | **£29.99** |
| **W. Stable LIte** | £50.00 | **£29.99** |
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| **WOMENS SHOES Grid 8000** | £60.00 | **£29.99** |
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| **Gel Exult** | £79.99 | £71.99 |
| **Gel Lyte V (M&F)** | £69.99 | £62.99 |
| **Gel Elite Racer** | £69.99 | £62.99 |
| **Gel Captor** | £64.99 | £58.50 |
| **Gel 121 (M&F)** | £59.99 | £53.99 |
| **A66 (Male & Female)** | £49.99 | £44.99 |
| **Gel Saga** | £44.99 | £39.99 |
| **Wakahuri Racer** | £44.99 | £39.99 |
| **New Talon (Spike)** | £39.99 | £34.99 |
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| | | |
|---|---|---|
| **Grid America** | £79.99 | £71.99 |
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| **Courageous** | £59.99 | £53.99 |
| **Procyon** | £59.99 | £53.99 |
| **Jazz 4000 (M&F)** | £49.99 | £44.99 |
| **Shadow Classic** | £39.99 | £25.99 |

### BROOKS

| | Were | Now |
|---|---|---|
| **Beast** | £69.99 | £59.99 |
| **Eldorado** | £54.99 | £49.99 |
| **Mojo** | £49.99 | £44.99 |
| **Adiction** | £49.99 | £44.99 |
| **Prodigy** | £39.99 | £33.99 |

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| | | |
|---|---|---|
| **M1500 B.D.2E,4E** | £99.99 | £89.99 |
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| **M820 B.D.2E,4E** | £69.99 | £63.99 |
| **M577 B.D.2E,4E** | £59.99 | £53.99 |
| **W520 B&D** | £39.99 | £35.99 |

### ETONIC

| | | |
|---|---|---|
| **Stable Air Guard** | £79.99 | £71.99 |
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## Marathon change

**NEXT year's London Marathon will be on 17th April and will finish in the Mall — within sight of Buckingham Palace — because repairs are being carried out on Westminster Bridge where Britain's biggest marathon traditionally ends.**

## Back in action

**THE BMC is to stage its first races at the Cheltenham track for three years at the Cheltenham club's open meeting on 21st July. Distances are 800 and 3,000m for men and women. All interested in running should contact BMC SW organiser Mike Down on 0272 733407 as soon as possible.**

## Capital event

**THIS year's London Borough's Championships will be held at Kingston on 5th September. Age groups competing are men, women, U17 boys and U15 girls and athletes interested in competing should contact their local leisure services for more information.**

## Welsh team debuts

**ATHLETES making their Welsh team debut on Saturday against Holland and Belgium in Tilburg, Holland include: David Williams and Lewis Richards (400m); Jeremy Bridger (400H); David Griffiths (PV); Nick Walne (LJ); Daniel Francombe and Daniel Davies (TJ); Hamid Lane and Mark Boswell (HT) and Paul Ellis (4x100).**

## Open meeting

**THE open meeting on 21st July at Sutcliffe Park will include a men's 5,000m at 7.15pm. In addition, the 400m at 7pm will be for men, women and U17 boys only and not as advertised.**

## New secretary

**THE new secretary of Oldham and Royton Harriers is Lynn Fielden, 9 Firswood Drive, Royton, Oldham OL2 5XS. Tel: 061 665 2283.**

## Revised date

**THE BUPA Keighley 10km will now be held on 22nd August and not 8th August.**

# AN OPEN LETTER FROM THE



**THIS week we report in depth on the TSB English Schools Championships at Blackpool with the most editorial space ever dedicated to this event in this magazine.**

**We make no apologies for this as our commitment to reporting the excellence of youth in athletics is central to our support of this great sport of ours at all levels.**

**You will also see that our PB Club again this week has hundreds of entries from competing athletes across the age-range, but most of whom are under 23.**

**We believe all those achieving personal bests should be encouraged and acknowledged and this is the purpose of the PB Club, which is linked to our search for Britain's Most Improved Athlete.**

# QUALIFICATION THE HARD WAY




**Kevin McKay: A lone role.**

QUALIFYING standards for the IAAF World Championships are always tough — to enter the full quota of athletes per nation in any one event, all three have to be world class, *writes David Cocksedge.*

It follows, then, that the A Standard must be a good one, but this time the male 1,500 runners have been especially harshly treated.

While the B standard of 3:40.00 for Stuttgart is quite reasonable at this level, the A standard of 3:36.50 is exceptionally high. And the 1992 world rankings show that only three nations — Kenya, USA and Germany — would be able to take a full quota of three athletes each to Stuttgart.

Worse, Britain could be in the position of having nobody qualified — an unheard-of situation for British male middle distance running.

Why is the IAAF being so tough on the milers? No one seems to know.

Worldwide, only 30 athletes ran faster than 3:36.50 in 1992. But 90 made the 100m standard (10.30); 107 qualified for the 200 (20.80); 108 made it in the 110 hurdles (13.80); and 83 in the pole vault (5.55m).

Among Britons, only AAA Champion Kevin McKay, (3:35.94 in June last year), has achieved the A standard and he is out of form so far this season.

### Sympathetic

Cesar Moreno of Mexico, and Bob Hersh (ATFS/IAAF, USA) was sympathetic. "I agree it's a very tough standard — out of all proportion to the other events," he said, speaking from New York.

"I wasn't in on the technical comittee meeting that set the standards. It can't be based on an exceptionally good 1991, either, because only 32 men ran faster than 3:36.50 for 1,500 that year."

It looks very likely that only two countries will have three men in the 1,500 at Stuttgart.

Last year, Kenya qualified nine and Germany and the USA three, while Spain, Morocco and Italy had two each.

That leaves just nine A standard athletes from the rest of the world!

**NEXT WEEK: MAKE LIFE EASY — RESERVE**

# EDITOR OF Athletics Weekly

But rest assured – older readers are not being neglected in our new 64-page format. Our commitment is to:

- Deliver an unrivalled results service.
- Bring you the very best in interviews on the domestic and world scene.
- Offer the best and most comprehensive coverage of athletics meetings.
- Produce the highest quality news service.
- Convey the latest research and advice on coaching.

Each week our commitment to existing and the many new readers remains unchanged – to give you the very best in athletics journalism.

Thank you for your support.

*DAVID CLARKE*
Editor

# Veterans set to discuss affiliation proposal

**THE British Veteran Athletic Federation's AGM will be held at the Monkton Stadium, Jarrow, on Saturday at 6.15pm, following the first day of competition.**

**Among items being debated will be a proposal from treasurer David Coward that the BVAF affiliate directly to the BAF (at present, only veteran clubs are affiliated, together with members' own first claim club).**

**A motion to be proposed by BVAF chairman Keith Whitaker, on behalf of Northern Vets, will suggest that veteran championships sponsored by the BVAF will be open to all veterans, whether they are affiliated to a veteran club or not. Non-members will be asked to pay a small extra entry fee to cover costs.**

**Following the resignation of Dave Walsh as vice-chairman responsible for road events, the BVAF does not have any nominations to hand for that post in advance of the AGM. All other officers are unopposed.**

## GATHERING STRENGTH

***ATHLETICS Weekly*'s PB club is going from strength to strength, with national coaches turning to it to supplement their ranking lists.**

**In all events established names are easy to follow, but those breaking through often go unnoticed. With the advent of the PB club that's not the case any more.**

**Editor David Clarke said: "If it encourages athletes that's good and if it helps them make themselves known to selectors and national coaches, that's even better."**

# CLUB ATHLETE OF THE WEEK

**ANDY CATTON**

**ILFORD AC**

ANDY CATTON has been a great servant to Ilford Athletic Club, and he has recently joined the veterans ranks, wasting little time in tasting success.

The Essex man became the latest winner of the popular Brugge Veterans 10km in Belgium, defeating a field of 391 to help the UK team of Alun Roper and Martin Malcolm to team victory. His time of 31:32 gave him a 17sec lead over Welshman Roper.




But winning is nothing new to Catton, who joined Ilford over 30 years ago, and quickly began rewriting the club record books. His performances have brought him club records over 3,000m, 5,000m, 10,000m and the marathon, not to mention the odd international appearance.

And his services to Ilford are not restricted to his appearances on road, track and country, for Catton is also the club's general secretary, men's track and field secretary and race organiser of the Ilford 10km.

**● If you have a nomination for Club Athlete of the Week, please telephone 0733 261144 or post the details to *Athletics Weekly*, Bretton Court, Bretton, Peterborough, PE3 8DZ.**

# First champs batch is named

EUROPEAN Cup representatives Neil Winter and Katharine Merry are among the first batch of athletes named for the European Junior Championships, to be held in San Sebastian, Spain, from 29th July to 1st August.

The team, which will be finalised on Saturday after the Panasonic AAA Champs, consists of 19 men and 11 women, although Allyn Condon, part of last year's World Junior gold medal sprint relay team, has been selected subject to proving his fitness by 19th July.

The team named so far is as follows:

**MEN:** **100**: Ekike Wodu; **200**: Allyn Condon; **400**: Guy Bullock; **800**: Justin Swift-Smith; **1,500**: Neil Caddy and Rob Scanlon; **5,000**: Darrius Burrows; **3,000SC**: Daniel Furmidge; **110H**: Kevin Lumsdon and James Hughes; **400H**: Noel Levy; **PV**: Neil Winter; **LJ**: Carl Howard; **TJ**: Larry Achike; **DT**: Robert Russell; **DEC**: Gavin Sunshine; **3kmW**: Philip King; **4x100**: Ejike Wodu, Danny Joyce, Allyn Condon; **4x400**: Guy Bullock, Allyn Condon, Nicholas Budden, Noel Levy.

**WOMEN:** **100/200**: Katharine Merry and Sophie Smith; **3,000**: Heidi Moulder; **100H**: Diane Allahgreen; **400H**: Alison Curbishley; **LJ**: Joanne Dear and Ruth Irving; **DT**: Emma Merry; **JT**: Kirsty Morrison; **4x100**: Katharine Merry, Sophie Smith, Diane Allahgreen, Debbie Mant.

The team for the junior international against Italy on 28th August will be named on 9th August.

## ARMCHAIR ATHLETE

**ITV**
**Friday 16th July:** 8pm-9pm: Panasonic AAA Champs.
**CHANNEL 4**
**Friday 16th July**, 8.55pm-10pm: Panasonic AAA Champs.

**A COPY OF OUR AWARD-WINNING MAGAZINE . . .**

# AAA: YOUR GUIDE TO

## MEN

### 100m

LINFORD Christie is flying at the moment. Having equalled the UK allcomers' record (10.06sec) in Edinburgh, he plans an assault on a national sprint double on his way to the World Championships.

In his wake, battles for the first leg relay spot will rage between AAA indoor 200m champion Jason John, Darren Braithwaite and Marcus Adam.

### 200m

DURING the USA match John Regis ran the fastest furlong ever seen in Britain and sincerely believes he can conquer the world in Stuttgart. He is in no mood to play second fiddle to his national captain.

Regis' closest rival at the British Championships was Darren Campbell, world junior silver medallist over 100m and 200m.

### 400m

DAVID Grindley was only third here last year (45.41), to Trinidadian Alvin Morris (44.84) and Derek Redmond (45.14). But the Wigan athlete is easily in form to take the title this year.

Du'aine Ladejo will be anxious to build on his British title (46.14).

### 800m

CURTIS Robb was the new hero last year. Now there's a gaggle seeking revenge **(see "Who cares, wins" on page 28)**.

### 1,500m

KEVIN McKay went on to reach the Olympic Games semi-finals after winning here last year. He has been struggling this year with only a good run at the Emsley Carr Mile to his credit.

Other contenders include Matthew Yates, Simon Fairbrother and David Strang.

### 3,000m

ROB Denmark could turn out in this one if the foreign opposition looks like it will give him a hard time.

### 5,000m

ROB Denmark is by far the favourite, but will probably not run this distance. So it could be down to Jon Brown (13:19 in Lille) or John Nuttal.

Steve Cram, beaten by Jon Brown for the British title, has since restored his confidence over a mile in Belfast.

### 110H

ONE name stands out — Colin Jackson. Tony Jarrett (remember, the closer Briton to an Olympic medal in this event in Barcelona) is an ever-closer heir apparent to the Welshman's crown, running the same time as him in Stockholm.

### 400H

KRISS Akabusi could hardly have 'retired' at a less appropriate moment with Jon Ridgeon and Brian Whittle injured and the rest still learning.

Gary Cadogan, who has crashed his way to Inter-Counties and British titles, will be particularly keen to complete his hat-trick. But Peter Crampton won't let him have it all his own way.



**John Regis: In no mood for second best.**

### 3,000SC

TOM Buckner will be looking for a happy return after his sixth place in the European Cup. This was where a runner-up spot to Colin Walker last year earned him Olympic selection. Tom Hanlon is coming into form slowly.

### HJ

STEVE Smith suddenly needs to remind all he was world No.1 last year (with the 2.37m with which he won the World Junior Championship), after his 2.28m exit in the European Cup.

Dalton Grant, who reckoned he should have been in Rome after winning the British championship (2.25m), will once again head the list of Smith's challengers along with Inter-Counties champ Brendan Reilly.

### PV

DIRECTOR of coaching Frank Dick believes we could have three 5.50m vaulters by the end of this year. Neil Winter is favourite, although Abilene-based Mike Edwards must not be ignored.

### LJ

BARRINGTON Williams won the Inter-Counties with a windy 7.91m. Ian Simpson pipped Fred Salle for the British title at 7.55m on countback. Then Salle went to Rome for the European Cup. It's that open.

### TJ

JONATHAN Edwards is a totally different man since he bombed out of the Olympic qualifiers with 15.76m. Having won the World Cup in Havana with 17.34m, he has come to expect to be up there near the front — and led the European Cup competition until the last round.

That said, Tosi Fasinro beat him in the British Championships with 17.30 (having finished fifth in Birmingham last year with 15.96). The competition will be keen again.

***HERE IS a run-down of the form and fitness of Britain's athletes chasing titles and World Championships***

### SP

PAUL Edwards remains in a class of his own.

### DT

ROBERT Weir, the Birchfield Harrier who has returned from American football, truly gets back home to battle for this title against Darrin Morris, who beat him for the gold medal at the British Championships.

### HT

PAUL Head continues to dominate the British scene. Having hurled a CBP 73.44m at the Inter-Counties, he went on to add the British title, then finished fifth in the European Cup.

### JT

MICK Hill, who was upset to finish third in the Stockholm GP meeting last week, will be determined to put on a show for a crowd that will be suffering withdrawal symptoms with the absence of Steve Backley.

**NEXT WEEK: OUR TOP TEAM WILL BRING YOU THE**

# THE LIKELY WINNERS

***places at the Panasonic AAA Championships at Birmingham's Alexander Stadium this Friday and Saturday.***

## WOMEN

### 100m

BEV Kinch, the British champion in 11.37sec, will be favourite to continue to lead the resurgence in female sprinting. Of the youngsters, Marcia Richardson looks the greatest danger; while Geraldine McLeod will relish being in her home surroundings after making her GB senior debut against the USA.

### 200m

KATHARINE Merry ran superbly to win her first senior title at Crystal Palace last month in a PB 23.20sec and let nobody down by finishing sixth in the European Cup. But Merry was as conscious as anyone that Olympic semi-finalist Jenni Stoute was missing on both occasions.

### 400m

LINDA Keough was the European Cup revelation when Phylis Smith had to withdraw at virtually the last minute through illness. Having won the national indoor 800m title on her comeback from injury, Keough is still not sure which is her best distance.

### 800m

NEW discovery Kelly Holmes followed her victories in the Inter-Counties and British Championships with a victory in the DN Galan GP in Stockholm last week, suggesting Diane Modhal might have a challenger down the finishing straight.

### 1,500m

THERE are so many injuries and absentees (largely because of the World Student Games) that it's difficult to see beyond Yvonne Murray and Alison Wyeth. Jayne Spark, the northern women's cross country champion, won the British 1,500m.

### 100H

SALLY Gunnell won this title last summer on her way to Olympic glory. Jackie Agyepong will be a threat. She has been convincing, fluent and consistent, finishing second in the European Cup in 13.17sec and winning the British Championship in 13.22 sec.

### 400H

GOWRY Retchakan is an excellent stand-in for Sally Gunnell. Winner of this title 12 months ago, she reached the Olympics semi-finals and then took second place in the World Cup.

### HJ

DEBBIE Marti v Jo Jennings could be as fascinating as Smith v Grant (v Reilly) among the men. Marti, the 25-year-old from Bromley, won the British title with a championship best 1.90m, but was then overlooked for the European Cup, in which Jennings cleared 1.90m.

Intriguingly, though, Marti spent that afternoon reaching 1.91m in a domestic competition. So 23-year-old Jennings, who has been striving to improve on 1.90m for five years, needs a victory to prove the Rome selectors were right.

### LJ

ALTHOUGH she married in the winter and now lives in Italy, Fiona May has the British bit between her teeth this season. The 23-year-old equalled her PB of 6.73m in taking third place in the European Cup, having won the British Championship at windy Crystal Palace with 6.67m.

Yinka Idowu pushed her all the way at the Palace, finishing just five centimetres behind the champion, but will not be nearly so close this weekend. Oxford's 21-year-old is at the World Student Games in Buffalo.

**● Tickets are available by calling the credit card hotline on 021 643 2514. Admission prices range from £4 to £15 for adults and £1 to £6 for children and pensioners.**

### TJ

BUFFALO's gains are Birmingham's losses in this event. Michelle Griffith, the Commonwealth No.1 since she leapt 13.72m to win the British title, is at the World Student Games along with Connie Henry, silver-medallist at Birmingham last summer.

This gives Rachel Kirby a perfect chance to take the title back to Hounslow. Kirby won the AAA title last year with 13.09m, extended to 13.52m to add the national indoor gold medal in February, and was second to Griffith (with 13.36m) at the British Champs last month.

### SP

MYRTLE Augee is in a class of her own, much as her predecessor Judy Oakes used to find herself — especially with last year's silver medallist Yvonne Hanson-Nortey still not back in action after an operation in the winter. Augee won the British title 1.23m ahead of her nearest rival, Maggie Lynes, who took the AAA bronze medal 12 months ago.

Lynes and 20-year-old Scot Alison Grey will fight it out for silver and bronze, with British Championships bronze medallist Sharon Andrews at the World Student Games.

### DT

THERE'S a fine chance for someone to make a name for herself here with last year's gold and silver medallists Jackie McKernan and the aforementioned Andrews in Buffalo. Debbie Callaway, who celebrates her 29th birthday tomorrow, is favourite to finish top Briton on form: she was second to McKernan in the British Championships.

### JT

THIS event is still seeking an identity since the retirements of Fatima Whitbread and Tessa Sanderson. Sharon Gibson, the oft-forgotten third Briton at a couple of Olympics, has won this year's British title and is eager to qualify for the World Championships.

To add to the nostalgia, former international Diane Royle has made a comeback (and was fourth at Crystal Palace). But it was the new generation that pushed Gibson hardest.

Mandy Liverton — still only 20 — took the silver medal at the Palace, only 42cm behind the Notts thrower; and Kirsty Morrison, only 17, from Medway, was third with a PB 53.84m. Another youngster, Karen Martin from Derby, will be keen to build on last year when she reached the World Junior Championships.

**MOST COMPREHENSIVE COVERAGE OF THE AAA . . .**

**Athletics Weekly in association with Post Office Counters, outlines the technique of being able to run middle distances with analysis from National event coach Norman Poole. Pic by ALLSPORT**

# GOING THE DISTANCE

Post Office ATHLETICS COACHING
GIVING BRITISH SPORT A WINNING CHANCE

**TO succeed in the middle distances you must be in condition to meet both the running and racing demands of the event. There are many ways of achieving this and you have to find the particular method which suits your strengths and weaknesses best.**

## PROGRESSIVE MULTI-PACE TRAINING

| HILL SESSION | 400m PACE | 800m PACE | 1,000m PACE | 1,500m PACE | 3,000m PACE | 5km PACE | 10km PACE | |
|---|---|---|---|---|---|---|---|---|
| 2 | 1 | 1 | 1 | 1 | | | | 800m ATHLETE IN MARCH |
| | 2 | 2 | 2 | | | | | 800m ATHLETE IN JUNE |
| 1 | | | 1 | 1 | 1 | 1 | 1 | 1,500m ATHLETE IN MARCH |
| | 1 | 1 | 2 | 2 | | | | 1,500m ATHLETE IN JUNE |

**Number of major training sessions run at a particular pace during a 2 week period**

## TRAINING

THE middle distance events incorporate a greater combination of speed and endurance than any other event.

When preparing athletes for competition there is no better method that I can recommend than the multi-pace system. In the Table (above) I have given examples of the pace of six major training sessions suggested during a two-week period in March and then in June for both an 800m and a 1,500m athlete.

As we progress from March towards June the longer slower sessions are gradually dropped in favour of the shorter distance racing paces. Many of these sessions may be of the repetition/interval type, ie repetitions or a given distance with sufficient recovery interval to allow the prescribed pace to be maintained.

For example an 800m session could be two sets of 4x200m repetitions with 30sec recovery interval and 20mins recovery between sets. An 800m athete with a PB of 2mins should be capable of running these 200m repetitions at an average of 30sec each.

## RUNNING TECHNIQUE

MANY of our middle distance athletes come from a cross country and long distance running background.

Much of their early training can involve a lot of slow running when style/technique can singularly adapt to a heel first contact with the ground. ie they always run on their heels.

Such athletes are therefore restricted in terms of sprinting and change of pace. I recommend from an early age that athletes regularly practice mobility exercises around the ankle along with middle distance technique drills at speed.

These include 25m of high knees, 25m of heel flicks and 25m fast strides with walk back recovery.

These drills should demonstrate well controlled flowing movements — no awkward jerking or side-ways action, at two knee lifts per second with the emphasis on landing lightly on the toes while moving briskly down the track.









**CHANGE OF PACE KINGS: Ovett, Cram and Coe**

## BRITISH RECORDS

| | | | |
|---|---|---|---|
| **MEN** | | | |
| **800** | Sebastian Coe | 1:41.73 | 1981 |
| **1,500** | Steve Cram | 3:29.67 | 1985 |
| **WOMEN** | | | |
| **800** | Kirsty McDermott/Wade | 1:57.42 | 1986 |
| **1,500** | Zola Budd | 3:59.96 | 1985 |

It is very much like modified sprinting without the associated stresses and strains and does help to eliminate heel first contact problems.

## SPEED

THE first 400m of world class 800m races are run very quickly; 55.73 for the women's and 49.99 for the men's Barcelona finals and inevitably demand that successful athletes have several seconds in hand at this point, ie they are capable of running 400m much faster.

Three of the finalists in the men's 800m final in Barcelona had 400m PBs inside 46sec and four of the women finalists boasted 400m PBs inside 51.4 sec.

Over 1,500m the requirements for basic speed are not as great but the ability to change pace as Ovett, Coe and Cram have demonstrated in the past is a powerful weapon in the armoury of the elite middle distance athlete at major Games. In more recent times Fermin Cacho and Nourredine Morcelli have also shown that they possess superior changes of pace.

## ENDURANCE

TOP class 800/1,500m athletes do require a sound training base of aerobic endurance, but do not necessarily have to be capable of international class performances in the more traditional endurance events. Said Aouita has been one of the rare athletes to spread his talents across the 800m to 10km range as has Ann Williams with 1:59 for 800m and 33:00 for 10km.

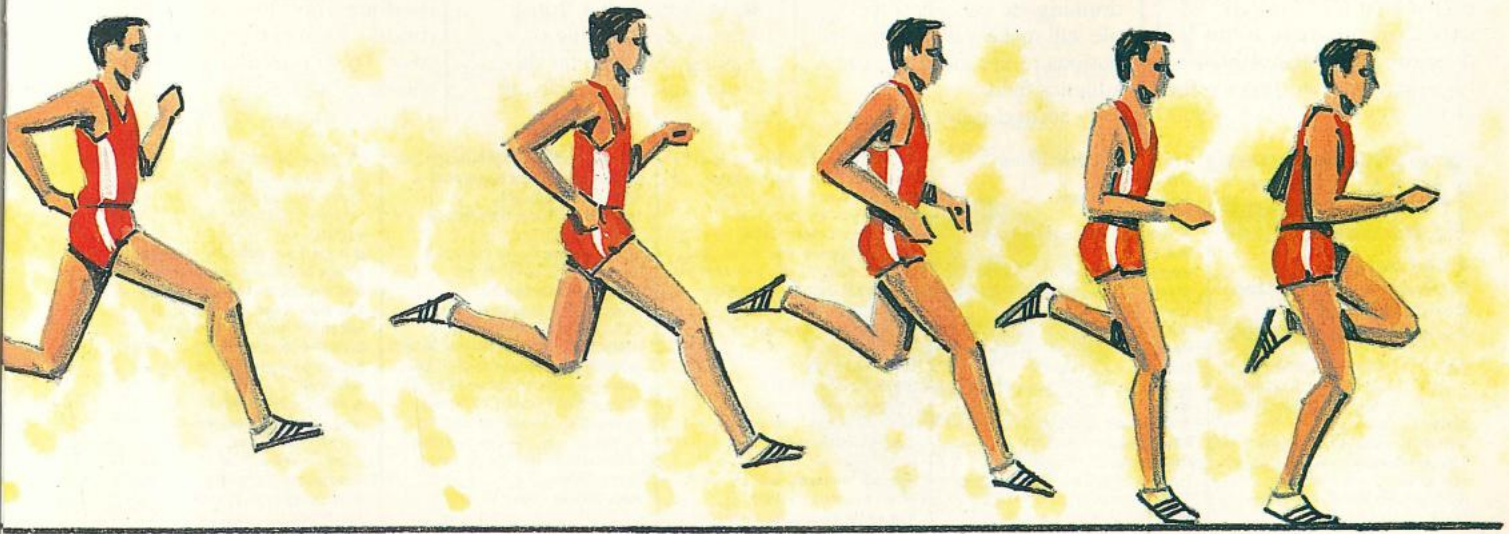
Of greater importance is the ability to demonstrate high levels of endurance within the context of their own event. In the early qualifying rounds of the men's 800m in Barcelona the greatest changes in position of the eventual qualifiers occurred in the final 100m of the race.

In order to achieve a winning capability or strength in the final stages of a middle distance race athletes inevitably have to be well conditioned and incorporate specific training which accounts for this. For the 800m athlete occasional fast training efforts over 1,000m are useful in this respect.

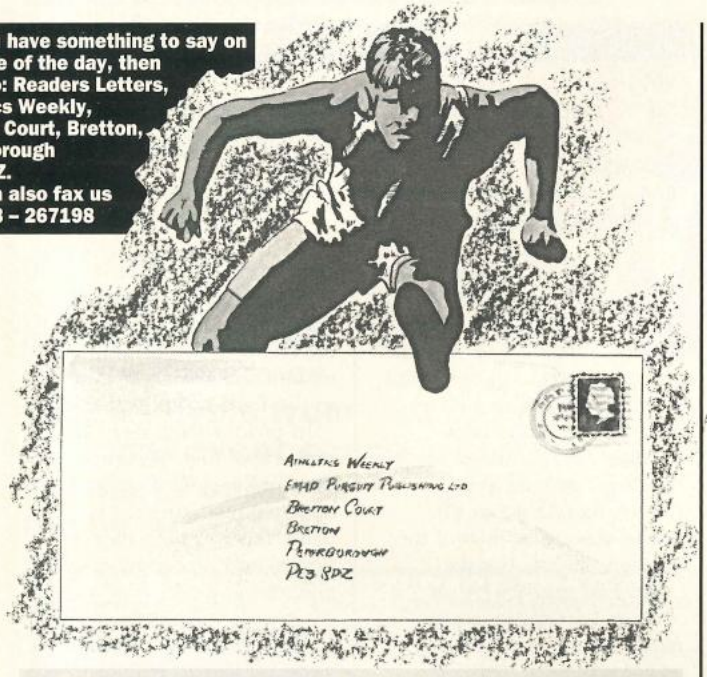
## TIPS

**USE the training table as a general guide only and try to incorporate training of various speeds during any one training session. This, of course, reflects what will be found in competition.**

- **Hill training which emphasises endurance aspects in the winter months can be modified, ie reduced in volume and increased in speed, to highlight power/speed aspects during spring.**
- **Try to vary the surfaces on which you train to avoid injury and boredom, eg tartan, cinder, grass, beach.**



**● If you have something to say on an issue of the day, then write to: Readers Letters, Athletics Weekly, Bretton Court, Bretton, Peterborough PE3 8DZ. You can also fax us on 0733 – 267198**







**If your letter is published, you will receive a free tube of Ralgex cream. The star letter writer receives a Ralgex sports bag, full range of products and a sports towel.**

## Claim for decision

I WRITE as an outlet for my feelings after suffering for months at the hands of the few who work under the name of the first claim committee of the South of England Athletic Association.

My club are the rising stars in Essex and, due to our successes, the membership has risen dramatically with many class athletes applying to join us first claim.

We have over the last few months toiled against the SEAA to make decent decisions (or any decisions at all) as regards the first claim status of numerous athletes within our club.

The SEAA always uses the excuse that it is a purely voluntary organisation. If this is the case, the British Athletics Federation should finance the SEAA.

It would be nice to think BAF would perhaps stop lining the pockets of top athletes and look after the clubs who supply the cash to run their organisation.

**Dave Wright, Chairman, Colchester Joggers.**

## Smokers' defence

I AM writing in response to two items in *Athletics Weekly* of 16th June.

Firstly regarding Mr R Scott's views on smokers at athletics venues. Any coach or official who volunteers his/her time to athletics should be thanked not criticised. No one is perfect in this world and people from all walks of life have bad habits such as nail biting, eating fatty food, drinking etc etc. These people still make valuable contributions to life including the athletics field.

My second point is about Wilf Paish's article, 'The Way Ahead'.

Sports hall athletics is a nationally organised sport which works with and supplements the BAF by introducing youngsters to the principles and techniques of athletics in a controlled, friendly environment which can then be developed on track and field into the athletics understood by the public.

I totally agree that mass participation on a one-off basis is not the way to develop athletics and also agree that finance should be directed to sportshall athletics and clinics where a controlled series of sessions can instil an interest and an ability in our sport before a youngster is lost to a high profile sport such as football..

Perhaps Mr Paish can suggest how clubs with the willingness but not the finance can carry out the scheme without equipment and facilities.

**H McCurrach, Sheffield.**

●*Regional sports councils have been known to help in this respect.*

## Euro Cup critic

YOUR European Cup report makes astonishing reading because of the revelations of poor selection and feeble management. My criticisms of the selectors are:

● Why choose Tom McKean for the 800m? Martin Steele was obviously the man in form and had recently decisively beaten him.

● Curtis Robb is a novice at 1,500m (he lost another place and point by easing up on the line) and, if he is under pressure as a medical student, shouldn't he be left to his studies.

● As there isn't a British 10km runner capable of breaking 28min so far this season, any reasonable athlete bar Eamonn Martin should have been put in, leaving him fresh for the World Championships. Now his appearance is in doubt.

● Having a jump-off the weekend before the competition helped no-one. Of the high jumpers, Dalton Grant deserved to go and is more experienced, but even he would have been affected although perhaps not as much as poor Steve Smith.

● Yvonne Murray may be a cut above domestic 1,500m runners, but is out-gunned internationally. Here was a chance to "blood" a newcomer and leave Murray to her speciality.

● As for management! What other country would allow the team captain, no less, to arrive the day before the competition started. How unfair to the relay squad to be unable to practice until Linford Christie "offers his services". Their subsequent performance was remarkable — how they would have been castigated if they had done a Frankfurt.

● Kriss Akabusi "waited a week before confirming his participation" — not much thought for Gary Cadogan who may have had a late call, was there? A firm "yes" or "no" was required and should have been demanded.

● Curtis Robb was unwell and thought of withdrawing. A PB under the circumstances was great, but it didn't get the points required. Was there a reserve available?

The outstanding performances of the competition came from Linda Keough and Suzanne Rigg. It is nothing less than disgraceful that one should be given only 15 minutes notice of participation and the other expected to perform after nine and a half hours of travel the previous day. To gain third and fourth placings was truly heroic.

To paraphrase Frank Dick:


Athletics Weekly

**EMAP Pursuit Publishing Ltd, Bretton Court, Bretton, Peterborough, PE3 8DZ**

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**Advertisement production:** Lesley Mitchell
**Product manager:** Grainne Jones
**Publisher:** Keith Nelson
**Typesetting:** Goodfellow & Egan Phototypesetting (Peterborough) Ltd
**Colour origination:** Goodfellow & Egan (Peterborough)
**Printed by:** Pindar Graphics plc, Scarborough
**Subscriptions:** Tower Publishing Services Ltd, Tower House, Sovereign Park, Market Harborough, Leicestershire, LE16 9EF. Enquiries & Orders 0858 468811. Credit Card Hotline 0858 468888. **Rates:** Standard UK £46, overseas surface mail and Eire £69, airmail Europe £72, airmail zone 1 £97, airmail zone 2 £105. Six-month subscriptions available at half annual rate. Credit card orders welcome.
**Back issues:** Price £1.50 (UK), £2.50 (overseas surface mail), overseas airmail rates on request. From: Back Numbers Dept, EMAP Consumer Magazines, PO Box 500, Leicester, LE99 0AA. Tel: 0858 410510
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## Time to call-up the reserves

I READ with interest Sharon Dixon's letter concerning qualifying standards, which sparked off a related issue in my own mind.

Whenever we enter county and regional championships we are faced with cut-off points. Quite sensible.

However there are always competitors who are "knocking on the door" who need a good quality event to break into the higher level of competition.

Perhaps it would be possible to use a reserve system as adopted for many years by the cycling fraternity. To elaborate further:

1—Each competitor specifies on their entry form if they wish to be nominated as a reserve should they not make the cut.

2—When entered as a reserve the competitor can choose whether or not to travel on the day. Since most would have a team travelling, this should not be a problem.

3—If they turn up and do not get to compete, their entry fee is returned.

4—If they do not turn up, then the entry fee is retained, generating further revenue from the event.

The number of reserves would need to be limited to a sensible level.

Judging from the turn-out rates at many events, a lot of competitors will get a chance when they would otherwise not have been able to compete.

**Tim Ellis, Basingstoke & Mid Hants AC**

This kind of organisation should encourage kids to avoid athletics.. The courage and dedication of our athletes is beyond question.It is a pity officialdom cannot show the the same qualities!

**Ronald Peck, Birmingham.**

● *Who would be a selector, trying to forecast such varied human frailties.*

## School standards

I READ with interest John Whitley's letter 30th June suggesting a lowering of ESAA standards. Mr Whitley may be interested to know that I have coached an intermediate sprinter, Jacqiu Street, for the last five years. She currently ranks in the top 20 at 200m in the UK, has achieved the ESAA entry standard on five occasions, ranks fifth in the MIdlands, is a member of the Midland Youth Elite Squad, and yet was not selected by the West Midland Schools AA for the ESAA Championships at Blackpool.

This is not because the West Midlands SAA had too many athletes achieving the entry standard. On the contrary, they selected several athletes who had not achieved the standard this year, in preference to Jaqui.

The reasons are clear to me. It's all about being top county, ie winning points. The West Midlands took only five intermediates to the champinonships from a team total of 70, and concentrated on winning other age groups. The talented athletes' interests are ignored at the expense of county ambitions.

Standards in the West Midlands therefore mean nothing. Lowering the standards is not the answer. In the search for excellence, standards must be maintained, and achieved to ensure that the best compete against the best in the showpiece of schools athletics.

**Roy B Humphries, Coventry Godiva**

● *Surely only the best can survive at "the Kids' Olympics".*

## Herne Hill mourn

HERNE Hill Harriers have recently lost three of their oldest members:

On 8th May W C 'Bill' Turtle at the great age of 95 died at his home in Anglesey. He had joined the club in 1922 and been a prominent member of the walking team throughout the 1920s and 1930s. He was also a regular competitor in London Business Houses (representing Waterlow and sons) and Essex County Championships. He was part of Herne Hill's bronze medal winning team in the RWA 10 mile Champioship in 1927 and as an individual placed eighth in the 1929 race and fourth in 1930.

On 1st June Francis O'Sullivan, a member since 1927, passed away in Epsom aged 88. He represented Great Britain in the European Games Marathon in Paris in 1938, placing 13th, having finished third in the AAA Marathon that year. He won the Finchley 20 in 1937 with a record 1:53:46 and successfully defended that title in 1938. His 1937 race had won him selection for an internqational 25k race in Munich. In the AAA Marathon Champinonships he had placed fourth in 1934, second in 1936, with his best time of 2:38:17.8 and second in 1938.

Francis continued running well into the veteran stage, and lined up in three London Marathons.

On 9th June Arthur 'Titch' Stowers, a club member since 1930, died aged 83 in Greenwich Hospital. He had been a prominent member of the club's cross country and road team during the 1930s and was the club treasurer in the two years before the war, a position he returned to 50 years later in 1989 until ill health overtook him last year. For many years until his retirement, he had run a newsagents shop in Blackheath where he was a popular member of the local community.

**Kevin Kelly, Herne Hill Harriers.**

## Why few walkers?

THANKS to *Athletics Weekly* for a superb County Schools round up. It did leave me asking one question, however: Where have all the walkers gone? Only Leicestershire and Middlesex listed walk results!

In September the ESAA Championships take place at Stoke and I would like to know how other schools associations hope to attract walkers if they do not put the walk on at the county sports?

**Chris Smith, Leicester.**

● *That sounds like a good question.*

**Send your comments, views and opinions to Readers Letters, Athletics Weekly, Bretton Court, Bretton, Peterborough PE3 8DZ**

## 30 years ago

***In Athletics Weekly 13th July 1963***

●Running his seventh race in seven days, Derek Ibbotson won a 4.5 miles road race at Oldham in 22:42.

●A move by Airedale to cut the distances of Northern.cross country championships to world champs distanceswas defeated by one vote at the AGM.

## 20 years ago

***In Athletics Weekly 14th July 1973***

●Keith Stock failed to clear the opening height in the inter boys' pole vault as a deluge turned the English Schools Boys' Championships at Bebington into a farce.

● Sonia Lannaman ran a CBP 11.7w to win the senior girls' 100m at the English Schools Girls' Championships while Valerie Harrison (Lancs) high jumped 1.78m to move to fifth on the UK all-time lists.

LOOK BACK IN Athletics Weekly

## 10 years ago

***In Athletics Weekly 16th July 1983***

●A sprint double by Lincoln Asquith helped Birchfield to victory in the GRE British League Division One match at Alexander Stadium — and edged them ahead of Haringey with one match to go.

●Mike Whittingham (Herne Hill) stormed out of the GRE British League Division Four meeting after judges placed him behind the host club's Howard Moscrop in the 400H.

●Udo Beyer extended his shot putt world record to 22.22m as East Germany defeated USA 125pts to 97 in Los Angeles.

●Seb Coe won the Bislett Games 800m in 1:43.80, the third-fastest of his career; Peter Elliott was third in 1:44.98.

## 5 years ago

***In Athletics Weekly 15th July 1988***

●Neil Winter retained the English Schools junior boys' pole vault title at Yeovil with a 4.30m PB. Keri Maddox became the first inter ever to break 1min for 400H, her 59.7 taking 2sec off the CBP.

●Gary Cadogan won the 400 in 47.4 at the Inter-Counties Championships at Corby. Martin Steele won the 800m.in 1:50.7.

# WHO CARES, WINS

**Child care officer Martin Steele bids for a World Championship place a year after quitting athletics. TREVOR FRECKNALL explains. Pics by ALLSPORT**

WHAT a difference a caring call makes. Martin Steele gave up athletics in despair after the Barcelona Olympic Trials. This weekend at the Panasonic AAA Championships in Birmingham, he will be among the favourites to win a place in the GB team for the World Championships.

It's a transformation that owes most to his own Yorkshire grit; but he also acknowledges a little help from former javelin world record holder Fatima Whitbread.

The fact that she cared meant much to Steele when his form and energy mysteriously deserted him last summer.

Steele, who works as a residential child care officer looking after offenders aged 13 to 17 in Dewsbury, had made a marvellous start to 1992.

He won the AAA indoor 800m championship ahead of Brian Whittle and David Sharpe in 1:47.78, then finished fourth in the European Indoor Champion-ships in 1:47.23, only 0.01sec away from a bronze medal.

But come the summertime, it all went horribly wrong. "Looking back," he says, "I must have picked something up because it got to the stage where I was struggling to run 1:49.

"I never had tests or anything like that. It was just a drastic loss of form. I'd been running since 1984 and never had, touch wood, any major injuries and serious illnesses



## PERM ANY THREE FROM...

**THE chase for 800m places in Great Britain's team for the World Championships will be fiercer than in most other events in Birmingham. Among Martin Steele's chief rivals will be:**

### TOM MCKEAN

THE world indoor 800m champion won over two laps in the GB v USA match at Meadowbank to quell some of the critics who said he should not have been selected for the European Cup before he had confirmed his fitness.

### DAVID SHARPE

MISSED out on last year's Olympics, then came good by winning the World Cup 800m in Havana. Had his training slightly hampered by a knee problem a few weeks ago; but his biggest difficulty now seems to be tactical in that he is giving himself to much to do on the second lap.




**Tom McKean, David Sharpe and Martin Steele are all in with a shout for World Championships team spots**

### STEVE HEARD

THE 31-year-old from Wolverhampton and Bilston will be eager to improve on last summer, when he reached Barcelona as "the third man" but went out in the semi-finals, finishing sixth in 1:46.19.

### CURTIS ROBB

THE revelation of 1992 (he was a brilliant sixth in the Olympic 800m final after winning the Panasonic AAA Championship title) ran a PB 3:38.56 in the European Cup 1,500m despite looking lethargic.

### ANDREW LILL

ALL OF the above will be looking over their shoulders towards Buffalo to see what the Inter-Counties champion conjures from the World Student Games. Selectors will give full consideration to outstanding youngsters when they decide who will go to Stuttgart.

so it was not at the forefront of my mind to wonder what was wrong."

It was when he struggled home eighth (in 1:47.78) in the 800m final at the AAA Championships that he reached the depth of his despair.

He recalls: "I'd started to fall apart just after the Euro Relays and at the end of the season, I was ready to quit.

"I was so disappointed I did not get to the Olympics, I actually took six weeks out, which is one of the reasons I had a poor indoor season. Until I came back from the World Indoors in Canada, I was really lethargic about training."

He was third in his 800m heat in Canada in 1:50.71 — hardly the form of a man who was about to lead the early outdoor season rankings in the UK, but a step in the right direction after his horrors of last autumn.

He says "a few things" persuaded him back into the old athletics routine, then specifies: "I spoke to Fatima. She was very, very good. She is very, very good.

"Initially, some people think she is too smarmy. She's not. She is genuinely a very nice, concerned person."

And persuasive. For after her call, Steele began running again — not spectacularly, but well enough for third place (3:46.95) in the TSB National Indoors in February.

Perversely, though, it was a disappointing third place in his 800m heat at the World Indoor Champs (in 1:50.71) that completed the restoration of his determination.

Whereas many people would have called it a disappointing day, Steele decided: "There is no way I am going to go out on that sort of race."

His self-analysis was brutal: "I made a fool of myself in Toronto. I ran like a novice."

But he's making up for it now. Victories in the Pearl British Championships (1:46.34, the fastest so far in the UK) and the Les Jones Memorial Games in Belfast (a PB 1:45.28) have restored all his old confidence.

**"The pressure is on them to beat me," he says, without under-estimating the opposition. "The quality may have fallen away from 1:43 times, but there are so many people running 1:45/46 that nobody can take anything for granted." He should know!**

He is quick to share the credit with the training regime, devised by Richard Hepworth, which does not differentiate between summer and winter.

The emphasis is on slightly more quality work. For example, Steele has not run more than 400m since the first week in May — except, of course, in competition.

For example, he ran 45 miles in the week a fortnight before his British Championship win at Crystal Palace. The quality sessions are: 10x200 with 200 jog recovery; 20x80 with walk back recovery; 15x150 with diagonal jog recovery; 8x200 with walk back recovery.

There is no comparison with the pattern he used to follow. "There was nothing less than a 400 rep," he recalls. "I do sessions like 3x600 in 87/90sec with 2min recovery or 4x400 minute on, minute off."

"It seems to be working," he says before nipping off to his actual work, where his colleagues help him to make arrangements to swap enough shifts so that he can nip off to the Bislett Games in Oslo.

Far from being a full-time athlete, Steele swallowed his disappointment at missing the 800m place in the European Cup to Tom McKean. He was watching on television at work when the Scot ran into third place in Rome.

He builds his training (around 45 miles a week) around a shift pattern at the young offenders' institution of something like: Friday, 3pm to 11pm; Saturday, 8am to 4pm; Sunday 3pm to 11pm; Monday 3pm until Tuesday 4pm.

The 25-hour shift, he explains, opens up an extra day for training.

"My workmates have been very co-operative. I tend to get more weekends off than other people. They watch me on TV and they're always good enough to congratulate me."

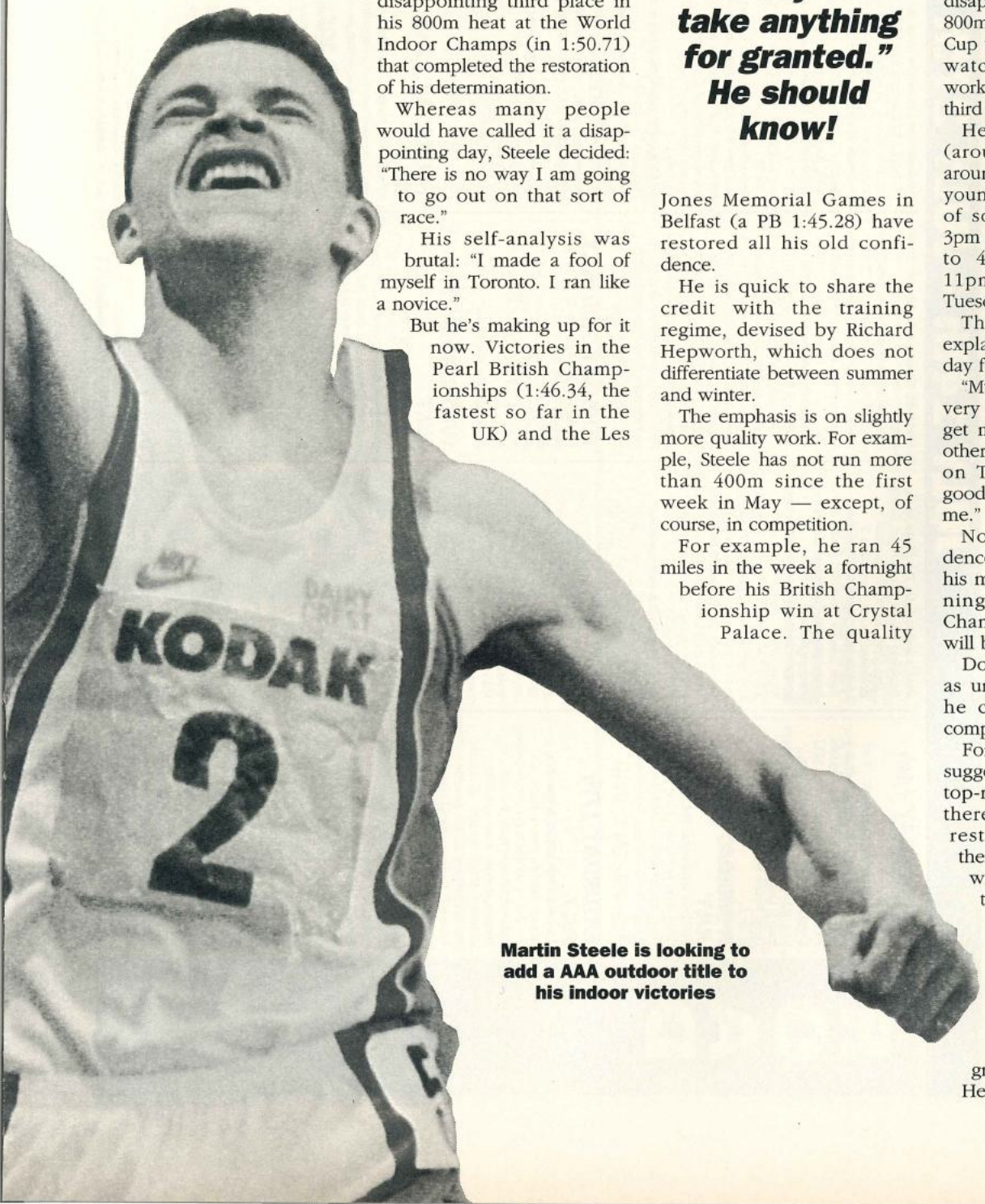
Not that his over-confidence is such that he has told his mates that he will be running in the World Championships. He says: "I will book a holiday for that."

Don't interpret the caution as uncertainty as to whether he can stay ahead of the competitive field.

For Steele is dismissive of suggestions that the country's top-ranking 800m runner is there to be shot at by the rest. "The pressure is on them to beat me," he says, without under-estimating the opposition.

"The quality may have fallen away from 1:43 times, but there are so many people running 1:45/46 that nobody can take anything for granted."

He should know!




**Martin Steele is looking to add a AAA outdoor title to his indoor victories**

# FIXTURES

## JULY 14th – JULY 27th

ROAD

### WEDNESDAY 14th JULY

**Clasic 5K,** Oundle School Peterborough (£2.00 entry Unattached +50p to Colin Bullock 2 The Paddock Woodnewton Peterborough PE8 5EL)
**Carol Mathews Memorial Relays,** Cosmeston Lakes County Park (Details from R Lewis 5 Drylla Southra Park Dinas Powys S Glamorgan)

### THURSDAY 15th JULY

**Southern Derbyshire TEC Sorporate Relay 4x1**, Markeaton Park, Derby (7pm. £8, payable to LARA) LARA, 38 Avenue Road, Duffield, Derbyshire DE6 4DW

### SATURDAY 17th JULY

**Arisaic-Mallaic RR 10 & Fun Run**, Arisaig, Mallraic Pier (1.30pm. £3, payable to Mallaig & District Swimming Pool Ass.) Robert Burt, 2 Louat Terrace, mallaic, Inverness-shire
**Elmore 7**, Elmore House, Chipstead, Surrey (2.45pm. £3.50, payable to Elmore 7. Closing date 7th July.) Race Adminstrator, 28 Church Lane Avenue, Hooley, Coulsdon, Surrey CR5 3RT
**Isle of Harris Half-marathon**, Tarbert
**Oundle International Classic Grand Prix 10km**, Oundle School (1pm/12noon. £5/£5.50 Unatt, payable to Oundle Road Runners. . Course record 30:46 A Graham) Colin Bullock, 2 The Paddock, Woodnewton, Peterborough PE8 5EL

### SUNDAY 18th JULY

**Aireborough 10km**, West Yorkshire (Part of Mizuno Grass Roots Series)
**City of Edinburgh 10km**, Meadowbank
**Croydon Recreation/Reebok Sisters**, Oaks Road, Croydon (10.15am. £3.50/£4 Unatt, payable to London Boro of Croydon. ) Pam Pilcher, Croydon Parks & Recreation Dpt, Crosfield House, Mint Walk, Croydon CR9 1BS
**Devil's Gallop & Up The Shore Race**, Bankfield House, Banks Road, Garston (2pm/3pm. £3.50/£4, payable to Bankfield House. Prizes first 2 men/women, first M40/W35/local) Race Director, bankfield House, Banks Road, Garston, Liverpool L19 8JZ
**Harbour Festival 10**, Irvine
**Hewlett Packard 5**, Hewlett Packard, Stoke Gifford, Bristol (11.30am. £3/£3.50 Unatt, payable to Hewlett Packard Ltd. Closing date 5th July. Prizes first 3 men/women/men team, first women team/M40/W35. Course record 24:21 M Cowman) Liz Foulnew, Hewlett Packard, Filton Road, Stoke Gifford, Bristol BS12 6QZ
**Luton Marathon & Half-marathon**, Wardown Park, Luton (9am) Luton Marathon, Luton Borough Council, Client House, 146 Old Bedford Road, Luton LU2 7HH
**Moreton-on-Lugg Brownies 6**, Moreton-on-Lugg Village Hall (11am. £2.50/£3 Unatt, payable to Moreton Brownies) Mrs B Jackson, Te-Arona, Studio Drive, Moreton-on-Lugg
**Nelson 10**, Nelson Inn, Suckley, Nr Malvern, Worcs (11am. £3.50/£4 Unatt/£5 on the day, payable to Cradley Road Runners. Prizes first 3 men/women/M40W35) Cradley Road Runners, c/o Birchwood Forge, Storridge, Worcestershire WR13 5EZ
**North Norfolk 5**, Holt, Norfolk (11am. £3.50/£4 Unatt. Closing date 12th July) J P Nichols, 3 a The Mews, Cross St, Cromer, Norfolk NR27 9DE
**Oxford 5**, Bradmoor Road University Grounds (11am ) Daniel Fisher, 36 Robert Franklin Way, South Serney, Glocs. G7 5VO
**Pacers 10**, Aldridge (Part of Mizuno Grass Roots Series. 11am. £3.50/£4 Unatt, payable to Oak Park Racers. Closing date 11th July. Prizes first 3 men/women, first M40/W35/team) Mr Tony Pagett, 31 Sandfield Farm, Lichfield Road, Brownhills, West Midlands
**Reebok Bushey Festival Quarter-marathon,** King George Recreation Ground, Chiltern Avenue, Bushy (3pm. £3.50, payable to Bushey Quarter Marathon. Closing date 4th July. Prizes first men/M40/M50/U18/women/W35/W45/U18/club. Course record 32:45 Patrick McGrath) John Hambleton, 12 Coombe Road, Bushey, Herts WD2 3SP
**St Ives 10km & Mayors Fun Run 3.5km**, St Ivo Outdoor Sports Centre (11am. £3/£3.50 Unatt/£1 extra on the day, payable to Huntingdonshire AC. Fun Run £1 on the day. Prizes first 3 men/women, first M40/M50/U18 male/W35/W40/U18 female) Mrs V Doggett, 7 Middle Watch, Swavesey, Cambs CB4 5RN
**Oxfam 5K,** Battersea Park Wimbeldon (Mens Womens And Vets entry £4.50 non-affiliated £5.00 Teams £18.00 £21.00 non-affiliated

### TUESDAY 20th JULY

**Forebanks/Beckenham 5,**
**Pegelly Sheds 6,** The Nobody Inn, Doddiscombsleigh(7.30pm. £1/£1.50 Unatt. Enter on the evening) Mr Dave Pressley, 22 High Street, Bradninch, Exeter EX5 4QL
**Round the Houses Race**, Saltcoats

### WEDNESDAY 21st JULY

**Lowerstoft Evening 10km,** Denes Oval, Lowestoft (7.30pm.£2/£2.50 Unatt.payable to Lowestoft AC. Closing Date 21st July.) W Bullock, 12 Stansfield Close, Oulton Broad, Lowestoft Suffolk.
**Dallam 10km** (7.15pm. £3/£3.50 Unatt, payable to Dallam SA. Closing date 17th July) N Hakeman, 20 Church Street, Milnthorpe, Cumbria LA7 7DX
**Meltham 'Maniac' Mile**, Wessenden Head Road (7.45pm. £2, payable to T Lyons. Closing date 10th July.) Race Organiser, 81 Wessenden Head Road, Meltham, Hudds
**Milnthorpe (Cumbria) 10**, Milnthorpe (7.15pm. £2.50/£3, payable to Dallam SA. Prizes first men/women/M40/W35/team. Course record 31:38 K Anderson)
**Prince of Wales Half Marathon,** Herringthorpe Rotherham (prize for first 20 entry £3.00 unattached £3.50 closing date 16 July no entrys on day the course is not suitable for wheelchairs)
**Riverside 5**, Brunswick Enterprise Centre ( 7.30pm. 2.50/£3 on the night, payable to Liverpool H &AC. Closing date 14th July. Course record 24:28 B Currie) Pete Simpson, 230 Moss Delph Lane, Aughton, Ormskirk L39 5BJ
**Rotherham Half Marathon,** Rotherham (6.30pm. £3/£3.50 Unatt.payable to Rotherham Harriers closing date 14th July) DJ Haywood 2 Bent Lathes Avenue, Rotherham, South Yorkshire S60 4BN
**Sri Chinmoy Runners are Smilers 2**, Meadows, Edinburgh
**Sunderland 5km**, Silksworth Sports Complex, Sunderland (7.30pm. £3/£3.50 Unatt, payable to Sunderland Harriers and AC) Kevin Carr, 14 Chantry Close, Chapelgarth West, Sunderland SR3 2SL
**Upton St Leonards Maniac Mile,** Portway Hill Upton St Leonards Gloucester (Entry fee £1.50 attached £2.00 Un-attached £2.50 on day Entry forms Alan Brown 30 Staltes Orchard Upton St Leonards Gloucter

### THURSDAY 22nd JULY

**Churchtown South 5**, Churchtown South, Nr Ballycotton, Co Cork (8pm. £1.50, payable to Ballycotton Running Promotions. Prizes first men/women/MJ/M40/M45/M50/M55/W35/W40/W45. Course record 23:40 Liam O;Brien) John Walshe, Ballycotton Running Promotions, Ballycotton, Co Cork, Ireland
**Tour of Mansfield**, Day 1, Meden Centre (7.30pm. 3.75M. £3/£9 series, payable to LARA) LARA, 38 Avenue Road, Duffield, Derbyshire DE56 4DW
**Winchester City Centre Road Run** Guildhall,Winchester, (11am. £3.50/£4 Unatt.) **Winchester City Centre Road Run** , Concept Sport, PO Box 16, Ramsey Hants. SO51 9ZU
**Wolvsey Hungarton Race**, Baggrave Hall (Formerley Hungarton 7. New course, just short of 7 miles

### FRIDAY 23rd JULY

**Tour of Mansfield**, Day 2, Manor Park (7.30pm. 4.1M, £3/£9 series, payable to LARA) LARA, 38 Avenue Road, Duffield, Derbyshire DE56 4DW
**Yate Town Races,** Yate Town FC (7.30pm. £2/£2.50 Unatt.payable to Yate Town Road Races Closing Date 23rd July) T Hulbert, 18 St Mary's Way, Yate, Bristol BS17 5AR

### SATURDAY 24th JULY

**International Snowdon Race 10**, Llanberis (2pm. £6.50, payable to Snowdon Race. Closing date 13th June. Course record 1:02:29 Kenny Stuart) Mr K Jones, 6 Blaen Y Ddol,Llanberis, Caernarvon, Gweynedd LL55 4TL
**John Oultram 10**, Tittensor, Stoke-on-Trent (3pm. £2/£2.50 Unatt, payable to John Oultram Memorial Fund. Closing date 20th July. Prizes first 15 men, first 3 women/M40/M45, first 2 M50, first M55/M60/W35/W40/W45/W50. Course record 48:38 D Black) John Reynolds, 7 Blythe Road, Forsbrook, Stoke on Trent, Staffs ST11 9BU
**Mizuno Heckington 10 & senior men's/senior women's 800/mile races** (3pm. £3/£3.50 Unatt/£1 track races, payable to Heckington & Distritc Agricultural Society. Closing date 12th July. Prizes totalling over £600) Mr S Bell, 5 Abbot Street, Lincoln LN5 7SN
**Tour of Mansfield**, Day 3, Mansfield Racecourse (6pm. 3.3M. £3/£9 series, payable to LARA) LARA, 38 Avenue Road, Duffield, Derbyshire DE56 4DW
**Yorkshire Wolds Half-marathon**, Bishop Wilton (The Finish Line, 81 Gillygate, York YO3 7EA

### SUNDAY 25th JULY

**Berkhamsted 10km,** Royal British Legion (11am. ££4. payable to RBL Race Acc.) SAE to Mr M Coopey, Race Organiser, c/o Berkhamsted Sorting Office. PO Box 1000, Berkhamsted, Herts HP4 1ZZ.
**Bradford 10,** Thackley Football Stadium, Ainsbury Avenue Bradford Yorkshire (Entry £3.50 ,£4.00 non club members commemorative result sheet +50p Engraved brass plate with name/time +50p entry on day £5.00 Cheques payable to Bradford 10 mile Account) Ron Bowes 20 Brackendale Parade, Thackley, Bradford West Yorkshire BD10 0SR
**BHHI Charity 10km**, Dulwich Park, London (10am. £4/£4.50 Unatt) C Spottiswoode, British Home & Hospital for Incurables, Brown Lane SW16 3JB
**Berkhamsted 10 & Fun Run 4km**, Royal British Legion (11am/10am. £4, payable to RBL Race ACC. Closing date 7th July. Prizes first 3 men/women. Course record 34:07 Julian Critchlow) Mr M Coopey, Race Organiser, c/o Berkhamsted Sorting Office, PO Box 1000, Berkhamstead, Herts HP4 1ZZ
**Bounders 10** , Kettlebaston, Suffolk (10am. Prizes first 3 men/women, first M40/W35/team) Race Director, Dockyeard, Kettlebaston, Ipswich, Suffolk IP7 7QA
**Dartford Half-marathon Dartford, Kent** (10am.£4/£4.50 Unatt. payable to Dartford Borough Council. Closing Date 5th July.) Ms N Lambert Dartford BC Civic Centre, Home Gardens, Dartford Kent DA1 1DR
**Donhead 5, 2 and 1**, Donhead Sports Club, Nr Shaftesbury, Dorset (11am. £2.50/£1/£1, payable to Donhead Sports Club. ) Mrs J Lucas, 19 Fairlane, Shaftesbury, Dorset SP7 8RT
**Falmouth 10, Falmouth Cornwall Mr Stan Gwynne,** Falmouth Road Runners, 102 Treverbyn Road, Golden Bank, Falmouth, Cornwall, TR11 5BS
**Garstang Half Marathon,** Garstang (£3.50/£4 payable to Garstang Half Marathon. Closing Date 18th July) D Clarke 3 Cock Robin Lane, Catterall, Garstang PR3 1YL
**Gloucester Carnival Half-marathon** Glauster Park(10.30am. £3.50/£4

◄

Unatt/entries on the day extra. Closing date for postal entries 19th July. Payable to M Beamish 38 Barlycroft Close, St Leonards Park, Gloucester.
**Great Ouseburn 10 & 2.5**, Great Ouseburn Village Hall (11am/10am. £3/£3.50 Unatt, payable to Great Ouseburn Village Hall. Closing date 18th July. Prizes first 6 men, first 4 women/M40, first 3 M50, first 2 M60/W35/W40. Course record 52:29 S Murdock) Ray Johnstone, 1 Worwood Terrace, Langthorpe, Boroughbridge, North Yorks YO5 9BJ
**Great Yarmouth East Coast Half Marathon**, J Paget Hospital (11am. £5/£5.50 Unatt. payable to Great Yarmouth Road Runners closing date 20th July) J Helmore, 21 Anchor Court, Southdown Road, Great Yarmouth
**Helensburgh Half-marathon**
**Lincoln Ultra Races 100km/50km**, Lincoln (8am. £7/£7.50, payable to Lincs Ultra Races. Closing date 1st July. Prizes first 2 men/women, first M40/W35. Course record 7:12:17 Don Ritchie) Mrs S Robinson, 9 Hartsholme Drive, Swanpool, Lincoln
Merry Hill Relay Challenge, Dudley West Mids.(10.30am. £10 payable to Merryhill Events) R Harereaves Pensnett Brierley Hill, West Midlands DY5 4RE
**Peterborough 5km**
**Tour of Mansfield**, Day 4, Oak Tree (10am. 5.5M. £3/£9 series, payable to LARA) LARA, 38 Avenue Road, Duffield, Derbyshire DE56 4DW
**Weald of Kent 10**, HMP Blantyre House, Kent (10.30am. £4.50/£5 Unaffil, payable to Hush heath Harriers. Prizes first 3 men/women, first M40/M50/W35/W40/team/unaff team. Course record 52:25 M Goddard) J Roddan, HMP Blantyre House, Goudhurst, Kent TN17 2NH
**Tour of Tameside Stage 1**, The Thomas Cook 11 mile run across Tameside Tameside Leisure Pool Hyde (Part of a series (26,27,29,30,31 July other dates) £19.95 to enter series closing date 5July information Tameside MBC Leisure Services Department Wellington Road Ashton-u-Lyne Tameside OL6 6DL )

## MONDAY 26th JULY

**Cable London Countdown Grand Prix**, Finsbury Park (7pm. £7 for all four races. payable to North London AC. closing date 19th July) I Wiggett, 67 Firs Park Avenue, Winchmore Hill, London N21 2PR
**Heaton Parkland Races**, Burn Closes (7pm £1/£1.50 Unatt. payable to Heaton Harriers.

# TRACK

## WEDNESDAY 14TH

**Avon League**, Cheltenham
**Cannock Open**
**City of Edinburgh Open Graded Meeting**, Meadowbank
**Cwmbran Open**
**Midland Vets League**, East Division, Leamington
**TSB Welsh Schools Cup Final**, Brecon
**Watford Open Graded Meeting**, Woodside Stadium, Horseshoe Lane, Garston, Watford (7.20pm. £1 per event, payable to Watford Harriers) The Organiser, 314 Watford Road, St Albans, Herts AL2 3DW
**Ealing & Southall Open Graded Meeting**, Perivale Park Greenford (enter on night £1.00 senior 50p other 0895 672657 further info)
**Tyneside Athletic League**, Open (entry on night)

## FRIDAY 16th JULY

**Panasonic AAA Champs**, Birmingham (until 17th)

## SATURDAY 17th JULY

**BVAF Champs**, Jarrow (until 18th closing date 21st June) John Charlton, 31 Lyndhurst Road, Nort Seaton, Ashington, Northumberland NE63 9SS
**British Schools International**, Dublin
**Harry Secombe Trophy**, Swansea
**Livingston & District Open Graded Meeting**, Craigswood
**National Vets Champs**, Jarrow (until 18th. £4 first event/£3 each subsequent event, payable to NEVAC. Closing date 21st June. No late entries. 23rd staging) John Charlton, 31 Lyndhurst Road, North Seaton, Ashington, Northumberland NE63 9SS

## SUNDAY 18th JULY

**Annandale & Eskdale DC Opene Graded Meeting**, Everholm, Annan
**Falkirk Young Athletes Meeting**, Grangemouth
**McDonald's Young Athletes League**, various
**Midland Women's League Division 5**, Telford
**National Young Athletes League**
**Shire Harriers Open**, Aberdeen
**Welsh Women's League Div 2**, Swansea

## MONDAY 19th JULY

**BMC Meeting**, Brickfields, Plymouth

## TUESDAY 20th JULY

**Police Champs**, Cwmbran
**Welsh Veterans League**, Barry

## WEDNESDAY 21st JULY

**Cambridge Harriers Open, Sutcliffe Park, Eltham Road, (**6.50pm. Entries on the night. £1.50 per event. Register 30 minutes before event Contact 081 304 8660 or 0831 895 543
**Midland Vets League**, Northern Division, Telford
**Swansea Open**
**Wirral Open**, Bebington Oval (6.45pm. 50p per event on the day) N A Waterson, 96 Heygarth Road, Eastham, Wirral, L62 8AF

## FRIDAY 23rd JULY

**TSB Games**, Crystal Palace

## SATURDAY 24th JULY

**Midland Men's League**: **Div 1**, Telford; **Div 2**, Leamington; **Div 3**, Dudley & Stourbridge; **Div 4**, Burton; **Div 5**, Bristol; **Div 6 North**, Cannock & Stafford; **Div 6 South**, Kettering
**Southern Women's League**, various
**TSB Scottish Combined Events Champs**, Glasgow

## SUNDAY 25th JULY

**British Gas Welsh Games**, Wales v Australia v England v International Select, Cardiff
**Camberley & District AC YA Track & Field Trophey** , Woking Athletic Track (U13/U15/U17 Male Female) SAE Mrs P Guthrie 129 Cumberland Rd, Camberley, Surrey GU15 1QX
**England v World Select**, Bedford
**Northern Women's League**: **Div 1**, Warrington; **Div 2**, Cleckheaton; **Div 3**, Carlisle; **Div 4**, Rydale, York; **Div 5**, Hull; **Div 6**, Jarrow; **Div 7**, Cudworth; **Div 8**, Blackpool; **Div 9**, Rotherham; **Div 10**, Hemsworth
**Notts Mini League**, Newark
**Old Gaytonians Open Graded Meet**, Bannister Stadium Uxbridge Road Harrow Middx
**Scottish Combined Events, Relays & 10,000m Champs**, Linwood
**UK Women's League**, Coventry
**Veterans Open**, Battersea Track London

## TUESDAY 27th JULY

**Barry Open**

# OVERSEAS

## WEDNESDAY 14th JULY

**Jeux de la Francophonie**, France (until 18th)
**Olympischer Tag**, Berlin, Germany

## SATURDAY 17th JULY

**Belgium v UK v Holland U20 Combined Events**, Belgium (until 18th)
**Holland v Wales v Belgium v Ireland U20**, The Hague, Holland

## MONDAY 19th JULY

**Cuidad de Barcelona Meeting**, Spain

## WEDNESDAY 21st JULY

**Nikaia Mobil Meeting**, Nice, France

## THURSDAY 22nd JULY

**Hungary v Wales v Austria v Slovenia v Slovakia v Croatia**, Hungary
**Lappeenrante EAA Meeting**, Finland

## SATURDAY 24th JULY

**Belgian Champs** (Until 25th)
**Nuuk Marathon, half-marathon & Mini-marathon 4.2km**, Greenland (2pm. Course record 2:29:12. Hilly course) Nuuk Road Runners Club, Naape, PO Box 1510, DK 3900, Nuuk, Greenland
**Russia v Great Britain v Germany U23 International**, Moscow, Russia

## SUNDAY 25th JULY

**Hechtel EAA Meeting**, Belgium
**Copenhagen EAA Meeting**, Denmark

## TUESDAY 27th JULY

**Salamanca EAA Meeting**, Spain

# FELL/MULTI TERRAIN

## WEDNESDAY 14th JULY

**Gibbet Hill 10K**, Lion green Haslemere (Closing date 7 £4.00 attached £4.50 unattached further info 0252 20105)
**Fryish Hill Race**, Evanton, Ross-shire

## SATURDAY 17th JULY

**Moal Siabod Fell Race**, Carnival Field, Capel Curig (2pm. £2.50/50p juniors. Prizes first 3 men/U16G/U16B/U12G/U12B, first 2 women/M40, first M50,W35) mike Cousins, Bryn Derwen, Capel Curig, Gweynedd
**Meal An-T Suidhe Hill Race**, Fort William

## SUNDAY 18th JULY

**Half Nevis Hill Race**, Fort William

## MONDAY 19th JULY

**Lochaber Cow Hill Race**, Fort William

## SUNDAY 25th JULY

**Aberystwyth Two Peaks 5** (S Rose, Ystwith Villa, Pontrhydygroes, Aberystwyth, Dyfed £2.50 attached £3.00 not)
**Ramsey Carnival Fell 3.5**, Ramsey T T Course (2pm. £2, payable to Manx Mountain Marathon Organisation. Course record 33:39 Steve Partington) Arthur Jones, 97 Silverburn Crescent, Ballasalla, Isle of Man
**Tour of Tameside** (until 31st. 6-stage event, including 6 mile hill race, 9 mile canal towpath race, 6 mile cross country, half-marathon, 11 mile road race & 7 mile road race)
**Twin Peaks 5.5**, Aberystwyth Promenade (12noon. £3/£3.50 Unaffil, payable to Aberystwyth AC. Prizes first men/women/M40/W35) Steve Rose, Ystwyth Villa, Pontrhydygroes, Aberystwth, Dyfed

# WALKS

## WEDNESDAY 14th JULY

**Woodford Wednesday 3km**, Ashton Playing Fields (6.50pm) P J Cassidy, Hufflers, Heard's Lane, Shenfield, Brentwood, Essex CM15 OSF

## THURSDAY 15th JULY

**Colchester Handicap 3km** (7pm) J Hedgethorne, Bridge Farm, Halstead Road, Stanway, Colchester, Essex CO3 5JU
**Manx Hawthorn Inn 10km**, Isle of Man

## WEDNESDAY 21st JULY

**LPR Yacht Handicap**, Blackheath, London (7pm) S Wynn, Sports Office, Mount Pleasant PO, Rosebery Avenue, London EC1A 1BB

## SATURDAY 24th JULY

**Irish Champs**, Dublin

## SUNDAY 25th JULY

**Sarnia Champs 15km & Time Trial 30km**, North Side, St Sampsons, Guernsey (9am) Jane Le Noury, Jedburgh, Sohier Road, Vale, Guernsey

## TUESDAY 27th JULY

**Essex League & Open**, Ilford, Cricklefields (7pm)

## ATHLETICS WEEKLY FREE FIXTURE GUIDE

**Are you organising an event? Or is your club or organisation involved in one? If so, Athletics Weekly, the biggest-selling athletics publication in Britain, would like to include details...and at no cost!**

**Please use this form, or, alternatively, ring Rod Dunn on 0733 261144. If you just want the results to be included in the sport's best-read results section, follow the same procedure. Remember, the earlier you send in the details, the sooner we can publish them!**

**Fill in the coupon and cut it out, or photocopy it, and send to: Fixtures, Athletics Weekly, Bretton Court, Bretton, Peterborough PE3 8DZ**

**Event name and distance**.....

**Date**.....**Start time**.....

**Venue**.....

**Contact name and address**.....

.....

**Telephone number (not for publication) Include STD code**

**Day**.....**Evening**.....

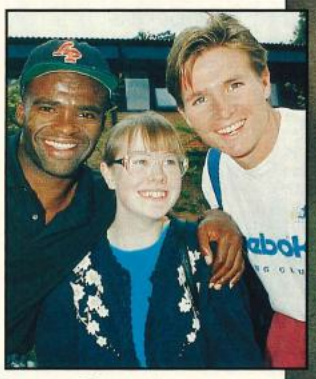
**Entry fees and to whom the cheque should be made payable and sent**

.....

**Closing date for entries and further information, such as course record details, prizes, limit, etc** .....

** Please enclose your entry form with this coupon if possible*

# ON THE LINE



**Want to know what it's like to interview Roger Black? Athletics Weekly competition winner Jolene Coombs found out**

**Q What was the first race you ever won?**

**RB** Apart from school sports, the first race of any real stature was the Cosford Games. I went in totally unknown and naive and won.

I can remember beating Ainsley Bennett, who at the time, was a big name in the sport. I remember him saying to me "You're going to be good, you're good now" I won a cheque for £100 and could not believe it.

**Q Was it a hard decision to make the commitment to being a full-time athlete?**

**RB** I think it is definitely harder now, because I don't think anybody starts athletics thinking about it being a career, and making a living out of it. I mean, you couldn't survive if you did that, because it's not like any normal occupation.

It's quite worrying nowadays because the standard is getting very, very high, I do think that to be one of the best in the world you do have to be a full-time athlete. Some people can combine university degrees and jobs but I really do think when it comes down to it, you should be able to occupy your mind in other ways. But I think really it has to be your prime focus to compete with the rest of the world.

I had to make the decision to leave university for it and I knew in my heart that was what I wanted to do. But I had no guarantee that I was going to be successful. I do think that if you do make that decision, when you get injured it becomes very hard because you have nothing to fall back on.

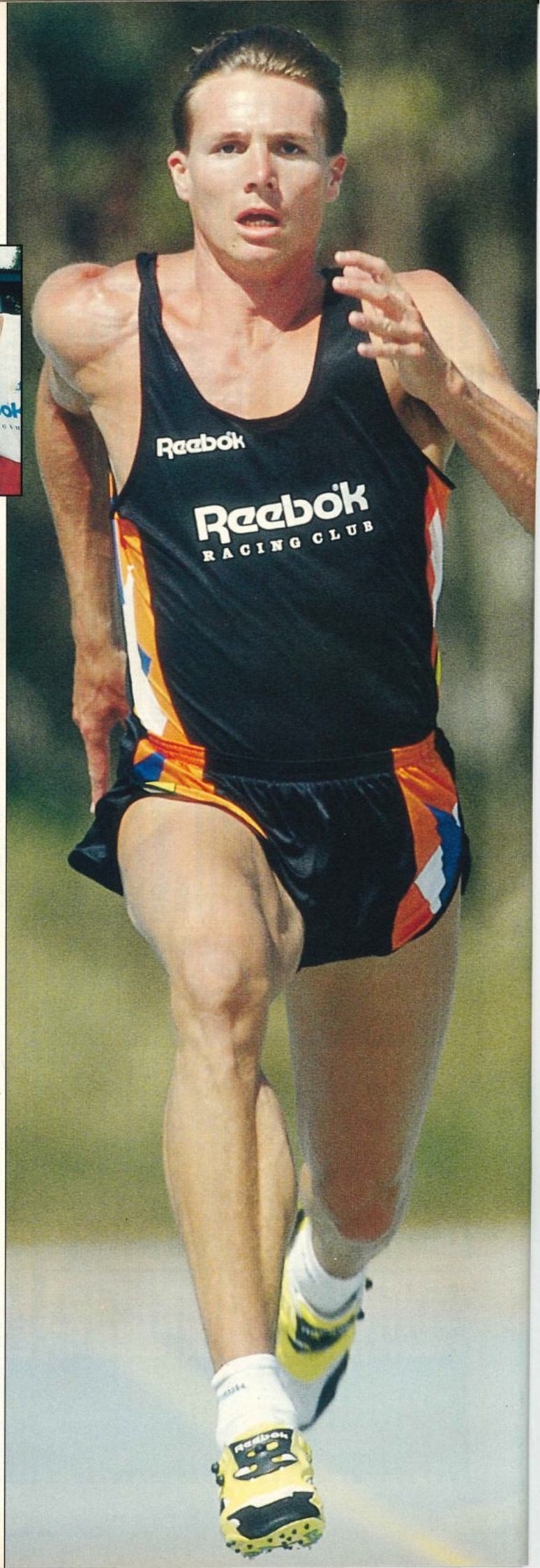
The sports structure in this country is still not adequate at all. It is only the very top people who make a living out of it. A lot of athletes have had to make a lot of sacrifices.

Now Kriss and I can make a living out of it so we can justify it, but a lot of athletes train just as hard or harder and don't make a penny out of it. But if they are expected to improve they have to train just as hard and I really do feel for a lot of athletes in that position and sometimes it does take a long time to make that break through. I think a lot of athletes are lost to the sport because they cannot afford to make that decision and I think it is very difficult.

It is a kind of catch 22 situation – to get there the sport says you have to go full-time to make it, then you have to do it and take the risk.

**Q What was it like receiving the MBE?**

**RB** It was great. I have to say that I think there are more deserving people in the world of athletics, but from an athletes point of view, to receive an MBE at the age of 27 for services to the sport was, well I suppose indirectly I do a service to the sport, really pleasing. There



are a lot of people, who work day in and day out coaching and supporting the sport from lower down, who are definitely more deserving of the award than me. I was not going to turn it down, though. Mike Smith who has given something like 40 years to the sport has not got anything. There are many people who give an awful lot to the sport who have not really been recognised.

I enjoyed the day. It was really nice for my parents and it is a very good English tradition. The Queen was really very nice and I could not believe it there was about 100 of us went in together but she asked me questions which she had obviously swatted up on.

**Q What's it like running the relay?**

**RB** You have to remember that you are part of a team and if that is going to work you have to get on. The 4x100 has proved that they don't get on, it's as simple as that. But if you have got someone like Kriss in the 400, how can you not like him?

He is always there for people and it rubs off and it goes down to people like Derek Redmond, myself, Phil Brown and Todd Bennett. So naturally when people like David Grindley, Duane Ladejo and Mark Richardson join the squad you just can't not encourage them.

With the 4x4 there is a lot of history involved.

**Q What has been the highlight of your career so far?**

**RB** The emotional highlight has to be winning the 4x400 at the World Championships in Tokyo.

I don't think anything I could do as an individual, even winning the Olympics or breaking a world record, would ever have as much effect on the nation as that relay did. I don't think I would ever experience anything in my career or get pretty close to that.

I really think that was special and that will be the highlight. Not because how we ran but because the effect it had on the nation, it was and still is amazing. It still is the one thing regardless of other things that people remember in the sport. We could not get off the 'plane. We had to be taken off by a separate exit. It was incredible meeting people in the streets and seeing what it meant to them. It appeared to be one of those sporting events that people will remember what they were doing at the time.

For me personally as an athlete it was winning the European Championships for the second time. Because in athletics terms it was a great performance. But for me personally it was the goal I set myself for two years when I had a broken foot.

**●This interview was brought to you in association with Thomas Cook Travel**

# California man

**Far from the British winter Roger Black trains in the Californian sun. ANDREW LILL trained with him**

THE floodlit double arches over the road herald your arrival at 'Los Cab' sports village in Fountain Valley, a suburb of Los Angeles USA.

Roger spends up to three months here every spring, preparing himself for the onslaught of races and travelling around Europe. According to Roger, the advantages of California as a training venue are threefold — firstly there is the obvious plenitude of sunshine to aid training and general fitness.

Secondly all facilities an athlete could require are in close attendance and lastly, but most importantly the phone rings only seldomly and then the requests are not exactly stressful.

To those who are uninitiated in the benefits and pleasures of a warm weather training trip, there follows a brief resume of a typical day in Roger Black's Californian training.

**9am:** The day begins as it means to go on — at a leisurely pace. Roger and his flatmates John Ridgeon and Fayyaz Ahmed (Fuzz) make their way downstairs to see the omnipresent Californian sun streaming through the windows. Even at this time however, there is competition around — whose turn is it to make the coffee, whose turn to collect the mail?

It is obvious that Roger is in his element, surrounded by his best friends who are all sharing the same interests as him — training and having fun.

**10.30am:** Once the early morning banter has finished it's time for the main action of the day — training.

This takes place 20 minutes drive away at the campus track of the University of California in Irvine (UCT). Bemused students watch as the European 400 Champion strides purposefully across the grass football field towards the track. "Hey, do you guys do track?" asks one of the students. Roger smiles, this is why he returns every year to California, unlike in the UK, he can train in almost complete anonymity.

At the track, warming up is mot too difficult as temperatures are now reaching the mid-80s. Despite an hour being used for the whole warm-up routine. I have to say that the process could be trimmed to half that time.

The half-hour is used up with constant chat and teasing, as Kriss Akabusi and a party of Swedish athletes have arrived and friendly arguments are going on about a wide range of topics. Stretching is also a good excuse to help the suntanning process.

However, when Roger's coach Mike Whittingham decides it is time to start the day's training — Roger's mood changes into complete dedication.

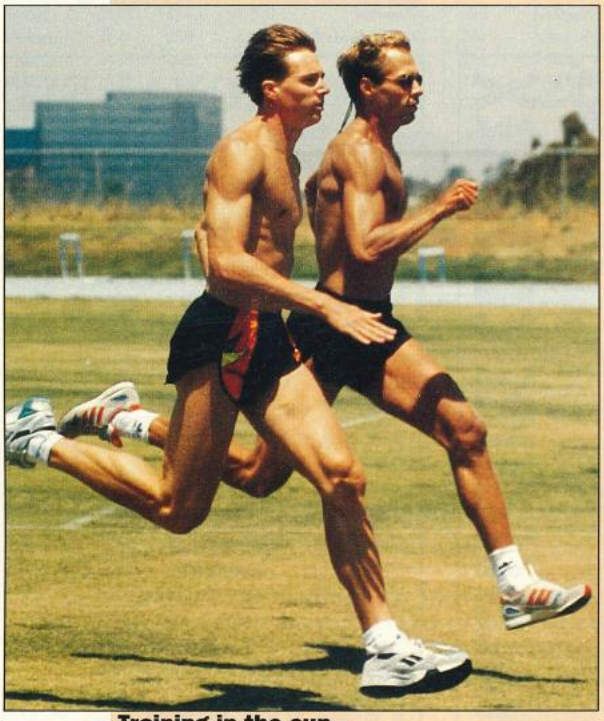
**1.00pm:** Training is over and it is time to hit the shopping mall. A milkshake is quickly consumed and this is followed by half an hour of browsing around the many shops. Again, he is not recognised by anybody.

**2.00pm:** Return to 'Los Cab' for a light lunch, an hour reading by the pool and a leisurely game of tennis.

**5.30pm:** An hour of stretching and light weights in the sports complex's well-equipped gym is followed by a therapeutic hot-tub Jacuzzi. The theory behind this is to rest those aching muscles and recover for the next day. this is true, but in reality it is an excuse for another good chat with the other resident athletes to discuss the day's events.

**8.00pm:** Dinner out at the local pizza Hut is preceded by a walk along the nearby Lagune Beach. It is sunset and the long-haired surfers are silhouetted by the red sky behind them.

**11.00pm:** Time to relax and watch a movie on one of the cable channels on the next day's training and on the hopes for the year ahead.



**Training in the sun**

SOLIHULL AND SMALL HEATH ATHLETIC CLUB
presents
## 5th LEX VOLVO BIRMINGHAM MINORS MEETING
(Under AAA/WAAA Rules)
### Sunday 12th September, 1993
**Norman Green Athletic Centre, Blossomfield Road, Solihull**
First event 12.00 pm Mid-day

| | |
|---|---|
| U11 Boys/Girls | 80m, 150m, 800m, LJ, 4 × 100m Relay |
| U13 Boys/Girls | 100m, 200m, 800m, 1500m, 4 × 100R. LJ, HJ, Shot, Discus, Javelin |
| U15 Boys/Girls | 100m, 200m, 800m, 1500m, 4 × 100R. LJ, HJ, Shot, Discus, Javelin |
| U13/U15 Girls | 2000m Walk |

£1.00 per event. £2.00 relay teams.
Closing Date 30th August
**Entries stating Name, Address, D.O.B., Age Group, club and events to: Terry Alcock, 27 Water Orton Rd., Castle Bromwich, Birmingham, B36 9ER. Junction 4 M42.**
**Cheques/P.O. payable to Solihull and Small Heath A.C.**
**Please enclose S.A.E. for Timetable and Directions. Awards 1st, 2nd, 3rd subject to entry**

## BRACKNELL ATHLETIC CLUB OPEN MEETING
### SUNDAY 22ND AUGUST, 1993
**at the John Nike Track, Bracknell Sports Centres**
(Under BAF Rules)

| TRACK | | | FIELD | | |
|---|---|---|---|---|---|
| 1.00 | 300m | JW, SW, VW | 12.00 | Hammer | JW, SW, VW, JM, SM, VM |
| 1.15 | 1000m | JW, SW, VW, JM, SM, VM | 1.00 | Pole Vault | JW, SW, VW, JM, SM, VM |
| | | | | Long Jump | JM, SM, VM |
| | | | | High Jump | JM, SM, VM |
| 2.00 | 100m | JW, SW, VW, JM, SM, VM | 2.00 | Triple Jump | JW, SW, VW |
| | | | | Shot | JM, SM, VM |
| 2.30 | 400m | JM, SM, VM | 2.45 | High Jump | JW, SW, VW |
| | | | | Long Jump | JM, SM, VM |
| 3.00 | Mile | JW, SW, VW, JM, SM, VM | 3.30 | Shot | JW, SW, VW |
| | | | | Discus | JM, SM, VM |
| 3.45 | 200m | JW, SW, VW, JM, SM, VM | 4.15 | Discus | JW, SW, VW |
| 4.15 | 3000m | JW, SW, VW, JM, SM, VM | | Triple Jump | JM, SM, VM |

Entry fee £1.00 per event to: The Organiser, 2 Birkbeck Place, Owlsmoor, Nr. Camberley, Surrey, GU15 4UL. Stating: Club, event, PB & age group. Closing date 20th August 1993. Cheques & PO's payable to B.A.C. SAE for confirmation & directions. NO age bands for vets. NO medals. Entries on the day £1.50 per event closing 30 mins before event.

# ASHBOURNE ½ MARATHON & FUN RUN
**In aid of Imperial Cancer Research Fund**
(Reg No. 209631)
**Sponsored by Blue Circle Industries**
(Under BAF rules)
## Sunday, September 19th, 1993
**Start times:** ½ marathon 10.30am
Team Thrash: 10.35am Fun Run: 10.40am
**Entry Fees:** ½ marathon £5.50 (£5.00 BAF members), £1 Fun Run
£1 per team member for Team Thrash
Prizes to be won plus £1000 for any runner breaking the course record (men 65 mins 10 secs, women 72 mins 30 secs).
**Entries to: The Marathon Office, 3 Market Place, Ashbourne, Derbyshire DE6 1EU (0335) 346626**

BUPA GREAT RUN SERIES — BUPA RUNNING PROGRAMME — BUPA GREAT RUN SERIES

## BUPA 14TH BURNHAM BEECHES HALF MARATHON (AAA)
### SUNDAY 22ND AUGUST, 1993, 11.00 A.M.
**IN AID OF LOCAL CANCER CHARITIES**
★ 2-lap scenic course. LIMIT 1200. ★ Medals to all finishers. ★ Prizes, ladies, mens, vets – 40/50/60/70. ★ Teams, ladies 3 to score, men 4 to score. ★ Fun run, picnic area, swimming pool.
Entry £5 (£5.50 unattached). Entry form and details from:
**BURNHAM JOGGERS, PO BOX 406 (A1), SLOUGH, BERKS SL1 6LQ.**
**Entries accepted on universal or BARR form, must include name, address, date of birth, telephone and large s.a.e.**

Athletics Weekly — VIEW FROM — Runner — BROOKS

EAST STAFFORDSHIRE BOROUGH COUNCIL
# OPEN MEETINGS
## IN BURTON UPON TRENT STAFFORDSHIRE
## SHOBNALL LEISURE COMPLEX

### TUESDAY 10TH AUGUST

| TRACK | |
|---|---|
| 75M Hurdles | Girls |
| 80m Hurdles | Boys |
| 100m | Senior Men/Junior Men<br>Senior Ladies/Junior Ladies |
| 1500m | Senior Men/Junior Men/Youths<br>Senior Ladies/Junior Ladies/Inters |
| 200m | Senior Men/Junior Men<br>Senior Ladies/Junior Ladies |
| 400m | Senior Men/Junior Men/Youths<br>Senior Ladies/Junior Ladies/Inters |
| **FIELD** | |
| Javelin | Senior Men/Junior Men/Youths.<br>Senior Ladies/Junior Ladies/Inters |
| Hammers | Senior/Vet Ladies. Senior/Vet Men |

### TUESDAY 14TH SEPTEMBER

| TRACK | |
|---|---|
| 100m | Senior Men/Junior Men/Youths.<br>Senior Ladies/Junior Ladies/Inters |
| 3000m S'chase | Senior/Junior Men |
| 200m | Senior Ladies/Junior Ladies/Inters.<br>Senior Men/Junior Men/Youths |
| 800m | Senior Men. Senior Ladies |
| 5000m | Senior Men/Junior Men. Senior Ladies/Junior Ladies |
| **TRACK** | |
| 400M | Senior Men<br>Senior Ladies |
| **FIELD** | |
| High Jump | Senior Men/Junior Men/Youths<br>Senior Ladies/Junior Ladies/Inters |
| Pole Vault | Senior Men, Senior Ladies |

All entries to be taken on the night so please arrive well before your event is scheduled.
ENTRY FEES: 50p for number plus 50p per event.
**For further details contact Shobnall Leisure Complex, Shobnall Road, Burton upon Trent. Tel: (0283) 516180**

Shobnall

# ROYAL SUTTON COLDFIELD A.C.
PRESENTS
## 9TH WYNDLEY GAMES
(Under BAF laws)
### Saturday 28th August, 1993 – 10.30 a.m. start
**Wyndley Leisure Centre, Sutton Coldfield, West Midlands**

| | | |
|---|---|---|
| U/11 Boys | 100, 200, 800 metres | LJ, HJ, Cricket ball throw |
| U/13 Boys | 100, 200, 800 metres | LJ, HJ, Discus |
| U/15 Boys | 100, 200, 800 metres, Mile | LJ, Javelin, Discus |
| U/17 Men | 100, 200, 400 metres, Mile | LJ, Javelin, Pole-vault |
| Senior Men | 100, 200, 400, 800, 3000 metres | HJ, Javelin, Pole-vault |
| Vet Men | 100, 400 metres, Mile | HJ, Javelin |
| U/11 Girls | 100, 200, 800 metres | LJ, Cricket ball throw |
| U/13 Girls | 100, 200, 800 metres | LJ, HJ, Discus |
| U/15 Girls | 100, 200, 800 metres | LJ, Javelin, Discus |
| U/17 Women | 100, 300, 800, 80m/hurdles | HJ |
| Snr Women | 100, 200, 400, 800, 100m/hdls | HJ |
| Vet Women | 100, 200, 800 metres | Javelin |

*Entries to:*
**E. Eames, 31 Braemar Road, Sutton Coldfield, West Mids. B73 6LS. Telephone:-(021) 355 1594.**

£1 per event, 3 events maximum per athlete. Entries must include: full name, address, D.O.B. age on 31st August, club, and recent best performance.

Please make cheques/PO payable to RSCAC. Enclose large SAE for timetable and numbers. No late entries accepted. No entries on day.

***CLOSING DATE 15th AUGUST, 1993.***

Awards for first three in all age groups. Organisers reserve the right to combine/delete events from programme depending on entries. Refreshments will be available. Ample car parking space.

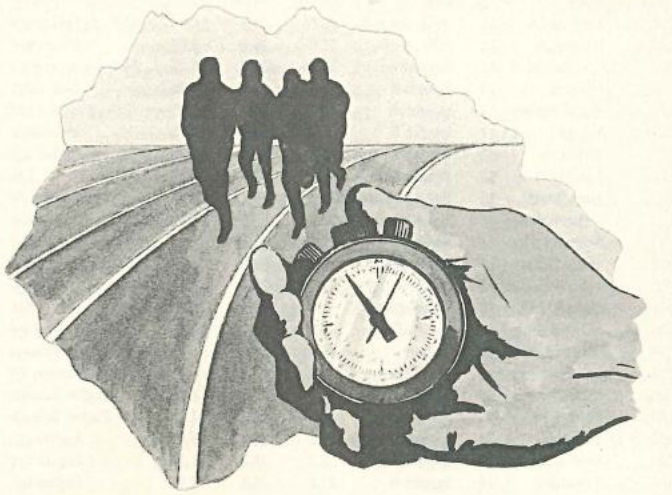


**HERE we are again with another week of hundreds of athletes breaking their personal bests.**

**The TSB English Schools took over our timetable this week - and I'm now ready for a mass of PBs landing on my desk - after nearly everbody I spoke to said they had broken theirs!**

**Send your entries to me, Helen Plummer, by filling in the coupon and popping it in the post to: *Athletics Weekly*, PB Club, Bretton Court, Bretton, Peterborough, PE3 8DZ. Fax No (0733) 267198.**

**But remember if you're having problems getting hold of *Athletics Weekly* - and you're missing out on seeing your name in the club - get your newsagents to reserve you a copy.**



# PB CLUB

## TRACK

| Event | Name | Age | Club | Old PB | New PB | %GAIN | Meeting |
|---|---|---|---|---|---|---|---|
| 80 | Jill Mayo | 9 | Hull Springhead H | 14.4 | 14.3 | 0.7% | Barnsley YA |
| 80 | Eleanor Thomas | 9 | Rotherham H | 13.4 | 13.2 | 1.5% | Barsley Open |
| 80 | Stephen Darby | 9 | Louth AC | 14.0 | 13.7 | 2.1% | Grimsby |
| 80 | Jessica Harness | 10 | Louth AC | 15.1 | 15.0 | 0.7% | Cleethorpes Open |
| 80 | Daniel Robinson | 10 | Immingham | 12.3 | 12.0 | 2.4% | Barnsley YA Open |
| 80 | Mark Smith | 10 | Louth AC | 13.3 | 12.9 | 3% | Grimsby |
| 80 | James Brook | 10 | Louth AC | 11.8 | 11.4 | 3.4% | Quibel Park |
| 80 | Giles Jameson | 10 | Louth AC | 13.7 | 13.2 | 3.6% | Grimsby |
| 80 | Thomas Cassidy | 80 | Louth AC | 11.6 | 10.9 | 6% | Quibell Park |
| 100 | Robin Northman | SM | Wymondham AC | 12.3 | 12.1 | 1.6% | EAL |
| 100 | David Mayo | 11 | Hull Springhead H | 14.7 | 14.6 | 0.7% | Barnsley YA |
| 100 | Joanne Twidale | 11 | Immingham | 16.1 | 15.8 | 1.9% | Barnsley YA Open |
| 100 | A Purcell | 11 | Duke Street RC | 14.4 | 14.7 | 2% | East Anglian League |
| 100 | David Oldroyd | 11 | Wakefield | 14.2 | 13.9 | 2.1% | McDonald's YA Lge |
| 100 | Martin Daniels | 12 | Lowestoft | 14.1 | 14.0 | 0.7% | East Anglian Lge |
| 100 | Thomas Cunnane | 12 | Wakefield | 13.7 | 13.6 | 0.7% | McDonald's YA Lge |
| 100 | Emma Deans | 12 | New Marske H | 15.0 | 14.9 | 0.7% | NYSD Lge |
| 100 | Ross Carkson | 12 | New Marske H | 15.0 | 14.8 | 1.3% | McDonalds |
| 100 | Ian Penny | 12 | Wymondham AC | 16.1 | 15.8 | 1.9% | EAL |
| 100 | T Seston | 12 | Ipswich H | 13.6 | 13.3 | 2.2% | Anglian Lge |
| 100 | Kerry Williams | 12 | Lowestoft | 15.3 | 14.9 | 2.6% | E Anglian Lge |
| 100 | Laura Yeardley | 12 | Halamshire H | 14.3 | 13.9 | 2.8% | Barnsley YA |
| 100 | J Williams | 12 | Ipswich H | 14.4 | 14.0 | 2.8% | McDonalds Lge |
| 100 | Martin Baker | 12 | Sailsbury | 14.4 | 13.9 | 3.5% | Southampton Open |
| 100 | Hanna Longmore | 12 | Hallamshire H | 14.3 | 13.8 | 3.5% | Sheffield Schools |
| 100 | Angela Dawson | 12 | Duke Street RC | 14.8 | 14.1 | 4.7% | East Anglian League |
| 100 | Sarah Bloom | 12 | Ipswich H | 14.5 | 13.8 | 4.8% | E Anglian Lge |
| 100 | K Barter | 12 | Ipswich H | 15.7 | 14.9 | 5.1% | Anglian Lge |
| 100 | F Meakin | 12 | OWLS | 14.8 | 13.9 | 6.1% | Barnsley YA |
| 100 | Richard Kay | 13 | Rotherham | 13.05 | 13.03 | 0.2% | McDonalds |
| 100 | Vickie Twidale | 13 | Immingham | 14.6 | 14.4 | 1.4% | Barnsley YA Open |
| 100 | Robert Cole | 13 | New Marske H | 14.5 | 14.1 | 2.8% | McDonalds |
| 100 | Adrian Wilson | 13 | Louth AC | 13.8 | 13.4 | 2.9% | Barnsley |
| 100 | Andrew Fowler | 13 | New Marske H | 15.4 | 14.3 | 7.1% | McDonalds |
| 100 | Clare Slade | 14 | Holbeach | 12.9 | 12.81 | 0.7% | National Schools |
| 100 | Jed Chambers | 14 | Louth AC | 13.2 | 13.1 | 0.8% | Barnsley |
| 100 | D Delaney | 14 | Hearn Hill H | 12.0 | 11.8 | 1.7% | Blackpool |
| 100 | Paul Sampson | 15 | Wakefield | 11.7 | 11.4 | 2.6% | McDonald's YA Lge |
| 100 | K Lovell | 16 | Ipswich H | 13.8 | 13.3 | 3.6% | Anglian Lge |
| 100 | Lisa Daws | 17 | Derby L | 12.29 | 12.21 | 0.7% | English Schools |
| 100 | Andrew Stather | 17 | Hull Springhead H | 13.0 | 12.8 | 1.5% | TSB Champs |
| 100 | Marcus Moss | 17 | Hull Springhead H | 13.0 | 12.8 | 1.5% | TSB Champs |
| 100 | Katharine Merry | 18 | Birchfield | 11.47w | 11.40w | 0.6% | AAA U20 Champs |
| 100 | S Smith | 18 | Hallamshire | 11.69 | 11.56 | 1.1% | U20 Champs |
| 150 | Claire Cassidy | 10 | Louth AC | 25.3 | 23.3 | 7.9% | Grimsby |
| 150 | Jamie Long | 11 | Louth Ac | 25.7 | 24.7 | 3.9% | Grimsby |
| 150 | Thomas Cassidy | 12 | Louth AC | 22.7 | 20.6 | 9.3% | Grimsby |
| 150 | Jed Chambers | 14 | Louth AC | 20.0 | 19.4 | 3% | Grimsby |
| 200 | Karl Walker | SM | Wymondham AC | 25.5 | 25.1 | 1.6% | EAL |
| 200 | Liz Martin | Vet | Wymondham AC | 34.2 | 32.7 | 4.4% | EAL |
| 200 | Stacey Kirby | 9 | Sale H | 33.2 | 32.5 | 2.1% | |
| 200 | M Borg | 10 | Trafford AC | 37.9 | 37.2 | 1.8% | Trafford Open |
| 200 | Paul Henderson | 10 | Elswick H | 30.2 | 30.9 | 2.3% | McDonalds |
| 200 | Peter Kiefer | 10 | Manchester H | 31.5 | 30.5 | 3.2% | Oldham Open Trophy |

# PB SHORTS



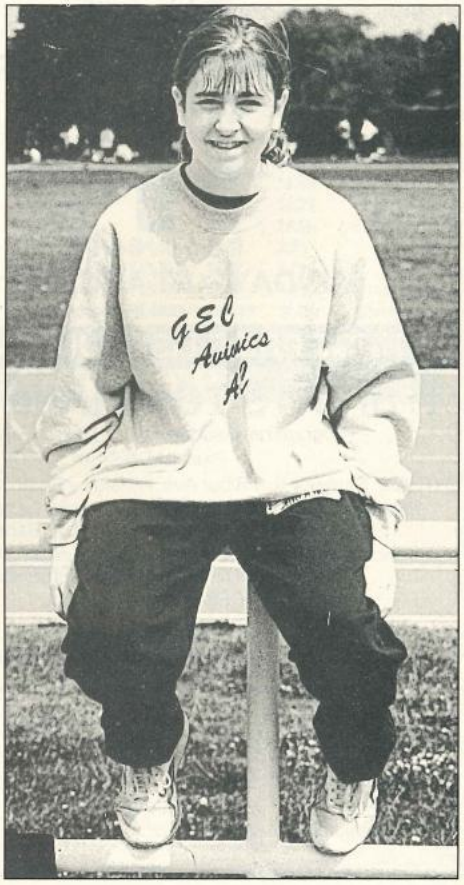
**LEFT: LOWESTOFT AC member Martin Daniels (12) only joined the club at the start of the season and is improving at the 100m & 200m all the time. Martin's 100 PB is now 14.1 and is running 29.0 for the 200m.**

**BELOW: SIMON Keller had a lucky break when he was called up by his school to compete in the Mildlands Octatholon Champs.**
**His main event is the shot but ended up breaking seven PBs out of eight events.**



**The one he failed at was the shot!**

**RIGHT: KENT'S Caroline Elliott was steaming when she broke her PB and the county's long jump record - but good things never last - her record was broken in the next heat!**



| Event | Name | Age | Club | Old PB | New PB | %GAIN | Meeting |
|---|---|---|---|---|---|---|---|
| 200 | Katie Garrity | 11 | Duke Street RC | 36.7 | 35.1 | 4.4% | East Anglian League |
| 200 | D Flanagan | 11 | Trafford AC | 37.3 | 35.2 | 5.6% | Trafford Open |
| 200 | Lucy Pollard | 12 | Duke Street RC | 30.00 | 29.9 | 0.3% | East Anglian League |
| 200 | T Seston | 12 | Ipswich H | 27.6 | 27.5 | 0.4% | McDonalds |
| 200 | Martin Daniels | 12 | Lowestoft | 29.0 | 28.7 | 1% | E Anglian Lge |
| 200 | N Page | 12 | Ipswich H | 30.0 | 29.6 | 1.3% | McDonalds |
| 200 | J Williams | 12 | Ipswich H | 28.4 | 27.9 | 1.8% | Anglian Lge |
| 200 | Tom Atterson | 12 | Wymondham AC | 28.3 | 27.4 | 3.2% | EAL |
| 200 | Sonia Booth | 13 | Hull Springhead H | 30.2 | 30.1 | 0.3% | Barnsley YA |
| 200 | Adrian Wilson | 13 | Louth AC | 28.6 | 27.9 | 2.4% | Barnsley |
| 200 | Charlotte Barker | 13 | Ipswich H | 26.6 | 25.75 | 3.2% | English School |
| 200 | Vickie Twidale | 13 | Immingham | 32.0 | 30.5 | 4.7% | Barnsley YA Open |
| 200 | Peter Gudbeer | 13 | Exeter H | 28.2 | 26.8 | 5% | SW Lge |
| 200 | Claire Newitt | 13 | Wymondham AC | 33.6 | 31.2 | 7.1% | EAL |
| 200 | Jed Chambers | 14 | Louth AC | 27.3 | 27.1 | 0.7% | Barnsley |
| 200 | Nina Rogers | 14 | Burton | 26.0 | 25.8 | 0.8% | English Schools |
| 200 | Sally Burnham | 14 | Hull Springhead H | 28.1 | 27.8 | 1.1% | Barnsley YA |
| 200 | Michelle Murray | 14 | Sutton | 26.0 | 25.67 | 1.3% | English Schools |
| 200 | Melanie Purkiss | 14 | Team Solent | 26.2 | 25.77 | 1.6% | English Schools |
| 200 | S Peyton | 14 | Ipswich H | 25.1 | 25.50 | 1.6% | Anglian Lge |
| 200 | Kristian Lay | 14 | Lowestoft | 28.7 | 28.2 | 1.7% | E Anglian Lge |
| 200 | S Sheldrick | 14 | Ipswich H | 27.0 | 26.5 | 1.9% | Anglian Lge |
| 200 | Wayne Garforth | 14 | Rotherham H | 24.6 | 24.1 | 2% | Schools Inter-Counties |
| 200 | Angie Roberts | 14 | Hull Springhead H | 32.0 | 31.2 | 2.5% | Barnsley YA |
| 200 | Ingrid Wilson | 14 | Wetherhall AC | 30.07 | 27.70 | 7.9% | Cumbria Schools |
| 200 | Ian Habbits | 15 | Weston AC | 24.1 | 23.5 | 2.5% | SW Lge |
| 200 | Simon Roll | 16 | Herculues Wim | 22.6 | 22.3 | 1.3% | English Schools |
| 200 | Kieran Gajjar | 16 | Wakefield | 23.0 | 22.6 | 1.7% | WYorks Schools Champs |
| 200 | Kelly Burwood | 17 | Lowestoft | 28.9 | 28.1 | 2.8% | E Anglian Lge |
| 200 | Beccy Kilgour | 17 | Newton Abbot AC | 25.5 | 24.5 | 3.9% | English Schools |
| 200 | Michael Flower | 18 | Lowestoft | 25.8 | 25.6 | 0.8% | E Anglian Lge |
| 400 | Glyn Morgan | SM | Wymondham AC | 60.4 | 59.4 | 1.7% | EAL |
| 400 | Richard McNabb | 13 | Rotherham H | 56.6 | 54.68 | 3.4% | English Schools |
| 400 | Ian Waterhouse | 13 | Elswick H | 67.0 | 64.0 | 4.5% | McDonalds |
| 400 | Robin Miller | 14 | Woodford Green | 57.7 | 57.4 | 0.5% | McDonald's YA Lge |
| 400 | L Lovell | 14 | Ipswich H | 67.8 | 67.3 | 0.7% | Anglian Lge |
| 400 | S Flaherty | 14 | Ipswich H | 61.3 | 59.8 | 2.4% | Anglian Lge |
| 400 | Geargе Porritt | 14 | Middlesborough | 56.8 | 53.9 | 5.1% | Inter-counties |
| 400 | Kristian Lay | 14 | Lowestoft | 67.3 | 63.7 | 5.3% | E Anglian Lge |
| 400 | Lyndsey Yellop | 14 | Wymondham AC | 70.2 | 66.1 | 5.8% | EAL |
| 400 | Richard Reavley | U15 | Bedford & County | 60.0 | 58.2 | 3% | Bedford |
| 400 | Ian Habbits | 15 | Weston AC | 57.0 | 54.4 | 4.6% | SW Lge |
| 400 | J Burnett | 16 | Ipswich H | 58.8 | 56.4 | 4.1% | Anglian Lge |
| 400 | J Burnett | 16 | Ipswich H | 61.8 | 58.8 | 4.9% | McDonalds |
| 400 | R Scantlebury | 16 | Herculues Wim | 54.68 | 50.9 | 6.9% | Hercules Trophy |


BARNSLEY AC Present

WARDS FINE MALT ALES BREWERS SINCE 1840

**WARDS BREWERY**

**BARNSLEY**

6

**ROAD RACE**

**SUNDAY, 1ST AUGUST 1993**

(run under BAF laws)

**HUGE PRIZE LIST SUBVENTIONS**

**'T' SHIRTS TO ALL FINISHERS**

Programme includes: COLTS & BOYS RACES

Plus: LADIES SIX

ENTRIES: Barnsley 6, 9 Riber Ave, Athersley South, Barnsley S71 3PT.

Entry fees: £3.50 club Affiliated members. £4.00 Unattached.
£1 Young Athletes races. Payable to Barnsley '6'.

Please enclose a large S.A.E. for your race number and details which will be sent out to you one week before event.

CLOSING DATE 20th JULY

asics

Name .....

Address .....

.....

.....

Age on race day .....

Event .....


| Event | Name | Age | Club | Old PB | New PB | %GAIN | Meeting |
|---|---|---|---|---|---|---|---|
| 400 | Marcus Moss | 17 | Hull Springhead H | 61.0 | 60.3 | 1.1% | TSB Champs |
| 400 | Peter Jones | 18 | Trowbridge | 55.8 | 54.5 | 2.3% | Panasonic Southern Lge |
| 600 | Andrew McInnes | 9 | Louth Ac | 2:31.1 | 2:22.6 | 3.7% | Quibell Park |
| 600 | James Brook | 10 | Louth AC | 1:50.2 | 1:49.2 | 0.7% | Quibel Park |
| 600 | Laura Wright | 10 | Louth Ac | 2:14.8 | 2:13.3 | 0.7% | Grimsby |
| 600 | Jessica Harness | 10 | Louth AC | 2:25 | 2:23.1 | 0.8% | Grimsby |
| 600 | Craig Wherry | 10 | Louth AC | 2.06 | 1.59 | 22.8% | Quibell Park |
| 600 | Charlotte Steel | 10 | Louth AC | 2:00.1 | 1:53.7 | 23.2% | Quibell Park |
| 800 | Richard Waters | | Stoke AC | 2:29.1 | 2:28.3 | 0.3% | Trafford Open |
| 800 | Nikki Daniels | | Stoke AC | 2:27.9 | 2:26.7 | 0.5% | Trafford Open |
| 800 | Gary Starkings | SM | Wymondham AC | 2:20.6 | 2:17.6 | 1.4% | EAL |
| 800 | Kathy Harkin | 8 | Hull Springhead H | 3:43.2 | 3:42.6 | 0.2% | Barnsley |
| 800 | Stacey Kirby | 9 | Sale H | 2:44.5 | 2:42.9 | 0.7% | |
| 800 | Eleanor Thomas | 9 | Rotherham H | 3:20.3 | 3:13.1 | 2.2% | Barnsley Open |
| 800 | Jill Mayo | 9 | Hull Springhead H | 3:16.0 | 3:06.0 | 3.2% | Barnsley YA |
| 800 | Katie Smith | 10 | Hull Springhead H | 2:57.8 | 2:57.2 | 0.2% | Barnsley YA |
| 800 | R Waters | 10 | Trafford | 2:29.1 | 2:28.3 | 0.3% | Trafford Open |
| 800 | Peter Kiefer | 10 | Manchester H | 2:40.0 | 2:39.1 | 0.4% | Oldham Open Trophy |
| 800 | Paul Henderson | 10 | Elswick H | 2:32.2 | 2:34.0 | 0.8% | McDonalds |
| 800 | Charlotte Steel | 10 | Louth AC | 2:42.9 | 2:40.7 | 0.9% | Barnsley |
| 800 | Craig Wherry | 10 | Louth AC | 2:49.2 | 2:46.6 | 1% | Grimsby |
| 800 | Natalie Clarke | 10 | Hull Springhead H | 2:56.2 | 2:52.9 | 1.3% | Barnsley YA |
| 800 | James Brook | 10 | Louth AC | 2:38.9 | 2:34.2 | 2% | Barnsley |
| 800 | M Borg | 10 | Trafford AC | 3:21 | 3:11.1 | 3.1% | Trafford Open |
| 800 | S Lockwood | 10 | OWLS | 2:58.0 | 2:48.3 | 3.8% | Leicester Champs |
| 800 | Steven Rigby | 11 | Wakefield | 2:35 | 2:34.4 | 0.3% | McDonald's YA Lge |
| 800 | J Cruikshank | 11 | Trafford | 2:56.0 | 2:54.0 | 0.8% | Trafford Open |
| 800 | David Mayo | 11 | H Springhead H | 2:38.3 | 2:36.1 | 0.9% | Barnsley YA |
| 800 | Cathy Chisholm | 11 | Hull Springhead H | 2:53.7 | 2:51.0 | 1.1% | Barnsley YA |
| 800 | Hayley Mason | 11 | OWLS | 2:38.6 | 2:34.9 | 1.6% | Leicester Champs |
| 800 | D Flanagan | 11 | Trafford AC | 3:07.6 | 3:00.3 | 2.4% | Trafford Open |
| 800 | Jodie Griffin | 11 | Milton Keynes | 2:55.6 | 2:48.8 | 2.7% | EYA Watford |
| 800 | Cara Kiwanagh | 11 | | 2:35.6 | 2:03.4 | 13.7% | NW Lge |
| 800 | A Griffin | 12 | Ipswich H | 2:35.0 | 2:34.9 | 0% | Anglian Lge |
| 800 | Lucy Pollard | 12 | Duke Street RC | 2:41.0 | 2:36.5 | 1.9% | East Anglian League |
| 800 | Andrew Craven | 12 | Louth AC | 2:49.4 | 2:42.4 | 2.8% | Cleethorpes Open |
| 800 | Rebecca Buller | 12 | NOAC | 2.58 | 2.47 | 4.3% | Watford YAJT |
| 800 | Naomi Anness | 12 | W Suffolk AC | 3:29.2 | 3:13.9 | 4.6% | EA Regional |
| 800 | Nicky Pollard | 13 | Peterborough | 2:42.9 | 2:42.8 | 0% | EYAL |
| 800 | Gemma Conlon | 13 | Wymondham AC | 5:07.6 | 5:06.8 | 0.2% | EAL |
| 800 | Sonia Booth | 13 | Hull Springhead H | 2:50.1 | 2:48.1 | 0.8% | Barnsley YA |
| 800 | S Kitching | U13 | Bedford | 2:41.5 | 2:37.6 | 1.6% | Sunday Lge |
| 800 | A Kirk | 13 | Ipswich H | 2:28.7 | 2:25.1 | 1.6% | Anglian Lge |
| 800 | C Stices | 13 | Ipswich H | 2:31.8 | 2:26.7 | 2.2% | Anglian Lge |
| 800 | Robert Brown | 13 | Wymondham AC | 2:47.7 | 2:41.1 | 2.7% | EAL |
| 800 | Richard Burton | 13 | Hull Springhead H | 2:23.3 | 2:17.0 | 2.8% | Barnsley YA |
| 800 | Ian Waterhouse | 13 | Elswick H | 2.26 | 2:24 | 99% | McDonalds |
| 800 | Angie Roberts | 14 | Hull Springhead H | 2:55.3 | 2:53.5 | 0.7% | Barnsley YA |
| 800 | B Laud | 14 | Ipswich H | 2:20.0 | 2:17.9 | 1% | Anglian Lge |
| 800 | Allison English | 14 | Hull Springhead H | 2:48.8 | 2:46.0 | 1.1% | TSB Champs |
| 800 | Martin Thomas | 14 | Liverpool H | 2:06.1 | 2:13.3 | 3.4% | Merseyside V Dublin |
| 800 | James Moore | 14 | Sussex Schools | 2:13 | 2:02.87 | 4.8% | Sussex Schools |
| 800 | C Scoggins | 14 | Ipswich H | 2:46.8 | 2:31.3 | 6.3% | Anglian Lge |
| 800 | Mark Taylor | 14 | Birchfield | 2:31 | 2:8 | 87.9% | County Schools |
| 800 | Emma Thompson | U15 | Bedford | 2:26.0 | 2:25.1 | 0.4% | South of England |
| 800 | Louisa Powell | 15 | Blackburn H | 2:21.0 | 2:19.4 | 0.7% | Lancashire Champs |
| 800 | Stuart Pryce | 15 | Lowestoft | 2.20 | 2.18 | 0.9% | E Anglian Lge |
| 800 | Jane Tremere | 15 | Hull Springhead H | 2:40.2 | 2:36.0 | 1.7% | TSB Champs |
| 800 | Peter Anderson | 15 | Lowestoft | 2.20 | 2.15 | 2.3% | E Anglian Lge |
| 800 | Michael Balls | 15 | Lowestoft | 2.27 | 2.19 | 3.5% | Southern Men's Lge |
| 800 | B Mageean | 16 | Elswick H | 2:04.6 | 2:04.1 | 0.2% | N Junior Men's Lge |
| 800 | D Wardle | 16 | Ipswich H | 2:03.0 | 2:01.8 | 0.6% | Anglian Lge |
| 800 | Jacquie Burke | 16 | Hull Springhead H | 2:40.2 | 2:36.0 | 1.7% | TSB Champs |
| 1,500 | Amanda Lucas | 10 | Hull Springhead H | 5:44.0 | 5:29.5 | 2.7% | Tooting Bec Open |
| 1,500 | L Cartwright | 10 | Duke Street RC | 6:16.0 | 5:59.1 | 9.2% | East Anglian League |
| 1,500 | Jack Deer | 11 | Baintree | 6:30 | 5:36.40 | 14.9% | EAL |
| 1,500 | C Raven | 12 | Ipswich H | 4:51.0 | 4:47.8 | 0.7% | McDonalds |
| 1,500 | Chris Batty | 12 | Invicta EK | 4:43.9 | 4:40.0 | 0.9% | Dartford |
| 1,500 | Kelly Hoyle | 12 | Kettering TH | 5.26 | 5.19 | 1.3% | Blackpool Sports |
| 1,500 | Kelly Hoyle | 12 | Kettering TH | 5.26 | 5.19 | 1.3% | County Schools |
| 1,500 | Katie Mackay | 12 | Kettering TH | 5:41.6 | 5:33.3 | 1.5% | County Schools |
| 1,500 | Ian Waterhouse | 13 | Elswick H | 4:46.8 | 4:46.4 | 0.1% | Tyneside Lge |
| 1,500 | S Warner | 13 | Ipswich H | 4:52.7 | 4:51.7 | 0.2% | Anglian Lge |
| 1,500 | Emma Alberts | 13 | Gateshead | 4:40.31 | 4:38.8 | 0.3% | Tyneside Lge |
| 1,500 | Lorraine Airdrie | 13 | Bedford & County | 5:06.9 | 5:02.9 | 0.8% | Southern Women's Lge |
| 1,500 | Nicky Pollard | 13 | Peterborough | 5:32.6 | 5:28.1 | 0.8% | EYAL |
| 1,500 | Andrew Fowler | 13 | New Marske H | 4:55.3 | 4:50.3 | 1.1% | McDonalds |
| 1,500 | Heather Airdrie | 13 | Bedford | 6:15.3 | 5:48.7 | 10.8% | Middle Schools |
| 1,500 | Richard Reavley | 14 | Bedford & County | 4:27.0 | 4:24.2 | 0.7% | McDonald's YA Lge |
| 1,500 | G Irvine | 14 | Ipswich H | 4:31.0 | 4:28.1 | 0.7% | McDonalds |
| 1,500 | A Henderson | 15 | Elswick H | 4:35.0 | 4:32.0 | 0.7% | Tyneside Lge |
| 1,500 | Noel Stoddart | 15 | Elswick H | 4:21.7 | 4:17.8 | 0.9% | Tyneside Lge |
| 1,500 | Stetan Kiszel | U15 | Bedford | 5:06.5 | 5:01.1 | 1.1% | Watford Open |
| 1,500 | Noel Stoddart | 15 | Elswick H | 4:32.2 | 4:21.7 | 2.4% | N Junior Mens Lge |
| 1,500 | K Robinson | 15 | Blackburn H | 4:46.2 | 4:33.2 | 2.9% | Trafford Open |
| 1,500 | D Bruneau | 16 | Ipswich H | 4:34.4 | 4:33.4 | 0.2% | Anglian Lge |
| 1,500 | Michael Green | 16 | Blackburn H | 4:07.6 | 4:03.6 | 1% | Stretford Open |
| 1,500 | B Mageean | 16 | Elswick H | 4:26.1 | 4:20.0 | 1.4% | Tyneside Lge |
| 1,500 | James Clarke | 16 | Hull Springhead H | 5:12.0 | 5:04.2 | 1.5% | TSB Champs |
| 1,500 | Marcus Kiszel | 16 | Bedford & County | 4:32.7 | 4:25.4 | 1.7% | McDonald's YA Lge |
| 1,500 | P Waterhouse | 16 | Elswick H | 4:59.0 | 4:50.2 | 1.9% | Tyneside Lge |
| 1,500 | James Rodgers | 16 | Elswick H | 4:55 | 4:38 | 3.7% | Tyneside Lge |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1,500 | Simon Scholes | 16 | Hull Springhead H | 6:07.0 | 5:59.9 | 7.8% | TSB Champs |
| 1,500 | Naomi Batley | 16 | Lowestoft | 6.05 | 5.44 | 10.1% | E Anglian Lge |
| 1,500 | Marcus Moss | 17 | Hull Springhead H | 5:33.1 | 5:32.0 | 0.2% | TSB Champs |
| 1,500 | S Robertson | 17 | Elswick H | 4:31.2 | 4:27.0 | 1% | Tyneside Lge |
| 1,500 | Ian Catto | 17 | Elswick H | 4:51.0 | 4:46.5 | 1% | Tyneside Lge |
| 1,500 | Adam Spratt | 17 | Hull Springhead H | 5:45.0 | 5:29.6 | 2.8% | TSB Champs |
| 1,500 | Ross Kelly | 17 | Elswick H | 4:52 | 4:33 | 4.2% | Tyneside Lge |
| 1,500 | B Marley | 24 | Wirral W | 3:58 | 5:50 | 34.9% | Warrington Open |
| 1,500 | Gary Keith | 27 | North London AC | 4:30.0 | 4:26.0 | 0.9% | Thurrock |
| 3,000 | Glyn Morgan | SM | Wymondham AC | 9:57.7 | 9:56.7 | 0.1% | EAL |
| 3,000 | Craig Kelly | 13 | Berry Hill | 10:37.7 | 10:22.1 | 1.5% | McDonald's YA Lge |
| 3,000 | Tim Gardner | 14 | Wycombe P | 10:16.6 | 10:11.2 | 0.5% | McDonald's YA Lge |
| 3,000 | Richard Reavley | 14 | Bedford & County | 9:46.6 | 9:35.2 | 1.2% | Watford Open |
| 3,000 | James Thie | 14 | Westbury H | 10.06 | 9.18 | 8.7% | Midland Champs |
| 3,000 | Sarah Jackson | 15 | Midboro & Cleve | 11:26.2 | 11:14.1 | 1.1% | GRE Carlise |
| 3,000 | Andrew Sugden | 15 | New Marske H | 10:37.1 | 10:17.6 | 1.9% | McDonalds |
| 3,000 | T Bobdale | 16 | Darnal H | 10.05 | 8.36 | 16.8% | Stretford Open |
| 3,000 | Les Darby | 43 | Louth AC | 12:20.5 | 11:49.6 | 5.8% | Cleethorpes Open |
| 70H | L Cartwright | 10 | Duke Street RC | 15.0 | 13.1 | 12.7% | East Anglian League |
| 70H | Claire Cartner | 11 | Lowestoft | 17.07 | 17.01 | 0.4% | E Anglian Lge |
| 70H | Angela Dawson | 12 | Duke Street | 14.2 | 12.7 | 10.6% | East Anglian League |
| 75H | Carly Spence | 12 | Unatt | 19.05 | 16.06 | 15.7% | Montgomery sports |
| 75H | Nicky Hall | 13 | Ipswich H | 11.6 | 11.5 | 0.9% | English Schools |
| 75H | Victoria Dodd | 13 | Norfolk Olymp | 12.3 | 11.69 | 5% | Southern Champs |
| 75H | Laura Oxborough | 13 | Lowestoft | 15.0 | 14.2 | 5.3% | E Anglian Lge |
| 75H | Vanessa Guppy | 13 | Wymondham AC | 15.2 | 14.4 | 5.3% | EAL |
| 75H | Sarah Claxton | 13 | Colchester | 12.3 | 11.63 | 5.4% | Blackpool |
| 75H | Claire Woodley | 13 | Lowestoft | 19.0 | 16.9 | 11.1% | E Anglian Lge |
| 75H | Ruth Anness | 14 | W Suffolk AC | 16.6 | 16.3 | 1.8% | EA Regional |
| 75H | Samantha Webb | 14 | Wymondham AC | 16.9 | 15.7 | 7.1% | EAL |
| 80H | T Seston | 12 | Ipswich H | 15.0 | 13.3 | 11.3% | Anglian Lge |
| 80H | Mark Jackson | 13 | New Marske H | 17.4 | 17.2 | 1.1% | McDonalds |
| 80H | S Ayres | 13 | Ipswich H | 14.8 | 13.8 | 6.8% | McDonalds |
| 80H | L Lovell | 14 | Ipswich H | 17.2 | 16.8 | 2.3% | Anglian Lge |
| 100H | R Guevara | 15 | Haringey | 16.0 | 15.9 | 0.6% | McDonald's YA Lge |
| 100H | Peter Anderson | 15 | Lowestoft | 19.3 | 18.8 | 2.6% | E Anglian Lge |
| 100H | Simon Scholes | 16 | Hull Springhead H | 15.75 | 15.6 | 1% | TSB Champs |
| 110H | Rob Thickpenny | 16 | NVH | 19.4 | 18.2 | 6.2% | E Anglian Schools |
| 110H | Marcus Moss | 17 | Hull Springhead H | 22.5 | 21.6 | 4% | TSB Champs |
| 110H | Adam Spratt | 17 | Hull Springhead H | 23.1 | 21.9 | 5.2% | TSB Champs |
| 110H | Andy Stather | 17 | Hull Springhead H | 22.3 | 20.8 | 6.7% | TSB Champs |
| 300H | Natasha Danvers | 15 | Croydon H | 42.92 | 41.9 | 2.4% | South of England |
| 400H | Alex Hunte | 15 | Haringey | 58.7 | 48.50 | 17.4% | English Schools |
| 400H | Peter Jones | 18 | Trowbridge AC | 66.8 | 65.5 | 1.9% | Southern Men's Lge |
| 3,000SC | J Danobrega | JM | Bedford & County | 10:41.0 | 10:33.7 | 0.7% | Southern Men's |

## FIELD

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| HJ | Steven Rigby | 11 | Wakefield | 1.35 | 1.40 | 3.6% | McDonald's YA Lge |
| HJ | Daniel Rose | 11 | Lowestoft | 1.15 | 1.20 | 4.2% | E Anglian Lge |
| HJ | A Purcell | 11 | Duke Street RC | 1.10 | 1.15 | 4.3% | East Anglian League |
| HJ | D Broadhead | 11 | RHAC | 1.10 | 1.25 | 12% | Barnsley Open |
| HJ | Helen Clayton | 12 | Duke Street RC | 1.33 | 1.35 | 1.5% | East Anglian League |
| HJ | Laura Smith | 12 | Hull Springhead H | 1.33 | 1.35 | 1.5% | Barnsley YA |
| HJ | Naomi Anness | 12 | W Suffolk AC | 1.15 | 1.17 | 1.7% | EA Regional |
| HJ | Kiera Walker | 12 | Duke Street RC | 1.25 | 1.30 | 3.8% | Duke Street RC |
| HJ | Laura Yeardley | 12 | Halamshire H | 1.20 | 1.30 | 7.7% | Barnsley YA |
| HJ | John Wright | 12 | Wymondham AC | 1.10 | 1.30 | 15.4% | East Anglian League |
| HJ | Kevin Drury | 13 | Oswestry | 1.73 | 1.76 | 1.7% | North Shropshire |
| HJ | Michael Eccles | 13 | Wymondham AC | 1.25 | 1.30 | 3.8% | East Anglian League |
| HJ | Gavin Codling | 13 | Wymondham AC | 1.25 | 1.30 | 3.8% | East Anglian League |
| HJ | Ruth Anness | 14 | W Suffolk | 1.21 | 1.23 | 1.6% | EA Regional |
| HJ | Kristian Lay | 14 | Lowestoft | 1.35 | 1.40 | 3.6% | E Anglian Lge |
| HJ | S Flaherty | 14 | Ipswich H | 1.36 | 1.55 | 12.3% | McDonalds |
| HJ | Simon Scholes | 16 | Hull Springhead H | 1.70 | 1.76 | 3.4% | TSB Champs |
| HJ | Andrew Brown | 16 | Wymondham AC | 1.40 | 1.60 | 12.5% | East Anglian League |
| HJ | Adam Spratt | 17 | Hull Springhead H | 1.40 | 1.44 | 2.8% | TSB Champs |
| HJ | Marcus Moss | 17 | Hull Springhead H | 1.30 | 1.41 | 7.8% | TSB Champs |
| HJ | Andrew Stather | 17 | Hull Springhead H | 1.25 | 1.41 | 11.3% | TSB Champs |
| HJ | Michael Flower | 18 | Lowestoft | 1.81 | 1.87 | 3.2% | Southern Men's Lge |
| PV | James Phillips | 12 | Telford AC | 1.95 | 2.10 | 7.1% | McDonald's YA Lge |
| PV | Jonathan Parry | 13 | Swansea Harriers | 2.40 | 2.65 | 9.4% | Cwmbran Open |
| PV | S Ayres | 13 | Ipswich H | 2.10 | 2.40 | 12.5% | McDonalds |
| PV | Martin Parley | 14 | Bristol | 3.91 | 4.10 | 4.6% | English Schools |
| PV | D Leek | 15 | Ipswich H | 2.30 | 2.50 | 8% | McDonalds |
| LJ | Robin Northman | SM | Wymondham AC | 6.23 | 6.37 | 2.2% | EAL |
| LJ | Renee Taylor | 9 | Hull Springhead H | 3.36 | 3.37 | 0.3% | Barnsley YA |
| LJ | Eleanor Thomas | 9 | Rotherham H | 2:90 | 3:16 | 8.2% | Barnsley Open |
| LJ | Natalie Twidale | 9 | Immingham | 2.41 | 2.87 | 16% | Barnsley YA Open |
| LJ | Natalie Twidale | 9 | Immingham | 2.41 | 2.87 | 16% | Barnsley YA Open |
| LJ | Clair Cassidy | 10 | Louth AC | 3.55 | 3.57 | 0.6% | Barnsley |
| LJ | Natalie Clarke | 10 | Hull Springhead H | 3.79 | 3.85 | 1.6% | Barnsley YA |
| LJ | Charlotte Steel | 10 | Louth AC | 3.70 | 3.77 | 1.9% | Cleethorpes Open |
| LJ | Hayley Twidale | 10 | Immingham | 3.40 | 3.50 | 2.9% | Barnsley YA Open |
| LJ | Natasha Easton | 11 | Plymouth | 3.10 | 3.14 | 1.3% | Toshiba Minors Meet |
| LJ | A Purcell | 11 | Duke Street RC | 4.07 | 4.13 | 1.5% | East Anglian League |
| LJ | Cathy Chisholm | 11 | Hull Springhead H | 3.16 | 3.23 | 2.2% | Barnsley YA |
| LJ | Katie Elder | 11 | Hull Springhead H | 3.56 | 3.69 | 3.5% | Barnsley YA |
| LJ | Natasha Easton | 11 | Plymouth | 3:05.2 | 3:16.2 | 3.5% | Toshiba Minors Meet |
| LJ | Simon Bartram | 11 | Wakefield | 4.07 | 4.30 | 5.3% | McDonald's YA Lge |
| LJ | Naomi Johns | 11 | Duke Street RC | 3.45 | 3.86 | 10.6% | East Anglian League |
| LJ | Terri Easton | 12 | Plymouth | 4.04 | 4.11 | 1.7% | Toshiba Minors Meet |
| LJ | Hanna Longmore | 12 | Halamshire H | 4.25 | 4.35 | 2.3% | Sheffield Schools |
| LJ | Laura Smith | 12 | Hull Springhead H | 4.57 | 4.70 | 2.8% | Barnsley YA |
| LJ | Helen Nutton | 12 | Wakefield | 3.87 | 4.00 | 3.3% | McDonald's YA Lge |
| LJ | Clare Morley | 12 | Hull Springhead H | 4.09 | 4.23 | 3.3% | Barnsley YA |
| LJ | Martin Daniels | 12 | Lowestoft | 4.30 | 4.56 | 5.7% | E Anglian Lge |
| LJ | Vicky Reynolds | 12 | Blackpool | 4.65 | 4.93 | 5.7% | Lancashire Schools |
| LJ | Laura Yearley | 12 | Halamshire H | 4.26 | 4.56 | 6.6% | Barnsley YA |
| LJ | Caroline Elder | 12 | Hull Springhead H | 3.67 | 3.95 | 7.1% | Barnsley YA |
| LJ | Laura Foster | 12 | Halamshire H | 3.76 | 4.35 | 13.6% | Sheffield Schools |
| LJ | Vanessa Guppy | 13 | Wymondham AC | 4:48 | 4:71 | 4.9% | EAL |
| LJ | Samantha Webb | 14 | Wymondham AC | 4.04 | 4.13 | 2.2% | East Anglian League |
| LJ | Helen Pryer | 14 | Camberley | 5.12 | 5.24 | 2.3% | Thameside Lge |
| LJ | David Walker | 14 | New Marske H | 4:21 | 4:60 | 8.5% | NYSD Lge |
| LJ | David Walker | 14 | New Marske H | 4.42 | 4.87 | 9.2% | McDonalds |
| LJ | A Marsh | 16 | Ipswich H | 5:02 | 5:04 | 0.4% | Anglian Lge |
| LJ | Jacquie Burke | 16 | Hull Springhead H | 5.09 | 5.16 | 1.4% | TSB Champs |
| LJ | Rob Thickpenny | 16 | Nene Valley | 5.92 | 6.06 | 2.3% | E Anglian Multi-Event |
| LJ | J Brown | 16 | Ipswich H | 5.62 | 6.16 | 8.8% | Anglian Lge |
| LJ | Adam Spratt | 17 | Hull Springhead H | 4.40 | 4.41 | 0.2% | TSB Champs |
| LJ | Marcus Moss | 17 | Hull Springhead H | 4.52 | 4.74 | 4.6% | TSB Champs |
| LJ | Michael Flower | 18 | Lowestoft | 5.72 | 5.85 | 2.2% | Southern Men's Lge |
| LJ | Carol Filler | W35 | Wymondham AC | 4.62 | 4.65 | 0.6% | East Anglian League |
| TJ | Mark Harrington | 14 | Lowestoft | 9.30 | 10.26 | 9.4% | E Anglian Lge |
| TJ | Patrick Baigent | 15 | Cornwall AC | 12.20 | 12.55 | 2.8% | SW Schools |
| TJ | D Griffin | 15 | Ipswich H | 8.96 | 9.49 | 5.6% | McDonalds Lge |
| TJ | Adam Mansell | 16 | G&G | 12.36 | 12.44 | 0.6% | Panasonic Southern Lge |
| TJ | K Lovell | 16 | Ipswich H | 8.93 | 9.66 | 7.6% | McDonalds |
| SP | Faye Riley | 12 | Dartford H | 5.48 | 5.73 | 4.4% | Club Champs |
| SP | Sally Ash | 12 | NOAC | 4.23 | 4.46 | 5.2% | Club meeting |
| SP | C Powell | 12 | Louth AC | 6.87 | 7.82 | 12.1% | Grimsby |
| SP | Isabella Howard | 12 | NOCA | 6.95 | 8.41 | 17.4% | Watford YA |
| SP | Simone Newton | 12 | Wymondham AC | 3.64 | 4.44 | 18% | East Anglian League |
| SP | Adrian Wilson | 13 | Louth AC | 7.94 | 7.95 | 0.1% | Barnsley |
| SP | Claire Newitt | 13 | Wymondham AC | 5.20 | 5.42 | 4.1% | East Anglian League |
| SP | Nicholas Riley | 13 | Cambridge H | 8.84 | 9.77 | 9.5% | Club Champs |
| SP | Jason McDade | 13 | Ipswich Harriers | 7.58 | 8.91 | 14.9% | East Anglian |
| SP | Clare Welfare | 14 | Lowestoft | 6.02 | 6.11 | 1.5% | E Anglian Lge |
| SP | Allison English | 14 | Hull Springhead H | 5.50 | 5.67 | 3% | TSB Champs |
| SP | Andrew Darby | 14 | Louth AC | 7.90 | 8.27 | 4.5% | Grimsby |
| SP | Mark Harrington | 14 | Lowestoft | 6.50 | 7.86 | 17.3% | E Anglian Lge |
| SP | Philippa Roles | 15 | Swansea Harriers | 12.74 | 12.90 | 1.2% | Welsh Schools |
| DT | Helen Gates | 12 | Southampton | 25.54 | 29.62 | 13.8% | Hants School Champs |
| DT | Faye Riley | 12 | Dartford H | 14.48 | 17.56 | 17.5% | Club Champs |
| DT | Claire Woolley | 13 | Lowestoft | 12.46 | 14.0 | 11% | E Anglian Lge |
| DT | T Bramhall | 13 | Wellingborough | 21.40 | 26.20 | 18.3% | County Champs |
| DT | B Laund | 14 | Ipswich H | 14.30 | 15.44 | 7.4% | McDonalds |
| DT | Simon Scholes | 16 | Hull Springhead H | 19.68 | 21.56 | 8.7% | TSB Champs |
| DT | James Clarke | 16 | Hull Springhead H | 23.38 | 27.31 | 14.4% | TSB Champs |
| DT | Marcus Moss | 17 | Hull Springhead H | 20.03 | 20.73 | 3.4% | TSB Champs |
| DT | Adam Spratt | 17 | Hull Springhead H | 23.86 | 25.06 | 4.8% | TSB Champs |
| HT | Martin Wilson | 13 | Lowestoft | 23.88 | 24.66 | 3.2% | E Anglain Lge |
| HT | Tom Habbits | 13 | Weston AC | 13.42 | 17.32 | 22.5% | SW Lge |
| HT | C Scoggin | 14 | Ipswich H | 17.46 | 18.04 | 3.2% | McDonalds |
| HT | R Phillips | 15 | Ipswich H | 17.02 | 17.46 | 2.5% | Anglian Lge |
| HT | K Lovell | 16 | Ipswich H | 15.10 | 18.28 | 17.4% | Anglian Lge |
| JT | Martin Wilson | 13 | Lowestoft | 27.54 | 27.70 | 0.6% | E Anglian Lge |
| JT | Robert Brown | 13 | Wymondham AC | 20.12 | 23.64 | 14.9% | East Anglian League |
| JT | Eleanor Ford | 13 | Unatt | 16.27 | 38.82 | 58.1% | English School Champs |
| JT | Lynne Miles | 14 | Birchfield H | 30.74 | 30.90 | 0.5% | British Lge |
| JT | Anna Spratt | 14 | Hull Springhead H | 16.66 | 16.84 | 1.1% | Barnsley YA |
| JT | Robin Miller | 14 | Woodford Green | 33.05 | 36.85 | 10.3% | West Essex Schools |
| JT | R Marsh | 14 | Ipswich H | 20.58 | 31.38 | 34.4% | Anglian Lge |
| JT | Andrew Sugden | 15 | New Marske H | 19.38 | 21.93 | 11.6% | McDonalds |
| JT | A Howard | 15 | Norfolk Olym | 30.86 | 35.14 | 12.2% | East Anglian Lge |
| JT | Paula Blank | 15 | Verlea AC | 34:00 | 40:14 | 15.3% | Southern Womens |
| JT | James Clarke | 16 | Hull Springhead H | 39.60 | 40.54 | 2.3% | TSB Champs |
| JT | Simon Scholes | 16 | Hull Springhead H | 33.78 | 35.46 | 4.7% | TSB Champs |
| JT | Paul Meo | 16 | None Valley | 45.02 | 49.38 | 8.8% | Beds, Cambs N'thants |
| 20kmW | Karl Orchard | 23 | Leicester WC | 2:13:13 | 1:47:17 | 30.9% | Birchfield 20kmW |

## ENTRY FORM

**Name**.....

**Address**.....

.....

.....

**Age**.....

**DoB**.....

**Telephone No**.....

**What make of shoes do you wear?**.....

**Club**.....

**Coach's name**.....

**Event**.....

.....

**New PB**.....

.....

.....

.....

**at which meeting?**.....

.....

**on**.....

**Old PB**.....

**Confirmed by**.....

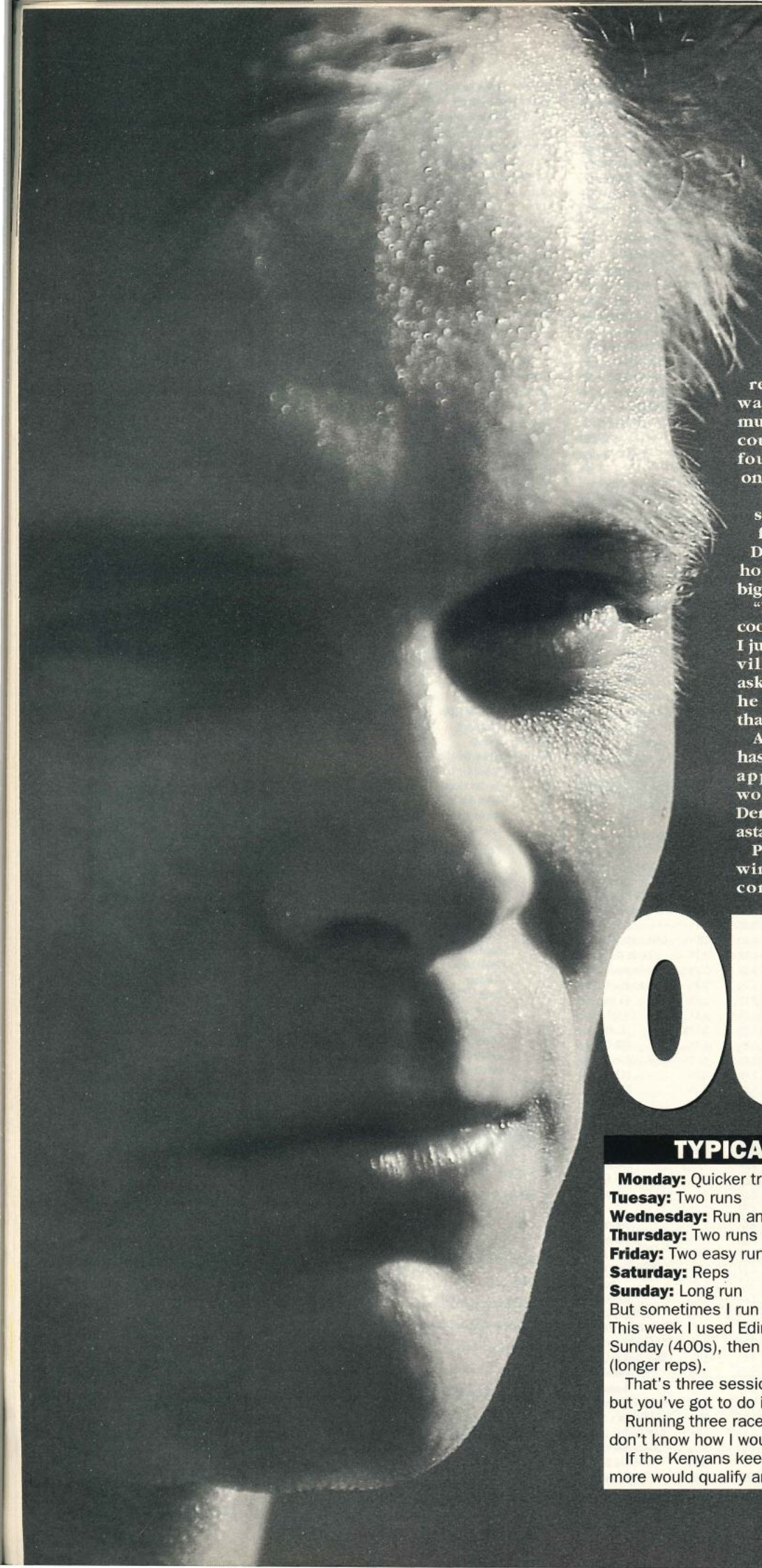
**Witness's status**.....

.....

.....

.....

*(witness can be meeting organiser, event judge or club official)*



AT the best of times the walk back from the Montjuic Stadium, Barcelona to the warm up track was a long one. It involved numerous accreditation checks, security clearance to rival the Bank of England and a long long, long drag back across a 300m wide bridge.

"It was pathetic. I was really really angry with myself on that walk," recalls Rob Denmark. "So much so I was almost crying. All I could think about was that it was four more years before the next one."

Denmark had just crossed the line seventh in the Olympic 5,000m final, close to 100m behind winner Dieter Baumann. It was, still is and hopefully will remain, he says, the biggest disappointment of his life.

"I got to the warm up area for a cool down and nobody was there, so I just got on the bus to go back to the village. Then I saw Morcelli and asked him how he got on. 'Seventh,' he said. So I felt a bit better after that!"

And it shows. Nourredine Morceli has managed to put that Olympic disappointment behind him with a world record in the 1,500m, while Denmark has, of course, been in devastating form over 5,000m.

Particularly memoriable was his win in the European Cup 5,000m, complete with 25-odd last 200m.

# OUT O

## TYPICAL TRAINING WEEK

**Monday:** Quicker track session
**Tuesay:** Two runs
**Wednesday:** Run and longer track session with Darren
**Thursday:** Two runs with faster run in afternoon.
**Friday:** Two easy runs
**Saturday:** Reps
**Sunday:** Long run

But sometimes I run two sessions on consecutive days. This week I used Edinburgh as training. Then I trained Sunday (400s), then Monday (speed) and Wednesday (longer reps).

That's three sessions in four days. I don't do it a lot, but you've got to do it.

Running three races in three days would be tough. I don't know how I would cope with it.

If the Kenyans keep running these fast times, then more would qualify and then we might have to do it.

# F BASILDON




**Rob Denmark is fast establishing himself as the No.1 5,000m runner in the world — including the Africans. PAUL LARKINS met him. Pics by ALLSPORT**

Four years waiting could become less than one as a world title realistically beckons this summer in Stuttgart.

Millions saw Denmark launch his blistering sprint in Rome, but few have seen his controlled 13:12 in Seville, the then-fastest in the world for 1993.

"I felt like I was jogging in Rome. It sounds big headed, but really it was that easy," he says. Director of coaching, Frank Dick agrees: "Rob controlled that race like I've seen no-one control a 5,000m for some time."

"And I felt as good in Seville. I just sprinted, got a lead and let it stay that way," Denmark continues.

The not insignificant fact that there are Kenyans running close to 13 minutes for the distance almost every other day of the week may make that world title shot seem like nothing more than a pipe dream. But Denmark thinks they are beatable. Europeans are better racers and can sprint better.

At least that's what he thinks. He does, however, own up to spending half the night thinking about the 5,000m run in Lausanne.

But he shouldn't worry too much. Like Dick says, Denmark is a man truely in his element.

"It used to be hard after 3km, but not any more," he says. I actually feel better when I get to 3km. Then I think 'it's only five laps to go' It's about being more familiar with the event.

"But 13:06," he says with a touch of envy. "I'm dying to run in one of those races, but I know I've only got a few good performances in me per season, so I'm sticking to my plans."

Wait. A few good performances? Seville plus Rome equals two — a few? "Oh no I don't count them."

Yes Denmark is a man in good shape.

"I haven't even started on my speed work," he says. That seems a somewhat unlikely statement seeing he's outsprinted the world's best in Seville and produced one of the best 200s ever seen in a 5,000m.

"I've only done two sessions. One down the clock on Monday and one set of 400s with three minutes rest before Belfast. But I ran 90 miles that week anyway," he continues. "I just seem to be one of those runners who naturally has speed."

Darren Mead, an 8:36 steeplechaser and twice a week training partner of Denmark's agrees with that.

The two can be neck and neck in training until Denmark sees the finishing line.

Then, no matter how he feels, the Basildon man can raise the pace and sprint away. "It must be something to do with seeing that line," he says. "It's quite a useful asset to have."

It's true. Rivals now worry about the Briton's kick over the last 600m or so. If he there with a lap or so remained, few if any, runners in the world can hope to live with him.

Much of that is down to David Denmark's careful planning. Always interested in athletics as a teenager, Denmark senior turned to coaching when his son showed some promise.

Then when I won the Schools' 1,500m in 1985 he decided I should move on. He thought it would help me."

Denmark spent a season or two with Phil Banning, but returned to his father after that and has never looked back. It's a relationship that works, he says.

"We don't talk about athletics much away from the track," Rob says. "At Christmas dinner dad might say over the Turkey I'm eating too much, but I tend to ignore all that."

He hasn't ignored his father's advice to bump up the miles and keep them high through the early part of the summer. The odd week of 100 in the winter has turned into weeks of 90 with little sign of easing back yet.

"It's paying off," he says simply.

Training with Mead is also paying off. Both are of similiar character — highly competitive, but once they got that under control, things started to pay off.

"We're very good now," Denmark says. "We're very competitive in training, sorry non-competitive in training," he continues. "Dad told us to calm it down and now we share the work load. I might do one rep more, but it's working well. We get on."

That much is evident as Mead wanders over and helps himself to four Weetabix, some toast and tea.

"Darren makes himself at home," Denmark says. "He's here twice a week for training."

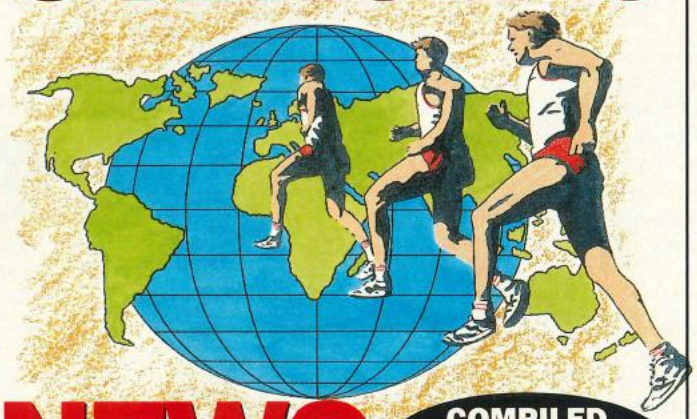
Like Denmark, Mead is a full-time athlete. "It's actually quite busy," Denmark says. "Last week I only had about an hour for myself to iron my clothes. I've enrolled on a correspondence course, but had no time to get on with it."

On cue the phone rings. Someone is interested in negotiating a shoe contract. But Denmark is with Adidas on a four year deal. "Come back in four years," he says, laughing.

"Actually I have to spend time doing the books and all sorts of things." Athletics these days is as much about professionalism as training. "A lot is made of being a full-time athlete. But I know I can't hold down a job and do this to the level I want to.

"And anyway, I enjoy it."

# OVERSEAS NEWS



COMPILED BY DAVID COCKSEDGE

**David Martin reports from the Bislett Games in Oslo. PICS BY GRAY MORTIMORE/ ALLSPORT**

BISLETT stadium has witnessed a gastronomic feast of world records since former IAAF president Adriaan Paulen broke the first, over the now unusual 500 metres, way back in 1924.

Last Saturday, the packed 20,000 crowd witnessed the 59th World record to be set on the tiny six lane track in Oslo's city centre.Any record is special. But Yobes Ondieki set a new milestone for 10,000 metre running, becoming the first man to run under 27min for the 25 torturous laps.

More unusual, it was only the Kenyan's second race over the distance, the previous one in 1983, taking a sedate 28:25.44. Beforehand it was expected Khalid Skah would make an attempt on the 27:07.91 figure Richard Chelimo had posted only five days earlier in Stockholm. But a look at the weather convinced the Olympic champion to race over 5,000.

One suspects he will now have regretted that decision.For undoubtedly Skah would have had the ability to latch on to Ondieki, who bravely took the lead before the halfway mark.The 32-year-old's bolt upright action, cruised through the half distance in 13:28.05, over 5sec quicker than Chelimo achieved on his night of glory.

And instead of wilting, the 1991 World 5,000 champion began to go faster and faster. It was a momentous occasion when Ondieki crossed the line in 26:58.38 - he had finally brought the distance into a new era, just as the legendary Ron Clarke had done 28 years earlier when running the first sub-28min 10,000.

Words initially escaped the smiling US-based star when asked to explain his historic deed. But his wife, marathon star Lisa Martin, thought she knew why he had shown such,lean, mean and hungry form. Lisa said: "It's not down to coaching you know - it's down to cooking. I serve up such bad food that he doesn't eat much and that's why Yobes is so lean and fit."

**26:58.38**

***"It wasn't easy"***

***Yobes Ondieki on his world record 10,000m run***

While savouring his win, Ondieki's appetite for the future quickly became apparent. And that could mean trouble for potential 10,000 gold-medallists in Stuttgart next month.

Ondieki said: "Before this race I had said that I wasn't going to the World Championships. I have have my World Championships 5,000 medal from 1991 and I was going to run just the Grand Prix meetings this summer. But now, after this world record, I might change my mind. But please, let me enjoy the record first before I think about the future."

Modesty has always been an Ondieki trait. However, others believed the enormity of his achievement deserved the highest credit. Sebastian Coe, in Bislett as the guest of honour said: "Ondieki has pulled off one of the greatest pieces of running I have ever seen. It was quite staggering to do that all alone at the front, and still keep intact both his concentration and determination."

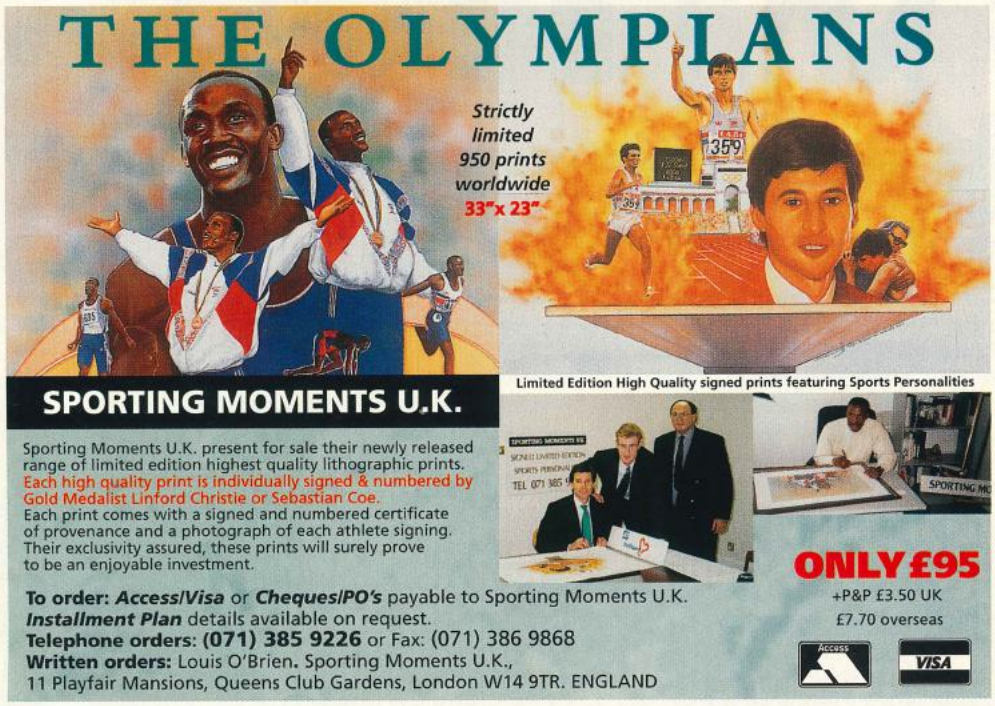
Almost unnoticed Richard Nerurkar ran a PB 27:40.03 in fourth position. Now the Bingley man must decide whether to stick with his new marathon career or step down for Stuttgart.

Steve Cram will have known the elation Ondieki felt. For in 1985 he set his world mile record of 3:46.32 amidst the same frenzied atmosphere. But track and field doesn't linger on past memories. Indeed Cram had to cajole Andy Norman into getting an invite into the race, where Noureddine Morceli was attacking his long-standing mark.

Cram said: "I'd found it hard to get into the race. Andy said he didn't want me to run in Oslo and finish halfway down the field, particularly as Morceli was shooting for my world record.

"I told him my form in training, and offered to take a bet that I would run 3min 52sec or thereabouts. He didn't put the cash down but had the bet. All the way down the finishing straight, it drove me on."

Morceli duly won in a personal best of 3:47.78. But Cram had a double celebration; retaining his record and running faster than he has over the distance since 1991. Cram, who clocked 3min 52.17sec, said he will now put his short-lived 5,000 career on ice for the moment

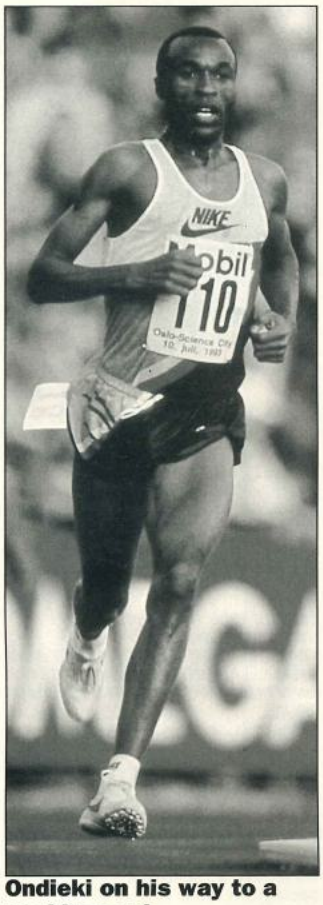



and concentrate on the 1,500 at next month's World Championships.

He said: "I have this dream of standing on the rostrum one last time. I don't think I can win. Morceli is head and shoulders above the rest of us, but I think I can get a medal."

Just behind Cram, Matthew Yates, after sleeping in the corridor because of a snoring room mate, proved he is also running into top gear with a satisfying personal best of 3:52.75.

Yvonne Murray was another to walk away tall from a tough 3,000 confrontation won by Sonia O'Sullivan,




**Ondieki on his way to a world record**

whose time of 8:28.74 was the eighth fastest-ever. Murray has been on a high since her World Indoor Championship success. But critics have argued she has picked easy races. The Scot confounded them, running 8:30.30 – her fastest performance since winning the Olympic bronze-medal five years ago in Seoul with 8:29.02.

Murray, delighted that Olympic champion Yelena Romanova fell victim to her, said: "I wanted this race because all of the best athletes were here. It was almost the same field I faced in Barcelona and I feel now as if I have rid myself of the ghosts of that day.

"I could have dodged them until the World Championships, but I knew I just had to put myself against them and see what happened."

Almost unnoticed Paula Radcliffe, 19, had a tremendous run lowering her PB to 8:44.34 and moving to to sixth on the UK All-Time list. On a night of ceaseless action, Martin Steele stormed into world-class, with a breathtaking, if unexpected 800 win. The Longwood man stayed off the crazy 48.5sec pace, running two ahead of a struggling Tom McKean at the bell. After moving through the field he unleashed a stinging sprint finish which brought him an easy victory from Sammy Langat, as McKean struggled at the back of the field.

Steele, 30, said: "I knew I was in shape to beat my PB of 1:45.28. But to have ran 1:43.84 is unbelievable, beyond my wildest dreams."

That 1993 world leading mark made Steele, never in the British Top 20 Lists before this year, the fourth fastest Briton of all-time. Kelly Holmes was another 800 runner to experience new dimensions in her reborn career. Before her clash with world-leader Maria Mutola, Andy Norman told her: "See that coloured girl there, follow her from thr gun."

The Army corporal physical training instructor, used to taking orders, did just that. Holmes may have misjudged the finish line, but her second place made her the eighth British woman to run under 2min.

Linford Christie easily won the 100 ahead of Frankie Fredericks who he beat in the Barcelona final. But he was denied the opportunity of putting Andre Cason in his place. The US champion suggested last week that Christie's Olympic success had been worthless due to his, and Carl Lewis's absence.

One suspects Linford was livid at such a statement. Revenge will be sweet when they do meet.

Colin Jackson had a close shave in the high hurdles, winning ahead of Olympic bronze-medallist Jack Pierce on a photo-finish. Three hard races in eight days saw David Grindley putting on a weary Wigan smile. Nevertheless, third place behind Michael Johnson and "Butch" Reynolds indicate his medal hopes for Stuttgart are firmly on course.

Sergey Bubka failed to make a height in the pole vault, Khalid Skah went down in a fast 5,000 to Olympic silver-medallist Paul Bitok,and World record-holder Moses Kiptanui was outsprinted in the 3,000 steeplechase by colleague Richard Kosgei.

Werner Gunthor buried the US shot putt threat, where Matt Simson beat Paul Edwards for the first time in two years. Johnathan Edwards was never tested in the triple jump, coming up with two 17metre-plus clearances.

Merlene Ottey was a majestic short sprint victor, while Sandra Farmer-Patrick surprisingly managed only third place in the 400 hurdles. Trine Hattestadt scored her traditional home javelin victory and Heike Drechsler, missing the German championships, was the only long jumper over seven metres.

## RESULTS

**MEN**

**100:** (+2.30) 1, LINFORD CHRISTIE 10.09; 2, F Fredericks (NAM) 10.11; 3, M Green (JAM) 10.21; 4, O Adeniken (NGR) 10.24; 5, DARREN BRAITHWAITE 10.44; 6, DARREN CAMPBELL 10.46
Ht1(+3.40): 1, A Cason (USA) 10.16; 2, Fredericks 10.21; 3, Adeniken 10.31; 4, Campbell 10.39; 5, P Sivle (NOR) 10.64
Ht2(+0.60): 1, Christie 10.26; 2, Green 10.31; 3, Braithwaite 10.46; 4, Stevens (BEL) 10.60; 5, F Ramirez (NOR) 10.75
**400:** 1, M Johnson (USA) 44.89;(2, H Reynlds (USA) 45.02; 3, DAVID GRINDLEY 45.35; 4, S Kitur (KEN) 45.41; 5, D Clark (AUS) 45.67; 6,DUANE LADEJO 47.55
**800:** 1, MARTIN STELELE 1:43.84; 2, S Langat (KEN) 1:44.72; 3, M Koers (HOL) 1:44.84; 4, R Abdenouz (ALG) 1:45.62; 5, A Benvenuti (ITA) 1:45.94; 6, A Douglas (NOR) 1:46.13; 7, V Rodahl (NOR) 1:48.20; 8, TOM McKEAN 1:49.32
**800B:** 1, C Nkazmyampi (BUR) 1:45.89; 2, P Ruto (KEN) 1:46.35; 3, J Tengelei (KEN) 1:46.37; 4, DAVID SHARPE 1:47.32; 5, T Parilla (USA) 1:47.67; 6, M Enholm (SWE) 1:48.11; 7, O Oedegaard (NOR) 1:48.25; 8, B Boehlang (NOR) 1:48.97; 9, A Indresand (NOR) 1:51.17
**Mile:** 1, N Morceli (ALG) 3:47.78; 2, A Bile (SOM) 3:51.66; 3, STEVE CRAM 3:52.17; 4, J Spivey (USA) 3:52.37; 5, MATT YATES 3:52.75; 6, M Pancorbo (ESP) 3:52.96; 7, F Cacho (ESP)3:53.68; 8, D Kibet (KEN) 3:54.53; 9, M Corstjens (BEL) 3:54.57; 10, R El Basir (MAR)3:55.25; 11, S Doyle (AUS) 3:55.35; 12, M Dailey (USA) 3:57.16; 13, DAVID STRANG 3:57.16; 14, T Herrington (USA) 3:59.41
**5,000:** 1, P Bitok (KEN) 13:08.68; 2, K Skah (MAR) 13:09.35; 3, V Rousseau (BEL) 13:10.99; 4, B Kennedy (USA) 13:14.91; 5, A Belaout (ALG) 13:15.36; 6, B Lalhafi (MAR) 13:15.85; 7, C Monteir (POR) 13:22.79; 8, S Chemoiywo (KEN) 13:24.49; 9, A Serrano (ESP) 13:24.96; 10, O Osoro (KEN) 13:25.79; 11, G Silva (MEX)13:26.11; 12, J Danielsson (SWE) 13:29.47; 13, R Benzine (ALG) 13:31.23; 14, I Kinuthia (KEN) 13:33.65; 15, J Hiratsuka (JPN) 13:35.50; 16, P Hanneck (ZIM) 13:46.35; 17, M Olesen (CAN) 13:53.41; 18, T Hayata (JPN) 13:54.02; 19, C Nyberg (SWE) 14:06.19
**10,000:** 1, Y Ondieki (KEN) 26:58.38; 2, W Sigei (KEN) 27:16.81; 3, A Gomez (ESP) 27:39.38; 4, RICHARD NERURKAR 27:40.03; 5, T Williams (USA) 27:40.37; 6, M Ntawulikura (RWA) 27:47.59; 7, A Quintanilla (MEX) 27:51.41; 8, K Hanada (JPN) 28:11.60; 9, PAULDUGDALE 28:22.48; 10, R Stefko (TCH) 28:34.08; 11, H Hanninen (FIN) 28:38.93; 12, J Halvorsen (NOR) 28:44.77; 13, S Ohsaki (JPN) 29:06.34; 14, M Selmi (ALG) 29:07.85; 15, CAdan (ESP) 29:18.29
**3,000SC:** 1, R Kosgei (KEN) 8:12.68; 2, M Kptanui (KEN) 8:12.70; 3, M Croghan (USA) 8:13.44; 4, P Sang (KEN) 8:19.71; 5, J Keter (KEN) 8:22.48; 6, J Kariuki (KEN) 8:23.10; 7, S Creighton (AUS) 8:25.05; 8, A Carosi (ITA) 8:25.52; 9, T Nohilly (USA) 8:28.05; 10, J Svenoey (NOR) 8:28.51; 11, V Hautala (FIN) 8:29.00; 12, JASON CHASTON 8:32.67; 13, A Brahmi (MAR) 8:37.58; 14, COLIN WALKER 8:38.17
**110H:** (+0.0) 1, COLIN JACKSON13.21; 2, J Pierce (USA) 13.21; 3, TONY JARRETT 13.35; 4,G Terry (USA) 13.45; 5, M Crear (USA) 13.62
**PV:** 1, M Tarasov (RUS) 5.90; 2, I Potapovich (KZK) 5.70; 3, V Bukrejev (EST) 5.60; 4, P Manson (USA) 5.60; 5eq, T Bright (USA)/I Trandenkov (RUS) 5.50; 7, V Bubka (UKR) 5.40;8eq, T Barthel (NOR)/P Bocharev (RUS) 5.40; DPetushinsky (RUS)/S Bubka (UKR) no ht.
**TJ:** 1, JONATHAN EDWARDS 17.14w (17.07); 2, B Wellman (BER) 16.59w; 3, K Hanstveit (NOR) 16.34; 4, P Andersson (SWE) 16.16; 5, T Henriksson (SWE) 16.10; 6, A Holm (SWE) 16.04; 7, L Hedman (SWE) 15.86w; 8, K Holley (USA) no distSP: 1, W Gunthor (SUI) 21.42; 2, R Barnes (USA) 21.06; 3, M Stulce (USA) 20.55; 4, K Bodenmueller (AUT) 20.14; 5, K Toth USA) 19.85; 6, J Doehring (USA) 19.55; 7, G Weil (CHL) 19.54; 8, S Smirnov (RUS) 19.05; 9, MATTSIMSON 18.50; 10, PAUL EDWARDS 18.49; 11, S Nikolajev (RUS) 18.29; 12, S Kleiza (LIT) 17.86; 13, J Minns (AUS) 17.55 14, K Hauge (NOR) 16.98
**JUNIOR 1,000:** 1, R Kiplagat (KEN) 2:20.45; 2, P Johansson (SWE) 2:20.98; 3, C Cuenca (SUI) 2:22.29; 4, S Wielandt (BEL) 2:23.02; 5, K Waelkens (BEL) 2:23.03; 6, VINCE WILSON 2:23.84

**WOMEN**

**100:** (+1.20) 1, M Ottey (JAM) 10.94; 2, G Torrence (USA) 10.98; 3, I Privalova (RUS) 11.15; 4, M Onyali (NGR) 11.27; 5, E Vorster (RSA) 11.38; 6, BEV KINCH 11.51
**800:** 1, M Mutola (MOZ) 1:56.51; 2, KELLY HOLMES 1:59.16; 3, J Clarke (USA) 1:59.96; 4,DIANE MODAHL 2:01.31; 5, F Trabaldo (ITA) 2:01.57; 6, S Jongmans (HOL) 2:02.56; 7, R Paulaviciene (LIT) 2:02.67; 8, J Jenkins (USA) 2:06.40; 9, T Hatling (NOR) 2:06.86; 10, T Vraale (NOR) 2:08.93
**3,000:** 1, S O'Sullivan (IRL) 8:28.74; 2, YVONNE MURRAY 8:30.30; 3, E Mayer (RSA) 8:32.81; 4, Y Romanova (RUS) 8:41.41; 5, A Peters (USA) 8:43.71; 6, PAULA RADCLIFFE 8:44.34; 7, V Tauceri (ITA) 8:56.42; 8, M Keszeg (ROM) 8:57.48; 9, P Tikkanen (FIN) 8:58.07; 10, E Van Hulst (HOL) 8:58.15; 11, HChepngono (KEN) 8:58.36; 12, H Stavik (NOR) 8:59.06; 13, R Brunet (ITA) 9:04.70; 14, G Halle (NOR) 9:1.56; 15, P Konga (KEN) 9:15.75; 16, L Cheromei (KEN) 9:33.17
**400H:** 1, K Batten (USA) 54.18; 2, T Buford (USA) 54.72; 3, S Farmer-Patrick (USA) 54.89; 4, D Hemmings (JAM) 54.97; 5, M Westen (SWE) 55.73; 6, GOWRY RETCHAKAN 55.84
**LJ:** 1, H Drechsler (GER) 7.10; 2, I Kravets (UKR) 6.87; 3, R Nielsen (DEN) 6.84; 4, L Ninova (AUT) 6.77; 5, N Boegman (AUS) 6.72; 6, L Berezhnaya (UKR) 6.56; 7, J Flemming (AUS) 6.43; 8, I Larsen (NOR) 6.23; 9, H Haughland (NOR) 6.02
**JT:** 1, T Hattestadt (NOR) 72.12; 2, F Tilea (ROM) 65.62; 3, N Zikolenko (BEL) 65.02; 4, P Alafrantti (FIN) 62.72; 5, T Nekrosaite (LIT)62.46; 6, K Zsigmond (HUN) 61.30; 7, J Jeppesen (DEN) 59.98; 8, L Aastroem (SWE) 52.64
**JUNIOR 1,000:** 1, A Braegger (SUI) 2:47.35; 2, G Slettom (NOR) 2:47.87; 3, L Roobaert (BEL) 2:47.94; 4, MICHEL 2:48.14; 5, S Rasmussen (NOR) 2:48.68; 6, C Stalder (SUI) 2:50.18; 7, A Koerner (GER) 2:50.28; 8, M Sebahn (GER) 2:50.65; 9, I Sluysmans (BEL) 2:53.39

## IAAF Mobil GP, Lausanne, Switzerland, 7th July

DAVID GRINDLEY elevated himself to true world status with a resounding victory in the 400m and had he not celebrated 15m before the line he would have rewritten the British record books.

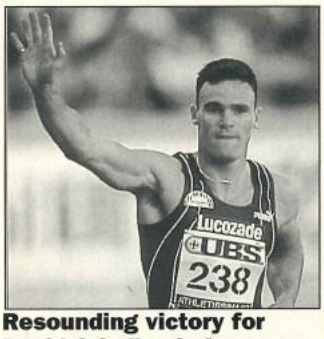
Certainly he looks capable of running close to 44sec flat and if that's the case only Michael Johnson, beaten in the 200m, is faster this year.

Sally Gunnell was in equally superb form, winning the 400H from great rival Sandra Farmer-Patrick, who built up a commanding lead but could not

Carl Lewis also proved that he will take some beating in the sprints, hauling back fast-starting Andre Cason in the 100m and then winning the 200m in 19.99. John Regis ran well for fourth, taking the scalp of American record holder Mike Marsh, a sub 20sec man this year.

As usual the Kenyans were in dominant form,.running 13:06.71 (Ismael Kirui) and 13:07.35 (William Sigei) in the 5,000m.

Johnny Gray survived a rather enthusiastic opening 400m (48.60) for a win in the 800m (1:44.27).




**Resounding victory for David Grindley in Lausanne**

**MEN**

**100:** (0.8) 1, A Cason (USA) 10.04; 2, C Lewis (USA) 10.07; 3, F Fredericks (NAM) 10.12; 4, C Smith (USA) 10.17; 5, M Green (JAM) 10.22; 6, B Surin (CAN) 10.23. B (0.9): 1, D Ezinwa (NGR) 10.26; 2, JASON JOHN 10.38; 3, R Stewart (JAM) 10.38; 4, S Jefferson (USA) 10.40...6, JOHN REGIS 10.45

**200:** (1.1) 1, Lewis 19.99; 2, M Johnson (USA) 20.06; 3, R da Silva (BRA) 20.16; 4, REGIS 20.25; 5, M Marsh (USA) 20.26; 6, C Nelloms (USA) 20.34; 7, O Adeniken (NGR) 20.62

**400:** 1, DAVID GRINDLEY 44.53; 2, S Kitur (KEN) 44.80; 3, A Valmon (USA) 45.11; 4, I Morris (TRI) 45.18; 5, A Pettigrew (USA) 45.17; 6, S Bada (NGR) 45.19; 7, P Delice (TRI) 45.95

**800:** 1, J Gray (USA) 1:44.28; 2, P Ruto (KEN) 1:44.94; 3, W Tanui (KEN) 1:44.98; 4, J Tengelei (KEN) 1:45.70; 5, S Ole Marai (KEN) 1:46.78

**1,500:** 1, M Suleiman (QAT) 3:35.54; 2, M O'Sullivan (IRL) 3:35.79; 3, J Spivey (USA) 3:36.02; 4, T Herrington (USA) 3:36.21; 5, B Burke (USA) 3:36.59; 6, J Ripir (KEN) 3:36.58; 7, W Kemei (KEN) 3:36.80; 8, B Zorko (CRO) 3:37.41

**5,000:** 1, I Kirui (KEN) 13:06.71; 2, W Sigei (KEN) 13:07.35; 3, P Biok (KEN) 13:10.18; 4, S Chemwoyo (KEN) 13:18.85; 5, M Issangar (MAR) 13:22.97; 6, F Panetta (ITA) 13:24.85; 7, M Tanui (KEN) 13:25.83; 8, A Barrios (MEX) 13:26.49; 9, P Tergat (KEN) 13:29.03; 10, M Choumassi (MAR) 13:29.82

**400H:** 1, K Young (USA) 47.37; 2, S Matete (ZAM) 48.64; 3, S Diagana (FRA) 48.78; 4, D Adkins (USA) 49.02; 5, KRISS AKABUSI 49.32; 6, D Patrick (USA) 49.60; 7, S Bitok (KEN) 50.58

**PV:** 1, R Gataullin (RUS) 5.70; 2eq, V Bubka (UKR)/V Bukreyev (EST)/D Petushinskiy (RUS)/5.70

**LJ:** 1, M Powell (USA) 8.51; 2, I Pedroso (CUB) 8.22; 3, E Walder (USA) 8.18; 4, K Streete-T (USA) 8.10; 5, L Myricks (USA) 7.95

**SP:** 1, W Gunthor (SUI) 21.72; 2, J Doehring (USA) 20.24; 3, K Toth (USA) 20.01; 4, M Stulce (USA) 20.01; 5, K Bodenmuller (AUT) 19.61

**JT:** 1, J Zelezny (TCH) 88.36; 2, V Sasimovich (BLS) 82.22; 3, K Kinnunen (FIN) 81.62; 4, G Lovegrove (NZL) 81.12; 5, MICK HILL 80.12...7, T Petranoff (RSA) 76.18

**WOMEN**

**100:** (1.5) 1, G Devers (USA) 10.62; 2, M Ottey (JAM) 10.96; 3, G Torrence (USA) 10.97; 4, I Privalova (RUS) 11.06; 5, Z Tarnopolskaya (UKR) 11.09; 6, M Finn (USA) 11.16; 7, M Onyali (NGR) 11.17; 8, N Voronova (RUS) 11.24

**200:** (0.4) 1, Privalova 22.17; 2, Voronova 22.82; 3, Tarnopolskaya 22.81; 4, D Young (USA) 22.95; 5, G Maluchinga (RUS) 22.97; 6, X Graham (USA) 23.31

**800:** 1, L Gurina (RUS) 1:57.56; 2, L Rogachova (RUS) 1:58.33; 3, M Rainey (USA) 1:59.12; 4, J Clark (USA) 1:59.37; 5, I Yevseyeva (UKR) 1:59.86

**3,000:** 1, Y Romanova (RUS) 8:51.06; 2, M Keszeg (ROM) 8:51.17; 3, E Fidatov (ROM) 8:51.30; 4, E Kiplagat (KEN) 8:52.78; 5, D Nauer (SUI) 8:54.53...11, C McKiernan (IRL) 9:08.21

**100H:** (1.7 1, A Lopez (CUB) 12.85; 2, L Martin (USA) 12.86; 3, L Tobert (USA) 12.87; 4, M Freeman (JAM) 13.06; 5, J Baumann (SUI) 13.09

**400H:** 1, SALLY GUNNELL 53.88; 2, S Farmer-Patrick (USA) 54.52; 3, K Batten (USA) 54.53; 4, T Buford (USA) 55.16; 5, A Knoroz (RUS) 55.43; 6, GOWRY RETCHAKAN 56.13

**HJ:** 1, S Kostadinova (BUL) 2.01; 2, G Astafei (ROM) 1.95; 3, Y Gribanova (RUS) 1.92; 4, T Shevchik (BLS) 1.92; 5, A Bradburn (USA) 1.92; 6, I Quintero (CUB) 1.92

**LJ:** 1, H Drechsler (GER) 7.08; 2, I Mushaylova (RUS) 7.02; 3, L Ninova (AUT) 6.87; 4, I Kravets (UKR) 6.66; 5, Y Khlopotnova (UKR) 6.57; 6, Y Chen (RUS) 6.39

**TJ:** 1, Kravets 14.61; 2, I Lasovskaya (RUS) 14.52; 3, I Mushaylo a (RUS) 14.50; 4, A Biryukova (RUS) 14.27; 5, Chen 14.13; 6, G Chistyakova (RUS) 14.08

## IAAF/Mobil GP, Stockholm, Sweden, 5th July

WITH a rousing finish, Kenya's Olympic silver medallist Richard Chelimo crept under world 10,000m record of 27:08.23 at Stockholm on 5th July.

After being paced by John Doherty for 4,800m, Chelimo passed halfway in 13:33.70 and then completed the second 5,000 in 13:34.21 with some help, ironically enough, from Brahim Boutayeb, the 1988 Olympic 10km Champion. (It was Hammou Boutayeb who was alleged to have given illegal aid to Khalid Skah in the 1992 Olympic 10,000).

Aware that the record was slipping away from him approaching the final kilometre, Chelimo dashed through his last 600 in just over 1:31 to consign Barrios to history.

His previous fastest was a Commonwealth record of 27:11.18 set in 1991.

Previous world record holder Arturo Barrios himself finished over 26sec behind the flying Kenyan, and Paul Evans sharpened for the World Champs marathon with a personal best of 27:47.79 in fourth place — 0.53sec under his previous best.

In a good quality meeting, Moses Kiptauni (3,000SC) and Elana Meyer (5000), also set world leading marks.

Among the Britons, Colin Jackson just held off Tony Jarrett in the sprint hurdles with both men clocking 13.45. Kelly Holmes enjoyed a fine 800 victory and Matt Yates (3:37.04) ran the fastest this year by a Briton over 1,500 as Noureddine Morceli destroyed another good field with a long drive for home, passing 800 in 1:51.55 and 1200 in2:49.31.

Mike Powell bounded 8.38, and Jan Zelezny flung his spear 84.32 to defeat Kimmo Kinnunen (83.02) and Mick Hill (82.00) in a windless stadium.

**MEN**

**200:** (+ 2.0) 1, F Fredericks (NAM) 20.21; 2, M Johnson (USA) 20.25; 3, C Nelloms (USA) 20.58; 4, D Mitchell (USA) 20.75....7, MARCUS ADAM 21.28

**800:** 1, M Everett (USA) 1:45.33; 2, N Kiprotich (KEN) 1:45.36; 3, W Tanui (KEN) 1:45.41; 4, M Langai (KEN) 1:45.78; 5, A Douglas (NOR) 1:46.13; 6, R Abdenouz (ALG) 1:46.39; 7, TOM MCKEAN 1:46.44

**1,500:** 1, N Morceli (ALG) 3:31.83; 2, J Birir (KEN)3:36.66; 3, MATTHEW YATES 3:37.04; 4, A Bile (SOM)3:37.45; 5, M O'Sullivan (IRL) 3:37.57; 6, D Kibet(KEN) 3:37.62; 7, A Doyle (AUS) 3:38.51...9, J-P Herold (GER) 3:39.71...16, JOHN MAYOCK 3:42.41; 17, KEVIN McKAY DNF

**Mile:** 1, J Kiplagat (KEN) 3:59.48; 2, W Kipketer (DEN) 3:59.57; 3, TONY MORRELL 3:59.70...12, E Coghlan (IRL, M40) 4:09.48




**Richard Chelimo's world record was short lived**

**10,000:** 1, R Chelimo (KEN) 27:07.91 (World & Commonwealth record); 2, A Barrios (MEX) 27:34.27;3, D De Castro (POR) 27:34.63; 4, PAUL EVANS 27:47.79; 5, G Silva (MEX) 28:03.64; 6, C Monteiro(POR) 28:09.19; 7, S Guerre (POR) 28:11.14; 8, R Vera (ECU) 28:12.70; 9, B Boutayeb (MOR) 28:24.61

**110H:** (0.0) 1, COLIN JACKSON 13.45; 2, TONY JARRETT 13.45; 3, T Li (CHI) 13.60; 4, J Pierce (USA) 13.63; 5, K Van der Kuyp (AUS) 13.73; 6, M Crear (USA) 13.76; 7, E Valle (CUB) 13.88

**400H:** 1, K Young (USA) 49.61; 2, T Zellner (USA) 49.66; 3, D Adkins (USA) 49.91; 4, GARY CADOGAN 50.67; 5, S Nylander (SWE) 50.77

**3,000SC:** 1, M Kiptanui (KEN) 8:12.52 (World lead); 2, M Crogan (USA) 8:20.60; 3, A Sahere (MOR) 8:23.31; 4, J Kariuki (KEN) 8:23.58; 5, M Buchleitner (AUT) 8:26.02...7, TOM HANLON 8:28.51...10, M Birir (KEN) 8:35.08

**HJ:** 1, H Conway (USA) 2.31; 2, T Kemp (BAH) 2.31; 3, STEVE SMITH 2.28; 4eq, S Matei (HUN) & J Sotomayor (CUB) 2.28; 6, P Sjoberg (SWE) 2.28; 7, A Barton (USA) 2.24

**LJ:** 1, M Powell (USA) 8.38 (+0.3); 2, K Streete-Thompson (CAY) 8.18 (+0.9); 3, J Pedroso (CUB) 8.13 (+0.5); 4, A Maybank (USA) 8.02

**JT:** 1, J Zelezny (TCH) 84.32; 2, K Kinnunen (FIN) 83.02; 3, MICK HILL 82.00; 4, T Petranoff (RSA) 81.46

**WOMEN**

**100:** (+ 0.5) 1, G Devers (USA) 11.04; 2, G Torrence (USA) 11.13; 3, I Privalova (RUS) 11.13; 4, Z Tarnopolskaya (UKR) 11.39; 5, M Onyali (NIG) 11.52

**800:** (57.44) 1, KELLY HOLMES 2:00.46; 2, Y Evseeva(UKR) 2:00.71; 3, S Jongmans (HOL) 2:01.58

**1,500:** 1, L Kremlyova (RUS) 4:08.57; 2, H Boulmerka(ALG) 4:09.97; 3, Y Podkopayeva (RUS) 4:10.63

**5,000:** 1, E Meyer (RSA) 14:50.29 (World lead); 2, A Peters (USA) 15:11.86; 3, E Kiplagat (KEN) 15:20.21; A-M Sandell (FIN) 15:26.33; 5, A Dias (POR) 15:30.31; 6, K Franey (USA) 15:35.05

**400H:** 1, K Batten (USA) 54.63; 2, T Buford (USA) 55.02; 3, M Western (SWE) 55.96; 4, N Bidouane (MOR) 56.74

**TJ:** 1, I Mushailova (RUS) 14.79; 2, Y Chen (RUS) 14.65; 3, I Kravets (UKR) 14.49....5, MICHELLE GRIFFITH 13.62 (-0.4)

## NEWS UPDATE

WELTKLASSE Zurich promoter Andreas Brugger wants Linford Christie and Carl Lewis to have their much publicised clash over 100 metres in the Letzigrund Stadium on August 4, *writes David Martin.*

Brugger will announce at a press conference this morning (Wednesday) that both Olympic champions are definite starters for the meeting.

What needs to be resolved is what events they choose to compete in. And Brugger argues they would be better off clashing at his meeting. "They might as well get paid for racing one another over 100 in Zurich, rather than compete against each other for nothing in Stuttgart next month," he said.

It is believed the current value of Lewis for the clash is US65,000 thousand dollars while Christie is believed to earn US35,000 dollars.

But Brugger is adamant that he doesn't want them in Zurich just for publicity. He said: "I don't want them coming here and running only 10 seconds."

That means any deal will probably be linked to either breaking the world record or a sliding scale for every 1/10th under 10 seconds.

# RESULTS

## YOUR ESSENTIAL GUIDE TO ALL THE ACTION

### 11TH JULY
### SCOTTISH CHAMPS GRANGEMOUTH

IF gusting winds in Grangemouth made the stopwatch redundant at the new formula one-day SAF Champs, an abundance of on the line decisions made for athletics entertainment of the highest calibre, *Bill Melville reports.*

No photo finish was needed, however, when Elliott Bunney took a record breaking sixth 100m title, surpassing the mark set by 1924 Olympic 400m Champion Eric Liddell over 60 years ago.

Bunney, unbeaten over the distance in the Scottish, was first from his blocks, and making the most of 5.4m/sec tailwind clocked 10.45sec to beat Thames Valley's Roddie Slater into second place by 0.17sec.

"I've got a few years to wait 'till I catch you," said Slater. "About 10," came Bunney's reply.

A bad start for Aileen McGillivray failed to keep her from the women's short sprint title for the fourth time. She clocked her best ever and the second fastest time in Britain this year at 11.43sec (w+3.9) but withdrew from the 200m after a hamstring niggle surfaced in the semi-final.

McGillivray, whose early season was ruined by prolonged effects of food poisoning, contracted while running for Scotland in Israel, is after a Stuttgart relay berth at the very least, when she competes in Birmingham this weekend.

"I think the 11.4 individual qualifying time is still two or three weeks away," she said, "But who knows."

In the 1,500m, 1986 champion Adrian Callan headed the field down the back straight for the last time, but livelier legs were marking time behind him.

Just through the 200m mark Glen Stewart and Iain Campbell struck out for home, and laid on a last straight sprint to relish. Stewart, looking over his shoulder, for all the world like his father Lachie in that 1970 Commonwealth 10,000m defeat of the great Ron Clarke, held out to win in 3:54.16.

In a tactical 800m, which passed the lap mark in 59sec, Gary Brown used no more than reputation to keep the pack at heel. With 210m the field exploded into life. Brown emerged from the dust still in the lead, and well on the way to a final 25sec half lap that gave hime the championship in 1:54.78.

In the women's 800m Sue Bevan passed Sale's Sally Bowyer on the crown of the final bend, and seemed set for success with a three metre lead going into the home straight. But back came Bowyer, took Bevan with 50m to go and left her fighting off Glasgow's Carol Sharp for silver, as she ran on to claim the title in 2:13.34.

In the 5,000m Chris Robison and John Sherban sat behind the front markers as the lap pace dropped from 68sec to 71sec, both warming for the action which had to follow.

With 500m left, Bobby Quinn supplied the spark with a quick break. Robison and Sherban followed. With 120m to go, Robison made a move of his own and timed it to perfection. Inside him, Sherban found himself boxed behind a lapped runner, leaving the Spango man to mount his famed sprint finish unopposed, and add the 5km title to the 10km Road Championship he won two weeks ago.

Seaforth's Malcolm McPhail negotiated Gordon Newland's early lead and came off the bend in the 400m, looking a likely winner. But as his legs buckled 50m from home, the baying pack swallowed him up and five men dived for the line as one.

Newlands, fourth with 100m to go, retained the title in 49.17sec from Lisburn's Paul McBurney (49.21sec). Jason Bird of Hartlepool finished third in 49.32sec, with McPhail on 49.45sec and David Gilmour clocking 49.52sec.

Not surprisingly, City of Glasgow's British international Alison Grey won the shot/discus double with 15.08m and 47.54m. Lorna Jackson beat Alison Moffat by over five metres to win the javelin with a first round 48.52.

Australian shot putting holiday maker Cole Larsen, number four back home, and warming up for his Commonwealth Games team bid, beat the below par defending title holder Steve Whyte of Luton, with his best of 16.19m.

"This is a bit like our winter," he said "But I missed a lot of competition last summer with a back injury, so here and in Germany, where I'm going next week, I hope to get in some of the competiton practice I mised at home."

Duncan Mathieson failed to find the competition he was after, with only first round 7.25m, well short of the Scottish native record he was after, saw him leave Grangemouth with the title, and looking forward to a stiffer test of his talents in Birmingham.

**Men**

100 (5.4): 1, E Bunney (ESH) 10.45; 2, R Slater (TVH) 10.62; 3, M Allen (AS) 10.63; 4, I Craig (AS) 10.72; 5, K Douglas (ESH) 10.72; 6, D Walker (Edin) 10.78; 7, J Henderson (ESH) 10.81
200: 1, Douglas 21.57; 2, Allen 21.64; 3, D Clark (ESH) 21.66; 4, W Turner (ESH) 21.88; 5, D Mulheron (SH) 22.35
400: 1, G Newland (Edin) 49.17; 2, P McBurney (Lis) 49.21; 3, J Bird (Hart) 49.32; 4, M McPhail (As) 49.45; 5, D Gilmour (E Kil) 49.52
800: G Brown (C/sprt) 1:54.78
1,500: 1, G Stewart (ESH) 3:54.16; 2, I Campbell (HAC) 3:54.29
5,000: 1, C Robison (IMB) 14:14.13; 2, J Sherban (SB) 14:15.88; 3, R Quinn (KAAC) 14:16.40; 4, I Brown (LDRC) 14:20.69; 5, A Puckrin (GGH) 14:20.69; 6, T Murray (IBM) 14:31.14; 7, D Tune (Roth) 14:38.23; 8, L Mangleshot (W Gn) 14:38.65; 9, A Russell (Law) 14:39; 10, F McGowan (LDRC) 14:44.08; 11, G Wright (Ayr) 14:53.87; 12, M Plint (Sheff) 14:55.14
3,000SC: 1, G Croll (Carn) 8:53.1; 2, W Jenkins (GGH) 9:07.7; 3, G Mathieson (ESH) 9:13.5; 4, G Crawford (FVH) 9:22.3; 5, M Ferguson (EAC) 9:22.5; 6, N Gemmell (Spton) 9:28.3
110H (+3.7): 1 ,K Campbell (ESH) 14.27; 2, R Hunter (Bel) 14.98; 3, R Dunn (AS) 15.22; 4, F McGlynn (Edin) 15.27
400H: 1, J Bell (NSP) 54.23; 2, D Thom (SC) 54.85
HJ: 1, G Parsons (BC) 2.15; 2, D Barnetson (ESH) 2.10; 3eq, M Pate (VP)/J Allan (CH) 2.00; 5eq, G Morrison (Ren)/T Gilhooly (Cam) 1.90; 7, A Malcolm (Edin) 1.90
PV: 1, D Hamilton (ESH) 4.50; 2, G Jackson (Gate) 4.45; 3, A Davis (Cor) 4.20; 4, D McLeod (Bella) 4.20; 5, M Hunter (EU) 3.80; 6eq, D Fitzgerald (BTP)/G Reid (DAC) 3.80; 8, I Black (ESH) 3.80
LJ: 1, D Mathieson (ESH) 7.25; 2, D Ritchie (EAC) 6.91
TJ: 1, J Mackenzie (DHH) 15.52; 2, N McNemeny (CRAC) 14.66; 3, D Dixon (BAAC) 13.84; 4, H Watson (SH) 13.27
SP: 1, C Larsen (VAAC) 16.19; 2, S Whyte (Luton) 15.54; 3, J Mason (Leeds) 15.51; 4, S Hayward (EAC) 14.59; 5, G Stark (Roth) 14.18; 6, R Smith (ESH) 13.74; 7, N Elliott (EAC) 13.06
DT: 1, Whyte 47.20; 2, Hayward 45.90; 3, Elliott 42.20; 4, Stark 41.16
HT: D Allan (ESH) 58.42; 2, Whyte 57.50; 3, P Barnard (M&C) 52.06; 4, C Edgar (Sale) 48.22; 5, A Irving (Bord) 47.64; 6, D Gisbey (ESH) 47.04
JT: 1, S Maxwell (Wir) 61.62; 2, P Parry (Old G) 60.58; 3, B Hill (Cam) 52.72; 4, C Smith (A&B) 52.46; 5, S Hunter (PH) 52.40

**Women**

100: 1, A McGillivray (EWM) 11.43; 2, J Booth (EWM) 11.70; 3, M Baxter (CoG) 11.91; 4, R Girvan (CoG) 12.11; 5, J Fleming (Glas U) 12.24; 6, V McGoldrick (Lis) 12.33; 7, G Price (Ply) 12.36
200: 1, Booth 24.13; 2, L Dick (CoG) 24.42; 3, W Young (FAC) 24.63; 4, D Flockhart (EWM) 24.74; 5, Girvan 24.94; 6, F Hutchison (CoG) 25.18
400: 1, W Steele (EWM) 55.87; 2, T Divine (EWM) 56.09; 3, L Ferrier (Wig H) 56.26; 4, D Knox (M&D) 58.38; 5, D Burden (CoG) 59.94
800: 1, S Bowyer (Sale) 2:13.34; 2, S Bevan (Ex) 2:13.97; 3, C Sharp (CoG) 2:14.11; 4, J Stewart (CoG) 2:15.74; 5, A Potts (CoG) 2:16.36
1,500: 1, C A Gray (EAC) 4:27.25; 2, J Wwing (Can & St) 4:30.96; 3, K Scobie (Leeds) 4:35.37
3,000: 1, L McIntyre (CoG) 9:28.4; 2, S Ridley (EWM) 9:34.9; 3, A Buckley (HBT) 9:41.7; 4, C Gowland (Spen) 9:46.5; 5, E Grant (CoG) 10:06.6
100H: 1, J Kirby (M&C) 14.15; 2, K Skletchley (C&T) 14.44; 3, S Richmond (BTP) 14.50; 4, G Murchie (A'deen) 14.67; 5, H Blanchard (Cos) 15.31; 6, J Saxelby (Notts) 15.32
400H: J Low (CoG) 1:00.10
HJ: 1, R Pinkerton (CoG) 1.74; 2, H Melvin (CoG) 1.71; 3, E Lindsay (EWM) 1.68
LJ: 1, M Rea (Lis) 6.03; 2, E Lindsay (EWM) 5.76; 3, L Davidson (COG) 5.59; 4, C Black (EWM) 5.59; 5, S Ramminger (ARB&D) 5.53
TJ: 1, L Davidson (CoG) 11.81; 2, F Watt (CoG) 11.60; 3, P Flockhart (EWM) 11.07
SP: 1, A Grey (CoG) 15.08; 2, L Barnett (PSH) 12.04; 3, N Dhaliwal (CoG) 11.91; 4, A Dutch (EWM) 11.46; 5, K Costello (CoG) 11.46
DT: 1, Grey 47.54; 2, S Freebairn (COG) 43.28; 3, J Kirkpatrick (Lis) 40.20; 4, Dhaliwal 39.70; 5, H McCreadie (EWM) 39.52; 6, C Cameron (COG) 38.34
HT: 1, J Clark (Mil K) 47.32; 2, K Brown (Unatt) 45.22; 3, J Lavender (Sun) 44.64; 4, J Kirkpatrick (Lis) 43.60; 5, L Low (Edin) 38.70; 6, McCreadie 37.12; 7, K Thompson (Unatt) 36.00
JT: 1, L Jackson (EWM) 48.52; 2, A Moffitt (ND) 43.26; 3, K Costello (CoG) 42.26; 4, J Barclay (CoG) 41.60; 5, D Sutherland (EWM) 41.26; 6, K Campbell (Lis) 37.56; 7, L Low (Edin) 36.82; 8, E Sneddon (CRAC) 34.08

### MIDLAND WOMEN'S LEAGUE

#### Division 2
#### Leamington

**MATCH**: 1, Cardiff 210; 2, Wolverhampton & Bilston 205; 3, Yate 177; 4, Leicester 173.5; 5, Gloucester 152.5; 6, Leamington 1:.7

**Senior**

100: A Innis (Leic) 12.5
200: J Taylor (W&B) 25.6
400: 1, B Benjamin (W&B) 56.4; 2, P Goodbridge (Car) 59.6; B: J Swann (W&B) 57.9
800: 1, M Newman (Leic) 2:11.9; 2, V Andrews (W&B) 2:12.3
1,500: D Manship (Leic) 4:35.1
3,000: J Found (Yate) 10:23.9
100H: 1, D Edwards (Car) 15.0; 2, H Holt (Yate) 16.0; 3, H Bailey (Leic) 16.0; B: R King (Car) 15.5
400H: 1, L Edwards (W&B) 1:02.2; 2, R Bowen (Leam) 1:07.5
HJ: F Champion (Yate) 1.60
LJ: L Armstrong (Card) 5.68
SP: 1, J Berry (Car) 13.35; 2, L Shaw (Glos) 12.73; Champion 11.82; B: A Houriman (Car) 11.53
DT: 1, Shaw 46.90; 2, Houriman 41.48; 3, J Hope (W&B) 39.52; 4, Champion 36.00; B: J Berry (Car) 37.78
JT: O Amadi (Car) 36.94
4x100: Leicester 50.2
4x400: Wolverhampton & Bilston 3:54.4;

**U17**

80H: 1, L Colledge (Leic) 11.9; 2, E Parker (W&B) 12.4; 3, E Nye (Yate) 12.6; B: N Meier (Car) 13.3

**U15**

100: 1, N Hughes (Leic) 12.6; 2, G Davies (Glos) 12.8; 3, H Paines (Car) 13.0; B: 1, D Rose (Leam) 12.9; 2, S Pinel (Leic) 13.0
200: Davies 26.8;
800: 1, A Pritchard (Card) 2:18.7; 2, L Hale (Glos) 2:19.5
1,500: Davies 5:04.3
75H: 1, C Pearson (Leic) 11.5; 2, D Sullivan (Card) 12.0; 3, Davies 12.2; 4, H Stares (Yate) 12.2; B: C Anning (Card) 12.5
HJ: Pinel 1.54
LJ: Pinel 5.00
SP: 1, D Brown (W&B) 10.67; 2, R Dunn (Glos) 10.44
DT: A Langford (Card) 20.34
JT: S Jassal (W&B) 23.48
4x100: 1, Leicester 51.8; 2, Cardiff 52.2

#### Division 4
#### Brierley Hill

**MATCH**: 1, Royal Sutton Coldfield 245; 2, Dudley & Stourbridge 194.5; 3, Cheltenham 178; 4, Torfaen 163; 5, Tipton 158.5; 6, Shrewsbury 77

**Senior**

400: C Knowles (D&S) 58.4
HJ: R Hems (D&S) 1.63
DT: J Davies (Tor) 35.82
JT: K Addis (Tip) 36.12

**U17**

80H: A Higgins (Shrews) 12.6

**U15**

100: C Reeks (Torf) 12.8
200: H Small (Shrew) 27.1
800: S Mead (Torf) 2:22.9
75H: 1, D Harrison (RSC) 11.9; 2, K Challoner (Shrew) 12.0
HJ: D Harrison 1.50
SP: J Dronsfield (Chelt) 11.00
DT: N Kerr (RSC) 31.90
4x100: Torfean 52.9

#### Division 6
#### Tamworth

**MATCH**: 1, Kettering 234; 2, Newport 213; 3, Rugby 161; 4, Burton 157; 5, Tamworth 131; 6, Worcester 115

#### Division 7
#### Warley

**MATCH**: 1, Sparkill 268; 2, Borough of Sandwell 266; 3, Nuneaton 210; 4, Stourport 189; 5, Ruddington 134; 6, Daventry 69; 7, Sutton in Ashfield 26

**U13**

SP/DT: A Hajipaulis (Sand) 8.96/23.68

### HORSHAM OPEN

**Men**

100: P Clarke (B&C) 11.3
200: D Gurr (GEC) 22.3
400: 1, J Thompson (Dart) 50.1; 2, D Gomme (B&H) 50.5
800: M Hickin (Houns) 1:52.9
1,500: P Brice (B'hth) 3:55.4
3,000: 1, D Smith (B'hth) 8:13.7; 2, D Neale (B'hth) 8:32.4; 3, S Russell (C&S) 8:36.9
2,000SC: P Bristow (B&H) 6:02.2
110H: N Buckfield (Craw) 16.3
HJ: A Penfold (Craw) 1.90
PV: 1, K Hughes (Harr) 5.05; 2, I Tullett (Bel) 4.85; 3, D Gordon (NEB) 4.55; 4, W Jousiffe (Houns) 3.80
LJ: S Mott (B&C) 6.34
SP/DT: J Drzewiecki (Brack) 10.76/41.90
JT: G Noller (B&C) 41.34

**U20**

HJ/SP/DT K Mainstone (Horsh) 1.90/10.23/25.48
LJ: E Merrick (TVH) 6.99
JT: A Mander (E&E) 33.62

**U17**

HJ: N Mills (Hors) 1.60
LJ: K Turner (Craw) 5.63
JT: A Ben (SHL) 51.04

**U15**

100: A Schooley (B&H) 12.3

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200: 1, A Harmer (E'bne) 24.2; 2, C Legate (E'bne) 24.5
400: Legate 54.8
800: T Hillier (Reig) 2:11.2
1,500: T Dew (Reig) 4:29.6
HJ: R Fearne (Reig) 1.43
LJ: G Botting (Wave) 4.28
SP: R Brown (Wave) 10.02

**U13**
100: L Burgess (E&E) 14.0
200/LJ: L Harrington (Craw) 27.8/4.60
800: S Eyre (Hay) 2:24.2
HJ: A Fearne (Reig) 1.37

**Women**
100/200: M Wilkins (Brack) 12.6/25.4
400: J Clark (AFD) 57.5
800: E Doubell (AFD) 2:17.3
1,500: H Crawte (AFD) 4:46.4
3,000: S Morley (B&H, W35) 9:18.5
100H: 1, D Brennan (Der) 14.5; 2, P Cash (Brom) 15.0
HJ: J Smiter (Bel) 1.53
PV: 1eq, S Stapleton (Brack)/L Schramm (E&E) 2.80; 3, S Drummie (Bel) 2.40; 4, Smiter 2.00; 5, J Cockram (Bel) 2.00; 6, D McClennan (Walt) 1.80
LJ: R Main (B&H) 4.79
SP/DT: A Bellanger (SD) 10.29/32.44

**Junior**
HJ/LJ:/SP C Riddell (Lewes) 1.40/4.40/8.14
DT: J Sumner (Horsh) 28.04

**U17**
300: L Buxton (B&H) 42.8
HJ: K Horner (Dor) 1.45
PV: R Clarke (Ips) 3.00; 2, Horner 2.40
LJ: Horner 4.60
SP/DT: L Stapley (Horsh) 8.65/31.50

**U15**
100/200: L Colbourne (Wave) 13.4/27.7
800: C King (B&H) 2:30.5
1,500: R Allan (B&C) 5:01.8
HJ: G Arnold (Hails) 1.43
LJ: A Riddell (Lewes) 4.60
SP: S Smith (CHS) 6.55

**U13**
100: N Tester (Craw) 13.5
200: S Ebeling (Arena 80) 28.2
800/LJ: M Belorgey (B&H) 2:34.2/4.27
HJ: S Baker (Horsh) 1.15

## BORDER LEAGUE

**MATCH**: 1, Scottish Borders 260; 2, Teviotdale Harriers 141; 3, Berwick Harriers 132; 4, Athletic Club Eyemouth 34

**Men**
100/400: B Winning (SB) 11.5/52.1
DT: S Hayward (SB) 43.31

**Scottish Boder AC Champs**

**Men**
5,000
1, L Culbertson (Edin S) 16:13.5; 2, N Maltman (Tev) 16:16.0; 3, E Dempster (Ber) 17:03.9

## ALLSOP TROPHY WALTON

**Men**

**MATCH**: 1, Walton 346; 2, Guildford 250; 3, Worthing 163; 4, Richmond 158; 5, Camberley 20

**U20**
400: P Amos (Wal) 52.6
400H: A Mustoe (Wal) 58.6
LJ: J Grafton (G&G) 6.79
JT: M Warren (Wal) 41.00; B: Mustoe 40.80

**U15**
200: 1, A Charles (Rich) 25.5; 2, M Evans (Camb) 25.5
800: D Haydon (Wal) 2:13.9
80H: A Charles (Rich) 12.5
HJ: P White (G&G) 1.65
SP: P Alexander (Wal) 10.89

**Women**

**MATCH**: 1, Gildford 354; 2, Camberley 280; 3, Worthing 234; 4, Walton 233; 5, Richmond 138

**U20**
400: E Williams (Wal) 59.3
1,500: S Austen (Worth) 5:01.0
LJ: S Griffiths (Camb) 5.31
SP: J May (G&G) 10.05
DT: K Port (G&G) 30.68
HT: 1, R Elliott (Tel) 34.92; 2, I Martin (Lut) 33.20; 3, S Hart (G&G) 32.28; 4, N Smith (Houns) 28.50; 5, J Evans (Houns) 27.96; 6, R Redmand (Ealing) 24.86
JT: H Taylor (Worth) 30.72

**U15**
200/LJ: H Pryer (Camb) 27.1/5.35
1,500: L Mant (Camb) 5:09.3
75H: B Jones (G&G) 12.6

**U13**
800: G Palmer (Wal) 2:42.0
LJ: K Yarrow (G&G) 4.14

## CANTABRIAN GRAND PRIX THROWS BRAINTREE

**Men**
JT: 1, M Roberson (Har) 74.32; 2, P Bushnell (Chelm) 63.84; 3, S Faben (Hunts U20) 63.36
SP: S Hayes (Hav) 13.69; B: D MacDonald (NEB) 14.21
HT: A McNicholas (Be U20) 48.24
DT: 1, N Walcott (Har) 51.70; 2, MacDonald 51.54; 3, S Hayes (Hav) 47.42; 4, M Conerney (Brain) 42.42

**U20**
SP: M Enever (Thur) 13.49
HT: 1, S Bown (Chelm) 58.90; 2, McNicholas 57.40
JT: 1, Faben 57.14; 2, Enever 50.48; 3, S Pavitt (Brain) 48.28

**U17**
DT: 1, B Walker (Tring) 45.98; 2, P Cooper (Brain) 31.38
JT: 1, Cooper 46.16; 2, D Carter (Harl) 40.36

**Women**
DT: 1, T Axten (Houns) 49.04; 2, R Lisper (Hav) 44.96; 3, J Essex (Harl) 44.00; 5, T Bonner (Chelm) 36.70; 6, S Lawrence 34.48
JT: 1, J Duncan (New) 39.06; 2, S Lawrence (Thur) 34.26; 3, T Payton (Thur) 31.68
HT: 1, E Augee (Ex) 55.44; 2, I Duffin (SB) 42.26; 3, T Axten 40.18
SP: 1, M Augee (Brom) 17.68; 2, M Lynes (Croy) 15.64; 3, J Duncan (New) 13.21; 4, Axten 13.08; 5, Essex 10.64

**U20**
DT: T Saint-Smith (Enf) 38.02

**U17**
DT: 1, A Faben (Hunts) 33.96; 2, S Jones (Harl) 28.12; 3, L Everitt (W Norf) 27.00; 4, E Pigeon (Chelm) 25.70
JT: 1, D Nuttle (Brain) 38.06; 2, Pigeon 37.96; 3, Faben 34.54; 4, C Fawkes (Brain) 29.26
HT: L Everitt (W Norf) 22.48

## PANASONIC NORTHERN MEN'S LEAGUE

### Division 1 Liverpool

100: A Clegg (Black) 10.9; 2, m Bridle (Traff) 10.9
200: G Bullock (Liv Pem) 22.1
400: J Hammond (Traff) 48.9; 2, J Walbyoff (Hull) 49.0; 3, M Gallagher (Bor) 50.4
800: M Russell (Roth) 1:52.2; 2, S Saxby (Hull) 1:52.9; 3, S Green (Traff) 1:53.3; 4, L Mooney (Bord) 1:53.7; 5, M Barrow (Liv P) 1:53.9; 6, D Reeder (B&F) 1:55.1; B J Walbyoff (Hull) 1:55.6; 2, D MacLachlan (Bord) 1:55.8
1,500: D Dudley (Liv P) 3:56.8; 2, P Bennett (Roth) 3:57.2
5,000: 1, M McLoughlin (Liv P) 3:56.8; 2, K Harrison (Traff) 14:39.7; 3, K Corlam (Border) 14:42.1; 4, M Smith (Gates) 14:54.2; B 1, D Ireland (Traff) 14:50.2
3,000SC:1, D Farrell (Bord) 9:23.8; 2, S Read (Gates) 9:26.6; 3, G Sunners (Liv P) 9:29.1; 4, E Broome (B&F) 9:38.1; B 1, S Parr (Gates) 9:32.9; 2, R Berry (Liv P) 9:35.9
110H: 1, C Rawlinson (Roth) 15.3; 2, J McIlwham (B&F) 16.0; B 1, M Robbins (Roth) 15.6; 2 D Brown (Traff) 16.0
400H: 1, S Wassell (Roth) 15.6; 2, D Brown (Traff) 54.4; 3, J McIlwham (B&F) 54.9; 2, M Dandy (Liv P) 56.7; 5, J Vasey (Gates) 56.7 B 1, C Rawlinson (Roth) 54.6
HJ: M McAvoy (Traff) 1.95
LJ: H Tompson (Traff) 6.83; 2, S Rowbotham (Roth) 6.65; B 1, D Brown (Traff) 6.83
TJ: M Swift (B&F) 13.54
PV: 1, G Jackson (Gates) 4.60; 2, D Mellor (Roth) 4.10; 3, Keith Smith (Traff) 4.10; 4, D McComb (Liv P) 3.70; B 1, M Hunter (Gates) 4.00; 2 K Smith (Traff) 3.80
SP: 1, G Stark (Roth) 13.96; 2, P Corrigan (Gates) 13.80
JT: 1 P Ostopowicz (Traff) 58.20; B D Jones (Traff) 58.0
DT: J Little (Bord) 42.42; 2, D Clarke (Hull) 41.98
HT: 1, D Smith (Hull) 58.36
4x100 relay - Trafford 43.0
4x400 relay - City of Hull 3:20.1; 2, Rotherham 3:22.9

### Division 2 Middlesbrough

**TEAM**: Rowtrees 279; 2, Mandale 231; 3, Middlesborough 2174, North Shields 197; 5, Houghton & Leeds City B 162
200: S Gwilliam (Rowntree J) 22.8; L Thompson (Midd Y) 23.4)
400: B O'Brien (Midd, J)50.4
5,000: L Critchley (Rown) 14:57.3; 2, S Markley (Man, V) 14:58.5
3,000SC: S Crawford (Midd J) 9:47.5
110H: S McAree (NSP) 15.6; 2, D Green (Mandale) 15.8
HJ: B Thompson (NSP) 2.00m
LJ: M Blebin (Midd) 6.68; 2, P English (Mandale) 6.64; B L Thompson (Midd Y) 6.23
HT: W Gibson (Midd J) 46.08
JT: A Hayward ( Rown) 49.30; 4, S Birse (Midd Y) 47.22
DT: N Killen (Rown) 41.62; 2, K Kaiser (Midd, J) 40.08

### Division 3 South East Derby

TEAM: Hallamshire 251; 2, Sheffield B 245.5; 3, Chesterfield 214; 4, Longwood 201.5; 5, Grimsby 177; 6, Grantham 110
400: J Baker (Chester, Y) 51.8
3,000SC: S Bond (Chester Y) 10:12.1; TJ: D Salim (Hallam) 13.64
JT: D Marsden (Chester) 60.26

### Division 2 South East Cleckheaton

**MATCH:** 1, Doncaster 277; 2, Wakefield 232; 3, Bingley 219; 4, Spenborough 204; 5, Derby and County 153; 6, Barnsley 138
100: 1, S Fletcher (Derby) 10.7; 2, C Nappin (Donc) 11.0; 3, S Black (Bing) 11.1; B: 1, C Darbyshire (Donc) 11.0; 2, G Parlett (Bing) 11.1
200: C Darbyshire (Donc) 22.2
400: S Fletcher (Derby) 49.3
1,500: S Brooks (Bing) 3:56.6
5,000: 1, C Moore (Bing) 14:50.7; 2, S Timmins (Barns) 15:14.1
3,000SC: K Gunn (Der) 9:40.1
110H: 1, J Wilkinson (Spen) 16.1; 2, C Cholerton (Derby) 16.1
HJ: D Otter (Donc) 2.05
PV: J Auty (Wake) 3.80
HT: 1, S Minnikin (Donc) 61.76; 2, N Walker (Derby) 52.44; 3, A Swain (Wake) 50.56
DT: S Minnikin (Donc) 40.82
JT: R Atkinson (Wake) 61.76; 2, J Wilkingson (Spen) 55.56; B: G Amos (Wake) 57.18
SP: I Lindley (Bing) 13.64
TABLE: 1, Doncaster 7948; 2, Wakefield 651; 3, Derby & County 591; 4, Bingley 617; 5, Spenborough 604; 6, Barnsley 435

### Division 2 North East Middlesbrough

MATCH: 1, Rowntrees 279; 2, Mandale 231; 3, Middlesbrough 217; 4, North Shields 197; 5, Houghton 162; 5=, Leeds City B 162
200: 1, S Gwilliam (Rown) 22.8; B: L Thompson (Midd, Y) 23.4
400: B O'Brien (Midd, J) 50.4
5,000: 1, K Critchley (Rown) 14:57.3; 2, S Markley (Mand, M40) 14:58.5
3,000SC: S Crawford (Midd,J) 9:47.5
110H: S McAree (NSP) 15.6
HJ: B Thompson (NSP) 2.00
LJ: M Blebin (Midd) 6.68
HT: W Gibson (Midd, J) 46.08
JT: A Hayward (Rown) 49.30
DT: N Killen (Rown) 41.62
TABLE: 1, Rowntrees 790; 2, Mandale 672; 3, Middlesbrough 690; 4, North Shields 579; 5, Leeds 547; 6, Houghton 496

### Division 3 North East Jarrow

MATCH: 1, South Shields 265; 2, Sunderland 249; 3, Morpeth B 235; 4, Richmond & Zetland 203; 5, Jarrow & Hebburn 188; 6, Hartlepool
400: D Deacon (SS) 48.7
800: D Slipper (J&H) 1:55.7
5,000: P Cuskin (Sund) 14:26.3; B: B Rushworth (Sund) 14:32.1
110H: D Deacon (SS) 16.1
PV: R Leonard (Morp) 3.80
JT: D Pescod (Sund) 56.82
TABLE: 1, South Shields 763; 2, Sunderland 731; 3, Morpeth B 690; 4, Jarrow & Hebburn 533; 5, Richmond & Zetland 407; 6, Hartlepool 348

### Division 3 Central Belle Vue, Manchester

MATCH: 1, Trafford 246; 2, Warrington 213; 3, Bury 201; 4, Southport 200; 5, Sale B 187; 6, Altrincham 178
800: J Rigg (Warr) 1:52.4; B: S Kefford (Warr) 1:55.9
3,000SC: A Carey (Warr) 9:10.2
TABLE: 1, Trafford 740; 2, Warrington 695; 3, Altrincham 568; 4, Southport 571; 5, Bury 554; 6, Sale B 546

### Division 4 Eccles

MATCH: 1, Kendal 243; 2, Manchester Utd/ Salford 224.5; 3, Border B 211; 4, Halifax 207; 5, Salford Harriers 192.5; 6, Hyndburn 169
100: D Davies (Kendal, J) 11.4
400: S King ((Kendal, J) 51.8
5,000: J Newes (Salford) 14:35.5

### Division 4 Whitley Bay

MATCH: 1, Skyrac 243; 2, Scarborough 232; 3, Wallsend 224; 4, Darlington 196; 5, Durham 167; 6, Leeds 163
400H: R Gascoyne (Scar) 56.8
3,000SC: S O Gara (Wall) 9:30.7

### Division 4 West Eccles

MATCH: 1, Kendal 243; 2, Manchester Utd 224.5; 3, Border B 211; 4, Halifax 207; 5, Salford Harriers 192.5; 6, Hyndburn 169
400: S King (Ken,J) 51.8
5,000: J Newnes (Salf) 14:35.5
TABLE: 1, Kendal 694; 2, Border B 696.5; 3, Manchester Utd 593.5; 4, Halifax 605; 5, Hyndburn 596; 6, Salford Harriers 512
100: D Davies (Ken,J) 11.4

### Division 4 North East Whitley Bay

MATCH: 1, Skyrac 243; 2, Scarborough/Ryedale 232; 3, Wallsend 224; 4, Darlington 196; 5, Durham 167; 6, Leeds C 163
400H: R Gascoyne (Scar) 56.8
3,000SC: S O;Gara (Walls) 9:30.7
TABLE: 1, Skyrac 750; 2, Scarborough 745; 3, Wallsend 619; 4, Darlington 578; 5, Leeds C 524; 6, Durham 311

### Division 4 Cental Bebington

MATCH: 1, Liverpool Pembroke B 244; 2, Frodsham 241; 3, Liverpool H B 232; 4, S Liverpool 197; 5, Whitby Heath 180; 6, Peninsula 142
TABLE: 1, Liverpool H B 749; 2, S Liverpool 643; 3, Frodsham 656; 4, Liverpoole Pembroke 622; 5, Whitby Heath 584; 6, Peninsula 429

### Division 5 Hull

MATCH: Hull Springhead 282; 2, Stockport B 244; 3, Stainforth 224; 4, Rother Valley S 185; 5, Wombwell 107; 6, Lincoln City & Colleges 84

### Division 5 Wigan

1, Chorley 255; 2, Sefton 253; 3, Wallasey 196; 4, Preston 193; 5, Lancaster & Morecombe 174; 6 Northern (IOM) 113

### Division 5 Newcastle

MATCH: 1, Elswick 290; 2, Chester-le-Street 256; 3, Heaton 224; 4, Gosforth 183; 5, Blaydon 171

### Division 5 Hull

1, Immingham 253; 2, Scunthorpe 251.5; 3, City of Hull B 236; 4, Goole 196.5; 5 Hull Spartan 143; 6, Rockingham 118

## 10th July

## PRINCIPALITY BUILDING SOCIETY WELSH CHAMPS CWMBRAN

WITH selection for the match against Hungary and the Welsh Games being made, most of the Nations top athletes competed in the championships, *Keith Jones reports.*

Despite the April like weather, with heavy showers and at times strong winds there were several fine performances.

Commonwealth Games bronze medallist Ian Hamer was in action in what proved to be a tactical 1,500m. Following a slow first three laps, the pace hotted up to a frantic sprint down the final straight by five athletes.

Hamer fortunately was able to take advantage of a gap on the inside, and threw up his arms to celebrate as he reached the line ahead of Nick Comerford and Matthew Davies in 3:54.98.

Neil Horsefield was surprisingly beaten in the 800m in a close finish by AAA Indoor bronze medallist Paul Roberts, and ended the Newport mans three year monopoly on the title.

Neil Winter has been in tremendous form in the pole vault clearing 5.40 last weekend to win the AAA junior title. The Shaftesbury Barnet man set a Championship Best to win the title at 5.25m, and then had the bar raised to 5.40m, almost going clear at the second attempt but dislodging the bar with his arms on the way down.

Winter powered down the runway on his last attempt only to pull up sharply clutching the back of his knee, and left the stadium in search of medical attention.

Two more championship bests were achieved during the afternoon, both in the women's field events. Bristol's Sarah Moore set a best in the hammer with 45.02m, and Colchester's Jane Falconer established a new with a windy 11.89m although she also had another jump of 11.65m which bettered the previous best.

Jamie Baulch who was a member of the British winning 4x100 squad in the World Junior Champ in Seoul, had a good win from club-mate John Bowen in the 200m to record 21.46sec.

Baulch had to conceed the double to another club-mate, Kevin Williams, who was a decisive winner in the 100m in 10.78sec into a headwind.

Despite the headwinds, Helen Miles scored a great double from Lisa Armstrong in the 100m in 11.96sec, and 24.94sec in the 200m from Gill Archard who had previously won the 400m.

The sprints would have been even more competitive had a full of cold Sallyanne Short not

been forced to pull out on the day.

Fifteen-year-old Philippa Roles added the senior discus title to the junior title she won earlier in the season, with two metres to spare over Jayne Fisher, having earlier set a Welsh U17 best in the shot of 12.89m.

**Men**
100 (-1.2): 1, K Williams (Car) 10.78 (10.70 w ht); 2, J Baulch (Car) 10.90 (10.82 -0.3 ht); 3, P Maitland (Carm) 10.94 (10.76w ht); 4, G Hockaday (Dees) 11.06 (10.96 -0.3 ht); 5, A Ene (Car) 11.08 (10.82w ht); 6, P Fisher (Swan) 11.10 (10.84w ht); (In hts) C Kerslake (Tor) 10.94w; R Whiting 10.98w; D Turner (Newp) 11.00 (-0.3 ht); N Powell (C'brdge) 11.14w; J Frankel (Col B) 11.20 (-0.3)
200 (+0.9): 1, J Baulch (Car) 21.46; 2, J Bowen 21.78; 3, G Hockaday (Dees) 21.98; 4, R Balber (Car) 22.14; 5, J Frankel (Col B) 22.18; 6, D Turner (Newp) 22.34
400: 1, G Davies (Sale) 47.42; 2, I Thomas (NEB) 48.04; 3, J Weston (Car) 48.86; 4, D Williams (B'end)49.36 (49.34 ht); 5, J Murphy (Unatt) 49.42; 6, D Parry (Wrex) 49.96; 7, E Oram (Newp) 50.00
800: 1, P Roberts (Car) 1:50.16; 2, N Horsfield (Newp) 1:50.58; 3, N Emberton (Wrex) 1:51.20; 4, D Maynard (Bel) 1:51.72; 5, Z Maynard (Swan) 1:53.54; 6, D Woodman (Car) 1:53.78; 7, S Price (Car) 1:55.66 (1:54.72 ht); (In Hts) D Green (Carm) 1:55.26; D Knox Old G 1:54.36; C Blount (Newp) 1:55.38; T Stout (Camb U) 1:55.06; J Mills (Chelms) 1:55.24; S Daniels (Tor) 1:55.30; M Jones (Swan) 1:55.94; P Bristow (Car) 1:56.00)
1,500: 1, I Hamer (Swan) 3:54.98; 2, N Comerford (Car) 3:55.30; 3, M Davies (Camb H) 3:55.98; 4, S Moseley (Car) 3:56.12
5,000: 1, J Hobbs (Car) 14:08.74; 2, S Brace (B'end)14:16.82; 3, S Jones (Newp) 14:18.62; 4, D Rixon (B'end)14:21.02; 5, S Tobin (Swan) 14:21.20; 6, K Palmer (P'eli) 14:21.66; 7, S Knight (Car) 14:28.78; 8, J Hill (Newp) 14:37.48; 9, K Tobin (Swan) 14:40.04
3,000SC: 1, P Cook (B&V) 9:09.92; 2, G Hughes (Car) 9:29.86; 3, M Cherrington (Swan) 9:43.58
110H: -0.5): 1, P Gray (Car) 14.06; 2, N Dakin (NEB) 14.40; 3, J Hughes (Car) 14.44; 4, C Bovell (Car) 14.48
400H: 1, C Cashell (Peter) 53.26; 2, C White (Sale) 54.02; 3, M Gray (Car) 55.18; 4, D Haywood (Car) 55.64
HJ: 1, A Blow (Swan) 2.00; 2, S Brown (Dees) 1.95; 3, N Harris (Dees) 1.90
PV: 1, N Winter (SB) 5.25 (CBP); 2, T Thomas (Swan) 4.80; 3, G Price (Swan) 4.40; 4, D Griffiths (Stoke) 3.80
LJ: 1, G Slade (Leeds) 7.31w (6.81 -1.4); 2, G Davies (Swan) 6.85 (+1.8); 3, I Roberts (SB) 6.80w (6.35 -0.2); 4, G Brown (Swin) 6.78 (+1.0)
TJ: 1, Slade 14.46 (+1.9); 2, Brown 13.97 (-0.3); 3, J Hall (Car) 13.23 (-0.5)
SP: L Wiltshire (Ports) 16.53; 2, A Turner (B'mth) 13.93; 3, A Thomas (Met P) 13.62
DT: 1, Turner 44.28; 2, G Gilbert (Wrex) 43.82; 3, D McGarvie (Carm) 41.54
HT: 1, A Palmer (Car) 59.10; 2, G Jones (Car) 50.22; 3, E Hulse (Col B) 49.70; 4, H Lane (Dees) 48.34
JT: 1, N Bevan (Bel) 70.52; 2, J Clarke (Swan) 59.62; 3, S Lewis (Swan) 57.50
**Women**
100 (-3.0): 1, H Miles (Car) 11.96 (11.74w ht); 2, L Armstrong (Car) 12.38 (12.16 +1.1); 3, S Rodd (B&V, U17) 12.62 (12.44w Ht); (In Hts): A Porter (Swan) 12.46
200 (-0.4): 1, H Miles (Car) 24.94; 2, G Archard (Team S) 25.28; 3, D Higgins (Car) 25.94
400: 1, G Archard (Team S) 54.94; 2, K Williams (Carm) 57.08; 3, N Davies (Wrex) 57.72
800: 1, C White (High) 2:07.24; 2, A Parry (Croy) 2:09.20; 3, K Bright (Newp) 2:12.04
1500: 1, W Ore (Car) 4:36.24; 2, L Carthew (Swan) 4:37.34; 3, H Mittleberger (Newp) 4:45.20
3000: 1, H Nash (Car) 9:37.76; 2, N Haines-Jones (Newp) 9:54.90; 3, L Maddison (Col B) 9:58.20; 4, C-A Thomas (Car) 10:02.88; 5, E Caborn (Bed) 10:03.52
100H: (+2.3) 1, L Gibbs (Tor) 13.90; 2, M Jones (Newp) 14.44; 3, B Edwards (Car) 14.46; 4, R King (Car) 14.90
400H: 1, C Edwards (Wrex) 62.40; 2, E Davies (B&V) 63.10; 3, M Cooke (Swan) 63.38; 4, T Sexton (Car) 63.74
HJ: 1, T Andrews (P'eli) 1.70; 2, E Hanson (Car) 1.65; 3eq, C Filce/S Filce (Wrex) 1.60
LJ: 1, L Armstrong (Car) 6.07w (5.77 +1.6); 2, L Gibbs (Tor) 5.95w (5.74 +0.9); 3, E Stewart (Hallam) 5.41 (+1.8)
TJ: 1, J Falconer (C&T) 11.89w (CBP) (11.65 -0.5); 2, Stewart 10.58w (10.48 +1.9); 3, E Owen (Eryri) 10.19 (+1.0); 4, A Lewis (Traff) 10.16 (+1.8)
SP: 1, J Berry (Car) 14.08; 2, P Roles (Swan) 12.89 (Welsh U17 rec); 3, A Hourihan (Car) 11.97; 4, S Owen (Newp) 11.22
DT: 1, P Roles (Swan) 43.70; 2, J Fisher (Swan) 41.70; 3, J Berry (Car) 41.66; 4, A Hourihan (Car) 41.40; 5, J Davies (Tor) 36.44
HT: 1, S Moore (Bris) 45.02 (CBP); 2, A Bonner (Tor) 40.16; 3, L Jones (Rhon) 37.64
JT: 1, C White (Traff) 50.58; 2, O Amadi (Car) 43.34; 3, H Davies (Brec) 41.48; 4, H Lowe (Croy) 38.00

## BRITISH MILERS' CLUB 30TH ANNIVERSARY CELEBRATION IFFLEY ROAD, OXFORD

**Men**
BMC MILE: 1, D Cunningham 4:07.06; 2, D Clark 4:15.05; 3, M Gooch 4:23.7 4, P Hogston 4:23.09; 5, W Oxborough 4:30.1; 6, J Totts 4:32.05; 7, B Mills 4:33.07; 8, M Haskew 4:35.07
MILE (Mixed H'cap): 1, B Bennett 7:50.0; 2, D Iszatt 8:00.06; 3, P Banning 8.01.08
4x1MILE: 1, BMC National Squad 16:21.1 (UK All-comers rec) (A Pearson 4:09.7; I Gillesipe 4:01.7; P Larkins 4: 04.2; J Nuttall 4:05.5); 2, BMC International Select 16:27.8 (B Jones 4:07.2; J Warren 4:04.6; D Wittman 4:03.6; J Harrison 4:12.4; 3, BMC South West 16:49.03; (P Orchard 4:10.06; A Duke 4:10.5; G Grant 4:12.03; W Saine 4:15.09); 4, BMC North 16:53.07 (B Hussain 4:10.5; S Brooks 4:14.5; P Tootell 4:12.4; P Bennett 4: 16.03; 5, BMC National Squad 16:56.08 (World Junior Record ) (J Swift-Smith 4:09.1; E KIng 4:13.05; S Saxby 4:13.4; D Furmibge 4:20.8;); 6, BMC Midlands 17:00.02 (A Hart 4:07.03; D Daniels 4:10.08; M Russell 4:12.04; M McCallum 4:29.07; 7, BMC South West B 17. 40.03 (P Gray 4:30.02; I Manners 4:24.4; M Hula 4:21.3; N Smart 4:24.4;) 8, BMC Devon & Cornwall 17:45.09 (D Varcoe 4:17.09; C Harris 4:21.7; M King 4:33.0; J Gull 4:33.3)
**Juniors**
MILE: 1, D Rox 4:25.7; 2, M Abbou 4:26.9; 3, J Brooks 4:29.1; 4, M Hall 4:34.5; 5, D Pryer 4:40.5; 6, D Betts 5:25.1
**Women**
4xMILE: 1, BMC National Squad 19:17.03 (World Record) (J Hansford 4:56.05; W Williams 4:48.8; M Faherty 4:44.06; D Gunning 4:47.4 ); 2, BMC Midlands 20:07.05; (J Hawthorne 5:04.2; J Swann 4:56.0; N Carlsson 4:57.03; C Mijovic 5:10.0; 3, BMC North 20:08.03; (A Thorpe 4:53.09; J Cassey 5:09.08; D Rockley 4:57.8; M Boleman 5:06.08); 4, BMC South West 20:22.09 (A Barnes 4:57.06; M Wannell 5:10.7; M Watson 5:13.9; C Kellor 5:00.07); 5 BMC Devon & Cornwall 20:58.9 (M Wooldridge 5:03.04; L Wright 4:58.9; E Craig 5:29.4; J Williams 5:27.2); 6, BMC National Veterans Squad 21:13.03 (D Howard 5:11.06; P Gallagher 5:11.1; V McCounnell 5:16.0; J Jay 5:34.6

## 9th July
## DAIRY GOLD CORK CITY SPORTS

THE South of England men's team scored a remarkable victory over the Russians at the Mardyke, *Eric Shirley Jnr reports.*

Despite the chilly and windy conditions many season aand personal bests were set. Top English performance was from Nick Buckfield in the pole vault with a PB of 5.41m.

Dave Mackenzie and Mike Guegan scored impressive wins in the track. In the throws Nigel Spratley produced a PB of 17.56m to win the shot, and Mark Roberson looks set to throw well over 80m very soon.

The women's team gave the Russians a very close call, with individual victories from Sam Farquarson and Lyn Gibson, who ran a very well controlled 800m.

Myrtle Augee produced a win in the shot to ensure a double victory over the Russians in this event.

Eamon Coughlan, only recently returning to the track, produced 4:06.9 in the mile. Coghlans beleives that with another 4-5 weeks training, he will go a lot closer in his next attempt at the magic barrier.

**Men**
**MATCH (1 a side)**: 1, Southern England 34; 2, Russia 32; 3, Ireland 26
**MATCH (2 a side)**: 1, Southern England 92.5; 2, Ireland 73.5
100 (+3.2): 1, A Fedoriv (RUS) 10.19; 2, M Rosswess (Birch) 10.23; 3, Y Mizera (RUS) 10.41; 4, T Williams (SE)10.42;..8, S Wariso (SE) 11.38
200 (+4.0): 1, A Porkhomosky (RUS) 20.67; 2, N Stickings (SE) 20.84; 3, P Goedluck (SE) 21.15; B (+3.2): 5, N Will (SE) 21.76
400: 1,D Mackenzie (SE) 46.54; 2, W McDonald (SE) 46.81; 3, P Sanders (SE) 47.07; 4, A Ivanov (RUS) 47.68
800: 1, M Guegan (SE) 1:50.69; 2, D Matthews (Ire) 1:51.05; 3, C Winrow (Wigan) 1:51.32; 4, D English (Ire) 1:51.41; 5, V Graudyn (RUS) 1:52.71;..8, C Gilbey (SE, fell)
MILE: 1, M O'Sullivan (Ire) 3:57.99; 2, N Bruton (Ire) 3:58.29; 3, M Carol (Ire) 3:58.64; 4, M Defreitas (SE) 3:58.7; 5, B Treacy (Ire) 4:00.87;..11, P Davies (Leic) 4:06.56; 12, E Coughlan (IRL) 4:06.97; 13, R Turner (SE) 4:08.55
5,000: 1, F O'Mara (IRL) 13:49.20; 2, F Hanley (IRL) 13:51.67; 3, N Berkeley (IRL) 13:51.9; 4, D Buzza (SE) 13:54.85; 5, M Khramov (RUS) 13:56.03;..10, E Wedderburn (Tipt) 14:06.41; ..12, S Newport (SE) 14:11.85
110H (+2.1): 1, T J Kearns (IRL) 13.65; 2, H Teape (SE) 13.71; 3, T Uidakov (RUS) 13.83; 4, S Carhill (IRL) 13.87; 5, M Lambeth (SE) 14.20;
HJ: 1, S Malche (RUS) 2.18; 2eq, F Ahmed (SE) & M Mandy (IRL) 2.05; 4eq, H Pierre (SE) & A Burke (IRL) 2.05
LJ: 1, V Sokov (RUS) 7.98, w; 2, B Williams (C&S) 7.81w; 3, C Cotter (SE) 7.67w; 4, J Shepherd (SE) 7.39w (7.37)
PV: 1, N Buckfield (SE) 5.41; 2, K Hughes (SE) 4.60; 3, E Borndarenko (RUS) NH 5.30
SP: 1, N Spratley (SE) 17.56; 2, D Callaway (SE) 17.37; 3, M Petrov (RUS) 17.31; 4, M Proctor (SE) 17.11
DT: 1, S Liakhov (RUS) 60.76; 2, N Sweeney (IRL) 60.54; 3, L Marar (SE) 52.28; 4, Proctor 48.44
HT: 1, S Gavrilov (RUS) 73.86; 2, J Byrne (SE) 71.10; 3, P Vivien (SE) 65.46
JT: 1, A Schepin (RUS) 77.98; 2, M Robeson (SE) 77.54; 3, T McHugh (IRL) 76.04; 4, C MacKenzie (SE) 71.56
4x100: 1, Russia 39.53; 2, Ireland 41.13;..Southern England Disq
4x400: 1, Southern England 3:10.30; 2, Ireland 3:13.79;..Russian Disq
**Junior**
1,500: 7, J Guest (SE) 3:57.06
**Women**
**MATCH (1 a side)**: 1, Russia 30; 2, Southern England 26; 3, Ireland 21
**MATCH (2 a side)**: 1, Southern England 84; J2, Ireland 56
100(+4.2): 1, E Mizera (RUS) 11.23; 2, O Voronova (RUS) 11.37; 3, S Dolmatova (RUS) 11.42; 4, S Jacobs (SE) 11.43; 5, G McCloud (Bir) 11.46;..7, J Maduaka (SE) 11.81
200: 1, Mizera 22.96; 2, Jacobs 23.62; 3, I Radeeva (RUS) 23.84; 4, D Fraser (SE) 24.02; 5, S Williams (SE) 24.54
400: 1, E Golisheva (RUS) 53.11; 2, T Chebykina (RUS) 53.15; 3, L Keough (SE) 54.06; 4, S Leigh (SE) 54.44
800: 1, L Gibson (SE) 2:04.38; 2, A Moloy (IRL) 2:04.65; 3, J Jones (SE) 2:04.97; 4, S Parker (Sale) 2:05.5; ..7. L Mallows (Cov) 2:09.24
3,000: 1, G Procaccio (USA) 8:57.58; 2, K Freaney (USA) 8:58.5; 3, G Hendricken (IRL) 9:00.34; 7, T Dyer (SE) 9:15.08; 11, A Wright (Tipt) 9:24.41; 12, U English (Have) 9:28.59; 13, S Young (SE) 9:35.97
100H (+3.2): 1, S Farwuarson (SE) 13.3; 2, M Campbell (SE) 13.7
HJ: 1, E Rodiva (RUS) 1.83; 2, S Foley (IRL) 1.76; 3, K Roberts (SE) 1.76; 4, D Davies (Leic) 1.73; 5, D Bennett (SE) 1.73
LJ: 1, T Horgan (IRL) 6.31; 2, H Garrett (SE) 6.09; 4, J White (Tam) 5.84; ..7, L Ghojefa (SE) 5.65
SP: 1, M Orgy (SE) 17.06; 2, M Lynes (SE) 16.03
DT: 1, I Gracheva (RUS) 57.36; 2, D Callaway (SE) 51.86; 3, T Axten (SE) 51.12
HT: 1, O Kuzenkova (RUS) 62.60; 2, E Augee (SE) 53.44; 3, F Whitehead (SE) 50.26
JT: 1, E Medvedeva (RUS) 53.54; 2, N Bradshaw (SE) 50.54; ..4, L Hayhoe (SE) 47.12
4x100: 1, Russia 45.53; 2, Ireland 46.50; 3, Southern England 48.62

## 9th/10th July
## NORTHERN IRELAND MULTI-EVENT CHAMPS BELFAST

**Men**
DEC: B Welsh (WTH) 3,630
**U20**
DEC: 1, C Doherty (SP) 4,970; 2, D Hanna (LV) 4,565
**Junior Boys**
HEPT: 1, T Black (MU) 3,473
**Women**
HEPT: J Thompson (LV) 3,740
**Junior girls**
HEPT: L Hayes (ND) 2,694; 2, M Lappin (LV) 2,629; 3, K Stewart (LV) 2,467

## 7th July
## ANTRIM OPEN

THIS meeting included the Northern Ireland veterans 5,000m champs, which provided a clean sweep of the medals for Annadale Striders, with Ray Curran holding off Alan Keys and Billy Doherty.

**Men**
100/200: 1, S Gallbraith (Unatt) 11.53/23.17
800: 1, E King (B&A, J) 1:52.64; 2, M Farren (SP) 1:55.14
5,000: S Downes (Anna) 14:58.33
HJ: G Clarke (Anna) 1.75
LJ: M Dowds (B&A) 6.24
DT: P Davidson (RUC) 36.10
HT: M Hemer (Lis) 34:08
JT: D Hanna (LV, J) 55.52
**M40**
5,000: R Curran (Anna) 15:27.31; 2, A Keys (Anna) 15:32.36; 3, B Doherty (Anna) 16:03.42
**M45**
5,000: M McGuigan (Sparta) 16:55.16
**M70**
5,000: J Todd (EAH) 19:46.18
**Women**
100/LJ: S Colhun (FV) 13.18/5.51
3,000: A George (SP) 10:35.58
400H: C McCarthy (OM) 70.34
DT: L Rodgers (LV, J) 32.66
HT: J Kirk-Patrick (Lis) 41.90

## ESSEX 3,00 & SENIOR RELAY CHAMPS ILFORD

3,000: 1, P Haynes (Bas) 8:20.9; 2, K Cullen (Chelms) 8:22.8; 3, A Mussett (Unatt) 8:30.4; 4, N Weatheridge (Bas) 8:35.0; 5, J Gentry (NEB) 8:36.3
4x100: Newham & Essex Beagles 43.1; 2, Southend 43.8; Ilford 44.3
4:400: Southend 3:22.2; 2, Newham & Essex Beagles 43.8; 3, Thurrock Harriers 44.3
3x800: Thurrock Harriers 5:57.4; 2, 5:58.6; Ilford 6:11.3
U20
3,000: R Edwards (S'end) 8:43.4; 2, J Guest (Thurr) 8:57.8; 3, S Heywood (Har) 9:05.7
U17
3,000: D Perry (S'end) 9:13.2; 2, E Denmark (Bas) 9:18.5; 3, N Pitcher (Eton M) 9:27.0
Women
3,000: J Holden (Chelms) 10:10.8; 2, P Dunbar (Ilf) 10:34.4; 3, N Snelling (Chelms) 10:42.1
4x100: Basildon 48.8; 2, Colchester & Tendring 50.1; 3, Brentwood 53.2
4x400: Basildon 4:02.7; 2, Colchester & Tendring 4:05.2; 3, Essex Ladies 4:10.0
3x800: 1, Basildon 7:34.9; 2, Brentwood 7:58.4; 3, Basildon B 8:15.5
**U20**
3,000 K Brooks (Ilf) 12:24.2
**U17 Women**
3,000: C Goff (C&T) 10:47.1; 2, G Greenhalgh (C&T) 11:05.8; 3, S Owles (S'end) 11:14.3

## SLH OPEN TOOTING BEC

**Men**
400: 1, D Stawicki (AUS) 49.5; 2, M Jamieson (AUS) 50.0; 3, D Pugh (AUS) 50.2; 4, A Lambart (AUS) 50.4
1,500: 1, M Keino (KEN) 3:45.8; 2, K Howard (Craw) 3:48.0; 3, M Howard (Craw) 3:49.0; 4, K Penney (Har) 3:50.3; 5, J Bigg (Craw) 3:53.8; 6, D Worsfold (G&G) 3:54.2; 7, S Bishop (Croy) 3:55.6; 8, M Mannion (B'mth) 3:58.1; 9, G Bishop (Croy) 3:58.3. B: 1, T Gosnall (Ox.U) 3:59.8; 2, P McTigue (SLH) 3:59.9 C: D Cowan (Box) 4:12.1;..N Karlson (Ox.U, W) 4:28.0
110H: 1, C Shute (AUS) 15.1; 2, J Haines (AUS, J) 15.2; 3, C Allen (High) 15.2; 4, G Coolen (AUS, J) 15.4. B: 1, A David (SLH) 15.7; 2, M Roberts (K&P) 16.0. C: 1, Shute 15.7; 2, L Kuoriskoski (AUS) 15.8; 3, A Pamah (Camb) 16.4
PV: J Evans (SLH) 3.05
LJ: Haines 7.00
DT: Kuoriskosi 41.84
**U17**
LJ: A Blackburn (SLH) 5.69
**Women**
400: 1, L Thompson (Brom) 58.3; 2, M Moore (HHH) 58.5; 3, T Yorganci (Ex) 59.7; 4, N Lamb (Croy) 59.7
1,500: V Goodwin (Bel) 5:02.3
100H 1, D Baker-Brennan (Der) 15.0; 2, O Burke (Croy/IRL) 15.1
LJ: D McLaughlin (AUS) 5.77
**U17**
LJ: L Kent (SLH) 4.26
**U15**
1,500: L Burr (SLH) 5:29.0
75H/DT: A Page (SLH) 14.3/15.76

## FALKIRK OPEN GRANGEMOUTH

**Men**
100: 1, D Walker (EAC) 10.8; 2, I

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Mackie (BTP) 10.9; 3, E Clark (EAC) 11.1;
400: G Graham (Clyde) 51.6)
1500: 1, A Callan (Spring) 3.55.2; 2, A Puckrin (Glen H) 3.55.5; 3, G Croll (Camb H) 4.01.0
3,000S/C: S McClintock (PSH, J) 10.44.4
PV: 1, D Fitzgerald (BTP) 3.80; 2, A Smyth (Cumb, J) 3.60
LJ: H Watson (Shett) 6.18
SP: L Newton (Harmeny J) 11.86
DT: P Beaton (BTP) 36.04
**U17/U15**
100: 1, J Love (L&D) 11.6; 2, M Bruce (U15) (Fife AC) 11.8
400: 1, D Mckenzie (BTP) 55.1; 2, A Murray (Air, U15) 55.6
1500 D Smith (Moth) 4.32.1
LJ: F Edridge (Clyde) 5.95
SP: D Giffen(U15) (FVH) 8.24
DT: S Whitelam (GRAC, U15) 15.18
**Women:**
100: A Nowell (Unatt) 13.2
400: C Gray (EAC) 60.2
1,500: C Simpson (EAC, U17) 4.51.6
PV: K Fitzgerald (BTP) 2.00
LJ: L Greig (Tay, U17) 4.57
SP: K Costello (COG) 11.05
DT: 1, S Freebairn (COG) 40.26; 2, E Garden (BTP) 36.48;
**U15**
100: L Borland (LucM) 13.3
1,500: L Gauld (EAC) 5.25.6
LJ: D MacDonald (Boness H) 4.25
DT: C Garden (BTP) 36.76

## COMPLETE RUNNER WEST YORKSHIRE LEAGUE HEMSWORTH

**Men**
200: S Black (Bing) 23.1
800: 1, S Wood (Leeds) 1:56.1; 2, A Jones (Keigh) 1:56.6; 3, S Lowe (Wake, J) 1:58.4
HJ: J Kitchen (Hems) 1.75
**U17**
1,500: S Mowforth Leeds, U15) 4:24.2
SP: T Davis (Bing) 9.02
**U15**
100: C Creaby (Leeds) 12.3
200: A Tabor (Hems) 23.8
800/HJ: D Carney (Spen) 2:17.4/1.60
SP: D Bishop (Long) 9.45
**U13**
100: W Buckner (Sky) 13.8
800: J Keith (Sky) 2:30.8
LJ: S O'Reilly (Wake) 4.11
**U11**
75: J Kennedy (Sky) 12.2
**Women**
200: B Dawson (Sky) 26.4
800: C Allen (Halif) 2:34.9
DT: J Coote (Rown) 34.62
**U17**
200: N Crosby (Bing) 27.3
1,500: N Connolly (Sky) 4:54.3
DT: L Jones (Wake) 27.70
**U15**
100: A Kerr (Hal) 13.4
800: K Colley (Leeds) 2:23.3
SP: A Morris (Sky) 7.71
**U13**
100: S Hall (Spen) 11.4
800/LJ: S Pritchard (Sky) 2:35.3/3.88
75: L Gartlan (Sky) 12.1

## METROPOLITAN POLICE CHAMPS PEEL CENTRE COLINDALE

**Men**
100: A Morcos 11.6
200/400/ 110H/PV: M Holgate 22.8/50.9/ 16.5/3.80
800: 1, M Harris 1:53.6; 2, M Hickin 1:56.0
1,500: Hickin 3:58.7
5,000: 1, I Campbell 14:45.3; 2, E Thomas 15:49.0
3,000SC: Campbell 10:18.4
400H: J O'Sullivan 57.9
HJ: M Broom 1.85
LJ: 1, R Horne 6.66; 2, M Brook 6.51
TJ: O'Sullivan 12.86
SP: 1, I Thomas 13.64; 2, W Ferguson 12.33; 3, A Bramwell 12.31
DT: 1, N Boyton 43.54; 2, K Broom 41.20
HT: 1, M Broughton 54.28; 2, S McEvoy 53.44; 3, J Gleed 47.80
JT: P Miller 49.78
3kmW: 1, N Carmody 13:00.2; 2, C Bennett 14:56.6
**M40**
100: A Maddocks 12.8 (rec)
3,000: K Selby 9:58.6
LJ: M Brotherton 5.14
**Women**
100/200: R Campbell 13.7/29.4
400: A Edwards 1:06.5
800/1500: M Kirkby 2:35.7/5:24.9
HJ: M Pygall 1.55
LJ; C Stewart 4.82
SP: 1, T Axten 12.86 (CBP); 2, M Clatworthy 10.15
DT: 1, Axten 48.20; 2, Clatworthy 30.76
JT: S Fry 42.76

## WOKING OPEN

**Men**
400: A Kennard (Wal) 50.5
800: 1, S McDonnell (BMH) 1:53.2; 2, D Bond (Wok) 1:53.8; 3, T Hyde (WSE) 1:56.0
3,000: 1, B Brackstone (Brack) 8:27; 2, R McHarg (WSE) 8:35.3; 3, M Kinane (Swan) 8:38.2; 4, C Hensby (Wok) 8:39.6; 5, A Brewer (Brack) 8:47.3; 6, P Barratt (Wok) 8:40.7
LJ: M Sccley (SB) 6.98
PV: 1, L Moffatt (Wok) 4.00; 2, A Buchanan (AFD) 3.81; 3, B Schea (B&M) 3.81
**U20**
800: D Burton (AFD) 1:57.5
3,000: A Stopher (AFD) 8:45.9
LJ: J Grafton (G&G) 6.76
**U17**
3,000: 1, S Pocock (AFD) 9:00.7; 2, C Lintum (Brack) 9:13.2; 3, D Holbert (Dork) 9:14.2
**U15**
400: P Lipskin (AFD) 56.2
**U13**
100: M Duncan (Wok) 13.2
PV: P Thomas (S'ham) 2.20
SP/DT: W Hardgrave (Inv) 9.38/27.42
**Women**
400: C Bleasdale (G&G) 55.5
800: R Fay (Wok) 2:11.6
PV: 1, J Cockram (Bel) 2.00; 2, J Smiter (Bel) 1.80

## 6th July

## BANK OF ENGLAND AC INVITATION ROEHAMPTON

**MATCH:** 1, Hercules Wimbledon 108, 2, Richmond & Twickenham 90, 3, Bank of England 29;
100: 1, S Kneller (R&T) 10.9; 2, I Winter (HW) 10.0
200: Kneller 22.1; 2,
JT S Langdon (HW) 61.20

## 5th July

## SOUTHERN COUNTIES VETS AC

### SOUTH LONDON DIVISION CARSHALTON

**Men**
**MATCH:** 1, Epsom and Ewell 285; 2, Croydon 235; 3, Dorking/Mole Valley 216; 4, Kingston and Polytechnic 194; 5, Sutton 171; 6, Crawley 118 ; 7, Redhill & Surrey Beagles 30
**M40**
200: G Pope (Croy) 25.7
800: I Dunn (Dork) 2:15.2
3,000: G Taylor (Dork) 9:39.7
2,000W: G Taylor (Dork) 11:25.3
PV: I Olive (Craw) 3.20
LJ: D Wallington (Croy) 5.74
TJ: J Vernon (Sutt) 11.90
DT: W Fuller (E&E) 35.48
JT: G Page (E&E) 45.00
4x200: Epsom & Ewell 1:44.3
**M50**
200: D Hallett (E&E) 27.8
800: D Barrington (Kings) 2:19.9
3,000: R Dixon (Croy) 10:26.1
2,000W: B James (Dork) 13:03.4
PV: A Woods (E&E) 2.30
LJ: R Austin (E&E) 5.06
TJ: B James (Dork) 8.77
DT: I Briggs (Red) 32.38
JT: B Harlick (E&E) 35.24
**Women**
MATCH: 1, Epsom & Ewell 156; 2, Kingston & Polytechnic 94; 3, Dorking & Mole Valley 60; 4, Crawley and Sutton 38
**W35**
200: L Taylor (Dork) 32.9
800: C Hayes (King)
5,000: J Davies (E&E) 19:01.7
2,000W: L Taylor (Dork) 12:58.2
LJ: L Taylor (Dork) 3.77
DT: M Pettis (E&E) 30.42
SP: T Stoneman (Craw) 8.26
4x200: Epsom & Ewell 2:16.2

### SUSSEX DIVISION WORTHING

**Men**
**MATCH:** 1, Worthing & District 263; 2, Brighton & Hove 222; 3, Haywards Heath Harriers 204; 4, Areana 80 178; 5, Lewis 157; 6, Eastbourne Rovers 143; 7, Hazelmere & Border 122; 8, Bognor Regis & Chichester 92
**M40**
200: C Ayling (ER) 24.8
800: D Reynolds (BRC) 2:12.7
3,000: P Bidmead (B&H) 9:13.0
2kmW: M Yates (BRC) 10:31.1
LJ: P Simpson (BRC) 5.09
PV: R Smith (HHH) 2.50
TJ: J evans (WDH) 10.66
DT: N Hooker (Haz) 34.08
JT: P Cramp (Haz) 45.48
4x200: Worthing & District 1:46.4
**M50**
200: A Roberts (WDH) 27.0
800: D Bartholomew (B&H) 2:13.4
3,000: D Marsh (WDH) 9:54.5
2kmW: D Hawkins (B&H) 10:35.4
LJ/TJ/PV/ JT/DT: A Chapman (WDH) 4.61/9.55/2.40/ 36.04/31.28
**Women**
**MATCH:** 1, Worhting & District 138; 2, Areana 80 118; 3=, Eastbourne Rovers and Hayward Heath Harriers 94; 5, Bognor Regis & Chichester 77; 6, Brighton & Hove 75
**W35**
200: J Thorne (WDH) 30.1
800: E Shackman (WDH) 2:43.4
5,000: S Moreley (B&H) 17:10.3
2kmW: S Aldred (WDH) 12:33.1
LJ: J Thorne (WDH) 4.76
DT: G Welfare (B&H) 26.06
SP: E Brandon (ER) 7.69
4x200: WDH 2:05.8

### NORTHERN DIVISION ENFIELD

**Men**
**MATCH:** 1, Verlea 253; 2, Borough of Enfield 220; 3, Dacorum 219; 4, Barnet & District 200; 5, Ilford 149; 6, Trent Park Trotters 139; 7, St Albans 14; 8, Shaftesbury Barnet 110
**M40**
200: W Thomas (Dec) 25.1
800: B Campbell (StAlb) 2:15.4
3,000: A Ross (Ver) 9:18.8
2,000W: 1, D Cross (Ver) 8:57.4; 2, A Seddon (Enf, M50) 9:28.1
LJ: P Pinnington (Enf)5.68
TJ: R Gibbings (Enf)10.84
PV: G Leckie (Ver) 3.20
DT: R Turner (Enf)30.46
JT: M Bennett (Barn) 39.26
4x200: Borough of Enfield 1:41.9
**M50**
200: J McNamee (Ilf) 26.0
800: J Martin (Barn) 2:18.5
3,000: G Harrold (Enf)9:51.4
2,000W: J White (Ver) 10:28.2
LJ/TJ: J McNamee (Ilf) 4.80/9.94
PV: P Ferguson (Ver) 2.50
DT: P Gabbett (Dec) 37.66
JT: R Taylor (Enf)34.64
**Women**
**MATCH:** 1, Shaftesbury Barnet Harriers 135; 2, Verlea 125; 3=, Borough of Enfield 87; 3=, Trent Park Trotters 87; 5, Barnet & District 69; 6, St Albans 63; 7, Dacorum 64
**W35**
200: E McMahon (Enf)28.0
800: I Peaty (Shafts) 2:32.1
5,000: L Skinner (Ver) 19:27.8
2,000W: J Evans (Shafts) 12:51.4
LJ: E McMahon (BoE) 4.24
SP/DT: E Williams (Enf)10.16/27.40
4x200: Borough of Enfield 2:02.2

### MID LONDON DIVISION BATTERSEA PARK

**Men**
**MATCH:** 1, Met Police 260; 2, Belgrave Harriers 221; 3, Serpentine 211; 4, Thames Valley harriers 195; 5, Hercules Wimbledon 172; 6, Hernhill Harriers 153
**M40**
200: D McInnes (HW)25.9
800: D Clack (Bel) 2:14.2
3,000: Littlewood (HW)9:45.5
2,000W: Warburton (Bel) 10:19.6
LJ/TJ: D McInnes (HW)5.10/10.34
PV: A McGahan (Serp) 2.20
DT: C Brooks (Bel) 34.92
JT: C Brooks (Bel) 39.10
4x200: Met Police 1:51.8
M50
200: B Gray (HHH) 27.0
800: Stone (Bel) 2:30.2
3,000: L O'Hara (Bel) 10:12.5
2,000W: Fotheringham (Bel) 10:34.4
LJ/TJ: Kirton (MP) 4.79/10.12
PV: Taffs (MP) 2.60
DT: A Burtram (MP) 32.86
**Women**
**MATCH:** 1, Serpentine 151; 2, Met Police 111; 3, Belgrave harriers 89; 4, Hernhill Harriers 32
**W35**
200/800: J Searle (HHH) 32.7/2:39.0
5,000: P Rich (Serp) 19:58.0
2,000W: S Porter (Bel) 11:21.6
LJ: G Brown (Serp) 4.28
DT/SP: G Price (Serp) 26.95/8.61
4x200: Serpentine 2:12.9

### WESTERN DIVISION RICHMOND

**Men**
**MATCH:** 1, Oxford 270; 2, Richmond & Twickerham 249; 3, Kidlington 226; 4, Metros 170; 5, Reading 159; 6, Windsor Slough & Eaton 128; 7, Old Gaytonians 100
**M40**
200: W Franklyn (Read) 24.5
800: T Osment (WSE) 2:09.4
3,000: D Lancaster (Kid) 9:32.1
2,000W: M Manning (Metros) 11:20.5
LJ/TJ: M James (WSE) 6.35/12.47
PV: I Marriott (Ox) 3.40
DT: N Griffin (WSE) 42.80
JT: D Kuester (Ox) 40.58
4x200: Windsor Slough & Eaton 1:45.1
**M50**
200: A Taylor (R&T) 28.8
800: T Cullen (Kid) 2:29.5
3,000: B Fozard (Read) 10:34.0
2,000W: M Reading (Metros) 11:59.0
TJ: A Taylor (R&T) 9.30
DT: J Curtin (R&T) 36.08
JT/PV/LJ: B Charles (Ox) 28.82/2.10/4.39
**Women**
**MATCH:** 1, Oxford 137; 2, Metros 115; 3, Kidlington 112; 4, Reading 77; 5, Richmond & Twickerham 70; 6, Windsor Slough & Eaton 44; 7, Parkside 18
**W35**
200: S Lowry (Read) 31.4
800: G Huter (Ox) 2:28.7
5,000: A Briscoe (Ox) 18:41.5
2,000W: P Jackson (Metros) 13:32.0
LJ: J Charles (Ox) 4.04
SP: M Swindles (Metros) 6.90
DT: L Chesterton (Ox) 21.36
4x200: Oxford 2:07.2

## 4th July

## DOVES LEAGUE SOUTHAMPTON

THIS meeting left statisticians grabbing for their pens as 12 league records fell, *Chris Andrew reports.*

Ian Rowe was the star of the afternoon with records in the high and triple jumps as well as winning the long jump. Stephen Peters, Mark Kuklionski, Matthew Maggs and Bradley Yewer also gained league records. Sarah Miles also set two records in the sprints. She was followed home by Team Solent's Sonja Lawrence and Melanie Purkiss who in combination with two team-mates proved too much for Miles' blistering last leg. Emma Hall, Claire Green and the Salisbury relay squad providing the other league records.

**MATCH:** 1, Team Solent 469; 2, Salisbury & District 416; 3, Swindon 388; 4, Newbury 380; 5, Winchester & District 298; 6, Grove School
128;
**U17 Men**
200: S Peters (Swin) 23.7 (Lge rec)
400: M Kuklinski (Swin) 53.8 (Lge rec)
1,500: W Bevan (Win) 4.37.0
LJ: M Haggs (Newb) 5.99 (Lge rec)
JT: C Day (Win) 41.82
4x400: Team Solent 3.42.3 (Lge rec)
**U15:**
100: J Hepworth (Team S)12.1
200: D Toyner (Swin) 25.3
400: P Saunders (T. Sol) 54.9
800: D Mitchenson (Swin) 2.14.7
1,500: B Yewer (Newb) 4.30.3 (Lge rec)
3,000: P Nicholson (Win) 10.30.2
80H: D Spite (Newb) 12.4
HJ/TJ: I Rowe (T Sol)1.75/12.85 (Lge recs)
LJ: I Rowe 5.80
SP/DT: M Barnett (Swin) 10.01/23.36
JT: M Sambrook (Salis) 33.00
4x100/4 x 400 Newbury 51.6/4.10.8
**U13**
100: M Allenby (Salis) 13.9
200: M Lee (Team S)28.9
400: M Henderson (Team S)66.0
800: D Scott (Swin) 2.26.2
1,500: K Hall (T.Sol) 5.02.1
80H: 1, A Swain (T. Sol) 14.5; 2, O Rose (Newb) 14.5
HJ: J Nutbeam (Team S)1.44
LJ/DT: A Swain (T. Sol) 4.19/19.76
SP J Farr (Grove) 7.23
4x100: Salisbury & District 57.5
4x400 Team Solent 4.36.9
**U17**
100: E Feltham (Salis) 12.8
300: E Hall (Swin) 42.0 (Lge rec)
800: C Green (Newb) 2.17.2 (Lge rec)
HJ: S Angell (Salis) 1.45
DT: A Casey (Salis) 23.66
4 x 100 Salisbury & District 51.1 (Lge rec)
**U15**
100 1, S Miles (Newb) 12.5 (Lge rec); 2, S Lawrence (Team S)13.0
200 1, Miles 26.0 (Lge rec); 2, M Purkis (Team S)26.7
800 E O'Dowd (Swin) 2.38.9
1500 K Wallace (Team S)4.58.8
75H LMorgan (Salis) 13.2
HJ 1, G Pixton (Swin) 1.45; 2, R Fories (Salis) 1.45
LJ L Pailor (swin) 4.54
SP M Purkis (T. Sol) 7.77
DT/JT K Morgan (Salis) 19.94/30.10
4 x 100 Team Solent 52.6
**U13**
100: R Marshall (Swin) 13.9
200: F Binder (Swin) 29.4
800: G Austin (Grov) 2,50.1
1,500: 1, T Alford (Newb) 5.23.6;
70H: K Weston (Swin) 13.5
HJ: K Hoskings (Swin) 12.6
LJ: R Marshall (Swin) 4.15
SP: S Martin (Team S)6.08
DT: H Felton (Salis) 15.00
JT: E Loundes (Win) 10.84
4x100 Swindon 56.4

## EAST ANGLIAN LEAGUE IPSWICH

**MATCH:** 1, Ipswich 45; 2, Cambridge & Coleridge 39; 3, Chelmsford 35; 4, Lowestoft 28; 5, Beccles 24.5; 6, Duke Street 16; 7, March Braza 8.5
**Men**
**MATCH:** 1, Cambridge & Coleridge 171; 2, Ipswich Harriers 156; 3, Beccles 129; 4, Lowestoft 88; 5, Chelmsford 57; 6, March Braza 19; 7, Duke Street 8
100/110H: A Mason (Ips) 11.5/16.2:
200/400: M Cotton (March) 22.5/49.0
800: P Richardson ((Chelms) 2:04.4
3,000: R Crickmore (C&C) 9:36.0
HJ: M King (Ips) 1.80
LJ: M Smith (Chelms) 6.48
TJ: S Wright ((C&C) 12.16
SP/DT: G Parsons ((C&C) 11.82/37.75
HT: S Blackwall (C&C) 43.70
JT: R Harsant (C&C) 42.06
4x100: Cambridge 45.4
**U17**
**MATCH:** 1, Cambridge & Coleridge 184; 2, Ipswich Harriers 167; 3, Lowestoft 99; 4, Chelmsford 82; 5, March and Beccles 35; 7, Duke

**YOUR ESSENTIAL RESULTS CHECK AND ROUND-UP**

Street 6
100/200/100H: M Clements (C&C) 11.3/22.7/13.4
400: K Davies (Ips) 52.3
800: D Wardle ((Ips) 2:01.8
1,500: D Laud (Ips) 4:27.3
HJ: T Costello (C&C) 1.80
LJ: J Brown (Ips) 6.16
TJ: B Motherwell (C&C) 32.80
SP: K Halls (Chelms) 11.74
DT/HT: T Khalifa (C&C) 33.71/29.48
JT: B Cotton (March) 44.38
4x100: Cambridge & Coleridge 47.09
**U15**
**MATCH**: 1, Ipswich Harriers 167; 2, Chelmsford 147; 3, Cambridge & Coleridge 95; 4, Lowestoft 83.5; 5, Duke Street 37.5; 6, Becles 37; 7, March Braza 34
100/JT: M Cheyne (Chelms) 12.1/40.16
200/400: T Hockley (Ips) 25.0
800: M Chatterton (Chelms) 2:14.2
1,500: G Irvine (Ips) 4:39.7
80H/HJ/LJ: J McDade (Ips) 13.4/1.60/5.21
TJ: T Poctechn (Chelms) 10.54
SP/HT: M Wilson (Low) 12.86/24.66
DT: S Bull (Ips) 30.30
4x100: Ipswich 51.6
**U13**
**MATCH**: 1, Ipswich Harriers 107; 2, Lowestoft 82; 3, Cambridge & Coleridge 64; 4, Beccles 50; 5, Chelmsford 49; 6, Duke Street 27; 7, March Braza 13
**Women**
**MATCH**: 1, Chelmsford 132; 2, Ipswich Harriers 121; 3, Cambridge & Coleridge 109; 4, Lowestoft 87; 5, Beccles 25; 6, March 6
100/100H: M Gant (Ips) 16.1
200/LJ: C Slater (Chelms) 25.9/5.52
400: N Clench (Isp) 59.6
800: S Wells (Chelms) 2:25.5
1,500: J Marie (Chelms) 5:03.0
HJ: S McGiven (C&C) 1.58
SP: P Holmes (Ips) 9.85
DT: R Ellis (C&C) 31.82
JT: L Pidgeon (Chelms) 32.22
4x100: Ipswich 51.3
**U15**
**MATCH**: 1, Ipswich Harriers 128; 2, Cambride & Coleridge 100; 3, Beccles 59; 4, Chelmsford 50; 5, Lowestoft 38; 6, Duke Street 24
100/200: L Seston (Ips) 12.3/25.7
800: T Harrod (Ips) 2:33.2
1,500: E Allen (Chelms) 5:12.3
75H: N Hall (Ips) 11.8
HJ: C Ledger (Ips) 1.63
LJ: J Browne (Ips) 4.73
SP/DT: K Harper (Chelms) 8.03/20.48
JT: D King (C&C) 22.58
4x100: Ipswich 53.7
**U13**
**MATCH**: 1, Duke Street 97; 2, Ipswich Harriers 93.5; 3, Chelmsford 91; 4, Cambridge & Coleridge 64; 5, Beccles 47.5; 6, Lowestoft 14

## 3rd July
### HAMPSHIRE SCHOOLS U14/U13 CHAMPS ROYAL NAVY TRACK PORTSMOUTH

HELEN GATES showed she was a class apart in the Under 13's discus winning by 10m, *Chris Andrew reports.*

With no throw below 27m Gates from Wyvern School showed that it was no fluke as she improved her own County Record. Lucy Rann was the only person to throw anywhere near as far and she threw the javelin to a championship best.

**Boys**
**U14:**
100: J Wickings (SEH) 12.6
200: S Attridge (Bas) 25.3 (CBP)
400: C Godwin (Soton) 58.3
800: S Jackson (Soton) 2.15.8
1,500: 1, A Omar (And) 4.49.0; 2, A Robins (IoW) 4.49.1
75H: 1, J Black (E&W) 12.4; 2, M Andrews (Ald) 12.4
HJ: A Smith (NF) 1.68
LJ: 1, J Cleeve 5.32; 2, M Faulkner (E&W) 5.28
TJ: L Jones (IoW) 10.71
SP: (3.25kg) 1, D Tune (G&F) 10.19; 2, J Whittle (Ald) 10.12
DT: (1kg) 1, L Pinock (G&F) 28.38; 2, G Mason (Soton) 28.16
JT: 1, B Rowland (E&W) 37.74 (equal CBP); 2, R Oram (Bas) 35.24
4x100 1, Aldershot 50.8; 2, Eastleigh & Winchester 51.6; 3, Southampton 51.9
**U13**
80: 1, C Hancock (E&W) 10.7; 2, C Osbourne (Ald) 11.0
100: 1, J Rowe (E&W) 13.4; 2, B Evans (Ald) 13.5;
200: 1, J Harwood (IoW) 27.1; 2, J Dobney (Ports) 27.8
400: 1, S Game (SEH) 60.3; 2, D McDonagh (Ald) 61.8
800: 1, G Macey (Soton) 2.22.6; 2, S Mowle (IoW) 2.22.8; 3, R Barnett (Ald) 2.25.1
1,500: 1, W Salvetti (E&W) 4.56.2; 2, K Hall (Soton) 4.56.4
70H: 1, D Murray (Ald) 12.3; 2, C Dunsdon (Ald) 12.5; 3, A Solley (NF) 12.5; 4, G Speed (NF) 12.6; 5, D Blaker (sonton) 13.2; 6 G Hutchings (SEH) 13.3
HJ: 1, J Nutbeam (E&W) 1.53; eq 2, R Dixon (IoW) & I Webber (Soton) 1.50; 4, D Guilbert (IoW) 1.44;
LJ: 1, M Patterson (Ald) 4.77; 2, A Swain (E&W) 4.68; 3, D Robbins (NF) 4.65; 4, K Howard (IoW) 4.63; n/s R Warn (E&W) 4.73;
TJ: 1, P Godfrey (NF) 9.80; 2, A Marsh (IoW) 9.63;
SP: (2.72kg) 1, E Ross (Ald) 9.72; 2, M Taylor (And) 9.44; 3, P Blackman (E&W) 9.36; 4, D Hall (E&W) 9.06;
DT (0.75kg) 1, D Briscoe (IoW) 27.10; 2, J Howard (E&W) 23.32; 3, N Bolt (Soton) 22.74
JT: (400g) 1, J Hebditch (Ald) 28.48; 2, S Woods (Ald) 28.02
4x100 1, Isle of Wight 52.9; 2, Eastleigh & Winchester 53.9; 3, Aldershot 54.1; 4, Portsmouth 55.4; 5, Gosport &Fareham 55.4; 6, Southampton 56.0
**Girls**
**U14**
100: V Addo (Ald) 13.3
200: 1, K Kenham (NF) 27.8; 2, N Bradley (Ports) 27.9
800: E Towerton (And) 2.37.2
1,500: A Froggett (And) 5.25.8
70H: C Bassford (SEH) 12.2
HJ: J Gordon (And) 1.56 (CBP)
LJ: B Ridgley (Sol Ports) 4.52
SP: J Hopgood (Ports) 9.27
DT: E Asplin (Ald) 20.80
JT: J Ward (Soton) 20.72
4x100 Portsmouth 53.8 (CBP)
**U13**:
80: A Rouse (Ald) 11.1(CBP)
100: R Rogers (E&W) 13.6
200 C Daniels (SEH) 27.5
800: J Light (Pots) 2.38.9
1,500: K Broomfield (Ports) 5.12.6
70H: L Harwood (IoW) 13.0
HJ: V Ward (G&F) 1.41
LJ: 1, H Gray (G&F) 4.40; 2, B Nurse (NF) 4.35
SP: J Longman (Ald) 6.96
DT: H Gates (E&W) 29.62 (CBP, county record)
JT: (400g) L Rann (IoW) 29.00 (CBP)
4x100 1, South East Hants 56.4; 2, Eastleigh & Winchester 56.5; 3, Aldershot 57.0

## 30th June
### INTER-COUNTIES VETERAN MATCH

**M40**
100: J Brown (Hants) 12.2 (rec)
200: Brown 24.2 (rec); 2, D Lucas (Kent) 24.8; 3, C Ayling (Sx) 24.9; 4, G Lush (Hants) 26.0
400: 1, P madden (Sx) 55.5 (rec); 2, S Wilson (Gst) 57.2; 3, K Slaughter (Sx) 575.5; 4, S Wiles (Hants) 58.6
800: J Treadwell (Sx) 2:09.2 (rec); 2, K Daniel (Kent) 2:11.6; 3, P Evans (Sx) 2:14.8
1,500: 1, P Toms (Sx) 4:15.9 (rec); 2, H Morten (Kent) 4:18.3; 3, B O'Neill (Hants) 4:19.4; 4, G Spencer (Kent) 4:22.6
3,000: O'Neill 9:07.4 (rec); 2, R O'Mahoney (Sx) 9:25.7; 3, C Walker (Hants) 9:41.4
1,500SC: 1, B Blackwell (Sx) 5:02.9 (rec); 2, V Smith (Kent) 5:08.4; 3, J Phelan (Kent) 5:12.0; 4, M Campbell (Sx) 5:13.8
HJ: 1, P Oakes (Kent) 1.65 (rec); 2, D Walters (Sx, M45) 1.60; 3, P James (Hants) 1.50
PV: 1, J Wakeman (Kent) 3.20 (rec); 2, I Ollive (Sx) 3.00; 3, James 2.50; 4, C Causton (Hants) 2.30
LJ: 1, Oakes 5.85 (rec); 2, T Hall (Hants) 5.33; 3, T Deleiros (Sx) 5.00
TJ: 1, Oakes 12.12 (rec); 2, Hall 11.30; 3, Ayling 11.22; 4, James 10.15
SP: 1, P Cramp (Sx) 10.21; 2, K Lasis (Sx) 9.98
DT: 1, Cramp 30.52 (rec); 2, S Ford (Sx) 28.78
HT: 1, Lasis 42.50 (rec); 2, Ford 35.80
JT: 1, Oakes 46.12; 2, J Green (Hants) 44.40; 3, Cramp 43.26
3kmW: C Rawlings (Sx) 14:29.9 (rec)
4x100: 1, Sussex 48.3 (rec); 2, Kent 49.3; 3, Hampshire 50.3
4x400: 1, Sussex 3:49.7 (rec); 2, Kent 4:00.0
**M50**
100: 1, T Roberts (Sx) 13.8 (rec); 2, J Hart (Kent) 13.9
200: 1, Roberts 27.5 (rec); 2, Hart 27.7; 3, T Honey (Sx) 28.9
400: 1, B Bartholomew (Sx) 59.7; 2, A Kimber (Kent) 1:03.5
800: 1, Bartholomew 2:18.1; 2, M Peel (Kent) 2:19.4; 3, J Hodge (Hants) 2:22.9
1,500: Peel 4:51.8 (rec); 2, B Mulholland (Sx) 5:00.4
3,000: 1, B Millo (Hants) 9:58.4 (rec); 2, D Marsh (Sx) 10:10.5; 3, A Matson (Sx) 10:11.2

### ARMY V HAMPSHIRE ALDERSHOT

**Women**
1,500: K Holmes (Army) 4:17.3

## 29th June
### ABERDEEN AAC CHAMPS

**Men**
400: P Davidson 52.3
JT: P Allen 52.52
**M40**
400: D Shepherd 53.0
**U20**
400: C Wilson 53.2
JT: M Spink 46.76
**U17**
400: A Love 53.4
JT: P Fraser 54.26
**Women**
400: D Flockhart 57.9
JT: C Michalaska 23.06
**U17**
400: D Quirie 61.4
JT: Quirie 16.14

## 28th June
### HAMPSHIRE SCHOOLS TRACK KNOCK OUT CUP FINAL ANDOVER

**Boys U15**
**MATCH**: 1eq, Cove/Yateley 32, 3, Romsey 24
100/200 J Richards (Swan) 12.5/25.2
400 P Lipscombe (Yat) 56.5 B: P Saunders (Roms) 55.2 (cup rec)
800 R Pearman (Cove) 2.16.3
1500 J Hancock (Yat) 4.42.0; 2, Pearman 4.42.1;
4x100: 1, Yateley 49.9; 2, Cove 50.2, 3, Romsey 50.3, 4, Swanmore 50.9
**U13**
**MATCH**: 1, Calethorpe Park 54, 2, Salesian 46, 3, Swanmore 41;
100: S Game (Purb) 13.6
200: C Haddon (Cale Park) 28.7
400: 1, Game 61.0 (Cup rec); 2, D McDonagh (Sales) 61.0 (rec); 3, M Groundsell (Cale Pk) 64.3;
800: 1, W Salvetti (Swan) 2.26.6 (cup rec); 2, McDonagh 2.27.4;
1,500: 1 Salvetti 4.57.2; 2, R Price (Cale Pk) 4.57.7;
4x100 1, Calethorpe Park 54.4 (Cup rec); 2, Salesian 55.3; 3, Toynbee 55.9
**Girls U15**
**MATCH**: 1, John Hanson 54; 2, Mountbatten 52; 3, Toynbee 46;
100: S Lawrence (M'batten) 13.1
200: 1, M Purkiss (M'batten) 26.8; 2, K Patterson (Jn han) 26.9
800: 1, E Davies (Jn Han) 2.21.9 (Cup rec); 2, J New (R'Wood) 2.27.6
1,500: 1, E Gilbert (Jn Han) 5.02.1 (Cup Rec); 2, J Noyce (Toyn) 5.27.6.
B: A Froggett (Jn Han) 5.28.2
4x100: Mayfield 52.5
**U13**
**MATCH**: 1, Purbrook Middle 41; 2, Calethorpe Park 34; 3, Toynbee 33
100/200 C Daniels (Purb) 13.9/28.5
800 R Bull (Wyv) 2.43.3
1500 E Bryczkowski (Purb) 5.42.8
4x100 1, Purbrook Middle 57.8; 2, Calethorpe Park 58.0; 3, Ringwood 58.4

## 27th June
### EAST ANGLIAN COMBINED EVENTS GRANTHAM

**Boys**
**Inters**
OCT: 1, Essex 12,420; 2, Northamptonshire 11,906; 3, Cambridgeshire 10,618
**Juniors**
PENT: 1, Essex 6,949; 2, Northamptonshire 6,591; 3, Lincolnshire 6,289; 4, Norfolk 6,240; 5, Cambridgeshire 6,145; 6, Suffolk 5,292
**Girls**
**Seniors**
HEPT: 1, Essex 11,708; 2, Lincolnshire 9,298
**Inters**
HEPT: 1, Essex 11,227; 2, Northamptonshire 10,.661; 3, Lincolnshire 10,597; 4, Cambridgeshire 9,762
**Juniors**
PENT: 1, Norfolk 8,504; 2, Lincolnshire 7,100; 3, Essex 6,910; 4, Cambridgeshire 6,484; 5, Northamptonshire 6,111

## 26/27th June
### SOUTH WEST MULTI EVENTS CHAMPS EXETER

**Boys**
**Senior**
DEC: 1, Somerset 16,618; 2, Devon 15,492; 3, Avon 15,194; 4, Cornwall 13,990
PENT: 1, Devon 7,100; 2, Somerset 6,141; 3, Dorset 6,141; 4, Gloucester 6,075; 5, Avon 6,015; 6, Wiltshire 5,984; 7, Cornwall 5,969
**Inter**
OCT: 1, Cornwall 12,418; 2, Somerset 11,952; 3, Devon 11,451; 4, Avon 9,972; 5, Wiltshire 8,718; 6, Dorset 8,176
**Girls**
**Senior**
HEPT: 1, Cornwall 10,088; 2, Avon 9,618; 3, Devon 8,938; 4, Somerset 8,704
**Inters**
HEPT: 1, Dorset 11,234; 2, Devon 10,844; 3, Somerset 10,328; 4, Cornwall 9,342; 5, Avon 9,003; 6, Gloucester 8,611
**Juniors**
PENT: 1, Dorset 7,645; 2, Devon 7,428; 3, Gloucester 6,929; 4, Somerset 6,765; 5, Avon 6,708; 6, Cornwall 6,371; 7, Wiltshire 5,809

## 26th June
### LILY B LEAGUE

**Divison 2**
**Walton**
**MATCH**: 1, Guildford 544; 2, Holland Sports 317; 3, Dorking St. Pauls 241
**U17 women**
100/200/80H: R Simpson (G&G) 13.7/28.2/13.5
800/1,500: F Bangers (Holl) 2:32.8/5:09.3
HJ/LJ: H Turner ((G&G) 1.40/4.36
SP/DT/JT: K Wickens (G&G) 9.24/27.53/25.74
4x100: Guildford & Godalming 55.2
**U15**
100/200: L Colbourne (Waver) 13.5/28.2
200:
800: N Dedman (G&G) 2:41.5
1,500: A Dumbleton (G&G) 5:23.5
75H/LJ: R Stemp (G&G) 13.6/4.17
HJ: K Mann (G&G) 1.45
SP/DT/JT: A Dedman (G&G) 6.87/20.43/15.86
4x100: Guildford & Godalming 53.4
**U13**
100/200: L Burlinson (Dork) 30.2
800: A Ixas (Red) 2:47.7
1,500/JT/HJ G. Palmer (Walt) 5:45.2/16.94/1.20
70H: L Valentine (G&G) 13.3
LJ: K Yarrow (G&G) 4.07
SP: E Rocco (Wav) 6.46
DT: C. Hollinsworth (Waver) 17.29
4x100: Guildford & Godalming 57.9

## LATE TRACK

## 11th July
### SEAA U23 V AUSTRALIA U20 V CIVIL SERVICE V KENT V SURREY CROYDON ARENA

SUCH was the standard of this fixture that no less than seven Croydon Arena Ground Records were broken, *Pete Mulholland reports.*

Stars of the show included Olympic high jump bronze medallist Tim Forsyth, having his first competition since the close of the Australian season in March.

Having just jetted in after a 24 hour flight, and admitting to being only at 50 per cent fitness, Forsyth entered the event at 2.20m and had two failures at his winning clearance of 1.28m. Forsyth will now contest the AAA's before heading for the World Champs.

Also clearing heights previously unknown in SE20 was Australian Simon Arkell, who owns the Commonwealth pole vault record of 5.72m, and he entralled the crowd to finish with 5.45m in blustery conditions.

The women of Australia also got into the act, the highlight being a massive hammer throw of 55.34m by Debbie Sasimenko, who has to her credit a Commonwealth record distance of 58.90m. Her compatriots Jane Saville, second in the World Junior Champs, and team-mate Linda Coffee, fought a close battle in the 3km walk, Saville taking the judges verdict in 13:40.34. Only 12sec behind was Verity Larbey, fresh from her marriage the previous day, who delayed her honeymoon to represent the South of England.

The foreign visitors didn't have it all their own way in claiming ground bests, for the trio of Gary Jennings (400H), Colin McKenzie (JT) and Adrian Patrick (400) were also included in the record spree.

In the 400m, Patrick from Windsor, Slough and Eton, and coached by Ron Roddan, has a best of 46.79sec and expected tough competion from the 16 year old South African, Moses Aboso, who admits to a best of 46.66sec. Blasting into an early lead, he blew Aboso away for what proved to be a conclusive victory.

**MATCH**: 1, South of England U23 75; 2, Kent 44; 3, Australia U20 43; 4, Surrey 35; 5, Civil Service 32
**Men**
100 (+2.6): 1, M Williams (Kent) 10.67; 2, A Mensah (SEAA) 10.68; 3, A Basil (Aust) 10.81; 4, M Bennett (Civil) 10.93. n/s (+1.3): 1, J MacLoughlin (SEAA) 10.73; 2, N

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| 5th | 300 | 100 | 100 | 100 | 90 |
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| 10th | 100 | 75 | 60 | 50 | 50 |
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**GREAT CALEDONIAN RUN** 10km. Oct. 3rd. ☐ Min age 15 on day of race

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Southwark Leisure & Recreation Dept., Promotions Unit,
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49 Avontoun Park Linlithgow EH49 6QG
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Entry Fees. Athletics Club Members £6.00
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**Great Midland Run**
Birmingham City Council, Dept of Rec. and Community Services,
PO Box 2122, Baskerville House, Broad Street,
Birmingham B1 2NE
Closing date September 14th. Hotline 021 235 3008
Entry Fees: Athletics Club Members £6.00
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**Great South Run**
Portsmouth City Council, Guildhall, Portsmouth PO1 2AD
Closing date September 14th. Hotline 0705 834728
Entry Fees: Athletics Club Members £8.40
Non-Athletic Club Members £8.90

## RACE DETAILS AND CONDITIONS OF ENTRY

**1.** Your alphabetical listing relies on the first character, do not prefix with any rank or title.

**2.** Please print clearly the address which you want ALL correspondence posting. If you anticipate moving house before the final mail-out then use an address where you know you can collect all your mail.

**3.** Anyone who is disabled or has a medical condition about which we as organisers should know, is requested to tick the box. The computer can readily identify you and you will be sent additional information with your number.

**4.** Please complete ESTIMATED RUNNING TIME in hours plus minutes. This prediction HELPS in the allocation of numbers hence your place on the starting grid. Estimate as accurately as possible.

**5. WHEELCHAIR ENTRANTS:** SELF PROPELLED wheelchair racers will be allocated a start time ahead of the field so it is important to tick the box if you are a wheelchair entrant. Assisted wheelchair entrants **do not** tick the box. It is strongly recommended that only experienced wheelchair racers attempt the distance unaided.

**6.** Only entries on 1993 official forms will be accepted. Please use only 9" x 6" envelope for all correspondence.

**7.** Only one entry per person is permitted. Multiple entries will be rejected.

**8. ENTRY FEES** Make cheques & P.O.'s payable to **Relevent Run** no cash or credit cards. (If you send a P.O. entry fee, ensure that you retain the counterfoil as proof of payment ).

**9.** If your entry is accepted your fee is NOT refundable. Non participants are **NOT** eligble for event benefits.

**10. ONLY FINISHERS** will receive a commemorative item, T-shirt and certificate. Numbers are NOT interchangeable.

**11. FOR REASONS OF SAFETY:** Please no entries from people on roller skates, in beds, wheelbarrows, pushchairs, carrying various objects for charity, etc. Only genuinely disabled people in wheelchairs otherwise on foot.

**12. NO PETS, DOGS OR HORSES:-**Only blind people with a guide dog will be permitted and if we are advised, a position at the rear of the field will be allocated.

**13.** If you are planning to run for charity then please DON'T recruit sponsors until your entry has been acknowledged

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VIEW FROM

NISSAN

BROOKS

Rennie (AUS) 10.80; 3, K Marriner (Dart) 10.86; 4, M Weiner (AUS) 11.01; 5, D Stawicki (AUS) 11.02; 6, D Donovan (Craw) 11.06
200: 1, M Smith (SEAA) 21.68; 2, MacLoughlin 21.73; 3, Marriner 21.81; 4, M Bennett (Civ S) 22.09; 5, Stawicki 22.21
400: 1, A Patrick (SEAA) 47.18; 2, M Mabaso (RSA) 48.06; 3, S Kabisna (Sy) 48.83; 4, N Keogh (Civ S) 49.23; 5, J Saunders (King) 49.45
110H (+1.80): 1, M Stern (SEAA) 14.45; 2, D Lewis (SEAA) 14.72; 3, G Coolen (AUS) 14.91; 4, A Carter (Civ S) 15.43; 5, M Roberts (Sy) 15.71; 6, J Hadler (Kent) 15.85.
n/s (+1.3): 1, S Windeque (RSA) 14.71; 2, N Daykin (NEB) 14.72; 3, C Shute (AUS) 14.72; 4, G Sunshine (Har, gst) 14.94; 5, S Gutteridge (High) 15.50
400H: 1, G Jennings (SEAA) 52.50; 2, A Pamah (Kent) 54.30; 3, S Pratt (Civil) 54.31; 4, D Push (AUS) 54.88. n/s: 1, E Westhuison (RSA) 53.12; 2, M Purser (SEAA) 54.35; 3, K Newton (Civ S) 55.03; 4, G Coolen (AUS) 55.06
800: 1, J Boyha (RSA) 1:49.07; 2, H Sephens (RSA) 1:49.49; 3, R Turner (Kent) 1:51.10; 4, M Jamieson (AUS) 1:51.94; 5, T Bigwell (SEAA) 1:52.24;1500: 1, A Sephakwz (RSA) 3:54.63; 2, T Whiteman (SEAA) 3:54.67; 3, E Skosana (RSA) 3:55.78
HJ: 1, T Forsyth (AUS) 2.28; 2, J Hames (AUS) 2.10; 3, A Hutchinson (Sy) 2.00; 4, A Weston (SEAA) 1.95; 5, K Little (Civ S) 1.90; 6, C Cornwell (Civ S) 1.90
PV: 1, B Kingman (SEAA) 4.80; 2, D Gilby (Kent) 4.60; 3, L Kuorokoski (AUS) 4.00. n/s: S Arkell (AUS) 5.45
LJ: 1, J Shepherd (Sy) 7.18; 2, C Cotter (SEAA) 7.05; 3, M Nicholas (Civ S) 6.97; 4, G Davies (AUS) 6.91; 5, P Davies (Kent) 6.86
SP: 1, D Condon (SEAA) 16.06; 2, J Cockburn (SEAA) 15.76; 3, G Mace (AUS) 14.83
HT: 1, P Spivey (AUS) 62.86; 2, M Wright (AUS) 60.98; 3, S Spratley (SEAA) 54.80; 4, G Holder (SEAA) 53.00; 5, M Roy (Kent) 47.06
JT: 1, C Mackenzie (Kent) 74.74; 2, P Travis (AUS) 64.88; 3, D Barras (SEAA) 62.76; 4, T Eldridge (SEAA) 54.86; 5, M Stone (Civ S) 54.36; 6, L Kuorikowski (AUS) 54.36
5kmW: 1, P Klng (SEAA) 20:37.77; 2, M Bell (Civ S) 21:07.33; 3, C Cheeseman (Sy) 21:26.35; 4, S Davis (Ilf) 22:44.12; 5, J O'Rawe (SEAA) 23:32.80
4x100: 1, SEAA 41.14; 2, Kent 41.51; 3, Australia 41.54; 4, Surrey 42.64
4x400 (n/s): 1, South Africa 3:127.59; 2, Australia 3:23.86

**Women**

100 (+4.2): 1, A Davies (Sy) 11.88; 2, J Maduaka (SEAA) 11.93; 3, K Wallace (Kent) 12.05; 4, D Bannister (SEAA) 12.23
200 (+0.9): 1, Davies 24.50; 2, H Clements (Kent) 24.71; 3, Maduaka 25.07; 4, L Poetschka (AUS) 25.21; 5, Bannister 25.42
400: 1, K Reeves (SEAA) 55.89; 2, S Stanton (Civ S) 56.53; 3, D-L Adamson (AUS) 57.25; 4, L Smith (Kent) 57.98; 5, D Bennett (Sy) 58.07; 6, V Freeburn (AUS) 58.41
800: 1, L Taylor (Sy) 2:09.5; 2, N Tait (SEAA) 2:11.4; 3, Freeburn 2:12.0
1,500: 1, Z Hyde (Sy) 4:23.24; 2, Taylor 4:30.65
400H: 1, L Pearson (Kent) 58.72; 2, L Pestchka (AUS) 59.72; 3, C Bleasdale (SEAA) 59.87; 4, J Puckridge (SEAA) 1:03.03
LJ: 1, G Holt (SEAA) 5.65; 2, C Thompson (AUS) 5.64; 3, D McLaughlin (AUS) 5.61
SP: 1, E Beales (SEAA) 14.11; 2, D Passmore (AUS) 13.78; 3, V Foster (SEAA) 13.13; 4, S Nash (Kent) 11.74
DT: 1, Beales 57.28; 2, S Winkless (Sy) 49.82; 3, S Drew (SEAA) 46.78; 4, J Everson (AUS) 45.18; 5, D Sosimenko (AUS) 40.38
HT: 1, D Sasimenko (AUS) 55.34; 2, D Passmore (AUS) 46.52; 3, C Manning (SEAA) 44.14; 4, S Mash (Kent) 33.80
3kmW: 1, J Saville (AUS) 13:40.34; 2, L Coffee (AUS) 13:40.93; 3, V Larby (SEAA) 13:62.97; 4, J Pope (SEAA) 14:44.68

## ROAD

### 11th July

### MARSHALL OF CAMBRIDGE HALF-MARATHON

WHILE Steve Brace and his Bridgend boys were simply the best in the men's race, Marian Sutton was simply stunning in the women's, *Bud Baldaro reports.*

Her 1:11:42 saw her place 15th in a field of 2,000, improving the course record by over one-and-a-half minutes, and slashing 65sec off her previous best.

Brace, in his sixth half-marathon of the year, was early to show, in spite of the extremely warm conditions. Within a mile, he had overhauled early leaders Noel Thatcher and Bode Oduntan.

The opening mile in 4:54 saw Brace 15yds clear of the chasing field, led by Bob Treadwell. Two miles in 9:57 saw him 100yds clear of a group of seven that included Treadwell, fellow vet Julian Goater, Eamonn Hyland, Gordon Seward, Kevin O'Connor, Huw Roberts and Paul Ratnage.

Brace poured on the pace and five miles were reached in 25:04. His powerful driving action took him further and further away from the field. The pack, having been reduced to five by three miles, and already 22sec down on the Welshman.

Halfway was reached in 32:46 with his lead almost 400m, and the second half continued very much, with a splendid solo run from the man who ran a 14:11 PB for 5,000m in the week.

Ten miles were reached in 50:20, and then Brace upped his tempo slightly, running the 12th mile in 4:55, before powering home to claim his two weeks holiday prize, and one that he will probably use this year, as opposed to his normal habit of giving it to his sister.

The race for the minor placings produced a tremendous tussle between the vets. Bob Treadwell was responsible for much of the pace making, and was rewarded when at nine miles the group was forced to concede.

Treadwell guarded his precious gap to come home eight seconds clear of Hyland, who had won the Mansfield Half last week, but more importantly, Treadwell won the vets section from Julian Goater. Kevin O'Connor took fifth, followed by Brace's club-mate Huw Roberts.

Bridgend took the team award, courtesy of a huge personal best by Wayne Richards in 21st. Called in at the last moment, he responded brilliantly to earn yet another team gold for the Welsh champions, and a one-and-three quarter minute personal improvement.

Like Brace, Sutton was an early leader. She cantered through the opening mile in 5:18, two miles in 10:46 and a touch outside 16min at three miles.

By this stage, she was already 30sec clear of Sue Dilnot, who was later to rue started so steadily.

Sutton maintained her magnificent struggle against the men. Seven miles were reached in 37:40, and a 5:40 eighth mile saw her over one-and-a-half minutes clear of the pursuers.

Ten miles went by in 54:28, a PB, and she held on superbly to be rewarded with the second fastest time by a British athlete this year.

Sue Dilnot continued her welcome return to good racing form, but was a little disappointed with her time, feeling 1:13:30 was on the cards.

Danielle Sanderson maintained her good sequence of results in fourth, and is surely ready for a significant breakthrough.

It was a great race, superbly organised by Graham Pond and his team.

**Men**

1, S Brace (Bridg) 1:05:49; 2, R Treadwell (RSB, M40) 1:07:53; 3, E Hyland (Red) 1:08:01; 4, J Goater (Beach, M40) 1:08:49; 5, K O'Connor (Wat) 1:09:51; 6, H Roberts (Bridg) 1:09:54; 7, G Seward (Exe, M40) 1:10:07; 8, P Ratnage (Ryst) 1:10:27; 9, M Pigott (Gt Yar, M40) 1:10:34; 10, A Long (Coal) 1:10:42; 11, I Brown (Unatt) 1:10:50; 12, P Bryan (Hav, M45) 1:11:09; 13, S Pullan (Unatt) 1:11:23; 14, A Rich (Walth, M40) 1:11:28; 15, M Sutton (Tip, W) 1:11:42; 16, D Coventon (C&C) 1:12:12; 17, M Farnell (Metros) 1:12:24; 18, B Oduntan (Har) 1:12:34; 19, D Palmer (Saff) 1:12:37; 20, O Wild (Camb H) 1:12:49; 21, R Wayne (Bridg) 1:13:08; 22, J Stark (Unatt, M40) 1:13:31; 23, P Andrews (Duke St, M50) 1:13:32; 24, R Polley (Duke St) 1:13:57; 25, S Dilnot (Lords, W) 1:14:08; 26, T Saunders (Granta, M40) 1:14: 36; 27, K Sadler (Vaux) 1:14:53; 28, C Mason (Red) 1:15:00; 29, S Eastall (St Ed, W) 1:15:05; 30, N Salmon (Hals) 1:15:29; 31, K Oakley (Read) 1:15:43; 32, A Jones (March) 1:15:50; 33, J Comrie (Roth) 1:15:55; 34, E Williams (Duke St, M40) 1:15:56; 35, N Huke (Roys, M40) 1:16:07; 36, A Forryman (Unatt) 1:16:11; 37, S Evans (St Alb, M40) 1:16:14; 38, C Merriott (Berriott (Bung) 1:16:17; 39, P Davies (Nor) 1:16:19; 40, R Kesterton (B&R) 1:16:29; 41, G Lock (Glax) 1:16:30; 42, R Wheatley (Lakes, M40) 1:16:42; 43, D Lear (Roys) 1:16:45; 44, T Stoat (Camb U) 1:16:47; 45, D Sanderson (Wat, W) 1:16:47; 46, C Plumb (Werr J) 1:16:50; 47, M Barker (Brit) 1:16:57; 48, J Rogers (E Hull) 1:16:57; 49, B White (Glaxo) 1:16:58; 50, E Morgan (Thet) 1:16:58; 51, C Stout (Scott B) 1:16:58; 52, C New (Unatt, M50) 1:17:15; 53, M Jones (Ver) 1:17:21; 54, K Clarke (Unatt) 1:17:24; 55, S Brown (Read) 1:17:26; 56, P Redden (Riv, M40) 1:17:29; 57, S Attwell (Camb U) 1:17:31; 58, P Bamford (Duke St, M40) 1:17:37; 59, G Spellman (Pho) 1:17:41; 60, P Thompson (Glax) 1:17:56

### HARROGATE TOWN CENTRE 10KM

DAVE SWANSTON and Kevin McCluskey soon broke clear of the big field and at the half way mark it was clear they were setting a blistering pace, *Roger Norton reports.*

Only in the final stages did Swanston force his way clear to come home on a very fast time, 29:11. McCluskey, winner for the last three years, clocked 29:20, 39sec faster than his course record which was equalled by the third man Alan Jackson.

Although conditions were just about ideal, the course is certainly not an easy one and the time was impressive. Led by the Copeland pair, and well backed up by Darren Cooney and John Wild, the North were comfortable winners of the inter area match.
The Yorkshire championship, held in conjunction, was won by Darren Cooney to add to his track title for the same distance.

The women's race went to Zina Marchant. She confessed to finding it hard work as Nicola Brown pushed her hard, but it was another fine performance from the Bath veteran. Carolyn Hunter-Rowe won the Yorkshire title, but could not be nominated for the North team in time. Led by Jane Shields in fifth place the North scraped home by a point from the South

Men

1, D Swanston (Cope) 29:11 (rec); 2, K McCluskey (Cope) 29:20; 3, A Jackson (Stour) 29:20; 4, V Garner (AFD) 30:16; 5, G Davies (Bridg) 30:19; 6, D Cooney (Sheff) 30:31; 7, P Richards (Swans) 30:32; 8, D Knight (B&H) 30:33; 9, J Wild (E Ches) 30:43; 10, M Rees (Swans, M40) 30:52; 11, W Foster (B'hth) 31:13; 12, M Bell (Horw) 31:21; 13, P Barr (Chelm) 31:22; 14, M Dalkins (Stoke) 31:24; 15, J Edwards (Bridg) 31:25; 16, I Fisher (Otl) 31:37; 17, S Groom (Tel) 31:37; 18, P Simons (SB) 31:38; 19, G Wade (Gate) 31:42; 20, C Pearson (Shafts) 31:43; 21, D Mansbridge (Tel) 32:14; 22, J Stephens (Sund) 32:15; 23, G Dalton (CoH, M40) 32:19; 24, D Throup (Leed, M40) 32:22; 25, T Werrett (Birch) 32:39; 26, V Skelly (Horw) 32:49; 27, R Padgett (Spen, M40) 32:50; 28, C Barley (Harin) 32:53; 29, P Young (Hallam) 32:56; 30, P Crane (Caer) 33:12; 31, S White (Els, M45) 33:18; 32, T Fee (Omega) 33:23; 33, R Walters (Harro) 33:25; 34, A Ward (Clowne) 33:25; 35, G Davies (Salf) 33:26; 36, P Leybourne (N Fylde) 33:32; 37, I Mitchell (Nidd V) 33:38; 38, J Armstrong (Sund) 33:52; 39, G Thayne (Craw) 33:56; 40, P Probin (Imp, M45) 34:00
Yorkshire Championship: 1, Cooney; 2, Foster; 3, Fisher
Inter Area Match: 1, North 18; 2, Wales 37; 3, South 43; 4, Midlands 55

**Women**

1, Z Marchant (Bath, W40) 36:22; 2, N Brown (Tyn) 35:43; 3, C Horne (Craw, W35) 35:49; 4, C Hunter-Rowe (P&B) 35:56; 5, J Shields (Sheff) 36:06; 6, J Briggs (Craw) 36:07; 7, N Haines-Jones (Newp) 36:10; 8, E Walker (Omega) 36:12; 9, T Touhy (Lon I) 36:31; 10, K Bennett (Grims) 37:01
Yorkshire Championship:
1, Hunter-Rowe; 2, Shields; 3, K Kaiser (Val St) 39:11
Inter Area Match: 1, North 15; 2, South 16; 3, Midlands 18; 4, Wales 30

**No of finishers**: 611
**100**: 37:11; **200**: 40:13; **300**: 42:41; ; **00**: 45:46; **500**: 50:36; **600**: 62:43

### FORD HALEWOOD 10KM WIDNES

MARTIN McLOUGHLIN, saving himself for an afternoon excursion over 5,000m at Kirkby, waited until just before the finish before unleashing his winning kick, *Gareth Webb reports.*

The Liverpool Pembroke athlete, soon to commence serious prepations for the World Cup Marathon in San Sebastian at the end of October where he has been nominated as first reserve, ran stride for stride with Warrington's Mike Girvan before making his move within sight of the finish.

"I decided to do just enough to win bearing in mind I have a 5km this afternoon (he won in 14:28 in very windy conditions)," McLoughlin said. "The aim, as well as a nice little double, is to get a good speed endurance workout before the AAA's next weekend."

Sale Harrier Sue Crehan won the women's race convincingly from Jan Littler of Whitby Heath, leading from start to finish to come home in 42nd place overall in a fine 36:10.

But the performance of the day must belong to M60 World Record Holder Maurice Morrell of Wirral who clocked a magnificent 36:17, one place behind Crehan.

Morrell, a former Police Chief Constable who retired six months ago and has found more time to train since, took the World 2,000m steeplechase record last month at Stretford (7:03.8) where he lopped 10secs off the previous mark.

Men

1, M McLoughlin (Liv P) 30:59; 2, M Girvan (Warr) 31:05; 3, C Dagnall (Liv H) 31:47; 4, JKelly (S Liv) 31:52; 5, H Clague (Liv H, M45) 32:05; 6, A Buckley (Warr) 32:18; 7, D Stevens (Warr) 32:36; 8, G Rogan (SW, M40) 32:49; 9, P Boileau (Warr RR) 33:41; 10, J Mason (Liv P) 33:53; 11, C Henry (Ford Hale) 33:57; 12, K Cull (Cepac) 34:09; 13, G Vernon (Warr) 34:12; 14, B Brown (Wrex) 34:17; 15, J Parkinson (Liv H) 34:19; 16, D Tompkins (Warr, M45) 34:24; 17, J Price (Liv RC, M40) 34:30; 18, G Beardsmore (S Liv) 34:40; 19, W Whiteley (St Hel Str, M40) 34:41; 20, E Gelshon (S Liv, M45) 34:42; 21, A Range (Liv H) 34:46; 22, B Hargreaves (Liv H, M45) 34:48; 23, K Buxton (Ford Hale) 34:52; 24, S Roberts (Leam) 34:53; 25, P Hicken (Warr) 34:54; 26, R Dickens (Ford Hale, M45) 34:55; 27, P Yates (Helsby) 34:58; 28, E Mannion (GPT) 35:03; 29, K Knox (S Liv) 35:16; 30, L Brookman (Warr RR) 35:23; 31, M Walker (Helsby) 35:35; 32, A Williams (Penny Lane) 35:42; 33, M Frayne (Helsby, M50) 35:46; 34, S Ledson (Liv H) 35:47
M40: G Rogan (SW) 32:49
M45: H Clague (Liv H) 32:05
M50: M Frayne (Helsby) 35:46
M55: S Fletcher (Cepac) 36:02
M60: M Morrell (Wirr) 36:17
M65: T Bowler (Penny Lane) 47:35
Junior: K Cull (Cepac) 34:09
TEAM: Warrington AC 13

Women

1, S Crehan (Sale, W35) 36:10; 2, J Littler (Whit, W35) 38:49; 3, L Hardley (Wrex, W35) 39:18; 4, J Crompton (Unatt) 39:25; 5, M McKenzie (Liv RC, W35) 40:39; 6, A Cartwright (Wrex, W35) 40:46; 7, S Coope (Formby H, W35) 41:13; 8, C McDonough (Penny Lane) 41:23; 9, J Seasman (Liv RC, W45) 41:43; 10, S Campbell (Widnes W, W35) 41:56; 11, E Leary (Wig P, W45) 43:09; 12, M Williams (Widnes W, W35) 43:32; 13, L Attwood (Widnes W) 43:33
**W35**: M McKenzie (Liv RC) 40:39
**W40**: A Clarkson (Penny Lane) 45:37
**W45**: J Seasman (Liv RC) 41:43
**W50**: V McWha (Widnes Wasps) 50:17
**W55**: D Rayton (Red Rose) 50:37
**Junior**: L Egerton (Liv RC) 48:56
**TEAM**: Widnes Wasps 487
**No Finishers:** 328
**100**: J Crompton (Unatt, W) 39:25
**200**: A Atlas (Unatt) 45:17
**300**: M Willingham (Reebok RC)

53:56
**Course Record**: M McLoughlin 30:11

## ALTRINCHAM 10

TWELVE months ago Tony O'Kell was used to winning nearly every race he entered, *Trevor Baxter reports*.

A year on and the Stockport Harrier finds himself having to settle for a series of second places.

This time race debutant Andy Allen got the better of defending champion O'Kell. He made his move on the second lap after Wirral veteran Mike McDevitt had set the early pace.

Allen came home in 50:34 well outside Steve Kenyon's formidable course record of 47:21.

Veronique Marot's best of 54:35 was also untouchable as Bolton veteran Sue Cattterall finished first woman in 1:01:32

**Men**
1, A Allen (Stoke) 50:34; 2, T O'Kell (S'port) 51:02; 3, M McDevitt (Wirr, M40); 4, M Gilmorton (Sale) 51:56; 5, C Bucknall (Salf) 52:08; 6, P Aspinall (S'port) 52:13; 7, B Crowley (M'ton) 52:33; 8, A McDevitt (Wirr, M40) 52:44; 9, A Royle (Macc) 53:15; 10, S Hendrie (M Ches) 53:22; 11, G Burgin (Warr) 53:16; 12, W Crowther (Unatt) 53:30; 13, K Ellis (Wrex) 53:54; 14, P Hyde (Alt, M45) 54:07; 15, D Southern (Spec) 54:14; 16, J Norman (Alt, M45) 54:23; 17, M Bayliss (Wirr) 54:47; 18, R Waterlow (Alt, M40) 54:52; 19, H Waterhouse (Sadd, M40) 55:15; 20, A Pead (Sport) 55:18
**M50**: K Burgess (Alt) 56:29
**M60**: S Hardicker (Sale) 1:05:02
**Women**
1, S Catterall (Bolt, W35) 1:01:32; 2, C Nevin (Penny) 1:05:32; 3, S Stafford (Goyt, W45) 1:06:07
**No of finishers**: 258
**100**: 1:03:15
**200**: 1:14:09

## CHASE 10

CANNOCK & Stafford's Dave Miller smashed the course record in his first attempt at the Chase 10.

He has made a habit of winning on Cannock Chase, having taken the Milford 21 and the Trig Point Race earlier this year. He left Wrekin's Rob Cope trailing by 25 seconds at 7 miles - a cushion he maintained to the finish.

Christine Kilkenny made it a club double as she retained her women's title, with a 54 second margin.

**Men**
1, D Miller (C&S) 55:25; 2, R Cope (Wrek) 55:50; 3, P Miller (Wrek) 56:09; 4, C Hollinstead (C&S) 56:24; 5, D Talbot (C&S) 56:43; 6, L Cole (C&S) 57:11; 7, M Walker (PMAC) 57:17; 8, R Simpson (C&S) 1:00:28; 9, M French (Staff) 1:00:41; 10, K Warkulewicz (C&S, M40) 6:00:54
**M40**: 2, T Rollason (W.Brom); 3, T Williams (Tip)
**TEAM**: 1, Cannock 7 Stafford; 2, Wrekin
**Women**
1, C Kilkenny (C&S, W40) 1:04:02; 2, M Ross (Stoke) 1:04:56; 3, C Rollason (Bir) 1:08:50; 4, S Johnson (C&S, W35) 1:13:28

## CHADDO CHASE 10KM DERBY

THE eighth running of this event saw Marc Van Der Hoeven from Belgium brake the course record set in 1990 by Andy Wilton.
**Men**
1, M Van Der Hoeven (BEL) 30:17 (rec); 2, P Buckley (Omega) 32:37; 3, I Carter (Omega) 32:50; 4, J Boal (R'Royce) 33:11; 5, D Rouse (Omega) 33:16; 6, A Stimpson (Unatt) 34:04; 7, J Hollingsworth (Der, J) 34:32; 8, N Cart (Unatt) 34:38; 9, J Wheeler (Der, J) 34:53; 10, M Keily (Omega) 34:54
**M40**: 1, A Nelson (Heanor) 35:10; 2, B Goodall (Unatt) 36:47; 3, G Wallage (Ilkeston) 36:57
**M50**: R Clayton (Der) 37:03
Women
1, J Cunningham (Der) 38:37; 2, H Thornton (Heanor) 39:46; 3, W Ray (Erewash) 41:32
**W35**: L Griffiths (Rip) 46:03
**W40**: J Bakewell (Kim) 44:07
**Junior**: N Clayton (Der) 42:44
**No of finishers:** 163

## FOLKESTONE 5

**Men**
1, G McCall (Than) 25:36; 2, J Hernon (Hast) 26:10; 3, A Pope (Deal) 26:43; 4, R Wibrew (Ash) 26;46; 5, R Whittaker (Inv) 26:58; 6, J McNeill (Dover) 26:58; 7, I King (Ashf) 27:02; 8, S Reiley (Bing) 27:06; 9, R Smyth (Medw, M40) 27:11; 10, P Tomlinson (Thanet) 27:20; 11, S Reynolds (Deal) 27:23; 12, C Gilbert (Folk) 27:13; 13, S Almond (S Kent) 27:38; 14, J Saynor (Dover) 27:45; 15, R Williams (Camb, M40) 27:48; 16, C Neale (Medw) 27:59; 17, I McDonagh (Deal) 28:06; 18, K Waters (Dover) 28:09; 19, N Smith (Ashf) 28:11; 20, D Hughes (Ashf) 28:18]
**M40**: 3, M Knapp (Inv) 28:25
M50: G Jenkins (Thanet) 29:58
**TEAM**: Deal
**Women**
1, A McAleenan (Unatt) 30:26; 2, S Giles (Folk) 31:52; 3, J Lehane (Thanet) 32:50; 4, D Armstong (Unatt) 34:04; 5, H Missing (Ashf) 34:54
**W40**: M Drewitt (Deal) 36:47
**TEAM**: Deal
**No of finishers**: 176
100: P Larkin (Ashf) 34:04

## BRIDGEWATER HALF - MARATHON

**Men**
1, K O'Connor (Corn) 1:11:55; 2, J Pointon (Ponti, M40) 1:13:42; 3, R Selby (Ex'mth, M40) 1:14:20; 4, F Cooper (Glas) 1:14:49; 5, T Van Reenan (Williton, M40) 1:15:11; 6, P Sperrin (Bris) 1:15:36; 7, K Blades (Army) 1:17:07; 8, A Kennedy (Ex'mth) 1:17:54; 9, C Lee (Inst. Sports) 1:17:57; 10, G Joyner (Unatt) 1:18:14; 11, M Monckton (Tortan) 1:18:24; 12, M Bird (Unatt) 1:19:05; 13, P Dent (Inst. Sort, M40) 1:19:37; 14, N Cowley (Bridport) 1:19:45; 15, J Halls (Mine) 1:19:54; 16, P Howard (Unatt, M40) 1:19:58; 17, P Wright (Wells, M40) 1:20:14; 18, D Tomlin (Teign) 1:20:33; 19, M Grimwood (Unatt) 1:20:42; 20, J Gardner (N.Brook) 1:20:50
**M50**: 1, D Salway (Unattt) 1:22:43; 2, N Clements (Unatt) 1:25:18; 3, T Edwards (Teign) 1:27:34
**TEAM**: 1, Exmouth; 2, Inst. Sport
**Women**
1, R Wilson (Brix, W35) 1:27:07; 2, N Fox (Devon) 1:33:46; 3, L Daunce (Mark) 1:34:42; 4, L Platter (Brix) 1:36:45; 5, S Hales (Uttach) 1:38:41; 6, H Hutchins (Unatt) 1:38:56; 7, J Waller (Ton, W70) 1:51:10; 8, A Lake (Tav) 1:58:43; 9, T Francis (Unatt) 2:00:25; 10, J Crabtree (Unatt) 2:06:10
**No of finishers:** 218

## SPALDING LION 10KM

**Men**
1, D Berris (Notts) 31:27; 2, K Chapman (Hadd) 32:04; 3, M Flynn (Moray) 33:11; 4, N Keely (Lon.I) 33:32
**M40**: R Pugh (Sheff) 33:37
**M45**: R Marshall (Holb) 35:40
**M50**: G Chidley (Notts) 41:37
**Women**
1, J Peel (Eye) 42:19; 2, J Stafford (Lin) 47:42; 3, C Humphrey (Yax) 49:38
**W35**: M Wilson (Yax) 50:54
**W40**: P Osbourne (Eye) 43:37
**W45**: B Collins (Slea) 50:07
**TEAM**: 1, Holbeach; 2, Eye
**No of finishers:** 135

## HOPWOOD 10KM NEAR BIRMINGHAM

**Men**
1, A Kenchington (Row) 30:40; 2, A Drake (Cov) 30:57; 3, B McEvoy (Row) 31:20; 4, D Pearson (Bir) 31:22; 5, E McGrath (Row) 31:58; 6, C Cartland (Row, M40) 32:00; 7, S Smith (Amazing Feet) 32:18; 8, K Bright (Hails) 32:32; 9, P Parker (RSC) 32:48; 10, A McNeill (Long Eaton) 33:02
**M40**: 2, H Lambert (Stour) 33:02; 3, B Hughes (Worc) 33:06
**M50**: 1, G Madders (Hails) 37:00; 2, P Copestake (Spark) 37:12
**M60**: G Ashby (W.Brom) 37:25
**Women**
1, K Mikovic (Bir) 35:31; 2, A Blower (Kalamazoo) 38:23; 3, S Johnson (Row, W35) 38:33; 4, J Beckford (Cov, W50) 39:07; 5, J Johnson (RSC) 39:22
W35: 2, A Roberts (RSC) 41:55; 3, B Leggett (St. Cen) 42:58

## PORTLAND 10

**Men**
1, A Leach (Soton) 51:17 course record; 2, J Phillips (B'mth) 53:42; 3, M Fisher (Poole AC, M40) 53:44; 4, T Cutler (Poole, R, M40) 54:05; 5, D Roberts (Ports) 54:31; 6, M Feighan (Ex) 55:05; 7, M Thomas (Poole R) 55:19; 8, S Hunt (Sarum) 55:36; 9, D Cox (Poole R, M40) 55:47; 10, I Barnes (Poole R, M45) 56:24; 11, A Livingstone (Poole AC, M45) 56:48; 12, M Pauley (Poole AC) 57:08; 13, L Salter (Poole R, M40) 57:42; 14, M Mould (Egdon) 57:47; 15, A Trent (Dorc) 58:11; 16, S Cook (Poole AC) 58:23; 17, T Leach (Egdon, M40) 58:36; 18, G Scott (Poole R, M45) 58:43; 19, A Chutter (Egdon) 58:53; 20, J Brumfield (Egdon, M45) 59:11
**M50**: D Symonds (Wey) 63:57
**M55**: B Berry (Stone Marathon) 65:01
**M60**: A Toomer (Vets AC) 67:59
**M65**: D Yeabsley (Wok) 76:53
Dorset Champs: 1, Phillips; 2, Fisher; 3, Cutler
**Vets**: 1, Fisher; 2, Cutler; 3, Cox
**TEAM**: 1, Poole Runners 20; 2, Poole AC 26; 3, Egdon 50
**Women**
1, C Doe (Poole R, W35) 64:51; 2, C Couper (S.West RR) 69:39; 3, N Tiller (Poole R) 69:57; 4, S Vivian (Dor) 73:33; 5, H Corrick (Egdon) 73:51; 6, A Wall (Unatt) 74:05; 7, G Duester (Whit) 75:08; 8, B Browning (Egdon, W35) 75:38; 9, T Brooker (Poole AC, W35) 76:02; 10, J Kingford (Poole R, W40) 77:18
**W40**: 2, L Soctt (Poole AC) 79:55; 3, L Morgan (Unatt) 88:00
**W45**: 1, W Cooper (Romsley) 83:02; 2, A Blunden (B'mth, J) 91:56
**W55**: G Watt (Crewhern) 97:07
DORSET AAA CHAMPS
1, Doe; 2, Vivian; 3, Corrick
**Vets**: 1, Doe; 2, Browning; 3, Brooker
**TEAM**: 1, Poole Runners 14; 2, Poole AC 37
**No of finishers:** 231

## FIFE AC BALGONIE 7

**Men**
1, P Mowbray (HBT) 35:26 (rec); 2, G Farley (Kilb) 36:03; 3, S Ogg (FMC Carn) 36:23; 4, P Simpson (FMC Carn) 36:40; 5, A Cassidy (Fife) 36:59; 6, W Hutchinson (FMC Carn, M40) 37:00; 7, I Stewart (FMC Carn) 37:01; 8, S Taylor (BT Pit, J) 37:21; 9, G Rennet (DHH) 37:23; 10, D Hughes (Kilb, M40) 37:36; 11, J Cunnigham (Fife) 37:45; 12, K Harkness (Fife) 38:04; 13, P Russell (Forth RR) 38:13; 14, J Hampshire (HBT) 38:35; 15, J Lumsden (Fife) 38:47; 16, L Lawson (FMC Carn) 39:00; 17, G Menzies (FMC Carn) 39:35; 18, P Bundy (Unatt) 40:25; 19, I Wallace (HBT) 40:31; 20, J Watson (Fife) 40:35;
**M40**: 3, L Fortune (Fife) 41:05
**M45**: G Bennison (Fife) 42:52
**Women**
1, M McLaren (Fife, W35) 43:51 (rec); 2, C Brown (Fife, W35) 44:07; 3, P Lemmoncello (Fife, W45) 44:53; 4, D McDonald (Lass) 45:43; 5, M Healey (BT Pit) 46:51; 6, A Strachan (DHH, W35) 47:22
**No of finishers**:149

## NELSON 10 NORFOLK

**Men**
1, N Arnold (Norf G) 32:07; 2, S Huntingdon (Norf G) 32:43; 3, D Reed (Norf G) 32:58; 4, K Lemon (Duke St) 33:03; 5, I Keeler (Gt Yar) 33:14; 6, R Goose (Duke St) 33:41; 7, K Vaughan (Thet) 34:27; 8, A Whitehouse (Duke St, M40) 35:21; 9, G Zupan (Gt Yar) 35:49; 10, J Hunton (Norw) 35:53
**M50**: J Wright (Duke St) 38:08
**TEAM**: Norfolk Gazelles
**Women**
1, C Hipkin (Ryst) 38:38; 2, M Potter (Norw) 39:39; 3, L Wilkinson (Norf O) 40:51; 4, T Alden (Norw) 42:42; 5, K Dwyer (Norf O, W35) 42:52
**W50**: E Osborne (Wym) 47:34
**TEAM**: Norwich Road Runners
**No of finishers**: 155
**100**: J Aldiss (NNBR) 46:10

## 11th July

## LONDON CHEST HOSPITAL 6 VICTORIA PARK, LONDON

**Men**
1, T Richardson (THH) 29:13; 2, G Martin (Unatt) 32:04; 3, C Ratcliffe (LCH) 35:04
**Women**
1, C Cardoso (BRA) 38:10; 2, H Robson (A80) 39:37; 3, C Thompson (Unatt) 41:29

## USK 10 GWENT

**Men**
1, K Davies (Gilwern) 53:03; 2, K Wilkinson (Sand, M40) 53:44; 3, C Davies (Bridge) 54:49
**M45**: C Simms (Griff) 1:02:36
**M50**: T Jones (Gilwern) 58:30
**M55**: A Johnson (Griff) 1:07:54
**TEAM**: 1, Gilwern Harriers 30; 2, Griffiths Town Harriers 34; 3, Newport Harriers 55
**Women**
1, H Nash (Card) 58:43; 2, B Cameron (B'End) 1:04:42; 3, S Neal (LesCroup, W40) 1:07:07
**W35**: S Parsons (Cheps) 1:57:04
**No of finishers:** 148
100: R Evans (Unatt) 1:12:40
**Course Record** Women: H Nash (Card) 58:43
**Previous Course Record:** 1:04:00

## CLIFFE WOODS 10

**Men**
1, R Phillips (Unatt) 54:32 (rec0; 2, J Huntingford (Camb, M40) 55:59; 3, S Hay (I&I) 56:12; 4, P Cole (Unatt) 56:42; 5, M Elsmore (Camb) 56:45; 6, M Nice (Unatt) 57:00; 7, P Mullervy (Unatt) 57:12; 8, A Bee (Med) 57:23; 9, R Maxwell (Unatt) 58:46; 10, I Whitmore (Med) 58:47
**M50**: D Munday (Dart) 1:02:26
**TEAM**: Cambridge Harriers 16
**Women**
1, T Hissey (Seven) 1:08:05; 2, G Lee (Brom, W45) 1:12:03; 3, A Fraser (Unatt, W35) 1:12:23
**TEAM**: New Elton Joggers 404
**No of finishers:** 185
**Previous Course Record:** 57:29

## CLIFFE WOODS 5

**Men**
1, C Maccleroy (E&E) 25:31 (rec); 2, D Darby (Camb) 26:23; 3, M Callahan (Unatt) 26:34; 4, R Lawrence (Inv) 26:47; 5, C Harris (Bex) 27:23; 6, P Travel (Med, M40) 27:46; 7, R Pearce (Med) 27;56; 8, E Broad (Inv, M50) 28:20; 9, V Hancock (Herc) 28:48; 10, K Mitchell (Inv) 28:57
**TEAM**: Invicta East Kent 22
**Women**
1, B Appleby (Inv, W35) 30:57 (rec); 2, A Oborne (Inv) 31;59; 3, J Stoppani (Maidstone0 32:35
**W45**: M Gaurd (Unatt) 41:41
**TEAM**: Invicta East Kent 56
**No of finishers:** 126
**Previous Course Records**: 29:04/35:08

## BOROUGH OF PORT TALBOT CYMERAFAN 10KM

**Men**
1, K Tobin (Swan) 31:38; 2, A Roper (Swan, M40) 32:05; 3, S Smith (Swan) 33:04; 4, D Rees (Swan, J) 33;51; 5, M Chandler (Unatt) 34:04; 6, A Thomas (Pegasus) 34:51; 7, J Posten (Swan, M40) 35:19; 8, A Jones (Neath) 36:12; 9, K Lewis (Neath) 36:45; 10, H Carpenter (Neath) 36:55
**M50**: J O'Brian (Port T) 38:22
**Women**
1, Dr J Clarkson (Les C, W35) 39:43; 2, K Griffiths (Preseli) 42:49; 3, J Shakeshaft (Burn) 45:06
**W35**: 2, C Jones (Unatt) 46:54
**W45**: P John (Llanelli) 60:01

## LUDLOW 10KM

**Men**
1, P Gladwin (Wol) 32:17; 2, W Levett (Ton) 32:30; 3, D Rowley (Bir) 34:01; 4, K Hiley (Crost Ambrey) 34:14; 5, M Summers (Tip) 34:32; 6, R Richards (Here) 34:37; 7, I Andews (Ex Duck) 35:42; 8, N Price (Tel) 36:48; 9, J Green (Unatt, M40) 36:49; 10, G Royal (Hails) 36:50
**M40**: 2, K Halliday (Stour) 36:56; 3, S Orrells (Newtown) 39:12
**M45**: 1, D Evans (Prest) 37:53; 2, A Norris (Amazing Feet) 40:04; 3, C May (Tel) 41:03
**M50**: 1, D Protherle (Reebox) 46:22; 2, P Bland (Unatt) 47:02; 3, A Yates (Unatt) 50:54
**M55**: 1, T Ruck (Unatt) 42:29; 2, E Raybould (Unatt) 42:35; 3, T Hewson (Southern county) 43:59
**M60**: 1, R Paine (Ports) 49:39; 2, N Clements (Action Hart) 56:58
**Women**
1, P Emery (Wreekin, W45) 42:29; 2, G Hough (Shrew, W40) 42:46; 3, J Hopkins (Here) 44:21; 4, A Noake (Unatt) 46:36; 5, H Yandell (Shrew) 46:39; 6, H Retallick (Prest) 47:25; 7, S Richards (Prest) 52:03; 8, D Meakin (Unatt) 54:46; 9, R Plaister (Action Hart, W50) 54:52; 10, L Holliday (Unatt, W40) 55:13
**W40**: 3, G Clark (Broms) 58:29
**W45**: G Walker (Unatt) 55:37
**W50**: 2, J Greenfield (Action Hart) 59:00
**No of finishers**: 117
**Course record:** T Milovsorov (Tip) 31:52 1992

## YATE FESTIVAL HALF - MARATHON

**Men**
1, D McGraff (West) 1:09:45; 2, P Hale (Yate) 1:12:12; 3, M Viles (West) 1:13:35; 4, D Hart (Bris) 1:14:15; 5, K McCloud (Edin) 1:14:48; 6, T Cardy-Wise (B&R) 1:16:33; 7, K Fletcher (Summer) 1:19:22; 8, N Landride (Thorn) 1:19:53; 9, P Salmon (Unatt) 1:19:59; 10, M Carr (Neath) 1:20:14; 11, K Harris (Unatt) 1:20:14; 12, J Cox (GWR) 1:20:14; 13, J Davis (Unatt) 1:22:03
**No of finishers:** 260

## LEA VALLEY 10

**Men**
1, S Kerr (Lon.I) 53:17 (course record); 2, M Beagley (S.Kent) 54:35; 3, G Wootton (Thurr, M40) 55:35; 4, C Purse (Chelm) 55:55; 5, J Lawler (Gade) 57:35; 6, N Camp (W.Gn 57:48; 7, P Allen (Gade) 58:09; 8, J West (Roy) 58:19; 9, R Collins (Lea) 58:20; 10, P Milsom (H&W) 58:38; 11, D Walker (Denmead, M40) 58:57; 12, S Maggiulli (Harl) 59:22; 13, D Cann (100 Marathon Cub, M40) 59:23; 14, K O'Brian (Lea) 1:00.52; 15, A Martindale (Lea) 1:01.13; 16, R Freeman (100K Ass. M40) 1:01.48; 17, K Scudamore (Burn, M50) 1:62.56; 18, D Roe (Hill, M40) 1:02:.4; 19, A Wren (H&W) 1:02.15; 20, S Gale (Orian) 1:02.33
**TEAM**: 1, Lea Valley 74; 2, Hertford & Ware 114
**Women**

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1, K Whapshott-Downer (Datch) 64:10; 2, S MacRae (Enf) 68:20; 3, M O'Sullivan (Lea, W35) 68:28; 4, J Franklin (Unatt) 69:12; 5, S Cord (Britania, W35) 70:47
**No of finishers:** 174

## 10th July
## CHELTENHAM 7.4

**Men**
1, D Walmsley (Bourton) 37:24; 2, S Wheeler (Bour) 38:00; 3, C Nelligan (TVH) 39:19; 4, S Brown (Cheln, M40) 39:29; 5, D Rodwell (Glouc) 39:44; 6, M Mundinano (Chelt) 39:50; 7, A Gore (Chelt) 39:59; 8, M Hill (Glouc, M40) 40:01; 9, D Wardell (Chelt) 40:08; 10, R Knight (Chelt) 40:25; 11, S Samuel (Chelt) 40:46; 12, T Bullock (Sneed) 41:00; 13, A Hope (Glouc) 41:05; 14, M McGreary (Smiths AC) 41:06; 15, I Giles (Chelt) 41:07; 16, M Page (Chelt) 41:19; 17, C Davies (Glouc) 41:57; 18, W Johnson (Glouc) 42:06; 19, J Caragher (Glouc, M50) 42:12; 20, G Hope (Glouc) 42:34
**Women**
1, C Pattenden (Chelt) 48:08; 2, L Franks (Almost Ath) 52:07; 3, R Britian (Whit) 54:53; 4, L Norris (Almost Ath) 56:02; 5, M Baxter (Chelt) 56:04; 6, N Arkell (Bourt) 56:40; 7, J Bennett (Almost Ath) 1:04.35
**No of finishers:** 73

## DUCK PONDS 7KM

**Men**
1, R Wise (West) 23:21; 2, A Heard (Brix) 23:46; 3, J Johnson (Ply, M40) 24:35; 4, P Nicholas (Ply) 24:50; 5, J Donnelly (RN) 24:52; 6, B Dawe (Ply) 25:00; 7, I Barratt (Brix) 25:36; 8, M Northey (Key P) 25:37; 9, A Small (RM) 25:50; 10, W Dunn (Key P) 25:51; 11, A Longthorpe (Brix) 25:58; 12, P Dent (Inst S, M40) 26:00; 13, N Honeychurch (Tor) 26:08; 14, C Litson (Key P, M40) 26:14; 15, S Parsonage (Key P, M40) 26:23; 16, P Tabenor (Key P, M40) 26:34; 17, P Barratt (Inst S) 27:18; 18, A Charles (Key P) 27:18; 19, P Spry (Key P) 27:31; 20, C Barretto (Ply, M40) 27:32
**TEAM:** 1, Plymouth, 2, Brixham, 3, Keyham Plodders
**Women**
1, S Davies (Tor, W35) 30:26; 2, S Pritchard (Teign) 31;08; 3, C French (Inst S) 32:16; 4, M McKay (Inst S, W35) 32:39; 5, L Trebilcock (Key P) 32:34;
**TEAM:** 1, Instictive Sports; 2, Keyham Plodders ; 3, Keyham Plodders B
**No of finishers:** 114
**100:** S Todd (M40) 37:33

## GREAT GONERBY GALLOP GRANTHAM

**Men**
1, P Davidson (Gran) 22:30; 2, R Newbury (Ilk) 25:42; 3, B Howes (Red) 26:21
**Women:** S Britton (Granth) 30:10
**TEAM:** Redhill Road Runners

## SRI CHINMOY 10 BATTERSEA PARK

**Men**
1, 1, D Chalfen (Mus H) 55:28; 2, S Ingall (HW) 55:59; 3, J Galvan (Mus H) 56:12.4, R Jacobs (HHH) 57:43; 5, R Mann (Bel) 1:00:15
**M50:** 1, J Taylor (E'bourne R) 1:01:15; 2, M Lehman (Serp) 1:03:08; 3, A Merritt (Burn J) 1:06:33
**M60:** J Able (Stonemaster M) 1:04:41
**Women**
1, C McGrath (High) 1:04:42; 2, C Yarnell (Serp) 1:18:11; 3, L Taylor (E'bourne R) 1:12:36

## THURLSTONE CHASE SHEFFIELD

**Men**
1, M Connolly (Sheff) 2:29; 2, P Venables (Sheff) 22:43; 3, A Gartside (Banger) 22:54; 4, A Wolfenden (Spen) 23:10; 5, J Crehean (Warr) 23:15; 6, P Turner (Bolt) 23:32; 7, R Self (Roth) 23:39; 8, K Davies (Pennis) 23:46; 9, M Fieldsend (Sheff) 23:52; 10, D Jones (Meltham) 23:55
**M40:** P Buttery (Holm) 23:57
**M45:** R Hardcastle (Long) 25:05
**M50:** D Bamforth (Holme) 24:35
**TEAM:** Sheffield AC 12
**Women**
1, K Drake (Spen) 25:55; 2, J Palmer (unatt) 27:14; 3, A Jorgensen (Pennis, W35) 28:40; 4, P Leech (Hallam) 28;57; 5, J Kroll (Long) 29:17
**W40:** C Tindale (Barns) 31:37
**W45:** C Schofield (Spen) 33:14
**W50:** P Senior (Pennis) 34:22
**TEAM:** Spenburgh 19
**No of finishers:** 159

## 9th July
## BASTILLE DAY 10KM DUKINFIELD

PAUL WILSON, the Stockport-based Australian, continued his build-up towards the Tour of Tameside with this emphatic record breaking run, *Trevor Baxter reports.*

Wilson is staying with local agent Tony Keller while on holiday in Britain. He proved unstoppable after taking the lead a mile from the start, coming home nearly a minute inside the course record set by Trevor Fielden 12 months ago.

Travelling companion Bridget Schukmann also destroyed Joan Howe's women's best of 38:20. Both should stand for some considerable time. Not to be outdone, Gary Raven broke the junior record, finishing sixth overall.
**Men**
1, P Wilson (AUS) 30:45 (rec) 2, B Crowley (Midd) 32:25; 3, L Hurst (E Ches) 32:28; 4, P Aspinal (Stock) 32:32; 5, G Matthews (E Ches) 33:03; 6, D Gibbon (Sal) 33:06; 7, G Raven (E Ches, J) 33:08; 8, B Fox (Sale) 33:16; 9, D Rigby (E Ches) 33:37; 10, A Brockhurst (Midd) 33:49; 11, K Ogden (Belle) 33:53; 12, J Holden (Stock) 33:57; 13, S Edmunds (Sale, M45) 34:03; 14, G Chishall (E Ches) 34:06; 15, G Coxon (E Ches) 34:07; 16, R Smith (E Ches, M40) 34:20; 17, B Gregory (Stock) 34:35; 18, P Deaville (Glos) 34:41; 19, R Derbyshire (Stock) 34:51; 20, J Harrod (E Ches) 34:55
**M50:** B Little (E Ches)
**M55:** R Woolmer (E Ches) 37:13
**M60:** G Cowley (Unatt) 48:36
**Women**
1, B Schukman (GER) 36:02 (rec); 2, S Newman (Glos) 40:37; 3, C Willgoose (Hal,W35) 40:37
**No of finishers:** 180
**100:** J Plummer (E Ches) 42:15

## 8th July
## ASSEMBLY LEAGUE BLACKHEATH

AFTER just the first few strides, John Moores was already dominating the latest LPR Assembly League fixture, *Steve Roe reports.*

Moores played catch-me-if-you-can with the rest of the 100 strong field .....nobody could.

Both Jerry Carnell and Barry Lee were in shouting distance at the end of the first lap, but their efforts were in vain as Moores, currently the Kent 10,000m champion, went on to win by a massive margin, on this course of just over three miles.

There was a blanket finish for the minor places, with each of the next five coming in one second ahead of the runner immediately behind him.

Dave Norris, who just outsprinted Keith Penny in the previous fixture, lost out to the veteran on this occasion, but has taken the overall lead, and with two races remaining looks certain to win the individual title.

With the leading woman, Karen Martin, absent with achilles problems, Jane Batten was able to create her own piece of history. She is the first member of Dulwich Runners to win a race in this league.
**Men**
1, J Moores (Kent) 15:07; 2, B Lee (Kent) 15:44; 3, J Carnell (Camb H) 15:45; 4, M Cates (Eton) 15:46; 5, P Boxhall (Kent) 15:47; 6, K Penny (Camb H, M40) 15:48; 7, D Norris (Eton) 15:49; 8, M Bumstead (SE) 15;52; 9, M Barlow (Kent) 15:54; 10, F Thompson (Dul R) 15;56; 11, D Hussall (Well) 15;57; 12, R Martin (Camb H) 16:05; 13, J Blanchard (Well) 16:16; 14, G Meredith (Camb H, M40) 16:28; 15, M Edmonds (VPH) 16:36; 16, S Smythe (Dul R) 16:38; 17, B Hutchins (Kent) 16;41; 18, L John (VPH) 16:42;19, J Roach (VPH) 16:44; 20, T Morris (LT Met) 16:49; 21, R Maxwell (Kent, M45) 16:50; 22, T Walker (SE) 16;50; 23, J Morgan (Well) 16;59; 24, D Fairbrass (Kent, M45) 17:00; 25, B Maillardet (Dul R, M45) 17:05
**M50:** P Ould (Camb H) 17:40
**TEAM:** 1, Kent 19; 2, Cambridge Harriers 35; 3, Dulwich Runners 78; 4, Victoria Park Harriers 93; 5, Dartford Harriers 136; 6, Forbanks 21; 7, Eton Manor 125
**B TEAM:** 1, Kent 96; 2, Cambridge H 125; 3, Dulwich Runners 141; 4, Victoria Park H 250; 5, Eton Manor 255; 6, Forbanks 302; 7, Wellcome 351; 8, Stock Exchange 352;
**Business Houses:** 1, Wellcome 91; 2, Stock Exchange 128; 3, LT Metropolitan 247; 5, Westminster CC 325
**Women**
1, J Batten (Dul W) 19:34; 2, L Gaffen (Kent, W35) 20:25; 3, H Robson (VPH) 20:56; 4, J Knott (Dul R) 21:31; 5, A Sheehy (Kent, W35) 23:51; 6, J Meader (Dul R) 24:20;
**Overall (after 4 matches):** 1, Norris 88; 2, E Southam (Well) 74; 3, Barlow 72; 4, Penny 65; 5, P Johnson (Camb) 60; 6, Carnell 60; 7, Cates 59; Hussull 58
**TEAM:** 1, Cambridge Harriers 30; 2, Kent 27; 3, Victoria Park Harriers 21; 4, Dulwich Runners 19; 5, Eton Manor 18
**B TEAM:** 1, Cambridge Harriers 57; 2, Dulwich Runners 52; 3, Victoria Park Harriers 48; 4, Kent 48; 5, Eton Manor 45
**Business Houses:** 1, Wellcome 32; 2, Stock Exchange 28; 3, Westminster CC 20; 4, LT Met 19; 5, London Postal Region 15

## HARDWICH HALL 6

Men
1, P Fox (Notts) 32:44; 2, R Elstone (Barns) 32:56; 3, M Connoly (Sheff) 33:07; 4, T Clayton (N.Der) 34:06; 5, A McBride (Mans) 34:11; 6, T Barrable (Matlock) 34:17; 7, M Fieldsend (Sheff) 34:41; 8, J Cannon (N.Der) 34:42; 9, R Platts (Mans) 35:10; 10, J Spencer (Hallam) 35:37; 11, J Brown (Mans) 35:39; 12, T Horkins (Mans, M50 in record time) 35:40; 13, C Bradley (C'field) 35:46; 14, J Bateman (Rip) 35:48; 15, J Herley (Matlock) 36:15; 16, P Carlan (BHM) 36:17; 17, D Hayes (HHH) 36:29; 18, S Rewston (Clowne) 36:30; 19, S Platts (Crowne) 36:33; 20, J Lake (N.Der, M40) 36:48
**M40:** 2, M Moorhouse (Matlock) 36:58; 3, A Marshall (Totley) 37:50
**M60:** M Jones (Worksop) 52:01
**Women**
1, P Leach (SinA) 39:32; 2, K Davies (N.Der) 41:22; 3, L Hook (Killomarsh) 42:14; 4, E Bradshaw (Totley) 42:17; 5, J Hutton (Totley) 44:07; 6, L Bailey (Unatt) 46:23
**No of finishers:** 206

## 7th July
## IRONBRIDGE 4.5

BRYAN MILLS and Marian Sutton made it 'Double Trouble' for Tipton with convincing wins in the popular Ironbridge mid-week road race, *Bud Baldaro reports.*

Marian Sutton was in devastating form as she improved Sally Ellis' course record by almost 20sec.

In the dash to the world famous iron bridge, Tipton Harrier Mills was caught unaware that there was a prize. Accordingly he went out very quickly.

Once the bridge was crossed he found himself an isolated leader six seconds clear of the chasing pack. However by two miles, local athlete Sam Stevenson had joined him, with Westbury Harrier Brett McIntyre and Telford's Dave Mansbridge contesting third. Mills and Stevenson matched each other stride for stride over the undulating Shropshire lanes.

With three quarters of a mile to go, Mills made his move to establish a 10m lead, which he gradually increased to a winning margin.

Sam Stevenson was well clear of third, New Zealander McIntyre proving too strong for Mansbridge. Next home came Alan Grice whose fine fifth place gave him the vets award. Bill Evans made it three in for Tipton. Keith Holt in eighth claimed the vets runners-up award.

In the women's race, Sutton was superb. Having returned at midnight the previous evening from a weeks training in Spain, she was slightly apprehensive. Watching her it was difficult detect.

Off to a good start, she cruised round, attacking the climbs with unusual relish. Her 20th placing in a field of 400 was indicative of the quality of her run, and was a new course record.

Louise Austin ran very positively for second, always well ahead of Diane Payton and Nicky Brookland.
**Men**
1, B Mills (Tip) 22:06; 2, S Stevenson (Tel) 22:13; 3, B McIntyre (West) 22:41; 4, D Mansbridge (Tel) 22:43; 5, A Grice (Tip, M40) 22:47; 6, B Evans (Tip) 22:50; 7, G Wilson (Tel) 22:51; 8, K Holt (Bir, M40) 22:52; 9, S Davies (Tip) 22:53; 10, M Oyatt (Tip) 22:58; 11, P Singh (Bir) 23:21; 12, P Rogers (Tip) 23:24; 13, B Lloyd (Tel M40) 23:28; 14, C Allan (Notts) 23:28; 15, P Chatterly (Unatt) 23:31; 16, W Dashper (Tel) 23:34; 17; C Ball (Tel) 23:39; 18, A Jones (Tel) 23:40; 19, P Cadman (Tip) 23:41; 20, M Sutton (Tip, W) 23:42; 21, B Barton (RSC) 23:45; 22, D Rowley (Bir) 23:48; 23, K Baynard (Bridg) 23:51; 24, C Dempsy (Staff) 23:52; 25, K Green (Tip, M45) 23:59; 26, R Simpson (CORC) 24:04; 27, R Harris (Tip) 24:06; 28, A Dippie (Tel) 24:09; 29, I Powell, (Wrek) 24:12; 30, M Bewly (West) 24:14; 31, D Jackson (Tel) 24:17; 32, D Wraith (Shrew, M40) 24:18; 33, A Grzeskowiak (Tel) 24:20; 34, D Edwards (Bir) 24:21; 35, D Rydes (Tip, M45) 24:21; 36; M French (Staff) 24:33; 37, S Busby (Bir, M40) 24:34; 38, S Lewis (Tel) 24:35; 39, K Keska (Bir) 24:37; S Reid (Tel) 24:37; 41, D Broadhurst (Tel, M40) 24:39; 42, J Bingham (RAF, M45) 24:40; 43, W Carter (Tel) 24:44; 44, J Richards (Shrew, M45) 24:45; 45, S Young (Bridg) 24:46; 46, P Plant (Tel) 24:47; 47, C Rogers (Bridg) 24:48; 48, I Beattie (Tel) 24:51; 49, S Vines (Tel) 24:53; 50, E Knight (Hale, M55) 25:03
**Women**
1, Sutton 23:42; 2, L Austin (CO) 25:42; 3, D Payton (Tip, W35) 26:30; 4, N Brookland (West, J) 26:33; 5, T Barton (RSC) 26:52; 6, Y Hill (Bir) 27:26; 7, C Gardener (Tel, J) 28:00; 8, A Capp (Tel) 28:47; 9, G Foote (Tip) 28:52; 10, V Carter (Bir) 29:05
**W45:** J Tooze (Shrop) 29:16
**No of finishers:** 373
**100:** 26:30
**200:** 29:11
**300:** 33:23

## WHISSENDINE 6

AFTER an intense battle over the undulating course Andy Hart just held off Gareth Deacon to win the Whissendine 6, *Chris Smith reports.*

Hart completed his 7th victory in the event by foiling Deacon 'the only man to have beatten him' in the home straight.

Deacon's 29:42 course record survived by just a second but there were a record number of finishers with only 200 completing the challange dispite it being the Leicester holiday fortnight.

Frances Cooke took the women's event just ahead of Jane Bishop while GB paraplegic weight lifter Nicki Libby took her new racing wheelchair around the course in 48:39 to the delight of the locals who had bought her machine.
Men
1, A Hart (Lei) 29:43; 2, G Deacon (Cov) 29:45; 3, M Cox (Hun) 30:18; 4, M Flowers (Bur) 30:51; 5, N Brown (Lei )31:23; 6, C Mooney (OWLS) 31;33; 7, W Cowie (OWLS, M40) 31:42; 8, M Rhodes (B'Leys) 31:50; 9, J Noble (OWLS) 31:58; 10, D Overton (Slea, M40) 32:00; 11, A Stimpson 32:03; 12, S Boulter (OWLS) 32:04; 13, T Walker (Lei) 32:05; 14, K Roebuck (Lei) 32:17; 15, B Peach 32:25; 16, G Smiljanic (Eye) 32:28; 17, J Mathews (OWLS) 32:32; 18, M Cart 32:35; 19, B Spick 32:42; 20, M Barnsdale 32:47; 21, S Barratt 32:51; 22, S Power 32:53; 23, A Horsey (B'Leys) 33:01; 24, B Cottey 33:19; 25, B Shinton 33:42; 26, M Stevens 33:45; 27, D Shields (OWLS) 34:04; 28, P Davidson 34:21; 29, A Short 34:43; 30, C Heavy 34:44
Women
1, F Cooke (Thorn, W35) 36:48; 2, J Biship (Stil) 37:03; 3, M Whittle (Charn) 37:20; 4, S Horsey (B'Leys) 37:47; 5, D Underwood (Stil) 40:50; 6, S Britten 42:18; 7, J Anderson 43:18; 8, J Baker (Stil) 43:47; 9, S Reville 43:58; 10, D Oldridge 44:03
No of finishers: 202
Course records: G Deacon 29:42/E Foster 34:02

## CHORLEY HARRIERS NIGHT SERIES 4

THERE were new race winners in this the third race in the series of four, which also incorporated the latest leg of the Central Lancs Grand Prix series, *Gareth Webb reports.*

Liverpool Pembroke's Darren Riley, a 9:02 steeplechaser currently seven months into the customary nine month ban for changing clubs, came out on top in this tactical battle, which was only decided by a furious sprint in the final quarter of a mile.

"It was 'nip-and-tuck' the whole way to tell you the truth," Riley explained. "I knew

that once I'd made my move that if I could just hold the lead coming round the corner into the school, then I would win." And that's how it turned out.

Going into the final half mile there was very little to choose between any of the leading group. But when Riley made his move with 350m remaining, Preston's Ian Robinson, just back from Iowa State University, tried to go with him but wasn't quite able to close the two second gap as they crossed the line.

The women's race was won in a more emphatic manner by Seoul Olympic marathoner and current course record-holder Sue Crehan of Sale, who beat Bolton's Sue Catterall - by just over a minute in 22:41.

Crehan and Blackburn's Pete Banks, who has improved in each of the three races to date, appear to have unassailable leads going into the final race in four weeks time.

**Men**
1, D Riley (Liv P) 19:16; 2, I Robinson (Pres H) 19:18; 3, P Blake (Wig H) 19:20; 4, M McDevitt (Wirr, M40) 19:24; 5, P Banks (B'burn) 19:25; 6, J Wynn (Warr) 19:34; 7, M Bell (Horw) 19:44; 8, H Clague (Liv H, M45) 19:45; 9, M Jackson (Wig H) 19:53; 10, A Buckler (Warr) 19:56; 11, L Jones (S Liv) 20:01; 12, G Fay (Clay) 20:04; 13, K McGee (Sal) 20:04; 14, L Harris (Wig P) 20:04; 15, M Evans (Wirr) 20:05; 16, S Moran (Wig H) 20:08; 17, A Selby (Bolt) 20:12; 18, V Skelly (Horw) 20:15; 19, S Williams (Bolt) 20:20; 20, I Lee (Bolt) 20:23; 21, P Pollitt (Bolt) 20:28; 22, P Milligan (Alt) 20:31; 23, K Hatton (S Liv) 20:33; 24, M Baylis (Wirr) 20:35; 25, P Percival (Chorl H) 20:37; 26, C Harwood (Horw) 20:37; 27, M Cafferky (Bolt) 20:37; 28, J Crehan (Warr) 20:37; 29, M Scard (Chorl H) 20:37; 30, J Howarth (Leigh) 20:40; 31, G Woodburn (B'burn, M40) 20:41; 32, P Worthington (Burnd) 20:42; 33, S Barlow (Horw) 20:45; 34, P Dent (Wig P) 20:48; 35, A Farnworth (B'burn) 20:50; 36, A Prendergast (Chorl H) 20:51; 37, C Smith (B'burn) 20:56; 38, D Flitcroft (Bolt) 20:57; 39, C Leigh (Horw) 20:59; 40, T Edwards (S Liv) 21:00
**M40**: 1, M McDevitt (Wirr) 19:24; 2, G Woodburn (B'burn) 20:41; 3, P Reid (Bolt) 21:07
**M45**: 1, H Clague (Liv H) 19:45; 2, B Hargreaves (Liv H) 21:38; 3, T Dopkin (Warr) 21:38
**M50**: 1, J Downham (Wig P) 21:39; 2, A Peers (Spect) 23:08; 3, J Minton (Chorl H) 23:10
**Women**
1, S Crehan (Sale, W35) 22:41; 2, S Catterall (Bolt, W35) 23:51; 3, K Nisbett (Red Rose, W35) 24:20; 4, K Prescott (Chorl H) 25:02; 5, S Selby (Bolt) 25:03; 6, Y Turner (Newb) 25:11; 7, S Waterson (Skem) 25:39; 8, J Hodgkinson (Pres H) 25:48; 9, J Harris (Newb, W35) 25:52; 10, A Colston (Unatt, W35) 25:55; 11, J Adams (Red R, W40) 26:00; 12, L Jolly (Wig P) 26:15; 13, K Williams (Bolt, W35) 26:15; 14, L Leyland (Bolt) 26:34; 15, C Lyon (Newb) 26:40
**W40**: 1, J Adams (Red Rose) 26:00; 2, J Orritt (Red R) 26:44; 3, E Leary (Wig P) 26:49
**No of finishers**: 336
**100**: N Wade (Leigh) 22:33
**200**: S Longdon (Alt) 24:38
**300**: I Derbyshire (Wig P) 28:58
**Course Records**: Dave Lewis 18:04/Sue Crehan 21:22

## NORMANTON 5KM

BEFORE the completion of the first mile, the blue and gold vests of Leeds City were prominent, with John Wheeler, Mike Cheseldine and Trevor Wilks clear of the chasing group, *Roger Norton reports.*

Wilks was finally overhauled by Roger Young, and Wheeler had to work hard to shake off the persistent Cheseldine. He got away in the last three quarters of a mile, to finish 15sec clear in 14:22, for a course which the organisers say is short.

That did not matter to Wheeler, who has now won two of this three race series. So, too, has Leeds City's Kirsten Scobie, who finished 39th overall to win the women's section for the second time

**Men**
1, J Wheeler (Leeds) 14:22; 2, M Cheseldine (Leeds) 14:37; 3, R Young (Wake) 14:42; 4, T Wilks (Leeds) 14:43; 5, M Sykes (Hudd ) 14:48; 6, A Slack (Wake) 14:49; 7, M Blackburn (Leeds) 14:51; 8, R Padgett (Spen, M40) 14:51
**Women**: K Scobie (Leeds) 16:30

## SPENCER ARMS DASH 3.7 BARNSLEY

TAKING advantage of the competition during a training holiday, 17 year-old Mark Beering from the Oxford City club broke the junior record by 12sec with a time of 20 minutes exactly, *Roger Norton reports.*

Conditions were far from ideal with a stiff breeze as Lee Warburton and Paul Pickup, both previous winners, battled it out at the front. It was Warburton who prevailed, opening up a winning margin of 100m.

There was a fine run from Keith Binney in sixth place, breaking the veterans' record with 20:41 and an even more impressive run from Lucy Wright who finished ninth overall, the first time a woman had finished inside the top 10, in a new record time of 20:59

**Men**
1, L Warburton (Spen) 10:06; 2, P Pickup (Barns AC) 19:23; 3, M Beering (Ox, J) 20:00; 4, M Booker (Barns AC) 20:22) 5, M Dyson (Brist Univ) 20:33; 6, K Binney (Barns AC, M40) 20:41; 7, A Norgate (Long, M40) 20:51; 8, B Hinchcliffe (Barns H) 20:56; 9, P Nicholson (Barns AC) 10, D Bonnington (Steel, M40) 21:13; 11, J Crofts (Roth) 21:17; 12, D Goddard (Rock, M40) 21:17; 13, G Evans (Leeds U) 21:17; 14, R Jackson (Barns AC, M40) 21:19; 15, R Beering (Ox) 21:20
**Women**
1, L Wright (Leeds U) 20:59 (rec); 2, K Drake (Spen) 22:12; 3, S Brown (Hallam, W40) 24:12; 4, J Frisby (Hallam) 25:35; 5, C Tindale (Barns AC) 26:17; 6, S Billan (Melth, W40) 26:53
**Number of finishers**: 111
**100**: 27:45
**Course record**: 18:21

## NEWBURGH 5

**Men**
1, I Brown (LDRC) 21:16 (rec); 2, K Rankin (FVH) 22:28; 3, M Coyne (LDRC) 22:29; 4, J Douglas (FMC Carn) 22:37; 5, D Knight (PSH) 22:40; 6, C Meek (Livin) 22:43; 7, G Breslin (Fife) 22:49; 8, A Cassidy (Fife) 22:54; 9, I Stewart (FMC Carn) 22:58; 10, G Barrie (DHH) 23:04; 11, R Ross (FVH) 23:07; 12, A Davis (Fife) 23:09; 13, R Brown (HBT) 23:15; 14, W Hutchinson (FMC Carn, M40) 23:20; 15, M McCreadie (Fife) 23:35; 16, A Milligan (FMC Carn, U20) 23:42; 17, G Hanlon (DHH) 23:46; 18, D Murray (FVH) 23:48; 19, J Martin (FVH) 23:54; 20, V MacPherson (Fife, U20) 24:03
**M45**: J Holden (Fife) 24:05
**Women**
1, M Robertson (DHH, W45) 27:00 (rec); 2, A Douglas (FVH, W35) 28:03; 3, P Lemoncello (Fife, W45) 28:10; 4, G Hanlon (DHH, W35) 28:15l 5, J Robertson (Perth) 28:47;6, A Strachen (DHH, W35) 28:50
**No of finishers**: 90

## KINGFIELD CANTER

**Men**
1, W Busuttill (Wok) 15:28; 2, J McKimmie (Chris LC) 16:37; 3, M McManus (Felt P) 16:54
**Women**
1, A Holland (Sand J) 22:05; 2, E Gonzalez (Phill P) 23:46
No. of finishers: 14

## OFFERTON 6 STOCKPORT

**Men**
1, P Fitzpatrick (Stock) 29:31; 2, G Goodwin (Stock) 30:00; 3, M Oldham (Man H) 30:23; 4, D Gee (Man H, M40); 5, D Gibbons (Sal) 30:58; 6, P Pickwell (Alt, M40) 31:00; 7, T Brehman (Stock) 31:02; 8, J Eagle 31:03; 9, A McDonald (Man H) 31:42; 10, A Green (Alt) 31:45; 11, S Edmunds (Sale, M45) 31:56; 12, N Stone (Stoke) 31:59; 13, L Best (Stock, M40); 14, J Norman (Alt, M45) 32:05; 15, K Ogden (Belle) 32:06; 16, G Coxon (E Ches) 32:09; 17, R Waterlow (Alt, M40) 32:13; 18, J Holden (Stock) 32:18; 19, G Marinan (Stock) 32:26; 20, P Vassey (Alt) 32:40
**M50**: K Burgess (Alt) 33:50
**M55**: D O'Leary (Man YMCA) 39:02
**M60**: S Finkill (Unatt)
**Women**
1, S Stafford (Goyt V, W45) 37:50; 2, H Johnson (Alt) 38:21; 3, C Pitceathly (Stock, W40) 38:52
**W35**: J Bremner (Stock) 41:33
**W50**: S Aldridge (Belle)
**No of finishers**: 215
**100**: S Lomas (Unatt) 38:59
**200**: Z Hayes (Unatt) 48:22

## THOMAS COOK HANDICAP 2 PETERBOROUGH

**Men (2M)**
1, J Short (Thom C) 14:11; 2, R Purnell (Werr J) 12:45; 3, J Purnell (Werr J, W) 15:11
**Fastest**: 1, G Potts (NVH) 10:40; 2, P Difelice (Unatt) 10:55; 3, B Drabner (Thorn) 10:57

## ROOKERY RUN 4.7 STREATHAM COMMON

**Men**
1, A Harran (HHH) 21:58 (rec); 2, R Marriott (SLH) 22:51; 3, T MacLean (SLH, M45) 25:46; 4, A Norman (HHH) 26:02; 5, M Harran (HHH, M55) 27:14

## 6th July
## VETERANS AC 5.2 BATTERSEA PARK

DENIS WILLIAMS, ever present over the years on the Veterans AC 5.2 mile race series, took the honours for an unprecedented 11th time, Pete Mulholland reports.

Taking an early lead, Williams found the hot conditions to his liking, and left the chasing pack in his wake.

However, there was a battle royal for second place with the trio of Pete Parker, Lyndon Collins and Dave Parkinson trading places before Parker's superior strength told during the last of the three laps.

British vets women cross country champion Maggie Statham was in a class of her own, finishing over three minutes clear of her Holland Sports club-mate Paula Bongers.

**Men**
1, D Williams (HW, M45) 28:48; 2, P Parker (Sutt, M40) 29:08; 3, L Collins (Unatt, M40) 29:13; 4, D Parkinson (SLH, M45) 29:29; 5, R Maddock (Wok, M40) 29:53; 6, R Higgs (Barn, M60) 30:23; 7, S Dillon (Lon I, M45) 30:35; 8, R Mann (Bel, gst) 30:42; 9, M Statham (Holl S, W40) 30:49; 10, I Isherwood (HW, M40) 30:56; 11, R Bale (Bel, M45) 31:12; 12, M Pool (B'hth, M50) 31:18; 13, L Austin (Orion, M45) 31:34; 14, A Stone (Bel, M45) 31:50; 15, C Reed (Rys, M40) 32:48; 16, C Hide (Vets, M40) 32:50; 17, H Burgess (Vets, M45) 33:21; 18, L Mann (Bel, M50) 34:01; 19, P Bongers (Holl S, W40) 34:02; 20, K Saffrey (Cap, M40) 34;10
**M55**: 1, J Leith (Hill) 34:39; 2, K Tuson (Vets) 34:41
**M60**: 2, J McQuillan (E&E) 34:21
**M65**: 1, R Belmore (Barn) 34:39; 2, G Meech (Ver) 36:50; 3, K Crooke (Croy) 37:47
**M70**: J Fitzgerald (Sutt) 40:15
**W40**: B Pullen (Holl S) 38:01
**W50**: A Nally (Alt) 35:48

## 6th July
## UP AND RUNNING ROCHDALE 10KM

FOR the second time in a week Steve Duckworth had the measure of Stockport Rival Tony O'Kell, *Trevor Baxter reports.*

But the Radcliffe runner, who now comfortably leads the standings in the North West road race series, admitted it had been hard work to defeat the defending champion.

"I pushed for most of the way round," said 32 year-old Duckworth. "But it was tough running into the wind, and I only made my break in the last couple of miles. Tony and I normally have some good battles but I seem to have the edge at the moment, mind you I know he hasn't been training as much this year beceuse of work."

Duckworth finished runner up in the first of the six race series featuring Rochdale, Middleton, Oldham and Royton, Salford, Swinton, plus Radcliffe and Bury. He then won last month's Moonraker 10 and says: "It's my aim to run the last three races."

Red vested Beverly Jenkins of Oldham and Royton won the women's race and will be favourite for the next race in the programme, the Frank Hodson 6 at Greenfield on 11th August.

**Men**
1, S Duckworth (Rad) 30:53; 2,T OKell (Stock) 31:11; 3,M Higginbottom (Sal) 31:23; 4 M Bradley (O&R) 31:39; 5,B Crowley (Midd) 31:46; 6,C Watson (Bing) 32:05; 7, P Byrne (Roch) 32:24; 8,I Aitchison (Roch) 32:39; 9, P Obrien (Midd) 32:41; 10, G Davies (Sal) 32:47; 11, S Woods (Roch) 33:01; 12, K Hatton (S Liv) 33:04; 13, C Farrell (Roch) 33:10; 14, A Brocklehurst (Mid) 33:13; 15, A Harris (Rad) 33:24; 16, J Sprosen (Mid) 33:32; 17, M Murphy (Mid) 33:58; 18, J Rielly (Mid) 33:95; 19, D Hannant (Mid) 34:01; 20 P Spinnott (E Ches) 34:05; 21, A Steele (Rad) 34:09; 22, W Poole (Mid) 34:18; 23, P McNulty (Rad) 34:21; 24, I Botle (Unatt) 34:23; 25, J Hall 34:24; 26, S Lowe (Mid) 34:30; 27, B Schofield (Tod) 34:32; 28, M Schofield (Roch) 34:36; 29, K Hatton (S Liv) 34:45; 30, S Brady (Midd) 34:47; 31, N Gotts (Ross) 34:49; 32, E Richardson (Unatt) 34:51; 33, G Chaplin (Unatt) 34:52; 34, A Eaton (Unatt) 34:57; 35, SJ Mcdowell (Unatt) 34:58; 36, J Cordingley (Tod) 35:02; 37, D Ball (Midd) 35:06; 38 P Lewin (Swin JF)) 35:07; 39, P Healy (Midd) 35:10; 40 P Houghton (Swin JF) 35:17; 41, C Mycock (Rad) 35:19; 42, K Caudwell (Unatt) 35:21; 43, J Wright (Tod) 35:22; 44, G Chesters (Midd) 35:23; 45, R Critchly (Midd) 35:28; 46, J Dodd (Tod) 35:32; 47, T Temple (Midd) 35:35; 48, A Lee (Roch) 35:36; 49, B Cassidy (Unatt) 35:37; 50 B Deegan (Roch) 35:39.
**M40**: 1, J Reilly (Mid) 33:95; 2, D Hannant (Mid) 34:01; 3, S Lowe (Mid) 34:30.
**M45**: 1, J Hall 34:24; 2, B Schofield (Tod) 34:32; 3, B Deegan (Roch) 35:39.
**M50**: F Chaplin (Unatt) 34:52.
**M55**: R Woolmer (E Ches) 36:42
**M60**: B Hargreaves (Tod) 43:57
**M65**: J Kirk (Mid) 42:45.
**Women**
1, B Jenkins (O&R) 35:47; 2, J Turnball (Bury) 37:08, 3, V Hamlet (Ross) 37:32.

## BANANA LEISURE TUESDAY TROT 10KM THEALE

**Men**
1, D Hurdwell (Maid) 31:30; 2, P Collins (Brack F) 32:45; 3, D Lancaster (Read RR) 33:12; 4, P Tarr (Read) 33:19; 5, J Dooley (Ban Leis) 33:46; 6, A Hawkins (Reeb) 34:17
**Women**
1, R Quinn (PMC) 39:25; 2, S Wolanski (Ox C) 39:55; 3, S Dart (Sand) 44:25
**W35**: L Gazzani (B'brook J) 45:50

## 5th July
## RUNNERSWORLD RACE SERIES PERIVALE

MOROCCAN athlete Abbou Mohommed currently running for Thames Valley Harriers comfortably won the opening race of the series over this fast 5km course in 15:08.

Sixteen-year-old Damian Rocks was 13sec back in second place with Steve Doig a further three seconds back rounding out the first three. In fourth place overall, Swindons Kevin Brown annihilated the veterans field beating Ealing and Southall runner Mike Goderski by over a minute. The womens race saw Teresa Tuohy in just as dominating form as Gabby Kaminski found herself 70sec down in second place. First veteran, Kardine Qualmann finished third. Next race in the series is on Monday 26th July.
Men (Race One)
1, A Mohammed (TVH) 15:08; 2, D Rocks (FinnV, U17) 15:21; 3, S Doig (Old G) 15.24; 4, K Brown (Swin, M40) 15:28; 5, G McCafferty (Camb, U17) 15:34; 6, G Floate (Wood G) 15:40; 7, J Parkinson (E&S) 15:45; 8, K Wood (Hill) 15:46; 9eq, D O'Brien (FinnV)/J Hanley (Hill) 16:09; 11, R Chesswas (Wyc P) 16:12; 12, J Morgan (Watfd) 16:14; 13 B Johnston (RAF) 16:33; 14, M Goderski (E&S, M40) 16:36; 15, j Camprubi (Hebros) 16:36
M40: 1, Brown; 2, Goderski; 3, E Fogarty (E&S, M45) 17:59
M50: 1, J Parrott (Chesh H V60) 21:10; 2, L Collett (Hill V55) 22.34
M60 Parrott
U17 1, Rocks; 2, McCafferty; 3, R. Turner (Hill) 19:55
Women:
1, T Tuohy (Lon I) 17:17; 2, G Kaminski (Parks) 18:27; 3, K Qualmann (ValeF, W40) 20:18; 4, E Turner (Hill, W45) 20:49; 5, A Wood (Hill) 20:55
W35 1, Qoalmann; 2, Turner; 3, J Newman (E&S V45) 22:13 Blind Athlete;
W45 1, Turner; 2, Newman;

## HEATON JESMOND DENE HANDICAP 5.4KM

**Men**
1, M Teasdale (Unatt) 25:30; 2, S Scougal (Unatt) 26:38; 3, L Russell (Unatt) 26:41
**Fastest**: 1, P Saint (NS) 17:05; 2, C Naisbitt (Sund) 17:33

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## Future Fixtures

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Under B.A.F. Rules

**2½ Miles & 1 Mile Fun Runs ON BANK HOLIDAY MONDAY 30TH AUGUST, 1993**

Start Time: 11.30 a.m. from Plough Inn, Armthorpe.
Finish at Armthorpe Welfare Football Ground.
**Entry Fees:** £3.00 UK AAA/WCCA Club Members. £3.50 Unattached runners (include the AAA/WCCA Levy) £2.00 Fun Run. £1.50 Childrens mile (under 12 years)
**Entries to: M Hill, 27 Tranmoor Lane, Armthorpe, Doncaster, DN3 3DB. (Tel: 0302 833584)**
**★ Closing date for entries – Monday 23rd August, 1993 ★**
All cheques/postal orders to be made payable to: **Armthorpe Road Race 9" x 6" S.A.E. for number etc.**

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**Thursday, August 19, 1993, 7 p.m.**

N. of England Permit No. 684
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Facilities include: parking, changing/showers, drinks, refreshments, on-the-day results service.

**PRIZES:** First seven (7) Men
First two Vets over 40, first one over 45
And first over 50
First three Ladies
First 20 Finishers – large sports bag
Next 80 – small sports bag

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**Entry Fee:-** £2.50 Club Runners: £3 Unattached (50p extra on the day)
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### MANCHESTER HARRIERS & ATHLETIC CLUB

### OPEN MEETING

**Belle Vue Athletics Track, Pink Bank Lane, Manchester**
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**SUNDAY 15TH AUGUST, 1993**

Order of events: 100m, Long Jump, 800m, 200m, 1500m, 3000m, 4x100m relay.
Competition open to all age groups from U9 to Vets.
Events begin promptly at 12.30pm. Entry fee £1.50 all ages. Entries accepted on the day.
**Further details please contact: Jo Moran, 38 Birkdale Rd., Stockport, SK5 7LR. Tel: 061 477 2433.**

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**at STEFEN HILL SPORTS GROUND, DAVENTRY**

**EVENTS:**

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| U/13 Colts | 100m, 200m, 800m, 1500m, 80mH, LJ, HJ, Jav, |
| U/15 Boys | 100m, 200m, 400m, 800m, 1500m, 80H, LJ, HJ, Jav |
| U/11 Girls | 80m, 800m, LJ |
| U/13 Minors | 100m, 200m, 800m, 1500m, 70mH, LJ, HJ, Jav |
| U/15 Girls | 100m, 200m, 800m, 1500m, 75mH, LJ, HJ, Jav |

Trophies/medals to first three in each event. (Nercia Sport Shield for best Athlete on the Day)

80p per event. Cheques payable to Daventry A.C. Entries must include name, address d.o.b., club and recent best performance for track events. (maximum 3 events per athlete)

**To: BM Fern, 27, Emmanuel Close, Foxhill Park, Daventry, Northants NN11 4TU.**

*Closing date: August 14th. No late entries. Enclose SAE for details.*

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**GRIMSBY HARRIERS & ATHLETIC CLUB**

### 9TH ANNUAL SEPTEMBER OPEN TROPHY MEETING

*SPONSORED BY NORBRIT FISH SALES LTD*

**10.30 A.M. ON SUNDAY 26TH SEPTEMBER, 1993**

**AT KING GEO V. STADIUM, WEELSBY ROAD, GRIMSBY**

*SPECIAL EVENTS* **EXHIBITION POLE VAULT** *and* **GRADED 800M* Jr/Sr Men**

B.A.F. Rules

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Jr/Sr Men | 100 | 200 | *800 | 5000 | 4x100 | HJ | |
| U/17 Men | 100 | 200 | 400 | 1500 | 4x100 | HJ | SP |
| U/15 Boys | 100 | 200 | 800 | | 4x100 | HJ | SP |
| U/13 Boys | 100 | 200 | 800 | | 4x100 | HJ | SP |
| U/11 Boys | 80 | | 800 | | 4x100 | LJ | |
| Jr/Sr Ladies | 100 | 200 | 1500) | | 4x100 | LJ | |
| U/17 Ladies | 100 | 200 | 1500) | | 4x100 | LJ) | |
| U/15 Girls | 100 | 200 | 800 | | 4x100 | LJ | SP |
| U/13 Girls | 100 | 200 | 800 | | 4x100 | LJ | SP |
| U/11 Girls | 80 | | 800 | | 4x100 | LJ | |

**Meeting will commence at 10.30am with Jr/Sr Mens 5000m.** All 800m (with except. *Jr/Sr Men) will be run as times trials. Inter/Jr/Sr Ladies 1500m and LJ combined – 1 competition per event. Trophies first three per event/Relay medals. **Max 6mm track spikes.** Entries by 4th September, 1993 with D.O.B. (PB required Jr/Sr Men 800m only) to – **I Chidwick, 5 Bestall Road, Grimsby, DN32 8NN.** Entry Fees: 80p per event/£2 Relay. Cheques payable: Grimsby Harriers & A.C. Please send S.A.E. for Schedule of Events. **No late entries will be accepted.**

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**Please enclose a 9" x 7" stamped addressed envelope. Closing date: 31st July, 1993.**

**Entries accepted on the day, but £1.00 extra and no Team inclusion. Minimum age for both Men and Ladies – 15 years and over on 1st September 1992. State club, sex, D.O.B. & Vets Category.**

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### URGENT NOTICE

### THE ROAD RACE FORM ADVERTISED IN 30TH JUNE ISSUE – CORRECT DATE IS 23RD SEPTEMBER *NOT* 15TH SEPTEMBER

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**CHEST CIRCLES** and hoops are knitted in, not sewn on, so there are no seams to cause chafing.
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TONBRIDGE

### TONBRIDGE AC EVENING OPEN MEETING

**10th August 1993**

**AT THE TONBRIDGE SCHOOL TRACK**

**TRACK**

| | | |
|---|---|---|
| 6.15pm | **80m** | U11 Girls and Boys |
| 6.30pm | **100m** | All ages men and women |
| 7.00pm | **800m** | All ages men and women |
| 7.30pm | **300m** | Female U17, U20, SL, V Male U17, U20, SM, V |
| 8.00pm | **1500m** | All ages men and women |

**FIELD**

| | | |
|---|---|---|
| 6.30pm | **Discus** | Men (all ages) Long Jump, Women (all ages) |
| 7.30pm | **Discus** | Women (all ages) Long Jump Men (all ages) |

Entries £1.50 per event on the day. Reporting strictly 30 minutes before event.

ALL EVENTS RUN UNDER BAF RULES EXCEPT U-11's.

**Women**
1, G Beedle (Heat, W35) 20:42; 2, S Saile (Gates) 22:13; 3, L Blay (Heat) 24:26

### CHELTENHAM 10KM
Men
1, C Penny (Stour) 31:05; 2, D Walmsley (Bourton) 31:05; 3, S D'Amico (Der) 31:44; 4, S Wheeler (Bour) 31:48; 5, M Pearce (Here) 32:05; 6, C Deasy (Cov) 32:09; 7, R Jones (Here) 33:08; 8, M Foss (Unatt) 33:26; 9, M McCreary (Smiths AC) 33:28; 10, M Burkin (Here) 33:30; 11, L Hutt (Bath) 33:34; 12, W Miles (Unatt) 33:41; 13, R Bowstead (Chelt) 33:46; 14, P Richardson (Worc) 33:48; 15, G Bagnall (Chelt) 33:53; 16, K Farmer (Mil.K) 34:01; 17, M Mundinano (Chelt) 34:02; 18, L Davis (Glouc, M50) 34:04; 19, N Hill (Glouc, M40) 34:10; 20, A King (Glouc) 34:19
M40: 2, G Morgan (Dursl 34:59; 3, E Francis (Chelt) 35:29
M50: 2, D Mathews (Thornbury) 40:06; 3, R Phillips (Chelt) 40:47
Women
1, J Barrus (Chelt, W35) 37:03; 2, D Hoogesteger (Wells, W35) 37:54; 3, J Goode (Glouc, W35) 39:37; 4, T Maund (Chelt) 40:06; 5, L Burston (Cle, W35) 40:37; 6, S Mortimer (Angles) 40:38; 7, F Goddet (Chelt) 40:46; 8, C Pattenden (Chelt, W45) 40:55; 9, J Manners (Cle, W45) 42:01; 10, J Phelps (Angle, W35) 43:12
No of finishers: 335

## 4th July
### GODSTONE 10KM
### SURREY
Men
1, D Morris (Box) 33:49; 2, D Roberts (Eastbourne) 34:49; 3, R McCullough (Lingfield V40) 35:54; 4, A Matson (Lingfield V50) 35:55; 5, N Davidson (Phil CS) 35:59, 6, J Twomey (SLH V40) 36:15, 7, W Hill (Crawley V40) 37:06; 8, G Bennett (Lingfield) 37:11, 9, J Toth (Sheen S) 37:15; 10, K Spacie (THH V50) 37:23;
TEAM 1, Lingfield 15; 2 Phillips City 30; 3, South London H 34;
Other veterans M50 G Earley (RRC) 40:40; M60 D Holden (Camb H) 42:09; M65 F Belmore (Barnet) 45:37
Women: 1, N Apps (Crawley) 38:51; 2, M Statham (Holland F40) 38:53; 3, B. Cole (unatt F35) 44:15;

### SKIPTON 10KM
**Men**
1, S Brooks (Bing) 30:32; 2, C Metcalfe (Skip) 31:37; 3, A Gill (Leeds) 31:40; 4, A Buckley (Warr) 31:48; 5, S Winstanley (Bing) 32:07; 6, R Grillo (Brad) 32:17; 7, D Throup (Leeds, M40) 32:43; 8, C Watson (Bing) 32:55; 9, D Lancaster (Rown) 32:58; 10, C Proctor (Keigh) 33:11
**M40**: 2, R Rushton (Keigh) 33:47; 3, H Frobisher (Keigh) 34:10
**M45**: M Walker (Gos) 34:28
**M50**: P Covey (Pud & Br) 36:43
**M60**: G Spink (Bing) 36:04
**M70**: J Walker (Bor) 54:15
**TEAM**: Bingley
**Women**
1, C Geenwood (Cald V) 35:01 (rec); 2, N Whiteley (Bing) 35:31; 3, S Catterall (Bolt, W35) 37:51; 4, J Holdsworth (Bail) 38:08; 5, P Powell (Unatt) 38:18; 6, R Weston (Tees) 39:31
**W35**: F Cooke (Thorn) 40:44
**W40**: C Fawcett (Keigh) 41:25
**W45**: L Cogle (Dar) 50:10
**W50**: E Spence (Bing) 48:08

### FRENCHAY SCOUTS MULTI-TERRAIN 10KM BRISTOL
**Men**
1 M White (Yate) 34:10; 2, C Bailey (Highgate) 34:29; 3, P Turner (Bolt) 34:32; 4, D Collins (Army, M40) 36:32; 5, R Drage (Yate) 37:35; 6, F Roach (GWR) 38:07; 7, P Button (GWR) 39:20; 8, J Richardson (Frome) 39:10; 9, G Cox (GWR M40) 39:20; 10, K Harris (GWR) 39:30; 11, M Marendaz (Cald, M40) 39:47; 12, A Bickerstaff (GWR) 39:55; 13, D Parsons (Unatt) 40:08; 14,P Rogers (Bath, M40) 40:19; 15, D Marchant (Bath) 40:51
**Women**
1, Z Marchant (Bath, W35) 39:03; 2, K Britten (Bristol) 43:03; 3, A Van Wely (GWR, W35) 47:43

## 3rd July
### SYNWELL 10
### GLOUCESTERSHIRE
**Men**
1, S Robinson (Chelt) 57:41; 2, M Hill (Glos, M40) 58:56; 3, R O'Shea (N'brook) 1:00:26; 4, G Morgan (Durs) 1:01:07; 5, B Griffiths (Bour) 1:01:44; 6, D Wardell (Chelt) 1:02:31; 7, T Hulbert (Yate) 1:02:35; 8, D Dowdle (Glos) 1:02:53; 9, C Buxton (FoD) 1:03:30; 10, P Coombe (Yate) 1:03:58
**TEAM**: 1, Cheltenham; 2, Gloucester; 3, Dursley
**Women**
1, J Kelly (Glos, W35) 68:23; 2, D Robinson (N'brook) 70:54

## 1st July
### SUNDAYSHILL 10KM
### THORNBURY, BRISTOL
**Men**
1, M O'Doherty (Bath) 31:15; 2, A Hawkins (Bristol) 31:56; 3, S Crummack (Yate) 33:58; 4, S Parker (Yate) 34:26; 5, S Connor (Unatt) 34:43; 6, G Morgan (Durs, M40) 35:01; 7, C Ashworth (Durs) 35:58; 8, T Hulbert (Yate) 36:07; 9, N Stonehouse (T'bury) 36:20; 10, W Atkinson (Cleve, M50) 36:24; 11, N Langridge (T'bury M40) 36:35; 12, P Wright (Wells) 36:44.
**M60**: 1, N Stewart-Thorn (SWV) 40:13 (record)
**M65**: 1, D Whiting (West) 44:35.
**Women**
1, A Cutler (T'bury) 40:42; 2, J Nutting (T'bury W35) 41:28; 3, E Heyes (Clev W35) 41:38

## 30th June
### NAILSEA 5
### SOMERSET
**Men**
1, D Adams (West) 24:55 (rec); 2, C Buckley (West) 25:37; 3, A Crane (Clevedon) 25:59; 4, M Hurley (Weston) 26:12; 5, D Keepen (Bath) 26:17; 6, P Synott (Bath) 26:46; 7, L Hutt (Bath) 27:10; 8, M Shore (West) 27:44; 9, M Quinlan (Bath) 27:57; 10, A Rawnsley (Bristol) 27:58
**M40**: 1, H Clayton (Bris) 8:07; 2, A Langson (Clev) 29:53.[
**Women**
1, N Mounty (West) 29:58; 2, N Brookland (West) 30:15; 3, V Barrett (GWR) 33:26; 4, J Manners (Cleve, W35) 4:37; 5, M Penny (West W35) 35:00

### BRACKNELL FOREST 5
Men
1, J Root (Reading AC) 25:37; 2, J Matthews (Bracknell AC ) 26:13; 3, B Domoney (Oxford AC Vet) 27:02; 4, R Weatherall (Reflex Runners) 27:31; 5, P Collins (Bracknell Forest) 27:55; 6, T Legg 28:02; 7 A Porter (Bracknell AC) 28:12; 8 N Pugh (Guildford Orienteers) 28:14; 9, P Tarr (Reading AC) 28:17; 10, M Tennyson (Guildford & Godalming) 28:27
M40: 1, J Goater (SB) 25:45
Women
1, C Stevens (Reading AC) 30:54; 2 L Whiley (Reading Roadrunners) 31:36; 3, D Larrett (Bracknell Forest) 32:52; 4, L Johnson (Reflex Runners) 34:02; 5, S Jones 34:12
W35: S Davis (Woking AC) 35:26
TEAM: 1, Reading AC; 2, Bracknell AC; 3, Bracknell Forest Runners

## 23rd June
### PANASONIC 10KM
### BAILDON
**Men**
1, M Pearson (Long) 31:40; 2, I Holmes (Bing) 31:56; 3, J Convery (Val St) 31:11; 4, R Grillo (Brad) 32:57; 5, A Venn (Bing) 34:12; 6, D Benson (Bing) 34:15
**M40**: R Harrison (Brad) 35:31
**M45**: N Robson (Bing) 35:57
**M50**: L Haynes (Bing) 36:38
**M60**: G Spink (Bing) 37:56
**Women**
1, C Greenwood (Cald V) 36:42; 2, M Green (Bing, W35) 39:14; 3, J Holdsworth (Bail) 39:38

## 18th June
### PEEL COMMISSIONERS
**Men**
1, R Ashby (Sale, M50) 24:00; 2, R Moughtin (West,V40) 24:07; 3, I Watson (North) 22:28; 4, R Cornish (West) 21:36; 5, S Latham (Manx) 25:10; 6, J Marchent (West,V40) 27:13; 7, T Bates (IOM,V40) 24:44; 8, D Finn (West) 21:46; 9, M Hickey (South) 27:17; 10, P Crowe (North) 22:48
**Women**
1, H Simpson (Manx) 25:41; 2, J Mobney (Manx) 25:54; 3, I Corlett (Manx,V) 28:12
**No of finishers**: 34

# WALKS

## 11th July
### GUERNSEY 6 MILE CHAMPIONSHIP
### LA PASSEE
**Men (all Sarnia AC)**
1, M Renous 57:02; 2, K Le Noury 57:11; 3, M LeSauvage 57:47
**Women**: R Druckert 1:01:13
**No of finishers**: 7

## 10th July
### WALES V DENMARK V ISLE OF MANN WALKS INTERNATIONAL CARDIFF
THIS mini international was undoubtably a success. Not only did it result in a road best for Steve Partington but produced as excellant competition with only four points seperating the three nations, *Paul Warburton reports.*

Partington's Isle of Mann's best also gave him a commonwealth qualifying time while Per Jensen second place gave him the same new Danish mark.
**Men (30km)**
1, S Partington (IOM) 2:16:52 (IOM road best); 2, P Jensen (Den) 2:24:33 (Danish road best); 3, B Dowrick (Wale) 2:26:51; 4, I Christiansen (Den) 2:27:12; 5, S Brennan (IOM) 2:29:41; 6, G Holloway (Wales) 2:30:16; 7, D Ratcliffe (Wales) 2:33:16; 8, C Bradley (Wales) 2:34:52; 9, A Callow (IOM) 2:37:32; 10, A Pryor (Wales) 2:38:21; 11, G McMullen (Wales) 2:38:41; 12, A Benetsen (Den) 2:38:43; 13, D Keown (Wales) 2:43:41; 14, D Jensen (Den) 2:45:52; 15, A Mattson (Den) 2:46:20; 16, H Cristiansen (Den) 2:55:49; 17, M Young (IOM) 3:02:12
**TEAM**: 1, Wales 28; 2, Isle of Mann 27; 3, Denmark 24

### RWA NATIONAL 20M & 5KM
### SUTTON PARK
AN exciting see-saw battle finally tipped in favour of Sean Martindale *Paul Warberton reports.*

The Yorkshire Postman finally delivered the result of the 20 mile in the last 15 minutes of the race after a 2 hour plus battle with Darren Thorn both has tested each other around the most rural course seen in many a championship the twisting undulating paths around a one mile loop were not condusive to fast times but it says much for the relentless pace these two maintained.

By lap 16 it seemed as if Thorn has made a telling bid for the title but Martindale clawed back the Coventry's man 40 metre break and two laps later exqualled the earlier breakaway with her own desisive effort.

Earlier a group of four which also included Noel Carmody and Stuart Phillips had established a comanding lead but Phillips was soon dropped and later retired with knee trouble while Carmody plugged on in isolated third for half of the race.
**Men (20M)**
1, S Martindale (York.P) 2:33:58; 2, D Thorn (Cov) 2:36:18; 3, N Carmody (Camb) 2:40:57; 4, C Berwick (Lei, M45) 2;48:33; 5, A Seddon (Enf, M50) 2:53:12; 6, D Holly (B&H, M40) 2:56:15; 7, I Harvey (Cov) 2:56:50; 8, T Masson (SyWC) 3:01:18; 9, R Brown (SyWC) 3:01:24; 10, C Smith (Lei) 3:03:20; 11, T Collins (Bir, M40) 3:03:28; 12, R Clarke (Cov) 3:07:45; 13, G Hunwicks (Wey) 3:07:46; 14, M Byrne (SWC) 3:08:41; 15, A Thompson (SWC) 3:08:57; 16, B Adams (Lei, M40) 3:09:49; 17, C Hobbs (Med) 3:09:50; 18, C Dunn (Wey, M40) 3:10:20; 19, P Hannell (SyWC) 3:11:30; 20, S Allwood (Enf) 3:15:22
**TEAM**: 1, Coventry 21; 2, Leicester 30; 3, Surrey 36
No of finishers: 41
**Women (5km**
1, J Pope (B&H) 25:13; 2, G Watson (SWC) 25:33; 3, E Callinan (Sol, W35) 25:57; 4, S Brown (SyWC, W40) 26:03; 5, H Ford-Dunn (Steyn) 26:34; 6, K Horwill (D&S) 26:51; 7, L Tozer (Bir) 26:55; 8, N Huckerby (Bir) 26:57; 9, B Lupton (SWC, W40) 27:17; 10, N Howley (SWC, I) 27:34; 11, J Bellfield (D&S) 27:57; 12, L Ford-Dunn (Steyn) 28:43; 13, S Warren (Steyn) 29:33; 14, S Porter (Bel, W35) 29:44; 15, S Bamford (Bir) 29:45
**No of finishers**: 31
**TEAM**: 1, Sheffield 29; 2, Steyning 30; 3, Birchfield 30
County Champs (5km): 1, Warwickshire 18; 2, Sussex 18; 3, Yorkshire 29

## 7th July
### MPAA 3KM TRACK CHAMPS
### HENDON
**Men**
1, N Carmody 13:00; 2, S Bennett 14:56.2; 3, G Smith 15:13.8
**No of finishers**: 9

## 6th July
### VETS AC 5
### BATTERSEA PARK
**Men**
1, A Seddon (Enf, M50) 39:46; 2, S Allwood (Enf) 40:34; 3, B Armstrong (Ilf, M45) 41:03; 4, R Brown (SyWC, M40) 41:47; 5, D Holly (B&H, M40) 41:57; 6, C Young (N&EB, M55) 42:53; 7, K Watts (Lon V, M40) 43:43; 8, J Whyte (Unatt, M50) 45:11; 9, M Aris (SyWC) 45:13; 10, D Fotheringham (Bel, M60) 45:30

## 26th June
### MANCHESTER TO BLACKPOOL WALK
**Men (60M)**
1, R Brown (Sy, M40) 7:49:40 (course rec); 2, C Bradley (Trow) 8:02:10; 3, ID Turner (YRWC) 8:10:45; 4, T Mason (Sy) 8:11;58; 5, S Barlow (B&R) 8:24:13; 6, J Sturgess (Leic) 8:24:57; 7, B Watkinson (YCIU) 8:34:13; 8, T Collins (Bir) 8:36:40; 9, K Smith (Cov, M50) 8:44:15; 10, J Bellwood (York Pos, M40) 8:45:02; 11, J Hardy (Lanc, M45) 8:54:20; 12, PS Bhatti (Bir) 8:57:25; 13, B Watson (Sy) 8:57:50; 14, N Simmons (Sy, M50) 9:00:22; 15, K Batten (Trow, M45) 9:01:10; 16, D Staniforth (Sy) 9:09:14; 17, M Arris (Sy) 9:12:13; 18, P Duncan (Bel, M45) 9:21:50; 19, C Weston (High, M60) 9:23:00; 20, W Johnson (York P) 9:24:03
**TEAM**: Surrey Walking Club 21
**Handicap**: 1, Smith ; 2, Masson ; 3, Barlow
**Women**
1, S Brown (Sy, W40) 8:02:14; 2, K Crilley (Sy, W35) 9:36:35; 3, J Harasmuick (Lancs WC) 10:15:37
**No of finishers:** 33

# FELL

## 11th July
### CRIB Y DDISGL RACE
### SNOWDON
**Men (8.5M, 4,900ft)**
1, M Keys (Ross) 1:24:56; 2, P Jenkinson (Unatt) 1:25:55; 3, K Pryddercch (Eryri) 1:27:20
**M40**: 1, B Davies (Eryri) 1:35:13; 2, H Standsfield (Eryri) 1:42:14; 3, A Oliver (Eryri) 1:42:23
**M50**: D Williams (Eryri) 1:30:48
Women
1, S Farrar (Eryri) 1:45:41; 2, J Glass (Eryri) 2:08:05
**No of finishers:** 21

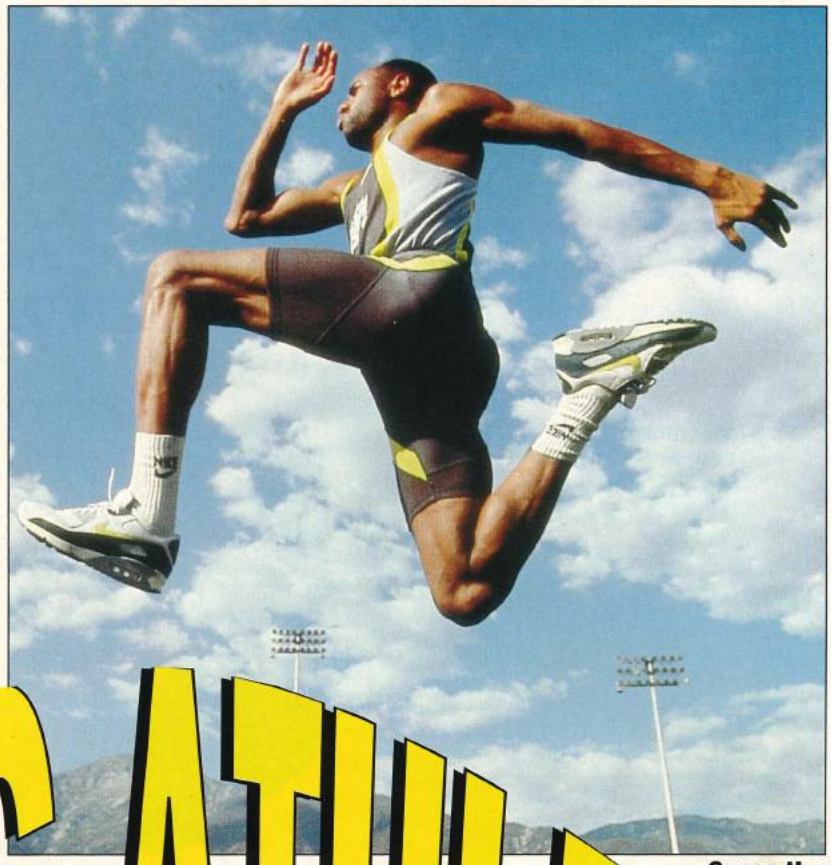
## 10th July
### WASDALE HORSE SHOE FELL
**Men**
1, J Bland (Borr) 3:57:31; 2, M Fanning (Borr) 3:58:58; 3, B Bland (Borr) 4:01:38
M40: P Clark (Ken) 4:13:15
M45: M Walford (Ken) 4:23:07
M50: D Ashton (Black) 4:45:23
TEAM: Borrowdale 6; Kendale 23
Women
1, S Rowell (H&B) 4:33:51; 2, R Pickvance (Ken) 4:56:10
No of finishers: 88

### MYTHOLMROYD FELL
**Men**
1, N Wilkinson (Cambus) 48:23; 2, R Owen (Black) 48:57; 3, D Cartridge (Bolton) 49:12; 4, G Schofield (Black) 49:42; 5, S Oldfield (Brad) 50:13; 6, G Oldfield (Brad) 50:26; 7, T hesketh (Horwich, M45) 50:41; 8, J Wootton (Bing) 51:55; 9, C Moses (Bing) 52:10; 10, A Whalley (P&B) 52:19
**M40**: D Beels (Roch) 52:21
**M50**: D Kay (Bolt) 58:02
**TEAM**: Bingley 29
**Women**
1, G Cook (Roch) 1:03:17; 2, C Rowe (Round) 1:05:58; 3, L Warin (Skip) 1:09:29
**W35**: B Hardy (Horwich) 1:12:02
**Finishers**:137
**100**: T Lee (Unatt) 1:07:05

## 8th July
### RAINBOW HILL RACE
### MACCLESFIELD
**Men (5M, 750 ft)**
1, N Wilkinson (Cam) 32:43; 2, N Jones (Mid Ches, J) 33:24; 3, P Pollitt (Bolt) 34:05; 4, N Smart (Sale) 34:10; 5, A Royle (Mac) 34:12; 6, R Taylor (PFR, M40) 34:26; 7, D Gartley (Glos) 34:28; 8, K Lomas (Dark Pk) 34:48; 9, A Whalley (Mac) 35:02; 10, P Deaville (Glos) 35:08; 11, S Bourne (THH) 35:48; 12, P Henkinson (Unatt) 36:29; 13, B Greg (Stock) 36:32; 14, P Elliott (Unatt) 36:34; 15, D Riley (Stock) 36:35
**M50**: P Jepson (Unatt) 39:13
**Women**
1, C Greasley (Mac, W35) 39:49; 2, S Young (Wig H) 41:05; 3, C Reason (Stock) 41:12
**No of finishers**: 130
**100**: J Harvey (Dark Peak) 48:31
**Course Records**: M Kinch (Warr) 31:28/C Greasley (Mac) 38:52

**YOUR ESSENTIAL RESULTS CHECK AND ROUND-UP**

# NAME THE AIR BOUND ATHLETE TO WIN THE NIKE AIR MAX



Guess the mystery athlete?

GUESS who this is and you can be floating on air like our mystery athlete.

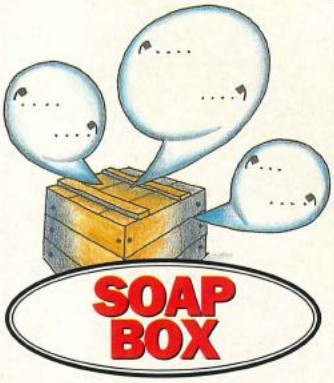
The competition is open until Monday 9th August and the usual rules apply. So you've got a month to get your answers in to win this pair of Nike Air Max.

**IS IT**

**A) John Regis; B) Mike Powell; C) Tony Jarrett**

Send your answers to 'Airbound', Athletics Weekly, Bretton Court, Bretton, Peterborough, PE3 8DZ. State your name and address, telephone number, age and shoe size.

# YOUNG ATHLETE




**A STARTER at a schools meeting had a dispute with a runner over his vest not being tucked in — the result of which led him to be stopped from entering the TSB English Schools.**

The rule should be clarified now and all officials, starting at the top, should enforce it in a similar manner. If that is not practical then scrap it!

May I make an earnest plea to BAF to sort out, with the utmost urgency, rule 13 (1) regarding clothing. A young athlete in my group recently involved himself (quite wrongly) in a dispute with the starter at a schools meeting over his vest not being completely tucked into his shorts. The result of the argument is that the boy was not allowed to compete in the TSB English Schools Championships.

The fact that he probably tops the youths 800m rankings at the present time merely rubs considerable salt into the wound.

The points I would make regarding this matter are as follows:

**1)** Nowhere in rule 13(1) does it mention a requirement for vests to be tucked into shorts - merely that clothing should not be objectionable.

**2)** The extremely tight shorts worn by male competitors and the 'bare midriff' look favoured by many female competitors in most top level competitions surely come much closer to transgressing the rule and make a total mockery of the wording.

**Rob Lewis**
**Lincoln Wellington AC**

***If you have anything you would like to contribute to any of the items on this page, write to: Athletics Weekly, Bretton Court, Bretton, Peterborough, PE3 8DZ***

## A TO Z OF ATHLETICS

**G As in gusty wind. Always in your face never behind.**

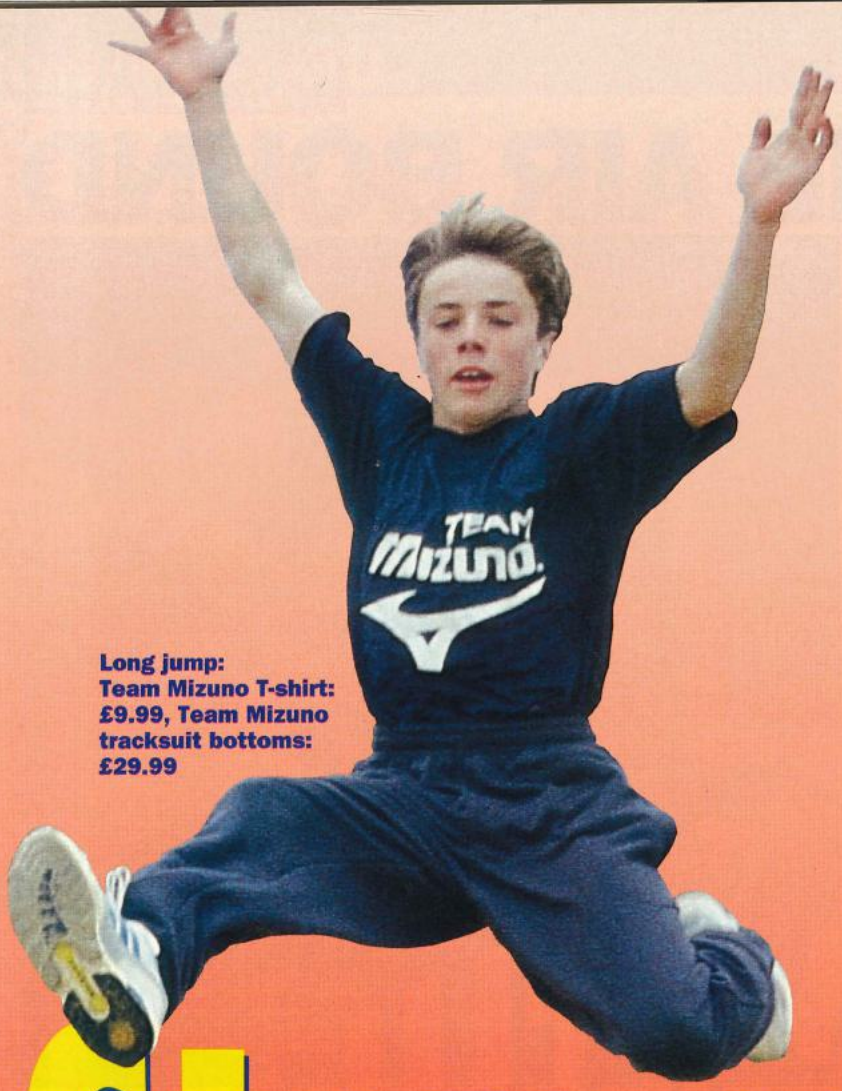
**G As in gear and change of. Always easily obtained in strides, never too forthcoming in a race.**

**G As in last gasp. That little bit extra called for by your coach, but never called for by yourself.**




DOES anyone have a copy of a video of Seb Coe's 1:41 (800m) or a video of all the athletes' world records? Just a company's telephone number will do.

**P Robinson, Merseyside.**

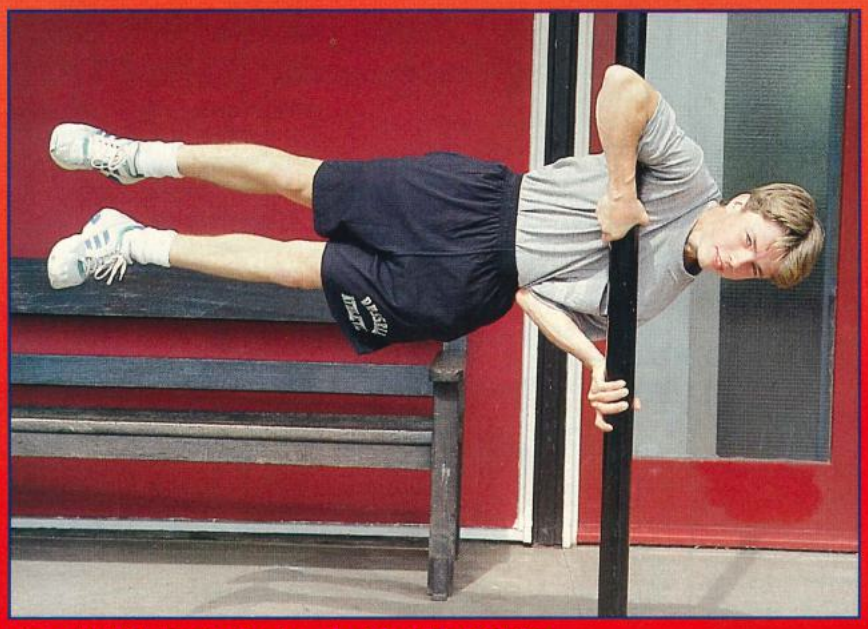



Long jump:
Team Mizuno T-shirt: £9.99, Team Mizuno tracksuit bottoms: £29.99

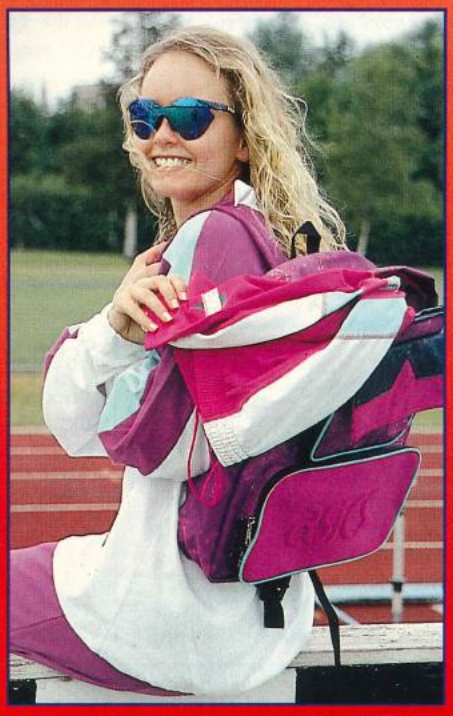



Mizuno T-shirts: £11.00, Mizuno tracksuit bottoms: £29.99

# Stay cool tr



Russell Athletic; Oxford pocket T-shirt: £15.99, Black combed cotton short £23.99

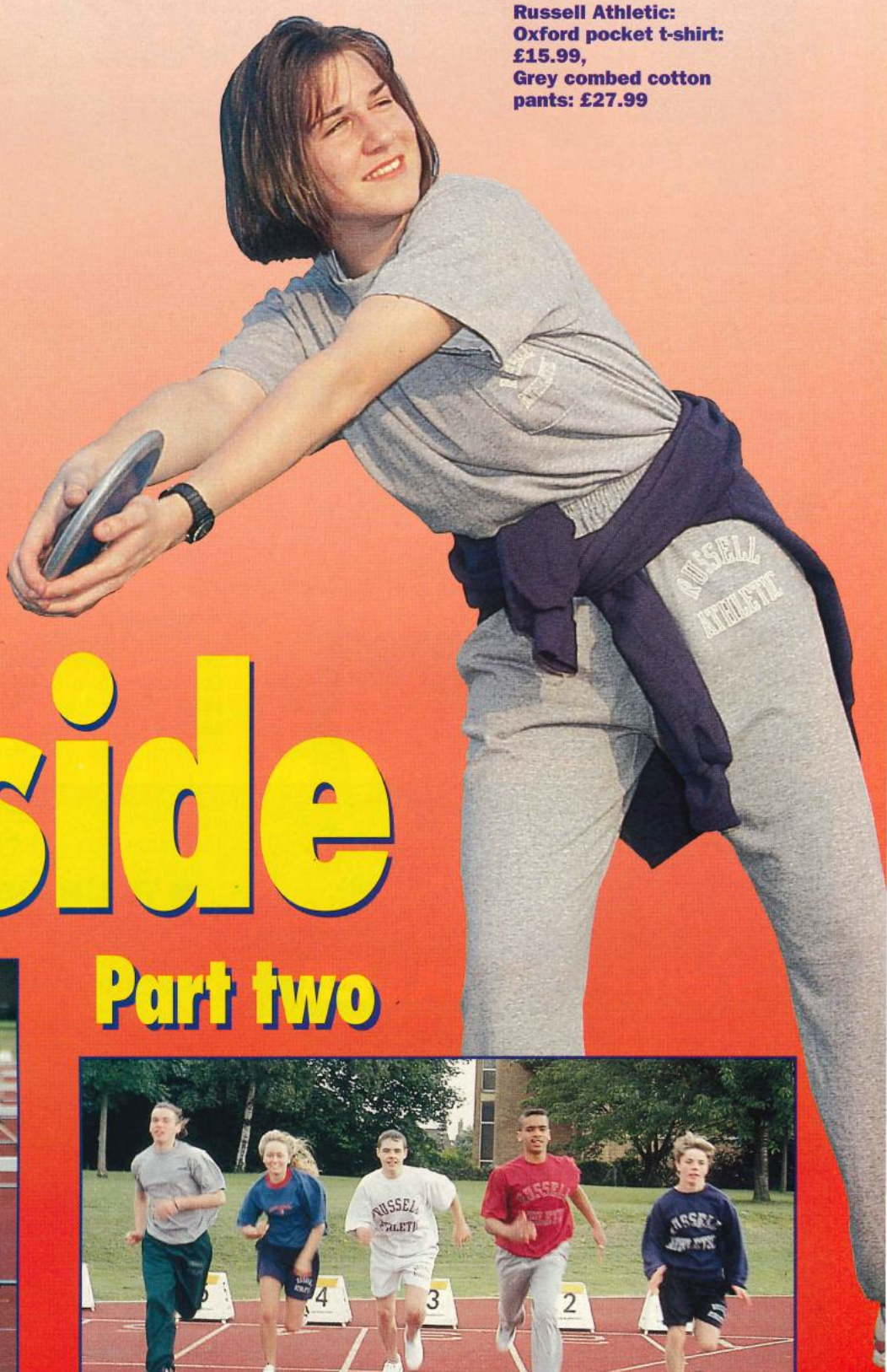


Asics: Marathon Training suit £98.99, Backpack: £19.99

CARRYING on from last week's clothing feature, here's a preview of a few of the fashions of top clothing companies Asics, Mizuno and Russell Athletic.
If you have any queries you can contact them direct on:

Asics: 061 419 2500
Mizuno: 0734 770427
Russell Athletic: 0625 503147

IMPORTANT:
The prices quoted are for your guidance only.



Russell Athletic: Oxford pocket t-shirt: £15.99, Grey combed cotton pants: £27.99

# ackside

## Part two



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# STATHAM'S ROAD TO SUCCESS

ONE name that has caught the attention of everybody in the veteran ranks over the past year has been that of Maggie Statham.

She has been the first veteran and first overall winner in the Surrey League, represented her county in the Southern and Inter-Counties, where she was the first vet and 29th overall in the latter. She then went on to win the National veteran's title at Burnley on 7th March.

The rise of Maggie Statham to the top of the veteran pile has been quite dramatic, but she is not exactly new to running. Although her current flirtation with the sport has only lasted three years, she had a fairly successful career whilst in her late twenties.

So how did Statham come into the sport in the first place? "Before the age of 25, I had not run, or done any sport, either competitively, or just for fun.

"Then a runner moved into my office, I used to think he was mad! He organised a one mile fun run around the bridges (Vauxhall and Lambeth) in the lunch hour, and he challenged me to do it.

"That was my first run, and I was the first woman, and to my surprise I enjoyed it. I jogged haphazardly after that, until I was 29, then entered a Civil Service cross country race and did quite well - that was my first competitive run. After that I was hooked.

"In the space of a year, I improved to achieve 59:52 for 10 miles and 36:48 for 10km. "However, I didn't run for a club, had no advisor and my training consisted of dashing around madly, exhausting myself and not recovering properly. I got fed up and decided to have a break for Christmas, which lasted eight years, while I got married and had two children."



**Maggie Statham: Bouncing back to form**

How, then, did Maggie Statham, return to the sport? "In 1990, when my youngest child was approaching two years old, I got the urge to restart my life outside the home and to run competitively again - by this time, I was 37.

"I met members of Holland Sports AC at a local fun run and joined their club. It was the best thing I ever did. With their encouragement and support, I ran in their cross country and track leagues and, in 1991, achieved an ambition of running in the London Marathon (in 3:07).

""I carried on training and competing, did the next year's London, in 3:05, but didn't really improve until I joined a vets club." At the Vets 10, at Tootin Bec in May 1992, she met that wise old bird, Bob Belmore. She puts her rapid change of fortunes all down to his coaching and experience.

What of the future for the Holland Sports runner, who turned 40 in May? "This year has been amazing in terms of the amount I have improved. I still feel there is more to come."

**Martin Duff**

## FACTFILE

**Name:** Maggie Statham
**Born:** 30th May 1953
**Clubs:** Holland Sports AC and Veterans AC
**PBs: 1,500:** 4:55; **3,000:** 10:09; **5,000:** 36:03; **10,000:** 36:03; **10km:** 35:50; **10M:** 59:15; **Half-marathon:** 1:20:10; **Marathon:** 3:05:07

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IT'S midway through the season now and I don't even know the date. I never do this time of year. That's because we haven't had the AAA Championships yet.

My publisher once said to me on one of our lunchtime runs (job security is running 10 miles at lunchtime with the boss) that distance runners never work by a normal calender. As it was the middle of winter at the time I didn't really cotton on to what he was saying and just nodded in agreement.

Now I realise. I'm a track runner, so the winter works on a fairly normal routine of training. But come the summer weekends tend to get know only by the name of the event.

It's AAA weekend, for instance, this weekend. And last weekend was a British Milers Club weekend and the one before that was the AAA U20 weekend and so on.

No runner — track in summer and cross country in winter — operates on any other calender than that. The race meeting is all important and the whole week is geared to it.

So if it's AAA weekend, Monday has to be a little bit easier than usual and Tuesday's track session should consist of nothing more than strides. Work also slots in around everything.

"Yes I can make that business meeting on Thursday because I'm not running 20x400m as normal because it's AAA weekend," is the type of mentallity working here.

It works on a longer time scale than that. Halfway through the week before interviews have to be carefully planned to slot in around track sessions and easy days.

AAA weekend is also a landmark for many athletes — me included — in that after it everything returns to normal. With every championship run beforehand there's nothing to aim at (domestically that is!) so weekends take on dates again.

## IS THIS A RECORD

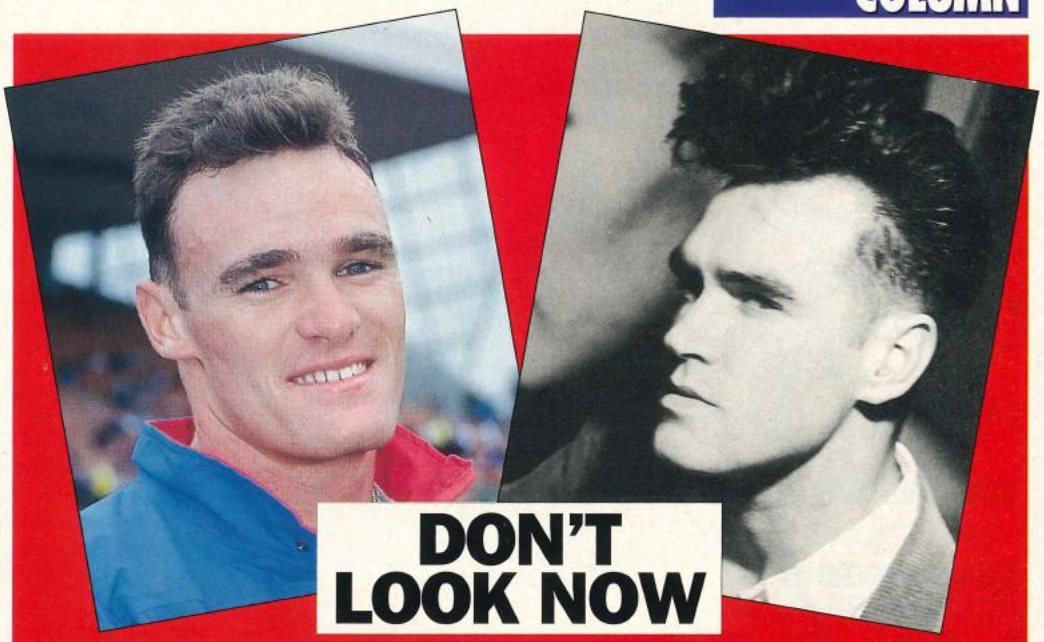
CAN any other club beat the total entry for our relay, John Leese of County Officers Running club asks.

We had 2215 teams entered, of which 205 took part. One team entered 17.

The race is off road and is held on the Shugborough Hall Estate which is the home of Patrick Lichfield — one of our marshals insisted he park in the race car park rather than go home.

We raised over £600 for St Johns and two local charities.

Surely off road events are the future, especially at the shorter distances.



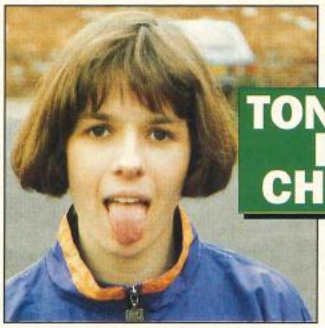
## DON'T LOOK NOW

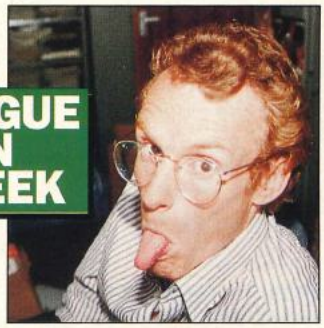
**By popular demand I have the ultimate lookalike for you this week. Belgrave Harriers think Johnny "G" Gladwin looks like pop idol Morrissey. But he has nothing on 400m man David Grindley (left) — surely the best lookalike yet.**

**Incidently Dave Clarke our editor was compared to David Mellor, former minister of fun recently. He thought he was getting some prank mail when letters addressed to D Mellor started arriving at his Dogsthorpe residence. Only after a few days did he realise that his new neighbour was called none other than D Mellor.**

## LARKINS ABOUT







## TONGUE IN CHEEK

**WHO'S got the longest tongue in Athletics. We want to know here at Athletics Weekly. Sometimes we're accused of being too frivolous in this sensible sport. So never let it be said the important issues pass us by here in our new offices in Bretton.**

**I'm the one attempting to match Lisa York of Asics and Leicester Coritanian. Send your nomination in to the usual address.**

## THE WORST PRIZE I'VE WON

**MORE correspondence on the subject close to runners' hearts. Kev Wood of Dulwich Runners writes: While I'm sure we all know that the best prize is taking part in and finishing the race, a small momento is often a welcome bonus.**

**Race organisers may often find it fruitful to approach a major sponsor. BUPA, who sponsored the recent Southwark 5 (splendid race — the surroundings are a bit grim though), donated a large number of plastic carrier bags displaying their logo. These were duly dispensed with appropriate ceremony to the finishers. Most, if not all, contained an invitation to pay them a large sum of money for a personal fitness assessment or something similiar. I was overwhelmed by their generosity.**

**Incidentally, the best prize, bar none, must be the meat pie, mushy peas and coleslaw which awaits those who complete the Dunnerdale Fell Race each November.**

***Don't forget to join Roger Black's Fan Club. For more information write to RB Fan Club, PO Box 440 Southampton SO9 7TH. For more news of Roger, turn to page 32.***

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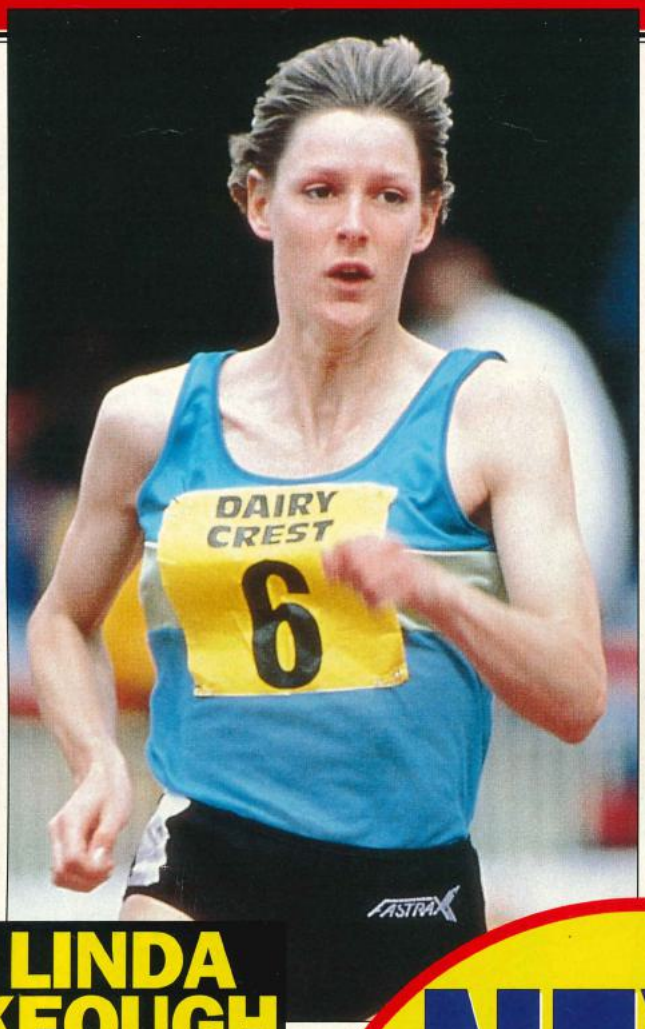
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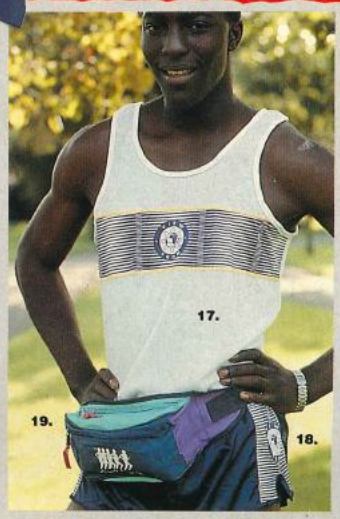
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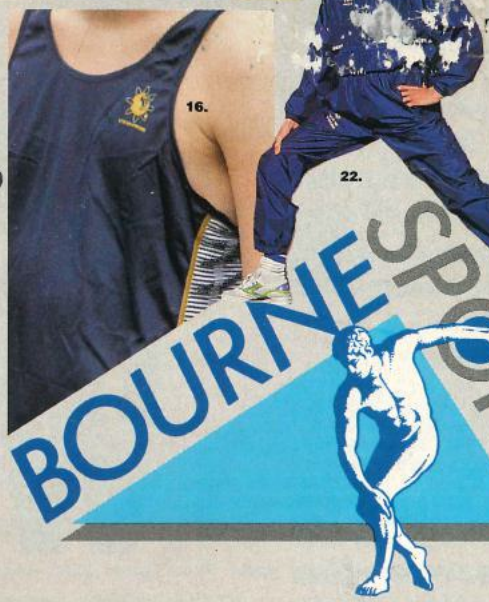



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