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WEEKLY

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Ex-GB triple jumper
sets British League record

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- **Kenyan smashes Coe's mark**
- **Athletics' World Cup squad**



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Cover: Christine Ohuruogu in Oslo last Friday (Mark Shearman) and Tosin Oke at Hendon (Lesley Richardson)

Oslo action – coverage and results, page 12



Mark Shearman



10 Jenny Meadows looks to kick-start her season



37 Former world junior champion Harry Aikines-Aryeetey lets us in on his training regime and offers top sprinting tips

Mark Shearman

EDITOR'S LETTER

Athletes succeed where others fail

WITH no world-class keeper, no Rio Ferdinand, no natural left winger, no in-form holding midfielder, no obvious partner for Wayne Rooney, you could say that England has no chance in the FIFA World Cup.

Another early knock-out looks certain, but you would hardly know it judging by the mammoth media coverage following the team's slim chances. In comparison, Britain's considerably more successful track and field athletes will be lucky to merit a few lines in the press in the coming weeks.

England's record at the World Cup and Euro football tournament is truly dire. Yet GB athletes go into this month's European Team Championships (News, p.8) with the knowledge that the men's

team was crowned kings of the continent many times during the old-style Europa Cup format.

I wish England the best of luck in South Africa. But when it comes to Rooney tasting success this summer, my money's on Martyn not Wayne for sure.



Tosin Oke: overlooked for Osaka

■ UKA might regret letting Tosin Oke slip through its fingers, especially if the ex-GB triple jumper makes an impact for Nigeria in London 2012.

I first interviewed Oke when he won Euro junior gold in 1999. With email in its infancy, he sought advice from Jonathan Edwards via the Net and dreamt of emulating the world record-

holder on the global stage.

The sky was the limit, but injuries intervened and he struggled to fulfil his potential. Until now, that is, because on Saturday he jumped a British League record of 17.05m.

It is a shame, therefore, that Oke has switched to the country of his parents' birth. This is partly because he was a victim of the controversial selection decisions that marked the Dave Collins era.

In 2007, for example, Oke won the UK trials and jumped a PB and B qualifier for the IAAF World Championships, but did not go to Osaka. It was, he told *AW*, "a dysfunctional decision based on no constructive or consistent thought process".

Let's hope it does not come back to haunt the host nation in two years' time.

Jason Henderson, Editor

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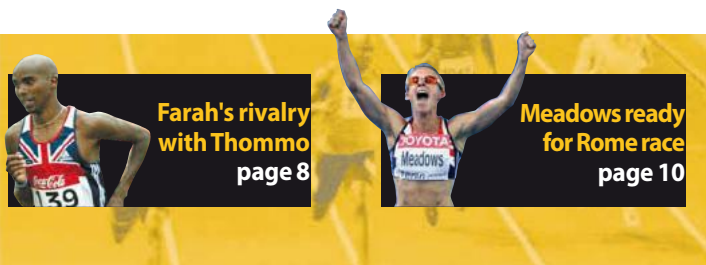


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Supplement confusion blamed

GEOFF CAPES has been named in a doping controversy for the second time this year, but it seems the athlete that has reportedly failed a drugs test may have used a supplement containing an ingredient added to the banned list after she acquired it, writes Paul Halford.

The *Telegraph* last Saturday reported that 20-year-old shot-putter Rachel Wallader has submitted a positive A sample for the banned substance methylhexanamine.

If her B test also proves positive, the Windsor, Slough, Eton & Hounslow athlete could become the third of Capes' athletes to receive a drugs suspension this year.

Kieren Kelly and Jamie Stevenson were suspended for refusing to take an out-of-competition drugs test in January.

The *Telegraph* reported that Capes had accepted the blame for the positive test and that he gave her a supplement called "Endure" that he received in the form of sponsorship from a company called Muscle Finesse. The ingredients list "1,3-dimethylamylamine", which is another term for methylhexanamine.

However, this was only added to the



Geoff Capes, above left, claims his athlete Rachel Wallader failed a drugs test after taking a supplement called 'Endure' which they did not realise contained a substance banned by WADA

banned list by the World Anti-Doping Authority (WADA) on January 1, 2010, and Muscle Finesse told *Athletics Weekly* that the last time Capes received the product from them was last summer.

The Peterborough-based company said Capes was sent around half a dozen boxes but that they took it off sale last autumn because of a quality-control issue.



Pictures: Mark Sheerman

Capes claimed he was assured by the company that it was legal. However, while Muscle Finesse stressed the product is not illegal and is mainly used by recreational body-builders, they said they would not have been able to issue a categoric assurance that the ingredients were doping test-safe.

Wilson said: "I'm not qualified to say this is definitely ISO or WADA-approved and clear. Can anyone do so other than a testing lab?"

Capes was keen to deflect the blame from Wallader, who ranks fifth in the UK this year with 15.31m.

"Rachel is one of the most honest girls you could ever meet," Capes told the *Telegraph*. "She wouldn't normally take an Asprin because she doesn't like take anything."

Regardless of intent, athletes are deemed to be strictly liable for the substance detected as in their system, according to doping rules.

Under WADA rules, athletes can even be penalised for testing positive for unnamed substances if they have a "similar chemical structure or similar biological effect(s)" to banned items.

Wallader reportedly tested positive at the British Universities and Colleges Sport Championships in Bedford last summer where she defended her title.

There will be no official confirmation until the results of any B test are known at the earliest. A spokesperson for UK Anti-Doping said: "In the event that an athlete is deemed to have taken a prohibited substance or stimulant, they would be informed that a case was being brought against them and given the opportunity to prove that there were exceptional circumstances that led to this happening."

"If UK Anti-Doping do not deem their reasons to be exceptional, the case then goes before the independent National Anti-Doping Panel, who decide whether an anti-doping rule violation has taken place or not, based on the evidence at their disposal."

Moses and Rooney team up at the Cup

England striker Wayne Rooney with double Olympic 400m hurdles king Ed Moses



ATHLETICS legend Ed Moses was a keen spectator last Monday at England's final warm-up World Cup game in South Africa.

The former world 400m record-holder and twice Olympic champion took youngsters from the "My Home" project and the Laureus-supported "Sport for All" project to see England beat Platinum All-Stars 3-0 and then meet the players.

Moses, an ambassador for Laureus, said: "As an American, I am not sure I can wish England too much good luck as they are playing against the United States in their opening match on Saturday (June 12)."

Kenyan stars in visit to Bedford

"BEDFORD lines up Wanjiru, Ndereba and Tergat" would immediately suggest that the well-known race director had signed up the trio of top Kenyans to compete in the Virgin London Marathon, writes Paul Halford.

However, in this case it is the town of Bedford that has pulled off a massive coup in hosting them and three other top Kenyan athletes for an entire week.

The line-up for a week of community development and athletics-based activities is one that David Bedford himself would be proud of and is led by the Olympic marathon champion Samuel Wanjiru and the former world marathon record-holder and Olympic 10,000m silver medallist Paul Tergat.

Also flying in last weekend and staying in Bedfordshire for the week are the second fastest marathoners of all time on both the men's and women's side – Duncan Kibet and Catherine Ndereba.

Beijing Olympic 800m champion Wilfred Bungei and 2005 world 5000m champion Benjamin Limo complete the sextet that are giving their time freely to support a local Bedford community group.

The 80,000-population town has around 1000 Kenyans among its residents. A group called Kenyan Community Bedford and the local council have set up a series of events including school and university visits and masterclasses for local athletes, with the support of Bedford & County AC. Even the chairman and secretary general of Athletics Kenya have flown in to join them.

The visit could even lead to a new 10km road race next year with a line-up that would include a top-class Kenyan.



Duncan Kibet, Benjamin Limo, Catherine Ndereba and Paul Tergat meet Bedford mayor Dave Hodgson. Along with Samuel Wanjiru and Wilfred Bungei, they are in Britain all week

This Saturday the public are being invited to train with four of them for two special "Run with the Stars" miles at 2.10pm and 3.10pm from Bedford International Stadium.

Unfortunately, Tergat has a prior engagement with the G8 Summit as a UN ambassador, while Bungei is also having to depart early. Participants are asked to make a donation to the two nominated charities, the Paul Tergat Foundation and Utange Orphanage Project.

Further, local under-20 and senior athletes of county standard are being invited to attend a one-hour masterclass on Saturday morning followed by a question-and-answer session from 10.30am onwards with the four Kenyans and Liz Yelling.

Howard Darborn, the president of Bedford & County, said: "From an athletics point of view, I think it's almost unheard of for six such world-class athletes to be in the same place for so long engaging with the community as a whole as well as with athletics."

It is hoped the visit will also help Bedford's aims to attract national teams to base themselves in the town before the 2012 London Games as the track will have a Mondo surface to the same specification as the Olympic Stadium by then.

David Brewer of Bedford Borough Council explained how the extraordinary link-up came about. "The Kenyan Community Bedford have got some good connections back in Kenya," he said. "The chairman of the group is well connected with Lt Colonel Gitau, who is a senior ranking officer in the Kenyan army and they've just made it happen."

He added: "We're also thinking about an annual 10km in February or March and there was a verbal promise from the chairman and secretary general of Athletics Kenya that they would send a similar calibre of athlete. How awesome would that be? That would beat the Manchester 10km with Gebrselassie. This is a serious proposition and could happen next year."

QUOTES OF THE WEEK

"My main aim in Marseilles was to get the qualifying time for the European Championships and I'm delighted to have done that. I feel like I have a lot more in the tank and can run much faster over the distance."

MO FARAH after winning the European Cup 10,000m in a PB in Marseilles last Saturday.

"That 12.5 laps around the oval can make calf muscles sore!"

BERNARD LAGAT tweets three days after setting an American record for 5000m in Oslo.

"Thanks to athletics, we don't have any worries about her having to go through those things a teenager has to go through with drink and drugs and the late nights and stuff."

JODIE WILLIAMS' mother CHRISTINE tells The Sunday Times the impact that the sport has on her 16-year-old sprint prodigy daughter.

"Just met Seb Coe and the coolest part is he knew who I was. Crazy!"

American CHRIS SOLINSKY on the eve of his breaking the 13-minute barrier for 5000m in Oslo.

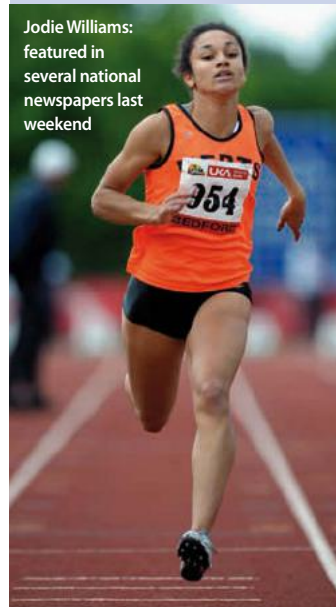
"I'm only just going to get better and better each competition, so I'll definitely be in shape to beat them."

Former world 100m record-holder ASAFA POWELL, after running 9.72 in Oslo, asked if he thinks he can face up to Usain Bolt and Tyson Gay.

"Completed the 1st quarter of the season. Quite an indifferent start, but ain't goin 2 fuss, we deal wit positives all the way. work in progress!"

Olympic champion CHRISTINE OHURUOGU on Twitter after her fourth place in the 400m in Oslo.

Jodie Williams: featured in several national newspapers last weekend



Mark Shearman

Athletics on TV



BBCi

Thursday June 10 – 7-9pm

IAAF Diamond League, Rome – LIVE

ASAFA POWELL seeks to continue his dominant form in the 100m, while a strong British contingent will be looking for confidence-boosting performances prior to the European

Team Championships and European Trials.

Saturday June 12 – 9.30-10.30pm

IAAF Diamond League, New York – LIVE

WORLD champion Phillips Idowu takes on world indoor record-holder and world indoor champion Teddy Tamgho in the triple jump.

Double Olympic champion Tirunesh Dibaba from Ethiopia makes her first outing of the summer campaign over

5000m, while Steve Hooker takes on Renaud Lavillenie in the pole vault.

This transmission is not available on Freeview.

■ SEE What's On p54 for previews

Sky Sports 1

June 11 – 1-1.30pm

IAAF Athletix Weekly

INCLUDES highlights from the recent Diamond League meeting in Oslo, plus interviews and features.

briefs

BAFTA loves athletics

THE BBC's coverage of last year's IAAF World Athletics Championships in Berlin received a coveted BAFTA award last Sunday.

They beat off opposition from the BBC's F1 Brazilian Grand Prix, ITV's FA Cup Final and ITV's UEFA Champions' League to win the most coveted award in television. The Beeb's production team then paid tribute to Martin Webster, the executive producer of BBC athletics who retired earlier this year after being diagnosed with motor neurone disease several years ago.

Super8 line-ups increased

GOLDIE SAYERS and Chris Tomlinson have become the latest additions to the field at the Super8 meeting in Glasgow on July 7.

Sayers, who was fourth in the Olympic javelin final in 2008, will compete for London North. Former UK long jump record-holder Tomlinson will captain the Gateshead team.

Competition winners

THE six winners of AW's Pain No More competition are: Sophie Cowper, Angela Hibbs, Mandy Rowley, Nancy Hitchmough, Jan Wiczowski, Ian Marsha. Each winner will receive a free tube of the massage cream.

Lord Mayor's 5km

THE contact telephone number for the Lord Mayor's 5km in Norwich on Saturday July 10 was printed wrongly in last week's issue.

The correct number is 07767-205922.

Haile's NYC debut

HAILE GEBRSELESSIE, who has been accused in recent years of avoiding races with the world's best, is to put his neck on the line at this year's ING New York City Marathon.

For the past four years the world record-holder has chosen to make Berlin his autumn marathon. And he has taken victory on all four occasions and set the current world record of 2:03:59 there in 2008.

The 37-year-old has also avoided London in recent years because of his hay fever, although he is keen to run in the capital at the 2012 Olympics, which will be staged out of pollen season.

But Gebrselassie, who has fallen short in record attempts in his last three marathons, will face a tough field in New York on November 7.

Ennis missing in Bergen

WORLD heptathlon champion Jessica Ennis will miss this month's European Team Championships to recover from a three-event competition at the IAAF Diamond League in New York this Saturday.

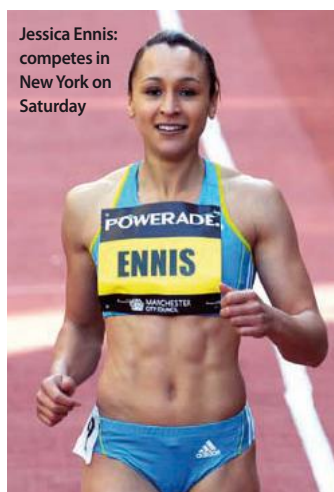
Ennis, who heads the UK rankings this year in both the 100m hurdles and high jump, was absent from the GB squad named on Tuesday for the event in Bergen, Norway, on June 19-20.

In the Big Apple, she will take on Olympic silver medallist Hyleas Fountain of the United States in a specially arranged triple-event showdown comprising long jump, 100m hurdles and shot.

The individual 400m place will be taken up not by Olympic champion Christine Ohuruogu, who had always planned to restrict herself to the relay in Bergen, but by former world silver medallist Nicola Sanders, who is yet to race this year.

The in-form Andy Turner has been chosen ahead of world fourth-placer Will Sharman, while there is no place for world 1500m silver medallist Lisa Dobriskey – Hannah England will line-up in the 1500m and Emma Pallant in the 3000m.

Elsewhere, the team is a mixture of experience, youth and athletes



Jessica Ennis: competes in New York on Saturday

Mark Shearman

PB of 1.90m this season after returning from stress fractures.

Britain will be hoping to improve on the third place they achieved behind Germany and Russia in the inaugural competition 12 months ago.

■ GB&NI team

Men

100m: Dwain Chambers. **200m:** Leon Baptiste. **400m:** Martyn Rooney. **800m:** Michael Rimmer. **1500m:** Colin McCourt. **3000m:** Chris Thompson. **5000m:** Mo Farah. **110mH:** Andy Turner. **400mH:** David Greene. **3000mSC:** Luke Gunn. **4x100m:** Leon Baptiste, Marlon Devonish, Tyrone Edgar, James Ellington, Jeffrey Lawal Balogun, Craig Pickering. **4x400m:** Michael Bingham, Chris Clarke, David Greene, Robert Tobin, Conrad Williams. **High jump:** Tom Parsons. **Pole vault:** Steve Lewis. **Long jump:** Chris Tomlinson. **Triple jump:** Phillips Idowu. **Shot:** Carl Myerscough. **Discus:** Brett Morse. **Javelin:** Mervyn Luckwell. **Hammer:** Alex Smith

Women

100m: Laura Turner. **200m:** Emily Freeman. **400m:** Nicola Sanders. **800m:** Jenny Meadows. **1500m:** Hannah England. **3000m:** Emma Pallant. **5000m:** Jo Pavey. **100mH:** Angelita Broadbelt Blake. **400mH:** Eilidh Child. **3000mSC:** Barbara Parker. **4x100m:** Emma Ania, Katherine Endacott, Emily Freeman, Joice Maduaka, Elaine O'Neill, Laura Turner. **4x400m:** Eilidh Child, Jenny Meadows, Christine Ohuruogu, Nicola Sanders, Perri Shakes Drayton, Kim Wall. **High jump:** Steph Pywell. **Pole vault:** Kate Dennison. **Long jump:** Jade Johnson. **Triple jump:** Nadia Williams. **Shot:** Rebecca Peake. **Discus:** Phillippa Roles. **Javelin:** Goldie Sayers. **Hammer:** Sarah Holt.

returning to action after lay-offs. Dwain Chambers, 32, will be seeking top points in the 100m, while world champion Phillips Idowu will take on France's Teddy Tamgho, the world indoor champion and record-holder and 2010 world No.1. World bronze medallist Jenny Meadows will compete in her speciality, the 800m, and she is also in the 4x400m relay squad.

Jo Pavey, picked for the 5000m, returns to major competition after giving birth last year. European silver medallist Jade Johnson has been chosen for the long jump after a successful return from injury in recent weeks. Steph Pywell comes in for Ennis in the high jump having equalled her

Thompson-Farah rivalry excites Storey

FORMER European under-23 5000m champion Chris Thompson could challenge Mo Farah as Britain's No.1 distance runner believes former UKA head of endurance Alan Storey.

Storey, former coach to Farah, was speaking as the 2006 European cross-country silver medallist was heading toward a UK 10km road record in London last week ahead of a back-to-form Thompson, who was third. Last Saturday Farah leapfrogged Thompson as the

third fastest Briton in history as he took the European Cup 10,000m title in Marseilles with 27:28.86.

Thompson narrowly beat his friend Farah to the 2003 European under-23 title in the days when the two were closely matched. However, as Farah has gone on to become world-class, Thompson's progress has been stunted by injuries.

But last month the 29-year-old ran 27:29.61 for 10,000m in Stanford and Storey believes close rivalry between the pair could inspire them both once again.

"It's brilliant for Thommo to get back to the sort of form he showed when he was younger," said Storey. "It's always been obvious he had that amount of talent, but he breaks down relatively easily, and that's part of the requirements of an athlete of international standard."

"You need to be able to take the training load without something going ping every few weeks, and Thommo's a little bit injury-prone, or he has been. If he gets a period of uninterrupted training going then there's no telling what he can do."

He added: "There was a time when Mo really

struggled to beat him," and it would be no shock to the people who have known them for that amount of time if it returned to that situation.

"But I think it'll be an incentive to Mo, and I think Thommo's just really pleased to be back in there, and wants to stay where he is for as long as possible. And I think individual victories here and there are not quite as important as establishing a platform for the next few years is the most important thing."



Chris Thompson: beat Farah to Euro under-23 5000m title



Mo Farah: joined Thompson in sub-27:30 club last weekend

England: Delhi here we come

ENGLISH athletes will go to Doha in Qatar to prepare for the Commonwealth Games in Delhi, writes Jason Henderson.

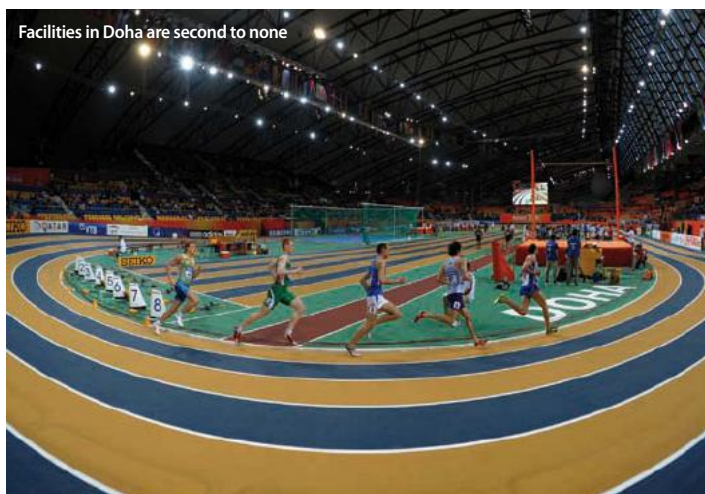
And in the light of rumours arising from security concerns in India, Richard Wheater, England Athletics head of coaching, has also confirmed to *AW*, beyond all doubt: "It's happening! We're going!"

Security fears have put a question mark over the Games. A number of high-profile athletes have also said they have no intention of competing in both Delhi in October and the European Championships in Barcelona in late July.

But Wheater says a full English team of around 100 athletes will travel to Delhi, via Doha, where they will acclimatise to the heat and begin to adapt to the time difference.

Doha staged the recent IAAF World Indoor Championships and it has developed a superb reputation for its facilities, most of which are linked to the Aspire Academy, an elite sports institute.

England will not have a definitive



trials event, but one of the key events for selection is the first-ever England Athletics Senior Championships on July 17-18 in Gateshead.

Given the proximity in the calendar to Barcelona, though, Wheater says: "We are working closely with UKA when it comes to the athletes who will compete there. Obviously anyone picked for Barcelona has to go to the GB holding

camp for the Europeans (in Monte Gordo)."

When it comes to the England Athletics Championships, meanwhile, winners of area titles at the Northern, Midlands and Southern Championships will be eligible to receive a free entry subject to having met the entry standard.

EA's head of competition Andy Day

Hall of Fame poll

VOTING is now open for the third year of the England Athletics Hall of Fame.

Go to www.englandathletics.org and click on Hall of Fame and follow on-screen directions.

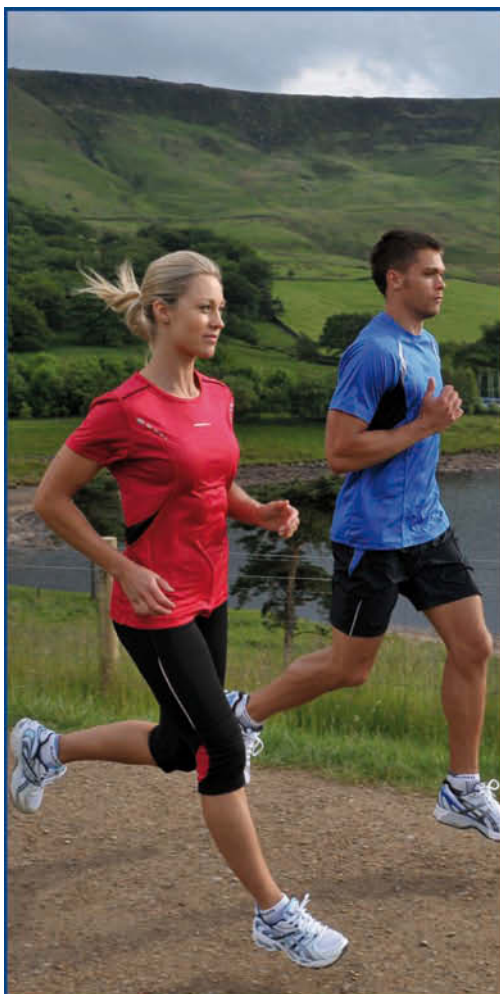
Fans are invited to vote for three of the following: Linford Christie, Kathy Cook, Brendan Foster, Kelly Holmes, Dorothy Hyman, Derek Ibbotson, Denise Lewis, Ken Matthews, Jim Peters, Gordon Pirie, Tessa Sanderson and Fatima Whitbread.

There is also a poll for the outstanding English athlete of the decade (2000-2009). You can vote for Jonathan Edwards, Jessica Ennis, Kelly Holmes, Phillips Idowu, Denise Lewis, Christine Ohuruogu, Paula Radcliffe or an athlete of your choice.

The Hall of Fame and EA awards will take place at the Hilton Metropole, NEC, Birmingham, on October 30.

said: "This measure of free entry in the senior national championships for area champions is designed to help athletes, not only those who win the area titles, but also other athletes by ensuring a higher standard of competition at the England Athletics Senior Championships."

■ SEE www.englandathletics.org/championships



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The winner - it might be your family member, clubmate, coach or athlete - could be from any discipline. We are looking as much for tales about dedication, triumph over adversity and impressive improvement or skills as we are for stories of potential or achievement.

To nominate your winner please tell us in no more than 400 words why they should be featured in the next Ronhill UK Club Awards.

Please send all nominations for the awards to: elisabeth.cammell@athletics-weekly.com

Please do not forget to include your telephone number and contact details for your nomination.

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RONHILL

Meadows on road to Rome

Britain's top female 800m runner is ready to make an impact in Italy after learning a big lesson in her last race, writes PAUL HALFORD

JENNY MEADOWS is anxious to prove herself in Rome today (Thursday) after a rare tactical error led to one of the most frustrating races of her career recently.

Her time of 2:03.14 for sixth in Hengelo on May 23 appeared to show the world 800m bronze medallist is in below-par form. However, the Wigan & District athlete is keen to show her true fitness in the IAAF Diamond League against world silver medallist Janeth Jepkosgei of Kenya.

In Hengelo, the usually tactically sound Meadows found herself badly boxed in with 250 metres to go.

"I really learned a lot from that race," she said. "I was embarrassed to come sixth, but I got myself in such a terrible position with 250m to go and just spent the last 200m being frustrated as I couldn't get myself out of the little box and just high-stepped the last 200m. I was really bored and just jogging as I couldn't get myself out.



Jenny Meadows, leading a masterclass at Newham track last week

But she said her husband and coach, Trevor Painter, had reasoned there was a positive outcome from Hengelo.

"Everyone in my support team said they were really glad it had happened," she said. "Trevor said everything had been really plain-sailing for me since Berlin last year, but this gives you a bit of a kick up the bum and makes you a bit more tactically astute."

Indeed, since Berlin, where she went to third on the UK all-time list with 1:57.93, Meadows has barely put a foot wrong. She broke Kelly Holmes' UK indoor record during the spring and did so again when taking world indoor silver in Doha. That performance, says Meadows, proves she is in better condition than in Berlin.

"I think the time in Doha was superior to what I did in Berlin," she said. "In Berlin I was following and got dragged whereas in Doha I had to do most of the running myself so I might have to reassess what my time goal is for this year."

Not that Meadows is aiming just yet for the outdoor record held by double Olympic gold medallist Holmes. "I think Kelly's record is going to stand another 12 months," she said. "I'm more looking at the second fastest time ever, by Kirsty Wade (1:57.42).

"Hopefully, with Jemma (Simpson) and Marilyn (Okoro) and whoever the next generation are, we can push each other toward that British record over the next few years."

But going into the fourth Diamond League meeting of the season, where she will also face fellow Briton Simpson, Meadows believes she is in great form. Last Thursday she set a personal best for one of her regular training sessions.

"I know I'm in superb shape so I need to use the next few races to prove the shape I'm in," said the 29-year-old.

From Rome, Meadows will return closer to home for the Aviva European Trials and UK Championships at the Alexander Stadium in two weeks' time. North Birmingham and domestic opposition may not have the glamour of competing against the world's best in the Italian capital, but victory at the trials would be special for Meadows.

"I've never been a UK champion outdoors and it's still something that's very important to me," she said, adding that she did not yet consider herself in the team for Barcelona.

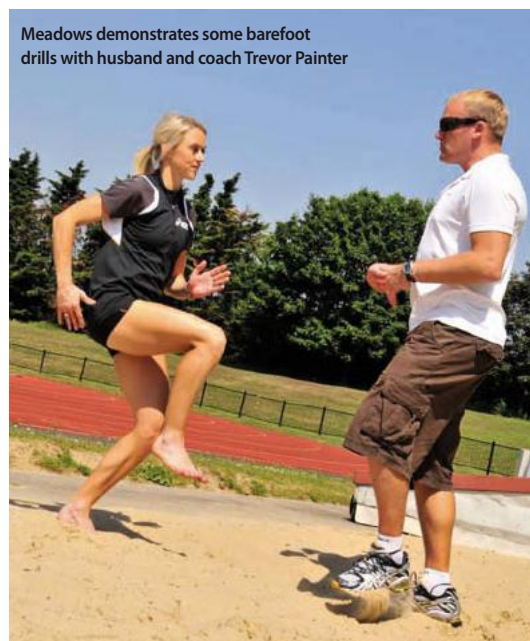
"I've come on the wrong end of selection decisions in the past, especially with Osaka when I didn't get picked straight away," said Meadows, who replaced the injured Becky Lyne at those 2007 World Championships. "Even though I'm counting down to the European Championships, it's still very much my job to get picked for them. I don't take anything for granted. You can never discount anybody."

Meadows feels she has benefitted from Painter, a sports development officer for Manchester city council, switching to working part-time in order to concentrate on coaching her and the rest of his training group.

"He was able to come for the whole month of April to warm-weather training in South Africa, but normally he can only come for two or two and a half weeks," she said.

"Trevor's been able to come on my first two (racing) trips to watch me, which is great because he doesn't always get to do that.

"And as well as helping on the coaching side, he's been able to take some of the stresses out of my life by being around."



Meadows demonstrates some barefoot drills with husband and coach Trevor Painter



■ JENNY MEADOWS is an ASICS ambassador. For further information, head to www.asics.co.uk



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Rudisha beats Coe's mark

David Rudisha closed in on the magic 1:42 barrier in the 800m, while Asafa Powell continued his great recent sprinting form

Pictures: Mark Shearman

DAVID RUDISHA and Asafa Powell sparked at the third in the new Diamond League series as the tour moved on to the famous Bislett Games.

Rudisha smashed Sebastian Coe's 31-year-old meeting record of 1:42.33 as he clocked a world-leading 1:42.04.

The 2006 world junior champion came of age in the senior ranks last season and, even though the Kenyan failed to reach the final of the World Championships, he dominated the closing stages of the summer campaign with victory in Rieti in 1:42.01 to move to No.4 on the all-time lists before winning the World Athletics Final in Thessaloniki.

Rudisha has carried this form into the 2010 season as the 21-year-old posted the eighth fastest performance of all time. The Kenyan benefited greatly from the pacemaking of his training partner, Sammy Tangui, who sped through 400m in a fast 48.97. After Tangui dropped out before the 600m point, Rudisha was pushed all the way

David Rudisha: held off Abubaker Kaki in a classic 800m duel that saw Seb Coe's meeting record of 1:42.33 fall



by Abubaker Kaki, who closed on his Kenyan rival in the home straight.

Rudisha, who also boasts formidable 400m speed, clung on to take his fourth victory of the season after triumphs in Melbourne, Doha and Ostrava.

"It was my goal to break this meeting record", Rudisha said. "I'm very happy

with the way I was running. The pace was excellent and I was able to control it afterwards. I'm not thinking about the world record, more about being consistent at a 1:42 level."

Not to be overlooked was Kaki's performance as the Sudanese sped to a massive PB and national record of

1:42.23 to move to fifth on the all-time lists.

Poland's Marcin Lewandowski finished a distant third in 1:44.56, while Michael Rimmer delivered an encouraging performance in fourth. The world semi-finalist clocked his second fastest performance ever of 1:44.98.

Powell storms to windy 9.72

JAMAICA'S Asafa Powell outclassed the opposition in the 100m as the former world record-holder took victory in 9.72 with the wind reading of 2.1m/sec just over the legal limit.

Powell, who set a meeting record of 9.83 at the IAAF World Challenge in Ostrava, confirmed what great shape he is in with his third victory of the season.

After jogging through the heats in 10.05 (1.2), the world bronze medallist enjoyed a blistering start in the final and, for a change, maintained his form all the way through the race.

After the race, Powell, who is now in the form that saw him set a

world record of 9.72 in 2008, said: "I like the feeling of seeing 9.72 on the scoreboard. I had a pretty comfortable race, good start, good finish, but for sure it wasn't a perfect race. I'm ready to meet anybody now. There are two Diamond League wins on my side, and I hope more will come."

Olympic silver medallist Richard Thompson of Trinidad & Tobago finished second in 9.90, just ahead of Churandy Martina from the Dutch Antilles, who matched Powell out of the blocks. Behind Martina's 9.92, Powell's team-mate Michael Frater finished fourth in 9.97.



Asafa Powell: back to his very best form

World-leading times from Kiprop and Cheiwya

OLYMPIC 1500m champion Asbel Kiprop outsprinted Mekonnen Gebremedhin in the Dream Mile for a comfortable win in a world-leading mark of 3:49.56, but the winning time would have been faster if not for the sporadic pacemaking.

Gebremedhin took second in a PB of 3:49.83 from Gideon Gathimba in third with 3:50.53. Reigning champion Deresse Mekonnen of

Ethiopia faded to sixth in 3:53.52.

Andy Baddeley, the 2008 Dream Mile winner, was out of sorts, finishing 12th in 4:00.66.

As well as victories for Kiprop and Rudisha, there was a Kenyan clean sweep in the women's 3000m steeplechase led by world bronze medallist Milcah Cheiwya, who set a world-leading mark of 9:12.66 to improve Olympic champion Gulnara

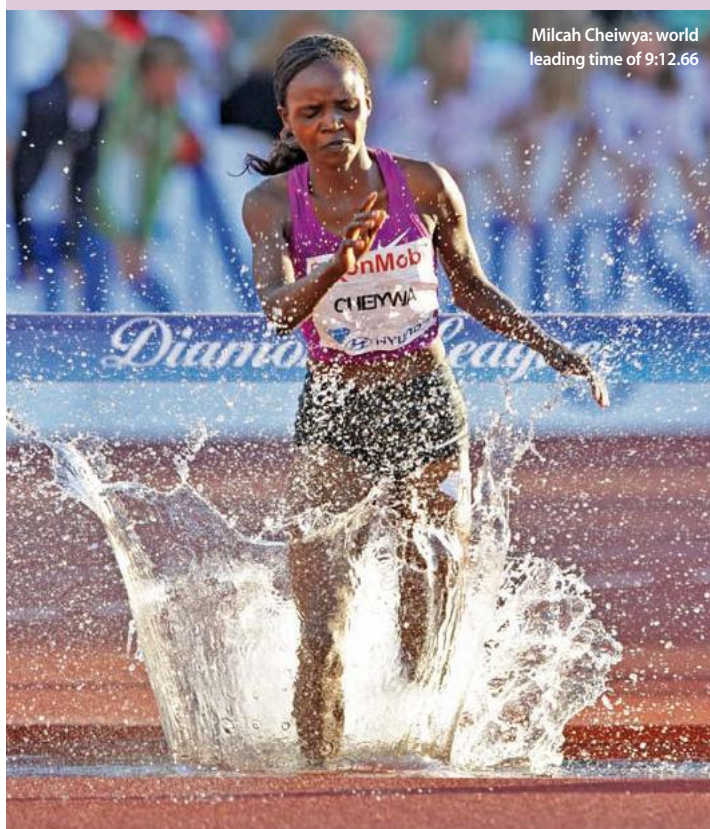
Galkina's meeting record from 9:14.77.

Cheiwya, who made her debut in this discipline last year, broke away from her compatriots just after the halfway point and the 24-year-old turned the tables on Gladys Kipkemboi, who beat Cheiwya in Shanghai last month.

Even though Cheiwya's break proved to be decisive, the Kenyan felt some apprehension about her

aggressive tactics, saying: "I ran too fast in the middle of the race and in the seventh lap, I felt such a pain in my chest. I was worried that I could not finish the race. That means I am surprised by the final time."

Kipkemboi finished second in 9:16.21, with Lydia Rotich third in a PB of 9:18.03. Poland's Wioletta Frankiewicz was the first non-African, in fifth in 9:25.77.



Milcah Cheiwya: world leading time of 9:12.66



Asbel Kiprop: Dream Mile winner in 3:49.56

Merga prevails in record-equalling deep 5000m

IN THE 5000m, 10 athletes ducked under the 13-minute barrier, which equals the record for the most athletes breaking this mark in the same race.

Even though Imane Merga finished fourth over 10,000m at the World Championships last year, his victory came as something of a surprise given the stature of the field. Merga, who also won the World Athletics Final last year, produced a lifetime best of 12:53.81 to defeat his more illustrious compatriot Tariku Bekele, who clocked 12:53.97.

World indoor 3000m champion Bernard Lagat was slightly lost for speed in the final 200m, but the 35-year-old was delighted to break Dathan Ritzenhein's American record of 12:56.27. The former Kenyan broke the



Three-way finish (l to r): Imane Merga wins from Bernard Lagat and Tariku Bekele

13-minute barrier for the first time in his career, finishing third in 12:54.12.

Newly crowned US 10,000m record-holder Chris Solinsky finished sixth in 12:56.66, which was just shy of Ritzenhein's US record. As far as athletes born outside Africa are concerned, only Germany's Dieter Baumann, Australia's Craig Mottram and Ritzenhein have been quicker.

Alemayehu Bezabeh finished seventh in a Spanish record of 12:57.25 for No.3 on the European all-time lists. The Ethiopian-born athlete, who beat Farah to the European cross-country title in Dublin last December, will again be the biggest threat to the Brit at the track equivalent in Barcelona this summer.

Greene and Ohuruogu impressive

SWANSEA'S David Greene gave world champion Kerron Clement a good race in Ostrava last week and the world finalist confirmed his status in the elite, finishing a creditable third and equalling his season's best performance of 49.05 seconds.

The 24-year-old ran a well-measured race to come through strongly but the Welshman was unable to get on terms with the world champion, who took victory in a season's best of 48.12. Bershawn Jackson, who won the opening IAAF Diamond League meeting in Doha, finished second in 48.25.

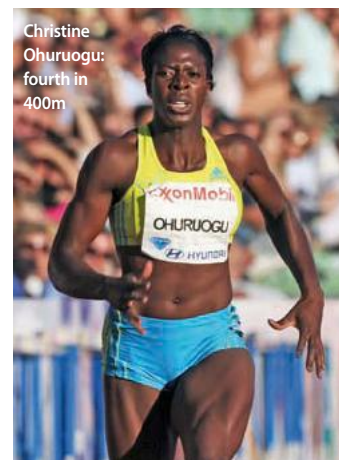
Olympic champion Christine Ohuruogu, who is rarely at her best at the start of a season, finished fourth in the 400m. Ohuruogu used her trademark strength to move from



David Greene: another sub-50 400m hurdles time

seventh to fourth in the final 80m to clock 50.98, which was a mere tenth outside her season's best and a stark improvement on her 51.58 in Ostrava.

However, Ohuruogu was no match for African champion Amantle Montsho of Botswana, who continued her strong early-season form with victory in 50.34.



Christine Ohuruogu: fourth in 400m

Novlene Williams-Mills of Jamaica took second in 50.43, while world indoor champion Debbie Dunn of the USA finished third in 50.75. World No.1 400m hurdler Lashinda Demus set a PB of 51.09 to finish fifth.



Lolo Jones: flanked by Canadians Lopes-Schliep and Felicien, the American won in a slick 12.66



Kerron Clement (right): beat Bershawn Jackson (left) to take the 400 metres hurdles in 48.12

American success in sprints

TWO-TIME world indoor champion Lolo Jones forged through for victory in the 100m hurdles.

In a keenly contested race, the 27-year-old American scored a confidence-boosting victory in 12.66 seconds ahead of Priscilla Lopes-Schliep (12.72) and Perdita Felicien (12.72) of Canada.

Carmelita Jeter took the spoils in the 200m after the disqualification of Lashauntea Moore, who ran outside of her lane on the bend.

The world's leading 100m runner clocked 22.54, defeating former Commonwealth Games champion Debbie Ferguson-McKenzie.



Jack Meredith: 13.32 for 110m hurdles UK junior record

UK junior record for Meredith

WORLD youth silver medallist Jack Meredith improved his UK junior 110m hurdles record to move to equal seventh on the world all-time lists, thus outlining his potential for this year's IAAF World Junior Championships in Moncton.

The Liverpool Harrier improved his UK junior record from 13.36 to 13.32 (+0.3).

Enfield & Haringey's James McLean finished fourth in a personal best of 13.97.

The height of the hurdles was, at 99 centimetres, lower than the standard senior equivalent.

Cantwell reigns supreme in shot put

WORLD shot champion Christian Cantwell was put under pressure from fellow Canada's Dylan Armstrong and Olympic champion Tomasz Majewski, but though slightly below his best, the Olympic silver medallist's fourth-round effort of 21.31m sufficed.

After the competition, the American said: "I came here a little bit late yesterday so I was slightly off, but I came into the rhythm in the second part of the competition. One day this year a big throw will come. It just must happen. We are still at the beginning of the season."

Armstrong, who came fresh from a Canadian record of 21.58m, finished second with 21.16m, while Majewski took third with a season's best of 21.12m.

World high jump champion Blanka Vlasic bounced back from a disappointing performance in Ostrava with revenge over American Chaunte Howard-Lowe.

The Croat, who finished a lowly third in 1.92m in Ostrava last week,



set a season's best of 2.01m to defeat Howard-Lowe, who recently improved the US record to 2.04m, on countback.

Home favourite Andreas Thorkildsen delivered victory in the javelin. The two-time Olympic champion was unable to challenge his season's best of 90.37m but the Norwegian's last-round effort of 86.00m sealed victory from Petr Frydrych from the Czech Republic.

In the long jump, the rapidly emerging Olga Kucherenko continued

her sparkling form with victory over a strong field. The Russian, who set a PB of 7.13m last month, sailed out to a respectable 6.91m to defeat Portugal's Naide Gomes and team-mate Darya Klishina.

Nadine Muller won the discus with her only valid throw of the competition. The German's opener of 63.93m sealed the victory from Poland's Zaneta Glanc's 62.16m.

In swirling conditions, the pole vault

British round-up

BRITS were in action in events held outside the "Diamond League" banner. In the 1500m, Nick McCormick was the first Brit home, finishing fifth in 3:39.76, just ahead of Jermaine Mays in sixth in 3:39.84. Ricky Stevenson placed eighth in 3:40.31.

Veteran Celia Brown finished fifth in the 800m in 2:02.57 to finish one place ahead of world finalist Marilyn Okoro, who clocked 2:02.80 in her first race of the season.

Mark Lewis-Francis finished sixth in the heats of the 100m in 10.24.

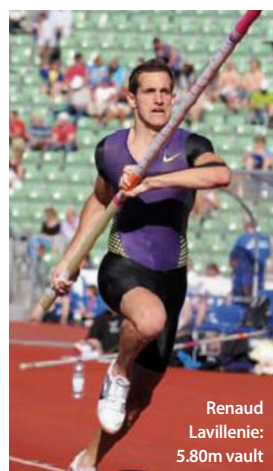
led to an unpredictable competition, in which world and Olympic champion Steve Hooker of Australia failed to record a height, along with training partner and UK No.1 Steve Lewis. This allowed Frenchman Renaud Lavillenie to claim victory with 5.80m.

Lavillenie said: "Today, we got very difficult wind. It was not easy to turn around. It was hard to have a good technique. Therefore, I'm very satisfied with the outcome."

RESULTS

Men

100 (2.1): 1 A Powell (JAM) 9.72 (10.05/1.2 ht); 2 R Thompson (USA) 9.90 (10.08/1.7 ht); 3 C Martina (AHO) 9.92 (10.11/1.7 ht); 4 M Frater (JAM) 9.97 (10.08/1.7 ht); 5 T Kimmons (USA) 10.08 (10.09/1.2 ht); 6 L Clarke (JAM) 10.11 (10.10/1.2 ht); 7 J Saidy Ndure (NOR) 10.14 (10.09/1.7 ht); 8 M Mbandjock (FRA) 10.26 (10.09/1.2 ht). **h2 (1.2):** 5 R Moseley (AUT) 10.10; 6 MARK LEWIS FRANCIS 10.24. **800:** 1 D Rudisha (KEN) 1:42.04; 2 A Kaki (SUD) 1:42.23; 3 M Lewandowski (POL) 1:44.56; 4 MICHAEL RIMMER 1:44.98; 5 A Yego (KEN) 1:45.14; 6 B Som (NED) 1:45.21; 7 A Kszczot (POL) 1:45.75. **1500:** 1 M Olmedo (ESP) 3:36.98; 2 A Rodriguez (ESP) 3:37.39; 3 Y Kowal (FRA) 3:38.34; 4 T Chamney



(IRL) 3:39.02; 5 NICK MCCORMICK 3:39.76; 6 JERMAINE MAYS 3:39.84; 7 H Ingebrigtsen (NOR) 3:40.14; 8 RICKY STEVENSON 3:40.31; 9 M Kealey (AUS) 3:41.47; 10 A Kipchirchir (KEN) 3:41.55. **1M:** 1 A Kiprop (KEN) 3:49.56; 2 M Gebremedhin (ETH) 3:49.83; 3 G Gathimba (KEN) 3:50.53; 4 W Tanui (KEN) 3:50.75; 5 B Lalang (KEN) 3:52.18; 6 D Mekonnen (ETH) 3:53.52; 7 G Rono (KEN) 3:54.37; 8 P van der Westhuizen (RSA) 3:54.90; 9 M Al-Garni, (QAT) 3:55.50; 10 J Higuero (ESP) 3:56.71; 11 J Holuša (CZE) 3:56.75; 12 ANDREW BADDELEY 4:00.66

5000: 1 I Merga (ETH) 12:53.81; 2 T Bekele (ETH) 12:53.97; 3 B Lagat (USA) 12:54.12; 4 L Rotich (KEN) 12:55.06; 5 V Chepkok (KEN) 12:56.32; 6 C Solinsky

(USA) 12:56.66; 7 A Bezabeh (ESP) 12:57.25; 8 M Kisorio (KEN) 12:57.83; 9 B Daba, (ETH) 12:58.51; 10 L Komon (KEN) 12:59.15; 11 S Shaheen (QAT) 13:00.31; 12 E Soi (KEN) 13:07.70; 13 D Salel (KEN) 13:08.23; 14 E Kipchoge (KEN) 13:09.89; 15 A Kuma (ETH) 13:10.89. **400H:** 1 K Clement (USA) 48.12; 2 B Jackson (USA) 48.25; 3 DAVID GREENE 49.05; 4 I Phillips (JAM) 49.38; 5 LJ van Zyl (RSA) 49.50; 6 J Gaymon (USA) 49.56; 7 M Tinsley (USA) 49.70. **PV:** 1 R Lavillenie (FRA) 5.80; 2 M Mohr (GER) 5.70; 3 A Griplich (RUS) 5.60; eq4 M Balner (CZE) / P Czerwinski (POL) 5.60; 6 D Miles (USA) 5.40; 5 Hooker (AUS) / STEVE LEWIS nh. **SP:** 1 C Cantwell, (USA) 21.31 (20.65, x, 21.13, 21.31, 21.22, x); 2 D

Armstrong (CAN) 21.16; 3 T Majewski (POL) 21.12; 4 R Hoffa (USA) 20.69; 5 R Bartels (GER) 20.59; 6 P Lyzhyn (BLR) 20.41; 7 A Nelson (USA) 19.91. **JT:** 1 A Thorkildsen (NOR) 86.00 (80.50, 81.55, 85.68, x, 84.45, 86.00); 2 P Frydrych (CZE) 85.33 (76.85, 84.12, 84.47, 83.37, 85.33, 82.19); 3 T Wirkkala (FIN) 85.04; 4 T Pitkamäki (FIN) 84.43; 5 G Martinez (CUB) 84.35; 6 A Mannio (FIN) 83.81; 7 A Ruuskanen (FIN) 83.45; 8 V Vasilevskis (LAT) 82.61

Women

200 (+1.0): 1 C Jeter (USA) 22.54; 2 D Ferguson-McKenzie (BAH) 22.89; 3 A Fedoriva (RUS) 22.98; 4 C Mothersille, (CAY) 22.99; 5 S Brooks (JAM) 23.18; 6 E Floyd-Broadnax (USA) 23.20; 7 A McLaughlin (JAM) 23.37; 8 Moore (USA) DQ. **400:** 1 A Montsho (BOT) 50.34; 2 N Williams-Mills (JAM) 50.43; 3 D Dunn (USA) 50.75; 4 CHRISTINE OHURUOGU 50.98; 5 L Demus (USA) 51.09; 6 S Williams (JAM) 51.51; 7 D Rosolová (CZE) 51.62; 8 M Hargrove, (USA) 52.14. **800:** 1 A Balakhina (RUS) 2:01.65; 2 W Chebet (KEN) 2:02.03; 3 C Koech (KEN) 2:02.28; 4 I Måkestad (NOR) 2:02.47; 5 CELIA TAYLOR 2:02.57; 6 MARILYN OKORO 2:02.80. **3000SC:** 1 M Cheywa (KEN) 9:12.66; 2 G Kipkemai (KEN) 9:16.21; 3 L Rotich (KEN) 9:18.03; 4 S Assefa (ETH) 9:23.45; 5 W Frankiewicz (POL) 9:25.77; 6 K Kowalska (POL) 9:31.16; 7 A Bobocel (ROU) 9:34.63. **100H (+1.3):** 1 L Jones (USA) 12.66; 2 P Lopes-Schliep (CAN) 12.72; 3 P Felicien (CAN) 12.72; 4 D Carruthers (USA) 12.74; 5 D Ennis-London (JAM) 12.80; 6 C Vukicevic (NOR) 12.91; 7 K Wells (USA) 13.00; 8 C Nytra (GER) 13.14. **B (-0.8):** 1 T Ofili (USA) 13.06; 2

E Berings (BEL) 13.15; 3 N Denby (USA) 13.27. **HJ:** 1 B Vlašić (CRO) 2.01 (1.85o, 1.90o, 1.94o, 1.97o, 2.01o, 2.03xxx); 2 C Howard Lowe (USA) 2.01 01 (1.85o, 1.90o, 1.94o, 1.97o, 2.01xo, 2.03xxx); 3 L Spencer (LCA) 1.94; 4 R Beitia, (ESP) / S Shkolina (RUS) 1.90; 6 I Gordieva (RUS) 1.90; 7 E Green (SWE) 1.90. **LJ:** 1 O Kucherenko (RUS) 6.91/0.7 (6.91, 6.74/2.6, 6.60/1.2, 6.75/0.8, -, -); 2 N Gomes (POR) 6.78/1.3; 3 D Klishina (RUS) 6.77/1.2; 4 E Sokolova, (RUS) 6.68/-0.1; 5 I Španovic (SRB) 6.65 /+1.4; 8 C Klüft (SWE) 6.38/ +1.6. **DT:** 1 N Müller (GER) 63.93; 2 Z Glanc (POL) 62.16; 3 A Thurmond (USA) 61.80; 4 Y Collado (CUB) 61.20; 5 N Grasu (ROU) 60.86; 6 S Perkovic (CRO) 59.71; 7 A Söderberg (SWE) 58.47; Y Barrios, (CUB) NM



Oke inspires Woodford win

Tosin Oke leapt to a league record as Woodford Green beat NEB in first fixture

Words: Martin Duff
Pictures: Lesley Richardson

WOODFORD Green with Essex Ladies put an end to Newham & Essex Beagles' domination of the Premiership after pulling back an early advantage to take victory by 24 points from the two time champions.

The victory came thanks to just two A-string victories, but one of them, by Tosin Oke in the triple jump, was a league record of 17.05m. This beat the 1993 wind-assisted mark of 17.00m set by Francis Agyepong and the legal league best of 16.75m, also by Agyepong. The 29-year-old, who switched last year to representing Nigeria, beat his PB of 16.87m.

Oke won a European junior title for Britain in Latvia in 1999 and even then was planning to one day change allegiance to the country of his parents' birth. But he finally went ahead with the move last year after being overlooked by British selectors for the 2007 IAAF World Championships in Osaka.

This was despite him winning the 2007 UK trials and jumping a B qualifier and PB of 16.86m into a headwind at Crystal Palace (see *Comment*, page 4).



Another of the top performances of the meeting came from David Hughes, the former sprint hurdler making a sudden impact over the one-lap equivalent.

The Sale Harrier, racing the event for only the third time, clocked 50.35 to take more than a second off his PB and beat Richard Davenport, who clattered into the final hurdle.

The 26-year-old competed in the decathlon a junior, scoring 6552 points. He then concentrated on the 110m hurdles and in 2005 took his PB from 14.22 to 13.67 and won the European under-23 title. The following year he improved to 13.57 and went to the European Championships and Commonwealth Games.

Runner-up Davenport is also enjoying a resurgence. After a string of injury problems in recent years, he ran his best time since 2004 – 50.71 despite clipping a hurdle.

Newham led the competition for most of the afternoon, but Woodford kept nibbling away and came within four points (242 to 238) after 13 events before pulling clear.

They were helped by three-time Polish high jump champion Robert Wolski, who won with 2.23m.

He has been in the UK for six months and works in the City.

Woodford Green also claimed five B-string victories but had a well balanced squad with five A-string second places and five thirds.

Newham, meanwhile, had a succession of individual wins led by a sprint double for Ryan Scott, who recovered from a poor start in the 100m to gain a 10.37 victory. Later the 23-year-old set a PB of 21.23 in the 200m.

"It was okay but not special, but I felt strong," said Scott of his 100m.

After the 200m he said: "I tried to pace it, but it was hard work and if it's legal I'll



David Hughes: only third 400m hurdles race

take that." Legal it was and into a slight breeze, which suggests more to come.

Behind Scott in the 100m, runner-up Deji Tobais of Windsor set a World Junior Championships qualifying time of 10.48.

There was a classic victory for James Shane in the 1500m. With Newham clubmate Moumin Geele, two-time Ugandan Olympian Paskar Owor, Ronnie Sparke, Nick Goolab and Richard Goodman all lining up, nobody wanted to take the early pace. Geele, Sparke and Shane were ahead at 400m in a pedestrian 64.0 and it was little better at 800m as Owor led in 2:07.

At the bell (2:52.67), Owor and Geele were ahead with Shane a second off the pace. The 20-year-old improved his position down the back straight before moving up on the bend then pouncing to win in 3:48.74. Shane's last lap took just 55 seconds to cap his perfect race.

"It was a proper loaded field, so I'm really pleased with that. For the last few weeks I've had good runs," said Shane.

Alex Al-Ameen took the 110m hurdles against a 1.7m/sec wind in 14.24 after the Premiership's first false start DQ in Birchfield's Julian Adeniran.

Birchfield faced another DQ in the 400m where their B-string runner

“It was a proper loaded field, so I’m really pleased with that. For the last few weeks I’ve had good runs

JAMES SHANE on his 1500m



James Shane (5): won tactical 1500m with 55-second last lap



Ryan Scott: scored a fine 100m and 200m double

Somto Eruchie crossed the line first in 47.24 but had run out of his lane.

In the A-race Windsor, Slough, Eton & Hounslow's Nigel Levine edged it from Darren St Clair in 46.90. The 21-year-old is recovering from a hamstring tear from two years ago.

Birchfield had a succession of victories and sealed third spot with wins in both relays at the end of the programme.

UK No.1 Brett Morse was impressive in taking the discus with 59.19m from Woodford's Emeka Udechuku – a performance that sealed Morse's selection for the European Team Championships later this month (see *News*).

While Nathan Morgan put in an early 7.69m to seal the long jump from

Newham's JJ Jegade, who posted 7.64m late in the competition.

In a thrilling hammer competition that saw three athletes over 70m and eight over 65m, there was another M45 world veterans' record for Mick Jones.

In fact there were two new bests for Belgrave's former Commonwealth champion. A first-round effort over 69m was a two-metre improvement on his mark from the Sussex Championships before a second round 70.36m briefly led the competition.

"I came here for a Commonwealth qualifier of 70.20m and didn't come for anything less," said Jones. He was later headed in the competition by Alex Smith's 70.93m and Mark Dry's 70.85m.

Smith, who has a best of 72.92m this year, is chasing the B standard for the

European Championships – 74.30m.

"This winter I've done a lot of work with the heavy 12kg hammer," said



Dan Mulhare: 3000m winner for Belgrave

the 22-year-old, who has sorted out a concrete square in the corner of a field from which to throw during winter.

There was an honest pace in the 3000m where Tom Russell took his turn in front before eventual winner Dan Mulhare won in 8:06.97. This was one bright spot for former champions Belgrave Harriers, who were anchored to the bottom of the table for most of the afternoon.

Windsor were down there with them before clawing their way up to just equal the points total of hosts Shaftesbury Barnet, thanks to a javelin victory by Dan Pembroke.

His 70.04m, in the final field event, was a season's best for the 18-year-old, just shy of his lifetime best of 71.68m set last year.

RESULTS

■ **MATCH:** 1 WG&EL 348; 2 NEB 322; 3 Bir 278; 4 Sale 277; 5 E&H 258; 6eq WSEH/SB 240; 8 Belg 209

■ **Men**
100: A (1.1): 1 R Scott (NEB) 10.37; 2 D Tobais (WSEH, U20) 10.48; 3 H Ogunyemi (E&H) 10.50; 4 A Robertson (Sale) 10.54; 5 W Bennett Jackson (Belg) 10.61; 6 C Lawson (SB) 10.73; 7 J Thomas (Bir) 10.77; 8 C Wilson (WG&EL) 10.91. **B (-1.4):** 1 M Findlay (NEB) 10.78; 2 E Winn (E&H) 10.95. **ns (0.3):** 1 H Ogunyemi (E&H) 10.69; 2 J Geoghagen (SB) 10.83; 3 M Hanson (E&H) 10.90. **200: A (-0.6):** 1 R Scott (NEB) 21.23; 2 C Craig (Sale) 21.43; 3 J Thomas (Bir) 21.52; 4 E Winn (E&H) 21.59; 5 N Levine (WSEH) 21.81; 6 S Watts (WG&EL) 21.84. **B (-0.9):** 1 D Tobais (WSEH, U20) 21.65; 2 S Osho (Belg) 21.84. **400: A:** 1 N Levine (WSEH) 46.90; 2 D Sinclair (E&H) 46.92; 3 S Osho (Belg) 47.48; 4 N Leavy (WG&EL) 47.63; 5 R Smith (Sale) 47.83; 6 J McGrath (Bir) 47.92; 7 M Brown (NEB) 48.11; 8 H Lubega (SB) 48.25. **B:** 1 N Wake (WG&EL) 47.65; 2 A Trim (E&H) 47.77; 3 S Johnson (WSEH) 48.12; 4 P North (Sale) 48.45; 5 B Higgins (NEB) 48.65; 6 M Threadgold (Belg) 49.69. **800: A:** 1 M Mitchel (Bir)

1:51.60; 2 P Owor (Belg) 1:51.71; 3 K Kane (WG&EL) 1:52.78; 4 J Hallas (Sale) 1:53.60; 5 A Tovey (WSEH) 1:53.93; 6 N Riding (NEB) 1:54.49. **B:** 1 R Graham-Watson (WSEH) 1:52.79; 2 C Reynolds (WG&EL) 1:53.84; 3 A Watt (Bir) 1:53.99. **1500: A:** 1 J Shane (NEB) 3:48.74; 2 P Owor (Belg) 3:49.40; 3 K Kane (WG&EL) 3:50.36; 4 I Rawlinson (SB) 3:51.25; 5 R Hedges (E&H) 3:51.42; 6 J Bailey (Sale) 3:54.05; 7 B Sherman (Bir) 3:54.62. **B:** 1 N Goulab (Belg) 3:49.83; 2 M Geele (NEB) 3:49.85; 3 R Goodman (Belg) 3:53.05; 4 R Sparke (WG&EL) 3:54.68; 5 M Sandford (E&H) 3:56.48. **3000: A:** 1 D Mulhare (Belg) 8:06.97; 2 T Russell (SB) 8:11.41; 3 J Nydasenga (Bir) 8:16.45; 4 S Farrar (NEB) 8:18.64; 5 N White (WSEH) 8:20.96; 6 D Norman (Sale) 8:35.72; 7 D Augustus (WG&EL) 8:40.48. **B:** 1 B Ande (Bir) 8:18.52; 2 N Fleming (SB) 8:33.51; 3 O Jones (WSEH) 8:35.73; 4 J Fairbourne (Belg) 8:42.79; 5 B Powell (WG&EL) 8:43.17. **110H: A (-1.7):** 1 A Al-Ameen (NEB) 14.24; 2 D Davies (WG&EL) 14.25; 3 J Adeniran (SB) 14.61; 4 B Reynolds (WSEH) 14.96; 5 C Wakeford (Sale) 15.28; 6 R Henry (E&H) 15.82. **B (-1.1):** 1 S Nyananya (NEB) 14.86; 2 F Smith (WG&EL) 15.03; 3 Z

Saucede (E&H) 15.84. **400H: A:** 1 D Hughes (Sale) 50.35; 2 R Davenport (NEB) 50.71; 3 T Carey (SB) 52.74; 4 J Lodowski (E&H) 53.83; 5 F Smith (WG&EL) 54.07; 6 B Yeind (Bir) 54.54; 7 A Fry (WSEH) 54.83. **B:** 1 T Burton (NEB) 51.46; 2 C Wakeford (Sale) 53.92; 3 A Clements (WSEH) 54.29; 4 D Bray (WG&EL) 54.69; 5 Z Saucedo (E&H) 55.87. **3000SC: A:** 1 B Naggy (E&H) 9:09.28; 2 J Bailey (Sale) 9:09.39; 3 D Mitchinson (NEB) 9:14.97; 4 T Bryant (SB) 9:41.84. **B:** 1 H Abdi (NEB) 9:21.74; 2 S Collins (E&H) 9:27.12; 3 J Perry-Williams (SB) 9:56.41. **4x100: A:** 1 Bir 41.36; 2 WSEH 41.36; 3 WG&EL 41.82; 4 NEB 41.84; 5 Sale 42.29; 6 SB 42.37. **4x400: A:** 1 Bir 3:10.84; 2 NEB 3:11.06; 3 WG&EL 3:11.89; 4 WSEH 3:16.84; 5 E&H 3:17.11; 6 Sale 3:21.67. **HJ: A:** 1 R Wolski (WG&EL) 2.23; 2 A Scarr (E&H) 2.20; 2 R Grabarr (NEB) 2.20; 4 P Stewart (Bir) 2.10; 5 B Hall (Sale) 2.10; 6 A McKie (WSEH) 2.10; 7 T Gardner (Belg) 2.00; 8 D Stone (SB) 2.00. **B:** 1 M Roberts (NEB) 2.20; 2 M Lloyd (WG&EL) 2.15; 3 C Baker (E&H) 2.05; 4 J Okara (Bir) 2.00; 5 C Lake (WSEH) 2.00; 6 G MacLean (SB) 1.95. **ns:** S Phelon (Unknown) 2.00. **PV: A:** 1 M Eaves (NEB) 5.10; 2 A Strange (WG&EL)

5.00; 3 A Marsh (Bir) 5.00; 4 R Searles (E&H) 4.80; 4 A Sutcliffe (Sale) 4.80; 6 G MacLean (SB) 4.60; 7 S McLennan (WSEH) 4.40. **B:** 1 C Walker-Shepherd (Bir) 4.60; 2 D Curwen-Reed (SB) 4.60; 3 C North (WG&EL) 4.60; 4 M Johnson (E&H) 4.40; 5 M Cullen (Sale) 4.20; 6 S Walker (WSEH) 4.00. **LJ: A:** 1 N Morgan (Bir) 7.69/1.0; 2 J Jegede (NEB) 7.64/1.9; 3 M Holloway (WSEH) 7.29/1.3; 4 S Small (Sale) 7.21/1.5; 5 T Oke (WG&EL) 7.10/1.4; 6 J Carr (SB) 7.04/1.5; 7 G Wilson (Belg) 6.89/0.3. **B:** 1 L Smith (Bir) 7.27/1.7; 2 N Thomas (NEB) 7.08/1.4; 3 A Kennedy (WSEH) 6.93/0.5. **TJ: A:** 1 T Oke (WG&EL) 17.05/0.8; 2 N Fox (SB) 14.92/0.8; 3 N Thomas (NEB) 14.92/-0.3; 4 M McKernan (Bir) 14.32/-1.4; 5 A Kennedy (WSEH) 14.29/0.2; 6 D Wellstead (Belg) 14.21/-1.3; 7 R Twumasi (Sale) 13.75/-0.2. **B:** 1 S Ojo (WG&EL) 14.66/-0.8; 2 K Katarzynski (Bir) 13.69/-1.4. **SP: A:** 1 R Martisaulas (Sale) 17.98; 2 C Fletcher (WG&EL) 17.14; 3 L Richards (E&H) 16.89; 4 R Spencer-Jones (Bir) 16.78; 5 S Westlake-Cann (SB) 16.13; 6 N Webb (NEB) 14.75; 7 M Wiseman (Belg) 14.31. **B:** 1 E Udechuku (WG&EL) 16.87; 2 S Thompson (Sale) 15.68; 3 B Morse (Bir) 15.01; 4 M Allen (Belg)

13.84. **DT: A:** 1 B Morse (Bir) 59.19; 2 E Udechuku (WG&EL) 57.34; 3 C Scott (SB) 54.93; 4 L Richards (E&H) 54.44; 5 S Thompson (Sale) 53.66; 6 S Cooke (NEB) 51.31; 7 M Wiseman (Belg) 51.24; 8 S Watson (WSEH, U20) 47.50. **B:** 1 A McInroy (SB) 53.99; 2 M Brown (E&H) 53.67; 3 T Norman (WG&EL) 52.71; 4 S Herrington (Bir) 50.17; 5 L Marar (Belg) 48.63; 6 M Gouldbourne (Sale) 45.81; 7 N Webb (NEB) 45.72; 8 R Barrett (WSEH, U20) 39.31. **HT: A:** 1 A Smith (Sale) 70.93; 2 M Dry (WG&EL) 70.85; 3 M Jones (Belg) 70.36; 4 A Williamson (NEB) 69.37; 5 J Bedford (Bir) 66.94; 6 A Warner (WSEH) 60.94; 7 C Bennett (SB) 59.47; 8 S Coe (E&H) 58.27. **B:** 1 A Frost (WG&EL) 67.69; 2 M Floyd (Sale) 67.28; 3 S Bown (NEB) 65.78; 4 P Smith (Bir) 64.20; 5 M Richards (Belg) 57.14; 6 A Williams (SB) 56.46; 7 C Siggers (E&H) 54.87; 8 M Finn (WSEH) 53.20. **JT: A:** 1 D Pembroke (WSEH, U20) 70.04; 2 M Hunt (Sale) 66.84; 3 B Buwembo (E&H) 65.79; 4 S Harvey (WG&EL) 62.90; 5 M Stoker (SB) 60.45; 6 J Everard (Belg) 60.23. **B:** 1 S Bennett (WG&EL) 60.12; 2 S Porter (Sale) 59.13; 3 A Lovett (E&H) 56.83; 4 W Smith (Belg) 54.54. **ns:** J Campbell (Chelt) 70.41

Home victory for Birchfield

The host club start their league campaign with a comfortable victory

Words: Tom McCook
Pictures: Harry Shakeshaft
www.hsphotos.co.uk

BIRCHFIELD HARRIERS had to wait 12 very long years until the last fixture of 2009 at Cophthall last August to win a UK Women's League match.

Having eventually broken their duck, the Stagbearers made it two consecutive victories when they convincingly won their home match, held in overcast humid conditions.

The north Birmingham club scored 217 points to run out victors by 31 points from the defending champions City of Manchester, who were seven points ahead of third-placed Windsor, Slough, Eton & Windsor.

A week before her 23rd birthday, City of Manchester's Stephanie Pywell who has overcome the trauma and pain of stress fractures in both her foot and her back, came out on top in the high jump by five centimetres from Birchfield Harrier Vikki Hubbard. Pywell, who won both the 2008 Olympic trials and the following winter's UK indoor title, cleared her winning height of 1.85m at her first attempt before coming extremely close to clearing 1.92m, which would have improved her career best by a couple of centimetres.



Stephanie Pywell: back from stress fractures

Amy Woodman: full points for Birchfield in long jump



She said: "It is so good to be able to compete again after being told a year ago that there was a 50 per cent chance that one of the stress fractures in my back would never heal."

The hosts had set off on a flying start by securing maximum points in the long jump. Amy Woodman repeated her A-string victory from the opening fixture at the same venue last year by a margin of seven centimetres from Windsor's Jenny Pacey with 6.15m.

Zoe Derham maintained the momentum in winning the hammer with a 64.34m throw, compared with 62.73m by Trafford AC's Carys Parry in her first competitive outing this season.

City of Manchester's Laura Whittingham won the javelin competition by almost eight and a half metres with 51.68m. Her clubmate Rebecca Peake put the shot 16.11m to win by 37cm from Birchfield's Eden Francis. The European under-23 discus champion from Leicester was runner-up in the discus in a competition won by Shaftsbury Barnet's Jade Nichols with 52.77m.

Three years after sustaining a career-threatening knee injury while competing in the UK Championships long jump competition in Manchester, 21-year-old Jade Surman continued

her comeback with a B-string hurdles victory in times of 14.21 and 60.69 respectively.

Edinburgh AC's Sarah Hood celebrated her 28th birthday four days early by lowering the division one record for the 2000m steeplechase to 6:55.47 in only her third race in this event, which was introduced into the league a year ago. The Edinburgh University student said: "I decided to try the steeplechase after getting bored of running 800m and 1500m. To be honest, although I am pleased to improve the record and to win a race after two second places, I feel disappointed that

it was not more competitive having led all the way."

Less than 24 hours after taking her final physiology examination at Loughborough University, Windsor's Justine Kinney shaved four tenths of a second from her career best when she won the 400m hurdles in 57.13 by two seconds from Woodford Green with Essex Ladies' Tracey Duncan. The 22-year-old, who served her athletics apprenticeship nearby with Royal Sutton Coldfield AC, said: "My coach (Nick Dakin) has been working with me to take 15 strides between the hurdles. I felt very strong today and I am very

Jade Surman: B-string victories in 100m and 400m hurdles





Claire Entwistle:
1500m winner



Justine Kinney:
57.13 to win
400m hurdles



Sophie Morris:
maximum points
in 3000 metres

much looking forward to running in Geneva again next week where I ran a PB a year ago."

Serita Solomon recorded Blackheath & Bromley's only victory when she won the 100m hurdles in 14.10 by seven hundredths of a second from Birchfield's Gemma Werrett into a 1.9m/s wind.

City of Manchester's 18-year-old Shaunna Thompson won the 100m by a tenth of a second from Windsor's Helen Pryer in 11.79 (-1.4) but immediately went for treatment for a tight hamstring. As a precautionary measure, the teenager withdrew from both the 200m and the relay. Pryer won the 200 metres in 23.98, while her Windsor team-mate Monique Williams secured maximum

points by taking the B race in 24.40. This duo paired up later to contribute towards victory in the 4x100m relay by a second in 46.70 from Blackheath & Bromley. Trafford AC ended the day by comfortably winning the 4x400m in 3:45:33 from Edinburgh AC.

Nadine Okyere achieved a massive breakthrough when she won the 400m by six tenths of a second in 53.38. The 23-year-old Birchfield Harrier, who has been coached by Joe Caines since she moved back to Birmingham last autumn, said: "We have been doing very different sessions, which appear to be working. It is a very pleasing surprise to have made such an improvement to my PB."

Shaftsbury Barnet's Nadia Williams won the triple jump with a distance of 13.29m, while Windsor's Sophie Upton won the pole vault by 10 centimetres with a 3.90m clearance.

Windsor's Dawn Wilson won the 800m in 2:07:46. Claire Entwistle and Sarah Hudak scored maximum points for Trafford AC in the 1500m.

Birchfield Harriers' long-serving team manager Lyn Orbell was understandably euphoric at her team's second consecutive league victory. She said: "I am very pleased by a superb performance by the girls. There were several PBs and season's best performances and every one played their part in our success today."



Rebecca Peake:
shot winner

RESULTS

■ MATCH: 1 B 217; 2 Sale 186; 3 WSEH 179; 4 Traff 161; 5 WG&EL 145.5; 6 SB 130.5; 7 Edin 122; 8 B&B 112

Women

100: A (-1.4): 1 S Thompson (Sale) 11.79; 2 H Pryer (WSEH) 11.90; 3 L Bloor (Traff) 11.95; 4 A Shand-Whittingham (B&B) 12.07; 5 G Bennett (SB) 12.12; 6 M Cooksey (Bir) 12.21. **B (-1.5):** 1 L Evans (Sale) 12.12; 2 S Adams (Traff) 12.18; 3 M Williams (WSEH) 12.20. **200: A (-0.1):** 1 H Pryer (WSEH) 23.98; 2 L Bloor (Traff) 24.09; 3 M Cooksey (Bir) 24.44; 4 L Evans (Sale) 24.68. **B (-0.5):** 1 M Williams (WSEH) 24.40; 2 S Adams (Traff) 24.54. **400: A:** 1 N Okyere (Bir) 53.38; 2 J Ryan (WG&EL) 54.01; 3 S Oskan (WSEH) 54.36; 4 R Galligan (SB) 55.37; 5 K Evans (Edin) 55.67; 6 V Garrad (Traff) 56.09; 7 T Watson (Sale) 57.57. **B:** 1 N Ferguson (Traff) 55.94; 2 C Burgoyne (Bir) 56.24; 3 L Sharp (Edin) 56.32; 4 L Owusu (WSEH) 56.63; 5 H

Belch (Sale) 57.26. **800: A:** 1 D Wilson (WSEH) 2:07.46; 2 C Riley (Traff) 2:07.62; 3 P Aukett (SB) 2:08.19; 4 L Dunn (Edin) 2:08.53; 5 E Okoro (Bir) 2:08.59; 6 N Maddick (Sale) 2:11.12; 7 K Foy (WG&EL) 2:13.20. **B:** 1 J Fairchild (Traff) 2:12.09; 2 C Long (WSEH) 2:15.62; 3 L Peffer (Edin) 2:16.22. **1500: A:** 1 C Entwistle (Traff) 4:30.56; 2 E Murty (B&B) 4:31.04; 3 A Campbell (SB) 4:32.59; 4 J Hill (Sale) 4:33.57; 5 D Walters (Bir, W40) 4:36.83; 6 T Bird (WG&EL) 4:38.95; 7 K Eravisto (Edin) 4:41.45. **B:** 5 Hudak (Traff) 4:41.07. **3000: A:** 1 S Morris (WSEH) 9:31.34; 2 S Waldron (SB) 9:34.15; 3 D Walters (Bir, W40) 9:41.61; 4 J Fairchild (Traff) 9:57.64; 5 R Deegan (Sale) 9:58.42; 6 L Dunn (Edin) 9:58.44. **B:** L Parnell (Bir) 10:18.46. **100H: A (-1.9):** 1 S Solomon (B&B) 14.10; 2 G Werrett (Bir) 14.17; 3 A Vinet (Sale) 14.23; 4 C Penet (Edin) 14.61; 5 J Heckford (WSEH) 15.49. **B (-0.3):** 1 J Surman (Bir) 14.21; 2 D Rooney (Sale) 14.82. **400H: A:** 1

J Kinney (WSEH) 57.13; 2 T Duncan (WG&EL) 59.12; 3 E Okoro (Bir) 60.52; 4 K Cosby (B&B) 60.94; 5 A Jackson (Edin) 62.66; 6 N Desai (Traff) 62.75; 7 H Belch (Sale) 64.82. **B:** 1 J Surman (Bir) 60.69; 2 L Burke (WSEH) 60.76; 3 E Moss (WG&EL) 62.67; 4 W Davidson (Edin) 64.77. **2000SC: A:** 1 S Hood (Edin) 6:55.47; 2 D Kennedy (WG&EL) 7:16.04. **4x100:** 1 WSEH 46.70; 2 B&B 47.71; 3 Bir 48.58; 4 WG&EL 49.14; 5 Edin 49.78. **4x400:** 1 Traff 3:45.33; 2 Edin 3:47.52; 3 WG&EL 3:49.01; 4 Bir 3:50.62; 5 WSEH 3:53.88; 6 Sale 3:55.69; 7 SB 3:59.79; 8 B&B 4:10.90. **HJ: A:** 1 S Pywell (Sale) 1.85; 2 V Hubbard (Bir) 1.80; 3 K Humberstone (Traff) 1.80; 4 E Nuttall (Edin) 1.70; 5 A Akim (WG&EL) 1.65; 6 L Hodgins (WSEH) 1.65. **B:** 1 A Lassu (Sale) 1.75; 2 Z Phillips (Bir) 1.70; 3 L Chamberlin (Traff) 1.65; 4 S Moodie (WG&EL) 1.65; 5 F Smithson (WSEH) 1.65. **PV:** A: 1 S Upton (WSEH) 3.90; 2 L But-terworth (Bir) 3.80; 3 S Scott (Traff)

3.80; 4 A Heywood (Sale) 3.80; 5 L Shortland (WG&EL) 3.60; 5 L Hughes (B&B) 3.60; 7 S Smith (SB) 3.40. **B:** 1 K MacKintosh (WG&EL) 3.40; 2 R Arnhein (B&B) 3.40; 3 E Andersson (Sale) 3.10; 4 A Humble (WSEH) 3.10. **LJ: A:** 1 A Woodman (Bir) 6.15/0.0; 2 J Pacey (WSEH) 6.08/1.9; 3 K Murray (WG&EL) 5.97/2.3; 4 A Irozuru (Sale) 5.94/1.4; 5 S Warnock (Edin) 5.84/0.9; 6 T Robinson-Scanlon (SB) 5.73/1.3; 7 L Bloor (Traff) 5.69/0.7. **B:** 1 S Crawley (Bir) 5.89/1.4; 2 S Wellstead (WSEH) 5.86/1.2; 3 Z Ceasay (WG&EL) 5.76/2.2. **TJ: A:** 1 N Williams (SB) 13.29/1.4; 2 S Aneto (WG&EL) 13.08/1.7; 3 S Gutzmore (Bir) 12.95/0.0; 4 C Linskill (Sale) 12.52/1.1; 5 S Warnock (Edin) 11.62/1.4; 6 L Blackie (B&B) 11.32/1.4. **B:** 1 Z Ceasay (WG&EL) 12.82/1.7; 2 E Lyons (Sale) 11.08/2.0. **SP: A:** 1 R Peake (Sale) 16.11; 2 E Francis (Bir) 15.74; 3 J Duncan (WG&EL) 14.34; 4 S Brown (B&B) 13.37; 5 H Evenden (Edin) 12.88; 6 L

Boggis (SB) 11.58; 7 B Ogun (WSEH) 11.22; 8 C Beckett (Traff) 11.20. **B:** 1 A Rodger (Sale) 15.23; 2 S Thomas (Bir) 12.98. **DT: A:** 1 J Nicols (SB) 52.77; 2 E Francis (Bir) 51.86; 3 S Brown (B&B) 47.56; 4 A Rodger (Sale) 42.85; 5 H Evenden (Edin) 41.31; 6 H Redman (WG&EL) 38.99; 7 L James (WSEH) 36.21. **B:** 1 N Dhaliwal (Bir) 48.30; 2 K Law (SB) 45.08; 3 S Milner (B&B) 42.51; 4 J Duncan (WG&EL) 35.04. **HT: A:** 1 L Derham (Bir) 64.34; 2 C Parry (Traff) 62.73; 3 L Douglas (Sale) 60.39; 4 S McKelvie (Edin) 60.00; 5 J John (WSEH) 54.56; 6 S Smith (WG&EL) 52.21; 7 S Brown (B&B) 41.86. **B:** 1 S Holt (Sale) 59.07; 2 R Gair (Traff) 58.44; 3 H Evenden (Edin) 54.99; 4 B Ogun (WSEH) 53.01; 5 H Murray (Bir) 51.42; 6 L Marshall (WG&EL) 50.97. **JT: A:** 1 L Whittingham (Sale) 51.68; 2 L Watton (SB) 43.22; 3 A White (WSEH) 41.35; 4 S Thomas (Bir) 40.91; 5 E Smith (WG&EL) 39.12. **B:** D Bentley (Sale) 43.32

For richer, for poorer

England Athletics has never had more funding, writes JASON HENDERSON, but it is bracing itself for the day it dries up

WHEN it comes to funding, England expects. With London 2012 fast approaching, the No.1 Olympic sport in the host nation of the Games has never been so generously supported by the Government and sponsors. The big worry, though, is: will it last?

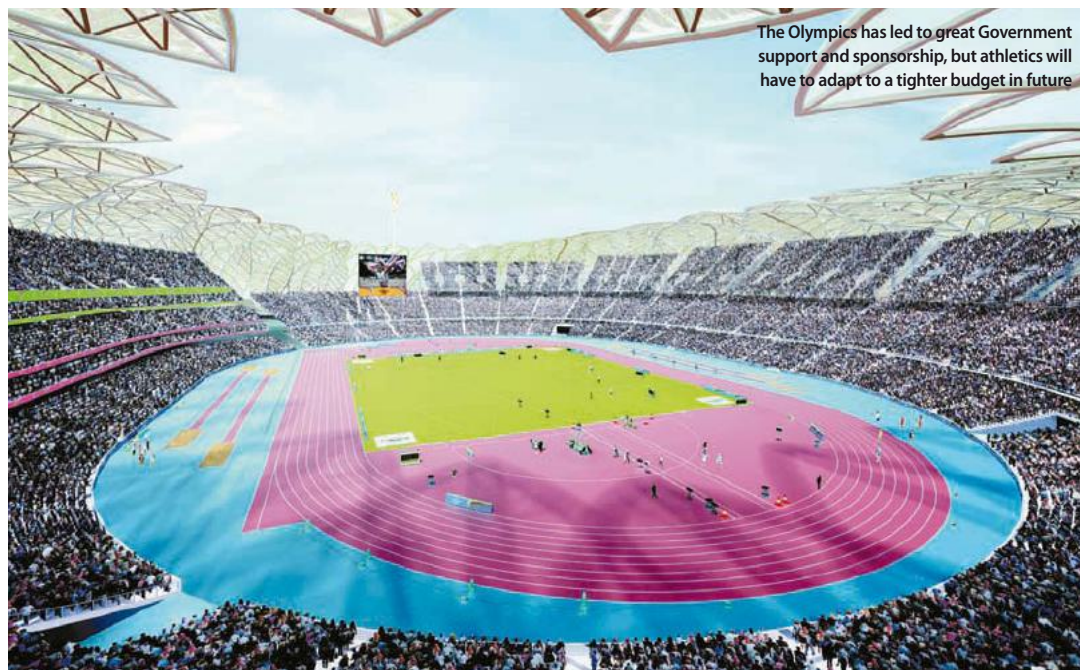
In December 2008, *Athletics Weekly* sat down with the chief executive of England Athletics, Mike Summers, plus his colleagues – the governing body's head of coaching Richard Wheater and head of marketing and strategy Chris Jones. They had recently been buoyed by a £20.4 million cash boost from Sport England and were determined to spend the money well.

"We are blessed," said Summers at the time. "With this investment for the next four years and by injecting this funding intelligently, it could lead to a real legacy."

Now, 18 months later, the good news is that England seems to have spent the money wisely. They are continuing to use the money to make a positive difference to the grassroots of the sport, too.



Mike Summers: the England Athletics CEO



The Olympics has led to great Government support and sponsorship, but athletics will have to adapt to a tighter budget in future

Yet, despite this, the governing body is also sensibly preparing for a rainy day. The post-2012 day, of course, when funding and sponsorship inevitably begins to wane.

"It's a huge discussion," Summers told *AW* recently. "How will we survive if the money dries up?"

He added: "The sport has lived for several years now off Government funding and because there is no guarantee of that beyond 2012 or 2013, we all need to find a new financial model for the sport.

"That involves helping clubs make themselves more sustainable, looking at the best ways that we can help the sport and finding the best ways to fund it. The fact is that we are going to hit tough economic times. So lots of our time is working out what the best financial strategy for the sport is going to be."

UK Sport, Sport England and the new UK anti-doping agency will all have to make budget cuts of 3 per cent, the Government announced last month. But during the current financial year there will be no cuts to national governing bodies.

"But that might not be the case next year," says Summers, who, like other governing body CEOs such as Niels de Vos at UKA, will be waiting for the new Government coalition's first budget

on June 22 with anticipation. "I think it's quite likely that next year we will see a bit more of a squeeze," Summers predicts.

On the positive front, though, England Athletics has relished spending the money during the past year or so. Summers, Wheater and Jones bubble with enthusiasm when discussing the challenges involved. Although running the sport can be a sapping business and Wheater smiles when he admits he stays in so many Premier Inns he often forgets which town he's in when he wakes up.

Part of this travelling is due to the number of consultation visits that England has done. There have been 20-plus road shows recently, together with an online questionnaire, and there is no doubt that this ability to "listen" has led to the relatively new governing body (it took over from the AAA of England) fast establishing a decent reputation. Certainly, there has been no sign of the infamous civil war disputes that used to plague the old AAA.

Questions at road shows have been split into four areas:

- What services do clubs want from England?
- What should clubs do in order to make themselves more sustainable post-2012?
- Competition. "The overwhelming

feedback that we want the governing body to help sort the competition structure, because it's still muddled and not quite right," says Summers.

■ Coaching and coach education issues.

So what do clubs want from their governing body in England? "The status quo in some cases," says Jones. "Stick with the same for a period of time. Persevere. Stability is key. We have had too many changes recently."

Jones refers to present strategies which are beginning to blossom. Strategies such as the Athletics Networks, an idea which seems to be growing the whole time.

Today, there are 54 Athletics Networks compared to the initial target of 50. The idea is to get clubs and coaches working together and there are about 500 clubs involved. Most are funded. "Some are not funded," says Jones, "as they said to us that they liked the idea and framework and wanted to try it."

He adds: "Our vision for it is that eventually it will become viral. People will remove the barrier of geographical boundaries in their minds so that it becomes a general and wider culture change. And the culture will be that says, for example, 'it's okay to share' whether it is ideas, coaches etc."



Richard Wheater: England's head of coaching

Another idea taking off is the Run in England scheme. A replica of the successful jogscotland format, there are now 1700 people in England who have done a one-day leadership course in 'running fitness' and 150 groups across the nation.

Athletics in schools is a vital area and England also feels it is making progress. Providing the right kind of competition is, England believe, important and there are 450 Quad Kids events involving 70,000 youngsters this year. "That's fantastic – we've been overjoyed with it," says Jones. "But the challenge is to make sure the child's experience is consistent between school and club."

The Athletics Networks are also using Quad Kids and Sportshall, while EA is working with UKA to pilot the burgeoning Super8 concept in schools. "It is all part of a push to keep kids' competition fresh, all over in two hours, easier to set up, with less travelling," says Jones.

Coaching is another immense area



Chris Jones: England's main marketing man



Improving competition for youngsters is a major challenge for EA

Keith Mayhew

that England has ploughed a lot of money and effort into. From the new national and local coach development programmes to the coaching conferences and masterclasses that have been staged, there have been big developments in this field.

Wheater illustrates the good work with the example of how the well-known sprints coach Loren Seagrave spent his time earlier this year during the period between the UK indoor trials and indoor grand prix. "During that week he did one to ones during the day time, where coaches could spend half a day with him," says Wheater. "There were also free masterclass sessions – on two different nights in two locations.

"Then on Saturday there was a masterclass the day before the grand prix. And on Sunday there was a day with just the national coach development programme coaches. We also interviewed him for uCoach, so anyone who couldn't get to the events could listen to him."

Wheater continues: "There are only 30-ish coaches on the national coach development programme for speed but 150 coaches attended the masterclasses, with 600 coaches listening to the download on uCoach."

Summers interjects: "It's all about creating a learning culture that perhaps used to exist and we are trying to recreate it."

"The fact is that we are going to hit tough economic times. So lots of our time is working out what the best financial strategy for the sport is going to be"

MIKE SUMMERS

Wheater adds: "A coach who isn't learning is going backwards and not forwards.

"Speak to any top coach in the world and they will emphasise the need to constantly be learning – and I think we have lost that a little bit in recent years, but we're getting it back. And

hopefully we are now tapping into a rich desire for knowledge now with all the masterclasses we are putting on. We didn't used to have a website for coaching – now we do."

When it comes to coach education, a new structure has been developed featuring three main roles – a leader, assistant and coach. Although coaches who have got old-style qualifications can keep them and the new scheme is optional.

"I apologise where we get it wrong," says Wheater, "but I firmly believe it is better to have a go and try to get things right than not try at all. And I do believe we have made a positive difference so far."

■ FROM Doha to Delhi, see **News 9**



Thriving: England's policies seem to be hitting the mark at grassroots

Ohuruogu's family spirit

In the run-up to the Aviva European Trials, we look at some athletics families, starting with the Ohuruogus

SHE may be the reigning Commonwealth and Olympic champion to most people, but at home she's just Christine.

Christine Ohuruogu is no stranger to competition, for she has seven brothers and sisters – enough to make two complete 4x400m relay teams!

Obi is older than the 26-year-old 400m runner, while Charlie, Vicky, Daniel, Kingsley, Gabriel and Joshua make up the rest of the Ohuruogu family.

Three years ago Christine moved out of the family home in order to concentrate on her athletics career – albeit she is just ten minutes down the road. And while she may have moved, at least one member of her family is always close by for support.

Christine said: "I've moved and it's served me well but I do miss them though. I'm the oldest girl but have an older brother too and then I've got the 'minions' below."

She added: "It's so nice at home. I'm just Christine, we don't talk track and field, they don't understand it anyway and the kids don't care. The last thing they want to know is what I do at training or races."

"All they care about is if I win, and if I don't win they don't care. They're like 'did you win? No? I don't care', and then we talk about something else."



Family affair (left to right): Christine, Vicky and Charles, who is studying in the USA



Christine Ohuruogu: has seven brothers and sisters

Christine continued: "They all like to say that they can beat me. I took my little brother (Gabriel) to the track, he's five, I was training so I took him with me and he wanted me to do the blocks with him and it was on the 100m, so I did it, and he set off running and he didn't stop. He did the whole 400. He stopped a couple of times, but he was so tired. I said 'that's what I do, but I don't stop' and I think he got the point."

Gabriel may be keen to test his older sister's running skills, but it's actually another sibling who may yet be best placed to challenge the former England netballer.

If 17-year-old Vicky fulfils her potential, the pair will undoubtedly be dubbed the Williams sisters of the

athletics world. In 2001, when Christine was 17, she ran clocked 55.29 in the 400m. Meanwhile Vicky has already run a PB of 54.17 this season, in Moscow last month when she was fourth in the European trials for the Youth Olympic Games.

Vicky also ran 55.36 to win the England indoor 400m title in her age group earlier this year, while she was third in the UK School Games and runner-up in the English Schools at 300m in 2008.

"I know she can definitely go a bit faster," said Christine. "We do sometimes (train together) but Lloyd (Cowan, Christine's coach) doesn't like us training together because we mess around too much."

"It's so nice at home. I'm just Christine, we don't talk track and field, they don't understand it anyway and the kids don't care. The last thing they want to know is what I do at training or races"

CHRISTINE OHURUOGU on family life

Christine raced last Friday at the Golden League in Oslo and at the end of this month she will target the Aviva European Trials and UK Championships in Birmingham, the selection meeting for the European Championships in Barcelona.

"My brothers will be there (Birmingham). Well, they'd better be here!" Christine said. "I think I'd like Vicky to be competing. I don't think she's got anything to lose, so long as she doesn't beat me!"

■ TICKETS for the Aviva European Trials and UK Championships at the Alexander Stadium, Birmingham, on June 25-27 are available by phone on 08000 556 056 or online at www.uka.org.uk



Vicky Ohuruogu: following in the footsteps of her sister and Olympic champion Christine

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The name of the game

As the FIFA World Cup kicks off, here is athletics' answer to the England team in South Africa

AS YOU watch the World Cup, how many names will be familiar in athletics terms? Many of the speedy wingers will be sub-11 100m runners, the busy midfielders capable of a sub-three marathons and the goalkeepers capable of a long javelin throw.

So with reference to the England squad of 23, we scoured Power of Ten (POT) to see the nearest link to each team member.

1. David James

THE long-standing England No.1 keeper (AKA "Calamity") matches with nine POT athletes, the best known probably being a former international from Cardiff, who as a 22-year-old in 1980 ran 13:33.91 for 5000m and 8:20.28 for two miles which ranks 12th on the UK all-time lists.

2. Glen Johnson

THE speedy full-back produces one match, a 44-year-old from Tadcaster, who makes POT on the strength of just his local Tadcaster races.



Steven Gerrard: England captain at a Laureus event in South Africa this week

3. Ashley Cole

ENGLAND'S world-class but unloved full back, perhaps best known for cheating on the famed Girls Aloud singer and X Factor judge Cheryl. His nearest match is unattached (as now is the footballer) Ashley Colgate, who ran 6:12 in the Brighton Marathon and may well have been carrying a gate.

4. Steven Gerrard

LIVERPOOL fans are correct – there is only one Steven Gerrard and no exact matches for the scouse midfield dynamo. There are 19 Gerrards on the POT website and the best known is probably the Manx-based Keith (see below), who ran a 28:42.51 10,000m in the States in March.

5. Michael Dawson

RIO FERDINAND'S injury was bad news for England but great news for this feature as his replacement has an exact match in Morpeth's 32:01 10km runner.

6. John Terry

THE former England captain and Sunday newspaper star has one match, a Westbury Harrier who won the Alderney Half-marathon last year. His best result was not with a team-mate's wife but a 373rd in this year's National.

7. Aaron Lennon

Surprisingly there are more than 100 Aarons and a lot less Lennons and not surprisingly no match to the speedy Spurs winger. We picked out teenager Leigh, who won the English Schools senior girls' 800m last year and has a best of 2:05.93.

8. Frank Lampard

ENGLAND'S penalty taker is strong and relatively agile but wouldn't be able to match Shaftesbury's 2.00m high jumper Daniel.

9. Peter Crouch

THE lanky England goalscorer has a namesake who finished 6764th in the Bath Half-marathon and probably had plenty of time for robotic dance moves during his 2:11:33 journey around the city.



Keith Gerrard: same surname as England captain – but as Liverpool fans know, there is only one Steven Gerrard

Mark Shearman

10. Wayne Rooney

PREDICTABLY lots of Waynes in POT, a few less Rooneys but none match England's likeliest matchwinner. Equally predictably we pick out Olympic 400m finalist Martyn as athletics' star Rooney.

11. Joe Cole

ENGLAND'S versatile midfielder Joe Cole may have found time to run races this winter as he was hardly used by Chelsea, but we think the one on POT who ran a sub-3:30 chip time in the London Marathon is a different one.

12 Robert Green

BRUCE GROBBELAAR aside, goalies often seem to have common names and there are eight Rob Greens on POT. There are none at a top-class level and we highlighted Herts Phoenix teenager Robert, who competes in the McCain UK Young Athletes' League at sprints and jumps.



Leigh Lennon: could probably give England winger Aaron a run for his money

Martyn Rooney: not as famous as his footballing namesake but one of the favourites to win European 400m gold in Barcelona



Mark Shearman

13 Stephen Warnock

PERHAPS the least known member of the squad. We selected Scottish junior Sarah, a regular medallist in Scottish events, who this year ranked in the top 10 under-20s in Britain indoors at long and triple jump. With 181 performances on POT, she has made a lot more appearances than the reserve full-back has put in for England.

14. Gareth Barry

THE returning from injury midfielder has no exact matches – would you effectively call a child Garry Barry? There is one G Barry though – Sunderland Harrier Gillian, who competes in local races and has a sub-20 5km best.

15. Matthew Upson

ONLY two athletes match the West Ham centre-back's surname and there is far more chance that Westerlands veteran Chris will be in action the next few weeks on the Scottish hills than his namesake on the football pitch.

16. James Milner

NO names exactly match the improving England midfielder, with the best known Milner probably BUCS 5000m runner-up this year Kirsty, who was 18th in the National and ran a 9:30:15 3000m PB at Watford in June.

17 Shaun Wright-Phillips

THE diminutive but speedy Man City winger has no exact matches, but there is a Sean Wright who ran 2:23 at the Reading Half and a Shaun Phillips who ran 3:35 in the London Marathon!

18. Jamie Carragher

JUST two Carraghers to match the out of international retirement England defender, with Andrew having run 4:21:47 in the 2010 London Marathon.

19. Jermain Defoe

NOT a single Defoe and not a single Jermain. The nearest match surname-wise is actually Olympic 5000m champion Meseret Defar. There is a Leicestershire schools athlete Jermaine Cole and the best known Jermaine is AAA 1500m champion Mays.

20. Ledley King

NOT a single Ledley on the books though expect lots in the next decade if the often injured defender scores the winning World Cup final goal. Cornishman Mark King ran a 28:49.69 10,000m 20 years ago.

21. Emile Heskey

IT WASN'T just many England supporters who groaned when the lumbering non-scoring attacker was named in the England squad. We did too as we struggled to find any matches.

There are no Heskeys but a few Emiles and probably as much chance of Emile Cairess, a 12-year-old runner from Bingley, scoring in South Africa as the reserve Villa striker.

22. Michael Carrick

NO Michaels to match the out-of-form Man United midfielder, but there is a Mary Carrick, a W60 from East Hull who was 493rd in the 2008 National.

23. Joe Hart

ENGLAND'S keeper has a sort of match in unattached runner Jo, and can take heart there could be only two people in front of him for a place in the team while there were 36,482 in front of Jo at London where she ran 8:02:55.



Mark Shearman

The sport's best known 'Jermaine' – Mays

Do you really **NEED** a coach?

Can you do it yourself,
or do you need a helping hand?
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forum](http://www.athletics-weekly.com/forum)

When it comes to track and field training, does every athlete really need a coach?

Yes, thinks Steve Smythe, a coach could represent the difference between winning and losing

IT'S NOT a coincidence that the vast majority of the world's top athletes and sportsmen have coaches.

In all sports, coaches make a difference, as can be seen by England's footballers' improvement under Fabio Capello with pretty much the same raw material as Steve McLaren had. Likewise, the England cricket team under Andy Flower has greatly improved compared to how it was under Peter Moores, even though some of it may well be psychological.

In athletics, the necessity of a coach is more pronounced in technical events such as the throws, jumps, sprints and

hurdles, where technique can be the difference between winning and losing or a personal best and disappointment. However, even marathoners and distance runners need help, guidance and assistance to maximise their potential – particularly when things are not going to plan.

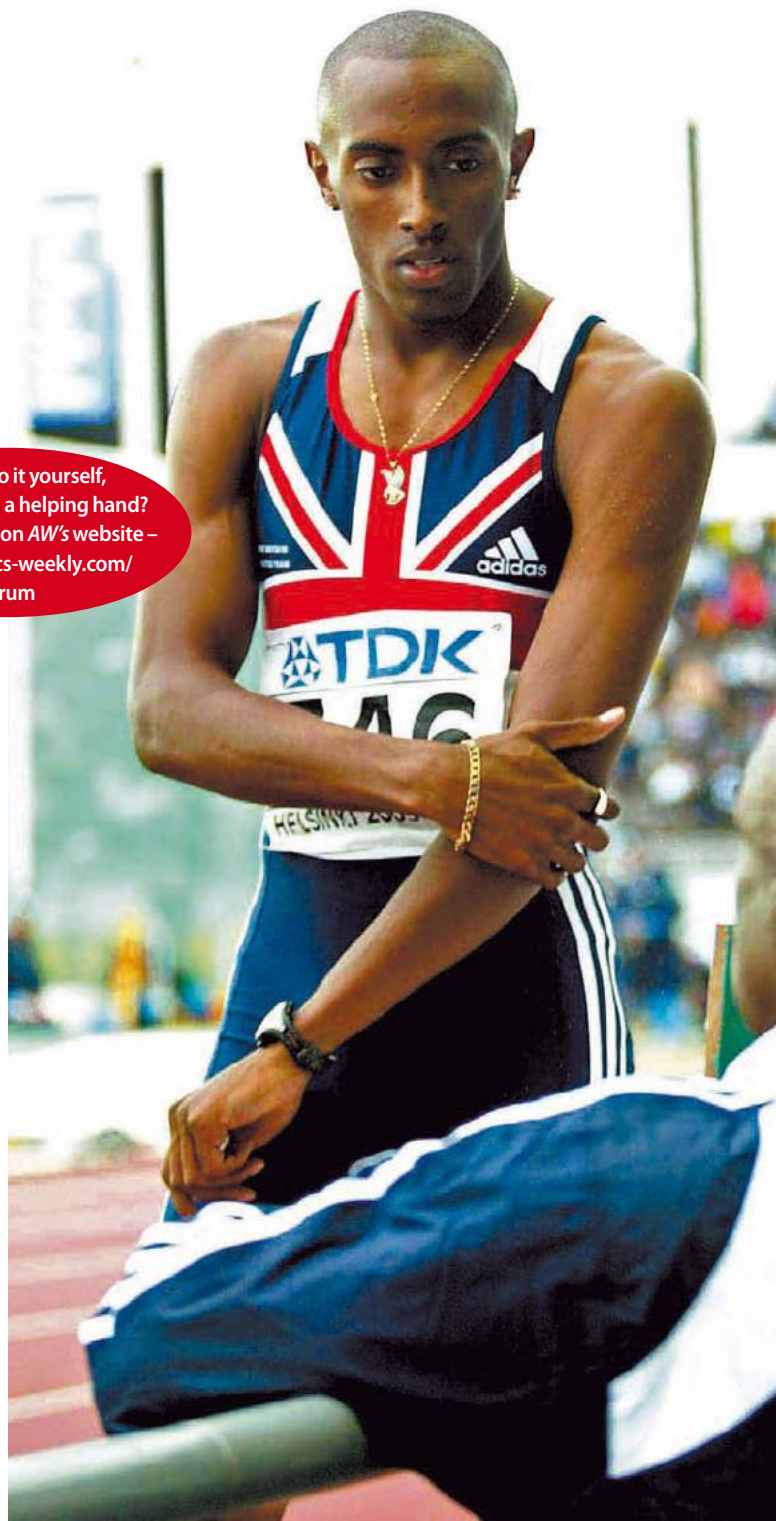
The need for a coach will vary as the athlete gains experience, and in some cases the coach may just become a timekeeper on the track or a friend on the phone. Where things go wrong in many cases, the coach will have dealt with similar problems with other athletes before and may even be able to draw on knowledge from his past, if they competed at similar events or levels in their pre-coach days.

Some athletes have said knowing a coach is there watching a session or competition gives them an additional spur to do the race or session well and the positive feedback from a session well done is better shared than doing it solely alone.

Everyone benefits from advice on training and competition and from a second opinion. That said, the athlete should ultimately be able to be reasonably self-sufficient – too many now seem over-reliant on the coaches. I remember the days when there was no in-competition coaching allowed and nowadays it seems there is an endless dialogue between athlete and



Steve Cram: guided from teenager to world record-breaker by experienced Jimmy Hedley



mentor after each long and triple jump, for instance. I don't recall Bob Beamon needing in-competition coaching for his 8.90m leap!

While the more experienced may think the coaching input should lessen, in some cases it could be the opposite. For as an athlete improves, he could be venturing into higher levels of competition and additionally more pressurised situations. Plenty of experienced athletes suddenly find their technique deserts them under pressure and that includes many of the world's top golfers and cricket players who you'd think were beyond coaching once they reached a certain level.

“In all sports, coaches make a difference, as can be seen by England's footballers' improvement under Fabio Capello”

STEVE SMYTHE stresses the importance of coaches

However, there is no doubt that Steve Ovett relied less on the input of his coach, Harry Wilson, once he became Olympic champion than he did before it and Steve Cram has stated that Jimmy Hedley's influence lessened as he gained knowledge himself.



No, says Paul Halford, it's possible to teach yourself

KENENISA BEKELE, Samuel Wanjiru, Emil Zatopek – what did they have in common? None of them felt the need for a coach.

It is true that by far the majority of elite athletes have coaches. Certainly, the further you get in the sport of athletics, the more important coaches become, but the question here is, does everyone NEED a coach?

Admittedly, it would be difficult to imagine a field-eventer being successful at elite level without such guidance, but distance runners have proved it is possible to reach the top without a coach.

Kenenisa Bekele, who could be on his way to becoming the greatest distance runner of all time, claims not to have a coach, while Olympic marathon champion Samuel Wanjiru is now said to be self-coached.

Although I quote him elsewhere in this issue as saying everyone needs a coach, steeplechaser Ezekiel Kemboi managed to do pretty well without one between 2003 and 2007. He won the Olympic title in 2004 and won world silvers in 2003, 2005 and 2007.

After receiving advice from John Anderson in her early years, Liz McColgan guided herself to the world 10,000m title and wins in the London and New York marathons.

Although helped by Lindsay Dunn, another London winner, Charlie Spedding, was mainly self-coached.

Going even further back and admittedly into a different era, greats such as Emil Zatopek, Said Aouita, Ron Clarke and Derek Ibbotson were coachless.

It's not just limited to the distances, though. Former 100m world record-

"I do not need to be hand-held throughout my training, taking up great amounts of time freely from a person I call my coach, following his or her instructions to the letter and thus not building up any knowledge"

PAUL HALFORD on why coaches are sometimes superfluous



Derek Ibbotson (left): succeeded by himself

holder Evelyn Ashford won an Olympic silver medal behind Florence Griffith-Joyner after she parted company with her coach.

Britain's three-time world ironman triathlon champion Chrissie Wellington guides herself – she may not be a track and field athlete, but she competes in a sport in which running is a major factor.

As my opponent in this debate has referred to other sports, I will offer one of the world's greatest sportmen of the last decade, Roger Federer. Though he has a part-time advisor, it seems from the viewpoint of the tennis media at least, he does not have an official coach, as such.

Those referred to earlier have been able to reach the highest level without a coach because, to put it simply, endurance running is not rocket science. Nearly everyone knows most of the basic ingredients to an effective training programme: slowly build up a decent endurance base before adding in running at certain essential paces, always ensuring adequate recovery – see if you can fit that on the back of a postage stamp.

I have only ever really once had someone I would call a coach. I quickly became injured long-term, as it happened, but that was coincidental. From the superb *New Competitive Runner's Handbook*, which helped me with the basics in the early years, to deeper manuals like *Daniels' Running Formula*, like many others, I taught and continue to teach myself from books, magazines and from speaking to as many people as possible, including coaches.

I must appear ungrateful to anyone who has offered me advice, but I must interject here that I truly value all of it. Neither do I claim have the knowledge of an experienced coach. But I do not need to be hand-held throughout my training, taking up great amounts of time freely from a person I call my coach, following his or her instructions to the letter and thus not building up any knowledge on the subject.

It is most frustrating to see total beginners seeking out day-by-day, rigid training programmes from someone on the basis that they have a Level 1 or Level 2 UKA coaching qualification. How difficult can it be to guide yourself to take massive chunks off your PBs when you're just starting out?

It's that simple that my training advice for someone of that category would, to oversimplify the matter, be: "do lots of running".

Of course, when it comes to the stage where you're hoping to take seconds off your best rather than minutes, endurance training science is constantly evolving and the effects of training are almost always baffling as we try to work out the often seeming lack of logic of why we performed so well in one race and not another.

But that is part of the reason why being self-coached is so important for distance runners. No one person has all the answers, no one knows your body and training history as well as you and often coaches can contradict one another anyway.

So I say, gratefully soak up as much knowledge as you can and apply it how you best see fit.



Evelyn Ashford: global medal after coach split

It's interesting that most of the very best middle-distance runners of the past have coaches who are almost as well known as the athletes – Herb Elliott had Percy Cerutti, Peter Snell had Arthur Lydiard and Seb Coe had Peter Coe. However, it has perhaps changed since the Eighties and now it seems the sprint coaches who seem the higher profile, though that just may be because middle distance has fallen behind sprinting in popularity.

It's hard to imagine the world's best receiving no coaching input and I believe everyone of all levels of ability has more chance of improvement with coaching than without.

Clown prince of running

Ezeziel Kemboi is not your stereotypical Kenyan, writes PAUL HALFORD

Pictures: Mark Shearman

It is not too often that you get an interesting quote from a Kenyan athlete at a press conference, but Ezeziel Kemboi showed up his countrymen after winning the world steeplechase title in Berlin last year.

Belying the frequent complaint that Kenyans in the sport are often uninteresting, the 28-year-old had the press in hysterics in a small building next to the Olympic Stadium in the German capital last August. For entertainment value, he was providing some decent competition to the 100m post-race conference, headlined by Usain Bolt and also starring Tyson Gay and Asafa Powell.

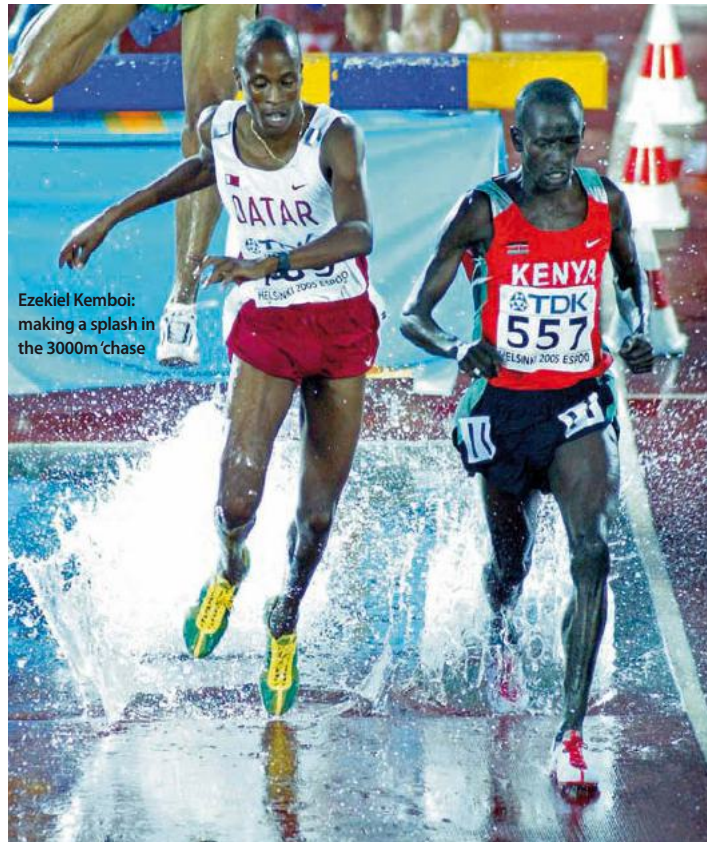
Ever smiling, after showing off the Nike logo he had decided to have shaved into his head by a friend on the spur of the moment that morning, he offered his explanation of why his country dominated the steeplechase. It went something like: "If you look at 200m and 400m you get the Jamaicans and Americans, when you go to the long jump and triple jump, you think of Cuba. In the 200m, a Kenyan would be maybe No.1000. If a Jamaican came to steeplechase he would be No.1000."

Okay, so you had to be there.

When *AW* spoke to him last month he was in less of a mood to joke. This time he was serious – serious about setting a world record this year in fact.



Ezeziel Kemboi: wants world record



Ezeziel Kemboi: making a splash in the 3000m 'chase

In 2006 world record-holder Saif Saaeed Shaheen, a Qatari who used to run for Kenya as Stephen Cherono, was reported as saying that Kemboi did not have what it took to break his mark of 7:53.63, even though his former teammate was the Olympic champion.

The record still stands as it has done since 2004, but Kemboi has got nearer. In Doha last year he ran a personal best of 7:58.85 so he still has some way to go, but he thinks he can find those five seconds this season.

"My main aim this year is to try to set the world record," he said. "I don't know where. But I'm planning for that this year. It's possible. My training in Kenya has been good and I think this year I'm capable of doing it because there are no major championships."

Kemboi had begun his season by winning again in Doha, this time part of the IAAF's new Diamond League. On Saturday the series moves on to New York and Kemboi will be the lead attraction in his event.

The three-time world silver medallist came to athletics relatively late. Though he did some running in school, he

started out as a footballer. It was only after leaving school that he kicked football to touch and concentrated instead on running. In his first steeplechase, at an open meeting in Kenya in 2001, he ran 8:56 – nothing special by Kenyan standards, although it would have ranked him seventh in Britain last year. In any case it was enough to attract the interest of former 800m great Paul Ereng, who went on to become his first coach.

After winning the world junior title that year despite falling, he made his mark at senior level the following year. He took silver at the Commonwealth Games in Manchester, a moment so special for him he named his firstborn Kiprono Manchester. The baby was born in Kenya while he was in Manchester, Kemboi explains, adding: "He is a big fan of Manchester United too."

He may not have taken victory in Manchester, but he said: "2002 was the big start for me, I ran to my best and got a silver. After that I decided to do a lot of training and I knew that one day I would be a world champion and Olympic champion."

Although he achieved his aims at Olympic level in Athens in 2004, the other of his targets proved a lot harder to come by.

He was second to his No.1 rival Cherono at the 2003 and 2005 championships and in 2007 it was Brimin Kipruto who denied him gold.

The 2006 Commonwealth champion said after that defeat: "I'm tired of silver, silver, silver at world championships! It is the only gold I do not have in my house. It will be tough but I will struggle to win this gold that has escaped me."

Having had no coach since 2003, hooking up that year with three-time world champion Moses Kiptanui, who was the first man to run below eight minutes for the event, could well have proved the change that was needed to turn silver into gold.

He now regrets being without a coach for so long. "You must have a coach," he said. "Without a coach you will go nowhere. The coach is the one who knows how your training is going and advises you how to race."

The results weren't immediately apparent. He was only seventh in the 2008 Olympics in Beijing.

However, in 2009 he joined the exclusive sub-eight club, a group which still comprises only eight athletes.

However, after that win in Doha and another in Ostrava, he went into Berlin with three successive defeats to his name. He was four seconds off the win at the Kenyan trials. Would he yet again miss out on gold?

In Berlin, though, in a great race in which 8:01.26 was good enough for only fourth, he finally took the colour of medal he wanted, in a championship best of 8:00.43.

"I stayed patient and I reached my target," he said.

But the best is yet to come, believes Kemboi. The athlete who manages to run a farm in between training at 5am, 10am and 5pm every day is positive he can run quicker.

"I think I can improve," he said. "In Doha I wanted to test my body and I feel my body was responding well and I think I will be running very good times this year."

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Half-mile hopefuls

James Bowness, Adam Cotton and Guy Learmonth are hot on the heels of Britain's top junior 800m man, Niall Brooks

NIALL BROOKS, the European junior 800m silver medallist last year from Sale Harriers, is the UK under-20 No.1 over

two laps. But at least three other teenagers have caught the eye in this event in 2010.

James Bowness, for example, started his athletics career by following in the footsteps of his uncle, Alan Bowness, an England international fell runner.

James won the England under-12 fell title, but the Trafford AC runner has enjoyed increasing success at shorter distances and, under the guidance of his coach, Tony Ward, finished fourth in the senior Aviva UK Indoor Championships in 1:50.71 and then clocked 1:48.78 recently to finish third behind internationals Mike Rimmer and Tom Lancashire at Stretford.

"Tony and myself believe 800m is a sprint race and the runner I admire most is Yuriy Borzakovskiy," James said. "I am studying biology, chemistry and PE at A-level and hope to join up with another Cumbrian runner Tom Farrell, who I have known for a long time this autumn at Oklahoma State University."

Another talented half-miler is Adam

James Bowness (left) and Guy Learmonth (second left) chase Andrew Osagie in the UK 800m indoor final



Mark Shearman



Mary Cotton: fine 1500m international during 1970s and now mum of Adam

Cotton and, like James, he grew up in a sporting family.

Adam's father, Dave, was a successful race walker before joining the police. His mother, Mary (née Stewart), won the 1978 Commonwealth 1500m title in a Games record that survived for two decades. The former European indoor 1500m champion is also the sister of 1972 Olympic bronze medallist Ian Stewart.

Adam, however, didn't originally take up athletics as he played tennis for Staffordshire for five years, including at Wimbledon aged 14 in 2006, but he quit tennis ahead of his A-levels "to run for a bit of fun and to keep fit" and last year won the England indoor under-20 800m title just days after his 17th birthday.

The head boy at Stafford Grammar School has also joined Birchfield Harriers, where he is guided by his mother's former coach, Geoff James.

Last year he also gained valuable experience at the IAAF World Youth Championships, where he exited at the semi-final stage after being tripped. And this summer he has already improved to 1:49.54 – at a BMC meeting in early May – to break Bob Steel's 42-year-old junior men's club record.

He said: "It was pleasing to go under 1:50 for the first ever time and to eventually break such a long standing club record having previously virtually equalled it indoors."

The 18-year old, who lives close to Cannock Chase and will be moving to London this autumn to study chemistry at Imperial College, had no hesitation in choosing Seb Coe as the athlete he admires the most. "His competitive record speaks for itself," he says. "I have watched videos of several of his best races. He had it all. He could front-run world records but he also knew how to win global titles."

Guy Learmonth of Lasswade is the youngest of the trio and also comes from a sporting family. His father, Mark, achieved a British Universities sprint double while training with 1980 Olympic 100m champion Alan Wells.

Guy's 20-year old brother Max, meanwhile, has played on the wing for Scotland at various age group levels. Guy also played rugby union for many years but opted to concentrate on athletics after sustaining injuries on the rugby field. The move has already proved to be a wise one for the youngster, who Scottish Athletics named as the most improved athlete in the past year. Guy says: "Max and I both played rugby from the age of five or six. However, after having my fingers broken and fracturing my coccyx, I decided to make the switch to running on the track. In February 2009, I won the Bank of Scotland under-17 400m indoor title at Kelvin Hall. Six months later, I won the Scottish junior 800m title."

The young Scotsman, who is coached by Henry Gray, trains on the beach at Eyemouth with occasional track sessions at Meadowbank in Edinburgh. In a successful six-week

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period at the start of this year, the then 17-year-old won his first Scottish senior title and rewrote the Scottish junior 800m record five times. He ended his indoor campaign by breaking Eddie King's 16-year-old England Under-20 Championship best.

Guy, who hopes to study at Loughborough, said: "The real highlight was winning the England Under-20 title in Birmingham in 1:50:25 (his PB is 1:50:23 from Stretford this summer).

"My first athletics goal for the next few weeks is to achieve the time of 1:48.5 for the IAAF World Junior Championships," he said. "The person I admire most from sports history is Eric Liddell of *Chariots of Fire* fame, who played rugby for Scotland before winning his Olympic medal."

All three youngsters face a challenging month, with exams and the Aviva England Athletics Under-20 Championships and World Trials at Bedford on June 19-20.

Waiting for them there will be Brooks – and Scottish athlete Stuart Ross, who ran 1:48.73 on June 1 to go No.2 on the UK junior rankings this year.

■ **MORE on Ross in an upcoming issue**



David Griffiths

Adam Cotton: quit high-level tennis for 800m



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RUN

STEPHEN GREEN, a former 1500m finalist at the Commonwealth Games, looks at why the athletics calendar has changed forever, and why the prospect of an all-year track season could soon become a reality

THE SUCCESS of the recent Powerade GreatCity Games in Manchester helped show that the sport has now readily embraced new concepts and ideas, and the athletes clearly revelled in the format, enjoying the close crowd attention and the city centre setting. It was also an event tailor-made for TV, the small fields enabling more focus on individual athletes. As many of the US athletes competing remarked, this could be held in Las Vegas or New York, and outside of the traditional track season in October or January.

A recent rapid improvement and expansion of indoor facilities has led to more of such meetings in the UK. With regular events been held in cities like Birmingham, Manchester, Glasgow, and Sheffield, it is now possible for a British athlete to run a full indoor season mirroring the well-established and lucrative US circuit.

It was interesting to note the increased number of athletes competing indoors this winter due to



Jenny Meadows: enjoys racing indoors and outdoors

Mark Shearman

Changing seasons

The sport that never sleeps: Andy Baddeley leads a British one-two-three in the New Balance Games in January



the availability of opportunities and the cold spell we experienced in December and January. I am just about old enough to remember a time when there were only a handful of meetings available at RAF Cosford, which was up to around the late 1980s and early 1990s, the only UK indoor facility.

Together with the expansion of the British indoor scene, there is an increasing "pull factor" for top athletes to travel across the pond and race on the lucrative US indoor circuit. An example of this was the New Balance Games, held in New York in January, where Andy Baddeley, Ricky Stevenson and Mark Draper completed a British clean sweep in the mile race, whereas in the past they may have stuck solely to the hard grind of the winter in Britain.

The growing importance of the

indoors is also exemplified by the increased presence of athletes such as Bernard Lagat, who returned an American record over the rarely run 5000m of 13:11, and stars of the Ethiopian contingent, such as world indoor 1500m champion Mekonnen.

Andy Vernon was able to combine both indoor track and cross-country successfully, recording 7:49 over 3000m in February and still able to lick the "mudlarks" with victory in the National Cross Country a couple of weeks later.

Jenny Meadows is another elite athlete who competed through a full indoor campaign following an outdoor season which did not end until late-September.

Track and field, once a minor player, is now a rising force in the United States.

This has been stimulated by several

factors, such as the investment by USA Track and Field, and the running and fitness boom.

This has coincided with the emergence of stars such as Lagat, leading a "new breed" of world-class distance runners such as Ryan Hall, Kara and Adam Goucher and more recently Chris Solinsky, with the first non-African sub-27 10,000m. The "ripple" effect of this has been a boost in the popularity of North American distance running to heights not seen since the "Prefontaine era" of the early Seventies.

The recent Penn Relays, held in April, were graced by Usain Bolt and his Racers Club relay squad and drew football-level crowds of 54,000. Mt Sac Relays, held in Los Angeles in April, saw an unprecedented British invasion, with athletes such as Andy Vernon running a personal best of 13:25 over 5000m. The recent 27:29 10,000m run of Chris Thompson is another example of this trend towards an early peak to fit in with this new season.

New York will also host a Diamond League meeting this month. The long-established Prefontaine Classic in Eugene this July has also attained this status. This is coupled with the fact that an unprecedented number of British runners are seeking and obtaining, sports scholarships at US universities

Jamaica, now an established athletics superpower, also has the Kingston Invitational meet in May, which now attracts the best in the world, and there was been a recent early-season Diamond League meeting in Shanghai, China. This year, British athletes will have to cope with a season that ends in October at the Commonwealth Games, in Delhi, well after the end of the "traditional" competitive period.

The rapid growth of these developing "new markets", in athletics terms, have the effect of moving some of the emphasis and much of the wealth and commercial opportunities, away from the traditional athletics "hotbed" of Europe. The Central American Games, to be held in Puerto Rico, this August, once the poor relation to the Europeans, are now of an equal status, and far superior in the sprint events. However,

“The prospect of an all-year-round, or at least a 10-month track season, looms large. This not only will put a high level of demand on an athlete’s mind and body, but also on careful planning by both athlete and coach, to avoid injury, while maintaining peak performance”

this pendulum may inevitably swing back, in the year leading up to the 2012 Olympics.

Thanks to the explosion of the internet, and other forms of multimedia, news of such performances is instantaneous, interviews are commonplace on sites such as Eightlane and Flotrack and magazines are now available in digital format. The athletics media organically, therefore, has adapted to this increased demand for the sport. Location is no longer a barrier to the speed of information, and thankfully, the previous scepticism and mistrust of the validity of performances in distant regions of the globe such as China, has now totally gone.

What does this “new” extended 10-month global season, mean for athletics and today’s athlete? To take the case of the elite middle-distance runner, the days of eight months of hard grind and miles, in the winter running the odd cross-country and road races, then coming out to race in June, with the intention of peaking in mid-July are numbered.

There may also be the prospect of a mid-season break, possibly in August, where it may be necessary to have a short rest, a break from track training, with some steady-state running, as a

necessity, in order to be refreshed and competitive for the second half of the lengthened season.

This calendar year, middle-distance athletes, with international aspirations, following a full indoor season, perhaps mixed with some cross-country or road racing, will be aiming to run fast, with an early peak, on the track in April and May to achieve qualifying times; with many of those races, due to competitive opportunities, possibly in the USA, Asia, or the Caribbean.

It would then be necessary to hold form and peak through events such as the UK Trials, and Commonwealth Games Trials in June and July, then produce best form again for the Europeans in late July, and then the Commonwealths in October – this, while still earning a living and competing at a high level in the various Diamond League, grands prix, and domestic meetings.

Thus, the elite athlete of today will have to cope with criss-crossing the globe and travelling through time zones as the norm, with the traditional season not ending until late-September or early-October.

Thus, the prospect of an all-year-round, or at least a 10-month track season, looms large. This not only will put a high level of demand on an athlete’s mind and body, but also on careful planning by both athlete and coach, to avoid injury, while maintaining peak performance.

The concept of a shortened winter build-up, and having to be in top condition with multiple peaks of form throughout the calendar year, is now an increasing reality for the modern-day competitor.

Although the demands on the competitor will increase, the sport will ultimately benefit, and will certainly thrive on the increased media exposure and raised profile in today’s competitive sport schedule, where other sports such as triathlon, and cricket, another traditionally “summer” sport, have a rapidly increasing presence.



Bernard Lagat: helping a revival of the sport in the United States

Mark Shearman

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Let them compete

AT Thames Valley Athletics Centre, we have a diverse group – boys and girls of all ages covering the full spectrum of track and field. We have five “full-time” coaches from different clubs and athletes from at least six different clubs. We encourage club loyalty (no poaching in the last six years) and we promote heavily the idea that youngsters have a go at all events.

Our motto is “less is more” and our method is “keep it simple”; so everyone learns basic physical literacy and acquires the basic technical instruction and then coaching in running, jumping and throwing.

One of our challenges now is to help the athletes and their families decide which event they should enter for the English Schools; qualifying times and distances are under way with the county trials in the second week of June.

Several of these athletes have already qualified for more than one event and it seems a tad strange that an athlete can only enter in one event. My own personal view is that any athlete should be allowed to enter any event for which they qualify. For example, an under-15 who is good enough and has reached the qualifying standard should be able

to enter any event including under-17, under-20 or the Olympic trials.

Many other sports, especially in other countries, adopt this line of thinking and that selection process. I accept that there will be some who disagree, but I'd like to hear some of the arguments so that we can understand it and then explain it to the frustrated athletes and their parents.

I cannot understand at all why an athlete cannot enter for more than one event in their own age group. Surely, if you're good enough, you're old enough.

Yes, I have thought this through. Clearly it might be too much to ask someone to enter an 800m, 1500m, 3000m (all with heats, semi-finals and finals) on the same day, but 12 throws, a couple of sprints and a couple of jumps shouldn't be too much, even for the health and safety police. In any case, why not leave this type of decision to the athlete, the parent and the coach?

Young athletes can and should participate in a wide variety of sports and start to learn, with the right guidance, how to manage their training and competitions in all sports, together with the correct emphasis on their academic studies (especially with exams) and a healthy social life.



Jeremy Tigar asks why athletes competing at the English Schools must be limited to one event

LETTER OF THE WEEK

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



Congratulations, Beeb!

SO often the BBC take the flak for their coverage, or sometimes lack of coverage, of athletics meetings. I thought, therefore, that I would take this opportunity to congratulate the BBC for its BAFTA award last weekend for its presentation of the Berlin World Athletics Championships.

I cannot say the commentary never irritates and I would prefer slightly less chat and more action, but at least the BBC have shown they are committed

to covering athletics when the media focus on the sport elsewhere is dwindling.

In particular, how great it is that the IAAF Diamond League is being shown, if only on the interactive service. My only criticism would be that I don't think the non-athletics public would know that it was on. Can't the events on the “red button” be better promoted?

Charlie Price, via email

Finally, as probably one of the harshest critics of the national governing bodies, I am the first to congratulate good practices and fully support their implementation of these networking schemes, regardless of whose idea this was. This means that each athlete has the chance to gain more help in more events, so let's start to see who can perform across the wonderful range of track and field from an early age at the highest level for them.

Jeremy Tigar, Burnham

Chips off the menu

IN THE case of the recent Virgin London Marathon, the use of chip timing proved a valuable asset in that it detected short-cutting runners, and it provided an accurate time for all runners, usually the information of most importance.

However, I question their use in cross-country events. In last winter's under-17 men's inter-county event in Birmingham, Kent's Adam Gilbert was calculated to have finished between 55th and 60th position, making him the team's fourth scorer, but he has never been credited with finishing, even though he wore a chip and a vest number. The chip was taken from him at the end of the race. It does, however, effect the the team scoring, in so much that it would have moved the Kent team from fifth to fourth. The question then has to be asked, what team was thus credited with the Kent team's missing athlete's position?

Fortunately, I think in this case it will not effect the top three teams but it could easily have proved so. Some effort was made by the team manager to resolve this. He was told that it was all on video, but it never has been resolved. So can we really rely on chip timing for cross-country events?

Chris Newman, Chatham

Frank views

HAVING been a subscriber to *Athletics Weekly* for many years, I have seen various different features emerge in the magazine over time, some of which have been long-running ideas and some of which have proved short-lived. But the recent *For and Against* features have been very well thought-out in many aspects with the differing views clearly explained on both sides.

Let's hope this series can become a regular feature and more opinions and feelings can be discussed and talked about. I have found myself agreeing with both sides in recent weeks – something which has made me understand just how difficult some important decisions can be when all the areas that are affected have to be taken into account.

Just for the record, if I had to come down on one side or the other, I would say Roger Bannister's four-minute mile in 1954, while a milestone (no pun intended), is only a time and, as for the mascots for London 2012, I love them!

Geoff Cowell, via email

Keith Mayhew

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Harry Aikines-Aryeetey

Sprint star strives for Superman performances in the near future

■ Training

MY COACH, Michael Khmel, organises all of my training and the winter revolves around long-distance work and endurance sessions with plenty of conditioning work, circuits, Pilates, squats and general gym work.

My favourite session is running fast, such as 4x120m at 100 per cent with eight to 10 minutes recovery, while my least favourite session is endurance-based work such as 10x200m in 27 seconds with two minutes rest or 4(4x150m) at 70 per cent effort with 90 seconds recovery and four minutes between sets on grass.

October through to December is where much of this work is done and from January onwards we start to include 150m and 120m efforts to hone speed for the indoors.

The targets this year are the European Championships and Commonwealth Games and they will both be equally difficult to win medals at with sprinting in Europe getting stronger and of course at the Commonwealths the Caribbean athletes and in particular the Jamaicans will look particularly strong. Then there is the small matter of qualifying at our own trials!

■ Spring training example:

Monday	(am) Track session: Block work. (pm) Gym: clings, squats, step-ups, box jumps.
Tuesday	(am) Track: long session such as 150m reps. (pm) Conditioning such as Pilates.
Wednesday	Gym session.
Thursday	Speed endurance: 4 x 120m at 100 per cent with eight minutes recovery.
Friday	Gym session or conditioning.
Saturday	Speed session: 4 x 100m with 15 minutes recovery or 2x200m at 100 per cent. This is about learning the event and running through. Plenty of jogging and stretching.
Sunday	Rest.

■ IN all running sessions there is great emphasis on the warm-up, which lasts up to 90 minutes before the actual session is commenced. It includes at least 30 minutes on drills and also includes stretching and resistance work.

Twin targets: Harry Aikines-Aryeetey hopes to challenge in Barcelona and Delhi this year



FACT FILE

Name: Harry Aikines-Aryeetey
Born: August 29 1988
Club: Sutton & District AC
Coach: Michael Khmel
Championships: 2005 World Youth Championships 100m and 200m gold; 2006 World Junior Championships 100m gold, 4 x 100m bronze; 2009 IAAF World Championships 4x100m relay bronze, European U23 Championships 100m gold
Domestic championships: 2004 AAA U17 Indoor Championships 60m gold, 200m silver, AAA U17 Championships 100m and 200m gold; 2006 AAA Indoor Championships 60m bronze, AAA U20 Indoor Championships 60m gold, AAA U20 Championships 100m gold, 200m bronze; 2007 England Athletics Open Championships 60m gold; 2009 Aviva European Indoor Championship Trials 6th, Aviva World Championship Trials 5th
PBs: 60m: 6.55i (2010), 100m: 10.10 (2009), 200m: 20.91 (2005)

Did you know?

HARRY's parents originally came from Ghana and his father played football for the national team. He first came to prominence in 2003 when he set a European age-14 best of 10.83 for 100m and in 2005 at the World Youth Championships did the 100m and 200m sprint double. He was presented with the Rising Star of the Year by the IAAF and the BBC Young Sports Personality of the Year award in 2005. He is a self-confessed "geek" — he owns a collection of *Superman* related memorabilia and loves gadgets, including the Sony Playstation.

The 2012 Olympic Games is on every athlete's mind and I want to be in shape to run 9.80 and claim a medal in the 100m and help the 4x100m relay squad to a medal as well

The 2012 Olympic Games is on every athlete's mind and I want to be in shape to run 9.80 and claim a medal in the 100m and help the 4x100m relay squad to a win a medal as well. 10.00 may just be good enough to get you into the final, but the days of running 10.10/10.20 to advance are now gone.

■ **HARRY Aikines-Aryeetey is a member of the Aviva GB & NI Team and was interviewed while warm weather training in Italy ahead of the outdoor season by David Lowes. Find out more at aviva.co.uk/athletics**

■ **THE above sessions are specific to the individual athlete and may not be suitable for other athletes**

HARRY AIKINES-ARYEETEEY

TOM CRICK and JOHN KIELY analyse how the effectiveness of energy systems for athletics develop through childhood and puberty

MANY coaches have requested guidelines surrounding long-term athlete development, specifically in relation to how to take a child from when they first become involved in athletics through to international competition. Among the many questions UKA receives every day include, “when should athletes begin strength training and is it dangerous before a certain age?” and “is there an ideal time to begin training the aerobic system?”

The UKA Athlete Development Model (ADM) aims to provide an insight into how young athletes develop through puberty and the implications this has on training. To begin we will discuss the ways in which athletes develop biologically from around the age of eight or nine through to their mid-twenties and this information will set the scene for further discussion of training.

The first thing to recognise about developing athletes is that everyone is different. In normal life we tend to describe children's age chronologically, so if you were born in 1996 and it is now 2010 then chronologically you are 14 years old. However, if you are to look at a team photograph for an under-15 boys football team you will typically notice a huge difference in the physical characteristics of the players. Some will look like fully mature men, complete with facial hair and serious muscle mass, while others will still look like children.

Since everyone develops at different rates, for all practical purposes chronological age is an inaccurate way of measuring development. Therefore, scientists have come up with the idea of physical “developmental age” by using markers of skeletal development as the benchmark rather than the individual's birthday.

Unlike chronological age, children of the same physical developmental age

Acting their age?



Keith Mayhew

a 16-year-old and the social skills of a 12-year-old!

As coaches, it is important to recognise these differences because it will impact on what is appropriate for each developmental athlete. To use a rather extreme example, you may end up working with an athlete that is physically very advanced and so could potentially benefit from maximal strength training. However, the same individual may also be very immature in terms of their ability to stay focused on the task at hand. Since lifting maximal loads requires a great deal of mental focus to do safely, as a coach it would probably be prudent not to begin this kind of work with this particular athlete until they are mentally prepared for the challenge.

The over-riding message is that decisions are not just based on physical maturity. The athlete also needs to be psychologically ready to undertake certain types of training.

So far we have discussed development in broad terms, but how do the different structures and systems within the body related to athletics really change as an athlete matures?

Let's start by looking at the “biological energy system” development, those processes that generate energy for movement. There are three key energy systems within the body – the alactic, lactic and aerobic systems.

The alactic system is always on standby to provide immediate energy for very short bursts of high-intensity activity. However, the fuel stores required for alactic energy production are limited, and the amount of energy supplied through this route drops dramatically after the first few seconds of intense activity.

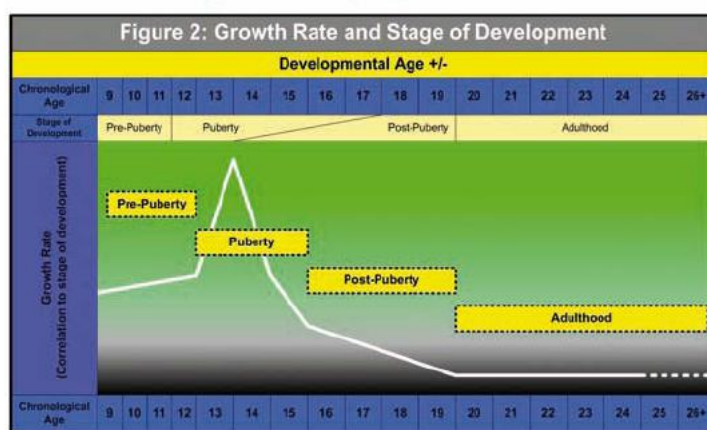
It is important to note that the relative energy contribution of the alactic system does not change substantially over the course of developmental growth.

At the other end of the spectrum, the aerobic (in the presence of oxygen) energy system is the key energy provider for activities that are moderate to long in duration and low to medium

will exhibit similarities in terms of their level of physical development. In figure 2 of UKA's ADM we show how physical developmental age relates to the rate of growth of an athlete and divide the physical development of a child up into four key stages: pre-puberty, puberty, post-puberty and adulthood, where puberty is the stage where the athlete is undergoing the most rapid fluctuations in growth.

Children do not just develop physically. They also undergo development in terms of brain function and the associated emotional, cognitive and social changes that occur as a result. Different parts of the brain can develop at different rates and so each of these factors follow different time courses. Therefore, it is quite possible to have a 14-year-old athlete with the body of an 18-year-old, the cognitive ability of

UKA Athlete Development Model (V1.2)



*These diagrams are for illustration purposes only. They can only be fully interpreted after reading the accompanying notes and audio presentation.



Britain is leading the way when it comes to plotting the ideal progression for growing athletes

in intensity. Aerobic energy is produced when the body consumes fuels in the presence of oxygen to create energy and then recycles the waste products.

As the aerobic system requires that a number of steps are completed before energy production is fully turned on (for example, an increase in breathing rates, increases in blood flow, mobilisation of energy stores and so on), there is a time delay between the start of exercise and the time when aerobic processes can provide sufficient energy to fuel athletic movement. This delay depends on various factors, such as training status, but in adults it is estimated to normally take a couple of minutes before the aerobic system is fully engaged. A key difference between developing and fully mature athletes is that the aerobic systems of young athletes switch on more quickly and supply a higher percentage of the overall energy required for movement regardless of duration or intensity.

To bridge these two extremes, the lactic system is capable of producing energy after alactic fuel stores are depleted and can sustain high intensity activity for roughly a further 60-90 seconds before the aerobic system kicks in. Prior to puberty the lactic system supplies a lower percentage of the overall energy required for movement than in adults and this is another key physiological difference.

While the biological energy systems (alactic, lactic and aerobic) generate energy for muscular contraction, ultimate human performance in athletics events is also a matter of "biomechanical energy return".

Biomechanical energy return describes the body's ability to function as a series of spring-like structures, capable of recycling energy stored during movement. This energy is stored predominantly within tendons and muscles and is responsible for supplying an estimated 30-50 per cent of the energy required for normal running. Biomechanical energy return contributes most obviously to run and jump activities through the spring-like function of the legs, but is also a key contributor to throwing activities as elastic energy is also stored throughout the structures of the hips, back, and shoulders. The key factors that contribute to biomechanical energy return are: muscle strength, movement



Balancing act: young athletes attempt to train and compete while their bodies are developing

skill and co-ordination, and healthy functioning of tendons.

The amount of force an athlete is able to generate is essentially the result of two key interacting factors – strength and co-ordination. In terms of strength, there are four trainable factors that can be improved in a growing athlete – the size or cross-sectional area (CSA) of the muscle, neural recruitment or how powerfully the brain signals the muscle to contract, tendon structure and bone health.

Increases in muscle CSA are accompanied by a corresponding increase in strength. However, increases in muscle size are triggered by the hormone testosterone within the body and, since the amount of testosterone fluctuates during development, so too does the potential for muscle-size gains. Prior to puberty, strength training has little impact upon muscle growth because testosterone levels are low in children. However, during puberty there are dramatic increases in testosterone, which bring with them potential for rapid muscle growth. These changes in testosterone levels are smaller in females compared to males and so females will not see as large an increase in muscle size, regardless of the kind of training they undertake.

"Neural recruitment" is the term used to describe the brain's ability to send commands to various muscles of the body. Neural recruitment is responsive to training and in the absence of muscle

growth, is the primary mechanism for increasing the muscles ability to generate force. Before puberty neural factors are responsible for the vast majority of strength increases in children because muscle size does not change much. During puberty both muscle-size gains and further increases in neural recruitment contribute to large improvements in strength. Then after puberty the rate of muscle growth diminishes, but further increases in strength are still possible primarily from improvements in neural recruitment.

The various muscles of the body are connected to the skeleton by way of the tendons. Tendons are therefore designed, and constantly required, to transfer force from the muscles to the bones. As a result they are a common site of injury in athletes. The cross-section and load bearing qualities of tendons develop to meet the needs of the muscles to which they are attached. Therefore, as an athlete enters puberty and the size of muscle increases, so too will the cross-section of the tendons. However, as tendons are slower to develop than muscles, there is a period

“The amount of force an athlete is able to generate is essentially the result of two key interacting factors – strength and co-ordination”

Keith Mayhew

of time between an increase in muscle size and the respective adaptations within the tendons. During this delay period there is an increased risk of tendon-related injury as the muscle is often capable of generating more force than the tendon can withstand.

Like tendon, bone develops at a different rate to muscle. Therefore, its development lags behind muscle size and this predisposes athletes to bone-related injury during sudden growth spurts.

As well as strength, co-ordination is a key factor in biomechanical energy return. Before puberty, while children have low body mass and relatively short limb length they are ideally suited to develop skills because it is easier to control the movement of their centre of mass. As body mass increases during puberty the potential for rapid development of new skills diminishes, although the learning of new skills is always possible. After puberty, as the rate of growth slows, the key factor in skill development is no longer the learning of new skills but the perfection of existing ones, only now with the larger and more difficult-to-control adult body.

Improvements in co-ordination coupled with improved muscle, tendon and bone function will increase biomechanical energy return. This makes the body more efficient at using the energy generated by the energy systems, which manifests itself in the ability to generate higher forces during sprinting, jumping and throwing as well as increasing endurance (because more energy is recycled) in middle and long-distance events.

The final factor touched on in the ADM is mobility. During periods of rapid growth changes to the skeleton, muscles and tendons result in the redistribution in bodyweight towards the extremities (hands and feet), as well as natural changes to range of motion around joints. All of these changes together often result in a loss of mobility as the athlete develops, which can predispose athletes to injury.

We have covered the key changes that occur during development in relation to alactic, lactic and aerobic energy system development, muscle size, neural recruitment, tendon, bone and mobility. In a future article we will look at how these factors impact upon training.

Is it just a load of junk?

Training that does not tax the body is often deemed a waste of time – but is it? asks DAVID LOWES

SOME describe training sessions which serve no apparent physiological purpose as “junk” mileage. The same can be applied to easy sessions in the gym. Is it all worth it, or do you have to train at maximal or near-maximal effort to gain benefits in the guise of enhanced fitness?

First and foremost, if you want to run well, you will have to train very hard, but only after suitable recovery periods that allow the body to adapt and recover.

If a distance runner, for example, aiming for 36 minutes for 10km (5:47 per mile) continually runs at 7:00 per mile, then no matter what distances that athlete has been clocking in training, it is going to be a total shock to his system to all of a sudden try to up the pace and run 1:13 per mile quicker.

Allowing for a slightly uneven pace in a race, such as a 5:30 first mile, the athlete's body is going to complain with increased heart rate, deeper breathing, more lactic acid and of course the strange feeling of apparently running much too quickly.



How many 'junk miles' do you run?



John Walker: 1976 Olympic 1500m champion was known to abandon track sessions if they were not going well and return the following day to nail them

Mark Shearman

Where many athletes fail in their training plans is the amount of work done at 80-100 per cent VO₂ max (half-marathon to 3km pace), which is usually 10-12 per cent of their weekly mileage quotas.

The top Africans are noted for doing approximately 33-35 per cent at those levels. However, these increased levels are complemented with some very slow running in between and it is often said that the Africans not only run faster than the rest of the world, they also run much slower as well! So although running easy is very enjoyable, running quickly in designated sessions should be just as enjoyable!

Therefore, if you are only running 10 per cent of your weekly mileage at the aforementioned percentages of VO₂ max, you are over three times below what the world's best or perhaps what a local rival is doing to ensure that they achieve their 36:00 10km.

Endurance athletes can be “diary addicts”. Perhaps for some, registering a three-figure mileage at the end of the week deems it a good one. However, it's

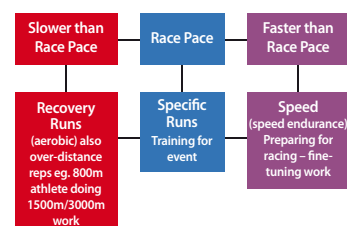
what you do in those miles that count. Those that run 120 miles in a seven-day period will no doubt be fit and strong, but will they be as prepared to run quickly over their chosen competitive distance to someone doing only 80 miles with a large proportion of specific work?

If we break training down into a simple plan, it could be: miles done at slower than race pace, miles at race pace and miles at faster than race pace (see table). And then we come down to the miles that are deemed useful or “wasteful” miles.

Should mileage be counted? Is 120 miles better than 100 miles? Would it be better to account for only the time run quickly in the weekly summary? Should warm-ups and cool-downs be included in the total?

Endurance runners like to boast of how many miles they've done in a week, but they fail to see that perhaps just one extremely good session in a week – say 3x1600m at 3km pace with a four-minute recovery – is key to their future performance.

This not only taps into different energy systems but gives the athlete new-found confidence that they've achieved something.



The three basics forms of running and how they complement each other

So is there such a thing as “junk” training or is it just a fallacy? Well, a bit of both really. It is impossible to run hard all of the time as the body will become tired and then break down in the form of injuries, illnesses and the resulting poor performances.

As mentioned earlier, running slowly all of the time is counter-productive. You'll reduce the incidence of injuries and illnesses, but you'll find it hard to compete at the level that you would like. So a mixture of both is the obvious answer.

Although running 20 miles at 7:00 per mile may seem to contradict the 3x1600m session illustrated, it fulfils an athlete's needs in a different way, exercising only the aerobic system and giving a boost in the form of cardiovascular efficiency and greater endurance.

Every athlete should look to train towards the specificity of their event. That's why in theory a marathoner would find it hard to beat someone of roughly equal ability whose main event is the 1500m and vice versa. Put simply, they have trained their bodies for the demands of their event and they do not have the background work to adapt to compete at the diverse distance.

Perhaps the term "junk" mileage should be forgotten about and re-invented into the whole scheme of training units. For example, is a two mile warm-up jog classed as "junk" even though all endurance runners will include that vital mileage in their training diaries? It may be done at 8:00 per mile, but it is an important ingredient of the training plan which gets the athlete's muscles warmed up, the blood pumping around the body and gets them in the right frame of mind for the task ahead. So in terms of fast, hard running it may be classed as "junk", but in terms of physiological benefits, it is indispensable.

In a previous article published in *AW* (January 7, 2010), I suggested that athletes should think about re-organising their training diaries so that all the different paces at which they run are monitored. I suggested for example, that running at easy, steady, tempo, speed/strength endurance, speed and even hill running should be categorised separately.

The idea was to show the athlete (and coach) precisely where all the emphasis of their running speeds was done and to highlight if they were doing too much at inferior paces or

“With the current trend among many elite athletes of training extremely hard in their quality sessions, the significance of taking it very easy on some of their runs to recover makes perfect sense”



Alberto Salazar (1): found out the hard way that, when training, more is not always better

indeed running too much at faster speeds. It also included a table in which these units were monitored over a four-week period.

This would help to move "junk" running into a more specific and idealised format where the athletes can account for why they have run at certain speeds.

When athletes are rehabilitating from an injury or illness which has necessitated time off from running, do we class the first few tentative weeks back as "junk"? Without going back to that bottom rung of the ladder and easing their muscles in slowly to regain their tone, it would almost certainly mean more time off if training was recommenced at a high-intensity level.

So as in the warm-up and cool-down running zones, slow rehabilitation running is absolutely vital to ensure good results later on when fitness and form return.

As all athletes and coaches know, recovery runs have equal status in the plan to the faster-velocity sessions albeit with differing physiological outputs, but their aim is the same in that they allow the athlete to perform to the highest level.

Too many slow runs and progress will be stunted, too many fast runs and the athlete will break down, but a mixture

of both can complement each other to produce great results.

That is why a variety of sessions is vital to not only break-up the monotony, but also alter the running gait slightly, which helps alleviate repetitive stresses on the limbs.

Running faster unfortunately puts more stress on hips, legs, ankles and feet and the muscles associated with those areas and that is why injuries are generally more severe when caused by speed (tears and pulls) than overuse (inflammation).

With the current trend among many elite athletes of training extremely hard in their quality sessions, the significance of taking it very easy on some of their runs to recover makes perfect sense. Even runs at less than 70 per cent of maximal heart rate which are deemed as "recreational" running can have their benefit if they allow the athlete to recover enough to recommence hard sessions.

One of the biggest snares for athletes is overtraining and no doubt every one has overstepped the mark at some stage. Continual overtraining will cause injury and staleness, though overtraining sporadically if conditioned well enough may have some benefits.

American Alberto Salazar was once quoted as saying: "If 110 miles a week got me a 2:08 marathon, then I thought

if I ran 130 miles I could run 2:07. That didn't happen. Sooner, or later you cross the borderline between proper training and overtraining."

This is a classic example of the "more is better" syndrome. Sometimes it is, but for many it is a backward step and more often than not it serves as more mileage for the diary but not better-quality training.

When an athlete performs poorly, even though they have been training hard, their gut reaction is to train even harder and usually the end result is even poorer performances. Their search to run well spirals out of control and leads to frustration, staleness and sometimes injury.

It takes much will-power to run well. New Zealander John Walker, the former world record-holder and Olympic champion over 1500m was noted for starting a session and abandoning it if he was not feeling good after one or two reps and coming back the following day to do the session when feeling better at the level intended. This makes much sense, but how many would be prepared to do that?

Athletes of all abilities have to be careful to avoid trying to run hard when overtired and, although every athlete has a set day for their faster sessions, these should be negotiable. Overstepping that "red line" continually is dangerous and when an athlete finds running at steady state a chore then major cut-backs need to be made until the status quo is resumed.

To improve you have to train hard around the fictitious red-line regularly for adaptation to occur. But you must be careful not to overstep that line too frequently and instead integrate sufficient recovery days to allow the body to recover and adapt at the same time.

In summary, most athletes and coaches class "junk" training as running at very slow speeds, but it can in fact also be deemed as continually running too fast. Both have their place in the plan and can be looked at as positive.

So all you are a training diary addicts – if your target for the week is 100 miles and after your last scheduled run you realise you've only done 98 miles, do you go out again later to make up the deficit? Will those two extra miles make a great deal of difference or is it just a load of junk?

Mark Shearman

Wales to make waves?

American John Dagata joined Welsh Athletics as head of coaching last October and JACKIE NEWTON asked him how things were progressing

THE management team of Welsh Athletics – chief executive Matt Newman, head of coaching John Dagata, head of development Chris Moss and head of performance Steve Brace are currently on a road trip around Wales. They are hosting a series of forums for coaches and officials to present their plans from now until 2014 and to discuss the challenges and opportunities they may face on the way.

Athletics Weekly: What's your coaching philosophy?

John Dagata: In all the events I've coached from throws and jumps to multi-events, I try to focus on the philosophy of speed and power-based training. Efficient, explosive and ballistic work underpins much of an athlete's training.

AW: What has influenced that?

JD: Lots of good coaches and mentors from all over the world. I started reading books on everyone. When I was about 13, I remember going to the library and reading about track and field. I



Welsh Athletics
CEO Matt Newman



Left to right: Tom Jones (ex-President of Welsh Athletics), Steve Brace (head of performance), John Dagata (head of coaching) and Chris Moss (head of development) on one of the legs of the road trip around Wales

first started in athletics when I was about four and, as I got older, I started researching and reading about all types of great coaches and so throughout my career I've tried to tick the box on all of them, meet them, learn from them, ask them questions and incorporate their mentalities – people like Dan Pfaff who is now at Lee Valley and Kevin Tyler, now at UKA.

People like that have moulded my coaching philosophy to what it is now. There is a lot of athletics literature out there that coaches can learn from. When I first went to meet Dan Pfaff in Florida I borrowed his books and took them back to California to read them. When I arrived in Wales, I brought three boxes of books and spent the first day organising them in my office. Going forward I aim to create a manual that coaches and athletes can use as a working document.

AW: You said you started at the age of four. What are your thoughts on children in athletics and what should be happening in the very early years?

JD: My parents provided me with a very rounded, sporty upbringing. I did swimming, athletics, taekwondo, all forms of sports.

Since coming here, I've identified that young athletes need more multi-task orientation. How many athletes are actually progressing past the age of 20?

The medals and the performances that we all want to see on TV take years. I feel that a lot of people don't have that sort of time frame in mind and are not supported in that. Winning comes to those who want it the most and the longest.

AW: How does the system differ in America from the UK?

JD: In the USA the age groups are very defined and the competition is extremely detailed. They stay within those brackets and so they understand where they can win and who they will be up against. In high school, it's 14-18, in college it's 18-22 and then if you carry on it's 22 to professional.

There are also a lot more funds for youth development. Plus, schools and universities are budgeted for physical education and for providing competition and those that do well in sport are rewarded with more budget. This means they can recruit more, raise the standard and bring in more money because their competitions attract more supporters.

AW: Do you think we have too many age groups?

JD: I understand the approach, but I think we need to create more competition so that people have to climb the ladder to be the best and so that they are thinking more long-term. When you break it up into so many brackets, it almost gives a false positive of success. We want children to feel like they're winning, but we want them to feel that they've had to work for it.

Long-term thinking will create higher results at the elite-performance level. They have to understand that it is going to take a lot of time. It took me seven years to learn the hammer, 11 years to learn to run, 13 years to learn the discus and I wasn't as successful as I wanted to be.

It has taken me 20 years to learn what I know. My message to everyone is: "Create learning at a high level, create struggle and youth will surprise you." We must create more competition for them to climb the ladder and earn their spot at the top.

AW: Which age groups and disciplines have you coached?

JD: High school and university and mostly speed, jumps and throws,

although I have experience of middle distance through working with multi-eventers.

I like to think that I am now an endurance runner as I go out and run seven or eight miles every morning!

When you work in these establishments in the USA you are given responsibility for an entire event group as well as travel, budget and recruitment and so you have to become very good at a lot of things.

An average US collegiate coaching week is easily 80 hours. When I look back at that, it has made me a much better coach because when you do one event area you learn events that perhaps you're not the best in and so that comes back to make your original specific event much better in the way that you teach things.

When I first started coaching, Dan Pfaff told me that the US collegiate system for coaching is the best business management programme there is and he's right. You learn a lot of day-to-day business management, finance, psychology, physiology and you have to arm yourself with that type of knowledge to work at a very high level.

If you look at the US national championships results, they are as good as most world results, so you have to commit fully or you won't be in it long.

AW: What pressures are there on athletes in US universities?

JD: Before they even go to college the recruitment process can be stressful. If they are good they could have hundreds of universities calling them. Then they have to face the new environment and the expectation and the pressure of athletics at a higher level where people's jobs are on the line.

They have to handle the academic side too while training at a higher level. This is a big step up because when they were in high school they will have only trained for athletics for one season and done other sports for the rest of the year.

Nintety-nine per cent of athletes that I would recruit in high school would do two or three sports, but when they went to university they may only do one. The specificity must be very challenging for them – to be very good at one sport and very good at their academics.

In that four or five-year period that is very difficult, psychologically, emotionally and financially because not

everyone that does collegiate track and field is paid for. Around 60 to 70 per cent are not and they often have to work part-time to support themselves, so it's not as easy as people think.

AW: Many people in the UK believe that the US collegiate system burns athletes out because coaches squeeze as much as they can out of the athletes. Is this true?

JD: Whether you are from the UK or anywhere else, you have to find the environment that best suits your expectations.

If you want to be the best you can be, find the best place, whether it is on the other side of the world or 20 miles from your house. Commit to it fully, be patient and good things will happen. If it's the wrong coach, ideas or challenge at the wrong time for that athlete, it could be disastrous. They have to know themselves, they have to know what they want and they must research it fully and completely before they commit to something that they're not perhaps ready for.

AW: Out of all the roles a coach has, which is the most important?

JD: To make your athletes better people. We want them to have success in athletics, but moreover we want them to be good people. My aim is to build good people emotionally, physically and socially. If you can do this you are going to have good things happen.

I would ask myself if, from the moment we met during the recruitment process to the moment they graduated, this was a better person? If they didn't look at things in a different light after the time we'd spent together, I'd failed.



Welsh Athletics hopes to rise to its challenges and provide opportunities to athletes and coaches

John Dagata: organising structures to elevate athletics in Wales



It's a difficult process at that age. You have to be very careful with your approach, your tact and your long-term agenda because you can do too much or not enough and it can be difficult.

After that they need to perform well in the classroom and on the track and they need to be healthy, having breaks, doing normal things that young people of their age do. It's an experience. It's not just athletics.

AW: Have you settled into life in Wales?

JD: I've settled in pretty well. I work with a great team who think it's normal to

work seven days a week.

I've got a lot of things going on and so I get up very early, look at my agenda for the day, go on a 20-40-minute run and do some gym work and while I'm doing this I plan my approach to the day's work.

I try to execute as many things as I can in a day. Before I go to bed I prioritise the things I didn't do, write them down and they are on the agenda for the next day! We're organising our structures and approach and getting more specific with what we want to be good at. By interviewing coaches and athletes we are getting a good perspective of everyone. I've made a few mistakes, but I was taught to always admit when you're wrong so you can fix it.

AW: What's your favourite part of Wales?

JD: There are so many, but I love the Gower Peninsula. I go there when I'm stressed or tired and find peace! I also like Rhayader and I went there with the endurance squad running circuits.

I love the drives through this country and I love the city of Cardiff. I've been through Snowdonia but haven't been to the top yet. If I can get to one of the mountain races I will.

Overseas

AUSTRIA

St Polten, June 3

Men: 100 (-1.3): 2 RYAN SCOTT 10.60.
400: 4 LUKE LENNON-FORD 47.41

BELGIUM

Oordegem, June 5

Men: 400 r1: 2 JAMIE BOWIE 47.45; 4 RICHARD YATES 48.18. **800: r2:** 4 ED ASTON 1:48.21. **1500: r1:** 1 ALASTAIR HAY 3:42.66; 4 GAVIN MASSINGHAM 3:45.75; 5 ROSS TOOLE 3:45.92; 10 CHRIS MACKAY 3:48.39. **110H: r2 (-0.7):** 2 CHRIS BAILLIE 13.63; 3 GIANNI FRANKIS 13.83. **400H:** 2 RICHARD YATES 50.81. **Women: 400 r2:** 1 LEE MCCONNELL 51.63; 3 GEMMA NICOL 54.66. **800:** 8 LEIGH LENNON (U20) 2:07.91. **1500:** 4 KERRY HARTY 4:19.73. **100H (-0.7):** 3 ZARA HOHN 13.65. **LJ:** 1 LORRAINE UGEN (U20) 5.90/-0.3

CZECH REPUBLIC

Prague, June 6

Men: 110H (0.9): P Svoboda 13.46. **PV:** M Balner 5.71. **LJ:** R Novotny 8.06. **Women: PV:** J Ptacnikova 4.61. **DT:** V Cechlova 63.40. **JT:** B Spotakova 58.67

FRANCE

European Cup 10,000m, Marseille, June 5

MO FARAH continued his inspired start to the summer campaign with victory in 27:28.86 against top European opposition. In only his second 10,000m, the former European cross-country champion moved to third on the UK all-time lists behind Eamonn Martin (27:23.06) and Jon Brown (27:18.14).

After going through halfway in 13:52, he ran a negative split, including a 58-second last lap, to dip less than a second inside the time set by the resurgent Chris Thompson last month.

Farah's performance came just five days after he won the Bupa London 10,000 in London in a UK road best of 27:44.

"My main aim tonight was to get the qualifying time for the European Championships in Barcelona," he said. "I'm delighted to have done it and I feel like I have a lot more in the tank and can run much faster over the distance. I'm looking forward to getting back into a period of training now and preparing for that."

In the B race, Antony Ford was the first Brit to finish in fifth in 29:21.90. Mike Skinner finished eighth in 29:44.75, Phil Nicholls was 10th in 30:00.90 and Mark Warmby took 12th in 30:15.34.

In the absence of Jo Pavey, who was a late withdrawal from this race, Freya Murray was the leading Brit in sixth in a PB of 32:23.44.

European cross-country champion Hayley Yelling was 10th in 32:49.07, while Sonia Samuels took 17th in a lifetime best of 33:08.89.

Men: 10,000: 1 MO FARAH 27:28.86; 2 A Meftah (FRA) 28:12.83; 3 J Martinez (ESP) 28:13.82; 4 R Silva (POR) 28:17.39; 5 M Chabowski (POL) 28:31.12; 6 J Fitschen (GER) 28:32.20; 7 A Reunkov (RUS) 28:33.22; 8 D Meucci (ITA) 28:39.05; 22 M Kenneally (IRL) 29:36.48. **B:** 1 A Gardzielewski

(POL) 28:44.19; 5 ANTHONY FORD 29:21.90; 8 MIKE SKINNER 29:44.75; 10 PHIL NICHOLLS 30:00.90; 12 MARK WARMBY 30:15.34; 13 G Thornton (IRL) 30:22.27

TEAM: 1 FRA 85:47.40; 2 POR 85:59.39; 3 RUS 86:04.18; 4 ITA 86:56.75; 5 GBR 87:14.51; 6 ESP 88:30.64

Women: 10,000: 1 I Monteiro (POR) 31:13.58; 2 S Mockenhaupt (GER) 31:23.86; 3 S Moreira (POR) 31:26.55; 4 M Erdogan (TUR) 31:55.53; 5 C Daunay 32:02.04; 6 FREYA MURRAY 32:23.44; 7 F Ribiero (POR) 32:25.61; 8 K Jarzyska (POL) 32:44.40; 9 I Mikitenko (GER) 32:48.69; 10 HAYLEY YELLING (W35) 32:49.07; 11 S Kudzelich (BLR) 32:53.64; 12 F Dal (ITA) 32:55.12; 13 A Dias (POR) 32:59.21; 14 J Martin (ESP) 32:59.93; 17 SONIA SAMUELS 33:08.89; 26 A Hutchinson (IRL) 34:10.75

TEAM: 1 POR 95:25.74; 2 GBR 98:21.40; 3 BLR 99:25.80; 4 ESP 99:39.87; 5 ITA 1:40:48.35; 6 FRA 1:42:31.58

Valbonne, June 5

Men: 400: r1: 2 GRAHAM HEDMAN 46.82; 3 RICK BEARDSSELL 48.41. **r2:** 1 NICHOLAS LITTLE 49.82. **800: r1:** 5 KIERAN FLANNERY 1:49.78. **Women: 400:** 1 KIM WALL 53.00; 3 LAURA WAKE (U20) 55.09. **800:** 7 AISLING MCGHEE 2:14.66

GERMANY

Viersen, June 6

Men: HJ: 3 MARTYN BERNARD 2.25; 4 TOM PARSONS 2.25; 6 SAMSON ONI 2.22

Bad Langensalza, June 5

Women: LJ: 6 JADE JOHNSON 6.39/0.8. **Regensburg, June 5**

James Ellington took victory in the 100m A race in 10.28 (0.1), narrowly beating Tyrone Edgar (10.29) into second.

There were season's best performances for Christian Malcolm and Marlon Devonish in the 200m. Devonish went to third on the UK rankings with 20.82 in finishing second, while Malcolm ran 20.89 (0.0) to win a separate race with his first 200m performance of the year. Leon Baptiste, GB No.1 this year, won section three in 20.79 (0.0), just ahead of Jeffrey Lalaw-Balogun, who was third with 20.87.

The male sprinters teamed up to form two competitive 4x100m teams, which placed second and third. The quartet of Baptiste, Edgar, Devonish and Malcolm ran the quicker time of 38.80, but Lalaw-Balogun, Craig Pickering (Malcolm Arnold), Ellington and Leevan Yearwood were not far behind in 38.89.

Men: 100 (0.1): 1 JAMES ELLINGTON 10.28 (10.43/-1.1 ht); 2 TYRONE EDGAR 10.29 (10.31/0.0ht). **h1 (0.0):** 1 CRAIG PICKERING 10.48. **h3 (1.1):** 1 LEEVAN YEARWOOD 10.32. **200: r1 (0.0):** 1 CHRISTIAN MALCOLM 20.89. **r3 (0.0):** 1 LEON BAPTISTE 20.79; 2 MARLON DEVONISH 20.82; 3 JEFFREY LALAW-BALOGUN 20.87. **1500: r4:** 5 JORDAN DONNELLY 3:56.03. **4x100:** 2 GREAT BRITAIN I 38.80; 3 GREAT BRITAIN II 38.89. **Women 100 A (-0.4):** 2 LAURA TURNER 11.44 (11.51/0.0ht); 5 ELAINE O'NEILL 11.57 (11.62/-0.7ht);

6 KATHERINE ENDACOTT 11.69 (11.63/0.0 ht). **200 r2 (-0.6):** 3 TURNER 23.55

Baunatal, June 2

Men: 800: 3 PAUL BRADSHAW 1:49.51

HOLLAND

Sittard, June 6

Men: 3000SC: 2 SULLIVAN SMITH 9:34.24

IRELAND

Irish Schools Championships, Tullamore, June 5

Senior boys: 400: 4 BEN MAZE 50.45. **800:** 1 MARK ENGLISH 1:53.31; 6 MARK HOY 1:56.48. **1500:** 3 EOGHAN TOTTEN 15:28.45. **110H:** 2 STEPHEN COLWELL 15.71. **2000SC:** 4 ROBBIE IDLE 6:25.53. **JT:** 1 RORY KIRWAN 51.94. **Inters:**

400: 3 JONATHAN BROWNING 50.80. **1500:** 1 ADAM INGRAM 3:57.44; 3 PATRICK MONAGHAN 4:01.85. **3000:** 6 ANDREW MONAGHAN 9:01.38. **100H:** 1 RYAN MCPARLAND 13.96; 3 PATRICK COLHOUN 14.24. **400H:** 5 ANDREW BOLSTER 59.32. **HJ:** 1 HENRY LEONARD 1.85. **SP:** 3 MATTHEW MARTIN 13.39. **DT:** 5 TOM JESS 39.02. **HT:** 4 ROBERT MOFFETT 43.57. **JT:** 1 MATTHEW MARTIN 51.29. **Juniors: PV:**

1 JOSHUA BINGHAM 3.00. **SP:** 6 PETER COWAN 12.10. **DT:** 6 NICO SURGENOR 34.49. **HT:** 3 ROSS MCALLISTER 43.99; 4 JAMES MCCREANOR 37.35. **Senior girls: 400:** 1 JOANNA MILLS 55.69. **1500:** 1 CIARA MAGEE 4:19.00. **3000:** 1 REBECCA CAMPBELL 10:28.06. **100H:** 1 AIMEE MCNEILLY 15.00. **400H:**

1 CHRISTINE MCMAHON 61.26. **LJ:** 1 JOANNA MILLS 5.99. **TJ:** 1 HANNAH TODD 11.69; 3 JAMIE HERRON 10.63. **DT:** 2 KATHY HETHERINGTON 35.59. **Inters: 300:** 1 KATIE KIRK 38.55; 4 HEATHER CARSON 41.35. **800:** 2 EMMA MITCHELL 2:12.63. **1500:** 2 EMMA MITCHELL 4:36.90. **80H:** 3 LIBBY ROSE 12.31. **PV:** 1 LUCY DUGGAN 2.90. **Juniors: 800:** 6 AISLINN CROSSEY 2:20.48. **3000:** 2 LAURA CASEY 10:39.98. **75H:** 5 JANE ATKINSON 12.31. **PV:** 1 EMMA KELSO 2.50

Dublin, June 2

Men: 800: r2: 1 GARETH TURNBULL 1:53.87. **3000: r1:** 8 AIDAN MCCORMACK 8:37.36. **Women: 100: r1 (1.7):** 3 ANNA BOYLE 12.27. **3000:** 5 CATHY MCCOURT (W35) 10:35.98

JAPAN

Japanese Championships, June 4-6

Men: 100 (0.0): 1 M Eriguchi 10.26. **200 (1.2):** K Fujimitsu 20.38. **400:** Y Kanemaru 45.56. **5000:** M Mathathi (KEN/gst) 13:16.91. **400H:** K Narisako 49.01. **LJ:** Y Sugai 8.10/1.8. **HT:** K Murofuchi 77.35. **JT:** Y Murakami 80.60.

Women: 5000: 1 A Karindi (KEN/gst) 15:15.46. 10,000: K Fukushima 31:47.56

IAAF World Challenge Meeting, Rabat, June 6

MARTYN ROONEY regained second position in the UK rankings with 45.45 for third in the 400m.

Perri Shakes-Drayton was the other Briton competing, winning the 400m hurdles in 56.03.

Men: 200 (0.2): 1 W Spearman (USA) 20.35; 2 S Mullings (JAM) 20.75. **400:** J Gonzales (JAM) 45.06; 2 C Brown (BAH) 45.32; 3 MARTYN ROONEY 45.45; 4 M Mathieu (BAH) 45.63; 5 G Kikaya (COD) 45.83. **800:** 1 A Kaki (SUD)

Mo Farah went to third on the UK all-time list in Marseille



Mark Sheerman

1:46.71; 2 A Zerguelaine (ALG) 1:47.60; 3 R Kiplagat (KEN) 1:47.91. **1500:** 1 A Iguidir 3:34.25; 2 A Laalou 3:34.26; 3 M Shaween (KSA) 3:34.45; 4 B Mansoor Ali (BRN) 3:34.98; 5 B Rassioui 3:35.00; 6 D Ruiz (ESP) 3:35.04; 7 N Chepseba (KEN) 3:35.40; 8 T Makhloufi (ALG) 3:35.42; 9 M El Saghir 3:35.76. **5000:** 1 J Kemboi (KEN) 13:01.64; 2 S Mutahi (KEN) 13:02.54; 3 A Chebii (KEN) 13:03.11; 4 D Komen (KEN) 13:04.02; 5 P Koech (KEN) 13:05.18; 6 I Koech (KEN) 13:07.70; 7 M Kigen (KEN) 13:15.10; 8 A Selmouni 13:16.49. **3000sc:** 1 M Mekhissi-Benabbad (FRA) 8:08.82; 2 R Mateelong (KEN) 8:14.89; 3 E Kemboi (KEN) 8:17.29. **HJ:** 1 A Dmitrik (RUS) 2.31; 2 S Mudrov (RUS) 2.26; 3 K Kgosiemang (BOT) 2.26. **LJ:** 1 D Phillips (USA) 8.26/+0.6; 2 N Badji (SEN) 8.09; 3 I Gaisah (GHA) 8.05/0.6. **DT:** 1 V Alekna (LTU) 61.75; 2 L Martínez (CUB) 61.05; 3 A Tammert, (EST) 60.51. **Women: 100 (-0.3)** 1 S Fraser (JAM) 11.13; 2 C Sturup (BAH) 11.14; 3 T Madison (USA) 11.41. **800:** 1 H Hachlaf 2:00.63; 2 H Benhassi (MAR) 2:01.33; 3 M Vessey (USA) 2:01.55; 4 E Kostetskaya (RUS) 2:01.77; 5 Y Zinurova (RUS) 2:02.65. **1500:** 1 N Langat (KEN) 4:05.80; 2 M Tabessart 4:06.25; 3 B Lakhouad 4:07.73; 4 F Félix (FRA) 4:07.84; 5 S Kibet (KEN) 4:07.87. **400H:** 1 K Spencer (JAM) 54.89; 2 PERRI SHAKES-DRAYTON 56.03; 3 E Ouedraogo (BEL) 56.59. **TJ:** 1 A Pyatikh (RUS) 14.68/1.0; 2 N Alekhina (RUS) 14.46/1.3; 3 D Veldáková (SVK) 14.20/1.4. **JT:** 1 R Yurkovich (USA) 60.11; 2 J Klimešová (CZE) 59.64; 3 M Palameika (LAT) 59.13

POLAND

Bydgoszcz, June 6

REIGNING world champion Anita

Włodarczyk improved her own world record in the hammer by 34 cm, achieving 78.30m. The performance came in the third round after a near-record 77.67m in the second.

David Greene achieved another top-class run in the 400m hurdles but had to settle for second, though Eilidh Child pulled off the best win of her life. The 23-year-old went to fourth on the UK all-time lists behind Sally Gunnell, Tasha Danvers and Gowry Retchakan as her 55.17 narrowly edged Angela Morasanu and Anna Jesien.

Men: 400: 1 J Torrance (USA) 45.74; 4 CHRIS CLARKE 46.31; 5 ANDREW STEELE 46.39; 6 KRIS ROBERTSON 46.79. **110H (-0.7):** 1 T Akins (USA) 13.47; 2 R Wilson (USA) 13.49; 3 A Noga (POL) 13.56; 4 D Bochenek 13.56; 5 WILLIAM SHARMAN 13.58 (13.61/-0.6 ht); 6 R Brathwaite (BAR) 13.74. **400H:** 1 Lj Van Zyl (RSA) 48.87; 2 DAVID GREENE 48.96; 3 J Gaymon (USA) 49.13; 4 RHYS WILLIAMS 49.79. **SP:** 1 C Cantwell (USA) 21.50; 2 D Armstrong (CAN) 21.25; 3 T Majewski 21.22; 4 R Hoffa (USA) 20.88; 5 P Lyzhyn (BLR) 20.61; 6 D Taylor (USA) 20.45. **HT:** 1 S Litvinov (GER) 78.76; 2 K Pars (HUN) 77.96; 3 D Nazarov (TJK) 77.71; 4 I Sokolovs (LAT) 77.56; 5 M Esser (GER) 77.47. **Women: 200 (-0.4):** 1 C Mothersill (CAY) 22.84; 2 R Whyte (JAM) 22.87; 7 JOICE MADUAKA (W35) 23.44. **800:** E Balcianaitė (LTU) 2:01.96; 10 CLAIRE GIBSON 2:05.09. **100H (-1.8):** 1 P Felicien (CAN) 12.99; 2 D Ennis (JAM) 13.02; 3 P Lopes-Schliep (CAN) 13.05; **400H:** 1 EILIDH CHILD 55.17; 2 A Morasanu (ROM) 55.25; 3 A Jesien 55.26. **PV:** 1 A Rogowska 4.71; 2 KATE DENNISON 4.50 (4.20u, 4.40u, 4.50u, 4.60xxx); 3 Y Golubchikova

(RUS) 4.50; 5 HENRIETTA PAXTON 4.20. **LJ:** 1 T Kotova (RUS) 6.66/0.6. HT: 1 Włodarczyk 78.30 (World rec) (74.83, 77.67, 78.30, 77.71, 77.71); 2 B Heidler (GER) 74.10; 3 K Klaas (GER) 71.91

RUSSIA

Moscow, June 65/6

Men: LJ: P Shalin 8.25/1.2 Women: 400: A Kapachinskaya 50.78. 3000: N Popkova

SLOVENIA

Postojna, June 6

MERLENE OTTEY clocked a world W50 record 100 m of 11.95 in her heat but did not make the final.

Women: 100: ht: M Ottey 11.95 (world W50 rec)

SOUTH AFRICA

Comrades Marathon,

Pietermaritzburg-Durban, May 31

Men: 56M: 24 IAN SHARMAN 6:01:13. **Women: 56M:** 18 ANGIE SADLER (W50) 7:55:50

SPAIN

Can Drago, June 6

Women: 400: r1: 1 MARIA THOMAS 54.99

Spanish U56 Inter-Region, Lloret de Mar, June 5/6

Women: 300: A: 2 SOPHIE HEWITT 41.87 (42.40 ht). **1000:** 3 SUMMER IBRAHIM 3:02.62. **100H: A (-1.2):** 1 HOLLY WOODWARD 14.76 (14.72/-0.8 ht)

Vitoria, June 5

Women: 800: 3 SUZANNE HASLER 2:08.40

Barcelona, June 2

Men: 1500: r2: 2 HARRY SAGEL (U17) 4:09.40. **Women: 400: r1:** 1 MARIA THOMAS 55.02

SWEDEN

Stockholm Marathon, June 5

Men: Mar: 1 J Kimeli (KEN) 2:12:48; 29 STUART ROBINSON 2:37:58. **Women: 1** I Andersson (SWE) 2:31:35

SWITZERLAND

Basel, June 5

Men: 400H: 1 BEN SUMNER 51.32.

Women: 400H: 3 HANNAH DOUGLAS 59.43

USA

Jim Bush Southern Cal USATF

Championships, Mt SAC, June 6

Men: SP: 2 CARL MYERSCOUGH 19.93. **DT:** 1 CARL MYERSCOUGH 61.51. **Women: 3000SC:** 1 BARBARA PARKER 9:38.23

Clermont, June 4-6

KELLY-ANN BAPTISTE set a world lead of 10.84 and took a tenth of a second off her best.

Men: 100 (2.8): K Bledman 9.93. **Ht (2.4):** W Dix 10.05. **Women: 100 (1.8):** 1 K Baptiste (TRI) 10.84; 2 S Solomon 10.90

San Diego Rock n Roll Marathon, June 6

Men: Mar: 1 R Limo (KEN) 2:09:56; 2 W Chebor (KEN) 2:10:13; 3 N Arciniaga (ET) 2:11:47. **Women:** 1 Y Gromova (RUS) 2:27:38; 2 S Diriba (ETH) 2:29:09

Freihofer's Run for Women 5km, Albany, June 5

Women: 5km: 1 E Chebet (KEN) 15:12; 2 E Kiplagat (KEN) 15:20; 3 M Daska (ETH) 15:23

Bolder BOULDER 10km, May 31

Men: 10km: 23 NELSON HALL 31:54; 28 KEVIN SKINNER 32:30; 29 MATT JANES 32:44. **Women: 10km:** 13 REBECCA ROBINSON 35:07; 18 CLAIRE HALLISSEY 35:50; 27 CHRISSIE WELLINGTON 37:12

Track

June 5/6

ENGLAND SENIOR/U20 COMBINED EVENTS CHAMPIONSHIPS WOMEN Stoke

DAVID GUEST moved to second on the all-time UK junior rankings with 7727 in winning the senior title.

The Bridgend athlete added more than 300 points to his best and moved to 18th on the domestic all-time senior list.

Guest set PBs in the long jump (7.37), 400m (48.37), discus (38.75m) and pole vault (4.76m) on his way to slotting in behind Daley Thompson's 8082, which was achieved in 1977 only with the aid of the old-style, further-travelling javelin.

Men

Dec: 1 D Guest (B'end) 7727 (11.05, 7.37, 12.61, 2.01, 48.37, 14.64, 38.75, 47.6, 46.70, 4:34.22); 2 E Dunford (Bir) 7290 (11.36, 6.82, 13.81, 1.89, 51.12, 15.12, 45.75, 3.96, 57.25, 4:48.00); 3 T Reynolds (WSEH) 7270 (11.19, 7.14, 13.36, 1.86, 50.56, 15.13, 37.33, 4.46, 50.50, 4:43.56); 4 B Hazell (BMH) 7142 (11.78, 6.78, 13.83, 1.92, 51.18, 15.56, 42.19, 4.06, 56.66, 4:43.05); 5 M Brockman (M&M) 7089 (11.79, 6.96, 12.41, 2.04, 51.07, 16.20, 39.77, 4.26, 46.96, 4:29.13); 6 M Holden (Col H) 7081 (11.31, 6.86, 12.02, 1.95, 50.29, 15.13, 31.87, 4.96, 43.18, 4:50.01); 7 M Geogr (WSEH) 6992 (11.77, 6.41, 13.44, 1.74, 51.99, 15.12, 38.72, 4.26, 64.08, 4:43.60); 8 D Showler Davis (BMH) 6975 (11.01, 7.03, 11.60, 1.92, 49.67, 15.37, 33.86, 3.56, 47.77, 4:28.65); 9 F Baker (Der) 6874 (11.41, 7.18, 11.61, 1.95, 51.60, 15.23, 34.39, 4.06, 43.92, 4:43.76); 10 A Akehurst (Ports) 6679 (11.71, 6.97, 12.83, 1.86, 51.96, 14.53, 35.11, 3.86, 51.53, 5:02.20); 11 R Reeks (Craw) 6565 (11.16, 6.62, 12.43, 1.98, 49.36, 14.82, 37.17, 4.36, 47.77); 12 D Gardiner (Leeds C) 6438 (10.88, 7.17, 12.68, 1.86, 50.86, 16.37, 41.42, 50.77, 4:51.66); 13 S McLaren (NZ) 6433 (11.59, 6.73, 13.44, 1.89, 49.97, 16.01, 40.84, 4.36, 50.81); 14 M Sweeney (Liv H) 6283 (12.38, 6.42, 11.05, 1.98, 52.03, 16.24, 31.33, 4.26, 33.30, 4:34.37); 15 J Lancaster (Sale) 6124 (11.90, 6.58, 12.96, 1.95, 54.11, 16.18, 39.58, 3.86, 59.54); 16 N Crossley (Chelt) 5806 (11.76, 6.61, 12.07, 1.83, 52.00, 18.39, 33.98, 4.06, 64.07); 17 D Budd (Sheff) 5604 (11.78, 6.53, 9.79, 1.77, 53.85, 16.72, 27.07, 3.16, 40.08, 4:55.86); 18 A Zeniou (E&H) 5385 (12.65, 5.90, 10.62, 1.74, 54.38, 16.99, 33.97, 3.46, 28.42, 4:44.80); 19 C Van Schie (Sale) 4939 (11.72, 11.57, 1.80, 51.08, 16.41, 34.76, 3.96, 37.66); 20 A Pritchard (Macc) 4796 (12.36, 5.47, 9.55, 1.71, 60.96, 16.75, 31.89, 3.56, 35.01, 5:45.46); 21 S Wren (Sheff) 4497 (12.18, 6.08, 10.14, 1.71, 55.48, 19.12, 26.51, 3.56, 32.54); 22 K Sempers (Traff) 4409 (11.20, 6.85, 12.11, 1.95, 38.26, 65.05); 23 N Edwards (Wrex) 4111 (13.09, 5.15, 9.99, 1.56, 62.30, 19.42, 30.80, 3.16, 43.40, 6:09.61)

U20
Dec: 1 A Bryant (WSEH) 7342 (11.34, 6.98, 13.96, 1.83, 49.64, 14.62, 34.37, 4.16, 62.27, 4:43.92); 2 J Andrews (Sale) 7320 (11.44, 6.59, 13.28, 1.921, 50.55, 14.70, 37.41, 4.86, 45.28, 4:29.44); 3 S Sleaf (BMH) 6646 (11.77, 6.65, 13.47, 1.95, 52.76, 15.50, 39.28, 4.06, 40.94, 5:03.35); 4 I Ramsey (Donc) 6520 (11.37, 6.75, 10.72, 1.77, 50.23, 14.86, 32.32, 3.66, 37.95, 4:31.54); 5 C Mathews (B&V) 6402 (11.50, 6.57, 12.85, 1.86, 51.01, 17.25, 42.09, 3.46, 43.38, 4:49.52); 6 D Milandu (Stoke)

6288 (11.57, 6.09, 12.51, 1.80, 51.87, 15.28, 34.95, 3.86, 47.08, 5:20.80); 7 A Wharfe (M&M) 5388 (11.89, 5.62, 11.53, 54.23, 16.17, 32.58, 3.36, 39.66, 5:09.98); 8 M Bartlett (Thurr) 4389 (12.20, 5.71, 11.79, 1.83, 59.75, 24.77, 35.57, 3.46, 41.59); 9 R Murray (Liv H) 4217 (11.92, 5.48, 9.71, 1.44, 56.71, 20.52, 25.67, 3.26, 32.19, 5:24.20)

Women

Hep: 1 D Blaize (K&P) 5671 (14.22/-1.6, 1.77, 13.47, 24.19/-0.7, 6.25/1.1, 32.30, 2:36.44); 2 L Wood (Chelm) 5375 (13.77/-1.6, 1.56, 11.48, 24.49/-0.7, 5.94/1.4, 31.50, 2:23.36); 3 S Skinner (Eke) 5284 (14.24/-1.6, 1.62, 9.43, 24.87/-0.7, 5.75/0.3, 33.74, 2:16.84); 4 J Tindal (Pit) 5177 (14.72/-1.6, 1.62, 12.44, 25.47/-0.5, 5.49/1.2, 35.11, 2:26.80); 5 L McGawn (WSEH) 5034 (15.13/1.3, 1.56, 11.22, 25.78/-0.7, 5.51/0.9, 38.00, 2:24.69); 6 C Granville (Swan) 4981 (14.37/-1.6, 1.59, 9.63, 25.22/-0.7, 5.49/0.7, 29.54, 2:22.24); 7 E Parker (E&E) 4925 (15.13/1.3, 1.68, 9.56, 25.88/-0.5, 5.73/0.9, 22.32, 2:17.29); 8 J Rowland (Craw) 4842 (15.91/-2.3, 1.62, 11.49, 26.38/-0.5, 5.39/-1.5, 33.99, 2:25.75); 9 K Drew (Team S) 4697 (14.82/-1.6, 1.71, 10.28, 27.22/-1.5, 5.40/0.9, 23.90, 2:30.33); 10 J Tappin (Chelm) 4667 (15.03/1.3, 1.65, 10.05, 26.43/-0.5, 5.01/-1.7, 26.74, 2:24.43); 11 H Morton (Horsh BS) 4498 (15.09/1.3, 1.62, 8.16, 27.08/-0.5, 5.14/1.1, 31.02, 2:29.45); 12 N Cahill (Sale) 4463 (15.20/-1.6, 1.56, 10.79, 26.75/-1.5, 5.29/0.8, 24.86, 2:35.52); 13 R Wiseman (Prest) 4423 (15.58/1.3, 1.56, 10.26, 27.56/-1.5, 5.12/-0.8, 31.70, 2:33.13); 14 A Regan (Sale) 4152 (16.53/-2.3, 1.50, 9.82, 27.09/-1.5, 4.60/1.0, 24.82, 2:19.87); 15 J Taylor (Sale) 4115 (1.59, 10.59, 25.06/-0.7, 5.62/-1.0, 29.66, 2:26.50); 16 H Nicholas (Bas) 4044 (15.59/1.3, 1.59, 7.71, 26.11/-0.5, 4.94/-0.6, 19.24, 2:40.39); 17 K Sealy (UWIC) 3810 (18.65/-2.3, 1.62, 9.63, 29.26/-0.5, 5.03/-0.6, 33.76, 2:49.16); 18 R Courtenay (Chelt) 3501 (16.48/-2.3, 1.32, 7.01, 26.60/-1.5, 4.45/-0.7, 17.12, 2:30.89); 19 H Buckley (IRL) 3099 (26.01/-2.3, 1.59, 9.16, 29.98/-1.5, 4.50/-0.6, 29.59, 2:45.08)

U20

Hep: 1 B Curtis-Harris (BMH, U17) 4910 (14.79/1.7, 1.62, 10.62, 25.96/-2.0, 5.42/1.3, 33.89, 2:30.76); 2 K Marchant (Leeds C) 4893 (14.48/1.7, 1.65, 10.93, 26.93/-2.0, 5.27/-1.7, 34.39, 2:30.78); 3 S Wilkins (Mil K) 4877 (15.42/1.7, 1.65, 8.45, 25.80/-2.0, 5.48/1.5, 31.59, 2:18.00); 4 T Clayton (BMH, U17) 4317 (15.88/-0.1, 1.53, 11.25, 27.15/-1.3, 4.93/-0.9, 33.26, 2:42.58); 5 E Lovell (Hast) 4262 (15.50/-0.1, 1.53, 8.52, 26.61/-2.0, 5.32/0.9, 25.08, 2:36.00); 6 I Green (Strat) 4206 (15.89/-0.1, 1.53, 8.69, 27.09/-1.3, 5.09/-1.1, 32.66, 2:40.80); 7 E Lowry (Lough S) 4163 (16.40/1.7, 1.71, 11.40, 27.73/-1.3, 4.69/-1.0, 17.94, 2:35.18); 8 K Lysons (UWIC) 4015 (15.28/-0.1, 1.62, 8.43, 27.64/-1.3, 4.71/-1.3, 22.90, 2:42.87); 9 C Parsons (BMH) 4008 (17.45/-0.1, 1.59, 10.50, 27.25/-2.0, 5.02/-1.2, 22.68, 2:39.34)

June 6

BRITISH ATHLETICS LEAGUE

2: Derby

MATCH: 1 Craw 327; 2 Harrow 322.5; 3 Notts 304.5; 4 Der 285; 5 Leeds C 274; 6 Herne H 269; 7 TVH 237; 8 Camb H 146

Men

100: A (-0.8): 1 T Sandeman (TVH) 10.84; 2 L Slue (Harrow) 10.93; 3 I Ojuriye (Herne H) 10.98. **B (-1.7):** 1 N Thomas (TVH) 10.94; 2 R Graham (Herne H) 10.96. **200: A (-1.2):** 1 T Sandeman (TVH) 21.22; 2 P Judson

(Notts) 21.95. **400:** 1 J Hornblow (Der) 48.14; 2 S Christie (TVH) 48.90; 3 M Sinclair (Craw) 48.90; 4 J Baines (Notts) 48.96; 5 P Phillips (Herne H) 49.06; 6 C Stewart (Harrow) 49.19. **B:** 1 L Mensah (Herne H) 48.64; 2 A Kendall (Harrow) 48.82; 3 M Warner (Notts) 49.11; 4 T Allread (Der) 49.25. **800:** 1 N Duggan (Craw) 1:53.33; 2 M Salter (Leeds C) 1:53.84; 3 T Phillips (Der) 1:54.39; 4 J Moody (Notts) 1:54.73. **B:** 1 C Johnson (Craw) 1:53.04; 2 N Maguire (Der) 1:54.17. **1500:** 1 S Harris (Craw) 3:57.25; 2 R Franzese (Harrow) 3:57.78; 3 C Smith (Leeds C) 3:58.20; 4 T Phillips (Der) 3:59.50. **3000:** 1 J Thewlis (Notts) 8:23.56; 2 R Russell (TVH) 8:28.68; 3 J Gilby (Der) 8:29.31; 4 A Buckley (Leeds C) 8:36.24; 5 P Rodgers (Craw) 8:43.36. **B:** 1 Smith (Leeds C) 8:41.24. **110H: A (-0.8):** 1 M Hudson (Leeds C) 14.08; 2 T Ashby (Herne H) 15.47. **B (-0.5):** B Ashby (Herne H) 15.38. **400H:** 1 A Howell (Harrow) 52.23; 2 T Moakes (Notts) 52.89; 3 A Cooper (Craw) 54.07; 4 S Parsons (Herne H) 54.75. **3000SC:** 1 D Lacy (Camb H) 9:29.67; 2 A Muzibab (Leeds C) 9:30.83; 3 C Peach (Herne H) 9:36.39; 4 J Clewett (Craw) 9:44.59; 5 A Wray (Harrow) 9:51.59; 6 P Thompson (Notts) 9:53.73; 7 G Irvine (TVH) 9:58.92. **B:** 1 G Chatterton (Leeds C) 9:49.50; 2 J Swallow (Craw) 9:52.40; 3 C Palmer (Notts) 9:55.22; 4 J Cunningham (Herne H) 9:56.52. **4x100:** 1 TVH 42.11; 2 Notts 42.27; 3 Leeds C 42.53; 4 Harrow 42.53; 5 Herne H 42.75; 6 Der 43.32; 7 Craw 43.41. **4x400:** 1 Notts 3:20.58; 2 TVH 3:21.71; 3 Craw 3:22.40; 4 Der 3:25.19. **PV:** 1 M Weaver (Harrow) 4.40; 2 D Passey (Der) 4.20. **LJ:** 1 P Oluymeyi (Herne H) 7.18; 2 A Timms (Leeds C) 7.00. **TJ:** 1 M Morsia (TVH) 14.42; 2 J Okeyemi (Harrow) 14.07. **SP:** 1 C Griffith-Parker (Camb H) 16.88; 2 D Slowik (Harrow) 14.26. **B:** A Kruszewski (Camb H, M50) 11.76. **DT:** 1 C Griffith-Parker (Camb H) 54.31; 2 D Slowik (Harrow) 50.32; 3 S Wells (Craw) 44.92; 4 T Ashby (Herne H) 44.15; 5 M Francis (Der) 41.07. **B:** 1 A Kruszewski (Camb H, M50) 44.16; 2 B Hall (Craw) 41.08. **HT:** 1 C Shorthouse (Notts) 62.86; 2 I Park (Harrow) 51.72. **B:** 1 D Slowik (Harrow) 50.85; 2 N Winchcombe (Notts) 47.40. **JT:** 1 D Sketcheley (Harrow) 61.31; 2 S Allen (Leeds C) 59.33; 3 C Eden (Notts) 58.70. **B:** 1 Copsey (Harrow) 59.57

UK WOMENS ATHLETICS LEAGUE

Div 2 Thornes Park Stadium,

Wakefield

MATCH: 1 Thames Valley Harriers 211; 2 Newham and Essex Beagles 190; 3 Victoria Park 174; 4 Wakefield District 155.5; 5 Medway & Maidstone 134; 6 Coventry Godiva 125; 6 Havering Mayesbrook 110.5; 7 Herts Phoenix 106

Women

400: 1 L Langouski (Cov) 55.08; 2 J MacLaren (Vic P) 56.37; 3 V Ohurougu (NEB) 57.56. **100H:** 1 M Canning (TVH) 14.81; 2 E Stevens (Herts P) 14.91; 3 C Van Wulven (Hav M) 15.37; 4 M Bagworthy (Cov) 15.39. **4x100:** 2 TVH 49.90; 3 Vic P 50.53; 4 Cov 51.48; 5 Wake 51.82. **PV:** 1 C Maguire (VPCG) 3.10; 2 C Nutt (Wake) 3.00; 2 G Dowsett (M&M) 3.00. **LJ:** P Agbo (TVH) 6.07. **TJ:** C Mathews (NEB) 12.02. **B:** R Jones (NEB) 11.22. **SP:** 1 P Agbo (TVH) 12.64; 2 K Yates (VPCG) 12.44; 3 C Parker (Cov) 11.97; 4 L Underdown (M&M) 11.28. **DT:** 1 L Underdown (M&M) 39.75; 2 G Jenkins (NEB) 35.91. **HT:** 1 S Wilson (VPCG) 51.28; 2 S Drake (Wake) 46.83. **JT:** 1 H Thomas (NEB) 46.55; 2 E Meakins (Herts P) 40.36; 3 S Huggins Ward (Cov) 39.00; 4 J Blair (M&M) 38.68

DANNY EVANS MEMORIAL

Deeside

U20 men

3000: D Mountford (Dees) 8:50.7

U15

100: 1 J Platt (C&N) 11.5; 2 L Robbins (Dees) 11.9; 3 L Ward (Dees) 11.9.

200: 1 J Platt (C&N) 23.7; 2 L Robbins (Dees) 24.4. **Ht1:** 1 J Platt (C&N) 23.8; 2 L Robbins (Dees) 24.2; 3 L Ward (Dees) 24.2

U13

100: S Roberts (Wrex) 12.5. **Ht2:** S Roberts (Wrex) 12.6. **200:** S Roberts (Wrex) 25.7. **SP:** N Thomason (Col B) 9.97

U20 women

PV: R Davies (Dees) 3.40

U15

75H: 1 O Montez-Brown (W Ches) 11.7; 2 R Williams (Dees) 12.2. **LJ:** O Montez-Brown (W Ches) 4.95. **SP:** 1 A Nicholl (Osw) 11.90; 2 M Edwards (Wrex) 9.91. **DT:** 1 A Nichol (Osw) 32.23; 2 S Fortune (Dees) 28.85

U13

100: A Williams (W Ches) 13.4. **Ht3:** A Williams (W Ches) 13.2. **800:** 1 J Wright (H&F) 2:24.3; 2 Z Tynan (Liv H) 2:29.5.

70H: A Williams (W Ches) 11.2. **HJ:** J Wright (H&F) 1.40. **PV:** 1 C Walters (Dees) 1.80; 2 C Jones (Carm) 1.70; 3 M Gregorious (Dees) 1.60

U11

75: 1 K Chadwick (Warr) 10.8; 2 M Davies (Maldwyn) 11.1

EASTERN YOUNG ATHLETES'

LEAGUE

Cambridge

MATCH: 1 C&C 650; 2 D&T 635; 3 Herts P 556; 4 W Suff 495

DT: G Howe (Ips) 30.64. **HT:** G Howe (Ips) 42.67. **JT:** A Wilde (St Alb) 33.74
U15
100: 1 M Edwards (P'boro) 12.9; 2 B Ibbotson (C&T) 12.9; 3 A Tymon Mcewan (St Alb) 12.9. **75H:** A Tymon Mcewan (St Alb) 12.1. **ns:** J James (St Alb) 12.1
U13
100: E Ogle (P'boro) 13.5. **200:** C Batty (P'boro) 28.1. **B:** A Other (P'boro) 28.5. **4x100:** P'boro 57.1

Luton

MATCH: 1 Havering M 764.5; 2 Enfield & Haringey 562; 3 Luton 362.5; 4 Vale of Aylesbury 357.5; 5 Watford 320.5; 6 Harlow 133; 7 Biggleswade 120.
U17 men
4x100: E&H 47.0. **PV:** A Kerr (Hav M) 3.20. **DT:** D Wilson (Hav M) 38.67. **HT:** 1 A Sydee (Lut) 50.14; 2 A Kerr (Hav M) 42.85; 3 S Aquilino (VoA) 40.41
U15
800: P Taylor (VoA) 2:09.0. **80H:** 1 J Hadley (VoA) 11.9; 2 E Dickson Earle (Bigg) 12.3; 3 K Tucker (Hav M) 12.6; 4 S Thomas (Lut) 12.7. **B:** S Thomas (Lut) 12.7. **4x100:** 1 E&H 49.5; 2 Hav M 41.3. **HJ:** C Kandu (E&H) 1.75.
PV: M Karakuns (E&H) 2.90. **SP:** D Palmerleandre (E&H) 12.04. **DT:** D Palmerleandre (E&H) 32.88. **HT:** ns: L Murray (E&H) 39.16
U13
800: J Lewis (Lut) 2:17.8. **1500:** C Trudgill (Bigg) 4:59.7. **75H:** 1 T Fisayo (Lut) 13.4; 2 G Vaughan (E&H) 13.4
U17 women
100: B Williams (E&H) 12.5. **1500:** R Walcott-Nolan (Lut) 4:48.0. **4x100:** E&H 51.0. **LJ:** M Fasipe (E&H) 5.20. **TJ:** M Fasipe (E&H) 11.03. **SP:** ns: 1 L Drew (Hav M) 6.40; 2 L Connolly (VoA) 5.33. **HT:** A Johnston (E&H) 37.18. **JT:** D Knight (Hav M) 33.95
U15
300: L Neilson (E&H) 42.1. **B:** L Neilson (E&H) 42.5. **800:** S Billington (Lut) 2:19.1. **1500:** 1 L Hallam (Hav M) 4:57.9; 2 S Swann (Wat) 4:59.3. **75H:** K Cooke (E&H) 12.2. **LJ:** Y Lakin (Wat) 4.94. **DT:** G Taylor (Hav M) 29.73. **B:** R Forder (Hav M) 28.02
U13
100: T Beckles (E&H) 13.4

GREATER MANCHESTER CHAMPS Trafford

Men
400H: T O'Brien (Sale) 55.89
U20
800: 1 C Kays (E Ches) 1:54.41; 2 D Horniman (Traff) 1:56.73
U17
200: R Ejiaquekwu (Sale) 22.59. **400:** 1 C Asong (Sale) 50.01; 2 D Heald (Sale) 50.26. **100H:** A Marshall (Bolt) 14.02. **PV:** G Appleby (Sale) 4.00
U15
1500: 1 A Howard (O&R) 4:19.85; 2 J Crabtree (O&R) 4:25.25. **HT:** J Barton (E Ches) 35.30
U13
800: 1 T Wiseman (Salf M) 2:24.44; 2 C Smith (Alt) 2:24.95. **1500:** 1 C Brown (O&R) 4:50.97; 2 R Babcock (Stock H) 4:55.03
Women
400H: R Culshaw (Wig D) 64.69
U20
100H: 1 R Allman (Wig D) 14.89; 2 K Holt (Sale) 15.51. **400H:** L Burton (Sale) 67.35
U17
100 (-0.9): O Callaghan (Sale) 12.47. **200:** O Callaghan (Sale) 25.57. **HT:** 1 O Callaghan (Sale) 25.80. **800:** 1 C Walley (Ribb) 2:19.10; 2 E Peters (E Ches) 2:19.16. **1500:** 1 B Jones (Leigh) 4:50.69; 2 K Conway (Sale) 4:36.25

U15

1500: 1 O Wild (Stock H) 4:47.76; 2 K Buckley (Bury) 4:55.52. **75H:** r1: B Bolton (Sale) 11.96. **r2:** K Farrimond (Wig D) 12.46
U13
75: 1 J Ward (Traff) 10.54; 2 T Carr (Bolt) 10.64. **Ht1 (0.7):** J Ward (Traff) 10.65. **Ht2 (0.7):** T Carr (Bolt) 10.50. **150:** 1 E Borthwick (Wig D) 20.73; 2 J Ward (Traff) 20.73; 3 T Carr (Bolt) 21.07; 4 C Whitehead (Manc H) 21.43; 5 M Whight (Traff) 21.78; 6 M Bogin (Manc H) 21.97. **Ht1:** 1 J Ward (Traff) 20.82; 2 E Borthwick (Wig D) 20.94; 3 C Whitehead (Manc H) 21.66. **Ht2:** 1 M Whight (Traff) 21.34; 2 B Pearson (E Ches) 21.98. **Ht3:** T Carr (Bolt) 21.29. **800:** r1: E Borthwick (Wig D) 2:26.23. **1200:** 1 B Donnelly (E Ches) 4:02.87; 2 S Hill (Most) 4:11.67; 3 A Keen (Bury) 4:14.44; 4 K Whiteoak (Stock H) 4:17.30; 5 J Hassall (Sale) 4:18.19

HASL LOTHIAN & BORDERS LEAGUE Edinburgh

U15 boys
1500: 2 J Kerr (Edin, U13) 4:37.02; 5 A Addison (Cors, U13) 4:54.83
U17 women
80H: E Brown (Giff N) 12.45
U13
LJ: I Moody (Edin) TBC
Mixed events
1500: O O'Hare (Edin, U17, W) 4:49.77

MEADOWBANK 10,000m Edinburgh

MATTHEW GILLESPIE, 19, underlined his status as one of Scotland's most promising distance runners with a runaway win, crossing the line in 30:33.97 after hitting the front just before 4000m and passing halfway in 15:08.

Former multi-discipline international Bobby Quinn challenged for second throughout but had to settle for fourth behind Neil Renault and Ross Houston whilst still producing a top-class M40 time of 30:59.66.

In eighth, Jeff Farquhar's 32:58.51 ranked him sixth in the UK all-time M50 list.

Men
10,000: 1 M Gillespie (Shett) 30:33.97; 2 N Renault (Edin) 30:56.62; 3 R Houston (Centr) 30:57.94; 4 R Quinn (Kilb, M40) 30:59.66; 5 M Strain (HBT) 31:07.70; 6 M Graham (Shett) 32:45.48; 7 R Milne (Loth) 32:46.83; 8 J Farquhar (Pit, M50) 32:58.51; 9 D Cummins (Cors) 33:06.53; 10 B Clark (Cors) 33:47.87

MIDLAND LEAGUE

1: Birmingham

MATCH: 1 Bir 369; 2 B&W 350; 3 Stoke 337; 4 Charn 328; 5 Notts 322; 6 Mans 268
Men
100: A (0.5): R Farrington (Bir) 10.9. **ns (2.3):** L Lennon-Ford (Bir) 21.5. **800:** 1 R Peters (B&W) 1:52.8; 2 T Guy (Stoke) 1:54.1. **1500:** 1 R Peters (B&W) 3:57.1; 2 S Meares (Charn) 3:59.4. **B:** M Wilsome (B&W) 3:57.6. **3000:** 1 S Duffy (Stoke) 8:39.5; 2 P Wylie (B&W) 8:44.8. **110H:** A (1.1): 1 E Okoro (Bir) 14.6; 2 Y Budd (B&W) 15.4; 3 R Smith (Stoke) 15.5. **400H:** C Forde (Charn) 54.2. **4x100:** Bir 43.8. **HJ:** R Sithole (Charn) 1.95. **PV:** M Cooper (Stoke) 4.00. **TJ:** J Martin-Fullerton (Bir) 13.97. **SP:** 1 S Herrington (Bir) 15.89; 2 G Nixon (Stoke) 14.04. **B:** M Bartholomew (Stoke) 13.52. **DT:** 1 S Herrington (Bir) 48.87; 2 G Nixon (Stoke) 46.51; 3 D Greaves (Charn) 43.98. **B:** M Bartholomew (Stoke) 42.11. **HT:** 1 M Bell (Bir) 62.55; 2 R

Careless (Notts) 46.98; 3 T Pearson (Charn) 46.24. **B:** 1 M Sutton (Bir) 57.96; 2 A Windley (Charn) 45.57. **JT:** 1 B Byrd (Stoke) 62.93; 2 C Stocks (Charn) 55.76
Women
400: E Jackson (Stoke) 56.0. **800:** 1 S Bull (Notts) 2:13.2; 2 A McConnell (Bir) 2:13.5; 3 A Holmes (Stoke) 2:14.8; 4 R Mitchell (B&W) 2:15.6; 5 B Bendle (Charn) 2:17.8. **1500:** 1 S Bull (Notts) 4:37.2; 2 K Holt (Stoke) 4:38.3; 3 S Hopcroft (Bir) 4:41.0; 4 D Niccol (B&W) 4:43.1; 5 C Mensley (Charn) 4:44.9. **3000:** 1 S Gaunt (Charn) 9:52.7; 2 I Ainsworth (B&W) 10:07.8. **4x100:** 1 Bir 51.2; 2 Notts 51.7. **4x400:** 1 Stoke 4:00.9; 2 Notts 4:03.9; 3 Bir 4:07.7. **PV:** S Cook (Bir) 3.00. **LJ:** S Gutzmore (Bir) 5.66. **TJ:** 1 S Gutzmore (Bir) 13.09; 2 A Valente (Notts) 11.64; 3 N Breaks (B&W) 11.51; 4 M Robbins (Stoke) 11.37; 5 C Elphick (Mans) 11.23; 6 H Walsh (Charn) 11.17. **SP:** E Francis (Bir) 15.53. **DT:** 1 E Francis (Bir) 50.60; 2 C Gair (Mans) 36.28. **HT:** 1 Z Derham (Bir) 65.57; 2 C Jones (B&W) 48.60. **B:** 1 H Murray (Bir) 51.76; 2 H Green (B&W) 42.26. **JT:** R Woolley (Mans) 39.44

2: Cheltenham

MATCH: 1 Rugby & Northampton 282; 2 Cheltenham & County 360; 3 Gloucs/ Severn 247; 4 B.R.A.T 317; 5 Halesowen 310; 6 Coventry 250
Men
200: D Lima (BRAT) 21.9. **1500:** T Dalton (Glouc/Severn) 3:55.1. **3000:** 1 J Gray (BRAT) 8:38.6; 2 R Taylor (Cov) 8:39.3; 3 D Roper (Chelt) 8:44.5. **3000SC:** 1 S Millard (Glouc/Severn) 9:43.8; 2 J Griggs (Cov) 9:48.0. **4x400:** Chelt 3:24.6. **HJ:** K Robbins (Cov) 1.95. **PV:** 1 N Crutchley (Hale) 4.40; 2 M Vincent (R&N) 4.00. **B:** A Turvey (Hale) 4.10. **LJ:** J Blundell (Cov) 7.11. **DT:** G Winter (Glouc/Severn) 44.41. **B:** J Sysum (Glouc/Severn) 40.27. **HT:** 1 J Sysum (Glouc/Severn) 60.40; 2 T Dempsey (Hale) 46.99. **B:** T Williams (Glouc/Severn) 53.31. **JT:** 1 G Hollingworth (Cov) 60.64; 2 B Wilkinson (Chelt) 55.97
Women
100/200: E Ruddock (R&N) 12.3/24.7. **400:** 1 R Galligan (Glouc/Severn) 56.9; 2 L Downing (Cov) 58.0. **800:** 1 R Cole (Cov) 2:07.1; 2 J Cook (Chelt) 2:09.9; 3 R Parker-Simpson (Hale) 2:12.8; 4 G Turtle (Glouc/Severn) 2:14.2. **1500:** 1 G Turtle (Glouc/Severn) 4:33.0; 2 J Cook (Chelt) 4:44.0. **3000:** J Fletcher (Glouc/Severn) 10:27.1. **4x100:** R&N 52.0. **4x400:** 1 R&N 4:07.7; 2 Chelt 4:09.0. **TJ:** C O'Reilly (R&N) 11.16. **DT:** 1 E Merry (R&N) 42.76; 2 J Scott (BRAT) 36.08. **HT:** K Yhnell (Glouc/Severn) 48.45. **B:** A Robertson (Glouc/Severn) 42.99. **JT:** 1 S Collinane (R&N) 44.15; 2 J Scott (BRAT) 37.19

3: Solihull

MATCH: 1 Yate 317; 2 SSH 264; 3 Tam 244.5; 4 Kett 238.5; 5 W&B 234; 6 DASH 218
Men
400: G Coleman 50.0. **PV:** G Showell (Tam) 4.00. **HT:** A Berrow (Tam) 50.21
Women
3000: H Alderson (Yate) 9:54.9

4: Banbury

MATCH: 1 C&S 366; 2 Banb 356; 3 Tel 335; 4 B&R 326; 5 Tip 287; 6 RSC 264
Men
B: J Imray (Tip) 49.8. **1500:** T Humphries (C&S) 3:57.3. **3000:** T Humphries (C&S) 8:30.2. **B:** C Harvey (C&S) 8:33.3. **DT:** 1 P Wilkins (Banb) 47.62; 2 K Brown (RSC) 45.17; 3 I Taylor (Tel) 40.33; 4 M Paynter (C&S) 40.17. **JT:** A Reynolds (Tel) 56.08

Women

3000: C Martin (Tel) 10:23.6. **400H:** C McMillan (Banb) 65.4. **HJ:** B Partridge (Tel) 1.75. **PV:** K Smith (Tip) 3.00. **LJ:** J Frost (B&R) 5.50. **TJ:** 1 B Partridge (Tel) 11.75; 2 G Smith (C&S) 11.71

5: Corby

MATCH: 1 Shrew 384.5; 2 Corby 359; 3 K&S 313.5; 4 Strat 290; 5 Leam 288.5; 6 Worc 260.5
Men
LJ: A Jones (Shrews) 6.94. **TJ:** 1 S Edwards (Shrews) 14.19; 2 C Bartlett (Strat) 13.75
Women
B: E Pullen (Shrews) 2:17.1. **1500:** K Harewood (Corby) 4:44.7. **4x400:** 1 Shrews 4:06.3; 2 Corby 4:08.7. **TJ:** A Kelly (Shrews) 11.38. **DT:** R Backhouse (Corby) 40.07. **B:** R Tyler (Corby) 39.83

SOUTH WEST ATHLETICS LEAGUE

1: Exeter

MATCH: 1 Yeov O 1053; 2 Corn 1044; 3 Taun 1032.5; 4 Exe 914; 5 N Abb 904.5; 6 Poole 851.5; 7 N&P 756.5
Men
B: I Allen (Exe, M40) 12.0. **PV:** 1 B Gibb (Yeov O) 4.20; 2 A Carpenter (Poole) 4.00; 3 J Henwood (N&P, U20) 4.00. **TJ:** I Allen (Exe, M40) 12.40
U20
200: O Styler (N Abb) 22.4. **HT:** 1 A Elkins (Poole) 61.18; 2 J Hill (N&P) 59.65
U17
3000: B Brown (Taun) 9:07.4. **DT:** 1 N Percy (Poole) 44.66; 2 H Tyler (Taun) 40.25; 3 C Pettitt (Exe) 38.52. **HT:** N Percy (Poole) 49.72
U15
100: 1 R Wells (Taun) 11.2; 2 C Reynolds (Exe) 11.8. **200:** 1 R Wells (Taun) 23.0; 2 C Reynolds (Exe) 23.9. **B:** D Petty (Exe) 24.2. **800:** M Cole (Yeov O) 2:09.4. **3000:** M Dickinson (Yeov O) 9:49.2. **80H:** 1 J Kennedy (N Abb) 12.5; 2 J Tostevin (Yeov O) 13.0; 3 A Martin (Poole) 13.0. **4x100:** Taun 49.6. **HJ:** J Housman (N&P) 1.74. **JT:** C Granville (Taun) 50.91
U13
800: S Somerville (Yeov O) 2:22.4. **75H:** 1 A Harper (Taun) 12.4; 2 P Tointon (N&P) 13.4. **HJ:** A Harper (Taun) 1.47. **JT:** 1 W Larkman (Taun) 36.99; 2 D Allen (Exe) 32.55
Women
200: R Chapman (Exe, U20) 25.3. **800:** C Blew (Taun) 2:17.2. **B:** J Walpole (Exe, W50) 2:33.6. **400H:** P Brett (N&P, U20) 67.5. **4x100:** 1 Yeov O 51.4; 2 Exe 51.9. **HJ:** M Toon (Taun) 1.65. **B:** E Grogan (Taun, U17) 1.60. **LJ:** R Chapman (Exe, U20) 5.22. **DT:** J Walkden (Exe, U20) 43.00
U17
100: R Brown (Exe) 12.5. **200:** L Smith (Yeov O) 26.0. **ns:** A Davies (Yeov O) 25.9. **800:** A Hogg (N&P) 2:20.5. **3000:** R Chamberlain (Exe) 10:24.1. **300H:** 1 G Rowsell (Poole) 44.1; 2 R Brown (Exe) 44.1. **LJ:** G Rowsell (Poole) 5.24
U15
1500: 1 E Smith (Yeov O) 4:50.6; 2 H Brown (Taun) 4:58.7. **75H:** 1 J Morrish (Corn) 11.9; 2 M Brett (N&P) 12.2. **DT:** K Cross (Taun) 27.93
U13
100: J Dobson (N Abb) 13.3. **1500:** E Hood (Poole) 5:01.2

2: Street

MATCH: 1 North Somerset 885; 2 Mendip 809; 3 Armada 651; 4 Dorchester 648.5; 5 Wimborne 455; 6 North Devon 447.5
Men
400: C Millard (N Som, M40) 53.93
U20
LJ: O Wright (Armada) 5.81

U17

100 (4.9): A Pierson (N Som) 11.15.
100H: N Higgins (Armada) 14.1.
1500SC: N Bennett (N Dev) 4:45.5. **PV:** J Snook (W'borne) 3.40
U15
100 (5.0): J Lawrence (N Som) 11.66.
80H (1.9): M Curtis (W'borne) 12.53.
PV: M Curtis (W'borne) 2.80
U13
100 (0.7): J Campbell (N Som) 13.0
Women
400: H Harvey (Armada, U20) 58.54.
PV: T Carter (W'borne, W35) 3.00. **TJ:** L Priest (N Dev, U20) 11.97. **JT:** I Jeffs (N Dev, U20) 43.58
U15
100 (4.1): H Butt (Dor) 12.62. **200 (2.7):** H Butt (Dor) 26.3. **HJ:** A Caswell (N Dev) 1.62
U13
100 (4.6): S Thomas (N Som) 13.50. **HJ:** E Gubb (N Dev) 1.43

WELSH U15 LEAGUE

Louise Arthur - Division 1: Swansea

MATCH: 1 Swan 857; 2 Carm 611; 3 B&W 519; 4 B&end 489; 5 P'broke 459; 6 Amman 68
U15 boys
400: A Pavlou (Swan) 54.7. **80H (-1.3):** 1 L Jenkins (Swan) 11.7; 2 A Price (Carm) 11.8. **1000W:** D Hall (Swan) 6:09.5. **SP:** C Evans (Carm) 12.06. **DT:** J Beynon (Swan) 32.15. **JT:** A Price (Carm) 42.14
U13
800: N Neary (Carm) 2:12.0. **75H:** r1 (-3.5): 1 R Roberts (B'end) 13.2; 2 J Crosby (Swan) 13.3. **DT:** N Neary (Carm) 29.14. **JT:** R Dangerfield (B&V) 36.76
U11
150: r1 (-4.7): 1 J Batte (B&V) 25.1; 2 H Jones (Carm) 25.2; 3 B Thomas (Carm) 25.9; 4 M Francis (Swan) 27.0; 5 L Burn (B'end) 27.4; 6 J Evans (Swan) 28.8; 7 I Brannigan (Swan) 28.8. **r2 (-2.8):** 1 D Parry (B'end) 22.7; 2 M Thompson (Swan) 23.3; 3 L Jones (P'broke) 23.8; 4 M Gee (B&V) 23.8; 5 H Doel (Carm) 24.0; 6 J Thomas (Carm) 26.9; 7 S Holling (Swan) 27.9. **r3 (-3.4):** M Tobin (Swan) 28.1
U15 girls
1000W: 1 B Radford (Swan) 5:43.7; 2 T Carter (B&V) 6:11.5; 3 R Homer (P'broke) 6:22.3; 4 R Hopkins (Swan) 6:33.3; 5 R Lock (B'end) 6:45.8; 6 S Quirke (B'end) 7:51.7. **SP:** A Rosser (Carm) 11.74. **DT:** A Rosser (Carm) 34.24. **HT:** 1 Z Dakin (B'end) 41.21; 2 S Nicholas (Swan) 25.40
U13
r2 (-0.7): H Brier (Swan) 13.1. **r3 (-2.1):** 1 H Brier (Swan) 27.2; 2 J Merrick (Swan) 28.5. **70H:** r1 (-2.6): 1 H Brier (Swan) 11.7; 2 J Merrick (Swan) 11.8. **1000W:** D Jones (Swan) 7:26.5. **4x100:** Swan 53.5. **SP:** E Cockrill (Swan) 9.95

Division 2: Swansea

MATCH: 1 Brec 469; 2 L'nelli 421; 3 Neath 379; 4 Aberys 134; 5 Ponty 96
U13 boys
1000W: H Jones (Brec) 8:34.6
U11
150 (-3.4): 1 C Hopkins (Neath) 23.4; 2 T Richards (Brec) 24.6; 3 T Morgan (Neath) 25.2; 4 A Cowdy (Aberys) 25.8; 5 L Davies (Brec) 26.0; 6 R Thomas (L'nelli) 26.3; 7 M Roderick (Brec) 27.0
U15 girls
1000W: 1 E Dainton (L'nelli) 5:45.1; 2 F Gardner (L'nelli) 6:01.7
U13
1000W: C John (L'nelli) 6:02.4
WESSEX YOUNG ATHLETES' LEAGUE Winchester
MATCH: 1 Team Kennet 583; 2

Basingstoke Mid-Hants 509; 3 Isle of Wight 485; 4 Winchester 395; 5 Andover 323; 6 Portsmouth 311; 7 New Forest Juniors 175
U17 men
HJ: J Mitchell (Win) 1.85
U15
100: M Richardson (BMH) 11.8. **200:** M Richardson (BMH) 23.9. **800:** 1 J Hutton (Team K) 11.8; 2 J Dykes (Win) 12.2. **4x100:** BMH 50.0

U13
75H: 1 N Hunt (And) 13.4; 2 H Thompson (Win) 13.9
U17 women
DT: E Mitchell (IoW) 31.46
U15
800: G Morris (Win) 2:22.9. **75H:** 1 T Canning (IoW) 12.0; 2 F Eaton (Team K) 12.1. **LJ:** Y Nicholson (Team K) 4.98. **SP:** I McHattie (Team K) 10.65. **JT:** I McHattie (Team K) 34.07

U13
100: L Bompfrey (BMH) 13.3. **200:** L Bompfrey (BMH) 27.7. **1200:** 1 H Knapp (Win) 3:59.1; 2 G Bradford (Team K) 4:02.5; 3 L Wildash (BMH) 4:15.6. **70H:** K Barker (BMH) 11.8. **4x100:** 1 BMH 56.1; 2 Team K 56.5. **HJ:** K Barker (BMH) 1.48. **LJ:** K Barker (BMH) 4.63. **JT:** L Bundock (BMH) 24.91

June 5 BRITISH ATHLETICS LEAGUE Div 1 Cardiff

ANYONE lamenting the decline of club league competition would have been pleasantly surprised by the fare on offer at a hot and humid Leckwith Stadium, *Stephen Green reports.*

The stellar clash of the day came in the men's 400m where 2009 World Championships semi-finalist Robert Tobin faced fellow Berlin relay silver medallist Conrad Williams.

Tobin started out quickest, but Williams responded sharply in the last 100m, taking the tape in a new league record of 45.76, which shaved one hundredth off Iwan Thomas's 2001 mark of 45.77.

Williams was clearly delighted with the win over Tobin, who was second in 46.25, and feels he is continuing the form that saw him run a sub-45 relay split at the World Championships.

"It was a great motivation to be able to race one of my oldest rivals in a league match in good conditions. I was looking for Iwan's record," he said, after one of the best ever BAL races.

The 800m proved to be one of the closest battles of the day with 2006 European bronze medallist Sam Ellis taking up the running with 150m to go and prevailing by a tenth in 1:50.7 from Cardiff's Gareth Wiltshire.

Ellis then completed a remarkable double by winning the B-string javelin with a respectable 57.56m.

Sheffield completed a double win in the javelin, with Welsh champion Lee Doran throwing 72.22m.

One of the more welcome innovations in the league has been the replacement of the occasionally boring 5000m at two of the matches with a 3000m. Here, the outcome was not certain until the last 50m with 13:28 5000m performer Scott Overall showing a good turn of speed to win over Nick Torry.

Sheffield, relegated from the Premiership in 2009, won this close match from Cardiff, who were promoted last year. Their fortunes contrasted sharply with Trafford, who have also just come down from the top league but who were lacking many of their top names and finished eighth.

MATCH: 1 Sheff 359; 2 Card 320; 3 Kent 282; 4 Col. 281; 5 B&B 265; 6 Gate 246.5; 7 BMH 218; 8 Traff 189.5

Men
100: A (0.1): 1 K Showler-Davis (BMH) 10.63; 2 C Williams (Kent) 10.75; 3 F Sobodu (B&B) 10.84; 4 P Dourgachurn (Card) 10.92; 5 L Clowes (Col.) 10.98; 6 J Kibirige (Gate) 10.99. **B (-0.2):** 1 L Duff (Card) 10.78; 2 J Browne (Kent) 10.84; 3 O Back (Col.) 10.91. **ns (0.8):** F Owolade (B&B) 10.96. **200:** A (-2.0): 1 K Showler-Davis (BMH) 21.43; 2 J Browne (Kent) 21.69; 3 L Reffell (Card) 21.88; 4 L Clowes (Col.) 22.00. **B (-2.0):** D Green (Kent) 21.82. **400:** 1 C Williams (Kent) 45.76; 2 R Tobin (BMH) 46.25; 3 M Quine (Sheff) 47.96; 4 D Putnam (B&B) 48.24; 5 D Barry (Traff) 48.81. **B:** 1 B Barikor (B&B) 48.59; 2 J Thomas (Card) 48.61; 3 L Wooldridge (Kent) 48.82; 4 N Flannery (Gate) 49.28; 5 M Lipton (Col.) 49.33; 6 M Berridge (BMH) 49.43. **800:** 1 S Ellis (Sheff) 1:50.70; 2 G Wiltshire (Card) 1:50.79; 3 G Bristow (Traff) 1:51.08; 4 B Wiffen (Card) 1:52.70; 5 H Harper (Col.) 1:53.57; 6 D Ragan (BMH) 1:54.95. **B:** 1 S Evison (Sheff) 1:51.17; 2 I Thomas (Card) 1:53.74. **1500:** 1 B Wiffen (Kent) 3:49.23; 2 T Marshall (Card) 3:49.67; 3 S Overall (B&B) 3:50.81; 4 A Hayes (Sheff) 3:51.39; 5 G Bristow (Traff) 3:52.23; 6 A Stanton (Gate) 3:52.35; 7 P Tulba (BMH) 3:53.21; 8 J Russell (Col.) 3:57.93. **B:** 1 M Mohamed (Sheff) 3:52.81; 2 G Hogg (Traff) 3:52.88; 3 A Bitchell (Card) 3:56.60; 4 J Hutchins (BMH) 3:57.32; 5 H Harper (Card) 3:59.99. **3000:** 1 S Overall (B&B) 8:20.25; 2 N Torry (Kent) 8:20.68; 3 A Hains (Card) 8:21.02; 4 G Gunderson (Col.) 8:30.81. **B:** N Lane (Card) 8:43.42. **110H:** A (-1.8): 1 B Richardson (Gate) 14.67; 2 D Bradley (Traff) 14.94; 3 A Blow (BMH) 15.14; 4 E Harrison (B&B) 15.55; 5 P Whittle (Col.) 15.73. **B:** 1 J Appiah (Kent) 15.64; 2 S Garrett (Sheff) 15.81; 3 R Fox (BMH) 15.88. **400H:** 1 A Blow (BMH) 51.54; 2 S Garrett (Sheff) 51.93; 3 N Flannery (Gate) 51.95; 4 M Lipton (Col.) 52.85; 5 G Morris (Card) 54.78; 6 A Davis-Phillip (Kent) 55.39. **B:** 1 M Draper (Col.) 53.56; 2 T Grantham (Sheff) 54.70; 3 M Haslett (Card) 54.78. **3000SC:** 1 C Discombe (Card) 9:09.83; 2 S Hall (Gate) 9:12.92; 3 A Bruce-Littlewood (B&B) 9:18.98; 4 J Connor (Kent) 9:26.84; 5 Y Mohamed (Sheff) 9:37.60. **B:** 1 A Friend (Card) 9:29.63; 2 A Dunwoody (Card) 9:58.59. **4x100:** 1 Card 41.45; 2 Sheff 41.49; 3 B&B 43.00; 4 Gate 43.10; 5 BMH 43.31.

4x400: 1 Sheff 3:12.00; 2 BMH 3:12.74; 3 Kent 3:13.25; 4 B&B 3:14.71; 5 Card 3:15.28; 6 Col. 3:18.25. **HJ:** 1 M Owens (Col.) 2.00; 2 B Mourby (Sheff) 1.95; 3 L Ely (B&B) 1.95. **PV:** 1 S Huggins (B&B) 4.90; 2 B McConville (Col.) 4.60; 3 E Morbrey (Traff) 4.40; 4 J Murray (Card) 4.20. **B:** N Quiney (B&B) 4.60. **LJ:** 1 J Olsan (B&B) 7.06/0.6; 2 P Allen (Gate) 6.86/-0.5. **TJ:** 1 L Harvey (Traff) 14.85/1.2; 2 A Babatunde (Gate) 14.38/1.9. **SP:** 1 S Breathnach (Kent) 16.67; 2 J Williamson (Sheff) 16.47; 3 W Lowndes (Col.) 15.66; 4 C Sturrock (Gate) 15.65; 5 S Lincoln (Traff) 13.34. **B:** 1 D Brunt (Sheff) 14.62; 2 D Brunson (Kent) 14.29; 3 G Nixon (Col.) 13.31. **DT:** 1 G Level (Gate) 47.35; 2 D Coleman (Card) 46.74; 3 J Williamson (Sheff) 46.56; 4 G Nixon (Col.) 43.10; 5 R Bate (Traff) 40.97. **B:** 1 S Bissell (Sheff) 46.17; 2 G Winter (Card) 43.26; 3 C Sturrock (Gate) 42.88. **HT:** 1 M Lambert (Sheff) 68.63; 2 M Bomba (Col.) 62.60; 3 A Jordan (B&B) 59.81; 4 J Sysum (Card) 57.09; 5 R Bate (Traff) 53.48; 6 G Level (Gate) 53.10. **B:** 1 S Bissell (Sheff) 55.37; 2 W Lowndes (Col.) 53.02. **JT:** 1 L Doran (Sheff) 72.22; 2 B Fisher (Col.) 62.13; 3

I Burns (Gate) 60.54; 4 J Hallett (Card) 55.34. **B:** S Ellis (Sheff) 57.56

3: Hendon

KINGSTON & Polytechnic Harriers led for most of the afternoon in this match run as a double fixture with the Premiership at the same venue, *Martin Duff reports.*

The former Division One club from the early years of the league claimed four A-string and four B-string victories as they held off Exeter Harriers.

MATCH: 1 K&P 344; 2 Exe 320; 3 S'end 315; 4 B'mth 282; 5 Hav M 272; 6 Yeov O 265; 7 Swan 241.5; 8 Soton 141

Men
400: 1 R Morrissey (Hav M) 48.78; 2 J Williams (Swan) 49.25; 3 M Hunt (S'end) 49.58; 4 S Peters (Exe) 49.88. **800:** 1 R Saunders (B'mth) 1:53.99; 2 J Williams (Swan) 1:54.20; 3 D Platt (Yeov O) 1:54.87; 4 J Ansell (Exe) 1:54.93. **B:** 1 O Walpole (Exe) 1:54.17; 2 A Bennett (Soton) 1:54.47; 3 C Davies (Swan) 1:54.94. **1500:** 1 T Frith (S'end) 3:59.29; 2 P Bridger (Swan) 3:59.80. **3000:** A (LR): 1 A Hickey (S'end) 8:39.05; 2 M Dumigan (Swan) 8:39.56. **110H:** A (0.4): M Field (K&P) 15.36. **400H:** 1 R Scott (Exe) 54.07; 2 A Faulkner (Yeov O) 54.34; 3 D Eckersley (K&P) 55.33. **B:** 1 M Field (K&P) 54.96; 2 L Salter (Exe) 55.39. **3000SC:** R Warner (Hav M) 9:45.81. **4x100:** 1 K&P 42.91; 2 S'end 43.57; 3 Hav M 43.93. **4x400:** 1 Exe 3:20.57; 2 S'end 3:23.10; 3 Yeov O 3:23.40; 4 K&P 3:23.49. **HJ:** 1 T Fadare (K&P) 1.95; 2 M Sloane (B'mth) 1.95; 3 B Rendall (Yeov O) 1.95. **PV:** 1 B Gibb (Yeov O) 4.60; 2 A Kaye (S'end) 4.60. **B:** 1 J Fry (S'end) 4.20; 2 N Price (Yeov O) 4.00. **LJ:** D Cook (K&P) 7.22/0.60. **B:** C Hall (K&P) 6.81/-1.4. **TJ:** K Brown (S'end) 13.86/-1.4. **ns:** K Aledoyin (NEB) 15.11. **SP:** 1 S Fricker (B'mth) 14.11; 2 P Halcrow (S'end) 13.55; 3 G Newton (Soton) 13.04. **DT:** 1 R Earle (S'end) 42.41; 2 M Smith (Exe) 40.91. **HT:** 1 R Earle (S'end) 55.30; 2 G Cook (K&P) 51.23; 3 R Wells (Swan) 50.11; 4 A Beauford (Yeov O) 49.29; 5 J Milum (Exe) 48.00; 6 M Reece (Hav M) 45.58. **JT:** 1 M Smith (Exe) 63.18; 2 F Hutton (K&P) 59.88; 3 A Harris (B'mth) 58.36; 4 J Clarke (Swan) 57.55; 5 B Burr (Hav M) 55.01. **B:** S Turnock (Exe) 56.39

4: Ashford

MATCH: 1 CI 244; 2 Glas C 229; 3 VP&TH 226; 4 Mans 202; 5 Bed C 188; 6 M&M 167

Men
400: 1 D Garland (CI) 47.30; 2 S Watson (Glas C) 48.70; 3 P Wright (Mans) 49.73. **B:** H Robinson (CI) 49.86. **800:** 1 R Heaney (Bed C) 1:53.00; 2 A Ramsay (Glas C) 1:54.48. **1500:** 1 D Barks (Mans) 3:55.10; 2 A Hagos (Glas C) 3:57.19. **B:** L Cragg (Mans) 3:56.34. **ns:** T Twelwe (Glas C) 3:54.54. **3000:** 1 T Woldemichael (Glas C) 8:30.96; 2 L Cragg (Mans) 8:41.33; 3 P Martelletti (VP&TH) 8:41.53. **B:** T Mengistead (Glas C) 8:38.29. **110H:** A (-0.9): 1 P Irving (CI) 15.68; 2 N Kelly (Glas C) 15.81; 3 S Sillah (VP&TH) 15.87. **ns:** C Innes (Glas C) 15.40. **400H:** 1 D Martin (Glas C) 52.64; 2 P Irving (CI) 53.52. **B:** 1 G Innes (Glas C) 55.04; 2 L Rice (CI) 55.40. **3000SC:** 1 L Garland (CI) 9:49.44; 2 T Collins (M&M) 9:57.78; 3 M Hayes (Glas C) 9:59.75. **4x100:** 1 CI 42.49; 2 VP&TH 43.10. **4x400:** 1 CI 3:17.99; 2 Glas C 3:18.50; 3 Mans 3:18.93. **HJ:** 1 R Bobrowniki (Glas C) 2.15; 2 A Akande (VP&TH) 1.95. **B:** T Campbell (Glas C) 2.00. **PV:** J Theiks (Glas C) 4.20. **B:** T Campbell (Glas C) 4.00. **LJ:** 1 D Martin (CI) 6.88; 2 S Sillah (VP&TH) 6.81. **SP:** 1 Z Duquemin (CI) 15.51; 2 D Carlin (Glas C) 14.62. **DT:** 1 Z Duquemin (CI)

50.13; 2 D Carlin (Glas C) 41.49. **HT:** G Kerr (Bed C) 57.26. **ns:** D Little (Glas C) 53.11. **JT:** L Peters (Mans) 57.43

UK WOMEN'S LEAGUE

1: Cardiff

MATCH: 1 Card 198; 2 Swan 168; 3 E&H 165; 4 Bed C 159; 5 Stn 149; 6 Wig D 136; 7 Mil K 127; 8 Liv 116
Women
100: A (-3.7): 1 T Dorsett (E&H) 12.11; 2 A Sooriyaarchi (Card) 12.13. **B (-0.9):** 1 T Nubi (E&H) 12.15; 2 R Yates (Card) 12.16. **200:** A (-1.3): M Nottingham (Liv) 24.90. **B (-0.6):** A Sooriyaarchi (Card) 24.77. **400:** 1 V Griffiths (Liv) 55.18; 2 D Gayle (E&H) 55.58; 3 L James (Bed C) 55.77. **B:** 1 C Gedling (Liv) 56.98; 2 M McNamara (E&H) 57.73. **800:** 1 J Beekingham (Stn) 2:11.30; 2 A Jones (Swan) 2:11.97; 3 N Silver (E&H) 2:13.61; 4 A Stephenson (Wig D) 2:15.45; 5 B Strange (Card) 2:16.21; 6 N Gooderham (Mil K) 2:16.51. **B:** 1 C Mitchell (Stn) 2:13.49; 2 C Gaughan (Card) 2:13.72. **1500:** 1 C Mitchell (Stn) 4:39.80; 2 K Humphreys (Card) 4:40.07; 6 J Clague (Liv, W35) 4:58.66. **3000:** 1 E Kirk (Swan) 10:04.64; 2 E Brown (Card) 10:07.00; 3 J Clague (Liv, W35) 10:09.89; 4 R Newstead (Bed C) 10:10.22; 5 L Bromilow (Mil K) 10:23.81.

B: S Boast (Bed C) 10:15.66. **100H:** A (-1.1): 1 A Helsby (Liv) 13.97; 2 H Jones (Swan) 14.25; 3 G Clements (Stn) 14.63; 4 C Whalley (Mil K) 15.36; 5 M Bomb (E&H) 15.48. **B (-1.5):** C Stone (Swan) 14.89. **400H:** 1 E Peters (Card) 61.48; 2 B Carozzi (Stn) 62.05; 3 L Spray (Bed C) 63.33; 4 C Whalley (Mil K) 63.79; 5 R Culshaw (Wig D) 64.16; 6 M Bomb (E&H) 64.68; 7 A Rees (Swan) 64.93. **B:** 1 S Davies (Swan) 64.05; 2 M Clifford (Stn) 65.99. **4x100:** 1 E&H 47.87; 2 Bed C 48.02; 3 Liv 48.11; 4 Swan 49.13; 5 Wig D 50.29; 6 Stn 50.77. **4x400:** 1 E&H 3:50.56; 2 Stn 3:53.05; 3 Liv 3:54.18; 4 Card 3:58.18; 5 Swan 3:58.64; 6 Bed C 4:01.01. **HJ:** 1 C Stokoe (Swan) 1.70; 2 H Frith (Bed C) 1.70. **PV:** 1 S Peake (Liv) 4.10; 2 B Raine (Card) 3.90; 3 L Maund (Swan) 3.60; 4 L Butcher (Mil K) 3.60; 5 M Sharrock (Wig D) 3.56; 6 J Harding (Bed C) 3.10. **B:** 1 J Abraham (Card) 3.70; 2 N James (Swan) 3.30; 3 R Thomas (Liv) 3.20; 4 E Mingas (Card) 3.10; 5 N Brunning (Bed C) 3.00. **LJ:** 1 R Yates (Card) 5.84/-0.7; 2 I Morrison (Swan) 5.56/-0.7. **TJ:** 1 S Barry (Card) 12.66/1.6; 2 K Hilton (Wig D) 12.29/1.4; 3 D Bakre (E&H) 11.74/2.5; 4 N Brunning (Bed C) 11.51/1.5; 5 S Davies (Swan) 11.20/2.6. **B:** A Russell (Wig D) 11.24/1.7. **SP:** 1 G Clements (Stn) 12.54; 2 S Benson (Card) 11.98; 3 M Harrison (E&H) 11.24; 4 T Wells (Swan) 11.20. **DT:** 1 E Beales (Mil K) 43.05; 2 M Harrison (E&H) 38.40; 3 E Sandiford (Card) 38.09; 4 N Walsh (Wig D) 38.01; 5 G Llewellyn (Liv) 37.27; 6 D Callaway (Stn) 36.72; 7 R Bennett (Bed C) 35.45. **B:** A Jenkins (Mil K) 41.38. **HT:** 1 A Jenkins (Mil K) 49.21; 2 T Wells (Swan) 48.67; 3 K Wilson (Wig D) 44.18; 4 B Sewell (Card) 44.55; 5 S Bunker (Bed C) 41.75; 6 M Harrison (E&H) 40.83. **B:** 1 S Watts (Mil K) 45.90; 2 B Lishman (Wig D) 43.45. **JT:** 1 L Clarke (Card) 43.04; 2 S Ellis (Stn) 41.62; 3 S Siggery (Swan) 40.80; 4 S Watts (Mil K) 38.92

3: Gateshead

MATCH: 1 Read 187; 2 Ports 186.5; 3 Harrow 177; 4 Herne H 165; 5 Gate 143; 6 CI 122.5; 7 Belg 110; 8 Leeds C 109
Women
100: A (-1.0): S Bowen (Read) 12.26. **200:** A (-2.4): S Bowen (Read) 24.97. **400:** 1 L Fairweather (Harrow) 56.32; 2 S Bovill (Belg) 56.76; 3 R Gray (Ports) 57.48; 4 G Dawkins (CI) 57.56. **800:** 1

K Blake (Ports) 2:09.67; 2 C Wilson (CI) 2:17.64. **1500:** 1 S Smith (Gate) 4:18.79; 2 K Blake (Ports) 4:32.74; 3 J Henderson (Read) 4:39.27; 4 L Lattimore (Harrow) 4:40.21. **100H:** A (-1.5): 1 J Robinson (Read) 14.50; 2 K Robilliard (CI) 14.91. **400H:** J Chance (Belg) 65.23. **B:** J Favell (Belg) 65.53. **2000SC:** 1 L Perrio (CI) 7:26.48; 2 L Lattimore (Harrow) 7:41.18; 3 S Peterson (Leeds C) 7:50.66; 4 K Ellison (Herne H) 7:52.17. **4x100:** 1 Ports 49.33; 2 Read 49.86; 3 Herne H 51.08; 4 Belg 51.21; 5 Gate 51.28; 6 CI 51.61. **4x400:** 1 Gate 3:53.93; 2 Ports 3:53.98; 3 Harrow 3:54.04; 4 Belg 4:07.25; 5 CI 4:13.81. **LJ:** 1 M Gault (Ports) 5.66; 2 A Barrett (Harrow) 5.59; 3 C Garnett (Herne H) 5.57. **TJ:** 1 A Barrett (Harrow) 12.31; 2 E Pringle (Gate) 11.52. **B:** Z Asante (Harrow) 11.58. **SP:** 1 K Rothwell (CI) 12.33; 2 A Simpson (Leeds C) 12.20; 3 Simons (Ports) 11.29; 4 G Rosejee (Herne H) 11.19. **B:** B Philips (Herne H) 11.08. **DT:** 1 K Rothwell (CI) 41.27; 2 I Simons (Ports) 36.36; 3 Y Henneley (Read) 35.03. **HT:** 1 A Simpson (Leeds C) 47.04; 2 L Marie Shippen (Gate) 42.62. **B:** 1 A Okeahialam (Leeds C) 44.40; 2 L Weatheritt (Gate) 40.41. **JT:** S Beatrix Turner (Harrow) 37.10

HIGHLAND ATHLETICS OPEN (INC HIPPO)

Inverness

Women

HJ: R Mackenzie (I'ness) 1.65
Mixed events
100: r1 (3.1): I Garioch (Moray) 10.99.
r2 (1.3): K Madigan (A'deen, W40)
 13.24. **r2 (1.1):** K Madigan (A'deen, W40) 27.34

LILY B GIRLS' LEAGUE

Guildford

MATCH: 1 G&G 348.5; 2 AFD 207; 3 Croy 135.5; 4 Walton 104; 5 DMV 97; 6 HW 37
U17 women
800H: L O'Brien (Walton) 12.4. **TJ:** V Maguire (G&G) 10.44. **SP:** K Erickson (Walton) 9.93. **DT:** C Letheby (Walton) 34.88. **HT:** 1 C Letheby (Walton) 35.81; 2 S Anthony (AFD) 33.23

U15

800: R Stewart (AFD) 2:22.4. **75H:** 1 E Nanson (AFD) 11.8; 2 Irving (Croy) 11.8; 3 E Runtun (G&G) 12.4. **4x100:** Croy 52.0

U13

DT: S Mace (Walton) 24.36. **JT:** K Barrow (AFD) 26.19

NORTHERN LEAGUE

1: Blackburn

MATCH: 1 B'burn 396; 2 Wake 362; 3 Preston 347; 4 Wake 326; 5 Sale 301; 6 York 295

Men

400: 1 B Starkie (BWF) 49.4; 2 M Nixey (Wake) 49.6. **1500:** L Minns (BWF) 3:59.3. **5000:** B Fish (B'burn) 15:26.1. **400H:** J Wright (Sale) 55.9. **3000SC:** T Cornthwaite (B'burn) 9:45.4. **B:** K Billington (B'burn) 9:49.2. **4x100:** 1 Sale 43.1; 2 B'burn 43.9; 3 Prest 44.0. **4x400:** 1 Prest 3:23.4; 2 Sale 3:25.1. **PV:** 1 M Wright (BWF) 4.40; 2 G Appleby (Sale) 4.00. **B:** D O'Hara (BWF) 4.20. **SP:** J Nicholls (Sale) 15.43. **DT:** V Regelskis (York) 40.02. **HT:** A Davies (Sale) 48.67. **JT:** 1 P Allsop (York) 62.09; 2 M Lyndsay (Wake) 54.59

Women

800: 1 A Leonard (B'burn) 2:13.8; 2 K Johnson (AFD) 2:15.6; 3 L Sumner (Prest) 2:16.6. **1500:** A Leonard (B'burn) 4:37.5. **3000:** E Beedham (Sale) 10:25.1. **400H:** J Watts (Prest) 66.0. **B:** S Fletcher (Prest) 65.7. **4x100:** 1 Wake 51.4; 2 Prest 51.4. **4x400:** 1

Prest 3:59.6; 2 Wake 4:07.3. **TJ:** N Rutter (BWF) 11.78. **SP:** 1 N Rutter (BWF) 11.22; 2 S Henton (B'burn) 11.00. **DT:** S Henton (B'burn) 44.59. **HT:** S Drake (Wake) 44.11. **JT:** 1 N Bromley (Wake) 40.92; 2 A Lupton (Prest) 38.02; 3 B Tunncliffe (York) 37.25

2EC: Hull

MATCH: 1 KuH 378.5; 2 Linc W 370.5; 3 Scun 365; 4 Donc 331; 5 Roth 315; 6 Sheff 199

Men

400: S Gregory (Linc W) 49.5. **800:** R Hastey (Roth) 1:53.5. **1500:** I Kimpton (Linc W) 15:38.1. **TJ:** M Houlden (Linc W) 13.77. **HT:** 1 S Minnikin (Donc) 50.91; 2 J Gibson (Scun) 49.83. **JT:** J Dunderdale (Linc W) 57.25

Women

800: M Stone (KuH) 2:17.7. **1500:** G Ball (Linc W) 4:40.5. **400H:** 1 S Santos (KuH) 64.1; 2 R Marino (Sheff) 65.1. **4x100:** 1 Scun 49.9; 2 KuH 50.2; 3 Donc 51.4. **SP:** L Earl (KuH) 12.19. **DT:** T Ward (Sheff) 44.46. **HT:** 1 A Carter (KuH) 52.62; 2 S Stanhope (Linc W) 40.90; 3 H White (Roth) 40.05. **JT:** 1 T Ward (Sheff) 45.76; 2 K Bramhald (Donc) 39.83

2W: Liverpool

MATCH: 1 West Cheshire 391; 2 St Helens Sutton 360; 3 Liverpool Pembroke Sefton 338; 4 Leigh 311; 5 Trafford 311; 6 Liverpool Harriers 281. Standings: 1 W Ches 12; 2 St HS 10; 3 Liv PS 7 (637); 4 Leigh 7 (631); 5 Traff 4; 6 Liv H 2

Men

400: 1 D Yip (Liv H) 50.0; 2 D Higham (Liv PS) 50.0. **HT:** L McIntosh (Liv H) 51.81. **B:** A Reynolds (Liv H) 48.24. **JT:** 1 D McKay (W Ches) 60.71; 2 P McKeown (Liv H) 58.48

Women

1500: L Howarth (Leigh) 4:42.5. **B:** R Howarth (Leigh) 4:42.5. **HJ:** V Anderson (W Ches) 1.64. **DT:** J Bate (Traff) 36.90. **HT:** J Bate (Traff) 45.00

3E: Whitley Bay

MATCH: 1 Birtley/South Shields 367; 2 North Shields Poly 364; 3 Border 336; 4 Jarrow & Hebburn 299; 5 City of York 278; 6 Heaton 227. Standings: 1 Birt/SS 12; 2 NSP 8 (661); 3 Bord 8 (653); 4 York 7; 5 J&H 4; 6 Heat 3

Men

HT: N Miller (Bord H) 47.97

Women

400: G Rutherford (NSP) 57.2. **3000:** C Simpson (J&H) 10:26.1. **JT:** A Turbitt (Birt/SS) 39.26

3EC: Derby

MATCH: 1 C'field 370; 2 Der 349; 3 Barns 339; 4 Bost 337; 5 Clec 272; 6 Newk 271

Men

PV: M Beer (C'field) 4.00. **B:** D Passey (C'field) 4.00. **JT:** J Carter (Barns) 55.55

Women

100: L Curtis (C'field) 12.0. **200:** L Curtis (C'field) 25.0. **400:** K Would (Der) 57.8. **800:** N Shaw (Der) 2:17.7. **4x100:** Barns 50.0. **4x400:** Barns 4:03.3. **PV:** P Collings (C'field) 3.00. **B:** P Krawczyk (C'field) 3.00. **HT:** J Winsom (Der) 47.38

3W: Macclesfield

MATCH: 1 Southport Waterloo 362; 2 Altrincham 343; 3 Macclesfield 327; 4 Trafford "B" 284; 5 Manx H 258; 6 Warrington 230.

Men

200: J Hughes (S'port W, U17) 22.7. **5000:** B: J Smith (Alt, U17) 19:53.8. **110H:** S Sloan (Macc) 16.0. **LJ:** J Kelly (S'port W, U17) 6.43

Women

200: L Brennan (S'port W, U20) 25.4.

800: D Wallis (Macc, U17) 2:16.4. **HJ:** R Dee (Manx) 1.68. **HT:** A Bramah (Traff, U17) 33.92

4E: Middlesbrough

MATCH: 1 Middlesbrough & Cleveland/Hartlepool 386; 2 Scarborough 374; 3 Wallsend/Blyth 349; 4 Houghton 344; 5 Richmond & Zetland 292; 6 Tyndedale 223; 7 Blaydon 177

Men

400: B: S Todner (H&P, M55) 58.2. **800:** A Richardson (Tyne) 1:54.2. **DT:** R Russell (Scar) 45.51

Women

800: J Adams (R&Z) 2:17.09. **HT:** J Wheatman (Scar) 49.77

4W: Bebbington

MATCH: 1 Wirr 425; 2 Barr 317; 3 Salf M 279; 4 Hynd 233; 5 Wrex 189; 6 Wig D 142; 7 Western 141

Men

100: J Williams (Wirr) 10.9. **400:** J Ryan (Wirr) 49.5. **4x100:** Wirr 43.9

Women

800: H Tarver (Wirr) 2:11.6

4WC: Cleckheaton

MATCH: 1 Skyrac 358; 2 Pudsey & Bramley 356; 3 Halifax 311; 4 Oldham & Royton 215; 5 Bradford Airedale 182; 6 Chorley 87

Women

400: A Bell (P&B) 57.6. **SP:** F Thomas (Sky) 11.18

SCOTTISH SCHOOLS' PENTATHLON/RELAY CHAMPIONSHIPS

Grangemouth

U20 men

4x100: 1 George Watson's College 44.44; 2 Stewart's Melville College 44.61; 3 Fettes College 44.83; 4 Robert Gordon's College 45.20; 5 Merchiston Castle 45.51. **Ht1:** 1 Stewart's Melville College 44.91; 2 George Watson's College 44.98; 3 Merchiston Castle 45.72. **Ht2:** 1 Fettes College 45.01; 2 Robert Gordon's College 45.34. **Pen:** 1 M Downie 3589 (14.17, 15.4, 6.61, 23.17, 5:00.62); 2 A McFarlane 3336 (11.19, 15.6, 6.45, 23.42, 4:58.74); 3 A McCallum 2018 (8.34, DQ, 5.00, 25.30, 4:41.84); 4 L Coffin 2017 (7.78, 21.6, 4.67, 25.64, 5:00.62)

U17

4x100: 1 Edinburgh Academy 44.51; 2 Merchiston Castle 45.67; 3 George Watson's College 45.96; 4 Hutcheson's Gs 46.55. **Ht1:** 1 Edinburgh Academy 44.71; 2 Merchiston Castle 46.12; 3 Hutcheson's Gs 46.92. **Ht2:** George Watson's College 46.27. **Pen:** 1 A Murphy 3169 (13.26, 14.74, 5.96, 24.96, 4:56.43); 2 P Muirhead 3018 (8.50, 14.90, 6.63, 23.79, 5:14.19); 3 C Edwards 2926 (10.00, 16.48, 5.66, 24.20, 4:35.57); 4 J Gemmell 2866 (9.62, 15.72, 5.47, 24.75, 4:39.34); 5 D Webster 2853 (13.24, 15.62, 5.52, 24.74, 5:23.78); 6 A Cunningham 2778 (12.14, 15.80, 5.78, 24.78, 5:32.21); 7 I Coghill 2720 (10.06, 16.55, 5.61, 24.57, 5:02.07); 8 A Inwood 2442 (9.00, 17.04, 4.94, 26.11, 4:46.89); 9 D Hollinshead 2396 (8.69, 15.96, 4.80, 26.75, 4:55.64); 10 F Munro 2341 (7.78, 16.80, 4.93, 26.81, 4:45.87); 11 M Vallance 2152 (8.48, 16.72, 4.49, 24.78, 5:28.38); 12 P Gilmour 2139 (7.96, 16.94, 4.69, 25.79, 5:27.82)

U15

4x100: 1 Mearns Castle 47.96; 2 Edinburgh Academy 49.45; 3 Glasgow Academy 49.73. **Ht1:** 1 Edinburgh Academy 47.75; 2 Edinburgh Academy 49.49. **Pen:** 1 J Garrigan 2634 (12.61, 5.25, 25.57, 9.50, 2:13.54); 2 J Batho 2528 (12.46, 5.35, 24.87, 9.68, 2:28.82);

3 A Stanley 2307 (13.62, 4.34, 26.03, 9.07, 2:13.10); 4 J Barnes 2191 (14.16, 4.87, 25.98, 10.23, 2:30.44)

U17 women

4x100: 1 Lenzie Academy 51.48; 2 High School Of Glasgow 52.29; 3 Albyn 52.43. **Ht1:** Albyn 52.82. **Ht2:** 1 Lenzie Academy 51.50; 2 High School Of Glasgow 52.62. **Pen:** 1 H Lister 2753 (12.78, 7.80, 4.86, 1.54, 2:48.53); 2 N Manson 2704 (13.49, 8.16, 4.92, 1.57, 2:52.87); 3 P Gass 2616 (13.87, 8.44, 4.62, 1.51, 2:44.87); 4 S Dick 2542 (13.19, 8.18, 4.44, 1.51, 2:52.99); 5 E Dawson 2500 (12.72, 7.69, 4.92, 1.36, 2:55.78)

U15

Pen: 1 M Patience 2773 (12.07, 1.46, 7.29, 4.79, 2:31.71); 2 E Kristoffersen 2668 (12.63, 1.49, 7.44, 4.67, 2:36.19); 3 C Watson 2388 (13.41, 1.43, 8.20, 4.66, 2:53.66); 4 C Harvey 2367 (12.51, 1.37, 6.91, 4.47, 2:44.92); 5 E Caldwell 2313 (13.20, 1.40, 6.93, 4.21, 2:40.75); 6 E Frame 2260 (12.60, 1.46, 8.73, 4.61, 3:24.56); 7 E Reid 2181 (14.07, 1.37, 6.35, 3.72, 2:30.29); 8 E Feeley 2069 (14.19, 1.34, 8.40, 4.03, 2:54.58); 9 A Buchan 2031 (13.54, 1.37, 6.88, 4.10, 2:58.92); 10 J Pringle 2017 (14.66, 1.22, 6.93, 4.11, 2:37.64); 11 K Robertson 1920 (13.71, 1.40, 5.72, 4.26, 3:09.25); 12 S Walker 1905 (14.93, 1.31, 6.28, 3.71, 2:41.67); 13 L McKimmin 1881 (13.53, 1.25, 6.94, 3.82, 2:55.67)

SOUTHERN MEN'S LEAGUE

1: Eton

MATCH: 1 B&H 113; 2 Met P 110.5; 3 Bexley 110; 4 Ports 106; 5 NEB 91.5

Men

200: S Daniels (NEB) 21.7. **400:** 1 F Morgan (Bexley) 48.9; 2 C Tandl (Ports) 49.6. **110H:** T Anthony (Met P) 14.7. **400H:** S Parsons (B&H) 56.0. **4x400:** 1 B&H 3:23.7; 2 NEB 3:24.8. **PV:** D Ingram (B&H) 4.00. **TJ:** 1 S Bobb (Met P) 14.30; 2 T French (B&H) 13.92. **SP:** 1 M Michalcze (NEB) 13.50; 2 C Stanton (Bexley) 13.40. **JT:** R Shuttleworth (Ports) 60.68

Milton Keynes

Men

100: ns: B King (Harrow, M40) 12.3; R Allen (Harrow, M45) 12.7. **400:** ns: L Charles (Enfield) 49.4. **B:** S Deathe (Mil K, U20) 1:56.4. **1500:** 1 M Fudalej (Mil K) 3:58.9; 4 M Cursons (Harrow, M45) 4:23.4. **5000:** H Dodwell (High) 15:03.0. **400H:** ns: A Howell (Harrow) 51.7. **3000SC:** G Saqui (High) 9:34.7. **B:** H Dodwell (High) 9:39.2. **4x400:** High 3:25.0. **B:** M Goodall (Ash, M60) 3.30. **TJ:** C Cribb (Mil K, U17) 13.34. **SP:** J Ward (Ash, M40) 12.38. **DT:** 1 K McConnell (Mil K) 41.56; 2 J Ward (Ash, M40) 39.78. **HT:** 1 J Ward (Ash, M40) 37.76; 3 A French (Harrow, M45) 32.69; 4 S Moylan (E&H, M45) 32.06. **JT:** M Cox (Mil K) 56.49

Worthing

MATCH: 1 Worthing & District 141; 2 Tonbridge 130; 3 North Devon 118; 4 City of Norwich 107

Men

400: R Ward (Norw) 49.9. **1500:** S Petty (N Dev, U20) 3:57.4. **5000:** J Taylor (Ton) 15:43.3. **HJ:** D Dunscombe (Worthing) 1.95. **LJ:** J McLachlan (Norw) 7.39

STANDINGS: 1 Nene Valley 15 (416.5); 2 Reading 15 (374); 3 Brighton & H 14 (357); 4 Highgate 13 (382.5); 5 Marshall Milton Keynes 13 (367); 6 Met Police 13 (350.5); 7 Portsmouth 10 (382.5); 8 Tonbridge 10 (348.5); 9 Thurrock 10 (345); 10 Ipswich 10 (340.5); 11 Ashford 10 (331); 12 Norwich 9 (344); 13 Newbury 9 (320); 14 Enfield & H

8 (323); 15 Worthing 8 (294.5); 16 Hercules W 7.5 (284); 17 Bexley 7 (303); 18 North Devon 7 (292); 19 Luton 6.5 (280.5); 20 Harrow 6 (283); 21 Ilford 6 (276); 22 WG&EL 6 (253); 23 N&EB 5 (276); 24 Thames Valley H 4 (204)

2: Battersea Park

Men

400: B: 3 S Baldock (Hast, M40) 53.7; 4 N Tunstall (Serp, M45) 57.2. **800:** 1 A Provost (AFD, U17) 1:59.7; 2 S Baldock (Hast, M40) 2:01.2. **1500:** 1 M Mashford (AFD) 14:56.8; 2 A Cooray (VoA) 15:01.4. **B:** I Bailey (AFD, U20) 15:09.2. **110H:** 1 P Henworth (Hast) 15.7; 3 N Tunstall (Serp, M45) 17.9. **400H:** N Tunstall (Serp, M45) 59.7. **3000SC:** N Phillips (AFD) 9:49.0. **PV:** 1 P Henworth (Hast) 4.10; 2 A Leiper (AFD, M45) 3.20. **B:** W Martin (Hast, M50) 2.80. **LJ:** B: A Woolgar (AFD, M45) 5.07. **SP:** A Leiper (AFD, M45) 11.59. **DT:** E Workman (AFD, M45) 34.14. **JT:** E Workman (AFD, M45) 53.60

Chelmsford

MATCH: 1 Chelms 147; 2 Walton 116; 3 ESM 94; 4 Ryston 92; 5 London H 87

Men

200: N Greenaway (Chelm, U20) 22.2. **5000:** R Prout (Chelm) 15:43.8. **110H:** 1 B Reed (Chelm) 15.6; 2 N Nworgu (Lon Hth) 16.0. **3000SC:** 3 P Lemmon (Lon Hth, M45) 11:07.7; 5 P York (ESM, M45) 11:12.2. **PV:** 1 M Densley (ESM) 4.90; 2 L Yarwood (Chelm, U17) 3.60. **B:** T Brooking (Chelm, M45) 3.00. **LJ:** 1 D Bramble (ESM) 7.29; 2 L King (Chelm, U20) 6.98. **B:** B Clark (Chelm, U17) 6.70. **TJ:** 1 D Bramble (ESM) 14.18; 2 R Staraitis (Lon Hth, M45) 12.43. **DT:** M Williams (Chelm, M50) 30.05. **HT:** B: M Williams (Chelm, M50) 35.00

U20 women

DT: ns: C Coker (Chelm) 42.60

Swindon

MATCH: 1 Poole 131; 2 Herne H 120.5; 3 Swin 111; 4 Oxf C 98; 5 C&C 63.5

Men

200: D Gain (Oxf C) 22.0. **B:** J Partridge (Poole, U20) TBC. **4x100:** Oxf C 43.3. **SP:** D Austin (Herne H, M45) 10.16.

DT: 1 B Kelsey (Oxf C) 45.58; 2 D Austin (Herne H, M45) 37.76. **JT:** P Bramford (C&C, M60) 30.85

Twickenham

MATCH: 1 Kent 130; 2 SMR 128; 3 Croy 104.5; 4 B&B 88.5; 5 Col H 63

Men

1500: 1 R Franks (SMR, U20) 4:00.5; 2 P Chambers (Croy, U17) 4:08.6.

3000SC: C Oxlade (Croy, M50) 11:46.4.

HJ: M Glover (SMR, U20) 1.95. **TJ:** N Owusu-Nyanteyki (Croy, U20) 13.85. **B:** A Johnson (Kent, M45) 11.28. **DT:** K Irving (Croy, U20) 46.32. **HT:** 1 J Earle (Col H) 47.66; 2 P Derrien (SMR, M35) 46.86

3N: Grays

MATCH: 1 D&T 115; 2 Bed C 105; 3 Brain 79; 4 Loughton 37

Men

5000: A Turnbull (Bed C) 16:22.3. **B:** J McMahon (Bed C, M45) 16:42.0. **PV:** J Devereux (Bed C) 4.02. **JT:** T Ratcliffe (D&T) 57.18

Milton Keynes

Men

B: I Licietis (Mil K, M50) 2:15.1. **1500:** G Brewster (Hunts, M50) 4:40.3. **SP:** P Hewlett (Mil K, M45) 10.60. **DT:** A Ralf (Wat, U20) 43.55. **HT:** 1 A Ralf (Wat, U20) 43.00; 2 J Edwards (Hunts, U20) 42.85. **JT:** W Dubose (Hunts, M55) 41.31. **B:** I Stephenson (Mil K, M50) 37.90

STANDINGS: 1 Dacorum & Tring 12 (326); 2 Bedford & County 11 (337); 3 Watford 11 (293); 4 Havering Mayesbrook 10 (290); 5 Belgrave Harriers 9 (264); 6 Harlow 9 (240.5); 7 Wycombe 8 (283.5); 8 Huntingdonshire 8 (282.5); 9 Braintree 8 (252); 10 Barnet & D 6 (240.5); 11 Peterborough 223 (6); 12 Milton Keynes 6 (217); 13 Serpentine 5 (237); 14 London Heathside 4 (148.5); 15 W Suffolk 4 (144); 16 Loughton 4 (132.5)

3S: Horsham

MATCH: 1 Horsh BS 116; 2 S Lon 91; 3 TW&L 71; 4 E&E 56

Men

PV: B Harlick (E&E, M65) 2.60. **DT:** M Gue (Horsh BS, U20) 38.74

Horsham

MATCH: 1 E Grin 114; 2 Lond 88; 3eq Lewes-Hay H/M&M 58

Men

PV: S Brown (Lewes/Hay H) 4.30. **HT:** P Spivey (E Grin) 48.85

Eastbourne

MATCH: 1 E'bne 126.5; 2 Padd W 107.5; 3 K&P 26; 4 Camb H 14

3W: Swind

June 2
ARMY INDIVIDUAL
CHAMPIONSHIPS
Tidworth

Men
100: S Smith 10.99. **400:** O Olusile 49.09. **B:** O Okarufu 15.80. **SP:** S Swiseman 15.00. **DT:** 1 S Swiseman 49.74; 2 O Okoroafo 40.25. **HT:** O Osazuwa 56.58
Women
SP: R Rann 12.28. **JT:** 1 R Rann 44.16; 2 K Morgan 43.64

WATFORD GRADED OPEN
Watford

JESSICA JUDD set a UK under-17 3000m best of 9:15.61 when she finished 10th overall in the second of three 3000m races.
The Chelmsford athlete was more than two seconds under the old mark held by Emily Pidgeon.
The world junior qualifying mark is 9:15.00, but as she is still only 15 she is too young to compete at that event. Behind Judd were other notable personal bests from under-20 Grace Nicholls (9:33.63) and under-17 Ruth Haynes 9:40.19 in a race that did not start until 10.21pm due to the meeting's popularity.
Men
100 r6 (-0.2): 1 E Amaning (TVH, U17) 11.17. **r7 (-0.6):** 8 W MacGee (Bed C, V40) 11.87. **r8 (-0.4):** 1 I Alindele (Sutton) 10.88; 2 J Simpson (E&H) 10.99; 5 M Ojo (ESM, U17) 11.19. **200 r7 (0.6):** 4 W MacGee (Bed C, V40) 24.11. **r8 (-0.8):** 1 E Amaning (TVH, U17) 22.01. **r9 (-0.1):** 1 I Alindele (Sutton) 21.85; 2 J Simpson (E&H) 21.87; 3 M Ojo (ESM, U17) 22.30. **1500 r5:** 2 K Wilson (R&N, U13) 4:49.93; 7 J Dee (Herts P, U13) 4:54.64. **r6:** 6 E Nicholls (Ton, U13) 4:46.28; 7 K Steed (Ben, V50) 4:46.72; 10 T Herdman-Smith (Mil K, U13) 4:48.94. **r7:** 9 P Rowan (WG&EL, U13) 4:47.36. **r10:** 3 P Berrett (Hav M, V45) 4:25.64; 7 H Rossoun (H&M, U15) 4:27.48; 8 C Upton (Win, U15) 4:28.69. **r11:** 1 J Knight (Mil K, U15) 4:18.59; 3 R Mudd (SB, U15) 4:19.09; 12 T Starling (AFD, U15) 4:27.46. **r12:** 4 B Eversen (BWF, U15) 4:16.75; 6 J Crabtree (O&R, U15) 4:18.27. **r13:** 1 R Palmer (Lut, V40) 4:08.07; 2 S Wyllie (C'ley, U17) 4:08.62; 3 C Curran (WSEH, U17) 4:09.93; 4 S Strange (Bas, U17) 4:10.41; 6 B Sutherland (Wyc P, U15) 4:11.32; 9 P Taylor (VoA, U15) 4:14.38. **r14:** 5 S Redding (Mil K, U17) 4:09.49. **r15:** 1 N Lingley (WSEH, U20) 3:57.42; 2 J Grace (AFD, U20) 3:58.09; 3 F O'Reilly (B'mth, U17) 3:58.75; 4 D Murray (Macc) 3:59.09; 5 T Grant (SB, U20) 3:59.76; 6 M Pickard (Phoe, U20) 4:00.49; 7 J Taylor-Caldwell (ESM, U20) 4:01.55; 8 D Horniman (Traff, U20) 4:02.58; 11 F Bailey (SB, U20) 4:03.19; 13 M Nicholson (Bed C, U17) 4:06.05. **r16:** 1 E Plaatjies (South Africa) 3:49.51; 2 N Dougal (TVH) 3:51.96; 3 A Cornwell (WG&EL, U20) 3:53.69; 4 P Sesemann (B&B, U20) 3:54.05; 5 N Fleming (SB, U20) 3:54.47; 6 C Lambert (Mil K, U20) 3:54.82; 7 M Fayers (Hill, U17) 3:55.73; 8 P Whitelam (TVH) 3:57.67; 9 A Flynn (AFD) 3:57.75; 10 D Clutterbuck (Bas, U20) 3:59.80; 11 K Abdi (NEB, U20) 4:02.42. **3000 r2:** 1 M Callegari (SB, U17) 8:55.39; 2 J Clarke (NEB, V35) 8:58.20; 4 C Lloyd (Ton, U17) 9:00.94; 7 B Alcock (Bed C, U17) 9:10.91; 8 J Rogers (Inv EK, U17) 9:14.46; 11 J West (M&M, U15) 9:16.78; 12 C De'ath (Ton, U15) 9:17.56; 16 M Arnold (AFD, U15) 9:24.33; 17 M Nicholls (Ton, U15) 9:28.09; 22 M Goddard (Chilt, U15) 9:37.87. **r3:** 1 E Palmer

(lps, U20) 8:30.54; 2 M Bergin (Bed C, U20) 8:31.00; 3 J McCarthy (B&H, U20) 8:32.83; 4 N Earl (Norw) 8:34.73; 5 D Woodgate (Lut, U20) 8:37.20; 6 K Clements (lps, U17) 8:40.02; 7 S Gallienne (Bide) 8:43.90; 11 A Short (Chelm, U17) 8:50.44; 12 K Reilly (Inv EK, U17) 8:52.63; 14 W Gray (B&H, U20) 8:56.97; 15 J Prickett (Inv EK, U20) 8:57.56; 17 H Pearce (Ton, U17) 9:00.33. **HT:** 1 M Lasis (Craw, U20) 55.57; 2 S Ridgway (Mil K, U20) 53.71; 3 M Evans (Worth, U20) 48.99; 4 S Evans (Worth, U20) 47.94; 5 L Doran (Newb, U20) 42.78. **HT:** 1 T Parker (Ton, U17) 50.09; 2 R Doran (Newb, U17) 44.18. **HT:** 1 R Morawski (ESM, U15) 55.77
Women
100 r2 (-1.2): 6 J Saunders-Mullins (SNH, V55) 14.58. **200 r4 (0.7):** 1 R Osei-Tut (Wycombe P, U15) 26.19. **1500 r3:** 1 I Ives (Bas, U13) 4:58.96; 2 R Prideaux (Chelm, U13) 4:59.28; 10 M Smith (Chelm, U13) 5:07.78. **r4:** 1 B Hawtin (Oxf C, U15) 4:55.49; 2 V Mobley (Banb, U15) 4:55.93; 11 J Stones (Mab, V40) 5:13.35. **r5:** 3 G Russell (Wyc P, U17) 4:50.68; 4 N Connor (SB, U15) 4:51.97; 6 A Wood (Ton, U15) 4:53.52; 8 E Johnson (Bas, U17) 4:54.77; 9 E Rouane (Herts P, U15) 4:55.72; 10 M Humphreys (Rad, U13) 4:55.74. **r6:** 1 E Roche (Mil K, U17) 4:40.66; 3 A Burgin (Bed C, U17) 4:45.18; 4 E Waugh (R&N, U20) 4:45.25; 5 H Preedy (AFD, U15) 4:45.66; 11 G Moriarty (R&N, U17) 4:51.27. **r7:** 5 L Hawtin (Oxf C, U17) 4:44.39; 7 M Garner (St Marys, U20) 4:46.36; 10 V Walker (SB, U20) 4:47.93; 11 I Kempton (Oxf C, U17) 4:48.11. **r8:** 4 P Woolven (Wyc P, U20) 4:35.31; 6 K Goode (Bas) 4:36.72; 7 H Walker (D&T, U20) 4:36.93; 8 M Hawtin (Oxf C, U20) 4:37.55; 13 E Bounds (NEB, U17) 4:53.49. **r9:** 11 S Wheat (Col H) 4:35.38; 13 I Lee (Win) 4:36.23; 15 K Bird (Chich, U17) 4:46.79. **r10:** 6 A Joel (Hav M) 4:26.28; 11 C Dullaghan (AFD, U20) 4:31.72. **r11:** 11 L Parker (Wells) 4:24.99. **3000 r1:** 2 J Finlay (Mil K, U15) 10:05.02; 4 A Garnett (Chelm, U17) 10:07.23; 5 R Walcott-Nolan (Lut, U17) 10:07.42; 6 K Wood (York, U15) 10:09.02; 7 J Blackstock (Marl S, U20) 10:13.94; 10 N Swaffield (WSEH, U17) 10:24.34; 11 C Thorne (Team S) 10:28.77; 13 K Tuttlebury (Chelm, U20) 10:32.44; 15 E Still (Lut, U15) 10:42.99; 16 C Lewis (Chilt, U15) 10:43.40; 19 G Duckworth (L Buzz, V55) 11:01.69. **r2:** 10 J Judd (Chelm, U17) 9:15.61; 14 L Deadman (H&M) 9:23.85; 18 K Milner (Traff) 9:30.15; 19 N Gray (M&M) 9:31.98; 20 G Nicholls (Ton, U20) 9:33.63; 23 R Haynes (AFD, U17) 9:40.19. **PV:** 1 S Robinson (D&T) 3.20. **HT:** 1 S Goddard (SNH, U17) 36.00. **HT:** 1 S Gould (WLHS, U15) 32.58
BMC REGIONAL RACES & BIRMINGHAM OPEN
Birmingham (Un)
Men/mixed
800: 1 W Frey (Bir) 1:52.01; 2 J Dunn (Bir, U20) 1:52.19; 3 A Watt (Bir) 1:53.06; 4 D Clorley (Lut) 1:53.41; 5 M Flook (B&W) 1:53.90; 6 S Bennett (Prest) 1:54.34. **E:** 1 W Paulson (Stroud, U17) 1:58.22; 2 J Lancaster (Sheff, U15) 1:58.78; 3 M McKeown (Cov, U17) 1:59.13; 6 A Wickett (C&S, U17) 1:59.92. **F:** 1 M Wilson (Sun, U15) 2:01.02; 4 S Harrison (High, U15) 2:02.83. **H:** 2 T Ridding (Cov, U15) 2:07.20. **1500:** 1 T Curr (Stroud, U20) 3:54.09; 2 H Speed (Cov) 3:56.47; 3 C Perrin (C&S, U20) 3:59.10; 4 D Morton (Hale) 3:59.79; 6 J Verwer (Tip, U20) 4:00.85; 8 J Perrin (C&S, U20) 4:02.00; 16 M Rose (Cov, U17) 4:11.76. **B:** 7 J Nevin (B'mth,

U15) 4:22.44; 8 B Ashcroft (Shrews, U15) 4:23.22. **C:** 1 N Udall (Cov, U15) 4:22.09; 2 C Shankly (Bir, U15) 4:28.79; 3 L Jones (Tam, U15) 4:30.00; 7 S Elliott (Leic C, U13) 4:47.30; 5 F Briscoe (Cov, W) 4:39.34; 8 I Briscoe (Stroud, U17W) 4:47.76; 11 F Vincent (Leic C, U17W) 4:52.00. **1500:** E: 2 J Knibb (Der, M45) 4:31.32
Women
800: **C:** 1 V Fouhy (Chilt) 2:11.41; 2 G Kinney (RSC, U17) 2:13.48; 3 C Read (Bir, U20) 2:14.27; 4 C Burgoyne (Shrews) 2:14.54; 5 A Johnson (RSC, U20) 2:19.31; 7 S Hambly (SSH, U17) 2:20.37. **G:** 1 M Smith (Leic C, U15) 2:19.19; 2 J Beresford-Smith (Bir, U17) 2:19.52; 3 V Moritz (Worc, U17) 2:20.32; 4 E Pound (Sheff, U15) 2:20.43; 5 F Ashworth (Kett, U15) 2:20.72; 6 H Wootten (Worc, U17) 2:21.45. **1500:** **D:** 1 R Kelling (Banb, W45) 4:59.80; 8 M Green (Kett, U13) 5:09.54
Open meeting
Men
r2: J Downie (Bir) 10.87. **3000:** 1 T Purnell (Stroud, U17) 8:38.43; 5 R Andrew (B'ville, M45) 9:13.50. **HJ:** 1 T Parsons (Bir) 2.28; 2 S Phelan (NEB) 2.00. **HJ:** K Robbins (Cov) 2.00. **DT:** E Dunford (Bir) 43.99
U20
DT: N Fox (Stoke) 43.59
U17
LJ: F Sayers (W&B) 6.48. **DT:** D Power (DASH) 42.30
U13
75: J Ijeomah (Hale) 10.51
Women
100: A Tyson (Bir) 12.20. **HJ:** F Smithson (WSEH) 1.65
U20
DT: J Moore (Bir) 40.26
U17
LJ: T Burgess (W&B) 5.32. **JT:** K Morley (Bir) 36.64
U13
75: S Surridge (Tam) 10.69
Mixed events
3000: L Thomas (LincW, U20W) 10:03.70
SUSSEX SCHOOLS COMBINED EVENTS CHAMPIONSHIPS
Brighton
U17 men
Pen: 1 J Ketley 2889 (5.92, 15.3, 1.78, 34.45, 2:03.2); 2 A Kingdon 2085 (5.14, 15.9, 1.60, 29.25, 2:27.9); 3 J Jones 1286 (5.32, 18.6, NH, 12.45, 2:21.0)
U15
Pen: 1 R Spivey 2539 (1.66, 12.10, 5.03, 9.88, 2:17.2); 2 M Papanicola 2354 (1.63, 13.10, 5.29, 10.05, 2:27.8); 3 J Savage 2156 (1.63, 12.70, 5.26, 7.58, 2:33.1); 4 D Reid 2120 (1.50, 12.30, 4.22, 9.65, 2:25.7); 5 N Adu 2042 (1.35, 13.60, 4.91, 10.53, 2:27.3)
U13
Quad: 1 G Turner 974 (15.7, 3.81, 5.99, 2:33.4); 2 W De-La-haye Earl 814 (15.3, 3.86, 6.67, 3:02.3)
U17 women
Pen: 1 I Brown 2722 (19.44, 13.9, 5.01, 1.63, 2:43.5); 2 K Lambert 2614 (23.56, 13.7, 4.73, 1.63, 2:56.1); 3 S Killick-Bird 1936 (12.05, 13.7, 3.66, 1.40, 2:53.2); 4 E Blackwell 1804 (18.42, 25.4, 4.63, 1.48, 2:48.1)
U15
Pen: 1 N Godden 2500 (12.6, 7.08, 1.40, 4.70, 2:41.2); 2 K Garland 2416 (13.4, 6.02, 1.45, 4.33, 2:32.6); 3 J Brewster 2278 (12.8, 6.98, 1.40, 4.18, 2:47.1); 4 H Turner 2256 (13.9, 7.28, 1.25, 4.25, 2:30.4); 5 A Hosier 2218 (14.3, 7.53, 1.30, 4.02, 2:31.5); 6 I Marshall 2190 (13.8, 6.50, 1.35, 4.21, 2:40.0); 7 E Killick-Bird 1914 (16.7, 5.19, 1.40, 4.01, 2:38.5)
U13
Quad: 1 L Connor 1817 (12.4, 4.48, 7.49, 2:46.7); 2 R Whyte-Wilding 1688

(12.5, 3.88, 6.33, 2:38.2); 3 M Cable 1559 (13.6, 4.34, 6.83, 2:54.6); 4 M Coyle 1489 (14.5, 3.95, 5.04, 2:36.0); 5 R McKay 1382 (12.7, 4.27, 5.72, 3:12.9); 6 R Haggard 1289 (14.6, 3.74, 6.35, 2:57.4); 7 L Nash 1222 (16.9, 3.53, 4.50, 2:35.4); 8 S Markwick 1106 (16.7, 3.28, 5.05, 2:45.2); 9 Z Botting 995 (14.9, 3.28, 4.50, 3:04.2); 10 A Chitty 970 (15.7, 3.22, 4.76, 3:01.9)
EASTERN VETERANS' LEAGUE
Central: Cambridge
M40 men
400H: P Benedict (Bed C) 60.3. **1500:** 1 B Austin (Mil K) 10:14.3; 2 H Fischer (Hunts) 10:42.8. **PV:** S Eastwood (Bedford) 3.61
M50
200: T James (Bed C) 25.8. **800:** 1 I Licietis (Mil K) 2:14.2; 2 G Brewster (Hunts) 2:16.1. **3000:** J Oakes (C&C) 9:56.1. **400H:** T James (Bed C) 68.1. **1500:** 1 M Wall (Mil K) 8:33.1. **DT:** 1 W Dubose (Hunts) 32.96; 2 G Packman (Bed C) 32.41; 3 P Bramford (C&C) 32.28. **JT:** 1 W Dubose (Hunts) 39.54; 2 I Stephenson (Mil K) 37.92; 3 P Bramford (C&C) 33.09; 4 B Richards (Bed C) 30.25. **ns:** D Goldsworthy (Mil K) 31.93
M60
1500: 1 A Thompson (Bigg) 8:27.2. **JT:** C Gunn (Bed C) 9.29
W35 women
DT: E Beales (Mil K) 41.85
W45
200: J Willock (Bed C) 29.0. **800:** J Lasenby (C&C) 2:34.3. **3000:** J Lasenby (C&C) 11:28.5. **1500:** 1 H Middleton (Bigg) 8:34.2
W55: **DT:** R Martin (C&C) 20.19
Essex: Lee Valley
Men
MATCH: 1 Chelm 72; 2 Loughton 51; 3 S'end 50; 4 FVS 40
M40 men
200: K Palmer (S'end) 24.8. **1500:** 1 C Cattano (S'end) 9:53.4
M50
200: J Brown (Chelm) 25.7. **400H:** M Cooper (Chelm) 72.0. **1500:** 1 D Bowker (FVS) 10:01.4. **PV:** T Brookling (Chelm) 2.90. **DT:** M Williams (Chelm) 34.84. **JT:** M Williams (Chelm) 31.93
M60: **1500:** 1 J Brock (S'end) 10:17.7
Women
MATCH: 1 Chelm 69; 2 Loughton 68; 3 FVS 55
W45: **200:** A Rochester (Loughton) 29.7
W55: **DT:** 1 S Quinn (Chelm) 30.57; 2 P Ackland-Snow (Loughton) 18.29. **JT:** S Quinn (Chelm) 19.47
Fenland: King's Lynn
Men
MATCH: 1 Ryst 56; 2 P'boro 52; 3 W Norf 50; 4 Norw 23. F
M40: **3000:** J Herbert (P'boro) 9:15.7
M50
200: D Whitehead (P'boro) 26.3. **400H:** 1 R Huskisson (P'boro) 69.3; 2 I Reeve (W Norf) 69.9. **PV:** I Reeve (W Norf) 2.80. **DT:** J Painter (Norw) 36.29
Women
MATCH: 1 Ryst 69; 2 W Norf 62; 3 P'boro 37; 4 Norw 12
W35: **1500:** 1 C Duhig (Ryst) 9:43.8
W45: **200:** A Other (P'boro) 28.6
W55: **DT:** A Martin (Ryst) 18.03
HQ ALLIED AIR COMMAND RAEMSTEIN CHAMPIONSHIPS
Cosford
Men
100: **r2:** S Benson (RAF) 10.91. **5000:** 3 M Blunden (RAF) 15:16.01; 4 M Whitefield (RAF) 15:28.36. **110H:** T Higbee (RAF) 15.29. **4x100:** RAF 43.84. **JT:** T Dobbing (RAF) 57.81

Women
4x100: RAF 49.98. **LJ:** L McGawn (RAF) 5.65. **SP:** L McGawn (RAF) 11.37. **DT:** E Sandford (RAF) 40.82
MIDLAND VETERANS' LEAGUE
North: Stafford
MATCH: 1 Cannock & Stafford 187; 2 Royal Sutton Coldfield 109; 3 Burton 104; 4 Telford 72; 5 Shrewsbury 68; 6 Wolverhampton & Bilston 8
M40: **200:** 1 S Saxon (Tel) 24.6; 2 D Brown (RSC) 24.8
M50: **800:** M Eustace (C&S) 2:19.7
M60: **TJ:** 1 K Lundby (C&S) 9.33; 2 P Duckers (Shrews) 9.08. **JT:** 1 K Lundby (C&S) 31.03; 2 P Duckers (Shrews) 32.86
W40: **3000:** C Kilkenny (C&S, W55) 12:03.8
W50: **LJ:** J Pryce (RSC) 4.31
W60: **200:** M Lewington (RSC) 32.2. **3000:** D Fellows (C&S) 12:53.7. **JT:** M Lewington (RSC) 17.83
OXFORD UNIVERSITY V OXFORD AA
Oxford
Men
5000: 1 A Das (Oxf U) 15:34.4; 2 C Palmer (Oxf U) 15:40.1; 3 M Osborne (Oxf U) 15:41.1. **110H:** R Baderin (Oxf U) 15.5. **SP:** P Cox (Oxf U) 14.14. **DT:** 1 P Wilkins (Oxfordshire) 52.27; 2 P Cox (Oxf U) 44.90. **JT:** A Bogrand (Oxf U) 60.44
Women
100: T Kafke (Oxfordshire) 12.2. **5000:** N Bryant (Oxf U) 18:59.0. **100H:** 1 K Reynolds (Oxfordshire) 14.7; 2 K Warland (Oxfordshire) 15.4. **DT:** B Staniland (Oxf U) 37.88. **JT:** D Anderson (Oxfordshire) 43.75
ROSENHEIM LEAGUE
Western: Ewell
Men
100: **Ht3:** 1 T Bissett (E&E, M65) 13.3; 4 C Isetts (K&P, M65) 14.1. **200:** **ns:** P Logan (K&P, M45) 24.2. **DT:** **ns:** 1 D Rice (Harr) 47.95; 2 B Harlick (E&E, M65) 33.44
Women
SP: J Bennett (E&E) 12.18. **ns:** L Sissons (E&E, W65) 9.15
Mixed events
200: **Ht3:** 2 T Bissett (E&E, M65) 26.8; 5 C Isetts (K&P, M65) 29.2
June 1
BMC GOLD STANDARD RACES
Stretford
THE BMC men's 800m, is proving to be a fertile ground for fast times at this meeting, *Stephen Green reports*.
This time it was the turn of Qatar and City of Sheffield athlete Mukhtar Mohammed to display more of the potential he suggested the previous weekend when he recorded 1:49.68 at Sport City to win the B race. With a previously recorded best prior to 2010 of just over 1:53, to say the former Sheffield Wednesday footballer is taking to his new sport with some aplomb would be an understatement.
After a first lap covered in just under 52 seconds, paced by Rhian Hastey, Mohammed took up the running with 300m to go and was never headed, taking the tape in a swift lifetime best of 1:47.82. Finishing strongly in second, with a breakthrough performance was Scottish junior Stuart Ross, who sliced three seconds off his previous best with 1:48.73.
Harry Ellis made a brave attempt to achieve the tough world junior 1500m qualifying time of 3:44.0. After passing 800m in 1:58, Ellis ran virtually solo for almost the last half of the race,

finishing strongly in a respectable 3:45.61.

Former Commonwealth bronze medallist Helen Clitheroe, a couple of days after her seasonal debut of 4:13.36 in Hengelo, finished in a shade over 4:14 in the open mixed race 1500m.

Men

800: 1 M Mohammed (Sheff RC) 1:47.82; 2 S Ross (VPCG, U20) 1:48.73; 3 S Evison (Sheff) 1:49.95; 4 C Brown (Mans) 1:50.21; 5 G Learmonth (Lass, U20) 1:50.23; 6 W Frey (Bir) 1:50.46.

B: 1 B Akin (Prest, U20) 1:54.67; 2 S Dykes (Warr, U17) 1:55.22; 3 J Moody (Notts, U20) 1:55.32; 4 M Hunt (Traff, V35) 1:55.47; 6 J Bransberg (Sky, U17) 1:56.24. **C:** 1 J Moors (Ross, U17) 1:55.38; 3 J Gleave (Warr, U17) 1:56.62; 4 T Marper (Gate, U20) 1:56.72; 5 K Fowler (Staffs M, U20) 1:57.62. **1500:** 1 H Ellis (Warr, U20) 3:45.61; 2 M Salter (Leeds C) 3:53.24; 3 M McLaild (St. Malachy's AC) 3:53.31; 4 J Ellis (NEB) 3:54.34; 5 G Benson (Leeds C, U17) 3:54.93; 6 B Pick (Notts, U20) 3:56.78; 7 I Salisbury (Traff, V35) 3:56.89; 8 S Robinson (Linc W, U20) 3:56.90; 9 J Gratton (Hallam, U20) 3:57.24; 10 J Kraft (Scar) 3:57.49; 11 S Fontana (VPCG) 3:57.79; 12 J Ashcroft (SHS, U20) 3:58.02; 13 S Rooney (St Mal) 3:58.87; 14 G Belcher (Leeds C, U20) 3:59.09; 15 E Todd (Leeds C, U17) 3:59.71; 16 M Wood (Leeds C, U20) 3:59.78

Trafford Grand Prix Open

Men

100 r1 (-0.9): 2 D Scott (Traff, M40) 11.32. **r2 (0.2):** 6 S Lightfoot (Salf M, M45) 12.56. **200: r2 (-0.1):** 1 R Eijkuea (Sale, U17) 22.66; 2 J Hughes (Sport W, U17) 22.78. **400 r1:** 1 H Doran (Liv PS) 49.06; 2 C Stewart (Kilb) 49.35; 3 J Allan (Traff, U20) 50.47. **800: r1:** 1 A Howard (O&R, U15) 2:04.36; 2 M Shirling (SHS, U15) 2:05.01; 3 L Cooper (Leeds C, U15) 2:05.12; 4 N Tipping (Vale R, U15) 2:05.93; 5 M Hulse (Warr, U15) 2:09.57; 8 B Yates (Sale, U13) 2:14.70. **r3:** 1 C Hulson (Sale, U20) 1:57.35. **r4:** 1 C Murray (Macc, U17) 1:58.32; 2 S Kerfoot-Roberts (Hal, U17) 1:58.39. **1500: r1:** 1 M Grieve (Bord H, U20) 4:02.64; 2 R Worland (Sale, U20) 4:03.14; 3 D Cheeseman (York, U20) 4:03.76; 4 R Buck (York, U20) 4:04.40; 5 R Wilson (Linc W, U20) 4:04.81. **r2:** 8 P Hall (Clay, M45) 4:19.70. **r3:** 4 C Pedder (Liv PS, M50) 4:27.59. **3000 r1:** 1 A Wiles (New M) 8:17.73; 2 P Miles (OWLS) 8:17.86; 3 M Clowes (Staffs M) 8:19.03; 4 P Martin (Sun) 8:20.30; 5 S Atkin (Linc W, U20) 8:20.95; 6 A Scott (Linc W) 8:22.87; 7 G Keight (Hallam) 8:29.09; 8 D Parkinson (Kend) 8:34.53; 9 R Best (New M) 8:37.01; 10 M Shaw (New M, U17) 8:37.72; 11 J Scarr (BWF, U20) 8:38.50; 12 T Straw (Linc W, U20) 8:42.92; 13 D Hallam (OWLS, U20) 8:49.37; 14 K Fowler (Staffs M, U20) 8:50.67; 16 J Roden (Sale, U20) 8:52.67; 18 A McKeown (B'burn, U17) 8:54.10; 20 L Betts (Chor AC, U17) 9:00.09. **r2:** 1 M Deegan (Salf, M50) 9:28.34; 4 A Howard (O&R, U15) 9:31.71; 12 D Southern (Alt, M55) 10:01.39; 20 D Carrington (Alt, M55) 10:15.93

Women

200: r4 (0.3): 2 H Pendlebury (Dees, U20) 25.49. **400: r3:** 6 V Garrad (Traff) 56.97. **r4:** 1 L Brennan (Sport W, U20) 56.53; 2 R Thompson (Liv H) 57.44. **r5:** 1 O Callaghan (Sale, U17) 59.69. **800: r2:** 1 B Ellis (Spen, U15) 2:21.30; 2 C Heaher (Vale R, U15) 2:22.58. **r5:** 9 R Sweeney (Sale) 2:08.58. **r6:** 6 K Johnson (Wake) 2:10.74; 7 S Roe (Prest) 2:11.39. **r8:** 1 C Grant (Sale, U17) 2:15.91. **1500: r1:** 9 H Clitheroe (Prest, W35) 4:14.36. **r3:** 2 R

Craigie (Vale R, U20) 4:26.78; 9 S Smith (Wake, U17) 4:43.33. **r4:** 2 N Meadows (Vale R, U20) 4:49.18. **3000: r2:** 7 B Lambson (Skipton AC, U20) 9:56.66; 9 A Weaver (Salf) 9:58.24; 11 G Unsworth (BWF) 10:00.73; 13 G Connolly (SHS) 10:01.59; 16 J Walsh (Spen, U20) 10:04.27; 17 N Grant (Roth) 10:10.47; 19 G Ball (Linc W, U20) 10:11.49; 24 E Flanagan (Ross, U20) 10:29.88; 25 L Gowland (BWF, U17) 10:30.84; 27 M Lowther (Eden, U17) 10:34.55; 28 T McCormick (Vale R, U17) 10:36.61; 33 C Robbins (BWF, W50) 10:53.33

May 30-31

INTER COUNTIES

Bedford

Correction

Ht2 (2.3): D Davis (Surrey) 14.17; 2 S Nyananyo (NE) 14.39; 3 K Sempers (Middx) 14.47; 4 M Dyer (Berk) 14.66; 5 M Holden (Essex) 14.80; 6 A Sturrock (NE) 15.06; 7 S Reidy (Cambs) 15.71

May 30

VAULT MANCHESTER

Manchester (SC)

Men

PV: r1: 1 G Sharp (Prest, U20) 4.05; 2 C Van Schie (Sale) 4.05. **r2:** 1 A Sutcliffe (Sale, U20) 5.10; 2 J Andrew (Sale, U20) 4.85; 3 G MacLean (SB, U20) 4.75; eq4 M Cullen (Sale)/D Curwen-Reed (SB) 4.40; 6 G Sharp (Prest, U20) 4.40

Women

PV: r1: 1 H Bleasdale (B'burn, U20) 4.20; 2 K Byres (Sale, U17) 3.80

SCOTTISH YOUNG ATHLETES'

LEAGUE

Central 2: Grangemouth

MATCH: 1 Central 680; 2 North Lanarkshire 504; 3 Law & District 470; 4 South Lanarkshire 465; 5 Lasswade 452; 6 Perth Strath Tay H 314; 7 Clydesdale H/West Dunbartonshire 282; 8 Nithsdale 129

U17 men

800: T Watson (Centr) 1:59.97

U15

100: R Maxwell (S Lan) 11.67. **LJ:** R Maxwell (S Lan) 6.29

U13

75H: 1 C Presland (Centr) 13.01; 2 A Hunter (Cdale) 13.67

U15 girls

100: K Purves (Lass) 12.70. **200:** K Purves (Lass) 26.15. **75H:** K Purves (Lass) 11.92. **4x100:** Lass 53.0

U13

150: 1 R Smith (N Lans) 21.54; 2 I Davidson (Centr) 21.97. **800:** R Smith (N Lans) 2:29.20. **4x100:** 1 N Lans 56.91; 2 Centr 57.61

SOUTH WEST ATHLETICS LEAGUE

CUP

Corn Brea

MATCH: 1 Cornwall AC 620; 2 Armada 541; 3 Taunton 517; 4 Yeovil Olympiads 511; 5 Newton Abbot 373; 6 Newquay & Par 366; 7 Dorchester 317; 8 Mendip 23

Men

400: 1 S Peters (Armada) 49.6; 3 N Tunstall (Corn, M45) 53.9. **3000:** 1 D Buzza (Corn, M45) 9:06.1; 1 J Scott (N&P, M40) 9:06.1; 3 S Anderson (Armada, M45) 9:22.1. **2000SC:** C Harry (Corn, M45) 6:45.6. **HJ:** S Caillery (Corn, M40) 1.75

U20

100: T Johnson (Armada) 11.0. **200:** T Johnson (Armada) 22.5. **400:** M Sumner (Armada) 50.4. **110H:** 1 R Swift (N Abb) 15.7; 2 C Hewittson (Yeov O) 15.9. **SP:** M Halton (N&P) 14.24

U17

800: C Robinson (Corn) 1:57.3. **100H:** 1 D King (Armada) 13.6; 2 M St Clair



Kenya's Gordon Mugi (1248) sets off towards a course record of 28:55 at Poole

Dave True

(Yeov O) 14.6. **1500SC:** 1 H Hall (Taun) 4:50.0; 2 T Rawet (Corn) 4:51.9. **HJ:** A Athersuch (Yeov O) 1.84. **TJ:** D King (Armada) 13.12. **SP:** H Tyler (Taun) 12.28. **DT:** A Athersuch (Yeov O) 40.23. **JT:** R Danaher (Taun) 61.10

U15

200: L Littlejohn (Corn) 24.4. **DT:** J Banevicius (Corn) 36.06. **JT:** C Granville (Taun) 49.84

U13

1500: S Sommerville (Yeov O) 4:56.0.

75H: 1 A Harper (Taun) 12.3; 2 P Tointon (N&P) 13.6. **JT:** W Larkman (Taun) 36.02

Women

3000: E Stallard (Corn Gst, W40)

10:09.9. **100H:** P Brett (N&P, U20)

15.8. **HJ:** M Toon (Taun, U20) 1.65.

LJ: A Darby (N Abb, W55) 3.49. **SP:** M Pearson (Corn, W60) 8.12. **DT:** M Pearson (Corn, W60) 24.27

U17

100: A Davies (Yeov O) 12.6. **HJ:** E Grogan (Taun) 1.65

U15

100: 1 H Butt (Dor) 12.7; 2 F Millership (Armada) 12.8. **200:** 1 F Millership (Armada) 26.2; 2 H Butt (Dor) 26.2.

75H: 1 J Morrish (Corn) 11.6; 2 M Brett (N&P) 12.4. **HJ:** 1 J Morrish (Corn) 1.69; 2 R Black (Yeov O) 1.55. **JT:** J Loxton (Taun) 29.34

U13

HJ: J Simson (Armada) 1.40. **LJ:** J Simson (Armada) 4.51

May 29-30

MIDLAND COUNTIES U15/U17

CHAMPIONSHIPS – Birmingham

a= 29th;(b) = 30th

U13 boys

Quad (LJ, HJ, SP, 100): 1 T Kerr-Chin (R&N) 1614 (4.93, 1.36, 8.12, 12.36); 2 R Dwyer (Strat) 1388 (4.50, 1.48, 7.39, 13.45); 3 C Hewlett (Bir) 1166 (4.05, 1.36, 5.44, 13.13); 4 T Bennett-Williams (W&B) 1144 (4.34, 1.30, 4.70, 13.06); 5 J Lloyd (Bir) 1062 (4.10, 1.21, 6.01, 13.43)

U13

HJ: J Simson (Armada) 1.40. **LJ:** J Simson (Armada) 4.51

May 29-30

MIDLAND COUNTIES U15/U17

CHAMPIONSHIPS – Birmingham

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U13

HJ: J Simson (Armada) 1.40. **LJ:** J Simson (Armada) 4.51

U17 women

PV (a): 1 H Grubb (Bath) 3.10; 2 S Cook (Bir) 3.00; 3 L Gale (Bath) 2.90. **TJ (b):** 1 S Hutchinson (Bir) 11.58/5.4; 2 K Rowe (R&N) 11.09/4.7; 3 T Burgess (W&B) 11.04/5.2; 4 A Barrow (Leic C) 10.41/4.6

U15

PV (a): C Dyer (Bath) 2.50

U13 girls

Quad (LJ, HJ, SP, 100): 1 A Pask

(Cov) 2024 (4.75, 1.42, 7.37, 13.78); 2 S Mulholland (Bir) 1718 (4.38, 1.24, 7.66, 14.07); 3 C Bailey (W&B) 1629 (4.11, 1.15, 6.87, 13.39); 4 G Dempsey (Bir) 1474 (3.93, 1.30, 5.93, 14.65); 5 S Thomas (N Som) 1368 (3.65, 1.21, 5.09, 14.01)

Road

June 7

SELF TRANSCENDENCE 2

Battersea

Overall

1 H Lobb (Serp) 9:43; 2 M Shore (THH) 10:00; 3 I Cojusneanu 10:24; 4 T Hedgeland 10:28; 5 T Tuohy (Dul, M45) 10:29

M60: R Green (WG&L) 12:57

Women

1 S Thomas (Chilt) 12:12; 2 A Thorniley 12:54

June 6

ALEXANDRA PARK 5km

Manchester

Overall

1 N Kilcourse 16:30; 2 S Monk (B'burn) 16:43; 3 W Hadmen 17:33

Women

1 F Woodhead (Man FR) 21:07; 2 K Kay 21:56

BECKENHAM 10km

Beckenham

Overall

1 C Minns (Beck RC) 33:53; 2 M Potter (Lon Hth, M40) 34:03; 3 S Starvis (SoC) 35:11

M45: 1 T Bately (Deal TC) 35:41. **M60:** 1 M Mann (Dulw) 39:37

TEAM: Beckenham RC

Women

1 C Elms (Dulw, W45) 38:05; 2 F Smith (Lon Hth, W35) 41:43

TEAM: London Heathside

BISHOPS WALTHAM 5

Bishops Waltham

Overall

1 J Manning 27:35; 2 S Warner 29:03; 3 D Woods 29:19

Women

1 L Russell 30:04; 2 H J Chalk 37:01

CARLUKE DEVELOPMENT TRUST

10km

Strathclyde

Overall

1 T Tewelde (Shett) 30:04; 2 T Woldemichael (Shett) 30:07; 3 A Hagos

(Shett) 30:55; 4 A Ramage (Law, M40) 34:33; 5 K O'Neill (Inver) 34:55

Women

1 P Wilson (Kil'k) 41:53; 2 C Barr 44:08

CARRICKFERGUS 10km

Carrickfergus

Overall

1 R Brown 33:00; 2 A McCullough (M45) 33:07; 3 I Bailey 33:46; 4 F Marsh (M40) 33:47; 5 N Douglas (M40) 33:49; 6 E McDaid (Armagh) 33:59; 7 B Barron (U20M) 34:24; 8 R Maxwell (Larne) 34:42; 9 J Maxwell (Larne) 34:52

M55: 1 N Cahoon (NBH) 37:49. **M60:** 1 T Eakin (N Down) 39:18; 2 I Speirs 39:57; 3 D Seaton (N Down) 40:27.

U20M: 2 P Linden 35:13

Women

1 J Ridley 35:39; 2 C McCourt 38:16

W40: 1 R Harkens 40:10

CHRIS MOON HALF-MARATHON

Strathaven

Overall

1 S Gibson (Cambus) 73:33; 2 A Keenan (C'gie) 78:16; 3 I Hughes (Gala, M40) 81:48

M50: 1 M Ashby (VPCG) 82:44. **M60:** 1 S Waugh (Cald) 90:44

Women

1 M McCutcheon (Giff N) 89:29; 2 M McVey (Giff N) 95:11

GREAVES SPORT RUNNING

FESTIVAL

Rouken Glen Park, Giffnock

Overall

1 L Traynor (Giff N) 33:25; 1 I Reid (Cambus) 33:32; 3 G Croll (Giff N, M40) 34:30

M50: 1 A Derrick (Cald) 35:11; 2 G Taylor (Giff N) 36:05; 3 D Williams (Shett) 36:45

Women

1 M Crawford 37:20; 2 L Hamilton (Kilb) 39:05; 3 K Van Der Toorn (Fusion Tc, W35) 39:24

HOVE PARK 5km

Hove

Overall

1 L Aspell (Arunn) 17:01; 2 B Faulkner (P'slade) 17:12; 3 T Marsden (Worth) 17:19

M55: 1 P Gasson (Arena) 18:51

Women

HUMBER BRIDGE 10km**Hessle****Overall**

1 S Bateson (E Hull) 32:12; 2 G Clarkson (KuH) 35:27; 3 K Blogg (Coh) 35:52

Women

1 E Storey (Coh) 41:15; 2 N Moore (Coh) 42:06

LONGRIDGE LIONS 7**Overall**

1 J Fletcher (Bord) 40:01; 2 J Parker (Prest) 40:22; 3 G Pendlebury (Wes, M55) 43:04

Women

1 S Ridehalgh (Acc) 45:17; 2 T Dutton (Wig P, W35) 46:41

KENILWORTH TWO CASTLES 10km**Kenilworth****Overall**

1 P Gould (Kenil) 35:14; 2 E Combstock (Cov) 35:53; 3 J Mee (Leam) 35:59

Women

1 S Harrison (Leam, W35) 36:51; 2 S Williams (Bir) 38:22; 3 R Buxton (Cov) 39:29

W40: 1 C Wilkinson (Spa) 40:32. **W45:** 1 K Wright (Strat) 40:19. **W50:** 1 S Tawney (Leam) 44:17

KINGSTON 10km**Kingston****Overall**

1 F Thompson (AFD) 31:51; 2 J West (Strag) 35:25; 3 N Hutchings 36:14

Women

1 C Donovan (N Norf) 39:43; 2 H Sharp (Herne H) 44:03

MALVERN HALF-MARATHON**Malvern****Overall**

1 R Scott (Wimb W) 74:37; 2 W Green (Serp) 76:58; 3 S Woodward 81:08

Women

1 I Peace 91:05; 2 H Graz (Chep) 92:40

POOLE FESTIVAL OF RUNNING**10km & 5km****Poole**

GORDON MUGI smashed the course record with a solo sub-29 10km.

Mugi broke away from the field when he sprinted to catch and pick up the lead cyclist's cap, which had blown off – seepage 62 for more.

Toby Lambert was an isolated second with Ben Moreau just getting the edge of in-form first vet Haggai Chepkwony.

Edith Chelimo made it a Kenyan double, just edging inside 34 with Holly Rush going inside 35 for a clear second place.

Overall 10km

1 G Mugi (KEN) 28:55; 2 T Lambert (Win) 30:28; 3 B Moreau (AFD) 31:07; 4 H Chepkwony (B&W, M40) 31:17; 5 S Way (B'mth, M35) 31:38; 6 W Chinhanhu (Poole R/ZIM, M35) 32:00; 7 A Conway (AFD) 32:24; 8 J Baker (Chich) 32:30; 9 R McTaggart (B'mth) 32:41; 10 J Cieluszecki 32:50; 11 G Miller (Poole R) 32:50; 12 J Gilfillan 33:06; 13 I Habgood (B'mth) 33:17; 14 A Sheffield (Bath) 33:20; 15 M Hargreaves (B'mth, M45) 33:24; 16 M Grist (Poole R, M45) 33:42; 17 L Rodriguez (Poole R, M35) 33:45; 18 A Clements (Poole, M50) 33:56; 19 E Chelimo (KEN, W) 33:58; 20 R Copestick (B'mth) 34:35; 21 H Rush (Bath, W) 34:49

M45: 3 B Jones 35:57. **M50:** 2 P Dodd (Chipp) 37:03. **M55:** 1 M Lascelles (Yeov T) 38:24; 2 H Murray (Purb R) 38:26. **M60:** 1 C Birch (B'mth) 38:13; 2 P Young (Ryde) 38:35; 3 M Renyard (Hard) 39:39. **M65:** 1 G Newton (Tadw) 40:31. **M75:** 1 J Goulding (And) 48:38

Women

1 E Chelimo (KEN) 33:58; 2 H Rush (Bath) 34:49; 3 G Tamirat (BEL) 35:42; 4 J Harrison (Honi, W50) 39:11; 5 B Griffith (Poole R) 39:57

W35: 1 S Rushby (E'leigh) 40:59. **W45:** 1 V Bishop (Littled) 42:08; 2 L Lascelles (Yeov T) 42:58. **W50:** 2 H Ambrosen (Poole R) 44:47. **W70:** 1 J Royal (Dors) 51:30

Overall (5km)

1 B Chapple 17:43; 2 B Moore 17:58; 3 J Robson 19:21

Women

1 G Yardley (W40) 23:18; 2 G Craig (W50) 23:33

U18 (5km)

1 F Bailey (SB, U20M) 16:07; 2 B Westhenry (Wey SP, U17M) 16:10; 3 A Sloan (Poole, U20M) 16:52

Women

1 A Jones (Poole R, U20W) 19:39; 2 L Harris (Poole R, U17W) 22:29

RAF KINLOSS HALF-MARATHON**Lossiemouth****Overall**

1 G Lennox 76:05; 2 N Millott (Metro) 77:25; 3 D Leedham (Moray) 80:24 **M55:** 1 D Bird 86:36. **M60:** 1 G Sim (Moray) 82:00

TEAM: Moray RR 14

Women

1 E Jenkins (Moray, W40) 90:42; 2 F McRitchie (W40) 92:51

TEAM: Moary RR 13

TILTY HILLY 5**Great Easton****Overall**

1 M Muir (If) 27:33; 2 A Mynott (Saff) 27:44; 3 L Martin (Spring S) 28:41 **M50:** 1 D Butler (B'cay) 28:49; 2 J Oakes (C&C) 29:39. **M60:** 1 J Tennant (Harl RC) 32:23

Women

1 F Halls (Saff, W35) 33:15; 2 K Mills (Spring S, W35) 33:31 **W45:** 1 J Palmer (Ben) 34:21

WESTBRIDGE 5**Overall**

1 R Jones (W&B) 26:12; 2 R Holroyd (Staffs M) 26:26; 3 J Dutton 26:34 **M40:** 1 M Neeld (Stone MM) 27:57. **M45:** 1 D Mansbridge (Tel) 27:05; 2 M Hatton (S Ches) 28:00. **M50:** 1 K Amos (Staffs M) 28:59. **M65:** 1 S Winterton (Trent) 32:42

Women

1 M Buckle (Newc S, W35) 30:49; 2 S Johnson (Trent) 30:59; 3 N Lowe (S Ches, W35) 31:07 **W45:** 1 C Skellern (Staff H) 34:37. **W50:** 1 L Turton (Stock H) 35:58. **W65:** 1 D Fellows (C&S) 35:42

WHIPSDADE ZOO 10km**Whipsnade****Overall**

1 D Deed (Bed C) 30:05; 2 D McNeely (Serp) 34:27; 3 C Palmer (Dunst) 35:31 **M45:** 1 P Tew 35:59

Women

1 H Turner (Harp A) 40:19; 2 C Fisher (Bed H, W35) 43:10

WOODHALL SPA 10km**Woodhall Spa**

DAPHNE ELLMORE broke Angela Copson's British W60 record with 39:10, which is also thought to be a world best.

Overall

1 J Herbert (Warr J, M40) 32:13; 2 P Lockwood (Wake) 32:37; 3 M Greenwood (Army) 33:01; 4 B Bennett (Red, M40) 34:14

M40: 3 N Marsh (Louth) 35:12. **M55:** 1 S Owen 35:26. **M60:** 1 G Southern 38:48; 2 M Exton 39:57

Daphne Ellmore runs a British W60 10km record at Woodhall Spa

**Women**

1 D Ellmore (W60) 39:10; 2 Y Scarrott (Nene V, W40) 40:50

June 5**ABERSOCH 10km****Abersoch****Overall**

1 N Swinburn 33:21; 2 M Roberts (Eryri) 34:14; 3 B Rothery 34:59; 4 N Craig 35:40

Women

1 L Chambers 38:06; 2 J Evans 38:23; 3 L Liver 40:30; 4 C Finch (Wig P, W35) 42:31

ASICS HADDINGTON FESTIVAL 5**Neilson Park, Haddington****Overall**

1 A MacPherson (Cambus) 26:20; 2 D Blackie (M40) 27:25; 3 G Wilkie (Cors, M40) 27:26

Women

1 I Menzies (Edin) 30:59; 2 J Thom (Edin) 33:24

BENBECULA HALF-MARATHON**Isle of Benbecula****Overall**

1 W Townsend (HBT) 80:47; 2 C Feechan (Cambus, M40) 82:29; 3 J Pritchard (Storn) 84:11

Women

1 C MacLeod (Storn) 88:30; 2 M McCracken (HBT) 90:54 **W40:** 1 M Hetherington (Helen) 91:22

CHESTERFIELD NO WALK IN THE**PARK 5km****Chesterfield****Overall**

1 K Ugonna 16:59; 2 S Penney (C'field) 17:23; 3 T Clayton (N Der, M45) 17:50 **M55:** 1 R Bailey (Bing) 18:45

Women

1 C Howard (Mat, W35) 18:03; 2 S Sharman (N Der) 19:40

CRIMOND 10km**Crimond, Aberdeenshire****Overall**

1 C Noble (Fraser, M55) 39:15; 2 K Watson (Jogscot) 39:43; 3 C Young 40:12

Women

1 G Cardno-Strachan (Fraser, W35) 41:37; 2 K Mitchell (Fraser, W40) 48:19

DARTMOOR DISCOVERY ULTRA**MARATHON 32.2M****Princetown****Overall**

1 D Stone (Exm H, M40) 3:50:53; 2 A Gore (Chelt, M40) 3:59:37; 3 D Tomlin

(Teign) 4:02:43; 4 A Ryder (Erme, M45) 4:08:12; 5 K Bishop 4:12:08; 6 S Barnes (Cotswood, M40) 4:17:43

M55: 1 W Hill (Craw) 4:39:21. **M60:** 1 G Baker (Mid E) 4:53:46. **M65:** 1 J Binks (Bear J) 5:33:48. **M75:** 1 G Oliver (100k) 5:32:43

Women

1 H Taranowski (W4, W35) 4:18:46; 2 D Roy (E Corn, W45) 4:35:50; 3 C Shelley (Serp) 4:53:20; 4 S Daw (E Corn, W40) 4:56:06; 5 H Khoshnevis (Littled, W50) 4:58:36 **W55:** 1 A Bath (26.2) 5:28:58

CORNHILL GALA RACE**Cornhill nr Banff****Overall (3.5M)**

1 G Crawford (Macduff, M50) 22:42; 2 R Gatenby (M55) 24:22; 3 K Wilberforce (CAN, M50) 25:43

Women: D Gatenby 30:00

U17 (1.75M): C Riddell (Macduff) 14:07

U13: J Gillespie 14:32

U17 women: D Milne (Moray, U13) 14:40

FRANK SINCLAIR 10km**Greenock****Overall**

1 S Trainer (G'nock) 33:51; 2 G Gaffney (Inver, M40) 35:47; 3 G Montgomery (C'dale, M40) 36:21

Women

1 P McCrossan (C'dale) 41:53; 2 T Wall (G'nock) 46:58

HARVEL 5**Harvel****Overall**

1 B Louch (Dartf RR) 26:41; 2 S Rigby (Folk) 27:18; 3 I Reid (M&M, M40) 27:50; 4 M Taylor (Lark) 28:17; 5 M Penny (Camb H) 28:20 **M50:** M Cross (Camb H) 31:38. **M60:** M Rouse (Inv EK) 32:41

Women

1 T Oldershaw (Padd W, W35) 29:43; 2 M Heslop (Padd W, W35) 30:26; 3 A Stearns (Graves, W35) 30:58

HOLLINS GREEN 5km**Overall**

1 D Nicholls (Wilm) 15:18; 2 G Booth (Horw) 15:54; 3 R Hughes (Salf) 15:56 **M40:** 1 P Freary (Belg) 16:01; 2 K Chapman (Sco Vets) 16:36; 3 P Mannion (Ast&T) 16:41. **M45:** 1 R Alsop (Herne H) 16:03; 2 R Downs (Wilm) 16:48; 3 J Rose (Holm) 17:01; 4 M Hatton (S Ches) 17:03; 5 G Rowlinson (Sale) 17:06; 6 T Morris (Wilm) 17:20. **M50:** 1 D Norman

(Wirr) 17:29; 2 C Martin (Spec) 17:48; 3 D Carrington (Alt) 17:57; 4 S Martin (Spec) 18:00. **M55:** 1 P Maher (Vale R) 17:42; 2 J Mason (Liv PS) 18:49; 3 D Ashcroft (Peny L) 18:59. **M60:** 1 T Hulme (Wilm) 19:38

Women

1 L Whitfield (Spec) 18:32; 2 K Spilsbury (Vale R) 19:08

W45: 1 J Taylor (Wig P) 19:24; 2 J Jones (Wig P) 20:13; 3 C Geraghty (Wilm) 20:58. **W50:** 1 M Martin (Spec) 20:32; 2 N Mowat (Wilm) 21:59. **W55:** 1 A Pugh (Alt) 20:52; 2 J Mulryan (Wilm) 22:06

KIRKBY MALZEARD 10km**Overall**

1 G Dunn (T&S, M40) 34:24; 2 R Watson (Ripon, M40) 35:21; 3 J Mawson (Otl) 35:22

TEAM: Thirsk & Sowerby H 1:51:32

Women

1 R Oldham (Knaves, W45) 41:16; 2 S Sharman (N Der) 43:10

TEAM: Knavesmire H 2:11:57

REGENT'S PARK SUMMER 10km**SERIES****Overall**

1 B Wilder (Herne H) 33:14; 2 A O'Neill (Serp) 33:36; 3 B Shearer 34:20

M50: 1 E Paul (Orion) 36:19

Women

1 B Penty (High) 36:22; 2 G Wu (Serp, W35) 41:32

STRANRAER HALF-MARATHON**Overall**

1 K Wilson (Cambus) 73:55; 2 R Bark (Cambus) 80:32; 3 K Conchar (Dumf) 82:56

TEAM: 1 Dumfries RC 4:32:12; 2 Galloway H 4:49:09

Women

1 L Finlay (Dumf, W40) 85:40; 2 J Emsley (Arran) 86:42

STRATHALLAN 5**Bridge of Earn****Overall**

1 M Carroll (Perth RR) 26:12; 2 S Bradley (C'gier) 27:33; 3 T Lawrence (C'gier) 27:47

Women

1 G Carr (Cors) 32:02; 2 J Turner (C'gier) 32:20

W50: 1 I Burnett (C'gier) 35:34

June 4**SUEF TRANSCENDENCE 3****Cardiff****Overall**

1 S Crees (Les C) 15:49; 2 E Donovan (Les C) 16:20; 3 P Crane (Neath) 16:51

Women

1 S Haselhurst (San D) 18:18; 2 K Morgan (Ponty) 18:27

KIRTON FRIDAY 5

Kirton

Overall

1 J Entwistle (Felix) 27:15; 2 D Moss 27:29; 3 J Powley (Ips) 27:32
M50: 1 J Oakes (C&C) 27:59; 1 T Back (Ips J) 29:16; 2 C Stammer (S'mkt) 29:35; 3 D Wright (Col H) 29:39; 4 C Pitts (S'mkt) 29:43. **M60:** 1 M Beckett (Gt B) 31:43

Women

1 C Smith (Col H) 29:10; 2 S Ivory (Col H) 31:36

W45: 1 M McCarthy (St Ed) 33:12.

W50: 1 F Norris (Col H) 34:51. **W55:** 1 E Knott (Harw) 37:39

June 3

ASSEMBLY LEAGUE 3.5

Victoria Park

THE long legs of Bertie Powell ate up the ground and took him to one of the league's fastest times of recent years, *Steve Roe reports.*

Clare Elms – whose intention was to win rather than race flat-out – comfortably maintained her 100 per cent record for the season. The defending women's champion from Dulwich Runners was not in the winning team though as Victoria Park & Tower Hamlets had the edge around their home course.
Overall (3.5M)

1 J Powell (WG&EL/gst) 16:57; 2 P Martelletti (VPHTH) 17:36; 3 A Barnes (S Ex) 17:44; 4 S Wurr (Kent) 18:11; 5 S Humphrey (VPHTH) 18:24; 6 P Tucker (Ravs) 18:33; 7 E Phillips (Serp) 18:35; 8 B Shephard (Dulw) 18:37
M45: 1 T Tuohy (Dulw) 18:59. **M55:** 1 D Cox (WG&EL/gst) 19:37
TEAM: 1 Serp 38; 2 VPHTH 39; 3 Stock E 70; 4 Ravens 91; 5 Kent 96; 6 Dulw 97
BTEAM: 1 VPHTH 116; 2 Serp 192; 3 Stock E 210

Women

1 C Elms (Dulw, W45) 20:03; 2 L Bromilow (VPHTH) 20:36; 3 K Ellison (S Ex) 21:08; 4 F Alexander (Serp) 21:23; 5 H Gilbert (VPHTH) 21:50; 6 C Lee (Dulw) 22:00; 7 C Oliver (Dartf, W35) 22:04
W60: 1 R Tabor (Dulw) 23:39
TEAM: 1 VPHTH 15; 2 Dulw 31; 3 Eton M 35; 4 Dartford 36; 5 Serp 41; 6 Kent 51

FULL BRONTE 5 INC. YORKSHIRE VETS CHAMPIONSHIPS 22545

Haworth

Overall

1 J Walsh (Leeds C) 25:43; 2 T Midgley (Bing) 27:21; 3 S Brown (Keigh) 27:44
M40: 1 S MacDonald (Bing) 28:00.
M55: 1 P Pyrah (Bing) 30:43
Women
1 S Cumber (Hal, W35) 32:22; 2 H Glover (Keigh) 32:32
W50: 1 S Becconsall (Bing) 32:58; 2 L Tomes (Keigh) 35:47

KIDLINGTON AC MOTA-VATION 4 SERIES

Bletchingtondon

Overall (4M 451yds)

1 M Ashton (AFD) 21:05; 2 S Naylor (W'stock) 21:42; 3 P Fernandez (Abing) 22:33
M40: 1 S Male (Oxf C) 23:21; 2 J Atyeo (Oxf C) 23:24; 3 B O'Connor (W'stock) 23:47. **M45:** 1 M Tankard (Oxf C) 24:29.
M50: 1 P Gregory (VoA) 23:22; 2 T Dixon (Oxf C) 24:38; 3 B Green (Oxf C) 25:32. **M55:** 1 R Grant (Oxf C) 25:25; 2 S Thorp (Oxf C) 26:15; 3 J Burgess (Alch) 27:07. **M60:** 1 R Treadwell (Oxf

C) 26:02; 2 J Exley (Oxf C) 26:41; 3 D Parsons (Oxf C) 26:56
TEAM: 1 Abingdon Amblers 60; 2 Woodstock H 91; 3 Oxford City AC 128; 4 Oxford City B 279; 5 Witney RR 325; 6 Woodstock H B 336

Standings after 2 matches: 1 Abingdon Amblers 114; 2 Woodstock H 267; 3 Oxford City 279; 4 Witney RR 561

Women

1 J McBain (Alch) 26:13; 2 J Craft (Head, W35) 26:37
W35: 2 S Davies (Oxf C) 28:01. **W40:** 1 M Bartlett (Banb) 28:19. **W45:** 1 N Gomm (Wit) 27:40; 2 A Banks (Alch) 31:24. **W50:** 1 G Hueter (Oxf C) 31:12.
W60: 1 K Williamson (Eynsh) 31:30

TEAM: 1 Alchester RC 15; 2 Headington RR 19; 3 Alchester RC B 45; 4 Oxford City 48; 5 Headington RR B 56; 6 Abingdon Amblers 60
Standings after 2 matches: 1 Alchester RC 33; 2 Headington RR 38; 3 Alchester RC 60; 4 Headington RR B 96; 5 Abingdon Amblers 126

METRO ABERDEEN 5km

Aberdeen Promenade

Overall

1 N Millott (Metro) 16:30; 2 S Peachey (Cos) 16:33; 3 C Davidson (M40) 16:39
M40: 2 I Williamson (Cambus) 16:44; 3 J Matheson (Metro) 16:48. **M50:** 1 R Taylor (Metro) 17:30
Women
1 A Bristow (Shet, W35) 19:07; 2 C Milne (W45) 19:25

POLAROID EYEWEAR DUMBARTON 10km

Dumbarton

Overall

1 T Mengisteab (Shett) 29:58; 2 A Hagos (Shett) 30:44; 3 R Houston (Centr) 31:07; 4 M Deason (Shett) 31:14; 5 R Negash (Bella H) 31:22; 6 P Sorrie (Shett) 32:17; 7 C Devenney (Kilb) 32:18; 8 R Milne (Loth) 32:45; 9 B Melby (Gars) 32:48; 10 G Roberts (Cambus) 34:05; 11 S Campbell (Arb, M40) 34:05; 12 L Traynor (Giff N, U20M) 34:41; 13 P Cullinane (Irv) 34:42; 14 G Glendinning (Bella RR) 34:50
M50: 1 P Thompson (Helen) 35:25; 2 D Thompson (Cambus) 35:34; 3 G Montgomery (C'dale) 35:47; 4 D Petrie (Kilb) 35:59; 5 E MacKay (Gars) 36:34; 6 R Wilson (G'nock) 37:15. **M60:** 1 A Rennie (Irv) 39:06; 2 R Young (C'dale) 40:22. **U20M:** 2 A Peters (Glas U) 35:14

Women

1 A Docherty (Centr) 36:51; 2 J Knowles (Scot Pris) 37:17; 3 L Chisholm (Gars, W35) 38:00; 4 L Morrison (Centr) 38:09; 5 L Hamilton (Kilb) 38:12; 6 R Joss (Glas U) 38:20; 7 C Couper (W35) 38:28; 8 A Mason (Shett, W35) 38:52; 9 C McCracken (VPCG, W35) 39:14; 10 M Sandison (Spring) 39:23; 11 H Dean (Centr, W35) 39:44; 12 A Winship (Gars, W35) 39:57; 13 N May (Scot Pris, W35) 39:59
W50: 1 E Christie (Bella H) 42:39; 2 L Chapman (Gars) 43:40

June 2

AULD TOUN 10km

Dunfermline

Overall

1 M Strain (HBT) 31:36; 2 K Hood (Cors) 32:16; 3 M Gore (Lass) 33:57; 4 J Farquhar (Pit, M50) 34:06; 5 G Wilkie (Cors, M40) 34:17; 6 T Lawrence (C'gie) 34:52
M40: 2 A Fotheringham (C'gie) 35:02; 3 M Ferguson (Edin) 35:16
Women
1 K Brownlee 38:23; 2 E McKeachie (HBT) 40:20
W50: 1 I Burnett (C'gie) 43:55

FERRY 5

Osstown Ferry

Overall

1 M Buckingham (Holm) 24:19; 2 M Pierson (Holm) 24:38; 3 J Boxall (OWLS) 24:44; 4 J Ward (At) 24:52; 5 A Whiteman (SB) 25:28; 6 J Wanjohi (Donc) 26:10; 7 P Bangani (Salf) 27:19; 8 G Marshall (Scun) 27:32
M40: S Mitchell (Scun) 28:36. **M60:** P Johnson (Scar) 30:38. **M65:** P Rowland (Donc) 31:41
Women
1 J Blizzard (Donc) 29:34; 2 H Canter (Linc W) 30:07; 3 J Baldwin (Donc, W40) 31:45; 4 C Wheelhouse (W50) 33:16
W55: J Chambers (Sheff) 36:26

HERTS & ESSEX MIDWEEK LEAGUE Chingford

Overall (6.7M)

1 R McCormick (Barn, M45) 37:29; 2 P Greaves (Herts P, M45) 38:49; 3 S Prosser (Bish S) 39:50; 4 C Manning (Barn, M40) 40:04; 5 A Kelleher (Barn, M45) 40:10
TEAM: 1 Barnet & District 126; 2 Harlow RC 396; 3 Orion H 441
VET TEAM: 1 Barnet & District 26; 2 Barnet B 92; 3 Harlow RC 106
Women
1 K Chapman (Bish S, W35) 45:37; 2 K Murphy (Barn, W40) 46:11; 3 K March (St Alb) 46:39; 4 N Froud (Barn, W40) 47:10; 5 C Inch (Orion, W45) 48:17
TEAM: 1 Barnet & District 38; 2 Orion H 78; 3 Bishops Stortford RC 91
VET TEAM: 1 Barnet & District 10; 2 Bishops Stortford RC 18; 3 Orion H 28

HILL VIEW 4

Londonderry

Overall

1 S Rankin 21:31; 2 P McIntyre 22:20; 3 C McGuinness 23:17
Women
1 D McDaid 27:39; 2 R O'Brien 28:16; 3 C Dillion 28:59

LEVENS 10km

Levens

Overall

1 E Simpson (Dallam, M40) 34:32; 2 J Barlow (Wesh, M40) 36:11; 3 P Miller (Horw, M50) 36:23
Women
1 V Bryant (Wig P) 41:25; 2 M Hyder (Helm) 41:56

SELF TRANSCENDENCE 5km

Edinburgh

Overall

1 N Calder (Edin) 15:39; 2 D Gay (HBT) 16:33; 3 T Ferrington (Cors) 16:41
M50: 1 K Rankin (Falk) 17:57
Women
1 J Dunbar 18:25; 2 C Ferry (Edin) 19:17
W50: 1 P O'Brien (HBT) 20:50

WOKING 3 MONTHLY HANDICAP

Woking

H'cap: 1 M Frost (Has B, M50) 19:12; 2 D Nichols (Wok, M65) 19:45; 3 A Mayger (M60) 20:18

Fastest

1 R Myring (G&G) 17:35; 2 M Baggott 18:01; 3 R Smith 18:37

Women

1 R Thevenet-Smith (Woking, W50) 19:31; 2 T Blundell (W40) 22:18

Fell

June 6

MCCAIN UK MOUNTAIN RUNNING CHALLENGE (INC EUROPEAN TRIALS)

Keswick

Men (12km/2500ft)

1 S Bailey (Merc) 48:10; 2 G Raven (Sale) 48:25; 3 J McMullan (TVH) 48:35;

4 A Osbourne (Leeds C) 48:47; 5 O Edwards (SB) 48:58; 6 R Hope (P&B) 49:21; 7 P Prasad (C'dale) 49:44; 8 R Baker (Dark Pk) 50:00; 9 M Clowes (Staffs M) 50:42; 10 M Buckingham (Holm) 51:23; 11 R Addison (Helm) 51:44; 12 K Critchley (Knare) 53:37; 13 H Coates (Skip) 54:38; 14 H Haines (Edin U) 55:04; 15 D Whitehead 56:01; 16 D Alexander (W Ches) 58:01; 17 P Wathan (Eryri) 62:56

U20 (9km/1800ft)

1 R Simpson (Dees R) 37:01; 2 M Kallenberg (Caern) 37:53; 3 P Hodkinson (E'wash) 39:23; 4 J Addison (Helm H) 40:22; 5 S Tosh (Ross) 43:36; 6 T Sessford (Keigh) 44:04; 7 A Till (Helm) 46:09; 8 J Waldie (C'wall) 47:57

Women (9km/1800ft)

1 V Wilkinson (Bing) 41:23; 2 O Walwyn (Alt) 41:30; 3 L Adams (Knaves) 41:37; 4 M Wilkinson (Bing) 41:42; 5 A Lupton (Radc) 41:48; 6 C Whitehead 43:24; 7 H Fines (Cald V) 45:33; 8 T Krzywicki (Charn) 48:37; 9 L Bestow (W Ches) 49:19

U20 (6km/1100ft)

1 C Buchanan (Centr) 28:54; 2 L Riches (Leigh) 29:19; 3 H Bateson (L&M) 29:35; 4 R Jefferson (Warr) 29:50; 5 S Adkin (Moorf) 30:39; 6 E Spencer (Wharf) 32:03; 7 C Haines (Ilkley) 41:56

June 5

PEN Y GHENT

Horton-in-Ribblesdale North

Yorkshire

Overall (5.9M/1650ft)

1 C Roberts (Kend, M40) 47:46; 2 D Kay (P&B) 47:55; 3 K Gray (Calder V, M40) 48:08
Women
1 T Hird (Wharf) 64:08; 2 R Harding (Edin U) 66:03; 3 K Rogan (Wharf) 72:47

June 2

KILPATRICK'S HILL RACE

Old Kilpatrick

Overall (6M/1400ft)

1 R Simpson (Dees R, U20) 42:59; 2 K. Richmond (Bella R, M40) 44:45; 3 M Sullivan (Shett) 45:02
TEAM: Shettleston H
Women
1 C Rankin (Kilb) 54:00; 2 J Connel

(Moorf) 57:58; 3 A Finlay (Ochil) 58:04
TEAM: Westerlands CC

CHEVIN

Otley, West Yorkshire

Overall (3.5M/900ft)

1 G Pearce (P&B) 17:32; 2 I Nixon (P&B) 17:58; 3 G Hull (Leeds C, M40) 48:20

Women

1 R Saxton (Otl) 22:15; 2 G Myers (Wharf, W50) 22:53; 3 T Hird (Wharf) 22:55

Multi-terrain

June 6

COOMBE HILL 6km

Wendover

Overall

1 E O'Gorman (Chilt) 21:46; 2 M Bateman (Hill) 22:07; 3 T Atkins (VoA, U17M) 22:19; 4 M Boucher (AFD) 22:41; 5 R Langley (Tring) 22:44; 6 M Summerfield (VoA, M40) 23:14
M50: 1 P Warburton (Hill) 24:59. **M60:** 1 A Webb (Mid M) 28:56. **M65:** 1 M Dixon (Herts P) 29:12
TEAM: 1 Vale of Aylesbury 19; 2 Chiltern H 47; 3 Hillingdon 50
Women
1 G Birch (Chilt, U20W) 28:34; 2 L Mayer (Bear J, W35) 29:35; 3 S Butcher (W55) 30:18
TEAM: 1 Wellhead Old Boys 539; 2 Vale of Aylesbury 597

MAGIC ROUNABOUT 10km

Hay-on-Wye

Overall

1 J Pugh (Buith) 36:37; 2 S Crees (Les C) 37:17; 3 T Iveson (Buith) 38:29

Women

1 K Beecher (Les C) 42:30; 2 K Morgan (P'pridd R) 45:44

KINTBURY 5

Kintbury

Overall

1 T Watkins (Newb) 27:22; 2 T Munt (T Kennett, M45) 27:42; 3 C Payne (Read RR) 27:54; 4 L Tolhurst (Over) 28:10; 5 M Vardy (Newb) 28:42
M50: 1 I Coxhead (Newb) 29:44; 2 R Harrison (S Lon) 31:12
TEAM: Newbury
Women



John Deegan defends his Puma trail title at Staveley

Peter Hartley

1 S Bush (Newb) 31:16; 2 H McKinnon (Marl) 33:53
W40: 1 S Bale (Read J) 35:03. **W45:** 1 S Van Huyssteen (Newb) 34:28. **W50:** 1 S Fowler (Newb) 35:39
TEAM: Newbury

MABAC LEAGUE

Holmwood

Overall (5M approx)

1 D Cairnie (Runn) 28:29; 2 M Cranwell (T&H) 30:56; 3 S Prentice (DMV) 31:15; 4 R Uribe (DMV) 31:23; 5 D Truepenry (Runn, M50) 31:35

Women

1 J Rodriguez (Magic) 33:10; 2 R Black (DMV, W35) 34:52; 3 L Ionascu (DMV, W35) 36:02; 4 J Anstee (Wimb W) 36:11; 5 C Bertram (Wimb W, W35) 36:36

W45: 1 L Doy (Wimb W) 37:00; 2 S Bassett (DMV) 38:07

TEAM (M&W Combined): 1 Dorking & Mole Valley 45:2; 2 Runnymede R 43:0; 3 Wimbledon Windmilers 41:3
Standings after 5 events (M&W Combined): 1 Runnymede R 2886; 2 Wimbledon Windmilers 2529; 3 Dorking & Mole Valley 2064

NORTHANTS ULTRA SHIRES AND SPIRES 35

Lampport Hall

Overall

1 M Shepherd (Team K) 4:45:10; 2 R Harris 4:46:06; 3 R Quennell (R&N, M40) 4:49:19

Women

1 P Taylor (W40) 5:16:30; 2 J Sutton (Bigg) 5:36:12

SEAFORD HALF-MARATHON

Overall (13.1M)

1 D Hards (Phoe) 84:39; 2 M Gedin (Arena, M45) 86:05; 3 G Turner (B&B) 89:17

Women

1 N Williams 92:27; 2 C Costiff (S Lon, W45) 99:45

June 5

PUMA LAKELAND TRAIL RACES

Staveley, Cumbria

JON DEEGAN used his local knowledge to repeat his 2009 win in a record time, while UK marathon international Susan Partridge set a women's record when fifth overall to make it three wins here.

Overall (17km)

1 J Deegan (Amble, M40) 73:51 (rec); 2 M Johnston (Bella RR) 74:31; 3 S Brennan (Glaxo, M40) 75:56; 4 J Corden (Stock H) 77:31; 5 S Partridge (Leeds C, W) 77:35; 6 A Lloyd 78:39; 7 J Lewis (Bolt) 78:39

M50: D Brown (Dumf) 80:54. **M60:** T Robertshaw (L&M) 87:48

Women

1 Partridge 77:35 (rec); 2 J Waites (Calder V) 80:09; 3 J Watts (N'land F) 81:02; 4 C Evans (Sett, W40) 89:07; 5 A Armstrong (Carl TC) 92:52; 6 H Woodley 94:56
W50: C Quirk (Skelm B) 1:50:10. **W60:** S Law 1:55:01. **W70:** C Robson (St Bees TC) 2:25:09

GUILDFORD MONTHLY 5km

Overall

1 B Evans (G&G) 17:16; 2 M Rees (AFD, U17M) 18:04; 3 N Covington (G&G) 18:28

Women

1 J Humphries (Datch) 20:12; 2 S McDonald (S Lon) 20:49

WHARFEDALE HALF-MARATHON/ MARATHON

Threshfield

Marathon

1 M Cottier (M40) 3:07:15; 2 S Wilkinson (M40) 3:16:00; 3 S Jackson (M45) 3:32:44

Women

1 R Jennifer Hill (W35) 3:51:56; 2 C Lawson 3:55:17

Half marathon

1 B Addey 1:34:27; 2 O Beilby 1:35:12; 3 R Barrett (M40) 1:36:06

Women

1 H Williams 1:50:16; 2 R Saxton 1:51:21

RUN IN THE WILD 10km

Cricket St Thomas

Overall

1 N Young (B&W) 41:36; 2 S March (Yeov T) 43:08; 3 A Todd (Axe V) 44:00

Women

1 C Felton (Tiv) 51:07; 2 E Fisher (W35) 51:46

June 4

GWR TOWPATH SERIES 10km

Bristol

Overall

1 B Morley (GWR) 33:33; 2 S Leaney 33:49; 3 J Hanley (GWR) 34:42; 4 A Cooke (B&W) 35:23; 5 G Wadsworth 35:42; 8 E D'Alton (W'bury, W) 37:24
M55: 1 D Wintle (GWR) 37:40. **M70:** 1 M Coupe (Nails) 47:44

Women

1 E D'Alton (W'bury) 37:24; 2 R Golding (W'bury) 38:08; 3 A Brown (GWR, W40) 40:30; 4 N Russell (BAD TC, W40) 41:34; 5 J Belyavin (B&W) 41:42; 6 L Croker (Portis) 42:46

W60: 1 A Roberts (Cleve) 48:02

June 3

CUERDEN VALLEY BADGER 10km SERIES

Bamber Bridge

Overall

1 G Pennington (Prest, M40) 35:01; 2 R Howarth (Horw) 35:49; 3 G Shaw (Clay) 37:05; 4 A Rowe (Wesh, M50) 37:29; 21 T Dutton (Wig P, W) 42:39; 31 D Atkins (Chor H, W) 44:05

Women

1 T Dutton (Wig P) 42:39; 2 D Atkins (Chor H) 44:05

June 2

CHORLEY HARRIERS NIGHT SERIES Chorley, Lancashire

Overall (4.4M)

1 R Howarth (Horw) 24:16; 2 M Eadie (BWF, M40) 24:29; 3 M O'Neill (Wig P) 24:52; 4 G Booth (Horw) 25:37; 5 D Shaw (Bolt) 25:47; 6 S Nolan (Horw, M50) 26:04

M55: E Cook (B'burn) 28:02. **M60:** P Bland (Horw) 32:32. **M70:** T Orrell (Clay) 33:06

U15: D Whitlock (Prest, U15) 30:59

TEAM: 1 Horwich RMI H 21; 2 Bolton United H 46; 3 Wigan Phoenix 48

Women

1 B Taylor (B'burn, U17) 29:01; 2 R Moore (Wig P, W35) 29:36; 3 D Atkins (Chor H) 29:47; 4 C Finch (Wig P, W35) 30:50
W40: M Dempsey (Wesh) 32:55. **W50:** C Foster (SHS) 36:08. **W55:** S Exon (Traff) 38:35
TEAM: 1 Wigan Phoenix 11; 2 Blackburn H 17

HILL OF TARVIT 5.5M

Fife

Overall

1 C Russell (Fife) 34:08; 2 M Harris (Fife, M40) 34:40; 3 D MacQueen 35:05; 4 B Cruickshank (fife, M40) 35:18; 5 G Kirby (Fife, M40) 35:55; 6 A Laycock (Kinross, M40) 36:47

M50: M Laing (Fife) 36:53. **M60:** T Scott (Fife) 37:51. **M70:** B Stark (Fife) 56:02

U17: T Knox (Anst) 39:38

Women



Eventual winner Darryl Hards (130) leads off at the start of the Seaford Half-marathon

1 K Sharratt (Fife, W40) 40:26; 2 S Legge (Fife) 43:42; 3 H Ritchie (Fife, W45) 44:15; 4 K MacPherson (Fife, W40) 44:41
W50: J Scott (Fife) 45:10
U17: L Duff (Fife) 47:03

June 1

YORKSHIRE VETERANS' GRAND PRIX SERIES

Kirkstall, West Yorkshire

Overall (5.5M approx)

1 C Walker (P&B, M35) 34:25; D Burnley (Puds P, M45) 34:52; 3 P Stevenson (P&B) 34:58; 4 Q Lewis (Aire, M35) 35:23; 5 D Clark (Abbey R, M45) 35:29; 6 R Love (St Ther, M40) 35:53; 7 R Sunley (Horsf, M45) 36:04; 8 S Large (Horsf, M45) 36:17; 9 M Springer (Horsf, M55) 36:22; 10 P Gaile (Puds P, M40) 36:28

M60: C Gill (St Ther) 39:11. **M65:** G Breeze (Ilkley) 43:36. **M70:** D Stead (Puds P) 50:15

Women

1 K Pickles (Puds P, W35) 37:31; 2 H Barber (Horsf, W40) 41:18; 3 M Sykes (Holm, W40) 42:24; 4 L Hague (Kipp, W35) 43:25; 5 B Elliott (Hosf, W35) 43:30; 6 L Ewart (Holm, W55) 43:34
W70: M Lenaghan (C'gates) 53:56

SPRINGBURN HARRIERS CANAL

BANK 5km

Bishopbriggs, Glasgow

Overall (all Spring)

1 J Bell 17:42; 2 J Sharp 18:01; 3 S Partyka 18:31

Women

1 C Connelly 22:21; 2 C Dourish 23:12

Parkruns

May 29

PARKRUN 5km

Banstead Woods

Men: 1 A Taylor 16:58; 2 T Tuohy (M45) 17:32; 3 I Kitching (M55) 17:36; 4 G Quarton (M50) 18:02. **Women:** P Flynn (W45) 20:05. **W55:** J Quantrell 22:49

Basingstoke

Men: T Smith (U15) 17:58. **Women:** K Smith (U20) 23:05

Bedfont Lakes

Men: M Boucher 18:53. **Women:** M Davies 23:22

Black Park, Slough

Men: A Swain (M45) 18:17. **Women:** D Wenman (W40) 19:42. **W60:** M Mardall 23:17. **W65:** 1 B King 25:28; 2 M Fitzgerald 27:08

Bramhall Park

Men: 1 S Parrott (M45) 17:16. **Women:** A Pickup (W40) 19:34

Brighton

Men: 1 A Collins (M45) 17:39. **M65:** A Ellman-Brown 19:00. **Women:** 1

J Briggs (W40) 18:06. **W50:** J Carder 21:52

Bromley

Men: P Bunn 17:58. **Women:** C Woollard 21:35

Bushy Park

Men: W Cockerell 16:21. **U15:** J Murdoch 17:19. **M45:** O Upton 17:33. **M65:** T Brackstone 19:58. **Women:** S Bandeira 20:02. **W50:** J Beckett 21:40

Cambridge

Men: 1 B Baldelli (M40) 16:53; 2 R Holland (M50) 17:14; 3 R Watson (M45) 17:47. **Women:** R Jones 19:25

Cardiff

Men: C Jones 15:14. **U20:** C Carpanini 16:32. **M45:** 1 M Williams 17:47; 2 S Howell 17:49. **M50:** 1 D Headon 17:45; 2 H Roberts 18:53. **M60:** R Morris 19:05; 2 S Johnston 19:37. **Women:** 1 L James 19:11

Coventry

Men: S Hopkins 16:36. **Women:** J Coxon 21:01. **W65:** 1 Denley 24:00; 2 J Johnson 24:20

Crystal Palace

Men: R Ward 17:34. **Women:** C Day 21:09. **W60:** R Tabor 22:26

Eastleigh

Men: M Shepherd 17:25. **M60:** G Jones 20:05. **Women:** M McCallum (W40) 19:55

Edinburgh

Men: 1 A Douglas 14:59; 2 S Campbell (M40) 16:24. **M55:** J Hudson 18:56. **M60:** J Martin 19:21. **Women:** 1 A Campbell (U20) 19:13; 2 N May (W35) 19:18. 3 Y Crilly (W45) 19:56

Forest of Dean

Men: J Ridout (M50) 21:11. **Women:** S Albrow 24:51

Frimley Lodge

Men: 1 S Mitchell (M45) 17:45; 2 M Anderson (M50) 17:49. **Women:** S Bowers (W35) 19:41

Glasgow

Men: A Allardyce 17:11. **M50:** 1 C Miller 17:50. **M65:** B Young 20:33.

Women: C Graves (U15) 20:36

Gorleston Cliffs, Great Yarmouth

Men: C Prewer (M40) 16:24. **Women:** S Allison 22:41

Greenwich Avery Hill

Men: P McCrone (M40) 20:33.

Women: G Eastmont (W40) 23:46

Hackney Marshes

Men: 1 H Harste 16:46. **Women:** H Gilbert 20:04

Heaton Park

Men: G Chesters (M50) 18:04. **Women:** L Lombard 20:14

Hull

Men: J Rowe (U20) 17:00. **M55:** T Hirst 19:03. **Women:** J Morley (W55) 20:53

Kingston

Men: S Darby (M40) 18:52. **Women:** W Kortum 22:51

Leeds Hyde Park

Men: G Thomas 17:04. **Women:** E Tasker 19:50

Middlesbrough

Men: 1 D Smith 16:30; 2 A Shepherd (M40) 16:32. **M55:** P Kettlewell 18:59.

Women: K Simpson 21:46. **W60:** S Gibson 22:51

Milton Keynes

Men: S Green 18:41. **Women:** E Raymont 23:50

Newcastle

Men: A Henderson 16:27. **M65:** H Gold 21:00. **Women:** C Dickie 19:09. **W60:** P Gold 25:37

Reading

Men: J Barnfield 17:38. **M55:** N Hoult 19:05. **Women:** N Aitken 19:46

Richmond Park

Men: M Robinson 17:26. **Women:** A Critchlow (W40) 18:47

Roundshaw Downs

Men: D Ogden (M50) 18:06. **M70:** S James 22:43. **Women:** K Phillips-Darko (U15) 23:37

S Manchester

Men: K Brydon 18:27. **Women:** J Warner (U20) 21:40

Strathclyde

Men: D Hogg 17:50. **M55:** D Leitch 18:55. **M60:** R Marshall 19:08. **Women:** E Higgins 23:25

Sunderland

Men: L Taylor 17:35. **M50:** B Weightman 18:48. **Women:** H Reed 20:01

Swindon

Men: A Bennetts (M40) 17:09.

Women: C Phillips (W45) 21:21

Wimbledon Common

Men: A Lister 17:06. **Women:** E Wilson 21:02

Woodbank

what's on

Preview guide to forthcoming events worldwide

Cross-country

Wednesday June 16

HEREFORDSHIRE SUMMER LEAGUE

Kinnersley. 7.30pm.

Fell

Sunday June 13

KNOWL HILL

Brown Cow, Norden, Rochdale, Lancashire. 11am.

www.rochdaleharriers.co.uk/10k3day.htm

Wednesday June 16

PENSHAW 3

Penshaw, Tyne & Wear. 7.15pm.

www.sunderlandharriers.org.uk

Entry: £5. Extra on day: £2.

Multi-terrain

Thursday June 10

TOUR OF EPSOM (LEG 4) 3

Nonsuch Park, Cheam Road, Epsom, Surrey. 7.30pm.

www.runningwithdavid.com

Entry: £4.50. Extra on day: £0.50.

Friday June 11

TOUR OF EPSOM (LEG 5) 3.5

NESCOT Playing Fields, Banstead Road, Epsom, Surrey. 6.30pm.

Contact: See above.

Entry: £4.50. Extra on day: £0.50.

Saturday June 12

F1 CHICKEN RUN 10km

Brackley, Northamptonshire. 9.30am.

www.brackleyrunningclub.co.uk

Entry: £10.

ISLE OF WIGHT 100km

Isle of Wight.

www.runningmad.co.uk

NADEN VALLEY 6

Brown Cow, Norden, Rochdale, Lancashire. 11am.

www.rochdaleharriers.co.uk/10k3day.htm

Entry: £4.

NEWPORT CARNIVAL 10km

Longford Hall, Newport, Shropshire. 11.45am.

www.newportrunningclub.co.uk

Entry: £9. Extra on day: £1.

PARKRUN 5km

Avery Hill Park, Greenwich, London. 9am.

Banstead Woods, Banstead, Surrey. 9am.

Bedfont Lakes Country Park, near Ashford, Middlesex. 9am.

Black Park Country Park, Slough, Berkshire. 9am.

Bramhall Park, Stockport. 9am.

Canbury Gardens, Kingston. 9am.

Covenham Enclosure Five Acres, Forest of Dean. 9am.

Diana Fountain car park, Bushy Park, Hampton, London. 9am.

Hyde Park, Leeds, West Yorkshire. 9am.

Lister Park, Bradford, West Yorkshire. 9am.

Milton Country Park, Cambridge. 9am.

Norman's Park, Bromley, London. 9am.

Frimley Lodge Park, Camberley, Surrey. 9am.

Roundshaw Downs, Surrey. 9am.

Silksworth Sports Complex, Sunderland. 9am

Tasmin Trail, Richmond, Surrey. 9am.

Thames Valley Park, Reading, Berkshire. 9am.

War Memorial Park, Basingstoke, Hampshire. 9am.

Windmill Path, Wimbeldon Common, London. 9am.

Entry: Free. Recurs every Saturday.

www.parkrun.com

SALOMON SOUTH DOWNS MARATHON

Slindon, Sussex. 10am.

www.salomontrails.com/marathons

Entry: £28.

WOLLATON PARK 10km

Bluecoat School, Sutton Passeys Crescent, Wollaton, Nottingham. 10am.

www.wollatonpark10k.co.uk

Entry: £8. Extra on day: £1.

Sunday June 13

BARTON 10km

Recreational Ground, Barton-Le-Clay, Bedfordshire. 11am.

www.barton10k.org.uk

Entry: £6. Extra on day: £1.

BASH GRUELLER 5km

Dog & Partridge, off Manchester Road, Accrington, Lancashire. 11am.

Contact: passco6qd@btinternet.com

Entry: £2.50.

BRADLEY STOKES 10km

Jubilee Centre, Bradley Stoke, Bristol, Avon. 10am.

<http://solesistersrc.com>

Entry: £13. Extra on day: £2.

CASTLE HOWARD 6/10km

Castle Howard, North Yorkshire. 11.15am.

www.ukresults.net

Entry: £7/8. Extra on day: £2.50.

CHILTERN CHASE 5/10km

The Common, Ewelme, Oxfordshire. 10am.

www.chilternchase.org.uk

Entry: £11. Extra on day: £4.

COMBERBACH FETE 5km

Marbury Country Park, Comberbach, Cheshire. 11am.

Contact: G Naylor. 01606-891185

Entry: £5.

CORN DOLLY CHALLENGE 10.8km

Fayrefield, Hickling, Leicestershire. 11am.

www.hicklingvillage.org.uk

Entry: £7. Extra on day: £23.

DECHMONT LAW 10km

Dechmont Law, Lothian. 11am.

www.lothianrunningclub.co.uk

Entry: £4. Extra on day: £1.

ELTHAM PARK 5

Eltham Park South, Eltham, London. 11am.

<http://newelthamjoggers.co.uk>

Entry: £6. Extra on day: £2.

GISBURN GRIND 6

Gisburn Forest, Tossie, near Clitheroe, Lancashire. 10.30am.

www.epicevents.org

Entry: £10. Extra on day: £2.

MABIE FOREST 10km

Mabie Forest, Dumfries. 11am.

www.dumfriesharriers.co.uk

Entry: £9.50.

NINESPRINGS 9km

Brunswick Street, Yeovil, Somerset. 11am.

www.yeoviltownnrc.com

Entry: £8. Extra on day: £2.

PLYM VALLEY CHALLENGE 9

University College, Plymouth, Devon. 10.30am.

www.tamartrotters.co.uk

Entry: £10. Extra on day: £2.

PRESTWICH CHALLENGE 8

Sedgeley Park RUFC, Park Lane, Whitefield, Lancashire. Noon.

www.prestwichac.co.uk

Entry: £18.

STANWICK LAKES ALEXANDER

THE GREAT 10km

Stanwick Lakes, Stanwick, Northamptonshire. 3pm.

www.ultramathon.org.uk

Entry: £15.

TRI NATIONS V UK 10km

Dorney Lake, Windsor, Berkshire. 11am.

www.thefixuk.co.uk

Entry: £17.

Tuesday June 15

CHERNOBYL 5km SERIES

Welcome Tavern, Walton Park, Preston, Lancashire. 7pm.

www.shoestringresults.com

Entry: £5. Extra on day: £2.

QMR 5/10km SERIES

Queen Mother Reservoir, Horton, Berkshire. 7.30pm.

www.purplepatchrunning.com

Entry: £7/£11. Extra on day: £3.

Wednesday June 16

BRACKNELL FOREST 5

The Lookout, Nine Mile Ride, Bracknell, Berkshire. 7.30pm.

www.bracknell-forest-runners.org.uk

Entry: £9. Extra on day: £3.

BUDE LIFEBOAT 6

Bude RFC, Bencoolen Meadow, Bude, Cornwall. 7.15pm.

www.launcestonroadrunners.co.uk

Entry: £6. Extra on day: £2.

BURNLEY BOYS CLUB 10km

Barden Track, Burnley, Lancashire. 7pm.

www.clayton-le-moors-harriers.co.uk

Entry: £5 on the day.

ELMTON CHASE 8.6km

Elmtree Inn, Elmtown, Derbyshire. 7.30pm.

Contact: enquiries@2pointb.co.uk

www.2pointb.co.uk

ESHOOT BASH 10km

West Side Retail Park, Guiseley, Leeds, West Yorkshire. 7.30pm.

www.skyrac.org.uk

Entry: £4.

LETHBRIDGE 10km

Croft Sports Centre, Swindon, Wiltshire. 7.30pm.

<http://lethbridge10k.org.uk>

Entry: £8.

MALLARDS PIKE 5

Cinderford, Gloucestershire. 7pm.

www.fodac.org.uk

Entry: £6.

MALVERN JOGGERS 10km

Village Hall, Welland, Worcestershire. 7.30pm.

www.malvernjoggers.co.uk

Entry: £7. Extra on day: £2.

SANDALL BEAT 10km

Castle Park, Armthorpe Road, Doncaster, South Yorkshire. 7.30pm.

www.doncasterathleticclub.com

Entry: £8. Extra on day: £3.

SHUGBOROUGH RELAYS (4x2M)

Shugborough Estate, Milford, Staffordshire. 7.30pm.

www.staffordharriers.org

Entry: £12.

TIN TIN 10km

Tintinhull House, Farm Street, Tintinhull, Somerset. 7pm.

www.chardroadrunners.ik.com

Entry: £8. Extra on day: £2.

TRING MIDSUMMER 6km

Tring Park CC, Tring, Hertfordshire. 7.30pm.

www.tringrunningclub.org.uk

Entry: £4. Extra on day: £2.

Thursday June 17

BAGGERIDGE 5km

Baggeridge Country Park, Dudley, West Midlands. 7pm.

www.actionheartrunning.com

Entry: £7.

Friday June 18

BEACON HILL 5km

Beacon Hill Country Park, Lower Car Park, Woodhouse Eaves, Leicestershire. 7pm.

www.purepersonaltraining.co.uk

Entry: £8. Extra on day: £4.

BLAKEDOWN BOLT 10km

Blakedown, near Kidderminster, Worcestershire. 7.15pm.

www.blakedownvillage.co.uk

Entry: £9.

COLWORTH 5

Colworth Sports Clubhouse, Yelnow Lane, Sharnbrook, Bedfordshire. 7pm.

Contact: colworthstriders@hotmail.com

www.bedfordharriers.co.uk

Entry: £8.

MARSTON FOREST 5km

Forest Centre, Marston Vale

Millennium Country Park, Marston Moretaine, Bedfordshire. 7.30pm.

Contact: racedirector@marston5k.org.uk

www.marstonforest5k.org.uk

Entry: £8. Extra on day: £2.

RAMSEY PARK RUNS

Ramsey, Isle of Man.

www.iomnac.co.uk

SUMMER SOLSTICE 8km

Moors Valley Country Park, Ashley Heath, Hampshire. 7pm.

www.tvas.org.uk

Entry: £8. Extra on day: £2.

Saturday June 19

BARNSELY SILKSTONE SHUFFLE

7km SERIES

Silkstone Sports Pavilion, Barnsley, South Yorkshire. 10.30am.

www.barnsleyharriers.org.uk

Entry: £4.

COLWORTH 8.1

Colworth Sports Clubhouse, Yelnow Lane, Sharnbrook, Bedfordshire.

Noon.

Contact: colworthstriders@hotmail.com

www.bedfordharriers.co.uk

Entry: £9. Extra on day: £3.

DOWNLANDS FAYRE 5

Downlands School, Hassocks. 2.30pm.

<http://learning.downlands.w-sussex.sch.uk>

Entry: £6. Extra on day: £1.

HOLLY HALF-MARATHON

Lightmoor, Shropshire. 11am.

www.codrc.co.uk/cod_rc/the_holly_half.html

Entry: £15.

MENDIP MASHUP 10km

Charterhouse Centre, Mendip Hills, Charterhouse, Somerset. 2pm.

www.mendipmashup.org.uk

Entry: £12.

MIDSUMMER MUNRO HALF-MARATHON

Box Hill, Mickleham, Surrey. 4pm.

www.trionium.com/mmm

Sunday June 20

BARDNEY EXPRESS 18

LA Fitness Centre, Great Northern Terrace, Lincoln. 10.30am.

www.lincolndistrictrunners.co.uk

Entry: £8. Extra on day: £1.

BELTANE

LINGFIELD GALLOP 10km

Lingfield Racecourse, Lingfield, Surrey. 11am.

www.galloprace.co.uk

Entry: £16.

NORTH DOWNS 30km

Cascades Leisure Centre, Gravesend, Kent. 10.30am.

<http://isteadandfield.org.uk>

Entry: £17.

STAVELEY STAMPEDE 10

Staveley, North Yorkshire. 11am.

Contact: alexia@musttriharder.net

www.musttriharder.net

Entry: £9.

THREE LAKES CLASSIC 15

Rother Valley Country Park, Sheffield, South Yorkshire. 11am.

<http://killamarshkestrels.co.uk>

Entry: £5.

WARMINSTER FOREST 10

Warminster, Wiltshire. 10.30am.

<http://warminsterrc.org.uk>

Entry: £8. Extra on day: £1.

WELLINGBOROUGH MIDSUMMER

MADNESS 10/20/30km

Irchester Park, Wellingborough. 10am.

<http://gobeyondultra.co.uk>

Entry: £11/£12/£13.

WICKSTEED MIDSUMMER 10km

Wicksteed Park, Barton Road, Kettering, Northamptonshire. 11.30am.

www.ultramathon.org.uk

Entry: £15.

YEO MILL YOMP 10

Village Hall, West Anstey, Devon. 10.30am.

<http://tiverton-harriers.co.uk>

Entry: £8. Extra on day: £2.

Road

Thursday June 10

BIRMINGHAM ROWHEATH AC 5km SERIES

Rowheath Pavilion, Heath Road, Bournville, Birmingham, West Midlands. 7.45pm.

Contact: birmrowac@blueyonder.co.uk

www.birminghamrowheath.co.uk

Entry: £3.

BOWDON 5km

Stamford Arms Pub, The Firs, Bowdon, Altrincham, Cheshire. 7.15pm.

www.altrincham-athletics.co.uk

Entry: £5. Extra on day: £1.

CRISIS SQUARE MILE 6km

Paternoster Square, London. 7pm.

www.crisis.org.uk/smr

Entry: £12.

HARWICH 5km SERIES

Dovercourt Sea Scout Hall, Harwich, Essex. 8pm.

www.harwichrunners.co.uk

Entry: £2.

Friday June 11

MALDWYN HARRIERS CARNIVAL 5km

Back Lane Car Park, Newtown, Powys. 7.30pm.

www.maldwynharriers.org.uk

Entry: £6.

NORDEN BROWN COW 6

Brown Cow, Norden, Rochdale, Lancashire. 7.30pm.

www.rochdaleharriers.co.uk/10k3day.htm

Entry: £4.

STOWMARKET FRIDAY 5

Haughley Park, Stowmarket, Suffolk. www.stowmarketstriders.org.uk

Saturday June 12

BROAD TOWN 5

Broad Town School, Broad Town, Wootton Bassett, Wiltshire. 2pm.

www.woottonbassetthounds.co.uk

Entry: £7. Extra on day: £1.

CASTLES RELAY

Caernarfon. Until Sunday June 13.

www.jescroupiersrunningclub.org.uk

ENNISKILLEN ROTARY 10km

Enniskillen.

www.fermanagh.gov.uk

ISLE OF SKYE HALF-MARATHON

Portree, Isle of Skye. 10.30am.

www.skyehalfmarathon.org.uk

Entry: £13. Extra on day: £1.

KEDINGTON 5km

Community Centre, Kedington, Suffolk. 11am.

PARKRUN 5km

Blackweir Park, Cardiff. 9am.

East Park, Hull. 9am.

Exhibition Park, Newcastle Upon Tyne. 9am.

Finsbury Park, London. 9am.

Gorleston Cliffs, Great Yarmouth, Norfolk. 9am.

Heaton Park, Manchester. 9am.

Hove Park, Brighton, Sussex. 9am.

Lydiard Park, Swindon, Wiltshire. 9am.

Platt Fields, Manchester. 9am.

Pollock Country Park, Glasgow. 9.30am.

Promenade, Edinburgh. 9.30am.

Strathclyde Country Park, Strathclyde. 9.30am.

Visitor Centre, Albert Park, Middlesbrough. 9am.

War Memorial Park, Coventry, Warwickshire. 9am.

Willen Lake, Milton Keynes. 9am.

Woodbank Park, Stockport, Greater Manchester. 9am.

Entry: Free. Recurs every Saturday.

www.parkrun.com

PITTENCRIEFF PARK 5km

Pittencrieff Park, Dunfermline, Fife. 2pm.

www.dunfermline-half.co.uk

Entry: £5. Extra on day: £2.

SELF TRANSCENDENCE 10km

South Carriage Drive, Battersea Park, London. 8am.

<http://uk.srichinmoyraces.org>

Entry: £8. Extra on day: £1.

Sunday June 13

ALDRIDGE 10km

Cricknet & Hockey Club, Aldridge, West Midlands. 10.45am.

www.aldriderunningclub.co.uk

Entry: £8. Extra on day: £2.

ALRESFORD ROTARY 10km

Arlebury Park, Alresford, Hampshire. 10am.

www.alresford10k.co.uk

Entry: £10. Extra on day: £2.

BARTS & THE LONDON CHARITY 10km

Victoria Park, Hackney, London. 11am.

Contact: 10k@bartsandthelondon.nhs.uk

www.bartsandthelondoncharity.org.uk/10k

Entry: £18. Extra on day: £2.

BRAISHFIELD 5

Village Hall, Braishfield, Hampshire. 10.30am.

www.romseyroadrunners.co.uk

Entry: £8. Extra on day: £2.

CAPEL ST MARY 5

Playing Field, Capel St Mary, Suffolk. 12.30pm.

www.capelcheetahs.co.uk

Entry: £5. Extra on day: £2.

DUNFERMLINE HALF-MARATHON

Pittencrieff Park, Dunfermline, Fife. 11am.

www.dunfermline-half.co.uk

Entry: £20. Extra on day: £3.

FOSMS 5

Chippenham RFC, Frogwell, Chippenham, Wiltshire. 11am.

www.corshamrunningclub.co.uk/fosms5_idx.htm

Entry: £7. Extra on day: £2.

LONG EATON 5

West Park Leisure Centre, Long Eaton, Derbyshire. 10am.

www.longeatonrunningclub.com

Entry: £7. Extra on day: £1.

MORECAMBE 10km

Station Pub, Morecambe, Lancashire. 11am.

www.ukresults.net

Entry: £6.

POTTERS ARF HALF-MARATHON

Stoke-on-Trent, Staffordshire. 10.30am.

www.potters-arf.co.uk

Entry: £13.

PUDDLETOWN PLOD 20km

St Mary's Middle School, Puddletown, Dorset. 10.30am.

www.dorsettrileague.co.uk

Entry: £6. Extra on day: £1.

REDCAR HALF-MARATHON

The Strap, Redcar, North Yorkshire. 10am.

www.runteesvalley.co.uk

Entry: £17.50.

SOUTHEAST HALF-MARATHON

East Beach, Shoeburyness, Essex. 10am.

www.southeastraces.co.uk

Entry: £11. Extra on day: £5.

STORTFORD 10km/10

Bishop's Stortford RFC, Hadham Road, Bishop's Stortford, Hertfordshire. 10am.

www.bsrfc.org.uk

Entry: £10. Extra on day: £4.

SWEATSHOP BLUEWATER 10km

Bluewater Shopping Centre, Greenhithe, Kent. 8.30am.

www.bluewater10k.com

Entry: £18.

VALE OF LEVEN 10km

Old Luss Road, Balloch, Dunbartonshire. 10am.

Contact:

www.polaroid-10k.co.uk

Entry: £11.

WYMONDHAM MIDSUMMER 10

Ex-servicemen's Club, Friarcroft Lane, Wymondham, Norfolk. 10am.

www.wymondhamac.org.uk

Entry: £10. Extra on day: £2.

Monday June 14

MELKSHAM 5km

Christie Miller Sports Centre, Bowerhill, Melksham, Wiltshire. 7.30pm.

www.stampedesports.co.uk

Entry: £5. Extra on day: £2.

SELF TRANSCENDENCE 2

South Carriage Drive, Battersea Park, London. 7pm.

<http://uk.srichinmoyraces.org>

Entry: £3.50.

Tuesday June 15

EHH SPROATLEY 7

Constable Arms, Sproatley, Hull, East Yorkshire. 7.15pm.

www.easthullharriers.com

Entry: £3.

HARBOROUGH 5

Harborough. 7.45pm.

www.emgp.org.uk

Entry: £5. Extra on day: £2.

Wednesday June 16

GOSFORTH 10

Gosforth, Cumbria. 7pm.

www.blengdalerunners.co.uk

Entry: £7.

HORWICH RMI JUBILEE 5 SERIES

Bowling Club, Rivington, Lancashire. 7.30pm.

www.thejubileeroadraces.co.uk

Entry: £5. Extra on day: £1.

Thursday June 17

DUNHAM MASSEY PARK 5km

Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham, Cheshire. 7.15pm.

www.altrincham-athletics.co.uk

Entry: £5. Extra on day: £1.

SEVERN AC WHITE HORSE 5km SERIES

White Horse, Sandhurst, Gloucester. 7.45pm.

Contact: Terry Haines. 01452-410885.

www.severnac.co.uk

Entry: £4. Extra on day: £1.

Friday June 18

BEVERIDGE PARK 5km SERIES

Beveridge Park, Kirkcaldy, Fife. 7.30pm.

www.fifeac.co.uk

Entry: £2.

FELSTED FRIDAY 5

Felsted School, Felsted, Essex. 7.30pm.

www.felstedfitness.co.uk

Entry: £8. Extra on day: £1.

Saturday June 19

BODDINGTON MARATHON/50/100km (Inc ANGLIC-CELTIC PLATE)

Boddington, Gloucestershire. 8am.

www.belperharriers.com

Entry: £25/£28/£33. Postal entries close: June 12.

BRIDGEND LIONS FESTIVAL OF

RUNNING 5km

Town Centre, Bridgend, Mid Glamorgan. 4pm.

www.bflor.co.uk

GLOOSTON 10km

Main Street, Glooston, Market Harborough, Leicestershire. 6pm.

Contact: support@roadhogs.org.uk

www.roadhogs.org.uk

Entry: £6. Extra on day

BMC Grand Prix, Watford, June 12

THREE top-class Russian female runners will add a touch of foreign spice for what should be another night of great racing in the second meeting of the series.

Anna Luchkina and Anna Balakshina have both entered the 800m, while Elena Korobkina will line up for the 1500m to ensure the British runners face a searching test.

Balakshina, 24, will be among the favourites for the 800m, having run 2:00.65 during the indoor season when she also ran 4:12.11 for the 1500m.

Luchkina, 25, clocked 2:02.24 during the indoor season and 52.43 for 400m so between them they are sure to have a big say in the outcome of the race.

Korobkina, 19, is a relative newcomer to the Russian scene and during the indoor season ran personal bests of 4:17.54 for 1500m and 9:15.47 for 3000m.

The women's 800m looks like being a highly competitive race with 2009 Scottish champion Claire Gibson, who made a significant breakthrough when she ran 2:01.34 in Oslo last summer, opening her season and the 27-year-old Kilbarchan/Victoria Park & Tower Hamlets athlete is looking to get as close to two minutes as possible.

Joining her in a very strong British line-up will be Emma Jackson, Alison Leonard, Laura Finucane, Charlotte



James Brewer: opens his home season

Best and Morag MacLarty, while top juniors Laura Weightman and Jenny Tann are also entered.

Intriguingly, Steph Twell is also registered as she looks to sharpen her speed. It will be her first 800m since the BMC Grand Prix at Solihull last summer when she ran her personal best of 2:03.80.

This summer she has opened with 8:50.96 for 3000m at the Watford Open, 4:06.10 for 1500m in the Diamond League in Doha and then 15:40.88 for 5000m at the IAAF World Challenge in Hengelo.

Twell has the potential to go

quicker – and will have to if she wants to get among the front runners.

To continue the foreign theme there are also a couple of interesting athletes from Sweden, Charlotte Schonbeck and Jenny Holmroos, who are both chasing 2:02.

There is also a foreign presence in the men's 800m race with both Latvian Vitalij Kozlov and Irishman David McCarthy targeting a time of 1:46, while a trio of British athletes – Ed Aston, Paul Bradshaw and Mark Berridge – will all be looking to get under 1:48. In total there are 19 athletes entered who have run under 1:50.

The 1500m also looks tasty with Cheltenham's James Brewer, who ran 3:37 last year, opening his domestic season after returning from his first year as a student in America, plus another leading Latvian in Dmitrijs Jurkevics and the Australian pair of Mitch Kealey and Ben St Lawrence.

In the women's 1500m Gloucester AC's Irish international Rose-Anne Galligan, the surprise winner of the 800m at Manchester last weekend, is an interesting entry and will be joined by Morag MacLarty, Celia Taylor and top junior Emelia Gorecka, who made such an impressive debut in the 5000m at Sport City to lift the UK under-20 women's title.

There are also races over 5000m and the steeplechase for both men and women.

ATHLETES' CHAMPIONSHIPS

Cardiff. Until June 13.

www.welshathletics.org
WILTSHIRE SCHOOLS' CHAMPIONSHIPS
Salisbury.

Sunday June 13

EAST ANGLIAN LEAGUE

Braintree. Great Yarmouth. Peterborough.

MIDLAND MASTER'S CHAMPIONSHIPS

Leicester.

Entry: £5.

OXFORDSHIRE SCHOOLS CHAMPIONSHIPS

Abingdon.

SCOTTISH U20/U23 CHAMPIONSHIPS (Inc JUNIOR RELAY CHAMPS)

Grangemouth.

www.scottishathletics.org.uk

WATFORD MID SEASON MINORS MEETING

Watford. 10am.

www.watfordharriers.org.uk

WESSEX YOUNG ATHLETES' LEAGUE

Bournemouth. 11.15am.

www.wessexleaguetandf.co.uk

Monday June 14

NORTH EAST VETERANS' LEAGUE

Jarrow. 6.30pm.

www.communicate.co.uk/ne/

veteransathleticsnortheast

Entry: £2.

SOUTHERN COUNTIES VETERANS' LEAGUE

Kent: Gillingham. SW London: Ewell.

Western: Abingdon.

Tuesday June 15

BMC GOLD STANDARD

Stretford. 8pm.

www.britishmilersclub.com

CARDIFF & THE VALE OF GLAMORGAN SCHOOLS' U14/U16 CUP FINAL A

Cardiff. 2pm.

Contact: Pete Morris. 029 20891248

pmorris46@aol.com

SOUTH YORKSHIRE RELAYS CHAMPIONSHIPS

Doncaster.

www.rhac.co.uk/sycaa

SUSSEX U13 LEAGUE

East: Lewes.

www.sussexathletics.org.uk

TRAFFORD GRAND PRIX OPEN

Stretford.

www.traffordac.co.uk

Wednesday June 16

AYRSHIRE HARRIERS OPEN

Ayr. 7pm.

Contact: billsimpson@uku.co.uk

CHARWOOD OPEN

Loughborough. 6.45pm.

www.charwoodac.com

Entry: £2. Extra on day: £1.

JSB PLUMBING FORTH VALLEY LEAGUE

1: Meadowbank.

www.jsbplumbing-forthvalley.fsnet.co.uk

NORTH EASTERN ATHLETICS LEAGUE

Gateshead. 7pm.

Contact: christopher.betts@btinternet.com

www.gateshead-harriers.co.uk

Entry: £2.50.

ROSENHEIM LEAGUE

Western: Twickenham.

SOUTHAMPTON AC OPEN

Southampton. 6.30pm.

www.teamsouthampton.co.uk

Entry: £1.50. Extra on day: £0.50.

SUSSEX U13 LEAGUE

West: Worthing.

www.sussexathletics.org.uk

WATFORD GRADED OPEN

Watford. 7pm.

www.watfordharriers.org.uk

Entry: £3.

WEST YORKSHIRE LEAGUE

Wakefield. 6.45pm.

www.wakefield-harriers.co.uk/wytlf/

wytlf.htm

Thursday June 17

BIGGLESWADE AC JUMPS FEST

Sandy. 6.30pm.

www.biggleswadeac.org.uk

Entry: £3.

CARDIFF & THE VALE OF GLAMORGAN SCHOOLS' U14/U16 CUP FINAL B

Cardiff. 2pm.

Contact: Pete Morris. 029 20891248

pmorris46@aol.com

JSB PLUMBING FORTH VALLEY LEAGUE

2: Grangemouth.

www.jsbplumbing-forthvalley.fsnet.co.uk

SCOTTISH SCHOOLS' U15 INTER-AREA MATCH

Grangemouth. 10am.

www.ssaa.co.uk

SHROPSHIRE YOUNG ATHLETES' LEAGUE

Shrewsbury.

www.oswestryolympians.co.uk/

juniors/f-leagues1.html

WORCESTER AC OPEN

Worcester. 7pm.

www.worcester-ac.co.uk

Saturday June 19

AVIVA ENGLAND ATHLETICS

Welsh Championships, Cardiff, June 12-13

A 400m HURDLES clash between world finalist David Greene and the resurgent European bronze medallist Rhys Williams is among the highlights of a championships which will have added significance in Commonwealth Games year.

Greene, who has been almost matching the world's best this year, is one of Wales' strongest hopes for gold in Delhi in October.

Meanwhile, his training partner Williams has overcome a series of injuries and is back to his best form since 2006 with a time of 49.28 to his credit.

While the event itself does not offer automatic selection for the Commonwealths, athletes who wish to be considered will have to compete in the event or events in question, meaning a high-calibre line-up is guaranteed.

Sprinter Christian Malcolm, who won a Commonwealth silver medal in 1998 while still a junior, is hoping he can return to his best form at the age of 31.

High jumper Julie Crane, who has suffered injuries since her Commonwealth silver medal in 2006, is another looking to regain past glories.

Britain's top two male and female



Rhys Williams: now back after injury

discus throwers, Brett Morse and Philippa Roles, will be hoping for victories to help cement their claims to Delhi places, having both secured the qualifying standards.

Fresh from breaking Daley Thompson's UK junior decathlon record last weekend at the England Athletics Combined Events Championships with 7727, David Guest is another who will be in action in Cardiff.

■ **THE two-day programme includes championships for all age groups**

www.dartfordharriersac.co.uk

NOTTINGHAMSHIRE SCHOOLS' CHAMPIONSHIPS

Nottingham.

www.nottsaaa.org

SCOTTISH SCHOOLS' CHAMPIONSHIPS

Grangemouth. Until Saturday June 12.

www.ssaa.co.uk

Postal entries close: May 21.

Saturday June 12

AVON SCHOOLS' CHAMPIONSHIPS

Yate.

BMC GRAND PRIX

Watford. 5pm.

www.britishmilersclub.com

CORNWALL SCHOOLS' CHAMPIONSHIPS

Par.

DEVON SCHOOLS' CHAMPIONSHIPS

Exeter.

DORSET SCHOOLS' CHAMPIONSHIPS

Bournemouth.

HERTFORDSHIRE SCHOOLS' CHAMPIONSHIPS

Hemel Hempstead.

www.hsaa.info

HUMBERSIDE SCHOOLS' CHAMPIONSHIPS

Hull.

KENT SCHOOLS' CHAMPIONSHIPS

Ashford.

Contact: chrisbowman@uk2.net

LANCASHIRE SCHOOLS' CHAMPIONSHIPS

TBC.

LONDON SCHOOLS' CHAMPIONSHIPS

Battersea Park.

MERSEYSIDE SCHOOLS' CHAMPIONSHIPS

Bebington Oval, Wirral.

MIDLAND COUNTIES U20/SENIOR CHAMPIONSHIPS

Birmingham. Until Sunday June 13.

www.midlandathletics.org.uk

NI & ULSTER SENIOR CHAMPIONSHIPS (Inc COMMONWEALTH TRIALS)

Antrim. 9.30am.

www.niathletics.org

NORTHERN COUNTIES U20/ SENIOR CHAMPIONSHIPS

Sport City, Manchester. Until Sunday June 13.

www.noaea-athletics.org.uk

PRIDE GAMES

Trafford.

www.openathletics.org

SHROPSHIRE SCHOOLS' CHAMPIONSHIPS

Telford.

SOMERSET SCHOOLS' CHAMPIONSHIPS

Yeovil.

SOHU YORKSHIRE SCHOOLS' CHAMPIONSHIPS

Doncaster.

SOUTHERN COUNTIES U20/ SENIOR CHAMPIONSHIPS

Crystal Palace TBC. Until Sunday June 13.

SURREY SCHOOLS' CHAMPIONSHIPS

Kingston.

SUSSEX SCHOOLS' CHAMPIONSHIPS

Crawley. 11am.

www.sussexathletics.org.uk

Entry: £4. Extra on day: £1.

WELSH SENIOR & YOUNG

Diamond League, Rome, June 10

JENNY MEADOWS takes on another stellar field in the 800m. The world indoor silver medallist, who finished second in Shanghai last month, takes on 2007 world champion Janeth Jepkosgei of Kenya, Maggie Vessey of the USA and the Ukrainian duo of Tetyana Petlyuk and Yuliya Krevsun.

World semi-finalist Jemma Simpson debuted this year with a third place finish in Hengelo and the Newquay & Par athlete is expected to feature again.

Goldie Sayers returned to form with victory at the Inter-Counties in Bedford in a season's best of 63.15m and the UK record-holder takes on world record-holder Barbora Spotakova, Cuba's Osleidys Menendez and Germany's Christina Oberegfol.

Asafa Powell will be seeking to continue his devastating form in the 100m and, in suitable conditions, the Jamaican could improve his lifetime best of 9.72. Frenchman Christophe Lemaitre is also in the field, along with Mark Lewis-Francis.

Blanka Vlasic returned to form in



Oslo with victory in a season's best of 2.01m and the Croat goes head-to-head with Chaunte Howard-Lowe, who recently set a US record and world-leading mark of 2.04m.

In the 5000m, Oslo winner Imane Merga from Ethiopia takes on a loaded field. World-leader Eliud Kipchoge, Commonwealth Games champion Augustine Choge and

Mark Shearman

Vincent Chepkok will also be among the favourites.

Other Brits in action include Marlon Devonish (200m), Michael Bingham (400m), Andy Baddeley (1500m), Andy Turner and Will Sharman (110m hurdles), Chris Tomlinson (long jump), Helen Clitheroe (3000m steeplechase) and Kate Dennison (pole vault).

■ Timetable (UK times)

6.20pm – triple jump (W)
6.30pm – javelin (W)
6.40pm – shot put (M)
6.50pm – pole vault (W)
7.03pm – 400m hurdles (W)
7.15pm – 3000m steeplechase (W)
7.30pm – high jump (W)
7.35pm – 100m (W)
7.45pm – 200m (M)
7.45pm – triple jump (M)
7.50pm – discus throw (M)
7.55pm – 100m (M)
8.10pm – 110m hurdles (M)
8.20pm – 400m (M)
8.30pm – 800m (W)
8.40pm – 5000m (M)
9.03pm – 1500m (M)
9.13pm – 4x100m (M)

Diamond League, New York, June 12

WORLD champion Phillips Idowu goes head-to-head with Teddy Tamgho in the triple jump. Eleven years Idowu's junior, Tamgho took the World Indoor Championships by storm this year as he improved the world indoor record to 17.90m to seal an emphatic victory. The 20-year-old Frenchman leads the world rankings with an outdoor PB of 17.63m to Idowu's 17.48m.

The field also includes former Olympic champion Christian Olsson, who marked his comeback with a solid indoor campaign, while 2005 world champion Walter Davis is also set to compete.

Jessica Ennis, meanwhile, hopes to continue her winning streak by taking on American Hyleas Fountain in a three-event challenge.

Double Olympic champion Tirunesh Dibaba makes her outdoor debut for the season. The Ethiopian, who was surprisingly beaten in this race last year, takes on a strong field which includes world No.1 Sentayehu Ejigu, who won the IAAF Diamond League meeting in Shanghai in 14:30.96.

Olympic champion Nancy Langat



headlines the women's 1500m, which also includes former world indoor champion Gelete Burka of Ethiopia, as well as a strong US presence, including world bronze medallist Shannon Rowbury, Olympic 10,000m bronze medallist Shalane Flanagan and Anna Pierce.

In the 100m hurdles, two-time world indoor champion Lolo Jones will be hoping momentum stays with her after victory in Oslo. The

Mark Shearman

American takes on compatriot Virginia Powell as well as the Canadian duo of Priscilla Lopes-Schliep and Perdita Felicien and world indoor record-holder Susanna Kallur from Sweden, who is returning from injury.

After no-heighting in Oslo, Olympic champion Steve Hooker goes head-to-head with France's Renaud Lavillenie in the pole vault, while Olympic shot put champion Valerie Vili takes on European champion Nataliia Mikhnevich.

■ Timetable (UK times)

8.05pm – discus throw (W)
8.10pm – long jump (W)
8.30pm – high jump (M)
9.33pm – 400m hurdles (M)
9.40pm – 800m (M)
9.45pm – shot put (W)
9.50pm – pole vault (M)
9.50pm – 1500m (W)
10pm – triple jump (M)
10.10pm – 3000m steeplechase (M)
11.01pm – 5000m (W)
11.22pm – 100m hurdles (W)

■ BOTH meets will be live on the BBCi and the BBC Sport website

U20/U23 CHAMPIONSHIPS

Bedford.

BMC REGIONAL

Woodford Green. 5pm.

www.britishmilersclub.com

CEREBRAL PALSY SPORT GRAND PRIX

Bath.

HERNE HILL HARRIERS OPEN

Tooting Bec. 12.30pm.

Contact: stevbosley1@aol.com www.hernehillharriers.com

LONDON INTER CLUB CHALLENGE

Ashton Playing Fields.

www.londonathletics.org.uk

MASON TROPHY

Birmingham.

www.nottsaaa.org

NI & ULSTER AGE GROUP

CHAMPIONSHIPS

Antrim. 9.30am. Until Sunday June 20.

www.niathletics.org

NORTH EAST VETERANS' CHAMPIONSHIPS

Jarrow. 11am.

www.communicate.co.uk/ne/veteransathleticsnortheast

NORTHERN SCHOOLS' INTER-COUNTIES

York.

SOUTH WEST SCHOOLS' CHAMPIONSHIPS

Exeter.

SOUTHERN SCHOOLS' INTER-COUNTIES

Brighton.

Sunday June 20

BMAF WEIGHT PENTATHLON

Midland 1 NE: Milton Keynes.

Peter Barber. 01689-854466 peter.barber97@ntlworld.com

MCCAIN YOUNG ATHLETES' LEAGUE

Midland Premier N: Nottingham,

Peterborough. Midland Premier S:

Solihull, Swindon, Yeovil. Midland 1

NE: Brierley Hill, Burton-upon-Trent,

Peterborough. Midland 1 NW:

Brierley Hill, Burton-upon-Trent,

Solihull. Midland 1 SE: Abingdon,

Swindon. Midland 1 SW: Neath,

Yeovil. Midland 2: TBC.

Northern Premier E: Derby,

Gateshead, York. Northern Premier

W: Carlisle, Liverpool, Manchester

(SC). Northern 1 NE: Gateshead,

Jarrow. Northern 1 NW: Carlisle,

Wigan. Northern 1 SE: Hull, York.

Northern 1 SW: Derby, Liverpool,

Manchester (SC). Northern 2 N:

Hexham. Northern 2 NE: Darlington.

Northern 2 SE: TBC. Northern 2 SW:

TBC. Northern 2 W: TBC. Northern

2 WC: TBC.

Southern Premier E: Battersea,

Chelmsford, Kingston. Southern

Premier W: Harrow, Portsmouth.

Southern 1 NE: Battersea,

Chelmsford, London (Nh). Southern

1 NW: Kingston, London (Nh),

Twickenham. Southern 1 SE:

Hastings, Twickenham. Southern 1

SW: Portsmouth, TBC. Southern 2

A24: Walton. Southern 2 Thames:

Ilford. Southern 2 West: Salisbury.

www.natyal.co.uk

SCOTTISH ATHLETICS LEAGUE

1/2: Grangemouth.

David Low. 01383-724459. david.j.low@hotmail.co.uk

www.scottishleague.org.uk

SCOTTISH WOMEN'S ATHLETICS LEAGUE

Meadowbank. 11.45am.

Contact: ziska400@googlemail.com

SOUTH WEST VETERANS' CHAMPIONSHIPS

Exeter.

Monday June 21

SOUTHERN COUNTIES VETERANS' LEAGUE

Hants/Surrey: Winchester. Herts/N

Middlesex: Lee Valley. Mid-London:

Hillingdon.

www.scvac.org.uk

Tuesday June 22

SOUTH YORKSHIRE SENIOR LEAGUE

Cudworth.

www.rhac.co.uk/sycaa

Wednesday June 23

BIRMINGHAM ROWHEATH AC OPEN

Birmingham University. 6.45pm.

Contact: birmrowac@blueyonder.co.uk

www.birminghamrowheath.co.uk

Entry: £3.

BMC REGIONAL

Birmingham University. Eltham. 8pm.

www.britishmilersclub.com

CAMBRIDGE HARRIERS OPEN

Eltham.

www.cambridgeharriers.org.uk

KENT 3/10K CHAMPIONSHIPS

Dartford.

www.kcaa.org.uk

Entry: £5.

ROSENHEIM LEAGUE

Eastern: Battersea.

Overseas

Thursday June 10

IAAF DIAMOND LEAGUE

Rome, Italy.

www.iaaf.org

Saturday June 12

IAAF RACE WALKING CHALLENGE

La Coruna, Spain.

IAAF DIAMOND LEAGUE

New York.

www.iaaf.org

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Entry fee: £9.00. On the day £12.00 if places still available. Late entries will close at 7pm.

Online entries available at Runners World

www.bracknell-forest-runners.org.uk

Snipe 6 Sunday 27th June

Undulating course through Warwickshire countryside.

Entry: £10.00 (£12.00 non-affiliated runners).

Entry on the day: £12.00

To: S Protheroe, 17 Oak Tree Close, Bearley,

Stratford on Avon. CV37 0SD. Cheques to "Snitterfield Junior Football Club"

Visit www.snitterfieldfc.co.uk for full details



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Aberdare 10K Sunday 4 July 2010

9.30am start (Registrations on the day from 7.30am)

Start: Penderyn.

Finish: The Michael Sobell Leisure Centre, Aberdare.

For entry forms email hashcroft@macmillan.org.uk,
call 01656 867 968 or register online at [runners world](http://runnersworld.org.uk).

Macmillan Cancer Support, registered charity in England and
Wales (261017), Scotland (SC036907) and the Isle of Man (604)

Lee Valley 10k and Fun Run

Sunday 4 July 2010 from 10am



River Lee Country Park,
Waltham Abbey, Essex (J26, M25)

08456 770 600 www.leevalleypark.org.uk



Summer 10K Road Race

11am on Sunday 4th July 2010

Hurst Community School, Tadley, RG26 5NL

£7 attached / £9 (U/A) / £1 extra on day

An accurately measured course through the lanes of Hampshire

Entry forms from timos2009@hotmail.co.uk or

www.tadleyrunners.hampshire.org.uk

OFFERTON 10k



10 Km Race - Run under UKA rules - Permit applied for - Minimum Age 17 Years
RACES HELD ON A TRAFFIC FREE COURSE WITHIN WOODBANK & VERNON PARK

Wednesday 7th JULY 2010 at 7:30pm

www.stockportharriers.com/race



7th July 2010 - Register now at:

www.mayfairparkandtowerrace.com

34th Dartford Harriers Half Marathon

Sunday 11th July 2010 at 09:00 am.

Central Park Athletics Arena, Dartford, Kent DA1 1JP.

Fee: UKA Affiliated: £17.00; Unaffiliated: £19.00. On the day: £22.00 (subject to limit).

Entry limit: 1200. If limit is not reached, on the day entries will be taken no later than 8:00am

Facilities: Changing; Toilets; Showers; Baggage Store; Massage; Race Photos; Chip Timing.

Fun Run: Start 9:15. £3 on the day. 4 laps of the track. Proceeds to Cancer Research UK



More info on www.dartfordharriersac.co.uk

Online entries at www.runbritain.com



Pennine Lancashire 5K Road Race

(Inc Home Counties International, England & Northern Champs)

Sunday July 11th 2010 at 11:30

Witton Park, Blackburn. Traffic free course. Entries close July 4

Enter online at <http://ukresults.net> or £5 to Blackburn Harriers

c/o ukresults, 1 Sutton St, Feniscowles, Blackburn, BB2 4ES

www.blackburnharriers.co.uk



Midsummer 6 off road 10k

from Aldersley Leisure Centre, Aldersley, Wolverhampton

Sunday July 11th at 10.00 am

Entry: £7 Affiliated, £9 Unaffiliated. All entrants £10 on the day

Race enquiries 01902 846917 or brownlaf@btinternet.com

www.wolvesandbilstonac.co.uk



St Ives 'Dairy Crest' 10 KM

Sunday 18 July 2010 at 10:30am

Road race (mostly traffic free) with chip timing.

One Leisure, California Road, St Ives, Cambs.

No entries on the day. Enter online at:

www.huntsac.org.uk

24 July

LLLR 10km



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www.lovelifeloverunning.co.uk



Littleport Leisure 10k & 1.5K fun run

Sunday 25th July at 10:45

From Littleport Leisure Centre, Camel Rd, Littleport, Cambs
Trophies & Prizes. Memento & Goody Bag to all finishers

Fees: Affiliated £8. Unaffiliated £10. (On day +£2) Cheques to LITTLEPORT LEISURE
To Clare Pendle, Littleport Leisure Centre, Camel Road, Littleport, Ely, Cambs, CB6 1PU

Email info@littleport10k.co.uk or see www.littleport10k.co.uk



30TH BURNHAM BEECHES HALF MARATHON

Sunday 22nd August 2010 at 10.00 am

Caldicott School, Farnham Common, Bucks, SL2 3SL

BARR Gold event. SEAA Course Certificate 06/12.

Inc British Masters (BMAF) & Southern Counties Veterans AC (SCVAC) Champs

Entry fees: £16 UKA affiliated, £18 other runners. Entries on the day +£4

Postal entries to: Burnham Joggers, PO BOX 2307, Maidenhead, SL6 0WD

Or online at www.burnhamjoggers.org.uk

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Hats off to Gordon!

GORDON MUGI unleashed novel tactics on his rivals during the Poole 10km last weekend. When the lead cyclist's hat blew off in the wind, the Kenyan chased after it and built a surprise lead that he never relinquished.

Andy Palmer, the co-race director, told *AW*: "After lead cyclist Alwyn Dominey lost his hat, Gordon sprinted to pick up the hat and sprinted ahead to give it to Alwyn. The following pack were taken by surprise and never caught him as he went on to break the course record with 28:54."

"Alwyn later bought Gordon a pint to say thanks!"

■ LAST week's caption competition winner was Jan Wiczowski, who wrote: "Right Christine, first into House of Fraser now!"

We hear ...
One senior British international athlete recently sent their long-time coach a text message to tell them they were leaving to be coached by someone else.

Farah's record in doubt

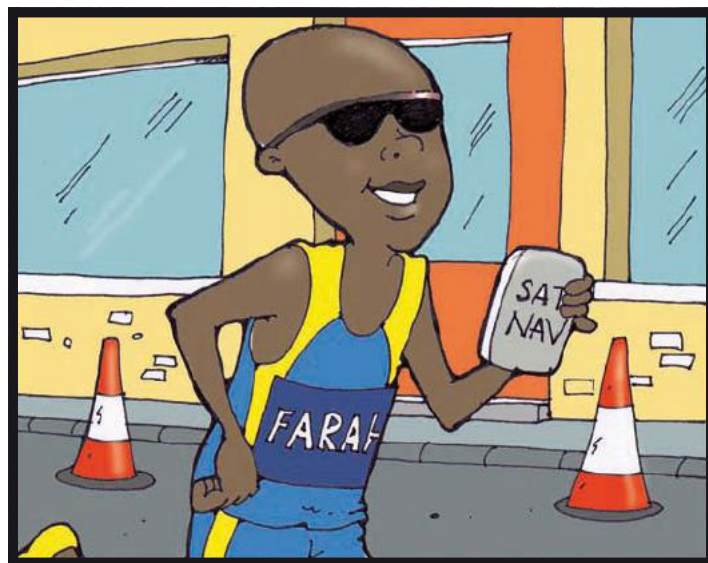
Thorn in 10km rankings courtesy of the English Rose

MO FARAH was reported to have smashed the British record for 10km when he ran 27:44 in the Bupa London 10,000 last month. Yet Nick Rose has good cause to feel disgruntled given the fact he ran 10 seconds quicker in New Orleans 26 years ago. This follows fast in the slipstream of the controversy and confusion surrounding the ratification of performances at the Great CityGames street sprints (see last week's *AW*).

Rose, 58, clocked 27:34 in the Crescent City Classic race won by American Mark Nenow in 27:23. Nenow's time was a world record at the time and the mark still sits in the top 10 of the IAAF's 10km rankings.

But the United States never ratified Nenow's mark because it was set on a point to point course, leading to the possibility of the performances being wind assisted.

For the same reason, UKA and the Association of Road Racing Statisticians (ARRS) do not regard Rose's mark as the national record.



"This certainly gets you from A to B quickly. Shame Nick Rose didn't have one"

This is despite there being no mention in the UK rules book regarding criteria for accepting records on the road.

"A performance can be statistically valid, without meeting the necessary criteria for a record," said Andy Milroy of ARRS, before adding that a point to point course is defined as one where the distance between the start and finish should not be greater than 30 per cent of the distance.

Rose, meanwhile, diplomatically refers to the situation as "muddy waters". He added: "If record courses have to start and finish within a certain distance, then

my run in New Orleans does not qualify for record purposes. All one could say is that it is the fastest run over the 10km distance!"

Somewhat appropriately, the 1984 Crescent City Classic was run on April Fool's Day, too.

But perhaps the final word should go to Jon Brown, who ran the absolute fastest 10km by a Briton of 27:20 on a downhill course in Pittsburgh in 1995.

"It shouldn't be considered any kind of best due to its substantial drop," he told *AW* at the time, referring to his 27:20. "I could do three minutes flat if I jumped out of a plane at 10,000ft!"

Could Britain's Got Talent winners Spelbound be in London?

A CAMPAIGN is gathering pace for Britain's Got Talent winners Spelbound to open the 2012 Olympics after the gymnastics group won last weekend's final on ITV and the judges immediately began to link their spectacular act with the Games in two years' time.

Amanda Holden said: "We're hosting the 2012 Olympics and I think you would be a great opening act."

While Simon Cowell added: "If we're talking in Olympic terms that would



have won the gold medal. We have used a lot of adjectives to describe you guys throughout the course of the show but I can honestly say on live TV that was one of the most astonishing things I've ever seen."

The show has a history of featuring Olympian performances. In the 2009 Britain's Got Talent contest, Liam Collins, a 50.30 400m hurdler, reached the semi-finals as one half of the Faces of Disco dance act.

NEXT WEEK

♦ Diamond League action from Rome and New York
♦ We look forward to the Euro Team Championships
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