

# Athletics Weekly

Wednesday  
June 12 1996

£1.40

**PREVIEW**

## Atlanta dreams

Your guide to the AAAs Championships/Olympic Trials

**RANKINGS**

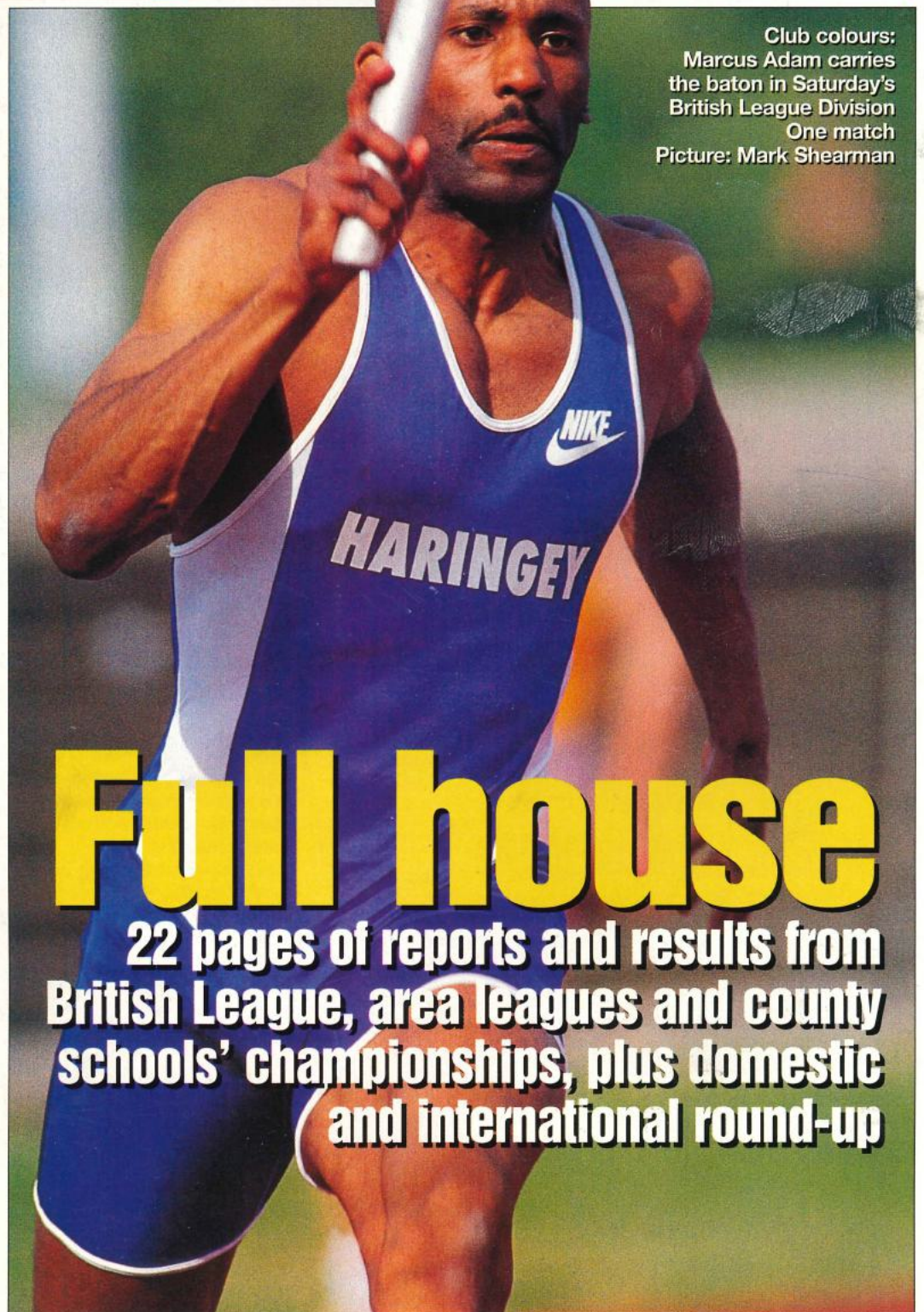
## Leader of the pack

TSB Rankings, latest Puma half-marathon lists and club relay standings

**FEATURE**

## Athletics' best fans

On the road with GB team supporters



Club colours:  
Marcus Adam carries the baton in Saturday's British League Division One match  
Picture: Mark Shearman

# Full house

22 pages of reports and results from British League, area leagues and county schools' championships, plus domestic and international round-up

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**BRITISH LEAGUE 4**

Pictures and results from the best of the weekend's action

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Coventry Godiva's Glynn Tromans talks about his hopes after two heart operations

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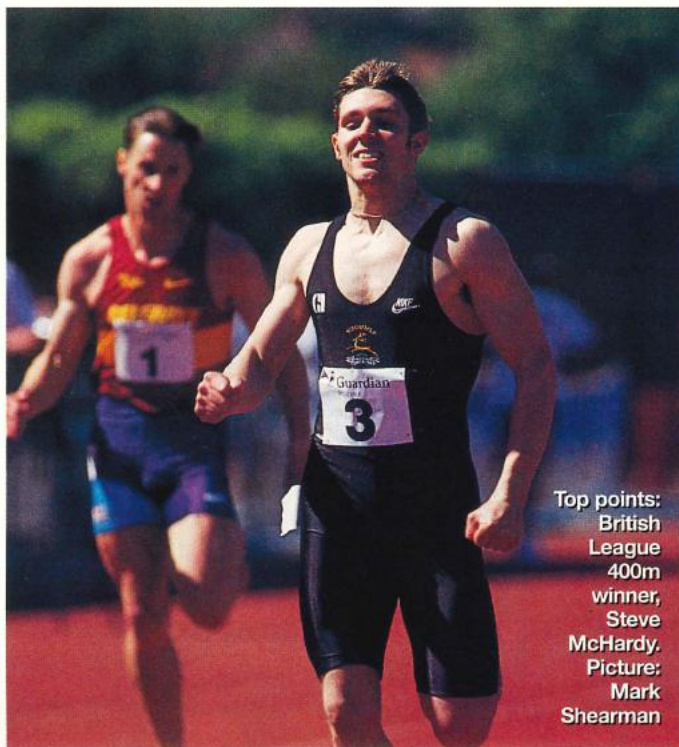
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Top points: British League 400m winner, Steve McHardy. Picture: Mark Shearman

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**STOCKISTS**

SCOTLAND		
East Kilbride	Sports Division Superstore	013552 44691
Edinburgh	Foothold	0131 2257127
Galashiels	Intersport	01896 755116
Hamilton	Sports Division Superstore	01563 851166
Kelso	Intersport	01573 223381

NORTH WEST		
Bury	Buyright Clothing	0161 763 4326
Chester	Foothold	01244 314438
Chorley	On the Run Sports	01257 269137
Horwich	Belmont Sports	01204 697709
Kendal	The Sports Factory	01539 721892
Liverpool	Foothold	0151 7098390
Manchester	Foothold	0161 8390467
Southport	Natterjack Running Centre	01704 546082
Standish	Sporting Supplies	01257 422647

MIDLANDS		
Birmingham	The Birmingham Runner	0121 7456007
Coventry	Essential Sports	01676 535519
Derby	The Derby Runner	01332 280048
Dudley	Sports Division Superstore	01384 262641
Lincoln	The Lincolnshire Runner	01522 512733
Loughborough	The Running Fox	01509 231750
Nottingham	Foothold	01159 859186
	Tracks of Nottingham	01159 413411
Stoke on Trent	Bourne Sports	01782 410411

SOUTH WEST AND WALES		
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Llantrisant	Sports Division Superstore	01443 229440
Salisbury	Foothold	01722 414635
Street	The Sports Factory	01458 443131
Swindon	The Sports Factory	01793 874902
Tewkesbury	Tewkesbury Sports	01684 292779
Truro	Tito Sports	01872 40234

NORTH EAST AND YORKSHIRE		
Berwick	Intersport	01289 307780
Bradford	Sportshoes Unlimited	01274 530530
Darlington	Dixon Sports	01325 363920
Gateshead	Foothold (Metro Centre)	0191 4610317
	Dixon Sports (Metro Cent)	0191 4932166
Hull	Runnercare	01482 28503
Middlesborough	Dixon Sports	01642 240966
Newcastle	Dixon sports	0191 2616262
	Dixon sports	0191 2322764
	Foothold	0191 261 4168
	Foothold	0191 261 7572
	Ferwicks Ltd	0191 2325100
Sheffield	Dixon Sports	01742 568006
Stockton	Sports Division Superstore	01642 673799
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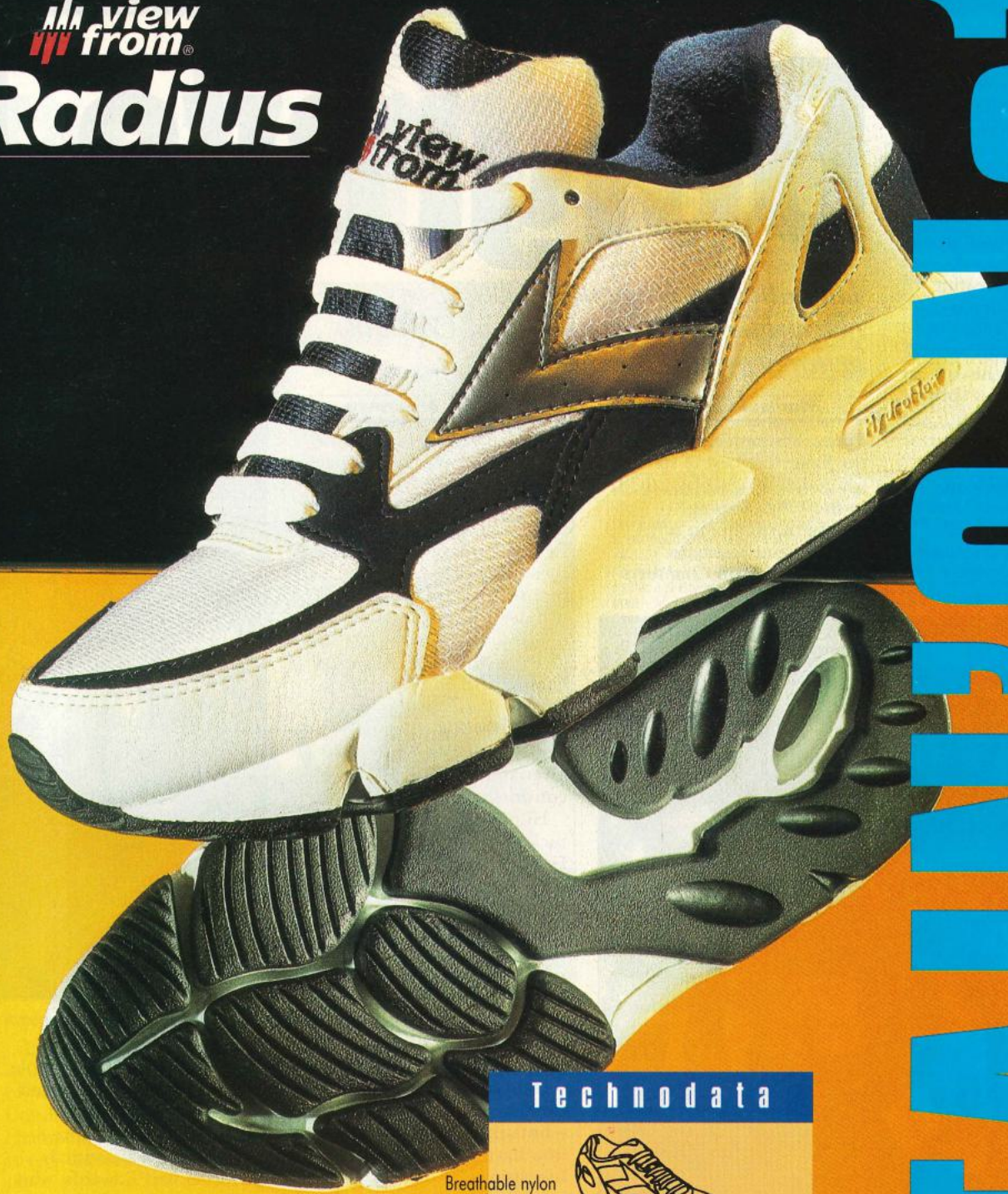
SOUTH EAST		
Beckenham	The Runners Shop	0181 663 0630
Bishops Cleeve	Fast Feet	01279 504740
Brighton	The Jog Shop	01273 675717
Chingford	Knight Sports	0181 529 2693
London	London City Runner	0171 3291955
	Runners Need	0171 267 7525
Northampton	The Running Shop	01604 701961
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**Lightweight  
ultra-cushioned  
running shoe  
for comfort and  
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**Technodata**

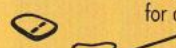
Breathable nylon mesh upper



Moulded EVA sockliner cushions foot and enhances fit



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Nested construction frames foot for increased stability



Carbon rubber rearfoot increases durability



Podular technology allows shoe to bend and flex like foot

IT IS not often that a team manager can have the luxury of not having a berth for an Olympic, World, European and Commonwealth champion, but that is the predicament Jim Ridley of Thames Valley Harriers found himself in on Saturday.

Jetting in after defeating current world champion Donovan Bailey, Linford Christie unexpectedly arrived at Hendon to offer his services but the Valley sprint squad had already been chosen – and was raring to go.

Christie was amiable in accepting the decision and rumour has it that he left soon after to carry out some DIY at home!

As if to prove a point Sanusi

# Belgrave b

*The battling young guns of Belgrave notched their first league win at Cophall to throw the title race wide open*

Words: Pete Mulholland Pictures: Mark Shearman

Turay then proceeded to give the Valley the best of starts when defeating a classy field in the 100m, leaving Northern champion Allyn Condon and Southern champion Dwain Chambers in his wake.

Setting the standard in the first event of the day, Michael Jones hurled the hammer out to 71.66m to take the man-of-the-match award and defeat Belgrave's Dave Smith for the second successive league fixture.

Jones was unfortunate with a measured no-throw of 72.40 which comfortably surpassed his PB of 72.10.

Matt Yates, making his league debut for Belgrave despite suffering from hay fever and a tight calf, had a convincing win in the 800m.

Hitting the bell in 54.8 tucked in behind Simon Fairbrother, Yates took off with 200m to go. Southern 1500m champion Adam Duke chased hard into the headwind along the home straight but Yates had the race under control to ease across the line.

Yates came back to take the B string 1500m with a 56-second final lap – despite slowing well before the finish – but said afterwards: "I'm now having problems with my hamstrings."

While Yates was gathering valuable points on the track, defending champions Belgrave were having a nightmare in the jumps. Fred Salle, World Cup long jump hero with his 8.10m in 1994, strained a muscle while warming up and withdrew from the competition and then Southern champion Richard Aspden failed on his opening height of 2.00m in the high jump.

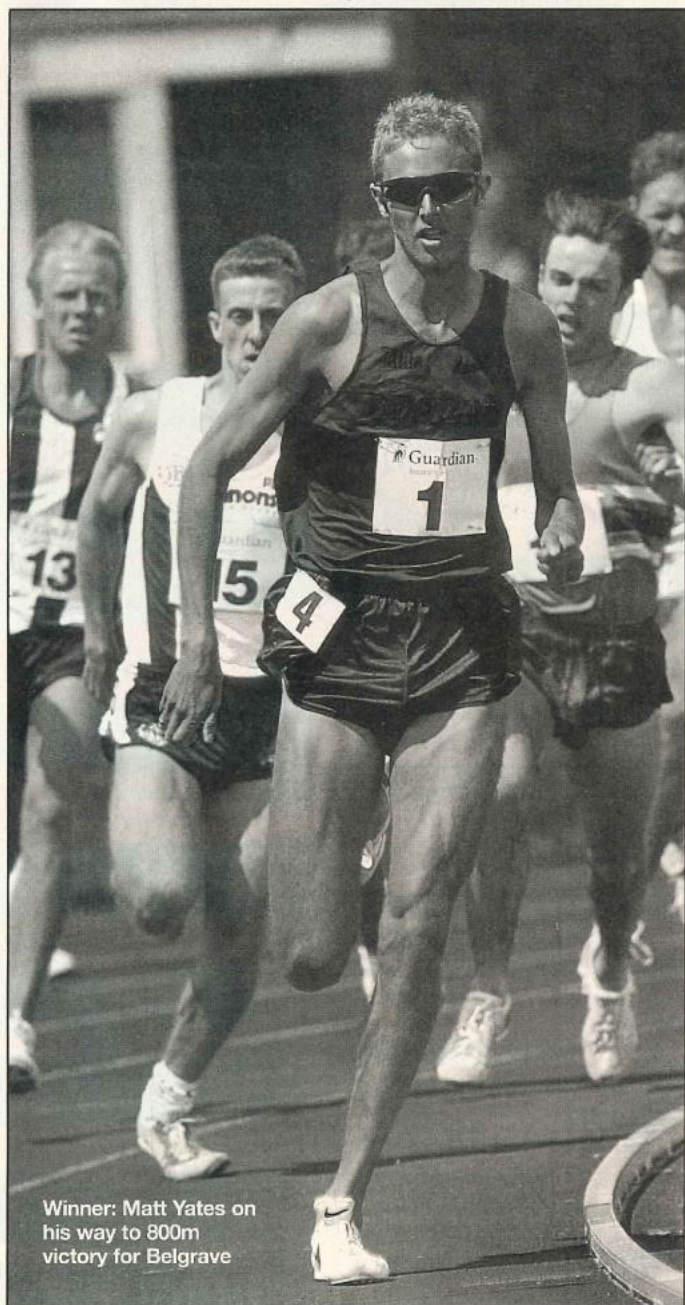
At the sharp end of the high jump, Tyrone Peacock had a close tussle before taking the event on countback with 2.15m, just short of his PB. Colin Bent, who bettered his previous best by a single centimetre, was second.



Belgrave team manager John Jefferies then had anxious moments in the pole vault as Mike Edwards failed on his first two attempts coming in at 5.20 before a clearance with a distinctly quivering bar! Edwards, who went on to win with first-time efforts at 5.30 and 5.40, said: "I felt okay today but hope to have a slightly heavier pole from the States for next week's trials."

The unhappiest winner of the afternoon was Paul Roden in the 5000m, who after storming past a pacesetter Dominic Bannister with 200m remaining said: "I ran rubbish and shouldn't have let Bannister get so far ahead."

Continuing his comeback, Marcus Adam had to settle for second in the B 200m behind Andrew Walcott of his former club, Belgrave. Adam, still lacking his former bite, said: "This coming week it will be speed, speed and more speed."



Winner: Matt Yates on his way to 800m victory for Belgrave

# Last off

## RESULTS

### Men

**100 (-2.0):** 1 S Turay (TVH) 10.48; 2 A Condon (Sale) 10.65; 3 D Chambers (Har) 10.71; 4 T Rutherford (Car) 10.74; 5 T Williams (SB) 10.82; 6 J Fergus (Bel) 10.87; 7 R Ojex (Bir) 11.04; 8 A Clegg (Liv) 11.57. **B (-0.9):** 1 H Korjic (Bel) 10.70; 2 S Omuua (Har) 10.74; 3 D Joyce (TVH) 10.81; 4 M Teltz (Bir) 10.93; 5 R Burke (SB) 10.95; 6 W Mitchell (Sale) 11.17; 7 A Maxwell (Liv) 11.35

**200 (-4.2):** 1 J John (Bir) 21.51; 2 Condon 21.67; 3 Rutherford 21.96; 4 S Adepegba (Har) 21.99; 5 L Samuel (Bel) 22.18; 6 C Edwards (TVH) 22.31; 7 Williams 22.64; 8 Maxwell 23.17. **B (-5.0):** 1 A Walcott (Bel) 21.71; 2 M Adam (Har) 21.89; 3 D Money (Sale) 22.05; 4 A Fugallo (SB) 22.17; 5 C Archer (TVH) 22.18; 6 N Swaby (Bir) 22.76; 7 O Geier (Car) 23.07; 8 Clegg 23.76

**400:** 1 S McHardy (Bir) 48.13; 2 M Gray (Car) 48.63; 3 R Edu (SB) 49.02; 4 M Kloiber (Bel) 49.12; 5 V Rose (TVH) 49.44; 6 J Gowan (Sale) 49.58; 7 M McPhail (Har) 49.69; 8 J Kean (Liv) 50.47. **B:** 1 D Savage (Sale) 48.11; 2 M Ponting (Card) 48.84; 3 K Bentham (TVH) 48.88; 4 S Knelor (Bir) 49.42; 5 P Beaumont (Bel) 50.51; 6 D Canning (SB) 51.08; 7 A Thomas (Liv) 51.22; 8 R Bryce (Har) 52.83

**800:** 1 M Yates (Bel) 1:50.1; 2 A Duke (TVH) 1:50.36; 3 J Swift-Smith (SB) 1:51.09; 4 S Fairbrother (Har) 1:51.14; 5 G Cuddy (Sale) 1:51.28; 6 Thomas 1:52.01; 7 P Bristow (Car) 1:52.88. **B:** 1 E Calvert (TVH) 1:51.45; 2 S Mosley (Car) 1:52.68; 3 D Pamah (Bel) 1:52.83; 4 M Shevyn (Bir) 1:53.25; 5 I Weatherall (Sale) 1:53.60; 6 T Adams (Har) 1:54.52; 7 Canning 1:54.72; 8 P Lamb (Liv) 2:01.55

**1500:** 1 L Cadwalller (Liv) 3:49.30; 2 Mosley 3:51.14; 3 Shevyn 3:51.55; 4 I Campbell (Har) 3:51.99; 5 Pamah 3:53.73; 6 R Walters (Sale) 3:54.73; 7 D Bullock (SB) 3:54.84; 8 S Saxby (TVH) 4:01.29. **B:** 1 Yates 3:55.59; 2 A Rosen (TVH) 3:57.40; 3 Cuddy 4:00.79; 4 C Godfrey (SB) 4:01.52; 5 M Hersch (Bir) 4:02.16; 6 C Stephenson (Car) 4:02.73; 7 M Gooch (TVH) 4:03.53

**5000:** 1 P Roden (Sale) 14:16.15; 2 D Bannister (SB) 14:19.15; 3 M Clarkson (Bir) 14:41.98; 4 S Moss (TVH) 14:48.13; 5 R Szade (Card) 14:54.98; 6 K Tadesse (Bel) 15:07.42; 7 A O'Connor (Har) 15:41.10; 8 M Keeley (Liv) 15:43.10. **B:** 1 M Bulstridge (Bir) 14:44.90; 2 S Rayner (SB) 14:46.88; 3 M Arran (TVH) 14:50.47; 4 J Pavis (Sale) 15:31.61; 5 J Estall (Bel, M40) 15:37.21; 6 M Smith (Har) 15:46.44; 7 H Evans (Card) 15:59.58; 8 K Hatton (Liv) 16:01.32

**3000SC:** 1 Stephenson 8:54.8; 2 A Crossan (Har) 8:58.7; 3 N Smart (Sale) 9:26.7; 4 D Lennon (TVH) 9:30.3; 5 I Robinson (Bir) 9:31.4; 6 O Edwards (SB) 9:32.7; 7 Keeley 9:43.7. **B:** 1 P Cook (Car) 9:16.6; 2 P Rowe (Bir) 9:36.6; 3 I Guled (TVH) 9:37.8; 4 A Worrall (Liv) 9:57.0; 5 D Baxter (Sale) 10:12.4; 6 M Hillier (Bel) 10:24.8; 7 K Mitchell (SB) 10:45.6

**110H (-1.1):** 1 M Nicholson (Bir) 14.56; 2 E Harrison (TVH) 14.93; 3 G Hughes (Liv) 15.71; 4 I Wells (Bel) 15.84; 5 D Griffin (Car) 16.03; 6 M ABrown (Har) 18.10; 7 A Tatham (Sale) 18.87. **B (-2.3):** 1 G Dunson (SB) 14.57; 2 A Cains (Bir) 15.10; 3 R Laing (Liv) 15.53; 4 D Kane (TVH) 15.54; 5 L Antoine (Bel) 16.24; 6 M Elias (Card) 17.03; 7 C White (Sale) 18.43

**400H:** 1 P Hibbert (Bir) 50.86; 2 L Lynch (Har) 51.27; 3 D Savage (Sale) 52.67; 4 E Betts (TVH) 53.05; 5 Griffin 54.12; 6 Beaumont 56.55; 7 G Holmes (Liv) 57.94; 8 L Cowan (SB) 58.84. **B:** 1 T Gwynn (Bir) 52.75; 2 G Gray (TVH) 53.95; 3 Dunson 53.98; 4 White 54.12; 5 Elias 54.88; 6 Wells 56.16; 7 Brown 56.51; 8 Hughes 63.12

**HJ:** 1 T Peacock (Liv) 2.15; 2 C Bent (SB) 2.15; 3eq I Gidley (Sale)/M Huggins (TVH) 2.00; 5 M Perry (Car) 2.00; 6 S Shirley (Bel) 2.00; 7 I Barrett (Bir) 1.90; 8 R Neil (Har) 1.80. **B:** 1 I Holliday (SB) 2.05; 2 J Massey (Liv) 2.05; 3 Tatham 1.85; 4 I Onuara (Har) 1.70; 5eq M Barber (Bir)/E Jones (Card) 1.60

**PV:** 1 M Edwards (Bel) 5.40 (5.20xxx),

5.30o, 5.40o, 5.50xxx); 2 K Hughes (Har) 5.30; 3 N Winter (SB) 5.20; 4 A Ashurst (Sale) 5.10; 5 M Grant (TVH) 4.80; 6 E Jones (Car) 4.60; 7 P Hourihan (Liv) 3.80. **B:** 1 I Tullett (Bel) 5.20; 2 N Young (SB) 4.80; 3 M Johnson (Har) 4.80; 4 D Pearce (Sale) 4.80; 5 M Hodgkinson (Bir) 4.60; 6 N Pritchard (Card) 4.20; 7 M Hatton (TVH) 3.80

**LJ:** 1 S Phillips (Bir) 7.65/+3.9; 2 O Onurak (SB) 7.43/-0.5; 3 M Ogbeta (Sale) 7.11/-0.8; 4 L Edwards (Car) 6.89/+3.4; 5 J Munroe (TVH) 6.83/+2.3; 6 Shirley 6.83/+3.2; 7 I Onuora (Har) 6.80/+2.5; 8 Laing 6.68/+3.1. **B:** 1 S Faulkner (Bir) 7.50/+2.4; 2 I Simpson (Sale) 6.98/+2.3; 3 C Cotter (SB) 6.77/+1.7; 4 M Brown (Har) 6.44/+3.9; 5 P Hourihan (Liv) 6.35/+3.4; 6 C Charles (TVH) 6.18/+2.9

**TJ:** 1 T Eregbogbo (Bir) 15.91/+1.7; 2 C Charles (TVH) 15.24/+4.5; 3 K Ible (SB) 14.77/+0.5; 4 J Hilton (Sale) 14.71/+3.2; 5 P Idowu (Bel) 14.64/+2.1; 6 M Brown (Har) 14.61/+3.0; 7 E Brunton 12.78/+4.5; 8 I Roberts (Car) 12.33/+3.4. **B:** 1 J Wallis (Bir) 14.61/+0.8; 2 R Cameron (TVH) 14.57/+2.0; 3 E Clarke (SB) 14.25/+3.1; 4 M Ogbeta (Sale) 14.06/+1.3; 5 D Browne (Bel) 13.84/+2.3; 6 Onuora (Har) 12.89/+3.2; 7 L Edwards (Card) 12.20/+2.2; 8 S Gee (Liv) 11.80/+0.6

**SP:** 1 S Pickering (Har) 19.23 (18.22, 18.83, 19.07, 19.23, x, 18.66); 2 L Newman (Bir) 16.59; 3 Whyte 15.49; 4 R Russell (Sale) 15.24; 5 J Muirhead (Liv) 14.73; 6 C Jennings (Bir) 14.50; 7 N Thompson (SB) 13.36; 8 G Gilbert (Card) 12.33. **B:** 1 D Callaway (Har) 16.65; 2 M Symonds (TVH) 14.54; 3 J Clare (Sale) 14.05; 4 K Brown (Bel) 13.93; 5 P Charvett (Bir) 13.58; 6 Laing 12.29; 7 J South (SB) 11.83; 8 J Walters (Car) 10.49

**DT:** 1 R Weir (Bir) 57.46 (52.64, 57.46, 57.24, x, 54.64, 55.42); 2 Brown 54.96; 3 Thompson 51.04; 4 Pickering 50.80; 5 Symonds 48.54; 6 Muirhead 48.20; 7 Clare 46.94; 8 Gilbert 43.42. **B:** 1 D Morris (Bel) 48.14; 2 N Woolcott (Har) 47.40; 3 Russell 46.80; 4 S Hayes (TVH) 45.62; 5 South 45.42; 6 A Knott (Bir) 40.48; 7 M Holmes (Liv) 40.48; 8 Walters 31.52

**HT:** 1 M Jones (SB) 71.66 (65.74, 71.66, x, 59.36, 68.18, 70.56); 2 D Smith (Bel) 71.26; 3 W Beauchamp (TVH) 62.30; 4 S Pearson (Sale) 61.16; 5 Weir 60.28; 6 R Earle (Har) 58.18; 7 R Blight (Card) 43.38; 8 L Steers (Liv) 39.94. **B:** 1 Spivey 63.08; 2 M Floyd (Sale) 58.86; 3 Whyte 57.70; 4 P Barnard (Bir) 57.40; 5 S Bown (Har) 55.60; 6 S Spratley (SB) 52.34; 7 Holmes 35.74; 8 Walters 25.16

**JT:** 1 N Nieland (SB) 75.76 (67.64, 71.82, x, 67.76, 75.76, x); 2 N Bevan (Bel) 68.76; 3 M Roberson (Har) 66.44; 4 D MacDonald (TVH) 59.52; 5 P Johnson (Liv) 52.98; 6 A Gidley (Sale) 52.98; 7 S Greening (Bir) 48.40; 8 L Antoniazzi (Car) 48.40. **B:** 1 T Smith (SB) 64.92; 2 A Hatton (Har) 57.70; 3 Shirley 56.12; 4 L Houslin (TVH) 54.88; 5 Laing 54.74; 6 J Menhenitt (Bir) 50.44; 7 M Lewis (Card) 43.46; 8 N Pritchard (Car) 43.46

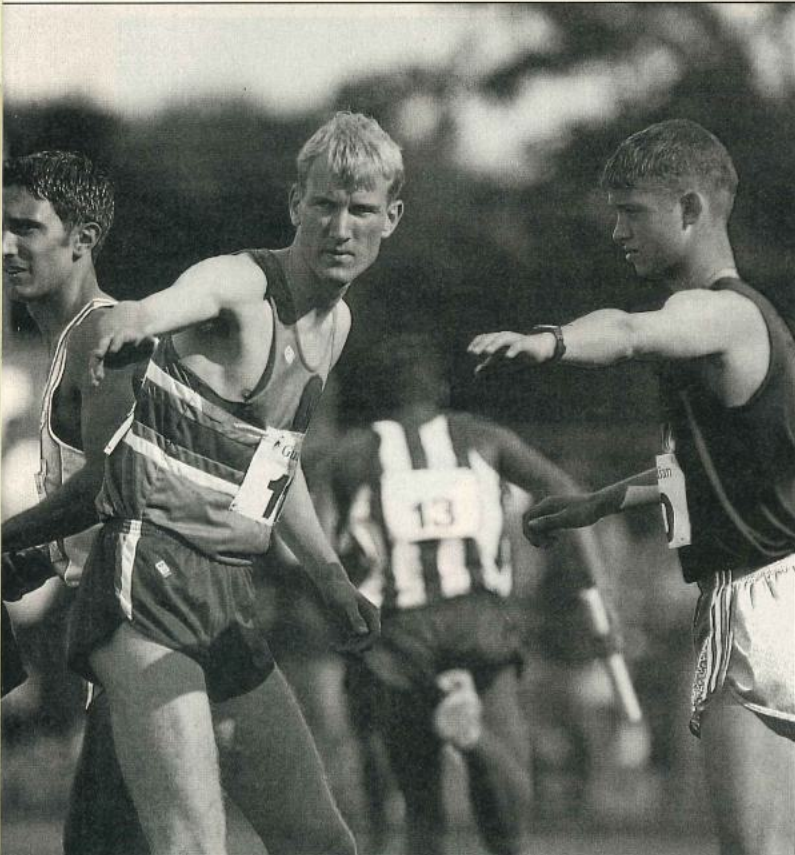
**4x100:** 1 Thames Valley H 40.52 (Joyce, McCourt, Edmunds, Turay); 2 Haringey 40.64; 3 Belgrave 40.75; 4 Shaftesbury Barnet 41.48; 5 Birchfield 41.49; 6 Sale 41.49; 7 Cardiff 42.02; 8 Liverpool 44.28

**4x400:** 1 Thames Valley H 3:14.9 (Betts, Gray, Bentham, McCourt); 2 Birchfield 3:18.61; 3 Belgrave 3:18.90; 4 Shaftesbury Barnet 3:24.01; 5 Cardiff 3:24.31; 6 Sale 3:27.22; 7 Haringey 3:27.87; 8 Liverpool 3:30.30

**MAN OF THE MATCH:** Michael Jones (SB) Hammer

**POSITIONS AFTER TWO MATCHES:** 1 Birchfield 14 (610.5); 2 Belgrave 13 (649); 3 Sale 12 (641); 4 Thames Valley H 12 (597); 5 Shaftesbury Barnet 8 (541); 6 Cardiff 6 (463.5); 7 Haringey 4 (454); 8 Liverpool 3 (397)

**WHEELCHAIR GRAND PRIX**  
**100/200/400:** 1 H Lahmar (Har) 17.0/31.90/62.09; 2 M Conway (Liv) 17.9/32.96/63.29; 3 N Jarvis (SB, W) 19.7/36.30/67.46; 4 J Miekle (Bir, W) 19.4/37.66/72.89; 5 J Hanks (Bel) 19.2/37.58/73.28; 6 D Ford (TVH) 21.2/42.04/79.17; 7 C Rattenbury (Sale) 23.4/47.98/88.08



Anxious moments: the 400m relay men wait for their turn

In the A race Jason John helped Birchfield gain a mass of points as he headed Condon with Southern champion Cypren Edmunds struggling home in sixth place.

The shot saw Olympic qualifier Shaun Pickering dominate to finish well clear of an injured Lee Newman. Pickering was more than pleased with his first four efforts and said: "I lost it on the final throws. I went for the big one on the fifth and it went wrong and the technique was faulty on the sixth."

Newman, using a standing throw for most of the competition after injuring his back in training on Friday, said: "If I was fit I reckon Shaun would have been pushed out to 20-plus."

A close contender for man of the match must have been Paul Hibbert, winner of the Midland title for the fourth

time last week, who clocked a best-ever time, at the age of 31, in the 400m hurdles, easily defeating Southern champion Lawrence Lynch in the process.

According to Birchfield team manager Dave Lawrence, Hibbert is one of the older members of the club.

Winning a Division One match for the first time for some years, he said at the conclusion of a successful afternoon, "This is a young team. Five-sixths of our squad are less than 25 years old and we have more promising youngsters coming along."

The league is still wide open with Belgrave a point behind Birchfield, and Sale and Thames Valley just one further point in arrears.

Six times former champions Haringey have hauled themselves away from the foot of the table to be replaced by Liverpool.

# The heart

**G**LYNN TROMANS will not be going to the Securicor AAA

Championships/Olympic Trials just up the M6 from his Coventry home this weekend.

"It would be too frustrating to only be able to watch," says the college lecturer who had hoped to compete in the 5000 metres – until he suddenly found that, instead, he would be recovering from heart operations.

His problem took well over a year to diagnose – a year in which he never lost hope that he would overcome the unknown illness which was literally stopping him in his tracks.

Now, after two operations, he says: "I have been inundated with phone calls from athletes, officials etc and when this is added to the support of my partner, Lisa, my family and my coach David Dix, I cannot help but come back a stronger athlete."

He describes his progress report as "long winded". Others – like Barbara Boylan, the Welsh athlete who had a similar worry – will call it inspirational.

As Tromans says: "It shows the difficulty of diagnosis, the frustrations – but hopefully has a happy ending."

This, then, is the Glynn Tromans story ...

Prior to March 1995 I had suffered five attacks dating back to 1992 when I was doing a masters degree at Loughborough University. It was so infrequent I did not bother to seek medical advice.

**March 2 1995:** Attack (thought at the time to be asthma) forces me out of the World Cross Country Trials while I am in a qualifying position. One week later I finish fourth in the National

**'I run along without any problems. Then suddenly my heart is pounding like a drum, I get tightness in my chest, immediate fatigue and I am forced to stop. It is very sudden and I can do nothing about it'**

Glynn Tromans has kept virtually a 'training diary' of his heart palpitations and tachycardia. Judging by the reaction to stories *Athletics Weekly* has used about him over the last few months, it could help and inspire scores of other athletes

Cross Country Championships.

**March 13 1995:** Physiological testing at the British Olympic Medical Centre includes a negative test for asthma. Possible diagnosis: stridor (the opposite condition to asthma).

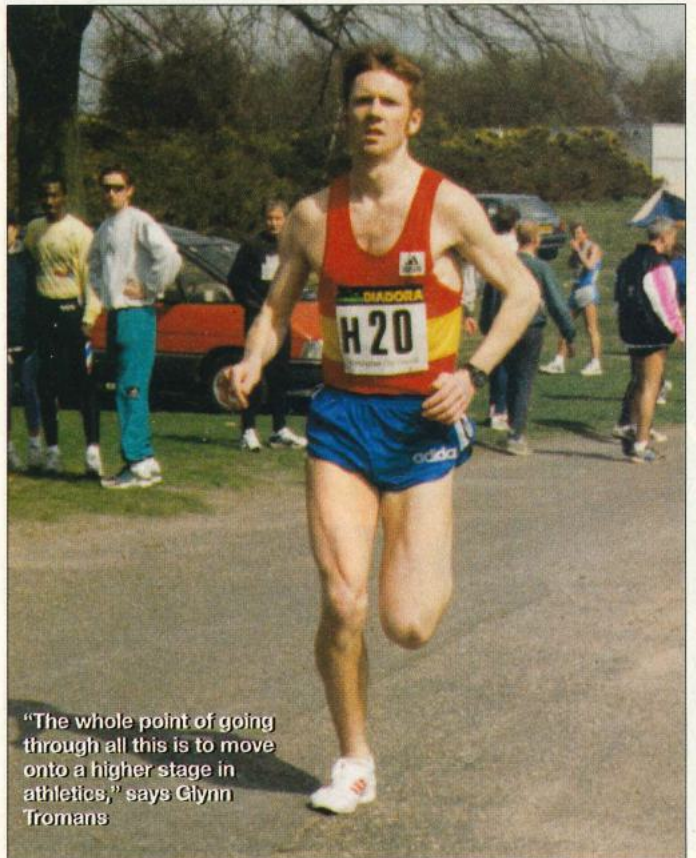
No further action is taken and for a while no further attacks follow. Racing goes exceptionally well and I believe I could make the British team for the World Championships 5000 metres. **June 10 1995:** Attack while training on the track with Darius Burrows.

Over the next seven weeks I suffer a further 20 attacks and I am eventually forced to abandon the track season on August 5.

The symptoms of these attacks are described in my training diary as:

"I run along without any problems. Then suddenly my heart is pounding like a drum, I get tightness in my chest, immediate fatigue and I am forced to stop. It is very sudden and I can do nothing about it. It is completely unpredictable and I am starting to get completely p\*\*\*\*d off."

The attacks come in all weathers, on all surfaces, during warm-ups, warm downs, track sessions, long runs, fast runs, morning runs, at the start of runs, at the end of runs and during races.



"The whole point of going through all this is to move onto a higher stage in athletics," says Glynn Tromans

There is not a pattern.

Several visits to the Midland Asthma and Allergy Research Centre suggest my problem is due to allergies to house dust mites and pollen. Steps are taken to eradicate dust mites, the pollen season is over and I am using an inhaler.

The attacks continue when I resume training but are less frequent during early winter 1995 (six attacks in three months).

**November 10:** Polar supply me with a heart rate monitor/sports tester. This allows me to gather evidence and record what happens during these attacks, although a virus then keeps me out of action until mid-January 1996. In the first six weeks of training after the virus, I suffer 10 attacks.

Heart rate can be seen to rise from levels of 140 on a steady run to 190 within a couple of seconds. On a track session it will rise from around 180 to 200 within a

couple of seconds. The problem clearly appears to be with my heart, not my lungs.

The attacks continue and become more regular (average two per week). **February 23 1996:** I ring the English Cross Country Association doctor, Frank Newton, explaining symptoms and evidence gained on Polar tester.

Dr Newton immediately diagnoses tachycardia, suggests I see a cardiologist, and gets on the phone to make inquiries and generally rush things along. I should also go back to the British Olympic Medical Centre to see Bruce Davies.

**March 13:** I have an electrocardiograph at BOMC, undergo and complete the Bruce Protocol (a treadmill test to induce tachycardia) but do not suffer any problems. Super-ventricular tachycardia is the unconfirmed diagnosis.

**March 16:** I resume racing





# Track Chat



by Paul Larkins & Elaine Dunn

All the news, gossip, facts and figures from around the track

## Championship best

**T**HIS year's Securicor AAA Championships will, without a doubt, be the best ever with all Britain's best putting their reputations on the line in a bid to make the trip to Atlanta.

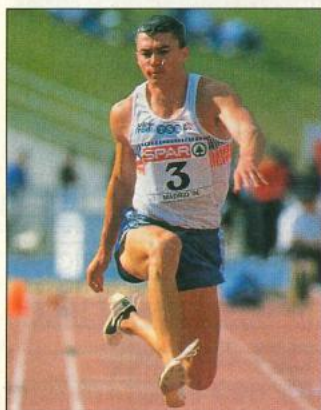
The British Athletic Federation has stated that any athlete who wishes to be considered for the team at the Atlanta Olympics must compete in their own event.

In the past athletes have just had to compete in the championships but, following one or two much-publicised incidents arising from last year's event the selectors changed the policy and forced athletes to compete in their specialist event, with the first two gaining automatic selection providing they have met the qualifying standard.

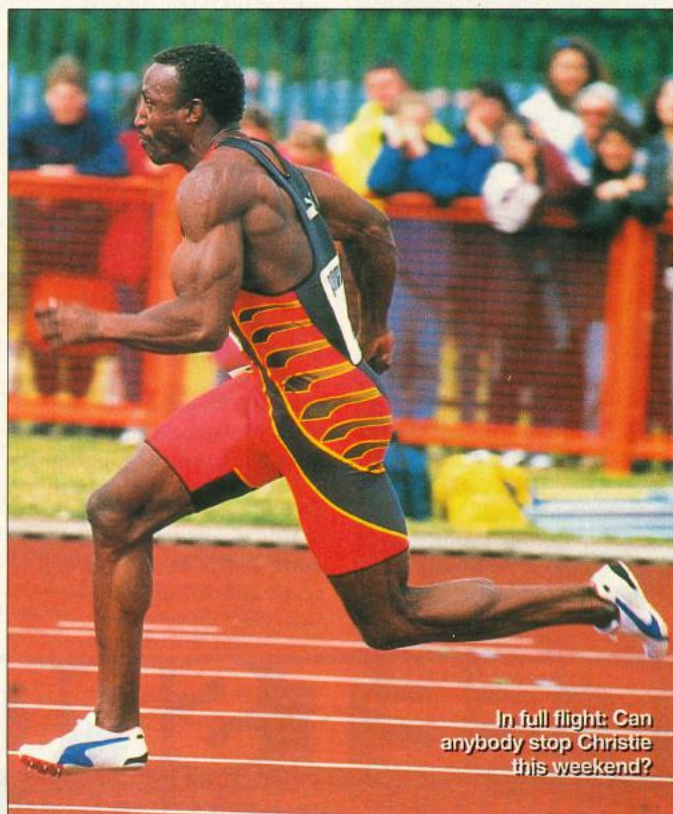
Sadly, triple jump world record-holder Jonathan Edwards, who has knee and heel injuries, is a non-starter at Birmingham; while javelin thrower Steve Backley and long-term absentee Yvonne Murray will also be sidelined (our AAAs chart on pages 44-45 was compiled before the Edwards and Murray information was known).

The event of this three-day meeting will be the men's 400m, with eight athletes below the 45.84 qualifying mark with just three individual places up for grabs.

Leading the eight is Iwan



Injured: Edwards misses the trial



In full flight: Can anybody stop Christie this weekend?

Thomas, who has made huge improvements this season, including a 44.66 in Johannesburg on April 14 – just 0.19sec short of David Grindley's British record.

Five times European Cup gold medal winner Roger Black is also in cracking form and has already defeated Thomas this year and has a season's best of 44.77 set in Eugene on May 26.

Defending AAAs champion Mark Richardson, fifth in the World Championship in Gothenburg, has a season's best of 45.42, while British record-holder Grindley returned from injury to beat Richardson in Dijon in May.

European indoor and outdoor champion Du'aïne Ladejo has a season's best of 45.56 but appeared to have lost a little of his sparkle in the European Cup in Madrid.

Jamie Baulch, who made a significant impression at the close of last season when he

beat Black at Gateshead, has a 45.66 best this season, while club-mates Adrian Patrick and Mark Hylton have season's bests of 46.29 and 46.39 respectively.

If that isn't enough to get the public flocking to Alexander Stadium then perhaps the 200m will. There are 12 athletes who have already beaten the 20.84 qualifying mark and Birmingham has only eight lanes, making the semi-finals on Sunday afternoon two of the most keenly contested races of the weekend.

The men's 400m hurdles is another event which has suddenly come to life. Jon Ridgeon – enjoying competing again after four Achilles operations – is clear favourite but the return of Gary Cadogen, Lawrence Lynch and Gary Jennings has left Peter Crampton, Britain's No.1 and most consistent hurdler in recent years,

### Armchair Athlete

**Friday June 14:** BBC1 10.20–11.50pm Euro 96. Highlights of the men's and women's 10,000m finals will follow the Euro 96 football matches.

**Saturday June 15:** BBC1 12.20–5.50pm Grandstand. Highlights of the days events will be shown before and after the England v Scotland football match.

**Sunday June 16:** BBC2 12.30–8.00pm Sunday Grandstand. Highlights featuring some of the 20-plus finals that will be decided today.

wondering what more he has to do to get to Atlanta.

British men's shot putting appears to be enjoying a revival with Shaun Pickering, who has given up a well-paid job to give himself every chance of making it to Atlanta (see story on these pages), the only real qualifier. Mark Proctor is reported to have thrown 19.67 at Tooting Bec on June 2 but this result has yet to be validated.

Kelly Holmes intends to compete in both the 800 and 1500 metres, allowing her the chance of doubling up in Atlanta should she choose. There is no-one to touch her in the metric mile although Diane Modahl could run her close in the shorter race.

This will only be Sally Gunnell's second AAAs over 400m hurdles, she normally tests her speed over the short event, and the last time she ran the full lap at the AAAs was in 1988.

Judy Oakes should claim her 37th national title on Sunday – her 14th outdoor crown – thus setting an all-time record for the number of wins in a single event, beating the record set by Denis Horgen 80 years ago.

● see page 44 for our one-two-three predictions.

## SECURICOR AAA CHAMPIONSHIP TIMETABLE

(as at June 6)

### Friday June 14

#### Track

17.30 100m heats Women  
17.55 100m heats Men  
18.20 10,000m Final Women  
10.15 400m heats Men  
19.45 10,000m Final Men  
20.25 800m heats Women  
20.50 800m heats Men  
21.25 3000 school heats Men

#### Field

17.30 Hammer qual Women  
18.00 Long jump qual Men  
20.00 Triple jump qual Men

### Saturday June 15

#### Track

12.30 400H heats Women  
13.00 110H heats Men

13.30 400m semi-final Men  
13.40 800m Final Women  
13.50 100m semi-final Men  
14.00 1500m heats Men  
14.30 10km Walk Final Men  
15.50 100m semi-final Women  
15.45 400H heats Men  
16.10 800m semi-final Men  
16.25 5km Walk Final Women  
17.00 1500m heats Women  
17.20 100m Final Women  
17.30 100m Final Men  
17.40 110H Final Men  
17.50 400m heats Women  
18.10 400H semi-final Men  
18.25 200m heats Men  
18.50 200m heats Women

#### Field

11.00 Hammer qual Men  
12.30 Long jump Final Men

12.30 Discus Final Women  
14.00 Pole vault Women  
14.00 Hammer Final Women  
15.15 Discus Final Men  
15.30 High jump Final Women  
16.45 Triple jump Final Men  
16.45 Javelin Final Men  
17.15 Shot Final Men

### Sunday June 16

#### Track

14.10 100H heats Women  
14.40 3000m school Final Men  
14.55 200m semi-final Men  
15.15 200m semi-final Women  
15.30 400H Final Men  
15.40 5000m Final Women  
16.00 400m Final Women  
16.10 800m Final Men  
16.20 1500m Final Women

16.30 1500m Final Men  
16.40 100H Final Women  
16.50 200m Final Men  
17.00 200m Final Women  
17.10 5000m Final Men  
17.30 400H Final Women  
17.40 400m Final Men

#### Field

12.30 Hammer Final Men  
13.30 Pole vault Final Men  
14.00 Triple jump Final Women  
15.00 Shot Final Women  
15.30 Long jump Final Women  
15.30 High jump Final Men  
16.00 Javelin Final Women

### TICKET BOX OFFICE:

Telephone 0121-3444800.  
Get your order in early to avoid disappointment.

## PLACE CHASE - BRITISH FORM GUIDE

THESE are the Britons who have already achieved the Olympic qualifying standard, which must be attained between January 1 1995 and July 16 1996, including indoor marks. Those marked with an asterisk achieved the standard in 1996. Figures in brackets are the IAAF A standard electric and hand timing. These marks are up to June 6.

### Men

#### 100 (10.34/10.1)

Linford Christie\*, Darren Braithwaite\*, Jason John, Mike Rosswess, Julian Golding, Toby Box, John Regis, Jason Gardener, Darren Campbell\*

#### 200 (20.84/20.6)

Christie, Regis\*, Braithwaite, Solomon Wariso, Tony Barrett, Owusu Dako, Golding, Doug Turner, Box, Doug Walker\*, Paul White\*, Roger Black\*

#### 400 (45.84/45.7)

Black\*, Mark Richardson\*, Jamie Baulch\*, Adrian Patrick, Mark Hylton, Du'aine Ladejo\*, Iwan Thomas\*, David Grindley\*

#### 800 (1:46.5)

David Strang\*, Curtis Robb

#### 1500 (3:38.0)

John Mayock, Gary Lough, Kevin McKay, Rob Denmark, Tony Whiteman\*

#### 5000 (13:29.0)

Rob Denmark, John Nuttall\*, Adrian Passey, Paul Evans, Keith Cullen\*

#### 10,000 (28:10.0)

Paul Evans, John Nuttall, Jon Brown, Ian Robinson\*

#### 110H (13.84/13.6)

Tony Jarrett\*, Colin Jackson\*, Neil Owen, Andy Tulloch\*, Lloyd Cowan, Paul Gray\*

#### 400H (50.4/49.9)

Peter Crampton\*, Gary Cadogan, Gary Jennings, Jon Ridgeon\*

#### 3000SC (8:30.0)

Tom Hanlon, Spencer Duval, Justin Chaston\*, Cullen

#### HJ (2.27)

Dalton Grant\*, Steve Smith\*, Brendan Reilly

#### PV (5.60)

Nick Buckfield, Neil Winter

#### LJ (8.00)

#### B (7.90)

Fred Salle (indoor)

#### TJ (16.85)

Jonathan Edwards\*, Francis Agyepong\*

#### SP (19.50)

Shaun Pickering\*

#### B (19.00)

#### DT (62.00)

Bob Weir\*, Glen Smith\*

#### HT (74.00)

David Smith\*

#### B (70.00)

#### JT (80.00)

Steve Backley, Mick Hill, Colin Mackenzie\*

#### Dec (7950)

Alex Kruger

### Women

#### 100 (11.44/11.2)

Stephanie Douglas, Paula Thomas, Simone Jacobs

#### 200 (23.24/23.0)

Thomas, Jacobs\*, Katharine Merry\*

#### 400 (52.34/52.2)

Melanie Neef, Donna Fraser

#### 800 (2:01.0)

Kelly Holmes\*, Diane Modahl\*

#### 1500 (4:10.0)

Holmes\*, Yvonne Murray, Alison Wyeth,

Paula Radcliffe

#### 5000 (15:45.0)

Radcliffe, Murray, Liz McColgan, Wyeth, Jill Hunter, Sonia McGeorge\*

#### 10,000 (32:30.0)

McColgan, Murray, Hunter

#### 100H (13.14/12.9)

Jacqui Agyepong, Angela Thorp\*

#### 400H (46.14/56.0)

Sally Gunnell\*

#### B (57.14/57.0)

Jacqui Parker, Louise Fraser

#### HJ (1.92)

#### B (1.87)

Debbie Marti (i), Lea Haggett, Julia Bennett, Michelle Dunkley, Rachael Forrest

#### LJ (6.55)

Denise Lewis\*

#### B (6.40)

#### TJ (13.75)

Ashia Hansen\*, Michelle Griffith\*

#### SP (18.00)

Judy Oakes\*

#### DT (60.00)

Jacqui McKernan\*

#### B (57.00)

#### JT (60.00)

Tessa Sanderson\*

#### B (57.00)

#### Hept (6000)

Denise Lewis\*

### Athletes already selected

#### Men

**Marathon:** Peter Whitehead, Richard Nerurkar, Paul Evans

**50kmWalk:** Chris Maddocks

#### Women

**Marathon:** Liz McColgan, Suzanne Rigg, Karen MacLeod

**10kmWalk:** Vicky Lupton



Denmark: Looking for a fast pace at the trial

## Learning curve for Denmark

LESS races, better results – that's Commonwealth 5000m champion Rob Denmark's aim this year, writes Bob Frank.

The European silver medallist was due to open his track season in Nuremberg, Germany, on Friday before his AAA title defence this weekend.

Denmark's only competitive outings since his World Cross Country Championships debut in South Africa have

been on the road, with a British best of 13:30 to win the Dublin 5km and a 29:03 10km clocking in Prague.

But he says: "I've been training hard. Last week was the first for ages I've run less than 100 miles so I may be a bit heavy-legged. I'm not expecting instant results. Hopefully my base will see me through this year."

"I think the trial will probably be slow and messy,

like last year when I smacked the Kenyan (Denmark almost dropped out due to African rough tactics), but I'd prefer a faster race. At least there're only British athletes this year.

"After the trial, I'll probably only do two or three races. I'm running the 1500m in Gateshead and the 3000m in London and obviously the Olympics is my main aim when I'll need to be in the best shape of my life."

## Lough gets his tonic

FEW athletes were more distraught in Madrid than Gary Lough.

The Irishman trailed in eighth in the European Cup 3000 metres, wondering what on earth was wrong, only a few days after tests proved there was no physical reason why he shouldn't be on top form.

But BAF chief coach Malcolm Arnold singled him out for

special praise, after criticising athletes who, he said, gave up the chance to represent their country, claiming injury, only to shrug off the problem to compete again within a few days.

Arnold added: "Gary Lough's a 1500 metres runner.

"Through his patriotism, he ran an event that was not his to help out the team."

## Pickering sacrifice

NOBODY will be more proud to represent Britain in the Olympic Games than shot putter Shaun Pickering – assuming he is selected next Sunday night, of course.

The 33-year-old gave up a highly-paid job in computing to devote himself to the training required make certain he'd make the

standard Atlanta demands.

But he gives an indication of the sacrifices British heavyweights have to make when he lists his clubs as Haringey/ACC Amsterdam.

"It's easier to train in Holland," explains Pickering. "The facilities in Britain are awful, particularly for weight training."

# Gardener digging deep for fitness

JASON GARDENER'S Olympic hopes are hanging in the balance.

The outstanding 20-year-old Bath sprinter has been struck by a back injury which has led to sciatica, writes Kevin Fahey.

The injury had already forced him to miss the European Cup, for which he had been selected in the sprint relay squad, and now he's in a race against time to make the Olympic trials at Birmingham this weekend.

"There's a lot of inflammation in the spine causing a bulging disc. It is putting pressure on the nerve which I can feel right down my leg," explained Gardener.

"It will take a bit of time to sort out and we are looking to possibly having a couple of injections and a scan.

"I have been told it might take a month or two to properly sort out, but I need to run in the Trials to qualify for the Olympics. That's the problem."

The injury is the latest setback in a year of problems



In balance: Sprinter Jason Gardener (No.26) hopes to make the trial for Gardener.

Having run an outstanding 6.55sec for 60 metres indoors, the fastest in Europe at the time, he failed to impress in the European Indoor Championships in Stockholm last March after false-starting for the first time in his career.

The Bath student was then hit by tonsillitis while training in Portugal before suffering the latest injury.

"I'm feeling a little bit down," said Gardener. "Two

months ago I was in good shape and there were no problems, but now I've struck a few barriers.

"But you've got to learn to take the ups and downs in athletics.

"If I have to sacrifice the Trials and Olympics this year, then do better in four years' time, that's the way it's got to be.

"But I will be really disappointed if I don't make the Trials."

## Whiteman sets Hong Kong record

ANTHONY WHITEMAN had a far better result on his trip to Hong Kong than did Terry Venables' England football squad recently.

Where England's best scraped a 1-0 win over a local club side, the much-travelled 24-year-old 1500 metres silver medallist in the European

Indoor Championships became the first man to run a sub-four-minute mile in Hong Kong when he clocked 3:59.44 at the end of last year.

Not surprisingly he equates the chase for an Olympic 1500 metres place with a plane journey. And after his third place in the European

Cup Final, he reckons: "I've reserved a seat but I haven't checked in yet.

"I'm very confident about the Trials. The race in Madrid was very good preparation for the AAAs final.

"Someone will have to steal my place on that plane rather than me throw it away."

### TRACK SHORTS

■ IAN GILLESPIE took full advantage of his first opportunity of world class competition this season to run 13:40.66 and smash his 5000m personal best in the IAAF Grand Prix meeting at St Denis in Paris.

■ NEATH Harriers and AC will celebrate the opening of their track at Neath Sports Centre with a meeting on Wednesday June 19 starting at 6pm. It will cost £1 per event and entries will be taken on the night.

■ JANE FLEMING has given up any hope of making the Olympic Games due to persistent injury but still plans to compete in the Kuala Lumpur Commonwealth Games.

■ BILL KINGSBURY, coach to Welsh shot record-holder Louise Finlay, asks what's the U13 girls' best for shot putt? It's 12.20m.

■ Backley challenge results: Shropshire: M Peleszok 42m/K Manley 23m; Avon: S Semley 35m/S Alred 26m; Bedfordshire: O Matthews 42m/S Wallace-Lake 30m; Sandwell: G Cross 36m/C Bastable 19m; Somerset: A Roswell 36.50m/E Jacobs 23.50m.

■ ENTRIES for the Eastern AA Championships on Saturday July 6 at Luton should go to Geoff Davis, 14 Earlswood, Orton Brimbles, Peterborough PE2 5UG; telephone 01733-239737. Closing date is Saturday.

■ ANYONE interested in competing in the next event of the Post Office Counters BMC South West Grand Prix – the Roger Bannister Mile and women's 1500m at the Bath University track on Wednesday June 19 are advised to contact organiser Mike Down at 0117-9733407 as soon as possible as there are limited spaces available.

# Next gravy train is ready to roll

By Trevor Frecknall

THE drama of the Securicor AAA Championships could lead British athletics towards riches for the rest of this century.

Officials of the British Athletic Federation are confident the head-to-head confrontations, in front of large crowds, at Birmingham's Alexander Stadium will help the sport land a major new TV deal.

And that would lead to sponsorship packages which should ensure the sport's prosperity into the

next millenium – when the momentum will be aided by Manchester hosting the Commonwealth Games.

But Saturday and Sunday in Birmingham hold the key.

And a BAF spokesman was delighted to report this week: "We are anticipating full houses on both the main days of the championships. We can't get numbers out of the ticket sellers because they are too busy.

"The Main Stand is completely sold out and the Nelson Stand has only

fringe seats left – which shows how people respond to meaningful competition.

"While the IAAF is increasing the number of Grand Prix meetings, there is a school of thought that those competitions are losing their attractiveness. Because these championships are make or break for so many athletes, the public is responding."

While the Birmingham action is on BBC TV, the ITV contract with the BAF ends on December 31.

And BAF is discussing the next TV contract with all channels – knowing an exciting Championships will strengthen its hand after rows between administrators and top athletics clouded last summer's action.

The BAF is also acutely aware that harmony must prevail this season.

"Image" was on the agenda of last weekend's BAF Council meeting.

The message was: "We must present a young and dynamic sport to the public and the media."

## Reilly is out until August

FORMER Inter-Counties' high jump champion Brendan Reilly went under the surgeon's knife for the second time in four months last week.

The Belgrave athlete had an operation to remove a blood clot which developed following surgery for a snapped Achilles tendon.

He will miss the Olympic Trials this weekend but hopes to be back by the end of the season.

Reilly was due to have the stitches removed on Saturday and says: "I can't walk on it at the moment but I'm doing weight training to keep fit. There are a couple of internationals in August which I hope to be back for. But with two operations my body has taken a whack and I'm getting tired quite easily."



Lorraine Shaw: battling against back injury

## Agony time for hammer pair

BRITISH hammer record-holder Lorraine Shaw will miss the Securicor AAA Championships after aggravating a back injury.

The 28-year-old first suffered the injury after the opening UK Women's League fixture and has since been on the treatment table several times after making it worse.

Before her problems, she was fifth in the world

lists for this season.

Coach Alan Bertram says: "She's had a really good winter but after two or three sessions she'll be back throwing 60 metres without a problem.

"But so far it hasn't improved. If anything it's got worse. It's frustrating and it's distressing when she can't compete because that's why you do all the training."

Another GB hammer thrower struggling is Peter Vivian, who has only competed once in this country since returning from Australia.

The Thames Valley Harrier has lost around 7kg following gastric 'flu. A recent BAF screening also revealed a potential liver problem. He hopes to compete this weekend, though.

## We've got far too many endurance runners!

BRITAIN has more ambitious endurance runners than can be fitted into this weekend's AAA Champs!

After five hours of scrutiny, organisers rejected eight of the 47 entries for the men's 10,000 metres because they had not run the qualifying time (29 minutes 40 seconds). And although the 5000 metres

standard was reduced from 13:50 to 14:03, 14 of the 37 entries were sent back.

"We have gone through them with a fine toothcomb," said a high-ranking BAF official. "We have fallen over backwards to make sure that people who have qualified to run have got in. But some entrants

seem to have claimed some pretty fantastic times that cannot be confirmed by our statistician."

And he had surprising news for youngsters hoping to obtain a World Junior Championships qualifying time in the 10,000 metres.

He said: "We took the juniors out altogether

because, as a policy, we don't send athletes to the 10,000 metres at World Junior Championships."

This will be a dreadful disappointment to one or two junior members of this year's GB team at the World Cross Country Championships, who were hoping the AAA would put on a B race for them.

### IN BRIEF

#### BMC BATH MEET

ANY athletes interested in competing in the next event of the Post Office Counters BMC South West Grand Prix/Roger Bannister Mile and women's 1500 metres at Bath University track on Wednesday June 19 should contact organiser Mike Down on 0117-9733407 as soon as possible as limited spaces are available. There is also a BMC U20/U17 men's 1500 metres race.

#### STEVENS DRAMA

BARBARA STEVENS, the 40-year-old Redhill Road Runner who has won the Robin Hood and Taunton Marathons in the last year, is recovering from two life-saving operations. She was rushed into hospital with a bowel blockage a month ago and said last week: "I think I'm still in trauma. But I'd like to thank all of the people from the sport who have sent me good wishes."

#### NEW ADDRESS

MIKE HARRIS of BMC and Trafford AC has a new address: Flat 9, Heald Green House, Irvine Drive, Mossnook, Manchester M22 5LS.

# Changes planned to boost European Cup

By Trevor Frecknall

BIG changes are in the pipeline for the European Cup Super League – to save it from extinction.

The European Athletic Association is poised to react radically to the showpiece final attracting pathetically small crowds and TV companies insisting on slicker event presentation.

Aware the recent two-day event in Madrid caught the imagination of neither live nor view-

ing public, EAA president Carl-Olaf Homen said: "Many people have asked: 'Are there not already too many international competitions? Do we need the cup final each year?' Yes, we do. It was voted for by 39 of our 40 countries.

"There is a need for at least one team competition each year. There are more than enough individual competitions.

"Team competition is the only way the national federations are forced to do something for their

weaker events and for team spirit. It is important for the athletes, most of whom do not get invitations to the Grand Prix competitions."

To try to boost attendances, the EAA Council meeting in October in Ireland will be asked to change the rules to allow host nations to compete in both the men's and women's competitions irrespective of whether they have actually qualified for Super League.

To play safe, the EAA has already decided the

1997 final will be in Munich with the 1998 meeting in St Petersburg – the theory being Germany and Russia are unlikely to be relegated.

The Munich match will also feature only four trials for throwers and horizontal jumpers as an experiment, having been deferred this year after objections from coaches.

To cater for extra field events in Madrid, the men's hammer had the near-deserted stage to itself for one and three-quarter hours, after

which the men's discus and women's long jump began 70 minutes before the track programme.

In contrast, the men's pole vault and women's high jump began in the same segment at the same time, with competitors criss-crossing each other's paths on their run-ups.

Next year's experiment will determine whether future finals have elongated time-tables or four trials – unless experts can come up with a compromise.

## SARAH TO RESCUE

CARING Guide Sarah Parker acted swiftly when she heard about the plight of the Children of Chernobyl.

She launched a fun run for them, to coincide with some of the Ukrainian children taking a holiday in Lancashire.

Sarah, a 12-year-old member of the 17th Rochdale Guides, said: "I was saddened when I heard about the illnesses caused to the children as a result of that terrible nuclear explosion of April 1986.

"Some of these children are to holiday in Littleborough so I have got my good friend Andy O'Sullivan to organise a fun run."

The Sarah Parker Run for the Chernobyl Children, from the Wheatsheaf Hotel, Littleborough Square, near Rochdale, will comprise a 5.25 miles road race on August 7 (7.15pm), entry £2 (£3 unattached). And there'll be a 2.5 miles fun run at 6.45pm.

More details from PC 4735 O'Sullivan BEM, Rochdale Police Station, The Holme, Rochdale OL16 1AG.

Picture: Peter Reed



Ann Miller: Happiness is a Lottery windfall for Preston

## Preston party over huge track windfall

NO WONDER Ann Miller looks thrilled as she holds a Lottery cheque for nearly £8 million.

It's not hers – but it's for her baby.

For Mrs Miller has been to the fore of the handful of people who began to campaign for a new track for Preston Harriers in 1990.

Their determination has been rewarded by the biggest grant yet awarded from the Sports Lottery Fund – for a multi-sport development at the new University of Central Lancashire in Preston.

And the track will be one of the first items to be

completed. "Our committee has been quite small – but it shows what sheer determination can do," said Mrs Miller.

"We suffered doubts, despair and often wondered why we fought on. But now it has all been proved worthwhile. Our group of teachers, parents, an architect, coaches and a starter deserve credit for all their hard work.

"And the university folk have done a superb job, developing our original hopes beyond our wildest dreams. They will ensure everything is done to the highest standard to ensure this is a prestige facility."

## Rebels run on as half-marathon disappears

THE death of the Mansfield Half-marathon will not stop a group of runners who have raised thousands of pounds for charities over the last 15 years.

They are planning a 'rebel run' over the 13.1-

mile course on July 7, though the Stars and Stripes Half-marathon has been cancelled by the local council as a cost-cutting exercise.

The 'rebels' – who are raising money for a local hospice – will start when

the gun fires for a 2.5-mile fun run, which the council is happy to continue to organise because administrative costs are minimal with all entries being taken on the day.

The fun run attracted 850 finishers last year –

200 more than the half-marathon.

Most of the half-marathon 'rebels' are members of the local club who took up running after taking part in this annual event to raise money for local charities.

## Britain could benefit from plans for a broader 10,000m competition

ENDURANCE runners could get their own track cup competition now that 10,000 metres races have been removed from the European Cup schedule.

Spain and Portugal have for several years competed in five-a-side 25-lap races.

And both countries believe the competitions – for men and women – have played a significant part in their development as forces in the longer track distances.

Now the EAA is discussing the possibility of extending the idea across Europe, having turned its back on the distance in its Cup competition in the search

for a slicker programme.

Plans for a series of 10,000 metres matches could figure on the agenda for October's Council meeting – and would doubtless be welcomed by athletes such as Andrea Whitcombe, who would welcome more international track experience.

The Parkside athlete has been gathering cross country experience at the highest level for most of this decade, having won the Women's National in 1991.

But the 5000 metres in the European Cup in Madrid came as a shock to her system.

"It was a huge step up

from the kind of track races I'm used to," she said. "If I hadn't been representing my country, I think I'd have stepped off the track long before the end.

"We certainly need more races to get used to the quality in Europe."



Andrea Whitcombe

## Reason for Madrid's unfinished stadium

THE mystery of why the European Cup Super League took place in an unfinished stadium in Madrid is easily explained.

"When we were candidates for the 1997 World Championships, the idea was to finish the stadium for 60,000 spectators," said Spanish Athletic Federation president Jose Maria Odriozola.

"But now, without these championships, the priority has gone."

Once the IAAF confirmed Athens had outbid Madrid for the championships, the Spanish Government refused further funding.

Construction had got only as far as the completion of just one of the planned stands – which looks as if a flying saucer

has sliced into one side of the track.

The back straight and bends are flanked by grassy banks rather than the terracing and seats envisaged in the master plan.

That said, the stand which has been built contains covered training facilities for sprinters, jumpers and throwers of all implements and is therefore guaranteed year-round use.

Ironically, there are now reports that there are "difficulties" over the Greek venue for next year's World Championships.

Athens authorities refused last week to discuss rumours that the IAAF is worried about progress of the facilities to be used.

Long distance minorities teaming up to enjoy Britain's most scenic races

# Walkers' welcome delights trail fans

TRAIL walkers suddenly have lots more races to aim for – thanks to a decision by the Long Distance Walkers' Association.

The LDWA is allowing runners in almost half of their walks – hailed by Trail Runners' Association spokesman John Foden as "an enormous gain for us."

He added: "It doubles the number of events in which we can compete."

To the delight of the TRA, the LWDA even opened its blue riband event to runners, the '100' over the north Yorkshire moors near Settle.

First runner was British ultra marathon international Mike Hartley,

who was clocked at 20 hours 35 minutes over the 102 miles which included 13,600ft of climbs.

"That was a wonderful performance over such difficult terrain," enthused Foden.

Second was Philip Gwilliam (21:38) with George Haines only a few seconds behind

while the leading woman runner, Shirley Hulme, finished in 29:15.

"Considering the last walker took 48 hours, it's an enormous commitment on the part of the LDWA to provide the refreshment stations for such a long period," added Foden. "It goes without saying we are very grateful to them."

## Coventry set for real run around

A SIX-LAP half-marathon is being planned in Coventry on July 7 (10am).

It will be part of Massey Ferguson's 50th anniversary celebrations as tractor manufacturers in the city.

Massey Ferguson AC has police approval to run the

race over a short stretch of the Coventry by-pass which is being closed for the occasion – and for a cycle race on the same morning.

"The police are being very helpful," said the club's secretary, Allan Hemsley.

And he promised there would be plenty of officials to do the lap counting as the race unfolds.

"We were going to use a course from the factory," he added. "But the police couldn't approve of that on risk grounds."

## Laura fastest

**LAURA McCABE (Vale Royal AC) won the U17 women's 800 metres at the Cheshire Championships in 2:12.5 – a CBP by five seconds and, according to all the results submitted to *Athletics Weekly*, the fastest of 'county weekend'.**

## APPOINTMENTS

### WILTS CHANGES

WILTSHIRE AA secretary Geoff Brewer and treasurer Alan Hays have stepped down. The new secretary is Mike White, 61a High Street, Fordingbridge, Hants SP6 1AS (Tel: 01425-657265) while Robert Pridie is now treasurer.

### MANCHESTER AA

FOLLOWING the death of Renee Scott, the new secretary of Greater Manchester AA is Mrs Jean Simpson, 5 Sheaf Field Walk, Radcliffe, Manchester M26 4DD (Tel: 0161-7247928).

### SECRETARIES

**COLLINGWOOD AC:** J Ivers, 9 Wilson Avenue, Mitcham, Surrey CR4 3JL.

**TORBAY AC:** Vernon Jeffery, 60 Bushmead Avenue, Kingkerswell, Newton Abbot, Devon TQ12 5EP (Tel: 01803-873709).

**WESSEX RR:** Mrs Pauline Page, 33 Downlands Way, South Wanstons, Winchester, Hampshire SO21 3HS.  
**YATE & DISTRICT AC:** Hedley F Hance, 49 Cranbourne Road, Patchway, South Gloucestershire BS12 5DZ (Tel: 0117-9760356).



# Cross Talk



Send your news and views to: Trevor Frecknall, *Athletics Weekly*, Bretton Court, Bretton, Peterborough PE3 8DZ

Tales of inspiration from the off-road brigades

## England expects inspiration

STAND BY for another inspirational figure joining the international management scene in the near future.

Dave Clark's successes as the leader of the British men's cross country team could persuade the English Cross Country Association to seek a similar character to succeed John Temperton as manager of its men's teams.

As reported in *Athletics Weekly* (May 29), Temperton

has decided to stand down after 15 years.

"I've been with a lot of athletes at an outstanding level," reflects Temperton, who is the North of England AA development officer.

"It's been a friendship matter rather than a managerial role so far as I am concerned, but it's time for a fresh face to come in."

And the ECCA has paid Temperton the ultimate compliment for the sensitive

manner in which he has always operated – they've asked him to help choose a successor.

As if Clark's impact has not been enough, Jane Shields' success as England women's team manager is another fine example of an experienced, inspirational athlete in a leadership role.

So it may be the sub-committee on which Temperton has been asked to sit will go for either an athlete

to take sole charge of the England teams or to link with a more experienced administrator as the motivator in a partnership of manager and assistant manager.

Either way, the role will carry with it the responsibility of providing experience at international level for the potential, rather than established, stars in England – thus giving Clark a broader base on which to build British success.



Thames link: Gary Staines

## Challenge to refloat the Thames

BOTH the North of the Thames and the South of the Thames Cross-Country Association "Senior" Team Championships last February reported their smallest race fields for many years, writes *Martin Duff*.

The South of Thames race, at Brockwell Park, South London, won so convincingly by Gary Staines from Jon Solly, attracted only 164 finishers.

The North of the Thames event had even fewer runners cross the line.

These races are designed for lesser teams to shine, as the major squads, which have

won medals in area and National championships, are barred from competing.

In an effort to increase numbers taking part, the South of the Thames Association changed its barring clauses.

The move to ease the restrictions did little to halt the decline in the race fields, which has been evident for five or six years. Both associations were formed to encourage "second class" clubs to participate in championship races of their own and also run a "junior" standard race, where there are further restrictions on the

best runners taking part.

The new breed of clubs that sprung up as a result of the running boom of the '80s, tend to give the race a miss – yet these are just the type of clubs for which the two associations were formed at the end of the last century.

Secretaries of both associations would welcome new member clubs: For the North of the Thames contact Mr S Petit, 28 Stedham Chambers, Coptil Street, London, WC1A 1NJ; for the South of the Thames, contact Mr D Crookes, 209 Lynmouth Avenue, Morden, Surrey SM4 4RX.

## Relays remain

THE English National Cross Country Relay Championships will again be staged in Berry Hill Park, Mansfield, next year.

There was a rumour that the increasingly popular event might be moved to the Derby course used for this winter's re-arranged North of England Championships – especially as Mansfield Council, its finances hit by the decline in the mining industry, has removed much of the funding for athletics at Berry Hill.

But Mansfield Harriers have decided to take over many of the authority's responsibilities – and will host the relays in February.

## Cash chases are out in the open

FOLLOWING the BAF ruling that athletes competing in open (ie, professional) fell races will not compromise their amateur status, the British Open Fell Running Association is keen to attract more athletes to their championships and calendar of events, writes *Gareth Webb*.

This year sees the 12th running of these championships – 18 races which began at Sedbergh on May 25 and will finish at Wasdale on October 12. All told, 54 BOFRA events are to be staged in England and 17 in Scotland.

As distinct from "registered" events referred to in the BAF ruling (ie, those sanctioned by the Fell Runners' Association), all BOFRA races offer prize money with the winners, on average, picking up in the region of £40, and the more prestigious events, such as Ambleside (August 1) and Grasmere (August 22), £150.

As well as the senior championships, BOFRA titles are also on offer to other age groups – U12, U14, U17, veteran and super veteran classes – with the younger athletes, in particular, getting special attention.

"It's important to stress the 'family day out' nature of BOFRA races," says secretary Colin Beck. "And I think it's fair to say that it's the junior ones we look after most of all."

"The seniors are obviously very important to us, but it's one of BOFRA's chief aims to promote the development of junior fell running. I'd also like to stress that all our events are 'short and sharp', ranging from 2.5 to three miles in length."

For further details of all BOFRA activities, contact BOFRA secretary Colin Beck on 01756-792869.

# Holmes on course

WITH three down and three to go in the English Championships, Ian Holmes is out in front in pursuit of his first English title, writes Gareth Webb.

Having decided to miss the third race at Fairfield on May 18 to compete for Croasdale's Crusaders in the Man v Horse race, Mark Kinch, the double British and English champion for the past two years, lost the opportunity to put pressure on his main rival.

And in his absence Holmes stormed to victory by almost two and a half minutes, taking two minutes off Dave Neill's year old course record in the process. It is the second course record Holmes has set in these championships.

Holmes, keen on making a serious bid this year after injury and international com-

mitments denied him the opportunity 12 months ago, said: "With Mark not running, I knew I had to win. Now I have two firsts and a fourth under my belt. But, more importantly, I have two 'medium' victories and, if I can win in the first 'long' race at Holme Moss (June 23) this will put even more pressure on Mark.

"Obviously there's still a long way to go yet but I'm very happy with how things are going."

Graham Schofield of Horwich leads the vets' standings having run all three races. Crucially, however, Dave Neill has won both of the races he has completed, which perhaps makes him favourite.

The women's championships are, as ever, as clear as mud with the majority of

runners having missed at least one of the races. Should Sarah Rowell continue her defence of her British and English titles, she is clear favourite. Rochdale veteran Glynda Cook, third last year, holds a slight lead over Rowell by virtue of having raced in all three events.

#### ENGLISH CHAMPS STANDINGS

MEN: 1 I Holmes (Bing) 93; 2 G Devine ((P&B) 80; 3 M Roberts (Borrow) 77; 4 M Keys (Ross) 70; 5 A Trigg (Gloss) 68; 6 M Kinch (Bing, n/s) 61; 7 J Atkinson (A'side) 48; 8 D Neill (Mercia, M40) 46

M40: 1 G Schofield (Horw) 60; 2 Neill 44; 3 S Jackson (Horw) 35

M50: 1 A Bland (Borrow) 62; 2 B Mitchell (C le M) 38; 3 K Carr (C le M) 36; 4 P Carr (Keigh HR) 35

WOMEN: 1 G Cook (Roch, W35) 45; 2 S Rowell (P&B) 44; 3eq J Shotton (P&B)/ J Jones (Kes, W35) 41; 5 K Harvey (Alt, W35) 34; 6 C McCarthy (Helsby, W35) 34; 7 N Davies (Borrow, W35) 28; 8 L Leaversley (Leeds) 24

● These provisional rankings were compiled by Gareth Webb. Any amendments should be sent to him at 3 Surrey Close, Bolton BL3 1XN.

## U20 title chasers aim for Buckden

THE Buckden Pike Fell Race on June 15 has been nominated by the Fell Runners Association as an English Championship Intermediate (U20) event and will also incorporate the Yorkshire Intermediate Champs, for both boys and girls, sponsored by 'Bee-Line Computers'.

It was originally intended the Pen-Y-Ghent Race, on June 1, would host the championship race along with the English junior events. However, this was inadvertently omitted from the 1996 FRA calendar.

Further details from P Jebb on 01274-563386.

## New for women

THE Midland 7 cross country race next winter will also include a women's five-mile event for the first time.

# Ireland's finest – Bryson's pure genius

ROBIN BRYSON underlined his credentials as Ireland's best ever fell runner by destroying a quality international field at Carncastle, County Antrim, to win the P & O European Ferris Knockdhu Classic, writes Gareth Webb.

It's the second time he has lifted the prestigious five nations home international trophy in its eight-year history.

Having already notched six course records in Ireland as well as winning the opening two races in the Northern Ireland Championships (his first serious tilt at the title) Bryson pulled clear on the first of two steep five-minute climbs to power home and win by 74 seconds.

An error of judgment in the closing stages, however – when he opted to climb a stile rather than vaulting the fence alongside, thus depriving him of Ian Holmes' year-old course record of 34:08 by an agonising second – couldn't detract from a remarkable display as he left an international calibre field in complete disarray.

"It's very rare you get conditions as dry as that," he said, "so I was obviously a little disappointed to miss out

on the record.

"To win was a great feeling, although I was a little surprised by the margin. I thought Neil Wilkinson might have pushed me closer having beaten me in the opening British Champs race at Wrekin last month.

"Even so, if I'd known how close I was to Ian's time, I know I could have found that extra second. Having said that, though, winning is the most important thing."

It's a habit the 34-year-old fireman knows well. That he chose the toughest part of the course to leave his rivals gasping is no surprise to those who know him. Bryson, noted for his climbing prowess, holds the record for the ascent in the 10-mile (3300ft) International Snowdon Race with a time of 39:47 that has withstood the attentions of the world's finest mountain runners since 1985. The legendary Kenny Stuart is the only other man to have dipped inside 40 minutes in the event's 20-year history (39:57) as he went on to pull clear of Bryson on the descent to set the current course record of 1:02:29.

So far this season Bryson has been in scintillating form. Other than the 3.5-mile

(1000ft) Slieve Gullion Race at Killeevy, near Newry, on March 10, (when he placed third) Bryson has won every time he has toed the line.

One of the highlights of his year has been the course record he set at the 13-mile (5200ft) Annalong Horseshoe at Dunneywater, in the Mourne Mountains, when he clocked 1:56:57 ahead of Northern Ireland champion Brian Ervine (1:58:26) and former GB cross country international Deon McNeilly (2:00:53) to take over two minutes off Adrian Philpott's six-year-old mark of 1:59:09, a record considered by many as one of the best in the Irish calendar.

Other high points include five wins and five course records in the ten-race Thursday evening Mourne Hill and Dale League (and by the time you read this he will probably have clinched the overall title with best six races to count). He also leads the Anderson's Mourne Mountain Championships after two events.

Apart from the European Trophy at Snowdon in July, Bryson now has two main aims for rest of the season – the British Championships and the World Trophy.

"This is the first time I've aimed specifically for the British Championships," he says. "The reason, apart from the fact that I've tended to focus solely on the World Cup in the past, is the format which means that you need to be in good shape early on in the season and maintain it throughout, which is difficult to do. This year's four-race format should suit me better."

Bryson is also eyeing the World Trophy in Austria on September 1, the ninth time he will have represented Ireland in the 11 years the event has been held. Twice a fourth-place finisher (Zermatt, Switzerland in 1991 and Gap, France, 1993), he knows that in his current form the uphill-only race in Austria could provide him with his best chance of victory.

"I don't really know whether I will be able to sustain my form until the end of the season. I wouldn't say it was out of the question, though, because I'm not really training hard at the moment," he adds without a trace of bravado.

That's an awesome thought for those who saw him power to victory at Knockdhu. Could this be the year that Bryson realises his ultimate dream?



# On the Road



by Bob Frank

All the news, gossip, facts and figures straight from the tarmac

## Wallace bides her time

TWICE world 15km silver medallist Andrea Wallace (right) has been flying in training at her Torquay home but has no plans to race again yet.

The Torbay AC athlete, one of Britain's top distance runners, has been running up to 75-80 miles a week but says: "I'm just enjoying myself and I don't fancy racing at the moment.

"I'm exceptionally fit, and if I did race I'd do a fast time, but I'm not interested at the moment.

"My club-mates keep asking when I'm going to race but I've got to be in the mood to do it and I'm not.

"I've got to run, I'm a trainaholic. It's like a drug to me and if I don't run my legs go weird, but not racing is more a mental thing than anything."

Wallace puts that down to the Epstein Barr virus she suffered, saying: "When I was ill I ran when I shouldn't have and I ran badly.

"People were beating me who shouldn't, but you haven't heard the last of me."



## Variety provides key to Evans' build up

VARIETY is the spice of life – that's the view of Flora London Marathon third-placer Paul Evans.

And that's why the Belgrave Harrier is staying off the roads to do a few track races.

A good performance in Friday's 10,000m trial will give Britain's Olympic selectors a headache as Evans has already been named in the marathon team for Atlanta.

He says: "I've accepted my

Track trial: Marathon selection Paul Evans (left)

marathon place but I'll be trying to do as well as I can at the trial.

"I'll be surprised if Jon Brown doesn't win but I'll be trying like hell to stop him. I'm not going there to jog.

"Straight after London I went on holiday to Florida, which was quite good, it gave me the chance to be in hot and humid conditions.

"But I could probably have done with the trial being two or three weeks later."

Evans is also likely to race the 10,000m at the Securicor Games at Crystal Palace.

## Cuskin to map out a comeback

FORMER Asics/*Athletics Weekly* Road Runner of the Month Paul Cuskin is ready to return to competitive action this week having recovered from a series of injuries.

The Sunderland Harrier, just back from a three-week holiday in India, thought he was back to winning ways before his trip when he led a 10km in Ashington.

But he says: "It was the first time they'd held the race so none of the runners knew the course and I reached a part where there were no marshals or direction signs. I was leading by about a minute but I took the first 20 runners the wrong way.

"Now I'm looking to get back to running 10km, 10-mile and half-marathon races. I don't think I'll do the marathon, it's not for me, but I'd like to get back to my 10km best.

"I've got a good base, I just need race fitness and I'm looking to race as often as I used to – that's what I've missed."

## Nene Valley relay nightmare

NENE Valley Harriers' relay hoodoo struck for the third time this year at the National Veterans' Road Relays.

Michael Barnsdale's third fastest stage proved too quick for team-mate Pat Redmond. As Barnsdale picked himself up after lunging for the 'changeover' line he saw his club-mate still looking down the road waiting for him to finish.

Barnsdale had gained 12 places to move the Peterborough club up to seventh, but they slipped back a minute-and-a-half and down to

28th due to the changeover.

The club's relay nightmare began at the South of England 12-Stage when veteran Stan Owen missed his changeover because he was at the toilet.

And then at the Reebok National 12-Stage, veteran international Ray Church followed another runner onto the long stage while doing a short leg.

It hasn't all been doom and gloom, though, as Nene Valley's senior and vets' team struck gold in the Eastern Road Relays.

## Club drive to attract more road runners

YATE and District AC have launched a novel membership drive, writes Kevin Fahey.

The Gloucestershire outfit has set up a road runners section in a bid to tap local talent.

"We are trying to recruit more positively and get more people involved in the sport," said road running secretary Trevor Hulbert.

"I see a lot of people running around local streets and we want them to get involved with the club. We have a good base of youngsters but we need more senior athletes."

The road running section will have its own committee with representation on the club's main executive.

Anyone interested is invited to attend a family athletics day on Saturday June 22 at Yate Town Football Club, which will include a 10km race and fun run. For details contact Trevor Hulbert (01454-314039).

# Dilnot on way back

SOUTHAMPTON City's Sue Dilnot got back to winning ways at Poole last week and was delighted to dip inside 35 minutes for the 10km.

The British international, who joins the veterans' ranks in January, defied strong winds to clock 34:55 and is now hoping to run well over the longer distances.

Dilnot has a 75:28 half-marathon to her credit this year from Paris and was due to return to France at the weekend for the Bourges 20km. She crosses the channel again this Sunday for the Hardelot Half-marathon along with Mike Gratton, Nigel Gates and Geoff Hill.

She says: "I want to run a decent half-marathon because that's my best distance, but if I'm not careful I'll be over-raced. I decided I'd try to get it together again in January and I'm pleased with how things are going, but it's all stepping stones.

"I'm not back totally into competitive running but I'm there or thereabouts, it's just a hobby that's got out of hand.

"There seem to be a lot of people flying this year so it will be very hard to make the World Half-marathon Championships team but things are beginning to work."



There or thereabouts: Sue Dilnot

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# 5km Grand Prix gets underway

THE popular Peterborough 5km Grand Prix starts next Wednesday (June 19) over a fast and flat course around the lakes of Ferry Meadows.

Last year's winners of the five-race series were Newport's Tony Graham and 1994 European Championships marathon representative Teresa Dyer, who won for the third time in four years.

Other recent champions include Salford's Martin Cox, former Sale junior Francis Mulhern, Irishman Noel Keely and Nene Valley's Stan Owen.

Entries for each race will be taken on the day (£2.50/£3 unatt). Other dates are July 3: Ferry Meadows, Peterborough; July 17: Stamford Rugby Club; August 14: Werrington Sports Centre, Peterborough; August 28: Thomas Cook Sports Centre, Peterborough.

All races start at 7.45pm with an U13 and U15 3km grand prix at each event, starting at 7.15pm. Further details from Toni Cooper on 01780-57432.

March Braza veteran Frances Cooke has set several pbs recently and should challenge for the women's



## Redhill's six of the best celebrate

THERE are some famous faces in this picture. The sextet are the Redhill Road Runners who won the Midland Veterans' Six-Stage Road Relay in Sutton Park.

On the extreme left is Barrie Moss, whose 3000 metres in 8:13.4 on July 15 1972 remains the fastest ever by a UK U17.

And the bespectacled gent second from the

right is Bernie Ford, national cross country champion in 1976 and '78 during the era when he helped Aldershot Farnham and District rule the English endurance world.

Their Redhill team-mates are (from second-left) Paul Warden, Paul Tilley, Eddie Tennant and Stuart Lebelinski.

● Picture by Bob Hayes

title. She is also favourite to take the East Midlands Grand Prix, having won the three races she has completed in the series so far.

Dawn O'Shea leads the Grand Prix after four races, but with five of the eight events to count Cooke is likely to win the overall prizes. Those with 100 per cent records after four races are Graham Patton (M50), John Thomas (M55), Bob

Emmerson (M60) and Sheila Carey (W45).

### Leaders after four races:

**Men:** 1 R Hudson (AFD) 15; 2 A Barnes (Bed H) 34; 3 P Barnes (Rug) 34  
**M40:** 1 P Spick (Corby) 7; 2 P Jones (Mil K) 16; 3 C Giles (Unatt) 99  
**M45:** 1 C Hughes (THH) 5; 2 D Blockley (Hun) 11; 3 C Woodward (Leam) 15  
**M50:** 1 G Patton (Mass F) 4; 2 C Kirkham (Cov) 12; 3 S Avins (Harb) 39  
**M55:** 1 J Thomas (Corby) 4; 2 M Turner (Liv) 11  
**M60:** 1 B Emmerson (Leam) 4; 2 C Evans (Chir) 8  
**M65:** R Blackwell (EVAC) 3 (from three

aces)  
**M70:** D Blyth (C&C) 7  
**Women:** 1 D O'Shea (N'brook) 9; 2 N Lee (Hun) 13; 3 N Walker (North P) 26  
**W35:** 1 R Van der Putten (Hum E) 22; 2 V Blockley (Hun) 32; 3 A Biddell (Harb) 44  
**W40:** 1 H Fiddament-Harris (Rug) 21; 2 J Partridge (North P) 31  
**W45:** S Carey (Nun) 4  
**W50:** S Taylor (Rug) 14  
**Senior/junior men's team:** 1 Northampton Phoenix 7; 2 Rugby 8  
**Male vet team:** 1 Milton Keynes 8; 2 Northampton Phoenix 12  
**Women's team:** Milton Keynes/Northampton Phoenix 14

### We hear...

■ **BASILDON**, who took the team prize at the inaugural Zanussi St Neots 10km, return to East Anglia hoping to do the same in the first Peterborough Evening Telegraph Charity 10km on June 30.

Eamonn Martin will be among the individual favourites in the race from the East of England Showground, and he's bringing team-mates Tony Barden, Peter Haynes and Ian O'Leary with him.

Dale Laughlin could be one of Martin's rivals for the first prize of a Thomas Cook holiday, while the first woman will receive a £500 Sunworld voucher. Further details are available on 01733-317274.

■ **THE** first Scottish man and women in the Scottish half-marathon championships, incorporated within the Monklands event on August 4, will win a trip to the New York

Marathon. Six men and six women will also be chosen after that race to compete in the Bupa Great North Run on September 15.

Male and female winners of the Scottish marathon championships at Inverclyde on September 15 will win a trip to next year's Flora London Marathon.

Shettleston Harriers, winners of the Scottish Six-Stage Road Relay, will compete in next year's European Clubs' Road Championships.

The cancellation of the Loch Rannoch Marathon leaves just three marathons in Scotland - Inverclyde, Moray and Lochaber. At one stage there were 14 marathons in the country but with Glasgow, Dundee, Edinburgh and Aberdeen among those which have ceased, there is now no city marathon north of the border.

■ **WITH** over 3500 competitors

due in Brugges, Belgium, for the World Road Race Championships from June 29-30, organisers have been forced to reschedule some of the events.

Starting times have been revised as follows: 10km, June 29; M40-M70 inclusive will start at 10am, with all women and M75+ starting at 10.15am.

25km, June 30: All women and M75+ start at 11am, with M40-M70 off at 11.15am. The road walks have been brought forward to 2pm on June 29.

■ **THE** UK and Ireland Corporate Games take place in Aberdeen from Friday to Sunday, including two athletics events. A 4x1 mile relay will be held around Duthie Park in the city centre on Friday with a 10km along the Beach Esplanade the following day.

All entrants will receive a copy of *Athletics Weekly's* sister magazine, *Today's Runner*. Further details from PO Box 380, Castor,

Peterborough PE5 7BN.

■ **THE** 10-stage 103-mile Cotswold Relay will be held on June 29, writes *Kevin Fahey*.

Again organised by Bath and District AC, the race starts at 7am from Chipping Camden and winds its way through the delightful Cotswolds before finishing at Bath Abbey around 12 hours later. Each leg is run as an individual race, the next leg starting after the leader of the previous leg finishes, and route-finding is the responsibility of each runner.

Entry is restricted to 25 teams - men, women and mixed. Details are available from David Hughes, Flat 2, West Brow, Belmont Road, Combe Down, Bath BA2 5JR.

■ **THE** Notfast 10km, scheduled to take place at Newark on Sunday June 23, has been moved to Sunday July 21. Details from Nigel Dalby, 9 Browning Road, Balderton, nr Newark, Notts NG24 3QU. Tel: 01636-700229.

# Land of opportunity

WHEN I moved to Perth in September 1992, I had already achieved most of my goals as a W40, winning world and European 400m titles and setting a personal best of 58.38.

So, as '92/'93 approached I looked forward to a domestic season in the warm Perth climate.

Sadly, this was not to be, as a long-standing sore Achilles flared up and required surgery in the February. Recovery was slow, helped by many long sessions of running in our own pool, and I was fit and raring to go by the following season.

Perth is well known as the most isolated city in the world but less well known as one of the windiest. The 'Freemantle Doctor' may be a godsend to Sandgropers (Western Australians), sweltering in the 40°C heat, but it is just the opposite to inter-club athletes striving for respectable times. It always blows against the 100/200 metres and every other week they reverse the track to give the psychological boost of great times – all totally illegal of course!

The season went well and I ran close to PBs in the 100, 200 and 400 metres and, more significantly, ran 2:18 for a one-off 800, making a mental note that it was only one second off the W45 world record.

The Australian vets' championships were in Sydney at the new Olympic warm-up stadium, a highlight being a fiercely fought W45 400m between Marge Allison and Jan Hynes, both of whom, aged 49, ran close to

*A move to Australia saw Barbara Blurton become a world champion and record-holder in a new discipline. The 46-year-old tells her own story*

**Picture: Jeremy Hemming**

59 seconds. Sadly, we never see Jan in international competition

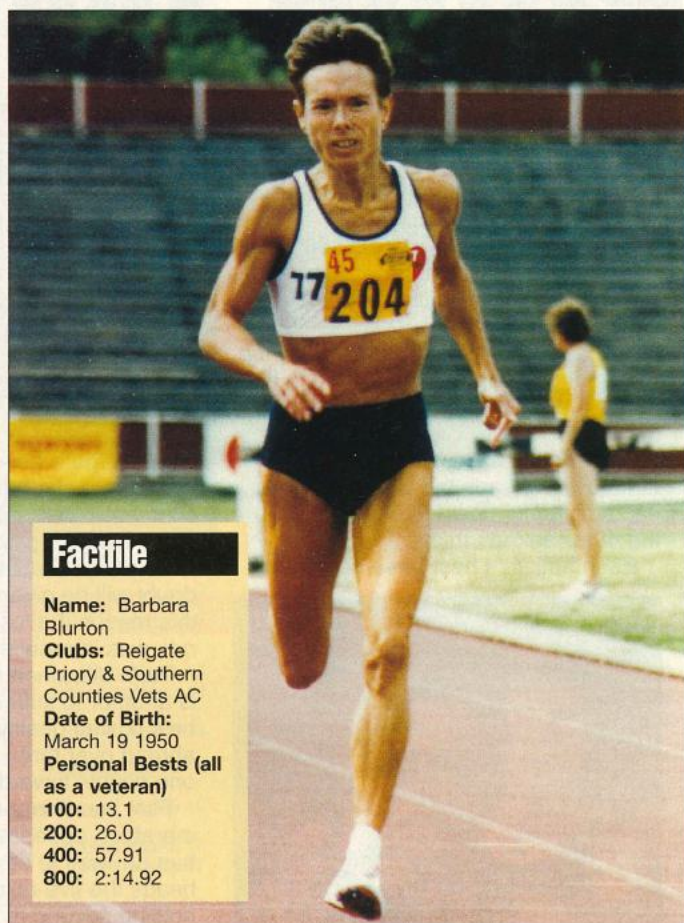
We moved to Melbourne in May 1994 and I joined top local coach Norm Osborne, training with his squad at Olympic Park, scene of the 1987 World Vets'. Facilities in Melbourne are outstanding and many of the country's top athletes come from here.

The climate, although more temperate than Perth, allows us to do track sessions all year and I've found this a tremendous benefit.

Also outstanding in Australia is physiotherapy treatment and sports medicine in general – analysis of my running action and the fitting of orthotics relegating my Achilles problems to the history books.

In March 1995 I became a W45 and my goal for the year was to win the World Vets' 400m in Buffalo. It's very tough for Australians, doing a full domestic season and then having to peak again for a northern hemisphere championship. Norm's guidance and experience was invaluable.

Becoming 45 was great for



## Factfile

**Name:** Barbara Blurton  
**Clubs:** Reigate Priority & Southern Counties Vets AC  
**Date of Birth:** March 19 1950  
**Personal Bests (all as a veteran)**  
**100:** 13.1  
**200:** 26.0  
**400:** 57.91  
**800:** 2:14.92

me, as I hadn't slowed down in five years, my 200m time had even improved and, suddenly, all sorts of records looked within reach.

Most of the Australian team went to Lansing for the US vets' championships two weeks prior to the World Vets' for much needed competition and I ran well, winning the 100, 200, 400 and 800m. Buffalo was perhaps a watershed for me, unexpectedly winning the 800m and going down to Mary Libel's incredible 56.82

in the 400m.

With little respite, the Australian season was under way and, for the first time, I focused on 800m training, agreeing with Norm's clear goal of breaking Judy Bandiera's world record of 2:17.06. Training went well and, when Norm set up an attempt at a State League meeting, all the senior athletes and crowd were behind me and the atmosphere on a balmy evening was perfect. I ran 2:16.22, improving to 2:14.92 a few weeks later at the state championships.

What of the future? We've already been here longer than expected and our return date to the UK is not yet fixed. I miss my friends on the UK circuit, but have hugely enjoyed the facilities and the competition Down Under. I'll certainly be in Durban for the 1997 World Vets' Championships, but whether I'll go for 400m or 800m – quite frankly I don't know."

## IN BRIEF

■ **DETAILS** of the Durban world vets' championships will be available later in the year from the BVAF entries co-ordinator: Barbara Dunsford, 31 Hillside Crescent, South Harrow, HA2 0QU, upon receipt of four first class stamps.

■ **STEVE CHARLTON** made a return to competition after a break of sixth months in the Southern Counties vets' 10km championships last month, writes *Alistair Aitken*.

The Thames Valley Harrier, who will be 70 in October, was first over 60 in 39:42 after a month of training just five miles a day following a foot injury.

"If training goes okay from now to October," said Charlton, "I hope to break the over 70 world best of 18:43.6 for 5000 metres at the Reading vets' meeting at the end of the season."

■ **ALSO** scheduled to attack a world record in October is Australian John Gilmour, back after a course of acupuncture to treat a three-year-old back problem, writes *Alistair Aitken*.

The 77-year-old multi-world champion plans to attack the 3000m record in Singapore, on a trip planned to coincide with his 50th wedding anniversary.

■ **GEOFF ASHBY**, editor of the BVAF Newspaper, has moved to 154 Knightlow Road, Harborne, Birmingham, West Midlands, B17 8QU (Tel: 0121-4292241).



# PUMA Road Rankings

**T**HE 'one overseas race' rule prevented Richard Nerurkar leapfrogging above Mark Flint in the chase for the Puma Golden Shoe and £500.

Nerurkar clocked a pb of 61:06 in the Paris Half-marathon and he also heads the domestic 10-mile lists with his 47:03 in Switzerland.

The awards are based on the UK top 40 rankings over five miles, 10km, 10 miles, the half-marathon and the marathon.

Forty points are awarded to the athlete who heads the UK rankings at each distance, down to one point for the 40th-ranked athlete.

Each athlete's best three scores are



## Golden Shoe Awards

then calculated to form the tables listed below. Where possible, checks are made to confirm the accuracy of all courses in the rankings, although in some cases – particularly with overseas races, the benefit of the doubt will be given to athletes. It is for this reason the 'one overseas race' rule was introduced.

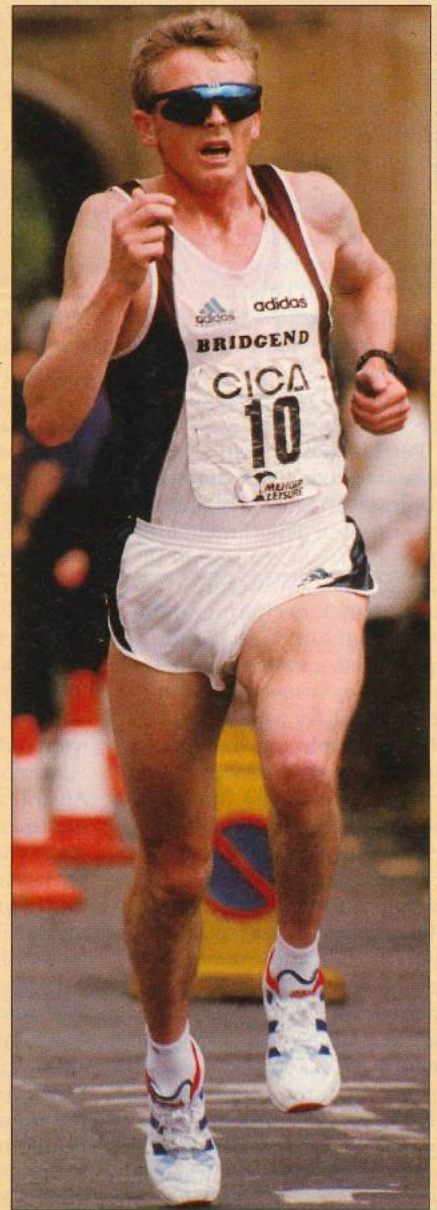
Turin Marathon runner-up Jon Solly is another to suffer under this rule as he's posted quality performances abroad over three distances, but only one counts towards the award.

Flint has disappointed in his two marathon appearances this year but has run well at other distances and heads the five-mile lists as well as holding second at 10 miles and third at the half-marathon.

The top three in the women's section are unchanged from last month with Olympic marathon representative Karen MacLeod holding a narrow lead over former *Athletics Weekly* Road Runner of the Month Amanda Wright and Danielle Sanderson.

**Consistent performer:**  
Heather Heasman (left)

**Chasing hard:**  
Second-placed Steve Brace (right)



Picture: Mark Shearman

### Men

1	Mark Flint (Tel)	117
2	Steve Brace (Bridg)	111
3	Mark Hudspith (Morp)	102
4	Ian Hudspith (Morp)	93
5	Paul Evans (Bel)	79
	Barry Royden (Med)	79
7	Richard Nerurkar (Bing)	78
8	Gary Staines (Bel)	76
9	Ian Cornford (SB)	72
10	Tommy Murray (Spango V)	71
11	Steve Knight (Card)	64
12	Mark Peters (Bing)	61
13	Bill Foster (B'hth)	60
14	Nigel Gates (B&H, M40)	57
15	Chris Parkes (Roth)	52
16	John Ferrin (NBH)	51
	Adrian Passey (B&R)	51

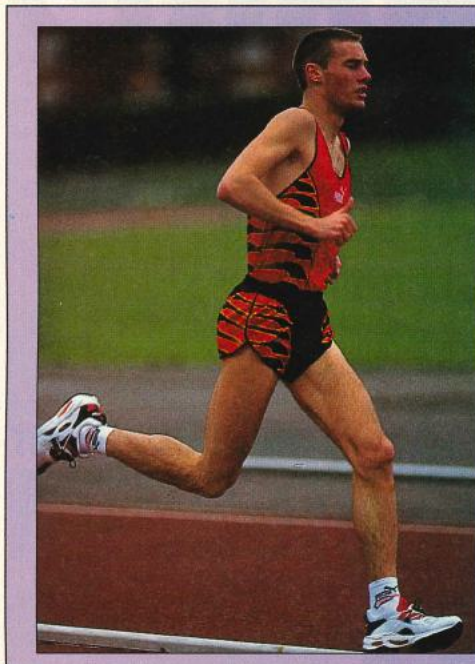
18	Gareth Davies (Bridg)	46
	Dave Tune (Roth)	46
	Gary McIlroy (E&E)	46
21	Simon Kinson (Leam)	41
	Martin McLoughlin (Liv PS)	41
	Dave Long (Cov)	41
24	Scott Cohen (Miz)	40
25	Jon Brown (Sheff)	39
	Carl Warren (C&S)	39

### Women

1	Karen MacLeod (Edin, W35)	115
2	Amanda Wright (SB)	114
3	Danielle Sanderson (Wat)	112
4	Trudi Thomson (Pit, W35)	98
	Tracy Swindell (Thurr)	98
6	Zara Hyde (Havant)	93
7	Sue Dilnot (Soton)	90

8	Caroline Hunter-Rowe (Knave)	84
	Lisa Hollick (SB)	82
10	Liz McColgan (DHH)	80
11	Heather Heasman (Horw)	76
	Angela Joiner (Charn)	76
13	Zina Marchant (Bath, W45)	75
14	Jackie Newton (Stock)	74
15	Suzanne Rigg (Warr)	73
	Jo Thompson (Bath, W35)	73
17	Sandra Branney (Glas, W35)	71
18	Debbie Percival (Cant)	70
19	Hayley Nash (Newp)	68
20	Lynn Gibson (Ox C)	63
21	Marian Sutton (West)	62
22	Janette Picton (Burn)	55
23	Janice Moorekite (Inv, W35)	52
24	Caroline Horne (Craw, W35)	51
25	Susan Wightman (Car, W35)	50

## TEAM PUMA '96



## Neil Caddy

**PBs:** 800: 1:49.5; 1500: 3:39.58;  
**mile:** 3:59.6; **3000:** 7:58.14i;  
**5km:** 14:20.

## Typical week's training in June

**Monday am:** 5 miles; **pm:** fartlek or hills.

**Tuesday am:** 5 miles; **pm:** 6 miles.

**Wednesday am:** 5 miles; **pm:** variable pace session.

**Thursday am:** 5 miles; **pm:** 6 miles.

**Friday am:** 5 miles; **pm:** fartlek.

**Saturday:** local/club races (for training).

**Sunday:** 1 hour+.

**Average weekly mileage**  
70-75.

## TRINOMIC RACER



- RRP £49.99.
- Weighs just 205g
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- CM-EVA with Trinomic cushioned midsole
- Evertrack outsole
- Slip lasted
- An exceptionally lightweight but supportive shoe suitable for road or track reps up to half-marathon

## 1996 Puma Half-marathon Rankings



## Men

61:06	Richard Nerurkar (Bing)	Paris, FRA	April 14
62:53	Ian Hudspith (Morp)	Hague, NED	March 31
62:55	Mark Flint (Tel)	Hastings	March 17
63:31	Gary Staines (Bel)	Reading	March 31
63:32	Jon Solly (HHH)	Milan, ITA	March 30
63:41	Justin Hobbs (Car)	Worcester	March 16
63:42	Steve Brace (Bridg)	Fleet	March 24
	also 63:52	Setubal, POR	March 31
	& 64:46	Worcester	March 16
63:48	Mark Hudspith (Morp)	Fleet	March 24
63:48	Dave Swanston (Bord)	Worcester	March 16
63:50	Martin McLoughlin (Liv)	Milan, ITA	March 30
	also 65:12	Chester	May 19
63:50	Bill Foster (B'ht)	Fleet	March 24
63:57	Steve Knight (Card)	Worcester	March 16
64:08	Steve Brooks (Bing)	Hague, NED	March 31
64:09	Barry Royden (Med)	Hague, NED	March 31
64:11	Peter Whitehead (Sky)	Indianapolis, USA	May 3
64:14	Mark Peters (Bing)	Worcester	March 16
64:16	Martin Cox (Sal)	Bristol	May 12
64:17	Ian Cornford (SB)	Exeter	May 5
	also 64:42	Hastings	March 17
64:25	John Lisiewicz (Morp/AUS)	Bristol	May 12
64:32	Eamonn Martin (Bas)	Wilmslow	March 31
65:11	Alan Jackson (Stour)	Derby	May 5
	also 65:16	Worcester	March 16
65:25	John Ferrin (NBH)	Larne	March 30
65:25	Phil Makepeace (Leic)	Bath	March 17
65:30	Scott Cohen (Les D)	Alloa	March 31
65:33	Shaun Tobin (Swan)	Bristol	May 12
<b>40</b>			
65:57	Mark Gregory (Silv)	Chester	May 19
<b>50</b>			
66:19	Eamonn Hyland (Red)	Derby	May 5
<b>60</b>			
66:56	Trevor Clark (Poole)	Bath	March 17
<b>70</b>			
67:05	Paul Cadwallader (Liv H)	Wilmslow	March 31
67:05	Paul Rowan (WTH)	Larne	March 30
<b>80</b>			
67:19	A Clark (C'field)	Woodhall Spa	June 2
67:19	Mike Girvan (Warr, M40)	Helsby	January 21
<b>90</b>			
67:48	Peter Haynes (Bas)	Wokingham	February 11
<b>100</b>			
68:09	Sandy Moss (Fife)	Inverness	March 10
<b>110</b>			
68:21	K Butler (BAD Kine)	Fleet	March 24
68:21	Martin Ferguson (Edin)	Inverness	March 10
68:21	Jim Estall (Bel, M40)	Portsmouth	March 3
68:21	Vince Garner (AFD)	Camberley	February 25
<b>120</b>			
68:30	Jerry Kiernan (CL, M40)	Larne	March 30
68:30	P Muller (Wrek)	Helsby	January 21
<b>130</b>			
68:38	Colin Poulter (Omega)	Derby	May 5
68:38	T Anderson (Kilb)	Alloa	March 31
<b>140</b>			
68:47	P Wilson (WHH)	Grove	March 17

## 150

69:01	Mick O'Doherty (West)	Bath	March 17
69:01	Matt Vaux-Harvey (Stour)	Worcester	March 16
<b>160</b>			
69:11	J McCready (New A)	Redcar	March 10
<b>170</b>			
69:22	Paul Froud (B&H)	Hastings	March 17
<b>180</b>			
69:32	N Thin (ESH)	Inverness	March 10
<b>190</b>			
69:36	N Holmes (Erme V)	Bath	March 17
69:36	P Harris (Bic)	Grove	March 17
<b>200</b>			
69:47	John Brimcombe (Ports)	Portsmouth	March 3
<b>Women</b>			
72:32	Suzanne Rigg (Warr)	Wilmslow	March 31
	also 73:04	Worcester	March 16
73:04	Cathy Shum (C&S/IRL)	Wilmslow	March 31
	also 74:43	Derby	May 5
	& 75:17	Sleaford	February 25
73:13	Sally Goldsmith (PAF, ITA, W35)	Ferrara, ITA	February 18
	also 73:50	Bologna, ITA	February 4
74:22	Danielle Sanderson (Wat)	Worcester	March 16
	also 76:43	Watford	February 4
74:40	Marian Sutton (West)	Worcester	March 16
	also 75:24	Belgrade, YUG	April 20
74:46	Amanda Wright (SB)	Nice, FRA	March 31
75:05	Debbie Percival (Cant)	Hastings	March 17
75:28	Sue Dilnot (Soton)	Paris	April 14
75:32	Edwige Pitel (SB/FRA)	Paris	April 16
76:03	Trudi Thomson (Pit, W35)	Helsby	January 21
76:07	Sandra Branney (Glas, W40)	Alloa	March 31
76:10	Hayley Nash (Newp)	Bath	March 17
76:39	Wendy Llewellyn (Serp/NZL)	Bristol	May 12
76:57	Tracy Swindell (Thurr)	Worcester	March 16
76:59	Paula Fudge (Houn, W40)	Fleet	March 24
	also 78:40	Camberley	February 25
77:07	Bronwen Cardy-Wise (Bridge, W40)	Helsby	January 21
		Bath	March 17
77:12	Angela Allen (Key)	Wilmslow	March 31
77:26	Caroline Hunter-Rowe (Knaves)	Worcester	March 16
	also 77:57	Knivesmire	January 21
77:37	Lisa Hollick (SB)	Worcester	March 16
77:44	Jackie Newton (Stock)	Leyland	March 24
77:48	Julie Coleby (Dur C, W40)	Redcar	March 10
78:21	Zara Hyde (Havant)	Guernsey	April 8
78:43	Louise Cooper (Ross)	Helsby	January 21
78:49	Caroline Herbert (Arena)	Hastings	March 17
78:53	Zina Marchant (Bath, W45)	Bath	March 17
78:57	Kate Burge (Staffs H)	Stafford	March 24
79:04	Melanie Bradley (AFD)	Fleet	March 24
79:08	Caroline Horne (Crow, W35)	Reading	March 31
79:12	K Rushton (Soton)	Worcester	March 16
79:12	Sheila Allen (H&P, W35)	Redcar	March 10
79:19	Janice Moorekite (Inv, W35)	Brighton	Feb 25
79:22	Clare Pauzers (HHH)	Guernsey	April 8
<b>50</b>			
80:21	E McBrinn (Shett)	Alloa	March 31

## 60

81:01	Debbie Noy (Havant)	Petersfield	March 31
<b>Other distances</b>			
<b>5km</b>			
<b>Men</b>			
13:30	Rob Denmark (Bas)	Dublin	May 4
13:31	Keith Cullen (Chelms)	Dublin	May 4
13:44	Adrian Passey (B&R)	Dublin	May 4
<b>Women</b>			
15:18	Liz McColgan (DHH)	Portsmouth	April 13
	also 16:09	Gainesville, USA	February 18
16:01	Heather Heasman (Horw)	Dublin	May 4
	also 16:06	Wells	May 27
16:13	Amanda Wright (SB)	Dublin	May 4
<b>5 miles</b>			
<b>Men</b>			
23:14	Mark Flint (Tel)	Alsager	February 4
23:16	Carl Warren (C&S)	Alsager	February 4
23:19	Dave Tune (Roth)	Alsager	February 4
<b>Women</b>			
25:57	Amanda Wright (SB)	Alsager	February 4
26:29	Heather Heasman (Horw)	Alsager	February 4
26:35	Rhona Makepeace (Charn)	Alsager	February 4
<b>10km</b>			
<b>Men</b>			
28:33	Paul Evans (Bel)	Peterborough	April 8
28:38	Jon Brown (Sheff)	Boulder, USA	May 27
28:50	Richard Nerurkar (Bing)	New Milton	March 31
<b>Women</b>			
31:41	Liz McColgan (DHH)	N Carolina, USA	March 31
32:41	Jill Hunter (Valli)	AUS	March 31
32:46	Amanda Wright (SB)	Madrid	February 25
<b>10 miles</b>			
<b>Men</b>			
47:03	Richard Nerurkar (Bing)	Berne, SUI	May 4
48:25	Mark Flint (Tel)	Woking	March 3
48:26	Steve Jones (Newp, M40)	Washington DC, USA	March 31
<b>Women</b>			
55:34	Karen MacLeod (Edin, W35)	Ballycotton	March 10
55:52	Jo Thompson (Bath, W35)	Woking	March 3
55:56	Danielle Sanderson (Wat)	Woking	March 3
<b>Marathon</b>			
<b>Men</b>			
2:10:35	Steve Brace	Houston	January 21
2:10:40	Paul Evans (Bel)	London	April 21
2:12:25	Jon Solly (HHH)	Turin, ITA	May 12
<b>Women</b>			
2:27:54	Liz McColgan (DHH)	London	April 21
2:33:50	Karen MacLeod (EWM, W35)	Houston	January 21
		Ferrara, ITA	March 3
2:34:12	Sally Goldsmith (PAF, ITA, W35)	Ferrara, ITA	March 3

Puma Half-marathon rankings (up to June 2)  
 Compiled by Bob Frank. Amendments to him at  
 Athletics Weekly, Bretton Court, Bretton,  
 Peterborough PE3 8DZ.

# So what's new?

Your weekly guide to everything new in the world of athletics equipment, books and bargains

Words: Allan Haines and Rod Dunn

## Back to basics

CARDIOSPORT has introduced a new range of pulse monitors to complement its successful Atlanta collection.

Called the Prague range, the new models – called Start, Limit and Zonerobic – have been introduced to meet a demand for more basic monitors.

The 'Start' (£54.95) caters for those who want to simply measure heart rate.

The 'Limit' (£59.95) allows the user to set target zones with high and low heart rate limits. These can be set in one beat increments and there is the option of an alarm should the heart rate go above or below the required zone.

Most complex of the three new models is the Zonerobic (£65.95). Ideal for cross training, it allows the user to set five target zones, four of them dedicated to personal requirements for healthy heart, weight management, aerobic and anaerobic thresholds. Each zone has a high and low alarm (it can be turned off if



Don't miss a beat: Zonerobic (left) and Limit

preferred), along with a flashing symbol indicating the zone the user has moved into. The remaining target zone can be used in the normal manner to set high and low limits.

All three models are water resistant to 20 metres and have a two-year warranty. They are available now from sports and cycle shops. For details of your nearest stockist contact Cardiosport on Tel: 01243-528800.

**FIRST IMPRESSIONS:** Top quality monitors at very reasonable prices. **AH**

## Thirst Quencher

SPORTS drink Gatorade is now available in powder form from high street pharmacies.

The concentrate contains enough carbohydrate and minerals to speed absorption of water into the system and quickly boost energy reserves. It contains no fat or unwanted minerals and vitamins, often responsible for slowing down the rate of absorption.

The new, resealable canisters contain 595g of concentrate – enough to make 8.5 litres of drink. Each canister has a measuring scoop to ensure the correct concentration every time.

Priced £8.99, it is available in fruity orange and lemon flavours. For further information contact Milas Healthcare. Tel: 01730-231132

### ORDER FORM

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(We cannot accept Diners Card)

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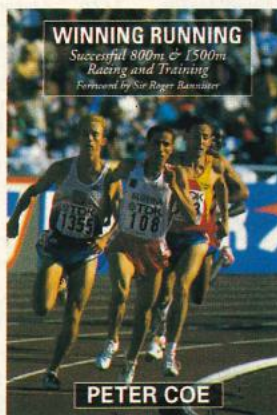
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## Winning Running by Peter Coe

Published by Crowood Press. Special offer from Athletics Weekly at £12.99. Postage free.

PETER COE's book reflects his strong command of theoretical sports physiology and psychology, his keen logical, analytical and enquiring mind and his experience in coaching Seb, one of the all-time greats of middle distance running.

It is also a joy to read. Coe Snr does not resort to complex and often confusing formulae and equations to convey the principles of training and racing. Instead he delivers a common-sense and sometimes provocative approach, accommodating the need for progression, specificity and focus in training involving careful long-term planning.



He also concedes that each athlete is an experiment of one. After all, how many physiologists would have anticipated that Seb Coe, as he approached a season's peak, could execute six or eight 300m intervals each in around

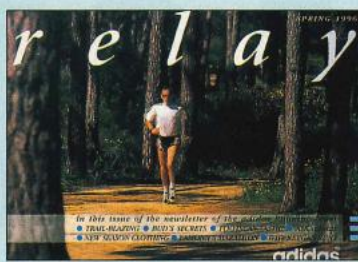
36-38 seconds with only 45 seconds recovery, or four 400m runs in 51 to 52 seconds with 45 to 60 seconds recovery. Or indeed repetition 800m runs with 90 seconds recovery, in flats on an undulating valley, all well under two minutes and including some 1:46 and 1:49 runs.

Coe's book represents a triumph of clear and rigorous thought and application and will form a key work for all thinking middle distance runners and their coaches intent on achieving long term success and is a worthy complement to Coe's other great work, Training Middle Distance Runners. **JB**

## New from adidas

THE first issue of Relay, the newsletter of the adidas running team, has just been published ... and it's a cracker! The content is superb, nicely balanced and packed with interesting stuff suitable for all levels of ability and experience. It comes in a full colour A5 format and is sure to become a winner, especially as it's free.

In this first issue there's a behind the scenes look at Eamonn Martin's Flora London Marathon, loads of training tips and advice from the likes of Bud Baldaro, and a very informative piece on the workings of the adidas 'footscan' system and how it can help you select



the right shoes.

To receive your copy of Relay send your name and address to: The Editor - Relay, adidas UK Ltd, PO Box 39, Hazel Grove, Cheshire, SK7 5SD.

**FIRST IMPRESSIONS:** One of the best little booklets to appear on the athletics scene for years. **AH**

# Midsole revolution

PUMA will be setting new standards when it launches the Trinomic Distance shoe - claimed to be the first not to rely on EVA or polyurethane foam for midsole cushioning.

But why abandon such tried and tested midsoles in favour of the Puma Trinomic Cushioning System - the method used in this £54.99 shoe?

Puma says the problem with foam midsoles is that they can lose up to a third of their cushioning properties after only 400 miles. The Trinomic is said to lose only 10 per cent throughout the life of the shoe.

Trinomic is a series of hexagonal, honeycomb-like cells inside a polyester packet, the walls of the cells doing the

work. Even if punctured the cells to function normally. In the Trinomic Distance the system

### Opinion

**Performance:** 8/10

**Value:** 8/10

**Pros:** No serious loss of cushioning

**Cons:** Rather heavy



extends to cover the full length of the shoe.

The Trinomic Distance weighs 390g and will be available from the autumn in sizes 6-12, including some half sizes.

**FIRST IMPRESSIONS:** Looks good and the concept sounds like a good idea. Our early tests suggest it works too. **AH**

## TECH TALK - VO<sub>2</sub> MAX

DURING relatively low intensity exercise, such as jogging, blood picks up oxygen (O<sub>2</sub>) as it is pumped through the lungs by the heart. It is then transported to the muscles where it is exchanged for carbon dioxide (CO<sub>2</sub>). In the muscles, the oxygen is used to produce energy (aerobic metabolism). The blood then returns to the lungs where the CO<sub>2</sub> (produced during aerobic metabolism) is exchanged for O<sub>2</sub>.

As the intensity of exercise increases so the demand for oxygen increases to fuel the greater energy demand. To satisfy this demand the heart beats faster, pumping more blood and oxygen

*Here's where we unravel the mysteries of those technical innovations you've never really understood*

to the muscles. Since the body can store very little oxygen, the amount used in aerobic energy production (aerobic metabolism) is directly proportional to the amount absorbed by the blood. Eventually the body reaches a limit (M) for oxygen delivery which is known as VO<sub>2</sub>Max, where V is the flow of oxygen to the muscles.

VO<sub>2</sub>Max functionally represents the maximum amount of oxygen that can be removed from circulating blood and

used by the working tissues during a specific period.

Improving one's VO<sub>2</sub> Max is one of the most important attributes of middle and long distance success.

It is best improved by training at speeds equivalent to between 80 and 100 per cent of the VO<sub>2</sub>Max. Note that 80-88 per cent of VO<sub>2</sub>Max is obtained by running at 85-95 per cent of maximal heart rate (MHR).

Maximal heart rate can be estimated using the formula 214 - 0.8 of each year of the age for males and 209 - 0.7 of each year of the age for females. Thus a 20 year old male MHR = 214 - (20 x .8) = 198 (Horwill 1994). **RD**

## BARGAINS OF THE WEEK

*Our resident miser, Sydney Spendthrift, takes a weekly rummage through the best sports shop bargains*

■ **BOURNE SPORTS**, Stoke on Trent: Reebok Javelin boot. Was £69.99, now £20 plus £3 p&p. All sizes available. Tel: 01782-410411

■ **BIRMINGHAM RUNNER**: Reebok Middle Distance Spike. Was £49.99, now £19.99 plus £3 p&p. Sizes 7-11. Tel: 0121-7456007.

■ **UP & RUNNING**, Hyde: Adidas Response Cushion training shoe. Was £54.99, now £39.99 free p&p. Sizes: 7 1/2 - 10 1/2. Tel: 0161-3669191

■ **TOTAL FITNESS**, Swindon: Marathon Survival belt, ideal for long training runs. Belt holds drinks bottle, has a security pouch and features Scotchlite reflective tape. Was £14.99, now £9.99 plus £1 p&p. Tel: 01793-644185.

■ **SPORTSHOES UNLIMITED**, Bradford: Mizuno Mondo Revolution training shoe. Was £79.99, now £34.99 plus £3 p&p. Sizes 5-11 (including half sizes), 12. Tel: 01274-530530 (Quote code MIZ18).

■ **SPORTLINK**, Norwich: Asics 123. Was £59.99, now £38.99 plus £1.99 p&p. Free back pack worth £14.99 with every pair. Most sizes available. Tel: 01603-891676.

■ **INTERCITY SPORTS**, Sheffield: Nike Air Max Classic, all sizes. Was £69.99, now £52.99, free p&p. Tel: 01709-376773.

■ **IRONBRIDGE RUNNER**, Exeter: Nike Zoom Rival, middle distance spike, size 14 only. Was £34.99, now £29.99 plus £2.50 p&p. Tel: 01392-436383.

■ **GLOUCESTER SPORTS**: Saucony Jazz 4000 training shoe. Was £49.99, now £29.99 plus £3 p&p. Sizes 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 11. Tel: 01452-413525

**RETAILERS can tell Sydney Spendthrift about their best mail order bargains by ringing (01733) 465913 or 465464.**

Meet a group of British supporters who are the envy of the world

Words: Trevor Frecknall

**B**RITAIN struggles to win continental competitions. It is not too proud of its footballers' behaviour. But it possesses the gold medal supporters in the world of athletics – and that's official.

The accolade was handed out at the European Cup Super League in Madrid by Spain's leading organiser. Jose Maria Odrizola, president of the Spanish Athletic Federation, said: "The British supporters applied for tickets a year ago. They were first – they always are."

"If all the countries had the same spirit about this Cup, I am sure the competition would be even better."

Spirit is a quality members of the British Athletics Supporters' Club has never lacked.

But not even Odrizola would have dreamed of the spirit of Pam Hogg, a grandmother from Torquay who works in her local 'open all hours' store to pay her way to major sports events.

Terrifyingly, she was held up for the till takings a fortnight before the Madrid trip.

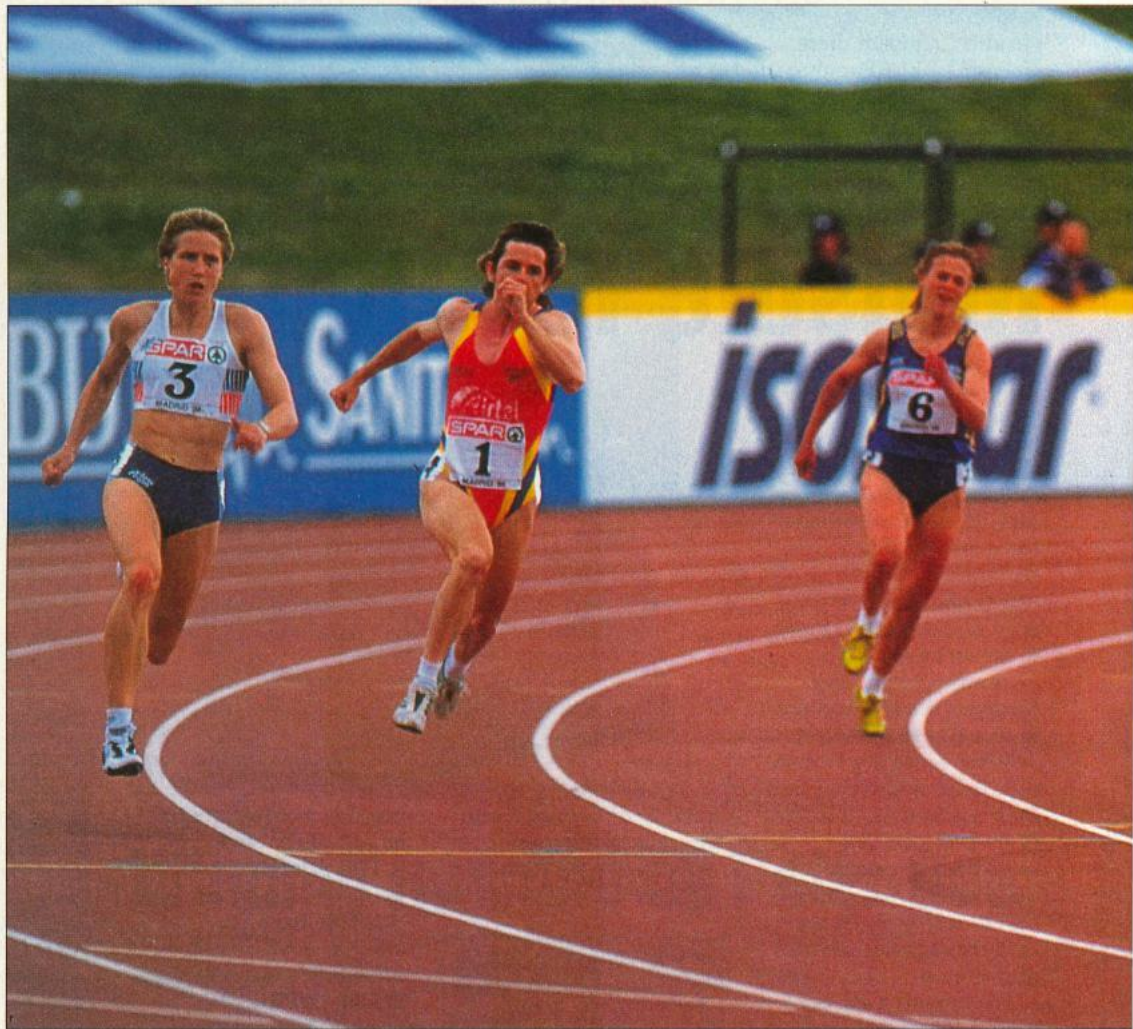
"I let him take a handful of money because he said he had a gun in his pocket," says the little widow. "But I got a good enough look at him to pick him out at an identity parade after the police caught him."

"Of course it was frightening. But I can't afford trips like this if I don't work. And I'm not letting someone like him spoil my fun!"

Fun? Even the Brit spirits were slightly damp in the pavement cafes on the Saturday night of the Madrid event when GB men languished in third place and the women looked as if – horror of horrors – they may be relegated from Super League.

A few drowned sorrows later, the fans were out there for Day Two in their fluorescent yellow hats, encouraging every British effort from Mike Jones' first hammer throw to Du'aine Ladejo's last stride to the line

# BASC in p



## Boost for youngsters

THE British Athletics Supporters' Club prides itself on encouraging talent of the future as well as cheering on the current teams.

Since 1980, it has funded Young Athlete of the Year awards.

While many of the U17s and U20s have not graduated to the highest senior ranks, the BASC has shown good judgment in many cases.

Winners have included hurdler Hughie Teape (1980), high jumper Debbie Marti ('81), Jon Ridgeon ('83), one of his greatest rivals Peter Crampton ('86) and sprinter Katharine Merry ('88).

in the 4x400 metres.

The athletes appreciate the lengths to which their most fanatical supporters will go.

Sally Gunnell, for example, after winning the 400 metres hurdles made a bee line for Maureen Pieri, former secretary of the BASC who never misses a chance to wave

the flag – and who let the GB women's captain know how much she was missed last year while she was injured.

Gunnell gave her winner's bouquet to Pieri along with the message: "Thanks for the card."

Not surprisingly, given Pieri's genuine affection for

## ...and coaches

BASC also finances the Ron Pickering Coaching Scholarship.

From 1991, the winners were able to attend the Loughborough Summer School. The first winner was Raz Cameron.

In the absence of the school last year, joint winners Simon Nathan and Duncan Hugall went to the European Coaches' Conference in Budapest.

"They sent us a very detailed report of what they had learnt," says a BASC spokesman. "It was nice to get a thank you."

the athletes, she ended the weekend with three bouquets.

The most amazing fact about the BASC, though, is there are only 800 of them. They sound like more. They act like more – without being boorish or attracting the kind of hostility associated with England's football-following

# atriotic glory

Vocal backing: Katharine Merry (far left), a former BASC young athlete of the year, was assured of great British support in Madrid



contemporaries.

The British athletics supporters always outnumber the opposition – especially at an event like the European Cup.

The only time the home crowd has not been outnumbered was in Birmingham two years ago and in Gateshead in 1989.

In Rome three years ago and Lille last year, the Britons made more noise than the home supporters.

And it was the same this time, though it might be a tougher shouting match next year when Super League moves to Munich, home of the five-times champions.

Odrizola came up with a wonderfully Spanish excuse for his countrymen being outnumbered.

He explained, perfectly sincerely, that his Federation had wanted to start each session at 8pm but television had insisted on afternoon starts – “too close to our siesta”.

There wasn't much siesta for some of the Brits, but there was never any thought that watching on television would be good enough.

They're not the 'anoraks' they are made out to be: sure, they can talk in detail about any British performance you care to mention – but they can also turn an athletics event into a social weekend worth remembering.

Which was why one or two members of the party – surprisingly, the younger ones – almost missed the coaches to the start of day two after, er, socialising until 5.30am on the Sunday morning.

But nobody did miss the bus. They were all there, albeit the odd one rather unshaven, in the best seats in the Estadio de la Comunidad de Madrid, looking directly down on the finish line.

And a cosmopolitan crowd they were, too. There was Chris Donnelly from Ireland; Neil Bonner plus Mai and Philip Poole from Scotland; Eric and Christine Thompson plus David Lewis representing Wales; Louis Falero and two friends from Gibraltar; Ruth and Maud Falla from Guernsey; Jean Gillett from the Isle of Wight; and, inevitably, the majority from England.

Not that travelling was necessarily easier for the English contingent.

Grandmother Pam, for example, travelled on an overnight coach from Torquay, stopping at virtually every other resort in glorious Devon and arriving at Heathrow Airport at 5am to start her weekend – immediately after working an 11-hour shift in her shop.

A little toughie is Mrs Hogg, described by friends as 'one of those ageless ladies

## Riotous end to Cup final

SEVEN British supporters almost didn't make it back to work on Monday morning after the Madrid European Cup Final.

Their travel organiser, Graham Botley, explains: “They rushed away from the stadium straight after the men's 4x400 metres but were held up by demonstrators on the road to the airport.

“It was something similar to the 'Free George Davis' campaign for a chap called Ramos. His supporters stoned our minibus and lay in front of it.

“But the police eventually carried the demonstrators away and our seven got through to the airport just in time to catch their flight back to London.”

who's younger than her children’.

She recalls: “My first trip was to the Barcelona Olympics. I spent the first week at the swimming because the athletics hadn't started.

“And when Nick Gillingham won his medal, I leapt up like a teenager, landed like my own age – and damaged an ankle so badly they said I'd have to spend the rest of the trip sitting by the hotel pool.

“No way! I explained to the doctor how I'd saved and saved to watch the Olympics – how it had been a lifetime dream to go to an Olympics – so he put my damaged ligaments in plaster and off I went on the bus to the stadium.”

Remember, this was the Games where the British fans had 50 miles or more to travel 'twixt hotel and action.

Mrs Hogg continues: “I was standing at the foot of the endless steps wondering how I was going to get up to my seat when two men suddenly swept me up by my elbows and carried me along. ‘Same time tomorrow, boys,’ I said.

“Until Barcelona, I didn't even know there was a British Athletics Supporters' Club. But they're a marvellous gang.”

BASC committee member Janet Smith agrees. She celebrated her birthday in Madrid – and her friends bought her a 500 pesetas ticket in the Spanish lottery.

Luckily, Janet found time to

check the numbers in the local newspaper – and the next day was claiming a prize of 5000 pesetas.

In truth, as Odrizola says, they all deserve a medal.

## Want to join?

BASC has its roots back in the days when the AAA used to help supporters travel to international matches involving British teams – which helps explain why Sir Arthur Gold is a valued life vice-president and why Robert Stinson is also involved.

Current secretary of the club is former international Brenda Bedford.

Readers wishing to receive more details about the club should send a stamped addressed envelope to the BASC membership secretary Marjorie Roscoe, 17 Fortess Road, London NW5 1AD.

## Over the wall

BASC member Frank Bradley from Telford got his taste for overseas athletics in an unusual way.

He took part in a relay from Telford to St Etienne in France in 1988.

“It was an unforgettable experience,” he says. “There were teams from Russia and Germany as well as France.

“The idea stemmed from the fact that the towns were twinned. But we all got on so well - irrespective of whether we were from East or West - that you could say we demolished the Berlin Wall before it was knocked down.”



Competitive edge: Shaun Pickering has already reached the shot putt qualifying standard

# Game

*Britain's best throwers take to the field this weekend with one aim in mind – Atlanta*

Words: Max Jones

**T**HIS weekend's Olympic Trials offer some mouth-watering competition for throwing enthusiasts with the best in the country meeting head to head.

Our best thrower is the exception: Steve Backley is recovering from an Achilles operation in April. But Steve is progressing well and should throw at the Gateshead meeting later in the month.

## How to get Zelezny to keep his

**J**AN ZELEZNY's massive improvement on the javelin world record will not simply have enthralled an athletics community eager for some positive news after another winter of discontent over drug recriminations concerning Diane Modahl, among others.

The Czech Army captain's 98.48 metres in Eastern Germany will also have raised a few worried eyebrows in the opulent headquarters of the International Amateur Athletic Federation in Monte Carlo.

That three-metre improvement on his previous record takes the world's leading spear thrower perilously close to the magic 100-metre barrier; and immediately following his feat, Zelezny declared that was, indeed, his next target.

However, when he accomplishes it (there don't seem to be too many "ifs"), the world and Olympic

With the world javelin record again approaching 100m, PAT BUTCHER suggests authorities resist the temptation to tamper with the 'spear' again

champion will become only the second man on the moon, so to speak. Because Uwe Hohn of the then East Germany (is there something in the air there?) set a world record of 104.80 metres 12 years ago.

This sparked fears of impaling spectators on the other side of the stadia, and the IAAF promptly wheeled in their technical experts, who recommended moving the fulcrum (the balancing point) of the javelin forward, causing it to dip earlier in flight, thus fall to earth shorter, and safer.

Despite recriminations from the world's leading throwers, the new law and implement were introduced within a couple of years, and the world bests promptly fell

to 85 metres. In an athletics world obsessed with world records – *citius, altius, fortius*, and all that – this created confusion and despondency.

Round about this time, on a rare visit to East Germany, I found myself sitting next to Hohn at an official reception. He is a giant of a man, testimony to the belief that the former javelin relied more on brute strength than technique. But despite, or because of his strength, Hohn had fallen prey to the javelin thrower's nemesis – torn shoulder muscles. The same thing prompted Fatima Whitbread's demise.

With the world waiting for Hohn's return with the new implement, I naturally put the question "when?"

"Never," he replied

sombrely, "my career is finished, the injury is too bad." I duly filed my miniscoop to the daily I was working for at the time. The report only made the first editions, replaced later by that evening's match report.

But it's the first editions of British papers which go abroad, and, sure enough, some sharp-eyed agency bod out East picked up the story and regurgitated it back down the wires a week later. Needless to say, it was spotted by one of the sub-editors who hadn't been working on the day of my original piece. So Hohn's enforced retirement got splashed across the sports pages again, even bigger this time.

So much for the perils of daily sports reporting. What about the dangers of flying javelins? Incongruously, although the women's implement was never changed, their world record has remained stalled on the

# s goal for throwers

And coach John Trower is optimistic that Britain's No.1 javelin thrower will be in excellent shape for Atlanta. The gold medal is still the aim despite Jan Zelezny extending his world record to 98.48 metres.

The absence of Backley puts pressure on Mick Hill, who is not yet in top shape. Since the top two finishers in the AAA Championships will be selected for Atlanta – assuming they have the Olympic 'A' standard – Mick must ensure he competes well. A recent 78 metre effort is far from his 86.94 best but he has now fully recovered from his shoulder injury and the late start to the season should ensure that he is in top form in Atlanta. Colin MacKenzie (81.06) is the favourite to join Hill and Backley in the team but

young Nick Neiland (79.94) is improving fast and could provide the selectors with a major problem on Sunday evening if he chooses the Alexander Stadium as the stage on which to go beyond 80 metres, the Olympic 'A' standard.

Not concerned with Olympic selection this time round is 16-year-old David Parker from Scarborough. He will compete in Birmingham despite being in the middle of his GCSEs. Having already this year thrown an age record of 68.26, the 6ft 3in/13.5st record breaker will be hoping to go beyond the 69 metres laid down by the BAF as the elite selection guideline for the World Junior Championships in Sydney in August. Despite his success so far, throwing on a synthetic surface will be quite

a novelty for David since he usually trains on a grass or Tarmac run-up as the nearest synthetic surface is 40 miles away in York.

It will be incredible to see Tessa Sanderson competing again at the National Championships – and she is confident she can throw in the mid-60s. This distance would make her a medal contender again in a competition where none will have more experience. Once Tessa threw 60m (the 'A' standard), the rest of the domestic field knew they also had to achieve this distance to be on the plane to Atlanta. Shelley Holroyd is certainly capable of such a distance and the hype of the Trials will provide stimulus. Do not write off Sharon Gibson or Lorna Jackson, either. Their winter preparations pointed the way

to 60 metres but both have under-achieved thus far: just one throw will change that.

Probably the most competitive throws final will be the men's shot. Both Shaun Pickering (19.62) and Mark Proctor (19.67) have exceeded the 'A' standard using the rotational technique and fell rotator Lee Newman looks to have it in him.

Faced with all these twirling muscle men is the Commonwealth champion, Matt Simson, back from his brief involvement with rugby league, who has already achieved 18.99 and is my bet to go over the 19.50 standard in the near future.

It will be well worth those sitting in the Main Stand to devote one hour of their time to walking over to the 200m start section of the track and watching the shouting, barking, hooting and bellowing as these slabs of muscle compete for a place in the Atlanta sun (and humidity).

The men's discus looks to be interesting with Bob Weir, tipped to break Bill Tancred's ancient British record of 64.32, having to hold off the fast improving Glen Smith (62.34) with Kevin Brown ready to sneak in and cause an upset.

The women's discus is also fascinating with Jackie McKiernan having thrown 60.04.

But she is faced with stronger domestic opposition. Both Tracey Axten (55.88) and Debbie Callaway (58.56) have shown significant improvement this season and should pressure Jackie for the top spot.

Watch out, too, for Shelley Drew whose early season performances were held back by a virus but now is showing signs of a breakthrough as her recent 57.34 indicates.

Yes, it'll be well worth getting out of your seat in the stands and taking a close-up look at the drama and genuine competition out in the middle!

## distance

80 metres exactly that yet another East German, Petra Felke, threw eight years ago. The best current women barely exceed 68 metres.

But what Zelezny's improvement does prove is that you cannot legislate for athletic excellence. The Czech has had injury problems of his own, notably to his back, which he supports with a weightlifter's belt. But he has thrown the event back into the melting pot, and sent the IAAF back to the drawing board. Because they can't rely on Zelezny retiring to get them off the hook. Steve Backley, for one, won't be far behind.

But they should temper their rush to judgement this time. A further problem with the old javelin was that, with the fulcrum in the middle, it used to land flat, as the women's still does, and bounce, often as much as 20 metres. But the new javelin invariably sticks in and stays



**Crowd trouble:**  
Zelezny's record  
throw could raise  
safety fears again

put, also affording a better appreciation for the spectators of the distance achieved.

Any athletics stadium infield is more than 120 metres in length. And, if that can accommodate the far more dangerous hammer event - where the implement is like a bouncing bomb when it occasionally lands on

the track - then judicious marshalling can easily deal with 100 metres-plus in the javelin.

The athletes deserve no less from the authorities. To paraphrase a James Bond one-liner, after 007 had shoved a marlin spike through yet another villain, "Let's hope they get the point this time".

# Full house is the big result AAAs deserve



TREVOR FRECKNALL  
News editor

KNOW what the best result would be at the Securicor AAA Championships at the weekend? A full house.

Packed stands and thronged grassy banks around the Alexander Stadium on Saturday and Sunday – we'll excuse the masses on Friday night – are the least the sport can expect.

After all, it's years since Britain has had an athletics meeting like this.

Endless confrontations between athletes ready to scramble over each other – in the nicest possible way, of course – for places on the plane to the Olympic Games simply have not happened in recent times.

We've grown a little tired of the Grand Prix circuit (is it really in only its 12th year?) with its endless time trials and avoidance of head-to-heads by the top athletes until the price is right.

The rest of Europe has even become disinterested in the European Cup, the only competition these days that gives patriotism a chance.

But this weekend's excitement is a throwback to the gladiatorial days when athletes really did have to prove they were best equipped for the Games ahead.

It's a world of difference from last year, when the 'star' athletes dawdled into Birmingham knowing all they had to do was turn up and they would be guaranteed places in the World Championships.

No sport can behave like that and expect to receive the respect reserved for professionals.

Now, it's different. The chips are down – and the whole of the sport is licking its lips in anticipation.

The British Athletic Federation has done its bit by offering discounts to club parties (and by not taking the Championships to a distant corner of the United Kingdom).

So there's no reason whatsoever why the sport should fail to flock to Brum ... is there?

# Letters

● Write to Athletics Weekly, Bretton Court, Bretton, Peterborough, PE3 8DZ or fax us on 01733-465206

## Resolve road issue

I HAVE read with interest the letters over recent weeks concerning the practice of charging road race entrants an on-the-day surcharge and excluding them from prizes.

Last year the Coedpoeth 5 was the subject of stinging criticism in *Athletics Weekly* after four of the first 10 finishers – who had entered on the night and been surcharged – were all denied prizes they felt entitled to. Among them was the winner, Michael McDevitt, who also broke the course record.

Clwyd AAA discussed this at some depth and decided we would ask race organisers to either surcharge late entrants or deny these athletes the right to prizes, not both. And we asked them to undertake this on a voluntary basis.

The result was, some organisers were happy to allow late entries to receive prizes, feeling it was no longer necessary to issue separate numbers to identify these runners and were happy to receive the additional income; others decided the only way out of the dilemma was to refuse to accept entries on the day.

The issue cannot be resolved without the intervention of our national bodies. They should place clear guidelines in the rule book.

PAUL BROOKS,  
Permit secretary, Clwyd AAA.

## Marathon children

AS a solicitor dealing with children's cases, I do not accept Mike Tait's hysterical reaction to children running endurance events (*Athletics Weekly*, May 29).

Children can run at moderate speed all day as long as it interests them. The stress on their bodies is minimal compared to 400 or 800 metres running, which they do badly because they are not strong enough. I ran my first marathon in 1976, just after my 12th birthday. I was not pressurised by adults. As a youth, I did not have the strength and speed to compete with my more physically developed peers in short events.

Distance running has remained a major part of my life although I no longer have the time to train to run marathons.

There are many kinds of child abuse. What Mr Tait refers to is not one of them.

CHRISTOPHER SMALE,  
Longwood Harriers.

## Sheffield satisfies

AS a follow-up to my letter (*Athletics Weekly*, May 29), I would like to vindicate the Sheffield Marathon committee for any blame for the dilemma in which I found myself.

Firstly, my telephone calls could not be answered as the committee member was on holiday. He contacted me immediately on his return, assuring me that the voucher I received was to the approximate value of £40, and that a perpetual trophy was away being inscribed and would be sent to me if I so wished.

The hiccup seems to have been caused by the sports firm which was responsible for supplying the prizes. However, they have also been in contact with me, with a sincere apology. They have now supplied me with a T-shirt (the right size) plus a pair of tracksters.

So to all concerned, my sincere apologies – especially the Sheffield Marathon Committee whose efforts, without reward, keep the event going.

And I will be running the 12th next year.  
D PARKIN,  
Barnstaple, Devon.



## Letter of the week new balance

The best letter wins a pair of New Balance running shoes

# Give grass roots tender loving care

IT has been evident for some time now there is a lack of physiotherapy facilities available for athletes at a number of events.

I am not sure how widespread this is, but certainly there were no such services at the recently completed South of England Championships nor at the Middlesex County Championships.

It is customary for first aid

facilities to be provided, but with all due respect to the people providing that service, the knowledge they possess is, as indicated, "first aid" and does not provide for the more specialised treatment available from a professionally qualified physio.

When one considers the cash dished out to the stars of the sport for warm weather training, medical facilities,

etc, is it really asking too much for the provision of a physio at county and area championships? It would provide the grass roots with a little tender loving care that may well help them avoid more serious injury and/or curtailment of the athlete's competitive and training activities.

MIKE SIBLEY,  
Cheshunt, Hertfordshire.

## 'External Influence' hits back and says: Be proud of all Britons

DIANE MODAHL was born in Manchester, England. Both her parents were born in Jamaica. I was born in Norway, where my mother comes from. My father is Spanish. That makes our daughter Imani half Jamaican, quarter Norwegian and quarter Spanish. She was, however, born in Manchester and P D Jenkins (*Athletics Weekly Letters*, June 5) can check with the British authorities that she is a British citizen.

When Diane and I read his letter we were very upset. Not only did he get the story wrong when he came to the comments on the European Cup team and Hayley Parry (a very talented and very fast-improving athlete who Diane and I admire) but he also expressed a very dangerous view - Britain for British.

I will not challenge him on this view but hope the majority in Britain would like to accept all people from all corners of this world in the way that Diane and I have learned to love the differences in both our cultures. Differences that have enriched us both so much and will hopefully give Imani the platform to love people whatever their colour, country or religion they come from. P D Jenkins believes I am an "external interference" - well I have a surprise for you. I am married to Diane and I am the father of our daughter.

When Diane suffered in the darkest moments of her fight it was the "external interference" that pulled her through, not her domestic federation.

When she was on the verge of suicide it was the "external interference" who watched

over her.

When she needed finance to start training for this season it was her "external interference" who increased his bank overdraft to pay for it, not her domestic federation.

When the British athletes now have to take a doping test, it has been made more secure due to Diane's fight and the evidence presented on her behalf.

It was very much due to her "external interference" that British athletes might just be safer from injustice in the future.

P D Jenkins - if you believe Diane was the only person who was accused and who lost everything, you are unbelievable.

The pain I feel in my heart is a pain you will never understand - a pain of betrayal, accusation and loneliness, of seeing all you owned has gone, and the one you love has lost so much inside her. And the pain is so strong sometimes that the only thing I can do is cry.

When I was called up by the Press after the BAF decided to select Hayley as reserve for the European Cup, Diane and I were very surprised.

After two years of injustice, even after she won the appeal hearing in 1995, BAF has not tried to integrate her into the team again.

You might believe she is treated fairly, but what would you know about it from your sofa somewhere in Wales?

Du'aine Ladejo was selected ahead of Iwan Thomas for the Cup 400 metres even though he had a much slower time. Malcolm Arnold explained to the Press: "He has more

experience so he was picked."

Hayley was selected as reserve ahead of Diane with just a fraction of a faster time.

When Malcolm was asked by the Press why she was treated differently to Ladejo, he only responded by saying Hayley Parry has a better result this year.

You cannot have two different policies for two different athletes.

Diane had expressed her wish to run in the European Cup and I had said the natural progression from 2:04.10 in a race which she won by 16 seconds (May 15) was 2:00.00 after warm up races in Hengelo and Bratislava.

Diane ran two minutes in Paris on the Monday after the European Cup.

BAF should have known that was the next step after her very good progress in mid-May.

I said Hayley had achieved a lot - and all respect to her for improving by six seconds over 800 metres this year.

But in the European Cup experience is needed - Diane had shown that by winning in 1994.

But more important, Diane had to feel she was a part of the team again after feeling like an outcast for two seasons.

To Hayley I will only say: Diane and I admire your progress and wish you all the best for the season. We apologise for any misunderstandings that have occurred.

To P D Jenkins I will say this: Be proud of all residents in Britain regardless of colour and culture.

They made British athletics so successful.

VICENTE MODAHL,  
Manchester.

## 30 years ago

June 11, 1966

● Amid winds of six metres per second and dust storms, Anne Smith lowered Diane Leather's 11-year-old UK mile record to 4:44.2 in the Southern Championships at Chiswick.

● Mary Peters won her fifth successive national pentathlon title at Birmingham University.

● Jim Ryun (19) missed Michel Jazy's world mile record by a tenth of a second, clocking 3:53.7 in Los Angeles.

## 20 years ago

June 12, 1976

● Steve Ovett made a surprise appearance at the Inter-Counties Championships - and won the 800 metres in 1:47.3.

● A full house of 13,000 at Crystal Palace saw Brendan Foster win the Kraft Games 5000 metres in 13:33.8.

● Edinburgh Southern Harriers won the British Women's League First Division match at Grange-mouth, 25 points ahead of Stretford.

## 10 years ago

June 14, 1986

● Linford Christie lowered Allan Wells' UK 100 metres record to 10.04 seconds in Madrid.

● John Regis won a 200 metres in Florence in 21.10 seconds.

● Tim Hutchings won the Gaymer's 8km road race in Cardiff in 22:33, five seconds ahead of Carl Thackery with Dave Clarke third.

## Fame for Colin...

WHILE we were pleased to see our son, Paul Laslett, in the list of top county marks (*Athletics Weekly*, May 29) two points need correction: Paul's time was 1:58.03; it was bettered by Colin Young, who ran 1:57.2 in Nottinghamshire.

Thank you for giving Paul his "15 minutes of fame".

D LASLETT,  
Alton, Hampshire.

## Training partners team up to defend Modahls - and demand an apology from Wales

WE are writing in response to the letter (*Athletics Weekly*, June 5) from N B Derbyshire complaining about Diane Modahl upsetting himself as well as junior and youth male athletes from Cardiff AC.

If Mr Derbyshire had one ounce of understanding concerning the trauma Diane has endured over the last two years, he would surely have written a letter of congratulations rather than one of such pettiness.

Diane was not asked if she

would prefer a mixed race until it was already arranged by the meeting organisers.

So when Diane simply said she would rather it be a women-only race, she was not aware this would upset young male athletes, let alone a senior coach with Cardiff AC!

If Diane had known, her apologies would certainly have been passed on.

We are sure the young lads in question will recover from this but we are not so sure about their senior coach at

Cardiff AC.

However, our point is that Diane's name is over-used by people who want to see their little story in print. It would help a great deal if the people in the same sport as us would understand this also.

To quote Mr Derbyshire, "an apology would not go amiss."

As for the comments from P D Jenkins (*Athletics Weekly*, June 5), life is obviously great for you to sit comfortably in Mid Glamorgan, commenting on something you know very

little of.

We have a question for you: If someone as close to you as Diane is to Vicente was having their life dragged through the dirt with no reason or compensation, would you lie back and say nothing?

Every man would defend his wife in the same way as Vicente has.

KEVIN MCKAY, STEVE SMITH, DAVID GRINDLEY, GUY BULLOCK, PETER CRAMPTON.

Training partners of Diane Modahl.

Speed and strength form the key to efficient long jumping. Here is some expert advice on mastering the correct technique

**Words: David Lease, BAF head coach for jumps**

**L**ONG jumping is a natural activity, easy to do and enjoyed by children at play. However, it requires much more than natural ability to jump great distances on the world stage. In reality, it is an event which is easy to do badly and difficult to do well.

While all can enjoy the event, few participate well because of a number of reasons. They might be:

- Lack of correct practice
- Coaches misunderstand the basic requirements needed for good long jumping
- Uninteresting training activities
- A perceived lack of ability at an early age – the younger children are allowed to compete the younger they have the opportunity to consider themselves to be no good!

Britain has never been short of long jump talent. In fact, a glance through English Schools' Championships results the long jump stands out from the page. British past performers include:

**WOMEN**

- Mary Bignal**, Olympic Champion 1964
- Shiela Parkin**, Olympic silver medallist 1968
- Sue Telfer**, Olympic bronze medallist 1980
- Bev Kinch**, British record-holder 6.90m
- Fiona May**, world champion (for Italy) 1995

**MEN**

European Junior Championships:

- 1987 second **Stuart Faulkner** 7.67m,
- 1989 second **Wayne Griffiths** 7.84m,
- 1991 first **Steve Phillips** 7.91m,
- 1993 first **Carl Howard** 7.76m

Another interesting fact is that a long jump pit is usually the one athletics facility most schools possess. Therefore, any lack of success is not down to the lack of talent or the lack of facilities. Perhaps it is the lack of knowledge? Consider our athletes in the other jumping events – Jonathan Edwards, Ashia Hansen, Francis Agyepong, Dalton Grant, Steve Smith, Nick Buckfield and Kate Staples. The answer is obvious: Britain possesses the knowledge to produce good jumpers.

The truth can only be that Britain has a dearth of good coaches operating in the long jump; coaches who have the ability to make the event exciting and have the ability to take talented youngsters through to international level. (No club coach has chosen to undertake long jump at the BAF senior course at Loughborough this summer).

Clubs and regions of Great Britain – our potential young long jumpers need your help to find and produce good long jump coaches!

**LONG JUMP TRAINING Sprinting**

THE best long jumpers are the fastest long jumpers. International jumpers should be

# British must

fast enough to earn a place in their national relay squad. Jesse Owens and Carl Lewis were the world's greatest sprinters of their time. They were also the world's greatest long jumpers of their time.

Lynn Davies, British record-holder since 1968 (8.23m) was Inter-County 100 yards champion and represented Great Britain in the 100 metres.

Heiki Drechsler, arguably the greatest-ever woman long jumper, was co-world record-holder for 200 metres and has a personal best for the 100 metres of 10.91 seconds (10.80 wind assisted).

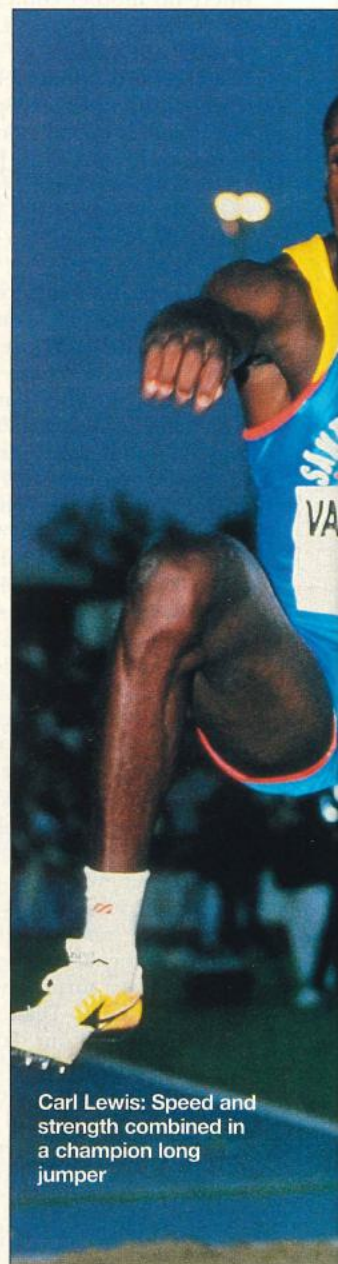
The long jump coach must be an expert sprint coach.

**Strength**

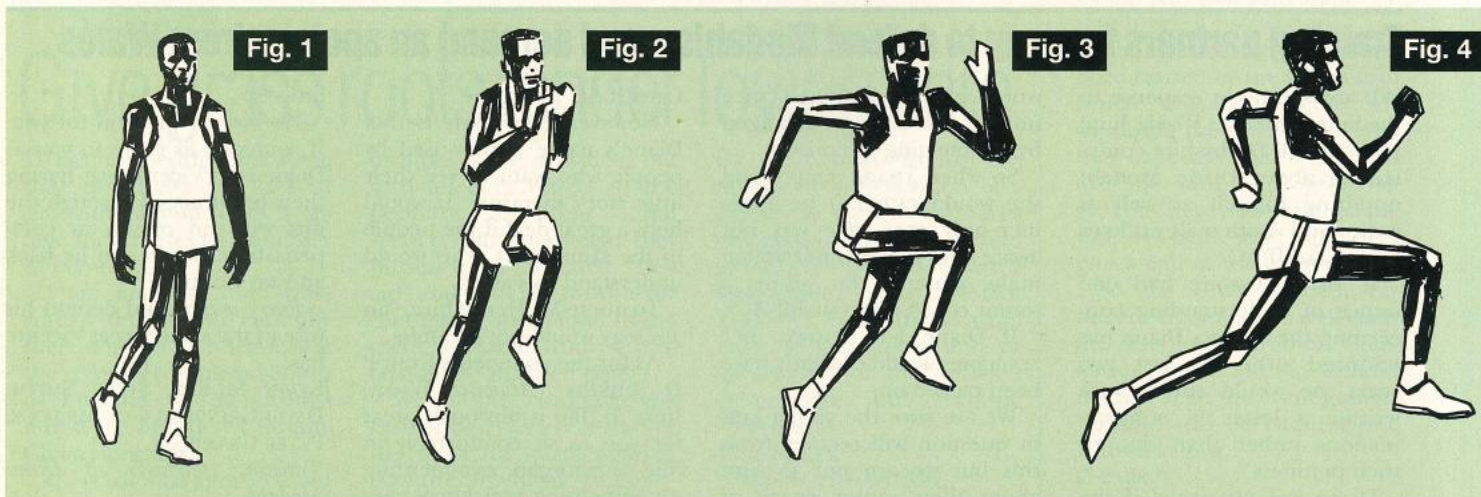
IT takes considerable strength to generate the necessary sprinting speed on the runway. It takes even more strength to plant the take-off foot and redirect the body upwards and into the correct flight path.

The long jumper is rather like a jet aeroplane. The engines (legs) must be enormously powerful to generate speed on the runway and to project the fuselage (body) into the sky. The fuselage must, in turn, be strong enough to accept the forces and, finally, the engine mountings (muscles of the hips and trunk) must be strong enough to transmit the power. The strength required is explosive strength, yielding strength and holding strength. Long jumping is a test of strength.

The long jump coach must be an expert strength coach.



Carl Lewis: Speed and strength combined in a champion long jumper



# prepare for a giant leap



**Mobility**  
ALL athletes require a good range of mobility. Sprinting and jumping techniques demand the athlete has the ability to move through wide and unrestricted ranges of movement. Tight muscles and joints lead to poor performance and even injury. The long jump coach must be an expert mobility coach.

**Jumping**  
RECENT scientific research tells us that every human movement is an original. No two consecutive movements are ever the same. And yet, we want our long jumper to repeat the correct movements. Further, we want the long jumper to complete those correct movements at the greatest possible speed. It is here that long jumping becomes a particularly fascinating activity to do and to coach at the very edge of control.

The long jump coach must be an expert technical coach. Long jumping should never be boring for the performer or the coach. There is so much to do and to learn that variety of training activities should never be a problem. The key is for the coach to understand the complexities but interpret them for the athlete into interesting and manageable practises. Anyone can make things complicated. It takes a genius to keep it simple.

The long jump coach must be a great thinker and motivator.

**TECHNIQUE**  
**Understand the principles**  
THE ability to jump a long way is dependent on two factors: Horizontal speed sprinting. Vertical lift jumping. The laws of physics insist that the limit of the jump is determined at the moment of take-off. Once in the air the long jumper can do nothing to improve the distance of the jump. All that can be done is to ensure the landing is as efficient as possible so that no distance is actually lost.

**'Long jumping should never be boring for the performer or the coach. There is so much to do and learn'**

**Start tall to stay tall**  
(pics 1-7)  
A CORRECT, tall posture is so important when attempting to generate great sprint speed. Once underway it is almost impossible to correct faults. Therefore, it is better to establish a correct procedure to achieve success

from the very beginning. A standing start to the run-up is best as it ensures consistency.

**Accelerate gradually** (pic 2)  
UNLIKE the sprinter, the long jumper only requires maximum speed at one moment – take-off. Therefore acceleration should be gradual. Athletes and coaches in the 'know' understand the jumper only has one chance at absolute effort and this should be saved for the final few strides. Trying too hard early in the approach only leads to deceleration into take-off. Leg speed should increase gradually throughout the run-up, achieving maximum controllable speed into take-off.

**Understand the rhythm of take-off** (pics 4-7)  
ATHLETES should understand the music of the take-off. Many postural changes take place in the final few strides but while the mechanics of these changes need to be understood by the coach, the athlete should understand them by rhythm. The penultimate stride should be slightly longer than the rest and the final stride should be slightly shorter tum, tum, tum, tee, ta! A long/short final two strides helps maintain speed through take-off. A short/long final stride combination helps to gain

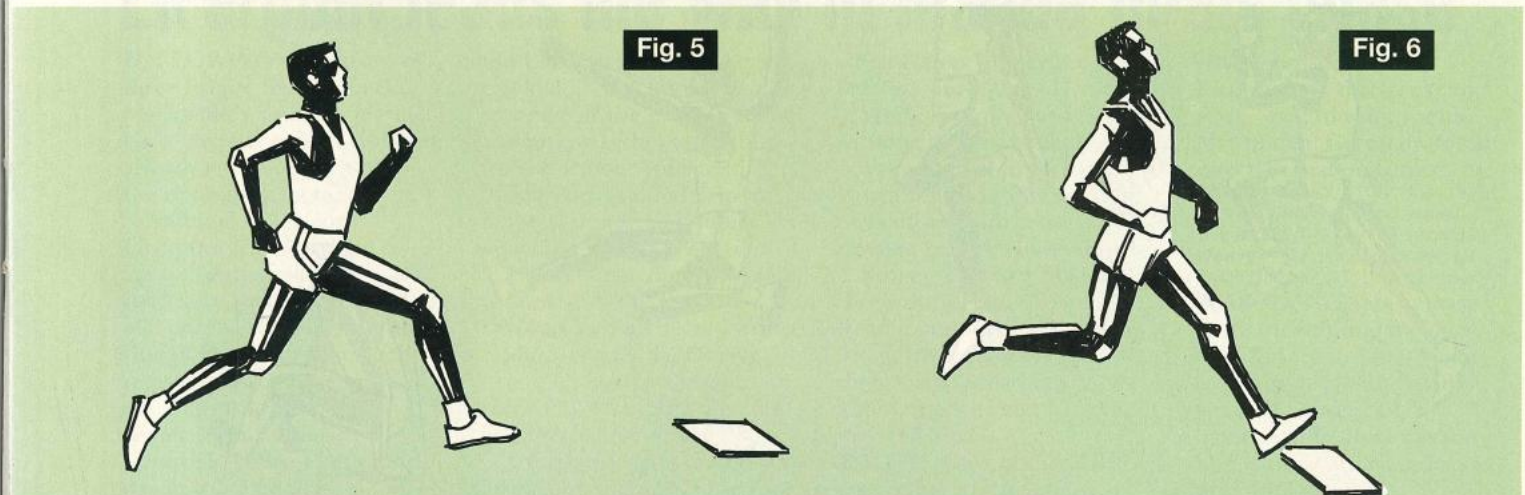


Fig. 5

Fig. 6

height but slows the athlete.

**Gain vertical lift by:** (pics 6-7) PIVOTING over the take-off leg.

Lift is also gained by the pushing action of the take-off leg, by the driving through and up of the non-take-off leg and by vigorous lifting of the arms (one back, one forward). All are vitally important and therefore synchronisation at great speed is the essential skill.

**Maintain a balanced flight for a safe landing** (pic 8-10)

THERE are a number of techniques long jumpers use to prepare for landing.

The athlete shown is using a hitch kick – cycling of the arms and legs (Carl Lewis, Mike Powell). Others use hang or stride techniques.

All these techniques are only of value if the athlete can land with the legs up, which causes the sand to be cut at the furthest distance from the take-off board, and still allow the body to slide into the hole made by the legs without falling back.

**APPLIANCE OF SCIENCE**

RECENT bio-mechanical studies done by Adrian Lees and Philip Graham-Smith of Liverpool John Moores University for the British Athletic Federation have been enormously helpful to athletes and coaches.

The diagram (right) has been produced for our leading juniors as a result of their AAA Indoor

Championship performances.

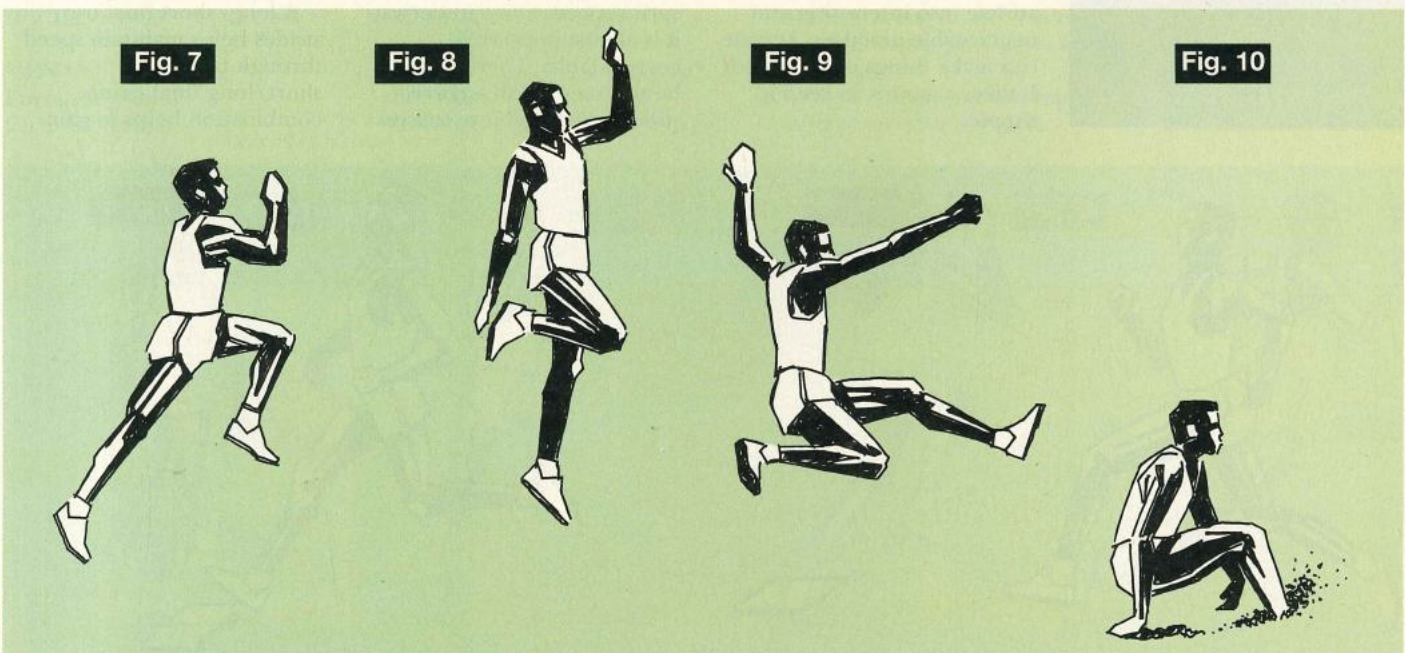
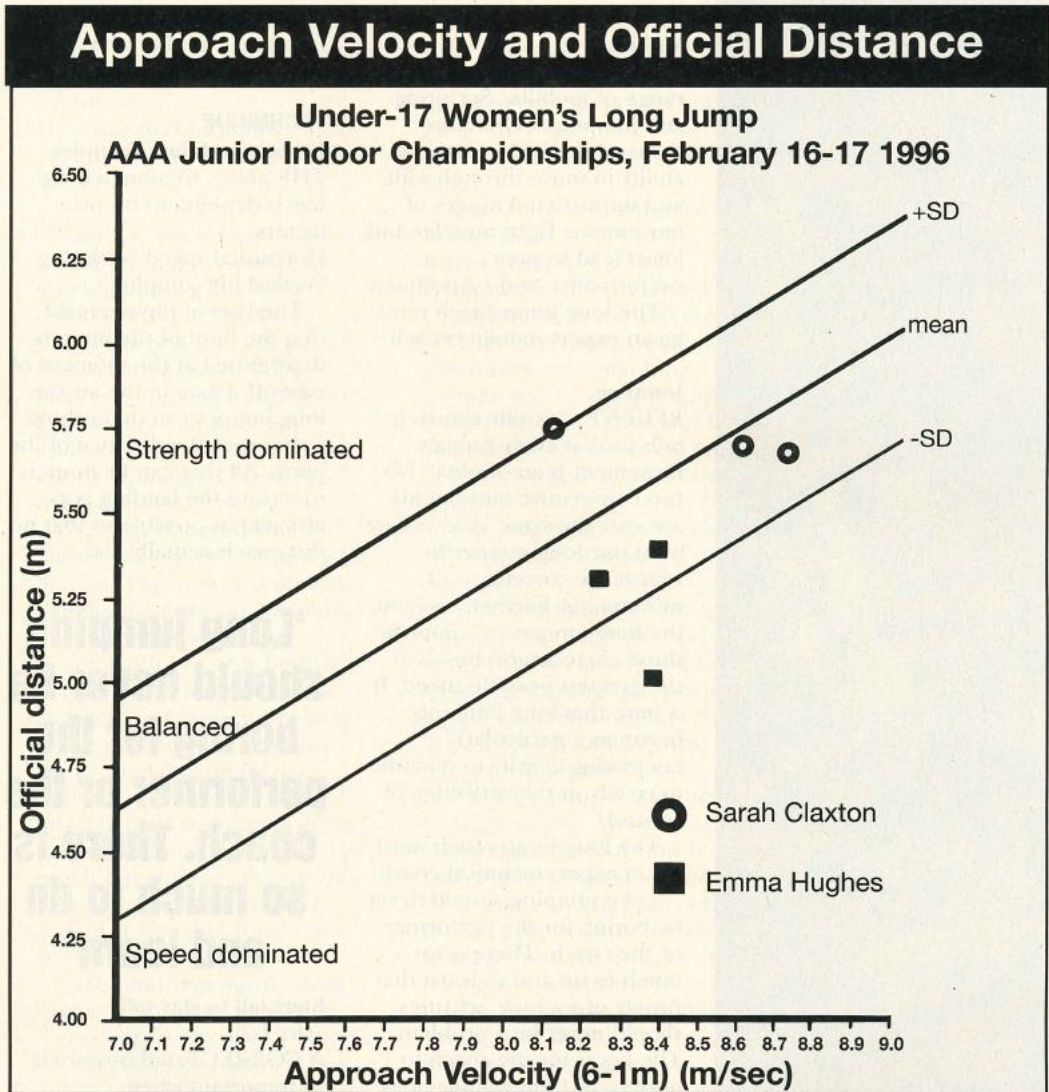
- They show:
- 1) Approach speed
  - 2) Distance jumped
  - 3) How dependant each particular jump was on speed or strength.

The result of each jump is compared to previously accumulated data and those that mark below the central line are over-dependant on speed.

Those above the central

line are over-dependant on strength.

Those on the central line show the balance between speed and strength producing the jump is about right.



# Nomad Jones still flying high

SUSAN JONES, who celebrated her 18th birthday last Saturday, is on course for the World Junior Championships in Sydney in August, despite having not one but two training facilities pulled from under her high jumping feet in the last few months.

"First they knocked down my home track at Wigan and now they're shutting

the Salford Mets home in Manchester," says Jones, who reached the IAAF qualifying height of 1.83 metres when she won the Inter-Counties title at Bedford.

However, the British Athletic Federation has set a standard of 1.85m for Jones to qualify, but this does not mean she will not be selected.

Now she and her coach John Howcroft use the Bolton outdoor facilities and the hall at Standish High School – proving yet again that Britain's best athletes really have to work hard to earn their success!

# Anderson keeps eye on Scots

FOUR Edinburgh schools took to their marks under the experienced eye of John Anderson, Scotland's head coach for the 1998 Commonwealth Games.

The event took place at the TSB Thistle Award Pentathlon Day at Meadowbank – which was the second of four promotions being held throughout Scotland.

Four schools – Portobello High, Queensferry High, St Serf's and Royal High – each with teams of eight girls and eight boys aged 13 and 14 took part.

The pentathlon included

60 metres, hurdles, shot, long jump and 800 metres, with the overall result being based on a team score. Royal High school were the overall winners, scoring 1092 points, nearly 200 points ahead of Queensferry High School in second place.

Each competitor was awarded a TSB Thistle Award Pentathlon badge and certificate along with a TSB Thistle Award T-shirt, while the winning team received a trophy for the school.

**Have a go: Young Scottish athletes at Meadowbank Stadium**



# Liverpool leads the way in league finals chase

FOLLOWING the second of three league fixtures in the McDonald's Young Athletes' Girls' League several clubs are already well on their way to the finals in September.

National champions Liverpool Harriers, who recorded their second successive total in excess of 400 points, Sale Harriers and City of Plymouth have each registered two consecutive match wins to lead their respective divisions.

Stoke's Rachael Redmond was in tremendous form in

the U15 200 metres when she clocked 25.1 to knock 0.1 seconds off the league record and go top of her age group for the season. Wakefield's Judith Payne added 5cm to her best in the high jump, equalling the U17 record of 1.70m while helping her team to second in the Premier Division Two match at Jarrow.

Shot putter Julie Dunkley extended her own league record by 47cm with 12.98m, just 10cm short of her PB.

A further league record was broken in Midlands One East

when Helen Worsey ran 11.3 for 75m hurdles.

While Liverpool's girls were winning at Wavertree their boys competed in the Northern Division One West at Trafford, with some notable results. High jumper T Kuiper cleared 1.90m and threw the javelin 47.70m, D Readle putted 15.97m and D Street triple-jumped 13.42m, their 4x400 squad ran 3:44.2 and A Spencer ran 2:15.9 in the U13 800m.

■ WITH many of the U20s competing in the AAA

Championships at Birmingham this weekend a team of eight will travel to Mannheim, Germany, for an international on Saturday: **800:** Tom Lerwill, **110H:** Ross Bailey, **HJ:** Ben Challenger and James Brierley, **SP/DT:** Carl Myerscough; **Women – HJ:** Rachel Forrest, **LJ:** Sarah Claxton, **DT:** Philippa Roles. ■ **APOLOGIES** to Andrew Benn for showing a picture of Ross Kidner in June 5 issue crediting him with having won the Southern U20 hammer title. Ross was the U17 winner while Andrew won the U20 title.

AFTER a mixed reception when they were launched last year, the TSB Rankings are back in a new guise.

The changes are subtle, but most importantly, they have lost their historical bias in favour of current performance.

The scoring system now in place meant Sally Gunnell, defending Olympic 400H champion and TSB Rankings leader last season, had dropped out of the top 100 by the start of this season.

Kelly Holmes and Jonathan Edwards' outstanding performances last season

## Current form sets standard

saw them top the lists at the beginning of the '96 campaign. However, Gunnell has since moved up to 13th following her European Cup win and could improve to 10th if she wins the 400H in the AAAs this weekend – a title she last won in 1988.

Christie has dropped to third but victory at Birmingham this weekend will

lift him above the injured Steve Backley.

Ashia Hansen, the world's longest triple jumper this year, will move into third ahead of Denise Lewis should she win the AAAs title.

Roger Black, who along with Gunnell helped launch the Rankings last year and finished 1995 in 12th, is already up to 10th with two sub-45-second 400m runs in the USA. Victory this weekend will see him climb even higher.

■ TSB Rankings are now available on the Internet. Try it now at <http://www.tsb.co.uk>.

### TSB RANKINGS COMPETITION



WHO do you think will be Britain's best athlete of '96? Can you see anyone repeating the type of feats achieved by Jonathan Edwards last year? Which of our international stars will produce the goods under pressure in the Atlanta cauldron? Will any athletes suffer the agony of injury or will they all enjoy the ecstasy of victory?

If you think you know all the answers, all you have to do to win a fantastic television, courtesy of the TSB Rankings and *Athletics Weekly*, is fill in the table below and send your completed entries to: TSB Rankings/Athletics Weekly competition, Bretton Court, Bretton, Peterborough, PE3 8DZ. All entries must be received by June 26 1996. Two runners-up will also receive a replica GB Team tracksuit.

Use your knowledge of athletics and your understanding of the new TSB Rankings to predict which athletes you feel will finish the season in the top five of the TSB Rankings.

#### SENIOR TSB RANKINGS (MEN)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

#### SENIOR TSB RANKINGS (WOMEN)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

NAME .....

ADDRESS .....

.....

.....

.....**POSTCODE**.....

Usual EMAP rules apply

#### As of June 1 1996

##### MEN

1 (1)	Jonathan Edwards	1440.5
2 (2)	Steve Backley	1322
3 (3)	Linford Christie	1307.5
4 (4)	Tony Jarrett	1297.5
5 (7)	Colin Jackson	1265.75
6 (5)	Steve Smith	1263.5
7 (8)	Mick Hill	1249
8 (6)	Mark Richardson	1240
9 (9)	John Regis	1239.75
10 (13)	Roger Black	1210

##### Last year's juniors

Mark Hylton 1122.75 (currently 52nd) is the only U20 of last year in the top 100

Leader:  
European  
Cup  
winner  
Kelly  
Holmes  
(no.3)



##### WOMEN

1 (1)	Kelly Holmes	1322.75
2 (2)	Liz McColgan	1283.5
3 (5)	Denise Lewis	1270.5
4 (4)	Ashia Hansen	1241.25
5 (3)	Paula Radcliffe	1239.5
6 (6)	Yvonne Murray	1208
7 (10)	Judy Oakes	1206.5
8 (7)	Alison Wyeth	1202
9 (9)	Lorraine Shaw	1192.75
10 (11)	Jill Hunter	1179

Figure in brackets refers to standings at beginning of season

##### Last year's Juniors

Natasha Danvers (1096.75) 50th  
Allison Curbishley (1076.5) 75th (up 25 places in June)  
Michelle Dunkley (1072.25) 76th  
Vickie Jamison (1061.75) 94th (top 100 entry on May 26). Danvers, Dunkley & Jamison are still juniors



## MEN U20

		Pts	Event	Perf.	Venue & Date
1 Ben Challenger	Leics	983	HJ	2.10	L'borough May 12
2 Duncan Malins	Sx	979	110H	14.80	Crawley May 12
3 Matt Lethbridge	Sx	955	400H	54.50	Crawley May 11
4 Ian Horsburgh	Scot E	954	200	21.90	Edinburgh May 12
5 David Clerihew	Scot E	944	LJ	7.15	Edinburgh May 11
6 Danny Graham	Mersey	940	HJ	2.05	Liverpool May 11
7 Tom Vanhinsbergh	Sx	940	HJ	2.05	Crawley May 12
8 Nicholas Dawson	Sx	928	200	22.09	Crawley May 11
9 Dean Leslie	Sx	924	110H	15.21	Crawley May 12
10 Bruce Robb	Scot E	902	SP	15.56	Edinburgh May 12

## U17

1 Carl Myerscough	Lancs	1116	SP	19.23	Blackpool May 12
2 David Parker	N Yks	1009	JT	70.22	Grimsby May 5
3 Christian Linskey	S Yks	1001	PV	5.00	Jarrow May 5
4 Kris Stewart	Scot E	993	400	48.01	Edinburgh May 11
5 Richard McDonald	Scot E	942	400H	54.84	Edinburgh May 12
6 David Readle	Mersey	933	SP	16.09	Wrexham May 19
7 Paul Armstrong	Scot E	924	400H	55.32	Edinburgh May 12
8 Tony Kuiper	Mersey	922	HJ	2.03	Liverpool May 12
9 Ross Kidner	Bucks	916	HT	57.96	Bracknell May 5
10 Steven Stanford	Mersey	899	DT	46.86	Liverpool May 12

## U15

1 Matthew Sutton	Staffs	949	HT	60.34	Corby May 5
2 John Barnes	Humb	898	HT	56.68	Scunthorpe May 11
3 Ross Thompson	Dur	863	HT	54.08	Hull May 19
4 Nicholas Williams	Ches	848	HT	52.96	Blackpool May 19
5 Liam Walsh	Clwyd	791	DT	40.58	Wrexham May 19
6 Mark Tinwell	G Man	778	DT	39.82	Manchester May 5
7 Jonathan Lundman	Ex	772	JT	52.46	Southend May 5
8 Ken McKeown	Scot W	769	HJ	1.85	Glasgow May 11
9 Felice Miele	Midx	767	DT	39.20	London (TB) May 5
10 P Archer	Surrey	764	DT	38.98	Croydon May 19

## WOMEN U20

1 Denise Bolton	G Man	963	100H	14.4	Blackpool May 11
2 Gosha Rostek	Scot W	961	200	25.18	Glasgow May 12
3 Katie Skorupska	Scot E	959	3000	10:00.69	E'burgh May 12
4 Philippa Roles	W Gm	959	DT	46.32	Aberdare May 12
5 Michelle Mann	Lancs	950	1500	4:33.7	Blackpool May 11
6 Pamela Johnstone	Scot E	950	400H	63.65	Edinburgh May 12
7 Lucy Carter	Beds	950	400	57.4	Luton May 12
8 Leanne Buxton	Sx	948	100H	14.77	Crawley May 11
9 Rosalind Baker	Sx	947	400	57.62	Crawley May 11
10 Rebecca Lewis	Ches	940	LJ	5.71	Crewe May 11

## U17

1 Gemma Swetman	Sx	1009	100	12.00	Crawley May 11
2 Maria Bolsover	S Yks	967	100	12.0	Mansfield May 19
3 Wendy Cox	Dur	964	200	24.9	Wakefield May 19
4 Susan Burnside	Scot E	949	200	25.34	Edinburgh May 12
5 Laura McCabe	Ches	940	800	2:12.5	Crewe May 11
6 Jenny Kemp	Mersey	939	JT	45.24	Bebington May 19
7 Sophie Williams	Avon	933	100	12.2	Bath May 11
8 Rebecca White	Lancs	933	300	40.7	Blackpool May 12
9 Lesley McGoldrick	Dur	930	80H	11.7	Wakefield May 19
10 Chloe Cozens	Beds	929	HJ	1.70	Luton May 12

## U15

1 Erica Burfoot	S Glam	904	200	25.7	Horsham May 19
2 Rachel Redmond	Staffs	904	200	25.7	Wakefield May 19
3 Emma Ward	Staffs	884	800	2:16.0	Wakefield May 19
4 Sophie McQueen	Humb	882	HJ	1.65	Scunthorpe May 11
5 April Kalu	G Man	879	SP	12.41	Wakefield May 19
6 Jenny Mockler	Mersey	878	1500	4:43.9	Liverpool May 11
7 Helen Worsley	Leics	872	75H	11.6	L'borough May 11
8 Alyssa Fullelove	Scot W	857	200	26.59	Glasgow May 12
9 Elizabeth Bowyer	Mersey	855	SP	11.87	Liverpool May 12
10 Alex Cooke	Beds	853	200	26.4	Luton May 11

# Criteria for 1996 TSB Rankings

### TSB Senior Rankings

- All British athletes eligible to compete may be ranked.
- The top 100 male and top 100 female athletes will form the published rankings.
- An athlete's four best performances (as calculated by the TSB Rankings Scoring tables) achieved during a 12-month period will be averaged.
- Bonus points will be given for success at all major championships (including indoor).

Bonus points will remain live for a maximum of 18 months after the event.

- Bonus points will be given for world and UK records.
- Performances by an athlete in different disciplines can be included.
- Eligible disciplines include all Championship events plus the mile,

### 10km road and half-marathon.

- Where events include preliminary rounds, the single best performance will qualify, except for distance events of 1500m and over.
- The qualifying period for decathletes, heptathletes and male walkers will be extended from 12 to 24 months due to fewer performance opportunities.
- Wind-assisted performances will be included for sprints, hurdles, long jump and triple jump only.
- The scoring table of each event (senior and junior) has been updated.

### TSB Junior Rankings

- All British athletes are eligible to be ranked.
- The top 1,000 male athletes at all age groups (U15, U17 and U20) and the top 1,000 female athletes at U15 and U17 level will be ranked. The top

### 500 U20 female athletes will be ranked.

- Based on a single best performance using the TSB Rankings Scoring tables (the same as the seniors).
- Performances will qualify during a season-length only.
- No bonus system.
- Adjusted wind-assisted performances will be eligible.
- The qualifying meetings are as follows:
  - TSB-sponsored events
  - County, area and national championships
  - Inter-association and international schools' events
  - McDonald's Young Athletes' League matches in England, Scotland and Wales
- All events that are contested at schools' level are eligible.

## Men

**4x100 (42.2)**

39.8	Sale
40.2	Cardiff
40.47	Woodford Green
40.72	Newham & EB
40.77	Belgrave Harriers
40.97	Thames Valley H
41.1	Edinburgh SH
41.11	Loughborough Univ
41.2	Haringey
41.61	Blackheath H

**4x200 (1:45.6)**

1:29.20i	Birmingham Univ
1:30.1	Hercules Wimbledon
1:30.2	Belgrave
1:31.3	Croydon
1:31.5	Coventry Godiva
1:33.32i	Edinburgh Uni
1:32.8	South London H
1:33.0	Ealing, S & M
1:33.1	Herne Hill
1:33.51	Loughborough Univ

**4x400 (3:18.6)**

3:07.33	Newham & Essex B
3:08.6	Windsor
	Slough & Eton
3:09.20	Thames Valley H
3:10.89	Loughborough Uni
3:11.21	Woodford Green
3:13.4	Wigan
3:13.6	Cardiff
3:13.62	Belgrave
3:13.67	Haringey
3:14.45	Birchfield

**4x800**

7:26.2	Sale
8:04.5	Gateshead
8:05.7	Wirral
8:13.0	Ealing S&M
8:13.8	Cambridge Univ
8:22.3	Vale Royal
8:30.1	Oxford City
8:31.1	Oxford Univ
9:38.5	Whitby Heath
9:14.6	Macclesfield

**4x1500**

17:05.3	Cambridge Univ
18:11.3	Oxford Univ

**1600 medley**

3:28.65	Clydesdale
3:28.7	Bexley Borough
3:29.58	Pitreavie
3:30.22	Victoria Park AAC
3:31.2	Blackheath
3:35.1	Wells
3:35.6	Dundee Hawkhill
3:35.8	Metropolitan Police
3:35.9	Medway
3:38.59	Greenock Glenpark

**4x1 Mile**

17:10.1	Border H & AC
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**U20 men****4x100 (44.9)**

42.9	Belgrave
43.14	Blackheath

# UK club relay rankings 1995

43.32	Ballyclare HS
43.7	King's Canterbury
43.79	Shaftesbury Barnet
44.0	Gateshead
44.0	Derby & County
44.2	Fettes College
44.4	Ealing S&M
44.4	Felsted School

**4x200**

1:31.1	Belgrave
1:33.6	Eton College
1:34.7	Epsom College
1:36.2	St Pauls Schools
1:36.2	Highgate School
1:36.24i	Ayr Seaforth
1:37.11i	Falkirk Victoria
1:37.5	Pitreavie
1:37.71i	Victoria Park AAC
1:37.9	Wellington College

**4x400 (3:32.9)**

3:19.67	Blackheath
3:23.8	Braintree
3:26.9	Hillingdon
3:27.2	Telford
3:28.0	Birchfield
3:28.1	Belgrave
3:28.2	Luton United
3:29.1	Medway
3:29.96	Shaftesbury Barnet

**4x800**

8:04.8	Millfield School
8:09.6	Trinity School
8:14.0	Oxford City
8:22.9	Highgate School
8:29.9	Epsom College
8:33.4	Border Harriers
8:43.1	Eton College
8:59.4	Bradfield College

**U17 boys****4x100 (45.8)**

43.3	Belgrave
43.56	Sale
43.69	Norfolk Olympiads
43.76	Blackheath
44.5	Liverpool H&AC
44.8	Dundee Hawkhill
44.9	Dulwich College
45.0	Methodist College
	Belfast
	Fife AC
45.17	Fife AC

**4x200**

1:31.3	Belgrave
1:34.6	Dulwich College
1:34.85i	Ayr Seaforth
1:35.9	Dundee Hawkhill

1:36.8	Wellington College
1:37.7	Minolta Black Isle
1:37.7	Sutton & District
1:37.7	Motherwell
1:37.73i	Spango Valley
1:37.8	King's Canterbury

**4x400 (3:37.1)**

3:23.74	Blackheath
3:26.8	Kilbarchan
3:30.5	Crewe & Nantwich
3:31.1	Basildon
3:31.3	Berry Hill Mansfield
3:31.60	Birchfield
3:31.75	Liverpool HAC
3:31.8	Airdrie
3:32.1	Leeds City
3:32.1	Rowntrees

**3x800**

6:16.1	Phoenix AC
6:20.5	Crawley
6:28.6	Brighton & Hove

**4x800**

8:17.4	Crewe & Nantwich
8:38.8	Warrington
8:40.0	Berkhamsted School
8:47.1	Wirral
8:50.6	St Columbs College
8:53.9	Northampton P
8:59.5	Highgate School
9:02.9	Corby
9:03.8	Bedford School
9:04.0	Epsom College

**1600 Medley**

3:45.2	Motherwell
3:52.4	City of Portsmouth
3:52.6	Perth Strathtay
3:57.6	Havant
3:57.9	Moray
3:59.0	Southampton City
4:00.1	Aberdeen
4:01.9	Arbroath
4:03.3	Banchory
4:07.9	Oswestry

**U15 boys****4x100 (48.4)**

44.8	Blackheath
46.0	Birchfield
47.36	Airdrie
47.4	Eastbourne
47.4	Old Gaytonians
47.4	Gateshead
47.5	Windsor S&E
47.52	Cannock & Stafford
47.6	Liverpool HAC
47.7	Croydon

**4x200**

1:38.6	Eastbourne
1:41.1	Highgate School
1:41.4	Croydon
1:41.7	Notts
1:42.3	Lagan Valley
1:42.8	Millfield School
1:43.7	St Columbs College
1:43.9	Epsom College
1:44.7	Motherwell
1:44.9	Wimbledon College

**4x400 (3:54.7)**

3:41.6	Blackheath
3:42.29	Shaftesbury Barnet
3:42.4	Wirral
3:42.7	Croydon
3:43.5	Rowntrees
3:43.5	Invicta East Kent
3:44.82	Liverpool HAC
3:47.7	Windsor S&E
3:47.9	Cannock & Stafford
3:48.85	Sale

**3x800**

6:30.1	Newham & EB
6:35.11	Fife AC
6:41.1	Southend
6:44.6	Phoenix AC
6:48.23	Falkirk Victoria
6:48.6	Braintree
6:49.2	Barking Abbey Sch
6:52.9	Cornwall AC
7:07.4	Haywards Heath
7:07.54	Motherwell

**4x800**

9:04.9	North Belfast
9:11.6	Eton College
9:16.6	Highgate School
9:24.0	Chester & EPAC
9:24.5	Wirral
9:39.1	Epsom College
9:41.2	Stockport
9:41.5	Millfield Sch
9:44.9	Berkhamsted Sch
9:47.1	Vale Royal

**1600 Medley**

4:12.6	Winchester & Dist
4:14.8	Motherwell
4:19.8	City of Portsmouth
4:20.3	Aberdeen
4:20.6	Minolta Black Isle
4:22.1	Perth Strathtay
4:23.1	Shettleston
4:24.9	Arbroath
4:25.3	Shrewsbury
4:28.0	Southampton City
Compiled by Keith Morbey on behalf of NUTS	

# What's on

## Roberts' run under threat

**F**ORMER Dutch Marathon champion Adri Hartveld goes head-to-head with Mark Roberts in Sunday's Britannia Potteries Marathon, trying to end the latter's five-year domination of the race, writes Dave Edwards.

Hartveld's pb of 2:15:32 is considerably faster than Roberts' best and he has competed in 19 marathons with six sub-2:20 clockings, as well as proving himself on hilly courses.

Recently retired from

international competition, he tackles the notoriously tough Potteries course for the first time to raise money for one of his favourite charities, UNICEF, saying: "I've never run it before because I've always been invited to compete abroad and chasing fast times to try to fulfil my Olympic dream.

"Sadly I've had to come to terms that at 36 my chance has gone so I want to use my talents to try to raise money to combat malnutrition in

the Third World.

"I am looking forward to racing against Mark.

"I'll be going all out to win but that is not as important as the money I hope to raise.

"The Potteries is Britain's second biggest marathon and I know I'll get lots of support around the course because I've lived and worked in the area for 14 years."

Roberts is also looking forward to the clash, saying: "Adri and I have raced each

other many times.

"We are great friends but it will be a different story when we line up, although we are both concerned our rivalry will take the pressure off Mark Gregory.

"He has had a brilliant season and is certainly the man in form.

"However, when I race the 'Potts' I am competing against the course and not my rivals. I shall certainly be going all out for my sixth win."

### Track

#### Wednesday June 12

##### EVE OPEN MEETING

West Park, Worthing  
**MIZUNO SUMMER OPEN**  
Don Valley Stadium, Sheffield, 6.30pm, £2.00 per meeting, payable to Sheffield International Venues.

c/o Mick Thompson, Don Valley Stadium, Worksop Road, Sheffield S9 3TL. Details AW May 8

**TRAFFORD AC OPEN (U15 only)**  
Longford Park Stadium, 6.45pm, £2.00 on the day.

Details, SAE to Mr L Cohen, c/o Stretford Stadium, Ryebank Road, off High Lane, Stretford, Manchester

**TYNESIDE LEAGUE**  
Monkton Stadium, Jarrow  
**STAFFORD AC OPEN INC. STAFFS 3000m/HAMMER CHAMPS**

Rowley Park, Stafford, 7pm  
**WATFORD OPEN GRADED MEETING**  
Woodside Stadium, Watford, 7.00pm, £1.50/£1.00 pre-entries, payable to Watford Harriers.

The Organiser, 314 Watford Road, St Albans, Hertfordshire, AL2 3DW  
Details AW March 13

**WEST YORKSHIRE LEAGUE**  
Venue TBC

#### Friday June 14

**AAA OF ENGLAND CHAMPIONSHIPS (OLYMPIC TRIALS)**  
Alexander Stadium, Birmingham

#### Saturday June 15

**AAA OF ENGLAND CHAMPIONSHIPS (OLYMPIC TRIALS)**  
Alexander Stadium, Birmingham  
**ANGLIAN SCHOOLS' CHAMPS**  
King's Lynn  
**HUMBERSIDE LEAGUE**

Grimsby  
**MASON TROPHY**  
Northwood Stadium, Stoke  
**MID LANCs LEAGUE**  
Lancaster

#### Sunday June 16

**AAA OF ENGLAND CHAMPIONSHIPS (OLYMPIC TRIALS)**  
Alexander Stadium, Birmingham  
**EASTBOURNE TROPHY MEETING**  
Eastbourne

**EASTERN YOUNG ATHLETES' LEAGUE**

**Division One:** St Albans, Verlea, Ipswich, Milton Keynes  
**Division Two:** Colchester, Watford, Loughton, Harlow

**GRAMPIAN TELEVISION LEAGUE**  
East: Peterhead; North: Nairn  
**MIDLAND BANK GAMES**

South Kesteven Sports Stadium, Grantham. Noon, 50p per event, Postal entries close June 12/£1.00 on the day, payable to Grantham AC  
Janice Anderson, 28 Barrowby Gate, Lincs NG31 7LT

**NATIONAL GRID LEAGUE**  
Bournemouth. Havant. Swindon

**NATIONAL JUNIOR LEAGUE**  
**MIDLAND MEN'S REGION**

**Division One North:** Telford; **Division One South:** Swansea; **Division One Central:** Cannock

**MIDLAND WOMEN'S REGION**  
Premier Division: Gateshead; **Division One North:** Telford; **Division One South:** Swansea

**NORTHERN MEN'S REGION**  
**Division One North:** Bolton; **Division Two North West:** Bury; **Division Two North East:** Sunderland; **Division Three North West:** Wirral; **Division Three North East:** Scunthorpe

**NORTHERN WOMEN'S REGION**  
**Division One North:** Bolton; **Division Two North West:** Wirral; **Division Two**

**North East:** Sunderland  
**SOUTHERN MEN'S REGION**  
**Division One South:** Luton; **Division Two North Thames:** Southend; **Division Two South Thames:** Herne Hill; **Division Three South A Section:** Basildon; **Division Three South B Section:** Herne Hill  
**SOUTHERN WOMEN'S REGION**  
**Division One South A Section:** Luton; **Division One South B Section:** Southend; **Division One South C Section:** Basildon  
**NOTTS MINI LEAGUE**  
Berry Hill, Mansfield  
**SOUTH YORKSHIRE LEAGUE**  
Cudworth  
**SWVAC CHAMPIONSHIPS**  
Exeter

#### Monday June 17

**SCVAC LEAGUE**  
Barnes, 6.30pm

#### Tuesday June 18

**ROTHERHAM HARRIERS & AC SUMMER OPEN**  
Herringthorpe Stadium, 6pm, £2.00 on the night  
Further information contact Mick Hague 01709 382121 ext. 2043  
Details AW May 8

#### Wednesday June 19

**INTER-REGIONAL MATCH WITH AVON AND SOUTH WEST**  
Bath  
**SCOTTISH LEAGUE**  
**Division One/Two:** Meadowbank; **Division Three/Four/Five:** Crownpoint  
**SOUTH LONDON HARRIERS OPEN**  
Crystal Palace, 6.45pm, £1 per event/£2.00 on the night, payable to South London Harriers.  
SAE to A Evans, 3 Falcon Ct, Dagnall Park, S Norwood, London SE25 5PN

#### VETS AC MEETING

Battersea Track, 7.00pm  
**WIRRAL AC OPEN**  
Bebington, 6.45, £1 per event on night  
N Waterson, 96 Heygarth Road, Eastham, Wirral L62 8AF

#### Saturday June 22

**NORTHERN IRELAND v TURKEY v WALES v SCOTLAND**

Belfast  
**NEVAC CHAMPIONSHIPS**  
Monkton Stadium, Jarrow

**SOUTHERN MEN'S LEAGUE**  
**Division One:** Bournemouth, Croydon, Perivale, Sutcliffe Park, Guilford; **Division Two:** Kingston, Woodford, Worthing, Exeter, Sutton; **Division Three:** St Ives, Windsor, Bracknell, Crawley, Battersea Park; **Division Four:** Salisbury, Horsham, Wimbledon, Basingstoke, Peterborough, Sutcliffe, Andover; **Division Five:** Deangate, Southend, Exeter, Enfield, Thurrock; **Division Six:** Watford, Kingston, Abingdon, St Albans, Walthamstow; **Division Seven:** Swindon, Wimbledon Park, Canvey Island, Abingdon, Basingstoke; **Division Eight:** Salisbury, Walthamstow, Walthamstow

**SOUTHERN WOMEN'S LEAGUE**  
**Division One:** Sutton Arena, Kings Park Stadium, Croydon Arena, Vansittart Track, The Spectrum; **Division Two:** Crawley Centre, Bassett, Perivale Park, Stanton Bury, Broad Bridge; **Division Three:** St Ives, AN Other, West Park, Battersea Park, Sutcliffe Park; **Division Four East:** Woodford, Harlow, Peterborough, Garons Park, Deangate Hoo; **Division Four West:** Woodside Stadium, Thames Down Track, Woking, Andover, Hendon

**Sunday June 23**  
**EDINBURGH & DISTRICT LEAGUE**  
Tweedbank

**GUARDIAN INSURANCE CUPS, ROUND TWO**

Various venues  
**McDONALD'S YOUNG ATHLETES' BOY'S LEAGUE**  
 Southern Premier: Crystal Palace, Northgate Stadium, Ipswich; **Southern One East:** Westminster Lodge, St Albans, Gloucester Park, Basildon; **Southern One West:** King's Park, Bournemouth; Perivale Park, Ealing; **Southern Two South West:** Horsham; **Southern Two Central:** Walton; **Southern Two South East:** Harlow; **Southern Two South:** Broadbridge Heath, Horsham; **Southern Two East:** Harlow; **Southern Two North:** Watford; **Midland Premier:** Harvey Hadden; Cheltenham; **Midland One North:** The Dell; Grantham; **Midland One South:** Cwmbran; University of Bath; **Midland Two North:** Berry Hill Mansfield; **Midland Two South:** Hereford Leisure Centre; **Northern Premier:** Jarrow. Cudworth; **Northern One East:** Costello Stadium, Hull; Woodburn Road, Sheffield; **Northern One West:** Bolton; Bebington; **Northern Two North East/North:** Chester-le-Street; **Northern Two North West/Central:** Westwood Stadium, Oldham; **Northern Two South East:** King George V Stadium, Grimsby; **Northern Two South West:** Sutton High Leisure Centre, Sutton St Helens  
**McDONALD'S SCOTTISH YOUNG ATHLETES' LEAGUE**  
 East Division One/Two: Pitreavie; North East Division: Dundee; West Division One/Two: Crownpoint

**Monday June 24**

**SOUTHERN VETS' LEAGUE**  
 Eastbourne, Kingston, Guilford, Harrow, Norman Park, Hemel Hempstead  
**TSB CARDIFF & VALE OF GLAMORGAN CUP FINALS**  
 Leckwith Stadium, Cardiff

**Tuesday June 25**

**BMC GOLD STANDARD MEETING**  
 Stretford. Details AW April 17  
 Mike Harris tel: 0161-4991901  
**EXETER HARRIERS OPEN**  
 Exeter Arena, 6.50pm, £1.50 per number  
**TRAFFORD AC OPEN**  
 Longford Park Stadium, 6.45pm, £2.00 on the day.  
 Details, SAE to Mr L Cohen, c/o Stretford Stadium, Ryebank Road, off High Lane, Stretford, Manchester  
**BURTON UPON TRENT OPEN SPRING OPEN**  
 Shobnall Leisure Complex, 7.15pm, 80p per number plus 50p per event, entry on the night.  
 Shobnall Leisure Complex, Shobnall Road, Burton upon Trent. Tel: 01283 516180. Details AW March 6  
**NOTTINGHAM CITY LEAGUE**  
 Harvey Hadden Stadium  
**SOUTH YORKSHIRE LEAGUE**  
 Doncaster

**Wednesday June 26**

**BMC GOLD STANDARD MEETING**  
 Watford Details AW April 17  
 Pat Fitzgerald. Tel: 01895-234211  
**CRAWLEY FESTIVAL OPEN**  
 Crawley  
**FILE & DUNFERMLINE DISTRICT SPORTS COUNCIL OPEN**  
 Pitreavie Stadium, Dunfermline, 7pm  
 J Wands, 73 Syme Place, Rosyth KY11 2SQ Tel: 01383-416767  
**LANARKSHIRE LEAGUE**  
 Wishaw  
**MCAA OPEN MEETING**  
 Rugby  
**WATFORD OPEN GRADED MEETING**  
 Woodside Stadium, Horseshoe Lane, Watford, 7.00pm, £1.50/£1.00 pre-entries, payable to Watford Harriers. The Organiser, 314 Watford Road, St Albans, Hertfordshire, AL2 3DW  
 Details AW March 13  
**WOKING AC OPEN**

**EUROPEAN CUP COMBINED EVENTS, LAGE, GERMANY, JUNE 15-16**

GREAT BRITAIN will send a strong combined events team to Germany with AAA of England champions Barry Thomas and Kerry Jury spearheading the challenge.

Anthony Southward, third at Bedford with a 400 points improvement in his PB, gains his international vest.

Missing though are Britain's No.1 multi-eventers Alex Kruger and Densie Lewis.

**Men**

Anthony Southward, Simon Shirley, Brian Taylor and Barry Thomas.

**Women**

Julia Bennett, Kerry Jury, Vikki Schofield and Sarah Damm. Pauline Richards is non-travelling reserve.

Sheerwater Track

**Overseas**

**Saturday June 15-16**

**EUROPEAN CUP COMBINED EVENTS**  
 Lage, Germany

**Wednesday June 19**

**EVAA CHAMPIONSHIPS**  
 Malmö, Sweden

**Walks**

**Sunday June 9**

**CHAMPIONSHIP 4, 3km**  
 Footes Lane, 10.00am  
**JUNIOR U17 CHAMPIONSHIPS 3, 3km HANDICAP**  
 Footes Lane, 10.00am  
**JUNIOR U11 CHAMPIONSHIPS 3, 800m HANDICAP**

**Thursday June 20**

**SCHOOLS WALKS**  
 Footes Lane, 4.00pm

**Sunday June 23**

**NEWCOMERS WALKS**  
 Lucksall, 10.30am  
**JUNIOR U17 CHAMPIONSHIPS 4, 1.5km HANDICAP**  
 Lucksall, 10.30am  
**JUNIOR U11 CHAMPIONSHIPS 4, 1.5km HANDICAP**  
 Lucksall, 10.30am

**Road**

**Wednesday June 12**

**COEDPOETH 5**  
 Coedpoeth, 7pm. £4/£4.50 unatt, payable to Coedpoeth Care Group. Postal entries closed. Hard, hilly, scenic, rural, one lap, medals. Record Michael McDevitt 26:24.  
 Ray Jarvis, 7-Y-Berlian Estate, Coedpoeth, Wrexham. Tel: 01978-752406  
**EASTER ANGSTON 4**  
 Beach Esplanade, Aberdeen. 7.30pm. £2.50/£3.50 unatt, enter on day. All proceeds to Easter Anguston Appeal, prize to first at two-mile mark  
 Tel: 01224-485344  
**GOSFORTH 10**  
 Gosforth, Cumbria. 7pm. £4.50/£5 unatt, payable to Gosforth 10. Fast, flat, scenic, rural.  
 J Davis, 2 Denton Hill, Gosforth, Seascale, Cumbria CA20 1AS. Tel: 019467-25666  
**HORWICH RMI JUBILEE SERIES 4**  
 Rivington Hall Barn, Rivington. 7.30pm. £2.50/£3 unatt/£1 extra on day, payable to Horwich RMI Harriers. Undulating, fast, scenic, one lap, t-shirt for series.  
 Mr G Hughes, 8 Vauze House Close, Blackrod, Bolton, Lancs. BL6 5BZ. Tel: 01204-695528  
**MARPLE 7**  
 Cricket Club, Bowden Lane. 7.30pm. £2.50/£3 unatt/£3.50 on day, payable to Marple Cricket & Squash Club. Closing date June 8. Hard, hilly, rural, one lap.  
 S Keech, 42 Kayswood Road, Marple, Stockport, Cheshire. Tel: 0161-4277481  
**LENSBURG BRIDGES HANDICAP 2.3**

Albert Embankment, London SE1. 12.30pm. Free entry. Fast, one lap.  
 Alan Spencer, CPC/81, Shell International, Waterloo, London SE1 7NA. Tel: 0171-9345247

**NEWARK GORDON WHELBOURN MEMORIAL RACE 3**

Devon Pk, Newark. 7.15pm. £1.50/£1.60 unatt, payable to Newark Athletic Club. Entries on night before 7pm, or to S Goodwin, 9 Vicarage Close, Collingham, Newark, Notts NG23 7PQ  
**WELLINGTON WOBBLE 4**  
 7.30pm  
 Paul Sanderson, 6 Spring Village, Horseyhay, Telford TF4 2LY. Tel: 01952-506671

**Thursday June 13**

**DUMBARTON 10km**  
 Dumbarton Academy. 7.30pm. £4/£4.50 unatt/£1 extra on day. Entries closed, one lap, medals, T-shirts  
 M Burns, Polaroid (UK) Ltd, Vale of Leven Industrial Estate, Dumbarton G82 3PW. Tel: 01389-712348  
**GLOBE INN RACES 5km**  
 Sandhurst Lane. 7.45pm. £1.50/£2 unatt/50p extra on day, payable to Severn Athletic Club. Fast, flat  
 M Cryer, 150 Estcourt Road, Gloucester

**HEREFORD LEISURE CENTRE SERIES 5km**

7pm. £2/£2.50 unatt/£1 extra on day/£5 series/£6 series unatt, payable to Hereford Couriers. Fast, flat.  
 Brian Jackson, Te-aroha, Studio Drive, Moreton-on-Lugg, Herefordshire. Tel: 01432-760285

**NEWARK GORDON WHELBOURN MEMORIAL RACE 4**

7.15pm. Thomas Magnus School. £1.50/£1.60 unatt, payable to Newark Athletic Club  
 Entries on night before 7pm, or to S Goodwin, 9 Vicarage Close, Collingham, Newark, Notts NG23 7PQ

**Friday June 14**

**BRIDGE INN 6**  
 Bridge Inn, Norden. 7.30pm. £2.50/£3.50 unatt, payable to Rochdale Harriers. Hilly, rural, one lap.  
 Phil Roberts, 42 Loch Close, Hopwood, Heywood, Lancs OL10 2JS  
**CEPAC WOMEN'S 5km**  
 Upton Recreation Centre, Chester. 7pm. £1/£2 unatt/£1 extra on day. Closing date June 10. Fast, flat, rural, one lap.  
 A Morris, 51 Castlefields, Tattenhall, Chester CH3 9RB

**NEWARK GORDON WHELBOURN MEMORIAL RACE 10km**

Newark Rugby Club. 7.30pm. £3.50/£4 unatt, payable to Newark Athletic Club  
 Entries on night before 7pm, or to S Goodwin, 9 Vicarage Close, Collingham, Newark, Notts NG23 7PQ  
**WELLINGTON WOBBLE 4**  
 Wellington Cricket Club. 7.30pm. £3/£3.50 unatt/£4 on day, payable to Telford Athletic Club. Closing date June 12, two laps.  
 John Hotchkiss, 2 Longnor Road, Wellington, Telford, Shropshire

**Saturday June 15**

**ALYTH SHOW 10km**  
 Noon. £3/£4 unatt/£4 on day.  
 Ian Moncur, Reigate, Meethill Road, Alyth, Perthshire, PH11 8DE. Tel: 0182-8632167

**HOPE RUN OR WALK 5**

St Dominick Playing Field, St Dominick, Saltash. 6.30pm walk, 7pm run. £3/£1.50 under 16/£1 extra on day, payable to Moorhaven Running Club. Hilly, scenic, rural, undulating, one lap.  
 Mrs R Hatch Bits & Pieces, Vogus Lane, St Dominick, Saltash, Cornwall PL12 6SU. Tel: 01579-350093

**POOLE RUNNERS HOLT RELAYS**

Holt Football Club. 3pm. £12 male team/£8 female team, payable to Poole Runners Fast, rural, one lap  
 Geoff Roberts, 69 Magna Road, Bearwood, Bournemouth, Dorset BH11 9ND. Tel: 01202-571814

**Sunday June 16-19**

**TOUR OF EPPING FOREST**

9.30am June 16, 7.30pm other days  
 £10.50, payable to Knight Sports Ltd. No entries on day, day 1 10km, day 2 7 mile hill run, day 3 8 mile forest trail, day 4 2 x 1 mile. Closing date June 12  
 P Marchant, Knight Sports Ltd, 79 Old Church Road, Chingford, London E4 6ST. Tel: 0181 5292693

**Sunday June 16**

**ARTHUR MELLOWS 10km and 4km**

Arthur Mellows Village College, Grinton. 10.30am fun run, 11.30am main. £4/£4.50 unatt/£1 extra on day/£2 fun run, payable to AMA Fun Run

**JENNIE TOMS, AMA ROAD RACE, 26 CASTLE DRIVE, NORTHBOROUGH, PETERBOROUGH PE6 9DG**

**BARROW REEBOK 10**

Humphrey Perkins High School, Barrow-upon-Soar. 11am. £5/£5.50 unatt, payable to Barrow Runners. Entries closed. One lap, undulating, rural, T-shirt

**BARROW RUNNERS, HUMPHREY PERKINS HIGH SCHOOL, BARROW-UPON-SOAR, LOUGHBOROUGH, LEICS LE12 8JS**

**BRADING 10km**

Smallbrook Sports Stadium, Ryde, Isle of Wight. 3.15pm. £4/£4.50 unatt/£5 on day. Entries closed. Hilly, scenic.  
 Race Secretary, 31 High Street, Ryde, Isle of Wight, PO33 1EJ

**CICA 5**

Braishfield, nr Romsey. 11.30am. £3.50/£4 unatt/£1.50 extra on day, payable to Romsey Road Runners. Closing date June 10. Hilly, rural, two laps, free drink from Wheatshaf W Couper, 221 Cedar Crescent, N. Baddesley, Southampton, Hants SO52 9FU. Tel: 01703-733811

**COLCHESTER PREMIER 10 & 2 MILE FUN RUN**

Colchester Leisure World. 11am. £6.00/6.50, fun run £2.00/2.50 payable to Colchester Joggers AC. Postal entries close June 10. Fast, flat, medals  
 Mr C Akehurst, 52 Eastwood Drive, Highwoods, Colchester, Essex CO4 4EB. Tel: 01206-844736

**CROPWELL 10 & FUN 2.5**

Cropwell Bishop. 10.30am. £4/£4.50 unatt/£5 on day, payable to Bingham & East Bridgeford RC. Postal entries closed. Scenic, rural.  
 I Beesley, 4 Abbey Road, Bingham, Notts. Tel: 01949-876092  
**DARTMOOR ROUND THE TRIANGLE HILLY 4.8**  
 Princetown Sports pavilion. Noon. £3/£1 U15

PE Dept, HMP Dartmoor, Princetown, Devon PL20 6RR. Tel: 01822-890261 ext 333

**ELLESMERE (SHROPSHIRE) 10km**  
Lakelands School. 1pm. £3.50/£4 unatt/£1 extra on day, payable to Ellesmere 10km. Closing date June 14. Fast, scenic, town, rural, one lap, mementoes.

Doug Morris, 27 Whittington Road, Oswestry, Shropshire SY11 1JD. TEL: 01691-653338

**FRECKLETON HALF-MARATHON**  
2pm. £4/£4.50. Flat, rural  
R Lancaster, 76 Lytham Road, Warton, Preston PR4 1XD

**GREENWICH REEBOK 9 & WOMEN'S 3**

Avery Hill Park, Eltham SE9. 10.30am. £4.50/£5 unatt/£5.50 on day/£2 women's 3 miles, payable to London Borough of Greenwich. Hilly, town, three laps, medals, mementoes.

Steve Johnson, Greenwich Leisure, 151 Powis St, Woolwich, London SE18 6JL

**HEATHFIELD ROAD RUNNERS MIDSUMMER 10km**

Cross in Hand Rugby Club. 10am. £4/£4.50 unatt/£1 extra on day. Postal entries closed. Hilly, rural, one lap, medals.

Graham Chapman, 49 Gorse Hill, Broad Oak, Heathfield, East Sussex TN21 8TP. Tel: 01435-867762

**LEIGHTON BUZZARD LIONS HALF-MARATHON, RELAY AND FUN RUN**

Rush & Warwick Limited, 11 Beadesert, Leighton Buzzard, Beds, LU7 8HR

**LONG EATON 5 & FUN RUN 2**

West Park. 10am. £3/£3.50/fun run entries on day. Flat, town, medal  
Chris Robson, 9 Kirkland Drive, Beeston, Nottingham, NG9 6LX

**MILTON MARINA 5km**

11am. £3/£3.50/50p extra on day, payable to PHAAC. Postal entries closed. Very fast, flat, two-lap  
Mr D Howells, 45 Wellington Road, Hakin, Milford Haven, Dyfed SA73 3BU

**NEWTON FRACTION 10km & LITTLE APPLE FUN RUN 2.5**

South Kesteven Sports Stadium. 10.15am fun run. 10.45am. £3.50/£4 unatt/50p extra on day/£2 fun run, payable to Grantham Sports Council  
Mr R Done, 8 Northcliffe Road, Grantham, Lincs NG31 8DP

**OLDBURY FUN RUN 4**

Oldbury-On-Severn. 11am. £3/£2 under 14, payable to CLIC. Fast, flat, scenic, rural, one lap  
Oldbury Fun run, c/o Pat Smith, Greenwood Cottage, Oldbury-On-Severn, Avon. Tel: 01454-415809

**PENN 7 & FUN RUN 4**

Penn & Tylers Green, High Wycombe. 11am. £6/£3 fun run/£1.50 fun run children, payable to Super Fun Run A/c. Scenic, undulating, one lap, medals  
Margaret Edwards, St Johns Avenue, Penn, Bucks, HP10 8HP

**PENNY LANE STRIDERS 10**

Liverpool Cricket Club. 11am. £5/£5.50 unatt, no entries on day, payable to Penny Lane Striders. Fast, flat, one lap  
Race Secretary, 63 Eastcote Road, Liverpool L19 7NR

**POTTERIES MARATHON (INC. VETS' BRITISH CHAMPIONSHIPS)**

Trentham Gardens. 10.30am. £10/£10.50 unatt/£12 on day, payable to PMP. Hilly, town, one lap, wedgwood plates.

Marathon Office, 11 Lichfield St, Stone, Staffs ST15 8NA. Tel: 01785-811556

**PURBROOK LADIES 5**

Purbrook. 10am. £4.50/£5 unatt, payable to Portsmouth Joggers Club. Scenic, rural, one lap, mementoes.  
Race Secretary, 95 Maggie Walk, Cowplain, Waterlooville, Hants. Tel: 01705-251027

**ROSSDALE HALF-MARATHON**

Marl Pits, Newchurch Road. 11am. £4/£5 unatt/£1 extra on day, payable to Rossdale Harriers. Hilly, scenic, rural,

T-shirts.

Jim Itershaw, 26 Croft Close, Rawtenstall, Rossendale, Lancs. Tel: 01706-354323

**SCARBOROUGH FAYRE 10km & 1.5**  
Nortstead Manor Drive. 9.45am fun run. 10.30am. £4.50/£5 unatt/£1.50 fun run, payable to Scarborough Striders. Fast, scenic, two laps, medals.

Peter Richards, 38 Cornelian Avenue, Scarborough, N Yorkshire, YO11 3AW. Tel: 01723-354426

**COURTAULDS SHILDON 10km & 3**  
Sunnydale Leisure Centre. 11am £5.50/£6.50 unatt/£7 on day/£1 over 16 fun run/50p under 16 fun run, payable to Shildon 10km. Entries closed, one lap, scenic. Course record Brian Rushworth 30:30.

Mr J Gray, Shildon 10km, 10 Redworth Road, Heighington Village, County Durham DL5 6PR

**ST MARY'S 5 AND FUN RUN 2**

St Mary's School, Menston. 10.30am fun run. 11.15am 5 mile. £3 for 5 mile/£2 for 2 mile/50p extra on day, payable to St Mary's School (Menston) Parents' Association. Mementoes

Roger Barton, 105 Littlemoor Road, Pudsey, West Yorkshire LS28 8AP. Tel: 0113 2574397

**STAINLAND 7 & FUN RUN 2**

Recreation Ground, Stainland. 10.30am. £3.50/£4 unatt/50p extra on day/£1.50 fun run, payable to Stainland Lions Road Runners. Hilly, scenic, rural, one lap, medals.

Mick Woodhouse, 4 Lindley Road, Blackley, Elland HX5 0TE

**SWEATSHOP HAMPSTEAD MIDSUMMER 10km**

Wildwood Rd, London NW11. £3/£4 unatt/£4 on day. Postal entries closed. Two laps  
I Wiggett, 67 Firs Park Avenue, London N21 2PR

**Monday June 17**

**BATTERSEA RUNNERS ARE SMILERS 2**

7pm. £1.50  
Run and Become, Become and Run, 42 Palmer Street, London SW14 0PH. Tel: 0171-2221314

**JESMOND DENE HANDICAP**

Corner House Hotel, Heaton Road. 7.30pm. £1/£2 unatt, payable to Heaton Harriers. Tracks, hard, scenic, one lap.  
G Routledge, 5 St Hilda's Ave, Holy Cross, Wallsend NE28 7AB. Tel: 0191-871388

**MARATHON WINDOWS TOUR OF EPSOM (until June 21)**

Day 1: 4M road/cross country, Nonsuch Pk, Epsom; Day 2: 3M, Horton Country Park, Epsom; Day 3: 5M, King George Playing Fields, W Ewell; Day 4: 3M road/cross country time trial; Day 5: 4M handicap cross country. All races 7.30pm. £3 race/£3.50 on day payable to LARA  
LARA PO Box, Belper, Derbyshire DE56 4HZ. Tel: 01773-880338

**SRI CHINMOY ARE SMILERS 2**

Eastville Park, Bristol. £1.50 adults/£1 under 16, entry on day OK. For all ages and abilities, medals  
Martin Payne, 50 Cromwell Road, Bristol, BS6 5HB. Tel: 0117-9441161

**Tuesday June 18**

**BANBURY 5**

Banbury School. 7.45pm. £3.50/£4 unatt/£5 on day, payable to Banbury Harriers. Fast, undulating, one lap.  
Running Shop, Banbury 5, 9 Horton Road, Middleton, Cheney, Banbury, Oxon OX17 2LE

**SIMON JACKSON OLYMPIC MILE**

Wheatshaf Hotel, Littleborough. £1/£2 unatt, payable to Simon Jackson Run  
PC 4735 O'Sullivan BEM, Rochdale Police Station, The Holme, Rochdale OL16 1AG

**Wednesday June 19**

**BROUGHTON CARNIVAL RACE**

Thomas Estley Community Centre, Station Road. 7pm. £3/£3.50 unatt. Rural

Mr G Bassett, Carisbrook, 1 Frolesworth Road, Broughton Astley, Leics LE9 6DF. Tel: 01455-282881

**COCA-COLA LISBURN HALF-MARATHON, 10km & FUN RUN**

Lisburn Leisure Centre. 6.30pm. £5 half-marathon/£4 10km/£3.50 fun run, payable to Lisburn Borough Council. Entries closed. Hilly, scenic, rural, mementoes.

Sports Development Officer, Lisburn Borough Council, The Square, Hillsborough, County Down. Tel: 01846-682477

**COLCHESTER HARRIERS GARRISON SERIES 5km**

7.15pm. £3/£4 unatt entry for whole series, three laps, fast, garrison grounds. All entries on the night  
D Wright, 105 Bear Street, Nayland, Colchester, Essex CO6 4LR. Tel: 01206-262978

**FIREFIGHTERS 5**

Croxeth Country Park. 7.30pm. £4.50/£5 unatt, payable to Firefighters Running Club  
John Morris, 138 Rosslyn Street, Liverpool L17 7DP

**LETHBRIDGE 10km**

Old Town, Swindon. 7.30pm. £3.50/£4 unatt/£1 extra on day, payable to Lethbridge School Parents Association. Flat, rural

Paul Ruysssevelt, 7 Fairview, Swindon SD1 3PP

**LOWER LODGE 10km**

7.30m. £2.50/£3 unatt, payable to Tewkesbury AC  
Mick Morris, 20 Chelmsford Avenue, Werden Hill, Cheltenham GL51 5DN

**MELTHAM MURDER-MANIC RACE 2 AND JUNIOR 1**

Meltham Cricket Club. 7.15pm junior. 7.45pm. £2/£2.50 unatt/50p extra on day/75p junior/£1 on day, payable to Meltham AC. Closing date June 12. Hard, hilly, scenic, rural, T-shirts.  
Malcolm Cliff, 17 Colders Lane, Meltham, Huddersfield, West Yorkshire HD7 3NS. Tel: 01484-852607

**NEWBURN RIVER RUN 6 950YDS**

Newburn, Newcastle. 7.15pm. £4/£5 unatt/£6 on day, payable to Elswick Harriers. Postal entries closed. Tracks, flat, scenic, one lap, free buffet supper.  
Frank Watson, 224 Newburn Road, Throckley, Newcastle upon Tyne. Tel: 0191-2673088

**PANASONIC MIDSUMMER MADNESS 10km**

Baildon Recreation Centre, Green Lane. £3/£4 unatt/50p extra on day, payable to Bingley Harriers & AC  
Mr S Johnson, 32 Belgrave Road, Bingley, West Yorkshire BD16 4WB

**PETERBOROUGH 5km**

Peterborough, Cambs  
**PIE AND PEAS 10km**  
St Thomas Church Hall, New Marske. 7.30pm. £5/£5.50 unatt, payable to New Marske Harriers. Closing date June 12. Hilly, town, three laps, mementoes, finishers get pie & pea supper. Course record P Cuskin 31:16.

12 High Street West, Redcar, Cleveland. Tel: 01642-490783

**REIGATE PRIORY 10km**

Reigate Priory Park. 7.30pm. £3.50/£4 unatt/£1 extra on day. Tracks, hilly, scenic, rural, one lap, medals.  
Ian Moore, 4 Malcolm Gardens, Hookwood, Surrey, RH6 0AN

**WHALEY BRIDGE 6**

Shady Oak Pub. 7.30pm. £2.50/£3.50 unatt, payable to Goyt Valley Striders. Tracks, hard, hilly, rural.  
Sue Stafford, 24a Elnor Lane, Whaley Bridge, SK12 7EX. Tel: 01663-732793

**WIGAN PHOENIX 5**

Wigan Rugby Union Club. 7.30pm. £2.50/£3 unatt/£3.50 on night, payable to Wigan Phoenix. Track, fast, hilly, scenic. Course record 24:08  
Mike Leary, 42 Spencer Road West, Wigan, WN6 7HP

**WYMONDHAM MIDSUMMER 10**

Wymondham Methodist Hall 7.30pm.

£4/£4.50. Closing date June 12. Fast, hilly, scenic, rural, one lap.  
Elize Hartendorp, Wychwood, Besthorpe, Attleborough, Norfolk NR17 2NY

**Thursday June 20**

**GORSEINON 3MS SERIES 5km**

Penyrheol Leisure Centre. 7pm registration. £2/£3 unatt  
Enquiries Richard Webster, 8 Heol Islwyn, Gorseinon, Swansea SA4 4LJ. Tel: 01792-897239

**DULWICH MIDSUMMER 5**

Dulwich Park. 7.30pm. £3/£4 unatt/£4.50 on day. Closing date June 18. Exchange race number for drink after race  
DR5, 28 Kerfield Crescent, London SE5 8SU. Tel: 0171-7012546

**Friday June 21**

**NEWPORT SMELTING MASOCHIST MILE**

6.30pm  
Enquiries to Sally Blake, 11 The Moorings, Newport, S Wales NP9 7JB. Tel: 01633-267351

**SANDWELL VALLEY 10km AND FUN 4km**

Sandwell Park Farm, Dagger Lane. 6.45pm 4km. 7.30pm 10km. £2/£2.50 unatt before May 21/£2.50/£3 after May 21/£3.50/£4 unatt on night, payable to Sandwell Valley Running Club  
Mr A Beards, 22 Cecil Drive, Tividale, West Midlands B69 3LB

**Saturday June 22**

**BATTERSEA PARK 10km**

8.30am. £3/50p extra on day  
Run and Become, Become and Run, 42 Palmer Street, London SW14 0PH. Tel: 0171-2221314

**Sunday June 23**

**BENTHAM 10**

Bentham School. Noon. £4/£4.50 unatt/50p extra on day, payable to Bentham School. Hard, hilly, scenic, rural, one lap, mementoes. Record 56:05. Last year: 98 finishers, last finisher 2:05:29  
Pip Line, Bentham School, Bentham, Lancaster LA2 7DB. Tel: 015242-51664

**BOREHAM WOOD ATHLETIC CLUB HALF-MARATHON & FUN 3**

Hawksmoor School. 10am. £5/£5.50 unatt/£1 extra on day/£3 fun run, payable to Boreham Wood Athletic Club. Postal entries close. Fast, scenic, town, rural, one lap. Course record 1:15:10. Last year: 265 Finishers, last finisher 2:58:01

Pauline Poole, 2 Maple Court, Drayton Road, Boreham Wood, Herfordshire WD6 2BZ. Tel: 0181-2072852

**MIKE CONSTABLE BRIDLINGTON 10**

Bridlington Sports Hall. Noon. £4/£5 unatt/£1 extra on day, payable to Bridlington Road Runners. Closing date June 9. Hilly, scenic, rural, one lap. Course record John Mutai 48:08. Last year: 320 finishers, last finisher 2:03:00  
G Watson, 4 Gypsey Road, Bridlington, North Yorkshire. Tel: 01262-678139

**ELLESMERE PORT HALF-MARATHON & FUN RUN 2**

Ellesmere Port, South Wirral. 11am half-marathon, 11.10am fun run. £5/£6 unatt/£2 extra on day/£1 fun run entry on day, payable to Rivacre Runners & Joggers. Undulating  
Bill Routledge, 19 Furrocks Lane, Ness, South Wirral L64 4EH. Tel: 0151-3367708

**GRAHAM SYKES 10km**

Exmouth. 11am. £3.50/£4.50 unatt/£1 extra on day, payable to Exmouth Harriers. Closing date June 17. Fast, flat, town, two laps, mugs. Course record Mick Hawkins 30:15. Last year 146 finishers, last finisher 1:08:30  
A Vanstone, 30 Ivydale, Exmouth, Devon EX8 4JX. Tel: 01395-272803

**LAUNCESTON 10km & FUN RUN 2**

Launceston College. 10.30am fun run. 11.15am. £4/£4.50 unatt/£1 extra on day/£2 fun run, payable to Launceston

# ENGLISH SCHOOLS' TSB TRACK & FIELD CHAMPIONSHIP

**DON VALLEY STADIUM - SHEFFIELD**

**12 & 13 JULY 1996**

**TICKET ORDER FORM**

Name .....

Address .....

Post Code ..... Phone .....

TICKET REQUIREMENTS		FRIDAY 12 JULY		SATURDAY 13 JULY	
		No. Required	Amount £	No. Required	Amount £
Main Stand	Adult		£5.00		£7.00
	Child/OAP		£1.50		£2.50
Back Straight	Adult		£3.00		£5.00
	Child/OAP		£1.00		£2.00
End Stands	Adult		£3.00		£5.00
	Child/OAP		£1.00		£2.00
Family Ticket 2 Adults & 2 Children	Main Stand		£10.00		£15.00
	Back Straight		£5.50		£11.00
	End Stand		£5.50		£11.00
		Friday Total		Saturday Total	

OVERALL TOTAL £

PARTY BOOKING RATE - One Free Adult Ticket for every Ten Tickets purchased.

PAYMENT Cheques or Postal Orders for the correct total should be made payable to: "Sheffield City Council".

Credit Card Please debit my Access/Visa Card No. .... Expiry Date .....

Signed .....

Please enclose a stamped addressed envelope (Size 8 1/2" x 4 1/2") for the return of your tickets.

The last date for the receipt of postal bookings is Friday 28th June 1996.

Telephone Bookings:- Credit Card Hotline - 0114 278 9199

Postal Applications should be sent to:

ESAA Track and Field 1996, Box Office, Ponds Forge Leisure Desk, Sheaf Street, Sheffield S1 2BP.

## GREAT YARMOUTH & DISTRICT A.C. 22nd ANNUAL TROPHY MEETING

(Under BAF Rules)

**Sunday 4th August 1996.**

**Wellesley Road, Track, Great Yarmouth. Commencing at 10.15 a.m.**

U/11 Boys	80, LJ
U/13 Boys	100, 200, 800, 1500, 80H, LJ.
U/15 Boys	100, 200, 400, 800, 1500, 80H, HJ, LJ, SP, DT, JT.
U/17 Men	100, 200, 400, 800, 1500, LJ, SP, DT, JT.
Jun/Sen Men	100, 200, 400, Mile, 200H, HJ, LJ, SP, DT, JT, HT.
U/11 Girls	80, LJ.
U/13 Girls	100, 200, 800, 70H, LJ.
U/15 Girls	100, 200, 800, 1500, 75H, HJ, LJ, SP, DT, JT.
U/17 Sen Women	100, 200, 800, Mile, 100H, HJ, LJ, SP, DT, JT, HT.
U/17 Women	300
Senior Women	400

Medals to 1st three in each final.

Entry Fee: £1.50 per event, payable to GYDAC. SAE for acknowledgment only. Entries to: J Barwick, 77 Alderson Rd., Gt. Yarmouth, Norfolk NR30 1QQ. Entries Close: July 15th, 1996.  
NO LATE ENTRIES! Last years winners return trophies by 30th June 1996 in a clean state.



## OPEN ATHLETICS MEETING

**SUNDAY 28TH JULY 1996**

Venue: Yarborough Leisure Centre, Riseholme Road, Lincoln

(under BAF Rules) Permit number TF7/96 FIRST EVENT STARTS AT 11.00 A.M.

MEDALS FOR 1ST 3 PLACES (EXCEPT FOR ENTRIES ON THE DAY)

THE ORGANISERS RESERVE THE RIGHT TO LIMIT ENTRIES

### MENS EVENTS

80m	U11	LJ	SM/U15/U13/U11
100m	SM/U17/U15/U13	SHOT	SM
200m	SM/U17/U15	PV	SM/U17/U15
400m	SM/U17	DISCUS	SM
800m	SM/U17/U15/U13	JAVELIN	SM/U17
1500m	SM/U15		
3000m	SM		
800m H	U13		

### WOMENS EVENTS

80m	U11	LJ	SL/U15/U13/U11
100m	SL/U17/U15/U13	HJ	SL/U15/U13
200m	SL/U17/U15/U13	SHOT	SL/U15
300m	U17	DISCUS	SL
400m	SL	JAVELIN	SL
800m	SL/U17/U15/U13	PV	SL
1500m	SL/U15		
3000m	SL		
700m H	U13		

Entry Fee: £1 per event (£1.50 on the day & Non Affiliated).

Cheques payable to: L.W.A.C

Entries to: Mrs D Timmis, Woodend Cottage, Ferry Road, Fiskerton, Lincoln, LN3 4HU.

CLOSING DATE: 10th July 1996.

### Entry Form

Name .....  
D.O.B. ....  
Club .....  
Event .....  
Fee £ .....

## Crawley Town Festival Medal Meeting

At Crawley Leisure Centre, Haslett Avenue,  
Wednesday evening June 26th, 1996.

	75	150	600	LJ			
Girls U-11, 13	18.45	20.00	19.20	18.45			
Boys U11, 13	18.45	20.00	19.20	19.30			
Female:	100	200	800	1500	D.T.	H.J.	L.J. S.P.
U15, U17	18.50	20.10	19.30	20.30	18.45	19.30	18.45 19.30
U20 & Sen.	18.50	20.10	19.30	20.30	18.45	19.30	18.45 19.30
Male:-							
U-15, U-17	18.50	20.10	19.30	20.45	19.30	18.45	19.30 18.45
U20 & Sen.	18.50	20.10	19.30	20.45	19.30	18.45	19.30 18.45

Competition run under B.A.F. Laws. Entry fee is £1.00 per event, on the night £2.00 per event to Mrs E. Jordan, 24 Hatfield Walk, Bewbush, Crawley, RH11 6EH. Cheques payable to Crawley A.C. Next meetings: Open p.m. July 17th & SEEBOARD Yth Games 26th August.

## INAUGURAL PETERBOROUGH EVENING TELEGRAPH GREAT EASTERN CHARITY 10KM

IN ASSOCIATION WITH

PETERBOROUGH CITY COUNTY & THOMAS COOK

**SUNDAY 30 JUNE 1996**

**11.00 AM AT EAST OF ENGLAND SHOWGROUND,  
PETERBOROUGH**

This is part of adidas Response Series  
Medals to all finishers. Plus valuable prize list.  
Entry fee: £4.50 BAF Affiliated Clubs, £5.00 Unattached.

On the day £6.50 & £7.00.

Closing date for entries 23.6.96

Also 5km Fun Run & Walkathon.

Entry forms & details from -

The Race Director, Leisure Services Dept,  
Norwich Union House, 24 Church Street,  
Peterborough PE1 1HZ. Tel: 01733 317274

## woking athletic club

### WEDNESDAY OPEN MEET

(Under BAF Rules)

**AT SHEERWATER TRACK, BLACKMORE CRESCENT  
JUNE 26th**

<b>TRACK</b> 6mm spikes			
6.45pm	200m	M & F	ALL AGES
7.10	800m	M & F	ALL AGES
8.00	400m SW & M		
8.30	3000	SW & M	
<b>FIELD</b>			
6.30	P.V. starting height 2.50m	M & F	ALL AGES
6.45	DISCUS	MALE	ALL AGES
6.45	SHOT	FEMALE	ALL AGES
7.30	SHOT	MALE	ALL AGES
7.30	DISCUS	FEMALE	ALL AGES

SIX THROWS DEPENDENT ON ENTRY

£1.00 per event, £2.00 on night payable to WOKING AC.

Please state Name, Address, Club, Age Group & Recent PB. Allow 20 mins for Grading.  
Entries to The Organiser, Emlyndene, Long Reach, Ockham, Woking, Surrey GU23 6PG

**NEXT EVENING OPEN 10th JULY**

## SOUTH LONDON HARRIERS OPEN TRACK MEETINGS AT CRYSTAL PALACE NSC

(Under BAF Rules)

### WEDS 19 JUNE

6.45pm	100H	(Senior/Junior Women)
	110H	(Senior/Junior Men)
7.15pm	400m	(All Age Groups - Men & Women)
7.40pm	1500m	(All Age Groups - Men & Women)
8.10pm	100m	(Junior/Senior Men & Women)

### WEDS 24 JULY

6.45pm	400H	(Junior/Senior Men & Women)
7.15pm	200m	(All Age Groups - Men & Women)
7.40pm	5000m	(Senior Men & Women)
8.05pm	800m	(Junior/Senior Men & Women)

Entry Fees £1.00 per event in advance/£2.00 on the night. Cheques payable to South London Harriers. State Name, DOB, Event, Age-Group, Club, PB.  
Enclose SAE if confirmation required.

Entries to A. Evans, 3 Falcon Court, Dagnall Park, S. Norwood, London SE25 5PN.



## Finsbury Park Track Inaugural Open Meeting

(Under BAF Rules)

**Sunday 30th June 1996, at Finsbury Park,  
London N4**  
(New all-weather track)

- 12:00 5K Road Race (£2.00/£2.50 unattached)
- 13:00 Official Opening Ceremony  
(including 5K prizegiving)
- 13:30 100m
- 14:00 800m                      14:00 Long Jump
- 14:30 400m
- 15:00 200m                      15:00 Shot Putt
- 15:30 1500m
- 16:00 relays/paarlauf

\*\*\* Plus family & fun events throughout the afternoon \*\*\*

All events male & female U13, U15, U17 and Senior  
Entries £1.00 per event, U17 50p  
Enter on the day

**Contact: Russell Weston 0181 800 9790**  
North London Athletic Club  
53 Gloucester Drive, London N4 2LJ

## ARJO WIGGINS

INCORPORATING INTER-AREA MATCH  
**SUNDAY 30TH JUNE 1996**  
CLOSING DATE: 17TH JUNE 1996

Starting at 13.00 hrs (the race is under B.A.F. & A.A. Wales rules. Course B.A.F. measured - permit by S. Glam A.A.A.). The course is on country lanes - undulating but fast! and the race is limited to 300 runners on first come basis.

MANY PRIZES

Assisted by <b>view from.</b>	Any man or lady who breaks the <b>course record</b> will win a <b>RIPSTOP</b> 23m 29s Male JACKET & PANTS and a pair of <b>BROOKS</b> 28m 34s Female RUNNING SHOES	Assisted by <b>view from.</b>
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All finishers to receive a special commemorative mug & a free race barbecue for all runners.

**BRILLIANT VALUE FOR MONEY**

ENTRIES ON A FIRST COME BASIS TO: ARJO WIGGINS 5 MILE ROAD RACE '96  
c/o Mr G J Finlayson B.E.M., 12 Bernard Avenue, Victoria Park, Cardiff CF5 1BT

ENTRANCE FEES: ATTACHED - £3.50 (£4.50 ON THE DAY)  
UNATTACHED - £4.50 (£5.00 ON THE DAY)

Please note correct date of events  
**SATURDAY 29th JUNE 1996**

## THE STOURBRIDGE STUMBLE

Incorporating 1996 Warwickshire Multi-Terrain Championships  
6.00p.m. Mary Stevens Park, Stourbridge, West Midlands.

A "longish" 10Km Multi-terrain Run with a "shortish" 4Km Fun Run. 90% off road - glorious countryside.

Souvenir to all 10K entrants.

Entry fees - 10km £4.00, £4.50 unattached, £5.00 on the day.  
Fun Run - £1.00.

Start: Main Race 6pm. Fun Run 5.50pm.

Please phone for entry forms:

**01384-392630.**

**SARA PERKS, 33 LEA VALE ROAD, NORTON,  
STOURBRIDGE DY8 2AY**

## Barnstaple Heritage Town Races

### 5 Km Run

supported by Adidas,  
North Devon Marketing Bureau, Barnstaple Town Council

### 40 minute cycle race

supported by Pro Bike of Braunton  
(Note: two separate races not a biathlon)



adidas

PRO BIKE



**Friday 28th June 6.30 p.m.**

B.A.F. Permit applied for, fast multi-lap course around  
Barnstaple Town Centre.

**£1000 prize fund, £100 - 1st Male, £50 1st Female**

Plus prizes through age groups.

Run Entries: £4.00 BAF Club Runners, £4.50 Non BAF runners

Cheques payable to North Devon District Council.

Entries by Saturday 22nd June. £1 extra on the day.

Elite and Club runners welcome. Entry age 18 years and over on day of race.

Accommodation deals available for race night or the weekend. Train on the North Devon Beaches after the event or try your hand surfing!

For more details contact the race organiser: Martin Rush, Sport Development  
Officer, North Devon District Council, Civic Centre, Barnstaple, Devon  
EX31 1EA. Tel. 01271 321422

### Barnstaple 'Heritage Town' Races Entry Form

Name:..... Address:.....

Date of Birth:..... Postcode:.....

Age on day of race:..... Club:.....

Race Category: Male Female Open Vet 35 Vet 40 Vet 45 Vet 50 circle as appropriate

I understand that I compete entirely at my own risk and will not hold the organisers and/or sponsors of the event liable for any injury to my person or loss of property due to the event or parties connected to the event. I also understand that my entry details will be passed on to Adidas UK for storage on a computerised database system.

Signed..... Send entry to Heritage Races, Sport and  
Recreation, North Devon District Council, Civic Centre, Barnstaple, Devon EX31 1EA. Please  
include a 9x6 stamped addressed envelope with entry!



## Here is proof that by advertising your event in Athletics Weekly it will help to increase your entries.

Dear AW

Hallamshire Harriers and Athletic Club's centenary track and field open meeting at Don Valley Stadium attracted over 400 competitors from 60 clubs.

Athletes from the length (Brighton & Hove to Newcastle) and breadth (Liverpool to Hull) of England enjoyed the competition.

Over 200 letters were posted to those who came to a similar meeting last year, and an advert was placed in the AW in February. Only 10 of the entries came from the mail shot whilst the AW advert certainly did the business.

This marketing success created the problem of finding more officials and helpers, and my appreciation goes to all those who responded.

Thanks also to Don Valley for helping our club to promote athletics at grass roots level. We will repeat the exercise in April 1997. See you all again next year.

Keep in Touch

Malcolm Heap  
Sec HHAC

Road Runners. Fast, flat, scenic, town, rural, one lap, medals or mementoes. Course record P Strutridge 35:13. Last year: 130 finishers, last finisher 1:31:22 *Dave Gordon, 66 St Johns Road, Launceston, Cornwall PL15 7DD. Tel: 01566-774706*

**LINDISFARNE 10km & FUN 1.3**  
Holy Island of Lindisfarne. 2pm. £4/£5 unatt/£5.50 on day, payable to Berwick Harriers. Closing date June 17. Fast, flat, scenic, rural, T-shirts. Course record Dave Berris 30:28. Last year 327 finishers, last finisher 56:42

*D Wrigglesworth, 5 Meadow Rig, Tweedmouth, Berwick-on-Tweed, NORWICH LADIES 6km*

11am. £3.50/£4 unatt, payable to Norwich Ladies 6k. Undulating, part-traffic free, medal, one lap. Course record Dianne Hepplewhite 31:53. Last year: 75 finishers, last finisher 43:16

*Richard Polley, 6 Hare Close, Mulbarton, Norwich, NR14 8QQ. Tel: 01508-578062*

**PLYMOUTH RACE FOR LIFE WOMEN'S ONLY 5km**

City. 10.30am. £5/£5.50 unatt/£10 on day, payable to ICRF Trading Ltd

*Race for Life PO Box 264, Exeter, EX4 5YZ*

**RAMSEY HALF-MARATHON (INCORP AAA CAMBS CHAMPS)**

Ramsey Ailwyn Community School. 10am. £5.50/£6 unatt/£1 extra on day, payable to Ramsey Road Runners. Closing date June 18. Fast, flat, town, rural, one small lap, one large lap, medals. Course record Colin Deasy 1:09:31. Last year: 247 finishers, last finisher 2:45:00

*A Graham, 6 Sunfield Road, Owls End, Bury, Ramsey, Cambs, PE17 1NN. Tel: 01487-812829*

**SEA CHANGE CHARLES SAER 10km & 3km**

Charles Saer School, Fleetwood. 10.30am 3km, 11.15 10km. £3.50/£4.50 unatt/£1 extra on day/£1.50 fun run, payable to Charles Saer PTA. Closing date June 16. Fast, flat, town, two laps.

*Dan Green, 74 Grange Road, Fleetwood, Lancs FY7 8DD. Tel: 01772-762770*

**SELSEY 10km**

Manhood College, Selsey. 11am. £4.50/£5 unatt/£6 on day, payable to Selsey Runners. New event, fast, flat, scenic, rural, one lap, medals

*Gerry North, The Old Rectory Cottage, Elsted, Midhurst, West Sussex. Tel: 01730-825840*

**SOUTHWARK 5**

Southwark Park, London SE16. 11am. £4.50/£5.00 unatt/£1 extra on day, payable to Herne Hill Harriers. Closing date June 17. Fast, flat, town, two laps.

*Andrew Lea-Gerrard, 142 Emmannel Road, London SN12 0MS. Tel: 0181-677988*

**TARRANT VALLEY 10, 5 & CHILDREN'S 1**

Tarrant Monkton, Blandford. 10.30am. £4/£4.50 unatt/50p extra on day, payable to Tarrant Valley 10. Tracks, hilly, scenic, rural, undulating, one lap, mementoes

*Gerard Wyllys, Bay Farm, Tarrant Monkton, Blandford, Dorset DT11 8RX. Tel: 01258-830252*

**TWO CASTLES 10km**

Warwick Castle to Kenilworth Castle. 9.30am. £5/£5.50 unatt/£5.50 on day, payable to Rotary Club of Kenilworth. Hard, scenic, town, rural, mementoes.

*Duckett Parker, 6 The Square, Kenilworth, Warks CV8 1EB. Tel: 01926 857119*

**VALE OF LEVEN 10km**

Christie Park, Alexandria. 10am. £4/£4.50 unatt/£1 extra on day. Closing date June 17. one lap, medals, T-shirts

*M Burns, Polaroid (UK) Ltd, Vale of Leven Industrial Estate, Dumbarton, G82 3PW. Tel: 01389-712348*

**WIGSTON 7**  
Guthlaxton College, Station Road.

11am. £4/£4.50 unatt/50p extra on day, payable to OWLS AC. Closing date June 16. Hilly, rural, one lap, mementoes. Records: Steve Platts 33:59, Heather Jennings 40:51. Last year: 247 finishers, last finisher 1:18:29

*Jenny Clark, 46 Knighton Drive, Leicester, LE2 3HB. Tel: 0116-2709145*

**Monday June 24**  
**BATTERSEA PARK RUNNERS ARE SMILERS 2**

7pm. £1.50  
*Run and Become, Become and Run, 42 Palmer Street, London SW14 0PH. Tel: 0171-2221314*

**Tuesday June 25**  
**BATTERSEA PARK 5.2 VAC CHAMPS**

Battersea Park. 7pm. No handicap in run. £1.50 enter on night. Three laps inner road

**HAMERSMITH BRIDGE YACHT HANDICAP 3.3**

Furnival Gardens, end of Rutland and Grove. 12.20pm. The slower you are the bigger the start we give you. Free.

*Contact: Francis, 12 Berestede Road, London W6 9NP*

**HARWICH SERIES 5km**  
Registration before 7.45pm. £1, payable on night. Flat, part promenade.

*R Knott, Paynes Cottage, Paynes Lane, Little Bromley, Manningtree, Essex. Tel: 01206 393787.*

**LEYLAND NIGHT SERIES 5**

Leyland. 7.30pm. £2/£2.50 unatt, payable to South Ribble Harriers & AC

*Ron McAndrew, 2 Rowan Croft, Clayton-le-Woods, Chorley, Lancs PR6 7UX*

**NOTTINGHAM HERITAGE GRAND PRIX 6**

Wollaton Park. 7.15pm. £3/£3.50 unatt/£10/£10.50 unatt for series of four, payable to Holme Pierrepont Running Club. Entry on day, undulating

*Entry forms: Stewart Gregory, 71 Cranford Gardens, West Bridgford, Nottingham, NG2 7SE.*

**Fell**

**Wednesday June 12**  
**KILPATRICKS HILL RACK 8**

Old Kilpatrick. 7pm. £2

**Saturday June 15**  
**ALFRED HULME GREAT HILL 5.5**

Brinscall, Nr Chorley. 3pm. £2.50/£3 unatt/50p extra on day, payable to Chorley AC. Hilly, 1200 ft of climb, free can of beer to finishers.

*Terry Dickenson, c/o BWARA, School Lane, Brinscall, Nr Chorley, Lancashire*

**ENGLISH INTERMEDIATE (U20) CHAMPIONSHIPS BUCKDEN FELL**

Buckden Village Green, Near Skipton, North Yorkshire  
*Tel: P Jebb 01274-563386*

**GLEN ROSA HORSHOE 13**  
Glen Rosa Campsite, Arran. Noon. £4

**LANGCLIFFE GALS**  
North Yorkshire. 3.30pm

**Sunday June 16**  
**BRIDGE INN NORDEN FELL 6**

Bridge Inn, Norden, Rochdale. 11am. £2.50/£3.50 unatt, payable to Rochdale Harriers. One lap.

*Phil Roberts, 42 Lock Close, Hopwood Heywood, Lancs OL10 2JS. Tel: 01706-627417*

**SHARPHAW RACES**  
North Yorkshire, Noon

**Wednesday June 19**  
**BEN SHENN HILL RACE 2.5**

Strathyre, 7.30pm. £1.50

**COITY 5**  
Blaenavon Leisure Centre. 7.30pm. £2. Hilly, scenic, one lap  
*G Buffett, Broadhurst, The Park Blaenavon, Gwent NP4 9AW. Tel: 01495-491454*

**YETHOLM FESTIVAL HILL RACE**  
Yetholm, Near Kelso. Entry on night only. £2. 1200ft of climb, hilly, scenic, rural, one lap.

*Enquiries Tel: 01289-382442*

**Saturday June 22**  
**ELDON 2 HILL RACE 4.5**

Greenyards, Melrose. 3pm. £3.50

**LAVENS SPORTS CUMBRIA 2pm.**  
**WEST HIGHLAND WAY 95**  
Milngavie to Fort William. 3am. £10.00

**Sunday June 23**  
**DURISDEER HILL RACE 10**

Duirsideer, Dumfriesshire. 2pm. £2.50

**MOORCOCK INN FELL RACES**  
North Yorkshire, Noon

**TISO SEVEN HILLS OF EDINBURGH AND CHALLENGE 14**

Calton Hill, Edinburgh. 11.15am. £3

**Multi-terrain**

**Thursday June 13**  
**BS DEESTRIDERS GRAND PRIX 5**

BS Sports and Social Club, Rowleys Drive. £3/£3.50 unatt/£6 series/£6.50 series unatt, payable to BS Deestridders.

*Parkland, tracks, fast, flat, two laps*

*Race Secretary, 976 Aston Park Road, Queensferry, Deeside, Clwyd CH5 1UD*

**MILL POND RUN 10km, 5km AND 800m FAMILY FUN RUN**

Burgess Hill Football Club. From 6.30pm. £4/£4.50 on day/£1.50 fun run/£2 on day, payable to Burgess Hill Methodist Church. Cross country, parkland, tracks, flat, scenic, rural, medals. Last year: 130 finishers

*Mill Pond Run, 113 Maple Drive, Burgess Hill, West Sussex RH15 8AP*

**Friday June 14**  
**LITTLE CLACTON FRIDAY 5 & 1**

Little Clacton Village Hall. 7.45pm. £3/£3.50 unatt/£1 extra on day/£2 fun run, payable to Little Clacton Fun Run. Tracks, rural, out and back, medals. Course record Henry Emmerton 26:36. Last year: 148 finishers, last finisher 58:53

*Mrs R Page, 69 Peverills Road, Little Clacton, Essex. Tel: 01255-860890*

**Saturday June 15**  
**BARNSELY BOUNDARY RELAY 72**

Cannon Hall Country Park, Cawthorne. 8am. £25 per team 10 legs/£15 half-distance relay five legs per team. 'Recce' runs essential

*Philip Thompson, 55 Keresforth Hall Road, Barnsley, S Yorkshire S70 6NL*

**BRIDGE INN NORDEN MULTI-TERRAIN 6**

Bridge Inn, Norden, Rochdale. 11am. £2.50/£3.50 unatt, payable to Rochdale Harriers. Course record T Okell 34:51.

*Phil Roberts, 42 Loch Close, Hopwood, Heywood, Lancashire OL10 2JS. Tel: 01706-627417*

**Sunday June 16**  
**BRICKET WOOD ALL TERRAIN 5.5 JUNIOR AND FAMILY 3**

Queen Elizabeth Queen Mother Centre, Station Road. 2pm. £3.50/£2.50 jnr/50p extra on day, payable to Bricket Wood Scout Group. Cross country, road, track, hilly, scenic, one lap, medals

*S Hutchinson, 56 West Riding, Bricket Wood, St Albans, Herts AL2 3QQ*

**MEDLOCK 10**  
Medlock Leisure Centre, Fold Avenue. Noon. £3/£3.50 unatt/£1 extra on day, payable to Droylsden MBC. Towpath, parkland, medals

*Medlock Leisure Centre, Fold Avenue, Droylsden, Manchester M43 7XA. Tel: 0161-3703070*

**FT - SALOMON BROTHERS FUN RUN 3 & 5km**

Battersea Pk. 10.35am. £10 payable to

FT-Salomon Brothers Fun Run. Postal entry closed. Flat, hard, memento, medal, T-shirts. Last year 1056 finishers

*44 Earham Street, Covent Garden, London WC2H 9LA*

**OFFAS DYKE 15**  
Hay on Wye. 2.30pm. £4.50/£6 on day

**POTTON SCOUTS FUN 6 & 2**  
Scout Hut, Potton. 11am. £3.50/£1.50 juniors/£1 extra on day. Postal entries closed

*P Welland, 31 Sandy Road, Potton, Beds SG19 2QA*

**PRESTWOOD PAIRS IV 12**  
Prestwood. 9am. £10, payable to Prestwood Lodge Camp Fund. Postal entries closed. Cross country, hilly

*Chris Clarke, Prestwood Lodge School, Nairdwood Lane, Prestwood, Bucks. Tel: 01494-863514*

**Wednesday June 19**  
**CYMER AFAN FOREST TRAIL 10km & FUN RUN 3km**

6.30pm. £2.50/£3 unatt

*Enquiries Bill Pritchard, Taibach, Community Education Centre, Margam Road, Taibach, Port Talbot SA13 2BN. Tel: 01639-882104*

**PRINCESS ANNE PARK PUMA SPORT IN PARKS RACES**

Biddick Comprehensive School. 6.30pm fun run. 7.15pm open race. £3/£3.50 unatt/£1 extra on day, payable to City of Sunderland. Closing date June 13.

**Friday June 21**  
**THE ADIDAS PARK SERIES 96**

Chorley, Lancs. 7.00pm, £6.00 series/£2.00 per race/U16s £1.00/50p, extra on the night, payable to Chorley AC

**TATTENHALL'S TOUGH TEAM CHALLENGE**  
£7.50 per team/£9 per team unatt, payable to Tattenhall Runners. Teams of three, equal ability, last to count. Road, forest, trails

*P Matthews, Edgecroft House, Tattenhall, Chester, CH3 9LN*

**Saturday June 22**  
**PORTSTEWART BEACH 4**

Portstewart, N Ireland. 10.30am. £3, payable to Red Cross. Parkland, flat, scenic, rural, beach, one lap. Course record Richard Rogan 22:00. Last year: 80 finishers in each, last finisher 45:00

*Peter Ferris, 2 Gortgranagh Drive, Coleraine, Londonderry BT51 3NQ. Tel: 012650-324529*

**Sunday June 23**  
**DICKER FUN RUN 10km AND JUNIOR 3.5km**

Upper Dicker Nr Hailsham. 10am. £4.50 snr/£3 jnr, payable to Dicker Fun Run. Cross country, parkland, tracks, hilly, scenic, rural, one lap, mementoes.

*Park Mead School, Upper Dicker, Near Hailsham, East Sussex RN27 3QP*

**GRASMERE GALLOP 7.2/FUN 3.5**  
Wordsworth Hotel. 10.45am. £5/£5.50 unatt/£6 on day/£3 fun run, payable to Grasmere Gallop. Closing date June 18. Hilly, scenic, one lap, medals.

*R Lees, Wordsworth Hotel, Grasmere, Cumbria CA22 9SW. Tel: 015394-35592*

**NORTH DOWNS RUN 30km/FUN 3**  
Istead Rise Community Centre. 10.30am. £5.50/£6 unatt/£6.50 on day/£2.50 fun run/£1.50 fun run juniors, payable to North Downs Run. Cross country, tracks, hilly, scenic, T-shirts.

*Istead Rise Community Centre, Worcester Ct, Istead Rise, Gravesend, Kent, DA13 9LB. Tel: 01474-833903*

**WHITELEY VILLAGE 10km**  
Whiteley Village, Walton on Thames. 11am. £4/£4.50 unatt/£5 on day, payable to Whiteley Village Trust. New event. Tracks, undulating, two laps

*c/o Mr Dennis Court, North Modil Cottage, Whiteley Village, Walton on Thames, Surrey. Tel: 01372-474580*

# CARLTON LONDON RUN

# LONDON RUN

OFFICIAL  
ENTRY  
FORM **3**

Under IAAF & BAF Rules

**BATTERSEA PARK 6km - 3rd July - 6.30pm**

1. SURNAME OR FAMILY NAME \_\_\_\_\_

2. FIRST NAME(S) IN FULL \_\_\_\_\_

3. ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ 4. POSTCODE \_\_\_\_\_

5. AGE ON DAY OF RACE    
ENTRANTS MUST BE 15 YEARS OR OVER  
ON DAY OF RACE

6. TEL.(9AM-5PM) \_\_\_\_\_

7. 'X' IF YOU ARE A FEMALE ENTRANT

8. "X" IF YOU HAVE A MEDICAL CONDITION ABOUT WHICH THE ORGANISERS SHOULD BE INFORMED

9. INDICATE YOUR T-SHIRT SIZE IN THE RELEVANT BOX  
(ONLY FOR SUCCESSFUL FINISHERS) S  38" M  42" L  46"

10. BAF CLUB IF APPLICABLE

11. 'X' IF OVERSEAS MAILING ADDRESS

12. 'X' IF YOUR PARTICIPATION STORY WOULD BE OF INTEREST TO READERS OF LOCAL NEWSPAPERS


**CARLTON**  
Much More Than Television

I accept all conditions of entry and that the organisers shall not be liable for accidents, injury, loss, or damage as a consequence of my participation in the Carlton London Run

SIGNATURE \_\_\_\_\_

**CLOSING DATE: 21st JUNE 1996**

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**106.2**  
LONDON

Official charity  
**Save the Children**   
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**Get Fit, Have Fun,  
Raise Money For Charity !**

### RACE DETAILS AND CONDITIONS OF ENTRY

1. ENTRY FEES: Make cheques and POs payable to the 'Carlton London Run'. No cash or credit cards. (If you send a PO entry fee, ensure that you retain the counterfoil as proof of payment.)  
If your entry is accepted your fee is not refundable.
2. MEDICAL CONDITION: Anyone who has a medical condition about which we as organisers should know, is requested to "X" the box on the form. You will then be sent additional information with your number.
3. ONLY FINISHERS will receive a commemorative medal, T-shirt and certificate. Race numbers are NOT interchangeable. Non-participants are NOT eligible for event benefits.
4. FOR REASONS OF SAFETY: no entries are permissible from people on roller skates, in beds, wheelbarrows,

pushchairs, carrying various objects for charity, etc..

5. NO PETS, DOGS OR HORSES: Only blind people with a guide dog will be permitted and if we are advised, a position at the rear of the field will be allocated.
6. YOUR NAME WILL BE ADDED TO OUR MAILING LIST: So that we can keep you informed about the other events. This information may also be used or made available to other carefully screened organisations. If you prefer your name not to be included, please let us know.
7. Under the Data Protection Act of 1984, you have the right of access to your personal records held on our computer.

UNDER THE DATA PROTECTION ACT OF 1984 YOU HAVE THE RIGHT OF ACCESS TO YOUR PERSONAL RECORDS HELD ON OUR COMPUTER. © Copyright reserved MARCH 1995

**Club**  
**Lasanta**  
LANZAROTE

**LONDON**  
**TONIGHT**

**view**  
**from**

Supported by  
**EAST COAST**  
Providing INTERCITY<sup>™</sup> train services

**BROOKS**

**HADRIAN**  
Spring Water

**SECURICOR AAA CHAMPIONSHIPS**

**MEN**

**100 (A 10.34/B 10.54)**

● Linford Christie ● Darren Campbell ● Jason John  
Will this be the race that changes Christie's mind about competing in Atlanta?

**200 (20.84/21.04)**

● John Regis ● Doug Walker ● Darren Braithwaite  
Regis has been out injured for some time and with Wariso appearing to have lost any kind of form this is therefore going to be a mega important weekend for both.

**400 (45.84/46.44)**

● Roger Black ● David Grindley ● Mark Richardson  
Potentially THE event of the championships with any three from eight qualifiers making it.

**800 (1:46.5/1:47.5)**

● David Strang ● Curtis Robb ● Andrew Lill  
Strang is the man in form, but Robb will be expected to fight him all the way.

**1500 (3:38.0/3:40.5)**

● Tony Whiteman ● John Mayock ● Glen Stewart  
Stewart has been running well this year and this could be his moment.

**5000 (13:29.0/13:38.0)**

● Rob Denmark ● John Nuttall ● Adrian Passey  
In the absence of the Kenyans Denmark should have a smoother ride than he did 12 months ago.

**10,000 (28:10.0/28:30.0)**

● Jon Brown ● Paul Evans ● Martin Jones  
Brown will win. If Evans makes the top two the selectors will have a headache.

**110H (13.84/14.14)**

● Tony Jarrett ● Colin Jackson ● Paul Gray  
Based on his recent 13.0 in Latvia, Jarrett gets our nod.

**400H (50.04/50.54)**

● Jon Ridgeon ● Gary Cadogan ● Lawrence Lynch  
Ridgeon is by far the clearest favourite but, there's a real fight building up for the other medals.

**3000SC (8:30.0/8:35.0)**

● Justin Chaston ● Keith Cullen ● Mick Hawkins  
Cullen has decided on the 'chase and is likely to follow Chaston on to Atlanta providing he runs 8:30.0, no problem!

**HJ (2.27/2.23)**

● Steve Smith ● Dalton Grant ● Geoff Parsons  
His better temperament could well swing it for Smith, though Grant will have to get his run-up right if he is to challenge.

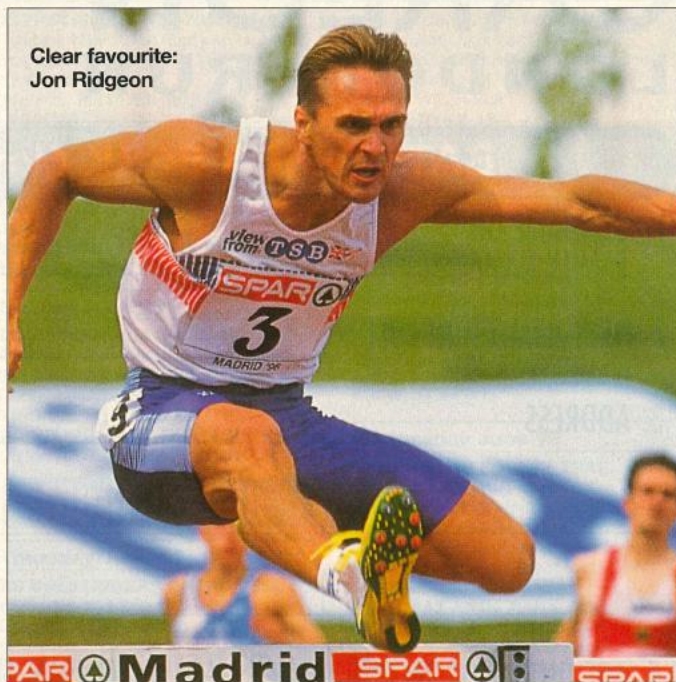
**PV (5.60/5.40)**

● Nick Buckfield ● Mike Edwards ● Neil Winter  
Buckfield is well clear, with only Winter joining him on the qualifiers' list.

**LJ (8.00/7.90)**

● Fred Salle ● Steve Phillips ● Barrington Williams  
It will be a keenly fought competition but there seems little chance it will produce an Olympic qualifying leap.

Clear favourite:  
Jon Ridgeon



**GEORGIA  
ON MY MIND**

**TJ (16.85/16.50)**

● Jonathan Edwards ● Francis Agyepong ● Julian Golley  
World record-holder Edwards says he may miss the Trials, but after him it's anyone's guess. Agyepong is in form, leaving Golley and Femi Akinsanya to fight for the third spot – but they still have to jump 16.85.

**SP (19.50/19.00)**

● Shaun Pickering ● Matt Simson ● Mark Proctor  
Pickering and Proctor are the only two to have achieved the qualifying mark, but don't rule out Simson to come through.

**DT (62.00/60.00)**

● Bob Weir ● Glen Smith ● Kevin Brown  
The more experienced Weir could shine, though Smith is on a high.

**HT (74.00/70.00)**

● Dave Smith ● Paul Head ● Mick Jones  
Young Dave Smith is the target – he's already thrown 75.10 this season, leaving the others wanting.

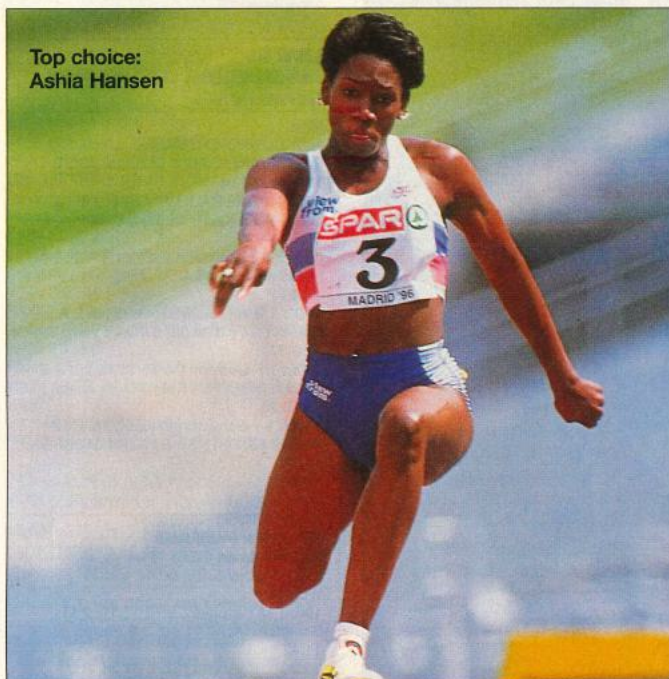
**JT (80.00/75.00)**

● Nick Nieland ● Mick Hill ● Colin Mackenzie  
No Backley, he's competing later in the month, Nieland will just pip Hill.

**10kmW (non-Olympic event)**

● Darryl Stone ● Andy Penn ● Martin Bell  
Stone, the one person likely to make the Atlanta team in the 50km walk, has gone close to 40 minutes already this year while Penn and Bell are both reliable 10km walkers.

Top choice:  
Ashia Hansen



*Olympic team places are at stake at Birmingham this weekend as well as national titles. Anyone who wants to be considered for Atlanta must be there. Here is the Athletics Weekly guide to where the honours could go*

#### WOMEN

**100 (11.44/11.64)**

● Stephanie Douglas ● Simone Jacobs ● Paula Thomas

Douglas gets the nod, although Thomas is the defending champion.

**200 (23.24/23.54)**

● Katharine Merry ● Simone Jacobs ● Catherine Murphy

Rejuvenated Merry is a clear favourite, though the chase for the bronze and silver medals could go either way.

**400 (52.34/53.34)**

● Melanie Neef ● Donna Fraser ● Phylis Smith

It's Olympic year and that is a sign for Phylis Smith to perform well.

**800 (2:01.0/2:03.0)**

● Kelly Holmes ● Diane Modahl ● Hayley Parry

Having run the qualifying time in France, Modahl's return to the top flight is welcomed.

**1500 (4:10.0/4:14.0)**

● Kelly Holmes ● Susan Parker ● Angela Davies

After her world-leading run in Rome last week, Holmes is expected to add this title to Saturday's crown at 800m.

**5000 (15:45.0/16:05.0)**

● Paula Radcliffe ● Sonia McGeorge ● Andrea Whitcombe

The outcome will depend on whether Alison Wyeth can overcome the pain in her legs.

**10,000 (32:30.0/33:20.0)**

● Yvonne Murray ● Heather Heasman ● Vikki McPherson

Yvonne Murray is expected to make her season's debut but it could be in the 5000m rather than this.

**100H (13.14/13.54)**

● Angela Thorp ● Jacqui Agyepong ● Keri Maddox

Thorp is clearly in form, Agyepong has been troubled with injury and will lack race sharpness.

**400H (56.14/57.14)**

● Sally Gunnell ● Louise Brunning ● Gowry Retchakan

Surprisingly Gunnell makes only her second AAAs appearance at 400m hurdles – it will be all about her getting her stride pattern right rather than if she'll win.

**HJ (1.92/1.87)**

● Debbie Marti ● Lea Haggett ● Michelle Dunkley

Marti has everything to prove after being overlooked for the European Cup.

**PV (non-Olympic event)**

● Kate Staples ● Linda Stanton ● Janine Whitlock

Another British record for Staples?

**LJ (6.55/6.40)**

● Denise Lewis ● Liz Ghofefa ● Jade Johnson

A very sad event for Britain with only heptathlete Denise Lewis having gone over 6.50

**TJ (13.75/13.50)**

● Ashia Hansen ● Michelle Griffith ● Rachel Kirby

Griffith is beginning to find her form just in time while Hansen is the obvious gold medal choice.

**SP (18.00/17.10)**

● Judy Oakes ● Myrtle Augée ● Sharon Andrews

Oakes will win her 37th AAA title without a doubt.

**DT (60.00/57.00)**

● Jacqui McKernan ● Debbie Callaway ● Tracy Axten

McKernan is finally flinging out the discus behind the crucial 60m mark.

**HT (non-Olympic event)**

● Lynn Sprules ● Sarah Moore ● Ann Gardner

Injury enforces the absence of Lorraine Shaw but the event is not yet recognised at Olympic level.

**JT (60.00/57.00)**

● Tessa Sanderson ● Shelley Holroyd ● Sharon Andrews

It really all depends on whether Sanderson can win and definitely book her place for her sixth Olympics.

**5kmW (non-Olympic event)**

● Vicky Lupton ● Melanie Wright ● Verity Larby-Snook

Lupton clear front walker at all walking distances already has secured her place to Atlanta (10km). Lisa Langford will certainly make the top three if she's fit enough to compete. Carol Partington will not contest because she's expecting a baby.

**Figures in brackets are the IAAF A and B standards. All performances must be achieved during the period January 1 1995 to July 16 1996.**



## June 9

### INTERNATIONAL MEETING Tallin, Estonia

#### Men

**100:** 1, E Wymeersch (Flanders) 10.23 (Olympic qualifying standard); 2, DARREN BRAITHWAITE (ENGLAND) 10.31 (Olympic qualifying standard); 3, S Insakovs (Latvia) 10.38.

**200:** Wymeersch (Flanders) 20.42 (Olympic qualifying standard); 2, DOUGLAS TURNER (Wales) 20.43 (Olympic qualifying standard); 3, SOLOMON WARISO (ENGLAND) 20.64 (Olympic qualifying standard)

**400:** 1, IWAN THOMAS (WALES) 45.35 (Olympic qualifying standard); 2, DAVID NOLAN (ENGLAND) 46.20 (PB); 3, T Jedrusik (Poland) 46.46; 5, TIMOTHY O'DELL (ENGLAND) 46.81

**800:** 1, CURTIS ROBB (ENGLAND) 1-45.73 (Olympic qualifying standard); 2, H Sepang (RSA) 1-45.86 (Olympic qualifying standard); 3, DAVID STRANG (SCOTLAND) 1-46.36 (Olympic qualifying standard); 4, TERRY WEST (ENGLAND) 1-47.72

**1500:** 1, S HEALEY (IRELAND) 3-40.85; 2, L Bernaert (Flanders) 3-47.23; 3, P Rostowski (POL) 3-47.51; 4, DAVID ROBERTSON (ENGLAND) 3-47.68.

**110H:** 1, K Mehlich (POL) 13.40 (Olympic qualifying standard); 2, J Petsenkin (RUS) 13.47 (Olympic qualifying standard); 3, G Peders (LAT) 13.50 (Olympic qualifying standard); 4, NEIL OWEN (ENGLAND) 13.62 (Olympic qualifying standard)

**400H:** 1, H Llewellyn (RSA) 49.54 (Olympic qualifying standard); 2, P Januszewski (POL) 49.74 (Olympic qualifying standard); 3, CHRISTOPHER RAWLINSON (ENGLAND) 50.36

**HJ:** 1, R Kaju (EST) 2.13; 2, S Grini (NOR) 2.10; 3, R Piziks (LAT) 2.05

**PV:** 1, A Obizajevs (LAT) 5.50; 2, PAUL WILLIAMSON (ENGLAND) 5.40; 3, K Krysztof (Poland) 5.40m

**LJ:** 1, D Bontruk (HOL) 7.60; 2, NATHAN MORGAN (ENGLAND) 7.58; 3, A Strikis (LAT) 7.40

**SP:** 1, A Kiisa (EST) 18.43; 2, A Lukasenko (LAT) 18.11; 3, M Tammaru (EST) 17.10

**JT:** 1, J Hartikainen (FIN) 78.30; 2, H Vaat (EST) 72.30; 3, M Strobinders (LAT) 71.88

#### Women

**100:** 1, PAULA THOMAS (ENGLAND) 11.51; 2, K Leszczynska (POL) 11.74; 3, CATHERINE MURPHY (WALES) 11.81

**200:** 1, THOMAS 23.41; 2, MURPHY 23.57; 3, Leszczynska 23.68

**400:** 1, T Chebykina (RUS) 52.05 (Olympic qualifying standard); 2, LINDA KEOUGH-STAINES (ENGLAND) 53.41; 3, S Kwilinska (POL) 54.30

**800:** 1, JEINA MITCHELL (ENGLAND) 2-05.12; 2, A Jakubczak (POL) 2-05.30; 3, T Saarelma (FIN) 2-05.35

**100H:** 1, S Lauhhova (RUS) 13.09 (Olympic qualifying standard); 2, A Sosnowska (POL) 13.29; 3, DIANE ALLAHGREEN (ENGLAND) 13.43

**400H:** 1, L Jekabsone (LAT) 55.46 (Olympic qualifying standard); 2, LOUSIE FRASER (ENGLAND) 56.67; 3, M Warnicka (POL) 56.99

**HJ:** 1, DEBBI MARTI (ENGLAND) 1.94m (Olympic qualifying standard & 1996 UK best); 2, D Kancewicz (POL) 1.89; 3, L Poldots (EST) 1.86m

## June 8

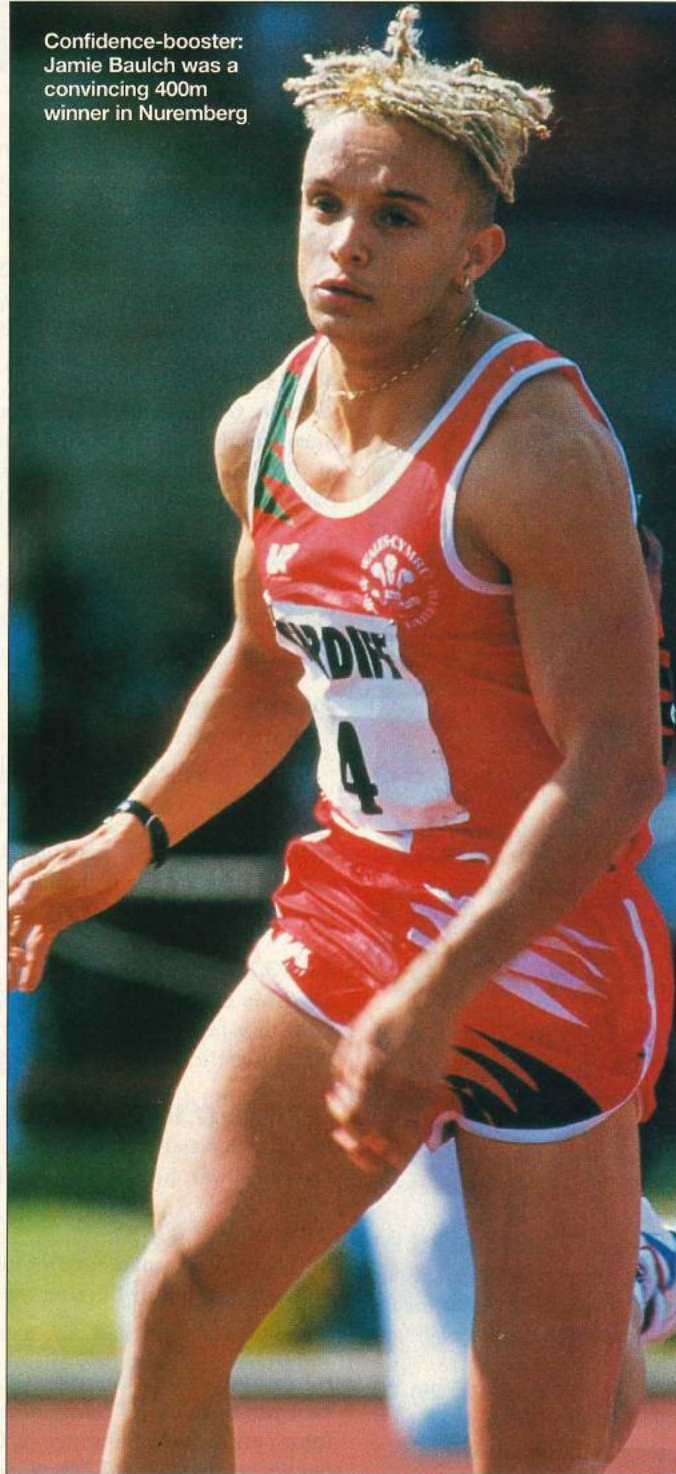
### ADVIL MINI-MARATHON New York, USA

KENYA's Tegla Loroupe sidestepped a heckler in the final 800m and pulled away from countrywoman Joyce Chepchumba to win the 10km Mini-marathon in Central Park, Paul Christian reports.

Loroupe, expected to be one of the leading contenders at the Olympics in Atlanta, finished in 32:12, six seconds ahead of Olympic marathon representative Chepchumba.

The race, an Olympic tune-up for many of the top women, turned scary as the runners passed the six-mile mark. A man, later described by police as "a homeless person who often sleeps on the park benches", walked across the narrow road, brushed against Loroupe and began running alongside and talking to her.

Confidence-booster:  
Jamie Baulch was a convincing 400m winner in Nuremberg



Former US Olympian Marty Liquori, working at the event as a television commentator, finally intervened, jumping out of a TV truck and then pushing the man off the course.

"This was a street person who didn't seem to understand what he was doing," said Liquori, the top-ranked American miler in the mid-1970s.

"It was a spur of the moment thing for him. She brushed him and so he figured he'd start running with her.

"I thought he might make it to the finish, so it was time to get out of the car and get him off the course."

Loroupe, who insisted she feared more for her finishing time than her safety, never broke stride and maintained the lead she established when she broke from the lead pack at seven kilometres.

"I can say to him (Liquori) thank you very much," said Loroupe, bronze medalist at the 1995 World Championships 10,000m.

"I thought the man might try to slow me down. I had enough to think about in

this park."

A woman who was attacked a week earlier in Central Park is still comatose in a New York hospital.

"At first I thought the man was trying to cross the road, like they usually do in the park here," said Loroupe.

"Then I saw he was running beside me and I was a little bit scared."

Loroupe must still qualify for her Olympic team at the Kenyan trials in Nairobi on June 29 but she gave a good account of herself in difficult conditions. Temperatures hovered near 90°F (32°C) with 90 per cent humidity on a course that included the rolling hills of the park's upper loop which is not part of the annual marathon.

#### Women

1 T Loroupe (KEN) 32:13; 2 J Chepchumba (KEN) 32:19; 3 A M Lauck (USA) 32:24; 4 C de Oliveira (BRA) 32:32; 5 N Prasad (FRA) 32:41; 6 A Dias (POR) 33:28; 7 G Ondeyko (KEN) 34:03; 8 S Chirchir (KEN) 34:04; 9 M Sobanska (POL) 34:19; 10 T Terauchi (JPN) 34:33

## June 7

### LIVE 96 NUREMBERG GRAND PRIX Germany

#### Men

**100:** 1 LINFORD CHRISTIE 10.06; 2 D Bailey (CAN) 10.09; 3 M Blume (GER) 10.13

**400:** 1 JAMIE BAULCH 44.97; 2 T Schoenlebe (GER) 45.65; 3 U Jahn (GER) 45.70

**800:** 1 N Motchebon (GER) 1:44.22; 2 M Haida (MAR) 1:44.42; 3 J Dehmel (GER) 1:44.71

**1500:** 1 S Hissou (MAR) 3:33.95; 2 A Kakimi (TUN) 3:36.08; 3 TONY WHITEMAN 3:36.37

**5000:** 1 K Boulami (MAR) 13:10.25; 2 S Kororia (KEN) 13:11.67; 3 D Baumann (GER) 13:13.23

**110H:** 1 F Schwarhoff (GER) 13.11; 2 I Kovacs (SLO) 13.34; 3 COLIN JACKSON 13.40

**400H:** 1 M Dollendorf (BEL) 49.93; 2 S Strizel (GER) 49.98; 3 B Kiryor (KEN) 50.14

**HJ:** W Kreissig (GER) 2.30

**PV:** J Miller (AUS) 5.60

**TJ:** B Wellman (BER) 16.94

**JT:** J Zelezny (CZE) 86.44

#### Women

**100:** 1 M Paschke (GER) 11.19; 2 M Gainsford (AUS) 11.40; 3 A Philipp (GER) 11.42

**400:** 1 L Kisabaka (GER) 51.34; 2 U Rohlander (GER) 51.62; 3 K Janke (GER) 52.06

**1500:** 1 R Jacobs (USA) 4:06.09; 2 S Kuehnemund (GER) 4:07.25; 3 M Rydz (POL) 4:08.03

**400H...3** SALLY GUNNELL 56.03

**HJ:** A Astafei (GER) 2.00

**TJ:** A Biryukova (RUS) 14.23

**DT:** I Wyludda (GER) 65.82

### IAAF GRAND PRIX Moscow, Russia

#### Men

**100:** 1 O Adeniken (NGR) 10.03; 2 M Green (JAM) 10.04; 3 D Powell (JAM) 10.19

**200:** 1 JOHN REGIS 20.47; 2 I Garcia (CUB) 20.49; 3 A Fedoriv (RUS) 20.96

**800:** 1 W Kipketer (DEN) 1:44.06; 2 P Kibitok (KEN) 1:44.95; 3 A Hacin (ALG) 1:45.56

**1500:** 1 N Morcell (ALG) 3:33.22; 2 L Rotich (KEN) 3:33.70; 3 D Kibet (KEN) 3:35.90.8

**JOHN MAYOCK** 3:37.48

**3000:** 1 D Komen (KEN) 7:39.43; 2 M Kiptanui (KEN) 7:41.61; 3 T Nyariki (KEN) 7:42.33

**400H:** S Matete (ZAM) 48.60

**PV:** S Bubka (UKR) 5.90

**HT:** I Astapovich (BLR) 79.30

#### Women

**100:** 1 M Ottey (JAM, W35) 10.92 (world lead); 2 I Privalova (RUS) 11.08; 3 J Cuthbert (JAM) 11.20

**400:** 1 J Campbell (JAM) 50.94; 2 F Ogunkoya (NGR) 51.11; 3 Y Andreyeva (RUS) 51.44

**1500:** 1 O Churbanova (RUS) 4:06.32; 2 N Mugo (KEN) 4:06.39; 3 I Biryukova (RUS) 4:06.41

**3000:** S O'Sullivan (IRL) 8:47.32

**100H:** G Russell (JAM) 12.87

**HJ:** S Kostadinova (BUL) 2.01

**LJ:** I Kravets (UKR) 6.99

**TJ:** I Lasovskaya (RUS) 14.84 (world lead)

**SP:** A Romanova (RUS) 19.67

**HT:** M Melinte (ROM) 66.40

## June 6

### IAAF GRAND PRIX II Seville, Spain

#### Men

**100:** 1 A Cason (USA) 10.31; 2 E Tufour (GHA) 10.33; 3 F Obikwele (NGR) 10.34

**200:** 1 V Dologodin (UKR) 20.79; 3 Obikwele 20.83

**800:** 1 N Tellez (CUB) 1:45.01; 2 R Kibet (KEN) 1:45.51; 3 B Kisilu (KEN) 1:45.78

**1500:** 1 H El Guerrouj (MAR) 3:32.94; 2 F Cacho (ESP) 3:35.40; 3 M Canellass (ESP) 3:37.13 .. KEVIN MCKAY 3:39.??; .. BRIAN TREACY 3:40.??; .. MATTHEW YATES 3:46??

**5000:** 1 P Bitok (KEN) 13:26.27; 2 S Kipkorir (KEN) 13:26.49; 3 A Gomez (ESP) 13:30.87

**3000SC:** 1 W Kipketer-Kosgei (KEN) 8:16.81; 2 R Barmasai (KEN) 8:17.09; 3 R

Kosgei (KEN) 8:24.49  
**110H:** 1 A Garcia (CUB) 13.73; 2 D Rodriguez (ESP) 14.28  
**400H:** 1 C Silva (POR) 49.21; 2 E Keter (KEN) 49.42; 3 B Kinyor (KEN) 50.04  
**HJ:** 1 D Kokotis (GRE) 2.29; 2 J Kotewicz (POL) 2.23; 3 P Thavelin (SWE) 2.20  
**TJ:** E Urrutia (CUB) 17.70  
**JT:** E Gonzalez (CUB) 80.70  
**Women**  
**100:** 1 C Opara (NGR) 11.34; 2 O Dyatchenko (RUS) 11.57  
**200:** 1 L Jardim (POR) 23.44; 2 Dyatchenko 23.55  
**400:** 1 A Quirot (CUB) 1:58.93; 2 N Dukkova (BLR) 2:00.02; 3 A Menendez (ESP) 2:01.16  
**5000:** 1 A Birhane (ETH) 15:31.12; 2 J Negura (ROM) 15:38.17; 3 E Fidatov (ROM) 15:39.76  
**100H:** 1 B Bukovec (SLO) 12.98; 2 B Wolf (GER) 13.29; 3 M-J Mardomingo (ESP) 13.32  
**LJ:** L Galkina (RUS) 6.76  
**DT:** O Chernyavskaya (RUS) 64.08

## June 5

### IAAF GRAND PRIX/ GOLDEN GALA Rome, Italy

**THE STAR** turn of a great meeting was a magnificent run over 5000m by Salah Hissou, *David Cockledge reports.*  
 Slashing 11.45sec off his previous best, the Moroccan eclipsed Said Aouita's national (and former world) record of 12:58.39 with 12:50.80 - the second fastest in history - as he led three other men inside 13 minutes.

Following Daniel Komen, Moses Kiptanui, Thomas Nyakiri and Philip Mosima through torrid kilometre splits of 2:34.2, 5:07.1 and 7:44.6, Hissou slipped ahead and brought the hammer down in the closing stages, covering his last kilometre in 2:30.4 and 600m in 1:27.3 - speed which saw off Kiptanui's challenge.

Road star Mosima also outran his better known countryman to shatter Kiptanui's national record with 12:53.72 in second place.

As the rest of the field charged home around him, Hissou dropped to his knees and kissed the track. On this form, he will be a major threat to world record holder Haile Gebrselassie in Atlanta.

Jonathan Edwards extended his winning streak to 17 competitions but had to come through in the last round to defeat Cuban Yeolbi Quesada (17.34m) with 17.55m in the triple jump.

"That last jump just pappered over the cracks," joked Edwards.

"It was a big relief. I felt like a sack of potatoes out there. I'm running reasonably quickly, but there's no real zap. It doesn't feel good, but I don't know how much of that is mental."

Kelly Holmes was Britain's only track winner, taking the 1500m in a world-leading 4:04.56. Front-running most of the race, she was briefly passed after 1200m by Kenyan Naomi Mugo, but swiftly regained the lead and kicked away on the final curve.

Linford Christie was unable to overcome a poor start in the 100m, losing to Dennis Mitchell (10.05) by 0.05sec and in the 200m Frankie Fredericks was dominant, clocking 19.96sec as Patrick Stevens edged past Christie (20.29) in the closing strides.

Colin Jackson continued to show ragged form, clobbering the third barrier and going down to defeat for the third time in a week as world champion Allen Johnson won the 110H in 13.23sec from Jack Pierce.

World leading marks were also set in the 800m, 1500m and 3000m steeplechase. Nouredine Morcelli sped around a routine 1500m time trial (3:30.93) but the 13,000-strong crowd was more enthused by home sons Guiseppe D'Urso, who took the 800m in 1:43.95, (with Craig Winrow clocking 1:45.23, the best by a Briton since 1993), and Alessandro Lambruschini, who ran 8:11.76 to take the steeplechase ahead of some good Kenyans.

**Men**  
**100 (+0.4):** 1 D Mitchell (USA) 10.05; 2

LINFORD CHRISTIE 10.10; 3 O Adeniken (NGR) 10.10; 4 D Powell (CAN) 10.12; 5 D Aliu (NGR) 10.25; 6 M Green (JAM) 10.27; 8 O Ezinwa (NGR) 10.28. **B: (+0.4):** 1 K Streete-Thompson (USA) 10.23; 2 O Ezinwa (NGR) 10.28; 3 P Stevens (BEL) 10.32; 4 S Floris (ITA) 10.38; 5 I Garcia (CUB) 10.45; 6 A Meli (ITA) 10.51; 7 L Levorato (ITA) 10.53  
**200 (+0.7):** 1 F Fredericks (NAM) 19.96; 2 Stevens 20.19; 3 CHRISTIE 20.29; 4 Mitchell 20.34; 5 JOHN REGIS 20.60; 6 Garcia 20.65; 7 Floris 20.66; 8 O Ezinwa 21.05

**400:** 1 D Hall (USA) 45.13; 2 S Kitor (KEN) 45.16; 3 I Ismail (QAT) 45.21; 4 JAMIE BAULCH 45.37; 5 S Bada (NGR) 46.17; 6 A Nuti (ITA) 46.22; 7 M Rusterholz (SUI) 46.25  
**800:** 1 G D'Urso (ITA) 1:43.95 (world lead); 2 M Haida (MAR) 1:44.31; 3 D Kiptoo (KEN) 1:44.39; 4 N Motchebon (GER) 1:44.76; 5 A Hatungimana (BUR) 1:44.78; 6 A Gicondi (ITA) 1:45.05; 7 V Malakwen (KEN) 1:45.12; 8 CRAIG WINROW 1:45.23 (Olympic qual); 9 A Longo (ITA) 1:45.71; 10 A Benvenuti (ITA) 1:45.95; 11 K Langat (KEN) 1:46.52  
**1500:** 1 N Morcelli (ALG) 3:30.93 (world lead); 2 I Viciosia (ESP) 3:34.86; 3 G Di Napoli (ITA) 3:35.41; 4 D Kibet (KEN) 3:35.56; 5 A Abdallah (MAR) 3:35.61; 6 V Shabunin (RUS) 3:35.70 (NR); 7 M Keino (KEN) 3:35.82; 8 M Pegoretti (ITA) 3:36.18; 9 A Abelli (ITA) 3:36.47; 10 N Bruton (IRL) 3:37.08; 11 D Tirelli (ITA) 3:37.17; 12 C Impens (BEL) 3:37.34; 13 P McMullen (USA) 3:37.83; 14 E Dubus (FRA) 3:38.25; 15 J-P Herold (GER) 3:40.03

**5000:** 1 S Hissou (MAR) 12:50.80 (NR, world lead); 2 P Mosima (KEN) 12:53.72 (NR); 3 M Kiptanui (KEN) 12:59.19; 5 D Komen (KEN) 13:01.38; 6 S Kororia (KEN) 13:04.51; 7 S Sghir (MAR) 13:10.15; 8 L Kipkosgey (KEN) 13:18.63; 9 A Al Ghatani (SAU) 13:20.17; 10 M Ntawulikura (RWA) 13:22.69; 11 S Baldini (ITA) 13:23.43; 12 D Chelule (KEN) 13:24.48; 13 Y Azaidj (ALG) 13:24.94; 14 W Bikila (ETH) 13:28.50; 15 J Kosgei (KEN) 13:28.62; 16 H Kogo (KEN) 13:34.67; 17 U Pusterla (ITA) 13:34.76; 18 S Zanon (ITA) 13:47.72

**3000SC:** 1 A Lambruschini (ITA) 8:11.76 (world lead); 2 J Kandie (KEN) 8:14.25; 3 P Sang (KEN) 8:15.13; 4 C Koskei (KEN) 8:20.70; 5 M Strege (GER) 8:20.95; 6 K Bauermeister (GER) 8:23.22; 7 J Kipkoek (KEN) 8:23.57; 8 A Carosi (ITA) 8:25.80; 9 L Di Pardo (ITA) 8:32.98; 10 G Maffei (ITA) 8:36.09; 11 F Ionescu (ROM) 8:36.94; 12 D D'Ambrosio (ITA) 8:37.73; 13 S Cialella (ITA) 8:38.83; 14 G Crepaldei (ITA) 8:42.58

**110H (+0.5):** 1 A Johnson (USA) 13.23; 2 J Pierce (USA) 13.31; 3 C Hawkins (USA) 13.33; 4 COLIN JACKSON 13.33; 5 E Batte (CUB) 13.51; 6 A Garcia-Ortiz (CUB) 13.60; 7 M Rossi (ITA) 13.72; 8 M Re (ITA) 13.87  
**400H:** 1 S Matete (ZAM) 48.16; 2 F Mori (ITA) 48.47; 3 E de Araujo (BRA) 48.80; 4 W Graham (JAM) 48.88; 5 A Saber (ITA) 49.08; 6 S Nylander (SWE) 49.28; 7 K Hamden (ZIM) 49.46; 8 R Maschenko (RUS) 49.47; 9 P Ottoz (ITA) 49.58

**HJ:** 1 D Topic (YUG) 2.35; 2 A Partyka (POL) 2.31; 3 DALTON GRANT 2.28; 4 L Toso (ITA) 2.25; 5 C Matushevic (ISR) 2.20; 6 H Sarnblom (NOR) 2.20; 7 C LeFrancis (CAN) 2.20; 8 A Canale (ITA) 2.20  
**TJ:** 1 JONATHAN EDWARDS 17.55/0.0 (17.20, 17.19, X, X, X, 17.55); 2 Y Quesada (CUB) 17.34/-0.5; 3 J Garcia (CUB) 16.89; 4 J Romain (DMN) 16.78; 5 A Martirosian (ARM) 16.60; 6 FRANCIS AGYEPONG 16.55/0.0; 7 M Bruzikis (LAT) 16.46; 8 B Wellman (BER) 15.96

**SP:** 1 O-S Buder (GER) 20.30; 2 P Dal Soglio (ITA) 20.22; 3 A Bagach (UKR) 20.17; 4 S Kleiza (LIT) 19.52; 5 G Weil (CHI) 19.38; 6 A Andrei (ITA) 18.64  
**HT:** 1 I Astapkovich (BLR) 79.96; 2 V Sidorenko (RUS) 78.48; 3 B Kiss (HUN) 78.12; 4 H Weis (GER) 76.20; 5 E Sgullotti (ITA) 75.46; 6 I Konovalev (RUS) 75.20; 7 C Epalle (FRA) 73.50; 8 N Sundas (ITA) 73.32; 9 L Paoluzzi (ITA) 73.04; 10 N Vizzoni (ITA) 70.06

**Women**  
**100 (+0.3):** 1 M Ottey (JAM, W35) 11.00 (world lead); 2 J Cuthbert (JAM) 11.17; 3 B McDonald (JAM) 11.21; 4 M Frazer (JAM) 11.43; 5 M Ruggeri (ITA) 11.45; 6 M Gainsford (AUS) 11.51; 7 G Gallina (ITA) 11.61  
**400:** 1 F Ogunkoya (NGR) 50.52; 2 D Hemmings (JAM) 51.09; 3 R Poetschka (AUS) 51.21; 4 O Nazarova (RUS) 51.66; 5 J Duporty (CUB) 51.95; 6 V De Angeli (ITA) 52.35; 7 P Spuri (ITA) 53.62. B: 1 P Davis (BAH) 50.33; 2 F Yusuf (NGR) 50.68; 3 J

Campbell (JAM) 50.68; 4 S Richards (JAM) 51.26; 5 S Myers (ESP) 51.90; 6 X Restrepo (COL) 52.37  
**1500:** 1 KELLY HOLMES 4:04.56 (world lead); 2 C Sacramento (POR) 4:05.47; 3 N Mugo (KEN) 4:05.86 (NR); 4 R Jacobs (USA) 4:05.91; 5 M Ryzd (POL) 4:06.93; 6 A Berezinska (POL) 4:07.53; 7 S Delahunty (IRL) 4:08.20; 8 F Quentin (FRA) 4:08.46; 9 B Bitzner-Ducret (FRA) 4:08.71; 10 S Sbrissa (ITA) 4:09.63; 11 L Rogachova (RUS) 4:10.18; 12 Y Podkopayeva (RUS) 4:11.37; 13 N Merah (ALG) 4:12.48; 14 E Berlanda (ITA) 4:12.81; 15 T Kiesl (AUT) 4:12.86; 16 E Rea (ITA) 4:16.01

**5000:** 1 S O'Sullivan (IRL) 14:54.75; 2 G Wami (ETH) 14:56.48; 3 J Vaquero (ESP) 14:57.73 (NR); 4 M Guida (ITA) 14:58.84 (NR); 5 A Weyermann (SUI) 14:59.28 (NR); 6 P Konga (KEN) 15:00.14; 7 R Brunet (ITA) 15:02.82; 8 R Cheruiyot (KEN) 15:02.86; 9 K Wessel (GER) 15:11.30; 10 Denboba (ETH) 15:21.70; 11 S Olteanu (ROM) 15:21.79; 12 H Stavik (NOR) 15:22.77 (NR); 13 C Lokar (GER) 15:22.88; 14 S Sommaggio (ITA) 15:23.26; 15 L Cheromel (KEN) 15:28.93; 16 A-M Danneels (BEL) 15:35.64

**100H (+0.5):** 1 L Narozhilenko-Enquist (SWE) 12.62 (NR); 2 B Bukovec (SLO) 12.79; 3 D Rose (JAM) 12.97; 4 A Lopez (CUB) 12.98; 5 M Freeman (JAM) 13.01; 6 Y Graudyn (RUS) 13.11; 7 C Tuzzi (ITA) 13.12; 8 G Russell (JAM) 13.26

**HJ:** 1 S Kostadinova (BUL) 1.96; 2 A Javad (SVK) 1.93; 3 Y Gulyayeva (RUS) 1.93; 4 N Bakogianni (GRE) 1.93; 5 S Zalevskaya (KZK) 1.93; 6 A Astafel (GER) 1.90; 7 N Zilinskene (LIT) 1.90; 8 Y Topchina (RUS) 1.90; 9 B Bilac (SLO) 1.85; 10 A Bevilacqua (ITA) 1.85

**LJ:** 1 I Kravets (UKR) 6.97/-0.3; 2 F May (ITA) 6.74/-0.6; 3 I Prandzheva (BUL) 6.70/-0.4; 4 L Ninova (AUT) 6.68/-0.3; 5 V Uocheddu (ITA) 6.65/-0.4; 6 O Rublyova (RUS) 6.51/-0.3; 7 R Nielsen (DEN) 6.51/-0.3; 8 N Montalvo (CUB) 6.41/-0.1; 9 J Edwards (BAH) 6.37; 10 A Capriotti (ITA) 6.24

**JT:** 1 F Tilea (ROM) 66.34; 2 H Rantanen (FIN) 66.18; 3 K Forkel (GER) 65.74; 4 S Nerius (GER) 64.88; 5 O Ovshinnikova (RUS) 64.22; 6 T Hattestad (NOR) 63.56; 7 I Lopez (CUB) 63.34; 8 J Jeppesen (DEN) 61.36; 9 X Riverio (CUB) 60.58; 10 T Damaske (GER) 60.28; 11 M Ingberg (FIN) 58.36; 12 N Shikolenko (BLR) 56.66

**June 4**  
**SEATTLE INTERNATIONAL TRACK CLASSIC**  
**Husky Stadium, Seattle, USA**

**ATHLETES** broke four meet records at the sixth edition of this event, *Paul Christmas reports.*  
 Canadian Olympic team member Jeff Schiebler ran a solo 13:38.11 to dip under Pat Porter's 1993 meet standard of 13:38.45.

University of Portland's Todd Davis ran 8:37.93 to break NCAA steeplechase champion Samuel Kibiri's 1993 mark of 8:39.07. Davis, whose performance provisionally qualifies him for next month's US Olympic trials in Atlanta, led four others under the US trials mark.

Last year's NCAA/Mobil national 800m champion Brandon Rock won the 800m in 1:48.82.  
 Australian Melanie Collins ran 2:04.06 to beat Candian 800m record-holder Charmaine Crooks' meet best of 2:05.35.  
 Canada's Donald Duprey improved the meeting standard in the 400m hurdles to 57.08 and former Canadian cross country champion Lucy Smith (15:51.57) edged University of Oregon's Milena Glusac (15:51.66) in an exciting tussle over 5000m as both ran personal bests.

Britain's Zara Hyde finished fifth in 16:07.09.  
 Canadian national team member Cindy O'Krane (4:14.86) held off the late charge of 1993 USA/Mobil 1500/3000m champion Annette Peters (4:14.94) to win the 1500m, while the University of Portland's Nicole Karr ran one of the year's fastest collegiate marks, 4:16.14.

**Men**  
**100 (+0.0):** M Witherspoon 10.49; 2 P Ogilvie (CAN) 10.52; 3 JJ Hunter 10.53; 4 R Greenidge (CAN) 10.74; 5 B Ayeles 10.91  
**200 (negative wind):** 1 Witherspoon 21.27; Ayeles 21.91; M Hill 21.93

**800:** 1 B Rock 1:48.82; 2 T Asimga 1:50.41; 3 F Atwater 1:50.98; 4 H Muramatsu (JPN) 1:52.49. **B:** 1 A Harding 1:54.74  
**1500:** 1 N MacFalls 3:44.13; 2 S Strand 3:44.36; 3 D Wittman 3:44.59; 4 P Julian 3:45.27; 5 S Garvin 3:45.74. **B:** R Heskett 3:48.21

**5000:** J Schiebler (CAN) 13:38.11 (meet rec); 2 T Furuta (JPN) 13:53.43; 3 B Barquist 13:54.99; 4 R Cook 13:58.9; 5 D Hughes 14:00.4  
**110H:** P Duffy 14.12  
**400H:** S Sidney 51.55  
**3000SC:** 1 T Davis 8:37.93 (meet rec); 2 R Mestler 8:42.66; 3 J Lienau 8:47.42; 4 N Pavaeli 8:48.01; 5 T Reese 8:49.68

**HJ:** P Malessev (YUG) 2.15  
**LJ:** 1 B Ayeles 7.22; 2 W Williams 5.69  
**TJ:** M Harris 15.95 (+7.00)  
**Women**  
**800:** 1 M Collins (AUS) 2:04.06 (meet rec); 2 S Dawson (AUS) 2:05.54; 3 S Carpenter 2:10.57  
**1500:** 1 C O'Krane (CAN) 4:14.86; 2 A Peters 4:14.94; 3 N Karr 4:16.14  
**5000:** 1 L Smith (CAN) 15:51.57; 2 M Glusac 15:51.66; 3 L Karnopp 15:58.63; 4 V Vaughn 16:02.62; 5 ZARA HYDE 16:07.09  
**100H:** A Cameron 14.24  
**400H:** 1 D Duprey (CAN) 57.08 (meet rec); 2 P Woods 59.47  
**JT:** J Hyatt 49.64

**June 3**  
**IAAF GRAND PRIX II**  
**St Denis, France**

**100 (+1.1):** 1 F Fredericks (NAM) 9.95; 2 O Adeniken (NGR) 10.17; 3 T Bowen (USA) 10.19; 4 T Montgomery (USA) 10.28; 5 G Gilbert (CAN) 10.31; 6 S Keitel (CH) 10.42  
**200 (+0.4):** 1 M Johnson (USA) 20.23; 2 R Clay (USA) 20.62; 3 J Garcia (CUB) 20.72; 4 C Cheval (FRA) 20.77; 5 Keitel 20.82  
**1500:** 1 N Morcelli (ALG) 3:32.37; 2 D Maazouzi (MAR) 3:34.08; 3 S Kipkorir (KEN) 3:34.26; 4 A Bulkovskiy (UKR) 3:34.27 (NR); 5 N Bahar (MAR) 3:34.46; 6 E Dubus (FRA) 3:34.73; 7 R Koech (KEN) 3:34.75; 8 A Chekhemani (FRA) 3:34.77; 9 M Damian (FRA) 3:35.47; 10 A Loginov (RUS) 3:35.93; 11 B Zorko (CRO) 3:36.23; 12 P McMullen (USA) 3:36.24; 13 KEVIN MCKAY 3:41.21  
**5000:** 1 V Niyongabo (BUR) 13:03.29 (NR, world's fastest debut!); 2 P Bitok (KEN) 13:04.48; 3 S Sghir (MAR) 13:05.57; 4 I Kirui (KEN) 13:06.00; 5 JOHN NUTTALL 13:17.48 (Olympic qualifying standard); 6 P Guerra (POR) 13:18.60; 7 R Johnston (NZL) 13:20.18; 8 B Jabbour (MAR) 13:22.22; 9 C Kelong (KEN) 13:25.43; 10 S Creighton (AUS) 13:26.22; 11 A Machler (SUI) 13:26.23; 12 M Essas (FRA) 13:27.95; 13 L Zeroual (MAR) 13:28.33; 14 A Garcia (POR) 13:28.99

**3000SC:** 1 C Kosgei (KEN) 8:12.29; 2 B Boulami (MAR) 8:18.49; 3 P Sang (KEN) 8:18.59; 4 M Birir (KEN) 8:18.68; 5 R Kosgei (KEN) 8:21.36; 6 J Kipkoek (KEN) 8:21.83; 7 G Chirchir (KEN) 8:23.42; 8 F Ionescu (ROM) 8:23.92; 9 T Brusseau (FRA) 8:27.88; 10 J Bourgeois (CAN) 8:29.77; 11 Y Lakkhal (MAR) 8:33.56; 12 H Belkacem (FRA) 8:35.05

**110H:** 1 A Johnson (USA) 13.42; 2 Li Tong (CHN) 13.49; 3 C Hawkins (USA) 13.51; 4 J Pierce (USA) 13.54; 5 D Philibert (FRA) 13.57; 6 A Garcia-Ortiz (CUB) 13.58; 7 E Batte (CUB) 13.70; 8 I Kazanov (LAT) 14.07  
**400H:** 1 S Matete (ZAM) 48.42; 2 B Bronson (USA) 48.44; 3 W Graham (JAM) 49.43; 4 E de Araujo (BRA) 49.56; 5 K Harnden (ZIM) 49.72; 6 D Kovacs (HUN) 49.89; 7 R Mashchenko (RUS) 50.39

**PV:** 1 I Trandenkov (RUS) 5.95; 2 J Galfione (FRA) 5.85; 3 A Tiwontschik (GER) 5.85; 4 M Tarasov (RUS) 5.85; 5 D Markov (BLR) 5.80; 6 A Andji (FRA) 5.70; 7 R Botha (RSA) 5.65; 8 V Chistyakov (RUS) 5.60; 9 O Brits (RSA) 5.60  
**LJ:** 1 E Tretyak (RUS) 8.12/+1.5; 2 J Beckford (JAM) 8.08/+0.3; 3 K Streete-Thompson (USA) 8.06/+0.5; 4 E Bangu (FRA) 8.02/+0.5; 5 A Ignatov (RUS) 7.91/+1.1; 6 N Ferreira (BRA) 7.90/+0.8; 7 K Sosunkov (RUS) 7.90/+1.1; 8 B Tarus (ROM) 7.90/+0.7; 9 J Jefferson (CUB) 7.86/+0.8  
**HT:** 1 B Kiss (HUN) 80.00; 2 I Astapkovich (BLR) 79.52; 3 V Sidorenko (RUS) 78.64; 4 I Konovalev (RUS) 76.86; 5 R Pjolanti (FRA) 76.42; 6 C Epalle (FRA) 76.30; 7 S Alay (BLR) 75.94; 8 M Wahlman (FIN) 73.52  
**Women**  
**100 (+1.1):** 1 M Onyali (NGR) 11.14; 2 J



Cuthbert (JAM) 11.19; 3 M Trandenkova (RUS) 11.21; 4 B McDonald (JAM) 11.22; 5 I Pukha (UKR) 11.40; 6 S Echols (USA) 11.49; 7 S Citte (FRA) 11.51

**200 (+1.6):** 1 M-J Perce (FRA) 22.30; 2 Trandenkova 22.47; 3 J Campbell (JAM) 22.71; 4 F Ogunkoya (NGR) 22.97; 5 G Malchuginia (RUS) 22.99; 6 M Frazer (JAM) 23.10; 7 D Combe (FRA) 23.36; 8 N Ivanova (BUL) 23.65

**800:** 1 A Quirot (CUB) 1:58.86; 2 L Vriesde (SUR) 1:59.11; 3 V Afanasova (RUS) 1:59.52; 4 P Djate (FRA) 1:59.90; 5 N Dukhnova (BLR) 2:00.15; 6 DIANE MODAHL 2:00.95 (Olympic qualifying standard); 7 V Dorsile (FRA) 2:01.78; 8 P Strashilova (BUL) 2:02.57; 9 I Yevseyeva (UKR) 2:02.97; 10 N Merah (ALG) 2:03.83; 11 L Mendes (BRA) 2:05.62

**5000:** 1 D Tulu (ETH) 14:50.88 (NR); 2 C McKiernan (IRL) 14:55.32; 3 B Adere (ETH) 14:59.17; 4 E Woriku (ETH) 15:16.74; 5 Z Quaziz (MAR) 15:18.53 (NR); 6 M Denboba (ETH) 15:19.86; 7 F Fates (FRA) 15:22.62; 8 R Cheruyiot (KEN) 15:25.48; 9 A Gigi (ETH) 15:29.09; 10 M Ngotho (KEN) 15:40.80; 11 M Chirila (ROM) 15:42.76; 12 R Murcia (FRA) 15:43.48; 13 U Jeltziner (SUI) 15:47.72..16 NENNA LYNCH (USA/Oxford Univ) 16:20.76; 17 THERESA DUFFY 16:35.57

**100H (+1.1):** 1 L Enquist (SWE) 12.61; 2 B Bukovec (SLO) 12.86; 3 A Lopez (CUB) 12.93; 4 M Torret (FRA) 12.95; 5 M Freeman (JAM) 12.97; 6 C Cinelu (FRA) 13.02; 7 L Yurkova (BLR) 13.05; 8 Y Graudyn (RUS) 13.36

**400H:** 1 D Hemmings (JAM) 54.79; 2 I Tirlea (ROM) 55.19; 3 B Bidouane (AMR) 55.31; 4 D-A Parris (JAM) 55.33; 5 H Meissner (GER) 55.75; 6 T Kurochkina (BLR) 56.62; 7 O Nazarova (RUS) 57.39; 8 A Renaud (FRA) 57.51

**HJ:** 1 Y Gulyayeva (RUS) 1.96; 2 T Motkova (RUS) 1.94; 3 I Babakova (UKR) 1.92; 4 N Bakogianni (GRE) 1.92; 5 N Zilinskiene (LIT) 1.92; 6 M Iagar (ROM) 1.90; 7 O Bolshova (MOL) 1.90; 8 S Cadusch (SUI) 1.87; 9 B Bilac (SLO) 1.87; 10 T Khramova (BLR) 1.84  
**JT:** 1 O Ovchinnikova (RUS) 66.20; 2 H Rantanen (FIN) 64.50; 3 X Rivero (CUB) 63.70; 4 F Tilea (ROM) 63.54; 5 K Forkel (GER) 62.86; 6 N Auzell (FRA) 60.68; 7 I Lopez (CUB) 60.28; 8 T Uppa (FIN) 59.06; 9 T Shikolenko (BLR) 58.64; 10 C Isaila (ROM) 57.70; 11 L Eve (BAH) 56.26

## June 1

### IAAF GRAND PRIX II/BRUCE JENNER CLASSIC San Jose, USA

**Men (USA unless stated)**  
**100 (+1.8):** 1 L Burrell 10.18; 2 W Gaskin 10.21; 3 H Diarra (MLI) 10.21; 4 S Williams 10.31

**200 (+3.0):** 1 A Maybank 20.19w; 2 K Little 20.31; 3D Dopek 20.42; 4 A Harrison 20.43; 5 Burrell 20.58

**400:** 1 Harrison 45.12; 2 D Hall 45.26; 3 A Valmon 45.90

**1500:** J-C Oliveira (BRA) 3:39.24  
**110H (+2.5):** 1 M Crear 13.17w; 2 T Harrington 13.23; 3 R Reading 13.27; 4 E Swift 13.27; 5 S Brown 13.54

**400H:** 1 M Mitchell 48.41; 2 C Davis 48.43; 3 E Thomas 48.88; 4 K Young (Olympic champ) 49.68; 5 K McGuirk (IRL) 49.73 (NR)

**HJ:** 1 C Austin 2.34; 2 C Wright 2.29; 3 H Conway 2.24; 4 B Brown 2.24; 5 R Doakes 2.24; 6 A Barton 2.24

**PV:** 1 M Holloway 5.81; 2 B Burns 5.60; 3eq K Drumme/N Hysong/S Hennig/T Mack 5.45

**SP:** 1 C J Hunter 21.17; 2 J Godina 20.82; 3 K Toth 20.59; 4 K-O Hauge (NOR) 19.15; 5 S Petersen 19.10

**DT:** 1 A Washington 67.14; 2 A Setifff 66.86; 3 N Sweeney (IRL) 66.34; 4 C Ojukouju 64.72; 5 Godina 64.54; 6 K Fitzpatrick 62.78; 7 G Hart 62.48; 8 M Mielke 61.96

**HT:** 1 L Deal 79.74; 2 S Alay (BLR) 76.46; 3 Y Tamm (EST) 74.06; 4 D Popejoy 73.24

**Women**  
**100 (+2.1):** 1 C Gaines 11.17w; 2 C Taplin 11.37; 3 J Ball 11.55

**400:** 1 L Wilson 51.35; 2 C Williams (JAM) 51.65; 3 S Porter 51.75; 4 N Kaiser-Brown 52.23

**1500:** 1 A Hill 4:09.25; 2 P-S Plummer 4:11.70; 3 D Arreola 4:12.97; 4 S Jones 4:13.47

**100H (+4.2):** 1 D Bowles 12.77w; 2 M Morrison 12.81; 3 R Colvin 13.04; 4 T

Lawson 13.08  
**400H:** 1 T Burford-Bailey 54.86; 2 A Poulton 57.39; 3 S Glover 58.34  
**HJ:** 1 T Waller 1.98; 2 C Teaberry 1.95; 3eq K Jenkins/T Hughes-Jones 1.88  
**LJ:** 1 T Sedwick 6.81/-0.7; 2 J Edwards (BAH) 6.80/+1.5; 3 S Williams 6.58/+1.6  
**TJ:** 1 D Orange 13.92w/+2.9; 2 N Dennis 13.43/+1.4; 3 T Hurd 13.31w/+2.9  
**DT:** 1 E Boyer 64.08; 2 D Costain (AUS) 63.90; 3 L Barnes-Mileham 63.04; 4 L-M Vizaniari (AUS) 60.58; 5 K Kuehl 60.52; 6 P Dukes 59.96; 7 D Dumble 58.66

### FREIHOFER'S RUN FOR WOMEN 5km New York, USA

**FORMER** world cross country champion Lynn Jennings won this race for the fourth successive year, and seventh time overall, as she collected the American 5km title, *Paul Christman reports.*

She took three seconds off the American and course record she set 12 months ago as Ann Marie Lauck equaled the old best.

Jennings led through the opening mile in 4:58, but Lauck headed her through the second mile (10:02).

Sitting on Lauck's shoulder until the last 100m, Jennings then unleashed a winning attack, saying afterwards: "I was confident of my kick, but I wasn't thinking of the record."

Last year's runner-up, Olga Appell, returning from a stress fracture of the foot, finished 14th in 16:12.

**Women (all USA)**  
1 L Jennings 15:21 (USA & course rec); 2 A-M Lauck 15:24; 3 J Nesbit 15:42; 4 K Johnson 15:53; 5 C Murphy 15:54

## May 29-June 1

### NCAA CHAMPIONSHIPS Eugene, USA

**BRITAIN** had a trio of athletes - Karl Keska (Oregon), Jon Wild (Oklahoma State) and Catherine Berry (Arkansas) - among the 'foreign' contingent at Eugene.

Keska, recommended to Oregon by his coach, Ian Stewart, went into the 10,000m with his confidence boosted by a 29:10 victory in the PAC 10 Conference Championships. But he was unable to handle the mid-race pace of Arkansas' Godfrey Siamusiye and Jason Bunston.

Bunston accelerated dramatically for a sub-1:59 last 800m but lost a tightly contested final in the last 300m to Siamusiye.. Keska faded over the second half to finish eighth in 29:28.84.

Jon Wild, who will be returning to Britain for this weekend's AAAs Championships/Olympic Trial, won a tactical heat of the 1500m in 3:41.48, with only two seconds covering the first eight.

The final ran to an entirely different script with Balazs Tolgyesi towing the field through 400m in 58.9 and 800m in 1:58.3. But Marko Koers emerged to take the title in 3:37.57 as Wild came in tenth.

Berry competed in the first of two 3000m heats with the first four finishers and four fastest losers advancing to the final. But she was off the pace in a fast heat, finishing ninth in 9:43.02 and failed to reach the final.

One of the most eagerly anticipated contests in the championships was the men's 100m, which matched Ato Bolden of UCLA, third in last year's World Championships and this year's world leader with 9.96, against Obadele Thompson of Texas-EI Paso, who had recorded 9.69 this season. There was much speculation in Eugene about Thompson's 9.69, particularly as the wind gauge battery had failed just before the race.

But the match failed to materialise as Thompson limped away after easing down to win his semi-final in 10.17. Then 150m into his 200m semi-final he pulled up, leaving the 100m final open to Bolden.

Bolden was impressive but unpressed in the rounds (ht 10.06, sf 9.97w) and powered away in the final to improve his world leading mark to 9.92, breaking the NCAA Championship record and the Hayward Field record. Defending

champion Tim Harden of Kentucky finished second.

Sally Gunnell will no doubt be interested in the 400m hurdles result, convincingly won by returning champion Tonya Williams of Illinois with a time of 54.56 to break the stadium and NCAA Championship records. Former Olympian Judi Brown held the stadium's previous best with 55.20, set in 1986.

Three of the six Americans who have run faster than Williams - Kim Batten, Tonja Buford and Sandra Farmer-Patrick - have won World Championships and Williams shares the same coach, Gary Winkler, as Buford. The time is the third fastest in the world this year, behind Farmer-Patrick's 54.17 and the 54.51 of Jamaica's Deon Hemmings.

Favourite in the men's pole vault was new national record-holder Lawrence Johnson of the University of Tennessee. Four days after setting the US best of 5.98m he opened in Eugene at 5.55 and soared over. After a miss at 5.79, a pass and clearance at 5.82 (a championship record) he raised the bar to 5.90 but had three misses.

Four days earlier, while Johnson had been vaulting to his record at a meeting in Knoxville, Tennessee, Sergey Bubka and Okkert Brits had duelled at the Prefontaine Classic, both clearing a modest 5.70m. In Tennessee, Johnson, after clearing 5.98, asked for the bar to be raised to 6.25m and had one good attempt before passing.

Both hammer competitions produced significant performances with Balazs Kiss, of the University of Southern California and Hungary, unleashed a mighty throw in the first round, reaching a world leading 80.86m, eclipsing the stadium and championship marks.

Kiss thus became only the fourth athlete to win four consecutive NCAA titles, joining Suleiman Nyambui, Scott Nielson, Steve Prefontaine and Suzy Favor.

In a high quality women's competition, South Carolina's Dawn Ellerbe set a championship, collegiate and US record of 61.32m with her first throw, then improved to 63.76m with a fast, well balanced fourth round effort.

**Men**  
**100 (+0.8):** 1 A Boldon (TRI) 9.92 (world lead - 9.97w sf/+2.4); 2 T Harden 10.10; 3 C Cummings 10.17; 4 C Chambers (CAN) 10.19

**200 (+1.1):** 1 R Griffin 20.24; 2 A Bradley 20.48; 3A Wheeler 20.60; 4 J Cavitt 20.61

**400:** 1 D Clarke (JAM) 45.29; 2 L Houghton (JAM) 45.43; 3 L Byrd 45.51; 4 J Chiwira (ZIM) 45.55

**800:** 1 E Tupuritis (LAT) 1:45.08 (50.67 bell); 2 MKoers (NED) 1:45.22; 3 J Achon (UGA) 1:45.96; 4 N Townsend 1:46.02; 5 M Koranyi (HUN) 1:46.53

**1500:** 1 Koers 3:37.57; 2 J Kiptarus (KEN) 3:38.09; 3 Achon 3:38.13; 4 B Tolgyesi (HUN) 3:38.89; 5 A Downin 3:39.21 ... 10 JON WILD 3:42.00

**5000:** A Culpepper 13:47.26  
**10,000:** 1 G Siamusiye 28:56.99; 2 J Bunston 28:56.55 ... 8 KARL KESKA 29:28.84

**3000SC:** 1 D Drozdov (RUS) 8:32.01; 2 P Dohert 8:34.11; 3 J Gonzalez (ESP) 8:35.50

**110H (+1.8):** 1 D Arnold 13.46 (13.32w ht); 2 J Torian 13.57 (13.46w sf); 3 D Spears 13.61; 4 D Pemberton 13.62 (13.58sf)

**400H:** 1 N Gardner (JAM) 49.27; 2 I Weakly (JAM) 49.68; 3 M Porter 49.73; 4 R Pfister 49.73

**HJ:** 1 J Bishop 2.29; 2 M Hemingway 2.26

**PV:** 1 L Johnson 5.82; 2 D Cox 5.55; 3 D Johnson 5.45; 4 B Prentice 5.45; 5 C Slover 5.45

**LJ:** 1 B Duncan (CAN) 7.93/+1.1; 2 E Bowers 7.88/+1.9

**TJ:** 1 R Howard 17.11; 2 N Mdhlongwa (ZIM) 16.83; 3N Sowell 16.53; 4 K Morgan 16.50

**SP:** 1 A Bloom 19.82; 2 C Ugwu (NGR) 19.28; 3 M Parlin 19.16; 4 N Davis 19.14; 5 E Conwell 19.14

**DT:** 1 A Bloom 64.34; 2 A Tammert (EST) 62.24; 3 J Tunks (CAN) 60.40

**HT:** 1 B Kiss (HUN) 80.86 (world lead); 2 B Johansson (SWE) 69.82

**JT:** 1 P-A Fagnernes (NOR) 79.16; 2 M Nilsson (SWE) 76.66  
**Dec:** 1 V Houston (BAH) 7,766; 2 A Bomben 7,752; 3 C Nichols 7,685  
**4x100:** 1 North Carolina 39.05; 2 ULCA

39.31; 3 Iowa State 39.38 (Louisiana St. disc, 38.86)

**4x400:** 1 Baylor (Ramsey 44.7) 3:01.25; 2 Oklahoma 3:02.84; 3 George Mason 3:03.75; 4 Southern 3:03.77; 5 Iowa State 3:04.95

**Teams:** 1 Arkansas 55; 2 George Mason 40; 3 ULCA 37  
**Women**

**100 (+1.4):** 1 A Hill 11.03; 2 Z Feagin 11.20; 3 K Jett 11.31; 4 D Ferguson (BAH) 11.31

**200 (+2.0):** 1 Feagin 22.44; 2 Hill 22.49; 3 A Walker (JAM) 22.80; 4 Jett 22.84; 5 Ferguson 22.92

**400:** 1 S Reid 52.16; 2 T Brown 52.25; 3 D Howard 52.46; 4 M Hennagan 52.47

**800:** 1 Hennagan 2:03.27; 2 C Adams (JAM) 2:03.82

**1500:** M Marzell 4:17.92  
**3000:** K Butler (CAN) 9:16.19  
**5000:** J Rhines 16:05.85

**10,000:** 1 K Swords 32:56.63; 2 C Landau 33:08.57

**100H (+2.1):** 1 K Carson 12.82w (12.93sf); 2 T Williams 12.97; 3 R Jolivet 12.97 (13.11sf); 4 G Walker (JAM) 12.98 (12.95sf)

**400H:** 1 T Williams 54.56; 2 R Tolbert 54.91; 3 G Arnodottir (ISL) 54.93 (NR); 4 B Williams 54.98; 5 A Blackett (BAR) 57.52 (57.41ht); 6 M Johnson 57.81(57.66ht)

**HJ:** 1 A Acuff 1.94; 2 K Bergqvist (SWE) 1.91

**LJ:** 1 A Henry 6.69w/+3.9; 2 N Devonish (CAN) 6.48/+1.8

**TJ:** 1 S Lee (JAM) 13.74; 2 T Smith (JAM) 13.58; 3 N Martial (GUY) 13.55; 4 L Kinard 13.46

**SP:** 1 T Steer 17.98; 2 V Althouse 17.88; 3 C Brownlee 16.86

**DT:** 1 A Soderberg (SWE) 59.52; 2 S Powell 59.00; 3J Hill 57.86

**HT:** 1 D Ellerbe 63.76 (NR); 2 L Misipeka (AMS) 60.94 (NR); 3 L Coons 60.12; 4 T Findlay 60.04; 5 W Dean 59.44; 6 D Tabla 58.64; 7 T Mitchell 57.88

**Hep:** 1 C Yasen 5,765; 2 N Haynes 5,613; 3 H Sterlin 5,582

**4x100:** 1 Louisiana State 43.03; 2 Texas 43.78; 3 Illinois 44.03; 4 Kentucky 44.06; 5 Georgia 44.19

**4x400:** 1 Texas (Brown 50.5) 3:27.50; 2 Florida State 3:31.18; 3 Florida 3:31.67; 4 Rice 3:31.68; 5 Baylor 3:31.84; 6 George Mason 3:33.66

**Teams:** 1 Louisiana State 81; 2 Texas 52; 3 SMU 50

## May 29

### INNSBRUCK, AUSTRIA

**Men**  
**100 (-1.9):** 1 A Cason (USA) 10.29; 2 O Ezinwa (NGR) 10.40; 3 IAN MACKIE 10.51; 4 S Jefferson (USA) 10.68

**800:** 1 J Botha (RSA) 1:47.78; 2 P Piekarski 1:48.33; 3 P Rostowski 1:48.97; 4 EDDIE KING 1:49.19

**110H (-2.3):** 1 KEN CAMPBELL 14.01; 2 Lichtenegger 14.21; 3 Naislinger 14.37

**JT:** 1 Hoegler 75.62; 2 C Benninger (GER) 73.98; 3 V Novacek (TCH) 73.44; 4 NICK NIELAND 73.08 ... 6 MARK ROBERSON 71.66

## May 27

### BASLE, SWITZERLAND

**Women**  
**200 (+1.2):** 1 M Donders (SUI) 23.82; 2 DONNA FRASER 24.11

**400:** 1 R Zurcher (GER) 53.24; 2 FRASER 53.46; 3 GEORGINA OLADAPO 54.41..6 LESLEY OWUSU 56.33

**800:** 1 WICKI LAWRENCE 2:06.02..5 ANGELA DAVIES 2:08.37

**100H (+3.2):** 1 KERRI MADDOX 13.39w (13.70ht/-1.0); 2 MELANIE WILKINS 13.40 (13.62ht/-1.0); 3 M Pellegrini (ITA) 13.54

**400H:** 1 M Stoop (SUI) 56.72..5 LOUISE BRUNNING 59.01

**TJ:** 1 RACHEL KIRBY 13.28/+1.3; 2 C Vetsch (SUI) 13.22w/+2.6

## May 25

### KNOXVILLE, USA

**Men**  
**PV:** L Johnson (USA) 5.98 (NR) (5.98xxx; 6.24xxx) (strong tailwind)

### ELIMAKI, FINLAND

**Men**  
**JT:** 1 H Hakkarainen 86.62; 2 J Laukkanen

85.14; 3 M Narhi 84.42; 4 Harri Haatainen (U20) 82.52 (world junior record); 5 A Parvianen 81.42

## JENA, GERMANY

**Men**  
**JT:** 1 J Zelezny (CZE) 98.48 (world record - 87.76, 92.88, 98.48, 91.44, X, p); 2 R Hecht (GER) 90.06 (X, 90.06, 88.98, p, 87.86, p); 3 B Henry (GER) 86.94; 4 P Blank (GER) 80.12; 5 G Hogler (AUT) 77.98

## May 19

### FORMIA, ITALY

**Men (ITA unless stated)**  
**800:** V Niyongabo (BUR) 1:46.39  
**3000:** 1 G Di Napoli 7:39.54 (NR); 2 E Barngetuny (KEN) 7:43.17; 3 L Zerouai (MAR) 7:44.85; 4 S Baldini 7:46.15; 5 R Kosgei (KEN) 7:52.27; 6 A Carosi 7:52.50  
**400H:** 1 F Mori 48.58; 2 L Ottoz 49.23; 3 A Saber 49.48; 4 P Ottoz 49.48  
**PV:** A Tivonschik (GER) 5.80  
**LJ:** 1 J Beckford (JAM) 8.34/+0.6; 2 B Tarus (ROM) 8.29; 3 S Bianchi 8.09/+1.0; 4 G Ackermann (GER) 8.06  
**5kmW:** 1 R Korzeniowski (POL) 19:04.38; 2 M Shchennikov (RUS) 19:12.63  
**Women**  
**100:** 1 N Ivanova (BUL, U20) 11.51; 2 E Clarke (BAH) 11.68  
**100H:** L Nastase (ROM) 13.49  
**400H:** 1 D-A Parris (JAM) 56.32; 2 V de Angeli 56.52; 3 R Edeh (CAN) 56.98  
**HJ:** 1 M Iagar (ROM) 1.93; 2 N Zilinskiene (LIT) 1.93; 3 S Kirchmann (AUT) 1.90  
**3kmW:** 1 Y Nikolayeva (RUS) 11:57.68; 2 B Gummelt (GER) 12:08.58; 3 R Sidoti 12:14.42

## May 18-19

### EUROPEAN CLUBS' CUP Istanbul, Turkey

**Men (further details)**  
**MATCH:** 1 Larios Madrid (ESP) 132; 2 Fiamme Oro Padova (ITA) 113; 3 BELGRAVE H 98; 4 Racing Club de France (FRA) 85.5; 5 Dukla Praha (CZE) 84; 6 ATTridovye (BLR) 84; 7 Fenerbahce Istanbul (TUR) 71.5; 8 Ulpeest Torna Egyet (HUN) 69  
**100 (-1.0):** 1 C Venancio (ESP) 10.65 ... 4 JASON FERGUS (Bel) 10.84  
**200 (+0.3):** 1 G Marras (ITA) 20.81 ... 4 HAROUN KORJIE (Bel/SLE) 21.57  
**400:** 1 DU'ANE LADEJO (Bel) 45.67; 2 J Farraudiere (FRA) 46.70  
**800:** 1 J Kinyor (TUR/KEN) 1:48.49; 2 L J Gonzalez (ESP) 1:48.66 ... 6 MATT YATES (Bel) 1:50.39  
**1500:** 1 I Viciosa (ESP) 3:49.06 ... 3 YATES 3:49.63  
**3000:** 1 E Jimenez (ESP) 8:23.36.6  
**DARREN MEAD** (Bel) 8:26.40  
**5000:** 1 D Pancorbo (ESP) 14:03.21; 2 Modica (ITA) 14:03.75 ... 6 MEAD 14:50.98  
**3000SC:** 1 A Lambruschini (ITA) 8:33.79; 2 JUSTIN CHASTON (Bel) 8:35.74  
**110H:** D Philibert (FRA) 13.78/-1.0.4 ANDY TULLOCH (Bel) 14.14  
**400H:** 1 S Matete (ZAM/ESP) 49.44; 2 JON RIDGEON (Bel) 50.07; 3 P Bellino (ITA) 50.58  
**HJ:** 1 J-P Vincent (FRA) 2.24; 2 Ruffini (CZE) 2.21 ... 7 RICHARD ASPDEN (Bel) 2.10  
**PV:** 1 M Tarasov (RUS/HUN) 5.50; 2 F Kysela (CZE) 5.45; 3 I Isim (TUR) 5.40 ... 6 MIKE EDWARDS (Bel) 5.20  
**LJ:** 1 F Zio (BKF/FRA) 7.91/+1.3; 2 C Olivan (ESP) 7.90/-0.2; 3 G Georgiev (BUL/TUR) 7.81/-0.8; 4 FRED SALLE (Bel) 7.79/+0.2  
**TJ:** 1 Y Quesada (CUB/ESP) 17.67/+2.0 (world lead); 2 Georgiev 17.06w/+2.3 (16.44/+1.5); 3 Z Czingler (HUN) 16.63w/+2.4; 4 C Boudine (FRA) 16.53w/+2.1 ... 8 DEREK BROWNE (Bel) 14.83  
**SP:** 1 M Martinez (ESP) 19.58; 2 D Gontsharuk (BLR) 19.32; 3 A Andrei (ITA) 19.13 ... 5 LEE NEWMAN (Bel) 17.56  
**DT:** 1 M Bilek (CZE) 59.54; 2 Y Drunko (BLR) 58.02 ... 4 KEVIN BROWN (Bel) 56.34  
**HT:** 1 P Sedlacek (CZE) 73.46; 2 S Aptakov (BLR) 72.48 ... 5 DAVID SMITH (Bel) 68.80  
**JT:** NIGEL BEVAN (Bel) 74.36  
**4x100:** 1 France 40.05; 2 Spain 40.22; 3 Italy 40.05; 4 BELGRAVE 40.47  
**4x400:** 1 BELGRAVE 3:09.30; 2 Italy 3:09.56; 3 Belarus 3:10.53

## May 16

### KOBLENZ, GERMANY

**Men**  
**10,000 Champs:** 1 S Franke 28:07.68; 2 C Eich 28:15.91; 3 A Johnson (USA) 28:25.30 ... MARTIN JONES 28:37  
**Women**  
**1500:** 1 C Kuhnemund 4:08.04; 2 S Weyermann (SUI) 4:08.29  
**10,000 Champs:** 1 B Wessel 31:51.41 (10th title); 2 K Jeitziner (SUI) 32:08.76; 3 H Biba 32:16.45

## May 11

### MODESTO, USA

**Men (USA unless stated)**  
**100 (+1.8):** 1 B Lewis 10.03; 2 A Barnes 10.18  
**200:** Lewis 20.54/+1.7  
**400:** 1 B Chiwira (NGR) 45.89; 2 MARK RICHARDSON 46.15  
**110H (+1.6):** 1 G Arnold 13.62; 2 J Ashford 13.74; 3 C Andrade (CVD) 13.78; 4 S Fritz 13.81  
**B (+0.8):** 1 R Reading 13.34; 2 E Swift 13.35; 3 L Harrington 13.35; 4 G Foster 13.75...7 D O'Brien 13.82  
**400H:** 1 K Henderson 49.76; 2 V Rothell 50.16; 3 M McGuirk 50.37  
**PV:** 1 D Starkey 5.80; 2eq N Hysong/K Tarpenning/K White 5.65; 5 D Cox 5.65; 6 B Burns 5.50...8 O'Brien 4.85  
**LJ:** 1 C Nai (TPE) 8.09; 2 G Lessor (NGR) 7.89...6 O'Brien 7.72w  
**TJ:** 1 J Taiwo (NGR) 16.88w (16.61); 2 A Kimble 16.63w; 3 R Cannon 16.61  
**SP:** 1 SHAUN PICKERING 19.32; 2 J Ogden 18.98; 3 S Parlin 18.88  
**DT:** 1 N Sweeney (IRL) 65.18; 2 A Olukaju (NGR) 63.34 ... 7 BOB WEIR 58.56  
**HT:** T Gustafsson (SWE) 74.84

### FAIRFAX, USA

**Men**  
**100 (+1.3):** 1 R Tolbert 10.26; 2 T Douglas 10.27  
**200:** Tolbert 20.76/+0.5  
**400:** G Haughton (JAM) 45.07  
**800:** 1 J Achon (UGA) 1:44.55 (NR); 2 M Vernon-Watson (JAM) 1:45.50; 3 A Morgan (JAM) 1:45.58; 4 J Aden (SOM) 1:46.44  
**400H:** I Weakly (JAM) 49.97  
**Women**  
**400/800:** M Rainey 53.87/2:05.39  
**LJ:** D Guthrie-Gresham 6.49

### ARNSBERG, GERMANY

**Men (GER unless stated, further details)**  
**100 (+0.6):** 1 LINFORD CHRISTIE 10.20; 2 P Stevens (BEL) 10.28; 3 M Blume 10.32  
**800:** 1 R Chirchir (KEN) 1:47.74; 2 CRAIG WINROW 1:48.10  
**3000:** 1 S Brand 7:53.02; 2 J Kariuki (KEN) 7:54.52  
**2000SC:** 1 M Laros (NED) 5:28.00; 2 G Ostendarp 5:30.82  
**LJ:** K Krause 7.82/+0.8  
**TJ:** H Friedek 16.58/+0.9  
**DT:** 1 L Riedel 66.52; 2 J Schult 64.08; 3 A Seelig 63.04  
**4x100:** TV Wattenscheid 39.14  
**Women**  
**200:** S Knoll 23.14/+1.4  
**800:** L Kisabaka 2:01.94  
**TJ:** 1 C Lobinger 13.94/+1.2; 2 T Bormann 13.74/+0.6  
**SP:** 1 A Kumbennuss 20.05; 2 G Hammer (18.90); 3 I Wittlich 17.20  
**4x100:** 1 LGO Dortmund 44.72; 2 Netherlands 44.88

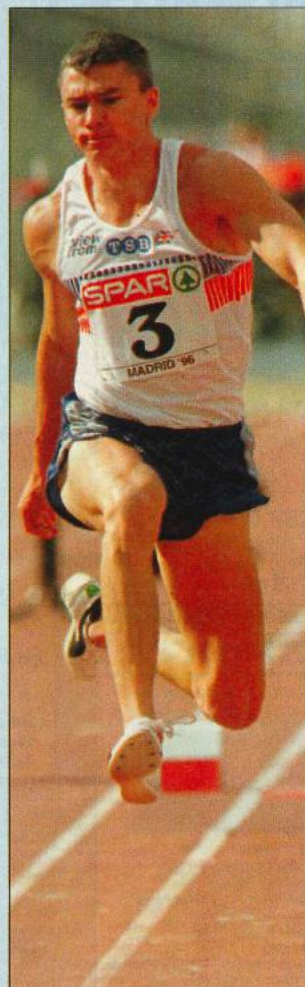
## May 4

### SPRINGFIELD, USA

**Men**  
**LJ:** 1 Erick Walder 8.58 (world lead - x, 8.38, 8.58, p, p) 2 Mike Conley 8.46 (PB at age 33! - x, 8.12, x, x, 8.46, x); 3 R Howard 8.26  
**TJ:** M Craven 17.18; 2 Walder 16.86

### WESTWOOD, USA

**Men**  
**LJ:** Kevin Dilworth 8.47  
**Women**  
**PV:** Tiffany Smith 4.14 (NR)  
**HT:** Leslie Coons 60.52 (NR)



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## Track

June 8/9

### TSB COUNTY SCHOOLS CHAMPIONSHIPS AVON Yate

**Senior boys**  
 100: A Williams (S Glos) 11.4  
 200: S Meikle (Banes) 22.9  
 400: K Jones (Bris) 55.2  
 800: P Tuma (Banes) 2:01.3  
 1500: J Flonda (Bris) 4:18.4  
 3000: N Griffiths (S Glos) 9:23.3  
 2000SC: G Price (S Glos) 6:52.2  
 110H: G Graucher (Banes) 24.0  
 400H: P Weldon (Banes) 62.2  
 HJ: T Muigai (Banes) 1.78  
 PV: T Dennis-Jones (Banes) 2.50  
 LJ: Y Yohai (Banes) 5.76  
 TJ: S McCole (Banes) 12.12  
 SP/DT: D Emmett (Bris) 12.28/28.50  
 HT: G Hawkins (Banes) 17.18  
 JT: R Pellow (Bris) 44.62

**Inters**  
 100: D Gordon (Bris) 11.3  
 200/400: C Page (Banes) 23.0/51.2  
 800/1500SC: T Kingsnorth (Banes) 1:59.7/4:39.7  
 1500: J Hadley (N Somer) 4:20.6  
 3000: J Shorney (S Glos) 9:13.6  
 100H/LJ: L McCrae (Banes) 14.4/6.03  
 400H: R Mansell (Bris) 60.4  
 HJ: B Davies (Banes) 1.85  
 PV: R Carter (Banes) 3.40  
 TJ: E Thompson (Bris) 12.16  
 SP/DT: V Ajuna (Banes) 12.73/34.36  
 HT/JT: P Foster (S Glos) 44.76/48.18

**Juniors**  
 100: G Higgins (N Somer) 12.4  
 200: A O'Hara (Banes) 25.7  
 400: G Perritt (S Glos) 55.8  
 800: T Wilson (N Somer) 2:10.6  
 1500: M Thomson (N Somer) 4:27.0  
 3000/LJ: A Hubert (Banes) 13.3/11.80  
 HJ: B Baldwin (N Somer) 1.75  
 PV: P Wade (Banes) 3.00  
 LJ: O Warman (Banes) 5.49  
 SP: P Lambert (S Glos) 11.82  
 DT: D Brown (Bris) 28.70  
 HT: H Ferguson (Banes) 24.34  
 JT: J Allen (Banes) 37.98

**Senior girls**  
 100/200: E Nicholls (Bris) 12.7/25.9  
 400: Z Wakely (Banes) 68.4  
 800: H Hall (Bris) 2:41.3  
 1500: P Gowing (S Glos) 4:49.9  
 100H/HJ: H Stares (S Glos) 15.5/1.55  
 LJ: H Duhaume (Banes) 4.94  
 SP: L Chapman (Banes) 10.27  
 DT: N Wear (Banes) 27.16  
 JT: J Hendy (Banes) 28.88

**Inters**  
 100: A Touhy (Banes) 13.4  
 200/300: V Edwards (Banes) 26.9/42.1  
 800: J Woolley (N Somer) 2:20.4  
 1500: G Salmon (N Somer) 4:49.5  
 3000: L Appleton (Bris) 10:39.1  
 80H: V Williams (N Somer) 11.9  
 300H: R Norton (Bris) 47.8  
 HJ: J Thorn (S Glos) & V Worley (S Glos) 1.50  
 LJ: R Curling (Banes) 5.28  
 SP/DT: F Louardit (Banes) 10.46/32.76  
 JT: A Kerr (Bris) 31.98

**Juniors**  
 100: C Milton (S Glos) 13.4  
 200/HJ: V Ogunlende (Banes) 27.4/1.54  
 800: N Brasstock (S Glos) 2:25.9  
 1500: L Tucker (S Glos) 5:06.7  
 75H: K Bridge (Banes) 12.3  
 LJ: B Gould (Banes) 4.75  
 SP: G Gay (Banes) 9.24  
 DT: D Richards (N Somer) 25.92  
 JT: S Alfred (Bris) 22.26

### BERKSHIRE Bracknell

**Senior boys**  
 100: B Phillips (Slough) 11.1

200: J Etwell (Newb) 22.9  
 400: S Plaskett (W&M) 50.5  
 800: K Haggerty (W&M) 1:54.7  
 1500: B Yewer (Newb) 4:11.5  
 3000: D Getliffe (Wok) 8:53.7  
 2000SC: P Walsh (Slough) 7:08.4  
 110H: W Backhouse (Wok) 17.0  
 400H: P Rozecki-Lewis (Wok) 63.3  
 HJ: C Odogwu (Wok) 1.80  
 PV: G Ruppert (Slough) 2.50  
 LJ: M Maggs (Newb) 6.36  
 TJ: J A Brown (Slough) 14.81; 2 M Grover (Slough) 14.07; 3 D Igbon (Newb) 14.06  
 SP: T Winter (W&M) 11.96  
 DT: A Kavya (Newb) 34.76  
 JT: A Cunningham (Slough) 51.60  
 4x100: Slough 46.4

**Inters**  
 100: J Small (W&M) 11.7; 2 S Alexander (Newb) 11.7  
 200: A Newton (W&M) 23.6  
 400: R Attlee (Newb) 51.5  
 800: D St George (Slough) 2:01.8  
 1500: T Antao (Slough) 4:12.2  
 3000: C Bolt (Brack) 9:12.3  
 1500SC: D May (Read) 4:51.9  
 100H: F Wright (Slough) 14.2  
 400H: F Hussain (Slough) 62.9  
 HJ: R Toms (Read) 1.85  
 PV: H Hendy (Slough) 2.40  
 LJ: W Hay (Read) 6.35  
 TJ: D Stoddart (Read) 12.77  
 SP: J Weatherley (W&M) 11.49  
 DT: C Vickers (Newb) 33.50  
 HT: A Grierson (Read) 55.10  
 JT: A Stanley-Clarke (Wok) 53.48  
 4x100: Windsor & Maidenhead 46.1

**Juniors**  
 100: 1 R Rafi (W&M) 12.1; 2 N Branch (Newb) 12.1  
 200: J Smith (Newb) 25.1  
 400: P Hancock (Brack) 55.3  
 800: D Baskerville (W&M) 2:12.6  
 1500: S Gater (Wok) 4:35.5  
 80H: S Tarrin (Wok) 13.0  
 HJ: D Toms (Newb) 1.58  
 PV: W Potter (W&M) 2.75  
 LJ: K Marshall (Newb) 5.25  
 TJ: P Jefferson (Slough) 12.14  
 SP: D Perryman (Wok) 12.97  
 DT: L Tenconi (Wok) 30.00  
 HT: H Grierson (Read) 29.54  
 JT: S Perryman (Wok) 44.22  
 4x100: Newbury 49.5

**Senior girls**  
 100: 1 S Bowen (Read) 12.3; 2 S Miles (Newb) 12.3  
 200: G Bibbey (Newb) 27.7  
 400: L Owusu (Slough) 58.4  
 800: C Green (Newb) 2:27.3  
 1500: K Crear (Read) 5:14.8  
 3000: S Kennedy (Wok) 13:56.2  
 HJ: L Fleet (Read) 1.50  
 LJ: M Lister (Newb) 4.72  
 TJ: J Morris (Newb) 11.42 (CBP)  
 SP: J Bishop (W&M) 9.51  
 DT: L Keightley (Brack) 43.38  
 JT: J Cox (W&M) 32.26  
 4x100: Reading 52.9

**Inters**  
 100: P Alleyne (Newb) 12.7  
 200: R Addo (Newb) 25.8  
 300: G Eeley (Newb) 43.9  
 800: S Brind (Newb) 2:19.8  
 1500: S Crear (Read) 5:33.1  
 3000: S Elliott (W&M) 11.50  
 80H: J Stringer (Brack) 12.2  
 300H: C Bryant (Read) 49.0  
 HJ: E Tomlinson (Brack) 1.58  
 LJ: D Erlin (Read) 5.00  
 SP: L Davies (Slough) 7.60  
 DT: C Try (Brack) 26.14  
 JT: L Hunter (Newb) 30.32  
 4x100: Newbury 50.4

**Juniors**  
 100: M Nicholls (W&M) 13.1  
 200: A Farr (Slough) 28.0  
 800: H Dew (Wok) 2:30.7  
 1500: K Rafferty (Brack) 5:08.5  
 75H: C Luff (Read) 12.4  
 HJ: K Thackery (W&M) 1.48  
 LJ: K Willshire (Brack) 4.73  
 SP: L Stainton (Newb) 9.39  
 DT: E Kirby (Wok) 31.90  
 JT: E Higgins (W&M) 30.32

4x100: Slough 53.6

### CAMBRIDGESHIRE St Ives

**Senior boys**  
 100/TJ: A Johnson (Camb) 11.6/11.74  
 200: M Costall (Ely) 24.3  
 800: N Speaight (Hunt) 1:57.1  
 1500: S Fabb (Camb) 4:45.2  
 3000: J Scarf (Camb) 9:31.1  
 110H: R Eva (Ely) 15.4  
 400H: B Gillings (Camb) 66.9  
 HJ: O Lewis (Camb) 1.91  
 LJ: R Murrison (Ely) 5.62  
 SP/DT/HT: J Biggs (Camb) 11.85/37.02/30.72  
 4x100: Ely 46.8

**Inters**  
 100/200: J Green (Ely) 11.4/24.0  
 400: B Percival (Camb) 52.1  
 1500: S Boden (Camb) 4:17.0  
 3000: N Holt (Peter) 9:25.4  
 1500SC: S Anderson (Peter) 5:08.1  
 100H: A Parish (Ely) 16.5  
 HJ: G Henderson (Ely) 1.91  
 PV: S Smith (Peter) 3.00  
 LJ: A Gudgeon (Ely) 5.63  
 TJ: C Hazell (Camb) 12.34  
 SP/DT: A Miller (Camb) 12.55/37.52  
 HT: C DeVita (Camb) 42.88  
 JT: A Gray (Camb) 49.88  
 4x100: Peterborough 48.2

**Juniors**  
 100: L Bowling (Peter) 12.0  
 200: P Umande (Camb) 24.4  
 400: D Brodie (Ely) 58.1  
 800: R Dell (Peter) 2:16.4  
 1500: B Goodman (Ely) 4:31.7  
 80H: R Lloyd (Peter) 12.8  
 HJ: S Mansfield (Camb) 1.65  
 LJ: B Gifford (Camb) 5.50  
 TJ: N Abbott (Peter) 11.86  
 SP: G McKechnie (Camb) 11.27  
 DT/HT: O Hooad (Camb) 29.24/34.78  
 JT: C Groff (Peter) 38.72  
 4x100: Ely 49.8

**Senior girls**  
 100/100H: V Henson (Peter) 12.6/15.2  
 200/400: C O'Donnell (Peter) 26.0/62.1  
 800: K Bingham (Hunt) 2:32.2  
 1500: T Barnard (Camb) 5:13.0  
 400H/HJ: L Crocker (Hunt) 67.6/1.55  
 LJ: A Stevens (Peter) 5.02  
 SP/DT: A Faben (Camb) 9.66/35.36  
 4x100: A Cundy (Peter) 32.12  
 4x100: Ely 55.9

**Inters**  
 100/200/300: R Watson (Camb) 12.4/25.4/41.3  
 800: R Mackenzie (Ely) 2:30.3  
 1500: J Cliff (Peter) 4:57.6  
 80H: A Haylock (Ely) 11.9  
 300H: A Costello (Camb) 49.3  
 HJ: G Andrews (Peter) 1.50  
 LJ: H J Cone (Camb) 5.04  
 SP: F Young (Peter) 8.84  
 DT: V Wagstaff (Ely) 23.68  
 JT: A Bosworth (Hunt) 29.22  
 4x100: Cambridge 52.3

**Juniors**  
 100: C Percival (Camb) 13.4  
 200: C Mairwood (Hunt) 27.7  
 800: S Jasper (Hunt) 2:22.7  
 1500: S Hornsby (Peter) 5:09.5  
 75H: R Webb (Hunt) 12.2  
 HJ: A Rawling (Hunt) 1.40  
 LJ: R Hose (Hunt) 4.27  
 SP: C Walker (Ely) 9.16  
 DT: K Goodman (Peter) 26.82  
 JT: G Sayers (Ely) 37.08

### CLEVELAND Middlesbrough

**Inter boys**  
 MATCH: 1 Stockton 120; 2 Langbaugh 105; 3 Middlesbrough 80; 4 Hartlepool 45  
 100: C Stewart (Lang) 11.5  
 200: P Campbell (Middles) 24.0  
 400: P Burdon (Stockton) 53.1  
 800: 1 M Gordon (Hart) 1:59.3; 2 R Gill (Stockton) 2:05.1  
 1500: S Graham (Hart)  
 3000: R Cole (Lang) 9:25.4

1500SC: D Bunn (Middles) 4:42.2  
 100H: 1 P Campbell (Middles) 14.2; 2 C Herring (Hart) 14.3; 3 C McCarthy (Stockton) 14.7; 4 N Rowling (Lang) 14.9  
 400H: 1 Herring 57.1 (CBP); 2 K Allison (Middles) 58.3; 3 J Henry (Middles) 60.1  
 HJ: T Turnbull (Lang) 1.82  
 PV: M Dunbar (Lang) 3.30  
 LJ: I Dixon (Lang) 6.18  
 TJ: C Storr (Stockton) 12.15  
 SP/HT: B Clare (Stockton) 11.31/40.20  
 DT: P Roacher (Stockton) 33.60  
 JT: Rowling 42.64

**Juniors**  
 MATCH: 1 Stockton 103; 2 Middlesbrough 75; 3 Langbaugh 72; 4 Hartlepool 33  
 100: 1 D Angus (Lang) 11.7; 2 A Golding (Lang) 12.0  
 200: 1 Angus 22.9 (CBP); 2 D Smith (Middles) 23.3  
 400: 1 M Charville (Middles) 54.4; 2 A Gill (Stockton) 55.1  
 800: S Dunn (Stockton) 2:08.0  
 1500: J Wilson (Hart) 4:37.5  
 80H: 1 Bastow (Middles) 11.6; 2 A Hogg (Stockton) 12.2; 3 A Hall (Stockton) 12.3  
 HJ: 1 R Hinchley (Middles) 1.63; 2 M Ashley (Hart) 1.63  
 PV: L Evans (Stockton) 1.60  
 LJ: C Tomlinson (Lang) 5.89 (CBP)  
 TJ: Tomlinson 12.10 (CBP)  
 SP: M O'Bryne (Middles) 11.90  
 DT: C Hyndman (Stockton) 30.42  
 HT: M Crawley (Hart) 40.10  
 JT: A Hall (Stockton) 36.80

**U13**  
 MATCH: 1 Stockton 84; 2 Middlesbrough 55; 3 Langbaugh 54; 4 Hartlepool 12  
 100: M Boyce (Middles) 13.6  
 200: P Strange (Lang) 28.0  
 400: G Hoyle (Stockton) 66.6  
 800: C Thomas (Middles) 2:32.1  
 1500: 1 P Straker (Lang) 4:49.5 (CBP); 2 S Bates (Stockton) 4:55.3  
 70H: 1 M Wright (Middles) 12.2; 2 P Jenkins (Stockton) 12.8  
 HJ: 1 M Boyce (Middles) 1.50 (CBP); 2 M Bradford (Hart) 1.40  
 LJ: Straker 4.35  
 SP: 1 A Heathcote (Stockton) 8.54; 2 A Smith (Middles) 8.08; 3 D Plant (Stockton) 8.05

**Inter girls**  
 MATCH: 1 Stockton 107; 2 Langbaugh 94; 3 Middlesbrough 55; 4 Hartlepool 24  
 100/80H: D Anderson (Lang) 14.0/13.0  
 200/300: C Eyeington (Lang) 27.6/43.9  
 800/1500: C Wells (Lang) 2:36.3/5:19.8  
 3000: G Aveyard (Stockton) 11:13.3  
 300H: 1 R Gibb (Stockton) 48.8; 2 H Walker (Lang) 50.9  
 HJ: S Coutts (Stockton) 1.50  
 LJ: N Rezan (Hart) 4.51  
 SP: B Hammill (Stockton) 7.77  
 DT: N Brown (Lang) 24.48  
 JT: A McNeill (Stockton) 25.30

**U13**  
 MATCH: 1 Stockton 91; 2 Langbaugh 61; 3 Middlesbrough 46; 4 Hartlepool 29  
 100: C Gray (Stockton) 13.5  
 200/LJ: E Smith (Middles) 27.5/4.90  
 800: E Richardson (Stockton) 2:25.1  
 1500: H Lisle (Lang) 5:17.1  
 HJ: M Causton (Hart) 1.45  
 SP: A Coppinger (Lang) 9.35  
 DT: H Smith (Hart) 21.12  
 JT: T McLean (Lang) 23.24

**U13**  
 MATCH: 1 Stockton 66; 2 Langbaugh 37; 3 Hartlepool 30; 4 Middlesbrough 28  
 100/70H: M Jobling (Stockton) 14.2/12.3  
 200/800: H Wilson (Hart) 30.4/2:40.3  
 HJ: L Richmond (Stockton) 1.25  
 LJ: D Harding (Lang) 4.19  
 SP: G Leaming (Stockton) 7.96

### CORNWALL Cam Brae

**Senior boys**

100/400: J Bowery (Bod) 11.5/51.5  
 200/110H: P Carr (Pen) 23.7/15.7 (CBP)  
 1500: D Walkey (Red) 4:19.5  
 3000/2000SC: R Matthews (Pen) 9:29.1/6:24.3  
 400H: F Corcoran (Red) 56.5 (County rec)  
 HJ: J Beard (Duchy) 1.60  
 LJ: T Blakely (Corn) 6.00  
 TJ: P Code (Cam) 12.16  
 SP: T Nicholas (Liskeard) 7.68  
 JT: D Murray (Liskeard) 37.48

**Inters**  
 100: N Balnab (Treherras) 11.4  
 200: L Phillips (St Ives) 24.1  
 400: R Pearce (Treherras) 51.6  
 800: L Heggarty (Cam) 2:08  
 1500: M Shepherd (Rose) 4:40.3  
 3000: J Tugwell (Red) 9:36  
 100H: G Murke (Wade) 15.0  
 400H: A Caddy (R Lander) 68.6  
 HJ: M Pascoe (R Lander) 1.80  
 PV: M Fitzpatrick (Fowey) 2.69  
 LJ: D Bone (Penair) 5.98  
 TJ: A Hamby (Liskeard) 12.75  
 SP/DT: A Rawling (Poltair) 13.79/38.08  
 HT: G Murray (Saltash) 28.00  
 JT: D Currow (St Ives) 31.42  
 4x100: Helston 49.6

**Juniors**  
 100/JT: J Pliatsikas (Truro) 11.9/38.18  
 200: A Poulley (Penrice) 24.5  
 400: J Shaw (Eude) 57.2  
 800: D Booth (R Lander) 2:10.1  
 1500: L Holmes (Penair) 4:34.8  
 HT: M Green (Helston) 12.4  
 HJ: S Clucas (Falm) 1.53  
 PV: R Biucas (Penrice) 2.39  
 LJ: A Stevens (Bod) 5.35  
 TJ: O Barkley (Wade) 12.12 (CBP)  
 SP: N Baigent (St Ives) 11.78  
 DT: B Corp (Liskeard) 27.30  
 HT: B Meneer (Red) 22.40  
 4x100: Truro School 50.5

**Senior girls**  
 100: N Simpson (Truro) 14.2  
 200/JT: L Bolton (St Aust) 28.3/33.92  
 800/LJ: J Glossop (Liskeard) 2:19.6/4.84  
 3000: A Bolton (St Aust) 11:04  
 100H: K Treble (Pen) 17.4  
 HJ/TJ: E Tugwell (Red) 1.65 (CBP)/10.84  
 SP: M Edmondson (Talling) 8.55  
 DT: M Breeze (Bod) 28.50

**Inters**  
 100: K O'Keefe (Looe) 12.7  
 200/300: E Orton (Wade) 27.0/44.5  
 800: H Pearson (Wade) 2:20.3  
 1500: J McWilliams (St Ives) 5:15.9  
 80H: S Grole (Penrice) 12.2  
 300H: E Abbott (Poltair) 50.8  
 HJ: P Higgins (H Davy) 1.55  
 LJ: H Gray (Penrice) 5.01  
 SP: V Gregory (R Lander) 8.96  
 DT: K Marsh (Fowey) 28.94  
 JT: S Wells (Helston) 27.16  
 4x100: Truro School 55.6

**Juniors**  
 100/200: S Hilling (Pool) 13.0/27.2  
 800: J Simpson (Penrice) 2:30.1  
 1500: Z Jelbert (Treviglas) 5:07.6  
 75H: L West (Penair) 12.9  
 HJ: V Holland-Lloyd (St Ives) 1.40  
 LJ: S Whitehall (St Ives) 4.69  
 SP: J Peacock (M Bay) 8.95  
 DT: K Rawling (Poltair) 23.80  
 JT: S Buryan (Penrin) 27.36  
 4x100: St Ives 55.8

### CUMBRIA Carlisle

**Senior boys**  
 MATCH: 1 S Lakes 101; 2 Copeland 46; 3 Allerdale 22; 4 Barrow 21; 5 Eden 20; 6 Carlisle 17  
 100: P Hetherington (Eden) 11.5  
 200: L Nicholls (Cope) 23.9  
 400: A Charnock (Barrow) 53.2  
 800: T Thompson (All) 2:00.9  
 1500: N Pearson (S Lakes) 4:18.1  
 3000: M Braithwaite (S Lakes) 10:13.8  
 2000SC/400H: S Curwen (Cope) n/g/64.5  
 110H: N Wright (Eden) 16.8  
 PV/TJ: A Inghild (All) 3.00/13.26

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LJ: E Charnock (Barrow) 6.25  
 SP/HT: D Scarr (S Lakes) 10.60/25.34  
 DT: J Drinkwater (S Lakes) 33.20

**Inters**  
**MATCH:** 1 Allerdale 104; 2 S Lakes 98; 3 Carlisle 82; 4 Eden 35; 5 Barrow 22; 6 Copeland 12

100: P Salmon (S Lakes) 11.6  
 200: M Fulton (All) 24.0  
 400: R Messenger (All) 52.0  
 800: 1 C Mulvaney (S Lakes) 2:02.1; 2 G Roberts (All) 2:05.1  
 1500: D Turner (S Lakes) 4:33.8  
 3000: G Melvin (Carl) 9:06.4  
 1500SC: M Benson (All) 4:46.7  
 100H: J Lowery (All) 15.7  
 400H: P Gyles (All) 61.5  
 HJ: 1 D Warren (Barrow) 1.95 (CBP); 2 D Wheatley (All) 1.78  
 PV: C Talford 3.20  
 LJ: P Spiby (S Lakes) 5.94  
 TJ: J Heavy-side (Barrow) 12.21  
 SP: G Frith (Eden) 10.95  
 DT: E Doves (Carl) 35.38  
 HT: 1 E Pinguet (Carl) 44.14; 2 D Little (Eden) 43.52  
 JT: J Simpson (All) 45.74

**Juniors**  
**MATCH:** 1 Carlisle 81; 2 S Lakes 74; 3 Allerdale 64; 4 Eden 45.5; 5 Copeland 31.5; 6 Barrow 10  
 100: S Branch (Cope) 12.1  
 200: P Williams (S Lakes) 25.5  
 400: S Patterson (Carl) 58.5  
 800: P Webb (All) 2:20.4  
 1500: A Tidmarsh (S Lakes) 4:34.4  
 80H: M Hine (S Lakes) 13.3  
 HJ: 1 D Crake (All) 1.68; 2 M Sneap (Carl) 1.66  
 PV: M Ward (Carl) 2.30  
 LJ: N Cameron (S Lakes) 5.38  
 TJ: M Tattersall (S Lakes) 11.09  
 SP: R Holliday (All) 10.82  
 DT: 1 R Dobie (All) 38.76; 2 C Orr (Carl) 35.72  
 HT: 1 Rummy (Carl) 26.16  
 JT: 1 D Armstrong 41.78; 2 J Smith 40.56

**Senior girls**  
**MATCH:** 1 Carlisle 59; 2 S Lakes 47; 3 Allerdale 33; 4 Eden 17; 5 Copeland 16; 6 Barrow 13  
 100/200: L Milburn (Carl) 12.4/25.6  
 400: D Hyslop (Cope) 62.2  
 800: P McRea (Carl) 2:12.9 (CBP)  
 3000: S Corlett (All) 10:53.4 (CBP)  
 100H/HJ: K Cook (Carl) 17.71/45  
 400H: J Tizzard (S Lakes) 78.9  
 LJ: J Atkinson 4.65  
 TJ: K Kane (Barrow) 9.63 (CBP)  
 SP: J Hedley (All) 9.18  
 DT: F Killen (All) 31.48  
 JT: C Allen (Cope) 34.28  
 4x100: Carlisle 54.3

**Inters**  
**MATCH:** 1 Carlisle 119; 2 S Lakes 76; 3 Allerdale 33; 4 Barrow 21; 5 Copeland 20; 6 Eden 13  
 100: S Green (All) 12.4  
 200: R Martindale (Carl) 25.7  
 300: 1 L Palmer (All) 41.6 (CBP); 2 A Holmes (Carl) 43.7  
 800: A Flynn (Cope) 2:26.0  
 1500: L Torney (All) 4:59.7  
 3000: L Kelly (Barrow) 10:28.0 (CBP)  
 80H: 1 A Rutter (Carl) 11.9 (CBP); 2 M Pringle (Cope) 12.9  
 300H: L Gardner (S Lakes) 50.9  
 HJ: A Martin (Carl) 1.58  
 LJ: M Morganello (Carl) 5.41  
 SP: N Longchari (S Lakes) 8.03  
 DT: N McRea (Carl) 24.58  
 JT: L Bird (Carl) 29.74  
 4x100: Carlisle 52.4

**Juniors**  
**MATCH:** 1 S Lakes 53; 2 Allerdale 52; 3 Carlisle 43; 4 Copeland 31; 5 Barrow 28; 6 Eden 20  
 100: 1 S Johnson (Barrow) 12.4; 2 G Smith (S Lakes) 12.6  
 200: A Ryan (S Lakes) 27.5  
 800: N Underwood (Carl) 2:18.3  
 1500: K Barcock (All) 5:01.6  
 75H: K Saunders (S Lakes) 13.6  
 HJ: R Arnold (All) 1.47  
 LJ: F Holmes (S Lakes) 5.00  
 SP: C Deacon (Carl) 8.93  
 DT: 1 G Kelly (S Lakes) 29.08; 2 L Young (Cope) 26.84  
 JT: C Wallbanks 33.42 (CBP)

**DERBYSHIRE Derby**  
**Senior boys**  
 100: M Tietz (SE) 10.88 (CBP)  
 200: J Cooper (SE) 24.28  
 400: M Cannell (Ch) 54.08  
 800: N Moghal (SP) 2:01.20  
 1500: C Needham (Ch) 4:22.45  
 3000: C Birchall (NW) 9:15.03  
 2000SC: C Shelton (Ch) 6:27.80  
 110H: I Spencer (DS) 16.50  
 400H: R Tatham (SP) 58.53  
 HJ: J Gray (DS) 1.80  
 PV: J Benton (DS) 2.70 (CBP)  
 LJ: D Wilson (NE) 4.94  
 SP: J Hubbard (DS) 11.27  
 DT: B Joyce (SP) 22.70  
 HT: M Hayes (Ch) 50.06 (CBP)

JT: S Miller (NE) 46.44  
 4x100: SE Derbys 45.99

**Inters**  
 100: A Peach (DN) 12.03  
 200: A Chaffe (SE) 23.72  
 400: D Naismith (DS) 50.08 (CBP)  
 800: 1 R Jeffries (DS) 1:58.68 (CBP); 2 A Baisey (SE) 2:01.18  
 1500: P Harper (MD) 4:18.65  
 3000: M Slyscz (SE) 9:30.39  
 1500SC: R Kilday (SE) 4:46.13  
 100H: D Chasle (SP) 16.49  
 400H: J Heggie (SE) 54.70 (CBP)  
 HJ: 1 M Beer (Ch) 1.91; 2 A Chaddock (NW) 1.91  
 PV: T Everett (NE) 3.15 (CBP)  
 LJ: A Stanley (DS) 6.07  
 TJ: 1 D Hutchinson (SE) 13.90 (CBP); 2 S Roper (SE) 13.54  
 SP: 1 D Knighton (SP) 13.98 (CBP); 2 J Cottrell (SP) 12.97  
 DT: M Jones (Ch) 41.96 (CBP)  
 HT: M Rollinson (SP) 20.56  
 JT: 1 M Colebourne (NE) 49.06; 2 S Lyons (NE) 44.06  
 4x100: 1 SE Derbys 45.04; 2 Derby North 46.95

**Juniors**  
 100: A Woodward (MD) 12.51  
 200: D Puter (SP) 25.30  
 400: G Djan (DS) 53.43 (CBP)  
 800: N Gardner (DN) 4:17.30 (CBP)  
 1500: M Christian (Ch) 14.23  
 HJ: M Ledger (MD) 1.65  
 LJ: M Nemeck (DS) 5.13  
 TJ: D Walters (MD) 11.72  
 SP: B Holmes (MD) 12.46  
 DT: P Favell (Ch) 37.14 (CBP)  
 HT: A Rollinson (SP) 25.22  
 JT: R Gilbert (SE) 43.70  
 4x100: 1 Chesterfield 50.02; 2 South Peak 50.45; 3 Mid-Derbys 50.99

**Senior girls**  
 200: C Smith (MD) 26.36  
 800: Z Peatfield (NW) 2:18.50  
 1500: M Cantrill (DN) 4:48.94  
 3000: J Palmer (DN) 10:42.58 (CBP)  
 LJ: H Wilcott (Ch) 4.56  
 TJ: A Dodd (SP) 10.45  
 SP: M Harrison (SP) 10.82  
 DT: J Hogan (SP) 22.18  
 JT: K Mead (Ch) 27.84  
 4x100: Chesterfield 56.71

**Inters**  
 100: J Such (Ch) 12.79  
 200: R Lunn (SP) 26.33  
 300: 1 M Okusanya (DN) 41.53; 2 B Parkin (SE) 42.73; 3 K Needham (Ch) 43.18  
 800: K Rigley (SE) 2:23.34  
 1500: J Lindsay (DN) 5:12.24  
 3000: K Fletcher (SE) 10:13.98 (CBP)  
 80H: K Yoshitcawa (Ch) 14.03  
 300H: M Bennett (DS) 50.61  
 HJ: R Snape (DS) 1.54  
 LJ: K Williamson (SP) 5.20  
 SP: G Smith (SP) 8.70  
 DT: R Smith (DS) 30.38  
 JT: A Flint (DS) 28.64  
 4x100: South Peak 51.72

**Juniors**  
 100: S Oates (NW) 13.10  
 200: J Harding (SP) 27.52  
 800: S Baxter (DN) 2:31.17  
 1500: 1 E Wheeler (DN) 4:58.12; 2 R Fletcher (DN) 5:12.83  
 75H: F Taylor (Ch) 13.34  
 HJ: A Gates (SP) 1.35  
 LJ: N Lapczuk (DS) 5.02  
 SP: R Peake (SP) 9.35  
 DT: R Flint (DN) 20.68  
 JT: N Culling (DN) 22.74  
 4x100: NW Derbys 54.00

## DEVON Exeter

**Senior boys**  
 100: 1 L Iroche (East) 10.9; 2 I Leaman (East) 11.0; 3 B Collier (South) 11.3  
 200: Leaman 22.3  
 400: A Saunders (West) 54.7  
 800: 1 K Stone (South) 1:52.9; 2 D Hyde (South) 1:57.3; 3 L Salter (East) 1:57.5  
 1500: D Kemp (West) 4:07.6  
 3000: S Cross (East) 9:24.0  
 2000SC: A Slatter (East) 6:40.8  
 400H: M Seager (East) 65.2  
 HJ: D Blaney (North) 1.85  
 PV: H Ladrowski (West) 3.20  
 LJ: B Jambo (West) 6.48  
 TJ: D Collier (South) 12.96  
 SP/DT: J Thyer (West) 13.72/40.34  
 HT: S Threthewey (West) 40.62  
 JT: B Cotton (South) 48.88

**Inters**  
 100/200: D Vosper (West) 11.5/23.2  
 400: J Packer (East) 52.5  
 800: P Cornish (East) 2:05.2  
 1500: A Hoag (North) 4:11.9  
 3000: R Hoad (North) 10:02.9  
 1500SC: A Hazelwood (East) 4:53.2  
 100H: S Lewis (East) 15.3  
 400H: D Mann (South) 65.5  
 HJ: 1 S Laskey (West) 1.80; 2 S Charnock (South) 1.80  
 PV: A Stewart (West) 3.10  
 LJ/TJ: N Bellamy (West) 6.27/13.09  
 SP: R Weldon (West) 13.36

DT: Laskey 32.34  
 HT: G Panell (West) 40.62  
 JT: 1 I Creek (East) 48.10; 2 B Hanson (East) 47.28; 3 C Hooper (South) 45.34

**Juniors**  
 100: A Norman (South) 12.0  
 200: I Piper (West) 24.9  
 400: D Brewer (North) 57.0  
 800: N Andrews (South) 2:09.1  
 1500: T Hemington (East) 4:34.3  
 80H: J O'Shaunessy (West) 12.6  
 HJ: 1 D Thomas (East) 1.72; 2 D Taylor (West) 1.68; 3 S Ingram (East) 1.68  
 PV: R Wilcox (West) 2.80  
 LJ: D Brewer (North) 5.58  
 TJ: D Kirk (East) 11.46  
 SP: R Pickard (East) 11.57  
 DT: C Sherbourne (North) 29.04  
 HT: M Robbins (South) 22.92  
 JT: T Gubby (South) 39.66

**Senior girls**  
 100/200: E Mardle (East) 12.4/24.8  
 400/400H: N Richards (North) 62.1/74.1  
 800: T Travers (East) 2:26.0  
 1500: J Stacey (East) 5:26.2  
 3000: M Ansen (West) 13:25.9  
 100H: H Baker (East) 16.3  
 HJ: N Ladrowski (West) 1.56  
 LJ: H Baker (East) 5.40  
 TJ: 1 Baker 11.38; 2 Ladrowski 10.60; 3 M Higman (West) 10.59  
 SP: B Ogun (East) 9.53  
 DT: Higman 33.56  
 JT: K Nicholson (North) 30.70

**Inters**  
 100/200: K Endacott (West) 12.7/25.9  
 300: 1 K Gear (North) 39.9; 2 P Easton (West) 42.0  
 800: V Rolfe (North) 2:25.8  
 1500: J Hodgins (East) 5:07.8  
 3000: R Passmore (East) 11:51.2  
 80H/300H: N Davidson (West) 12.3/48.2  
 C Westlake (West) 1.53  
 LJ: V Gill (East) 5.01  
 SP: J Brooker (East) 8.59  
 DT: A Sinden (South) 27.66  
 JT: 1 Brooker 34.44; 2 S Sparke (West) 34.34

**Juniors**  
 100: S Davidge (East) 12.9  
 200: S Drew (West) 27.5  
 800: E Hooper (North) 2:28.2  
 1500: C Martinelli (South) 5:05.5  
 75H: 1 Davidge 12.1 (11.8ht); 2 C Felton (West) 12.3  
 HJ: 1 R Kenshole (East) 1.57; 2 M Vaggers (West) 1.54  
 LJ: K Millar (West) 4.74  
 SP/DT: E Carpenter (East) 10.04/32.64  
 JT: 1 Vaggers 33.02; 2 E Russell (West) 32.26

## DORSET Bournemouth

**Senior boys**  
 100: M Dearlove (North) 11.8  
 200: P Barstow (North) 25.1  
 400: I Lewis (P&E) 51.4  
 800: G Saunders (S&W) 2:18.7  
 1500: D Brigstock (P&E) 4:20.8  
 3000: R Evans (North) 9:42.5  
 110H: C Thomson (North) 17.3  
 400H: E Jones (North) 61.6  
 2000SC: A Kemp (North) 7:02.00  
 HJ: P Dozell (S&W) 2.05  
 PV: T Normura (North) 2.55  
 LJ: M Woolston (North) 6.15  
 TJ: E Jones (North) 11.82  
 SP: R Newton (North) 10.89  
 DT: A Barnham (North) 29.92  
 JT: J Taylor (P&E) 51.30  
 4x100: Poole and East 46.2

**Inters**  
 100: S Povey (B'mth) 11.3  
 200: M Griffiths (P&E) 23.4  
 400: M Pitcher (B'mth) 53.7  
 800: T Galpin (B'mth) 2:00.3  
 1500: K Cooper (B'mth) 4:27.2  
 3000: N Violet (S&W) 9:37.7  
 100H: M Sharp (P&E) 15.3  
 400H: C Pidgion (North) 1:02.2  
 HJ: M Markshaw (S&W) 1.83  
 PV: M Cheeseman (S&W) 2.30  
 LJ: C Leak (P&E) 5.62  
 TJ: J Parkes (P&E) 12.76  
 SP: C Wyatt (P&E) 11.97  
 DT: 1 J Ross (North) 32.10; 2 R Hamer (B'mth) 32.10  
 HT: D Stanton (S&W) 40.34  
 JT: P Stokes (B'mth) 48.10  
 4x100: Bournemouth 45.7

**Juniors**  
 100: I Baker (S&W) 12.2  
 200: J Neale (B'mth) 24.7  
 400: J Bompas (P&E) 58.2  
 800: W Wood (North) 2:11.1  
 1500: A Lloyd (P&E) 4:34.5  
 80H: A Powell (P&E) 12.8  
 HJ: A Rowsell (North) 1.65  
 LJ: D Sella (S&W) 5.35  
 TJ: A James (S&W) 11.15  
 SP: A Hawker (B'mth) 12.16  
 DT: 1 B Davies (North) 39.70; 2 J Rumbold (B'mth) 38.32  
 HT: L Waldron (S&W) 21.36  
 JT: 1 D Britten (North) 49.82; 2 C Leidy (North) 48.20  
 4x100: Poole and East 48.8

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**U13**  
 100: P Robinson (P&E) 13.5  
 200: L Robinson (P&E) 27.7  
 800: T Stubbs (S&W) 2:29.6  
 1500: P Hogben (S&W) 5:06.3  
 70H: G Smith (P&E) 12.0  
 HJ: D Scott (B'mth) 1.38  
 TJ: J Fletcher (P&E) 4.71  
 TJ: O McDonald (S&W) 9.65  
 SP: J Budd (B'mth) 9.37  
 JT: S Shutter (S&W) 30.02  
 4x100: Poole and East 56.5

**Senior girls**  
 100/200: J Impett (P&E) 12.7/26.8  
 800: K Rosedale (North) 2:32.5  
 3000: J Watson (North) 13:28.0  
 100H: N Sharp (P&E) 15.6  
 400H: K Gunn (P&E) 1:09.3  
 HJ: C Potter (P&E) 1.60  
 LJ: E Merbitz (North) 4.90  
 TJ: F Lilly (P&E) 10.28  
 SP/DT: L Munden (P&E) 9.70/28.40  
 JT: F Francis (B'mth) 44.28  
 4x100: Poole and East 52.2

**Inters**  
 100: N Haines (P&E) 12.9  
 200: S Beveridge (B'mth) 27.6  
 300: L Impett (P&E) 41.0  
 800: C McCarthy (P&E) 2:23.9  
 1500: J Pain (P&E) 4:58.6  
 3000: S Northey (North) 10:22.5  
 800H: J Newnham (S&W) 12.2  
 100H: N Woods (P&E) 48.1  
 HJ: L Perkins (North) 1.75  
 LJ: M Grettton (North) 4.90  
 SP: R Chamberlain (B'mth) 10.60  
 DT: M Hood (B'mth) 34.60  
 JT: T Howard (B'mth) 35.66  
 4x100: Poole and East 51.6

**Juniors**  
 100: H Reeks 13.1  
 200: K Haines (P&E) 27.4  
 800: H Jeanes (North) 2:35.3  
 1500: Z Spinney (North) 5:20.6  
 75H: C Haines (P&E) 12.5  
 HJ: M Ham (S&W) 1.53  
 LJ: R Peacock (P&E) 5.13  
 SP: C Smart (S&W) 8.95  
 DT: A Ramsay (North) 23.52  
 JT: L Procter (P&E) 30.04  
 4x100: Poole and East 52.2

**U13**  
 100: A Another (P&E) 13.8  
 200: J Molloy (P&E) 29.0  
 800: B Franklin (North) 2:51.3  
 1500: V Leak (North) 5:19.8  
 70H: J Bourne (P&E) 12.4  
 HJ: J Haslam (North) 1.38  
 LJ: R Geary (North) 4.79  
 SP: L Welsh (North) 8.74  
 JT: E Haskell (North) 20.04  
 4x100: Poole and East 56.9

## DURHAM Jarrow

**ROSS THOMPSON** added 14.70m to his 1995 record with a mighty heave of 27.28m in the junior hammer, Brian Kirkley reports. Lesley McGoldrick enhanced her prospects for the TSB English Schools Championships by equalling the 12.00sec record for the intermediate 80H set by herself last year and Susan Holstrom back in 1972. Sara Todd clipped 2.3sec off the inter 300H mark. Wendy Cox achieved the qualifying time of 25.60sec in the inter 200m with a fluent victory. Karen Johns, inter bronze medalist in the TSB English Schools last year after taking the junior title in 1994, was a runaway winner of the inter 800m but needs to take four seconds off her time to achieve the entry standard.

Ruth Shiel creased the long jump mark of 1974 with 5.17m in the junior section. Helen Armitage and Kerry Swyer went clear in the junior 800m with the former prevailing in the sprint for the line. Peter Arnold was only a tenth of a second outside the entry standard in his junior 800m.

Durham won four of the six sections to capture the overall trophy, 14 points ahead of South Tyneside. **MATCH:** 1 Durham 138; 2 South Tyneside 124; 3 South West Durham 106  
**Senior boys**  
 100/200: J Holmes 11.50/22.90  
 400: N Wiscombe 50.90  
 800: R Waggott 1:58.0  
 1500: C Old 3:59.0  
 110H: R Summerfield 18.00  
 400H: G Howe 55.30  
 TJ: P Wilkinson 14.11  
 HT: D Robinson 51.66

**Inters**  
 100: M Olugbode 11.80  
 200: G Joss 23.60  
 400: L Wiscombe 53.90  
 800: E Tollett 2:00.8  
 1500: A Old 4:09.7  
 3000: E James 9:12.7  
 100H: W Johnson 15.50  
 400H: S Southwaite 64.00  
 1500SC: G Davison 4:48.9  
 HJ: N Dixon 1.80  
 LJ: C Chisholm 5.80  
 TJ: S Brown 12.60  
 SP: M Lee 10.93  
 DT: N Talbot 34.14  
 HT: 1 S McAnally 41.68; 2 A Smith 41.54  
 JT: A Lowe 38.28

**Juniors**  
 100: P Maddison 12.40  
 200: G Ankers 25.10  
 400: S Merrifield 56.20  
 800: P Arnold 2:07.1  
 1500: D Bradley 4:20.4  
 80H: I Ward 12.50  
 HJ: R Huntley 1.70  
 LJ: M Nicholls 5.52  
 SP: D Spensley 11.00  
 DT: B Lumley 30.52  
 JT: J Mason 38.38  
 HT: M Houlihan 11.75  
 JT: R Thompson 57.28 (CBP)

**Senior girls**  
 100: V Gregson 27.10; 2 H George 27.90  
 400: H Edmundson 59.60  
 800: K Hind 2:23.7  
 1500: C Smallwood 4:49.7  
 3000: S Rutherford 10:22.3  
 TJ: I Stanley 10.66  
 SP: V Bell 8.75  
 JT: I Barras 24.38

**Inters**  
 100: L Joss 13.30  
 200: W Cox 25.60  
 300: A Naugher 43.40  
 800: K Johns 2:21.2  
 1500: C Hargrieve 4:52.2  
 3000: R Borton 4:10.3  
 800H: L McGoldrick 12.00  
 300H: S Todd 47.20 (CBP)  
 HJ: 1 A Berry 1.57; 2 C Bumby 1.55  
 LJ: H Morgan 4.43  
 SP: L Porter 7.64  
 DT: L Dixon 30.14  
 JT: S Mohamed 32.98

**Juniors**  
 100: C Hambleton 13.30  
 200: G Hume 26.80  
 800: 1 H Armitage 2:22.9; 2 K Swyer 2:23.7  
 1500: 1 K Read 5:00.3; 2 J O'Donnell 5:00.6  
 75H: S Dudman 12.60  
 HJ: K Tallford 1.40  
 LJ: R Shiel 5.17 (CBP)  
 SP: K Devlin 8.60  
 JT: S Brooks 23.78  
 JT: S Morris 21.42

## Essex Havering

(Due to a transmission problem we are unable to publish the full results from Havering this week)  
**Senior boys**  
 110H: 1 N Dowsett 15.0; 2 I Cheung 15.5  
 2000SC: G Maley 6:21.0  
 LJ: S Wells 6.92  
 TJ: 1 J Peacock (14.87); 2 N Thomas 14.28



01733-261144 or fax your results to us on 01733-267198

**PV:** R Bell 4.30  
**DT:** G Baffoe 33.96  
**SP:** M Foster 12.63  
**HT:** D Garmeter 42.52  
**4x100:** Waltham Forest 45.3  
**Inters**  
**400:** 1 J Kilshaw 50.4; 2 A Wilson 50.4; 3 G Campbell 52.6  
**800:** 1 T Payne 1:59.5; 2 T Hooney 2:02.6; 3 S Mortell 2:02.9; 4 J Harper 2:04.9  
**100H:** 1 T Carr 13.5; 2 D Sergeant 14.3; 3 D Johnstone 14.5; 4 B Barass 15.1  
**400H:** 1 C Daly 56.3; 2 M Cooper 59.0; 3 T Cooper 59.4; K Benton 59.6; 5 R Alexander 61.0  
**1500SC:** J Church 4:39.1  
**LJ:** C George 6.25  
**TJ:** P Francis 13.47  
**PV:** 1 P Harrison 4.05; 2 R Waite 3.40  
**SP:** 1 K Harrod 13.39; 2 R Holden 12.51  
**HT:** A Kelsall 48.08  
**4x100:** 1 Waltham Forest 45.4; 2 Redbridge 46.4; 3 North West Essex 46.8; 4 Mid Essex 46.9  
**Juniors**  
**4x100:** 1 North West 47.7; 2 CP Rochford 48.8; 3 Havering 49.2; 4 Thurrock 49.4; 5 Epping Forest 49.4; 6 Waltham Forest 49.7  
**Senior girls**  
**100H:** 1 J Pratt 14.3; 2 L Batno 14.5  
**LJ:** 1 R Slater 5.49; 2 S Allman 5.41  
**TJ:** 1 H Day 10.50; 2 S Fleetham 10.35; 3 S Monaghan 10.27  
**DT:** 1 T Nicholls 37.06; 2 J Smith 35.16; 3 S Jones 30.98  
**SP:** K Hazell 8.84  
**4x100:** Waltham Forest 52.0  
**Inters**  
**300:** 1 A Ceessay 41.4; 2 L Polius 42.4; 3 L Fair 42.7  
**800:** I Neville 2:21.0  
**80H:** 1 S Mantle 11.8; 2 S Bailey 11.8; 3 C Taylor 12.5; 4 L Sherman 12.6; 5 J Murphy 12.6  
**300H:** 1 N Ceessay 45.6; 2 E Mitchell 45.9; 3 S Short 49.2  
**LJ:** 1 S Claxton 5.80; 2 T Jegede 5.42  
**SP:** H Bruns 9.90  
**4x100:** 1 Newham 49.9; 2 CP & R 52.4  
**Juniors**  
**4x100:** Havering 53.7

## GTR MANCHESTER Stretford

**Senior boys**  
**100/200:** M Henshaw (Stock) 11.2/22.8  
**400:** A Smith (Salf) 53.1  
**800:** B Hukins (Man) 1:57.2  
**1500:** B Smith (Wig) 3:54.0  
**3000:** A Bowls (Bolt) 8:53.9  
**2000SC:** S Bailey (Wig) 5:59  
**400H:** S Lafferty (Traff) 55.0  
**HJ/LJ:** D Franks (Wig) 1.98/6.38  
**PV:** E Holmes (Stock) 3.75  
**TJ:** R Townley (Old) 12.32  
**SP/DT:** A Rollins (Wig) 13.01/43.94  
**HT:** T Eden (Traff) 54.14  
**JT:** A Parry (Traff) 41.92  
**Inters**  
**100:** S Hock (Wig) 11.7  
**200:** M Huff (Stock) 22.8  
**400:** N Houston (Bolt) 51.6  
**800:** C Marshall (Wig) 2:01.9  
**1500:** D Gray (Man) 4:11.2  
**3000:** S Vernon (Stock) 9:26.6  
**1500SC:** P Dilkes (Stock) 4:45.8  
**100H:** D Bell (Stock) 14.7  
**400H:** R Lewis (Traff) 60.8  
**HJ:** J Mondis (Wig) 1.88  
**LJ:** L Daly (Man) 5.96  
**SP:** J Twigg (Stock) 12.37  
**DT:** R Moreton (Stock) 40.30  
**JT:** D Smith (Wig) 47.04  
**Juniors**  
**100:** S Foster (Man) 11.7  
**200:** B Davies (Man) 24.5  
**400:** B Cordwell (Bolt) 52.3  
**800:** D O'Donnell (Man) 2:07.7  
**1500:** M Durkin (Salf) 4:34.1  
**80H:** D Anderson (Man) 12.5  
**HJ:** R Hughes (Old) 1.72  
**PV:** P Cullinan (Man) 2.45  
**LJ:** A Hinchcliffe (Old) 5.62  
**TJ:** H Malik (Man) 11.32  
**SP:** P Blackshaw (Man) 14.12  
**DT:** G Brobbin (Tame) 28.34  
**HT:** H Vernon (Stock) 25.90  
**JT:** M Tinwell (Man) 46.62  
**Senior girls**  
**200:** M Henderson (Bolt) 28.4  
**400:** L Brook (Salf) 59.3  
**800:** C Entwistle (Wig) 2:17.7  
**1500:** J Butterworth (Tame) 4:55.8  
**3000:** A Kershaw (Old) 10:14.2  
**100H:** D Bolton (Wig) 14.4  
**400H:** D Codd (Man) 68.2  
**HJ:** S Jones (Wig) 1.83  
**LJ:** L Eden (Traff) 5.58  
**TJ:** J Crookshank (Old) 11.13  
**SP/DT:** D Williams (Man) 11.77/42.06  
**JT:** S Simmons (Old) 37.66  
**Inters**  
**100:** R Wildgoose (Stock) 13.1  
**200:** H Brooks (Man) 26.1  
**300:** R Lawford (Traff) 42.8

**800:** K Brownhill (Salf) 2:14.6  
**1500:** A Lomas (Tame) 4:53.3  
**3000:** C Ratcliff (Bolt) 10:35.9  
**80H:** N Duncalfe (Traff) 12.4  
**300H:** R Kay (Wig) 43.2  
**HJ:** J Serrage (Traff) 1.45  
**LJ:** H Armishaw (Traff) 5.46  
**SP:** C Warburton (Old) 9.56  
**DT:** S Strickleton (Bolt) 34.12  
**JT:** P Moran (Bolt) 30.30  
**Juniors**  
**100:** C Russell (Old) 12.7  
**200:** G Facey (Man) 26.8  
**800:** M Cain (Stock) 2:23.6  
**1500:** 1 J Keene (Man) 4:50; 2 S Williams (Wig) 4:51; 3 L Todd (Bolt) 4:57.7  
**75H:** K Giles (Man) 12.4  
**HJ:** D Rimmer (Traff) 1.50  
**LJ:** J Thirlwell (Traff) 5.26  
**SP:** A Kalu (Old) 12.45  
**DT:** R Singer (Wig) 27.20  
**JT:** S Lowe (Bury) 28.66

## Hampshire Portsmouth

**Senior boys**  
**MATCH:** 1 Eastleigh & Winchester 44; 2 Basingstoke 23; 3 Isle of Wight 18  
**100 (+1.5):** 1 J Currie (Bas); 2 T Jideonwo (NF) 11.3; 3 J Hepworth 11.3  
**200 (+2.6):** G CATER (G&F) 23.7  
**400:** 1 S Payne (And) 49.5 (CBP); 2 P May (Bas) 50.7  
**800:** T Feasey (Bas) 1:57.9  
**1500:** 1 M East (SEH) 3:56.9; 2 E Matthews (E&W) 4:00.7; 3 D Stanley (Bas) 4:01.8  
**400H:** 1 R Quelch (Ald) 55.8; 2 M Noyce (E&W) 58.1  
**HJ:** 1 D Turner (Port) 2.00; 2 T De Belder (IoW) 1.86  
**PV:** M Bushell (IoW) 4.40  
**SP:** I Hawkins (NF) 12.52  
**DT:** 1 A Richardson (E&W) 41.46; 2 D Lovett (E&W) 39.26  
**JT:** G Newton (IoW) 45.94  
**Inters**  
**MATCH:** 1 Eastleigh & Winchester 75; 2 Aldershot & District 61; 3 Southampton 46  
**100 (+1.6):** S Attridge (Bas) 11.5  
**200 (+1.4):** D Wall (Sot) 22.7  
**400:** 1 M Still (Bas) 50.1 (CBP); 2 C Bennett (Sot) 50.7  
**800:** 1 P Laslett (Ald) 1:57.9; 2 S Jackson (Sot) 2:02.0; 3 R Havill (Ald) 2:03.0; 4 A McGill (G&P) 2:03.7  
**1500:** 1 M Best (E&W) 4:06.9; 2 B Stoper (Ald) 4:10.3; 3 C Thompson (Ald) 4:14.4  
**3000:** D Hayden (Port) 9:09.8  
**100H (+1.0):** 1 L Tindal (SEH) 14.1; 2 O Omenai (E&W) 14.2; 3 O Bootle (E&W) 14.6  
**400H:** 1 S White (E&W) 59.7; 2 A Campbell (Port) 60.3; 3 S Pearson (Ald) 60.8; 4 M Andrews (Ald) 61.1  
**1500SC:** 1 M Henry (IoW) 4:36.1; 2 S Dove (IoW) 4:43.0  
**HJ:** 1 R Edgerton (IoW) 1.85; 2 A Smith (NF) 1.85; 3 C Day (Ald) 1.79  
**PV:** A Swain (E&W) 3.45  
**LJ:** M Faulkner (E&W) 6.54  
**TJ:** J Porter (Sot) 12.78  
**SP:** J Omenai (E&W) 12.43  
**DT:** 1 S Williams (Bas) (CBP); 2 N Jones (IoW) 43.32; 3 A Jones (Ald) 38.30  
**HT:** A Frost (IoW) 46.78 (CBP)  
**JT:** 1 R Oram (Bas) 53.58; 2 T Betts (IoW) 52.70; 3 L Andrews (Sot) 51.32; 4 B Kingsmith (E&W) 46.80  
**4x100:** 1 Eastleigh & Winchester 45.8; 2 Basingstoke 45.9  
**Juniors**  
**MATCH:** 1 Eastleigh & Winchester 50; 2 Southampton 45; 3 Aldershot & District 43  
**100 (+1.2):** G Murdoch (Bas) 12.0  
**200 (+1.7):** 1 M Wagman (Sot) 24.7; 2 B Ellis (E&W) 24.8  
**400:** T Suswan (Sot) 54.9  
**800:** 1 T Brierley (Bas) 2:09.2; 2 M Glennie (Sot) 2:09.6; 3 J Burrows (Ald) 2:10.5  
**1500:** 1 D Ledgerwood (Ald) 4:27.0; 2 M Clack (SEH) 4:28.2  
**80H (+1.7):** 1 P Walsh (IoW) 11.8; 2 G Smith (Ald) 12.6  
**HJ:** 1 D Mead (Sot) 1.72; 2 D Powell (IoW) 1.67  
**LJ:** P Barnett (Port) 5.65  
**TJ:** S Hulme (Sot) 11.52  
**SP:** D Batt (Bas) 13.39  
**HT:** D Martin (G&P) 33.60  
**JT:** 1 M Patience (E&W) 50.16 (CBP); 2 R Lainsion (IoW) 48.20; 3 E Workman (Ald) 41.44; 4 W Hoole (NF) 38.80  
**4x100:** 1 Eastleigh & Winchester 48.9; 2 Isle of Wight 49.6; 3 New Forest 49.6; 4 Aldershot & District 49.8; 5 Southampton 49.8; 6 Basingstoke 50.9  
**Senior girls**  
**MATCH:** 1 Eastleigh & Winchester 18; 2 Southampton 16; 3 SE Hants 12  
**200 (+1.3):** M Purkiss (E&W) 25.5  
**400:** 1 E Davies (And) 57.6; 2 T Cornell (Bas) 60.6  
**1500:** K Wallace (Sot) 4:43.1

**400H:** A Wilding (NF) 66.8  
**HJ:** J Reader (E&W) 1.70  
**TJ:** 1 C Barnes (E&W) 10.91; 2 H Lloyd (SEH) 10.23  
**SP/DT:** H Arnold (SEH) 11.79/33.24  
**JT:** J Parry (Sot) 37.10  
**Inters**  
**MATCH:** 1 Aldershot & District 64; 2 Eastleigh & Winchester 41; 3 SE Hants 32  
**100 (-0.3):** K Denham (NF) 12.8 (ht +0.4) 12.7  
**200 (+1.3):** 1 R Rogers (E&W) 25.5; 2 H Singleton (NF) 25.6; 3 J Reed (Port) 26.2  
**300:** 1 A Rowse (Ald) 42.3; 2 S Pitt (SEH) 42.6; 3 J Ingleton (Ald) 42.9  
**800:** 1 C Cosgrove (Ald) 2:18.6; 2 R Bull (E&W) 2:21.5  
**3000:** M Speller (SEH) 10:51.5  
**80H (+0.9):** 1 E Duck (Sot) 12.3; 2 R Reid (Ald) 12.8  
**300H:** 1 K Woods (SEH) 48.8; 2 C Williams 50.8  
**HJ:** 1 A Bernrose (SEH) 1.72; 2 J Gordon (And) 1.65  
**LJ:** B Ridgley (Port) 5.00  
**SP:** J Hoggood (Port) 10.24  
**DT:** 1 J McPherson (Bas) 36.98; 2 K Eccles (Ald) 28.94  
**JT:** 1 L Rann (IoW) 43.12 CBP; 2 K Watts (Ald) 39.94  
**Juniors**  
**MATCH:** 1 Aldershot & District 56; 2 Eastleigh & Winchester 34; 3 Isle of Wight 24  
**100 (-0.4):** 1 M Rogers (E&W) 13.3 (ht +1.8) 13.3; 2 D Chatting (E&W, U13) 13.4 (ht +1.6) 13.4  
**200:** 1 S Zawada (Ald) 24.6 CBP; 2 L Tribe (Port) 25.5  
**800:** S Cochrane-Dyett (Ald) 2:25.0  
**1500:** 1 J Goldsack (Ald) 4:51.9; 2 E Lowndes (E&W) 4:56.7; 3 H Jenner (E&W) 4:57.6; 4 H Fairburn (Ald) 4:58.3  
**75H (+1.0):** 1 G Davidge (Ald) 12.1; 2 L-P Pike (IoW) 12.2  
**HJ:** H Clift (Ald) 1.50  
**DT:** L Bryan (IoW) 27.54  
**JT:** 1 F Bowring (NF) 33.98; 2 N Smith (Ald) 32.98  
**4x100:** 1 Aldershot & District 52.6; 2 Eastleigh & Winchester 52.8

## HEREFORD & WORCESTER

**Senior boys**  
**100/200:** J Laney (Worcs) 11.4/23.2  
**400:** J Colclough (Wyre) 51.5  
**800:** D Lewis (Redd) 2:01.8  
**1500:** M Whitcomb (Worcs) 4:26.3  
**110H:** R Pitchfork (Malvern) 16.8  
**400H:** M Taylor (B&D) 64.7  
**HJ:** A Berg (Malvern) 1.90  
**LJ/TJ:** R Hill (Worcs) 6.44/13.22  
**SP/DT:** S Orgee (Worcs) 10.56/32.14  
**JT:** M Pedrick (S Worcs) 50.86  
**Inters**  
**100:** A Surtees (Worcs) 12.2  
**200:** J Halliday (Worcs) 23.6  
**400:** S Bullcock (Here) 52.7  
**800:** D Morris (Redd) 2:03.2  
**1500:** J Lynch (Here) 4:25.4  
**3000:** P Hunt (Redd) 9:47.5  
**1500SC:** D Andrews (Redd) 5:03.6  
**100H:** E Morris (Wyre) 15.1  
**400H:** W Morris (Wyre) 61.1  
**HJ:** A Cresswell (Malvern) 1.98  
**PV:** S Grummett (Redd) 2.85  
**LJ:** M Mercer (Here) 6.10  
**TJ:** A Edwards (Malvern) 12.60  
**SP:** M Steggles (B&D) 12.22  
**DT:** B Jones (Here) 37.92  
**HT:** D Centre (B&D) 26.68  
**JT:** M Tarran (S Worcs) 51.80  
**4x100:** Worcester 46.8  
**Juniors**  
**100:** A Billing (Here) 11.9  
**200:** S Wright (Here) 24.5  
**400:** T Rayson (Malvern) 57.3  
**800:** B Tromans (Wyre) 2:10.9  
**1500:** R Davies (Redd) 4:35.4  
**80H:** A Slade (S Worcs) 13.0  
**HJ:** D Plank (Worcs) 1.65  
**PV:** M Andrews (Redd) 2.40  
**LJ:** S Newhill (Leominster) 5.39  
**TJ:** T Malins (S Worcs) 11.43  
**SP:** M Gray (Malvern) 11.24  
**DT:** T Soper (S Worcs) 29.50  
**JT:** C Pooley (Here) 38.24  
**3kmW:** D Meachen (Malvern) 18:04.6  
**4x100:** Redditch 49.1  
**Senior girls**  
**100/LJ:** L Stockbridge (Malvern) 13.4/4.29  
**200:** L Eaves (Worcs) 27.1  
**400:** S George (Wyre) 62.5  
**800:** J Wydenbach (Leominster) 2:25.3  
**1500:** E Vaughan (Redd) 4:58.5  
**100H:** K Hall (Worcs) 18.6  
**HJ:** K Muft (Worcs) 1.58  
**SP:** L Bristow (Worcs) 10.16  
**DT:** K Kirkham (Leominster) 32.70  
**JT:** J Danks (B&D) 24.30  
**4x100:** Worcester 55.2

**Inters**  
**100:** J Burghley (B&D) 13.3  
**200:** C Weston (B&D) 26.2  
**800:** E Danks (Wyre) 43.5  
**3000:** E Fox (B&D) 2:27.3  
**1500:** R Vaughan (Redd) 5:04.4  
**800H:** L Eastman (Wyre) 12.4  
**300H:** S Cowley (B&D) 52.0  
**HJ:** H Colburne (Redd) 1.61  
**LJ:** M Stott (Redd) 4.54  
**SP:** S Gwilliam (Here) 9.24  
**DT:** S King (Worcs) 26.22  
**JT:** Y Greenhouse (Leominster) 33.94  
**4x100:** Hereford 53.4  
**Juniors**  
**100:** R Harris (S Worcs) 13.0  
**200:** R Singleton (Worcs) 28.0  
**800:** H Scott (B&D) 2:30.1  
**1500:** L Addison (Redd) 5:20.0  
**75H:** V Longston (B&D) 12.4  
**HJ:** C Hall (S Worcs) 1.40  
**LJ:** K Ashbridge (Malvern) 4.91  
**SP:** A Smith (Here) 9.74  
**DT:** S Mitchell (Leominster) 24.90  
**JT:** M Keagan (Worcs) 26.52  
**2.5kmW:** E Rivers (Worcs) 21:02.9  
**4x100:** Worcester 55.1

## HERTFORDSHIRE Watford

**Senior boys**  
**100:** D Jackson (Ches) 11.1  
**200:** B Aggert (Oak) 23.8  
**400:** M Stacey (Merch) 53.2  
**800:** 1 T Adams (Herts) 1:54.9; 2 S Hyams (Oak) 1:58.2  
**1500:** M Green (W Herts) 4:24.7  
**3000:** A Cross (Sir J) 9:12.1  
**2000SC:** R Pitt (Sand) 6:36.1  
**110H:** B Britz (Watf) 15.8  
**HJ:** 1 A Elliott (Hitchen) 1.90; 2 Whittingham (Rick) 1.85  
**PV:** J Houldsworth (W Herts) 4.00  
**LJ:** J Littlewood (Sand) 5.79  
**TJ:** R Harle (Round) 12.85  
**SP:** 1 B Walker (Tring) 13.49; 2 S Deamer (Hemel) 12.76  
**DT:** 1 S Rider (Brox) 45.62 (CBP); 2 Walker 41.80; 3 T Attwood (Verulam) 38.24; 4 C Karayannis (Haber) 37.00  
**4x100:** 1 Aldershot & District 52.6; 2 Eastleigh & Winchester 52.8  
**Inters**  
**100/200:** A McKenzie (Nobel) 11.2/23.1  
**400:** S Brookes (Sand) 53.4  
**800:** C Osborne (Pick) 2:03.2  
**1500:** B Byfield (St Alb) 4:59.5  
**3000:** C Gibbons (Sheredes) 9:36.4  
**100H:** D Chapman (Long) 14.6  
**400H:** A Cadwallader (Merch T) 60.6  
**HJ:** R Venner (Merch T) 1.73  
**PV:** N Waters (Sheredes) 3.60  
**LJ:** P Preston (Cavendish) 6.18  
**TJ:** J Gibbons (Haber) 12.43  
**SP:** D Waller (Sheredes) 12.34  
**DT/HT:** L Rosenberg (Bushy) 44.95/45.16  
**JT:** J R Miller (Cavendish) 49.22; 2 J Provan (Beau) 48.36  
**Juniors**  
**100/200:** T Anthony (Monks) 12.1/23.5 (CBP)  
**400:** A Symonds (St Geo) 54.7  
**800:** R Rohleder (Hail) 2:06.6  
**1500:** M Griffiths (Chess) 4:19.1 (CBP)  
**80H:** H Kennedy (Hail) 12.7  
**HJ:** B Smith (Adey) 1.82 (CBP)  
**PV:** J Hutchinson (Marl) 2.80  
**HJ:** A Bryan (Meridian) 5.72 (CBP)  
**TJ:** D Smith (High) 11.79  
**SP:** R Morris (Simon B) 13.34  
**DT:** D Rose (Rick) 32.48  
**JT:** J Odong (Thomas A) 42.52  
**Senior girls**  
**100/100H:** A Batt (Sheredes) 13.5/15.7  
**200:** J Rowe (Sand) 29.1  
**400/400H:** T Allen (STAGS) 62.5/70.1 (CBP)  
**800:** L Joslyn (Sheredes) 2:16.4  
**1500:** R Felton (STAGS) 4:44.9  
**3000:** R Nicholson (Tring) 10:08.6  
**HJ:** R Larbey (Round) 1.55  
**LJ:** K Robson (JSK) 4.67  
**TJ:** J O'Sullivan (Goffs) 10.78  
**SP/DT:** S Williams (Hemel) 9.73/30.42  
**JT:** P Blank (Oak) 42.02  
**Inters**  
**100:** J Oyeyemi (St Margs) 12.6  
**200/80H:** E Miller (Pres) 25.9/12.2  
**300:** K Etchells (Queens) 43.1  
**800:** T Brazier (Collins) 2:14.5  
**1500:** C Fearn (STAGS) 4:51.1  
**3000:** C Campbell (Marrigots) 10:28.3  
**300H:** S Lane (Abbots) 50.1  
**HJ:** 1 K Burgoyne (Sandring) 1.61; 2 C Harvie (Round) 1.58  
**LJ:** S Goldhill (Queens) 4.79  
**TJ:** 1 C Doyle (Beaumont) 10.65; 2 J Sample (Towns) 10.38; 3 D Collins (Sandring) 10.37  
**SP:** M-A Naboya (Queens) 10.12  
**DT:** N O'Neill (Chance) 27.52  
**JT:** T Holman (Rick) 34.14  
**Juniors**  
**100/200:** A Cooke (Berk) 12.7/26.1  
**800:** G Fensome (Berk) 2:28.1

**1500:** K Brooks (STAGS) 4:57.4  
**75H:** H Clulow (STAGS) 12.4  
**HJ:** S Adamson (Pres) 1.48  
**LJ:** L Cowley (Stan) 4.76  
**SP:** 1 McClellan (Collins) 10.40; 2 E Udezue (Queens) 10.18  
**DT:** 1 Udezue 27.90; 2 K Barrow (Stan) 26.60  
**JT:** J King (Round) 28.02

## KENT Hoo

**Senior boys**  
**100:** D Bonich (Bex) 11.1  
**200:** 1 B Barden (Tun) 23.0; 2 L Mitchell (St Aug) 23.0  
**400:** 1 R Patis (Gill) 49.7; 2 N Kirk (Maid) 50.7; 3 P Callow (S&T) 50.8  
**800:** 1 C Moss (Brom NW) 1:53.6; 2 A Graffin (Tun) 1:54.6; 3 M Rogers (Bex) 1:56.4  
**1500:** 1 A Graffin (Tun) 3:58.7; 2 J Calvert (Tun) 4:04.0; 3 A Beckwith (Shep) 4:04.0  
**3000:** J Muthana (C&R) 9:00.8  
**2000SC:** P Martin (S&T) 5:59.9  
**400H:** P Hills (St Aug) 60.2  
**4x100:** J Howlett (Tun) 1.90  
**LJ:** 1 D Hatton (St Aug) 6.89; 2 D Chan (Than) 6.81  
**TJ:** M Tappenden (St Aug) 12.97  
**SP:** 1 S Burman-Roy (Brom NW) 13.40; 2 M Mortley (C&R) 13.11  
**DT:** M McCarrick (S&T) 31.88  
**JT:** A Benn (S&T) 54.44  
**Inters**  
**100:** J Chatt (Graves) 11.2  
**200:** 1 L Turnbull (St Aug) 23.1; 2 L Connick (Brom W) 23.1  
**400:** 1 P Curtis (Maid) 50.2; 2 S Murray (Brom NW) 52.4; 3 N Daniel (Brom W) 53.1  
**800:** 1 B Bax (Maid) 2:01.9; 2 J Alexander (C&R) 2:02.0; 3 J Knell (S&T) 2:04.0  
**1500:** 1 G Baxter (A&W) 4:06.5; 2 M Skinner (Brom W) 4:07.5; 3 A Becirhodovic (Brom W) 4:10.6; 4 S Holmes (Brom W) 4:13.6  
**3000:** J Baker (Brom NW) 9:12.9  
**1500SC:** 1 M Lennon (A&W) 4:31.9; 2 D Martin (S&T) 4:39.8  
**100H:** 1 M Wareham (C&R) 13.8; 2 M Sleet (St Aug) 14.0; 3 D Dyer (Bex) 14.8 (14.6 ht)  
**400H:** O Smith (Maid) 61.0  
**HJ:** 1 M Lloyd (B&D) 2.05; 2 C Petts (A&W) 1.90  
**LJ:** O Omono (Dart) 6.32  
**TJ:** J Tuson (Brom W) 13.10  
**SP:** 1 P Waterman (Brom NW) 14.85; 2 R Spiers (Brom W) 12.51  
**DT:** B Marsden (SEK) 37.18  
**JT:** J Apps (A&W) 59.94  
**Juniors**  
**100:** A Lee (Graves) 12.4  
**200:** M Phillips (Brom W) 25.1  
**400:** J Delham (Maid) 53.8  
**800:** 1 I Hamblin (Brom W) 2:06.7; 2 D Trenowden (SEK) 2:11.6  
**1500:** 1 R Laming (Gill) 4:14.0; 2 T Ganley (Shep) 4:21.9; 3 A Madar (Brom W) 4:21.9; 4 M Flanagan (Tun W) 4:28.4  
**80H:** A Gill (S&T) 12.6  
**HJ:** 1 D Sumner (Brom NW) 1.60; 2 J Rounph (Brom W) 1.60; 3 M Holden (Swale) 1.60; 4 G Gunputram (Gill) 1.60  
**LJ:** B Jackson (Brom W) 5.02  
**TJ:** P Alexander (C&R) 12.45  
**SP:** G Reid-Hughes (Tun) 13.54  
**DT:** P Archer (Brom NW) 39.59  
**JT:** 1 M Purdy (S&T) 47.84; 2 A Simpson (Maid) 44.20; 3 D Pilbury (guest) 41.47; 4 M Semakula (Shep) 39.46; 5 A Wallace (Thanet) 38.64  
**Senior girls**  
**100:** T Nelson (Tun) 12.4  
**200:** J Bassett (C&R) 26.7  
**400:** L Potrac (Brom NW) 60.6  
**800:** R Lovett (Maid) 2:19.6  
**1500:** T Conti (S&T) 5:24.5  
**3000:** K Fletcher (A&W) 11:13.4  
**100H:** E Liston (Brom W) 14.7  
**400H:** E Tomkins (Brom W) 65.3  
**HJ:** C Shaw (Bex) 1.60  
**LJ:** M King (C&R) 4.43  
**T**

**SP:** 1 J Dunkley (Dart) 12.85 (CBP); 2 L Hewitt (St Aug) 10.07  
**DT:** 1 Hewitt 38.22; 2 F Reid-Hughes (Tun) 35.44; 3 C Burton (SEK) 34.40; 4 V Clark (St Aug) 33.90  
**JT:** 1 E Claydon (C&R) 33.70; 2 E Kitney (Thanet) 31.90  
**Juniors**  
**100:** K Augutus (C&R) 13.6  
**200:** 1 C Mais (C&R) 26.4; 2 S Bassett (A&W) 27.2; 3 S Singer (Brom W) 27.4; 4 K Hamilton (St Aug) 27.8  
**800:** 1 R Williams (Gill) 2:20.0; 2 G Viny (Tun) 2:22.8  
**1500:** H Freeman (A&W) 4:56.1  
**75H:** 1 K Porter (Brom W) 12.5; 2 K Milford (C&R) 12.5; 3 S Turnell (S&T) 12.5; 4 K Schaper (Brom W) 12.6  
**HJ:** J Saunders (Maid) 1.50  
**LJ:** E Kugntstler (Brom NW) 4.94  
**SP:** 1 K Morris (Dart) 9.95; 2 R Fox (A&W) 9.72; 3 E Aikhomu (Tun) 9.14  
**DT:** J Robinson (Bex) 23.64  
**JT:** N Campbell (C&R) 31.80

**LANCASHIRE Blackpool**

**TAKING time off** from his GCSE examinations, powerful Blackpool teenager Carl Myerscough (Wyre) thrilled a packed arena with an awe-inspiring series of throws in the intermediate boys' shot putt, Keith Bradshaw reports.

Having set a UK U17 best of 19.23 three weeks ago, demolishing a 14-year-old record, he proceeded to advance his best by a staggering 1.59 metres. A series of 18.32, 18.54, 19.25 (CBP), 19.47 (CBP) prepared the way for a barely believable 20.82m.

Typically modest, Myerscough declared: "I'm stunned, I came here hoping I might reach 20 metres, but not expecting it. When I saw this mark, I was as surprised as everybody else. The conditions were perfect and it all clicked."

Myerscough, 16 and surely one of the brightest prospects in British athletics, will represent Great Britain in an U20 match in Mannheim, Germany this weekend.

Former English Schools champion Steve Wiggins (Preston) looked to have made a full recovery from the back injury which frustrated his efforts last season. He clocked a useful 11.3sec in winning a highly competitive intermediate boys' 100m.

Preston harrier Sarah Hancock (representing Blackpool North) posted a Championship best of 10.51 in the senior triple jump. Blackburn's Hannah Eatough also caught the eye as she raced to a double sprint victory in the senior girls' championship.

**Senior boys**  
**100:** A Ward (Pres) 11.1  
**200:** A Wilson (S Ribb) 24.1  
**400:** R Clifford (Lanc) 50.2  
**800:** G Macpherson (B'pool N) 2:01.2  
**1500:** M Dixon (Hynd) 4:00.2  
**3000:** M Green (B'burn) 8:40.7  
**2000SC:** A Holme (Lanc) 6:21.1  
**110H:** A Adudu (Lanc) 16.0  
**HJ:** A Binns (B'pool N) 1.66  
**LJ:** M Collins (B'burn) 6.83  
**TJ:** B Fayomi (B'burn) 14.03  
**PV:** G Harris (B'pool N) 3.30  
**SP/DT:** D Halliwell (Lanc) 11.78/37.32  
**HT:** P Smith (B'burn) 35.44  
**JT:** M Turner (S Ribb) 48.86

**Juniors**  
**100:** S Wiggins (Pres) 11.3  
**200:** M Kijko (B'pool N) 23.4  
**400:** P McGrath (S Ribb) 55.0  
**800:** W Barry (Chor) 1:57.9  
**1500:** M Bamber (Chor) 4:20.4  
**3000:** C Livesey (S Ribb) 8:55.9  
**1500SC:** K Grant (Pend) 4:39.8  
**100H:** S Bamber (B'burn) 15.0  
**400H:** B Cryer (B'pool S) 67.6  
**HJ:** P Livesey (Chor) 1.85  
**PV:** P Pugh (Pres) 2.70  
**LJ:** J Pilling 9S Ribb) 5.78  
**TJ:** R Heaton (Chor) 12.35  
**SP:** C Myerscough (Wyre) 20.82 (British U17 rec)  
**DT:** A Sweeney (Chor) 38.38  
**HT:** L Kane (B'pool N) 25.06  
**JT:** P Sharpe (Lanc) 54.54

**Juniors**  
**100:** R Mousley (Pend) 12.2  
**200:** M Hogan (Chor) 24.6  
**400:** W Marginson (B'pool S) 54.9  
**800:** M Vinson (Lanc) 2:08.8  
**1500:** G Garrett (Hynd) 4:28.6  
**800H:** G Rees (B'pool S) 12.5  
**HJ:** C Binns (Wyre) 1.61  
**PV:** G Nichols (B'pool N) 1.85  
**LJ:** N Mercer (Wyre) 5.39  
**TJ:** S Heyes (S Ribb) 11.74  
**SP:** M Riley (Chor) 13.04  
**DT:** A Watts (B'pool S) 29.64  
**JT:** J Roden (Chor) 46.98  
**Senior girls**  
**100/200:** H Eatough (B'burn) 12.4/25.9

**400:** L Newton (B'pool N) 59.7  
**800:** K Smithson (Hynd) 2:14.6  
**1500:** J Perry (Lanc) 5:13.7  
**3000:** S Hunter (B'pool N) 12:07.0  
**100H/LJ:** J Noblett (Pres) 15.8/5.19  
**HJ:** B Howarth (B'burn) 1.70  
**TJ:** S Hancock (B'pool N) 10.51rec  
**SP:** R Moss (Pend) 8.49  
**DT:** L Smith (S Ribb) 30.84  
**JT:** S Anshro (B'burn) 31.28  
**Inters**  
**100:** A Ward (B'burn) 12.8  
**200:** R Banks (Chor) 27.2  
**300:** R White (Rossen) 41.8  
**800:** B Dix (Pres) 2:22.0  
**1500:** E Daakin (Pres) 4:49.0  
**3000:** D Culshaw (W Lancs) 11:17.6  
**80H:** K Livesey (B'pool S) 11.7  
**300H:** S Macpherson (Wyre) 47.4  
**HJ:** L White (Hynd) 1.60  
**LJ:** L Taylor (Lanc) 4.90  
**SP:** C Moate (B'pool S) 8.84  
**DT:** S McAteer (Pres) 30.80  
**JT:** C Macrae (Wyre) 35.50

**LEICESTERSHIRE**

**Senior boys**  
**100/TJ:** A Shah (S) 10.8/14.51  
**200/110H:** D Kabangele (W) 23.0/15.7  
**400:** R Cartwright (S) 51.7  
**800:** T Cartwright (S) 1:59.2  
**1500:** T Boyce (W) 4:11.0  
**3000:** J Johnston (N) 9:42  
**HJ:** E Wilson (M) 1.80  
**DT:** S Freestone (N) 40.66  
**JT:** P Startin (S) 50.80  
**Inters**  
**100:** H Richards (W) 11.5  
**200:** L Cole (E) 23.1  
**400:** J Bale (S) 52.5  
**800:** 1 J Salt (W) 2:01.3; 2 S Scrage (S) 2:03.8  
**1500:** J Rue (W) 4:25.1  
**3000:** R Faulkner (M) 9:07.8  
**1500SC:** P Matter (W) 5:57.1  
**100H:** R Williams (SL) 15.2  
**HJ:** W Sbitany (NL) 1.50  
**LJ:** J Emson (N) 6.01  
**TJ:** M Unsworth (M) 11.76  
**SP:** C Cheale (N) 12.24  
**DT:** A Alrawi (N) 35.28  
**JT:** D McGuire (S) 51.50  
**2kmW:** 1 M Kemp (W) 9:38.4; 2 M Deacon (W) 10:06.3  
**4x100:** South 49.8

**LEICESTERSHIRE**

**Senior boys**  
**100:** J Cox (E) 12.1  
**200:** K Ashley (S) 24.9  
**400:** S Raynes (N) 56.2  
**800:** I Turlington (M) 2:07.3  
**1500:** W Throssel (S) 4:30.5  
**3000:** J Parker (NE) 10:18.4  
**800H:** J Canham (N) 12.5  
**HJ:** D Eirdler (M) 1.65  
**LJ:** M Wilmot (W) 5.08  
**TJ:** J Prior (NE) 11.19  
**HT:** C Woods 9N) 40.42  
**JT:** A Davies (M) 25.58  
**2kmW:** B Hibberd (W) 10:52.6  
**4x100:** South 49.8

**U14**  
**800:** P Ard (E) 2:13.2  
**1500:** N Pollard (N) 4:52.5  
**U13**  
**100:** F Punter (E) 12.9  
**200:** N Spinks (N) 27.1  
**800:** 1 D Kent (M) 2:15.5; 2 P Brown (N) 2:20.1  
**70H:** P Dartnall (S) 11.5  
**2kmW:** 1 P Miles (M) 10:20.1; 2 L Finch (W) 10:35.3  
**HJ:** A Long (N) 1.40  
**LJ:** J Fortune (E) 4.02  
**DT:** A Pascall (S) 23.20  
**JT:** J Mulroe (E) 27.98

**Senior girls**  
**100:** R Clark (S) 12.8  
**200:** S Pinel (N) 25.6  
**1500:** E Brown (M) 5:04.2  
**100H:** C Pearson (S) 15.1  
**LJ:** S Pinel (N) 5.23  
**TJ:** R Barby (M) 9.98  
**Inters**  
**100:** H Berry (W) 13.0  
**200:** T Morris (W) 27.1  
**300:** C Brewer (NE) 43.4  
**800:** N Bryan (NE) 2:25.5  
**1500:** F Meakin (W) 5:04.2  
**3000:** V Smith (E) 11:01.6  
**800H:** A Smith (S) 13.1  
**300H:** R Sirrell (S) 53.2  
**HJ:** J Butler (M) 1.55  
**LJ:** C Harwood (N) 4.25  
**SP:** M Dyer (NE) 6.95  
**DT:** E Hardman (NE) 29.56  
**HT:** J Kirkman (N) 21.26  
**2kmW:** A Orton (W) 15:48.6

**4x100:** South 53.0  
**Juniors**  
**100:** R Broughton (W) 12.9  
**200:** E Harriman (M) 27.3  
**800:** N Messenger (S) 2:20.8  
**1500:** C Simkin (W) 5:10.1  
**75H:** 1 H Worsey (M) 11.3; 2 F Breens (W) 11.6  
**HJ:** K Lansdown (W) 1.40  
**LJ:** K Baker (W) 4.36  
**DT:** L Marshall (N) 30.62  
**JT:** A Berry (M) 22.08  
**2kmW:** R Pridmore (W) 10:48.9  
**4x100:** Mid-Leicester 53.7  
**U14**  
**800:** G Jones (S) 2:22.9  
**U13**  
**100:** E Mullins (S) 14.0  
**200:** N Gibson (W) 28.0  
**800:** N Flufe (M) 2:35.2  
**HJ:** A Wilson (R) 1.40  
**LJ:** G Kitcheng (N) 3.83  
**DT:** R Region (R) 19.18  
**JT:** J Brightmore (S) 21.74  
**4x100:** South 59.4

**LINCOLNSHIRE Grantham**

**FOUR championship records** were set, Rob Lewis reports.  
 South Kesteven pair Hayley Young, with a leap of 1.72 metres in the intermediate girls high jump and Richard Smith, with a clearance of 4.20 metres in the Intermediate boys pole vault claimed new records and also TSB English Schools national standards.

Lincoln Schools' Steve Topless and Hayley Zablocky picked up the other records with 10.9 in the senior boys 100 metres and 41.9 in the intermediate girls 300 metres respectively.

Although not taking her elder sister's record there was also a schools national standard of 1.63 metres for Cathy Young in the junior girls high jump.

**Senior boys**  
**100/200:** S Topless (Linc) 11.0 (ht: 10.9)/22.6  
**400:** J Edwards (S Kes) 49.8  
**800:** R Morley (Linc) 1:59.9  
**1500:** N Addison (S Kes) 4:12.3  
**3000:** L Smith (Linc) 9:27.1  
**2000SC:** D Kemp (Holl) 7:22.7  
**110H/HJ:** C Holmwood (Holl) 18.0/1.88  
**400H:** A Newmarch (S Kes) 57.7  
**LJ:** J French (Holl) 6.54  
**TJ:** J Brown (S Kes) 12.49  
**SP/DT:** A Rudkin (S Kes) 12.69/39.46  
**JT:** M Hyde (Holl) 48.72  
**4x100:** Holland 45.8

**Inters**  
**100/200:** S Smith (W Lin) 11.4/23.6  
**400:** M Walker (S Kes) 52.2  
**800:** I Smith (Linc) 2:02.0  
**1500/1500SC:** D Hewitt (Linc) 4:25.9/4:53.0  
**3000:** P Fieldsend (SE Lin) 9:47.7  
**800H:** M Bowler (Holl) 14.7  
**400H:** J Moses (Holl) 64.6  
**HJ:** J Locke (SE Lin) 1.78  
**PV:** R Smith (S Kes) 4.20 (CBP)  
**LJ:** M Broomfield (W Lin) 5.99  
**TJ:** G Conner (W Lin) 12.61  
**SP:** R Pollard (SE Lin) 11.58  
**DT:** R Fowler (W Lin) 38.52  
**HT:** G Minns (Holl) 44.58  
**JT:** N Reason (Holl) 48.70  
**4x100:** Holland 46.3

**Juniors**  
**100:** P Bogg (W Lin) 12.5  
**200:** T Hemingway (Holl) 25.2  
**400:** R Dobbs (Linc) 54.2  
**800:** R Blaygrove (Linc) 2:11.8  
**1500:** B Payne (Gran) 4:35.5  
**75H/TJ:** S Hughes (W Lin) 12.9/11.48  
**HJ:** 1eq G Spicer (Holl) & R Lacey (SE Lin) 1.62  
**PV:** J Reeson (Holl) 2.50  
**LJ:** J Woolf (S Kes) 5.53  
**SP:** M Parkinson (SE Lin) 11.99  
**HT:** G Winchcombe (Linc) 32.24  
**DT:** Y Cheong (S Kes) 26.78  
**JT:** J Louth (Holl) 35.02  
**4x100:** Holland 50.4

**Senior girls**  
**100/200:** C Slade (Holl) 12.7/26.7  
**400/800:** J Himsforth (Holl) 61.0/2:17.0  
**1500:** W Bennett (Holl) 5:59.5  
**3000:** L Jones (Linc) 11:24.8  
**100H:** N Mangidic (Holl) 18.6  
**400H:** S Sneddon (Holl) 75.9  
**HJ:** E Wilson (Holl) 1.35  
**LJ:** L Edwards (W Lin) 4.86  
**SP:** L Watts (S Kes) 9.15  
**DT:** S Pearson (Holl) 26.26  
**JT:** S Robinson (Linc) 34.16  
**4x100:** Holland 53.0

**Inters**  
**100:** A Pullings (Holl) 13.3  
**200:** G French (Holl) 27.4  
**300:** H Zablocky (Linc) 41.9  
**800:** W Blackmore (S Kes) 2:19.7  
**1500:** E Hiley (W Lin) 5:12.5

**3000:** S Edwards (Linc) 12:39.4  
**75H/HJ:** H Young (S Kes) 12.4/1.72 (CBP)  
**300H/LJ:** A Nuttall (Holl) 48.0/5.04  
**SP:** H Barber (Holl) 8.40  
**DT:** M Roberts (Holl) 24.54  
**JT:** A Foster (Linc) 26.86  
**4x100:** Holland 53.6  
**Juniors**  
**100:** E Ward (Linc) 13.3  
**200:** L Goodliff (Holl) 27.4  
**800:** A Francis (W Lin) 2:26.2  
**1500:** K Turner (S Kes) 5:11.6  
**75H:** A Rudman (S Kes) 12.3  
**HJ:** C Young (S Kes) 1.63  
**LJ:** C Vaughan (S Kes) 4.88  
**SP:** C Page (S Kes) 9.48  
**DT:** H Whiteoak (Gran) 20.48  
**JT:** S Lambley (Holl) 23.76  
**4x100:** South Kesteven 53.6

**LONDON Croydon**

**Senior boys**  
**100:** B Olwa (indp) 10.8  
**200:** R David (Ward) 22.5  
**400:** N Hoque (Tower) 48.7  
**800:** S Briffett (Lamb) 1:53.8  
**3000:** J Dunn (Isl) 10:56.8  
**110H:** S Scott (West) 14.7  
**HJ:** P Graham (S'wark) 1.90  
**LJ:** G Ojak (Ward) 6.58  
**TJ:** P Idowu (Tower) 15.09 (CBP)  
**SP:** D Stone (S'wark) 11.78  
**DT:** N Hamilton (S'wark) 28.14  
**JT:** B Cascoe (indp) 52.22

**Inters**  
**100:** A Harris (Lew) 11.2  
**200:** D Burley (Tower) 22.2  
**400:** G Goulbourne (Lew) 53.4  
**800:** B Smalling (K&C) 2:07.7  
**1500:** T Miller (Hack) 4:22.7  
**3000:** W Thorling (S'wark) 10:05.5  
**100H:** D Brewer (S'wark) 13.7  
**400H:** A Ferns (Ham) 58.5  
**HJ:** W Gray (S'wark) 1.95  
**PV:** S Paston (Ward) 1.80  
**LJ:** L Erdman (S'wark) 6.27  
**TJ:** A Ahmed (Tower) 13.96  
**SP/DT:** A Cluskey (Lew) 15.42/37.26  
**JT:** M Memmet (Lew) 42.14  
**4x100:** Tower Hamlets 45.7

**Juniors**  
**100:** J Brown (Green) 11.7  
**200:** M Farrigia (Isl) 53.6  
**400:** E Farrigia (Isl) 53.6  
**800:** D Murphy (Ham) 2:08.8  
**1500:** D Moore (Green) 4:30.9  
**80H:** D Adams (K&C) 12.3  
**HJ:** B Barikor (Tower) 1.76  
**PV:** A Martinez (Lew) 2.95  
**LJ:** K Morgan (Lew) 5.97  
**TJ:** T Edgar (Isl) 12.07  
**SP/DT:** J Butt (Ward) 12.18/31.40  
**JT:** B Apps (Lamb) 39.06  
**4x100:** Lewisham 48.4

**Senior girls**  
**100:** X Powell (Lew) 12.3  
**200:** D Graham (indp) 24.3  
**400:** E Denobrega (indp) 58.1  
**1500:** R Dicker (indp) 5:14.6  
**3000:** A Akinfenwa (K&C) 13:55.5  
**HJ:** L Bolton (Ham) 1.68  
**LJ:** R Baker (K&C) 5:10  
**SP/DT:** E Woodward (Ham) 7.30/20.20

**Inters**  
**100:** N Laws (indp) 12.6  
**200:** L Atunumuo (Lamb) 25.9  
**300:** E Mustapha (Lew) 45.5  
**800/1500:** C Vernon (Lamb) 2:31.7/4:53.3  
**3000:** A Hearn (Lamb) 12:48.8  
**80H:** S Akinbiyi (Camd) 12.0  
**300H:** D Howell (Lew) 51.5  
**400H:** M Onianwa (Lamb) 1.55  
**LJ:** J Johnson (Ward) 5.90 (CBP)  
**SP:** T Akinumi (Lamb) 9.96  
**DT:** M Stock (West) 27.46  
**JT:** L Douglas (Lamb) 30.62  
**4x100:** Lambeth 50.8  
**Juniors**  
**100:** S Wilson (Lew) 13.4  
**200:** C Williams (S'wark) 27.3  
**800:** O Hines (Lamb) 2:30.1  
**1500:** A Hunn (Ward) 5:00.3  
**75H:** L O'Callaghan (Green) 11.9  
**HJ:** E Black (Ward) 1.45  
**LJ:** C Johnson (Lew) 4.76  
**SP/DT:** C Nwanokwu (Ward) 9.49/27.24  
**JT:** J Achimugu (Camd) 22.92  
**4x100:** Wandsworth 53.3

**MERSEYSIDE Wavertree**

**Senior boys**  
**100/200:** N Long (L) 11.0/22.7  
**400:** T Crawford (St) 50.9  
**800:** S O'Leary (W) 1:58.3  
**1100H:** C Barlow (L) 15.8  
**HJ:** A Roberts (St) 6.78  
**LJ:** D Graham (L) 2.06  
**Inters**  
**100:** 1 S Daly (Kn) 10.9; 2 M Darwin (Kn) 11.6  
**200:** C Brennan (L) 23.5  
**400:** 1 L Lowthian (S) 51.4; 2 W Joyce (S) 52.3; 3 S Lebari (L) 52.5  
**800:** I Moran (L) 2:01.5

**1500:** W Goudie (W) 4:14.5  
**100H:** D O'Leary (L) 13.8  
**LJ:** P Roberts (L) 5.28  
**HJ:** J Rice (W) 12.72  
**TJ:** R Tuliper (Kn) 1.95; 2 L Spike (L) 1.91; 3 J Lister (S) 1.88  
**PV:** D Foster (Linc) 3.40  
**SP:** D Readie (S) 15.68  
**DT:** 1 S Stanford (S) 44.84; 2 M Walkden (L) 38.98  
**JT:** 1 A Barnish (W) 49.12; 2 R Brooks (S) 48.06  
**HT:** 1 D Jones (L) 47.34; 2 L McIntosh (L) 43.22

**Juniors**  
**100:** 1 N Harris (L) 12.2; 2 C Stobart (L) 12.2; 3 B Initami (L) 12.2. In heats: D Mangan (Kn) 12.1  
**200:** 1 G Hunter (J) 23.9; 2 S Harrison (St) 24.5; 3 R Franklin (St) 24.5  
**400:** 1 P Rawlinson (W) 53.6; 2 M Brown (L) 56.5  
**800:** A Badderley (W) 2:09.9; 2 B Culligan (W) 2:10.0; 3 D Wainwright (S) 2:10.5 ... 5 A Spencer (S, U13) 2:13.4  
**1500:** 1 Lawton (L) 4:26.6; 2 S Edwards (L) 4:29.6; 3 M Bate (L) 4:31.1  
**80H:** M Schofield (L) 12.5  
**LJ:** C Jenkins (S) 6.21  
**SP:** M Fairhurst (L) 12.53  
**DT:** 1 P Sprung (L) 38.94; 2 D Fogg (W) 36:12.3; 3 J Suku (S) 34.90  
**JT:** M Ainsley (W) 39.82

**Senior girls**  
**100:** 1 J McDougal (S) 12.6; 2 M Murray (St) 12.7  
**200:** McDougal 26.1  
**1500:** C Duncan (L) 4:39.5  
**100H:** M Roberts (S) 15.8  
**LJ:** M Winter (St) 5.59  
**SP:** H Wilding (W) 12.19  
**JT:** C Lloyd (L) 35.04  
**Inters**  
**100:** 1 D Sinnott (L) 12.6; 2 L Riley (St) 12.7; 3 S Batty (W) 12.8  
**300:** 1 C Triggs (S) 41.6; 2 M Whalley (St) 42.3  
**800:** L Vernon (L) 2:19.9  
**1500:** J Shorthall (L) 4:51.4  
**80H:** K Gilmore (L) 12.4  
**300H:** 1 L Connolly (L) 47.4; 2 V Milne (W) 49.3  
**LJ:** J Cuddy (L) 5.44  
**HJ:** G O'Connor (L) 1.60  
**SP:** L Dykes (L) 9.93  
**DT:** 1 V Scott (L) 30.94; 2 C Bakstad (L) 29.78

**JT:** 1 J Kemp (L) 42.82; 2 L Hanley (L) 34.94  
**Juniors**  
**100:** 1 P Cook (L) 12.8; 2 J Ward (L) 13.0; 3 A Ajayi (S) 13.0  
**200:** H Carroll (L) 25.7  
**800:** 1 M Hardiman (L) 2:25.3 ... 5 H O'Connor (St, U13) 2:27.4  
**1500:** 1 J Mocker (S) 4:44.8; 2 S Watts (St) 4:53.2; 3 C Terry (L) 5:00.5; 4 L Michaelson (L, U13) 5:01.5  
**75H:** 1 A Massey (L) 12.1; 2 K Smith (W) 12.3; 3 C Barlow (L) 12.5  
**HJ:** 1 R Harris (L) 1.63; 2 L O'Sullivan (L) 1.60  
**SP:** E Bowyer (W) 11.71  
**JT:** N Broome (W) 28.72

**MIDDLESEX Barnet**

**Senior boys**  
**MATCH:** 1 Enfield 129; 2 Harrow 98; 3 Barnet 66; 4 Ealing 37; 5 Hillingdon 34; 6 Richmond 26; 7 Haringey 24  
**100:** C Lennon (Har) 11.4  
**200:** S Iman (Barn) 23.0  
**400:** 1 R Alleyne (Eal) 50.2; 2 G Noble (Har) 50.2  
**800:** B Sulaiman (Enf) 2:04.0  
**1500:** M Towmnd (Enf) 4:20.6  
**3000:** A Mohammad (Rich) 8:59.5  
**2000SC:** D Simon (Har) 6:02.5  
**110H:** T Dalton (Har) 15.46  
**400H:** J Hanson (Enf) 61.3  
**HJ:</**

Hooke (Enf) 1.85; 3 S Ohene (Barn) 1.80; 4 F Ngondi (Har) 1.80  
**PV:** M Densley (Hill) 3.50  
**LJ:** 1 R Banda (Eal) 6.59; 2 R George (Houn) 6.50  
**TJ:** T Davis (Hill) 13.03  
**SP:** 1 D Daniels (Enf) 14.17; 2 W Wood (Har) 13.70  
**DT:** J Ofuri (Har) 34.04  
**HT:** 1 J Stone (Houn) 51.96; 2 T Harrington (Barn) 45.10; 3 T Ash (Barn) 40.92  
**JT:** 1 P Olweny (Eal) 55.30; 2 S Roberts (Har) 45.64; 3 J Blackburn (Enf) 43.18; 4 D Knox-Hooke (Enf) 43.12  
**4x100:** 1 Enfield 45.1; 2 Hounslow 45.4; 3 Richmond 46.9

**Seniors**  
**100m:** 1 Hounslow 116; 2 Haringey 91; 3 Enfield 78; 4 Barnet 77; 5 Harrow 56; 6 Richmond 53; 7 Ealing 45; 8 Hillingdon 22  
**100:** 1 K Nwaguma (Har) 11.9; 2 A Ghatore (Houn) 12.0; 3 L Henry (Har) 12.0; 4 A Hardas (Enf) 12.0; 5 M Abdi (Houn) 12.1; 6 R Hughes (Har) 12.1  
**200:** A Cunningham (Har) 24.9  
**400:** 1 S Ismael (Barn) 55.4; 2 T Ace (Har) 55.9  
**800:** 1 R Tyrell (Enf) 2:09.3; 2 A O'Donnell (Houn) 2:10.2  
**1500:** R Williams (Har) 4:32.8  
**80H:** 1 O Price (Rich) 12.1; 2 M Eyafe (Houn) 12.4  
**3kmW:** J Morrison (Houn) 19:47.1  
**HJ:** 1 J Doku (Eal) 1.67; 2 J Gardner (Hill) 1.64  
**PV:** S Day (Barn) 2.80  
**LJ:** N Gali (Har) 5.34  
**TJ:** S Gordon (Enf) 11.49  
**SP:** A Moro (Enf) 11.10  
**DT:** F Miele (Har) 39.56  
**HT:** M McEvoy (Eal) 39.22  
**JT:** 1 B Armstrong (Houn) 41.18; 2 J Lovelace (Eal) 40.48; 3 T Loughton (Rich) 39.48; 4 K Kapadia (Enf) 39.18  
**4x100:** 1 Harrow 49.3; 2 Hounslow 49.3; 3 Haringey 49.5; 4 Barnet 50.4; 5 Enfield 50.5

**Senior girls**  
**MATCH:** 1 Harrow 109; 2 Richmond 33; 3 Enfield 24; 4 Barnet 21; 5 Hillingdon 16; 6 Haringey 7  
**100:** J Creary (Har) 13.0  
**200:** T Bishop (Har) 26.4  
**400:** C Thompson (Hill) 61.4  
**800:** K Tallor (Rich) 2:32.0  
**1500:** M Dawkins (quest) 5:02.6  
**100H:** K Fenton (Enf) 20.0  
**400H:** T Duncan (Enf) 63.2  
**LJ:** T James (Har) 4.76  
**SP:** S Brazier (Har) 8.60  
**DT:** S Everett (Enf) 24.22  
**JT:** S Matthews (Bar) 26.92  
**4x100:** Harrow 52.5

**Inters**  
**MATCH:** 1 Barnet 94; 2 Harrow 89.5; 3 Enfield 59; 4 Richmond 54.5; 5 Ealing 51; 6 Hounslow 38; 7 Hillingdon 28; 8 Brent & Haringey 13  
**100:** 1 A Oyepitan (Har) 12.3; 2 L Thomas (Barn) 12.6; 3 M Kilby (Houn) 12.8; 4 N Morrison (Brent) 12.8  
**200:** N Hussein (Eal) 27.4  
**300:** J Stacey (Enf) 43.4  
**800:** B Wilson (Eal) 2:23.7  
**1500:** C Walsh (Brent) 4:45.7  
**3000:** S Dareve (Barn) 12:20.0  
**80H:** R Maxted (Rich) 12.7  
**300H:** K Hall (Enf) 50.2  
**HJ:** 1 Fraser (Eal) 1.68; 2 D Gayle (Har) 1.65; 3 E Lucas (Enf) 1.60  
**LJ:** K McLawrence (Houn) 4.71  
**SP:** E Richards (Eal) 8.92  
**DT:** J John (Eal) 32.74  
**JT:** A Ayero (Hill) 38.62  
**4x100:** Harrow 53.2

**Seniors**  
**100:** 1 Enfield 93; 2 Barnet 62; 3 Harrow 59; 4 Hillingdon 46; 5 Ealing 43.5; 6 Richmond 30; 7 Hounslow 29.5; 8 Haringey 24  
**100:** 1 L Turner (Har) 12.8; 2 D St Helen (Enf) 12.9  
**200:** C Dunbar (Har) 26.5  
**800:** 1 J Bleasdale (Hill) 2:19.1; 2 J Anker (Barn) 2:19.1  
**1500:** S Koehn (Barn) 4:52.3  
**75H:** J Stock (Enf) 13.0  
**HJ:** A Hewitt (Hill) 1.55  
**LJ:** M Paul (Eal) 5.01  
**SP:** O Okwosa (Eal) 9.88  
**DT:** J Sandecomba (Enf) 25.90  
**JT:** S Pretty (Rich) 25.66  
**4x100:** Ealing 53.9

**NORFOLK Norwich**  
**Senior boys**  
**200:** B Watkins (Norw D) 22.5  
**400:** D Howarth (M Norf) 51.9  
**800:** M Pert (Norw D) 1:59.4  
**1500:** T Salmon (Gt Yar) 4:07.4  
**2000SC:** J Collins (Norw C) 6:13.0  
**400H:** J Peppit (N Norf) 60.5  
**HJ:** J Snaith (N Norf) 1.80  
**PV:** J Palmer (Norw C) 4.00  
**SP:** A Carillo (N Norf) 11.63  
**DT:** K Lowe (Gt Yar) 33.52

**HT:** S Williams (N Norf) 41.04  
**JT:** Black (S Norf) 43.36  
**Inters**  
**100:** D Jonas (N Norf) 11.3  
**200:** D Yallop (SE Norf) 23.7  
**400:** D Everett (Norw D) 53.0  
**800:** J Dungan (Norf D) 2:05.3  
**1500:** M Clayton (Norw C) 4:15.8  
**3000/1500SC:** S Roger (Norw D) 10:04.6/4:55.5  
**100H:** C Roberts (Norw C) & J Murfitt (N Norf) 14.2  
**400H:** T Hughes (W Norf) 60.8  
**HJ/TJ:** S Bannister (N Norf) 1.90/12.54  
**PV:** N Jones (Gt Yar) 3.00  
**LJ:** D Yellop 5.83  
**SP:** J Hunt (N Norf) 14.29  
**DT:** P Longland (E Norf) 36.84  
**HT:** G Driscoll (W Norf) 45.96  
**JT:** Holmes (Norw C) 43.86

**Seniors**  
**100:** E Wright (NE Norf) 12.1  
**200:** T Roe (Norw C) 25.2  
**800/1500:** R Caton (Norw D) 2:13.4/4:35.8  
**80H:** L Yate (W Norf) & W Hodgson (SE Norf) 12.3  
**HJ/TJ:** J King (E Norf) 1.60/46.10  
**PV:** L Smith (W Norf) 2.50  
**LJ:** T Roe 5.96; 2 W Hodgson 5.81  
**TJ:** A Woodcroft (S Norf) 11.15  
**SP/DT/HT:** D Howard (W Norf) 12.52/33.52/43.08  
**SP:** 2 S Hickie (SE Norf) 12.45

**Senior girls**  
**200/400:** L Yallop 27.4/61.5  
**800/400H:** C Hall (SE Norf) 2:22.3/63.9  
**1500:** J Moss (W Norf) 4:57.6  
**100H/HJ:** C Everett (Norw D) 15.5/1.65  
**LJ:** G Delacour (Norw C) 4.43  
**PV:** B Beckingsdale (NE Norf) 2.80  
**TJ:** E Graves (W Norf) 10.44  
**SP/JT:** A L Howard (Norw C) 12.86/36.00  
**DT:** L Everett (W Norf) 29.32

**Inters**  
**100/200:** E Parr (Norw D) 12.6/26.0  
**300:** H Magrath (Norw C) 43.9  
**800:** C Glenn (Norw C) 2:24.4  
**1500:** K Marsters (N Norf) 4:52.2  
**80H/300H:** K Pool (Norw D) 13.0/48.5  
**HJ:** A Colin (Norw C) & H Thompson (W Norf) 1.50  
**LJ:** C Dalton (S Norf) 4.93  
**SP:** I Howard (Norw C) 9.74  
**DT:** K Franklin (N Norf) 32.08  
**JT:** C Head (E Norf) 39.20; 2 L Nutt (N Norf) 37.10

**Seniors**  
**100:** S Spinks (W Norf) 12.9  
**200:** L Symonds (SE Norf) 26.9  
**800:** B Parker (W Norf) 2:27.5  
**1500:** S Koziel (W Norf) 4:57.5  
**75H:** H Smith (W Norf) 11.7  
**HJ:** N Potter (S Norf) 1.50  
**LJ:** L Cook (M Norf) 4.69  
**SP:** A Webster (Norw C) 8.78  
**DT/JT:** G Foulds (S Norf) 19.52/22.74

**NORTHANTS Corby**  
**Senior boys**  
**100:** L Sinnott (North) 12.0  
**200:** L Black (Corby) 22.5  
**400:** R Forrest (Kett) 52.0  
**800:** T Rainger (Kett) 1:57.3  
**1500:** F Norris (Kett) 4:08.8  
**3000:** A McCowie (Kett) 10:57.8  
**2000SC:** A Amos (North) 6:17.8  
**110H/PV/LJ:** L Barker (Kett) 15.0/2.80/6.83  
**400H:** T Kingdon (North) 65.6  
**HJ:** L Watson (Kett) 1.74  
**TJ:** T Johnson (Kett) 12.19  
**SP/DT:** S Mehew (Kett) 11.15/33.06  
**HT:** M Bell (Kett) 57.94  
**JT:** D Sexton (North) 36.12  
**4x100:** South Northants 51.3

**Inters**  
**100/SP:** K Akintene (Kett) 12.0/12.88  
**200:** C Lewis (Corby) 24.4  
**400:** S Williams (S'hants) 54.1  
**800:** L Stewart (Corby) 2:02.3  
**1500:** A McKenna (S'hants) 4:13.8  
**3000:** A Morris (S'hants) 9:41.3  
**100H:** D Nolan (Corby) 16.7  
**HJ:** D McSherry (Corby) 1.72  
**PV:** T Abdy (North) 3.40  
**LJ:** K Pugh (North) 6.07  
**TJ:** N Ford (S'hants) 12.57  
**DT:** S Metcalfe (S'hants) 36.16  
**HT:** M Carter (S'hants) 32.74  
**JT:** M Stuart (S'hants) 41.84  
**4x100:** Corby 54.8

**Seniors**  
**100:** A Mark (North) 12.3  
**200:** J Hart (Kett) 25.1  
**400:** M Snow (North) 56.5  
**800:** D Moss (North) 2:13.8  
**1500:** M Glover (North) 4:37  
**80H:** A Matthews (Kett) 12.5  
**HJ:** P Nunley (Well) 1.65  
**PV:** J Poulter (Kett) 1.65  
**LJ:** O Robinson (Well) 5.35  
**TJ:** C Johnson (Kett) 11.35  
**SP/HT:** M Landon (Corby) 12.87/40.78  
**DT:** E Morris (Well) 34.86  
**JT:** S Britten (S'hants) 32.12  
**4x100:** Kettering 48.6

**Senior girls**  
**100:** A Carkeek (Kett) 13.1  
**200:** C Dillon (Kett) 28.1  
**400:** M Cambery (Kett) 62.3  
**800:** L Pringle (North) 2:22.0  
**1500:** S Kennedy (North) 4:56.8  
**3000:** L Kerfoot (Corby) 11:20.9  
**LJ/TJ:** L Hubbard (S'hants) 5.60/10.26  
**SP/DT:** C Sumnall (Corby) 9.88/28.74  
**JT:** R Lawes (North) 29.22  
**4x100:** Kettering 52.8

**Inters**  
**100/SP:** S Hall (Well) 13.7/8.82  
**200/80H:** K Cromwell (S'hants) 27.9/12.7  
**300:** R Currie (North) 43.6  
**800:** S Hardy (Kett) 2:14.3  
**1500:** M Harris (Well) 4:55.5  
**3000:** Y Madiams (Well) 10:56.4  
**400H:** N Smith (S'hants) 57.5  
**HJ:** S Ashton (Well) 1.55  
**LJ:** V Folgate (Kett) 4.65  
**DT:** K Woodrow (S'hants) 26.24  
**JT:** L Porter (North) 33.86  
**4x100:** Corby 54.8

**Seniors**  
**100:** D Barday (Corby) 13.5  
**200:** K Russell (Kett) 27.0  
**800:** D Grove (North) 2:27.7  
**1500:** L Widdocks (North) 4:55.4  
**75H:** A Carmichael (Corby) 13.0  
**HJ:** M Bowley (Kett) 1.42  
**SP:** J Barclay (S'hants) 8.73  
**DT:** L Grainger (Kett) 25.0  
**JT:** F Thomas (S'hants) 27.86  
**4x100:** Kettering 53.8

## NORTHUMBERLAND Gateshead

**CARLY WILSON and Nichola Coates are on course for national success after impressive victories, Brian Kirkley reports.**  
 Wilson, silver medalist at the TSB English Schools Championships last year, stormed home in the junior 800 metres in 2:14.1, 3.3sec inside Val Botham's record of 1988.

Coates, with her familiar aggressive front-running style, set up a long lead from the gun and cruised in some 80m ahead in the junior 1500m.  
 Melissa Anderson was in record breaking form in the junior 100m, shaving a tenth of a second off Aileen Mills' 20-year-old mark with 12.7. The Crumlington girl completed a double in the 200m.

Lisa Wrigglesworth was a fifth of a second inside Melissa Forster's 1995 CBP with 42.1 in the inters' 300m and also collected the discus title.  
 National 3000m champion Kate Grimshaw is on course to defend her title after taking the county title in field 10:18.6, 100m ahead of the field.  
 Sonia Thomas held off the challenge of Justina Heslop to triumph in the inter 1500m.

Ben Warmington reeled off a 110H victory in 15.0 as he prepares to defend his national title at Sheffield.  
 Robert Brown carved out a solo win in the 2000SC while Dave Shenton won the discus and hammer, the latter with an excellent 55.62m.

**Senior boys**  
**100/200:** S Smith (NN) 11.5  
**400:** C Telford (NT) 53.4  
**800:** J Lee (T) 2:13.0  
**1500:** D Anderson (NC) 4:01.0  
**3000:** M Brown (EN) 9:28.8  
**2000SC:** R Brown (NC) 6:10.6  
**110H:** B Warmington (NT) 15.0  
**HJ:** D Hamill (NT) 1.77  
**LJ:** A Thornton (NC) 6.08  
**TJ:** P Alexander (NC) 11.79  
**SP:** B Johnston (EN) 10.05  
**DT/HT:** D Shenton (NC) 32.40/55.62  
**JT:** S Bannon (NN) 47.22

**Inters**  
**100:** 1 T Oswald (NT) 11.5; 2 R Clark (NT) 11.6  
**200:** G Read (EN) 23.0  
**400:** 1 S Young (EN) 54.2; 2 S Mason (NT) 54.3  
**800:** 1 Waterhouse (NC) 2:06.9; 2 C Smith (NT) 2:08.6  
**1500:** J Mooney (NT) 4:14.2  
**3000:** 1 A Bell (T) 9:39.0; 2 M Anderson (NN) 9:41.0  
**1500SC:** A Costello (NN) 4:38.5  
**100H:** P Brown (NC) 14.3  
**HJ:** S Rutter (NT) 1.94  
**PV:** 1 D Raw (N) 3.50; 2 M English (NT) 3.50  
**LJ:** P Taylor (NT) 5.87  
**TJ:** P Walton (NT) 11.85  
**SP:** E Sanders (NC) 13.38  
**DT:** B Denny (NT) 38.19

**Seniors**  
**100:** 1 P Newton (NN) 11.6; 2 M O'Neill (NT) 11.8  
**200:** 1 Newton 24.5; 2 O'Neill 24.6  
**400:** J Murray (NT) 56.7  
**800:** K Besai (NT) 2:08.9  
**1500:** 1 C Scott (NC) 4:30.9; 2 I Downes

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**(CN) 4:32.3**  
**80H:** S Gibson (NC) 13.0  
**HJ:** D Locke (NC) 1.78  
**PV:** D Rambles (T) 3.00  
**LJ:** M Ramsay (NC) 5.11  
**TJ:** B Watson (EN) 11.25  
**SP:** 1 D Foster (NN) 11.00; 2 R Jensen (NN) 10.93  
**DT:** P Curran (T) 31.98  
**HT:** A Rodmell (NT) 35.28  
**JT:** P West (EN) 41.00

**Senior girls**  
**100:** N Rowe (CN) 13.4  
**200:** J Smith (NC) 27.1  
**400:** R Elder (NC) 62.9  
**800:** S Gold (NC) 2:28.0  
**1500:** 1 S Thomas (M) 4:46.1; 2 J Heslop (NC) 4:55.1  
**3000:** S Gay (NT) 11:04.6  
**HJ:** H Watson (NC) 1.20  
**LJ:** S Gardner (NC) 10.00  
**SP:** H Shearer (NC) 9.02  
**DT:** J Bennett (EH) 24.34

**Inters**  
**100:** B Reed (T) 13.2  
**200:** H Hays (NT) 27.7  
**300/DT:** L Wrigglesworth (NN) 42.1 (CBP)/26.50  
**800:** L Dickinson (NT) 2:27.5  
**1500:** A Hunter (NC) 5:07.3  
**3000:** 1 K Grimshaw (NT) 10:10.8; 2 M Forster (EN) 10:28.3  
**80H:** 1 B Reed (T) 12.1; 2 L Veitch (NT) 12.4  
**HJ:** E Jackson (NC) 1.64  
**LJ:** J Barsanti (NC) 5.04  
**TJ:** F Booth (NC) 9.59  
**SP:** E Smith (NC) 8.82

**Seniors**  
**100/200:** M Anderson (NT) 12.7 (CBP)/26.2  
**800:** 1 C Wilson (EN) 2:14.1 (CBP); 2 L Cummings (CN) 2:23.8  
**1500:** N Coates (NT) 4:38.6; 2 E Thompson (NC) 4:51.5  
**75H:** A Teale (NT) 12.0; 2 L Pringle (NT) 12.2  
**HJ:** C Milline (NC) 1.42  
**LJ:** L Butler (NC) 4.86  
**SP:** S Wilson (NC) 9.26  
**DT:** C Moore (NT) 24.84  
**JT:** M McFaul (NN) 21.66

## N YORKSHIRE York

**ANOTHER massive throw by David Parker was the outstanding performance of the meeting, Roger Norton reports.**  
 Parker threw 69.12 to smash the championship record. In the girls events it was another field event which caught the eye. Rachael Hoggood won the discus, with 48.12 as well as winning the shot.  
**Senior boys**  
**100:** S Flintoff 12.5; 200/400: B Young 23.0/52.0  
**800:** M Winterburn 2:02.4  
**1500:** M Raw 4:01.0  
**2,000SC:** S Marwood 6:21.3  
**110H:** R Sabin 18.1  
**400H/DT:** D Powell 55.6/39.14  
**HJ:** 1 J Roberts 1.98; 2 M Wright 1.98  
**LJ:** A Clay 6.66  
**TJ:** K Hullis 11.88  
**SP:** M Harfoot 12.07  
**JT:** R Thompson 43.60

**Inters**  
**100:** G Young 11.7  
**200:** J Blackman 23.2  
**400:** J Miers 54.4  
**800:** P McCluskey 2:09.1  
**1500:** R Gilbert 4:15.5  
**3000:** W Hepples 9:12.3  
**1500SC:** G Comish 4:44.6  
**100H:** J Steele 14.7  
**400H:** R Jenkinson 64.8  
**HJ:** H Hammond 1.80  
**PV:** M Scott 3.00  
**LJ:** M Grimson 6.00  
**TJ:** P Revell 12.23  
**SP:** J Hoffenden 13.00  
**DT:** J Goforth 38.92  
**JT:** D Parker 69.12 (CBP)

**Seniors**  
**100:** L Innes 12.7

**200:** M McCoombe 26.1  
**400:** R Wilde 56.1  
**800:** J Andrews 2:13.0  
**1500:** J Huff 4:40.3  
**80H:** M Barclay 12.0  
**HJ:** D Taylor 1.60  
**LJ:** A Slee 5.45  
**TJ:** J Miller 11.50  
**DT:** P Bamley 11.14  
**HT:** M Cornforth 31.12  
**JT:** Z Marlowe 11.14

**Senior girls**  
**100/HJ:** R Kent 13.8/1.45  
**200:** J Coleshill 28.1  
**400:** E Peel 73.8  
**800:** M McCormack 2:43.1  
**1500:** K Duke 4:52.7  
**3000:** A Connolly 10:12.9  
**100H/LJ:** A Ashby 15.6/5.23  
**400H:** H Jenkinson 81.5  
**TJ:** E Walker 10.12  
**SP/DT:** R Hoggood 10.78/48.12  
**JT:** A Nyhan 37.40

**Inters**  
**100:** T Jones 13.1  
**200:** A Hutchinson 28.2  
**300:** S Littlewood 41.5  
**800:** S Littlewood 2:22.4  
**1500:** J Hogan 4:54.3  
**80H:** D Heslop and R Berry 13.4  
**300H:** A Dent 48.8  
**HJ:** G Gibson 1.60  
**LJ:** R Farrow 4.74  
**SP:** K McArthur 8.78  
**DT:** L Carroll 24.30  
**JT:** R Skinner 32.36

## NOTTS Nottingham

**CORI HENRY** continued his impressive 400 metres season a week after lowering the county senior record to 47.39sec, Trevorrecknall reports.

The 19-year-old printing student clocked 47.8, finishing 45 metres ahead of his nearest rival.  
 The only other National standard on a low key day in the stadium that housed last year's TSB English Schools Championships was by first year inter Tom Hayman, who extended his discus PB by almost a metre to 45.44m.

Reigning English Schools champs Simon Burton (inters' 1500m) and Barry Woodward (juniors' 800m) suffered defeats on their returns to the scene of last July's triumphs but are already qualified for Sheffield this year.

Woodward was always headed by his Mansfield Harriers clubmate Colin Young in the inters' 800m while Burton was beaten by a positive piece of front-running by Lee Garrett.  
 Helen Lee was the pick of the girls. She lowered the county inters' 300m record to 41.1sec despite the absence of close competition.

**Senior boys**  
**MATCH:** 1 North Notts 113; 2 City 109; 3 South Notts 68; 4 Mansfield 17  
**100:** D Haslam (Nth) 11.3  
**200:** A Crossley (Sth) 22.9  
**400:** C Henry (Sth) 47.8  
**800:** C Parkin (Nth) 2:03.7  
**1500:** L Garrett (Nth) 4:01.3  
**3000:** R Lawes (Nth) 9:15.9  
**2000SC:** N Talbot (Sth) 6:21.5  
**110H/400H:** P Carney (Nth) 16.7/59.5  
**HJ:** R Curzon (Sth) 1.85  
**PV:** E Toeman (Sth) 3.50  
**LJ:** D Taylor (Nth) 5.97  
**TJ:** S Senbanjo (City) 12.57  
**SP:** L Bostock (City) 11.38  
**DT:** J Rashid (Nth) 33.40  
**HT:** S Lewin (City) 28.68

**JT:** J MacFarlane (City) 44.20  
**4x100:** North Notts 45.4

**Inters**  
**MATCH:** 1 South Notts 116; 2 City 96; 3 Mansfield 72; 4 North Notts 43; 5 Newark 29

**100:** J Aidoo (Sth) 11.6  
**200:** 1 N Bailey (Sth) 23.9; 2 S Morris (City) 23.9

**400:** O Klemba (Sth) 52.5  
**800:** 1 C Young (Mans) 1:58.4; 2 B Woodward (Mans) 1:59.3

**1500:** T Barnard (Nth) 4:22.8  
**3000:** S Whiten (Mans) 9:32.9  
**1500SC:** R Denton (Sth) 4:45.0  
**100H:** R Newton (Newk) 13.9

**400H:** S Offiler (Sth) 60.8  
**HJ:** P Roberts (City) 1.85  
**PV:** G Smith (City) 2.45  
**LJ:** R Brookes (Nth) 5.60  
**TJ:** J Lane (Mans) 11.94  
**SP:** J Harpham (Mans) 11.77  
**DT:** T Hayman (Mans) 45.44  
**HT:** D Mooney (Mans) 27.74  
**JT:** M Bond (City) 45.22  
**4x100:** South Notts 47.4

**Juniors**  
**MATCH:** 1 Nottm City 92; 2 South Notts 91; 3 Mansfield 68; 4 Newark 45; 5 North Notts 24

**100:** S Lucas (Sth) 12.4  
**200:** A Black (Mans) 25.8  
**400:** A Ritchie (City) 55.8  
**800:** 1 T Duke (Nth) 2:07.9; 2 L Gibbons (Sth) 2:09.0

**1500:** A Mallows (Sth) 4:34.0  
**80H:** A Bacon (Mans) 13.0  
**HJ:** P Hindley (Nth) 1.60  
**PV:** S Gadd (Sth) 2.15  
**LJ:** S Hall (Sth) 4.95  
**TJ:** O Senbanjo (City) 12.25  
**SP:** L Annibal (Mans) 11.00  
**DT:** J Dunn (Sth) 26.48  
**HT:** R Green (City) 24.50  
**JT:** P Diamond (City) 43.14  
**4x100:** 1 Mansfield 49.8; 2 Newark 50.2

**Senior girls**  
**MATCH:** 1 City 84; 2 South Notts 43; 3 North Notts 29; 4 Newark 25

**100:** Davies (Nth) 13.6  
**200:** C Hallam (City) 26.5  
**400:** C Marriott (Newk) 65.8  
**800:** S Reynolds (City) 2:33.5  
**1500:** L Dean (Nth) 5:24.7  
**3000:** S Dignun (City) 13:34.2  
**100H:** K Kristandottir (City) 22.9  
**400H:** S Buckingham (City) 84.7  
**HJ:** 1 S Kitchen (Newk) 1.60; 2 R Farm (Nth) 1.60  
**LJ:** H Barrett (Sth) 4.04  
**TJ:** J Fitzgibbon (Sth) 8.73  
**SP:** R Broughton (City) 7.85  
**DT:** N Challands (Sth) 27.18  
**JT:** F Kitchinson (Sth) 27.50  
**4x100:** City 55.3

**Inters**  
**MATCH:** 1 South Notts 70; 2 North Notts 50; 3 Newark 48; 4eq Mansfield & Nottm City 42

**100:** S Browning (Sth) 13.6  
**200:** 1 H Lee (Nth) 41.1; 2 S Stanley (Sth) 42.4  
**400:** S Palmer (Sth) 2:20.6  
**800:** M Keep (Sth) 5:05.5  
**3000:** C Luddy (City) 13:24.0  
**80H:** N Sherston (Newk) 12.9  
**HJ:** B Brown (Sth) 1.60  
**LJ:** A Fendley (Newk) 4.93  
**TJ:** K Bass (Newk) 8.76  
**SP:** K Barratt (Mans) 9.36  
**DT:** J Andrews (Nth) 32.16  
**JT:** A Jones (City) 27.30  
**4x100:** North Notts 54.3

**Juniors**  
**MATCH:** 1 South Notts 85; 2 North City 63; 3eq Mansfield & North Notts 28; 5 Newark 27

**100:** H Whamsley (Nth) 13.8  
**200:** S Hall (Nth) 27.5  
**400:** L Munton (Newk) 2:27.9  
**1500:** J Potter (Sth) 5:01.6  
**75H:** M Colley (City) 13.0  
**HJ:** H Thierme (City) 1.45  
**LJ:** H Peters (Sth) 3.98  
**SP:** F Ward (Sth) 8.62  
**DT:** N Banton (City) 22.42  
**JT:** J Gregory (Mans) 22.04  
**4x100:** 1 South Notts 55.4; 2 City 55.4

**OXFORDSHIRE**  
 Oxford

**Senior boys**  
**100:** C Winter (Vale) 12.2  
**200:** T Ikimi (South) 24.7  
**400:** M Brewerton (WV) 53.8  
**800:** A Pringle (Vale) 2:15.5  
**1500:** S Kimber (City) 4:17.8  
**2000SC:** W Murray-Jones (Vale) 8:13.7  
**110H/HJ:** R Sear (City) 15.2/2.0  
**400:** A Hicks (City) 55.4  
**PV:** M Manning (City) 3.20  
**LJ/SP:** G Killick (North) 6.62/11.07  
**TJ:** R Maynard (Vale) 12.84  
**DT:** W Smith (North) 31.76  
**JT:** E Lithbridge (Vale) 46.46  
**4x100:** City 47.3

**Inters**  
**100:** T Upchurch (City) 11.8

**200/400:** A Pike (North) 24.6/54.0  
**800:** M Curson (North) 2:02.6  
**1500:** F Malone-Lee (Vale) 4:18.6  
**3000:** R Anderson (South) 9:39.0  
**1500SC:** A Orr (North) 5:39.5  
**100H:** W Sheane (North) 15.1  
**400H/TJ:** C Exon (North) 62.7/12/65  
**HJ:** M Wickens (North) 1.73  
**LJ:** P Watson (Vale) 6.05  
**SP/DT:** A Waters (North) 13.24/44.0  
**HT:** T Wheatcroft (South) 26.86  
**JT:** P Kelly (North) 44.26  
**4x100:** Vale 47.9

**Inters**  
**100:** E Ijkerne (South) 12.2  
**200:** A Penny-Larter (City) 24.7  
**400:** A Bell (South) 54.3  
**800:** R Dean (South) 2:08.4  
**1500:** A Flynn (North) 4:29.9  
**HJ/LJ:** T Greenwood (Vale) 1.69/5.84  
**TJ:** C Poole (Vale) 10.88  
**SP:** B Stephens (City) 11.09  
**DT:** O Oyaide (North) 33.50  
**HT:** P Holton (South) 20.56  
**JT:** L O'Driscoll (Vale) 36.64  
**4x100:** City 49.3

**Senior girls**  
**100:** P Woodlands (City) 13.7  
**200/400:** M Clements (City) 26.6/61.3  
**800:** A Taylor (Vale) 2:44.2  
**1500:** K Caffell (City) 4:49.0  
**3000/DT:** C Wheatcroft (South) 12.17.8/30.58

**400H:** L Johnson (City) 70.7  
**HJ:** T Higgs (Vale) 1.35  
**LJ:** E White (Vale) 4.87  
**TJ:** H Field (City) 10.69  
**JT:** S Gibbs (North) 36.06  
**4x100:** Vale 55.5

**Inters**  
**100/200:** H Bylewski (North) 13.3/27.0  
**400:** A Charles (City) 40.8 (ht: 40.4)  
**800:** M Gardiner (North) 2:31.0  
**1500:** G Brown (City) 5:11.2  
**3000:** L Martin (City) 11:51.0  
**80H:** E Robinson (North) 13.6  
**300H:** K Warner (Vale) 51.0  
**HJ:** N Richins (North) 1.65  
**LJ:** K Rooke (Vale) 4.88  
**SP/DT:** K Mellis (North) 9.81/36.64  
**DT:** 2 A Hill (City) 35.58  
**JT:** H Torgersoren (Vale) 30.02  
**4x100:** Vale 53.6

**Juniors**  
**100/200:** J Sloan (City) 13.5/27.9  
**800:** 1 L King (North) 2:22.8; 2 C Austin (Vale) 2:23.6  
**1500:** H Dean (Vale) 4:53.0  
**75H:** H Barling (City) 12.4  
**HJ:** K Dunkley (Vale) 1.56  
**LJ:** M Johansen (South) 4.81  
**SP:** N Taplin (City) 9.58  
**DT:** R Stowell (City) 24.8  
**JT:** P Dunmore (City) 24.12  
**4x100:** 1 South 54.7; 2 North 54.7

**SHROPSHIRE Telford**

**Senior boys**  
**100/200:** D Lawson (NSC) 11.2/22.6  
**400:** S Morris (NSC) 51.9  
**800:** 1 C Tipton (LV) 1:58.6; 2 J Overton (AN) 1:59.1  
**1500:** C Davies (SCAT) 3:57.4  
**3000:** T Boyle (SCAT) 8:37.3  
**2000SC:** A Naylor (NC) 6:20.8  
**400H:** M Afford (TCAT) 60.0  
**HJ:** D Hartshorn (AN) 1.78  
**PV:** O Chaplin (TCAT) 4.00  
**LJ:** P Ferguson (WC) 6.08  
**TJ:** B Milton (WC) 12.99  
**SP/DT:** S James (SCAT) 14.65/40.84  
**HT:** L Blewett (WC) 35.74  
**JT:** A Wilson (I) 45.02  
**4x100:** North Shropshire College 46.8

**Inters**  
**100/200:** P Fallows (WC) 12.0/25.3  
**400:** A Crichton (O) 53.4  
**800:** L Hughes (BB) 2:05.2  
**1500:** O Laws (SS) 4:07.5  
**3000:** P Huelin (BB) 9:53.3  
**1500SC:** S Wray (M) 4:29.9  
**100H/400H:** K Drury (RP) 14.4/59.0  
**HJ:** C Lovatt (AD) 1.78  
**PV:** J Phillips (WB) 3.45  
**LJ:** M Thomas (WB) 6.06  
**TJ:** N Alonzo (WC) 12.07  
**SP/DT:** M Rowe (WB) 12.84/42.32  
**HT:** D Kelcher (BB) 45.80  
**JT:** M Magill (AV) 42.76  
**4x100:** Wrekin College 47.2

**Juniors**  
**100/200:** K Wincott (WV) 12.6/25.4  
**400/PV:** N Myatt (AD) 63.3/2.65  
**800:** M Pelesok (WK) 2:07.9  
**1500/HJ:** G Hodgson (BE) 4:21.2/1.57  
**80H:** I Glendinning (I) 13.2  
**LJ:** J Rogers (OW) 5.13  
**TJ:** N Rochester (M) 10.86  
**SP:** K Fudge (BB) 10.71  
**DT:** G Suraj (AD) 32.26  
**HT:** N Riley (BB) 24.28  
**JT:** C Allinson (EC) 47.60  
**4x100:** Wrockwarden Wood 52.4

**Senior girls**  
**100/200:** H Small (SC) 12.8/25.8  
**400:** S Ketterer (NC) 65.3  
**1500/3000:** K Wray (NSC) 5:39.5/11.47.0

**HJ/LJ:** R Forrest (WB) 1.78/5.25  
**TJ:** H Boyle (WC) 8.30  
**SP:** R Davies (SCAT) 9.14  
**DT:** K Claber (WC) 19.62  
**JT:** V Wozniak (WC) 23.58

**Inters**  
**100:** K Bailey (AD) 12.3  
**200/300:** R Caines (CH) 25.8/41.8  
**800:** G Owen (BE) 2:29.0  
**1500:** S Davies (WB) 5:35.0  
**3000:** C Davies (WW) 10:45.4  
**80H:** K Livingstone (L) 13.3  
**300H:** S Nicolle (AW) 46.4  
**HJ:** L Rogers (EW) 1.60  
**LJ:** C Ryan (SGH) 4.97  
**SP/DT:** E Cank (GMD) 9.60/33.74  
**JT:** C Stamp (BRJ) 33.16  
**4x100:** Abraham Darby 53.4

**Juniors**  
**100/200:** L Watkin (CH) 12.7/25.6  
**800:** G Becke (BE) 2:30.9  
**1500:** S Gatford (EW) 5:05.1  
**75H:** L Daley (BB) 12.6  
**HJ/LJ:** S Furlonger (O) 1.54/4.78  
**SP:** R Royle (CH) 9.97  
**DT:** F Hinnett (L) 25.44  
**JT:** L Briggs (TT) 22.40  
**4x100:** Shrewsbury Girls High School 57.1

**S YORKS Don Valley**

**PHILIP PERIGO and Richard McNabb** were in sparkling form on the track, **Roger Norton** reports.

Perigo knocked almost a second off the championship best clocking 21.7 in the senior 200 metres while McNabb's 49.9 equalled the record for the intermediate 400.

Ben Flint cleared 4.80 in the senior pole vault, a mark equalled by the intermediate Christian Linsley. Both were new records. In the junior girls long jump Fiona Harrison added 15 cm to the record with a jump of 5.50.

**Senior boys**  
**100:** A Pinder (Don) 11.4  
**200:** 1 P Perigo (Don) 21.7 (CBP); 2 M Ball (Sheff) 22.1  
**400:** E Colquhoun (Sheff) 55.4  
**800:** J Metcalf (Sheff) 2:05.7  
**3000:** D Hinde (Sheff) 9:23.7  
**110H:** R Churchill (Roth) 15.1  
**2000SC:** J Ward (Sheff) 6:19.5  
**HJ:** M Leigh (Roth) 1.95  
**PV:** 1 B Flint (Don) 4.80 (CBP); 2 C Guite (Roth) 4.60  
**TJ:** C Fielding (Roth) 12.17  
**SP:** M Barber (Sheff) 14.41  
**JT:** N McHale (Roth) 40.30

**Inters**  
**100:** M Lacey (Sheff) 11.9  
**200:** M Watts (Don) 23.1  
**400:** R McNabb (Roth) 49.9 (eq CBP)  
**800:** M Bailey (Barns) 2:02.8  
**1500:** S Iggles (Roth) 4:23.3  
**3000:** D Middleton (Barns) 9:19.2  
**100H:** R Hollinger (Don) 14.1  
**1500SC:** D Colquhoun (Sheff) 4:57.5  
**HJ:** P Martin (Sheff) 1.90 (CBP)  
**PV:** C Linsley (Barns) 4.80 (CBP)  
**LJ:** J Buttle (Roth) 6.03  
**TJ:** D Hatfield (Roth) 12.30  
**SP:** B Mercer (Sheff) 11.47  
**DT:** S Bromilow (Don) 27.08  
**JT:** M McCoy (Don) 47.44  
**4x100:** Rotherham 47.7

**Juniors**  
**100:** S Alabi (Roth) 12.2  
**200:** 1 C Bedford (Barns) 24.1; 2 C Duxbury (Don) 24.4  
**400:** P Beswick (Barns) 57.5  
**800:** J Russell (Roth) 2:06.6  
**1500:** S Bates (Don) 4:21.3  
**80H:** J Tattershall (Roth) 12.2  
**HJ:** R Hudson (Roth) 1.55  
**PV:** D Broadhead (Roth) 3.00  
**LJ:** K Hamilton (Don) 5.65  
**TJ:** K Pike (Roth) 10.94  
**SP:** G Everton (Don) 10.29  
**DT:** J Taylor (Sheff) 38.00 (CBP)  
**JT:** D Matthews (Roth) 40.22  
**4x100:** Rotherham 48.4

**Inters**  
**100:** Y Dawes (Sheff) 27.3  
**200:** C Concannon (Sheff) 59.8  
**400:** K Sparshott (Sheff) 2:46.9  
**800:** J Ingman (Barns) 4:39.5  
**1500:** J Devlin (Barns) 71.8  
**400H:** L Gutter (Sheff) 11.93  
**DT:** S Pennie (Don) 22.88

**Inters**  
**100:** J Pateman (Roth) 12.9  
**200:** S Welburn (Barns) 27.8  
**400:** L Chambers (Sheff) 44.5  
**800:** V Wilkinson (Sheff) 2:24.6  
**1500:** J Spooner (Sheff) 5:10.6  
**3000:** N Todd (Sheff) 12:39.6  
**80H:** L Foster (Sheff) 12.8  
**300H:** C Gregory (Sheff) 47.6  
**HJ:** H Norburn (Roth) 1.45  
**LJ:** L Yeardeley (Roth) 5.41  
**SP:** L Wragg (Sheff) 8.37  
**DT:** H White (Roth) 27.50  
**JT:** R Fox (Barns) 31.56  
**4x100:** Rotherham 52.7

**Juniors**  
**100:** H Mee (Sheff) 13.1

**200:** D Clethro (Don) 26.7  
**800:** I Gray (Sheff) 2:26.9  
**1500:** R Fender (Barns) 4:55.9  
**75H:** L McShane (Sheff) 11.9  
**HJ:** L Bilton (Roth) 1.40  
**LJ:** F Harrison (Roth) 5.50 (CBP)  
**SP:** S Saddington (Roth) 9.20  
**DT:** K Green (Sheff) 26.50  
**JT:** C Stringer (Roth) 24.84  
**4x100:** Sheffield 53.6

**STAFFS Northwood**

THE record books were re-written on five occasions, **Dave Edwards** reports.

Matthew Sutton's championship record in the junior boys' hammer ranked as the best performance of the day. The South East Staffs youngster obliterated L Cartwright's 19-year-old record of 45.60m with 62.98, confirming his No.1 ranking in his age group.

Amanda Forrester enhanced her reputation with a senior girls' sprint double slicing 0.4 seconds from another record of 19 years standing with a scorching 200m win in 25.3. She followed that by hitting the national standard with a 100m victory in 12.2.

Jodie Hurst pulled out the jump that confirms her status as one of the favourites for the senior girls' triple jump title. The junior international added 59 centimetres to her best by clearing 12 metres for the first time. Her 12.20 improved her own championship record by over 80cm and places her second on the national rankings in her age group, a centimetre adrift of Justine Cruickshank.

Stoke's Andrew Corey added 15cm to Ian Wilding's record in the junior boys' pole vault by clearing 3.40. He displayed his versatility by also taking the 400m in 54.4.

Stoke's junior girls' relay squad clipped 0.9 seconds from the 4x100 mark set by Wolverhampton in 1974. Rachel Redmond completed a superb sprint double in the junior girls, hitting the national standard on both occasions.

Leanda Adams achieved a 300 and 80m hurdles double. She took the longer event in 48.0, before recording an English Schools' entry standard of 11.9 in the sprint.

Jonathan Farmer improved his medal prospects with an emphatic 100 metre win in the intermediate boys section.

**Senior boys**  
**100 (+2.5):** A Anderson (Cann) 11.8  
**200 (+0.5):** J Bailey (Stoke) 24.2  
**400:** G Taylor (Staff) 52.1  
**1500:** L Boulton (Moor) 4:29.3  
**3000:** G Dale (Moor) 9:46.0  
**110H (+1.7):** Bailey 15.5  
**400H:** N James (Cann) 61.7  
**HJ:** J Clarke (Cann) 1.85  
**LJ:** R Collins (Moor) 5.46  
**TJ:** B Wooley (Bur) 13.63  
**SP/DT:** D Black (Staff) 10.91/39.96  
**HT/JT:** J James (SES) 41.16/43.48  
**4x100:** Burton 47.4

**Inters**  
**100 (+2.7):** 1 J Farmer (Bur) 11.1; 2 A Gardner (Staff) 11.3; 3 A Hope (Stoke) 11.4; 4 R Walker (Staff) 11.5  
**200 (+2.1):** Gardner 23.0  
**400:** 1 M Newton (ESE) 52.5; 2 M Elkes (Stoke) 53.0  
**800:** 1 S Heathcote (Moor) 2:04.3; 2 A Bullock (Cann) 2:05.1; 3 C Moores (Stoke) 2:05.7  
**1500:** R Heath (Moor) 4:23.5  
**3000:** M Simcox (Moor) 9:20.3  
**100H (+2.9):** 1 K Knox (Stoke) 14.1; 2 I Millar (Stoke) 14.8; 3 Newton 15.1  
**400H:** M Blaymires (Cann) 62.7  
**1500SC:** M Smith (Staff) 4:47.0  
**HJ:** 1 C Wallace (Staff) 1.83; 2 D Wilkes (New) 1.80; 3 S Hall (SES) 1.80  
**PV:** 1 K Howle (Stoke) 3.50; 2 Bullock 3.50  
**LJ:** C Wallace (Staff) 6.17  
**TJ:** P Tuohy (Staff) 12.26  
**SP:** 1 L Woodward (Cann) 14.12; 2 A Carter (Staff) 12.78  
**DT:** Carter 38.32  
**HT:** 1 C Adams (Staff) 44.98; 2 Carter 40.96  
**JT:** G Hand (Stoke) 46.82  
**4x100:** 1 Stoke 46.9; 2 Stafford 47.4

**Juniors**  
**100 (+2.8):** 1 D Mountford (Stoke) 11.8 (11.7 ht); 2 R Wiseman (Bur) 12.1; 3 A Bentley (Stoke) 12.3 (12.1 ht)  
**200 (+1.5):** P Williams (Stoke) 24.4 (24.3 ht)  
**400:** 1 A Corey (Stoke) 54.4; 2 R Parkes (Staff) 56.8  
**800:** D Fleming (Cann) 2:15.9  
**1500:** D Hopkins (New) 4:33.3  
**80H (+0.7):** P Williams (Stoke) 12.6  
**HJ:** 1 R Spendlove (Bur) 1.75; 2 C Astle

(Cann) 1.72  
**PV:** A Corey (Stoke) 3.40 (CBP)  
**LJ:** Mountford 5.77  
**TJ:** O Campbell (Bur) 11.33  
**SP:** 1 P Line (Stoke) 11.36; 2 G Hancox (Stoke) 10.54  
**DT:** A Sutton (Cann) 27.78  
**HT:** 1 M Slater (Staff) 62.98 (CBP); 2 Slater 39.48  
**JT:** 1 S Poole (Cann) 43.38; 2 D Marshall (Stoke) 41.02; 3 D Nicholls (Cann) 40.16  
**4x100:** 1 Stoke 48.4; 2 Burton 50.3; 3 Stafford 51.7

**Senior girls**  
**100 (+2.2)/200 (+2.5):** A Forrester (Stoke) 12.2 (eq CBP)/25.3 (CBP)  
**400:** A Bullock (Cann) 61.0  
**1500:** K Martin (Stoke) 5:00.4  
**3000:** C Vines (Staff) 11:07.4  
**100H (+2.9):** J Hodgson (SES) 18.5  
**HJ:** M Pattison (Moor) 1.40  
**LJ:** A Williams (Staff) 4.98  
**TJ:** J Hurst (New) 12.20 (CBP)  
**SP:** T Aniyi (Moor) 9.16  
**DT:** N Bell (Moor) 24.24  
**JT:** C Spurway (Staff) 26.26

**Inters**  
**100 (+2.5):** 1 E Lloyd (Staff) 12.6; 2 C Cameron (New) 12.2 (12.7 ht)  
**200 (+0.5):** Lloyd 26.8  
**400:** J Ford (New) 44.8  
**800:** 1 K Tromans (Staff) 2:18.8; 2 V Owen (Stoke) 2:19.1  
**1500:** D Brown (Stoke) 4:47.6  
**3000:** A Ainscough (SES) 11:59.7  
**80H (+2.8):** L Adams (Moor) 11.9; 2 H Warrilow (Stoke) 12.3  
**300H:** 1 Adams 48.0; 2 S Taylor (Cann) 50.2  
**HJ:** G Carey (Stoke) 1.45  
**LJ:** Warrilow 5.46  
**SP:** N Healey (Staff) 9.26  
**DT:** 1 H Corneby (Staff) 31.82; 2 H Burgess (Stoke) 29.28  
**JT:** 1 L Patterson (Bur) 32.04; 2 K Pinner (Moor) 31.68  
**4x100:** Stafford 57.3

**Juniors**  
**100 (+2.3):** 1 R Redmond (Stoke) 12.5; 2 R Bates (Stoke) 12.8  
**200 (+0.5):** Redmond 25.6  
**800:** 1 N Daniels (Stoke) 2:16.6; 2 C Booker (Stoke) 2:22.9  
**1500:** E Ward (Stoke) 4:42.1  
**75H (+2.0):** 1 L Giles (Stoke) 11.8; 2 N Atkins (Cann) 12.5  
**HJ:** S Miller (Stoke) 1.43  
**LJ:** R Bates (Stoke) 5.13  
**TJ:** J Street (SES) 9.77  
**DT:** S Phillips (Cann) 25.02  
**JT:** E Kendrick (Stoke) 30.56  
**4x100:** Stoke 50.8

**SUFFOLK Ipswich**

**Senior boys**  
**100:** E Law (North) 12.0  
**200:** J Hayward (South) 24.6  
**400:** T Owens (South) 53.2  
**800:** D Griffin (West) 1:56.6  
**1500/2000SC:** G Irvine (South) 4:46.0/6:38.1  
**3000:** B Laid (South) 9:28.9  
**110H:** R Erth (North) 16.1  
**400H/HJ:** G Fisher (West) 58.7/1.90  
**PV:** D Hatten (West) 2.35  
**LJ:** A Shaw (South) 5.79  
**TJ:** J Martin (North) 12.24  
**SP:** J Bull (South) 14.10  
**DT:** W Robins (South) 28.64  
**HT:** J Sawyer (West) 34.86  
**JT:** D Jakes (North) 42.54  
**4x100:** South 47.7

**Inters**  
**100/200:** S Flaherty (South) 11.6/23.1  
**400:** R Nixon (South) 51.2 (CBP)  
**800:** N Wilkinson (South) 2:04.5  
**1500:** L Adolph (West) 4:26.7  
**3000:** R Myhill (West) 9:48.5  
**100H/HJ:** J McDade (South) 14.2/1.85  
**400H:** T Seston (South) 57.8  
**PV:** S Ayres (South) 3.45 (CBP)  
**LJ:** K Kirkham (South) 5.99  
**TJ:** J Hale (North) 12.58  
**SP:** N Wilson (North) 14.47  
**DT:** C Buckingham (Staff) 31.10  
**HT:** R Currie (South) 24.9  
**JT:** C May (South) 42.96  
**4x100:** South 46.2

**Juniors**  
**100:** T Graham (South) 11.9  
**200/DT:** J Stafford (Staff) 24.8/34.12  
**400:** R Pine (West) 59.6  
**800:** L S Elliott (Staff) 2:12.5  
**1500:** M Reynard (West) 4:35.1  
**80H:** J Shields (North) 14.3  
**HJ:** C Young (West) 1.45  
**LJ:** R McKenzie (North) 5.37  
**TJ:** R Meares (North) 11.48  
**SP:** D Garrard (South) 10.38  
**JT:** D McCadden (South) 35.02  
**4x100:** West 52.7

**Senior girls**  
**100/SP:** E Wilson (South) 13.7/8.25  
**200/400:** J Peirce (South) 27.5/60.5  
**1500:** E Eadon (South) 5:56.0  
**3000:** E Brooker (North) 10:11.2 (CBP)  
**400H:** K Reece (South) 71.1

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**4x100:** Central 51.3  
**Juniors**  
 100: A Carter (S) 13.2  
 200: R Guthrie (C) 26.7  
 800: K Pontin (S) 2:28.3  
 1500: B Southern (C) 5:17.2  
 3000: S McCreavy (C) 11.9  
**HJ:** G Collins (E) 1.45  
**LJ:** A Carter (S) 5.01  
**DT:** S Moore (N) 20.22  
**JT:** J Parkinson (C) 25.30  
**SP:** C Cathcart (N) 8.24  
**4x100:** Central 53.1  
**Cecil Wilkins Trophies:** Tim Wurr and Yvette Carlin

Coventry 50.9  
**Inter girls**  
 100: T T Martin (Cov) 12.5; 2 D Williams (San) 12.9; 3 V Akabogu (Cov) 12.9  
 200: 1 Martin 25.8; 2 L Cresswell 26.1  
 300: 1 Cresswell 41.5; 2 S Rice (Cov) 42.0; 3 L Allen (San) 43.6  
 400: E Hathaway (SC) 2:16.4  
 1500: N Murrin (Sol) 4:48.6  
 3000: L Dodd (Dud) 11:29.2  
 80H: 1 J Hyslop (Cov) 12.2; 2 S Williams (Awb) 12.6; 3 S Bello (Cov) 12.6; 4 S Matthews (KN) 12.8; 5 K Scambler (Awb) 12.8  
 300H: 1 Hyslop 46.6; 2 S Bellow (Cov) 47.6; 3 C Campbell (Awb) 48.8; 4 H Barber (SC) 50.1  
**HJ:** A Morris (Wol) 1.53  
**SP:** N Kerr (ES) 10.49  
**DT:** 1 Kerr 40.46; 2 A Hajipaulis (KN) 36.56; 3 R Cox (ES) 32.74  
**JT:** M Wynne (San) 29.32  
**4x100:** 1 Coventry 50.2; 2 Sutton Coldfield 51.1; 3 Aston West Birmingham 51.4  
**Juniors**  
 100: 1 D Maylor (AWB) 12.9; 2 E Walker (AWB) 13.1  
 200: 1 C Barnes (Wal) 26.2; 2 Walker (AWB) 26.6  
 3000: 1 H Wood (Sol) 2:19.7; 2 R Jones (Dud) 2:25.7  
 1500: 1 R Jablonski (San) 4:53.6; 2 K Lowe (Cov) 4:59.6; 3 V Harris (Dud) 5:01.6

## WEST MIDS Birmingham

**Senior boys**  
 100: 1 M Pusey (KN) 11.1; 2 A Tibbetts (Dud) 11.1; 3 T Manners (KN) 11.2; 4 D Bruce (San) 11.3; 5 J Londley (Seb) 11.3  
 200: 1 D Price (Sol) 22.2; 2 D Bruce (San) 22.9  
 400: Price 51.0  
 800: 1 P Morby (Sol) 1:55.6; 2 R Daville (Kov) 1:55.9; 3 G Beard (Dud) 1:58.0; 4 I Khan (Wal) 2:00.4  
 1500: N Dosaiah (KN) 4:09.6  
 3000: L Fisher (Cov) 9:07.4  
 110H: A Tibbetts 15.3  
 400H: T Manners (KN) 58.6  
 2000SC: M Lee (Cov) 6:59.7  
 4000SC: 1 K Elsheik (Sol) 1:30; 2 T Hill (Sol) 1.84  
**PV:** B Armstrong (San) 4:10  
**LJ:** S O'Hare (SC) 6.22  
**TJ:** A O'Hare (SC) 12.56  
**SP:** A Southgate (SC) 10.94  
**DT:** T Harper (SC) 22.86  
**JT:** L Desmond (Sol) 40.78  
**HT:** I Martin (San) 40.36  
**4x100:** 1 Sandwell 44.1; 2 Solihull 44.4; 3 Sutton Coldfield 48.1  
**Inters**  
 100: 1 L Davis (San) 11.0; 2 P Lewis (Wal) 11.2; 3 T Willets (Sol) 11.3  
 200: 1 Davis 21.7; 2 Lewis 22.0; 3 M Levy (Seb) 23.0  
 400: 1 J Benjamin (AWB) 53.3; 2 D Swann (Dud) 53.4  
 800: 1 A Evans (SC) 2:26.6; 2 N Cockayne (Wal) 2:03.8; 3 J Binfield (KN) 2:04.0; 4 R Fowler (KN) 2:04.3  
 1500: 1 S Lees (Sol) 3:58.6; 2 N Dunnett (Dud) 4:06.9  
 3000: D Rowan (Sol) 9:10.3  
 100H: A Thmas (KN) 14.9  
 400H: A Evans (SC) 61.6  
**HJ:** 1 Wilson (Cov) 1.90; 2 K Hill (Cov) 1.81; 3 P Hughes (Sol) 1.81  
**PV:** 1 R Chapman (Wal) 3:70; 2 A Thomas (KN) 3:70; 3 P Miles (SC) 3.60  
**LJ:** B Robinson (Wal) 6.04  
**TJ:** Robinson 13.85  
**SP:** A Wildsper (San) 12.02  
**DT:** A Allport (SC) 41.02  
**JT:** 1 Allport 46.08; 2 A Clarke (E&S) 43.20  
**HT:** C Bray (Dud) 32.12  
**4x100:** 1 Kings Norton 47.0; 2 Sandwell 47.0  
**Juniors**  
 100: 1 L Francis (San) 11.6; 2 A Williams (E&S) 11.7; 3 A Alder Sand) 12.0; 4 L Thurgood (Dud) 12.1; 5 K Ozeran (KN) 12.1  
 200: 1 Williams 23.8; 2 Alder 24.6  
 400: 1 J Pitt (KN) 55.6; 2 A May (Sol) 56.9  
 800: 1 C Mander (Sol) 2:06.7; 2 A Russell (San) 2:09.4; 3 D Clarke (Seb) 2:09.0; 4 C Moore (Awb) 2:11.0; 5 T Richmond (Cov) 2:11.6  
 1500: P Andrew (Cov) 4:33.0; 2 J Walsh (Seb) 4:38.1  
 80H: S Padmore (Cov) 12.2; 2 M Dewsbury (Awb) 12.4; 3 N Gabbidon (Awb) 12.5; 4 M Howes (KN) 12.5  
**HJ:** 1 J Alix (Dud) 1.69; 2 J Jackson (KN) 1.66  
**LJ:** 1 B Benjamin (KN) 5.81; 2 J Alix (Dud) 5.61  
**4x100:** 1 Solihull 49.0; 2 Kings Norton 49.4; 3 Sutton Coldfield 49.6; 4 K Dudley 49.8; 5 South East Birmingham 50.4; 6

## WEST YORKS Cleckheaton

**Senior boys**  
 100: P Sampson (Brad) 11.8  
 200: J Shawcross (Wake) 22.4  
 400: P Wells (Leeds) 54.2  
 800: S Mowforth (Leeds) 2:02.0  
 1500: R Lawrence (Leeds) 4:15.1  
 3000: C Winn (Leeds) 9:19.3  
 2000SC: R Asquith (Kirk) 6:42.5  
 110H: A Gill (Brad) 14.6  
**HJ:** R Dent (Wake) 1.66  
**LJ:** K Mason (Leeds) 6.52  
**TJ:** P Broadley (Brad) 12.98  
**SP:** D Bishop (Kirk) 11.76  
**DT:** S Rees (Brad) 30.62  
**HT:** T Davis (Brad) 45.30  
**JT:** G Thorpe (Brad) 35.02  
**Inters**  
 100: L Thompson (Leeds) 11.5  
 200: P Phillips (Kirk) 23.2  
 400: L Scarumazza (Kirk) 54.2  
 800: R King (Kirk) 2:08.3  
 1500: S Firth (Kirk) 4:12.1  
 3000: J Stewart (Cald) 8:57.7  
 2000SC: K Goulding (Kirk) 4:47.3  
 100H: R Payne (Leeds) 15.2  
 400H: G Lamb (Leeds) 58.5  
**HJ:** D Brining (Leeds) 1.78  
**PV:** R Smith (Wake) 2.75  
**LJ:** S Garnett (Wake) 6.20  
**TJ:** C Cox (Cald) 12.80  
**SP:** B Farrar (Brad) 12.44  
**DT:** S Broadley (Brad) 39.00  
**HT:** T Cunnane (Wake) 49.98  
**JT:** M Smith (Wake) 46.30  
**Juniors**  
 100: C Irving (Cald) 11.8  
 200: A Irvine (Cald) 24.3  
 400: T Michael (Cald) 56.7  
 800: A Kirk (Leeds) 2:12.3  
 1500: R King (Kirk) 4:22.5  
**80H:** T Becham (Leeds) 13.3  
**HJ:** C Feather (Brad) 1.54  
**PV:** D Cunnane (Wake) 2.85  
**LJ:** P Gabriel (Kirk) 5.62  
**TJ:** L Mallor (Kirk) 11.98  
**SP:** C Wade (Cald) 14.03  
**DT:** C Wadsworth (Cald) 30.54  
**HT:** J Bateson (Brad) 27.80  
**JT:** J Spencer (Wake) 41.22  
**Senior girls**  
 100: M Guest (Kirk) 12.9  
 200: N Crosby (Brad) 25.8  
 400: M Whiteley (Kirk) 62.9  
 800: T Briggs (Cald) 2:20.4  
 1500: S Glover (Leeds) 5:01.7  
 3000: J Burbidge (Cald) 10:57.6  
 100H: E Lucas (Cald) 18.1

**HJ:** C Ledger (West) 1.49  
**LJ/TJ:** S Jeeves (West) 4.83/10.58  
**DT:** J Ransome (North) 20.34  
**JT:** M Sharp (West) 27.72  
**Inters**  
 100/200 C Moody (West) 12.9/26.6  
 300: H Clench (South) 43.2  
 800: L Miles (South) 2:29.5  
 1500: H Sampson (South) 5:35.4  
 3000: K Gabriel (South) 12:06.7  
 80H: N Hall (South) 11.9  
**HJ:** V Bradshaw (South) 1.59  
**LJ:** L Lucas (South) 4.69  
**SP/DT:** A Wilson (South) 11.24/26.42  
**JT:** L Honeycombe (North) 31.56  
**4x100:** West 51.8  
**Juniors**  
 100: S Allen (South) 13.3  
 200: K Chittock (North) 28.3  
 800: C Snelgrove (South) 2:27.2  
 1500: E McNally (South) 5:03.3  
 75H: C Browne (South) 13.4  
**HJ:** A Bloie (West) 1.40  
**LJ:** V Coyle (North) 4.65  
**SP:** R Maniscalco (South) 9.03  
**DT:** C Truman (North) 20.70  
**JT:** A Green (North) 22.94  
**4x100:** South 54.7

## SURREY Norbiton

**Senior boys**  
 100: M Girard (K) 11.0  
 200: S Roll (M) 23.7  
 400: 1 R Scantlebury (K) 50.4; 2 K Sowemino (CS) 51.7  
 800: P Birchall (W) 2:01.3  
 1500: 1 A Moses (SS) 3:57.9; 2 Y Yusuf (NC) 4:04.1; 3 A Barnes (NWS) 4:04.7  
 3000: K Mensah (K) 9:45.5  
 110H: 1 D Leslie (SS) 15.6; 2 M George (SC) 15.7  
 400H: M Mason (CS) 56.7  
**HJ:** W Phillips (W) 1.86  
**PV:** 1 W Jousser (NES) 4.60; 2 S McLennon (NES) 4.60; 3 R Cooper (NES) 4.20  
**LJ:** 1 D Smith (G) 6.49; 2 K Eaves (SC) 6.83  
**TJ:** 1 M Nesbeth (NC) 14.52; 2 L Ilo (CS) 14.32  
**SP:** S Skinner (SS) 11.04  
**DT:** O Jones (CS) 36.62  
**JT:** M Francis (S) 59.52  
**HT:** P Fuller (K) 49.38  
**4x100:** Kingston 46.4  
**Inters**  
 100: C Miller (S) 11.6  
 200: 1 S Hassan (SS) 23.6; 2 R Hart (CS) 23.9  
 400: 1 A Bilby (S) 51.1; 2 J Beharie (NC) 52.6; 3 M Riddell (NC) 52.7  
 800: 1 G Price (S) 1:59.5; 2 C Purser (NC) 2:02.4; 3 T Solomon (K) 2:03.0; 4 A Pinks (G) 2:03.2; 5 A Flannagan (SS) 2:03.9; 6 A Fitzpatrick (NES) 2:04.1  
 1500: J McCullagh (M) 4:16.9  
 3000: A Franklin (S) 9:02.0  
 110H: 1 G Hall (S) 14.4; 2 B Seidon (CS) 14.4; 3 L Harrington (SS) 14.5; 4 R Brown (W) 14.7; 5 G Hooper (S) 14.9  
 400H: 1 C Wood (NES) 57.7; 2 D Hayden (NES) 58.4  
 1500SC: B Hunt (CS) 4:53.6  
**HJ:** M Dellierra (G) 1.78  
**PV:** S Fidler (SS) 3.30  
**LJ:** D Thompson (CS) 6.37  
**TJ:** M Tiekou (NC) 12.71  
**SP:** N Owen (NES) 12.65  
**DT:** E Coates (G) 39.24  
**JT:** B Poynter (NC) 41.58  
**HT:** 1 P Nourse (K) 41.20; 2 Y Erol (NC) 40.62  
**4x100:** 1 Sutton 45.9; 2 Merton 46.0  
**Juniors**  
 100: H Ainkamba (SC) 12.0  
 200: A Heatley (W) 24.9  
 400: 1 D Moulton (SS) 51.9; 2 K Catley (S) 54.8; 3 L Morby (M) 55.3; 4 S Alvarez (S) 55.3; 5 S Cooreen (W) 56.0  
 800: O Holme (W) 2:06.1  
 1500: 1 R Ward (S) 4:20.0; 2 R Douglas (CS) 4:21.6  
 80H: 1 J Crawshaw (SS) 12.0; 2 D Saban (S) 12.0; 3 M Karim (NES) 12.1; 4 C Tye-Walker (NWS) 12.3  
**HJ:** B Rochford (M) 1.72  
**PV:** C Johnston (NC) 2.65  
**LJ:** 1 D Grant (NC) 5.85; 2 P Kiddell (CS) 5.71  
**TJ:** 1 A White (M) 12.44; 2 K Otoo (CS) 12.0; 3 E Efeuni (G) 11.99; 4 J Liburd (SS) 11.86; 5 A Thomas (NC) 11.81  
**SP:** M Cahill (S) 11.03  
**DT:** E Statham (SS) 28.54  
**JT:** 1 R Baldwin (CS) 41.08; 2 A Kelly (S) 38.46; 3 A Hall (CS) 38.18  
**HT:** 1 T Whitehead (G) 40.48; 2 E Osie (NC) 35.28  
**4x100:** 1 South Surrey 49.8; 2 North Croydon 50.6  
**Senior girls**  
 100: J Ridge (SS) 13.1  
 200: H Prier (NWS) 26.4  
 400: 1 S Harrison (NC) 57.9; 2 C Phillips (S) 59.6  
 800: H Green (NWS) 2:22.7  
 1500: A Finney (NWS) 5:10.3

**100H:** 1 C Wynter-Pink (S) 15.1; 2 K Mayhead (K) 15.2  
**400H:** 1 N Pocock (G) 66.1; 2 R Simpson (G) 66.5  
**HJ:** 1 C Greengrass (SS) 1.45; 2 K Horner (CS) 1.45  
**LJ:** E North (K) 4.75  
**SP:** 1 N Smith (NES) 13.44; 2 C Bennett (CS) 11.98  
**DT:** S Houghton (NWS) 27.56  
**JT:** J Bruce (NWS) 40.04  
**4x100:** Kingston 53.6  
**Inters**  
 100: L Mason (SS) 13.4  
 200: 1 N Gaynor (K) 26.0; 2 V Terry (NWS) 26.4  
 300: 1 K Braithwaite (M) 41.9; 2 M Tallon (S) 42.7; 3 N Eglinton (NWS) 43.3  
 800: M Jordan (S) 2:23.8  
 1500: 1 A Hartney (NWS) 4:53.0; 2 K Hayes (SS) 4:53.9  
 80H: 1 C O'Sullivan (S) 11.8; 2 S Porter (S) 12.2; 3 T Packenham-Walsh (W) 12.8  
 300H: 1 Y Ige (M) 44.7; 2 L Fitzgerald (NES) 47.5; 3 S Vanwyk (G) 48.1; 4 E Connolly (G) 49.5  
**HJ:** L Beisly (NES) 1.47; 2 E Harrop (SS) 1.47  
**LJ:** L Mathie (SS) 5.26  
**SP:** H Jones (CS) 8.37  
**DT:** S Matthews (SS) 29.4  
**JT:** 1 A Neale (SC) 35.50; 2 J Couch (NES) 34.44  
**4x100:** 1 Central Surrey 51.7; 2 South Surrey 52.6  
**Juniors**  
 100: C Shonete (S) 13.2  
 200: 1 L Hart (SS) 27.8; 2 M Woodruff (S) 27.8  
 800: A Lucas (SS) 2:23.6  
 1500: G Greenfield (W) 5:02.9  
 75H: 1 E Chatfield (G) 12.5; 2 D Barber (W) 12.6; 3 V Gates (NWS) 12.6; 4 S Woodruff (S) 12.6  
**HJ:** C Stern (SS) 1.53  
**LJ:** N Brant (K) 4.62  
**SP:** M Coats (G) 9.91  
**DT:** M Sasse (S) 26.70  
**JT:** M Kemp (S) 28.82  
**4x100:** 1 North West Surrey 53.4; 2 Guildford 53.6

## SUSSEX Crawley

**MATCH:** 1 Brighton, Hove & Portslade (BHP) 215; 2 West Sussex North (WSN) 204; 3 Mid-Sussex (MS) 173; 4 West Sussex West (WSW) 131; 5 West Sussex South (WSS) 83 6 Ouse Valley (OV) 64; 7 Eastbourne (E) 63; 8 Hastings (H) 55  
**Senior boys**  
 100: S Komba (OV) 11.5  
 200: N Dawson (W) 22.1 (CBP)  
 400: S Baldock (H) 47.7 (CBP)  
 800: M Murphy (BHP) 2:02.1  
 1500: T Naylor (BHP) 4:19.7  
 3000: D Wicks (H) 8:57.2  
 2000SC: A Robinson (WSN) 6:12.8  
 110H: D Malins (MS) 15.6  
 400H: P Soldini (WSN) 59.5  
**HJ:** T Vanhinsberg (WSN) 2.00 (CBP)  
**PV:** G Manville (WSN) 3.40  
**LJ:** M Jordan (WSN) 6.27  
**TJ:** M Usher (BHP) 13.48  
**SP:** R Lawrence (WSS) 11.54  
**DT:** P Thomas (MS) 36.52  
**JT:** S Monahan (WSS) 28.06  
**JT:** G Kybett (E) 44.86  
**4x100:** Seaford College (WSW) 45.4  
**Inters**  
 100: J Burt (E) 11.2 (CBP)  
 200: J McFetters (E) 23.1  
 400: J Groenen (E) 51.5  
 800: S Eys (MS) 1:58.4  
 1500: L Jones (BHP) 4:11.6  
 3000: G Thompson (MS) 9:16.3  
 110H: V Frimpong (BHP) 14.6  
 400H: D Magezi (E) 62.9  
 1500SC: M Goacher (BHP) 4:57.1  
**HJ:** A Davison (MS) 1.80  
**PV:** D Ingram (WSS) 3.90  
**LJ:** K King (WSW) 6.22  
**TJ:** C Holcombe (WSW) 12.64  
**SP:** M Lovell (MS) 11.57  
**DT:** G Skevia (WSN) 44.88  
**HT:** K Hoad (MS) 30.04  
**JT:** R Edwards (BHP) 50.42  
**4x100:** Thomas Bennett (WSN) 46.5  
**Juniors**  
 100: K Fletcher (BHP) 12.1  
 200: J Green (WSN) 24.9  
 400: W Aylette (BHP) 57.5  
 800: B Pettit (BHP) 2:13.7  
 1500: T Read (WSN) 4:21.0  
 80H: N King (OV) nrg  
**HJ:** R Davison (MS) 1.60  
**PV:** D Arnold (BHP) 2.50  
**LJ:** C Pickett (H) 5.55  
**TJ:** D Goodchild (E) 11.20  
**SP:** A Alinia (WSS) 13.05  
**DT:** A Fyffe (WSN) 30.74  
**HT:** M Lewis (WSN) 33.14  
**JT:** J Davey (E) 40.92  
**4x100:** Longhill (BHP) 49.5  
**Senior girls**  
 100: K Jordan (WSN) 13.4  
 200: M-L Metraux (BHP) 26.2

**400:** R Baker (WSN) 58.1  
**800:** C Luscombe (BHP) 2:47.2  
**1500:** J Downes (WSS) 4:59.9  
**3000:** S Davey (WSS) 10:28.0 (CBP)  
**100H:** S Sykes (MS) 16.0  
**400H:** L Buxton (WSS) 63.3 (CBP)  
**HJ:** L Weldon (MS) 1.60  
**LJ:** S Phillips (H) 5.14  
**TJ:** S Wakeford (OV) 10.34  
**SP:** T Ibru (BHP) 10.82  
**JT:** G Porter (WSW) 31.48  
**4x100:** Roedean (BHP) 53.3  
**Inters**  
 100: G Downing (BHP) 13.1  
 200: R King (WSN) 26.1  
 300: H Dixon (WSN) 43.5  
 800: S Whiby (WSN) 2:17.2  
 1500: K Allen (WSN) 5:00.1  
 3000: E Satterley (BHP) 10:24.4 (CBP)  
 80H: C Judd (BHP) 12.5  
 300H: G Swetnam (BHP) 46.4  
**HJ:** M Parker (WSW) 1.45  
**LJ:** A Riddell (MS) 4.73  
**SP:** L Dargan (H) 11.02  
**DT:** A Hat (WSW) 31.38  
**JT:** L Smith (WSN) 34.26  
**4x100:** Hazelwick (WSN) 53.2  
**Juniors**  
 100: E Piper (E) 13.2  
 200: N Faulkner (E) 27.2  
 800: K Isles (WSN) 2:23.0  
 1500: L Austen (BHP) 5:07.2  
 75H: Z McKinnon (MS) 12.0  
**HJ:** J Irving (WSS) 1.45  
**LJ:** E Brooks (BHP) 4.78  
**SP:** C Schofield (WSS) 9.85  
**DT:** S Smithson (BHP) 28.44  
**JT:** K Radd (BHP) 29.28  
**4x100:** Newlands Manor (E) 55.0

## WARWICKSHIRE Leamington

**Senior boys**  
 100/200: J Noon (C) 11.6/22.8  
 400: E Inder (E) 53.3  
 800: S Skinner (E) 2:05.7  
 1500: A Child (C) 4:35.8  
 110H: M Bartlett (N) 18.7  
 400H: P Williams (C) 67.8  
 2000SC: J Inder (E) 7:30.3  
**HJ:** C Anderson (N) 1.82  
**PV:** (C) 2.20  
**LJ:** A Stancojevic (C) 8.29  
**TJ:** J Shadforth (E) 11.16  
**DT/SP:** M Watson (N) 32.18/10.29  
**JT:** P Bridges (E) 47.56  
**HT:** T Wurr (C) 54.0 CBP  
**Inters**  
 100: S Williams (C) 11.4  
 200: K Malin (C) 24.6  
 400: N) 53.6  
 800: I Hickman (S) 2:06.0  
 1500: N Holmes (N) 4:30.3  
 3000: B Jenkins (C) 9:25.9  
 100H: P Woolhead (E) 15.3  
 400H: P Corrs (E) 62.5  
 1500SC: A Akehurst (S) 5:20.0  
 110H: 1 J Bowler (S) 1.82; 2 W Blythe (C) 1.80  
**PV:** E Hargreaves (C) 2.60  
**LJ:** M Stancojevic (C) 6.38  
**DT:** O Raison (S) 12.61  
**JT:** C Spencer (E) 30.98  
**JT:** K Ferguson (C) 39.46  
**SP:** T Orpen (E) 11.30  
**HT:** C Batchelder (C) 35.28  
**4x100:** Central 47.2  
**Juniors**  
 100/200: L Bryan (C) 11.8/23.9  
 400: D Kendall (E) 58.4  
 800: 1 E Nicholson (E) 2:06.5; 2 J Cox (C) 2:09.0; 3 M Lockren (C) 2:12.3  
 1500: J Beddon (N) 4:40.2  
 80H: S Thomas (E) 12.8  
**HJ:** A Reeves (C) 1.62  
**PV:** M Tovey (C) 2.20  
**LJ:** D Rainu (C) 5.14  
**TJ:** J Bright (C) 11.88  
**DT:** J McPherson (E) 30.06  
**SP:** B Cox (E) 37.28  
**HT:** D Powell (E) 11.04  
**SP:** M Newell (N) 23.62  
**4x100:** 1 Central 48.8; 2 East 49.8; 3 North 50.0  
**Senior girls**  
 100/200: D Rose (C) 12.6/26.3  
 400: L Kempton (C) 63.2  
 800: L Jones (C) 2:21.5  
 3000: K Monk (C) 11:57.6  
 100H: F Inder (E) 18.9  
 400H: L Clarke (C) 68.5  
 110H: J Skidmore (C) 29.90  
**SP:** R Carslake (C) 8.69  
**Inters**  
 100/200: S Nash (C) 12.6/26.2  
 400: S Elliott (C) 41.7  
 800: N Drew (N) 2:31.3  
 1500: G Howard (G) 5:04.9  
 3000: S Insoil (C) 13.10  
 800H: L Horsfield (C) 13.3  
 300H: 1 Y Carlin (E) 46.9; 2 A McNestry (E) 48.7; 3 R Davidson (C) 49.3  
**HJ:** 1 B Orford (C) 1.64; 2 Horsfield 1.60  
**LJ:** Carlin 5.39  
**DT:** V Blower (N) 22.60  
**JT:** K McGuire (E) 31.58  
**SP:** L Churm (N) 9.85



400H: J Oates (Brad) 65.5  
 HJ: B Moffatt (Brad) 1.69  
 LJ: K Rogers (Brad) 5.60  
 TJ: K Brow (Brad) 11.24  
 SP: R Dawson (Brad) 7.75  
 DT: S Backhouse (Leeds) 40.38  
 JT: F Dowling (Leeds) 28.40

**Inters**

100: E Phillips (Cald) 12.3  
 200: E Freeman (Kirk) 25.8  
 300: C Crosland (Brad) 41.7  
 800: H Nutton (Wake) 2:22.9  
 1500: S Pritchard (Leeds) 5:12.1  
 3000: A Green (Cald) 11:57.8  
 800H: R Dales (Wake) 12.8  
 300H: L Siddall (Wake) 45.4  
 HJ: J Payne (Wake) 1.67  
 LJ: D Freeman (Leeds) 5.34  
 SP: V Shepherd (Wake) 11.21  
 DT: T Cameron (Leeds) 25.18  
 JT: L Wilson (Brad) 32.66

**Juniors**

100: J Wainwright (Leeds) 13.2  
 200: C O'Halloran (Leeds) 27.8  
 800: N Holdsworth (Kirk) 2:21.7  
 1500: K Davey (Leeds) 5:07.5  
 75H: K Mosby (Wake) 12.6  
 HJ: A Tooley (Leeds) 1.36  
 LJ: N Wilson (Kirk) 4.60  
 SP: C Kentgen (Wake) 9.15  
 DT: H Balmforth (Kirk) 22.38  
 JT: M Lonsdale (Wake) 29.92

**WILTSHIRE Swindon**

**Senior boys**

100/400: M Morant 11.8/51.4  
 200: G Barrett 24.1  
 800: M West 2:04.3  
 1500: M Friar 4:31.4  
 3000: S Plummer 9:18.8  
 110H: N Bridges 18.4  
 PV: G Lease 3.90 (rec)  
 LJ: V Yu 5.81  
 TJ: A Jeffries 13.41  
 DT: B Moss 33.3  
 SP: M McKee 11.64  
 JT: J Scott 41.74

**Inters**

100: J Palmer 11.5  
 200: M Jones 23.4  
 400: M Cowan 53.2  
 800: T Loveday 2:01.8  
 1500: M Southcott 4:23.1  
 3000: S Harris 9:58.6  
 1500SC: C Blythin 5:09.4  
 100H: D Newall 14.6  
 400H: P Jackson 64.9  
 HJ: R Smith 1.70  
 LJ: C Mortimer 5.84  
 TJ: L Wilson 12.76  
 SP: M Hornby 11.54  
 DT: R Coleman 33.00  
 HT: P Parson 26.6  
 JT: D Bignell 43.23

**Juniors**

100: J Kerwin 12.4  
 200: G Adams 25.7  
 400: T Young 57.3  
 800: A Fulford 1:59.3 (CBP)  
 800H: F Dkadi 12.5  
 HJ: A Sherman 1.59  
 PV: C Pokora 2.34  
 LJ: C Elias 5.12  
 TJ: A Rhind-Tutt 11.94  
 SP: W Taice 11.41  
 DT/HT: A Hemery 32.88/37.74  
 JT: R Gillo 40.28

**U13**

100: R Yates 14.1  
 200: C Eagle 28.9  
 400: C Croxall 2:26.2  
 1500: J Nanion 5:02.2  
 700H: J Mills 12.3  
 HJ: L Kidd 1.34  
 LJ: L Gorman 4.30

**Senior girls**

100/LJ: S Russell 13.2/5.04  
 200: C Yesbury 30.0  
 400: K Wood 59.9  
 800: N Fleming 2:34.1  
 1000H: S Parsons 19.7  
 HJ: J Kennard 1.56; 2 M Smith 1.56  
 SP: J Westaway 8.22  
 DT: L Meddlecock 31.18  
 JT: Kennard 27.36

**Inters**

100/200: E Francis 13.5/27.1  
 300: A Foxpitt 45.8  
 800/1500: C Waite 2:14.8 (CBP)/4:47.3  
 3000: K Duckenfield 11:38.4  
 800H: D Harwood-Smart 13.2  
 300H/TJ: C Hancock 47.3 (CBP)/10.25 (CBP)  
 HJ: V Bertrand 1.44  
 LJ: A Barnath 4.81  
 SP: F Maxfield 8.78  
 DT: V Bussereau 28.8  
 JT: J Morgan 36.0

**Juniors**

100/200: K Williams 13.3/27.0  
 800: E Morris 2:29.1  
 1500: C Farris 5:14.6  
 75H/LJ: K Powell 12.5/4.97  
 HJ: M Middleton 1.60 (CBP)  
 SP: I Bojang 9.10  
 DT: R Hughes 23.22  
 JT: L Brunning 29.1

U13  
 100/200: E Noble 14.1/29.9  
 800: G Roberts 2:37.6  
 1500: S Cranis 5:13.7  
 70H/LJ: H Paxton 12.6/4.58  
 HJ: M Wakelife 1.24

**June 8**

**GUARDIAN BRITISH LEAGUE Division Two Newport**

WOODFORD Green and Newham & Essex Beagles finished the day tied on match points, with Blackheath and host club Swansea pushing hard for the promotion places, Brian Owen reports.

With the close proximity of the Olympic Trials and international opportunities beckoning, several star names were not present. But this did not prevent a keen scrap for points as the day progressed.

Star performance came from the field as Paul Head produced another fine series of hammer throws. He started the competition going into the lead with 68.80m and improved to 69.50m. Round five saw the big one as he went to second on the season's rankings with a divisional best of 71.86m.

For the second time this season the man-of-the-match award went to a vaulter. Tim Thomas won the competition at 4.80m and had the bar raised to 5.00m which he safely cleared. The Swansea man had the bar raised to a personal best 5.20m (which he has cleared in an exhibition in Wells), but was unsuccessful.

Chris Davidson was in good form in the long jump winning from former European Junior champion Carl Howard with a final round effort of 7.54 (+0.9), to go equal fourth on the season's UK lists and close to his best of 7.60 indoors.

The meeting saw some very tight events, the closest being the triple jump where Scottish champion Neil McMenemy waited until the last leap to snatch victory from Howard.

A very close race came over 400 metres hurdles when Gary Jennings, fourth in last year's European Cup, pushed on for victory against Anthony Borsumato.

Alex Francis, second in the Inter Counties 400m, looked impressive recording 47.49 to win from Simon Caravella.

The sprinters had a torrid time battling into the wind. British Students champion Mike Aflika hammered into the 2.7m/sec headwind to record a useful 21.86, while European Junior finalist Damien Greaves recorded 14.70 for the sprint hurdles into a 3.6m/sec wind.

Paul Larkins ran a tremendous tactical 1500m, easing into the lead from the first lap. The Newham man controlled the race from the front to win from Woodford's Matt Davies.

Mark Proctor was an easy winner in the shot, taking the lead from the second round.

Malvern-based Richard White completed his 50th match for Newham and was awarded two special vests from team-mates to mark the occasion.

**MATCH:** 1 Newham & Essex Beagles 367; 2 Woodford Green 345; 3 Swansea 297; 4 Stoke 285; 5 Blackheath 261; 6 Hounslow 247; 7 Old Gaytonians 236; 8 Crawley 87  
 100 (-2.2): Jocelyn Thomas (W Gn) 11.10. B (-2.9): M Findlay (B'htn) 11.10  
 200 (-2.7): 1 M Aflika (NEB) 21.86; 2 Thomas 22.15; 3 Findlay 22.28  
 400: a) 1 A Francis (NEB) 47.49; 2 S Caravella (W Gn) 47.93; 3 D Williams (Swan) 48.91; 4 M Bucknall (Stoke) 49.26; 5 G Dearman (Houn) 49.32. B: 1 P Amar (W Gn) 49.48  
 800: 1 A Balogun (W Gn) 1:53.17; 2 S Price (Swan) 1:53.41; 3 P O'Reilly (Craw) 1:54.94; 4 S Jones (B'htn) 1:55.0  
 1500: 1 P Larkins (NEB) 3:54.03; 2 M Davies (W Gn) 3:54.41; 3 K Bowditch (Stoke) 3:54.59  
 5000: A Eynon (Swan) 14:41.82  
 3000SC: 1 A Green (W Gn) 9:05.58; 2 M Dalkins (Stoke) 9:18.97; 3 B Whitby (Houn) 9:24.98; 4 D Naylor (Swan) 9:41.69. B: K Usher (Houn) 9:30.41  
 110H (-3.6): 1 D Greaves (NEB) 14.70; 2 J Archampong (Swan) 14.76; 3 S Lamb (Stoke) 15.81; 4 C Dorgu (Houn) 15.97. B (-3.4): S McAree (NEB) 15.27  
 400H: 1 G Jennings (NEB) 53.20; 2 A Bursumato (Stoke) 53.30; 3 M

Rowlands (Swan) 54.14; 4 A Hartley (W Gn) 54.35; 5 N Keough (B'htn) 55.29; 6 M Lethbridge (Craw) 55.64; 7 M Green (Houn) 55.64. B: 1 J Bell (NEB) 55.31; 2 B Davies (Swan) 55.52; 3 Lamb 55.58; 4 R Holt (B'htn) 56.02

**HJ:** 1 P Burraway (Houn) 2.05; 2 D Macey (Old G) 2.05; 3 M Latham (Stoke) 2.00; 4 A Hodge (B'htn) 1.90; 5 A Ferrand (NEB) 1.90; 6 R Griffiths (Swan) 1.90. B: 1 A Brannan (Stoke) 1.95; 2 J Hancock (Swan) 1.90  
**PV:** 1 T Thomas (Swan) 5.00; 2 D Shepherd (Stoke) 4.70; 3 R Kingman (NEB) 4.60; 4 A Burke (Houn) 4.50; 5 M Weaver (Old G) 4.40; 6 M Buck (W Gn) 4.30; 7 A Hardy (B'htn) 4.30. B: 1 G Price (Swan) 4.60; 2 D Gordon (NEB) 4.30; 3 T Antiss (Houn) 3.90; 4eq W Slater (W Gn) & S Tolson (B'htn) 3.70  
**LJ:** 1 C Davidson (NEB) 7.54/+0.9; 2 J Quarry (Old G) 6.99/+1.6; 3 A Lewis (Houn) 6.81/+0.7. B: 1 C Howard (NEB) 7.21w (7.14/0.8); 2 B Taylor (Old G) 6.95/+1.8

**TJ:** N McMenemy (NEB) 14.48/+0.3; 2 Quarry 14.21/+0.3; 3 P Baker (Houn) 14.18/+1.0; 4 M Bramble (B'htn) 13.97/+0.7; 5 M Dockey (Stoke) 13.82/+1.0. B: 1 Howard 14.36/+1.7; 2 S Bobb (B'htn) 13.71/+1.1  
**SP:** 1 M Proctor (NEB) 17.20; 2 F Hyde (Old G) 16.49; 3 J Mulcahy (B'htn) 14.90; 4 A Turner (Craw) 13.93; 5 C Symonds (Houn) 13.76; 6 Brannen 13.62; 7 P Howard (W Gn) 13.27. B: 1 G Baker (NEB) 13.80; 2 M Bundock (B'htn) 13.78; 3 M Fox (Stoke) 12.94  
**DT:** 1 Symonds 45.58; 2 Proctor 44.48; 3 Turner 42.56; 4 Howard 42.42; 5 A Sharp (B'htn) 40.78; 6 Fox 40.20; 7 Quarry 39.06; 8 P Roberts (Swan) 38.96. B: 1 M Tout (Houn) 43.14; 2 D McDonald (NEB) 43.10; 3 Brannen 40.16

**HT:** a) 1 P Head (NEB) 71.86 (Divisional record); 2 C Ellams (Stoke) 59.12; 3 C Howe (W Gn) 58.32; 4 M Hicks (Houn) 58.30; 5 J Owen (Swan) 47.14; 6 Turner 47.00. B: 1 M Fenton (NEB) 53.48; 2 T Lalley (Swan) 46.04  
**JT:** 1 S Harrison (B'htn) 64.32; 2 P Parry (Old G) 63.68; 3 P Howard (W Gn) 62.06; 4 J Clarke (Swan) 60.72; 5 D Barros (Houn) 56.72. B: 1 P Cooper (W Gn) 55.76; 2 Macey 54.60; 3 Sharp 53.04; 4 S Loughran (Swan) 52.84  
**4x100:** 1 Woodford Green 42.07; 2 Newham & Essex Beagles 42.61; 3 Blackheath 42.67; 4 Old Gaytonians 43.27  
**4x400:** 1 Woodford Green 3:14.34; 2 Swansea 3:16.22; 3 Blackheath 3:20.02; 4 Stoke 3:20.05; 5 Newham & Essex Beagles 3:25.89

**Positions after two matches:** 1 Woodford Green 14 (690); 2 Newham & Essex Beagles 14 (654); 3 Blackheath 12; 4 Swansea 11; 5 Stoke 8; 6 Hounslow 7; Old Gaytonians 4; 8 Crawley 2

**Division Three Meadowbank**

BORDER Harriers produced several good performances to win comfortably from the re-vamped City of Edinburgh club, Denis Shepherd reports.

Paul Taylor led all the way for a handsome 17sec 5000m win in 14:12.75, despite a strong wind and this gained the man-of-the-match award.

Also in contention was club-mate Douglas Thom who took the 400m hurdles in a pb 52.60sec.

Border's winning margin might have been even higher but for a toe injury to Alex Kruger. He still managed first in the B javelin, fifth in the discus and sixth in the pole vault.

Eliot Bunney, a former Olympic relay medalist inspired by the Edinburgh club amalgamation, made a comeback to clock 10.99 in the B 100m.

Top 400m international Mark Hylton turned out for Windsor, Slough and Eton but contested the 100m, winning the B race in a legal 10.84. Ian Craig was the A winner in a wind-assisted 10.54.

Mike Guegan won a class 800m in 1:50.26, only 0.2sec ahead of Andy Knight with Grant Purves also breaking 1:51. Clive Gilby made the B race more interesting, setting up a 20m lead at the bell, which he relinquished to John McFadyen in the closing stages.

The discus was won by Simon Williams with 51.48 as three others beat the 45m. Also impressive was Stefan Baldwin's 73m javelin throw.

**MATCH:** 1 Border 343; 2 City of Edinburgh 325.5; 3 Team Solent 322; 4

Peterborough 269; 5 GEC Avionics 250.5; 6 Windsor Slough & Eton 244; 7 Cambridge Harriers 229; 8 Borough of Enfield 190

**Men**

100 (2.4): 1 I Craig (Bord) 10.54; 2 P Slythe (GEC) 10.58; 3 I Lonsdale (Peter) 10.79; 4 L Fairclough (Team S) 10.84; 5 J Henderson (CoE) 10.85; 6 M Rey (WSE) 10.86. B (1.9): 1 M Hylton (WSE) 10.84; 2 N Stickings (GEC) 10.91; 3 G Wilson (Bord) 10.98; 4 E Bunney (CoE) 10.99; 5 E Merrick (Team S) 11.05  
 200 (4.4): 1 A Patrick (WSE) 20.93; 2 M Allen (Bord) 21.08; 3 Lonsdale 21.90; 4 Merrick 22.27; 5 I Clarke (Enf) 22.44; 6 M Hendry (CoE) 22.50. B (4.3): 1 Craig 21.22; 2 Rey 21.44; 3 D Gurr (GEC) 21.86

400: 1 Fairclough 47.94; 2 S Kabiswa (WSE) 48.59; 3 A Murray (CoE) 48.82; 4 Gurr 49.22; 5 A Mitchell (Bord) 49.38; 6 T Pamah (Camb H) 49.87; 7 S Saunders (Peter) 50.13. B: 1 P Brend (Team S) 49.76; 2 M Gallagher (Bord) 50.02  
 800: 1 M Guegan (Team S) 1:50.26; 2 A Knight (Camb H) 1:50.28; 3 G Purves (CoE) 1:50.79; 4 L Wells (Enf) 1:52.57; 5 P Hackley (Bord) 1:52.89; 6 A Forder (GEC) 1:53.98. B: 1 J McFadyen (CoE) 1:51.95; 2 Rey (Camb H) 1:52.14  
 1500: S Poore (Team S) 3:56.94  
 5000: 1 P Taylor (Bord) 14:12.75; 2 R Birchall (Peter) 14:29.44; 3 N Francis (Camb H) 14:33.16  
 3000SC: 1 S Bell (Camb H) 9:09.74; 2 T Hyde (WSE) 9:10.0; 3 D Farrell (Bord) 9:17.22; 4 J Steel (CoE) 9:19.33; 5 S Wilson (Team S) 9:40.43; 6 G Knight (GEC) 9:40.43. B: G Holbrook (Camb H) 9:43.32

110H (1.6): 1 M Hendry (CoE) 15.13; 2 A Barghi (Team S) 15.20; 3 A David (Camb H) 15.26; 4 N Hart (WSE) 15.39; 5 S Leader (Enf) 15.48; 6 G McCracken (Bord) 15.67; 7 G Gallagher (GEC) 15.85. B (4.0): 1 M Coker (Team S) 15.66; 2 C Hogg (CoE) 15.87  
 400H: 1 D Thom (Bord) 52.60; 2 Barghi 53.78; 3 D Barnetson (CoE) 54.20; 4 Pamah 55.13; 5 D Harbour (Peter) 56.31. B: J Bridger (Team S) 54.76  
 HJ: 1 N Hart (WSE) 1.95; 2 D Slessor (Bord) 1.95; 3 S Livingstone (CoE) 1.95; 4 J Lever (Team S) 1.95. B: D Sketchley (Team S) 1.90

PV: 1 R Thickpenny (Peter) 4.60; 2 S Leader (Enf) 4.40; 3 I Black (CoE) 4.40; 4 E Scott (WSE) 3.80. B: 1 D Graham (CoE) 4.20; 2 C Lawniczak (Peter) 3.80  
 LJ: 1 D Clerthwe (CoE) 7.29; 2 G Munroe (Peter) 6.94; 3 S Rose (Team S) 6.74; 4 S Richmond (GEC) 6.70. B: J Gilbert (CoE) 6.77  
 TJ: 1 P Ralph (GEC) 15.44w; 2 M McDonald (Bord) 15.09; 3 J Lever (Team S) 14.81; 4 C MacDonald (CoE) 14.18; 5 M Rossiter (Peter) 13.81. B: S Richard (GEC) 14.17w  
 SP: 1 AZaidman (Enf) 14.85; 2 S Fricker (Team S) 14.58; 3 A Kruger (Bord) 13.71; 4 R Smith (CoE) 13.66; 5 A Kruszewski (Camb H) 12.93. B: 1 S Williams (Enf) 14.12; 2 L McIntyre (CoE) 13.12

DT: 1 Williams 51.48; 2 Kruszewski 48.22; 3 M Jeni-slade (CoE) 48.02; 4 Fricker 45.70; 5 Kruger 44.82; 6 I Park (GEC) 42.80. B: 1 McIntyre 45.18; 2 N Sougrin (Enf) 43.24; 3 S Lloyd (Bord) 39.62  
 HT: 1 Park 57.94; 2 S Sammut (Team S) 53.60; 3 H Clarke (Peter) 53.30; 4 D Glsbey (CoE) 51.62; 5 M Miller (Bord) 51.62; 6 D Nichol (Bord) 48.84. B: 1 L Bellu (Bord) 49.58; 2 J Little (Bord) 43.76  
 JT: 1 S Baldwin (Peter) 70.38; 2 D Smahon (Bord) 60.00; 3 K Hayford (Camb H) 58.88; 4 S Carter (GEC) 58.40; 5 F Fuat (Enf) 54.50; 6 C Smith (CoE) 53.00. B: Kruger 52.66

4x100: 1 Peterborough 42.44; 2 Team Solent 42.46; 3 Border Harriers 42.49; 4 City of Edinburgh 42.72; 5 Windsor Slough & Eton 43.05  
 4x400: 1 Team Solent 3:16.88; 2 City of Edinburgh 3:17.54; 3 Windsor Slough & Eton 3:17.86; 4 Border Harriers 3:24.22; 5 GEC Avionics 3:25.49  
**Positions after two matches:** 1 Border Harriers 16; 2 City of Edinburgh 14; 3 Team Solent 12; 4 GEC Avionics 9 (537.5); 5 Peterborough 9 (533); 6 Windsor Slough & Eton 6; 7 Borough of Enfield 3 (407.5); 8 Cambridge Harriers 3 (363.5)

**Division Four Sheffield**

ROBERT HOUGH took the man-of-the-match award for a superb middle-distance double, Roger Norton reports.

Running the 800m as though it were a time trial, the Sheffield man ran an even pace to finish almost 50m clear in a pb 1:49.8. He then turned out in the 1500m where he did

not disturb a tightly knit bunch until well into the last lap. Even with the 800m still in his legs, the rest could not respond although Dave Rowbotham was closing at the end.

Hough is going for the steeplechase in next week's Trial. He has deliberately avoided over-exposure to his main event and has been working on his speed on the flat.

David Grindley was using the match as a marker for the Trial having been off the track for two weeks. Looking relaxed all the way, he shaved a tenth off the division record with 47.1

Another putting the finishing touches to his Trial preparations was Mick Hill. He only got one valid throw in at 76.56 which was less than two metres outside Backley's division record but he had a no throw which must have been mighty close.

Morph ran out winners and consolidated their position at the head of the league. There were well served by Jared and David Deacon who scored maximum points in the sprints. Jared was a mere tenth outside the long standing 200m division record with his 21.2 although he only just got home ahead of Guy Bullock. Paul Reed got another shot/discus double for the Morpeth club with only Steve Rowbotham preventing Stephen Ayres making maximum points.

Rowbotham was a big factor in Rotherham's second place. In fact, they were leading until the closing stages. Nowhere was their fighting spirit more in evidence than the 5000m. Chris Parkes, doing 110 miles a week in preparation for the Comrades Marathon, led for much of the way before dropping slightly only to come again with a long run for home. Steve Platts overhauled him, literally on the line, with both recording the same time, a pb for Parkes.

**MATCH:** 1 Morpeth 346; 2 Rotherham 337; 3 Sheffield 324; 4 Telford 292; 5 Bristol 289; 6 Wigan 265; 7 Leeds 244  
**Men**

100: 1 J Deacon (Morp) 10.9; 2 A Gibson (Wig) 11.0; 3 D Morgan (Bris) 11.1; 4 M Thomas (Sheff) 11.1. B: 1 D Deacon (Morp) 11.1; 2 L Grinnell (Bris) 11.1; 3 T Painter (Wig) 11.1  
 200: 1 J Deacon (Morp) 21.2; 2 G Bullock (Wig) 21.3; 3 M Thomas (Sheff) 21.8; 4 K Stephens (Bris) 22.5. B: 1 D Deacon (Morp) 21.9; 2 A Gibson (Wig) 22.5  
 400: 1 D Grindley (Wig) 47.1 (rec); 2 M Huggins (Leeds) 48.1; 3 S Heggie (Morp) 48.2; 4 S Mathieson (Bris) 49.1; 5 C Robertson-Adams (Tel) 50.0; 6 G England (Sheff) 50.3. B: 1 T Painter (Wig) 48.8; 2 J Bird (Morp) 48.9  
 800: R Hough (Sheff) 1:49.8  
 1500: 1 R Hough (Sheff) 3:53.1; 2 D Rowbotham (Leeds) 3:54.0; 3 P Bennett (Roth) 3:54.8. B: P Darks (Leeds) 3:54.5  
 5000: 1 S Platts (Morp) 14:35.3; 2 C Parkes (Roth) 14:35.3; 3 W Buxton (Bris) 14:42.4  
 110H: 1 M Robbins (Roth) 14.9; 2 B Thomas (Sheff) 15.5  
 400H: 1 C Robertson (Tel) 54.2; 2 T Lang (Wig) 55.5  
 3000SC: 1 A Beevers (Leeds) 9:21.9; 2 C Siddons (Sheff) 9:28.9; 3 R Holladay (Roth) 9:33.9; 4 C Sampson (Morp) 9:34.5. B: 1 W Aylesbury (Leeds) 9:32.0; 2 G Woods (Morp) 9:42.1  
**HJ:** 1 J Wallace (Morp) 2.05; 2 M Robbins (Roth) 2.00; 3 B Thomas (Sheff) 1.95; 4 S Linsell (Leeds) 1.90. B: T Matthews (Leeds) 1.85  
**PV:** 1 D Mellor (Roth) 5.00; 2 M Evans (Tel) 4.50; 3 B Thomas (Sheff) 4.40; 4 I Noble (Leeds) 4.40; 5 G Conlon (Bris) 4.00. B: 1 T Matthews (Leeds) 4.20; 2 J Yapp (Tel) 3.80  
**LJ:** S Rowbotham (Roth) 6.70  
**TJ:** S Fichardson (Sheff) 12.96  
**SP:** 1 P Reed (Morp) 14.55; 2 G Stark (Roth) 12.95  
**DT:** 1 Reed 50.96; 2 Taylor (Tel) 42.44; 3 P Lowe (Sheff) 40.56. B: S Ayre (Morp) 45.32  
**HT:** 1 M Spicer (Bris) 56.34; 2 R Careless (Tel) 50.54; 3 A Moore (Roth) 44.00; 4 O'Connor (Leeds) 43.18. B: 1 Taylor (Tel) 40.34  
**JT:** 1 M Hill (Leeds) 76.56; 2 D Johnson (Sheff) 58.90; 3 J Trower (Tel) 57.58; 4 K Hill (Wig) 57.14; 5 B Starling (Roth) 53.86. B: A Clark (Wig) 54.72  
 4x100: 1 Morpeth 43.0; 2 Wigan 43.0; 3 Bristol 43.5  
 4x400: 1 Morpeth 3:14.5; 2 Wigan 3:14.6; 3 Sheffield 3:24.5  
**Man of the match:** Robert Hough  
**Positions after two matches:** 1 Morpeth 16; 2 Rotherham 12; 3 Telford



01733-261144 or fax your results to us on 01733-267198

11; 4 Sheffield 10 (612); 5 Wigan 10 (587); 6 Bristol 7; 7 Leeds 5

## SAF VETERAN CHAMPIONSHIPS Tweedbank

**THE evergreen Bill Gentleman set the only championship best of the meeting when winning the over-55 hammer with a throw of 49.72 metres.**

**M40**  
100/200: E Smart (Walls) 11.4/22.9  
400/HJ/LJ: R Stevenson (Irv) 54.9/1.55/5.91  
800/TJ: A Dunlop (Storn) 2:05.5/10.94  
1500/5000: J Duffy (Shett) 4:21.7/16:17.2  
110H: R Buchanan (Pit) 16.9  
400H: A Laird (CoE) 59.8  
SP/DT/JT: G Loney (Elgin) 12.20/37.98/40.76  
HT: A Pettigrew (Shett) 43.64

**M45**  
100/200: M Hemmings (L'gelly) 12.0/24.2  
400/800: R McKay (L'gelly) 55.9/2:07.1  
1500: J McKechnie (L'gelly) 4:33.1  
HJ/PV/TJ: E Fitzgerald (Pit) 1.65/3.65/11.22

SP: D Sales (Pen'k) 10.41  
DT/HT: C Roger (Irv) 32.28/37.54  
JT: J Gelder (Muss) 34.46

**M50**  
100/200: I Lindsay (SGA) 12.3/24.6  
400/800/LJ: A Eland (Cope) 57.3/2:13.4/5.15

1500: K Barclay (Cope) 4:29.7  
5000: R Young (C'dale) 16:35.8  
400H/PV/HT/JT: R Morrison (File)\_ 84.2/2:30/29.72/24.76

SP: J Scott (Shett) 13.22  
**M55**  
100: G Harrower (Ayr) 14.5  
200/800/JT: J Ross (CoE) 26.2/2:18.6/39.16

400: J Rae (CoE) 59.2  
1500: A Oliver (Morp) 5:11.9  
SP/DT/HT: W Gentleman (CoE) 10.06/35.62/49.72 (CBP)

**M60**  
100/200/400: J Bryce (L'gelly) 13.6/28.0/68.9  
5000: W Drysdale (Law) 21:05.3  
HJ: A Galbraith (Vic Pk) 1.20  
LJ/DT/JT: T Christie (Vic Pk) 3.10/20.42/17.72

**M65**  
100/200: W Arthur (Irv) 15.0/31.0  
400/800: W Russell (Whit) 69.8/2:43.7  
300H: I Steedman (Muss) 54.6  
1500/5000: W Stoddart (Gr W'Pk) 5:75.0/19:10.6

**M70**  
100/200/LJ/DT: G Bridgeman (SVAC) 14.3/29.7/4.15/24.80

**M75**  
100: E Plymmer (Muss) 18.1

**Women**  
W35  
200/400H: J Low (CoG) 26.2/61.9  
400: A Brown (EWM) 60.4  
900/1500/3000: K Fisher (Pit) 2:21.5/5:18.4/10:52.6

LJ: V Davidson (Pen'k) 3.86  
SP/DT/HT: C Cameron (CoG) 11.10/36.96/31.56

**W40**  
100/200: I Morrison 13.7/28.7  
400: A Graham (Pen'k) 72.7  
100H/HJ/LJ/TJ: C Peerless (K-Fit Cor) 16.1/1.20/4.43/8.76

SP/DT/JT: G McFarlane (Ayr) 8.29/24.58/29.36

**W45**  
100/200: P McKinnon (Kilb) 13.6/27.9  
SP/DT/HT: J Rammell (Nith) 8.24/24.86/24.98

**W50**  
100/200/LJ/TJ: S Wood (EWM) 14.4/29.9/4.59/9.28

400: C Scares (Kilb) 81.6  
1500/3000: J Bing (Irv) 5:42.9/12:03.6  
SP/DT/HT/JT: M Swinton (Moray) 9.31/21.54/32.48/24.86

**W55**  
100/200/LJ: E Linaker (Pit) 15.0/31.8/3.93  
800: M Robertson (TTAC) 3:05.9  
HT: J Purves-Smith (CoE) 25.76

**W60**  
100/200/LJ/TJ: B Steedman (Muss) 16.1/33.9/3.54/7.68

## BANK OF SCOTLAND WOMEN'S LEAGUE Division One Aberdeen

**MATCH:** 1 Edinburgh Woollen Mill 417; 2 Aberdeen 406; 3 City of Glasgow 375; 4 Inverness 239; 5 Babcock Pitreavie 220; 6 JGB Central 215

**Women**  
100 (+4.1): 1 M Rostek (Cog) 11.8; 2 D Flockhart (A'deen) 11.8

200 (+7.2): 1 Flockhart 23.9; 2 I McConnell (CoG) 24.4; 3 J Fleming (Cog) 24.5. **B (+3.0):** 1 T Devine (EWM) 25.8; 2 Davidson (A'deen) 25.7

400: 1 Devine 58.2; 2 A Mahindru (CoG) 59.3. **B (+4.9):** S Moxey (EWM) 15.9  
Palka (CoG) 59.2

800: 1 W Steele (Irv) 2:16.5; 2 K Montador (JGB) 2:17.1  
1500: S Scott (CoG) 4:45.2  
3000: A MacPhail (CoG) 10:02.2

100H (+5.4): 1 F Lindsay (EWM) 15.3; 2 S Still (A'deen) 15.4; 3 K Roger (Irv) 16.0. **B (+4.9):** S Moxey (EWM) 15.9  
400H: Mahindru 65.00

HJ: Still, McConnell 1.60  
PV: K Lyon (A'deen) 2.40  
LJ: 1 C Black (EWM) 6.00; 2 Davidson 5.71. **B:** Still 5.41

TJ: F Watt (A'deen) 12.00 (record)  
SP: 1 T Shorts (EWM) 11.88; 2 C Garden (Pit) 11.43. **B:** E Garden (Pit) 11.28; 2 M Hames (EWM) 10.54

DT: 1 E Garden 42.54; 2 S Freebairn (CoG) 42.34; 3 H McCreadie (EWM) 39.94. **B:** C Garden 39.56; 2 Shorts 39.24

HT: 1 McCreadie 48.32 (Scottish record); 2 C Garden 46.04; 3 I Low (A'deen) 37.04; 4 Freebairn 36.34. **B:** 1 Shorts 42.42; 2 M Simpson (A'deen) 36.00

JT: L Munro (EWM) 36.78  
4x100: 1 CoG 48.3; 2 A'deen 48.9; 3 EWM 49.5  
4x400: 1 A'deen 3:57.5; 2 EWM 4:00.6

**U17**  
100 (+2.9): 1 S Burnside (EWM) 12.5; 2 K Dyce (CoG) 12.6  
200 (+3.0): 1 Burnside 25.9; 2 Dyce 26.2

300: M Smith (A'deen) 44.8  
800: Kim Montador (JGB) 2:24.3  
80H (+3.2): 1 C Kerr (CoG) 12.6; 2 W Pennet (A'deen) 12.6

300H: 1 C Sutherland (EWM) 47.9; 2 Pennet 48.1; 3 Kerr 49.9. **B:** R Dougal (A'deen) 48.8  
HJ: G Black (CoG) 1.60  
LJ: E Bryce (EWM) 5.13

SP: Sutherland 9.07  
JT: L Redmond (EWM) 30.36  
4x100: Edinburgh Woollen Mill 51.0

**U15**  
100 (+6.5): 1 R MacKinnon (CoG) 12.6; 2 C Todd (EWM) 12.9. **B (+5.9):** 1 T Campbell (CoG) 12.9; 2 C Maille (EWM) 12.9

200 (+5.7): 1 R MacKinnon (CoG) 26.3  
800: H Connell (CoG) 2:28.6  
1500: C Fagan (CoG) 5:00.1

75H (+6.1): 1 G Hair (A'deen) 12.3; 2 Todd 12.4. **B (+4.8):** L Henderson (A'deen) 12.4  
HJ: N Gauld (A'deen) 1.45  
LJ: L Maguire (EWM) 5.01

SP: 1 L Roy (Pit) 10.85; 2 L Thompson (Irv) 10.06  
DT: Roy 30.64  
JT: Thompson 21.50

4x100: 1 City of Glasgow 51.2; 2 Edinburgh Woollen Mill 53.0

**U13**  
100: L Kinghorn (EWM) 14.0  
200 (+5.5): C Pennet (A'deen) 29.1  
800: D Keir (CoG) 2:36.7

70H (+3.3): 1 Pennet 11.9; 2 C Maguire (Pit) 12.3  
LJ: J Walker (Pit) 4.23  
SP: S Lyon (A'deen) 7.13

4x100: Babcock Pitreavie 57.6  
**Positions after two matches:** 1 Edinburgh Woollen Mill 12; 2 Aberdeen 9; 3 City of Glasgow 9; 4 Inverness 6; 5 Babcock Pitreavie 4; 6 JGB Central 2

## Division Two Pitreavie

**MATCH:** 1 Victoria Park 389; 2 Falkirk 326.5; 3 Dundee Hawkhill 295; 4 Kilbarhan 294; 5 Arbroath 258.5; 6 City of Edinburgh

**Women**  
100: M McEwen (Vic Pk) 12.9  
200/100H/400H: L Silver (Dund H) 26.4/15.7/62.6

400: J Learmonth (Dund H) 61.6  
800: G Rundell (Vic Pk) 2:21.9  
1500: J Ross (Vic Pk) 4:54.2

3000: E Masson (Kilb) 10:24.0  
HJ: C Martin (Arb) 1.55  
LJ: P Richards (CoE) 5.51

TJ: S Ramminger (Arb) 10.98  
SP: M Anderson (CoE) 12.86. **B:** Richards 12.60  
DT: J McNider (Kilb) 25.70  
HT: D Giffin (Falk) 25.54  
JT: A Douglas (Arb) 36.74

4x100: Dundee Hawkhill 52.3  
4x400: Dundee Hawkhill 4:10.3

**U17**  
100/200: I Philp (Arb) 13.2/26.9  
300/300H: L Whigham (Vic Pk) 40.9 (rec)/45.2 (rec)  
800: J Ross (Vic Pk) 2:17.6  
80H: K Mann (Dund H) 12.8  
HJ: L Gauld (CoE) 1.55  
LJ: L Church (Vic Pk) 5.25  
SP: V Halligan (Falk) 7.68

JT: J Overend (Vic Pk) 28.72  
4x100: Victoria Park 54.4

**U15**  
100/200: L Munnoch (Falk) 13.7/27.5  
800: S McCormack (Kilb) 2:34.6  
1500: C Burnett (Dund H) 5:16.9

75H/SP: A Fullelove (Kilb) 12.3/8.11  
HJ: E McNeill (Vic Pk) 1.40  
LJ: I McDonald (Vic Pk) 4.68

DT: S Robertson (Falk) 21.18  
JT: Z Moncrieff (Kilb) 19.42  
4x100: Falkirk 54.2

**U13**  
100: D Wolanski (Falk) 13.7  
200: H Philp (Arb) 27.9  
800: F Colaco (Dund H) 2:36.6

70H: L McNeill (Vic Pk) 12.5  
LJ: S Harrow (Arb) 4.15  
SP: G Ritchie (Arb)

4x100: Dundee Hawkhill 59.0  
**Positions after two matches:** 1 Victoria Park 12; 2 Dundee Hawkhill 9; 3 Falkirk 8; 4 Arbroath 6; 5 Kilbarhan 5; 6 City of Edinburgh 2

## Division Three Crown Point

**MATCH:** 1 Ayr Seaforth 386.5; 2 Lochgelly 310; 3 File 285; 4 Perth 283; 5 Minolta Black Isle 258; 6 Nithsdale 230.5

**Women**  
100/200: S Wilson (L'gelly) 12.6/ntg  
400: J Symington (Ayr) 62.5  
800/3000: J Thomson (L'gelly) 2:36.8/ntg

1500: S Beattie (Perth) 5:20.5  
100H/400H: R McCullum (MBI) 17.8/71.3  
HJ: K Hodge (L'gelly) 1.45  
LJ: L Armstrong (Nith) 4.89

TJ: C Lomas (Perth) 10.72 (rec)  
SP: L Barnett (Perth) 11.33  
DT: C Cameron (Ayr) 38.30

HT: L Ross (Nith) 35.40 (rec)  
JT: S Morrison (Ayr) 31.60  
4x100: Ayr Seaforth 54.5  
13.4/50.4/1.45

LJ: L Anderson (Cumb) 3.65  
SP: L Brown (Kirk) 7.78  
JT: S Jeffrie (Cumb) 22.94 (rec)

4x100: Cumbernauld 56.0  
**U15**  
100/200: K Canning (Law) 12.5 (rec)/25.4 (rec)

800: K Lowrie (Harm) 2:27.9  
1500: J Snedon (Law) 5:37.0  
75H: N McGhee (Law) 12.7  
HJ/LJ: S Jackson (Harm) 1.40/4.91 (rec)

SP: G Moffat (Harm) 7.07  
DT: G Withers (Cumb) 20.44  
JT: P Jeffrie (Cumb) 20.58  
4x100: Law 54.8

**U13**  
100: K Aitchison (Cumb) 13.6 (rec)  
200: L Davidson (Cumb) 29.3  
800: V Ralton (Kirk) 2:34.4 (rec)

70H/LJ: G Kerr (Harm) 12.5/4.29  
SP: L Hart (Cumb) 7.85  
4x100: Cumbernauld 58.3

**Positions after two matches:** 1 Ayr Seaforth 12; 2 Lochgelly 10; 3 Perth 7; 4 Minolta Black Isle 5; 5 File 5; 6 Nithsdale 3

## Division Four Coatbridge

**MATCH:** 1 East Kilbride 386; 2 Lasswade 342; 3 Irvine 277; 4 Helensburgh 164; 5 JW Kilmarnock 142

**Women**  
100/200: D Wilson (Kilim) 12.8/26.9  
400/1500: S McNairney (Irv) 63.1/5:08.0

800: S Smith (E Kilb) 2:34.1  
1000: A McBride (Hill) 11:26.0  
3000: L Chuchla (Lass) 19.7

400H: E Sharpe (Kilim) 74.7  
HJ: D Kershaw (Irv) 1.50  
LJ: J Lawson (Lass) 4.39  
TJ: J Gibson (Lass) 9.60

SP/JT: L Andres (Kilim) 8.68/20.04  
HT: A Marshall (Lass) 26.86  
HT: L Marshall (Lass) 21.42

4x100: Lasswade 56.7  
4x400: East Kilbride 4:30.7

**U17**  
100/80H/LJ: L Fairweather (Lass) 13.2/12.5/4.76  
200/300: N Middleton (E Kilb) 27.1/44.5  
800: N Murray (Lass) 2:33.9  
300H: K Moore (Lass) 53.0  
HJ: C Wilson (Kilim) 1.30  
SP: M Scott (E Kilb) 7.05  
JT: D Murray (Lass) 13.50

4x100: East Kilbride 54.8  
**U15**  
100: K Hancock (Hel) 13.4  
200: K Buchanan (E Kilb) 27.5

800/LJ: L McAuley (Irv) 2:28.3/4.61  
1500: D Smith (Hel) 5:08.7  
75H: I Thomson (Lass) 12.7

HJ: L Buchanan (E Kilb) 1.55  
SP/JT: L Burke (Irv) 8.28/21.52  
DT: C Fleming (E Kilb) 16.92  
4x100: East Kilbride 55.4

**U13**  
100/200: A Walker (Irv) 13.8/28.5  
800: M Gray (Irv) 2:41.5  
70H: L McDonald (E Kilb) 12.8  
LJ: K Clements (E Kilb) 4.17

SP: H McConnell (Hel) 6.38  
4x100: Irvine 56.4  
**Positions after two matches:** 1 East Kilbride 12; 2 Irvine 9; 3 Lasswade 9; 4 JW Kilmarnock 5; 5 Helensburgh 5

**Division Five Coatbridge**  
**MATCH:** 1 Cumbernauld 363; 2 Harmeny 287; 3 Law 257.5; 4 Kirkintilloch 229; 5 Airdrie 162.5; 6 Livingston 115

**Women**  
100/200: J Robertson (Harm) 13.3/28.6  
400: L Durran (Cumb) 69.5  
800/1500/400H: J Brown (Harm) 2:30.8/5:28.5/70.4

3000: M Linden (Harm) 11:10.7  
100H: K Dickie (Law) 21.4  
HJ: I McCabe (Cumb) 1.50  
LJ: C Gilmour (Kirk) 4.48

TJ: M Phillips (Harm) 7.65  
SP: L Hart (Cumb) 7.85  
DT: B Douglas (Kirk) 28.14  
HT: A McDermott (Cumb) 21.20 (rec)

JT: H Freeman (Kirk) 25.40  
4x100: Harmeny 55.2  
4x400: Law 4:54.0

**U17**  
100/200: J Hart (Cumb) 13.2/28.5  
300: K McCarron (Aird) 48.4  
800: C Docherty (Law) 2:35.4  
80H/300H/HJ: I Rankin (Cumb) 13.4/50.4/1.45

LJ: L Anderson (Cumb) 3.65  
SP: L Brown (Kirk) 7.78  
JT: S Jeffrie (Cumb) 22.94 (rec)

4x100: Cumbernauld 56.0  
**U15**  
100/200: K Canning (Law) 12.5 (rec)/25.4 (rec)

800: K Lowrie (Harm) 2:27.9  
1500: J Snedon (Law) 5:37.0  
75H: N McGhee (Law) 12.7  
HJ/LJ: S Jackson (Harm) 1.40/4.91 (rec)

SP: G Moffat (Harm) 7.07  
DT: G Withers (Cumb) 20.44  
JT: P Jeffrie (Cumb) 20.58  
4x100: Law 54.8

**U13**  
100: K Aitchison (Cumb) 13.6 (rec)  
200: L Davidson (Cumb) 29.3  
800: V Ralton (Kirk) 2:34.4 (rec)

70H/LJ: G Kerr (Harm) 12.5/4.29  
SP: L Hart (Cumb) 7.85  
4x100: Cumbernauld 58.3

**Positions after two matches:** 1 Cumbernauld 12; 2 Law 9; 3 Harmeny 9; 4 Kirkintilloch 4; 5 Airdrie 162.5; 6 Livingston 4

## TSB SCOTTISH SCHOOLS' PENTATHLON & RELAY CHAMPIONSHIPS Pitreavie

**U20 boys**  
Pent: 1 R Singer (Mackie) 3044 (6.23, 16.2, 23.6, 10.57, 5:01.8); 2 K MacLennan (D'Wall) 2929 (6.17, 15.9, 23.8, 8.59, 5:11.0); 3 R Murray (S'allan) 2789 (5.78, 17.7, 24.5, 8.81, 4:09.8); 4 A Holt (Fettes) 2668; 5 S Galbraith (Morr) 2533; 6 P King (Fettes) 2495; 7 R Soutar (K Park) 2266; 8 C McKenzie (G'mond) 2220

4x100: 1 City of Edinburgh 44.7; 2 Glenalmond 45.6; 3 Glasgow High 46.0

**U17**  
Pent: 1 R McDonald (Perth) 3349 (8.64, 14.4, 6.49, 23.3, 4:23.9); 2 C Low (C'nstie) 3154 (11.99, 14.2, 6.27, 24.2, 5:11.1); 3 P Armstrong (I'kthing) 3037 (9.54, 114.7, 5.51, 24.8, 4:28.6); 4 J Oparka (Menz) 2981; 5 G Stevenson (Gryffe) 2907; 6 P Stephen (Cumb H) 2844; 7 M Dillon (M'rose) 2890; 8 Hoare (DSMC) 2423; 9 C Loney (Milne's) 2389; 10 R Gibson (Baller) 2376; 11 S Meikle (Herr) 2285; 12 M Brennan (C'mont) 2129

4x100: 1 Glasgow High 45.7; 2 Montrose 45.9; 3 Merchiston 46.3

**U15**  
Pent: 1 K McKeown (G Marg) 2709 (12.0, 11.62, 5.86, 25.5, 5:41.6); 2 P Torny (Ellon) 2305 (13.7, 8.38, 5.23, 26.7, 5:05.9); 3 G Hazellton (St Aloy) 2210 (14.5, 8.17, 4.75, 27.0, 4:48.1); 4 I Hazellton (St Aloy) 2194; 5 R Todd

(A'muty) 2176; 6 E Elder (C'mont) 2134  
4x100: 1 Hutchesson's 48.3; 2 Glasgow High 48.3; 3 Montrose 48.5

**U14**  
4x100: Glasgow High 51.4

**Primary**  
4x100: Annandale & Eskdale 56.5

**U20 girls**  
Pent: 1 K Roger (Irv RA) 3078 (4.91, 16.5, 9.18, 1.60, 2:29.0); 2 J Landall (B'haven) 2993 (4.88, 17.0, 11.61, 1.60, 2:44.3); 3 F Hunter (Arb AC) 2794 (%.08, 17.2, 11.49, 1.51, 2:55.7); 4 J Grant (Nairn) 2378

4x100: St George's 52.5

**U17**  
Pent: 1 G Stewart (T'stle) 3201 (12.3, 10.38, 5.36, 1.57, 2:44.2); 2 L Gauld (O'ferry) 2876 (13.5, 8.62, 4.52, 1.60, 2:33.7); 3 E Reid (Heath) 2787 (12.9, 7.25, 4.88, 1.51, 2:37.1); 4 I Redmond (F'or H) 2518

4x100: 1 St Aiden's 51.2; 2 Hutchesson's 51.7; 3 Wellington 51.8

HJ: R Brocklebank (B'burn) 2.00  
 PV: 1 Southward 4.20; 2 McIlwain 4.00  
**LJ:** M Birchall (B'burn) 6.81  
**TJ:** B Fioni (B'burn) 13.69  
**SP:** 1 M Wilson (Barrow) 13.32; 2 Southward 12.94  
**DT:** 1 D Abernathy (Barrow) 42.40; 2 Southward 39.34  
**JT:** K Taylor (B'burn) 52.50  
**4x100:** Manx Harriers 43.5

### Division Two SE Hull

**MATCH:** 1 Bingley 291.3; 2 City of Hull 279.5; 3 Scunthorpe 256; 4 Spenborough 241.3; 5 Derby 217.5; 6 Longwood 190.5  
**PV:** 1 P Holt (Spen) 4.00; 2 J Gullikson 3.70  
**LJ/TJ:** S Maufrais (Bing) 6.89/14.38  
**SP:** 1 Lindley (E) 12.77  
**DT:** 1 A Marriott (Long) 39.92; 2 M Hammond (Scun) 38.10  
**HT:** M Hammond (Scun) 51.46; B: R Walker (Scun) 45.74  
**JT:** M Atkins (Der) 56.40  
**4x100:** Bingley 43.6

### Division Two SW Bebington

**MATCH:** 1 Chestre and Ellesmere Port 281; 2 Warrington 268; 3 Wirral 257; 4 Southport 233; 5 Altrincham 208; 6 Bolton 207  
**200:** M Lloyd (CEPAC) 22.5  
**400:** C McMullen (U17) 50.6  
**400H:** N Petley (War) 56.1  
**HJ:** J O'Hara (Wirr, U20) 1.85  
**LJ:** 1 R Hynes (Wirr, U20) 6.78; 2 L Murphy (Bol) 6.70

### Division Three NE Chester-le-Street

**MATCH:** 1 Leeds City 319; 2 Houghton and Peterlee 268; 3 Sunderland 252; 4 Scarborough Ryedale 247; 5 Elswick 238; 6 Rowntree 104  
**HJ:** M Wright (Scar, U20) 1.95  
**JT:** D Parker (Scar, U17) 65.90

### Division Three SE Grimsby

**MATCH:** 1 Doncaster 277; 2 Cleethorpes 274; 3 Rotherham 266; 4 Lincoln Wellington 259; 5 Hull Springhead 219; 6 Barnsley AC 194  
**400:** I Mansfield (Linc W) 50.4  
**HJ:** 1 D Otter (Donc) 2.00; 2 M Leigh (Roth) 1.90; 3 J Lewis (Cleeth)  
**PV:** 1 C Linskey (Barns AC, U17) 4.90; 2 C Guite (Roth, U20); 3 A Garner (Linc W) 3.80  
**DT:** 1 S Minnikin (Donc) 38.98; 2 W Renshaw (Roth) 37.96  
**HT:** 1 Minnikin 58.92; 2 N Winchcombe (Linc W) 51.32

### Division Three C Stretford

**MATCH:** 1 Sale 309; 2eq Salford and Skyrac 267; 4 Trafford 242; 5 Oldham and Royton 239; 6 Whitby Heath 167  
**5,000:** D Mason (Salf) 14.44.7  
**3,000SC:** N Wilkinson (Salf) 9:20.2  
**TJ:** D Sanderson (Sale) 14.56  
**SP:** J Nicholls (Sale) 14.15  
**DT:** Nicholls 39.16; B: J Parkin (Sale) 38.32  
**HT:** Nicholls 44.18; B: P Martin (Sale) 42.26  
**JT:** R Hunter (Skyrac) 54.56

### Division Three W St Helens

1eq Liverpool H and St Helens/Sutton 315; 3 Kendal 285; 4 Copeland 214; 5 Lancaster and Morecambe 95; 6 South Liverpool 90  
**400:** S King (Ken) 50.5  
**HJ:** D Graham (Liv) 2.10  
**SP/DT:** S Mathews (Ken) 13.59/38.62  
**JT:** R Salt (L&M)

### Division Four NE Chester-le-Street

**MATCH:** 1 Durham City 309.5; 2 South Shields 272.5; 3 Leeds City 232; 4 Gosforth 216; 5 North Shields Polytechnic 188; 6 Heaton 126

### Division Four SE Grimsby

**MATCH:** 1 Grimsby 300; 2 Grantham 293; 3 Holbeach 239; 4 Scunthorpe 233; 5 Friskney 209; 6 Sheffield 76  
**HJ:** R Hinch (Grim, U20) 1.85  
**LJ:** K Hibbin (Gran, U17) 6.30  
**TJ:** P Gadd (Gran, U17) 12.35

### Division Four C Pendle

**MATCH:** 1 Hallamshire 290.5; 2 Stainforth 268.5; 3 Halifax 260.5; 4 Pendle 252.5; 5 Pudsey and Bramley 208.5; 6 Rother Valley Swallows 176.5  
**100:** 1 M Ball (Hallam, U20) 11.0; 2 M Hill (Stain, U20) 11.1  
**200:** 1 Ball 21.7; 2 Hill 22.3  
**110H:** R Churchill (Stain, U20) 15.6

### Division Four W Pendle

**MATCH:** 1 Hyndburn 250; 2 Liverpool Pembroke Sefton 222; 3 Preston 214; 4 Bury 177; 5 Burnley 156; 6 Chorley 85  
**400:** P Dunlop 49.7  
**SP/DT:** R Birbeck (Hynd) 12.99/45.50

### Division Five NE Bradford

**MATCH:** 1 Chester-le-Street 266; 2 Bradford Airedale 221; 3 Keighley RR 219; 4 Jarro and Hebburn 217; 5 Richmond and Zetland 212  
**100/200/400/JT:** S Marrs (C le S) 11.5/23.2/53.5/39.14

### Division Five SE Hull

**MATCH:** 1 Hull Spartan 2995; 2 Steel City 238.5; 3 Rotherham 236; 4 Wombwell 229; 5 City of Hull 150; 6 Goole 75  
**Division 5C Stretford**  
**MATCH:** 1 Chesterfield 311; 2 Middleton 255; 3 Sale 21 218; 4 Rochdale 213; 5 Rossendale 129; 6 Wallasey 75  
**HJ:** M Beer (C'field) 1.90  
**DT:** D Brunt (C'field) 38.14  
**HT:** M Hayes (C'field) 44.02

### MIDLAND MEN'S LEAGUE

#### Division One Corby

**MATCH:** 1 Notts AC 268.5; 2 Charnwood AC 245.5; 3 Coventry Godiva 230; 4 Corby AC 220; 5 Cannock & Stafford AC 205.5; 6 Dudley & Stourbridge AC 192; 7 Birmingham & Rowheath 170; 8 Wolverhampton & Bilston AC 132.5

#### Men

**100:** T Barton (Cham) 11.2  
**200:** 1 C Henry (Notts) 21.4; 2 Barton 22.2; 3 B Jones (W&B) 22.3; B: 1 D Gifford (C&S) 22.4; 2 A Crossley (Notts) 22.5  
**400:** 1 B Darby (Cov) 48.7; 2 L Black (Corby) 49.1; 3 P Broadley (Notts) 49.7; B: 1 M Bell (Cov) 49.7; 2 M Aldwinkle (Notts) 49.8; 3 J Mayo (C&S) 50.5  
**800:** 1 R Cartwright (Cov) 1:53.6; 2 A Stuckey (BR) 1:54.0; 3 T Mayo (C&S) 1:54.1  
**1500:** R Taylor (Cov) 3:53.2  
**3000:** J Bowskill (Notts) 8:50.2  
**3000SC:** P Fox (Notts) 9:45.6  
**110H:** 1 P Batchelor (Cov) 15.3; 2 D Sweetnam (Cham) 15.4; 3 M Sweeney (Notts) 15.7; 4 G Myles (C&S) 16.0  
**400H:** 1 Gifford 54.4; 2 S Freeman (Cham) 54.7; 3 A Judge (Cov) 54.9  
**HJ:** 1 B Challenger (Cham) 2.10; 2 S Judge (Cov) 1.90  
**PV:** 1 M Davis (Corby) 5.10; 2eq S Bradley (W&B) & D Darroch (C&S) 3.90; 4 E Toeman (Notts) 3.90; B: A Davis 3.70  
**LJ:** M Bull (Notts) 6.54  
**TJ:** 1 M Keaton (Notts) 14.29; 2 A Earle (W&B) 13.52  
**SP:** 1 S Hale (BR) 12.77; 2 A Davis (Corby) 12.74  
**DT:** 1 M Edwards (Cham) 44.66; 2 F Hale (BR) 39.36; 3 R Czernik (D&S) 37.54; B: J Hames (Cham) 42.32  
**HT:** 1 J Pearson (Cham) 64.48; 2 B Dickinson (Cov) 51.58; 3 J Dibble (C&S) 50.72; 4 M Bell (Corby) 50.22; 5 M Knott (W&B) 43.22; B: 1 G Middleton (C&S) 49.84; 2 N Curtis (Corby) 48.76  
**JT:** D Williams (BR) 52.06  
**4x100:** 1 Coventry Godiva 42.1; 2 Notts 43.2; 3 Cannock & Stafford 43.3; 4 Corby 43.4; 5 Charnwood 43.7  
**4x400:** 1 Coventry Godiva 3:21.7; 2 Notts 3:22.3; 3 Corby 3:23.3; 4 Cannock & Stafford 3:24.8

### Division Two Worcester

**MATCH:** 1 Birchfield B 269; 2 Rugby 216; 3 Telford B 210; 4 Worcester AC 203; 5 Northampton Phoenix 196.5; 6 Solihull & Small Heath 190; 7 Mansfield Harriers 183.5; 8 Bromsgrove & Redditch 183  
**Overall:** 1 Birchfield 16; 2 Telford 12; 3 Northampton 11 (436.5); 4 Rugby 11 (433); 5 Solihull & Small Heath 8; 6 Worcester 7; 7 Bromsgrove & Redditch 4; 8 Mansfield 3

#### Men

**100/200:** L Daniels (SSH) 11.5/23.0  
**400:** D Shepherd (Bir) 49.5  
**800:** A Mole (North P) 1:57.4  
**1500:** R Cressy (North P) 4:06.3  
**3000:** M Wassel (SSH) 8:59.4  
**3000SC:** (no water jump): R Geary (Mans) 9:50.3  
**5000:** R Shelton (Rugby) 17.7  
**400H:** D Clifton (Bir) 57.6  
**HJ:** T Hill (SSH) 1.85; B: F Hunt (SSH) 1.85  
**PV:** 1 K Treen (Bir) 4.20; 2 O Chaplin (Tel) 4.00; 3 M Mullis (B&R) 3.90; B: C Willis (Bir) 4.10  
**LJ:** 1 P Johnson (Bir) 7.48 (Div rec); 2 K Atkinson (Tel) 6.81; B: J Flynn (Bir) 7.35  
**TJ:** Flynn 13.59  
**SP:** 1 G Smith (SSH) 14.71; 2 G Herrington (Rugby) 13.51  
**DT:** 1 Smith 56.56; 2 Herrington 51.82; 3 R Payne (Bir) 37.58; B: J Moorland (Rugby) 46.50  
**JT:** K Murch (Rugby) 53.58; 2 R Francis (Bir) 51.52  
**HT:** 1 Payne 54.24; 2 Herrington 44.70  
**4x100:** Rugby 44.3  
**4x400:** Birchfield 3:28.5

### Division Five Loughborough

**MATCH:** 1 Kettering Harriers 243; 2 Charnwood B 163; 3 Yate & District 162; 4eq Clevedon & Stourport 161; 6 Massey Ferguson 148; 7 Cannock & Stafford 126  
**Overall:** 1 Kettering 14; 2 Yate 11; 3 Charnwood B 9; 4 Clevedon 8.5; 5 Massey Ferguson 6; 6 Stourport 4.5; 7 Cannock & Stafford B 3

#### Men

**100/200:** J Colclough (Stour) 11.4/23.5  
**400:** B Willis (Kett) 52.2  
**800:** N Coe (Kett) 2:04.2  
**1500:** M Harvey (Stour) 4:05.3  
**3000:** S Poulton (Stour) 8:45.2  
**3000SC:** M White (Yate) 10:04.0  
**110H/400H:** C Mills (Kett) 16.8/59.3  
**HJ/JT:** P Mills (Kett) 1.80/48.06  
**PV:** D Bullock (Stour) 3.00  
**LJ/TJ:** G Sharman (Kett) 6.30/12.44  
**SP:** C Hughes (Cleve) 11.81  
**DT/HT:** A Mills (Kett) 36.18/30.08  
**4x100:** Stourport 47.3  
**4x400:** Kettering 3:37.6

### Division Six Mansfield

**MATCH:** 1 Severn 284.5; 2 Halesowen 269.5; 3 Newark 229; 4 Tamworth 221; 5 Dudley and Stourbridge 207; 6 Daventry 203

#### Men

**100/400/LJ:** R North (Newk) 11.6/22.4/6.25  
**400:** M Carpenter (Hales) 53.2  
**800:** S Skinner (Dav) 2:08.4  
**1500:** N Hazlewood (Hales) 4:29.4  
**3000:** B Nock (Hales) 9:16.3  
**3000SC:** P Clarke (Hales) 10:45.9  
**110H/PV:** N Walker (Sev) 18.3/3.40  
**400H/TJ:** A Jones (Kett) 61.6/13.00  
**HJ:** S Jones (D&S) 1.78  
**SP:** P Stronach (Kett) 12.59  
**DT:** M Turnbull (Newk) 35.18  
**HT:** B Fenn (Dav) 32.56  
**JT:** L Pritchard (Sev) 48.58  
**4x100:** Newark AC 47.4  
**4x400:** Severn AC 3:37.5

### SOUTHERN VETS' AC CHAMPIONSHIPS Sutton

DESPITE the strong and blustery winds, there was much to enthuse over in the sprints and field events, *Marlin Duff reports.*

John Browne narrowly got the better of Alastair Ross in the M40 100m and 200m, with good times of 11.5 and 23.6. Byron Gray was again on form in the M60 group with a 12.5/25.8 double, whilst Doug Adair was inside the M70 100m British record with 13.5, but the wind was over the limit.

Peter Browne fought off a challenge from younger rivals Chris O'Neill and John Owen to take the M45 800m, but lost out in the 400m to Ross.

Barry Strange won a M60 shot competition that saw four men all but over 10m, while the M40/45 event was noticeable for three 12m marks, led by Steve Archer (M40 12.66) and Neil Griffin (M45 12.21). Archer was a former English Schools' champion who has returned to the sport this year after more than 15 years away.

Griffin was later bouncing his large frame around with unbridled joy at having thrown the discus 45.08m, his best for over five years. This came in

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the final round after three earlier efforts over 40 metres. Chris Ellis was a solid M50 winner with 42.58. World record-holder Euan Williams went out to 41.28 in the W55 hammer, as Jacky Wright posted a W40 throws double. Carina Graham was three times over the British W60 triple jump record, her best was 8.45, but that was wind assisted.

#### M40

**100:** 1 J Browne (And) 11.5; 2 A Ross (Read) 11.6; 3 P Lavender 11.9  
**200 (+0.1):** 1 Browne 23.6; 2 Ross 23.8  
**400:** 1 Ross 53.2; 2 G Grimshaw 54.7; 3 C O'Neill 55.7  
**800:** 1 O'Neill 2:08.1; 2 J Owen 2:08.4  
**1500:** 1 M Bumstead (Thurr) 4:21.5; 2 S Littlewood (HW) 4:30.9  
**5000:** P Johnson (Thurr) 16:23.5  
**110H:** 1 J Wright (Brack) 18.5; 2 N Baker 18.9  
**400H:** Owen 60.2  
**3000SC:** 1 Bumstead 10:42.3; 2 C Harris 11:13.6  
**HJ:** D Talbot (Ox C) 1.65  
**LJ:** G Gallagher (GEC) 6.24  
**TJ:** 1 Gallagher 13.81; 2 I Thompson (OG) 12.26  
**SP:** 1 S Archer (SCVAC) 12.66; 2 M Small (Bel) 12.28  
**DT:** 1 Small 43.10; 2 Archer 33.12  
**HT:** Small 44.54  
**JT:** S Archer 30.24

#### M45

**100:** 1 J Allen 12.1; 2 L Brown 12.4  
**200 (+4.0):** 1 R Fraser 24.6; 2 Brown 25.3  
**400/800:** P Browne (TVH) 53.5/2:08.0  
**LJ:** D Wallington (B'ht) 5.89  
**TJ:** Wallington 10.42  
**SP:** 1 N Griffin (WSE) 12.21; 2 A Richards (Croy) 11.40; 3 A Staerck (D&G) 10.89  
**DT:** 1 Griffin 45.08; 2 A Richards 36.56; 3 R Richards 32.46  
**HT:** Staerck 37.04  
**M50**  
**100:** 1 G Pope (Croy) 12.4; 2 T Bissett 12.7; 3 R Austin 12.8  
**200 (+2.2):** 1 Pope 25.3; 2 Bissett 25.7; 3 J Rozelaar 26.2  
**400:** W Thomas (Dac) 60.4  
**800:** M Joyce 2:29.6  
**5000:** 1 L Sawkins (S'end) 18:07.1; 2 M Duff (AFD) 18:21.7  
**100H:** J Howe 16.7  
**HJ:** Harlick 1.35  
**PV:** 1 J Howe (Maest) 3.30; 2 B Harlick (E&E) 2.60  
**LJ:** 1 J Vernon (Sutt) 5.40; 2 A Cheers (BMH) 5.01  
**TJ:** 1 J Vernon (Sutt) 11.93; 2 Cheers 10.78  
**SP:** W Banks (OPH) 10.62  
**DT:** 1 C Ellis (B'ht) 42.58; 2 Prior 39.46; 3 Harlick 31.68; 4 J Howe 31.64  
**HT:** 1 C Melluish (Camb H) 50.84; 2 K Prior (Met P) 42.80  
**JT:** M Turner 44:08

#### M55

**100:** 1 J Hart 13.2; 2 R Bruck 13.5  
**200 (+2.4):** 1 A Carter 27.4; 2 R Bruck (Barn) 28.7  
**400/800/400H:** D Barrington (K&P) 66.4/2:31.0/69.9  
**HJ:** Burrell 1.35  
**LJ:** Bruck 4.62  
**SP:** 1 E Figueroa (Serp) 9.80; 2 P Shevlane (Lon I) 9.10  
**DT:** 1 Figueroa 35.76; 2 J Kee (MK) 34.38  
**HT:** 1 Kee 42.60; 2 J Webster 36.06; 3 Shevlane 34.34; 4 Figueroa 34.30  
**JT:** 1 R Bartlett (K&P) 45.94; 2 J Webster 43.94  
**3000W:** R Deacon 17:55.5

#### M60

**100 (+2.9):** 1 B Gray (HHH) 12.5; 2 G Daborn (SNH) 13.8  
**200 (+2.4):** 1 Gray 25.8; 2 Daborn 28.7  
**400:** Daborn 75.4  
**800:** R Stewart (Barn) 2:31.7  
**1500:** 1 Stewart 5:05.4; 2 L Parrott (Hav'g) 5:07.4  
**5000:** 1 Daborn 18.3; 2 Day 19.5

**300H:** Daborn 51.4  
**HJ/PV:** 1 J Day (B'ht) 1.33/2.70  
**LJ:** 1 C Sheppard (BMH) 4.26; 2 Day 4.00  
**TJ:** 1 J Phillips (Trow) 9.52; 2 Day 8.57  
**SP:** 1 B Strange (Ox C) 11.21; 2 D Duchemin (Brom V) 10.47; 3 C Taylor (VAC) 10.30; 4 T McNab (St Alb) 9.95  
**DT:** 1 C Brand 40.86; 2 Strange 36.30; 3 Phillips 34.04  
**JT:** 1 Phillips 44.10; 2 Brand 39.52; 3 Daborn 29.22

#### M65

**100 (+2.9):** D Thomas 13.8  
**800:** Thomas 2:29.9  
**1500/5000:** M McDowell 6:26.2/24:04.5  
**HJ:** C Adlam (Inv EK) 1.20  
**PV:** B Thomas 2.50  
**LJ:** 1 Adlam 4.38; 2 A Kalrai (TVH) 4.29  
**TJ:** Adlam 8.42  
**SP:** J Hanus (SCVAC) 10.32; 2 I Briggs (RSE) 8.93  
**DT:** 1 Hanus 36.76; 2 A Briggs 34.10  
**JT:** 1 Adlam 29.18  
**3000W:** A Goodwin (gst) 21:52.8  
**M70**  
**100 (+2.9):** D Adair (SLH) 13.5  
**3000W:** J Fitzgerald (Sutt) 20:26.3  
**M75**  
**1500/5000:** G Gunning (SCVAC) 6:58.9/25:13.9

#### Women

**W35**  
**100 (+2.8)/200 (+3.5):** L Talbert 13.1/26.5  
**400:** 1 Talbert 59.6; 2 T Rashford 65.3  
**800:** 1 C Wickam 2:27.3; 2 L Felton 2:28.1  
**1500:** A Jones 5:14.7  
**400H:** Talbert 73.5  
**SP:** 1 W Dunsford (P'side) 10.33; 2 J Earle (BMH) 9.21  
**DT:** 1 Dunsford 32.06; 2 Earle 30.18  
**HJ:** Earle 32.60; 2 Dunsford 29.88; 3 K Weaving 25.20  
**JT:** Earle 17.00  
**W40**  
**100 (+2.8)/200 (+3.5):** G Cunningham (Bex) 13.6/28.2  
**400:** 1 H Keene (gst) 64.3; 2 E Roe (WSE) 64.5  
**1500/5000:** S Ogilvie (Ox C) 5:07.5/19:16.7  
**80H (+3.7):** S Burridge (Wok) 14.0  
**HJ:** Cunningham 1.37  
**LJ:** 1 Cunningham 4.48; 2 Burridge 4.38  
**TJ:** Cunningham 10.15  
**SP:** J Wright (Brack) 9.97  
**DT:** Wright 38.78  
**HT:** B Simpson 36.96  
**JT:** Thompson 24.58

#### W45

**100 (+2.5):** 1 V Bonner (AFD) 13.1; 2 A le Plongeon (Jers) 14.0  
**200 (+3.5):** 1 Bonner 26.6  
**400/800:** A Cross (Brom V) 73.9/2:52.0  
**PV:** C Eames (B'mth) 2.10  
**LJ:** Le Plongeon 4.42  
**HT:** L Shrobsbree 29.16  
**3000W:** A Lewis (AFD) 16:51.5  
**W50**  
**100 (+3.4)/200 (+4.0):** V Parsons (E&E) 13.7/27.8  
**400:** P Stanley 77.6  
**800/1500:** M Garrett (Bex) 2:58.0/5:46.5  
**5000:** C Hyde (WSE) 22:27.1  
**80H (+3.7)/HJ/TJ:** P Oakes (Dart) 15.3/1:25.9/29  
**SP:** S Gladman (Inv EK) 7.05  
**DT:** P Stanley (Jers) 17.12  
**HT:** S Gladman 23.52

#### W55

**100 (+3.4)/200 (+4.0):** 1 I Holder 15.0/31.8  
**800/1500:** P Jones (lf) 3:00.2/5:57.5  
**HJ:** Holder 1.15  
**LJ:** Y Miles (B'mth) 3.15  
**TJ:** B Keepax (Bex) 6.98  
**SP:** E Williams (Ex L) 11.45  
**DT:** 1 Williams 29.70; 2 C Derrien (Jers) 24.06  
**HT:** 1 Williams 41.28; 2 Derrien 31.58  
**JT:** Williams 35.20

**W60**  
 80H: C Graham (Wok) 16.4  
 HJ/LJ/PV: D McLellan (BoH)  
 1.05/2.91/1.70  
 Tj: Graham 8.45w (8.30 British rec)  
 SP/DT/HT: B Dunsford (Bel) 6.50/11.84/22.28  
 JT: Graham 31.04

**W65**  
 100 (+3.4)/200 (+4.0)/400: B Green (Serp) 18.6/39.2/98.9  
 800: J Ross (GCJ) 3:22.4  
 1500: 1 Ross (GCJ) 6:34.2; 2 B Norrish (Vets) 7:29.0

## June 8

### NORTHERN IRELAND AGE GROUP CHAMPS Antrim

There were 14 doubles and a number of good performances despite the strong wind which kept the times down, Alan Keys reports.

Igareth Gettinby had a sprint double, while Lisburn team-mates Stuart Finnie took the long jump and triple jump, and Ian McMullan took the shot and discus.

Three youths, who were also Irish Schools champions moved up an age group to take junior titles. Ben Houghton took the javelin, while Regent House schoolmates Kerrin Young and Jaron McKay took the 400H and steeplechase respectively.

In the junior ladies' there was also a sprint double for Susan Mary Douglas, while her Lisburn team-mates Kelly McNiece and Carie Donnelly also won two events.

Two inters also moved up age groups to achieve doubles, Tamsin Stephens had a hurdles double while Julie McCorry won the shot and discus.

In the U15 boys Graham Carruthers had a sprint double, Joel Semple won the 400m and javelin, and Gavin Doherty the triple jump and discus.

In the junior girls Linda Haugh also had a sprint double, while Michelle O'Donnell won the 200H and javelin, and Claire Quigg the high and long jumps.

**U20 boys**  
 100/200: G Gettinby (ND) 11.14/22.45  
 400: L Nelson (LV) 49.6  
 800: S Poole (LV) 1:54.36  
 1500: M Doyle (MU) 14:19.6  
 5000: B Maguire (FV) 17:11.2  
 110H: (3'3") T McGivern (CU) 14.83  
 400H: K Young (ND, U17) 58.05  
 2000SC: J McKay (RH, U17) 6:30.2  
 LJ/TJ: S Finnie (Lis) 6.90/12.70  
 HJ: N Lucas (Lis) 1.90

PV: N Anderson (Anna) 3.00  
 SP/DT: J McMullan (Lis) 13.87/39.58  
 JT: B Houghton (B&A) 50.84  
 HT: R Adams (Anna) 43.84

**U15**  
 100/200: C Carruthers (Lis) 12.06/24.44  
 400/JT: J Semple (LV) 55.3/43.20  
 800: M Black (NBH) 2:05.69  
 1500: A Gargin (ED) 4:22.8  
 80H: N McGuckin (CHS) 12.56  
 LJ: B Hazely (CHS) 5.50  
 HJ: B Walsh (SC) 1.69

TJ/DT: G Doherty (SC) 12.07/32.00  
 SP: O McCann (BRR) 12.66  
 HT: J Kenny (Anna) 39.28

**U20 girls**  
 100/200: S Douglas (Lis) 12.63/25.48  
 400/800: K McNiece (Lis) 5:02/20.32  
 1500: W Davis (LV, U17) 4:58.68  
 3000: M Skelton (B&A) 10:50.0  
 100H/400H: T Stephens (LV, U17) 15.66/68.59

HT/TJ: C Donnelly (Lis) 1.50/10.39  
 LJ: S Heanon (Lis) 5.17  
 SP/DT: J McCorry (B&A, U17) 10.95/31.84  
 JT: C McKillop (Lis) 23.22

**U15**  
 100/200: L Haugh (B&A) 13.4/26.48  
 400: K O'Flaherty (New) 2:26.00  
 1500: N McCullough (SP) 5:05.0  
 75H: S Hamilton (SP) 12.7  
 200H/JT: M O'Donnell (Oly) 33.39/24.84

HJ/LJ: C Quigg (B&A) 1.61/5.16  
 SP: L Agnew (Lis) 9.07  
 DT: C Wilson (BRA) 26.30

## June 6

### JSB PLUMBING FORTH VALLEY LEAGUE Division One Livingston

MATCH: 1 Kwik-Fit Corstorphine 310.5;

2 City of Edinburgh 306.5; 3 Lochgelly 296; 4 Harmerly 288.5; 5 Babcock Pitreavie 273.5; 6 Falkirk 240

**U15 boys**  
 100/LJ: N McDonald (Plt) 12.7/5.27  
 400: A Arnel (Plt) 56.0  
 4x100: City of Edinburgh 52.2

**U13**  
 100/400: C Erskine (L'gelly) 13.5/59.2  
 HJ: K Stoddart (CoE) 1.30  
 4x100: Lochgelly 58.6

**U11**  
 100: N Chorley (Harm) 14.9  
 800: M Cumming (Cors) :39.3  
 LJ: E Burns (Cors) 3.63  
 4x100: Kwik-Fit Corstorphine 63.4

**U15 girls**  
 100: H McKay (L'gelly) 13.5  
 1500: R Prawit (L'gelly) 5:07.5  
 HJ: S Jackson (Harm) 1.50  
 4x100: Lochgelly 54.5

**U13**  
 100: K Robertson (Harm) 14.3  
 1500: K Boyle (L'gelly) 5:38.9  
 SP: C Parkin (Harm) 8.02  
 4x100: Lochgelly 60.3

**U11**  
 100: C Brash (Harm) 14.8  
 800: L Spave (CoE) 2:48.4  
 SP: C Graham (Harm) 5.17  
 4x100: Falkirk 65.2

**Postions of three matches:** 1 Kwik-Fit Corstorphine 63.5; 2 Lochgelly 14; 3 City of Edinburgh 10; 4 Babcock Pitreavie, Harmerly 9; 6 Falkirk 3

### Division Two Pitreavie

**MATCH:** 1 JGB Central 328; 2 Livingston 283; 3 Linlithgow 249; 4 Dunbar 209; 5 Lasswade 173; 6 Edinburgh Woolen Mill 150

**U15 boys**  
 100: G McIntyre (JGB Cen) 13.1  
 400: G Smith (Liv) 64.2. B: M Prentice (JGB Cen) 61.0  
 LJ: D Philip (Lass) 4.56

**U13**  
 100: C Campbell (JGB Cen) 14.4  
 400: W Muir (JGB Cen) 67.9  
 HJ: I Hall (Dunb) 1.20  
 4x100: JGB Central 60.8

**U11**  
 100: A Tatton (Liv) 14.8  
 800: J Montard (JGB Cen) 2:50.6  
 LJ: R Revell (Dunb) 3.47  
 4x100: JGB Central 67.7

**U15 girls**  
 100: J Aitchinson (EWM) 13.4  
 1500: L Rodgers (Liv) 5:29.1  
 HJ: L Thomson (Lass) 1.30  
 4x100: Edinburgh Woolen Mill 57.2

**U13**  
 100: G Hallmond (Liv) 14.7  
 1500: J Boylan (Liv) 5:39.3  
 SP: A Bowman (Dunb) 6.46  
 4x100: Edinburgh Woolen Mill 62.1

**U11**  
 100: T Simpson (Liv) 16.0. B: I Greig (Liv) 16.0  
 800: K Murray (Lass) 3:02.9  
 SP: C McGowan (JGB Cen) 4.48  
 4x100: Edinburgh Woolen Mill 67.6

**Positions after three matches:** 1 JGB Central 18; 2 Livingston 15; 3 Dunbar 10; 4 Lasswade 9; 5 Linlithgow 7; 6 Edinburgh Woolen Mill 4

### TSB DUMBARTONSHIRE SCHOOLS Crown Point

**Sec Three boys**  
 800: S McVey (C'nauld) 2:17.6  
 LJ: D Taylor (Bocl) 5.80 (rec); 2 C Baillie (C'bank) 5.77  
 DT: P Horne (Kirk'ch) 31.40

**Sec Two**  
 800: S McGowan (C'nauld) 2:19.9  
 HJ: B Lavery (D'las) 1.52  
 SP: O Foringaud (Lenzie) 11.65

**Sec One**  
 HJ: P Docherty (St Col C'bank) 1.45  
 LJ: R Dunlop (Lomond) 1.65

**Sec Three girls**  
 200: H Connell (T Muir) 26.72  
 LJ: S Bellando (Chrys) 4.55  
 DT: M Saville (Kilsyth) 22.10  
 JT: C Matthews (D'las) 22.52

**Sec Two**  
 SP: J Morton (B'briggs) 8.39  
 JT: P Jeffrie (G'faulds) 22.12

**Sec One**  
 JT: H McQuiston (C'nauld) 21.08

## June 5

### CITY OF EDINBURGH OPEN

IAN MACKIE, World Junior medallist, underlined his chances of GB selection with a 10.26 100m win, Denis Shepherd reports.  
 Doug Walker was second in 10.51 and went on to clock a world class

33.15 in the 300 metres. U23 400H international Barry Middleton also set a PB winning the B 100m in 10.91.

Stephen Hayward was also in good form with a 17.77m shot.

**Men**  
 100 (+3.5): 1 I Mackie (Plt) 10.26; 2 D Walker (CoE) 10.51; 3 J Henderson (CoE) 10.87; 4 I Horsburgh (S Bord, U20) 10.90. B (+2.2): 1 B Middleton (A'deen) 10.91; 2 J Watson (CoE) 10.97  
 300: 1 Walker 33.15; 2 Horsburgh 34.44; 3 K Stewart (S Bord, U17) 34.56; 4 Middleton 34.82. B: M McPhail (Ayr S) 35.81

1500: 1 G Stewart (CoR) 3:48.52; 2 G Graham (C'dale) 3:51.87  
 HJ: S Livingston (CoE) 1.98  
 PV: 1 D Graham (CoE) 4.00; 2 I Gibb (Harm) 3.75

LJ: D Cierhew (CoE, U20) 7.04  
 SP: S Hayward (CoE) 17.77

**M40**  
 300: J Rae (CoE) 42.17  
 U17  
 100: S Shenave (Falk) 11.64

100/300: J Simpson (CoE) 12.73/40.29  
 LJ: S Murphy (CoE) 4.45

**U13**  
 100/LJ: S Henderson (CoE) 14.41/3.56  
 HJ: S Clyde (CoE) 1.15  
 SP: C Bobby (CoE) 6.41

**Women**  
 100 (+3.7): C Black (EWM) 12.71  
 300: M Anderson (EWM) 40.29  
 1500: H Parkinson (EWM) 4:44.62  
 LJ: G Stewart (EWM, U20) 5.03

**W60**  
 LJ: B Steedman (Muss) 3.56  
 U15  
 100/LJ: L Grant (CoE) 14.01/4.12

**U13**  
 100/LJ: C Brash (Harm) 14.79/3.53

### TSB GLASGOW SCHOOLS Crown Point

**U17 boys**  
 1500: B McGarrity (B'man) 4:26.3  
 U15  
 1500: K Kealey (H'rood) 4:47.0

**U20 girls**  
 1500: J Walker (H'rood) 5:18.4  
 U17  
 1500: K Munro (Hutch) 5:10.7

### TSB SOUTH GRAMPIAN SCHOOLS Aberdeen

**U17 boys**  
 100: C Cusiter (RGC) 12.9  
 200: G Price (Mackie) 26.1  
 400: S Armstrong (RGC) 59.0  
 800: B Chalmers (Ban) 2:20.6

1500: J Wade (Ban) 4:53.4  
 HJ: D Prentice (RGC) 1.70  
 LJ: J Stewart (RGC) 5.87  
 SP: N Allan (O Mac) 10.20

DT: J Christie (Mackie) 28.86  
 JT: A Kenead (Ban) 34.14  
 4x100: Robert Gordon's C 47.5 (rec)

**U15**  
 100: R Green (Mackie) 13.2  
 J Logan (RGC) 26.2  
 400: A Hogg (RGC) 63.8  
 800: S Marwick (W'hill) 2:18.5 (rec)

1500: D McCombie (Mackie) 4:54.3  
 HJ: G McWilliam (W'hill) 1.50  
 LJ: L Reid (Mearns) 4.58  
 Tj: C Cusiter (RGC) 9.85

SP: C Walker (W'lands) 11.21 (rec)  
 DT: R Barkwood (W'hill) 22.98  
 JT: M Stannard (RGC) 30.74  
 4x100: Mackie 50.9

**U14**  
 100: B Wilson (Mackie) 14.4  
 200: B Smith (RGC) 31.4  
 400: C McLeod (RGC) 65.1  
 800: P Main (W'hill) 2:38.4

HJ: J Spoor (W'hill) 1.30  
 LJ: W Ogboke (Gramm) 4.46  
 TJ: J Fong (RGC) 9.19

SP: J Leitch (mearns) 9.41  
 DT: K Hodgson (Mearns) 22.52  
 JT: S Simpson (RGC) 24.74  
 4x100: Robert Gordon's College 55.9

**U12 girls**  
 100: M Smith (Inv'rie) 14.4  
 200: N Ingram (Harlam) 29.9  
 300: S Bussell (Albyn) 48.6  
 800: R Dougall (RGC) 2:29.3

1500: A Kyle (Harlaw) 5:07.6 (rec)  
 HJ: W Pennet (B Don) 1.45  
 LJ: L Rouse (Albyn) 4.87  
 SP: R Boodoo (Albyn) 7.21 (rec)

DT: K Rapley (Albyn) 21.16  
 JT: L Stewart (St Mac) 24.58  
 4x100: Albyn 54.1 (rec)

200: G Hair (W'hill) 27.5 (rec)  
 300: L Kochalski (RGC) 50.0  
 800: R Millar (St Mary) 2:44.8  
 HJ: N Gaud (W'hill) 1.45  
 LJ: M Wright (St Marg) 4.05

SP: K Donald (Albyn) 7.12  
 DT: A Smith (W'hill) 21.40 (rec)

JT: L Crookford (W'hill) 23.72  
 4x100: Westhill 56.6  
 U14  
 100: K Furman (RGC) 15.2  
 200: L Dawson (P'lethen) 30.4  
 800: L Henderson (RGC) 2:40.3

HJ: M Osborne (W'hill) 1.23  
 LJ: M Moles (St Mary) 4.03  
 SP: J Virdi (Albyn) 7.92 (rec)  
 DT: S Lester (Mackie) 14.58  
 JT: E Coutts (RGC) 18.42

4x100: Walker Gordon's College 58.2

### ARMY CHAMPIONSHIPS Aldershot

**Men**  
 100: L Cpl D Nolan (1 RRF) 11.03  
 200: Sgt V Vincent (AACoI) 22.26  
 400: Nolan 46.41 (PB)

800: Cpl I Robinson (9 Sig Regt) 1:55.53  
 1500: S Sgt R Finch (7 Para RHA) 3:58.79  
 5000: Spr S Rankin (28 Eng Regt) 15:10.70

3000SC: Cpl C Palmer (CRE Airfields) 9:28.90  
 110H: S Sgt N Killen (2 Sig Regt) 16.7  
 400H: Cpl P Beaumont (SEME) 5.30  
 HJ: Cpl T McSweeney (34 Sig Regt) 1.95  
 PV: Capt T Gyoryfi (HQ 3 UK Div) 4.10  
 LJ/TJ: Sgt A Walker (9 Regt AAC) 6.92/14.55

SP: L Cpl M Wiseman (ESAGC) 13.71  
 DT: Killen 38.76  
 HT: Cpl S Jones (2 Sig Regt) 50.50  
 JT: Pte M Welsh (BAD Kineton) 56.40

**M40**  
 1500: Lt Col G Grant (MCTC) 4:02.25  
**Women**  
 100/200/400: Sig C Michalska (2 Sig Regt) 13.06/26.39/58.69  
 800/1500: Cfn N Hawkins (SEAE) 2:33.54/5:01.10

3000: Pte L Yates (47 Regt RA) 11:53.80  
 100H/HJ/TJ: S Sgt S Paul (HQ AMUS) 17.43/1.35/10.51  
 400H: Cpl E McKinney-Bennett (AGC Worthydown) 69.62

LJ: Capt C Swain (AMF L CSS Bn) 5.18  
 SP: Sig A Tudge (21 Sig Regt) 10.21  
 DT: Cpl S Terry (16 Sig Regt) 33.35  
 JT: Pte L Morrison (20 Tpt Sqn RLC) 36.38

### BRITISH MILERS CLUB RACES Watford

**Men**  
 800: 1 A Hart (Cov) 1:48.0; 2 J Swift-Smith (SB) 1:48.9; 3 R Hooton (Edin) 1:49.0; 4 R Walters (Sale) 1:49.0; 5 A Knight (Camb H) 1:49.5; 6 R Ashe (Hill) 1:50.3; 7 J Hayes (IRE) 1:51.6; 8 A Lill (NEB) 1:52.6. B: 1 L Vaness (B&H) 1:51.5; 2 J Dupuy (Bex) 1:51.6; 3 R Lynch (N Lon) 1:51.6; 4 M Davies (W Gn) 1:51.9; 5 J Thompson (Dart) 1:52.2; 6 G Amos (Norf O) 1:52.9; 7 S Hewes (Thurr) 1:53.0; 8 B Gibson (Norf O) 1:54.7; 9 P Nation (Brack) 1:54.8. C: J Guiney (Lon I) 1:55.0; 2 S Briffett (1:55.6; 3 E Matthews (Winch) 1:55.6 ... J Richardson (Bed, U17) 2:02.3; ... S Outram (Bas, M40) 2:11.7... P Winfield (Mil K, U13) 2:23.3

1500: 1 P Davoren (B&H) 3:48.0; 2 S Poore (T Sol) 3:48.2; 3 S Salmon (BEL) 3:48.5; 4 J Moorehouse (Leeds) 3:48.5; 5 S Moseley (Card) 3:48.6; 6 S Sharp (Hill) 3:48.7; 7 C Datema (Soton) 3:49.3; 8 D McCormack (Vaux) 3:51.7; 9 T Balogun (W Gn) 3:53.4. B: C Low (New&P) 3:55.5

3000: 1 R Whalley (Stoke) 8:04.0; 2 M Yelling (Bed) 8:07.0; 3 I Harpur (T Sol) 8:15.7; 4 H Lobb (Bed) 8:31.6. B (mixed) ... 3 Alison Wyeth (Park) 9:19.0; 4 Louise Watson (GEC) 9:29.5; 5 Wendy Farrow (Derby) 9:38.9... 7 Mandy Ayling (Park) 10:06.0; 8 Joanne Holden (Unatt) 10:14.6

**Women**  
 800: 1 H Griffin (Mil K, U17) 2:18.8; 2 D Glover (North P) 2:19.6. B: D Vrijms (Bris) 2:15.3

1500: 1 R Spies (USA) 4:21.5; 2 J Pavey (Bris) 4:23.3; 3 M Carville (Hill) 4:31.2; 4 B Roh (BEL) 4:32.9; 5 R Felton (SB, U20) 4:36.9; 6 C Slimin (B&M) 4:38.1

100H (+1.8): 1 A Walcott (Mids) 21.5; 2 C Henry (Mids) 21.6; 3 Woodhouse 21.7; 4 A Fish (Lough) 22.4. B (+1.0): Hurst 21.9

400: 1 A Mole (Mids) 48.6; 2 A Donaldson (Lough) 49.6; 3 M Bell (Mids) 49.8; 4 R Ifill (Lough) 50.1; 5 R Dawson (Civil) 50.5. B: 1 M Mills (Leics) 49.5; 2 M Aldwinckle (Mids) 49.8; 3 N Kentish (North P) 50.1

800: 1 J Mayo (Mids) 1:52.4; 2 A Stuckey (BR) 1:53.0; 3 D Thornton (Lough) 1:53.6; 4 R Davoile (Mids) 1:54.8

1500: 1 S White (Mids) 3:41.1; 2 I Grime (Lough) 3:41.2; 3 M Skelton (Ton) 3:41.8; 4 S Margiotta (Lough) 3:43.3; 5 T Mayo (Lough) 3:43.4; 6 D Robertson (Ton) 3:43.9; 7 R Scanson (Lough) 3:44.5. B: 1 K Hayes (Mids) 3:54.4; 2 N Shirk (Tip) 3:55.0

3000: 1 M O'Dowd (Lough) 8:15.5; 2 D Miles (Lough) 8:20.8; 3 N McCaffrey (Mids) 8:23.0; 4 C McGuire (Mid) 8:25.9; 5 B Holladay (Lough) 8:29.4

2000SC: 1 S Duval (Lough) 5:38.6; 2 C Warren (Mids) 5:40.9; 3 R Plant (Mids) 5:45.4; 4 D Lee (Lough) 5:47.1; 5 S Fenwick (Tip) 5:51.7

110H (+1.8): 1 S McAree (Lough) 14.4; 2 A Caines (Mids) 14.7; 3 N Petley (Civil) 15.0; 4 P Batchelor (Mids) 15.2; 5 S Lamb (Lough) 15.8

400H: 1 A Judge (Lough) 54.2; 2 D Gifford (Mids) 54.5; 3 Lamb 55.2; 4 M Holgate (Civil) 55.5; 5 Pettey 56.2  
 HJ: 1 M Mandy (C&S/IRE) 2.22; 2 B Challenger (Lough) 2.10; 3 M Latham (Mids) 2.00; 3 J Brierley (Mids) 1.90  
 PV: 1 M Barber (Mids) 5.20; 2 M Davis (Mids) 5.00; 3 I Widing (Lough) 4.70; 4 L Walker (Lough) 4.40  
 LJ: 1 N Morgan (Mids) 7.56; 2 S Phillips (Mids) 7.43; 3 S Edu (Lough) 6.80  
 TJ: 1 K Stennett (Mids) 14.81; 2 M Keaton (Mids) 13.80; 3 B Hodson (Lough) 13.61

SP: 1 W Fuller (Lough) 15.44; 2 C Rogers (Mids) 14.30; 3 M Fenton (Civil) 13.53; 4 A Kruszewski (Civil) 13.34; 5 S Keller (Mids) 13.24  
 DT: 1 K Brown (Bel) 55.80; 2 Kruszewski 47.72; 3 Fuller 42.20; 3 S Hale (Mids) 39.08

HT: 1 J Pearson (Lough) 63.60; 2 C Ellans (Mids) 59.02; 3 C Howe (Lough) 58.28; 4 Fenton 59.96; 5 N Winchcombe (Civil) 52.44; 6 Fuller 51.12; 7 R Careless (Mids) 50.64; 8 M Bell (Cor, U20) 48.76  
 2kmW: M Young (Roadhogs) 8:28.2  
 4x100: 1 Midlands 42.2; 2 Loughborough 42.6; 3 Civil Service 43.1  
 4x400: 1 Midlands 3:17.5; 2 Loughborough 3

Loughborough 48.4  
**4x400:** 1 Loughborough 3:48.4; 2 Midlands 3:48.7

**EDINBURGH OPEN**

**Men**  
**100 (+3.5):** 1 I Mackie (PAAC) 10.26; 2 D Walker (CoE) 10.51; 3 J Henderson (CoE) 10.87. **B (+2.2):** 1 B Middleton (Aber) 10.91; 2 J Watson (CoE) 10.97. **C (+3.4):** M McPhail (Ayr) 11.17  
**300:** 1 Walker 33.15; 2 I Horsburgh (Bord) 34.44; 3 K Stewart (Bord) 34.56; 4 Middleton 34.82. **B:** McPhail 35.81.  
**C:** J Simpson (CoE, U15) 40.29. M Anderson (EWM, First woman) 42.09  
**1500:** 1 M Colligan (Liv) 4:06.08; 2 R Houston (JGB) 4:07.30; 3 J Muir (L&D) 4:07.89. **B:** R Thomson (CoE) 4:22.18  
**LJ:** 1 D Clerihew (CoE) 7.04; 2 M Wilson (Harm, U17) 4.90; 3 J Ross (CoE, M40) 4.80; 4 S Murphy (CoE, U15) 4.45; 5 Henderson (U13) 3.56  
**HJ:** S Livingston (CoE) 1.90. S Clyde (CoE, U13) 1.15  
**PV:** 1 D Graham (CoE) 4.00; 2 I Gibb (Harm) 3.75  
**SP:** S Hayward (Sale) 17.77. G Shiel (Harm, U15) 6.01; C Bobby (CoE, U13) 6.41  
**U17**  
**100 (+2.2):** J Shenaba (FVH) 11.64  
**U15**  
**100:** J Simpson (CoE) 12.73  
**U13**  
**100:** S Henderson (CoE) 14.41  
**Women**  
**100:** 1 C Black (EWM) 12.71; 2 P Devine (EWM) 12.87  
**1500:** 1 F Johnston (CoE) 5:09.53; 2 I Knox (EWM) 5:09.64  
**LJ:** J G Stewart (EWM) 5.03; 2 L Grant (CoE, U15) 4.12  
**U15**  
**100:** 1 L Grant (CoE) 14.01; 2 K Lownie (Harm) 14.33  
**U13**  
**100/LJ:** C-A Brash (Harm) 14.79/3.53

**SLH OPEN Crystal Palace**

**Men**  
**100:** J Thomas (W Grn/SLE) 11.1  
**800:** 1 S Eyre (Craw, U17) 1:57.6; 2 E Barker (R&T) 1:57.8; 3 A Stephenson (Ash) 1:57.8; 4 D Robinson (IHH) 1:58.3. **B:** E Knox (Croy) 2:04.6  
**3000:** D Smith (B'ht) 8:23.4  
**3000SC:** 1 M Poulin (Ox C) 9:23.0; 2 A Beever (Leeds) 9:31.8  
**Women**  
**100:** J Peters (USA) 11.6  
**800:** 1 K Allen (Craw, U17) 2:22.2; 2 K Isles (Craw, U15) 2:23.1. **B:** N Pankhurst (Craw, U17) 2:20.9  
**U13**  
**100:** C Shoneye (SLH) 13.6  
**800:** A Priest (SLH, U13) 2:51.2

**BLACKHEATH CHAMPS Bromley**

**Men**  
**HT:** A Benn (U20) 56.86  
**U20**  
**HT:** A Benn 61.58

**EASTERN VETS' LEAGUE Peterborough**

**Men**  
**MATCH:** 1 Ryston Runners 127; 2 Wymondham 109; 3 Peterborough 103; West Norfolk 94; March Braza 49; Nene Valley Harriers 42  
**M40**  
**200:** S Peters (W Norf) 23.4  
**800:** 1 R Dunn (Peter) 2:29.2; 2 J Baker (NVH) 2:39.6  
**3000:** Baker 9:50.9  
**100H:** M Simmonds (Ryst) 21.7  
**Mile/W:** T Cooke (Ryst) 8:10.2  
**PV:** J Bray (W Norf) 3.10  
**TJ/JT:** L Still (Rys) 12.18/40.52  
**DT:** T Needham (NVH) 29.20  
**Medley:** West Norfolk 2:46.0  
**M50**  
**200:** J Sutton (Peter) 28.0  
**800:** I Vaughan-Arbuckle (Ryst) 2:29.2  
**3000:** P Hezell (Wym) 11:08.7  
**100H:** M Bishop (W Norf) 20.27  
**Mile/W:** R Marchant (Wym) 10:27.6  
**PV:** T Bilham (Wym) 2:40/28.08  
**TJ:** M Simmonds (Rys) 8.51  
**JT:** V Jeeves (March B) 27.48  
**Medley:** Ryston 3:19.2  
**Women**  
**MATCH:** 1 Peterborough 143; 2 Wymondham 129; 3 Ryston 104; 4 West Norfolk 64; 5 March Braza 36  
**W35**  
**200:** D Timmis (March B) 28.2  
**800/3000:** K Dwyer (Wym) 2:54.6/

12:30.8  
**Mile/W:** C Reader (Ryst) 8:01.4  
**80H:** M Simmonds (Ryst) 16.5  
**PV/JT:** H Miller (Peter) 2.00/23.64  
**TJ:** Filer 9.86  
**DT:** S Beedham (March B) 18.9  
**Medley:** Wymondham 3:25.5  
**W45**  
**200:** J Towler (Peter) 31.9  
**800:** B Hutcheon (Wym) 2:42.5  
**3000:** E Osbourne (Wym) 3:25.5  
**Mile/W/PV:** L Blackmore (Peter) 10:36.8/1.60  
**80H:** C Filer (Wym) 18.1  
**TJ/DT:** M Simmonds (Ryst) 8.74/23.07  
**JT:** J Smith (Peter) 19.54  
**Medley:** Peterborough 3:44.1

**NYSD LEAGUE Middlesbrough**

**Men**  
**800:** J Nunn (Shil) 1:58.8  
**HT:** C Snook (Mad, U20) 42.00  
**U20**  
**800:** W Tarn (Shil) 2:08.4  
**HT:** C Walsh (Man) 59.26  
**U15**  
**HT:** M Cawley (Man) 40.18  
**U13**  
**800:** S Brown (Shil) 2:26.8  
**U20 women**  
**HT:** R Beverley (Man) 46.60  
**U17**  
**100:** L Rottgardt (Shil) 28.6  
**200:** L Robson (Shil) 4:44.3

**SWRR OPEN MEETING Exeter**

**Men**  
**100:** S Biggs (Ex Univ) 12.4  
**LJ:** S Pomfret (Ex Univ) 5.75  
**DT:** C Illman (Devonia) 26.94  
**U13**  
**100/200/LJ:** C Slee (SWRR) 14.9/32.6/3.57  
**800:** R Penny (Plymouth) 2:26.5  
**DT:** M Milden (Ex H) 17.40  
**U11**  
**50:** C Pope (SWRR) 8.0  
**100:** D Hazell (Ex H) 15.2  
**LJ:** T Frost (SWRR) 3.33  
**U17 women**  
**100/LJ:** H Dodds (SWRR) 13.9/4.21  
**DT:** R Jury (SWRR) 18.25  
**U15**  
**DT:** G Milden (Ex H) 15.88  
**U13**  
**100/LJ:** L Winter (SWRR) 14.3/3.88  
**800:** C Foot (Ply) 2:52.0  
**DT:** C George (SWRR) 8.06  
**U11**  
**50/100:** E Davies (Devonia) 8.6/16.7  
**LJ:** C Humphries (Unatt) 2.86

**SERPENTINE RC MILE Battersea Park**

**Men**  
**1 R** Kindersley 4:35; **2 M** Askew 4:44; **3 T** Wong 4:45  
**Women**  
**B** Sheldon 5:36; **2 L** Craig 5:41; **3 R** Teinla 5:43

**June 4-6**

**ABERDEEN CHAMPS**

**Men**  
**1500/3000:** R Creswell 4:08.5/9:03.3  
**400H:** M Davidson 55.8  
**PV:** K Lyon 3.45  
**U20**  
**400H:** R Singer 58.0  
**U17**  
**3000:** T Grant 9:58.3  
**400H:** R Smith 63.7  
**Women**  
**3000:** A Kyle (U17) 10:47.0  
**PV:** J Lyon 2.33  
**U17**  
**300H:** W Pennet 46.9

**June 4**

**STAFFORD OPEN Stafford**

**NORTHERN 1500m champion Vicky Lawrence produced a thrilling performance in race four of the mixed 800m to hold off Sale's Sue Parker by the thickness of a vest in 2:04.9, Gareth Webb reports.**  
**Parker, second at the Don Valley Stadium just two days earlier (behind Michelle Faherty in 2:07.36), recorded a faster clocking this time (2:04.9), but couldn't contain the Blackpool runner, having set a pb of 4:22.72 when winning the Northern title for**

the second time.  
**Jonathon Stewart of Halifax registered the fastest U17 1500 time this year (4:02.3), just getting the better of Wirral's William Goudie.**  
**Grant Cuddy was able to make an impression on the year's U20 rankings with a speedy 3:47.6.**

**BMC Races**  
**Men**  
**1500:** 1 G Cuddy (Sale, U20) 3:47.6; 2 M Proudlove (Stoke) 3:48.1; 3 B Smith (Leigh, U20) 3:48.2; 4 R Walling (Bang Un) 3:50.4; 5 G Watson (E Ches) 3:51.8; 6 E Crowther (Salf) 3:51.9; 7 M Morris (E Ches) 3:52.8; 8 R Berry (Liv PS) 3:53.4; ... J Bowskill (Notts, U20) 4:01.7  
**Women**  
**1500:** 1 K McPherson (Traff) 4:27.1; 2 J Colleran (Liv) 4:30.2; 3 A Connolly Skyrac, U20) 4:36.1  
**Mixed (unless otherwise stated)**  
**100 Race 2:** ..2 R Smith (Traff, U17, W) 12.9  
**200 Race 3:** ..3 K Jones (Traff, U20, W) 25.5; 4 N Sutton (Wig, W) 25.6; 5 R Smith (Traff, U17, W) 25.9  
**400:** 1 R Workman (E Ches) 49.4; 2 P Halladay (Wig) 50.1; 3 W Brincke (E Ches) 50.4  
**800 Race 1:** ..3 S Owen (C&N, U20) 1:55.8; ..5 S Bailey (Wig, U20) 1:56.1; ..8 D Talbot (Traff, U20) 1:58.3; **B:** 1 B Mate (Gate) 1:51.8; 2 W Barry (Chor, U17) 1:58.5; 3 D Hewitt (Lin W, U17) 1:58.7; **C:** 1 R Powell (Colv B, U17) 2:00.3; **D:** 1 V Lawrence (B&F, W) 2:04.9; 2 S Parker (Sale, W) 2:04.9; ..5 J Latimer (Sale, W) 2:07.4; ..7 K Smithson (Hynd, W) 2:09.5; ..9 P Fryer (Sale, W) 2:10.6; 10 H Pattinson (Pres H, W) 2:10.8; **E:** ..9 R Newcombe (Liv, W) 2:11.4; 10 S Bouchard (Salf, W) 2:11.6  
**1500:** ..2 J Stewart (Hal, U17) 4:02.3; ..5 W Goudie (Hal, U17) 4:03.9; **Race 4:** ..8 S Erlam (Sutt, M55) 4:30.0; **Race 5:** ..4 E Deakin (Pres H, U17, W) 4:45.6  
**3000:** 1 S Green (Bing) 8:26.8; 2 A Walpole (Salf) 8:28.1; ..4 S Wurr (Dur C, U20) 8:37.1; **B:** 11 M Mann (Pres H, U20, W) 9:40.7  
**Men**  
**SP:** 1 J Muirhead (Liv) 15.82; 2 R Russell (Sale) 15.69; 3 G Gilbert (Car) 14.07  
**DT:** 1 Russell 51.88; 2 Muirhead 48.60; 3 Gilbert 45.36  
**U20**  
**SP/DT:** A Rollins (Wig) 13.53/42.18  
**U20 Women**  
**DT:** 1 D Williams (Sale) 43.26; 2 L Wood (Traff) 31.30

**EPSOM EXTRAVAGANZA**

**Women**  
**PV:** 1 J Whitlock (Traff) 3.80; 2 E Hornby (Bir) 3.20; 3 K Horner (D&MV, U20) 3.10; 4 F Peake (Wok, U20) 3.10; 5 B Ridgley (T Sol, U20) 2.80; 6 T Bloomfield (G&G, U17) 2.80

**June 2**

**MIDLAND VETS' CHAMPIONSHIPS Tamworth**

**M40**  
**100:** J Barclay (Corby) 11.9  
**200/400:** J Caines (RSC) 23.5/52.3  
**800:** D Randle (Hun) 2:00.9  
**1500:** P Kenney (RSC) 4:16.1  
**5000:** K Bright (Hales) 15:37.5  
**H/LJ/TJ/SP:** T Wall (Leam) 1.54/5.65/12.45/10.66  
**PV:** T Howarth (Mass F) 2.90  
**DT:** R Ainsworth (Mans) 33.00  
**HT:** G Fullwood (D&S) 35.56  
**JT:** T Rollason (WBH) 25.44  
**5kmW:** K Worth (B&R) 28:10.7  
**M45**  
**100/HJ:** P Goulding (RSC) 12.2/1.54  
**200/400:** D Taylor (Tel) 25.0/53.6 (CBP)  
**800:** S Hallon (Wor) 2:02.5 (CBP)  
**1500:** R Weatherburn (Stour) 4:14.2  
**5000:** P Smith (WBH) 16:42.7  
**110H/400H:** T Wells (Corby) 16.5 (CBP)/69.5  
**LJ:** B Hendrie (Ban) 5.01  
**PV/TJ:** B Abdy (North P) 3.05/10.00  
**SP/DT/HT:** J Edwards (Charn) 12.24 (CBP)/34.16 (CBP)/34.06  
**JT:** G Felton (RSC) 35.42  
**5kmW:** B Cave (Bir) 23:11.0  
**M50**  
**100/200/100H:** T Cox (Nun) 12.7/26.3/19.7  
**400/400H:** R Barrington (Stoke) 58.5/64.6  
**800:** L Duffy (RSC) 2:04.3 (CBP)  
**1500:** J Jakes (PMAC) 5:01.2  
**5000:** J Heywood (Hun) 17:21.0  
**H/LJ/TJ:** C Green (Tam) 1.54/10.65  
**LJ:** P Duckers (Shrews) 5.63  
**SP/DT/HT:** J Conboy (Bir) 11.89/

38.70/43.40  
**JT:** P Owen (Tam) 42.80  
**5kmW:** G Jones (Cov RWC) 26:44.0  
**M55**  
**100/200/100H/400H:** B Ariss (Mid W) 13.0/26.8/19.7/74.7  
**400:** D Hoare (Leam) 62.0  
**1500:** M Wrenn (Tip) 4:32.6 (CBP)  
**5000:** R Suddens (Nun) 20:00.1  
**LJ/TJ:** B Taylor (Bir) 5.06 (CBP)/10.42  
**M60**  
**100/200:** D Burton (Sheff) 13.3/26.7  
**400:** W Morgan (Bir) 60.1 (CBP)  
**1500:** W Rawlins (B&R) 6:06.9  
**5000:** B Webster (Bir) 21:56.6  
**HJ:** T Crocker (Stour) 1.54 (CBP)  
**TJ:** A Crocker (Stour) 10.25 (CBP)  
**SP/DT/HT:** B Sumner (Tam) 10.32 (CBP)/31.16/36.88 (CBP)  
**5kmW:** B Rawlins (B&R) 29:48.4  
**M65**  
**100/200:** A Meddings (Bir) 13.5/28.2  
**1500:** T Wyer (RSC) 5:58.3  
**H/LJ/SP/JT:** J Cross (Tam) 1.25/4.17/7.50/25.72  
**DT:** N Carter (Bur) 25.36  
**HT:** G Roberts (Spark) 21.92  
**5kmW:** G Chaplin (Cov RWC) 26:19.2 (CBP)  
**M70**  
**100:** A Lovett (Dork) 16.0  
**200/5000:** W White (WBH) 36.8/3:12.0  
**400/5000:** J Fraser (OWLS) 75.6/2:20.7  
**1500:** J Kelly (Der) 7:17.6  
**SP/DT/HT/JT:** J Gerces (Rug) 10.09/30.28 (CBP)/26.34 (CBP)/24.10  
**M80**  
**100/200/SP/JT:** C Fairey (Kett) 15.8 (CBP)/34.9 (CBP)/6.72/15.50  
**DT:** H Karlsson (Sev) 21.62  
**5kmW:** G Mitchell (Bir) 33:46.7  
**W35**  
**100/200/400:** S McDonald (RSC) 13.3/27.2/62.7 (CBP)  
**LJ/JT:** J Wakeham (B&R) 4.01/24.80  
**5kmW:** E Worth (SSH) 29:37.1  
**W40**  
**100:** L Elliott (Bris) 14.7  
**200/LJ/TJ:** C Jackson (Tam) 31.9/3.91/7.48  
**1500:** S Weatherburn (W&B) 5:10.9  
**5000:** C Rollason (Bir) 19:40.0  
**HJ:** P Garvey (Corby) 1.40  
**SP/DT/JT:** C Dawson (Mass F) 7.78/25.04/20.64  
**HT:** C Smith (Nun) 20.66  
**W45**  
**100/200:** O Codrington (RSC) 14.4/30.5  
**1500:** L Steggles (North P) 5:19.9  
**SP/HT:** V Kirkiand (Nun) 6.65/18.08  
**DT/JT:** M Moore (Stain) 19.34/16.34  
**5kmW:** S Bull (Tam) 32:10.6  
**W50**  
**100/200/400:** Y Priestman (B&R) 13.8 (CBP)/30.5/66.1  
**80H/300H:** M Hocknell (Scun) 14.8 (CBP)/53.3  
**HJ/SP/HT/JT:** C Morris (Bir) 1.10/6.81/20.34 (CBP)/25.04  
**LJ/TJ:** J Charles (Ox C) 3.85/8.37  
**5kmW:** S Haynes (Wor) 32:18.2  
**W55**  
**5kmW:** J Langford (W&B) 30:15.9  
**W60**  
**SP/DT/HT:** A Moore (Bir) 7.42/17.54/18.18  
**5kmW:** P Horwill (D&S) 32:27.8  
**W65**  
**100/SP/DT/JT:** J Ogden (Thur) 16.0/8.69/17.90/27.92

**discus, while Gloucester's Gael Davies gained his first Welsh medals with a 100 and 200m double.**  
**Best race of the day was in the men's 400m hurdles when Marvin Grey was given the nod from Phil Harries. Both recorded 52.8.**  
**Men**  
**100 HT:** 1 J Henthorn (Carm) 10.83; 2 T Rutherford (Card) 10.91; 3 C Malcolm (Card) 11.08; 4 G Thomas (Carm) 11.34; 5 D Jacobs (Rhon) 11.47; 6 F Childs (Brecon) 12.04. **H2:** 1 P Gray (Card) 11.09; 2 M Miller (Torf) 11.32; 3 C Millard (Swan) 11.47; 4 A Powell (Card) 11.55; J Thompson (TVH) 11.91  
**(-3.2):** 1 Rutherford 10.96; 2 Henthorn 11.10; 3 Malcolm 11.18; 4 Gray 11.32; 5 Jacobs 11.65; 6 Millard 11.67; 7 Thomas 11.68; 8 Miller 11.82  
**200:** 1 D Turner (Card) 21.99; 2 Jacobs 22.91; 3 Millard 23.00; 4 S Taylor (Rhon) 25.66  
**400 HT:** 1 J Lloyd (Swan) 49.48; 2 J Weston (Card) 51.60; 3 E Lewis (Carm) 52.03; 4 D Arthur (Norf) 52.05; 5 D Aherns (Card) 55.48. **Ht 2:** 1 D Williams (Swan) 49.72; 2 H Bannister (Llan) 50.02; 3 G Batte (Barry) 50.28; 4 E Oram (Lis) 50.99; 5 D Owen (Card) 51.87; 6 A Lewis (Card) 55.21  
**Final:** 1 Lloyd 48.29; 2 Williams 48.43; 3 Batte 49.49; 4 Weston 49.83; 5 Bannister 50.08; 6 Oram 51.55; 7 Owen 51.80; 8 Lewis 54.09  
**800 HT:** 1 D Maynard (Bel) 1:58.24; 2 J Mills (Chelms) 1:58.88; 3 D Poval (Newp) 1:59.06; 4 M Ridout (Card) 2:04.17; 5 T Davies (C'how) 2:04.32; 6 M Williams (Wrex) 2:04.66; 7 M Gurnin (Torf) 2:06.42; 8 M Medhurst (Newp) 2:09.54. **Ht 2:** 1 A Walling (Bang U) 1:56.67; 2 S Price (Swan) 1:56.87; 3 P Bristow (Card) 1:57.02; 4 L Phillips (Brecon) 1:59.55; 5 F Barlow (Wood G) 2:00.21; 6 M Goodger (Newp) 2:00.46; 7 D Williams (Aber) 2:00.57; 8 Barlow Bradshaw (Wrex) 2:03.24  
**Final:** 1 Maynard 1:54.75; 2 Walling 1:55.46; 3 Price 1:56.02; 4 Mills 1:56.57; 5 Bristow 1:56.72; 6 Phillips 1:57.73; 7 Poval 2:02.31; 8 Barlow 2:08.04  
**1500:** 1 J Ellis Smith (Re) 3:50.71; 2 N Comerford (Card) 3:52.39; 3 C Stephenson (Card) 3:53.60; 4 R Cartwright (Cov) 3:53.91; 5 M Morgan (Swan) 3:58.42; 6 S Mosley (Card) 4:00.95; 7 A Jones (Card) 4:04.95; 8 D Davey (Barry) 4:06.62  
**5000:** 1 S Brace (Bridg) 14:33.17; 2 A Eynon (Swan) 14:38.07; 3 M Shaw (Newp) 14:49.71; 4 R Szade (Card) 15:00.82; 5 K Tobin (Swan) 15:27.08  
**10000:** 1 D Rixon (Bridg) 29:54.12; 2 S Tobin (Swan) 30:23.37; 3 R Roberts (Bridg) 32:07.02; 4 C Davies (Bridg) 33:19.68; 5 P Kellam (Card) 33:53.20  
**110H:** 1 J Archambault (Swan) 14.3; 2 J Hillier (Newp) 15.6; 3 M Eveleigh (Card) 15.7; 4 M Butler (Card) 17.8  
**400H Ht 1:** 1 J Bridger (T Sol) 55.17; 2 M Elias (Card) 55.65; 3 D Goodger (Newp) 55.73; 4 D Griffin (Card) 55.76; 5 T Bevan (Swan) 56.08. **Ht 2:** 1 M Gray (Card) 55.03; 2 P Harries (Derby) 55.60; 3 B Davies (Swan) 55.85; 4 J Hillier (Newp) 55.91  
**Final:** 1 Gray 52.8; 2 Harries 52.8; 3 Bridger 53.7; 4 Griffin 54.3; 5 Elias 54.8; 6 Goodger 55.9; 7 Davies 56.1  
**3000SC:** 1 P Cook (Card) 9:33.21; 2 M Cherrington (Swan) 9:35.47; 3 F Jones (Westb) 9:37.28; 4 J Peters (Wrex) 9:51.12; 5 H Evans (Card) 10:13.50; 6 J Foster (Lis) 10:18.81; 7 D Florence (Barry) 10:31.97; 8 S Type (Card) 10:42.98  
**HJ:** 1 M Perry (Card) 2.06; 2 R Griffiths (Swan) 1.90; 3 S Price (Newp) 1.85; 4 M Butland (Carm) 1.80; 5 M Yerm (Torf) 1.80; 6 M Pickett (Torf) 1.80  
**PV:** 1 N Winter (SB) 5.25 (CBP); 2 I Wilding (Stoke) 5.00; 3 T Thomas (Swan) (Carm) 4.60; 4 G Price (Swan) 4.40; 5 N Pritchard (Card) 4.20  
**LJ:** 1 A Malcolm (Salis) 7.32 (3.2); 2 L Edwards (Card) 6.90 (-); 3 G James (Carm) 6.78 (1.8); 4 I Roberts (Card) 6.77 (2.5); 5 J Morris (Swan) 6.73 (2.2); 6 C Madeira Cole (Carm) 6.39 (2.6); 7 I Booth (Torf) 6.37 (1.7)  
**TJ:** 1 Madeira Cole 14.04; 2 D Morgan (Pres) 12.97; 3 Pickett 12.34  
**SP:** 1 A Turner (Craw) 14.11; 2 E Hulse (Col B) 13.94; 3 J Bryan (Torf) 12.79; 4 A Williams (Torf) 12.12; 5 S Tynan (Rhon) 10.45  
**DT:** 1 Turner 44.78; 2 G Gilbert (Card) 42.88; 3 P Roberts (Swan) 41.24; 4 Bryan 40.38; 5 Williams 40.18; 6 Hulse 37.48  
**JT:** 1 S Loughran (Swan) 58.02; 2 S Lewis (Swan) 56.26; 3 L Antoniazzi (Card) 52.68; 4 D Morgan (Card) 48.20; 5 J Bird (C'how) 47.54  
**HT:** 1 A Palmer (Card) 57.26; 2 G Holder (Belx) 55.40; 3 G Jones (Card) 55.92; 4 Hulse 49.60; 5 T Lally (Swan)

**June 1**

**WELSH SENIOR & VET CHAMPIONSHIPS Newport**

**DESPITE the chilly and windy conditions at Newport's new stadium, several individual fine performances were recorded, Brian Owen reports.**  
**Rhian Clarke was in form in the women's pole vault, clearing 3.65m to go fourth on the season's rankings and set UK junior, Welsh all-comers, Welsh senior and junior records as well as a championship best.**  
**Alyson Layzell set championship figures in the 400m hurdles with 58.92. A member of Cheltenham, she is back to the event in which she reached the Commonwealth final in Edinburgh as a 19-year-old almost 10 years ago.**  
**Sarah Moore was another to set a championship best, in the hammer, while Carys Parry from Rhondda produced a Welsh U17 best of 36.40.**  
**Neil Winter was the only male athlete to exceed the existing best, with a 5.25m clearance in the pole vault. Universities champion Hayley Parry completed a 800/1500m double.**  
**Further doubles came from Crawley's Andy Turner in shot and**



01733 261144 or fax your results to us on 01733 267198

43.60; 6 N Townsend (HHH) 43.14  
**10kmW:** 1 C Bradley (Lis, M40)  
 48:21.67; 2 B Dobson (Hf) 53:57.00  
**M40**  
**100:** 1 G Sutton (Newp, M50) 12:30; 2 G Starkey (Card) 13.10; 3 D Burton (Lis) 13.26; 4 J Pierce (Cledid) 13.39  
**200:** 1 Burton 27.17; 2 B Thompson (Col B) 27.26; 3 Starkey 27.39; 4 Pierce 27.52; 5 H Morgan (Cledid, M50) 27.62  
**400:** 1 J Owen (Herc W) 56.22; 2 Thompson 59.70; 3 Morgan (M50) 62.82; 4 E David (Swan, M50) 62.82  
**800:** 1 D Harries (Swin) 2:12.05; 2 M Pinnell (Rhon) 2:15.43; 3 D Weston (Newp) 2:16.66; 4 S Porazinski (Newp) 2:17.24; 5 L Tew (Bridg, M60) 2:22.08; 6 R Bowen (Neath, M50) 2:23.04; 7 M James (-) 2:25.87  
**1500:** 1 Pinnell 4:37.38; 2 Harries 4:37.41; 3 Weston 4:42.82; 4 C Brooks (Newp) 4:48.34; 5 Bowen (M50) 4:55.95  
 ... 7 R Brandon (Card, M60) 5:41.04  
**5kmW:** 1 K Brown (Ern) 16:15.00; 2 C Bradley (Lis) 17:17.44; 3 Pinnell 17:50.76  
**10,000:** 1 K Wilkinson (S Dom) 34:01.46; 2 P Allen (Hales) 36:26.98; 3 D Fereday (Newp) 38:56.24  
**100H:** J Howe (Maes, M50) 15.8  
**110H:** Burton 19.7  
**400H:** 1 Owen 62.40; 2 Burton 72.64  
**3000SC:** 1 D Jessett (Swin) 10:54.97; 2 A Stedman (Ver) 11:09.46  
**HJ:** T Thompson (Beacon) 1.40; S Power (Card, M50) 1.65  
**PV:** G Benson (Swan, M50) 3.50; J Howe (Maes, M50) 3.20; T Thompson (Beacon, M40) 2.60  
**LJ:** 1 A Cheers (B'stokes) 4.77 (3.4); 2 Starkey 4.34 (2.3)  
**TJ:** Starkey 10.69; Power (M50) 12.71; A Cheers (B'stokes) 10.59  
**HT:** 1 P James (Newp) 34.46; 2 C Jeakins (Card) 22.68  
**SP:** Jeakins 9.94; J Walters (Card, M50) 11.21; J Howe (Maes, M50) 9.37; G Codd (Pres, M50) 8.81; B Webb (Card, M50) 8.58  
**DT:** B Thompson (Col B) 25.60; Jeakins 25.48; Walters (M50) 33.80; Howe (M50) 30.44; Codd (M50) 26.64; W Kingsbury (Rhon, M60) 27.84  
**JT:** 1 Starkey 27.56; 2 Webb (M50) 25.84

(Newp) 36:18.17  
**Veterans**  
**100:** S Owen (Newp, W40) 14.77; M Webb (Card, W60) 17.31  
**200:** Owen 31.31; Webb 36.79  
**1500:** C Boyle (Over, W35) 4:47.97; S Adkins (Card, W40) 5:30.57  
**5000:** L Clarke (L Croup, W35) 19:30.1  
**SP:** A Hourihan (Card, W35) 11.01; Owen 10.54  
**DT/JT:** Hourihan 39.22/32.08  
 2.45  
**LJ:** F Williams (Card, W35) 4.10 (1.3)

## SURREY VET CHAMPS Tooting Bec

**M40**  
**400H:** J Rutherford (Walt) 65.0  
**4x100:** Epsom & Ewell Harriers 49.8; Walton AC 50.1  
**M50**  
**100H:** M Joyce (K&P) 18.2  
**400H:** F Bush (Has) 66.0  
**3kmW:** 1 P Hannell (SWC) 14:48.7; 2 N Simmonds (SWC) 17:33.3; 3 P Still (Sutt) 21:26.6  
**M55**  
**100H/400H:** D Barrington (K&P) 19.8/70.3  
**M60**  
**100H:** G Daborn (SNHAC) 18.1  
**300H:** Daborn 52.4  
**M65**  
**3kmW:** A Goodwin (SWC) 21:33.7  
**M70**  
**3kmW:** 1 J Fitzgerald (S&D) 19:33; 2 S Bennett (Lon Vid) 20:07  
**W40**  
**80H:** S Burrige (Wok) 14.1  
**W55**  
**80H:** C Graham (G&G) 16.1  
**4x100:** Epsom & Ewell Harriers 66.4

## LOUGHBOROUGH v RAF Loughborough

**GLEN SMITH and Jacqui McKernan achieved the Olympic qualifying standards with throws of 62.34 and 60.34. Brian Owen reports.**  
**Men**  
**MATCH:** 1 Loughborough Students 96; 2 RAF 91  
**100:** 1 A Francis (Lough S) 10.7; 2 S Patel (RAF) 11.1; 3 G Stacey (Lough S) 11.1; B: D Wylie (RAF) 11.4  
**200:** 1 S Edu (Lough S) 21.6; 2 A Francis (Lough S) 21.8; B: M Mark Richard (Lough S, gst) 23.6  
**400:** 1 A Donaldson (Lough S) 49.9; 2 R Ifill (Lough S) 50.4  
**800:** 1 I Grime (Lough S) 1:52.7; 2 D Thornton (Lough S) 1:54.3; 3 G Skafidas (Lough S, gst) 1:55.1; 4 S Brock (Lough S, gst) 1:56.3; 5 J Burrell (Lough S, gst) 1:56.8; 6 J Overton (RAF) 1:58.4; 7 J Hunt (Lough S, gst) 2:00.1; B: 1 D Rankin (Lough S) 1:57.4; 2 G Chatterton (Lough S) 1:57.8; 3 M Benford (Lough S) 1:58.3; 4 J Quint (Lough S) 1:59.3; 5 D Flint (Lough S) 2:01.0; 6 R Holladay (Lough S) 2:01.6; 7 R Hydes (Lough S) 2:02.6; 8 J Dear (Lough S) 2:02.9; 9 J Marshall (Lough S) 2:04.6  
**1500:** 1 P Synneman (Lough S) 3:51.7; 2 Skafidas 3:59.4; 3 Holladay 4:03.7  
**110H:** 1 F Chapman (RAF) 15.6; 2 G Ingram (RAF) 16.5; 3 F Donaldson (Lough S) 16.8  
**400H:** 1 Chapman 57.5; 2 J Davenhill (RAF) 60.6; 3 F Donaldson 62.3; 4 P Cockaday (RAF, gst) 63.3; 5 M McManus (Lough S) 68.1  
**HJ:** 1 N Watson (RAF) 1.85; 2 C Nightingale (Lough S) 1.85  
**PV:** 1 R Kingman (RAF) 4.30; 2 L Walker (Lough S) 4.10; 3 G Chiles (RAF) 4.10  
**LJ:** 1 G Munroe (RAF) 6.95; 2 M Lewis (Lough S) 6.80; 3 D Wylie (RAF) 6.48  
**SP:** 1 M Proctor (RAF) 19.15; 2 J Muirhead (Lough S, gst) 15.98; 3 B Fuller (Lough S) 15.13; 4 K Brown (RAF, gst) 13.45  
**DT:** 1 G Smith (Lough S, gst) 62.32; 2 Brown 58.66; 3 Proctor 53.38; 4 Muirhead 51.74; 5 D Morris (Lough S) 50.60; 6 P Lowe (RAF) 42.26  
**HT:** 1 J Pearson (Lough S) 64.58; 2 Fuller 52.26; 3 A Nisbet (RAF) 40.24  
**JT:** 1 G Hayward (RAF) 57.64; 2 T Lloyd (RAF) 54.86; 3 M Lewis (Lough S) 52.28; 4 C Lo (Lough S) 46.60  
**4x100:** 1 RAF 43.9; 2 Loughborough Students guests 47.9  
**4x400:** 1 Loughborough Students 3:23.8; 2 RAF 3:30.2

**Women**  
**MATCH:** 1 Loughborough Students 65; 2 RAF 55  
**100:** 1 K Gray (Lough S) 12.4; 2 L Gibbons (Lough S) 12.9; 3 S Smith (RAF) 12.9; 4 L Dawson (RAF) 12.9; 5 D Elliott (RAF, gst) 13.0; 6 H Turner (RAF, gst) 14.4  
**200:** 1 Smith 26.7; 2 D Haxton (RAF, gst) 27.2; 3 Dawson 27.5  
**400:** 1 P Paine (RAF) 59.9; 2 Haxton

60.2; 3 E Bannister (RAF) 60.6  
**800:** 1 S Salmon (Lough S) 2:14.1; 2 R Love (Lough S, gst) 2:20.7; 3 E Graysmark (Lough S) 2:21.6; 4 C Leake (Lough S, gst) 2:24.4; 5 C Buckner (RAF) 2:25.9; 6 B Martin (RAF) 2:48.9  
**1500:** 1 Salmon 4:37.5; 2 M Kitching (RAF) 4:45.5; 3 S Coyne (RAF) 4:56.2  
**HJ:** 1 A Binks (Lough S) 1.55; 2 C Filce (Lough S) 1.50  
**PV:** 1 Filce 2.75; 2 S Pugh (Lough S) 2.45  
**LJ:** 1 D Elliott (RAF, gst) 4.88; 2 M Chisholm (RAF) 4.66; 3 G Smith (RAF) 4.56  
**SP:** 1 J McKiernan (Lough S) 12.99; 2 C Lane (Lough S, gst) 10.11  
**DT:** 1 McKiernan 60.04; 2 T Saint Smith (Lough S) 40.40  
**JT:** J Jones (RAF) 19.82  
**4x100:** 1 RAF 51.8; 2 Loughborough Students 52.8; 3 RAF B 55.1  
**4x400:** 1 Loughborough Students 4:15.8; 2 RAF 4:26.1  
**Mixed**  
**BMC 5000:** 1 I Hudspith (Morp) 14:00.3; 2 D Robertson (Lough S) 14:05.2; 3 J Moorhouse (Leeds) 14:07.8; 4 D Lee (Lough S) 14:19.8; 5 V McPherson (CoG, W) 16:06.2; 6 H Ruffell (Lough S, W) 18:47.2

## May 31

### SOUTHERN VETERANS LEAGUE Kent Division One Rochester

**Men**  
**MATCH:** 1 Blackheath 99; 2 Invicta EKT 80; 3 Paddock Wood 66; 4 Cambridge H 64; 5 Dartford 56; 6 Medway 51  
**W95**  
**200:** D Lucas (Camb H) 25.4  
**1500:** K Daniel (B'ht) 4:25.0  
**HJ/JT:** P Oates (Dart) 1.55/42.20  
**DT:** C Ellis (B'ht) 35.82  
**4x200:** Blackheath 1:46.0  
**M50**  
**200:** R Tuppen (Inv) 27.6  
**1500:** M Rouse (Inv) 4:23.7  
**HJ:** B Ferguson (Camb H) 1.35  
**W95**  
**MATCH:** 1 Bexley 98.5; 2 Paddock Wood 83.5; 3 Bromley Vets 79; 4 Dartford 76; 5 Invicta East Kent 70  
**W95**  
**200/HJ/LJ/TJ:** G Cunningham (Bex) 28.9/1.30/4.48/10.02  
**1500:** J Moorhite (Inv) 5:12.3  
**SP/HT:** B Simpson (Brom V) 8.22/36.64  
**DT:** A Allerton (Inv) 28.04  
**W50**  
**200:** J Halls (Brom V) 31.2  
**1500:** M Garrett (Bex) 5:34.3  
**HJ/TJ:** P Oates (Dart) 1.25/9.05

### Kent Division Two Rochester

**Men**  
**MATCH:** 1 Bexley 158; 2 Bromley Vets 118; 3 Tunbridge Wells Runners 108; 4 Kent AC 102; 5 Ashford 8  
**M40**  
**200:** L Brown (Bex) 25.9  
**1500/3000:** C Harris (Bex) 4:44.7/10:28.3  
**HJ/DT/JT/2kmW:** C Baldwin (Brom V) 1.35/26.10/35.66/10.21.6  
**4x200:** Bexley 1:52.8  
**M50**  
**200/HJ:** T Jarrett (Bex) 29.5/1.18  
**1500:** B Lawrence (Tun W) 5:06.2  
**3000:** D Walsh (Brom V) 10:36.3  
**2kmW:** G Hurst (Tun W) 13:19.4  
**Women**  
**MATCH:** 1 Medway 78; 2 Tunbridge Wells Runners 62; 3 Cambridge H 10  
**W35**  
**200:** K Kilgannon (Camb H) 29.0  
**1500/TJ:** G Evans (Med) 6:28.9/7.72  
**HJ/LJ/DT/HT:** N Foord (Tun W) 1.00/3.19/14.40/8.24  
**W50**  
**200/TJ:** C Springate (Med) 36.0/7.00

## May 30

### NE VETERANS AND BMC RACES Jarrow

**Men**  
**60/300:** E Smart (Walls) 7.4 (rec)/36.7 (rec)  
**1500:** D Mullen (Sund) ntg  
**LJ:** D Redfern (NEV) 6.25  
**HT:** P Dodsworth (Sund) 35.42  
**BMC 1500:** 1 J Greenhaugh (Gates) 3:55.5; 2 M Osbourn (Gos) 3:57.7; 3 D Flint (Gates) 4:01.1

**Open 3000:** 1 A Lillendale (Sund) 8:52.1; 2 G Forster (Sund, M40) 8:58.1; 3 J Keenan (Tyne) 9:12.5  
**M45**  
**60:** 1 T Page (HP) 8.2; 2 M Page (HP) 8.2  
**300:** M Page 41.7  
**M50**  
**60/300:** R Jurowski (Gos) 8.6/43.5  
**HT:** T Hudson (Els) 38.62  
**M55**  
**60:** P Pye (Sund) 8.3  
**300:** R Smoult (Gos) 43.1  
**M60**  
**60/300:** B Barnaby (NEV) 8.8/45.1  
**M65**  
**60:** H Brook (NEV) 8.2  
**LJ:** T Field (Sund) 27.08  
**M70**  
**HT:** T Henderson (Sund) 22.98  
**Women**  
**1500:** J Ross (J&H) 5:18.5  
**HT:** C Courtney (Blay) 22.20 (rec)  
**BMC 1500:** 1 P McCrea (Gates) 4:38.9; 2 K Grimshaw (NSP) 4:40.8; 3 S Thomas (Walls) 4:44.9; 4 C Hargreave (Sund) 4:53.7

### ELIZABETH COLLEGE V GUERNSEY ISLAND AAC

**MATCH:** Elizabeth C 74; GIAAC 65  
**Men**  
**U17 100H:** N Crispini (EC) 14.7  
**U20 HJ:** J Kelley (EC) 1.90

## May 26

### WELSH JUNIOR LEAGUE Neath

**U20 boys**  
**100/200:** C Shepherd (B&V) 11.6/24.6  
**400:** G Rees (Neath) 64.0  
**800/1500/2000SC/400H:** G Williams (B&V) 2:23.9/ 4:46.8/6:47.4/81.5  
**HJ/PV:** G Cheshier (Brec) 1.81/2.35  
**LJ:** C Truscott (Neath) 5.73  
**DT/HT:** S Searle (Brec) 24.08/27.48  
**JT/SP:** C Richards (Neath) 32.34/8.19  
**U17**  
**100/200:** S Childs (Brec) 11.9/25.7  
**400:** S Gladwin (Neath) 56.9  
**800/1500:** P Kennedy (B&V) 2:07.5; 4:33.4  
**1500SC:** C Roberts (Neath) 5:00.9  
**100H:** D Evans (Neath) 16.9  
**400H:** C Lucas (Neath) 67.1  
**HJ/LJ:** C Roberts (Brec) 1.60/6.11  
**PV:** J Richards (Neath) 2.60  
**DT/HT:** T O'Shea (Neath) 25.80/35.06  
**JT:** M Roberts (Brec) 32.56  
**SP:** R Percy (Brec) 10.07  
**U15**  
**100/300/SP:** S Ali (Neath) 12.4/42.1/10.53  
**200:** D Meyer (Brec) 26.4  
**800:** E Cole (Bridg) 2:14.0  
**1500:** H Kier (Neath) 4:50.2  
**80H/JT:** G Swales (Neath) 13.1/33.0  
**HJ/LJ:** R Edwards (Merc) 1.45/5.06  
**U13**  
**100/200:** R Williams (Merc) 14.4/29.4  
**800:** N Clements (Aber V) 2:35.1  
**1500:** M Targett (Neath) 5:05.7  
**75H:** W Olistan (Bridg) 12.4  
**HJ:** A Howells (Neath) 1.25  
**LJ:** T Lee (B&V) 4.29  
**DT:** D Morgan (Aber V) 10.88  
**JT:** J Whitefoot (Neath) 28.54  
**SP:** S Joseph (Brec) 7.03

**U20 girls**  
**100/200/SP:** S Gittoes (Brec) 14.8/33.47/6.2  
**400/HJ/DT:** K Scull (Brec) 70.8/1.15/14.20  
**1500:** S Gray (Brec) 5:15.9  
**LJ/JT:** H Phillips (Brec) 3.53/9.50  
**U17**  
**100/200:** J Harrington (Neath) 13.6/29  
**800:** R Warburton (Brec) 2:32.8  
**1500:** R Evans (Bridg) 5:04.3  
**800H/300H:** D Andrews (Brec) 16.6/62.8  
**LJ:** A Ingram (B&V) 3.94  
**DT/SP:** R Barlow (Neath) 25.0/8.93  
**HT:** G Lewis (Brec) 13.26  
**JT:** K Lewis (Neath) 30.86  
**U15**  
**100:** R Rowlands (Neath) 14.3  
**200:** K Doyle (B&V) 29.9  
**800:** E Jones (Neath) 2:34.0  
**1500:** L Scott (Brec) 5:10.1  
**75H/LJ/SP:** E Skucek (B&V) 12.6/4.34/8.61  
**HJ:** C Holloway (Brec) 1.30  
**DT:** M Davies (Aber V) 13.05  
**JT:** A Harvey (Neath) 26.88  
**U13**  
**100/200:** L Bruton (B&V) 14.6/31.3  
**800:** A Holloway (Brec) 2:37.3  
**1500/DT:** C Leach (Aber V) 6:08.0/9.70  
**70H/LJ:** L Houston (Neath) 14.1/3.82  
**HJ/SP:** L Ellington (Aber V) 1.20/6.63  
**JT:** S Morris (Aber V) 9.18

## MCDONALD'S YOUNG ATHLETES' LEAGUE Livingston

**U20 men**  
**100/200:** S Chisholm (Pit) 11.5/23.6  
**800:** G Fletcher (Falk) 2:06.4  
**HJ:** A Hutt (Perth) and M Bailey (Falk) 1.55  
**TJ:** Hutt 12.49  
**DT:** C Mchardy (JGB Cen) 38.88  
**U11**  
**100/800:** D Phillip (Lass) 15.2/2:44.4  
**SP:** S McFarlane (JGB Cen) 5.26  
**4x100:** Elgin 69.4

## April 30

### BMC MEETING Stretford

**Men**  
**800:** J Mayo 1:54.6  
**1000:** 1 K McKay 2:21.7; 2 C Winrow 2:22.6; 3 M Hibberd 2:23.3; 4 R Hough 2:23.4; 5 L Michard 2:23.5; 6 S Green 2:23.7; 7 G Watson 2:25.3; 8 B Smith (U20) 2:25.4; 9 R Waters 2:26.7; 10 I Mitchell 2:27.3  
**Women**  
**800:** 1 A Griffiths 2:05.5; 2 V Lawrence 2:07.0; 3 S Parker 2:07.2; 4 K Smithson 2:09.8; 5 A Beercroft 2:10.2; 6 H Pattinson 2:10.3; 7 K McPherson 2:10.5; 8 M Wilkinson 2:10.6; 9 J Holt (W35) 2:12.6; 10 P Thackray 2:13.1; 11 Z Peatfield 2:15.8

## ROAD

## June 9

### FEDERATION BREWERIES BLAYDON RACE

**BRIAN RUSHWORTH** achieved his second successive win and his third overall, going clear of Mark Hudspith in the last half mile to maintain his 100 per cent record in the event, *Brian Kirkley reports.*  
 Terry Wall forced the early pace and, crossing the Scotswood Bridge, four formed a breakaway with Rushworth, Hudspith and Gary Nagel in contention.  
 The quartet were pulling away but past half Wall was the first to go. Hudspith made a break in the final mile but Rushworth followed and he accelerated away with the finish line in sight.  
 Sonia Morley won the women's race, finishing 86th overall in 33:00, with Sheila Allen second ahead of Shirley Griffiths.  
**Men**  
**100/200:** 1 B Rushworth (Sun) 27:37; 2 M Hudspith (Morp) 27:48; 3 G Nagel (Gate) 27:56; 4 T Wall (Morp) 28:12; 5 I Ellis (Els) 28:29; 6 J Lisiewicz (Morp) 28:35; 7 I Archbold (Morp) 28:41; 8 M Thompson (Gate) 28:54; 9 K Ball (Gate) 29:02; 10 J Larkin (Gate) 29:09; 11 D Flint (Gate) 29:14; 12 M Humble (Gos) 29:16; 13 I Haggan (Sun, M40) 29:41; 14 A Swales (CleS) 29:42; 15 J Stephens (Sun) 29:44  
**TEAM:** 1 Morpeth 19; 2 Gateshead 30; 3 Durham 147  
**M40:** 2 P Embleton (CleS) 29:54; 3 M Miles (Heat) 29:57  
**M45:** J Bell (Els) 30:16; 2 H Matthews (Els) 30:36; 3 M McNally (Els) 31:12  
**M50:** A Nixon (Gos) 31:26  
**Women**  
**1 S Morley (J&H) 33:00; 2 S Allen (H&P, W35) 33:25; 3 S Griffiths (Cram) 33:47; 4 K Shaw (Shil) 34:32; 5 D Heneghan (Morp) 34:41; 6 L Marr (Tyne) 34:47; 7 E Robinson (Bord, W45) 34:57; 8 J Ferguson (Blay) 36:04; 9 K Robertson (unatt) 36:21; 10 A Thompson (Eye) 36:29**

### SAF EAST HALF-MARATHON CHAMPS Dunfermline

**TERRY MITCHELL** gave his St. Andrews-based training partner Costas Nikolaïdas a lift to the race and the grateful passenger rewarded his friend by outspitting him for the title, *Fraser Clyne reports.*  
 Peter Dymoke and John Cunningham set the early pace and led through the first eight miles until Nikolaïdas and Mitchell took over. As the tempo picked up, Dymoke held

onto the front two, but Cunningham's challenge began to fade.

With little more than a mile to go Dymoke also began to falter, leaving the Greek student and the Scottish chef to battle it out for the top prize.

Nikolaidas burst clear with just 30m remaining to win by a couple of strides.

Denis McAra collected the M40 title when finishing 12th overall in the field of 1120 while John Linaker took the M50 honour in 30th place.

Trudi Thomson was an impressive winner of the women's race, completing the distance some two mins quicker than in 1995.

Runner-up Kim Fisher had a reasonable excuse for feeling a little tired as she had won the 800m, 1500m and 3000m at the previous day's Scottish vets track champs.

**Men**  
1 C Nikolaidas (Carn) 68:44; 2 T Mitchell (Fife) 68:45; 3 P Dymoke (Liv) 68:52; 4 S Weir (Pit) 71:22; 5 N Thin (CoE) 71:41; 6 J Cunningham (Fife) 71:53; 7 C Law (Carn) 72:22; 8 D Knight (Perth) 72:54; 9 M Coyne (Miz) 73:42; 10 D Anderson (Kross) 75:00; 11 I Stewart (Carn) 75:11; 12 D McAra (Carn, M45) 75:12; 13 S Ogg (Carn) 75:35; 14 C Watson (Pit) 75:41; 15 C Hutt (Unatt) 76:05

**M50:** J Linaker (Pit) 79:22

**TEAM:** 1 FMC Carnegie Harriers 31; 2 Babcock Pitreavie 57

**Women**  
1 T Thomson (Pit, W35) 77:56; 2 K Fisher (Pit, W35) 90:16; 3 M Robertson (Dund) 91:20; 4 C McLaren (Splash) 92:40; 5 P Affleck (Gala) 97:15

**TEAM:** Babcock Pitreavie

### CITY OF NORWICH HALF-MARATHON

DARREN MEAD extended his winning streak on the East Anglian road racing circuit when he crossed the line in 68:01, Martin Duff reports.

The Belgrave Harrier ended up over a minute clear of Gareth Deacon, the 1994 winner, but had to work hard to gain the ascendancy in the early miles.

Nigel Powley opened a lead in the first few miles. Mead reeled in the former Felixstowe runner soon after the three mile board, but was then caught by Deacon. As Powley called it a day, Mead worked clear of Deacon and extended his advantage over the second halves.

Graham Davison was also inside 70 minutes.

Wherever Mead has won in the area, so too has girlfriend Angela Joiner, but this was the Charnwood runner's debut over the distance.

However, Joiner was clear by five miles and then went further away from veteran Frances Cooke to duck under 80 minutes.

**Men**  
1 D Mead (Bel) 68:01; 2 G Deacon (Cov) 69:05; 3 G Davison (N Norf BR) 69:36; 4 P Spowage (Colch H) 70:34; 5 R Campbell (Chelm) 72:34; 6 D Read (Norf G, M40) 72:57; 7 U Cordes (GER) 73:14; 8 G Howe (Theft) 73:22; 9 P McHugh (Colch H) 73:45; 10 S Elvin (Norw RR) 74:18; 11 D Hurren (G Yar RR) 74:30; 12 P Redmond (NVH, M40) 74:39; 13 M Page (N Norf BR) 74:47; 14 K Clarke (Grant) 75:25; 15 R White (Norf G) 75:31; 16 N Hodge (Duke) 75:37; 17 D Vavangas (Colch H, M40) 75:57; 18 J Elvington (Ely R) 76:50; 19 D Lacey (Colch H, M50) 76:58; 20 C Pitts (Stow St) 77:15; 21 D Frisby (Norw RR) 77:45; 22 P Whybrow (Lewes RR, M40) 78:05; 23 M Dane (T Tree RR) 78:19; 24 A Wright (N Norf BR) 78:53; 25 S Hathaway (unatt) 79:09

**M50:** 2 R McCullough (L field RC) 82:13; 3 R Wood (Ryost) 84:48

**M60:** 1 K Overy (G Yar) 85:49; 2 L Walshe (RRC) 90:45; 3 J Daniels (Lewes RR) 94:01

**M70:** 1 A Smith (F lands V5) 113:00; 2 P Freedman (Hav'g 90 J) 115:26

**TEAM:** 1 North Norfolk Beach Runners 4; 2 Colchester Harriers 47; 3 Norwich Road Runners 68

**VET TEAM:** 1 Great Yarmouth Road Runners 162; 2 Norwich Sports Runners 205

**Women**  
1 A Joiner (Charn) 79:52; 2 F Cooke (March B, W35) 80:44; 3 S Bower (Theft, W35) 82:22; 4 C Young (Leeds) 85:37; 5 K Kemp (Worc) 92:17; 6 C Pollard (Theft, W35) 93:45; 7 D Marsh (Norf O) 94:23; 8 S Leonard (Theft) 96:02

**W40:** 2 A Nash (Lens) 111:44

**W45:** S Dormer (Brand) 104:04

**W50:** S Lambert (Serp, W55) 104:59

**TEAM:** 1 Thetford 18; 2 University of East Anglia 44; 3 Ipswich Jaffa 66

### BASINGSTOKE IBM HALF-MARATHON

MIKE HURD made the trip down from Oxford worthwhile as he continued the trend of veterans making their presence felt at the front, Malcolm Price reports.

Elaine Flather had an impressive lead over Leanne Taylor in the women's race as Windle Valley took team gold.

**Men**  
1 M Hurd (W'stock, M50) 72:43; 2 I White (F&O) 75:36; 3 D Ashton (W'stock) 76:28

**TEAM:** Fleet & Crookham

**M40:** D Lancaster (Feag) 78:34

**M50:** J Harrap (Jogg) 85:31

**M60:** J Goulding (Arco) 95:45

**Women:** E Flather (Soton RC) 87:51

**TEAM:** Windle Valley

**W35:** W Davies (Wind V) 94:46

**W40:** S Rhimes (Alt J) 93:04

**W50:** J Palmer (Roms) 1:45:37

### JOYDENS WOOD 10km

**Men**  
1 D Smith (B'htth) 32:53; 2 R Smith (B'htth) 33:06; 3 N Clarke (Camb H) 33:29; 4 M Baron (Dart) 33:57; 5 P Johnson (Camb H) 34:16; 6 K Penny (Camb H, M45) 34:31; 7 G Howden (Dart) 34:40; 8 P Gaden (Camb H) 34:44; 9 R Stephens (GT) 34:50; 10 P Wallace (Med) 35:58

**TEAM:** Cambridge Harriers

**M50:** R Maxwell (Kent) 37:49

**M55:** G Merfield (Hast RR) 40:45

**M60:** R Pitcairn-Knowles (S'oaks) 42:24

**Women**  
1 A Green (Dart) 36:47 (rec); 2 S Martin-Clarke (Dart, W40) 38:51; 3 J Stoppani (Maid) 41:10; 4 S James (Padd W, W45) 41:13; 5 J Bright (Maid) 42:25

**TEAM:** Dartford

**W50:** J Johnson (S'oaks) 46:34

### ADIDAS CANTERBURY 10km

THE last time Lloyd Catteray ran in Canterbury - in the 10-mile held in January - he faced a snowstorm and finished 10th, Steve Roe reports.

This time he was faced with high temperatures, but he kept his cool to take victory with a late burst.

The long-time leader was Frenchman David Candus, who works for Sealink in Calais and was running in England for the first time.

Then Catteray, sensing his rival was struggling, swept ahead to extend his lead all the way to the finish.

Janice Moorekita's purple patch continued as the veteran took the lead from her team-mate Donna Kelly to make it a hat-trick of wins in this event.

**Men**  
1 L Catteray (Ton) 32:34; 2 D Candus (Sea/FRA) 32:52; 3 M Gratton (Inv, M40) 32:56; 4 J Goldring (W Gn, M40) 33:08; 5 D White (Padd W, M40) 33:32; 6 O O'Donnell (Inv) 33:38; 7 M Rouse (Inv, M50) 33:38; 8 N Brown (Inv) 34:21; 9 P Russell (SKH, M40) 34:55; 10 A Wilson (Halls, M40) 35:04

**M45:** D Devoiy (Inv) 35:28

**M50:** 2 D Cooper (DTS) 35:42

**TEAM:** Invicta 24

**Women**  
1 J Moorekita (Inv, W35) 37:13; 2 D Kelly (Inv) 40:04; 3 B Appleby (Cant, W40) 40:15; 4 J Fraser (unatt) 41:06

**TEAM:** Invicta 8

### REIGATE ROTARY 5

**Men**  
1 M Airey (Box) 27:29; 2 E Thomas 27:33; 3 D Whitby 28:06; 4 G Quarton (SLH) 28:49; 4 J Carnell (Camb H, M40) 28:51

**Women**  
1 J Quantrell (SLH, W40) 34:55; 2 H Purchas 35:33

### NATIONAL COUNTIES BS 10km Epsom

LOCAL man Robbie Phillips won the inaugural Epsom Town centre race held as part of the Derby week celebrations, Don Turner reports.

Phillips had John Barker, Said Chettati and Simon Morley for company round the first small lap of two miles covered in 10:10.

Then a 4:59 mile took Phillips clear of Barker with Chettati third. In the

closing stages Terry Toseland came through well to take third.

The women's race was Sally Young's from the start and she finished 19th in the overall race.

**Men**  
1 R Phillips (ThHH) 31:48; 2 J Barker (Thrift) 32:17; 3 T Toseland (NVH) 32:49; 4 S Morley (B&H) 32:51; 5 R Thompson (HW) 32:52; 6 S Chettati (Bel) 33:24; 7 B Cooke (Croy) 33:49; 8 S Blaney (Strag) 34:58; 9 C Parrack (Box) 35:01; 10 I Trotter (ThHH, M40) 35:07; 11 W Hill (Craw, M40) 35:21; 12 M O'Halloran (HW) 35:37; 13 S Bush (King Tri) 35:41; 14 D Lane (Unatt) 35:58; 15 R Wilkins (Coll, M40) 36:20

**M45:** 1 P Smith (Tad) 36:48; 2 D Mitchell (E&E) 37:07; 3 D Cattermole (E&E) 38:47

**M50:** R Dickson (Croy) 38:40; 2 G Wilson (RTH) 38:44; 3 R Richardson (Unatt) 39:10

**M55:** J Thomas (High) 37:22; M Brake (Eps OB) 41:24

**M60:** 1 J Bull (Rane) 42:57; 2 J Hills (Rane) 43:22; 3 J Hanscomb (Rane) 45:45

**M65:** 1 J McQuillin (E&E) 43:34; 2 W Clapham (B'htth) 44:16; 3 J Gray (Felt) 44:35

**Women**  
1 S Young (Parks, W40) 36:44; 2 J Ray (DMV, W35) 38:21; 3 A Clark (Unatt, W35) 39:11; 4 P Flynn (Strag) 40:18; 5 A Mellowdew (Unatt) 40:44; 6 A Molyneux (E&E) 40:46; 7 O'Connor (RRC) 41:38; 8 M Jakeman (E&E, W45) 42:06; 9 C O'Donoghue (Sutt R) 42:20; 10 T Darke (Hinc) 43:11; 11 R Jackson (TV Tri, W35) 43:18; 12 M Adams (26.2 RRC, W50) 43:31; 13 M O'Leary (E&E, W50) 44:13; 14 L Rendell (Eps AS, W40) 44:29; 15 J Tiffin (Unatt) 45:59

### PUMA TRINOMIC GRAND PRIX 10km Bath

**Men**  
1 I Cornford (SB) 29:21; 2 M Peters (Bing) 29:23; 3 M Siti (TVH/MAR) 29:23; 4 M Simpson (Houn) 29:40; 5 S Bell (Cleis) 29:53; 6 S Knight (Card) 30:14; 7 P Freary (Boit) 30:24; 8 A Mussett (Chems) 30:30; 9 M O'Coherly (West) 30:41; 10 J Pugsley (Box) 30:53; 11 J Jackson (AFD) 30:56; 12 J Bitak (KEN) 31:06; 13 O Bridger (TVH/MAR) 31:26; 14 T Clark (Poole, M40) 31:31; 15 S Shepley (West) 31:33; 16 M Feighan (Exe) 31:46; 17 D Hill (TVH, M40) 31:52; 18 A Amraoui (Exe, M45) 32:00; 19 B Siggs (TVH) 32:05; 20 G Seward (Exe, M40) 32:06; 21 P Kir-Chowl (unatt) 32:25; 22 T Graham (Newp) 32:34; 23 A Ali (TVH) 32:49; 24 R Brooks (Somer) 32:50; 25 K Brackstone (Bris, M40) 32:51; 26 P Synott (Bath) 33:13; 27 J Avis (Somer) 33:17; 28 A Heard (Exe) 33:19; 29 I Johnston (TVH) 33:24; 30 A Rashid (Ox C) 33:32; 31 H Richards (Over, M40) 33:37; 32 P Bennett (Card) 33:48; 33 K Stenner (Somer) 34:16; 34 P Tomsett (Somer) 34:22; 35 A Duke (Man, W) 34:42; 36 M West (Col H) 34:52; 37 R Pashley (Bath, U20) 35:11; 38 S Dixon (Park, W) 35:16; 39 W Llewellyn (Park/NZL, W) 35:19; 40 K Harris (GWR, M40) 35:45

**M45:** 2 P Ford (unatt) 36:52; 3 R Coombs (Poole) 37:36

**M50:** M Budd (West) 38:51

**M60:** G Davies (Bridg) 41:19

**Women**  
1 Duke 34:42; 2 Dixon 35:16; 3 Llewellyn 35:19; 4 P Fudge (Houn, W35) 35:52; 5 J Shields (Sheff, W35) 36:10; 6 J Newton (Stock) 36:14; 7 M Laney (Avon V, W35) 36:55; 8 H Leah (Exe) 38:19; 9 H Sutherland (unatt) 38:42; 10 A Jacobs (GWR, W35) 42:07

**W45:** B Weekes (GWR) 46:14

**Not of finishers:** 107

**100:** R Smart (unatt, W) 51:44

**Final positions**  
Men: 1 Knight 21; 2 Bell 16; 3 Mussett 14; 4 Clark (M40) 2

**Women:** 1 Dixon 26; 2 Llewellyn 24; 3 Shields 19

**Avon Champs**  
Men: 1 O'Doherty; 2 Shepley 31:33; 3 Brooks

**Women:** 1 A Jacobs (GWR, W35) 42:07; 2 S Monahan (GWR, W35) 43:16; 3 Weekes (W45) 46:14

### MIDLAND VETS' 10km Chelmsley Wood

**M40**  
1 M Hager (Tip, M45) 31:50; 2 P Yeomans (MVAC) 32:23; 3 J Parker (Tip) 32:33; 4 M Strange (Tip) 32:47; 5 K Bright (Hales) 32:48; 6 S Couldwell (Bir, M45) 32:53; 7 R Rubery (Tip) 33:06; 8 I

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Evans (Burt) 33:10; 9 M Flowers (Burt) 33:17; 10 C Cartland (B Row, M45) 33:23; 11 R Hunt (Stoke) 33:33; 12 P Kenney (RSC) 33:45; 13 G Patton (Mass F, M50) 34:07; 14 K Spare (Burt) 34:33; 15 D Jones (WBH) 34:38; 16 L Davis (Card, M50) 34:40; 17 R Kelly (Sneyd, M50) 34:58; 18 R Horner (D&S, M50) 35:20; 19 L Horton (Nun, M45) 35:29; 20 S Mason (RSC, M50) 35:33; 21 R Willis (Nun, M50) 35:50; 22 M Smerley (Der, M45) 36:06; 23 A Price (Bir, M45) 36:45; 24 D Hyde (RSC, M45) 37:05; 25 R Owen (RSC) 37:39

**M40 TEAM:** 1 Tipton 15; 2 RSC 27; 3 Massey Ferguson 38

**M60:** G Oliver (100km) 38:57

**TEAM:** 1 West Brom 20; 2 RSC 22

**M65:** P Ronan (RSC) 46:18

**M70:** J Fraser (OWLS) 45:53

**W35**  
1 D Underwood (Cent, W40) 36:37; 2 C Kilkenny (C&S, W40) 37:34; 3 D Payton (Tip, W40) 38:39; 4 S Bentley (Tip) 39:18; 5 V Ackrill (Cent, W40) 40:00; 6 K Scarff (SSH) 41:13; 7 L White (SSH, W45) 42:16; 8 R Banks (SMM, W45) 42:50; 9 P Gorman (RSC) 42:58; 10 G Hough (Shrews, W45) 43:12

**TEAM:** 1 Centurion 17; 2 RSC 24

**W45 TEAM:** Royal Sutton Coldfield 19

**W50:** L Foulger (RSC) 50:43

**W55:** J Mackay (Cent) 53:39

**W60:** B Chapman (RSC) 62:46

### ASDA HALF-MARATHON Dyce

**Men**  
1 A Reid (P'head) 71:05; 2 N Milovsorov (Metro) 71:09; 3 F Clyne (Metro, M40) 71:35; 4 C Haskett (Dund) 71:54; 5 R Taylor (Metro) 72:42; 6 S Pride (Keith) 74:16; 7 M Greaves (A'deen, M45) 74:29; 8 B Adams (Metro, M40) 76:18; 9 B Sheridan (A'deen) 77:14; 10 A Newlands (Keith) 78:22; 11 I Tack (Metro, M40) 78:31; 12 S Willox (Metro) 79:20; 13 K Tulloch (Metro) 79:53; 14 J Hay (P'head) 80:08; 15 S Buchan (Fraser, M40) 80:17; 16 A Stewart (D'side) 80:44; 17 G Love (S' Clyde FB) 81:02; 18 I Jolliffe (Aberdeen AAC, M50) 81:19; 19 S Milne (Fraser) 81:23; 20 C Benzie (Metro, M40) 81:34

**TEAM:** Metro Aberdeen 10

**Women**  
1 J Thomson (Glas) 85:57; 2 U Simpson (A'deen, W35) 90:22; 3 L Trahan (Garioch, W35) 92:25; 4 P Donald (D'side, W35) 93:38; 5 R MacKenzie (D'side) 95:28

**W40:** B Pidgeon (A'deen AAC) 1:44:25

**TEAM:** 1 Deeside 17; 2 Aberdeen 17

### WARGRAVE 10km

**Men**  
1 D Hurdwell (B'mth) 32:55; 2 E Cunningham (AFD, M45) 33:33; 3 G Tesgay (Read RR) 33:44; 4 K Oakley (Read RR) 33:48; 5 R Wyley (Maid) 34:04; 6 D Humphrey (Burn J) 34:46; 7 C Donald (Maid) 34:51; 8 H Bampton (Wyc P) 34:52; 9 K Fennelly (SB, M40) 36:07; 10 J Harvey (Abing) 36:13

**M50:** S Barrow (Burn) 37:46

**M60:** A Thomason (Handy X) 43:24

**Women**  
1 J Noad (War) 38:51; 2 J Heffernan (Vets, W45) 39:50; 3 D Heath (Mar) 40:18

**W50:** P Wilkes (Handy X) 47:39

**W60:** D Eggett (War) 62:55

### CANCER RESEARCH RACE FOR LIFE WOMEN'S 5km Glasgow Green

**Women**  
1 J McDevitt (CoG) 18:54; 2 F Andrews (Curnn) 18:54; 3 E Christie (unatt, W35)

19:12; 4 A Higgins (Loud) 20:11; 5 P McKay (unatt) 20:22; 6 C Thompson (CoG, W35) 20:30; 8 B Cockburn (CoG) 20:37; 9 C O'Brien (HELP) 21:01; 10 A Brown (Kirk, W35) 21:36

### HALSTEAD MARATHON

**Men**  
1 G Carey (100K) 2:50:57; 2 M Schwarting (unatt) 2:55:14; 3 B Owens (Hals) 3:01:13

**TEAM:** Halstead Road Runners

**M40:** G White (Bild) 3:09:09

**M50:** B Hempstead (E Vets) 3:18:04

**M60:** D Thompson (F&O) 4:20:21

**Women:** P Jones (Hals, W50) 3:38:04

### June 8

### ISLE OF SKYE HALF-MARATHON Portree

ATLANTA-bound marathoner Karen MacLeod finished sixth overall in a field of 215 to win the women's race ahead of 1995 champion Alison Carr, Fraser Clyne reports.

(Ken) 47:48  
**Women**  
 1 M O'Brian (CAN) 39:08; 2 E Robinson (Bord, W45) 40:06; 3 E Nutter (Pipon) 42:58; 4 P Walton (Kee) 43:44; 5 D Priestley (Ken, W40) 44:02; 6 M Walker (Ken, W45) 46:04; 7 H Goodman (Ken, W60) 48:48; 8 J Craig (unatt, W40) 48:48; 9 M Keogh (Tea, W45) 49:24; 10 H Moffat (Howill, W35) 49:57  
**W35:** 2 H Brown (unatt) 52:02; 3 L Buck (Blengdale) 58:23  
**W40:** 2 E Sharnan (unatt) 50:24; 3 C Crowe (unatt) 51:12

## ROLVENDEN 10

**Men**  
 1 A Riddle (Miz) 52:11 (rec); 2 S Watson (Liv) 54:05; 3 J Hernon (Hast) 54:20; 4 J Creane (Lon I) 54:40; 5 T Skelton (Hast RR) 55:54; 6 M Bird (Hast RR) 56:09; 7 A Lamb (Hast RR) 56:36; 8 R Beane (Hast RR, M40) 57:18  
**Women**  
 1 T Hissey (S'oaks) 65:46; 2 L Hall (Ash, W40) 67:02; 3 J Jenkins (Cant, W35) 67:24

## HAMILTON 10km

**Men**  
 1 A Robertson (Cambus) 32:00; 2 D Gardiner (Miz) 32:19; 3 R Frew (Box) 32:36; 4 I Taylor (FMC Car) 33:08; 5 G Lyon (Cambus, U20) 33:14; 6 B Howie (CoE, M40) 33:24; 7 D Gardner (CoE) 33:28; 8 F Cochrane (unatt) 34:29; 9 J McLinden (Ham, M40) 35:01; 10 J Hughes (North) 35:28  
**TEAM:** 1 City of Edinburgh 25; 2 Hamilton 36  
**Women:** S Hughes (Ham) 43:09

## LOCHWINNOCH 7

**Men**  
 1 G Fairley (Kilb, M40) 37:52; 2 G Tenney (Kilb) 38:06; 3 S Hodge (Spango V) 38:09; 4 T Tipping (Spango V) 39:11; 5 P Waterston (L'winnoch) 40:12; 6 B Robertson (unatt) 40:46  
**SEAFOR 10km**

**Men**  
 1 R Turner (Bel) 33:47; 2 B Eade (Sea) 34:26; 3 B Hards (Hard) 35:04  
**M40:** B Blackwell (B&H) 36:02  
**M50:** J Taylor (E'bne) 40:29  
**Women**  
 1 L Jones (Hail, W35) 39:17 (vets' rec); 2 V Boyle (Sea) 41:25; 3 J Hindle (E'bne T) 43:46  
**W45:** A Costiff (Craw) 47:57 (rec)

## June 7

### NOTTS 10 Holme Pierrepont

**NOSTALGIA** was as thick as the humidity as Richard Ironmonger won for the fourth time in six years, out-sprinting Kevin Lamb in the final 250 metres, Trevor Frecknall reports.  
 This was the 21st anniversary of this event - and the only competitor from 1972 who turned out, Graham Astill, finished first M50 in a time three minutes 57 seconds slower, but only six places further back (27th as against 21st when he was 28 years old).

To add to the "good old days theme", the prizes were presented by Pete Calladine, who finished 11th in the inaugural Notts 10 25 years ago in 52:35 - a time that would have earned him fifth place this time!

The women's race was won by a veteran, Frances Cooke of March.

**Men**  
 1 R Ironmonger (Notts) 51:05; 2 K Lamb (Tip) 51:11; 3 E Hyland (Red RR) 51:19; 4 C Poulter (Omega) 52:00; 5 J Ward (Der) 53:00; 6 D Ramsden (Cov) 53:26; 7 S Lonnen (Arm) 53:30; 8 P Warden (Red RR, M40) 53:32; 9 I Calladine (Notts) 54:24; 10 S Davies (Tip) 54:38; 11 P Newton (Red RR) 54:42; 12 J Boal (RR) 55:13  
**M40:** 2 C Singleton (Kimb) 55:33; 3 W Chance (Notts) 56:03; 4 S Lebelinski (Red RR) 57:05; 5 K Braithwaite (Shelt) 58:25; 6 G Morgan (Desford) 59:54  
**M50:** G Astill (Notts) 58:20  
**M60:** D Saxby (Leigh Buzz) 69:00  
**TEAM:** 1 Redhill RR 22; 2 Notts AC 23; 3 Mansfield Harriers 88  
**Women**  
 1 F Cooke (March, W35) 60:43; 2 C Naylor (SinA) 61:36; 3 M Mills (Holme P) 65:27  
**W35:** 2 A Allen (Kimb) 66:20  
**W45:** L Cliff (Holme P) 72:32  
**TEAM:** 1 Sutton-in-Ashfield HAC 16; 2 Holme Pierrepont RC 22; 3 Notts AC 55

### BRANDS HATCH 10km

**ROY SMITH** crossed the line first but was among a number of runners disqualified for not being properly dressed, Steve Roe reports.

The Blackheath Harrier fell foul of the rule insisting athletes must wear club vests.

**Men**  
 1 C Noyon (Dunk) 34:51; 2 D White (Padd W, M40) 35:07; 3 M Leggett (HHH) 37:23  
**TEAM:** Dunkirk  
**Senior relay:** 1 Invicta Mixed (J Moorekete, M Rouse, D Kelly, M Gratton) 25:19; 2 Waddock Puds 27:08  
**U17:** Sprinting Sensations 31:10  
**Women**  
 1 L Leggett (HHH, W35) 40:06; 2 M Statham (Oxtd) 42:40; 3 N Snelling (Chelm) 45:33

## June 6

### MOTAVATION MID-WEEK SERIES Bletchington, Oxford

**Men (4M 462yds)**  
 1 S Pritchard (Ban) 22:08; 2 R Shipway (W'stock) 22:16; 3 M Hurd (W'stock, M50) 22:30; 4 T Hughes (W'HH) 22:38; 5 S Wankling (Cov) 22:40; 6 S Hooper (Ox C) 22:41; 7 S Hooper (Ox C) 22:46; 8 N Russell (Ox C) 22:48; 9 R Beaumont (W'stock) 22:51; 10 D Ashton (W'stock) 23:04; 11 D Watson (Cov) 23:12; 12 N Bainbridge (Hook N) 23:16; 13 T Lock (Wit RR) 23:29; 14 R Gardner (W'stock) 23:39; 15 T Glare (W'stock) 23:43  
**M40:** 2 N Baker (Head RR) 23:54  
**TEAM:** 1 Oxford City 73; 2 Woodstock Harriers 79  
**SERIES TEAMS:** 1 Woodstock 146; 2 Oxford City 165  
**Women**  
 1 S Walters (Ox C, W35) 26:56; 2 S Pitts (Wit RR, W35) 27:08; 3 S Wolanski (Ox C, W35) 28:11; 4 M McCartney (Wit RR) 28:42; 5 J Beckford (Cov, W50) 29:24; 6 C Peterson (Hook N) 29:49  
**W35:** 4 A Hack (Head RR) 30:45; 5 S Gascoigne (Eyn) 30:05

### ASTBURY 10km Congleton, Cheshire

**Men**  
 1 N James (Vale R) 32:54; 2 M Fowler (Salf) 33:49; 3 A Royale (Macc) 33:54; 4 S Pike (Trentham) 34:11; 5 D Colclough (Trentham) 35:29  
**M40:** R O'Keefe (S Ches, 7th) 35:39  
**M50:** C Holland (Mich, 35th) 41:42  
**M60:** R Reid (Wilms, 63rd) 45:59  
**Women**  
 1 D Lenders (Wilms) 42:11; 2 L Moss (S Ches) 42:47; 3 A Woodman (Wilms) 45:19  
**W35:** A Thomas (Newc) 48:52  
**W40:** P Stubbs (Wilms) 49:48  
**W45:** J Danham (Dees) 58:34

### ASSEMBLY LEAGUE Victoria Park

**Men**  
 1 J Houston (Kent) 17:15; 2 A Camp (Camb H, M40) 17:32; 3 L Reilly (Kent) 17:35; 4 J Goldring (SE) 17:51; 5 B Lee (Kent) 17:53; 6 M Cates (Eton M) 18:00; 7 P Johnson (Camb H) 18:09; 8 M Trowbridge (Dart, M40) 18:13; 9 M Bumstead (SE, M40) 18:18; 10 R Newbold (VPH) 18:30; 11 S Birkin (Camb H, M50) 18:32; 12 D Jones (Dul) 18:35; 13 K Pike (Kent, M45) 18:45; 14 M Anderson (SE) 18:45; 15 M Ellsmore (Camb H, M40) 18:47; 16 C Sentance (Dul) 18:49; 17 B Hutchinson (Kent) 18:52; 18 J Roche (VPH) 18:54; 19 I Niugani (VPH) 19:00; 20 T Cummings (SE) 19:02; 21 S Smythe (Dul) 19:05; 22 G Hart (VPH, M40) 19:08; 23 P Roche (Dul) 19:11; 24 B Laws (Eit, M45) 19:14; 25 P Eldridge (Eton M) 19:22  
**M60:** T Everitt (Eton M) 21:01  
**A TEAM:** 1 Kent 22; 2 Cambridge H 35; 3 Stock Exchange 47  
**Women**  
 1 M Pannett (Dul) 21:42; 2 M Loftus (Dul) 22:12; 3 A Megram (Dul) 22:48; 4 Z Gaffen (Kent, W35) 24:08; 5 A Gammon (VPH) 24:17  
**TEAM:** 1 Dulwich R 6; 2 Victoria PH 18

## June 5

### CARLISLE RFC 10km

**ON** a course that is hardly conducive to fast running, BAF and AAA 10km

champion Paul Taylor - due to start a course of antibiotics the following day for a sinus problem - produced a run that can only be described as awesome, Gareth Webb reports.

With severe turns, a bridge crossing, a lap of the rugby field and a mile of pot hole-strewn roads, Steve Murdoch's course record of 30:50 was considered out of reach. But nobody told Taylor.

That the former European junior 5000m champion ran in almost splendid isolation, without the aid of watch, is a further indication of the quality of the performance.

Taylor crossed the line well clear of team-mate Dave Cavers with the inform Jim Ferguson of Dumfries taking third.

Taylor sped through the six-mile point on the rugby field in 28:30 en route to his 29:29 clocking.

He said: 'I thought I'd run somewhere around 30 minutes-plus. To run 29:29 off what I've been doing...well, I can't believe it. This is my first race since the National 12-Stage and I ran my first track session last week.'

Kathy Musson retained her title in the women's race as she beat Eleanor Robinson by 14 seconds.

**Men**  
 1 P Taylor (Bord) 29:29 (rec); 2 D Cavers (Bord) 31:40; 3 J Ferguson (Dumf) 32:06; 4 J Laird (Dumf) 32:16; 5 P Butler (Bord) 32:18; 6 M Scott (Bord) 33:16; 7 A Mitchell (Dumf) 33:35; 8 C Murtagh (CFR) 33:41; 9 A Sowerby (Tri-Lakeland) 33:51; 10 D Morris (Tri-Lakeland) 34:12  
**M40:** P Greenhow (C'land, 15th) 34:49  
**M45:** B Nicholson (Dumf, 30th) 36:33  
**M50:** M Walker (Gosf, 17th) 35:09  
**M60:** D Hayes (Kes, 32nd) 36:50  
**TEAM:** Dumfries Running Club 14  
**Women**  
 1 K Musson (Bord, W40, 41st) 37:41; 2 E Robinson (Bord, W45) 37:56; 3 J Jones (Kes, W35) 39:55  
**W35:** 2 J Mann (unatt) 45:39  
**W40:** 2 K Crowe (unatt) 47:19  
**W45:** 2 J Tomlin (Kes) 47:50  
**W50:** A Bland (N Vets) 41:04  
**TEAM:** Border

### D DAY 10km Portsmouth

**DAI ROBERTS**, determined to put his defeat in the Poole 10km just three days before behind him, took off soon after the start to win in 30:52, Martin Duff reports.

he former Navy runner was about 80 yards clear at 5km. With Roberts through in 15:09, a group of four followed as Dave Thompson, John Boyes, John Brimecome and Duncan Hurdwell were beginning to pull clear of Larry Austin at the half distance.

Roberts still went further clear in the second 5km, as Boyes, Thompson and Hurdwell were left struggling in the warm weather for second, over 200 yards down. Sue Dilnot was another to race again soon after her Poole outing. The Southampton runner won around Poole Park and posted exactly the same 34:55 time just three days later.

Dilnot was more ambitious in the opening miles and was timed through 5km in a fast 17:09. She slowed on the second half, but still went further clear of veteran Jane Harrop, with Nikki Kearney third.

**Men**  
 1 D Roberts (Havant) 30:52; 2 J Boyes (B'mth) 31:39; 3 D Thompson (Ports) 31:44; 4 D Hurdwell (B'mth) 31:48; 5 J Brimecome (Ports) 31:57; 6 G Gough (RN) 32:28; 7 L Austin (B'mth) 32:32; 8 K Toop (Chich) 33:08; 9 G Moxham (B'mth, M40) 33:11; 10 V Stamp (Ports) 33:13; 11 M Hodges (Unatt) 33:19; 12 P Guest (Ports J) 33:21; 13 T Smith (Liss) 33:41; 14 V Bass (Ports) 33:44; 15 C Hall (Stubb G) 33:47; 16 R Ball (Ports, M40) 33:49; 17 M Flower (Wav) 33:52; 18 P Wheeler (Over) 34:00; 19 A Peacock (RN) 34:05; 20 I Andrews (Ports) 34:13; 21 D Howard (Ports) 34:17; 22 P Froud (B&H) 34:23; 23 I Garmory (RN) 34:25; 24 G Jones (Soton, M50) 34:42; 25 V Nevola (Aquila) 34:48; 26 G White (Poole R), M40) 35:00; 27 F Fletcher (Havant, M45) 35:08; 28 J Cole (Ames) 35:15; 29 A Williams (Ports J) 35:23; 30 J Forster (Notts) 35:33  
**M40:** 5 P Spurge (Ports J) 35:39; 6 R Bailey (Unatt) 36:24  
**M45:** 2 T Kenealy (Ports) 35:46; 3 J Clow (Vict) 35:17; 4 P Finnegan (Soton) 37:11  
**M50:** 2 P Newton (Ports) 38:05; 3 B

Millo (Havant) 38:27  
**M55:** P Martin (Ports J) 41:30  
**M60:** 1 W Davies (SWVAC) 41:36; 2 J Brothers (Ports) 43:19  
**M65:** 1 Taylor (Liss) 41:49  
**TEAM:** 1 City of Portsmouth 13; 2 City of Portsmouth 18; 3 Royal Navy AC 48; 4 City of Portsmouth B 50; 5 Portsmouth Juggers 72  
**VETS:** 1 City of Portsmouth 21; 2 Havant 52; 3 Ryde H 59; 4 Portsmouth Juggers 62; 5 City of Portsmouth B 78  
**Women**  
 1 S Dilnot (Soton) 34:55; 2 J Harrop (Havant, W35) 36:37; 3 N Kearney (Ports) 37:48; 4 C Heslop (Soton) 39:56; 5 P Hultgren (Ames) 40:05; 6 M Crocker (Vict, W45) 41:10; 7 N Atkey (Ports J, W45) 41:45; 8 T Turner (Denm, W35) 41:50; 9 P Cozens (Chich, W35) 41:51; 10 L Newton (Ports, W45) 42:37  
**W45:** 4 A Guilding (Ports) 43:40  
**W50:** P Lucas (Stubb G) 50:23  
**W75:** G Bulger (New F) 65:18  
**TEAM:** 1 Cof Portsmouth 28; 2 Portsmouth J 37; 3 Denmead S 42; 4 Amesbury 55; 5 Portsmouth J B 80  
**VETS:** 1 Portsmouth J 22; 2 Cof Portsmouth 32; 3 Stubbington GR 60

### TIMPERLEY DASH

**KEN CHAPMAN's** third place was enough to clinch him the series, Trevor Baxter reports.  
 Although he finished 10 seconds down on Mike Proudlove, his two earlier victories saw him home and dry. Any Waterlow was so far ahead in the women's category, she declined not to run and still won overall.

**Men**  
 1 M Proudlove (Stoke) 19:00; 2 N Allerton (Sal) 19:01; 3 K Chapman (Miz) 19:10; 4 K Taylor (S'port W) 19:21; 5 J Brown (Sal) 19:35; 6 G Raven (E Ches) 19:35; 7 B Crowther (Alt) 19:46; 8 L Sidebottom (E Ches) 19:58; 9 B Cowley (Midd) 19:59; 10 J Wynn (unatt) 19:59; 11 P Roberts (Sal) 20:00; 12 T McDonald (Stock) 20:15; 13 M Oldham (Manc H) 20:21; 14 D Gibbons (Alt) 20:32; 15 D Gee (Cam) 20:37; 16 S Cordell (Manc YMCA) 20:39; 17 A Bentley (Stoke) 20:42; 18 J Rose (Alt) 20:48; 19 C Britt (Sal) 21:01; 20 T Keller (Stock) 21:05  
**Women**  
 1 J Newton (Stock) 22:24; 2 J Maddison (Traff) 22:27; 3 S Boam (E Ches) 22:23; 4 N Jones (Stock) 23:14; 5 J Burton (Warr) 23:18; 6 S Rowson (Macc) 24:39

### IMPERIAL CANCER RACE FOR LIFE 5km Battersea Park

AFTER the Flora London Marathon and the Chemical Bank Corporate Challenge, this event with over 3000 competitors must be the largest race field seen in the Capital, and the race was limited to women only, Pete Mulholland reports.

Clare Pauzers made no mistake as she held off Sally Young. Initial estimates suggest that this race, marshalled by Dulwich Runners, could raise £100,000 for Cancer Research.

**Women**  
 1 C Pauzers (HHH) 17:22; 2 S Young (Parr, W40) 17:31; 3 C Diss (HHH) 18:02; 4 A Fletcher (RN, W35) 18:16; 5 S Burrows (Unatt) 18:28; 6 M Pannett (Dul R) 18:41; 7 C Oxten (Parr, W50) 18:48; 8 G Davey (Unatt) 18:55; 9 R Weston (Unatt) 18:57; 10 G Johnson (Dul R) 18:59; 11 N White (T Sol) 19:00; 12 M Swan-Braverman (Unatt) 19:04; 13 N Docker (Unatt) 19:08; 14 A Docherty (Parr) 19:23; 15 A Megram (Dul R) 19:30; 16 V Dipple (HHH, W35) 19:38; 17 M Loftus (Dul R) 19:44; 18 P Kearsey (Serp) 19:58; 19 M Kirby (Unatt) 20:08; 20 D Leakey (THH) 20:15

### YATELEY GP 10km

**ON** the hottest evening of the year, Vince Garner went out hard to attack his own course record of 31:01, Pete Mulholland reports.

Garner was tracked by David Harrison but the heat took its toll as both faded. Former Surrey cross country champion Terry Booth then took control and eased away.

Reading's Alison Taylor found that 39:36 was sufficient as she headed Fiona Long by 160m.

**Men**  
 1 T Booth (Houn) 32:05; 2 I White (F&C) 32:55; 3 D Hitching (Havant) 32:56; 4 R Roath (Wok, M40) 33:03; 5 M Waine (Wok, M40) 33:45; 6 B Domoney (Ox C, M40) 33:54; 7 D Harrison (THH) 34:05;

8 V Garner (AFD) 34:06; 9 M Goatley (THH) 34:48; 10 M Sherriff (BMH) 34:54  
**M40:** 4 U Paviati (Wok) 35:47  
**Women**  
 1 A Taylor (Read) 39:36; 2 F Long (Farn) 40:10; 3 P Dennett (Unatt) 41:52  
**W35:** W Davies (Windle V) 42:36

### ARTHUR BOWDEN 5 Peterborough

**LANCE HEMMING**s led a host club domination as Nene Valley provided the first six home around this flat two-lap course, Bob Frank reports.

The 27-year-old came home five seconds clear of Stan Owen while Dean Marshall returned to form, moving through strongly for third.

Hot and humid conditions were hardly conducive to fast times, but a bigger obstacle to PBs was the fact the race set off from the fun run start and was therefore long. Most of the prize winners were at least a minute outside what would be expected.

Frances Cooke defended her women's title in 14th overall, 75 seconds outside the pb she set at Corby eight days earlier. She had, however, clocked a six-mile best at Bedford 24 hours earlier and a half-marathon PB at Woodhall Spa at the weekend.

**Men**  
 1 L Hammings (NVH) 27:27; 2 S Owen (NVH, M40) 27:32; 3 D Marshall (NVH) 27:40; 4 C Clarke (NVH) 27:46; 5 M Bransford (NVH, M40) 27:52; 6 R Church (NVH, M45) 28:01  
**TEAM:** 1 Nene Valley Harriers 6; 2 Ely Runners 33  
**M50:** G Carpenter (Hunts) 31:11  
**M60:** M Russell (Stam H) 35:31  
**Women**  
 1 F Cooke (March B, W35) 30:13; 2 D Shaw (Stitt) 31:21; 3 K Newman (C&C) 33:01  
**W35:** P Jackson (Yax) 36:21  
**W50:** J Harvey (Eye) 37:11

### CHORLEY HARRIES 4 Astley Village

**Men**  
 1 P Banks (B'burn) 19:46; 2 P Leybourne (B Fyde) 19:59; 3 M Powell (Wig P) 20:15; 4 T Lawrence (Chor H) 20:24; 5 C King (N Fyde) 20:26; 6 J Parker (Pres) 20:45; 7 M Jackson (Wig H) 20:47; 8 P Livesey (Ross) 20:47; 9 G Callaghan (Wig H) 20:49; 10 I MacDonald (Pres) 20:51; 11 J Moore (Wig P) 21:03; 12 D Callan (Ross) 21:05; 13 A Atty (Chor H) 21:07; 14 L Harris (Wig P) 21:11; 15 C Stead (T&S) 21:12; 16 B Peatfield (Sal, M45) 21:12; 17 J Chadwick (Hoad) 21:20; 18 P Reid (Boil) 21:21; 19 D Taylor (O&R) 21:21; 20 G Cunliffe (Clay) 21:22; 21 A Prendergast (Chor H) 21:23; 22 P Corlett (Chor) 21:24; 23 S Taute (Chor H) 21:27; 24 P Quibell (Pres, M40) 21:27; 25 P Derbyshire (Wig P) 21:29; 26 R Doyle (Bar) 21:31; 27 M Jones (S'port W) 21:31; 28 R Smith (Horw) 21:33; 29 L Aunger (S'port W) 21:33; 30 B Gardner (L&M) 21:37; 31 K Johnston (Chor H, U18) 21:39; 32 M Gaskell (Wig H) 21:41; 33 B Walsmsley (Skem) 21:42; 34 E Wilson (B'burn, M40) 21:52  
**M50:** R Smith (Wig P) 22:30  
**M55:** B Kearns (Wig P) 26:59  
**M60:** J Townson (Chor H) 25:42  
**Women**  
 1 N Holding (Darw) 22:36; 2 L Gore (Wig P) 23:56; 3 L Wilkinson (Sal) 24:05; 4 A Sweeney (Pres, W35) 24:56; 5 D Wakefield (Sal, W40) 25:04; 6 J Hodgkinson (Pres, W35) 25:14; 7 J Pound (Chor, W40) 25:35; 8 E Leonard (Chor H, W35) 25:47; 9 K Nisbat (Red R, W35) 25:49; 10 S Gudgeon (Darw) 25:51  
**W45:** J Orritt (Red R) 27:34

### SRI CHINMOY 5km

**Men**  
 1 K Rankine (FVH) 15:19; 2 J Duff (CoG) 16:11; 3 D Garner (CoG) 16:16; 4 M Johnston (CoG) 16:30; 5 D Forrest (FMC Car) 16:34  
**M50:** W Murray (Port) 19:28  
**Women**  
 1 A Rose (EWM) 16:57; 2 A Mudge (Carr) 17:46; 3 K Powell (DHH) 19:36; 4 S Welsh (FMC Car, W35) 20:54; 5 D Stutt (Sri C) 21:19; 6 I Woods (RMC) 22:43

### SUSTRANS 5 Kilbarchan to Bridge of Keilbarchan

**Men** (all Kilbarchan)  
 1 G Fairley (M40) 26:19; 2 J Snodgrass

29:19; 3 A McLeod (U20) 30:01  
**Women**  
 1 E Masson (W35) 32:19; 2 C McMillan (W45) 38:25; 3 A Richards (W40) 39:44

**TUNBRIDGE WELLS SUMMER RELAY**

**Men (3x3km)**  
 1 Tonbridge (P Parry 9:46, D Castle 9:36, S Keywood 9:55) 29:17; 2 Medway (G Williams 10:02, D Jordan 10:08, B Royden 9:17) 29:27; 3 Tonbridge B (P Hartland 9:50, R Owen 10:37, P Mason 9:48) 30:15; 4 Medway B 30:40; 5 Paddock Wood 30:46  
**Fastest leg:** Royden 9:17  
**M40:** Invicta 30:52  
**M50:** Invicta 32:54  
**Women**  
 Paddock Wood (H Smedsted 11:25, A White 13:12, S James 12:19) 36:56  
**M40:** Invicta 43:30  
**Mixed juniors (3x850m)**  
 1 Paddock Wood 8:51; 2 Jarvis Brook 9:02; 3 St Augustines 9:29

**LT MET RELAY Regent's Park, London**

**Men (4x2.8M)**  
 1 British Airways (M Taylor 15:31, G Taylor 16:34, B Walters 15:42, A Enyon 14:01) 62:55; 2 Lensbury (W Snelgrove 15:36, A Spencer 17:33, S Inggall 15:47, M Bateson 15:17) 64:13; 3 London Postal Region 68:44; 4 Met Railway 69:49; 5 Townleys 71:39  
**Fastest leg:** Enyon 14:01  
**Women (3x2.8M)**  
 Townleys 69:32  
**Fastest leg:** S West (Lens) 18:39

**WOKING HANDICAP 3**

**Men**  
 1 K Honney (Phil P) 24:27; 2 J Harper (Unatt) 25:02; 3 J Thomas (Phil Pet, W) 25:33  
**Fastest**  
**Men:** 1 W Busuttill (Phil Pet) 15:21; 2 P Hough (Wok) 16:52; 3 H Morgan (Wok) 17:03  
**Women:** Thomas 24:33

**SPENCER ARMS DASH Barnsley**

**Men (3.7M)**  
 1 L Warburton (Spen) 18:45; 2 K Ritchie (Leeds) 19:41; 3 N Talbot (Barn AC) 19:58; 4 D Brooksbank (Barn AC) 20:21; 5 D Ansell (Sheff) 20:29; 6 N Brooks (Roth) 20:34; 7 K Williams (Spen, M40) 20:42; 8 M Cheselind (Leeds) 20:44; 9 P Wakefield (Steel, M40) 20:45; 10 C Earl (Barn AC) 20:53; 11 R Remington (Barn H, M40) 21:09; 12 G Brine (Leeds) 21:23; 13 A Gregory (Roth, M40) 21:25; 14 S Moss (Spen, M40) 21:27; 15 V Pickers (Barn AC) 21:29; 16 T Patchett (Spen, M40) 21:32; 17 A Norgate (Long, M40) 21:33; 18 P Venables (Roth H) 21:48; 19 J Warburton (Spen) 21:53; 20 T Allenby (Barn H, M40) 21:54  
**M50:** D Goddard (Hallam) 23:41  
**U16:** N Crummack (Barn AC) 25:26  
**Women**  
 1 D Dean (Spen, W35) 24:00; 2 A Stringer (Sheff) 24:41; 3 R Bentley (Barn AC) 24:47

**June 4**

**BEDFORD 6**

**Men**  
 1 G Deacon (Cov) 30:19; 2 S Plews (Bed) 31:32; 3 T Egan (North P) 31:38; 4 A Barnes (Bed H) 31:45; 5 C Deasy (Cov) 31:50; 6 P Barnes (Rug) 31:53; 7 B Summers (North P) 32:06; 8 P Spick (Corby, M40) 32:18; 9 B Actford (Rug) 32:26; 10 R Payne (Bed) 32:29; 11 R O'Shea (N'brook) 32:43; 12 P McNally (unatt) 32:45; 13 G Patton (Mass F, M50) 32:47; 14 R Edwards (Ket) 32:56; 15 G Hall (Corby) 33:03; 16 V Carroll (North P) 33:05; 17 D Edwards (Bir) 33:16; 18 A Bissell (Rug) 33:22; 19 M Woodley (Hun) 33:24; 20 R Hancock (Leam) 33:29; 21 S Riley (Leam) 33:44; 22 G Peterson (North P) 33:48; 23 S Partridge (North P) 33:56; 24 D Blockley (Hun, m40) 34:00; 25 S Lebeaut (Long) 34:04  
**M55:** J Thomas (Corby) 37:36  
**M60:** B Peart (Woott, M65) 38:16  
**Women**  
 1 F Cooke (March, W35) 35:38; 2 D O'Shea (N'brook) 35:55; 3 J Coulson (UTPRC) 36:28; 4 C Carey (Nun, W45) 38:40; 5 K Newman (C&C) 38:48; 6 K Hall (Harb) 39:00  
**M40:** J Walker (Corby) 40:23

**EAST KILBRIDE 5km**

**Men**  
 1 G Croll (Cambus) 14:30 (rec); 2 K Downie (Cambus) 15:21; 3 J Hendry (S'burn, U20) 15:25; 4 A Chalmers (S'burn) 15:39; 5 E McNair (S'burn) 15:52; 6 R Ronald (E Kilb, M40) 15:59; 7 B Gough (Cambus, M40) 16:04; 8 D Condra (E Kilb) 16:07; 9 D Dick (EK Tr) 16:09; 10 A Main (Str U) 16:09  
**TEAM:** 1 Cambuslang 10; 2 Springburn 12  
**Women**  
 1 J Thomson (CoG) 18:08; 2 S Kennedy (Vic P) 19:25; 3 C Cooper (unatt) 20:30  
**M35:** C McGarry (Moto) 22:41

**SOLWAY 5**

**Men**  
 1 J Ferguson (Durnf) 26:17; 2 C McCann (Annan) 26:40; 3 M Whitelaw (Durnf) 28:40  
**M40:** D Milligan (Sol) 30:46  
**Women:** C Legg (Annan) 33:47

**FORTH 10km Lanarkshire**

**Men**  
 1 A Russell (Law) 30:37; 2 C Meek (L.V) 32:09; 3 P Russell (Cambus) 33:49; 4 D Gillespie (FVH) 34:22; 5 J Flood (Law) 35:27  
**TEAM:** Law 13  
**M40:** P Smith (Cumn) 36:35  
**M50:** S Gourlay (Law) 36:19  
**Women:** D Thomson (Law) 43:57

**June 3**

**CHELTENHAM 10km**

**STEVE ROBINSON** took an early grip on this three-race summer series, *Kevin Fahy reports.*  
**The Cheltenham GCHQ man proved too hot for Bourton's marathon man Dennis Walmsley, now recovered from his Flora London marathon DNF.**  
**Sonia Phillips completed a club double by winning the women's race.**  
**Men**  
 1 S Robison (Chelt) 31:11; 2 D Walmsley (Bour) 31:48; 3 Colin Deasy (Cov) 32:24; 4 A Doel (Swan) 32:38; 5 K Spillman (Durs) 32:40; 6 J Secker (Swan) 33:17; 7 D Hale (Stour) 33:19; 8 D Lander (Sev) 33:24; 9 P Kinsella (Chelt) 33:54; 10 B Griffiths (Unatt) 33:55; 11 I MacDougall (Bour) 34:14; 12 C Taylor (B&R, M40) 34:22; 13 R Burton (Bour) 34:37; 14 A Higgs (Chelt, M40) 34:50; 15 A McNay (Chelt) 34:55; 16 S Samuel (Chelt) 35:05; 17 A Ward (B&R) 35:08; 18 D Green (Chelt) 35:10; 19 M Ford (Chelt, M50) 35:23; 20 C Hinks (Spark) 35:49; 21 P Richardson (Worc, M40) 36:13; 22 G Eden (Chelt, M40) 36:20; 23 S Mackenzie (Bour, M40) 36:22; 24 I Travis (Unatt) 36:23; 25 J Harrington (Glos) 36:26  
**M50:** 2 D Spackman (Glos) 37:18; 3 P Keyte (Spirax) 39:41  
**Women**  
 1 S Phillips (Chelt) 38:05; 2 K Kemp (Worc) 39:16; 3 M Johnson-Myers (Chelt, W35) 40:28; 4 K Waring (Worc) 40:52; 5 D Southgate (Angels, W35) 42:05; 6 D Chandler (Chelt, W45) 42:19

**SRI CHINMOY 2 Battersea Park**

**Men**  
 1 P Chase (W Gn) 9:54; 2 D Baard (Unatt) 9:58; 3 B Bakenna (Calder V) 10:14; 4 A Wong (N Lon) 10:16; 5 J Sheridan (Lon L, M40) 10:19; 6 M Guichard (Dart) 10:22; 7 T St Leger (Stour) 10:24  
**M50:** 1 P Warren (Ran) 11:40; 2 J Jarvis (Serp) 11:53  
**M60:** 1 R Higgs (Barn) 11:30; 2 D Brown (S&D) 12:51  
**Women**  
 1 M Pannett (Dul R) 11:30; 2 J Laws (Mus H) 11:55; 3 M Jones (HW) 12:07; 4 M Loftus (Dul R) 12:40; 5 C Woodley (LOAC) 13:23; 6 L Nicholson (Unatt) 14:17; 7 Z Shadiou (Serp) 15:22

**PRESTWICH RELAYS**

**Men (4x1M; no times taken)**  
 1 Middleton H; 2 Bolton; 3 Middleton H B  
**U15 (4x0.5M)**  
 1 Prestwich HSI; 2 Middleton H; 3 Prestwich AC  
**U11 (4x320yds)**  
 1 Middleton H; 2 Prestwich AC; 3 St Michael's Sch

**Women (4x1M):** Prestwich AC U15 (4x0.5M)

1 Bury AC; 2 Prestwich HS; 3 Middleton H  
**U11 (4x320yds)**  
 1 Bury AC; 2 Middleton Hs; 3 St Mary's

**June 2**

**WEAVERHAM 10km Northwich, Cheshire**

**Men**  
 1 K Moss (Vale R, M40) 32:22; 2 W Thorpe (Warr) 32:27; 3 L Jones (Liv, M40) 32:31; 4 P Frodsham (Helsby) 32:35; 5 P Boileau (Warr) 32:56; 6 P Maher (Vale R, M40) 33:19; 7 G Roberts (C&EP) 34:11; 8 M Haire (ICL) 34:21; 9 D Stevens (Vale R) 34:23; 10 G Beardshore (S Liv) 34:57  
**M50:** T Keller (Stock) 35:07  
**M45:** D Tompkins (Warr) 35:21  
**M60:** J Park (Ches TH) 42:05  
**Women**  
 1 C Greasley (Macc, W35) 36:19 (rec); 2 C Hawkes (Wirr, W35) 39:42; 3 S Clarke (Osw) 44:04  
**M40:** B Cole (Croy) 44:45

**THIRSK 10**

**Men**  
 1 A Davison (Man) 52:23; 2 K Brown (Man) 52:30; 3 J Larkin (Gate) 52:59; 4 M Woodward (J&H, M40) 53:01; 5 A Stimpson (Man) 53:26; 6 T Livingstone (New M) 53:36; 7 A Elwood (J&H) 54:09; 8 P Welham (New M) 54:18; 9 J Keenan (H&P) 54:25; 10 P Wragg (T&S) 54:34; 11 I Whyatt (Dur C) 54:43; 12 B McVittie (J&H) 54:44; 13 M Burn (T&S) 55:20; 14 R Burn (T&S, M40) 55:32; 15 A Bottomley (Loft, M40) 55:46; 16 D Williams (Hors) 55:51; 17 G Brown (Darl, M40) 56:09; 18 M Holroyd (Den D) 56:15; 19 J Coleby (Dur C, W40) 56:19; 20 I Scott (Darl, M40) 56:20; 21 T Lonergan (Bing, M40) 56:23; 22 J Heselson (Rip, M40) 56:26; 23 P Carter (Crook, M40) 56:28; 24 N Scutron (Team P, M45) 56:31; 25 C West (Kipp) 56:35; 26 M Frostrick (Burn R, M45) 56:53; 27 G Hetherington (Dur C) 56:56; 28 T Rawdin (Rip) 57:00; 29 J Featherstone (unatt) 57:11; 30 T Munson (Rip, M40) 57:24; 31 S MacMillan (RAF) 57:35; 32 B Boshier (Swin, M40) 57:49; 33 R White (Man) 57:53; 34 A Marshall (Abb) 58:12; 35 J Bell (Den D) 58:14; 36 R Pannell (Valley, M5) 58:15; 37 H Jeffrey (Valley, M40) 58:34; 38 J Willingham (Valley) 58:37; 39 P Fraser (Rip) 58:40; 40 V Brudenell (Man) 58:41  
**M60:** M habegger (Loft) 62:55  
**M65:** D Eyes (unatt) 78:35  
**Women**  
 1 Coleby (W40) 56:19; 2 A Davidson (Hull Spr) 63:37; 3 G Keddie (Sky) 63:47; 4 P Leach (Hallam) 64:37; 5 R Dorrington (Abbey) 65:22; 6 T Carney (Dews) 67:19; 7 M Wilson (Hors, W45) 68:57; 8 J Smith (Kipp) 69:04; 9 C Coultate (Blyth, W35) 69:33; 10 A Bentley (M&C, W35) 70:50  
**M50:** G Buck (R&Z) 80:47  
**M55:** F Parkin (Kipp) 88:46

**FELL**

**June 9**

**AONACH MOR RACE Fort William**

**ROBIN BRYSON** followed up his recent minutes to win by just over six minutes from Mercia's Glen Davies. The legendary Jos Naylor, a nine-times winner of this event, won the M60 category finishing 12th overall.  
**Men (23M, 7500ft)**  
 1 L Thompson (C le M) 4:00:36; 2 G Davies (Mercia, M40) 4:06:44; 3 K Wood (Salt) 4:19:17; 4 M Walford (Ken, M45) 4:21:19; 5 R Unwin (CFR, M40) 4:23:46; 6 J Block (CFR, M40) 4:26:32; 7 K Carr (C I M, M50) 4:30:09; 8 I Cousins (CFR) 4:30:31; 9 T Houston (Bow FR) 4:30:40; 10 S Palfreyman 4:33:18  
**M60:** J Naylor (CFR) 4:33:55  
**TEAM:** Cumberland Fell Runners  
**Women**  
 1 J Cave (Dark P) 6:32:41; 2 H Musson (Totley) 6:32:41  
**CASTLETON RACE**  
**Men (6M, 1500ft)**  
 1 J Pyrah (Hallam) 42:10; 2 P Deaville (Gloss) 43:53; 3 S Oglethorpe (Dark P) 44:10; 4 E Tressider (Mat, 16) 44:37; 5 A Carruthers (Craw) 44:42; 6 P Pearson (Hallam, M40) 45:01; 7 T Sardo (P&B) 45:23; 8 M Williams (Penn) 46:01; 9 J Yarnell (Notts OC, M40) 46:26; 10 R Hutton (Dark P) 46:30  
**M45:** 3 D O'Brien (Bux) 47:27  
**M40:** 1 A Brentnall (Penn) 47:55; 2 R Hopkinson (unatt) 49:43; 3 N Boler (Dark P) 49:58  
**M50:** 1 J Armistead (Dark P) 49:50; 2 C Radcliffe (unatt) 52:47

1:20:45; 18 S Jackson (Horw, M40) 1:20:51; 19 W Bell (CFR, M40) 1:21:02  
**M40:** 3 J Robertson (Cambus) 1:22:38  
**M50:** 1 R Wilby (HHR) 1:27:57  
**TEAM:** 1 Borrowdale 77; 2 Pudsey and Bramley 127; 3 Lochaber AAC 132  
**Women**  
 1 S Rowell (Pudsey) 1:28:04; 2 A Mudge (C'nethy) 1:32:52; 3 S Armitage (Cosmic, W35) 1:35:46; 4 G Cook (Roch, w35) 1:38:47; 5 K Harvey (Alt, W35) 1:45:14  
**TEAM:** Pudsey and Bramley

**WHALLOPER WELL WIZZ Clitheroe, Lancs**

**NICK JONES** took off on the first climb up to Waddington Fell and from then on powered home to shatter Graham Patten's course record of 56:44, *Gareth Webb reports.*  
**Men (8.5M, 1450ft)**  
 1 N Jones (Penn) 54:38 (rec); 2 P McWade (C le M, M45) 58:14; 3 M Weedall (Penn) 59:02; 4 S Shuttleworth (A'side) 59:21; 5 A Carruthers (Craw) 59:59; 6 D Woodhead (Horw) 60:57; 7 S Sweeney (unatt) 61:24; 8 S Taylor (C le M, M40) 61:57; 9 N Holding (Darwen) 62:11; 10 S Riley (unatt) 62:28  
**M40:** 2 G Appleyard (Fellian, 15th) 63:34; 3 T Broomfield (Imp, 16th) 63:53  
**M45:** 2 S Kirkbride (Ken, 12th) 62:46; 3 P Bramham (Craven, 19th) 64:48  
**M50:** 1 G Fielding (unatt) 67:22; 2 G Breeze (unatt) 69:51; 3 J Howard (unatt) 70:02  
**Women**  
 1 S Becconsall (Todm, 50th) 72:27; 2 A Rees (Todm) 77:05; 3 L Davies (Saddle) 79:12; 4 J Taylor (L&M) 85:00; 5 J Adams (N Vets, W40) 85:26  
**M50:** J Derbyshire (Horw, 6th) 87:29

**CRACOE RACES N Yorks**

**Men (3M, 800ft; Inc BOFRA Champs.)**  
 1 J Atkinson (A'side) 20:06; 2 S Oldfield (Brad Air, M40) 20:27; 3 I Ferguson (Bing) 21:08; 4 P Boyd (Horw) 21:14; 5 C Moses (Bing) 21:23  
**U17:** 1 S Briggs (Keigh HR) 22:27; 2 S Reid (A'side) 22:50; 3 R Fell (BOFRA) 23:00  
**U14:** 1 D Huff (Grassington) 11:42; 2 J Mason (Grassington) 12:07; 3 P Broctor (Ken) 12:21  
**U12:** 1 M Swainson (Grasmere) 8:44; 2 M Wright (BOFRA) 8:53; 3 A Wilkin (BOFRA) 8:56  
**Women**  
 1 P Oldfield (Brad Air) 27:36; 2 K Slater (Keigh HR) 27:47; 3 H Sedgwick (BOFRA) 29:27  
**U17:** 1 E Hopkinson (Skip) 27:33; 2 S Waddington (Keigh HR) 28:56; 3 R Bowe (Ken) 29:00  
**U14:** 1 N Slater (Keigh HR) 14:46; 2 S Shepherd (BOFRA) 14:58; 3 N Westworth (Keigh HR) 17:04  
**U12:** 1 D Waddington (Keigh) 9:52; 2 M Carr (Ken) 10:17; 3 K Bowe (Ken) 10:35

**June 8**

**ENNERDALE HORSESHOE**

**LEE THOMPSON** produced his best performance to win by just over six minutes from Mercia's Glen Davies. The legendary Jos Naylor, a nine-times winner of this event, won the M60 category finishing 12th overall.  
**Men (23M, 7500ft)**  
 1 L Thompson (C le M) 4:00:36; 2 G Davies (Mercia, M40) 4:06:44; 3 K Wood (Salt) 4:19:17; 4 M Walford (Ken, M45) 4:21:19; 5 R Unwin (CFR, M40) 4:23:46; 6 J Block (CFR, M40) 4:26:32; 7 K Carr (C I M, M50) 4:30:09; 8 I Cousins (CFR) 4:30:31; 9 T Houston (Bow FR) 4:30:40; 10 S Palfreyman 4:33:18  
**M60:** J Naylor (CFR) 4:33:55  
**TEAM:** Cumberland Fell Runners  
**Women**  
 1 J Cave (Dark P) 6:32:41; 2 H Musson (Totley) 6:32:41

**CASTLETON RACE**

**Men (6M, 1500ft)**  
 1 J Pyrah (Hallam) 42:10; 2 P Deaville (Gloss) 43:53; 3 S Oglethorpe (Dark P) 44:10; 4 E Tressider (Mat, 16) 44:37; 5 A Carruthers (Craw) 44:42; 6 P Pearson (Hallam, M40) 45:01; 7 T Sardo (P&B) 45:23; 8 M Williams (Penn) 46:01; 9 J Yarnell (Notts OC, M40) 46:26; 10 R Hutton (Dark P) 46:30  
**M45:** 3 D O'Brien (Bux) 47:27  
**M40:** 1 A Brentnall (Penn) 47:55; 2 R Hopkinson (unatt) 49:43; 3 N Boler (Dark P) 49:58  
**M50:** 1 J Armistead (Dark P) 49:50; 2 C Radcliffe (unatt) 52:47

**M55:** 1 Mike Hayes (Dark P) 53:55; 2 R Mason (Tot) 56:05; 3 Mark Hayes (Dark P) 58:18  
**Women**  
 1 P Leach (SinA) 53:00; 2 J Smith (Dark P, W40) 55:08; 3 Y Williams (Penn) 56:25

**THREE PIKES Northumberland**

**Men (8M, 950ft)**  
 1 J Tullie (Tev) 51:44 (rec); 2 T Wylie (Tyne) 51:54; 3 I Mulvey (Tyne Tri) 52:24; 4 N Wallace (Eis) 52:36; 5 M Carmont (Newc Un) 54:19; 6 E Simpson (CFR) 55:11; 7 A Clarke (Tyne) 55:16; 8 A Tait (Tyne, M45) 56:03  
**M40:** 1 J Humble (Tyne, 12th) 58:24; 2 F Clarke (Salt) 58:34  
**M45:** 2 B Lowdon (unatt, 13th) 58:28  
**M55:** R Hayes (Morp, 21st) 62:51  
**TEAM:** Tyndale  
**Women**  
 1 R Fletcher (Tyne, W35) 68:37; 2 H Dickinson (Tyne, W35) 75:14; 3 A Wylie (unatt) 76:01

**GLOSSOPDALE WOMEN'S RACE**

**Women (3.5M, 700ft)**  
 1 H Sanderlands (Skelm, W35) 34:04; 2 S Duniec (Wake, U16) 34:22; 3 S James (Gloss, W35) 36:15; 4 N Fellows (New N) 36:23; 5 S Budgett (Man YMCA) 39:12; 6 J Hutton (Tot, W35) 40:16; 7 E Moore (Alt) 44:32

**WALKER RUN**

**Men (2.25M, 650ft)**  
 1 J Hey (Warr) 15:01 (rec); 2 S Oldfield (Brad Air, M40) 15:07; 3 A Maloney (Roch) 15:14; 4 P Denby (P&B) 15:28; 5 M Egner (Stevenson D, M40) 15:31; 6 A Illingworth (P&B) 15:42; 7 A Shaw (Holm) 15:47; 8 A Styan (Holm, M45) 15:55; 9 R Asquith (Holm) 15:56; 10 R Crossland (Brad Air, M40) 16:11  
**M50:** T Cook (Holm) 19:43  
**Women**  
 1 L Lacon (Holm) 19:03 (rec); 2 S Duniec (Wake, U16) 19:39  
**M50:** J Krol (Holm) 23:00

**KETTLESHULME ROSE QUEEN RACE**

**Men (6M, 850ft)**  
 1 N Peach (Ken) 35:51 (rec); 2 G Cuddahy (Stock) 36:40; 3 A Jones (Gloss) 38:22; 4 P Deaville (Gloss) 38:40; 5 R Eagle (Macc, M40) 38:57; 6 D Blackhurst (Ross) 39:06; 7 B Gregory (Stock, M40) 39:25; 8 N Ashcroft (Spect) 39:34; 9 L Footitt (Bux) 39:45; 10 J Kershaw (Macc, M45) 39:52  
**Women**  
 1 M Bromley (Gloss) 46:27; 2 S Ann-Hales (Macc) 46:55; 3 E Dawson (Boil) 47:50; 4 Y Williams (Penn) 48:27

**CHEVIN RACE**

**Men (3M, 900ft)**  
 1 M Hill (P&B) 18:05; 2 S Green (P&B) 18:44; 3 D Clark (Leeds) 19:14; 4 T Hobbs (C le M) 19:37; 5 J Hemsley (Ilk) 19:41  
**M40:** N Pearce (Ilk) 20:44  
**M50:** P Reynard (Fellian) 21:16  
**TEAM:** Pudsey & Bramley  
**Women**  
 1 E Hodgson (Fellian) 22:24; 2 T Ballantine (unatt) 25:07; 3 L Bostock (Vali S, W35) 25:40

**PADDY'S POLE RACE**

**Men**  
 1 B Burns (Pres H) 29:15; 2 M Keys (Ross) 29:26; 3 S Livesey (C le M) 30:06; 4 P Banks (B'burn) 30:18; 5 S Thompson (C le M) 30:24; 10 D Nuttall (C le M) 31:52 (B&F) 33:00; 15  
**M40:** 1 P McWade (C le M, M40) 31:44; 2 C Lyons (Horw, M40) 33:05; 3 S Taylor (C le M) 33:23  
**M50:** 1 B Mitchell (C le M) 33:45; 2 J Nuttall (C le M) 34:24; 3 K Carr (C le M) 35:04  
**M60:** 1 M Horton (Chor) 40:12; 2 J Winters (M&F) 41:32; 3 D Barton (C le M) 43:18  
**TEAM:** Clayton-le-Moors  
**Women**  
 1 V Peacock (C le M, W40, 74th) 37:06; 2 D Gowans (Acc RR) 38:40; 3 H Sanderlands (Skelm, W35) 42:00; 4 C Dewhurst (C le M) 42:24; 5 K Thompson (C le M, W35) 42:30; 6 B McWade (C le M) 44:06; 7 D Thompson (Hard, W35) 44:30; 8 C Kenny (Ken, W35) 44:45  
**M50:** 6 J Chaplin (Chor) 45:24; 7 P Warburton (Boland) 50:56  
**M45:** 1 L Lord (C le M) 44:39; 2 K Goss (C le M) 48:39; 3 K Makin (C le M) 49:26; 4 M Rosen (L&M) 50:05; 5 C Horne (Garst) 51:14

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# Next Week

## Atlanta goal

Reports, results and pictures  
from the AAAs Championships as Olympic places go up for grabs



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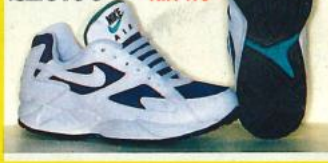
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