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athletics WEEKLY

REVIEWS THE SPORT • REVEALS THE ATHLETE



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2002 Manchester
THE XVII COMMONWEALTH GAMES

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KELLY MORGAN

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This week...

COMMENT

THE Commonwealth Games is in danger of losing its nickname 'The Friendly Games' if some of the behaviour at last weekend's Aqua-Pura English Commonwealth Trials is repeated in the excellent City of Manchester Stadium next month.

In general, the meeting was well organised. Fast Track put together a slick programme, despite being hindered by the significant number of big names who did not turn up. At a personal level, the press were catered for with the kind of efficiency we have come to expect from Jayne Pearce, the former spokeswoman for UK Athletics and head of the media centre at Sydney's Olympic stadium.

Yet many left the arena last Sunday night with a sour taste in their mouths, reluctant to return when the Games kick off next month.

Janet Walton has been supporting athletics since 1969. It is fair to say she would be in the running for the prize of British athletics' most ardent fan, if such an award existed.

Disappointingly, however, after being "manhandled" by officials who rudely ordered her to walk around the periphery of the stadium, despite her suffering from arthritis, she said: "I have travelled all over the world and have never been treated the way I was treated trying to get to my seat at these trials."

Janet's experience was not a one-off either. Tales about clueless Commonwealth workers were commonplace last weekend.

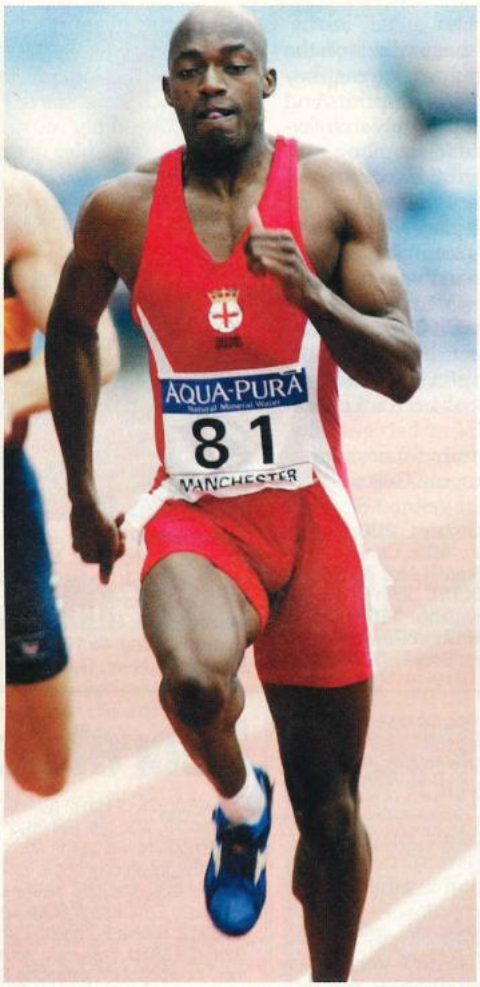
Chris Rawlinson, Britain's No.1 400m hurdler, said there was a 'security overkill' and that the stadium resembled Colditz.

"It's safe to say I'm not wholeheartedly impressed with the place," he said. "In Sydney there was a feeling of goodwill, but not here."

If this was the practice run, then the organisers of the Commonwealth Games have less than six weeks to polish their act.

Jason Henderson, Editor

On the cover: Kelly Morgan. Picture: Mark Shearman





On trial: Marlon Devonish (left) and Natasha Danvers won their respective events at the Aqua-Pura English Commonwealth Trial. **See pages 16-23**

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GB aiming for World Cup spot

UKATHLETICS performance director Max Jones is hopeful the British men's team can put up an improved performance in next weekend's Spar European Cup in Annecy, France, and clinch a top two spot which will book them a place in September's World Cup in Madrid.

The British men finished a disappointing fifth in last year's competition in Bremen, Germany, despite winning at Gateshead 2000.

Britain has suffered from a glut of drop-outs over the past couple of years in the European Cup but Jones is confident of a better showing because the Commonwealth Trials were held a week before this year's competition.

"It is good for us that the Commonwealth Trials have come early as athletes are likely to come into the event in a bit better form.

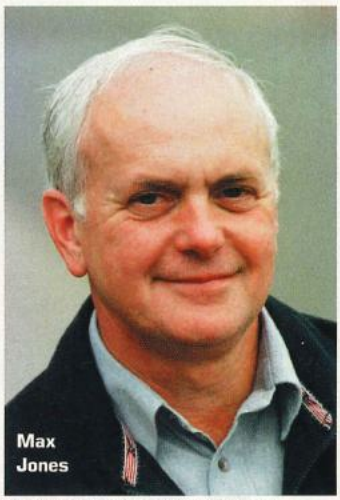
"Poland are the new kids on the block after winning last year, they are very strong in the sprints and throws and will probably start favourite. I put ourselves along with Russia as the second favourites."

A top two place will secure Great Britain's men a place in the World Cup. The men's team carries plenty of big guns such as Jonathan Edwards, Steve Backley, Colin Jackson and Dwain Chambers. But the women's team is missing Paula Radcliffe, who previously said she planned to kick off her track season here.

The British team for next weekend's Spar European Cup...

Men

100: Dwain Chambers. **200:** Marlon Devonish. **400:** Daniel Caines. **800:** Simon Lees. **1500:** Michael East. **3000:** John Mayock. **5000:** Sam Haughian. **110H:** Colin Jackson. **400H:** Chris Rawlinson. **3000SC:** Stuart Stokes. **HJ:** Ben Challenger. **PV:** Nick Buckfield (subject to fitness). **LJ:** Chris Tomlinson. **TJ:** Jonathan Edwards. **SP:** Carl Myerscough. **DT:** Myerscough. **HT:** Mick Jones. **JT:** Steve Backley. **4x100:** Chambers, Devonish, Jason Gardener, Chris Lambert, Mark Lewis-Francis, Christian Malcolm. **4x400:** Sean Baldock, Jamie Baulch, Tim Benjamin, Caines, Jared Deacon, Matt Elias, Rawlinson.


Max Jones

Women

100: Shani Anderson. **200:** Vernicha James. **400:** Helen Karagounis. **800:** Kelly Holmes. **1500:** Helen Pattinson. **3000:** Kathy Butler. **5000:** Jo Pavey. **100H:** Diane Allahgreen. **400H:** Natasha Danvers. **3000SC:** Tara Krzywicki. **HJ:** Susan Jones. **PV:** Janine Whitlock. **LJ:** Jade Johnson. **TJ:** Ashia Hansen. **SP:** Julie Dunkley. **DT:** Shelley Newman. **HT:** Lorraine Shaw. **JT:** Kelly Morgan. **4x100:** Allahgreen, Anderson, Amanda Forrester, Emily Freeman, James, Joice Maduaka. **4x400:** Danvers, Carey Easton, Helen Frost, Karagounis, Lee McConnell, Lisa Miller, Catherine Murphy.

SEE *What's On* for timetable details and pages 16-23 for a report of the Aqua-Pura Commonwealth Trials, the meeting that decided the above team.

Bekele limped to victories

ETHIOPIAN distance sensation Kenenisa Bekele, who became the first man in history to claim both the world cross country long and short course titles at the same championships in March, claimed his double victory carrying a calf injury, according to his manager Jos Hermens, *writes Steve Landells.*

The Dutchman, who also manages Ethiopia's Olympic 10,000m champion Haile Gebrselassie and Romania's Olympic 5000m champion Gabriela Szabo, made the revelation after Bekele struggled to a disappointing 13:26.58 clocking to finish third over 5000m in Milan earlier this month.

The 20-year-old had hoped for a sub-13minute time in Italy but told Hermens he was suffering the ill-effects of an inflammation of the calf he first felt in the weeks leading up to the World Cross Country Championships in Dublin, where he scored short and long course victories on successive days.

Hermens added: "He only mentioned he had the problem at the end of the race. But he said he first felt it before the World Cross Country Championships which makes his achievements there incredible.

"Sometimes athletes, when they are training on the edge, don't like to mention these things. I know when I used to run I used to ignore injuries."

Hermens added: "At the moment Kenenisa is being treated for the inflammation in Holland by our phyiso Anton Engels. I don't want to send him back to Ethiopia too soon because he'll start running again when we want him to rest."

He also admitted it was too early too explain whether the injury would scupper his hopes of running on the track again this summer.

Ironically, Bekele, who is described as the heir apparent to Gebrselassie, picked up the same injury as the double Olympic 10,000m champion.

Gebrselassie was forced to abandon attempts to break the world one-hour record at Hengelo earlier this month because of the injury.

The Ethiopian suffered a small rupture of the calf and has decided not to compete again on the track this summer.

However, after Gebrselassie ran the fastest ever debut marathon of 2:06:35 in London to finish third behind the American Khalid Khannouchi, who set a world best, many predict the Ethiopian icon could be set for an autumn marathon.

But Hermens warned: "He talks of an autumn marathon but we are not really going after it and I have to stop mentioning it because he gets all excited."

Secrets of Polish success

THE empress of Polish athletics, Irena Szewinska, who has helped bring about a dramatic revival in the sport in the East European country, is looking for more success at this weekend's Spar European Cup, *writes Steve Landells.*

In last year's European Cup, Poland scored a shock first ever victory in the men's competition defeating Russia by a resounding 10 points in Bremen meanwhile their women also clinched promotion to the Super League.

But their success came as no surprise to Szewinska, who has overseen an upturn in the nation's athletics fortunes.

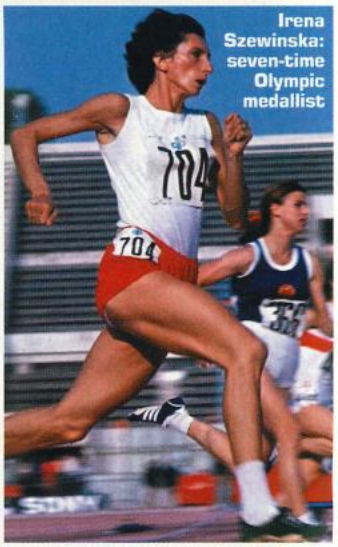
Poland picked up just two track and field medals at the 1996 Atlanta Olympics and following their disappointing showing, Szewinska, the legendary seven-time Olympic medallist, was elected as president of the Polish Athletics Federation.

"After Atlanta there was an assessment of the sport and we were given $1.5m per year to spend on elite athletes," she explained.

"All the best athletes in Poland are given top training facilities and warm weather training camps are set up for the athletes in South Africa, Spain and Portugal." She also said the impressive Polish sporting centre of excellence at Spala had been upgraded from the communist era to meet the demands of modern sport, and the results have been impressive.

In the Sydney Olympics Poland claimed four gold medals but even more noteworthy was their shock triumph in Bremen. However, although the preparation of elite athletes is key to their success, $1.5m American dollars pales into insignificance compared to the £41m pounds 'legacy money' burning a hole in the pocket of UK Athletics.

But it is Poland's work at grassroots which is perhaps the most significant in their quest for success at elite level.


Irena Szewinska: seven-time Olympic medallist

"Eight years ago we set up schools athletics clubs, a concept which is growing all the time," she explained.

"We now have between 700 and 800 athletics school clubs starting at primary school age across Poland and these are growing by about one to two hundred a year. Our school teachers are very good, and are offered a three-day course on athletics."

Besides the investment in the athletes at both elite and grassroots level, facilities across the nation have also been upgraded and a total of 15 leading stadiums have been significantly modernised or built from scratch.

But can Poland repeat its recent success in 2002?

"It was a dream for me to see Poland's men win the European Cup last year, hopefully we can do it again this year," she added. "My dream for the women is that they can stay in the Super League."

Sanderson praises Morgan

FORMER Olympic javelin champion Tessa Sanderson praised the efforts of new British record-holder Kelly Morgan and believes the 22-year-old army clerk is a worthy successor to herself and Fatima Whitbread, *writes Steve Landells*.

The Windsor, Slough, Eton and Hounslow athlete propelled herself into the limelight by adding more than three-and-a-half metres to the British record with the new specification javelin on Saturday, producing a first round effort of 63.05m to win the Aqua-Pura Commonwealth Games Trials at Manchester.

Sanderson and Whitbread were world beaters throughout the Eighties, but since Sanderson retired in 1997 the event has fallen into the doldrums in Britain. But Morgan's effort, which put her top of the Commonwealth rankings and No.4 in the world for the year, has seen a new star born.

Sanderson said: "Kelly has produced the kind of throw which can impress the rest of the world. At last Britain has someone which everyone can take notice of, and fear."

Sanderson said she'd recognised Morgan's talent six years ago.

"It was obvious even then Kelly was stronger than the other athletes and was a bit more aggressive, which you need in competition.

"I think she can go on to win the Commonwealth title but the big challenge she faces is trying to throw consistently well. I would advise her to relax, take up the challenge, forget what has gone in the past and compete on the day."

A second British record at the trials fell to Trafford AC's pole vaulter Janine Whitlock who bettered her own British mark by 1cm to vault 4.41m and defeat Australia's Olympic silver medallist Tatyana Grigorieva.

■ Congratulations to London Marathon winner and two-time world cross country champion Paula Radcliffe after she was awarded an MBE in the Queen's Birthday honours. Sports hall founder George Bunner was awarded an MBE for services to athletics for young people, as was Margot Kirk for services to the Scottish Borders athletics club.

Unisex cup

HISTORY will be made at Abingdon's Tysley Park track on Sunday with the launch of Britain's first nationwide unisex cup competition, *writes Tom Pollak*.

Four of the 18 teams in the first round match will qualify for the Eton semi-final on Sunday, July 21. Three concurrent matches will be held, with a draw decided which teams will compete in each match. The winning three teams plus the best of the runners-up (decided by a subsequent paper match) will qualify for the semi-final.

The clubs competing at Abingdon are: Bracknell, Channel Islands, City of Portsmouth, East Grinstead, Epsom & Ewell, Harlow, Herne Hill, Hillingdon, Huntingdonshire, Kingston & Polytechnic, London Heathside, Nuneaton, Thurrock, Vale of Aylesbury, Walton, Winchester & District, Woking, Worthing & District.

In the track events there will be three races, except for the men's 5000m, 10,000m and 3000m steeplechase and the women's 3000m where there will be one race with the result scored separately in the three matches. There will be one pool of competitors in each of the field events. In all but the high jump and pole vault, each competitor will get three attempts and only qualify for a further three if they exceed predetermined standards. The aim is to complete the field events within the timetable. Progressions for the high jump and pole vault have also been decided to make sure the meeting goes to time. The match starts at 10.30am.

McKee eyes 400m title

FORMER Manchester Metropolitan University student Paul McKee returns to the city next month to have a serious crack at the best one lap runners in the Commonwealth after smashing the 16-year-old Irish 400m record earlier this month.

The 24-year-old Belfast schoolteacher, who only started training seriously three-and-a-half years ago, showed blistering speed as a youngster and claims he still holds the UK under-11 age group record for 400m with 64.1.

But as with many schoolchildren, football and other distractions got in the way and it was only after he started studying at Manchester Metropolitan University and he joined John Bailey's group that the Ulsterman knuckled down to serious training.

"It was always my intention to give running a serious go again," he explained, "but I had a few injury problems and I was only 19 or 20 when I started competing regularly."

McKee's natural speed made him almost equally adept at the 200m as the 400m and in 2000, under the guidance of current coach Bill Kelly, he whittled his PBs down to 21.20 for the 200m and 45.92 for the 400m.

Last season his progress was hampered by a problem with tonsillitis but after finally having his tonsils removed late last year he has enjoyed a fine winter's training and has come running out the blocks in fine fettle.

"I ran 46.5 to win the British League match for my club and knew I was in decent shape when I finished just a metre or so behind Marlon Devonish in the 200m when it was blowing a gale at the inter-counties," he added

"I felt tired when I ran 46.03 in Latvia but to break the Irish record, which has been a target of mine for the past couple of seasons, was great."

McKee, who teaches business studies at his old school in Belfast, recorded 45.62 in Tartu, Estonia, to erase Derek O'Connor's 1986 record of 45.73 – as well as Paul McBurney's Northern Irish record of 45.85.

But buoyed by his success he has set bigger goals for the rest of the summer, where he will represent Northern Ireland in the Commonwealth Games and Ireland in the European Championships.

"I would like to think I could run quicker than 45.6 and get down to about to 45 seconds and maybe challenge for a medal in the Europeans," he added. "The Commonwealths will be much harder."

McKee also hopes to help Ireland break their national 4x400m record of 3:04.24 set in last year's World Championships.

And with the likes of Tomas Comans, Robert Daly and David McCarthy running well the Irish quartet could also pose a realistic challenge to Britain in the European Championships.

Turnbull handles the stress

GARETH TURNBULL, one of the favourites to win a medal in the 1500m at the Commonwealth Games, has made a miraculous recovery from a stress fracture of the foot and is due to resume training this week on the advice of a top Harley Street doctor. The Belfast athlete only found out he had the injury earlier this month.

Ireland name their European Cup team

THE team to represent Ireland at the European Cup in Tallinn, Estonia, on June 22-23 has been selected. The Irish women, who finished in third position in Group A of the second league last year, face Cyprus, Estonia, Denmark, Georgia, Iceland, Lithuania and Luxembourg. The men's team will be aiming to regain their position in the First League following their relegation last year. They will take on Belarus, Cyprus, Estonia, Georgia, Iceland, Latvia and Luxembourg.

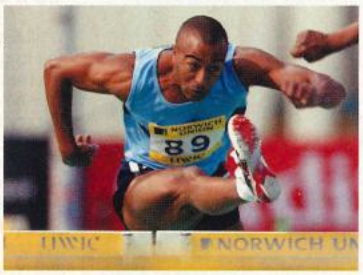
■ **Men**: **100:** John McAdorey. **200:** Paul Brizzell. **400:** Paul McKee. **800:** Daniel Caulfield. **1500:** James Nolan. **3000:** Killian Lonergan. **5000:** Seamus Power. **3000SC:** Cormac Smith. **110H:** Peter Coghlan. **400H**: Stephen McDonnell. **HJ:** Adrian O'Dwyer. **PV:** David Donegan. **LJ:** Ciaran McDonagh. **TJ:** Patrick Shannon. **SP:** Iain McMullan. **DT:** Gary Power. **HT:** Roman Linscheid. **JT:** Terry McHugh.

■ **Women**: **100:** Claire Bergin. **200:** Ciara Sheehy. **400:** Karen Shinkins. **800:** Kelly McNeice. **1500:** Ger Hendricken. **3000:** Maria McCambridge. **5000:** Ann Keenan-Buckley. **3000SC:** Roisin McGettigan. **100H:** Derval O'Rourke. **400H:** Michelle Carey. **HJ:** Deidre Ryan. **PV:** Juliet Claffey. **LJ:** Antoinette Furlong. **TJ:** Taneisa Robinson-Scanlon. **SP:** Geraldine Stewart. **DT/HT:** Eileen O'Keeffe. **JT:** Alison Moffitt.

uk:athletics

Win tickets to watch one of Britain's leading athletics meetings

ATHLETICS WEEKLY has linked up with UK Athletics to give its readers the opportunity to win three pairs of tickets to watch Britain's Commonwealth Games hopefuls competing for team places.



The meeting is the Norwich Union Classic at Don Valley Stadium, Sheffield on Sunday June 30 and is set to be one of the most exciting events in Britain this summer.

World 110m hurdles record-holder Colin Jackson is expected to make a fond farewell in front of a capacity British crowd. The 35-year-old Welshman will be hoping to run fast and get close to the world record of 12.91 he ran in 1993.



Paula Radcliffe and Sonia O'Sullivan are expected to run their first track race since the Sydney Olympic Games and they will meet over 3000m. Radcliffe finished ahead of O'Sullivan in Sydney two years ago while the Irishwoman won gold over 5000m in the 1995 World Championships.

All you need to do to win a pair of tickets for this event is tell us the venue of the Norwich Union Classic on Sunday June 30.

Send your answer on a postcard or sealed down envelope to Norwich Union Competition, *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN to arrive no later than Wednesday June 26, 2002.

■ Tickets can be purchased by calling the 24-hour ticket hotline on 0870 4444 440 or online at www.ukathletics.net

briefs

Ndereba runs Chicago

CATHERINE NDEREBA, the world marathon record-holder, has confirmed she will defend her Chicago Marathon title on October 13 – setting up an mouthwatering clash with the second-fastest women's marathoner of all-time, Britain's Paula Radcliffe.

"I had options of competing in either New York or Chicago, but I've settled for Chicago," said the Kenyan.

Athens fatality

A THIRD fatality at the Athens site where workers are building the 17,300-capacity village for Olympic athletes, has prompted the 1500-strong workforce to call for a strike. They have repeatedly complained of poor conditions, and limited access to toilets and running water. The International Olympic Committee has imposed tight deadlines for completion of the 2004 facilities.

Greeks go to Japan

ORGANISERS of the Athens Olympics have been at the World Cup to see how the hosts, Japan and South Korea, are handling such a big event.

"The experience and know-how gained in the visit will be invaluable, contributing to the better staging of the 2004 Olympic football tournament in the city of Athens and the four other Olympic cities, Thessaloniki, Volos, Patras and Herakleion," said a statement from the organisers of the Athens Games.

Not so Nice

THE international meeting in Nice, France, has been cancelled for 2002, but the organiser, Laurent Bocquillet, hopes it will return next year.

It is thought financial problems caused the abandonment of the meeting, which was due to be held on June 25.

Mennea outsprinted

PIETRO MENNEA, the former world 200m record-holder and 1980 Olympic 200m champion, was edged out in his latest race, an attempt to become mayor of Barletta, in Puglia, southern Italy. Mennea, who last year ran for the Italian Senate without success, campaigned against a centre-left lobby.

Brugge race places

MANSFIELD Harriers are taking two coaches to the Brugge Veterans 10 and 25km races and have a few places left. The price is £130 per person, including bed and breakfast and all travel costs. The coach departs on June 22 and returns June 25. Contact 01623-636775 at 7.30pm weekdays.

IAAF soccer challenge to FIFA

WITH football fever gripping the world, the ruling body of global athletics, the IAAF, is keen to take on FIFA, the organisation that governs football, in a celebrity soccer match, *writes Jason Henderson*.

As mentioned on page two of last week's issue, the International Association of Athletics Federations turns out a team in the Monaco Companies' League and has fielded Sergey Bubka, the world pole vault record-holder, and Michael Schumacher, the world's No.1 Formula One driver.

The president of the IAAF, Lamine Diack, managed the Senegalese national football team for four years in the Sixties and IAAF spokesman, Nick Davies, confidently predicts his team of athletes and administrators would comfortably beat the footballers.

"We'd definitely trouble FIFA, especially if they play with Sepp Blatter (the FIFA president) up front," said Davies, laying down the gauntlet to the Zurich-based *Federation Internationalé de Football Association*.

"They may have better technique than us but we'll run better."

If the match became a reality, the IAAF would hope to draft the likes of Darren Campbell and Ato Boldon to bolster a side that features regulars such as IAAF general secretary Istvan Gyulai. Campbell has played for several clubs, including Plymouth Argyle.



The IAAF XI with the Federation's spokesman Nick Davies, front row on the left

Boldon is one of a number of top international athletes talented enough to have played professional football.

Frank Fredericks, Yuriy Borzakovskiy and Fermin Cacho are all confessed soccer fanatics. Hicham El Guerrouj used to be a goalkeeper, but turned to running when his mother complained about him continually dirtying his shirt. If the IAAF fielded a mixed team, then Maria Mutola is yet another ex-footballing athlete.

Back in the UK, Christian Malcolm used to play for Nottingham Forest's junior team, while Dean Macey was a promising teenage centre half with Arsenal. Even Seb Coe, a big Chelsea fan, might muscle his way into the team – especially if he gets a place on the IAAF Council (see opposite page).

Of players who have already represented the IAAF, Bubka once played as a striker in a 4-0 win. "One of his shots almost took off the back of the net," said Davies, one of 13 Britons who work for the IAAF in Monaco.

Then there is Schumacher. "He was quite a busy little centre forward," said Davies. "A bit greedy and, of course, everyone passed to him and no one tackled him either."

With most of its members at the World Cup, FIFA were unavailable to comment on the likelihood of a match.

■ NEXT week: Lamine Diack talks about his former footballing career.

Shalders plans to improve

WHILE all eyes were on the epic battle in the long jump at the Aqua-Pura International in Loughborough last month, Welshman Steven Shalders was making history in the triple jump, setting a Welsh record of 16.35m, *writes Karien Jonckheere*.

But with such quality and class in Britain's triple jumping ranks, the 20-year-old UWIC student says that he might not get the opportunity to compete at major championships, despite his form.

Referring to the European Championships, Shalders explains: "I definitely feel I could qualify but I could be the fourth best in the world and still not go. I could be watching it at home."

The Cardiff-based athlete, who won the English Commonwealth trial last weekend, is relishing the prospect of representing Wales at the Commonwealth Games. "I'm looking forward to competing against Jonathan Edwards. He's transformed triple jump. No one used to be interested in it but now it's a big event."

Shalders competed in the European and world junior championships, but describes them as "great experiences but nowhere near as big as the Commonwealth Games." And disclosing how he hopes to perform in Manchester, the former rugby and basketball player maintains: "I always seem to jump my best at major championships so I'm hoping to surprise a few people at the Commonwealth Games ... I'm hoping that England and Wales can take all the top spots.

"All the major championships I have competed in have been abroad so it will be great to have one in Britain. My whole family is going to watch and they'll see me triple jumping for the first time."

Shalders has a family member to thank for his introduction to the sport as, at the age of 15, he and his cousin decided to hold a mini-Olympics in the back garden.

"Triple jump was one of the events and I beat him," he explains. From the backyard, Shalders progressed to a school sports day, the Mid-Glamorgan championships and then on to the Welsh championships.

At his third big competition, the British Schools' Championships, he came up against a tall Middlesbrough lad called Chris Tomlinson and promptly beat him, breaking the British record in the first round. Tomlinson and Shalders have since become very good friends.

"I am hoping that Tomlinson comes back to triple jump because I love the rivalry. We always want each other to do well. He's a great athlete and I think he's going to jump a lot further. He just needs to sort out his technique," he says of the new British long jump record-holder.

Coached by his former school teacher, Nigel Lewis, Shalders believes he can jump further and the 20-year-old from Bridgend has his sights set on 16.80m. "That would mean I'd move on to lottery funding and qualify for the major championships.

"I think it's a reachable target."

Women's world 'chase record smashed

THE women's world 3000m steeplechase record was smashed for the second time in a week as Belarussian Alesya Turova ran 9:21.72 at the Golden Spike meeting in Ostrava to erase the figures set by Poland's Justyna Bak seven days earlier.

As often is the case with new disciplines, records tumble with great regularity, as witnessed in recent times by the women's pole vault.

It was the European indoor 1500m bronze medallist's first attempt at the steeplechase, and her time clipped more than half a second off Bak's week-old world record.

Bak had the best view of the new record, as the Pole finished second in 9:32.26. She had recorded a then world record mark of 9:22.29 at Milan seven days earlier.

Tara Krzywicki's British record stands at 9:52.71.

Trafford steeplechase

THE Trafford Grand Prix meeting on Tuesday June 25 is staging a women's 2km steeplechase within the timetable with £50 prize money up for grabs.

Ring Mike Harris for more details on 0161-4379828.

Coe set for IAAF position

UK ATHLETICS is set to nominate two-time Olympic 1500m champion Seb Coe for election as an IAAF Council member at next year's IAAF Congress in Paris.

Britain's Robert Stinson will retire as honorary treasurer of the IAAF in August 2003 after 19 years in the post.

Coe's nomination, proposed by the International Group of UK Athletics and endorsed by the UK Athletics Executive Board will hopefully ensure Britain retains an IAAF representative.

UK Athletics president David Hemery said: "It is essential that, as a 'major player' in world athletics, UK Athletics is represented on the IAAF Council, the highest policy making body of our sport.



Sebastian Coe: poised for IAAF post

"Seb's wealth of knowledge and experience both as a former athlete and politician, makes him an ideal candidate to shape the future of the sport, as a member of the council.

"He has a great deal to offer and could become a significant voice in international sport."

Coe added: "I am honoured UK Athletics has nominated me to stand for election to the IAAF Council.

"The work will not only be enjoyable but also a challenge – athletics stands at a crossroads and only a strong international governing body together with the innovative work of individual federations and meet promoters will guarantee its presence as one of the most popular sports in the world."

Classic route for Olympic marathon

ORGANISERS of the 2004 Olympics have announced the marathon will be run on the original course used by the Athenian soldier Pheidippides in 490 BC to announce a Greek victory over the Persians.

Athens Games Sports General Manager Makis Asimakopoulos explained: "We will use the classic course. It is one of the highlights of the Games."

The runners will finish at the marble Panathenian stadium, where the Games were revived in 1896, with the medals ceremony held later at the Olympic Stadium.

The Panathenian stadium was built in 330-329 BC under the leadership of Lycourgos, a pupil of Plato. It was first used to host the Panathenian Games and went through a period of glory during the era of Herod Atticus (139-194AD) but was destroyed and excavated by the German architect Ernst Ziller and was reconstructed thanks to Greek benefactors. The first modern Olympic Games in 1896 were held in the stadium.

The men's marathon will be the final event of the Games and a full timetable will be announced in mid-2003.

The finish of the men's marathon, which was won by Spaniard Martin Fiz at the 1997 World Championships, was completed in the Panathenian Stadium.

Flying Scott's all heart

A MOVE to link up with legendary Scottish distance coach Tommy Boyle has reaped spectacular dividends for Susan Scott and she hopes an eye-catching start to the campaign can be capped with a place in the Commonwealth 800m final, *writes Steve Landells.*

The softly-spoken 24-year-old full-time cardiology technician boasted a modest personal best of 2:07 in 2000 but former European 3000m champion Yvonne Murray advised Scott to link up with Boyle.

The following winter she switched from long-term coach John Montgomery to join Boyle's group, and last season recorded a best of 2:03.96 to defeat Jo Fenn and fellow Scot Allison Curbishley in the AAA championship 800m heats.

Scott had to settled for sixth in the final but her progress has continued this season and she defeated Commonwealth 1500m champion Jackline Maranga at the Aqua-Pura Loughborough International over the metric mile in 4:14.49.

Then earlier this month the City of Glasgow athlete bagged the Commonwealth Games qualification mark after a personal best 2:02.64 to win the *Sunday Mail* Scottish Championships 800m.

"I had a chat with Yvonne (Murray) a couple of years ago and she said Tommy was the best coach in Scotland. I appreciated my old coach John Montgomery, who I carried out a lot of endurance work with, but Tommy's training is far more event specific."

Scott has since hit the weights for the first time in her career and has cut out the crisps and chocolate and opted for a more sensible diet.

The East Kilbride woman adds: "I've had a brilliant winter and but for missing a couple of weeks training in September things couldn't have gone better.

"I would prefer to run the 800m in the Commonwealth Games, and I don't know if I can but I would like to reach the final," she added.

■ At the England Commonwealth Trial last weekend Scott improved her 1500m best to 4:09.79.

Pole vault goal for gymnast

FEW 18-year-olds can claim to have competed at the Commonwealth Games, but Zoe Brown's main aim for the season is to take part in the sporting spectacle for the second time – and in a different sport, *writes Karien Jonckheere.*

Four years ago in Kuala Lumpur, Brown competed as a gymnast and considered representing Northern Ireland in both the pole vault and gymnastics in Manchester, but a clash in the timetable has denied her the chance to do so.

The Northern Ireland pole vault record-holder would, in any case, prefer to concentrate solely on the pole vault. "I'd rather do well in one than do averagely in two," she says.

Although Brown continues to do gymnastics training, she decided to change sports after she realised she wasn't really enjoying it anymore.

'Jim (Alexander) came into the gym to do work with the pole vaulters he coaches and I thought: 'that looks different and interesting'. I'll go for anything that's an adrenaline rush. I'm a bit of an adrenaline junkie."

Alexander believes vaulters who come from a gymnastics background benefit in a number of ways. "The primary thing is that they have a very good spatial awareness. They are also extremely easy to coach as they're used to having complicated moves explained to them. They can rationalise and grasp them quickly. They are also used to taking on risky situations and dealing with them," he explained. Alexander was himself a pole vaulter who recorded a PB of 4.30m back in 1984.

"The girls always laugh at me because that was the year they were born," he says, referring to Brown and fellow vaulter Erin Kinnear, winner of the AAA under-17 title last year.

Also on Brown's agenda is a possible trip to Jamaica for the World Junior Championships. "That would be a big bonus," she said of the contest in July, although it seems she puts greater significance on the Commonwealth Games.

"Competing for your home country – there's a certain amount of national pride there," the 18-year-old from Antrim said, before adding: "But the first time I realised I wanted to represent Great Britain was watching Linford Christie winning the 100m at the Olympics in Barcelona.

"That inspired me so much. It didn't matter what sport it was but I knew I wanted to represent Britain."

Medical backup crucial, says Max Jones

UK ATHLETICS performance director Max Jones admitted talks are taking place with the English Institute of Sport in the hope a medical diagnostic centre and rehab centre can be set up in time for the autumn, *writes Steve Landells.*

Great Britain's athletics team were ravaged by injuries last summer and a string of athletes including Sydney medallists Katharine Merry and Darren Campbell failed to make the start-line in Edmonton for last summer's World Championships. Other athletes, including Iwan Thomas, Donna Fraser and Dean Macey were also badly hampered with injuries in Canada.

Merry and leading men's 400m runner Mark Richardson have already been ruled out for the season through injury, and a number of other leading British athletes have worrying early season injury problems.

Jones firmly believes improving our inadequate medical system for Britain's elite athletes is priority number one.

UK Athletics employ Australian Dean Kenneally as a full-time physio in Manchester, which Jones concedes has made a 'huge difference'. But he warned: "Athletes are prone to injuries in this country simply because we haven't got the medical system in place.

"We have improved the system by 200 or 300 per cent in the last two or three years but it still needs to be vastly improved."

Jones believes improving our sports medical facilities is the 'top' priority facing the sport in Great Britain.

"We received a bit of a rap on the knuckles for not getting out full strength team out in Edmonton because of injuries and we have to make every effort to improve this area in the future."

Records are flukes, say scientists

MOST records in athletics are broken due to pure chance as opposed to strength, stamina or skill, according to an Anglo-German team of scientists, *writes Jason Henderson*.

The scientists, who include Professor John Taylor from King's College, London, analysed results from the last 30 years' worth of German championships and concluded that most records are flukes.

Record-breaking is dependent on uncontrolled factors such as wind, temperature or altitude. Advances in training and equipment do not, according to the study, lead to new records. Instead, there is a suggestion that man has reached his natural limits and recent records are no better than those predicted by chance.

Dramatic changes, the scientists added, could be due to new rules, better technology or even cheating.

However, the team stressed that it is not by chance that an athlete becomes a top performer.

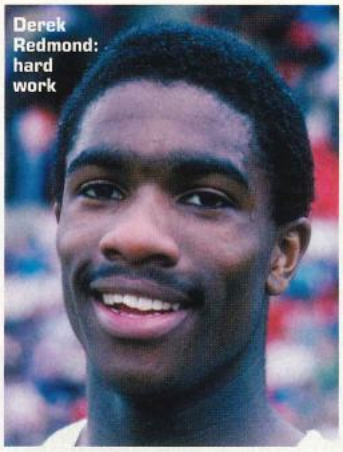
Tough debut for Redmond

FORMER world 4x400m gold medallist Derek Redmond admitted he was disappointed with his 'very poor' debut commentary performance on British Eurosport but firmly believes he can improve in the future, *writes Steve Landells*.

The 36-year-old, who boasts a personal best of 44.50 for 400m, made his debut in the commentary booth alongside the experienced Tim Hutchings at last week's Athens Grand Prix.

However, Redmond admitted: "I didn't think I was up to scratch, I had trouble pronouncing one of the Greek sprinters names and I wasn't pleased with my commentary on a couple of the races. I'm under no illusions I need to work much harder to improve."

Redmond, who famously pulled up injured in the 1992 Olympic 400m semi-finals before bravely hobbling across the finish line with the help of his father, worked as a BBC Radio Five Live pundit for five years before signing up with British Eurosport earlier this year to replace



Derek Redmond: hard work

former international hurdler Nigel Walker.

But as the former Birchfield Harrier admitted, that punditry is a different world away from commentary.

"Punditry was a million times easier than commentary. I would have the finishing times of the race in front of me, make a few notes, and answer the questions put to me.

"I've also presented 'NBA 99', the basketball magazine programme, and I've been to America to interview top basketball players, so I'm not nervous on television. But I need to improve on reacting to the events as they unfold."

He admitted from a technical point of view the event did not go perfectly and the Eurosport team were given a few incorrect start lists and only the last hour of the meeting was live, denying him the chance to commentate on his specialist 400m.

Redmond has no qualms about wotking hard on his preparation before commentating.

"If it means me playing old athletics tapes on video and commentating in my living room," he said, "I'm prepared to do it.

"I need to build up my knowledge and have subscribed to *Athletics International* and *Athletics Weekly*. I hope my next assignment for the European Cup will be a bit better.

He added philosophically: "I suppose I fell over quite a few times before I learned to walk and I didn't end up being a bad runner, so I won't give in."

Reebok Challenge is launched

DATES for next winter's Reebok Cross Challenge Series have been announced and for the first time the Challenge will span all parts of the UK, with the well-established meeting on the Stormont Estate in Belfast added to the series.

Prize money will exceed £30,000 for a series that now takes place in Northern Ireland, Scotland, Wales and all three English regions.

The fixtures are:

Saturday October 19
Sefton Park, Liverpool
Saturday November 2
Senneleys Park, Birmingham
Sunday November 17
Hartsdown Park, Margate
Sunday December 15
Holyrood Park, Edinburgh
Saturday January 11
Stormont Estate, Belfast
Sunday January 19
Bute Park, Cardiff
Saturday February 8
Wollaton Park, Nottingham

MARGATE will incorporate the trials for the European Championships, while the Nottingham meeting will incorporate the UK CAU Inter-Counties Championships.

Reebok's Tim Hutchings, the last British man to win an individual medal at the world cross country championships, said: "The addition of the Belfast meeting to the Reebok Cross Challenge really does round off the series.

"While the established format both encourages and assists the UK's distance runners to meet each other on a regular basis, it also means that athletes of all abilities and of all ages in



Action from last year's Reebok Cross Challenge in Liverpool

every corner of the UK now have the opportunity to race against and to see those top performers."

The world cross silver medallist from 1984 and 1989 added: "Crucially, it provides a high-profile platform on which our youngsters can perform. I know that as a developing athlete and as a seasoned international, I would have taken part in such a series had it existed."

Zara Hyde Peters, UK Athletics technical director for endurance, said: "The series offers top class competition opportunities for our athletes without travelling overseas.

"It also builds team spirit as athletes learn mutual respect from regularly competing against each other."

Edwards is still king of the triple

JONATHAN EDWARDS really is the king of the triple jump – at a recent meeting in Turin he was introduced to the Italian crowd as 'His Majesty Jonathan Edwards', *writes Diego Sampaolo*.

The world record-holder lived up to his reputation too, with a 17.18m victory – only two days after a 17.67m wind-assisted win in Milan.

"At my age I have to be careful not to be hurt. One of my goals is to remain injury-free for the rest of the season," said Edwards.

After six weeks of training in Florida, his main goals are the Commonwealth Games and European Championships, but he added: "I am also planning to compete in the next Golden League meeting in Oslo on June 28. In Florida I focused my training on runway speed to try to leap constantly over 18 metres, the only way to beat my main rival Christian Olsson."

About his plans for the future, Edwards said: "It would be nice to compete until Athens 2004. But now I have to concentrate on my next competition. At the moment I cannot predict what my physical condition will be in two years."

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Steve Cram



Initiatially dubious, STEVE CRAM, now swears by chiropractors and says visiting them now forms part of the regular routine for his entire family

MANY years ago, before metatarsals had been invented, I suffered my first running injury. Jimmy Hedley, my coach, took me to see a guy who raced greyhounds and happened to possess an infra-red heat lamp. Its magic glow, aided by some pungent smelling liniment, seemed to do the trick and in a week or so I made a miraculous recovery.

It is quite possible, though, that this was down to a 14-year-old's powers of recovery and a few days' rest.

One thing is certain, however, it was the first of many, many injuries and also the first in a long line of preferred treatments, most of which would not have been out of place at a faith-healers' convention.

Technology and knowledge have taken huge steps since those dark days and sports medicine, coupled with sport science, now plays an integral part in the training and preparation of most athletes – at whatever level they compete. But it is the treatment of injury that affects most of us, most often.

Throughout my career, I was fortunate enough to have access to fantastic physiotherapy care from Norman Anderson in Newcastle, who also worked with Brendan Foster, Mike McCleod, Charlie Spedding and still today with Jonathan Edwards.

But it is more than likely that we would all have benefited from other services available to many athletes today.

About three years ago I started experiencing problems with my back and neck. I was introduced to a couple of Australian chiropractors in the North East, who suggested I visit them. Ever the cynic and, as previously mentioned, occasionally the victim of dubious cures, I was at first reluctant.

After a few visits, however, the improvement was dramatic and as I started to learn from Kim and Sonya in Hexham, it became obvious that there were other long-term problems that could be alleviated.

All through my years of running, I have performed with a slightly twisted pelvis – witness any photos of me in the home straight, right foot pointing to the stands – which may have contributed to many of my muscular injuries, particularly in my calves.

Not the whole reason, but possibly a factor. Again, with some effort this was rectified somewhat, prompting thoughts of a comeback at the age of 40!

Seriously though, over the last few years, visits to the chiropractor have become part of the routine for our whole family.

Prevention of an injury is much easier than treatment and with all the stresses that we place on our bodies during training then it seems to make sense that the ability to perform correctly in a structural sense is paramount to long-term health.

The mistake is to make assumptions about chiropractic care. It is not just about backs and necks.

In the past two years, my primary concerns have been a knee and an ankle problem, both now manageable if not completely okay. On the other hand, it is also not a miracle cure for anything.

If I were still training full-time, it would now form part of my all-round care.

Mobility, correct posture and alignment are so important, but other problems will always occur which will need other forms of treatment, however, initial visits to a chiropractor may help to pinpoint problems, or potential problems, before they arise.

There are no magic wands around but athletes around the world have benefited from chiropractic care for many years and in countries such as the USA and Australia it would be odd for most athletes not to include it as part of their programme.

Brendan Foster told me the other day how when waiting to interview Donovan Bailey trackside after his Olympic 100m victory in Atlanta 1996, the Canadian gave a thumbs-up sign to someone in the crowd.

Bren said "well done" to Bailey who then pointed to the man in the crowd and said he couldn't have done it without his help. Bren asked who the man in the crowd was, "my chiropractor" was the reply.

Five years later Brendan himself was attending the clinic in Hexham and is now a weekly visitor.

Who knows, after all these years he may soon be able to touch his toes.

If nothing else he and I should be the two best-aligned individuals to simultaneously appear in a BBC commentary box.

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Tickets selling fast

TICKET sales for this summer's Commonwealth Games have reached record level and more than 50 Ticketmaster outlets have now opened around the UK to sell the remaining good seats.

The commercial director for Manchester 2002, Niels de Vos, revealed: "With les than 50 days to go, ticket sales have already doubled that of any other Commonwealth Games. As we move into the third stage of ticket sales, the opening of these box offices provides a further opportunity for the public to really get behind the Games and join in."

In Manchester, the *Manchester Evening News* Arena box office is now open as the official Games box office where the public can purchase tickets in the run-up to, and during, Games time. Tickets can also still be obtained online at www.commonwealthgames.com or by calling 0870-1622002 while travel information for Games spectators is available at www.gmpte.com or the transport enquiry line on 0161-2287811.

Australians set up camp

THE Australian squad continued their build-up to the Commonwealth Games recently by setting up training camp in Darwin. The first group of athletes to arrive at the Northern Territory base included Goodwill Games bronze medallist Matt Shirvington and fellow sprinters Patrick Johnson and Lauren Hewitt as well as 400m world junior record-holder Jana Pittman.

They have since been joined by Bronwyn Thompson, a gold medal contender in the long jump and current Commonwealth record-holder in the hammer, Bronwyn Eagles. Outside of their training schedule the athletes will be visiting local primary school athletics carnivals to warm up, present medals and meet with the children.

Mobile ringtones

EUROPE'S leading mobile entertainment service provider, Jippii Group, has linked up with Manchester 2002 to design and market a series of Commonwealth-themed mobile phone logos and ringtones.

The range of logos will include a selection based on the Games mascot Kit and a series of sport-specific logos relevant to the Commonwealth Games which members of Team England and M2002 staff will be able to download free of charge.

Members of the public will be able to download the logos and ringtones via dedicated pages on either www.jippii.co.uk or www.m2002.co.uk

Baton passes to England

THE Queen's Jubilee Relay, which will deliver the baton with Her Majesty's message to the Commonwealth Games opening ceremony, hit the English mainland last weekend.

Some 5000 people in the UK alone will have carried the baton by July 25. Thousands more ferried it around 24 nations before it reached these shores.

After travelling through Northern Ireland it reached Scotland during the Commonwealth trials a week last Saturday, and was ultimately carried by some 600 Scots before its journey to the Isle of Man, Jersey, Guernsey, and then through Wales.

Chris Black, the former Olympic hammer finalist and UK record holder, now world over-50 record holder, bore it around Scotstoun at the Scottish Championships, shortly after having placed fourth in the hammer at the age of 52.

None of the baton carriers, however, was prouder than Ritchie Collins, doing duty for the second time. On the torch's route to the 1986 Edinburgh opening, the runner due to take over from Ritchie did not show up, so the teenager, a cerebral palsy sufferer with learning difficulties, kept on running. For two miles. His efforts showed a hidden aptitude. He was invited to join Lochaber AC, and then the specialist Glasgow club, Red Star.

His dad gave up the family business, and they moved from their Fort William home, to live in a caravan while Ritchie trained. He won two medals at the 1996 Atlanta Paralympics, and reached two finals in Sydney. Now 34, he is training for Athens in 2004.

The torch was also carried by *AW's* Scottish correspondent, Doug Gillon, who found himself sandwiched between midwife Issy Fulton: "I'll break the legs of whoever put my name forward," and Gail Petrie, the BBC Scotland weather lady. "Possible showers" was her forecast. The rain was torrential.

At least *AW's* man ran. Scottish Sports Minister Mike Watson was reduced to a walk in Glasgow's George Square.

Doubtless he will say that this was to give the Lord Provost time to get in position, but Gillon confirms the minister is in no shape to threaten anyone on the track in Manchester.

Games heartbreak for Scottish champ

CHARLES ROBERTSON-ADAMS last week won the Scottish 400m hurdles title for the second successive year, and as Scottish record-holder has represented his country for more than a decade.

He already has the qualifying time for the Commonwealth Games but, as first reported in *AW* earlier this year, he will not be allowed to wear the dark blue in Manchester.

He has been ruled ineligible by the Commonwealth Games Federation. They say that because the 24-year-old was not born in Scotland, nor is he resident there – he is based at Loughborough where he trains – he does not qualify.

His father, who represented Scotland in the decathlon, was born in Ghana. He returned home when just two weeks old. Robertson-Adams himself was born in Liverpool. His great uncle, Bob Adams, chaired the Scottish coaching committee which appointed the country's first national coach, and his furniture company formerly sponsored the national championships.

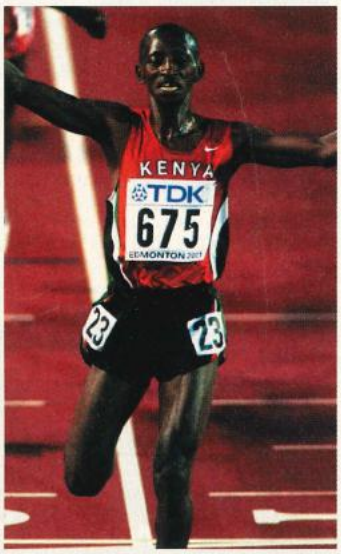

Charles Robertson-Adams

Appeals to the federation, via the Scottish Commonwealth Games Council and through his MP, have failed to overturn the ruling. Federation chief executive Mike Hooper says the rules will be changed, but too late for Robertson-Adams who won his second title in Glasgow with 51.19.

"It's been a lifelong dream to run for Scotland at the Commonwealths," he said. "Legal opinion is that I may have a case. I could take it to court and get an injunction against the federation, but if I lost, it could cost me £10,000, and I'd still not be guaranteed going.

"There is so little help for people in my position. Look at Diane Modahl: innocent of a drug offence, yet bankrupt through taking legal action."

Kamathi struck by bad fortune



CHARLES KAMATHI (left) has not had the best of luck since beating Haile Gebrselassie to the world 10,000m title in Edmonton last year.

The 24-year-old has suffered malaria in recent months and has now been struck down with a groin injury that could keep him out of the Commonwealth Games.

Kamathi has been able to run recently, but has not performed as well as expected.

He placed fifth in the long course race at the world cross country championships in March. In April, he finished ninth in the world half-marathon championships in Belgium. Then, at the Kenyan Police Championships last month, he dropped out in the fourth lap of the 5000m.

Kamathi first burst on to the scene in Brussels in 1999, when he ran 26:51.99 for 10,000m – the fastest time in the world that year – in his first-ever race in Europe.

The safe Games

GREATER Manchester Police (GMP) have announced their readiness to police the Commonwealth Games and deliver a safe, secure and enjoyable event for everyone. This is one of the largest projects the force has ever undertaken with the planning process having started back in 1996. This means that all risks will have been evaluated and preventative measures and best policing plans put in place to respond to them.

Chief Superintendent Alan Prestwich, head of the planning team said: "GMP is proud to be the principal host force for the Commonwealth Games and we are looking forward to the tremendous challenge it brings.

"We have lots of experience in policing major events – for instance football games and international cricket matches, but never on this scale. What makes these Games unique is their longevity, it will be the equivalent of policing three Premiership football matches each day for 11 days."

Steely determination pays off

WHISPER it quietly, but it is no great surprise that English Schools' 400m champion Andrew Steele probably receives the best medical backup and support in the country, for his father is ITV's *This Morning's* resident GP Chris Steele, *writes Steve Landells.*

However, the 17-year-old Trafford AC athlete is determined to cultivate his own successful career, and it may come in 400m running after he sliced more than a second from his personal best last month to land the Northern under-20 title in 47.36.

The likeable A-Level student now has his sights set on achieving the 47.05 world junior qualification mark in a bid to compete in next month's global championships staged in Kingston, Jamaica.

The basis for his success is simple – endurance work and more endurance work.

"I'm quite strange for a 400m runner in that I put in a lot of four or five-mile runs in the winter and I actually quite enjoy them," he says.

"I also do a lot of endurance work in the summer and carry out one session which is 600m, 2x300m, 3x200m and 4x150m. I feel my strength is my final 100m and that's probably due to my stamina."



Picture by Keith Mayhew

Andrew Steele: has TV doctor dad

The Manchester lad boasted a personal best of 48.62 at the start of the season but recorded 48.43 at last month's Aqua-Pura Loughborough International before running 48.31 in the heats of the Northern Under-20 Championships at the City of Manchester Stadium and then scorching to 47.36 in the final.

But what does he put his success down to?

"I'm part of a terrific group coached by Steve Ball, which includes Northern under-20 400m hurdles champion Ben Sumner and Northern 400m bronze medallist Ryan Palmer. Steve (Ball) couldn't have done any more for me, he is a great coach and one of the nicest people I've ever known."

Steele, who trains four times a week, hopes to achieve the world junior individual qualification mark at the AAA Under-20 Championships at Bedford later this month.

But he cannot compete in the 2002 English Schools' Championships because it clashes with the world juniors.

Not that there is any doubt which event the teenager would opt for.

"Even if I was to go in the relay or travel as a reserve I would go for the world juniors," he insisted. "Athletics is definitely what I want to make a career in."

So, does his celebrity father offer much help?

"He always encourages me and of course can offer medical advice. I've always been lucky with injuries and the only serious problem I ever picked up was knee ligament damage after playing rugby."

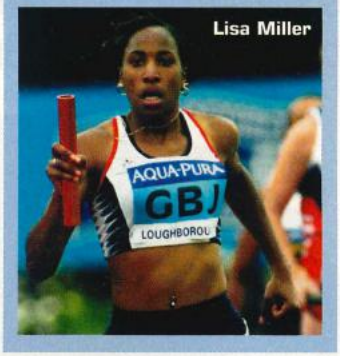
Bruising recovery

EUROPEAN junior 400m silver medallist Lisa Miller has finally recovered from a bruised bone in her foot, which severely disrupted her winter preparations, and is building up her preparations for the World Junior Championships.

The 19-year-old Cambridge Harrier picked up the injury at the back end of last season and faced three months on the sidelines during a frustrating winter.

But after training in the United States for three months during the early phase of the year she is slowly returning to the kind of form which saw her record a personal best of 53.29 en route to winning European junior silver.

An early season 54.34 clocking shows encouraging signs and she will compete in the AAA Under-20 Championships in Bedford at the end of this month in an effort to secure the world junior qualification mark of 53.75 with renewed confidence.



Farah's Bedford date

CONRAD MILTON, who is coach to European junior 5000m champion Mo Farah, is hopeful the talented teenage distance running talent can return from a stress fracture of the hip to line up in the Norwich Union AAA Under-20 Championships in Bedford later this month.

Farah, who won silver in December's European Junior Cross Country Championships, picked up the stress fracture in late February but has been back running for the past few weeks.

Conrad believes Farah may make his return in Bedford in a bid to secure selection for next month's World Junior Championships in Kingston, Jamaica.

Milton explained: "It's early days but hopefully he will be back for the AAA Under-20 Championships, although he is not going to rush back.

"He's been running for a few weeks on grass and has retained a good level of fitness. It's very early to predict how things will go and we've just got to take things day by day."

The men's team captain for the world juniors has secured the IAAF qualifying standard of 14:07 on the back of his gold medal-winning performance in Grosse which secured the European junior title last year. However, before he is confirmed in the squad for Jamaica he will need to prove his fitness.

Crowley gets serious

ENFIELD and Haringey's high jump star Mark Crowley admitted the catalyst which has enabled the teenager to leap to the world junior qualification mark has been taking training more seriously, *writes Steve Landells.*

The gifted 18-year-old hopes he can help lead a whole new generation of British high jumpers to follow in the footsteps of Dalton Grant, Steve Smith and Ben Challenger.

The St Albans-based A-Level student has been high jumping since the age of 11 and on the back of training just once a week earned a silver medal in last year's English Schools' Championships in Exeter.

But the prospect of winning a place in Great Britain's world junior team focused the mind, and after kicking basketball into touch he has knuckled down to four training sessions a week during the winter with coach Carol Jackson.

"I'm much better for having a good winter's training behind me, he admitted.

"I played basketball for the county but I quit in September. I've started to do strength training for the first time, more technical work and I've improved my run-up."

Crowley, who stands at 6ft 3in and won a AAA under-20 indoor silver medal, has also been given advice from Commonwealth Games high jump silver medallist Jo Jennings and the training recipe appears to be reaping rewards.

The teenager cleared 2.13m last month and achieved the world junior qualifying mark of 2.15m to finish second behind former European under-23 champion Challenger at the Bedford International Games earlier this month.

"I knew I had it in me," he added, "as I'd made a few good attempts at other meetings.

"I would now like to push on and jump around 2.20m.

"Myself and Martyn Bernard have both achieved the world junior qualification mark and there are a few other young athletes around, like Jamie Russell, so hopefully we can come through and replace the likes of Steve Smith and Dalton Grant."

Adidas training camps

MARK RICHARDSON, one of Britain's top 400m runners, is lending his support to the Adidas Young Athlete Camps this summer, *writes Jason Henderson.*

Based at Wellington College, Bracknell, the camps are attended by around 150 athletes aged from 12 to 18. The camps were a huge success in 2001 and the organisers, TrailPlus, are delighted Richardson will be present to inspire the class of 2002.

More than 200 athletes are expected to attend this year's camps.

Course director, Nick Anderson, said: "Mark is going to get fully involved in helping out with some coaching as well as talking about his experiences as a leading international athlete.

"The camps are a unique and exciting opportunity for all the athletes to be truly inspired. It says a lot about both Adidas' and Mark's personal commitment to the grassroots of the sport that he is willing to visit all three camps."

Richardson won a silver medal at the last Commonwealth Games in 1998 and defeated the world record-holder Michael Johnson in Oslo, despite drawing the tight inside lane.

The camps take place from July 22-26, July 29-August 2 and August 19-23. Camp prices are £195, which includes accommodation, food, coaching tuition and a camp t-shirt.

For more information call Anderson on 01329-832079 or see www.trailplus.com.

■ SEE next week's *Athletics Weekly* to enter a competition to win a place at the Adidas camps.

interview

Ready for a change

KARIEN JONCKHEERE spoke to US sprinter Tim Montgomery as he chases team-mate Maurice Greene for glory



LIKE many US track athletes, Tim Montgomery began his sporting career in American football and it was only through a series of injuries that he turned to sprinting. "I broke my arm and I kept breaking fingers because I was so small, so my mother said I should do a safer sport and that's when I tried track and field," recalls the 5ft 10in sprinter.

From the outset, losing a race was not something that Montgomery was too familiar with. "In football I would always outrun everyone and when I got on the track, I only lost one race in high school and that was to a guy two years older than me. I didn't lose one race in college," he claims with a characteristic arrogance that can somehow be excused when it emanates from someone who can run 100m in 9.84 seconds.

With such a successful initiation into the sport, it seems somewhat ironic that the North Carolina-based athlete has had to linger in the shadow of his arch-rival, world record-holder Maurice Greene, for much of his career.

Montgomery claims that 2002 is the year when that will all change, however, as he firmly believes that this is his year to break the world record.

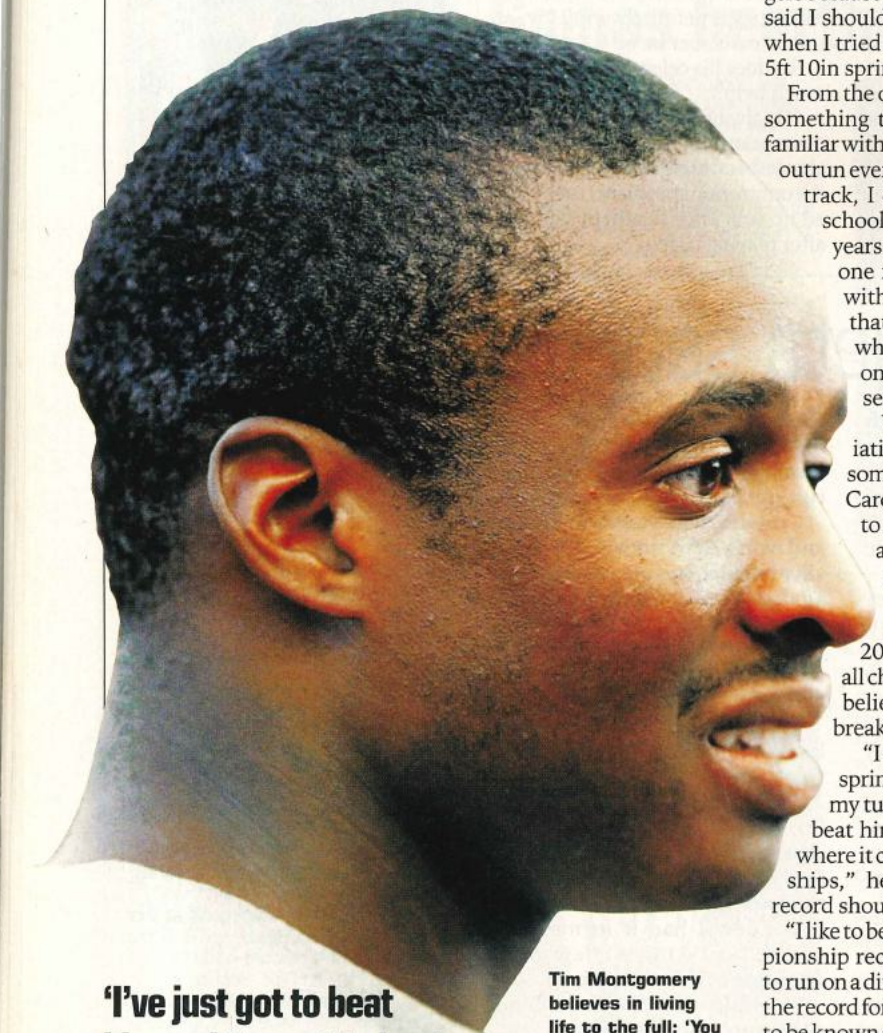
"I see Maurice as the greatest sprinter to run 100m but now it's my turn to be that. I've just got to beat him and I've got to beat him where it counts – at major championships," he claims, adding that the record should stand at 9.75 seconds.

"I like to beat people and to beat championship records. Each time I'm going to run on a different track, I find out what the record for that track is because I want to be known as the guy who ran the track faster than anyone else," he explains.

Montgomery's desire to break records was met with frustration in 1994 when he set a new world junior mark of 9.96 seconds but the time was not ratified after it was discovered that the track was 3.7cm too short and the wind gauge was faulty – a fate which would sound heart-breakingly familiar to a certain Mr Lewis-Francis, whose 9.97 in Edmonton last year was not officially recognised as a world junior record due to a similarly problematic wind gauge.

Montgomery's advice to the British teenage sensation is to be patient. "He's just young. It takes maturity to come into the sport and to be consistent. He gets angry after races when he doesn't do well but he should be happy just to be on the circuit. He should just take his time, not rush it, and wait his turn. He is a good challenge.

"Everybody wants it now but your body might not be ready to give it to you yet," he explains. Montgomery's 19-year-old brother Gamar who, in only his second year of track and field, has recorded a PB of 10.47 for 100m, most probably gets handed similar words of advice. At the age of 27, the older Montgomery, referring to his world record bid,



'I've just got to beat him and I've got to beat him where it counts – at major championships'

TIM MONTGOMERY ON HIS RIVALRY WITH FELLOW AMERICAN MAURICE GREENE

Tim Montgomery believes in living life to the full: 'You never know when your time's up'

FACTFILE

Born: January 25, 1975 in Gaffney, South Carolina. **Coach:** Trevor Graham. **PBs:** 100m: 9.84 (2001); 200m: 20.52 (1999). **Career Highlights: 1992:** Set a world junior record of 9.96 for 100m but time not ratified due to the track being too short and a faulty wind gauge. **1996:** Won Olympic silver medal for running in the heats for the US 4x100m relay team. **1997:** Claimed the bronze medal at the world champs in Athens. Finished second in the US indoor and outdoor champs. Ranked fourth fastest in the world and second in the US. **1998:** Finished third in the US outdoor champs. **1999:** Won a gold medal at the world champs in Seville for his second leg run on the US 4x100m relay team. Again finished third in the US outdoor champs. **2000:** Won Olympic gold in Sydney for running the second leg of the first round heat of the 4x100m relay but did not compete in the final. **2001:** Claimed the US outdoor 100m title. Equalled the third fastest time ever for 100m by recording a time of 9.84 in Oslo. Claimed a world indoor silver medal over 60m. **2002:** Ran 6.48 in Dortmund on January 27, the fastest 60m time by an American this year. Currently ranked No.2 on the IAAF world rankings behind Maurice Greene.



maintains: "My body has reached a point where it's saying: 'Okay, it's coming!'"

Following the disappointment of not being accredited with the world junior record, Montgomery bounced back in 1996, winning an Olympic silver medal for running the third leg for the US 4x100m relay team in the heats.

The following year, he claimed a world championship bronze medal in Athens but a lean period was to follow. "After 1997 I thought this track running thing is easy. I was partying a bit too much and taking it easy," he explained, adding that a change of coach put him on the right track from 2000. "That's when I linked up with Trevor Graham. Before that I was still with my college coach and college coaches can prepare you for college meets but not for international competition."

The year 2000 saw Montgomery winning a gold medal for his second round heat run in the 4x100 team in Sydney but he describes the controversy surrounding selection of the team to run in the final as a "big, big mix-up", evidently still affected by the decision to omit him from the squad. In hindsight, however, Montgomery seems grateful not to have been included in the quartet.

"I was so glad I didn't run in the final ... only God knows what's good for you. What they did with the flag after the final was terrible," he states, referring to the US team's sequence of ostentatious poses after claiming gold. "Their image went down in the US after the way they carried on with the flag. People have died for that flag. I thought it was very disrespectful."

Montgomery moved on to enjoy his most successful year ever in 2001, winning the US national title, world indoor and outdoor championship silver medals and recording the third fastest time ever for the 100m (9.84) at the Bislett Games in Oslo.

Montgomery maintains that even though there are no major championships on the agenda for him this year, everything he is doing at the moment is preparation for the world championships and Olympic Games as well as next year's world indoor championships in Birmingham. "I'm going for it all. There's no use leaving something behind because you can't go back and get it," he explains.

'I thought this track running thing was easy. I was partying too much and taking it easy'

TIM MONTGOMERY

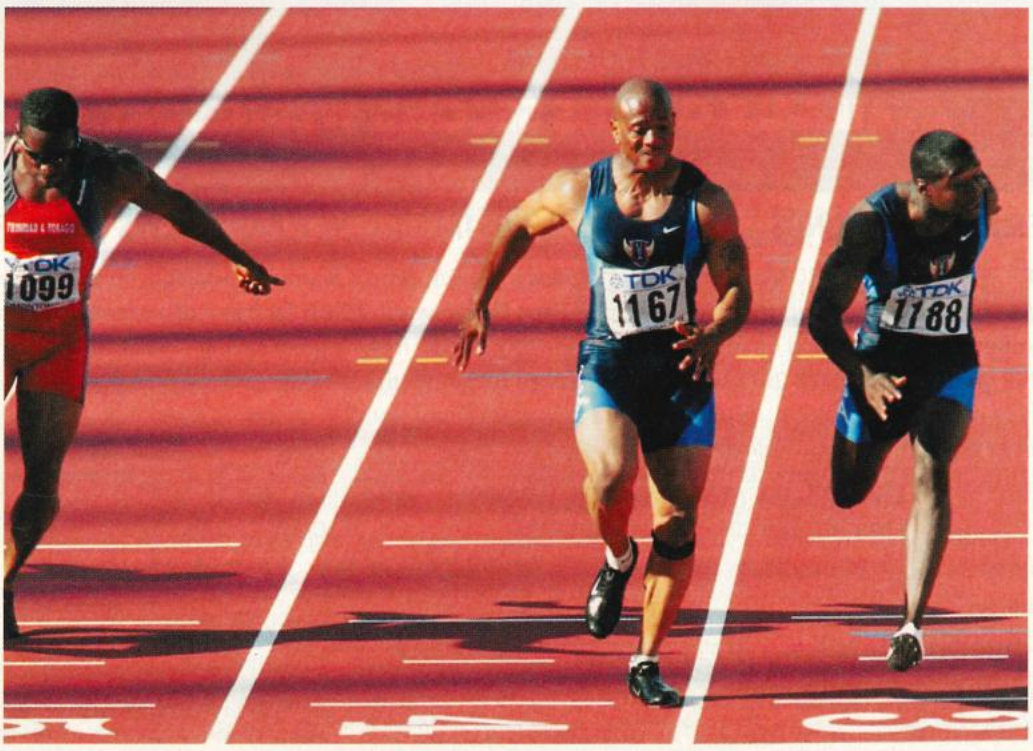
Adopting a similar attitude when it comes to the event he competes in, the US champion reveals that he could eventually move on to try the further distances of 200m or even 400 or 800m, although the suggestion of spectators being treated to the sight of Tim Montgomery running a marathon was met with a loud burst of laughter, confirming the unlikeliness of such a spectacle. For the moment, he plans to stick with the 100m, however.

"There's no use going for two goals and missing them both. I'll go for one at a time. I'll keep going till I've achieved what I want in the 100m and then go for another one," he explains, adding: "I've got to learn what I can learn in the 100m and then I'll move on."

Montgomery carries over this desire to experience as much as possible into his off-track interests in which he displays the same level of passion and enthusiasm: "I do everything! I like driving four-wheelers and fishing and I love watching boxing.

"There's nothing that I don't do. The sky's the limit. Whatever comes my way, I'll do it because you never know when your time's up."

Tim Montgomery wins the 100m in Oslo in a personal best 9.84 seconds

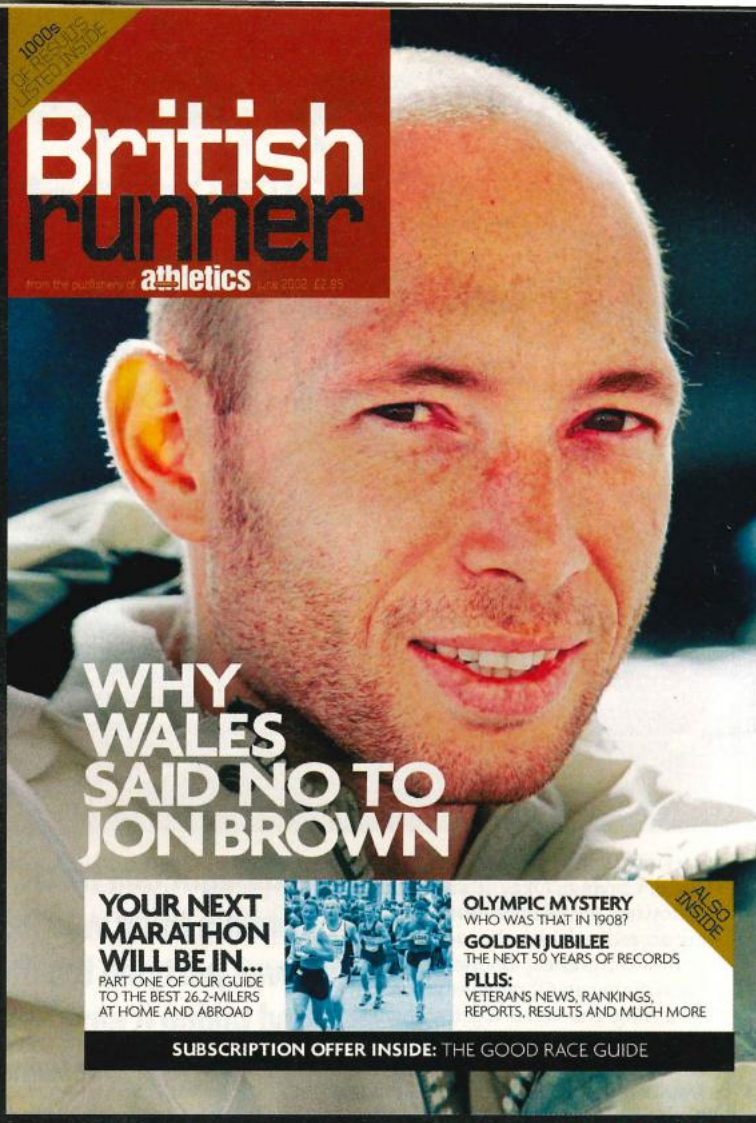


Maurice Greene (1167) holds off Montgomery and Ato Boldon (1099) to win gold in Edmonton

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"ANYTHING THAT HAS PIECES ON LOROUPE/MONEGHETTI/MARTIN/HORWILL/GREEN AND WOLDE IN ONE ISSUE CAN'T FAIL TO HIT THE MARK FOR A RUNNER WHO TAKES THE SPORT SERIOUSLY"

Geoff Wightman, European and Commonwealth marathon runner

VETERANS SPECIAL

Rankings and reports from the whole scene



THE MYSTERY OF 1908

A fascinating look at one of the most famous marathons and the man in the background of the great picture





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Your say

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or fax: 01733-898441. Email: jason.henderson@athletics-weekly.co.uk
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Tribute to Sir Arthur Gold

MY association with Sir Arthur Gold began when he expressed his consternation that the 800m at the 1948 Olympics at Wembley started on a straight line, going into the bend, with no lanes. Having drawn number nine, on the outside, I had the worst of the situation. Sir Arthur's concern and agitation for change was too late for my generation. He did, however, arrange a trial run with the first lap in lanes at a minor meeting at Motspur Park in 1951.

His involvement in high jump coaching resulted in his formation of "The Whip and Carrot Club" for prominent high jumpers. (What would the tabloids make of this these days?). I was proud to be asked to design a badge for them in 1953.

I shared with Sir Arthur his concern regarding remuneration – either lack in some directions or excess in others. I was able to enjoy the freedom of an amateur without the pressures of drug testing and sponsorship. His example and influence in these directions will be missed.

JOHN PARLETT, WOODFORD GREEN, ESSEX

Inter-city match a great idea

I COMPLETLY agree with the inter-city suggestion made by Neil Wilson in the June 5 issue. I made an identical suggestion in your columns about nine months ago, giving the same principles, and including Sale and Skyrac in the examples. I thought at the time that it had fallen on deaf ears. Perhaps UK Athletics could set up a 'think tank' to evaluate ideas such as these.

Contrary to popular belief, they do listen to proposals, as the suggestion of workshops at the Conference was taken up by Adam Walker last year with a considerable degree of success.

TONY LETT, CORNWALL AC

Would London be top city?

GREAT idea from Neil Wilson (*AW*, June 5). Go for it. Could the *Daily Mail* sponsor an invitation inter-city match this September? I bet the BBC would at least show highlights. And I bet London would win. This year.

JIM KERRIGAN, TELFORD

A mere 15 minutes of fame

ONE never really knows what to expect from a Tony Ward 'In My View' article, but nonetheless to feature personally in last week's issue was a shock. Tony says it would be nice to have heard of me – well, we did meet once in Birmingham, but as a "faceless apparatchik" I wouldn't expect him to remember.

He seems to suggest that I should have spent more time on self-promotion and less on working (along with many others) towards gaining agreement to an unprecedented investment in athletics.

In the event that any reader agrees that the people involved are more important than the outcome then allow me to introduce myself: I have been working for UK Athletics for over 18 months (initially on Picketts Lock, latterly on the Legacy funding) and I run marathons sufficiently slowly not to trouble the pages of *Athletics Weekly*. Pretty dull eh? My brief emergence from the sports bureaucracy shadows has caused great mirth among current and former colleagues, but I think I'll now return ...

ROB BORTHWICK
SPECIAL PROJECTS MANAGER, UK:ATHLETICS

Endurance solutions

CONGRATULATIONS on your June 5 issue of *Athletics Weekly*. Tony Ward's article raises some important issues:

1. The so-called genetic superiority of Kenyans, perpetrated by a video, does not answer the question why it took a Kenyan 16 years to break Coe's 800m record.

2. The situation is not improved by a high-ranking coaching official at an endurance conference talking about an event saying: "Never mind the Kenyans, they are out of sight."

3. Nor is it helped by criticising Coe's training system. Again, a top coaching official asked: "Who uses it?" Well, according to the late Kim McDonald, all his Kenyan athletes do. What's more, Kim phoned me after Noah's (Ngeny) victory in the Sydney Olympic 1500m final to say that Noah was on the five-pace system of training. It's also popular in South Africa where they have five males listed in the top 100 800m male runners in the world. Britain has none.

4. There is a lowering of fitness standards in young people. Why did all the Armed Services issue, for the first time ever, fitness routines for new recruits because so many failed the initial medical?

5. We spend too much time telling young runners not to do this or that, we create barriers in their minds.

6. Not all high-ranking coaching appointments appear to be advertised. There is an aroma of "the old pals' act".

7. The current UKA endurance coach is doing a good job. One thing which is paramount, she listens to those working to improve the situation.

8. All is not lost, last year's fastest 800m (male), has been lowered five times in eight weeks.

9. All we coaches can do is get the best out of what we've got. However, any athlete's success is 90 per cent down to the athlete and 10 per cent the coach. Not vice versa.

FRANK HORWILL, LONDON

LETTER OF THE WEEK

The letter of the week wins a fantastic Power Dry Layer top courtesy of InSport. The special Polartec layer draws moisture away from the skin, and can be worn alone or as a base layer. Please specify your size when sending your letter to Your say.
(Please allow six weeks for delivery. If after this time you have not received your prize contact *Athletics Weekly*. InSport may offer an alternative but similar product dependent on stock)



Making logical decisions

FRANK LANGER's letter (*AW*, May 6) hopes the route to improvement for Billy Farquharson, the Midland cross country champion and bronze medallist in the National, is to turn his back on Mansfield Harriers and its coaches which helped nurture his considerate talent and ability, and join Notts AC.

To follow Frank's logic that all the best athletes in Nottinghamshire should run for the same club and that Billy is the best athlete and most successful in Nottinghamshire, should he not be advising all ambitious Notts AC runners to join Mansfield Harriers and benefit from the same winning formula that Billy has?

DAVE QUINLAN, MANSFIELD

Who needs supplements?

STEVE HOLLIER (*AW*, May 15) and now William Sichel (*AW*, May 22) are in favour of "approved supplements". But why fork out exorbitant sums for products that fall just short of cheating? About the nearest our greatest-ever distance runner, Ron Hill, got to a supplement was Complan. It was part of his cunningly devised 'diet' prior to his fabulous gold medal run of 2:09.28 in the Edinburgh Commonwealth Games 32 years ago.

These days, if any international Brits are taking performance-enhancers – approved or otherwise – the results certainly aren't evident.

BILL FRASER, HAILSHAM, EAST SUSSEX

Lottery windfall was reported

THOMAS DODD (*AW*, May 29) is absolutely right in his belief that bad news on May 21 – that athletics would not get its £41 million 'legacy' – would have been better story ... because the good news of a deal between Minister of Sport, David Moorcroft and Sport England was published at length in *The Times* and *Daily Mail* on April 25, the morning after it was agreed.

That was why both papers took only a few words to reiterate the facts on May 21 when a delayed formal announcement was made.

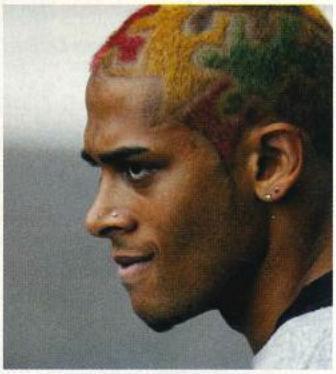
NEIL WILSON, DAILY MAIL, LONDON

Please keep letters to the Editor brief and to the point. The Editor reserves the right to edit letters submitted for publication as space is at a premium.



Speed merchants (from left) Chris Lambert, Mark Lewis-Francis, winner Dwain Chambers, Darren Chin and Dwayne Grant (132) in the 100m

Trials and tribulations



Ben Challenger: high jump winner

Kelly Morgan and Janine Whitlock set UK records in the javelin and pole vault at last weekend's trial to decide England's Commonwealth Games team and this weekend's British team for the Spar European Cup

Report: Jason Henderson (men) and Steve Landells (women)
Additional reporting: Tony Ward
Pictures: Mark Shearman

Men

FAST TRACK TO SUCCESS

DWAIN CHAMBERS and Mark Lewis-Francis feel it is a travesty that the track at the City of Manchester Stadium is being ripped up after the Commonwealth Games to make way for Manchester City's new football pitch when the club vacates its current home at Maine Road.

Chambers cruised to a swift 10.03 clocking in chilly conditions last Saturday – with a tailwind of only 0.3m/second – and Lewis-Francis followed him home in a lifetime best of 10.07, not bad considering the world junior champion is carrying a hamstring injury.

With 10.28, Chris Lambert was just four hundredths of a second short of his personal best when snatching third place from Jason Gardener. Yet the fastest track in Britain could be taken away from the athletes after they have had only a handful of opportunties to run on it.

"If we really run fast at the Commonwealths then they might keep the stadium for athletics," said Chambers hopefully.

Lewis-Francis added: "The track is seriously fast. When the sun is shining and the wind is behind us then who knows what will happen."

With the season now beginning to gather momentum, Chambers has once again established himself as the British No.1. The AAA champion from 2000 and 2001, he was always in control in this race and looks set for another venture under the 10-second barrier in the near future.

Lewis-Francis's hamstring injury is worrying. It is a long-term problem that worsened when he tweaked it running 10.10 at the Loughborough International – in chillier and certainly wetter conditions – in May. But if he can run like this with a gammy leg, then what can he run when it heals?

As for Lambert, a 21-year-old student at Harvard University in the United States, he was delighted with his run, but said he wanted to concentrate on running 200m at the Commonwealth Games. Fourth-placed Gardener looked a shadow of the man who romped to the European indoor 60m title in Vienna back in March, but the talented 26-year-old from Bath has the ability – and time – to get back to the sub-10-second shape he is capable of.

With reigning Commonwealth champion Ato Boldon, of Trinidad, soundly defeated by Chambers and Gardener in Athens a few days earlier, the men's 100m title could go to an Englishman next month.

Chambers, who along with Linford Christie and Gardener is one of only three Britons to break 10 seconds for 100m, said: "That's what trials do to you. Everything's



Matt Elias (94), Anthony Borsumato and Matt Douglas (87) in the 400m hurdles



Double win: Carl Myerscough

going in the right direction. I've learnt what it feels like to lose. From fourth in the Olympics to fifth at last year's world champs it has gone from bad to worse, but it's good that I've had a few mishaps early in my career. I'd rather do that than win, win, win and then start losing."

Lambert, the 1999 European junior 200m bronze medallist, was born in London and is coached by John Powell, despite living in the US since the end of 1999. Injuries have blighted his progress, so consequently he is not as well-known as his three closest rivals in this race.

"I had two big injuries to my hamstrings, so needed last year to come back," he said, adding that he was delighted with his form but aimed to concentrate on 200m this season.

Olympic 200m silver medallist Darren Campbell finished fifth in 10.43 and later withdrew from Sunday's 200m with a suspected blood disorder.

TOMLINSON WINS WITH EASE

CHRIS TOMLINSON overcame an injury scare while warming up and then mastered difficult gusty conditions to easily win the long jump rematch that everybody has been waiting for since he led Nathan Morgan and Jonathan Moore over the eight-metre barrier at Loughborough last month.

Tomlinson, who slipped while limbering up and hurt his ankle slightly, did not break eight metres this time. But the 20-year-old British record-holder jumped 7.98m in the second round, plus 7.97m in the fourth and 7.96m in the fifth to finish 22cm ahead of Darren Ritchie, the talented Scot whose progress has been held up in recent years with injury.

Surprisingly, eight-metre men Morgan and Moore wound up fourth and sixth, with Olympic triple jump sixth-placer Phillips Idowu in fifth. All jumpers faced a headwind, which was annoying given there was the opportunity to let the jumpers run the other way.

"It wasn't the easiest competition," said Tomlinson. "The performances weren't staggering, there was a dodgy wind swirling around.

"But I'm really pleased I jumped here today, it's good experience for the Games and it's good to win again."

Tomlinson also kept tripping on bollards on the runway, placed to prevent him running more than 45m before he hit the board.

The new rule, which has caused controversy among the jumps fraternity, may soon be scrapped. If so, the long-legged Tomlinson will be glad.

"If they keep the rule then they should change the current world record," he said. "There's no way Carl Lewis, Mike Powell and Robert Emmiyan ran only 45 metres before jumping. I've had to adjust my run-up from 20 to 19 strides and other jumpers have too."

MYERSCOUGH ON TENTERHOOKS

CARL MYERSCOUGH took an impressive shot and discus double and his Commonwealth fate will be decided on Thursday this week when a Sports Disputes Resolution Panel meets to discuss whether he should be allowed to compete at the Games next month.

Having been banned for a failed drugs test, the 22-year-old Myerscough cannot compete in the Games under a ruling by the Commonwealth Games Council for England (CGCE) that places a life ban on any athlete found guilty of a doping offence.

Myerscough, who completed a two-year suspension in February, has appealed to the CGCE.

"I think I can win gold medals in Manchester next month," he said, "but my main hurdle will be getting the opportunity to try."

The Blackpool thrower, who returned from his suspension in the winter to shatter Geoff Capes' 26-year-old UK indoor shot record, added: "I can still do next weekend's European Cup, the AAAs and the European Championships.

"But the Commonwealth Games is 45 miles from my home and a fantastic opportunity, but I might not be able to compete."

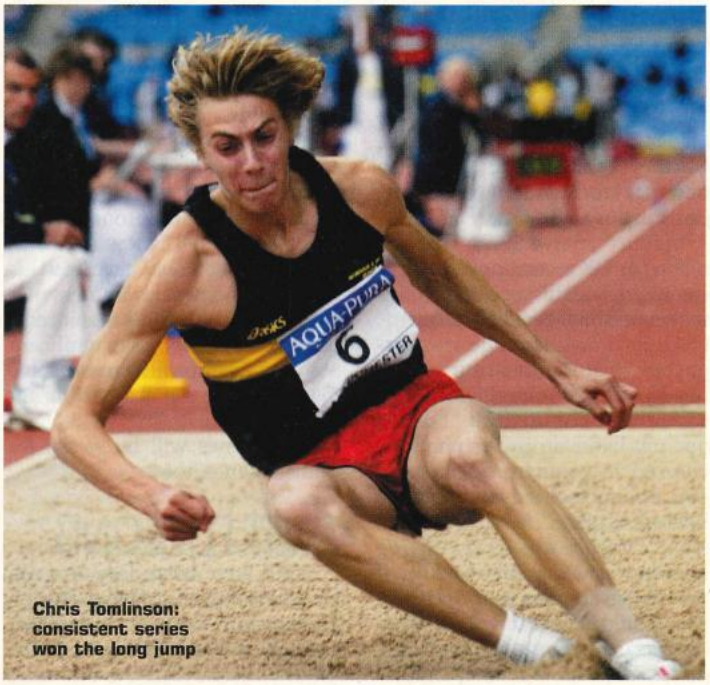
He continued: "My appeal hearing is on Thursday, so they will probably make a decision, but they might not tell me for a couple of weeks."

Clearly frustrated at being kept in limbo, Myerscough said: "I've done everything. I was here, I've won the trials, I've done everything."

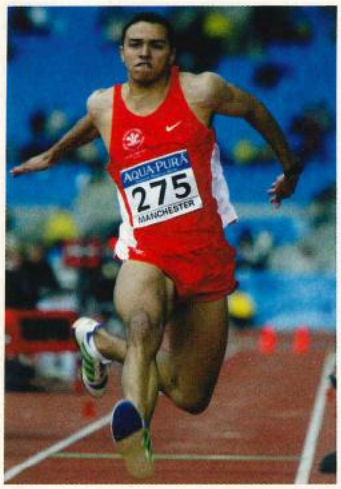
On whether he can rebuild his reputation after the drugs ban, he said: "I can't worry about it. I've got to move on. If I concentrate on my performances and continue to improve then hopefully people will come to know me for those reasons."

Myerscough won the discus with 61.22m, while the incredible Bob Weir, defending Commonwealth discus champion and 1982 Commonwealth hammer champion, wound up fourth in a competition missing UK record-holder Perriss Wilkins.

Later, Myerscough took the shot with 19.82m from Mark Proctor.



Chris Tomlinson: consistent series won the long jump



Triple jump win: Steven Shalders



Damien Greaves (135) touches down first over the final flight ahead of Neil Owen (233) and Mensah Elliott (95)

ELIAS SNEAKS IN

MATT ELIAS won one of the races of the trial when he stole past Anthony Borsumato in the dying metres to win the 400m hurdles. The only shame was that the disqualification of Chris Rawlinson in the previous day's heats deprived the crowd of the opportunity to see four British men break 50 seconds in the same race for the first time.

Welshman Elias clocked a lifetime best of 49.46 to beat English duo of Borsumato and Matt Douglas, who ran 49.52 and 49.76 respectively. It was a remarkable set of performances given that Elias had spent a night in hospital three days earlier with an infected lymph gland in his groin and Borsumato has not been able to hurdle in training for a month-and-a-half due to a persistent back injury.

"I'm happy to be first Englishman home," said Borsumato, who set a fierce tempo for the first 300m of the race. "Because of my back injury I only decided my stride pattern at 10pm last night and I can't touch my toes at the moment... but I was okay for the first 360 metres!"

A delighted Elias said: "Earlier this week I thought it would be touch and go whether I would be able to compete again this season. Plus, every hurdle from the fifth onwards I took with my wrong leg, but still ran a PB."

In fourth, Steve Surety, the son of former UK record-holder Chris, came within a whisker of 50 seconds with a personal best of 50.16.

As for Rawlinson, he was disgusted with the decision to disqualify him for trailing his leg on the seventh hurdle in his heat. "I'd have put my hand up in the air if I'd cheated. It would have been a fair cop. But my foot did not break the horizontal plane. I asked the judges if the evidence was incriminating and they said no. They told me if the video evidence was inconclusive they would have to take the judges' decision. But how old are these judges? I question their eyesight."

MICK REACHES GAMES NO.4

HAMMER thrower Mick Jones secured an appearance in his fourth Commonwealth Games when he won by two-and-a-half metres with a throw of 72.16m.

The 38-year-old Crawley man now hopes to improve on the silver medal he won at the last Commonwealth Games in Kuala Lumpur in 1998.

POLE VAULT

VIKTOR CHISTIAKOV, the Russian-born husband of Olympic medallist Tatiana Grigorieva, won the pole vault with 5.60m from Welshman Tim Thomas and England's Paul Williamson – the latter duo clearing 5.20m.

Chistiakov, 27, who now competes for Australia, is a 5.90m vaulter whose mother – Natalya – won the bronze medal over 400m at the 1968 Olympics.

OVER THE HILL?

THERE was heartbreak for Mick Hill in the javelin when he finished third behind Mark Roberson and winner Nick Nieland. With Steve Backley absent, the durable Hill, a Commonwealth silver medallist back in 1986 and European silver medallist in 1998, is now faced with missing what would have been his fifth Commonwealth Games.

"Obviously I'm disappointed," said Hill. "It's a magnificent stadium, I feel it will be an awesome Games and it's a shame I'm not going to be there."

The Games will be worse for Hill's absence, too.

FAST FURLONG

THERE were more fast times in Sunday's 200m final when Marlon Devonish held off Chris Lambert in 20.36 to 20.41. "When I saw the guys run yesterday, I knew it would be quick," Devonish said.

The 1997 and 2001 AAA champion, Devonish added that he was delighted with his form after being out for four weeks with a hamstring injury sustained during warm-weather training in Grenada.

"It's the first serious injury I've ever had and I have to thank my coach, Tony Lester, for getting me back into shape. It sometimes takes years to come back from injury."

Lambert was described by many as the 'sprint discovery' of the meeting, but those who watched him during his teenage years will not be surprised by his current form.

CAINES' BEST

DANIEL CAINES ran a lifetime best of 45.30 seconds in his heat, but was disappointed to run 'only' 45.32 to win the final by quarter of a second from Jared Deacon.

The last time a British 400m runner cracked 45 seconds was in 2000 when Mark Richardson performed the feat in Oslo. So surely Caines will soon dip under the barrier for the first time. Also behind Caines, Tim Benjamin knocked half a second off his personal best but was disqualifed for running out of his lane on the first bend.

EAST WINS KICKERS' RACE

MICHAEL EAST produced the same blistering sprint that brought him a surprise bronze medal at last winter's European Indoor Championships to win a tactical 1500m from Anthony Whiteman.

The 24-year-old, who became a full-time athlete a few weeks ago, said: "It played into the hands of the big kickers."

East, who seems to thrive in slow races, ran 3:47.89. Tom Mayo was third, with Andrew Graffin fourth and Australia's Craig Mottram surprisingly back in seventh.

Mottram, a 3:35 1500m man, was the top non-African in the short-course race at the 2001 and 2002 world cross country championships. John Mayock missed the trials with blisters, although the Yorkshireman had entered the 5000m at the meeting.

LEES IN STYLE

SIMON LEES confirmed his status as Britain's No.1 800m runner with an emphatic 1:47.89 victory over Neil Speaight. But the 22-year-old could be challenged later this season by the mercurial Curtis Robb, who is enjoying his first serious racing since 1999 and finished third here, in 1:48.50.

After a first lap of 54.58, Lees showed the finer turn of speed in the final furlong to ensure Commonwealth Games selection. "It went exactly how I wanted it to," said Lees. "When it came to the last 150m I thought I'd have the pace to come through. I wanted to book my spot in the Commonwealths and I'm over the moon."

Robb won the European junior title 11 years ago, was sixth in the 1992 Olympics and fourth at the 1993 World Championships, but did not race in 1998, 2000 or 2001 due to injury and has recently been working in plastic surgery.

"It's been going pretty well in training, but after years of knowing more or less how I'm going to run in each race, these days it's a bit of a lottery," said Robb.

STOKES SHINES

THERE was joy, too, for Stuart Stokes, a local Bolton lad, who ran the fastest time by a Briton this year to win the steeplechase and qualify for the Games.

The 25-year-old clocked 8:35.6 to overhaul long-time leader Don Naylor of Wales and hold off English rival Benedict Whitby, who finished runner-up. Stokes is coached by Diane Modahl's husband, Vicente, and prepared for the race in Morocco with twice world cross country champion Mohammed Mourhit.

■ Women

MORGAN'S 'BACKLEYESQUE' PERFORMANCE

THREE years ago, national throws coach John Trower predicted the then teenager Kelly Morgan had the talent to win a medal at the Athens Olympics.

Many may have doubted his opinion, after all, the Salisbury-based army clerk, who turned 22 on Monday, has been dogged by a succession of injuries to the ankle and shoulder and had consistently failed to live up to her undoubted ability.

However, after adding more than three-and-a-half metres to Karen Martin's British record with a massive throw of 63.05m in Manchester, she silenced her critics in emphatic fashion.

Morgan spent the first half of the winter undergoing basic army training and it wasn't until January she started throwing again under Trower's watchful gaze.

The Dover-born athlete had a cortisone injection on her troublesome shoulder in January and as late as last Thursday she missed a throwing session because the injury was that bad. But Trower, who is also coach to men's British record-holder Steve Backley, holds the Windsor, Slough, Eton and Hounslow athlete in the highest regard.

"I said three years ago she had the potential to win a medal at the Athens Olympics. She is almost 'Backleyesque' in that she has that skill to perform even better in competition than in training," he said in reference to Olympic silver medallist Steve Backley's consistent ability to produce the goods in major championships.

Of course, the European Junior Championship ninth-placer in 1999 has much to prove, and she will always be judged on the glorious success of Olympic gold medallist Tessa Sanderson and 1987 world champion Fatima Whitbread who led Britain to the very heights of javelin glory in the 1980s. As Morgan's record was with the new specification javelin, there is no knowing how far Sanderson and Whitbread could have thrown the new style implement in their pomp.

But Trower went on: "She's very talented and three weeks ago in a training session she recorded 60m. Basically we've put the right technical components into place and we've improved her run-up. She's always been massively talented."

"What she really needs is another top Brit to come through like Steve (Backley) and Mick (Hill) and Fatima (Whitbread) and Tessa (Sanderson) who brought each other on. I think we have that with Kelly and European junior silver medallist Goldie Sayers, who is also a very talented thrower," he added.

Morgan, an England development squad netball player, said she was delighted with the British record performance and also the series, as she bettered Martin's 1999 British record mark of 59.50 twice – also throwing 59.92m in round four.

"I expected I could throw over 60m but I'm absolutely staggered to throw 63m, I've been waiting for this chance for a long time," said the Abingdon-based athlete.

"It's sounds a strange thing to say but I thank my mum and dad for the genetics they've handed down which allows me to throw. My dad Russ was a former javelin thrower and my mum Sarah a netball player."

Morgan will now hope for a strong showing in this weekend's European Cup while Commonwealth gold and a European medal are not beyond her.



Half-distance: 800m specialist Maria Mutola (682) gets up to deny Helen Karagounis (520) in the 400m



Lorraine Shaw was pushed all the way to the hammer win



Janine Whitlock celebrates her 37th UK vault record

WHITLOCK UPS RECORD AGAIN

UNLIKE Kelly Morgan, Janine Whitlock is used to experiencing the thrill of British records. In fact on Sunday she secured British record No.37 with a vault of 4.41m to add 1cm to her outdoor mark.

But after a difficult start to the campaign, in which she suffered her first defeat by a domestic athlete for six years at the Aqua-Pura Loughborough International, the Yorkshirewoman said No.37 was sweeter than most.

"I've had a pretty rough start to the season," she said, "I only parted company with Steve Rippon and rejoined my old coach Brian Hooper a couple of months ago. I also moved down from Leeds to London only two weeks ago, but I know it is the right decision because Brian is the best technical coach around. I've always had the speed and strength but Brian has helped make the technical improvements. This is probably one of the best of my British records."

Whitlock defeated Australia's Olympic silver medallist Tatyana Grigorieva (4.25m) en route to victory but also praised her British opposition for pushing her hard, as England's Irie Hill cleared 4.15m and Wales' Rhian Clarke succeeded at 4.05m.

Whitlock, an 11.56 100m runner, now believes she can make up for the disappointment of finishing fourth at the last Commonwealth Games in Kuala Lumpur.

"I just didn't compete in the last Games, but I believe with the technical improvements I can vault 4.60 later this season," she insisted.

JADE PUZZLED BY DECISION

LONG jump victor Jade Johnson admitted she was stunned organisers decided to make the jumpers leap into a headwind when an unused pit at the other end of the home straight would have produced much bigger jumps.

The tall British No.1 struggled to recapture the form she showed to record a personal best of 6.64m in Poland the previous weekend, but a 6.45m effort in difficult conditions was enough to hold off the challenge of Sale's Ann Danson, who leapt to a personal best of 6.38m – just two centimetres short of the qualifying mark.

The European under-23 champion admitted: "I don't know why the officials didn't change the pit we were using to the one at the other end of the home straight.

"We were running into a headwind ... if it was any other competition the organisers would have done it. I've been told the pit by the home straight cannot be used because it is in the way of the timekeepers. So why build it?"

But Johnson, who is coached by John Herbert, said she fully understands the formalities which come in a competition in which all the athletes experienced the full cham-



Jade Johnson: long jump winner

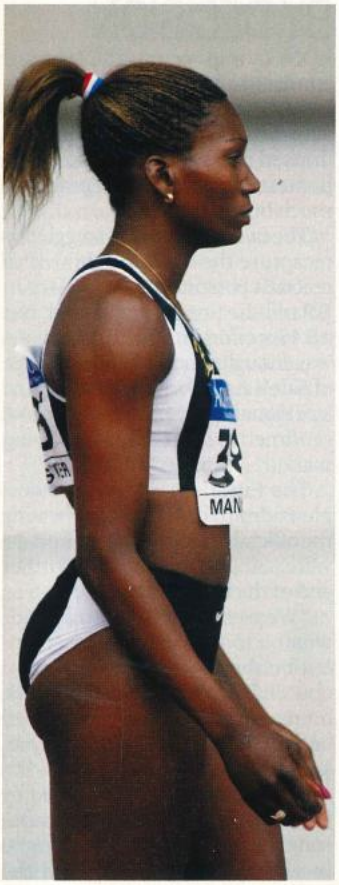


In full flight: Julie Pratt (left), race winner Diane Allahgreen (397) and Natasha Danvers in the 100m hurdles

pionship pre-race routine.

"I found it all quite draining as I've never experienced anything like it before, not even at under-23 championships or junior championships of two official call-ups. But I will be better for the experience and more prepared, I've got the advantage on the opposition because I know what to expect."

Ashia Hansen making her first long jump competition for four years leapt 6.18m, 29cm short of her personal best.



Ashia Hansen: competitive again

HANSEN BACK IN GOOD SHAPE

WORLD indoor record-holder Ashia Hansen admitted she is in her best shape for years but that she may be a year away from finding her very best form.

The Birchfield Harrier scored a routine triple jump triumph, leaping 14.03 to win by over a metre from Michelle Griffith in her first full competition of the season.

A bruised heel had delayed her seasonal debut but she believed victory with a 14m-plus jump was a solid base from which to work with the twin goals of Commonwealth Games and European Championship on the horizon.

"It went okay for a first competition of the season," she said. "It is difficult to get up for these competitions but I've still got six more weeks to go before the Commonwealths."

The Aston Moore-coached athlete has been dogged by injury and personal problems for the past three seasons and added: "It seems years since I've been injury free but because I've had that many injury problems it won't be until next season when I'll be jumping consistently at 14.70m and beyond 15m."

GOOD PALS RACE TO TITLES

ENGLAND'S No.1 sprint hurdler Diane Allahgreen clearly had the Commonwealth Games in mind as she defeated her regular room-mate and good pal Natasha Danvers in the sprint hurdles.

The Liverpool-based athlete burst out of the blocks with her trademark fast start and snapped over the hurdles to cross the line in a season's best 13.04. Danvers, the Olympic 400m hurdles finalist, running her first sprint hurdles race for two years, equalled her personal best in 13.20 but was undecided about whether to target the event in the same stadium in six weeks time.

The following day Danvers, sporting a Union Jack headband, held off the challenge Tracy Duncan to win her specialist 400m hurdles in a thrilling battle.

Allahgreen said: "It was great to win. I knew when my regular room-mate from the championships entered it would be a tough race. The European championship qualifying mark was one of the hardest to make."

The American-based Danvers, who finished sixth in the 100m hurdles at the 1996 World Junior Championships, completed victory in the 400m hurdles by a mere nine hundredths of a second in 56.44 from Duncan, who recorded a personal best.

Danvers, who is coached in America by legendary sprints coach John Smith, would not be drawn on whether she would attempt the hurdles double at the Commonwealth Games.

"I carry out training for both events but I will have to sit down and discuss it with my coach before I decide whether to go for the double."

VERNICHA MAY OPT FOR RELAY

THE enigmatic 18-year-old Vernicha James showed just why she is Britain's most exciting teenage sprint talent when she destroyed a top domestic field to win the 200m in 22.95, a time which propelled her to the top of the senior rankings for the year.

You never quite know what you are going to get with the Belgrave Harrier and she inexplicably underperformed in the 100m, exiting the semi-finals in a modest 11.80.

However, despite a poor start, the Ayo Falola-coached athlete comfortably led into the home straight and simply stretched away the opposition to win from Shani Anderson with Emily Freeman setting a second personal best of the day (23.43) in third.

Yet despite the European junior 200m champion being the only athlete in England to have recorded the Commonwealth qualification mark for the event, there are no guarantees she will take up the offer to run the 200m in Manchester.

"I'll probably do the relay in Manchester but not the 200m," she explains. "It is probably too close to the world juniors and I'll be too tired after travelling back from Jamaica," she added of the five days between the conclusion of the World Junior Championships and opening day of the track and field programme in Manchester.

"I want to do the 200m at the Europeans but I'll have to discuss things with my coach."

James explained she was disappointed with her start but overall she was happy with her run, which came within two hundredths of a second of her personal best she recorded to win gold at last year's European Junior Championships.

BERRY CLAIMS SHOCK WIN

AMERICAN-based Catherine Berry claimed a shock win at 5000m, sprinting clear of the opposition on the final lap to record



Close run thing: Jo Fenn (left) pips Agnes Samaria of Namibia (684) and Tamsyn Lewis of Australia in the 800m

a personal best of 15:32.32 and earn her first major championship call-up.

Berry, who studied at the University of Tennessee and now lives in Johnson City in the mid-west state, has lived in America for seven years, but at last has realised the talent she first showed when making Britain's world junior team at 3000m in 1994.

HUGE PB AS FENN REALISES HER POTENTIAL

WOODFORD Green and Essex Ladies' Jo Fenn at last produced a time worthy of the potential she first showed when making a big impact during last year's indoor season to slice almost two seconds from her personal best and claim a thrilling victory by two hundredths of a second from Namibia's Agnes Samaria.

The 27-year-old, who also enjoys a professional singing career, closely tracked Australia's Tamsyn Lewis at the bell, with the Antipodean clocking a swift but sensible 59.15.

Rounding the home straight it was Namibia's Samaria who swept into the lead but Fenn came steaming up the home straight with a strong surge and clawed past the African to claim a narrow but sweet win in 2:00.24.

The ever-smiling athlete, who has been hampered by injury and illness in the past couple of seasons, said: "I'm really, really, really, really, really happy. I've really worked hard for this but I also want to thank my husband and also my coach Ayo Falola for their 120 per cent support."

On the back of such a positive performance Fenn now has the potential to reach major championship finals and who knows, maybe even better come Manchester in six weeks' time?

"I'm so happy the foreign athletes were invited Tamsyn (Lewis) really set up the race. I hope now to go, maybe sub two minutes."

Exactly half the 10-strong field in the final claimed personal bests and Fenn was not the only one to be delighted with her performance. Charlotte Moore, 17, climbed to sixth on the all-time UK junior rankings for the distance after clocking 2:02.39 for fourth.

The performance now puts the Bournemouth AC athlete in the frame for a potential final spot in the World Junior Championships and also gives her the option to return to Manchester for the Commonwealth Games in July.

Fellow world junior hopeful, Jemma Simpson of Newquay & Par, ran a personal best 2:05.34 in eighth and 19-year-old Rebecca Lyne ran an impressive 2:02.45 for fifth.

MASTER PIPS PUPIL BUT SLAMS CIRCLE

BRITISH record-holder Lorraine Shaw held off a powerful challenge from her exciting young protégé Zoe Derham, but stressed the surface in the hammer circle could be better.

Shaw produced a final round throw of 65.34 to hold off Derham, who set a UK under-23 record of 62.27m, but the 34-year-old world championship sixth placer said: "I was a little bit nervous but at the end of the day I did what I had to do. The surface is not very quick and really rough. I don't know if in the next month there will be the chance to change it before the Commonwealth Games. It seems a shame with such a fantastic facility they can't build a quicker circle."

Birchfield's Derham, who is coached by Shaw, was delighted to throw a PB and admitted there was a bit of good-natured banter flying between the pair during the competition.

"I'm really pleased to make my first senior appearance in a major championship," she explained. "I'm still only 21 and I'm happy to have thrown what I did today."

KARAGOUNIS MAKES BIG PROGRESS

BIRCHFIELD Harrier Helen Karagounis sliced more than half a second from her personal best and came within half a stride of defeating Olympic 800m champion Maria Mutola.

The Mozambique athlete was making a rare outing over one lap and predictably claimed victory in 52.03, but she was forced to scrap like mad down the home straight to defeat Karagounis, aged 20, who led for the majority of the race.

The European under-23 silver medallist went into the championships with a best of 52.75 but lowered that mark in the heats with 52.49 before stopping the clock at 52.17 in the final.

Scotland's Carey Easton secured the Commonwealth qualification mark with 52.91 in the heats but had to settle for third in the final with a slightly slower time. Britain's world junior hopeful Lisa Miller snatched a personal best with 53.18 and also gave herself the option of a Commonwealth spot by finishing second Englishwoman.

A TOUCH OF CLASS FROM O'SULLIVAN

IRELAND'S Sonia O'Sullivan may have stolen the plaudits to lead an international one-two-three in the AAA 10,000m championships, but it was the valiant performances of Hayley Yelling and Jo Wilkinson to secure the Commonwealth Games qualifying times which stirred the emotions.

O'Sullivan, the Olympic 5000m silver medallist, returned to her imperious best to secure the Irish European Championship qualification standard with a faultless front running performance to win in 31:33.19. German Sabrina Mockenhaupt claimed second and South African veteran Elena Meyer third.

But most eyes were on the plucky efforts of Hayley Yelling (33:07.52), who believed she had missed out on a slot over 5000m the previous day. The Conrad Milton-coached athlete was surely the unluckiest athlete of the championship after taking the second English place behind American-based Londoner Catherine Berry in the 5000m on Saturday. Yelling believed she had not done enough to qualify because Paula Radcliffe had been one of only three athletes pre-selected for the Games (along with Jonathan Edwards and Dean Macey) and in events with pre-selected athletes, only the first across the line was assured a place with one discretionary spot available. Yelling believed selectors would give Bristol's Olympic finalist Jo Pavey, who was missing through illness, the discretionary place.

"I was gutted to finish second in the 5000m but as soon as I crossed the finishing line I thought I'd give the 10,000m a go the next day. I woke up this morning (Sunday) and my legs felt like lead and I thought: 'this is ridiculous'. But I felt really relaxed during the race and it was brilliant to qualify."

Bedford and County's Jo Wilkinson, making her debut at the distance, qualified with an excellent 33:40.57 clocking and through a stream of tears added: "It has been a dream to make it to Manchester. When I tell people I run they think I only jog and now I can tell them I'm going to the Commonwealth Games."

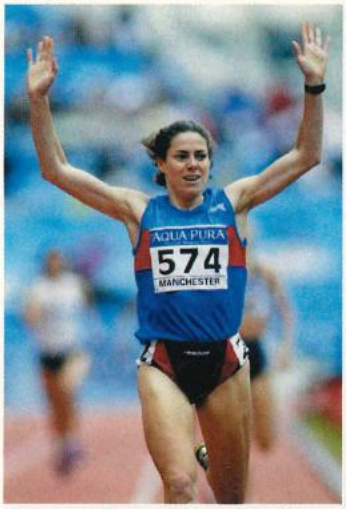
CROSS COUNTRY THE KEY FOR PATTINSON

PRESTON Harrier Helen Pattinson hopes the endurance base of a tough winter of cross country will provide the foundation for her best ever summer.

The 28-year-old Jeremy Harries-coached athlete scored a stylish win at the metric-mile (4:08.66) to hold off the challenge of Scotland's improving Susan Scott who set a personal best of 4:09.79 for second.

"The endurance base of the winter cross country season is paying off. I've never started with such a fast time for the season," said Pattinson of her 4:06.27 clocking in Hengelo earlier this month.

The Lancastrian has been given a great opportunity to better her personal best of 4:04.82 after earning an invite to compete in Oslo a week on Friday.



Helen Patinson: encouraging start

DENMARK PROVES HE'S NO 'RELIC'

EIGHT years ago Rod Denmark struck a blow for English distance running by lifting the Commonwealth 5000m title in Victoria. At that point in his career he was on the cusp of threatening the Africans and was predicted to become the first British man to run sub-13 minutes for 5000m. However, a succession of injuries which have included operations to his ankle and achilles have continually disrupted his career and he has been regularly written off as a spent force.

But his class and ability shone through one more time as he secured a second crack at the Commonwealth Games by winning the AAA 10,000m title and held off a late challenge from the fast-finishing Jon Wild.

The race benefited from Mark Hudspith setting a decent pace and when he dropped out the field had been whittled down to just six athletes - Hudspith's younger brother Ian, Denmark, Scotland's Glen Stewart, Welshman Andres Jones, Wild and Glynn Tromans.

With nine laps to go it was Denmark who bravely hit the front and only Welshman Jones was prepared to go with the quick-fire burst of pace. For five laps Jones, a Sydney Olympic 10,000m finalist, pursued the 33-year-old Basildon AC athlete before the man from the principality hit the front with four laps to go and immediately opened up a six-metre gap. However, Denmark stuck grimly to his task and within 400m pegged back the 2000 AAA 10,000m champion. Denmark's decisive kick enabled the Basildon man to pull clear on the last lap and he just held on from a determined challenge from Wild who produced a devastating final kick over the last 200m to overwhelm Jones and close to within two metres of the champion.

All three gained the requisite qualifying mark with Wild and Denmark booking their spot in the English Commonwealth Games team and Jones securing the Welsh mark.

But Denmark was not to be denied his moment.

"Some people think I'm a bit of a relic from the 1990s and I've had my day," he explained. "But I'm really glad I won, it has been my target for the season. I'm still a full-time athlete and it is financially difficult and surely in the next couple of years I'm going to have to get a proper job.

"I don't really know why I took it on with nine laps to go but I was using the giant TV screens all the way around, I guess that's using a little bit of experience."



Rob Denmark leads Andres Jones

Comment

Where was everybody?

A dozen household names were missing from the Aqua-Pura Trials meeting. TONY WARD asks why

SOME years ago British Airways ran an advertising campaign based on the slogan 'where is everybody?' It is a mantra the general public and indeed those watching BBC television could well have repeated at the weekend.

The list of absentees from these Commonwealth Trials read like a who's who of British athletics. Missing, presumed injured or pre-selected, were (in alphabetical order): Steve Backley, Nick Buckfield, Jonathan Edwards, Kelly Holmes, Tony Jarrett, John Mayock, Katharine Merry, Abi Oyetipan, Paula Radcliffe and Mark Richardson. This absenteeism is worrying on two counts. It is disturbing that there are so many of our stars injured and it should also be concerning to the governing bodies that a number seemed to have just chosen not to appear.

Ernest Hemingway wrote in *Death in the Afternoon* that once the public paid for admittance to a sporting arena it was no longer sport but entertainment. The point was reiterated over the same weekend of these trials by the newly knighted Sir Bobby Robson, former England soccer manager. He had always strived, with all his teams, he said, to provide the paying public with entertainment. It is a lesson not learnt by either the athletics authorities or the athletes themselves. British athletics will lose public support if it persists in staging meetings solely for its own benefit.

The BBC in its pre-publicity for the meeting used the slogan "You're either in or you're out" and some, it appears, took it too literally and decided that they would be out of the meeting relying, no doubt, on their superiority over their rivals to earn a discretionary place. But the real loser in all this is the athletics public and the sponsors who are entitled to feel that having paid their money they are entitled to see the very best that British athletics has to offer. About 20,000 (one of the biggest crowds for years) turned up on the Sunday for the meeting and many may have wondered why so many household names were absent.

There are athletes who feel this meeting was something of a self-indulgence and that one meeting, the AAA Championships, could have covered both the trials for the Commonwealth and the European Championships. They have a point and one wonders if the AAA consulted athletes before the decision was made to have what is virtually two championships. I think the answer is, probably not.

Trial meetings down the years have always presented problems and the AAA, by pre-selecting athletes for the Commonwealth Games, only aggravated them. Once certain athletes are excused from competing in trials, many more will want to follow suit.

However, professional athletes (and probably their agents and coaches) have to realise that they owe a duty to their public if they are to continue to receive their support. You can fool people only part of the time and if British athletics fails to get the support of its stars at its top meetings then it is in deep trouble and so are they because lottery funding depends partly on the status of the sport. And it's not only the stars that feel they can please themselves. The number of DNS's appearing by athletes' names on the scoreboards also indicated that many had failed to notify the AAA of their non-appearance. Alan Pascoe, while sure that the crowds enjoyed what he called the "fabulous spectacle", was also critical. "It is high time," he said, "that athletes paid a little more respect to the officials and paying public. If they are injured and unable to compete then they should follow the simple courtesy of informing the authorities in advance whenever possible."

In the end though the solution must come from the sport's governing body and it's high time, in this era of professionalism, that contracts should exist between athletes and their federation.

Results in association with

★ BRITISH EUROSPORT

Men

100 (0.3): 1 D Chambers (Belg) 10.03; 2 M Lewis-Francis (Bir) 10.07; 3 C Lambert (Belg) 10.28; 4 J Gardener (CoB) 10.31; 5 D Campbell (Card) 10.43; 6 D Plummer (B'hth) 10.48; 7 D Chin (Belg) 10.56; 8 D Grant (B'hth) 10.58; 9 N Smith (SCO) 10.60. **Ht1 (0.3):** 1 Chambers 10.23; 2 Plummer 10.42; 3 Chin 10.48; 4 Smith 10.49; 5 U Ugono (WG&EL) 10.74. **Ht2 (0.1):** 1 Lewis-Francis 10.30; 2 Grant 10.52; 3 J Henthorn (WAL) 10.64; 4 C Browne (Bir) 10.74; 5 R Fifton (VP&TH) 11.04. **Ht3 (-0.1):** 1 Gardener 10.23; 2 Lambert 10.32; 3 T Stamp (NEB) 10.65; 4 A Syers (Croy) 10.78; 5 K Williams (WAL) 10.84; 6 A Ogunyemi (E&H) 10.86. **Ht4 (0.6):** 1 Campbell 10.40; 2 T Edgar (WG&EL) 10.57; 3 M Dickson (Belg) 10.57; 4 D Donovan (SB) 10.68; 5 N Thomas (NEB) 10.80. **DQ:** K Ellis (P'boro). **200 (0.5):** 1 M Devonish 20.36; 2 Lambert 20.41; 3 G Beasley (Belg) 20.76; 4 Grant 20.82; 6 C Henry (Notts) 21.11. **DQ:** A Condon (Sale). **DNF:** P Brizzel (NIR). **DNS:** J Henthorn (WAL). **Ht1 (0.3):** 1 Devonish 20.46; 2 Beasley 20.78; 3 Henthorn 21.03; 4 A Patrick (WSEH) 21.31. **Ht2 (0.5):** 1 Grant 20.85; 2 Brizzel 20.89; 3 B Doyle (SCO) 21.35; 4 B Ghent (R&N) 21.40. **Ht3 (-0.1):** 1 Lambert 20.37; 2 A Condon 20.90; 3 C Henry 20.98; 4 T Edgar 21.04; 5 B Rund 21.32. **400:** 1 D Caines 45.32; 2 J Deacon 45.57; 3 S Baldock (Belg) 46.47; 4 G Hedman (WG&EL) 46.71; 5 M Brown (NEB) 46.93. **DQ:** T Benjamin (WAL). **Ht1:** 1 Baldock 46.03; 2 D Naismith (NEB) 47.12; 3 R Davenport (Glouc) 48.00; 4 N Jennings (M'boro) 49.28. **DQ:** C Henry (Notts). **Ht2:** 1 Deacon 45.84; 2 Benjamin 46.56; 3 I Lowthian (Liv H) 47.35; 4 J Chatt (Dart) 47.92; 5 T Bayley (Belg) 48.17. **Ht3:** 1 Caines 45.30; 2 Hedman 46.39; 3 Brown 46.95; 4 S Plaskitt (Wyc P) 47.13; 5 A Stuart 47.19; 6 P Slythe (NEB) 48.05. **Ht4:** 1 J Baulch (WAL) 46.47; 2 R Tobin (BMH) 46.80; 3 P Brend (Team S) 47.31; 4 A Gordon (Worth) 48.43; 5 R Workman (Traff) 48.78. **800:** 1 S Lees (SSH) 1:47.89; 2 N Speaight (Belg) 1:48.48; 3 C Robb (Liv H) 1:48.50; 4 J Kidger (Craw) 1:48.69; 5 R Soos (Mans) 1:48.72; 6 A MacLean (Team S) 1:49.51; 7 J McCallum (Croy) 1:50.54. **DNS:** A Donaldson (SCO). **Ht1:** 1 Soos 1:50.07; 2 Rogers 1:50.47; 3 Hall (High) 1:50.57; 4 S Bailey (Sale) 1:50.79; 5 B Donkin (Bir) 1:51.85; 6 C Bolt (SB) 1:53.95. **Ht2:** 1 Lees 1:49.47; 2 Donaldson1:49.90; 3 G Vickers (Telf) 1:51.20; 4 J Lobo (Belg) 1:51.82; 5 V Wilson (Morp) 1:53.31. **DNF:** M Sesay (Traff). **Ht3:** 1 Robb 1:48.57; 2 Speaight 1:48.57; 3 McCallum 1:49.90; 4 MacLean 1:50.17; 5 R Adams (NIR) 1:54.18; 6 J Stewart (SCO) 1:54.56. **Ht4:** 1 Kidger 1:49.90; 2 N Andrews (N Dev) 1:50.40; 3 J Mayo (C&S) 1:50.73; 4 A Brown (Nene V) 1:51.13; 5 A McLean-Foreman (Belg) 1:52.15. **1500:** 1 M East (NEB) 3:46.89; 2 A Whiteman (SB) 3:47.28; 3 T Mayo (C&S) 3:47.56; 4 A Graffin (Ton) 3:47.78; 5 C Mulvaney (Bord) 3:47.83; 6 T Ranger (P'boro) 3:48.69; 7 C Mottram (AUS) 3:49.04; 8 A Zawadzki (Belg) 3:49.78; 9 H Christensen (NZL) 3:49.92; 10 S Sharp (Belg) 3:50.51; 11 G Taylor (Traff) 3:50.99; 12 C Sweeney (NIR) 3:52.23. **Ht1:** 1 Whiteman 3:49.03; 2 Mottram 3:49.10; 3 Mayo 3:49.29; 4 Taylor 3:49.31; 5 C Bolt 3:49.35; 6 MacLean 3:49.92; 7 P Tedd (Bing) 3:50.23; 8 J Bowler (B&R) 3:52.12; 9 C Livesey (Prest) 3:52.55; 10 M Skinner (B'hth) 3:54.08; 11 B Reese (P'boro) 3:59.31. **Ht2:** 1 Graffin 3:43.80; 2 Christensen (NZL) 3:43.81; 3 East 3:43.87; 4 Ranger 3:43.97; 5 Sweeney 3:44.79; 6 Mulvaney 3:45.32; 7 Sharp 3:45.34; 8 Zawadzki 3:45.39; 9 J Thie (Card) 3:45.66; 10 N Bangs (Thurr) 3:45.81 11 N McCormick (Tyne) 3:50.18; 12 A Moses (Reig) 3:50.20. **5000:** 1 S Haughian (WSEH) 13:42.80; 2 M Power (AUS) 13:44.32; 3 M O'Dowd (Swin) 13:46.24; 4 A Graffin (Ton) 13:47.03; 5 S Barden (Belg) 13:49.24; 6 I Grime (NEB) 14:07.77; 7 C Thompson (AFD) 14:08.31; 8 K Kyereme (SB) 14:10.06; 9 D Donnolly (NIR) 14:12.54; 10 S White (Cov G) 14:41.18. **DNF:** K Bowditch (NEB); I Gillespie (Bir); D Hibbert (Traff); O Laws (Tel); M Miles (Belg). **10,000:** 1 R Denmark (Basil) 28:43.42; 2 J Wild (Salf) 28:43.82; 3 A Jones (Card) 28:43.93; 4 I Hudspith (Morp) 28:46.40; 5 G Stewart (SCO) 28:47.52; 6 M Smith (Tip) 29:18.93; 7 D Taylor (B'hth) 29:20.02; 8 P Evans (Belg) 29:25.55; 9 G Tromans (Cov G) 29:26.80; 10 A Caine (SCO) 29:27.07; 11 M Campbell (Cambus) 29:46.29; 12 W Levett (Vaux) 29:51.64; 13 R Birchall (Bir) 29:56.44; 14 C Birchall (E Ches) 30:13.73; 15 A Muir (SCO) 30:15.50; 16 J Reid (SCO) 30:16.66; 17 A Swearman (KuH) 30:40.80; 18 N Lane 30:43.06; 19 M Coleman (M&M) 30:44.84; 20 D Norman (Altr) 30:49.77. **DNF:** R Gould (Traff); M Hudspith (Morp); A Mussett; C Nicolson; B Quinn (SCO); A Sutton (Prest). **3000SC:** 1 S Stokes (Sale) 8:35.60; 2 B Whitby (WSEH) 8:38.00; 3 D Naylor (WAL) 8:39.00; 4 P Davoren (Phoen) 8:41.30; 5 C Stephenson (WAL) 8:42.70; 6 C Low (SB) 8:44.40; 7 S Murphy (SB) 8:47.80; 8 N Talbot (Notts) 8:49.20; 9 A Bowden (Harrow) 8:56.50; 10 J Mays (Kent) 9:02.00. **DNF:** M Warmby; C Wheeler (Tel). **Ht1:** 1 Stokes 9:00.75; 2 Stephenson 9:01.12; 3 Davoren 9:01.29; 4 Wheeler 9:01.35; 5 Low 9:01.38; 6 Murphy 9:03.89; 7 A Robinson 9:06.26; 8 P Farmer (Lut) 9:15.86; 9 A Morgan Lee (Salf) 9:20.44; 10 A Mitchell (NEB) 9:27.50. **Ht2:** 1 Whitby 8:57.66; 2 Naylor (WAL) 8:59.09; 3 Bowden 8:59.26; 4 Talbot 8:59.66; 5 Warmby 9:01.58; 6 Mays 9:02.99; 7 A O'Connor 9:05.41; 8 A Franklin (Traff) 9:07.78; 9 S Wurr 9:10.03; 10 B Raeside (Notts) 9:17.97; 11 J Fitzsimons (SB) 9:25.99. **110H (-1.2):** 1 D Greaves (NEB) 13.73; 2 M Elliott (B'hth) 13.95; 3 D Girdler (Charn) 13.95; 4 N Owen (Belg) 13.96; 5 P Gray (WAL) 14.05; 6 T Anthony (Verl) 14.14; 7 A Scott (SCO) 14.29; 8 C Baillie (SCO) 14.32; 9 R Newton (Sale) 14.36. **Ht1 (-0.6):** 1 Greaves 13.82; 2 Girdler 14.05; 3 Gray 14.07; 4 N Palmer (WAL) 14.35; 5 D Stoddart (WSEH) 14.72. **Ht2 (0.8):** 1 Owen 13.90; 2 Baillie 13.95; 3 Anthony 14.09; 4 T Reetz 14.22; 5 M Sillah-Freckleton (B'hth) 14.36; 6 P Crossley (Lut) 14.77. **Ht3 (-0.3):** 1 M Elliott 13.99; 2 Scott 14.05; 3 R Newton (Sale) 14.19; 4 D Malins (NEB) 14.28; 5 A Turner (Notts) 14.74. **400H:** 1 M Elias (WAL) 49.46; 2 A Borsumato (Sale) 49.52; 3 M Douglas (Belg) 49.76; 4 S Surety (Basil) 50.16; 5 L Collins (Sale) 50.99; 7 N Levy (Belg) 51.21; 8 S Green (Traff) 51.61. **DQ:** C Robertson-Adams (SCO). **Ht1:** 1 Robertson-Adams 51.30; 2 Collins 51.94; 3 R McDonald (SCO) 51.97; 4 A Bennett (Belg) 54.11; 5 L Wiscombe (J&H) 54.27. **DQ:** C Rawlinson (Belg). **Ht2:** 1 Elias 49.73; 2 Douglas 49.79; 3 Green 51.05; 4 N Ursell (B'hth) 52.55; 5 D Brackstone (Stoke) 52.66. **Ht3:** 1 N Levy 51.29; 2 R Scott (WG&EL) 53.11; 3 H Frost (Kent) 53.95. **DQ:** W Smith (NAM). **Ht4:** 1 Borsumato 50.76; 2 Surety 50.88; 3 J Christie (Leam) 52.22; 4 B Yiend (Bir) 53.52; 5 R Gardner (Mil K) 53.57; 6 A Bargh 54.36. **DQ:** R Smith (M&C). **HJ:** 1 B Challenger (Lough S) 2.23 (2.09o, 2.14o, 2.19xxo, 2.23o, 2.26xxx); 2 R Aspden (Belg) 2.14; 3 L Crawley (SSH) 2.14; 4 M Crowley (E&H) 2.14; 4 J Russell (Sheff) 2.14; 6 R Mitchell (WAL) 2.09; 7 R Brocklebank (Sale) 2.04; 7 C Giblin (Liv H) 2.04; 7 B Hall (Bolt) 2.04; 7 I Holliday (Sale) 2.04; 11 M Bernard (Wake) 2.04; 11 D Graham (Liv H) 2.04. **NM:** S Osuide (TVH); D Stone (Steyn). **PV:** 1 V Chistiakov (AUS) 5.60 (5.40xo, 5.60xxo, 5.80xxx); 2 T Thomas (WAL) 5.20 (5.20o, 5.30xxx); 3 P Williamson (TVH) 5.20 (5.10o, 5.20xxo, 5.30xxx); 4 K Hughes (NEB) 5.10; 5 M Beharrell (Sale) 5.10; 6 C Linskey (SB) 5.00; 6 I Tullett (Belg) 5.00; 8 C North (Bris) 5.00; 8 A Swain (Team S) 5.00; 10 B Flint (TVH) 5.00; 11 S Simpson (WxB) 5.00; 12 M Davis (Bir) 4.80; 12 D Mellor (Sale) 4.80. **NM:** R Hurren (SCO). **LJ:** 1 C Tomlinson (NEB) 7.98 (7.76/-0.9, 7.98/-0.6, 6.93/-1.5, 7.97/-1.2, 7.96/-0.4, 6.75/-1.7); 2 D Ritchie (SCO) 7.76 (7.63-0.9, 7.76/-0.9, x, 7.54/-0.3, x, x); 3 M Awanah (B'hth) 7.70 (7.50/-1.1, x, x, 7.70/0.3, x, x); 4 N Morgan (Bir) 7.69 (7.44/-2.0, 7.68/-0.5, 7.69/-0.8, -, -, -); 5 P Idowu (Belg) 7.68 (7.46/-0.5, 7.53/-1.3, x, x, x, 7.68/-1.5); 6 J Moore (Bir) 7.36 (x, 6.74/-0.8, 7.36/-1.0, 6.96/-0.8, 7.00/-1.7); 7 F Akinsanya (P'boro) 7.20; 8 A Fernandez (TVH) 7.18/-1.2; 9 J Flynn (Belg) 6.93/-0.5; 10 O Eyong (Belg) 6.85/-2.0; 11 B Thomas (Sheff) 6.71; 12 D Mountford (Stoke) 6.70. **TJ:** 1 S Shalders (WAL) 16.41 (16.41/1.3, 16.14/-0.2, 15.82/-0.2, -, -, 15.75/1.0); 2 T Oke (Camb H) 16.33/0.5; 3 L Achike (SB) 16.32/0.9; 4 N Thomas (NEB) 15.83/0.4; 5 N Douglas (Oxf C) 15.60/0.5; 6 M Rossiter (P'boro) 15.36/1.3; 7 J Golley (TVH) 15.29/0.2; 8 M McKernan (Cov G) 15.12/-0.5. **SP:** 1 C Myerscough (B&F) 19.82 (19.82, x, x, 17.61, -, -); 2 M Proctor (NEB) 17.75 (16.97, 17.75, x, x, -, x); 3 E Udechuku (WG&EL) 17.48; 4 S Rider (E&H) 17.38; 5 D Readle (Belg) 16.95; 6 I McMullan (NIR) 16.78; 7 M Edwards (Charn) 16.58; 8 G Beard (Belg) 16.54; 9 G Sollitt (Team S) 16.49; 10 B Kelly (Liv H) 16.36; 11 L Woodward (C&S) 15.88; 12 M Fox (Stoke) 15.43. **DT:** 1 Myerscough 61.22 (55.47, 61.22, x, 54.79, 59.54, x); 2 G Smith (Bir) 58.32 (54.92, 57.64, x, 58.01, x, 58.32); 3 E Udechuku 57.97 (x, 55.89, x, 57.97, 57.02, 57.46); 4 B Weir (Bir) 57.43; 5 L Newman (WAL) 55.04; 6 B Robb (SCO) 51.13; 7 M Twigg (R&N) 50.24; 8 M Wiseman (Army) 48.57; 9 L Rosenberg (Harrow) 48.13. **HT:** 1 M Jones (Belg) 72.16 (71.10, 67.82, 69.70, x, 72.16, 72.07); 2 P Head (NEB) 69.61 (66.55, x, 67.49, 68.18, 69.61, x); 3 M Floyd (Sale) 67.74 (x, 65.48, x, x, 67.74, 67.51); 4 B Beauchamp (TVH) 67.69 (x, 67.69, x, x, x, x); 5 S Bown (NEB) 66.77 (65.02, 65.35, x, x, 66.77, 65.41); 6 I Park (SCO) 65.91; 7 C Howe (WG&EL) 63.58; 8 M Bell (Corb) 63.17; 9 A Frost (IoW) 61.75; 10 L Greenfield (NZL) 61.62; 11 S Peacock (Bir) 60.96; 12 M Fenton (Ips) 58.79. **JT:** 1 N Nieland (SB) 80.05 (74.92, 76.42, 80.05, 76.03, -, 75.79); 2 M Roberson (NEB) 78.80 (74.45, 74.24, 78.80, x, 72.14, 73.26); 3 M Hill (Tip) 78.15 (73.40, 78.15, 75.74, x, x, 75.13); 4 D Parker (SB) 74.22; 5 S Faben (Belg) 71.43; 6 T Dobbing (SCO) 68.87; 7 B Houghton (NIR) 68.41; 8 P Sharpe (Bord) 68.17; 9 K Beard (Leid) 65.38; 10 P Yates (D&T) 64.73; 11 D Carter (WG&EL) 64.13; 12 A Gallagher (Bord) 59.71

U20 men

3000: 1 M Bowser 8:20.38; 2 M Shankey 8:22.20; 3 T Sharland 8:25.38; 4 C McCourt 8:28.36; 5 C Parr 8:29.28; 6 A Ford 8:30.07; 7 P Banks 8:30.07; 8 A Moran 8:32.73; 9 T Humphries 8:33.01; 10 M Draper 8:33.55; 11 S Overall 8:38.02; 12 S Jacobs 8:39.74; 13 C Warburton 8:39.90; 14 M Barnes Smith 8:49.70; 15 P McGlory 8:54.94

Women

100 (0.1): 1 D Ferguson (BAH) 11.25; 2 S Anderson (SB) 11.51; 3 A Forrester (Stoke) 11.57; 4 J Maduaka (WG&EL) 11.61; 5 E Freeman (Wake) 11.66; 6 S Scott (Herne) 11.71; 7 M Richardson (WSEH) 11.73; 8 C Harrison-Bloomfield (Belg) 11.77; 9 S Burnside (SCO) 11.83. **Ht1 (0.2):** 1 Ferguson 11.45; 2 Forrester 11.58; 3 Harrison-Bloomfield 11.70; 4 Richardson 11.74; 5 K Endacott (Ply) 12.02; 6 Z Wilson (Bir) 12.25; 7 H Roscoe (Sale) 12.50. **Ht2 (-0.2):** 1 S Anderson 11.59; 2 D Benjamin (WSEH) 11.75; 3 V James (Belg) 11.80; 4 K Thomas (Sale) 11.92; 5 A Onuora (Liv H) 12.08; 6 D Norville (Tel) 12.15; 7 H Williams (Vale R) 12.51. **Ht3 (1.2):** 1 Maduaka 11.47; 2 Freeman 11.58; 3 Burnside 11.66; 4 S Scott 11.71; 5 M Roberts (Liv H) 11.77. **200 (-0.5):** 1 James 22.95; 2 Anderson 23.32; 3 Freeman 23.43; 4 Maduaka 23.50; 5 A Spencer (Belg) 23.60; 6 E Ruddock (R&N) 23.78; 7 S Scott (Herne H) 23.92; 8 C Harrison-Bloomfield 23.97. **Ht1 (0.0):** 1 Maduaka 23.26; 2 Anderson 23.35; 3 Spencer 23.47; 4 Burnside 24.20; 5 L Trotman (Traff) 24.45; 6 K Jury (Wake) 24.51; 7 K Wall (Basil) 24.70. **Ht2 (-0.1):** 1 James 23.02; 2 Freeman 23.53; 3 Scott 23.83; 4 Ruddock 23.99; 5 Harrison-Bloomfield 24.10; 6 H Roscoe (Sale) 25.26. **400:** 1 M Mutola (MOZ) 52.03; 2 H Karagounis (Bir) 52.17; 3 C Easton (SCO) 53.11; 4 L Miller (Camb H) 53.18; 5 J Arnott (NZL) 53.30; 6 H Frost (Bir) 53.55; 7 M Purkiss (Team S) 53.56. **DQ:** L Owusu (WSEH). **Ht1:** 1 Mutola 52.54; 2 Frost 53.74; 3 V Jamison (NIR) 54.17; 4 K Gear (N Dev) 54.20; 5 Wall 54.33; 6 A Eagland 56.48. **Ht2:** 1 Arnott 53.47; 2 Purkiss 53.65; 3 Owusu 53.79; 4 D Halsall (Liv H) 54.24; 5 L Williams (Walt) 55.29; 6 V Ward (WG&EL) 55.71; 7 M Thomas (Bir) 56.49. **Ht3:** 1 Karagounis 52.49; 2 Easton 52.91; 3 Miller 53.89; 4 N Bowring (WSEH) 54.25; 5 M Pierre (SB) 54.68; 6 K Goodwin (KuH) 54.69. **800:** 1 J Fenn (WG&EL) 2:00.24; 2 A Samaria (NAM) 2:00.26; 3 T Lewis (AUS) 2:00.73; 4 C Moore (B'mth) 2:02.39; 5 R Lyne (Hallam) 2:02.45; 6 A McIvor (NIR) 2:04.06; 7 A Carter (Vale R) 2:04.99; 8 J Simpson (N&P) 2:05.34; 9 L Vaughan (AFD) 2:06.87; 10 C Riley 2:09.08. **Ht1:** 1 Samaria 2:03.58; 2 Fenn 2:03.84; 3 A McIvor (NIR) 2:04.90; 4 Moore 2:05.00; 5 K Johns (Shild) 2:07.70; 6 J Mitchell (Croy) 2:10.98. **Ht2:** 1 L Vaughan 2:06.93; 2 A Carter 2:07.42; 3 K McNeice (NIR) 2:08.10; 4 S Evans (Sale) 2:08.36; 5 D Riding (Sale) 2:10.26. **Ht3:** 1 Lewis 2:03.54; 2 R Lyne 2:04.36; 3 C Riley 2:06.14; 4 J Simpson (Newq P) 2:06.53; 5 J Meadows (Wig) 2:06.55. **1500:** 1 H Pattinson (Prest) 4:08.66; 2 S Scott (SCO) 4:09.79; 3 S Jamieson (AUS) 4:09.89; 4 H Ovens (SCO) 4:12.47; 5 R Newcombe (WAL) 4:13.64; 6 K Smithson (Sale) 4:14.53; 7 S Bull (Der L) 4:14.67; 8 K Wooton (Bed C) 4:20.86; 9 E Leggate (SCO) 4:24.09; 10 N Lewis (WAL) 4:26.92; 11 C Martin (WAL) 4:34.70. **DNS:** J Mitchell (J&H). **Ht1:** 1 Scott 4:19.62; 2 Jamieson 4:19.83; 3 Ovens 4:20.72; 4 Leggate 4:21.18; 5 Martin 4:21.69; 6 Mitchell 4:21.76; 7 J Ankier (SB) 4:24.65; 8 D Thornal 4:28.04. **Ht2:** 1 Pattinson 4:18.66; 2 Bull 4:18.79; 3 Smithson 4:18.94; 4 Newcombe 4:19.07; 5 Lewis 4:19.47; 6 Wooton 4:19.93; 7 L Whittaker (Sale) 4:24.61. **DNF:** J Mitchell. **5000:** 1 C Berry (K&P) 15:32.32; 2 N Harvey (AUS) 15:38.25; 3 H Yelling (WSEH) 15:38.30; 4 E Yelling (Bed C) 15:45.08; 5 S Hatch (NIR) 16:18.71; 6 C Dugdale (WAL) 16:19.62; 7 L Damen (B'mth) 16:24.13; 8 J Heath (Sale) 16:35.38; 9 T Krzywicki (Charn) 16:38.61; 10 M Skelton (NIR) 16:58.64; 11 S Rutherford (SCO) 17:13.84. **10,000:** 1 S O'Sullivan (IRL) 31:33.19; 2 S Mockenhaupt (GER) 32:27.63; 3 E Meyer (RSA) 32:36.15; 4 H Yelling 33:07.52; 5 G Palmer (SCO) 33:09.70; 6 A Higgins (SCO) 33:32.07; 7 J Wilkinson (Bed C) 33:40.57; 8 S Morris (Bed C) 34:20.64; 9 B Hartigan (Bir) 34:41.30; 10 L Elliott (SB) 34:51.28; 11 D Sullivan (Hav M) 34:55.76; 12 S Davey (Worth) 35:07.61; 13 J Kelsey 35:09.70; 14 V Gill 35:13.58; 15 P Powell (B'burn) 35:13.64; 16 L Heyes 35:21.57; 17 S Partridge (SCO) 35:34.80; 18 P Thackray (Wake) 35:49.98; 19 G Phillips (Kend) 36:25.09. **DNF:** B Dagne (Belg); C Dale (Inv Ek); A Dixon (Sun); I Limika (KEN); R Ryan (IRL); R Smith, J Clague. **100H (0.7):** 1 D Allahgreen (Traff) 13.07; 2 N Danvers (SB) 13.20; 3 J Pratt (WG&EL) 13.33; 4 R King (WAL) 13.56; 5 H Worsey (Bir) 13.62; 6 T Stephens (NIR) 13.71; 7 G Fergusson (NSP) 13.83; 8 K Sotherton (Bir) 13.90; 9 K Brewington (Hav M) 13.94. **Ht1 (0.2):** 1 J Pratt 13.43; 2 K Sotherton 13.82; 3 G Fergusson 13.88; 4 L Fairweather (Glas) 13.90; 5 P Agbo (TVH) 14.03; 6 A Miller (NZL) 14.29; 7 N Gautier (Traff) 14.35; 8 C Pearson (Leic) 14.53. **DNS:** J Hollman (Belg). **Ht2 (-0.2):** 1 Allahgreen 13.26; 2 Worsey 13.63; 3 B Liston (WSEH) 13.95; 4 S McGreavy (Leam) 14.07; 5 S Pullinger (Brack) 14.35; 6 K Reynolds (Rad) 14.38. **Ht3 (0.2):** 1 Danvers 13.30; 2 R King (WAL) 13.43; 3 T Stephens (NIR) 13.52; 4 K Brewington 13.89; 5 A Fullelove (SCO) 13.93; 6 K Jury 13.93; 7 S Belle (VP&TH) 14.18; 8 C Pearce (Hunt) 14.30; 9 L Hird (Exe) 14.48. **400H:** 1 Danvers 56.44; 2 T Duncan (WG&EL) 56.53; 3 K Jones (Traff) 57.71; 4 L Fairs (Traff) 58.48; 5 H Wood (SSH) 59.06; 6 S Adamson (H&W) 1:00.21; 7 C Brason (NSP) 1:00.46. **DQ:** L Aylwin (Exe). **Ht1:** 1 Duncan 57.98; 2 Wood 59.79; 3 L Curtis (KuH) 1:01.45; 4 R Brereton (Herne H) 1:01.70; 5 F Harding (WAL) 1:02.55; 6 G Dooney (Wig) 1:04.27; 7 J Culley (Belg) 1:06.84. **Ht2:** 1 Danvers 59.03; 2 J Roach (Leic C) 1:01.24; 3 S Scott (Glas) 1:01.40; 4 C Brown (SB) 1:01.86; 5 S Todd (J&H) 1:02.13; 6 H Stares (Belg) 1:02.41. **DQ:** S Williams (Walt). **Ht3:** 1 Jones 58.68; 2 Fairs 59.84; 3 Adamson 1:01.06; 4 Aylwin 1:01.18; 5 Brason 1:01.18. **DQ:** J Suddes (EWM). **HJ:** 1 S Jones (Traff) 1.88 (1.82o, 1.85o, 1.88xo, 1.90xxx); 2 S Higham (Bord) 1.85 (1.75o, 1.79xo, 1.82o, 1.85xo, 1.88xxx); 3 D Marti (Brom) 1.82; 4 J Crane (WAL) 1.82; 5 J Bennett (ESE) 1.79; 6 E Perkins (Worth) 1.75; 7 J Ennis (Sheff) 1.75; 8 N Clark (KuH) 1.75; 9 K Jury 1.70. **NM:** J Glaysher (Prest); G O'Connor (Liv H). **LJ:** 1 J Johnson (Herne H) 6.45 (6.31/-0.8, 6.30/-0.3, 6.43/-1.1, 6.41/0.3, 6.42/-0.3, 6.42/-0.5); 2 A Danson (Sale) 6.38 (6.21/-1.2, 6.38/0.7, 6.19/0.3, 6.08/-0.7, x, 5.78/-1.5); 3 K Sotherton (Bir) 6.21 (6.21/-0.1, 6.06/-0.6, x, x, x, 3.12); 4 A Hansen (SB) 6.18 (6.18/-0.4, x, 6.05/0.0, x, 5.40/-1.0, x); 5 S Claxton (Belg) 6.07/-0.4; 6 R Irving (SCO) 6.06/-0.2; 7 D Benjamin (WSEH) 5.96/-0.8; 8 S Wellstead (Sutt D) 5.90/0.8; 9 K Rothman (SCO) 5.82/-1.1; 10 J Spargo (WSEH) 5.66/-0.4. **TJ:** 1 A Hansen 14.03 (13.94, 14.03, 14.00); 2 M Griffith (WSEH) 12.99 (x, 12.99, 12.17, x, x, 12.98); 3 T Scanlon (IRL) 12.69; 4 L Polius (NEB) 12.34; 5 R White (Sale) 12.28; 6 M Walker (WSEH) 12.10; 7 R Peacock (B'mth) 12.08; 8 K Evans (R&N) 12.01; 9 C Turner (Team S) 11.94; 10 C Stead (Belg) 11.91; 11 E Parker (E&E) 11.90; 12 H Carwardine (Bolt) 11.80; 13 L Patrick (Bir) 11.76; 14 A Thorpe (TVH) 11.76; 15 A Francis (Croy) 11.73. **PV:** 1 J Whitlock (Traff) 4.41 (nat rec, 3.95o, 4.05xo, 4.15o, 4.25xo, 4.35o, 4.41xxo); 2 T Grigorieva (AUS) 4.25 (4.05xxo, 4.25o, 4.35xxx); 3 I Hill (WSEH) 4.15 (3.95o, 4.05xo, 4.15xxo, 4.25xxx); 4 R Clarke (WAL) 4.05 (3.95o, 4.05xo, 4.15xxx); 5 L Webber (Belg) 3.85; 6 K Dennison (Stoke) 3.85; 7 T Bloomfield (G&G) 3.85; 8 L Hughes (Brom) 3.75; 8 E Spain 3.75; 10 G Cooke (SCO) 3.75; 11 N Olson (Ashf) 3.75; 12 R Telford (Traff) 3.60; 13 C Macrae (WSEH) 3.60; 14 Z Brown (NIR) 3.45; 14 E Hornby (Bir) 3.45. **NM:** H Olson (Ashf); H Smith (Bir). **SP:** 1 J Dunkley (SB) 16.37; 2 M Augee (Brom) 15.87; 3 J Duncan (WG&EL) 15.85; 4 M Lynes (WG&EL)15.28; 5 E Massey (NIR) 15.27; 6 C Bennett (ESE) 14.74; 7 N Gautier 14.07; 8 R Peake (Der L) 13.98. **DT:** 1 S Newman (Belg) 57.99 (55.65, 57.96, 56.73, 56.12, x, 57.99); 2 E Carpenter (Exe) 56.63 (53.48, 50.75, 49.35, 55.82, 51.77, 56.63); 3 P Roles (WAL) 56.52 (55.00, 54.53, 55.45, 53.44, 54.53, 56.52); 4 C Smithson (B&H) 54.34 (45.63,52.85, 53.19, 53.29, 54.34, 52.06); 5 E Merry (R&N) 53.38; 6 R Roles (WAL) 50.02; 7 K Nwidobie (B&F) 47.26; 8 E Cank (Tel) 46.35; 9 N Dhaliwal (SCO) 44.52; 10 J Bradley (Ashf) 44.27; 11 S Backhouse (Wak) 42.40; 12 J MacPherson (BMH) 40.61. **HT:** 1 L Shaw (Sale) 65.34 (62.92, 62.75, 63.25, x, 62.06, 65.34); 2 Z Derham (Bir) 62.27 (58.79, 61.04, 59.20, 60.46, x, 62.27); 3 S Roberts (Wake) 59.75 (55.91, 58.87, 59.75, 58.16, 59.55, x); 4 L Pidgeon (WG&EL) 59.23 (57.66, 59.23, x, x, x, x); 5 L Sprules (SB) 58.94 (58.94, 55.45, 57.57, x, 55.99, x); 6 S Webb (SCO) 58.08 (57.98, 58.08, 56.91, x, x, 56.55); 7 D Holden (Belg) 57.84; 8 N Dudman (Verl) 57.63; 9 L Brannan (WAL) 57.21; 10 M Walters (SCO) 54.47; 11 E Knoetzen (RSA) 53.76; 12 V Scott (Traff) 48.90; 13 E Augee (WG&EL) 48.43. **JT:** 1 K Morgan (WSEH) 63.03 (nat rec, 63.03, 59.21, -, 59.92, 57.15); 2 K Martin (Der L) 55.02 (52.02, 55.02, 50.83, 50.44, x, x); 3 G Sayers (Belg) 54.59 (x, 54.59, 52.55, 53.99, x, 52.97); 4 S Holroyd 54.18 (x, 48.19, 48.72, 53.54, 53.45, 54.18); 5 K Morrison (M&M) 49.67; 6 C Cozens (SCO) 46.66; 7 S Gibson (Notts) 44.51; 8 L Jackson (SCO) 41.95; 9 J Kemp (Liv H) 41.92; 10 K Amos (Thurr) 41.46; 11 K Watts (BMH) 40.75; 12 S Redd (B&H) 40.51

Wheelchair 1500: 1 E Hunkelar (SUI) 4:07.00; 2 P Dockery (IRL) 4:11.43; 3 A Emmenegger (SUI) 4:11.44; 4 T Grey Thompson (ENG) 4:11.89; 5 D Brennan (ENG) 4:14.91; 6 R Potter (ENG) 4:16.71; 7 S Woods (ENG) 4:21.57; 8 M Lewis (ENG) 4:22.47; 9 P Craig (ENG) 4:39.72; 10 S Loughran (ENG) 4:41.25

U20 Women

3000: 1 S Oldfield 9:33.51; 2 R Nathan 9:34.90; 3 R Proctor 9:53.32; 4 J Nugent 9:54.93; 5 D Barnes 10:06.42; 6 B Ellis 10:21.10; 7 D Daley 10:23.78

Commonwealth qualifying standards

EVENT	ENG June 17	SCO June 2/17	NIR June 18	WAL June 18
Men				
100	10.20	10.45	10.35	10.40
200	20.60	21.00	20.80	21.00
400	45.60	46.50	46.20	46.50
800	1:48.00	1:48.00	1:47.50	1:48.00
1500	3:41.00	3:41.00	3:40.00	3:41.00
5000	13:40.00	13:45.00	13:40.00	13:45.00
10,000	28:50	29:00.00	28:30.00	29:00.00
3000SC	8:41.00	8.42	8:35.00	8:40.00
110H	13.95	14.00	14.00	14.00
400H	50.00	51.00	50.80	51.00
HJ	2.19	2.18	2.20	2.18
PV	5.20	5.00	5.20	5.30
LJ	7.85	7.60	7.65	7.60
SP	18.00	17.80	18.00	17.90
DT	57.00	54.00	55.00	57.00
HT	65.00	65.00	65.00	64.00
JT	75.00	70.00	72.00	74.00
Dec	7400	7400	7300	7300
Women				
100	11.40	11.60	11.50	11.60
200	23.10	23.70	23.60	23.60
400	52.00	53.50	53.00	53.50
800	2:03.00	2:04.00	2:03.00	2:04.00
1500	4:15.00	4:16.00	4:13.00	4:15.00
5000	15:45.00	16:00.00	16:00.00	15:50.00
10,000	34:00.00	34:00.00	33:00.00	33:30.00
100H	13.40	13.80	13.50	13.60
400H	58.00	58.00	58.00	59.00
HJ	1.85	1.84	1.85	1.82
PV	3.85	3.90	3.80	3.84
LJ	6.40	6.15	6.30	6.25
TJ	13.00	13.00	13.00	13.20
SP	15.00	15.00	15.00	15.58
DT	52.00	52.00	52.00	53.00
HT	55.00	55.00	55.00	55.00
JT	52.00	52.00	50.00	53.00
Hept	5500	5400	5600	5400

overseas

AUSTRALIA

Jun 1, Sydney: W HT: 1, Eagles 65.40; 2, DiMarco 64.20.

BELGIUM

Jun 8, Izegem: SP/DT: Ugwu NGR 19.47/61.79; W 1500: H PATTINSON 4:10.59.

BULGARIA

May 26, Sofia: 110H: (-0.1) Videnov 13.62; LJ: Dachev 8.03w/2.3; TJ: Dimitrov 17.13/1.4; W 200: (-0.9) N Güner TUR 22.89; 1500: D Yordanova 4:05.52.

CHINA

Jun 6-10, Benxi. Chinese Championships: LJ (c): 1, Wang Cheng 8.08; 2, Li Dalong 8.01; TJ (e): Lao Jianfeng 16.67; JT (c): Li Rongxiang 81.10; Dec (c-d): Qi Haifeng 8030 rec and Asian jnr rec; W 5000 (a): Sun Yingjie 15:32.00; 10,000 (e): Sun Yingjie 31:09.34; PV (e): Gao Shuying 4.35; TJ (d): 1, Huang Qiuyan 14.12; 2, Zhang Hao 14.06; 3, Wu Lingmei 14.02; SP (d): 1, Li Meiju 18.95; 2, Song Feina 18.62; 3, Cheng Xiaoyan 18.09; HT (e): Liu Yinghui 66.96; JT (e): Liang Lili J 58.84.

CZECH REPUBLIC

Just seven days after Justyna Bak of Poland lowered her world steeplechase record from 9:25.31 to 9:22.29 in Milan, Alesya Turova from Belarus improved it to 9:21.72 at the Golden Spike meeting in Ostrava. It was the first ever steeplechase by Turova (22), an 8:32.89 performer on the flat and last year's European under-23 1500 champion. Turova built up a substantial lead over Bak on the second lap and was 40m clear after a kilometre. By the finish this year's European indoor 1500m bronze medallist was over 10 seconds ahead of Bak as six women finished inside 9:50.

Marion Jones clocked a world-leading 22.32 in her first 200m of the season, while an even more popular winner was local hero Jan Zelezny, who in his first competition of the year had to come from behind in the third round with a throw of 86.66 to overhaul Andrus Varnik's 85.47. While Maria Mutola took the 800 unpressed in 1:58.50 Czech fans were delighted to witness the promising comeback after injury of former world champion Ludmila Formanová, third in 2:01.31. An exciting men's steeplechase saw Wilson Boit Kipketer outsprint world record-holder Brahim Boulami in 8:06.14, while in the 400 hurdles Marek Plawgo topped this year's European list with his second fastest ever time of 48.25. The 110 hurdles proved a desperately close three-way affair. Colin Jackson and Allen Johnson clashed for the first time this year, but it was Stanislav Olijar who pipped them both in 13.44 (against a 1.6m wind) with Johnson on 13.45 and Jackson on 13.46.

Jun 9, Prague: HJ: Ton 2.27; HT: Maska 75.55; W DT: Racková 60.70; HT: 1, Vrbenská 65.55; 2, Danisová SVK 63.31;
Jun 10, Kladno: Women DT: Racková 61.84; HT Vrbenská 66.26 rec;
Jun 12, Ostrava: 100: (-0.8) 1, Aliu NGR 10.16; 2, Emedolu NGR 10.31; 3, A da Silva BRA 10.32; 4, Crawford USA 10.40; 200: (-1.7) 1, Urbas POL 20.60; 2, da Silva 20.60; 800: 1, Mutua KEN 1:45.29; 2, Alemu ETH 1:45.35; 3, Wachira KEN 1:45.43; 4, Bungei KEN 1:45.63; 5, Czapiewski POL 1:46.81; 3000SC: 1, Boit Kipketer KEN 8:06.14; 2, Boulami MAR 8:07.91; 3, Manyim KEN 8:23.73; 110H: (-1.6) 1, Olijar LAT 13.44; 2, Johnson USA 13.45; 3, C JACKSON 13.46; 4, Ross USA 13.66; 400H: 1, Plawgo POL 48.25; 2, Woody USA 48.57; 3, Muzik 49.05; 4, Herbert RSA 49.07; 5, Weakley JAM 49.07; 6, Januszewski POL 49.16; HJ: 1, Sposob POL 2.30; 2, Ton 2.27; 3=, Baba (B4), J Janku 2.27; PV: 1=, Strogalyov RUS, Janácek 5.71; 3, Gorshkov RUS 5.61; 4, Ptacek 5.61; 5, Johnson LCA 5.61; 6=, Averbukh ISR, Markov AUS 5.41; SP: 1, Belonog UKR 20.51; 2, Tiisanoja FIN 20.07; 3, Stehlik 19.91; 4, Haborak SVK 19.76; 5, Guset ROM 19.66; JT: 1, Zelezny 86.66; 2, Varnik EST 85.47; 3, Rags LAT 84.11; 4, Ivanov RUS 83.31; 5, Thorkildsen NOR 81.15; Women – 200: (-0.4): 1, Jones USA 22.32; 2, White USA 22.71; 3, J Campbell JAM 22.75; 800: 1, Mutola MOZ 1:58.50; 2, Kirilova BUL 2:00.84; 3, Formanová 2:01.31; 4, Fuchsová 2:01.35; 5, Klocová SVK 2:01.59; 3000SC: 1, Turova BLR 9:21.72 world record; 2, Bak POL 9:32.26; 3, Duquenoy FRA 9:43.89 rec; 4, Limika KEN 9:46.84; 5, Casandra ROM 9:47.00; 6, Olivares FRA 9:48.25; 7, Vanden Bempt BEL 10:02.47; 100H: (-0.6) 1, Alozie ESP 12.78; 2, Kasova BUL 12.87; 3, Morrison USA 13.01; 4, Dimitrova BUL 13.09; HJ: 1, Kuptsova RUS 1.98; 2, Pantelimon ROM 1.93; 3, Hlavonová 1.90; 4, Straková 1.90; 5, I Janku 1.90; TJ: 1, Pyatykh RUS 14.43/0.2; 2, Mbango CMR 14.41/0.2; 3, Oleynikova RUS 14.41/0.2; 4, Safronova BLR 14.02/0.9.

FINLAND

Jun 6, Rauma: Women HT: Pöyry 65.24.

FRANCE

Jun 5, Marseille: French 10,000 Championships. 1, A Béhar 27:47.56; 2, El Himer 27:48.00; 3, Lahssini 27:50.73; dnf, Sghyr;
Jun 5, Poitiers: Women 3000SC: 1, Duquénoy 9:50.87; 2, Olivarès 9:51.53; 3, Rajot 10:02.28; 4, Bouchaouante 10:05.51;
Jun 9, Clermont-Ferrand: Women PV: Livebardon 4.35;
Jun 11, Sotteville: 3000: 1, El Ghazi MAR 7:45.87; 2, Essaid 7:46.73; 3, R Chekhemani 7:46.93; 110H: (-0.4) Richardson USA 13.53; W 100H: (0.2) 1, Aron 13.02; 2, Michot 13.06; TJ: Nicolau ROM 14.22/0.9;
Jun 12, Bordeaux: 100: (0.0) 1, Nthepe 10.11; 2, Batangdon CMR 10.19; 400: Diagana 46.37;W JT: Walter 62.48 rec.

GERMANY

May 23, Koblenz: delete 3:47.73 1500 (Stewart is a New Zealander);
May 29, Dessau: 100 (B) (1.3) T EDGAR 10.46; W 200: (0.7) 4, S ANDERSON 24.07;
May 30, Zweibrücken: W HJ: Herzenberg 1.91;
Jun 1, Bad Steben: W LJ: (exhibition event; elevated runway in park) Drechsler 6.64;
Jun 7, Weissach: Women PV: 1, Buschbaum 4.40; 2=, Schulte, de Wilt NED, Molnár HUN 4.30; 5=, Belín SWE, Hingst 4.30;
Jun 8, Dortmund: 400: 1, Schultz 45.46; 2, Niemi CAN 45.74; 800: 1, Jansen BEL 1:46.29; 2, Schumann 1:46.41; 1500: S Korir KEN 3:37.20; 3000SC: 1, P Koech KEN 8:22.42; 2, Weidlinger AUT 8:23.91; 3, Kiplitan KEN-J 8:27.52; 4, Kallabis 8:28.60; 110H: 1, C JACKSON 13.41; 2, Fenner 13.51; 3, Crews 13.66; 400H: 1, A BORSUMATO 50.25; 2, Hackelbusch 50.50; HJ: Holm SWE 2.30; PV: 1, Lobinger 5.75; 2=, Hartwig USA, Börgeling 5.70; 4, Spiegelburg 5.60; DT: Möllenbeck 67.64; 2, Van Daele BEL 62.49; HT: 1, Kobs 81.49; 2, ZiO; DT: 1,POL 79.47; 3, Klose 77.14; 4, Figère FRA 74.87; W 100 (0.4): 1, Schielke 11.16 (2h1 11.10w); 2, White USA 11.17 (1h1 11.03w/2.5); 400: Marx 51.89; 800: 1, Ceplak SLO 1:58.64; 2, Teichmann 2:02.36; 1500: 1, Adere ETH 4:06.46; 2, Maranga KEN 4:10.42; 400H: 1, Glover USA 55.14; 2, Urbansky 56.57; LJ: Ajunwa NGR 6.56; SP: 1. Pavlysh UKR 20.07; 2, Kumbernuss 19.34; 3, Kleinert 18.84; 4, Zakowicz POL 18.31; 5, Beckel 17.95;
Jun 8, Leichlingen: Women HT: 1, Keil 67.43; 2, Bunjes 64.76;
Jun 9, Gotha: SP: 1, Bartels 20.85; 2, Bock 20.47; 3, Dittmar 19.85; 4, R Sack 19.84; W SP: 1, Kumbernuss 19.58; 2, Kleinert 19.00;
Jun 9, Osnabrück: Women 200: (-0.2) Schielke 22.95; JT: 1, Nerius 62.42; 2, Woytkowska 59.32;
Jun 9, Wipperfürth: Women HJ: Holinski 1.91;
Jun 12, Hamburg: 100: (0.6) Fredericks NAM 10.20; 400: 1, Haughton JAM 45.08; 2, Niemi CAN 45.19; 3, Schultz 45.34; 4, J BAULCH 46.01;110H: (0.6) 1, Garcia CUB 13.34; 2, Trammell 13.44; 3, Yoel Hernández CUB 13.49; 4, Crear USA 13.56; 5, Bownes RSA 13.61; 6, Kronberg SWE 13.65; PV: 1=, Lobinger, Miles, Spiegelburg 5.70; 4, Brits RSA 5.60; LJ: Stringfellow USA 8.26/-0.2; TJ: 1, Friedek 16.76/0.1; 2, Quesada CUB 16.66/0.2; 3, Gregorio BRA 16.45/0.2; 4, L ACHIKE 16.34/0.0; SP: 1, Bartels 20.00; 2, Mertens 19.84; 3, Dittmar 19.60; JT: 1, Makarov RUS 90.87; 2, Henry 81.97; 3, Wenk 81.20; 4, Blank 80.87; 5, Trafas POL 80.04; W 800: Catalayud CUB 2:01.35;
3000SC: 1, M Schulz 9:48.32 rec; 2, Rosa POR 9:48.51 rec; 3, Etter SUI 10:02.07; 400H: 1, Pernia CUB 56.14; 2, Meissner 56.48; SP: 1, Kumbernuss 19.50; 2, Kleinert 18.04; 3, Adriano BRA 17.79; 4, Beckel 17.63.

GREECE

Jun 1, Kalamata: 1500: 5, J McCALLUM 3:39.57; LJ: note: 4, Dilworth USA 7.84/-0.6; W 800: note: 3, Gurtovenko RUS 2:00.49;
Jun 2, Trípoli: HT: Papadimitríou 78.32; W DT: Abatzí 60.88;
Jun 8, Mitilíni: Women PV: Tsiliggiri 4.38 rec; DT: Kolétsou 61.86;
Jun 9, Athens (Kifisiá): LJ: Filíndras 8.06/1.0;

HUNGARY

Jun 8-9, Budapest: DT: Kövág Ingberg

INDIA

Jun 1-3, Bangalore: 400 (a): Satbir Singh 45.84; SP (b): 1, Shakti Singh 19.79; 2, Navpreet Singh 19.45; 3, Bahadur Singh 19.43; W HJ (c): Aloysius 1.90 rec; DT (a): 1, Neelam J Singh 61.47; 2, Antil 58.63; 3, Harwant Kaur 58.56; Hep (b/c): 1, Biswas 5851; 2, J.J. Shobha 5838.

ITALY

May 20, Bolzano: Women JT: Friedrich GER 60.85;
May 26, Benevento: HT: Lingua 75.19;
May 26, Chieti: Women HT: Balassini 65.76;
Jun 7, Turin: TJ: J EDWARDS 17.18/1.2 (16.52/0.9, 16.84/1.7, 17.18/1.2, p, p, x);
Jun 8, La Spezia: DT: C Andrei 63.53;
Jun 9, Donnas: DT: Andrei 64.11;
Jun 9, Valmontone: Italian 10,000 Championships: Baldini 28:17.55; women – Viceconte 32:20.61.

JAPAN

Jun 7-9, Kanazawa: Japanese Championships. 100: (1.4) Asahara 10.05 (1h2 10.11/1.5); 400H (b): 1, Tamesue 48.79; 2, Yoshizawa 48.98; 3, Kawamura 49.28; HT: Murofushi 79.15; W 5000: Fukushi 15:14.46; 10,000 (a): Fukushi 32:30.51; 400H: M Yoshida 56.82 rec; HJ: 1, Ota 1.92; 2, Imai 1.92; PV (a): Kondo 4.20 =rec; HT: Aya 64.45.

KENYA

May 30-31, Nairobi (A): 5000: Maiyo 13:40.3; 10,000 (a): Maiyo 28:06.0;
Jun 7-8, Nairobi: (A) Kenyan Armed Forces Championships. 5000: 1, B Limo 13:46.7; 2, J Kibowen 13:47.8; 10,000: 1, S Kipketer 28:16.2; 2, P Kosgei 28:24.0; 3000SC: 1, W Boit Kipketer 8:30.7; 2, A Cherono 8:31.2; 3, K Misoi 8:33.8.

NETHERLANDS

Jun 8, Leiden: 100: (0.3) 1, C Douglas AHO 10.29; 2, T EDGAR 10.59; ... 4, D CHIN 10.67; 200: (1.3) 1, D GRANT 21.04; 2, T ABETIE 21.46; SP/DT: R Smith 19.93/ 63.77; 4x100: Netherlands 39.23; W 100 (1.1)/200: (1.1) Poelman 11.60/23.66; ... 3, L MILLER 11.79/24.05.

NEW ZEALAND

Jun 2, Hamilton: Women SP: Adams J 17.54 rec.

POLAND

Jun 1, Warsaw: HT Palyszko 76.67;
Jun 8, Bydgoszcz: 800: 1, W Botha RSA 1:46.43; 2, Czapiewski 1:46.69; 110H: (0.8) 1, Bownes RSA 13.41; 2, Kronberg SWE 13.49; 3, Kohutek 13.50; 400H: 1, K Thompson JAM 49.35; 2, Januszewski 49.63; 3, Muzik CZE 49.99; HJ: Spos: 12.25; SP: Lyzhin BLR 19.93; HT: 1, Palyszko 78.60; 2, Sedlácek CZE 76.40; 3, Charfreitag SVK 76.24; 4, Kondratowicz 75.70; 4x100: Poland 39.37; W 100: (1.4): Pastushenko UKR 11.30; 400H: Olichwierczuk 56.11; PV: Pyrek 4.40; HT: 1, Skolimowska 72.60 rec; 2, Tsander BLR 70.11 rec; 3, Balassini ITA 67.82; 4, Claretti ITA 65.07;
Jun 8-9, Szczecin: Polish Championships: Dec: Andrzejczak 7925; W Hep: Szczepanska 5995;
Jun 9, Grudziadz: JT: 1, Kólko 81.81; 2, Trafas 80.84; W JT: Rybak 58.32.

PORTUGAL

Jun 8-9, Lisbon: SP: R Virastyuk UKR 20.00; W TJ: Bolshova MDA 14.04w/2.5; DT (a): Machado 62.93; HT (a): V Silva 67.22 rec;
Jun 12, Almada: DT: Pestano ESP 64.96; W DT: Machado 61.59.

RUSSIA

Jun 8-9, Tula. Znamenskiy Memorial. 100 (2.4) G Chernovol KAZ 10.19w; HJ: Rybakov 2.25; PV (a): 1, Gorshkov 5.75; 2, Strogalyov 5.65; TJ (a): 1, Musikhin 16.69w/2.5; 2, Spasovkhodskiy 16.69/-1.1; SP (a): Lopatin 19.82; DT: Borichevskiy 63.34; HT: 1, Khersontsev 78.69; 2, Tikhon BLR 77.63; 3, Kirmasov 76.81; 4, Zagornyy 76.35; JT (a): 1, Makarov 88.17; 2, Ivanov 81.49; W 100: (w?) 1, Tabakova 11.11; 2, Ignatova 11.22; 400: 1, Antyukh 51.24; 2, Tkach 51.83; 3, Zykina 51.86; 800: Mistyukevich 1:58.90; 1500: 1, Zadorozhnaya 4:08.61; 2, O Yegorova 4:09.68; 3, Tomashova 4:10.65; 400H: 1, Nosova 53.10; 2, Bakhvalova 55.31; 3, Shiyan 55.47; HJ: 1, Kuptsova 1.99; 2, Sivushenko 1.97; 3, Seryogina 1.95; 4, Kaliturina 1.92; PV (a): 1, Isinbayeva 4.50; 2, Golubchikova J 4.30; TJ: 1, Govorova UKR 14.54/-0.3; 2, Pyatykh 14.33/0.3; 3, Vasilyeva 14.27/-0.6; 4, Yershova 14.25/-1.4; SP: 1, Korzhanenko 20.50; 2, Krivelyova 19.80; 3, Ryabinkina 19.20; 4, Khudoroshkina 18.42; DT: 1, Sadova 67.73; 2, Antonova UKR 63.29; 3, Yespichuk 61.57; 4, Chernyavskaya 60.20; 5, V Ivanova 60.02; HT: 1, Montebrun FRA 68.98; 2, Kuzenkova 68.73; 3, Davydova 65.92; JT (a): 1, Shikolenko 64.47; 2, Zabruskova 58.29.

SLOVENIA

Jun 1, Ljubljana: HJ: Stauffer SUI 2.25; LJ: Ergotic CRO 8.25w/3.3; TJ: Simunic 16.82/1.8; DT: Varga HUN 64.66; HT: Botfa HUN 75.48; 4x100: Italy 39.46; W TJ: 1, Valant 14.15/1.4; 2, Lah ITA 14.00w/2.3; JT: 1, Coslovich ITA 61.39; 2, Szablant 14.15/1.

SOUTH AFRICA

Apr 26-27, Bellville: U23 Championships: 200: (-2.3) Vries 20.57; JT (a): Erasmus 80.67; W SP: Abrahamse 17.72;
Jun 1, Roodepoort (A): HT: Harmse 78.64;
Jun 8, Germiston (A): 400: Nyangani ZIM 45.47.

SPAIN

Apr 6, Las Palmas de Gran Canaria: DT: D Martínez 63.68;
Jun 8-9, Valladolid: Spanish Decathlon Champs. Dec: Caro 7545; dnf, A LEWIS 11.12, 7.10, 13.64, 1.81, 53.38, 15.48, 37.85, nh);
Jun 11, Rivas: 110H: (-0.8) 1, García CUB 13.33; 2, Yoel Hernández CUB 13.47; LJ: 1, Moudrik MAR 8.05/1.3; 2, Fernández 8.01/0.5; 3, Sosunov RUS 7.93/0.2; 4, Camejo CUB 7.91/0.0; 5, Beckford JAM 7.83/0.0; ... 9, Pedroso CUB 7.27/0.4; TJ: Quesada CUB 17.42/1.8; SP: 1, Martinez 21.12; 2, Olsen DEN 20.15; W 100H: (-2.6) Tejada CUB 12.96; SP: 1, Cumba CUB 18.65; 2, González CUB 17.69;
Jun 12, Cáceres: JT: Luaces CUB 81.10; W SP: Cumba 18.84.

SWEDEN

Jun 2, Kil: HJ: Holm 2.31;
Jun 8, Eskilstuna: HT: Söderberg FIN 75.39.

SWITZERLAND

Jun 9, Meilen: 200: (-1.8) D CAMPBELL 20.84; 110H: (-2.9) Bitzi 13.73 (1h 13.59/0.7); 400H: M DOUGLAS 49.63; JT: 1, Bavikin ISR 81.68; 2, McHugh IRL 76.48.

TUNISIA

May 18, Radès: Women 100: Anim GHA 11.26; 5000: 1, Abeylegesse TUR 15:16.29..

TURKEY

Jun 9, Istanbul: HJ: Durmusoglu 2.26 rec; W 3000: 1, Elvan Abeylegesse (age 19) 8:41.49 Eur U23 rec; 2, S Ouaziz MAR 8:56.41; 100H: (-0.5) 1, Kasova BUL 13.02; 2, Tejeda CUB-J 13.08; 3, Neyra CUB 13.13; 4, D ALLAHGREEN 13.44; HJ: Gliznutsa MDA 1.91; DT: 1, Wysocka POL 62.19; 2, Wisniewska POL 61.08.

UKRAINE

May 15-17, Bila Tserkva: PV (a): Strogalyov RUS 5.60; TJ (c): Yastrebov 16.73/0.8; SP (c): 1, R Virastyuk 20.03; 2, Parkhomenko 19.76; HT (a): 1, Krykun 80.95; 2, Grabovoy 79.82; W LJ (b): Akulenko 6.68/0.1; HT (a): 1, Sekachova 68.16; 2, Rezanova 64.69; JT (b): Lyakhovich 58.44.

USA

Jun 1, Atlanta: 200 (1.6): M Campbell 20.47; 110H: (-0.3) Coghlan IRL 13.68 (1h1 13.55w/3.2);
Jun 8, Athens, GA: SP: 1, Beyer 20.32; 2, Hoffa 20.12; HT: Haklits CRO 79.30 rec; W HT: Ellerbe 66.74;
Jun 8, Palo Alto: 3000SC:Gary 8:26.05; TJ: Rusan 17.17w/2.5; W 100: wind reading was

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minus 2.7m;
Jun 8, Sacramento: Golden West Invitational (High School). 100: (1.0) 1, Brandon Christian 10.20; 2, Ivory Williams 10.27; 200: (nwi; hand times) 1, Christian 20.1; 2, Kelly Willie 20.3; 3, Williams 20.5; 400: 1, Willie 45.52; 2, Jeremy Wariner 45.85;
Jun 8, Seattle: PV: M Phillips 5.65;
Jun 8, West Point: W HT: Norgren-Mahon 71.64 rec.

road

AUSTRALIA

Apr 14, Canberra: W Mar: Miller ran 2:49:09 (not 2:29:09).

walks

GERMANY

Jun 2, Eisenhüttenstadt: 20k: 22, Griffin IRL 1:28:55; 29, S HOLLIER 1:32:22; 30, M HALES 1:34:51.

POLAND

Jun 8, Kraków: Robert Korzeniowski's 5th Market's Walk Meet. 10k: 1, Fernández ESP 37:52; 2, Korzeniowski 37:57; 3, Pérez ECU 38:24; 4, Markov RUS 39:01; W 5k: 1, Feitor POR 20:56; 2, Ryashkina RUS 21:01; 3, Yefimkina RUS 21:21; 4, T Korotkova RUS 21:25.

THE above review of World results is brought to you by Peter Matthews and Mel Watman, publishers of *Athletics International*, which contains much more detailed worldwide results.

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FRANCE

MEETING DU NORD, Lille, June 16

European vault record

SVETLANA FEOFANOVA warmed up for the Spar European Cup with European record of 4.76m in the pole vault.

But after then failing 4.82m, she said: "I am not that happy because I was ready to break the world record."

Behind the Russian, two French athletes, Marie Poissonnier and Vanessa Boslak, set national records of 4.41m – this, on the same day Janine Whitlock set a new UK best of 4.41m in Manchester.

Frenchman Stephane Diagana, the 1997 world 400m hurdles champion, took part in his first race since last August's World Championships – and he won, in 48.85 from Boris Gorban of Russia and Jiri Muzik of the Czech Republic. He later said he ran a poor tactical race and was poised to run much quicker soon.

Namibia's Frank Fredericks scored a fine sprint double to confirm his recent good form. He took the 100m in 10.14, with Christian Malcolm a disappointing seventh in 10.52, and the 200m in a swift 20.07.

Men
100 (-1.2): 1 F Fredericks (NAM) 10.14; ... 7 CHRISTIAN MALCOLM 10.52. **200:** 1 Fredericks 20.07; 2 D Buckland (MRI) 20.29; 3 J Batangdon (CMR) 20.47. **800:** 1 M Baala (FRA) 1:45.92. **3000:** 1 S El Ghazi (MAR) 7:43.74; 2 H De Souza (BRA) 7:44.27; 3 D El Himer (FRA) 7:45.00; 4 F Kiprop (KEN) 7:46.13; 5 A Behar (FRA) 7:47.02. **400H:** 1 S Diagana (FRA) 48.85; 2 B Gorban (RUS) 49.30; 3 J Muzik (CZE) 49.30. **3000SC:** 1 W Boit Kipketer (KEN) 8:04.48; 2 S Al-Asmari (KSA) 8:14.32; 3 A Hachlaf (MAR) 8:20.64; 4 I Lakhal (FRA) 8:25.76; 5 V Le Dauphin (FRA) 8:25.82; 6 B Zioni (FRA) 8:27.08; 7 C Belz (SUI) 8:27.54. **LJ:** 1 P Datchev (BUL) 8.29; 2 S Ergotic (CRO) 8.09; 3 I Pedroso (CUB) 8.06
Women
200: 1 M Hurtis (FRA) 22.54; 2 C Mothersill (CAY) 23.05. **800:** 1 Z Calatayud (CUB) 1:59.22; 2 E Grousselle (FRA) 2:00.07; 3 I Teichmann (GER) 2:00.16; 4 V Fouquet (FRA) 2:00.32; 5 A Nakhli (TUN) 2:01.33; 6 L Valdonado (FRA) 2:02.11. 100H (-0.5): 1 P Girard (FRA) 12.87; 2 L Ferga (FRA) 12.99; 3 H Aron (FRA) 13.07; 4 A Tejeda (CUB) 13.11; 5 Y Neyra (CUB) 13.21. **HJ:** 1 Y Sivushenko (RUS) 1.97; 2 V Seryogina (RUS) 1.97; 3 O Kaliturina (RUS) 1.94; 4 B Vlasis (CRO) 1.94; 5 Y Gulyayeva (RUS) 1.91. **PV:** 1 S Feofanova (RUS) 4.76 (European rec) 4.76; 2 Y Bushbaum (GER) 4.51; 3 Y Belyakova (RUS) 4.41; 4 C Hingst (GER) 4.41; 5 V Boslak (FRA) 4.41; 6 M Poisonnier (FRA) 4.41; 7 S Schulte (GER) 4.31; 8 K Molnar (HUN) 4.21; 9 M de Wilt (NED) 4.21; 10 N Rysich (GER) 4.06. **HT:** 1 O Tsander (BLR) 69.52; 2 M Montebrun (FRA) 69,92; 3 Y Moreno (CUB) 68.58; 4 S Keil (GER) 67.76; 5 Y Crawford (CUB) 66.18; 6 C Claretti (ITA) 65.23; 7 I Brkljcacic (CRO) 64.88; 8 F Ezeh (FRA) 62.28

MEETING INTERNATIONAL DE DREUX, June 14

Men
100 (-1.0): 8 KRIS STEWART 10.86. 200 r2 (-1.4): STEWART 21.63. **1500:** D Lemeunier (FRA) 3:36.25. **3000SC:** 1 J Kosgei (KEN) 8:20.54. **JT:** S Voynov (UZB) 80.65
Women
PV: 1 Y Isinbayeva (RUS) 4.60; 2 M Poisonnier (FRA) 4.40; 3 K Molnar (HUN) 4.40; 4 V Boslak (FRA) 4.35. **SP:** L Manfredi (FRA) 17.71.

GERMANY

RUHRGAS DLV-MEHRKAMPF-MEETING, Rattingen, June 15-16

Dec: 1 R Sebrle (CZE) 8701 (10.87, 7.76, 15.55, 2.10, 48.26, 14.04, 46.52, 5.00, 62.17, 4:29.76); 2 L Lobodin (RUS) 8433 (10.75, 7.35, 16.30, 2.04, 49.07, 14.08, 47.96, 5.00, 54.65, 4:38.41); 3 J Magnusson (ISL) 8390 (10.80, 7.54, 16.52, 2.04, 49.60, 14.29, 47.21, 4.80, 63.05, 4:53.02); 4 A Yurkov (UKR) 8311 (10.93, 7.50, 15.72, 1.95, 50.10, 14.47, 48.16, 5.20, 56.58, 4:38.13); 5 T Dvorak (CZE) 8226 (10.90, 7.29, 15.47, 1.92, 48.45, 14.07, 42.51, 4.30, 70.15, 4:29.45); 6 S Knabe (GER) 8099; 7 F Schonbeck 8023; 8 M Spahn (GER) 7814
Hept: 1 S Braun (GER) 6254 (13.52, 1.77, 13.76, 24.84, 6.24, 48.59, 2:19.61); 2 S Kesselschlager (GER) 6205 (13.50, 1.77, 14.05, 24.52, 6.19, 43.33, 2:18.28); 3 N Gomes (POR) 6160; 4 K Gutjahr (GER) 6080; 5 K Ertl (GER) 5955; 6 S Krieger (GER) 5838; 7 K Keller (GER) 5838; 8 A Meyer (GER) 5797; 9 K Porsche (GER) 5711

ASKINA 2002, Kassel, June 14

Men
5000: P Mossima (KEN) 13:18.25; 2 D Baumann (GER) 13:20.16. 110H (-0.5): 1 A Garcia (CUB) 13.25; 2 M Crear (USA) 13.51; 3 C Philipps (USA) 13.53; 4 R Kronberg (SWE) 13.57; 5 M de Souza (BRA) 13.59. **PV:** L Borgeling (GER) 5.75. **JT:** 1 S Makarova (RUS) 86.74; 2 B Henry (GER) 86.67; 3 D Trafas (POL) 82.94; 4 C Nicolay (GER) 80.62; 5 E Gonzales (CUB) 80.19
Women
400: L Ekpo-Umoh (GER) 51.79. **800:** 1 N Chrushelova (RUS) 2:00.69; 2 L Vreisde (SUR) 2:01.02. **100H:** 1 K Bolm (GER) 12/94; 2 Y Neyra (CUB) 13.00. **PV:** 1 I Buschbaum (GER) 4.64; 2 M Pyrek (POL) 4.57; 3 A Becker (GER) 4.50; 4 S Schulte 4.40; 5 V Flosadottir (ISL) 4.30p; 6 N Rysich (GER) 4.30; 7 C Adams (GER) 4.30; 8 H Person (SWE) 4.30. **TJ:** 1 E Olenikova (RUS) 14.32; 2 F Mbango (CMR) 14.28

LG HAMMER PARK, Hamburg, June 12

Men
100 (0.6): F Fredericks (NAM) 10.20. **400:** 1 G Haughton (JAM) 45.08; 2 S Niemi (CAN) 4519; 3 I Shultz (GER) 45.34; 4 JAMIE BAULCH 46.34. **100H (0.6):** 1 A Garcia (CUB) 13.34; 2 T Trammell (USA) 13.44; 3 Y Hernandez (CUB) 13.49; 4 M Crear (USA) 13.56; 5 S Bownes (RSA) 13.61; 6 R Kronberg (SWE) 13.65. **PV:** 1 T Lobinger (GER) 5.70; 2 D Miles (USA) 5.70; 3 R Spiegelburg (GER) 5.70; 4 O Brits (RSA) 5.60. **LJ:** S Stringfellow 8.26/-0.2. **TJ:** 1 C Friedek (GER) 16.76/0.1; 2 Y Quesada (CUB) 16.66; ... 4 LARRY ACHIKE 16.34. **SP:** 1 R Barthels (GER) 20.00; 2 M Mertens (GER) 19.84; 3 A Dittmar (GER) 19.60; 4 D Bock (GER) 19.42. **JT:** 1 S Makarov (RUS) 90.87 (90.87, -, -, -, -, -); 2 B Henry (GER) 81.97; 3 S Wenk (GER) 81.20; 4 P Blank (GER) 80.87; 5 D Trafas (POL) 80.04; 6 M Frank (GER) 78.65
Women
800: Z Calatayud (CUB) 2:01.35. **400H:** 1 D Pernia (CUB) 56.14; 2 H Meissner (GER) 56.48; 3 U Urbansky (GER) 56.62; 4 M Pskit (POL) 57.41. **3000SC:** 1 M Schulz (GER) 9:48.32; 2 A Rosa (POR) 9:48.51; 3 A Etter (SWE) 10:02.07; 4 K Hinds (JAM) 10:10.96; 5 L Ivanova (RUS) 10:18.95. **SP:** 1 A Kumbernuss (GER) 19.50; 2 N Kleinert (GER) 18.04; 3 E Adriano (BRA) 17.79; 4 N Beckel (GER) 17.63; 5 K Kluge (GER) 16.70

GREECE

ATHENS GRAND PRIX, June 10

DWAIN CHAMBERS tuned up for the Commonwealth Trials with a pair of races, including a personal best at 200m.

Despite not taking victory in either, the Belgrave Harrier clocked 20.27 to slice four hundredths of a second from his best set last year. He then ran a season's best of 10.08 in the 100m, a prelude to the 10.03 he would run at the Aqua-Pura Commonwealth Trials a few days later (see page 16).

In finishing second behind Bernard Williams' 20.19, the world 100m bronze medallist went to the top of the British rankings for the year.

The winner of the 100m, Maurice Greene, returned to the scene of his world record 9.79 three years ago, not to mention his first world championship victory in 1997.

With 9.97, the Olympic and world champion appeared over the injury problems that blighted his indoor season. Williams was second in 10.06, one place ahead of Chambers. Bath's Jason Gardener, who returned from injury to take European indoor 60m gold this spring, showed promising early season form with 10.17 for fifth. Commonwealth champion Ato Boldon of Trinidad was last.

Experimenting with a new stride pattern, Chris Rawlinson was fourth in the 400m hurdles in 49.17 behind American Joey Woody.

Catherine Murphy finished seventh as she continued her fight to overcome a virus that threatens to spoil an encouraging start to the season. The AAA indoor champion, who set a PB 51.50 earlier this year in Brazil, clocked 53.35.

100 (-0.2): 1 M Greene (USA) 9.97; 2 B Williams (USA) 10.06; 3 DWAIN CHAMBERS CHAMBERS 10.08; 4 C Miller (USA) 10.11; 5 JASON GARDENER 10.17; 6 S Crawford (USA) 10.22; 7 J Drummond (USA) 10.30; 8 A Boldon (TRI) 10.43. **Race 2 (0.7):** 1 D Aliu (NGR) 10.03; 2 U Emedolu (NGR) 10.19; 3 Y Theodorídis (GRE) 10.24; 4 A Gavélas (GRE) 10.25. **200 (1.3):** 1 B Williams (USA) 20.19; 2 CHAMBERS 20.27; 3 C Miller (USA) 20.30; 4 S Buckland (MRI) 20.31; 5 S Crawford (USA) 20.31; 6 A da Silva (BRA) 20.71; 7 K Conwright (USA) 20.73. **Race 2 (0.8):** 1 D Aliu (NGR) 20.25; 2 M Torrieri (ITA) 20.62; 3 U Emedolu (NGR) 20.62.
1500: 1 N Ngeny (KEN) 3:36.87; 2 C Chirchir (KEN) 3:37.51; 3 B Tahri (FRA) 3:37.66; 4 D Krummenacker (USA) 3:37.68; 5 S Konir (KEN) 3:37.79; 6 V Shabunin (RUS) 3:38.06; 7 P Stroubákos (GRE) 3:38.32; 8 N Bosch (FRA) 3:38.85.
3000SC: 1 S Cherono (KEN) 8:17.31; 2 T Kiplitan (KEN) 8:18.36; 3 J Kosgei (KEN) 8:23.92; 4 J Langat (KEN) 8:25.68; 5 S Kiplagat (KEN) 8:26.90; 6 J Blanco Luis (ESP) 8:29.27. **400H:** 1 J Woody (USA) 48.61; 2 J Carter (USA) 48.88; 3 B Gorban (RUS) 48.96; 4 CHRIS RAWLINSON 49.17; 5 I Weakley (JAM) 49.19; 6 E Thomas (USA) 49.31; 7 H Al-Somaily (KSA) 49.46. **HJ:** 1 M Boswell (CAN) 2.33; 2 S Holm (SWE) 2.30; 3 P Fomenko (RUS) 2.27; 4 T Janku (CZE) 2.24; 5 S Dymchenko (UKR) 2.20; 5 A Hammad (ALG) 2.20. **PV:** 1 J Hartwig (USA) 5.90; 2 T Lobinger (GER) 5.90; 3 V Chistiakov (AUS) 5.60; 4 A Averbukh (ISR) 5.40; 5 P Burgess (AUS) 5.40; 6 P Kristiansson (SWE) 5.40; 6 R Mesnil (FRA) 5.40; 8 N Hysong (USA) 5.40.
TJ: 1 C Olsson (SWE) 17.40/-0.3; 2 A Martínez (CUB) 17.22/1.8; 3 M Oprea (ROM) 17.11/1.3; 4 C Friedek (GER) 16.98/1.3; 5 R Dimitrov (BUL) 16.93/1.2; 6 A Glavatskiy (BLR) 16.85/-0.1; 7 J Gregório (BRA) 16.65/-0.1; 8 K Hanstveit (NOR) 16.61/0.4; 9 Y Betanzos (CUB) 16.60/-1.4; ... 13 P Camossi (ITA) 16.03/0.3. **HT:** 1 A Skvaruk (UKR) 81.71; 2 I Astapkovich (BLR) 81.34; 3 A Annus (HUN) 81.06; 4 O Krykun (UKR) 80.85; 5 A Papadimitríou (GRE) 79.98; 6 S Ziólkowski (POL) 79.78; 7 B Kiss (HUN) 79.64; 8 H Polihroníou (GRE) 77.65; 9 T Gécsek (HUN) 77.27; 10 V Piskunov (UKR) 76.61; 11 A Zagornyi (RUS) 76.57; 12 D Chaussinand (FRA) 75.37; 13 I Konovalov (RUS) 73.35
Women
100 (0.9): 1 Z Pintusevich-Block (UKR) 11.02; 2 M Hurtis (FRA) 11.06; 3 M Nku (NGR) 11.09; 4 C Gaines (USA) 11.14; 5 S Fynes (BAH) 11.16; 6 T Edwards (USA) 11.32. **Race 2 (1.1):** 1 J Campbell (JAM) 11.27; 2 K Gevaert (BEL) 11.34. **400:** 1 L Fenton (JAM) 51.49; 2 M Nguimgo (CMR) 52.66; 3 K Shinkins (IRL) 52.68; 4 D Hemmings (JAM) 52.94; 5 T Levina (RUS) 52.97; 6 C Goudenoúdi (GRE) 53.10; 7 CATHERINE MURPHY 53.35; 8 O Afolabi (NGR) 53.66. **800:** 1 J Ceplak (SLO) 2:00.16; 2 Z Calatayud (CUB) 2:01.21; 3 T Kirilova (BUL) 2:02.52; 4 A Samaria (NAM) 2:02.54; 5 M Papadopoúlou (GRE) 2:02.71; 6 C Howell (JAM) 2:03.13; 7 H Fuchsová (CZE) 2:03.16; 7 I Teichmann (GER) 2:03.16; 9 S Stals (BEL) 2:03.43. **3000:** 1 B Adere (ETH) 8:55.67; 2 E Masai (KEN) 8:56.72; 3 M Cioncan (ROM) 8:57.71; 4 A Turova (BLR) 9:00.51; 5 L Malot (KEN) 9:03.13; 6 H Abeylegesse (TUR) 9:06.20; 7 T Loroupe (KEN) 9:09.02. **100H (3.4):** 1 O Krasovska (UKR) 12.73; 2 Y Kasova (BUL) 12.84. **Race 2 (1.0):** 1 G Alozie (ESP) 12.63; 2 P Girard (FRA) 12.81; 3 A Kirkland (USA) 12.82; 4 A López (CUB) 12.97; 5 M Morrison (USA) 12.98; 6 S Dimitrova (BUL) 13.15; 7 B Foster (JAM) 31.10. **LJ:** 1 T Kotova (RUS) 6.90 (0.1); 2 T Vaszi (HUN) 6.78 (0.2); 3 C Montaner (ESP) 6.73 (1.0); 4 C Ajunwa (NGR) 6.63 (-0.4); 5 T Ter-Mesrobyan (RUS) 6.52 (0.3). **DT:** 1 N Sadova (RUS) 66.56; 2 E Zvereva (BLR) 65.56; 3 E Vóggoli (GRE) 64.61; 4 N Grasu (ROM) 64.52; 5 I Yatchenko (BLR) 64.23; 6 V Pospí ilová (CZE) 62.55; 7 O Antonova (UKR) 61.21; 8 N Ampleyeva (RUS) 57.12. **JT:** 1 O Menéndez (CUB) 66.18; 2 Y Ivakina (RUS) 64.23; 3 F Tilea-Moldovan (ROM) 63.88; 4 M Ingberg (FIN) 61.91; 5 N Szabó (HUN) 58.58; 6 T Kolkkala (FIN) 58.51; 7 V Zabruskova (RUS) 57.43; 8 S Líka (GRE) 55.19

IRELAND

WATERFORD CRYSTAL GRAND PRIX

RACE WALKS, Dublin (June 15)

JACOB SORENSEN set a Danish 50km record of 3:51.46 for victory after Guatemala's Luis Garcia had set the early pace, *Chris Smith reports*.

Robert Heffernan and Olympic silver medallist Kjersti Platzer won the two 20km races with England U20 Dominic King securing Commonwealth selection in 1:29.48.

Gillian O'Sullivan broke the Irish record with 1:29.11 for the women's silver.

Lisa Kehler, double Commonwealth medallist, proved she is in form for Manchester with a 10km senior win in 45:53. The final places for the English team to compete at the Commonwealth Games were filled by Dominic King, Don Bearman (20km), Gareth Brown (50km) and Sharon Tonks (20km).

Men
50km: 1 J Sorensen (DEN) 3:51.46 (Nat Rec); 2 L Garcia (GUAT) 4:30.06; 3 MICHAEL SMITH 4:44.56. **20km:** 1 R Heffernan (IRE) 1:21.32; 2 A Gandellini (ITA) 1:22.23; 3 J Costin (IRE) 1:22.45.
Vets 3km
1 P Murphy (IRE) 13:34; 2 B King (IRE) 14:16.
U20
20km: 1 DOMINIC KING 1:29.48. **10km:** 1 DANIEL KING 44:50.14; 2 ANDREW PARKER 46:10; 3 LUKE FINCH 46:33.
U19
5km: 1 J Dalton (IRE) 14:04; 2 G HAMBRIDGE 17:38.
U15
2km: 1 NICK BALL 9:31; 2 DERRY BROWN 9:53; 3 SIMON HAMBRIDGE 9:55; 4 LEWIS HAYDEN 10:05.
U13
1km: 1 P Gower (IRE) 5:02; 2 N ARNELL 5:30; 3 C TAYLOR 5:37.
Women
20km: 1 K Platzer (NOR) 1:28.54; 2 G

Available on cable and digital TV

O'Sullivan (IRE) 1:29.22 (Nat Rec); 3 E Rigato (ITA) 1:30.42. **10km:** 1 LISA KEHLER (W35) 45:52.56 (UK Vets Rec); 2 NIOBE MENENDEZ (W35) 46:37.05; 3 JOANNE HESKETH 54:39.52.
Vets 3km: J LANGFORD (W60) 18:57.
U20
1 SOPHIE HALES 52:24; 2 KATIE STONES 52:55; 3 CLAIRE REEVES 52:57.
U19
3km: 1 K McMahon (IRE) 15:47.02; 2 C Byrne (IRE) 16:41.44; 3 NATASHA FOX 16:58.92.
U17
3km: 1 A Loughane (IRE) 14:16.33; 2 C TOMLIN 17:20.47; 3 A Burtonshaw (IRE) 18:06.43.
U15
2km: 1 REBECCA MERSH 10:13.18; 2 JENNY GAGG 10:31.94; 3 L Reynolds (IRE) 10:36.96.
U13
1.2km: 1 K GRANGER 6:31.77; 2 LAURA GIMSON 6:32.38; 3 N GREEN 6:34.54.

PORTUGAL

LISBON INTERNATIONAL, June 15

Men
200: 1 F Obikwelu (NGR) 20.62; 2 M la Grange (RSA) 20.67; 3 DOUG TURNER 20.76. **800**: 1 J Mutua (KEN) 1:45.00; 2 N Tellez (CUB) 1:46.30; 3 F Almeida (POR) 1:46.54; 4 JAMES MCILROY 1:48.11. **1500**: 1 R Rono (KEN) 3:39.10; 2 P Biwott (KEN) 3:39.79; 3 J Achon (UGA) 3:39.98. **5000**: 1 P Kemei (KEN) 13:19.03; 2 G Jaouad (MAR) 13:20.59; 3 Y Kiefles (ERI) 13:24.20. 110H (1.6): 1 G Richardson (USA) 13.58; 2 C Lavarre (FRA) 13.64; 3 R Palma (POR) 13.78. **400H**: 1 R Mashchenko (RUS) 49.35; 2 C Silva (POR) 49.75; 3 E Monteiro (POR) 50.00. **PV**: M Allevi (ITA) 5.37. **LJ**: 1 J Lino (CUB) 8.08/2.5; 2 C Calado (POR) 8.00/2.9; 3 Y Pacheco (CUB) 7.91/4.2. **SP**: 1 A Dittmar (GER) 20.02; 2 G Guset (ROM) 19.60; 3 R Vyrastuck (UKR) 19.46; 4 M Fortes (POR) 18.18
Women
100 (1.5): 1 J Campbell (JAM) 11.20; 2 E Ojokolo (NGR) 11.22. **800**: 1 F Macharia (KEN) 2:01.35; 2 A Munoz (CUB) 2:02.48; 3 A Nedge (TAN) 2:03.03. **5000**: 1 M Denboba (ETH) 15:17.24; 2 I Chennonge (KEN) 15:17.25; 3 M Bastos (POR) 15:18.81. **HJ**: 1 O Pantelimon (ROM) 1.86; 2 V Styopina (RUS) 1.86. **DT**: 1 N Sadova (RUS) 64.40; 2 N Grasu (ROM) 63.04

SLOVAKIA

Slovak Gold, June 11

VERNICHA JAMES went to equal second the world junior list for the year as she set a personal best of 11.40 in the 100m.

Finishing 0.14 seconds clear, the European junior 200m champion looked ever more a strong contender for gold in the World Junior Championship in Kingston, Jamaica.

Among juniors this year, only Ghana's Vida Anim – at 11.16 - has run quicker than the Belgrave athlete, who had turned 18 five days earlier.

100 (2.1): 1 L Settle (USA) 10.26; 2 A Colombo (ITA) 10.29; 3 MARLON DEVONISH 10.30; 4 S Emmanuel (NGR) 10.30; 5 L Babály (HUN) 10.33; 6 R Zubek (CZE) 10.54; 7 M Vanderka (SVK) 10.71; 8 K Cupák (SVK) 10.83. **400:** 1 M Raquil (FRA) 45.96; 2 Z Szeglet (HUN) 46.11; 3 I Vieru (ROM) 46.12; 4 M la Grange (RSA) 46.51; 5 TIM BENJAMIN 46.71. DNS: IWAN THOMAS. **800:** 1 W Botha (RSA) 1:47.05; 2 D Bogdanov (RUS) 1:48.52; 3 S Beumer (NED) 1:49.29; 4 T Omey (BEL) 1:49.52; 5 S Al-Badri (QAT) 1:49.57; 6 L Vydra (CZE) 1:49.57; 7 MATT SHONE 1:49.82; 8 R Hanzel (SVK) 1:49.99; 9 A Giocondi (ITA) 1:51.31. **HJ:** 1 T Huikuri (FIN) 2.31; 2 P Brayko (RUS) 2.28; 3 T Ort (CZE) 2.28; 4 Y Rybakov (RUS) 2.25. **NM:** DALTON GRANT. **SP:** 1 Y Bilonog (UKR) 21.13; 2 V Tiisanoja (FIN) 20.77; 3 P Chumachenko (RUS) 20.04; 4 M Haborák (SVK) 19.83; 5 P Stehlik (CZE) 19.68; 6 S Kiss (HUN) 19.60
Women
100 (1.0): 1 VERNICHA JAMES 11.40; 2 B Müller (AUT) 11.54; 3 O Sidibé (FRA) 11.54. **400:** 1 G Prokopek (POL) 52.69; 2 F Ogunkoya (NGR) 53.65; ... 6 KIM WALL 55.13; 7 L Sichertova (CZE) 56.81; 8 I Sekyrova (CZE) 58.74
800: 1 N Khrusheleva (RUS) 2:02.04; 2 L Klocová (SVK) 2:02.73; 3 JO FENN 2:03.70. **100H (0.8):** 1 H Aron (FRA) 13.00; 2 E Vári (HUN) 13.19; 3 T D'Oyley (JAM) 13.26; 4 A Atede (NGR) 13.28; 5 M Liimask (EST) 13.45; 6 D O'Rourke (IRL) 13.47; 7 M Bobková (SVK) 13.48; 8 E Wölfling (AUT) 13.89. **400H:** 1 M Shiyan (RUS) 55.76; ... 7 TRACEY DUNCAN 58.74; 8 B Taylor (USA) 60.75. **LJ:** 1 I Yermolayeva (RUS) 6.56 (4.2); 2 T Ter-Mesrobyan (RUS) 6.56 (2.4); 3 E Zhdanova (RUS) 6.51 (2.3). **DT:** 1 V Pospilová (CZE) 63.38; 2 N Sadova (RUS) 63.02; 3 E Zvereva (BLR) 62.44; 4 I Yatchenko (BLR) 61.13; 5 N Ampleyeva (RUS) 57.38

SOUTH AFRICA

COMRADES MARATHON Durban to Pietermaritzburg, June17

Men
1 V Kotov (BLR) 5:30.59; 2 W Mtolo (RSA) 5:33.35; 3 J Aubeso Martinez (ESP) 5:33.37; 4 O Kharitonov (RUS) 5:34.43; 5 S Ackermann (RSA) 5:39.05; 6 A Geldenhuys (RSA) 5:39.45; 7 J Ikaneng (RSA) 5:44.11; 8 D Wallace (AUS) 5:44.19; 9 A Kelehe (RSA) 5:46.32; 10 F Nhlapo (RSA) 5:46.59.
Women
1 M Bak (GER) 6:14.21; 2 N Volgina (RUS) 6:17.26; 3 M Bychkova (RUS) 6:24.23; 4 F Mentoor (RSA) 6:41.20; 5 E Kolpakova (RUS) 6:41.56; 6 G De Oliveira (RSA) 6:43.12; 7 S Mhlangu (RSA) 6:53.41; 8 Y Razdrogina (RUS) 6:57.54; 9 M Montgomery (RSA) 6:59.24; 10 S Valentina (RUS) 7:02.41.

track

COUNTY SCHOOLS

(June 15 unless stated otherwise)

BEDFORDSHIRE & LUTON Bedford (June 12)

Inter Boys
100: 1 B Swanell (B) 11.5; 2 Campbell (NB) 11.6; 3 A Mahon (B) 11.7. **800:** 1 A Whetstone (NB) 2:03. **3000:** 1 J Horsman (B) 9.15. **100H:** 1 J Haywod (SB) 14.4; 2 R Young (B) 15. **SP:** 1 J Grant Jones (B) 39.84. **LJ:** 1 W Fleckney (SB) 6.58; 2 D Hughes (SB) 6.26. **TJ:** 1 L Barnett (L) 13.2; 2 N Kelly (NB) 12.46; 3 L Maitland (L) 12.18
Junior
100: 1 M Painter (SB) 12.1; 2 D Lavery (NB) 12.1; 3 W Lingham (B) 12.3; 4 J Mensa (L) 12.4; 5 M Chalky (NB) 12.5. **200:** Painter 25.1. **1500:** 1 C Watson (L) 4.35. **80H:** 1 D Hearn (NB) 12.8. **SP:** 1 R Mahoney (NB) 11.16. **JT:** 1 M Higgins (B) 38.29
Inter Girls
100: 1 S Odunsi (B) 12.7. **200:** 1 Odunsi 26.4. **300:** 1 R Baust (NB) 43.8. **SP:** 1 N Turner (NB) 9.22. **TJ:** 1 S Morton (G) 10.4; 2 J Savage (L) 10.2; 3 S Ohillon (L) 9.56
Junior
100: 1 J Christie (SB) 12.8. **200:** 1 Christie 27.1; 2 E Randall (SB) 27.8. **75H:** 1 L Ambrose (NB) 12.4; 2 K Daniels (G) 13. **LJ:** Christie 4.95; 2 Randall 4.86. **HJ:** Ambrose 1.55

BERKSHIRE Eton

GORDON GRIERSON produced one of the best performances, recording 56.01m with the U17 hammer.
Senior Boys
400: E Normanton (Slough) 51.7. **110H:** M Dyer (Reading) 15.2. **LJ:** M Hollaway (Brack) 6.57. **TJ:** J Heanley (Wok) 13.34. **HT:** R Mungham (Brack) 46.72. **JT:** M Ises (Slough) 46.61. **4x100:** Slough 45.5
Inter
100: R Percival (Wok) 11.4. **200:** R Gregory (W Berks) 23.5. **800:** E Lake (W&M) 2:06.9. **3000:** G Taylor (W&M) 9:18.8. **100H:** B Leadward (Slough) 14.7. **TJ:** A Afolami (Slough) 12.70. **SP:** A Sorey (W Berks) 13 81. **DT:** A Warriner-Gallyer (Slough) 34.54. **HT:** G Grierson (Read) 56.01. **JT:** M Bradley (Slough) 46.15. **4x100:** West Berkshire 47.2
Junior
100: J Baxter (Read) 11.7. **200:** K Morris (Read) 24.4. **400:**D Sporrard (W&M) 55.1. **80H:** A Mitchell (WB) 12.5. **HJ:** R Clarke (WB) 1.69. **LJ:** B Fletcher (Bra) 5.34. **SP:** J Thomas (Read) 11.09. **DT:** D Johnson (Read) 36.83. **JT:** D Whitty (Brac) 36.53. **4x100:** Bracknell 50.2
Senior Girls
1500: T Pritchard (Read) 4:43.0. **LJ:** K Turner (Slough) 5.77. **TJ:** J Wright (Brac) 10.99
Inter
100: S Uriwin (Read) 12.5. **200:** A Palmer-Johnson (W&M) 26.3. **300:** S Mabbett (W B) 41.9. **800:** C Bennett (Wok) 2:20.6. **80H:** S Madgett (Brack) 12 4. **300H:** M Hollifield (Read) 45.6. **JT:** R Semenytsh (W&M) 38.81. **4x100:** Reading 51.5
Junior
100: 1 L Duncan (Slough) 12.4. **200:** L Higgins (Brack) 27.5. **800:** B Wilmott (Read) 2:26.6. **75H:** H Shurley (W&M) 11.6. **HJ:** K Sandler (Read) 1.45. **LJ:** P Phillips (Read) 4.63. **SP:** H Stevenson (Read) 9.24. **JT:** E Glover (Wok) 25.63 **4x100:** Slough 53.4

BUCKINGHAMSHIRE Milton Keynes

CRAIG PICKERING, competing at U15 level in the first year, set championship bests at 100m and 200m, with 10.7 and 22.5 respectively.

His Milton Keynes clubmate Daniel Leonard followed suit, clearing 2.05m in the senior high jump to improve four centimetres on his pre-season best.

Further championships bests for the club came via Carly Palmer in the U20 triple jump (11.41m) and Kadi-Ann Thomas (12.1) in the U17 100m.

Senior Boys
100: 1 J Messant (MK) 11.3; 2 R Purkiss (HW) 11.4 **200:** J Messant (MK) 23.9. **400:** O Tree (MK) 52.3. **800:** P Winfield (MK) 2:01.0. **3000:** A Ugland (MK) 10:52.2. **110H:** M Jessop (MK) 16.0/57.9. **HJ:** D Leonard (MK) 2.05 (CBP). **PV:** A Patterson (A&C) 3.50. **LJ:** P Marke (MK) 6.16. **TJ:** A Bell (MK) 14.22. **SP:** H Scarffe (MK) 10.45. **DT:** R Trafford (MK) 32.64
TEAM: 1 Milton Keynes 116; 2 High Wycombe 29; 3 Amersham & Chiltern 7; 4 Aylesbury Vale 5
Inter
100: 1 C Pickering (AV) 10.7 (CBP); 2 L Joseph (HW) 11.3; 3 L Sheers (AV) 11.4; 4 L Blake (AV) 11.4; 5 P Rodgers (HW) 11.5; 6 D Moore (A&C) 11.7. **200:** 1 C Pickering (AV) 22.5 (CBP); 2 L Joseph (HW) 23.4 (23.2); 3 L Sheers (AV) 24.0 (23.3); **400:** J Blake (AV) 54.9. **800:** B Twigger (MK) 2:04.2. **1500:** P Erwood (AV) 4:16.2. **3000:** T Beedell (A&C) 10:18.2. **100H:** C Record (HW) 14.8. **400H:** C Duck (MK) 59.7. **1500 SC:** K Bennett (MK) 4:53.7. **HJ:** S Jalland (A&C) 1.75. **PV:** L Leach (MK) 2.50. **LJ:** G Rutherford (MK) 6.43. **TJ:** K Dalton (AV) 12.33. **SP:** J Brown (A&C) 11.39. **DT:** T Hunt (HW) 40.14. **HT:** L Julian (MK) 25.58. **JT:** C Record (HW) 44.18
TEAM: Milton Keynes 87; 2 Aylesbury Vale 84; 3 Amersham & Chiltern 78; 4 High Wycombe 42
Junior
100: 1 P Oguner (MK) 11.9; 2 R Tullock (A&C) 12.2; 3 J Blackie (HW) 12.3; 4 M Wilkins (AV) 12.5. **200:** 1 C Beck (A&C) 25.2 (24.7); 2 R Bushrod (HW) 25.6 (25.2); 3 P Gedgeon (MK) 25.7 (25.1); 4 D Bryant (MK) 25.7 (25.5); 5 R Tullock (A&C) 25.9 (25.5). **400:** B Williamson (MK) 58.9. **800:** S Bradley (MK) 2:12.0. **1500:** I Back (AV) 4:49.0. **80H:** 1 E Dickson (HW) 12.5; 2 C Johnstone (HW) 12.8. **HJ:** T Manton (A&C) 1.54. **PV:** A Cottrell (HW) 2.70. **LJ:** 1 C Beck (A&C) 5.54; 2 P Ginniya (MK) 5.54. **TJ:** E Dickson (HW) 11.86. **SP:** 1 C Martin (A&C) 11.59; 2 K Mason (MK) 11.19. **DT:** K McConnell (MK) 38.69. **HT:** 1 K McConnell (MK) 38.58; 2 K Mason (MK) 37.00. **JT:** M George (AV) 39.90
TEAM: 1 Milton Keynes 87; 2 Aylesbury Vale 84; 3 Amersham & Chiltern 78; 4 High Wycombe 42
Senior Girls
100: 1 K Freeman (A&C) 13.6; 2 J Lee (A&C) 14.0. **400:** M Okoro (MK) 59.9. **1500:** S Thomson (AV) 5:16.0. **3000:** N Chandler (AV) 13:02.9. **100H:** 1 F Cripps (AV) 15.4; 2 S Aikenhead (A&C) 15.6. **HJ:** S Jones (A&C) 1.50. **PV:** R Gibbens (AV, U17) 3.00. **LJ:** C Palmer (AV) 4.73. **TJ:** C Palmer (AV) 11.41 (CBP). **SP:** F Cripps (AV) 9.66. **DT:** J Robinson (MK) 17.60. **HT:** H Gibbens(AV, U17) 29.34. **JT:** A Lotay (AV) 29.48
TEAM: 1 Aylesbury Vale 77; 2 Milton Keynes 37; 3 Amersham & Chiltern 27
Inter
100: 1 K Thomas (MK) 12.1 (CBP); 2 N MacDermott (A&C) 12.2; 3 S Morgan (AV) 12.6. **200:** C Beckett (MK) 25.3; 2 K Thomas (MK) 26.1; 3 L Oakley (HW) 27.3; 300: A Beringer (HW) 45.8. **800:** 1 K Docherty (MK) 2:19.2; 2 M Jessop (MK) 2:21.9; 3 C Moss (MK) 2:25.9. **1500:** 1 G Turtle (A&C) 4:40.5; 2 S Wilson (A&C) 4:42.3; 3 C Moss (MK) 5:03.1. **3000:** E Hunt (MK) 11:08.7 (CBP). **80H:** 1 R Gibbens (AV) 12.2; 2 K Tilney (HW) 12.7. **300H:** G Hatton (A&C) 51.1. **HJ:** C Gumbs (A&C) 1.50. **LJ:** A Beringer (HW) 4.56. **TJ:** S Burrows (A&C) 8.87. **SP:** S Dudley (AV) 10.70 (CBP). **DT:** A Crombie (MK) 27.32. **JT:** C Aworth (MK) 23.46
TEAM: 1 Milton Keynes 83; 2 Amersham & Chiltern 68; 3 High Wycombe 55; 4 Aylesbury Vale 51
Junior
100: 1 S Blair (AV) 13.1; 2 Norman (AV) 13.2; 3 S Palmer (MK) 13.4 (13.3); 4 R Coombes (AV) 13.5. **200:** S Blair (AV) 27.3. **800:** A Roskilly (MK) 2:23.1. **1500:** 1 C Gaspar (MK) 4:56.2; 2 K Berryman (AV) 5:02.4. 75H: 1 G Kelley (AV) 12.4; 2 A Robinson (AV) 12.4; 3 C Lawrence (HW) 12.6; 4 M Stevens (HW) 12.8; 5 S Brain (AV) 12.9. **HJ:** 1 C Turner (A&C) 1.49; 2 N McSweeney (AV) 1.49. **LJ:** 1 L Meads (A&C) 4.73; 2 S Palmer (MK) 4.67; **SP:** 1 N McSweeney (AV) 10.48; 2 C Harrison (HW) 9.73; 3 S Trundle (A&C) 9.57. **DT:** 1 K Campbell (A&C) 24.94; 2 A Robinson (AV) 23.52. **JT:** R Harrison (A&C) 23.34
TEAM: 1 Aylesbury Vale 92; 2 Amersham & Chiltern 59; 3 Milton Keynes 39; 4 High Wycombe 29
OVERALL TEAM: 1 Milton Keynes 459; 2 Aylesbury Vale 370; 3 Amersham & Chiltern 307; 4 High Wycombe 220

CAMBRIDGESHIRE Peterborough

SCOTT MCKEVITT set one of four championship records when he threw the hammer 43.02m in the U15 category.
Senior Boys
400: 1 A Charlton (Hunt) 48.9 (CBP); 2 T Hames (Camb) 50.1. **800:** N Flynn (Camb) 1:58.7. **3000:** 1 A Allen (P'boro) 9:08.6; 2 W Clarke (P'boro) 9:09.8. **JT:** J Smith (P'boro) 49.29
Inter
100: 1 R Gadd (Hunt) 11.7; 2 L Reynolds (P'boro) 11.7. **200:** Reynolds 23.8. **400:** A Starnes (Camb) 53.1. **800:** L Danile (P'boro) 2:02.5. **1500:** C Knights (P'boro) 4:05.9. **3000:** D Pettit (Ely) 9:15.9. **DT:** B Cossey (Ely) 36.90
Junior
100: 1 J Markley (Camb) 12.2; 2 S Tidy (P'boro) 12.4. **200:** 1 Markley 24.7; 2 Tidy 24.9; 3 J Slade (Camb) 25.4. **400:** L Seymour (Ely) 56.2. **800:** E Aston (Camb) 2:06.8 (CBP). **80H:** 1 Markley 12.7; 2 S McKevitt (P'boro) 13.0. **HJ:** 1 C Heming (P'boro) 1.75 (CBP); 2 R Grabarz (Hunt) 1.65; 3 A Slater (Hunt) 1.65. **SP:** 1 M Davies-Binge (Hunt) 11.37; 2 S Selen (Camb) 11.15. **HT:** McKevitt 43.02 (CBP)
Senior Girls
800: M White (Camb) 2:23.1. **1500:** L Reynolds (P'boro) 4:49.6
Inter
100/LJ: L Hazel (Ely) 12.5/5.21. **300:** G Asztalos (Camb) 45.0. **800:** E Kreetzer (Camb) 2:26.3. **1500:** H Rule (Camb) 5:01.2. **HJ:** 1 D Faris (Hunts) 1.55; 2 Hazel 1.55. **SP/DT/JT:** C Edwards (Hunts) 11.66/27.74/30.31
Junior
100/200: R Copping (P'boro) 13.5/27.8. **75H:** 1 G Rogers (Camb) 12.4; 2 A Cone (Camb) 13.0

CHESHIRE Macclesfield

Senior Boys
100: 1 L Jepson (Mid Chesh) 11.4; 2 S Butterfield (Mid Chesh) 11.6; 3 R Buxton (S Chesh) 11.6. **110H:** 1 S Alexander (N Chesh) 14.7; 2 A Hopkinson (Macc) 14.9. **LJ:** 1 Alexander 6.64. **SP:** P Kennedy (S Chesh) 12.11
Inter
200: 1 A Arbuckle (Halt) 22.7; 2 E O'Neill (Macc) 23.1; 3 L Jepson (Mid Chesh, sen) 23.4; 4 J Hilton (Warr) 23.9. **800:** 1 B Green (N Chesh) 1:58.8; 2 J Buckley (Chest) 2:00.7. **1500:** 1 P Crisford (S Chesh) 4:37.8; 2 D Charlton (Macc) 4:43.9. **3000:** S Mills (Mid Chesh) 9:19.7. **100H:** C France (Elle P) 14.5. **HJ:** L Ankers (N Chesh) 1.75. **LJ:** T Clarke (Mid Chesh) 5.94. **SP:** 1 W Lowndes (Chest) 13.04; 2 G Leech (Mid Chesh) 12.69; 3 T Lloyd (N Chesh) 12.29. **DT:** 1 T Griffiths (N Chesh) 32.16; 2 J

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Hopkins (S Chesh) 30.59; 3 C Peate (N Chesh) 30.48. **4x100:** Macclesfield 46.2

Junior

100: 1 A Norton (S Chesh) 12.1; 2 I Rogers (NChesh) 12.4 (ht: 12.3); 3 C Rushton (Chest) 12.5 (ht: 12.4); 4 J Jenkins (S Chesh) 12.5 (ht: 12.4). **200:** 1 G Thomson (Halt) 24.2 (ht: 24.1); 2 M Barnes-Smith (N Chesh) 25.0 (ht: 24.8); 3 R Lowe (N Chesh) 25.0; 4 D Gregory (S Chesh) 25.1 (ht: 24.7). **80H:** 1 T Stringer (Mid Chesh) 12.8; 2 N Thornhill (N Chesh) 13.0. **HJ:** 1 T Dumbell (N Chesh) 1.66. **JT:** L Sloyan (Mid Chesh) 38.83

Senior Girls

400: S Murray (Macc) 59.7. **800:** K Kirkham (Macc) 2:23.1. **400H:** S Murray (Macc) 65.8. **SP:** 1 L Morgan (Halt) 12.70; 2 N Gore (Elle P) 10.31. **DT:** Morgan 40.18

Inter

100: J Birch (Macc) 12.9. **200:** 1 P Hayhurst (S Chesh) 26.2; 2 S Sweeney (S Chesh) 26.2. **300:** R Brooks (N Chesh) 44.1. **800:** 1 S Drury (Mid Chesh) 2:22.9; 2 B Carter (Mid Chesh) 2:24.8; 3 L Bestow (Chest) 2:26.8. **80H:** K Read (S Chesh) 12.4. **300H:** E Makin (Warr) 45.7. **HJ:** N Erskin (S Chesh) 1.52. **TJ:** 1 M Robbins (S Chesh) 9.79; 2 L Salter (Chest) 9.63; 3 N Abrams (Mid Chesh) 9.36; 4 S Myers (Warr) 9.10. **SP:** L Fisher (S Chesh) 10.00. **DT:** S Barber (Macc) 28.05. **JT:** 1 S Devoy (Elle P) 30.06

Junior

100: 1 H Jones (S Chesh) 13.4; 2 K Seward (Mid Chesh) 13.5. **200:** 1 K Sherwood (S Chesh) 26.8; 2 L Henning (Elle P) 26.9 (ht: 26.7); 3 C Payce-Drury (Macc) 27.8 (ht: 27.6). **In hts:** K Duncan (Mid Chesh) 27.9. **800:** E Coxon (Mid Chesh) 2:28.5. **75H:** 1 V Moorhouse (Mid Chesh) 12.0 (ht: 12.0); 2 L Rowe (N Chesh) 12.8 (ht: 12.7). **HJ:** 1 E Broadbent (N Chesh) 1.39; 2 A Wong (Macc) 1.36; 3 K Daniel (Macc) 1.33. **SP:** 1 N Cunningham (Chest) 10.61; 2 K Sadler (Macc) 9.77. **DT:** L Burton (Macc) 26.85. **JT:** 1 C Smith (Macc) 27.12; 2 C Hamilton (Macc) 25.07; 3 S Healy (Macc) 24.99. **4x100:** South Cheshire 52.3

CLEVELAND — Middlesbrough

Inter Boys

100: A Robson (H) 11.4; 2 J Baines (R) 11.6. **200:** 1 D Daniel (R) 23.0; 2 Baines 23.5. **800:** P Stockton (M) 2:00.0. **400H:** D Jordan (S) 60.4. **1500SC:** 1 J Minter (R) 4:37.4; 2 S Pogue (R) 4:44.6; 3 J Herring (S) 4:50.3. **HJ:** 1 Herring 1.87; 2 L Mathrui (M) 1.75. **LJ:** 1 C Jones (M) 6.19; 2 C Driffil (S) 6.10. **DT:** G Hill (S) 40.39. **HT:** 1 C Hogwarth (S) 53.11; 2 G Hill (S) 44.74; 3 C Alessi (S) 42.66

Junior

100: B Wilson (S) 12.1. **200:** C Bradley (R) 25.2. **400:** 1 T Grant (M) 55.3; 2 C Lambert (S) 56.3. **800:** 1 S Dixon (R) 2:10.7; 2 D Burdon (S) 2:13.2. **1500:** J Taylor (M) 4:29.8. **1500SC:** J Minter (R) 4:37.4. **80H:** S Henderson (S) 12.9. **HJ:** 1 L McElwee (M) 1.60; 2 L Tucker (R) 1.60

U13

100: 1 Y Alid (M) 12.8; 2 S Kilty (S) 13.2; 3 K Duffy (R) 14.00; 4 M McMahon (M) 14.00. **200:** Y Alill (M) 27.1. **800:** 1 Duffy 2:28.0; 2 D Hanson (S) 2:28.7; 3 J Rook (S) 2:29.4

Inter Girls

300: S Bates (S) 43.2. **800:** 1 Bates 2:22.4; 2 A Owen (R) 2:25.9. **1500:** S Hart (R) 4:51.2

Junior

100: F Winspear (M) 13.5. **200:** D Forester (S) 27.6; 2 Winspear 27.8. **800:** Z Verril (R) 2:30.5. **75H:** E Payne (H) 12.5. **HJ:** 1 D Clapton (R) 1.47; 2 C Sellers (S) 1.47. **LJ:** A Crow (S) 4.60. **JT:** H Conroy (R) 27.75

DURHAM — Jarrow

ENGLISH SCHOOLS' junior 400m champion Craig Glanville moved up to intermediate level and duly stormed to a conclusive victory that was inside the schools entry standard with 51.2 despite a stiff headwind down the home straight.

Lewis Robson, a talented pentathlete competing for West Wearside, was also inside the standard with a resounding win in 52.6 in the junior 400m.

Schools' intermediate triple jump silver medallist Graham Jackson beat the 1973 record by 69cm with an 14.40m.

Leanne Tucker was the other record-breaker, adding 1.46m to Alison Local's 21-year-old mark with 37.94m in the intermediate discus.

Senior Boys

100: D Grieves 11.6. **800:** S Brown 2:13.3. **1500:** 1 C Lamb 4:14; 2 P Martin 4:14.8. **110H:** D Robertson 16.1. **HJ:** J Mason 1.71. **LJ:** 1 D Robertson 6.20; 2 S Clifford 5.98; 3 D Small 5.85. **PV:** I Dodsworth 3.60. **SP:** 1 C Sturrock 13.18; 2 R Elliott 12.41. **DT:** Sturrock 34.26

Inter

Dairy Council Cup: 1 South West Durham 55; 2 West Wearside 47; 3 Gateshead 42

100: 1 D Brown 11.6; 2 C Burnside 11.9; 3 D Rodgers 12.0. **200:** 1 C Stoppard 25.1; 2 L Stoneman 25.2; 3 K Dover 26.1. **400:** 1 C Glanville 51.2; 2 J Carmichael 54.1; 3 R Thraves 55.4. **800:** 1 T Settle 2:00.4; 2 M Armstrong 2:01.6; 3 B Finn 2:06.9. **1500:** 1 N Zizzler 4:17.1; 2 G Taylor 4:18; 3 C Breckon 4:28.4. **3000:** 1 J Creegan 9:55.5; 2 A McCrae 10:17.4; 3 D Heslop 10:51.5. **100H:** 1 P Eden 15.6; 2 T Cullen 16.2; 3 M Thompson 16.6. **DT:** C Sturrock 34.26

Junior

Joseph Cup:1 Durham Central 57; 2 Wearside 34; 3 South Tyneside 32

100: 1 S Allen 12.4; 2 J Sands 12.5; 3 M Mellenthin 12.6. **200:** 1 A Brown 25.5; 2 M Scott 26.0; 3 C Fenwick 26.1. **400:** 1 L Robson 52.6. **TJ:** 1 W Robinson 12.0; 2 R Fairs 11.57; 3 M Telford 11.40. **SP:** 1 J Peam 11.03; 2 R Tinkler10.63; 3 M Lumley 10.39. **DT:** 1 A Shale 29.51; 2 H Clapp 25.68; 3 S Joyce 25.03. **JT:** 1 A Brown 38.57; 2 M Askew 31.61; 3 A McElvaney 30.25

Senior Girls

200: S Shalchi 29.4 **400:** V Finn 60.8. **800:** J Ritson 2:34.8. **1500:** 1 C Robson 4:50.7; 2 R Smith 4:57.5. **LJ:** N Grainger 4.47. **TJ:** 1R Pearson 10.29; 2 N Grainger 9.86. **SP:** 1 K Elliott 10.91; 2 E Foster 9.12. **DT:** 1 K Elliott 33.74; 2 L Scott 30.12; 3 G Bramley 27.38. **HT:** E Foster 31.20

Inter

Dr W Reed Cup: 1 Gateshead 71; 2 South Tyneside 43; 3 Darlington 40

100: C Jones 14.0. **200:** 1 A Mitchell 28.3; 2 G McIntosh 28.6; 3 C Marwood 28.9. **300:**1 G Brown 42.6; 2 G Morgan 44.2; 3 R Forest 45.4. **800:**1 S Davison 2:28.6; 2 S Evans 2:32.2; 3 K Beaton 2:44.5. **1500:** 1 M McKieran 5:18.2. **3000:** J Scott 10:57.7. **80H:** A Scott 13.4. **300H:** 1 G Allen 48.9. **HJ:** 1 E Morris 1.66; 2 D Armstrong 1.51; 3 L Nassau 1.39. **LJ:** 1 R Abbs 5.35; 2 J Grout 5.05; 3 N Meite 4.87. **TJ:** 1 S Evans 10.22; 2 S Brown 9.57; 3 H Bielby 9.43. **SP:** 1 Ly Tucker 9.22; 2 C Davidson 8.09. **DT:** 1 Lea Tucker 37.94 (CBP); 2 C Jones 23.08. **JT:** 1 A Winkworth 27.63. **4x100:** 1 South Tyneside 51.7; 2 Durham Central 54.1; 3 Gateshead 54.3

Junior

100: 1 L Arthur 13.2; 2 C Turner 13.6; 3 N Garthwaite 13.8. **200:** 1 K Thomas 27.6; 2 G Zizzler 28.0; 3 E Wood 28.2. **800:** 1 A Snook 2:34.6. **1500:** 1 L Wright 5:15.2; 2 C Harrison 5:15.9; 3 J Gibson 5:19.5. **75H:** 1 S Harding 13.12 C Turnbull 13.5. **HJ:** 1 D Phan 1.49; 2 Sa Lamb 1:49; 3 J Pringle 1:46. **LJ:** 1 Step Lamb 4:46; 2 L Simmons 4.35; 3 R Boulton 4.31. **SP:** 1 K Wilson 10.51; 2 K Breen 9.20; 3 K Ruffell 8.32. **DT:** 1 A Maddison 26.94; 2 L Collins 26.06; 3 A McDowell 19.92. **JT:** 1 A Kell 27.75; 2 A Coates 22:46; 3 A Holness 21.37. **4x100:** 1 South Tyneside 53.4; 2 Wearside 54.6; 3 Durham Central 55.0

Forrester Cup Aggregate: 1 Gateshead 173,2 Durham Central 166,3 West Wearside 130.

Tudor Foods Cup Relays: 1 West Wearside 16; 2 Durham Central 14, 3 South Tyneside 12

HAMPSHIRE
Mountbatten Centre, Portsmouth

Senior Boys

100: C Hall (E&W) 11.2; 2 C Cooper (Por) 11.2; 3 N Horton (E&W) 11.3. **200:** 1 Hall 22.5; 2 Cooper 22.6; 3 Horton 23.3. **400:** 1 M. Williams (G&F) 50.9; 2 J White (E&W) 51.6. **800:** 1 A Vandenburg (Ald) 1:58.4; 2 D Blyth (E&W) 1:59.1. **3000:** J Blackledge (IoW) 8:50.5; 2 T Davies (E&W) 8:54.0; 3 D Udal (SEH) 8.54.5. **2000SC:** G. Smith (E&W) 6:28.2. **110H:** C McKay (Ald) 15.8. **400H:** 1 D Bray (SEH) 55.8; 2 B Hazell (Bas) 56.6. **LJ:** 1 Bray 6.53; 2 B Hazell (Bas) 6.47. **TJ:** R Rumbold (Por) 12.74. **SP:** S Semple (Bas) 12.84. **DT:** 1 Semple 41.85; 2 R Jukes (Ald) 41.55. **HT:** L Harwood (IoW) 46.30

Inter

100: 1 P Chana (E&W) 11.5; 2 A Markham (NF) 11.7; 3 J Fearey (Por) 11.7. **200:** 1 M O-Mendez (Ald) 22.7; 2 B Richardson (E&W) 23.2; 3 G Petty (E&W) 23.3. **400:** J Hiornes (Ald) 51.6. **800:** 1 B Harding (G&F) 2:00.0; 2 A Chalk (Sot) 2:04.4; 3 G McDermott (Ald) 2:05.6. **1500:** C Light (E&W) 4:23.0. **3000:**1 A Friend (Ald) 9:20.0; 2 A Vernon (G&F) 9:31.1. **100H:** M Chippendale (Ald) 16.2. **HJ:** E Esders (Ald) 1.80. **PV:** R Cornell (E&W) 3.20. **LJ:** F Wooler (E&W) 6.09. **SP:** 1 A Bennett (E&W) 13.57; 2 A Davies (Ald) 12.71; 3 C Norris (IoW) 11.93. **DT:** S Cooke (Por) 49.61. **HT:** D Barton-Smith (IoW) 43.08

Junior

100: 1 T Cranmer (NF) 11.9; 2 O Williams (G&F) 12.0; 3 M Roberts (SEH) 12.1. **200:** 1 L Sellers (And) 24.0; 2 G Filer (IoW) 24.4; 3 C Lengo (Bas) 25.1. **400:** J Brice (Ald) 56.0; 2 T Keen (E&W) 56.2; 3 L Strange (E&W) 56.4. **800:** K Allen (E&W) 2:12.3. **1500:** 1 L Cox (Ald) 4:17.0; 2 J Whittington (E&W) 4:21.7. **80H:** O Leach (SEH) 12.9. **HJ:** 1 K Lakeland (E&W) 1.69; 2 J Abbot (IoW) 1.65; 3 B Holman (SEH) 1.65. **LJ:** R Parkin (IoW) 5.63. **TJ:** S Foster (Ald) 11.97. **SP:** 1 J Arons (SEH) 11.37; 2 A Death (IoW) 11.27. **DT:** 1 J Pragnell (E&W) 32.07; 2 Z Stephens (Sot) 30.48. **HT:** S Church (IoW) 39.66. **JT:** A Akehurst (SEH) 48.98

Senior Girls

400: 1 S Douglas (Ald) 58.4; 2 R Lewington (E&W) 60.2; 3 H Davis (IoW) 61.2. **3000:** 1 B Frost (IoW) 9:52.7; K Frost (IoW) 9:56.0. **DT:** 1 D Swatheridge (Bas) 32.77. **JT:** 1 S Ellis (SEH) 35.67; 2 H Davis (IoW) 34.86

Inter

100: 1 C Hopton (Ald) 12.6; 2 H McManus (NF) 12.7; 3 V Burgess (NF) 12.7. **200:** 1 K Sherliker (Sot) 25.4; 3 R Howarth (Ald) 26.8; 4 M Foote (NF) 27.4. **300:** 1 J McMonagle (NF) 44.2; 2 H Barton (NF) 44.2; 3 C Gallant (E&W) 44.5. **800:** 1 C Davis (SEH) 2:20.5; 2 R Driver (Ald) 2:25.0; 3 J Foote (NF) 2:27.7. **1500:** 1 S Hignett (NF) 4:52.9; 2 C Hammond (Ald) 5:05.0; 3 M Jones (Ald) 5:05.4. **80H:** K Batchelor (Ald) 12.4. **300H:** J Langton (Ald) 50.0. **HJ:** 1 C Pragnell (IoW) 1.60; 2 S Robertson (SEH) 1.52. **TJ:** 1 L Mulholland (And) 10.56; 2 L Freemantle (Ald) 10.40; 3 V Hobbs (G&F) 10.01. **DT:** 1 C Carding (Ald) 36.47; 2 J Williams (SEH) 26.99. **JT:** 1 N Broome (IoW) 27.93; 2 H Lindsay (E&W) 27.15; 3 A Green (NF) 27.01

Junior

100: F Parker (And) 12.5. **200:** 1 C Gear (NF) 26.4; 2 R Harris (Bas) 27.6. **800:** 1 H Jones (Ald) 2:27.6; 2 S Mucci (E&W) 2:28.7. **1500: 1500:** 1 I Lee (Ald) 4:50.5; 2 L Bowers (Sot) 4:54.1; 3 H Hall (Ald) 5:01.5. **75H:** 1 C Alexander (Por) 12.4; 2 S Skelton (Ald) 12.6; 3 N Parker (SEH) 12.9. **SP:** C Taylor (Por) 9.00. **DT:** C Oliver (IoW) 23.32. **JT:** 1 N Cross (SEH) 30.20; 2 L Stapleton (SEH) 27.04; 3 S Kaliwalg (NF) 25.69

KENT — Ashford

Inter Boys

100: D Bovell (BNW) 11.7. **200:** D Jedjrewski (Shep) 23.9. **400:** 1 N Leavey (St Aug) 50.3; 2 V Barzey (gst) 50.4; 3 O Bamgboye (Bex) 53.0. **800:** S Fennell (Maid) 2:04.1. **1500:** A Welch (Shep) 4:12.1.

100H: 1 A Johnson (BW) 14.3; 2 E Harrison (Maid) 14.3; 3 M Springett (S&T) 14.8; 4 D Lucas (Gill) 14.8; 5 M Saker (Maid) 14.9. **HJ:** 1 J Turnell (Shep) 1.80; 2 A Bowman (S&T) 1.80; 3 P Healey (A&W) 1.75; 4 J Baehr (Bex) 1.75. **LJ:** 1 R Wallace (BW) 6.18; 2 T Bateman (TW) 6.16. **SP:** C Gearing (Maid) 16.75. **DT:** 1 D Coleman (TW) 39.40; 2 J Hughes (Maid) 34.48. **HT:** A Tawanaee (BW) 44.02. **JT:** T Cawte (TW) 47.51. **4x100:** Maidstone 47.0

TEAM: 1 Maidstone 67; 2 Sevenoaks & Tonbridge 59.5; 3 Shepway 50; eq4 St Augustines & Canterbury/Bromley West 47; 6 Bromley North West 34.5; 7 Ashford & Weald 27; 8 Tunbridge Wells 26; 9 Chatham & Rochester 23; eq10 Gillingham/Bexley 23; 12 South East Kent 18; 13 Thanet 9; 14 Swale 2

Junior

100: 1 S O'Malley (Shep) 12.2; 2 T Kemp (St Aug) 12.3. **400:** R Owen (A&W) 54.7. **800:** 1 J Brisley (Shep) 2:12.8; 2 A Bailey (S&T) 2:12.8. **80H:** O Joris (S&T) 12.9. **HJ:** 1 J Rudd (Gill) 1.60; 2 M Steadman (S&T) 1.60. **LJ:** M Ormerod (TW) 6.09. **TJ:** D Haque (BNW) 11.98. **SP:** 1 D Kingwell (A&W) 13.83; 2 P Martin (Than) 12.28; 3 A Jameson (Maid) 11.60; 4 C Clemmow (S&T) 11.22; 5 B Latham (SEK) 11.10; 6 J Daffery (C&R) 11.04. **DT:** 1 S Birch (Maid) 47.44 (CBP); 2 B Wade (S&T) 30.98. **HT:** A Tawanaee (BW) 46.70 (CBP). **JT:** S Harvey (BW) 54.27. **4x100:** Sevenoaks & Tonbridge 49.0

TEAM: 1 Sevenoaks & Tonbridge 81; 2eq Bromley West/Bromley North West 40; 4 Shepway 39; 5 Tunbridge Wells 34; 6 St Augustines & Canterbury 29; 7 Gillingham 28; 8 Ashford & Weald 24; 9 Maidstone 23; 10 Chatham & Rochester 19; 11 Thanet 17; 12 Bexley 16; 13 Swale 13; 14 South East Kent 4

Inter Girls

100: 1 K Roomes (Maid) 13.1; 2 M Georgeson (Shep) 13.2. **300:** 1 J McKinley (BNW) 42.9; 2 R Acott (Maid) 43.8. **800:** D Crispin (Shep) 2:25.1. **1500:** E Fisher 5:00.7. **80H:** 1 M Crowe (C&R) 12.6; 2 N Olson (St Aug) 12.8. **300H:** 1 E Giles (Maid) 47.0; 2 R Chadwick (BW) 49.0; 3 L Reeves (Maid) 49.9. **LJ:** 1 S Alaneme (BW) 5.25; 2 L Hawkins (BW) 5.25; 3 L Colebrook-Taylor (Shep) 5.04. **TJ:** 1 C Schoburgh (BNW) 10.46; 2 J Blackall (St Aug) 9.74. **SP:** 1 A Magbadelo (Bex) 10.57; 2 Z Farag (BNW) 9.81. **DT:** 1 S Manchester (Maid) 32.24; 2 A Oliver (BNW) 32.05; 3 S Hanys (Shep) 28.01. **JT:** 1 C Lawrence (SEK) 30.13; 2 C Sylvester (BNW) 28.19; 3 A Commander (TW) 27.27. **4x100:** Maidstone 50.8

TEAM: 1 Bromley West 61; 2 Bromley North West 57; 3 Maidstone 54; 4 Tunbridge Wells 44; eq 5 Bexley/St Auhustines &Canterbury 43; 7 Shepway 40; 8 Chatham &Rochester 28; 9 Thanet 15; 10 South East Kent 13; eq11 Swale/Sevenoaks &Tonbridge/Gillingham 12; 14 Ashford &Weald 6

Junior

200: C Carr (Maid) 27.7. **800:** 1 H Miller (C&R) 2:28.7; 2 N Gray (Maid) 2:29.2.

1500: 1 A Gibbs (BNW) 13.2; 2 R Syrocki (BW) 13.8; 3 C Drozd (BW) 14.0. **75H:** H Olson (St Aug) 12.40; 2 J Rieck (S&T) 12.80; 3 J Wood (BNW) 12.80. **HJ:** 1 O Regent (St Aug) 1.53; 2 J Fielden (TW) 1.53; 3 S Wiffen (BW) 1.45; 4 J Ramsey (St Aug) 1.45. **SP:** L Yarnold (S&T) 9.73. **DT:** 1 R Blackie (BW) 27.07; 2 F Clark (BW) 25.69; 3 L Martin (St Aug) 24.38. **JT:** 1 S Page (Bex) 24.51; 2 A Manchester (Maid) 24.25.

4x100: Bromley West 53.7

TEAM: 1 St Augustines & Canterbury 63; 2 Bromley West 57; 3 Ashford & Weald 40; 4eq Chatham & Rochester/Tunbridge Wells 37; 6 Maidstone 35; eq7 Bexley/Sevenoaks & Tonbridge 31; 9 Bromley North West 29; 10 Swale 13; 11 Thanet 2

LINCOLNSHIRE — Grantham

Senior Boys

100/200: J Kelley (Linc) 11.5/23.2. **1500:** S Ablitt (Grant) 4:10.5. **HJ:** M Land (S Kest) 1.88

TEAM: 1 Holland 94; 2 Lincoln 65; 3 South Kesteven 27; 4 Grantham 19

Inter

100: 1 D Topliss (Linc) 11.4; 2 S Lee (Holl) 11.7. **200:** 1 Topliss 23.0; 2 Lee 23.4; 3 B Stimpson (Holl) 23.4. **400:** 1 Stimpson 51.7; 2 P Twidale (W Lind) 52.4. **1500:** H Robertson (Gran) 4.20:2. **3000:** J Mitchell (Linc) 9:09.4. **100H:** 1 T Stimpson (Holl) 14.6; 2 J Thornley (Holl) 14.9. **HJ:** D Mitchell (Holl) 1.84; 2 Robertson 1.81. **PV:** 1 M Finch (W Lind) 3.80; 2 C Titman (S Kes) 3.60. **LJ:** 1 J Eveling-White (Holl) 6.05; 2 R Dale (Holl) 6.02. **TJ:** 1 Eveling-White 12.68; 2 C Bressling (S Kes) 12.62. **SP:** 1 G Duller (Gran) 13.96; 2 D Fletcher (Holl) 13.82; 3 W Fletcher (SE Lind) 13.34; 4 A Lawrence (SE Lind) 11.68. **DT:** C Bryant (W Lind) 35.17; 2 N Harris (Holl) 34.60. **HT:** Duller 42.23. **JT:** J Bell (Linc) 56.95. **4x100:** Holland 45.1; 2 Lincoln 46.3

TEAM: 1 Holland 120; 2 Lincoln 62; 3 West Lindsey 50; 4 Grantham 43; 5 South East Lindsey 42; 6 South Kesteven 40

Junior

100: D Thomas (Gran) 12.1. **200:** 1 A Lusby (W Lind) 24.7; 2 D Thomas (Gran) 24.7; 3 N Goodman (Linc) 25.0. **400:** T Duffield (Linc) 56.5. **800:** 1 D Roome (Linc) 2:10.1; 2 C McDonagh (W Lind) 2:11.0. **HJ:** 1 S Morton (W Lind) 1.65; 2eq G Tucker (SE Lind) / S Cartwright (Holl) 1.62. **PV:** K McClymont (Grant) 2.50. **LJ:** M Sutton (SE Lind) 5.68. **TJ:** N Waterhouse (SE Lind) 11.60. **SP:** 1 B Ash (Holl) 12.41; 2 A Krohn (Gran) 12.20. **JT:** M Harland (Gran) 39.64. **4x100:** West Lindsey 50.0

TEAM: 1 West Lindsey 79; 2 Grantham 74; 3 Holland 61.5; 4 Lincoln 52; 5 South East Lindsey 32.5; 6 South Kesteven 19

Senior Girls

100/200: B Wilson (Holl) 12.6/25.7. **HJ/LJ:** J Forward (Gran) 1.66/5.04. **SP/DT:** C

Available on cable and digital TV

Barrett (SE Lind) 10.10/32.19
TEAM: 1 Holland 66; 2 South Kesteven 51; 3 South East Lindsey 29; 4 West Lindsey 28; 5 Grantham 18
Inter
300: 1 H Brylewski (Linc) 43.1; 2 C Steeles (S Kes) 44.8. **800:** R Nathan (Linc) 2:22.0. **80H:** Brylewski 12.6. **TJ:** 1 L Kitchen (Holl) 10.59 (CBP); 2 I Forward (Gran) 9.32; 3 S Hallgarth (SE Lind) 9.24; 4 N Oliver (W Lind) 9.02. **DT:** A Orrow (W Lind) 31.28. **JT:** 1 N Hill (Linc) 29.64; 2 N Dale (Linc) 27.56; 3 N Hobbs (Holl) 27.29
TEAM: 1 Holland 68; 2 Lincoln 62; 3 Grantham 51; 4 South Kesteven 46; 5 West Lindsey 43; 6 South East Lindsey 40
Junior
200: H Gregson (S Kes) 27.8. **75H:** 1 I Retberg (Gran) 12.4; 2 L Chamberlin (W Lind) 12.4. **HJ:** 1 V Hubbard (Gran) 1.51; 2 E Wells (S Kes) 1.45. **LJ:** G Rennison (SE Lind) 4.87. **SP:** R Hall (SE Lind) 11.62. **DT:** 1 Hall 28.74; 2 J Marshall (Holl) 27.65. **JT:** S Douglas (SE Lind) 28.70
TEAM: 1 Grantham 67; 2 South Kesteven 45; 3 South East Lindsey 44.5; 4 West Lindsey 42; 5 Lincoln 30; 6 Holland 25.5

LONDON Battersea Park

Senior Boys
100: G Muschamp (Cam) 11.4
Inter
100: 1 M Ximines (S'wark) 11.3; 2 S Yao (Lew) 11.3; 3 K Collins (Isl) 11.5; 4 D Wedderburn (Hack) 11.5; 5 S Kallon (Lam) 11.6; 6 C Gibbons (Tow H) 11.6. **200:** 1 J Regis (Lew) 22.8; 2 A Hinze (Wands) 23.3. **400:** 1 A Adepeju (S'wark) 52.7; 2 S Smith (Lew) 53.3. **800:** L Danagher (Cam) 2:05.1. **1500:** I Ibrahim (Hack) 4:12.2. **HJ:** 1 R Johnson (Cam) 1.90; 2 D Okojie (Hamm) 1.85; 3 M Morrison-Pemberton (Cam) 1.80; 4 R Beckford (Isl) 1.75. **LJ:** 1 E Ewulo (Westm) 6.76; 2 S Kallon (Lamb) 6.04. **TJ:** D Wedderburn (Hack) 13.07. **SP/DT:** B Lockwood (Green) 14.68/47.90. **JT:** A Johnson (Wands) 53.48
Junior
100: 1 D Awolesi (Westm) 11.7; 2 A Monerville (Lew) 11.8; 3 A Babb (Hack) 11.9; 4 J Chin (Wands) 12.1 (**ht:** 12.0); 5 D Karoma (S'wark) 12.2 (**ht:** 12.1). In hts: S Smith (Lew) 12.0; L Yearwood (Tow H) 12.0; J Samad (Tow H) 12.4; R Manlud (Hamm) 12.5; C Saldsman (Cam) 12.4; S Roberts (Lam) 12.4. **200:** 1 M Odejobi (S'wark) 24.1; 2 T Abu-Oloto (Hack) 24.3; 3 A Kacou (S'wark) 24.4; 4 J Williams (Green) 25.1. In hts: D Gibbons (Tow H) 25.2; S Trim (Hack) 25.2; L Douglas (Kens) 25.4; R Rahman (Tow H) 25.5. **400:** 1 D Parsons (Westm) 54.7; 2 I Lawal (S'wark) 56.0; 3 D Fenlon (S'wark) 56.9. **800:** 1 S Abankwah-Kissi (Wands) 2:05.6; 2 J Hill (Green) 2:08.7; 3 R Campbell (Cam) 2:10.1; 4 V Oderinde (Hack) 2:12.6. **80H:** 1 C James (Tow H) 12.4; 2 P Ball (Tow H) 12.8; 3 L Dimsdale (Green) 12.8. **HJ:** 1 A Fullerton (S'wark) 1.72; 2 A Babb (Hack) 1.69; 3eq S Patterson (Wands)/ C Savage (Green) 1.65; 5 L Boateng (Hack) 1.60. **LJ:** M Rahman (Tow H) 5.53. **TJ:** 1 Kacou 12.15; 2 M Burton (Law) 12.09; 3 James 11.58. **SP:** 1 J Thomas (Lew) 12.37; 2 Odejobi 12.11; 3 M South (Green) 11.14. **DT:** B Amin (Tow H) 28.25. **JT:** S Mills (Hack) 44.82
Inter Girls
100: 1 L Atijosan (Lew) 12.4; 2 V Akpofure (Lew) 13.1. **In hts:** M Nash-Odai (Lamb) 12.5. **200:** 1 Nash-Odai 26.0 (**HT:** 25.5); 2 S McGregor (Wands) 26.8; 3 S Nash (Westm) 27.3; 4 S Gutzmore (Cam) 27.5 (**HT:** 27.4). **300:** S Nash (Westm) 44.7. **80H:** 1 H Robinson (Lew) 11.9; 2 A Broadbelt (Hamm) 12.5. **300H:** 1 A Broadbelt (Hamm) 46.4; 2 A Forsyth (S'wark) 46.5; 3 S Scannell (Cam) 48.8. **HJ:** S Rainford (Lam) 1.65. **LJ:** 1 R Passley (Lam) 5.82; 2 Atijosan 5.50; 3 Gutzmore 5.20; 4 Robinson 5.18. **TJ:** A Anderson (Lew) 9.18. **SP:** C Onwubalili (S'wark) 9.23. **DT:** K Songhoron (Tow H) 32.67. **JT:** S Rainford (Lam) 29.04
Junior
100: 1 D Walker (S'wark) 12.5; 2 T Adolph-Andrade (Hack) 12.7; 3 W Nkansah (Kens) 13.0; 4 E Martin (Wands) 13.2; 5 K Douglas (Lew) 13.4. **200:** 1 Walker 25.7; 2 N Bartley (Lew) 26.7 (**HT:** 26.5); 3 Adolph-Andrade 27.0. In hts: W Nkansah (Kens) 26.8; F Cannon (Wand) 27.5; Douglas 28.0. **800:** 1 L Collier (Wands) 2:19.4; 2 L Hodges (S'wark) 2:28.1. **HJ:** 1 J Hanman (Lew) 1.49; 2 F Cannon (Wands) 1.46; 3 J Chan (Lam) 1.46. **SP:** 1 C Rhule (S'wark) 12.85 (CBP); 2 T Agoro (Lew) 11.50; 3 F Amiekumo (Wands) 9.86. **DT:** K Newell (Green) 22.97. **JT:** Hanman 23.77

MIDDLESEX
Copthall Stadium, Hendon

Inter Boys
100: 1 R O'Donovan (Brent) 11.3; 2 M Okoigan (Harrow) 11.6; 3 D Seenanden (Enf) 11.7; 4 R Raybe (H'gey) 11.7. in hts: D Walker (Enf) 11.7. **200:** J Alert-Khan (Barn) 23.0. **400:** R McCorquodale (Barn) 52.9. **800:** D Grant (Eal) 2:02.0. **1500:** 1 L Bowron (Eal) 4:13.5; 2 T Haughian (Rich) 4:15.0. **100H:** K Donaldson (Enf) 14.9. **400H:** B Carne (Hill) 59.2. **1500SC:** 1 D Russell (Barn) 4:31.4; 2 S Hall (Barn) 4:39.2; 3 W Armstrong (H'gey) 4:44.3; 4 P Harrison (Harrow) 5:00.6. **PV:** 1 C Wilson (Enf) 3.80; 2 M Cox (Harrow) 3.40. **HJ:** 1 O Sweeney (Harrow) 2.00 (CBP); 2 T Maitland (Harrow) 1.95. **LJ:** J Addai-Poku (Brent) 6.54. **TJ:** K Harris (Harrow) 12.47. **SP:** 1 E Obanye (Enf) 13.12; 2 A Hooyveld (Rich) 11.80. **DT:** 1 N Efobi (Enf) 45.04; 2 A Okello (Rich) 36.14; 3 J Carty (Harrow) 35.64. **HT:** J Joseph (Enf) 61.08 (CBP)
TEAM: 1 Enfield 98; 2 Harrow 92; 3 Barnet 73; 4 Haringey 54; 5 Ealing 44; 6 Richmond 28; 7 Hillingdon 22; 8 Hounslow 19
Junior
100: 1 P Crawford (Hill) 11.4; 2 D Thomas (Eal) 11.7; 3 O Oboh (Houn) 11.8; 4 M Mopombe (H'gey) 12.1; 5 A Zamani (H'gey) 12.1; 6 M Hashmi (Barn) 12.3 (**ht:** 12.1); 7 S Badu (Enf) 12.3 (**ht:** 12.0). In hts: J O'Para Douay (Hill) 12.3. **200:** 1 D Arbitter (Harrow) 24.0; 2 O Freeman-Willis (Rich) 25.0; 3 A Bridgeman (Houn) 25.2. **400:** 1 C Mayo (Hill) 55.1; 2 B Astachnowich (Enf) 55.9; 3 C Morrell (Enf) 56.8; 4 B Gill (Harrow) 57.1 (**ht:** 56.4). **800:** A Igi (Eal) 2:06.3 (**ht:** 2:05.7); 2 T Moncur (Enf) 2:07.8; 3 A Wahab (Eal) 2:12.2; 4 K Blackstone (Hill) 2:13.4 (**ht:** 2:12.3). **1500:** 1 G Glancy (Houn) 4:25.1; 2 B Stock (Eal) 4:28.9; 3 J Peterson (Harrow) 4:32.2; 4 L Wallkinger (H'gey) 4:35.7. **80H:** 1 M Johnson (H'gey) 12.1; 2 M Jones (Rich) 12.1; 3 M Allen (Enf) 12.3; 4 A Howells (Harrow) 12.4; 5 R Keeble (Harrow) 13.0. **HJ:** 1 P Richardson (Rich) 1.74; 2 J Luck (H'gey) 1.66; 3 K Pink (Barn) 1.64; 4 G Kiss (Hill) 1.60. **LJ:** 1 L Thomas (H'gey) 5.94; 2 Y Casals (Barn) 5.75; 3 K Williams (Barn) 5.53. **TJ:** W Mwade (H'gey) 12.31. **SP:** C McHardy (Harrow) 11.84. **DT:** 1 D Onajide (Barn) 35.98; 2 E Betts (Enf) 33.85; 3 K Madueke (Enf) 32.98; 4 H Price (H'gey) 30.03. **HT:** 1 L Edwards (Hill) 42.68; 2 H McInnes (Enf) 37.44; 3 T Moore (Enf) 34.19. **JT:** M Izquierdo (Rich) 37.08
TEAM: 1 Enfield 110.5; 2 Haringey 78; 3 Hillingdon 59; 4 Barnet 44; 5 Harrow 39.5; 6 Ealing 39; 7 Richmond 38; 8 Hounslow 31
Minor
100: 1 D Lewis (Barn) 13.5; 2 N Payne (H'gey) 13.6; 3 R Gotay (H'gey) 13.7; 4 R Okonkwo (Houn) 14.0. **1500:** 1 O Walsh (H'gey) 4:52.3 (CBP); 2 J Livermore (Enf) 4:57.3; 3 M Bryan (Houn) 5:08.9. **70H:** 1 J Whilby (Enf) 13.4; 2 T Coker (Houn) 13.4; 3 P Joseph (Houn) 13.6; 4 K Osubor(H'gey) 13.6. **JT:** T Nichol (H'gey) 30.43
TEAM - Overall boys: 1 Enfield 208.5; 2 Haringey 132; 3 Harrow 131.5; 4 Barnet 117; 5 Ealing 83; 6 Hillingdon 81; 7 Richmond 66; 8 Hounslow 50
Inter Girls
100: E Wilson (Harrow) 12.6. **80H:** H O'Sullivan (Enf) 12.7. **HJ:** A Carvey (H'gey) 1.60
TEAM: 1 Harrow 125; 2 Hounslow 77; 3 Ealing 43; 4 Enfield 33; 5 Richmond 22; 6 Hillingdon 15; 7 Barnet 13; 8 Haringey 8
Junior
100: 1 C Norriston (Houns) 12.7 (**ht:** 12.5); 2 Shal Mars (Enf) 13.1; 3 R Telfer (H'gey) 13.2 (**ht:** 13.1). **200:** 1 S Dickinson (Enf) 27.1; 2 S Jordan (Hill) 27.5. **800:** 1 L Barr (Barn) 2:18.6; 2 B Stock (Eal) 2:25.6; 3 L Clarke (Barn) 2:30.6. In hts: J Howard (Enf) 2:29.7. **1500:** K Alcock (Barn) 5:09.5. **75H:** C Tabony (Hill) 12.5. **HJ:** 1 E Newman (Harrow) 1.47; 2 S Corbin (H'gey) 1.45. **LJ:** H Danes (Eal) 4.72. **JT:** N Spencer (Rich) 27.45
TEAM: 1 Harrow 78; 2 Ealing 44; 3 Haringey 43; 4eq Enfield/Barnet 33; 6 Hounslow 32; 7 Hillingdon 19; 8 Richmond 8
Minor
80: 1 M Ajayi (Barn) 10.9 (CBP); 2 N Hinze (Hill) 11.0; 3 I Simmonds (Barn) 11.5; 4 A Boyle (Barn) 12.0; 5 D Reynolds (H'gey) 12.0; 6 H Butler (H'gey) 12.2. Guest: E Smith (Enf) 11.4. **1200:** M Bennington (Hill) 4:10.1. **70H:** H Comer (Hill) 12.2 (CBP). **HJ:** 1 J French (Hill) 1.30 (CBP); 2 D Sunomonu (Harrow) 1.30
TEAM - Overall girls: 1 Harrow 203; 2 Hounslow 109; 3 Ealing 87; 4 Enfiled 66; 5 Haringey 51; 6 Barnet 46; 7 Hillingdon 34; 8 Richmond 30

NORFOLK Norwich (June 12)

Senior Boys
100: S Setchell 11.5. **HJ:** H Butt 1.95
Inter
100: 1 B Hamblin 11.1; 2 J Digby 11.7. **200:** 1 Hamblin 22.8 (CBP); 2 D Vass 23.6; 3 Digby 23.7. **HJ:** B Pienaar 1.75. **LJ:** A Holmes 6.00. **TJ:** S Cheyne 12.60. **SP/DT:** R Smit 12.82/39.26. **JT:** I Moore 45.70
Junior
100: D Rodwell 12.1. In hts: S Secker 12.5. **200:** Rodwell 25.2. **400:** P Tudor 56.4. **80H:** 1 F Baker 12.7; 2 P Reed 13.0. **HJ:** 1 Baker 1.65; 2 N Roger 1.60. **TJ:** B Warnes 12.02. **SP:** 1 E Cattle 11.97; 2 K Oakley 11.12; 3 J Hollis 11.00. **DT:** J Gayson 30.85. **HT:** Oakley 35.32. **JT:** J McLeod 40.68
Senior Girls
100/TJ: J Chandler 13.0/10.55. **800:** 1 R Proctor 2:19.3; 2 H South 2:23.2. **1500:** Proctor 4:42.6
Inter
100: M Anderson 13.3. **800/1500:** D Brett 2:20.0/4:52.4. **80H:** 1 G Pike 12.5; 2 L Cowen 13.0. **300H:** Pike 48.7. **HJ:** R Bell 1.60. **LJ:** E Davis 5.46 (CBP). **TJ:** 1 Davis 10.08; 2 H Terrington 10.02; 3 L Godsill 9.77. **JT:** K Goodwin 30.65
Junior
100/200: K Hollings 13.3 (**HT:** 13.2)/27.8 (**HT:** 27.3). **75H:** 1 A Walsh 12.6; 2 K Morrison 12.9. **HJ:** Morrison 1.49. **LJ:** J Hunt 4.99. **SP:** K Southgate 11.97 (CBP). **JT:** 1 H McCombie 27.39; 2 A Claydon 25.22; 3 N Caleia-Ramas 24.25; 4 K Yaxley 23.54; 5 T Goreham 23.21

NORTH YORKSHIRE York

Senior Boys
100: J Wignall (HR) 11.5. **400:** P Drake (HC) 50.9. **800:** G Powell (HC) 2:01.4. **1500:** J Riley (York) 4:11.4. **JT:** D Moon (HC) 48.00
Inter
100: D Warman (York) 11.7. **400:** 1 R Buck (Scar) 51.4; 2 T Crow (HR) 52.2. **3000:** D MacQuarrie (York) 9:30.1. **LJ:** C Clayton (York) 6.41. **SP:** J Mitchmore (Scar) 12.52. **HT:** B Westerman (York) 43.79. **JT:** S Leckenby (HR) 47.48
Junior
100: 1 M Drury (HR) 11.8; 2 M Vickers (York) 11.9; 3 J Douthwaite (HC) 12.3; 4 T Snow (HR) 12.4. **200:** 1 M Dixon (York) 25.0; 2 S Pearson (HR) 25.3; 3 J Missin (Scar) 25.4. **400:** S Walton (York) 55.0. **800:** A Wintersgill (HC) 2:11.3. **1500:** 1 B Rusius (HC) 4:24.8; 2 A Duffield (Scar) 4:29.8. **HJ:** 1 S Stanislaus (HR) 1.67; 2 G Hunter (York) 1.64; 3 R Bowers (HR) 1.61. **LJ:** 1 B Darville (HR) 5.56; 2 S Copsey (HC) 5.54. **TJ:** L Mason (York) 11.53. **SP:** 1 J Brocklesby (HR) 12.42; 2 J Lancaster (York) 11.73. **DT:** C Puenta (HC) 32.26. **JT:** O French (HC) 40.55
Senior Girls
400: K Searle (York) 60.1. **HT:** J Wheatman (Scar) 32.84
Inter
100: K Caffrey (York) 12.9. **200:** L McAlhone (HR) 26.7. **HJ:** L Jarvis (York) 1.53. **TJ:** 1 A Tombleson (HR) 9.95; 2 E Fowler (York) 9.90; 3 Z Lee (HR) 9.88; 4 G McCartney (HC) 9.68; 5 J Strain (York) 9.31; 6 C Wade (Scar) 9.27. **SP:** E Shaw (HC) 10.69. **JT:** 1 S Wade (Scar) 31.30; 2 A Hackney (HR) 28.20; 3 K Owens (HR) 28.05
Junior
100: 1 J Taylor (York) 12.8; 2 N Howard (York) 13.0. **800:** K Mellor (York) 2:27.0. **1500:** 1 T Wheatman (Scar) 5:02.1; 2 J Roberts (HR) 5:03.2. **75H:** 1 E Ackroyd (York) 12.6; 2 H Carradin (HC) 12.8. **HJ:** 1 A Askew (HC) 1.57; 2 J Lumley (HC) 1.55; 3 B Rennison (HR) 1.47. **LJ:** 1 J Hackney (HC) 4.75; 2 C Scott (Scar) 4.72; 3 R Parker (HC) 4.62; 4 L Murfin (HC) 4.60. **SP:** C Donnelly (HC) 9.20. **DT:** A Fawcett (HC) 29.62. **JT:** 1 D McGilvray (HR) 24.37; 2 N Smith (York) 23.10

NORTHAMPTONSHIRE Corby

SAM HERRINGTON threw a championship best 50.18m in the intermediate boys' discus.
Inter Boys
200: J Wright (K) 23.5. **400:** R Glover (N) 50.9. **800:** 1 R Glover (N) 1:59.9, 2 A Barritt (N) 2:02.2. **100H:** G Joyce (N) 14.7. **SP:** 1 S Herrington (SN) 14.54; 2 L Hyland (N) 13.34. **DT:** Herrington 50.18 (CBP); P Nanci (SN) 35.46 (gst). **JT:** P Nanci (SN) 45.98. **HT:** L Hyland (N) 38.07. Guest: Herrington 51.27. **TEAM:** 1 South Northants 171, 2 Northampton 160, 3 Wellingborough 92, 4 Kettering 79, 5 Corby 64.
Junior 100: 1 A McWilliams (N) 12.0; 2 J Brown (W) 12.2; 3 J Craddock (W) 12.4; 4 B Taylor (N) 12.5. **200:** E Vann (N) 25.5. **400:** 1 B Beasley (SN) 53.4; 2 L Valentine (K) 53.8; 3 A Allen (N) 54.4. **800:** M Copson (SN) 2:12.1. **HJ:** 1 A Allen (N) 1.72; 2 N Fitzpatrick (K) 1.60; 3 M Wright (K) 1.60; 4 G Hutt (SN) 1.60. **LJ:** 1 A McWilliams (N) 5.90; 2 J Broughton (SN) 5.54. **DT:** 1 W Smith (SN) 31.83; 2 T Williams (K) 31.61. **4x100:** Northampton 49.4
TEAM: 1 Northampton 169, 2 Kettering 163, 3 South Northants 124, 4 Wellingborough 93, 5 Corby 61.
Inter Girls
100: 1 N Jowett (SN) 12.8; 2 N Wills (K) 13.1. **200:** 1 R Clarke (SN) 26.0; 2 Jowett 26.2; 3 K Luck (K) 27.4. **300:** G Elliott (W) 45.0. **800:** 1 J Nicholson (C) 2:24.1; 2 K Finch (N) 2:25.8. **1500:** 1 L Goldie (C) 4:57.4, 2 C King (W) 4:59.9. **300H:** 1 J Smith (SN) 48.4; 2 L Miller (K) 49.6. **HJ:** K Murphy (SN) 1.52. **TJ:** 1 J Smith (SN) 9.93; 2 L Fox (SN) 9.66. **JT:** S Dunkley (N) 28.75. **4x100:** Kettering 53.0**TEAM:** 1 Kettering 163, 2 South Northants 155, 3= Northampton 98, 3= Wellingborough 98, 5 Corby 76**Junior 100:** 1 N Smart (W) 13.4. **200:** 1 J Duck (SN) 25.6 (CBP); 2 H Littlejohn (N) 26.2; 3 C Allee (SN) 26.9. **800:** 1 R Hall (K) 2.21.2; **1500:** 1 M Jones (SN) 4:57.2; 2 S North (K) 4:58.6; 3 S Cooper (K) 5:04.8. **HJ:** 1 I Collyer (C) 1.55; 2 A Pelling (K) 1.55. **LJ:** L Edwards (K) 4.69. **DT:** 1 R Hay (C) 33.41 (CBP); 2 R Backhouse (K) 26.91. **JT:** H Laskey (K) 25.27. **4x100:** South Northants 52.9 (CBP)
TEAM: 1 Kettering 144, 2 South Northants 123, 3 Wellingborough 108, 4 Corby 83, 5 Northampton 76.

NORTHUMBERLAND Gateshead

DESPITE the blustery conditions, five records were broken and several national qualifying standards were achieved, *Les Venmore reports.*

Former English Schools' gold medallist in the intermediate 100m hurdles, Peter Middleton of North Tyneside, set new figures in the senior 400m hurdles, bettering the previous record by 1.8 seconds with 57.2.

Kieran Flannery of Newcastle, the winner of the first race to be held at the City of Manchester Stadium when he took the North of England U17 400m hurdles title, bettered the previous figures in the intermediate age group, by a fifth of a second. In both cases, John Bell, now running for Newham and Essex Beagles, lost his county record.

Nisha Desai of East Northumberland (fourth in the 2001 English Schools' 800m), won the senior 400m and 800m titles, setting championship best figures in both.
Senior Boys
100/200: D Riley (EN) 11.1/22.2. **400:** S Smith (NT) 51.3. **800:** A Graham (Nc) 1:58.4. **1500** 1 J Graham (Nc) 4:01.0; 2 R McLeod (N) 4:04.6; 3 P Hutton (Nc) 4:10.6. **110H:** R Myers (T) 16.1. **400H:** P Middleton (NT) 54.8 (CBP). **SP:** D Hewitson (NT) 13.85
Inter
100: 1 P Moore (NN) 11.3; 2 K Eseonu (Nc) 11.3; 3 B Lavender (EN) 11.5. **200:** 1 A Selby (EN) 22.9 (**HT:** 22.8); 2 B Lavender 23.1. **400:** 1 C Campbell (EN) 51.3; 2 B Walpole (T) 51.9. **800:** N Shrubb (EN) 2:02.8. **1500** K Wilson (EN) 4:11.5. **400H:** K Flannery (Nc) 57.2 (CBP). **TJ:** M Weddell (NN) 12.81. **DT:** R Younger (T) 34.60
Junior
100: 1 J Sinclair (NN) 11.7; 2 S Horsburgh (Nc) 11.8; 3 A Manley (EN) 12.1; 4 S Harrison (NT) 12.5 (**HT:** 12.3). **200:** 1 J Sinclair 23.6; 2 I Gate (EN) 25.5. **400:** R Bissessur (Nc) 56.0. **800:** J Young (EN) 2:09.9. **80H:** 1 G Armstrong (NT) 12.8; 2 D Powton (Nc) 12.9. **PV:** A Hurley (Nc) 2.60. **LJ:** S Egdell (NN) 5.50. **TJ:** D Blackett (NT) 12.28 (CBP). **SP:** 1 S Bowen (NT) 12.78; 2 R Packard (EN) 11.14. **DT:** J Armstrong (EN) 30.53. **HT:** R Robson (T) 34.22. **JT:** S Baston (NN) 38.21
Senior Girls
100: T Ameobi (Nc) 12.6. **400:** 1 N Desai

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(EN) 57.3 (CBP); 2 V Carmichael (Nc) 58.7. **800:** Desai 2:11.2 (CBP). **1500** C Whickham (NT) 4:45.5. **3000:** A Fox (EN) 10:41.2. **100H/LJ:** S Haworth (EN) 16.4/5.22. **SP/HT:** L-M Shippen (EN) 10.01/34.60

Inter

200: N Halliday (EN) 27.0. **300:** 1 V Wester (Nc) 42.2; 2 N Halliday 42.3; 3 K Rodmell (T) 43.5. **800:** 1 K Rodmell 2:16.9; 2 A Gibson (Nc) 2:21.1; 3 E Whewell (Nc) 2:25.5. **3000:** S Crowe (Nc) 10:58.9. **300H:** H Rodgers (NT) 47.4 (CBP). **HJ:** R Al.Ammar (NT) 1.54. **TJ:** 1 M Ward (T) 10.30; 2 A Wood (T) 9.93. **SP:**: 1 C Ellis (Nc) 9.45; 2 J Lazenby (NN) 9.07. **DT:** C Suleman (Nc) 28.81

Junior

100: 1 R Willi (EN) 12.9; 2 C Pattison (NT) 13.2; 3 P McGregor (EN) 13.3. **200:** 1 R Willi 26.4; 2 S De la Hunt (Nc) 26.9. In Heat: J Graham (NT) 27.8. **800:** V Beck (Nc) 2:28.5. **1500** 1 M Ferrier (T) 5:01.5; 2 E Nesbitt (NT) 5:01.6; 3 C Gilmore (NT) 5:01.7. **HJ:** 1 A Pearsons (NN) 1.49; 2 L Gifford (Nc) 1.47; 3 R Birch (EN) 1.47. **LJ:** S De la Hunt 5.05. **SP:**: V Young (NT) 9.34. **DT:** S Dodd (NT) 22.97.

Key: NN - North Northumberland T - Tynedale EN - East Northumberland NT - North Tyneside Nc - Newcastle.

SUFFOLK Northgate

Senior Boys

400: O Barrett (S) 51.1. **800:** R Rogers 1:59.9. **110H:** A Meakin (S) 16.5. **SP:** L Devereux (N) 11.55. **JT:** C McManus (S) 32.74.

Inter

100: 1 C Stamp (W) 11.5; 2 K Ryan (S) 11.5; 3 S Foster (S) 11.6; 4 W Newell (S) 11.6. **200:** B Higgins (S) 22.5; 2 Stamp 23.6. **HJ:** 1 D King (S) 1.75; 2 O Silvey (S) 1.75. **LJ:** 1 R Burton (W) 6.25; 2 J Ackerley (S) 6.05; 3 F Bright (W) 6.02. **JT:** C Jons (W) 45.24

Junior

100: 1 A Palfrey (W) 11.0; 2 D Green (S) 12.1; 3 M Crick (W) 12.2; 4 A Proctor (S) 12.3; 5 S Cox (W) 12.3; 6 T Watson (S) 12.5; 7 D Macrosson (S) 12.5. **200:** 1 Palfrey 24.2; 2 Green 24.7. **400:** 1 H Harcourt (W) 56.3; 2 S Dawes (N) 56.9. **800:** 1 J Shaw (W) 2:09.6; 2 A Wold (S) 2:11.1. **80H:** 1 D Turner (W) 12.9; 2 J Armstrong (S) 12.9. **HJ:** B Mark (N) 1.60. **LJ:** 1 Green 5.94; 2 S Cole (W) 5.84. **SP:** S Clarke (S) 11.24

Senior Girls

100/200: L Wells (W) 12.4/26.7. **1500:** C Holme 4:57.1. **LJ:** A Clayton (W) 5.40. **JT:** J Chapman (W) 38.00; 2 E Kenny (S) 20.01

Inter

100: L Morgan 12.3; 2 T Double (S) 12.7; 3 C Schumann (S) 13.1. **200:** 1 J Thake (W) 25.8; 2 Double 26.4; 3 C Chilvers (S) 26.7; 4 C Schumron (S) 27.3. **300:**1 Thake 41.6; 2 Chilvers 42.6; 3 H Petitt (W) 45.0.

80H/HJ: T Spurling (W) 12.8/1.55. **LJ:** K Williams (S) 4.89. **TJ:** 1 T Purling (W) 10.83; 2 S Wallis (S) 9.96; 3 Williams 9.57; 4 J Burridge (N) 9.29; 5 L Mee (S) 9.12; 6 K Thorndyke (S) 9.05; 7 C Anderson (S) 9.04. **DT:** E Polson (S) 29.09. **JT:** 1 M O'Neill (Co up) 33.71; 2 B Martin (RHS) 28.22.

Junior

100: 1 N Sadler (S) 12.6; 2 C Frost (S) 13.1; 3 E Beckett (S) 13.3; 4 H Todd (S) 13.4. **200:** 1 Sadler 26.0; 2 R Jennings (N) 27.1. **1500:** 1 L Dowsing (W) 4:55.9; 2 G Hutson (N) 4:58.0. **75H:** 1 S Tippett (S) 12.1; 2 H Todd (S) 12.8; 3 K Fuller (S) 12.9. **LJ:** 1 O Knight (S) 4.68; 2 Tippett 4.61. **JT:** J Wray (W) 24.50.

SURREY Kingsmeadow, Kingston

Senior Boys

100 (-1.0): U Anomelechi (N Croy) 11.23. **200 (-1.3)**: 1 R Watson (NW Sy) 22.82; 2 K Tejan-Cole (King) 23.09. **400:** G Dublin (N Croy) 50.66. **800:** P Ventris (S Croy) 2:01.94. **2000SC:** A Smith (Wav) 6:11.2. **110H (-1.8)**: 1 K Frempong (King) 14.9; 2 D Rogers (Wav) 15.3; 3 R Aidoo (S Croy) 15.6. **HJ:** E Maddy (Mert) 1.85. **LJ:** 1 P Greenland (N Croy) 6.98; 2 B Nnanyere (N Croy) 6.71. **TJ:** 1 A Nelson (S Croy) 14.30; 2 E Anomelechi (S Croy) 14.17; 3 J Heptonstall (NE Sy) 13.49. **SP:** 1 K Stevens (C Sy) 15.10; 2 C Jones (Mert) 11.80; 3 O Aslett (SW Sy) 11.66. **JT:** A Hanlon (Guild) 45.83

Inter

100 (-0.8): F Ishola (Sutt) 11.54 (**HT:** 11.4). In hts: R Williams (N Croy) 11.6. **200 (-1.4)**: D Colegate (NW Sy) 23.01. **400:** 1 R Thomas (C Sy) 51.12; 2 M Dempster (S Croy) 53.23; 3 M Garside (Guild) 53.37; 4 L Campbell (N Croy) 53.44. **800:** 1 B Pink (S Sy) 2:02.42; 2 I Cox (S Croy) 2:05.98. **3000:** M Mashford (Guild) 9:26.02. **1500SC**: M Jee (S Sy) 4:54.7. **100H (-2.4)**: 1 R Alexis-Smith (Sutt) 13.97; 2 S Ogunsheye (C Sy) 14.10. **HJ:** 1 D Cole (NW Sy) 1.90; 2 M Whitehouse (Guild) 1.90; 3 D Campbell (N Croy) 1.90; 4 T Sato (S Croy) 1.78; 5 M Leyland (C Sy) 1.78. **LJ:** 1 B Yeboah (N Croy) 6.83; 2 G Wilson (N Croy) 6.71. **TJ:** C Ingham (Wav) 13.12. **SP:** I Gillespie-Smith (Sutt) 13.64. **DT:** 1 J Sacha (Wav) 39.56; 2 G Hoskins (Sutt) 38.59. **HT:** M Covington (Guild) 52.94. **JT:** R Chambers (NW Sy) 48.99

Junior

100 (-1.3): 1 E Akoto (N Croy) 11.70; 2 H Aikins-Arreste (Sutt) 11.89 (**ht:** 11.8); 3 S Dixon (Mert) 12.18 (**ht:** 12.1). **200 (-0.7)**: J Low (S Sy) 25.14 (**ht:** 24.94/-0.4). **400:** 1 D Pollen (Sutt) 55.36; 2 A Watts (S Sy) 55.64. **800:** 1 O Ralph (S Croy) 2:06.97; 2 K Murphy (Mert) 2:08.57; 3 A Denton (S Sy) 2:10.13. In ht: M Ford (S Sy) 2:11.2. **1500:** 1 G Bradbury (NE Sy) 4:24.70; 2 S Blake (NW Sy) 4:27.29; 3 J Bright (S Sy) 4:34.12. **80H (-1.6)**: 1 D Davies (Sutt) 11.13 (**ht:** 11.11/-0.9); 2 J Roye (S Sy) 11.47 (**ht:** 11.42/-0.9); 3 N Canty (S Croy) 12.02; 4 A Green (C Sy) 12.31 (**ht:** 12.11/-1.2); 5 D Jefferies (Guild) 12.53. In hts: N Barrett (S Sy) 12.57/-0.9. **HJ:** 1 D Cipriani (S Croy) 1.68; 2 A Hamilton (S Croy) 1.60. **TJ:** 1 M Faure (Wav) 12.06; 2 L Hicks (Sutt) 11.85; 3 R Jasper (S Sy) 11.61; 4 D Lee (Sutt) 11.54. **SP:** 1 A Vale (NW Sy) 11.69; 2 D Cadwallader (S Sy) 11.44; 3 A Loudon (S Sy) 11.40; 4 S Bull (C Sy) 11.11. **DT:** 1 N Webb (NW Sy) 36.48; 2 C Scott (Wav) 35.07; 3 J Hodges (C Sy) 33.67; 4 A Waller (Sutt) 30.17

Senior Girls

100 (0.0): A Dowsett (S Sy) 12.45. **200 (-1.6):** C Croll (N Croy) 26.26. **800:** 1 E Baker (S Croy) 2:15.85; 2 E Adams (Wav) 2:16.71. **1500:** 1 C Best (S Sy) 4:40.39; 2 L Vyse (NW Sy) 4:41.31; 3 A Lethbridge (C Sy) 4:59.57. **400H:** 1 N Christmas (S Sy) 63.60; 2 S Pickett (Wav) 65.15. **HJ:** 1 D Fidge (N Croy) 1.64; 2 S Henderson (NW Sy) 1.58. **DT:** K Billin (S Sy) 32.99. **HT:** H Ephgrave (Guild) 38.60. **JT:** C Smith (N Croy) 32.28

Inter

100 (0.8): A Quinn (King) 13.00. **200 (-1.7)**: 1 C Harkness (C Sy) 25.98; 2 S Holmes (NW Sy) 26.17. **300:** 1 L Webb (S Sy) 41.22 (**ht:** 41.20); 2 L Crawley (NE Sy) 43.41; 3 K Steyn (King) 43.93. In hts: F Sunley (King) 43.15; K Roberts (S Sy) 43.70. **800:** 1 E Bugler (S Croy) 2:22.35; 2 S Fairhead (Guild) 2:23.64. **80H:** 1 R Peckham (Sy) 12.12; 2 L Massingham (NE Sy) 12.59. **300H:** 1 N Clementis (C Sy) 45.2; 2 J Case (S Sy) 46.7; 3 L Thompson (Wav) 47.6; 4 L Whatley (King) 49.7. **HJ:** L McManus (Guild) 1.52. **LJ:** A Leafe (NW Sy) 4.88. **TJ:** 1 R Hatch (Guild) 11.14; 2 J Nicholls (NE Sy) 10.41; 3 S Gordon (King) 9.69; 4 N Hazzard (S Sy) 9.27; 5 V Fawkes (C Sy) 9.22; 6 H Adams (C Sy) 9.07. **SP:** 1 A Garnett (King) 9.50; 2 K Fuller (S Sy) 9.18. **DT:** 1 K Henderson (NW Sy) 29.76; 2 S Harding (S Sy) 27.47. **JT:** 1 G Parry (S Sy) 33.51; 2 A Oglethorpe (Wav) 33.17; 3 C Logan (NW Sy) 28.34

Junior

100 (-0.5): 1 J Hopeson (S Croy) 12.65; 2 C Walcott (C Sy) 12.95. **200 (-2.0)**: 1 A Godsell (S Sy) 26.33; 2 S Harris (King) 26.50; 3 S Graham (C Sy) 26.93 (**ht:** 26.69/0.6); 4 C Chambers (S Croy) 27.35 (**HT:** 27.17/-0.4); 5 M Hanshaw (NE Sy) 27.45; 6 L Poindestre (Guild) 27.58. In hts: K Coulson 27.95/0.6. **800:** D Christmas (S Sy) 2:19.62. **1500:** 1 E Pallant (Wav) 4:50.73; 2 H Brooks (S Sy) 4:51.79; 3 S Reynolds (NW Sy) 5:25.40. **75H (0.4)**: I Hatton (King) 12.6. **HJ:** 1 R Hamilton (Guild) 1.50; 2 C O'Connor (Guild) 1.50; 3 S Lowe (C Sy) 1.45; 4 I Jegede (Wav) 1.45. **LJ:** 1 D Blaize (King) 5.34; 2 A Banner (Guild) 4.85; 3 L Walton (C Sy) 4.83; 4 K Price (NE Sy) 4.82. **SP:** K Gillett (S Sy) 9.75. **DT:** 1 S Boreham (C Sy) 26.88; 2 K Bate (Sutt) 25.84. **JT:** 1 A Scrase (C Sy) 26.85; 2 L Thomas (C Sy) 26.39; 3 P Campbell (Wav) 24.47; 4 K Edmunds (S Sy) 24.36; 5 M Kimber (Mert) 23.44

SUSSEX Crawley

FOUR championship bests were set, two of them going to English Schools' champions who will be looking to add to their honours next month at Nottingham, *Martin Duff reports*

With Sam Redd and Emma Perkins, two of the event's long-serving champions competing at the Commonwealth Games Trials in Manchester, others stole the show. That did not include the pole vaulters: only one put in an appearance as the event was moved to 9.30am before a near-empty stadium, as the sidelining of what used to be called 'Cinderella events' continued.

When the real competition started, Amala Onuora stormed to a heat victory in the 200m, before moving up a gear to clock a 25.3 championship best in the Intermediate 200. The English Schools' junior 100m champion, who has already won South of England 200m gold this year with a 24.67, said: "It was very windy," adding: "I'm glad I had a heat to get used to it." The Alf Martin-coached runner also said she would persevere with the 100m although the 200m now seems to be her best distance.

Senior Boys

100: M Barclay (Ouse V) 11.6. **200:** S Bolton (Mid Sx) 23.8. **400:** M Patten (W Sx N) 50.6. **800:** 1 A Dean (W Sx W) 1:55.7; 2 R Clayton (W Sx S) 1:56.2; 3 M Furber (W Sx W) 1:58.2; 4 B Brett (E'brne) 2:00.6. **3000:** J Vail (Ouse V) 9:02.1. **HJ:** C Baker (W Sx S) 1.94. **LJ:** 1 A Thompson (B&H/P'slade) 6.79; 2 C Morgan (W Sx N) 6.32. **SP:** M Shaw (Mid Sx) 12.12. **JT:** R Matthews (W Sx S) 48.36. **4x100:** Hazlewick 45.0

Inter

100: 1 W Bennett-Jackson (W Sx S) 11.1 (CBP); 2 S Gritt (W Sx S) 11.7. **200:** 1 S Osho (B&H/P'slade) 23.3; 2 J Hussein (E'brne) 23.9. **800:** J Randle (Mid Sx) 2:05.6. **1500:** G Houghton (W Sx N) 4:22.6. **3000:** C Ivemy (Ouse V) 8:42.9. **100H:** N Pritchard (W Sx N) 14.6. **400H:** S Parsons (B&H/P'slade) 59.8. **HJ:** 1 T Borthwick (B&H/P'slade) 1.85; 2 B Smith (W Sx S) 1.80; 3 D Philpott (Hast) 1.75. **TJ:** 1 A Nicholson (Mid Sx) 13.32. **SP:** 1 R Sudder (W Sx W) 13.05; 2 G Emmett (W Sx N) 12.98. **DT:** J Shearer (E'brne) 35.86. **HT:** N Harding (Mid Sx) 43.59.

Junior

100: G Lewis (Mid Sx) 12.4. **200:** 1 J Fernadez (Mid Sx) 24.7; 2 P Edmunds (B&H/P'slade) 25.1; 3 N Lennox (W Sx N) 25.4; 4 G Gritt (W Sx S) 25.5. **400:** S Turton (E'brne) 56.9. **800:** 1 S Harris (E'brne) 2:07.6; 2 D Stepney (B&H/P'slade) 2:09.4; 3 R Hoad (W Sx S) 2:11.3. **1500:** 1 A Stimpson (E'brne) 4:30.8; 2 M Southam (E'brne) 4:31.0; 3 S Baker (Hast) 4:31.1. **80H:** 1 N Cato (Mid Sx) 12.2; 2 P Barrington-Johnson (E'brne) 12.7; 3 M Luker (Ouse V) 12.7. **HJ:** C Lewis (Mid Sx) 1.60. **LJ:** T Sandys (W Sx N) 5.61. **SP:** 1 B Basson (W Sx N) 11.80; 2 K Huang (W Sx N) 11.09. **DT:** M Ansell (W Sx W) 36.60. **JT:** 1 J Waller (Mid Sx) 46.27; 2 A McEwan (W Sx N) 45.78; 3 C Matthews (W Sx S) 40.15; 4 C Chimutengwende (W Sx N) 37.70; 5 A Thomas (Mid Sx) 37.65. **4x100:** 1 Hurstpierpoint College 49.0; 2 Cardinal Newman School 49.9

Senior Girls

400: 1 M Howell (Hast) 58.2; 2 C Wilson (Ouse V) 59.6; 3 K Trembling (B&H/P'slade) 61.1. **800:** A Bevan (Mid Sx) 2:17.9. **1500:** B Cooke (E'brne) 4:53.7. **3000:** K Gunn (B&H/P'slade) 11:13.1. **HJ:** G Hayward (W Sx N) 1.55. **TJ:** 1 J Bailey (Mid Sx) 10.58; 2 D Cooper (W Sx W) 10.48; 3 H Driscoll (W Sx N) 10.38. **HT:** F O'Gorman (Hast 30.63 (CBP)

Inter

100: 1 L Forsyth (E'brne) 13.4 (13.2 ht); 2 G Lock (E'brne) 13.6 (13.3 ht). **200:** 1 A Onuora (E'brne) 25.3 (CBP); 2 E Howarth-Brown (W Sx W) 26.3. **300:** 1 L George (W Sx S) 41.2; 2 F Ray (W Sx S) 41.9; 3 D Andrews (W Sx N) 43.2; 4 J Harley (W Sx W) 44.2. **800:** G Riddiough (W Sx B) 2:19.5. **3000:** C Heath (Hast) 11:00.8. **300H:** 1 J Bliss (B&H/P'slade) 44.1; 2 H Weaver (W Sx S) 49.2. **HJ:** S Fielding-Smith (Mid Sx) 1.71. **LJ:** L Ramsay (B&H/P'slade) 4.94. **TJ:** 1 A Condon (W Sx W) 9.39; 2 D Stoner (W Sx N) 9.25; 3 J Coe (W Sx S) 9.19; 4 K Ward (W Sx N) 9.16; 5 J Norman (B&H/P'slade) 9.14. **SP:** 1 K Butters (Hast) 10.65; 2 C Palmer (W Sx N) 10.43. **DT:** C Fairchild (B&H/P'slade) 28.99. **JT:** 1 H Crosswell (Mid Sx) 30.76; 2 C Luxford (Mid Sx) 29.31

Junior

100: 1 C Wenham (W Sx N) 12.8; 2 D Haynes (Mid Sx) 13.2. **200:** 1 L Meek (W Sx S) 27.4; 2 L Hitchman (Mid Sx) 27.5; 3 A Flavell (E'brne) 27.7. **800:** 1 C Browning (W Sx W) 2:16.1; 2 K Gunn (B&H/P'slade) 2:23.6; 3 E Goodhall (Mid Sx) 2:25.6. **75H:** 1 C Bearman (Mid Sx) 12.3; 2 V Burling (W Sx N) 12.7; 3 S Cramp (B&H/P'slade) 12.7; 4 H Moore (B&H/P'slade) 12.8; 5 E Balme (Mid Sx) 13.0. **HJ:** K Giddings (W Sx S) 1.50. **LJ:** L Henderson (Mid Sx) 4.66. **SP:** K Mountain (W Sx S) 10.26. **DT:** H James (Mid Sx) 26.59.

WEST YORKSHIRE Cleckheaton

Senior Boys

1500: M Cherryholme (Kirk) 4:10.5. **3000:** S Enright (Cald) 9:14.1. **400H:** A Fell (Kirk) 56.1. **2000SC:** J Henry (Brad) 6:19.8. **JT:** S Chapman (Kirklees) 37.32

Inter

100: T Henry (Cald) 11.4. **200:** E Faboya (Cald) 24.0. **400:** W Maddock (Wake) 52.6. **800:** 1 R Strachan (Leeds) 1:59.8; 2 J Dudley (Kirk) 2:01.5. **1500:** 1 S Dirrane (Leeds) 4:09.6; 2 S Clegg (Brad) 4:16.1. **3000:** S Khan (Cald) 9:29.0. **400H:** M Whiteley (Leeds) 60.9. **1500SC:** R England (Leeds) 4:38.1. **LJ:** 1 C Kirk (Wake) 7.02; 2 J Fletcher (Wake) 6.66; 3 A Staniland (Leeds) 6.42. **TJ:** 1 P Clement (Leeds) 12.91; 2 R Lee (Wake) 12.83; 3 M Rhodes (Wake) 12.52. **SP:** 1 D Hines (Wake) 13.28; 2 M Howes (Leeds) 12.00. **DT:** 1 L Williamson (Brad) 44.12; 2 L Smith (Brad) 34.82. **HT:** C Handley (Leeds) 43.49

Junior

100: 1 A Erdine (Leeds) 12.2; 2 D Shannon (Leeds) 12.2; 3 F Davies (Leeds) 12.3; 4 D Twohig (Wake) 12.5; 5 N Jex (Brad) 12.5. **200:** 1 D Glymond (Wake) 24.6; 2 R Williams (Cald) 25.2; 3 A Gray (Brad) 25.5. **400:** 1 R Smith (Cald) 55.9; 2 L Tatt (Kirk) 56.4. **800:** N Elliott (Wake) 2:11.7. **1500:** T Hooper (Brad) 4:33.5. **80H:** 1 O Robinson (Brad) 12.5; 2 A Salm (Kirk) 12.7. **HJ:** G Moate (Wake) 1.64. **LJ:** A Timms (Leeds) 5.55. **TJ:** N Readyoff (Cald) 12.39. **SP:** J Teasdale (Cald) 12.81. **DT:** J Sands (Brad) 34.33. **HT:** K Wild (Cald) 41.25. **JT:** 1 S Allan (Leeds) 43.39 (CBP); 2 S McCartney (Kirk) 38.77

Senior Girls

400: K Johnson (Cald) 61.0. **800:** S Holah (Leeds) 2:23.6. **3000:** 1 A Hoban (Kirk) 9:59.2 (CBP); 2 E Spencer (Leeds) 10:36.0; 3 L Geldart (Brad) 10:52.2. **HJ:** E Mason (Wake) 1.55. **LJ:** R Laybourn (Wake) 5.16. **TJ:** V Lambert (Wake) 11.00. **HT:** S Drake (Wake) 39.95 (CBP)

Inter

100: H Roberts (Leeds) 13.2. **200:** 1 L Robinson (Wake) 25.9; 2 N Welsh (Leeds) 26.4; 3 J Forbes (Brad) 26.9. 300: 1 K Parkin (Cald) 42.7; 2 E Smith (Leeds) 43.6. **800:** 1 L Kirk (Leeds) 2:16.3; 2 B Townsend (Wake) 2:26.2. **300H:** 1 N Bromley (Wake) 45.6; 2 R Long (Brad) 47.1; **LJ:** 1 F Noble (Brad) 5.31; 2 S Punter (Leeds) 5.00. **TJ:** 1 H Swaine (Leeds) 10.33; 2 A Teasdale (Cald) 10.13; 3 L Gray (Wake) 9.85. 4 A Dowhyj (Leeds) 9.73. **DT:** 1 A Howard (Leeds) 35.50; 2 S Holt (Kirk) 33.24; 3 A Merrill (Leeds) 31.59. **JT:** 1 S Smith (Brad) 31.55 (CBP); 2 S Kelly (Wake) 28.55

Junior

200: S Whitehead (Leeds) 28.0. **800:** 1 T Jones (Brad) 2:22.3; 2 L Mayho (Brad) 2:24.7; 3 S Crossley (Leeds) 2:28.7. **75H:** 1 E Noble (Brad) 11.8; 2 A Rose (Brad) 12.7. **HJ:** A Little (Leeds) 1.55. **LJ:** 1 K Parr (Leeds) 4.90. 2 A Simpson (Cald) 4.89. **SP:** 1 L Teasdale (Wake) 9.76; 2 R Dunwell (Wake) 9.40; 3 H Wolstenholme (Brad) 9.36; 4 C Beanland (Cald) 9.30; 5 G Carr (Wake) 9.29. **DT:** 1 C Beckett (Wake) 32.66 (CBP); 2 B Staniland (Brad) 27.48. **JT:** K Stewart (Leeds) 25.18

June 16

KENT WOMEN'S LEAGUE

Division One Bromley

MATCH: 1 Blackheath 249.5; 2 Bromley 238; 3 Ashford 219; 4 Tonbridge 145; 5 Medway & Maidstone 130; 6 Paddock Wood 68.5

Women

100: L Guthrie (B'th) 12.8. **200:** 1 M Gilham (Ashf) 26.4; 2 Guthrie 26.6. **400:** 1 Gilham 57.9; 2 S Bye (Brom) 61.2. **800:** 1 G Marrs (M&M) 2:17.9; 2 J Brown (Ashf) 2:22.9; 3 K McGilloway (Brom) 2:24.6. **1500:** Brown 4:55.3. **3000:** 1 J Butler (B'hth) 10:37.8; 2 Brown 10:45.1. **400H:** Gilham 63.0. **PV:** 1 G Dowsett (M&M) 2.80; 2 K Smith (Ashf) 2.60. **LJ:** 1 L Betts (Brom 5.34; 2 J Jenner (Ton) 5.24. **TJ:** 1 Betts 11.01; 2 K

Available on cable and digital TV

Benneworth (B'hth) 10.16. **SP:** 1 K Morris (M&M) 12.09; 2 J Marshall (Ashf) 10.39. **DT:** 1 L Fox (Ashf) 38.27; 2 Morris 35.42. **HT:** 1 E Oliver (B'hth) 40.46; 2 C Burton (Ashf) 38.54; 3 B Simpson (Brom) 34.18. **JT:** 1 Jenner 33.92; 2 Smith 30.53. **2kW:** E Clifford (Ton) 11:46.4

U17

100/200: M Georgeson (Ashf) 13.1/26.6. **300:** 1 R Chadwick (Brom) 42.0; 2 T Qizilbash (Ashf) 43.5. **800:** E Fisher (Brom) 2:18.4. **80H:** 1 H Robinson (B'hth) 12.2; 2 M Crowe (M&M) 12.7. **300H:** 1 Robinson 46.7; 2 Crowe 47.4; 3 Chadwick 47.4; 4 Qizilbash 49.8. **HJ:** S Alaneme (B'hth) 1.55. **LJ:** 1 Robinson 5.30; 2 L Hawkins (Brom) 4.98. **TJ:** Hawkins 9.58. **DT:** 1 A Oliver (B'hth) 29.58; 2 S Hanys (Ashf) 27.20. **HT:** H Hogben (Ashf) 28.62. **JT:** C Silvester (B'hth) 30.08. **4x100:** Bromley 51.3

U15

100: 1 A Gibbs (Brom) 12.7; 2 J Fielden (Ton) 13.3. **200:** 1 A Godsell (Brom) 27.6; 2 H Biddiss (M&M) 27.8; 3 H Claydon (Ashf) 27.9. **1500:** K Murray (Brom) 5:05.6. **75H:** 1 J Rieck (Ton) 12.6; 2 Godsell 12.6; 3 N Akif (B'hth) 13.0. **HJ:** Fielden 1.50. **PV:** 1 L Yarnold (Ton) 2.40. **SP:** 1 V Thomas (B'hth) 10.48; 2 Yarnold 10.25; 3 R Blackie (Brom) 9.57. **DT:** 1 Thomas 29.72; 2 Blackie 29.20. **JT:** N Bekker (Ton) 24.64

U13

75: 1 A Jackson (Brom) 10.6; 2 E Godley (B'hth) 10.7; 3 L Clayson (Ashf) 10.8; 4 R Shelton (Padd W) 11.2. **150:** 1 Clayson 21.2; 2 A Underdown (Padd W) 21.4; 3 S Robinson (B'hth) 21.7; 4 L Fox (Brom) 22.1. **1000:** 1 R Taylor (B'hth) 3:07.5; 2 K Saul (M&M) 3:30.3; 3 R Samuels (Brom) 3:35.0; 4 R Bray (Ashf) 3:39.2. **70H:** 1 S Solomon (B'hth) 12.4; 2 S Gardiner (M&M) 12.7. **HJ:** 1 Bray 1.30; 2 Jackson 1.30. **LJ:** 1 Godley 4.30; 2 H Jenner (Ton) 4.04. **SP:** 1 S Brown (B'hth) 8.90; 2 Underdown 6.96. **DT:** 1 Brown 22.04; 2 Underdown 21.55. **JT:** H Baldwin (Padd W) 18.19. **1kW:** H Williams (Brom) 6:21.5. **4x100:** 1 Blackheath 55.5; 2 Bromley 57.0

Standings after three matches: 1 Bromley 701.5; 2 Blackheath 682; 3 Ashford 628.5; 4 Tonbridge 503.5; 5 Medway & Maidstone 496; 6 Paddock Wood 187.5

Division Two

MATCH: 1 Dartford 177; 2 Bexley 162; 3 Invicta East Kent 55; 4 Swale Combined 33

Women

HT: S Etherton (Dartf) 32.37. **2kW:** N Phillips (Dartf) 10:08.1

U17

300: S Cowdrey (Dartf) 44.0. **TJ:** H Capp (Bexley) 9.25. **SP:** Z Farag (Dartf) 9.98

U15

HJ: H Barton (Dartf) 1.50; **DT:** K Wright (Dartf) 25.30. **JT:** S Page (Bexley) 25.17

U13

75: 1 S McLellan (Dartf) 11.1; 2 D Roe (Inv EK) 11.1. **150:** M Mickmott (Dartf) 22.2. **1000:** 1 M Edwards (Dartf) 3:20.6; 2 Roe 3:25.0; 3 A Turner (Bexley) 3:36.6. **70H:** McLellan 13.0. **HJ:** L Vickers (Dartf) 1.35. **LJ:** N Marsh (Inv EK) 4.00. **SP:** F Farag (Dartf) 6.55. **4x100:** Dartford 58.0

Standings after two matches: 1 Darford 524; 2 Bexley 488; 3 Invicta East Kent 180; 4 Swale Combined 63

EAST ANGLIAN LEAGUE
Bury St Edmunds

Men

MATCH: 1 Chelmsford 164; 2 West Suffolk 156; 3 Nene Valley 142; 4 Braintree 49; 5 Boston 15; 6 Peterborough 14

100: A Gibson (Chelm) 11.1; 2 S Peters (Bost) 11.3. **3000:** T Zola (Nene V, gst) 8:23.5. **HJ:** M Ulushoal (Chelm) 1.90. **TJ:** M Ohrland (Chelm) 13.69. **SP/DT:** Gibson 13.69/36.05. **JT:** J Harvey (Brain) 52.64

U17

MATCH: 1 Chelmsford 146; 2 Nene Valley 142; 3 Boston & District 109; 4 West Suffolk 108; 5 Braintree 87; 6 Peterborough 50

100: 1 B Stimson (Nene V) 11.5; 2 C Stamp (W Suff) 11.6; 3 J Humpoletz (Brain) 11.7. **B:** T Stimson (Nene V) 11.6. **400:** B Stimson 52.8. **800:** L Danile (Nene V) 2:00.6. **1500:** G Hill (Chelm) 4:19.4. **100H:** 1 T Stimson 14.0; 2 J Thornley (Bost) 14.5. **LJ:** Thornley 6.02. **HJ:** 1 R Butler (W Suff) 1.75; 2 D Mitchell (Bost) 1.75. **DT:** 1 N Harris (Nene V) 37.49; 2 M Williams (Chelm) 35.61

U15

MATCH: 1 West Suffolk 160; 2eq Chelmsford / Peterborough 159; 4 Nene Valley 73; 5 Braintree 67; 6 Boston & District 64; 7 Dereham & Thetford 38

100: 1 A Palfrey (W Suff) 12.0; 2 S Tidy (P'boro) 12.3. **200:** 1 Palfrey 24.7; 2 Tidy 25.2. **400:** Tidy 56.6. **800:** P McAdams (Chelm) 2:12.5. **80H:** 1 L Keteleers (Chelm) 12.4; 2 S McKevitt (P'boro) 13.0. **LJ:** Keteleers 5.63. **HT:** McKevitt 40.96

U13

MATCH: 1 Chelmsford 118; 2 Dereham & Thetford 111; 4 3 West Suffolk 103; 4 Braintree 51; 5 Peterborough 33; 6 Nene Valley 28; 7 Boston & District 19

1500: T Davies (P'boro) 5:07.0. **75H:** N French (Chelm) 13.7. **LJ:** T Adams (Chelm) 4.37

Women

MATCH: 1 Chelmsford 140; 2 2 West Suffolk 135; 3 Braintree 79; 4 Peterborough 64; 5 Boston & District 12

100: 1 C Farmanor (Chelm) 12.4; 2 L Wells (W Suff) 12.6; 3 L Wood (Brain) 13.0. **200:** Farmanor 26.1. **400:** 1 Farmanor 59.8; 2 R Egbuniwe (Brain) 61.2. **100H:** 1 J Kelly (P'boro) 15.2; 2 Wood 16.2. **LJ:** A Clayton (W Suff) 5.43. **HJ:** Egbuniwe 1.62. **TJ:** L Woods (Brain) 11.17. **SP:** Kelly 13.18. **DT:** K Hodivala (Chelm) 31.64. **4x100:** Braintree 51.8

U17

MATCH: 1 West Suffolk 162; 2 Chelmsford 142; 3 Peterborough 71; 4 Boston & District 68; 5 Braintree 63; 6 Nene Valley 10

300: 1 C Chilvers (W Suff) 44.4; 2 E Godfrey (Chelm) 44.7. **LJ:** 1 T Spurling (W Suff) 4.91; 2 K Ross (Brain) 4.89; 3 M Kalf (Chelm) 4.86. **B:** T Chow (Chelm) 4.84. **HJ:** Spurling 1.62. **TJ:** S Fossit (Bost) 10.55. **SP:** 1 L Hazel (P'boro) 9.04. 2 H Redman (Brain) 9.03. **DT:** H Redman (Brain) 36.08. **JT:** 1 S Dunkley (W Suff) 29.45; 2 L Hazel (P'boro) 29.33; 3 Redman 28.32; 4 K White (Chelm) 27.37

U15

MATCH: 1 Chelmsford 143; 2 West Suffolk 132; 3 Braintree 77; 4 Boston & District 66; 5 Peterborough 51; 6 Dereham & Thetford 11

100: R Hall (Bost) 13.4. **B:** L Janeece (Chelm) 13.5. **200:** Janeece 27.7. **HJ:** W Meadows-Smith (W Suff) 1.55. **SP/DT:** R Hall (Bost) 11.37/27.95. **JT:** 1 E Smith (Brain) 26.23; 2 J Wray (W Suff) 24.04

U13

MATCH: 1eq West Suffolk/Peterborough 108; 3 Nene Valley 81; 4 Dereham & Thetford 63; 5 Chelmsford 51; 6 Braintree 50**800:** L Davis (P'boro) 2:45.1. **B:** L Findings (P'boro) 2:48.1. **1500:** M O'Hare (W Suff) 5:23.4. **SP:** S Smith (Brain) 8.00

Great Yarmouth

MATCH: 1 City of Norwich 56; 2 Ryston Runners 45.5; 3eq Great Yarmouth / Cambridge & Coleridge 38; 5 West Norfolk 34; 6 Waveney 32.5; 7 Haverhill 14

Men

MATCH: 1 Ryston Runners 188; 2 Cambridge & Coleridge 171; 3 Great Yarmouth 122; 4 West Norfolk 43; 5 Waveney 23; 6 City of Norwich 20; 7 Haverhill 12

200: S Setchel (Ryston) 23.2; 2 S Wilkey (C&C) 23.2. **400:** J Haines (C&C) 50.1. **DT:** G Parsons (C&C) 41.04

U17

MATCH: 1 City of Norwich 144; 2 West Norfolk 104; 3 Ryston Runners 74; 4 Waveney 54; 5 Cambridge & Coleridge 37; 6 Haverhill 17

100/200: B Hamlin (Norw) 11.4/22.7

U15

MATCH: 1 City of Norwich 196; 2 Cambridge & Coleridge 188; 3 Ryston Runners 43; 4 Great Yarmouth 40

200 B: D Player (C&C) 25.3. **1500:** M Dack (Norw) 4:32.4. **80H/LJ:** F Baker (Norw) 12.4/5.53. **DT:** L Grayson (Norw) 38.02; 2 L Shortman (C&C) 36.15. **HT:** Shortman 48.45

U13

MATCH: 1 Ryston Runners 130; 2 City of Norwich 98; 3 Great Yarmouth 61; 4 Haverhill 41; 5 West Norfolk 39; 6 Waveney 33; 7 Cambridge & Coleridge 26

200/800/HJ: J Thompson (Ryston) 28.1/2:29.0/1.40. 75H: C Baker (Norw) 14.7. **B:** D Simpson (Norw) 14.7. **SP:** S Coe (Ryston) 8.93

Women

MATCH: 1 Ryston Runners 158; 2 Cambridge & Coleridge 94; 3 City of Norwich 77; 4 Waveney 69; 5 West Norfolk 44; 6 Great Yarmouth 4

800: H South (Norw) 2:20.3. **B:** A Dunger (Norw) 2:20.3. **1500:** N Wastney (Norw) 4:58.7. **HJ:** F Webb (Ryston) 1.55. **LJ:** H Lowe (C&C) 5.21. **TJ:** B Allen (Norw) 10.31

U17

MATCH: 1 City of Norwich 146; 2 Waveney 73; 3 Great Yarmouth 64; 4 West Norfolk 48; 5 Ryston Runners 38.

100/300/80H: M Garavand (12.8/41.9/12.0. **800/1500:** D Brett (Norw) 2:20.2/4:56.6. **HJ:** B Bell (Norw) 1.55. **LJ:** L Davies (Norw) 5.29. **B:** Bell 4.86. **TJ:** Davies 10.33. **B:** M Perkins (Norw) 9.30. **4x100:** City of Norwich 53.0

U15

MATCH: 1 Norwich 151; 2 Great Yarmouth 112; 3eq Waveney/Ryston Runners 82; 5 Cambridge & Coleridge 70; 6 West Norfolk 61

100/200: K Hollings (Norw) 13.1/26.8. **800:** 1 A Moss (W Norf) 2:29.4; 2 C Rose (Norw) 2:29.7. **75H:** 1 A Cone (C&C) 12.2; 2 K Morrison (Norw) 12.9. **LJ:** J Hunt (Norw) 4.79. **SP/DT:** K Southgate (Norw) 11.48/24.00

U13

MATCH: 1 Norwich 116; 2 Cambridge &Coleridge 83; 3 West Norfolk 63; 4 Great Yarmouth 32; 5 Haverhill 22; 6 Waveney 15

100: R Stringer (Norw) 14.0. **200:** L Rogers (C&C) 30.5. **B:** L Warman (Norw) 30.2. **800:** 1 N Sutton (W Norf) 2:35.4; 2 L Dowsett (C&C) 2:36.6; 3 Stringer 2:43.3. **1500:** 1 L Dack (Norw) 5:22.2. **B:** C Brand (Norw) 5:28.4. **70H:** 1 Rogers 12.0; 2 Sutton 12.7. **LJ:** Z Banham (Norw) 4.00

DEESIDE GAMES

LJ: I Hughes (Traf) 6.86

U20 Men

HJ: R Williams (Wrex) 1.85. **DT/HT:** P Hughes (unatt) 39.61/40.37. **JT:** 1 A Broome (Wirr) 47.94; 2 C Williams (Wrex) 47.55

U17

400: J Buckley (Sale) 52.39. **TJ:** C Phillips (Dees) 13.30. **SP:** 1 C Harvey (Dees) 12.45; 2 D Price (Dees) 12.27. DT: Price 39.44. **HT:** Harvey 40.25

U15

200: G Lewis (Dees) 25.35

Women

200/HJ: W Laing (N Vets, W35) 27.78/1.60. **PV:** L Edwards (Wrex) 2.30. **LJ:** M Laing (N Vets, W35) 5.03. **SP:** 1 Edwards 11.7; 2 W Laing 10.92; 3 M Laing 10.50. **JT:** 1 M Laing 32.49; 2 K Addis (Tip) 32.41; 3 N Jones (Dees) 31.29; 4 W Laing 30.17

W35

80H: M Laing (N Vets) 12.30

U20

DT: L Pritchard (Menai) 31.34.

U17

100/200: S Bagnall (Dees) 13.13/27.10. **300:** E Blount (Dees) 43.43. **PV:** T Davies (Telf) 3.40. LJ: S Brookwell (Dees) 5.02. **TJ:** 1 Bagnall 10.74; 2 D Sephton (Liv PS) 10.69. **SP:** L Watkins (Newt) 9.04

U15

100: 1 L Henning (W Ches) 13.41; 2 C Owen (Col B) 13.42. **75H:** 1 K Griffiths (Oswes) 12.87; 2 E Price (Telf) 12.93. **HJ:** L Varrie (S'port W) 1.52. **SP:** 1 K Jones (Newt) 9.70; 2 E Gilbert (Scun) 9.14

U13

100: L Evans (Menai) 14.16 (ht: 14.10). **200:** 1 Evans 29.17; 2 R Nuttall (Dees) 30.11; 3 F Beddows (W Ches) 30.15; 4 L Simmonds (C&S) 30.60; 5 E Jones (Dees) 30.71; 6 S Owens (Dees) 30.83. **800:** 1 Nuttall 2:36.85; 2 C Stott (Wig H) 2:39.18; 3 L Stephen (Wig H) 2:42.96; 4 Jones 2:44.33. **70H:** C Lauroello (Oswes) 12.58. **LJ:** 1 Evans 4.41; 2 Simmonds 4.38; 3 S Blackwell (W Ches) 4.18; 4 R Nuttall (Dees) 4.11; 5 Lauroello 4.06. **DT:** S Price (Dees) 21.49.

WARRINGTON OPEN

Men

100: 1 L Baird 11.1; 2 N Culshaw 11.3. **400:** Baird 49.6. **SP:** P Cranfield (Liv H) 14.50

U13

1500: 1 M Burke 4:58.5; 2 M Jackson (Warr) 4:59.0. **70H:** A Burgess 13.4. **HJ:** L Walker (Warr) 1.40. **SP:** N Cranfield (Liv H) 9.11.

Women

400: 1 N Smethurst 60.3; 2 V Robinson 61.4. **1500:** K Brennan (Warr) 4:46.2. **3000:** L Potter (Bolt) 10:33.6

U15

300: B Staniland (KuH) 44.4. **75H:** K Parker 12.4. **LJ:** R Lyons (S'port W) 47.3. **JT:** L Bunton (Macc) 26.95

U13

100: 1 H Darbyshire 14.2; 2 N Tyler 14.3. **200:** C Walkden 29.91. **70H:** J Crety 12.8

ISLE OF WIGHT CHAMPIONSHIPS
Sandown

U20 Men (IoW unless stated otherwise)

DT: P Farley 37.61. **HT:** 1 Farley 50.27; 2 L Harwood 45.78

U17

HT: D Barton-Smith 42.98

U15

HJ: J Abbott 1.65. **HT:** S Church 38.36. **2.5kmW:** J Wade 16:24.5 (CBP)

U13

LJ: A Howard 4.25

U20 Women

100/200/JT: H Davis (Havant) 12.9 (CBP)/26.9 (CBP)/35.24

U17

HT: A Church 40.44 (CBP); 2 C Marvin 38.41

U15

LJ: K Murray 4.69. **HT:** K Brading 22.01

June 15

NORTHERN IRELAND JUNIOR CHAMPS
Belfast

AARON CARLYLE had a treble over 100m, 200m and 400m while Simon Sawhney was the other top performer, winning the long and triple jumps, *Alan Keys reports.*

In the youths' section Stephen Thompson also had a sprint double while Sean Smith won the 3000m and steeplechase and Jeremy Harper, the discus and shot.

In the junior women's events, Erin Kinnear broke the Irish pole vault record by clearing 3.55m. Anna Boyle had a sprint double, Michelle Doherty took the long and triple jump, and Kelly McGivern had an unusual double at 3000m and high jump.

In the U17 girls, Leigh Whiteside won the 100m and 300m, Amy Davis won the hammer & shot, Katrina Oakes won the 3000m and her sister the pole vault.

Stacey Mullan won the 80m hurdles from sister Erin and then added the 300m hurdles from Regent House clubmate Kara Slane. Regent House continued with their hurdles domination as Catherine Crawford, Rebecca Mitchell and Kenny Elliott all won hurdles titles in the U20 age groups.

U20 Men

100 (nw)/200 (0.7)/400: A Carlyle (SP) 11.58/22.75/49.87. **800:** C Kelly (B&A) 2:02.1. **1500:** 1 D McCallister (SM) 4:00.9; 2 D Grant (SP) 4:02.79. **5000:** K Seawood (SM) 15:16.21. **110H (nw):** 1 B McIlroy (LIS) 15.8; 2 T Reynolds (ND) 15.8. **400H:** K Elliott (RH) 60.4. **2000SC:** G Waldron (B&A) 6:43.1. **HJ:** R Doolan (LV) 1.80. **LJ/TJ:** S Sawhney (LV) 6.28/13.5. **SP:** J McCavery (RH) 10.92. 1 **DT:** Reynolds 35.40; 2 McCavery 31.14. **JT:** T Conaty (DRA) 45.58

U17

100 (1.7)/200 (1.0): S Thompson (CHS) 11.30/22.51. **400:** L McAvoy (LV) 52.60. **800:** T Hamilton (SM) 2:05.29. **1500:** J Villa (SC) 17.56. **3000/1500SC:** S Smith (SH) 8:59.08/4:38.16. **100H:** M Devilan (MU) 15.0. **400H:** J Ruxton (SH) 60.79. **HJ:** D Robb (ND) 1.85. **PV:** J Muldoon (SH) 2.30. **LJ:** A Fenning (D&A) 5.87. **TJ:** A Saunderson (B&A) 12.91. **SP/DT:** J Harper (ND) 13.61/41.65. **HT:** B Simpson (BRA) 49.98. **JT:** 1 K Nelson CHS) 36.43; 2 R Atkinson (LV) 43.75

U20 Women

100 (0.6): 1 A Boyle (B&A) 12.44; 2 R Leitch (LV) 12.87; **200 (2.1):** 1 Boyle 25.52; 2 Leitch 26.07; 3 C Crawford (RH) 26.39. **400:** Leitch 59.57. **1500:** L Rea (LV) 4:47.09. **3000:** K McGivern (RH) 12:06.89. **100H:** 1 Crawford 14.8; 2 R Mitchell (RH) 15.5. **400H:** Mitchell 69.2. **HJ:** McGivern 1.50; 2 Crawford 1.50. **PV:** E Kinnear (LV) 3.55(Irish rec). **LJ/TJ:** 1 M Doherty (SP) 5.04/11.22. **DT:** M McWaine (LIS) 29.40

U17

100 (1.2): 1 L Whiteside 12.56; 2 G Thompson (SP) 12.85; 3 C Carson (D&A) 12.99; 4 E Mullan (RH) 13.05. **200:** 1 Thompson 26.18; 2 Carson 27.34. **300:** 1 Whiteside 42.59; 2 L Lillanders (LV) 43:47; 3 L Monteith (LIS) 43.80. **800:** E McWilliams (B&A) 2:16.29. **1500:** 1 L

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Bickerstaff (DRO) 4:51.14; 2 C Guinie (unatt) 4:52.79. **3000:** K Oakes (RH) 11:31.10. **80H:** S Mullan (RH) 12.1; 2 E Mullan 12.8; 3 C Slane (RH) 13.8. 300H: 1 S Mullan 50.36; 2 Slane 51.47; 3 R Fair (LV) 51.67. **HJ:** K Neary (DRA) 1.52. **PV:** C Oakes (RH) 1.60. **LJ:** M Harris (LV) 5.15. **TJ:** R Mawhinney (BRA) 11.25. **SP/HT:** A Davies (LV) 10.84/26.59. **DT:** 1 C Stewart (BRA) 26.44; 2 Davies 26.08. **JT:** L Kerr (LV) 34.42

SECTC WEIGHTS PENTATHLON
Ewell, Surrey

Men (HT, SP, DT, JT, WT)
M40
P Todd (Croy) 2634 (39.35, 11.53, 34.53, 26.65, 10.73)
M45
1 M Small (Belg) 3972 (46.76, 13.40, 43.45, 43.62, 13.76); 2 M Bale (Hay H) 1921
M50:
1 N Griffin (WSEH) 4092 (39.97, 14.00, 47.63, 40.50, 16.43); 2 J Edgar (Brack) 2455 (**HT:** 30.00); 3 K Poole (Lon I) 2205
M55
1 K Prior (E&E) 3625 (41.76, 10.10, 34.38, 29.38, 15.00); 2 C Melluish (Camb H) 3442 (46.57, 9.14, 32.48, 21.52, 15.13)
M65
1 C Brand (B'hth) 3628 (28.44, 9.62, 36.97, 36.69, 11.52); 2 G Hickey (B'hth) 3602 (31.91, 11.77, 32.39, 31.52, 10.63); 3 P Barber (Camb H) 3080 (36.57, 7.27, 29.18, 16.10, 14.07)
M70
1 P McEvoy (Lon I) 3086 (38.42, 6.77, 30.30, 12.53, 13.90); 2 C Taylor (Belg) 2987 (25.46, 9.87, 21.97, 24.28, 11.84)

RED STAR CHAMPIONSHIPS
Crown Point, Glasgow

Men – Physically disabled
200/400: S Paton (Red S) 24.0/54.5. **JT:** B Curdie (Red S) 38.33
Wheelchair
JT: Suttie (Fife) 17.47

June 15

WALES SELECT v PENN UNIVERSITY
Aberdare

MATCH: Wales '1' 300; 2 Penn/Cornell '4' 255; 3 Wales '2' 215; 4 Wales '4' 168; 5 Penn/Cornell '5' 165; 6 Penn/Cornell '6' 104; 7 Eastern 72
Men
100 (-0.3): 1 G Sun (P/C 1) 11.1; 2 R Wooley (P/C 2) 11.2. **200:** 1 D Papura (Wales 1) 21.6; 2 M Groves (Wales 2) 22.4; 3 A Ademuyewo (Gst) 22.9; 4 Wooley 22.9. **400:** 1 B Abrams (P/C 2) 49.0; 2 L Farmer (Wales 2) 49.2; 3 C McEwan (Wales 1) 49.7. **800:** 1 M Gallagher (P/C 2) 1:56.7; 2 M Goodger (Wales 2) 1:57.0; 3 S Davies (Wales 1) 1:57.2; 4 J Pievelich (P/C 1) 1:58.4. **1500:** 1 S Burley (P/C 1) 3:58.1; 2 A Haines (Wales 2) 4:01.7; 3 D Jones (Wales 1) 4:05.3; 4 G Tapper (Wales 3) 4:05.7. **5000:** 1 D Dombroski (P/C 2) 14:51.3; 2 R Gardiner (Wales 2) 14:53.7; 3 M Rees (Wales 1) 14:55.5; 4 N Tully (P/C 1) 15:31.0. **2000SC:** 1 M King (P/C 1) 5:57.3; 2 J Williams (Wales 1) 6:12.0. **110H:** 1 M Wedge (P/C 1) 14.80; 2 K Jones (Wales 1) 15.20; 3 M George (P/C 2) 15.60. **400H:** 1 R Williams (Wales 1) 52.60; 2 J Lloyd (Wales 2) 54.70; 3 L Kolande (Eastern) 56.20; 5 J Maynard (Wales 3) 57.20. **HJ:** 1 M George (P/C 1) 1.91; 2 G Haines (Wales 1) 1.91. **PV:** 1 T Offner (P/C 1) 4.90; 2 A Penk (Wales 1) 4.60; 3 P Walker (Wales 3) 4.30. **LJ:** 1 R Jones (P/C1) 6.76; 2 R Childs (Wales 3) 6.70; 3 I Hughes (Wales 2) 6.65. **TJ:** 1 J Lewis (Eastern) 13.60; 2 J Hart (P/C 1) 13.45; 3 M Jacobs (Wales 1) 13.36. **SP:** 1 Z Beadle (P/C 1) 14.83; 2 A Turner (Wales 1) 14.42; 3 J King (P/C 2) 13.90; 4 J Coombes (Wales 2) 13.38. **DT:** 1 J King (P/C 1) 49.72; 2 T Van Reichenbauer (P/C 2) 45.44; 3 Turner (Wales 1) 44.22; 4 G Bull (Wales 2) 40.30; 5 J Coombes (Wales 3) 35.60. **HT:** 1 G Holder (Wales 1) 59.31; 2 A Palmer (Wales 2) 58.22; 3 J Blanchet (P/C 1) 53.64; 4 A Turner (Wales 3) 50.98; 5 G Longley-Cook (P/C 2) 50.63. **JT:** 1 S Benowicz (P/C 1) 65.02; 2 N Bevan (Wales 1) 61.69; 3 R Williams (Wales 3) 58.67; 4 D Herman (Wales 2) 58.65. **4x100:** 1 Wales 1 42.90; 2 Penn/Cornell 1 42.90. **4x400:** 1 Wales 1 3:20.1; 2 Penn/Conell 1 3:22.1
Women
100 (-0.7): 1 R Cavaciuti (Wales 2) 12.3; 2 K Jay (P/C 1) 12.4; 3 K Birkin (Wales 3) 12.6; 4 L Evans (Wales 1) 13.0; 5 I Emengwali (P/C 2) 13.0. **200(-3.0):** 1 Birkin 25.3; 2 Emengwali 25.5; 3 Evans 25.8; 4 D Barker (Wales 2) 25.8; 5 H Garrity (P/C 2) 25.9. **400:** 1 K Sage (Wales 1) 55.6; 2 L Parsons (Wales 2) 55.9; 3 M Brown (Eastern) 56.4; 4 K Martin (Gst) 56.9; 5 A James (Gst) 57.1; 6 K Steed (P/C 2) 57.8; 7 G Coffic (P/C 3) 58.90; 8 R Cozens (Wales 3) 61.20. **800:** 1 E Brady (Wales1) 2:11.5; 2 N Whelan (P/C 3) 2:14.9; 3 N Gingerich (P/C 2) 2:16.4; 4 J Brown (Eastern) 2:18.6; 5 A O'Connor (Wales 3) 2:20.2; 6 R Richards (Wales 2) 2:22.1. **1500:** 1 D Jones (Wales 1) 4:34.9; 2 A Jones (Wales 2) 4:37.0; 3 L Mathews (P/C 1) 4:37.3; 4 B Parker (Eastern) 4:37.5; 5 C Richards (P/C 3) 4:38.4; 6 E Evans (Wales 3) 4:48.1. **3000:** 1 R Goddard (Wales 1) 10:08.2; 2 C Grech (Wales 2) 10:20.0; 3 K Haus (P/C 3) 10:23.1; 4 C Gray (P/C 2) 10:56.0. **100H:** 1 V Williams (Gst) 14.50; 2 L Roberts (Wales 1) 14.90; 3 M Mosley (P/C 1) 15.30; 4 S Edwards (Wales 2) 15.90; 5 H Garrity (P/C 2) 16.00; 6 L Fitzgerald (Wales 3) 16.10; 7 K Ivory (P/C 3) 16.10. **400H:** 1 L Fitzgerald (Wales 1) 63.20; 2 S Brown (P/C 1) 63.30; 3 S Newman (Wales 2) 65.70; 4 C March (P/C 2) 66.80; 5 R Slaymaker (Wales 3) 67.10. **HJ:** C Stokoe (Wales 1) 1.70; 2 J Brown (P/C1) 1.65; 3 SJ Darrington (Eastern) 1.60; 4 L Edwards (Wales 3) 1.55. **PV:** 1 S Crook (P/C1) 3.30; 2 R Anness (Eastern) 3.20; 3 C Grundy (Wales 3) 2.80; 4 J Lloyd (Wales 2) 2.60. **LJ:** 1 L Richards (Wales 1) 5.56; 2 A Cutler (Wales 2) 5.39; 3 G Jones (Wales 3) 5.09; 4 IB Stanley (P/C 2) 5.07. **TJ:** 1 H Baker (Wales 1) 11.41; 2 K Pilgrim (P/C 3) 11.29; 3 M Morgan (P/C 1) 11.19; 4 I B Stanley (P/C 2) 11.07; 5 D Pugh (Wales 3) 10.55; 6 Darrington 10.25. **SP:** 1 B Tucker (P/C 3) 12.80; 2 C Everett (Eastern) 12.47; 3 S Herskee (P/C 1) 12.42; 4 S Hinds (Wales 2) 12.29; 5 T Sabino (P/C 2) 11.98; 6 L Finlay (Wales 3) 11.74; 7 A Hourihan (Gst) 10.82; 8 L Douglas (Wales 1) 10.76. **DT:** 1 S Herskee (P/C 1) 41.40; 2 T Sabino (P/C 2) 40.36; 3 A Hourihan (Wales 3) 38.36; 4 S Nadolney (P/C 3) 37.61; 5 Douglas (36.79; 6 F Jones (Wales 2) 35.11; 7 B Tucker (Gst) 33.69. **HT:** 1 S Moore (Wales 1) 55.78; 2 L Douglas (Wales 3) 54.23; 3 C Parry (Wales 2) 53.08; 4 Heskee 46.10; 5 Tucker 45.12; 6 Sabino 40.12. **JT:** 1 J Seibert-Johnson (P/C 1) 45.75; 2 C Rees (Wales 1) 41.24; 3 J Davis (Wales 3) 35.07; 4 K Ivory (P/C 3) 34.40. **4x100:** 1 Penn/Cornell 1 47.60; 2 Wales 1 48.10; 3 Wales 2 50.60. **4x400:** 1 Wales 1 3:50.4; 2 Penn/Connell 1 3:53.7; 3 Wales 2 3:58.9; 4 Penn/Connell 2 4:10.8

June 14-15

GORDON WOODLANDS SCOTTISH SCHOOLS CHAMPIONSHIPS
Grangemouth

MATTHEW DORRIAN and Gemma Nicol carried off the trophies for the most meritorious performances after breaking championship best performances, *Denis Shepherd reports.*

"I feel quite honoured to receive the Eric Liddell Memorial Trophy, although slightly disappointed with my height," said Dorrian, whose pole vault clearance of 4.32m added 21cm to the four-year-old record. "I never imagined I would have such a season," he added, referring to the Scottish senior title he had won the previous weekend with a PB-equalling 4.60m. "I know there is more to come – hopefully it will come at the AAA under-20s."

Nicol, who had also performed beyond expectations at the senior championships, taking 400m silver in 55.05 at just 15, coasted through her U17 300m heat in 39.86 before storming to a PB 38.94 in the final. "It was nice to run a 300 again – it seems easier after doing a few 400s!" said the winner of the Frances Barker Shield. "I'm going back to the 400 for the AAA juniors though," she added.

Runner-up in the 300m to Nicol, who returned to take the 200m the following day in 25.0, was Eilidh Child, whose moment of glory came the following day in the 300m hurdles. Winning by almost the length of the run-in, she smashed the championship best in 43.83, beating 44 seconds for the first time. "It didn't feel faster than I've ever run – that was a pleasant surprise as I only managed 17 strides instead of my usual 15," she revealed after being announced as the winner of the trophy for the best girls' hurdles performance of the meeting.
Senior Boys
(a=14, b=15)
100 (a): K Robertson (Anderson) 11.71 (ht: 11.45). In hts: L McDermid (HS Glas) 11.46. **200 (b) (2.6):** 1 McDermid 22.1; 2 D Shaw (Portob) 22.8; 3 K Kerr (Gryffe) 23.0; 4 Robertson 23.0; 5 C MacKay (Perth HS) 23.2; 6 J Samuel (E'wood) 23.2; 7 A Kay (St Col) 23.3. **400 (a):** J Rogers (Marr) 51.59. **800 (b):** 1 D Malin (St Jos) 1:56.4; 2 A Wales (A'deen) 1:57.1; 3 S Forbes (Gordon's) 1:58.8; 4 G Oudney (Menz) 2:00.1; 5 P McCloskey (St Col) 2:01.6. **1500 (a):** 1 K Berry (Craigmt) 4:00.35; 2 Wales 4:02.24; 3 C McKay (St Steven) 4:08.39; 4 A Young (Fettes) 4:11.96; 5 Malin 4:12.34. **5000 (b):** 1 A Lee (Hunter 15:54.37; 2 A Young (Fettes) 15:56.35; 3 I Donnan (Hazle) 15:57.29; 4 J Newsom (I'keithg) 16:21.09. **2000SC (a):** 1 Lee 6:31.15. **110H (a) (-0.1):** 1 D Collard (Portob) 15.19; 2 M Thompson (Merchis) 15.44. **HJ (b):** Collard 1.85. **PV (b):** M Dorrian (St Nin) 4.32 (CBP). **LJ (a):** C Moffat (HS Glas) 5.91. **TJ (b):** R Sim (M'burn) 12.40. **SP (a):** 1 G Strang (Glas Ac) 12.42; 2 C Baker (G'mond) 12.09; 3 H Fisher (Merchis) 11.57. **DT (a):** Thompson 36.12. **HT (a):** J Clark (Berwicks) 35.41. **JT (b):** K Vance (Kelvin) 47.41
U17
100 (a): 1 A McKenzie (Duncan) 11.63 (ht 11.61); 2 F McKenzie (Duncan) 11.65; 3 J Coull (Monif) 11.68. In hts: C Fleming (Notre D) 11.66. **200 (b) (1.9):** 1 Fleming 22.7 (ht: 22.74/1.9); 2 Coull 22.7; 3 F McKenzie 23.1; 4 A Wilson (Cumn) 23.1; 5 G Watson (Glas SoS) 23.5; 6 N Gray (K'wall) 23.6 (ht: 23.38/1.9); 7 McCluskey (St Bride) 23.6 (ht: 23.44/4.6). In hts: C Baily (G'wood) 23.25/1.9; M MacLeod (Glas Ac) 23.63/4.6; C Hodgson (Glas SoS) 23.70/1.9; C Ferguson (Ham Coll) 23.84/3.4; A Kerr (St Cuth) 23.98/4.6. **400 (a):** 1 C Stewart (Park M) 50.39; 2 Gray 50.90; 3 G Leggate (Hunter) 52.76; 4 D Philip (St David) 52.38; 5 A Bridgwater (Berwicks) 52.61. **800 (b):** 1 S Pilkington (Forrester) 1:59.8; 2 A Hay (Balf) 2:00.46; 3 A Campbell (Hunter) 2:01.38; 4 A Stewart (Graeme) 2:03.50 (ht 2:02.6); 5 C Stewart 2:05.75. In hts: D Wallace (Hunter) 2:03.1; E Simpson (Dunf) 2:03.8; S Davidson (Duncan) 2:05.2. **1500 (a):** 1 Hay 4:05.0; 2 R Toole (Gryffe) 4:10.3; 3 M Kennedy (Westhill) 4:12.5; 4 W Duncan (Banff) 4:13.7. In hts: D Butcher (Largs) 4:19.49. **3000 (b):** 1 Toole 9:02.1; 2 Duncan 9:03.8; 3 Kennedy 9:08.9; 4 C McCall (St Steph) 9:15.7; 5 D Shinnie (Hazle) 9:25.0. **1500SC (a):** 1 S Irwin (Kinross) 4:43.99; 2 A Clark (Kincorth) 4:45.99; 3 McCall 4:46.11; 4 Shinnie 4:47.28. **100H (a):** 1 B O'Brien (St Marg) 13.53; 2 N Kelly (Douglas) 14.29; 3 McCluskey 14.64; 4 F Beveridge (Edin Ac) 14.96; 5 S Miller (Old Mac) 14.99. **400H (b):** 1 R Gray (Gordon's) 57.7; 2 S Rowan (Crieff) 58.1. In hts: Miller 60.67. **HJ (a):** 1 B Kerr (Anderson) 1.80; 2 R Martindale (Hillpark) 1.75. **PV (b):** 1 P Strain (Bears) 3.30; 2 S Livie (Hillpk) 3.10. **LJ (b):** Baily 6.13. **TJ (a):** Kerr 12.59. **SP (b):** A McDiarmid (C'nauld) 13.31. **DT (a):** 1 McDiarmid 34.50; 2 A McInroy (Lom) 34.37. **HT (a):** 1 F Campbell (Loss) 52.91; 2 McDiarmid 52.03; 3 K Ross (Elgin Ac) 32.37. **JT (a):** L Kibble (Gala) 42.15
U15
100 (b) (3.7): 1 D Cleat (Knox) 11.83; 2 P Swan (Berwicks) 11.98; 3 S Partyka (T'bull) 12.06; 4 R Samson (Stew Melv) 12.17; 5 P Forbes (Berwicks) 12.18; 6 L Calder (Stew Melv) 12.48. **200 (a):** 1 Partyka 24.17; 2 Cleat 24.35 (ht: 24.34/0.9); 3 S McQueen (Dunf) 24.45 (ht: 24.42/0.1); 4 Swan 24.50 (ht: 24.15/0.1); 5 Forbes 25.22. 400 (b): 1 K Robertson (Bishop) 52.45; 2 McQueen 53.10; 3 I McGregor (G Watson) 56.86 (ht: 56.5). In hts: B MacKay (Oban) 57.0. **800 (a):** 1 M Mitchell (Forres) 2:02.63; 2 S Rusling (Westhill) 2:04.91; 3 A Kinnear (Madras) 2:07.13; 4 R Finlayson (Dalkeith) 2:08.21. In hts: D Selman (Stew Melv) 2:10.96; G Haining (Whitehill) 2:12.68; C Douglas (Braes) 2:12.99. **1500 (b):** 1 Mitchell 4:23.2; 2 Rusling 4:24.3; 3 K Gauson (Knox) 4:27.0; 4 N Moore (G'fer) 4:29.1; D Selman 4:29.8. **80H (b) (2.6):** 1 S Todd (Hynd) 12.03; 2 A Duncan (Stew Melv) 12.77. **400H (b):** S McDonald (S'llan) 64.41. **HJ (b):** 1 A Allan (E'wood) 1.75; 2 J Fulton (Qn Mrgt) 1.70; 3 A Page (Qn Vic) 1.65; 4 A Kinnear (Madras) 1.60; 5 A Cowan (Merchis) 1.60. **PV (a):** A Shaw (Edin Ac) 2.00. **LJ (a):** McQueen 5.79. **TJ (b):** T Daffurn (St Pat) 12.10. **SP (a):** 1 S Turner (Craigmt) 12.81; 2 N Whittle (Stew Melv) 11.80; 3 Robertson 11.17. **DT (b):** 1 Turner 33.47; 2 D Marshall (Gala) 31.32; 3 Whittle 31.06; 4 R Gray (Mackie) 30.75. **HT (a):** C Tatton (St Kent) 22.39. **JT (b):** 1 Turner 39.75; 2 Whittle 37.13; 3 Cowan 37.11
U14
100 (b) (0.9): 1 R Oswald (Balwear) 12.19; 2 C Eaglesham (G'nock) 12.33 (ht: 12.23/ 2.3); 3 DR Hunt (Qn Margt) 12.47 (ht: 12.45/3.8). **200 (a) (-0.3):** 1 Eaglesham (G'nock) 24.45 (CBP); 2 F McLaren (Dunbar) 25.53. **800 (a)/1500 (b):** J Keenan (Nicolson) 2:17.51/4:39.9. **80H (b) (1.5):** D Martin (Douglas) 12.2. **HJ (b):** A Wright (St Col) 1.60. **PV (a):** G Taylor (Mont) 2.20. **LJ (b):** C Honeyman (Stew Melv) 5.19. **TJ (a):** P Gray (Gordon's) 10.12. **SP (b):** C McCabe (Cast'hd) 11.24. **DT (b):** S Greig (Edin Ac) 28.44. **HT (b):** P Chalmers (Elgin HS) 23.30. **JT (b):** 1 Taylor 28.91; 2 G Mathieson (Belmont) 28.27; 3 N Hobday (Mont) 26.92; 4 M Smith (Edin Ac) 25.02
Senior Girls
100 (a): 1 C McKenna (St Aid) 12.67; 2 L Cunningham (St Aid) 12.83; 3 M Henderson (Brox) 12.89. **200 (b) (2.7):** 1 J Scott (Harris) 25.10; 2 Henderson 25.46; 3 K Evans (Loss) 25.63; 4 McKenna 25.80. **400 (a):** 1 Evans 57.61; 2 K Boyle (Dunf) 59.14. **800 (b):** 1 H Stevenson (King's P) 2:21.6; 2 K Fleming (S'llan) 2:23.3. **1500 (a):** 1 H Gordon (E'wood) 4:54.68; 2 Stevenson 4:58.81. **3000 (b):** Gordon 11:02.8. **100H (a):** 1 J Erskine (L'gelly) 15.19; 2 L Harley (A'muty) 16.28. **400H (b):** 1 Erskine 65.06; 2 A Shearer (Huntly) 68.05. **HJ (b):** S Robins (St Geo) 1.55. **LJ (a):** C Harkins (St Amb) 4.88. **TJ (b):** 1 L McGawn (Wellin) 10.85; 2 L MacKenzie (Ding) 10.26; 3 Harkins 10.23; 4 J Todd (S'llan) 10.06. **SP (a)/DT (b):** A Rodger (C'bank HS) 11.37/38.10. **HT (a):** 1 S McKelvie (Brox) 42.33; 2 E Murdoch (Elgin HS) 36.59. **JT:** 1 L Dakers (Mary E) 30.73; 2 McGawn 30.55
U17
100 (a): 1 N Gossman (Jordan) 12.65; 2 K McDiarmid (Qn Anne) 12.76 (ht: 12.65); 3 P Paterson (Prest Ldge) 13.15 (ht: 13.01). In hts: E Richardson (Gair) 13.10. **200 (b) (1.9):** 1 G Nicol (Qn Anne) 25.0 (ht: 25.01/ 2.5); 2 S Astarita (Bishop) 25.0 (ht: 25.19/ 2.5); 3 Gossman 25.1; 4 McDiarmid 25.3 (ht: 25.53/2.2); 5 Richardson 26.2; 6 T Doherty (C'bank HS) 26.2 (ht: 25.83/2.5); 7 S Downie (Peeb) 27.0. **300 (a):** 1 Nicol 38.94 (CBP) (ht: 39.86); 2 E Child (Kinross) 40.07 (ht: 41.18); 3 Doherty 40.71; 4 R Forbes (St Bride) 42.27; 5 L Bowie (Portob) 42.83; 6 S McClung (Stran) 43.75; 7 F Gentles (Glas Ac) 44.16. In hts: L Candlish (Qn Anne) 42.16; L Mathieson (M'burn) 44.63; L Reid (Lark) 44.66; R Wallace (Monif) 44.95. **800 (b):** 1 M MacLarty (Perth HS) 2:13.67; 2 R Mooney (St Argt) 2:17.70; 3 S Reynolds (Elgin HS) 2:19.27 (ht: 2:18.1); 4 C Wilson (Anderson) 2:22.52; 5 F Thompson (Dunblane) 2:22.94 (ht: 2:19.6); 6 E Hodge ((Mary E) 2:23.29; 7 C Macaulay (Glas SoS) 2:23.38 (ht: 2:21.1). In hts: C Whitelaw (Lark) 2:24.0; K Bunyan (Alva) 2:24.3; K Bryce (G'fer) 2:24.6; L MacPherson (Boclair) 2:26.8. **1500 (a):** 1 MacLarty 4:36.8; 2 E Renouf (W'mill) 4:37.8; 3 R Jones (Forres) 4:47.2; 4 Thompson 4:50.4; 5 J Ennis (St And C'bank) 4:52.38; 6 S Lamont (G'wood) 4:54.6 (ht: 4:52.04); 7 Wilson 4:55.7; 8 Reynolds 4:56.6 (ht: 4:50.19). In hts: Mooney 4:52.45; J Emsley (Arran) 4:58.08; Whitelaw 5:03.91. **3000 (b):** 1 Renouf 9:53.7; 2 Jones 10:20.9; 3 Lamont 10:27.5; 4 Ennis 10:47.2; 4 Emsley 10:55.5. **80H (a):** 1 S Stewart (Hunter) 11.69; 2 Paterson 12.17; 3 C Cairney (Bishop) 12.30; 4 J Halket (Ellon) 12.70; 5 N Osifodunrin (Mary E) 12.75; 6 P Blair (Prest Ldge) 12.99. **300H (b):** 1 Child 43.83 (CBP); 2 Blair 46.91; 3 A Jackson (Mary E) 48.42; 4 H Bell (Mont) 49.04; 5 S Griffiths (Dunblane) 49.76. **HJ (b):** 1 L Ferguson (Turr) 1.60; 2 Halket 1.55. **PV (a, indoor):** E Dorrian (St Nin) 3.20. **LJ (b):** 1 Osifodunrin 5.27; 2 Stewart 5.12; 3 Halket 5.10; 4 Ferguson 5.04. **TJ (b):** 1 Z Davidson (Aboyne) 10.84; 2 Forbes 10.09; 3 E Henderson (Alva) 10.05; 4 Bell 9.02. **SP (a):** 1 K Law (F'rose) 9.65; 2 L Chalmers (Elgin HS) 9.25; 3 S Gray (Lenz) 9.11. **DT (b):** 1 Chalmers 33.47; 2 H Robertson (Bath) 33.11; 3 Law 30.85; 4 S Elliott (C'oustie)

Available on cable and digital TV

27.29. **HT (a):** 1 Chalmers 39.20; 2 Robertson 33.69; 3 L Tait (Forres) 31.44. **JT (a):** 1 A Lyons (Muss) 33.07; 2 J Jamieson (Anderson) 32.07

U15

100 (b) (2.4): 1 L Crilly (St Mrgt) 12.63; 2 A Clancy (Peeb) 12.70; 3 C Lynam (T'bull) 12.84; 4 K Leith (Qn Vic) 12.85; 5 L Morrell (St Col) 13.09; 6 F McTaggart (W'wood) 13.02; 7 Y Elms (Portob) 13.24; 8 K Noble (Wellin) 13.34 (ht: 13.32/2.0). In hts: K Hope (Berwicks) 13.48/2.9. **200 (a):** 1 Crilly 25.91; 2 Clancy 26.13; 3 Lynam 26.45; 4 C Soutar (Qn Anne) 26.60; 5 S Hay (Stir HS) 26.90; 6 Leith 27.02 (ht: 26.9); 7 R MacKintosh (Elgin AC) 27.20; 8 S Peaston (Royal HS) 27.34 (ht: 27.2). In hts: McTaggart 27.5/-0.2; E Cloggie (Banc) 27.6/-0.4; Morrell 27.6/-0.2; T Nicholas (Hutch) 28.0/-0.3. **800 (a):** 1 L Baird (W'wood) 2:17.71; 2 Cloggie 2:20.04; 3 J Finch (C'holme) 2:21.83; 4 L Bann (St Ken) 2:27.57 (**ht:** 2:25.19); 5 F McCluskey (St Bride) 2:29.96. In hts: Soutar 2:25.09; A Kennedy (Penic HS) 2:25.19; E Garrick (Anderson) 2:29.37. **1500 (b):** 1 Finch 4:50.96; 2 Baird 4:52.48. **75H (b) (1.0):** 1 Elms 11.9; 2 Peaston 12.2; 3 A Austin (C'nauld) 12.4; 4 S Auld (Morrison) 12.5; 5 S Duncan (Grange) 12.9; 6 F Buchanan (W'mill) 13.0. **HJ (a):** 1 C Sharp (Mary E) 1.66 (CBP); 2 H Burgess (Linlit) 1.55; 3 H Buchanan (HS Glas) 1.55; 4 E Carrington (Nicolson) 1.50; 5 R MacKenzie (M'burn) 1.50. **PV (a):** 1 K Skinner (Larbert) 3.30; 2 N Laing (Dunblane) 2.60. **LJ:** Duncan 4.81. **SP (b):** 1 C Johnstone (Glas SoS) 10.36; 2 H Cameron (Penic) 10.34; 3 J McNeil (Bishop) 10.14; 4 J Achampon (St Thom Aq) 9.80. **DT (b):** 1 Cameron 27.46; 2 N Bodiam (Milne's) 25.13; 3 N Falconer (Tynecas) 23.12. **JT (a):** 1 E Gray (Anderson) 32.51; 2 Cameron 31.43; 3 Austin 28.28; 4 Falconer 25.39; 5 Bodiam 24.09; 6 K Davidson (Aboyne) 23.21

U14

100 (b) (1.3): 1 N Doyle (Alloa) 12.96; 2 E Gallon (Banff) 13.17 (ht: 13.05/2.5); 3 L Hamilton (Currie) 13.23 (ht: 13.20/2.9); 4 M Crawford (Hutch) 13.26. In hts: K Hamilton (Kilsyth) 13.40; L Egan (St Aloy) 13.50/2.4; K Young (Albyn) 13.50/2.5. **200 (a):** 1 L Hamilton 26.77 (ht: 26.7/0.5); 2 Crawford 27.2; 3 Gallon 27.37 (ht: 27.3/0.5); 4 K Hamilton 27.42; 5 S Hanlon (Currie) 27.59; 6 L Giles (S'allan) 27.98. In hts: V Creswell (St And Ac) 27.9/0.6; H Ker (Glas Ac) 28.0/0.6. **800 (a):** 1 S Lyall (Royal HS) 2:23.29; 1 A McGhee (HS Glas) 2:26.68. **1500 (B):** 1 B Swanson (I'ness HS) 4:59.9; 2 Lyall 5:01.4. **75H (B) (0.3):** 1 Doyle 11.7 (CBP); 2 R Davidson (D Ewart) 12.1; 3 S Walker (Dunf) 12.8; 4 S Ward (Wellin) 12.8; 5 I Kennedy (Hutch) 13.0. **HJ (a):** 1 E Leggate (Hunter) 1.48; 2 J Hemmingway (G Watson's) 1.45. **LJ (b):** 1 Young 4.78; 2 R Cunningham (St Aid) 4.61. **SP (a):** D.Berrie (Monif) 8.37. **DT (b):** H McIntosh (Mont) 20.12. **JT (b):** S Achampon (St Thom Aq) 21.34.

June 13

RIVER ROCK & NORTHERN IRELAND RELAY CHAMPIONSHIPS

Belfast

U20

Mile: 1 M Milligan (WTH) 4:48.7

U17

HJ: D Robb (ND) 1.75. **LJ:** B Murphy (CB) 5.56.

U15

800: E Gill (NTH) 2:11.0. **80H:** R McAvoy (LAC) 12.6. **SP:** J Kingsbury (RH) 12.23. **JT:** A Sturling (RH) 33.06. **4x800:** St Malchy's 9:38.9

U13

75H: T Wickens (RH) 14.8. **DT:** D Keyes (RH) 24.85. **4x800:** North Belfast 10:59.6

Women

Mile: S McCormick (LV) 5:27.9

U17

800/LJ: S Beattie (DRO) 2:38.9/4.55. **3x800:** Dromore 7:17.8

U15

800: S McGowan (BRA) 2:39.7. **75H:** R Fair (LV) 13.0. **SP:** L Glover (LV) 8.92. **JT:** C Oakes (RH) 27.53. **4x800:** Lagan Valley 8:07.1

U13

70H: L McLea (RH) 13.5. **DT:** R Cave (LV) 12.15. **3x800:** Carrick GS 8:42.1

June 12

START FITNESS NORTH EASTERN LEAGUE

Jarrow

Men

100: A Rogers (J&H, U20) 11.4. **400:** 1 M Rodgers (New Zealand, gst) 48.8; 2 G Massingham (Sun) 50.3; 3 M Hassan (Sun) 51.1. **3000:** 1 M Hood (Sun) 8:46.9; 2 S Horn (Els) 8:47.6; 3 R Kemp (Sun) 8:49.1; 4 M Slesser (J&H) 8:55.9. **PV:** 1 C Boundy (Gate) 4.75; 2 J Loughran (Gosf, M50) 3.00.

U17

400: 1 B Finn (Shil) 52.9; 2 K Flannery (Gate) 53.4. **3000:** R Stephenson (NSP) 9:33.9.

U15

100: 1 J Sinclair (Gate) 11.8; 2 L Robson (Gate) 12.1. **400:** J Sinclair 56.2. **JT:** 1 J Sinclair 43.17; 2 S Baston (Duchess HS) 38.83; 3 J Armstrong 37.10

Women

400: 1 N Desai (Morp, U20) 58.3; 2 V Finn (Shil, U20) 60.0. **3000:** 1 C Smallwood (J&H) 9:50.7; 2 A Hunter (J&H) 10:59.9.

U17

100: V Wester (Gate) 13.1. **300:** 1 N Halliday (Morp) 42.4; 2 G Brown (Shil) 42.7; 3 G Morgan (Shil) 44.6; 4 G Allen (J&H) 44.9. **LJ:** 1 R Abbs (Dur) 5.46; 2 E Morris (SSh) 5.26

U15

100: L Arthur (Gate) 13.3

BIRCHFIELD HARRIERS OPEN

Alexander Stadium, Birmingham

THE balance of power in the Herrington family swung towards the son, as Sam Herrington unleashed a fine discus throw of 51.24 to defeat his father Gary, *Brian Aitken reports.*

Men

200: 1 J Merchant (Bir, U20) 22.6; 2 A Williams (Bir, U17) 22.8; 3 A Hughes (Bir, U20) 22.9; 4 M McEvoy (Bir, U17) 23.4; 5 R Storey (Bir, U17) 23.4. **800:** R Elmore (Birm U) 1:58.5. **DT:** 1 S Herrington (Bir, U17) 51.24; 2 G Herrington (R&N, M40) 47.03; 3 S Hale (Bir) 41.17

U15

DT: B Thomas (Bir) 30.70

Women

DT: R Hoy (Corby) 34:35

U15

200: A Harris (Bir) 26.8

U13

200: B Adkins (Bir) 30.6

LSAC V ACHILLES V STAFFORDSHIRE UNIVERSITY

Loughborough

A CLOSE women's 3000m saw Sonia Thomas just holding off Suzanne Owen to claim victory, *Lucy Waterlow reports.*

Spencer Newport, returning following long term injury, ran well to win the men's equivalent.

Loughborough Students dominated the women's throwing events. Rebecca Peake continued her winning streak in the shot while Suzanne Roberts won the hammer with 60.38m.

Jackie McKernan was a distinct winner in the discus ahead of Sue Backhouse.

Men

MATCH: 1 Loughborough Students AC 238; 2 Achilles 181; 3 Staffordshire University 73.

100 (1.2): 1 F Wright (Ach) 10.9; 2 R Harle (Ach) 11.1; 3 J Hassain (Lough S) 11.2. **200 (0.2):** 1 Wright 21.8; 2 Harle 22.6; 3 T McAdam (Staffs) 22.6; 4 A French (Ach, gst) 22.9. **800:** 1 R Whittle (Lough S, gst) 1:53.5; 2 T Carter (Lough S) 1:53.5; 3 A Sherman (Lough S) 1:53.8; 4 L Chandy (Ach) 1:53.9; 5 S Vernon (Lough S, gst) 1:55.8. **Invitational:** 1 R Davoile (Lough S) 1:55.7; 2 M Jones (Lough S) 1:57.5; 3 R Blagrove (Lough S) 1:58.2; 4 J Hogg (Lough S) 1:59.7. **1500:** 1 T Carter (Lough S) 3:53.02; 2 M Cryer (Lough S) 3:54.9; 3 N Tucker (Lough S, gst) 3:55.6; 4 I Murdoch (Lough S, gst) 3:57.6; 5 N Samuels (Lough S, gst) 3:59.1. **Invitational:** 1 R Davoile (Lough S) 4:03.4; 2 A Cowan (Lough S) 4:04.0; 3 T Hopkins (Lough S) 4:04.8; 4 M Raw (Lough S) 4:05.2; 5 B Foster (B'heath) 4:05.6; 6 D Hards (Phoe) 4:05.7. **3000:** 1 S Newport (Lough S) 8:25.4; 2 M Watson (Lough S) 8:27.8; 3 J Brooks (Ach) 8:47.9; 4 P Benyon (Staffs) 8:59.5. **3000SC:** S Bazell (Staffs) 9:56.0. **110H (1.8):** 1 T Reer (Lough S) 14.1; 2 A Hemery (Ach) 15.3. **PV:** 1 C Mills (Lough S) 4.30; 2 Hemery 4.00; 3 D O'Hara (Lough S) 3.80. **TJ:** N Childs (Ach) 13.97. **DT:** 1 E Reid (Lough S) 48.77; 2 J Mooreland (Ach) 47.00. **HT:** 1 J Pearson (Lough S) 63.99; 2 S Thurgood (Lough S) 52.91. **4x400:** 1 Loughborough Students AC 3:21.5; 2 Achilles 3:23.5.

Women

MATCH: 1 Achilles 238; 2 Loughborough Students AC 181; 3 Staffordshire University 57.

100 (1.8): 1 L Stockbridge (Ach) 12.2; 2 Y Henry (Wig, gst) 12.2; 3 H Edmundson (Ach) 12.4; 4 R Redmond (Staffs) 12.4; 5 K Wheak (Ach, gst) 12.7. **200 (-0.2):** 1 Stockbridge 25.5; 2 Wheak 25.9; 3 N Gumb (Charn, gst) 26.0; 4 C Brown (Ach, gst) 26.7. **400:** 1 Brown 59.8; 2 S Hasler (Lough S) 61.1. **800:** 1 D Glover (Staffs) 2:19.8; 2 S Thomas (Lough S) 2:20.2. **3000:** 1 Thomas 9:36.1; 2 S Owen (Staffs) 9:36.7; 3 E Ferenczi (Ach) 10:03.7. **100H (0.7):** 1 N Ceesay (Lough S) 14.9; 2 S Gumbs (Birm U, gst) 15.2; 3 S Watts (Ach) 16.1. **HJ:** 1 S Dennemy (Ach) 1.53. **PV:** 1 C Ridgely (Ach) 3.55; 2 B Ridgely (Lough S) 3.40. **LJ:** 1 L Butler (Lough S) 5.83; 2 F Westwood (Lough S) 5.61; 3 Dennemy 5.38; 4 C Sanderson (Ach) 5.13; 5 L Patterson (Staffs) 5.09. **TJ:** 1 Dennemy 10.82; 2 C Ridgely (Ach) 10.65w; 3 C Davies (Staffs) 10.59. **SP:** 1 R Peake (Lough S) 13.33. **DT:** 1 J McKernan (Lough S) 53.84; 2 S Backhouse (Lough S) 43.45; 3 J Duff (Ach) 34.04. **HT:** 1 S Roberts (Lough S) 59.72; 2 K Horne (Lough S) 41.57; 3 Duff 35.45. **4x100:** 1 Achilles 48.7; 2 Loughborough Students AC 51.4.

BIRMINGHAM ROWHEATH AC & BIRMINGHAM UNIVERSITY AC OPEN SERIES

Birmingham University

KEVIN BROWN and Navdeep Dhaliwal both attained the English qualifying standard in the discus.

However, Belgrave athlete Brown is competing for Jamaica these days and, after throwing 60.54m, headed to the Caribbean for their trials.

Dhaliwal, 24, threw 52.05m to continue her significant improvement. The Shaftesbury Barnet athlete had a best of only 43.85m prior to this season.

Men

400: 1 S Marshall (Cov) 49.6; 2 J Lloyd (Swan) 49.8. **BMC 1500:** 1 R Smyth (Taun, U20) 4:09.8. **10,000** (inc Warwicks Champs): 1 P Andrew (Sarac) 32:26.3; 2 S Rashid (Liv PS) 33:05.0; 3 M Slevin (Cov) 34:16.3... 5 B Sanders (Sarac, U20W) 37:17.8. **PV:** 1 M Pilborough (Hale) 4.40; 2 T Davis (Tel, U17) 3.80; 3 N Johnson (Hale, U17) 3.60... 5 R Hartshorne (Tel, U15G) 2.40. **DT Comp 1:** Brown 57.40; ... N Dhaliwal (SB, W) 51.20. **Comp 2:** 1 K Brown (Belg) 60.54; 2 L Newman (Belg) 56.28; 3 Dhaliwal (W) 52.05... 5 A Ilic (Birm R, U17) 34.06

Women

100: 1 D Maylor (Bir) 12.2; 2 C Weightman (Birm U) 12.4. **300:** 1 T Loftus (Birm R, U15) 44.2. **BMC 1500:** 1 K Thomas (Taun) 4:39.0; 2 L Jones (Tip, U15) 5:00.5; 3 K Walker (Tip, U15) 5:06.5; 4 S Davies (Tip, U15) 5:10.0

BMC/AAA LONDON MIDDLE DISTANCE SERIES

Mile End

800: 1 R Sumner (BMH) 1:53.5; 2 T Feasey (BMH) 1:53.6; 3 A Knight (Camb H) 1:54.0; 4 D Reader (B&F) 1:54.2; 5 D Moulton (B'hth) 1:55.7; 6 T Snow (WG&EL, U17) 1:55.8. **B:** 1 E Betts (TVH) 1:56.4; 2 C Bird (Worth) 1:56.7; 3 J Atkinson (S'oaks, U20) 1:57.1; 4 A Ahmed (WG&EL) 1:58.9; 5 P Davis (High) 1:59.9. **C:** 1 A Joanides (High) 1:57.5; 2 S Cooper (B'hth) 1:57.8; 3 L Crispin (Thurr) 1:58.3; 4 C Lamb (Rugby and North, U20) 1:59.2

800 (Mixed): 1 S Kissi (Herne H, U15) 2:04.1; 2 L Danagher (High, U17) 2:04.8; 3 name unavailable (VP&TH) 2:04.9; ... 5 C Conway (Orion, U15G) 2:20.9; 6 C Mussington (Orion, U15) 2:34.3

1500: 1 R Ashe (Harrow) 3:52.1; 2 C Reynolds (WG&EL, U20) 3:57.4; 3 J Stephenson (B&H) 3:59.5; 4 N Gamester (E&H) 4:00.3; 5 S Clarke (M&M) 4:00.5; 6 T Hawkey (B'hth, U20) 4:03.8; 7 A Rayner (B'hth) 4:04.3; 8 C Simmons (E&H) 4:06.9; 9 A Stewart (Belg) 4:07.1; 10 A Ali (NEB, U17) 4:16.6. **B (Mixed):** 1 L Emanuel (Hast) 3:57.3; 2 B Whiffen (Ton, U20) 3:57.7; 3 S Omar (ESM, U20) 3:58.6; 4 S Dixon (Barn) 4:00.0; 5 J Hasell (WG&EL, U20) 4:05.9; 6 B Paviour (Serp) 4:07.6; 7 I Ibrahim (Lon Hth, U17) 4:09.6; ... 12 L Bruce-Burgess (VP&TH, U17G) 4:45.7

3000: 1 L Jones (Craw) 8:44.3; 2 J Vail (B&H) 8:47.3; 3 M Shore (W'bury) 8:56.6

Women

800: 1 D Lee (Bris) 2:11.1; 2 L Snow (WG&EL) 2:15.1; 3 N Anderson (Lon Hth) 2:15.2; 4 L Cossey (Hav M) 2:17.2; 5 K Buchan (M&M) 2:18.2; 6 H Mottram (Hav M) 2:19.1; 7 B Pritchett (WG&EL) 2:19.4; 8 L Collier (Belg, U15) 2:20.2

ADIDAS BELGRAVE SPEED GRAND PRIX

Battersea Park

Men

100 (1.0): 1 A Sayers (NEB) 10.78; 2 U Ugono (WG&EL) 10.80; 3 T Swaray (B'hth) 10.82; 4 A Mensah (E&H) 11.08; 5 J Wood (Harrow) 11.12; 6 D McKenzie (SB) 11.21. **B (1.0):** 1 S Wariso (E&H) 10.86; 2 L Slue (Harrow) 10.95; 3 J O'Donoghue (Lee Vale) 11.04; 4 N Ossai (Lon H) 11.14; 5 F Daramola (Belg) 11.15; 6 S Adepelba (E&H) 11.36. **C (1.0):** 1 R David (Belg) 11.36. **D (1.5):**...2 C Bloomfield (Belg, SW) 11.87. **Series 2 (0.5):** 1 Wariso 10.96; 2 O'Donoghue 11.06; 3 Mensah 11.08; 4 Swaray 11.15; 5 Wood 11.22. **B (0.8):** 1 Slue 10.97; 2 Ossai 11.06; 3 David 11.20. **C (0.5):**...3 U Ebubadike (Belg, U17) 11.78; 4 Bloomfield 12.08. **200 (0.7):** 1 Ossai 22.45; 2 Wood 22.76. **B (0.7):** 1 R Houghton (Herne H) 23.24;...4 J Culley (Belg, SW) 26.06. **110H (0.8):** 1 D Mallins (NEB) 14.48; 2 C Akpabio (WG&EL) 15.35

Standings after one fixture: 1 Ossai 92; 2 Houghton 85; 3 T Oyedele (Croy) 82

Women

100 (1.0): 1 J Lucas-Read (Team S) 12.36; 2 A Nwosu (Croy) 12.73. **100H (1.1):** 1 B Liston (WSEH) 13.97; 2 J Hale (Sale) 14.04; 3 K Sketchley (Team S) 14.24; 3 C Garnett (Herne H, U20) 14.66. **Series 2 (0.8):** 1 Hale 14.11; 2 Sketchley 14.26; 3 Garnett 14.47

Standings after one fixture: 1eq Bloomfield/Culley 50; 3 Lucas-Read 49

CAPITOL SHOPPING CENTRE CARDIFF & VALE OF GLAMORGAN SCHOOLS' U15 CHAMPIONSHIPS

Leckwith, Cardiff

Boys

100: 1 M Smith (Stl) 11.8; 2 C Thorne (Stan) 11.8; 3 D Cotterill (GDerw) 11.9; 4 L Evans (YBM) 12.2; 5 K Hendrickson (YGG) 12.2; 6 R Andrews (StT) 12.2; 7 J Boyle (CorC) 12.3. B: L Refell (GlanE) 12.5. **200:** 1 Smith 25.1; 2 R Jones (CorC) 25.2; 3 Refell 25.4; Hendrickson 25.4. **400:** 1 Cotterill 55.7 (**ht:** 54.4 CBP); 2 N Stubbs (Whit) 56.3. In hts: Boyle 55.5. 80H: 1 R Turner (CorC) 12.5; 2 E Curtis (BoL) 12.8. **HJ:** Turner 1.65. **PV:** 1 J Gainey (YGG) 2.61; 2 M Walker (Cow) 2.61. **SP:** 1 B Wright (Cow) 11.22; 2 J Whittaker (Lsn) 11.18; 3 Hendrickson 11.15. **DT:** Whittaker 32.14. **JT:** 1 J Faller (Stl) 38.26; 2 T Sloman (YBM) 37.68. **1.5kmW:** E Richards (YGG) 9:26.0.

Girls

100: 1 L Papura (BHaf) 13.1; 2 F James (CHS) 13.1. **200:** 1 Papura 26.5; 2 James 27.1. **LJ:** J O'Brien (St T) 4.76. **1.5kmW:** M Turner (YGG) 9:33.0

COMPETE RUNNER WEST YORKSHIRE LEAGUE

Cleckheaton

Men

100: C Yates (Spen, U20) 11.4. **1500:** M Buckingham (Holm, U20) 4:09.5

BRITISH EUROSPORT – The home of World Class Athletics.

U17
400: J Dudley (Long) 53.0
Women
100: E Sutcliffe (Wake) 12.7. **800:** 1 K Johnson (Hali) 2:23.9; 2 C Humphery (Skyrac) 2:24.4. **SP:** F Thomas (Skyrac) 10.21
U17
200: 1 L Robinson (Wake) 25.6; 2 N Welsh (Wake) 26.5; 3 K Parkin (Hali) 26.9; 4 J Forbes (Bing) 26.9. **DT:** E Shaw (Skip) 27.06
U15
200: 1 J Taylor (Rown) 27.2; 2 E Noble (Bing) 27.9. **800:** 1 T Jones (Hali) 2:22.5; 2 L Mayho (Bing) 2:29.6. **LJ:** 1 A Little (Leeds C) 4.88; 2 Noble 4.67; 3 K Parr (Leeds C) 4.63
U13
800: 1 C Craddock (Spen) 2:29.8; 2 S Simmons (Hali) 2:33.0; 3 E Hall (Skyrac) 2:35.9; 4 H Francis-Smithson (Leeds C) 2:36.0; 5 C Patchett (Spen) 2:38.7; 6 EL Hall (Skyrac) 2:39.4; 7 J Dobson (Leeds C) 2:45.2; 8 H Seddon (Leeds C) 2:49.5. **B:** 1 B Rowlands (Spen) 2:43.5; 2 R Hall (Skyrac) 2:45.3; 3 G Chattaway (Skyrac) 2:46.1; 4 H Milthorpe (Spen) 2:47.8
Standings after three matches – Men: M Clay (Skyrac) 34
TEAM: Skyrac 177
Women: V Lambert (Wake) 33
TEAM: Wakefield 319

WINDSOR, SLOUGH, ETON & HOUNSLOW OPEN
Eton

Men
100/200: J Commissiong (TVH) 11.1/23.0. **400:** D Wardle (WSEH, M55) 58.7. **800:** 1 J Hogan (Win) 1:56.1; 2 D Blythe (Win) 1:59.0. **1500:** P Kennedy (WSEH, M50) 4:36.8. **PV:** W Jousiffe (WSEH) 4.00
U15
100/200: C Beck (WSEH) 12.1/25.1. **400:** D Spoffard (WSEH) 55.3
U13
100: M Galliers (WSEH) 13.0. **200/800/LJ:** D Bass (Burn J) 27.9/2:29.0/4.45. **3000:** N White (WSEH) 10:23.7
Women
100/200: C Bryant (WSEH) 13.0/27.0. **800:** T Galbraith (Rad L, W35) 2:26.4. **PV:** 1 C Macrae (WSEH) 3.45; 2 S Yeomans (Wat, W45) 2.78. **LJ:** K Rothman (WSEH, W35) 5.87. **TJ:** K Kinner (BMH) 11.18
U20
TJ: J Wright (Brack) 10.30
U17
LJ: L Taylor (Rad L) 4.88. **JT:** R Semenytsh (WSEH) 36.63
U15
LJ: K Price (Walton) 4.64. **TJ:** J Becker (Slough J) 9.21
U13
100/200: K McGrath (WSEH) 13.9/28.9. **JT:** N Peters (WSEH) 20.95

ROSENHEIM LEAGUE
Eastern Division
Wimbledon Park

MATCH: 1 Croydon 51; 2 Herne Hill 49; 3 Hercules Wimbledon 43; 4 Serpentine 40; 5 South London 10; Sutton & District did not appear
Men
1500: 1 R Ward (HW) 3:54.9. **3000:** 1 M Treadwell (HW) 8:54.8;...5 S Hannah (HW, SW) 10:38.6;....7 J Thomas (HW, M60) 11:18.7. **PV:** 1 K Gray (Kent AC, gst) 3.80;....4 J Ive (Croy, U15) 3.20. **DT:** 1 G Power (Herne H) 44.81. **HT:** C King (Croy, M50) 36.34
Standings after three matches: 1 Herne Hill 17; 2 Croydon 15; 3 Hercules Wimbledon 13; 4 Serpentine 8; 5 South London 7

Western Division — Ewell Court

Men
MATCH: 1 Epsom & Ewell 49; 2 British Airways 41; 3 Kingston & Polytechnic 39; 4 Richmond & Twickenham 33; 5 Walton 27; 6 Bank of England 19
200: ..T Bissett (E&E, M55) 26.5). **400:** V Nwagbara (K&P) 51.1; .. R Somers (E&E, M55) 62.9. **PV:** D Blunt (E&E, M45) 3.40. **DT:** 1 A Richardson (R&T) 35.90; 2 P Derrien (R&T, ns) 34.58. **HT:** 1 Derrien 41.35; ..4 K Prior (E&E, M50) 29.52
M50
DT: R Roach (Walton, ns, M55) 29.22
M60
HT: B Sly (R&T, ns) 23.80
Standings after three matches: 1 Kingston & Polytechnic 15 (129); 2 Richmond & Twickenham 14 (132) 3 British Airways 13 (131); 4 Epsom & Ewell 10 (103); 5 Walton 6 (88); 6 Bank of England 5 (77)
Women
MATCH: 1 Epsom & Ewell 47; 2 Walton 19; 3 Kingston & Polytechnic 9; 4 Richmond & Twickenham 5; 5 British Airways 3
3000: E Nelson (E&E) 10:17.4. **SP:** J Bennett (E&E, ns) 10.35
Standings after three matches: 1 Epsom & Ewell 14 (97); 2 Walton 11 (52); 3 Kingston & Polytechnic 10 (47); 4 British Airways 4 (21); 5 Richmond & Twickenham 4 (10)

BLACKHEATH HARRIERS MILE CHAMPIONSHIPS
Bromley, Kent

M50
K Daniel 5:02.3
Women
M Pannett (gst) 4:57.4

June 11

TRAFFORD GRAND PRIX

ANNA JOHNSON extended her own UK best for an U15 with the senior hammer, recording 40.51m.

The mark beat the 39.06m she set at the same venue in May.

However, Johnson fell just over a metre short of her record with the U15 implement, throwing 44.68m.

BMC Races
800: 1 M Rimmer (Liv PS, U17) 1:51.4; 2 G Balch (Bath U, U20) 1:52.3; 3 I Siddig (Sudan) 1:52.8; 4 I Salisbury (Traff) 1:53.9; 5 S Hughes (Sale) 1:54.4; 6 D Middleton (Barns) 1:57.9. **B:** 1 C Heppenstall (Wake) 1:54.84; 2 J Boxell (Barns, U20) 1:55.01; 3 K Ritchie (Leeds) 1:56.18; 4 J Hogg (New) 1:56.20; 5 B Green (Warr, U17) 1:56.23. **C:** 1 M Nicholson (Gos) 1:57.81; 2 M Benford (Notts) 1:59.11; 3 S Dirrane (Leeds, U17) 2:00.31; 4 A Donaldson (Liv PS, U17) 2:01.23. **1500:** 1 J Rogers (Sale) 3:43.3; 2 D Hibbert (Traff) 3:48.0; 3 A Wright (Stoke) 3:55.2; 4 C Wheeler (Traff) 3:56.6; 5 R Goodwin (Sale, U20) 3:57.6; 6 A Ford (B&F, U20) 3:58.9; 7 C Hawkins (Der, U20) 4:02.1; 8 R Waters (Traff) 4:04.2; 9 I Wetherall (Hels) 4:06.3; 10 T Egerton (Traff, U20) 4:08.3
Women
800: 1 C Snelgrove (Wake) 2:09.53; 2 C Entwistle (Wig) 2:11.58; 3 D Woods (Traff, U20) 2:12.80; 4 J Ankier (SB) 2:13.60; 5 P Hopley (Sale) 2:14.59; 6 N Gundersen (Liv PS, U20) 2:16.11
Open Events
100 (-0.6): 1 R Workman (Traff) 11.0; 2 P Ellershaw (B&F) 11.1. **C (-0.6):** 1 B Annan (KuH, W) 12.78 ... 3 P Bellis (Man, M50) 13.27; 4 P Matthews (N Vets, M65) 14.57. 200 (-2.2): 1 Workman 22.45; ... 4 S Chaisty (Traff, M40) 24.75 ... 6 Annan 25.98. **B (-0.7):** 1 K Searle (KuH, U20) 26.12 ... 3 Bellis 26.53. **400:** 1 R Palmer (Sale, U20) 48.22; 2 A Wilkinson (Sale) 48.54; 3 L Baird (Traff) 48.82; 4 D Eldin (Goole) 49.07; 5 A Doka (Sudan) 49.18. **B:** 1 L Finucane (Pend, U17W) 55.33; 2 R Thompson (Liv H, U17W) 55.68; 3 C Riley (Traff, W) 56.23; 4 V Blanchard (Man, M55) 59.54; 5 R Atkinson (KuH, U20W) 61.35. C: ... 3 S Walsh (Goole, M40) 55.64. **800:** ... 3 P Hall (B'burn, M40) 2:03.81; ... 5 N Elliott (Wake, U15) 2:06.09. **B:** 1 R England (Leeds, U17) 2:03.96; ... 4 H Melia (unatt, M40) 2:09.87;..6 A Butler (Wake, W) 2:15.07. **C:** ... 2 J Kind (Der, SW) 2:18.92; 3 L Muscroft (Roth, U17W) 2:18.98; 4 C de Maria (Leeds, SW) 2:21.12; 5 S May (U17W) 2:21.51. **D:** 1 L Abbott (Midd, U15G) 2:23.26 ... 4 C Craddock (Spen, U13) 2:27.23. **1500:** 1 B Jones (Liv PS, U17) 4:02.11; 2 R Smith (Liv PS, U20) 4:06.90; 3 G Bristow (Salf, U17) 4:07.13; 4 R Yates (Traff, U17) 4:14.82 ... 9 K Hill (Traff, W) 4:30.45 ... 11 L Proctor (Bolt, SW) 4:33.49. **3000:** 1 J Wild (Sale) 8:15.4; 2 A Swearman (KuH) 8:36.2; 3 C Winward (Barr) 8:52.6; 4 M Burrett (Leeds) 8:55.4; 5 G Slater (KuH) 8:58.6; ... 7 Hall 9:07.3 ... 9 M Brown (B'burn, M40) 9:11.5 ... 10 D Gee (Man, M45) 9:19.2; 11 D Carrington (Alt, M45) 9:27.1 ... 17 D Southern (Alt, M45) 9:41.8; 18 P Thackray (Wake, W) 9:50.0. **B:**..10 R Waller (Sale, U20W) 10:21.8; 11 M Boleman (Sale, W35) 10:22.8; 12 S Marshall (Wake, W) 10:29.3; ... 14 G Ellershaw (B&F, SW) 10:42.6; 15 S Clark (Sale, U20W) 10:48.7; 16 K Watkin (B&F, SW) 10:52.2. **2000SC:** 1 J Fitzsimmons (U/A) 5:54.64; 2 J Henry (Spen, U20) 6:12.33
Men
HJ: 1 D Graham (Liv H) 2.13; 2 B Hall (Bolt) 2.00; 3 C Giblin (Liv H) 2.00. **SP:** 1 M Edwards (Bel) 17.53; 2 D Readle (Liv PS) 16.00. **DT:**1 A Rollins (Traff) 46.71; 2 D Greaves (Charn) 41.96.
M45
JT: P Ostapowycz (Traff) 49.21
U20
SP/DT/HT: R Bate (Traff) 12.87/ 47.65/ 58.16
U17
HT: M Lambley (Sheff, U15) 48.71
U15
DT/HT: Lambley 33.50/55.70
Women
HT: H Wilding (Traff) 46.09
U17
DT: A Merrill (Sky) 34.07. **HT:** 1 A Johnson (Traff, U15) 40.51; 2 Merrill 37.41
U15
HT: Johnson 44.68

NORTH OF SCOTLAND SCHOOLS CHAMPIONSHIPS
Queen's Park, Inverness

U20 Men
800: DJ Macaulay (Nairn) 2:01.94
U17
LJ: G Sweeney (Elgin Ac) 6.08. **DT:** S Patience (Tain) 31:30
U15
HJ: M Barrie (Gair) 1.60. **DT:** D MacCallum (Nairn) 30.74
Year 1
SP: 1 P Bryden (M'burn) 8.35; 2 M MacKenzie (Gols) 7.81; 3 F Duff (M'burn) 7.77; 4 A Lake (Milne's) 7.69
U20 Women
HT: E Murdoch (Elgin HS) 35.53
U17
200(-3.1): 1 E Richardson (Gair) 26.38; 2 S Reynolds (Elgin HS) 26.89. **800:** Reynolds 2:26.78. **SP:** 1 KLaw (F'rose) 10.41; 2 L Chalmers (Elgin HS) 9.95. **DT:** 1 Law 36.95 (CBP); 2 Chalmers 33.36. **HT:** Chalmers 41.43
U15
100 in HT: R Mackintosh (Elgin Ac) 13.50. **200(-2.2):** Mackintosh 27.87. **HJ:** 1 E Carrington (Nic I) 1.55 (CBP); 2 R MacKenzie (M'burn) 1.50. **TJ:** Carrington 9.78
U14
HJ: J McLaren (M'burn) 1.45.
Year 1
100: 1 S Cracknell (Alness) 14.24. **200:** 1 B Swanson (I'ness RA) 29.48; 2 B Fuller (M'burn) 30.14; 3 A Cooper (F'rose) 30.49. **SP:** 1 Cracknell 7.33; 2 L Youd (Charl) 7.10
U12
SP: 1 C MacKay (Dor) 7.34; 2 F Brunton (Balloch) 6.72

KENT AC 400m CHAMPIONSHIPS
Ladywell

Men
1 C Williams 48.6; 2 S Wenden 49.6; 3 H Frost 50.0; 4 J Mays 50.6; 5 J Opio 50.9
U17
1 V Barzey (gst) 50.7; 2 S Mulligan 53.2; 3 S Smith 53.3

ANGUS SCHOOLS CHAMPS
Caird Park, Dundee

Senior Boys
100: 1 J Coull (Monif) 11.2; 2 F McKay (Mont) 11.3; 3 S Tough (Brec) 11.6. **200:** Coull 22.9
Year 3
SP: D Brown (Arb HS) 11.85
Year 1
100: A Smith (C'stie) 13.0. **200:** G McDonald (C'stie) 28.4. **800/1500:** N Hobday (Mont) 2:29.3/5:02.8. **80H:** 1 G Taylor (Mont) 13.4 (rec); 2 Smith 13.9. **LJ:** D Stewart (Arb Ac) 4.61. **SP:** G Beattie (C'stie) 8.93. **DT:** Taylor 23.25
Senior Girls
100/200: C Marshall (Arb HS) 13.1/26.9. **LJ/JT:** C Shepherd (Arb Ac) 5.08/27.83. **TJ:** C Ferguson (Arb HS) 9.56. **SP:** E Phillips (Webs) 9.01. **DT:** S Elliott (C'stie) 27.03
Year 3
300: R Wallace (Monif) 44.6 (rec)
Year 2
75H: C Appleby (Arb HS) 12.6
Year 1
100: 1 R McCulloch (Arb HS) 13.4; 2 N Campbell (Monif) 13.4; 3 C Beattie (C'stie) 14.0. **200:** Campbell 28.1. **1500:** E McCulley (C'stie HS) 5:26.3. **SP:** S Pedgrift (Arb HS) 8.17.
COMBINED MATCH – League A (large schools): 1 Arbroath H S 619; 2 Carnoustie 552; 3 Montrose 536; 4 Monifieth 429; 5 Forfar 362
League B (small schools): 1 Webster's 344; 2 Arbroath Academy 322; 3 Brechin 173

SOUTH LANARKSHIRE SCHOOLS
East Kilbride

Senior Boys
100: 1 A McKenzie (Duncan) 11.1; 2 F McKenzie (Duncan) 11.2; 3 I McEwan (Clare) 11.7. **400:** G Leggate (Hunter) 53.2
Year 3
100: 1 G Kerr (Lark) 12.5; 2 K Warnock (Ham Coll) 12.5. **200:** 1 C Ferguson (Ham Coll) 24.0 (CBP); 2 D Meekin (Duncan) 25.4; 3 R Russell (Ham Coll) 25.4. **800:** S Davidson (Duncan) 2:12.3. **1500:** S Dunn (Stone) 4:30.8 (CBP). **80H:** J Mackay (Cathkin) 11.35. **4x100:** Hamilton College 49.0
Year 2
100: B Kilpatrick (Uddin) 25.5
Year 1
100: 1 M Aymard (Lesmah) 13.6; 2 B McIntosh (St And HS) 13.7; 3 V Chung (Ham GS) 13.8. **200:** 1 R Wilson (Carluke) 26.4; 2 C Stoddart (St And HS) 26.9; 3 B McGill (Duncan) 28.1. **600:** K McLuskey (St Bride) 1:43.9. **1200:** R McLearie (Duncan) 4:00.0. **75H:** 1 M Robertson (Uddin) 12.9; 2 S Wheatly (Duncan) 13.0; 3 A Ross (Lesmah) 14.1. **LJ:** 1 C Stoddart (St Bride) 4.82; 2 Wilson 4.47; 3 C Haughtey (Trin) 4.44. **SP:** 1 D Murray (Carluke) 10.75; 2 C Ross (Clare) 9.73; 3 D King (Lesmah) 9.64. **4x100:** 1 Carluke 54.1; 2 St Bride 55.1; 3 Lesmahagow 56.0
Senior Girls
100: D Mackie (Duncan) 13.2. **400:** R Forbes (St Bride) 61.9
Year 3
200: L Reid (Lark) 27.6. **800:** 1 N Christie (Carluke) 2:26.3; 2 C Whitelaw (Lark) 2:27.1; 3 F McCluskey (St Bride) 2:28.7. **75H:** K McKay (Stone) 13.0.
Year 2
HJ: E Leggate (Hunter) 1.53
Year 1
100: 1 J Low (Hunter) 13.9; 2 K Freeland (Ham GS) 14.0. **200:** 1 K McGeough (Ham Coll) 29.8; 2 S Greenham (St Bride) 30.1; 3 J King (Hunter) 30.7. **600:** 1 A Turnbull (Ham GS) 1:45.3; 2 R Campbell (Biggar) 1:46.1; 3 S Douglas (Carluke) 1:46.9. **1200:** 1 L Taylor (St Bride) 4:08.0; 2 L Hollinshead (Ham Coll) 4:20.2. **SP:** 1 Turnbull 7.77; 2 L Hamilton (Lesmah) 7.68; 3 A Hodge (Biggar) 7.50. **4x100:** Hunter's High 56.5

June 9

MIDLAND WOMEN'S LEAGUE
Division Three — Nuneaton

Women
MATCH: 1 Nuneaton 248; 2 Derby Ladies 237; 3 Mansfield 227; 4 Nottingham 213; 5 Wolverhampton & Bilston 186; 6 Kettering 142
100: 1 S Robinson (Nun) 12.2; 2 J Simms (Notts) 12.6; 3 K Frisby (Der L) 12.8; 4 D Shorthouse (Mans) 12.9; 5 N Wills (Kett) 12.9. **200:** 1 Simms 25.3; 2 S Robinson (Nun) 25.5; 3 K Frisby (Der L) 26.7. **400:** L Caple (Der L) 60.3; 2 C Dyall (Nun) 61.5. **800:** 1 B Clayton (Notts) 2:16.2; 2 J Russell (Mans) 2:20.3; 3 A Wilson (W&B) 2:22.3. **1500:** 1 B Johnson (Mans) 4:46.4; 2 E Stevens (Der L) 4:51.6. **3000:** J Gatin (Der L) 10:49.6. **100H:** J Cooke (Der L) 15.6. **400H:** J Cook (Der L) 64.0. **HJ:** K Saunders (Der L) 1.50. **PV:** J King (Notts) 1.70. **LJ:** 1 L Singleton (W&B) 5.25; 2 K Saunders (Der L) 5.18; 3 L Scott (Mans) 5.13. **SP:** 1 R Peake (Der L) 13.05; 2 S Gibson (Notts) 11.35. **DT:** 1 J Cooper (W&B) 32.21; 2 Peake 31.41; 3 M Wallace (Notts) 31.09. **HT:** J Cooper 32.60. **JT:** 1 K Martin (Der L) 46.45; 2 S Gibson (Notts) 40.08. **4x100:** 1 Nuneaton 50.6; 2 Derby 51.9; 3 Notts

Available on cable and digital TV

52.0. **4x400:** Mansfield 4:11.1; 2 Wolverhampton & Bilston 4:12.4
U17
200: 1 N Robinson (Nun) 25.5; 2 S Baugh (Der L) 26.0. **300:** H Gray (Mans) 43.4. **80H:** Robinson 11.9. **HJ:** A McEwenney (Nun) 1.45. **DT:** L Curley (Mans) 20.57
U15
100: 1 N Smart (Kett) 13.2; 2 L Checkley (Nun) 13.4; 3 C Smith (Notts) 13.5. **200:** 1 Smart 27.2; 2 L Taylor (Der L) 27.7; 3 N Speight (Mans) 27.8; 4 L Checkley (Nun) 28.0. **800:** 1 C Curley (Mans) 2:21.3; 2 R Hall (Kett) 2:22.9; 3 C Taylor (Nun) 2:24.2. **1500:** S North (Kett) 5:08.2. **75H:** 1 N Speight (Mans) 12.8; 2 C Harbottle (Nun) 13.0. **HJ:** 1 I Collyer (Kett) 1.55; 2 Speight 1.50; 3 A Granger (Der L) 1.45. **B:** H Pelling (Kett) 1.50. **LJ:** K Would (Der L) 4.54. **SP:** L Stiff (Kett) 8.70. **4x100:** Kettering 53.9

Division Five Mansfield

Women
100: E Strachan (Leam) 12.9. **200/400H:** C Tranter (Leam) 27.7/68.9. **400:** J Vhristie (Leam) 59.3. **800:** J Nicholson (Corby) 2:24.3. **1500:** T Kelly (Newark) 5:02.1. **3000:** G Allen (Banb) 10:49.7. **100H/HJ:** J Truelove (Banb) 16.4/1.55. **PV:** C Dutton (Newark) 1.80. **LJ:** 1 Truelove 5.12; 2 M Higgins (Shrews) 5.02. **TJ:** A Higgin (Shrews) 9.92. **SP:** S Plummer (Leam) 8.93. **DT:** I Al-Sadek (Shrews) 25.68. **HT:** J Cunninghan (Banb) 29.50. **JT:** D Kukainis (Banb) 28.23. **4x100:** Newark 55.0. **4x400:** Leamington 4:23.4
U17
200: E Strachan (Leam) 26.6. **300:** A Simmons (Worc) 43.9. **1500:** L Goldie (Corby) 5:18.4. **80H:** V Novell (Worc) 13.5 **HJ:** G Cross (Leam) 1.48. **DT:** E Gabley (Shrews) 23.53
U15
100/200: K Barry (Corby) 13.8/27.6. **800:** A Lavender (Shrews) 2:31.1. **1500:** 1 Lavender 5:06.8; 2 S Cooper (Corby) 5:08.6. **75H:** S Murrell (Banb) 13.4. **HJ/LJ:** K Mansfield (Banb) 1.20/4.30. **SP:** R Hay (Corby) 8.17. **JT:** L Bagley (Shrews) 25.62 **4x100:** Corby 56.9

Division Six Hereford

MATCH: 1 Hereford 176, 2 Burton 160, 3 Bridgnorth 112, 4 Newcastle 67, 5 Birmingham Rowheath 34
100/200: S Fletcher (Here) 13.2/26.9. **400:** K Lathbury (Burt) 1.26.6. **800/1500/3000:** L Williams (Burt) 3:30.3/ 7:03.5/13:02.8. **400H:** E Young (Bir R) 78.5. **LJ/TJ:** S Badham (Here) 4.98/9.87. **SP/JT:** A Smith (Here) 8.53/17.43. **DT/HT:** K Bailey (Bir R) 31.26/35.44. **4x100:** Hereford 55.9. **4x400:** Burton 5.40.3
U17
200: A Harrison (Here) 30.5. **300:** V Guest Bridg 50.0. **DT:** B Guest (B'nth) 17.94
U15
100/200: J Caulton (Burt) 12.9/27.2. **800:** I Dale (Here) 2:34.8. **1500:** T Loftus (Birm R) 5:22.5. **75H:** J Davies Here 13.0. **HJ:** N Chadderton Here 1.42. **LJ:** B Thorpe Here 4.55. **SP:** A Roberton Here 7.42. **JT:** E Dulson New 19.41. **4x100:** Hereford 56.9 Standings after 2 matches: 1 Hereford 12, 2 Bridgnorth 8, 3 Birmingham Rowheath 7, 4 Burton 6, 5 Newcastle 6, 6 Daventry 2

MIDLAND VETS CHAMPIONSHIPS
Solihull

M40
100: 1 G Sinclair (Sev) 11.9; 2 J Ubhoo (Bir) 12.3. **200:** 1 Sinclair 23.8; 2 Ubhoo 25.1; 3 S Woolley (Mans) 25.3. **400:** 1 T Noel (C&C) 53.8; 2 D Brown (Bir) 54.8. **800:** K Pye (Notts) 2:10.2. **1500:** B Jones (Wrex) 4:28.4. **5000:** 1 T Egan (R&N) 1:01.8; 2 C Sabin (Hunc) 16:12.0. **HJ:** J Church (Worc) 1.60. **LJ:** P Flannery (Worc) 5.47. **TJ:** 1 A Earle (Mid Vets) 11.97; 2 G Herrington (R&N) 11.80. **DT:** Herrington 46.99. **HT:** 1 M Roberts (C&S) 42.61; 2 Herrington 39.21
M45
100: 1 C Moven (R&N) 12.0; 2 J Barclay (Corby) 12.1. **200:** 1 Barclay 24.6; 2 A Greaves (R&N) 24.8. **800/1500:** 1 A Grant (Hales) 2:15.8/4:37.1. **5000:** M Flowers (Worc) 16:27.3. **SP:** S Hitchins (Mass F) 10.77
M50
100: 1 J Caines (RSC) 12.2; 2 A Baxter (Charn) 12.1. **200:** V Oliver (Notts) 24.0. **400:** V Oliver (Notts) 53.6. **800:** 1 S Halion (Worc) 2:12.4; 2 R Elliott (Kenil) 2:13.8. **1500:** 1 Elliott 4:32.1; 2 Halion 4:37.2. **5000:** G Aston (Worc) 17:49.8. **SP/HT:** R Stevenson (Telf) 11.69/31.13. **DT:** M Mayo (W&B) 34.89. **JT:** P Wainwright (Stoke) 36.86
M55
100: 1 D Brown (WSEH) 13.3; 2 T Cox (Nun) 13.3; 3 L Oldfield (Worc) 13.4; 4 M Baxter (Charn) 13.8. **200:** 1 Baxter 27.9; 2 M Robertson (Tam) 28.2. **400:** J Barrus (Mid Vets) 62.6. **5000:** J Heywood (Hunc) 18:57.3. K Tugwell (Skyrac) 1.35. **JT:** P Owen (Tam) 36.59
M60
100: 1 M Garvey (Mans) 13.3; 2 B Shearsmith (Wake) 13.9; 3 B Ariss (Havant) 14.1. **200:** Garvey 27.7. **800:** M Duggan (Alvis) 2:37.6. **1500:** C Elson (Bris) 4:44.9. **5000:** T Marchi (Cov Sph) 21:15.2. **300H:** Ariss 52.7. **TJ:** C Green (Tam) 9.78. **SP/DT:** M Jones (B&R) 10.62/28.74. **HT:** D Rafferty (Bir) 26.94. **JT:** A Price (RSC) 33.07. **5kmW:** B Wright (Nun) 28:28.3
M65
100/200:D Burton (Steyn) 14.1/29.0. **800:** J Marshall (Worc) 3:24.9. **300H:** C Shafto (Notts) 53.7. **HJ/TJ:** T Crocker (Droit) 1.40/20.00
M70
100/200: G Cheethem (Corby) 14.7/31.1. **400:** T Clowry (Notts) 74.0
M75
100/200: J Quantrell (Mid Vets) 16.5/35.7
M80
400: J Keily (Derby) 2:00.3
W35
200/SP: W Laing (N Vets) 28.9/9.34. **1500:** J Pigeon (Notts) 4:57.8. **LJ:** 1 Laing 4.73; 2 J Oliver (Telf) 4.39
W40
100: 1 S McDonald (RSC) 14.0; 2 S Brown (Charn) 14.2; 3 L Willis (R&N) 14.4; 4 P Gerner (B&R) 14.5. **200:** M Laing (N Vets) 27.6; 2 Brown 29.3; 3 Gerner 29.9. **5000:** S Tawney (Leam) 18:50.2. **HJ:** L Willis (R&N) 1.25. **LJ:** L Willis (R&N) 4.32. **SP:** Laing 9.63
W45
100: A Wainwright (C&S) 14.5. **200:** C Filer (Norw) 28.0. **HT:** P Higgins (Shrews) 21.50. **5kmW:** A Wheeler (Nun) 28:43.0
W50
100/HT: V Kirkland (Nun) 15.6/23.13. **800/1500:** N Hitchmough (Dash) 2:35.0/5:16.4. **HJ:** P Garvey (C'field) 1.25.
W55
SP/DT/HT: E Mee (Charn) 7.49/16.37/ 21.17. **JT:** C Rafferty (Bir) 24.55
W60
HJ/LJ: J Charles (Ox C) 1.12/3.49. **5kmW:** J Langford W&B) 31:25.4
W65
DT/HT: A Moore (Mid Vets) 13.18/14.16

MID LANCASHIRE LEAGUE
Blackburn

Men
MATCH - Division One: 1 Blackpool & Fylde 136; 2 Southport Waterloo 119; 2 Hyndburn 111; 4 Pendle 56; 5 Wigan Harriers 54; 6 Lancaster & Morecambe 24
Division Two: 1 Barrow & Furness 143; 2 Preston 99.5; 3 Blackburn 92.5; 4 Chorley Harriers 18; 5 Pendle, Chorley AC 14; 7 North Fylde 5
U17
100: G Calghan (Barrow) 11.6
U15
100/200: D Swift (B&F) 12.4/25.2
U13
100: 1 S Lloyd (B&F) 13.7; 2 S Ensun (Barr) 13.8. **800:** C Pearce (B'burn) 2:21.0. **1500:** 1 Pearce 4:51.1; 2 D Rawcliffe (Hynd) 5:07.5. **SP:** 1 T Smith (L&M) 8.95; 2 A Higgins (Wig H) 4.87. **JT:** 1 S Moran (S'port W) 29.95; 2 M Wall (Barr) 25.87
Women
MATCH – Division One: 1 Hyndburn 120.5; 2 Wigan Harriers 114; 3 Pendle 106; 4 Blackpool & Fylde 104.5; 5 Southport Waterloo 84; 6 Barrow & Furness 68; 7 Preston 64
Division Two: 1 Burnley 71.5; 2 Blackburn 64.5; 3 Lancaster & Morecambe 31; 4 Chorley AC 27; 5 Chorley Harriers 17; 6 Kendal 7
100: 1 S Walls (Wig H) 12.8; 2 L Newton (B&F) 12.9
U17
100: 1 L Caddick (S'port W) 12.7; 2 M Smith (Pend) 12.8; 3 L Finucane (Pend) 12.8; 4 L Wylley (Wig H) 12.9; 5 F Hodgkinson (Wig H) 13.0; 6 V Pilling (Wig H) 13.7. **200:** 1 Finucane 25.9; 2 Caddick 26.2; 3 Smith 27.2. **300:** 1 Hodgkinson 43.1; 2 S White (Pend) 43.7; 3 F May (S'port W) 44.3. **800:** Finucane 2:14.8. **TJ:** 1 White 9.74; 2 N Brakes (Hynd) 9.34. **SP/DT:** G Llewellyn (Wig H) 9.86/32.51
U15
100: 1 C Smithson (Hynd) 13.4; 2 J Chadwick (Wig H) 13.5. **200:** 1 C Meadows (Wig H) 27.6; 2 L Gillespie (B&F) 28.0. **SP:** B Thomas (Barr) 9.19. **JT:** A Walker (Burn) 26.85
U13
100: 1 E Markindale (Pend) 13.7; 2 C Dellamore (Wig H) 13.8; 3 J Chadwick (Wig H) 14.1; 4 R Walby (B&F) 14.4; 5 V McNeil (Hynd) 14.5. **200:** 1 Walby 30.4; 2 E Roach (Barr) 30.7. **800:** 1 S James (S'port W) 2:34.6; 2 V Hindle (Prest) 2:38.5; 3 C Stott (Wig P) 2:41.6; 4 J Hartley (Pend) 2:42.1; 5 L Stephens (Wig P) 2:42.5; 6 D Allan (Wig P) 2:47.3; 7 L Lennon (Hynd) 2:49.4. **1500:** 1 Allan 5:29.0; 2 A Leonard (Chor H) 5:31.7; 3 R Ellis (S'port W) 5:40.1; 4 A Kevan (Wig P) 5:40.6. **LJ:** Markindale 4.27. **SP:** 1 C Weaver (Pend) 7.78; 2 I Walters (Hynd) 7.36

SOUTHERN ELECTRIC WESSEX YOUNG ATHLETES' LEAGUE
Basingstoke

MATCH: 1 Team Solent 427; 2eq Newbury AC / Poole 367; 4 Basingstoke & Mid Hants 343.5; 5 Team Kennet 265.5; 6 New Forest Juniors 163
U15 Boys
200: K Lakeland (Team S) 24.9. **80H:** A Mitchell (Newb) 13.0
U15 Girls
200: C Gear (New F) 27.7. **75H:** L Cook (Poole) 12.7
U13
100: L Nation-Grainger (Poole) 13.5. **B:** T Markham (New F) 14.2. **B:** R O'Dea (BMH) 30.6. **1200:** 1 L Wright (BMH) 4:09.3; 2 S Crumbly (Newb) 4:23.8. **LJ:** Wright 4.03
Match abandoned halfway due to flooding

Bournemouth

MATCH: 1 Isle of Wight AC 553; 2 Bournemouth AC 517; 3 Andover AC 167; 4 Stubbington Green AC 138; 5 Winchester & District AC 122; 6 City of Salisbury ARC 80
U17 Men
LJ: J Warsop (B'mth) 6.29
U15
100: R Parkin (IoW) 12.5. **HJ:** J Abbott (IoW) 1.68. **SP:** D Brunsden (B'mth) 12.13
U13
100/DT: S Blackler (IoW) 13.5/21.35. **LJ:** A Howard (IoW) 4.29. **JT:** J Bolton (Win) 25.96
U17 Women
100: 1 K Burbidge (B'mth) 12.5; 2 C Jones (IoW) 13.1. **B:** C Walker (B'mth) 12.9. **300:** C Dean (B'mth) 43.8. **B:** K Bostock (B'mth) 44.9. **80H:** Dean 12.0. **DT:** S Davies (B'mth) 29.01. **4x100:** Bournemouth AC 51.3
U15
100: 1 F Parker (And) 12.7. **B:** N Paul (IoW) 13.5. **200:** Parker 26.6; 2 K Murray (IoW) 27.9. **800:** C Whitcombe (Win) 2:26.4. **75H:** K Squires (B'mth) 12.6. **LJ:** 1 Murray 4.71; 2 L Schulz (B'mth) 4.70. **JT:** H Lowndes (B'mth) 24.09
U13
100: 1 P Burgoyne (IoW) 13.5; 2 K Taylor (B'mth) 13.5; 3 A Newton (Win) 13.8; 4 H Newton (Salis) 14.3. **B:** N Kerr (IoW) 14.5. **200:** 1 A Newton 28.6; 2 Taylor 28.8; 3 Burgoyne 29.4; 4 H Newton 29.8. **B:** 1 Kerr 30.0; 2 E Johnson (B'mth) 30.0. **800:** 1 H Stammas (B'mth) 2:42.0. **1200:** 1 R Gough (Stubb G) 4:17.2. **70H:** K Penn (IoW) 13.7. **HJ:** A Newton 1.33. **DT:** M Wells (B'mth) 18.37. **JT/SP:** R Eglinton (IoW) 18.04/6.68

SOUTH-WEST LEAGUE CUP
Exeter

MATCH: 1 Cornwall AC 938; 2 Erme Valley Harriers 875; 3 Newton Abbot AC 866; 4 Yeovil Olympiads 851; 5 Poole Runners 686; 6 Weymouth St. Paul's Harriers 470; 7 North Devon AC 458; 8 Launceston AC 440.5; 9 Taunton AC 389; 10 Dorchester AC 362; 11 South Devon AC 343; 12 Langport Runners 269.5
Men
400: N Andrews (S Dev) 49.2. **800:** T Underdown (S Dev) 1:58.7. **LJ:** S Sinden (Corn) 6.70. **DT:** 1 S Bennett (N Dev) 37.61; 2 P Loots (Wey SP) 36.61. **JT:** Bennett 57.58
U20
100: D Swift (N Abb) 11.2. **200:** 1 Swift 23.0; 2 T Higbee (Wey SP) 23.4. **HJ:** Higbee 1.85
U17
200/LJ: J Singleton (Yeov O) 23.8./6.15. **DT:** A Hitchins (Corn) 39.94
U15
100: 1 R Bosley (Yeov O) 12.5; 2 K Thompson (Taun) 12.5. **200:** 1 L Marder (Corn) 25.0; 2 C Mortimer (N Dev) 25.4. **800:** J West (Corn) 2:10.1. **HJ/LJ:** J Field (N Dev) 1.75/6.34. **JT:** J Stannard (Taun) 45.16
U13
100: 1 N Gillard (N Abb) 13.4; 2 A Law (Taun) 13.9. **200:** 1 Gillard 27.8; 2 M Cole (N Dev) 28.2. **1500:** J Meakin (Yeov O) 4:56.7. **HJ:** Cole 1.45. **LJ:** N Peterson (N Abb) 4.50
Women
DT/SP: D Halford (N Abb) 40.01/10.58
U17
100: 1 D Creighton (Yeov O) 13.2. **300:** L Whitehead (Yeov O) 44.5. **HJ:** 1 D Wilson (Erme) 1.60. **TJ:** 1 Wilson 10.06; 2 S Horsefall (Yeov O) 9.39. **DT:** L Rigby (N Dev) 32.26. **JT:** L Edwards (Erme) 34.36
U15
100: 1 E Bennett (Yeov O) 12.8; 2 A Morris (Erme) 12.9; 3 S Shone (Wey SP) 13.2.
200: 1 Morris 27.1; 2 Shone 27.1. **B:** J Platt (N Dev) 25.8. **1500:** 1 N Hamblin (Dor) 4:46.4; 2 D Perks (Corn) 5:05.5. **75H:** 1 Bennett 11.5; 2 S Baker (Laun) 12.5; 3 K Damen (Dor) 13.0. **HJ:** 1 F Taylor (Erme) 1.47; 2 L Cunningham (Poole R) 1.45. **LJ:** Bennett 5.11. **B:** Platt 4.82. **JT:** 1 L Carr (Dor) 30.05; 2 D Cracknell (Poole R) 24.82
U13
100: 1 S Kelly (Erme) 13.9; 2 L Dean (Wey SP) 14.3; 3 A Regan (Corn) 14.5; 4 E Burn (Dor) 14.5. **200:** 1 H Jeanes (Dor) 29.0; 2 A Roberts-Clark (Corn) 30.5. **800:** 1 P Garrett (Yeov O) 2:42.1; 2 L Gale (Erme) 2:43.0; 3 E Gard (Corn) 2:43.3; 4 Jeanes 2:46.6; 5 C Ingham (Poole R) 2:48.5. **70H:** 1 L Houghton (N Abb) 12.4; 2 Burn 12.5. **HJ:** Dean 1.36; **LJ:** 1 Houghton 4.39; 2 S Blair (Wey SP) 4.30. **JT:** 1 J Tewkesbury (Dor) 23.38; 2 C Lidstone (N Dev) 19.85

June 8

BAA ABERDEEN AIRPORT YOUTH GAMES
Aberdeen

U15 Girls
800: B Swanson (Highland, U13) 2:28.0
COMBINED MATCH: 1 Highland 82; 2 Aberdeen 74; 3 Perth & Kinross 70.5; 4 Aberdeenshire 53.5; 5 Angus 50

June 6

SOUTH GRAMPIAN SCHOOLS CHAMPIONSHIPS
Aberdeen

Year 3 Boys
100: G Thomson (W'hill) 11.6 in Ht. **400:**R Gray (Gord) 52.6. **800:** S Rusling (W'hill) 2:08.1. **1500:** D Shinnie (Hazle) 4:28.6. **80H:** S Kilshaw (Gord) 12.9.
Year 1
100: 1 J Curties (Gord) 13.5; 2 C McIntyre (Bank) 13.8; 3 L Williamson (Goird) 13.9
Year 3 Girls
75H: S Kamya (Bank) 13.0 in Ht.
Year 1
100/200/LJ:K Young (Albyn) 13.5 in Ht/29.5/4.55. **800:** S Parker (Mackie) 2:43.4.
OVERALL SCHOOL: Gordon's

GOLDEN LEAGUE
Rugby

Men
100: 1 T Barton (North P, gst) 11.0; 2 M Rutt (Rug) 11.0
U15
800: R Bates (Sphin) 2:09.0. **80H:** R Scott (Banb) 13.2
U13
800: J Cardwell (North P) 2:25.5
U20 Women
100: E Bailey (North P) 12.6
U17

BRITISH EUROSPORT – The home of World Class Athletics.

100: N Wills (Kett) 13.1. **800:** F Manger (Sphin) 2:24.7
U15
100: N Smart (Kett) 13.2. **800:** 1 R Hall (Kett) 2:24.6; 2 S Cooper (Corby) 2:27.5. **75H:** 1 C Bell (Rug) 12.3; 2 V Kirton (Rug) 12.6; 3 F Denny (Rug) 12.7
U13
100: L Burdett (North P) 14.0. **70H:** D Bate (Rug) 12.6

ABERDEEN AAC POLE VAULT CHAMPIONSHIPS

Men (all A'deen)
JANET LYON set a Scottish W40 best of 2.60m in her first outdoor competition in her new age-group.
PV: 1 K Lyon (M40) 3.40; 2 R Masson (M55) 2.60
Women
PV: J Lyon (W40) 2.70

June 3

MIDLAND MEN'S LEAGUE
Division Five Mansfield

MATCH: 1 Newark 224; 2 Oadby & Wigston Legionnaires 210; 3 Startford 203; 4 Harborough 194; 5 Tamworth 187; 6 Banbury 123; 7 Shrewsbury 121
Men
100/400: M Beaumont (Newk) 11.5/50.7. **200:** M Hawkins (Strat) 23.6. **800/1500:** J Hogg (Newk) 2:05.3/4:10.3. **3000:** V Schmitt (OWLS) 9:21.4. **3000SC:** C Webb (Harb) 10:26.7. **110H:** R Barrig (Tam) 18.5. **400H:** M Hawkins (Strat) 58.2. **HJ:** S Squires (Banb) 1.65. **PV:** B Henone (Banb) 3.00. **LJ/TJ:** R North (Newk) 6.40/13.12. **SP:** B Wells (OWLS) 10.10. **DT:** A Florendine (Shrews) 30.18. **HT:** P Dickers (Shrews) 29.02. **JT:** J Chamberlain (Strat) 46.58. **4x100:** Newark 45.3. **4x400:** Stratford 3:33.7
Standings after two matches: 1 Newark 12 (420); 2 Stratford 11 (403); 3 Oadby & Wigston Legionnnaires 10 (390); 4 Banbury 9 (327); 5 Tamworth 6 (352); 6 Harborough 6 (347); 7 Shrewsbury 2 (219)

Division Six Mansfield

MATCH: 1 Bristol 179; 2 Sparkhill 127; 3 Hereford 81; 4 Bridgnorth 74; 5 Leicester 31
Men
100/200: J McNeil (Spark) 11.2/22.5. **400:** R Tate (Bris) 51.8. **800/1500:** G Davenport (Bris) 2:08.4/4:30.6. **3000:** M Dickinson (Bris) 9:38.5. **3000SC:** C Richards (Bris) 12:12.2. **110H/400H:** T Wallis (Bris) 19.7/58.2. **HJ:** J Harris (Bris) 1.50. **PV:** S Taylor (Here) 3.80. **LJ/TJ:** G Winfield (Here) 6.09/12.23. **SP/DT/HT/JT:** C Baker (Spark) 8.13/27.33/35.75/39.78. **4x100:** Sparkhill 47.7. **4x400:** Bristol 3:33.7
Standings after two matches: 1 Bristol 10 (339); 2 Sparkhill 8 (275); 3 Hereford 6 (163); 4 Leicester 3 (103); 5 Bridgnorth 2 (74)

June 1

DURHAM COUNTY SCHOOLS' COMBINED EVENTS CHAMPS
Jarrow

Junior Boys
Pent (80H, SP, LJ, HJ, 800): 1 L Robson (Biddick Washington) 3004 (11.8, 11.76, 6.25, 1.60, 2:09.7); 2 C Pennock (Tudhoe Grange, Spennymoor) 2328 (13.2, 93, 5.59, 1.48, 2:18.5); 3 M Galler (Ryton, Northumberland) 2261 (13.5, 10.21, 5.31, 1.51, 2:23.5); 4 A Brown (Bidd) 2256; 5 K Morris (Tud G) 2243; 6 R Tinkler (Carmel, Darlington) 2234; 7 L Smith (Woodham, Durham) 2131; 8 L McIntyre (Ryt) 2035; 9 R Dixon (St Thomas More, Northumberland) 2034; 10 S Coady (Durham Johnston) 2032, 11 D Scribbins (Bidd) 2019; 12 J Sceoch (Hermitage, Chester le Street) 2017; 13 S Redhead (Tud G) 2015;14 D Ghundoo (Carm) 2013; 15 J Purdy (Park View, Chester le Street) 1984
TEAM: 1 Biddock 7279; 2 Tudhoe Grange 6586; 3 Ryton 6095
Junior Girls
Pent (75H, SP, HJ, LJ, 800)1 Stephanie Lamb (Boldon, S Tyneside) 2604 (12.9, 8.31, 1.42, 4.81, 2:40.7; 2 Sarah Lamb (Bold) 2520 (12.6, 6.98, 1.45, 4.82, 2:46.6); 3 D Phan (St Bede's, Peterlee) 2447 (13.4, 8.77, 1.45, 4.64, 2:52.5; 4 J Pringle (Durham HS) 2404; 5 L Hunter (Bold) 2354; 6 S Harding (Dur Jon) 2256; 7 S Weddell (Carm) 2112; 8 C Montgomry (Polam Hall, Durham) 2105; 9 C de Cates (Dur HS) 2086; 10 R Barnes (Bold) 2002; 11 L Hedley (Carm) 1935; 12 R Weightman (Park V) 1923; 13 L Mc Michael (Park V) 1876; 14 R Littlechild (Dur HS) 1875; 15 N Garthwaite (Mortimer ST) 1865
TEAM: 1 Boldon 7478; 2 Durham High School 6365; 3 Carmel 5838

HERNE HILL H OPEN MEETING
Tooting Bec, London

Men
100: 1 D Donovan (SB) 10.7;... 3 N Martin (Herne H, U20) 11.3; 4 K Tejan-Cole (Herne H, U20) 11.3. **200:** 1 J Jeffery (Harrow) 22.8; 2 Tejan-Cole 22.9; 3 S Kallon (Herne H, U17) 23.8. **400:** 1 D Lavipour (High, U20) 51.6 ...5 M Butler (E&E, M40) 55.1. **B:**...2 T Bissett (E&E, M55) 58.8; 3 K McGilloway (Brom, SW) 62.0. **800:** 1 M Treadwell (HW) 1:56.6; 2 J Wolf (Belg) 1:58.0; 3 T Kennedy (HW) 1:59.4; 4 A Joandies (High) 1:59.8; 5 K Cox (Herne H, U20) 2:00.8 ...8 P Hamilton (B'hth, M50) 2:17.6. **5000:** 1 S Major (S Lon) 15:33.4; 2 P Phillips (Herne H) 15:52.7; 3 B O'Leary (unatt) 16:27.7; 4 K Newton (Herne H) 16:29.9; 5 G Jerwood (Herne H, M40) 16:38.5; 6 L O'Hare (Barn, M50) 17:19.7 ...8 P Durrans (Herne H, M50); 18:22.6. **LJ:** S Faulkner (Bir) 7.00 (6.90, 6.73, 7.00, 7.00, 6.83, x). **SP:** 1 K Stevens (K&P) 1.74; 2 M Small (Belg, M45) 13.08. **HT:** 1 S Sammut (WSEH) 59.67; 2 Small 46.19; 3 K Deacon (Hav M) 42.67.
U17
100: S Kallon 11.6; 2 M Sankofa (Herne H) 11.7. **HJ:** A Harrison (Herne H) 1.75
U15
100/200: D Davis (Sutt) 11.7/23.6
U13
100/HJ: C Marshall (Herne H) 13.4/1.45
Women
3000: P Major (S Lon, W35) 10:57.0. **SP:** N Gregory (Herne H) 11.38. **HT:** 1 S Deacon (Hav M) 39.65; 2 J Okobi (Herne H) 30.45
U20
100: M Watson (Croy) 13.0. **100H/LJ:** C Garnett (Herne H) 14.6/5.63
U15
100: 1 D Blaize (K&P) 12.5; 2 D Walker (S Lon) 12.5; 3 C Chambers (S Lon) 13.1; 4 S Graham (Sutt) 13.2. **200:** 1 Walker 26.0; 2 Graham 26.4; 3 Blaize 26.4
U13
100: 1 V Nakangu (S Lon) 13.8; 2 D Jenkeo (Herne H) 14.3; 3 K Hazelby (S Lon) 14.4. **B:** C Stakallas (Sutt) 14.2. **200:** Stakallas **800:** G McDonald (Sutt) 2:44.2. **SP:** B Francis (S Lon) 7.39

PLYMOUTH AC YOUNG ATHLETES' MEETING

U17 Men
200: G Wuick (Ply) 24.0. **DT:** 1 A Hitchings (Cwll) 39.06; 2 J Docking (Ply) 38.64; 3 S Robinson 34.92
U15
100: 1 J Field (N Dev) 12.3; 2 B Webb (N&P) 12.5; 3 L Marder (Cwll) 12.5. **1500:** J West (Cwll) 4:22.8. **80H:** G Stroud (Exe) 12.3. **HJ:** Field 1.65. **LJ:** 1 Field 6.48; 2 M Pallot (Ply) 5.75; 3 I Clayton (N&P) 5.62; 4 J Skinnard (Ply) 5.52. **JT:** A Sharp (Ply) 47.38
U13
800: M Cole (N Dev) 2:24.4. **LJ:** 1 T Collins (N&P) 4.67; 2 M Cole (N Dev) 4.58; 3 M Noble (St Boni) 4.37. **SP:** W Simpson (J Kitto) 7.91
U15 Girls
100: 1 E Baker (Ply) 13.0; 2 A Morris (EVH) 13.0; 3 K Burton (Tavis) 13.2; 4 L Wearne (Ply) 13.3; 5 C Savage (Ply) 13.4. **200:** 1 Burton 27.3; 2 Wearne 27.6. **800:** D Perks (Cwll) 2:25.5. **75H:** 1 A Tewin (Exe) 12.3; 2 S Baker (Laun) 12.5; 3 K Drew (Exe) 12.9. **HJ:** Z Bridger (Ply) 1.50; 2 C Linskill (N Dev) 1.45. **LJ:** Linskill 5.04. **SP:** E Shearman (Exe) 9.01. **DT:** 1 C Lyne-Ley (Exe) 31.84; 2 Shearman 25.42. **JT:** L Carr (Dor) 28.89
U13
100: 1 S Bradbury (Notre) 14.1; 2 S Kelly (EVH) 14.4; 3 C Johnson (N&P) 14.4. **200:** 1 K Knowles (Corn) 29.5; 2 J Harvey (Cwll) 29.6; 3 C Curtis (Ply) 29.9; 4 C Johnson (N&P) 30.7. **800:** 1 Knowles 2:33.9; 2 Harvey 2:40.3; 3 Curtis 2:41.7; 4 J Hicks (N&P) 2:46.2; 5 E Gard (Cwll) 2:46.4; 6 C Capper (Torp) 2:48.4. **HJ:** C Green (Exe) 1.34. **JT:** 1 D Neza (Notre) 20.65; 2 E Martin (Newton A) 18.38

WELSH SENIOR LEAGUE
Division One Deeside

Men
100: B Williams (Dees) 11.7. **200:** C McEwan (Newp) 22.9. **400:** 1 J Lloyd (Swan) 49.6; 2 C McEwan (Newp) 50.0. **800:** S Davies (Newp) 2:02.2. **1500:** L Northall (Wrex, U20) 4:14.6. **3000/3000SC:** R McWilliam (Dees) 9:19.4/9:48.7. **110H:** N Edwards (Wrex) 17.3. **400H:** Lloyd 54.30. **HJ:** N Bonfield (Cwmb) 1.85. **PV:** D McFall (Brec) 4.00. **LJ:** A Jackson (Swan) 6.37. **TJ:** C Phillips (Dees) 14.32. **SP/DT/HT:** J Bryan (Cwmb) 13.29/39.13/38.33. **JT:** C Thomas (Cwmb) 52.03. **4x100:** Brecon 45.9. **4x400:** Cwmbran 3:31.3
Women
100: 1 F Harding (Wrex) 12.5; 2 J Tucker (Brec) 12.8; 3 S Bagnall (Dees) 13.0. **200:** 1 D Porazinski (Newp) 26.1; 2 Bagnall 26.5; 3 Tucker 26.9. **400/HJ:** Porazinski 58.8/1.50. **800:** M Gaskell (Brec) 2:21.0. **1500:** G Parnell (Newp) 5:04.4. **3000:** A Whitelaw (Wrex) 11:12.9. **100H/LJ:** A Wale (Wrex) 16.5/4.95. **400H:** S Newman (Newp) 66.0. B: L Callicott (Newp) 69.0. **PV:** N Witton (Newp) 2.80. **TJ:** 1 J Doughty (Brec) 10.71; 2 Bagnall 10.46. **SP:** L Edwards (Wrex) 10.87. **DT:** F Jones (Dees) 35.76. **HT:** 1 C Parry (RCT) 52.82; 2 S Parry (RCT) 49.93. **JT:** 1 N Jones (Dees) 31.88; 2 F Jones 30.00. **4x100:** Deeside 52.1. **4x400:** Deeside 4:29.7
COMBINED MATCH: 1 Wrexham 639.5; 2 Brecon 604.5; 3 Deeside 556; 4 Newport 450; 5 Cwmbran 262; 6 RCT 199; 7 Swansea 184
Standings after two matches: 1 Brecon 15; 2 Deeside, Wrexham 13; 4 Newport 11

Division Two Neath

Men
100/200: G Llewellyn (Card) 11.5/23.1. **400:** S Bailey (Llanelli) 50.5. **800:** J Williams (Llanelli) 2:02.4. Guest: J Thie (Card) 1:59.1. **1500:** P Griffiths (Neath) 4:22.6. **3000:** P Crane (Neath) 9:16.4. **3000SC/110H:** T Cowans (Col B) 11:27.0/25.1. **400H/JT:** G Jones (Carm) 59.0/38.44. **HJ/TJ:** G Haines (Carm) 1.80/11.10. **PV:** 1 C Type (Card) 4.50; 2 M Harvey (Neath) 3.80. **LJ:** D Francombe (Card) 6.38. **SP:** J Coombes (Card) 13.86. **DT:** 1 G Bull (Card) 40.20; 2 E Hulse (Col B) 37.85; 3 J Jones (Carm) 36.25. **HT:** 1 A Palmer (Card) 57.48; 2 Hulse 48.69. **4x100:** Cardiff 45.9. **4x400:** Llanelli 3:34.8
Women
100/200: L Parsons (Card) 12.7/26.3. **400:** L Davies (Card) 66.2. **800:** L James (Card) 2:25.3. **1500:** L Morris (Llanelli) 4:59.6. **100H/SP:** M Umblega (Card) 17.4/9.48. **400H:** A Rees (Carm) 62.2. **HJ:** S Davies (Llanelli) 1.15. **PV/LJ:** J Lloyd (Carm) 3.00/4.33. **TJ:** C Davies (Carm) 8.35. **DT:** D Jones (Carm) 26.21. **HT:** M Jones (Carm) 26.20. Guest: S Moore (Brist) 56.18. **JT:** S Siggery (Carm) 33.91. **4x100:** Cardiff 54.8. **4x400:** Cardiff 4:18.5
COMBINED MATCH: 1 Llanelli 438; 2 Carmarthen 398; 3 Cardiff 390; 4 Colwyn Bay 372; 5 Neath 173; 6 Bridgend 136

Division Three Neath

Men
100: M Eveleigh (Card C) 13.8. **200/1500:** D Humphries (Llis) 28.4/4:59.4. **400:** M Prewett (Card D) 66.8. **800/3000:** A Perkins (Port T) 2:28.2/10:48.5. **3000SC/SP:** J Osman (Llis) 16:47.4/7.63. **LJ:** M Taylor (Barry) 4.57. **DT:** K Anderson (Llis) 25.31. HT/**JT:** J Davies (Port T) 17.52/38.28
Women
100: L Walsh (Card C) 20.7. **200/400:** K Martin (Newp B) 26.3/59.7
COMBINED MATCH: 1 Lliswerry 291; 2 Cardiff Cheetahs 180; 3 Port Talbot 130; 4 Barry 58; 5 Newport B 32

BISHOPBRIGGS GALA SPORTS INTER-SCHOOL CONTEST
Bishopbriggs, Glasgow

MATCH: 1 St Matthew's 83; 2 Meadowburn 76; 3 Balmuildy 29

road

June 16

AFFORD RENT-A-CAR POTTERIES MARATHON
Stoke

CITY of Stoke's Mike Proudlove demolished his rivals with an aggressive display of committed front-running, *Dave Edwards reports.*

Proudlove was expecting stern competition form his local rivals Rob Deakin, winner of the Manchester marathon in 2000), and Ray Plant, who had been runner-up three times in the event.

Proudlove took the lead in the first mile and, although Plant came back strongly in the second half of the race, Proudlove had enough in hand to fight off the challenge and take the tape in 2:30.03. Plant again had to settle for second.

Men
1 M Proudlove (Stoke) 2:30.03; 2 R Plant (Stoke) 2:30.58; 3 A Allen (Stoke) 2:46.43; 4 P Darbyshire (Wigan P) 2:47.10; 5 L Footitt (Bux) 2:50.53; 6 B Carr (Cong H) 2:50.53; 7 B Lomas (Cong H) 2:53.09; 8 S McCartney (unatt) 2:54.19; 9 R Shannon (Audley) 2:58.17; 10 B Hieber (Tel, M40) 2:59.18
M40: 2 M Roberts (Trent) 3:07.23; 3 K Bloor (Trent) 3:08.32. **M45:** 1 A Foster (Warr) 3:09.59; 2 D Myatt (Trent) 3:11.04; 3 B McDonald Jones (Trent) 3:12.44. **M50:** 1 P Douglas (Staff H) 3:06.00; 2 D Taplin (Cong H) 3:09.39; 3 B Rivers (Trent) 3:20.32. **M55:** 1 A Mills (Newc) 3:25.13; 2 T Vernon (Staffs M) 3:27.35; 3 L Badger (Stone M) 3:27.44. **M60:** 1 M Walker (Hors H) 3:15.56
Women
1 J Myatt (Newc, W35) 3:12.29; 2 S Martin-Clarke (Dartf, W45) 3:18.46; 3 S Terjesen (Lon G) 3:19.21; 4 D Gray (Hors H) 3:28.15; 5 S Black (Birst, W40) 3:33.23

NEWTON AYCLIFFE 3M CENTENARY 10km
Co Durham

Men
1 S Bell (CleS) 32:07; 2 R Hand (Dur, M40) 33:54; 3 M Grainger (Darl, M40) 34:11; 4 N Orr (Darl, M40) 34:19; 5 A Hardy (Hart, M40) 35:21; 6 P Bentley (CleS) 35:24; 7 A Ford (Dur U) 35:39; 8 I Cook (Hart, M40) 36:08
M45: 1 S Marshall (Dur) 36:22; 2 M Ingram (Crook) 36:25; 3 P Kelly (Darl) 36:54. **M50:** 1 C Rafferty (M&C) 36:29; 2 K Elliott (Sun) 36:40; 3 J Dennis (Crook) 37:43; 4 J Robinson (Road Runners) 38:16; 5 E Taylor (unatt) 38:54; 6 K Wesson (Elv) 39:51. **M55:** 1 M Walker (Gosf) 36:34; 2 M Willis (Scar) 39:26. **M60:** S Edwards (N Marske) 43:37. **M65:** I Barnes (Darl) 41:37
Junior (3km)
1 M Lomax (Shil) 11:18; 2 C Kerr (N Ayc) 11:57; 3 S Brewis (H&P) 12:03
U13: R Cunningham (Birt) 12:33
Women
1 B Taylor (Darl) 37:17; 2 A Raw (Darl, W35) 38:03; 3 S Allen (H&P, W40) 38:26; 4 O Walwyn (Dur U) 38:32; 5 J Atkinson (Quak) 41:16; 6 M Czarnecka (Scar) 41:23; 6 Z Stephens (Dur U) 41:59; 7 D Elliott (H&P, W40) 42:16; 8 R Cooper (Shil, W40) 42:57; 9 C Summersgill (M&C) 43:03
W40: 4 E Sowter (Swale) 44:10. **W45:** W Spreadbury (Bill MH) 50:35. **W50:** L Woods (N Marske) 47:44. **W60:** I Conaghan (N Marske) 54:34
Junior (3km)
1 S Boyes (Scar) 11:51; 2 A Johnson (Scar, U13) 13:08; 3 A Snook (Quak) 13:24
U13: 2 A Suffield (Shil) 13:37; 3 S Coleby (Dur) 13:43

LONG EATON PIDCOCK 5
Derbyshire

Men
1 M Coleman (M&M) 25:06; 2 A Ward (Clowne) 26:04; 3 D Potter (Notts) 26:29; 4 M Slysz (Kirk H) 27:35; 5 M Clapp (Holme) 27:47; 6 D Jordan (unatt) 27:58; 7 I Monaghan (C'field) 28:09; 8 A Watson

Available on cable and digital TV

(Notts, M40) 28:11; 9 T Smith (Red) 28:18; 10 A Seamer (Der Tri, M40) 28:26; 11 J Richardson (Red) 28:50; 12 M Wareham (Rip) 28:53; 13 M Stone (Stoke) 29:06; 14 N Cobb (Red) 29:18; 15 A Nelson (Hean, M50) 29:21; 16 D Stacy (unatt) 29:24; 17 S Butler (Form 1) 29:29; 18 D Thornton (Shelt, M40) 29:34; 19 W Chance (Notts, M50) 29:55; 20 M Smedley (Der C, M50) 30:01; 21 A Marriot (Kirk H) 30:18; 22 S James (Sheff Tri) 30:28; 23 I Abbott (Red) 30:36; 24 G Gower (Shelt, M40) 30:41 25 B Goodhall (Ere, M40) 30:45
M60: F Makin (Holme) 35:54
TEAM: Redhill
Women
1 H Burrell (Red, W35) 29:38; 2 V Butler (Form 1) 30:02; 3 W Rothenbaugh (Shelt, W35) 30:32; 4 W Ray (Ilk, W35) 32:10; 5 G Disney (Ere, W40) 33:03; 6 D Shaw (Holme, W35) 33:52; 7 E Robinson (Rip, W50) 35:08; 8 H Thornton (unatt) 35:17; 9 J Morgan (Unatt) 36:12; 10 J Poole (Ilk, W35) 37:01; 11 J Riley (unatt) 37:33; 12 L Bult (unatt) 38:05
W55: S Poole (Holme) 37:54
TEAM: Erewash

ST ALBANS REVIEW HALF-MARATHON
Hertfordshire

Men
1 W Levett (Vaux) 72:19; 2 M Hamer (St Alb) 74:30; 3 A Holt (Herts Ph) 74:32; 4 R Browne (Lon H) 76:22; 5 P Tarrier (Orion) 76:31; 6 P Greaves (Herts Ph) 79:10; 7 C Mitchell (Fitness F) 80:10; 8 I Akhurst (unatt, M40) 81:04; 9 D Ellis (unatt) 81:37; 10 S Claridge (St Alb) 81:38
M45: 1 R Davies (THH) 82:20; 2 C Lamont (Stops) 83:29. **M50:** 1 J Gauthier (Wheat) 89:08; 2 J Snowden (unatt) 89:39. **M55:** 1 K MacDonald (Wat) 91:09; 2 M Bingham (Barn) 91:51. **M60:** 1 R Brett (Vaux) 89:37; 2 B Wallace (Wat J) 94:05; 3 D Tearle (unatt) 97:10. **M65:** P MacNiven (unatt) 1:50:03. M70: 1
TEAM: 1 St Albans Striders 42; 2 Herts Phoenix 58; 3 Watford Harriers 228; 4 Dunstable Road Runners 249; 5 Garden City Joggers 258; 6 Wheathampstead Trail Blazers 492
Women
1 D Sanderson (Wat, W35) 81:44; 2 A Yorwerth (St Alb) 85:12; 3 A Murphy (Lon H, W35) 86:49; 4 S Baker (unatt) 87:58; 5 E Walls (St Alb, W45) 91:25; 6 S Millac (St Alb, W35) 91:32; 7 K Bradley (Barn) 94:56; 8 L Clifford (unatt) 95:04; 9 A Vanner (unatt) 97:08; 10 K Holgate (unatt) 98:22; 11 D Steer (St Alb, W35) 98:35; 12 A Robins (unatt) 98:50; 13 A Hedrich (GCJ) 99:11; 14 L Cullen (unatt) 99:53; 15 J Barrs (Goodenough C) 99:57
W55: J Wells (St Alb) 1:56:38. **W60:** M Dawson (St Alb) 2:19:24
TEAM: 1 St Albans Striders 344; 2 Garden City Joggers 1162; 3 Harpers Running Club 1839

OLDBURY 4
Bristol

Men (clubs and age-groups not reported)
1 N Adams 19:49; 2 N Rose 19:59; 3 C Bromhall 20:38; 4 D Randall 21:07; 5 R Lattimer 21:05; 6 name unavailable 22:07; 7 C McMillan 22:23; 8 M Atkins 22:29; 9 A Dumper 22:36; 10 K Leeson 22:43
Women
1 J Wassell 24:08; 2 D Davis 25:37; 3 J Sheeley 27:35; 4 C Rose 29:40; 5 Probson 30:04; 6 J Taite 30:06; 7 A Davis 30:53; 8 L Mainstone 30:55; 9 C Rudland 30:56; 10 H Foley 31:30

STAINLAND 7.2
Stainland Village, Halifax

Men
1 T Bean (Valley, M40) 43:38; 2 R Griffiths (Holm) 44:27; 3 A Meskimmon (Dews) 44:33; 4 P Brannigan (Tod) 45:36; 5 P Prescott (Tod) 46:05; 6 K Williams (Roth, M50) 46:47; 7 D Shaw (Holm) 46:50; 8 M Crabtree (Hali, M40) 46:57; 9 M Pennington (Holm, M45) 47:19; 10 J Greenwood (Hali, M50) 47:34
M55: G Coomber (Hali) 49:43. **M60:** J Firth (Bing) 52:38
Women
1 K Drake (Spen, W40) 53:56; 2 C Willgoose (Hali, W40) 54:01; 3 P Mourne (Holm V) 54:56; 4 G Robinson (Pudsey P) 55:38; 5 G Leary (unatt, W50) 58:43; 6 B Hoyland (Holm, W45) 58:54

BRAISHFIELD 5
Hampshire

Men
1 M Hargreaves (Ports, M40) 25:54; 2 J Jones (Soton RC) 26:07; 3 G Eagle (B'mth, M40) 26:10; 4 M Bliss (Over, M40) 26:20; 5 M Grist (B'mth) 26:39; 6 R Bentley (Wx RR) 26:43; 7 T Hughes (W Horse, M45) 26:51; 8 J Perry (Winch) 27:41; 9 M Hodge (Trade T) 27:51; 10 S McGuiness (Salis, M45) 27:54; 11 L Wrangle (Wx RR) 27:57; 12 J Grainger (Wx RR) 28:08
M45: 3 G Rhimes (Ports) 28:32; 4 N Hotson (Soton RC) 28:31. **M50:** 1 S Dunford (Wx RR) 31:02; 2 P Newton (Ports, M55) 31:04
Women
1 N Kearney (Ports) 30:16; 2 C Wheeler (Over, W40) 30:55; 3 K Harwood (L'hill) 31:12; 4 S Rhimes (E'leigh RC, W45) 33:23; 5 H Lockyer (Ports) 33:45; 6 E Dunham (Andover) 33:55; 7 A Dennison (Over) 34:01; 8 L Newton (Ports, W50) 34:41; 9 C Doe (Poole R, W40) 35:04; 10 M Hughes (E'leigh RC, W45) 35:42
W45: 3 R Thornewill (Ports) 36:55. **W50:** 2 R Osborn (N For) 36:21; 3 C Hall (Ports J) 37:41

FRECKLETON HALF-MARATHON
Lancashire

Men
1 D Hales (Salf) 72:48; 2 R Brewster (Clay, M45) 74:14; 3 C Rigby (Horw) 74:49; 4 P Sankey (Liv RC) 75:26; 5 D Lockett (Salf) 76:20; 6 M Collins (Liv RC) 77:30; 7 D Waywell (Wesh, M55) 77:37; 8 J Hartley (Clay, M45) 77:40; 9 D Mercer (Wig P, M40) 77:51; 10 J Winder (Prest, M45) 78:24; 11 A Stevenson (Gr Manc Fire) 78:27; 12 E Wilson (Darwen) 78:42; 13 L Gowland (Prest, M45) 79:23; 14 J Barlow (N Fylde) 79:28; 15 G Cunliffe (Clay, M45) 79:37; 16 A Taylor (Clay) 79:58
M40: 2 D Tonge (Wesh) 81:44. **M45:** 6 M Bates (Wesh) 80:52; 7 T Pritchard (Garst) 81:31; 8 P Derbyshire (Wig P) 83:41; 9 J Burns (Wesh) 84:12; 10 C Laidlaw (Lytham) 84:56. **M50:** 1 A Hudson (Wesh) 81:41; 2 J Bebington (Liv RC) 84:45. **M55:** 2 S Calderbank (N Fylde) 81:24; 3 R Hall (Hali) 88:11; 4 D Waton (Alt) 89:21; 5 D Aspen (R Rose) 93:38. **M60:** 1 T Orrell (Clay) 89:03; 2 J McDonald (Chor H) 94:19
TEAM: Clayton-le-Moors 25
Women
1 A Crook (Prest) 86:39; 2 J Jackson (N Vets, W45) 87:40; 3 J Colman (Chor H, W45) 92:20; 4 L Clarkson (Darwen) 93:31; 5 C Nevin (Penny, W45) 96:05; 6 H Miller (Giff N, W35) 89:09
W40: J Atherden (unatt) 1:40:54. **W45:** 4 W McRae (Roch) 1:42:27; 5 S Corsini (Darw) 1:43:22. **W50:** 1 J Adams (N Vets) 1:42:35; 2 P Vermazza (unatt) 1:45:47; 3 C Leathley (Clay) 1:48:37. **W55:** D Tyson (Glaxo) 1:50:15
TEAM: Darwen

SELBY HALF-MARATHON RELAY

Men (5x2.6M)
1 Kingston-upon-Hull 66:33; 2 Knavesmire 68:59; 3 York Acorn 69:42; 4 Doncaster & Stainforth 70:39; 5 Doncaster & Stainforth (M40) 72:13; 6 Bingley 72:42; 7 York Acorn B 72:48; 8 Askern 74:48; 9 Selby 76:58; 10 Doncaster & Stainforth B 77:08
Women
1 Knavesmire 83:19; 2 York Acorn 84:10; 3 Kippax 87:46; 4 Doncaster & Stainforth 90:06; 5 Knavesmire B 93:40

DIET COKE EAST KILBRIDE HALF-MARATHON

Men
1 T Murray (I'clyde, M40) 70:50; 2 A Robertson (Cambus) 73:35; 3 D Thom (Cambus, M40) 74:15; 4 D Millar (Irv) 74:53; 5 C Marwick (Shett) 75:41; 6 R Gilroy (Ham) 75:59; 7 J McMillan (Kilb) 76:46; 8 P Carton (Shett, M40) 76:55; 9 T Coyle (SVHC, M40) 77:17; 10 D Marshall (Cambus, M40) 77:41; 11 B Matthew (C'glen) 77:56; 12 P McArthur (JWK) 78:02; 13 G Irving (Irv) 78:11; 14 D Gray (I'clyde) 78:20; 15 G Taylor (Giff N) 79:19; 16 J McNamee (Irv, M40) 79:39; 17 T Guthrie (unatt) 79:42; 18 R Wilson (G'nock, M40) 80:02; 19 J McMonagle (C'glen) 80:19; 20 W Goldie (Dumb, M40) 80:29
M40: 9 A MacLachlan (Giff N) 80:56; 10 A Wilson (SVHC) 80:59; 11 J Thin (HBT) 81:21; 12 S Eaglesham (Cambus) 80:22.
M50: 1 F Yeoman (Dumb) 82:33; 2 J Gebbie (JWK) 84:05; 3 R Scott (Kilb) 85:53; 4 C Mossman (Splash) 87:17; 5 A Lawson (unatt) 88:37; 6 R Dolan (G'nock) 90:00. M60: 1 A Shaw (Giff N) 91:35; 2 J Robertson (unatt) 92:18
Women
1 T McIntosh (Ayr S) 82:55; 2 E McBrinn (Shett, W35) 83:31; 3 L McMahon(JWK) 88:04; 4 E Christie (SVHC, W45) 89:06; 5 E Mackay (Shett, W35) 91:02; 6 D Lynch (unatt) 91:54; 7 E Boyle (Dumb, W35) 94:17; 8 D Kerr (unatt, W35) 95:53

BEITH RACES
Beith, Ayrshire

Men (4M)
1 S Wyllie (Cambus) 20:47; 2 T Lawrence (Kilb) 81:53; 3 F Cooper (Giff N, M40) 22:59; 4 F Connor (Cambus, M50) 23:03; 5 D White (JWK) 23:29; 6 J White (Irv, M50) 24:09; 7 F Kellett (Beith) 25:50; 8 D Padden (Arran, M50) 25:47; 9 I Shields (unatt) 25:55; 10 A Sneddon (Irv, M50) 26:02
Women
1 L MacNeill (Shett) 24:14; 2 S Irvine (Giff N, W35) 87:25; 3 A Craig (Irv) 31:03
U17 Men (3Km, all Beith): D McAallister 10:47
U15 (2.5Km): 1 R Lawson 9:00; 2 J Wilson 9:42
U13 (2Km): 1 S Keil 6:46; 2 C Evans 6:58

JIM PETERS SOUTHEND HALF-MARATHON
Essex

Men
1 R Palmer (Cant) 74:43; 2 P Pearce (G Bent) 78:25; 3 K Purvis (E Vets, M40) 78:43; 4 A Jones (unatt) 78:54; 5 P Valek (unatt) 80:09; 6 A Johns (Poole R, M50) 80:33; 7 D Hall (Dart) 81:20; 8 E Paul (unatt, M40) 81:34; 9 V Mills (Bill'cy, M40) 81:44; 10 R Lawrence (Trisport) 82:03
M45: R Tozer (Bark) 84:32. **M50:** 2 J Tennant (Harl RC) 86:00; 3 R Selwyn (Pitsea) 86:18. **M55:** 1 O Phipps (Ilf) 86:07; 2 D Leslie (S'end) 91:10. **M60:** 1 A Cotton (BRJ Hunt) 90:01; 2 G Earley (RRC) 95:15; 3 M Simpson (Castle P) 98:44. **M65:** R Russell (Castle P) 1:52:06. **M70:** R Gunthorpe (Thrift) 1:55:13. **M75:** P Freedman (Hav 90) 2:16:10
TEAM: 1 Edmonton Running Club 105; 2 Thrift Green Trotters 166; 3 Witham Running Club 239
Women
1 T Apps (S'field, W35) 93:55; 2 P Hayhow (Grange F, W35) 94:31; 3 J Palmer (Benfleet, W40) 96:33; 4 J Pope (E Lon, W45) 97:03; 5 A Bent (Pitsea, W45) 98:45; 6 J Mexted (unatt) 99:23; 7 P Holden (unatt) 99:57; 8 S Dale (Hav 90, W45) 1:40:20; 9 A Bussey (unatt, W35) 1:41:44; 10 T McNae (unatt) 1:41:55
W55: S Ward (Benfleet) 1:57:17; 2 K Franklyn (Ilf) 1:57:20. **W60:** 1 V Furbank (Hav 90) 2:05:31; 2 S Long (Castle P) 2:08:11; 3 R Darke (unatt) 2:10:34; 4 J Giles (Graves) 2:11:13. **W65:** D Pugh (Castle P) 2:09:37

RUBERY HALF-MARATHON

Men
1 D Cross (Sutt H) 78:35; 2 B McEvoy (Birm R, M40) 82:35; 3 C Flavell (D&S) 83:42
M40: 2 T McGill (Droitwich). **M45:** R Pitt (THH). **M50:** E Saunders (Amazing F). **M55:** J lewellyn (Birm R). **M60:** D Onion (unatt)
TEAM: 1 Halesowen; 2 Birmingham Rowheath; 3 Road Runners Club
Women
1 C Harnett (unatt, W35) 96:57; 2 A Capp (unatt, W40) 97:46; 3 J Clarke (Stourbridge, W45) 1:42:50
Worcs Championship: Clarke
W35: 2 V J Matow (unatt). **W40:** 2 M Smith (Tam). **W45:** 2 G Lindsay (Chase).
W50: G Hough (Shrews)

ALDRIDGE 10km
West Midlands

Men
1 S Brookes (Tip) 35:09; 2 A Rowlings (Chase) 35:42; 3 G Singh (W Brom) 36:04; 4 J Sanders (Tel, M40) 36:17; 5 T Hinckley (RSC) 36:44; 6 P Shakelton (Tip) 36:50; 7 K Baker (Peel) 36:50; 8 S Cunningham (unatt) 36:50; 9 A Law (W Brom) 36:56; 10 P Mann (Ivanhoe) 37:10
Women
1 V Carter (RSC, W35) 40:20; 2 C Rollason (Lich, W50) 42:43; 3 K Samra (W Brom) 43:41; 4 J Rogers (Peel) 43:54

June 15

HEATHSPAN HALF-MARATHON
Guernsey

Men
1 P Roper (Poole) 70:52; 2 A Fooks (TVH) 74:31; 3 F Kehoe (Guer) 77:07; 4 N Despres (Guer) 78:06; 5 C Carre (unatt) 78:16; 6 S Dawes (Guer) 81:02; 7 J Poole (unatt) 82:30; 8 J Cunningham (Jers, M50) 82:36; 9 A Petersons (unatt) 82:44; 10 J Lee (Jers) 83:58
M50: 2 M Gathercole (unatt) 86:57. **M60:** 1 R Froome (Guer) 94:11:2. **M70:** W Leith (RRC) 2:49:16
Women
1 P Buckingham (Guer, W35) 87:38; 2 S Wray (Guer) 97:43; 3 D Mason (Jers, W35) 98:31; 4 L Herve (unatt) 98:37; 5 K Intin (unatt, W35) 1:40:26; 6 S Horsfall (Jers) 1:44:09
W45: J Davies (Guer) 2:09:30

June 13

FULL BRONTE 5
Howarth, Yorkshire

Men
1 S McDonald (Bing) 27:06; 2 W Smith (K&C) 27:15; 3 D Hinchcliffe (Long, M40) 27:26; 4 J Callaghan (K&C) 27:42; 5 M Pierson (Holm) 27:53; 6 A Jones (K&C) 27:58; 7 I Taylor (K&C) 27:59; 8 M Turner (KuH) 28:11; 9 G Gill (K&C) 28:36; 10 R Griffiths (Holm, M45) 28:39
M40: 2 T Gill (Leeds C) 28:43. **M50:** 1 R Kersey (Holm) 30:33, 2 G Bell (Bing) 31:08; 3 C Crane (K&C) 31:59. **M55:** G Cumber (Hali) 31:33.
TEAM: Keighley & Craven 12
M40: Bingley 42
Women
1 A Dennison (Brad A, W35) 31:36; 2 H Glover (K&C) 32:55; 3 L Tomes (K&C, W40) 33:30; 4 C Shouksmith (Knave, W40) 34:48; 5 D Spurr (K&C, W35) 35:19
TEAM: Keighley & Craven 10
W35: Keighley & Craven 17

HARROGATE SUMMER LEAGUE 5.5
Thirsk

Men
1 I Fisher (otley) 25:34; 2 J Orange (R&Z) 26:34; 3 M Cayton (Otley) 27:01; 4 K Mawson (Otley) 27:49; 5 R Watson (Ripon) 28:01; 6 S Winstanley (Harr) 28:07; 7 T Ashelford (Ilk) 28:13; 8 P Stockburn (Harr, M40) 28:15; 9 S Purkiss (R&Z) 28:30; 10 R Johnson (Ripon) 28:35; 11 R Barrett (Skip) 28:40; 12 D Cardus (R&Z, M40) 28:50; 13 M Tinsley (Ripon, M45) 28:57; 14 P Render (Harr, M40) 28:58; 15 P Chapman (Ripon, M45) 28:59; 16 D O'Hooley (Ilk) 29:00; 17 M Burn (T&S) 29:04; 18 T Ward (Swale, M50) 29:12; 19 R Burn (T&S, M45) 29:32; 20 D Oselton (Skip, M45) 29:41; 21 A Brook (Harr, M40) 29:48; 22 N Pearce (Ilk, M45) 29:52; 23 J Yates (T&S) 29:57; 24 T Inglehearn (Harr, M40) 30:01; 25 M Iley (Ilk, M40) 30:04; 26 M Jeffery (Otley) 30:21; 27 S Palmer (Harr) 30:24; 28 P Emson (Swale, M40) 30:29; 29 A Harrison (Harr) 30:32; 30 I Rowbotham (Harr, M40) 30:32; 31 T Lonergan (Ilk, M50) 30:52; 32 Stuart Smith (Swale) 30:53; 33 M Thackwray (Harr) 30:55; 34 Steve Smith (Ripon, M45) 30:53; 35 I Waller (Harr, M40) 31:06.
M40: 10 S Mechie (T&S) 31:08; 11 B Rodgers (R&Z) 31:12; 12 G Molyneux (Harr) 31:26. **M45:** 7 T Colmer (R&Z) 31:18; 8 P James (Otley) 32:03; 9 N Chapman (Ilk) 32:13; 10 M Baldwin (Ilk) 32:24. **M50:** 4 T

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BRITISH EUROSPORT

Falkingham (Skip) 31:57; 5 M Brooks (R&Z) 32:10; 6 T Essex (Harr) 33:16; 7 J Towers (Nidd V) 33:54; 8 H Smith (T&S) 33:59.
M55: 1 J Robinson (R&Z) 31:45; 2 E Huck (T&S) 33:49; 3 I Hepworth (R&Z) 34:22; 4 P Robinson (Otley) 34:59; 5 A Wikeley (T&S) 36:26. **M60:** G Mallett (Harr) 32:22
TEAM: 1 Harrogate 1288; 2 Ilkley 1134; 3 Richmomd & Zetland 1119; 4 Otley 1097
M40: 1 Harrogate 330; 2 Richmond & Zetland 278; 3 Ilkley 275
Women
1 C Humphrey (Harr, W35) 30:18; 2 C Wright (Harr, W40) 32:01; 3 K Bailey (Ilk) 32:05; 4 E Nutter (Ripon) 32:17; 4 J Uniacke (Ilk, W35) 32:29; 5 R Robinson (R&Z) 32:35; 6 S Akeroyd (Ilk, W35) 34:57; 7 L Sowter (Swale, W40) 35:38; 8 S Deeson (Nidd V) 35:40; 9 J Soper (T&S, W40) 36:09; 10 J Ackroyd (Harr, W45) 36:55; 11 H Swarbrick (Harr, W40) 37:08; 12 C Armitstead (Otley, W40) 37:11; 13 J Keavney (Swale, W35) 37:49; 14 V Wright (Ilk) 37:50; 15 B Doherty (Ilk, W40) 37:57
W40: 7 L Wright (Ilk) 38:48. W50: 1 J McKenzie (Otley) 38:06. W55: 1 K Robertshaw (Otley) 38:25; 2 M Gibbs (T&S) 38:34
TEAM: 1 Ilkley 154; 2 Harogate 150; 3 Swaledale 106
W35: 1 Harrogate 77; 2 Ilkley 69; 3 Swaledale 56

ASSEMBLY LEAGUE
Victoria Park

Men (3.5M)
1 A Weir (SE) 17:26; 2 C Sykes (SE) 17:34; 3 P Tucker (Ravens) 17:40; 4 H Hardy (SE) 17:57; 5 E Thomas (VPH&TH) 18:06; 6 R Spedding (Dulw) 18:11; 7 M Barlow (Kent AC) 18:27; 8 A Camp (Camb H, M45) 18:37; 9 A Howse (SE) 18:39; 10 M Cates (Eton M) 18:40; 11 J Cullom (VP&TH) 18:43; 12 T Lashmar (VPH&TH) 18:47; 13 M Wood (SE) 18:52; 14 A Green (Dartf RR) 19:03; 15 A Jones (SE) 19:07; 16 K Evans (SE) 19:09; 17 P Bumstead (gst) 19:12; 18 I Lambert (Eton M, M40) 19:17; 19 G Stevens (SE, M40) 19:24; 20 M Mann (Dulw, M50) 19:28
M45: 2 B Hutcheson (Kent AC) 19:34; 3 T O'Neill (VPH&TH) 19:47. **M50:** 2 M Bumstead (SE) 19:44; 3 J Spencer-Wood (Kent AC) 20:58. **M65:** T Everitt (Eton M) 22:35. **M70:** 1 W Clapham (Kent AC) 27:24; 2 R Hale (Kent AC) 28:05
Standings after three matches: 1 Weir 88; 2 Sykes 87; 3 Spedding 80; 4 Barlow 67; 5 Howse 64; 6 Cates 63
TEAM: 1 Stock Exchange 16; 2 Victoria Park Harriers & Tower Hamlets 53; 3 Dulwich Runners 79; 4
Eton Manor 81; 5 Kent AC 99; 6 Ravensbourne 134
Standings after three matches: 1 Stock Exchange 30; 2 Dulwich Runners 26; 3eq Victoria Park Harriers &Tower Hamlets/Kent AC 22; 5 Eton Manor 20; 6 Dartford Road Runners 13
B TEAM: 1 Stock Exchange 63; 2 Dulwich 145; 3 Victoria Park Harriers &Tower Hamlets 162
Women
1 A Pickup (Dulw) 20:21; 2 G Johnson (Dulw, W35) 20:25; 3 R Tabor (Dulw, W50) 22:57; 4 N McKenna (Kent) 23:17; 5 V Shorrock (Kent AC) 23:56; 6 A Gammon (VPH&TH) 24:14; 7 A Jeffries (Kent AC) 24:20; 8 Z Woodward (Eton M) 24:24; 9 C Grady (Kent AC) 24:58; 10 G Pettipher (VPH&TH) 25:25
Standings after three matches: 1 Pickup 43; 2 Tabor 37; 3 McKenna 36; 4 M Pannett (Dulw) 30; 5 Johnson 27
TEAM: 1 Dulwich Runners 6; 2 Kent AC 16; 3 Victoria Park Harriers &Tower Hamlets 27; 4 Eton Manor 37; 5 Victoria Park B 48
Standings after three matches: 1 Dulwich Runners 30; 2 Kent AC 26; 3 Eton Manor 22; 4 Victoria Park
Harriers &Tower Hamlets 19; 5 Dartford Road Runners 15

June 12

BOOTH DECORATORS LEAGUE 4
Mansfield

Men
1 M Slysz (Hean) 21:08; 2 A Wetherill (SinA, M40) 21:09; 3 L Garrett (Mans) 21:27; 4 S Dudley (SinA) 21:45; 5 G Bostock (Hean) 21:56; 6 S Bird (SinA) 21:58; 7 N Watkin (Mans, M40) 22:17; 8 N Luke (SinA, M40) 22:32; 9 S Davies (Mans, M40) 22:34; 10 R Platts (Mans, M40) 22:43; 11 C Emery (Mans) 22:59; 12 L Perkins (Hean) 23:08; 13 R Smith (Mans) 23:16; 14 E Baynes (Hean, M45) 23:18; 15 A Nelson (Hean, M50) 23:36
Women
1 J Jefferies (SinA, W35) 25:17; 2 E Collinge (Mans,U20) 25:31; 3 W Ray (Ilk, W35) 25:38; 4 R Scaife (Chesa) 27:31; 5 K Turner (SinA) 27:50; 6 E Robinson (Rip, W50) 28:01; 7 E Clifton-Smith (SinA) 28:07 8 J Johnson (SinA, W45) 28:33
COMBINED TEAM: 1 Mansfield 370; 2 Sutton In Ashfield 490; 3 Heanor 499

WORTHING 10km
West Sussex

Men
1 H Ibrahim (B&H) 33:02; 2 R Lacey (Phoe) 34:04; 3 J Baxter (B&H, U20) 34:25; 4 B Hennessey (Craw) 34:32; 5 A Lamb (Hast R) 34:35; 6 P Eccles (Hails, M40) 34:46; 7 F T'Sjoen (unatt) 34:46; 8 J Larkin (Hast R) 34:47; 9 D Tucker (Pews) 34:55; 10 JR Bristow (B&H, M40) 35:01; 11 J Lowden (Crow, M45) 35:18; 12 S Billing (B&H) 35:22; 13 D Boyce (Henf) 35:22; 14 S Murcott (Tone Z) 35:22; 15 S Wigmore (Horsh J, M40) 35:24; 16 R Oliver (unatt) 35:27; 17 P Morley (Crow, M40) 35:28; 18 I Horsfall-Turner (H'field) 35:31
M40: 5 M Chapman (Crow) 35:47; 6 G Woolgar (B&H) 36:00; 7 D Leach (Lewes) 36:33; 8 G Thayre (Craw) 36:39; 9 A George (Phoe) 36:44. **M45:** 2 P Gasson (Arena) 36:06; 3 T Ulliott (B&H) 36:32; 4 K Valentine (Horsh J) 36:48. **M50:** 1 B Blackwell (B&H) 35:42; 2 R Funnell (Worth H) 36:59; 3 C Hickman (Craw) 37:17; 4 G Pelling (Hails) 37:59; 5 R Brown (Lewes) 38:56; 6 S Wilson (Horsh J) 39:48; 7 R Stubbings (Goring) 39:56. **M55:** 1 D Barry (Worth) 37:56; 2 P Plowman (Hails) 39:10; 3 B Winn (Hails) 39:36; 4 A Carpenter (Worth St) 41:30. **M60:** 1 P Standen (Hast) 39:25; 2 R Wade (Hast R) 41:29; 3 M Bone (Worth St) 47:15. **M65:** 1 J Alexander (Hast R) 43:11; 2 J Moore (Arun) 44:33; 3 C Johnson (H Hth) 48:43. **M70:** 1 J Taylor (Liss) 44:30; 2 H Foord (B&H) 50:14; 3 L Cumbers (Crow) 50:17. **M75:** P Watson (Seaf) 70:42
Women
1 C Hoyte (Arena) 36:53; 2 S Alvarez (Hails) 39:13; 3 V Boyle (Arena) 39:26; 4 E Lumber (Arena, W35) 39:35; 5 C Naylor (Arena, W45) 40:08; 6 K Gunn (Phoe, U20) 40:10; 7 T Martin (Steyn) 40:27; 8 A Cronin (E'brne, W35) 40:32; 9 A Gormley (Horsh J, W35) 40:34; 10 A Morgan (H Hth, W35) 40:42; 11 G Wheeler (Hails) 40:44; 12 M Jordan (Horsh J, W40) 41:01; 13 H Wilkinson (unatt, W35) 41:08; 14 L Smith (Arena, W35) 41:39; 15 K Sherwood (unatt) 41:40; 16 T Watson (Crow, W35) 42:11; 17 K Quinton (unatt, W35) 42:23; 18 S Garner (Ling, W55) 42:38; 19 J Hughes (Arena, W40) 42:42; 20 D Gatland (Tuff F, W40) 42:56; 21 N Swan (unatt) 43:09; 22 J King (unatt, W40) 43:16; 23 H Pellett (B&H, W35) 43:22; 24 S Miller (Hast R, W40) 43:26; 25 K Shayne (Tone Z) 43:31
W40: 5 C Webb (Phoe) 44:01. **W45:** 2 L Bowers (Havant) 45:57. **W50:** 1 G Scott (Arun, W50) 44:59; 2 M Hemsworth (H Hth) 46:19; 3 T Schooling (H'field) 46:27; 4 J Child (Worth H) 46:45; 5 S Huggett (Hast R) 47:32. **W70:** E Quinton (Horsh J) 52:56

HAIGH HALL PRINGLE'S JEWELLERS NIGHT SERIES 5
Wigan

Men
1 A Ward (Wig P) 25:40; 2 L Passco (Clay) 25:45; 3 P Darbyshire (Wig P) 26:25; 4 P Derbyshire (Wig P, M45) 27:04; 5 D Mercer (Wig P, M40) 27:09; 6 D Tonge (Newb N, M40) 27:17; 7 R Hughes (Salf M) 27:37; 8 P Orrell (Horw, M45) 27:40; 9 P Pickwell (Alt, M50) 27:46; 10 M Manir (Wig P) 27:52
M40: 3 R Bowker (S'port W) 28:01. **M45:** 3 P Milligan (Alt) 28:36; 4 W Fairclough (Liv RC) 28:39; 5 S Grimshaw (Wig H) 28:51; 6 S Wright (Wig P) 28:59. **M50:** 2 K Woodhouse (Warr) 28:22; 3 M Pope (Alt) 30:44; 4 D Butcher (Wig P) 30:45; 5 M Walker (S'port W) 30:55; 6 R Miller (Wig P) 31:31. **M55:** 1 M Entwistle (Astley&T) 28:44; 2 P Gilham (Chor H) 32:13; 3 R Wignall (Alt) 33:47; 4 D Cullen (Bolt) 33:59. **M60:** 1 J McDonald (Chor H) 33:29. 65: C Leigh (Wig P) 31:42
Women
1 A Powell (Leigh) 28:57; 2 J Mann (Wig P, W40) 31:01; 3 J Coleman (Chor H, W45) 32:22; 4 J Gill (Chor H, U20) 32:47; 5 N Guffogg (Horw) 33:36; 6 R Moore (unatt) 34:12; 7 J Chaplin (Chor H, W40) 34:41; 8 G Leary (Hali, W50) 35:10
W40: 3 E Smart (Horw) 35:45. W50: 2 P Vernazza (unatt) 37:19

WHALEY 6
Whaley Bridge, Derbyshire

Men
1 S Haylock (Stock H, M40) 36:27; 2 M Bradbury (Stafffs M) 37:14; 3 I Ward (Bux) 37:39; 4 G Morson (Bux, M50) 38:27; 5 B Gregory (Stock H) 39:05; 6 P Drabble (Bux) 41:01; 7 M Beech (Bux) 41:05; 8 T Hargreaves (Stock H) 41:54; 9 N Morson (Bux, U20) 43:15; 10 J Brown (Macc) 43:53
Women
1 S Bradley (Bux, W45) 48:24; 2 JA Brown (unat, W35) 50:45; 3 A Dinsmoor (Pennine) 56:24; 4 S Ilsley (unatt) 57:49; 5 C Braddock (Bux) 58:53; 6 J Morson (Bux) 58:54; 7 M Harrison (unatt, W65) 64:51

KIMBERWORTH 10km
Kimberworth, South Yorkshire

Men
1 J Granville (Killam) 35:05; 2 D Brooksbank (Barnsley, M40) 35:42; 3 J Tollafield (Kimb'wth) 37:49; 4 J Comrie (Roth) 38:03; 5 R Boryseiwicz (Valley H) 40:06; 6 M Hobson (Steel, M60) 43:38; 7 D Needham (Steel, M55) 44:57
Women
1 C Boyd (Morp, W50) 44:07; 2 L Day (Donc&S, W35) 44:39; 3 K Gregory (Valley H) 45:15; 4 P Pickersley (Steel, W50) 45:56; 5 J Craythorne (Donc&S, W35) 47:50; 6 B Sutton (Valley H) 48:50; 7 J Baker (Roth, W5) 51:49

GOSFORTH 10
Gosforth, Cumbria

Men
1 M Amor (C'land FR) 53:49; 2 S Walker (C'land FR, M40) 58:58; 3 B Short (C'land, M40 59:16; 4 K Smith (C'land FR, M45) 60:05; 5 I McDougall (C'land) 60:36; 6 R Riley (C'land FR, M40) 60:57; 7 L Abel (Bleng) 61:51; 8 D Atkinson (Bleng) 63:08; 9 G Dixon (Barr) 64:13; 10 N Pattinson (unatt) 65:11
M55: C Kershaw (C'land) 68:42
Women
1 L Buck (Bleng, W40) 76:43; 2 J Jones (unatt, W40) 77:36; 3 A Straford (Bleng, W35) 81:37; 4 J Watson (Bleng) 81:59; 5 V Burns (unattt) 83:49

YEOVIL 5km
Somerset

Men
1 F Tickner (Wells) 15:01; 2 G Eagle (B'mth, M40) 15:19; 3 G Miller (B'mth) 15:23; 4 M Grist (B'mth) 15:31; 5 W Speake (Wells) 15:33; 6 M Twomey (Soton) 15:37; 7 E Richards (Wells) 15:43; 8 R Forsbrook (Chelt) 15:44; 9 M Cowen (Exe) 15:45; 10 P Davis (Sotton) 16:07; 11 D Westlake (Bris) 16:14; 12 D Bradley (Exm) 16:15; 13 S Wiltshire 16:16; 14 B Danvers (Bris) 16:26; 15 J List (Bris) 16:40
M40: 2 D Wythe (Wells) 16:59; 3 S Torrance (Soton) 17:43. **M50:** 1 J Brumfield (Egdon H) 17:48; 2 B Martin (Wells) 18:33; 3 M Preece (Chard) 19:16. **M60;** G Wilshire (Salis) 19:22
Women
1 S Monahan (Bris, w35) 17:47; 2 C Stevinson (Bris)18:07; 3 H Hinsley (Bris, W35) 18:36; 4 H Wainwright (Tri Uk, W35) 18:45; 5 A Sloane (Salis, W35) 19:06; 6 L Owen (Bide, W35) 19:47
W45: M Coleman (Wells) 20:51

METRO ABERDEEN 4
Aberdeen

Men
1 K Farquhar (Metro, M40) 20:47; 2 M Simpson (SnD, M45) 21:07; 3 S Smith (A'deen) 21:43; 4 F Clyne (Metro, M45) 21:56; 5 S Walker (Mont, M40) 22:12; 6 D Wood (Metro, M40) 22:18; 7 C Noble (Metro, M50) 22:24; 8 K Simpson (unatt) 22:34; 9 R Nichols (Mont, U20) 23:03; 10 K Brooks (Metro, M40) 23:20
Women
1 F Lampkin (Mont) 24:42; 2 L Gray (Metro) 30:29; 3 M Simpson (unatt) 30:35; 4 K Hill (unatt) 33:00

INKBERROW 6

Men
1 B Jones (M40) 32:48; 2 D Kesterton (M40) 34:37; 3 P Richardson (M40) 34:44; 4 V Nowacki (M40) 35:27; 5 K Lanckham 36:19; 6 D Waldron (M40) 37:33; 7 C Platten 38:51; 8 G Hardy (M40) 38:52; 9 W Pate 38:53; 10 A Crotty 39:04
Women
1 N Aitken 38:01; 2 N Hart 45:08; 3 A Laycock 45:58; 4 L Sibbet (W35) 45:59

June 11

HUMAN ENERGY WEEDON 10km
Northamptonshire

Men
1 S Fenwick (Tip) 33:08; 2 K Clarke (Rug) 33:39; 3 S Pritchard (Banb) 33:41; 4 G Payne (G Elliott, M45) 33:49; 5 P George (W'stock) 33:53; 6 L Chairon (Cov) 33:57; 7 R Sheen (Leic, M40) 34:01; 8 S Lincoln (Woott RR) 34:19; 9 B Summers (Rug) 34:24; 10 C Sabin (Hunc, M40) 34:30; 11 V Clisham (Cov) 34:41; 12 R Whitelegg (Hink) 34:52; 13 J Mudderman (Learn, U20) 34:56; 14 S Riley (M Vets, M40) 35:03; 15 C Deasy (Sphinx) 35:09; 16 M Jacklin (Cov) 35:12; 17 P Kelly (N'brook, M50) 35:13; 18 G Peterson (Rug) 35:17
M45: 2 K Cooper (Stamf) 36:02; 3 P Wilkerson (Bed C) 37:43; 4 M Bradford (Hunc) 37:50. **M50:** 2 A Webb (M Vets) 38:44; 3 M Wittering (Hunc) 38:50; 4 D Findel-Hawkins (Mil K) 39:06. **M55:** 1 K Cook (Vaux) 39:19; 2 B Statham (Cov) 40:08; 3 J Sneddon (Rug) 42:43. **M60:** 1 R Suddens (Nun) 44:57; 2 B Daniells (Mil K) 45:26; 3 J Adam (L Buzz) 46:11. **M65:** 1 B Emmerson (Learn) 43:41; 2 B Forey (Rug) 47:44
TEAM: 1 Rugby & Northampton 1:43:20; 2 Coventry Godiva 1:43:50; 3 Leamington Cycling & AC 1:50:01; 4 Huncote Harriers 1:50:16; 5 Wootton Road Runners 1:50:25; 6 Milton Keynes 1:52:26
Women
1 N Nealon (Hunc) 38:47; 2 L Day (Stamf, W40) 39:32; 3 S Tawney (Learn, W40) 40:46; 4 E Carr (unatt) 40:51; 5 L Page (Corby) 42:21; 6 M Mulvey (Woott RR, W35) 42:38; 7 V Singleton (Bed H, W40) 43:12; 8 K Horsman (Bed C, W40) 44:07; 9 K Williams (Harb, W40) 44:08; 10 J Dalzell (Mil K, W35) 44:10
W40: 6 D Reed (Harb) 44:56. **W45:** 1 H Fiddament-Harris (Rug) 44:27; 2 L Hickey (North RR) 47:03. **W50:** 1 A Rollings (Rug) 45:17; 2 R Muston (Mil K) 47:07; 3 S Barnett (C&C) 47:46. **W55:** 1 J Shepherd (Human E) 48:31; 2 M Crowe (Mil K) 48:42; 3 S Taylor (Cov) 50:54. **W60:** C Daniells (Mil K) 54:29
TEAM: 1 Milton Keynes 2:17:42; 2 Rugby & Northampton 2:20:15; 3 Harborough 2:20:31; 4 Wootton Road Runners 2:22:10; 5 Rugby & Northampton B 2:30:49; 6 Bedford Harriers 2:32:37

CITY PARKS GRAND PRIX SERIES

Men
1 M Dalkins (Bir) 15:12; 2 R Plant (Stoke) 15:13; 3 S Bailey (Staffs M) 15:30; 4 S Bazzell (Trent) 15:49; 5 P Bradshaw (Newc) 15:55; 6 A Allen (Stoke) 16:04; 7 L Collis(Stoke) 16:06; 8 S Collis (Trent) 16:23; 9 D Nicholls (Macc H) 16:27; 10 A Hartveld (Stoke) 16:44
Vets (M40 unless stated)
1 A Hartveld (Stoke) 16:45; 2 P Davies (Trent) 16:52; 3 D Talbot (NSRRA) 17:00; 4 P Crutchley (Trent) 17:33; 5 P Williams (Staffs M, M50) 17:44; 6 B Peacock (C&S) 17:51; 7 A Evans (Trent) 17:59; 8 D Wood (Boall) 18:23; 9 D Myatt (Trent, M45) 18:31; 10 S Littlewood (Staff H) 18:45.
M45: 2 S Locker (Trent) 19:04; 3 D Edge (Staffs M) 19:08. **M50:** 2: K Uzzell (Stone M) 18:50; 3 M Beardmore (Chead) 19:01.
M55: 1 C Barlow (Stone M) 20:20; 2 L Badger (Stone M) 20:21. **M60:** 1 A Lewis (Trent) 19:58; 2 R Oldacre (Co Off) 20:17; 3 T Jukes (Trent) 20:26
U15 (2km)
1 M Barrett (Staffs M) 6:04; 2 M Patterson

Available on cable and digital TV

(Staffs M) 6:12; 3 L Jones-Mansueto (Stoke) 6:41
U13 (2km)
1 C Fairbanks (Stoke) 6:24; 2 N Dring (Stoke) 7:29; 3 A Hardy (Stoke) 7:43
Women (5km)
1 K Taylor (Chead) 18:37; 2 L Marconi-Wrigley (Newc, W40) 19:45; 3 J Edwards (Car) 19:58; 4 L Clutton (Chead, W45) 20:33; 5 C Skellern (Staff H, W35) 20:45
W50: 1 M Freeman (Stone M) 23:37. **W55:** 1 R Banks (Stone M) 23:43. **W60:** 1 A Glendenning (Stone M) 27:42
U15 (2km)
1 A Wadsworth (Bux) 7:13; 2 L Garside (Newc) 7:42; 3 R Deaville (Newc) 7:45
U13 (2km)
1 S Ridge (Newc); 2 E Dulson (Newc) 7:52; 3 K Chell (Newc) 8:08

SOUTH EAST KENT RELAY SERIES
Ashford

Men (4x2.9M)
1 Ashford AC 62:21 (I King 15:21, S Manuel 16:20, D Cochrane 15:05, K Williams 15:35); 2 South Kent Harriers 62:23 (J Creane 13:39; P Russell 17:13, M Hayley 16:45, R Maddams 14:46); 3 Deal Tri 64:38 (N Renault 15:10, J Dacks 17:00, C Jones 16:23, A Lowicz-Brady 16:05); 4 Invict East Kent 66:13; 5 Canterbury 67:50
Fastest: Creane
M40 (4x2.9M)
1 Invicta East Kent 67:29 (M Rouse 17:17, T Edgley 16:29, M Lee 17:21, I Stokes 16:22); 2 Deal Tri 68:30; 3 South Kent Harriers 70:56
Fastest: Stokes
M50 (3x2.9m)
1 Invicta East Kent 52:26 (P Davies 16:21, E Broad 19:10, A Culshaw 16:55); 2 Folkestone 57:07; 3 Thanet Road Runners 59:55
Fastest: Davies
Women (3x2.9m)
1 Deal Tri 61:42 (M Read 22:28, M Ovenden 19:32, M Ardle 19:42); 2 Invicta East Kent 62:33 (R Wood 20:26, L Clayton 22:01, L Davies 20:06); 3 Ashford & District 62:36 (M Marshall 20:02; 2 L King 21:11, N Davies 21:23); 4 Thanet Road Runners 65:57; 5 Canterbury 69:47
Fastest: Ovenden

ARO SPORTS LEAGUE
Royston

Men (10km)
1 M White (St Alb) 32:06; 2 S Pullan (St Alb) 32:29; 3 K Turner (Barn, M40) 32:52; 4 A Mason (Barn) 33:10; 5 A Holt (HP) 33:24; 6 R Gamble (Barn) 33:38; 7 S Hall (FVS) 33:53; 8 P Greaves (HP) 34:33; 9 B White (FVS, M40) 34:38; 10 D Clynes (FVS) 34:59; 11 D Allaway (FVS) 35:02; 12 L Davies (Royst) 35:11; 13 S Wells (FVS, M40) 35:21; 14 P Beatty (Bish S, M40) 35:28; 15 D Michael (Barn, M50) 35:42; 16 P Gale (FVS) 35:51; 17 D Brown (FVS) 35:55; 18 R Turner (Royst, M40) 35:58; 19 A Wasdell (St Alb) 35:59; 20 R Milne (St Alb) 36:06
M50: 2 N Huke (Royst) 38:06; 3 J Shirley (Barn) 38:16; 4 S Mann (HP) 38:56; 5 M Proudley (HP) 39:06. **M55:** 1 R Black (Barn) 39:19; 2 N Bingham (Barn) 40:14; 3 J Fuller (Barn) 41:47. **M60:** M Sawyer (Barn) 40:28
TEAM: 1 Fairlands Valley Spartans 1517; 2 Herts Phoenix 1335; 3 Royston Runners 1324; 4 Barnet &District 1302; 5 St Albans Striders 1265; 6 Vbishop's Stortford
Standings after three matches: 1 Fairlands Valley Spartans 18 (5250); 2 Herts Phoenix 12 (4663); 3 St Albans Striders 11 (4685); 4 Royston Runners 10 (4652); 5 Barnet &District 7 (4529); 6 Bishop's Stortford 5 (4337)
VET TEAM: 1 Herts Phoenix 484; 2 Royston Runners 476; 3 Bishop's Stortford 462; 4 Barnet &District 457; 5 Fairlands Valley Spartans 442; 6 St Albans Striders 299
Standings after three matches: 1 Herts Phoenix 17.5 (1547); 2 Royston Runners 12 (1503); 3 Bishop's Stortford 11 (1480); 4 Barnet &District 10 (1481); 5 Fairlands Valley Spartans 9.5 (1450); 6 St Albans Striders 3 (1081)
Women
1 A Yorwerth (St Alb) 37:50; 2 K Murphy (Barn) 38:43; 3 T Woodford (FVS) 38:51; 4 S Tophill (FVS, W35) 39:22; 5 Z Lowe (St Alb, W35) 39:26; 6 S Pritchard (St Alb, W35) 39:48; 7 N Dee (HP, W35) 40:06; 8 K Bradley (Barn, W35) 40:15; 9 L Walls (St Alb, W35) 40:25; 10 A Cook (Bish S, W35) 40:36; 11 J Perry (FVS, W35) 41:32; 12 B Barstow (Bish S) 42:09; 13 K Kingswell (HP, W35) 42:34; 14 J Pomphrey (St Alb, W50) 42:49; 15 J Shepherd (Barn, W40) 43:08
M50: 2 K Faloon (Barn) 45:27; 3 J Howes (Bish S) 45:33. M55: M Bradburn (St Alb) 47:50
TEAM: 1 St Albans Striders 391; 2 Fairlands Valley Spartans 374; 3 Barnet &District 341; 4 Bishop's Stortford 336; 5 Royston Runners 249; 6 Herts Phoenix 242
Standings after three matches: 1 St Albans Striders 18 (1235); 2 Barnet &District 14 (1102); 3 Fairlands Valley Spartans 13 (1091); 4 Bishop's Stortford 8 (925); 5 Royston Runners 7 (821); 6 Herts Phoenix 3 (563)
VET TEAM: 1 St Albans Striders 160; 2 Fairlands Valley Spartans 147; 3 Herts Phoenix 144; 4 Barnet &District 138; 5 Bishop's Stortford 135; 6 Royston Runners 110
Standings after three matches: 1 St Albans Striders 18 (469); 2 Fairlands Valley Spartans 14 (433); 3 Barnet & District 12 (417); 4 Herts Phoenix 8 (331); 5 Bishop's Stortford 7 (390); 6 Royston Runners 4 (341)
TEAM (Combined): 1 Fairlands Valley Spartans 1891; 2 St Albans Striders 1656; 3 Barnet & District 1643; 4 Herts Phoenix 1577; 5 Royston Runners 1573; 6 Bishop's Stortford 1470
Standings after three matches: 1 Fairlands Valley Spartans 31 (6341); 2 St Albans Striders 29 (5920); 3 Barnet &District 21 (5631); 4 Royston Runners 17 (5473); 5 Herts Phoenix 15 (5226); 6 Bishop's Stortford 13 (5262)

SUMMER LEAGUE CONISTON 10km
Hull

Men
1 S Rennie (KuH, M45) 33:38; 2 J Crisp (KuH) 34:58; 3 A Watson (Barrac) 35:32; 4 A Fozzard (Brid) 35:42; 5 P McCoy (KuH) 35:47; 6 M Oglesby (Bev) 35:48; 7 J Dingwall (KuH, M50) 35:57; 8 G Wilkinson (E Hull, M45) 36:11; 9 J Frost (Hull Spr, U20) 36:15; 10 R Chaisty (E Hull, M45) 36:39
M45: 4 S Milson (Bev) 36:45; 5 M Baggott (KuH) 37:36. **M50:** 2 P Dewberry (Hull Spr) 39:29. **M55:** 1 M Atkinson (KuH) 39:16; 2 W Dolling (E Hull) 39:20; 3 A Fowlie (KuH) 39:32; 4 B Child (E Hull) 40:06; 5 J Whitfield (E Hull) 40:11; 6 T Payne (E Hull) 40:59
Women
1 J Wilson (E Hull, W35) 39:37; 2 L Heasman (Bev) 45:23; 3 J Earle (E Hull) 48:24; 4 J Morley (Horn, W40) 48:35; 5 P Darmody (E Hull, W40) 48:56;

HARWICH 5km Handicap
Essex

Handicap:
1 M Hewitt 27:00; 2 C Gowans 27:55; 3 M Deans 21:25
Fastest
Men: D Walker 16:39
Women: T Turner 19:46

June 9

SWITHLAND 6
Cheshire

Men
1 T Hartley (Shep) 31:14; 2 S Cotton (Nun) 31:32; 3 A Mawdsley (B Leys) 32:22; 4 I Murdey (B Leys) 32:28; 5 M Munday (Road) 32:40; 6 R Whitelegg (Hink) 33:17; 7 C Brown (Leic) 34:00
M40: G Slight (Hun) 34:42. **M60:** R Grove (Stilt) 38:49
Women
1 N Nealon (Hunc) 35:16; 2 S Newman (Wreake, W35) 36:20; 3 V Barber (Charn) 37:32; 4 S Westbury (unatt) 38:17; 5 L Nutt (Shep) 38:58; 6 S Grimes (OWLS) 40:01; 7 S Black (Birst) 41:18; 8 R Heath (Charn) 41:38; 9 L Brown (Nun) 41:46

DUNMOW 5
Essex

Men
1 J Burnett (Harl RC) 27:43; 2 R Turner (Royst) 27:55; 3 P Filler (Orion) 28:18; 4 S Williams (Thurr, M40) 28:33; 5 B Matthews (Mid Ex) 28:47; 6 M Cates (Eton M) 28:49; 7 D Brock (Orion) 29:03; 8 W Tamlyn (S'field) 29:08; 9 M Rea (S'field) 29:35; 10 J Farrant (unatt) 30:13
TEAM: Harlow Running Club
Women
1 M Deasy (C&T, W35) 30:17; 2 B Wallen (Chelm) 32:52; 3 T Apps (S'field, W35) 33:09; 4 K Gallop (P'boro) 34:18; 5 A Possee (unatt) 34:40; 6 B Bramley (Ely, W40) 34:51; 7 L Tanner (C&T, W45) 35:06; 8 A Bent (Pits) 35:29; 9 C MacDonald (Ilf) 37:13; 10 M Pude (S'field) 38:17
TEAM: Springfield Striders

PRESTWICH CHALLENGE

Men
1 C Petch (Stock) 66:55; 2 P Harris (M45) 70:13; 3 A Weeks 73:32; 4 G Chadderton (M40) 73:59; 5 J Fortescue 75:36; 6 C Marshall 76:01; 7 K Ferrari 78:13; 8 F Finnerty 79:12; 9 T Neill 79:46; 10 D Swinburn 80:04
M50: B Middleton 83:55. **M60:** M Hopkinson 1:51:38. **M65:** R Berry 1:49:22
Women
1 H Ferguson 80:21; 2 M Hollinshead 86:35; 3 A Jones (W40) 91:58
W35: K Schmidt 1:44:01

June 4

TREE TOPS 5
Newquay, Cornwall

HUSBAND and wife team Spencer and Angela Newport make it a family double.
Men
1 S Newport (B'hth) 24:08; 2 R Gardiner (Card) 24:15; 3 S Hall (Tip) 24:17; 4 R James (Corn) 25:36; 5 T Dunn (Corn) 26:24; 6 C Harry (Corn, M40) 26:30; 7 M Broadhead (Kimber) 26:58; 8 T Wright (Newq) 27:18; 9 N Mytton (Ply) 27:22; 10 T Gynn (Laun) 27:33
M40: 2 M Davis (Newq) 28:32; 3 G Retallack (Corn) 28:58. **M45:** 1 S Gwynne (Truro) 29:34; 2 M Roberts (Newq) 29:35; 3 S Chapple (Hayle) 29:44; 4 P Crockford (Lon H) 29:47. **M50:** 1 A Read (unatt) 30:51; 2 G Letchford (Corn) 31:36; 3 D Rashleigh (Tri-Logic) 31:57. **M55:** 1 R Smith (Newq) 30:06; 2 P Sargent (Newq) 30:50; 3 P Lockett (Newq) 31:21. **M60:** A Smith (E Corn) 34:26. **M65:** T Lett (Corn) 42:27
U17: C Mulroy (Corn) 28:28
Women
1 A Newport (BMH) 28:36; 2 J Newton (Stock, W35) 29:56; 3 R Crowle (E Corn, W40) 30:33; 4 C Baxter (Carn) 31:39; 5 K Wright (High) 32:27; 6 C Renecle (Carn) 32:47; 7 L Ansell (N&P, W35) 32:59; 8 L Richardson (Newq, W40) 33:24; 9 K Trehane (Corn) 33:46; 10 S Daw (E Corn, W35) 33:50; 11 J Warren (Corn, W50) 34:37; 12 S Youngman (Newq) 34:50

June 1

BENBECULA HALF-MARATHON
Sgoil Lionacleit

Men
1 A Roberts (Roth) 83:03; 2 D Elliot (unatt) 84:00; 3 A Macdonald (S'way) 84:56; 4 R Munro (S'way, M40) 85:30; 5 D Atkin (Garsc, M45) 87:50; 6 D Oag (Moray) 89:13; 7 D Green (Moray) 90:09; 8 R Livingston (Perth) 91:05; 9 D Stayat (C'ham) 93:00; 10 G Bain (Moray) 93:57
M50: J MacGregor (Moray) 96:21
Women
1 M MacLeod (S'way) 1:49:08; 2 S Morrison (unatt) 1:53:07; 3 H Goodman (unatt) 1:54:23; 4 A Gower (Benbec, W35) 1:59:49; 5 M Gordon (S'way) 2:08:13; 6 E McNally (S'way, W45) 2:08:13

HADDINGTON 5
East Lothian

Men
1 A Adams (C'dale) 25:03; 2 J Ross (Miz, M40) 25:49; 3 M Colligan (Miz) 26:07; 4 D Blackie (CoE) 26:27; 5 G Beal (CoE) 26:35; 6 J Heap (HBT) 27:02; 7 B Turner (Loth) 27:05; 8 A Robson (Miz, M40) 27:10; 9 D McDonald (CoE) 27:39; 10 R Riddell (CoE, M40) 27:54
M50: 1 S Wallace (HELP) 30:33; 2 B Howie (CoE) 30:47; 3 J Gourlay (Law) 30:47; 4 R Ray (Tev) 31:49; 5 M Scobie (Fife) 31:57
TEAM: Mizuno 13
Women
1 T Thomson (Pit, W40) 28:57; 2 J Stevenson (Falk, W50) 30:01; 3 M van der Linden (CoE) 30:43; 4 J Tench (unatt) 31:53; 5 D Murray (CoE) 32:06; 6 C Ferry (CoE) 32:45; 7 C Couper (Stir Tri) 34:07; 8 C Lawless (Falk, W35) 34:28
TEAM: City of Edinburgh 14

THE GRAND CANAL 145

Men
1 R Goodwin (100km, M40) 30:11:41; 2 B Brown (unatt) 32:27:00; 3 G Marston (Sneyd) 37:26:43; 4 S Dolan (Gard CJ, M50) 37:30:50; 5 A Watts (unatt) 38:50:16; 6 S Laporte (100km) 38:50:16; 7 N Stonehouse (T'bury, M40) 39:46:58; 8 M Cockbain (RRC) 40:14:02; 9 I Webber (RRC) 40:28:58; 10 M Pierce (unatt) 41:32:22; 11 C Saunders (LDWA, M50) 41:32:22; 12 S Clements (Lon Vid, W40) 41:39:36; 13 R Willett (Rivers R, M40) 42:08:02; 14 S Thompson (unatt, W) 44:26:24; 15 L Clamp (unatt) 44:26:24

WHITSUN 5
Gloucester

Men
1 N Perry (Swin) 26:32; 2 M Flowers (Worcs, M45) 27:29; 3 S Hale (Sev) 27:53
M40: L Christmas (Stroud) 28:45. **M50:** G McGarr (Gloucs) 31:34. **M60:** T Kelly (Oxon) 41:41. **M70:** T Christmas (Stroud) 42:42
Women
1 M Ellis (SB, W35) 30:05; 2 K Reynolds (Bris, W35) 32:01; 3 D Davies (unatt) 32:43

May 31

RUNNER'S WORLD/SERPENTINE AC LAST FRIDAY OF THE MONTH
5km
Hyde Park, London

Men
1 P Simons (SB) 15:55; 2 A Welshman (Lon H) 16:10; 3 B Gristwood (ESM, M40) 16:17; 4 M Barlow (Kent) 16:23; 5 B Snelgrove (THH, M45) 16:37; 6 A Greenway (Serp) 16:41; 7 P Coulson (Tri Lon) 16:43; 8 B Harding (Desf S) 16:46; 9 J Eltringham (High) 16:50; 10 D Henry (High) 17:05
M40: 2 S Bone (AFD, M40) 17:19. **M50:** 1 L Collins (S'oaks) 18:14; 2 S Dillon (Lon I) 18:16; 3 K Martin (unatt) 18:50. **M55:** 2 A Davidson (Liss) 19:06; 3 A Matson (Craw) 19:26. **M60:** 1 L Presland (AFD) 17:46 (M60 rec) 2 P Morgan (Folk) 19:41; 2 P Warren (Rane) 20:19. **M65:** 1 R Pitcairn-Knowles (S'oaks) 21:12; 2 D Case (Vets) 21:57
Women
1 M Pannett (Dulw) 17:07; 2 M Sharp (Belg) 17:39; 3 A Murphy (Lon H, W35) 18:16; 4 J Armstrong (B&H, W40) 18:53; 5 B Yff (Serp) 18:55; 5 V Granados (Herne H) 19:16; 6 J Edmond (TVH) 20:55; 7 J Tucker (unatt) 21:25; 8 C McDonald (Ilf, W40) 21:42; 9 J Pattison (Camb H, W40) 21:59; 10 M Povey (Ryl SA, W45) 22:15
W50: K Broda (Eps A) 22:34. **W55:** J Johnson (S'oaks) 22:29. **W65:** P Jones (Ilf) 22:59

May 30

POLAROID SERIES 10km
Clydebank

Men
1 A Adams (C'dale) 30:42; 2 D Roache (Miz) 30:44; 3 F McGowan (Miz) 30:50; 4 T Hearle (Kilb) 31:19; 5 S Kerr (Kirkin) 31:21; 6 A Robertson (Cambus) 31:24; 7 J Mackay (Shett, M40) 32:00; 8 S McGregor (Law) 32:01; 9 R Paterson (Mary) 32:11; 10 D Thom (Cambus, M40) 32:15; 11 S Campbell (Miz) 32:16; 12 L Richardson (Irv) 32:17; 13 A Callan (Shett) 32:34; 14 M Rudzinski (C'dale) 32:35; 15 C Stewart (Kirkin) 32:44; 16 J Austin (C'dale) 32:57; 17 A Robson (Miz, M40) 33:06; 18 J Lunn (Stir Tri) 33:12; 19 J Snodgrass (Kilb) 33:16; 20 D Marsland (Dumb) 33:51; 21 A Morrison (G'nock) 33:54; 22 D Houston (Spring) 34:01; 23 A McLinden (Ham, M50) 34:08; 24 G Munro (Vic P) 34:11; 25 B Matthew (C'glen) 34:13; 26 I Grant (Cambus) 34:19;

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27 M O'Donnell (unatt) 34:21; 28 D Williams (Shett) 34:25; 29 A Nicol (Vic P, M40) 34:32; 30 C Joss (Bella, M40) 34:39; 31 G Dick (Vic P) 34:46; 32 R Wilson(G'nock) 35:00; 33 J McLaughlin (Spring) 35:03; 34 D Breen (Giff N) 35:15; 35 G Allan (C'glen) 35:16; 36 L Conway (Bella R) 35:21; 37 R Currie (unatt, M40) 35:26; 38 B Gallacher (C'dale) 35:29; 39 I Cullen (Gars) 35:32; 40 L Millar (Cent, U20) 35:34
M40: 6 G Hanley (Dumb) 35:54; 7 A MacLachlan (Giff N) 35:55; 8 S Eaglesham (Cambus) 36:12; 9 S Hards (Kilb) 36:18; 10 L Shaw (unatt) 36:22; 11 P Thompson (Helen) 36:46; 12 M Ashby (Vic P) 36:51; 13 J Weir (SVHC) 36:52; 14 O McIntyre (Strath Fire) 36:58; 15 R Rogerson (Kirkin) 37:15.
M50: 2 T Dolan (Cambus) 36:00; 3 R Young (C'dale) 36:28; 4 A Parker (Gars) 36:33; 5 F Yeoman (Dumb) 36:57; 6 S Waugh (SVHC) 37:05; 7 B Campbell (Ham) 37:17; 8 R Dolan (G'nock) 37:37; 9 T McPake (Cambus) 37:44; 10 J Millar (Cent) 38:03; 11 K McVey (Vic P) 38:11; 12 R McInroy (Helen) 38:31; 13 R McLennan (unatt) 38:49; 14 S McCardle (Cambus) 38:54; 15 P McGlynn (Gars) 39:04; 16 D Blackburn (Kilb) 39:18. **M60:** I Leggett (Loth) 40:15
TEAM: 1 Mizuno 30; 2 Clydesdale 31; 3 Ronhill Cambuslang 42
Women
1 E McBrinn (Shett) 36:41; 2 S Branney (Glas, W45) 37:00; 3 T McIntosh (Ayr S) 37:31; 4 P McKay (Shett, W35) 38:47; 5 E Christie (SVHC) 39:00; 6 A Bell (unatt) 39:12; 7 E Mackay (Shett, W35) 39:17; 8 C Caddell (HBT) 40:12; 9 E Kincaid (unatt) 40:15; 10 J McColl (Moth, W35) 40:18; 11 J Miller (Moth, W35) 40:34; 12 M Stanley (Gars) 41:11; 13 F Sharp (unatt) 41:51; 14 M McChord (unatt, W35) 41:56; 15 E Boyle (Dumb, W35) 42:16; 16 C Dewey (unatt) 42:18; 17 D Clark (unatt) 42:19; 18 M Calder (Wester, W35) 42:34; 19 K Alexander (unatt) 42:50; 20 Y Boyle (Dumb) 43:25; 21 H Akers (Gars, W35) 43:31; 22 M Young (unatt, W35) 43:41; 23 C Martin (Esporta) 43:42; 24 D Cox (Glas) 43:47; 25 M McCallum (unatt) 43:48; 26 I Taggart (Dumb, W35) 43:48.
W50: 1 E McLafferty (unatt) 45:17; 2 M Small (C'dale) 45:34; 3 A Lister (unatt) 48:45; 4 I Cox (unatt) 49:27; 5 A Johnstone (unatt) 49:44

ARTHUR BOWDEN GREAT EASTERN RUN
Peterborough

Men
1 J Pike (Nene V) 25:55; 2 D Potter (Notts) 25:57; 3 S Beard (Nene V) 26:21; 4 L Hemmings (Nene V) 26:30; 5 W Stephens (unatt) 27:21
M40: C Clarke (Nene V) 27:38. **M45:** K Cooper (Nene V) 27:45. **M50:** R Church (Nene V) 28:11
U20: L Clement (Nene V) 28:57
TEAM: 1 Nene Valley Harriers 8; 2 Advance Performance 54; 3 Thorney 84
Women
1 T Taylor (Stam H) 30:28; 2 L Day (Stam H, W40) 30:45; 3 L Marson (Nene V, W35) 32:36
W35: 2 T Lazenby (Nene V) 33:16. **W40:** 2 S Revill (Stam H) 34:13. **W45:** L Bailey (Nene V) 33:30
TEAM: Stamford Harriers

KING'S BUILDING 4
Edinburgh

Men
1 J Jarvis (HBT) 23:17; 2 B Davie (Pit) 24:16; 3 R Anderson (unatt, M40) 24:20; 4 T Ridley (Ferr, M40) 24:48
M50: A Jackson (Ferr) 28:25
Women: D MacDonald (HBT, W40) 27:40

May 29

NORTH SHIELDS POLY WOW 10km
Whitley Bay

Men
1 M Scaife (CleS) 31:08 (rec); 2 D Robertson (Sun, M40) 32:32; 3 T West (Gosf) 33:06; 4 J Moore (Heat) 33:17; 5 P Johnson (TVH) 33:23; 6 M McDonald (Low F) 33:30; 7 C Henderson (Morp) 34:09; 8 I Twaddle (NSP) 34:15; 9 R Rush (Sun, M40) 34:23; 10 A Dent (Blay, M45) 34:29; 11 P Walker (Blay) 34:37; 12 A Brown (Blyth) 34:46; 13 A Jenkins (Morp, M50) 34:53; 14 Jim Bell (Els, M50) 34:55; 15 C Dentice (Morp, M50) 35:20; 16 S Clark (NSP, M40) 35:31; 17 M McNally (Els, M55) 35:34; 18 T McPhail (Walls, M45) 35:44; 19 D Anderson (Walls, M45) 35:50; 20 D Hall (NSP, M40) 35:53
M40: 5 P Grey (Aln, M40) 36:12; 6 G Dixon (Morp, M40) 36:19; 7 C Ridley (SSh) 36:39.
M45: 4 P Rees (NSP) 36:42; 5 G McDougal (Morp) 36:53; 6 A Hall (Els) 37:01; 7 G Pemberton (NE Vets) 37:43. **M50:** 4 I Richardson (NSP) 37:46. **M55:** 2 M Walker (Gosf) 37:08; 3 C Offord (Morp) 41:59.
M60: 1 C Bolton (Els) 38:45; 2 T O'Gara (Walls) 40:31; 3 R Moore (Tyne) 43:56.
M70: H Craven (Heat) 55:51
Junior (5km): 1 S Sutherland (NSP) 16:41; 2 A Haynes (NSP) 17:32; 3 N Shrubb (Morp) 18:08.
Women
1 C Brennan (CleS) 37:44; 2 A Banner (Els) 40:10; 3 A Dickinson (NSP, W35) 42:02; 4 T Munnelly (unatt) 42:30; 5 Y Swinhoe (Els, W45) 42:38; 6 A Nott (Heat, W40) 43:10
W45: 2 C Young (Blyth) 44:22; 3 C Smith (unatt) 44:53. **W50:** P Woodcock (Morp) 46:42. **W55:** P Gold (Heat) 49:37. **W60:** E Armstrong (Tyne) 52:57
Junior (5km): S Crowe (Els) 19:56

BOOTH DECORATORS LEAGUE 4.2
Hucknall

Men
1 A Wetherill (SinA, M40) 22:14; 2 M Slysz (Hean) 22:42; 3 D Cross (SinA) 23:06; 4 P Carlan (Mans, M40) 23:08; 5 S Bird (SinA) 23:18; 6 R Wilbraham (Mans) 23:29; 7 P Whittingham (SinA) 23:34; 8 N Watkin (Mans, M40) 23:40; 9 K Wilson (Mans, M40) 23:43; 10 D Quinlan (Mans) 23:46; 11 S Davies (Mans, M40) 23:47; 12 R Smith (Mans) 23:54; 13 C Sleath (Hean, U18) 24:03; 14 A Deeming (Rip) 24:04; 15 D Barker (Hean) 24:09
Women
1 J Jefferies (SinA, W35) 26:44; 2 J Miles (Ilk, W35) 26:54; 3 E Collinge (Mans, U20) 26:59; 4 W Ray (Ilk, W35) 27:09; 5 R Scaiff (Chesa) 28:26
TEAM (Combined): 1 Mansfield 361; 2 Heanor 544; 3 Ripley 583

ARO SPORTS LEAGUE
Division One Bishops Stortford

Men
1 S Pullan (St Alb) 32:45; 2 K Turner (Barn, M40) 32:56; 3 A Holt (HP) 33:31; 4 B White (Fair VS, M40) 33:55; 5 P Greaves (HP) 34:08; 6 S Guest (St Alb) 34:10; 7 S Hall (Fair VS) 34:13; 8 D Candy (Barn) 34:31; 9 D Allaway (Fair VS) 34:37; 10 G May (Fair VS) 34:48
M40: 3 P Beatty (Bish S) 35:03; 4 S Wells (Fair VS) 35:08; 5 B Glazebrook (Bish S) 36:14. **M50:** D Michael (Barn) 35:34; 2 N Huke (Royst) 37:27; 3 J Shirley (Barn) 37:37; 4 M Proudley (HP) 38:48; 5 S Mann (HP) 38:58. **M60:** M Sawyer (Barn) 39:35
TEAM: 1 Fairlands Valley Spartans 1864; 2 Herts Phoenix 1673; 3 St Albans Striders 1661; 4 Bishop's Stortford 1657; 5 Royston Runners 1579; 6 Barnet & District 1529
Women
1 A Yorwerth (St Alb) 38:01; 2 K Murphy (Barn) 38:50; 3 S Tophill (Fair VS, W35) 39:18; 4 K Bradley (Barn, W35) 40:02; 5 Z Lowe (St Alb, W35) 40:02; 6 A Cook (Bish S, W35) 40:13; 7 L Walls (St Alb, W35) 40:14; 8 N Dee (HP, W35) 40:42; 9 J Perry (Fair VS, W35) 41:28; 10 B Pullan (St Alb) 41:31
W40: K Johnstone (Barn) 42:37. **W50:** J Pomphrey (St Alb) 42:23

Division Two Letchworth

Men (10km)
1 P Pearce (NHRR) 32:34; 2 K Skinner (Gard CJ) 32:44; 3 B Judge (Gard CJ) 32:53; 4 R McCormick (Trent P) 33:12; 5 P Filler (Orion, M40) 33:19; 6 J Cox (NHRR, M40) 33:41; 7 D Brock (Orion, M40) 34:08; 8 A Vince (Orion) 34:37; 9 D Sullivan (LVR) 34:38; 10 S Livingstone (Gard CJ, M40) 34:39
Women
1 M Hall (Gard CJ) 37:20; 2 A Klein (NHRR) 38:19; 3 M Lambert (Trent P, W35) 38:33; 4 V Shadbolt (Gard CJ, W35) 39:09; 5 P Michael (Trent P, W35) 39:44; 6 H Morris (Gard CJ) 40:02; 7 A Moreton (NHRR) 41:22; 8 S Chadwick (Trent P) 41:32; 9 C Pardoe (Gard CJ, W45) 41:37; 10 J Farmer (Orion, W35) 41:47
TEAM: 1 Garden City Joggers 239; 2 North Herts Road Runners 203; 3 Trent Park 192; 4 Orion 115; 5 Lea Valley Runners 29

TAM O'SHANTER 10km
Ayr

Men
1 M O'Donnell (unatt) 35:27; 2 J McNamee (Irv, M40) 36:20; 3 J White (Irv, M50) 36:44; 4 J Gebbie (JWK, M50) 36:52; 5 R Miller (Troon, M40) 36:57; 6 A Wilson (unatt, M40) 37:05
TEAM: Johnnie Walker Kilmarnock
Women
1 L McMahon (JWK) 38:14; 2 K Adam (Ayrod, W35) 41:51; 3 C Frost (unatt) 43:54; 4 B Cowan (unatt, W45) 44:12; 5 D Watt (unatt, W35) 44:35; 6 J McKellar (unatt, W45) 46:27

DERWENT HILLY 10km

Men
1 S Angus (Bord) 35:01; 2 S Moore (Kesw, M50) 35:55; 3 G Dean (Bord) 36:52; 4 J Ritson (Derw, M45) 37:19; 5 A Timmins (Bord, M40) 37:29; 6 R Robinson (Kend) 38:33; 7 L Abel (Bing) 38:49; 8 A Graham (Bord, M40) 38:51; 9 M Cunningham (Borr) 40:41; 10 T Davies (Derw, M40) 41:06
Women
1 J Hargreaves (Bord, M40) 37:29; 2 R Wilkinson (Derw) 44:31; 3 R Adams (Derw, M40) 45:00; 4 K Murdoch (Wig RR) 45:59; 5 C Bradley (Bleng) 48:09
W45: L Bayes (Scar) 48:59

BEXHILL 5km
East Sussex

Men
1 J Pringle 16:55; 2 J Larkin 16:56; 3 A Lamb (M40) 17:15; 4 M Hinson (M40) 17:29; 5 A Eaton (M40) 17:39; 6 U Papenfus 18:09
M60: J Taylor 21:57
Women
1 S Alvarez 19:53; 2 H Wheeler 21:06; 3 R Ling 22:44

LICHFIELD 5km SERIES
West Midlands

Men
1 K Lamb (Tip) 15:03; 2 P Moores (Tam) 15:29; 3 M Sherriff (Burt) 15:31; 4 A Jones (Tam) 16:18; 5 K Holt (Bir, M50) 16:23; 6 B Aitken (Aldr) 16:30; 7 A Rollings (Chase) 16:31; 8 M Bailey (Newc) 16:44; 9 A Hough (Ivanhoe) 16:45; 10 P Parker (RSC, M40) 16:50; 11 M Eustace (Tip, M40) 16:57; 12 S Loudnes (Chase, M40) 17:01
M50: 1 S Tattersall (Der C) 18:55
Women
1 S Lamb (Sale) 17:37; 2 V Carter (RSC, W35) 18:15; 3 K Hemmings (Lich, W45) 18:49; 4 C Rolleson (Lich, W45) 20:07; 5 G Lindsay (Chase, W45) 20:26; 6 S Butler (Lich) 20:49

DML PLYMOUTH 5km

Men
1 S Hall (Tip) 15:42; 2 N Holmes (Erme V) 16:26; 3 S Payne (Ply, M45) 16:29; 4 N Myton (Ply) 16:41; 5 P Walmsley (Tamar) 16:56; 6 P Monaghan (S Dev) 16:59; 7 M Northey (Ply, M40) 17:18; 8 M Wannell (Exe, SW) 17:28; 9 R Quew (Ply) 17:48; 10 R Hales (Tein) 17:58
M50: 1 R Rowe (Exm) 18:13. **M65:** J Perratt (Exm) 20.18
Women
1 Wannell 17:28; 2 R Crowle (E Corn, W40) 18:48; 3 S Daw (E Corn, W35) 20:53; 4 K Eccles (Ply, W40) 21:15; 5 S Eason (Ply, W35) 21:51; 6 J Head (Teign) 21:55; 7 T Caunter (Teign, W40) 22:43; 8 A Erith (E Corn, W50) 22:56; 9 P Thorne (Ply, W45) 23:26; 10 D Teed (Exm) 23:47

CHESTERFIELD RELAYS
Holmebrook Valley Park

Men (4x2.5M)
1 Chesterfield 55:33; 2 North Derbyshire 64:04; 3 North Derbyshire Vets (M40) 64:07; 4 North Derbyshire Super-vets (M50) 65:32; 5 North Derbyshire Vets B (M40) 72:27
Fastest: 1 C Shelton (C'field) 13:00; 2 S Penny (C'field) 13:24
M40: I Lilley (N Der) 15:49

FRANK SINCLAIR MEMORIAL 8.5
Greenock

Men
1 T Murray (Inver, M40) 45:03; 2 G Gaffney (Inver, M40) 46:39; 3 R Davidson (G'nock) 48:15; 4 G Reid (Shett) 49:18; 5 E Watt (Irv) 50:40; 6 J Bannnister (Inver, M40) 54:54; 7 G King (Inver, M40) 56:14; 8 R Gray (Inver) 56:50; 9 I Rankine (unatt) 57:52; 10 R Shaw (Inver, M40) 58:36
M65: W Stoddart (Inver) 73:01
Women: E Reid (Shett) 58:29

BROAD TOWN 5
Swindon

Men
1 J Coward (Chipp) 28:29; 2 J Arthurs (M40) 28:42; 3 P Elston 29:11; 4 J Reason 29:42; 5 G Butler (M50) 29:52; 6 M Davis 30:04
Women
1 M Blackman 35:14; 2 J Rouse 35:42; 3 M Arshad 36:52

May 28

SOUTH EAST KENT RELAY SERIES
Minnis Bay

Men (4x2.3M)
1 Ashford AC 48:09 (I King 11:26, S Manuel 12:38, M Whittaker 11:46, K Williams 12:19); 2 South Kent Harriers 48:46 (R Maddams 11:33, P Russell 12:36, A Brazier 13:16, J Creane 11:21); 3 Thanet Road Runners 49:54 (C Lehane 13:23, N Cook 12:23, P Valek 12:16, D Farrow 11:52); 4 Deal Tri 50:04; 5 Invicta East Kent 50:14
M40 (4x2.3M): Deal Tri 51:20 (G Butcher 12:56, M Skelton 13:04, S Saxby 13:20, T Bately 12:00)
M50 (3x2.3M): Folkestone 42:07 (G Morgan 14:14, N Simpson 14:38, V Heydinger 13:15)
Women (3x2.3M)
1 Invicta East Kent 46:33 (L Clayton 15:11, R Kay 17:47, P Clayton 13:35); 2 Deal Tri 47:29 (L Ovenden 14:19, A McCardle 15:43, P Read 17:27); 3 Ashford &District 48:18 (R Marshall 14:53, M King 16:55, L Davis 16:30)

PITREAVIE HANDICAP 5
Dunfermline

Men (all Pit)
1 B Davie 29:08; 2 S Mathieson (M40) 30:04; 3 S Wombwell 30:09
Women
1 P Pattison (W35) 35:24; 2 P Blyth 37:10; 3 H Kane 37:30
Handicap: C Sym

POCKLINGTON 10km

Men
1 P Goble (York) 33:56; 2 A Bissell (Knave) 34:37; 3 A Bunt (York) 34:47; 4 M Baynes (York) 35:40; 5 D Chaplin (York) 35:51; 6 Bduncan (York, M40) 35:59; 7 S Richardson (Pock, M50) 36:07; 8 M Kirkby (York) 36:15; 9 I Anderson (Knave) 36:22; 10 G Hawking (Knave) 36:30
M50: 2 M McGrath (Knave) 38:10; 3 C Read (Pock) 39:59
TEAM: 1 York Acorn 27; 2 Knavesmire 75; 3 York Acorn B 120; 4 Pocklington 157; 5 Tadcaster 167
Women
1 L Guscott-Trout (Knave) 40:01; 2 D Gibbs (York, W45) 40:50; 3 C Jeannette (Pock, W35) 41:23; 4 J Shelmerdine (Knave, W35) 41:44; 5 R Weekes (Knave) 42:14; 6 J Simpson (York) 42:53; 7 R Oldham (Knave) 43:31; 8 L Banfield (York) 43:38
W45: 2 P Boden (Knave) 45:47
TEAM: 1 Knavesmire 17; 2 York Acorn 25; 3 Knavesmire B 56

RIVERSIDE RUN HANDICAP 3.3
Hammersmith, W London

Men
1 P Sawyer (B&H) 24:29; 2 B How (Morn C) 24:32; 3 J McCooey (Lon I) 25:08
Fastest

Available on cable and digital TV

Men: 1 W Snelgrove (THH, M45) 17:38; 2 M Cates (Eton M) 17:45; 3 L O'Hare (Barn, M50) 19:15
M55: How 21:16. **M60:** P Torre (SB) 25:56. **M65:** C Collins (Lon I) 25:02. **M70:** B Clapham 26.22
Women: J Sawyer (B&H, W35) 22:20

May 26

CAITHNESS HALF-MARATHON
Thurso

Men
1 J Mackay (Cambus) 83:00; 2 S Hamilton (Caith) 84:10; 3 A Thin (Black I) 85:50; 4 D Oag (Moray) 89:20; 5 A Hughes (Caith) 93:00; 6 J Douglas (unatt) 93:40
Women
1 J Hall (Caith) 1:42:29; 2 M Hughes (Caith) 1:43:53; 3 A Smith (Caith) 2:02:46; 4 L McAuslan (Caith) 2:07:02

SPELTHORNE 10km

Men
1 P Haarer 32:22; 2 C Dettmar 34:43; 3 J Espir 36:34; 4 S Tancock 36:39; 5 B Prothero 36:49; 6 P Rostern 36:54; 7 S Penny 36:56; 8 I Trotter 37:07; 9 K Firkin 37:12; 10 A Walker 37:51
Women
1 V Parry 38:42; 2 S Raggett 45:10; 3 S McEwen 45:55

IPSWICH JAFFA 5 & 10

Men
1 R Jordan (Ips J, M40) 27:45; 2 N Jackson (Lowes) 28:31; 3 D Laing (Ips J) 28:32; 4 J Coleman (Unatt) 28:43; 5 M Bowditch (Unatt) 29:02; 6 B Matthews (Witham) 29:23; 7 N Stephens (Stwm) 29:30; 8 M Hays (Hav 90) 29:39; 9 A Gilbert (UoEA) 29;55; 10 D Bortjer (Bas) 30.04; 11 R Wold (Felix, M40) 30:13; 12 R Hewitt (Ips J) 30:16
M40: 3 A Rudge (Felix) 31:30. **M45:** M Penn (Stowm) 30:42; **M50:** 1 R Hill (Ips J) 31:30; 2 G Slack (Stow) 33:20; 3 P Silorn (Lowes) 33:44. **M55:** L Morris (E&H) 34:21; 2 R Marsh (Wym) 34:47; 3 G Everitt (Ips J) 35:35. **M60:** P Andrews (Norw) 30:25. **M65:** A Sutherland (Felix, M70) 43:53
Women
1 P Partridge (SEP, W45) 32:32; 2 A McNally (Ips, W45) 33:46; 3 M Margot (UoEA) 34:20; 4 J Christian (Wym, W45) 34:22; 5 H Eybyk (Chelm, W40) 35:07; 6 H Wood (Ips J) 37:49; 7 M Shirley (Ips J) 38:31; 8 J Yallop (Ips J, W35) 38:31; 9 V Woodgate (Ips J, W40) 38:33; 10 A Meehan (uantt) 38:37
W50: 1 A Fellingham (Stow) 39:58; 2 R Thurston (Stow) 41:24; 3 S Gardiner (Ips J) 42:12. **W55:** 1 M Wright (Ips J) 40:28; 2 J Hare (Unatt) 43:11
Men (10M)
1 P West (Col H) 55:27; 2 C Pitts (Stow, M40) 57:49; 3 C Marston (SEP) 58:39; 4 G Tomlinson G Bent, M40) 58:40; 5 M Blackman (Ips J) 60:06; 6 C Miller (UoEA) 60:22; 7 T Knightley (Ilf, M40) 60:36; 8 J Cottis (G Bent) 60:49; 9 G Dunham (Norf PO) 61:24; 10 S Hicks (Ips, M40) 63:10
M50: R Blake (G Yar) 65:07; 2 P Gooding (Harw) 66:55. **M55:** O Phipps (Ilf) 64:08. **M60:** 1 P Oldman (N Norf) 67:14; 2 G Peck (Harw) 69:02; 3 M Smith (Wym) 69:32
Women
1 G Leathers (SEP) 63:48; E Newman (Col H) 65:09; 3 G Pryke (Ips J, W40) 68:26; 4 S Garvey (SEP, W35) 68:51; 5 C Duncan (SEP, W45) 69:57; 6 H Suttle (Newm J) 70:22; 7 V Manley (Wym) 72:37; 8 J Griffiths (Felix, W45) 72:46; 9 J O'Brien (W'bridge, W40) 73:18; 10 H Jackson (Horsh J) 75:13
W50: 1 D Braverman (Newm J) 80:39

May 24

POOLE RUNNERS 5km
Poole Park, Dorset

Men
1 G Miller (B'mth) 16:02; 2 D Higgins (B'mth) 16:17; 3 A Clements (Poole, M40) 16:46; 4 C Valdus (B'mth) 17:06; 5 B Nixon (L'down) 17:16; 6 A Trent (Eg H, M40) 17:16; 7 A Jones (Poole R) 17:31; 8 S Hogarth (Poole R, M40) 17:36; 9 I Barnes (Poole R, M55) 17:45; 10 C Guerrier (Poole R, M45) 17:55
M50: K Long (Poole R) 18:02. **M60:** 1 B Cameron (Poole R) 20:29; 2 T Cochrane (B'mth) 21:16; 3 B Panton (Poole R) 21:59.
M65: K Oxford (Lytch) 26:04. **M70:** 1 C Barrett (SW Vets) 27:31
U15 (1M)
1 S Hogan (Poole R) 4:52; 2 N Phillips (Poole R) 5:32; 3 J Boyle (Poole R) 5:37
U13
1 D Reeks (Poole) 5:48; 2 J Dumaurier (Poole) 5:52; 3 P Green (Poole R) 6:10
Women
1 J Durham (Poole R, W45) 19:51; 2 D Tweed (Poole R, W40) 20:37; 3 T Lindop (Poole R, W45) 21:22; 4 J Palmer (Poole R, W40) 21:28; 5 J Royal (Dors D, W60) 22:32; 6 D Russell (Poole R, W40) 22:39; 7 S Billington (Wimb, W50) 22:47; 8 S Barrett (B'mth) 22:50; 9 K Johnson (D Lloyd) 23:35; 10 J Damen (Poole R, W45) 23:47
W55: M Gray (Poole R) 24:42
U15 (1M)
1 K Hooper (Poole R) 6:02; 2 H Crawford (Poole R) 6:22; 3 N Selby (Poole R) 6:29
U13
1 S Elliott (Poole) 6:21; 2 3 C Ingham (Poole R) 6:36; 3 R Cheney (Poole R) 6:40

KIRTON FRIDAY 5
Suffolk

Men
1 S Nakale (Colch H, U20) 26:40; 2 G Knott (Harw) 26:43; 3 K Vaughan (Thet) 26:52; 4 G Tomlinson (G Bent, M40) 27:29; 5 P Morris (Fram) 27:38; 6 H Beasley (St Ed, M40) 27:48; 7 R Miller (Stow) 27:50; 8 C Marston (St Ed) 27:52; 9 P Foody (St Ed) 28:07; 10 M Nelhams (St Ed) 28:18
M40: 3 C Cooke (St Ed) 28:56. **M45:** 1 A Dawson (St Ed) 28:44; 2 C Arnold (St Ed) 29:04; 3 T Black (Ips J) 29:55. **M50:** 1 J Drake (St Ed) 31:00; 2 M Statham (Colch H) 31:07; 3 J Driscoll (Colch H) 31:12; 4 R Hill (Ips J) 31:23; 5 D Robinson (H'leigh) 31:51.
M55: 1 D Mullane (T'tree) 32:39; 2 T Braverman (Newm J) 34:08. **M60:** 1 G Peck (Harw) 33:05; 2 R Duffield (T'tree) 34:40; 3 N Bonham (Newm J) 35:53; 3 C Weight (St Ed) 37:54
TEAM: 1 St Edmunds Pacers 23; 2 Colchester Harriers 55; 3 Ipswich Jaffa 58; 4 Stowmarket Striders 69; 5 Felixstowe Road Runners 87; 6 Harwich Road R 87
Women
1 K Waterson (Bed C) 29:57; 2 S Gosling (St Ed) 31:08; 3 M Davis (Ips J) 31:51; 4 P Partridge (St Ed, W45) 32:00; 5 S McCann (C&T) 32:59; 6 J Abbott (Fram, W35) 33:44; 7 J O'Brien (W'bridge, W40) 33:48; 8 A Stach-Kevitz (NEB) 34:05; 9 H Suttle (Newm J, W35) 34:31; 10 C Baldry (W'bridge) 34:39; 11 L Tanner (C&T, W45) 34:44; 12 D Braverman (Newm J, W50) 34:55
W40: 2 R Pittman (S'field) 35:35. **W50:** 2 A Fish (Stow) 38:58
TEAM: 1 St Edmunds Pacers 272; 2 Colchester & Tendring 322; 3 Ipswich Jaffa 405; 4 Felixstowe Road Runners 423; 5 Stowmarket Striders 488; 6 Newmarket Joggers 508

May 19

LIVERPOOL WOMEN'S 10km

Additional to results published in May 22
TEAM: 1 Liverpool Harriers & AC 14; 2 Bingley Harriers 36; 3 Wigan Phoenix 58 pts; 4 Liverpool Running Club 74; 5 Wirral AC 80

fell

June 16

EDALE COUNTRY DAY RACE
Edale Village, Derbyshire

Men (5.25M/1400ft)
1 M Hayman (Dark Pk) 41:02; 2 R Patton (Dark Pk) 41:48; 3 M Fleming (Amble, M40) 43:05; 4 J Moretan (unatt) 43:20; 5 L Banton (Clowne) 43:23; 6 R Bradbury (Bing) 43:45; 7 G McNeil (Hels) 43:51; 8 D Nicholls (Macc) 43:58; 9 S Bradstock (unatt) 44:19; 10 M Ward (Dark Pk) 43:35
M45: K Holmes (Dark Pk) 46:05. **M50:** K Payne (Stubb G) 45:47. **M60:** W Murphy (Ford H) 58:08
Women
1 L Lilley (Mans) 47:22; 2 L Batts (Bux) 49:59; 3 J Whitehead (unatt) 50:06; 4 K Harvey (Alt, W40) 51:31
W45: P Goodall (Totley) 58:03. **W50:** M Chippendale (Pennine) 61:46

CHAPELFELL TOP RACE
St John's Chapel, Weardale

Men (4M/1322ft)
1 S Lumb (Quak, M40) 38:42; 2 M Mallon (Crook, M40) 39:40; 3 G Bradshaw (Crook, M40) 39:36; 4 R Maynard (Quak, M40) 39:53; 5 P Carter (Crook, M40) 41:24; 6 M Byron (Tyne) 41:38; 7 J Humble (NFR, M50) 41:53; 8 J Cockburn (Aln, M50) 42:44; 9 S Ferguson (Quak, M40) 43:03; 10 R McSherry (Quak) 44:19
M60: J Prudham (J&H) 55:30
Women
1 K Robertson (NFR) 45:31; 2 A Tucker (Quak) 46:34; 3 D Richardson (Quak) 52:05; 4 J Young (Elvet, W40) 52;06; 5 A Bates (Quak) 52:54

June 15

ALFRED HULME GREAT HILL RACE
Brinscall nr Chorley

Men (5.75M/1300ft)
1 S Barlow (Horw, M40) 37:28; 2 C Shuttleworth (Prest, M40) 38:52; 3 M Lee (Ross) 39:46; 4 N Lawton (Chor AC, U20) 40:02; 5 T Hesketh (Horw, M50) 40:05; 6 D Parkinson (Prest) 40:09; 7 A Sunter (Horw, M40) 40:36; 8 M Christie (Chor H, M40) 40:40; 9 D Archer (Bury, M45) 40:57; 10 J Rutter (Clay) 41:16; 11 G Booth (unatt) 41:22; 12 D Schofield (Ross, M40) 41:25
M55: G Large (N Vets) 45:33. **M60:** G Navan (Ross) 51:14
TEAM: Horwich RMI 13
Women
1 S Budgett (Horw) 44:38; 2 B Carter (Chor H) 48:03; 3 B Rutter (Chor AC) 49:07; 4 K Thomson (Clay, W45) 49:45; 5 M White (Horw, W50) 50:14
W40: J Chaplin (Chor H) 50:37

BUCKDEN PIKE RACE
Buckden, Skipton, North Yorkshire

Men (4M/1500ft)
1 I Holmes (Bing) 32:12; 2 R Jebb (Bing) 33:40; 3 R Hudson (Bing) 34:31; 4 S Oldfield (Brad A, M40) 34:34; 5 J Hemsley (P&B) 36:23; 6 G Oldfield (P&B) 36:28; 7 C Moses (Bing) 36:33; 8 S Macina (P&B) 36:58; 9 P Brittleton (Howg) 37:56; 10 P Crabtree (Bing) 38:11
M50: M Walsh (Kend) 39:00. **M60:** N Bush (Ilk) 42:44
TEAM: Bingley 6
Women
1 S Taylor (Bing) 43:36; 2 J Prowse (K&C, W40) 45:17; 3 J Foster (K&C) 50:06; 4 J Leather (Ilk) 50:11
TEAM: Keighley & Craven 10

RAAS SKYLLEY PHERICK NY HINSHEY
Glen Maye, Isle of Man

Men (9.5M/2600ft)
1 T Okell (Manx H, M40) 89:48; 2 R Jamieson (Manx FR) 92:02; 3 I Gale (Manx FR) 93:48; 4 W Smith (Manx FR) 95:32; 5 I Ronan (Manx FR, M40) 98:26; 6 S Lashley (Dallam) 1:40:13; 7 D Young (Manx FR, M50) 1:41:13; 8 R Webb (Manx H, M50) 1:45:21; 9 J Crellin (Manx H, M40) 1:47:17; 10 R Moughtin (Western, M50) 1:47:39
M60: I Chrystel (Manx FR) 2:43:23
Women: R Hooton (Manx FR) 1:50:19

LANGLIFFE CARNIVAL RACE
North Yorkshire

Men (2.5M/900ft)
1 M Buckingham (Horw, U18) 35:39; 2 T Werrett (Mercia) 35:47; 3 G Crayton (C'land FR, U20) 35:52; 4 R Little (Mercia, U18) 36:02; 5 L Athersmith (Skip, U20) 37:48; 6 D Scholes (K&C) 38:53; 7 G Taylor (Darwen) 39:05; 8 J Carter (Spen) 39:18; 9 A Pilkington (Settle) 39:57; 10 J Walsh (unatt) 40:03. **M40:** A Sheperd (Settle) 41:13.
M45: N Gotts (Ross) 41:58. **M50:** I Robinson (Clay) 41:23
Women
1 E Nutter (Ripon) 43:45; 2 K Ingram (Chor H, U18) 44:09; 3 H Booth (L&M, U18) 45:11; 4 L Kemp (Holm, U18) 48:53; 5 R Cronshaw (L&M) 48:55

GLEN ROSA HORSESHOE
Brodick Castle, Isle of Arran

Men (13M/5500ft)
1 R Gallagher (Wester, M40) 2:31:06; 2 J Blackett (Middlesb AC) 2:33:48; 3 A Anderson (Sol) 2:34:56; 4 J Stevenson (Irv, M40) 2:43:57; 5 S Templeman (Ochil) 2:48:06; 6 C Near (Eryri) 2:51:19; 7 D Makin (Ach'rati) 2:56:22; 8 M McLeod (Wester, M50) 2:58:00; 9 G Pryde (Lom, M40) 3:00:39; 10 D Rogers (Wester) 3:04:44
M60: K Burns (C'ethy) 3:22:36
TEAM: Westerlands 19
Women
1 J Cairns (Wester, W40) 3:21:08; 2 J Pearson (Clay) 3:29:48; 3 P Phillips (Eryri) 3:54:54
W50: L McDiarmid (H'land HR) 4:40:14

June 13

GALA TARMAC RACE
Biggar

Men (6M/400ft)
1 M McGovern (Moorfoot) 33:38; 2 W Hynd (Moorfoot) 34:07; 3 G Douglas (Law, M40) 35:27; 4 P Russell (Carluke) 35:57; 5 D Baker (HBT, M40) 36:20; 6 K Cairns (Penic) 36:55; 7 T Westbury (Harm) 37:06; 8 W Mykura (C'ethy, M40) 37:12; 9 T McNaught (Moorfoot) 37:30; 10 J Rowley (Law, M40) 38:31
Women
1 K Jenkins (C'ethy) 37:48; 2 J Tait (C'ethy) 39:00; 3 I Knox (HBT) 40:21; 4 D MacDonald (HBT, W40) 41:33; 5 L McRae (Penic) 45:07; 6 H Savage (unatt) 45:32

PONTESBURY RACE
Pontesbury, Shropshire

Men (3M/1160ft)
1 R Little (Mercia) 19:07; 2 A Yapp (Mercia) 20:01; 3 C Lancaster (Lud, M40) 20:14; 4 I Hughes (Shrew) 20:50; 5 H Jones (Mercia, M40) 21:03; 6 R Mapp (Lud, M40) 21:19; 7 B Dredge (Mercia, M50) 21:50; 8 G Jones (Shrop) 22:04; 9 N Andrew (Telf) 22:09; 10 G Speake (unatt) 22:13
Women
1 V Musgrove (Eryri, W40) 24:37; 2 A Capp (Telf, W40) 25:32; 3 J Mapp (Lud, W40) 31:38; 4 P Richards (Mercia, W50) 33:56

June 12

BEN SHEANN RACE
Strathyre, Perthshire

Men (2.5M/1400ft)
1 J Brooks (L'aber) 24:58; 2 D Rodgers (L'aber) 25:33; 3 J McDonald (Ochil) 26:37; 4 J Stevenson (Ochil, M40) 26:38; 5 B Marshall (HELP) 28:39; 6 D Charles (Darl Pk, M40) 29:01; 7 S Simpson (Ochil) 29:11; 8 N Martin (Lom) 29:33; 9 S Bennett (C'egie) 29:34; 10 J Donnelly (Wester) 30:16
U20: R Young (unatt) 33:50
Women
1 K Jenkins (C'ethy) 33:56; 2 K Rodmell (Giff N, U20) 37:20; 3 D MacDonald (HBT, W40) 38:19; 4 S Johnston (Callander, W40) 41:17; 5 J Thin (C'ethy) 42:10; 6 S Morgan (unatt) 42:40

MYTHOLMROID RACE
Mytholmroid, nr Halifax

Men (7M/1350ft)
1 S Oldfield (Brad A, M40) 46:46; 2 S Macina (P&B) 48:00; 3 C Moses (Bing) 49:06; 4 P Crabtree (Bing) 49:15; 5 R Bradbury (Bing) 49:41; 6 R Glover (Tod) 49:46; 7 D Beels (Calder V, M50) 52:57; 8 A Cutts (Vall, M40) 52:59; 9 B Johnson (CalderV) 54:45; 10 J Underwood (Calder V) 56:02
M60: M Coles (Skyrac) 60:42
U20: D Nicolson (Hali) 57:13
TEAM: Bingley 12
Women
1 J Smith (Dark Pk) 57:57; 2 L Crabtree (Hali, W40) 65:53; 3 T Hyde (Calder V, W40) 67:23; 4 J Reynolds (Newb N, W35) 68:10; 5 L Hayles (Hali, W45) 70:41

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COLEDALE HORSESHOE
Braithwaite, Keswick

Men (9M/3000ft)
1 J Bland (Borr) 77:28; 2 J Patten (Amble) 79:29; 3 N Spence (Borr, M40) 81:56; 4 D Birch (Kesw) 82:25; 5 M Denham-Smith (Kesw) 82:28; 6 P Brittleton (Howg) 83:08; 7 D Troman (Kesw) 86:09; 8 J Deegan (Amble) 87:10; 9 C Reed (Bowl) 87:51; 10 I Greenwood (Clay, M40) 88:11
M50: D Spedding (Kesw) 90:13. **M60:** B Bootz (Kesw) 1:47:01. **M65:** J Ruttter (unatt) 2:28:35
Women
1 E O'Shea (Amble) 1:35:45; 2 N Davis (Borr, M40) 1:42:03; 3 S Forsyth (Kesw) 1:45:18; 4 G Marshall (unatt) 1:50:45; 5 S Lewsley (Kesw, W45) 2:00:36:

HOLCOMBE TWO TOWERS RACE
Holcombe Brook, Greater Manchester

Men (5.2M/1000ft)
1 J Logie (Horw) 34:05; 2 M Aspinall (Radc) 35:11; 3 D Cole (Bury) 37:20; 4 K Gaskell (Horw, M40) 37:44; 5 T Hesketh (Horw, M50) 37:50; 6 S Holland (L&M) 38:15; 7 M Howard (Radc) 38:19; 8 M Kay (Horw) 38:43; 9 S Molloy (Ross) 39:05; 10 I Shaekshaft (Bolton, M45) 39:23
M55: D Kearns (Bolton) 41:19. **M60:** R Daniels (Ach'rati) 49:46
U20: L Harreld (Bing) 40:51
Women
1 T Sloan (Salf) 40:04; 2 S Budgett (Horw) 43:11; 3 D Allen (Bury) 48:03
W35: C Little (Clay) 50:58. **W40:** S Middleton (Clay) 53:09. **W45:** E Kastledine (unatt) 55:26

UP THE NAB
Glossop, Derbyshire

Men (4.5M/750ft)
1 J Cookson (Salf) 26:12; 2 M Hayman (Dark Pk) 28:04; 3 D Kealing (Traf) 28:13; 4 D Safranoskas (St Bede) 28:15; 5 A Pickitenson (Dark Pk) 28:48; 6 W Booth (Traf) 29:26; 7 I Warhurst (Pennine, M40) 30:10; 8 G McNally (Penine) 30:18; 9 A Howie (Pennine, M45) 30:29; 10 NP Henton (Comp) 30:33
M50: R Scotttney (Pennine) 30:26. **M55:** G Berry (Dark Pk) 32:00. **M60:** A Rees (N Vets) 33:22. **M65:** B Thackery (Dark Pk) 38:06 **U20:** N Gould (E Ches) 34:31
TEAM: Dark Peak 22
Women
1 K Harvey (Alt, W40) 32:19; 2 L Lohman (Macc) 42:14; 3 M Carberry (unatt) 46:13

WILL RAMSBOTTOM BADGER STONE RELAY
Ilkley

Men (3x2.5M/590ft)
1 Pudsey & Bramley 49:15 (J Hendry 16:39, G Devine 16:20, R Hope 16:16); 2 Wharfedale 52:30 (J Wadsworth 16:34, S Wadsworth 18:19, T Mason 17:37); 3 Geet Bark 55:49 (S Green 17:51, D Woodhead 19:51; S Green 18:07); 4 Fellandale 56:45; 5 Keighley & Craven 56:54; 6 Wharfedale (M40) 57:23; 7 Settle (M40) 58:17; 8 Keighley Royal Mail 59:04; 9 Settle 59:25; 10 Ilkley (M40) 59:26
M40: Wharfedale 57:23 (J Wooton 17:58, P Roggan 20:37, R Hamilton 18:48)
Women
1 Ilkley 65:28 (A Bennett 22:01, E Barclay 21:39, A Weston 21:48; 2 Settle 69:16 (C Slater 22:20, N Slater 25:26, K Slater 21:30); 3 Ilkley (W40) 70:50 (A Crane 22:35, R Gooch 24:07, J Marshall 24:08)
Fastest – Men: 1 Hope 16:16; 2 Devine 16:20; 3 J Wadsworth 16:34
M40: Wooton 17:58
Women: K Slater 21:30

June 11

WAUGH'S WELL RACE
Turn Village, Edenfield

Men (4M/1000ft)
1 D Hope (P&B) 30:23; 2 A Wrench (Tod) 30:51; 3 S Thomson (Clay) 30:58; 4 D Lewis (Ross, M40) 32:39; 5 A Orr (Clay) 34:05; 6 S Clawson (Ross) 34:18; 7 T Taylor (Ross, M45) 34:25; 8 K Gray (Calder V) 34:48; 9 M Howard (Radc, M40) 35:26; 10 S Power (unattt) 35:29
M50: R Sutcliffe (Calder V) 38:50. **M60:** P Jepson (Ross) 38:26 (rec)
U20: M Corbishley (Ross) 35:36
TEAM: Rossendale 28
Women
1 J Rawlinson (Clay, W50) 43:23; 2 J Platt (Radc) 45:43; 3 T Hide (Calder V, W40) 46:02; 4 R Murray (Horw) 46:41; 5 L Hayles (Hali) 49:41

June 10

THE TRUNCE 4
Oxspring, Penistone

Men (4.25M/550ft)
1 S Penney (C'field) 24:18; 2 T Tett (unatt, M40) 25:18; 3 S Rippon (Barns) 26:12; 4 A Meskimmon (unatt) 26:16; 5 J Sykes (unatt) 26:10; 6 P Hinchcliffe (unatt) 25:42; 7 D Crossland (unatt) 28:59; 8 K Bowskill (unatt, M40) 27:49; 9 S Dickinson (unatt) 28:22; 10 D Self (Hallam, M40) 22:53
Women
1 E Brown (P&B, W35) 33:13; 2 H Bloor (Dark Pk, W35) 32:08; 3 J Bolton (Dark Pk) 31:50; 4 F Davies (unatt) 34:14; 5 J Welbourn (Dark Pk, W55) 34:14
U15 Boys (2.1 miles, all unatt)
1 K Cooke 15:08; 2 T Holmes 15:49; 3 W Whittington 16:58
U15 Girls
1 A Wilks 16:11; 2 A Ofden 16:36; 3 K Woodhead 17:12

June 9

CALLOW RACE
Church Stretton

Men (5M/2000ft)
1 T Davies (Mercia) 51:10; 2 C Lancaster (Lud, M40) 58:26; 3 P Cadman (Mercia) 58:26; 4 A Carruthers (Hale) 62:20; 5 M Clewes (Mercia) 63:36; 6 I Hughes (Shrew) 63:36; 7 R Mapp (Lud, M45) 65:18; 8 A Ashley (Wrex) 66:42; 9 B Dredge (Mercia, M50) 67:07; 10 N Lewis (MDC) 68:29
TEAM: Mercia 9
Women
1 C Mills (Kenil) 74:43; 2 S Ellis (Tatt, W35) 84:18; 3 S George (Lud) 92:33
W50: P Richards (Mercia) 1:57:23

June 1

ISLE OF JURA RACE
Craighouse

Men (16M/7500ft)
1 D Rogers (L'aber) 3:19:00; 2 I Holmes (Bing) 3:27:28; 3 B Bolland (Horw) 3:30:34; 4 S Whitlie (C'thy, M40) 3:43:20; 5 R Lawrence (Bing) 3:47:03; 6 G Schofield (Bing, M40) 3:49:10; 7 C Moses (Bing) 3:51:47; 8 M Shaw (Jura) 3:53:24; 9 K Harding (Irv, M40) 3:54:07
M50: A Styan (Holm) 4:07:30
TEAM: Bingley 15
Women
1 A Mudge (C'thy) 3:49:50 (rec); 2 K Jenkins (C'thy) 4:21:03; 3 D Scott (L'aber) 4:28:31; 4 N Lavery (Amble, W40) 4:34:02

WELSH 1000 METRE PEAKS
Aber Foreshore

Men (22M/8000ft)
1 R Ansell (Tring) 4:29:32; 2 C Near (Eryri) 4:38:43; 3 J Williams (Eryri, M40) 4:49:58; 4 S Jones (Eryri, M40) 4:54:47; 5 P Searles (S Lond) 4:55:35; 6 R McArthur (Melt, M50) 5:05:46; 7 B Sutherland (Ton, M40) 5:06:42; 8 D Wright (Eryri, M40) 5:26:58; 9 IR Edgar (unatt, M40) 5:33:54; 10 J Roberts (unatt) 5:35:34
Women
1 R Metcalfe (NWRR) 5:37:09; 2 R Harrison (unatt) 6:24:03
Short Race
Men (from Ogwen, 8M/4000ft, clubs unknown unless stated)
1 G Williams (Eryri) 1:43:02; 2 P Whiting (M40) 1:48:45; 3 M Pickering (M50) 1:53:20; 4 C Jones 1:59:56; 5 I Travis 2:03:19; 6 A Creber (M40) 2:04:43; 7 R Mapp (Lud, M40) 2:07:03; 8 G Spencer (M40) 2:13:21; 9 I Blakemore (M40) 2:18:54; 10 M Lauren 2:21:10
M60: R Hunt 2:52:28
Women
1 P Phillips 2:13:56; 2 J Phelan 2:29:45

WINCLE TROUT RACE
Wincle, Macclesfield

Men (4.5M/ 500ft)
1 N Bassett (Staffs M) 32:00; 2 F Reilly (Stock H, M40) 33:08; 3 C Fry (Penn, M40) 33:18; 4 M Salkild (Dark Pk, M40) 33:28; 5 D Clifford (Form 1) 33:54; 6 A Evans (Wrex, M40) 33:56; 7 M Wingard (unatt) 34:05; 8 A Pentree (unatt) 34:06; 9 T Brunt (Staffs M) 34:36; 10 T Hargreaves (Stock H) 34:39
Women (all Macc)
1 M Chippendale 44:56; 2 H Anderson (W40) 46:35; 3 J Warren 49:30; 4 L Lyndall 49:40; 5 C Chapman 49:41

KELBROOK RACE
Barnoldswick, Lancs

Men (3M/700ft)
1 S Thompson (Clay) 18:26; 2 L Passco (Clay) 18:36; 3 J Waddington (Wharf) 19:09; 4 A Stubbs (Clay) 19:51; 5 T Taylor (Ross, M45) 20:13; 6 J Tomlinson (Clay, M40) 20:16; 7 S Fitzpatrick (Hynbd) 20:21; 8 L Athersmith (Skip) 20:26; 9 D Norton (Dane, M40) 20:28; 10 D Scoles (K&C) 20:29
M50: J Pickup (Clay) 22:40
Women
1 J Prowse (K&C, W45) 23:46; 2 A Kelly (Clay, W40) 24:01; 3 L Hudson (Clay) 24:57; 4 K Drake (Spen) 25:11
W50: J Rawlinson (Clay) 25:21

May 30

COCK HOWE AND BEYOND
Stokesley, N Yorkshire

Men (7M/1500ft)
1 A Bissell (Knave) 41:26; 2 M Burn (T&S) 41:32; 3 R Hall (T&S) 42:02; 4 A Normandale (York Ac, M40) 42:22; 5 R Wilson (Scar) 42:33; 6 T Davison (Tod, M40) 43:30; 7 P Kelly (Darl, M40) 43:42; 8 J Goodwin (Middles) 44:02; 9 S Mechie (T&S, M40) 44:05; 10 R Pollard (Middles, M40) 44:15
M50: T Ward (Swale) 45:40. **M60:** K Hilldore (New M) 56:19
TEAM: 1 Thirsk & Sowerby 38; 2 Middlesbrough AC 45; 3 Middlesbrough AC B 70
Women
1 R Smith (Scar) 41:21 (rec); 2 M Czarnecka (Scar) 50:33; 3 K White (Quak) 51:26
W40: A Hayward (T&S) 51:38. W45: S Jemson (New M) 58:42. **W50:** M Gibbs (T&S) 59:30
TEAM: 1 Scarborough 13; 2 New Marske 19; 3 Thirsk & Sowerby 24

TOTLEY MOOR RACE
Totley, nr Sheffield

Men
1 S Penny (C'field) 35:59; 2 T Austin (Dark Pk) 37:18; 3 L Bunton (Clowne) 37:47; 4 B Horsfall (Wake) 38:23; 5 J Morgan (Black Dth) 38:34; 6 S Bell (Dark Pk) 38:59; 7 K Payne (Stubb G, M50) 39:09; 8 T Fairbrother (unatt) 39:27; 9 A Middleditch (Dark Pk) 39:49; 10 J Boyle (Dark Pk) 39:58
M40: R Hutton (Dark Pk) 40:16. **M60:** G Richardson (Clowne) 48:43
Women
1 J Phizaclea (Bux) 46:42; 2 L Bland (Dark Pk) 48:42; 3 H Thorburn (Dark Pk) 48:44; 4 E Boyle (Totley) 48:45; 5 G Heyes (unatt) 49:24
W35: L Parry (Clee) 49:42. **W45:** M Chippendale (Penn FR) 52:44

May 29

KNOCK HILL RACE
Crieff, Perthshire

Men (5M/915ft)
1 C Glencorse (S'earn) 31:38; 2 S Simpson (Ochil) 31:58; 3 T Scott (Fife, M40) 32:20; 4 M Higginbottom (C'thy) 32:29; 5 N Martin (Lomond, M40) 33:14; 6 A Burns (unatt) 33:22; 7 G McFarlane (unatt) 33:26; 8 D Philips (Perth R) 33:29; 9 D McIntosh (Perth R) 33:31; 10 J Lamb (Fife, U20) 33:39; 11 P O'Kane (HBT) 34:11; 12 S Ferguson (Perth R) 34:33; 13 D Baker (HBT) 36:31; 14 C Wilson (Perth R) 38:10; 15 E Sidebottom (S'earn) 38:36
Women
1 F Lothian (Fife) 35:48; 2 L Provan (Fife) 38:23; 3 S Stott (Sri) 39:05; 4 D MacDonald (HBT, W40) 39:33; 5 A Jackson (S'earn) 39:57; 6 J Scott (Fife, W40) 40:21

CORNALEES HILL RACE
Greenock

(Inc Renfrewshire Championships)
Men (5.5M/900ft)
1 D Rodwell (Wester) 37:38; 2 S McLoone (G'nock, M40) 37:40; 3 R Davidson (G'nock) 40:46; 4 D Petrei (Kilb, M40) 41:46; 5 J Galbraith (Giff N) 41:58; 6 D Mewse (Kilb, M50) 42:16; 7 G Fleming (Wester, M50) 42:46; 8 J Cuffe (G'nock) 43:32; 9 R Scott (Kilb, M50) 43:53; 10 K Adams (Wester, M50) 44:02
M60: I McManus (Irv) 52:26
TEAM: 1 Greenock 13; 2 Kilbarchan 19
Women
1 P McLaughlin (Wester, W40) 56:26; 2 A Dale (Kilb, W40) 70:58
U18 Men (3.5M, all G'nock)
1 C McKay 20:41; 2 D Butcher (U16) 20:43; 3 D McCall 20:57
U16: 2 A McCall (G'nock) 21:43; 3 J Kane (Inver) 23:25
U18 Women: J Emsley (Arran) 26:09

TWO RIGGS RACE
St John's In The Vale, Keswick

Men (6.5M/1350ft)
1 J Bland (Borr) 41:33; 2 G Patten (Amble) 41:48; 3 G Bland (Borr) 42:39; 4 G Crayston (C'land FR, U20) 43:05; 5 M Donnelly (N'land FR) 43:10; 6 A Schofield (Borr) 45:16; 7 P Brittleton (Howg) 45:34; 8 S Moffat (Howg, M40) 46:12; 9 D Birch (Kesw) 46:32; 10 S Shuttleworth (Amb, M40) 46:43
M40: 3 B Short (C'land FR) 47:12. **M50:** C Webb (C'land FR) 53:30. **M60:** D Patey (Borr) 65:02
Women
1 A Brand-Barker (Kesw, W40) 52:33; 2 S Forsyth (Kesw) 54:34; 3 L Cowell (Kesw) 56:34; 4 K Rodwell (KuH, U21) 56:55; 5 S Lewsley (Kesw) 61:12

May 28

SKIPTON SHORT BANK

Men (3M/1200ft)
1 L Athersmith (Skip) 18:56; 2 D Scholes (K&C) 19:53; 3 M Iley (Ilk, M40) 20:02; 4 R Lancaster (Bing) 20:15; 5 A Holden (Wharf) 20:28; 6 R Hamilton (Wharf) 20:39; 7 C Rusius (Pend, U18) 20:57; 8 A Coutts (Valley S, M40) 20:59; 9 J Rusius (Clay, M40) 21:03; 10 K Rogan (Skip) 21:09
M50: P Rogan (Wharf) 21:36. **M60:** S James (Clay) 25:36
Women
1 S King (Skip) 24:37; 2 L Whittaker (Wharf, W40) 30:01; 3 C Dudley (unatt) 32:20
U16 Men (1.5M): S Hunn (Skip) 11:33
U16 Women: E Starkey (Skip) 13:46
U14 Boys (1M): M Hurst (Skip) 7:39
U14 Girls: D Walker (Burnley) 8:16
U12 Boys: J Mountain (Skip) 6:24
U12 Girls: E Thomson (Pend) 7:52

May 26

ALWINTON RACE
Alwinton, Northumberland

Long Race
Men (14M/2500ft)
1 M Donnelly (N'land FR) 99:29; 2 D Wood (unatt) 1:46:47; 3 G Owens (N'land FR, M40) 1:46:52; 4 M Broadhurst (Tyne, M40) 1:47:11; 5 J Ross (N'land FR) 1:47:45; 6 M Mallen (Quak, M40) 1:49:16; 7 G Davis (N'land FR, M40) 1:53:04; 8 M Jeffrey (N'land FR, M40) 1:53:16; 9 D Henderson (Aln, M40) 1:54:33; 10 A Curtis (N'land FR, M40) 1:56:43
M50: M Henry (Aln) 1:58:47. **M60:** G Atkinson (Walls) 2:38:08
Women
1 K Robertson (N'land FR) 2:08:18; 2 A Tucker (Quak) 2:16:25; 3 J Duggan (Morp,

Available on cable and digital TV

W40) 2:24:54; 4 L Hall (N'land FR) 2:28:48; 5 J Saul (N'land FR) 2:28:48; 6 P Cooper (N'land FR, W40) 2:32:28
Short Race
Men (6M/1100ft)
1 A Woods (Morp, M40) 51:50; 2 S Nesbitt (Morp, M40) 54:59; 3 A Welsh (N'land FR) 56:00; 4 I Mowbray (CRAP, M50) 56:31; 5 K Bronze (Aln, M40) 56:54
Women
1 N Duggan (Morp, U20) 56:42; 2 S Welsh (Morp) 59:19; 3 S Jeffrey (Morp) 60:00
W40: B Broadhurst (Tyne) 64:43
U15 Boys (1.5M): 1 J Woods (Morp) 13:44

SURREY RACES
Dorking

Race A
Men (29km/2200ft)
1 A Weir 1:59:08; 2 M Lynas 2:08:38; 3 P Nicholls (M40) 2:17:10; 4 D High 2:37:57; 5 P Scarles (M40) 2:37:59; 6 J Wilde (M40) 2:38:43; 7 I Higgins (M50) 2:42:05; 8 A Robinson (M40) 2:47:53
M60: M White (MV) 4:45:00
Race B
Men (16km/960ft)
1 R Foley (Belg) 65:39; 2 G Gristwood (MV, U20) 67:01; 3 R Brown (HBT) 72:44; 4 N Bush (MV, M40) 73:00; 5 C Bromley-Gardner (BAOC, M40) 73:01; 6 A Kennis (THH) 74:43; 7 A Redington (LOK) 74:49; 8 D Symons (THH) 74:50; 9 M Farmery (THH, M40) 74:55; 10 N Green (MV) 76:00
M50: P Oates (CROC) 78:08
Women
1 D Coslett (IND) 91:58; 2 J Jarvis (SO) 93:41; 3 A Bird (CROC) 95:45; 4 D Smit (S Spid) 95:51; 5 C Bolam (Hill) 97:21
W40: A Belchambers (Hill) 97:51
Race C – Men (10Km/575ft)
1 G Newton (M50) 49:11; 2 D Fisher (M40) 50:45; 3 J Green 52:43; 4 M Skinner 58:00; 5 J Thomson (THH, M50) 58:41; 6 C Shaw (M50) 59:20; 7 G Parmenter (M50) 59:22; 8 T Pugh (M50) 62:11
U20: T Doyle (GO) 71:53
Women
1 C Robinson (W40) 64:34; 2 K McDonald (THH) 64:37; 3 S Johnstone 72:58

May 25

SOUTHERN EXPRESS FINAL
Dorking, Surrey

Men (4km)
1 G Gristwood (U20) 22:37; 2 S Keyes (M40) 23:32; 3 C Bromley-Gardner (M40) 26:14; 4 S McKinley 26:47; 5 D High 28:02; 6 P Whiston 28:54; 7 J Marsden 30:52; 8 P Fox (M40) 32:13; 9 P Conner (M40) 32:15; 10 F Edge (M45) 32:49
M65: M White (MV) 73:18
Veteran Men (3km)
1 A Blomquist (M50) 20:00; 2 I Ditchfield (M45) 21:11; 3 A Robinson (M45) 23:17; 4 D May (M55) 23:51; 5 W Taylor (M50) 26:00; 6 P Jones (M45) 26:19; 7 N Bush (M45) 27:09; 8 A Leakey (M45) 27:36; 9 D Kinon (M50) 28:13; 10 N Hoult (M45) 30:03
M75: P Nelson (MV) 62:31
U18 (3Km): B Smith (GO) 29:56
U16 (2Km): J McMillan (SLOW) 16:09
U14: C McMillan (SLOW) 20:48
U12: P Bray (SN) 21:19
Women (4km)
1 K Staudte 27:24; 2 A Bird 27:44; 3 D Leakey (W45) 27:54; 4 C Robinson (W45) 30:27; 5 A Darley 31:47; 6 J Cleary (W35) 32:18
U16 (2Km): S Blomquist 13:18

May 18

DARREN JONES CLOUGHA PIKE
Quernmore, nr Lancaster

Men (7M/1400ft)
1 S Sweeney (Bowl) 55:52; 2 B Bolland (Horw) 56:14; 3 Q Harding (Bowl) 58:36; 4 C Davis (Bowl) 60:18; 5 M Nuttall (unatt) 60:22; 6 C Seddon (Horw) 60:54; 7 S Bolland (L&M) 61:12; 8 G Taylor (Darw) 61:30; 9 N Foschi (Penn, M40) 61:54; 10 F McTominay (L&M, M40) 62:04
M50: M Leck (L&M) 67:18. M60: G Arnold (Prest) 89:07
TEAM: 1 Bowland 8; 2 Lancaster & Morecambe 32
Women
1 E O'Shea (Amble) 69:57; 2 J Robinson (Garst, W40) 72:56; 3 V Peacock (Clay, W40) 74:39
W50: J Atkins (Chor H) 83:27

April 27

WEST NAB FELL RACE

Men (6.25M/2042ft)
1 L Taggart (Buxt) 40:41; 2 J Symonds (Kend, U20) 41:01; 3 M Amir (Cumb FR) 42:42; 4 S Penney (C'field) 43:40; 5 D Nicholls (Macc, U20) 44:47; 6 P Stevenson (P&B, M40) 45:35; 7 L Athersmith (Skip, U20) 45:42; 8 A Rees (Holm) 45:47; 9 S Fitzpatrick (Hyde) 45:53; 10 C Miller (H'gate, U20) 46:11
M45: B Goodison (Holm) 46:20
M50: D Tait (Dark Peak) 48:03
Yorkshire Champs
U20: 1 L Athersmith (Skip) 45:21. **U18:** M Buckingham (Holm) 27:19. **U16:** S Hunn (Skip) 18:04. **U14:** A Brownlee (Bing) 14:22
Women
1 R Smith (Scar) 46:37 (rec); 2 N White (Holm) 47:55; 3 S Newman (Gloss) 48:40; 4 J Prowse (K&C, W45) 55:13; 5 A Johnson (Cald V) 56:03
Yorks Champs:
U20: N White (Holm) 47:55. **U18:** L Kemp (Holm) 38:05
U16: S Boyes (Scar) 19:58. **U14:** K Woodhead (Holm) 17:34

cross country

June 8

OAKS IN CHARNWOOD RACE
Leicestershire

Men
1 T Hartley (Shep) 45:08; 2 M. Munday (Road) 45:15; 3 D Guess (Cxharn) 47:53; 4 J Mould (Shep) 48:16; 5 P Whitehead (Shep) 49:08
Women
1 C Tompkinson (Charn) 51:38; 2 L. Porter (West End) 57:58; 3 S. Porter (West End) 62:08; 4 G. Evans (Shep) 62:10; 5 J. Payne (Shep) 62:12

multi

June 16

NORTH DOWNS 30km
Nr Gravesend, Kent

Men
1 B Royden (M&M) 1:54.59; 2 A Webb (M&M) 1:55.45; 3 G Williams (M&M) 1:56.44; 4 S Keywood (Ton, M40) 1:57.55; 5 R Maddams (Harl RC) 1:58.12; 6 S McDonald (unatt) 1:59.12; 7 K Williams (Ashf, M40) 2:00.15; 8 S Smythe (Dulw, M40) 2:00.15; 9 R Pearce (I&I, M40) 2:00.15; 10 M Packer (unatt, M40) 2:01.39; 11 A Rayner (B'hth) 2:03.10; 12 R Owen (Ton) 2:03.13
M50: 1 D Thornby (M'stone) 2:08.15; 2 P Sparks (VAC) 2:13.23; 3 K Fancett (TRA) 2:17.12. M60:
1 P Lovell (B'hth) 2:39.54; 2 N Eldred (Dartf RR) 2:47.25
TEAM: 1 Medway &Maidstone 27; 2 Tonbridge 30; 3 Dulwich Runners 80
Women
1 C Hume (S'oaks) 2:12.08; 2 P Jackson (Kesw) 2:17.10; 3 P Flynn (Stragg, W35) 2:18.50; 4 G Johnson (Dulw, W35) 2:19.33; 5 S Hawkins (M'stone, W35) 2:22.14; 6 M Singleton (unatt) 2:26.10
W50: R Tabor (Dulw) 2:28.01. **W55:** A Dyett (Dartf RR) 2:47.20
TEAM: 1 Dulwich Runners 29; 2 Serpentine 38; 3 Sevenoaks 45

YTHAN CHALLENGE
Ellon

Men
1 R Taylor (Metro, M40) 46:30; 2 P Cowie (Metro, M40) 46:42; 3 J Buchan (Cosmic, M40) 47:20; 4 D Guy (unatt) 47:36; 5 G Jamieson (Metro, M40) 48:51; 6 S Cassells (A'deen, M40) 49:03; 7 P Westmorland (unatt) 49:50; 8 G Fowler (unatt) 50:13; 9 A Neilson (unatt) 50:20; 10 A Bain (Tri B) 50:30
Women
1 L Mahady (A'deen, W40) 5:06; 2 D Unwin (A'den) 55:35; 2 J Stephen (unatt) 56:37; 4 E Whyte (Tri B) 59:07; 5 W Cruickshank (unatt) 60:05; 6 S Buchan (Cosmic, W35) 60:07; 7eq M Howard (FFI), D McKay (unatt) 60:11; 9 J Mingé (unatt) 60:18; 10 P Dick (Fraser) 60:43

RACE FOR LIFE
Guildford, Surrey

Women (5km approx)
1 J Ray (DMV, W40) 16:38; 2 R Vlassak (Wok, W40) 17:06; 3 S Young (Park, W45) 17:51; 4 S Raggett (AFD, U17) 17:56

BARNSLEY BOUNDARY RELAY

Men (72M, 10 stages)
1 Rotherham 8:10; 2 Barnsley AC 8:16; 3 Kimberworth 8:24; 4 Barnsley Harriers, Penistone Footpath Runners (M40) 9:12; 6 Kimberworth (M40) 9:21
M40: 2 Denby Dale 10:24.**M50:** Barnsley Harriers 11:13
Women
1 Rotherham 10:27; 2 Barnsley Harriers 10:57; 3 Penistone Footpath Runners 11:28
Mixed: Barnsley AC 10:04

DUNCTON DEVIL 5
West Sussex

JAMES BAKER easily retained his title over this hilly chalk Downland course, but was outside his record of 29:05, but behind him there was a mad scramble for the minor placings as Zippy Grice just got the nod.
Men
1 J Baker (Chich R) 29:35; 2 Z Grice (Stubb) 30:01; 3 P Guest (Ports J) 30:02; 4 P Bleach (Ports) 30:03; 5 S Hunt (Salis) 30:04; 6 D Howard (Ports) 30:05; 7 K Griffiths (Stubb, M50) 30:06; 8 W Hill (Craw, M45) 30:07; 9 R Moore (Chich R) 30:08; 10 N Davies (Ports) 34:31
Women
1 R Woodman (unatt) 41:18; 2 H Grice (Stubb) 42:06; 3 M Hunt (Salis) 42:43; 4 L Eastwood (Gade) 44:15; 5 Roffey (Worth) 45:07; 6 D Badman (Worth St) 46:06

June 15

BREEDON ON THE HILL 6.5km

Men
1 C Toplass (Der C, M40) 23:34; 2 M Morgan (unatt) 24:37; 3 R Salt (Charn, M40) 25:12; 4 R Harris (Long E) 25:29; 5 S Elliot (Notts, M40) 25:33; 6 J Fisher (Der C, M50) 26:07; 7 T Curtis (unatt) 26:12; 8 M McDermott (Long E) 26:19; 9 R Martin (SinA, M40) 26:32; 10 P Johnson (unatt) 26:43
Women
1 J Guilford (unatt) 30:40; 2 C Forskett (unatt) 32:20; 3 D Pill (unatt) 32:21; 4 D Holmes (unatt) 34:00; 5 S Guring (unatt) 34:21

June 14

TOWPATH 10km

Men
1 J Wills (Bris U) 34:03; 2 P Glennie (GWR, M40) 34:34; 3 J Duncan (Bris, M45) 35:02; 4 J English (GWR) 35:15; 5 J Goodland (GWR, M40) 35:28; 6 J Bamber (GWR, M40) 35:49; 7 P Insall (GWR, M40) 36:08; 8 B Wilson (Ludlow, M40) 36:58; 9 D Blewitt (T&C) 37:24; 10 G Beazer (Bitt, M40) 37:35
M50: J James (Sev) 39:57. **M60:** S Parsons (GWR) 46:20
Women
1 A Granger (Bris) 38:23; 2 A Brown (GWR, W35) 40:22; 3 L Daniel (Bris Orien) 43:56
W40: H Aston (GWR) 45:46. **W50:** A Yearsley (Durs) 46:53

GORDON WHELBOURN RUNNING
WEEK 10km
Balderton, Nottinghamshire

Men
1 A Aked (Roth) 32:14; 2 M Jenkins (Mans) 34:04; 3 M Watkins (Mans, M40) 34:16; 4 C Phillips (unatt) 34:40; 5 S Morton (Newk) 35:12; 6 M Anderson (Linc & D) 36:16; 7 P Gillespie (Red) 36:25; 8 S Connolly (Newk) 36:40; 9 P Downie (Newk) 36:50; 10 R de Raad (unatt) 17:09; 6 M Derrey (Newk) 17:29; 7 P Ridgeway (Newk, M40) 17:44; 8 A Gibson (unatt) 37:23
M50: T Rooks (RAF Wadd) 38:47. **M60:** N Hamilton (Holme) 46:01
Women
1 S Mathias 41:54; 2 A Roberson (unatt) 42:49; 3 A Davison (Newk) 44:51; 4 S Poole (Holme, W55) 45:46; 5 L Reddish (Notts) 45:55
Series – Men: 1 Jenkins 1:45:40; 2 Phillips 1:47:55; 3 Downie 1:50:03
M40: I McCuaig (Notf) 1:57:48. **M50:** D Poole (Holme) 2:02:15
Women: 1 Roberson 2:10:30; 2 Davison 2:17:18; 3 Reddish 2:20:38
W35: A Devereux (unatt) 2:40:46. W45: V Dethick (unatt) 2:23:40. **W55:** S Poole (Holme) 2:24:17

WITTON TRAIL RACE 4
Witton, Lancashire

Men
1 L Passco (Clay) 19:37; 2 S Fitzpatrick (Hynd) 21:30; 3 T Ashworth (Chor H) 21:59; 4 B Hoggan (Acc) 22:36; 5 J Chaplin (Chor H, M45) 22:45; 6 P Dickinson (Chor AC) 23:12; 7 D Gaskill (Acc, M40) 23:47; 8 D Scott-Miller (unatt, M45) 25:03; 9 T Bolton (Acc, M50) 26:10; 10 M Doyle (unatt) 27:04
M55: B Tull (Darwen) 27:06. **M60:** W Lock (Lytham) 30:21
Women
1 Z Haslam (Darwen, W35) 25:47; 2 J Chaplin (Chor H, W40) 26:12; 3 R Crowe (Lytham, U20) 27:07; 4 J Pound (Chor AC, W45) 27:51; 5 M Alcroft (Chor H, W35) 31:27; 6 D Lock (Lytham, W55) 35:40
U15 Boys (2M, all Darwen)
1 M Hayes 13:00; 2 A Hayes (U13) 13:06; 3 D Braithwaite (U12) 14:22
U15 Girls (all Chor H)
T Bleasdale 15:01; 2 J Murray 16:25; 3 E Bell (U12) 18:13

June 13

GORDON WHELBOURN RUNNING
WEEK 3
Balderton, Notts

Men
1 M Jenkins (Mans) 16:32; 2 P Downie (Newk) 16:40; 3 C Phillips (unatt) 16:41; 4 S Connolly (Newk) 16:57; 5 R de Raad (unatt) 17:09; 6 M Derrey (Newk) 17:29; 7 P Ridgeway (Newk, M40) 17:44; 8 A Gibson (unatt) 17:57; 9 I McCuaig (Notf, M40) 18:04; 10 D Poole (Holme, M50) 21:19
Women
1 S Mathias 18:59; 2 A Roberson (unatt) 19:38; 3 K Else (Newk, W35) 20:33; 4 A Davison (Newk) 20:46; 5 L Reddish (Notts) 21:04
W55: S Poole (Holme) 21:44

HAMBLE AMBLE
Sarisbury Green, Hants

Men
1 A Grice (Stubb G) 32:00; 2 R Gunner (Stubb G, M40) 33:43; 3 D Griffiths (Stubb G) 34:40; 4 D Forer (Milo) 37:08; 5 J Leigh (unatt, M40) 39:37; 6 J Brathwaite (RNAC) 39:48; 7 M Journeaux (SACC, U18) 40:00; 8 A Smith (unatt) 40:26; 9 G Littlecott (unatt, M40) 40:44; 10 C Crawford (unatt) 41:01
U18: 2 M Bond (SACC) 45:09; 3eq A Evans (SACC)/B Hammond (SACC) 52:02
Women
1 H Grice (Stubb G) 44:23; 2 D McEwen (Stubb G, W35) 47:52; 3 C Street (Stubb G) 50:35

June 12

PHYSIOSTUDIO FOREST 5
Bracknell, Berkshire

Men
1 G Breen (Read) 26:50; 2 M Peters (Brack, M40) 27:12; 3 J Seddon (Brack) 28:05; 4 J McCreight (Clanf) 28:31; 5 D Bosley (Handy X) 28:41; 6 R Batchelor (Brack F) 29:07; 7 R Taylor (Newb) 29:19; 8 P Nicholls (unatt) 29:21; 9 M Powell (S'hurst) 29:24; 10 R Mesquita (Read RR) 29:32

BRITISH EUROSPORT – The home of World Class Athletics.

BRITISH EUROSPORT

M40: 4 D Truepenny (R'mede) 29:45; 5 E Wilcock (unatt) 29:53; 6 G Platt (Brack) 30:02. **M50:** 1 C Hill (BMH) 30:15; 2 S Sandham (unatt) 31:55; 3 D O'Toole (Handy X) 32:59. **M60:** 1 J Williamson (Windle) 34:56; 2 S Davies (S'hurst J) 35:01; 3 B Trowbridge (Salis) 36:59

Women

1 C Stevens (Brack, W35) 33:01; 2 Z Hannam (Brack F) 33:07; 3 L Cooper (Brack F) 34:02; 4 J Haley (unatt) 34:20; 5 J Lewis (Read RR, W45) 34:47; 6 J Kesari (unatt) 35:25; 7 L Kirk (Strat, W35) 35:28; 8 J Oakley (Burn J) 35:45; 9 W Davies (Brack F) 36:19; 10 J Edson (unatt, W35) 36:52

W45: 2 J Nicholls (Guild O) 38:39; 3 P Berriman (Windle) 40:24. **W55:** 1 R Dykes (Read RR) 41:00; 2 T Craig (BMH) 43:38; 3 N Bowen (Brack) 43:42

SUSTRANS TROPHY 5
Kilbarchan to Bridge of Weir

Men (all Kilb)

1 J Snodgrass 27:49; 2 G Fairley (M45) 28:02; 3 J McMillan (M50) 31:33; 4 R Scott (M55) 31:48; 5 J Gordon (M40) 31:52; 6 C Devenney (U17) 32:23; 7 G McCaffer (U17) 32:23.

Women

1 E McMillan (W55) 43:33; 2 L Williams 47:27; 3 A Hannigan 51:08

Combined Handicap: S McLay (SM)

CULBIN WOODS 5

Men

1 A Reid (P'head) 26:54; 2 R Arbuckle (Keith, M40) 27:44; 3 F Barton (Keith, M45) 27:45; 4 M Flynn (Moray, M45) 28:10; 5 M Stewart (Keith) 28:37; 6 B Foreman (Moray) 28:52; 7 D Cowie (Forres, M45) 29:00; 8 P Matheson (Forres) 29:34; 9 G Sim (Moray, M50) 29:38; 10 A Ross (Forres) 29:56 Under-25: B Cartmell (Forres) 34:38

Women

1 R Jones (Forres, U20) 31:36; 2 J Barker (Moray) 32:28; 3 K Munro (unatt, W35) 36:20; 4 L Moir (unatt) 37:04; 5 K Spratt (unatt, W35) 37:29

GORDON WHELBOURN RUNNING WEEK 3
Newark

Men

1 M Jenkins (Mans) 18:17; 2 C Phillips (unatt) 18:41; 3 P Downie (Newk) 18:59; 4 S Connolly (Newk) 19:15; 5 P Wombwell (Red) 19:33; 6 R de Raad (unatt) 19:39; 7 M Derrey (Newk) 20:04; 8 P Ridgeway (Newk, M40) 20:24; 9 I McCuaig (Notf, M40) 20:35; 10 A Gibson (unatt) 21:08

M50: D Poole (Holme) 21:19

Women

1 A Roberson (unatt) 22:18; 2 K Else (Newk, W35) 23:30; 3 A Davison (Newk) 23:52; 4 H Ridgeway (Newk) 24:20; 5 L Reddish (Notts) 24:18

W55: S Poole (Holme) 25:54

June 11

GORDON WHELBOURN RUNNING WEEK 4
Baldington

Men

1 M Jenkins (Mans) 19:35; 2 P Downie (Newk) 20:09; 3 C Phillips (unatt) 20:16; 4 S Connolly (Newk) 20:46; 5 R de Raad (unatt) 21:22; 6 D Kelley (unatt) 21:32; 7 M Derrey (Newk) 21:37; 8 P Ridgeway (Newk, M40) 22:09; 9 I McCuaig (Notf, M40) 22:26; 10 S Saunders (Newk, M40) 22:27

M50: D Poole (Holme) 23:09. **M60:** A Horn (Newk) 23:06

Women

1 A Roberson (unatt) 24:30; 2 K Else (Newk, W35) 25:17; 3 A Davison (Newk) 25:49; 4 H Ridgeway (Newk) 25:48; 5 L Reddish (Notts) 26:28

W55: S Poole (Holme) 27:07

BLACKHALL 10km

Men

1 O Chepelin (Gramp) 34:29; 2 A Munro (unatt) 35:49; 3 C Richards (Maroc) 35:56; 4 S Helmore (unatt) 36:30; 5 D Gooch (Maroc) 36:32; 6 B Sheridan (Cosmic) 36:36; 7 J Briggs (unatt) 36:54; 7 C O'Halloran (Gramp) 36:55; 9 A Adams (unatt) 38:41; 10 N McGlashan (unatt) 39:09

Women

1 A Thomson (Cosmic) 45:31; 2 E Gunn (unatt) 46:17; 3 E Stewart (Cosmic) 47:33; 4 H Mackie (unatt) 50:35; 5eq S Kennedy/P Donald (D'side) 60:14

DEREK IBBOTSON 4.2
Whitworth, Manchester

Men

1 R Brewster (Clay, M45) 23:15; 2 P Brannon (Clay, M40) 23:42; 3 W Ali (FoD) 23:52; 4 P Targett (Clay) 24:06; 5 A Gibson (O&R) 24:41; 6 G Needham (Leeds) 24:45; 7 K Robinson (Roch) 24:54; 8 I Aitchison (Roch, M45) 25:21; 9 C Wood (unatt) 26:19; 10 R Ingham (O&R, U20) 26:47

M40: 2 R Graham (Ross) 27:33; 3 K Duckworth (E Ches) 28:02. **M45:** 3 R Flanagan (Ross) 27:26. **M50:** R Russell (Clay) 29:45. **M55:** 1 C Drake (Spen) 30:59; 2 J Fox (Roch) 31:57; 3 D Melvin (Sadd) 33:42. **M60:** J Rhodes (NVAC) 29:51. **M65:** P Dibb (Long) 31:05

U20: 2 A Hayes (Darw) 27:52

Women

1 L Geldart (Bing) 27:66; 2 S Hanson (O&R) 32:07; 3 S Herron (O&R) 32:25

June 10

GORDON WHELBOURN RUNNING WEEK 3
Farndon, Notts

Men

1 M Jenkins (Mans) 17:12; 2 P Downie (Newk) 17:25; 3 Cphillips (unatt) 17:37; 4 S Connolly (Newk) 17:46; 5 S Morton (Newk) 17:54; 6 R de Raad (unatt) 18:21; 7 D Kelley (unatt) 18:41; 8 I McCuaig (Notf, M40) 18:54; 9 M Derrey (Newk) 18:55; 10 P Ridgeway (Newk, M40) 19:20

M50: D Poole (Holme) 20:09. **M60:** N Hamilton (Holme) 23:25

Women

1 S Mathias (Sutt) 20:36; 2 A Roberson (unatt) 21:15; 3 A Davison (Newk) 22:00; 4 M Haywood (Linc W) 22:49; 5 G Beaumont (Notf, W45) 22:51; 6 L Reddish (Notts) 22:53. **W55:** S Poole (Holme) 23:46

June 9

GLORIOUS GOODWOOD TRAIL

Men (10km approx)

1 J Baker (Chich R) 39:48; 2 F Young-Martos (Craw, M40) 42:29; 3 T Frost (Liss) 43:08; 4 I Burdeau (B&H) 43:29; 5 J Corbett (NEB) 44:54; 6 B Gray (unatt) 45:13; 7 K Davies (Havant) 45:44; 8 D Slade (Midhurst) 46:02; 9 B Pentland (Ports J, M45) 46:08; 10 K Griffiths (Stubb, M50) 46:33

Women

1 N Swan (Hast Tri) 53:28; 2 J Pomphrey (St Alb, W50) 54:24; 3 K Shane (Tone Z) 56:12; 4 J Renson (Chich R) 56:23; 5 J Mackie (unatt, W45) 56:48; 6 K Conway (Soton RC) 58:12; 7 N White (Team S) 59:17; 8 P Martyn-Smith (unatt, W50) 59:37; 9 R Woodman (unatt) 60:37; 10 L Michel (unatt) 61:32

COCKERMOUTH HALF-MARATHON

Men

1 S Bennett (Eden) 83:16; 2 J Ritson (Derw, M45) 83:56; 3 C Dulson (C'land FR) 86:39; 4 P Stones (C'land FR, M45) 90:52; 5 J Walker (C'land AC, M50) 95:09; 6 A Marsden (Warr R, M45) 97:33; 7 A Wright (unatt, M60) 98:01; 8 K Hatton (C'land AC) 1:40:30; 9 D Norton (C'land FR, M55) 1:40:44; 10 J Norton (C'land FR) 1:42:10

U18: P Harrington (C'land FR) 1:44:27

Women

1 L Buck (C'land FR, W40) 1:44:27; 2 L Woolcock (unatt) 1:52:02; 3 J Harbron (C'land FR) 90:25

June 7-9

ROCHDALE HARRIERS THREE-DAY EVENT

Series final standings

Men

1 R Jackson (Horw) 1:58:35; 2 P Taylor (Ross, M40) 2:04:54; 3 K Robinson (Roch) 2:06:27; 4 A Lee (Ross) 2:09:47; 5 C Whitworth (E Ches) 2:09:52; 6 A Cutts (Valley S, M40) 2:11:35; 7 M Catterall (Roch, M45) 2:11:50; 8 A Staveley (Burn, M40) 2:11:54; 9 R Stott (Ross, M40) 2:12:15; 10 S Morran (FRA, M45) 2:12:34

M50: J Cox (Midd) 2:29:57. **M55:** 1 D Schofield (Roch) 2:25:19; 2 P Geldeart (Roch) 2:39:01; 3 F Richardson (Tod) 2:53.19. **M60:** D Dickson (Ross) 5:52:02.

M70: D Clutterbuck (Roch) 8:50:20

Women

1 K Taylor (Ross) 2:29:46; 2 H Rahman (Roch) 2:33:43; 3 W McRae (Roch, W45) 2:44:16

June 5

CLEEVE HILL 5.4

Men

1 A Gore (Chelt) 34:14; 2 J Tranter (Chelt) 36:32; 3 L Christmas (Stroud, M40) 36:41; 4 G Bagnall (Chelt, M40) 37:58; 5 P Courtenay (Wye V) 38:05

M40: 3 P Barnes (Chelt) 38:33. **M50:** 1 F Thomas (Chelt) 43:31; 2 J Tilley (Chelt) 47:26; 3 A Goss (unatt) 50:05. **M60:** 1 K Buckle (Chelt) 41:29; 2 T Fisher (Chelt) 48:04; 3 I Turnbull (FoD) 53:33

Women

1 J Turnbull (unatt) 38:42; 2 F Turner (FoD, W35) 45:06; 3 E Rawlings (unatt) 49:21; 4 D Chandler (Chelt, W50) 50:05; 5 E Millington (Chelt) 51:54

ROBERTSON TROPHY
Edinburgh

Men (6.4km, CoE unless stated otherwise)

1 J Marque 21:02; 2 A Ward (M40) 22:26; 3 B Aitken 22:28; 4 R Patterson 22:38

Women

1 K Dobbie (EWM, W35) 26:59; 2 S Gonzales 28:09; 3 S Kenney 28:19

Combined Handicap: D Muller (SM) 25:24

June 4

BIGGLESWADE JUBILEE RACES
Bedfordshire

Men (5M)

1 G Elliott (Bigg) 30:08; 2 S Chalk (Bigg, M40) 30:32; 3 M Standa (unatt) 30:40

M50: C Harries (Bigg) 37:39. **M60:** M Turner (Liv H) 37:45

Women

1 J Simmons (St Alb, W40) 35:20; 2 E Woodfield (Bigg) 35:38; 3 J Forrester (Bigg) 36:37

Men (4.5km)

1 J Drinkwater (Bigg) 17:26; 2 C Drinkwater (Bigg) 17:31; 3 J Drinkwater (Bigg) 18:37

U15 (1M): M Winter (unatt) 8:33

Women (4.5km): A Russell (Bigg) 21:15

U15 (1M): O Moore (Bigg) 8:22

June 3

DESBOROUGH GOLDEN JUBILEE 5
Northamptonshire

Men

1 T Egan (R&N) 26:52; 2 P Ford (SB) 27:15; 3 R McGurk (W'boro) 28:01; 4 S Tibbs (Wake) 28:10; 5 M Stevens (Stilt) 28:58; 6 J Angrave (Hunc) 29:22; 7 I Pheasey (Mil K) 29:37; 8 M Bradford (Hunc) 30:01; 9 S Etherington (unatt) 30:04; 10 S Edge (Harb) 30:06

Women

1 H Fiddament-Harris (R&N, W45) 34:46; 2 D Green (Wake) 36:28; 3 K Brookes (Harb) 36:57; 4 L King (unatt) 37:14; 5 J Collington (unatt) 37:34; 6 T Pike (Corby) 37:54; 7 J Blich (North P) 38:00; 8 J Mallett (unatt) 38:13; 9 J Frost (North P) 38:26; 10 C Patrick (W'boro) 40:18

walks

June 12

LPR 9km
Blackheath, South London

DESPITE Peter Hannell's usual fast start the places were decided soon after the end of the first hilly circuit, Paul Warburton reports.

The Surrey walker was reeled in by Steve Allen, who then moved further away to cement an Ilford teamwin.

Men

1 S Allen (Ilf, M40) 50:14; 2 P Hannell (SyWc, M55) 52:10; 3 M Hinton (Ilf, M45) 53:48; 4 N Kavanagh (Bex, M50) 56:42; 5 S Lightman (SyWc, M55) 51:50; 6 K Watts (L Vids, M50) 58:55; 7 D Ainsworth (Ilf, M50) 61:19

TEAM: 1 Ilford 10; 2 Lon Vidarians 25

ROY THORPE 10km
York

Men (H'cap)

(Actual times)

1 D Cole (YCiU, M50) 68:45; 2 E Pickering (YCiU) 66:25; 3 P Morgan (YCiU) 67:20; 4 D Mace (YCiU, M50) 75:14; 5 S Wilkinson (YCiU) 56:46; 6 N Coley (SWC, M50) 66:14; 7 G Jackson (YCiU) 54:18; 8 M Byrne (SWC, M40) 62:32

May 30

MANX CHAMPIONSHIP 20km
Isle of Man

Men

1 S Partington (Manx H) 92:26; 2 P Kaneen (Manx H, M40) 98:27; 3 N Bates (Manx H, U20) 1:51:52; 4 D Griffiths (Manx H) 1:57:54; 5eq J Stubbs (IoMV, M50)/T Bates (IoMV, M45) 1:58:32; 7 L Brown (IoMV, M50) 2:01:57

Women

1 J Gibson (Manx H) 1:52:37; 2 M Latham (Manx H, W40) 1:58:15; 3 M Cox (Manx H, W50) 2:09:54

amendments

SCOTTISH MEN'S LEAGUE
Division Three at Grangemouth

From June 12

400H: C Fleming (Giff N) 61.7

MIDLAND WOMEN'S LEAGUE
Division One (June 9)

From June 12

HT B: H Gilbert Not H Culbert

DONCASTER 24-HOUR RACE (June 1/2)

From June 12

Women

2 P Storey (Serp) 65M 677y

May 25

NORTH OF ENGLAND AA U20 CHAMPIONSHIPS, Manchester

U17 Men

800:...M Wood (B'burn) 1:57.80 (ht: 1:56.93)

UKA YOUNG ATHLETES' BOYS' LEAGUE, SOUTHERN ONE WEST
Southampton (May 19)

From May 22

MATCH: 1 Woking 172; 2 Winchester 136

PV: S Carpenter U17 not U15

UKA YOUNG ATHLETES' LEAGUE
South East One Newham

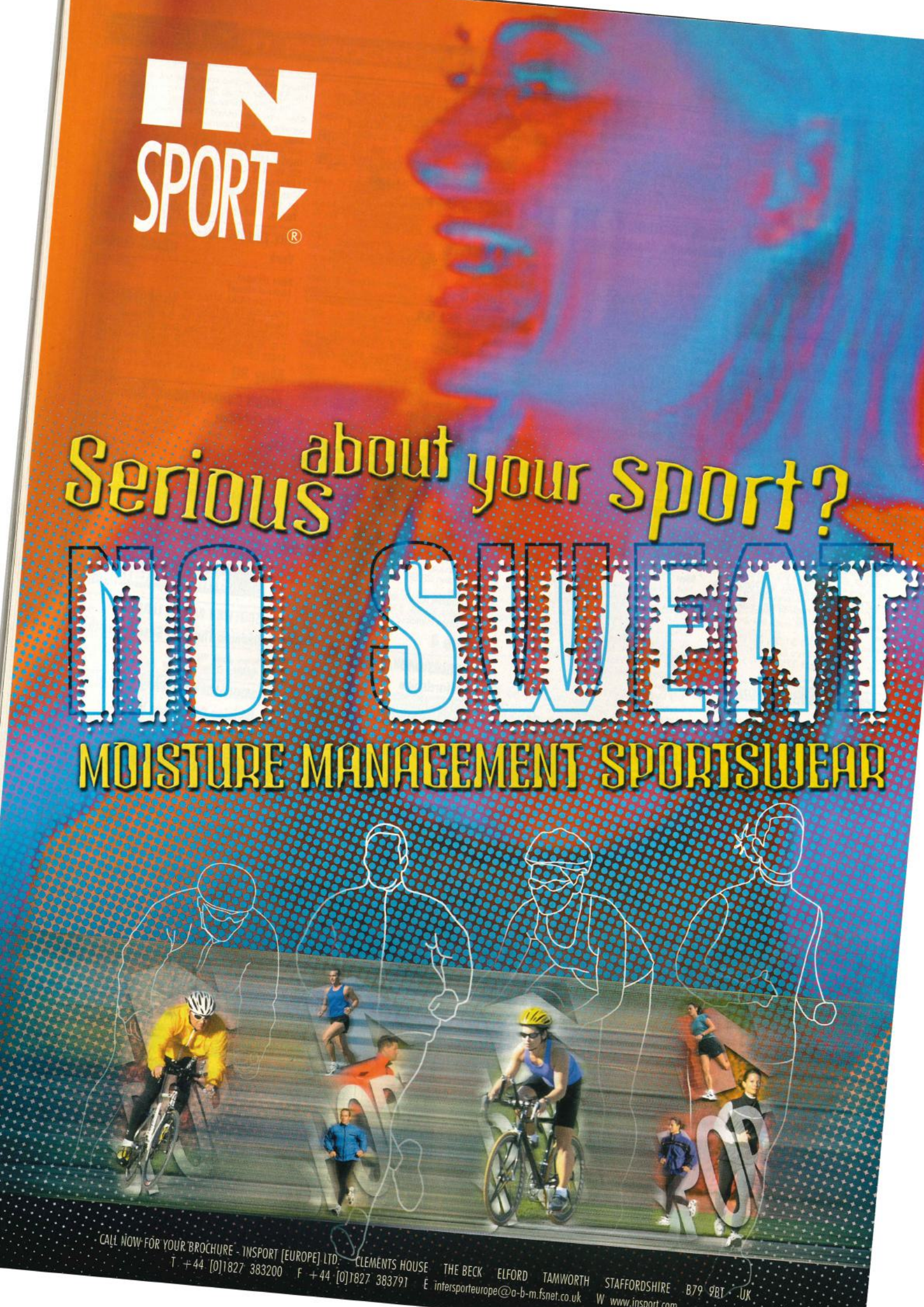
From June 12

U13 70H: 1 H Comer (Hill) 12.3

stop press

- BROMSGROVE & REDDITCH's Stars of Tomorrow meeting, due to be held on June 29, has been cancelled because of a lack of officials.
- NO entries will be taken on the day for the Blackpool Marathon this Sunday as entries are over-subscribed.

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Preview guide to forthcoming events

what's on

Your TV guide

BRITISH EUROSPORT

BRITISH EUROSPORT

Saturday June 22

2.15 - 5pm – Live action from the Spar European Cup Super League in Annecy.

Sunday June 23

2.15pm - 5pm – Live action from day two in Annecy.

Monday June 24

11.30am - 2.30pm – European Cup highlights.

7pm - 9pm – European Cup highlights.

Tuesday June 25

8.30am - 10.30am – European Cup highlights.

Sunday June 30

3.15pm - 5.30pm – Live action from the Norwich Union Classic in Sheffield.

9.45pm - 11.30pm – Highlights from Sheffield.

BBC ONE

Saturday June 22

Grandstand – Athletics Focus

2.40pm - 5pm – Live coverage from day one of the Spar European Cup.

Saturday June 29

Grandstand – Athletics Focus

BBC TWO

Sunday June 23

2.20pm - 5pm – Day two of the European Cup – live.

Sunday June 30

3.30pm - 6.45pm – Live action from the Norwich Union Classic in Sheffield.

Times subject to change.

track

Wednesday June 19

AYRSHIRE OPEN
Dam Park Stadium, Ayr.
Contact: Jim Young. 01294-211304

EDINBURGH MEADOWBANK OPEN GRADED
Meadowbank Stadium, Edinburgh.
Contact: Ewen Cameron. 0131-5297961

SCOTTISH SCHOOLS U15 INTER-AREA MATCH
Grangemouth.
Contact: Linda Trotter. 01592 772013

SUSSEX U13 LEAGUE
West: Worthing. 7pm.
Contact: Keith May. 01444-831430

WATFORD WEDNESDAY EVENING MEETING
Woodside Stadium, Watford. 7pm.
Contact: 01727-864222

WOODFORD GREEN WITH ESSEX LADIES OPEN GRADED
Ashton Playing Fields, Chigwell Road, Woodford Green, London.

Thursday June 20

JSB PLUMBING FORTH VALLEY LEAGUE
Division One: Pitreavie. **Division Two:** Livingston.
Contact: K Marshall. 0131-440 2300

Saturday June 22

AAA & AAW COMBINED EVENTS CHAMPIONSHIPS
Wrexham. Until June 23.

BMC NIKE GRAND PRIX & LMEI
Solihull, West Midlands.
Contact: Maurice Millington. 01495-775019

ENGLISH SCHOOLS' INTER-COUNTY MATCHES
Sussex, Hampshire, Surrey, Kent: Basingstoke. **Gloucestershire, Devon, Somerset, Wiltshire, Cornwall, Dorset:** Bournemouth. **Avon, Cheshire, Greater Manchester, Staffordshire, Hereford & Worcester, West Midlands:** Birmingham. **Northamptonshire, Warwickshire, Derbyshire:** Corby. **Cumbria, Durham, Cleveland:** Jarrow. **Suffolk, Cambridgeshire, Norfolk, Lincolnshire:** Grantham. **North Yorkshire, Humberside:** Scunthorpe.

GLOUCESTER OPEN
Black Bridge Track, Gloucester, Gloucestershire.
Contact: T Haines. 01452-410885/615215

GORDON WOODLANDS SCOTTISH SCHOOLS PENTATHLON & RELAY CHAMPIONSHIPS
Grangemouth, Falkirk.
Contact: Linda Trotter. 01592-772013

NORTHERN IRELAND U20 & U17 CHAMPIONSHIPS
Belfast.

SOUTHERN MEN'S LEAGUE
Division 1: Southampton / Southend, Peterborough / Tooting Bec. **Division 2:** Hoo / Haringey / Bracknell / Mountbatten / Perivale. **Division 3:** Ladywell Park / Great Yarmouth / Mountbatten / Horsham / Walton. **Division 4E:** Erith / Ware / Horsham / Ware / Bury St Edmunds **Division 4W:** Perivale / Southampton / Guildford. **Division 5E:** Hoo / Southend / Haringey / Peterborough. **Division 5W:** Oxford / Tooting Bec / Bracknell.

Sunday June 23

BRITISH LEAGUE CUP FIRST ROUND
Abingdon, Oxfordshire.

CENTRAL AND SOUTH OF SCOTLAND LEAGUE
Division One: Scotstoun. **Division Two:** Grangemouth. **Divisions Three & Four:** Coatbridge.
Contact: John Keddie. 01698-301280

DEVON LEAGUE
Braunton.

HALLIBURTON LEAGUE
East: Caird Park, Dundee. **North:** Queen's Park, Inverness.
Contact: Ruth Mackintosh. 01467-623434

LOUISE ARTHUR LEAGUE
Barry.

NATIONAL JUNIOR LEAGUE
Northern Premier: Scunthorpe & District. **Southern Premier:** Eton. **Pennine:** Bolton. **Mersey:** Ormskirk. **Tyne:** Middlesbrough. **Humber:** Rushcliffe. **Trent:** Telford. **Cam & Thames:** Waltham Forest. **Brent:** Woking. **Itchen:** Woking. **Medway:** Canterbury. **Avon & Severn:** Yate.

Tuesday June 25

BLACKBURN HARRIERS OPEN
Witton Park, Blackburn, Lancashire. 7pm.
Contact: Tony Wood. 01254-703245 (evenings) / 01254-295540 (day).

EXETER HARRIERS EVENING OPEN inc BMC 800m
Exeter Arena, Summer Lane, Exeter, Devon. EX4 8NN
Contact: 01392-832986 (Open)/Chris Wooldridge. 01637-831021 (BMC)

TRAFFORD AC GRAND PRIX
Longford Park Stadium, Chorlton-cum-Hardy, Manchester. 6.30pm.
Contact: Mike Harris. Longford Park Stadium, Ryebank Road, Chorlton-cum-Hardy, Manchester M21 9TA

Wednesday June 26

CELTIC MANOR RESORT GRAND PRIX
Carmarthen.
Contact: Hedydd Davies. 01267-290249

CITY OF BATH OPEN
Roger Bannister Track, Claverton Down, Bath. 7pm.
Contact: 01225-317357

CRAWLEY TOWN FESTIVAL EVENING MEDALS MEETING
Crawley Leisure Centre, Crawley, West Sussex. 6.45pm.

NORTH EASTERN LEAGUE.
Jarrow. 7.00pm.
Contact: George Patterson. 01670-734295

ROSENHEIM LEAGUE
East Div: Tooting Bec. **West Div:** Kingston.

WATFORD WEDNESDAY EVENING MEETING
Woodside Stadium, Horseshoe Lane, Watford. 7pm.
Contact: 01727-864222

Saturday June 29

AAA U23 & U20 CHAMPIONSHIPS
Bedford International Stadium, Bedford. Until June 30.
(FRIDAY SESSION CANCELLED)

ENGLISH SCHOOLS' COMBINED EVENTS REGIONAL FINALS (U19/U17/U15)
Various. Until June 30.

OXFORD CITY AC 'FIVE-STAR & 10-STEP' MEDAL COMPETITION
Horspath Track, Oxford, Oxfordshire. 10.30am .
Contact: Sandra Luke. 01865-463315

WELSH SCHOOLS' COMBINED EVENTS CHAMPIONSHIPS
Newport.

Sunday June 30

NORWICH UNION CLASSIC (IAAF GP II)
Don Valley Stadium, Sheffield.

SCOTTISH YOUNG ATHLETES' LEAGUE
Scotstoun / Grangemouth / Coatbridge / Dundee.

UKA YOUNG ATHLETES' BOYS' LEAGUE
Southern Premier: Tonbridge / Croydon. **Southern 1N:** Perivale / Watford. **Southern 1S:** Kings Park / Worthing. **Southern 1E:** Newham / Canterbury. **Southern 1W:** Southampton / Portsmouth. **Midland Premier:** Stoke / Cwmbran **Midland 1E:** Tamworth / Rushcliffe. **Midland 1W:** Exeter / Solihull. **Midland 2:** Rugby. **Northern Premier:** Middlesbrough / Woodbourn Road. **Northern 1E:** Cleethorpes / Spenborough. **Northern 1W:** Blackpool / Wirral. **Northern 2SE:** Wombwell. **Northern 2NW/NE:** Chester-le-Street.

UKA YOUNG ATHLETES' GIRLS' LEAGUE
Premier 1: Liverpool. **Premier 2:** Wigan. **Premier 3:** Telford. **Premier 4:** Tipton. **Premier 5:** Haringey. **Premier 6:** Tooting Bec. **South East 1:** Brighton. **South West 1:** Horsham. **South East 2:** Canterbury. **South West 2:** Bracknell. **Midland East 1:** Leamington **Midland West 1:** Yate. **Midland East 2:** Rugby. **Midland West 2:** Newport. **North East 1 / North East 2:** Border. **North East Central 1 / North East Central 2:** Scunthorpe. **North West 1:** Horwich. **North West Central 1:** Bolton. **North West 2:** Deeside. **North West Central 2:** Bolton.

WELSH VETERANS' CHAMPIONSHIPS
Cardiff. 10.30am.
Contact: Mrs M Webb. 029-2059 5319

Monday July 1

NORTH EAST VETERANS' LEAGUE.
Jarrow. 7.00pm.
Contact: G Wood, 42 Telford Close, High Shincliffe DH1 2YJ

Tuesday July 2

SOUTH YORKSHIRE LEAGUE
Rotherham.

Wednesday July 3

BIRCHFIELD HARRIERS MIDWEEK OPEN
Alexander Stadium, Birmingham. 7pm.

BMC NIKE GRAND PRIX
Thames Valley Athletic Centre, Eton.
Contact: Tim Brannan 01628-415748

CHELTENHAM MIDSUMMER OPEN
Prince of Wales Stadium, Tommy Taylors Lane, Cheltenham, Gloucestershire GL50 4RN 7pm.
Contact: Mrs Joyce Barrus. 01452-812942

COMPLETE RUNNER WEST YORKSHIRE LEAGUE
South Leeds.

EASTERN VETERANS' LEAGUE
Various venues.

FALKIRK OPEN
Grangemouth Stadium, Falkirk. 6.30pm.
Contact: 07324-504590

VETERANS AC OPEN MEETING
Millennium Arena, Battersea, London.
Contact: Liam O'Hare. 0208-672 6042

Saturday July 6

BRITISH LEAGUE
Division 1: Alexander Stadium.
Division 3: Edinburgh.
Division 4: Wood Green.

CARLISLE ASPATRIA AC COMBINED EVENTS MEETING
Sheepmount Stadium, Carlisle, Cumbria.
Contact: Mr D Hymers. 016973-20162

DERBY MINI-LEAGUE
Derby.

ENGLISH SCHOOLS' CUP FINAL
Eton.

MIDLAND MEN'S LEAGUE
Division 1: Telford. **Division 2:** Worcester. **Division 3:** Mansfield.
Division 4: Stourport.
Division 5 & 6: Hereford.

NORTH OF ENGLAND MEN'S LEAGUE
Division 1: Grimsby. **Division 2NE:** Middlesbrough. **Division 2SE:** Rotherham. **Division 2C:** Macclesfield. **Division 2W:** Lancaster. **Division 3NE:** Newcastle. **Division 3SE:** Rotherham. **Division 3C:** Cleckheaton. **Division 3W:** Warrington. **Division 4NE:** Middlesbrough. **Division 4SE:** Grantham. **Division 4C:** Macclesfield. **Division 4W:** Lancaster. **Division 5NE:** Newcastle. **Division 5W:** Warrington.

SOUTHERN WOMEN'S LEAGUE
Division 1: Jarman Park / Broadbridge / Kingsmeadow / Portsmouth (D2) /

Available on cable and digital TV

what's on

Gloucester Park. **Division 2:** Portsmouth (D1) / Braunton / Battersea / Withdean / Norman Park. **Division 3E:** Mile End Stadium (D3) / Erith Stadium / Woodside Stadium / Mile End Stadiun (D3) / Tonbridge School. **Division 3W:** Salisbury / Bracknell (D3) / Handy Cross / Stoke Mandleville / Bracknell (D3).

SCOTTISH COMBINED EVENTS CHAMPIONSHIPS
Scotstoun. Until July 7.

UK WOMEN'S LEAGUE
Division 1: Alexander Stadium.

WELSH SCHOOLS' CHAMPIONSHIPS
Brecon, Powys.

Sunday July 7

BRITISH LEAGUE
Division 2: Wigan.

EASTERN CHAMPIONSHIPS
St Ivo Outdoor Centre, St Ives, Cambridgeshire.

HERTFORDSHIRE VETERANS' CHAMPIONSHIPS
Stevenage.

NORTHERN WOMEN'S LEAGUE
Division 1: Cleckheaton. **Division 2W:** Stretford. **Division 2E:** Cleethorpes. **Division 3W:** Macclesfield. **Division 3WC:** Oldham. **Division 3EC:** Lincoln. **Division 3E:** Jarrow. **Division 4W:** Macclesfield. **Division 4WC:** Oldham. **Division 4EC:** Lincoln. **Division 4E:** Jarrow.

SOUTHERN COUNTIES VETERANS' LEAGUE
Various.

SUSSEX U13 (DAY 1) & VETERANS' CHAMPIONSHIPS
Eastbourne. 11.30am.
Contact: John Linfield. 01903-814685

UK WOMEN'S LEAGUE
Division 2: Wakefield. **Division 3:** Grimsby. **Division 4:** Yate.

Monday July 8

WELSH GAMES
Leckwith Stadium, Cardiff.

Tuesday July 9

GOLDEN LEAGUE
Corby.

EASTBOURNE ROVERS MILE TIME TRIAL
Eastbourne Sports Park Track, Crosslevels Way, Eastbourne, East Sussex. 7.30pm.
Contact: Andy Payne. 01323-638335

TONBRIDGE AC OPEN
Tonbridge School Track, Tonbridge, Kent. 6.15pm.
Contact: Iain Presnell. 01892-822027

TRAFFORD AC GRAND PRIX
Longford Park Stadium, Chorlton-cum-Hardy, Manchester M21 9TA. 6.30pm
Contact: Mike Harris. Longford Park Stadium, Ryebank Road, Chorlton-cum-Hardy, Manchester, M21 9TA

Wednesday July 10

CHELTENHAM MIDSUMMER OPEN GRADED
Prince of Wales Stadium, Tommy Taylor Lane, Cheltenham, Gloucestershire, GL50 4RN. 7pm.
Contact: Mrs Joyce Barrus. 01452-812942

WATFORD WEDNESDAY EVENING MEETING
Woodside Stadium, Horseshoe Lane, Watford. 7pm.
Contact: 01727-864222

Friday July 12

ENGLISH SCHOOLS' CHAMPIONSHIPS
Harvey Hadden Stadium, Nottingham. Until July 13.

NORWICH UNION AAA CHAMPIONSHIPS & EUROPEAN TRIALS
Alexander Stadium, Birmingham. Until July 14.

Saturday July 13

BIGGLESWADE SPORTS MEETING
Fairfield Sports Ground, Fairfield Road, Biggleswade, Bedfordshire. 1.30pm.
Contact: Des Ball, 16 Saffron Road, Biggleswade SG18 8DJ

SCOTTISH VETERANS' CHAMPIONSHIPS
Pitreavie.

SOUTHERN MEN'S LEAGUE
Division 1: Worthing / Basildon / Sutcliffe Park / Ipswich / Battersea Park. **Division 2:** Hemel Hempstead / Cricklefields / Mountbatten / Cambridge University / Norman Park. **Division 3:** Salisbury / Ipswich / Milton Keynes / Walton / Abingdon. **Division 4E:** Eastbourne / Ware (joint fixture) / Sutcliffe Park / Norman Park. **Division 4W:** Croydon / Milton Keynes / Battersea Park / Worthing / Salisbury. **Division 5E:** Croydon / Basildon / Cambridge University / Cricklefields. **Division 5W:** Perivale (joint fixture) / Mountbatten / Oxford.

WELSH JUNIOR LEAGUE
North Division: Wrexham.

Sunday July 14

AVON LEAGUE
Yate. 12.30pm .
Contact: M Potter. 01249-660468

BARNSLEY AC YOUNG ATHLETES' OPEN
Dorothy Hyman Sports Centre, Cudworth, Barnsley, S Yorkshire. 11am.
Contact: Sandra Brown. 01226-246711

BRITISH VETERANS' PENTATHLON & 10km WALK / MIDLAND VETERANS' PENTATHLON & 10,000m CHAMPIONSHIPS
Solihull, West Midlands.
Contact: Brian Owen. 01684-56571

COLTS AND BOYS LEAGUE OF KENT
Erith.
Contact: Brian Charlton. 01795-890200

DEVON LEAGUE
Braunton.

HERTFORDSHIRE U13 OPEN PENTATHLON
Jarman Stadium, Hemel Hempstead, Hertfordshire.
Contact: Fred Ward. 01923-267589

LINCOLNSHIRE LEAGUE
Grantham.
Contact: Tony Woollard. 01949-843322

NORTH EASTERN COUNTIES 10,000m CHAMPIONSHIP inc NORTH OF ENGLAND CUP
Eastbourne Centre, Darlington.
Contact: Mike Bateman, 22 Glenfield Avenue, Cramlington, Northumberland NE23 3SZ

NORTH OF ENGLAND LEAGUE KNOCKOUT CUP FIRST ROUND
Various venues.

RAILTRACK SCOTTISH WOMEN'S LEAGUE
Grangemouth.

SCOTTISH MEN'S LEAGUE
Division One: Scotstoun.
Division Two: Meadowbank.
Contact: Gordon McLean 0141-776 6013

SUSSEX U13 CHAMPIONSHIPS
Horsham. (Day two).
Contact: Keith May. 01444-831430

WELSH JUNIOR LEAGUE
East, West & Mid Division: Neath.

Tuesday July 16

WELSH VETERAN'S LEAGUE
Neath. 6.45pm.
Contact: Mrs M Webb. 02920-595319

Wednesday July 17

BIRMINGHAM ROWHEATH AC/BIRMINGHAM UNIVERSITY AC
Munro Sports Centre, Birmingham University, Pritchetts Road, Edgbaston, Birmingham.
Contact: Gordon Ainsley. 0121-4274502/Nick Price. 0121-2430342

MIDSUMMER OPEN GRADED MEETING
Prince of Wales Stadium, Tommy Taylor Lane, Cheltenham, Gloucestershire. 7pm.
Contact: Mrs Joyce Barrus. 01452-812942

NORTH EASTERN LEAGUE
Monkton Stadium, Jarrow, Tyne & Wear. 7pm.
Contact: George Patterson. 01670-734295.

ROSENHEIM LEAGUE
East Division: Tooting Bec. **West Division:** Barn Elms.

WOODFORD GREEN WITH ESSEX LADIES OPEN GRADED
Ashton Playing Fields, Chigwell Road, Woodford Green, London.

Saturday July 20

BMC NIKE GRAND PRIX
Edinburgh.
Contact: Chris Robison. 0131-476 7329

GLEN MORAY ELGIN HIGHLAND GAMES
Morriston Park, Elgin. Noon.
Contact: Fay Carleton. 01343-548611

HERNE HILL HARRIERS OPEN
Tooting Bec Track, Tooting Bec Road, London. 12.30pm.
Contact: Kevin Kelly. 0208-677 0337

NORTH EAST VETERANS' CHAMPS
Monkton Stadium, Jarrow, Tyne & Wear. 11.30am.
Contact: Mr G Wood, 42 Telford Close, High Shincliffe, Durham DH1 2YJ

SIAB SCHOOLS' INTERNATIONAL
Scoutstoun, Glasgow.
Contact: Linda Trotter. 01592-772013

U23 INTER-REGIONAL MATCH
Derby.

VETERANS COMBINED EVENTS MATCH (GB v USA)
Sheffield. Until July 21.

Sunday July 21

BRITISH LEAGUE CUP SEMI-FINALS
Barnet (Tbc), Derby, Eton, Stoke-on-Trent.

RENFREWSHIRE AND DUNBARTONSHIRE JOINT CHAMPS
Linwood, Renfrewshire. 1pm
Contact: Colin A Shields. 0141-571 9243

SHIRE HARRIERS OPEN MEETING
Chris Anderson Stadium, Aberdeen. Noon.
Contact: Trevor Madigan. 01224-632607

UKA YOUNG ATHLETES' BOYS' LEAGUE
Southern Premier: Woodford Green / Belgrave. **Southern One North:** Bedford / St Albans. **Southern One South:** Brighton & Hove / Eastbourne. **Southern One East:** Chelmsford / Cambridge. **Southern One West:** Guildford / Isle of Wight. **Midland Premier:** Burton / Yate. **Midland One East:** Sutton in Ashfield / Telford. **Midland One West:** Cardiff / Stourport. **Midland Two:** Cannock. **Northern Premier:** Bingley / Mandale. **Northern One East:** Rotherham / Jarrow. **Northern One West:** Bury / Border. **Northern Two South East:** Bradford. **Northern Two North West / South West:** Connahs Quay. **Northern Two North / North East:** Darlington / Chester-le-Street.

UKA YOUNG ATHLETES' GIRLS' LEAGUE
Premier One: Blackpool. **Premier Two:** Wakefield. **Premier Three:** Nuneaton. **Premier Four:** Birmingham. **Premier Five:** Crawley. **Premier Six:** Tilsley Park. **South East 1:** Ealing. **South West 1:** Isle of Wight (joint). **South East 2:** Cricklefields. **South West 2:** Wycombe. **Midland East 1 / Midland East 2:** Tamworth. **Midland West 1:** Carmarthen. **Midland West 2:** Swindon. **North East Central 1 / North West Central 1:** Spenborough. **North West 1:** Trafford.

road

Wednesday June 19

LINCOLN WELLINGTON 5km & 3km
Yarborough Leisure Centre, Riseholme Road, Lincoln, Lincolnshire. 7pm.
Contact: Doug Bramhall. 01522-805049

NEWBURN RIVER RUN
Newburn Riverside Recreation Association, Grange Road, Tyne & Wear. 7.15pm.
Contact: Frank Watson 0191-2673088

RHAYADER 5km & JUNIOR MILE
Caban Coch Dam, Elan Valley, Powys. 7pm.
Contact: Barbara Lawrence. 01597-810052

SSAFA FORCES HELP 5km SERIES
Cardiff. 8pm.
Contact: Graham Finlayson. 02920-890648

Thursday June 20

GLOBE INN 5km SERIES
Globe Inn, Sandhurst Lane, Gloucester, Gloucestershire. 7.45pm.
Contact: T Haines. 01452-410885

MILNATHORT DASH 5.8
Milnathort, Fife.
Contact: 01577-864253

PORTOBELLO 4
Portobello Promenade, Edinburgh.
Contact: 0131-657 1477

Friday June 21

PARK HALL 5km
Oswestry Rugby Club, Oswestry, Shropshire. 7.30pm.
Contact: Doug Morris. 01691-653338

Saturday June 22

DATCHET DASH 10km
Churchmead School, Slough Road, Datchet, Berkshire. 10am.
Contact: 69 Alderbury Road, Langley SL3 8DJ

Sunday June 23

ANNAN & DISTRICT AC 10km
Newington, Annan, Dumfries.
Contact: Jim Sloan 01461-202831

ASICS BLACKPOOL MARATHON & HALF-MARATHON
Hilton Hotel, North Promenade, Blackpool, Lancashire. 9am.
Contact: Ron McAndrew. 01253-395976

BOREHAM WOOD HALF-MARATHON & FUN RUN
Hawksmoor Centre, Potters Lane, Borehamwood, Hertfordshire. 10am.

BRADING 10km
Smallbrooke Stadium, Ryde, Isle of Wight. 1pm.
Contact: 31 High Street, Oakfield, Ryde PO33 1EJ

CROXDALE 10 & 5
Tudhoe Grange Comprehensive School, Spennymoor, Durham. 10.30am.
Contact: Val Hancock. 0191-384 9780

GIRVAN AAC HALF-MARATHON
Girvan Academy, Ayrshire.
Contact: 07796-581643

MANCHESTER 10km
Manchester Town Hall, Albert Square, Manchester. 9.15am.
Contact: Graham Jackson. 0161-740 7277

NOVARTIS GRIMSBY 5
Novartis Social Club, Moody Lane, Pyewide, Grimsby, Lincolnshire.
Contact: Mike Helm. 0113-259 1070

POLAROID 10km SERIES
Christie Park, Alexandria, West Dunbartonshire. 10am.
Contact: 01389-714455

Tuesday June 25

GOLDEN WONDER HARBOROUGH 5
Market Harborough, Leicestershire. 7.45pm.

SALE HARRIERS 5km SERIES
Wythenshawe Park, Wythenshawe Road, Manchester.
Contact: 0161-905 2064

Wednesday June 26

LICHFIELD SUMMER 5km SERIES
Beacon Park, Lichfield, Staffordshire. 7.30pm.
Contact: Tim Smith. 01543-256344

NEW MARSKE PIE & PEAS 10km
St Thomas Church Hall, New Marske, nr Redcar, Cleveland. 7.30pm.
Contact: Terry Henderson. 01287-207502

OTLEY MOTORS 10
Otley RUFC, Cross Green, Otley, West Yorkshire. 7.30pm.
Contact: Mr A Robertson. 01535-656846

Thursday June 27

JUDE GALLAGHER MEMORIAL "ROUND THE BRIDGES" 10.5
Limavady Recreation Club, Killane Road, Limavady, Co. Londonderry.

BRITISH EUROSPORT – The home of World Class Athletics.

7.15pm.
Contact: Bill Deehan. 02877-766907

Friday June 28

SERPENTINE RUNNER'S WORLD LAST FRIDAY OF THE MONTH 5km
Lido Cafe, Hyde Park, London.
Contact: Malcolm French. 0208-422 3900

Saturday June 29

KINTBURY 5
Recreation Ground, Kintbury, Hungerford, Berkshire. 11am.
Contact: Dave Wright. 01488-657133

Sunday June 30

ARRAN HALF-MARATHON
Blackwaterfoot, Isle of Arran.
Contact: 01770 860427
DYSART DASH 10km
Ranelagh Harriers HQ, Petersham Road, Richmond, Surrey.
Contact: Dysart Dash, 2 Sapte Close, Cranleigh, Surrey GV6 7HA
HARRY HAWKES 8
Giggs Hill Green, Thames Ditton, Surrey. 10am.
Contact: 0207-775 2367
LES ALLCORN 10km
Hulne Park, Alnwick, Northumberland. 10.30am.
Contact: Audrey Stewart, 15 Windsor Gardens, Alnwick, Northumberland NE66 1LW
THAME CPM 10km
Thame Sports & Art Centre, Oxford Road, Thame, Oxfordshire. 9.30am.
Contact: Neil Richards. Holly House, Upton Road, Upton, HP17 8UF Reg Koster
TORBAY HALF-MARATHON
Paignton Green, Paignton, Devon. 10am.
WYMONDHAM AC MIDSUMMER 10
Morley Village Hall, nr Wymondham, Norfolk. 11am.
Contact: Eurwyn Jones, 85 High House Avenue, Wymondham NR18 0JN

Monday July 1

HEATON HARRIERS JESMOND DENE HANDICAP 5.5km
Peoples Theatre, Stephenson Road, Newcastle-upon-Tyne. 7.30pm.
Contact: George Routledge, 5 St Hildas Avenue, Holy Cross, Wallsend, Tyne & Wear NE28 7AB

Tuesday July 2

CRYSTAL PALACE CANTER 5km
Top car park, National Sports Centre, Crystal Palace, London. 12.30pm.
Contact: 020-876 7825
HARWICH 5km SERIES
Harwich & Dovercourt Cricket Club, Harwich, Essex.
Contact: 01206-393787
'INN SPIRED PUBS' BRIDGE INN 5
The Bridge Inn, Shortwood, Mangotsfield, Bristol. 7.30pm.
Contact: Mike Adams. 01761-462179

Wednesday July 3

CHORLEY HARRIER 4 NIGHT SERIES
Astley Village, Chorley, Lancashire. 7.30pm.
Contact: Mrs Sarah Bennett. 01257-270506
DARLINGTON PITSTOP 10km
Croft Circuit, Croft, N Yorkshire. 7pm.
Contact: Mr J Brant, 48 Ridgeway, Darlington, Co Durham DL3 0SF
"HAY-O" 7km
Derwent AC Clubhouse, Cumbria.
Contact: Mr A Miller, 32 Helens Street, Cockermouth CA13 9HX
NEWBURGH 5
Newburgh, Fife.
Contact: G Bennison 01334-828457
TYNEDALE 10km
Ovingham Middle School, Northumberland. 7.30pm.
Contact: Cliff Thornton 01661-833613 (Evening)
WOKING HANDICAP 3
Woking Leisure Centre, Kingfield Road, Woking, Surrey. 12.30pm.
Contact: Jim Miller. 01483-564274

Thursday July 4

HARDWICKE FUN RUNNER 4
Pilot Inn, Hardwicke, Gloucestershire. 7.30pm.
Contact: T Haines. 01452-410885
HISTORIC HARWICK HALL 6
Pilsley, nr Chesterfield, Derbyshire. 7.30pm.
Contact: Cyril Leason. 01773-872484
RYSTON RUNNERS MIDSUMMER 5
R.B. Haynes Pavilion, War Memorial Playing Field, Lynn Road, Downham Market. 7.30pm.
Contact: 01366-388597
TRANSPORTER BRIDGE 5km SERIES
Stephenson Street, Newport. 7pm.

Sunday July 7

ASTON 5
Aston, Hertfordshire. 10.30am.
Contact: Mr Holt, 4 Wrights Orchard, Aston, Stevenage SG2 7HR
BRENTWOOD 10km
Herongate Football Club, Billericay Road, Horndon Green, Ingrave, Essex. 11am.
Contact: 01277-217752
ELLESMERE 10km
Lakelands School, Ellesmere, Shropshire. 1pm.
Contact: Doug Morris. 01691-653338.
JOHN O'CALLAGHAN MEMORIAL 5
Vauxhall Sports Ground, Gypsy Lane, Luton, Bedfordshire.
Contact: 01582-753739
KILBURN 7
Kilburn, North Yorkshire. 11.30am.
Contact: 01347-868642
MANSFIELD 'STARS & STRIPES' HALF-MARATHON
Mansfield, Nottinghamshire. 10am.
Contact: 01623-635991
NEWMARKET 10km
Sports Centre, Exning Road, Newmarket, Suffolk. 11am.
Contact: J Grimwood. 80 Drinkwater Close, Newmarket, Suffolk CB8 0QW

Monday July 8

BUSINESS HOUSE RELAYS
Cannon Hill Park, Edgbaston Road, Birmingham. 7pm.
Contact: Beverley Parris. 0121-4646025
FORRES HIGHLAND GAMES 10km
Grant Park, Forres, Moray.
Contact: Mike Scott. 01309-673289

Tuesday July 9

MILTON KEYNES 10km
Milton Keynes.
Contact: Dr M Bromilow, OU Maths Faculty, Walton Hall, Milton Keynes, Bucks MK7 6AA
SALE HARRIERS 5km SERIES
Wythenshawe Park, Wythenshawe Road, Manchester.
Contact: 0161-905 2064
SUMMER COAST ROAD 5km
Bydales School, Marske-by-Sea, nr Redcar, Cleveland. 7.15pm.
Contact: Terry Henderson. 01287-207502

Wednesday July 10

BARCLAYS SUNSHINE 5km
Newcastle and Gateshead Quaysides, Tyne & Wear.
Contact: The Sunshine Run, Evening Chronicle, Groat Market, Newcastle-upon-Tyne NE1 1ED
RUTLAND WHISSENDINE 6
Stapleford Park, Leicester. 7.30pm.
Contact: Bob Atkinson, Foxglove Cottage, Leicester Rd, Belton-in-Rutland, Oakham LE15 9AQ
YEOVIL 5km SUMMER SERIES
Yeovilton Air Station, Somerset. 7.15pm.
Contact: 01458-223977

Thursday July 11

BIRMINGHAM ROWHEATH AC 5km SERIES
Rowheath Pavilion, Heath Road, Bournville, Birmingham. 7.45pm.
Contact: Richard Carney. 0121-747 3582

Friday July 12

PARK HALL RELAYS
Oswestry Rugby Club, Oswestry, Shropshire. 7.15pm.
Contact: Doug Morris. 01691-653338

Saturday July 13

NPOWER DASH
Cathedral Close, Lichfield, Staffordshire. 11am.
Contact: 01543-433373
PILOT INN 10
Pilot Inn, Hardwicke, Gloucestershire. 3pm.
Contact: D Buckle. 01452-721792

Sunday July 14

BLACKPOOL BEACH 10km
Blackpool Sea Front, Lancashire. 10am.
Contact: SRH Promotions, Beach 10k, 55 Poulton Road, Blackpool FY3 7DS
NOTFAST OPEN 10km
Newark Rugby Club, Kelham Road, Newark, Nottinghamshire.
Contact: J Dickenson. 01636-683479
PETERBOROUGH POLICE 10km
Travelex (formerly Thomas Cook), Thorpe Wood, Peterborough, Cambridgeshire. 11am .
Contact: Simon Lovell. 01733-424273
'SEE ABILITY' WELLINGTON 10 inc SOUTH WEST VETERANS AC CHAMPIONSHIPS
Courtfields Community School, Mantle Street, Wellington, Somerset. 10.30am.
Contact: Mrs Anna Adcock. 01823-667884
TADLEY RUNNERS SUMMER 10km
Hurst Community School, Tadley, Hampshire. 10.30am.
WIGAN HARRIERS PRE-COMMONWEALTH GAMES OPEN
Robin Park Arena, Loire Drive, Wigan, Lancashire. WN5 0UH.
Contact: David Willey. 01942-223340

Monday July 15

SALTCOATS 4.5
Laighdykes Pavilion, Jack's Road, Saltcoats, Ayrshire. 7pm.
Contact: Jim Young. 01294-211304

Tuesday July 16

CORNWALL AC MIDSUMMER TURKEY TROT 4
Tricky Dickies, Tolgus Mount, Redruth, Cornwall.
Contact: Mrs Angela Burrows. 01209-213226
HILTON CHERNOBYL CHILDREN ROAD & TRAIL RACE
Falcon Inn, Littleborough, Manchester. 7pm.
Contact: Andrew O'Sullivan BEM. 01706-750620

Wednesday July 17

LINCOLN WELLINGTON 5km & 3km
Yarborough Leisure Centre, Riseholme Road, Lincoln, Lincolnshire. 7pm.
Contact: Doug Branmhall. 01522-805049
REIGATE PRIORY EVENING 10km
Priory Park, Reigate, Surrey. 7.30pm.
Contact: I Moore 01293-782297

Thursday July 18

GLOBE INN 5km SERIES
Globe Inn, Sandhurst Lane, Gloucester, Gloucestershire. 7.45pm.
Contact: T Haines. 01452-410885
WINCHESTER CITY CENTRE 5km
Guildhall, Winchester, Hampshire. 7pm
Contact: Concept Sport 01794-340202

Friday July 19

CHUDLEIGH 5
Chudleigh Town Centre, Chudleigh, Devon. 7.30pm.
Contact: Paul Ross. PaulRoss@plympton25.fsnet.co.uk
DICK WHITTINGTON DAWDLE
Whittington Cricket Club, Whittington, Shropshire. 7.15pm.
Contact: Doug Morris. 01691-653338
WALKINGTON 10km
Walkington Playing Fields, Beech View, Walkington, nr Beverley, East Riding of Yorkshire. 7.30pm.
Contact: Brian Richardson. 01482-867233

Saturday July 20

GLEN MORAY ELGIN 10
Morriston Park, Elgin. 2.30pm
Contact: Fay Carleton. 01343-548611

Sunday July 21

BRITISH 10km OPEN
Hard Rock Cafe, Piccadily, London.
Contact: Mike O'Reilly. 0208-7580044
DARTFORD HALF-MARATHON
Central Park, Dartford, Kent. 10am.
Contact: Dartford Half-marathon, 17 Lambardes, New Ash Green, Longfield, Kent DA3 8HX
ELMBRIDGE ROAD RUNNERS 10km
Elmbridge Leisure Centre, Walton-on-Thames, Surrey. 10.30am.
Contact: Paul Westbrook, 2 Elgan Avenue, Ashford TW15 1QF
PENNY LANE STRIDERS 10km
Aigburth, Liverpool. 11am .
Contact: 63 Eastcote Road, Liverpool, L19 7NR
ST IVES 'DAIRY CREST' 10km & MAYORS FUN RUN
St Ivo Outdoor Centre, St Ives, Cambridgeshire. 10.30am .
Contact: Mr D Willis, 70 High Street, Horningsea, Cambridge CB5 9JG

walks

Wednesday July 3

LPR YACHT HANDICAP (9km)
Blackheath. 7pm.

Saturday July 6

RWA 35km MEN, 5km WOMEN
Tbd.
Contact: Chris Smith. 0116-251 8744

Sunday July 14

BVAF TRACK CHAMPIONSHIPS
Solihull, West Midlands.

fell

Friday June 21

BARROWFORD FELL inc PENDLE & BURNLEY GRAND PRIX
Pendle Heritage Centre, Barrowford, Lancashire. 7pm.
Contact: 01282-693176

Sunday June 23

HENDON BROOK (13.5M) inc PENDLE & BURNLEY GRAND PRIX
Marsden Golf Club, Nelson, Lancashire. 11am.
Contact: 01282-866995

Wednesday June 26

PENSHAW HILL RACE
Penshaw, Tyneside. 7.15pm.
Contact: 01951-5229221

Sunday June 30

OXENHOPE STRAW RACE
Oxenhope, West Yorkshire.
Contact: 01535-644298

Thursday July 3

SHELFMOOR UPHILL-ONLY FELL (3M/2000ft)
Royal Oak, Glossop, Derbyshire. 7.30pm.
Contact: 01457-854381

Saturday July 13

RALEIGH INTERNATIONAL BRECON BEACONS CHALLENGE
Brecon Beacons National Park, Brecon, Powys.
Contact: Raleigh International. 0207-371 8585

Friday July 19

OFF BEAT BIKES UPHILL RACE
Nevis Range Ski Centre, Torlundy, Fort William, Highland.
Contact: N Forster. 01397-704008

Saturday July 20

GLAMAIG HILL RACE

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Sligachan Hotel, Skye, Highland. 3pm
Contact: RL Morris. 0131 447 8846

multi-terrain

Wednesday June 19

CITY OF SUNDERLAND SPORT IN PARKS WASHINGTON 5.6km
Biddick School, Washington, Tyne & Wear. 7.15pm.
Contact: Michelle Whittle. 0191-553 4689

Friday June 21

SHIP INN SHELL BAY SANDY SLITHER 6
Beach Car Park, Lower Largo, Fife. 7.30pm.
Contact: Graham Bennison. 01334-828457

Sunday June 23

EDEN VALLEY 'WILD RACES'
Eden Valley, Cumbria. 11am.
Contact: 0191-266 5052
RAMSEY 10
Ailwyn School, Hollow Lane, Ramsey, Cambridgeshire. 10.30am.
Contact: Adrian Graham. 01487-812829

Saturday June 29

TRENT PARK RUNNING CLUB 5km HANDICAP TRAIL RACE
Southgate Hockey Centre, Snakes Lane, Oakwood, Enfield, Middlesex. 9.30am.
Contact: John Bathe. 0208-292 0319

Sunday June 30

DAVID SCANLON FOUR SANDS 9
Brierdene Public House, Whitley Bay, Tyne & Wear. 10am.
Contact: Barbara Ingman, 14 Clovelly Gardens, Whitley Bay NE26 1PZ

Thursday July 4

AEROSPACE 5
Smiths Clubhouse, Bishops Cleeve, Gloucestershire. 7.30pm.
Contact: 01242-576583

Sunday July 7

VIGA 'THIRSTY THREE' 3.25
Wheelton, Lancashire. 3.15pm.
Contact: Terry Dickenson, 58 Millbrook Close, Wheelton PR6 8JY

BMC Nike Grand Prix, Solihull, June 22 (5.30pm)

A TRIO of Antipodean athletes looking for opportunities ahead of the Commonwealth Games headline the entries for the second of these meetings.

In the women's 800m Australian No.2 Susan Andrews is aiming to dip below two minutes, having run 2:01.81 this season. Home opposition is expected to come from 17-year-old Charlotte Moore, whose PB of 2:04.95 in Street last month was the quickest in a BMC event by a junior member of the club. Rebbeca Lyne, who has run 2:04.89 this season, is also in the field.

Teenage prodigy Georgie Clarke goes in the 1500m, a distance at which she was second quickest junior in the world last year. She is set to face Lisa Dobriskey, who will be aiming to go below 4:18.00 – the qualifying mark for the World Junior Championships.

Joanne Wilkinson, with 16:10 to her name this year, could be the class of the field in the 5000m.

In the men's two-lap event, New Zealand's Mark Rodgers, a 1:47 athlete this year, could find tough competition from the ever-improving junior Ricky Soos, who ran 1:48.10 last month.

At 1500m Anthony Moran, who went to ninth on the UK all-time under-17 rankings in Wythenshawe, is looking to go a couple of seconds quicker than his 3:52.02 in the BMC opener.

The 5000m line-up includes Rob Birchall, Matt Smith and Spencer Newport.

Wednesday July 10

CHIPPENHAM HARRIERS 5km RIVER RUN
Olympiad Sports Centre, Chippenham, Wiltshire. 7.30pm.
Contact: Mandy Peaple. 01249-713380
CITY OF SUNDERLAND SPORT IN PARKS HYLTON CASTLE 4.5km
Castle View Centre, Hylton Castle, Sunderland, Tyne & Wear. 7.15pm.
Contact: Michelle Whittle. 0191-5534689.

Sunday July 14

AMNESTY 6
Exhibition Park Cafeteria, Town Moor, Newcastle-upon-Tyne. 11am.
Contact: All-Terrain Events, PO Box 142, Newcastle-upon-Tyne NE12 9WZ
BATH THREE SHIRES CHALLENGE (approx. 10 MILES)
Sports Pavilion, Bath Easton, nr Banes, Bath. 11am.
Contact: Sue Holman. 01225-310120 ray@brigden21.freeserve.co.uk

Monday July 15

LOCHABER AC COW HILL RACE
Parade, Fort William, Highland. 7pm.
Contact: J Hepburn. 01397-02581

Wednesday July 17

BASF OLD MONKS 6
Ship Inn, High Hesleden, Hartlepool, Cleveland. 7.15pm.
Contact: Bob Stonehouse. 01429-860240
HORWICH RMI HARRIERS JUBILEE 4 SERIES
Rivington, Horwich, Lancashire. 7.30pm.
Contact: Gareth Hughes 01204-695528

Thursday July 18

ANGEL VIEW RUN 5
Angel View Inn, Low Fell, Gateshead, Tyne & Wear. 7.15pm.
Contact: Alan Elders 0191-4870518

Friday July 19

POOLE RUNNERS SUMMERTIME TRIALS
Willett Arms, nr Wimborne, Dorset. 7pm.
Contact: Geoff Scott 01202-625051

Sunday July 21

CITY OF CHICHESTER INTERNATIONAL MARATHON
Graylingwell Hospital, Chichester, West Sussex.
Contact: 01243-528467
DOWNLAND RUNNING FESTIVAL – "JACK & JILL CHALLENGE"
Clayton Playing Fields, Underhill Lane, Clayton, West Sussex. 11.30am.
Contact: 24 Marlborough Drive, Burgess Hill, RH15 0EU
DOWNLAND RUNNING FESTIVAL - 30 MILE "DOWNLAND" CHALLENGE
Clayton Playing Fields, Underhill Lane, Clayton, West Sussex 9am.
Contact: 24 Marlborough Drive, Burgess Hill, RH15 0EU
KIELDER FOREST 10
Kielder Forest, Northumberland. 11am.
Contact: 0191-2665052
OMEGA OUTDOOR NORTHUMBERLAND COASTAL 14
Main Tourist Park, Beadnell, Northumberland. 10.30am.
Contact: Mr D Henderson, 19A Bondgate Without, Alnwick, Northumberland NE66 2PR

overseas

Saturday June 22

DECASTAR COMBINED EVENTS
Talence, France. Until June 23.
SPAR EUROPEAN CUP SUPER LEAGUE
Annecy, France. Until June 23.
SPAR EUROPEAN CUP – FIRST & SECOND LEAGUES
Various. Until June 23.

Friday June 28

MOBIL BISLETT GAMES (IAAF GOLDEN LEAGUE)
Oslo, Norway.

Tuesday July 2

ATHLETISSIMA 2002 (IAAF GP)
Lausanne, Switzerland.

Friday July 5

MEETING GAZ DE FRANCE (IAAF GOLDEN LEAGUE)
Paris, France.

Sunday July 7

WMRA EUROPEAN MOUNTAIN RUNNING TROPHY
Madeira, Portugal.

Monday July 8

ZAGREB MEETING (IAAF GP II)
Croatia.

Friday July 12

GOLDEN GALA (IAAF GOLDEN LEAGUE)
Rome, Italy.

Tuesday July 16

DN GALAN (IAAF GP)
Stockholm, Sweden.

Friday July 19

HERCULIS GRAND PRIX (IAAF GOLDEN LEAGUE)
Monaco.

cross country

Tuesday June 25

GRAVESEND ROAD RUNNERS & AC MID-SUMMER RELAYS
Nurstead Court Farm, Nurstead Church Lane, Gravesend, Kent. 8pm.
Contact: 07710-028921

Spar European Cup, Annecy, France, June 22-23

THE Norwich Union Great Britain and Northern Ireland men's team hope to retain the title they won in Gateshead in 2000 but lost last year in Bremen.

In the town that staged the 1998 World Junior Championships, Britain's men take on Germany, Russia, Ukraine, Finland, France, Italy and last year's surprise winners Poland.

Max Jones' squad plan to make amends for their disappointing fifth place in 2001.

The British women face Ukraine, Russia, Italy, Romania, Germany, France and Poland.

Russia took the women's title, with the British women in fourth.

Timetable (UK times)
Saturday June 22
Men: 13:10 Hammer; 13:35 100 B-race; 14:35 High jump; 14:55 400H; 15:15 100; 15:20 Shot; 15:35. 1500; 15:50 Long jump; 16:10 400; 16:20 5000; 16:50 4x100.
Women: 13:20 100 B-race; 14:35 Pole vault; 14:40 Triple jump; 14:45 400H; 14:50 Discus; 15:05 100; 15:25 800; 15:45 3000; 15:50 Javelin; 16:00 400; 16:40 4x100.
Sunday June 23
Men: 14:10 Pole vault; 14:20 Triple jump; 14:25 110H; 14:30 Discus; 14:45 800; 14:55 3000 'chase; 15:30 200; 15:40 javelin; 15:55 3000; 16:40 4x400.
Women: 13:10 Hammer; 14:25 High jump; 14:35 100H; 15:05 Shot; 15:10 1500; 15:20 200; 15:35 Long jump; 15:40 3000 'chase; 16:10 5000; 16:30 4x400.

■ THE event will be televised on Eurosport and the BBC (see start of the *What's On* section for details).

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Japanese vision

The high-tech Sapporo Dome could well be the future in sports' (and athletics) provision, says TONY WARD

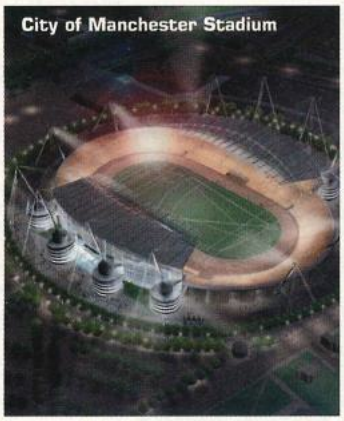
TREVOR BROOKING, BBC soccer pundit, told millions on television just prior to the England v Argentina World Cup game that he didn't much like the high-tech Sapporo Dome because the crowd was too far from the action.

This is a hoary old English chestnut, much touted by the Football Association during the seemingly endless Wembley farrago. It is a *faiblesse Anglais* that has the continentals, with their running tracks surrounding their soccer pitches, scratching their heads in amused bewilderment.

It would not matter if Brooking was just a much admired television pundit, but he is also chairman of Sport England.

In a few weeks' time, as Mancunians bid farewell to the Commonwealth, the magnificent track will be destroyed so that Manchester City FC fans can be nearer to the action and the northwest will again be bereft of a decent athletics' stadium. It is another British idiosyncrasy this tearing up of tracks. In 1948 the Wembley track was ripped up after the Olympics and likewise the Commonwealth Games track in Cardiff 10 years later.

Because the English invented various sports piecemeal it has never got into the habit of sporting cohabitation. An anathema to multi-use of facilities is something of a strange


City of Manchester Stadium

phenomenon and maybe part of the English character. It is, we think, perhaps wallowing in our Europhobia, too 'continental.'

But it has led to running tracks and stadia around this country becoming little used white elephants because the sport has never been able to adequately sustain them with sufficient use. And local authorities, as reported in *Athletics Weekly*, are waking up to the fact.

Maybe Brooking's thinking is also influenced by the fact that the Sapporo Dome with its dual-arena concept, including the extraordinary "hovering soccer stage", cost just about one third of the grandiose scheme that is to be the future Wembley and with which his organisation is so intimately involved.

Now the FA/Sport England can huff and puff that the seating capacity of Wembley will be nearly double that of Sapporo, but the fact is England could have had at least two Sapporos for the price of one Wembley, which could also have been proper national stadia.

The question is, does Sport England's thinking mirror that of its chairman? If Manchester is anything to go by, it looks like it does.

Sapporo is probably the future of sporting arenas and therefore should be of interest to athletics. I do not know if a running track could also be moved into an arena in the way that the soccer pitch is in the northern Japanese city (in two hours) but if it were possible then the ramifications are limitless.

It would also mean that athletes could compete and train in air-conditioned comfort. Sapporo looks like the future pinnacle of multi-use in sport and someone, somewhere, should be contacting the architect, Hiroshi Hara, to see what the possibilities are.

Empty stands in Athens

IF the grand prix meeting from Athens did not ring alarm bells with the IAAF in Monaco then the sport is in deeper trouble than we thought. What seemed like a handful of spectators in the vast Olympic arena greeted some of the world's very best athletes, men like Maurice Greene, Noah Ngeny and women like Zhanna Pintusevich, Jolanda Ceplak and Osleidys Menendez. There were some fine performances, but clearly only of interest to the aficionados.

The truth is, it seems, that these types of meetings are starting to bore the pants off the general public. When they began, just over 20 years ago, they were sustained by the middle-distance races, by the record-breaking achievements of Seb Coe, Steve Cram, Steve Ovett and others. World bests were set with extraordinary frequency. The fun for the uninitiated was watching the hare set the pace and then cheering the star through to break the record. These days we do not have that luxury. Records are an infrequent occurrence. Last year the only world records that were broken on the track were in the steeplechases and many meetings were only sustained by the record vaulting of Stacy Dragila. Television used to cover all the meetings; now only a handful grace our screens and if the fare served up from Athens is anything to go by there will be even fewer.

The sport does not seem to have any idea of what the public requires of it to merit their attendance or viewing. It has become very incestuous. The only solution that the IAAF and European Athletic Association seem to come up with is to tinker with the rules as if having fewer jumps and throws or only one false start will somehow drag back the customers. Yet the solution is really right under their noses in the championship meetings that spark the only passion that one sees in the sport. What the public clearly wants is meaningful, rather than meaningless, competition.

What might have dragged more Greeks to their Olympic arena would have been a match against Italy or, better still, against Turkey, though, if the latter, there might have been a suspicious number of surplus starting pistols in the stands.

The *Weekly* that was ... June 19, 1996

On the cover
KELLY HOLMES and Diane Modahl pictured hand-in-hand on their victory lap following their one-two at the Securicor AAA Championships and Olympic Trials in Birmingham.

Black breaks UK record
ROGER BLACK ran a UK record of 44.39 to win the AAA title and then wagered £1000 that runner-up Du'aine Ladejo would not beat him that season (he didn't).

Nick Buckfield set the second UK record of the Olympic trials with 5.71m in the pole vault.

Other winners included Linford Christie, John Regis, Sally Gunnell, Curtis Robb, Angie Thorp, Steve Smith, Colin Jackson, Jon Ridgeon, Tessa Sanderson and Judy Oakes.

Absentees Steve Backley and Jonathan Edwards were given until July 1 to prove their fitness for the Atlanta Games.

Carl Lewis misses out
CARL LEWIS finished last in the US Olympic Trials in Atlanta and, because of America's strict 'first three past the post' selection criteria, Lewis missed the 100m at the Games.

World record-holder Leroy Burrell also failed to qualify, finishing sixth behind winner Dennis Mitchell.

Tough marathon course
AS part of the Olympic countdown column, Norrie Williamson looked at the marathon course for the Atlanta Olympics.

Describing the difficult route, he wrote: "No matter which way you look at it, the race may not be to the fleet of foot, but to those who can go the distance."

Heartfelt praise
LETTER writer of the week, Brent Dartnell from Brighton & Hove AC, explained how he returned from a heart attack to win the Sussex county M40 shot title.

Accidental career move
BRITISH international distance runner and television presenter on BBC Wales, Angharad Mair, explained that she only got into marathon running because she told the BBC at an interview that she wanted to run a marathon, they asked her to run New York, she clocked 3:29 – and was subsequently hooked.



next week in *athletics weekly*

The Spar European Cup

Results, pictures and in-depth report on Britain's attempts to strike victory in Annecy

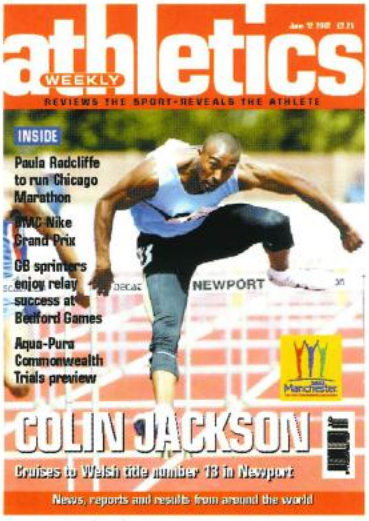
Meet the coach

Peter Stanley, adviser to Jonathan Edwards and Chris Tomlinson

Lamine Diack interview

The IAAF president talks about his former career as the Senegalese football manager

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