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and Georgia Taylor-Brown (Mark Shearman)

To stay up to date with breaking news in the sport
keep an eye on our website **athleticsweekly.com**



Athletes in the snow at Milton Keynes – see News Focus, p14

EDITOR'S COMMENT

Tribute to a legend

BRITISH athletics is full of well-liked, much-admired
figures, but it is hard to think of anybody who is more
loved than Jean Pickering. So it was no surprise to see the
avalanche of messages on Twitter and Facebook when
news broke of her death, aged 83, on Monday.

Competing as Jean Desforges in the 1940s and 1950s,
she ran in the lane next to Fanny Blankers-Koen at the
Olympics, placing fifth in the 80m hurdles and winning
4x100m bronze. In the long jump, she won the European
title and held the UK record. Such was her talent, she held
the UK record in the pentathlon too.

Jean learned to hurdle at school by clearing makeshift
barriers in her school corridor and she came from an
era where sprinters dug holes behind the startline with
a trowel. In 1950, it took her five weeks by boat and
required a month's unpaid leave to compete at the Empire Games in New Zealand.

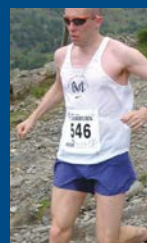
Yet despite her incredible athleticism, she will be best remembered for administering the
Ron Pickering Memorial Fund set up in memory of her husband. It raised well over £1m and
helped, at some stage, the vast majority of Britain's recent Olympic athletes.

As I wrote in a feature on Jean in AW's 60th anniversary issue in 2005: "Few people in the
sport have created such a positive and ongoing impact on British athletics."

While it is sad to lose her, the sport can seek solace in the
fact she lived to see the London Olympics take place on her old
stomping ground. Jean and Ron attended Stratford Grammar
School and, many years before London got the Games, the
former BBC commentator had the foresight to put together a
blueprint for an Olympics to be held in Lee Valley Park.

I had the pleasure of sitting next to Jean at several functions in
the past decade and she was always approachable, kind, sharp,
witty and relentlessly positive. Sadly, those moments will be no
more, although I am sure athletics will do everything to ensure
the Pickering Memorial Fund lives on for many years to come.

AW



Jason Henderson,
Editor



MARK SHEARMAN



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AW

An athletics legend

IT IS difficult to remember anyone in athletics receiving more tributes on their death than Jean Pickering did this week. Yet that is the measure of what

was achieved by the fund she set up and in how much affection she was held.

She may sadly no longer be with us – but her legacy and that of her husband, Ron, will go on.

Paul Halford, News editor



Great legacy continues

THE Ron Pickering Memorial Fund

will continue to help further generations of young athletes and a special fund-raising dinner this summer will be key in that.

Tables of 10, hosted by a star athlete, start at £1500 for a "A Night of Champions", which will be held in central London on June 19.

Email dinner@rpmf.org.uk for more details. To make a contribution to the fund, visit rpmf.org.uk.

Shaun Pickering stressed the work of the fund was far from over. He said: "Mum had worked tirelessly to keep Ron's ideals and name alive through the fund and what it stood for and was so proud of all the athletes that it had helped.

"The fund shall continue now in honour of both Ron and Jean and the huge contribution that they had both made to the sport of athletics throughout their lives."

OBITUARY: "FAIRY GODMOTHER" OF BRITISH ATHLETICS, JEAN PICKERING, DIES

Tributes pour in for 'Queen Jean'

JEAN PICKERING MBE, the 1954 European long jump champion, Olympic sprint relay medallist and widow of the legendary athletics coach and commentator Ron, has died aged 83.

Often described as the "fairy godmother" of British athletics, Jean had been involved with track and field for more than 60 years, first as a long jumper, hurdler and sprinter, and later as a fund-raiser who was made an MBE in 2010 for services to athletics and her charity work.

After the death of her husband in 1991, Jean founded the Ron Pickering Memorial Fund, dedicated to assisting aspiring young athletes. Annual grants from the fund supported many British Olympians such as Jessica Ennis, Christine Ohuruogu, Greg Rutherford and Robbie Grabarz.

From the late 1940s through until the present day, few people in the sport have created such a positive and ongoing impact on British athletics. Having competed from 1947-55, Jean was fifth in the 80m hurdles final in the 1952 Helsinki Olympics and won European long jump gold in Berne two years later.

In the 4x100m relay, she won European gold in 1950 and



MARK SHERMAN

Jean Pickering: European long jump champion and Olympic relay medallist

Olympic bronze in 1952, and she followed those medals with double bronze in the 80m hurdles and long jump at the Empire Games of 1954.

Jean held the British record in the long jump and, such was her all-round ability, she also held the national record in the pentathlon too.

Her husband, Ron Pickering, went on to become a national coach and BBC sports commentator, in 1954 and they had two children, a daughter Kim and son Shaun, who would go on to win bronze for Wales at the

1998 Commonwealth Games.

For many athletes, Jean has been their lifeline – giving aspiring youngsters the opportunity to fulfil their sporting potential, something that might not have been possible without the Ron Pickering Memorial Fund.

Since Jean founded the Memorial Fund 22 years ago it has supported thousands of talented young athletes, some of their coaches, athletics clubs and associations at grassroots. It has given out over £1.3 million in grants so far and the athletes supported make up over 75% of GB's track and field teams.

Her son Shaun said: "Mum was due to have a heart valve replacement surgery in two weeks from now, but unfortunately it was not soon enough. She had been struggling with her health for the past few years, but had set herself a goal of staying around long enough to be there at the London 2012 Olympic Games in her home town of Stratford.

"She was there to witness "Super Saturday" and to watch so many of the athletes that we had supported through the Ron Pickering Memorial Fund over the previous 21 years since Ron's passing."

Athletics world mourns her loss

ATHLETES helped by the Ron Pickering Memorial Fund, along with others, were quick to pay tribute to the woman without whom their success in the sport may not have been possible.

Here is a small selection from Twitter:

● **Daley Thompson:** "A very dear friend passed today. Jean helped everyone that needed it and always thought the best about everyone. She made me part of the family."

● **Greg Rutherford:** "Incredibly sad news that Jean Pickering has passed away. A wonderful woman who did so

much for Track and Field. She will be greatly missed"

● **Jack Green:** "Gutted to hear about the passing of Jean Pickering. An absolute saint who gave so much to the sport and has helped so many of us!"

● **Holly Bleasdale:** "So sad to hear about Jean Pickering passing away! Lovely lady and great foundation! The support from @RunforRon has been massive!"

● **EnglishSchools:** "ESAA mourn the loss of Jean Pickering and celebrate the contribution Jean made in supporting young athletes to make

their way in athletics"

● **Katharine Merry:** "Jean, you will be missed, thank you for the Ron Pickering Memorial Fund help in my early career."

● **Lisa Dobriskey:** "So sad to hear Jean Pickering has passed away. A lovely lady who cared so much for our sport. My thoughts are with her family."

Former *Athletics Weekly* editor Mel Watman summed it up when he wrote on email to AW: "If you compiled a list of the individuals who have made the greatest contribution to the well-being of British athletics, the name of Jean Pickering would be at the very top."

OBITUARY: THE FORMER WORLD 200 METRES RECORD-HOLDER FROM ITALY DIES AT THE AGE OF 60

Wells pays tribute to Moscow rival Mennea

ALLAN WELLS was typically quick to pay tribute to his old rival Pietro Mennea following the Italian's death on Thursday, and as the Scot digested the sad news from Rome, he re-lived their epic 200m battle at the 1980 Moscow Olympics and revealed that Soviet legend Valeri Borzov had inspired Mennea's victory, writes *Lorin McDougall*.

He recalled the Moscow 100m, where Wells took gold after pipping Cuban Silvio Leonard in a photo-finish. An out-of-sorts Mennea had bombed out in the semi-finals.

"I'd had some injury problems and decided to try six starts in training to test my fitness," recalls Wells. "I only did five and was only at 90 or 95% effort, but Mennea was apparently watching me and this just blew him away and affected his confidence for the 100m."

"Before the 200m he went to speak to Borzov about politics



Pietro Mennea (far left): battles with Allan Wells on his inside in the 1980 Olympic 200m final

and the Soviets in Afghanistan, and then they got on to athletics. Borzov confirmed this to me years later and said he told Mennea to pull himself together for the 200m."

He added: "We thought around 20.2 would win the final, and the plan was to try and get as far ahead of him as possible around the bend. I knew he'd come back at me in the last 50m, but I didn't see him on my inside until the last 10 strides. He passed me and then put his arms up, and that gave me the chance to get back at him, but I just couldn't catch him on the line."

In a four-year rivalry usually decided by hundredths of a second, Wells has fond memories of their first major 200m clash at the 1979 Europa Cup in Turin when the Scot prevailed by 0.02 from the outside lane.

"I held him all the way down the straight that time," remembers

"We thought around 20.2 would win the final, and the plan was to try and get as far ahead as possible around the bend"

ALLAN WELLS, on his 200m Moscow battle with Mennea

Wells. "There must have been over 20,000 there, but the whole place went quiet when I crossed the line! I was a wee bit worried and got off the track as quickly as I could. But when Margot (Wells' wife) and I were leaving the stadium later, the Italians were giving me the thumbs-up, so maybe he wasn't that popular in Italy."

Mennea had been suffering from a tumour. Following his athletics career he took to politics and served five years as a member of the European Parliament and was also a lawyer.

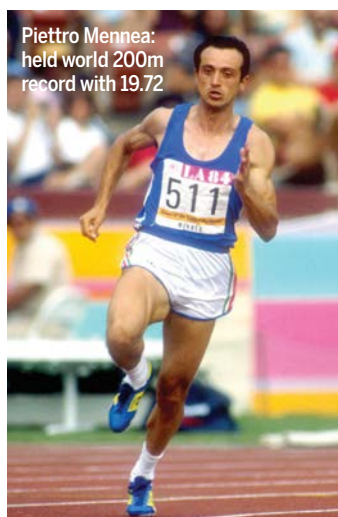
200m record heading

IT MAY be difficult for anyone who has begun watching the sport in recent years to believe it, but Pietro Mennea's world 200m record of 19.72, set at altitude in Mexico City in 1979, was long seen as almost impregnable.

While athletes such as Usain Bolt and Yohan Blake now run quicker for fun, before Michael Johnson smashed the mark in 1996 with 19.66 and then 19.32 two months later at the Atlanta Olympics, sub-20-second times were a rarity.

The mark remains a European record. Frenchman Christophe Lemaitre has come closest to it with 19.80.

Mennea was later to admit to having used human growth hormone later in his career, although it was only after his retirement that it became banned.



Pietro Mennea: held world 200m record with 19.72

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NEWS BRIEFS

Radcliffe's 299th

IT WAS the National in which Paula Radcliffe finished 299th as a youngster – not the English Schools as we said last week on page 4.

It had previously been reported erroneously that it was the English Schools and we picked up on that rather than referring to the results published in *AW* at the time.

McCain prizes

FIRST prize for senior men and women at this winter's McCain Cross Challenge was £2000 not £4000 as stated in *AW* last week.

ERRA meeting

THE annual meeting of the English Road Running Association will be held on May 18 at the Hallmark Hotel, Derby. Log on to englishroadrunningassociation.co.uk for details.

Bristol 10km

ELITE runners looking for a fast time, British-only prize money and possible accommodation should contact Bud Baldaro on bud@baldaro.com if they would like to enter the Bristol 10km on May 5.

Guidelines are 31:30 for men and 34:30 for women but consideration will be given to others.

Cross country rankings

ORIGINALLY planned for this issue, they will now appear next week.

CROSS COUNTRY: INTERNATIONAL RUNNER TAKING COMEBACK 'A DAY AT A TIME'

Draper back after lung worry

CROSS-COUNTRY international Mark Draper has returned to steady running after suffering from a collapsed lung for the fourth time at the National last month.

The 28-year-old underwent an operation and is hoping he can return to his best without the worry of it happening again.

Draper had to drop out of the National at Sunderland's Herrington Park, when he felt what was, for him, the unmistakeable signs of the condition.

"I felt it go on the first lap," said the Bedford & County AC athlete, who suffered a collapsed lung three times in his late-teens. "I would describe it as the worst cramp and stitch up in your chest and you just cannot breathe. You can take in just literally a thimble full's worth of breath at a time."

The previous occasion it happened was after he had been selected to run in the junior race at the 2003 World Cross Country Championships and was unable to compete there as a result.

"I've had the operation which is supposed to guarantee it's not



MARK SHERMAN

Mark Draper: is back running after an operation following a collapsed lung

going to collapse again," he said. "They've all reassured me that it doesn't increase the chances of it happening again now I've had another one."

Though he missed out on competing at world level as a junior, he has gone on to compete at the European Indoors in 2009 and Euro Cross in 2010 and 2011 and has a best of 7:53.91 indoors for 3000m.

Thanking his Bedford AC team manager at the National, Tony Forrest, and UKA team doctor John Rogers, he is progressing well after the incident at Herrington Park.

"John Rogers spoke to my surgeon and we've come to the conclusion that it's resealed itself, so I've got to take it really easy and build up," he said. "I started off going out for a brisk walk and then seeing how it was and then going for a really easy 15-minute run. I can now run steady."

He will have taken heart from seeing Emily Wicks running in a British vest in Poland last Saturday. She had to withdraw part way through the 2011 Euro Cross and was later diagnosed with the same condition. She competed for Britain in the following year's championships and now appears back to her best.

Draper said: "Once I get back into it there shouldn't be any problem me getting back to my best again. I'm not sure how much of a summer I'm going to have but I'm just going to have to take it a day at a time and get training."

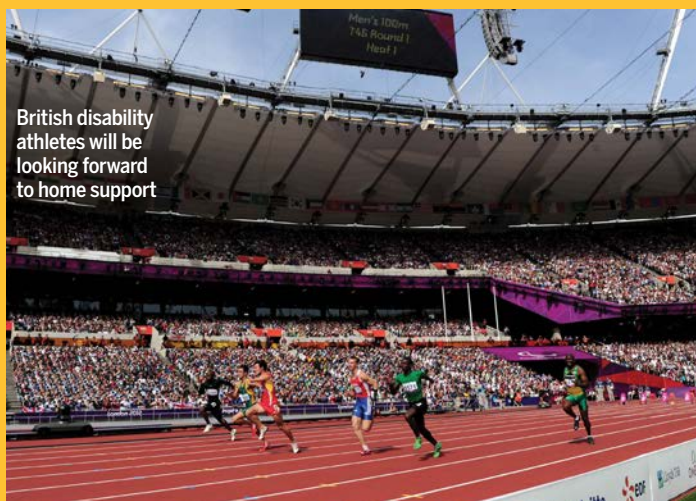
EVENTS: DISABILITY EVENT SET FOR WALES IN 2014

Swansea awarded IPC Europeans next year

SWANSEA will host the next edition of the International Paralympic Committee European Championships in August, 2014.

It is the latest in a series of events to be secured by Great Britain following last year's Olympic Games. Not only will the UK stage the European Team Championships this year and the 2014 Commonwealth Games, but the Olympic Stadium will host the IAAF and IPC World Championships in 2017.

The event, which has previously been held in Stadskanaal in the Netherlands, Espoo in Finland and Assen in the Netherlands, is expected



British disability athletes will be looking forward to home support

MARK SHERMAN

to be attended by up to 2000 athletes, officials and visitors and 5000 spectators.

UKA Paralympic head coach Paula Dunn said: "We've seen first-hand how competing on home soil can really give our athletes a boost."

"Having watched how our home crowd can push us on to medal success, I am delighted that the 2014 IPC Championships will be staged by Swansea. It will be a key part of our athletes' preparations for Rio 2016 and London 2017, and we would aim to use it as a springboard for even further success on the global stage."

ULTRA: IZZY GETS BUSY AT ANGLO CELTIC PLATE 100KM IN PERTH

Wykes ready to go the distance

DESPITE being an England international, sub-three-hour marathoner and winner of a wealth of West Country titles such as the infamous Grizzly multi-terrain race, Isobel Wykes does not consider herself a "proper runner", writes Jason Henderson.

"No way," she says, "proper runners do road or track and around 2:40 for the marathon or quicker."

The 34-year-old is a typically modest ultra-distance runner, although she might have to review her harsh theory if her performances keep improving. This weekend she is part of the England team at Anglo Celtic Plate 100km in Perth – which incorporates the UK championship – and she's hoping to build on her runner-up spot at the same event last year when she finished behind three-time winner Emily Gelder of Wales.

Maybe Wykes' opinion that she's not a proper runner is deep-rooted. She didn't excel in athletics at school and instead discovered the joys of running on a treadmill simply to keep fit as a student at Warwick University, followed by a year travelling around Australia. "I just ran everywhere in order to get from one place to another," she says of her spell Down Under.

In 2002 she stumbled into the marathon and clocked 3:53 on her debut in Nottingham, before improving to 3:07 in London in 2003 and 2:59 in the capital in 2004. "I'd never run further than 16 miles before my first marathon,



Isobel Wykes: Cornish fastie

so I found it really hard," she remembers.

Undeterred by long distances, Wykes soon found herself in her first ultra-marathon. Armed with the simple training advice to "do the odd 40-mile run" she completed her first 100km in Edinburgh – and suffered so much she was taken away in a wheelchair.

Shin splints also hindered her progress, but she took time out of the sport to have three children – and since returning has been faster than ever. All of which strengthens the theory that runners are stronger after a baby break. "I guess the proof is whether your PBs improve," she says.

Born in London, Wykes now lives in the Cornish village of Probus and the petite, blonde-haired athlete grinds out many of her weekly miles pushing her two-year-old daughter around quiet country lanes in a baby buggy. "Most of the miles are very slow, but holding the buggy

perhaps takes the strain off my legs and prevents injuries and also strengthens my shoulders," she says.

In addition, the part-time primary school teacher does gym work at home and faster running with members of Truro and St Austell running clubs, plus Mudcrew – a group of off-road runners in the south-west.

Among other things, Mudcrew organise the new Roseland August Trail ultra-race in Cornwall. Wykes won the 32-mile event last year, but is in a quandary this year as it falls close to the Courmayeur Champex Chamonix (CCC) – a 98km-long sister race of the Ultra-Trail du Mont-Blanc – for which she has secured an entry.

Clearly on the upward rise, making an impact at an event like the CCC seems the next level. But the self-deprecating Wykes disagrees, arguing: "Runners at the front of a race like that have sponsorship and all sorts."

Proper runners, in fact. Although perhaps Wykes is more of a proper runner than she thinks.

● **Men: England:** Craig Holgate, Marcus Scotney, Adrian Marriott, Dave Mitchinson, Harry Gregory-Johnston. **Scotland:** Dave Gardiner, Thomas Loehndorf, Marco Consani, Donnie Campbell, Ian Symington. **Wales:** John Pares, Jason Scanlon, Iain Ridgway, Jeremy Mower.

● **Women: England:** Isobel Wykes, Helen James. **Scotland:** Isobel Knox. **Wales:** Emily Gelder. (No Irish teams).

Hawker heads 24-hour team

WORLD record-holder Lizzy Hawker will lead the Great Britain & Northern Ireland team for the IAU 24-Hour World and European 24-Hour Championships in Steenbergen, Netherlands, on May 11-12.

Hawker, who won the world 24-hour title in 2006, achieved a distance of 247.076km when winning the Commonwealth 24-hour event outright in 2011.

She will be joined on the team by John Pares, who was the first male finisher in that Commonwealth race.

Emily Gelder, who won bronze in the event last year, will also line up as part of the team.

Pat Robbins, who was top Brit in 13th last year, returns to the team.

● **Men:** Robbie Britton, Steve Holyoak, Matt Moroz, John Pares, Pat Robbins.

● **Women:** Emily Gelder, Karen Hathaway, Lizzy Hawker, Sharon Law, Debbie Martin-Consani



Lizzy Hawker: ultra legend will be hoping to retain world 24-hour title

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Crack field set for Prague

LAST weekend's World Cross bronze medallist Teklemariam Medhin has been added to the field for the Hervis Prague Half-marathon on April 6.

In addition to Eritrea's Zersenay Tadese, the world record-holder and five-time world champion, the field includes three Kenyans who have run below 60 minutes, including former winner Philemon Limo.

Worknesh Degefa, who has a best of 67:49, is one of six women set to line up on the fast, flat course who have run below 70 minutes.

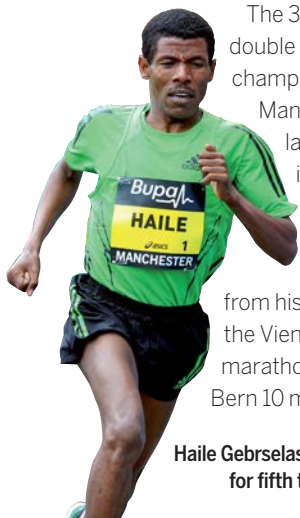
Gebrselassie returns to Manchester

HAILE GEBRSELAASSIE will seek a fifth successive title at the Bupa Great Manchester Run on May 26.

The 39-year-old double Olympic champion won in Manchester last year in 27:39.

This will follow on from his races in the Vienna Half-marathon and Bern 10 miles.

Haile Gebrselassie: looking for fifth title in a row



DOPING: CAKIR ALLEGEDLY BEING SUED BY FORMER 'ADVISOR' AMID DOPING CLAIMS

Turkey 'zero-tolerant' on doping

THE organisers of Istanbul's bid to stage the 2020 Olympics have defended Turkey's stance towards doping following reports that Olympic 1500m champion Asli Cakir Alptekin was the latest athlete from the country to be caught up in drug allegations.

Media reports said Cakir Alptekin, who shot to unexpected gold in London 2012, was being investigated for abnormalities in her blood profile. Nevin Yanit, the European champion and Olympic fifth-placer at 100m hurdles, was also reported to be among a soon-to-be-confirmed spate of doping convicts.

Cakir Alptekin would face a life ban if found guilty as she has previously been convicted of a doping offence. She could lose her Olympic gold medal, meaning her compatriot Gamze Bulut, may be upgraded to gold. Russia's Tatyana Tomashova, who has also served a drugs ban, was fourth.

The Turkish one-two in London raised eyebrows, partly given the rapid improvement that both made last year. Several athletes and former athletes subtly aired suspicions.

In research published by Athletics International in January 2013, Turkey was named as equal



Asli Cakir Alptekin: finished first in Olympic 1500m

MARK SHERMAN

they have no place in our Olympic story. Any athlete found to have cheated will be punished to the full extent of Turkey's strict anti-doping legislation, other laws and in accordance with international anti-doping practices."

Cakir Alptekin's Olympic gold earned her massive accolades in her home nation. She is said to be more famous than the country's top football players and received \$1 million in gold bars from the Turkish government as reward for helping to put the country on the sporting map.

In a bizarre twist to the story last week, it was reported Sureyya Ayhan, a former Turkish athlete serving a life ban after two doping convictions, and her coach and husband Yucel Kop were suing Cakir Alptekin to claim a share of her Olympic winnings. According to the story, they claim their advice helped her to win gold and cite an agreement between both parties.

If this is true, Ayhan and Kop – whose own two-year coaching ban from the Turkish federation was lifted by the Court of Arbitration for Sport – may want to watch out for updates from the World Anti-Doping Agency before taking "credit" for what Cakir Alptekin did in London.

sixth when it came to nations with the most athletes currently serving drugs bans. Behind runaway "leaders", India (42) and Russia (30), Turkey (7) were also just behind Ukraine (10), USA (9) and China (8) despite a lower volume of world-class athletes.

Last week's reports were badly timed for the team behind Istanbul's 2020 bid, who were receiving a visit from the IOC evaluation committee. They released a statement saying: "We take the subject of doping in sport very seriously as doping is a major issue worldwide and Turkey is ready to play its part to stamp it out. Turkey has a zero-tolerance policy on cheats and

FACILITIES: ICONIC VENUE SECURED FOR ATHLETICS EVERY JUNE AND JULY UNDER A 50-YEAR AGREEMENT

West Ham will get Olympic Stadium in three years

WEST HAM Football Club were last week confirmed as the main tenant of the Olympic Stadium.

The transformation of the venue into a football stadium, which will include a reduction in capacity to 54,000 and a new roof, will start this autumn should be finished in time to be used for athletics in summer 2016.

UKA has been given priority use of the venue from the third weekend in June to the end of July every year,

Olympics Stadium: will be used mainly for football but athletics not forgotten



under a 50-year agreement. The London Diamond League would be among the events held there, while other fixtures not yet confirmed might include the UK Championships and the English Schools Championships.

This year's Diamond League will form part of the three-day London Anniversary Games on July 26-28.

The warm-up track will be used for minor competitions and training and could re-open in autumn 2016.

DISCUS: UK NO.1 IS 'PHYSICALLY AND MENTALLY STRONGER' FOR 2013 SEASON

Lally confident for the summer

JADE LALLY is hoping to put the "negative pressures" of 2012 behind her and work on her goals on her own terms as she bids to make future championship teams, writes Ian Lamont.

The 25-year-old has been Britain's No. 1 female discus thrower for the past few years, but held no sway with Team GB selectors for the London 2012 Olympics.

The Tooting-born thrower, who now lives in Crawley, was one of a handful of athletes with multiple B standards from last season who were controversially left out of the team when they could have been picked as the only athlete in their discipline.

But Lally, reverting from her married name of Nicholls after a divorce, says all that is behind her as she focuses on qualifying for the IAAF World Championships in Moscow by throwing the 62.00m A standard and not relying on the 59.50m B standard, as she had to last season.

"I'm in stronger physical shape than last year," she declared after opening her year with 55.08m at the World Indoor Throws meeting in Vaxjo, Sweden. At the meeting last year she posted 58.97m, a world indoor best distance.

While she felt she could have thrown further, her winter has



Jade Lally: threw B standard in 2012

been particularly disrupted – "jumbled" was the word she used to describe a winter involving not just the divorce but operations to remove kidney stones as well as terrible weather.

She said: "The bad weather has limited throwing outside. Mostly I've been throwing balls into a net or a wall, but an actual discus I've hardly thrown at all.

"I was better prepared for competitions this time last year. But then I was aiming to peak in April. The throw (in Vaxjo) wasn't that bad. The year before was a bit of a freak throw and I didn't manage it this time."

This year, her aim is to peak for the world championship trials in June and then again in August for

the World Championships, but not let the pressures from others push her in the wrong directions she felt cost her an Olympic place.

That disappointment is not something she is dwelling on or using as a focus for extra motivation. "It's all done and dusted," she insisted. "It's all about this year and doing what I want to do. I don't want to keep on thinking back to last year. No good is going to come of that.

"Things happened and it was all too much pressure. I just want to do what I need to do this year and not worry about what everyone expects me to do."

Pressure to qualify came from all quarters – the governing body, extra media duties in the run-up to a Games in her home country, questions from expectant fellow staff at Horsham Leisure Centre and, as a personal trainer at the centre, her clients.

But as that pressure has eased Lally believes she will perform better – and says that much of her preparation is going well.

"I'm in stronger physical shape than last year – all the gym work suggests that. The throwing should have been better last year. It was a mental thing. I'm mentally stronger and not under nearly so much pressure," said the athlete who retained UKA C-level funding.

Clairville closure

THE 50th anniversary of Middlesbrough's Clairville Stadium will be celebrated on May 12 with what could be its last open meeting.

The stadium, which was opened in July 1963 by the Duke of Edinburgh, has been earmarked for closure by the local council for cost-cutting reasons.

The Duke has provided the foreword to the programme for the annual Cyril Elliott Memorial meeting.

The meeting will be attended by British long jump record-holder Chris Tomlinson, who has trained there before his relocation to London a couple of years ago.

Search on for key coach

UKA HAS advertised a vacancy for the role head of coaching and development as a replacement for Kevin Tyler, who departed UKA last year.

Key responsibilities include overseeing the development of coaches and athletics' involvement in the Sports Coach UK and UK Coaching Certificate, working closely with the home countries to implement UK-wide strategies for coach development and education, and managing the implementation of the Sport England-funded "Whole Sport Plan".

The salary is advertised as £60,000-80,000 per annum dependent on experience and qualifications.

See uka.org.uk for the full job description. Closing date is April 2.

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Snow go for road relays

ATHLETICS COMPETITION WAS HARD-HIT BY THE WINTER-LIKE SPRING WEATHER LAST WEEKEND

CLUBS were left disappointed by the decision to call off the South of England Road Relays in Milton Keynes just after 10am on the morning of the race, writes *Martin Duff*.

This meant all three area events bit the dust because of the snow. The decision by race referee Malcolm Charlish left local organiser Mick Bromilow frustrated because he had announced early on race day that the event would go ahead.

Bromilow said: "The night before the race the course was clear and less than one inch of snow fell overnight. The Met Office said it should be okay by midday for



Local organiser Mick Bromilow: inspects the conditions on the course

Linford Wood, but the referee had called it off."

Charlish said: "On arriving on the morning of the race and inspecting the course I considered the underfoot conditions to be very

dangerous, icy and cancelled it."

Kent club Tonbridge AC had chartered a coach and were on-site for the races well before 11am.

Most clubs only found out when they reached the Stantonbury track, although Bromilow had made frantic efforts to contact clubs by phone, Twitter and email. As noon approached there were signs of a thaw, but the temperature was still -2C.

With the area relays being scheduled increasingly earlier each year, Mike Neighbour for the English Road Running Association, suggested it could be even worse

next year as the area relays are slated to be held on March 15-16 and the national relays on the traditional area date of April 5.

The South of England AA has now seen all four of its major championships dogged recently by cancellations and postponements.

Last June, the area track and field championships were denied a permit by England Athletics, who decided the areas should hold their championships within the England Championships. The indoor track and field event this winter was called off as snow affected travelling. The area's cross-country championships at the end of January was also postponed.



GARY MITCHELL

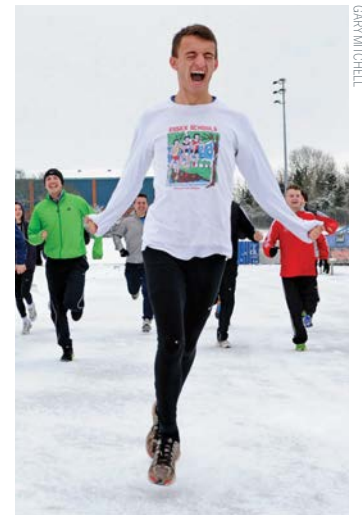
Tonbridge AC members take to the pavements of Milton Keynes after the long trek

No plans for rescheduling

NONE of the area road relays will be rescheduled. The area relays normally form the selection process for the ERRA Twelve and Six-Stage Road Relays at Sutton Park, which take place this year on April 13.

The Midland Counties Athletic Association has decided to put forward the best 25 teams based on results from the previous three years.

Qualification from the North will also be by means of previous recent results, while there is talk of the Southern event being incorporated into the national relays.



GARY MITCHELL

Basildon AC athletes who made it to Milton Keynes made the most of it

COMMENT

WITH the area road relays being moved even further into winter from their traditional early April date, the cancellation of all three area events was an inevitable consequence of moving the road relay season into the end of the cross-country season. Some of us can remember snow in March before and on a regular basis, so why move them?

I understand that it is all down to the date for the Virgin London Marathon being brought forward. This has prompted the powers that be to schedule the national 12 and six-stage events two weeks before

and the area races even earlier. But why has this happened? It was not always so.

Former London Marathon winners Mike Gratton and Eamonn Martin ran in the national relay just a week after the London Marathon, so why can the national event not be pushed back after London?

The area relays could revert to the first week in April and the national held at Sutton Park after London. It will be even worse next year when the fixture congress has decreed that March 15 is the due date.

Martin Duff

A mixed response in the north

REACTION was mixed after Northern Athletics cancelled its relays less than four hours before the scheduled start of the event as many teams were already on their way to the venue in Blackpool.

Snow overnight on the Friday in the area led to organisers backtracking following announcements the previous day, the latest of which was at 8pm, that the event would go ahead.

Some were sympathetic to the organisers' plight, while others said the decision should have been taken much earlier. Some said the conditions on the course were not the issue and that the event should have been cancelled due to advice in Yorkshire not to travel unless necessary, also pointing to the fact that the event could be without key clubs who were not able to make it.

Championships secretary Ken Smith told AW: "Blackpool was okay on the Friday night, but by Saturday morning we had snow which wasn't forecast and that resulted in the inspection

at 7.45am that the course was hazardous." The announcement was placed on Northern Athletics' website at 8am and the event was due to start at 11.30am.

Questioned on whether the event should have been cancelled the day before on account of the conditions of the roads in the north, he said: "You've got to consider all people, but the people from Newcastle were coming down and were prepared to take the journey down the A1 and across the M62. In fact some of them did it on the Friday. So there is a balance to be met."

"I was talking to someone on Saturday that came from York and he had no problems getting to Manchester (before turning around) and from Manchester to Blackpool was going to be fine."

However, Dave Turnbull of Holmfirth Harriers was not alone in his views when he wrote on his club's Facebook page: "The men's team have taken the decision not to travel to Blackpool. The event still hasn't been cancelled,

much to the disgust of me and many others, therefore unless something is agreed we unfortunately won't be at the nationals. The lack of leadership from NOEAA (Northern Athletics) has been frankly a disgrace and teams should not have felt pressured to try and travel in dangerous conditions to qualify for the national. I will be asking our committee to consider a complaint to NOEAA on the matter."

Natalie Shaw told AW that 19 members of her club, Derby AC, travelled the 130 miles to Blackpool the day before. She wrote: "We all would have understood the decision to cancel (for travel reasons more so than the course as there was barely any snow on the ground at Blackpool), but to make that call at so late a stage was very frustrating to those who had made the effort to get there. Derby were probably one of the furthest away clubs from the destination and we would have been on the road way before 8am if we had travelled on the day."

Jarrow & Hebburn also stayed overnight and team manager Alan Wears said: "I think they could have let people know earlier or at least very early in the morning."

However, he also added that he had no problems in travelling to the venue, comments echoed by Morpeth's George Patterson, who was travelling to the event with athletes and was due to be venue announcer. Patterson, who had got within 40 miles of Blackpool before hearing the news, added: "I don't think you can win or lose in these situations. You have to take a decision based on the safety aspect for everyone involved. The decision is always difficult. Not everyone will agree with it but a decision has to be made."

Tony Gardener, team manager of Gateshead Harriers, who was also well en route, said: "I was quite surprised when I saw on Friday at 2pm that it was still going ahead, but if the snow on the Friday night hadn't materialised and they'd already called it off they would have been criticised."

Back-up plan pays off

THE road relays cancellation had a silver lining for Morpeth Harriers, some of whose members decided after hearing the news to bolster their club's team at the Start Fitness North Eastern Harrier League that same day.

When learning the event in Blackpool would not be held, instead of heading for home, some decided to stop off at Prudhoe in Northumberland where they helped the club take the overall series title – which had been in the balance beforehand.

Track events off too

AS Britain experienced some of its coldest March weather on record, it was not just road events that were hit. It must be rare for an outdoor track event to be cancelled due to snow, but open events in Havering, Cleckheaton, Grangemouth and



Abingdon were victims of the weather last weekend. Even a throws meeting in Birmingham was called off.

More bad luck for Midlands

THE Midland Men's Six-Stage and Women's Four-Stage Relays due to

be held last autumn also had to be cancelled in 2012 – in this instance due to an outbreak of e.coli at the Sutton Park venue, which had since been given the all-clear.

Last weekend organisers called off the 12 and six-stage equivalent, also set for Sutton Park, the day before the event.

London is snow-proof

FOLLOWING reports that the wintry weather could continue until late April, the organisers of the Virgin London Marathon on April 21 have insisted they have "extreme weather contingency plans".

Though they did not elaborate on what these were, it is assumed gritters would be out in force on the night of April 20, should unthinkable late snow occur.

As remarkable as the recent conditions have been, Britain has experienced winter much later in the year. Snow settled in the North East as recently as June 2009, while wintry showers affected many parts of the country in June 1975 when a cricket match in Derbyshire was called off due to an inch of snow on the ground.

The New York Marathon cancelled in 2012 due to flooding in the aftermath of a tropical storm.

Pole-ing day



KENYANS WON THE BLUE-RIBAND SENIOR TITLES, BUT THERE WERE TEAM MEDALS FOR GB JUNIOR WOMEN AND AMERICAN MEN ON A DAY OF SNOW AND SURPRISES IN POLAND

Report: Steve Smythe in Bydgoszcz Pictures: Mark Shearman



THE 40th IAAF World Cross Country Championships may have lacked some big names but there was still a superb day's racing at a freezing cold Bydgoszcz. The Poles were also enthusiastic hosts – and they did better than expected in all four events.

The races were held on a more interesting course than the one used back in 2010, when the event was last staged in the city's Myslecinek Park. All four races were decided on the final lap, in snow and on a testing course with a steep hill, a variety of surfaces, obstacles and twist and turns. It made the sort of spectacle that the IAAF wanted if they are going to persuade the IOC that the sport should be held within the Winter Olympics.

Despite the vast amount of money available on the road, plus the clash with a big road race, the Lisbon Half-marathon, which surely would have been prevented from taking place on the same weekend in the past, the greatest depth of any races this winter were in the races at Poland.

But where were the big names of endurance running? If the event is to get the publicity it needs, it requires the likes of Mo Farah, Kenenisa Bekele, Galen Rupp, Wilson Kipsang, Zersenay Tadese, Bernard Lagat, the Dibabas, Meseret Defar, Vivian Cheruiyot and Linet Masai to compete.

At the pre-event press conference last Saturday, five-time winner Paul Tergat said his World Cross wins meant more than his track and road successes as he had to beat all the top runners from milers to marathon men. That's no longer the case and there was an absence of top Olympians in Poland. Even the British team didn't field a single London Olympian.

Certainly, running it every two years doesn't help the publicity and there was less media interest than two years

ago. Europe was particularly disinterested in competing. While seniors may not need an annual cross-country, the window of opportunity for juniors is shorter and it is a shame that a number of under-20s are potentially missing out on competing in their final junior year in what remains the world's greatest race.

Kenya narrowly had the edge in the medal standings winning two more golds but they got one less medal than East African rivals Ethiopia. Also, not only did they lose out on senior men's gold to Ethiopia, but the United States, even without the likes of Rupp and Dathan Ritzenhein, pushed them back to third.

Britain were one of four teams to pick up a solitary bronze medal. The delighted recipients were the junior women's team who won their first-ever medals in the event.

Overall it was a solid performance from the entire British team and only in the senior men's team standings were they outside the top 10 and then only by a few points.

Medal standings

● Kenya: 5 3 1

(Men's gold, men's team bronze, women's gold, women's team gold, junior women's individual gold, junior women's team gold, men's junior silver, women's junior silver, junior men's team silver)

● Ethiopia: 3 4 3

(Men's silver, men's team gold, women's silver, women's bronze, women's team silver, junior women's bronze, junior women's team silver, junior men's gold, junior men's bronze, junior men's team gold)

● USA: 0 1 0

(Men's team silver)

● Eritrea: 0 0 1

(Men's bronze)

● Bahrain: 0 0 1

(Women's team bronze)

● Great Britain: 0 0 1

(Junior women's team bronze)

● Morocco: 0 0 1

(Junior men's bronze)

Japhet Korir: Kenyan begins to make break in the latter stages of the race



Korir takes it in the mud



Japhet Korir: youngest ever senior men's winner

Senior men

JAPHET KORIR provided the one major surprise of the day when he was an easy winner of the senior men's race in the muddiest conditions of the four races. The 19-year-old Kenyan became the youngest ever winner of the event and indeed he is younger than the winner of the first IAAF junior event in 1973, Jim Brown.

Korir was third in the junior men's race at this venue in 2010 but then got injured in 2012 and this was just his third race in a year. He didn't seem to lack race sharpness though.

The first lap including the

starting straight took 5:40 and a huge pack was inseparable as around 10 seconds covered the leading 60. There were still over 20 contenders as the second lap was completed in a slow 5:29 and a 5:23 third lap saw 13 runners still in with a shout at halfway.

The contrast in pace was notable with the junior men who had passed this point 46 seconds faster. But a 5:23 fourth lap reduced the contenders to single figures.

While most of the other races at this stage had become African affairs, Australian Collis Birmingham and American Ben True were still in contention

and looking good.

However, while the watch showed no increase as the penultimate lap occupied 5:22, the relentless pace told as the course became more and more cut up and slippery and the non-African challenge fell away. At the onset of the last lap, it was down to four. Eritrean Teklemariam Medhin led from Korir with defending champion Imane Merga of Ethiopia well placed and Uganda's two-time Commonwealth champion Moses Kipsiro also looking lively. True and Birmingham were eight and 10 seconds back respectively

"Despite the difficult conditions, I managed to achieve this great success and being one of my first senior races makes this success the sweeter"

JAPHET KORIR

but safe among the top 10.

Korir made his move well before the finish and the others seemed to settle for second. He powered up the final hill and sprinted down the other side and held a clear advantage to the finish to win the \$30,000 first prize. The final winning margin was six seconds with Merga having too much speed for Medhin, who had finished second in Poland in 2010.

Medhin was delighted with his medal having been stuck in Copenhagen Airport for three days. Kipsiro eased back to fourth and surprisingly the only team to have two in the top five proved to be Uganda as his compatriot Timothy Toroitich followed him home.

True gained a shock top six place. In his younger days he focused more on cross-country skiing and seemed at home



Japhet Korir: leads from defending champion Imane Merga and 2010 silver medallist Teklemariam Medhin

on the snow and hills but he has some useful times on the track (13:20/27:41) and he was confident of doing well when he

saw the course.

Birmingham, who was 29th in 2009 and 83rd on this course in 2010, held on for eighth for his



Ben True: first American runner home

best run at this level.

Chris Derrick, who was expected to lead the US challenge, also made the top 10 and with Ryan Vail 17th and Robert Mack 19th, they won surprise silver medals behind Ethiopia, who packed their four scorers within the top 14. With their best result of the last 29 years, United States thus finished ahead of favourites Kenya, who failed to make it seven titles in a row.

Despite individual gold, Kenya endured their worst result since 1984 and they had to wait for the ever consistent Hosea Macharinyang to be their second scorer in 12th. Geoffrey Kirui in 15th and Timothy Kiptoo in 26th completed the scorers as the trials winner Philemon Rono was 36th and Jonathan Ndiku dropped out.

The winner said: "I came to Poland to bring gold to Kenya and despite the difficult conditions I managed to achieve this great success and being one of my first senior races makes this success the sweeter. I now plan to prepare for Moscow."

World Cross legend John Ngugi later criticised the men's squad for not working as a team and the Kenyans will no doubt now look to find ways of getting their strongest team out in 2015.



Senior men's medallists Imane Merga, Japhet Korir and Teklemariam Medhin

USA v Kenya men: how it unfurled lap by lap

NONE of the USA team had been born the last time they beat Kenya and it looked a mile off as they trailed by 99 points after lap one.

However, as the Kenyan team drifted back, the US team moved forward throughout with Ryan Vail particularly impressive – 49th after two laps to 17th at the finish.

The website Letsrun.com triumphantly called it “the miracle in the dirt”.

Lap 1: Kenya 23, USA 122
Lap 2: Kenya 34, USA 99
Lap 3: Kenya 40, USA 80
Lap 4: Kenya 41, USA 66
Lap 5: Kenya 49, USA 56
Finish: USA 52, Kenya 54

Right, US team silver medallists: Chris Derrick, Ryan Vail, Bobby Mack, James Strang, Elliott Heath and Ben True



The British challenge

JONATHAN TAYLOR, who won the European trials four months earlier but struggled back in ninth in the National last month, had his best run of the winter. He was still in touch with the leaders after two laps but his laps gradually got slower as he held his position on the edge of the top 25 until the last lap where he dropped to finish in 31st.

He said: “I am happy with that. It didn't feel as fast as I thought it would do. I was able to get into a rhythm and I don't think I faded much.

“A lot of people are already beat before they come and I

Frank Tickner:
highest ever finish at a World Cross



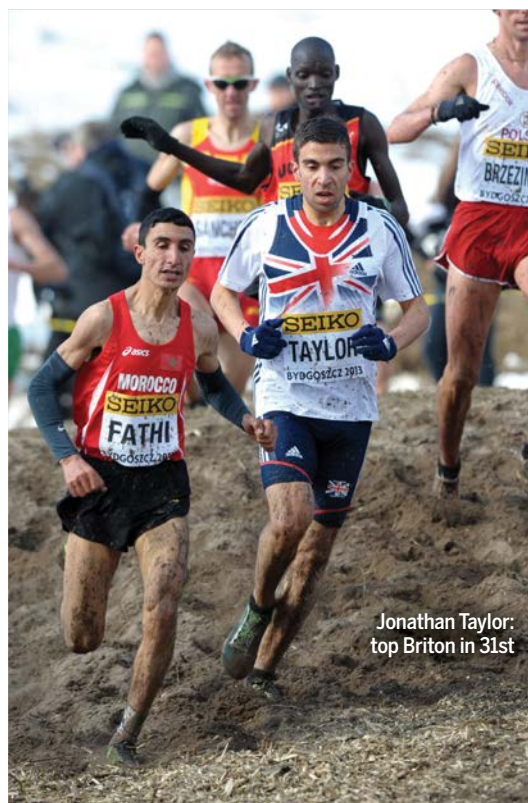
wasn't going to come here and be an also-ran. I'd rather go guns-blazing than finishing wishing I'd done more. It's my first global championship, so it's a big moment to represent my country.”

Finishing 39th, Steve Vernon has been consistent all year and he has been second Briton in the Europeans, National, Inter-Counties and here, all to different runners. He was pleased to come through with some consistent lapping but felt he wasn't in the shape he was a month or so ago.

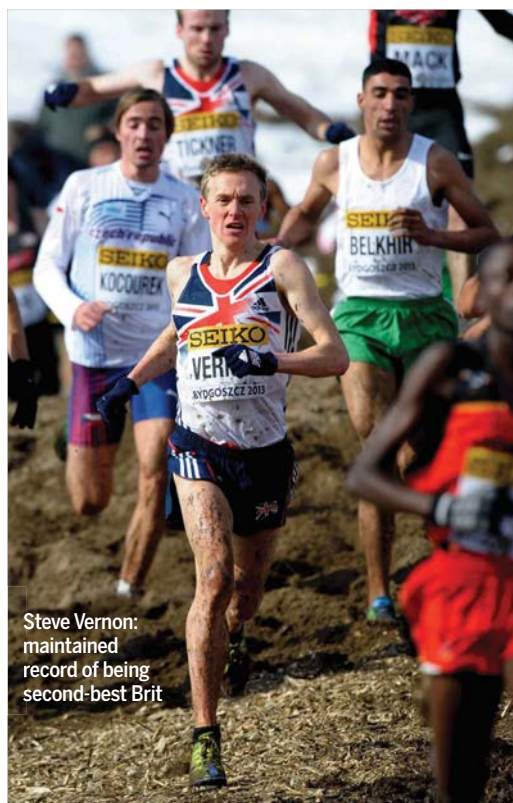
In 45th, Inter-Counties champion Frank Tickner was satisfied with his run though



Mike Skinner:
satisfied with performance



Jonathan Taylor:
top Briton in 31st



Steve Vernon:
maintained record of being second-best Brit

felt he may have started a little too quick, but he rallied to pass five runners on the last lap. Mike Skinner also felt he performed well and more than justified his selection but would have liked to have been the other side of 50th place, finishing a frustrating 51st.

Non-scorer Phil Nicholls felt he struggled for rhythm the whole race and finished 68th of the 96 finishers.

Laps (first and last laps contained an extra straight):

- **Taylor:** 5:43, 5:32, 5:36, 5:41, 5:44, 5:58
- **Vernon:** 5:45, 5:38, 5:38, 5:41, 5:42, 5:58
- **Tickner:** 5:44, 5:40, 5:44, 5:43, 5:49, 6:00
- **Skinner:** 5:47, 5:41, 5:45, 5:43, 5:48, 6:05
- **Nicholls:** 5:54, 5:44, 5:45, 5:50, 5:52, 6:10

Emily blunts world's opposition

Senior women

THE 2010 champion, Emily Chebet, regained her title with a strong finish.

The early pace was gentle – again much slower than the junior races – and 15 runners were in contention at the end of the first lap. The pace actually dropped on the second lap with the lap taking the same amount of time as the longer first lap containing the starting straight.

At this stage Ireland's European champion Fionnuala Britton was looking good and even had a spell out in front. Many thought the snow and hills would suit her but the third lap showed otherwise as there was a huge increase in pace.

Ethiopian Hiwot Ayalew, who was fifth in the Olympic steeplechase, went from a 6:12 lap to a relentless 5:53 and as they entered the last lap she had a six-second lead over a group of six led by Chebet. Britton was now 21 seconds back on the leader in 14th.

The Ethiopian looked to have the race won and was still going away a kilometre out but she

African-born athletes filled the top 12 positions in the senior women's race



admitted later she had gone too fast too soon and she couldn't maintain it.

Chebet left the pack behind

on the final lap and began to edge closer to the Ethiopian in the final kilometre. She made up considerable ground on the last hill and then with the leader in her sights, she was able to strike decisively in the last 200 metres.

The winner, who was only fourth in the Kenyan trials, remarked: "I am very happy with today's race and to win in Bydgoszcz again. This time the course was much harder. There were more hills and mud and the snow was also demanding. That made me even more satisfied with my gold."

Belaynesh Oljira just edged out Bahrain's Shitaye Eshete for a bronze by a single second to give Ethiopia two in three but that wasn't enough. Kenya had four in seven and six in 11, even without the likes of Vivian Cheruiyot and Linet Masai, who went one-two in 2011, and they won comfortably.

Ethiopia, also missing most of

"I am very happy with today's race and to win in Bydgoszcz again. This time the course was much harder. There were more hills, snow and mud and the snow was also demanding"

EMILY CHEBET

their stars with the biggest name Meselech Melkamu dropping out, had to wait for 28th for their final scorer. Bahrain, meanwhile, won their first ever medals in the women's event to take bronze.

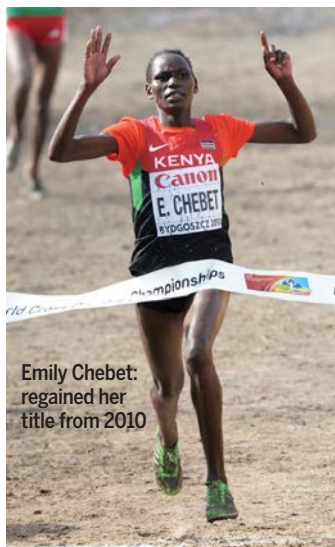
Africans filled the first 12 places with American Neely Spence, the daughter of 1991 world marathon bronze medallist Steve Spence, leading home the rest in 13th just ahead of Britton, who though not at her



Fionnuala Britton: up with leaders at the start before fading

very best was still clearly the top European although she did fight off a challenge from France's Sophie Duarte on the final lap. Both Spence and Britton's top-15 places gave them an IAAF A qualifier for the 10,000m for Moscow.

Britain were third European team behind Ireland and France in a highly respectable seventh.



Emily Chebet: regained her title from 2010



Emily Chebet set out in pursuit of long-time leader Hiwot Ayalew, catching her just before the finish



Gemma Steel: top British senior woman in 31st place

"I didn't have the legs at the end and once they pull away it's hard to get it back"

GEMMA STEEL

The British challenge

HAVING only ran the National and Inter-Counties this winter after injury, Gemma Steel did well to lead the Britons home as she, like leading man Taylor, finished 31st.

"I'm pretty pleased with that, there were a few just in front of me but I couldn't quite get them, I didn't have the legs at the end and once they pull away it's hard to get it back," she said. "I've made good progress since the Inter-Counties and to be first Brit is a big achievement.

"It's nice to be back, I'm a work in progress and it's good to be back on form. The course was okay, I did better on the downhill than I thought I would and I really enjoyed it."

Louise Damen worked her way through to second scorer after a nightmare first lap where she got badly baulked, comparing it to a boxing match and was languishing back in 43rd. She showed her trademark strength and determination to move

through to 37th at the finish.

Stephanie Twell enjoyed her race, easily her best of the winter, and was up with Steel at halfway but after a solid third lap, she paid for her exuberance on the last lap, dropping 10 places.



Louise Damen: barged in early stages

Bydgoszcz diary and World Cross stats

While your *Athletics Weekly* writer and photographer (the only British media at the World Cross) had a simple 90-minute flight from Stansted, the British team had a seemingly tortuous eight-hour journey involving coaches.

However, the Brits had it easy compared to the Eritrean team, who because of visa problems, spent many days effectively quarantined in Copenhagen Airport, sleeping on floors and seats.

Some only arrived in Poland in the early hours before the race, and some juniors never made it at all which almost certainly cost them a team medal.

Lamine Diack was not happy that the hosts to this summer's outdoor IAAF World Championships, Russia, failed to field a single runner and also remarked on the total absence of Scandinavians and Balkans. He felt the absence of so many Kenyans wasn't down to the relative lack of prize money but said he would speak to athletes and coaches to find out why so few big names competed.

Diack said that Sebastian Coe told him of the importance of cross-country and his coach said he had to do it. While Coe did run the occasional short cross-country race, he certainly never competed in the senior national like his rivals Steve Ovett and Steve Cram and it



Lamine Diack: honest assessment of World Cross participation

was far from his favourite surface.

Cram, in fact, even ran the IAAF World Cross Country Championships in Limerick in 1979 – he placed 36th in a junior men's race won by Eddy de Pauw of Belgium with Steve Binns of England second – and the Jarrow Arrow even won a team silver for England.

Of course Cram was also the main commentator for BBC during its live broadcast of the 2013 championships, while Eurosport's coverage was headed by former senior silver medallist at the World Cross, Tim Hutchings.

The junior women's bronze was the 56th medal Britain has won, though 40 of those medals were won by England (35), Scotland (4) and Wales (1) prior to 1986 when a combined British team first competed. Kenya has now won 295 medals.

London 2012 Olympians were in short supply in Poland. From the 10,000m last year, Teklemariam Medhin (7th), Moses Kipsiro (10th) and Cam Levins (11th) got respective third, fourth and 41st at the cross-country. From the 5000m, the 11th placer and junior winner Hagos Gebrhiwet was the top runner.

There was also a total absence of leading 1500m runners, steeplechasers and marathoners. The majority of previous World Cross Country Championships, however, have very much mirrored the line-ups seen in world 10,000m and 5000m races.

Dave Clarke has made the most British appearances at the World Cross, representing GB in the competition 12 times between 1977 and 1995. Kathy Butler made 15 appearances for both Canada and

Britain, while Paula Radcliffe made 11, winning seven individual medals and one team medal, but she hasn't competed in the event for 11 years and joined Cram in the BBC commentary booth last weekend.

Senior men

Japhet Korir replaced Kenenisa Bekele as the youngest ever winner of the senior race. He won gold in Bydgoszcz at 19 years and 267 days while Bekele won the first of his six titles in 2002 at 19 years and 284 days.

Jonathan Taylor finished a credible 31st in the 12km race which is the second-best result achieved by a Brit not named Mo Farah in the last decade.

Senior women

Emily Chebet became the first Kenyan to win multiple titles in this race while ninth-placer Juliet Chekwel became the first Ugandan to finish inside the top-10 in the senior women's race.

Junior men

Morocco won their first team medal since 1998 when the race was held on their home soil in Marrakech.

Junior women

Britain scored two finishers inside the top-20 for the sixth time since the event was introduced in 1989.

Thanks to Steven Mills for additional information



Steph Twell: one of her best recent races

Like her fiancée, Steve Vernon, Elle Baker has had a very consistent season and here she stayed around the 50 mark but a strong last lap saw her advance to 46th.

Almost immediately behind her, Lauren Howarth wasn't quite able to match her sparkling track form of the winter and wasn't aided by her grandfather's illness out in Poland which prevented the National M80 champion supporting her, but she kept going well throughout.



Elle Baker: picked up a few places at the end

Emily Wicks, in heavy training for her marathon debut in London next month, found the early speed difficult but she worked her way through from 77th to 65th and showed good endurance.

Laps

- Steel: 6:27, 6:16, 6:22, 6:42
- Damen: 6:43, 6:18, 6:18, 6:36
- Twel: 6:31, 6:11, 6:25, 6:51
- Baker: 6:34, 6:24, 6:24, 6:42
- Howarth: 6:34, 6:19, 6:25, 6:47
- Wicks: 6:45, 6:32, 6:38, 6:53



The top finishers in the junior men's race could have been competitive in the senior men's race

Hagos hurls to junior victory

Junior men

ETHIOPIAN Hagos Gebrhiwet would have had a good chance of winning the senior men's race and, while his event was shorter, his laps were significantly faster than the seniors managed.

Officially 18 years old, the Olympic 5000m finalist was seemingly a man among boys. Last summer he ran a 12:47.53 world junior record for 5000m in Paris and during the winter he ran a world junior indoor record of 7:32.87 for 3000m in Boston. He hadn't won a major medal before though, having only been fourth at the last IAAF World Junior Championships.

Kenyans controlled the early pace and as the first lap was completed in 5:24, an all-African pack of eight were 16 seconds quicker than the seniors

managed for their opening lap with Leonard Barsoton leading the way. The second lap of 5:09

saw Muktar Edris take over in front and it was down to three contenders. The pace eased

slightly on the third lap to 5:12, but it was still 10 seconds quicker than the senior's best lap and the three ahead were the sole athletes fighting for the medals.

The Kenyan tried his best but Gebrhiwet took off in the final 500 metres. His last lap was 10 seconds better than senior winner Korir managed on his final lap and he eased to a comfortable four-second winning margin.

The winner said: "It was a very tough course but I am so very happy. I am proud of our team and want to thank the coach for preparing us."

Barsoton was a clear second and should have no trouble moving into the senior team next year. Edris gave Ethiopia a further medal and he had 13 seconds to spare on his pursuers.



Leonard Barsoton helped Hagos Gebrhiwet push the pace in the junior men's race



World junior record-holder Hagos Gebrhiwet: lived up to expectations

At the onset of the last lap, Kenya held the edge in the team race – the winner overtaking Barsoton accounted for two points but the crucial move came from Ethiopia's fourth scorer Yihunilign Adane, who moved up four places on the last lap and Ethiopia won by three.

Eritrea had three in eight but lacked a fourth scorer as he couldn't get a visa in time.

American Matt McIntock was the only non-African in the top 20 – and he was 20th while France's Alexandre Sadedine was the leading European in 29th.

Italy were the top European team in sixth with Britain excelling to be the second best in ninth.

The British challenge

INTER-COUNTIES winner Jonathan Davies was within ten seconds of the top European and finished 35th. He ran a sensible, controlled race and looked strong over the final laps.

He remarked: "It was very different to what I've ever done before, but I really enjoyed it. It was a very tough course, relentless really.

"It went from ice to thick mud to grass and then the big hill, which people were flying down. It started off quick, but I didn't feel too bad and just settled in. I was the fourth or fifth Brit for a little bit of the time, but from the second to the third lap I went past them and then it was just a case of hanging on. It's been a great experience."



Jonathan Davies: top British junior man



Michael Callegari: second GB scorer

Michael Callegari was always close to Davies and held his position well in the mid-30s with what must be his best ever run, finishing just three seconds back.

Michael Ward probably went off a little too fast and was the first European on lap one in



Michael Ward: faded in second half



Gordon Benson: triathlete was 58th

26th. He eventually finished 51st and the final scorer, Gordon Benson, also found the second half hard and ended up 58th.

Like the rest of the team, William Paulson was also making his debut in such a big event and lost places after being in the top 50 at halfway, finishing 72nd.

Lewis Lloyd ran a steadier race in terms of position and stayed consistent in the 70s throughout and finished 77th of the 110 finishers, which made it easily the biggest race of the day.

Laps

- **Davies:** 5:48, 5:45, 5:46, 6:03
- **Callegari:** 5:46, 5:46, 5:48, 6:05
- **Ward:** 5:44, 5:49, 5:55, 6:11
- **Benson:** 5:47, 5:46, 5:57, 6:20
- **Paulson:** 5:47, 5:49, 6:04, 6:23
- **Lewis:** 5:51, 5:58, 6:04, 6:24



The start of the junior women's race in Bydgoszcz

Keeping the Faith

Junior women

FAITH KIPYEGON retained her title in another exciting race as Britain won their first-ever junior women's team medal.

The Kenyan held back initially and it was her team-mate Agnes Tirop who led at the end of the first lap in 5:59 as seven Africans headed the field.

The pace slightly dropped on the shorter second lap to 5:52 but now the three eventual medallists were away with Kipyegon narrowly ahead of Tirop with Alemitu Heroye tucked in behind and seemingly there for the ride.

Over the years, Ethiopian women have often outkicked



Faith Kipyegon and Agnes Tirop finished way ahead of their rivals

their Kenyan front-running rivals and it still seemed likely as they hit the last hill. However, the defending champion charged up it and only her compatriot Tirop could stay close and then as she sprinted down the hill the other side a seemingly clear winning gap had opened up.

The margin grew to a few seconds but the leader seemed to pay for her adventurous attack and began to tighten just as Tirop kicked hard. The gap closed rapidly but Kipyegon clearly held on though they were given the same winning time. Heroye finished 40 metres and six seconds back in third.

The 12 Kenyans and Ethiopians finished more than 100 metres ahead of the runners from all the other nations but Kenya with five in eight were winners by nine points.

Ugandans won the B race to come 13th and 14th but they lacked the back up and Britain took the bronze medals, nine ahead of Japan as they dropped a few places on the last lap.



IAAF World Cross Country Championships



Faith Kipyegon: led Kenyan one-two

GB team bronze medallists: Rebecca Weston, Emelia Gorecka, Amy-Eloise Neal, Alex Clay, Bobby Clay and Georgia Taylor-Brown



The British challenge

EMELIA GORECKA has dominated the British scene all her life and she has also proved difficult to beat in Europe. But in Bydgoszcz last weekend and not quite at her best, it was a surprise to see the world junior 3000m bronze medallist 88 seconds behind the winner on a short 6km course in her final opportunity at this race.

She was still the first European and with Polish family connections she was given extra support, but after an encouraging start where she really made every effort to go with the Kenyans and Ethiopians, she slowed during the race and lost two places on the last lap, finishing 16th.

She said: "I went out there to give it my best shot and see how much I could hang on. I had an amazing start and was right up there but then I lost touch on the top loop on the first lap and just felt weak.

"I was ill a few weeks ago, so I don't know whether that played a part. I just didn't feel strong today but I'm over the moon with the third place as a team – everyone ran really well, but I should have

definitely been further up near the top 10. However, to get a team medal, I'm really proud."

Georgia Taylor-Brown had been more than a minute behind Gorecka at the National and BUCS Championships, but while her team-mate wasn't quite at her best, she had an inspired run to be second European after trailing back in 34th after the first lap.

The sensible start worked and thereafter she took 15 seconds off Gorecka to move up to 17th and she was thrilled with her performance, which was



Georgia Taylor-Brown: surprising top-20 finish

probably the pick of the British team in terms of expectation.

Previously best known in triathlon circles, Taylor-Brown was European junior triathlon and world junior duathlon champion last year, while her father, Darryl, was a 1:47 800m man and four-minute miler.

Amy Eloise Neale held her position well around the 20 mark after a quick start and she also had the race of her life and held position well on the last lap, aware that every position counted. Placing 21st, Neale's good run justified the decision to travel 8000 miles from her home



Emelia Gorecka: top European finisher

in the United States for the trials race in Cofton Park recently.

Bobby Clay, who at 15 was the second-youngest in the race, started boldly and was with Neale in the top 20 until the final lap where she lost a few places to end up 27th. She enjoyed her experience of her first big global event and was thrilled to get a medal and she had her big sister Alex in the team but said in the melee, she was unable to grab her sister's hand immediately before the start as she did in most events.

Another Invicta East Kent athlete, Rebecca Weston, also enjoyed her world debut but she



Amy Eloise Neale: third GB scorer in 21st

dropped a few places over the last lap and ended up 33rd.

The third Kent runner, Alex Clay, admitted she never really saw her younger sister ahead and held a mid-30s position throughout and finished 35th in the 86-strong field as Britain comfortably got their medal-winning sextet in the top half of the race.



Bobby Clay: second-youngest in race

RESULTS

Senior men: 1 J Korir (KEN) 32:45; 2 I Merga (ETH) 32:51; 3 T Medhin (ERI) 32:54; 4 M Kipsiro (UGA) 33:08; 5 T Torotich (UGA) 33:09; 6 B True (USA) 33:11; 7 G Kifle (ERI) 33:16; 8 C Birmingham (AUS) 33:18; 9 F Lileisa (ETH) 33:22; 10 C Derrick (USA) 33:23; 11 R Aboud (ALG) 33:28; 12 H Machariyang (KEN) 33:29; 13 A Chane (ETH) 33:31; 14 T Abera (ETH) 33:35; 15 G Kirui (KEN) 33:38; 16 S Sanchez (ESP) 33:38; 17 R Vail (USA) 33:42; 18 A Osman (ERI) 33:42; 19 R Mack (USA) 33:49; 20 E Gelant (RSA) 33:53; 21 H Bouchicha (ALG) 33:54; 22 M Ahmed (CAN) 33:56; 23 L Adams (USA) 34:07; 24 M Geremew (ETH) 34:09; 25 G Kusuro (UGA) 34:09; 26 T Kiptoo (KEN) 34:10; 27 C Castillejo (ESP) 34:11; 28 B Brzezinski (POL) 34:11; 29 B Robinson (AUS) 34:11; 30 E Heath (USA) 34:11; 31 JONNY TAYLOR 34:14; 32 A Jiminez (ESP) 34:14; 33 C Winter (CAN) 34:15; 34 A Fathi (MAR) 34:16; 35 M Miout (AG) 34:16; 36 P Cherop (KEN) 34:19; 37 J Strang (USA) 34:20; 38 A Gardzielewski (POL) 34:21; 39 STEVE VERNON 34:22; 40 A Touil (SAL) 34:25; 41 C Levins (CAN) 34:27; 42 P Kiplimo (UGA) 34:37; 43 T Szymkowiak (POL) 34:38; 44 M Walters (CAN) 34:39; 45 FRANK TICKNER 34:40; 46 F Arapsudi (UGA) 34:40; 47 S Gabreyohannes (ERI) 34:43; 48 M Damiaa (POR) 34:43; 49 A Dali (ALG) 34:47; 50 N Mbuya (TAN) 34:48; 51 MIKE SKINNER 34:52; 52 J Espana (ESP) 34:50; 53 M Cocourek (CZE) 34:50; 54 K Wiebe (CAN) 34:51; 55 K Zalewski (POL) 34:51; 56 S Kelly (AUS) 34:52; 57 A Silva (POR) 34:53; 58 D Ikangaa (TAN) 35:01; 59 G Mzazi (RSA) 35:03; 60 K Zebrowski (POL) 35:05; 61 M Amlosom (ERI) 35:06; 62 Y Nuiuklov (BUL) 35:08; 63 M Brown (AUS) 35:10; 64 L Kujjaski (POL) 35:11; 65 L Bruchet (CAN) 35:12; 66 J Simueka (RWA) 35:14; 67 S Da Silva 9BRA) 35:15; 68 PHIL NICHOLLS 35:15; 69 T Demelash (ETH) 35:16; 70 T Honda (JPN) 35:22; 71 L Belkhir (ALG) 35:37; 72 W Hosni (TUN) 35:37; 73 R Kajuga (RWA) 35:41; 74 E Pereira (BRA) 35:45; 75 E Sebahire (RWA) 35:53; 76 M Hernandez (MEX) 36:02; 77 Kyano (JN) 36:05; 78 T Costa (POR) 36:12; 79 W Ueno (JPN) 36:18; 80 H Ono (JPN) 36:22; 81 J Nunez (ESP) 36:24; 82 E Mwanza (ZAM) 36:35; 83 A Adam (SUD) 36:38; 84 C Ndayikengurukiye (RWA) 36:49; 85 E Youisif (SUD) 36:54; 86 F Ntirenganya

(RWA) 37:18; 87 D Mokgobu (RSA) 37:26; 88 N Almassre (PLE) 37:36; 89 H Ismail (SUD) 37:40; 90 D Manja (RSA) 37:41; 91 M Kawanivi (NAM) 38:14; 92 A Kyshtabekov (KGZ) 38:37; 93 A Hawli (SUD) 38:52; 94 D Duan (CHN) 38:53; 95 G Dong (CHN) 39:38; 96 M Al-Marashda (UAE) 40:02
TEAM: 1 Ethiopia 38; 2 USA 52; 3 Kenya 54; 4 Eritrea 75; 5 Uganda 76; 6 Algeria 107; 7 Australia 116; 8 Spain 127; 9 Canada 140; 10 Poland 144; 11 GREAT BRITAIN & NORTHERN IRELAND 166; 12 South Africa 256; 13 Rwanda 298; 14 Japan 306; 15 Sudan 350
U20 men: 1 H Gebrhiwet (ETH) 21:04; 2 L Barsoton (KEN) 21:08; 3 M Edris (ETH) 21:13; 4 T Tuemay (ERI) 21:26; 5 C Kipruto (KEN) 21:48; 6 B Nebewew (ETH) 21:42; 7 G Ghebreslassie (ERI) 21:50; 8 D Weldesilassie (ERI) 21:58; 9 R Kwemini (KEN) 21:58; 10 M Bett (KEN) 22:21; 11 M Letoyie (KEN) 22:28; 12 M Abid (MAR) 22:31; 13 Y Adane (ETH) 22:33; 14 Z Talbi (YAR) 22:34; 15 A Cherop (UGA) 22:35; 16 A Mande (UGA) 22:36; 17 B Dida (ETH) 22:38; 18 O Chitachen (MAR) 22:38; 19 T Monnatlala (RSA) 22:52; 20 M McClintock (USA) 22:52; 21 H Ghachoui (MAR) 22:53; 22 E Kiprono (KEN) 22:53; 23 J Chemlal (MAR) 23:03; 24 N Craig (USA) 23:05; 25 T Hiluf (ETH) 23:04; 26 M Shrobligen (USA) 23:12; 27 Y Hirota (JPN) 23:13; 28 T Hayashi (JPN) 23:14; 29 A Saddedene (FRA) 23:14; 30 I Kimeli (BEL) 23:15; 31 T Isshiki (JPN) 23:17; 32 L Dini (ITA) 23:18; 33 M McDonald (AUS) 23:21; 34 B Flanagan (CAN) 23:21; 35 JONATHAN DAVIES 23:22; 36 D Fahy (USA) 23:25; 37 MICHAEL CALLEGARI 23:25; 38 Y Crippa (ITA) 23:26; 39 M Kurong (UGA) 23:27; 40 T Graham (USA) 23:27; 41 J Birtwhistle (AUS) 23:28; 42 A Gardner (USA) 23:30; 43 R Sleiman (CAN) 23:32; 44 Y Chiappinelli (ITA) 23:33; 45 H Youcefi (ALG) 23:34; 46 T Andre (BRA) 23:35; 47 R Garcia (MEX) 23:37; 48 J Curran (AUS) 23:38; 49 J Davies (AUS) 23:38; 50 S Dini (ITA) 23:38; 51 MICHAEL WARD 23:39; 52 H Yamanaka (JPN) 23:40; 53 T Smith (CAN) 23:40; 54 D Delattre (FRA) 23:43; 55 H Quazzola (ITA) 23:45; 56 M Belhadi (JPN) 23:45; 57 C Gravel (CAN) 23:47; 58 GORDON BENSON 23:50; 59 Y Nishiyama (JPN) 23:50; 60 M Bielawiec (POL) 23:50; 61 V Montanez (MEX) 23:54; 62 E Levisse (FRA) 23:54; 63 A Silmane (ALG) 23:55;

64 R Celada (ESP) 23:56; 65 S Guiney (AUS) 23:57; 66 H Habbajoui (FRA) 23:59; 67 M Marques (POR) 23:59; 68 A Ayouni (TUN) 23:59; 69 Klein (FRA) 23:59; 70 F Dhiab (TUN) 23:59; 71 N Crippa (ITA) 24:02; 72 WILL PAULSON 24:03; 73 R Matuszczak (POL) 24:05; 74 B Allen (CAN) 24:05; 75 M Jelloul (ESP) 24:07; 76 A Kuzmierz (POL) 24:08; 77 LEWIS LLOYD 24:17; 78 M Tate (CAN) 24:23; 79 B Mohammedi (ALG) 24:28; 80 J Romeo (ESP) 24:28; 81 K Takahashi (JPN) 24:28; 82 N Gouasmia (ALG) 24:32; 83 J Da Silva (BRA) 24:32; 84 R Miokopane (RSA) 24:35; 85 S Topolnicki (POL) 24:38; 86 S McSweyn (AUS) 24:38; 87 A Burdukevitch (BLR) 24:41; 88 P Pankratow (POL) 24:42; 89 E Garcia (MEX) 24:42; 90 A Votovski (BUL) 24:47; 91 S Djarmouni (ALG) 24:52; 92 R Badri (TUN) 24:52; 93 F Doucen (ALG) 24:54; 94 A Dos Santos (BRA) 24:56; 95 I Gtari (TUN) 24:57; 96 B Marouani (TUN) 25:11; 97 E Abdullah (YEM) 25:13; 98 N Innum (THA) 25:14; 99 M Alca (ESP) 25:18; 100 M Cherop (UGA) 25:20; 101 T Nkuna (RSA) 25:22; 102 S Bangbunnak (THA) 25:27; 103 N Hannachi (TUN) 25:41; 104 A Arroyo (PUR) 25:50; 105 Mijunien (CHN) 25:51; 106 Damuzhenciwang (CHN) 25:52; 107 N Innum (THA) 25:52; 108 V Santana (PUR) 26:24; 109 C Chavalala (RSA) 27:23; 110 V Da Silva (BRA) 29:23
TEAM: 1 Ethiopia 23; 2 Kenya 26; 3 Morocco 65; 4 USA 106; 5 Japan 138; 6 Italy 164; 7 Uganda 170; 8 Australia 171; 9 GBR 181; 10 Canada 187; 11 France 201; 12 Algeria 269; 13 Poland 294; 14 South Africa 313; 15 Spain 318; 16 Tunisia 325; 17 Brazil 333

Senior women: 1 E Chebet (KEN) 24:24; 2 H Eyalew (ETH) 24:27; 3 B Oljia (ETH) 24:33; 4 S Eshete (BRN) 24:34; 5 M Muriuki (KEN) 24:39; 6 J Kisa (KEN) 24:46; 7 V Kibiwot (KEN) 24:46; 8 T Daba (BRN) 24:55; 9 J Chekwel (RSA) 24:58; 10 I Cheptai (KEN) 25:01; 11 B Mutai (KEN) 25:16; 12 S El Oualilami (MAR) 25:05; 13 N Spnce (USA) 25:08; 14 F Britton (IRL) 25:08; 15 G Lalew (ETH) 25:10; 16 S Duarte (FRA) 25:17; 17 A Belete (BEL) 25:24; 18 K Tifahi (ALG) 25:26; 19 N Weldu (ERI) 25:27; 20 K Jasim (BRN) 25:27; 21 E Infeld (USA) 25:27; 22 D Martin (ESP) 25:29; 23 N Noujani (MAR) 25:30; 24 N Fraser (CAN) 25:30; 25 R Cliff (CAN) 25:30; 26 M Suver (USA) 25:41; 27 M Cullen

(IRL) 25:42; 28 S Utura (ETH) 25:43; 29 Y Melese (ETH) 25:44; 30 K Conley (USA) 25:45; 31 GEMMA STEEL 25:47; 32 L Byrne (IRL) 25:49; 33 L Picochi (FRA) 25:51; 34 D Castor (USA) 25:52; 35 C Daunay (FRA) 25:53; 36 L Birhane (ERI) 25:55; 37 LOUISE DAMEN 25:55; 38 C Bardelle (FRA) 25:56; 39 J Achola (UGA) 25:58; 40 STEPHANIE TWELL 25:58; 41 G Shumi (BRN) 25:59; 42 A Hutchinson (IRL) 25:59; 43 F Asifaw (ERI) 25:59; 44 C Rocha (POR) 26:01; 45 C Calvin (FRA) 26:03; 46 ELEANOR BAKER 26:04; 47 D Dicrescenzo (USA) 26:05; 48 LAUREN HOWARTH 26:05; 49 O Mugove (ZIM) 26:07; 50 A Diaz (ESP) 26:07; 51 A Meierzejewsk (POL) 26:08; 52 A Tesfaye (BRN) 26:20; 53 D Phalula (RSA) 26:22; 54 S Bejarano (ESP) 26:24; 55 B Ramos (PUR) 26:25; 56 T Fu (CHN) 26:29; 57 T Urbina (ESP) 26:30; 58 R Hannah (CAN) 26:35; 59 T De Carvalho (BRA) 26:36; 60 L Carson (CAN) 26:38; 61 K Kowalska (POL) 26:40; 62 A Suzuki (JPN) 26:41; 63 L Haitope (NAM) 26:44; 64 Y Abe (JPN) 26:46; 65 EMILY WICKS 26:48; 66 G Brrachina (ESP) 26:51; 67 M Floria (ROU) 26:52; 68 R Cheptegai (UGA) 26:53; 69 J Dos Santos (BRA) 26:54; 70 E Lee (IRL) 26:55; 71 A Cichocka (POL) 26:55; 72 V Chimos (UGA) 26:55; 73 D Napieraj (POL) 26:55; 74 L Chebet (UGA) 26:56; 75 H Tanaka (JPN) 26:56; 76 M Bernard (CAN) 26:58; 77 M Ihara (JPN) 27:01; 78 T McMahon (AUS) 27:06; 79 N Conrad (RSA) 27:08; 80 M Das Chagas (BRA) 27:10; 81 S Barker (AUS) 27:13; 82 H Niiya (JPN) 27:20; 83H Xiao (CHN) 27:21; 84 U Necko (POL) 27:23; 85 M Ishibashi (JPN) 27:28; 86 M Makhanya (RSA) 27:33; 87 C Kalma (RSA) 27:45; 88 X Jiang (CHN) 27:50; 89 T Samiri (ITA) 27:59; 90 V Silva (BRA) 28:01; 91 C Sullohorn (AUS) 28:06; 92 P Kopciwaska (POL) 28:12; 93 I Mathnani (TUN) 28:36; 94 T Palm (AUS) 28:47; 95 G Satarova (KGZ) 29:26; 96 N Nakamando (ZAM) 31:27
TEAM: 1 Kenya 19; 2 Ethiopia 48; 3 Bahrain 73; 4 USA 90; 5 Ireland 115; 6 France 122; 7 GBR 154; 8 Canada 167; 9 Spain 183; 10 Uganda 188; 11 Poland 256; 12 Japan 278; 13 Brazil 298; 14 South Africa 305; 15 Australia 344
U20 women: 1 F Kipyegon (KEN) 17:51; 2 A Tirop (KEN) 17:51; 3 A Heroye (ETH) 17:57; 4 C Kipkirui (KEN) 18:09; 5 R Aga (ETH) 18:18; 6 S Shemsu (ETH) 18:20; 7 R Chepngetich (KEN) 18:21; 8 S Keter

(KEN) 18:21; 9 B Diriba (ETH) 18:29; 10 A Hawi (ETH) 18:35; 11 P Kamulu (KEN) 18:43; 12 G Gebreslase (ETH) 18:44; 13 N Cheptegai (UGA) 19:07; 14 S Chesang (UGA) 19:09; 15 F Sidi Madane (MAR) 19:17; 16 EMELIA GORECKA 19:19; 17 GEORGIA TAYLOR BROWN 19:26; 18 A Sumi (JPN) 19:28; 19 M Uehara (JPN) 19:32; 20 C Verdon (USA) 19:33; 21 AMY NEALE 19:34; 22 Y Zemuy (ERI) 19:35; 23 E Stites (USA) 19:37; 24 S Yoshimizu (JPN) 19:39; 25 M Quinn (AUS) 19:39; 26 S Ennaqui (POL) 19:45; 27 BOBBY CLAY 19:45; 28 K Knight (USA) 19:52; 29 N Izumida (JPN) 19:54; 30 H Soukhal (ALG) 19:55; 31 R Chebet (UGA) 19:55; 32 W Mekonen (ERI) 19:58; 33 REBECCA WESTON 20:00; 34 A Finn (USA) 20:03; 35 ALEX CLAY 20:11; 36 M Efreim (ERI) 20:12; 37 S prime (AUS) 20:18; 38 S Scott (USA) 20:19; 39 M Mircheva (BUL) 20:20; 40 P Chemutai (UGA) 20:23; 41 N Weira (POL) 20:23; 42 S Dias (POR) 20:23; 43 N Aoki (JPN) 20:26; 44 S Nadel (USA) 20:30; 45 G Xaba (RSA) 20:31; 46 M Yungblut (CAN) 20:34; 47 R McDonald (CAN) 20:36; 48 K Rutkowska (POL) 20:39; 49 J Forsey (CAN) 20:40; 50 A Cashin (AUS) 20:48; 51 S Slezak (POL) 20:49; 52 A Gutierrez (ESP) 20:58; 53 Y Fukuda (JPN) 20:52; 54 Z Hadebe (RSA) 20:57; 55 C Espejo (ESP) 20:58; 56 S Atanane (MAR) 21:08; 57 N Sanani (ALG) 21:10; 58 P Pawlowska (POL) 21:10; 59 C Scott (AUS) 21:11; 60 J Carles (FRA) 21:11; 61 S Wismer (CAN) 21:13; 62 S Lozano (PER) 21:18; 63 N Hawthorn (CAN) 21:19; 64 A Konieczek (POL) 21:28; 65 B Alvarez (ESP) 21:27; 66 X Cao (CHN) 21:29; 67 S Yahi (ALG) 21:31; 68 D Del Ser (ESP) 21:32; 69 L Curasi (PER) 21:41; 70 E Escobar (PER) 21:42; 71 E Manzana (RSA) 21:44; 72 S Douis (ALG) 21:45; 73 J Da Silva (BRA) 21:46; 74 Badji (ALG) 22:15; 75 G Stafford (CAN) 22:23; 76 S Douri (TUN) 22:31; 77 R Abdenmbi (TUN) 22:31; 78 H Palacios (PER) 22:34; 79 J Soares (BRA) 22:45; 80 J Santos (BRA) 22:58; 81 M Ramalho (BRA) 22:59; 82 S Dhahri (TUN) 23:21; 83 J Lassoued (TUN) 23:38; 84 A Issaoui (TUN) 23:45; 85 A Bothma (RSA) 23:45; 86 A Manai (TUN) 25:19
TEAM: 1 Kenya 14; 2 Ethiopia 23; 3 GBR 81; 4 Japan 90; 5 Uganda 99; 6 USA 105; 7 Poland 165; 8 Australia 172; 9 Canada 203; 10 Algeria 227; 11 Spain 240; 12 South Africa 255; 13 Peru 279; 14 Brazil 313; 15 Tunisia 318

ENGLAND FIRST-TIMER RUNS AWAY FROM THE FIELD

Words: Kevin Fahey

Pictures: Sports Pictures Cymru

CATHERINE BLEW made sure her debut for England was a memorable one as she claimed a notable senior women's victory in the home countries international.

The 20-year-old Taunton AC athlete, who is studying biochemistry at Birmingham University, bided her time before sprinting clear in the final 400m of the race to defeat former British international Andrea Whitcombe.

"That is definitely the best race I have ever done," said Blew. "I have been training well and improving all the time since Christmas but I wasn't expecting to win this race."

"But once the event got under way I felt strong and was always in the leading pack and as the race progressed I knew I had a chance. It was really tough but it felt so good to win."

The victory ends a terrific campaign for Blew, who started the year with second place in the South West Championships, placed eighth at BUCS and improved to 12th at the Inter Counties Championships at the start of the month.

"I have been improving all the time and it was great to win my first England vest and celebrate

Debut delight



Catherine Blew (9): was challenged by Sarah Tunstall (75) and Andrea Whitcombe (41)

that with a win. I'm delighted," added Blew.

She certainly did her fair share of work at the front in the opening stages of the race as the pack gradually whittled down to just her, Whitcombe, Scotland's Rosie Smith and Sarah Tunstall, representing the North of England.

Whitcombe made her move on the last lap but sensed that it wasn't going to be her day.

"Every time we hit the hills I opened a gap but then Catherine would draw level," said Whitcombe. "She seemed half my age so I feared she would have more spring in her legs as we got towards the finish."

And that is what happened as Blew hit the front in the final 400m.

In the senior men's race Meles Okbazghi (North of England) played a waiting game as he followed James Walsh, the England runner who tried to break up the field over the three big laps.

"I sat in and waited and I felt good," said Eritrean-born Okbazghi, who was sixth at the Inter Counties.

Walsh was happy with his second place as he feels he is on his way back to form after illness, while Ben Livesey of the RAF was third.

In the junior races there were wins for England's Jack Gray and Rhona Auckland of Banchory Stonehaven AC, as she just held off England's Jenny Walsh for Scotland's only success of the meeting.

SIAB RACES

Intermediate boys

Perfect. That was the verdict of Jac Hopkins after ending a glorious season with an emotional victory.

On home soil just 20 minutes from his home in Swansea and with friends and family lining the course in the superb setting of Dinefwr Park, victory for Hopkins was never in doubt as he completed a clean sweep of the major under-17 titles this winter.

Indeed, in his own age group Hopkins is unbeaten this winter with three wins in the McCain Cross Challenge series, including the recent Inter-Counties title in Birmingham.

"I am so proud to win today," said Hopkins. "Winning a major competition for your nation and on home soil is the best feeling ever."

"I had so much support from the spectators around the course and it was great to win the race for them. It has been a perfect season for me and it is great to end the winter with another win."

Hopkins led from gun to tape, moving majestically over the undulating terrain and by the



Meles Okbazghi: pulled away from James Walsh for victory



Jac Hopkins: maintained 100% record this season



Dinefwr Park: played host to the combined fixture for five age groups



Wales' Ffion Price: heads junior women's winner Rhona Auckland



Junior men: Scotland's Michael Houston

Intermediate girls

The home fans could even share in the success of Bronwen Owen in the intermediate girls' race as she led home an England clean sweep.

"My dad is Welsh," said the 16-year-old from Scarborough, thereby explaining her Christian name.

Third in this event in Perth last year and a winner of the junior girls' age group in 2011 Owen was clearly determined to end her career as an intermediate with a win and her second place in the Inter-Counties and third in the English Schools the previous weekend showed she was running into form.

"I have been getting back into form after illness but I still wasn't expecting to win today," said Owen. "I was feeling strong and broke clear at the far end of the course and just managed to keep going.

"That is probably my best run of the winter and it is nice to be back winning again."

Inter-Counties champion Harriet Knowles-Jones worked hard for second place, her third major silver of the winter after the English National in Sunderland and the English Schools at Catton Hall.

"This has definitely been my best ever season," said Knowles-Jones.

In third was Birtley's Lydia Turner, with probably her best run of the winter as she just held off Rosie Johnson. Scotland's Gillian Black denied England a clean sweep but it was still another Anglo victory.



Junior girls: medallists Lydia Turner and Harriet Knowles-Jones lead the way

finish was 19 seconds clear of Scotland's Jonathan Glen and England's Patrick Dever (19:49), who led his colleagues to the team title.

Such is his maturity – both on the course and in the way he conducts himself with the media – it can be easy to forget that Hopkins is still only 15 and is bottom of the age group.

Hopkins' success this winter is a remarkable achievement for him and coach Kevin Tobin and a measure of his talent is that he is the first Welsh winner of the intermediate boys' title since Colin Clarkson's success in Newtown in 1977.

Junior girls

The closest and most exciting finish in the SIAB races came in the opening junior girls' race with barely the width of a vest separating Katy-Ann McDonald and Lucy Jones.

It was a tough call but eventually the race was given to rookie McDonald for yet another title to add to her previous wins in the English National and Inter-Counties.

"I wasn't sure whether I had won it but I was very determined today after finishing second (English Schools) last week," said McDonald, who is a member of

Herne Hill Harriers. "I think I ran a better tactical race today."

The 12-year-old, who only took up the sport on the eve of the Olympic Games last year, is clearly a quick learner as well as a prodigious talent.

"We have had a carefully planned programme for Katy-Ann and didn't want to race her much more than once a month," said coach Phil Kissi.

"Running the McCain Challenge (she won in Bristol, Antrim and Birmingham and was second in Liverpool) was all about getting her some experience and that

worked very well for us."

While disappointed not to get the verdict, Jones gave the race her all and can also take encouragement from beating English Schools champion Katy Whiteoak, who finished 19 seconds adrift of the pair.

"That is my first English vest so I am pleased with that especially as I had been ill during the week," said Jones.

Sophie Tooley, Kate Waugh and Jessica Keene completed an England clean sweep to ensure a thumping team victory.

Junior boys

It was the same story in the junior boys' race as Ben Dijkstra completed a great week by adding the British junior title to his English success and with team-mates Tom Dodd and Hugo Milner second and third respectively it was same finishing order as at Catton Hall.

With Isaac Akers, Alasdair



Ben Dijkstra (9) and Tom Dodd (10): prominent early in the junior boys' race

Kinloch and Rob Etherington completing the top six, England won the team trophy again but individually it was all about 14-year-old pre-race favourite Dijkstra, who did his homework having walked the course with coach Alan Maddocks and noted the best places to make his move.

"There were a couple of hills at the back of the course and that is where I made my move,"

said Dijkstra.

"I felt strong on the hills and knew if I got clear that could be decisive.

"This has been a great season for me and this was my most satisfying win. Representing your country is the biggest honour you can have so winning this race is a big step up for me and I am very proud to win in an England vest."

Dijkstra, who is a member of

Leicester Coritanians, always looked too strong for his England team-mates as they dominated the race to ensure a comfortable victory.

Dodd (Birchfield Harriers) can reflect on the progress he has made in the last 12 months since finishing 48th in the 2012 English Schools Championships in Somerset, while Milner continued his strong finish to the winter.

RESULTS

SIAB SCHOOLS' INTERNATIONAL

Inter boys (6km): 1 J Hopkins (WAL) 19:29; 2 J Glen (SCO) 19:48; 3 P Dever (ENG) 19:49; 4 J Lewis (ENG) 19:55; 5 E Bowker (ENG) 20:00; 6 O Fox (ENG) 20:02; 7 C Lovatt (WAL) 20:15; 8 R Bough (SCO) 20:17; 9 D McManus (ENG) 20:18; 10 J Cove (WAL) 20:21; 11 K Mulcaire (IRL) 20:25; 12 P Murchan (IRL) 20:31; 13 C Lewis (WAL) 20:33; 14 E Gillham (SCO) 20:36; 15 J Macgabhan (IRL) 20:38; 16 A Thompson (SCO) 20:44; 17 D Dunne (IRL) 20:46; 18 C Jardine (SCO) 20:52; 19 Z Miller (ENG) 20:54; 20 L Macgiolla Phadraig (IRL) 20:58; 21 M Sheen (ENG) 21:10; 22 A Rees (WAL) 21:12; 23 J Spellman (IRL) 21:14; 24 F Glass (SCO) 21:16; 25 B Eames (ENG) 21:22; 26 J O'leary (IRL) 21:25; 27 L Bradley (WAL) 21:28; 28 L Rees (SCO) 21:30; 29 J Chapman (SCO) 21:45; 30 N Neary (WAL) 22:03; 31 K Cullagh (IRL) 22:22; 32 N Jones (WAL) 22:31

TEAM: 1 England 46; 2 Wales 80; 3 Scotland 82; 4 Ireland 98

Junior boys (4.2km): 1 B Dijkstra (ENG) 13:56; 2 T Dodd (ENG) 14:08; 3 H Milner (ENG) 14:15; 4 I Akers (ENG) 14:21; 5 A Kinloch (ENG) 14:27; 6 R Etherington (ENG) 14:31; 7 A Monahan (IRL) 14:33; 8 A Thompson (ENG) 14:34; 9 C Conlon (IRL) 14:36; 10 J Heyward (WAL) 14:52; 11 J Boswell (ENG) 14:57; 12 G Connor (SCO) 15:01; 13 M Williams (WAL) 15:02; 14 E Looney (IRL) 15:03; 15 J MacKinnon (SCO) 15:06; 16 K McGrath (IRL) 15:08; 17 O O'Gibne (IRL) 15:10; 18 R Casey (IRL) 15:12; 19 A Johnson (SCO) 15:14; 20 G Gillespie (SCO) 15:17; 21 E McCann (IRL) 15:19; 22 J Ingledew (SCO) 15:21; 23 C Dalton (IRL) 15:23; 24 C Smith (WAL) 15:39; 25 F Stirling (SCO)

15:50; 26 O Thomas (WAL) 15:59; 27 D Lambropoulos (WAL) 16:05; 28 A Scott (SCO) 16:07; 29 Edwards (WAL) 16:12; 30 E Lawrence (Wales, U13) 16:22; 31 T Rees (SCO) 16:26; 32 J Crutchley (WAL) 16:58

TEAM: 1 England 21; 2 Ireland 81; 3 Scotland 113; 4 Wales 129

Inter girls (4.2km): 1 B Owen (ENG) 15:17; 2 H Knowles-Jones (ENG) 15:23; 3 L Turner (ENG) 15:30; 4 R Johnson (ENG) 15:32; 5 G Black (SCO) 15:42; 6 C Wilson (ENG) 15:46; 7 D D'Santos (ENG) 15:53; 8 O Gwynn (WAL) 16:03; 9 K Seary (WAL) 16:04; 10 C Graves (SCO) 16:10; 11 P Crosthwaite (SCO) 16:11; 12 C O'Reilly (IRL) 16:17; 13 K Rowe (ENG) 16:23; 14 L Glading (SCO) 16:24; 15 H Davies (WAL) 16:27; 16 G Gillham (SCO) 16:28; 17 E Atkinson (WAL) 16:31; 18 K Oakley (SCO) 16:32; 19 E Mackinnon (SCO) 16:34; 20 N Cotter (IRL) 16:39; 21 G Holloway (ENG) 16:40; 22 I Carron (IRL) 16:41; 23 C Cowan (SCO) 16:42; 24 N Corry (IRL) 16:43; 25 I Odlum (IRL) 16:45; 26 L Davis (WAL) 16:49; 27 M Davies (WAL) 16:55; 28 Z Carruthers (IRL) 16:59; 29 R Pierce (IRL) 17:04; 30 C Page (WAL) 17:08; 31 E Magee (IRL) 17:16; 32 L Philippart (WAL) 17:20

TEAM: 1 England 23; 2 Scot 74; 3 Wales 102; 4 Ireland 110

Junior girls (3km): 1 K McDonald (ENG, U13) 10:48; 2 L Jones (ENG) 10:48; 3 K Whiteoak (ENG) 11:07; 4 S Tooley (ENG) 11:13; 5 K Waugh (ENG) 11:14; 6 J Keene (ENG) 11:14; 7 E Wallace (Scotland, U13) 11:20; 8 L Stark (SCO) 11:21; 9 S O'Flaherty (IRL) 11:23; 10 G Waddington (WAL) 11:24; 11 A Lancaster (England, U13) 11:26; 12 G Goddard (ENG) 11:28; 13 H Still (SCO) 11:31; 14 J Bradley (WAL) 11:31; 15 I Morris (WAL) 11:34; 16 N Miller (SCO)

11:36; 17 F Everard (IRL) 11:44; 18 A Kelly (IRL) 11:47; 19 R Finnegan (IRL) 11:48; 20 E Fitzpatrick (IRL) 11:48; 21 E Lighthart (WAL) 11:49; 22 S Morrison (SCO, U13) 11:54; 23 A Jones (WAL) 11:54; 24 N Carey (IRL) 11:56; 25 R Metcalfe (SCO) 11:57; 26 S Murphy (IRL) 12:03; 27 A Williams (WAL) 12:08; 28 N Moran (SCO) 12:13; 29 H Byrne (IRL) 12:24; 30 L Davies (WAL) 12:32; 31 H Lewin (SCO) 12:37

TEAM: 1 England 21; 2 Scot 91; 3 Ireland 107; 4 Wales 110

HOME COUNTRIES INTERNATIONAL

Men (10.2km): 1 M Okbazghi (Nth) 32:52; 2 J Walsh (ENG) 32:55; 3 B Livesey (CS) 32:58; 4 D Garbutt (ENG) 33:10; 5 A Hay (SCO) 33:19; 6 S McDonald (SCO) 33:31; 7 A Teuten (ENG) 33:33; 8 J Hopkins (WAL) 33:36; 9 I Mitchell (WAL, M35) 33:39; 10 D Woodgate (South) 33:42; 11 S Fontana (SCO) 33:43; 12 R Axe (WAL) 33:56; 13 R Morrell (ENG) 34:18; 14 C Lambert (South) 34:20; 15 M Hobbs (WAL) 34:23; 16 S Mitchell (CS) 34:25; 17 R Burney (Nth, M35) 34:26; 18 G Twist (South) 34:43; 19 D Selman (SCO) 34:49; 20 S Robinson (Nth) 34:58; 21 D Thorne (South) 35:25; 22 M Blunden (CS) 35:46; 23 J Gratton (Nth) 36:30; 24 K White (CS, M35) 36:52

TEAM: 1 England 13; 2 Scot 22; 3 Wales 29; 4 North 38; 5 Comb S 41; 6 South 42

U20 (7.2km): 1 J Gray (ENG) 23:22; 2 M Bergin (South) 23:33; 3 C Hulson (WAL) 23:39; 4 E Shepherd (ENG) 23:42; 5 M Shirling (ENG, U17) 23:50; 6 J Griffiths (WAL) 23:52; 7 W Gray (South) 23:56; 8 R Park (Mids) 24:02; 9 O James (Nth) 24:14; 10 L Russo (ENG) 24:22; 11 C Carpanini (WAL) 24:23;

12 P Chambers (South) 24:24; 13 R Moore (Nth) 24:32; 14 L Heckler (Welsh Schools A) 24:33; 15 T Bains (Nth) 24:34; 16 T Smith (South) 24:37; 17 J Vernon-Mcguigan (Nth) 24:39; 18 B Millar (Scottish Schools) 24:48; 19 N Jones (Welsh Schools A) 24:54; 20 D Colley (SCO) 25:01; 21 G Jones (Welsh Schools A) 25:04; 22 S Orr (SCO) 25:07; 23 M Davies (WAL) 25:09; 24 E Sloan-Dennison (SCO) 25:26; 25 M Houston (Scottish Schools) 25:38; 26 K Rafferty (Scottish Schools) 25:42; 27 J Adkin (Scottish Schools) 25:43; 28 R Miller (Scottish Schools) 25:45; 29 M Edwards (Welsh Schools A) 25:48; 30 A Clark (Scottish Schools) 25:52; 31 D Stewart (Welsh Schools A) 25:58; 32 J Gooch (Welsh Schools B) 26:06; 33 J Morris (Welsh Schools B) 26:10; 34 J Hunt (Welsh Schools A) 26:25; 35 S Longville (Welsh Schools B) 26:27; 36 I Cooke (Welsh Schools B) 27:16; 37 Z Lewis (Welsh Schools B) 27:19; 38 R Llyr (Welsh Schools B) 30:09

TEAM: 1 England 10; 2 Wales 20; 3 South 21; 4 North 37; 5 Welsh Sch 54; 6 Scot 66; 7 Scot Sch 69; 8 Welsh Sch B 100

CELTIC SCHOOLS TEAM: 1 Welsh Schs 17; 2 Scot Sch 20

Women (7.2km): 1 C Blew (ENG) 26:13; 2 A Whitcombe (WAL, W40) 26:16; 3 G Bruinvels (ENG) 26:29; 4 S Tunstall (Nth) 26:30; 5 R Smith (SCO) 26:33; 6 L Waite (SCO) 26:34; 7 O Walwyn (ENG) 26:37; 8 L Lattimore (South) 26:46; 9 L O'Gorman (Nth) 26:57; 10 D Rees (WAL, W35) 27:23; 11 K Holt (Mids, U20) 27:41; 12 E Murty (South) 27:47; 13 P Keen (South) 28:06; 14 K Rushton (Scott) 28:12; 15 K Longley (North of England, W35) 28:20; 16 D Lauder (SCO, W35) 28:26; 17 F Briscoe (ENG)

29:00; 18 G Jones (CS) 30:01; 19 K Haniver (CS, W35) 30:37

TEAM: 1 England 11; 2 Scot 27; 3 North 28; 4 South 33

U20 (5.4km): 1 R Auckland (SCO) 19:10; 2 J Walsh (ENG) 19:12; 3 E Hosker Thornhill (South) 19:41; 4 A Mason (ENG, U17) 19:47; 5 I Lake (ENG) 19:56; 6 M Hawtin (South) 20:03; 7 K Ingle (Mids) 20:20; 8 R Murray (ENG) 20:26; 9 F Price (WAL) 20:33; 10 G Garner (WAL, U17) 20:37; 11 G Malir (Nth, U17) 20:38; 12 K Pennel (SCO) 20:46; 13 L Hayes (Mids) 20:46; 14 L Gent (South) 21:00; 15 H Rees (SCO) 21:04; 16 R Langbein (South) 21:08; 17 S Hodgson (Nth) 21:15; 18 L Riches (Nth) 21:20; 19 S Livett (WAL) 21:25; 20 Z Chandler (Mids) 21:26; 21 C Lambert (Nth) 21:31; 22 R Evans (Welsh Schools A, U17) 21:39; 23 N Richardson (Mids) 21:42; 24 L Sharpe (Welsh Schools A) 21:46; 25 A Lamond (SCO) 22:00; 26 F McLeish (Scottish Schools, U17) 22:10; 27 A Frankland (Scottish Schools) 22:16; 28 E Davies (Welsh Schools A, U17) 22:29; 29 D Beattie (Scottish Schools) 22:31; 30 R Price (WAL) 22:32; 31 M Rezuogui (Welsh Schools A) 22:52; 32 M Withers (Welsh Schools A) 23:00; 33 L Craig (Scottish Schools) 23:08; 34 H Redwood (Welsh Schools B) 23:10; 35 E Greenan (Scottish Schools) 23:18; 36 R Stewart (Scottish Schools) 23:25; 37 L Bell (Welsh Schools A) 23:30; 38 R Middleton (Welsh Schools B) 23:37; 39 K O'Neill (Welsh Schools B) 23:39; 40 I Evans (Welsh Schools B, U17) 23:52; 41 R Homer (Welsh Schools B) 25:03

TEAM: 1 England 11; 2 South 23; 3 Scot 28; 4 Wales 38; 5 Mids 40; 6 North 46; 7 Welsh Sch 74; 8 Scot Sch 82

CELTIC SCHOOLS TEAM: 1 Wales 15; 2 Scot Sch 22

OUR SERIES CONTINUES AS WE LOOK BACK TO THE GREATEST EVER MEN'S AND WOMEN'S RACES OVER THE STICKS

HURDLES

400m hurdles

Kevin Young (USA)

46.78

Barcelona

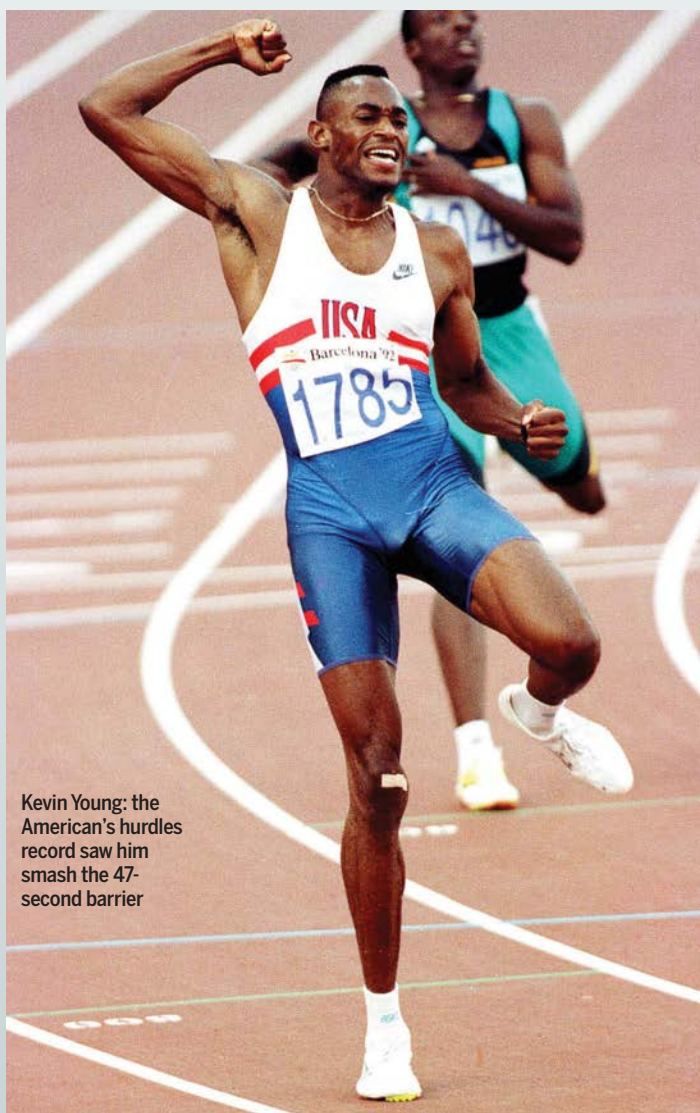
06.08.92

THE world's greatest ever 400m hurdler Ed Moses had held the record since the 1976 Olympics and his final record was a frustrating 47.02 in Koblenz in 1983. Kevin Young wasn't really expected to challenge that record in the Barcelona Olympics, as he came into the Games with a lifetime best of 47.72.

Young went into the Games (having written 46.89 on a piece of a paper) with a 47.72 PB and then ran a 47.63 semi-final but he was narrowly beaten by Jamaican Winthrop Graham. However, Young was marginally the favourite for the final.

In that final, Young destroyed the field with a superb display of hurdling and won by around eight metres. Not only did he break the world record (and very nearly the last hurdle which he smashed into) but he also crashed through the 47-second barrier with a staggering 46.78, which isn't too bad a time for the flat, never mind over the hurdles. Graham just missed his Jamaican record and finished just over a metre ahead of Britain's Kriss Akabusi, who broke the British record in third.

Some 21 years later, no one has run quicker than Young and Moses



Kevin Young: the American's hurdles record saw him smash the 47-second barrier

MARK SHERMAN

World record history

N Paterson has the first recorded time over the hurdles – 440 yards and he ran 67.0 in Eltham. That time was equalled three more times that year in 1867. The record dropped below the minute when Samuel Morris ran 59⁴/₅ in Radcliffe in 1886.

American Charles Bacon sizzled to the first IAAF record when he ran 55.0 in winning the London Olympics over 400mH. The first IAAF record over 440 yards hurdles was a significantly inferior 56⁴/₅ which Brit Gerard Anderson ran on a grass track at Crystal Palace.

Again the Olympics saw record figures over the metric distance when USA's Frank Loomis ran 54.0 in taking gold in Antwerp in 1920.

In the 1924 Olympics, F Morgan Taylor ran 52³/₅ but was denied a record as he knocked a hurdle over, and though he took gold, he was denied a world and even Olympic record. The latter was given to the third athlete across the line as the second was disqualified for going out of his lane!

In 1927 Lord Burghley set a record over the imperial distance with a 54.2 win in the AAA Championships but that event was lagging badly behind the shorter record as Taylor ran 52.0 in Philadelphia in the 1928 Olympic trials.

Four years later in the 1932 Olympics at Los Angeles, Robert Tisdall took gold in 51.7 but as he knocked over the final hurdle, the world record went to Glenn Hardin with 52.0, though the electrical time was 51.85.

Two years later, Hardin made an incredible improvement to run 50.6 in Stockholm. That exceptional



MARK SHERMAN

and Young's subsequent best was 47.18 in winning the 1993 World Championships in Stuttgart.

- 1 Kevin Young (USA) 46.78
- 2 Winthrop Graham (JAM) 47.66
- 3 Kriss Akabusi (GBR) 47.82
- 4 Stephane Diagana (FRA) 48.13
- 5 Niklas Wallenlind (SWE) 48.63
- 6 Oleg Tverdokhlebo (UKR) 48.63
- 7 Stephane Caristan (FRA) 48.86
- 8 David Patrick (USA) 49.26

Ed Moses: legendary athlete held 400m hurdles world record from 1976 to 1992

400m hurdles**Yuliya Pechenkina (RUS)****52.34****Tula****08.08.03**

RUSSIAN Yuliya Pechenkina made steady progress initially at the 400m hurdles. She had run 57.08 at 18, 56.13 aged 20 and then 53.98 at 21 in 1999. She only ran 54.31 in Olympic year but her international breakthrough came in 2001 when she won the silver medal in the World Championships at Edmonton.

However her world record was a major surprise as she sped to a startling 52.34 in Tula in a small meeting that very little information is available about.

She was unable to show the same form in that year's World Championships, where she went too fast and ended up third. In 2005 she won world gold in Helsinki in 52.90 and then won her fourth World Championships medal in Osaka.

Her Olympic record was less impressive though as she was last in her semi final at Sydney in 2000 and last in the final at Athens. She wasn't fit in 2008 and retired in 2009.

Her outdoor 400m best was almost a second slower at just 53.22, but she did run a 51.00 indoors on the flat.

World record history

THE women's 400m hurdles made a very modest start with Sandra Dyson's 61.1 in Bonn in 1971 being the first recognised best time.



Yuliya Pechenkina:
fastest of all time

MARK SHEARMAN

Championships in Prague.

Rossley regained the record in Jena in 1980 with a 54.28.

Another Russian Margarita Ponomaryova ran the first sub-54 with a 53.84 in Kiev in 1984. The appropriately named hurdler Marina Stepanova was second in that race and after running a world record of 53.32 to win the 1986 European Championships, she ran the first sub-53 a month later with a ground breaking 52.94 in Tashkent.

The 1992 Olympic champion Sally Gunnell won a great race against Sandra Farmer Patrick to win world gold in 1993 in Stuttgart with a 52.74.

Two years later the third, fourth and fifth in that race, returned in the World Championships at Gothenburg and Kim Batten's 52.61 narrowly pipped Tonja Buford on 52.62 with the 1996 Olympic champion-to-be Deon Hemmings third.

The 1974 Commonwealth Games 100mh champion Judy Vernon ran 60.4 in London in March in 1973 and then three days later American Wendy Koenig was the first inside 60 seconds with a 59.08 in Phoenix.

Austrian Maria Sykora reduced the record to 58.6 at Warley in May and then ran 58.5 and then 57.3 in Frankfurt in June.

The sixth record time came in Warsaw when Danuta Pieczyk ran 56.7 in the Polish Championships.

The first IAAF record went to another Pole with Krystyna Kacperczyk running 56.51 in Augsburg in 2004 ahead of Pieczyk.

That lasted for three years

until Russian Tatyana Storozheva ran 55.74 in Karl Marx-Stadt. A month later GDR's Karin Rossley ran 55.63 to win the 1977 European Cup. Russian Tatyana Zelentsova ran the first sub-55 to win the 1978 European

PREVIOUS WORLD RECORDS

Tatyana Zelentsova (URS)	54.89	Prague	2.9.78
Marina Makayeva (URS)	54.78	Moscow	27.7.79
Karin Rossley (GDR)	54.28	Jena	18.5.80
Anna Ambrazienė (URS)	54.02	Moscow	11.6.83
Margarita Ponomaryova (URS)	53.58	Kiev	22.6.84
Sabine Busch (GER)	53.55	Berlin	22.9.85
Marina Stepanova (URS)	53.32	Stuttgart	30.8.86
Marina Stepanova (URS)	52.94	Tashkent	17.9.86
Sally Gunnell (GBR)	52.74	Stuttgart	19.8.93
Kim Batten (USA)	52.61	Gothenburg	11.8.95

time, rather suspiciously on a 385m track, wasn't bettered for 19 years when Russian Yuriy Lituyev ran 50.4 in Budapest in 1953.

Glenn Davis made history in the 1956 US Olympic trials, on a day when three 100m world records were set and the first seven foot

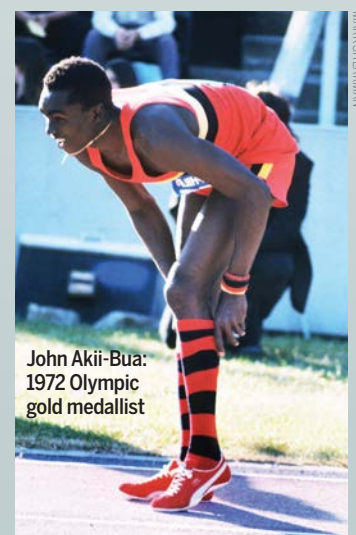
high jump was achieved, when his 49.5 outshone them all and broke the 50 second barrier.

Davis ran 49.2 in 1958 in Budapest but no significant improvement came when Geoff Vanderstock ran 48.8 in the 1968 US Olympic trials. That record was smashed apart by another altitude mark when David Hemery won Olympic gold that year in 48.1.

That record lasted four years when Ugandan John Akii-Bua ran 47.8, which at 47.82 became the first recognised electrical mark. That mark also had a four-year life when the Moses era began.

PREVIOUS WORLD RECORDS

Glenn Davis (USA)	49.2	Budapest	6.8.58
Salvatore Morale (ITA)	49.2	Belgrade	14.9.62
Rex Cawley (USA)	49.1	Los Angeles	13.9.64
Geoff Vanderstock (USA)	48.8	Echo Summit	11.9.68
David Hemery (GBR)	48.1	Mexico	15.10.68
John Akii-Bua (UGA)	47.82	Munich	2.9.72
Ed Moses (USA)	47.64	Montreal	25.7.76
Ed Moses (USA)	47.45	Los Angeles	11.6.77
Ed Moses (USA)	47.13	Milan	3.7.80
Ed Moses (USA)	47.02	Koblenz	31.8.83



John Akii-Bua:
1972 Olympic
gold medallist

MARK SHEARMAN

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○ Schools start

AT the English Schools Cross Country Championships I had several disappointed athletes to deal with as firstly they had not even been in the pen, let alone on the start line, when the gun went.

Also, like many athletes in lower numbered pens or those not first in the pen, they had to jog/walk round the first very sharp corner as they were caught on the left hand turn, this meant their races were over before they had run less than 70m.

On checking the start rules in the programme they state that "with one-minute to go competitors will be instructed to move into their start pen and line up in race order, competitors should listen to last minute instructions and the start will be by gun".

I checked with the ESAA officials what had happened and was upset to learn that due to water on the course the start had been reduced from being 45m wide to just over 34m. This meant instead of each starting pen being 1m wide, they were 66cm wide, while the start line was also moved forward to by-pass a tree.

For the under-15 girls race the organisers decided that on a start of 34m wide, 360 athletes would be "too full of enthusiasm" to walk forward out of the pens safely and it would be a health and safety risk if they were allowed to move to a start line and effectively have a "race". They then effectively made this "race" into a mass participation event, in my view, by firing the gun before many of the athletes were even in the pen.

I feel that if the organisers had communicated this decision to the 360 trained athletes (not over enthusiastic children),

their coaches, parents and team managers, the majority would much rather have risked a "trip or shove" than do months of hard training, to not even make the start line. This is one of the biggest races of the season and it is a shame many missed out on a fair race through no fault of their own.

Shireen Higgins, via email

○ Alternative to BBC

WITH regard to recent correspondence concerning BBC television coverage, there are alternatives for those who prefer not to have the BBC's approach of masses of chat supplanting much live action. Eurosport of course cover many meetings and increasingly there is internet streaming.

Phil Minshull and I covered every minute of the European Indoor Championships in Gothenburg for each of the four days on behalf of European Athletics, with this available from their website. And we had done the same for the outdoor championships last summer.

I also understand that the British Athletics streaming of the Indoor Championships received an excellent response on both days even though knowledge of such coverage may as yet be limited.

Peter Matthews, Athletics International

○ Walking's not for me

AS A method of ambulation, walking has a lot to be said for it. Indeed we all do it unless we are in a hurry. If we are in a hurry we run.

Race walking makes as much sense to me as, I don't know, shouting whispering for instance. Race walking is a harmless activity and, if people want to do it, that's

LETTER OF THE WEEK

○ Hutchings is right, there are no secrets

AFTER reading Tim Hutchings' article in last week's *AW*, I agree with everything he says.

I trained with Mike Gratton's group (Nick Brawn, Merv Brameld and Andy Girling) in the early 90s at Invicta East Kent and not even a county standard athlete, I was training hard so that I could be the 12th man making the 12 Stage Relay team.

Now, aged nearly 48, I'm still one of the fastest members of our club, but I shouldn't be. There should be youngsters coming in and wiping the floor with me.

Recently I've put in a full cross country season, Kent League, Kent Champs, Southern and National and for the last 15

weeks have averaged 85 miles per week in readiness for the London Marathon. This has resulted in a 2:02:01 20 miles and 1:16:01 half marathon.

If an old boy with more than 30 years of running in his legs can do this, why can't the younger generation follow suit?

If we can't get enthusiastic youngsters in wanting to improve, how do we expect to produce a plethora of county, National and international runners for the future?

Like Tim says, the simplicity has been lost. There's no magic formula, just hard graft, desire and love of the sport!

David Weekes, Folkestone Running Club

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fine but it is absurd to expect the majority of the athletics community to take it seriously.

I think I speak for the so called 'silent majority' though the silent bit doesn't apply to me.

Ian Macmillan, Canterbury

○ World Cross 'juniors'

IT IS becoming increasing noticeable that juniors at the World Cross are very mature – and this is not a great image for the IAAF.

Please give our juniors a level playing field to compete on.

Noel Spellacy, East Sussex

○ Challenge ideas

THE article on the future of the UK Cross Challenge in last week's issue was interesting and indeed it is bizarre when an M45 who, by his own admission, is hardly a world beater, wins £200 for finishing fifth in the series.

AW's solutions, which include

having a fixture near London and injecting more money into the series, make sense to me. But surely the best words of wisdom came from Tim Hutchings on the same issue.

His thoughts on "locking" top British runners into supporting the Cross Challenge, by making them ineligible for altitude or warm-weather trips unless they do at least three winter Cross Challenge races was a good idea.

It was also interesting to hear his opinion that too many British athletes perhaps enjoy "playing" at being a world-class runner in Font Romeu or Iten as opposed to "doing the hard yards" at home first on mud and country.

As a World Cross silver medallist and Olympic 5000m fourth-placer in the Eighties, I would have thought his opinion should carry some weight.

Jamie Wilcox, Gloucester

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How to save the World Cross

JASON HENDERSON
SAYS THERE ARE
PLENTY OF IDEAS
TO RESURRECT THE
TOUGHEST FOOTRACE
ON THE PLANET

THE 40th IAAF World Cross Country Championships featured exciting races on a “true” cross-country course with two hours of live coverage on BBC and Eurosport. Given this, fans of this part of the sport will have been in heaven last Sunday.

On the bad side, this once proud event is clearly still struggling. Neither Russia, Germany, Ukraine nor any Nordic or Baltic nations sent a team. Many big names such as Mo Farah were absent and even reigning English National champion



East Kilbride's nine-strong “Tartan Army” was bigger than most national teams

Keith Gerrard preferred to miss it to train for the track season.

The GB team, which was far bigger than most national squads, didn't feature a single London Olympian. Not for the first time, the only British athletics writer at the

event was Steve Smythe from this magazine.

So what can be done to resurrect it? There are lots of ideas.

Hilly, tough courses are good. Flat, featureless venues are boring. The prize money is decent but it

has shrunk over the past dozen years and more would not hurt.

Making the autumn/early winter period the “cross-country season” would avoid a clash with indoor events and marathons. Alternatively, staging the world cross on big-city marathon weekends the day before the 26-miler is an option.

Athlete managers need to ensure East Africans have lessons in English and dealing with the press. For too many years, too many great athletes have been unable to sell their story to the Western media.

The event might thrive best if held in countries with a big cross country tradition (see *Dip Finish*). Finally, ongoing moves to get the sport into the Winter Olympics can surely do no harm.

Mo-mentous question

WOULD Mo Farah have won the world cross country title if he had competed last weekend?

US website Letsrun.com offered this harsh opinion in reaction to a pre-Bydgoszcz blog I wrote. They said: “We think there is little chance Farah, who was only 21st in 2010, would win if he did show as he's not a proven cross country guy. He might not even win the junior race.”

In hindsight, they were maybe partly right. The junior winner, Hagos Gebrhiwet has a faster 5000m best than Farah with

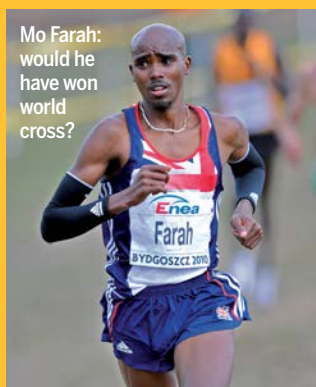
12:47.53 and he beat Galen Rupp in an indoor 3000m earlier this year.

However, Gebrhiwet was only 11th in the Olympic 5000m final and Farah does of course have cross country pedigree after finishing 11th in the World Cross in 2007 and having won the Euro title in 2006.

Also, Gebrhiwet would have been a serious contender in a senior men's race that was arguably the weakest in recent history. Winner Japhet Korir, for example, led what can best be described as a Kenyan B team.

As UKA coach Terrence Mahon said, this was a “unique year” for Farah and difficult to raise his game so soon after the Olympics. But it was also maybe a lost opportunity to confirm his status as the world's No.1 distance runner what remains the biggest distance-running showdown on the planet.

I think he would – and should – have won in Bydgoszcz 2013.



Mo Farah: would he have won world cross?

Turkish delight turns sour

I HAD the dubious honour of a front-row seat in the press conference after the Olympic 1500m final last year when Asli Cakir Alptekin and her team-

mate Gamze Bulut said their one-two was down to “Turkish Power”.

The blog I subsequently wrote probably received more attention than anything else I wrote during the Games. With the headline “Turkish delight or doubt?”, the article quoted numerous negative reactions from athletes on the web, together with Lisa Dobriskey's controversial post-race comments to BBC 5 Live, and I added the details of Cakir Alptekin's previous drugs conviction as a junior, Bulut's unbelievable improvements in 2012, plus background such as Süreyya Ayhan's infamous life story.



“We're agreed then. We hold medal ceremonies six months later, when we know who the cheats are!”

Angry comments under the blog included: “We love you Asli Cakir. You are a classy, well spoken, hard working athlete. You deserve the gold! Next, 2016!”

Meanwhile I was asked to go toe-to-toe with a Turkish journalist on BBC World Service on the final weekend of the Games.

It would be interesting now to hear the thoughts of the Turkish fans who were convinced she was clean. Certainly, Dobriskey and others at the time were in little doubt that her performance was too good to be true.

Now, better late than never, the drug-testers have realised too.

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SABRINA SINHA'S LONG JOURNEYS HAVE PAID OFF THIS WINTER

SABRINA SINHA has travelled many miles this winter in the search for success, writes Steve Roe.

Apart from winning her second successive Kent county title, 13-year-old Sabrina won the Southern under-15 championship at Parliament Hill in north London, was third in the Saucony National in Sunderland, finished fifth when the Inter-Counties took place in Birmingham and ended the season in Derby at the English Schools.

Others will of course have been just as busy and some more successful, but very few achieve as Sabrina has on limited training off at most three sessions per week. Only recently has the third session, a run on the hilly avenues of Greenwich Park, been introduced. It adds to timed track runs and intervals on her local track.

It is not a heavy load, yet doesn't have to be, for Sabrina is supremely fit – she is the current year eight British modern biathlon (swim/run) champion and the Kent 200m freestyle swim champion.

It was sibling rivalry which first set Sabrina on her way. "On one occasion my school held a mini-

Across country



Sabrina Sinha:
Southern
champion
and 2012
National
winner

marathon," she recalls. "My sister took part and all my friends wanted me to beat her."

Natasha – two years the elder – was then already a member of Cambridge Harriers and not surprisingly came out on top but Sabrina, as she states now, was hooked on the experience. "For one thing I felt a sense of freedom and

knew I had to join the club when old enough".

She has since emerged as the most successful member of the famous south London club in recent years in terms of medals. Ironically, though, it was at a race in which Sabrina was outside the first three – the Southern inter-counties in 2010 – that people began to notice her talent.

"It was my biggest race up to that point, and again my sister was running," she explains. "I finished sixth in the under-13s, she came 20th as an under-15 – so I did get the better of her. Seriously, I was meeting some of the best girls outside of Kent for the first time and knew how important it was to be seen to be successful on the wider stage."

Sabrina had tangible cross-country success in the pre-Christmas period of the following winter with her victories in the London Schools and London Youth Games, but it was in the second half of 2011-12 that she really made a mark.

Two wins, at the Kent Championships and Kent Schools, were predictable, but the best was yet to come – first in the national at Parliament Hill and a fortnight later a glorious victory in the Inter-Counties. A bronze medal from the English Schools and second place in the SIAB International completed a winter season any athlete would have been proud of.

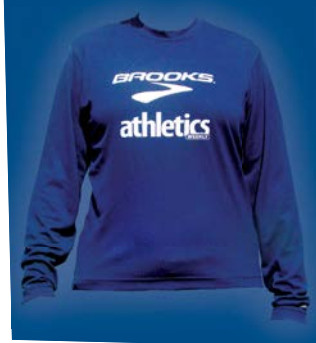
Coached by Mark Newell, she says one of his assets is how he varies the training between speedwork and distance runs. "Not only that," adds the teenager, "he attends most of my races and having your coach and family there makes you want to do well."

Under Newell's supervision, Sabrina's track sessions take place at Sutcliffe Park – a venue within jogging distance of her home in Blackheath – where she works out with Alfie and Noah Armitage-

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Hookes, two of the best young male athletes in Kent, and good friend Megan Marchant.

Surprisingly, the athlete from whom Sabrina takes her inspiration is not a distance runner, or one alive now. "It's Jesse Owens," she says of the American who won four gold medals and immortality at the 1936 Olympics in Berlin.

"I first learned about him in school. He did everything on the track, but represented more than just athletics performances."



Sabrina Sinha:
with coach
Mark Newell

FACTFILE: SABRINA SINHA

Born	April 19, 1999	International; 3rd English Schools
Club	Cambridge Harriers	
Coach	Mark Newell	Track: 800: 1st Kent Champs. 1500: 1st Kent Champs; 1st Kent Schools; 1st English Schools Cup; 2nd South of England Champs
PBs	800m: 2:16.12. 1500m: 4:38.51	
Achievements		
2013: (U15)	Cross Country: 1st Kent champs; 1st Kent schools; 1st Southern champs; 1st London Youth Games; 2nd Southern inter-counties; 3rd English National (U13 Cross; U15 Track)	2011: (U13) Cross Country: 1st London Youth Games; 1st London Schools; 2nd Southern inter-counties; 2nd English Schools Cup
2012:	Cross Country: 1st Kent champs; 1st Kent schools; 1st English National; 1st Inter-Counties; 2nd SIAB	Track: 1200: 1st Kent Champs. 1500: 1st London schools; 2nd Southern inter-counties

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ENDURANCE training takes the spotlight in this week's Performance pages. With the cross-country season almost over and the marathon season not far away, it's time to make sure the spring and summer seasons will be your best ever. Of course, this applies not only to athletes,

but coaches too. A look at the effects of Omega 3 supplements shows the benefits it can have – these

include anti-inflammatory properties and the potential to help us make better and more accurate decisions and also react faster. For those who are looking towards 800m and 1500m, we have an article that touches all of the bases. It gleams much of its information from two of our greatest ever, Seb Coe and Steve Ovett and aerobic endurance, speed endurance, goal-setting and tactics are given priority. Enjoy the read!

David Lowes,
Coaching editor

PERFORMANCE GUIDE

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WORLD TRIALS U20 CROSS-COUNTRY WINNER JONNY DAVIES AND HIS COACH, ROB MCKIM, SPOKE TO **DAVID LOWES** ABOUT HIS PROGRESSION AND WHAT LIES AHEAD

JONNY DAVIES started running around four years ago after being successful in some local school races. His prime interest, though, was football, but this gradually changed over the ensuing two years when he started doing Tuesday and Thursday sessions at the club under the guidance of Rob McKim, his current coach. In his first season he never finished outside of the top three and his rapid improvement helped to keep him motivated for further success. Davies says: "I was ambitious from the start, and to be honest I was only satisfied if I won – I haven't changed much!"

Coach McKim adds: "Jonny started off by doing just one session a week and this evolved to two on most weeks by the end of his first track season. Last year he was doing 40-45 miles a week and at present this has increased subtly to 45-55."

"I was ambitious from the start and to be honest I was only satisfied if I won – I haven't changed much!"

JONNY DAVIES

Jonny Davies

Jonny Davies: first GB runner home at the World Cross



The young Reading athlete has increased his conditioning work through drills and body circuits with the realisation that some of his running sessions need to be tough to move on to the next level.

Both coach and athlete are grateful for the way experienced coaches such as Dave Sunderland, Neville Taylor, Jim Bennett and David Lowes have been supportive in his development and all have been used as sounding boards. The duo are also much more focused and have such things as objectives,

training cycles, training diaries and extensive preparation checklists to help in their thorough preparation so that Davies knows what he has to do on any given day. They are also grateful to the kind support received from Reading AC and the BMC Academy.

One of Davies's short-term goals was selection for the World Cross, which he duly secured with his emphatic win in the under-20 trial race at Cofton Park, after winning the under-17 title the previous year over the same course.

FACTFILE: JONNY DAVIES

Born	October 28, 1994	
Coach	Rob McKim	2011
Club	Reading AC	
PBs	800m: 1:58.33 (2012); 1500m: 3:50.39 (2012); 3000m: 8:25.95 (2011); 5000m 14:15.99 (2012)	
Achievements		
2013	Inter-Counties Cross gold	
2012	English Schools 3000m gold; England U20 5000m silver; Inter-Counties Cross gold;	2010
		National Cross 6th; English Schools Cross gold
		English Schools 3000m gold; UK School Games 3000m gold; SIAB International 3000m gold; England U17 1500m 4th; Schools International Cross bronze; English Schools Cross bronze; Inter-Counties Cross 12th; National Cross 8th
		2010 National Cross U17 23rd; English Schools Cross 38th

○ TYPICAL TRAINING WEEK:

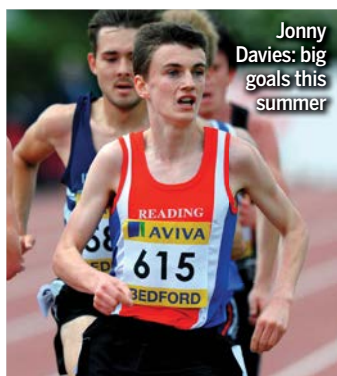
(February – non competition week)

- Sunday (am) 80-90min mostly easy/steady mix of road, off-road and trail.
(pm) Mainly bodyweight circuits.
- Monday (pm) 40-50min run including 30min of 5min stages shuttling between steady and tempo paces.
- Tuesday (pm) Grass intervals in park (flat course): 3-10km and cross country paced efforts – mixing up the paces with 30-35min volume with active recoveries plus some strides at end. Alternatively, early transition track work with short acceleration bursts over 60m, 5min tempo followed by 2 sets of 1200m, 800m, 400m at 3000m “date pace” plus some strides. (Wear flats with option of spikes, perhaps just for “feel” in last one or two reps.)
- Wednesday 40-50min easy/steady (recovery from previous day).
- Thursday (am) 20min easy.
(pm) Hurdle drills including walkovers. Track: 10-12min tempo wearing flats, 25min bodyweight circuits using stations (legs, core, upper body in 3,2,1 ratio). Multi-directional running, 1 lap relay backwards running with partner running at side with 50m “swap-over” stages.
- Friday 20-30min easy or rest.
- Saturday (If not racing): Fartlek 40-45min off-road. Alternatively: Park 2x3min at 3km cross-country pace (3min covering 1000-1100m) with 2-3min recovery then 3x7/8min Kenyan Hills (over 3 hills) – 90sec recovery – working on technique for uphill and downhill running. Start at bottom of longest hill and maintain sustained effort.

Training week is adapted and tweaked according to such things as athlete's condition and environment and it accommodates a range of fitness factors and components. Volume is about 45-55 miles. Tuesday is seen as the key main-quality session. The plan is adaptable to school and other requirements.

Summer training sees a reduction in volume by around 10%. Conditioning is kept as maintenance and some track work is done with tactical options covering competitions at 800m, 1500m and 5000m while improving and keeping speed in the legs.

○ The above sessions are specific to the individual athlete and may not be suitable for other athletes



Jonny Davies: big goals this summer

MARK SHEARMAN

The next challenge he and his coach have set is meeting the set criteria for the European Junior Championships in Rieti this summer. The aim is to win that title or at the very least run to his full potential on the day and target times for the season are: 1:52 (800m), 3:45 (1500m) and 13:50 (5000m) have already been talked through and agreed.

Even though the Olympic

Games in Rio are only three years away, Davies is looking to be there and then to go on to the 2020 Games and leave his mark.

When asked if he has any role models, Davies is quick to say: “The Rob Squad! They are a group of legends and heroes and of course, my dad! He's a very determined person when he puts his mind to something and this is what I try to emulate.”

Preferred snack ...

Charlie Grice on what he likes before and after a race

○ Pre-race meal

Something sweet!

○ Post-race hydration/recovery

Something sweet! I'll try to take something down the track with me like a flapjack and a Lucozade recovery shake followed by a meal on the table an hour or so later. I am supported by a local bakery called Truffles, who supply me with flapjacks and pastries.



Charlie Grice: sweet

MARK SHEARMAN

Coaching courses

ENGLAND

○ Coaching Assistant

April 13-14: Don Valley Stadium, Sheffield. **Cost:** £190.

April 13-14: Litherland Sports Park, Liverpool. **Cost:** £190 (EA affiliated club member: £145).

○ Leadership in Running Fitness

April 13: Macclesfield Athletics Track, Macclesfield. **Cost:** £110.

○ Athletics Coach

April 13-14: Tavistock College, Tavistock. **Cost:** £365 (EA affiliated club member: £325).

○ Coach in Running Fitness

April 13-14: Newham Leisure Centre, Plaistow. **Cost:** £365 (EA affiliated club member: £325).

○ Coaching Assistant

April 13-14: Newham Leisure Centre, Plaistow. **Cost:** £190.

April 13-14: The Samsworth Church Academy, Mansfield. **Cost:** £190 (EA affiliated club member: £145.)

Contact: englandathletics.org

○ England Athletics/BMC Endurance Workshop

April 13: 9.45am to 4pm.

St. Mary's, Twickenham. Educational and practical. Athletes and coaches welcome.

Contact: Neville Taylor 01403 790800/07841 504498

SCOTLAND

○ Coach in Running Fitness

April 13: Craigswood Sports Centre, Livingston. **Cost:** £350.

Contact: Jim Goldie at coaching@scottishathletics.org.uk

WALES

○ Coaching Assistant

April 27-28: Academy of Sport, Llandarcy. **Cost:** £150. **Contact:** dave.goodger@welshathletics.org

NORTHERN IRELAND

○ Designated Officer Course

April 8: Shankhill Leisure Centre, Belfast. **Cost:** £25 (£15 Belfast Clubmark-accredited clubs).

Contact: info@athleticsni.org

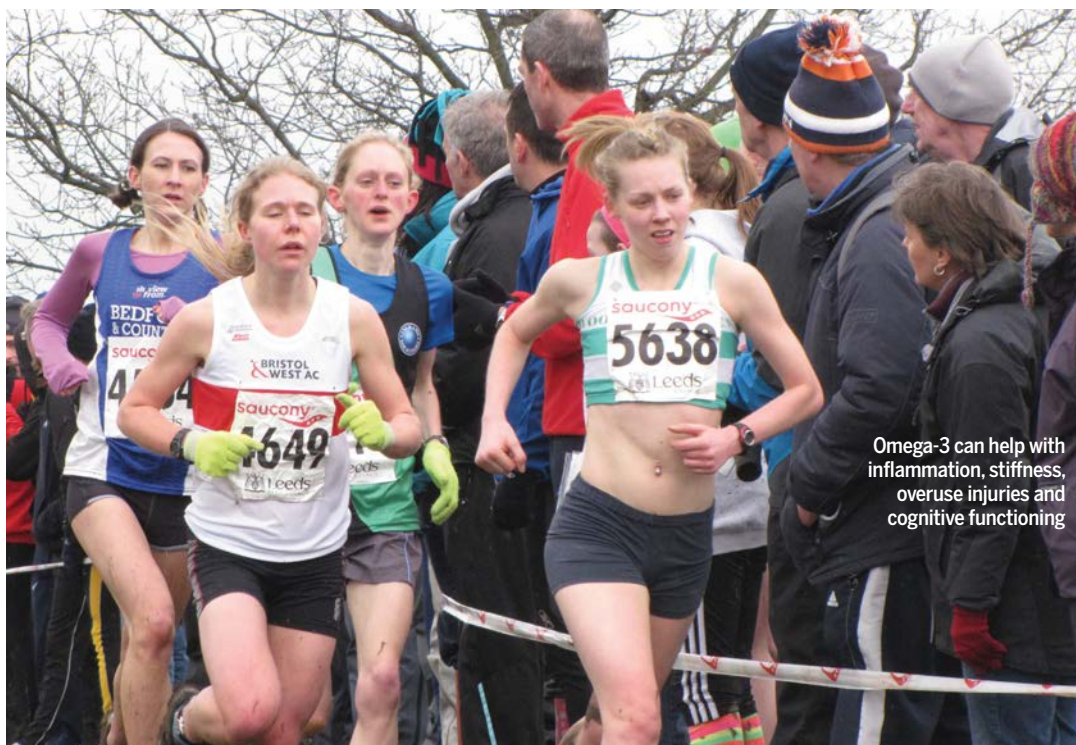
Extra performance edge

SPORTS SCIENTISTS
DR ROSS LORIMER
AND **DR JOHN**
BABRAJ INVESTIGATE
THE POWER OF
OMEGA-3

OMEGA-3, also known as n-3 polyunsaturated fatty acid or fish oil, is an essential nutrient in the regulation of bodily functions. Made up of two substances, eicosapentaenoic acid and docosahexaenoic acid, omega-3 is integrated into the structure of the body and plays a key role in allowing enzymes and other catalytic molecules to function. This means it is essential for normal functioning but is also a powerful and natural anti-inflammatory that can reduce pain and stiffness from hard training and from inflammatory conditions such as arthritis, and can also help prevent overuse injuries in athletics.

An adequate dietary intake of fish oils is essential but, though eating oily fish or an equivalent can help improve your levels of Omega-3, they can never give you the concentrations required to get some of the real additional benefits. Many athletes already take Omega-3 supplements, but many more are unaware of the real benefits this relatively simple and easy-to-take supplement offers for improving both their health and their athletics performance.

Many athletes already take Omega-3 supplements, but many more are unaware of the real benefits this relatively simple and easy-to-take supplement offers



Omega-3 can help with inflammation, stiffness, overuse injuries and cognitive functioning

Muscle damage and injury prevention

One of the main benefits of taking Omega-3 is the prevention of muscle damage and the reduction and prevention of soft-tissue injuries. Muscle damage can range from the pain you feel in the days following a long hill run to the chronic overuse injuries suffered by many athletes.

The muscle damage sustained during long runs and other strenuous athletic events leads to the degradation of protein structures within the body's muscle and soft tissue. Following this, the body could require between 72 and 96 hours to fully recover, during which pain and inflammation may increase due to muscle damage, reducing muscle function, and thus performance.

Many athletes will treat these issues using over-the-counter painkillers to mask the pain, non-steroidal anti-inflammatory drugs to reduce the inflammation, or alternative treatments such as amino-acid supplementation or the traditional approach of icing. The problem is that masking or

hiding the pain simply creates bigger issues in the long term as you continue to stress already damaged tissues. There are also potential side-effects of the regular use of anti-inflammatory drugs, and alternative treatments such as icing have been shown to be relatively ineffective when scientifically tested.

Omega-3 is known to be an anti-inflammatory, which reduces the production of leukotrienes and prostaglandins, suppresses the T-cell response, and prevents cytokine production. As well as this anti-inflammatory effect, Omega-3 has been shown to increase the rate of activation of key enzymes that control protein synthesis, which decreases in the rate of protein breakdown that occurs with damage. Omega-3 supplementation has also been shown to affect collagen metabolism, increasing collagen production in the tendons and ligaments. Taken together, these effects aid recovery from hard training but also address the symptoms of common problems such as sprains, strains, and

overuse injuries, allowing a faster return to training.

Scientific studies have used Omega-3 supplementation prior to purposefully inducing muscle damage through strenuous activity (people volunteer for this)! These studies showed a marked suppression in both pain and skeletal muscle circumference (a simple measure of inflammation) and an increase in the range of motion no later than 24 hours after the damage occurred.

Another study showed that after inducing muscle damage using a high volume of intense plyometric movements, taking high levels of Omega-3 limited losses in muscle function. Participants reported no increase in pain 24 hours after the damage was caused and saw only a 3% loss in explosive power, which was fully recovered by 48 hours after the damage occurred.

Compare this to alternative methods such as amino acids, which have been shown to produce only a 15 per cent reduction in pain 48 hours after damage occurs; bromelain and ibuprofen, which can mask the pain but have been

shown to have no positive benefits in the management of muscle damage; and icing, which has been shown to have a similar lack of positive benefits.

Mental fatigue and improved cognition

As well as preventing injury and promoting recovery, supplementing Omega-3 can have other tangible benefits for athletes. Many athletes look to nutritional supplements as a way of improving their physical performance, but few consider the very real impact these can have on their mental performance, whether this is judging distance, race pacing or strategy, or motivation and mental toughness.

When athletes physically push themselves or have to concentrate for a protracted period, they become mentally fatigued, they lose concentration, make simple mistakes and overlook things. When mentally fatigued, individuals also feel tired and drained and this affects their performance as it becomes harder to maintain pacing or perform at a high level.

Electroencephalogram in those undertaking Omega-3 supplementation has shown a reduction in the beta-2 band alongside an increase in theta and alpha bands, which suggests an improvement in cognitive functioning. Further, electromyography has shown a significant improvement in psychomotor reaction times, suggesting an improvement in nervous system activity. Omega-3 supplements have also been shown to improve oxygen-rich blood flow to active areas of the brain during mental activities, which may boost cognitive abilities. This means Omega-3 can potentially help us make better, more accurate decisions and to react faster.

Research participants have also shown improvements in the ability to sustain attention for long periods. Additionally, they have also shown a reduction in mental fatigue, meaning that Omega-3

supplementation may be beneficial in improving attention, focus and concentration. Studies have shown that mental fatigue leads to mistakes in judgement, timing and fine motor skills and a reduction in the amount of raw power we can produce. In studies where mental fatigue has been induced, participants perform significantly worse in both running and cycling time trials.

Omega-3 supplements

A typical individual would need a minimum of 1g of Omega-3 each day in the form of a supplement. Preferably, most individuals would take twice this amount and athletes and others involved in strenuous activities would need to take significantly more – 3-4g or perhaps 5g on a really tough day of training.

A range of Omega-3 supplements are available. The cheaper ones from places like China and Korea can sometimes be very low in purity (typically less than 30-40%), meaning that the majority of the capsule (almost two thirds) is filled not with Omega 3, but with another oil. This means that each capsule will have a smaller effect.

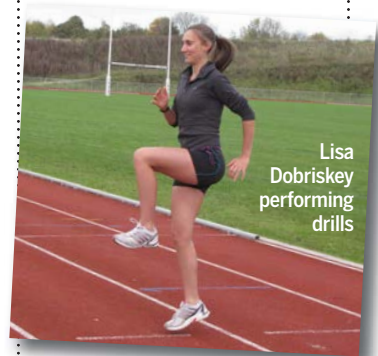
Athletes also need to be more savvy and increasingly cautious about what supplements they are taking. A company in Edinburgh is producing a product suitable for use in competitive athletics. Edinburgh Biotech Ltd produce TakeOmega3, which is made in facilities licensed by the Medical Health and Regulatory Authority,

is HFL-tested, which ensures that it is safe for athletes to use and meets all the competitive legislation. These capsules are also over 85 per cent Omega-3, which means fewer capsules are needed to see the positive effects.

Conclusion

Omega-3 offers a range of potential benefits to athletes. A significant amount of evidence shows its role in the prevention and recovery from muscle damage and for the improvement and reduction in mental fatigue. Some evidence suggests Omega-3 supplements can improve body composition by increasing lean muscle mass and decreasing fat mass and that it can boost the lung function of athletes during and after exercise.

While Omega-3 is found in oily fish, seafood and seaweed, it is advisable to take a regular supplement for both health and performance benefits. Athletes are often looking for an extra performance edge, either from their training or from their diet and Omega-3 supplements may be just the thing they have been looking for. While it potentially seems less glamorous than supplements that have complicated names and come in high-tech looking packaging, Omega-3 can have a real and measurable effect on your athletic performance.



Lisa Dobriskey performing drills

Coaching rant!

A FEW weeks ago I headed up to my local park, which is also one of the local green spaces a university uses for its sessions each week, to support the coaches during their session. The athletes had jogged up there as part of their warm-up and already shed some items of kit, noticeable by tops and bottoms strewn all over the grass. They had also donned their spikes and had just commenced their drills.

I have to be honest and say that less than 10% of both genders were performing their routines to my satisfaction. Okay, so I might be harsh with the 10% figure, but why was I so irate? Well, firstly, why were they wearing spikes for drills? I stood behind one runner as she performed a walking high-knee drill. Great – or was it? As she raised her leg, she lost control of her pelvis and her hips “sagged” to one side, instead of remaining level. There was no core, no control. And the story was much the same for the rest of the repertoire – lack of control and a poor posture and body position.

Do drills by all means as they can help with style, flexibility, posture, strength and are a great dynamic means of warming-up. But only do them if you can do so with a fairly good interpretation of what is intended – otherwise leave them alone until you can!

● Eleanor Jones is senior sport scientist at the University of Birmingham and a BASES-accredited sport scientist with an IOC diploma in sports nutrition



Omega-3: lean muscle mass can be increased and fat mass decreased

What, when and why

NATIONAL COACH MENTOR FOR MIDDLE DISTANCE **DAVE SUNDERLAND** WAS AT A RECENT ENGLAND ATHLETICS WORKSHOP AND **MATT LONG** WAS THERE TO DISSEMINATE THE INFORMATION

TOP coach, coach educator and mentor Dave Sunderland recently addressed an audience as part of the West Midlands mentoring programme, hosted by Phil Sergeant of Tipton Harriers. The veteran of every major championship elaborated on what he referred to as the whens, whats and whys of training and had much to say about the methods behind the greatest rivalry in British athletics history – namely that of Seb Coe and Steve Ovett.

What is potential?

In putting his message across to the audience, Sunderland asserted that the basic task of the coach is to differentiate between what one can affect in terms of athlete performance and what is a given in terms of genetics. As well as facilitating physiological developments, his message was that development of mental toughness is paramount. “Most athletes are inevitably going to lose far more races than they win,” he stated realistically. “We are then getting into the realms of enthusiasm and dedication.”

Long-term athlete development

In terms of long-term development, Sunderland said: “Early developers tend not to come through, so we as coaches have to work on retaining them.” In alluding to peak height velocity as indicator of biological maturation, he emphasised



Legends Seb Coe and Steve Ovett both utilised hill running to get fit and stay fit

that coaching “knowledge” of all aspects of a young athlete’s exercise programme, including cross-training, was vital in order to effect progressive overload of volume and intensity. Additionally, he pointed to the need for coaches to draw upon support networks available to them, which may include physiological testing of their athlete and masseurs.

Goal-setting

The process rather than the outcome can be the key according to Sunderland, who recounted the tale of the late great Peter Coe telling his son to “run as hard as you can for as long as you can” before the 1978 European 800m final in Prague. A young Sebastian was crestfallen in taking “only” a bronze having come unstuck in the final 100m after a barnstorming 49-second first 400m.

Despite his loss to the East German Olaf Beyer and compatriot Steve Ovett, Sunderland maintains that Coe senior was spot-on in setting his young charge a process goal. This would reap dividends in terms of a two-lap world record in Oslo a year later because they had worked on what was required to maintain form over the last eighth of the race.

Aerobic endurance

Stressing the need for a solid endurance base, Sunderland pointed to Coe’s bemoaning of the lack of participation in cross-country races by many endurance athletes. He said: “It’s one of the reasons for his great aerobic base, which along with his conditioning enabled Coe to run seven races in a handful of days in Los Angeles and retain his 1500m title with one of his fastest ever times at the distance.”

Speed endurance

AS WELL as event-specific training for race pace simulation, the man who was national coach for no less than 15 years stressed the necessity for coach and athlete to disaggregate the notion of “speed endurance” in the following ways:

Quality repetitions such as:
2x1000m with complete recovery
Split intervals such as: 3x600m (45sec/45sec)
Pace increases such as: 3x600m (32/30/28sec)
Pace injectors such as: 3x600m (30/28/30sec)
Tired surges such as: 3x600m (45sec/100m cruise/28sec)
High-intensity reps such as: 2 sets of 3x300m with 20sec recovery and 15min sets

Speed

Diversity was once again the key message in terms of:

- Drills
- Acceleration runs
- Flying 30s
- Up the clock (such as: 30m-70m)
- Down the clock (such as: 70m-30m)
- Skill sprints such as: 90%, 100%, 90%
- Simulation runs

In pointing to the former world 1500m and mile record-holder, he said: “Everybody knew that Steve Ovett was going to kick with 200m to go. He was that explosive he got 10m on them and didn’t need to pull away more. That was because he worked diligently on acceleration runs indoors at Crystal Palace in the 1970s.”

Strength endurance and power

Recounting his twice-yearly visits to Merthyr Mawr in South Wales with the late Harry Wilson, who guided Ovett to Moscow Olympic 800m gold, Sunderland remembers: “We always took the thigh circumference of athletes and equated them to their time up the legendary Big Dipper. Steve came out tops on both lists, which was an indicator of his power. Both he and Coe used hill running because it’s one of the best all-round ways to get fit and stay fit.

“To develop his power further, Coe also did bounding and depth-jumping, but only after years of conditioning, as this type of training should only be done with a mature, experienced athlete.”

Acclimatisation training

Sunderland encouraged coaches to think of the above notion much more broadly than its automatic association with training and altitude. For him “acclimatisation training” is about breeding familiarity with race-specific conditions.

He adds: "I had Lynsey Sharp doing BUCS last May so that she would get the feel of the Olympic Stadium and the procedures involved. It's incredible how many athletes get to championships with no specific training plan for when they get there!"

Tactics

In terms of tactics, Sunderland says: "The 800m is more difficult than the 1500m because if you make one mistake over two laps you are dead. Coaches have to engender greater tactical awareness among younger athletes. A young Coe learned how to win by running both from the front and by "sitting in and kicking." Sunderland feels that championship-level competition offers a specific challenge in terms of negotiating a way through the rounds.

Drawing upon decades of experience in managing Staffordshire schools teams, he notes: "Lots of fastest losers in English Schools heats and semis get it right by going on to gain a medal in the final. At world-class



Fermin Cacho: Olympic 1500m gold in Barcelona 1992

level, tactical running through the rounds was displayed by East Germany's Jurgen Straub in the heats of the Moscow Olympic 1500m. In their first round heat he forced the Brighton man to exert himself to extend his unbeaten run at the distance. As a result Ovett was tired by the day of the final and only won bronze while Straub grabbed an unexpected silver."

Coaching inspiration

Like many other coaches of note, Sunderland professed to an eclectic approach of "taking bits from everybody" but noted the influence of Australian Percy Cerutti, whose "Stotan" philosophies blended Stoic and Spartan principles, and produced his all-time favourite middle-distance athlete, Herb Elliott.

"Opportunities to grab medals exist, particularly in the women's events."

Challenging African dominance

He concluded with optimism by saying: "We can produce athletes who can challenge for medals on the global stage. Look at Fermin Cacho, who took Olympic 1500m gold in Barcelona (1992) and still holds the European record at 3:28.95. If you go into a global final knowing you can run around 3:30 and you get it right tactically, then you have a chance against the Africans. Opportunities to grab medals exist, particularly in the women's events."

● Dr Matt Long is a volunteer endurance coach with Birmingham University AC and UKA coach education tutor. England Athletics area coach mentor Geoff James can be contacted at geoffjamesathletics@sky.com for future workshop bookings

Coaching Corner

● I'VE been running for around 20 years, but I still want to reach a higher standard and have been training quite hard, doing 80 miles a week. However, I have been so tired lately that even a steady run is a slog. Any idea what's going on?

● YOU don't say what age you are, but I presume you must be around 30-35 years old and, if so, perhaps future improvements may lie over longer distances. If you've been doing 80 miles a week for at least four to five years that shouldn't prove too problematic. However, if you have suddenly jumped up to your present weekly mileage from 50-60 miles, then that could be part of your tiredness. Remember, it isn't the miles that kill you, it's what you do in those miles!

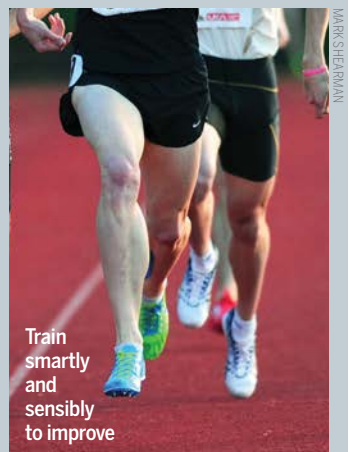
To improve you have to do some "hard" training which involves running at race pace and faster, along with some much slower, longer runs, as well as hill training, fartlek and interval running – the list can be an exhaustive one. Unfortunately (or fortunately!), you can't train at 100% effort all of the time – recovery runs and rest days are where the "adaptation" from hard work evolves.

There's a finite line between being "tired" and "overtired". Tired is what you should feel after a hard session and a recovery day should allow the body to get back to status quo. It's worth understanding that you wouldn't improve if you didn't get tired and put stress on your body.

Being overtired is an entirely different matter altogether. It can be caused by not training smartly with enough recovery days factored

in or a myriad of other things such as: stress at work, school or home; illness or a vitamin deficiency; poor diet and insufficient sleep. All of these can lead to a syndrome where running becomes difficult at best and in some cases a few days' rest is insufficient and getting back to normality can take months if not more.

When you reach the state that you mention, injury and illness will never be far away. The biomechanics of the body can change when you are extremely tired and, because you will be running markedly slower, the hips will sag, the lower back may come under stress, knee-lift will be restricted, stride length will be shorter and foot-plant will be much less effective. All of these can heighten the incidence of injury in almost any area. Of course, when you don't feel good, the immune



system can weaken also.

My advice is to see your GP and get checked out for any deficiency or virus and either just do some short jogs for a week or even rest to see if that has any effect. In the interim, sit-down with a reputable coach and get him to look over your training diary for the past six months or so as you may just be training too hard.

THE VALUE OF TRUST BETWEEN COACH AND ATHLETE CANNOT BE UNDERESTIMATED, WRITES **BARRY COOK**

CAN excellence in performance be achieved by both coach and athlete without trust? Many factors in a relationship decide the amount of trust that develops and the quality of the communication can be one vital element that increases that trust.

Previous articles in 2012 on how psychometrics (AW, May 24) and understanding behaviour preferences (AW, Nov 22) may be helpful in coaching and coach-athlete communication. I introduced the type-dynamics indicator from the type-mapping system and how its use can help coaches to become more self-aware of their own behaviour and the impact it may have on their athletes and how by observation of their athletes they can gain an insight into the behaviours of the athlete. This can be helpful in deciding when and how you communicate information to the athlete.

Kolb's Learning Cycle

In the 1970's David Kolb investigated the way in which humans learn and developed the model known as Kolb's learning cycle.

Kolb said that the process we follow in order to learn is as follows:

1. You have a concrete experience.
2. You reflect on that experience (why did that happen?).

Learning is a cycle

Steve Cram and Laura Weightman: communication is vital in a coach and athlete relationship



MARK SHERMAN

athlete has a strong preference towards being a reflector then they will need time before you try to debrief with them a training session or a race as they need time to reflect. If the athlete has a strong preference toward being a theorist they will like to understand why they are doing that session, what are they developing physiologically that will help them improve and what are the theories underlying their efforts? If the athlete has a strong preference toward being a pragmatist they will like to understand how a session will help them develop as an athlete and how it may help them in a race.

This theory has been misinterpreted by many educationalists to state that people have a particular preference in the way that they learn (their learning style), which is incorrect. However, it may indicate the preferred point at which you enter the cycle. You then have to go through the other stages in order to complete the learning cycle.

Try analysing if you as a coach have a preference and whether that influence has an effect on how you communicate with your athletes. If you do have a preference, ask yourself what is the preference of your athlete and if you need to change your behaviour in order to ensure your athlete gets maximum benefit from any communication you have with them.

Barry Cook is a qualified endurance event group coach and UKA coach educator

3. You seek to understand the reason for it (the theory).
4. You consider how that fits into what you are trying to achieve and ask if you need to change anything following that experience (next steps).

Consider for instance how you learned to ride a bicycle and you can see how this fits the process you went through to gradually develop the expertise. There may be another learning experience that you have had that illustrates the process (diag 1).

Kolb originally stated that individuals have to go through all the stages of the learning cycle in order to learn.

Peter Honey and Allan Mumford then developed the learning styles tool which could indicate if you had a preference in the way that

you learned and attached a set of named behaviours to each part of the cycle.

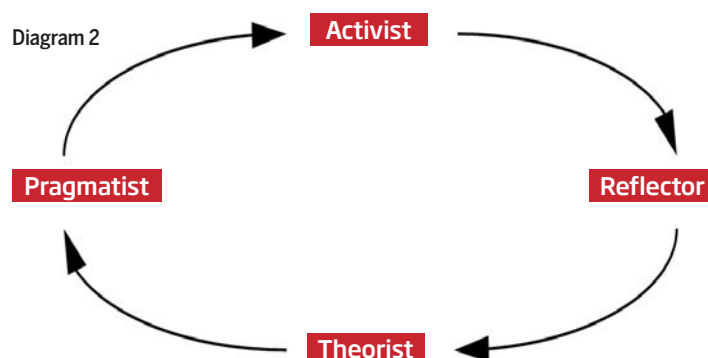
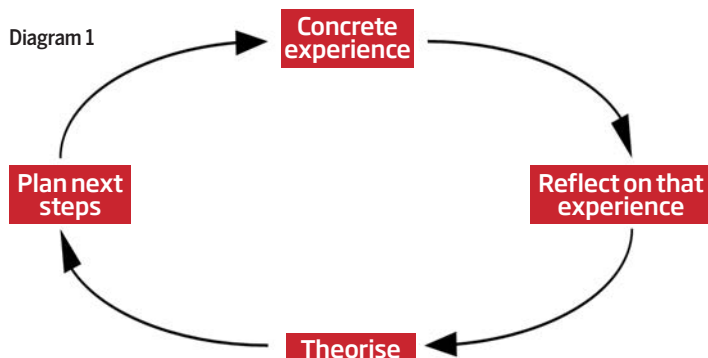
If you learned by doing you were an "activist".

If you learned by reviewing (reflecting) on the experience you were a "reflector".

If you liked the theories underpinning actions you were a "theorist".

If you liked understanding how it had a practical use in the world or you like the planning of next steps you were a "pragmatist" (diag 2).

The preferences that your athlete may have can be extremely useful to you as a coach in deciding your communication method. If the athlete has a strong preference toward being an activist they will probably like just doing the sessions and not be weighed down by any of the technicalities. If the



AW

White stuff

THE weather caused a lot of cancellations, but there was still a lot of top-class action. Britain's masters won 50 golds in San

Sebastian and there were good results indoors and on the road. In the latter,

there were great half-marathon runs at Hastings and Wilmslow, while the Eastleigh 10km was also full of quality.

Steve Smythe, Results editor

RESULTS GUIDE

- 45 Overseas
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OVERSEAS

AUSTRALIA

Brisbane, March 23

Men: 100 (1.9): Joshua Ross. **200 (0.1):** Ross 20.78. **1500:** 11 GRAHAM HOGG 3:57.35. **110H (-0.4):** 5 ROGER SKEDD 14.87. **SP:** 7 SKEDD 13.72. **Women: 200 (0.8):** 6 LOUISE WOOD 24.91. **Blacktown, March 21** **Women: 80H (0.0):** 1 SALLY STAGLES (W50) 12.99. **Victorian Milers Club, Box Hill** **Men: 1500:** A: 4 GRAHAM HOGG 3:51.3

BELGIUM

Ghent, March 16

Women 10km: 1 EMILY COLLINGE 38:33

CANADA

Calgary, March 23

Men: HM: 3 DUNCAN MARSDEN 73:16. **Women: HM:** 6 ADELA SALT (W40) 89:45.

CHINA

Hong Kong, March 17

Men 10km: 16 MARTIN KENNARD (W40) 35:19. **Women: 10km:** 4 ANGELINA KONG (W45) 39:50

CYPRUS

Ironfx 10km, Limassol, March 24

Men: 10km: 2 DAVID BRANFOOT 33:39. **Limassol, March 24** **Men: HM:** 2 BARRY STODDART (M40)

76:18. **Men Mar:** 4 MICHAEL KEENAN 2:42:54; 5 RICHARD GRIEVE 2:45:05

FRANCE

Chambery, March 24

Men: 10km: 1 LACHLAN OATES 32:42

IRELAND

Woodie's DIY AAI Juvenile Indoor

U12-U19 Championships, Athlone, March 23-24

U20 men: 200: M Lawler (U20) 21.29 (U20 rec). **U16: HJ:** 1 MATTHEW DALTON (U15) 1.75. **LJ:** 4 DALTON 5.72. **U15: 60:** 3 ROBBIE MARRS 748. **60H:** 3 MARRS 9.1. **U19 women: 60:** 4 EMMA WILLIS 7.98. **TJ:** 1 CLARE DOUGHERTY 11.03. **U18: 60:** 8 CHRISTINE LOGUE (U17) 8.11. **60H:** 2 NAOMI MORGAN (U17) 9.22. **LJ:** 1 MORGAN 5.26. **U17: 60:** 1 MEGAN MARRS 7.57. **200:** 3 ROSEANNA MCGUCKIAN 25.37. **60H:** 1 MARRS 8.50. **U16: HJ:** 2 PHOEBE TAN (U15) 1.61. **U15: 60H:** 5 ALIX GALBRAITH 9.72

ITALY

Milan, March 24

Men: HM: 1 K Limo (KEN) 61:49; 2 R Chemosin (KEN) 63:36; 3 A El Mazoury 63:37. **Women: HM:** P Njeri (KEN) 71:19; 2 H Jekpurgat (KEN) 71:21; 3 E Quaglia 72:37

JAMAICA

Kingston, March 23

USAIN BOLT and Yohan Blake suffered defeats in separate 400m training races. Bolt ran 46.44 to finish second to Nicholas Maitland, who won in a PB 45.79.

Bolt said: "I'm happy to finish the race injury-free and looking forward to the rest of the season." He next races over 150m at Copacabana Beach in Rio de Janeiro this weekend.

Yohan Blake was also beaten but did clock a 46.32 PB, narrowly behind Allodin Fothergill, who clocked 46.24. He said: "I feel good to run my personal best over 400m and if the wind wasn't as strong I would have gotten a faster time but I'm right where I'm supposed be."

Both fared better than Olympic 100m champion Shelly-Ann Fraser-Pryce, who was fifth in the women's 400m with 56.63.

Men: 400: 1 N Maitland 45.79; 2 U Bolt 46.44. **r2:** 1 A Fothergill 46.24; 2 Y Blake 46.32. **SP:** 1 O Richards 19.00. **DT:** 1 T Smikle 59.82. **Women: 100 (-0.4):** A McLaughlin 11.2. **200 (-2.4):** 1 S McPherson 23.37; 2 S Lloyd 24.25; 3 S Williams 24.57. **400:** 1 R Whyte 52.34; 2 S Simpson 53.65; 5 S Fraser-Pryce 56.63

MONACO

Monaco, March 17

Men: 10km: 29 KEN WHITE (M60) 38:11. **Women: 10km:** 5 JULIA ARMSTRONG (W50) 41:21

NETHERLANDS

Venlo, March 24

Men: HM: 1 P Yator (KEN) 61:53; 2 C Cheruiyot (KEN) 62:34; 3 J Koech (KEN) 62:36; 4 K Choukoud 63:27. **Women: HM:** 1 J Moraa (KEN) 70:40; 2 I Andersson (SWE) 70:55; 3 V Kibet (KEN) 71:34; 4 R Van der Meijden 74:07; 24 FELICITY MILTON 82:50

NEW ZEALAND

New Zealand Championships,

Auckland, March 22-24

Men: 800: 4 SAM PETTY 1:51.26. **Ht2:** 1 PETTY 1:53.74. **5000:** 16 SHAUN DIXON 14:57.62. **JT:** S Farquhar 80.17.

PORTUGAL

Lisbon, March 24

BERNARD KOECH ran the fastest ever 10km split in a half-marathon when he clocked 27:17. He didn't maintain that searing tempo, but he still broke the hour with a time of 59:54.

World marathon champion Edna Kiplagat won the women's race in 68:48. **Men: HM:** 1 B Koech (KEN) 59:54; 2 P Some (KEN) 60:21; 3 A Kuma (ETH) 61:09; 4 B Kitur (KEN) 61:48; 5 R Mengich (KEN) 61:56; 10 A Pollmacher (GER) 64:50. **Women: HM:** 1 E Kiplagat (KEN) 68:48; 2 E Kirwa (KEN) 68:59; 3 P Kipkoech (KEN) 69:21; 4 S Kibet (KEN) 70:41; 5 A Dulce Felix 70:44; 6 M Asahassah (MAR) 71:36; 7 T Alemu (ETH) 71:59; 8 J Prokopczuka (LAT) 72:55; 11 S Moreira 74:30; 13 G Galkina (RUS) 75:50

SOUTH AFRICA

Potchefstroom, March 19

Men 800: 3 JONATHAN COOK 1:49.57

Pretoria, March 15/16

Men: 400H: 1 P Beneke 49.77. **Women: 400H:** 1 W Nel 56.94. **LJ:** L Prinsloo 6.59/2.2

SPAIN

San Sebastian, March 24

Walk and cross-country results only – report and track results on page 46.

(b: 20th, c: 21st, d: 22nd, e: 23rd, f: 24th)

Men: M35: XC (f): J Blanco (ESP) 15:52. **3000W (c)/5kmW (e):** J Pinera (ESP) 12:57.72/22:21. **M40: XC (f):** E Meneses (ESP) 16:00. **3000W (c):** S Borsch (GER) 12:13.49. **5kmW (e):** L Silva (POR) 21:09. **M45: XC (f):** J Vazquez (ESP) 17:04. **3000W (c):** 1 M Perianez (ESP) 13:32.58. **CR:** 3 FRANCISCO REIS 13:59.37. **5kmW (e):** 1 Perianez 22:43. **CR:** 3 REIS 23:52. **M50: XC (f):** S Ayala (ESP) 16:30. **3000W (c)/ 5kmW (e):** M Prieto (ESP) 12:30.99/21:30. **M55: XC (f):** t Axelssen (SWE) 17:59. **3000W (c):** 1 D Bogaert (BEL) 14:37.87; 5 STEVE ALLEN 15:41.31. **5km (e):** 1 Bogaert 25:17; 4 STEVEN UTTLE 26:14; 9 ALLEN 27:07. **M60: XC (f):** F Fuenntes (ESP) 18:59. **3000W (c):** 1 I Melo (ESP) 14:18.16; 2 IAN RICHARDS 14:39.32; 4 JOHN HALL 15:23.91. **5kmW (e):** 1 Melo 24:09; 2 RICHARDS 24:16; 4 HALL

26:2. **M65: XC (f):** 1 J Dermarque (FRA) 20:07; 5 ALAN APPLEBY 21:36; 9 GEOFF NEWTON 22:12; 10 HAMILTON 22:21. **HUTCHINSON. 3000W (c):** 11 Niesselberger (AUT) 15:43.75; 3 ROGER MITCHELL 16:41.19. **5kmW (e):** 1 E Formentin (ITA) 26:33. **CR:** 5 MITCHELL 28:41. **M70: XC (f):** 1 J Alzola (ESP) 22:35; 5 SMITH 23:33. **3000W (c):** P Schumm (GER) 17:32.52. **5kmW (e):** 1 Schumm 29:37; 4 RON PENFOLD 29:55. **M75: XC (f):** B Pereira (POR) 23:21. **3000W (c):** 1 ARTHUR THOMSON 17:22.99; 2 J Alexis (FRA) 17:34.88; 6 DAVID STEVENS 21:02.40. **5kmW (e):** 1 THOMSON 29:36. **CR:** 2 Alexis 29:52. **M80: XC (f):** G Kolgashkin (RUS) 28:20. **3000W (c):** 1 ERIC HORWILL 22:47.14; 2 M Tamminen (FIN) 22:47.54; 3 JOHN MAY 24:38.33. **5kmW (e):** 1 HORWILL 38:19; 2 Tamminen 39:03. **M85: 3000W (c)/5kmW (e):** G Ciesielski (GER) 22:47.33/37:40

Women: W35: XC (f): 1 P Fernandez (ESP) 18:53; 7 JO COATES 20:32.

3000W (b)/5kmW (e): B Schenker (GER) 14:37.93/24:05. **CR. W40: XC (f):** 1 E Alvarez (ESP) 19:20; SATU

HAIKALA 20:20; 11 MICHELLE HOOTON 21:06. **4x200 (f):** 1 Spain 1:47.64; 6

GBR 1:54.96. **3000W (b):** C Fernandez (ESP) 14:53.50. **5kmW (e):** 1 Fernandez 25:21. **CR:** 6 MARIA BROWN 28:39.

W45: XC (f): 1 N Sierra (ESP) 19:58; 2 SUE RIDLEY 20:03. **3000W (b):** N Best (GER) 14:20.14. **ER. 5kmW (e):** 1 Best

24:09. **CR:** 8 ROZ MCKENZIE 33:26. **W50: XC (f):** 1 M Pedrosa (ESP) 20:19;

3 HARRISON 20:35; 9 TAWNEY 21:47; 11 SHARYN RAMAGE 22:02; 14 FARMER

22:34. **3000W (b):** V Cochereau (FRA) 16:40.47. **5kmW (e):** 1 Cochereau

28:25; 6 FIONA BISHOP 33:45. **W55: XC (f):** M Hernaiz (ESP) 22:04. **3000W (b):** 1 M Monmessin (FRA) 15:52.04;

5 ANN WHEELER 17:50.87; 9 JUDY HOWARD 19:28.57. **5kmW sf (e):** 1

Monmessin 27:50; 3 WHEELER 29:31; 10 DUHIG 32:01; 11 Howard 33:10.

W60: XC (f): 1 E Vaquero (ESP) 23:00; 2 TABOR 23:04; 4 JAMES 25:45.

3000W (b)/5kmW sf (e): M Fernandez (POR) 16:59.84/28:52. **W65: XC (f):** 1

COPSON 22:07; 2 E Raap (NED) 23:51; 3 RICH 26:28. **3000W (b):** 1 A Tyshko (UKR) 18:29.69; 2 NOEL BLATCHFORD

18:34.15. **5kmW sf (e):** 1 BLATCHFORD

30:45; 2 Tyshko 31:16. **W70: XC (f):** Flores 26:12. **3000W (b)/ 5kmW sf (e):** G Thieunissen (GER) 21:11.34/34.07.

W75: XC (f): R Tena (ESP) 31:06. **3000W (b)/5kmW sf (e):** D Leclerc (FRA) 21:41.00/36:21. **W85: 3000W (b):** E Pagu (ROM) 29:26.15

UNITED ARAB EMIRATES

Dubai, March 22

Women: 10km: 15 DEBBIE POWELL (W40) 41:26

USA

Alabama Relays, Tuscaloosa, March 22

Men: 1500: 6 RONNY WILSON 3:59.56

Arlington, March 23

Men: DT: 2 ADAM DAMADZIC 53.18

Baton Rouge, March 23

Men: 100 (1.6): A Jobodwana (RSA) 10.26; 2 G Mvumvure (ZIM) 10.30. **JT:** 2 MATTI MORTIMORE 64.05

Chapel Hill, March 22

Men: SP: 3 JOSEPH HUTCHINSON 13.43

Coral Gables, March 23

Men: 110H (-0.3): 1 A Hicks 13.35; 2

D Hill 13.52. **Women: 200 (3.8):** L

Williams 22.69

El Paso, March 23

Men: 110H (2.5) O Osaghae 13.63.

Women: 100 (3.7)/200 (0.6): 1 C

White 11.09/22.91

Irvine, March 23

Men: HJ: 1 M Blair 2.24

Jacksonville, March 16

Men: 100 (2.4): L Whitfield 10.15; 2

K Williams (U18) 10.18. **200 (3.5):** 1

Williams 20.63; 2 Whitfield 20.66

Houston, March 23

Men: 800: 7 HARRY SAGEL (U20) 1:52.67. **1500:** 3 SAM STABLER 3:

46.59; 16 SAGEL (U20) 3:55.75. **5000:**

7 DAN CLIFFE 15:02.32. **Women: 200 (-0.25):** 1 P Hall (JAM) 23.25. **800:**

2 MOLLY RENFER 2:12.30. **1500:** 9

BECKY GOUGH 4:40.31. **LJ:** 1 F Jimoh

6.68/0.0

Los Angeles, March 23

Men: 100 (0.8)/200 (0.7): 1 A Webb

10.32/20.71. **400: r1:** 5 JAMES ALAKA

48.28. **4x100:** Texas AM 39.47. **PV:** 1 JAX

THOIRS 5.25. **Women: 400:** J Beard

51.55. **TJ:** 3 KEMI OLONADE 12.68/0.6

Nashville, March 22/23

Men: LJ: 1 M Hartfield 8.04/2.4.

Women: 800: r2: 4 LOUISA LINGLEY

2:13.54. **1500: r1:** 11 LINGLEY 4:42.44

Orlando, March 23/24

Women: 400: 1 M Wineberg 52.44; 6 V

Campbell-Brown (JAM) 55.22. **1500: r1:**

2 MEL NEWBERY 4:31.09

Pasadena, March 23

Men: 300: 1 G Nixon 32.34; 2 G Roberts

33.11. **Women: 100 (2.3):** 1 T Bowie

11.30. **300:** 1 B Okagbare (NGR) 37:04;

2 K Baker 37:36; 3 C Jeter 37.52. **1500:**

1 B Martinez 4:08.43. **100H (2.6):** V

Thomas 12.94. **400H:** D Muhammad

55.97. **4x100:** Nike 43.69

San Marcos, March 23

WORLD junior 400m champion Ashley

Spencer won the 100m in 11.46 and

was second in the 400mH to the

spectandly named Trinidadian Sparkle

McNitt.

Men: PV: 1 A Irwin 5.60. **DT:** J Wruck

65.04. **Women: 100 (0.1):** A Spencer

11.46. **400H:** 1 S McNitt (TRI) 56.72; 2

Spencer 57.34

Starkville, March 23

Men: 800: r1: 5 LUKE CARROLL

1:52.92. **1500:** 3 PATRICK MONAGHAN

3:54.44. **3000:** 7 ANDREW MONAGHAN

8:41.59. **Women: 100H: r1 (1.5):** 7

GABRIELLA ADE-ONJOBI 14.51

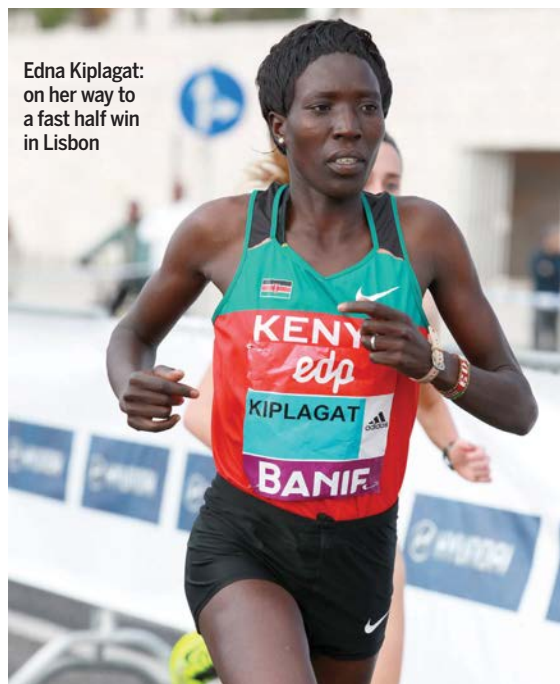
Waco, March 22

Men: 100: r1 (1.7): 3 SAM WATTS

10.60. **200: r2 (4.2):** 2 SAM WATTS

21.16. **Women: 800:** 1 JO ADAMS

2:09.37



Edna Kiplagat: on her way to a fast half win in Lisbon

VICTOR SALDOR

Five world records for British veterans in Spain

SPAIN

EUROPEAN MASTERS INDOOR & WINTER FIELD EVENT CHAMPIONSHIPS

San Sebastian, Spain, March 19-24

BRITISH athletes set five of the 10 world records over the week and Angela Copson notched up five gold medals in the W65 age group, *Martin Duff reports.*

The 65-year-old started on the opening day by taking nearly three more seconds from the 3000m mark she had set just nine days earlier at Lee Valley and won by more than two minutes when recording 11:49.53. She was soon followed by Ros Tabor who in a close race took the W60 3000m in 12:12.47. These had followed a home medal in the very first race of the meeting when Richard Pitcairn-Knowles had taken silver in the M80 3000m.

In her first competition since turning 50 in December, Wendy Laing took the W50 high jump with a second-time clearance at 1.57m, her highest since 2009. This was a world W50 record by one centimetre and added a massive 10cm to the British best.

Not to outdone, Carole Filer then won the W55 event on countback with 1.30m before going on to add the long jump gold with 4.59m.

There were medals for Britain in the 400m races and first up on the evening of day two was M75 Rodney Mills, who won by 10 metres in 73.40. Copson then squeezed home in the W65 event by just four hundredths in a championship record of 75.20, as Caroline Marler added the W60 title in 71.42.

Caroline Powell could not quite match her recent world record in the W55 400m as her 62.95 led a British 1-2-3 as Laura Mahady and Jane Horder followed. The 59-year-old later won the 200m in a championship best 28.33.

In a thrilling M55 400m final Tennyson James was denied gold by less than one hundredth of a second as he shared the 58.29 time with winner Portugal's Antoni Beca. There was also a close battle in the M50 final as Kermit Bentham got home by a tenth in 54.81, with third-placed Rob Grev given the same 54.91 time in second. The M40 400m saw a close race as Michael Gardiner just headed Brian Darby in 51.45. In the bottom and less popular M35 age group Lawrence Baird took gold in 50.37.

In the women's middle-distance races, Copson took her third and fourth golds in the 1500m sliced another three seconds from her own W65 world record with 5:36.88. W60 Nancy Hitchmough chipped in with two championship records to win the W60 double in 2:41.30 and 5:38.85.

However, it was Laura Mahady who stole the show with her second world record in just over a week. This time she lowered the W55 800m best to 2:27.84.

She said: "I suspected I would be out on my own and that is what happened. I had a plan and wrote down the splits on the back of my hand before going into the race. I stuck to the plan and, on the last lap, gave it my all. Many British

people were in the stand shouting and encouraging me. It really helped."

The men's middle distance races led to a British 1-2-3 in the M45 event where David Cowlshaw just edged out Simon Anderson and Adrian Haines in 4:12.40. New M60 1500m world record-holder David Oxland fell a bit short with a silver and bronze..

"After my 1500m world record at Lee Valley it was hard to get motivated again so soon afterwards. After the very slow start I maybe should have made the pace and, by not doing so, played into the 800m specialists' hands," he said after losing out in the 1500m. There was a rare British success in the M45 shot when John Nicholls just took one throw to go out to 14.71m, a putt that no other competitor was able to better through the six rounds.

The short sprints have always been a happy hunting ground for the Brits abroad and here there were five gold medals. George Cheetham got the medal rush under way by taking the M80 60m in 9.97. Glyn Sutton then set a championship best in the M65 group in 7.95, then just 0.06 separated the first three in the M60 final as Wally Franklyn just dipped ahead of Alasdair Ross in 7.93.

Pat Logan continued with an M50 win in 7.58 but Mark Dunwell and Jason Carty had to settle for M40 minor medals in 7.09 as the fastest sprinter was Italy's Mario Longo, who won the M45 event in 7.02.

Franklyn and Sutton then won their 200m races in 26.03 and 26.46.

Ellena Ruddock was a narrow W35 60m winner in 7.72 before returning late on the penultimate day to score her own sprint double with 25.14. Franklyn and Cheetham completed their doubles by adding the 200m in 26.03 and 26.46, Franklyn later helping himself to his third gold in the relay.

Sue Yeomans set a European W60 pole vault best of 2.70m. Another European record came to Jane Horder as she led a British 1-2-3 in the W55 60m hurdles in 9.99 ahead of former international Joss Harwood and Filer. Des Wilkinson then added the M50 hurdles gold before favourite Jo Appiah won the M40 title with 8.47 and, after his victory, said: "I have finally got a full set, European and world indoor and outdoor since 2009, so I am very happy. I got my usual good start in the final but I hit the third hurdle hard, which put me out of balance and made my winning time slow. I was very disappointed that I ran slower than the M35 winner."

Later on Saturday Jean Fail just squeezed home to win the W60 hurdles in 11.03 and, on the final day, added the triple jump with 8.03m. Iris Holder followed immediately with an W70 gold in the triple with 6.29m.

The walks saw Eric Horwill win the 3000m event by a nose in the M80 age group, in 22:47.14, just two days after his 80th birthday. Team-mate Arthur Thomson made it a double by winning the M75 event in 17:22.99.

Ian Richards could not quite match his team-mates' golds, having to settle for silver in 14:39.32 as Spain's Ignasi Melo headed him in the M60 event.

Top M40 walker Steffen Borsch of Germany took one second from the

previous mark when setting a world indoor record of 12:13.49.

Out on the roads, Noel Blatchford turned the tables on Ukraine's Antonia Tyshko, who denied her gold on the track to win the W65 5km road walk in 30:45. Thomson and Horwill completed their double while Richards was even closer to Melo for his second silver.

The relays rounded off the programme on Sunday and the British W60 squad added another world record in the 4x200m as Hitchmough and Marler combined with Anne Nelson and Moira West to run 2:10.44.

One criticism of the scheduling was that the men's 1500m races indoors were held at the same time as the cross-country outdoors. This did not apply to the women, who were able to do both events and Copson took her fifth gold in the W65 group.

In an effort to stamp out below-par performances reaping medals, where there were few entries, the organisers only presented medals if the merit standard had been reached.

Men (a: 19th, b: 20th, c: 21st, d: 22nd, e: 23rd, f: 24th)
See page 45 for walks and cross-country results.

M35: 60 (c): 1 P Hykl (CZE) 7:05; 7 MARK COLLINS 7.21. **sf (b):** COLLINS 7.21. **ht:** COLLINS 7.23; STUART CHANNON 7.45. **200 (e):** 11 Zaitcev (RUS) 22.50 CR; 5 LAWRENCE BAIRD 23.57. **sf (d):** BAIRD 23.02; COLLINS 23.76; LEON CREASEY 24.81. **ht (d):** BAIRD 23.09; COLLINS 23.44; CREASEY 24.63. **400 (b):** 1 BAIRD 50.37; 2 G Olivier (FRA) 51.04; 3 RICHARD RUBENIS 51.50. **sf:** BAIRD 50.68; RUBINIS 52.08; DAVID BROWN 52.61. **ht (a):** BAIRD 51.06; RUBENIS 52.04; BROWN 52.95. **800 (d):** M Van Der Putten (NED) 1:58.35. **ht (c):** PETER STRAITON 2:02.24. **1500 (f):** P Esteso (ESP) 3:58.60. **3000 (a):** 1 R Sotomeyer (ESP) 8:33.42; 14 NICK SHASHA 9:01.34. **60H (e):** F Ruez (ESP) 8.16. **HJ (a):** A Arduini (ITA) 1.95. **PV (c):** 1 E Pascale (FRA) 4.80; 6 CHRIS MILLS 4.40... 8 GREG CONLON \$.30. **LJ (a):** P Putzu (ITA) 7.03 CR. **1J (ht):** A Lepich (AUT) 13.96. **DARBY: 1A Dittmar (GER) 18.35; 5 GARY NEWTON 14.10. DT (d):** G Bottier (FRA) 46.24. **HT (a):** I Calderon (ESP) 60.09 CR. **JT (c):** R Parellada (ESP) 59.16. **Wt (f):** 11 Calderon (ESP) 1' 743 CR; 2 STUART THURGOOD 15.92. **Pent (d):** 10 Gonzalez (ESP) 4044; 6 JAMES DANOBREGA 2756. **4x200 (f):** 1 France 92.50; 3 GBR 93.19.

M40: 60 (c): 1 M Sunneborn (SWE) 7:05; 2 MARK DUNWELL 7:09; 3 JASON CARTY 7:09; 7 JIM TIPPER 8.35; 8 JOE APPIAH 9.36. **sf (b):** DUNWELL 7:08; CARTY 7:15; TIPPER 7:27; APPIAH 7:30. **ht:** CARTY 7:10; APPIAH 7:26; DUNWELL 7:34; TIPPER 7:37; MICHAEL SMITH 7.72. **200 (e):** 1 A Benatti (ITA) 22.84; 2 TIPPER 23.16; 3 DARBAY 23.39. **sf (d):** TIPPER 23.06; DARBAY 23.49. **ht (d):** TIPPER 23.58; DARBAY 24.11; SMITH 24.98; PETER BENEDICKTER 25.13; MICHAEL OLU USANSAMI 25.18. **400 (b):** 1 MICHAEL GARDINER 51.45; 2 BRIAN DARBAY 51.74; 3 J Gomez (FRA) 51.95. **sf:** DARBAY 52.74; GARDINER 53.05; OLU-USANSAMI 56.55; BENEDICKTER 56.76. **ht (a):** DARBAY 53.21; GARDINER 55.38;

BENEDICKTER 55.71; OLU-USANSAMI 56.65. **800 (d):** 1 J Hernandez (ESP) 1:58.76; 3 MARK TURNER 1:59.11; 4 MIKE TOAL 1:59.76. **sf (c):** TURNER 2:07.02; TOAL 2:08.69; BENEDICKTER 2:11.84. **1500 (f):** F Gilbert (FRA) 4:09.33. **sf (e):** STEVE HALLAS 4:25.90. **3000 (a):** 1 R Alvarez (Esp) 8:48.25; 10 HALLAS 9:26.71. **60H (e):** 1 APPIAH 8.47; 2 C Richard (FRA) 8.73. **sf:** APPIAH 8.61; GADD 9.19; BENEDICKTER 9.78. **HJ (a):** S Salso (ITA) 1.89. **PV (c):** D Desaily (FRA) 4.10. **LJ (a):** M Mormin (FRA) 6.45. **TJ (d):** 1 Mormin 14.54; 7 KEITH NEWTON 12.89. **SP (b):** J Mastromauro (FRA) 16.52. **DT (d):** M Conjunjo 49.42. **HT (a):** 1 C Lafuente (ESP) 54.84; 7 MATTHEW SPICER 45.68. **JT (c):** R Fernandez (ESP) 57.57. **Wt (f):** M Gleixner (GER) 16.16. **Pent (d):** 1 Sunneborn 4387 (WR); 8 Gadd 3276 (8.99, 5.87, 9.42, 1.69, 3.12.65). **4x200 (f):** 1 Italy 95.25; 3 GBR 95.67.

M45: 60 (c): M Longo (ITA) 7.02. **200 (e):** A De Feo (ITA) 23.24. **sf (d):** LEROY GOLDING 26.12. **ht (d):** GOLDING 25.21; LANCE CROFT 26.66. **400 (b):** A De Feo (ITA) 53.07. **sf:** ADRIAN HAINES 62.54. **ht (a):** HAINES 56.65; GOLDING 57.30; CROFT 58.20. **800 (d):** 1 F D'Agostino (ITA) 2:09.33; 2 STEPHEN ALLEN 2:09.93; 5 HAINES 2:11.32. **sf (c):** HAINES 2:07.42; ALLEN 2:07.50; SIMON ANDERSON 2:09.87. **ht (c):** HAINES 2:11.57; ALLEN 2:11.58; ANDERSON 2:12.49; LANCE CROFT 2:13.07. **1500 (f):** 1 DAVID COWLISHAW 4:12.40; 2 ANDERSON 4:13.30; 3 HAINES 4:14.00. **sf (e):** ANDERSON 4:23.22; HAINES 4:23.91; COWLISHAW 4:34.12. **3000 (a):** 1 R Ben Arafa (ESP) 9:02.38; 2 ANDREW ROBINSON 9:04.77; 3 SIMON ANDERSON 9:05.44. **60H (e):** 1 Guarrigues (FRA) 8.51; 6 ALLEN 9.45. **sf:** ALLEN 9.15. **HJ (a):** 1 V Romanovic (RUS) 1.87; 5 IAN ALLEN 1.70. **PV (c):** 1 F Hernandez (ESP) 4.60; 2 MARK JOHNSON 4.30; 4 GLYN PRICE 4.00; 10 SIMON EASTWOOD 3.50; 13 DEREK WARN 3.00. **LJ (a):** 1 E Ivanov (RUS) 6.53; 4 ALLEN 6.24. **TJ (d):** E Ivanov (RUS) 14.09. **SP (b):** 1 JOHN NICHOLLS 14.71; 2 S Kleiza (LIT) 14.66; 6 ALEX KRUGER 13.18. **DT (c):** 1 E Verdurmwe (FRA) 44.99; 12 LEROY GOLDING 28.03. **HT (a):** B Reibel (FRA) 53.38. **JT (c):** G Pawelski (POL) 56.03. **Wt (f):** G Pawelski (POL) 14.75. **Pent (d):** 1 J Urema 9ESP 4030; 7 ALLEN 3584 (9.09, 5.96, 8.78, 1.72, 3.27.27). **4x200 (f):** 1 France 97.60; 3 GBR 1:43.04.

M50: 60 (c): 1 PAT LOGAN 7.51; 2 B Himelraji (SLO) 7.58. **sf (b):** LOGAN 7.57; GLEN REDDINGTON 7.81. **ht:** LOGAN 7.64; REDDINGTON 7.77; ANDREW BLACKBURN 8.45; MICHAEL MAY 8.99. **200 (e):** 1 O Hynsson (ICE) 24.70; 2 LOGAN 24.89. **sf (d):** LOGAN 25.00; RONNIE HUNTER 25.96. **ht (d):** LOGAN 25.12; HUNTER 25.97; BLACKBURN 27.17. **400 (b):** 1 KERMIT BENTHAM 54.81; 2 Z Benoit (FRA) 54.91; 3 ROBERT GREW 54.91. **sf:** BENTHAM 55.51; GREW 55.83; DEREK WATSON 58.08. **ht (a):** GREW 56.74; BENTHAM 57.94; WATSON 58.98; PAUL EDWARDS 59.91. **800 (d):** 1 A Habib (FRA) 2:07.62; 8 ANDREW CUNNINGHAM 2:11.69. **sf (c):** CUNNINGHAM 2:11.90; GANNAWAY 2:13.72; THOMSON 2:17.69. **ht (c):** CUNNINGHAM 2:11.53; GANNAWAY

2:13.10; THOMSON 2:13.83; ANDREW BRYCE 2:14.59; WATSON 2:15.95; TONY TUOHY 2:16.19. **1500 (f):** 1 Habib 4:25.53; 8 TONY TUOHY \$.31.46; 10 THOMSON 4:33.77. **sf (e):** THOMSON 4:30.67; SMITH 4:31.52; TUOHY 4:31.59; CUNNINGHAM 4:31.77; STEVEN DOXEY 4:51.87. **3000 (a):** 1 GUY BRACKEN 9:08.46 CR; 2 G Pelletier (FRA) 9:15.92; 5 SMITH 9:31.96; 8 TUOHY 9:44.53; 16 DOXEY 10:28.38. **60H (e):** 1 DES WILKINSON 8.84; 2 S Beckers (BEL) 8.90; 6 REDDINGTON 9.37; 8 PAUL EDWARDS 9.60. **sf:** REDDINGTON 8.95; WILKINSON 8.96; EDWARDS 9.52. **HJ (a):** E Manredini (ITA) 1.77. **PV (c):** 1 J Gourlaon (FRA) 3.90; 6 ALAN LEIPER 3.50; 11 WAYNE MARTIN 3.00. **LJ (b):** 1 T Straub (GER) 6.38; 6 PHIL GUEST 5.51. **TJ (e):** 1 A Stummer (AUT) 12.50; 9 JOHN BARRATT 10.92. **SP (c):** B Petterssen (SWE) 15.58. **DT (e):** T Jensen (DEN) 51.42. **HT (b):** S Frey (GER) 54.30. **JT (a):** S Lodochnikov (RUS) 59.28 CR. **Wt (d):** R Medisaukas (LIT) 19.98 CR. **Pent (e):** 1 J Duez (FRA) 4207 WR. **4x200 (f):** 1 GBR 99.01; 2 Spain 1:42.06. **M55: 60 (c):** 1 G Bodnar (HUN) 7.67; 4 KEVIN BURGESS 7.80. **sf (b):** BURGESS 7.82. **ht:** BURGESS 7.87; KEVIN WILLIAMS 8.40. **200 (e):** 1 Bodnar 24.97; 2 JAMES 25.18; 4 BROADHURST 25.51. **JT (d):** JAMES 25.43; BROADHURST 25.53; WILLIAMS 28.08. **ht (d):** BROADHURST 25.63; JAMES 26.23; WILLIAMS 27.34. **400 (b):** 1 A Beca (POR) 58.29; 2 TENNYSON JAMES 58.29; 3 IAN BROADHURST 59.10. **sf (b):** BROADHURST 59.38; JAMES 57.71. **ht (a):** DAVID ELDERFIELD 60.36; JAMES 60.53; JAMES 62.03; JACK RUTHERFORD 69.62. **800 (D):** Z Zagitov (RUS) 2:11.91. **sf (c):** RAY DANIEL 2:22.14. **ht (c):** DANIEL 2:25.70. **1500 (f):** Zagitov 4:26.63 CR. **3000 (a):** 1 C Perez (ESP) 9:24.89; 16 JAMES BURNS 10:19.32; 24 Henry Heavisesides 10:46.93. **60H (e):** 1 T Rajamaki (FIN) 9.09 CR; 2 JAMES 9.18. **sf:** JAMES 9.36. **HJ (a):** D Kohl (GER) 1.67. **PV (c):** R Knuckles (GER) 3.70. **LJ (b):** 1 A Olsson (SWE) 5.67; 6 TREVOR WADE 5.10. **TJ (e):** D Laigre (FRA) 11.45. **SP (c):** K Westerlund (FIN) 14.14. **DT (e):** R Castillo (ESP) 45.35. **HT (b):** 1 V Bobryshev (RUS) 58.06 CR; 11 IAN COOLEY 32.75. **JT (a):** 1 L Nogueira (ESP) 57.69; 5 STEPHEN LANGDON 48.57. **Wt (f):** Bobryshev 18.91. **Pent (e):** 1 P Sladek (SVK) 3833; 2 SLAUGHTER 3824 (9.83, 5.18, 10.80, 1.63, 3.10.24). **4x200 (f):** 1 Finland 1:45.32; 3 GBR 1:46.98. **M60: 60 (c):** 1 WALLY FRANKLYN 7.93; 2 ALASDAIR ROSS 7.98; 3 A Rossi (ITA) 7.99. **sf (b):** FRANKLYN 8.07; ROSS 8.07; BRIAN WILLIAMSON 8.87. **ht:** ROSS 8.15; FRANKLYN 8.17; WILLIAMSON 8.72; PAUL MCPOLIN 9.29. **200 (e):** 1 FRANKLYN 26.03; 2 M Soru (ITA) 26.64. **sf (d):** FRANKLYN 26.48; RAMSAY SLOSS 27.77; BRUCE HENDRIE 29.81. WILLIAMSON 30.21. **ht (d):** FRANKLYN 27.32; ROSS 27.99; SLOSS 28.34; HENDRIE 29.74; WILLIAMSON 29.75. **400 (b):** 1 V Velicetti (ITA) 60.14; 3 SIMON BARRETT 60.37; 5 FRANKLYN 62.77. **sf:** BARRETT 59.96; FRANKLYN 60.26; STEPHEN NELSON 63.13. **ht (a):** FRANKLYN 63.02; NELSON 63.62;

BARRETT 63.86. **800 (d)**: 1 J Gough (IRE) 2:14.65 ER; 8 DEREK LEITCH 2:28.20. **sf (c)**: LEITCH 2:27.58. **ht (c)**: LEITCH 2:31.53; IAN SNOW 2:34.78; HENDRIE 2:37.95. **1500 (f)**: 1 Gough 4:47.00; 3 OXLAND 4:52.13; 10 IAN JOHNSTONE 5:12.20. **sf (e)**: OXLAND 5:08.35; JOHNSTONE 5:13.34. **3000 (a)**: 1 X Otaro (ESP) 10:03.22; 2 OXLAND 10:09.26. **60H (e)**: W Ritte (GER) 9.70. **sf**: TERRY HALL 11.24. **HJ (a)**: H Ramacher (GER) 1.46. **PV (c)**: W Ritte (GER) 3.80 CR. **LJ (b)/TJ (e)**: V Zvezdkin (RUS) 5.16/11.65. **SP (c)**: R Motonen (FIN) 13.83. **DT (e)**: M Gryc (CZE) 49.44. **HT (b)/Wt (d)**: H Kangas (FIN) 53.94 CR/20.85 CR. **JT (a)**: W Kuhndel (GER) 54.01 CR. **Pent (e)**: A Kergand (EST) 3505. **4x200 (f)**: 1GBR 1:48.09; 2 Italy 1:48.32

M65: 60 (c): 1 GLYN SUTTON 7.95 CR; 2 V Barisciano (ITA) 8.11; 4 VIC NOVELL 8.53. **sf (b)**: SUTTON 8.04; NOVELL 8.63. **200 (e)**: 1 SUTTON 26.46; 2 J Romero (ESP) 27.18; 5 NOVELL 28.49. **sf (d)**: SUTTON 27.34; NOVELL 28.61. **ht (d)**: NOVELL 28.89; SUTTON 29.00; ANDREW WEBB 31.30. **400 (b)**: J Romero (ESP) 62.34. **sf (a)**: WEBB 72.16. **800 (d)/1500 (f)**: H Smeets (NED) 2:24.83 CR/5:06.72. **3000 (a)**: 1 Smeets 10:55.56; 7 PETER HAMILTON 11:20.77. **60H (e)**: 1 M Cakar (TUR) 10.11; 3 WEBB 11.22. **HJ (a)**: T Zachariy (GER) 1.60. **PV (c)**: 1 V Sela (LAT) 3.20 CR; 4 JOHN BRADLEY 2.80. **LJ (b)/TJ (e)**: P Ahomaki (FIN) 5.31 CR/11.19. **SP (c)**: F de Laat (NED) 13.71. **DT (e)**: J Calvo (ESP) 50.29 CR. **HT (b)**: H Viertbauer (AUT) 49.02. **JT (a)**: E Kiuru (FIN) 53.16 CR. **Wt (d)**: P Hackenschmidt (SWE) 17.33. **Pent (e)**: 1 JOHN CHARLTON 3822 (10.21, 4.86, 10.62, 1.26, 4:02.76); 2 V Zaniauskas (LTU) 3768. **4x200 (f)**: France 1:51.78. **M70: 60 (c)**: 1 G Mueller (GER) 8.64; 7 CHARLES ISETTS 9.16. **sf (b)**: ISETTS 9.15; BARRY FERGUSON 9.47. **200 (e)**: Mueller 28.27. **sf (d)**: ISETTS 32.38.

400 (b): G Mueller (GER) 63.46. **sf (a)**: WINSTON LAING 68.77. **800 (d)**: J ESNAULT (FRA) 2:39.32 CR. **(c)**: JOHN GARBER 2:52.18. **1500 (f)**: 1 Esnault 5:27.84; 8 GARBER 6:08.44. **3000 (a)**: 1 J Engelhart (NED) 12:46.78; 5 BARRIE ROBERTS 13:02.57. **60H (e)**: 1 FERGUSON 10.14; 2 Mueller 10.59. **HJ (b)**: J Mankovskis (LAT) 1.35. **PV (d)**: 1 M Tiidre (EST) 2.80; 6 JOHN HOWE 2.50; 7 BRIAN HARLICK 2.30. **LJ (b)**: C Okonski (POL) 4.24. **TJ (e)**: W Gotze (GER) 8.93. **SP (c)**: 1 K Arvidsson (SWE) 14.19; 3 ERIC BARKER 11.93; 6 JAMES SLOAN 10.84; 12 JOHN IDDON 9.38. **DT (e)**: 1 A Guillon (FRA) 39.76; 9 SLOAN 32.97; 12 HARLICK 28.96. **HT (b)**: 1 A Albrecht (GER) 48.75; 4 BARKER 39.99. **JT (a)**: 1 R Gortz (GER) 41.95; 8 SLOAN 27.98; 9 HARLICK 22.27. **Wt (d)**: 1 A Albrecht 19.84 CR; 6 BARKER 15.72; 12 HARLICK 12.45; 14 SLOAN 10.58. **Pent (e)**: C Okonski (POL) 3501. **4x200 (f)**: 1 Germany 2:01.16

M75: 60 (c): 1 A Roca (ESP) 8.88; 2 TONY BOWMAN 9.15; 7 COLIN FIELD 9.74. **sf (b)**: BOWMAN 9.42; FIELD 9.58. **200 (e)**: B Bertaglia (ITA) 31.13. **sf (d)**: BOWMAN 33.23; FIELD 34.68. **400 (b)**: 1 RODNEY MILLS 73.40; 2 H Hufnagel (GER) 76.47. **sf (a)**: MILLS 76.46; ARTHUR KIMBER 83.75. **800 (d)**: 1 M Alonso (ESP) 2:51.00; 6 MILLS 3:02.01. **sf (c)**: MILLS 3:07.73; KIMBER 3:20.30. **1500 (f)**: 1 K Wittig (GER) 5:54.39; 4 MILLS 6:17.83. **3000 (a)**: Wittig 12:10.70 CR. **60H (e)**: K Skramstad (NOR) 11.66. **HJ (b)**: 1 C Sarndal (SWE) 1.46

WR; 3 TONY CROCKER 1.31. **PV (d)**: K Skramstad (NOR) 2.55. **LJ (b)/TJ (e)**: L Fischer (GER) 4.55/9.53. **SP (c)**: J Hansen (GER) 12.25. **DT (e)**: O Edlund (SWE) 41.26 eqCR. **HT (b)**: P Speckens (GER) 41.05. **JT (a)**: L Muchthausen (GER) 40.76. **Wt (d)**: A Kargfol (POL) 15.28. **Pent (e)**: L Solvberg (NOR) 3889. **4x200 (f)**: 1 Germany 2:10.61; 3 GBR 2:17.77.

M80: 60 (c) sf (b): 1 GEORGE CHEETHAM 9.97; 2 K Steiner (GER) 10.09. **CHEETHAM 10.27. 200 (e)**: 1 H Mueller (GER) 35.95; 2 CHEETHAM 37.06; 4 RICHARD PITCAIRN-KNOWLES 55.28. **sf (d)**: CHEETHAM 39.17; PITCAIRN-KNOWLES 49.28.

400 (b): 1 H Mueller (GER) 84.78; 4 PITCAIRN-KNOWLES 1:41.96. **sf (a)**: PITCAIRN-KNOWLES 1:40.71. **800 (d)**: 1 Mueller 3:39.63; 5 PITCAIRN-KNOWLES 4:11.48. **1500 (f)**: Mueller 7:44.96. **3000 (a)**: 1 Mueller 16:23.24; 2 RICHARD PITCAIRN-KNOWLES 16:34.27. **60H (e)**: H Kandeysdi (TUR) 14.36. **HJ (b)**: 1 Kandeysdi 1.18; 5 CLIFF TAYLOR 0.98. **PV (d)/TJ (e)**: Kandeysdi 2.20/ 6.58. **LJ (b)**: K Steiner (GER) 3.57. **SP (c)**: 1 S Helminen (FIN) 11.36; 5 TAYLOR 10.02. **DT (e)**: P Agittgomezhorta (ESP) 30.32 CR. **HT (b)/Wt (d)**: Z Benek (CZE) 34.15/16.40. **JT (a)**: M Hoffman (GER) 35.54. CR. **Pent (e)**: Kandeysdi 2650; 4 TAYLOR 2192. **4x200 (f)**: 1 Germany 2:57.41; 2 GBR 3:23.17.

M85: 60 (c): B Dippell (GER) 11.58. **200 (e)**: L Marimon (ESP) 43.27. **400 (b)/800 (d)/1500 (f)/3000 (a)**: J Canelo (POR) 1:56.98/4:39.37/8:57/27/20:49.03. **HJ (b)**: M Nevruv (GER) 1.09. **LJ (b)**: E Dippell (GER) 2.56. **TJ (e)**: L Marimon (ESP) 4.70. **SP (c)**: Nevruv 8.59. **DT (e)**: J Busoms (ESP) 18.03. **HT (b)/JT (a)/Wt (d)**: M Harkonnen (FIN) 20.12/9.89/9.41.

M90: 60 (c)/200 (e)/400 (b)/800 (d): P Pauwels (BEL) 17.70/59.97/2:39.35/6:47.09. **HJ (b)/LJ (b)**: J Asensio (ESP) 0.79/1.78. **SP (c)/HT (b)**: V Huch (ESP) 5.76/18.34 CR. **DT (e)**: A Gomez (POR) 14.56. **JT (a)**: Pauwels 10.99. **Wt (d)**: A Gomez (POR) 6.72

M95: 60 (c)/200 (e)/LJ (b)/TJ (e)/SP (c): I Koppinen (FIN) 17.89/93.53/1.63/3.41/5.34

Women: W35: 60 (c): 1 ELLENA RUDDOCK 7.72; 2 E Safarikova (CZE) 7.80; 4 JULIA HUBBARD 8.02. **sf (b)**: RUDDOCK 7.79; HUBBARD 8.31. **200 (e)**: 1 RUDDOCK 25.14; 2 M Karperova (SLO) 25.54; 3 JERIC HUBBARD 25.79. **sf (d)**: RUDDOCK 25.13; HUBBARD 26.68; SUSAN YOUNG 27.15. **400 (b)**: 1 M Karperova (SLO) 58.63; 2 HUBBARD 59.00; 6 YOUNG 61.94. **sf (a)**: HUGGARD 61.99; YOUNG 62.92. **800 (d)**: 1 Ritters (NED) 2:15.37; 4 LOUISE RUDD 2:18.77; 6 JOANNE LOCKER 2:24.44. **sf (c)**: RUDD 2:24.93; LOCKER 2:27.68. **1500 (f)**: 1 A Fiescher (DEN) 4:35.61; 3 RUDD 4:36.74. **3000 (a)**: 1 M Klein-Arndt (GER) 9:45.66 CR; 4 RUDD 10:05.43; 7 LOCKER 10:18.71. **60H (e)**: M Cecile (FRA) 8.74. **HJ (b)**: T Van Osch (NED) 1.68. **PV (d)**: 1 F Bazin (FRA) 3.00. **LJ (c)**: M Karperova (SLO) 5.73. **TJ (f)**: T Borisova (RUS) 12.57 CR. **SP (a)**: M de la Puente (ESP) 13.88. **DT (e)**: M Megali (FRA) 36.72. **HT (c)**: C Mariosa (ESP) 37.35. **JT (b)**: P Lutz (GER) 32.54. **Wt (e)**: C Manosa (ESP) 11.41. **Pent (f)**: J Schmelter (GER) 2768. **4x200 (f)**: 1 GBR 1:46.32; 2 Spain 1:51.75.

W40: 60 (c): H Martin (GER) 8.01. **sf (b)**: KATY WILLIAMS 9.00. **200 (e)**: 1 E Paunica (ESP) 26.30; 3

SHARON GREENWOOD 26.86. **sf (d)**: GREENWOOD 26.77. **ht (d)**: GREENWOOD 26.84; WILLIAMS 30.36. **400 (b)**: 1 Y Badia (ESP) 58.70; 3 GREENWOOD 59.47. **sf (a)**: GREENWOOD 61.20. **800 (d)**: 1 E Baggiolini (ITA) 2:16.51; 6 NICKY NEALL 2:25.26. **sf (c)**: NEILL 2:33.24. **1500 (f)**: 1 P Alonso (ESP) 4:50.59; 4 NEILL 5:11.16. **3000 (a)**: Alonso 10:21.70. **60H (e)**: 1 A Sera (ESP) 9.20; 7 AMANDA WALE 10.10. **sf**: WALE 10.11

HJ (b): L Petersone (LAT) 1.64. **PV (d)**: E Graf (GER) 2.70. **LJ (c)**: M Faulon (FRA) 5.48. **SP (a)**: 1 A Shiman (RUS) 13.15; 7 SUE LAWRENCE 10.26. **DT (f)**: 1 D Kelhetter (FRA) 46.68; 4 LAWRENCE 33.23. **HT (c)**: 1 L Ragaru (FRA) 43.23; 4 LAWRENCE 37.09; 6 CAMILLA THRUSH 32.83. **JT (b)**: 1 S Suhling (GER) 37.20; 2 LAWRENCE 30.54. **Wt (e)**: 1 T Mireille (LUX) 14.13 CR; 3 LAWRENCE 12.95; 8 THRUSH 10.90. **Pent (f)**: 1 Paunica 3497; 3 WALE 3313 (9.68, 1.42, 9:39, 4:57, 2:55.45)

W45: 60 (c): H Jorg (GER) 8.09. **200 (e)**: M Icarre (FRA) 25.99. **400 (b)**: E Colas (ESP) 60.83; 4 TRACY BEZANCE 65.58. **sf (a)**: BEZANCE 65.56. **800 (d)**: P Perez (CZE) 2:26.92. **1500 (f)**: R del Olmo (ESP) 4:53.85. **3000 (a)**: 1 R Gangloff (FRA) 10:33.41; 4 ANNA CHITCHLOW 10:45.71; 5 SUSAN RIDLEY 10:51.75. **60H (e)**: P Bajeat (FRA) 9.15. **HJ (b)**: E Kuntseric (RUS) 1.48. **PV (d)**: 1 Graud (FRA) 3.00. **LJ (c)**: P Bajeat (FRA) 5.40. **TJ (f)**: 1 M Glovil (FRA) 12.17; 4 FIONA DAVIDSON 10.75; 6 DAWN JONES 10.00. **SP (a)/DT (f)**: E Runne (EST) 12.11/45.43. **HT (c)/Wt (e)**: G Mik (NED) 47.25 CR/15.05. **JT (b)**: P Hirsch (GER) 35.25. **Pent (f)**: Bajeat 4399. **4x200 (f)**: Spain 1:58.11.

W50: 60 (c): 1 K Berend (GER) 8./31; 6 AVERILL McCLELLAND 8.89. **sf (b)**: McCLELLAND 8.86; ANGELA KELLY 9.21; MEL GARLAND 9.48. **200 (e)**: 1 S Cortes (ESP) 27.02; 6 McCLELLAND 29.56. **sf (d)**: McCLELLAND 29.17. **ht (d)**: McCLELLAND 29.68; KELLY 31.06; GARLAND 31.66. **400 (b)**: J Zongo (FRA) 65.95. **800 (d)**: C Del Val (ESP) 2:26.62. **sf (c)**: DIANE FARMER 2:53.22. **1500 (f)**: Del Val 5:03.94. **3000 (a)**: 1 N Dandolo (ITA) 10:43.10; 5 JILL HARRISON 11:24.49; 7 SUSIE TAWNEY 11:35.59; 9 FARMER 12:00.66. **60H (e)**: 1 C Marques (ESP) 10.17; 3 GAYE CLARK 10.23. **sf**: CLARK 10.36

HJ (b): 1 WENDY LAING 1.57 WR; 2 A Pottiez (GER) 1.46; 5 GAYE CLARKE 1.35. **PV (d)**: 1 B Van Der Kamp (NED) 3.31 WR; 3 DEBBIE SINGLETON 2.90. **LJ (c)**: 1 N Karpushina (RUS) 4.69; 3 LAING 4.60; 7 MELANIE GARLAND 4.33; 1 JANICE HARDCASTLE 3.76. **TJ (f)**: 1 M Pezin (FRA) 9.75; 5 gARLAND 8.64; 7 HARDCASTLE 8.20. **SP (a)**: 1 M Aisa (ESP) 12.06; 11 ANGELA MORGAN 8.00. **DT (f)**: J Lapieniene (LIT) 40.30 CR. **HT (c)**: 1 I Van Dijk (NED) 48.36; 10 MORGAN 28.78. **JT (b)**: S Vepsalainen (FIN) 29.85. **Wt (e)**: Van Dijk 15.13. **Pent (f)**: 1 M Lander (FRA) 3820; 3 CLARKE 3512 (10.32, 1.40, 8.05, 4:38, 3:13.61. **4x200 (f)**: 1 France 1:55.12.

W55: 60 (c): 1 D Vives (ESP) 8.50; 2 CAROLINE POWELL 8.77; 5 JOAN TRIMBLE 9.30. **sf (b)**: POWELL 8.80; TRIMBLE 9.32; FIONA ARGENT 10.88. **200 (e)**: 1 POWELL 28.33 CR; 2 J Van Der Koogh (NED) 30.91. **sf (d)**: POWELL 28.38 CR; TRIMBLE 32.28. **400 (b)**: 1 POWELL 62.95; 2 LAURA MAHADY 64.11; 3 JANE HORDER 67.70. **sf (a)**: POWELL 63.26; MAHADY 65.00; HORDER 68.50. **800 (d)**: 1 MAHADY 2:27.84 WR; 2 A Perez (ESP) 2:33.36.

sf (c): MAHADY 2:30.55 CR. **1500 (f)/3000 (a)**: Perez 5:05.95/11:09.65. **60H (e)**: 1 HORDER 9.99 eR; 2 JOCELYN HARWOOD 10.34; 3 FILER 10.48. **HJ (b)**: 1 CAROLE FILER 1.30; 2 L Moore-Fox (IRE) 1.30. **LJ (c)**: 1 FILER 4.59; 2 T Jacobs (NED) 4.39. **TJ (f)**: A Dorina (FRA) 8.73. **SP (a)**: P Melotti (ITA) 10.55. **DT (f)**: B Schlosser (GER) 27.16. **HT (c)**: G Magnusson (SWE) 37.31. **JT (b)/Wt (e)**: A Adierova (CZE) 33.57/12.57 CR. **Pent (f)**: 1 FILER 3785 910.44, 1.36, 6.72, 4.43, 3:13.47; 2 A Smits (NED) 3419. **4x200 (f)**: 1GBR 1:58.64 CR; 2 Spain 2:09.35

W60: 60 (c): 1 U Contini (ITA) 9.28; 3 MOIRA WEST 9.42; 4 ANNE NELSON 9.78. **200 (e)**: 1 U Hiltcher (GER) 30.87; 2 WEST 31.63; 5 NELSON 33.70. **sf (d)**: WEST 32.28; NELSON 33.85. **400 (b)**: 1 CAROLINE MARLER 71.42; 2 U Hiltcher (GER) 72.04. **800 (d)**: 1 NANCY HITCHMOUGH 2:41.30; 2 W Egger (ITA) 2:47.21; 3 MARLER 2:51.58; 4 ROS TABOR 2:54.88; 9 SUE JAMES 3:14.27. **1500 (f)**: 1 HITCHMOUGH 5:38.85 CR; 2 W Egger (ITA) 5:46.12; 4 LIZ BOWERS 5:55.25. **3000 (a)**: 1 ROS TABOR 12:12.47; 2 W Egger (ITA) 12:13.73. **60H (e)**: 1 JEAN FAIL 11.03; 2 W Kraehe (GER) 11.05. **HJ (b)**: W Reinboud (NED) 1.41. **PV (d)**: 1 SUE YEOMANS 2.70 ER; 2 U Ritte (GER) 2.60. **LJ (c)**: 1 U Hiltcher (GER) 4.15; 3 JEAN FAIL 3.98. **TJ (f)**: 1 FAIL 8.03; 2 L Casanovas (ESP) 7.65. **SP (a)**: 1 B Kersulienė (LIT) 10.76; 4 VILMA THOMPSON 9.78; 9 SUE DASSIE 8.39. **DT (f)**: C Bufetova (RUS) 28.27. **HT (c)**: 1 Sorensen (DEN) 33.31; 3 THOMPSON 28.35. **JT (b)**: 1 E Mesa (ESP) 33.08 CR; 4 JOVLYN SAUNDERS-MULLINS 26.06. **Wt (e)**: 1 L Sorensen (DEN) 13.69; 2 THOMPSON 12.86. **Pent (f)**: Hiltsher 4051. **4x200 (f)**: 1GBR 2:10.44 WR; 2 Italy 2:14.54

W65: 60 (c)/200 (e): I Meier (GER) 8.98 CR/31.27 CR. **400 (b)**: 1 ANGELA COPSON 65.20 (CR); 2 U Littenheim (GER) 75.24. **800 (d)**: 1 COPSON 2:49.07 CR; 2 R Sledgers (NED) 3:21.39. **1500 (f)**: 1 COPSON 5:36.88; 2 A Pruede (FRA) 6:34.48. **3000 (a)**: 1 COPSON 11:49.53 WR; 2 F Fiorella (ITA) 13:58.19; 4 PAULINE RICH 14:23.99. **60H (e)/HJ (b)**: M Stettler (SUI) 11.48/1.13. **PV (d)**: K Forster

(GER) 2.30 CR. **LJ (c)**: K Stump (GER) 3.58. **TJ (f)**: Stettler 7.55. **SP (a)**: M Jacobsone (LAT) 10.09. **DT (f)/HT (c)**: I Faldager (DEN) 27.6537.08 CR. **JT (b)**: J Klimesova (CZE) 31.99. **Wt (e)**: I Faldager (DEN) 13.65. **Pent (f)**: Stettler 3396. **4x200 (f)**: Germany 2:21.65. **W70: 60 (c)**: 1 K Nilssen (SWE) 10.61; 5 IRIS HOLDER 11.86. **200 (e)/400 (b)**: H Venn (GER) 36.63/89.56. **800 (d)/1500 (f)**: H Stauberermann (GER) 3:36.81/6:48.03. **3000 (a)**: M Flores (POR) 14:23.12. **60H (e)**: K Nilssen (SWE) 14.37. **HJ (b)/PV (d)**: D Nix (GER) 1.08/1.90. **LJ (c)**: 1 E Sauer (GER) 3.50; 2 HOLDER 3.30. **TJ (f)**: 1 HOLDER 6.29; 2 S Sario (FIN) 5.65. **SP (a)/JT (b)**: I Holtzkenecht (GER) 8.24/23.93. **DT (f)**: 1 Holtzkenecht 24.11; 6 CAROLE DERRIEN 17.99. **HT (c)**: 1 G Melmann (GER) 30.15 CR; 5 DERRIEN 22.01. **Wt (e)**: 1 MELLMANN 11.58; 4 DERRIEN 8.90. **Pent (f)**: T Nelli (RUS) 2811. **4x200 (f)**: Germany 2:36.01

W75: 60 (c)/200 (e)/400 (b): E Mazzenga (ITA) 11.66/39.82/92.84. **1500 (f)**: M Rodriguez (ESP) 10:57.31. **3000 (a)**: R Tena (ESP) 17:37.64. **HJ (b)**: G Perugini (ITA) 0.94. **TJ (f)**: M Laprelle (FRA) 4.71. **SP (a)/JT (b)**: S Champion (IRE) 5.53/8.91. **DT (f)**: 1M Gonzalez (ESP) 12.27

W80: 60 (c)/200 (e)/400 (b): R Helfenstein (SUI) 14.65/51.25/1:59.60. **800 (d)/1500 (f)/3000 (a)**: M Nagel (GER) 3:53.54/7:52.11 WR 17:56.53. **SP (a)/DT (f)/HT (c)/JT (b)**: Wt (e): R Hannsens (BEL) 7:50/18.54//22.65/18.37/9.28

W85: 60 (c): A Reinberga (LAT) 12.69 CR. **800 (d)/1500 (f)/3000 (a)**: R Angelis (GER) 6:11.35/12:00.87/25:38.46. **HJ (b)/LJ (c)/TJ (f)**: S Sopenen (FIN) 0.85 eqER/1.85 WR/4.00. **SP (a)**: Reinberga 6.79. **JT (b) DT (f)**: C Wippersteg (GER) 10.10 CR/11.72.

Country	G	S	B	Total
Germany	88	68	57	213
Spain	81	73	71	225
France	50	38	44	132
GBR	50	33	40	123
Finland	23	18	14	55
Italy	21	39	25	85



INDOOR

MARCH 24

ABERDEEN AAC OPEN GRADED MEETING, Aberdeen

Mixed events: 60: **r8:** 3 K Madigan (A'deen, W40) 8.4. **HJ:** 5 T Leeson (Banc, M45) 1.55. **TJ:** 1 C Onyia (A'deen) 14.19

Men: **SP:** 1 T Leeson (Banc, M45) 11.09

Women: **60H:** 1 C Pennet (A'deen) 9.3

MARCH 23-24

MIDLAND COUNTIES OPEN, Birmingham (PB)

WORLD junior long jump champion and Olympic heptathlete Katarina Johnson-Thompson showed solid early-season form in the long and high jumps.

She won the high jump with 1.83m and achieved a more rusty 6.14m in the long jump.

Because of the weather the outdoor throws were cancelled.

Men: **60:** **r1:** 1 A Blow (BMH) 6.99. **r5:** 2 C Morrison (R&N, M45) 7.55. **100:** **r1:** 1 J James (Der) 10.99. **r3:** 4 C Morrison (R&N, M45) 11.97. **r5:** 1 T Campbell (Barn) 10.97; 2 J Statham (Charn, M50) 12.49. **60H:** 1 A Blow (BMH) 8.19; 2 R Baderin (Rad) 8.32. **110H:** 1 A Blow (BMH) 14.72; 2 R Baderin (Rad) 14.92. **TJ:** 1 J Gittens (Leeds C, M50) 12.13

U20: **60:** **r1:** 1 T Reeve (W&B) 7.19. **60H:** 1 N Wilson (Bir) 8.07; 2 L Townsend (R&N) 8.28; 3 J Hatton (Read) 8.38; 4 A Grant (Strat) 8.73. **110H:** 1 N Wilson (Bir) 14.45; 2 J Hatton (Read) 14.79; 3 L Townsend (R&N) 15.18; 4 A Grant (Strat) 15.86. **LJ:** 1 J Grenfell (P'boro) 6.89. **TJ:** 1 C Cribb (Cov) 13.77

U17: **60:** **r1:** 1 K de Escofet (D&S) 7.07; 2 R Ewer (R&N) 7.31; 3 S Hamilton (Hale) 7.36; 4 T Kenwright (Worc) 7.44; 5 N Prentice (Bir) 7.46. **r2:** 1 Z Stapleton (R&N) 7.42; 2 A Farrell (Bir) 7.46; 3 S Lambourne (Donc) 7.48. **100:** **r1:** 1 K de Escofet (D&S) 11.05. **60H:** 1 W Ritchie-Moulin (Bir) 8.57. **100H:** 1 W Ritchie-Moulin (Bir) 13.93; 2 R Sproston (Stoke) 14.86. **TJ:** 1 T Pentreath (Bath) 12.97

U15: **60:** **r1:** 1 D Singh (KuH) 7.55; 2 M Amed (Cov) 7.57. **100:** 1 M Amed (Cov) 11.75; 2 D Singh (KuH) 11.78

U13: **60:** 1 O Lambert (R&N) 8.22; 2 J Pearson (B&R) 8.28; 3 J Watson (Tel) 8.52. **r1:** 1 E Jackson (Vale R, U13W) 8.47. **60H:** 1 O Lambert (R&N) 9.78; 2 S Tutt (R&N) 10.45; 3 J Pearson (B&R) 10.54. **75H:** 1 O Lambert (R&N) 12.35; 2 J Watson (Tel) 13.27

Women: **60:** **r1:** 1 R Barrett (SSH, U20) 7.84; 2 E Heath (B&W) 7.92; 4 M Thomas (Bir, W40) 8.40. **100:** **r1:** 1 R Barrett (SSH, U20) 12.40. **60H:** **r1:** 1 M Smith (Bir, U20) 8.71; 2 O Walker (C&S, U20) 8.77; 3 C Stone (Swan) 9.11; 4 E Pascoe (Chelt, U20) 9.30; 5 G Burton

(C&S, U20) 9.35. **100H:** **r1:** 1 O Walker (C&S, U20) 14.21; 2 M Smith (Bir, U20) 14.45; 3 G Burton (C&S, U20) 15.76.

r2: 1 H Paton (Worc, U20) 15.31. **HJ:** 1 A Akim (WG&L, W40) 1.71. **PV:** 1 A Rossi (BRAT) 3.10. **LJ:** 1 K Johnson-Thompson (Liv H) 6.14. **TJ:** 1 S Barry-Wheeler (Card) 11.64

U23: **HJ:** 1 K Johnson-Thompson (Liv H) 1.83

U20: **60:** **r1:** 1 C Jones (Bir) 7.82; 2 M Taylor (KuH) 7.84; 3 E Johnston (Strat) 8.09. **r2:** 1 P Massey (Sheff) 8.10. **100:** **r1:** 1 M Taylor (KuH) 12.46. **HJ:** 1 E Gibbons (Worc) 1.74. **TJ:** 1 I Billau (B&R) 11.00; 2 G Adeyinka (R&N) 10.92

U17: **60:** **r1:** 1 K Edwards (Sheff) 7.75; 2 S Yorke (Chelt) 8.01; 3 E Horne (D&S) 8.09; 3 B Catchpole (SSH) 8.09. **r2:** 1 N Mukerji (C&S) 8.04; 2 P White (SSH) 8.04. **100:** **r1:** 1 K Edwards (Sheff) 12.13; 2 B Catchpole (SSH) 12.67. **60H:** **r1:** 1 A Oloyede (Osw) 9.48. **HJ:** 1 A MacKenzie (Liv H) 1.68; 2 G Parris (Nun) 1.60. **TJ:** 1 L Johnston (Mil K) 10.48

U15: **60:** **r1:** 1 B Harris (Sheff) 7.94; 2 K Songu (B&W) 8.23; 3 L Edmondson (B'nth) 8.24. **r2:** 1 A Beardmore (Hale) 7.95. **r3:** 1 K Scott (Unatt) 8.30. **100:** **r1:** 1 A Beardmore (Hale) 12.51; 2 B Harris (Sheff) 12.56. **60H:** **r1:** 1 H Williamson (Shrews) 9.25; 2 C Perkins (W&B) 9.64; 3 A Griffiths (Leic) 9.68; 4 G Hollis-Lawrence (Sheff) 9.68; 5 B Wood (R&N) 9.70. **75H:** **r1:** 1 H Williamson (Shrews) 11.73; 2 G Hollis-Lawrence (Sheff) 11.96; 3 C Perkins (W&B) 12.28; 4 B Wood (R&N) 12.34; 5 A Griffiths (Leic) 12.39.

r3: 1 L Brown (Bir) 12.49. **HJ:** 1 I Caine-Daley (Strat) 1.60. **LJ:** 1 C Harding (Leic) 4.95. **TJ:** 1 C Harding (Leic) 10.33; 2 V Roberts (Cov) 10.17

U13: **60H:** **r1:** 1 E Jackson (Vale R) 9.64; 2 S Parker (N Som) 9.90; 3 C Walder (N Som) 10.01; 4 E Smith (Sheff) 10.38; 5 A Gill (Worc) 10.46; 6 R Burton (C&S) 10.54. **r2:** 2 J Crook (DASH) 10.67; 3 A Salehi (R&N) 10.77. **70H:** **r1:** 1 E Jackson (Vale R) 11.78; 2 S Parker (N Som) 11.91; 4 R Aki-Bua (R&N) 12.30; 5 C Walder (N Som) 12.31

MARCH 21
GATESHEAD COLLEGE OPEN SERIES, Gateshead
LAUREN BEALES gained an impressive 60m and 60m hurdles double.

U17 men: **60:** **r1:** 1 Z Haddon (Gate) 7.41; 2 R Laryea (Unatt) 7.44. **r2:** 1 R Laryea (Unatt) 7.46; 1 Z Haddon (Gate) 7.46; 3 M Williamson (Gate) 7.48. **60H:** 1 A Hogg (J&H) 8.66; 2 O Whellans (CleS) 8.96.

HJ: 1 A Hogg (J&H) 1.85. **PV:** 1 C Myers (M'bro) 4.00; 2 C Dietrich (Gate) 3.70; 3 R Everett (M'bro) 3.20

U13 girls: **60:** 1 L Beales (Gate) 8.69. **60H:** 1 L Beales (Gate) 9.85; 2 A Bateman (J&H) 10.62

Lauren Beales:
running a fast 60m
hurdles at Gateshead

MARCH 19

CORBY AC OPEN, Corby

Mixed events: 60: **r1:** 1 K Print (R&N, U13W) 8.3. **r6:** 3 B Higgins (Charn, U13)

8.5. **r8:** 3 J Spence (Corby, U17) 7.4; 5 R Huskisson (Nene V, M50) 8.1. **150:**

r4: 1 K Print (R&N, U13W) 20.9; 2 B Higgins (Charn, U13) 21.2. **r6:** 1 M Tweed (Nene V, W) 19.7. **r7:** 3 S Martin (Corby, U17W) 19.7; 4 A Cunningham (Corby, U17W) 20.1. **r8:** 2 J Spence (Corby, U17) 17.6. **600:** **r3:** 2 S McIntyre (Corby, U17) 1:27.8; 8 H Keenan (Corby, U17W) 1:40.9; 9 E Welch (Corby, U17W) 1:43.7.

1000: 6 E Welch (Corby, U17W) 3:09.5

TRACK

MARCH 24

ABERDEEN AAC OPEN GRADED MEETING, Aberdeen

Mixed events: 150: **r1:** 1 G Irvine (A'deen, U20) 17.26. **r2:** 4 M Dobson (Ellon, W) 19.99. **r3:** 2 A Ademuyewo (A'deen, W) 19.73; 7 A Stoker (Moray, U13) 21.41. **800:** **r1:** 1 M Ferguson (Banc, U20) 1:56.57; 3 S Millar (A'deen, U15) 2:08.55; 11 K Stewart (A'deen, U17W) 2:17.8

MARCH 22

POOLE OPEN, Poole

U15 boys: **JT:** 1 B Dickinson 45.45

MARCH 20

SOUTH WEST VARSITY, Exeter

Men: **DT:** 1 D Dawson (Exe) 41.00.

Women: **2000:** 1 C Taylor (Glou U) 6:50.0

NORTHUMBERLAND SCHOOLS MINORS CHAMPIONSHIPS, Gateshead

U13 girls: **60:** 1 L Beales (N'humb Sch)

8.7; 2 R McLean (N'humb Sch) 8.8. **60H:** 1 L Beales (N'humb Sch) 9.9; 2 E Ricketts (N'humb Sch) 10.8

WIRRAL AC 5000m, Bebington

Mixed events: 5000: 5 S Kearney (Wirral, W35) 18:23.0; 7 T McDevitt (Wirral, M60) 18:46.1

MULTI-TERRAIN

MARCH 24

CLEEVEWOLD 14, Winchcombe

Overall: 1 J Smith (Unatt) 1:48:07; 2 E Bailey (Fell RA) 1:51:40; 3 D McKeown (Lon Hth) 1:53:21; 4 R Walsh (Bla PJ) 1:53:48; 5 S Campbell (Ciren) 1:56:05

M40: 1 D Reid (Eve) 1:59:27; 2 C Midgley (Almost) 2:01:25; 3 K May (Unatt) 2:02:29. **M45:** 1 N Lammis (Eve) 1:59:42. **M50:** 1 A Pitt (Stroud) 2:05:49; 2 A Carruthers (Hale) 2:07:56. **M60:** 1 T Wooldridge (Durs) 2:11:51

Women: 1 L Barry (CLC) 2:01:03; 2 E Gould (W Brom) 2:06:42; 3 P Vymetalova (Almost) 2:16:35; 2 M Foster (Almost) 2:18:22. **W50:** 1 H Harris (Almost) 2:17:50

AN RES HELLYS 10, Helston

Overall: 1 J Thomas (Corn, M35) 58:21; 2 D Buzzza (Corn, M50) 59:54; 3 R Turner (Hayle) 60:20; 4 J Mancer (Ben, M40) 60:44; 5 S Knowles (Hayle, M35) 61:24

M40: 2 R Burnham (Newq RR) 61:42; 3 A Daniels (Newq RR) 61:45. **M45:** 1 K Klidzia (SoC) 61:32; 2 S Wherry (Corn) 62:12; 3 P Whear (Unatt) 62:47. **M50:** 2 L Lee (Sta RR) 65:52; 3 M Davis (Newq RR) 65:55. **M55:** 1 J Telford (Corn) 67:22. **M65:** 1 B Wiles (Laun RR) 73:57. **M75:** 1 T Berry (Truro) 85:30

Women: 1 Z Morrall (Corn, W40) 66:57; 2 L Mancer (Sta RR, W35) 70:07; 3 E Hurst (Corn, U20) 70:54

W35: 2 S Bosustow (Corn) 71:40. **W40:** 2 L Gregg (Tamar) 76:01. **W45:** 1 N Hill (Mt B) 75:20. **W50:** 1 R Crowle (E Corn) 72:55; 2 J Angille (Corn) 77:32

ENDURANCELIFE CTF 11-12 Birling Gap, East Sussex

Overall: 1 M Ahmed 56:33; 2 P Doubleday (M40) 58:55; 3 R Booth 62:11

Women: 1 C Annan 70:22; 2 S Pailthorpe 71:10

DAVID HENNINGSON

GREAT GRIZEDALE FOREST 10, Grizedale

Overall: 1 W Jackson (Helm, U20) 58:41; 2 T Oates (Amble) 60:47; 3 D White (Helm, M40) 64:28

M40: 2 P Knowles (Amble) 68:40. **M45:** 1 A Slattery (Kesw) 67:13

Women: 1 L Adams (Hallam) 66:51; 2 M Mowbray (HBT, W35) 68:48

W35: 2 L Merigold (Chelt) 71:56. **W45:** 1 G Mead (Ches TC) 69:18

LEITH HILL HALF-MARATHON Dorking, Surrey

Overall: 1 R MacDonald (Swan) 82:21; 2 S Winder (E&E, M40) 86:22; 3 M Witco (R Eng) 91:27

M50: S Wigmore (Hors J) 91:14

Women: 1 K Jarvis (E Grin Tri, W35)

1:46:51; 2 S Yeats (Wimb W, W35)

1:48:18

W40: L Ionascu (DMV) 1:48:30

WIRRAL SEASIDE RUNS, Leasowe

Overall (4.91km): 1 D Jarvis (Liv H) 16:23; 2 R. Evans (Wirr, U16) 16:35; 3 B Renton 17:31; 4 J Mullen (Liv H) 17:35; 5 C Standidge (Ches TC) 17:42

Women: 1 S Pope (Pens) 23:34; 2 C Edgar 24:56; 3 M Brockweary (Wirr, W50) 25:35

MARCH 22

RICHMOND SPRING RIVERSIDE 10km, Surrey

Overall: 1 C Richardson 37:08; 2 D Gonzales 37:24; 3 J Suttle 38:31

Women: 1 T Wood 41:56; 2 J Stanbrook 42:00

MARCH 20

FIFE NIGHTMARE SERIES, Ceres

Overall (3.5M): 1 C Russell (Fife, M40) 21:20; 2 C Love (Dund, M40) 21:40; 3 B Cruickshank (Fife, M40) 22:18; 4 S Morton (RAF) 22:25; 5 J Kay (Fife, M50) 22:40

Women: 1 S Winter (Dund R) 27:19; 2 C Matthews (Dund H) 28:36; 3 J Dunlop (Dund R) 28:47

W50: R Lee 32:50

MARCH 10

DEMON RUN 5 & 10, Swinley Forest, Bracknell, Berkshire

Overall (5M): 1 T Palm 29:37; 2 D Bate 30:24; 3 D Grimwood 31:38

Women: 1 E Rees 34:07; 2 T Spoon 37:37

Overall (10M): 1 R Crew 57:30; 2 J Ennals 57:59; 3 M Forbes 63:40

Women: 1 M Chung 75:57; 2 J Voudsen 80:55

MARCH 7

DUMFRIES RC MONTHLY HANDICAP 5km, Dumfries

Overall (all Dumf RC): 1 D Parish 17:05; 2 K Conchar 17:47; 3 R Beck 18:27

Women: 1 S Jeffrey 23:52; 2 A Groat 27:07

Handicap: R Wilson (M50)

FELL

MARCH 23

CRAIG DUNAIN, Inverness

GORDON LENNOX and Roma Shepherd were the winners of what appears to be the only fell race to have gone ahead in Britain last weekend.

Overall (6M/900ft): 1 G Lennox (Forres) 31:27; 2 D Wilby (HHR) 32:46; 3 C Donnelly (L'ber, M50) 32:53

Women: 1 R Shepherd (I'ness) 38:44; 2 M MacDougall (HHR) 39:16; 3 K Lyons (HHR, W40) 39:52

UK indoor leaders

MEN

6.48	James Dasaolu
20.93	Nigel Levine
46.21	Nigel Levine
1:46.55	Michael Rimmer
3:37.25	Chris O'Hare
3:52.98	Chris O'Hare
7:42.00	Mo Farah
7.58	Andy Pozzi
2.31	Robbie Grabarz
5.71	Steven Lewis
7.98	Chris Tomlinson
16.50	Kola Adedoyin
18.59	Greg Beard/Scott Ryder

60m

200m

400m

800m

1500m

1M

3000

60H

HJ

PV

LJ

TJ

SP

7.15

22.98

50.85

2:01.02

4:12.39

4:36.59

8:49.31

7.99

1.85

4.77

6.78

13.95

16.38

WOMEN

Asha Philip
Margaret Adeoye
Perri Shakes-Drayton
Jenny Meadows
Laura Muir
Josephine Moultrie
Eilish McColgan
Tiffany Porter
Emma Nuttall
Holly Bleasdale
Shara Proctor
Yamile Aldama
Sophie McKinna

MARCH 17

KENDAL WINTER LEAGUE**ELTERWATER, Langdale**

Overall (4M/2130ft): 1 G Greenhow (Amble) 25:26; 2 C Newman (Wharf) 28:08; 3 P Webb 28:10

M40: M Robinson (Dark Pk) 28:22

Women: 1 S McCormack (Moort) 30:43; 2 C Evans (Sett, W50) 33:00; 3 K Hall (Wharf) 34:06

U17 (2M/800ft): 1 D Meanwell (B'dale F) 13:56; 2 J Sharples (Dall) 14:16; 3 M Senior (Helm H) 14:23

U17 women: 1 E Lambert 16:29; 2 S Thompson (Dallam) 17:46; 3 G Stevens (Helm H) 19:19

U14 (1.5M/300ft): 1 J Edmondson (Brough) 9:34; 2 T Nelson (Wharf) 9:43; 3 J Aubrey (Helm H) 9:47

U14 women: 1 K Lawson (Helm H) 11:31; 2 K Russell (Helm H) 12:59; 3 E Millar (Brough) 14:04

U12 (1M/250ft): 1 B Edmondson (Brough) 8:50; 2 D Sanderson (Amble)

9:13; 3 E Beamont (K&C) 9:15

U12 women: 1 M Walsh (Helm H) 9:18; 2 E Stevens (Helm H) 10:07

WOLFS PIT JUNIOR RACE, Shatton

U16 (1.5M approx): 1 K Hopley (Mow C, U14) 11:05; 2 L Parker (Pennine, U12)

11:20; 3 B Batho (Stock H, U11) 11:28

U16 women: 1 O Crowson (HVH, U14) nt;

2 E Crownshaw (U12); 3 M Loombe (U14)

MARCH 16

WOLFS PIT, Shatton

Overall (5.8M/160ft): 1 J Crickmore

(Sheff U) 39:16; 2 H Wilber (WG&EL)

41:02; 3 A Perry (Pennine) 41:32; 4 A

Swift (P'stone FPR) 42:02

M50: M Stenton (Dark Pk) 43:39

Women: 1 H Elmore (Dark Pk, W40)

50:07; 2 Z Proctor (Bowl) 50:54

MARCH 9

MOEL TRYFAN, Rhosgadfan

Overall (4.5M/650ft): 1 J Parkinson

(Eryri, M40) 31:43; 2 M Fortes (Eryri)

32:33; 3 M Davies (NWR) 33:16

M50: SP Jones (Eryri) 34:36

U20: R Owen 37:49

Women: 1 B Law (Eryri) 37:51; 2 S

Cumming 40:20; 3 J Williamson (Eryri)

41:15

SLIEVE GALLION, Killeavy

Overall (3.5M/1000ft): 1 J Steede

(B'mena) 40:29; 2 P McAnespie

(Armagh) 41:35; 3 E McAllister

(B'mena) 45:13

Women: 1 S O'Kane (Lagan, W40)

48:28; 2 A Sandford (Lagan, W45)

50:52; 3 G Wasson (S'well) 52:36

STAN BRADSHAW PENDLE ROUND,**Barley Village**

Overall (9M/2250ft): 1 R Hope

(P&B) 66:10; 2 L Taggart (Dark Pk,

M40) 66:25; 3 C Bell (Kesw) 66:46; 4

I Holmes (Bing, M40) 68:07; 5 T Brunt

(Dark Pk) 69:18

Women: 1 L Pickles (Wharf) 84:32; 2 G

Myers (Wharf, W50) 84:52; 3 J Brown

(Clay, W40) 83:23; 4 D Gowans (Acc RR,

W40) 85:23

WINDMILL WHIZZ,**Causeway Foot**

Overall (7M/800ft): 1 A Isborne (Leeds

C) 37:23; 2 C Smithard (St MJ) 37:41; 3

J Crossfield (Hali) 38:59

Women: 1 A Anderson (Pend) 48:07;

2 R Whitehead (Bing, W40) 50:16; 3 R

Boyd 53:40

MARCH 5

SEDBERGH THREE PEAKS

Overall (3M/1450ft): 1 A Perry

(Pennine) 31:54; 2 J Addison (Helm H)

32:26; 3 A Bealand 33:05

Women: 1 S Thompson (Dallam) 39:53;

2 E Lambert (Wharf) 41:28; 3 W Dodds

(Clay, W60) 41:36

TEAM (M&W): 11th VIII 36; 2 Howg 53;

3 2nd VIII 97

MARCH 2

TEVIOTDALE CUP, Hawick

Men (4M, all Tey): 1 E Inglis 25:15; 2 C

Greive 25:39; 3 F Lawson 25:54

U17 (1.5M): 1 K Potts 12:23; 2 K Pringle

12:27; 3 N Jones 12:52

U13: 1 F Clyne 9:29; 2 L Renwick 9:54

Women (1.5M): 1 C Mercer 12:41; 2 L

Corbett 13:01; 3 D Inglis 13:06

U13: 1 Inglis 10:03; 2 L Graham 10:24

MARCH 2

BLACK COMBE, Silecroft

RICKY LIGHTFOOT and Helen Fnes

were the overall winners but there were

downhill records set by 12th-placed Nic

Barber and third woman Anna Lupton.

Overall (9M/3800ft): 1 R Lightfoot

(Ellen) 68:26; 2 R Jebb (Bing) 69:29;

3 T Ellis (Calder V) 71:08; 4 B Bardsley

(B'dalke F, M40) 71:42

Women: 1 H Fines (Calder V) 83:27; 2 L

Adams (B Combe) 85:50; 3 A Lupton (B

Combe) 86:05

PARKRUN

MARCH 23

PARKRUN 5km**Leading age-graded**

Cambridge: M Holmes 27:30 W75

89.79%

Poole: J Palmer 20:25 W50 86.38%

Brighton Hove Park: J Lowden 18:01

M55 86.02%

Brighton Hove Park: C Wood 19:30

W45 84.92%

Richmond Park: J Davies 20:59 W50

84.05%

Brighton Hove Park: F Anderson 21:57

W55 82.49%

Manchester Heaton Park: K Chapman

17:27 M45 81.88%

Cardiff Blackweir Park: E Lepore 19:16

M55 81.81%

Ashton Court: D Bedwell 19:28 M55

81.68%

Craigavon: P Blaney 16:54 M40

81.38%

Gunnelsbury Park: A Critchlow 19:33

W45 81.24%

Norwich: S Greeves 16:52 U17M

81.20%

Cambridge: J Jenkins 20:42 M65

81.03%

Bramhall: R Currie 19:20 M55 80.84%

Newport: W Burke 19:51 M60 80.80%

Brockwell Park: G Ironmonger 18:25

M50 80.73%

Brighton Hove Park: D Maclellan 17:10

M40 80.71%

Edinburgh Silverknowes: A Douglas

15:59 SM 80.71%

Cambridge: J Vickery 20:32 W45

80.65%

Rushcliffe Country Park: A Watson

16:22 M35 80.53%

Bramhall: J Downs 19:32 U15W

80.44%

Southampton: G Jones 21:03 M65

80.42%

Ipswich: B Jones 16:52 M35 80.33%

Cardiff Blackweir Park: P Woodward

16:05 SM 80.28%

Slough: S MacGregor 19:42 M55

80.01%

Fastest male first finishers

Brighton Hove Park: C Smith 15:39

Leicester: U Athlete 15:59

Edinburgh Silverknowes: A Douglas

15:59

Cardiff Blackweir Park: P Woodward

16:05

Poole: P Thompson 16:19

Rushcliffe Country Park: A Watson

16:22

Carlisle: U Athlete 16:26

Middlesbrough Albert Park: W Indelbu

16:27

Ipswich: B Jones 16:52

Norwich: S Greeves 16:52

Middlesbrough Stewart Park: C

Rumsey 16:52

Craigavon: P Blaney 16:54

Hackney Marshes: L Clark 16:55

Basingstoke: D Ragan 16:57

Bramhall: K Acton 17:04

Edmonton: D Norman 17:06

Shoeburyness: U Athlete 17:06

Camp Bastion: L Athersmith 17:07

Darlington: D Newton 17:09

Bushy Park: H Wyber 17:12

Abingdon: I Kimpton 17:13

Wolverhampton West Park: N Hardy

17:19

Slough: B Sutherland 17:22

Dulwich: M Ismail 17:24

Barnstaple: N Bennett 17:27

Gateshead: U Athlete 17:30

Leamington: P Roddy 17:31

Sunderland: U Athlete 17:32

Stockport: D Lawton 17:32

Gorslas: J Collier 17:40

Hampstead Heath: S Wurr 17:41

Richmond Park: R Carol 17:41

Newcastle: A Rendall 17:44

Manchester Platts Field: J Harris

17:44

Finsbury Park: W Brewin 17:46

Brockwell Park: T Aldred 17:47

Inverness: F MacLennan 17:47

Liverpool Princes Park: R Kelly 17:47

Glasgow Pollok Park: S MacDougall

17:49

York: A Munzer 17:49

St. Albans: P Plaza Lastras 17:51

Frimley: M Symes 17:54

Walsall: R Grant 17:54

Burgess Park: C Miles 17:58

Aberystwyth: G Slavov 18:00

Burnley: T Cornthwaite 18:05

Thetford Abbey Meadows: M Gear

18:06

Trowbridge: S Henderson 18:07

Congleton: T Goodwin 18:14

Southampton: M Costley 18:14

Scunthorpe Central Park: A Cross

18:17

Newbury: J Moorcroft 18:18

Sheffield Endcliffe Park: P Williams

18:20

Swindon: D Galerin 18:21

Banstead: N Reissland 18:22

Bromley: D Selman 18:23

Woodley: A Stay 18:24

Preston: P Lightfoot 18:27

Worsley Woods: M Summerville 18:29

Havant: H Clark 18:30

Riverside: C Horne 18:31

Ashton Court: J McKenna 18:32

Cannon Hill Park: E Banks 18:32

Brandon: V Coogan 18:33

Bedfont: S Don 18:34

Solihull: D Robinson 18:34

Strathclyde: A Hume 18:34

Barking: P Grange 18:36

Netley Abbey: L Chalk 18:36

Newport: M Thomas 18:36

Wimbledon

Emase wins after tough Lacy duel

MARCH 24

HASTINGS HALF-MARATHON
(Inc SUSSEX CHAMPS),
St Leonards on Sea

DEAN LACY just came up short in trying to claim what would have his most prestigious victory over 13.1 miles. *Steve Roe reports.*

The outcome of his exciting duel at the front with Peter Emase was still in doubt with less than 400 metres remaining. Then the Kenyan accelerated smoothly and decisively clear.

Momentarily at least, Lacy did close the gap, but he admitted later: "I ran out of time."

Having taken the lead quite early in the contest, Lacy still headed the field of thousands at the four-mile mark. Close to him then were Emase, Matthew Kiprotch Kimutai, also from Kenya, and Hailu Million of Ethiopia.

Emase took over shortly afterwards and, heading back toward the coast, he had gained a useful lead.

The downhill sections and his own doggedness brought Lacy once more into serious contention. By seven miles he was back alongside the African. Another mile on and the two were clear of Kimutai and Million.

Down to 10 miles and all along the promenade both made more than one effort to drop the other without success until Emase made his winning

Peter Emase: celebrates victory as Dean Lacy closes in the background



surge with the finish line in sight.

Emase won a £400 first prize and thus completed a lucrative round of half-marathons in England. Earlier in March he had been the third finisher at Bath and was runner-up at Reading.

Poline Wanjiku completed a Kenyan double when winning the women's race in 76:39.

Clearly, Wanjiku did no more than was needed – her margin of victory was 10 minutes – considering she had

clocked 70:28 in victory at Bath three weeks beforehand.

One thing was almost certain: she had never raced in such cold conditions. It was bone-chilling in Sussex on Sunday.

Lacy, though, was one athlete not bothered by the temperature. "I wore five layers while warming up, but was okay once the race started," the Londoner explained. "I didn't even wear gloves."



Poline Wanjiku: winner of the women's race

PICTURES: MICK HALL

Overall: 1 P Emase (Kenya) 66:58; 2 D Lacy (Camb H) 67:05; 3 M Kiprotch Kimutai (Kenya) 67:39; 4 H Million (Ethiopia) 68:13; 5 J Baker (Chich, M35) 72:09; 6 T Collins (M&M) 72:54; 7 S Soetaert (Grijsloke - BEL) 73:42; 8 J Mountford (Hast) 74:05; 9 C Minns (Beck, M35) 74:08; 10 D Anderson (Hast, M35) 74:17; 11 D Watt (Tun W) 74:24; 12 A Harkin (M&M) 74:56
M45: 1 K May (B&B) 76:14; 2 G Judges (Hail) 77:44.

U20: 1 S Parker-Harding (Hast) 76:43

Women: 1 P Wanjiku (Kenya) 76:39; 2 E Proto (Arena) 86:38; 3 E Richards (Hail, W35) 86:46

W40: 1 S Alvarez (Hail) 89:05; 2 L May (B&B) 90:43; 3 S Fry (Hail) 90:59; 4 O Webb (Hail) 91:46; 5 A Farrall (Kent) 91:53.

W50: 1 L Hayes (W'hurst) 97:34.

W55: 1 A Anscorn 1:44:56.

W65: 1 S Garner (Seaf) 1:56:01; 2 W Whelan (Arunn) 1:59:54

ROAD

MARCH 24

B&Q EASTLEIGH 10km

MORE than 2000 runners took part in the 29th running of this race despite the rival attractions of the area relays and a host of other events. *Martin Duff reports.*

Unfortunately, none of the runners thwarted by the cancellation of the Southern relay were able to make it to Eastleigh, but some Northern runners whose area relays were cancelled on Saturday did make the trip.

Right from the start, two of the longer travellers, Adam Hickey from Southend and Rob Mullett from Lewes, went away at sub-30 minute pace. This they maintained for the first 3km before Mullett eased away to reach halfway in 15:03.

Hickey was left stranded, making his own race with a knot of three men a little way back. Included in this group were Simon Plummer, Altrincham's Dave Norman and Kyle Hackett. Mullett piled on the pace in the second half of the race to surge away from the rest of the field to win in 29:38, just five seconds outside his best.

Hickey held on for second in 30:40 as Plummer, Norman and Hackett followed.

Meanwhile, the women's race was taking a different shape as Emma Taylor-Gooby took the lead quite early on and went through the 5km mark just outside 17 minutes with Cassie Thorpe hanging on. By the 7km board Taylor-Gooby's lead had stretched to 15 seconds but by 9km this was down to just seven seconds as Thorpe began to close.

With a barnstorming finish the Portsmouth runner squeezed past her rival in the final metres to win by three seconds in 34:31, only four seconds

off her best time. Behind, perhaps the top two over-45 runners in the country, Lucy Elliott and Clare Elms, battled it out for third.

After a quick start, local runner Elliott just managed to maintain her supremacy, shown in the South of England vets cross-country championships before Christmas, to win in 35:53, as Elms closed to within four seconds.

Overall: 1 R Mullett (Lewes) 29:38; 2 A Hickey (S'end) 30:40; 3 S Plummer (Salis) 31:05; 4 D Norman (Alt) 31:19; 5 K Hackett (Poole R) 31:21; 6 A Greenleaf (Win) 31:22; 7 K Mason (Worth) 31:42; 8 B Shearer (Camb H, M35) 31:53; 9 G Grundy (Woking) 32:02; 10 N Buis (Tott) 32:03; 11 L Chalk (Stubb G) 32:16; 12 M Greenwood (AFD, M35) 32:21; 13 N Curtis (AFD) 32:33; 14 H Curling (AFD, U20) 32:36; 15 O Hind (E'leigh) 32:38; 16 S Holloway (Salis) 32:48; 17 G Burnett (AFD) 32:58; 18 D Hamilton (Abing) 33:04; 19 H Mitchell (Brack) 33:15; 20 D Bailey (Vict) 33:19; 21 D Long (B'mth, U20) 33:24; 22 J Hoad (Win) 33:26; 23 C Southern (Salis) 33:28; 24 A Villard (SMR, U20) 33:31; 25 W Collins (G&G) 33:32; 26 M Le Gassick (Stubb G, M40) 33:34; 27 A Pickburn (New F) 33:36; 28 J Gregory (Read) 33:37; 29 M Worringham (Read RR, M35) 33:46; 30 A Simpson (Stubb G, M40) 33:48; 31 R Hughes (Co Ant) 33:53; 32 S Holmes (Over, M40) 33:55; 33 A Gritton (Lords) 33:57; 34 A Cannell (Mid M) 34:05; 35 P Crisp (Newb) 34:08; 36 S Simpson (Soton, U17) 34:14; 37 R Parr (York) 34:15; 38 J Ashton (Brack) 34:15; 39 M Mahamed (Soton, U15) 34:22; 40 T Sherman (Soton) 34:23; 41 L Tolhurst (Over, M40) 34:23; 42 T MacSwayne (Stubb G, U17) 34:30; 43 C Thorp (Ports, W) 34:31; 44 I Gutteridge (Sand J) 34:32; 45 E Taylor-Gooby (Worth, W) 34:34; 46 M Tanner (Soton, M40) 34:43; 47

S Wilson (VoA) 34:45; 48 R Nickerson 34:45; 49 R McTaggart (B'mth) 34:46; 50 A Griggs (Lords) 34:46; 51 M Emery (Soton) 34:49; 52 E McKay (Reig, M35) 34:51; 53 J Manning (Denm, M35) 34:54; 54 R Long (B'mth, M45) 34:55; 55 F Handy (New F) 34:56; 56 P Mitchinson (Vict) 34:59

M45: 2 A Ellison (Farn) 35:06; 3 K Tilley (Salis) 35:08; 4 D Bell (Willow) 35:20; 5 M Curtis (And) 35:39; 6 M Brewster (Salis) 35:41; 7 T Grose (VP&TH) 35:54; **M50:** 1 P Turrell (Liss) 35:48; 2 G Eagle (Frome) 36:00; 3 J Osman (E'leigh) 36:06; 4 J Aylmore (Poole R) 36:59; 5 M Williams (Ports J) 37:04; 6 M White (Stubb G) 37:12; **M55:** 1 M Anderson (Farn) 37:46; 2 N O'Dowd (E'leigh) 37:40; 3 H Szwintio (New F) 38:41; **M60:** 1 M West (Soton) 40:15; 2 G Anderson (Newb) 40:20; 3 A Johns (Poole R) 40:34; **M65:** 1 P Young (Ryde) 39:20; **U20:** 4 R Leach (Win) 35:32; 5 M Crebo 35:36

TEAM: 1 Aldershot, Farnham & District; 2 Southampton; 3 Stubbington Green R
Women: 1 Thorp 34:31; 2 Taylor-Gooby 34:34; 3 L Elliott (Win, W45) 35:53; 4 C Elms (Dulw, W45) 35:57; 5 S Amend (Belg) 36:07; 6 J Emery (Cov) 36:12; 7 N Rogers (C&T) 36:28; 8 K Bailey (Win, W40) 36:32; 9 K Milner (Traff) 37:00; 10 H Dyke (Poole R, W35) 37:05; 11 J Cone (AFD) 37:10; 12 R Hiles (G&G) 37:16; 13 E Montiel (Ports, W35) 37:36; 14 L McCarthy (Ports, U17) 38:07; 15 K West (Salis, W40) 38:16; 16 K Hazlitt (Win, W45) 38:48; 17 K Rushton (SW Vets, W45) 39:06; 18 L Hartney (Read, W45) 39:10; 19 H Nicholls (Stubb G) 39:15; 20 K Coltart (Brought) 39:17; 21 T Green (Win) 39:48; 22 S Howard (Ports J) 39:57

W35: 3 L Van Den Broeck (Lords) 40:45; 4 S Francis (Ports J) 40:48; **W40:** 3 B Tull (Read RR) 40:36; 4 S Greenslade (Salis) 41:54; **W45:** 6 K Noyce (And) 42:05; 7 S Loudon 42:53; **W50:** 1 L

Whitaker (Win) 41:36; **W55:** 1 V Collins (Tott) 46:15; **W60:** 1 J Georgiou (Farn) 45:17; 2 S Dyson-Laurie (Win) 49:27
TEAM: 1 Winchester & District; 2 Soton; 3 Winch B

ATLANTIC COLLEGE 10km, Llantwit Major

Overall: 1 T Marshall (Card) 32:34; 2 J Peters (Card) 32:35; 3 M Harvey (Neath) 32:53
Women: 1 K Roberts (B'end) 37:16; 2 M Zubizarreta (Les C, W40) 41:13

BRENTWOOD HALF-MARATHON,

Overall: 1 R Prout (Thriff) 69:47; 2 P Molyneux (Spring S) 69:54; 3 C Bloomfield (B'cay, M35) 73:58
M40: 1 S Rice (Thurr) 76:31; 2 L Martin (Spring S) 77:48; **M45:** 1 S Hart (Hav M) 78:09; 2 J O'Sullivan (Dartf RR) 79:53; **M60:** 1 D Butler (B'cay) 79:35
Women: 1 H Vuvi (Dartf RR, W35) 82:27; 2 E Prideaux (B'cay, W35) 85:23
W45: 1 J Newens (RR) 87:53; 2 A Jenkinson (S'end) 93:10; **W55:** 1 B Nordin (If) 98:12
Overall (fun run): 1 S Riches (Chelm, U17W) 17:02; 2 M Wakefield (SSH, U13) 17:32; 3 K Solis (Chelm, U17W) 18:12
Women: 1 Riches 17:02; 2 Solis 18:12

FREETHORPE 10, Freethorpe

Overall: 1 B Russell (Liv H) 53:39; 2 A Cooney (Saxm) 58:04; 3 J Batrick 58:23
Women: 1 R Leary 69:18; 2 E Bye (Colt) 72:57

W55: 1 P Edwards (Norw RR) 75:48.

W65: 1 B Kinch (N Norf) 87:52

GOAL-DEN-GIRLS WOMEN'S ONLY 10km, Blackpool

Overall: 1 M Ralphson (Trawd, W35) 43:17; 2 J Dandy (W40) 44:26; 3 L Gawthorne (Liv PS, W) 44:49
Women: 1 Ralphson 43:17; 2 Dandy 44:26

HBA 20, 10 & 5, Llanelli

Overall: 1 G Jones (, M50) 68:11; 2 S Scurrel (TROTS) 71:16; 3 M Halsall (L'nelli, M35) 72:25
Women: 1 D Kenwright (Sarn H, W55) 75:39; 2 J James (, W45) 76:57

Overall: 1 M Evans (TROTS, M35) 1:59:51; 2 J Hayes (Bitt, M40) 2:00:15; 3 E Kirk (Swan, M40) 2:01:47; 4 R Reismann (Swan, M35) 2:01:54
M70: 1 J Gardener (P'broke) 2:31:13
Women: 1 J Parry-Williams (Les C) 2:12:08; 2 F Cramp (Bitt, W35) 2:20:27

W45: 1 N Quinn (Emlyn) 2:27:45
Overall (5M): 1 T O'Brien (M55) 33:23; 2 J Stedman 35:59; 3 I Thorne 37:50
Women: 1 N Bowman (,) 39:43; 2 H Ross (W35) 40:19

JIM DINGWALL ROUND THE HOUSES 10km, Grangemouth

Overall: 1 R Simpson (Dees R) 30:55; 2 N Renault (Edin) 31:01; 3 M Crawley (Dur) 31:04; 4 D Cummins (W Wat) 31:25; 5 K Wilson (Cambus, M40) 31:41; 6 P Sorrie (Shett) 31:41; 7 P Gierjatowicz (Edin U HH) 31:55; 8 C Milne (Centr) 32:12; 9 B Mackie (Edin) 32:18; 10 R Beattie 32:41; 11 A Wright (C'gie, M35) 33:05; 12 A Hood (Stir U) 33:34; 13 M Wright (Centr) 33:37; 14 B Stevenson (Falk, U20) 33:39; 15 D Clarkson (Edin) 33:52; 16 J Waldie (Corn) 33:57; 17 B Paterson (Falk, M35) 34:01; 18 F Cartmell (Stir) 34:05; 19 P Bowman (C'dale, U20) 34:09; 20 S Campbell (Cors, M45) 34:09; 21 D Ashworth (Clay) 34:10; 22 S Beattie 34:13; 23 N Thin (Edin, M50) 34:18; 24 S Reid (Ayr S) 34:20; 25 R Christie (Stir U) 34:35; 26 P Moffett (Falk) 34:44; 27 S Woods (Edin U HH, U20) 34:56; 28 R Turner (Edin, M40) 34:55
M40: 3 M Johnston (Bella RR) 35:15.
M45: 2 J Blair (Edin) 35:07; 3 M McQuaid (Falk) 35:27; **M55:** 1 D Petrie (Kilb) 37:20; 2 K Rankin (Falk) 37:22;

3 A Mc Linden (Ham) 37:50; 4 P Kadobinskyj (Harm) 38:11; 5 A Gallie (L'gow) 38:53. **M70:** 1 G Black (Vall) 47:41
Women: 1 F Matheson (Falk, W50) 35:37; 2 L Morrison (Centr) 36:25; 3 L Chisholm (Gars, W35) 36:38; 4 M Sandison (Spring) 38:11; 5 J Telford (SPS, W40) 38:42; 6 J Malko (Cors) 38:46; 7 H Smith (Edin TC) 39:02; 8 C McArthur (Shett, W35) 39:20; 9 L Mitchell (Bella H) 39:24; 10 E Baxter (G'nock) 39:34; 11 M Wylie (Dumb, W45) 39:49; 12 D Finlayson (VPCG) 39:59
W45: 2 M Hetherington (Helen) 40:30; 3 G Murdoch (C'gie) 41:43; 4 B O'Neil (Bella H) 42:45. **W55:** 1 I Burnett (C'gie) 42:05. **W60:** 1 H Bradley (Anst) 45:36

WILMSLOW HALF-MARATHON,

Wilmslow

JOE McDONALD ran a superb half-marathon debut, winning in 64:54.

The John Nuttall-coached athlete was running his first race since July and he won by around 150 metres from Patrick Martin and Ben Fish, who set PBs.

Julie Briscoe followed up her BMAF cross-country title with another victory. She won in 75:15 from triathlete Kelly Crickmore, who improved her PB significantly.

Overall: 1 J MacDonald (Card) 64:54; 2 P Martin (Stock H) 65:24; 3 B Fish (B'burn) 65:27; 4 M Buckingham (Holm) 65:52; 5 A Jones (Stock H) 66:30; 6 T Abyu (Salf) 67:55; 7 A Davies (Maldwyn) 67:59; 8 C Ryde (Donc) 70:50; 9 G Butler (Prest, M40) 71:22; 10 G Raven (Sale, M35) 71:38; 11 D Rigby (Prest) 71:56; 12 R Affleck (Prest, M40) 72:13; 13 S Doyle (Vale R, M40) 72:18; 14 D Richardson (Stoke, M40) 73:09; 15 R Bridges (Manc TC) 73:27; 16 J Scott-Buccleuch (Stock H) 73:35; 17 C Rowlinson (Sale, U20) 73:38; 18 R Downs (Wilm, M45) 73:42; 19 J Morrissey (Wig P) 73:51; 20 P Speake (Wilm, M35) 73:56; 21 M Walker (Macc, M35) 73:57; 22 P Marchant (R'well, M35) 73:58; 23 A Vaughan (Eryri) 74:12
M40: 5 E Fazakerley (Manc H) 76:22; 6 J Corden (Stock H) 77:59. **M45:** 2 P

Simons (Salf) 75:10; 3 P Huntington (Manc TC) 78:00; 4 J Noakes (Macc) 78:27; 5 J Hobbs (Linc & D) 78:57; 6 S Crawford (E Ant) 79:53. **M50:** 1 G Astin (Stock H) 78:44. **M55:** 1 G Thompson (Bord H) 76:31; 2 T McGaff (Wilm) 80:33. **M60:** 1 P Bailey (Sport W) 88:46; 2 A Watts (Wilm) 89:41. **M65:** 1 T Hillier (E Ches) 97:19. **M70:** 1 K Burgess (Alt) 92:09; 2 R Bacon (Wins) 1:40:33
Women: 1 J Briscoe (Wake, W35) 75:15; 2 K Crickmore (Ches TC, W35) 77:05; 3 L Gardner (L&M) 77:10; 4 C Jacobs (was Holme) (Tip) 77:27; 5 G Connolly (SHS) 80:12; 6 E Parry (Wrex, W35) 81:13; 7 S Johnson (Trent) 82:24; 8 H Fines (Holm, W35) 83:26; 9 S Ridehalgh (Acc, W35) 83:46; 10 J Fanning (Serp, W35) 83:54; 11 J Latham (Wake) 84:01; 12 D McVey (Wilm, W35) 84:22; 13 T Entwistle (Warr RR, W40) 85:12; 14 H Cavill (Sale) 85:17; 15 R Wallace 85:54; 16 A Green (Keigh) 85:58; 17 M Buckle (Newc S, W35) 86:49
W40: 2 J Lawton (Stock H) 87:36; 3 K Geelan (Bury) 88:58; 4 S Anderson (Spec) 92:33; 5 W Swift (Newc S) 92:52; 6 J Ellis (Wilm) 93:45. **W45:** 1 K Wood (Stock H) 89:37; 2 K Aspin (New M) 89:51; 3 B Ganose (Alt) 91:43. **W50:** 1 A Blomfield (Roch) 92:56; 2 N Mowat (Wilm) 95:08; 3 K Sutton (Wilm) 98:02.
W55: 1 A Hirsch (Belle V) 1:44:19. **W60:** 1 R Rogers (Deestr) 98:59; 2 E O'Brien 1:46:27. **W65:** 1 J Dolan (Alt) 1:51:35

TAVY 13, Tavistock

Overall: 1 D Tomlin (Teign, M40) 77:00; 2 B Neale (Bere Alston) 78:57; 3 A Payton Jones (Ply H) 82:57
M55: 1 S Baker (Tamar) 84:35
Women: 1 J Meek (Tav, W35) 84:07; 2 R Mingo (Bere Alston) 90:33
W55: 1 J Bremner (Tamar) 94:53

THIRSK 10, Thirsk

Overall: 1 J Askew (Dur) 54:18; 2 J Bulman (New M, M40) 54:20; 3 S O'Grady (New M, M35) 54:26; 4 M Sanders (R'well) 55:11; 5 F Meade (Leeds C) 55:30; 6 A Adams (Leeds C) 55:52; 7 R Pattinson (P&B, M45) 56:49
M40: 2 K Ogden (Spen) 57:42; 3 N Armitage (Puds P) 57:46. **M45:** 2 P Butler (Loft) 57:19. **M50:** 1 J Convery



Joe McDonald: first at Wilmslow

MARCH 21

WESTON PROM RUN 5

Weston-super-Mare, Somerset

Overall: 1 S Leaney (Chipp) 26:46; 2 A Cooke (B&W) 27:59; 3 L Murray (Cleve) 28:15

M40: A Shaw (Cleve) 28:34. **M50:** N Hides (Cleve) 28:41. **M55:** P Wheddon (BAD Tri) 30:39. **M60:** D Wintle (GWR) 30:26

Women: 1 H Woodman (Cleve) 30:55; 2 L Croker (Cleve, W35) 32:13

WACKY RACERS HANDICAP,

Stornoway

Overall (41M, all Storn): 1 C Maclean (U15) 23:12; 2 W Macrury 24:19; 3 A Lockett 26:09; 4 G Maclean 27:54
Women: J Vallier-Green 40:30
H'cap: Lockett 49:59

MARCH 20

DERBY MIDWEEK RACE Series 5km & 1M

FORMER international steeplechaser-turned triathlete Adam Bowden broke his own course record in both races, Martin Duff reports.

Bowden first took the mile in 4:32 then followed up with a victory by mre than 150m in the 5km in 14:56.

Overall (5km): 1 A Bowden (Harrow) 14:56; 2 M Davies (B'end) 15:33; 3 D Bishop (Der) 16:01

M40: R Whitelegg (Hinck) 16:28

Women: 1 L Hall 17:42; 2 J Manners (Lough) 18:30

Overall (1M): 1 A Bowden (Harrow) 4:32; 2 J Rainsford (Hearon) 4:51; 3 P Mddocks (Beac H) 4:53

Women: J Wilson (Der) 5:47

MARCH 18

DUNE HALF-MARATHON, Dundalk

Overall: 1 G O'hanlon (M35) 75:30; 2 A Boyd 76:51; 3 M McMahon (M35) 76:54
Women: 1 C Mcconnell 89:04; 2 L Meehan (W40) 98:08
W55: 1 M Madden 1:42:42

CHICHESTER CORPORATE

CHALLENGE Race 2, West Sussex

Overall (4.5km): 1 J Baker (Conditment) 13:31; 2 J Morrey (Worth) 13:40; 3 L Chalk (Abs r) 13:46; 4 M Footman (Worth) 13:58; 5 M Gordon (Havant) 14:00; 6 H Leleu (Chich, U20) 14:13; 7 C Bird (Tone Z) 14:19; 8 D Bailey (Selsey Ac) 14:23; 9 J Mckenzie (Chich) 14:27; 10 J James (Chich) 14:36
M45: R Adams (C George) 15:31. **M50:** M White (DSTL) 16:07

SPORTS & COLLEGE TEAM (4 to score):

1 Worthing Hares 57:33; 2 Absolute Running 61:01; 3 Havant Run 61:43; 4 Oddbins 64:52; 5 Tone Zone 65:42; 6 Chichester R Vets 68:43

CORPORATE TEAM (4 to score):

1 Jessie Joggers 63:49; 2 Midhurst Rother Staff 63:52; 3 4 DSTL Naval Systems Portsdown 66:16

Final standings: 1 Carter 3; 2 Baker 7; 3 Dixon 19

Women: 1 A Bream (Havant) 16:19; 2 L McCarthy (Ports) 16:19; 3 F Cripps (M'hurst R) 16:35; 4 C Reynolds (Havant) 16:42; 5 E Moore (B Luffa, U20) 17:06; 6 B Garland (Chich, U20) 17:11

U17: 1 E Maynard (B Luffa) 17:27; 2 N Mead (Chich) 17:48; 3 H Croad (Chich) 18:02

SPORTS & COLLEGE TEAM (4 to score):

1 Chich R U20 53:01; 2 CWCT Chicks 55:56; 3 Victory 61:04

CORPORATE TEAM (4 to score):

1 Portsmouth CCF 59:30; 2 DSTL 3:13:49; 2 Cawley Cawlers 59:50; 3 Jessie J 60:31

UK half-marathon leaders

MEN

60:59	Mo Farah	Under 35	70:31c
66:39c	Steven Way	M/W35	71:46
69:50c	Adrian Marriott	M/W40	75:39c
71:27c	Stephen Whiting	M/W45	80:29c
72:36c	Phil Parry	M/W50	87:27c
76:31	George Thompson	M/W55	93:34c
71:30c	Martin Rees	M/W60	92:22
85:23c	Martin Ford	M/W65	1:46:01c
92:04c	Ken Burgess	M/W70	1:49:49c
1:46:12c	Tony Berry	M/W75	nm
2:00:12c	Brian Campbell	M/W80	nm

WOMEN

Susan Partridge
Helen Clitheroe
Hayley Taylor
Philippa Taylor
Elaine O'Sullivan
Karen Osborne
Liz Bowers
Susan Nicholls
Penny Elliott

UK 20-mile leaders

MEN

1:43:19	Andi Jones	Under 35	2:00:49
1:46:11	Steven Way	M/W35	2:11:00
1:57:10	Karl Gray	M/W40	2:03:28
1:53:18	Mike Smith	M/W45	2:07:37c
1:56:11c	Nigel Rackham	M/W50	2:22:31
2:07:14	David Cox	M/W55	2:25:21
2:15:14c	Bob Novis	M/W60	2:32:04c
2:30:10	Ian Graham	M/W65	3:00:52c
2:38:46	Jonathan Kane	M/W70	3:18:48
3:19:46c	Tom Harrison	M/W75	3:32:00

WOMEN

Sara Bird
Helen Dyke
Emma Stepto
Phillippa Taylor
Diane Hier
Caroline Wheelhouse
Jane Georghiou
Janet Conneely
Jude Hare
Joyce Archibold

INTER-SCHOOLS ROAD RUNNING CHALLENGE, race 2**Chichester, West Sussex**

SOUTH OF ENGLAND under-13 bronze medallist Jose Czura gained her second race win of the series and was the overall girls' race winner from the youngest year of the four age groups, *Martin Duff reports*.

She had placed fifth in the Inter-Counties a few days earlier and this was her sixth outright win of the year, having also won two Hampshire cross-country titles and two league races.

Boys Year 10 (2.8km): 1 C Keates (Felp) 8:58; 2 E Gerwat (B Luffa) 9:16; 3 J Pillans (Peters) 9:18; 4 S Pillans (Peters) 9:23; 5 H Lyne (Felp) 9:28; 6 H Pink (Bind) 9:39

Boys Year 9 (2.8km): 1 H Blay (St Ed) 9:26; 2 K James (Croft) 9:42; 3 S Pink (Bind) 9:43; 4 Z Hurst (B Luffa) 9:50; 5 J Ward (St Ed) 10:05; 6 S Reading (Chich HS) 10:13

Year 8 (2.1km): 1 B Keates (Felp) 7:03; 2 A Smith (B Luffa) 7:09; 3 E Taylor (Durr) 7:28; 4 W Wall (P field) 7:32; 5 L Cavallars (Peters) 7:39; 6 B Robinson (Chich HS) 7:46

Year 7 (2.1km): 1 B Collins (Selsey Ac) 6:54; 2 H Moore (L Nelson) 7:16; 3 L Stallard (B Luffa) 7:30; 4 N Chisholm (St John's) 7:43; 5 J O'Neill (Preb) 7:45

Boys Year 5 & 6 (1.6km): 1 L Kearns (D'view) 4:51; 2 N Potter (Jesse Y) 4:52; 3 F Hayes (Rose g) 4:53; 4 A Powell (P&K) 4:54; 5 J Sharp (cent) 4:55; 6 B Woolnough (Rose G) 4:58

Girls Year 10 (2.1km): 1 R Ellis (Chich HS) 7:02; 2 E Grice (Cairns H) 7:05; 3 E Czura (Cairns H) 7:11; 4 C Reading (Chich HS) 7:29; 5 S Shergold (B Luffa) 7:48; 6 G Smith (Ports) 7:57

Year 9 (2.1km): 1 S Gardham (B Luffa) 7:02; 2 A Westron (B Luffa) 8:11; 3 R Muckelt (P field) 8:21; 4 M Faulkner (Chich HS) 8:44; 5 J Emblen (Bayh'se) 8:54; 6 L Lockyer (Croft) 8:56

Year 8 (2.1km): 1 E Hedley (P field) 7:07; 2 M Grice (Cairns H) 7:28; 3 A Binstead 9Durr) 7:58; 4 G Willis (B Luffa) 7:59; 5 K Hayes (B Luffa) 8:01; 6 J Sotherley (M'hurst R) 8:07

2 Chich H 26:44; 3 Midhurst R 26:51
Year 7 (2.1km): 1 J Czura (Cairns H) 6:52; 2 A Pridgen (Church) 7:41; 3 E Guiry (Ports) 8:03; 4 J Bushby (W Park) 8:04; 5 C Croad (Selsey Ac) 8:13; 6 E Lane (M'hurst R) 8:39

Year 5 & 6 (1.6km): 1 M Wilton (Uplands) 4:54; 2 C James (Locks'htth) 4:54; 3 O Wiseman (Jesse Y) 5:03; 4 S Vincent 5:09; 5 B Sansom (Drox) 5:13

MARCH 3**GLENKILN 12, Shawhead, Dumfries**

Overall: 1 K McCaig (Dumf H) 79:43; 2 A Dickie (Dumf RC) 80:29; 3 S Carroll (Dumf H) 84:33

Women: 1 R Bardley (Dumf H) 87:39; 2 A Flannigan 96:02

CROSS-COUNTRY**MARCH 24****BROMLEY VETS 5, Sparrows Den**

Overall: 1 G Kitchenham (Orp, M45) 35:31; 2 M Baron (Swanley, M50) 36:24; 3 J Roberts (Gade V, M40) 37:09; 4 S Ambrosi (Cro RS, M35) 38:15; 5 I Broad (Larkfield AC, M45) 39:27

M45: 3 R Harrington (Croy) 41:25.
M50: 2 S Elliot (Beck) 43:20. **M55:** 1 M Long (S Lon) 41:40. **M60:** 1 P Howe (Brom Vets) 44:54. **M65:** 1 T Morton (Brom Vets) 55:52. **M70:** 1 E Broad (Inv EK) 53:26

Women: 1 R Bentley (Clap C, W35) 42:14; 2 L Minto (CPFR) 53:41; 3 J Ellis (Beck, W55) 53:49

OVER THE BALES.**Crossford Bridge**

U13 boys: 1 L Chesters (Sale) 8:39; 2 M Fox (Manc H) 8:44; 3 H Boyd (Sale) 8:57; 4 J Wilkinson (Traff) 9:02; 5 J Wane (Leigh) 9:14; 6 K Wade (Leigh) 9:20; 7 A Newman (Sale) 9:59; 8 C Buchan (Sale) 10:09

U11: 1 S Evans (Warr, U13) 5:44; 2 B Batho (Stock H, U13) 5:56; 3 M Lavorini (Manc H, U13) 6:02

U13 girls: 1 L Miller (Liv H) 8:40; 2 E Twite (Sale) 8:53; 3 B Barlow (Manc H) 9:05; 4 F Ireland (Liv H) 9:12; 5 F Davis (Sale) 9:12; 6 M Power (Sale) 9:14; 7 J Cook (Liv H) 9:42; 8 L Rimmington (Sale) 9:57

U11: 1 K Hodgkinson (Leigh) 5:51; 2 B Smyth (Manc H) 5:58; 3 K Miller (Liv H) 6:00

RYSTON RUNNERS OPEN LEAGUE.**Shouldham Warren**

Men: 1 R Simmonds (Ryst) 22:18; 2 J O'Neill (Ryst) 22:19; 3 C Stanforth (Ryst) 22:28; 4 N Bensley (Ryst, M40) 23:36; 5 R Hill 23:59; 6 M Hawkins (Ryst, M35) 24:31; 7 P Nicholson (RAF, M40) 24:58; 8 S Robins (Ryst, M45) 24:58; 9 M Wortley (Ryst, M35) 25:04; 10 M Howlett (Ryst) 25:13

M40: 3 S Tovey (Ely) 25:49. **M45:** 2 M Parr-burman 25:17. **M50:** 1 I Todd 26:44. **M55:** 1 C Ritchie (C&C) 27:07; 2 K Howlett (Ryst) 27:29. **M60:** 1 N Dickens (Nene V) 27:48; 2 P Harris (Ely) 28:24. **M65:** 1 G Smith (C&C) 29:43

U20: 1 J Kirtan (Thet) 23:21
U17: 1 L Alden (Norw) 23:37; 2 S Todd (Norw) 25:44
U15: 1 F Barnes (Camb T) 10:22; 2 L Robertson (W Norf) 11:00; 3 I Allidis (St Ed) 11:15

U13: 1 A Try (Thet) 11:26; 2 T Greenacre (Norw) 11:31; 3 J Fairweather (Thet) 11:52; 4 K Statham (Thet) 12:18; 5 T Mead (Thet) 12:29

U11: 1 C Wakefield (Ryst) 7:52; 2 A Worrall (Hunts) 7:56; 3 B Tuttle (Ryst) 8:04

Women: 1 M French (Ryst) 24:14; 2 L Chessor (Fen, W35) 25:36; 3 C Wakefield (Ryst, W40) 27:10; 4 M Murdoch (Fen, W35) 28:58; 5 L Robins (Ryst, W40) 29:17

W45: 1 S Taylor (Ryst) 30:46. **W50:** 1 M Wolfe (Ryst) 32:56. **W55:** 1 G Allen (Ryst) 36:03. **W65:** 1 J Ashby (Ryst) 34:37

U17: 1 J Allard (Norw) 28:34; 2 L Clark 30:31; 3 B Blakie (Ryst) 34:47
U15: 1 S Alden (Norw) 11:32; 2 A Rooks (Ryst) 11:55; 3 C Longe (Norw) 12:26
U13: 1 F Worrall (Hunts) 13:08; 2 T Lebon (Norw) 13:17; 3 S Barnes (C&C) 13:30

U11: 1 K Goldsmith (Norw) 8:02; 2 N Porter (Gresham) 8:19; 3 T Howlett (Ryst) 8:22

MARCH 23**START FITNESS NORTH EASTERN****HARRIER LEAGUE****Prudhoe High School,****Northumberland**

MORPETH HARRIERS took the senior men's division one title at the final fixture, *Les Venmore reports*.

This was the first time the Northumberland club had taken the trophy since 1988. Heaton Harriers, champions from 2008-2011, regained the senior women's division one title, which they surrendered to host club Tynedale, last year.

On a day where many fixtures throughout the country were cancelled or postponed, competitors braved conditions when a biting cold wind made the temperatures the lowest in

any local fixture for many years. Luckily there was very little snow around. Some of the athletes from Morpeth and defending champions Gateshead had in fact returned home from an aborted trip after the late cancellation of the Northern 12-Stage Relay at Blackpool.

Steve Cairns easily won the senior men's race from the slow pack, leading throughout on the extended three-lap course, which had been revised due to the conditions.

Daniel Jenkin clocked the fastest time, finishing fifth from the fast pack, and also took the individual grand prix trophy.

Morpeth easily won the team event on the day, extending their overall advantage to seven points over Gateshead. The positions of the next four teams settled a relegation issue, where only one point covered the bottom five teams, North Shields Poly and Heaton losing out. Tyne Bridge won the division two title and Jarrow & Hebburn took the division three trophy. Jamie Barbour, sidelined with injury at present, had done enough to win the veterans' trophy.

In the senior women's race, Emma Holt (formerly Pearson) moved through from the fast pack, passing long-time leader Nina Cameron in the final 20 metres and also took the individual title. Gateshead narrowly won the team event from Heaton, though the latter reversed the placings by taking the title by seven points.

Low Fell, led by third-placed Paula McRitchie, won both the division two team race and league title. Elaine Leslie ended a fine season by winning the veteran women's competition.

Northumberland Schools cross-country champion Elizabeth Mooney, making her debut in the Gateshead colours, easily won the junior women's race.

Second-placed Sophie Montgomery clocked the fastest time from the fast pack and took the individual title. Sunderland won the team competition.

Alistair Maxwell-Gray won the under-17 men's race from Isaac Dunn, who took the individual title. Tynedale took the team honours.

Markhim Lonsdale recovered from a below-par run in the previous weekend's English Schools

Championships to win the under-15 boys' race from the fast pack and secure the overall title.

Senior men (10.5km Handicap)

1 S Cairns (Tyne Br, M45) 37:13; 2 L Buswell (Gosf) 38:47; 3 R Parker (Tyne, M45) 40:07; 4 K Capper (NSP, M50) 40:16; 5 D Jenkin (Dur) 40:45; 6 G Taylor (Morp) 40:48; 7 J Nisbet (Morp, U20) 40:53; 8 K Maynard (Sun S, M50) 41:34; 9 S Rankin (Sun S) 41:35; 10 M Boyle (Morp) 41:42; 11 R Coupland (Walls) 41:51; 12 A Hebden (Heat) 41:54; 13 R Floyd (Morp) 42:23; 14 A Graham (Walls) 42:26; 15 P Caldwell (Morp, U20) 42:28; 16 M Fenwick (Tyne Br) 42:32; 17 A Burn (J&H) 42:42; 18 I Dixon (Sun) 42:54; 19 T Grey (Hough) 43:03; 20 T Coates (Gosf) 43:05

Fastest: Jenkin 35:45; Taylor 35:48; Cairns 37:13; Floyd 37:23; Burn 37:42; Nisbet 38:23

TEAM (6 to Score): Div 1: 1 Morpeth H 50; 2 Sunderland Strollers 137; 3 North Shields Poly 174; 4 Wallsend H 181; 5 Heaton H 208; 6 Gateshead H 211. **Div 2:** 1 Tynedale H 69; 2 Tyne Bridge H 120; 3 Elswick H 144. **Div 3:** 1 Blyth 107; 2 Jesmond Joggers 119; 3 Derwentside 142

U17 (6.5km Handicap): 1 A Maxwell-Gray (Tyne) 26:47; 2 I Dunn (Black B) 26:52; 3 J Currie (Tyne) 27:49; 4 A Walker (Ely) 28:07; 5 I Moss (Aln) 28:40; 6 T Routledge (Tyne) 28:52; 7 R Savage (Black B) 29:02; 8 A Ewart (Gosf) 29:07

Fastest: Dunn 24:12; Currie 25:09; Walker 25:27

TEAM (3 to Score): 1 Tynedale H 10; 2 Blackhill Bounders 18; 3 Alnwick H 29
U15 (3.2km Handicap): 1 M Lonsdale (Gate) 12:21; 2 F Robinson (Tyne) 12:49; 3 A Brown (Hough) 12:52; 4 R Green (Morp) 13:04; 5 E Cassidy (Els) 13:27; 6 A Todhunter (Tyne) 13:34; 7 J Anderson (Tyne) 13:38; 8 J Lewis (Morp) 13:47

Fastest: Lonsdale 10:51; Robinson 11:19; Brown 11:22

TEAM (3 to Score): 1 Tynedale H 15; 2 Morpeth H 22; 3 Sunderland H 55
U13 (3.2km Handicap): 1 T Glover (Blyth) 12:52; 2 M Pearson (Tyne) 13:03; 3 K Hedley (Morp) 13:08; 4 J Halpin (CleS) 13:28; 5 M Smith (Hough) 13:38; 6 C Marshal (Blyth) 13:42; 7 P Lally (Tyne) 13:43; 8 M Wade (Dur) 13:50

Fastest: Pearson 11:33; Hedley 11:38; Wade 12:20

TEAM (3 to Score): 1 Tynedale H 19; 2 Blyth 21; 3 Morpeth H 32

U11 (Open) (1km): 1 W Davison (Aln) 4:15; 2 M Clough (Birt) 4:20; 3 E McGlen (Gate) 4:22

Senior women (6.5km Handicap):

1 E Holt (Pearson) (Morp) 31:04; 2 N Cameron (Heat, W40) 31:05; 3 P McRitchie (Low F) 31:12; 4 C Diamond-Howe (Low F) 31:15; 5 K Scott (Hough) 31:17; 6 L Bone (S Sh, W35) 31:23; 7 A Dargie (Els, W35) 31:29; 8 E Tullo (Heat) 31:32; 9 S Gutchter (SSh, W35) 31:40; 10 M Loraine (Gate, W55) 31:47; 11 T Johnson (Low F) 31:47; 12 V Cutter (Gate) 31:50; 13 T Etherington (Clare, W40) 31:57; 14 E Brown (Aln) 31:58; 15 S Marr (Tyne Br) 31:58

Fastest: Holt 27:04; Dargie 27:29; E Leslie (J&H, W45) 28:23; K Anderson (Tyne, W40) 28:53; V Hindson (Walls) 29:10; Bone 29:23

TEAM (3 to Score): Div 1: 1 Gateshead H 13; 2 Heaton H 16; 3 Blackhill Bounders 39; 4 Tyne Bridge H 40; 5 Wallsend H 50; 6 Elvet Striders 58. **Div 2:** 1 Low Fell 13; 2 South Shields H 30; 3 Claremont 38

U20 (3.8km Handicap): 1 E Mooney (Gate, U20) 14:51; 2 S Montgomery (Blay, U20) 16:24; 3 A Pearson (Sun, U17) 17:09; 4 A Robinson (Sun, U17) 17:49; 5 A Coulson (Sun, U17) 17:53; 6 R Pease (Gate, U20) 17:55; 7 R Oram (Gate, U20) 18:02; 8 E Wild (Blay, U17) 18:05

Fastest: Montgomery 14:24; Mooney 14:51; Coulson 15:53

TEAM (3 to Score): 1 Sunderland H 12; 2 Gateshead H 14; 3 Blaydon H 21

U15 (3.2km Handicap): 1 O Bateman (J&H) 13:43; 2 S Burnett (Birt) 13:56; 3 R Murton (Aln) 14:16; 4 C Hedley (Blyth) 14:21; 5 R Mott (Dur-n/s) 15:28; 6 E Fletcher (Gosf) 15:29; 7 M Cassidy (Els) 15:45; 8 E Scott (Blyth) 15:47

Fastest: Burnett 12:26; Murton 12:46; Hedley 12:51

TEAM (3 to Score): 1 Jarrow & Hebburn 28; 2 Blyth 28; 3 Gateshead H 31

U13 (3.2km Handicap): 1 C Ree (Tyne) 14:36; 2 I Chaudhry (Gate) 14:41; 3 C Williamson (Gosf)

14:41; 4 R Purves (Gosf) 15:00; 5 H Matheson (Heat) 15:04; 6 M Debski (Gosf) 15:16; 7 I Coxon (Dur) 15:42; 8 J Leslie (J&H) 15:45

Fastest: Chaudhry 13:11; Williamson 13:11; Purves 13:30



Emma Holt (left): passes Nina Cameron in the final 20m at Prudhoe

TEAM (3 to Score): 1 Gosforth H 13; 2 Tynedale H 29; 3 Gateshead H 32
U11 (Open) (1km): 1 L Hardie (Hough) 4:25; 2 E Hardie (Hough) 4:35; 3 K French (Tyne) 4:52

OVERALL GRAND PRIX STANDINGS

Senior Men

TEAM: Div 1: 1 Morpeth H 15; 2 Gateshead H 22; 3 Sunderland H 24; 4 South Shields H 29; 5 Durham City H 32; 6 Sunderland Strollers 41. **Div 2:** 1 Tyne Bridge H 7; 2 Tynedale H 19; 3 Elswick H 22. **Div 3:** 1 Jarrow & Hebburn 13; 2 Jesmond Joggers 13; 3 Blyth 19
Individual: 1 D Jenkin 37; 2 G Taylor 29; 3 A Burn 21. **Veteran:** 1 J Barbour (Heat, M45) 40; 2 P Sanderson (Els, M40) 38; 3 L Bennett (Els, M40) 34

U17

TEAM: 1 Tynedale H 11; 2 Alnwick H 11; 3 Blackhill Bounders 14
Individual: 1 I Dunn 34; 2 E Kelly (Morp) 29; 3 J Bell (Black B) 24

U15

TEAM: 1 Morpeth H 8; 2 Tynedale H 12; 3 Gateshead H 24
Individual: 1 M Lonsdale 40; 2 R Green 31; 3 A Brown 31

U13

TEAM: 1 Morpeth H 9; 2 Tynedale H 11; 3 Durham City H 19

Individual: 1 M Pearson 40; 2 K Hedley 37; 3 M Wakefield (SSH) 33

Senior women

TEAM: Div 1: 1 Heaton H 16; 2 Gateshead H 23; 3 Blackhill Bounders 26; 4 Tynedale H 28; 5 Tyne Bridge H 28; 6 North Shields Poly 35. **Div 2:** 1 Low Fell 17; 2 South Shields H 23; 3 Elswick H 27
Individual: 1 E Pearson (Holt) 35; 2 J Zoppi (Heat) 19; 3 S Marr 16.
Veteran: 1 E Leslie 38; 2 K Anderson 31; 3 K Robertson (Tyne) 24

U20

TEAM: 1 Sunderland H 11; 2 Blaydon H 22; 3 Gateshead H 26
Individual: 1 S Montgomery 33; 2 A Etherington (Shil) 30; 3 A Brown (Morp) 15

U15

TEAM: 1 Gateshead H 9; 2 Alnwick H 12; 3 Blyth 16
Individual: 1 R Murton 36; 2 S Burnett 34; 3 C Hedley 25

U13

TEAM: 1 Gosforth H 6; 2 Gateshead H 14; 3 Birtley 21
Individual: 1 R Purves 40; 2 C Williamson 32; 3 L Brown (Birt) 25

ORION 15

Epping Forest, Essex

COMPETITORS took on snow for only the second time in the race's 59-year history, as well as icy knee-deep mud.

The cold weather reduced the field to 240 finishers, all of whom were met with a glass of champagne at the finish.

Overall: 1 T Stasionis (Eton M) 96:29; 2 A Smalls (Col H, M40) 98:10; 3 D Turnaitis (Eton M) 98:16; 4 T Grimes 98:50; 5 N Cook (VP&TH) 99:18; 6 I Clark (Orion) 1:40:34
M50: C Dixon (Camb) 1:48:25. **M55:** D Cox (WG&EL) 1:45:07
TEAM: Orion H

Women: 1 N Brockbank (S'field)

1:52:29; 2 D La Fioret (Serp) 2:01:07
W45: Z Woodward (Eton M) 2:49:31

TEAM: Victoria Park & Tower Hamlets

NORTH HIGHLAND HARRIERS

NIGHT RACE, Reay

Overall (4.5M, all NHH): 1 J Spencer (U17) 33:45; 2 D Spencer 35:17; 3 C Baxter 35:25
Women: 1eq E Dunnett (U20)/O Dunnett (U20) 37:10; 3 R Anderson 39:45



Ben Gamble and John Franklin: battling for the National Police title

PSUK CHAMPIONSHIPS,

Birmingham

Men: 1 B Gamble (Staffs P) 41:49; 2 J Franklin (Met P) 42:14; 3 M Williams (WM P, M35) 42:40; 4 S Cairns (Loth & B P, M45) 43:06; 5 P Cardy (Hamps P) 43:31; 6 J Cooper (Met P, M35) 44:11; 7 I Phillips (Derbys P, M35) 45:02; 8 B Brewster (Wilts P) 45:56; 9 D Hall (W Mercia P, M35) 46:10; 10 P Crisp (TV P) 46:19; 11 M Fowler (Ches P, M50) 46:52; 12 S Jones (Norf P, M40) 47:10; 13 C Quinn (West Yks P, M40) 47:17; 14 N Dale (West M P) 47:37; 15 W Miles (W Mercia P, M45) 47:45

M40: 3 R Lloyd (GM P) 48:11. **M45:** 3 M Harvey (Fire P) 49:07. **M50:** 2 G Hobbs (Leics P) 50:18; 3 P Orme (Derbys P) 50:50. **M55:** 1 M Bond (Essex P) 54:59; 2 B Mills (West M P) 57:37; 3 P Laddiman (Norf P) 58:41. **M60:** 1 D Michael (Herts P) 53:05. **M70:** 1 J Clare (Herts P) 59:29

Women: 1 S Hill (Hants P, W40) 32:31; 2 D Lauder (Lothian P, W35) 33:29; 3 N Davies (Dyfed-P P) 35:53; 4 K Towerton (Hants P) 36:04; 5 S Chaloner (Dorset P, W45) 36:22; 6 D Blakeman (West M P, W45) 36:33; 7 K Morgan (South W P) 36:38; 8 R Black (Surrey P, W35) 37:11; 9 G Duncan (Lothian P, W40) 37:24; 10 S McHugh (Met P, W35) 37:50

W40: 3 L Knight (Derbyshire P) 38:23; 4 N Morgan (British Transport P) 38:45. **W45:** 2 S Tagg (Gwent P) 39:43; 3 J Glyn (Greater Manchester P) 40:33. **W50:** 1 K Williams (Northampton P) 39:49; 2 K Armstrong (Camps P) 39:54; 3 Y Arthur (West Yorkshire P) 40:40

MARCH 17

HERTFORDSHIRE VETERANS

CHAMPIONSHIPS, Letchworth

M35 women: 1 G Dench (Harp A) 26:52; 2 C Davies (D&T, W45) 27:13; 3 Z Lowe (St Alb S, W45) 28:13; 4 M Craft (Wat, W40) 28:16; 5 K Bradley (Barn, W45) 28:39; 6 A Harding (Tring, W50) 29:12; 7 M Attree (St Alb S, W45) 29:24; 8 L Walls (St Alb S, W55) 29:30; 9 D Heydecker (St Alb S, W55) 29:35; 10 J Simmonds (FVS, W55) 29:50; 11 T Le (Royst) 31:11; 12 J Tofts (Royst, W55) 31:21; 13 C Bonnick (Wat J, W50) 31:33; 14 S Rider (Brox, W50) 32:09; 15 J Harbon (N Herts, W45) 32:20; 16 K Johnstone (Barn, W50) 32:31
 Additional: I Hornsey (FVS, W70) 37:36

ABERDEEN AAC CHAMPIONSHIPS,

Balgownie

Men (4.25m, A'deen unless stated): 1 M Ferguson (U20) 25:02; 2 J Joy 25:14; 3 R Fulton 26:37; 4 S Burgess (U20) 26:50; 5 D Smith (U20) 27:01

M40: F Boyne 27:15

U17 (3M): 1 S Murray 17:37; 2 M Kilner 18:14

U15 (3M): 1 A Burnett 18:31; 2 M Keenan 18:37; 3 M Quinn 19:11

U13 (2M): 1 F Strachan 14:20; 2 C Callow 14:53; 3 C Stone 15:03

U11 (1M): 1 A Robertson 7:09; 2 L Watt 7:21; 3 T Robertson 7:48
Women (3M): 1 V Oldham (W40) 18:42; 2 J Cruickshanks (Fife) 20:33; 3 S Armitage (W50) 20:40; 4 E Brown (U20) 21:10; 5 K Watson (U20) 21:38

U17 (3M): 1 E Stickle 20:27; 2 B Cheyne 25:39
U15 (2M): 1 L McLeod 15:17; 2 L Theron 15:42; 3 S McPhee 16:40
U13 (2M): 1 T Mathers 16:32; 2 J Collett 17:03; 3 L McPhee 17:49
U11 (1M): 1 K Oldham 7:27; 2 L McNeil 7:52; 3 L George 7:58

MARCH 16

YORKSHIRE VETS

CHAMPIONSHIPS,

Wentworth Castle

M35 men: 1 R Harris (Roth, M40) 35:05; 2 Q Lewis (Bail) 36:21; 3 D Watson (Holm, M40) 36:36; 4 D Palmer (Steel, M40) 37:02; 5 G Felton (Barns, M40) 38:07; 6 T Wilks (Leeds C, M40) 38:29; 7 K Doyle (K' worth) 38:49; 8 J Comrie (Roth, M45) 39:11; 9 J Kwallah (Weth, M40) 39:28; 10 P Baker (CoH) 39:35; 11 G Watson (Bing, M45) 39:39; 12 M Law (Barns, M45) 39:43; 13 M Gurney (Bail) 39:57; 14 P Altree (Barns) 40:04; 15 D Hanson (Holm, M45) 40:08; 16 S Browne (Denb DT, M40) 40:26; 17 I Andrews (Weth, M40) 40:36; 18 S Dimelow (Barns, M40) 40:40; 19 R Williamson (Lofthouse & Whitby, M45) 40:47; 20 J McNerney (H'gate) 41:07

M35 TEAM: 1 Barnsley 37; 2 Baildon 47; 3 Kimberworth 80
M40 TEAM: 1 Holmfirth 70; 2 Wetherby 77; 3 Pudsey 161

M50: 1 P Stevenson (P&B) 37:42; 2 S Webb (Vall) 37:59; 3 J Hunter (Lofthouse & Whitby) 38:12; 4 J Hornby (Spen) 38:39; 5 D Brooksbank (Barns) 38:47; 6 M Egner (P'stone, M55) 38:56;

DAVID GRIFFITHS

7 M Farran (Leeds C) 39:25; 8 J Cantwell (Puds P) 39:42; 9 J Watson (Valley Striders) 39:48; 10 S Rennie (CoH, M55) 39:58; 11 P Stockburn (H'gate, M55) 40:03; 12 B Atkinson (Knives, M55) 40:10; 13 I Alexander-Barnes (Sheff RC) 40:15; 14 G Dalton (CoH, M55) 40:18; 15 T Tett (Dark Pk) 40:22; 16 J Ewart (Holm, M55) 40:53; 17 M Quinn (P'stone) 41:14; 18 R Samuels (Puds P) 41:32; 19 S Rimmer (Holm) 41:36; 20 P Keen (Hallam, M60) 41:41; 21 S Storey (P'stone, M55) 41:45; 22 M Jackson (E Hull) 41:52; 23 B Ward (CoH) 42:14; 24 J Turner (Sheff RC) 42:21; 25 D Askew (H'gate) 42:26; 26 S Woods (P&B, M55) 42:47; 27 B Miller (H'gate, M55) 42:52; 28 S Buchan (CoH) 42:57; 29 A Hauser (Holm, M55) 43:11; 30 P Downes (Knives) 43:24

M50 TEAM: 1 Penistone 44; 2 Hull 47; 3 Sheffield Striders 52; 4 Valley S 52

M60: 2 S Blakeney 43:29; 3 G Bell (Bing) 44:13; 4 I Mitchell (Long) 44:36; 5 K Yewlett (Holm) 44:53; 6 B Parkinson 45:07; 7 S Frith 45:51; 8 T Wright 46:33. **M65:** 1 M Marsters (Roth) 44:38; 2 R Hall (Hal) 46:10; 3 R Parker (Leeds C) 47:46; 4 D Spendlove (Stainl) 49:02; 5 P Ellerton (Bing) 49:46; 6 S Tanner (Sheff RC) 50:02; 7 I Bithell (Knives) 51:11

M60 TEAM: 1 Bingley 134; 2 Longwood 142; 3 Penistone 184

W35 women: 1 P Munro (Weth, W40) 18:30; 2 H Berry (Holm) 19:15; 3 L Mawer (Weth, W40) 19:52; 4 T Seager (Stainl) 20:12; 5 N Kent (Lofthouse & Whitby, W40) 20:43; 6 K Oddy (Hal, W45) 20:56; 7 L Woffenden (Keigh, W40) 21:14; 8 J Khoeiry (Holm, W40) 21:21; 9 B Jackson (E Hull, W50) 21:22; 10 J Johnson (Holm, W50) 21:50; 11 N Spinks (P'stone, W45) 21:55; 12 D Platts-Fowler (Sheff RC) 21:57; 13 D Richards (Sheff RC, W40) 21:59; 14 N Sykes (Denb DT, W40) 22:01; 15 L Crosland (Keigh, W40) 22:11; 16 J Bucknell (Weth) 22:25; 17 J Bolton (Kingstone, W45) 22:26; 18 M Green (Bing, W50) 22:28; 19 L Ewart (Holm, W55) 22:38; 20 A Barrett (Steel) 22:52

W50: 4 J Yates (Denb DT) 23:17. **W55:** 2 B Weight (Bing) 23:23. **W60:** 1 C Boyd-southern (Malt) 24:28; 2 G Tombs (Abbey R) 27:06; 3 S Coates 27:24.

W65: 1 J Horan (Roth) 29:43.

W35 TEAM: 1 Wetherby 20; 2 K&C 43; 3 Sheffield R 47

W45 TEAM: 1 Holmfirth 65; 2 Bingley 81; 3 Denby D 138

M70: 1 B Wade (Holm) 26:36; 2 T Cock (Holm) 26:56; 3 M Tasker (York) 27:01; 4 R Brown (P'stone) 27:04; 5 F Harrison (CoH, M70) 32:36; 6 B K Chapman (K' worth, M70) 33:51; **M75:** 1 G Goodair (Denb D) 31:50. **M80:** 1 J Johnson (St Th) 33:00

SEVERN OPEN 4km (Inc

GLOUCESTERSHIRE SHORT

COURSE CHAMPS),

Plock Court

Overall: 1 T Russell (Stroud) 12:53; 2 S Millward (Glouc) 13:44; 3 D Tutton (Glouc, U17) 14:40; 4 A Norman (Severn, M55) 16:14; 5 D Lander (Severn, M45) 16:23; 6 P Wood (Bourt, U17) 16:33; 7 N Powell (Bourt, U17W) 16:53; 8 J Gresswell (RN, M40) 16:53; 9 J Gibson (Bourt, M55) 17:12; 10 D Kiey-thomas (Bourt, M40) 18:13

M45: 2 R Bufton (Bourt) 18:38; 3 C Dry (Bourt) 19:31. **M50:** 1 E Rozier (Bourt) 20:07. **M55:** 3 C Young (Stroud) 19:13.

M65: 1 D Spackman (Glouc) 18:42; 2 R Briers (Stroud) 19:49; 3 N Lane (Bourt) 20:35. **M70:** 1 D Blackburn (Severn) 21:04

Women: 1 Powell 16:53; 2 D Lee (Tewk, W40) 18:53; 3 D Reynolds (Bourt, W35)

19:37; 4 D Southgate (Angels, W55)

20:18; 5 B Wells (U20) 20:22

W45: 1 T Wells 24:08. **W55:** 2 B Thomas (Ciren) 21:46

MARCH 14

CHESHIRE V MERSEYSIDE YEAR 7

INTER COUNTY RACE,

Whitby Park

U13 boys: 1 M Brame (Merseyside) NT; 2 B Lee (Cheshire) NT; 3 J Humphries (Cheshire) NT; 4 D Preston (Merseyside) NT; 5 A Kearney (Merseyside) NT; 6 M Arnold (Merseyside) NT; 7 R Hourz (Cheshire) NT; 8 J Williamson (Cheshire) NT; 9 A Grant (Merseyside) NT; 10 J Brophy (Merseyside) NT

U13 girls: 1 L Miller (Merseyside) NT; 2 K Martindale (Merseyside) NT; 3 C Dimmick (Cheshire) NT; 4 I Clarke (Cheshire) NT; 5 G Denham (Cheshire) NT; 6 J Hodder (Merseyside) NT; 7 R Carter (Cheshire) NT; 8 F Singleton (Cheshire) NT; 9 M Barnsley (Merseyside) NT; 10 A Barnsley (Merseyside) NT

MARCH 10

WEST GLAMORGAN LEAGUE,

Margam Park

Overall: 1 J Griffiths (Swan, U20) 24:05; 2 J Hockin (Celtic Tri) 24:39; 3 D Stewart (Neath Jaguars, U17) 24:59; 4 G Ayres (Port T) 25:16; 5 A Harper (Card) 25:26; 6 D Johnston (Neath) 25:31; 7 E Kirk (Swan, M40) 25:34; 8 K John (Neath, U20) 25:46; 9 M Wells (B'end) 25:54; 10 I Harris (3M) 26:02; 11 Z Lewis (L'neil, U17) 26:06; 12 R Mann (Hill) 26:11; 13 C Lovatt (Carm, U17) 26:14; 14 M Reynolds (Celtic Tri) 26:24; 15 R Reismann (Swan, M35) 26:38; 16 B Granville (Swan U) 26:51; 17 P Speyer (Brackla) 27:02; 18 A Williams (Port T, M45) 27:03; 19 A Davies (3M, M55) 27:09; 20 P Crane (Neath, M50) 27:24

M40: 2 L Christopher (Swan) 28:18; 3 M Tate (Celtic Tri) 28:54. **M45:** 2 N Barnes (Run4All) 28:30; 3 C Griffiths (Brackla) 28:57. **M50:** 2 K Philippart (Swan) 29:12; 3 K Lewis (Neath) 29:29. **M55:** 2 H Carpenter (Neath) 30:59; 3 R Davis (Porth) 31:14. **M70:** 1 T Burt (Brackla) 38:42. **U20:** 3 J Watson (Harb) 28:16; 4 T Davis (Porth) 28:41; 5 B Cross (Swan U) 29:31; 6 N Daniel (Celtic Tri) 32:39; 7 K Penhale (Tata Steel Multisport) 33:51

Women: 1 J Williams (Amman, U20) 28:51; 2 C Phillips (Port T, W40) 29:06; 3 L Copp (Neath, W45) 29:48; 4 C White (Ingli, W45) 29:52; 5 A Comcannon (Guest) 30:16; 6 E Relton (Bed C, U20) 30:39; 7 H Marshall (Aberys) 31:01; 8 J Phillips (L'neil, W45) 31:34; 9 M Grey (3M) 31:59; 10 C Moseley (Port T, W35) 32:16; 11 S Phillips (Swan, W50) 32:38; 12 M Morris (Port T, W40) 32:41; 13 J Oakley (Port T, W45) 33:16; 14 C O'Brien (Tata Steel Multisport, W40) 33:16; 15 C Johns (Brackla, W45) 33:17

W60: 1 R Hambrook (Porth) 39:29

FEBRUARY 17

PECO LEAGUE, Seacroft

Men: TEAM: Div.1: 1 Hyde P 298; 2 Salthire 323; 3 Abbey 353; 4 St Ther 373; 5 K'stall 448; 6 Chapel A 461; 7 Vall 472; 8 R'well 571

Div.2: 1 Ikley 554

VETS TEAM: 1 St Ther 308; 2 Hyde P 356; 3 Salthire 442

Women: TEAM: Div.1: 1 Abbey 83; 2 Weth 92; 3 Vall 117; 4 Salthire 133; 5 K'stall 168; 6 Horsf 187; 7 Chapel A 201; 8 Ack 262

Div.2: Hyde P 208

VETS TEAM: 1 Salthire 121; 2 Abbey 127; 3 Horsf 131

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10k-XC-Relay-Half

Chedworth Roman Trail
 A scenic 10 mile multi-terrain race
 organised by Cirencester Athletics Club
Sunday 7th April 2013 at 10.30am
 Entry fees: £9 / £11(U/A). £2 extra on the day
www.cirencester-ac.org.uk

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 SUNDAY 7TH APRIL 2013
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HACKNEY MARSHES, LONDON E9 5PF
 Off road/flat course great PB potential. Online entry at runnersworld.co.uk
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Lymm.com 10K
 Sunday 14th April, 10am
 Lymm High School, Lymm, Cheshire
 Entry: £18 / £20 (U/A) Prizes: £150/£100/£50 + Vets/Team prizes.
 Goody Bag for all finishers. UKA Licence: 2013-104206
 Visit: <http://lymm.com/10k>

Cheshire 21 UK Triathlon
 10k - 5k - 2.5k Fun Run
 The event takes place in the beautiful grounds of
 Queens Park, Crewe, CW2 7SE
 Sunday 14th April 2013, 10am Start
 • Officially measured fast flat course
 • Finishers medal and age group prizes
 • UKA affiliated
 Entry: 10K - £12.50 5K - £10.50 (5/10K U/A +£2) 2.5K - £9.50
 Full details www.uktriathlon.co.uk
 Children under 12 welcome when accompanied by an adult - 2.5k only

Fuller's Thames Towpath 10
 9:30 am on Sunday 14th April 2013
 Uni of Westminster Sports Ground, Hartington Road, Chiswick W4 (nr Chiswick Bridge)
 A super flat, picturesque riverside route, along the towpath between Chiswick and Richmond.
 Secure bag storage. Comprehensive prize list + souvenir pint glass to all finishers.
 Entry: £14 / £16 (u/a). No entries on the day. Online entry available.
www.west4harriers.com/TowpathTen

Melbourne Fun Run
 Sunday 21st April 2013
RABBIT RACE **FUNNY BUNNY RUN**
 2 laps 11.4km 12.00 noon 1 lap 5.6km 12.05pm
 NEW! Under-12 FIT KITS' RUN, 100% traffic free, 11.00am
 HQ - Senior Citizens Centre, Church Street, Melbourne, Derbyshire
 Details: www.melbournefunrun.org.uk or phone 01332 862225.

SHEFFIELD FESTIVAL OF ATHLETICS
 OPEN TRACK AND FIELD MEETING
THE LORD MAYOR'S 10K RACE & FUN RUN
 Sunday 21st April 2013 - Don Valley Stadium, Sheffield
www.sheffieldfestival.org

RaceNewForest
 Downton multi-terrain 10K
 Sunday 28th April 2013 at 2pm
 Downton Leisure Centre, Downton, Wiltshire SP5 3NF
 Race on the rolling countryside of the adjacent Downs.
 Entry: £10 / £12 (U/A). On the day +£2. Also part of RaceNewForest's
 'A Tri-ing Day' with open water swim (400m or 1.1K) & cycle time trial (20K or 40K)
 Details and online entry at www.racenewforest.co.uk

NORTH LINCOLNSHIRE HALF MARATHON
 Flat & fast
 SUNDAY 28TH APRIL 2013
 Glanford Park, Scunthorpe
 Cash prizes + course record (73:35 / 87:47)
 Traffic free course. Chip timed. Online entry. BARR Gold standard.
www.northlincshalf.co.uk

The Ridge Off-Roader 10K - Sunday 28th April
 Multi-terrain through the beautiful Chilterns AONB
 Every competitor gets a medal and goody bag
 Bledlow Ridge School, Bucks, HP14 4AZ - www.ridgeoffroader.co.uk

Hartland Hartbreaker
 5th May 2013 at 11am
 Hartland Abbey, near Bideford, Devon
 Entry: £15 or £18 for either 8 or 17 miles of Hartbreak.
www.hartlandhartbreaker.com

GRAND EAST ANGLIA RUN
 SUNDAY 5 MAY 2013
 KING'S LYNN, NORFOLK
 FAST FLAT 10K - GET INTO GEAR!
 FIND OUT MORE AT WWW.GRANDEASTANGLIARUN.CO.UK

CROSS-COUNTRY

Sunday March 31
GUERNSEY EASTER
STONECRUSHER 4x2M RELAY
La Fontenelle. 10.30am.
www.guernseyathletics.org.gg

Saturday April 20
SCOTTISH PRIMARY SCHOOLS' CHAMPIONSHIPS
Kirkcaldy High School, Kirkcaldy.
www.scottishathletics.org.uk

INDOOR

Sunday March 31
LEE VALLEY U13/U15 OPEN AND PENTATHLON
Lee Valley.
www.leevalleypark.org.uk

FELL

Saturday March 30
BIRNAM HILL (4M/1755ft)
Birnham.
CAUSEY PIKE (4.5M/1781ft)
Newlands Valley.
FRON FOUR (7.1M/2349ft)
Fron School.
RIVINGTON PIKE (3.2M/699ft)
Bolton.

Sunday March 31
DEUCHARY HILL CANTER (11.2M/2625ft)
Birnham.
MIDGLEY MOOR (5M/1250ft)
Booth.
fellrunner.org.uk/races.php?id=2324
PEAT PITS WOOD 2 (6.2M/1168ft)
Alderwasley.

Tuesday April 2
BUNNY RUN 1 (3M/328ft)
Haworth.
HARRY ASPINALL LIVER HILL (5M/820ft)
Rawtenstall.

Saturday April 6
COLEDALE HORSESHOE (8.5M/3002ft)
Braithwaite.
LLANBEDR TO BLAENAFON (16.2M/4501ft)
Llanbedr.
NEW DUNGEON GHYLL

(3.5M/2100ft)
Great Langdale.
PENDLE (4.5M/1499ft)
Barley.

Sunday April 7
5 TORS (7.8M/1027ft)
Liskeard.
BLUBBERHOUSES MOOR 25 (24.2M/2904ft)
Bland Hill.
ELLAN VANNIN (11.8M/2953ft)
Ballaugh Plantation.
MOW COP (6.5M/1312ft)
Mow Cop.
PINCHINTHORPE PLOD (6.2M/902ft)
Pinchinthorpe.

Monday April 8
TRUNCE 1 (4M/558ft)
Oxspring.

Tuesday April 9
BUNNY RUN 2 (3M/328ft)
Haworth.

Wednesday April 10
LOUGHRIGG (4M/1083ft)
Ambleside.
NEWTYLE (4.7M/919ft)
Dunkeld.

Saturday April 13
SCREEL (4M/1299ft)
Palnackie.
SILENT VALLEY (9.5M/4888ft)
Silent Valley Mountain Park.
SUGAR LOAF (7M/1726ft)
Abergavenny.
WARDLE SKYLINE (7M/1250ft)
Wardle Square.

Sunday April 14
BOULDSWORTH HILL (8.2M/1394ft)
Wycoller Country Park Hall.

Tuesday April 16
BUNNY RUN 3 (3M/328ft)
Haworth.

Wednesday April 17
GRISEDAL GRIND (2.5M/1575ft)
Whinlatter Visitor Centre.
JOE BARBER HEROD FARM (3M/1099ft)
Glossop.

Thursday April 18
HARTCLIFF HILL (2.5M/492ft)
Langsett Barn.

Saturday April 20
ANNIVERSARY WALTZ (11.5M/3599ft)
Stair.
Y MOELWYN (10.5M/2799ft)
Blaenau Ffestiniog.

Sunday April 21
GISBOROUGH MOORS (12.4M/2789ft)
Guisborough.

Tuesday April 23
BUNNY RUN RELAY
Haworth.

Wednesday April 24
WREKIN STREAK (2.8M/810ft)
Wellington.

Saturday April 27
CRIBYN (5.5M/3104ft)
Brecon Beacons.
HIGHLANDER MOUNTAIN MARATHON
Scottish Highlands.
MYNYDD MAWR (4.2M/1378ft)
Y Fron.
PRESELI BEAST (22.7M/4652ft)
Maenclochog.
PRESELI BEAST BACH (10.1M/1768ft)
Maenclochog.
SNAEFELL (5M/1804ft)
Isle of Man.
STRETTON JUNIOR
Church Stretton.
THREE PEAKS (23.2M/5276ft)
Horton-in-Ribblesdale.

MULTI-TERRAIN

Thursday March 28
FAIROAKS 5
Fairoaks Airport, Chobham Road, Chobham, Surrey. 10.30am.
www.barnesfitness.co.uk

Friday March 29
BROADMEADOW GOOD FRIDAY CHALLENGE 26.2
Seven Meadows Road, Stratford on Avon, Warwickshire. 9am.
www.broad-meadow-runs.co.uk
KILMINGTON KANTER 7

Kilmington Primary School, Kilmington, Devon. 10.30am.
www.kilmingtonprimary.co.uk

Saturday March 30
BEAT THE EGG 8km
Stourhead Estate, Mere, Wiltshire. 11am.
www.ecofitness.co.uk
ISEL CROSS 5.5
Kirkgate, Cockermouth, Cumbria. 11am.
www.derwentac.com
ISLE OF MAN EASTER FESTIVAL
PEEL HILL 4
House of Manannan, Peel, Isle of Man. 2pm.
www.easterfestival.info
NEWPORT TO RYDE 7
Newport, Isle of Wight. 3pm.
www.rydeharriers.co.uk
NIGHTRUNNER 7
Beer Head Car Park, Beer, Devon. 7.20pm.
www.axevalleyrunners.org.uk
RUN AROUND THE RESERVOIR MARATHON
Holiday Inn Hotel, Northampton. 9am.
<http://www.madeyarun.com>
RUN RICHMOND PARK 5/10km
Richmond Park, Richmond, Surrey. 10am.
www.thefixevents.com
SILKSTONE SHUFFLE 4.5 SERIES
Silkstone Sports Pavilion, Barnsley, South Yorkshire. 10.30am.
www.barnsleyharriers.org.uk
TRENT PARK 5km HANDICAP
Snakes Lane, Oakwood, Middlesex. 9.30am.
www.trentparkrc.org

Sunday March 31
BUTTERSTEEP FOREST
RESOLUTION RUN 5/10/15km
Buttersteep Forest, Buttersteep Rise, Ascot, Berkshire. 11am.
www.stroke.org.uk/resolution
CAPITAL RUNNERS RICHMOND
PARK EASTER SUNDAY 10km
Richmond Park, London. 10am.
www.capitalrunners.com
CITY TO CITY 16.5
Ely, Cambridgeshire. 9am.
www.overrunevents.co.uk
GUISELEY GALLOP 10km
West Side Retail Park, Guiseley, West Yorkshire. 10.30.

www.skyrac.org.uk
HANHAM HORROR 6
Vicarage Road Playing Field, Hanham, Bristol. 11am.
www.bittonroadrunners.co.uk
HELMSLEY 10km
Helmsley, North Yorkshire. 10am.
www.helmsleysports.org
HINTON ADMIRAL 10km
Admiral Estate, Hinton, Dorset. 11am.
www.twas.org.uk
MUDDY BOTTOMS 9/17
Leisure Centre, Bamber Bridge, Lancashire. 9am.
www.shoestringresults.co.uk
NORTHAMPTON DELAPRE
RUNNING FESTIVAL 10km/HALF-MARATHON/MARATHON
Delapre Abbey, Northampton. 11am.
gobeyondultra.co.uk
WHITEMOOR 10km
Whitemoor Recreation Ground, Whitemoor, Cornwall. 10am.
www.whitemoor.com

Monday April 1
BEACONSFIELD 5
Beaconsfield RFC, Oak Lodge Meadow, Beaconsfield, Buckinghamshire. 10am.
www.burnhamjoggers.org.uk
ONLY FOOLS NOT HORSES 10km
Black Horse Inn, The Vale, Chesham, Buckinghamshire. 11am.
www.black-horse-inn.co.uk
SHAPWICK BUNNY HOP 7
Village Hall, Shapwick, Somerset. 10am.
www.shapwickrunners.co.uk
WEST WIGHT THREE HILLS 8
West Wight Swimming Pool, Freshwater, Isle of Wight. Noon.
www.rydeharriers.co.uk

Saturday April 6
ABNEY CHEADLE RUN 5km
Abney Hall, Cheadle, Cheshire. 9.30am.
www.abneycheadlerun.co.uk
BATH BEAT 12.5/17/21/26.5
Ralph Allen School, Claverton Down Road, Bath. 8.30am.
www.thebathbeat.co.uk
BOLT 'ROUND THE HOLT' 5/10/21km
Alice Holt Woodland Park, Farnham, Surrey. 10am.
www.boltholt.co.uk
CAYTHORPE CANTER 13/26

Submit your fixture online at athleticsweekly.com

THE ALTON TEN
Sunday 5th May 2013 at 10.30am
Eggers School, Holybourne, Alton, Hampshire GU34 4EQ
10 Mile Road Race. Part of the Hampshire Road Race League. Trophies & Medals.
Online entry fees: £10.00 UKA attached / £12.00 unattached
Entry only through www.activetrainingworld.co.uk/events/2013/05/05/alton_ten

Hereford Half Marathon
Sunday 12th May 2013 at 10am
Hereford Leisure Centre, Holmer Rd, Hereford, HR4 9UD
Single lap course. Chip Timed. Changing, showers, parking.
Entry Fees: £18 (£20 U/A). Add £5 on the day. On-line entry and full details at <http://bit.ly/smhhm13>
Raising funds for St Michael's Hospice. Registered Charity No. 511179

Hitchin Hard Half Marathon
Sunday 9th June 2013 at 9:30am
Start / Finish in Hitchin Priory, Hitchin, Hertfordshire
UKA road race Licence: 2013-105083 Course measurement: 12/108
Entry fee: £20 and £18 for affiliated runners.
Entry Closing: May 18th or 600 limit reached.
Registration process: Online at runbritain.com
Awards: Cash prize & medals for first three (£60 / £50 / £40) in Men's & Women's race.

Rothley 10k
28th Rothley & Soar Valley Lions 10K
Tuesday 11th June 2013. Race starts at 19:15
Royal Oak, Cross Green, Rothley, Leicestershire
Two-lap course. Chip timing. Comprehensive prize list.
Entry limited 750. All entry fees: £13; On the day entries £18 if limit allows.
Full details, inc. online entry at www.rothley10k.com PENSIONS & WEALTH MANAGEMENT

Playing Field, Old Lincoln Road, Caythorpe, Lincolnshire. 9am.
www.caythorpe.org
COMPTON DOWNLAND CHALLENGE 20/40
 The Downs School, Compton, Berkshire. 9am.
comptonharriers.org.uk
COTSWOLD WAY 57
 Scout Centre, Chipping Campden, Gloucestershire.
www.xnrg.co.uk
GREENWICH PARK TOUGH 5/10/15km
 Greenwich Park, London. 9.30am.
www.thefixevents.com
LETCHWORTH FIRST SATURDAY OF THE MONTH 5km
 Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am.
www.firstsatday5km.org.uk
ST ANDREWS RUNNING FESTIVAL 5/10km
 West Sands, St Andrews, Fife. 11am.
www.thestandrewsrunningfestival.co.uk
XENDURANCE 5/10km
 Dorney Lake, Eton, Berkshire. Noon.
www.f3events.co.uk

Sunday April 7
BAILDON BOUNDARY WAY HALF-MARATHON
 Baildon CC, Baildon, West Yorkshire. 9.30am.
www.baildonrunners.tk
BOURNE RUN IN THE WOOD 10km
 Bourne Woods, Edenham Road, Bourne, Lincolnshire. 10.15am.
bourne.funrun@yahoo.co.uk
BUTTERMERE 10
 Croft Farm, Buttermere, Cumbria. 10.30am.
www.highterrainevents.co.uk
CHEDWORTH ROMAN TRAIL 10
 Village Hall, Chedworth, Gloucestershire. 10.30am.
www.cirencester-ac.org.uk
COMBE GIBBET TO OVERTON 16
 Overton Recreation Centre, Overton, Hampshire.
overtonharriers.org.uk
DEVIL'S CHALLENGE 10km/HALF-MARATHON
 The Square, Llanwrtyd Wells, Powys. 10.45am.
www.redkite-events.co.uk
EXE TO AXE 20
 Foxholes Hill car park, Exmouth, Devon. 10am.
www.sidmouthrunningclub.co.uk
LLYS Y FRAN YFC TIME TRIAL 7
 Llys y Fran Dam, Llys y Fran, Pembrokeshire. 11am.
www.onlineraceresults.org.uk
MEL'S MILERS 10km
 Christ's Hospital School, Horsham, West Sussex. 11am.
www.melsmilers.co.uk
PEOPLETON SCENIC 6
 Peopleton, Worcestershire. 11am.
REGENCY 10km
 Newbold Terrace East, Leamington Spa, Warwickshire. 9am.
TROWBRIDGE 10km
 Studley Green Primary School, Trowbridge, Wiltshire.

Wednesday April 10
JOE SALT'S 80TH BIRTHDY COWM RESERVOIR 5km
 Cock & Magpie, Whitworth,

Lancashire. 7pm.
info@andemrunners.co.uk
Thursday April 11
HANCHURCH HILLY 5
 Hanchurch Woods, Newcastle, Staffordshire. 7pm.
www.stonemmm.co.uk

Saturday April 13
ENDURANCELIFE CTS EXMOOR 10km/HALF-MARATHON/MARATHON/ULTRA
 Hunters Inn, Heddon Valley, Devon.
www.endurancelife.com
HURTLEBERRY 10km
 Hurtwood Forest, Holmbury Saint Mary, Surrey.
www.thehurtleberry.co.uk
PAIN BARRIER 10km
 Frickley Estate, Doncaster, South Yorkshire. 11am.
thepainbarrier.co.uk
UFD HACKNEY HALF-MARATHON
 Hackney Marshes, Homerton Road, London. 11am.
www.ufdance.co.uk

Sunday April 14
1610 BRIDGWATER 10km
 Trinity Sports & Leisure, Bridgwater, Somerset. 10am.
www.1610.org.uk/events/1610-bridgwater-10k
ABBEYFIELD 10km
 Stanley Lane, Chippenham, Wiltshire. 1pm.
www.eventslogicuk.com
BEACON EASTER BUNNY 9.62km
 Beacon Hill Country Park, Woodhouse Eaves, Leicestershire. 11am.
www.beaconbunnyrun.org
BELTON CUP 6
 Belton, Lincolnshire.
www.granthamrunningclub.co.uk
CAMBRIDGE CAMBOURNE 10km
 Cambourne Business Park, Cambourne, Cambridgeshire. 11am.
cambridgefestivalofrunning.com
CENTURION GRAND PRIX 5
 John Henry Newman Catholic College, Birmingham. 11am.
www.centurions.org.uk
COTGRAVE PAWS 10km
 Cotgrave Country Park, Cotgrave Nottinghamshire. 9.30am.
www.paws10k.co.uk
DARENT VALLEY 10km
 Anthony Roper School, Eynsford, Kent. 8.30am.
www.swanleyanddistrictac.org
DRURIDGE BAY MARATHON
 Druridge Bay Country Park, Morpeth, Northumberland. 9.30am.
www.northeastmarathonclub.co.uk
EXMOOR HORNER WATER 11
 Horner Water, Porlock, Somerset. 10.30am.
mineheadrunningclub.co.uk
FULLERS THAMES TOWPATH 10
 Hartington Road, Chiswick, London. 9.30am.
www.west4harriers.com
GRANTHAM CUP 10km
 Belton House, Grantham, Lincolnshire. 11.30am.
granthamrunningclub.co.uk/
GranthamCup.php
HARTFIELD 10km
 Town Croft, High Street, Hartfield, East Sussex. 11am.

www.hartfieldonline.com
HERTFORD CHARITY 10km
 Hertford. 10.30am.
www.thehertfordcharityrun.co.uk
HONITON HIPPO 7
 Primary School, Clapper Lane, Honiton, Devon. 10.30am.
www.honitonrc.com
ICKWORTH 10km HOOHAH
 Horringer, Bury St Edmunds, Suffolk. 10am.
www.hooahaah.co.uk
LYMM.COM 10km
 Lymm High School, Lymm, Cheshire. 10am.
lymm.com
MAGNIFICENT EASTNOR CASTLE 7
 Eastnor Deer Park, Eastnor, Herefordshire. 11am.
www.leburyharriers.org.uk
MCVITIE'S JAFFA CAKES MUD MADNESS 4
 Foymore Lodge, Portadown, Co Armagh. 11am.
www.jaffacakesmudmadness.com
NORTHANTS 5km SERIES
 Abington Park Northampton. 10.30am.
www.northantsnet2012series.org.uk
PEN SELWOOD 10km
 Village Hall, Pen Selwood, Somerset. 11am.
www.gillinghamtrotters.talktalk.net
RADCLIFFE 10km
 Cams Lane Primary School, Radcliffe, Manchester. 11am.
www.radcliffeac.org.uk
ROSSINGTON GALLOP 6
 Northern Racing College, Rossington Hall, Doncaster, South Yorkshire. 10.45am.
www.metrestomiles.co.uk
SANDANCER 10km
 Gypsies Green Stadium, The Leas, South Shields. 11am.
www.southshieldsarriers.co.uk
SANDSTONE 10km
 Beeston Market, Bunbury, Cheshire. 10am.
www.sandstonerun.co.uk
THORNBURY RIVERBANK ROLLICK 9
 Thornbury, Bristol. 11am.
www.thornburyrunningclub.co.uk

Thursday April 18
MILFORD MURDER 5
 Milford Common, Brocton Road, Milford, Staffordshire. 7pm.
www.stonemmm.co.uk
MOBBERLEY ROUND THE RUNWAY 5.3
 Railway Inn, Station Road, Mobberley, Cheshire. 7.30pm.
www.wilmslowrunningclub.org

Friday April 19
BROXTOWE 5km
 Bramcote Park, Bramcote, Nottinghamshire. 6.30pm.
www.broxtowe.gov.uk/sportsevents

Saturday April 20
CLANDON PARK RUN 10km
 George Abbot School, Guildford, Surrey. 11am.
allabouttriathlons.co.uk
DEAFBLIND SCOTLAND CANAL RUN 5/10km
 Leisuredrome, Bishopbriggs, Glasgow. 2pm.
www.deafblindscotland.org.uk
DERWENT DABUSTER 10
 Fairholmes, Derwent Valley, near

Sheffield, South Yorkshire. 10.30am.
www.challengecancer.org.uk
MAJOR SERIES MIDLANDS 5/10km
 Weston Park, Shifnal, Shropshire. 10am.
www.majorseries.com
MEANWOOD VALLEY 7.5
 Leodiensian Club, Alwoodley, Leeds, West Yorkshire. 10am.
www.valleystriders.org.uk
ONER 76.2
 Lyme Regis, Dorset. 10am.
www.votwo.co.uk
OVER THE ODDA 10km
 Main Street, Hawskworth, West Yorkshire. 10am.
overtheodda@gmail.com
TREAD OR SHRED 10km
 Tackeroo Camp Site, Rugeley. 10am.
www.gorunandride.co.uk

Sunday April 21
ALDBURY 5
 Stocks Road, Aldbury, Hertfordshire. 11am.
steven.newland@markelintl.com
ANGMERING BLUEBELL 10km/10 Mile
 Angmering Park Estate, Angmering, West Sussex. 10.15am.
www.rawenergypursuits.co.uk
BASSETLAW BASH 10/20/26
 Rural Leaning Centre, Retford, Nottinghamshire. 8.30am.
ldwa.org.uk/vermuyden
BLUEBELL RACE 12km
 Village Hall, Collingbourne Ducis, Wiltshire. 11am.
www.pewseyvalerunningclub.org
EVESHAM HALF-MARATHON/ULTRA 45
 Northwick Hotel, Evesham, Worcestershire. 8.30am.
www.cotswoldrunning.co.uk
FINSBURY PARK 5/10/15km SERIES
 Finsbury Park, London. 10am.
www.innovationsports.co.uk
MELBOURNE RABBIT RACE 12km
 Church Street, Melbourne, Derbyshire. Noon.
www.melbournefunrun.org.uk
OFFAS ORROR 20km
 McKenzie Hall, Brockweir, Gloucestershire. 11am.
www.chepstowharriers.org.uk
SHOBDON WOOD 5.5
 Forestry Research Station, Uphampton, Herefordshire. 11am.
www.croftambreyrunningclub.co.uk

Tuesday April 23
HILARY CRAFT BROWNHOUSE WHAM RESERVOIR 5km
 Albion Inn, Rochdale, Lancashire. 7pm.
www.stonemmm.co.uk

Thursday April 25
BARLASTON UPS AND DOWNS 5
 Oulton CC, Oulton, Staffordshire. 7pm.
www.stonemmm.co.uk

Friday April 26
FORDHOUSES FAST 5km
 Fordhouses CC, Wolverhampton, West Midlands. 7pm.
www.wolvesandbilstonac.co.uk

Saturday April 27
BRUTAL 10km
 Bagsshot, Surrey. 10am.
www.brutalrun.co.uk

HALDON HEARTBEAT 8.5
 Exeter Racecourse, Exeter, Devon. 11am.
www.haldonheartbeat.org.uk
HOKA HIGHLAND FLING 53 (Inc UKA TRAIL CHAMPS)
 Milngavie, Highlands.
www.highlandflingrace.org
HURSTBOURNE 5
 George V Playing Fields, Hurstbourne Tarrant, Hampshire. 11am.
www.hbt.org.uk
JOSHUA TREE 5km
 Marbury Park, Northwich, Cheshire. 11.30am.
www.thejoshuatree.org.uk
LAKELAND TRAIL 10/17km
 Showground, Hawkshead, Cumbria. 10.30am.
www.lakelandtrails.org
PRESELI BEAST 23.5
 Community Hall, Maenclochog, Pembrokeshire. 10.30am.
preselibeast.wordpress.com
RUN BALMORAL STENA DRILLING TARTAN 10km
 Balmoral Estates, Crathie, Aberdeenshire. 2pm.
www.runbalmoral.com
RUN RICHMOND PARK 5/10km
 Richmond Park, Richmond, Surrey. 10.10am.
www.thefixevents.com
TRENT PARK 5km HANDICAP
 Snakes Lane, Oakwood, Middlesex. 9.30am.
www.trentparkrc.org
WARRIOR ADRENALINE RACE 10km
 Dunstable Downs, Dunstable, Bedfordshire. 10am.
www.warrioradrenalinerace.co.uk

ROAD

Friday March 29
BRIDLINGTON EASTER 5
 Sewerby Hall, Church Lane, Bridlington, North Yorkshire. 10.30am.
www.nice-work.org.uk
BROOKS SERPENTINE LAST FRIDAY 5km
 The Bandstand, Hyde Park, London. 12.30pm.
www.serpentine.org.uk
CALDERVALE COUNTRY 10
 Village Hall, Caldervale, Lancashire. 1pm.
www.shoestringresults.com
ELSWICK GOOD FRIDAY RACES
 Newburn Riverside Park, Lemington, Newcastle, Tyne & Wear. 11am.
www.elswickharriers.org.uk
FOLKESTONE 10
 Hythe Community School, Hythe, Kent. 11am.
www.folkestone10.co.uk
ISLE OF MAN EASTER FESTIVAL 10km
 Port Erin, Isle of Man. 5.30pm.
www.easterfestival.info
KPMG GUERNSEY EASTER 10km
 Rovers Athletic Club, Port Soif, Guernsey. 10.30am.
www.guernseyathletics.org.gg
MAIDENHEAD EASTER 10
 Maidenhead Office Park, Maidenhead, Berkshire. 9.30am.
www.maidenheadac.co.uk
NEW MARSKE MERMAID 10km
 Mermaid, Redcar Road, Marske by

The Guernsey Festival is among this Easter's endurance events



MARK SHEARMAN

the Sea, Teeside. 10.15am.
www.new-marske-harriers.co.uk
NEWTOWN CHOCOLICS 5km
 Maldwyn Leisure Centre, Newtown, Powys.
www.maldwynharriers.org.uk
ROGER WING MEMORIAL CHARITY 10km
 Village Hall, Loddon Road, Ditchingham, Norfolk. 10.30am.
www.bungayblackdogrunningclub.co.uk
SALFORD 10km
 Salford Sports Village, Salford, Manchester. 10am.
www.ukresults.net
SUDBURY FUN RUN 5
 Kingfisher Leisure Centre, Sudbury, Essex.
www.sudburyfunrun.co.uk

Saturday March 30

LLANDUDNO EASTER 5km
 Promenade, Llandudno, Conwy. 10.30am.
www.nice-work.org.uk
RABBIT RUN 5/10/15km
 Regent's Park, London. 11am.
www.livability.org.uk
ROTARY EASTER QUARTER-MARATHON
 Boscombe Pier, Bournemouth, Dorset. 11am.
www.rotaryclubofbournemoutheastcliff.org.uk
keith.loveless@tesco.net
SEVERN AC EASTER 10km
 White Horse, Sandhurst, Gloucestershire. 11.30am.
www.severnathletic.org.uk
SPAR OMAGH HALF-MARATHON
 Gibson Primary School, Omagh, Co Tyrone. Noon.
omaghharriers.com
SUSSEX RELAY CHAMPIONSHIPS

Christ's Hospital, Horsham, West Sussex.

www.sussexathletics.org.uk

Sunday March 31

AIR PRODUCTS 10km
 Manchester Metropolitan University, Crewe, Cheshire. 10.15am.
www.southcheshireharriers.org.uk
BALLYGALGET COMMUNITY 10km
 Ballygalget Road, Portaferry. Noon.
www.eastdownac.co.uk
CALNE CLOCK CHANGE CHALLENGE 10km
 Leisure Centre, White Horse Way, Calne, Wiltshire. 11am.
www.calneleisure.co.uk
ISLE OF MAN EASTER FESTIVAL 5km RELAY
 Promenade, Douglas, Isle of Man. 10am.
www.easterfestival.info
MASSEY FERGUSON EASTER SUNDAY 5
 War Memorial Park, Coventry, Warwickshire. 10am.
www.masseyrunners.co.uk
MORAY ROAD RUNNERS 10km
 Cooper Park, Elgin.
www.morayroadrunners.com
NORTH TYNESIDE 10km
 Cobalt Business Park, North Shields, North Tyneside. 10am.
www.northtyneside.gov.uk
RICHMOND HALF-MARATHON
 Old Deer Park, Richmond upon Thames, Surrey. 9am.
www.perseverance-events.com
RUNCORN RUN THE BRIDGE 5
 Town Hall, Runcorn, Cheshire. 9.30am.
www.runhalton.co.uk
SCOTTISH RELAYS CHAMPIONSHIPS
 Almondale, Livingstone.
www.scottishathletics.org.uk

SELF TRANSCENDENCE 100km
 (Inc ANGLA CELTIC PLATE AND UK CHAMPS)/SELF TRANSCENDENCE 50km (Inc SCOTTISH CHAMPS)

North Inch Park, Perth.

uk.srichinnmoyraces.org/self-transcendence-100k-2011

ST OSWALD'S CHARITY 5km

Riverside Leisure Centre, Morpeth, Northumberland. 3pm.

www.vo2maxracingevents.co.uk

TEIFI 10

North Road, Lampeter, Ceredigion. Noon.

sarnhelen.org.uk

TROWSE 10km

Norfolk Snowsports Club, Norwich, Norfolk. 9am.

www.conac.org.uk

TULIP 10km

Springfields Exhibition Centre, Spalding, Lincolnshire. 10am.

www.spaldingtri.co.uk

Monday April 1
BAMPTON TO TIVERTON 7
 White Horse, Bampton, Devon. 10.30am.
tiverton-harriers.co.uk
EAN EASTER 10km
 Central Park, Chelmsford, Essex. 10am.
www.essexathleticsnetwork.org
KPMG GUERNSEY EASTER HALF-MARATHON
 Albert Pier, St Peter Port, Guernsey. 9am.
www.guernseyathletics.org.gg

Monday April 1

LEITRIM 5
 Fontenoy Park, Castlewellan, Co Down. 6pm.
www.newcastleac.org
LEWES EASTER 10km
 Lewes, Sussex.
LONDON EASTER 10km
 Regent's Park, London. 10.30am.
www.nice-work.org.uk
NOTTS AC EASTER 10km
 Wollaton Park, Nottingham. 11am.
www.nottsac.co.uk
STANWICK 10km
 Leisure Centre, Wellingborough, Northamptonshire. 10.30am.
www.stanwickraces.org.uk
WHITEHEAD EASTER MONDAY 5
 Kings Road, Whitehead. Noon.
www.whitehead-ni.com
YEOVILTON EASTER BUNNY 10km
 Nuffield Bar, RNAS Yeovilton, Yeovilton, Somerset. 11am.
www.yeoviltonnrrc.com

Tuesday April 2
CRYSTAL PALACE CANTER 5km
 Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.
canter5k@hotmail.com
RAVENS CRAIG PARK MILE SERIES 2M
 Kirkcaldy.
www.fifeac.org

Wednesday April 3
BRENDA & COLIN ROBINSON'S 5km
 Falcon Inn, Littleborough, Lancashire. 7pm.
info@andemsrunners.co.uk
CHESTER SPRING 5
 Cheshire County Sports Club, Chester. 7pm.
westcheshireac.co.uk

Thursday April 4
BURNHAM ON SEA WINTER 5km SERIES
 Berrow Road, Burnham on Sea, Somerset. 7.30pm.
www.bospool.com
EAST SURREY LEAGUE
 West Ewell.

Friday April 5
DAVE PHILLIPS MEMORIAL 5 SERIES
 St John's FC, St John's, Isle of Man. 7pm.
www.westernac.org

Saturday April 6
CHESTERFIELD NO WALK IN THE PARK 5km
 Queens Park, Chesterfield, Derbyshire. 9.30am.
northderbyshirerc.jimdo.com
LONGTOWN 10
 Longtown Primary School, Carlisle, Cumbria. Noon.
www.sportinaction.co.uk
MERSEYVEND HALEWOOD 5km
 Environment Centre, Okell Drive, Liverpool, Merseyside. 10am.
www.knowsleyharriers.com
SEVERN AC GROCERY 4
 White Horse, Sandhurst, Gloucester. 2.45pm.
www.severnac.co.uk
VICTORIA PARK OPEN 5
 St Augustine's Hall, Victoria Park, Hackney, London. 2.30pm.
www.vphthac.org.uk

Sunday April 7
ALEXANDRA PARK WOMEN'S 5km SERIES
 Alexandra Park, Moss Side, Manchester. 10am.
www.openathletics.org
BELFAST 10km/HALF-MARATHON
 Decathlon, Holywood Exchange, Belfast. 9am.
www.pioneer-group.co.uk
BELVOIR HALF-MARATHON
 Village Hall, Hose, Leicestershire. 10am.
www.hosevillage.org.uk/bhm.htm
BHF BOURNEMOUTH BAY RUN 5/10km/HALF-MARATHON
 Pier Approach, Bournemouth, Dorset. 9.30am.
www.bhf.org.uk
BLACKPOOL HALF-MARATHON/MARATHON
 Hilton Hotel, North Promenade, Blackpool, Lancashire. 9.30am.
www.fyldecoastrunning.org
BLYTH VALLEY 10km
 Quayside, Blyth, Northumberland. 10am.
www.blythrunningclub.org.uk
BRAINTREE 5
 Discovery Centre, Great Notley Country Park, Braintree, Essex. 11am.
www.braintreeanddistrictac.co.uk
COTSWOLD 10km/MARATHON
 Village Hall, Temple Guiting, Gloucestershire. 10.45am.
www.beyondthelimitations.co.uk
CROYDON HALF-MARATHON
 Sandilands Club, Sandilands, Croydon, Surrey. 9.15am.
www.croydonhalf.co.uk
DANIEL DE-GALE 5km
MARROWTHON
 Regent's Park, London. 11am.

Monday April 8
FRISKNEY HALF-MARATHON
 Village Hall, Friskney, Lincolnshire. 11am.
bostonanddistrictac.com
GREAT WREXHAM ROAD RUNNER 10km
 Queensway Sports Stadium, Queensway, Wrexham. Noon.
www.wrexham10k.co.uk
HARTLEPOOL MARINA 5 (Inc NE VETERANS' CHAMPS)
 Hartlepool, Cleveland. 10.30am.
www.hartlepoolburnroad.co.uk
HORNSEA ONE-THIRD MARATHON (8.74)
 Densholme Farm, Great Hatfield, East Yorkshire. 11am.
www.hornseathirdmarathon.org.uk
HORTON SPRING BULL RUN 6.85km
 Village Hall, Horton, Bristol. 10.30am.
www.hortonbullrun.co.uk
KNI WALTHAM FOREST BOROUGH HALF-MARATHON
 Queen Elizabeth's Hunting Lodge, Chingford, London.
www.kniboroughrun.kk5.org
LINCOLN 10km
 Riseholme Road, Lincoln. 11am.
www.lincoln10k.co.uk
LOWESTOFT PROMENADE DASH 5
 East Point Pavilion, Lowestoft, Suffolk. 10.30am.
www.nice-work.org.uk
PADDOCK WOOD HALF-MARATHON
 Eldon Way, Paddock Wood, Kent. 10am.
www.paddockwoodhalf.co.uk
REGENT'S PARK SUMMER 10km SERIES
 The Hub, Regent's Park, London. 9.30am.
regentsparkraces.org
RUN ETON DORNEY 5/10/20km
 Dorney Lake, Eton, Berkshire.
www.votwoevents.co.uk
SANDY 10
 Sandy Sports Centre, Sandy, Bedfordshire. 10.30am.
www.sandy10.org.uk
SSAFA SAUNTER 10km
 Holker Estate, Cark, Cumbria. Noon.
www.holker.co.uk
SUSSEX HALF-MARATHON/MARATHON
 Heathfield, East Sussex.
www.sussexmarathon.co.uk
TAUNTON HALF-MARATHON/MARATHON
 Somerset College of Arts, Taunton, Somerset. 10.30am.
www.tauntonmarathon.co.uk
TOM SCOTT MEMORIAL 6km/10M (Inc SCOTTISH CHAMPS)
 Strathclyde Park, Motherwell.
www.tomscottroadraces.co.uk
WHITE HORSE HALF-MARATHON
 Grove, Oxfordshire. 10am.
www.whitehorseharriers.org/halfmarathon.html

Tuesday April 9
WEDNESDAY APRIL 10
BAY ROAD 5km
 Foyle Cycle Path, Derry. 7.30pm.
www.sparta-athletics.co.uk
BORDERS LEAGUE
 Mold, Flintshire. 7pm.
bordersleague.org.uk
GRAVESEND FLOODLIT 5/10km SERIES
 Cyclopark, The Tollgate, Gravesend, Kent. 7.45pm.

Wednesday April 10
BAY ROAD 5km
 Foyle Cycle Path, Derry. 7.30pm.
www.sparta-athletics.co.uk
BORDERS LEAGUE
 Mold, Flintshire. 7pm.
bordersleague.org.uk
GRAVESEND FLOODLIT 5/10km SERIES
 Cyclopark, The Tollgate, Gravesend, Kent. 7.45pm.

Thursday April 11
FRISKNEY HALF-MARATHON
 Village Hall, Friskney, Lincolnshire. 11am.
bostonanddistrictac.com
GREAT WREXHAM ROAD RUNNER 10km
 Queensway Sports Stadium, Queensway, Wrexham. Noon.
www.wrexham10k.co.uk
HARTLEPOOL MARINA 5 (Inc NE VETERANS' CHAMPS)
 Hartlepool, Cleveland. 10.30am.
www.hartlepoolburnroad.co.uk
HORNSEA ONE-THIRD MARATHON (8.74)
 Densholme Farm, Great Hatfield, East Yorkshire. 11am.
www.hornseathirdmarathon.org.uk
HORTON SPRING BULL RUN 6.85km
 Village Hall, Horton, Bristol. 10.30am.
www.hortonbullrun.co.uk
KNI WALTHAM FOREST BOROUGH HALF-MARATHON
 Queen Elizabeth's Hunting Lodge, Chingford, London.
www.kniboroughrun.kk5.org
LINCOLN 10km
 Riseholme Road, Lincoln. 11am.
www.lincoln10k.co.uk
LOWESTOFT PROMENADE DASH 5
 East Point Pavilion, Lowestoft, Suffolk. 10.30am.
www.nice-work.org.uk
PADDOCK WOOD HALF-MARATHON
 Eldon Way, Paddock Wood, Kent. 10am.
www.paddockwoodhalf.co.uk
REGENT'S PARK SUMMER 10km SERIES
 The Hub, Regent's Park, London. 9.30am.
regentsparkraces.org
RUN ETON DORNEY 5/10/20km
 Dorney Lake, Eton, Berkshire.
www.votwoevents.co.uk
SANDY 10
 Sandy Sports Centre, Sandy, Bedfordshire. 10.30am.
www.sandy10.org.uk
SSAFA SAUNTER 10km
 Holker Estate, Cark, Cumbria. Noon.
www.holker.co.uk
SUSSEX HALF-MARATHON/MARATHON
 Heathfield, East Sussex.
www.sussexmarathon.co.uk
TAUNTON HALF-MARATHON/MARATHON
 Somerset College of Arts, Taunton, Somerset. 10.30am.
www.tauntonmarathon.co.uk
TOM SCOTT MEMORIAL 6km/10M (Inc SCOTTISH CHAMPS)
 Strathclyde Park, Motherwell.
www.tomscottroadraces.co.uk
WHITE HORSE HALF-MARATHON
 Grove, Oxfordshire. 10am.
www.whitehorseharriers.org/halfmarathon.html

Friday April 12
FRISKNEY HALF-MARATHON
 Village Hall, Friskney, Lincolnshire. 11am.
bostonanddistrictac.com
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www.lincoln10k.co.uk
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 Eldon Way, Paddock Wood, Kent. 10am.
www.paddockwoodhalf.co.uk
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 The Hub, Regent's Park, London. 9.30am.
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RUN ETON DORNEY 5/10/20km
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www.sandy10.org.uk
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www.sussexmarathon.co.uk
TAUNTON HALF-MARATHON/MARATHON
 Somerset College of Arts, Taunton, Somerset. 10.30am.
www.tauntonmarathon.co.uk
TOM SCOTT MEMORIAL 6km/10M (Inc SCOTTISH CHAMPS)
 Strathclyde Park, Motherwell.
www.tomscottroadraces.co.uk
WHITE HORSE HALF-MARATHON
 Grove, Oxfordshire. 10am.
www.whitehorseharriers.org/halfmarathon.html

Saturday April 13
FRISKNEY HALF-MARATHON
 Village Hall, Friskney, Lincolnshire. 11am.
bostonanddistrictac.com
GREAT WREXHAM ROAD RUNNER 10km
 Queensway Sports Stadium, Queensway, Wrexham. Noon.
www.wrexham10k.co.uk
HARTLEPOOL MARINA 5 (Inc NE VETERANS' CHAMPS)
 Hartlepool, Cleveland. 10.30am.
www.hartlepoolburnroad.co.uk
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 Densholme Farm, Great Hatfield, East Yorkshire. 11am.
www.hornseathirdmarathon.org.uk
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 Village Hall, Horton, Bristol. 10.30am.
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 Queen Elizabeth's Hunting Lodge, Chingford, London.
www.kniboroughrun.kk5.org
LINCOLN 10km
 Riseholme Road, Lincoln. 11am.
www.lincoln10k.co.uk
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 East Point Pavilion, Lowestoft, Suffolk. 10.30am.
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 Eldon Way, Paddock Wood, Kent. 10am.
www.paddockwoodhalf.co.uk
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 The Hub, Regent's Park, London. 9.30am.
regentsparkraces.org
RUN ETON DORNEY 5/10/20km
 Dorney Lake, Eton, Berkshire.
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 Holker Estate, Cark, Cumbria. Noon.
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www.tauntonmarathon.co.uk
TOM SCOTT MEMORIAL 6km/10M (Inc SCOTTISH CHAMPS)
 Strathclyde Park, Motherwell.
www.tomscottroadraces.co.uk
WHITE HORSE HALF-MARATHON
 Grove, Oxfordshire. 10am.
www.whitehorseharriers.org/halfmarathon.html

Sunday April 14
FRISKNEY HALF-MARATHON
 Village Hall, Friskney, Lincolnshire. 11am.
bostonanddistrictac.com
GREAT WREXHAM ROAD RUNNER 10km
 Queensway Sports Stadium, Queensway, Wrexham. Noon.
www.wrexham10k.co.uk
HARTLEPOOL MARINA 5 (Inc NE VETERANS' CHAMPS)
 Hartlepool, Cleveland. 10.30am.
www.hartlepoolburnroad.co.uk
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 Somerset College of Arts, Taunton, Somerset. 10.30am.
www.tauntonmarathon.co.uk
TOM SCOTT MEMORIAL 6km/10M (Inc SCOTTISH CHAMPS)
 Strathclyde Park, Motherwell.
www.tomscottroadraces.co.uk
WHITE HORSE HALF-MARATHON
 Grove, Oxfordshire. 10am.
www.whitehorseharriers.org/halfmarathon.html

Monday April 15
FRISKNEY HALF-MARATHON
 Village Hall, Friskney, Lincolnshire. 11am.
bostonanddistrictac.com
GREAT WREXHAM ROAD RUNNER 10km
 Queensway Sports Stadium, Queensway, Wrexham. Noon.
www.wrexham10k.co.uk
HARTLEPOOL MARINA 5 (Inc NE VETERANS' CHAMPS)
 Hartlepool, Cleveland. 10.30am.
www.hartlepoolburnroad.co.uk
HORNSEA ONE-THIRD MARATHON (8.74)
 Densholme Farm, Great Hatfield, East Yorkshire. 11am.
www.hornseathirdmarathon.org.uk
HORTON SPRING BULL RUN 6.85km
 Village Hall, Horton, Bristol. 10.30am.
www.hortonbullrun.co.uk
KNI WALTHAM FOREST BOROUGH HALF-MARATHON
 Queen Elizabeth's Hunting Lodge, Chingford, London.
www.kniboroughrun.kk5.org
LINCOLN 10km
 Riseholme Road, Lincoln. 11am.
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LOWESTOFT PROMENADE DASH 5
 East Point Pavilion, Lowestoft, Suffolk. 10.30am.
www.nice-work.org.uk
PADDOCK WOOD HALF-MARATHON
 Eldon Way, Paddock Wood, Kent. 10am.
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REGENT'S PARK SUMMER 10km SERIES
 The Hub, Regent's Park, London. 9.30am.
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RUN ETON DORNEY 5/10/20km
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 Heathfield, East Sussex.
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TOM SCOTT MEMORIAL 6km/10M (Inc SCOTTISH CHAMPS)
 Strathclyde Park, Motherwell.
www.tomscottroadraces.co.uk
WHITE HORSE HALF-MAR

www.nice-work.org.uk
HEREFORD COURIERS 5km SERIES
 Hereford Leisure Centre, Holmer Road, Hereford. 7.15pm.
www.herefordcouriers.wordpress.com
YEOVILTON SUMMER 5km SERIES
 Nuffield Bar, RNAS Yeovilton, Yeovilton, Somerset. 7.15pm.
www.yeoviltownrrc.com

Friday April 12

RAMSEY PARK HANDICAP 3.8
 Mooragh Park, Ramsey, Isle of Man. 7pm.
www.iomnac.co.uk/parkruns.aspx

Saturday April 13

BERAGH RED KNIGHTS 5
 St Mary's Park, Beragh. Noon.
markfraney1@gmail.com
CASTLEWARD CHALLENGE 10km/HALF-MARATHON
 Castleward Mansion, Strangford, Co Down. 10am.
born2runevents.com
ENERGIZER NIGHT RUN 10km
 Battersea Park, London. 8.30pm.
www.energizernightrun.co.uk
ERRA MEN'S 12-STAGE/WOMEN'S 6-STAGE RELAYS
 Sutton Park, Sutton Coldfield, West Midlands.
www.englishroadrunningassociation.co.uk
F3 EVENTS LAST WINTER 5/10km
 Dorney Lake, Eton, Berkshire. 12.30pm.
www.f3events.co.uk
RUN NORTHUMBERLAND CRAGSIDE 10km
 Cragside, Rothbury, Northumberland. 9.45am.
runnorthumberland.org
SIBLYBACK LAKE 5km SERIES
 Siblyback Lake, Liskeard, Cornwall. 10am.
www.digdeepuk.org
SPERRIN HARRIERS CLASSIC 5
 Parkmore Road, Magherafelt. Noon.
www.sperrinharrriers.co.uk

Sunday April 14

BALLOCH TO CLYDEBANK HALF-MARATHON
 Loch Lomond Shores, Balloch.
www.ballochtoctydebankhalfmarathon.co.uk
BOWFIELD 5km
 Bowfield Hotel, Howwood. 10am.
www.bowfieldhotel.co.uk
BRIDGWATER 10km
 Trinity Sports and Leisure, Bridgwater, Somerset. 10am.
www.totalbuzzevents.com
BRIGHTON MARATHON
 Preston Park, Brighton, Sussex. 9am.
brightonmarathon.co.uk
BRILL HILLY 10km
 Windmill, Brill, Buckinghamshire. 11am.
theintsikatrust.wordpress.com/brill-hilly-2013
BUNGAY HALF-MARATHON/MARATHON
 Maltings Meadow, Ditchingham, Suffolk. 12.30pm.
www.bungayblackdogrunningclub.co.uk
CATFORTH VILLAGE 7
 Village Hall, Catforth, Preston, Lancashire. 10am.
www.fyldecoastrunning.org
CHESHIRE 5/10km

Queens Park, Crewe, Cheshire. 10am.
www.uktriathlon.co.uk
CHICHESTER BIG WEEKEND 10km/HALF-MARATHON/MARATHON
 The Drive, Westhampnett, Chichester, West Sussex. 10am.
www.triitsports.co.uk
ENYS 10km
 Falmouth Beach Hotel, Falmouth, Cornwall. 11am.
www.rotary-ribi.org/clubs/homepage.php?ClubID=1051
ERRA YOUNG ATHLETES' RELAYS
 Sutton Park, Sutton Coldfield, West Midlands.
www.englishroadrunningassociation.co.uk
FISHGUARD SEA CADETS 10km
 The Parrog, Fishguard, Dyfed. 11am.
www.onlineraceresults.org.uk
FLITWICK 10km (Inc BEDFORDSHIRE CHAMPS)
 Village Hall, Millennium Green, Flitwick, Bedfordshire. 10.30am.
www.flitwick10k.org.uk
FRENCHAY 10km
 UWE Glenside Campus, Stapleton, Bristol. 11am.
www.frenchay10k.co.uk
GLENLIVET 10km
 Glenlivet Distillery, Glenlivet, Moray. 11am.
www.theglenlivet10k.com
HIGHWORTH 5
 Warneford School, Highworth, Wiltshire. 11am.
www.highworthrunningclub.co.uk
LOCHABER MARATHON
 Nevis Centre, An Aird, Fort William, Highlands. 11am.
lochaberac.co.uk
MERLIN FESTIVAL HALF-MARATHON
 St Catherine's Street, Carmarthen. 9am.
www.healthylifeactivities.co.uk
NEWCASTLE 10km
 Ashfields Track, Newcastle-under-Lyme, Staffordshire. 10am.
www.newcastlestaffsac.org.uk
OVERGATE HOSPICE 10km
 Elland CC, Elland, West Yorkshire. 9.30am.
www.overgatehospice.org.uk
ROCK 'N' ROLL EDINBURGH HALF-MARATHON
 Holyrood Park, Edinburgh. 9am.
uk.competitor.com/edinburgh
TESSA SANDERSON FOUNDATION RUNNING FESTIVAL 10km/HALF-MARATHON
 West Ham Park, Newham, London.
www.tsfa.co.uk
WAKEFIELD HOSPICE 10km
 Thornes Park, Wakefield, West Yorkshire. 9am.
www.wakefieldhospice.org
WHITLEY 10km
 Village Hall, Whitley, Cheshire. 11am.
whitley10k.madewithjam.org
WORCESTER HALF-MARATHON/MARATHON
 Worcester RFC, Worcester.
www.thresholdevents.co.uk

Wednesday April 17
DERBY MIDWEEK MILE/5km TRAINING RACE
 Alvaston & Boulton CC, Raynesway, Derby. 7pm.
www.runningwithdavid.com
NEW MARSKE SPRING COAST ROAD 5km

Redcar RFC, Green Lane, Redcar, Teesside. 7pm.
www.new-marske-harriers.co.uk
STEVE ROTHWELL MEMORIAL 5km
 Turf Tavern, Rochdale, Lancashire. 7pm.
info@andemsrunners.co.uk

Thursday April 18

WESTON PROM 5
 Pavilion Bar, Upper Church Road, Weston-Super-Mare, Somerset. 7.30pm.
www.westonac.co.uk/promrun

Sunday April 21

ANGUS HALF-MARATHON
 Monikie Country Park, Dundee. 10.30am.
www.eventfull.biz
BOLTON 10km
 Bolton.
www.bolton10k.org
CRINAN PUFFER 8.5
 Pier Square, Ardrishaig, Argyll. 10am.
www.entrycentral.com/crinan-puffer
GARSTANG GALLOP 10km
 Sports and Social Club, Garstang, Lancashire. 11am.
www.garstangrc.co.uk
GREAT WELSH MARATHON
 Festival Fields, Sandy Water Park, Llanelli, Carmarthenshire. 9am.
www.greatwelshmarathon.org.uk
ISEL HALL 10km
 Cockermouth, Cumbria. 11am.
NEUROCARE HEAD START 10km
 Rother Valley Country Park, Wales Bar, South Yorkshire. 9am.
www.neurocare.org.uk/events
RONNIE BOWKER FOUNDATION 10km
 Cannon Hill Park, Moseley, Birmingham. 11am.
www.facebook.com/pages/Ronnie-Bowker-Foundation-Fund/228642057204507
SHEFFIELD LORD MAYOR'S 10km
 Don Valley Stadium, Sheffield, South Yorkshire. 10.30am.
handsworthroadhogs.co.uk
ST ANDREW'S HOSPICE 6/12/18km
 Strathclyde Park, Motherwell, Lanarkshire. 10.30am.
www.st-andrews-hospice.com
TITANIC QUARTER 10km
 Titanic Quarter, Belfast. 1.30pm.
www.athleticsni.org
VIRGIN LONDON MARATHON
 London. 9am.
www.virginlondonmarathon.com
WALLSEND HARRIERS TERRY O'GARA MEMORIAL 5km
 Segedunum Museum, Wallsend, Tyne & Wear. 11am.
wallsendharriers.co.uk

TRACK

Friday March 29
CHELMSFORD THROWS FESTIVAL
 Chelmsford.
www.chelmsford.gov.uk/athletic-events
HERTS PHOENIX GRADED OPEN
 Welwyn Garden City.
www.hertsphoenix.com

Saturday March 30
BRACKNELL YOUNG ATHLETES' OPEN MEETING

Bracknell.
www.bracknellac.com
CHELMSFORD OPEN
 Chelmsford.
www.chelmsford.gov.uk/athletic-events

Sunday March 31

CRAWLEY AC EASTER SUNDAY OPEN
 Crawley.
www.crawleyac.org.uk/index.php
INVERNESS HARRIERS OPEN MEETING
 Inverness. 10am.
www.invernessharriers.org.uk
LEE VALLEY U13/U15 OPEN AND PENTATHLON
 Lee Valley.
www.visitleevalley.org.uk/

Monday April 1

TONBRIDGE OPEN MEETING
 Tonbridge.
www.tonbridgeac.co.uk
TRAFFORD U15 MEDAL MEETING
 Stretford. Noon.
www.traffordac.co.uk

Wednesday April 3

WATFORD OPEN GRADED MEETING
 Watford. 7pm.
www.watfordharriers.org.uk

Friday April 5

SARNIA WALKING CLUB 2 MILE WALK OPEN
 Osmond Prieaulx. 6.30pm.
sarnia.wordpress.com

Saturday April 6

ABERDEEN SPRING OPEN MEETING
 Aberdeen.
www.aberdeenaac.co.uk
BASINGSTOKE & MID HANTS YOUNG ATHLETES' GRADED OPEN MEETING
 Basingstoke.
www.bmhac.co.uk/index.html
BEDFORDSHIRE AAA OPEN MEETING
 Luton. 10.30am.
www.bedfordshireaaa.org.uk
K&P OPEN THROWS MEETING
 Kingston.
www.kingstonandpoly.org
WAKEFIELD SPRING OPEN MEETING
 Wakefield.
www.wakefield-harriers.co.uk

Sunday April 7

ALPHA BETA TROPHY MEETING
 Lee Valley.
CITY OF PLYMOUTH SPRING WARM UP MEETING
 Plymouth.
www.plymouthac.co.uk
HERCULES WIMBLEDON YOUNG ATHLETES' OPEN
 Crystal Palace. 11am.
www.herculeswimbledonac.org.uk
NOTTS AC SPRING SPRUCE OPEN MEETING
 Nottingham.
www.nottsac.co.uk
WATFORD EARLY SEASON MINORS MEETING
 Watford. 10am.
www.watfordharriers.org.uk

Wednesday April 10

DUNREN GRADED OPEN
 Linwood. 7pm.
garscube86rav2001@yahoo.com
HIGHGATE HARRIERS/CITY OF LONDON OPEN MEETING
 Parliament Hill. 7pm.
www.highgateharriers.org.uk
MANX HARRIERS LEAGUE
 Douglas.
www.manxathletics.com/manxharriers
NORTHERN VETERANS' LEAGUE
 Cleckheaton. 7pm.
www.nvac.co.uk
OXFORD CITY AC OPEN GRADED MEETING
 Horspath.
www.oxfordcityathleticclub.com

Saturday April 13

HAVANT AC OPEN
 Portsmouth.
www.havantac.org.uk
LEE VALLEY OPEN
 Lee Valley.
www.visitleevalley.org.uk
LIVERPOOL HARRIERS U17/U20/SNR MEMORIAL OPEN MEETING
 Liverpool. 2.30pm.
www.liverpoolharriers.co.uk
LIVERPOOL HARRIERS YOUNG ATHLETES MEMORIAL OPEN MEETING
 Liverpool. 10.30am.
www.liverpoolharriers.co.uk
MMTG WTC EUROPEAN 56LB CHAMPIONSHIPS
 Stoke.
www.mmtg.org.uk
NEWQUAY & PAR SPRING WARM UP MEETING
 Par.
www.newparac.co.uk
SCOTTISH UNIVERSITY AND COLLEGE CHAMPIONSHIPS
 Grangemouth. 11am.
sua2011@hotmail.co.uk
WEST YORKSHIRE LEAGUE
 York. 1pm.
www.wakefield-harriers.co.uk/wyftl/wyftl.htm

Sunday April 14

ALDER VALLEY GIRLS' LEAGUE
 Hillingdon. 11.30am.
www.wseh.info/aldervalleygirls
ANNE MARIE READSHAW MEMORIAL OPEN
 Shildon.
www.shildonrunning.co.uk
AYRSHIRE HARRIERS OPEN MEETING
 Kilmarnock. 11am.
www.kilmarnockharriers.com
BATH FIELD FEST OPEN
 Bath. Noon.
www.teambathac.org
CRAWLEY AC OPEN MEETING
 Crawley.
crawleyac.org.uk
EASTERN YOUNG ATHLETES' LEAGUE
 Bedford, Bury St. Edmonds, Grays, Watford.
www.eyal.org.uk
EBBISHAM BOYS' LEAGUE
 Sutton.
KENT YOUNG ATHLETES' LEAGUE
 1: Bromley. 2: Bromley.
www.kcaa.org.uk/kyal.htm
KIDDERMINSTER & STOURPORT OPEN

Stourport on Severn. Noon.
www.pitchero.com/clubs/kidderminsterstourportac
KINGSTON UPON HULL SPRING OPEN MEETING
 Hull. 10.15am.
www.kuhac.com
LONDON ATHLETICS NETWORK RELAYS OPEN
 Newham. 1pm.
www.londonathletics.org/londonrelays
ORKNEY HIPPO OPEN MEETING
 Kirkwall. 10am.
www.orkneyathleticclub.co.uk
PETROFAC GRAMPIAN ATHLETICS LEAGUE
 East: Perth. North: Inverness.
grampianathleticsleague.synthasite.com
TRAFFORD U15 MEDAL MEETING
 Stretford. Noon.
www.traffordac.co.uk
WESSEX YOUNG ATHLETES' LEAGUE
 Bournemouth, Salisbury.
www.wessexleaguetafandf.co.uk
WIGAN HARRIERS OPEN MEETING
 Wigan.
www.wiganharriers.org.uk
YEovil OLYMPIADS SPRING OPEN
 Yeovil.
www.yeovilolympiads.com

Tuesday April 16

CORBY AC OPEN
 Corby. 7pm.
www.corbyac.com
NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
 Middlesbrough.
www.new-marske-harriers.co.uk
SWANSEA HARRIERS OPEN MEETING
 Swansea.
www.swanseeharriers.co.uk

Wednesday April 17

BMC REGIONAL RACES
 Birmingham University. 7.50pm.
www.britishmilersclub.com
BRAT CLUB OPEN
 Birmingham University. 6.45pm.
www.birminghamrowheath.co.uk
ISLE OF MAN AA OPEN MEETINGS
 Douglas.
www.iomaa.info
LIVINGSTON OPEN MEETING
 Craigswood. 7pm.
www.livingstonac.com
WATFORD OPEN GRADED MEETING
 Watford. 7pm.
www.watfordharriers.org.uk
WIRRAL AC 5000m
 Bebington. 7.45pm.
www.wirralac.co.uk

Saturday April 20

HAMMERAMA/KUGELFEST HAMMER DEVELOPMENT OPEN
 Grangemouth. 9.30am.
www.scottishathletics.org.uk
LIVERPOOL THROWS & JUMPS OPEN
 Liverpool. 10am.
www.liverpoolthrowshots.co.uk
SCOTTISH ATHLETICS LEAGUE
 1: Kilmarnock. 2: Kilmarnock.
www.scottishleague.org.uk
SOUTHERN ATHLETICS LEAGUE
 1: Harrow, Lee Valley, Portsmouth, Stevenage. 2 N: Basildon, Hemel

Hempstead, Ipswich. 2 S: Braunton, Eltham, Kingston, Woking. 3 N: Colchester, Dartford, Perivale, Watford. 3 S: Bracknell, Eastbourne, Hastings, Plymouth.
www.southernathletics.org.uk
WOODFORD GREEN OPEN
 Woodford. Noon.
www.wgel.org.uk

Sunday April 21

AVON LEAGUE
 Yate. Noon.
www.avonleague.org.uk
BIRCHFIELD HARRIERS OPEN
 Alexander Stadium, Birmingham.
www.birchfieldharriers.net
CHESHIRE LEAGUE
 Ashton under Lyne, Ellesmere Port, Stockport.
www.cheshireaa.com
CITY OF STOKE AC OPEN
 Stoke.
www.stokeac.org.uk
GATESHEAD MINOR ATHLETICS OPEN MEETING
 Gateshead. 9.30am.
www.gateshead-harriers.co.uk
LINCOLNSHIRE LEAGUE
 Lincoln.
www.lincsathletics.org.uk
MEDWAY & MAIDSTONE OPEN
 Gillingham. Noon.
www.mandmac.org
NITHSDALE AC OPEN GRADED
 Dumfries. Noon.
www.nithsdaleac.org.uk
OXFORDSHIRE JUNIOR LEAGUE
 Abingdon.
www.oxfordcityathleticclub.com/oxon-junior-league
SCOTTISH WOMEN'S ATHLETIC LEAGUE
 Meadowbank. 11am.
pagesin@blueyonder.co.uk
SHEFFIELD LORD MAYOR'S OPEN
 Sheffield.
handsworthroadhogs.co.uk
WESSEX YOUNG ATHLETES' LEAGUE
 Basingstoke, Southampton.
www.wessexleaguetafandf.co.uk

Tuesday April 23

BRISTOL & WEST AC OPEN MEETING
 Bristol. 6.30pm.
www.bristolandwestac.org
Wednesday April 24
ASHFORD LEISURE TRUST OUTDOOR OPEN
 Ashford.
www.justiming-live.co.uk/ashford2013.html
DUNREN GRADED OPEN
 Linwood. 7pm.
garscube86rav2001@yahoo.com
NORTH EAST ATHLETICS LEAGUE
 Jarrow. 7pm.
www.gateshead-harriers.co.uk
NORTH EAST 10,000M CHAMPS
 Jarrow.
OXFORD CITY AC OPEN GRADED
 Horspath.
www.oxfordcityathleticclub.com

Thursday April 25

HAYWARDS HEATH H OPEN MEETING
 Crawley.
www.haywardsheathharriers.co.uk

WORCESTER AC SPRING OPEN
 Worcester. 6.30pm.
www.worcester-ac.co.uk

WALKS

Saturday April 6

MACCLESFIELD SHIELD
 Macclesfield. 1.30pm.
SLATER/BRYCE MEMORIAL 10km
 Broadbridge Heath.

Saturday April 13

PAT FUREY OPEN WALKS & ENFIELD LEAGUE
 Lee Valley.

Sunday April 14

SARNIA WALKING CLUB PHILADELPHIA CUP MILE
 Les Amarreurs, Vale, Guernsey.
 9.30am.
sarnia.wordpress.com

Tuesday April 16

SOUTH YORKSHIRE LEAGUE
 Millhouses Park, Sheffield.

Sunday April 21

JEFF FORD OPEN
 Don Valley, Sheffield.

OVERSEAS

Saturday April 6

EUROPEAN ATHLETICS WALKING PERMIT MEETING
 Rio Maior, Portugal.
www.european-athletics.org
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PRAGUE HALF-MARATHON
 Prague, Czech.
www.praguemarathon.com/en
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Sunday April 7

PARIS MARATHON
 Paris, France.
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 Berlin, GER.
www.berliner-halbmarathon.de

Saturday April 13

EUROPEAN ATHLETICS WALKING PERMIT MEETING
 Podebrady, Czech Republic.

Sunday April 14

ABN AMRO MARATHON ROTTERDAM
 Rotterdam, Netherlands.
VIENNA CITY MARATHON
 Vienna, Austria.

Monday April 15

BAA BOSTON MARATHON
 Boston MA, USA.
www.baa.org

Saturday April 27

IAU EUROPEAN 100km CHAMPIONSHIPS
 Belles, France.
NORTHERN ATHLETICS V MALTA
 Marsa, Malta.

ATHLETICS WEEKLY

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Athletes cross with curious choice

IS GUIYANG THE BEST PLACE TO STAGE THE 2015 WORLD CROSS?

WITH the IAAF World Cross Country Championships struggling to attract big-name athletes and media coverage, eyebrows are being raised at the decision to take the next event to Guiyang in China.

Now a biennial event, the championship next takes place in 2015. It will be the first time China has staged the world cross, although Guiyang, which sits at an altitude of 1100m, staged the Asian cross country championships in 2005 and 2012.

Commenting for BBC last weekend, Paula Radcliffe said: "When you take it to countries where there is no history of cross country and where it is not a true cross country course then you turn off the Western and American audiences."

Even triple jumper Jonathan



World Cross:
destined for
China in 2015

Edwards said on BBC: "China perhaps isn't the best place for it to go."

And straight after the last world cross in Spain in 2011, Ian Stewart, the head of endurance at UKA at the time, told AW: "The Moroccans always run and support the World Cross. They have a big tradition of cross-country running. So I would take it to countries like Morocco and the United States. And Spain

also did a great job (in Punta Umbria) which shows that it can be done."

He added: "If you go back to the generation that I competed in, the big cross-country nations that did the World Cross were Britain, France, Spain, Belgium and Italy. But now you have to ask why they are not supporting it and where they have gone."

Known as the Forest City of China, Guiyang has temperatures

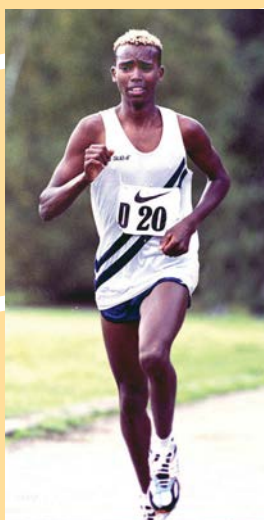
of around 11-16C in March. It also has a reputation for being a dull city lacking in sunshine, but this is not why the venue is being criticised.

Instead, it is because the city is off the beaten track when it comes to global cross-country running compared to, say, Western European nations like Britain, the United States and, of course, East African countries.

As an alternative, some suggest the event should be at the same, popular venue every year. Linked to this, holding the championship the day before a big city marathon, in the same city, is another idea.

The problem, though, is lack of cities interested in bidding for the championships. Only Uganda and Bahrain were vaguely interested in staging it in 2015.

On the good side, it's a great chance for the most populated nation on earth to introduce its 1.3 billion people to the delights of cross country.



Mo's haircut of yesteryear

AW PUBLISHED a rare photo of Mo Farah recently as a teenager cycling alongside the leaders in the Wedding Day race in London – and here is another vintage Mo picture from the Southern Six-Stage Road Relays in 1999.

Both pictures were taken by photographer and AW contributor Ray O'Donoghue. Perhaps the publishers of Farah's future autobiography should drop him a line.

O'Donoghue reveals: "I'm not sure why I took this one of two because I barely even knew who he was back then!"

Water-logged

THE Water of Life Half-Marathon and 10km events were ironically called off last weekend due to flooding.

Claire Donald, from organisers Purple Patch Running Club, said:

"We had to postpone the Water of Life races as the River Thames was flooded."

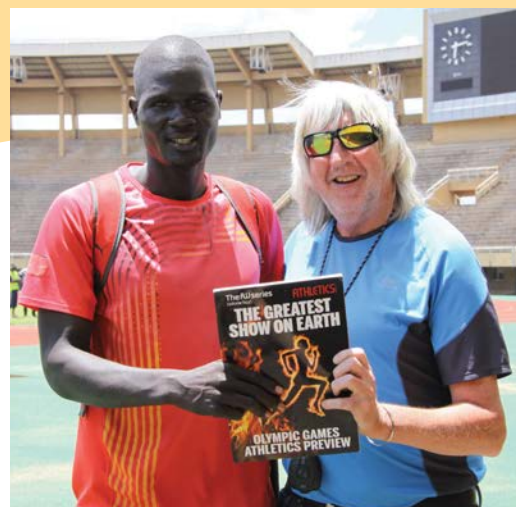
The events were due to be held along the Thames Embankment and will now be on July 7.

Athletics Weekly reaches parts ...

ATHLETICS WEEKLY'S readership in Uganda is rising by the week thanks to readers of the magazine and ex-pat Kevin O'Connor.

As reported in AW earlier this month, readers have been sending old copies of AW to O'Connor, who has been giving them out as prizes to athletes at Ugandan athletics events.

Pictured here, O'Connor is shown presenting the AW bookazine "The Greatest Show on Earth" to the winner of the men's javelin at the Uganda Athletics Federation National Trial at the Mandela National Stadium in Kampala.



NEXT WEEK

AW's exclusive domestic cross-country rankings for 2012-13 – plus our Ronhill monthly awards

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