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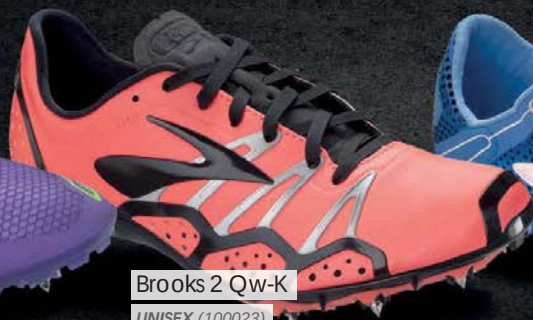
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Cover: Roger Bannister running the first sub-four-minute mile in 1954 (Picture: Press Association)

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



EDITOR'S COMMENT

Sub-3:30 is possible

I COULDN'T break four minutes for 1500m, let alone the mile, and nowadays, in my mid-40s, I find the six-minute barrier a little tricky. So anyone who can run four laps inside four minutes gets my huge respect.

Just how low will the record go, though? A time of 3:40 is the next major target. Beyond this, will we ever see a sub-3:30 mile?

Stattos would point out it's already happened. Racing a downhill road mile in Auckland in 1983, Mike Boit of Kenya clocked 3:28.

Yet on a flat, standard track, the world record is Hicham El Guerrouj's 3:43.13 and a 3:30 mile would require laps of 52.5. It's the kind of time most decent female 4x400m teams would struggle to hit. Or, to put it another way, it's the equivalent of running 1:45 for 800m and then carrying on for another two laps at the same pace.

Very much like the sub-two-hour marathon, it is a mind-boggling prospect. Some people think it is possible, though, including the original barrier-breaker himself, Sir Roger Bannister.

"I've said three-and-a-half minutes was physiologically achievable but thought it would take a long time to do," he says in our interview on pages 30-33. "We've now got to 3:43 so there has been a slowing up as I would expect until someone gets close to three and a half minutes. But I think there'll always be one runner who can run better to find some fault in the record-breaker's training. Or have more drive, ambition. So there is no absolute point at which the record will be static."

In 1976 John Walker became the first man to break 3:50. Noureddine Morceli cracked 3:45 in 1993. Diane Leather was the first woman to beat five minutes in 1954. Svetlana Masterkova smashed 4:15 with 4:12.56 in 1996. David Weir wants a sub-three-minute road mile in a wheelchair. We even saw the world's first sub-five "beer mile" record last weekend.

Yet 3:30 is impossible, surely. Maybe. But they said that about four minutes, too.

AW



Jason Henderson,
Editor



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AW

One giant leap

THE naysayers have been devaluing Greg Rutherford's 8.51m performance, some saying he will not be able to repeat it in a major event.

But the discipline is all about catching the right conditions when you are in form and I believe he is capable to jumping even

further in future.

Some said after he won at the 2012 Olympics with a relatively mediocre mark he was a one-hit wonder, but he has surely now proven them wrong.

Paul Halford, Deputy editor



Concerns over ratification dismissed

DOUBT has been cast on the internet whether Greg Rutherford's leap of 8.51m will be ratified as a UK record, but the Olympic champion said he is sure such fears are unfounded.

You Tube footage of the jump appears to show the first meeting of the HP/OTC Series as a low-key affair, although world-class athletes were competing (see *Results*, p62).

Posts below the clip, as well as Twitter and forum comments claim it looks like a foul jump and call into question the level of the officials.

However, Rutherford responded: "It's an official meeting with USATF judges. It's with all the i's dotted and t's crossed and everything else. I wouldn't do it if it wasn't an official competition because the risk of jumping well and it not being an official would gut me."

USATF confirmed it was sanctioned by the USATF Southern California Association and used USATF officials. "All marks are verified and legal," said a spokeswoman.

LONG JUMP: OLYMPIC CHAMPION SETS UK RECORD OF 8.51M IN CHULA VISTA

Rutherford relieved over UK record

GREG RUTHERFORD has described jumping a UK record of 8.51m as a massive relief after his problems in 2013.

The Olympic champion had shared the national mark with Chris Tomlinson at 8.35m, but with his fourth attempt at a meeting in Chula Vista in the United States he became the outright owner.

Rutherford struggled with an Achilles injury last year and failed to qualify for the final at the World Championships and he admitted he doubted his ability to return to his best.

"There was a massive sense of relief," he said of his outdoor season debut performance. "After last year I slightly questioned whether my body could do it. I can run very fast but trying to take that load when you take off if you've had a major injury at the back of your mind you're always going to be thinking, am I still going to be able to do this? And it was just pure elation that I had finally got the sort of jump that I see now as a bit more special and I've put to bed the demons of the injury and the



MARK SHERMAN

Greg Rutherford: keen to be over 8.50m regularly and break into all-time top 10

things of last year. It was a weight lifted off my shoulders straight away."

After two fouls, he had a third-round leap of 8.18m before his winning jump, which was boosted by a legal wind of 1.7m/sec.

The current world No.1 credited switching his set-up to train with a group of sprinters including David Bolarinwa, Chijinda Ujah, Deji

Tobias, Sean Safo-Antwi and Ojie Edoeburun under new coach Jonas Tawiah-Dodoo.

He added: "Jonas has also been massively helpful with the jumps technically. A lot of what he does is from liaising with Dan Pfaff (his former coach). The basis for a lot of my training is around what Dan did. Jonas learned under him for four years and he's the sort of coach that is willing to talk to others and get help."

Rutherford, who is aiming for the Commonwealth Games and European Championships this year, is hoping to prove it was not a one-off.

"I've been there now and hopefully I'll be going back there quite soon jumping those sorts of distances," he said. "That's what's going to put me in contention to win multiple majors."

He believes there is more to come too and is targeting a distance of 8.66m to take him into the top 10 of all time.

"Going forward I'd love to end my career in the world all-time top 10. I would see that as a massive feat," he said.

Manchester welcomes UK record-setter

GREG RUTHERFORD will headline the BT Great CityGames Manchester on May 17.

Rutherford will be among the world-class athletes lining up on purpose-built tracks on Deansgate and Albert Square.

Rutherford won last year's event with a jump of 7.99m, beating Chris Tomlinson.

"It's a fantastic event," said Rutherford days after setting a UK long jump record. "I can see street athletics becoming the future of track and field."

"Manchester last year was absolutely spectacular. Hopefully

it'll be a fantastic day and the crowds will turn out in force and support everybody."

Former world 100m champion Yohan Blake will run in the 150m where he may attack the world mark set by Usain Bolt in 2009 of 14.35.

The Jamaican, who missed last year's World Championships through injury, will be competing in the UK for the first time since the 2012 Olympics.

The events will be free to view, while those not able to make it to Manchester city centre can watch the action on the BBC.

The following day the Bupa Great Manchester Run and Bupa Junior & Mini Great Manchester Run will start and finish in the same area.

Triple Olympic champion Tirunesh Dibaba is set to defend her title, while Gemma Steel will lead the British field. Also in action will be Italy's world marathon silver medallist Valeria Straneo, France's Sophie Duarte and Portugal's Sara Moreira.

World marathon record-holder Wilson Kipsang and Ethiopia's Kenenisa Bekele head the men's line-up.

FUNDRAISING: RETIRED INTERNATIONALS AMONG THOSE RAISING CASH FOR RPMF

Cudby and Crowley in charity boost

FORMER 800m international Karen Cudby (nee Harewood) and ex-high jump international Mark Crowley are among the 'Runners' who have so far raised in excess of £20,000 for the Ron Pickering Memorial Fund through running this year's Virgin Money London Marathon.

After suffering a career-threatening injury in 2007, Cudby underwent extensive rehab, part of which was funded by money raised by her then coach John Nuttall running the London Marathon.

She then vowed to run the marathon herself one day to raise cash for an athletics cause and, having hung up her track spikes in 2012, took on this year's London event to give something back to the sport.

"It was important to me to do the marathon and raise funds for an athletics cause, as it was something that I said I would do a long time ago," explained Cudby.

The 38-year-old, who clocked 4:15:20 in London to beat the 4:19 she ran in the capital in 2000 prior to her career on the track, has so far raised £2546.89 of her £3000 target, with her single largest donation of £123 made by *Athletics Weekly* reader Dave Lea who saw her story in the magazine.



Karen Cudby: former 800m runner wanted to 'give back' to the sport

"I thought Karen, as a former British international, to me deserved rather more than the norm," explained Lea, who has run a number of marathons and ultra-distance events himself for charity and offered Cudby a week's pension if she could complete the 26.2 miles.

Describing Lea's donation as "very humbling", Karen added: "I have had amazing support with all my fundraising. John Nuttall also very generously supported my fundraising, which I thought was great given he had already done so much!"

Crowley completed the course in 4:49:23, having run the marathon in memory of Ed Prickett, the promising distance runner who died in a car accident in 2004. At the time of going to print, the former GB junior had raised £2343.20 via his Virgin Money Giving account for the Fund.

Crowley and Prickett were good friends on the same business course at university and were together when a speeding taxi hit Prickett outside Gateshead Stadium where they were competing.

The Ron Pickering Memorial Fund, which was formed in 1991 by the late Jean Pickering MBE following the death of her husband, Ron Pickering OBE, the legendary BBC sport commentator and athletics coach, supports many of Britain's most talented athletes aged 15-23 with financial grants.

You can contribute to Cudby and Crowley's fundraising efforts by visiting justgiving.com/Karen-Cudby and uk.virginmoneygiving.com/MarkSeanCrowley

Meanwhile, applications are now being accepted from people who would like to "Run4Ron" in London in 2015. See athleticsweekly.com/ron-pickering-memorial-fund

NEWS BRIEFS

British Championships

THE Sainsbury's British Championships from June 27-29 will be held in Birmingham's Alexander Stadium and not Sheffield as we incorrectly published in last week's track and field fixtures guide.

Also, the Vets AC Championships, which incorporates the Surrey and Middlesex masters championships, will take place at Ewell on June 1 rather than Battersea Park as appeared in the guide.

David Littlewood

AN event to celebrate the life of the late David Littlewood MBE will be held at Sandown Park, Esher on Wednesday May 7 at 2pm.

Littlewood, who died in March following a short illness, was a UK delegate on the IAAF technical committee and president of Hercules Wimbledon AC, of which he had been a member for 60 years.

Athletics 2014

SHELLY-ANN FRASER-PRYCE is the coverstar of *Athletics 2014*, the latest edition of the statistical athletics annual.

The Association of Track and Field Statisticians' book, which is edited by Peter Matthews, is out now and contains an in-depth look at 2013 together with a look forward to the Commonwealth Games and European Championships.

In total its 608 pages contain results, records, articles, biographical profiles of nearly 800 top world athletes, 50-deep all-time lists and 150-200 deep lists for 2013.

It costs £19.95 and is available from sportsbooks.ltd.uk



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Bird hopes to soar even higher

AFTER taking nearly seven minutes off her best in the recent Virgin Money London Marathon with 2:39:55, Sara Bird is targeting further improvements.

The Woodford Green with Essex Ladies athlete, who was fourth Briton in London, ran 3:04 on her marathon debut in Dublin in 2011 and improved to 2:46:46 in London last year.

Going into the race with a recent half-marathon PB of 77:12, she was not expected to be among the leading contenders, but she admits she has more strength than speed.

The 27-year-old said: "My longer term goals would be to improve my performances each time I race and target the qualifications for international competitions. I definitely would like scope for improvement and personal bests, particularly over the shorter distances and am planning on focusing on racing in the shorter distances over the summer to try and lower my times."

Having this year joined up with Clive Sparkes as coach, the formerly self-advised athlete feels beginning to train twice a day three days a week paid off.

"I also did one mid week intermediate run between 15 miles and 18 miles, which was longer than what I had been doing for previous marathon training, two sessions a week as opposed to the one session I did for the other marathons and a longer long run," added Bird.



Sarah Bird: will race over shorter distances this summer

MARK SHEARMAN

MARATHON: CORNISH FASTIE DEFIES HER 44 YEARS TO FINISH SECOND BRIT IN LONDON

Stepto sets sights on faster times

AFTER finishing second British woman at the Virgin Money London Marathon in 2:36:05 at the age of 44 last month, Emma Stepto is keen not to consider her age as a factor in her future goals.

Only two British over-40s have run quicker than the Cornish athlete, who ran 2:35:02 last year.

However, Stepto said: "I know everyone always said it's very good for your age, but that for me doesn't come into it – other than, I look at what vet-40s have done in the past and think, if they can do it why can't we?"

She is referring in part to the amazing UK veteran record of Priscilla Welsh, who clocked 2:26:51 at the age of 42.

If she had been first Brit in a time under 2:35, she would have secured England selection for the Commonwealth Games but that instead went to Amy Whitehead, with whom she ran for the first 10 miles.



Emma Stepto: third on UK W40 list

MARK SHEARMAN

made an improvement of more than seven minutes on her best.

Now she is looking forward to returning to shorter distances in a bid to rediscover some of the speed she feels she lost throughout the winter, due to finding the weather in the south west of England tough last winter.

Stepto, who is coached by Alan Rowling, said: "I now want to get some speed back. I find that in marathon training through the winter you feel heavier and slower. I'd like to get the bounce back in my step and make use of shorter races."

"I knew through the winter that I was losing my speed because you literally couldn't go out and do a mile rep at the speed you were doing it before because you were battling into the wind. It was relentless – every day for six or seven weeks. It might make you strong but I knew I was losing my speed."

However, while some might say it was her last chance at being picked for a major championships, she said: "Hopefully there'll be further opportunities and I've just got to keep training hard and do better next time."

Her PB came last year when she

C O M P E T I T I O N

WIN a Bekele-signed T-shirt

THE countdown has started to a great summer of sporting events, including the National Lottery Newham London Anniversary Run, which is back after its debut at the Olympic Stadium in 2013.

This year's event will take place on Sunday July 20, and will enable runners to continue the celebration of London 2012's legacy.

The five-mile course around the Queen Elizabeth Olympic Park, includes the Velodrome, London Aquatics Centre and the Copperbox. Competitors will also get the chance to see the athletes' former basecamp as they run through the East Village, as well as the new parklands and river ways. Runners of all abilities are invited to enter and there will be a shorter distance available for children in the family run, where youngsters of five years and older can take part with an accompanying adult.

The event will return to the stadium in 2015, when it reopens after the current redevelopment work, and those who get a place in this year's run will automatically get priority for a place in 2015. To enter for the 2014 run go to www.anniversaryrun.com



You don't have to be a world beater to enjoy the National Lottery Newham London Anniversary Run, and in order to inspire you, we're giving away a T-shirt signed by three-time Olympic champion Kenenisa Bekele.

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What is Kenenisa Bekele's world record for 10,000m?

Email your answer to paul.halford@athleticsweekly.com by May 8 and the winner will be randomly selected from the correct participants.

MARATHON: RUSSIAN SET TO LOSE ONE LONDON AND THREE CHICAGO TITLES, AS WELL AS WMM SERIES VICTORIES

London 'winner' Shobukhova gets doping ban

LILIYA SHOBUKHOVA has been handed a two-year ban for doping, with her results since October 9, 2009, to be annulled.

She is set to lose her 2010 London Marathon title, as well as Chicago Marathon wins from 2009, 2010 and 2011. Her ban will be backdated to January 24, 2013 and will run until January 23, 2015.

The ban was announced by the Russian Athletics Federation on Tuesday, following abnormalities detected in her biological passport.

If the ban is confirmed following any appeal, the Russian's two World Marathon Major (WMM) series wins of 2009-2010 and 2010-2011 would also be annulled.

Shobukhova stands at second on the world all-time marathon list behind Britain's Paula Radcliffe with her 2:18:20 in Chicago, but this result is also set to be wiped.

"Liliya Shobukhova finally exposed as a drug cheat," tweeted

world record-holder Radcliffe following news of the 36-year-old's ban.

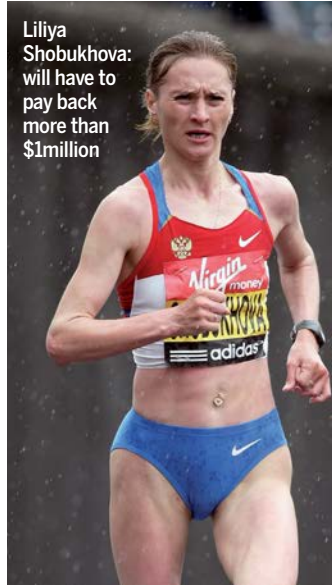
"WMMajors: action needs to be taken to show cheating not acceptable. Monies won should be returned and rightful winners recognised," she added.

"Fraud on so many levels, so much money effectively stolen in appearance fees, winnings and endorsements."

In a statement, World Marathon Majors confirmed that any athlete found guilty of a doping offence is required to repay any prize or appearance money earned at WMM events including WMM series prize money.

Shobukhova won \$500,000 for each of her two WMM series wins.

"WMM will continue to hold a stern line and supports all measures to ensure the integrity of the athletes competing in their races," commented Nick Bitel of the World Marathon Majors



Liliya Shobukhova: will have to pay back more than \$1million

MARK SHEARMAN

Atsede Baysa and Ejegayehu Dibaba respectively.

It would appear that Mikitenko and Edna Kiplagat would be declared WMM winners for 2009-10 and 2010-11.

Prior to her move up to the marathon, Shobukhova won world indoor 3000m silver in Moscow in 2006, as well as 5000m silver at the European Championships in Gothenburg that same year.

It was also confirmed this week that the IAAF had formally revised results with the annulment of performances of Belarusian athletes Ivan Tsikhan and Nadzeya Ostapchuk following doping infringements.

The hammer thrower loses all performances between August 22 2004 and August 21 2006, including the Olympic title.

For Ostapchuk it affects August 13 2005 to August 12 2007 and since August 5 2012, including the London 2012 title.

general counsel. "Cheats need to understand that they are not welcome in our sport and that they will be caught."

Aselefech Mergia will be handed the 2009 London title, while the Chicago victories will now be passed on to Irina Mikitenko,

Farah to stay on track for Rio?

MO FARAH'S coach believes he should concentrate on the 5000m and 10,000m in the build-up to the Rio Olympics following his debut marathon in London last month.

Alberto Salazar said Farah, who was eighth in London with 2:08:21, should now look to defend his two Olympics titles.

"Part of me doesn't like to see Mo get beat, but the fact that he did makes his decision clearer," Salazar told Oregon Live.

"Let's stick with what he's best at in the world – stick to the track through Rio."

Adding that he felt this year had been a good one to experiment in the absence of global championships, he said he was undecided on whether Farah should compete in the Commonwealth Games in Glasgow this summer.



MARK SHEARMAN

Mo Farah: looks set to leave marathon until after Rio, according to his coach

"He's thinking about it seriously," Salazar said. "He hasn't committed, but he's open to the idea."

Geb pulls out of Hamburg

HAILE GEBRSELASSIE has announced he will miss the Hamburg Marathon on Sunday due to his pollen allergy.

The 41-year-old former world record-holder missed two weeks of training after pulling out earlier than expected as pacemaker in the Virgin Money



London Marathon, where his allergy had previously affected him.

"Haile has suffered with a pollen allergy and currently has massive respiratory problems, so he has been unable

to train regularly for the last two weeks," said his manager Jos Hermens.

Top athletes set for Millfield

A STRONG contingent of athletes from Cardiff AC will make the trip across the Severn Bridge for the British Milers Club Academy PB Classic at Millfield School in Street on Monday (May 5).

Joseph Maynard, who ran 1:48.28 for 800m last year, will be joined at 8:20 3000m runner

Jonathan Hopkins and Welsh international Dewi Griffiths.

Online entries for the event, which is famous for always producing a high volume of PBs, are now closed.

See britishmilersclub.com for more information

MILE: WELSH INDOOR MILE RECORD-HOLDER CHRIS GOWELL RETURNS TO THE ROADS IN THE STATES ON MAY 9

Gowell all geared up for the Minneapolis mile

A REVIVED training programme together with some promising track action has left Chris Gowell feeling more positive ahead of his return to the roads at the Medtronic TC 1 Mile on May 8.

The US-based Welshman does little to hide his dislike of racing, though his 3:57.29 for a Welsh indoor mile record in February along with 1:48.03 for one of his quickest-ever season openers in the 800m in March should certainly give him confidence ahead of a summer in which he's targeting the Commonwealth Games in Glasgow.

"I am feeling good right now, but I have changed a lot of things from last year," explained the 28-year-old, who together with his mile mark boasts a 1500m PB of 3:39.29 from 2013 as well as a 1:46.88 800m best from 2009.

"Last year I was obsessed with mileage. If I didn't run 'X', the world would cease to exist. I've learned a happy runner doing the wrong training is better than a miserable runner doing the right training, although I know my training is right and I'm happier."

Having switched his focus from mileage to speed, Gowell says a



Chris Gowell: in good form ahead of Glasgow 2014

MARK SHERMAN

"I've been working on self-doubt and general attitude in race situations," said Gowell. "I hate racing, it's awful. However, on the off-chance of a good race, it becomes worth it, until the inevitable misery of losing."

"In any case, it was my only shot at an indoor record and I relished the opportunity and pressure in its build up. I was extremely relieved and pleased to get the record after the initial disappointment of losing."

Right now the Swansea athlete's focus remains on the mile as he takes on a field including the likes of course record-holder and defending champion Nick Willis of New Zealand at the 10th anniversary Medtronic TC 1 Mile.

"Back in September in Duluth, after weeks of rest and general excess, I ran a 4:00 mile (albeit downhill). My hope is that with a little less binging and in season form, I'll have a good shot at it."

On the threat of the 2008 Olympic 1500m silver medallist, who ran 3:56.1 for the course record in Minneapolis last year, he added: "Nick Willis knows his way to the finish line, though, so it will be a tough race to win."

With a \$25,000 total prize purse plus \$10,000 course record bonuses up for grabs, the Rogue AC runner continued: "The student loans company are on to me, so if winning to pay that off isn't motivation enough then there really is no hope."

The event takes place just two days after the 60th anniversary of the first sub-four-minute mile and Roger Bannister's historic mark is one appreciated by Gowell. "I have respect for the mile, there is no faking it," he explained. "I've read *The Perfect Mile* a few times and I look up to a lot of those guys, especially Bannister. Running was something they did, with grace, in addition to their daily toils. There was no pampering or excuses. Just good honest churn and great beer afterwards."

Ten days after Minneapolis, Gowell intends to race a 1500m in California before taking a break with a few more US races ready to re-peak come Glasgow 2014.

"Everything is geared toward the Commonwealth Games and a European season," he said. "Representing Wales in India was such an awesome experience. I love Wales and miss it every day."

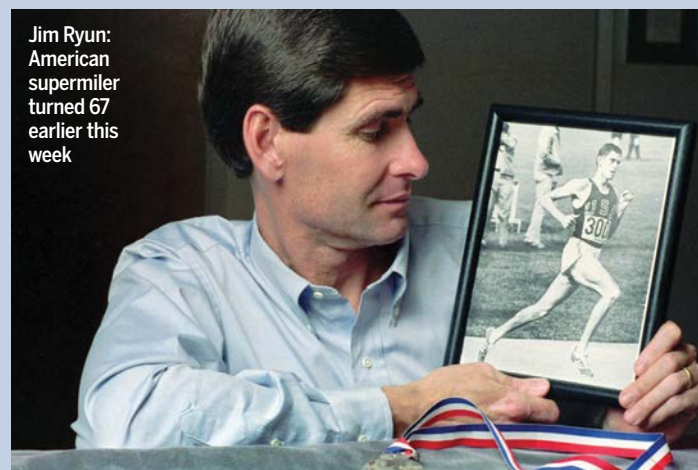
Ryun's high school mark to be celebrated

WHILE all the talk is on the anniversary of Sir Roger Bannister's history-making achievement, the 50th anniversary of the first sub-four-minute-mile by an American high-schooler will be marked in June by a special meeting.

Jim Ryun clocked 3:59.0 on June 5, 1964, as a 16-year-old.

The Jim Ryun Festival of Miles in San Diego will take place exactly 50 years on and will be attended by the man himself.

Ryun, whose later 3:55.3



Jim Ryun: American supermiler turned 67 earlier this week

stood as a US high school record for 36 years, went on to compete in three Olympics.

"It truly was a special day and a special race in the history of high school athletics," said Ryun. "I've been blessed to have such a supportive network of family and friends in the running community, and our goal is to plan an event that everyone in our sport will be proud of. This isn't just an event for me, but something that will showcase the greatest moments of high school running."

ACTIVITY: ATHLETES SUPPORT NATIONAL CAMPAIGN

Kids run for fun

MICHAEL RIMMER and Tanni Grey-Thompson last week lent their support as an initiative to get 30,000 kids running reached its halfway stage.

The current international 800m runner and 11-time Paralympic champion were in Stockton where the 15,000th runner in the national INEOS GO Run For Fun series crossed the line.

The events are aimed at 5-10-year-olds and the efforts have been supported by Seb Coe, Brendan Foster and Colin Jackson.

Founder Jim Ratcliffe, owner of INEOS, one of the UK's largest manufacturing companies, hopes to stage more than 250 more events across the country over the next three years.

He said: "I'm passionate about getting as many children running as possible as early as possible.

The idea is simple – to get children out of the house having fun. It is not rocket science.

"Running is the basis of so many great sports. If our children can catch the running bug early, they're more likely to stick to it, and this can only lead to them having more active and healthier lifestyles in the future."

Michael Rimmer, said: "It's brilliant to have over 800 children here today, all participating in GO Run For Fun. These fun events are a great way for your kids to get out of the house and have fun with their mates – running.

"We really must make sure that kids are given the opportunity to get active from an early age, and GO Run For Fun provides the chance to do just that. If they enjoy it you never know where it might end up, we might find Britain's best talent for the future."



INEOS GO Run for Fun: aims to get kids up and running

'Run to work', urge athletes

THE Mayor of London joined athletes Hannah England and Perri Shakes-Drayton recently to launch #runtowork day on June 5.

The initiative led by Virgin Active and Amazon wants to get one million more people more active and running by 2020.

Shakes-Drayton, Olympic hurdler and European 400m indoor champion, said: "Everyone should run to work. It's an easy way to get daily exercise, makes you feel good and will improve your fitness. Start off gentle and gradually up the tempo and distance. I love running in London and it gives me a buzz, especially when the weather's dry or sunny."

Mayor Boris Johnson added: "I'm very happy to lend my support to any mass endeavour that takes the strain off public transport and is good for Londoners' health."

A route planner at run2work.com shows how long it would take to run between London's train stations and other destinations.

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MAY 6 MARKS THE 60TH ANNIVERSARY OF ARGUABLY THE GREATEST ATHLETICS PERFORMANCE IN HISTORY, THE FIRST SUB-FOUR-MINUTE MILE, WRITES **JASON HENDERSON**

PICTURE: PRESS ASSOCIATION

WHEN Roger Bannister ran 3:59.4 for one mile at Iffley Road in Oxford on May 6, 1954, he entered sporting immortality. He scaled what was widely regarded as the Everest of athletics. "It is," says Sebastian Coe, "right up there with Bobby Moore lifting the World Cup."

The feat of running four laps of four minutes was a much-anticipated achievement that some people thought was impossible. It required speed, strength, stamina, pace judgment and courage. It was the ultimate test of athleticism.

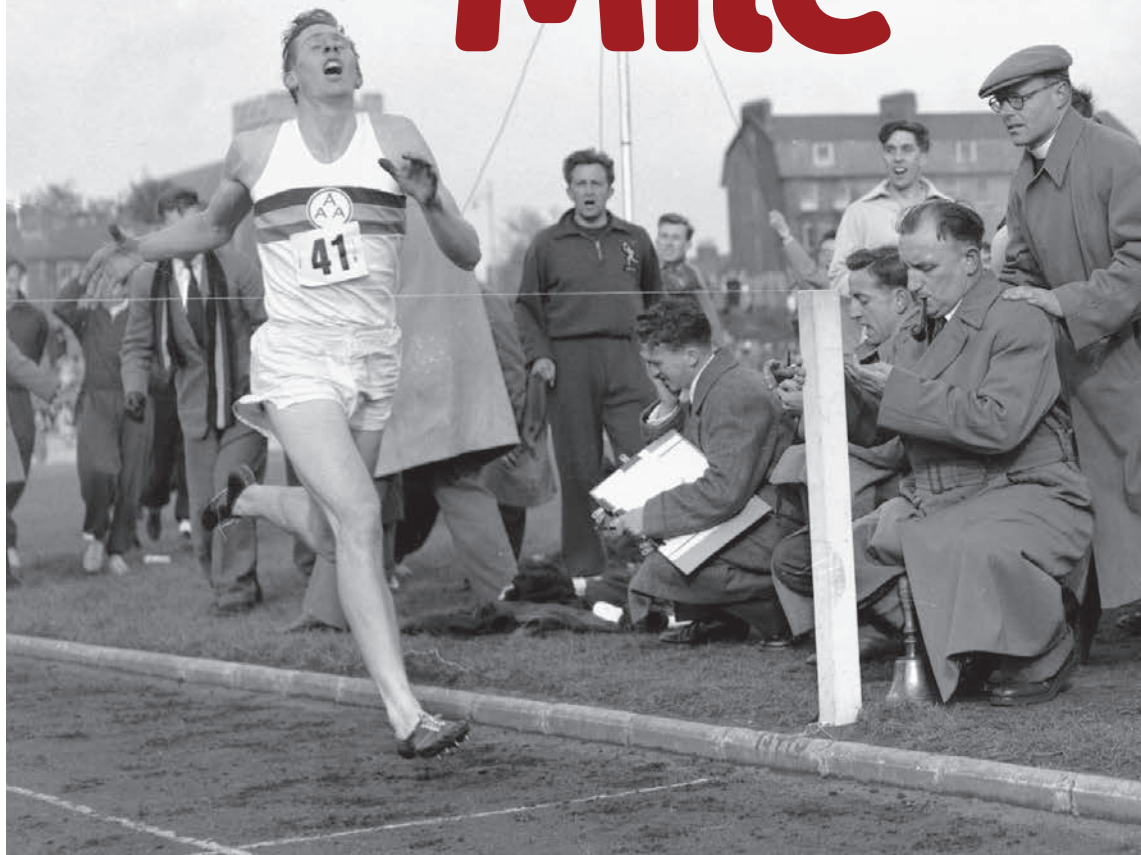
Four laps in four minutes has such a beautiful symmetry to it, too. But the barrier was like a cement wall and had defied great middle-distance runners like Sydney Wooderson of Britain, the Swedish duo Gunder Hagg and Arne Anderson, Australian John Landy, and even Flying Finn Paavo Nurmi.

So when Bannister achieved the impossible, the story went around the world and soon became embedded in our culture. People would often joke: "Who do you think you are, Roger Bannister?"

Since then, that turn of phrase has probably been superseded by Usain Bolt's name, but Bannister still remains an iconic figure and a household name.

AW's reporter at Iffley Road on that famous occasion 60 years ago was a British long jump international called George Pallett. He died in 1996 aged 88, but his words live on today as we offer some of his eye witness account on the right ...

MAGIC of the Mile



SO the Everest of athletics has been scaled, the sound barrier of running has been penetrated. Roger Gilbert Bannister, 25-year-old medical student, may never find the panacea for all the ills the human flesh is heir to, but he has found the philosopher's stone of sport.

The long sustained attack on the four-minute mile has ended; not in Australia, Finland, Sweden or America, but in England, cradle of modern athletics ...

The annual meeting between teams representing the Amateur Athletic

Association and Oxford University Athletic Club, which began at five o'clock on Thursday May 6, 1954, on the historic ground at Iffley Road, Oxford, was not remarkable in its beginnings. It was cold, and the wind blew hard. Rags of stormcloud hastened across a grey sky and the usual well-ordered crowd applauded with staid handclaps the shot-putting and vaulting with which the meeting began.

Event succeeded event until six o'clock, when the runners marshalled before the starter for the one mile race. It was noticeable that for fully a quarter of an hour the wind

had fallen to almost nothing...

Almost at once the keen observer saw something unusual and purposeful about the three leaders and as the race unfolded the planning became clear. As the runners approached the end of the first lap, Brasher still driving determinedly, a loudspeaker began to count the seconds – "fifty-four, fifty-five, fifty-six, fifty-seven"; Brasher was gone and the ruffle became an excited tremor. Round the second lap the close procession of the three leaders continued. The race took on the appearance of relentless purpose. Brasher approached



History is made: Roger Bannister breaks the tape inside the 'impossible' barrier of four minutes for the mile

Since then, well over 1000 runners have broken the four-minute barrier, but it nevertheless remains a true test. To quote Coe once again: "People who have run a four-minute mile have basically got a result in the genetic lottery."

In recent years the mile has suffered a slight downturn in fortunes. Races have become increasingly rare as the 1500m – or metric mile – has taken prominence.

However, a revival is definitely taking place. In the United States, there is a movement called "Bring back the mile", which promotes the resurgence of the classic distance via its website and social media.

In the UK, when it comes to races, the British Milers' Club continues to stage top-class events. At Sheffield's Woodbourn Road track on May 6 itself there is a festival of track mile races, while on the roads of the capital this summer we have the Bupa Westminster Miles on May 24 and the Amba Hotels City of London Mile on June 22.

Both road events feature elite races through to mass mile events so that everyone can test themselves over a distance that is, along with the 100m and marathon, one of the genuine blue riband events of the sport.

the end of the second lap, and the apparent grim serenity of the runners contrasted with the sudden tumultuous heaving among the mass of spectators. The loud speaker began again – "fifty-six, fifty-seven, fifty-eight" and Brasher was gone again, Bannister and Chataway, the one smooth and flowing, the other sharp and staccato, close on his heels, moving with confident power.

Halfway down the backstraight on the third lap Brasher seemed to falter. Purposefully Chataway swept past, while Bannister paused to follow, then he strode into Chataway's wake.

The dignity of Iffley Road was starting to break; the murmur had become a roar, and as Chataway neared the post again the loud speaker began its steady count – "fifty-eight, fifty-nine, sixty"; the two runners had gone before the voice could continue.

Now scarcely a watcher was seated. The shattering pace went on and on, round the first bend of the final lap, but just before the pole marking the beginning of last furlong even the grim-faced Chataway began to slacken. An avalanche of humanity began to pour from the stands as Bannister was seen to draw out and

begin the last, long pull to the tape; a slight lengthening of his stride, his arms driving harder to maintain the almost majestic cadence of his action – his fluent power gave no hint of fatigue.

Chataway for the first time seemed to show interest, his eyes following the disappearing Bannister with eager hope until he vanished into the milling crowd around the finish. Not a soul doubted that four minutes had been beaten – the thought in all minds was only by how much? Not three yards beyond the tape with a suddenness that belied the strength of

the finishing stride a split second before, Bannister's legs crumbled under him, his head fell forward, and his arms sagged like a puppet's as two willing officials took his weight.

On the grass in the centre outside the heaving mass, Brasher and Chataway jogged with happy faces, filling their bursting lungs, awaiting the inevitable announcement. Within two minutes Bannister came to life, and the announcer's voice, amplified above the cheering, came clearly: "Three minutes, fifty-nine point four seconds".



Meet the supermilers

FROM WALTER GEORGE THROUGH SYDNEY WOODERSON TO HICHAM EL GUERROUJ, HERE ARE THE MEMBERS OF ONE OF THE MOST EXCLUSIVE CLUBS IN ATHLETICS – MILE WORLD RECORD-BREAKERS

ILLUSTRATIONS: PAUL COLLICUTT

SINCE the birth of the IAAF in 1912 there have been 23 world record-holders for the men's mile. Add Walter George, who held the fastest time from 1886 to 1915 and we have 24 athletes who have etched their name into athletics history with their supreme ability over the classic distance of 1609 metres.

Each athlete has shown an amazing mix of speed, stamina and strength to master the art of running four laps of the track in a time that no one previously has managed. They are the supermilers and they have conquered a distance that is, along with the 100 metres and marathon, one of the bona fide blue ribbon events of the sport.

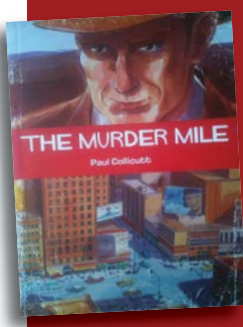
Over the following dozen pages we profile this exclusive club of one mile world record-breakers. Alongside these biographies there are also unique illustrations drawn by Paul Collicutt. An athlete, artist and chairman of Brighton Phoenix AC, Collicutt is a former training partner of one of the supermilers – Steve Ovett – but he has shown no bias here as he has beautifully drawn images of Ovett's big rivals, together with the heroes of yesteryear, plus more modern stars like Noureddine Morceli and Hicham El Guerrouj.

Despite excelling in the same event, each supermiler has their own individual physique, running style and personality. They often used quite varying training methods to reach their goal and they came from countries and cultures as far afield as New Zealand, Sweden and Tanzania.

Most athletics fans also have their favourite supermiler, or the one they admire the most. Who is your No.1? If you're undecided then read on as we introduce you to them one by one.

🟡 Who is the greatest supermiler of all? See athleticsweekly.com to take part in our poll

COMPETITION



WIN an exclusive, high-quality print of Paul Collicutt's supermiler illustrations, plus a copy of his graphic comic book *The Murder Mile*. See page 29 for details on how to enter.



Walter George

THE tall, pencil-thin apprentice chemist from Wiltshire was ahead of his time and his one mile record of 4:12 ³/₄ set in 1886 was not beaten until 1915 and survived as a British record until 1935.

With a unique training schedule, George invented a home-based routine called the "100-up exercise" which involved running on the spot with high knees. He also took baths in brine and is credited with using an early form of what would later be called fartlek.

Despite suffering from asthma and hay fever, his training worked as he set world records at one, two, three, four, six and ten miles, plus the one-hour record, some being marks that would last for years.

In 1882 he went to New York to defeat the highly-rated American Lon Myers in a series of races in front of massive crowds. Then, in 1885, he destroyed Scottish professional William Cummings in the 'mile championships of the world' at Lillie Bridge in London.

An eagerly-anticipated rematch at the same venue the following year was a much closer race and saw George set a world record of 4:12 ³/₄. Amazingly, he had invited ridicule when he predicted that he would run 4:12 – with almost identical splits to the ones he eventually achieved – eight years earlier.

What's more, he was reported to have run a one mile time trial in 4:10 ¹/₅. It was a time that would not be beaten until the 1930s and was set on a course that was six yards further than a mile.





John Paul Jones

THE American was the first holder of the men's one mile world record during the IAAF era, but his best of 4:14.4 set in 1913 was slightly slower than the 'professional' mark of 4:12 ³/₄ set by Walter George during the latter part of the previous century.

During this era of amateur and professional athletics, the IAAF would only accept amateur marks as records and therefore John Paul Jones was the first world men's mile record-holder of the modern era.

'JP' Jones, as he was known, was a student of mechanical engineering at Cornell University and in keeping with his amateur status his track and field activities were little more than a hobby as he also pursued his passions of tennis, baseball and basketball.

Indeed, he even took part in baseball at the 1912 Olympics in addition to placing fourth in a 1500m race won by Arnold Jackson of Great Britain. Jones had earlier not been too interested in taking part in the Games, but he was persuaded to make the long boat journey to Stockholm and finished just behind fellow Americans Abel Kiviat and Norman Taber, who took minor medals behind Jackson.

When it came to one mile record-breaking, Jones set a world amateur record of 4:15 ²/₅ at Cambridge, Massachusetts, in May 1911, but then later improved to 4:14.4 in Allston, Massachusetts, in May 1913.

In the latter race he followed Taber through quarter-mile splits of 61.6, 2:09.3 and 3:16.1 before cutting loose to win with a 58.3 last lap.

Norman Taber

IN July 1915 the American became the first athlete to improve Walter George's long-standing professional record of 4:12 ³/₄ that had stood since 1886.

Aged 23, he lined up with a team of pacemakers at the Harvard track at Allston, Massachusetts, and beat George's mark with 4:12 ³/₅ (or 4:12.6). It was only a narrow improvement on a time that had survived as the world's fastest performance for 29 years, but Taber's new record would itself last until 1923 when Paavo Nurmi beat it.

The race was unusual because pacemakers had started off handicap marks. The first runner was given a 10-yard lead and took Taber through the first lap in 58 seconds. The second rabbit had

been given a 120-yard head start and took Taber through halfway in 2:05 and three-quarters in 3:13. Then a third had enjoyed a 355 yards lead before helping Taber on the final lap.

It worked perfectly – despite uneven splits of 58.0, 67.0, 68.0 and 59 ³/₅ – and although there were objections over the pacemaking from some quarters the IAAF approved the record.

Earlier in his career Taber had finished second to JP Jones when the amateur world record fell in 1913, while in 1912 he had won bronze in the 1500m and gold in the team 3000m at the Stockholm Olympics.

Part of a strong number of American milers during this period, Taber also had Oxford links, studying there for a period as a Rhodes scholar.



Paavo Nurmi

THE Flying Finn is undoubtedly one of the greatest middle and long distance runners in history, winning nine gold medals at the 1920, 1924 and 1928 Olympics and breaking 22 world records during an amazing career.

One of the records was of course over the mile and his best time of 4:10.4, which he set in Stockholm in August 1923, improved Norman Taber's mark by more than two seconds and would survive for eight years.

It was his wider exploits that made him a household name, though. His nine Olympic golds and three silvers spanned three Olympiads and his world records ranged from 1500m to 20,000m. This included setting world records for 1500m and 5000m in the space of an hour on the eve of the 1924 Games.

A national hero in Finland and one of the sport's first global superstars, ironically his world mile record is arguably one of his less-heralded achievements. Already a three-time Olympic gold medallist over longer distances, when Nurmi set the one mile mark he went through 1500m in 3:53 – under the existing world record for the distance – to win by almost three seconds.

Generally, though, he was considered stronger over longer distances and even showed huge ability over the marathon distance toward the end of his career. Famed for running with a stopwatch in his hand and burning his rivals off with a fierce metronomic pace, he was later given the honour of lighting the Olympic flame at the 1952 Helsinki Olympics.



Jules Ladoumègue

THE Frenchman was the first man to break 4:10 for the mile with 4:09.2 in Paris in October 1931. His career, though, would end in frustration when he was banned from competing in the 1932 Olympics, despite being favourite for the 1500m, for allegedly receiving cash payments after some of his races.

Ladoumègue was already holder of the world 1500m record with 3:49.2 from 1930 when he attacked the one mile best. The scene was the Stade Jean Bouin in the French capital and he passed the first three quarter-mile splits in 60.8, 2:04.2 and 3:08.0, at which point he was nearly two seconds outside the pace Paavo Nurmi had run when setting the world record.

Despite being criticised during his career for not having a quick

enough finish to win slower races, he began to charge on the final lap and passed 1500m in 3:52.4 – more than half a second ahead of Nurmi's record pace – and crossed the finish line in 4:09.2 after quarters of 60.8, 63.4, 63.8 and 61.2.

He also held the world records for 1000m with 2:23.6 and 2000m with 5:21.8, which made him the complete middle-distance record-breaking machine.

But championship glory eluded him as he was runner-up in the 1928 Olympic 1500m to Harri Larva of Finland and then fell foul of the amateurism rules of the time when he was barred from the 1932 LA Games.

With his galloping stride and emotional personality, though, "Julot", as he was known in France, was a national hero nonetheless.

Jack Lovelock

THE New Zealand athlete set a world record of 4:07.6 for the mile at Princeton in the United States in July 1933, but he is perhaps best remembered for winning the metric mile – or 1500m – in great style at the 1936 Olympics.

There, in Berlin, he unleashed a withering kick with 300m to go to surprise a world-class field as he won with a 56.8 last lap in a world record of 3:47.8.

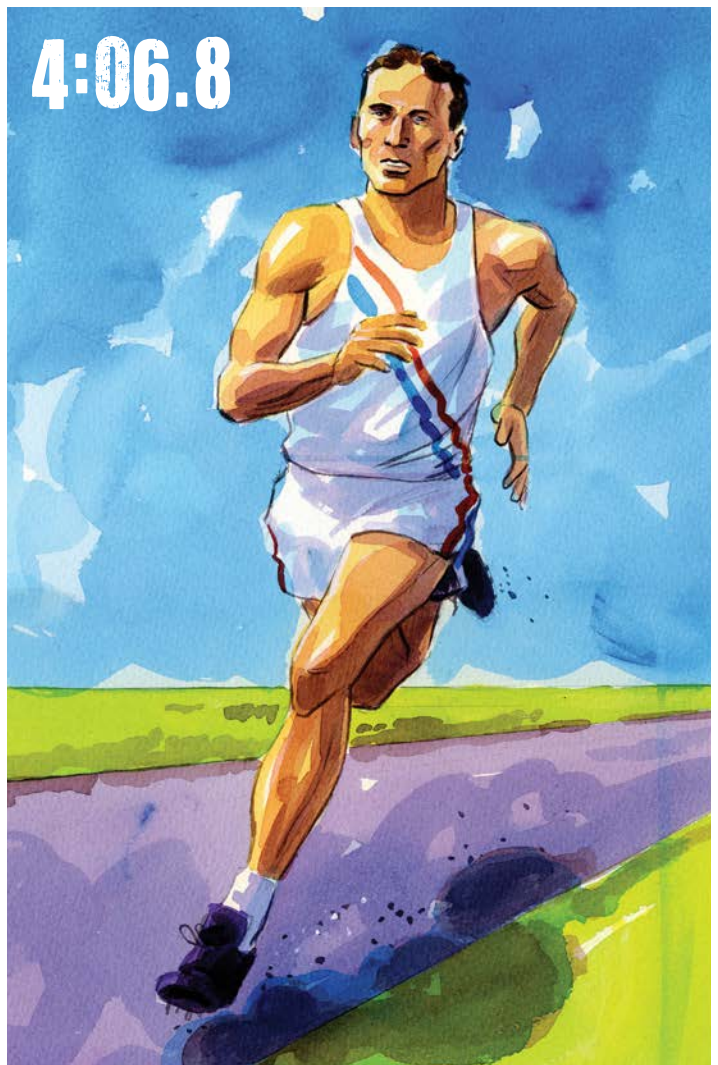
Four years earlier, Lovelock had finished seventh in the Olympic 1500m in Los Angeles, while his career also included gold at the British Empire Games in London in 1934 – a race that saw him defeat a future mile world record-holder, Sydney Wooderson.

His mile world record, meanwhile, came during a great race with American Bill Bonthron. The US runner led much of the

way but Lovelock's sprint was stronger as they both ducked under Ladoumègue's mark (Bonthron clocking 4:08.7) after splits of 61.4, 62.2, 65.1, 58.9.

For much of his peak period, Lovelock was a Rhodes Scholar student at Oxford University. A great all-rounder, he had represented his school in swimming and rugby and had won his school's boxing championship cup. He was also the head prefect and went on to study medicine.

Sadly he died aged only 39 after becoming dizzy at a railway station in New York and falling under an oncoming train. A revered figure in New Zealand athletics history, the light-footed runner was also part of the Oxbridge student scene that would soon lead to the world's first sub-four performance.



Glenn Cunningham

THE Kansas Flyer was a remarkable character. He is regarded in some quarters as America's greatest ever miler and part of his amazing story is the fact his legs were almost amputated when he was eight years old after they were badly burned during a gasoline explosion.

Glenn Cunningham, whose nicknames also included the Iron Horse of Kansas, improved Jack Lovelock's record to 4:06.7 at Princeton in June 1934 and he held the record for three years. In that race he clocked quarters of 61.8, 64.0, 61.8 and 59.1 to break the record.

Outside his record-breaking, he won silver behind Lovelock at the 1936 Olympics despite pushing hard from the front for much of the race. During those Berlin Games he shared a room with

Jesse Owens and the sprinter would become his lifelong friend.

Earlier, he had been fourth in the 1500m at the 1932 Olympics, while he also held world records for the 800m and one mile indoors – the latter a time of 4:04.4 on an oversized track in 1938.

This came during a golden period of miling in the 1930s with Lovelock of New Zealand and Sydney Wooderson of Britain improving the record and Americans such as Cunningham's big rival Bill Bonthron also a major figure.

All of this was amazing given the injuries he sustained during his childhood accident. The explosion saw his 13-year-old brother killed and doctors predicted Cunningham might never walk again and it was only his crying that prevented them going ahead with an amputation.

Sydney Wooderson

A BESPECTACLED and frail appearance belied an iron will and tremendous talent. Sydney Wooderson was the first British world mile record-holder of the 20th century and might feasibly have been the first sub-four-minute miler if World War II had not happened.

The popular Blackheath man smashed Glenn Cunningham's mile record at Motspur Park in Surrey in August 1937. Running off scratch in a handicap race, his main goal was to break his British record of 4:10.8 but with splits of 58.6, 64.0, 64.6 and 59.2 he clocked 4:06.4 in front of a crowd that included long-time record-holder Walter George.

Away from record attempts in the mile, Wooderson's achievements included European titles over 1500m in 1938 and a 5000m victory in 1946 that saw him break the British record by 23 seconds as he beat a field that

included a young Emil Zatopek.

He set world records at 800m, 880 yards and in 1945 he ran his quickest mile – a British record of 4:04.2 – behind Sweden's Arne Andersson. Then, in the twilight of his career, he won the National cross country title over 10 miles in 1948 aged 33.

Bad luck stopped him winning Olympic gold, though. In 1936 his hopes were thwarted with an ankle fracture, while he would arguably have been at his peak during the war years.

Still, he enjoyed a tremendous career, with strength and stamina that was at odds with his 5ft 6in, eight-stone-odd frame and eyesight that was so poor he was excused doing national service.

Such a character proved an inspiration to Bannister himself and even hardened historians and statisticians have suggested that Wooderson could have run a sub-four mile if the war had not intervened.



Gunder Hägg

HAILING from a great era for Swedish middle-distance running, Gunder Hägg swapped the world mile record with compatriot Arne Andersson throughout the 1940s.

Born in 1918, he was a natural talent who ran 4:14 for the mile at the age of 17. But he suffered a bad bout of pneumonia in 1939 and doctors told him he should give up hope of returning to top-level sport.

However, he ignored the advice and trained daily, often in the heavy snow of northern Sweden in winter.

During a remarkable 1942 he took two tenths off the record with 4:06.2 in Gothenburg before losing that mark nine days later to Andersson. He regained it with 4:04.6 in Stockholm two months later.

In fact, in 1942 he set 10 world records over seven different distances in the space of 12 weeks. If he had not lost training time in late July and early August due to illness, who knows how much quicker he could have gone?

After losing out on the mile record and supremacy for the next two years, his final world mile mark came in Malmö in 1945 as his 4:01.4 brought the four-minute barrier ever closer. As he opened up on that occasion with a lap of 56.6 seconds and was not in top shape, it has been suggested that he had the capability to run a sub-four mile.

In 1946 he received a ban for professionalism from the Swedish association and never competed in an international championship.

Arne Andersson

LIKE Seb Coe and Steve Ovett, it's impossible to talk about Gunder Hägg without also mentioning his great Swedish rival Arne Andersson.

Andersson, who was slightly older than Hägg, was not considered quite so naturally talented and he was also the underdog when he raced the more popular, front-running Hägg. Yet Andersson's powerful sprint finish brought him a number of victories over his fellow countryman, plus several world records.

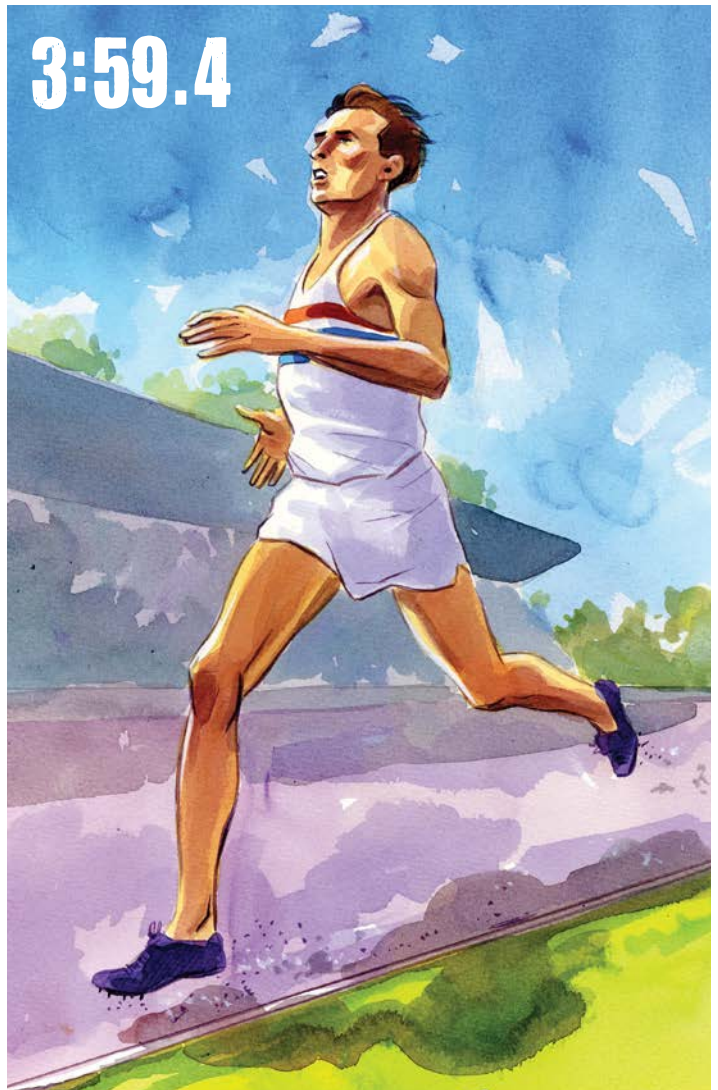
Over one mile Andersson first equalled Hägg's record of 4:06.2 in Stockholm in 1942 – just a week after Hägg had set the figures. He then lost the record outright to Hägg but bounced back in July 1943 to reclaim the record with 4:02.6 in Gothenburg

and then improved to 4:01.6 in Malmö a few days later before Hägg got the last laugh with a further improvement in the same city the following year.

Andersson's 4:01.6 record especially was an epic encounter. As often happened, Hägg led much of the way with splits of 57.1, 1:56.7 and 2:59.6 but Andersson's home straight spurt brought him home four tenths of a second ahead of Hägg.

Andersson, who outside athletics was a school teacher, also set a world 1500m record with 3:45.0 in 1943 as this vintage period of Swedish athletics brought the prospect of a sub-four-minute mile tantalising close.

Perhaps Andersson or Hägg might actually have done it, too, if they hadn't been banned for professionalism early in 1946.



Roger Bannister

INSPIRED to run when watching former mile world record-holder Arne Andersson in 1945, his first mile was 4:53 – notably at the Iffley Road track which he would later make famous.

He declined the chance to compete in the 1948 London Olympics as he did not feel ready, but that year set UK junior bests of 4:18.7 and 4:17.2.

His progress continued and in 1951 he led the world rankings with 4:07.8 and clocked 2:56.8 for 1200m – just 0.2 seconds outside the world best.

A three-quarter-mile time trial of 2:52.9 just before the Helsinki Games confirmed him as one of the favourites for the 1952 Olympics, but his light training schedule perhaps hindered him in maintaining his shape through three rounds in three days and he

placed only fourth.

Concentrating on his medical studies, he would probably have retired had he won gold, but instead he set his sights on the Empire Games in 1954 and trying to become the first to run a mile in under four minutes.

His attempt at Iffley Road in Oxford on May 6, 1954, would appear initially to have been scuppered by the wind, but it died down and, paced by Chris Brasher and Chris Chataway, he clocked splits of 60.7, 1:58.2 and 3:00.5 on his way to the legendary figures of 3:59.4.

After John Landy took the world record from him with 3:58.0 just six weeks later, Bannister beat him in an epic Empire Games race in 3:58.8 and he would also win the European Championships 1500m that year before retiring.

John Landy

THE sub-four mile had seemed so elusive yet just six weeks after Roger Bannister broke the barrier, Australian John Landy sailed under it with ease.

In Turku, Finland, on June 21 in 1954, he ran 3:58.00, which was remarkable considering it was more than three seconds quicker than the record had been at the start of the year. Bannister has rightly been given much more acclaim, but Landy's performance is unfairly overshadowed. He was also a second inside the world 1500m record en route with 3:41.8.

Born in 1930, he was distracted at the start of his career by football, but on concentrating on running improved to 4:31 for the mile and just four months later to 4:17.

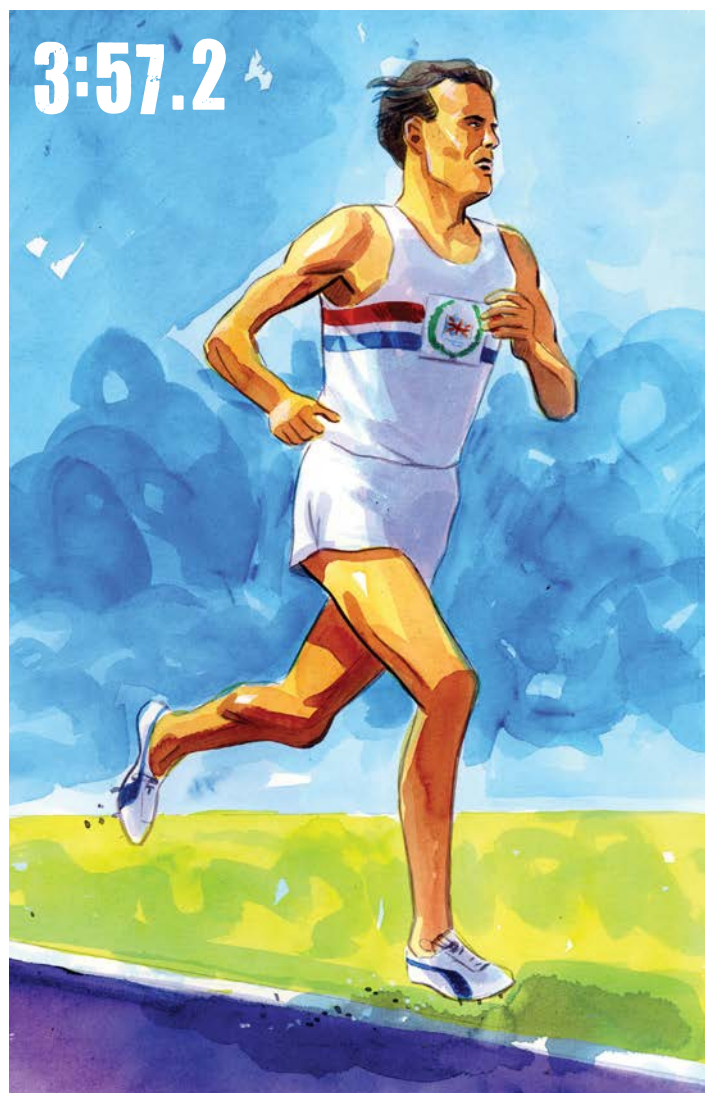
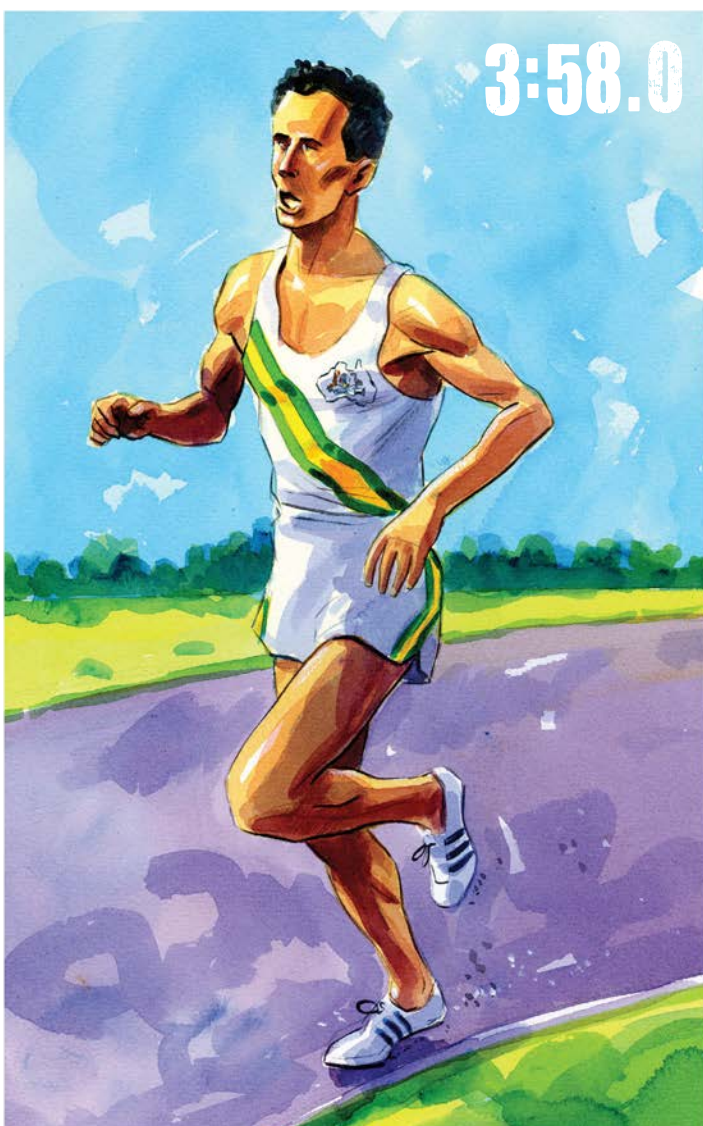
He made the 1952 Olympics but failed to get out of his heat.

He was a different athlete by the following winter, clocking 4:02.1 to miss the world record by just 0.7 seconds and top the 1952 world rankings in his first race of the Australian season.

Perhaps he would have beaten Bannister to the feat if he had more competition the following winter.

After defeat by Bannister in the Empire Games, the 1956 Olympics was seen as his big chance. In the trials, he ran 4:04.2 despite running back to help a competitor get back on his feet and losing 30 metres or more, so he may have been capable of breaking his record that day.

However, he was affected by an Achilles tendon problem in the build-up and took bronze.



Derek Ibbotson

BORN in Huddersfield in 1932, Derek Ibbotson showed promise as a junior over the longer distances and it was at the three miles that he took his first AAA title in 1956.

He looked a contender over 5000m at the Melbourne Olympics, but he was beaten into third as Soviet Vladimir Kuts took gold.

In Glasgow in early 1957 he ran just 0.4 outside the world mile mark with 3:58.4.

Then on July 19 at White City, London, "Ibbo", as he was affectionately known, made sure the record returned to British hands. He clocked 56.0, 60.4, 63.9 and 56.9 for the respective quarters to become the third Brit in the IAAF era to set the world mile record.

His 3:57.2 took eight tenths

off Landy's mark and three other runners – Ron Delany of Ireland, Stanislav Jungwirth of Czechoslovakia and Ken Wood of Britain – were under four minutes.

He raced 70 times during 1957 and this perhaps took its toll on him the following year.

He was never again quite to find the same form and failed to make the Olympic team in 1952.

However, he did have the distinction of becoming the first person to run exactly a four-minute mile when he clocked 4:00.0 in finishing fourth at White City in 1958. He also won the 1962 European indoor two-mile title and due to his swashbuckling personality he earned the nickname "the four-minute smiler" and is one of the most popular athletes in the history of British athletics.

Herb Elliott

MANY view Herb Elliott as the ultimate mile competitor. From when he started serious training at 16 to when he retired at 22, he never lost a 1500m or mile race.

He only set the one mile record but it was a sensational race and improvement. In Dublin, there were 20,000 there to watch him take on Ireland's Olympic 1500m champion Ron Delany.

Three miles world record-holder Albie Thomas ran a 56.0 opening lap and slowed to 1:58.0 at halfway with Elliott second in 1:58.2 and he was surprised to be overtaken by his countryman Merv Lincoln on the third lap as the bell rang at 2:59.0.

Elliott kicked ahead on the last lap which he covered in 55.3, though most of the damage was done in his 14.9 last 120 yards.

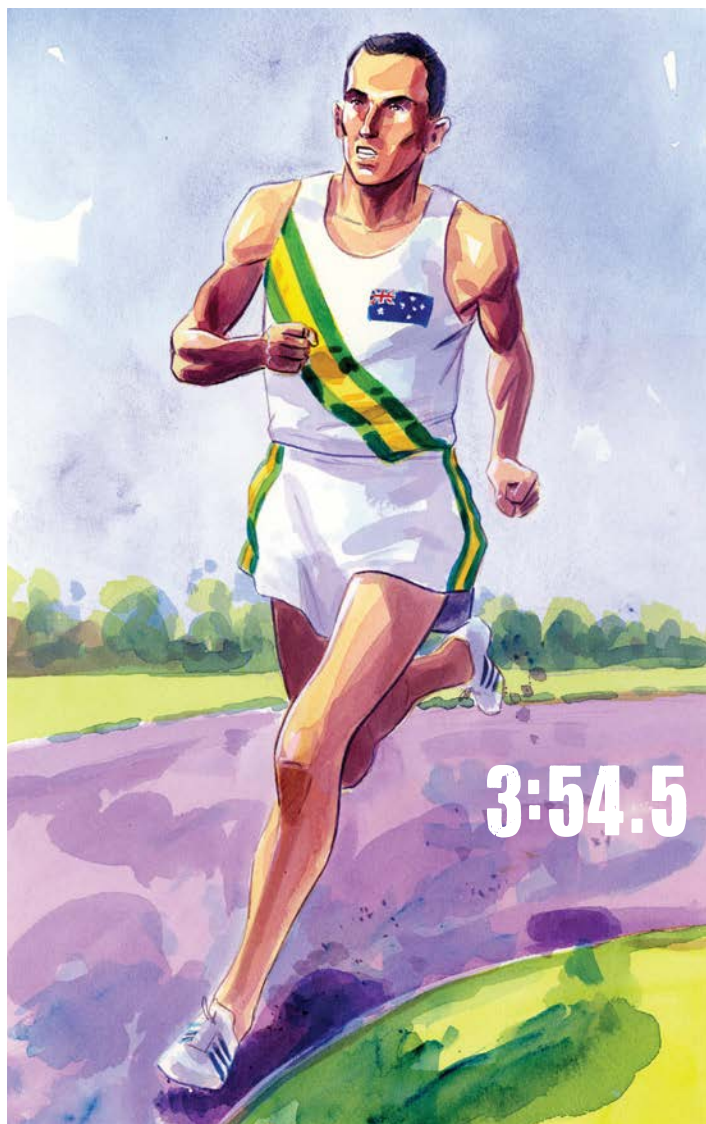
His 3:54.5 took 2.7 seconds off the record and Lincoln's 3:55.9 also bettered it while Delany and Murray Halberg's 3:57.5 moved to equal fourth all-time.

He had always looked a future world record-holder. At the age of 16 in 1954, he ran a 4:25.6 mile after surviving a 56.8 first lap!

In 1957, aged 17, he set world junior records of 3:47.8 for 1500m, 4:04.3 for the mile, 9:01.0 for two miles and 14:02.4 for three miles.

But during his short career the most famous victory of the Percy Cerutti-trained Australian was at 1500m when he spread-eagled the field at the Rome Olympics to win by 20 metres in a world record 3:35.6 to improve his own 3:36.0 record from 1958.

He also won Commonwealth gold in 1958 over 880 yards and the mile.



3:54.5
3:54.1



Peter Snell

THE powerful Kiwi could not boast an unbeaten record like Herb Elliott but he competed for a much longer period and won three Olympic golds.

The New Zealander set his first mile record four years after Elliott on a 352.8m grass track in Wanganui and entered the race with a best of just 4:01.8.

Barry Cossar led at a slow pace in 60.7 and 1:59.2, with Snell well back in 2:00.8. His three-quarter mile time of 2:59.8 looked too slow and he was overtaken by Bruce Tulloh before blasting back past down the final back straight where he covered that last lap in 54.8 to take a tenth off Elliott's record.

After some sensational miles in the USA, including a 3:54.9 with a

54.7 last lap and unprecedented 14.0 last 120 yards, the record wasn't approached until after Snell had completed an 800m and 1500m Olympic double in Tokyo in 1964.

In front of a 25,000 crowd on a fast cinder track in Auckland in November 1964, Snell went for it and was timed at 56.4 for 440 yards and an unprecedented 1:54.1 at halfway. He was on his own through three-quarters in 2:54.3 but was out on his feet on the last lap and his last 120 yards of 16.5 was his slowest ever but he improved the record to 3:54.1.

Snell won his first Olympic title in Rome in 1960 with a surprise 800m win and then dominated proceedings in Japan, winning the 800m by half a second and the 1500m by a second and a half.

Michel Jazy

PETER SNELL'S 3:54.1 mile record lasted less than seven months. In a specific record attempt – albeit European rather than world – at Rennes on June 9, 1965, Jean Kerveadou led through an extravagant 56.5 before Jean Wadoux took them through in a more realistic 1:55.7 with Jazy relaxed in 1:56.5.

Jazy was ahead by three quarters of a mile in 2:57.4. He was over three seconds down on Snell's equivalent time but he was full of running. The Frenchman needed a 56.7 last lap to better the record but found a spritely 56.2 for 3:53.6.

He also set records at 2000m. Initially a modest 5:01.6 in 1962 which was broken in 1965 and improved on early in 1966 before

Jazy unleashed a superb 4:56.2, which lasted almost ten years.

He also set two less impressive world marks at 3000m and two at two miles.

But Jazy's competitive record wasn't always as impressive as his record setting. He was well beaten by Elliott in the 1960 Olympic 1500m but ran 3:38.4 for a clear silver medal.

He ran the 5000m in 1964 and was ten yards clear with 200m to go but faded badly, losing the lead in the last 50 metres to American Bob Schul and then a medal in the last stride to finish fourth.

After finishing 10th in 1958, he won the European 1500m easily in 1962 but was second in 1966, although he did win the 5000m that year.

**Jim Ryun**

MANY believe Jim Ryun was the greatest ever mile talent although you couldn't tell from his Olympic results. He made the US 1964 Olympic team aged just 17 but a heavy cold hampered him and he failed to make the 1500m final.

Four years later in Mexico he ran a superb 3:37.8 for 1500m at high altitude but couldn't match Kip Keino at the Games itself and he fell in the heats in Munich in 1972 and turned professional shortly afterwards.

In terms of times, he ran 4:07.8 for the mile aged 16, 3:59.0 at 17 and 3:55.3 at 18, beating Snell by a tenth of a second for an American record.

After turning 19, he ran a 25.5 last 220 yards to break Snell's world half mile record with 1:44.9.

In July 1966, Ryun went for the

mile record at Berkeley. He was second at the quarter in 57.9 and the pace increased at halfway in 1:55.5. Ryun led through three-quarters in 2:55.3. He needed a 58.2 to break the record and with a 56.0 last quarter he ran 3:51.3.

A year later in the US Champs, he led all the way. A 59.0 first quarter was too slow, as was a halfway time of 1:58.9, but a 2:57.4 three-quarter mile split put him just two seconds down on his record pace and, full of running, he clocked a 53.7 last lap to improve his record to 3:51.1.

His best race, however, was at 1500m in Los Angeles in 1967 when, after following Keino through a 60.9 first lap and then a 56.0 second, he took the lead 300m out and took four seconds out of the Kenyan to take 2.5sec off the world record with 3:33.1.



In May 1954 Chris Brasher helped pace his good friend Roger Bannister to break the four minute mile and claim a place in athletics folklore.

60 years later, Sweatshop, the company that Chris founded, helps thousands of runners every week to reach their goals.

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Run Hub 

Filbert Bayi

THE Tanzanian made a forgettable Olympic debut aged 19, running 3:45.4 in his 1500m heat and 8:41.4 in the steeplechase. A few months later, though, he ran 3:38.9 for 1500m and then sensationally beat former Olympic champion Kip Keino to win the African title in a world class 3:37.2.

He further improved in 1973 with extravagant pacing and ran a Commonwealth 1500m record of 3:34.6 and a 3:52.6 mile, although was beaten in the latter by Kenyan Ben Jipcho's Commonwealth record 3:52.0.

In the 1974 Commonwealth Games in Christchurch, Bayi was fourth in the 800m in a PB 1:45.12. Then, in arguably the greatest ever championship 1500m race, he shot through 400m in 54.4, 800m in 1:51.8 and 1200m in 2:50.4 and despite New

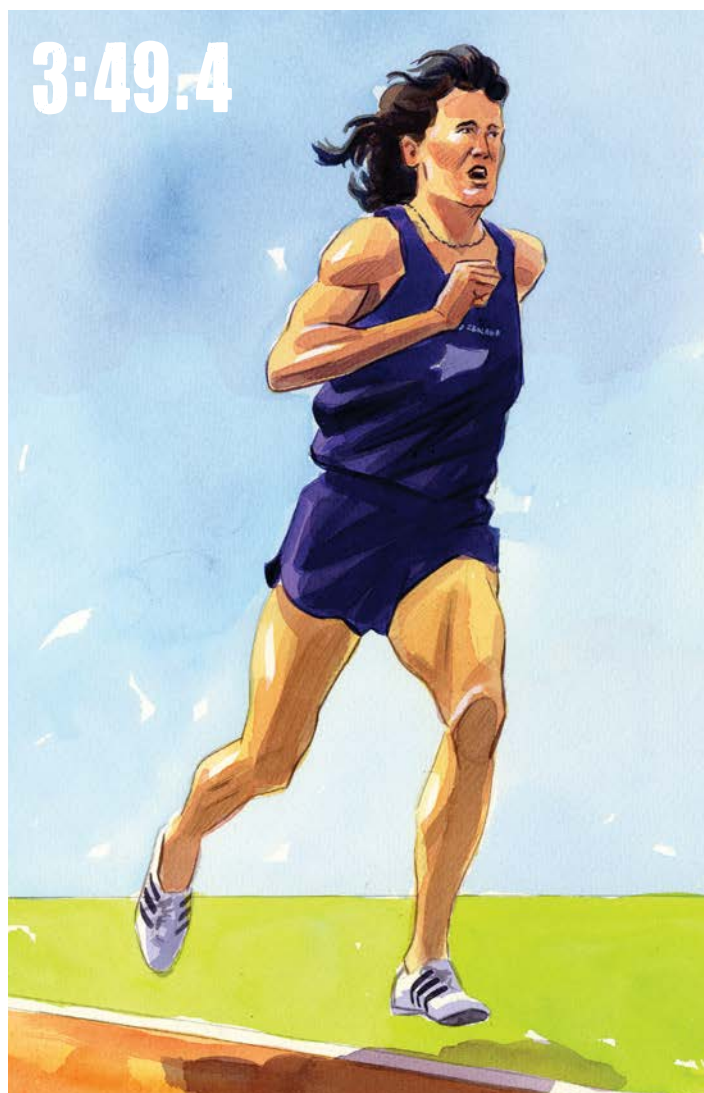
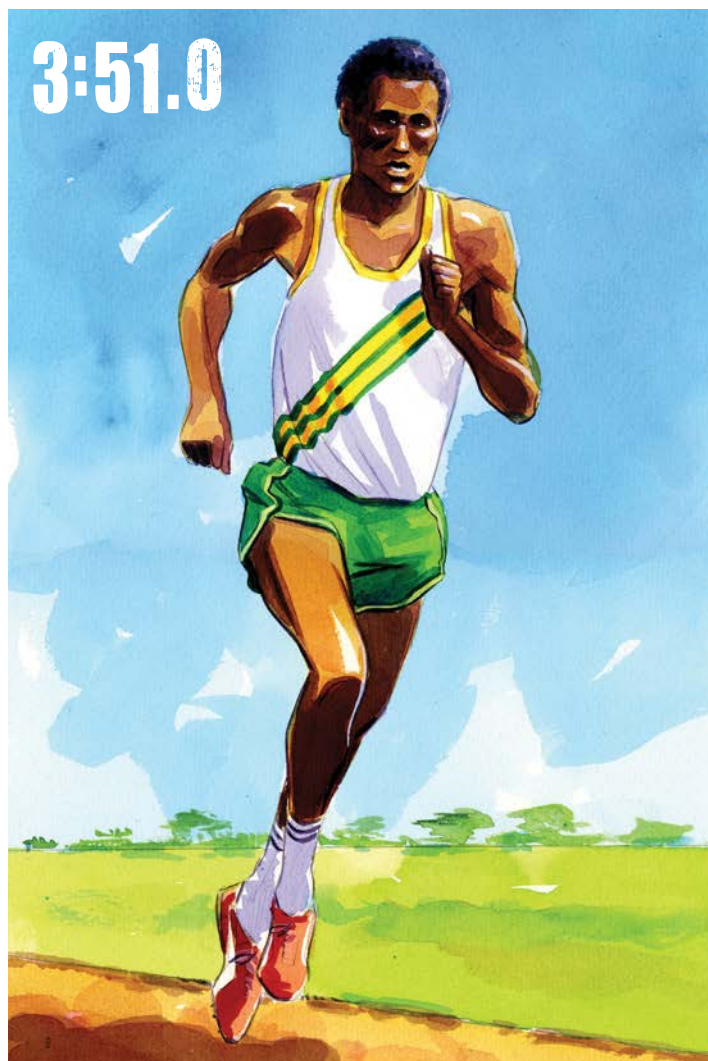
Zealand's John Walker closing on him down the final backstraight, Bayi accelerated again with a 55.8 last lap to win.

Bayi's 3:32.2 and Walker's 3:32.5 smashed Jim Ryun's world 1500m record and the third to fifth runners went into the all-time top six.

In 1975, Bayi took the mile record in Kingston, Jamaica, although it was a less impressive run. His laps of 56.9, 59.7, 58.7 and 55.7 meant he took a tenth off Ryun's nine-year-old mark.

The African boycott kept him from the 1976 Games and he was a close second in the 1978 Commonwealths as Dave Moorcroft edged him on the line 3:35.48 to 3:35.59.

His last big race was at the 1980 Olympic steeplechase. He built up a big lead but was caught by Poland's Bronislaw Malinowski and settled for silver in 8:12.5.



John Walker

THE winner of the Olympic 1500m title at the Montreal Games in 1976 was also the first person to run the mile in under 3:50. Coming from a vast heritage of world-class Kiwi runners, he came to prominence in 1974 when finishing runner-up to Filbert Bayi in the 1500m at the Commonwealth Games in Christchurch where both eclipsed the previous world record for the metric mile.

The immensely strong Walker was the third of New Zealand's triumvirate of great milers following the exploits of Jack Lovelock and Peter Snell. And although they were hard acts to follow, he more than matched their achievements.

The New Zealander went on to set new figures for the mile in 1975 where he clocked 3:49.4 in

Gothenburg, a time that would not be surpassed for four years. The following year in Oslo he set new figures of 4:51.4 for the rarely run 2000m – a time regarded by the Kiwi as one of his best.

Then, in 1982, he set new Kiwi figures of 3:49.08 when finishing runner-up to Steve Scott in the Dream Mile at the Bislett Stadium in Oslo.

In 1985 Walker became the first man to run 100 sub-4 minute miles. With an international career spanning almost two decades, he notched up an incredible 135 such performances under the illustrious sub-4 barrier.

Olympic champion and world records aside, he won the New Zealand "Sportsman of the Year," "Athlete of the Year (Track and Field News)" and the Lonsdale Cup.

Steve Ovett

THE Brighton athlete was an enigma with unbelievable talent who kept crowds entertained and transfixed. In his rise to prominence it was the performance that mattered, with times having little relevance. His amazing change of pace in races where he would open up clear daylight between his competitors within a matter of metres left spectators awestruck.

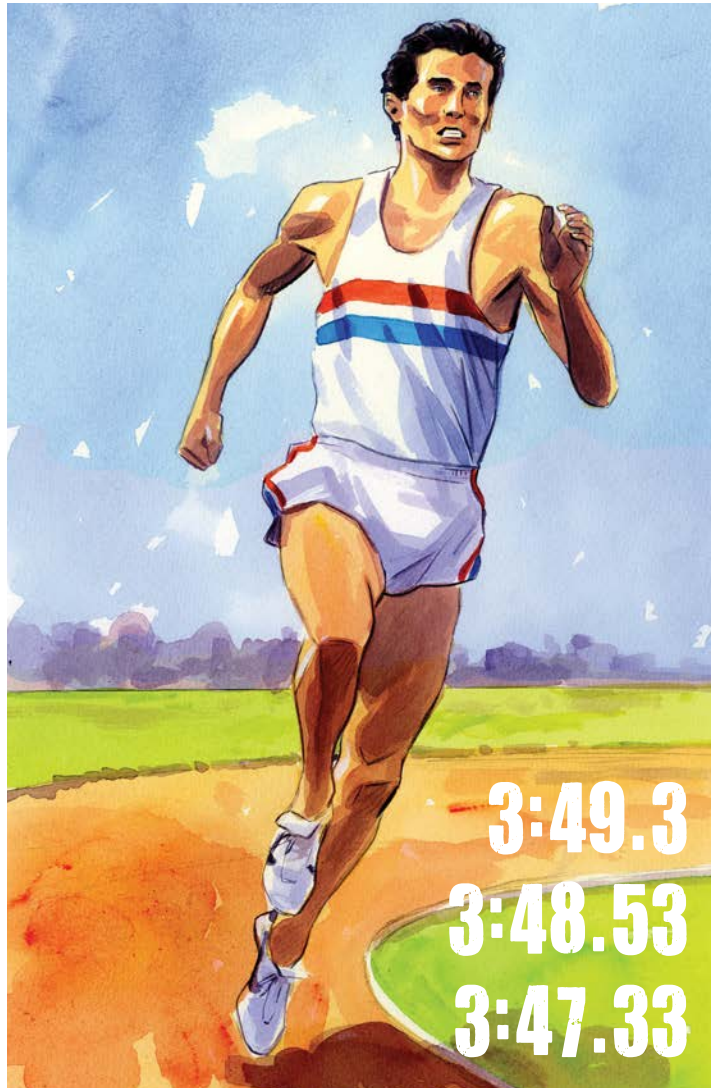
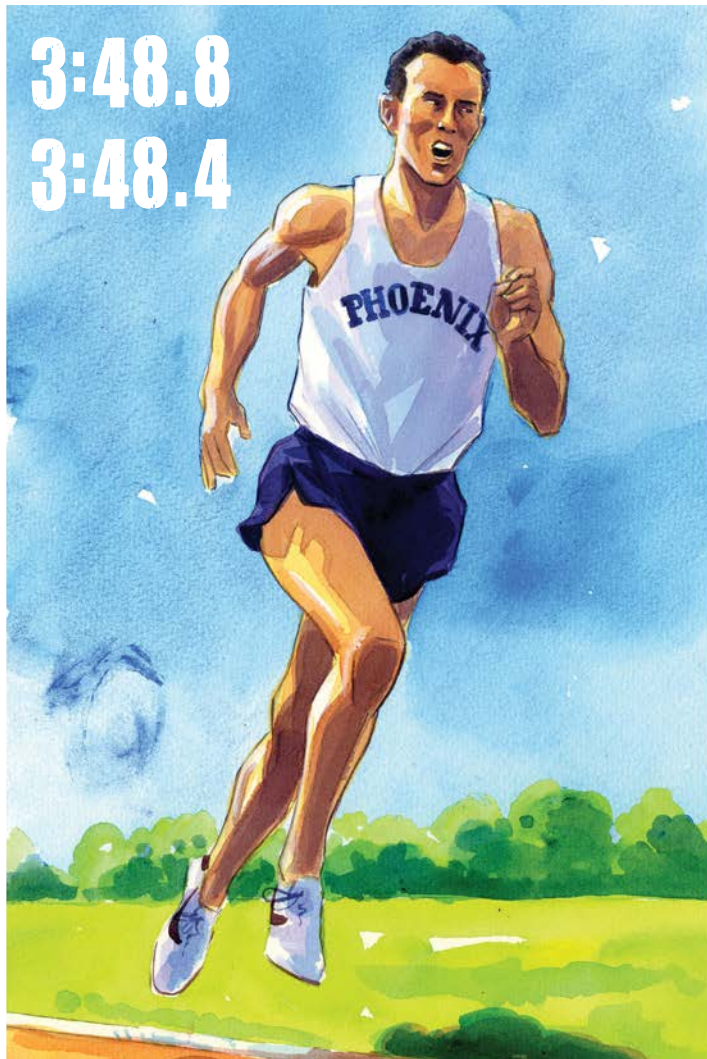
Ovett was a star from the start of his career which saw him win titles at English Schools, AAA youth as well as a prestigious European junior gold over two laps. He quickly made the transition to senior level when finishing runner-up at the European Championships in a European junior 800m record (1:45.77) in Rome.

Between 1977 and 1980 he won 45 successive races over

1500m or the mile. That would come to an end unexpectedly at the 1980 Moscow Olympics.

After swapping world records over 1500m and the mile with Seb Coe it was anticipated that Coe would take the 800m title. Ovett ran a great tactical race and Coe did not, with the gold going to the Brighton man. The 1500m would surely be Ovett's, but Coe showed great determination and race craft to come home first with Ovett taking the bronze.

Despite his reluctance to chase records, Ovett's first world mile record came just before the Moscow Olympics when he ran 3:48.8 in Oslo in July 1980. After Coe reclaimed the record in August 1981, Ovett took it back again just seven days later with 3:48.40 in Koblenz before Coe recaptured the mark two days later in a phenomenal display of record swapping.



Seb Coe

SEB COE won four Olympic medals – two golds and two silvers. He also set eight outdoor and three indoor world records with three world records coming in the space of 41 days.

His 800m world record (1:41.73) set in Florence in 1981 remained untouched until 1997. He also became the first person to hold the 800/1500m and mile records simultaneously.

His first mile record came as a novice at the distance – he shocked a world-class field to clock 3:48.95 in Oslo in 1979. Then, in 1981, he was part of an extraordinary period of record-breaking with Steve Ovett.

After Ovett had taken the mile record in 1980, Coe recaptured the mark with 3:48.53 in Zurich in 1981. Ovett then struck back to improve the record just days later

before Coe ended the season with 3:47.33 in Brussels – a record that would last four years.

The intense rivalry with Ovett is legendary and after defeat at the hands of his nemesis over his favoured 800m at the 1980 Olympic Games in Moscow, Coe came back to win his first Olympic 1500m title covering the final 400m in 52.2 and the last 100m in a 12.1 seconds - the fastest ever finish at this distance.

Four years later at the 1984 Olympics in Los Angeles after winning 800m silver behind Joaquim Cruz he retained his 1500m in an Olympic record of 3:32.53. His last two laps were run in 1:49.8, his last lap 53.2 seconds and his last 100m in 12.7 seconds.

He remains the only person to win successive Olympic 1500m titles.

Steve Cram

WHEN Steve Cram ran 3:46.32 for the mile in Oslo in 1985 the mark would remain the world record for the next eight years.

Nicknamed the "Jarrow Arrow", Cram joined fellow Brits Seb Coe and Steve Ovett in being one of the world's most dominant milers of the '80s.

His mile world record came just 11 days after he became the first man to run sub-3:30 for 1500m with 3:29.67 in Nice. That mark only lasted five weeks, while no one would run faster than him over the longer distance until Noureddine Morceli in 1993.

Cram lined up as part of a classic field on the night of July 27, 1985, in Oslo. Joined by the likes of Coe, New Zealand's John Walker, American Steve Scott and Spain's José Luis González,

he was spurred on by the thought of beating his British rival and clocked a 53-second last lap when he thought he was under threat from Coe. It turned out to be González behind him, with Coe one spot behind the Spaniard.

Eight days later and Cram continued his record-breaking ways, setting a 2000m world best with 4:51.39 in Budapest.

His world records formed part of a career which saw the Jarrow & Hebburn runner win world 1500m gold in 1983, before he went on to claim Olympic silver over the same distance in Los Angeles a year later and win Commonwealth titles over 1500m (in 1982 and 1986) and 800m (1986). European titles were also claimed over 1500m in 1982 and 1986.



Noureddine Morceli

IN 1993 Algeria's Noureddine Morceli ended Britain's 14-year reign as the nation of the mile world record-holder when he lowered the mark by almost two seconds with 3:44.39 in Rieti.

The record had been shared between British rivals Sebastian Coe and Steve Ovett since 1979 before Steve Cram clocked 3:46.32 in 1985.

In slicing 1.93 seconds from Cram's mark, Morceli recorded the biggest drop in the record since American Jim Ryun took more than two seconds off Michel Jazy's 3:53.6 in 1966.

With Réda Abdenouz and Freddie Williams setting the pace, Morceli recorded splits of 54.9, 57.7, 57.3 and 54.5 in a race between just him and the clock.

His world record in the mile

followed his second 1500m world victory in Stuttgart, his first coming at the 1991 championships in Tokyo which followed a world indoor title over the distance in Seville nine days after he broke the world indoor record for 1500m on the same track.

He would later go on to win a third outdoor world title over the distance in 1995 before claiming Olympic gold in Atlanta in 1996. Four years earlier he had placed seventh in the Olympics, having been sidelined by a hip injury.

He first broke the world record for the metric mile in September 1992, before setting his sights on Cram's mile mark. He would remain the mile world record holder for almost six years. In 1995 he lowered his own 1500m record to 3:27.37 in Nice.

Hicham El Guerrouj

CONSIDERED by many to be the greatest middle-distance runner ever, Hicham El Guerrouj's mile best of 3:43.13 from 1999 remains the world record to this day.

A year after smashing the 1500m world record in Rome, the Moroccan returned to the Italian capital to do the same over the longer distance. Clocking 3:43.13 he won a thrilling race, with runner-up Noah Ngeny of Kenya also dipping under the old world record mark with 3:43.40.

It had not all been plain sailing for El Guerrouj, though. Finishing runner-up to the then world record-holder for the metric mile Noureddine Morceli at the 1995 World Championships, he went to his debut Olympics in Atlanta the following year as one of the favourites for 1500m gold. But he tripped in the final, eventually finishing 12th, and his

next attempt at Olympic glory in 2000 saw him lose out on gold to Ngeny.

His dominance over 1500m at the World Championships was unwavering, however, his four consecutive titles claimed between 1997 and 2003. In 1995 and 1997 he also won world indoor titles over the distance plus 3000m gold in Lisbon in 2001.

But El Guerrouj further cemented his supermile status in 2004 when, in the 50th anniversary year of Roger Bannister's first sub-four-minute mile, he ran a 3:34.19 1500m to win a thrilling Olympic battle in Athens with Bernard Lagat.

Four days later he continued his winning ways, preventing Kenenisa Bekele from claiming a distance double as he beat the Ethiopian to 5000m victory for his second gold of the Games.



COMPETITION

WIN a supermiler poster
PLUS a copy of *The Murder Mile* graphic novel!

ATHLETICS WEEKLY has teamed up with illustrator and writer Paul Collicutt to offer **FOUR** limited edition printed posters of the supermiler images that feature over the last few pages of this magazine.

What's more, lucky winners will get a free copy of *The Murder Mile* graphic novel which was produced by Collicutt and reviewed in AW last year.



To enter, simply answer this question:

Roger Bannister's immortal 3:59.4 survived as the world record for little over a month, but who broke it and what was his time?

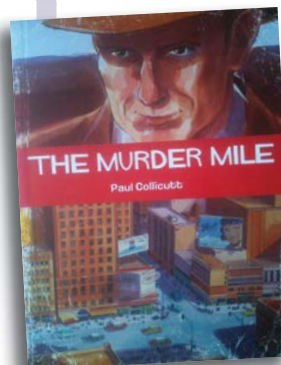
Send your entries to jason.henderson@athleticsweekly.com and please include your postal address and phone number.

The Murder Mile is published by SelfMadeHero and the limited edition art print of the mile world record-holders is available at paulcollicutt.bigcartel.com

Collicutt, who is also the chairman of Brighton Phoenix, also blogs at paulcollicutt.blogspot.com

In addition to this competition, there is a further chance to win one of the prints at the Brighton Phoenix open meeting at Withdean on May 14.

See brightonphoenix.org.uk for more details



Murder Mile mystery

THE MURDER MILE is a detective drama set during the era of Roger Bannister's world record-breaking four-minute mile. The scene is Arizona, 1954, and runner Todd 'The Phoenix Flyer' Naylor is found dead. PI Daniel Stone's investigations find him increasingly ensnared in a web of conspiracy, cartels and communists.

See selfmadehero.com

SO MUCH HAS BEEN WRITTEN ABOUT THE EVENTS OF MAY 6, 1954, BUT **PAUL HALFORD** WAS KEEN TO HEAR MORE ABOUT WHAT SIR ROGER BANNISTER HAS BEEN MOST PROUD OF SINCE

PICTURES: MARK SHEARMAN

ONE WEDNESDAY morning in February an 81-year-old man shuffles steadily around Paddington Recreation Ground track. He would normally do 16 laps, but his training run is cut short that day – the track is being used as the launch for the Bupa Westminster Miles and the home straight needs to be cleared.

He comes off and tells us this used to be his training ground when he was at his peak when he ran a sub-five-minute mile.

That would have been a good club-standard time in those days, but his PB would have been eclipsed by someone else who used to train at Paddington, another now octogenarian who was shortly to turn up as the star of the launch.

Sir Roger Bannister, nearly 60 years on from when his 3:59.4 mile clocking broke what was once considered an impregnable barrier, finally arrives. But with his 85th birthday the following month, whereas he used to speed around this track doing reps of 60 seconds, he is now sadly pushed along it in a wheelchair.

After the photoshoots, incorporating the obligatory group of children from a local school, Bannister is about to reveal that, though he is more frail physically, his mind is as sharp as ever.

During several hours of interviews, he talks tirelessly about the most revered performance in athletics history when one would have thought he would fed up of doing so by now.



SUB-4 and beyond

He recalls his memories of training at the old dust track and Paddington Rec when he used to fit training in around medical studies.

"I used to perhaps unwisely cut one of the noon lectures at medical school so that I could get over here to this track, one stop on the tube, and I could get back

to Paddington General where I was studying and I would have a quick lunch and then be back on the wards by two o'clock," he said. "I didn't like the running to interfere with my evenings."

It shows how athletics in those days was different to now – at least in Britain. Training was much less and the elite needed

to hold down full-time jobs if they weren't studying.

He admits: "I'm afraid I wouldn't have been breaking records if I were running today. I was only running while I was a student at Oxford and St Mary's, which I would not have been able to do if I were an athlete today. You do have to run probably two hours a day to run world records now. In those days I only did about 35 miles a week and not more than 30 minutes of actual hard running."



Sir Roger Bannister: talks about the magic of the mile with Paul Halford

Some weeks later I have the chance to speak to Bannister at his home in Oxford over the telephone as he promotes his new autobiography *Twin Tracks* (see panel, p33).

He felt the time was right to bring out another book after *The First Four Minutes*, which concentrated on his running career, because there has since been so much he has achieved in his life that he is at least as proud of – particularly his work as a neurologist, with the Sports

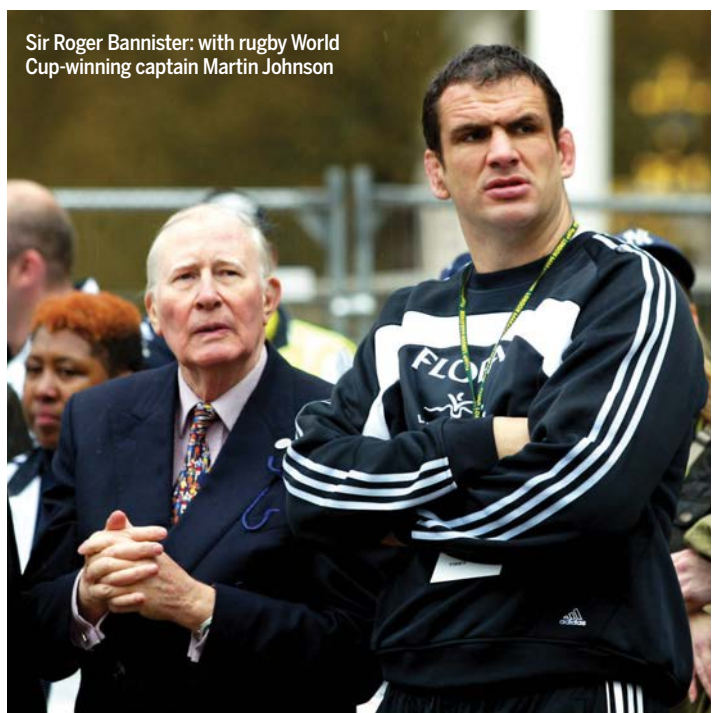
Council and his pioneering work in the detection of doping.

Asked whether he had a sense of pride talking about the sub-four-minute mile, he replied: "I think more about neurology than I do about running, I suppose. Running was just for a brief period as a student and there's now been another 60 years of living. I'm very proud of my wife and my family."

He elaborated on his work from 1971-4 as chairman of the English Sports Council.



Sub-four rivals and friends: Roger Bannister with John Landy



Sir Roger Bannister: with rugby World Cup-winning captain Martin Johnson

"I think more about neurology than I do about running, I suppose. Running was just for a brief period as a student and there's now been another 60 years of living. I'm very proud of my wife and my family"

SIR ROGER BANNISTER

He said: "I believe that the Sports Council, although now split into Sport England and UK Sport, has been responsible for the production of better elite athletes and has led indirectly to the kind of successes that happened in the London Olympics. I realised the governing bodies of the Olympic sport needed reorganisation and so as a council we would provide the salary for a new administration. I'm very pleased with the progress."

It was under his lead that the slogan "Sport For All" was used by the Council in encouraging the masses to take up sport.

But today UK Sport has been criticised by some for being too elitist and rewarding federations for winning medals as opposed to looking at the broader picture and advancing elite sport in general.

For example, our interview came just after UK Sport discontinued its funding of elite basketball because of poor performance.

Bannister reacted to the medals-only focus by saying: "There are two aspects of sport. What I was more concerned with when I was involved in the Sports Council was recreation for the whole population. That was my aim and that was symbolised by the logo Sport For All. I was involved in putting up about 1400 multi-purpose sports halls. That was my main objective.

"But, as you rightly say, everyone is concerned with medals. I knew that obviously we wanted the most able of the population who would emerge from school sport to have the best opportunity they could and so there was an altogether different programme in relation to elite sport and that's why the separation between UK Sport and Sport England arose.

"When I was chairman of the Sports Council the sort of sums of money available in today's terms were £30 million

"My hope would be to make it so probable that the testing will catch those taking the drugs that it won't be worth the risk. Eternal vigilance is needed and it's necessary to follow new trends of abuse"

SIR ROGER BANNISTER



Barrier breaker: Sir Roger Bannister does not rule out a sub-3:30 mile in future

or something and now it's £300 million. And for that I give credit to John Major (former prime minister), who brought in the Lottery (funding) and it has proved a great boom to the development of athletics."

Another of Bannister's successes was in the advance of a key method called "radioimmunoassay testing" in the detection of drug use – before the world governing bodies truly began to clamp down on doping in sport and when its systematic use was going undetected.

The area of doping is one that Bannister is very concerned with.

He said: "My hope would be to make it so probable that the testing will catch those taking the drugs that it won't be worth the risk. Eternal vigilance is needed and it's necessary to follow new trends of abuse. What's happening now is that anyone who takes a drug test the specimen is kept so that if other analysis become available then it can be retested. And I think that's a very important next step.

"I believe that Jacques Rogge (IOC president until last year) was

really trying very hard and was in favour of positive tests because it showed that tests were working," he says. "His predecessor Juan Antonio Samaranch (president from 1980 to 2001) was rather reluctant to pursue it as hard as he should because he thought it didn't show the sport in the best light."

Along those lines, I wonder if he is cynical when he sees the times athletes have run since. Morocco's Hicham El Guerrouj set the current world record at 3:43.13 in 1999, while 52 athletes have run a mile outdoors quicker than 3:50.

He replies: "Not really, because I trained quite hard interval running [just] for half an hour a day. I suppose if you look at the training that Seb Coe was doing, he'd be doing two 1:50 800m in a day and sessions morning and afternoon. And then you had the rivalry between Coe and Ovett and that's the sort of thing that makes the standards improve. I find that entirely credible."

While some before his time were saying that it was impossible for humans to run a

mile in less than four minutes, he is not surprised to see times coming down well below that.

For starters, when he ran his historic mile at Iffley Road track, Oxford, on May 6, 1954, it was on a gravel track one second a lap slower than the synthetic tracks in use today, he points out.

He even believes humans are nowhere near the limits of their capabilities.

"I've said three and a half minutes was physiologically achievable but thought it would take a long time to do," he says. "We've now got to 3:43 so there has been a slowing up as I would expect until someone gets close to three and a half minutes.

"But I think there'll always be one runner who can run better to find some fault in the record-breaker's training. Or have more drive, more ambition.

"So there is no absolute point at which the record will be static. That's my view."

The rivalry of the sort that Bannister mentioned between Coe and Ovett was in evidence in the lead-up to the first sub-four-minute mile and must have been

partly responsible for bringing the world mark within touching distance of the barrier.

Sweden's Gunder Hagg and Arne Andersson swapped the record between 1942 and 1945, bringing it down from 4:06.4 to 4:01.4. Swedes then led the way in the late-Forties, but it was in 1952 that several were closing on the world record time. John Landy topped the year's rankings with 4:02.1, while Luxembourg's Joseph Barthel took the Olympic 1500m crown.

It is of great regret to Bannister that he did not win in Helsinki. He finished fourth, suffering because many of his rivals were training much more mileage and he was less able to cope with the three rounds in three days that arose because of a late change in the programme.

He would have retired if he had won Olympic gold, but instead felt he had a point to prove so carried on.

"I was already a fairly senior medical student," he recalls. "If I'd won that gold medal in Helsinki I would have retired and I wouldn't have done the four-minute mile and I wouldn't have raced against Landy so these seemingly disasters at the time can often have other benefits.

"But Helsinki was a big disappointment no doubt because I was the favourite. It was a very uncomfortable position to be in and they changed the nature of the heats with three rounds on successive

days, which they've never done before or since."

So on to 1953 and it was Bannister and the Australian Landy who led the way in the fight to go sub-four. American Wesley Santee was another contender as he ran 4:02.4.

Early in the 1954 season Bannister along with pacemakers Chris Chataway and Chris Brasher assembled at Iffley Road for the mile record attempt and a brisk wind eased just before they were due off.

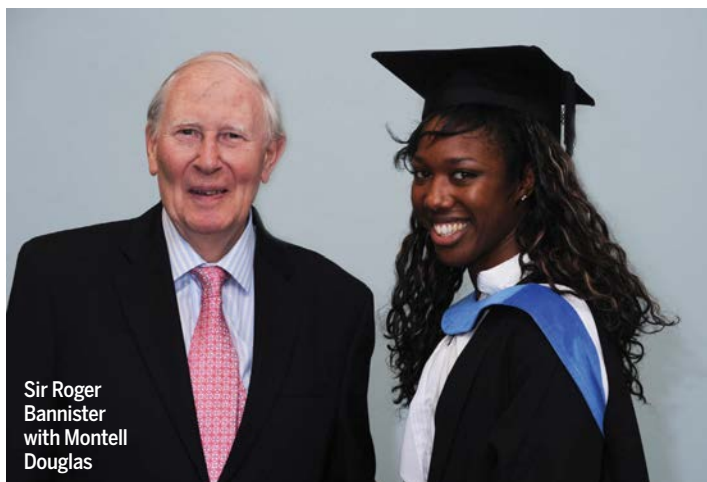
Led by Brasher, Bannister went through 440 yards on 57.5 and halfway in 1:58.2. Then Chataway took over and Bannister heard the bell in 3:00.5.

As he crossed the line he was sure he had broken the world record and his place in history was secure when chief timekeeper Norris McWhirter began to relay his time with "three".

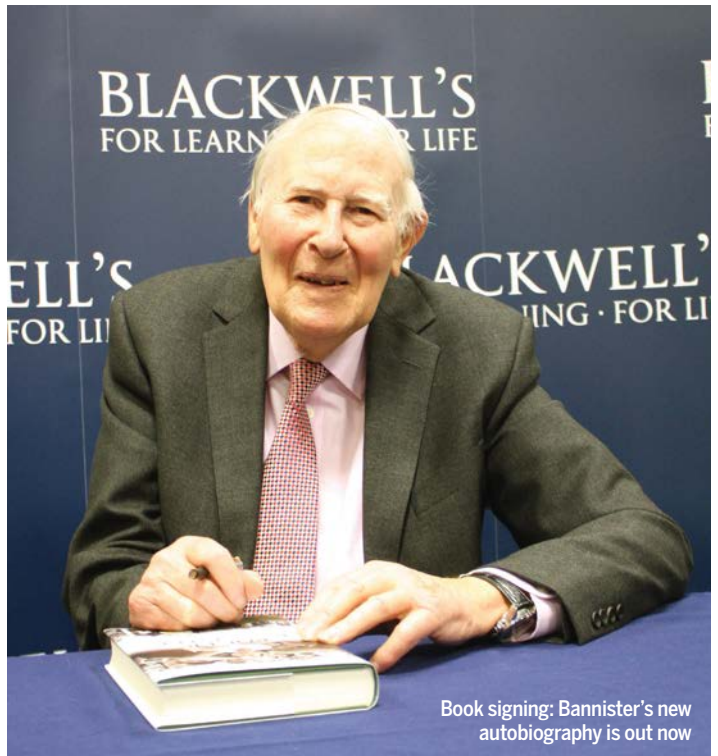
The record would not last long as Landy clocked 3:57.9 just six weeks later – a remarkable performance that was overshadowed.

Bannister considered his best performance to be not that day at Iffley Road but his victory over Landy in the 1954 Empire Games. He also won the European 1500m title that year but then announced his retirement.

The first chapter of his life over with, several more remarkable ones would follow, although he will for ever be remembered for one moment.



Sir Roger Bannister with Montell Douglas



Book signing: Bannister's new autobiography is out now

New Bannister book will reveal more

THE EVENTS surrounding the first sub-four-minute mile in May, 1954 have been among the most written about in athletics history.

However, decades after his first autobiography, Sir Roger Bannister believes there is plenty of interest in his second, *Twin Tracks*, which is out now from Robson Press and available on Amazon.

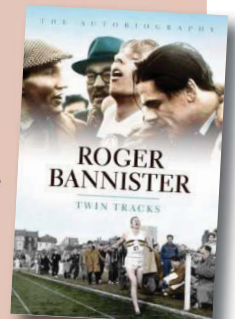
Its 384 pages deal not only with his athletics career but also the many great things he has achieved in his life since.

According to Robson Press, "In this frank, truthful memoir, one of the iconic figures of sport tells for the first time the full story of the dedication and talent that led to his unprecedented achievement, and of his professional life as a distinguished doctor and neurologist once his (strictly amateur) athletic career drew to a close. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity and the Olympic legacy."

Bannister told *Athletics Weekly* he believed the book would attract people from various fields.

"I have got further reflections and everything with time can be re-interpreted," he said when comparing it to his first autobiography. "What I would say is that I have given my thoughts to the problem of drug taking. When I was chairman of the Sports Council I arranged chemists to set up the first radioimmunoassay test for anabolic steroids, which until recently was still used by the international labs as a screening test.

"I hope there will be enough material that will interest particularly the sportsmen and the athletes. But there's a lot about medicine too so I hope that will be of interest."



STEVE CRAM TELLS JASON HENDERSON THAT HE WASN'T EVEN GOING FOR A RECORD WHEN HE SET HIS LONG-STANDING UK MILE MARK

PICTURES: MARK SHEARMAN

OF ALL Steve Cram's record-breaking achievements, his one mile performance stands out. At the Bislett Games in Oslo on July 27, 1985, he was at the height of his powers. Destroying a world-class field that included reigning Olympic 1500m champion Sebastian Coe, he bounded down the home straight with seemingly an extra gear if he'd needed it and his time of 3:46.32 survives as a UK record today.

During an amazing spell of form, Cram smashed three world records in 19 days. It began in Nice with a 1500m of 3:29.67, where by his own admission he was holding on in the final stages to snatch a narrow victory over Said Aouita of Morocco. After his mile record he then ground out a largely solo 2000m effort of 4:51.39 in Budapest. During the Dream Mile in Oslo, though, he finished with such a flourish that he reckons he was capable of maybe two seconds quicker if he'd been really pushed.

Cram, after all, had not even been going for a record of any kind. His only goal that night was to win.

"I hadn't really set out to break the record that night or anything," he says, casting his mind back to that glorious evening almost 30 years ago. "It was just a case of trying to win the race."

Who can blame him? The field was remarkable with not only double Olympic 1500m champion and mile world record-holder Coe but supermilers such as 1976 Olympic champion, John Walker of New Zealand, Steve Scott of America, Ray Flynn of Ireland, Thomas

Wessinghage of Germany, Abdi Bile, the future world champion from Somalia, and Jose Luis Gonzalez of Spain.

The race was memorable from the start with one of the athletes falling. Does Cram remember the details?

"Yes, Pierre Deleze fell, I think," he says. "The thing about Oslo is that it was a very narrow six-lane track with very tight bends, so we'd always try to get on the outside at the start. Pat Scammell often caused falls and Pierre had three or four big falls in races and in that race everyone would rush into the first bend and there'd be a crush on the inside."

James Mays, the American rabbit, was the early pacemaker, with the second pacemaker, Mike Hillardt of Australia, following. The rabbits passed the

Steve Cram: believes he was capable of running two seconds faster than 3:46



UNEXPECTED RECORD

Steve Cram: at the 1985 Oslo Games



first 400m in 56.01, but the big names did not immediately follow and a gap began to form.

Cram, though, soon moved to the front of the chasing pack and began to draw the rest of the runners back into the slipstream of the leaders. Two laps were passed by Mays in 1:53.82

as Hillardt sat in second

followed by Cram, with the athletes just outside the pace of Coe during the record of 3:47.33 in Brussels four years earlier.

After 1200m Mays stepped off and Hillardt took over, so at the bell, which was reached in 2:53.14, Hillardt led from Cram, then Coe, Gonzalez

and Scott with Walker and Bile struggling to stay in touch. By this stage Cram was glancing over both shoulders to see where his rivals were.

"I didn't usually do that kind of thing," says Cram, on the mid-race body language. "But it was me trying to say 'hey, I'm feeling okay here.'"

On the fact the record was not on his mind, Cram adds: "You don't get to the bell in races like that thinking 'I need to run 53 to break the record'. Those kind of races were far too competitive with athletes like Seb and Said behind me.

"I was happy to run a good steady pace and just conscious about not getting too carried away with the occasion. I hadn't asked Sven (Arne Hansen, meeting promoter) for a particular pace. I just wanted it to be a reasonable pace, which is what they expected in Oslo anyway."

Down the back straight Cram began to stretch out and Coe was straining to keep in touch. Then, around the final bend, the Jarrow athlete really began to turn the screw and the Olympic champion cracked as the Spaniard Gonzalez went past into second.

With 100m to go Cram enjoyed a lead of several metres and, as David Coleman said on BBC commentary, "the world champion, the European champion, the Commonwealth champion, the world record-holder at 1500m majestically comes striding away ... and the world record goes to Jarrow!"

So does Cram agree – was it his greatest record? "It's hard to judge," he says. "Certainly the



easiest record was the mile. I remember crossing the line and feeling 'woah' and later that night I said to a few people that if I did 3:46 feeling like that then 3:44 was possible.

"Of course you always think you're going to get better and run faster. But I never ran a hard mile again in my life when I was in form. So I guess in terms of a physical accomplishment the mile is the one that stands out."

Does he regret never running faster over the mile? "A little bit. There are two things in an athlete's career: what you win and how fast did you run and I think I could have run faster in the 1500m and mile. In the 1500m maybe a second quicker and the mile maybe a couple of seconds quicker."

With something of an understatement, Cram adds:

"I remember crossing the line and feeling 'woah' and later that night I said to a few people that if I did 3:46 feeling like that then 3:44 was possible"

STEVE CRAM, after his mile record in Oslo



Above: European 1500m gold for Steve Cram in Athens in 1982

Left: After winning the world 1500m title in Helsinki in 1983, Cram shakes the hand of runner-up Steve Scott



"I was in good shape that year. Although actually there was a period in the first half of 1986 where I was probably in just as good a shape, but I didn't need to show it at the Commonwealth Games in Edinburgh in the same way."

We are speaking in London, a few days before the city's marathon and as Cram's mind wanders to 1985 he recalls the behind-the-scenes manoeuvrings that took place in the bid to get the British milers of the period into the same races with Olympic 5000m champion Aouita and Olympic 800m gold medallist Joaquim Cruz.

"People don't realise, for example," he explains, "but the 1500m record race in Nice was actually set up for Cruz originally. He wanted that pace and myself or Said never asked for it."

Cram also remembers the hectic events of his world 1500m record week. He was under pressure to race the UK Championships and then the 1500m in Nice on Tuesday night followed by a grand prix race in London on Friday night for a showdown with Coe.

But realising it was too much, Cram firstly annoyed organisers by racing only an 800m heat at the UK Championships and pulling out of the final. Then, after breaking the world 1500m record in Nice, the demands from the media were too intense for him to consider racing again on Friday against Coe, so he switched to a mile race on the Saturday in London while Coe ran 800m on Friday instead.

"In the mid-1970s the four-minute mile was still a big deal but it seemed like ancient history to me! Bannister's record was just after the war, after all"

STEVE CRAM



Brisbane 1982:
Cram wins the
1500m title

"It was a very busy post-Olympic season and there were lots of demands on us with Seb, Said and Joaquim Cruz, so there was a lot of shuffling going on," he recalls. "To give you an idea of how big the record in Nice was, it was live on both BBC and ITV and when I got a flight back the day after the race there were news crews at the airport. It was a mad period and a mad summer."

Cram also points out there was more to the summer of 1985 than his mile, 1500m and 2000m records too. He had a close crack at the 1000m world record on a windy night at Gateshead. "There were also two meetings in Oslo back then – the Bislett Games and Oslo Games – and at the Oslo Games early season I ran 3:31 feeling relatively easy and it set me up for the summer. I knew I was in good nick."

Looking back now, Cram says "there would be a big hole in his career" if he had not broken the world mile record. Being part of the exclusive club of mile record-breakers is special – and sometimes surreal – and he says the mile held a mystique for him at an early age when he read about the exploits of Roger Bannister and then saw Filbert Bayi and John Walker battling it out on television.

"I didn't have videos to replay things. I just had books. If the mile cropped up in a TV documentary,

I'd get to see it, but otherwise I just had books. So when I was 13-14 Jimmy (Hedley, his coach) would give me them to read and I grew up with a kind of mysticism that books sometimes give you.

"In the mid-1970s the four-minute mile was still a big deal but it seemed like ancient history to me! Bannister's record was just after the war, after all.

"Then, as my career progressed, my first big break came in the Emsley Carr Mile, I got invited down as a 17-year-old. In fact I got a telegram inviting me to do it. A telegram, can you imagine that? I ran 3:57 and ran a world record for a 17-year-old. It's what elevated me and got me selected for the Commonwealth Games. So the distance always had a special meaning for me."

When Cram returned home from that teenage performance, he had the bizarre experience of opening the door to Derek Ibbotson, a former world mile record-holder himself, who was working for Puma at the time and wanted to sign the young Cram to the brand.

"I got some free kit, which was great," says Cram, "but when I went to the Commonwealth Games I met some guys from Nike and came home wearing that!"

Last year Mo Farah smashed Cram's long-standing UK 1500m record in Monaco but has not



Commonwealth Games 1986: Steve Cram was in amazing form in Edinburgh

attacked his mile mark yet. On one hand Cram is quite attached to his record, but on the other he admits he has "always hankered for years" for a British miler to come along to take the 1500m and mile records to a new level.

He is delighted Farah has improved the 1500m mark but thinks it's slightly ironic that a man best known as a 5000m and 10,000m specialist has done it. "What Mo's done – as if anyone needed a reminder – has shown us that the mile is an endurance event, top and bottom. Haile ran 3:31. Both were blessed with good pace as well to be fair, but it's an endurance event and it's maybe one of the things we've lost sight of in recent years."

Finally I ask the 53-year-old Cram if he knows what he could run for a mile now. He laughs: "I pulled a hamstring three weeks ago jogging, so that tells you where I'm at.

"Running seven-minute miling is fine, but to run one mile fast? I wouldn't have a clue!"

Cram enjoys running three or four times per week and is toying with the idea of targeting the duathlon at his own Kielder Marathon weekend in October.

So when a sub-four-minute miler might struggle to crack six minutes, doesn't he find the ageing process fascinating? "Depressing more like!" he replies.

Pioneer for women's sport

DIANE CHARLES LOOKS BACK ON THE HISTORIC SUB-FIVE MILE 60 YEARS AGO

PICTURE: MARK SHEARMAN

JUST 23 days after Roger Bannister's history-making sub-four-minute mile, a woman made a similar breakthrough.

However, whereas Bannister's achievement is the most celebrated in athletics history, the name of the first woman under five minutes is barely known to any who are not avid fans of the sport.

Diane Leather clocked 4:59.6 on May 29 at the Midland Championships in Birmingham, but given the status of women's athletics at the time it is perhaps little surprise she is not a bigger name.

It was not until 1967 that the IAAF first recognised women's world records for the mile and it was only after that that women ran the distance at international level.

She is arguably receiving more attention for her achievements now than she ever did while an athlete. In February she was invited along with Bannister and wheelchair racer David Weir to the Paddington Recreation Ground to help launch the Bupa Westminster Miles.

Now as Mrs Charles, she appears not the sort of person who would have appreciated the attention anyway and says she didn't think it odd that it didn't come.

"I loved it. We were all amateurs. There was no money involved until a decade or so later"

DIANE CHARLES



Diane Charles: with David Weir and Sir Roger Bannister

"I wasn't surprised," she said at Paddington Rec. "It's just the way it was. I think I got attention but not as much as [the four-minute mile]."

She did all her talking on the track during a remarkable career. Born in 1933, she sprang to prominence in 1953 when winning the National cross-country – a title she was to hold until 1956.

That year she set her first world best, revising the mile mark from 5:08.0 to 5:02.6 at the White City Stadium.

Losing the record to Romania's Edith Treybal, she returned the following year to clock 5:00.2 in Birmingham. Just three days later Perry Barr Stadium was the scene for her historic feat, but she was clearly capable of much faster given her slightly erratic splits of 68.8, 2:27.00 and 3:48.6.

The following year in London she revised it to 4:50.8, while at

the end of the season her fifth world mile best was 4:45.0. This remained in place until 1962.

Showing great range, albeit at a time when women's athletics was nowhere near as competitive as today, she clocked a world best of 56.6 for 440 yards in 1954.

Her only IAAF-recognised world records were the 2:09.0 for 880 yards in London in 1954, while she also set two 1500m world bests further to those en route to miles.

However, championship success was harder to come by. She took a silver apiece in the 800m in the 1954 and 1958 Europeans, losing out by just three tenths of a second in the latter.

She went to the 1960 Olympics but failed to progress from her heat.

"I think I was past my best when I went to Rome for the 1960 Olympics," she recalled.

"But it's not really a great regret."

She has seen times tumble in the mile to the 4:12.56 set by Svetlana Masterkova in 1996, but she says she is not surprised by how quick the athletes are running today.

"It's totally professional now and all their time is focused on that," she said.

Born in a different era, Leather may or may not have found great fame for her athletics, but she is not one to bemoan the lack of attention women's sporting achievements gained in her day.

"I loved it," she said of her competition years. "But it was different. We were all amateurs. There was no money involved until a decade or so later."

Lastly she is asked, how about a sub-four-minute mile by a woman one day? "I shouldn't think so. I think that's a long way off!" she said.

MIDDLE-DISTANCE
STAR IS POISED
FOR A BUSY - AND
SUCCESSFUL -
SUMMER, WRITES
JASON HENDERSON

PICTURE: MARK SHEARMAN

HANNAH ENGLAND led the UK rankings for 1500m and on the eve of the 60th anniversary of the first sub-four-minute mile – and first-sub-five-minute mile for women – the 27-year-old leads the British charge this summer in the event.

A World Championships silver medallist at 1500m in 2011 and fourth-placer in 2013, she will be going for gold in Glasgow this summer after finishing narrowly outside the medals at the last Commonwealth Games in Delhi, followed by the European Championships in Zurich.

Athletics Weekly: First, where exactly in the world are you? Who are you with? And how long are you there training?

Hannah England: I am in Mount Laguna, California, at an altitude of 6000ft. Luke (Gunn, my husband) and I have joined a group of Australian and Irish athletes coordinated by Nic Bideau. The group has been really welcoming and it's been great fun to join in with a group of such high quality. We are here until the middle of May, when I'll head to Los Angeles and race a 1500m. I will then head to Park City, Utah, as part of the British Athletics camp for two-and-a-half weeks to prepare for the Prefontaine Diamond League where I will run another 1500m before heading back to Birmingham.

AW: What's your form like right now?

HE: Training is going well. It's been great to come away to altitude and concentrate on getting a good block in. I had to miss the indoor season through illness but I feel fresh from the rest and am enjoying training hard.

HANNAH'S HIGH HOPES

Amba Hotels City
of London Mile
ambassador:
Hannah England



AW: You did spring road relays recently. Isn't that a new thing for you to do?

HE: I had planned to do the road relays last year but they were cancelled through bad weather. I was really chuffed that Oxford City AC could get a team out for the Southern and the nationals. OCAC has supported me since I was 11 and it was lovely to do a team event with some athletes that I've known for more than a decade. Personally the event was something very new to me – totally different to a 1500m track race – but something I hope I can continue to do and improve over in the next few years. I'd never even done a junior event like that before, but I loved the atmosphere and team aspect.

AW: With regards summer goals, are you prioritising one of the two big summer championships?

HE: I am prioritising both of the championships! The first goal is to secure qualification for both events. If this goes smoothly I will go all out for the Commonwealths and then use the time between the championships to re-gather. I usually manage to compete at a high level following major championships so I think I will be able to do this for the European Championships

AW: What are the career goals that remain for you?

HE: I'm very proud to call myself a World Championship medallist and Olympian and I'm excited to

build on these achievements. I would love to win more medals and continue to represent GB at the highest level.

"I'm not particularly motivated by times, but I would like to finish my career with fast times, maybe even a British record.

AW: On the City of London Mile, how great is it that so many people will be running a top-class road mile in the glamorous city centre of the British capital at the height of the summer?

HE: The City of London Mile is going to be a great. It's fantastic to see the passion for the event from the organisers Peter McHugh de Clare and Tom Snow from Run-Fast. They have worked very hard to promote the event and have it appeal to runners of all abilities. To have elite races running alongside age group, family, club and fun runners is going to create a great atmosphere.

To have everyone tackling the same route will hopefully be really engaging for the casual or new runners.

Tom is very excited about the course for the City of London Mile – it looks really fast and I hope this attracts some of our higher level athletes to see what time they can get over a distance they don't normally get a chance to try very often.

● Hannah England is an ambassador for the Amba Hotels City of London Mile. Why not join the *Athletics Weekly* wave at the event on June 22? For more details see opposite

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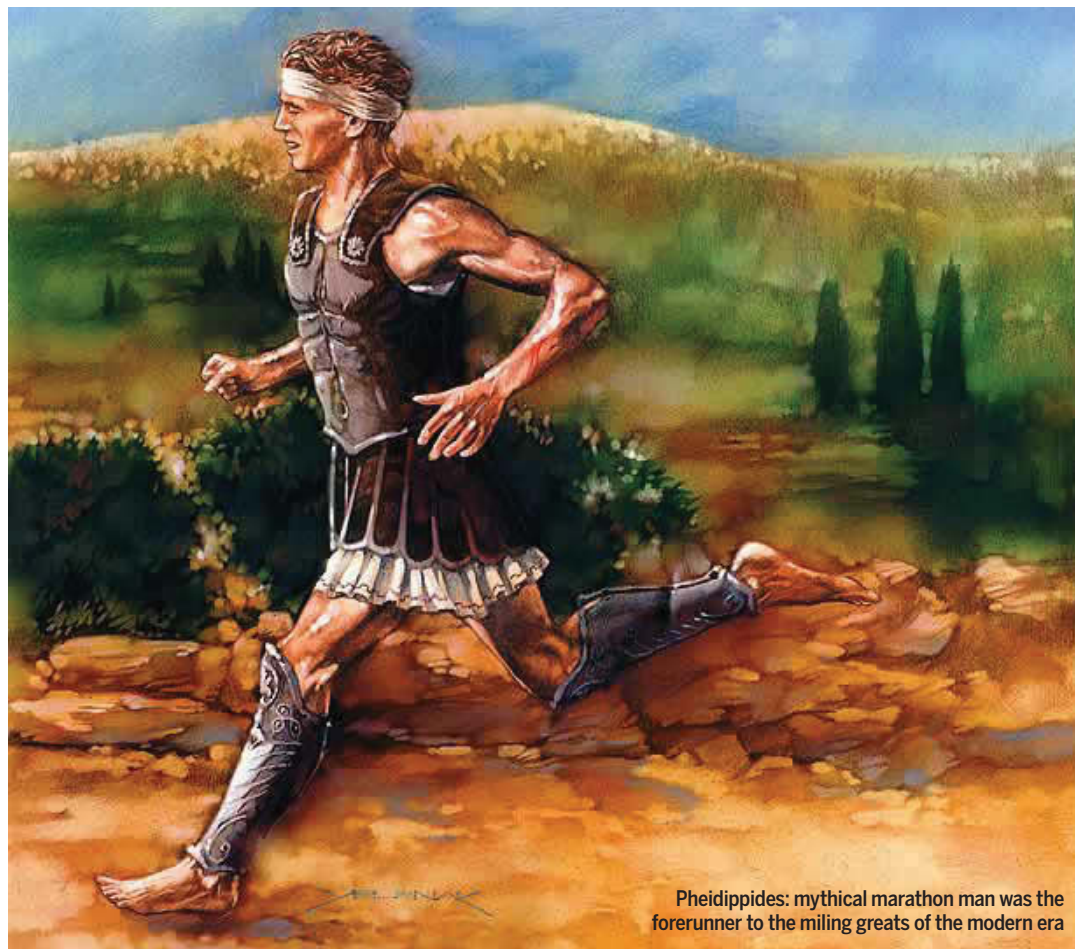
AS A MEASUREMENT of distance the origins of the English mile can be traced back to the thousand paces of a Roman Legion on the march, and for which the Latin word is *mille*. How fortuitous a link it makes that the world record for the mile as it stands 2000 years or so later was set in the Olympic Stadium in Rome. As a sporting contest, of course, the mile is a much more recent invention than the gladiatorial contests in which the Romans revelled.

At the ancient Greek Olympics, which are known to have dated back to at least 776 BC, the longest race was the *dolichos*, which varied from seven laps of the stadium to as much as 24 – equivalent to some 1300 to 4600 metres – and a famous exponent was Ladas, of whom it was said that, “after he had run over the sand, where all the other athletes left a deep imprint, there was no sign to show he had passed”.

Ladas further ensured his place in early sporting history by falling ill and dying on the way home from one of his Olympic victories, but as it is more likely that he raced at the longer distance than the shorter in the *dolichos* it would be fanciful to suggest that he was the first great ‘miler’ and one who even gave his life for his art.

The achievements of Greek athletes in pre-Christian times are extensively documented – and there are occasional comparisons made between champions. But the *dolichos* – for which even a moderately wealthy city would offer a prize worth 750 times a labourer’s daily wage – had been devised to test the abilities of professional messengers, who were accustomed to running all day if required to do so, rather than those who would be described in the 21st century as middle-distance exponents.

In any case, without any means of accurate timekeeping, the emphasis of the Greek games was necessarily on victory rather



Pheidippides: mythical marathon man was the forerunner to the miling greats of the modern era

In the footsteps of Roman legionnaires

BOB PHILLIPS LOOKS AT THE HISTORY OF THE CLASSIC ONE-MILE DISTANCE

than performance. Such records as were kept were no more than lists of events and names, and it was regarded as more meritorious to have won three events in a day, or to have won at three successive games, than to have achieved any individual feat.

Thus, in the absence of the stopwatch, the first records to be recognised were for events of great duration, which could be measured by the tracking of the sun, such as the achievement of Philonides, who was Alexander the Great’s courier and is said by the Roman historian, Pliny the Elder, to have run the 148 miles (238 kilometres) from Sicyon to Elis in one day. This exploit was compared with that of

Pheidippides, who had taken two days to run the 140 miles from Athens to Sparta.

Mythology obscures fact, of course, and Pheidippides in all probability did not, despite common belief, set the mould for the modern day marathon event by running from Marathon to Athens with news of success in battle. Nor did the all-conquering Alexander the Great, apparently reputed to be an excellent runner, ever deign to test himself in the stadium against ordinary mortals.

Running, as could be expected of one of the most natural of human activities, survived after the demise of the Greek Olympics, but it is little more than conjecture as to what

competitive forms existed for the next 1300 years or so. The American author, Edward S. Sears, wrote a book entitled *Running Through The Ages*, published in 2001, which traced the development of the sport in great detail, but of its 330 pages only half a dozen covered the years AD 500 to 1700.

Improvements in time-keeping technology meant that no longer was it only the Herculean feats of endurance lasting hours, or even days or months, which could excite public acclaim. Now sprinters and middle-distance runners could begin to have their performances recorded for posterity, even if most of them could not possibly have thought

of themselves as anything more notable than the fleetest-footed farm labourer or milkmaid at the annual village fair.

In the 18th century, running footmen, who had been employed by the aristocracy to accompany their carriages on journeys, often competed for a wager. But they were soon replaced by 'pedestrians', who ran against each other or the clock for prize stakes. Dave Terry, one of the foremost authorities on the origins of athletics, has found reference to a mile race in 1737 and there could have been such events as early as the 1660s.

Foster Powell, who was employed as a law clerk and walked long distances carrying legal documents and letters, was the best-known of the 18th century pedestrians and most of the challenges which he took on were at 50 miles or more, but he is said to have run a mile in 5:23 in 1791 at the age of 57.

There is also evidence that in 1787, "Walpole, a butcher from Newgate Market, ran a mile with a well-known pedestrian of the name of Pope along the City Road and beat him in a time of 4min 30sec," and there is no real reason to dismiss such a claim out of hand. It can, of course, be supposed that the timing methods used that day were rudimentary, though greater reliance can be placed on the course because by then a resilient metal chain had been devised so that distances between milestones on public highways could be accurately measured.

To be frank, it does not really matter whether Walpole actually ran such a time. The proper significance of the report is that the mile was now recognised as a valid distance for meaningful competition, and the idea of a man running a mile in four and a half minutes was attracting public attention.

Walpole's 4:30 is doubted if only because he achieved nothing else of note, and there

are other miling achievements which by their very nature seem dubious, at best. Peter Lovesey, the eminent author and historian, has collected much anecdotal evidence and notes that as early as 1770 James Parrott, who was a costermonger (or market trader), is supposed to have run 'exactly a mile' along Old Street, in London, in four minutes, with the starting and finishing points specified as being Charterhouse Wall and the gates of Shoreditch Church. As a matter of interest, a modern A to Z of London shows that the distance from Charterhouse to the church at the junction of Old Street and Shoreditch High Street is, indeed, almost exactly a mile.

Inevitably, the tendency is for us wiseacres in the 21st century to dismiss these performances out of hand. They couldn't possibly be true, could they? But this argument has no rational base to it – it is simply based on the premise that athletes of the 21st century must, by the very nature of things, be better than those of the 18th century.

One eminent authority who does not believe this is necessarily so is Peter Radford, double Olympic sprint medallist and a professor of sports science, who has made a detailed study of such performances as that of James Parrott. Citing the best miling achievements in the closing years of the 18th century, he wrote in 2004: "It is clear evidence that runners and their backers believed that running a mile in four minutes was possible in 1787 and that they were willing to stake very good money on it." Furthermore, he says: "On the balance of the evidence the report of Parrott's run should be accepted rather than rejected."

Among the other less credible reports which Lovesey has come across is one from October of 1796 to the effect that a Mr Weller, of Oxford, ran a mile along the Banbury Road in 3:58. Then in October 1807 a prominent sprinter named Curley, who was

familiarly known as The Brighton Shepherd, ran one mile in under four minutes in four separate starts on Clapham Common.

Whatever the true value of these feats, an English runner named Wylde recorded a time of 4:47 in 1792 which is considered to be perfectly feasible in view of his other achievements. A comparable time was credited to Captain Robert Barclay Allardice, who was to gain national fame (and fortune) by walking 1000 miles in 1000 hours and was also a fine runner, winning a mile race for 1000 guineas (£1050) at Eastbourne in 1804 with 4:50.

His opponent is identified only as J. Ireland, from Manchester, who was apparently 'run to a standstill' by the time he reached the three-quarter mile mark, leaving Captain Barclay, as he was popularly known, to finish the course alone.

In addition to his 4:47 mile, Wylde is also said to have run 4:26 on a course which was almost certainly downhill and possibly wrongly measured, and there are claims for performances by other 'peds' in similar circumstances and of an even more sensational nature: 4:10 by a Scotsman, John Todd, on the Uxbridge Road in 1803; 4:19 by Ned Rayner in Hastings in 1825; an undated 4:05 by James Metcalf on a course admitted as being downhill.

Captain Barclay: the versatile 'pedestrian' was also a decent miler



In 1823 an English-domiciled Swiss gymnastics professor named Captain Peter Clias even wrote, perhaps over-excitedly, of the feasibility of 'a mile in four minutes, and afterwards in less'.

Metcalf was 'a tailor by trade but a pedestrian by profession' and was the best known runner of his era. As five minutes was then generally recognised as a time of note for the mile distance, he can be safely regarded as one of the first milers of undoubted quality. Aged 22 he ran 4:31½ and later improved to 4:30.

Lovesey believes the mile was already well established as one of the staple competitive distances in the 18th century, together with two miles and ten miles, and he has found press reports during the early 19th century of mile races. He accepts that a four-minute mile in four separate starts seems attainable during the period, and he makes the intriguing point that such a challenge showed there was already public interest in the idea of beating four minutes.

Far-fetched though such opinion might have been, it is nonetheless remarkable that in an age when there were no bicycles, no cars, no trains, no aircraft, and the rapidity of travel was measured by how far a horse could be ridden in a day, the idea of a man being able to sustain a speed of 15mph for four minutes was regarded as conceivable.

Other claims to have beaten four minutes would be made over many years to come, but it would be beyond the middle of the 20th century before such a time would be officially recorded beyond all doubt.

● This is an extract from "3:59.4 – the quest for the four-minute mile" by Bob Phillips and revised for the 60th anniversary of the first sub-four mile and published as an e-book by Chequered Publishing for £4.99. See chequeredflagpublishing.co.uk or amazon.co.uk

Britain's sub-4 milers

STEVE SMYTHE LISTS PERFORMANCES OF THE EXCLUSIVE CLUB OF BRITISH SUB-FOUR MILERS

PICTURES: MARK SHEARMAN

Key

i = indoor time

= oversized indoor track

1 3:46.32 Steve Cram (age: 24)
Oslo 27 Jul 85

World, European and Commonwealth 1500m champion set a world record that lasted eight years and only three men have bettered it in 29 years since.

2 3:47.33 Sebastian Coe (24)
Brussels 28 Aug 81

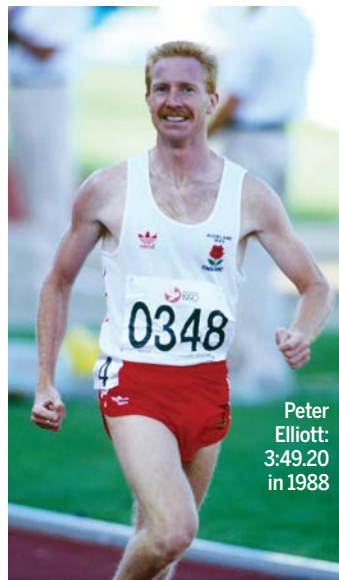
Double Olympic 1500m champion set three world mile records.

3 3:48.40 Steve Ovett (25)
Koblenz 26 Aug 81

Olympic 800m and European 1500m and Commonwealth 5000m champion set two world records, though the latter lasted just two days.

4 3:49.20 Peter Elliott (25)
Oslo 2 Jul 88

Commonwealth champion and Olympic runner-up finished second to Cram's 3:48.85 in Dream Mile, which at time placed him ninth all time.



Peter Elliott:
3:49.20
in 1988



Top three: Steve Cram, Steve Ovett and Sebastian Coe have been unchallenged as the top three for 29 years

5 3:49.34 David Moorcroft (29)
Oslo 26 Jun 82

Finished third in race won by Steve Scott to go fifth all-time in the world, 11 days before his world 5000m record.

6 3:49.38 Andy Baddeley (25)
Oslo 6 Jun 08

Surprise Dream Mile win in year he was eighth in the Olympics.

7 3:50.32 John Mayock (25)
Oslo 5 Jul 96

Consistently British No.1 – set time when third in Oslo mile behind Nouredine Morcelli in year he made Olympic final and was one of 18 sub 3:55 miles.

8 3:50.64 Graham Williamson (22)
Cork 13 Jul 82

Still holds UK junior record at 3:53.15 and finished fourth in Ireland where Cram was second in 3:49.90 to Sydney Maree.

9 3:51.02 John Gladwin (24)
Zurich 19 Aug 87

Close second to world champion that year, Abdi Bile, but failed to make British team for Rome!

10 3:51.31 Tony Morrell (28)
Oslo 14 Jul 90

Powerful runner finished fourth in Dream Mile that Elliott was surprisingly beaten in by Joe Falcon's 3:49.40.



Graham Williamson (28) and Alan Mottershead, who appears at No.98

11 3:51.57 Jack Buckner (22)
Koblenz 29 Aug 84

Finished fourth in race won by Cram in 3:49.65, before moving up to 5000m, in which he became European champion and world medallist.

12 3:51.76 Steve Crabb (23)
Crystal Palace 14 Aug 87

Set time in handicap race in year he ran for Britain in World 1500m Championships.

13 3:51.90 Anthony Whiteman (26) 3 Nice 16 Jul 98

Now triple world masters champion, third in race won by Hicham El Guerrouj in near world record 3:44.60.

14 3:52.02 Nick McCormick (23)
Oslo 29 Jul 05

In year he won AAA 1500m title, and ran in World Championships, finished ninth in race won by the surprisingly forgotten Daham Najim Bashir in 3:47.97.

15 3:52.44 John Robson (24)
Oslo 11 Jul 81

Scot, who was a very close third in Commonwealth 1500m in 1978, finished eighth in race won by Ovett in 3:49.25.

16 3:52.50 Mike East (27)
Don Valley 21 Aug 05

Edging Laban Rotich, won British Grand Prix race three years after winning Commonwealth 1500m gold.

17 3:52.75 Matthew Yates (24)
Oslo 10 Jul 93

Commonwealth 800m bronze medallist finished fifth in Oslo in race won by Nouredine Morcelli in 3:47.78, as Cram was third in his final world-class mile in 3:52.17.

18 3:52.77 Ross Murray (21)
Crystal Palace 14 Jul 12

In his first mile race finished close second in Diamond League to Silas Kiplagat in year he made Olympic semi finals.

19 3:52.98i Chris O'Hare (22)
New York 16 Feb 13

Fourth place for Scotland's World Championships finalist put him second Briton all-time indoors. His outdoor best is just 3:58.77.

20 3:52.99 Mark Rowland (23)
Rome, 10 Sep 86

Originally a miler before becoming steeplechase Olympic medallist and British record-holder, finished seventh in race won by Steve Scott in 3:50.28.

21 3:53.20 Ian Stewart (21)
Koblenz 25 Aug 82

Not to be confused with the older version, finished eighth in race won by Steve Scott in 3:49.72 and retired early.

22 3:53.39 Tom Lancashire (25)
Crystal Palace 14 Aug 10

Ninth in Diamond League won by Augustine Choge in 3:50.14 in year he was European and Commonwealth finalist.

23 3:53.64 Kevin McKay (25)
Oslo 22 Jul 94

Seventh in Dream Mile seven hundredths ahead of current world record-holder Hicham El Guerrouj in year he was AAA 1500m champion and Commonwealth eighth.

24 3:53.82 Gary Staines (27)
Portsmouth 12 Aug 90

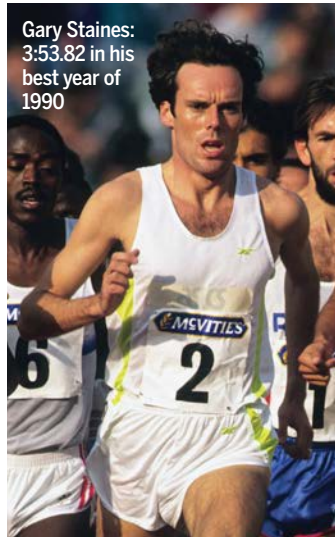
Won race three days before setting a 13:14.28 5000m PB and later took European silver.

25 3:53.85 Rob Harrison (27)
Nice 15 Jul 86

Fourth in race won by Steve Scott in 3:52.13 in year he was fourth in Commonwealth 1500m.

26 3:54.2 Frank Clement (26)
Oslo, 27 Jun 78

Olympic fifth-placer set British record



Gary Staines:
3:53.82 in his
best year of
1990

in fourth here, pipping Robson by one tenth of a second in race won by Wilson Waigwa in 3:53.2.

27 3:54.30 David Strang (25)
Oslo 22 Jul 94

Finished ninth in race won by Venuste Niyongabo, one year after winning surprise world indoor 1500m silver in 3:48.94.

27 3:54.30 i Lee Emanuel (29)
New York 25 Jan 14

Won race and ran for Britain in World Indoor Championships at 1500m. Outdoor best is 3:54.75 when 14th in Sainsbury's Grand Prix.

29 3:54.39 Neil Horsfield (19)
Cork 8 Jul 86

Teenager was fourth in race won by Overt in 3:52.99 and later ninth in Commonwealths but best year was 1990 when easily won both UK and AAA 1500m titles, ran 3:35.61 1500m and made European final.

30 3:54.53 Tim Hutchings (23)
Edinburgh 31 Jul 82

Fourth in race won by Williamson in 3:52.66, two years before finishing fourth in Olympic 5000m.

31 3:54.61 Charlie Grice (19)
Olympic Park 27 Jul 13

Only 13th in loaded mile won by Augustine Choge in 3:50.01 in year he won European under-23 silver at 1500m.

32 3:54.70 Andrew Graffin (24)
Crystal Palace 23 Aug 02

Finished leading Briton in race ahead of Mayock and Whiteman and won by El Guerrouj in 3:50.86.

33 3:54.80 James Brewer (21)
Crystal Palace 25 Jul 09

Sixth and first Briton in debut mile, won by Bernard Lagat in 3:52.71 in

year was World Championships semi-finalist.

34 3:54.9 Adrian Passey (24)
Harlow 20 Aug 89

Ran for Britain in 1987 World Championship 1500m and was second here to Peter Elliott's 3:53.4.

35 3:55.0 Jim McGuinness (25)
Dublin 11 Jul 77

Finished fourth behind John Walker's 3:52.0 to miss Overt's then UK record by 0.3 of a second but still stands as Northern Ireland record.

36 3:55.3 Peter Stewart (24)
Crystal Palace 10 Jun 72

Set UK record in Emsley Carr Mile in a year he won Olympic trials but withdrew injured from Olympics.

37 3:55.37 Tom Mayo (26) Crystal
Palace 8 Aug 03

Set time in fifth place behind Paul Korir's world-leading 3:48.17 in year he was second at AAA Championships and ran for Britain in World Indoor Championships at 3000m.

38 3:55.38 Rob Denmark (21)
Portsmouth 12 Aug 90

Third behind Staines, four years before winning Commonwealth gold and European silver at 5000m.

39 3:55.41 Colin Reitz (22)
Edinburgh 31 Jul 82

British steeplechase record-holder and world medallist was fifth in race won by Williamson in year he was surprise Commonwealth Games 1500m sixth-placer.

40 3:55.68 Alan Simpson (25)
London (WC) 30 Aug 65

Third behind Kip Keino's 3:54.2, set British record that lasted seven years, year before Commonwealth mile silver.



Rob Denmark:
3:55.38 mile at
Portsmouth

41 3:55.8 Geoff Smith (27)
Cwmbran 15 Aug 81

The 1984 Boston marathon winner won Welsh Games mile in year he ran 27:43.76 10,000m and was second in IAAF Golden 10,000m.

42 3:55.84 Neil Caddy (21)
Don Valley 25 Aug 96

Cornish athlete was seventh in a race won by 1992 Olympic champion William Tanui.

43 3:55.9 Brendan Foster (24)
Crystal Palace 10 Jun 72

Second to Stewart's UK record in year he finished fifth in the Olympics before even more successful career at 5000m and 10,000m with European and Commonwealth titles and Olympic medals.

44 3:55.91 Gary Lough (25)
Crystal Palace 27 Aug 95

Now better known as Paula Radcliffe's husband, he was fifth in race won by Niyongabo in 3:49.80 in a year he placed ninth in World Championships 1500m.

45 3:55.96 David Lewis (21)
Oslo 23 Aug 83

Set best in race won by Overt in 3:50.49 in year he set PBs in the steeplechase (8:29.72) and 3000m (7:42.47).

46 3:56.0 Jim Douglas (26)
Crystal Palace 10 Jun 72

Ran best time in Stewart's record run and set short-lived British 1500m record-holder two weeks later but failed to make Olympic team.

47 3:56.04 Mike Downes (28)
Koblenz 25 Aug 82

Midlands runner set time when finishing 11th in loaded mile which ranked him 32nd in world that year.



Brendan Foster: 42 years ago ran 3:55.9



Adrian Passey:
ran a 3:54.9
in 1989

47 3:56.04i Richard Peters (22)
Boston 14 Feb 13

Former English Schools champion, now at Boston University, won indoor race to beat outdoor best is 3:58.70.

49 3:56.1 Neill Duggan (25)
San Diego 11 Jun 66

American-based ranked fourth in the world that year and 14th all time in finishing second to Jim Grelle's 3:55.4 but never backed up this world-class form again.

50 3:56.19 Ian Hamer (26)
Cork 5 Jul 91

Set best in race win after surprise Commonwealth 5000m bronze and year before startling 13:09.80 Rome Grand Prix win.

51 3:56.29i Andy Keith (22)
Boston 22 Jan 94

Another US-based runner who set time indoors – when finishing second to Strang's 3:55.43. Outdoor best was 3:57.96 in Cork.

52 3:56.31i Ricky Stevenson (21)
New York 23 Jan 10

Set his best indoors when finishing second to Baddeley's 3:55.64 while outdoor best of 3:57.56 set in Dublin.

53 3:56.36 Steve Martin (27)
Gateshead 5 Aug 86

Towering Northern Ireland runner finished fourth in this mile in year he was seventh in Commonwealth Games.

54 3:56.38 Mike McLeod (27)
Crystal Palace 31 Aug 79

Olympic 10,000m silver medallist finished fifth behind Ovett a few days before running 27:39.28 PB to win Golden 10,000m at Brussels.

55 3:56.49 Mo Farah (22)
Crystal Palace 6 Aug 05

Ricky Stevenson:
3:56.31
indoors in
2010



Mo Farah: 3:56.49 PB
due for major revision

The Olympic and world 5000m and 10,000m champion won BMC final but capable of almost 10 seconds faster based on European 1500m record.

56 3:56.5 John Kirkbride (25)
Crystal Palace 10 Jun 72

Only fourth in this race but made Britain's Olympic team that year.

56 3:56.5 Paul Davies-Hale (27)
Harlow 20 Aug 89

Multi-talented runner, who was Olympic steeplechaser (8:20.83 PB) and won Chicago Marathon in 1989 a few months after finishing fourth in this race won by Elliott.

58 3:56.6 Walter Wilkinson (26)
Leicester 31 May 71

Won Inter-Counties title here five years after finishing fourth in 1966 Commonwealth mile.

59 3:56.65 Paul Larkins (24)
Birmingham 17 Jul 87

Former AW acting editor was third as guest in England v USA match, beating match runner Gladwin, a week before running far more impressive 3:35.94 at 1500m.

60 3:56.7 James Espir (22)
Cwmbran 15 Aug 81

Set in Welsh Games behind Smith and returned 23 years later to run 2:47:03 marathon aged 45.

61 3:56.71 Chris McGeorge (26)
Cork 5 Jul 88

A 1:45.14 800m performer who won Commonwealth bronze in 1982 but was third here.

62 3:56.80i Mark Draper (25)
New York 23 Jan 10

Completed a rare British-1-2-3 in this race in what appears to have been his debut track mile in year he won English Championships at 5000m.

63 3:56.8 Ian McCafferty (24)
Reading 11 Jun 69

Scot beat Ian Stewart in this race but lost to him in cracking Commonwealth Games 5000m following year and ran 13:19.66 5000m in 1972 ahead of Stewart, when he made Olympic final at that event.

64 3:56.83 Simon Fairbrother (22)
Gateshead 17 Aug 90

The 1991 UK champion was fourth in this race won by Elliott in 3:55.51 just ahead of John Walker.

65 3:56.9 Ron Speirs (24)
Philadelphia 30 Apr 77

Little-known Scot finished fourth in Penn Relays here, which ranked him fourth in UK that year, one place ahead of Seb Coe's 3:57.7.

66 3:56.95 Sean Cahill (21)
Crystal Palace 31 Aug 79

Another overlooked in Coe and Ovett era, finishing seventh in this Ovett-won race though best performance may have been a 5:02.35 2000m six years later.

66 3:56.95 Dave Clarke (24)
Crystal Palace 17 Jul 82

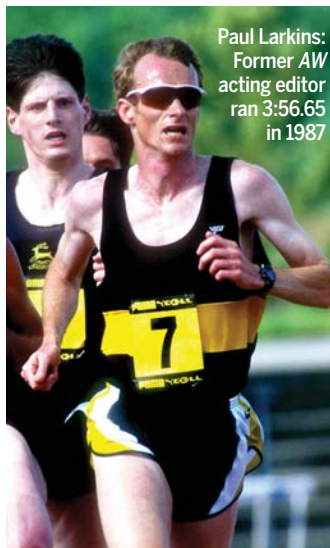
One of Britain's greatest ever cross-country runners finished second a few months after running 27:55.77 10,000m to outsprint future European, world and Olympic champion Alberto Cova.

68 3:56.99 Alan Salter (25) Cork
9 Jul 82

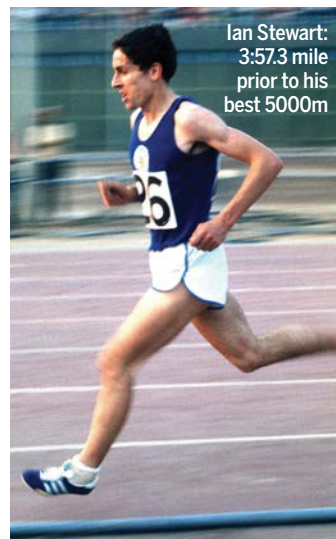
Birchfield Harrier finished seventh in race won by Maree in 3:52.14.

69 3:57.07 Neil Ovington (23)
Crystal Palace 11 Jul 86

Easily his best performance, finishing ninth in race won by Harrison in 3:54.53.



Paul Larkins:
Former AW
acting editor
ran 3:56.65
in 1987



Ian Stewart:
3:57.3 mile
prior to his
best 5000m

70 3:57.15 Gary Taylor (25)
Cork 5 Jul 88

Fourth in this race but best run was a 3:40.72 1500m at age of 18, which still sits fifth on the under-20 all-time lists.

71 3:57.2 Derek Ibbotson (25)
London (WC) 19 Jul 57

Won in London v New York match beating Olympic champion Ron Delany's 3:58.8, taking 0.8 off John Landy's three-year-old world record.

71 3:57.2 Michael Openshaw (26)
Hexham 29 May 98

North East athlete second to John Mayock in year he was fifth in the AAA Championships.

73 3:57.29i Chris Gowell (28)
Boston 8 Feb 14

Welsh athlete set his best indoors this year finishing second just 0.02 of a second behind Richard Peters.

74 3:57.30 Tom Carter (22)
Crystal Palace 6 Aug 05

Second in BMC race to Farah in a year he was eighth in AAA Championships.

75 3:57.3 Ian Stewart (20)
Reading 11 Jun 69

Set time before becoming European and Commonwealth champion and Olympic bronze medallist at 5000m but at end of season equalled British 1500m record with 3:39.1.

76 3:57.42 Colin Ridding (26)
Cork 5 Jul 88

Coventry athlete finished fifth but probably had better season in 1990 when ran three sub-four minute miles.

77 3:57.43 Steven Halliday (21)
Gateshead 28 Aug 89

Finished seventh in Emsley Carr Mile in race won by Said Aouita in 3:51.97 in a year he was fifth in AAA Championships.

78 3:57.46 Barry Smith (27)
Crystal Palace 8 Aug 80
Ninth in post-Olympic race, after having run 5000m in Moscow and won IAAF Golden 5000m the following month.

79 3:57.49 Nick Rose (28)
Crystal Palace 8 Aug 80
1977 European Cup 5000m winner finished just behind Barry Smith and two years later gained Commonwealth 5000m silver.

80 3:57.5 Michael Wiggs (27)
Dublin 5 Jul 65
Second to Simpson's 3:56.9 a week after setting British 5000m record of 13:33.0.

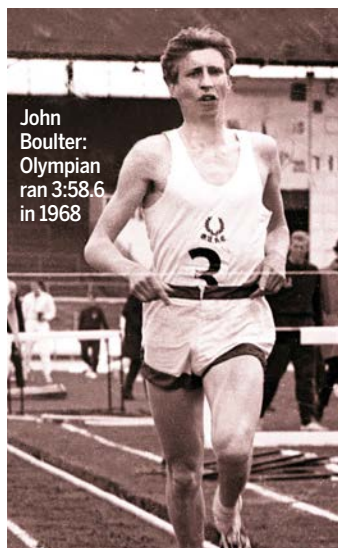
80 3:57.5 Graeme Fell (24)
Vancouver 1 Jun 83
Won race in Canada the year after finishing sixth in World Championships steeplechase and won Commonwealth gold for Canada in 1986.

82 3:57.59 Adrian Weatherhead (31)
Crystal Palace 29 Aug 75
Scot was seventh in race won by John Walker in 3:53.6, in which Ovett was eighth in 4:03.1.

83 3:57.6 Ian Gillespie (28)
Exeter 16 Jun 98
Won BMC regional race from Caddy, the year after a 13:18.06 5000m PB and currently in good form as a veteran.

84 3:57.66 Geoff Turnbull (25)
Birmingham 18 Jul 86
Gateshead Harrier finished second to Rowland's 3:56.64 but ran far better 8:15.98 two miles that year.

85 3:57.68 John Whetton (23)
London (WC) 3 Jul 65
A two-time Olympic finalist and the 1969 European 1500m champion, he



John Boulter:
Olympian
ran 3:58.6
in 1968



James Thie:
3:57.71
indoors 11
years ago

set this time in third place behind Olympic runner-up Jozef Odlozil's 3:56.7.

86 3:57.7 Ray Smedley (22)
Philadelphia 27 Apr 74
Surprisingly made Olympic 1500m team in 1972, finished third in Penn Relays and ran 2:14:45 marathon in 1983.

87 3:57.71 i James Thie (24)
New York 15 Feb 03
Set when winning indoors and has outdoor best of 3:57.86. In 2014 he won three world masters titles indoors.

88 3:57.74 Andrew Green (22)
London (WC) 3 Jul 65
Finished just behind Whetton and was ranked 15th in world that year but never repeated this form.

89 3:57.8 Mal Edwards (29)
St Clement, 19 Sep 87
The 1:46.72 800m performer won race in Jersey and finished fifth in that year's UK 1500m.

90 3:57.81 Paul Lawther (27)
Cork 13 Jul 83
Northern Ireland runner finished ninth in this race but this came six years after his best 1500m when he was runner-up to Ovett in UK Championships in 3:38.77.

91 3:57.86 Mike Kearns (23)
Crystal Palace 26 Jun 77
Finished fifth in race won by Ovett in UK record 3:54.69 and a month later set surprise British 1500m record himself of 3:36.8, which lasted five weeks before Ovett's World Cup win.

92 3:57.88i Clifton Bradeley (20)
Cosford 9 Mar 85
Breakthrough run finishing third indoors for the now renowned podiatrist and biomechanist.

93 3:58.01 Stan Taylor (25)
London (WC) 18 Aug 62
Third in race won by Jim Beatty in 3:56.5, which ranked him fifth in world that year, though only seventh in Commonwealth mile.

93 3:58.01 i Johan Boakes (22)
Fayetteville 25 Jan 91
Junior star failed to fulfil potential and best runs as senior came in USA. He was fourth in this indoor race.

95 3:58.05 Dave McMeekin (23)
Crystal Palace 30 Aug 76
Scot was sixth in Emsley Carr Mile in race won by Moorcroft's 3:57.1 from Filbert Bayi but ahead of Coe who ran his first sub-four minute mile in 3:58.4.

96 3:58.20 Chris Warburton (24)
Crystal Palace 25 Jul 08
11th in London Grand Prix won by Shadrack Korir in 3:54.68 in year he was third in the Olympic trials.

96 3:58.20 i Tom Farrell (21)
Fayetteville 26 Jan 13
A 13.15.31 performer showed good indoor mile speed finishing second.

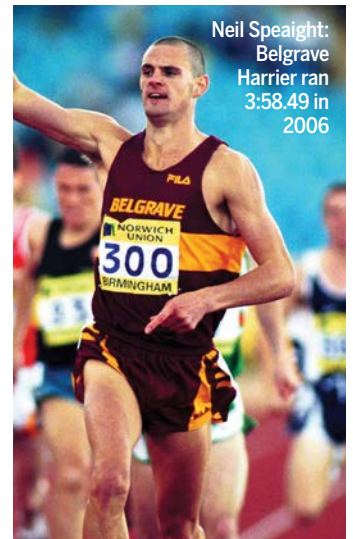
98 3:58.23 Alan Mottershead (24)
Crystal Palace 14 Sep 79
The surprise UK champion that year was fifth in Coca Cola mile race won by Ovett in 3:55.3 with 18-year-old Cram running 3:57.03.

99 3:58.28 Adrian Callan (23)
Swansea 13 Jul 86
Scot set best time in Welsh Games but missed out on Commonwealth Games team that year.

100 3:58.35 Chris Mulvaney (24)
Burnaby 14 Jun 05
The fast-finishing 2004 National Collegiate and AAA Champion set best time year after in Canada.



Tom Farrell:
3:58.20 indoors
in America



Neil Speaight:
Belgrave
Harrier ran
3:58.49 in
2006

101 3:58.39 Matt Barnes (26)
Cork 25 Jun 94
First of two Matt Barnes in rankings finished third in race but a 3:38.31 1500m a year earlier was a better performance.

102 3:58.42 i Jason Dullforce (21)
Birmingham 14 Mar 92
Smashed mile PB in finishing third behind Matt Yates' 3:54.78 and later ran 3:37.88 1500m but never near that form again.

103 3:58.48 Matt De Freitas (24)
Portsmouth 5 Jun 93
Ran three sub-fours that year and best saw him finish fourth in Emsley Carr Mile.

103 3:58.48i Matthew Gillespie (23)
Boston 8 Feb 14
Improving athlete set best time indoors this February and has good range up to 10,000m.

105 3:58.49i Neil Speaight (27)
Boston 28 Jan 06
Best time set in finishing ninth in big Boston meet in year he ran for Britain in World Indoor Championships.

106 3:58.5 Bob Maplestone (26)
Arkadelphia 25 May 73
Welsh athlete whose best runs all came in the USA and this run finished second in NAIA Championships.

106 3:58.5 Spencer Barden (25)
Hexham 29 May 98
Now a leading British Athletics administrator, he set best time in finishing third in race won by Maycock in 3:54.8.

108 3:58.6 John Boulter (27)
Motspur Park 24 Jul 68
Set best time in winning mile in a year he made Olympic 1500m team and ranked 11th in world in 1968.

109 3:58.61i Scott Overall (26)
Bloomington 29 Jan 10

Before moving up to become Olympic marathoner, showed good speed in Indian Relays behind Emanuel's 3:57.62.

110 3:58.62 Steve Emson (22)
Crystal Palace 31 Aug 79

13:28.99 5000m runner moved up a level in 1979 but never hit that form again, finishing ninth in mile won by Ovett.

111 3:58.66 Matt Shone (30)
Crystal Palace 6 Aug 05

Easily best race in finishing fourth in BMC event won by Farah

112 3:58.68 Steve Flint (19)
Birmingham 26 May 80

Huge breakthrough to win Inter-Counties in time that still sits fourth all-time junior list behind Williamson, Cram and Grice but never ran to same level again.

112 3:58.68 Ciaran Murphy (23)
Cork 24 Jun 95

Sale Harrier's best race by a mile finishing fourth in mile in Cork.

114 3:58.7 Allan Rushmer (23)
Northampton 26 Aug 67

Ran mile time behind Alan Simpson, year after winning Commonwealth Games three miles bronze which ranked 11th in mile in world that year and fifth at 5000m.

114 3:58.7 Norman Morrison (22)
Leicester 31 May 71

Scot set his time in Inter-Counties behind Walter Wilkinson's 3:56.6, two years before winning World Student Games silver at 10,000m.

116 3:58.76 Jonathan Mellor (26)
Oxford 20 Jul 13

Ran for Britain in World Indoor 3000m this year and just lost this BMC mile to Richard Peters.

117 3:58.77 Roger Hackney (28)
Swansea 13 Jul 86

An 8:18.91 steeplechaser who medalled in 1986 Commonwealths, and was fifth in inaugural World Championships set time in Welsh Games.

118 3:58.8 Roger Bannister (25)
Vancouver 7 Aug 54

Set best time in winning epic Commonwealth Games Mile against new world record-holder John Landy to improve his 3:59.4 PB!

118 3:58.8 Tony Settle (22)
Belfast 29 May 76

A 1:47.2 800m runner who never fulfilled potential but won this event.

118 3:58.8 Lawrie Spence (24)
Gateshead 12 Sep 77

Distance running Scot was fourth, and best result was a 28:11.85 10,000m for UK silver.

118 3:58.8 Stephen Howard (24)
Haverford 14 May 97

Former Sheffield athlete went to Villanova University and set best times in USA and third indoors here.

122 3:58.83 John Nuttall (24)
Croydon 14 Aug 91

The 1994 Commonwealth 5000m bronze medallist, and now a coach, won this race by a second from Billy Dee.

123 3:58.85 Chris Sly (22)
Crystal Palace 8 Aug 80

The former husband of Olympic silver medallist Wendy, he was 10th in late-season race in Olympic year.

124 3:58.87 Tom Buckner (30)
Portsmouth 5 Jun 93

The 8:25.50 steeplechaser set time in finishing eighth in Emsley Carr Mile.

125 3:58.9 Brian Hewson (25)
London (WC) 3 Sep 58

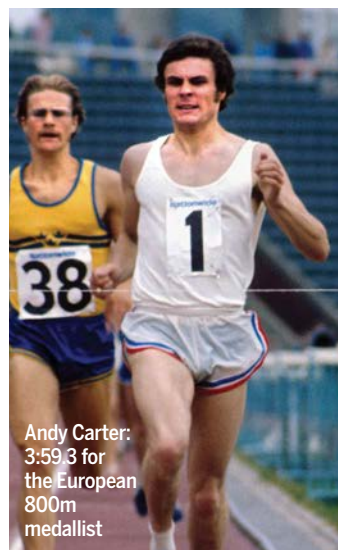
Set time shortly after winning 1958 European 1500m title in finishing second to Herb Elliott's 3:55.4, which was then second quickest ever time.

125 3:58.9 Ron Martin (23)
Williamsburg 11 May 74

Set all best times in USA, finishing second in this race.

125 3:58.9 Simon Mugglestone (22)
Oxford 19 May 90

Won race in varsity event, three years after winning European Junior 5000m gold.

**128 3:58.95 Mark Scruton (25)**
Gateshead 10 Jun 84

Finished sixth in race won by Peter Elliott in 3:55.71 a week before running a 3:38.78 1500m.

129 3:58.96 Tony Harris (24)
London (WC) 3 Jul 65

Ranked 17th in world that year in race won by Jozef Odlozil in 3:56.7.

130 3:59.01 Nick Hopkins (23)
Portsmouth 12 Aug 90

Ran three sub-fours that year and was fifth here in a race won by Gary Staines in 3:53.82.

131 3:59.02 David Sharpe (22)
Battersea 27 May 90

Won a European silver at 800m that year and finished seventh behind Peter Elliott's 3:51.80.

132 3:59.05 i# Gavin Thompson (23)
Notre Dame 7 Feb 04

Set time while based in college in USA, two years before being sole Briton in Commonwealth Games 10,000m.

133 3:59.1 Ron MacDonald (22)
Gateshead 1 Sep 75

Promising young Scot, who ran for Britain in 1970 European Junior Championships, won this mile but didn't fulfil potential.

133 3:59.1 Ashworth Laukam (24)
Coventry 16 Jun 85

Birchfield Harriers' best track run was easily this mile at Coventry Games.

135 3:59.13i# David Forrester (22)
South Bend 3 Mar 12

Was Britain's leading runner in world cross junior race in 2008.

136 3:59.14i David Proctor (21)
Boston 27 Jan 07

Sale athlete won race while at college in USA.

137 3:59.16 Glen Grant (22)
Crystal Palace 19 Jun 76

Army runner was fourth here a few weeks after finishing second in Olympic 800m trials but best run was a 3:38.05 1500m for sixth in 1978 Commonwealth 1500m.

138 3:59.17 Billy Dee (29)
Haringey 14 Jul 91

The father of the promising Jamie and Liam won this race. Not a natural miler, his best runs were a 7:42.77 3000m and 28:00.64 10,000m.

139 3:59.18 Lee Merrien (26)
Crystal Palace 6 Aug 05

Set time in sixth in race won by Mo Farah in 3:56.49, seven years before running Olympic marathon.

139 3:59.18 Stephen Davies (23)
Crystal Palace 25 Aug 07

Far superior 1500m time of 3:38.50 at Don Valley that year for the Welsh Belgrave Harrier, who was third here.

141 3:59.24 Mike Berisford (26)
London (WC) 18 Aug 62

Scot was only fifth in race won by Jim Beatty but ranked tenth in world that year in which he was eighth in European 1500m final.

141 3:59.24 Derek Graham (24)
London (WC) 20 Aug 66

Northern Ireland athlete ranked 14th in world that year and finished fifth in Commonwealth Games in 3:59.40.

143 3:59.25 Michael Coltherd (24)
Crystal Palace 25 Aug 07

Set finishing fourth in BMC Nike Grand Prix Final in race won by American Jon Rankin in 3:57.66.

144 3:59.26 i Mitch Goose (22)
New York 17 Feb 12

Achieved win when at college in USA in year he ran 13:34.41 5000m and ran for Britain in European Championships.

145 3:59.28 Andrew Geddes (22)
Birmingham 17 Jul 87

Set during England v USA match, when he guested in sixth in race won by Steve Crabb in 3:55.38.

146 3:59.29 Alistair Currie (20)
Crystal Palace 2 Aug 85

Scot whose best run was a 3:39.43 at Crystal Palace that year and just missed Commonwealth final following year.

147 3:59.30 Eamonn Martin (24)
Oslo 23 Aug 83

London Marathon winner and British 10,000m record-holder was fifth in race won by Ovett in 3:50.29.

148 3:59.3 Ken Wood (26)
4 London (WC) 19 Jul 57

Set time in fourth in Ibbotson's record run. Ranked him ninth in world that year after finishing ninth in previous year's Olympic 1500m.

148 3:59.3 Bruce Tulloh (26)
Wanganui 27 Jan 62

The 1962 European 5000m champion finished second in this race behind Peter Snell's world record.

148 3:59.3 Andrew Carter (23)
Crystal Palace 10 Jun 72

Now a coach and an 800m runner who gained European medal in 1971, sixth in Olympics in 1972. He set this time in race won by Peter Stewart in a British record.



Ray Roseman:
3:59.8 in 1969

148 3:59.3 Tim Redman (24)
Coventry 16 Jun 85

Set his time in local Coventry Games, though a 7:53.56 3000m was probably his best run.

148 3:59.3 Mark Howard (23)
Portsmouth 1 Jul 89

Had his greatest race narrowly outsprinting Paul Larkins and a young Rob Denmark.

153 3:59.36 David Heath (24)
Belfast 17 Jul 89

Set time in a year he also clocked 3:41.0 1500m PB and he ran a 3:54.28 1500m as a vet in 2010.

154 3:59.37 Peter McColgan (23)
Birmingham 18 Jul 86

Finished ninth in event but better known as steeplechaser and former husband of Liz and father of Eilish.

154 3:59.37 i# Rob Mullett (22)
Seattle 13 Feb 10

Achieved time indoors in States, and has been one of Britain's fastest steeplechaser the last three years.

156 3:59.4 3 Bill McKim (22)
Motspur Park 22 Jul 64

This win in City Charities Mile came in the year he made British team for 1964 Olympics.

156 3:59.4 Roy Young (25)
Motspur Park 14 Jul 71

Won mile race to get his time but a 29:20.2 six miles as a junior may be better performance.

158 3:59.43 John Keyworth (21)
Villanova 14 Jul 84

Sale Harrier achieved performance in finishing third in race in USA while at Villanova University.

159 3:59.5 Gareth Brown (22) 1
Swansea 25 Aug 84

Won Welsh Games here in the year he ran a 1:46.16 800m PB.

160 3:59.56 Glen Stewart (25)
Don Valley 25 Aug 96

Still holds UK under-15 mile best of 4:21.9 and has far superior 3:38.66 1500m PB. He was the leading Brit in the 2002 Commonwealth 10,000m, the event his father won in 1970.

161 3:59.57 Matthew Barnes
Stretford 11 Aug 07

Set time finishing sixth in Emsley Carr mile in year he won Northern title and was seventh in AAA Championships.

162 3:59.58 i# Colin Hume
Murfreesboro 5 Mar 83

Scottish athlete won this indoor race and his only other race of note was a 7:53.06 3000m.

162 3:59.58 i# Tim Bayley (28)
Seattle 16 Jan 10

Set time in the season he ran for Britain in World Indoor Championships in Doha.

164 3:59.60 Pat Chester (21)
Crystal Palace 20 Jul 85

Easily the Thames Valley Harrier's best performance finishing third here.

165 3:59.6 Craig Mochrie (26)
Mansfield 28 Aug 89

Easy winner of race, three days after setting 13:26.74 5000m PB in Brussels.

165 3:59.6i# Steve Green (23)
Ames 4 Mar 94

Now an AW reporter, Trafford runner achieved time winning race in USA in the year he ran for Jamaica in Commonwealth Games.

167 3:59.61 Malcolm Plant (22)
Crystal Palace 31 Aug 79

Finished tenth in race won by Steve Ovett in near world record 3:49.57.

168 3:59.64 Jermaine Mays (24)
Crystal Palace 25 Aug 07

Won British titles at 1500m and steeplechase and set time in BMC Nike Grand Prix final.

169 3:59.67 Mark Kirk (23)
Swansea 13 Jul 86

A 1:46.94 Northern Ireland 800m runner and now coach, ran in 1986 Commonwealths at both 800m and 1500m.

170 3:59.7 Phillip Tulba (24)
Tooting Bec 19 Aug 98

Time set in the year he ran 1:48.31 800m PB in Oslo. He won the race by over eight seconds.

171 3:59.74 i Kris Gauson (23)
South Bend 5 Mar 11

Former AAA under-20 and under-17 champion achieved time indoors

when US-based. His 1500m PB of 3:39.08 is greatly superior.

172 3:59.79 Jon Wild (21)
Hot Springs, 1 Apr 95

Achieved time seven years before making England's Commonwealth Games 10,000m team at Manchester.

173 3:59.80 Maurice Benn (21)
London (WC) 3 Jun 68

Time achieved in year he was a surprise in making British Olympic 1500m team in Mexico.

174 3:59.8 Chris Chataway (24)
London (WC) 28 May 55

Recently departed world 5000m record-holder famed for his first sub-four pacemaking, was second here to Laszlo Tabori's 3:59.0 as the pair became the third and fourth to break four minutes.

174 3:59.8 Ray Roseman (30)
Motspur Park 23 Jul 69

Renowned as a gutsy all-out front runner, finished fourth.

174 3:59.8 Ken Newton (23)
Gateshead 12 Sep 77

Achieved his sub-four the year before ninth in National and international honours at indoor 3000m.

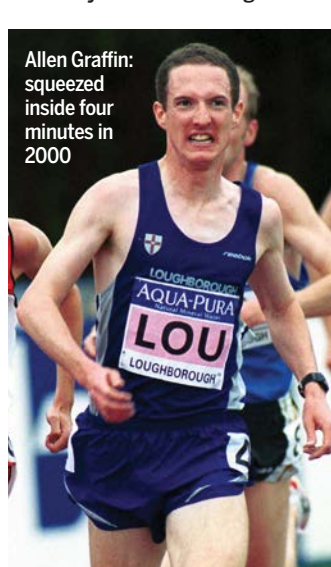
174 3:59.8 Steve James (21)
Nottingham 9 Jun 84

Won race in Nottingham a few weeks before finishing ninth in AAA Championship 1500m won by Peter Elliott from Seb Coe.

178 3:59.82i Ben Reese (20)
Ypsilanti 14 Feb 97

Second here in the year he won NCAA bronze and ran for Britain in European under-23s.

179 3:59.86 Allen Graffin (22)
Crystal Palace 5 Aug 00



Allen Graffin:
squeezed
inside four
minutes in
2000

Former Tonbridge runner achieved his feat in 13th place, almost four seconds behind his twin brother Andy.

179 3:59.86i Ross Millington (21)
Bloomington 28 Jan 11

Achieved his sub-four time when finishing second. He was second in European under-23s.

181 3:59.90 Ken Penney (28)
Haringey 14 Jul 91

Steeplechase international achieved this finishing third in a race won by Billy Dee.

182 3:59.9 Gordon Pirie (29)
Dublin 23 Sep 60

Former world 3000m and 5000m record-holder achieved this time many years after his track peak in third.

182 3:59.9 Chris Mason (21)
Philadelphia 30 May 70

American-based miler ranked 28th in world in 1970 and also third in UK.

182 3:59.9 Davey Wilson (22)
Belfast 30 May 91

Northern Ireland athlete was consistent 1:48/3:42 for three seasons between 1990 and 1992 and won here.

182 3:59.9 Joe Dunbar (24)
Perivale 18 Sep 91

Well-known sports physiologist won this race in Perivale from now leading vet Larry Mangelshot.

186 3:59.91 Darius Burrows (23)
Solihull 5 Sep 98

Third here, the former junior star was 27th and leading Brit in the under-20 world cross in 1994.

187 3:59.92 Tony Leonard (21)
Gateshead 8 Jul 79

Blaydon athlete squeezed inside four minutes finishing seventh in Gateshead Games in race won by Jozef Plachy in 3:56.8 from Moorcroft.

188 3:59.94 Jon Richards (23)
Cork 7 Jul 87

Eighth here, Cornwall's 1983 European Junior 5000m champion still holds British under-20 3000m record at 7:48.28.

189 3:59.97i John Evans (24)
Boston 26 Jan 91

Liverpool's sub-1:48 800m runner achieved time in winning indoor race in USA.

190 3:59.98 Richard Ashe (21)
Hendon 31 Aug 96

Set time in third in BMC race won by Whiteman in 3:56.35.

WHEN searching for clues as to who has wintered well, it is not hard to spot that everything has been going pretty well for Charlene Thomas lately. First she won the national indoor 3000m title in Sheffield in February and then showed her cross country strength by finishing a fine fourth in the Inter-Counties at Cofton Park in March.

"Things have been going well," she says. "I work hard doing a lot of 5/3km type sessions in the winter and have been able to put in a consistent block of training. This is a big summer coming up and I'm looking forward to it."

In addition to her 3000m and cross country form, the 31-year-old has a good turn of speed and her 800m PB is 2:01.87. But her favourite event is definitely 1500m and a glance at her date of birth shows she was destined to be a miler.

Thomas was born on May 6, the anniversary date of Roger Bannister's first sub-four-minute mile, and she loves the rhythm of the mile and the metric mile.

I suggest that the stamina she's shown this winter shows she might have a good 5000m in her legs, but she knocks back the idea with a laugh. "I think I'd rather retire first before I do a 5000m!"

She adds: "I love the 1500m. I just like the tempo that the event is run at. The pace seems to suit me."



Thomas ready to shine

FOR CHARLENE THOMAS, WRITES **JASON HENDERSON**, WHAT BETTER OMEN COULD THERE BE THAN BEING BORN ON THE ANNIVERSARY OF THE FIRST SUB-FOUR MILE?

PICTURES: MARK SHEARMAN

It's also incredibly competitive in Britain with Thomas ranked No.2 in the UK last year with 4:03.74 just behind Hannah England (see p38) and just ahead of Lisa Dobriskey, Laura Weightman and Emma Jackson.

Throw Jemma Simpson into the equation and you have the makings of an intensely competitive race to make the England team for the Commonwealth Games.

"The competition is super," says Thomas, clearly up for the challenge. "It brings out the best in us."

"You know if you make the national team in the 1500m then you're automatically going to be ranked quite high in the world."

Certainly, Thomas has proved in the past that she can win big races when she's in form. In 2011 she took a memorable 1500m victory in the European Team Championships in Stockholm. She also beat Steph Twell and Hannah England to win the UK 1500m title in 2009.

But while England and

Dobriskey have won medals at the IAAF World Championships, Thomas has so far not enjoyed the rub of the green with injuries and has missed out on selection several times, most notably in 2012 when she was fourth in the Olympic trials.

Then, when it comes to bad luck, it doesn't get much worse than in 2009 when she lost a shoe during her heat at the IAAF World Championships in Berlin. She struggled home in 4:09.91 and narrowly failed to make a final that saw Dobriskey place second to Maryam Jamal of Bahrain.

The Wakefield athlete hopes her fortunes will change in 2014, though. She is keen to make an impact this summer and believes she's found a winning formula in the past 12 months with an ideal



Charlene Thomas: a key contender in one of the nation's most competitive events

balance of work and training, together with a supportive team around her.

Sponsored by Saucony, she is managed by Irish supermiler Ray Flynn and has been coached by her husband Aaron after previously being guided by Wilf Paish, who died four years ago.

In addition, she surely has one of the quirkiest sponsors around in Delamere Dairy. It sounds like an unusual partnership, especially with the business being based in Cheshire, but Thomas is full of enthusiasm for the company and says their goats' milk helps with the asthma she has suffered with for years.

Part of her successful lifestyle also involves working in the Coach House Sports Physiotherapy Clinic, which is run by leading physio and former international runner Alison Rose in Leeds.

"It's brilliant," said Thomas. "I work 18 hours a week and have been there for over a year."

Thomas has also endured her fair share of injuries, especially foot problems due to having unusually narrow feet, so working in an environment that specialises in injury treatment

and prevention is ideal. Thomas, who ruptured her plantar fascia five years ago, wears orthotics and does lots of strength and conditioning work to help prevent problems. As for the job itself, she works on the marketing and website side of the business.

"It takes my mind off athletics and eases the pressure with regards money," she says. Being a full-time athlete where your only income is from the sport can sometimes be, she adds, "a lonely and stressful place".

Thomas lives in the small village of Menston in West Yorkshire and finds it an ideal environment to train in, albeit a tad hilly at times. Her Yorkshire links are so strong, it's easy to assume she was born there, but she was actually raised in Germany due to her father being in the RAF.

Thomas was also a relative late starter in athletics. During her early years she enjoyed playing in midfield in football – and indeed two of her cousins, Jack and Mark Redshaw, have gone on to be professional players – but Thomas soon got the running bug and realised she had a talent for 800m and 1500m.

Now, though, Thomas realises she is reaching the business end of her career and is keen to make her mark this summer and in the run-up to the Olympic Games in Rio in 2016 when she will be aged 34 – exactly the same as Kelly Holmes when the Briton won a middle-distance Olympic double in Athens.

"Last year all I wanted was a consistent summer and it's the same this year but I've got to come out in May running well," she says, conscious of the early Commonwealth selection deadline of June 1 set by England Athletics.

"I've got the qualifying mark for the Commonwealth Games but so have four others," she adds, on a 4:06.50 time that England, Weightman and Dobriskey all nailed last year.

Yet with a 4:03.74 PB at a BMC meeting in Watford last summer that put her into the top 20 in the world, Thomas is keen to improve further as she enters the summer of 2014 in good form.

● Read more about Charlene Thomas on her regularly-updated blog at charlenethomas.wordpress.com

Charlene finds her strong with Saucony

CHARLENE THOMAS' sponsor, Saucony, has released the Kinvara 5, with a red limited edition London version on sale at its Covent Garden store and the London Marathon exhibition last month.

The fifth edition of the Kinvara features a ProLock lacing system for an adaptable, dynamic midfoot fit. The collar has been redesigned for more comfort, and the upper features a more durable mesh, leaving ample room for toes to move. Yet despite these upgrades, the weight stays consistent at only 218g!

Being so lightweight, the Kinvara is ideal for both training and racing and a recommended shoe for runners who want to transition gradually into more minimal footwear.

● The Kinvara 5 goes on sale across the UK and Ireland from today, May 1, and costs £105. See saucony.co.uk



British indoor 3000m winner: Thomas took the title in Sheffield

FACTFILE: CHARLENE THOMAS

Born: May 6, 1982
Club: Wakefield
Coach: Aaron Thomas
PBs: 800: 2:01.87. 1500: 4:03.74. Mile: 4:27.95 (road 4:27). 3000: 9:01.43i. 10km: 33:43

Achievements (all 1500m unless stated)

2014 UK indoors 3000m gold
 2012 Olympic trials 4th
 2011 Euro Team Champs gold
 2009 UK Champs gold; World Champs 10th in heats
 2008 Olympic trials 5th
 2007 UK Champs silver



Chris Kandu: high jump talent hopes to follow in footsteps of Robbie Grabarz



The Kandu mentality

AFTER BEING NAMED AS ONE OF THE JEAN PICKERING SCHOLARSHIP RECIPIENTS, HIGH JUMPER CHRIS KANDU IS TARGETING JULY'S WORLD JUNIORS, WRITES **EMILY MOSS**

PICTURES: MARK SHEARMAN

MOTIVATED by underperforming at last year's European Junior Championships, 18-year-old Chris Kandu believes that being named as one of the Jean Pickering Olympic Scholarship awardees will help ease some of the financial pressures leading up to this year's IAAF World Junior Championships in Oregon, where the high jumper hopes to make amends for last year and perform to the best of his ability.

"I have been really motivated by the European Juniors," says the Enfield & Haringey athlete. "I had entered the championships equal first in the European junior rankings, but I sustained a knee injury and I didn't make the final. It was heart-breaking. However, the disappointment really motivated me, not necessarily to train harder, but to train more efficiently, as I don't want to be in that position at a championship again."

Having enjoyed a good winter, which saw him jump a PB of 2.22m to win the England Athletics under-20 indoor title, the ambitious teenager has high hopes for this year. The World Juniors is the main target, but if all goes to plan Kandu hopes he will have the opportunity to jump in bigger competitions such as World Challenge and Diamond League meetings to give him experience and confidence jumping with the world's best. "I

want to clear 2.30m this year," reveals Kandu confidently.

Standing at 6ft 4in, Kandu already jumps well over his head, but the prospect of growing another couple of inches may help him in his quest to improve his PB those extra few centimetres. "I'm still growing, so hopefully I will be 6ft 5in by Oregon!" he says with a grin.

"However, I don't want to get too much taller, as I don't want to be a basketball freak! I think that my current height suits me perfectly."

It appears that Kandu will make good use of the Jean Pickering bursary. He lives with his mum and sister in Enfield and trains with former GB triple jumper John Herbert at Lee Valley. However, Kandu also travels to Birmingham to train alongside 2012 Olympic bronze medallist Robbie Grabarz and to receive specialist high jump coaching from Fuzz Ahmed and Darren Joseph.

"I really didn't expect this award and it feels very special to have been given it. Robbie told me that he got one prior to 2012 and it really helped. I have seen what he achieved and it motivates me to do the same," explains Kandu.

The money will allow Kandu to meet Ahmed and Joseph more often, which he feels will pay dividends in his progression as a high jumper. "I am at the stage where I need to learn advanced high jumping skills and gain experience. The Jean Pickering award will mean I have the support to go to Birmingham two or three times a month and learn new things.

"Just the other day I was training with Robbie and he told me how much I had progressed. I learn so much training with him. Having the funds not only takes the pressure off me, but also my mum and my coaches," reveals Kandu.

However, the teenager is full of praise for Herbert. "John has great knowledge of high jump

"I really didn't expect this award and it feels very special to have been given it. Robbie (Grabarz) told me that he got one prior to 2012 and it really helped. I have seen what he achieved and it motivates me to do the same"

CHRIS KANDU on his Ron Pickering Memorial Fund award

and is very experienced. I train with him three times a week," explains Kandu.

It would seem that high jumping comes quite naturally to Kandu. As a youngster, he had football trials with Queen's Park Rangers, but when nothing emerged from it, he turned to high jumping and took to it instantly.

"I was passionate about it and progressed. I still love the air time that you get when you hit a jump right," he says.

There have been many highlights in Kandu's youthful career, so many that the level-headed teenager finds it impossible to pick a favourite moment. The talented teenager has won six national titles in the past four years, including this year's national under-20 indoor championships, indoor and

outdoor age group titles last year, two under-17 indoor titles in 2011 and 2012 respectively, along with taking top spot in the UK School Games in the Olympic Stadium in 2012.

Reflecting on the experience of jumping at the Stratford venue, Kandu says: "Jumping at the Olympic Stadium in front of my family for the first time in such a big stadium was special to me."

Following his 2.22m leap indoors, Kandu is quick to put any cynics in their place. "Due to my rapid progression, many people thought I might have trained too much. However, I would argue that I have just been training efficiently. I have learned the concepts of high jumping and I am pushing on forward," he says.

Yet he is aware that he is far from the complete athlete. "My

aim is to continue learning so that I can become an independent athlete, who can jump anywhere and without their coach," he explains.

Many high jumpers are known to be a bit outlandish. The demands of an event that involve launching yourself over a bar well above head height mean that eccentricity and high jump go hand in hand.

Indeed 2012 Olympic champion Ivan Ukhov from Russia once turned up drunk to a Diamond League event, while Bahamian Donald Thomas won the 2007 world title in basketball shorts and trainers.

Despite this, Kandu claims there is nothing particularly unique about him. "I am different to the stereotypical high jumper. Many of them are a bit weird. That is not me. I am laid back and just a normal kind of guy."

With that, the Enfield Grammar School pupil, who is currently studying for his A Levels in Business Studies, ICT and Financial Studies hopes he can encourage other youngsters into the sport that he loves.

Chris Kandu: keen to make mark at IAAF World Junior Championships



European champs

IN THE COUNTDOWN TO THIS YEAR'S MAJOR CHAMPIONSHIPS, WE CONTINUE OUR SERIES LOOKING BACK AT THEIR HISTORIES EVENT BY EVENT

Men's 4x400m relay

ONLY four nations contested the first 4x400m title in 1934 and Germany won, anchored by individual winner Adolf Metzner.

The 1938 championships included the first British team and the Olympic champions fielded the individual European champion in Godfrey Brown but finished more than a second down on Germany, anchored by 800m champion Rudolf Harbig.

The 1946 race in Oslo was a much closer affair, the first four separated by a second. Sweden took over in the lead but ended up third as 400m silver medallist Jacques Lunes gave France a narrow victory over Great Britain.

Britain won easily in 1950 in Brussels with individual champion Derek Pugh ensuring a championship record of 3:10.2. They were even faster in 1954 in Bern with 3:08.2 but were disqualified due to an infringement on the third leg and gold and the record went to France in 3:08.7.

Britain regained the record in 1968 in Stockholm with 3:07.9.



Helsinki 1994: GBR team – Roger Black, Du'aine Ladejo, Brian Whittle, David McKenzie

However, with a team all named John featuring the first two from the 400m, Wrighton and Salisbury, they probably expected to win by more than 0.3 of a second.

In 1962 in Belgrade, Britain had the champion in Robbie Brightwell and had three of the top five at 400m but lost by a tenth to Germany. The individual silver medallist Manfred Kinder held off Brightwell by a tenth as they improved the record to 3:05.8.

Britain had been first or second across the line for five consecutive finals but were a well beaten fifth in Budapest.

Poland, who had the first two in the 400m final, won in a fast 3:04.5 with West Germany, East Germany and France also inside the old record.

In 1969 in Athens, Britain bettered the old record with 3:04.2 but were a well beaten sixth as France, anchored by 400m silver medallist Jean-Claude Nallet, won easily in 3:02.30. Poland, with individual champion Jane Werner and three of the first six, could only finish fourth in 3:03.1.

In 1971 in Helsinki, Britain had the 400m winner in David Jenkins but ended up fifth as West Germany won clearly from Poland.

In Rome in 1974, Jenkins was decisively beaten in the individual event but had a better team and ran a superb anchor leg to finish off the good work from enigmatic Glen Cohen and hurdlers Bill Hartley and Alan Pascoe. They won in 3:03.3 from Germany with Finland, who led for much of the last leg, disqualified.

West Germany were back on top in 1978 in Prague and with two champions, Franz Peter Hofmeister and hurdler Harald Schmid, they won by a huge margin in 3:02.0.

Britain had problems with Jenkins falling in the heats and failed to make the final with their 3:39.9 being slower than all 12 women's teams in the heats.

In 1982 in Athens, Jenkins led off the British team and they came very close to winning as 400m champion Hartmut Weber held off teenager Phil Brown in a championships and national record 3:00.51. Hurdles champion Schmid was again in the West German team.

Schmid won again in Stuttgart in 1986 and contributed a great third leg to ensure Germany led for much of the anchor.

However, individual champion Roger Black came from behind to

win in a championship best 2:59.84 to follow up the good work of Derek Redmond, Kriss Akabusi and a one-shoed Brian Whittle.

Black was back as champion in 1990 and, helped by 200m champion, John Regis and hurdles winner Akabusi, won in a European record 2:58.22.

In 1994 Black was beaten by team-mate Du'aine Ladejo at 400m but they combined in the relay to win by two seconds and Black's 43.94 leg ensured his fifth gold equalled Schmid's record.

Black was astonishingly not selected for the individual event in Budapest in 1998 and promptly withdrew from the relay team and retired.

But Britain still won with individual champion Iwan Thomas contributing a strong 44.21 third leg, only by two metres as Poland pushed them all the way.

GB won a fifth title in Munich in 2002, albeit in their slowest time, with 400m bronze medallist Daniel Caines holding off Russia's future Olympic 800m champion Yuriy Borzakowski.

France ended the streak in Gothenburg, anchored by individual winner Marc Raquil with Britain second.

Britain were again second in 2010 in Barcelona, with Martyn Rooney just finishing behind Russia's Vladimir Krasnov and again in 2012 in Helsinki with the Borlee brothers giving Belgium their first title. It was Britain's ninth successive medal.

Gold medal winners

1934:	Germany	3:14.1
1938:	Germany	3:13.7
1946:	France	3:14.4
1950:	Great Britain	3:10.2
1954:	France	3:08.7
1958:	Great Britain	3:07.9
1962:	West Germany	3:05.8
1966:	Poland	3:04.5
1969:	France	3:02.30
1971:	West Germany	3:02.94
1974:	Great Britain	3:03.33
1978:	West Germany	3:02.03
1982:	West Germany	3:02.61
1986:	Great Britain	2:59.84
1990:	Great Britain	2:58.22
1994:	Great Britain	2:59.13
1998:	Great Britain	2:58.68
2002:	Great Britain	3:01.25
2006:	France	3:01.10
2010:	Russia	3:02.04
2012:	Belgium	3:01.09

British medallists

Gold: 1950, 1958, 1974, 1986, 1990, 1994, 1998, 2002

Silver: 1938, 1946, 1962, 1982, 2006, 2010, 2012

Most successful athlete and Briton: Roger Black won three successive 4x400 gold medals.

Commonwealth Games

Men's 4x440yds/ 4x400m relay

ONLY three teams ran in the inaugural mile relay in 1930 in Hamilton, won by England, who were anchored by double hurdles champion Lord Burghley.

England won again in 1934 in London as the team were anchored by 440 yards winner Godfrey Rampling and they left out silver medallist Bill Roberts. Scotland were last and won a bronze!

In 1938 in Sydney, Roberts was the individual champion, but England were a long way down on Canada.

Australia won in Auckland in 1950 and were anchored by 440 yards gold medallist Edwin Carr.

Curiously the relay was the same day as the individual event and that day England's Les Lewis won two silvers and a bronze in the 4x100m final.

In Vancouver in 1954, gold went to England, who were anchored by 880 yards champion Derek Johnson.

In Cardiff in 1958, though, England were well beaten by a South African team, completed by 440 yards hurdles champion



Victoria 1994: England team
– Peter Crompton, David
McKenzie, Du'aine Ladejo
and Adrian Patrick

and new world record-holder Gert Potgieter.

There were again new champions in 1962 at Perth as Jamaica, who fielded the Spence twins beat England by a second.

Curiously the first four in the 1964 Olympic 800m, including winner Peter Snell, all competed in the relay here.

In Kingston in 1966, another West Indian nation won gold. Trinidad and Tobago took more than five seconds off South Africa's Games record and indeed broke the world record for the imperial distance with 3:02.8. England took third.

Trinidad had the first two from the 440 yards in Wendell Mottley and Kent Bernard as well as 220 yards runner-up Ed Roberts.

Edinburgh in 1970 saw the first metric relay and new champions again through Kenya. They had never previously won medals and hadn't even entered in 1966, but had been second behind USA's world record in the 1968 Mexico Olympics.

They won by two seconds as 400m champion Charles Asati ran a 44.6 final leg in his tenth race of the Games.

England, anchored by 400m

hurdles champion John Sherwood, were third.

In 1974 in Christchurch, Kenya were again anchored by 400m champion Asati and won easily from England, who fielded 400m hurdles champion Alan Pascoe as they won their tenth successive medal.

In 1978 in Edmonton, England were first across the line in 3:03.53 but went without medals for the first time.

At halfway on the final leg, Richard Ashton, was trailing Kenya and Jamaica and being closed on by 400m champion Rick Mitchell of Australia. BBC commentator David Coleman said: "Ashton has no chance of a medal." But Ashton left Mitchell decisively off the final bend and kicked past the Jamaican and then caught the Kenyan with his final stride. Sadly, one of Britain's greatest ever relay legs counted for nothing and Kenya won their third successive gold as it was judged that Glen Cohen had cut across the Kenyan runner on leg three and Britain were disqualified.

England won legitimately in 1982 in Brisbane with Phil Brown outgunning Mitchell on the last leg.

Brown again anchored England to gold in 1986 at a boycott-

affected Edinburgh. The sadly recently departed Todd Bennett also won his second successive gold as England, who also had 400m champion Roger Black, won in a slow 3:07.19.

In 1990 in Auckland, England, Australia and Trinidad were disqualified for standing on the wrong take-over point in the heats. Kenya easily won the final in a record 3:02.48 as Scotland, with three 800m runners and a 400m hurdler, won a surprise silver in a depleted final.

In 1994 in Victoria, England edged Jamaica in a Games record but positions were reversed in Kuala Lumpur in 1998 as Jamaica won in the first ever sub-three. One-lap individual champion Iwan Thomas's 44.0 final leg ensured Wales won their first ever medal.

In 2002 in Manchester, Jamaica's Michael Blackwood led until late and then was passed by England's Daniel Caines and a charging Matt Elias from Wales. Blackwood dropped the baton as he was passed and jogged in fourth but was disqualified as England won by a hundredth of a second.

There was more home joy in 2006 in Melbourne as Australia won easily with England fourth.

In Delhi, Australia retained their title as a weakened England did well to get bronze.

Gold medal winners

4x440 yards

1930:	England	3:19.4
1934:	England	3:16.8
1938:	Canada	3:16.9
1950:	Australia	3:17.8
1954:	England	3:11.2
1958:	South Africa	3:08.21
1962:	Jamaica	3:10.2
1966:	Trinidad & Tobago	3:02.8

4x400m

1970:	Kenya	3:03.63
1974:	Kenya	3:04.43
1978:	Kenya	3:03.54
1982:	England	3:05.45
1986:	England	3:07.19
1990:	Kenya	3:02.48
1994:	England	3:02.14
1998:	Jamaica	2:59.03
2002:	England	3:00.40
2006:	Australia	3:00.93
2010:	Australia	3:03.30

British medallists

Gold: England (1930, 1934, 1954, 1982, 1986, 1994, 2002)

Silver: England (1938, 1950, 1958, 1962, 1974, 1998), Scotland (1990), Wales (2002)

Bronze: Scotland (1934), England (1966, 1970, 2010), Wales (1998)

Most successful athlete and Briton

No athletes have won more than two gold medals in the 4x400m, but England have seven golds and 16 medals in 19 runnings. They were disqualified in two and fourth in the other so are easily the most successful nation.



Write to: Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1GR, email: jason.henderson@athleticsweekly.com or fax 01733-808530 (Please supply full postal address, telephone number)

Lightweight theory

I HOPE I am not alone in regarding Nic Bideau's reported comments to his athlete Andy Vernon as "being too tall and heavy around the shoulders to be any good at the marathon" as being ill-advised and ignorant.

Both Bideau and Athletics Weekly will be aware of the damage that eating disorders has wreaked upon both male and female cross country and distance runners. Nic's view that a "diminutive build" is what is required in top marathon runners may well be a causative factor in why we have not had a British male winner of the London Marathon since 1993.

Eamonn Martin won in '93 – he is an inch taller than Vernon and while weighing a little less also exhibited "broad and muscle bound shoulders".

Zatopek was muscular. Yannis Kourous was muscular. Carlos Lopes was muscular. I could go on. In his excellent book, *The Art of Running Faster*, Julian Goater describes the arms as pistons in endurance running.

Exolling near anorexia as a major factor in successful marathon running is both dangerous and stupid.

John Hadley, London
No one is exolling near anorexia as a major factor in successful marathon running (especially not Nic Bideau, who was not quoted in our article). However, it is a fact that athletes of a certain size and weight are simply not going to win the London Marathon nowadays. In an era when 2:04-05 marathons are commonplace, the races are won by the whippets of the athletics world, in just the same way that successful

Sprinters (muscle), shot

sprinters (muscle), shot putters (big) and high jumpers (tall and slim) all have their own, typically unique physiques. Of course, as Paula Radcliffe and others have proved, it is entirely possible to combine a fulsome diet with hard marathon training and still win – Editor

Water bad example
 PAUL HALFORD's comments (AW, April 10) following the late cancellation at the Sheffield half marathon were spot on.

The incident was a perfect example of the way in which the new generation of mass participation road races has deprived home-based competitive runners of the respect due to them. Serious runners don't need water in a half-marathon, not in this country in early April at any rate.

What they need is to be valued. So no wonder overall standards in distance running in Britain today are so much poorer than 40 years ago.

Edwin Oxlade, Belfast
Jones the great
 IT'S time to set the record straight. Steve Jones remains the holder of the fastest FOUR marathon times by a Brit, not three.

The performance which was omitted on the BBC was Steve's New York City win in 1988, when he clocked 2:08:20. Although it may not have attracted quite as much attention as his London or two Chicago wins, you could argue it was his best run, given that it came after his European Championship blow-up in 1986, and on a significantly more undulating course.

But all credit to Mo for giving it a go, even if it only served to

Farah's future

MUCH has been written about Mo Farah's marathon, the most derogatory being voiced on the satirical show *Have I Got News For You*, comparing his run to the allowable speed that HP sauce must leave the bottle before its departure from the factory. Other media pundits have advised him that he needs to stick to the 5000/10,000m.

We shouldn't forget that in 1983 Steve Jones dropped out of his first marathon at 16 miles with a foot injury. Afterwards, he approached the Chicago race director to give back his \$2500 appearance fee.

A year later, Jones returned to the Windy City with a goal to break the Welsh record of 2:12. Instead he put Olympic champion Carlos Lopes and world champion Rob de Castella to the sword, breaking the world best with 2:08:05.

In the 1985 Chicago race, Jones ran even faster, once again beating De Castella, clocking the British record of 2:07:13. Jones also won the London and New York City races in his marathon career.

Further, it took 1990 London winner Allister Hutton six attempts before he won the classic race. Like Jones, his marathon debut at the 1980 Olympic trials did not go to

LETTER OF THE WEEK

Vernon should not discount marathon

HAVING read the *Athletics Weekly* article about Andy Vernon being too heavy for the marathon, please take note of the following points (AW, April 17). He weighs the same as Rob de Castella and Rod Dixon did when they each ran 2:08. He weighs less than 160lb, 6ft 2in, former world record-holder Derek Clayton did when he ran 2:08.

Choose wisely, Mo
 I AM not wishing to put any negativity on Mo Farah's superb English record in the Virgin Money London Marathon, but he and his team have got to put into perspective what trying to focus on the marathon will do to his ability to have the edge in long-distance track events.

I'm sure Alberto Salazar, one of the greatest marathon runners of his time, will be sure to guide him to the correct path. I hope he really does bank the experience and continue to focus on the events that he truly excels in.

When a 5000m/10000m athlete runs a 3:28 1500m – faster than Coe, Ovet and Cram at their best – and can run a 50-second last 400m during a distance track race, there are only a few who can challenge him.

Whatever his choice, good luck to him. He is a national treasure!

Stuart Walker, Proserpine, Australia
Judging by Salazar's comments to the Oregonian newspaper last week, Farah won't be returning to the marathon until after the 2016 Olympics – Editor

EVERY WEEK, THE STAR LETTER WILL WIN AN AW BOOKAZINE

Sean McCarthy, via email

NEXT WEEK

BUCS Champs report:
in next week's AW



○ BUCS CHAMPIONSHIPS

Coverage from Bedford as Britain's top student track and field athletes battle it out

○ KENENISA BEKELE

Ethiopian legend talks to AW on the eve of the Bupa Great Manchester Run

○ MASTERS PROFILE

Virgin Money London Marathon over-50 age group winner Ben Reynolds

○ HOW THEY TRAIN

Top junior mountain runner Georgia Malir

○ COMMONWEALTH/EURO STATS

Our series on past champions from these major championships continues with the men's 4x100m

○ STUDY AND SPORT

Why you should not neglect your athletics training too much during the exam season

○ COACHING COURSE DEBATE

Not everyone agrees with Will Cockerell's recent articles on coaching courses in the UK. They air their views in next week's magazine

○ REGULAR COLUMNS

All the favourites, including the latest news and results, forthcoming fixtures and readers' letters

AW IS ON SALE MAY 8

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AW

Disparate training

WITH this issue being rightly devoted to one of the greatest athletic, if not sporting achievements in history we give a flavour in this section of Sir Roger Bannister's training.

We compare the Oxford great against some of our past featured athletes in our 'How They Train' series and although our modern day metric milers' have run quicker times,



they also train much harder and frequently and live a much different lifestyle. Who knows what the next 60 years will bring? If you're young enough to see the evidence in six decades time, be ready to expect the unexpected.

No-one thought that a 'sub-4' was possible in the early 1950s and some even thought someone might die if they did it! Everyone that is, apart from Bannister with a dogged pursuit of achieving the legendary goal before anyone else.

Look out too for an excellent article, ably illustrated on the maintenance of the lumbar spine and pelvic complex – areas which cause a myriad of problems.

David Lowes, Coaching editor

PERFORMANCE GUIDE

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- 58 Try rock and roll – Pelvis and lumbar spine
- 59 Coaching courses – Latest England courses
- 60 Sports science – Vitamins: good or bad?

A different era

MATT LONG AND DAVID LOWES EXPLORE THE EVOLUTION OF TRAINING FOR ELITE BRITISH MILERS OVER THE LAST 60 YEARS

ALMOST 60 years ago on May 6, 1954, Roger Bannister set the iconic time of 3:59.4 to secure his immortality as a sporting legend. Here we compare his training methods from six decades ago to those of four contemporary British elite metric milers who have featured in our *How They Train* series. Step forward, Charlie Grice, Tom Lancashire, Ross Murray and David Bishop.

Frequency

Bannister trained just three to four times a week. During the winter of 1953-54 he was in his final year as a medical student at St Mary's hospital in London and trained with a group affectionately called the "Paddington lunchtime club". The late Sir Christopher Chataway would recall: "It was dim that we did so little" and this lack of frequent training is in stark contrast to our four modern elite British middle-distance stars, all of who frequently train twice a day.

Speed endurance

In terms of their use of interval training, both Bannister and our aforementioned British runners are all indebted to work conducted in the late 1930s by German coach Dr Woldemar Gerschler and physiologist Dr Herbert Reindel.

One of Bannister's lynchpin sessions was 10x440 yards (performed with a 440-yard jog recovery in around 2 minutes) often on the ash track near Paddington hospital. As each month progressed through the winter towards the summer season, his times would reduce

Roger Bannister (front) during a training session at the White City



by around one second so that, in effect, he may have averaged 66 seconds per 440 yards in October, and by the following May he would be operating well below 60 seconds for the now almost defunct quarter-mile.

This kind of work is not dissimilar to that of Lancashire, whose 2010 PB of 3:53.39 places him 22nd on the UK all-time list. The Bolton athlete has typically performed speed endurance sessions of 10-12x400m with a 60sec recovery. David Bishop, whose metric mile best of 3:37.51 set in April 2012 places him 39th on the UK all-time list, favours sessions of 20x200m in 28sec with 30sec recovery and 2x3x300m in 40sec off 3min and 6min recoveries between sets. Bannister is less than five seconds in arrears of Bishop's PB and his 3:42.2 was clocked en route to outsprinting John Landy to take the British and Commonwealth Games mile title in 1954.

Aerobic endurance

Bannister remarkably averaged less than 30 miles per week during the winter, a figure which he dropped to only 15 miles a

week while racing in the summer months. He typically spent around 30 minutes per day training. His aerobic base was developed through sessions of 3x1.5 miles on the track (at around 14:30 pace for 5000m) and this was supplemented by the periodic use of both hiking and mountain climbing – all unheard of today.

Jim Alford, a AAA coach, is credited with directing Bannister towards the Fartlek training developed by Gösta Holmér which would be performed on the unlit grass playing fields of Harrow School in the dark winter evenings.

It is here that our modern-day athletes differ from Bannister in that all carry a training volume which is two to three times greater than that of the Oxford great. Bishop tends to average between 80-85 miles per week in the winter, downgrading to 70-80 miles in the summer, with Lancashire averaging 75-85 miles in the winter and 55-65 miles in the summer.

A key component of this increase in volume is the length of the traditional long run performed by our modern 1500m exponents.

Grice, whose July 2013 PB of 3:54.61 for the mile ranks him 31st on the UK all-time list, typically runs 60-80 minutes on a Sunday morning during the winter, while Murray runs around 90 minutes on a Sunday.

In a progression from Sir Roger's days, all four of our British examples integrate tempo running into their schedules far more systematically. For example, Grice typically runs for 25 minutes at 5:20, gradually increasing his pace throughout the winter months. Bishop runs up to 10 miles at his tempo pace of 5:15 in the winter and reduces that to five miles at 4:55 in the summer months.

Race-pace specificity

Bannister regularly performed three-quarter mile time-trials at Motspur Park in Surrey. Just 10 days before the Olympic 1500m final Helsinki in 1952, where he would place fourth, he ran 2:52.9, which significantly bettered the unofficial world best of 2:56.6 set by the great Arne Andersson of Sweden.

Just like Bannister, working on race-pace specificity in training is something which our modern

elite metric milers have retained through variants of multi-paced training. Lancashire, for example, has been known to perform 1500m-paced sessions of two sets of 2x800m (3min recovery between 800m and 10 minutes between sets).

Strength endurance

Our modern-day athletes pay far more attention to this facet of training than Bannister did with Murray and Bishop respectively favouring weight training. Lancashire leans towards circuits and Grice integrates weights, circuits and hill-work into his regime.

Technical components

Many methods have progressed since the 1950s and nowadays Grice and Lancashire favour drills while Bishop does work over hurdles.

This may be partly explained by the fact that unlike our four guinea-pig subjects, all have named coaches while Bannister often claimed to be self-coached. He was of course influenced by Franz Stampf, who he met regularly from the latter part of 1953 for Friday night track sessions at the Duke of



Ross Murray: runs around 90 minutes on a Sunday

MARK SHERMAN



Charlie Grice: typically runs at a tempo pace for 25 minutes

MARK SHERMAN

York's Barracks, but he tended to claim that he was an adviser rather than a coach.

Warm-up and cool-down

Compared to our modern-day exponents who will be working on getting the intensity of their warm-ups right as well as making sure their cool-downs are designed to facilitate recovery, relatively little attention to these facets was paid by Bannister. He is thought to have taken relatively quite large quantities of salt to prevent excessive cramping after races.

Rest and recovery

Bannister is reputed to have taken five complete days of rest prior to his finest hour at Oxford's Iffley Road track six decades ago. This is in contrast to our example athletes, who will rarely have a day off, instead opting for more active, rather than passive modes of recovery, which may include both easy and steady running.

Conclusion

In terms of his training volume versus his ability, Bannister relied heavily on his talent in the pursuit of the seemingly impossible four-minute-mile. Of course training

loads were very much in their infancy at the time of arguably one of the most meritorious feats in sporting history and let's not forget about the amateur approach in those days too. Cinder tracks, spikes and kit that bear no resemblance to today's offerings must have all been counterproductive. The Lake District was as high an altitude that anyone ever reached and Bannister only went there as a retreat and not for a training boost.

It begs the question, are those who are aiming at the equivalent of a sub-four mile or even much slower doing too much volume and frequency? That is obviously up to the coach and athlete to decide and it is doubtful that anyone in this era would contemplate or dabble with Bannister's training ethos. Many more British men will overtake Sir Roger in the rankings over the course of the next 60 years, but it's doubtful none will ever be considered greater.

● Dr Matt Long is a BMC Academy coach and winner of the BMC Horwill Award for coach education. David Lowes is AW coaching editor and chairman of the BMC Academy

Try rock and roll

A KEY AREA OF DYSFUNCTION IN RUNNERS IS THE LUMBAR SPINE AND PELVIC COMPLEX. **JENNY BLIZARD** EXPLAINS WHY THAT IS AND THE EXERCISES YOU CAN DO TO REMEDY THE PROBLEM

FOR THOSE runners who sit for long periods at a desk or drive for an occupation, the lumbar spine and pelvic complex is a vital area to maintain to keep free of any ensuing problems. During the running cycle, the pelvis is designed to anteriorly and posteriorly rotate (forwards and backwards motion) slightly and the lumbar spine (lower back) is designed to rotate around a vertical

axis to allow forward and backward motion of the legs.

The lumbar spine also needs to side bend slightly to counterbalance the pelvis as weight is transferred from one leg to the other. It's surprising just how the pelvis and lumbar spines don't move in athletes when examined in isolation. This article will focus on restoring these key movements of the pelvis and lumbar spine but,

and of just as much importance, ensuring that you achieve mobility that is controlled by activating the core stabilising muscles too.

It should be noted that the pelvis is made up of three bones: the two ilium bones and the sacrum. Although there is some motion at the sacroiliac joints, which joins the sacrum and the ilium bone together, for ease, the pelvic girdle essentially functions as a unit.

Assessment of motion

ISOLATING THE PELVIS AND LUMBAR SPINE

Step 1: Stand in a squat position with hands on hips, back straight (pic 1).

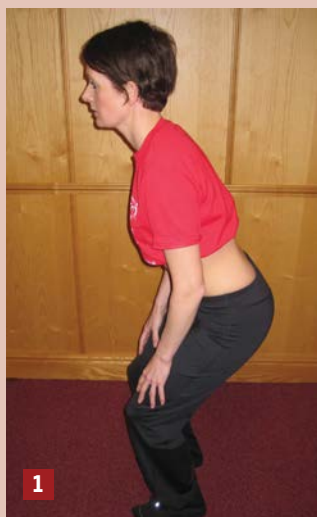
Step 2: Using a mirror to the side, tuck your tailbone underneath to create an outward curve in your lower back without moving your knees or upper back (pic 2).

Step 3: Now, from this tucked tailbone position, move the opposite way, sticking your bottom out to provide an inward curve in your lower back, again without moving your knees or upper back (pic 3).

If you are unable to perform this movement without moving your knees and upper back, then the



chances are that your lumbar spine and pelvis need attention. In time, this can be a useful exercise to perform in order to have excellent mobility with stability, but for now practise the pelvic curl and shoulder bridge first.

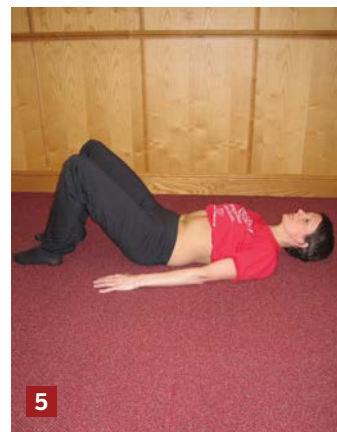


Corrective exercises

THE PELVIC CURL TO SHOULDER BRIDGE

THIS is an excellent all-round exercise for mobilising the pelvis and lumbar spine as well as stabilising the lumbar spine and pelvic area. The aim of the exercise is to independently lift and lower each vertebral segment of your spine. Not only does this help keep the pelvis and spine mobile at each level, it also works on activating the inner postural stabilising muscles (the multifidus and transversus abdominus), which control the amount of motion at each vertebral level of the spine and the pelvis itself.

Often movements in the lumbar spine can become stiff, not just due to joint stiffness but due to the global, bigger movement muscles such as the hamstrings, quadriceps, abdominal muscles and hip flexors, acting to stabilise the lumbar spine and pelvis due to



lack of stability from the smaller postural muscles. Often these postural muscles just need to be "woken up". This is why this exercise is so effective – it is a complete exercise in itself.

Step 1: Begin by lying on your back with your knees bent and feet flat. Your feet and knees should be parallel and hip-width apart. Do not press your back flat into the mat. Let your arms relax along the sides of your body (pic 4).

Step 2: Tuck your tailbone beneath you rocking your pelvis backwards and imprint your spine gently by curling your pubic bone up toward the ceiling so that it is higher than your hip bones. Don't push your feet into the ground to achieve this – the movement should come from a natural rocking of the pelvis (pic 5).

Step 3: Release this position by reversing the movement back to the start position and repeat 10 times



PROGRESSION TO SHOULDER BRIDGE

ONCE you have mastered the pelvic curl you can then progress to the full shoulder bridge. This exercise also mobilises and stabilises the thoracic spine too (covered in our previous article).

- Step 1:** Begin in the same position by lying on your back with your knees bent and feet flat. Your feet and knees should be parallel and hip-width apart. Do not press your back flat into the mat. Let your arms relax along the sides of your body (pic 4).
- Step 2:** Tuck your tailbone beneath you, rocking your pelvis backwards and imprint your spine gently by curling your pubic bone up toward the ceiling so that it is higher than your hip bones (see pic 5).
- Step 3:** Continue upwards by rolling your pelvis and your spine up toward the ceiling, one vertebrae at a time. The rolling motion should move sequentially from your hips to your lower spine, then through your middle spine. As you roll your hips upward, your hips will begin to lift off the mat and you will continue lifting through your middle spine. Stop lifting when your roll reaches your shoulders – they should remain on the mat (pic 6).
- Step 4:** Hold briefly then reverse the move back towards the start position vertebrae by vertebrae. You will soon start to pick up any stiff segments in your spine (pic 4).

As well as mobilising and stabilising the spine and pelvis, the shoulder bridge stretches the quadriceps and hip flexors as well as strengthening the gluteals and hamstrings. If your gluteals are weak and your hamstrings are over-active then you will soon notice a cramping sensation in your hamstrings.

Work up to the full shoulder bridge, starting off with the pelvic curl and only moving sequentially up the spine as the hamstring cramp allows. Squeeze the gluteals when you feel your pelvis has lifted from the floor to aid in addressing the imbalance between your gluteals and hamstrings.

CONTROL OF PELVIC/ LUMBAR POSITION DURING A HAMSTRING MOBILISATION

THIS exercise is designed to help



you become aware of the position of your lumbar spine and pelvis during the running action when your front leg is at its maximally lengthened position just before foot-strike. It also determines your “true functional” length of the hamstring muscle group.

- Step 1:** Find a sitting position where your feet are on the floor and knees are at right angles with the floor. Sit up tall creating a small curve in your lower back. Ensure your pubic bone and sternum are aligned together (pic 7).
- Step 2:** Start to straighten one leg in front of you only as far as you can without moving your pelvis or lumbar spine. Hold two seconds and release (pic 8).



If you find this position of your hamstrings alarmingly short, then you will have to compensate during running by moving your pelvis or lumbar spine and this will reduce the amount of power you can generate.

Repeat this exercise daily 10 times on each leg until you see a change in your hamstring length.

Progression

ONCE you can easily lengthen your hamstrings and maintain a good pelvic/lumbar position (the hamstrings should feel like they have some “spongy” give at the end and not feel like they are about to “ping”) then progress to a plyometric-style drill.

- Step 1:** Stand ensuring that the sternum and pubic bone remain in alignment (pic 9).

Coaching courses

ENGLAND

Coaching Assistant

June 7-8: Bury St Edmunds Leisure Centre, Suffolk.

Cost: £225 (EA affiliated £165).

June 14-15: Medway Park, Gillingham. **Cost:** £225 (EA affiliated £165).

June 14-15: Leeds Metropolitan University, Headingley Campus, Leeds. **Cost:** £225 (EA affiliated £165).

June 21-22: Shildon Sunnysdale Leisure Centre, Shildon.

Cost: £225 (EA affiliated £165).

Leadership in Running Fitness

June 7: “Deaf Friendly Course.” Munrow Sports Centre, University of Birmingham, Edgbaston. **Cost:** £150 (EA affiliated £130).

June 8: Jim Peters Stadium, Mayesbrook Park, Dagenham. **Cost:** £150 (EA affiliated £130).

June 14: Spring Hall Athletics Track, Huddersfield. **Cost:** £150 (EA affiliated £130).

June 14: The Park Community Centre, Knowle, Bristol.

Cost: £150 (EA affiliated £130).

June 15: Sportspark, University of East Anglia, Earlham Road, Norwich. **Cost:** £150 (EA affiliated £130).

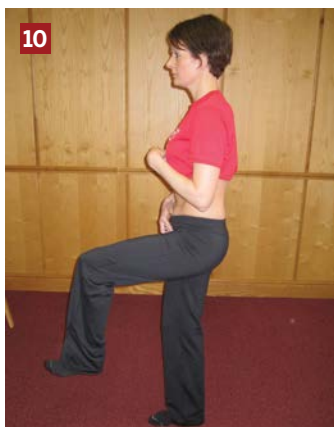
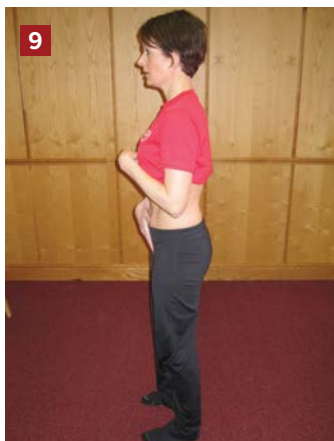
June 15: Charterhouse Club Limited, Godalming. **Cost:** £150 (EA affiliated £130).

June 15: Thirsk Athletics Sports & Social Club, Thirsk. **Cost:** £150 (EA affiliated £130).

Coach in Running Fitness

June 14-15: Leeds Metropolitan University, Headingley Campus, Leeds. **Cost:** £400 (EA affiliated £250).

Contact: englandathletics.org



Step 2: Lift one knee up to hip height without moving the lumbar spine (pic 10) and then straighten the leg as able, again without moving the lumbar spine throughout (Pic 11).
Step 3: Quickly place the foot back to the start position and repeat the cycle.

In this exercise, you should move through the movement as quickly as possible, but ensuring good control. Practice 20 on each side after your warm-up and before a session.

LUMBAR SPINE ROTATION WITH PHYSIO BALL

Step 1: Lie down with back flat on the floor and arms straight out from sides with palms facing up. Place your legs on a physio ball with knees bent 90-degrees. This is the starting position (pic 12).

Step 2: Begin the exercise by slowly rotating knees to the right while keeping your left shoulder down (pic 13).

Next, rotate knees back all the way to the left while keeping your right shoulder down.

Repeat this movement 20 times each side.



As your mobility and control improves you should feel that you can rotate further each time.

Use a physio ball while mobilising your lumbar spine into rotation. This also helps to gain movement with control as you will need to use your transversus abdominus muscle and the oblique part of the abdominal muscles to avoid falling off the ball, thereby providing a core stability workout at the same time.



Jenny Blizzard is a chartered physiotherapist who has competed for GB in athletics, triathlon and duathlon. Visit blizzardphysiotherapy.co.uk or email info@blizzardphysiotherapy.co.uk

Sports science

Vitamins: good or bad?

THE assumption most people make is that antioxidants aid physical recovery and increase the impact of workouts. However, several new experiments have found that the supplements may reduce the benefits of training.

A study by the Norwegian School of Sport Sciences in Oslo and other institutions published in *The Journal of Physiology* gathered 54 healthy adult men and women, most of them recreational runners or cyclists, and conducted a series

of tests, including muscle biopsies, blood draws and treadmill runs, to establish their baseline endurance capacity and the cellular health of their muscles. One group took a dose of 1000mg of vitamin C and 235mg of vitamin E, while the second group received placebo pills.

After a vigorous 11-week training programme, consisting of increasingly intense interval sessions once or twice per week, together with two-weekly sessions of moderately paced hour-long runs, the placebo runners showed robust increases of biochemical markers that are known to boost

the creation of mitochondria. The volunteers who had consumed the antioxidants had significantly lower levels of the markers related to mitochondrial creation.

Goran Paulsen, a researcher at the school who led the vitamin C and E study, said: "Why and how antioxidant supplements would blunt the effects of exercise is not altogether clear." Nonetheless, he and many other physiologists have begun to suspect free radicals may play a different role during and after exercise than previously thought.

In this theory, free radicals are not villainous, but serve as

messengers, nudging genes and other bodily systems into starting the various biochemical reactions that end in stronger muscles and better metabolic health. Without free radicals, those reactions don't begin. Paulsen added: "That theory is still unsubstantiated and requires long-term testing in people. It is possible, that smaller doses of antioxidants or different formulations might be useful for athletes. The intimation of recent studies, however, is that by downing the supplements you may risk losing some of the benefits of exercise."

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AW

Relay unfair

THIS week the Kenyans held specific trials for the upcoming World Relay Championships in Bahamas and their middle-distance are

runners looking forward to Nassau. Sadly GB runners won't be there in the 4x800m and 4x1500m as

they aren't Olympic events. Britain has a good crop of middle-distance runners who have again been denied competitive chances that are being offered the sprinters.

Steve Smythe, Results editor

RESULTS GUIDE

- 62 Overseas
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- 70 Road
- 71 Fell
- 71 parkrun, Walks

OVERSEAS

BELGIUM

Brussels, April 21

Men: 1500: 2 EUAN CAMPBELL (U17) 4:04.38

CANADA

Vancouver, April 27

Men: 10km: 22 KEVIN O'CONNOR (M45) 32:18; 35 CRAIG MCMILLAN 33:23. Women 10km: 48 JANETTE PURDHAM (W45) 40:37.

FRANCE

Castres, April 19

Men: U17: Dec: 3 DANIEL GREEN 4157

Albi, April 27

Men: Mar: 6 RICHARD HOBBY 2:33:04.

Women: Mar: 6 SARAH CAMERON (W40) 3:15:16

Nice, April 27

Men: 10km: 1 DAN NASH (U20) 31:12. Women 10km: 18 JENNY CHAMBERS (W60) 45:36. HM: 7 JULIET CHAMPION 86:19

GERMANY

Dusseldorf, April 27

GILBERT YEGON won his first major race for almost five years when he crossed the line in 2:08:07.

American Annie Bersagel was a surprise women's winner, catching a tiring Selomie Getnet in the last 3km.

Men: Mar: 1 G Yegon (KEN) 2:08:07; 2 E Negresse (ETH) 2:08:32; 3 F Teferi (ETH) 2:09:34; 13 PAUL MARTELLETTI 2:23:42. Women: Mar: 1 A Bersagel (USA) 2:28:59; 2 S Getnet (ETH) 2:30:29; 3 E Ngetich (KEN) 2:30:50

Hanover, April 27

Men: Mar: 1 H Chirchir (KEN) 2:11:30; 2 F Bowen (KEN) 2:11:30; 3 E Ruto (KEN) 2:11:34. Women: Mar: 1 S Ait Salem (ALG) 2:33:09

JAPAN

Chiba, April 12

Men: HT: 10 DUNCAN SHAW (M35) 50:44

KENYA

Naoribi, April 26

UK sprinters in sharp form

USA

NTC/Pure Athletics Spring

Invitational, Clermont, April 26

BRITISH sprinters were in sparkling form with many bettering British Athletics qualifying marks for Zurich.

James Ellington went top of the UK rankings at 100m with his PB and European qualifying mark of 10.13, which placed him second in his race to Marvin Bracy's 10.08

The 2012 European 200m bronze medallist, Danny Talbot, set a PB of 10.17 in his heat to also better the European qualifying mark of 10.20.

Alonso Edward of Panama ran a national record of 10.02 in his 100m heat and 20.07 in the 200m.

In the 200m, Ellington and Talbot clashed and both just missed their PBs but again gained European qualifiers and went one-two on the UK rankings with Ellington winning in 20.44 from Talbot's 20.48 as Bracy was this time third. The European qualifying mark is 20.55.

World indoor 60m champion Richard Kilty was third in a different heat with 16.61m.

Exciting junior talent Desiree Henry ran inside the British 100m senior record of 11.05 in winning in 11.04, but the wind was well over the limits at 3.1m/sec. Jodie Williams was second in 11.13. Henry ran a legal 11.25 in her heat.

In her heat, Jamaican Samantha Henry-Robinson ran a world lead of 11.00 in front of improving Briton Bianca Williams, who ran a PB 11.25, which also better the 11.30 European qualifying mark.

Anyika Onuora also gained a Euro qualifier as she won her 200m heat in 22.92.

Emily Diamond was second in the 400m in a PB 52.32 to go top of the UK rankings but was narrowly outside the European mark.

Martyn Rooney made it a British one-lap double with a win in 45.75, while Olympic decathlete Daniel Awde continued his progress at 400m with a 45.96 PB win in a different heat.



Desiree Henry: windy 11.04

Former European and current Commonwealth champion Andy Turner was second in the 110m hurdles in 13.47 to gain the European standard of 13.50 as he finished second to Mikel Thomas of Trinidad's 13.42.

Alex Al Ameen smashed his PB in third with 13.54.

Another PB-setter was Kola Adedoyin, who won the triple jump with 16.61m.

Men: 100: r1 (1.5): 1 M Bracy 10.08; 2 JAMES ELLINGTON 10.13; 3 A Griffith 10.14; 4 G Phiri (ZAM) 10.14. r2 (1.9): 2 ADESEYE OGUNLEWE 10.23; 5 J Smyth (IRL) 10.40. H1 (0.6): 1 K Bledman (TTO) 10.12; 2 GABRIEL ODUJOBI 10.73. H2 (0.7): 2 ADESEYE OGUNLEWE 10.36; 3 Smyth 10.47. H3 (1.4): 1 DANNY TALBOT 10.17; 2 A Platini-Menga (GER) 10.19. H4 (2.5): 1 L Jakubczyk (POL) 10.11; 2 G Phiri (ZAM) 10.12. H5 (-0.1): 3 RICHARD MORRISSEY 10.81. H6 (1.4): 2 S Knipphals (B'mth/GER) 10.22; 4 RYAN OSWALD 10.60. H7 (0.4): 2 JAMES ELLINGTON 10.19; 3 ANTONIO INFANTINO 10.67; 5 CONRAD WILLIAMS 10.72. H8 (1.0): 2 CONFIDENCE LAWSON 10.54. 200: r1 (1.4): 1 A Edward (PAN) 20.07; 3 RICHARD KILTY 20.73. r2 (-0.3): 1 JAMES ELLINGTON 20.44; 2 DANNY TALBOT 20.48; 3 Bracy 20.55; 4 SVEN KNIPPHALS 20.68. (1.1): 1 G Smellie (CAN) 20.45. r4 (0.1): 2 NIGEL

LEVINE 20.92; 3 CONRAD WILLIAMS 21.09. r5 (-0.3): 1 VICTOR-RICARDO DOS SANTOS SOARES 21.17; 5 CONFIDENCE LAWSON 21.63. r6 (2.2): 1 ANTONIO INFANTINO 20.92; 5 RYAN OSWALD 21.41. r7 (0.6): 1 RICHARD MORRISSEY 21.47. 400: r1: 1 MARTYN ROONEY 45.75; 2 ANDREW STEELE 46.02. r2: 1 DANIEL AWDE 45.96; 2 VICTOR-RICARDO DOS SANTOS SOARES 46.34; 3 R Morrissey (SB/IRL) 46.83; 6 SOMTO ERUCHIE 47.59. r3: 1 ELLIOT RUTTER (U20) 47.27; 4 GREG CACKETT 48.91. 110H (2.0): 1 M Thomas (TTO) 13.42; 2 ANDY TURNER 13.47; 3 ALEX AL-AMEEN 13.54; 5 L Doucoure 13.70. H1 (0.3): 2 TURNER 13.68; 6 JOE YARDE 15.29. H2 (0.9): 2 AL-AMEEN 13.77. H3: 1 MARTYN BERNARD 22.22. L: 2 JJ JEGEDE 76.4/0.7; 3 FELIX MAISEY-CURTIS 7.55/1.7. T: 1 KOLA ADEDOYIN 16.61/0.0; 2 NATHAN FOX 15.89/-1.6; 3 DARNIE WILSON 15.11/-1.9. 4x100: Germany 38.91. Women: 100: r1 (3.1): 1 DESIREE HENRY (U20) 11.04; 2 JODIE WILLIAMS 11.13; 3 E Okparaebo (NOR) 11.25. r2 (2.3): 2 AMY FOSTER 11.38; 3 HAYLEY JONES 11.39. H1 (0.6): 1 S Solomon 11.23; 2 DESIREE HENRY (U20) 11.25; 3 AMY FOSTER 11.50; 4 HAYLEY JONES 11.56. H2 (0.4): 1 JODIE WILLIAMS 11.27; 5 YASMIN MILLER (U20) 11.97. H3 (2.9): 3 MARGARET ADEOYE 11.64. H4 (1.5): 1 S Henry-Robinson (JAM) 11.00; 2 BIANCA WILLIAMS 11.25. 200: r2 (1.6): 1 ANYIKA ONUORA 22.92; 4 HAYLEY JONES 23.67. r2 (0.1): 1 T Bowie 22.57; 2 J Atkins 22.67; 3 S Solomon 22.83; 4 S Henry-Robinson 22.85. r4 (0.8): 2 MARY IHEKE 24.34. 400: r1: 1 J Atkins 51.25; 2 EMILY DIAMOND 52.32; 4 MARGARET ADEOYE 52.85; 5 VICTORIA OHURUOGU 52.91. r2: 1 MARYIHEKE 53.38; 3 GEMMA DAWKINS 57.38. 100H (1.1): 1 L Idlette (DOM) 12.97. (0.8): 4 YASMIN MILLER (U20) 13.79; 5 HANNAH RILEY 14.84. 400H: 1 HAYLEY MCLEAN 57.14. L: 1 ABIGAIL IROZURU 6.41/0.6; 2 JADE NIMMO 6.24/0.5; 3 LISA FERGUSON 6.20/1.6. T: 1 CHIOMA MATTHEWS 13.28/-1.5

Mercy Cherono: en route to a world record in the relay



VICTOR SALLER

KENYA held its trials for the IAAF World Relay Championships and the highlight was a world record for the 4x1500m relay.

Mercy Cherono anchored her team to a time of 17:05.72. The other runners were Irene Jelagat, Ann Karindi and Perin Nenkampi and the team bettered the unrattified mark of another Kenyan team of 17:08.17.

Asbel Kiprop won the men's 1500m trial.

Men: 800: 1 A Kipketer 1:44.2; 2 J Kinyor 1:44.6; 3 F Rotich 1:44.9; 4 S Kirongo 1:45.3; 5 N Kiplagat 1:45.7; 6 A Chemut 1:46.0. 1500: 1 A Kiprop 3:36.1; 2 S Kiplagat 3:36.4; 3 C Collins 3:36.6; 4 J Magut 3:37.0; 6 C Ndiku 3:38.2. 4x800: 1 Kenya 7:08.30 (R Biwott, E Kemboi, C Kiplagat, A Kiplagat); 2 Kenya 7:09.2 (A Kipketer, J Kinyor, F Rotich, S Kirongo). 4x1500: 1 Kenya (Kiprop, S. Kiplagat, Cheboi, Magut) 14:44.77. Women: 800: 1 E Sum 2:03.2; 2 J Jepkosgei 2:03.9; 3 S Chesebe 2:04.8; 4 C Koeh 2:05.2. 1500: 1 M Cherono 4:11.49; 2 I Jelagat 4:12.27; 3 A Karindi 4:15.35; 4 P Nenkampi 4:15.67. 4x800: Kenya 8:23.13 (E Sum, Jepkosgei, Chesebe, C Koeh); 2 (A Jeruto, M

Chepkemoi, S Cherop, S Chesang) 8:37.83. 4x1500: 1 Kenya 17:05.72 (I Jelagat, A Karindi, P Nenkampi, M Cherono); 2 Kenya (S Chepng'etich, S Jepleting, M Chelimo and P Cherotich 17:47.75)

SLOVENIA

Domžale, April 27

Men 2000SC: 1 JERMAINE MAYS 5:44.25; 3 RYAN MCKINLAY 5:54.93

SOUTH AFRICA

South African University Championships, Pretoria, April 25-26

Men: 100 (-1.8): 1 Simbine 10.21; 2 H Bruintjies 10.29 (10.25 sf). 200: 1 W Van Niekerk 20.21 (20.38 ht); 2 A Simbine 20.49. 400: 1 Van Niekerk 46.50 (S de Jager 45.66 sf). 800: 1 A Olivier 1:47.26. HM: 1 G Mzazi 63:29; 2 S Mokoka 63:30. LJ: 1 Z Visser 8.05/-0.3. SP: 1 O Cremona 20.40. JT: 1 R Oosthuizen 79.57. Women: 200 J Palfreman 23.02. 100H (0.6): R Steenkamp 13.22.

SPAIN

Madrid, April 27

Men: Mar: 1 E Chebbi (KEN) 2:09:15;

31 TONY CARTER 2:38:59. Women:

Mar: 16 DEBORAH THOMAS 3:12:19

Málaga, April 26

Men: 200: A (-2.1): 1 LIAM RAMSAY

21.82. 110H (-2.0): 1 RAMSAY 14.77; 2

STEVEN GARRETT 15.91. DT: 1 RAMSAY

42.01. U18 men: 110H (-0.2): 1 JOSEPH

HOBBSON 15.26

Cartagena, April 25

Men 400: A: 1 OMAR SIMPSON 47.31.

400H: A: 1 SEBASTIAN RODGER

50.35; 4 JAMES WEBSTER (U20)

54.57. Women LJ: 1 JAZMIN SAWYERS

6.18/2.0

Nerja, April 26

Women: 400: 3 SOPHIE HEWITT 58.70

Elche, April 26

Men HJ: 1 JAMES CLAYBURN (U20)

1.98.

SWITZERLAND

La Chaux-De-Fonds, April 23

Men: 300: A: 1 MATTHEW JONES

(U20) 35.21

UNITED STATES

Ashland, April 26

Women: 1500: 2 NICOLE BURLINSON

4:39.59

Berkeley, April 26

Men: 800: r1: 4 ANDREW BUTCHART 1:51.39. **5000:** O: 14 BEN BRANAGH 4:07.49. **1500:** 6 NICOLE ROBERTS 4:29.45; 11 NICOLA HOOD 4:39.59. **HT:** r2: 1 SHAUNAGH BROWN 65.23

Conference Carolinas

Championships, Banner, April 25/26

Men: 400: r2: 3 KARL GOODMAN 49.93. **HJ:** 1 ANGUS SINCLAIR (U20) 1.90. **LJ:** 5 ANGUS SINCLAIR (U20) 6.66/0.0. **DT:** 5 ANGUS SINCLAIR (U20) 38.47

Carmel, April 27

Men Mar: 5 NEIL PEARSON (M40) 2:40:09; 6 IAN SHARMAN 2:41:32

Drake Relays, Des Moines, April 24-26

SIX world leads were set in a three-day event which more than 40,000 attended and was being held for the 105th time.

In the high jump, Canada's Olympic and world medallist Derek Drouin cleared 2.40m.

On his third attempt he improved the Canadian record and equalled the North American record of Charles Austin from 1996 and the mark was the highest ever in April.

That puts him in the outdoor all-time top 10 after he had cleared 2.32m, 2.35m and 2.38m at the first attempt. Olympic silver medalist Erik Kynard and Dusty Jonas achieved 2.35m.

A top-class 400m saw world champion LaShawn Merritt continue his dominance from 2013 with a superb win in 44.44 just over a metre ahead of Olympic champion Kirani James' 44.60. Luguelin Santos was third on 44.72 and there was a notable fifth for Olympic triple jump champion Christian Taylor in an impressive personal best of 45.17.

World 110m hurdles champion David Oliver ran 13.23 but was well beaten by Olympic bronze medallist Hansle Parchment, who set a meeting record of 13.14.

In the 400m hurdles, aorid and Olympic silver medallist Michael Tinsley won in 48.57 from Javier Culson's 48.68.

World Championships bronze medallist Tiffany Porter ran a UK lead of 12.71 in the hurdles and easily bettered the 13.0 European qualifying mark but ended up just fifth.

Kristin Catlin set a meet record of 12.58 as she finished just 0.005 over last year's world champion Brianna Rollins (12.571 to 12.576). It was Rollins' first loss in 19 events since the 2012 US Olympic Trials. The times were also both world-leading marks.

Kenyan Hellen Obiri won the 1500m in an outdoor world lead of 4:04.88 while Cuban Yarisley Silva topped the rankings with 4.66m in the pole vault.

Steve Lewis achieved the best UK outdoor vault of the year with his second place in 5.70m as he lost on countback to world record-holder Renaud Lavillenie.

He bettered the European qualifying mark of 5.60m. A few days earlier, he had jumped 5.71m indoors, which puts him second in the overall British rankings.

Ethiopian Aman Wote clocked a 3:53.39 world outdoor lead in the mile. **Men: 400:** 1 L Merritt 44.44; 2 K James (GRE) 44.60; 3 L Santos 44.72; 4 Y Al-Masrahi 45.02; 5 C Taylor 45.17. **Mile:** 1 A Wote 3:53.39; 2 N Willis 4:00.71; 6 LEE EMANUEL 4:03.38. **110H (1.0):** 1 H Parchment (JAM) 13.14; 2 D Oliver

World leaders - 2014

MEN

9.98	Simon Mahakwe (RSA)
19.97	Dedric Dukes (USA)
44.44	Lashawn Merritt (USA)
1:43.88	Duane Solomon (USA)
3:35.0i	Mohamed Moustaoui (MAR)
3:52.47i	Will Leer (USA)
7:34.13i	Hagos Gebrhiwet (ETH)
8:07.41i	Galen Rupp (USA)
13:01.26i	Galen Rupp (USA)
27:25.56	William Sitonik (KEN)
8:35.3	Lawrence Kemboi (KEN)
13:13	Dejen Gebremeskel (ETH)
27:39	Wilson Too (KEN)
59:08	Geoffrey Kipsang (KEN)
2:04:29	Wilson Kipsang (KEN)
13.14	Hansle Parchment (JAM)
48.57	Michael Tinsley (USA)
2.42i	Ivan Ukhov (RUS)
6.16i	Renaud Lavillenie (FRA)
8.51	Greg Rutherford (GBR)
17.76	Pedro Pichardo (CUB)
22.23i	Ryan Whiting (USA)
66.75	Fedrick Dacres (JAM)
81.29	Mostafa Hicham Al-Gamal (EGY)
84.01	Tim Glover (USA)
8337	Yordanis Garcia (CUB)
38.13	Racers TC (JAM)
2:59.73	Florida
1:18:17	Yusuke Suzuki (JPN)
3:41:32	Takayuki Tani (JPN)

100m	11.09
200m	22.27
400m	50.85i
800m	1:59.76
1500m	3:55.17i
1M	4:24.11i
3000m	8:16.60i
2M	9:00.48i
5000m	15:04.07
10000m	31:28.07
3000msc	9:42.01
5km	15:06
10km	31:16
HM	65:12
Marathon	2:18:57
110H/100H	12.58
400H	54.92
High jump	2.01i
Pole vault	4.76i
Long jump	6.98i
Triple jump	14.65i
Shot put	20.67i
Discus	70.51
Hammer	77.68
Javelin	66.83
Dec/Hep	6231
4x100m	42.81
4x400m	3:24.83i
20kmW	1:27:25
50kmW/10kmW	43:31

WOMEN

Joanna Atkins (USA)
Joanna Atkins (USA)
Francena McCorory (USA)
Rose Almanza (CUB)
Genzebe Dibaba (ETH)
Mary Cain (USA)
Genzebe Dibaba (ETH)
Genzebe Dibaba (ETH)
Mercy Cherono (KEN)
Sally Chepyego (KEN)
Victoria Mitchell (AUS)
Julia Bleasdale (GBR)
Margaret Wangari (KEN)
Florence Kiplagat (KEN)
Rita Jeptoo (KEN)
K Castlin/B Rollins (USA)
Wenda Nel (RSA)
Mariya Kuchina (RUS)
Anna Rogowska (POL)
Svetlana Biryukova (RUS)
Olha Saladuha (UKR)
Valerie Adams (NZL)
Sandra Perkovic (CRO)
Wang Zheng (CHN)
Kim Mickle (AUS)
Yorgelis Rodriguez (CUB)
Jamaica
USA
Liu Hong (CHN)
Duan Dandan (CHN)

13.23; 3 R Wilson 13.30; 4 J Porter 13.35; 5 A Riley 13.35. **400H:** 1 M Tinsley 48.57; 2 J Culson (PAN) 48.68; 3 J Dutch 49.24; 4 J Anderson 49.25; 5 B Jackson 49.32; 6 F Sanchez (DOM) 49.84. **HJ:** 1 D Drouin 2.40 (rec) (2.32o, 2.35o, 2.38o); 2 E Kynard 2.35; 3 D Jonas 2.35. **PV:** 1 R Lavillenie 5.70; 2 STEVEN LEWIS 5.70. **DT:** 6 ADAM DAMADZIC 54.24. **Shuttle hdl relay:** 1 USA White 53.77 (J Porter, D Berger, A Merritt, T Akins); 2 Jamaica (A Riley, D Carter, H Parchment, S Fennell 53.83. USA (Oliver, Adams, J Brown, R Wilson) **Women: 1500:** 1 H Obiri (KEN) 4:04.88; 2 B Martinez 4:06.96; 3 H Kampf 4:07.15. **5000:** 14 NATASHA COCKRAM 16:49.27. **100H (0.2):** 1 K Castlin 12.58 (12.571); 2 B Rollins 12.58 (12.576); 3 K Wells 12.68; 4 Q Harrison 12.70; 5 T Porter 12.73.5 TIFFANY PORTER 12.71; 6 J Coward 12.73; 7 D Harper-Nelson 12.87. **400H:** 1 T Ross-Williams 55.53; 2 N Wilson (JAM) 55.68; 3 L Demus 55.97. **PV:** 1 Y Silva (CUB) 4.66; 2 M Saxer 4.46. **HJ:** 1 C Lowe 1.96; 2 I McPherson 1.96; 3 L Spencer 1.93; 4 B Barrett 1.93; 5 R Beitia 1.93. **LJ:** 2 LORRAINE UGEN 6.24/0.0. **TJ:** 16 GEMMA SMITH 11.77/1.9. **JT:** 1 FREYA JONES 52.22. **Shuttle Relay:** 1 USA (B Rollins, L Jones, V Thomas, Q Harrison). 50.93; 2 Jamaica 52.01 (S Williams, Bliss, Morgan, Greaves)

Drake Relays, Des Moines, April 23
Men: PV: 2 STEVEN LEWIS 5.71
Dubuque, April 26
Men: 400H: r1: 1 PAUL CAVE 54.63
Fort Collins, April 26
Men: 800: r3: 3 HARRY FISHER 1:50.16; 7 THOMAS ATKINSON 1:52.69
Hammond, April 18
Women 100H: r1 (1.4): 3 LAUREN THOMPSON 13.93.
Hillsdale, April 24
Women: 5000: 37 CLAIRE MCAULEY 18:17.20
Houston, April 26
Men: 800: r3: 1 LUKE JOHNSTON 1:52.78; 6 OLIVER JAMES 1:54.04. **r4:** 4

AARON BENNETT 1:49.21. **1500:** r2: 1 SAM STABLER 3:42.18; 2 KRIS GAUSON 3:42.59. **Women: 400:** r5: 2 ADELLE TRACEY 54.06. **1500:** r2: 1 LENNIE WAITE 4:20.45; 3 LOUISE WEBB 4:28.39; 16 LEIGH LATTIMORE 4:43.95. **5000:** 11 CLAIRE ARNOLD 18:03.78
Jonesboro, April 26
Women: 800: 8 EMMA GILMORE 2:15.12
Joplin, April 25
Men: 3000SC: 2 STEPHEN BROADHURST 9:18.07
Natchitoches, April 26
Women: 100H: r1 (nw): 2 LAUREN THOMPSON 14.09

North Easton, April 25

Men: 200: r1 (1.0): 2 DAVID LAGERBERG 21.98. **Women: 1500:** 5 MARTHA REYNOLDS 4:39.41.
Penn Relays, Philadelphia, April 24-26
TEAM USA won four of six event titles in the 15th USA v the World at the Penn Relays.
Men: 5000: OD: 18 ANDREW MONAGHAN 14:39.12. **400H:** r1: 2 ADAM WALKER-KHAN (U20) 53.47. **LJ:** Ea: 1 ELLIOT SAFO 747/1.3. **TJ:** Ch: 5 JONATHAN ILORI 15.15/0.3; 9 NANA OWUSU-NYANTEKYI 14.91/0.7. **Co:** 5 EFE UWAIFO (U20) 15.03/2.6; - EFE

UWAIFO (U20) 14.98/0.5. **Ea:** 13 ADAM WALKER-KHAN (U20) 14.29/0.8. **4x100:** 1 USA (Silmon, Gatlin, Salaam, Dix) 38.57; 2 Jamaica (Livermore, Frater, Dwyer, O Bailey) 38.58; Brazil 38.94; 4 China 39.12; 5 Qatar 39.38. **4x400:** 1 Bahamas 3:00.78 (Mathieu 45.7, Pinder 44.7, C. Brown 45.09, Miller 45.32); 2 US 3:03.31 (Clemons 45.8, Butler 45.1, Verburg 44.50, M. Mitchell 47.88); 3 Brazil 3:03.32 (H de Sousa 44.14); 4 Jamaica 3:04.99. **Dist M:** 1 US 9:28.27 (Torrence 2:59.42, Inglehart-Summers 46.12, B. Johnson 1:45.55 and Manzano 3:57.18); 2 Australia 9:30.74 (Birmingham 3:55.61. **Women: 3000SC:** Co: 1 ELIZABETH BIRD 10:16.47. **HT:** 1 EMMA O'HARA (U20) 58.98. **4x100:** 1 Jamaica 42.81 (Russell, Stewart, McLaughlin, Hawthorne); 2 USA 43.15 (Smith, A Anderson, Lee, Lawson); 3 TTO 43.53; 4 Brazil 43.77. **4x400:** 1 USA (Kirtz 52.7, Hargrove 51.7, Trotter 50.78, Beard 50.46) 3:25.62; 2 Nigeria 3:27.16 (R George 50.49); 3 Jamaica 3:27.32. Sprint Med R: USA 3:37.94 (A Anderson, Ch Williams, M Robinson 51.8 A Wilson 1:59.60); 2 Jamaica 3:38.41 (N Morrison, LeRoy, P Hall 51.7, Goule 2:01.36
Provo, April 25
Women: 400H: Ht: 6 ELISE MCVICAR 62.00. **3000SC:** 2 ABIGAIL ASHBEE-SIMMONDS 12:16.93
San Diego, April 25/26
Men: PV: eq1 GREGOR MACLEAN 5.18; eq5 JACK PHIPPS 4.70. **DT:** O: 1 NICHOLAS PERCY 58.01. **Women: PV:** 2 KATIE BYRES 3.85; eq6 COURTNEY MACGUIRE 3.70. **DT:** r2: 9 JADE LALLY 54.95

Scottsdale, April 28

Men 110H: 4 TIMOTHY DUCKWORTH (U20) 15.22
Troy, April 25/26
Women: DT: 2 PHOEBE DOWSON 47.43. **HT:** 10 DOWSON 40.51
NESCAC Championship, Waterville, April 26
Women: HT: 16 LUCY KNOTT (U20) 34.84. **JT:** 9 KNOTT (U20) 32.55
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UGANDA

National trials, Kampala, April 26
Women: 800m: 1 W Nanyondo 2:02.23; 2 D Ajok 2:02.58

Rutherford's British record

USA

Chula Vista, April 25

GREG RUTHERFORD hadn't been able to emulate his Olympic title-winning form since the Super Saturday where he, Jess Ennis and Mo Farah struck gold in London.

However, with a fantastic leap of 8.51m, Rutherford smashed the British record, went to the top of the 2014 world rankings and into the all-time world top 20.

Coming back from Achilles injury last year, he said of his season debut: "It's shown to me that everything's worked. I'm on the right path again and where I am is a good place to be. It's something I've been searching for for a while."

Rutherford's previous best was from 8.35m, set at this same venue in California in 2012. That mark shared the British record with Chris Tomlinson, but now the Olympic champion is on his own. Rutherford failed to make the final in Moscow as an injury-hit period took its toll. He had a best of 7.87m in qualifying.



MARK SHEARMAN

Greg Rutherford: added 16cm to UK mark

In his only other appearance in 2014, he finished third at the British Grand Prix in Birmingham in February with 8.00m.
Men: LJ: 1 GREG RUTHERFORD

8.51/1.7; 6 JERMAINE OLASAN 7.75/1.1 HAYLEY MCLEAN 5.71.4. **LJ:** 1 ABIGAIL IROZURU 6.41/0.6; 2 JADE NIMMO 6.24/0.5; 3 LISA FERGUSON 6.20/1.6. **TJ:** 1 CHIOMA MATTHEWS 13.28/-1.5

TRACK

APRIL 27

UK YOUTH DEVELOPMENT U17/U20 LEAGUE

MIDLAND PREMIER 1, Birmingham

MATCH: 1 Birchfield 667; 2 Rugby & Northampton 625; 3 Notts 568; 4 AVO 541 3 4 Te 541; 5 Team Oxfordshire 515; 6 Swansea 401

U20 men: 100: 1 R Gorman (Notts, U17) 10.76; 2 C Downes (R&N) 10.84; 3 K de Escofet (Bir) 10.88. **200: A (-0.1):** 1 R Gorman (Notts, U17) 21.64; 2 C Downes (R&N) 21.87. **B (0.0):** 1 C Osoba-George (R&N) 22.22; 2 L Lorenzi (Avon) 22.37. **400:** 1 J Evans (Avon) 49.39; 2 B Claridge (Oxfordshire, U17) 49.62. **800:** 1 A Wright (R&N) 1:56.25; 2 J Tobin (Swan) 1:57.52. **1500:** 1 A Carter (Avon) 4:04.17; 3 T Dodd (Bir, U17) 4:10.47. **3000:** 1 A Carter (Avon) 8:32.44; 2 J Hopkins (Swan) 8:36.02; 3 A Abdi (Bir) 8:51.30. **100H: A (-0.2):** 1 W Ritchie-Moulin (Bir) 15.01; 2 B Mason (R&N) 15.83; 3 M Mokaya (Notts) 16.00. **B (-0.2):** 1 J Lowe (Bir) 15.19. **2000SC:** 1 A Abdi (Bir) 6:19.85. **4x100:** 1 Bir 43.03; 2 Notts 43.71; 3 R&N 43.74; 4 Avon 44.44. **4x400:** 1 R&N 3:25.59; 2 Bir 3:26.25; 3 Avon 3:34.01. **HJ:** 1 S Meyler (Bir) 1.92. **PV:** 1 L Preece (Swan) 4.30; 2 J Ilyk (Notts, U17) 4.10. **B:** 1 S Scarfi (Swan) 4.20. **LJ:** 1 S Street (Notts) 6.82. **SP:** 1 A Leeming-Froudakis (Avon) 13.25; 2 T Banks (Notts) 12.57; 3 J Gercs (R&N) 12.24; 4 N Aarre (Bir) 12.16. **DT:** 1 N Aarre (Bir) 46.31; 2 A Leeming-Froudakis (Avon) 45.12. **HT:** 1 T Fellowes (Bir) 53.64. **JT:** 1 T Anstice (Oxfordshire) 50.58

U17: 100: A (0.0): 1 R Ewer (R&N) 11.09. **200: A (0.1):** 1 R Ewer (R&N) 22.50. **B (0.0):** 1 M Mahamuud (Bir) 22.48. **400:** 1 M Mahamuud (Bir) 50.20. **3000:** 1 W Richardson (Bir) 8:51.50; 2 W Stockley (Avon) 9:14.78. **100H: A (0.0):** 1 T Stephens (Oxfordshire) 14.71. **400H:** 1 T Stephens (Oxfordshire) 57.51. **4x100:** 1 Avon 44.98; 2 Bir 46.22; 3 Oxfordshire 46.75. **4x400:** 1 Avon 3:38.15; 2 Oxfordshire 3:38.92; 3 R&N 3:44.27; 4 Bir 3:44.41. **PV:** 1 R Palmer (Notts) 3.35. **SP:** 1 D Cartwright (Bir) 14.39; 2 B Stephens (Notts) 13.51. **DT:** 1 D Cartwright (Bir) 39.57. **HT:** 1 P Price (R&N) 43.70. **JT:** 1 R Crowther (Oxfordshire) 51.54

U20 women: 100: A (0.0): 1 R Norris (Notts) 12.36. **B (-0.1):** 1 A Benjamin (Bir) 12.39. **200: A (0.3):** 1 R Norris (Notts) 24.74; 2 C Jones (Bir) 25.22; 3 E Reid (Avon) 25.50. **B (-1.8):** 1 L Bleaken (Avon) 25.50. **400:** 1 L Bleaken (Avon) 25.44. **800:** 1 L Bleaken (Avon) 56.22; 2 G Rogers (Bir) 58.03. **1500:** 1 M Humphreys (Oxfordshire, U17) 4:43.61. **3000:** 1 A Hopcroft (Bir) 10:22.11. **100H: A (-1.1):** 1 H Paton (R&N) 14.85; 2 E De Lucas (Bir) 15.16; 3 K Morris (Swan) 15.31; 4 J Robbins (Notts) 15.42; 5 A Hussain (Oxfordshire) 15.90. **B (0.9):** 1 E Wake (Bir) 14.92. **400H:** 1 L Figelstone (Swan) 63.70; 2 C Worts (Notts) 66.93. **1500SC:** 1 L Hawtin (Oxfordshire) 5:31.28; 2 T Lea (R&N) 5:52.43. **B:** 1 K Clubb (R&N) 5:59.40. **4x100:** 1 Bir 48.18; 2 R&N 49.34; 3 Notts 51.00; 4 Avon 51.17. **4x400:** 1 Avon 4:02.96; 2 Notts 4:05.56. **HJ:** 1 K Stainton (Bir) 1.65. **PV:** 1 J Robbins (Notts) 3.55; 2 E Gauntlett (Swan) 3.20. **LJ:** 1 K Stainton (Bir) 5.87/-0.2; 2 S Ager (R&N) 5.78/-1.1. **B:** 1 E Wake (Bir) 5.62/-2.0. **TJ:** 1 B Mortiboy (Notts) 11.14. **SP:** 1 A Nicol (Bir) 13.44; 2 A Rosser (Swan) 11.71; 3 E Hutchinson (Avon) 10.32. **DT:** 1 A Nicol (Bir) 44.62; 2 A Rosser (Swan) 41.33; 3 E Smith (Oxfordshire, U17) 30.44. **HT:** 1 Z Dakin

Dina Asher-Smith's 23.08 200m PB

APRIL 27

SOUTHERN PREMIER 1, Norwich

DINA-ASHER SMITH was in sparkling form, running a PB of 23.08 for the 200m. The European junior champion stands fourth on the UK under-20 all-time rankings behind Kathy Cook (22.70), Vernicha James (22.93) and Jodie Williams (22.94).

Her Blackheath & Bromley team-mate Shona Richards set a PB in the 400m hurdles of 57.91 to go to fifth on the UK all-time junior list.

An interesting battle at 400m took place between two of Britain's greatest two-laps prospects and Sean Molloy won in 48.99, 0.12 seconds ahead of Kyle Langford.

MATCH: 1 Windsor Slough Eton & Hounslow 645; 2 Shaftesbury Barnet 639.5; 3 TNK 617 4 Blackheath & Bromley 583; 5 Reading AC 566; 6 Tonbridge 535

U20 men: 100: A (1.0): 1 R Patterson (WSEH) 10.91; 2 B Pearson (Read) 11.06. **400:** 1 S Molloy (Ton) 48.99; 2 K Langford (SB) 49.11. **B:** 1 D O'Callaghan (SB) 49.62. **800:** 1 S Molloy (Ton) 1:54.10; 2 L Dee (SB) 1:54.66; 3 T Hook (Norfolk) 1:57.32. **3000:** 1 M Pearce (SB) 8:43.22; 2 W Fuller (B&B) 8:46.61. **1100H: A (-2.0):** 1 J Josephs (SB) 14.79; 2 R Young (B&B) 15.10; 3 O Boughen (Read) 15.57; 4 A Walker (WSEH) 15.77; 5 L Church (Ton) 15.97. **400H:** 1 S Thomas (SB) 54.69; 2 Church 56.19. **2000SC:** 1 R Harvie (WSEH) 6:02.78; 2 R Webb (B&B) 6:22.24. **4x100:** 1 WSEH 44.02; 2 Read 44.43. **4x400:** 1 SB 3:24.94; 2 Ton 3:29.97; 3 Norfolk 3:33.28. **HJ:** 1 J Horne (WSEH, U17) 1.95; 2 L Church (Ton) 1.90; 2 A Coward (SB) 1.90. **LJ:** 1 B Pearson (Read) 6.98; 2 A Adefolalu (SB) 6.65. **SP:** 1 J Watson (WSEH) 15.05; 2 I Mascarenhas (B&B) 14.45; 3 J Hamblin (SB) 12.34. **DT:** 1 G Randhawa (WSEH) 49.55; 2 Mascarenhas 48.96. **HT:** 1 T Campbell (WSEH) 70.66; 2 F McGuigan (SB) 66.80; 3 O Thompson (Norfolk) 46.59. **B:** 1 J Hamblin (SB) 62.74; 2 J Watson (WSEH) 43.86. **JT:** 1 J Bamford (SB) 59.23

(Swan) 46.75. **B:** 1 C Smith (Swan) 42.68. **JT:** 1 M Moran (R&N) 36.77; 2 S Quirke (Swan) 34.28

U17: 100: A (0.0): 1 C McLennaghan (Notts) 11.88; 2 B Brier (Swan) 11.91; 3 Y Westwood (Avon) 12.69. **200: A (0.4):** 1 C McLennaghan (Notts) 23.92; 2 H Brier (Swan) 24.06; 3 Y Westwood (Avon) 25.89. **3000:** 1 K Amory (Bir) 10:38.83. **800H: A (-0.3):** 1 L Gauntlett (Avon) 12.03; 2 A Hopkins (Oxfordshire) 12.16. **300H:** 1 A Byles (Oxfordshire) 46.29. **4x100:** 1 Avon 50.43; 2 Notts 50.44; 3 Bir 50.83; 4 R&N 51.79; 5 Oxfordshire 52.84. **4x300:** 1 Avon 3:00.41; 2 R&N 3:04.03; 3 Notts 3:13.16; 4 Bir 3:16.19. **PV:** 1 B Newton (Notts) 2.75. **SP:** 1 L Chantler Edmond (Oxfordshire) 12.76; 2 E Cockrill (Swan) 12.73; 3 K McLennan (R&N) 11.27. **DT:** 1 L Chantler Edmond (Oxfordshire) 32.28. **JT:** 1 F Bee (Bir) 39.22; 2 E Cockrill (Swan) 38.91; 3 E Harris-Jenkins (R&N) 35.20

MIDLAND PREMIER 2, Stoke

MATCH: 1 Milton Keynes 658; 2 TDC 649 3 Wolverhampton & Bilston 577; 4 Stoke 440; 5 Cheltenham 388; 6 Cardiff 319

U20 men: 200: A (0.2): 1 L Hebblethwaite (Stoke) 22.1. **2000SC:**



Dina Asher-Smith: fourth on all-time list

U17: 100: 1 D Burnham (Norfolk) 11.18. **200: A (-2.9):** 1 D Burnham (Norfolk) 22.85. **400:** 1 E Holland (Norfolk) 50.05. **1500:** 1 J Dee (SB) 4:02.54. **400H:** 1 B Stickings (B&B) 57.19. **4x100:** 1 Norfolk 44.40; 2 WSEH 46.39; 3 Read 46.40; 4 B&B 46.46. **4x400:** 1 B&B 3:38.33. **HJ:** 1 J Rajkumar (Read) 1.83. **PV:** 1 G Grant (SB) 3.35. **TJ:** 1 D Famikin (WSEH) 12.90. **SP:** 10 Massingham (Norfolk) 12.20; 2 M Buter (WSEH) 12.19. **HT:** 1 J Norris (WSEH) 61.05. **JT:** 1 D Bainbridge (Norfolk) 56.71

U17: 200: A (-1.0): 1 E Johns (Stoke) 22.7; 2 B Clarke (Chelt) 22.9. **B (-2.0):** 1 T Bennett-Williams (W&B) 22.9. **100H: A (-2.3):** 1 H Hillman (Card) 14.5. **4x100:** 1 W&B 46.0; 2 Mil K 46.7; 3 Chelt 46.8; 4 Card 46.8. **PV:** 1 R Grimwade (Card) 3.35. **TJ:** 1 J Walklett (TDC) 13.39. **SP:** 1 P Swan (TDC) 13.08. **DT:** 1 P Swan (TDC) 42.79. **HT:** 1 P Swan (TDC) 46.48. **JT:** 1 J Pownall (Mil K) 59.01; 2 D Allen (TDC) 54.08

U20 women: 400: 1 R Chamberlain (TDC) 57.7. **B:** 1 J Strang (TDC) 58.8. **800:** 1 R Chamberlain (TDC) 2:15.3. **100H:** 1 M O'Connell (Chelt) 21.71. **3000:** 1 L Holt (Stoke) 10:15.4. **100H: A (-0.1):** 1 M Courtney (Chelt) 14.4. **400H:** 1 C Robertson (TDC) 64.4. **4x100:** 1 Chelt 50.2. **4x400:** 1 TDC 4:13.8. **SP:** 1 K Presswell (Mil K) 10.09. **HT:** 1 K Presswell (Mil K) 50.10. **B:** 1 L Impey (Mil K) 38.78. **U17: 100: A (-0.4):** 1 S Yorke (Chelt) 12.5; 2 E Carr (Mil K) 12.7. **300:** 1 E Berrisford (Stoke) 41.5; 2 L Puleston (TDC) 41.8. **3000:** 1 G Rafferty (Stoke) 10:04.9. **800H: A (-0.1):** 1 J Simson

(TDC) 11.6; 2 C Esegbona (Stoke) 11.8; 3 S Yorke (Chelt) 11.9. **300H:** 1 C Esegbona (Stoke) 45.4. **1500SC:** 1 Mellor (Stoke) 5:59.7. **4x100:** 1 Mil K 50.6. **4x300:** 1 Stoke 2:58.0; 2 TDC 3:02.3; 3 W&B 3:07.0; 4 Mil K 3:08.6; 5 Card 3:09.3. **HJ:** 1 L Zialor (Mil K) 1.60. **PV:** 1 H Gray (TDC) 3.10; 2 L Zialor (Mil K) 2.90. **LJ:** 1 J Simson (TDC) 5.32. **TJ:** 1 L Zialor (Mil K) 10.54. **DT:** 1 M Bird (Chelt) 34.43; 2 M Brown (TDC) 33.27. **HT:** 1 L Presswell (Mil K) 45.68; 2 M Brown (TDC) 36.53; 3 C Jones (Card) 36.41

NORTHERN PREMIER 1, Edinburgh

MATCH: 1 City of Edinburgh 750; 2 Glasgow 637; 3 Sheffield 552; 4 Gateshead 530; 5 Sale Harriers Manchester 489; 6 Wakefield 291

U20 men: 100: A (-0.3): 1 R Ejakuekwu (Sale) 11.05; 2 R Maxwell (Glas) 11.07. **200: A (-0.3):** 1 R Ejakuekwu (Sale) 22.03. **B (-1.5):** 1 C Tindle (Edin/Cors/Lass, U17) 22.34. **400:** 1 R Shankland (Edin/Cors/Lass) 49.37; 2 G Wilson (Gate) 50.37. **3000:** 1 R Bough (Edin/Cors/Lass) 8:55.99. **1100H: A (-0.6):** 1 J Filleul (Sheff) 15.71; 2 J Turnbull (Gate) 15.96. **4x100:** 1 Edin/Cors/Lass 43.52; 2 Glas 43.74; 3 Gate 44.52. **4x400:** 1 Edin/Cors/Lass 3:25.08; 2

Sale 3:28.49; 3 Glas 3:32.55; 4 Gate 3:33.38. **HJ:** 1 S Okome (Sale) 2.00; 2 R Ferguson (Edin/Cors/Lass) 1.95. **PV:** 1 A Hague (Sheff) 5.10; 2 F O'Rourke (Glas) 4.30. **LJ:** 1 R Maxwell (Glas) 6.96/2.4. **TJ:** 1 K Metzger (Sale, U17) 13.87/1.1; 2 J Amouzou (Glas) 13.31/4.0. **SP:** 1 A Graham (Gate) 14.18; 2 J Sheldon (Sale) 12.50. **DT:** 1 A Graham (Gate) 40.68; 2 J Grundy (Sale) 39.57. **HT:** 1 D Voas (Edin/Cors/Lass) 40.22. **JT:** 1 E Plumb (Wake) 48.22

U17: 200: A (-1.0): 1 M Olsen (Edin/Cors/Lass) 22.83. **3000:** 1 J Armstrong (Gate) 9:01.78. **100H: A (-2.7):** 1 C Batho (Edin/Cors/Lass) 14.79; 2 D Mason (Glas) 14.85. **B (-1.4):** 1 J Nicholson (Gate) 14.69. **400H:** 1 R Cole (Gate) 57.26. **4x100:** 1 Edin/Cors/Lass 43.83; 2 Sale 43.92; 3 Sheff 45.47. **4x400:** 1 Sale 3:38.30; 2 Edin/Cors/Lass 3:38.97; 3 Gate 3:39.84; 4 Glas 3:42.31. **PV:** 1 G Heppinstall (Wake) 4.40; 2 H Lord (Sale) 3.40. **SP:** 1 A McLoone (Glas) 12.94. **HT:** 1 K Scanlan (Glas) 43.70. **JT:** 1 H Lord (Sale) 55.89

U20 women: 400: 1 H Cameron (Edin/Cors/Lass) 58.55; 2 A Carr (Sale) 58.75. **800:** 1 H Cameron (Edin/Cors/Lass) 2:18.00. **1500:** 1 E Curran (Sheff) 4:48.00. **3000:** 1 S Blades (Glas) 10:30.36; 2 A Frankland (Edin/Cors/Lass) 10:39.07. **100H: A (-1.1):** 1 A Hodgson (Sheff) 15.33. **400H:** 1 G Whitfield (Gate) 62.34; 2 M Patience (Glas) 65.72. **1500SC:** 1 E Stratthdee (Edin/Cors/Lass) 5:28.09; 2 S Taylor (Sheff) 5:47.56. **4x100:** 1 Edin/Cors/Lass 51.11. **4x400:** 1 Edin/Cors/Lass 4:05.80; 2 Sheff 4:06.01; 3 Gate 4:12.23. **HJ:** 1 E Cummings (Sale) 1.65; 2 E McGinty (Edin/Cors/Lass, U17) 1.60. **PV:** 1 H Lawler (Edin/Cors/Lass) 3.20. **LJ:** 1 R Robertson (Edin/Cors/Lass) 5.43/1.4. **TJ:** 1 R Robertson (Edin/Cors/Lass) 10.95/1.0; 2 C Harvey (Glas) 10.74/1.8; 3 B Ojo (Sale) 10.60/1.7. **SP:** 1 O Noteman (Sheff) 10.46. **DT:** 1 K Reed (Edin/Cors/Lass) 32.15. **HT:** 1 K Reed (Edin/Cors/Lass) 60.48; 2 J Burke (Sale) 33.76. **B:** 1 S Fowler (Edin/Cors/Lass) 11.77. **JT:** 33.26

U17: 300: 1 A Bland (Gate) 41.39; 2 C Lazarowicz (Edin/Cors/Lass) 41.85. **1500:** 1 E Stewart (Edin/Cors/Lass) 4:49.56. **B:** 1 H Addison (Edin/Cors/Lass) 4:54.52. **3000:** 1 L Stark (Glas) 10:28.59. **300H:** 1 B Pringle (Gate) 47.40; 2 G Hollis-Lawrence (Sheff) 47.44. **1500SC:** 1 A Pratt (Sale) 5:08.09; 2 K Naismith (Edin/Cors/Lass) 5:54.07. **B:** 1 R Watson (Edin/Cors/Lass) 5:57.92. **4x100:** 1 Edin/Cors/Lass 50.87; 2 Gate 51.38; 3 Glas 51.93; 4 Sheff 51.97. **4x300:** 1 Gate 2:52.02; 2 Edin/Cors/Lass 2:53.96; 3 Glas 3:00.35; 4 Sale 3:04.24; 5 Sheff 3:06.82. **PV:** 1 E Danson-Chappell (Sale) 2.90. **LJ:** 1 R Alexander (Glas) 5.39/2.8. **TJ:** 1 J Allan (Gate) 10.54/1.8. **HT:** 1 N Robbins (Edin/Cors/Lass) 45.49

NORTHERN PREMIER 2, Dunfermline

U20 men: 100: A (2.2): 1 J McGrath (Donc, U17) 10.84. **200: A (0.2):** 1 N Petrou (Leeds C) 22.01; 2 J McGrath (Donc, U17) 22.20. **400:** 1 N Petrou (Leeds C) 48.84. **800:** 1 B Houghton (Donc) 1:57.88. **1100H: A (2.2):** 1 J Lawrie (Dund H/Fife/Pit) 14.5. **400H:** 1 J Lawrie (Dund H/Fife/Pit) 54.19. **2000SC:** 1 B Houghton (Donc) 6:11.88; 2 A Thompson (Dund H/Fife/Pit) 6:14.91. **4x100:** 1 Dund H/Fife/Pit 44.88; 2 Leeds C 45.42. **4x400:** 1 Dund H/Fife/Pit 3:33.52. **LJ:** 1 J Fincham-Dukes (Leeds C) 7.10. **HT:** 1 M Guthrie (Dund H/Fife/Pit) 54.71. **U17: 1500SC:** 1 C Smith (Dund H/

Fife/Pit) 3:45.01: 2 S Bissett (Donc) 3:49.81. **PV:** 1 C Moriarty (Dund H/Fife/Pit) 3:30; 2 H Wade (Leeds C) 3:30. **LJ:** 1 R Banigo (Leeds C) 6.35. **DT:** 1 G Armstrong (Leeds C) 51.92. **HT:** 1 E Jeans (Prest) 54.34
U20 women: 800: 1 K Anderson (Dund H/Fife/Pit, U17) 2:20.19. **4x100:** 1 Donc 51.66; 2 Prest 51.89. **PV:** 1 A Gordon (Dund H/Fife/Pit) 3.71; 2 J Swannack (Prest, U17) 3.10. **B:** 1 K Mullen (Dund H/Fife/Pit) 3.10. **LJ:** 1 L Toop (Donc) 5.26. **TJ:** 1 M Fletcher (Leeds C) 11.00; 2 A Howe (Donc) 10.88; 3 S Warden (Prest, U17) 10.45. **HT:** 1 C Nethery (Dund H/Fife/Pit) 38.84; 2 B Evans (Prest) 33.29
U17: 80H: 1 K Patullo (Dund H/Fife/Pit) 12.33. **300H:** 1 K Patullo (Dund H/Fife/Pit) 48.13. **4x100:** 1 Dund H/Fife/Pit 52.79. **4x300:** 1 Dund H/Fife/Pit 3:03.60. **LJ:** 1 V Adams (Leeds C) 5.24. **TJ:** 1 H Chilokoa Mullen (Leeds C) 10.84. **SP:** 1 V Adams (Leeds C) 11.86. **DT:** 1 J Ibbetson (Leeds C) 38.60. **HT:** 1 J Ibbetson (Leeds C) 39.48. **JT:** 1 L O'Neill (Dund H/Fife/Pit) 41.80

SOUTHERN PREMIER 2, Newham

MATCH: 1 Enfield & H 690; 2 Stevenage 587; 3 Croydon 575; 4 Basildon Beagles 523; 5 Harrow 353; 6 Chelmsford 338
U20 men: 100: A (-0.3): 1 K Aiken (E&H) 10.86; 2 D Powell (Croy) 10.95. **B (-1.1):** 1 K Riley-La Borde (E&H) 11.08. **200: A (2.4):** 1 E Miles (Croy) 22.49. **400:** 1 G Lock (E&H) 50.03. **800:** 1 P Lucas (Croy) 1:57.48. **110H:** A (0.0): 1 M Schopp (SNH) 15.83. **400H:** 1 M Schopp (SNH) 56.24. **4x100:** 1 E&H 42.95; 2 Croy 43.16; 3 Bas/NEB 45.50. **4x400:** 1 E&H 3:35.83; 2 Croy 3:36.70. **HJ:** 1 W Grimsey (E&H) 1.95. **PV:** 1 T Rottier (E&H) 4.10; 2 N Gardner (SNH, U17) 4.10. **LJ:** 1 T Lucas (Chelm) 6.93. **TJ:** 1 S Philbert (Bas/NEB, SEN) 13.86. **SP:** 1 K Jones (Bas/NEB) 17.60. **DT:** 1 O Reid (Croy) 43.99. **HT:** 1 T Head (Bas/NEB) 59.35
U17: 200: A (3.1): 1 D Luke (Croy) 22.24; 2 A Hemoh (Bas/NEB) 22.24; 3 N Stewart (E&H) 22.42; 4 M Mbriri (Harrow) 22.71. **B (1.1):** 1 T Adedeye (E&H) 22.54. **100H: A (-2.9):** 1 M Price (SNH) 14.19; 2 R Sakala (Croy) 14.38; 3 G Vaughan (E&H) 14.40. **B (-0.7):** 1 S Bazany-Lutu (E&H) 14.38. **400H:** 1 G Vaughan (E&H) 56.78; 2 M Oku-Ampofo (Bas/NEB) 57.83. **4x100:** 1 E&H 44.29; 2 Croy 45.45; 3 Bas/NEB 45.64. **4x400:** 1 Bas/NEB 3:32.02; 2 E&H 3:37.87; 3 Croy 3:43.95. **HJ:** 1 J Murrell (Chelm) 1.85. **PV:** 1 C Kalinowski (E&H) 3.20. **SP:** 1 D Olajiga (Croy) 14.55; 2 J Pearson (E&H) 13.61. **DT:** 1 B Simms (Croy) 38.16. **HT:** 1 G Marvell (SNH) 59.60; 2 A Reynolds (Chelm) 55.53; 3 U Amadi (E&H) 48.42
U20 women: 100: A (-2.6): 1 A Pipi (E&H) 12.37. **B (-0.1):** 1 H Woodward (E&H) 12.35. **200: A (1.2):** 1 A Pipi (E&H) 24.63; 2 F Aguyapong (Bas/NEB) 25.03. **400:** 1 L Nielsen (E&H) 55.07; 2 N McKechnie (Chelm) 57.62. **B:** 1 R Wade (Chelm) 58.78. **800:** 1 H Parker (E&H) 2:13.15. **1500:** 1 L Dodd (Bas/NEB) 4:42.76. **100H: A (0.0):** 1 M Howard (Chelm) 14.65; 2 G Green (E&H) 15.28. **B (0.0):** 1 K Cooke (E&H) 15.26. **1500SC:** 1 E Bullis (Bas/NEB) 5:19.86. **4x100:** 1 E&H 49.00; 2 Bas/NEB 50.30; 3 Croy 50.44. **4x400:** 1 E&H 4:03.60; 2 Bas/NEB 4:14.04. **PV:** 1 S Dowson (Harrow, U17) 3.10; 2 S Rapacchi (SNH) 3.00; 3 S Martin (E&H, U17) 2.70. **LJ:** 1 G Green (E&H) 5.36. **B:** 1 M Martin (E&H) 5.23. **TJ:** 1 S Clarkson (E&H) 10.86. **HT:** 1 E Evans (SNH) 36.66; 2 T Reid (Croy) 34.05. **B:** 1 A Mido (Croy) 33.25. **JT:** 1 D Bromfield (Bas/NEB) 41.77; 2 G Floyd

(Harrow) 32.73
U17: 100: A (-1.8): 1 A Clarke (Croy) 12.45. **200: A (1.7):** 1 A Clarke (Croy) 25.54; 2 S Japal (E&H) 25.94. **300:** 1 R Prideaux (Chelm) 41.42. **800:** 1 M Whitfield (Harrow) 2:17.36. **B:** 1 M Wilson (Harrow) 2:21.76. **300H:** 1 R Pickard (SNH) 47.83. **1500SC:** 1 C Dunnett (E&H) 5:46.53. **4x100:** 1 E&H 51.37; 2 Croy 51.41. **4x300:** 1 E&H 2:55.04; 2 SNH 3:08.60; 3 Chelm 3:12.45; 4 Harrow 3:14.47. **HT:** 1 E Chandler (Harrow) 45.11; 2 E Fossett (Croy) 37.64. **JT:** 1 E Fossett (Croy) 35.53

MIDLAND EAST 2, Derby

MATCH: 1 Amber Valley & Erewash 459; 2 ENT 380 6 2 Ea 380; 3 Grantham 337; 4 D&K 319 4 2a 319; 5 Royal Sutton Coldfield 317; 6 WNT 264 2 6 We 264; 7 Nuneaton 206
U20 men: 100: A (-2.7): 1 J Allen (Amber V) 11.1. **B (-2.7):** 1 T Melville (Nun) 11.1. **110H: A (1.4):** 1 K Russ (Dav/Kett) 15.8
U17: 1500: 1 J McGraw (Amber V) 4:11.9. **4x400:** 1 Amber V 3:42.7
U20 women: HT: 1 D Gilbert (Dav/Kett) 35.00
U17: 1500: 1 O Mathias (Newk/Ret/Works) 4:45.8. **300H:** 1 N Emerson (Amber V) 47.4. **4x300:** 1 Amber V 3:05.9. **TJ:** 1 K Rowe (Amber V) 10.97

MIDLAND WEST 2A, Cwmbran

MATCH: 1 Newport 401; 2 Banbury H/Bicester 248; 3 Cwmbran 199; 4 Cardiff Archers 190; 5 Hereford 114; 6 Border Olympians 18
U20 men: 100: 1 T Reynolds (Cwmb, U17) 11.2. **4x100:** 1 Cwmb 46.0. **SP:** 1 T Napiorkowski (Banb/Bic) 13.87. **DT:** 1 T Napiorkowski (Banb/Bic) 45.68. **HT:** 1 T Napiorkowski (Banb/Bic) 43.63. **JT:** 1 A Brown (Banb/Bic) 49.94
U17: 200: 1 A Rowett (Banb/Bic) 22.7
U20 women: LJ: 1 M Arthur (Newp) 5.42. **HT:** 1 S Jackson (Cwmb) 35.90. **JT:** 1 M Arthur (Newp) 39.64
U17: 200: 1 E Williams (Cwmb) 26.0. **80H:** 1 A Bowers (Bord O) 12.2. **300H:** 1 A Bowers (Bord O) 44.

MIDLAND WEST 2B, Stourport

U20 men: 100: 1 M Richardson (Tam) 10.9; 2 B Tuka (D&S, U17) 11.0; 3 E Fussi (K&S) 11.1. **200:** 1 M Richardson (Tam) 22.5; 2 B Tuka (D&S, U17) 22.6. **110H:** 1 O Dodd (Hale) 15.8. **4x400:** 1 Tam 3:36.8
U17: 200: 1 J Curtis (B&R) 11.1. **200:** 1 J Curtis (B&R) 22.9
U20 women: 100: 1 E Horne (D&S) 12.4; 2 C Smith (Tam) 12.5. **200:** 1 D Thompson (Tip, U17) 25.9. **LJ:** 1 E Horne (D&S) 5.20
U17: 1500: 1 B Haines (K&S) 4:46.9. **4x100:** 1 Tam 52.8. **HT:** 1 K Lambert (K&S) 54.73

NORTHERN IRELAND, Antrim

U17 men: 100H: 1 B Fisher (Lisb) 14.4. **4x100:** 1 Lisb 46.85. **LJ:** 1 B Fisher (Lisb) 6.34. **HT:** 1 B O'Donnell (IRL) 46.60; 2 J Thompson (Reg H) 42.96. **JT:** 1 J Magee & A 52.24; 2 M Gaffney (N Down) 52.17
U15: 300: 1 A McGlynn (IRL) 38.02; 2 A Sexton (N Down) 38.47. **800:** 1 A McGlynn (IRL) 2:06.50. **80H:** 1 J Armstrong (Lisb) 12.57
U17 women: 100: 1 M Marrs (Lisb) 12.24. **LJ:** 1 L Mills (B&A) 5.25
U15: 4x100: 1 Lisb 52.77. **HJ:** 1 S Lecky (IRL) 1.64. **LJ:** 1 J Boyle (IRL) 5.28. **B:** 1 S Lecky (IRL) 5.01. **SP:** 1 S McGlynn (Lag V) 10.51; 2 N McGranaghan (Finn) 10.24. **HT:** 1 M McGranaghan (Finn) 37.55; 2 E Moffett (B&A) 31.07
U13: 75: 1 L Callaghan (Finn) 10.22

NORTHERN EAST 1, Spinkhill

MATCH: 1 HSW 585 2 SOH 570 5 3 Middlesbrough (Mandale) 470; 4 City of York 437; 5 Chesterfield 407; 6 Rotherham 325
U20 men: 100: 1 T Somers (York) 10.7; 2 J Crosby (M'bro) 10.7. **200:** 1 T Somers (York) 20.9; 2 J Crosby (M'bro) 21.4. **B:** 1 S Norton (M'bro) 22.4. **400:** 1 E Wilson (Roth) 50.2. **B:** 1 L Thompson (Roth) 50.1. **2000SC:** 1 B Pye (H'gate/Scar/Weth) 4:36.9. **4x100:** 1 York 45.3. **DT:** 1 D Fleming (Clee/Linc W/Scun) 42.51. **HT:** 1 A Gillatt (Clee/Linc W/Scun) 50.49; 2 J Small (Roth) 47.24; 3 M Croft (M'bro) 43.87. **B:** 1 R Croft (M'bro) 42.67
U17: 1500: 1 R Etherington (H'gate/Scar/Weth) 4:11.4. **1500SC:** 1 R Etherington (H'gate/Scar/Weth) 4:49.4; 2 D Stead (Roth) 4:53.2. **4x400:** 1 York 3:43.0. **SP:** 1 H Fairclough (York) 13.49. **HT:** 1 A Seal (M'bro) 47.38. **JT:** 1 G Davies (York) 69.96
U20 women: 100: 1 A Barrett (C'field, U17) 12.1; 2 R Bell (Clee/Linc W/Scun) 12.2. **200:** 1 E Barrett (C'field, U17) 24.5. **800:** 1 L Morgan (C'field) 2:17.7. **100H:** 1 C Kessell (M'bro) 15.4. **1500SC:** 1 R Ward (Clee/Linc W/Scun) 5:12.9; 2 R Herring (C'field) 5:56.5. **B:** 1 C Thomas (Clee/Linc W/Scun) 5:21.6. **4x100:** 1 C'field 50.2; 2 Clee/Linc W/Scun 51.6; 3 Roth 52.0. **4x400:** 1 M'bro 4:14.7. **PV:** 1 V Price (C'field) 3.10. **LJ:** 1 R McHugh (M'bro) 5.25. **TJ:** 1 R McHugh (M'bro) 12.05. **SP:** 1 A O'Malley (Roth) 10.21. **DT:** 1 E Brown (York) 37.45. **HT:** 1 H Rodgers (Roth) 44.70; 2 H Cooke (M'bro) 39.37
U17: 100: 1 R Kilgour (York) 12.7. **200:** 1 A Barrett (C'field) 25.0. **1500:** 1 P Stone (M'bro) 4:50.7. **3000:** 1 B Williams (Clee/Linc W/Scun) 10:44.4. **80H:** 1 C Stamp (York) 12.5. **300H:** 1 H Cooke (Clee/Linc W/Scun) 45.2. **1500SC:** 1 L Wilkinson (Clee/Linc W/Scun) 5:41.3. **4x300:** 1 C'field 3:07.2; 2 M'bro 3:08.6; 3 H'gate/Scar/Weth 3:10.5. **HJ:** 1 R Palmour (York) 1.60. **PV:** 1 R Conway (C'field) 2.70. **HT:** 1 A Reveley (M'bro) 38.73

NORTHERN EAST 2, Grimsby

MATCH: 1 Hallamshire 510; 2 Kingston upon Hull 406; 3 Spenborough 305; 4 Bingley 262; 5 Grimsby 156
U20 men: 100: 1 L Greenwood (Spen) 11.0. **200:** 1 D Gray (KuH) 22.2; 2 L Greenwood (Spen) 22.4. **1500:** 1 L Cairress (Bing, U17) 4:09.4
U17: 200: 1 D Singh (KuH) 22.9. **4x400:** 1 Hallam 3:43.6. **SP:** 1 O Bryce (Hallam) 12.94. **DT:** 1 O Bryce (Hallam) 39.26. **HT:** 1 O Bryce (Hallam) 49.63
U20 women: 100: 1 C Paterson (KuH, U17) 12.6. **200:** 1 C Paterson (KuH, U17) 25.4. **4x100:** 1 KuH 51.2. **DT:** 1 K Pattison (KuH) 41.62. **HT:** 1 M Okul (KuH, U17) 42.15; 2 M Leih (Spen) 33.34
U17: 100: 1 E Newsome (Spen) 12.7
200: 1 E Newsome (Spen) 26.0. **DT:** 1 L Copley (KuH) 32.69

NORTHERN WEST 1, Bebington

MATCH: 1 Blackburn 617; 2 Wigan & District 553; 3 Trafford 547; 4 Crewe & Nantwich 440; 5 Wirral 430
U20 men: HJ: 1 J Pearce (B'burn) 1.90. **PV:** 1 H Coppell (Wig D) 5.00. **B:** 1 L Taylor (Wig D, U17) 3.50
U17: 800: 1 J Taylor (Wirr) 1:58.5. **100H:** 1 W Aldred (Traff) 14.4. **B:** 1 R Brown (Traff) 14.7. **PV:** 1 T Dobbs (Wig D) 4.25
U20 women: 200: B: 1 D McGifford (Wig D) 25.5. **400:** 1 D McGifford (Wig D) 58.4. **100H:** 1 T Cuff (Traff) 15.8. **1500SC:** 1 H Nuttall (Wirr) 5:58.2
4x100: 1 Traff 51.5. **4x400:** 1 Traff 4:12.9. **HJ:** 1 A Jennings-Cocklaughin (Wig D) 1.65. **PV:** 1 F Hockey (Wig D, U17) 3.35. **LJ:** 1 D McGifford (Wig D) 5.74

U17: 200: 1 N Ogbeta (Traff) 25.8. **300:** 1 A Kearney (Wirr) 41.3. **1500:** 1 S Tarver (Wirr) 4:50.2. **3000:** 1 F Greenwood (B'burn) 10:40.3. **80H:** 1 M Angland (B'burn) 12.4. **4x300:** 1 B'burn 3:08.7; 2 C&N 3:09.4; 3 Wig D 3:14.6. **PV:** 1 H Newell (Wig D) 2.90. **TJ:** 1 N Ogbeta (Traff) 11.09. **SP:** 1 G Kinsley (Wig D) 11.37. **HT:** 1 R Orrell (B'burn) 46.18; 2 J Miller (Wig D) 40.46

NORTHERN WEST 2, Ashton-under-Lyne

MATCH: 1 E Ches 495; 2 Stock H 468; 3 W Ches 316; 4 Border 306; 5 M60 Nomads 295
U20 men: 400: 1 M Pagan (W Ches, U17) 50.7. **4x100:** 1 W Ches 46.0. **SP:** 1 J Barton (E Ches) 12.36. **HT:** 1 J Mirfin (E Ches) 54.77
U17: PV: 1 J McMahon (W Ches) 3.60. **DT:** 1 C Headdock (E Ches) 39.55
U20 women: 400: 1 M Bates (Bord) 58.8. **1500:** 1 C Jarvis (Stock H) 4:36.9. **4x100:** 1 Stock H 50.1. **LJ:** 1 O Montez-Brown (W Ches) 5.43. **TJ:** 1 C Ogden (Stock H) 11.50. **SP:** 1 K Baker (W Ches) 10:44.5. **4x100:** 1 E Ches 52.8. **4x300:** 1 E Ches 3:11.1; 2 Stock H 3:13.5. **SP:** 1 E Ball (W Ches) 13.55. **DT:** 1 E Ball (W Ches) 36.64

SOUTHERN NORTH 1, Mile End

MATCH: 1 Camb H 589; 2 Havering Mayesbrook 555; 3 Herts Phoenix 537.3; 4 Orion 469; 5 Victoria Park & TH 338; 6 Team Bedford 186.3
U20 men: 3000: 1 A Wright (Camb H) 8:55.8. **110H:** 1 J Epps (Camb H) 15.4. **B:** 1 J Parris (Camb H) 15.9. **TJ:** 1 D Conteh (Camb H) 13.31. **SP:** 1 D Jibunoh (Have) 14.10. **DT:** 1 D Jibunoh (Have) 47.58. **HT:** 1 J Pottton-Burrell (T Beds) 57.74. **JT:** 1 C Martin (Herts P) 57.89; 2 T Adeniyi (Camb H) 48.15
U17: 3000: 1 J Philpott (Herts P) 9:12.7. **400H:** 1 T Pitkin (Have) 56.9. **JT:** 1 S Nash (Have) 48.12
U20 women: 100: 1 M Shokunbi (Have, U17) 12.7. **200:** 1 Shokunbi 25.5. **100H:** 1 N Allen (Herts P) 15.7. **400H:** 1 M Grigg (Herts P) 67.0. **PV:** 1 M Gutteridge (Have) 2.90. **TJ:** 1 W Idowu (VP&TH) 11.07. **SP:** 1 D Oladipo (Camb H, U17) 12.51; 2 G Olaosebikan (VP&TH, U17) 10.63. **DT:** 1 G Taylor (Have) 41.12. **HT:** 1 N Robinson (Orion) 35.04
U17: 200: 1 O Lewis (VP&TH) 25.4. **300:** 1 S Sinha (Camb H) 41.7. **800:** 1 S Wilson (Have) 2:21.2. **1500:** 1 S Sinha (Camb H) 4:31.0; 2 E Baker (Herts P) 4:31.7. **80H:** 1 M Hughes (Have) 11.9; 2 L Thompson (VP&TH) 12.0; 3 S Cowler (Herts P) 12.2. **B:** 1 L Bailey (Have) 12.3. **300H:** 1 M Hughes (Have) 43.9; 2 P Love (Herts P) 47.2. **1500SC:** 1 M Hawkins (Camb H) 5:45.0. **4x100:** 1 VP&TH 52.6. **4x300:** 1 Have 3:02.6; 2 Herts P 3:08.0; 3 Camb H 3:14.4. **HJ:** 1 L Armorgie (Herts P) 1.65. **DT:** 1 D Oladipo (Camb H) 38.84; 2 N Eronini (VP&TH) 33.02

SOUTHERN NORTH 2, Perivale

MATCH: 1 SBK 795 8 2 Guildford & Godalming 582; 3 St Albans Striders 544; 4 Kingston & Poly 52.3; 5 Thames Valley 498; 6 Sutton & District 352; 7 Vale of Aylesbury 325; 8 THM 321
U20 men: 400: 1 J Layne (Chilt/Wyc P) 50.5; 2 S Cook (Sutt, U17) 51.2. **800:** 1 D Wallis (G&G) 1:55.5; 2 H Fleming (Sutt) 1:55.8; 3 S Jones (St Alb) 1:52.2. **B:** 1 J Bouakaze-Khan (G&G, U17) 1:59.8
400H: 1 C McAlister (Sutt) 55.1. **4x100:** 1 Sutt 45.5; 2 Chilt/Wyc P 45.8; 3 Team Hounslow/SMR 45.8. **4x400:** 1 Chilt/Wyc P 3:35.5. **TJ:** 1 T Bartley (VoA) 13.46.

HT: 1 A Sydee (TVH) 48.59
U17: 100: 1 J Parry (Chilt/Wyc P) 11.2. **200:** B: 5 F McAllister (Sutt, M60) 26.0. **100H:** 1 A Parkinson (K&P) 14.7. **400H:** 1 A Lomax (Sutt) 59.4. **4x100:** 1 K&P 46.8; 2 TVH 47.0. **TJ:** 1 J Bright-Davies (TVH) 13.07. **SP:** 1 R Andrew (TVH) 13.60; 2 S Collingridge (Team Hounslow/SMR) 13.04. **DT:** 1 R Andrew (TVH) 40.04. **HT:** 1 P Cassidy (G&G) 45.32
U20 women: 100: 1 T Brade (TVH) 12.4. **800:** B: 1 E Delgado (Chilt/Wyc P, U17) 2:21.2. **100H:** 1 G Ogwel (TVH) 15.9. **1500SC:** 1 S Monk (G&G) 5:19.1. **4x100:** 1 TVH 50.6; 2 Chilt/Wyc P 51.9. **4x400:** 1 G&G 4:10.2. **HJ:** 1 E Widdop-Gray (Team Hounslow/SMR) 1.70. **PV:** 1 S Connolly (TVH) 3.10. **TJ:** 1 H Knights (G&G) 10.62. **HT:** 1 A Bartle (K&P) 34.68
U17: 100: 1 L Lansiquot (Sutt) 11.9; 2 H Sarti (G&G) 12.7. **200:** 1 L Lansiquot (Sutt) 24.4. **300:** 1 C McCarthy (St Alb) 41.7. **800:** 1 J Dye (TVH) 2:19.9. **80H:** 1 H Sarti (G&G) 11.7. **1500SC:** 1 M Styles (Chilt/Wyc P) 5:45.4. **4x100:** 1 St Alb 51.4; 2 Chilt/Wyc P 51.9; 3 G&G 52.8. **4x300:** 1 St Alb 2:58.5; 2 Chilt/Wyc P 3:09.8. **PV:** 1 C Dimpleby (K&P) 2.90. **SP:** 1 S Mace (Sutt) 12.75. **DT:** 1 S Mace (Sutt) 42.41; 2 C Coleman (G&G) 31.15. **HT:** 1 S Mace (Sutt) 46.18. **JT:** 1 C Coleman (G&G) 38.52

SOUTHERN SOUTH 1, Southampton

MATCH: 1 Southampton 679; 2 Crawley 468; 3 Brighton & Hove 424; 4 Aldershot Farnham & District 386.5; 5 Camberley/Woking 375.5; 6 Bournemouth/Poole/NFJ 334
U20 men: 200: 1 K Hodgson (B'mth/New FJ/Poole) 22.3; 2 J Amarte (Soton) 22.3. **400:** B: 1 J Lynch (Soton) 50.5. **3000:** 1 N Holt (Soton) 8:53.0. **110H:** 1 J Major (C'ley/Woking) 15.6. **400H:** 1 J Buckett (C'ley/Woking) 56.8. **2000SC:** 1 C Critchley (AFD) 6:06.1. **4x100:** 1 Soton 45.9. **4x400:** 1 Soton 3:31.5; 2 B'mth/New FJ/Poole 3:36.3. **SP:** 1 M Ridge (B'mth/New FJ/Poole) 13.34. **HT:** 1 M Ritchie (Craw, U17) 57.60. **B:** 1 W Cox (Craw) 43.86
U17: 100: 1 O Bromby (Soton) 11.0. **200:** 1 O Bromby (Soton) 22.0. **3000:** 1 M Mahamed (Soton) 8:53.7. **100H:** 1 R Kelly (C'ley/Woking) 14.1; 2 O Lawrence (Soton) 14.5. **4x100:** 1 Soton 46.8. **4x400:** 1 Soton 3:43.2; 2 Craw 3:43.8. **PV:** 1 G Turner (B&H) 3.20. **SP:** 1 T Peters (B'mth/New FJ/Poole) 13.45; 2 S Wellington (Soton) 12.70. **DT:** 1 T Peters (B'mth/New FJ/Poole) 46.11; 2 M Callaway (Soton) 41.57. **HT:** 1 J Haines (Craw) 52.88; 2 T Peters (B'mth/New FJ/Poole) 45.53. **JT:** 1 B Dickinson (B'mth/New FJ/Poole) 50.13
U20 women: 200: 1 H Turner (B&H) 25.3. **400:** 1 H Turner (B&H) 56.9; 2 E Jenkinson (Soton) 57.5. **800:** 2 A Sharp (Soton) 1:57.1. **1500:** 1 M Coyle (B&H, U17) 4:54.1. **100H:** 1 B Close (B&H) 15.2. **400H:** 1 L Clifford (Soton) 65.7. **PV:** 1 T Campbell (Craw, U17) 3.30. **LJ:** 1 E Cowell (Soton) 5.23. **DT:** 1 E Green (Soton, U17) 36.83. **B:** 1 H Pearce (Soton, U17) 31.47. **TJ:** 1 J Campbell (Soton) 42.29; 2 L Davies (AFD) 37.61. **B:** 1 M Cavanagh (Soton, U17) 36.30
U17: 100: 1 J Bryant (Soton) 12.7. **80H:** 1 M Cavanagh (Soton) 12.4. **300H:** 1 K Oldfield (Soton) 48.0. **1500SC:** 1 A Sharp (Soton) 5:44.6; 2 N Scott (FA) 5:52.8. **4**

SOUTHERN SOUTH 2A, Dartford

MATCH (provisional): 1 Ashford & Thanet 611; 2 Medway & Maidstone AC 449; 3 Team Sussex 443.5

4 Horsham Blue Star H 395; 5 Dartford H 377; 6 Bexley AC 340; 7 Invicta EK & PW 115

U20 men: 100: 1 T Craig (Bexley, U17) 11.2. **200:** 1 C Lytle (Bexley, U17) 22.8.

400: 1 J O'Hara (Bexley) 49.6. **4x400:** 1 Bexley 3:28.9; 2 M&M 3:29.4. **PV:** 2 C Neil (Horsh BS, U17) 3.40. **DT:** 1 J Magbado (Dartf) 43.91

U17: 100: 1 C Lytle (Bexley) 11.0. **200:** 1 T Craig (Bexley) 22.5; 2 L Riggall (Dartf) 22.6. **100H:** 1 E Akanni (Bexley) 13.5; 2 B Isaac (Ash/Than) 14.1; 3 J Thurgood (M&M) 14.4. **B:** 1 C Amadee (Ash/Than) 14.7. **4x100:** 1 Dartf 46.9. **PV:** 1 J West (Horsh BS) 3.40. **HT:** 1 A Jacques (Ash/Than) 49.09

U20 women: 100H: 1 E Gooding (Ash/Than) 15.5. **4x100:** 1 M&M 51.1. **PV:** 1 M Hemsley (E Grin/Hay H/Lewes, U17) 2.90. **DT:** 1 N Gregory (Bexley) 32.84. **JT:** 1 L O'Donovan (Dartf) 32.65

U17: 100: 1 I Orogun (Dartf) 12.3; 2 D Kuypers (M&M) 12.4. **200:** 1 I Orogun (Dartf) 24.7; 2 D Kuypers (M&M) 25.9.

300: 1 S Keegan (M&M) 41.6. **B:** 1 I Munday (M&M) 41.7. **80H:** 1 L Drumme (E Grin/Hay H/Lewes) 12.0. **B:** 1 L Connor (E Grin/Hay H/Lewes) 12.0.

300H: 1 H Day (M&M) 47.1. **1500SC:** 1 C Harwood (M&M) 5:44.0. **4x100:** 1 E Grin/Hay H/Lewes 53.0. **4x300:** 1 M&M 2:55.1; 2 E Grin/Hay H/Lewes 3:07.4; 3 Horsh BS 3:13.3. **PV:** 1 L Connor (E Grin/Hay H/Lewes) 3.50. **L:** 1 G Sullivan (Ash/Than) 5.16. **TJ:** 1 L Connor (E Grin/Hay H/Lewes) 10.63

SOUTHERN SOUTH 2B, Uxbridge

MATCH: 1 Team Dorset 599; 2

Hillingdon 437; 3 Ealing Southall & Middx 422; 4 Winchester 339; 5 Portsmouth 286; 6 Chichester 211; 7 HUW 193

U20 men: 100: 1 S Adams (Win) 11.1. **110H:** 1 J Kirby (Hill) 14.3. **4x100:** 1 Hill 45.5. **PV:** 1 T Farres (Ports) 4.15. **L:** 1 S Adams (Win) 7.17. **TJ:** 1 S Adams (Win) 13.45. **SP:** 1 R Smith (Dorset) 12.30.

DT: 1 R Smith (Dorset) 41.97. **B:** 1 M Curtis (Dorset) 39.77. **HT:** 1 K Acraman (Hill) 44.91

U17: 100: 1 S Crowie (Hill) 11.2. **200:** 1 S Crowie (Hill) 22.3. **100H:** 1 T Miller (Havant/IoW) 14.7. **4x100:** 1 Hill 45.5

U20 women: 4x100: 1 ESM 51.2. **HT:** 1 H Slade (Dorset) 35.94

U17: 4x100: 1 Dorset 52.4. **TJ:** 1 S Cash (Dorset) 10.74. **SP:** 1 Y Ferguson (ESM) 11.73. **DT:** 1 Y Ferguson (ESM) 30.10. **HT:** 1 E White (Dorset) 37.18

APRIL 26/27

WOODFORD COMBINED EVENTS**OPEN, Woodford**

Men: Dec: 1 C Mathews (Card) 7277 (11.21, 7.07/3.3, 13.19, 1.95, 51.72, 15.28, 45.00, 4.14, 49.98, 4:47.78); 2 J Andrew (Sale) 7116 (11.20, 6.38/4.7, 11.97, 1.89, 50.59, 14.81, 34.64, 4.54, 47.80, 4:25.58); 3 D Guest (B'end) 6834 (10.89, 6.84/1.7, 12.55, 1.92, 50.14, 15.13, 36.47, 3.64, 47.38, 5:11.03); 4 C Roe (Chich) 6507 (11.24, 6.77/2.4, 11.09, 1.92, 51.17, 16.39, 29.53, 3.44, 48.24, 4:33.45); 5 T Reynolds (N Down) 6386 (11.39, 6.58/4.6, 12.04, 1.83, 54.30, 15.60, 35.10, 4.04, 43.61, 5:03.87); 6 M Cryer (B&B) 5496 (11.50, 6.73/3.0, 9.49, 1.89, 51.68, 16.00, 24.74, 3.64, 42.58, DNF); 7 J Moulard (Sale) 5391 (12.09, 5.62/3.8, 10.59, 1.62, 56.11, 17.13, 33.27, 3.64, 41.05, 4:56.56)

U20: Dec: 1 T Howlett (Dartf) 6284 (11.73, 6.75/3.5, 12.04, 1.89, 54.03, 15.80, 32.78, 3.54, 42.89, 4:49.65)

UK 1500m leaders - 2014**MEN**

3:38.28i	Chris O'Hare
3:48.5	Robbie Fitzgibbon
4:02.2	Ryan Green
4:12.33i	Adam Scott
4:47.9	Ben McLaughlin
3:54.38i	James Thie
3:57.00i	Anthony Whiteman
4:10.47i	Adrian Haines
4:15.05i	Simon Anderson
4:24.65i	Steve Smith
4:37.87i	David Butler
4:47.50 i	Pete Molloy
5:32.58i	John Batchelor
6:31.13i	Rodney Mills

U17: Oct: 1 W Marklew (Harlow) 4305 (18.24, 5.74/4.8, 12.17, 57.30, 1.77, 33.40, 46.87, 4:55.95); 2 J Regan (Chelms) 3667 (16.41, 5.72/4.2, 9.93, 58.88, 1.59, 22.92, 31.98, 5:02.16)

U15: Pen: 1 R Runciman (Chelms) 2784 (12.09, 10.87, 5.79/3.3, 1.80, 2:25.31); 2 T Walker (Castle View School) 2063 (12.92, 7.15, 5.29/3.6, 1.53, 2:33.05)

Women: Hep: 1 D Byrne (Lough S) 4895 (15.41, 1.56, 10.65, 26.13, 5.12/0.0, 37.55, 2:18.22); 2 L Frey (Lagan) 3725 (16.98, 1.44, 8.82, 27.86, 4.64/0.4, 22.73, 2:31.56)

U20: Hep: 1 A Richards (Orion) 4056 (16.04, 1.53, 8.09, 26.61, 5.01/-0.2, 21.23, 2:32.03); 2 S Connolly (N Down) 4010 (16.03, 1.62, 7.74, 26.80, 5.09/1.2, 22.73, 2:46.16); 3 C Clark (Thurr) 3941 (16.03, 1.65, 7.41, 27.57, 4.50/1.1, 17.89, 2:27.02); 4 J Harding (Chelms) 3638 (16.88, 1.53, 6.93, 27.69, 4.89/1.2, 19.95, 2:40.33)

U17: Hep: 1 N Harryman (Harlow) 4451 (12.15, 1.59, 10.35, 26.28, 5.42/0.3, 22.91, 2:37.38); 2 A Spiliopoulou (Hertford & Ware) 3528 (13.04, 1.41, 7.89, 26.73, 4.49/-0.2, 14.89, 2:38.65); 3 C Skeggs (Bas) 3236 (15.17, 1.41, 7.44, 28.95, 4.64/-0.1, 21.16, 2:41.55); 4 K Tippett (Bas) 3083 (15.09, 1.38, 8.46, 29.35, 3.57/1.2, 17.62, 2:29.05)

U15: Pen: 1 J O'Dowda (Oxf C) 3049 (12.10, 5.05/0.1, 8.44, 1.62, 2:35.50); 2 H Badger (Chelms) 2421 (12.78, 4.20/-0.6, 7.57, 1.47, 2:45.08); 3 I Mills (Orion) 2147 (14.74, 4.59/-0.8, 5.35, 1.32, 2:35.70); 4 J Whiley (Chelms) 2100 (14.16, 3.27/0.2, 7.10, 1.32, 2:28.51); 5 O Smith (Chelms) 2063 (13.19, 4.11/-0.7, 6.06, 1.38, 2:54.94); 6 R Hammond (Chelms) 2030 (13.75, 4.01/0.0, 6.81, 1.38, 2:55.41)

SOMERSET COUNTY COMBINED EVENTS & RACE WALKING CHAMPIONSHIPS, Street

Men: Dec: 1 B Thompson (Yeov O) 5052 (12.42, 5.51/8.0, 10.57, 1.60, 57.04, 18.13, 34.81, 3.40, 51.85, 5:40.24)

U20: Dec: 1 N Hunt 6366 (11.57, 6.69/2.9, 15.58, 1.99, 53.64, 15.67, 38.52, 3.50, 44.03, 6:09.86); 2 L Gardiner 6228 (11.66, 6.19/1.3, 10.66, 1.81, 52.21, 16.04, 34.27, 4.00, 35.85, 4:32.61); 3 J Ilragaba (Bex) 5437 (11.64, 6.37/3.3, 10.97, 1.72, 58.24, 16.11, 40.80, NH, 40.34, 4:49.88); 4 G Walker (Poole) 4456 (12.10, 5.26/3.2, 10.67, 1.69, 59.42, 18.14, 26.24, 2.40, 38.38, 5:38.93)

U17: Oct: 1 M Trickey 4117 (5.94, 25.36, 41.86, 55.08, 15.9, 1.53, 13.12, 5:26.06); 2 R Long 3952 (5.54, 32.11, 33.16, 58.17, 14.69, 1.65, 10.86, 5:36.16); 3 H Atkinson 3650 (5.58, 27.72, 31.30, 54.21, 17.28, 1.50, 9.84, 5:20.20); 4 J Slipper 3617 (5.72, 29.01, 34.73, 56.52, 18.32, 1.53, 11.85, 5:40.12); 5 A Yeates 3155 (5.76, 30.73, 34.22, 60.98, 17.28, 1.56, 10.23, DNF); 6 S Dove 3097 (5.27, 20.38, 25.63, 58.94, 17.48, 1.53, 7.88, 5:15.60)

U15: Pen: 1 C Schwabauer 2316 (13.26, 13.39, 5.09, 1.36, 2:27.01)

Women: Hep: 1 S Pick (Carmar H) 3065 (17.23, 1.54, 8.55, 29.41, 4.77/0.7, 24.41, DNF)

U20: Hep: 1 E Dixon (Bath) 4581 (14.42, 1.66, 10.20, 26.55, 5.09/0.4, 30.91, 2:48.03); 2 G Cottrell 3225 (16.61, 1.57, 6.70, 28.93, 4.34/1.2, 19.54, 3:02.81)

U17: Hep: 1 G Davies-Redmond 4473 (12.43, 1.60, 10.82, 26.94, 4.94, 30.62, 2:32.39); 2 A Turner 4257 (12.43, 1.54, 10.38, 28.00, 5.09, 31.85, 2:40.52); 3 E Barber 4122 (13.00, 1.60, 10.29, 28.89, 5.15, 30.86, 2:45.90); 4 A Chigbo 4092 (13.43, 1.66, 11.43, 28.63, 4.73, 21.70, 2:38.78); 5 B Campbell 4011 (13.18, 1.54, 10.48, 28.11, 4.55, 26.46, 2:32.89); 6 G Silcox 3634 (12.48, 1.48, 7.86, 28.53, 5.03, 17.19, 2:45.29); 7 A Laake 3073 (14.40, 1.39, 8.00, 28.19, 4.38, 16.81, 2:56.53); 8 I Care 2884 (12.55, 1.45, 8.02, 29.58, 4.64, NM, 3:18.39); 9 S Mumford 2846 (13.65, 1.27, 8.83, 30.69, 3.55, 22.21, 2:52.83); 10 E Gubb 2816 (13.89, 1.48, 8.23, 30.7, 4.26, 16.10, 3:19.69); 11 H Westhenry 2794 (15.13, 1.39, 8.51, 30.44, 3.89, 16.79, 2:53.06); 12 E MacCallum 2775 (14.77, 1.45, 6.69, 30.63, 4.13, 15.02, 2:54.00)

U15: Pen: 1 B Burley 2751 (12.40, 10.82, 1.42, 4.33, 2:36.12); 2 M Caudery 2711 (12.28, 8.17, 1.54, 4.32, 2:36.95); 3 O Galloway 356 (13.18, 9.25, 1.42, 4.13, 2:51.06); 4 E Lloyd 2302 (13.01, 8.73, 1.33, 4.50, 2:54.15); 6 I Sheerin 2257 (14.41, 10.30, 1.45, 4.33, 3:05.25); 7 L Rousell 2244 (13.25, 7.84, 1.33, 4.54, 2:52.85); 8 V Cowell 2233 (15.20, 8.76, 1.45, 4.36, 2:52.22); 9 L Bell 2086 (12.57, 8.96, 1.36, 4.20, 3:22.10); 10 J Grogan Poulsen 2051 (15.02, 6.91, 1.36, 3.84, 2:38.64); 11 N Fortune 2046 (13.31, 8.21, 1.27, 3.69, 2:48.73); 12 E Tanner 2028 (14.56, 8.20, 1.21, 4.09, 2:43.29)

U, U20) 50.28. **ns:** 1 P Swan (Guest) 49.21; 2 S Watson (Guest) 49.82. **800:** 1 J Walker (Strathclyde) 1:52.52; 2 G Williams (Glas U Caledonian, U20) 1:52.91; 3 M White (Dundee) 1:53.16

1500: 1 J Bowness (Glas U Caledonian) 3:56.52; 2 T Watson (Edin U) 3:58.56; 3 G Muir (Glas U Caledonian) 3:59.81

5000: 1 C McCaughey (Stirling) 15:16.18; 2 P Glerjatowicz (Edin U) 15:21.69; 3 B Bristow (Strathclyde) 15:30.77. **400H:** 1 M Lipton (Guest) 53.59; 2 E Dyer (Heriot-Watt) 53.90

4x400: 1 Scottish 3:12.29; 2 Guest 3:22.20. **HJ:** 8 J Lochans (Guest) 1.95. **PV:** 1 S Adams (Glas U Caledonian) 4.30; 2 A Murphy (Glas U) 4.10; 3 P O'Donnell (Strathclyde) 4.00. **TJ:** 1 A Daffurn (Guest) 15.35/4.0; 2 S Lyon (Robert Gordon's) 13.60/0.5. **DT:** 7 A McNlroy (Guest) 51.57

Women: 200 (-2.9): 1 K Christie (North East Scotland College) 24.60. **400:** 1 J Tan (Dundee) 56.58; 2 A Ademuyewo (Aberdeen) 57.53. **r1:** 1 P Millage (Guest) 56.47. **800:** 1 M MacLarty (Dundee) 2:10.57; 2 R Burns (Leeds Metropolitan) 2:16.51. **r2:** 1 P Millage (Guest) 2:11.41. **3000:** 1 M MacLennan (Edin U, U20) 10:31.56; 2 L Mercer (Edin U, U20) 10:37.49. **100H (-3.2):** 1 C Taylor (Edin U) 15.03; 2 C Pennet

(Guest) 15.40. **400H:** 1 C Taylor (Edin U) 63.74. **3000SC:** 1 L Stoddart (Napier) 11:32.59. **4x100:** 1 Edin U 51.07. **HJ:** 1 N Manson (Glas U) 1.70. **LJ:** 1 F Nicholson (Edin U) 5.76/4.8. **TJ:** 1 A Gaffney (Glas U) 11.02/3.4. **DT:** 1 K Reed (Edin U, U20) 33.28. **HT:** 1 R Hunter (West of Scotland) 61.68; 2 K Reed (Edin U, U20) 61.51. **JT:** 1 P Gass (Highlands & Islands) 38.62

WEST YORKSHIRE LEAGUE, Cleckheaton

Men: DT: 2 S Linsell (Leeds C, M50) 30.16

U13: 75H: 1 C Howes (Pontefract) 13.89. **SP:** 1 A Thomas (Wake) 9.31. **DT:** 1 A Thomas (Wake) 28.79

Women: JT: 2 H Barker (Leeds C, W50) 18.64

U17: 300: 1 A Greenwood (Spenn) 40.55. **800:** **r1:** 1 E Robinson (Keigh) 2:19.75

U15: 1500: 1 A Shipley (Sky) 4:59.76

U13: 80: **r3:** 1 A Rolfe (York) 11.99

MID LANCASHIRE LEAGUE, Wigan

Men: 200: **r1:** 4 L Golding (Pend, M45) 25.7. **400:** **r2:** 6 L Golding (Pend, M45) 57.8. **SP:** 1 G Ireland (Liv PS, M45) 11.45; 4 D Brown (Liv PS, M45) 10.41. **HT:** 1 A Reynolds (Liv H) 48.38; 4 G Ireland (Liv PS, M45) 37.98; 5 S Bashforth (BWF, M50) 31.57

U20: HT: 1 F Mulvaney (Liv H) 43.64

U17: 400: **r2:** 1 J Lovell (Horw) 51.0. **800:** 1 C McCormick (Leigh) 1:59.9

U15: 1500: 1 D Slater (Liv PS) 4:29.2

U13: 800: 1 B McLaughlin (Leigh) 2:24.5. **HJ:** 1 O Southern (Liv PS) 1.45. **SP:** 1 W Lancaster (Prest) 9.06

Women: HT: 1 R Bashforth (BWF) 43.57; 3 C Needham (BWF, U20) 38.60. **JT:** 1 A Peers (BWF, U20) 34.72

U17: 800: 1 R Johnson (Liv PS) 2:18.4. **SP:** 1 L Hillman (Pend) 11.69. **HT:** 1 R Orrell (B'urn) 44.31; 2 L Hillman (Pend) 42.75; 3 C Price (Liv H) 41.55; 4 J Miller (Carl) 39.63. **JT:** 1 L Hillman (Pend) 35.23

U15: 300: **r1:** 1 E Alderson (S'port W) 42.7. **800:** **r1:** 1 E Alderson (S'port W) 2:18.8. **HJ:** 1 J Murphy (Liv PS) 1.55

U13: 1500: 1 K Hodgkinson (Leigh)



Lauren Stoddart: winning the Scottish Universities steeplechase title

4:58.1; 2 J Jolly (Prest) 5:05.7; 3 S Driscoll (Kend) 5:12.1. **SP:** 1 Z Price (Liv H) 9.74

LOUGHBOROUGH STUDENTS TRIALS, Loughborough

Men: 100: A (1.7): 1 B Stephenson (Lough S) 10.76; 2 L Clowes (Lough S) 10.82. **B (-2.0):** 1 L Yearwood (VP&TH) 10.63; 2 R Anthony (Donc) 10.65; 3 E Phiri (Tam) 10.80; 4 U Hameed (Sale) 10.85; 5 N Gayle (Sale) 10.94. **200: A (-1.2):** 1 L Clowes (Lough S) 21.73; 2 U Hameed (Sale) 21.91; 3 S Atkinson (Lough S, U20) 22.15. **400:** **A:** 1 M Warner (Notts) 48.63; 2 M Quine (Sheff) 49.29; 3 L Gumbs (SB) 49.46; 4 L Edwards (Sheff) 49.89. **800:** 1 S Evison (Sheff) 1:53.76; 2 D Chambers (Der, U20) 1:54.36. **1500:** 1 D Sheldon (Lough S, U20) 4:03.76; 3 F Makepeace (Charn, U20) 4:04.95. **3000:** 1 A Holliday (Tip) 8:36.42. **110H (2.4):** 1 N Gayle (Sale) 13.91; 2 Y Budd (Lough S) 14.03; 3 D Feeney (Lough S) 14.41; 4 A Nwenwu (Lough S) 14.64; 5 A Wilson (VP&TH) 15.02; 6 A Balderston (Lough S) 15.48. **400H:** 1 R Yates (Sheff) 51.35; 2 M Baker (Lough S) 52.39. **LJ:** 1 S Lyashenko (Lough S) 6.80. **SP:** 1 G Winter (Lough S) 16.65; 2 J Stevenson (NEB) 15.91. **DT:** 1 G Winter (Lough S) 44.44; 2 B Gregory (Lough S) 40.79; 4 A Hill-King (Lough S, U20) 38.49. **JT:** 1 B Pearson (Lough S) 74.71; 2 N Crossley (Chelt) 70.02; 3 A Reynolds (SB) 68.72; 4 S Turnock (Exe) 67.89; 5 S Taylor-Outridge (SB) 65.86; 6 B Buwembo (E&H) 65.81; 7 M Smith (Exe) 65.22; 8 G Millar (Bir) 60.97. **M50: SP:** 1 A Kruger (Notts) 13.29. **DT:** 1 A Kruger (Notts) 44.73. **Women: 100 (-0.8):** 1 A Gouenon (Lough S) 12.00. **200 (1.5):** 1 A Allcock (Lough S) 24.29; 2 A Gouenon (Lough S) 24.58. **400:** 1 K Massey (Sale) 52.84; 2 L Wake (Lough S) 52.98; 3 J Knight (Lough S) 55.29. **800:** 1 S Tyers (Lough S) 2:10.39; 2 G Kinney (Lough S, U20) 2:14.52; 3 L Bond (Lough S) 2:16.86. **100H (1.1):** 1 K Drew (Sheff) 13.51; 2 G Werrett (Lough S) 13.68. **400H:** 1 L Wake (Lough S) 57.86; 2 N Millet (Lough S) 60.82; 3 H Le Cornu (Lough S) 65.77. **LJ:** 2 M Elcock (Lough S, U20) 5.26. **DT:** 1 S Milner (Lough S) 47.42; 2 A De Bruin (Lough S, U20) 33.02. **JT:** 1 J Jeffs (Lough S) 58.63; 2 K Watts (Traff) 48.73; 3 J Blair (SB) 48.10; 4 K Oniwinde (E&H) 42.43; 5 T Ward (Sheff) 41.98; 6 A Rennie (Ayr S) 39.98



Peter Newton: North East title over 25 laps

Ultra runners gather at Crawley

APRIL 26

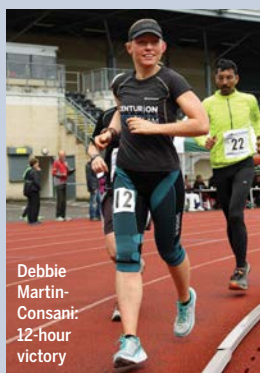
AIM 12 & 6 HOUR, Crawley, West Sussex

LINKED with an ultra training weekend and get-together, the Pam Storey-inspired races raised another £1000 towards the Advance International Ministries charity. *Martin Duff reports.*

Adam Holland retained his hold on the six-hour race while husband-and-wife team Marco Consani and Debbie Martin-Consani were first and second in the 12-hour event. The longer race started at 7am in heavy rain but the sun dried out the track by halfway.

Holland, who completed 45M 520yds, said: "It was a good distance, but it was only a training run for the 10 marathons in 10 days at Lake Windermere from May 9-18. I am trying to break my world record and do 10 sub-three-hour runs. That is after the National 50km next Saturday."

He noted that he was being caught by Emily Gelder, who unlapped herself



Debbie Martin-Consani: 12-hour victory

a few times en route to taking the women's six-hour race with 44m 45yds.

The runners were presented with their awards by the legendary James Zarei, a triple Spartathlon winner who won the last six-day race to be held

MARK EASTMAN

in Britain in 1990 when he covered 622 miles.

With just two hours to go, Consani was on target to break the race's own 12-hour record of 88.15 miles, when he was nine miles clear of his wife, with more than 75 miles under his belt.

He duly succeeded by more than two miles with 90M 717yds, but Debbie set a British best with 80M 463yds, just ahead of third-placer Karen Hathaway.

Overall (12 hr): 1 M Consani (Garscube) 90M 717yds (145.57km); 2 D Martin-Consani (Garscube, **W35**) 80M 463yds (129.171km); 3 K Hathaway (Read RR, **W35**) 79M 181yds (127.304km); 4 J Errington (Brack F, M45) 72M 401yds (116.239km); 5 P Corderoy (Oxf Tri) 69M 653yds (111.642km); 6 S Filmer (Col H) 67.981M (108.723km); 7 P Pise 62M 927yds (100.627km); 8 C Corry (ESM, **W45**) 60M 498yds (97.016km); 9 R Quennell (R&N, M45) 60M 497yds

(97.015km); 10 A Fitsimons 58M 1619yds (94.822km)

M55: S Allen (If) 50M 1128yds (81.499km)

Women: 1 Martin-Consani 80M 463yds (129.171km); 2 79M 181yds (127.304km); 3 Corry 60M 498yds (97.016km);

Overall (6 hr): 1 A Holland (Votwo) 45M 520yds (72.9km); 2 E Gelder (Dulw R, **W35**) 44M 45yds (70.9km); 3 F Ross (Harmony, **W35**) 42M 446yds (68.0km); 4 S Law (Garscube, **W35**); 42M 79yds (67.7km); 5 I Wilson 40M 869yds (65.2km); 6 P Johnson (100mara, M60) 38M 1298yds (62.3km); 7 T Boone (Arun) 37M 1710yds (61.1km); 8 C Creedy (Ips J, M40) 37M 609M (60.1km)

Women: 1 Gelder 44M 45yds (70.9km); 2 Ross 42M 446yds (68.0km); 3 42M 79yds (67.7km); 4 N Smith (Arun) 36M 1083yds (58.9km); 5 S Ackland (Eton M, W35) 27M 882yds (44.3km)

APRIL 25

BMC REGIONAL RACES, Glasgow

Men: 10,000: A: 1 L Traynor (Giff N) 30:13.28; 2 N Renault (Edin) 30:58.27; 3 S Gibson (Cambus) 31:07.25; 4 C McKenzie (Cors) 31:17.28; 5 M McNeill (Salf) 31:19.36; 6 L Oates (Shett) 31:29.67; 7 S Trainer (G'nock) 31:36.35; 8 K Brydon (Shett) 32:13.94; 9 B Mackie (Edin, M35) 32:20.36. **B:** 1 B Phillips (Lass) 32:27.84; 2 C Dougherty (Bella RR) 33:12.65; 3 B Clark (Cors) 33:35.11; 4 G Barrie (Dund H, M40) 33:48.16; 5 C Reid (Bella RR) 34:05.32; 6 S Butler (Cambus) 34:17.84; 7 C Black (Bella RR) 34:24.53; 8 N McLaughlin (I'clyde, M35) 34:25.65; 9 S Gaffney (I'clyde) 34:44.06; 10 K Millar (High) 34:48.09; 13 C Upson (Cambus, M50) 35:55.35. **Mixed events: 10,000: C:** 3 J Healy (Cambus, M45) 35:56.10; 4 F Matheson (Falk, W50) 36:00.13; 6 K Tait (Kil'k, W) 36:05.47; 7 T Gourley (Giff N, M50) 36:32.81; 9 J Maclean (Edin, W40) 37:31.33; 10 H Smith (Edin, W) 37:39.03; 11 C Fortune (L'gow, W) 38:22.70; 12 C Thompson (VPCG, W35) 39:39.73

APRIL 24

ABERDEEN AAC CHAMPIONSHIPS & OPEN, Aberdeen

Mixed events: HJ: 1 G Robertson (A'deen, U17) 1.87; 5 J MacGregor (A'deen, M45) 1.57; 11 R Masson (A'deen, M65) 1.27

APRIL 23

NORTH EASTERN COUNTIES CHAMPIONSHIP, Monkton Stadium, Jarrow, Tyne & Wear

PETER NEWTON regained the title he last won in 2012, leading all the way, *Les Venmore reports.*

Passing halfway in 14:57, Newton looked set to break his personal best time of 30:09.3 when winning the Northern title, three years ago, but the strengthening wind during the later stages, saw him finish just one second outside his target.

Heather Robinson (52) became the first Woman to take a North Eastern title for this distance.

Men: 10,000: 1 P Newton (Morp) 30:10.3; 2 C Smith (Walls) 33:20.4; 3 B McMillan (J&H) 33:27.6

Women: 10,000: 1 H Robinson (J&H, W50) 41:21.7

NORTH EASTERN OPEN GRAND PRIX SERIES, Jarrow

Men: 150: 1 C Ferguson (Gate) 16.6. **1500:** 1 P Pinheiro (Gate) 3:51.2; 2 J Cook (WG&EL) 3:52.2; 3 C Parr (Gate) 3:54.5; 4 B Maskell (Gate) 3:59.2. **U20: 150:** 1 J Hepple (Morp) 16.4; 2 S Norton (M'bro) 16.9; 3 R Laryea (Gate) 17.0; 4 G Wilson (Gate) 17.4. **300:** 1 J Crosby (M'bro) 34.3; 2 G Wilson (Gate) 36.2. **1500:** 1 A Bailes (Birt) 4:00.6; 2 T Goulding (Birt) 4:04.4. **SP:** 1 A Graham (Gate) 15.31. **U17: 150:** 1 S Griffin (Darl) 16.9; 2 B Todd (CleS) 17.0. **300:** 1 R Cole (Gate) 36.9; 2 W Curtis (Gate, U15) 37.1. **1500:** 1 R Green (Morp) 4:02.2; 2 J Armstrong (Gate) 4:07.4; 3 N Cox (Morp) 4:08.2; 4 A Gibbs (Walls) 4:11.5. **U15: 150:** 1 S O'Hara (Morp) 12.0. **1500:** 1 M Pearson (Tyne) 4:17.4; 2 R Curtis (New M) 4:20.9. **Women: 150:** 1 J Hodgson (Dur, W45) 20.6. **300:** 1 J Hodgson (Dur, W45) 43.8. **U20: 150:** 1 G Whitfield (New C) 18.9; 2 S Addison (Gates Coll) 19.2; 3 C Ramsay (Blyth) 19.6; 4 A Hutchinson (Gate) 20.0. **300:** 1 G Whitfield (New C) 40.5. **1500:** 1 L Turner (Birt) 4:25.5. **U17: 150:** 1 R Findlay (Dur) 20.0; 2 A Dunningworth (Blyth) 20.3. **1500:** 1 S Burnett (Birt) 4:49.2. **U15: 1500:** 1 R Purves (Gosf) 4:58.8. **75H:** 1 Z Teasdale (J&H) 12.4. **HJ:** 1 A Bateman (Gate) 1.60. **U13: 1500:** 1 T Hewitt (Gate) 5:12.8

LEICESTERSHIRE & RUTLAND COUNTY 10,000M CHAMPIONSHIPS, Leicester

Mixed events: 10,000: 1 S Spencer (Notts) 31:13.6; 2 H Upson (Charn) 31:32.7; 3 T Hartley (Notts, M45) 31:33.9; 4 G Lee (Leic C, M45) 31:51.6; 5 T Upson (Charn) 33:16.9; 6 M Coudwell (Charn, M35) 33:25.2; 7 J Coles (Corby, U20) 34:15.1; 8 S Allen (OWLS) 34:20.6; 9 R Whitelegg (Hinck, M40) 34:22.3; 10 B Plummer (Charn) 34:37.2; 21 N Roder (Leic Tc, W35) 39:28.9; 22 H James (Barr R, W40) 39:29.5; 27 K Ramsey (Charn, W45) 42:48.9

WATFORD OPEN GRADED MEETING

Mixed events: 200: r3 (-0.4): 2 D Olusanya (Harrow, M40) 24.60. **400:**

r3: 4 M Aitchison (AFD, W) 56.78; 5 S Tyers (Rad, W) 57.89. **r4:** 1 O Smith (Chic) 48.89; 2 D Rowden (WG&EL, U17) 50.90. **800: r1:** 1 A Young (Chilt, W40) 2:28.74; 2 C Anthony (W Suff, W50) 2:42.36. **r20:** 1 B Claridge (WHH, U17) 1:54.92; 2 L Hayes (Kett, U20) 1:55.05; 3 M Seddon (Brack, U20) 1:57.03; 4 S Jones (St Alb, U20) 1:57.61. **r21:** 1 B Rochford (SB, U20) 1:55.51; 2 P Lucas (Croy, U20) 1:56.00; 3 T Cobden (C&C, U20) 1:56.65; 6 T Dodd (Bir, U17) 1:58.59. **r22:** 1 T Ashby (G&G) 1:54.70; 2 L Hilton (Camb U) 1:54.98; 5 J McCarthy (Chilt, U20) 1:55.69; 6 A Thorpe (SB, U20) 1:55.82; 8 M Goddard (Chilt, U20) 1:56.35; 9 H Fleming (Walton, U20) 1:56.39. **r23:** 1 S Wyllie (Brack, U20) 1:52.87; 2 K Langford (SB, U20) 1:53.50; 3 J O'Hara (Bexley, U20) 1:53.84; 4 M Mitchell (Forres) 1:54.35; 5 D Brown (Ton) 1:54.74; 6 N Armstrong (Bexley, U20) 1:56.16; 8 J McMuray (St Alb, U20) 1:57.25. **r5:** 1 F Harvey (SB, U13) 2:24.27. **r6:** 2 E Williams (Kett, U13W) 2:27.68. **r8:** 1 C Reid (Chilt, U13) 2:18.31; 3 A Quantrill (C&C, U15W) 2:21.00; 8 S Mhlanga (Chelm, W35) 2:26.30. **r9:** 2 E Thompson (Banb, U15W) 2:20.52. **r10:** 2 F Ashworth (Kett, U20W) 2:17.19; 4 M Wilson (Harrow, U17W) 2:18.60; 7 E Bond (Inv EK, U15W) 2:20.17; 9 E Read (Brack, U17W) 2:21.38; 10 E Cuckle (AFD, U15W) 2:22.64. **r11:** 4 M McClay (Brack, U17W) 2:16.56; 6 J Monteiro (Chelm, W) 2:17.09; 8 Z MacDonald (C&C, U20W) 2:17.96; 10 M Steer (St Alb, U20W) 2:19.44. **r12:** 3 G Coe (C&C, W) 2:15.32; 4 K Mhlanga (Chelm, U15W) 2:15.38. **r13:** 3 A Griffiths (AFD, U20W) 2:11.94; 4 M Edwards (WG&EL, W) 2:12.25; 7 C Bradley (Donc, W) 2:15.14; 9 E Moss (WG&EL, W) 2:15.47; 11 R Turton (Brack, W) 2:16.88. **r14:** 2 L Barrow (WSEH, W) 2:10.25; 8 B Clay (Inv EK, U20W) 2:11.65; 10 S Billington (Luton, U20W) 2:12.04; 11 P Benedickter (Bed C, M45) 2:12.12; 12 E McIlveen (VPCG, W) 2:15.42. **r15:** 3 J Judd (Chelm, U20W) 2:04.28; 7 H Richardson (BMH, U15) 2:06.52; 8 R McClay (Brack, W) 2:06.60; 10 G Groom (SB, U15) 2:08.85. **r16:** 7 A Leonard (B'burn, W) 2:05.81; 9 G Bell (SB, W) 2:06.86; 10 S Oskan-Clarke (WSEH, W) 2:07.48; 11 M Jones (AFD, W) 2:07.78. **r17:** 1 W Perkin (Chilt, U17) 1:59.16. **r19:** 1 S Anthony (W Suff, U20) 1:57.36; 2 N Mapperley

(C'ley, U20) 1:57.70; 6 K Ahmed (SB, U17) 1:59.63. **3000: r1:** 1 S Sinha (Camb U, U17W) 9:37.62; 2 N Brown (AFD, U17W) 9:38.20; 3 S Astin (Manx, W) 9:38.60; 4 R Murray (Bed C, W) 9:38.67; 5 G Fear (High, U17W) 9:55.17; 6 J Nesbitt (Worc, U20W) 9:55.62; 8 J Judd (Chelm, U17W) 10:08.66; 9 A Bagshaw (RAF, W) 10:12.21; 10 E Damant (Rane/Lough S, W) 10:12.61; 13 A Newcombe (C&C, U17W) 10:16.41; 14 K Curran (B&B, U20W) 10:18.74; 15 A Old (Inv EK, U20W) 10:21.48; 16 J Douglas (Lough S, W) 10:22.29; 18 N Kingston (B&B, U15W) 10:24.15; 22 S Morton (Chilt, U15W) 10:44.57. **r2:** 2 M Bartram (W Suff, U20) 8:50.58; 3 N Clinton (Swin, U20) 8:51.34; 4 E Olsen (Herne H, U17) 8:52.25; 5 S Johnson (Derby, U20) 8:53.74; 8 J Cvetkovic (AFD, U17) 8:57.88; 9 S Simpson (Soton, U20) 9:00.00; 10 A Rippin (Mil K, U17) 9:02.33; 17 W Mullins (Bed C, U17) 9:19.84; 20 S Treacy (Bir, W) 9:22.69; 23 L Deadman (Have, W) 9:25.94; 25 N Doel (AFD, W) 9:32.11; 27 A Clay (Inv EK, U20W) 9:35.89. **r3:** 1 A Hickey (S'end) 8:16.35; 2 L Dee (SB, U20) 8:19.82; 3 S Halsted (Brack, U20) 8:21.37; 4 K Wood (C&C, U20) 8:21.61; 5 T Phillips (WG&EL) 8:24.57; 6 M Bergin (Bed C) 8:25.36; 7 J Eves (Bed C) 8:26.13; 8 R Allen (AFD, U20) 8:26.50; 9 T Richardson (Bas) 8:28.96; 10 K Billington (B'burn) 8:29.85; 11 W Ryle-Hodges (SB) 8:29.89; 12 J Rowe (AFD, U20) 8:31.90; 13 M Delo (W Suff) 8:32.28; 14 L Humphreys (Bed C, M35) 8:32.61; 15 J Williams (Read) 8:33.14; 16 D McManus (Worc, U20) 8:33.63; 17 C Olley (Ton, U20) 8:34.35; 18 G Grundy (G&G) 8:35.03; 19 J Taylor-Caldwell (ESM) 8:35.16; 20 G Lewis (WG&EL) 8:36.34; 21 S McCallum (Win, U20) 8:36.73; 22 M Wood (Leeds C) 8:36.95; 23 R Harvie (WSEH, U20) 8:38.73; 24 M Nicholls (Ton, U20) 8:39.46; 25 B Tyler (M&M) 8:39.77; 26 P Asgodom (E&H, U20) 8:39.82; 27 E Cross (Tam, U20) 8:45.21

BMC GOLD STANDARD WATFORD, Watford

Men: 1500: A: 1 R Murray (Gate) 3:44.22; 2 M Mitchell (Forres) 3:48.43; 3 R Chessier (Ennis T) 3:50.36; 4 J West (Ton, U20) 3:58.52; 5 T Holden (S Lon, U20) 4:01.32

APRIL 21

READING CLUB CHAMPIONSHIPS, Reading

Men: 300: r1: 1 J Hatton (Read, U20) 35.2; 2 M Nevill (Read) 35.6; 3 C Hart (Read, U20) 36.2. **r2:** 1 W Lamptey (Read, U20) 36.3. **HJ:** 1 R Bonifas (Read) 1.95
U17: PV: 1 P Hannawin (Read) 3.51. **HT:** 1 D Webb (Read) 41.84
U15: 100: 1 B Lewis-Shallow (Read) 11.8; 2 R King (Read) 11.9; 3 A Followell (Read) 12.0. **HT1:** 1 B Lewis-Shallow (Read) 12.0. **300:** 1 B Lewis-Shallow (Read) 38.7. **1500:** 1 M Rawlings (Read) 4:16.5; 2 C Kemp (Read) 4:17.8
U13: HJ: 1 D Animashaun (Read) 1.46
Women: 1500: 2 S Francis (Read, W40) 5:10.8; 3 D Taylor (Read, W45) 5:12.5
U20: PV: 1 A Holder (Read) 3.15
U17: 100: 1 A Hall (Read) 12.6. **300H:** 1 K Vidzupe (Read) 47.3; 2 K Holt (Read) 47.3. **PV:** 1 P Thomas (Read) 3.05; 2 M Lowe (Read) 2.95. **HT:** 1 A Herrington (Read) 56.01
U15: PV: 1 M Bates (Read) 2.75; 2 E Glanville (Read) 2.55. **TJ:** 1 M Williams (Read) 9.84. **HT:** 1 L Runnacles (Read) 41.96
U13: 75: 1 A Lowe (Read) 10.4; 2 E Whybrow (Read) 10.5; 3 O Lowrie (Read) 10.5. **1200:** 1 O Lowrie (Read) 3:58.7; 2 J Nightingale (Read) 3:59.1

APRIL 20

SCOTTISH WOMEN'S ATHLETIC LEAGUE, Aberdeen

MATCH: 1 A'deen select 511; 2 Edin 509; 3 Forth 403; 4 T West 349; 5 Tay & Fife 330; 6 VPCG 265; 7 Pit 258; 9 Loth select 233
Women: 100: A (-1.1): 1 S Henderson (Forth Valley, U17) 12.63. **200: A (-0.9):** 1 S Henderson (Forth Valley, U17) 25.55; 4 S Young (Tayside & Fife, W35) 26.38.
400: A: 1 K Stewart (A'deen Select, U20) 55.76; 2 K Evans (Edin) 56.30; 3 M Hendry (VPCG, U20) 57.40; 4 S Young (Tayside & Fife, W35) 59.94.
800: A: 1 P Millage (VPCG) 2:09.05; 2 M MacLarty (Forth Valley) 2:11.35; 3 H Cameron (Edin, U20) 2:15.58; 4 R Burns (Pit) 2:16.25. **B:** 1 A Kennedy (Edin) 2:17.91. **1500: A:** 1 R Auckland (A'deen Select) 4:31.96. **B:** 1 J Cormack (A'deen Select) 4:41.44. **3000: A:** 1 L Dunn (Edin) 9:32.55. **100H: A (-0.1):** 1 C Pennet (A'deen Select) 14.85; 2 C Robison (Edin, U20) 15.79. **400H: A:** 1 M Dobson (A'deen Select) 65.70; 2 A Nelson (Lothian, U20) 66.00.
4x100: 1 Edin 50.15; 2 A'deen Select 50.57; 3 VPCG 51.68. **4x400:** 1 A'deen Select 3:58.86; 2 VPCG 4:03.65; 3 Edin 4:05.96; 4 Tayside & Fife 4:13.10.
HJ: A: 1 R MacKenzie (Lothian) 1.81. **PV: A:** 1 A Gordon (Pit, U20) 3.60.
LJ: A: 1 F Nicholson (Lothian) 5.70; 3 K Morris (Edin, U20) 5.21. **B:** 1 R Robertson (Lothian, U20) 5.60. **TJ: B:** 1 R Robertson (Lothian, U20) 10.62.
SP: A: 1 E Ruyle (A'deen Select) 12.06; 2 M Porterfield (VPCG) 11.95; 3 M Durbidge (Tayside & Fife) 11.70. **DT: A:** 1 D Milne (A'deen Select, U17) 41.67; 2 M Durbidge (Tayside & Fife) 36.69; 3 C Cameron (VPCG, W55) 30.59.
HT: A: 1 M Porterfield (VPCG) 49.77; 2 C Nethery (Pit, U20) 39.49. **B:** 4 C Cameron (VPCG, W55) 25.10. **JT: A:** 1 P Gass (Edin) 39.29; 2 P Murray (Tayside & Fife) 38.41
U17: 100: A: 1 C Murdoch (Team West/Giff N) 12.64. **200: A (-0.8):** 1 A Rees (A'deen Select) 25.04; 2 C Murdoch (Team West/Giff N) 25.13. **800: A:** 1 K Anderson (Tayside & Fife) 2:18.33; 2 L Massie (Lothian) 2:18.48. **80H: A (-1.0):** 1 S Pearson (Forth Valley) 12.19; 2 P McNicol (Team West/Giff N) 12.43.

UK 200m leaders - 2014**MEN**

20.44	James Ellington
20.9	Thomas Somers
21.64	Ryan Gorman
22.25i	Jona Efoloko
25.85i	William Andoh
21.96i	Rick Beardsell
22.92i	Darren Scott
23.19i	Darren Scott
24.51i	Pat Logan
25.47i	Peter Hickey
25.24i	Alasdair Ross
27.71i	Glyn Sutton
29.13i	Terry Bissett
29.37i	Walter Hunter
34.16i	Alan Mellett

Sen

22.76	
23.08	
23.92	
25.19i	
27.18i	
25.13i	
26.79i	
28.18i	
29.23i	
28.52i	
29.31i	
37.9	
38.43i	
40.52i	
	nm (i = indoor)

WOMEN

Jodie Williams
Dina Asher-Smith
C McLennaghan
Billie Jo Harris
Nazhrah Simpson
Ellena Ruddock
Sharon Greenwood
Jacqui Hodgson
Euphemia Scott
Averil McClelland
Caroline Powell
Maria Williams
Mary Axtell
Dorothy Fraser

B (-1.3): 1 I Menzies (Team West/Giff N) 12.43. **300H: A:** 1 P McNicol (Team West/Giff N) 45.0; 2 L Theron (A'deen Select) 46.9; 3 K Patullo (Tayside & Fife) 48.2. **4x100:** 1 A'deen Select 49.64; 2 Team West 49.95; 3 Edin 50.88; 4 Tayside & Fife 51.73; 5 Forth Valley 52.19. **HJ: A:** 1 J Carlyle (Edin) 1.63; 2 E McNicol (Team West/Giff N) 1.60. **LJ: A:** 1 R Alexander (Team West/Giff N) 5.42; 2 G Angus (A'deen Select) 5.22. **B:** 1 S Cummings (A'deen Select) 5.17. **SP: A:** 1 A Horne (A'deen Select) 12.45
U15: 800: A: 1 C Cameron (Edin) 2:20.44. **1500: A:** 1 K Gallagher (Forth Valley) 4:57.20; 2 H Little (VPCG) 4:58.24. **75H: A (-0.9):** 1 B McAndrew (Pit) 12.04; 2 J Cleland (Forth Valley) 12.28; 3 J Henry (VPCG) 12.41. 4 G Carter (A'deen Select) 12.46. **4x100:** 1 Edin 52.43; 8 Forth Valley 52.44; 3 A'deen Select 53.07. **HJ: A:** 1 K MacKay (A'deen Select) 1.55. **LJ: A:** 1 S Malone (Edin) 4.96
U13: 70H: A (0.7): 1 L Davison (Forth Valley) 12.38. **4x100:** 1 Edin 56.44; 2 Forth Valley 56.44; 3 Team West 57.79. **SP: A:** 1 L Davison (Forth Valley) 8.56

ORKNEY OPEN, Kirkwall

U20 women: 100 (4.0): 1 E Peace (Ork) 12.5
U17: 100 (4.0): 1 T Spence (Ork) 12.7

APRIL 19

CUMBRIA LEAGUE, Copeland

U20 men: 800: 1 S Nicholson (Seat) 1:57.9
U13: 150: 1 D Lobb (Cope) 21.0; 2 F Waugh (Annan) 21.4
U15 girls: JT: 1 E Dibble (Carl) 35.34
U13: 80: 1 O Mason (Bord H) 11.6; 2 C Dirom (Annan) 11.8; 3 K Quayle (Seat) 12.0. **150:** 1 O Mason (Bord H) 21.0.
800: 1 S Driscoll (Kend) 2:28.0

FORTH VALLEY LEAGUE**DIVISION 1, Grangemouth**

U15 boys: 800: A: 1 J Adam (Pit) 2:07.5

DIVISION 3, Grangemouth

U13 boys: HJ: A: 1 O Ashall (HELP) 1.50
U13 girls: 4x100: 1 Dunf 57.9

JSB PLUMBING FORTH VALLEY LEAGUE, Grangemouth**Division 1**

MATCH: 1 Edin 356; 2 Pit 314; 3 Bord 300.5; 4 Centr 295; 5 C'nauld 288.5; 7 Living 276

Division 2

MATCH: 1 Cors 322; 2 Falk 318; 3 Edin B 256.5; 4 Lass 251; 5 Harm 193; 6 Centr B 185.5
Division 3
MATCH: 1 Muss 351.5; 2 Dunf 321.5; 3 HELP 301; 4 Dunb 231; 5 Loth 84; 6 L'gow 53

STORNOWAY OPEN GRADED

Men: 400: 2 A Dunlop (Storn, M60) 63.17
Mixed events: 800: 4 A Dunlop (Storn, M60) 2:21.81

WINDSOR SLOUGH ETON & HOUNSLOW OPEN MEETING, Eton

U13 mixed events: 75: r1 (-1.8): 1 C Yearwood (Harrow, U13W) 10.69
Mixed events: 100: r5 (-1.3): 5 R Watkins (BMH, M60) 13.18. **150: r1 (-1.5):** 1 G Cunningham (WSEH) 16.61; 2 J Bell (WSEH, U20) 16.80; 3 B Tenuta (WSEH, U17) 17.04; 6 C Apicio (WSEH, U20) 17.50. **r2 (-2.3):** 1 L Pleace (WSEH, U15W) 19.79; 2 K Bays (WSEH, U17W) 19.98. **r3 (-2.6):** 1 C Yearwood (Harrow, U13W) 20.73; 2 O Breslin (Brack, U13W) 21.26. **300: r1:** 1 A Clements (WSEH) 35.94; 4 H McClay (Brack, U17W) 40.76.
400: r2: 3 R Watkins (BMH, M60) 58.60. **800: r1:** 9 H Boyd (G&G, U15) 2:09.01. **r2:** 6 A Brown (Herne H, U15W) 2:20.25. **1500: r1:** 5 C Kemp (Read, U15) 4:20.48; 7 J Goddard (WSEH, U15) 4:24.37; 9 B Hooper (WSEH, U15) 4:25.34. **r2:** 3 S Chapman (WSEH, U17W) 4:45.54; 5 E Davison (WSEH, U17W) 4:49.71; 6 G Copeland (W'borne, U15W) 4:51.87

APRIL 18

CHELMSFORD POLE VAULT**FESTIVAL, Chelmsford**

Men: 2 S Eastwood (Bed C, M45) 3.30
U20: PV: 1 E Thompson (Have) 4.10; 2 E Borrmann (Ryst) 3.90
U17: PV: 1 G Turner (B&H) 3.80; 2 T Seager (Bed C) 3.40
U15: PV: 2 J Harris (Lewes) 2.70
U20 women: PV: 1 S Birrell (Norw) 3.20; 2 M Gutteridge (Have) 3.00
U17: PV: 1 L Connor (Lewes) 3.40; 2 M Hemsley (Lewes) 2.90
U13: PV: 1 L Warden (Bexley) 2.60

HERTS PHOENIX GRADED OPEN**Welwyn**

Men: 110H: 1 A Wort (Sale) 14.3; 2 J Andrew (Sale) 15.0
U20: 110H: 1 J Major (C'ley) 15.3. **DT:** 1 D O'Sullivan (Herne H) 43.57. **JT:** 1 C Martin (HPX) 52.59; 2 T Anstice (Radley) 48.68
U17: 100: 1 L Westley (Mil K) 11.2. **200:** 1 L Smith (Herts P) 22.9. **100H:** 1 G Vaughan (E&H) 14.1; 2 S Bazany-Lutu (E&H) 14.5; 3 C Amadee (Ashf) 14.6;

4 R Green (Herts P) 14.7. **400H:** 1 G Vaughan (E&H) 57.2; 2 T Pitkin (Have) 58.9. **HT:** 1 G Marvell (SNH) 57.39
U15: 100: 1 C Okoh (D&T) 11.4. **200:** 1 C Okoh (D&T) 23.1
U13: 75H: 1 H Williams (SNH) 13.6; 2 J Barker (D&T) 13.8
M45: 200: 1 P Canning (Mil K) 25.8
M60: DT: 1 D Faulkner (GCR) 30.70. **HT:** 1 T Saunders-Mullins (St Alb) 35.81
Women: JT: 1 E Meakins (HPX) 43.31
U20: DT: 1 K Osuji (Harrow) 33.20; 2 N Gregory (Bexley) 32.64. **HT:** 1 K Presswell (Mil K) 49.75; 2 L Impey (Mil K) 36.51; 3 E Evans (SNH) 34.30
U17: 200: 1 S Segun (Herts P) 26.0.
3000: 1 D Chalmers (C&C) 10:39.0. **HT:** 1 L Presswell (Mil K) 43.20; 2 A Stevens (SNH) 40.38; 3 P Barnes (Mil K) 40.12
U15: 200: 1 H Williams (Herts P, U17) 25.0. **1500:** 1 K McDonald (Unatt) 4:33.4. **3000:** 1 F Worrall (Hunts) 10:48.6. **75H:** 1 E Russell (Harrow) 11.9; 2 N Parcell (HAWCS) 12.2. **SP:** 1 N Parcell (HAWCS) 11.04
U13: 1500: 1 E Macintosh (C&C) 5:07.5
W60: SP: 1 J Saunders-Mullins (SNH) 7.59. **JT:** 1 J Saunders-Mullins (SNH) 22.85

APRIL 17

GREAT YARMOUTH WARM-UP**MEETING, Great Yarmouth**

U20 men: 600: 1 J Clark (Gt Yar) 1:26.5
U17: 150: 1 B Matsuka-Williams (Norw) 17.5; 2 A Cooper (Norw) 17.7; 3 J Livermore (Norw) 17.7. **600:** 1 J Rodwell (Diss) 1:24.2; 2 S Collins (Gt Yar) 1:26.5
U13: 150: r1: 1 T Simpson (Gt Yar) 21.3. **SP:** 1 T Simpson (Gt Yar) 8.87
U15 girls: 150: r2: 1 E Mace (Norw) 20.1
U13: 150: r1: 1 H Mayne (W'vney) 21.9; 2 L Matsuka-Williams (Norw) 22.0

LAGAN VALLEY YOUNG ATHLETES' OPEN MEETING, Belfast

Men: 1500: r2: 15 J Taylor (NI Schs, U13) 4:51.63
U20: HT: 1 R Moffett (B&A) 60.37; 2 S Matthews (Lag V) 43.46
U18: HT: 2 B O'Donnell (IRL, U17) 47.68
Women: 100: 1 M Scott (IRL, U17) 12.60

APRIL 16

ISLE OF MAN AA OPEN MEETING, Douglas

Men: HT: 1 R Bell (Manx) 48.07
U15: 80H: 1 J Hewett (Manx) 12.4. **HJ:** 1 J Hewett (Manx) 1.80
U13: 75H: 1 G Quayle (Nthn (IOM)) 13.8
M45: 100: 1 G Crowe (Nthn (IOM)) 12.1
U17 women: 100: 1 C Reid (Manx) 12.6.
300: 1 C Reid (Manx) 41.3. **HT:** 1 A Bell (Manx) 39.49
U15: 75H: 1 A Sibbald (Nthn (IOM)) 12.1.
HT: 1 F Christian (Manx) 25.38
U13: 75: 1 A Foden-Williams (Western) 10.5

OXFORD CITY AC OPEN GRADED MEETING, Horspath

Mixed events: 100: r8 (0.5): 2 S Herbert (Mil K, M40) 12.01. **200: r8 (1.0):** 2 S Herbert (Mil K, M40) 23.92. **800: r4:** 3 Y Ryder (Newb, U17W) 2:20.30. **r5:** 9 E Griffin (Card, U17W) 2:20.12. **1500: r2:** 2 S Smith-Bannister (AFD, M50) 4:34.38; 12 M Canham (N Abb, U13W) 4:59.99. **3000:** 2 C Bampton (Oxf C, U17) 9:08.6; 3 J Bolton (W'stock, M40) 9:18.0
Men: DT: 1 M Plowman (Sheff) 48.55
U20: DT: 1 T Napierkowski (Banb) 45.94; 2 D O'Sullivan (Herne H) 44.13
U15: DT: 1 O Hewitt (Team K) 32.36
M65: DT: 1 R Jegou (W Horse) 29.91
U20 women: DT: 1 A Holder (Read) 45.84
U15: DT: 1 C Stacey (Read) 28.82
U13: 70H (-1.2): 1 L Gohara (Newb) 12.30. **DT:** 1 C Payne (Newb) 28.15
W40: DT: 1 J Cherry (Oxf C) 28.37

SOUTHAMPTON AC GRADED OPEN MEETING, Southampton

Mixed events: 600: r2: 3 A Sharp (Soton, U17W) 1:41.6. **r3:** 1 P Laslett (SB) 1:22.4; 2 K Lee (Yate, U20) 1:23.7; 3 J Elderfield (BMH) 1:24.8; 4 J Wales (Soton, U17) 1:26.3; 6 D Blackman (Soton, M45) 1:29.7; 7 E Jenkinson (Soton, U20W) 1:33.3. **1500: r3:** 6 T Horton (AFD, U15W) 4:50.7. **r4:** 1 M Mahamed (Soton, U17) 4:11.9; 8 P Aukett (SB, W) 4:34.3
U17 men: HJ: 1 A Jones (Soton) 1.95. **JT:** 1 B Dickinson (B'mth) 53.53
U17 women: JT: 1 S Merritt (Soton) 43.66
U15: SP: 1 H Molyneux (B'mth) 11.84; 2 B Burley (W'borne) 10.61

APRIL 15

WORCESTER AC OPEN, Worcester

Men: 200: r1: 4 P Mould (B&R, M60) 27.0
Mixed events: 2000: r1: 8 J Nesbitt (Worc, U20W) 6:22.0
U15: 100: 1 D Banks (Worc) 11.6. **200:** 1 D Banks (Worc) 23.8. **HJ:** 1 J Khan (Worc) 1.70
Women: PV: 1 B Donnelly (Worc) 3.00; 2 E Edden (Bir) 3.00. **LJ:** 3 J Wakelam (B&R, W55) 3.52
U17: HJ: 1 H Tapley (Worc) 1.60
U15: PV: 1 I Smith (Bir) 2.70
U13: 600: 1 B Lloyd (B&R) 1:47.6

NORTH DOWN AC OPEN MEETING, Bangor

Men: 150: r3: 1 A Mellon (N Down, U20) 17.30. **300: r1:** 1 A Sexton (N Down, U15) 38.54. **600: r1:** 1 A Mellon (N Down, U20) 1:23.71; 2 R Clelland (Lag V, U20) 1:24.31; 3 O O'Callaghan (Newry, U17) 1:25.14; 6 J Harbinson (Lisb, U17) 1:28.24. **3000:** 12 J Newberry (NBH, M60) 10:52.90. **DT:** 1 C Reynolds (Liv H) 44.87
U18: JT: 1 N McGrattan (N Down, U20) 51.08
U17: DT: 1 A Barkley (Lisb) 49.15
M60: JT: 1 F McCrystal (B&A) 36.96
Women: 150: r2: 1 M Marrs (Lisb, U17) 19.15. **600: r1:** 2 M Miller (N Down, U13) 1:49.53. **r2:** 1 R Gibson (N Down) 1:39.13; 2 R Douglas (Lisb, U17) 1:41.14. **3000:** 1 E Mitchell (B'bridge D) 10:28.35; 2 H Stockdale (Finn, W45) 10:40.42. **LJ:** 1 K O'Connor (IRL, U15) 4.94. **DT:** 1 K Hetherington (N Down) 41.01

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE, Middlebrough

#U17 mixed events: 3000: 1 R Curtis (New M, U15) 9:36.7; 2 J Allen (M'bro, U15) 9:48.6; 3 J Cowperthwaite (M'bro, U15) 9:49.9

Mixed events: 400: r1: 1 J Crosby (M'bro, U20) 48.6. **3000:** 2 N Baker (M'bro, U17) 9:17.6
Men: HT: 1 R Jeal (M'bro, M45) 33.89
U20: HT: 1 C Duley (New M) 41.70
U17: HT: 1 A Jeal (M'bro) 51.81; 2 D Nixon (M'bro) 41.98
U20 women: HT: 1 H Cooke (M'bro) 36.54

APRIL 14

MILE END OPEN 2014, Mile End

Mixed events: 100: r1 (0.7): 1 F Owolade (B&B) 10.75; 2 T Olubi (B&B) 10.82; 3 A Amoah (SB, U20) 11.10. **r2 (1.1):** 5 M Douglas (B&B, W) 11.84. **r3 (0.8):** 1 K Baptiste (Craw, W) 12.12. **r4 (1.2):** 2 O Lewis (VP&TH, U17W) 12.43.
200: r1 (1.1): 1 E Mintah (VP&TH, U20) 22.35; 2 A Amoah (SB, U20) 22.35. **r3 (1.7):** 2 O Lewis (VP&TH, U17W) 25.09.
400: r1: 1 F Owolade (B&B) 49.74; 2 I Ogunlade (Herne H) 49.92. **LJ:** 1 D Morson (VP&TH) 7.00; 2 M Oku-Ampofo (NEB, U17) 6.30
Men: SP: 1 A Oshodi (WG&EL) 16.19

APRIL 13

EASTERN YOUNG ATHLETES' LEAGUE, Norwich

MATCH: 1 City of Norwich 752; 2 Nene Valley 644; 3 Ipswich 609; 4 Cambridge & Coleridge 552; 5 Ryston/WNAC/ Dereham/Diss 404; 6 West Suffolk 239; 7 Peterborough 214
U17 men: 4x100: 1 Norw 45.4; 2 Ips 45.7. **SP:** 1 A 10 Mashingham (Norw) 12.28. **JT:** 1 D Bainbridge (Norw) 52.56
U15: 80H: A: 1 J Akinwumi (Nene V) 12.5; 2 S Clarke (C&C) 13.0. **4x100:** 1 Norw 49.0. **HT:** A: 1 L Roper (W Suff) 36.96
U13: 1500: A: 1 B Roberts (Nene V) 4:57.2
U17 women: 80H: A: 1 F Marriott (C&C) 12.3; 2 I Blowers (Ips) 12.5. **4x100:** 1 Norw 52.6. **SP:** A: 1 K Reynolds (C&C) 11.37
U15: 100: A: 1 E Mace (Norw) 12.8. **75H:** A: 1 M Sims (P'boro) 11.6. **SP:** A: 1 T Augustine (Nene V) 10.68. **HT:** A: 1 R Fresen (Nene V) 27.94
U13: 70H: A: 1 C Quattrill (Norw) 12.2; 2 O Thompson (Nene V) 12.3. **4x100:** 1 Norw 57.0. **SP:** A: 1 L Koenigsberger (Ryst/W Norf/Dereham/Diss) 8.68. **JT:** A: 1 M Hughes (Ips) 24.35

AYRSHIRE HARRIERS OPEN MEETING, Kilmarnock

Men: HJ: 1 H Bartl (Kil'k, M55) 1.45
U15 girls: HT: 1 H Fawcett (Kilb) 37.09
U13: 80: r2: 1 N Graham (Ayr S) 12.0.
150: 1 R Hunter (Law & District) 21.8.
1200: 1 E Frew (Ayr S) 4:10.3

TAYSIDE & FIFE COMMONWEALTH CELEBRATION OPEN, Dunfermline

U17 men: PV: 1 C Moriarty (Pit) 3.60
U20 women: PV: 1 A Gordon (Pit) 3.60; 2 K Mullen (Pit) 2.90

DEESIDE OPEN MEETING, Connah's Quay

U20 men: HT: 1 J Williams (Col B) 63.92
U17: PV: 1 T Walley (Wrex) 3.15. **SP:** 1 N Thomason (Col B) 15.79. **DT:** 1 N Thomason (Col B) 42.46. **HT:** 1 N Thomason (Col B) 53.65; 2 B O'Donnell (IRL) 44.45
M60: DT: 1 G Ward (Wrex) 34.17
M65: DT: 1 I Robinson (Wrex) 30.46
M70: DT: 1 J Woods (NorthernVets) 36.85
Women: 3000: 1 G Outten (Col B, U20) 9:39.3
U20: SP: 1 K Baker (W Ches) 11.79; 2 M Edwards (Wrex) 10.25
U17: SP: 1 E Ball (W Ches) 12.84; 2 K

Whitley (Wrex) 12.41. **DT:** 1 E Ball (W Ches) 33.76; 2 A Rimington (Dees) 31.75; 3 K Whitley (Wrex) 30.48. **HT:** 1 A Rimington (Dees) 49.80
U15: HT: 1 J Williams (Wrex) 41.67
U13: DT: 1 H Tushingham (Dees) 25.70

EASTERN YOUNG ATHLETES' LEAGUE, Woodford

MATCH: 1 Basildon 630; 2 Havering 585; 3 B & S 516; 4 Woodford 513; 5 Colchester 355; 6 E & H 330; 7 Harlow 225
U17 men: 100H: A (-0.9): 1 T Pitkin (Have) 14.88; 2 P Obi (Bas) 14.95.
4x100: 1 WG&EL 46.74; 2 Harl U (U13) 46.95. **HT:** A: 1 U Amadi (E&H) 50.68. **JT:** A: 1 S Nash (Have) 49.25
U15: 200: A (-0.7): 1 B Shibchurn (WG&EL) 24.40. **800:** A: 1 J Young (Col H) 2:05.88; 2 J Wakerley (Bas) 2:07.32. **HJ:** A: 1 D Acons (WG&EL, U13) 1.50. **PV:** 1 R Hajipanayi (E&H) 2.80. **DT:** A: 1 B Bozkov (WG&EL) 33.08. **JT:** A: 1 M Miller (NEB, U17) 42.11
U13: 100: A (-2.3): 1 J Morris (Have) 12.90. **200: A (-1.7):** 1 J Morris (Have) 25.98. **4x100:** 1 Have 55.62. **JT:** A: 1 M Law (Have) 39.11; 2 F O'Reilly (Col H) 36.72
U17 women: 100: A (-1.4): 1 M Shokunbi (Have) 12.60. **200: A (1.2):** 1 M Shokunbi (Have) 25.56. **800:** A: 1 K Watts (Col H) 2:20.91. **4x100:** 1 Have 52.42. **HJ:** A: 1 N Harryman (Harl) 1.71. **LJ:** A: 1 N Harryman (Harl) 5.43. **DT:** A: 1 F Gutteridge (Have) 32.27. **HT:** A: 1 O Bullis (Bas) 37.16
U15: 300: A: 1 S Jacob (E&H) 42.62. **800:** A: 1 I Boffey (E&H) 2:20.05. **75H: A (0.4):** 1 M Sims (E&H) 12.09. **4x100:** 1 E&H 52.51. **HT:** A: 1 A Gilbert (WG&EL) 37.49
U13: 70H: A (1.9): 1 K Bainsfair (Bas) 11.96

YOUNG ATHLETES' LEAGUE, Grays

MATCH: 1 Thurrock 696; 2 Dac Tring 605; 3 Chelms 527.5; 4 Herts Ph 472.5; 5 Colch Tend 376; 6 Brain 305; 7 Benfl H70
U17 men: HJ: A: 1 J Winn (Thurr) 1.85. **HT:** A: 1 A Reynolds (Chelm) 52.52
U15: 100: A: 1 C Okoh (D&T) 11.4; 2 M Daley (Chelm) 12.0. **200:** A: 1 C Okoh (D&T) 23.6. **300:** A: 1 C Okoh (D&T) 36.6. **80H:** A: 1 R Runciman (Chelm) 12.0; 2 W Adeyeye (Thurr) 12.0. **4x100:** 1 D&T 50.0. **HJ:** A: 1 T Hewes (Chelm) 1.80. **LJ:** A: 1 R Runciman (Chelm) 6.12; 2 W Adeyeye (Thurr) 5.94
U13: 1500: A: 1 H Parker (Thurr) 4:59.0. **4x100:** 1 C&T 55.9
U17 women: 1500: A: 1 V Hiscoc (Ben) 4:52.6. **80H:** A: 1 S Cowler (Herts P) 12.2; 2 A Carroll (D&T) 12.5. **4x100:** 1 Herts P 52.7. **HJ:** A: 1 L Armorgie (Herts P) 1.68. **SP:** A: 2 G Quigley (Chelm, U15) 10.31. **DT:** A: 1 G Quigley (Chelm, U15) 33.10; 2 F McQuire (D&T) 32.80. **HT:** A: 1 G Quigley (Chelm, U15) 34.12
U15: 100: A: 1 J Ogunleye (C&T) 12.8. **1500:** A: 1 K Faint (Chelm) 4:56.0. **75H:** A: 1 G Okunola (Thurr) 12.1. **PV:** 1 I Walker (Herts P) 2.40. **LJ:** A: 1 C Forman (Chelm) 4.98. **HT:** A: 1 L Runciman (Chelm) 30.28
U13: 100: A: 1 C Hetherington (Herts P) 13.5. **70H:** A: 1 C Hetherington (Herts P) 11.6; 2 J Smith (Thurr) 12.3

St Albans

MATCH: 1 Stevenage 806.5; 2 Bedford 714; 3 St Albans 475; 4 Southend 429.5; 5 Watford 287; 6 Luton 282; 7 Biggleswade 220
U17 men: 100H: A: 1 M Price (SNH) 14.0; 2 T Fisayo (Lut) 14.8. **4x100:** 1 SNH 47.0. **PV:** 1 N Gardner (SNH) 4.10; 2 T Seager (Bed C) 3.70. **SP:** A: 1 B Prait-

Singh (S'end) 13.00. **HT:** A: 1 G Marvell (SNH) 58.35; 2 B Prait-Singh (S'end) 53.51; 3 J Wuidart (Bed C) 49.02
U15: 300: A: 1 N Cox (Bed C) 38.5. **80H:** A: 1 P Keefe (SNH) 12.7. **PV:** 1 F Johnson (Bed C) 2.80; 2 M Stocker (SNH) 2.70. **SP:** A: 1 P Keefe (SNH) 12.39
U13: 800: A: 1 S Fihosy (Lut) 2:24.5. **75H:** A: 1 R Williams (SNH) 13.9. **JT:** A: 1 W Jarvis (Wat) 33.82
U17 women: 200: A: 1 C McCarthy (St Alb) 25.9. **300:** A: 1 C McCarthy (St Alb) 40.7. **4x100:** 1 S'end 50.9; 2 St Alb 51.1. **HJ:** A: 1 O Cavill (Bed C) 1.63. **HT:** A: 1 L Aldridge (SNH) 39.20
U15: LJ: A: 1 V Sales (Bed C) 4.94. **HT:** A: 1 S Judge (Bed C) 27.85. **JT:** A: 1 A Levy (SNH) 36.39
U13: 70H: A: 1 S Gonese (S'end) 12.1. **HJ:** A: 1 J Sears (Lut) 1.45; 2 L James (St Alb) 1.40. **DT:** A: 1 E Butt (S'end) 22.70. **JT:** A: 1 E Butt (S'end) 26.80

OXFORDSHIRE JUNIOR LEAGUE, Horspath

U17 men: 100H: A: 1 T Stephens (Oxf C) 14.9
U17 women: 80H: A: 1 A Hopkins (Rad) 12.1; 2 A Byles (Oxf C) 12.4. **SP:** A: 1 L Chantler Edmond (Rad) 12.60. **DT:** A: 1 L Chantler Edmond (Rad) 34.04; 2 D Garden (Oxf C) 30.04
U15: 75H: A: 1 D Fleming (Team K) 11.9; 2 J O'Dowda (Oxf C) 12.0; 3 H Dubber (Banb) 12.1

INVERNESS HARRIERS OPEN

U17 men: DT: 1 G Evans (I'ness) 47.35
Women: HJ: 1 R MacKenzie (I'ness) 1.80
U17: 800: 1 L Massie (I'ness) 2:19.28. **JT:** 1 M Flockhart (I'ness) 36.07
U13: JT: 1 F Flockhart (I'ness) 26.79

APRIL 12-13

TAYSIDE & FIFE COMMONWEALTH CELEBRATION OPEN, Dunfermline

U20 women: HT: 1 C Nethery (Pit) 36.83
U17: SP: 1 N Feighan (Arb) 11.04
U15: HT: 1 K Hawke (Mont) 28.22
U13: HT: 1 K McAlpine (Pit) 27.12
W35: 400: 1 S Young (Dund H) 62.5

APRIL 12

RUGBY SPRING MEDAL OPEN

Men: 400: 2 R Bowers (R&N, M45) 57.7; 3 T Foster (Leam, M55) 62.6. **HT:** 1 C Shorthouse (Bir) 63.85; 2 C Murch (R&N) 59.08; 3 J Robinson (Der) 51.80
U20: SP: 1 T Gercs (R&N) 12.63. **DT:** 1 T Napierkowski (Banb) 45.32
U17: HT: 1 M Dawes (Banb) 42.61
U15: 80H: 1 E Greatrex (W&B) 12.0; 2 J O'Leary (R&N) 12.4
M35: HT: 1 K Murch (R&N, M55) 36.40. **JT:** 1 K Murch (R&N, M55) 51.86
Women: HT: 1 S Bobash (W&B) 53.72; 2 L Marshall (WG&EL) 52.98; 3 S Hendy (Traff) 51.83
U20: 1500SC: 1 T Lea (R&N) 5:59.8. **JT:** 1 M Moran (R&N) 39.40; 2 M Exley (R&N) 35.32
U17: SP: 1 K McLennan (R&N) 12.08. **JT:** 1 F Bee (Bir) 41.18
U15: 75H: 1 R Akil-Bua (R&N) 12.5
U13: 150: 1 V Johnson (Charn) 21.3; 2 E Truslove (R&N) 21.7. **70H:** 1 V Johnson (Charn) 11.7; 2 A Poole (Cov) 12.5; 3 N Williams (Cov) 12.5. **HT:** 1 J Routledge (Charn) 26.14
W35: HT: 1 D Murch (R&N, W55) 32.67

APRIL 8

INTERTRUST OPEN, St Peter Port

Mixed events: 300: r3: 1 J Allaway (Guern) 35.60; 2 S Wallbridge (Guern, U20) 36.24
U17 women: JT600: 1 Z Fitch (Guern) 33.78. **JT500:** 1 Z Fitch (Guern) 36.53

MULTI-TERRAIN

APRIL 27

ANGMERING BLUEBELL 10 & 10km

Overall (10M): 1 L Ashworth (Hails, M40) 61:19; 2 W Clark (E&E) 65:08; 3 K Harding (Lancing) 65:45
Women: 1 A Harris (Horsh Amph, U20) 68:18; 2 D Tarlton (Arena, W40) 75:19
Overall (10km): 1 M Caffyn (Arun) 37:14; 2 A Silvester (Arena) 37:21; 3 K Batt (Chich R) 39:22
Women: 1 J Spannagl (Horsh, U20) 39:25; 2 T Thomas 45:02

FAIROAKS 5 & 10, Chobham, Surrey

Overall (10M): 1 D Chapman 63:04; 2 T Lovegrove 67:43; 3 M Francis 69:25
M60: 1 M Hill (Datch) 34:41; 2 T Curtin (Datch) 35:00
Women: 1 K Higham (W40) 81:47; 2 J Godolphin (W40) 82:38
Overall (5M): 1 R Foster (Datch) 27:46; 2 D Lee (Datch) 30:12; 3 J Adams (G&G) 30:23
Women: 1 Y Gratton (Nene V) 33:58; 2 H Robson (W40) 35:19
W45: K Trinder (Wok) 35:30

FULLERS THAMES TOWPATH 10,

Chiswick

Overall: 1 P James (Clap C) 57:34; 2 N Mckay (Clap C) 58:47; 3 D Chryssides (Eal E, M35) 59:37
M40: 1 A Mitchell (TVH) 59:41
Women: 1 F Crozier (Clap C) 68:44; 2 S Mckay (Wimb W, W35) 69:18
W40: 1 M Synnot Wells (Rane) 69:34.
W70: 1 A Duncan (Hill) 96:52

ICKWORTH HOUSE 10km

Bury St Edmunds, Suffolk

Overall: 1 K Murphy (WG&EL, M40) 35:58; 2 G Irvine (Ely R, M40) 36:43; 3 D Barber (C&C) 39:57
Women: 1 C Jeffrey (St Ed, W35) 44:33; 2 K Ferrin (New Tri, W35) 45:40

BALMORAL TRAIL 3, Crathie

Overall: 1 C Kitching (Banc, U15) 20:53; 2 C Baird (Banc, U15) 21:36; 3 G Simpson (Banc) 24:05; 4 J Wright 24:20
Women: 1 H Biberbach-Laidlaw (Edin, U17) 24:55; 2 C Milne 26:20; 3 G Gillespie (W'lands CC, W45) 26:53
APRIL 26
BRUTAL 10km, Bagshot, Surrey
Overall: 1 T Blanc 48:46; 2 A Money 48:51; 3 P Bearman 51:02
Women: 1 H Thompson 59:52; 2 M Double 64:07

CLANDON PARK 10km, Surrey

Overall: 1 C High 40:48; 2 T Frost (Liss, M40) 41:32; 3 S Fuller 41:37
Women: 1 E Harrison 44:15; 2 K Bingle 46:12

HOKA HIGHLAND FLING AND RELAY

HILL RACE, Milngavie, Glasgow, to Tyndrum
Relay: 1 Dund R (mixed) 7:06:38; 2 Killie Highlanders 7:13:19; 3 Stoney Underdogs 7:43:41; 4 Springboys 7:52:02; 5 Mutt's Nuts (mixed) 7:57:18
Mixed: 3 Killie Crocks 8:00:58
Women: 1 Way to Tyndrum 8:17:12; 2 Burgh Babes 9:02:30; 3 Do I Need to 9:18:18

RUN RICHMOND PARK 5 & 10km

Overall (10km): 1 J Robertson 36:07; 2 J Matthewman 37:21; 3 S Richardson 39:25
Women: 1 P Morris 41:47; 2 K Aldous 44:35
Overall (5km): 1 P Ranyard (M40) 20:19; 2 E Stringfellow 20:30; 3 S Reynolds 21:08

Women: 1 R Elliott (U20) 24:30; 2 D Taggart 24:41

NORTH HIGHLAND TRAIL SERIES, Scrabster

Overall (5.5M, NHH unless stated): 1eq K Cormack/M. Taylor (Caith, U17) 39:30; 3 J Cobb (M40) 41:27; 4 J Davies 41:38; 5 D McKeown (M40) 42:03
Women: 1 R Kirk (Caith, U17) 43:19; 2 R Andersen 45:56; 3 H Paterson 47:22

NOTTINGHAM TRENT UNIV 5km

Overall: 1 R Needham 17:06; 2 H Valentine 18:03; 3 L McNulty 18:11
Women: 1 A Ritchie 24:07; 2 G Kerry 24:24

COMMEDAGH CLASSIC, Trassy Track

Overall (13km, ascent not measured): 1 J Steede (B'mena) 59:39; 2 S Lynch (Newc NI) 59:57; 3 A Boyle (Derry) 60:26
M40: A Brennan (B'mena) 65:17.
M45: N Carty (N Belf) 67:14. **M50:** Deon McNeilly (Newc NI) 67:15. **M55:** D McGreevy (Newc NI) 71:53. **M65:** J Patterson (Newc NI) 79:32
Women: 1 D Wilson (Drom, W45) 75:12; 2 S O'Kane (Lagan, W45) 78:19; 3 H McLaughlin (Lagan) 87:55
W55: M Mackin (Drom) 88:11

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APRIL 21
68th ANNUAL TREDWORTH 4.3, Gloucester
Overall: 1 H Bishop (Sev, U20) 23:17; 2 O Starkey (Sev) 24:12; 3 N Smith (Glouc) 24:38
M45: J Mower (Glouc) 25:24. **M65:** D Spackman (Glouc) 34:11
Women: 1 R Underhill (Sev) 27:21; 2 D Lee (Tewk, W40) 32:21

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APRIL 20
GUISELEY GALLOP 10km, Guiseley
Overall: 1 T Adams (Ilkley) 33:59; 2 S Harrington (Otl, M35) 35:53; 3 C Miller (H'gate) 36:54; 4 K Ogden (Spen, M40) 37:32; 5 R Harrington (Unatt) 37:56
M40: 2 N Maloney (Skip) 39:59. **M45:** 1 J Mansfield (Tewk) 39:22; 2 D Shaw (Keigh) 40:08. **M50:** 1 S Wilkinson (Keigh) 39:19; 2 M Hall (Spen) 41:11. **M55:** 1 P Hughes (Queensb) 42:12
M60: 1 S Wallace (HELP) 47:11. **M65:** 1 J Hutchinson (Kirks) 48:38. **M75:** 1 F Gibbs (Bing) 51:43
Women: 1 D Edmondson (Idle, W40) 42:02; 2 L Collins (Staint) 42:53; 3 J Beaumont (Sky) 43:38
W35: 1 R Carter (Ilkley) 45:40. **W45:** 1 C Greenwood (Bail) 52:26. **W50:** 1 A Reperecki (Ilkley) 50:48. **W60:** 1 A Baldwin (Staint) 49:18

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APRIL 20
GUISELEY GALLOP 10km, Guiseley
Overall: 1 T Adams (Ilkley) 33:59; 2 S Harrington (Otl, M35) 35:53; 3 C Miller (H'gate) 36:54; 4 K Ogden (Spen, M40) 37:32; 5 R Harrington (Unatt) 37:56
M40: 2 N Maloney (Skip) 39:59. **M45:** 1 J Mansfield (Tewk) 39:22; 2 D Shaw (Keigh) 40:08. **M50:** 1 S Wilkinson (Keigh) 39:19; 2 M Hall (Spen) 41:11. **M55:** 1 P Hughes (Queensb) 42:12
M60: 1 S Wallace (HELP) 47:11. **M65:** 1 J Hutchinson (Kirks) 48:38. **M75:** 1 F Gibbs (Bing) 51:43
Women: 1 D Edmondson (Idle, W40) 42:02; 2 L Collins (Staint) 42:53; 3 J Beaumont (Sky) 43:38
W35: 1 R Carter (Ilkley) 45:40. **W45:** 1 C Greenwood (Bail) 52:26. **W50:** 1 A Reperecki (Ilkley) 50:48. **W60:** 1 A Baldwin (Staint) 49:18

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APRIL 20
GUISELEY GALLOP 10km, Guiseley
Overall: 1 T Adams (Ilkley) 33:59; 2 S Harrington (Otl, M35) 35:53; 3 C Miller (H'gate) 36:54; 4 K Ogden (Spen, M40) 37:32; 5 R Harrington (Unatt) 37:56
M40: 2 N Maloney (Skip) 39:59. **M45:** 1 J Mansfield (Tewk) 39:22; 2 D Shaw (Keigh) 40:08. **M50:** 1 S Wilkinson (Keigh) 39:19; 2 M Hall (Spen) 41:11. **M55:** 1 P Hughes (Queensb) 42:12
M60: 1 S Wallace (HELP) 47:11. **M65:** 1 J Hutchinson (Kirks) 48:38. **M75:** 1 F Gibbs (Bing) 51:43
Women: 1 D Edmondson (Idle, W40) 42:02; 2 L Collins (Staint) 42:53; 3 J Beaumont (Sky) 43:38
W35: 1 R Carter (Ilkley) 45:40. **W45:** 1 C Greenwood (Bail) 52:26. **W50:** 1 A Reperecki (Ilkley) 50:48. **W60:** 1 A Baldwin (Staint) 49:18

EASTER

ROAD

APRIL 27

ABBOTS BROMLEY 10km

Overall: 1 L Boulton (Staffs M, M35) 35:46; 2 C Dillon 36:28; 3 J Carter 37:25
Women: 1 C Gilligan 48:22; 2 E Smith 55:19

ANGELS ANNUAL 10km, Ashleworth

Overall: 1 H Bishop (Severn, U20) 33:10; 2 J Parker (Chelt, M40) 33:24; 3 A Bailey (Chelt, M35) 34:21
M50: 1 D Walmsley (Bourt) 35:57
Women: 1 S Crombie-Hicks (Bourt, W40) 38:07; 2 H Winters (Glouc) 40:38
W50: 1 K Galpin (Almost) 43:46. **W60:** 1 C Cowley (Tewk) 47:17; 2 S Smith (RSE) 48:05

BALFRON 10km, Balfon

Overall: 1 R Russell (Centr) 32:38; 2 C Harvey (Squadra Porcini, M35) 34:37; 3 S Butler (Cambus) 34:49; 4 B Carse (Bella RR) 34:57
Women: 1 L Morrison (Centr) 37:40; 2 J Telford (SPS, W35) 41:21
W50: 1 J Crotch 42:57; 2 M Western (C'gie) 43:52

BRACKNELL HALF-MARATHON Berkshire

Overall: 1 A Miller (Datch) 73:25; 2 N Handley 76:04; 3 E Challifour (Techno) 76:44
M50: T Munt (Read) 79:28
Women: 1 S Amend (Belg) 81:25; 2 C Firth (WSEH) 81:36; 3 N Aitken (Read RR, W35) 85:24
W55: J White 1:45:24

BRAINTREE 5, Braintree

Overall: 1 A Mynott (Saff, M35) 27:41; 2 P Mingay (T'tree, M55) 27:58; 3 J Smith (Spring S) 28:02
M50: 1 C Ridley (Col H) 28:04. **M60:** 1 D Cox (WG&EL) 29:46; 2 M Bumstead (Thurr) 31:32. **M65:** 1 P Birns (S'end) 33:20. **M70:** 1 J Wheatley (Col H) 35:21
Women: 1 E Davies (Spring S, W35) 29:16; 2 M Evans (Chelm) 30:49; 3 N Brockbank (Spring S, W35) 30:52; 4 D Ballard (Ben) 31:00; 5 C Thurgood (Orion) 31:14
W40: 1 A Jenkinson (S'end) 33:37. **W65:** 1 M Waddingham (Ware J) 39:03. **W70:** 1 J Hare (Castle P) 44:49. **W75:** 1 P Jones (Ilf) 47:32

BUPA JUNIOR GREAT EDINBURGH RUN, Edinburgh

U15 boys (2.5km): 1 R Williams 8:31; 2 C Ryan (Centr) 8:34; 3 S Hearl (I'clyde) 8:43
U11 (2.5km): 1 H Henriksen 9:07; 2 B Reynolds (Chirnside) 9:11; 3 C Mcneill 9:14
U15 girls (2.5km): 1 S O'sullivan 8:27; 2 J Cooper (Der, U13) 8:38; 3 L Turnbull (Centr) 9:30
U11 (2.5km): 1 A Sivell (Kilb) 9:25; 2 E Johnson (HELP) 9:40; 3 L Wright (Aird) 9:41

CORSHAM ST GEORGE'S 10km, Corsham

Overall: 1 S Nott (Calne, U20) 31:12; 2 M Towler (Avon VR) 34:04; 3 P Ryman (Frome) 34:15; 4 B Thomas (Bla PJ) 35:00
M50: 1 G Woods 35:37; 2 M Chorley (RRC) 36:55
Women: 1 H Newberry (B&W) 37:12; 2 G Kinsey (Stroud, W35) 39:00; 3 J Horler (Chep, W40) 39:35; 4 D Grech (Calne S, W40) 39:45
W35: 2 C Bowers 40:31; 3 A Cutts (SWRR) 40:53; 4 S Hall 40:58. **W45:** 1 N Morgan (Chep) 40:35; 2 F Price (Avon VR) 40:55. **W60:** 1 T Tranter (Chep) 49:09

UK 10km leaders - 2014

MEN			WOMEN		
28:56	Nick McCormick	Senior	32:57c	Sonia Samuels	
31:00	Liam Lloyd	U20	36:47	Steph McCall	
30:14	Gareth Raven	M/W35	32:35	Alyson Dixon	
29:38	Andy Ward	M/W40	32:48c	Helen Clitheroe	
32:10	Andy Morgan-Lee	M/W45	36:14c	Pauline Munro	
33:30c	Rob Downs	M/W50	37:34c	Kate Wright	
35:14	George Thompson	M/W55	39:22c	Fiona Kennedy	
33:43	Martin Rees	M/W60	42:41c	Christine Kilkenny	
39:51	Chris Coleman	M/W65	45:50	Christine Birch	
44:07c	Ken Burgess	M/W70	52:50	Kathy Cartledge	
49:54c	John Smithurst	M/W75	63:55	Evelyn Elkington	
50:22c	Geoff Oliver	M/W80	60:33c	Louise Gilchrist	
c= chip time					

ENYS 10km, Falmouth

Overall: 1 M Birchmore (Corn) 35:08; 2 E Stepto (Corn, W40) 35:25; 3 P Devonport (Bude R) 36:01
Women: 1 Stepto 35:25; 2 J Pearce (Corn, W35) 44:57

HIGHWORTH 5, Highworth

Overall: 1 A Williams (Ciren, M35) 27:35; 2 G Wedlake (H'worth) 28:45; 3 B Leggiate (Ciren, M35) 29:01
M60: 1 T Hughes (W Horse) 29:27. **M65:** 1 T Shelbourn (Ciren) 33:33
Women: 1 W Nicholls (Ciren, W40) 30:03; 2 K Jacobs (Swin, W35) 30:36
W45: 1 S Kelly (Woot B) 33:31; 2 F Collings (Ciren) 34:08; 3 S Gunn (Ciren) 34:23; 4 N Shoemark (Bourt) 34:59.
W55: 1 C Boulton (Slinn) 37:51

HOTELYMPIA 10km, London

Overall: 1 D Kendall (Camb H, M35) 33:05; 2 J Mohamed (NEB) 33:11; 3 E O'Connell (Serp, M40) 35:51
Women: 1 S Knox (Serp, W40) 44:05; 2 R Coca (Tm East H, W35) 44:26

NORTHANTS 5km SERIES, Corby

Overall: 1 M Aldridge (Woot RR, M40) 15:36; 2 I Akers (Corby, U15) 15:47; 3 M Almond (Woot RR) 15:51
M45: 1 D Kelly (Higham) 16:38. **U20:** 1 J Coles (Corby) 16:08. **U17:** 1 S Headley (Bed C) 16:10; 2 A Headley (Bed C) 16:13
Women: 1 S Edwards (Swan) 16:56; 2 R Cave (Higham) 18:10
W50: 1 K Brooks (Harb) 20:43

ORMIDALE 10km, Brodick

Overall: 1 D Simpson 33:44; 2 M Diver (C'dale, M45) 36:05; 3 E Webster (Adeen, U20) 36:43
Women: 1 L Mackintosh 42:37; 2 P Quinn (W35) 48:29

OXFORDSHIRE ROAD RELAY CHAMPIONSHIPS Abingdon, Oxfordshire

Men (6x5.3km approx): 1 Oxford City 1:47:06 (D Bellinger 16:56, E Mazzetti 18:33, A Burgess 17:42, M Marshall 18:06, N Jones 18:06, M Robinson 17:43); 2 Woodstock H 1:49:32 (D Cantwell 18:39, R Bradley 20:13, K Game 19:06, B O'Connor 18:21, J Bolton 17:11, S Naylor 16:02); 3 Witney RR 1:51:10 (T Jones 17:44, C Ellis 19:26, P Wolstenhome 19:43, T Lock 18:28, G Petts 18:45, J Ridley 17:04); 4 Eynsham RR 1:54:13; 5 White Horse H 1:56:05; 6 Banbury H 1:57:32; 7 Abingdon Amblers 1:58:20; 8 Oxf C B 1:59:12; 9 Headington RR 1:59:16; 10 Kidlington RC 2:05:59)
Fastest: Naylor 16:02; A Wall-Clark (Abing) 16:25; Bellinger 16:56; Ridley 17:04; Bolton 17:11; Richardson 17:29
W17 teams finished
M40 (6x5.3km approx): 1 Oxf C 1:49:20 (R Webster 18:55, J Atyeo 18:55,

M Maxwell 18:18, H Bampton 18:00, J Richardson 17:29, S Male 17:43); 2 Head RR 1:56:46 (J Smith 18:07, A Phelps 19:58, J Griffiths 20:08, F Campbell 18:20, L Nurrman 21:33, R Skilbeck 18:40); 3 Abingdon 2:02:36; 4 Witney 2:04:06; 5 Woodstock 2:05:39; 6 W Horse 2:10:14
Fastest: Richardson 17:29; Male 17:43; Bampton 18:00

U15 (3x1.8km approx): 1 Abingdon 18:54 (T Butcher 6:17, A Pennington 6:39, N Wiltshire 5:58); 2 Banbury 19:24 (O Knox 6:34, J Stickley 6:31, G Kelling 6:19); 3 Abingdon B 19:52 (A Ede 6:32, K Francis 6:40, D Bunn 6:40); 4 Abingdon C 22:06; 5 Banbury B 22:34
Fastest: Wiltshire 5:58; Butcher 6:17; Kelling 6:19

Women (3x5.3km approx): 1 Abingdon 62:40 (S Lackman 21:35, C Parker 21:22, F Bunn 19:43); 2 Oxf C 65:38 (M Lloyd 21:16, R Bolton 22:35, S Davies 21:47); 3 Alchester RC 65:47 (M Pank 20:08, Fidler 21:41, L Underhill 23:58); 4 Eynsham 67:27; 5 Kidlington 68:16; 6 W Horse 68:56; 7 Oxf C B 69:59; 8 Head RR 71:18; 9 Woodstock B 71:23; 10 Banbury 72:31
Fastest: Bunn 19:43; Pank 20:08; H Hale (Eynsh) 20:23; R Kelling (Banb) 20:28; J Webb (W'stock B) 20:36
 23 teams finished

W35 (3x5.3km approx): 1 Alchester 62:12 (S Rendell 20:26, J McBain 20:37, S Usher 21:09); 2 Head RR 62:39 (R Shaw 21:29, A Hopkins 21:40, D Moore 19:30); 3 Woodstock 69:12; 4 Head RR B 73:45; 5 Eynsham 75:14; 6 Witney 77:19
Fastest: Moore 19:30; Rendell 20:26; McBain 20:37

U15 (3x1.8km approx): 1 Banbury 20:43 (R Lord 7:05, T Williams 7:01, E Thompson 6:37); 2 Radley 21:23 (L Burton 7:14, M Tomlin 7:03, R Burton 7:06); 3 Abingdon 21:38 (V Tilling 7:11, K Harris 7:17, C Barwick 7:10; 4 Radley B 21:41; 5 Banbury B 23:37; 6 Abingdon B 24:03
Fastest: Thompson 6:37; J O'Connor (W'stock) 6:44; Williams 7:01

PARC BRYN BACH 10km, Tredegar

Overall: 1 M Smerdon (Cardiff Me) 37:00; 2 M Gurrin (Swan, M40) 37:13; 3 P Woodward 37:16
Women: 1 N Gething (Parc BB, W40) 41:31; 2 D Broom (Barns, W50) 46:47

PLYMOUTH HALF-MARATHON

Overall: 1 T Merson (B&W) 68:45; 2 J Gilby (Der) 69:13; 3 P Le Grice 70:31; 4 C Rimmer (Ply H) 71:26; 5 G Gibson (Exe) 73:39
M40: 1 A Norris (Erme) 76:32. **M45:** 1 P Whear (Carn R) 78:09; 2 M Feighan (SWRR) 79:59
Women: 1 L MacAlister (B&W, W35) 78:03; 2 F Gaskell 81:56

Women: 1 B Connolly (NBH, W35) 36:41; 2 P O'Hagan (Stpl) 38:36
W45: 1 D Evans (IRL) 40:54

RUN LYTHAM 10km,

Overall: 1 P Gardiner (E Ches) 32:15; 2 S Robinson (Salf) 32:50; 3 R Danson (Wesh) 34:03; 4 C Nicoll (Der TC, M40) 34:08
M45: 1 G O'Neill (Menai) 35:41. **M55:** 1 P Muller (Horw) 36:29
Women: 1 T Walker (Salf) 37:32; 2 H Oldroyd (Uk net) 38:41; 3 C Betmead (BWF, W40) 39:04
W50: 1 B Wright (BWF) 42:19. **W55:** 1 J Jefferson (R Rose) 44:24

APRIL 26

BALLYNAHINCH LIONS 10km, Northern Ireland

Overall: 1 B Teer (E Down) 32:42; 2 P Rowan (Willow, M45) 33:36; 3 B Atkinson (E Down, M35) 34:56
Women: 1 H Foley (NBH) 38:09; 2 J Black (W35) 40:33

HORSESHOE 8, Balloch

Overall (all Dumb): 1 J McLaughlin 37:42; 2 P Currie 37:44, 3 M Walsh 38:05
M50: E Caldwell 42:34
Women: 1 L Currie (W35) 40:51, 2 L Lennox 42:08; 3 M Wyllie (W40) 42:30

ROTARY CLUB OF GRYFFE VALLEY 10km, Houston

Overall (all Dumb): 1 J McKerrall (Kilb, U17) 36:27; 2 P Monaghan (G'nock, M40) 36:58; 3 E Carrick 38:09
Women: 1 J Rooney (Kilb) 42:25; 2 E Eadie (Kilb, U20) 43:03

RUN BALMORAL CONOCOPHILLIPS 5km, Crathie

Overall: 1 A Hay (Centr) 15:09; 2 R Auckland (Banc, W) 15:55; 3 R Gollan (E Suth, U17) 16:01
M40: 1 G Gray () 16:19; 2 S Kennedy (Shett) 16:55. **U17:** 2 J Chapman (A'deen) 16:08; 3 S Murray (A'deen) 16:30; 4 A Chepin (Cos) 16:32
Women: 1 Auckland 15:55; 2 J Bannerman (I'ness) 17:35; 3 G Cormack (A'deen) 18:39; 4 C Milne (jogscotland, W50) 18:54; 5 D Moore () 18:56
W50: 2 L Watson () 20:14; 3 M Preston (jogscotland) 21:21; 4 K Mearns () 21:44. **W55:** 1 J Kerridge (Dees R) 21:25



Kate Wright:
W50 won the
Shakespeare
Half-marathon

RUN BALMORAL STENA DRILLING TARTAN 10km, Crathie

Overall: 1 R Simpson (Dees R) 31:30; 2 R Houston (Centr) 32:25; 3 K Hood (Cors, M40) 32:50; 4 G Lennox (Cambus) 34:11; 5 H Smith 34:58
U20: 1 S Burgess (A'deen) 35:38
Women: 1 C Mcleod 40:31; 2 M Davie (Forres) 40:38
W40: 1 M Baxter 41:38

WRAY SCARECROW 10km, Wray

Overall: 1 T Brewster (Clay) 35:49; 2 D Brown (L&M) 36:40; 3 J Monk (B'burn, U17) 37:34
M70: 1 P Hall (Barr) 45:03
Women: 1 A Carruthers (Wray) 47:15; 2 G Houghton 47:33

KINGSBERG SECONDARY SCHOOLS 2.5km, Balmoral

Overall: 1 S Millar 7:01; 2 L Barnsby 7:10; 3 C Kitching 7:30; 4 A Odentz 7:40; 5 D Young 7:42; 6 J Nicholls 7:45
Girls: 1 N Lang 8:03; 2 C Nankivell 8:32; 3 C Stewart 8:40; 4 J Sutton 8:54

MPH PRIMARY SCHOOLS 1.5km RACES, Balmoral

Boys: 1 B Cameron 5:39; 2 L Watt 5:43; 3 J Benton 5:44; 4 F Ness 6:06; 5 N McKeown 6:06
Girls: 1 L McNeill 6:10; 2 A Gollan 6:16; 3 C Scott 6:23; 4 C Aitken 6:26; 5 C Anderson 6:28

LIGHTHOUSE 10km, Portmahomack

Overall: 1 G Lennox (Forres) 33:53; 2 P Miller (I'ness, M40) 35:38; 3 K Cormack (NHH, M45) 36:13
Women: 1 C Fraser (I'ness) 41:21; 2 J Fleming (I'ness) 47:41

APRIL 25

BROOKS LAST FRIDAY OF THE MONTH 5kmHyde Park, London

NICK TORRY, from the host club Serpentine, posted a more than useful 14:31 to win by 44 seconds but the "A" race, in which he ran, was adjudged to be short, *Martin Duff* reports.

Malcolm French, for the organisers, said: "Sadly, all of the 'A' race runners took a short cut and ran in the region of 130m short. Goodness only knows why they all turned down an unmarked footpath rather than the one we normally use that was about 30 metres further on. There was a marshal in a high-vis top and a large 'race route' sign, both within sight. However, all the runners in the slower 'B' race ran the correct course and distance."

Some, such as top M70 John Batchelor, ran an even shorter route, but the rest of the older runners ran the correct distance in the "B" race, led home by top W60 Sally Musson in 20:53.

A race overall (4,870m approx): 1 N Torry (Serp) 14:31; 2 W Brown 15:15; 3 D Kendall (Camb H) 15:36; 4 M Taylor (Bel) 15:38
M40: B Foot (Orion) 16:27. **M45:** D Kelly (Higham) 16:29
M50: T Tuohy (Dulw R) 16:21. **M55:** 1 M Bridgeland (Chelm) 16:33; 2 P Wilkerson (Bed & C) 18:24; 3 S Williams (Dulw R) 18:32. **M60:** 1 D Cox (WG&EL) 17:04; 2 A Roberts (Serp) 19:03. **M70:** J Batchelor (Ilf) 17:21 (shorter course)
Women: 1 V Carter (TVH, W40) 18:17; 2 C Wilding (Serp) 18:51
W45: P Dalton (S'oaks) 19:59.
B Race (5km)
M70: T Rea (Drag) 22:05. **M75:** C Collins (Vets) 25:28. **M80:** R Pitcairn-Knowles (S'oaks) 29:57
Women
W55: 1 J Laws (Barn) 21:46; 2 J

Happy returns for Thompson and Steel

BUPA GREAT EDINBURGH 10, Edinburgh

BOTH Gemma Steel and Chris Thompson made winning returns to the roads in the big Edinburgh event. Just two weeks after his 2:11:19 marathon debut in London, Thompson ran 49:36 over the undulating course in the Scottish capital.

Olympic marathoner Lee Merrien was second on 49:54 with Tewolde Mengisteab third with 50:16.

Thompson was content to play a waiting game and make his move at six miles.

He said: "I think Lee hates me right now because I just sat right behind him and did nothing for six miles. Once we hit that mile I kicked on then, so I could cruise down the last mile without worrying."

"I'm probably going to still feel London for the next couple of weeks. I can't believe I ran 49 minutes. It felt like we were running at 52-minute pace, which is a good sign. I just need to freshen up and bring out that fitness for the summer."

Steel had also been due to make her marathon debut on April 13, but was forced to withdraw with a calf tear sustained at the NYC Half on March 16. She had been a late entry to the Great Run event, but a 56:06 meant a successful return to the city where she won in the Bupa cross-country event in January.

Scottish World Championships



The first three men celebrate after the race

marathoner Susan Partridge and Sunderland's Alyson Dixon were second and third in 56:25 and 58:22 respectively.

Steel said: "It was so nice just to get a race in and get back in the mix with the other girls. I wasn't going to break any records. It's just nice to see where I am racing-wise."

Steel is also due to race the 10km Bupa Great Manchester Run on May 18.

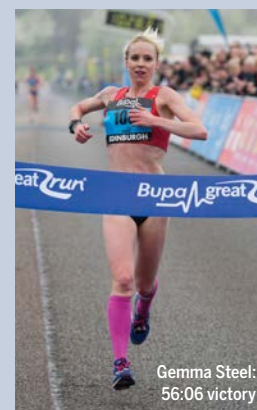
Partridge was pleased with her performance as she prepares for the Commonwealth Games in Glasgow where she has already secured her spot on the Scotland team in the

marathon. Fellow Scottish marathoner Freya Ross also hopes to join her at the Games. Having suffered injury setbacks in 2013, the 10-mile outing in Edinburgh was a return to competitive road action for Ross, but she was forced to drop out midway through the race.

Overall: 1 C Thompson (AFD) 49:36; 2 L Merrien (NEB, M35) 49:54; 3 T Mengisteab (Shett) 50:16; 4 R Gilroy (Cambus, M35) 52:09; 5 P Sorrie (Shett, M35) 52:37; 6 P Gierjatowicz (Edin U HH) 53:12; 7 I Quinn (Barr) 53:15; 8 L Oates (Shett) 53:20; 9 M Deason (Shett) 53:31; 10 J McIay 53:59; 11 N Mallebay 55:30; 12 T

Twomey (Leev) 55:39; 13 G Steel (Charn, W) 56:06; 14 K Brydon (Shett) 56:10; 15 S Partridge (Leeds C, W) 56:25

M50: 1 N Thin (Edin) 57:58; 2 J Harper 61:39. **M55:** 1 W Jarvie (P'ello) 61:24
Women: 1 Steel 56:06; 2 Partridge 56:25; 3 A Dixon (Sun S, W35) 58:22; 4 V Pincombe (W40) 60:23; 5 J Oliver-Bell (Shett) 61:10; 6 C Setchell (Shett) 62:25; 7 D Lauder (Gala, W35) 62:27; 8 L Arnould 63:07; 9 A Mason (Shett, W40) 64:24; 10 S O'Sullivan (IRL, W40) 66:04; 11 A Hartmann 66:46
W35: 3 J Rainger (P'ello) 67:32. **W50:** 1 K Scott (Gars) 73:01. **W55:** 1 C Mair 72:19; 2 K Cameron 77:42. **W65:** 1 P Hampton (Harm) 87:56



Gemma Steel: 56:06 victory

Gristwood (ESM) 24:33. **W60:** 1 S Musson (Ton) 20:53; 2 R Tabor (Dulw R) 21:37; 3 M Raynor (W4H) 23:36. **W65:** A Bath (26.2RRC) 27:02

3km ON THE GREEN SERIES, Glasgow

Overall: 1 G Robertson (Cambus) 9:12; 2 S Prentice (Bella H, M35) 9:45; 3 A White (G'nock, M45) 9:57
Women: 1 E Kay (VPCG) 11:45; 2 A Simpson (Giff N, W40) 11:54

BEVERIDGE PARK 5km SERIES, Kirkcaldy

Overall: 1 M Geoghegan (N Der) 17:58; 2 I McNulty (Dund H, M40) 18:04; 3 R Mcinstry (Anst, U20) 18:13
Women: 1 J Dunlop (Dund RR) 21:12; 2 M Dawson (W40) 24:14

FORDHOUSES FAST 5km, Wolverhampton

Overall: 1 R Jones (W&B) 15:38; 2 L Slater (D&S) 15:49; 3 R Heath (Tel, U20) 16:44
M45: 1 J Sanders (Tel) 17:20. **M55:** 1 S Calow (W&B) 18:19. **M60:** 1 S Pearson (Tip) 17:40; 2 P Savill (Shrews) 19:35.
M65: 1 M Edwards (Spark) 20:53
Women: 1 M Vernon (Trent, W40) 18:00; 2 A Samuels (W&B, U13) 18:43
W40: 2 A Wilson (W&B) 19:49; 3 A Davies (Tel) 19:51. **W45:** 1 N Sanders (Tel) 20:56. **W55:** 1 R Wilson (Trent) 21:48

APRIL 24

KING BUILDING 4, Edinburgh

Overall: 1 J Jarvis (HBT, M40) 26:10; 2 J Gonzalez 28:58; 3 B Kirkwood (Lass, M60) 29:03
Women: 1 R Dooley 29:49; D MacDonald (HBT, W50) 32:57; 3 L Murray 33:53
Handicap: Kirkwood

KINROSS 10km, Kinross

Overall: 1 S Johnston (Edin) 34:21; 2 G Simpson (Perth RR, M35) 35:15; 3 S Bradley (C'gie, M40) 36:03
M60: 1 T Martin (Fife) 39:07
Women: 1 G Sangster (Dund RR, W40) 38:04; 2 J Turner (W40) 38:58
W45: 1 G Murdoch (C'gie) 41:52. **W55:** 1 M Martin (Fife) 46:32

WESTON PROM RUN 5

Overall: 1 B Robinson (B&W) 26:36; 2 A Potter (W'bury) 27:30; 3 L Collins (Wells, M50) 27:39
M50: 2 C Richards (Cleve) 30:07; 3 R Jones (Shrews) 30:15; 4 A Noble (Cleve) 32:55. **W45:** 1 M Powell (Cleve) 33:16; 2 J Colman (B&W) 33:34; 3 L Cronin (GWR) 33:52; 4 H Ball (Cleve) 34:38. **W50:** 1 L Porter (Bitt) 35:21; 2 J Cooley (Cleve) 36:09. **W60:** S Hume (W'bury) 38:56

JERSEY 5km. Les Platons. Jersey

Overall (all Jers): 1 D Halksworth 15:36; 2 J Brien 16:22; 3 E Lincoln 17:19
Women: 1 S Thompson (W50) 20:09; 2 J Russell 22:36

APRIL 23

GREAT YARMOUTH PROMENADE 5 SERIES, Great Yarmouth

Overall: 1 D Oliver (Norw, U20) 26:23; 2 K Ella (Gt Yar, U20) 26:26; 3 P Sanford (Norf G, M35) 26:37; 4 J Skipper 26:40; 5 C Merrylees (N Norf, M35) 26:41; 6 T Oldman (Bung, U17) 26:46; 7 M Eccles (Norf G) 27:00
M55: 1 N Arnold (Norf G) 28:49. **M70:** 1 T Brannan (Wym) 36:47

Women: 1 E Matthews (Norw) 28:35; 2 E Patel (Norw) 31:56
W45: 1 K Archbold (Low) 33:24. **W60:** 1 A Osborne (N Norf) 38:57. **W65:** 1 G Woodhouse (Dere) 41:16; 2 B Kinch (N Norf) 41:49; 3 J Potter 42:37. **W75:** 1 A Martin (Wym) 45:42

ROAD RUNNERS LEAGUE, Netley

Men: 1 K Hackett (Win) NTT; 2 L Chalk (Stubb G); 3 N Buis (Tott)
Women: 1 J Meek (Win) NTT; 2 V Sesto (New F, W40)

NEPTUNE RELAYS, Sedgefield

Overall (4x1.75M, individuals not declared): 1 Crook 33:16; 2 Sund S 33:51; 3 Hart 34:42; 4 N Yrk M 34:58; 5 Cleve TC 35:25; 6 Sedge 35:31; 7 Bill MH 41:00; 8 Bill MH (U20) 36:00; 9 Bill MH B 36:11; 10 Hart 36:18
M40: Crook 43:04
Mixed: 1 Quak 41:05; 2 Shild 42:08
Women: 1 Dur C 39:31; 2 Dur C B 40:46; 3 Sund S 41:34; 4 Crook 42:13; 5 Hunw 43:40; 6 Sedge (U20) 43:53
W35: Sedge 47:16

SPLASH POINT 5km, Worthing

Overall: 1 K Mason (Worth) 15:40; 2 D Hards (Worth) 15:50; 3 G Godden (B&H) 16:11
Women: 1 D Ward (Arun) 20:15; 2 B Sutton (Goring) 20:39
W50: C Ulliott (B&H) 20:53

ROUND THE HOUSES 10km, Keswick

Overall: 1 J Douglas (Bord H) 31:45; 2 J Mason (Bord H) 34:44; 3 J French (Eden) 34:57
M50: 1 J Kenny (Eden) 37:14. **M55:** 1 G Thompson (Bord H) 35:14. **U20:** 1 J Campbell (Sed Sch) 35:46
Women: 1 R Silson (Bord H) 38:47; 2 A Hetherington (Bord H, U20) 38:59
W50: 1 J Yates (Kesw) 44:28. **W55:** 1

S Cain (Penny L) 46:42. **W60:** 1 J King (Eden) 49:18

APRIL 22 BELLAHOUSTON HARRIERS TIME TRIAL 2, Pollok Park, Glasgow

Overall (Bella H unless stated): 1 C Reid (Bella R) 10:25; 2 B Douglas 11:20; 3 P Clawson 11:25
Women: 1 C Cochrane 13:34; 2 E Christie (W50) 13:41

BOTURICH RACE, Dumbarton

Overall (6.5M, all Dumb): 1 J. McLaughlin 37:42; 2 P. Currie 37:44; 3 M. Walsh 38:05
M50: E Caldwell 42:34
Women: 1 L Currie (W35) 40:51; 2 L Lennox 42:08; 3 M Wyllie (W40) 42:30

APRIL 18

SUDBURY FUN RUN 5, Sudbury

Overall: 1 A Ridley (Col H) 27:10; 2 C Sellens (Col H) 27:20; 3 A Smalls (Col H, M45) 27:53
M50: 1 C Ridley (Col H) 28:17. **M55:** 1 P Mingay (T'tree) 29:04. **M65:** 1 M Savage (Spring S) 33:40. **M70:** 1 J Wheatley (Col H) 35:44
Women: 1 O Robson (St Ed, W40) 30:52; 2 M Shirley (Col H) 31:50
W50: 1 C Anthony (W Sufy) 35:12

APRIL 16

DERBY MIDWEEK RACES

JAMES DOUGLAS led home the field in the 200th running of this popular event.
Overall (5km): 1 J Douglas (Charn, M40) 16:12; 2 S Parker (Charn) 17:07; 3 G Lowry (Amber V, M50) 17:09
Women: 1 L Palmer (Heanor) 17:12; 2 N Nealon (Hunc, W40) 18:37
Overall (1M): 1 P Maddocks (Beacon) 4:54; 2 D Hall (H'wood) 4:57
Women: 1 L Winfield (Heanor, U20) 5:36; 2 R Olivant (Der) 5:38

FELL

APRIL 27

KINDER DOWNFALL, Hayfield

Overall (10M/2500ft): 1 I Mills 71:54; 2 G Briggs (Staffs M, M40) 72:55; 3 M Cliffe (Eryri, M40) 73:14; 4 J Williams (Dark Pk) 73:53; 5 J Brown (Buck, M40) 73:55; 6 J Burgess (Staffs M) 73:57

M45: G Watson (Bing) 74:57 **M65:** B Blyth (Macc) 93:30 **M70:** R Ashby (Pennine) 2:07:24

Women: 1 C Rice (G'dale) 81:53; 2 E Gould (Mercia) 84:06; 3 G Sugden (Calder V) 84:31; 4 H Elmore (Dark Pk, W40) 84:53

W50: S Gilliver 93:27 **W60:** A Brentnall (Pennine) 1:54:36 **W65:** B Haigh (P'stone FPR) 2:03:56

FOX AND HOUNDS CHASE,

Ainthorpe

Overall (9M/1499ft): 1 P Butler (Loft), M45) 72:16; 2 D Braun (Esk V) 72:22; 3 K Maynard (Sund S, M50) 73:11

M55: P Wilkin (T&S) 81:58 **M60:** E Meehan (N Yrk M) 99:50 **M70:** R Sherwood (N Marske) 1:46:20

TEAM: 1 Esk V 71; 2 Pick 83; 3 Sund S 84 **Women:** 1 K Neesam (N Marske, W45) 80:22; 2 A Owen (Loft) 86:19; 3 N Geere (Spen, W45) 86:46

W50: S Tyrrell Pick) 2:00:00

TEAM: 1 Sund S 23; 2 N Marske 28; 3 Pick 32

LOMONDS OF FIFE JUNIOR RACES, Falkland

U20 (6.5km/300m): 1 T Harris (Fife) 48:36; 2 R Kennedy (Loth) 57:41

U17 (4.4km/200m): 1 T Rees (Fife) 29:38; 2 M Keenan (A'deen) 30:42; 3 S Fernando (Fife) 32:45

U17 women: 1 A Cruickshanks (Fife) 34:50 (rec); 2 E Nicholson (Pit) 35:42; 3 R Knox (Amst) 43:21

U15 (2.3km/100m): 1 G Rees (Fife) 14:35; 2 E Gollan (E Suth) 15:04; 3 C

Morris (Fife) 15:31

U15 women: 1 M Owen (Dund H) 17:33; 2 M Wallace (Moorf) 18:03; 3 J Walls (Centr) 18:25

U13 (1.5km/100m): 1 G McWhinnie (Fife) 11:05 (rec); 2 C Carrick-Anderson (Moorf) 11:38; 3 I McWhinnie (Fife) 11:55

U13 women: 1 B Hobbs (Moorf) 12:20 (rec); 2 E McGorum (Moorf) 12:58; 3 A Gollan (E Suth) 14:27

WIRKSWORTH INCLINE, Wirksworth

Overall (4M/600ft): 1 D Schorah (Dark Pk) 24:13; 2 I Phillips (Mat) 24:55; 3 C Patterson (Ashb) 26:00

M40: K Malton (Shelt) 26:39 **M50:** A Barnett (Dark Pk) 29:09

Women: 1 J Willison (Der C) 31:22; 2 K Busfield (Ashb) 33:11; 3 C Scott (Sinf) 33:28

W40: H Barnett (Grindle) 38:02 **W50:** J Heithus 40:32

U14 (2M): 1 F Mofatt 10:47; 2 J Webster (Mat) 16:17; 3 J Cousins 17:10

U14 women: 1 K Barnett 17:49; 2 L Webster 18:50; 3 E Barnett 19:08

APRIL 26-27

HIGHLAND MOUNTAIN MARATHON, Moidart

Course A: Overall (Day 1

26km/2200m, Day 2 23km/2000m): 1 A Prince/B Rydvall 8:43:34 (Day 1 4:47:40, Day 2 3:55:54); 2 I Whiteside/S Hesling 10:29:23 (5:36:52, 4:52:31); 3 H Bonsor/A Fallas (mixed) 10:43:46 (5:50:36, 4:53:10)

Vets: A Smith/M Gorman 11:40:30 (6:38:54, 5:01:36)

Mixed: 1 Bonsor/Fallas 10:43:46; 2 L Gamble/E Boyd 16:16:05 (8:58:54, 7:17:11); 3 W Gibson/H Wise 17:54:05 (9:31:10, 8:22:55)

Course B: Overall (23.5km/2060m, 20.3km/1800m): 1 J Penderis/P Harper 11:15:35 (6:07:05, 5:08:30); 2 J Shepherd/J Hitchen 12:10:03 (6:59:54,

5:10:09); 3 S Tracey, T Tracey 12:30:45 (6:56:57, 5:33:48)

Vets: A Mattewson/A Hume 14:00:29 (7:23:39, 6:36:50)

Women: 1 S MacKenzie/D Baum 13:24:06 (7:18:07, 6:05:59); 2 L Wiegand/H Hartman 14:40:30 (7:48:46, 6:51:44)

Mixed: S Lewis/S Addy 14:42:03 (7:41:15, 7:00:48)

Course C: Overall (21.5km/1820m, 19km/1480m): 1 R McLennan/F Berrow (mixed) 9:54:42 (5:35:27, 4:19:15); 2 P Jennings/F Bennet 10:45:55 (6:04:58, 4:40:57); 3 M Entwistle/S Dunn (W) 11:58:11 (6:33:52, 5:24:19)

Vets: M Nicoll/D Kirk (mixed) 12:09:43 (6:54:37, 5:40:16)

Women: 1 Entwistle/Dunn 11:58:11; 2 C MacDonald/K Hallam 12:55:37 (6:54:51, 6:00:46); 3 J Thomson/L Westman 13:21:11 (7:31:15, 5:49:56)

Vets: G Clunas/E Stewart 18:20:13 (11:20:24, 6:59:49)

Mixed: 1 McLennan/Berrow 9:54:42; 2 B Glasgow/M Lister 12:07:03 (6:48:35, 5:18:28)

Course D: Overall (18.3km/1600m, 20.7km/1170m): 1 J Luff/G Silvester 10:42:36 (5:34:29, 5:08:07); 2 M Hammonds/C Tunaley (mixed) 11:15:04 (5:35:44, 5:39:20); 3 P Clay/C Goulding (W vets) 11:18:19 (5:47:40, 5:30:39)

Women: 1 Clay/Goulding 11:18:19; 2 G Francis/BJ Ledingham 13:20:20 (6:41:31, 6:38:49); 3 H King/E Postlethwaite 13:37:28 (7:02:09, 6:35:19)

Vets: R Fraser/E Munro 18:16:48 (9:09:08, 9:07:40)

Mixed: 1 Hammonds/Tunaley 11:15:04; 2 R Walker/P Murphy 11:55:08 (5:57:52, 5:57:16)

APRIL 26

CRIBYN, Cwm Gwdi Camp

Overall (5.5M/3100ft): 1 F Jones (Aberys) 55:04; 2 P Ryder (Brych) 56:12; 3 S Barnby 57:29; 4 M Palmer (Mynydd D, M50) 57:56; 5 S Vaher (SBOS) 58:52

M60: G Gunner (Croft A) 80:24

Women: 1 J Lee (Eryri) 62:56; 2 M Price (Mercia, W40) 64:51; 3 A Rowlands (Eryri) 67:34

W50: A Bedwell (MDC) 80:21

MYNYDD MAWR, Caernarfon

Overall (4.2M/1378ft): 1 GW Hughes 34:33; 2 DW Jones (Eryri, M40) 36:51; 3 B Beachell (Eryri, M40) 39:12

M50: I Edgar (Eryri) 40:30

Women: 1 S Ridgway (Eryri, W40) 42:12; 2 L Grantham (Ches TC) 48:31; 3 A Ashworth (Fylde) 61:42

U20 men (2M approx): S Jones (Menai) 18:40

SNAEFELL, TT course

Overall (5M/1900ft): 1 L Taggart (Manx F, M40) 41:53; 2 B Corkill (Manx F) 44:48; 3 I Gale (Manx F, M50) 46:46

M60: R Webb (IOMV) 62:11

Women: 1 K Burge (Manx F, W40) 52:12; 2 R Craine (Northern, W40) 58:10; 3 A Forster (Manx F) 62:05

THREE PEAKS, Horton-in-Ribblesdale

Overall (24M/4500ft): 1 R Lightfoot (Salomon) 2:53:16; 2 T Owens (Salomon) 2:56:13; 3 R Jebb (Bing) 2:59:57; 4 A Osborne (Leeds C)

3:03:29; 5 M Roberts (Eryri) 3:05:49; 6 T Ludvigsen (Salomon) 3:06:09; 7 H Aggleton (MDC) 3:07:40; 8 C Steele (B dale F) 3:09:11; 9 K Gray (Calder V, M40) 3:09:29; 10 K Richmond (Shett, M40) 3:10:48

M50: C Knowles (Ellen) 3:33:19 **M60:** N Pearce (Ilkley) 3:54:52 **M70:** D Scott (Clay) 5:19:09

TEAM: 1 Dark Pk 97; 2 Calder V 110; 3 Wharf 171

VETS TEAM: Dark Pk 81

M50+ TEAM: Bing 535

Women: 1 V Wilkinson (Bing) 3:21:32; 2 S Robertson (Shett, W40) 3:37:22; 3 C Morgan (C'thy) 3:42:09; 4 C Rice (G'dale) 3:42:11; 5 H Berry (Holm, W40) 3:45:03; 6 C Gordon (HBT) 3:45:19

W50: A Duckworth (Clay) 4:10:08 **W60:** S Haslam (Scar) 4:40:06

TEAM: 1 Ilkley 601; 2 B'burn 710; 3 Bing 915

APRIL 24

DICK HUDSON'S, Ilkley

Overall (5M/600ft): 1 J Smith (Wharf) 46:25 (rec); 2 S Watson (Wharf) 46:47; 3 M Luckyer (P&B) 47:36

M70: M Coles (Vall) 67:43

U17: H Muir (Wharf) 53:07

Women: 1 M Hyder (Helm H) 55:01; 2 L Needham (Holm) 59:26; 3 N Wigglesworth (Horsf) 65:03

HILL AND DALE SERIES, Tollymore

Overall (4.8M/950ft): 1 D O'Flaherty (Newc NI) 30:45; 2 D Steele (Newc NI) 31:04; 3 N Carty (N Belf, M45) 31:12; 4 C Murtagh (Newc NI) 32:39; 5 N Hewitt (E Coast) 33:01

M50: P Watson (Newc NI) 34:12 **M55:** B O'Hagan (T Purple) 38:44 **M60:** Stewart Cunningham (Mourne) 40:26

U20: R Prescott (Mourne) 36:38

Women: 1 D Wilson (Drom, W45) 36:37; 2 C O'Connor 36:42; 3 S O'Kane (Lagan, W45) 37:46

W55: M Mackin (Drom) 42:08

U20: D Magee (Newc NI) 42:11

APRIL 22

ABER DASH, Bangor

Overall (5M/850ft): 1 J Spill (U18) 32:40; 2 J Parkinson (Eryri, M40) 33:25; 3 C Jones (Eryri, M40) 34:15

M50: S Toogood (Buck) 37:27 **M60:** M Cortvriend (Denbigh) 42:37 **M70:** J Morris (Buck) 46:32

U16: R Cain (Meai) 38:24

Women: 1 C Rice (G'dale) 36:06; 2 B Law (Eryri) 40:25; 3 B Jenks (Eryri, U18) 41:11

W50: E Salisbury (Eryri) 46:38

U16: E Norris (Eryri OC) 47:55

BUNNY RUN RELAY, Haworth

Overall 3-person (1.5M/200ft): 1 Poached Eggs 27:53 (rec) (J Simpson

9:10, T Adams 8:57, I Nixon 9:46);

2 Lancs Lads 29:03 (T Ellis 9:42, S Godsmn 9:45, A Whitem 9:36); 3 Good Eggs 29:35 (M John 9:45, G Hull 10:33, J Tighe 9:16)

Vets: Durrans Family 36:22 (C Durrans 11:49, G Durrans 13:26, J Durrans 11:07

U14: 3 of a Kind 32:23 (A Stewart 10:59, J Boyle 10:13, T Nelson 11:11)

Fastest: 1 Adams 8:57 (rec); 2 Simpson 9:10

Mixed: Friends 30:27 (L Byram 9:38, G Green 10:27, K Walshaw 10:22)

Women: 1 Supercal 34:22 (O Sykes 11:29, L Byram 11:41, E Byram 11:12);

2 Ilkley (U16) 36:26 (J Elgood 12:03, L Jacques 12:15, T Melechi 12:08); 3 P&B 38:11 (C Green 11:59, R Pilling 12:28, C Harding 13:44)

Fastest: Walshaw 10:22 (rec)

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APRIL 19

NORMAN'S LAW, Luthrie

Overall (5M/700ft): 1 B Hukins (Cambus) 29:24; 2 L Rees (Fife, U20) 30:29; 3 T Rees (Fife, U20) 31:18; 4 B Bonnyman (W'lands CC, M40) 31:24; 5 J Ingledew (Fife, U20) 32:26

M50: P Simpson (C'gie, M50) 33:44

M60: M McCreddie (Fife) 40:19

Women: 1 J Turner (W40) 36:48; 2 M Lye (C'thy) 39:15; 3 H Ritchie (Fife, W50) 39:25

W60: M Fleming (C'gie) 46:47

RAS Y MOELWYN, Moelwyn

Overall (10.5M/2800ft): 1 P Vale (Mercia, M40) 79:47; 2 F Jones (Aberys, M40) 80:35; 3 P Jones (Mercia, M40) 82:44

M70: E Davies (Eryri) 2:12:28

Women: 1 K Harvey (Pennine, W50) 90:58; 2 R Lawrence (Macc) 90:59; 3 V Whitehead (Denbigh, W40) 91:20

W60: A-M Jones (Alt) 1:55:19

U16 (3M approx): 1 BHarlug (Mercia) 23:13; 2 A Huw 30:44

U14 (2.5M approx): 1 D Joles (Pennine) 21:14; 2 J Harlug (Mercia) 22:10; 3 S Evans (Eryri, W) 27:33

U12 (2M approx): 1 C Williams 18:58; 2 G Jones (Blauenau) 19:40; 3 L Henshaw (W) 21:31

U12 women: 1 L Henshaw 21:31; M Henshaw 21:45

APRIL 17

HILL AND DALE SERIES, Castletwelan

Overall (5M/1200ft): 1 D O'Flaherty (Newc NI) 31:40; 2 S Lynch (Newc NI) 32:09; 3 D Steele (Newc NI) 32:32; 4 N Carty (N Belf, M45) 32:40; 5 J Maxwell (E Coast) 32:51

M50: Deon McNeilly (Newc NI) 34:53

M55: N Mawhinney (B'drain) 36:40

M60: Stewart Cunningham (Mourne) 43:11 **M65:** B Hamilton (E Down) 46:20

Women: 1 D Wilson (Drom, W45) 39:12; 2 C O'Connor (E Down) 39:38; 3 S Murtagh 40:36

W55: M Mackin (Drom) 44:42

U20: J Mills 41:08

WALKS

APRIL 26

SARNIA WALKING CLUB 10km

Quayside, North Side, Guernsey

Men: 1 S Le Noury 51:28; 2 P Lockwood (M40) 58:55; 3 K Le Noury (M55) 69:35

M70: 1 M Le Sauvage 72:45

Women: 1 J Le Noury (W50) 73:28

2 R Herridge (W65) 75:53

Handicap: R Herridge 76:53

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APRIL 8

HEWETT CUP, Leicester

Boys 2km: 1 M Ross (Blaby S, U13)

13:20; 2 J Fish (Blaby S, U13) 14:06; 3 M

de Lapange (Blaby S, U13) 14:40

Girls 2km: 1 L Achurch (Leys, U15)

12:21; 2 H Maddison (Blaby S, U13)

14:40; 3 R Harris (Blaby S, U13) 15:20

PARKRUN

parkrun 5km, April 26

Top age-graded

Cambridge: M Holmes (W75) 26:16 95.75%

Bushy: M Trees (M50) 16:20 91.02%

Dulwich: M Boyle (M50) 16:43 90.43%

Telford: P Ward (M45) 15:56 90.38%

Banstead: C Elms (W50) 18:42 89.66%

Leamington: M Williamson (W50)

19:39 89.53%

Southampton: L Russell (SW) 16:45 88.36%

Newcastle: C Lee (W70) 26:04 88.30%

MEMORY MILE



TO ADVERTISE YOUR EVENT ON THIS PAGE IN AW, PLEASE CALL **01733-808545**
OR EMAIL **CATHERINE.DUGDALE@ATHLETICSWEEKLY.COM**



RED KITE CHALLENGE

SATURDAY 3RD MAY

Woodlands Caravan Park, Devil's Bridge, SY23 3JW

UK Trail Running Championships Inc. Welsh Series & Junior Champs

Senior 13.1miles (£10) & 10K (£8). (+£2 on the day). Junior race £5.

Contact Dic: 07773 435073 or see www.redkite-barcudcoch.org.uk



'Round the Tor' 10K & 5K road races

(plus 3K Fun Run & Primary School Fun Run)

SUNDAY 4th MAY 2014

Race HQ – Glastonbury Town Hall

Prize fund of £1200. £300 course record bonus (30:43 / 35:24). Chip Timing. FREE Race Day Photos. FREE Technical T-Shirt to all pre-entries (before April 18th). Online entry.

Entry: 3K - £8 (£10 U/A). 5K - £10 (£13 U/A). 10K - £12 (£15 U/A). Entry on the day.

www.GlastonburyRoadRun.info



GRAND EAST ANGLIA RUN

SUNDAY 4TH MAY 2014, 10.30 AM
TUESDAY MARKET PLACE, KING'S LYNN

A FAST, FLAT, ONE-LAP, 10K ROAD RACE

GEAR WILL HOST THE BRITISH MASTERS ATHLETIC FEDERATION 10K CHAMPIONSHIP 2014

GRANDEASTANGLIARUN.CO.UK



Bosworth Half Marathon

(Inc Leics & Rutland Champs). 11th May 2014

Market Bosworth Water Trust, CV13 6PD

Rural, scenic course. Prizes. Online entry at Runbritain. Event T-Shirt.

Entry Fees: £18 (£20 U/A) until 7th May. All £30 on the day

Full details at www.bosworthhalf.com



Single lap,
from Sprinters
Leisure Centre, Prestwood, Bucks.

18th May 2014 11am

Chip Timing,
Finishers Medal, Trophies
Goodie Bag. Entry fee £16.

Full details at www.prestwood10k.co.uk



Alpine Trail Running Races
15 Mile, 6.8 Mile and 2k Fun Run

Bryn, Port Talbot
SA13 2RY

Cystic
Fibrosis & the
Muscular Dystrophy
Society

Sunday 31st May 2014

13:30 Start

www.bwystfilybryn.btck.co.uk

Warm Welsh welcome,
Family Fun day,
Post race party,
Live Music & BBQ,
Licensed Bar,
Prize fund, T-shirts & Medal



Yateley Summer 10K Series

(Includes Corporate Challenge and 1.5K Fun Run)

School Lane, Yateley, Hampshire GU46 6NW

Entries close 7 days before each race. Chip timed.

Entry: £12 or £14 (unaffiliated). On-line & postal entry.

www.yateley10kSeries.info

4th June
2nd July
6th August

The Hanley Economic Building Society's

Potters 'Arf Marathon

Sunday 8th June 2014

www.potters-arf.co.uk



CHALLENGE YOURSELF – SMASH YOUR PB!

ASDA HULL 10K 08.06.14

ASDA LEEDS 10K 20.07.14

ASDA PENNINE 10K 22.06.14

ASDA YORK 10K 03.08.14

Visit www.runforall.com to find out more



Joseph Holt Brewery 5K Road Race

Sunday 15th June 2014 at 2:45pm

Scout Hut, rear of Horwich Clinic, Jones St, BL6 7AJ

Extensive M/F Prizes: 1st £75 – 2nd £60 – 3rd £45. 1st in vets cats/teams
Entry: £7 (Unattached £9). £1 extra on day. Licence 2014-11068

Full details at www.horwichfestivalofracing.co.uk



Joe Moran Memorial Veteran T&F Meeting

Wednesday 18th June – 7.15pm to 9.15pm

Sportcity, Manchester M11 3FF. Medals to first three in each age category
Track Events: 800m, 100m, 3000m, 200m, 1500m, 400m.

Field Events: Javelin, High Jump, Long Jump, Shot Putt. Entry fee: £5 for 4 Events

Enquiries telephone: 0161-796 6310 or

email Brenda: arnoldbradshaw@btinternet.com



Sandall Beat Trail 10K

Wednesday 13th June

Castle Park, Doncaster, S. Yorks

Mile fun run at 7pm. 10K at 7:30pm

Entry: £10 / £12 (U/A). Fun run £5. Technical T-Shirts to all 10k finishers.

Extensive Prize List : Limited Entries on the Day : Race Licence 2014/11285

On Line entry and details at www.doncasterathleticclub.com



29th Rothley & Soar Valley Lions 10K

Tuesday 17th June 2014. Race starts at 19:15

Royal Oak, Cross Green, Rothley, Leicestershire

Two-lap course. Chip timing.

Entry limited to 750. All entry fees: £13; On the day entries £18 if limit allows.

Full details, inc. online entry at www.rothley10k.com

Mattioli Woods plc
PERSONAL & WEALTH MANAGEMENT



Hitchin Hard Half Marathon

Sunday 22nd June 2014 at 9:30am

Start / Finish in Hitchin Priory, Hitchin, Hertfordshire

UKA road race Licence: 2014-9470 Course measurement: 12/108

Entry fee: £20 and £18 for affiliated runners.

Entry Closing: June 1st or 600 limit reached.

Registration process: Online at runbritain.com

Secure bag drop. Toilets. Changing. Post race massage. Goody bag & medals for all.



Thame CPM 10K Road Race

Sunday 29th June 2014 at 9.30am

Thame Leisure Centre, Oxford Rd, Thame, OX9 2BB

Chip timing * T-shirts * Flat, fast, fun, friendly & partly traffic free

Online entry £15 (£13 Club) via Runners World entry site

Full details at www.thamerunners.co.uk



6th July 2014

Start 10:30

UKA Permit no. 2014-10429

Challenging 15 miler (Inc 1st BMAF multi-terrain champs) around the beautiful Bewl Water
Race entry Attached £20 or unattached £22 (Entries on the day +£2)

Online entry at runbritain.com or runnersworld.co.uk

Check out our website www.bewl15.co.uk for more details

MULTI-TERRAIN

Thursday May 1

WRINGTON WOODLAND 10km

The Lord Nelson, Cleve, Somerset.
7.15pm.

www.tach.org.uk

Saturday May 3

A+ HOME RUN HALF-MARATHON/ MARATHON

Witney, Oxfordshire. 11am.

www.adventureplus.org.uk/homerun

ABNEY CHEADLE RUN 5km

Abney Hall, Cheadle, Cheshire.
9.30am.

www.abneycheaderun.co.uk

BEAST IN THE EAST 10km

Canada Height, Button Street,
Swanley, Kent.

www.grimchallenge.co.uk/beast-in-the-east

DANBURY WOODS 10km

Danbury Country Park, Danbury,
Essex. 9.45am.

www.theraceorganiser.com

EAST GRINSTEAD 10

Saint Hill Road, East Grinstead, West
Sussex. 10.30am.

www.nice-work.org.uk

ENDURANCELIFE CTS

PEMBROKESHIRE 10km/HALF-

MARATHON/MARATHON/ULTRA

Little Haven, Haverfordwest,
Pembrokeshire.

www.endurancelife.com

LEITCHWORTH FIRST SATURDAY OF

THE MONTH 5km

Letchworth Outdoor Pool, Letchworth
Garden City, Hertfordshire. 9am.

www.firstsaturday5km.org.uk

MALVERN HILLS ULTRA 54

Castle, Holt Heath, Worcestershire.
7am.

www.ultrarunning.uk.com

NEILSTON PAD 6.4km

Show Ground, Neilston. 10am.

www.neilstontrust.co.uk

PECKHAM 10km

Rye Park, Peckham, London. 11am.

www.mccpromotions10series.com

RED KITE CHALLENGE 10km/HALF-

MARATHON (Inc WELSH TRAIL

CHAMPS)

Woodlands Caravan Site, Devil's
Bridge, Ceredigion. 1pm.

www.redkite-barudcoch.org.uk

WOMEN'S RUNNING LEE VALLEY

10km

River Lee Country Park, Lee Valley.
10am.

www.wrl10k.co.uk

Sunday May 4

BLUEBELL TRAIL 10

Heath RFC, Stainland Road, Halifax,
West Yorkshire. 10am.

www.stainlandlions.com

CHATSWORTH 10km

Chatsworth Park, Bakewell,

Derbyshire. 9.30am.

www.helenstrust.org.uk

FEN DRAYTON 10km

Cootes Lane, Fen

Drayton, Cambridgeshire. 11am.

www.fendrayton10k.org.uk

GREENWAY CHALLENGE HALF-

MARATHON

Standalone Farm, Wilbury

Road, Letchworth Garden City,
Hertfordshire. 10am.

www.greenwaychallenge.org.uk

HARTLAND HARTBREAKER 8/17

Hartland Abbey, Hartland, Bideford,
Devon. 11am.

www.hartlandhartbreaker.com

HAYWARDS HEATH 10

Victoria Park, Haywards Heath,
Sussex. 10.30am.

www.nice-work.org.uk

KESGRAVE 5km

Bell Inn, Kesgrave, Suffolk. 11am.

www.kesgrave5k.com

KILLERTON 10km/HALF-

MARATHON

Killerton, Devon. 11am.

www.relishrunningraces.com

PITSHANGER 5km

Pitshanger Park, Ealing, London.
10am.

www.pitshanger.org.uk

RUN FOR HER LIFE 10km

Cotgrave Country Park, Nottingham.
11am.

SARSEN TRAIL & NEOLITHIC HALF-

MARATHON/MARATHON

Stonehenge, Wiltshire. 10.30am.

www.wiltshirewildlife.org/sarsentrail

SHERIFFHALES SHUFFLE 7

Village Hall, Sheriffhales, Shropshire.
11am.

www.newportrunningclub.org.uk

THREE FORTS HALF-MARATHON/ MARATHON

Rotary Field, Hill Barn Lane, Worthing,
West Sussex. 10am.

www.threefortschallenge.org.uk

WIRKSWORTH WIGGLE 10km

Wirksworth Fire Station, Wirksworth,
Derbyshire. 10am.

www.dfrs-rms.org/wirksworth-wiggle

Y RUN 5

Priory Park, Reigate, Surrey. 10.30am.

www.ymcachallenges.org.uk

Monday May 5

ASHDON 10km

Ashdon Primary School, Ashdon,
Essex. 10.30am.

www.ashdon10k.yolasite.com/

BURGESS HILL 10km

Market Place, Church Road, Burgess
Hill, Sussex. 10.30am.

www.nice-work.org.uk

ESHER CHURCH SCHOOL 10km

Esher Church School, Milbourne Lane,
Esher. 10am.

www.esher.surrey.sch.uk

GREAT WESTON 5

Weston, near Sulgrave,

Northamptonshire. 10am.

www.greatweston5.net

HEADLEY 5

Mill Lane, Headley, Hampshire. 10am.

www.activetrainingworld.co.uk

KENILWORTH MAY DAY 10km

Abbey Fields, Kenilworth,
Warwickshire. 10am.

www.kenilworthrunners.co.uk

RADLETT ROTARY FIVE FIELDS 5km

Tabard RFC, Radlett, Hertfordshire.
10am.

www.radlettrotary.org.uk

RUSPER VILLAGE MAY DAY

CELEBRATION 4

Sports Pavilion, High Street, Rusper,
West Sussex. 2pm.

www.sussexraces.co.uk

SOUTHWELL 5km

Newcastle Arms, Southwell,
Nottinghamshire. 10am.

www.runningwithdavid.com

SUTTON VENY THE CRICKETERS

10km

Alexander Memorial Field, Sutton
Veny, Wiltshire. 10.30am.

www.hsvcc.org.uk

TED PEPPER MEMORIAL 10km

Norman Park Athletics Track,
Bromley, Kent. 10am.

www.bandbhac.org.uk

TERRY NORTLEY 4x2M RELAY

Close Park, Radcliffe, Manchester.
11am.

www.radcliffeac.org.uk

WATFORD 10km

Cassiobury Park, Watford,
Hertfordshire. 11.30am.

Tuesday May 6

CHAMPAGNE LEAGUE

Village Hall, Lockington, East
Yorkshire. 7.15pm.

www.cityofhullac.co.uk

SELF TRANSCENDENCE 2

Milton Country Park, Cambridge.
6.30pm.

www.uk.srichinmoyraces.org

Wednesday May 7

CHORLEY HARRIERS ASTLEY PARK

7km SERIES

Baron Rest Pub, Astley, Chorley,
Lancashire. 7.30pm.

www.chorleyharriers.co.uk

MALTBY MEMORIAL 6.3

Wesley Centre, Maltby, South
Yorkshire. 7pm.

www.maltbyrunningclub.co.uk

Friday May 9

POOLE RUNNERS SUMMER 3.5

SERIES

Upton Country Park, Poole, Dorset.
7.30pm.

www.poolerunners.com

Saturday May 10

BEWL WATER HALF-MARATHON/ MARATHON

Visitor Centre, Bewlbridge Lane,

Lamberhurst, Kent. 9am.

www.hermesrunning.com

BRATTON HILLY 11.4km

Jubilee Hall, Bratton, Wiltshire. 11am.

www.brattonjubileehall.org.uk

KINTYRE WAY ULTRA 35.5/67

Tayinloan, Argyll. 9.30am.

www.kintyrewayrelay.co.uk

KIRKLEES 10km CHALLENGE

Cathedral House, Huddersfield, West
Yorkshire. 10am.

www.huddersfieldchristianfellowship.com

LULWORTH LUNG BUSTER 15

Lulworth Camp Site, Lulworth, Dorset.

www.team-bravura.co.uk

MARLBOROUGH DOWNS

CHALLENGE 20/33

Marlborough Leisure Centre,
Marlborough, Wiltshire. 9am.

www.marlboroughrunningclub.co.uk

OXFORD ROTARY 5km

South Parks Road, Oxford. 11am.

www.oxfordfunrun.org.uk

WOMEN'S RUNNING BIRMINGHAM

10km

Sutton Park, Sutton Coldfield, West
Midlands. 10am.

www.perfectmotion.org

Sunday May 11

ALDERNEY COAST PATH 5/10

Braye, Alderney. Noon.

www.runalderney.org

ALTON WATER 5km

Alton Water, Sutton, Suffolk. 9am.

www.altonwaterun.co.uk

BEER BLAZER 5km/10km

Mare Lane, Beer, Devon. 10.30am.

www.beer-ce-primary.devon.sch.uk

BLACK DEATH 10

Combe Sydenham Country Park,
Monksilver, Somerset. 11am.

www.theblackdeathrun.com

BLACKPOOL BEACH 10km

Solaris Centre, South Promenade,
Blackpool. 3pm.

www.fyldecoastrunning.org

BLUEBELL 5

Deanes Sports Centre, Thundersley,
Essex. 10.30am.

www.users.aber.ac.uk/aiv/bluebell5.htm

BLUEBELL BLUNDER 10km

Gumersland Barn, Bigsweir Bridge,
Monmouthshire. 11am.

www.rogueun.com

COLCHESTER 10km

Colchester Garrison Running Track,
Colchester, Essex. 10.30am.

www.colchestercharityraces.org

COLOUR BLAST DASH 5km

Darley Park, Derby. 9am.

www.colourblastdash.org

DONNA LOUISE CHILDREN'S

HOSPICE 10km

Stoke-on-Trent, Staffordshire. 10am.

www.donnalouisetrust.org

DUKERIES ULTRA 30/40

Walesby Sports Club, Walesby,

Nottinghamshire. 9am.

www.dukeriesultra.co.uk

EALING EAGLES 10km

Gunnersbury Park, London. 10.30am.

www.ealingeagles.com

EGERTON BLUEBELL RUN 7km

Egerton C of E Primary School,
Egerton, Kent. 10.30am.

www.egerton.kent.sch.uk

EYE 10km

WATERBEACH WASPS 10km
Milton Country Park, Milton, Cambridgeshire. 10.15am.
www.wasps10krun.org.uk
WOODLAND WOGGLE 6/10km
Hampton Estate, Seale, Surrey. 10am.
www.woodlandwoggle.com

Monday May 12
SELF TRANSCENDENCE 3
Peace Mile, Cuttesslowe Park, Oxford. 7pm.
www.uk.srichinmoyraces.org/races/oxford

Tuesday May 13
KINGSBURY CLASSIC 10km
Kingsbury Water Park, Sutton Coldfield, West Midlands. 7.30pm.
www.cambaevents.co.uk
RICHARD HALDANE SANGOMORE 4/5.5
Village Hall, Durness. 11am.
www.capevwrathchallenge.co.uk
ROUNDWAY CHASE 10km
Heddington, near Calne, Wiltshire. 7.30pm.
www.calnerunningclub.co.uk
THURSTASTON SUMMER 10km
Royden Park, Thurstaston, Merseyside. 7.15pm.
www.stevesaunders.co.uk

ROAD

Thursday May 1
BOSTON MANOR MILE
Boston Manor Park, Brentford, Middlesex. 12.30pm.
www.ealingmile.com
KIDLINGTON AC MOTA-VATION 4 SERIES
Recreation Ground, Charlton-on-Otmoor, Oxfordshire. 7.15pm.
www.kidlingtonrunning.org.uk
LANCASTER SUPPER RUN 4
Ripley School, Lancaster. 7.30pm.
www.ukroadraces.info

Friday May 2
CARDIFF SUMMER SERIES MILE
Pontcanna Fields, Cardiff. 7.30pm.
www.cardiffrunningevents.org
DALTON 10km
Dalton CC, Dalton in Furness, Cumbria. 7.15pm.
www.ukroadraces.info
DAVE PHILLIPS MEMORIAL 4.75 SERIES
St John's FC, St John's, Isle of Man. 7pm.
www.westernac.org
EALING MILE
Lamas Park, Ealing, London. 12.30pm.
www.ealingmile.com
SAUMAREZ PARK 5km SERIES
Saumarez Park, Castel, Guernsey. 6.15pm.
www.leemerrienrunning.com

Saturday May 3
ANGLO CELTIC PLATE 100km INTERNATIONAL
Cyclopark, The Tollgate, Gravesend, Kent.
www.englandathletics.org
CHESTERFIELD NO WALK IN THE PARK 5km
Queens Park, Chesterfield, Derbyshire. 9.30am.
northderbyshirer.jimdo.com

EDINBURGH TO NORTH BERWICK 20
Portobello Promenade, Edinburgh. 11am.
www.entrycentral.com
ENGLISH 50km ULTRA CHAMPIONSHIPS
Cyclopark, The Tollgate, Gravesend, Kent.
www.englandathletics.org
NORTH WEST 5km GRAND PRIX
Environment Centre, Okell Drive, Liverpool, Merseyside. 10am.
www.knowsleyharriers.com
ROAD TO THE ISLES HALF-MARATHON
Mallaig & District Swimming Pool, Mallaig, Highlands. 11am.
www.mallaigswimmingpool.co.uk
SELF TRANSCENDENCE 10km
Battersea Park, London. 8am.
www.uk.srichinmoyraces.org/races/london
TIREE 10km
An Talla, Isle of Tiree.
www.tireefitness.co.uk
TIREE HALF-MARATHON
An Talla, Isle of Tiree.
www.tireefitness.co.uk

Sunday May 4
ALEXANDRA PARK WOMEN'S 5km SERIES
Alexandra Park, Moss Side, Manchester. 10am.
www.openathletics.org
BERE PEN 10km
Bere Alston, Devon. 11am.
www.berealstonhikers.btck.co.uk
CWM OGWR 5
Ogmore Valley Life Centre, Bridgend. 10am.
www.cwmogwrrunningclub.co.uk
DOUBLETREE DUNBLANE HYDRO 7.5
Doubletree Dunblane Hydro Hotel, Dunblane, Stirling. 1pm.
www.dunblaneroadrace.com
GLASTONBURY ROUND THE TOR 3km/5km/10km
Glastonbury Abbey, Glastonbury, Somerset. 11am.
www.glastonburyroadrun.info
GRAND EAST ANGLIA RUN 10km
King's Lynn, Norfolk. 10.30am.
www.grandeastangliarun.co.uk
KESWICK RUGBY CLUB HALF-MARATHON
Keswick RFC, Davison Park, Keswick, Cumbria. 11.30am.
www.keswickhalfmarathon.co.uk
KIRKBYMOORSIDE 10km
Memorial Hall, Kirkbymoorside, North Yorkshire. 2pm.
www.kirkbymoorside10k.co.uk
LANGTOFT 10km
Manor Close, Langtoft, Peterborough, Cambridgeshire.
www.langtoftroadrun.btck.co.uk
LICHFIELD HALF-MARATHON
King Edward VI School, Lichfield, Staffordshire. 10.30am.
www.kpevents.net
LIVERPOOL SPRING 10km
Sefton Park, Liverpool, Merseyside. 10.30am.
www.merseyraces.co.uk
NEWTOWN 10km
Latham Park, Newtown, Powys. 11.30am.
www.maldwynharriers.org.uk
NORTH DORSET VILLAGE MARATHON

Bath Road, Sturminster Newton, Dorset. 8.30am.
www.ndvm.co.uk
NORTH LINCOLNSHIRE HALF-MARATHON
Glanford Park, Scunthorpe, North Lincolnshire. 9am.
www.northlincsalf.co.uk
RANELAGH RICHMOND HALF-MARATHON
Kew FC, Petersham, London. 8.30am.
www.ranelaghhalfmarathon.webs.com
REGENT'S PARK SUMMER 10km SERIES
The Hub, Regent's Park, London. 9.30am.
www.regentsparkraces.org
RUN FRIMLEY 10km
Frimley Park Hospital, Portsmouth Road, Frimley, Surrey. 10.30am.
www.uk.srichinmoyraces.org/races/london
SALTASH HALF-MARATHON
Warfelton Field, Saltash, Cornwall. 10am.
www.tamartrrotters.co.uk
SHERIFF 10km
Village Hall, Scorton, Lancashire. 10am.
www.ukroadraces.info
SUNDERLAND CITY 10km/HALF-MARATHON
Stadium of Light, Sunderland, Tyne and Wear. 10am.
www.sunderlandcity10k.com
SVHC WALTER ROSS OPEN MASTERS' 10km
Cartha Rugby Club, Glasgow. 1.30pm.
www.scottishmastersathletics.webnode.com/
THURSTON 10km
New Green Centre, Thurston, Suffolk. 11am.
www.thurstonfunrun.org
TITCHMARSH 10km
Titchmarsh Clubroom, High Street, Titchmarsh, Northamptonshire. 11am.
www.titchmarshplayingfield.org.uk
TROWBRIDGE "SCI-FI" 5km
Trowbridge Park, Trowbridge, Wiltshire. 11am.
www.stampedesports.co.uk
UTTOXETER HALF-MARATHON
Racecourse, Wood Lane, Uttoxeter, Staffordshire. 10.30am.
www.uttoxeterroadrunners.com
WINGS FOR LIFE WORLD RUN
Silverstone Circuit, Towcester, Northamptonshire. 11am.
www.wingsforlifeworldrun.com
WORCESTER HALF-MARATHON/MARATHON
Worcester Warriors RFC, Worcester. 9.30am.
www.tempevents.co.uk

Tuesday May 6
BRECON AC 3
Village Hall, Llanfrynach, Brecon, Powys. 7.15pm.
www.breconac.org.uk
CRYSTAL PALACE CANTER 5km
Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.
canter5k@hotmail.com
GEOFF DOGGETT MEMORIAL 5km
Cock & Magpie, Whitworth, Lancashire. 7pm.
info@andemrunners.co.uk
HARWICH 5km SERIES
Promenade, Harwich, Essex. 8pm.
www.harwichrunners.co.uk
LES ALLCORN MEMORIAL 10km
Hulne Park, Alnwick, Northumberland. 7pm.
www.alnwickharriers.co.uk
MARKINCH MIRACLE MILE
Markinch.
www.fifeac.org
RUN EXE SUMMER 5km SERIES
Flowerpots Playing Fields, Exeter, Devon. 7.30pm.
www.ironbridgerunnerevents.co.uk
WOMBWELL 10km
Recreation Ground, Wombwell, South Yorkshire. 7pm.
www.wombwellsportingac.co.uk

Wednesday May 7
BHF TOWER OF LONDON 10km
The Moat, Tower of London, London. 4.30pm.
www.bhf.org.uk
CROXBY 4.44
Croxby Crossroads, Croxby, Lincolnshire. 7pm.

DUDLEY KINGSWINFORD 10km
Swindon Road, Wall Heath, Kingswinford, West Midlands. 7.15pm.
www.dkrunningclub.co.uk
GREAT YARMOUTH PROMENADE 5 SERIES
Marine Parade, Great Yarmouth, Norfolk. 7.15pm.
www.gyrr.co.uk
HARLOW LADIES 5km SERIES
Mark Hall Sports Centre, London Road, Harlow, Essex. 7.30pm.
www.thehrc.org.uk
HEREFORD COURIERS 5km SERIES
Hereford Leisure Centre, Holmer Road, Hereford. 7.15pm.
www.herefordcouriers.wordpress.com
JOHN CARR 5km SERIES
Esholt Sports & Social Club, Esholt, West Yorkshire. 7.30pm.
www.saltairstriders.org.uk
KENDAL 10km
Kendal Leisure Centre, Kendal, Cumbria. 7.30pm.
www.ukroadraces.info
LITTLEBOROUGH 5km SERIES
Wheatshaf Pub, Littleborough, Lancashire. 7pm.
www.cannonballevents.co.uk
NOTTS AAA'S SUMMER LEAGUE
National Water Sports Centre, Holme Pierrepont, Nottingham. 7.15pm.
www.nottsaaa.org
PAUL JARVIS MEMORIAL MILE
Glaxo Sports Club, Ulverston, Cumbria.
terry@gannongb.co.uk
SELF TRANSCENDENCE 5km (Inc SCOTTISH CHAMPS)
Silverknowes, Edinburgh. 7.30pm.
www.uk.srichinmoyraces.org/races/edinburgh
SILVERSTONE GRAND PRIX 10km
Silverstone Grand Prix Circuit, Silverstone, Northamptonshire. 7.30pm.
www.silsonjoggers.org.uk
SPENCERS ARMS DASH 4.2 SERIES
Spencers Arms, Barugh Green, Barnsley, South Yorkshire. 7pm.
www.barnsleyac.co.uk
SPRINGFIELD 5km SERIES
Springfield Park, Corsham, Wiltshire. 7pm.
www.corshamrunningclub.co.uk
SVHC SNOWBALL RACE 4.8
Outdoor Sports Centre, Coatbridge, Lanarkshire. 7.30pm.
www.scottishmastersathletics.webnode.com
TROON TORTOISES 10km
Walker Halls, South Beach, Troon, Ayrshire. 7.30pm.
www.troontortois.es.org.uk

Thursday May 8
BUXWORTH 5
Navigation Inn, Buxworth, High Peak, Derbyshire. 7.30pm.
www.goytvalleystriders.org.uk
CHICKS CHASE LADIES ONLY 5km/10km
Caldecotte Lake, Milton Keynes, Bedfordshire. 7pm.
www.fqevents.co.uk
HDSRL ILKLEY 4.8
Ilkley RFC, Ilkley, West Yorkshire. 7.45pm.
www.harrogate-league.co.uk

Friday May 9
LIBERATION DAY 7

Submit your fixture online at athleticsweekly.com

St Peter Port, Guernsey. 11am.
www.guernseyathletics.org/gg

Saturday May 10

ALL NATIONS 5km/10km
Dorney Lake, Eton, Berkshire. 9.30am.
www.thefixevents.com
BUXTON PAVILION GARDENS 5km
Pavilion Gardens, Buxton, Derbyshire. 9am.
www.buxtonac.org.uk
IVYBRIDGE 10km
Ivybridge RFC, Cross-in-Hand, Devon. 6.30pm.
www.ernevalleyharriers.co.uk
LOCH LEVEN HALF-MARATHON
Kinross.
www.kinrossroadrunners.co.uk
LONDON SPRING 10km
Regent's Park, London. 10.30am.
www.nice-work.org.uk
NIKE WE OWN THE NIGHT 10km
Victoria Park, London. 7pm.
www.nike.com/weownthenight
PENICUIK 10km
Bog Road, Penicuik. 2.15pm.
www.penicuikharriers.org.uk
STRAWBERRY 5
Church Leigh Recreation Ground, Stoke-on-Trent, Staffordshire. 12.30pm.
strawberry5run@yahoo.co.uk
THREE LAKES 7
Drumcullen Road, Downpatrick. 11am.
www.eastdownac.co.uk

Sunday May 11

ALTON 10
Eggars School, Holybourne, Alton, Hampshire. 10.30am.
www.altonrunners.co.uk
AVIATOR 4
Gloucestershire Airport, Staverton, Gloucestershire. 9.30am.
www.clcstriders-runningclub.co.uk
BEVERLEY 10km
Beverley Leisure Complex, Beverley, North Humberside. 11.15am.
www.beverleyac.com
BIDEFORD 10km
The Pill, Kingsley Road, Bideford, Devon. 11am.
www.bidefordaac.co.uk
BLACKPOOL BEAVERBROOKS 10km
Hilton Hotel, Blackpool, Lancashire. 11am.
www.blackpoolfunrun.co.uk
BLACKSTICKS BLUE 10km
Village Hall, Whitechapel, Lancashire. 10am.
www.ukroadraces.info
BOSWORTH HALF-MARATHON
Water Trust, Coton Lane, Market Bosworth, Warwickshire. 10.30am.
www.bosworthhalf.com
BOWFIELD 5km
Bowfield Hotel, Howwood. 10am.
www.bowfieldhotel.co.uk
BRISTOL 10km
Harbourside, Bristol.
www.bristol10km.com/Events/
Bristol-10k
BROMSGROVE 10km
Fininstall Park, Bromsgrove, Worcestershire. 11am.
www.lrbromsgrove.org.uk
BUPA GREAT WOMENS 10km
Nithsdale Road, Glasgow.
www.greatrun.org
CASTLE OF MEY 10km
Castle of Mey, Caithness. 2pm.

www.northhighlandharriers.co.uk
CROWLE GUNPOWDER PLOT 10km
Parish Hall, Church Road, Crowle, Worcestershire. 11.30am.
www.crowle-online.co.uk
DEREHAM 10
Neatherd High School, Dereham, Norfolk. 11am.
www.derehamrunners.co.uk
GRANT & STONE MARLOW 5
Higginson Park, Marlow, Buckinghamshire. 9.30am.
www.handyxcrossrunners.co.uk
HALSTEAD & ESSEX MARATHON
Halstead Leisure Centre, Halstead, Essex. 10am.
www.halsteadandessexmarathon.co.uk
HASTINGS RUNNERS 5
Town Hall, Hastings, East Sussex. 10.30am.
www.hastings5milerace.co.uk
HEREFORD 10km/HALF-MARATHON
Hereford Leisure Centre, Holmer Road, Hereford. 10am.
www.st-michaels-hospice.org.uk
HOLYMOORSIDE 10km
Village Hall, Holymoorside, Derbyshire. 10.30am.
www.holymoorside10k.co.uk
LARKFIELD AC 10km
t Malling Research, New Road, East Malling, Kent. 10am.
www.larkfieldac.co.uk
LEEDS HALF-MARATHON
Leeds, West Yorkshire. 9.30am.
www.runforall.com
MARKET DRAYTON 10km
Grove School, Market Drayton, Shropshire. 11am.
www.marketdrayton10k.co.uk
MORECAMBE HALF-MARATHON
Station Pub, Morecambe, Lancashire. 11am.
www.ukroadraces.info
NORTHERN 10
Ballacloan Stadium, Ramsey, Isle of Man. 10am.
www.iomnac.co.uk
OXFORD TOWN & GOWN 10km
Parks Road, Oxford. 10am.
www.townandgown10k.com
PARKINSON'S UK RUN HIGHCLERE 10km
Highclere Castle, Highclere, Berkshire. 11am.
www.parkinsons.org.uk/10kroadrace
PORT SUNLIGHT 5km/10km
Port Sunlight, Wirral. 11am.
www.btriverpool.com
SORBROOK CHALLENGE 10km
Newport Road, Croesyceiliog, Torfaen. 10am.
www.griffithstowharriers.co.uk
ST ALBANS 10km
Prae Wood Primary School, St Albans, Hertfordshire. 10am.
www.stalbanstriders.com
STEVEINGTON 12km
Village Hall, Stevington, Bedfordshire. 11am.
www.stevingtonroadrace.co.uk
STRABANE TO LIFFORD HALF-MARATHON
Railway Road, Strabane.
www.strabanedc.com
SUTTON RUNNERS 10km
Nonsuch Park, Cheam, Surrey. 9.30am.
www.suttonrunners.org
TERMONEENY 10km
Termoneeny Community Centre,

Magherafelt, Co Londonderry. 1.30pm.
WOODLEY 10km
Headley Road, Woodley, Reading, Berkshire. 11am.
www.woodley10k.co.uk
WYMESWOLD WADDLE 5
Brook Street, Wymeswold, Leicestershire. 10.30am.
www.wymeswold.com

Monday May 12

BERKELEY 10km
Hamfield Leisure, Berkeley, Gloucestershire. 7.30pm.
www.dursleyac.org.uk
LOCH ERIBOLL 10km/HALF-MARATHON
Village Hall, Durness, Highlands.
www.capewathchallenge.co.uk

Tuesday May 13

BOOTH DECORATORS LEAGUE
Rugby Club, Ilkeston. 7.30pm.
www.boothdecoratorsleague.co.uk
COTTISFORD 5km
Middle Farm, Brackley, Oxfordshire. 7.30pm.
EHF EAST HULL 4
East Park, Hull, East Yorkshire. 7.15pm.
www.easthullharriers.com
HOLLYWOOD STROLL 5
Dumfries Sports Club, Dumfries. 7pm.
www.dumfriesrunningclub.org.uk
MOORCLOSE 10km
Moorclose Leisure Centre, Workington, Cumbria. 7pm.
www.cumberlandac.org.uk
ROSE INN 4 SERIES
Rose Inn, Redwick, Gwent. 7.30pm.
www.chepstowharriers.org.uk/roseinn.htm
SELF TRANSCENDENCE 2
Eastville Park, Bristol. 7.15pm.
www.uk.srichinmoyraces.org/races/bristol
STEVENAGE 10km
Marriotts School, Stevenage, Hertfordshire. 7.30pm.
www.fvspartans.org.uk
WAVERTREE MYSTERY 5km SERIES
Wavertree Stadium, Liverpool, Merseyside. 7.15pm.
www.liverpoolharriers.co.uk
YRRL TADCASTER 10km
Tadcaster, North Yorkshire. 7.30pm.
www.tadcasterharriers.org.uk

Wednesday May 14

ARMADA ATHLETICS NETWORK

5km SERIES
Salttram Park, Plymouth, Devon. 7pm.
www.armadaathletics.co.uk
BECKENHAM RELAY 3x2.6M
Beckenham CC, Beckenham, Kent. 7.30pm.
www.beckenhamrunning.co.uk
CLAYTON 10km
Gatehouse Pub, Clayton Road, Newcastle, Staffordshire. 7pm.
edwardsd556@aol.com
EASY RUNNER 5km SERIES
Bittton Station, Bittton, South Gloucestershire. 7.30pm.
www.bitttonroadrunners.co.uk
GORDON SMITH MEMORIAL RELAYS
Segedunum Museum, Wallsend, Tyne & Wear. 7.30pm.
www.wallsendharriers.co.uk
HAIGH HALL 4
Haigh Hall, Wigan, Lancashire. 7.30pm.
www.wiganphoenix.org.uk
JOHN CARR 5km SERIES
Esholt Sports & Social Club, Esholt, West Yorkshire. 7.30pm.
www.saltairesriders.org.uk
RUGBY 6
Rugby, Warwickshire. 7.45pm.
www.mcs.open.ac.uk/mkac/the_emgp.html
SOUTH YORKSHIRE ROAD LEAGUE
Worsborough, South Yorkshire.
www.sycac.co.uk/sycac/road/fixtures
WROXHAM 5km SERIES
Broadland High School, Wroxham, Norfolk. 7.15pm.
YEOVILTON SUMMER 5km SERIES
Nuffield Bar, RNAS Yeovilton, Yeovilton, Somerset. 7.15pm.
www.yeoviltonnrrc.com

Thursday May 15

INTER-CLUB GRAND PRIX
Lytham St Annes, Lancashire. 7.30pm.
www.lythamrunners.org.uk
LEICESTER CITY 5km SERIES
Victoria Park, London Road, Leicester. 7.30pm.
POLAROID HELENSBURGH 10km
New Hermitage Academy, Helensburgh. 7.30pm.
www.polaroid-10k.co.uk

Friday May 16

RAMSEY PARK HANDICAP 3.8
Mooragh Park, Ramsey, Isle of Man. 7pm.
www.iomnac.co.uk/parkruns.aspx

Saturday May 17

BMAF RELAY CHAMPIONSHIPS
Sutton Park, Sutton Coldfield, West Midlands. Noon.
www.bvaf.org.uk
CAPE WRATH CHALLENGE MARATHON
Village Hall, Durness, Highlands.
www.capewathchallenge.co.uk
MILES FOR MISSING PEOPLE 10km
Clapham Common, London. 10am.
www.missingpeople.org.uk/miles2014
NATIONAL MASTERS OPEN RELAYS
Sutton Coldfield, West Midlands. 11am.
www.britishmastersaf.wordpress.com
ORPINGTON MARA*FUN 10km/HALF-MARATHON/MARATHON
Green Primary School, Orpington, Kent. 10.30am.
www.marafun.co.uk
SIBLYBACK LAKE 5km SERIES
Siblyback Lake, Liskeard, Cornwall. 10am.
www.digdeepuk.org
STRATHCLYDE 10km
Strathclyde Country Park, Glasgow.
www.glasgowtriathlonclub.co.uk

Sunday May 18

ABERDEEN BAKER HUGHES 10km
Queens Links, Aberdeen. 9.30am.
www.sportaberdeen.co.uk/10kaberdeen
BELFAST ONE WORLD 10km
Ozone Centre, Ormeau Park, Belfast. 3pm.
www.belfastoneworldrun.co.uk
BOGNOR PROM 10km
West Park, Bognor Regis, West Sussex. 10.30am.
www.bognorprom10k.org
BRATHAY WINDERMERE MARATHON
Brathay Hall, Ambleside, Cumbria. 10.30am.
www.brathaywindemeremarathon.org.uk
BUPA GREAT MANCHESTER 10km
City Centre, Manchester.
www.greatrun.org
BURTON 10
Meadowside Leisure Centre, Burton on Trent, Staffordshire. 11am.
www.burtonac.co.uk
CHESTER HALF-MARATHON
Chester Racecourse, Chester. 9am.
www.chesterhalfmarathon.co.uk
CHIPPENHAM MAY MILE
Sheldon School, Chippenham, Wiltshire. 11am.

Anglo Celtic Plate 100km & National 50km, Cyclopark, Kent, May 3

SOME of the country's top ultra runners will be fighting for the annual trophy race incorporating a team competition between England, Scotland and Wales and an open event.

The 20th edition sees Steve May heading the start list, although with hopes of Commonwealth selection in the marathon he is not planning to go full out.

The Bournemouth runner ran a world-class 6:40:14 last year on his 100km debut and showed his current form with a big PB of 2:16 in the Virgin Money London Marathon three weeks ago.

The presence of Belgian sub-



MARK SHEARMAN

seven-hour ultra runner Pieter Vermeersch may mean he will have to work harder than he would have liked to take victory.

Running for England will be Craig Holgate, Andrew James and Andrew Hayden, who have run close to the seven-hour mark.

In the women's race England's Karen Rushton and Helen Taranowski and Wales' Jen Salter are among the contenders.

The event will act as a trial for the IAU 100km World Championships being held next year, while the national 50km championships will be held at the same time on the 2.1km loop.

www.maymile.co.uk
COBRA CLASSIC 10km
 Old Halesonians RFC, Stourbridge, West Midlands. 10.30am.
www.cobrarc.co.uk
DEEPINGS ROTARY 10km
 Deeping St James, Cambridgeshire. 11am.
EDMUND CARR GREAT BADDOW CHARITY 10
 Recreation Ground, Great Baddow, Essex. 11am.
www.baddowraces.org.uk
EYAM HALF-MARATHON
 The Lydgate, Eym, Derbyshire. 10.30am.
www.eyamhalfmarathon.org.uk
GALA HARRIERS 10km
 Tweedbank Sports Complex, Tweedbank, Galashiels.
www.galaharriers.com
HAY 5km
 Co-Operative, Hay-on-Wye, Herefordshire. 9.30am.
www.peakperformanceevents.co.uk
HEROES V VILLAINS RUN
BRIGHTON 5km/10km
 Hove Seafrost, Brighton, Sussex. 10am.
www.heroesrun.org.uk
HOOK 6/10
 Hook Junior School, Hook, Hampshire. 11am.
www.hookfunrun.com
HORNSEY YMCA CROUCH END 10km
 Tottenham Lane, Crouch End, London. 9.30am.
www.ymcaghornsey.org
HORTON SPRING BULL RUN 4.26
 Village Hall, Horton, Bristol. 10.30am.
www.hortonbullrun.co.uk
KIRKBY STEPHEN 10km
 Christian Head, Kirkby Stephen, Cumbria. 2pm.
howgillharriers.co.uk
KNOWLE 5.2
 Arden School, Knowle, West Midlands. Noon.
www.knowlefunrun.org.uk
LEICESTER'S BIG 10km
 Abbey Park, Leicester. 9.30am.
www.tempevents.co.uk

MONKLANDS 5km/HALF-MARATHON
 Drumpellier Country Park, Coatbridge, North Lanarkshire. 10.30am.
www.nlleisure.co.uk
PRESTWOOD 10km
 Sprinters Leisure Centre, Prestwood, Buckinghamshire. 11am.
www.prestwood10k.co.uk
RABY CASTLE 10km
 Raby Castle Grounds, Staindrop, Co Durham. 10.45am.
www.teesdaleac.co.uk
RACE FOR WILDLIFE 10km
 Undy FC, The Causeway, Undy, Gwent. 10.30am.
www.gwentwildlife.org
ROSS PEERS EAST CAMBRIDGESHIRE HALF-MARATHON
 Soham, Cambridgeshire. 11.15am.
www.rosspeers-sportscentre.co.uk
ROYAL BERKSHIRE 10km
 Green Park, Reading, Berkshire. 11am.
www.royalberkshire10k.com
RUN DURHAM HAMSTERLEY 10km
 Hamsterley Forest, Hamsterley, Co Durham. 11am.
www.runnation.co.uk
SITTINGBOURNE INVICTA 10km
 Westlands School, Sittingbourne, Kent. 11am.
www.rotary1120.org/sittingbourneinvicta
SOUTHAMPTON AC 10km
 Royal Victoria Country Park, Southampton, Hampshire. 10.30am.
southamptonathleticclub.org.uk
STAINES 10km
 Knowle Green, Staines, Middlesex. 9am.
www.staines10k.co.uk
STELLING MINNIS 10km
 Village Hall, Stelling Minnis, Kent. 11am.
ali.cottrell@tiscali.co.uk
WEST END 8
 Syston RFC, Queniborough, Leicester. 10.30am.
www.westendrunners.co.uk
WOODBIDGE 10km
 Woodbridge, Suffolk. Noon.
woodbridgeshufflers.org.uk

WORDEN PARK 10km
 Worden Park, Leyland, Lancashire. 11am.

TRACK

Thursday May 1
HAYWARDS HEATH HARRIERS OPEN
 Crawley. 6.15pm.
www.haywardsheathharriers.co.uk
INTERTRUST JUNIOR GRAND PRIX OPEN
 St. Peter Port.
<http://guernseyathletics.org.gg>
LAGAN VALLEY YOUNG ATHLETES' OPEN MEETING
 Belfast. 6pm.
www.laganvalleyac.co.uk
MIDLAND VETERANS' LEAGUE SOUTH DIVISION
 Stourport. 7pm.
www.mvtf1.wordpress.com/

Saturday May 3
BUCS CHAMPIONSHIPS
 Bedford. Until Monday May 5.
www.bucs.org.uk
SOUTHERN MEN'S LEAGUE
 1C: Wimbledon. 1E: Lee Valley. 1W: Guildford.
www.southernmensleague.org.uk
YOUTH DEVELOPMENT LEAGUE
 Midland East 1: Leicester. Midland East 2b: Derby. Midland Premier 1: Swansea. Midland Premier 2: Nottingham. Midland West 1: Yate. Midland West 2a: Brautnton. Midland West 2b: Solihull. Midland West 2c: Kidderminster. Northern East 1: Middlesbrough. Northern East 2: Cleckheaton. Northern North 1: Basildon. Northern North 2: Hillingdon. Northern North 3: Mile End. Northern Premier 1: Sportcity. Northern Premier 2: Sheffield. Northern South 1: Ashford. Northern South 2: TBC. Northern South 3a: Carshalton. Northern South 3b: Woking. Northern South 3c: Medway. Northern Southern 1: Southampton. Northern Southern 2: Bournemouth. Northern West 1: Ellesmere Port. Northern West 2: Ashton under Lyne. Northern West 3: Leigh. Northern West 4: Blackpool.
www.ukydl.org.uk

Sunday May 4
DEVON OPEN SERIES
 Braunton.
www.tavistockathletics.co.uk
EAST ANGLIAN LEAGUE
 Bury St Edmunds, Colchester, Norwich.
www.cambsathletics.org.uk/page13.htm
NORTH OF ENGLAND LEAGUE
 1: Hull. 2E: Middlesbrough. 2EC: Leeds. 2W: Stretford. 2WC: Bolton. 3E: Darlington. 3EC: Grimsby. 3W: Carlisle. 3WC: Cleckheaton. 4E: Jarrow. 4EC: Cudworth. 4W: Litherland. 4WC: Oldham.
www.noaaathletics.org.uk
MIDLAND JOINT LEAGUE
 1: Birmingham. 2: Coventry. 3: Worcester. 4: TBC. 5: Sutton in Ashfield. 6: Leamington.
www.midlandathletics.org.uk
YOUTH DEVELOPMENT LEAGUE
 Scotland 1: Grangemouth. Scotland 2:

Wishaw. Scotland NE: Dundee.
www.ukydl.org.uk
WELSH SENIOR LEAGUE
 Cardiff.

Monday May 5
BMC PB CLASSIC
 Street. 5.45pm.
www.britishmilersclub.com
BREWER GAMES OPEN
 Cheltenham.
www.cheltenhamharriers.co.uk
GRIMSBY HARRIERS OPEN
 Grimsby.
www.grimsbyharriers.org.uk
HAMPSHIRE COUNTY COMBINED EVENTS CHAMPIONSHIPS
 Portsmouth.
www.athletics.hampshire.org.uk
HERNE HILL HARRIERS OPEN MEETING
 Tooting Bec. 12.30pm.
www.hernehillharriers.org
HERTFORDSHIRE COUNTY AAA OPEN (Inc VETERANS' CHAMPS)
 Stevenage.
www.hertscaaa.org.uk
MILE END OPEN 2014
 Mile End.
www.justiming-live.co.uk/mile-end2014.html
SOUTHERN COUNTIES VETERANS' LEAGUE WESTERN DIVISION
 Horspath.
www.scvsc.org.uk
TRAFFORD AC MEDAL MEETING
 Stretford. Noon.
www.traffordac.co.uk

Tuesday May 6
60TH ANNIVERSARY OF THE FIRST SUB-FOUR MINUTE MILE
 Markinch.
www.scottishathletics.org.uk
BMC ELITE RACES
 Belfast. 7pm.
www.britishmilersclub.com
BMC GOLD STANDARD RACES
 Stretford. 8pm.
www.britishmilersclub.com
CORBY AC OPEN
 Corby. 7pm.
www.smyton.org/corbyacn
SHEFFIELD FESTIVAL OF MILES
 Sheffield. 7pm.
www.festivalofmiles.info
TONBRIDGE AC EVENING OPEN MEETING
 Tonbridge.
www.tonbridgeac.co.uk
TRAFFORD GRAND PRIX (DISTANCE/THROWS ONLY)
 Stretford. 6pm.
www.traffordac.co.uk

Wednesday May 7
BMC BEST OF BRITISH
 Watford. 7.30pm.
www.britishmilersclub.com
BMC GOLD STANDARD RACES
 Watford. 7.30pm.
www.britishmilersclub.com
CHARNWOOD AC OPEN MEETING
 Loughborough. 6.30pm.
www.charnwoodac.co.uk
GRANGEMOUTH STADIUM OPEN GRADED MEETING
 Grangemouth. 6.45pm.
www.falkirkcommunitytrust.org
NORTH EASTERN OPEN GRAND

PRIX SERIES
 Jarrow. 7pm.
www.necaa.info
ROSENHEIM LEAGUE WEST DIVISION
 Walton. 6.45pm.
www.kingstonandpoly.org
VETERANS INTER-CLUB SERIES
 Milton Keynes.
WATFORD OPEN GRADED MEETING
 Watford. 7pm.
www.watfordharriers.org.uk
WELSH MASTERS' LEAGUE
 Cardiff.
www.welshmastersathletics.com

Thursday May 8
ABERDEEN AAC CLUB CHAMPIONSHIPS & OPEN MEETING
 Aberdeen. 6pm.
www.aberdeenaac.co.uk

Saturday May 10
BMC PB CLASSIC
 Corby. 5pm.
www.britishmilersclub.com
BRITISH ATHLETICS LEAGUE
 1: Eton. 2: Basingstoke. 3: Bedford. 4: Yeovil. Premiership: Cardiff.
www.bal.org.uk
CUMBRIA LEAGUE
 Copeland.
HIGHGATE HARRIERS NIGHT OF THE 10,000m PBS (Inc ENGLAND ATHLETICS CHAMPIONSHIPS)
 Parliament Hill. 7.30pm.
www.highgateharriers.org.uk
INTER-INSULAR CHAMPIONSHIPS
 St. Peter Port.
www.guernseyathletics.org
MID LANCASHIRE LEAGUE
 Preston.
www.midlancs.org.uk
MMTG PENTATHLON OPEN
 Deby.
www.mmtg.org.uk
SOUTH YORKSHIRE LEAGUE
 Doncaster. 10am.
www.sycac.co.uk
SWEATHOP SOUTHERN ATHLETICS LEAGUE DIVISION 3 NORTH
 King's Lynn.
www.southernathletics.org.uk
UK WOMEN'S LEAGUE
 2: Cardiff. 3: Bedford. Premier: Swansea.
www.ukwal.org.uk
YORK BENENDEEN HEALTH SUMMER LEAGUE
 York.
www.cityofyorkathleticclub.net

Sunday May 11
ALDER VALLEY GIRLS' LEAGUE
 Uxbridge. 11.30am.
www.wseh.info/aldervalleygirls
ANDOVER AC YOUNG ATHLETES' OPEN
 Andover.
www.andover-athletic.co.uk/
AYRSHIRE COUNTY CLOSED CHAMPIONSHIPS
 Ayr. 11.30am.
www.scottishathletics.org.uk
CHESHIRE LEAGUE
 Bury, Connah's Quay, Stretford.
www.cheshireaa.com
CYRIL ELLIOTT OPEN GRADED MEDAL MEETING

BUCS Championships, Bedford, May 3-5

THE nation's top students will be battling for championship honours at this annual event.

World indoor fourth-placer Andrew Pozzi is entered for the 110m hurdles, while Niall Flannery and Lloyd Gumbs are sub-50-second entries in the longer hurdles event.

In the sprints, international 400m runner Richard Buck is set to be in action, while Bianca Williams is looking to follow up on her recent 11.25 for 100m in the United States.

European junior 1500m champion Jake Wightman is another a notable entry, while James Shane, Richard Goodman and Jonny Hay are also due to appear in the middle-distances.

Lauren Howarth, Annabel Gummow and Beth Potter head a classy women's 5000m.

Pole vaulters Nick Cruchley, Daniel Gardner and Paul Walker



Richard Buck

are among the leading men's field event entries.

Meanwhile, Isobel Pooley (high jump), Jazmin Sawyers (long jump), Izzy Jeffs and Laura Whittingham (both javelin) will also be in action on the field.

Submit your fixture online at athleticsweekly.com

Middlesbrough. 10am.

www.middlesbroughac.org.uk
EASTERN YOUNG ATHLETES' LEAGUE

Ipswich, Luton, Peterborough, Southend.

www.eyal.org.uk

HEART OF ENGLAND LEAGUE

1: Rugby. 2: Corby. 3: Witney. 4:

Nuneaton.

www.hofe-league.org.uk

KENT YOUNG ATHLETES' LEAGUE

Erith. 11am.

www.kcaa.org.uk/KYAL.htm

NEWHAM ATHLETICS NETWORK OPEN SERIES

Newham. 11.30am.

www.justiming-live.co.uk/activenewham.html

NORTHERN VETERANS' CHAMPIONSHIPS

Leigh.

www.nvac.co.uk

PETROFAC GRAMPIAN ATHLETICS LEAGUE

East: Perth. North: Inverness.

www.grampianathleticsleague.synthesite.com/

SOUTH WEST LEAGUE DIVISION 1

Exeter.

www.swathletics.org.uk

UK WOMEN'S LEAGUE DIVISION 1

Lee Valley.

www.ukwal.org.uk

WIRRAL AC OPEN MEDAL MEETING

Bebington.

www.wirralac.co.uk

YORKSHIRE & DISTRICT LEAGUE

Wakefield.

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Monday May 12

BMC REGIONAL RACES

Durham. 7.30pm.

www.britishmilersclub.com

SOUTHERN COUNTIES VETERANS' LEAGUE

Hants and Surrey: Winchester. Kent:

Canterbury. Mid London: Battersea.

www.scvac.org.uk

SOUTH WEST LEAGUE DIVISION 2

Exeter.

www.swathletics.org.uk

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Tuesday May 13

AVON AA OPEN MEETING

Whitehall. 6.30pm.

www.avon-aa.org.uk

NORTH DOW AC OPEN MEETING

Bangor. 6pm.

www.nirunning.co.uk/july-2013

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

Middlesbrough. 6pm.

www.new-marske-harriers.co.uk

TRAFFORD GRAND PRIX (SPRINTS/ HURDLES/JUMPS ONLY)

Stretford. 6.30pm.

www.traffordac.co.uk

WOODFORD GREEN OPEN

Woodford. 6.45pm.

www.wgef.org.uk

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Wednesday May 14

BMC REGIONAL RACES

Brighton. 7.30pm.

www.britishmilersclub.com

800s at 7.30pm/Miles at 8pm

BRIGHTON PHOENIX OPEN MEETING

Brighton. 5pm.

www.brightonphoenix.org.uk

CAMBRIDGESHIRE AA

DEVELOPMENT OPEN

St. Ives. 6.45pm.

www.cambsathletics.org.uk

MANX HARRIERS LEAGUE

Douglas.

www.manxharriers.com

NEWHAM & ESSEX BEAGLES OPEN SERIES

Newham. 6pm.

www.justiming-live.co.uk/neb2014.html

OXFORD CITY AC OPEN GRADED MEETING

Horspath.

www.oxfordcityathleticclub.com

ROSENHEIM LEAGUE EAST DIVISION

Battersea. 6.30pm.

www.herculeswimbledonac.org.uk

SOUTHAMPTON AC GRADED OPEN MEETING

Southampton. 6pm.

www.southamptonathleticclub.org.uk

SUSSEX UNDER 13 LEAGUE DIVISION EAST

Lewes.

www.sussexathletics.org.uk

WEST YORKSHIRE LEAGUE

Wakefield. 6.45pm.

www.wakefield-harriers.co.uk/wytfll/wytfll.htm

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Thursday May 15

SUSSEX UNDER 13 LEAGUE DIVISION WEST

Crawley.

www.sussexathletics.org.uk

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Friday May 16

ULSTER SCHOOLS' CHAMPIONSHIPS

Antrim. Until Saturday May 17.

www.athleticsni.org

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Saturday May 17

AVON AA COUNTY CHAMPIONSHIP

Yate.

www.avon-aa.org.uk

BMC GRAND PRIX

Watford. 5.30pm.

www.britishmilersclub.com

BMC REGIONAL RACES

Hutchesons Grammar, Glasgow. 7pm.

www.britishmilersclub.com

BT GREAT CITY GAMES

Manchester.

www.greatcitygames.org

CHESHIRE & GREATER MANCHESTER COUNTY CHAMPIONSHIPS

Macclesfield. Until Sunday May 18.

www.cheshireaa.com

CORNWALL SCHOOLS COMBINED EVENTS CHAMPIONSHIPS & TRIALS

Par.

DEESIDE MEMORIAL GAMES OPEN

Connaught Quay.

www.deesideathleticclub.com

DERBYSHIRE MINI LEAGUE

Derby. 10am.

www.derbyshireathletics.org.uk/MiniTField.html

HULL INTERNATIONAL ATHLETICS FESTIVAL MEETING

Hull.

www.kuhac.co.uk

JSB PLUMBING FORTH VALLEY LEAGUE

Grangemouth. 10am.

www.jsbplumbing-forthvalley.fsnet.co.uk

LINCOLNSHIRE COUNTY CHAMPIONSHIPS

Grantham.

www.lincsathletics.org.uk

NORTHAMPTONSHIRE COUNTY CHAMPIONSHIPS

Corby. 11am. Until Sunday May 18.

www.northants.athletics-uk.org/

NOTTS MINI LEAGUE

Kirkby in Ashfield.

www.notts-minileague.co.uk

OXFORD v CAMBRIDGE VARSITY MATCH

Oxford.

www.ouac.org/event/150th-varsity-match

SOUTHERN MEN'S LEAGUE

1C: Mile End. 1E: Bexley. 1W: Yeovil.

www.southernmensleague.org.uk

SOUTHERN WOMEN'S LEAGUE

1: Bexley. Premier: Guildford.

www.swtfl.co.uk

SOUTHERN ATHLETICS LEAGUE

1: Abingdon, Croydon, Stevenage, Walton. 2 North: Harrow, Hemel

Hempstead, Milton Keynes, Ware. 2

South: Ashford, Dartford, Swindon, Woking. 3 North: Braintree, Cambridge, Watford. 3 South:

Aldershot, Portsmouth, Salisbury, Winchester.

www.southernathletics.org.uk

WARWICKSHIRE/LEICESTERSHIRE & RUTLAND COUNTY CHAMPIONSHIPS

Nuneaton. Until Sunday May 18.

www.lraa.org.uk

YORKSHIRE COUNTY CHAMPIONSHIPS

Cudworth. Until Sunday May 18.

WALKS

Friday May 9

SOUTH YORKSHIRE LEAGUE

Millhouses Park, Sheffield.

www.sycaa.co.uk/sycaa

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Sunday May 11

SARNIA WC GRAHAM MANN CUP HANICAP 3km

Les Amareurs, Vale, Guernsey. 9.30am.

www.sarnia.wordpress.com

OVERSEAS

Friday May 2

IAAF COMBINED EVENTS CHALLENGE

Florence, Italy. Until Saturday May 3.

www.iaaf.org

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Saturday May 3

IAAF WORLD CHALLENGE

Kingston, Jamaica.

www.iaaf.org

IAAF WORLD RACE WALKING CUP

Taichang, China. Until Sunday May 4.

www.iaaf.org

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Sunday May 4

BIG 25 BERLIN 25km

Berlin, Germany.

www.berlin-laeuff.de/big-25-berlin.html

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Friday May 9

IAAF DIAMOND LEAGUE

Doha, Qatar.

www.diamondleague.com

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INFORMATION

www.virginmoneylondonmarathon.com

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www.basclub.org.uk

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Did Wood run world's first sub-4?

ROGER BANNISTER has enjoyed global fame for his sub-four-minute mile achievement, but one of his rivals from the 1950s, Ken Wood, went to his grave six years ago convinced he had been the first man to beat the barrier.

The Sheffield runner, who died in 2008 aged 77, always insisted he had run a sub-four-minute mile in training one month before Bannister ran 3:59.4 in Oxford on May 6, 1954.

Wood claimed he clocked 3:59.2 at a training session at the University of Sheffield sports ground on April 7, 1954. "Mine was only a training run, but it was a definite sub-four-minutes, no question," he said. "I thought it was just another time. The lads who were with me made a little bit of fuss about it, but I never really mentioned it to anybody."

Wood's claim has never been taken too seriously, but he was no mean athlete. He won the Emsley Carr mile four times between 1954 and 1961 and won the AAA mile



Ken Wood: sub-four training run claim

title in 1956 and 1959.

He was famous for having a strong kick finish and in 1956 he went for 20 races undefeated at a mile or 1500m and broke the British record for two miles (8:34.8), a frequently run distance at that time.

He went to the 1956 Melbourne Olympics as, arguably, the favourite but could only finish ninth in the final won by Ireland's Ron Delany.

One of Wood's pacemakers during his sub-four training effort believes the athlete simply got his years mixed up. Pete Adams, a Sheffield University student now living in Canada, paced Wood to a sub-four mile but not in 1954.

As he told AW: "I was not at university the year Bannister ran the first sub-four minute mile (1954). However, the sub-four time trial in which I participated was in 1956 just prior to the Melbourne Olympics. Before going to Australia, Ken ran a sub-four minute mile 'in cold blood' on the Sheffield University track.

"At that time it was an extraordinary feat. There were no spectators and we had no special preparation.

"Perhaps that run was one reason for his over-confidence in the Olympic final."

Supermiler scream

SEB COE'S celebratory stance when he won the Olympic 1500m in Moscow was immortalised in photographs in 1980 and now,

more than 30 years later, the image has been drawn in the



style of Edvard Munch's famous 1893 painting *The Scream*.

Coe's moment of glory was superbly drawn by Molly Atkinson, a year nine pupil at Park House Schools in Newbury, Berkshire.

Certainly, Coe's exploits have

never quite been seen like this before!

Above, the painting and left, Seb Coe wins in Moscow in 1980



London cheat turns down Richmond

THE infamous "London cheat" of 2014 has apparently declined a generous offer from the Richmond Running Festival to win £5000 if he can break 70 minutes for the half-marathon at their event on September 21.

Jason Scotland-Williams made the front page of *The Sun* newspaper, plus many other publications, after it emerged he'd

run the first half in London on April 13 in 2hr 7min and the second half in 61 minutes as he clocked 3:08:47.

Scotland-Williams, a fitness instructor from London, claimed: "I'm not a cheat!"

But when challenged to prove his ability by the Richmond race, which is organised by Tom Bedford and starts in Kew Gardens, he told *The Sun* he had "no interest" in the offer.

Age can't stop Ron running

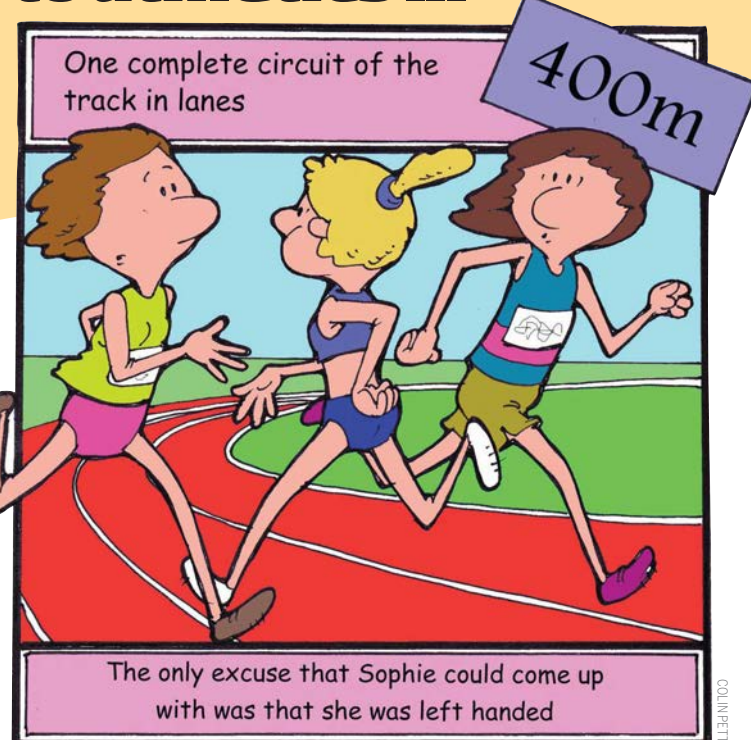
RON HARNDEN proved one of the most popular runners at the recent Guernsey Easter Festival when he ran the cross country relay on his 80th birthday.

Harnden was cheered on by a number of team-mates as he charged to the finish, showing that age truly is no barrier when it comes to athletics enjoyment.



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