

November 29 2000 £1.95

athletics

WEEKLY

REVIEWS THE SPORT • REVEALS THE ATHLETE

THIS WEEK

Naoko Takahashi:
Japan's golden
girl profiled

Gert Thys wins
Great South Run

Dr Gabriele Rosa:
a man with an eye
for running talent

New sponsor for
Euro Indoor series

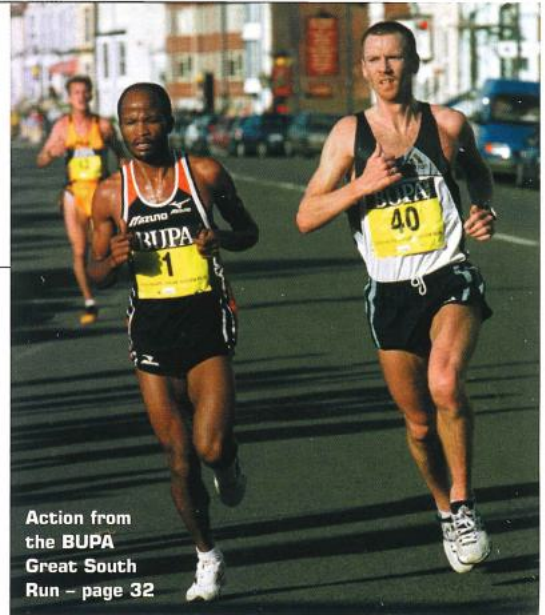
**DARREN
CAMPBELL**
Reflects on Olympic silver

WIN A BAG
OF ISOSTAR
GOODIES

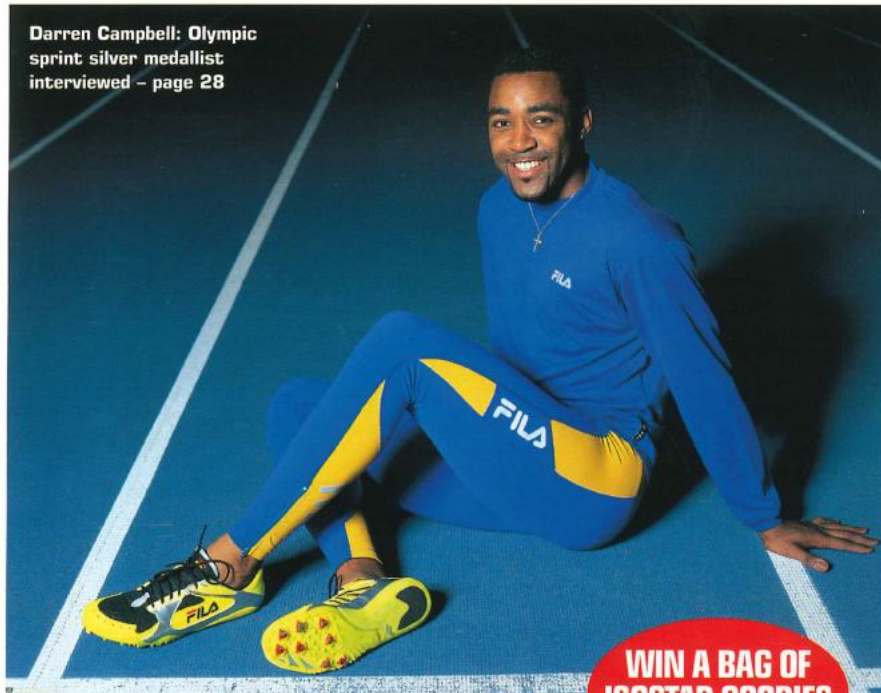


News, reports and results from around the world

This week ...



Action from the BUPA Great South Run – page 32



Darren Campbell: Olympic sprint silver medallist interviewed – page 28

WIN A BAG OF ISOSTAR GOODIES – PAGE 9

athletics WEEKLY

COMMENT

ON Saturday night I attended an awards dinner which went a long way to reaffirming my faith in our sport.

I joined Steve Wicks, sports development officer for Slough Borough Council, and club patron Marcia Richardson as guests at Windsor and Slough Junior AC's annual dinner.

This young club is proof that recruiting youngsters to athletics is not a problem, so I will watch with interest as members enter their middle teens when retention becomes the challenge.

But on Saturday the kids ate, collected well-earned awards and partied hard. These youngsters are a credit to club chair Karen Waddington, her committee and their parents – well done all of you!

NIGEL WALSH

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■ Sale Harriers crowned the year with the UK Women's League title. Bob Frank reviews the league season

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■ Bob Frank reflects on Belgrave Harriers' fourth successive BAL title and reviews all the lower divisions

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■ Under-13 girls rankings for 2000 show several youngsters making their mark on the all-time lists

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■ Gert Thys beats weather and Glynn Tromans to win the Great South Run

On the cover: Darren Campbell. Picture courtesy of Fila

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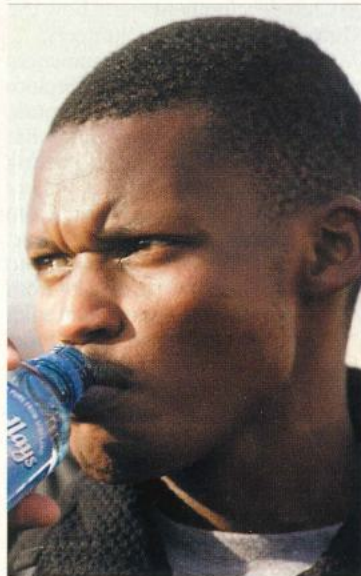
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GNR winner eyes London

BUPA Great North Run winner Faustin Baha wants to make his marathon debut in London next year. The Tanzanian has made a big breakthrough this year with a sub-hour half-marathon, that Great North Run victory and a silver medal in the world half-marathon championships ... yet he's still only 18.

Also sometimes referred to as Phaustin Baha Sulle, he has come on in leaps and bounds since his eighth place in the world junior cross country championships in March. He has broken 63 minutes for the half-marathon on half a dozen occasions this year - including wins in Nice, Gothenburg and South Shileds - and his 59:38 for fourth place in Lisbon would have been a Tanzanian and world junior record if not for the fact performances there are not being ratified due to the downhill nature of the course.

Baha, who has a wife and a four-



Marathon debut in London: Tanzania's Faustin Baha

month-old son, wants to impress on the track as well as the road next year, saying: "I want to beat the Tanzanian record for the 5000m, 10,000m or marathon. I plan to make my debut next year and would be interested in running London."

Baha, who trains in Trento, Italy as well as back home in Tanzania, ran this year's Arusha Marathon as a training run but didn't finish. He is keen to run London as his first serious outing at the distance.

Having finished 15th in the 1999 world half-marathon championships at the age of 17, he also believes there is much more to come at that distance. He says: "Maybe in two years time I will be ready to beat Paul Tergat and start winning world titles and breaking world records."

Baha, fourth in the Durham Cross Country this year, led from start to finish in the Great North Run after a 4:18 opening mile.

Games stay in Athens

THE International Olympic Committee said last Friday that Athens will keep the 2004 Olympic Games.

For the past six months speculation has been rife that the Greek city would lose the Games. This reached its peak last week when an IOC inspection team paid a crucial visit to the city.

But Jacques Rogge, the head of the inspection committee, said: "The IOC will stage the Games in Athens and never, I say never, was there any intention to move them." Rogge added, though, that the Athens organising committee (ATHNOC) must maintain a 'sense of urgency'.

"I am pleased to report that the coordinating committee is happy with the progress made," he added. "We believe plans and deadlines are realistic provided there is a sense of urgency at all levels."

The IOC inspectors were greeted by environmental protestors playing mock Olympic Games with hula-hoops. But they also learned the deadline for the building of several key Olympic venues had been brought forward by four months.

A delay in construction of Olympic sites had been the IOC's primary concern prior to the visit. The confidence found within the ATHNOC offices by *Athletics Weekly* recently (see last week's issue) was obviously justified.

Distance legend Zatopek dies

EMIL ZATPEK, one of the greatest athletes in history, died last week at the age of 78. The Czech runner won the 5000m, 10,000m and marathon at the 1952 Helsinki Olympics, adding to the 10,000m Olympic gold he'd won in London four years earlier.

Famed for his gruelling training techniques (not to mention agonised, gasping and hunched running style), Zatopek built formidable reserves of strength by running with army boots and completing mammoth track sessions.

On sentry duty in the Czech army, he often ran on the spot for over an hour, his knees high and back as straight as a board. His wife once gave him some washing to do and he put it in the bath and began running on it.

At the Helsinki Olympics the world gazed on in astonishment as he won three gold medals in a display of running that has not been seen since.

He won the 5000m and 10,000m and then, after famously turning to Britain's Jim Peters to cheekily, yet innocently, ask if the pace was fast enough, sped away to a two-and-a-half-minute victory in the marathon.

In addition to his titles, he broke 18

world records at distances from 5000m to 30km, and in 1951 he became the first man to run 20km in under an hour. He was, in short, a phenomenon.

Perhaps the greatest tale relating to Zatopek - and one that perfectly sums up his incredibly charismatic and kind personality - involves the visit of the Australian distance runner Ron Clarke to Zatopek's home.

Clarke, a multi-world record-breaker who never won a major title, was given a present by Zatopek just as he was about to board the plane home.

Clarke opened the package on the plane and inside was one of Zatopek's Olympic gold medals, a gift from an athlete who had gloriously won four of them to a fellow athlete he just felt deserved one.

When Zatopek fell ill during the Sydney Olympics it was fitting the Czech javelin thrower Jan Zelezny should dedicate his own gold medal to the legendary runner. He is survived by his wife, Dana, who won Olympic gold in the javelin in 1952.

■ **IN next week's *Athletics Weekly*** Frank Horwill considers the legacy left by the man who is widely regarded as the greatest distance runner of all-time.

Javelin champions sweep European awards

JAVELIN throwers Jan Zelezny and Trine Hattestad have been named Waterford Crystal European Athletes of the Year.

Following an open vote held on the European Athletic Association website, Olympic champion Zelezny finished well clear of the runner-up, Britain's Jonathan Edwards. It is the third time the Czech has won this award.

The women's competition was much closer, with only 34 points separating the Olympic women's javelin champion and world record-holder Hattestad from Germany's Heike Drechsler.

After winning the world long jump title in 1983, Drechsler returned this year to win Olympic gold.

In a breakdown of voters, it is interesting to note that only eight Czech voters entered their opinion. Whereas 59 from Hattestad's home, Norway, voted and 53 from Germany.

The keenest voters were the Greeks, who pushed Olympic 200m champion Konstantinos Kenteris into third place in the men's vote and women's sprinter Ekaterini Thanou to fifth in the women's section.

■ Full results

Men: 1 J Zelezny (CZE, JT) 1935; 2 JONATHAN EDWARDS (TJ) 1444; 3 K Kenteris (GRE, 200) 1370; 4 R Korzeniowski (POL, walks) 1052; 5 E Noal (EST, dec) 989; 6 V Alekna (LIT, DT) 966; 7 N Schumann (GER, 800) 886; 8 A Harju (FIN, SP) 446; 9 M Tarasov (RUS, PV) 403; 10 M Mourhit (BEL, 5/10km) 372

Women: 1 T Hattestad (NOR, JT) 1806; 2 H Drechsler (GER, LJ) 1772; 3 I Privalova (RUS, 400H) 1434; 4 G Szabo (ROM, 5km) 1284; 5 E Thanou (GRE, 100/200) 1010; 6 DENISE LEWIS (thpt) 866; 7 K Platzer (NOR, walks) 410; 8 S Graf (AUT, 800) 318; 9 T Marinova (BUL, TJ) 280; 10 V Szekely (ROM, 1500) 260

briefs

Myerscough banned

CARL MYERSCOUGH has admitted that metabolites of anabolic steroids were contained in urine samples given by him in May 1999 and has been banned until February 12 2002.

The 1999 AAA senior shot put champion competed earlier this year in the USA, in a meeting that was not under the jurisdiction of IUKA or the IAAF. His two-year suspension runs from the date of his last competition.

Scandinavian bid

FOUR Scandinavian cities are planning a joint bid to host the 2012 Olympic Games.

Gothenburg and Malmö in Sweden, Copenhagen in Denmark and Oslo in Norway are hoping their combined resources will convince the International Olympic Committee they should stage the Games.

Dream win for Cardy

WORLD veterans' champion Bronwen Cardy defied the heat to win last week's Olympic Dream 10km in Melbourne.

The Welsh star, who has recently emigrated to Australia, has found her best form for many years in 2000 and her latest success saw her clock 34:58, catching one of Australia's top triathlete, Emma Corney, in the last 500m.

No relation

PAMELA CHEPCHUMBA, who placed fifth in the World Half-marathon Championships, is no relation to former Flora London Marathon winner Joyce Chepchumba - but is related to current London champion Tegla Loroupe.

Pamela, the 1998 Great North Run third placer, is the sister-in-law of the world marathon record-holder. She was invited to join Loroupe's German-based training group and ended up marrying Loroupe's brother Julius.

Her victories this year include the Frankfurt Half-marathon and Guadalajara Half-marathon.

Irish success

FORMER Irish junior champion Keith Kelly won the NCAA cross country title in Iowa last week.

He became the third Irishman to win the title, following in the footsteps of Niall Cusack in 1972 and South African-born Irish Olympian Sean Dollman in 1991. Kelly defeated Kenyan opposition in the shape of Robert Ondienki to win by two seconds.

Another Irish star to have won the title is Sonia O'Sullivan in 1991.

briefs

Scottish awards

IAN MACKIE and Angela Mudge were honoured as the Scottish Athletics Federation Athletes of the Year at the annual awards dinner in Edinburgh last Saturday.

Mackie was the only Scottish male athlete to achieve Olympic selection, while Mudge won the world mountain racing series.

Darren Ritchie (long jump), Steph Hayward (shot) and Paralympic medal-winning sprinter Stephen Payton were runners-up for the men's award, with Sinead Dudgeon, Allison Curbishley, and double Paralympic gold medalist Caroline Innes being the women's runners-up.

Honorary life membership was conferred on Peter Carton and Ron Morrison.

Other awards:

Bank of Scotland talented young athlete awards, female: Aileen Wilson (high jump). Male: Allan Stuart (200/400).

Senior coach of the year: and Betty Clapperton Trophy: John Scott. Junior athletes' coach: Frank Rafferty.

Female coach: Carol McLaren. Tom Stillie award for outstanding contribution to Scottish athletics: Helen Spankie.

BMC Training day

THE David Lowes/BMC training day, as advertised in last week's *Athletics Weekly* (November 22, page 49) will actually take place this Saturday, December 2, and not Saturday December 6.

The training day, to be held at Maiden Castle in Durham, is perfect for athletes seeking international selection as the day is packed with lectures, training and discussions to help BMC members (£1) and non-members (£2).

For enquiries phone David Lowes on 0191-3846592.

George T Hall

BANBURY HARRIERS stalwart George T Hall died on November 11 from cancer at the age of 62.

Get your kit back

SEVERAL items of kit were left after the ECCA Cross Country Relays at Mansfield earlier this month.

If you left anything then call 01623-636775.

Boost for Forest

FOREST of Dean AC has been awarded £3333 from the 'Awards for All' scheme.

Dunfermline secretary

DUNFERMLINE & West Fife AC has a new secretary, he is William Taylor of 164 Sherbourne Road, Rosyth, Fife KY11 2YX.

Telephone: 01383-413720.

Countdown to the Congress

SINCE the end of October officials from UK Athletics have been touring Britain and attending forums to find out what the athletics fraternity wants from the future. This weekend, in Birmingham, the adventure reaches an enthralling climax at the second annual UKA Congress.

Adam Walker, UKA's development director, has been to most of the forums, along with his colleagues, chief executive David Moorcroft and performance director Max Jones.

Walker says the main issues raised at the forums have been:

- Communication – how it can be improved within the sport and whether paper or the Internet is the best way to convey information.
- Competition – from grassroots to elite level.
- Funding – primarily focusing on how money is being directed towards the grassroots.

■ Club development – and how the clubs can recruit new volunteers.

UKA has tried to let the audiences at the forums – which have taken place in towns and cities such as Taunton, Belfast and Gateshead – know what plans the governing body is putting in place for the future. But Walker stressed that he has also learned from the audiences at the forums.

"The most positive outcome from the forums is that we learn a lot from other people in the sport," he said. "What I have found massively beneficial is that I can listen to real people giving me real problems.

"We are also able to learn good practices from people with huge experience within the sport. And there has also been no great formality to the agenda. Myself, Dave and Max stand up there and they (the audience) just let rip."

An average of about 50 people have attended each forum, with the excep-

tion of Lee Valley, where less than 20 were present due to travel difficulties.

Future forums are planned in central London and Cumbria, either immediately before or just after Christmas.

Athletics enthusiasts should not think there is no point going to the Congress if they have already attended one of the forums. Walker, Moorcroft and Jones, not to mention Paralympian Tanni Grey-Thompson, will all deliver key speeches at the Congress. In addition to this there will be question time sessions, workshops and an exhibition.

■ It is still possible to obtain late registration for the Congress, which starts at Birmingham's NEC on Saturday morning and ends on Sunday teatime.

The cost is £12 per day or £17 for both days. Contact Karen Drew on 0121-4568714.

Gains resigns from UKA board

A MEMBER of the UK Athletics board and key player at last year's inaugural UKA Congress, Charles Gains, resigned last week complaining that he has been sidelined by UKA.

In addition to resigning from the board, Gains also gave up his job as club liaison and support manager – a voluntary position he has held since April 1999.

In the weeks leading up to the successful 1999 Congress in Manchester Gains toured the country eliciting opinions from club members which he highlighted in a report to UKA. Now, frustrated and feeling marginalised by the senior officers of UK Athletics he has resigned four months before the end of his tenure.

"I'm going," he said, "because I have become increasingly frustrated that the position I hold has no influence on the direction that UKA has been taking. I feel sidelined and that my presence is deemed nominal."

He cited the contrast between his role in the Manchester Congress and his projected role this year.

"Last year's Congress was excellent. I was active in its organisation and had a special part in the programme, a Club Forum, to myself. Over 50 people attended and there was lively but productive discussion. I also produced a report that went into every delegate pack.

"This year I have been totally excluded from the Congress arrangements, given no slot in the programme or invited to present a report although my job profile said that is exactly what I should be doing."

His resignation comes at the end of

months of frustration when he has felt that his concerns have been ignored.

"I met with Dave Moorcroft and Adam Walker on March 14 last with a list of my frustrations. They both made the right noises but did nothing. I was particularly angry over the Development Plan which I only received at the proof stage and was unable to influence.

The appointment of Andy Paul to be full-time club services manager was not a factor in Gains' decision to resign. "My difficulties largely pre-dated this appointment," he said, "but there was bound to be confusion."

The core problem with UKA is, he says, its accountability only to itself. Communication also worries him.

"They didn't communicate with me for a start!" he said. "But also the people I meet are tired of the glossy brochures, slick presentations, spin and all the rest of it."

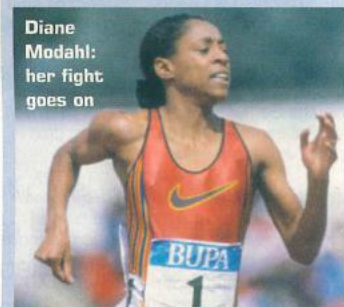
Gains is sad to go. "I started with so much hope and end with so much disappointment but there has to be a forum somewhere for people like me. It's not like me to walk away from a fight! I've no advice for my successor. I'm confident they'll look for someone who suits their style more closely."

UKA chief executive David Moorcroft said: "Charles put himself forward for the position which we thought could be done on an honorary basis. It hasn't worked out.

"In all honesty we believe that he has had as much support as the other honorary officers.

"We're disappointed that he has chosen to leave at this time but, of course, wish him well for the future."

Modahl court case



Diane Modahl: her fight goes on

DIANE MODAHL's case against the British Athletic Federation began in the High Court last week but has been adjourned until December 4.

In 1994 Modahl was wrongly found guilty of being a drugs cheat and a chain of events was set in motion that came close to crippling the sport in this country.

Last week Modahl, the 1990 Commonwealth 800m champion, began proceedings to sue for £1 million from the BAF, who, in December 1994, suspended her for four years after a drugs test in Lisbon had allegedly shown illegal levels of testosterone. An independent appeal panel subsequently lifted the ban in July 1995 after doubts were cast on the accuracy of the tests.

Modahl alleges bias on the part of the BAF disciplinary committee that imposed the original four-year ban.

She is claiming the £480,000 she has spent on legal and medical advice, plus a similar amount in punitive damages over the way the case was handled by the BAF, which is now in administration.

The BAF argues that the doping charge was fairly dealt with and that there was no bias.

When Mr Justice Douglas Brown adjourned the trial in London last week he said he would give his decision on the question of liability in the week beginning December 4.

Intense debate at British League AGM

WITH the presence of UK Athletics development director Adam Walker it was inevitable there would be a debate on the 16-page competition review working party report at the annual meeting of the British Athletics League, writes Tom Pollak.

There was criticism from many of the club representatives that they had not even seen the document.

Walker explained 1500 copies had been sent out using information supplied by the area associations. Much to the surprise of representatives, who thought the report was a policy document, he explained: "This document is not a dictate. This is a consultation document. I am here on a listening brief."

"We want to listen to all the league providers and all those people involved in the sport. But, we think this is the right way forward."

Peter Matthews, president of Enfield & Haringey, was concerned about certain aspects of the report.

While it advocates dual sex teams at senior level, Matthews said he had done an analysis which showed there were around six times more men than women involved in athletics at senior level.

League Fixtures for 2001:

Division One: May 5 at Barnet Copthall, Hendon; June 2 at Birmingham (joint with UKWL); July 7 at Thames Valley Athletics Centre, Eton (joint with UKWL); August 18 at Barnet Copthall, Hendon. **Division Two:** May 5 at Sheffield; June 2 at Watford; July 7 at Cardiff; August 18 at Eton. **Division Three:** May 5 at Liverpool; June 2 at Cardiff; July 7 at Peterborough; August 18 at Stoke.

Division Four: May 5 at Crawley; June 2 at Blackpool; July 7 at Jarrow; August 18 at Rugby.

Qualifying match: September 8 at Watford.

Cup Dates

First round: May 20 (various venues). **Semi-finals:** June 10 at Eton or Watford; New River, Wood Green; Rugby; Wigan. **Cup Finals:** July 21 at Bedford. **Plate Finals:** July 22 at Bedford.

"These figures have serious implications when trying to combine teams," he warned.

One fifth of the country's population lived in Greater London where there are only three UK Women's League teams compared with nine in the British League, an indication of the imbalance. "There are not enough women at senior level to go round," Matthews insisted.

The report also said there should be fewer clubs through mergers. But Don Blackett from Woodford Green & Essex Ladies warned: "If you reduce the number of league clubs you are going to reduce the number of people in athletics."

Iain Moody from Telford supported this, stressing that more people

should be encouraged into athletics to sustain the club structure.

Geoff Morphis of Shaftesbury Barnet said there even appeared to be too few women athletes at junior level. "In the National Junior League, there are very few events in the women's matches where we have eight competitors."

Richard Weston, a former Cup secretary and currently Division One secretary, criticised the report for failing to identify the problem issues or indicate what the targets were. "The report also fails to identify the sources of finance or where it would be directed," he said.

Other representatives opposed the suggestion in the report that the number of teams in the national leagues

should be reduced from the current eight to six.

Bill Laws of Belgrave Harriers complained that nothing seemed to have happened since UK Athletics announced two years ago that it planned to give grants to leagues.

Plans to run a mixed cup competition in 2001 have been put back to 2002 so that the full implications of the change can be thought through and the required change of rules implemented.

In 2001 there will be men's and women's cup competitions but a new trophy will be awarded at the cup final to the club with the best combined team.

Mike Heath, David Jeacock, Keith Hopson and Neil Donachie were re-elected chairman, secretary, finance officer and promotions officer, respectively. Tony Miller stood down as cup secretary and was replaced by Dave Farrell. Also elected were: assistant general secretary Mary Wall, disabled events secretary Charlie Bethel, distribution officer Ivor Wiggitt, drug testing officer Ian Larrard, officials secretary Roy Stratton, and programme compiler David Barrington.

UK Women's League plan joint fixtures

THE UK Women's League is to have two joint Division One matches with the British Athletics League in 2001, writes Tom Pollak.

For the past two seasons there has been a single joint division one match, at Birmingham in 1999 and Eton this year. In addition, there was a joint Division Two match at Enfield this summer.

The joint matches in 2001 will be at Alexander Stadium, Birmingham, on June 2 and at Eton on July 7.

There will also be a joint women's match at Eton on Sunday, August 5 for

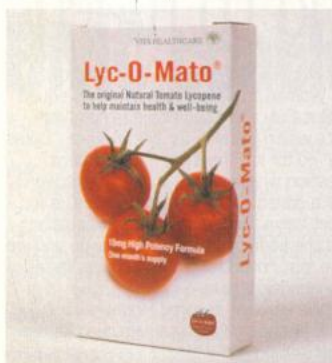
Division Two and Division Four teams.

UKWL fixtures for 2001 are:

Division One: June 2 at Alexander Stadium, Birmingham (jointly with BAL); July 7 at Thames Valley Athletics Centre, Eton (jointly with BAL); August 4 at Wigan. **Division Two:** June 3 at Rugby; July 8 at Liverpool; August 5 at Eton (jointly with Division Four). **Division Three:** June 3 at Ashford; July 8 at Wigan; August 5 at Newport. **Division Four:** June 3 at Hull; July 8 at Stoke or Cannock; August 5 at Eton (jointly with Division Two).

Tomato boost

ATHLETES have long been aware of the benefits of antioxidant supplementation to prevent illness and boost resistance to infection.



Lyc-O-Mato: 20 packs to give away

Recent studies in the USA and Europe have shown that people who eat tomatoes or tomato products four times a week are almost 34 per cent less likely to develop heart disease and prostate, lung and digestive system cancers.

The reason for this dramatic figure is believed to be the antioxidant lycopene, which is found in tomatoes. Now Lyc-O-Mato has been launched in the UK it is possible, via a convenient 15mg capsule, to add non-genetically modified lycopene to your diet without having to eat the 180 tomatoes a month you'd need to provide the equivalent amount.

Lyc-O-Mato has no known side-effects and is available from Lloyds Chemists, independent healthfood stores and Unichem.

If you'd like to try Lyc-O-Mato we have sample packs to give to the first 20 readers to write to *Athletics Weekly*, 'Lyc-O-Mato', 13 Cavell Court, Lincoln Road, Peterborough PE1 2RJ.

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briefs

Updated javelin book

A NEW edition of John Trower's book *Javelin* has been published recently by UK Athletics.

Trower is UKA's technical director for throws and he coaches, among others, Steve Backley and Mick Hill.

Copies of his book can be obtained from Neuff Athletic Equipment, PO Box 12, Rillington, North Yorks YO17 8YX, price £9.30 including delivery.

Lance chance to Trot

ENTRIES for the Keyworth Turkey Trot Half-marathon (Sunday December 10) close tomorrow (November 30).

Today is your last chance to send off postal entries, and in case you have lost your entry form you can log on to their website (<http://freespace.virgin.net/keyworth.turkeytrot>), email them at keyworth.turkeytrot@virgin.net or obtain an entry form from Harry Karmazyn by phoning 0115-9373248.

More than 600 entries are expected to face the challenging route through the South Nottinghamshire Wolds.

AWs for sale

A COMPLETE set of *Athletics Weekly* from 1993 to the present day is for sale.

If you are interested in making an offer contact Mick Sadler on 0121-6861955.

Marathon coach offer

DON SHELLEY, a British national coach from 1980-1981, is looking to start coaching marathon runners again.

Any runner looking for advice on marathon running should write to Shelley at the Marathon Office, 11 Lichfield Street, Stone ST15 8NA.

Godiva merge

COVENTRY Godiva Harriers has announced that they're joining forces with Coventry Racewalking Club.

The racewalkers already have a successful senior men's team and hope by merging with the mainstream club will eventually produce an equally successful women's walking team.

Date change

THE Old Father Time 5 for veterans only will take place on Sunday December 31 and not January 7 as has been previously announced.

The race, organised by Les Croupiers, incorporates the Welsh vets' champs. Further details from John Griffin, 22 Heol Waun y Nant, Whitchurch, Cardiff CF4 1JZ.

Aqua-Pura initiative launched

UK ATHLETICS launched a new initiative this week aimed at helping women in athletics. The initiative, which will be sponsored by Aqua-Pura, hopes to build upon the successes that British female athletes enjoyed at the Sydney Olympics.

Half of Britain's six medals were won by women athletes, with Denise Lewis winning heptathlon gold and Kelly Holmes and Katharine Merry winning bronze in the 800m and 400m respectively.

Now, with Aqua-Pura's backing, UK Athletics is attempting to build a platform to develop the next generation of female champions.

To do this an Aqua-Pura Women in Athletics coordinator will be appointed (before the end of the year) to carry out a nationwide research project examining current female athletics activity. The coordinator will also help to develop resources and promotional material to support the scheme, including a section on the UK Athletics website (www.ukathletics.org) and an information pack for schools.

In the New Year 15 female develop-

ment centres will be established throughout the UK. To ensure that these centres work effectively, the coordinator will work with the regional development coordinators already in post.

Following the establishment of development centres, a programme of activity will be put into place, including athletics introductions for girls in local schools, a structured talent identification programme, regular squad sessions plus teacher and coach education. In addition to this, extended opportunities for girls will be built into schemes such as Norwich Union Star-track and Sports Hall.

To provide women with an effective voice in athletics, the Aqua-Pura Women's Forum will be set up and will meet at least twice a year. The Aqua-Pura fast tracking project will ensure that former international female athletes and current female coaches develop within administrative and coaching systems.

As well as aiding the development of women's athletics, Aqua-Pura Women in Athletics aims to support elite female athletes. Among the high

performance elements of the scheme will be strength conditioning with elite female athletes, a female athlete assertiveness programme, the formation of an elite steeplechase squad and elite coach development focusing on needs of female athletes.

Kelly Holmes, patron of the initiative, said: "I'm very pleased to be involved with Aqua-Pura Women in Athletics and to be named as patron. After the success of the British women in Sydney I feel it is only right there is a support strategy set up to help identify and develop talented females in this country. By doing this we can hopefully encourage more women to participate in athletics and direct the athletes of today to become the champions of tomorrow."

David Moorcroft, chief executive of UK Athletics, added: "We have some great individuals in women's athletics in the UK but we need to do all we can to make sure we have greater strength in depth and that women are actively involved at all levels of the sport. Aqua-Pura's support of the Women in Athletics Initiative will enable us to set about achieving this."

McColgan sets sights on Commonwealth comeback

LIZ MCCOLGAN is to attempt a championship comeback in the marathon for the 2002 Commonwealth Games in Manchester, but the world half-marathon champion, Paula Radcliffe, says they are unlikely to meet in what would be the final race of the Scot's career, writes *Doug Gillon*.

McColgan, former world 10,000m champion and winner of the Commonwealth title at that distance in 1986 and 1990, announced her championship retirement when forced out of the Olympic trial in London last April.

She has not raced since finishing second in the 1998 London Marathon, and has twice since undergone surgery, most recently last December. In October last year she gave birth to a son, Martin. When injury finally ruled her out of the Sydney selection race McColgan was devastated. Now, she and her husband, Peter, who run a fitness centre at Camoustie, expect a

third child just after Christmas.

"Manchester is my last chance to do something in a Scottish vest," said McColgan, who will be 38 by then. "I just can't resist it."

"I did say I'd never do another championship, but age and time are not on my side. There's no way I'd contemplate running London next April, with the baby due in six weeks, but I do plan to run a marathon next November - probably New York, or Chicago."

"Provided I am healthy, and fit, I will do the marathon for Scotland at the Commonwealths in Manchester. It will be my last race ... I have wires and a pin in my big toe, but it's fused in a position in which I can push off with it. I was running 60 miles a week, and doing 10-mile runs until a fortnight ago. I am still training, but taking it easier now. I still think I am capable of running a faster marathon than I have done so far. I would not consider it if

I did not think I was capable of winning."

Meg Stone, Scotland's head of elite performance, was instrumental in persuading McColgan to return. "I am keen to get Liz involved in any way I can, as a coach, or team manager. She has so much to offer," said Stone.

Radcliffe, who has removed McColgan's UK records at 10,000m and the half-marathon, said: "I probably will do my first marathon in 2002, but it's unlikely to be Manchester. I think it is great Liz is having another go."

McColgan is in a 49-strong Scotland Commonwealth Games preparation squad which includes three other female marathoners: Lynne MacDougall, Vikki McPherson and Trudi Thomson.

European 200m champion Dougie Walker is also in the squad - a SAF vote of confidence following the trauma of his having been branded a doping offender by the IAAF, despite being cleared by Britain.

Windsor and Hounslow planning to merge

FOLLOWING a failed attempt to merge with Belgrave Harriers earlier this year, Borough of Hounslow AC is now poised to link up with Windsor, Slough & Eton, writes *Tom Pollak and Martin Duff*.

Hounslow and WSE are holding simultaneous extraordinary general meetings on December 4 to vote on proposals to merge. If the clubs agree on the proposals the merged club would operate from April 1, 2001.

The new club would have around 800 members, combining 550 from Windsor and 250 from Hounslow.

"That would make us one of the largest clubs in the country," said Dennis Daly,

Windsor's general secretary.

Hounslow club chairman Con Milton said: "We instigated the move and it is our firm belief that the future of British athletics is in bigger clubs."

The merged club would have women's teams in the UK Women's League division one and divisions one and three of the Southern Women's League, men's teams in division three of the British Athletics League and divisions one and three of the Southern Men's League.

It would also have men's and women's teams in the National Junior League and boys and girls teams in the McDonald's Young Athletes' League. The only team

lost in the merger would be Hounslow's UK Women's League division three squad.

But Daly admitted there is not total unity within his club for the merger: "Some say 'go for it', he said, "while others question whether this is the way forward."

He added: "What we don't want is a short term thing where we get together and the base at Hounslow dries up and we have lost potential young athletes from the Hounslow area."

"We've been assured Hounslow will bring all their officials to help run the new organisation and with that assurance we have nothing to lose. I think it's an opportunity. Windsor is a growing club."

Haughian's target

DESPITE being part of Borough of Hounslow's winning quartet in the English cross country relay championships at Mansfield, Sam Haughian did not feel up to bidding for a spot in the UK Euro cross squad at Margate, writes Martin Duff.

"I'm just not running well enough," said the former national junior cross country champion, who feels that his altercation with a metal post in South Africa last winter has been the cause of a recurrent knee problem.

Consequently, Haughian did not want to risk a first major outing over the country this winter in the Reebok Trials at Margate.

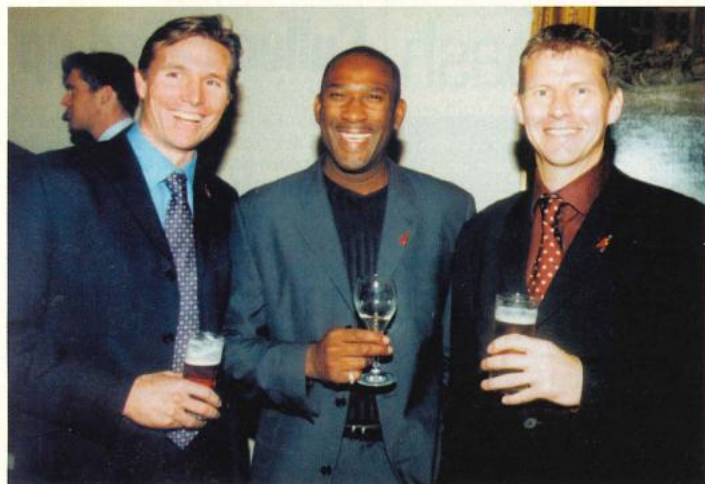
Instead, the 21-year-old tested himself in the Sweat Shop Surrey

League over a sodden Petersham course and came out on top, beating Yacin Yusuf and Gary Staines. "I'd been feeling rough for two weeks," said Haughian after his league race, "so I didn't want to go straight into a competitive race (by running at Margate)."

The former world cross short course runner came down with a cold after running at Mansfield and said: "The virus was obviously in me waiting to come out, but I had decided not to do Margate before that."

Haughian plans a solid campaign of training before tackling the second half of the winter with gusto and aiming to re-claim his world cross country team place.

A question of support



A CELEBRITY sports quiz in aid of the Bobby Moore Fund for Imperial Cancer raised £85,000 with the help of some top sportsmen and women.

Des Lynam hosted the evening with support from a first class roll of celebrities such as former Olympic 400m silver medallist Roger Black and former world record-holder for the mile and 1500m Steve Cram, pictured above with former hurdler Wilbert Greaves.

Each celebrity led table teams with

the Whitehead Wanderers crossing the line first. In silver position was the Nike team who had England rugby international Lawrence Dallaglio and top 400m runner Donna Fraser respectively as team captains.

The Bobby Moore Fund was set up in memory of the World Cup-winning former England captain, who died from bowel cancer at the age of 51. Since the launch almost £1 million has been raised.

BMC coach of the year

THE BRITISH Milers' Club has voted Chris Wooldridge as their coach of the year.

Wooldridge, who is based near Newquay in Cornwall, coached a remarkable four girls to win English Schools' middle-distance track titles in Sheffield earlier this year.

Zoe Jelbert (inter girls 1500m), Leah Harris (senior girls 800m), Jemma Simpson (inter girls 800m), Danielle Barnes (junior girls 1500m) all won titles in Sheffield under Wooldridge's guidance.

An award plaque was presented to Wooldridge at the BMC annual general meeting in Birmingham on November 26 by BMC chairman Dr Norman Poole.

This was followed by the presentation of the Frank Horwill Award for outstanding services to the BMC to Poole, Matthew Fraser Moat and Gerry Barnes.

Previous winners of the BMC coach of the year award include: Harry Wilson, Neville Taylor, Horwill, George Gandy, Mike Down, Alex Stanton, Peter Coe and David Arnold.

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Metropolitan is off

DUE to adverse weather conditions, the Metropolitan cross country league at Ruislip on December 2 has been cancelled.

Hillingdon had to cancel the event as the ground is waterlogged and organiser Howard Williams has not been able to find an alternative venue. For more information, you can call Williams on 01277-625294

Gwent prints winner

ERIC THOMPSON of Gwent was the lucky winner to receive exclusive signed photographic prints of Sally Gunnell, Denise Lewis and Mary Peters, with Hugh Barnfather of Huntingdon and John Harvard of Essex receiving the runners-up prizes of a Team GB tankard, wine goblet and paper weight.

The competition in *Athletics Weekly* October 4, asked you to name the six female British Olympic gold medallists.

The answer was Sally Gunnell, Denise Lewis, Mary Peters, Mary Rand, Tessa Sanderson and Ann Packer.

Midlands entry form

THE Midland Counties 2001 indoor entry form, advertised in *Athletics Weekly*, November 8 omitted a space for the name of the competitor's club.

Anyone entering the indoor meetings organised by the Midland Counties is asked to write the name of their club on top of the entry form.

Book for Christmas?

RICHARD NERURKAR will be signing copies of his book *Marathon Running: from Beginner to Elite*, at the Runners Shop in Beckenham from noon to 2pm on Saturday December 2.

Take your flier for the book and you will get 10 per cent off all non-sale shop goods.

Exmouth secretary

EXMOUTH Harriers' new secretary is Maurice Ault, who can be contacted at 4 Rolle Barton, Church Hill, Otterton, Budleigh Salterton, Devon, EX9 7HR.

Energizer lights up indoors

AFTER an exhausting track and field season, which reached its climax in Sydney and Santiago, the name of the latest sponsor to jump aboard the athletics bandwagon is quite apt. Energizer, the world's leading dry cell battery and flashlight manufacturer, was named last week as the new title sponsor for the European indoor grand prix.

At the moment the athletes probably feel they need their own batteries recharging. Most have just begun their winter's training. Some are still enjoying their end-of-summer rest period.

But the cycle of track and field competition will resume in the New Year, with the four-meeting Energizer Euroseries providing the focal point in the run-up to the World Indoor Championships in Lisbon in March.

The four meetings, formerly known as the Ricoh Tour, are in Birmingham,

Stockholm, Ghent and Lievin. The series is the indoor equivalent of the outdoor Golden League, with the Birmingham meeting – the Norwich Union Indoor Grand Prix at the National Indoor Arena on February 18 – regarded as the 'Weltklasse', or world-class, meeting of the winter.

Last year's indoor grand prix meeting at the NIA proved a great form guide to the season ahead. In all, six Olympic champions from Sydney began their year by competing at the NIA.

Ian Stewart, athlete coordinator at Fast Track, the marketing arm of UK Athletics, has the unenviable job of making next year's meeting even better.

"We are currently in discussion with a host of Olympic champions, including several of Britain's Olympic medallists," he said.

It is already known that athletes such as Jonathan Edwards, Kelly Holmes and Colin Jackson are planning

to compete indoors this winter. And there's always the chance of seeing a world record, given that seven have been set at the NIA since it opened in 1992 – including two at last year's meeting from Wilson Kipketer over 1000m and Million Wolde over two miles.

The Energizer deal is, according to Fast Track's Jon Ridgeon, "a multi-million dollar deal lasting three years." And he added: "But Energizer could have a bigger part to play in the sport. Things are up in the air at the moment, but this is Energizer's first foray into athletics and there could be more in future. Who knows?"

■ IF you're struggling to choose a Christmas present for a relative or friend, then why not get them a ticket for February's Norwich Union Indoor Grand Prix. Available to the public from December 1, call the NIA box office 0121-780-4444 or the Ticketmaster hotline 0870-444-4440.

Duo star at awards bash

OLYMPIC gold medallists Denise Lewis and Jonathan Edwards were named as athletes of the year by the British Athletics Writers' Association at the Park Lane Hotel, London, on Saturday.

Lewis, the Olympic heptathlon champion, received the award for best British female athlete for the fourth time, having previously won the award in 1996, 1997 and 1998.

Edwards won the men's award for the second time. The Olympic triple jump champion last picked up this award after his tremendous 1995 season, when he broke the world record and won the world title.

Donna Fraser won the Norwich Union Inspiration Award after a superb season that included finishing fourth in the Olympic 400m final. Fraser pipped another Olympic fourth-placer, Paula Radcliffe, and Olympic 800m bronze medallist, Kelly Holmes, for the award.

The male junior athlete of the year award went, unsurprisingly, to Mark Lewis-Francis – who ran a world age 17 best for 100m before going on to win gold medals in the 100m and 4x100m relay at the World Junior Championships in Santiago.

There was a surprise, however, when the women's junior 'athlete' of the year was announced. The winner, or rather winners, were the women's 4x400m squad of Lisa Miller, Helen Thieme, Jenny Meadows, Kim Wall and Heather Brookes.

Like Lewis-Francis, the quintet of female 400m runners returned from Santiago with gold medals after smashing the UK junior record by one-and-a-half seconds to defeat Jamaica and Romania.

Chris Maddocks won the Ron Pickering Memorial Award for Services to Athletics. The 43-year-old walker from Devon finished the Olympic 50km walk final in last place – and in agony. Competing with injury his performance provided an inspiration to athletes of all ages and in all events. "I didn't think I was going to make those first five laps in the stadium," he said at the time. "But these are the Olympic Games and I had to finish."

Maddocks was not given the award simply because of that one performance in Sydney though. It was his fifth appearance in the Olympics, achieved during a career bereft of financial help.

Maddocks received his award in front of almost 400 athletes, writers and members of the athletics family – by far the biggest 'BAWA bash' in history.



Writers' choice:
Denise Lewis

Cullen called up

THREE-time British cross country champion Keith Cullen answered the call of the GB selectors for the European cross country championships in Malmo, Sweden.

The Chelmsford athlete plans a low-key cross country outing this weekend, his first race since the Olympic marathon, but says he is pleased with his fitness.

Last year he gave the World Cross Country Championships a miss as he was preparing for his marathon debut in London – a decision that paid off as his 2:13:37 in London earned selection for Sydney.

He says: "I took three weeks off after Sydney but have got back into training fairly quickly and am fitter than I'd have expected. The Europeans had been at the back of my mind but it was a case of the selectors approaching me rather than the other way round and I'm doing it to try to help the team rather than as an individual. I'm fairly fit and the selectors see me as a strong team member. I won't be running a marathon next year so I'm looking to run the world cross country and have a full cross country season."

Of his 19th place in Sydney, he says: "I was happy with that, taking into account the quality of the field and the nature of the course. I was always catching people and making up ground. I think another mile and I could have made the top 10."

Alan Buckley and Dave Taylor, fourth and fifth in the trial at Margate, got the other places for Malmo along with the first three who gained automatic selection.

In the women's team Amanda Parkinson is named as reserve after missing the trial through food poisoning. Borough of Hounslow clubmates Kathy Butler and Hayley Yelling got the selectors' nod.

■ **Men:** Dominic Bannister (SB), Alan Buckley (Gate), Keith Cullen (Chelms), Matt O'Dowd (Swin), Dave Taylor (B'ht), Glyn Tromans (Cov). **Reserve:** Spencer Duval (G&S). ■ **Junior men:** Mohamed Farah (Houn), Robert Maycock (Sale), Lee McCash (Pland), Robert Smith (Bas), Chris Thompson (AFD). **Reserve:** Paul Shaw (Traff). ■ **Women:** Kathy Butler (Houn), Tara Krzywicki (Cham), Helen Pattinson (Pres), Hayley Yelling (Houn), Liz Yelling (Bed C). **Reserve:** Amanda Parkinson (Sale). ■ **Junior women:** Collette Fagan (Glas), Jessica Nugent (SB), Sally Oldfield (Kett), Jane Potter (Cham), Juliet Potter (Cham). **Reserve:** Henrietta Freeman (Inv).

Caines builds on Sydney success

WHO would have thought Daniel Caines would be Britain's No.1 male 400m runner at the Sydney Olympics? The 21-year-old from Solihull failed to make the Olympic 400m final by a mere 2/100ths of a second.

Only a few weeks earlier he was struggling to break 46 seconds and finished fourth in the Norwich Union AAA Championships and Olympic Trial behind Mark Richardson, Sean Baldock and Jamie Baulch.

In defence of his rivals, Richardson withdrew from the Games to buy more time to defend the allegations that he has deliberately taken the steroid nandrolone, but then showed his class by beating three Olympic finalists, including bronze medallist Greg Houghton, at the Grand Prix Final in Doha straight after the Games.

Iwan Thomas, the European and Commonwealth champion, only took part in the relay in Sydney after struggling all season with injury. Baulch, the European Cup winner, ran a stinker in Sydney, as did Baldock – and both went out in the first round.

At the Games, though, Caines showed inspired form by slicing half a second off his 400m best in the first round with 45.39, followed by 45.37 in the second round, and then 45.53 to finish fifth in his semi-final. In the 4x400m he was easily the fastest Briton in each of the three rounds.

Now the athletics fraternity can look forward to seeing Caines run at Birmingham's NIA this winter. Last winter he thrilled the audiences ind-



No.1 one-lapper: Daniel Caines

doors with his blood and guts tactics.

At the European Indoor Championships he drew the impossibly tight inside lane in the final, yet burst into the lead and held pole position at the end of the first 200m lap. Such an effort saw him fade to sixth and last, but he warned: "I did my best and there will be a day when I don't die."

Earlier in the season he had smashed his 400m best with 46.79 at the Birmingham Games and then won the AAA indoor title with 46.89, leading all the way on both occasions. He went out even faster (21.34 at 200m) at the CGU Grand Prix before tiring to finish

second equal in 46.85.

Caines likens his 400m races to the early career of Sebastian Coe. "He used to go out hard and die," said Caines. "But soon a day came when he was good enough to hang on and win."

Last week Caines was still bullish: "If you'd told me last January that I'd make the Olympics and just fail to make the final by zero-point-zero-two I would have laughed at you."

"The Olympics have given me confidence and I'm also going into this indoor season with a lot more training under my belt. It's all about making finals, because that's what gets you noticed. The first goal is the World Indoor Championships and then the world outdoors in Edmonton."

"I can't take getting to Edmonton for granted, but when you get in a final anything can happen – unless Michael Johnson is in there too."

Caines, who graduated from Swansea University a few months ago and has recently started training as a solicitor at Birmingham University, added: "Indoors anything can happen, especially if you get a good lane draw. The crowd seem to be right on top of you and you can really feel their ambience. The indoor season is somewhere you can really put your foot in the door."

Caines has already done that. And while he almost certainly won't get the chance to take on Richardson and Thomas this winter, an expected clash with world indoor champion Baulch will be eagerly anticipated.

Vets' trophies found

AFTER an appeal in *Athletics Weekly*, Maurice Morrell of the BVA has managed to track down two of the missing cross country trophies to a Brighton nursing home, writes Martin Duff.

The women's team trophy had previously been won by Brighton-based Arena 80 and it now transpires one of its team members, Sue Bushby, put the trophy on display in the nursing home at which she works.

For two years, the silverware was displayed at the home, along with the women's individual trophy won by Sue Morley at the same time.

Morley had lost track of the W35 trophy and had replaced it for the benefit of future winners, but it was on display in the nursing home all along.

Now, both trophies are due to be returned in time for next year's championships in Swansea.

Duval to meet UKA

FORMER National cross country champion Spencer Duval is due to meet UK Athletics officials Zara Hyde-Peters and Alan Storey following his failure to make the sextet for next month's European Cross Country Championships.

Duval, who has rediscovered his best form for many years this winter with second places in the opening two Reebok Cross Challenge races, missed the trial due to flu. He was consequently named as reserve for Malmö as the first five past the post in Margate were named along with former British champion Keith Cullen.

He has now arranged to meet recently-appointed UKA technical director for endurance events, Hyde-Peters, and national endurance coach Storey during the week before the European Championships.

Duval says: "I'm not happy about not being selected so I want to discuss that, but also the fact they say you can't compete in the 10 days before departure for Malmö. I've got a race the week before Malmö – the Leeds Abbey Dash – which is sponsored by my sponsors, Fila."

"If they were paying me Lottery money that would be different, but my running is my living ... and it's not even as if I'm in the team. I cannot believe the selectors' decision, I thought I'd done enough to be picked. I think I've been shafted."

"Every race I'm improving but it seems people can have one fluke run and get in the team."

ADVERTORIAL

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The first 10 correct entries drawn from our postbag will win an Isostar Power Tabs kitbag, drinking flask and two tubes of Isostar Power Tabs.

■ Which brand is the official sports drink of UK Athletics?

■ Which new Isostar product is the most convenient way of drinking a portion controlled power based isotonic drink?

Entries close on Monday, December 4.

Sale Harriers Manchester have a bulging trophy cabinet after a highly successful year, capped by their success in the UK Women's League, as BOB FRANK reports

SALE HARRIERS Manchester marked a highly successful season by winning the top domestic club prize open to women.

Eric Hughes' squad were beaten into second in the final match by 1999 champions Shaftesbury Barnet but they had a comfortable margin of three points to take the title, having triumphed in the opening two encounters.

In the year they also won the Jubilee Cup, Northern Women's League and National Women's Road Relay, Sale won the UK league title quite convincingly because the first two matches saw everyone else taking points off each other.

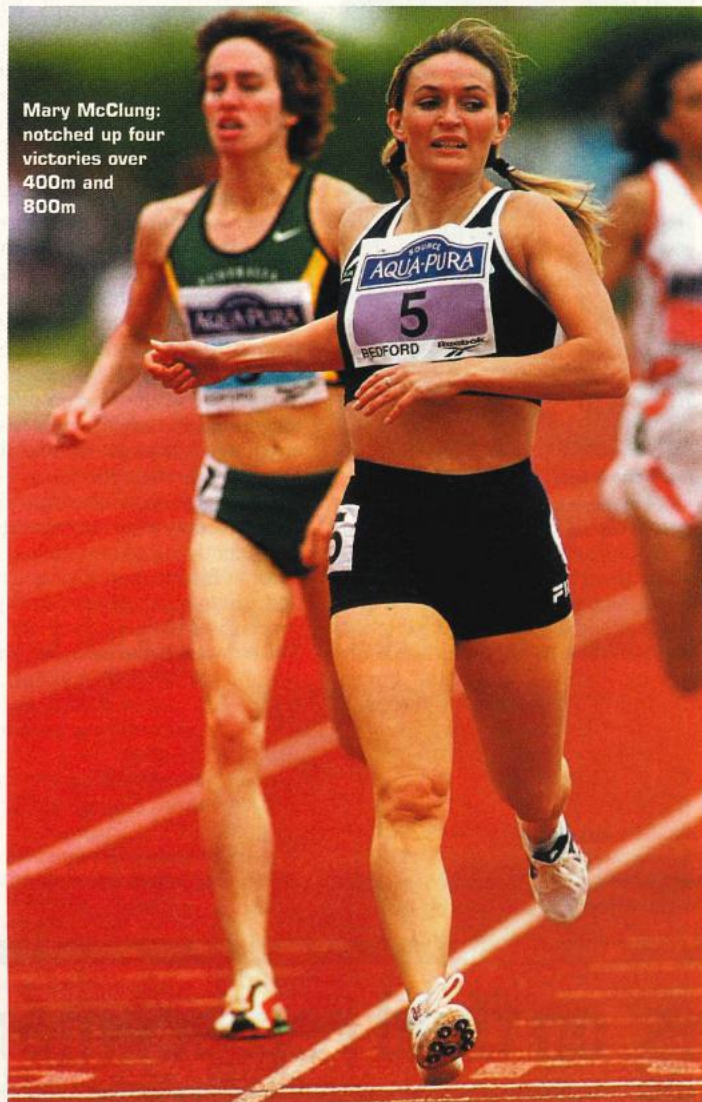
Shaftesbury Barnet's fifth place in the opener blew their title chances for they were on a par with Sale in the two remaining matches. At Scotstoun they went into the final event, the 4x400m, just one point behind Sale and just 0.03 seconds separated the pair as Sale's Keri Maddox - who had earlier won the 400m hurdles in a personal best as well as taking the sprint hurdles - held off Michelle Pierre.

Then in the final match at Solihull, Shaftesbury triumphed in another close match as Sale were just two points behind. That was still an excellent performance by Sale as their big lead going into the match saw some of their stars saving themselves for the following week's AAA Championships.

The Manchester club's strength in the throws and middle distances shone through as UK record-holder in the hammer, Lorraine Shaw, and discus thrower Philippa Roles went through the league campaign with 100 per cent records in their main disciplines.

Shaw broke her own league record five times during the campaign and also notched a couple of B-string discus successes. Team-mate Roles proved in a class of her own in the A-string while Rachel Beverley gave great support as the B-string hammer thrower, and there is strength in depth in that discipline if ever Shaw or Beverley are unavailable.

Golden year for



At the beginning of the season the league hammer record stood at Shaw's 64.27m, set in 1999. By the end of the opening match at Eton it had already been broken four times - a new record of 64.69m followed by new marks in the third (64.81m), fourth (65.17m) and fifth (65.20m) rounds. That mark was to fall again when Shaw reached 66.19m in the final match.

Sale's impressive showing in the middle distances should surprise no-one, such is their array of internationals and their fine record which included that victory in the national road relays last month.

Kerry Smithson and Sue Lamb scored well for them while Ann Griffiths, Amanda Parkinson and Paula Fryer also made occasional appearances to great effect.

High jumper Julie Crane and hurdler Maddox also made their presence felt during a successful

campaign, while Heather Brooks proved a useful B-string 400m performer.

Shaftesbury got better as the season went on and ended the campaign with a win, but they'd left themselves with too much to do. The north London club took maximum points in the shot, where Julie Dunkley was in a class of her own while Tracey Axten took the B-string on each occasion.

Lee McConnell grabbed a couple of high jump wins to go with the success of England international Dalia Mikeviciute while the club also scored well in the sprints through the likes of Shani Anderson, Catherine Murphy and Abi Oyepitan.

Windsor, Slough and Eton, champions in 1998, had a consistent season behind the big two. They also supplied the other league record set this year, Michelle Griffith

FINAL TABLES

Division One

1 Sale	23	611.5
2 Shaftesbury Barnet	20	568.5
3 Windsor, Slough & Eton	18	523
4 Wakefield	16	455.5
5 Trafford	11	433.5
6 Birchfield	10	419.5
7 Aldershot, Farnham & District	7	373
8 City of Glasgow	3	308.5

Division Two

1 Edinburgh Woolen Mill	23	624.5
2 Woodford Green with Essex Ladies	19	542.5
3 Liverpool	17	465.5
4 Peterborough	13	432
5 Team Solent	12	427
6 Coventry	11	430
7 Ashford	9.5	400.5
8 Middlesbrough & Cleveland	3.5	342

Division Three

1 Rugby	22	634
2 City of Norwich	21	595.5
3 Medway	20	568
4 Swansea	11	440.5
5 Borough of Hounslow	11	423.5
6 Wigan	10	361
7 City of Stoke	9	363
8 City of Hull	4	257.5

Division Four

1 Border	23	594.5
2 Bristol	20	519.5
3 Basingstoke & Mid Hants	18.5	487
4 Newport	14.5	432
5 Derby	12	439
6 Bournemouth	9	387
7 Thurrock	6	369
8 Cardiff	5	315

improving the triple jump mark to 13.71m.

Javelin thrower Kelly Morgan was also in fine form for the club and the final match at Solihull saw her set a UK under-23 record of 57.99m. Most of Windsor's individual successes, though, came in the B-strings through the likes of sprint hurdler Bianca Liston.

Wakefield were also fairly consistent and it was no surprise that all their individual victories came in the middle distances through the likes of Penny Thackray, Julie O'Mara and Alice Butler, but credit must also be given to heptathlete Kerry Jury who served the club proud by competing in up to five events per match.

Trafford's strength came in the one-lap hurdles where they took maximum points, Katie Jones winning all A-string events and Joanne Mahoney and Danielle Codd combining to ensure they took full points in the B-strings.

They also have a useful asset in UK pole vault record-holder Janine Whitlock who can score well in the sprints as well as her specialist event. Whitlock had a shock in the opener at Eton, though, when two other vaulters cleared the same

Sale

LEAGUE RECORDS

100:	11.1	Bev Kinch (Houn)	1987
200:	23.0	Katharine Merry (Bir)	1994
400:	51.7	Phyllis Smith (Sale)	1994
800:	2:01.3	Christine McMeekin (Glas)	1978
1500:	4:12.7	Chris Boxer (AFD)	1984
3000:	9:04.9	Ann Ford (Felth)	1978
5000:	16:26.5	Teresa Duffy (Ex L)	1995
100H:	13.1	Sally Gunnell (Ex L)	1988
400H:	56.5	Gowry Petchakan (Thurr)	1992
HJ:	1.91	Debbie Marti (Brom L)	1991
PV:	4.20	Janine Whitlock (Traff)	1999
LJ:	6.69	Fiona May (Der)	1989
TJ:	13.71	Michelle Griffith (WSE)	2000
SP:	18.88	Judy Oakes (Croy)	1988
DT:	62.18	Meg Ritchie (Edin)	1984
HT:	66.19	Lorraine Shaw (Sale)	2000
JT:	66.00	Tessa Sanderson (WSEB)	1982
4x100:	44.4	Essex Ladies	1998
4x400:	3:39.60	Stretford	1985



Lorraine Shaw: hammer record-holder

height as her – 3.90m. Whitlock took victory but 38-year-old Windsor vaulter Alison Davies set a UK veterans' record in second and Shaftesbury's Ellie Spain a British under-20 best in third.

A full strength Birchfield would probably challenge for the league title and not flounder third from bottom, but league competition is all about getting your athletes out. It could be argued one of Birchfield's problems is that they have too many top stars for whom there are regular fixture clashes, although they did turn out Denise Lewis at Scotstoun where she duly took the long jump during a year that ended with Olympic gold in the heptathlon.

Lewis' 6.56m effort broke the divisional record but was not a league record as former world champion Fiona May, these days competing for Italy, leapt 6.69m for Derby Ladies in division three 11 years ago.

Indeed, the jumps provided Birchfield's best points opportunities with the likes of Liz Patrick, Debbie Harrison and Debbie Rowe all securing long or triple jump victories, albeit mainly in the B-strings.

A better reflection of Birchfield's qualities came in the Jubilee Cup Final where they placed third be-

hind Sale and Shaftesbury, but it's no coincidence their team on that day featured Lewis in a couple of events and also Helen Frost, later unlucky to be left out of the team for the Olympic 4x400m final after running well in the heats. Olympic 400m bronze medallist Katharine Merry restricted herself to relay duty during the 2000 league campaign but it was notable the opening match saw them record five A-string victories yet still place only sixth on the day.

Aldershot, Farnham and District and City of Glasgow both struggled to make an impression, the latter placing last in all three fixtures, and were relegated to division two. Glasgow see their Scottish rivals Edinburgh Woollen Mill making the opposite journey into the top flight, having topped division two.

Woodford Green with Essex Ladies defeated them in the final match to also clinch promotion, but the title goes to Scotland thanks in no small part to Mary McClung who notched four 400m or 800m victories during the three matches.

Hayley Parkinson also scored well as the club piled on the points in the B-string middle distances and throws events, while javelin thro-

wer Lorna Jackson recorded a couple of successes including a Scottish record of 57.19m at Peterborough.

But runners-up Woodford Green with Essex Ladies produced some of the division's best performances during the campaign with several divisional records. Liz Pidgeon's 100 per cent record in the hammer – ably backed by Esther Augee's unbeaten campaign in the B-string – included a divisional record (bettering her own two-year-old mark) of 57.31m in the opener at Liverpool and an improvement to 62.27m in the final match where team-mate Rhian Clarke matched her achievement with a pole vault mark of 4.00m. On the same day, another clubmate Michelle Dunkley equalled Lea Hagggett's five-year-old divisional record of 1.90m in the high jump before failing at 1.93m. Next year's division one campaign could see her threatening Debbie Marti's league record of 1.91, set in division three nine years ago. The division one record is even older, City of Hull's Gillian Evans clearing 1.90m in 1983.

A fourth divisional record for Woodford Green with Essex Ladies came at Peterborough where their 4x400m squad improved the mark to 3:42.1.

Liverpool's Diane Allahgreen was also in record-breaking form with a performance of 13.18 in the sprint hurdles at Enfield, where she denied Julie Pratt an unbeaten league campaign.

Allahgreen, who also holds the division three record with 13.4, set the best electronically-timed performance in the league, with the fastest hand-timed effort belonging to a certain Sally Gunnell who clocked 13.1 in 1988 before her move up to the 400m hurdles.

Peterborough placed fourth with

heptathlete Julie Hollman displaying her versatility with seven victories over the three matches. Team Solent's Clare Ridgley, the division four record-holder in the pole vault, was also in good form with four victories including one in the B-string triple jump.

There were no division records in the third flight but plenty of consistent displays, particularly from champions Rugby. They scored well in the sprints, jumps and throws. Ellena Ruddock notched five A-string sprint wins to go with the 100 per cent record of Stephanie Squires in the 100m and 200m; Kate Evans recorded three long/triple jump doubles with able backing from Cathryn Dale with three successes; while Emma Merry was unbeaten in the discus with excellent B-string backing from Rebecca Roles and shot putter Angela Lambourn.

Commonwealth silver medallist Jo Jennings-Steele was denied a clean sweep in the high jump by Susan Jones who defeated her at Rugby.

Rugby clinched their second successive promotion with City of Norwich winning the final match to pip Medway for the second promotion place.

Division four saw Border and Bristol win promotion. Border won the first and last matches but had to settle for second at Bath where double wins by Linda Staines and Tracey Joseph helped Basingstoke and Mid Hants to victory. Basingstoke's performance of the year, though, came in the next match at Cardiff where Angela Newport ran a divisional record of 9:30.3 in the 3000m.

The only other record in the division went to javelin thrower Karen Martin who threw 57.31m in the final match at Derby.



Debbie Marti still holds league high jump record

Belgrave continue

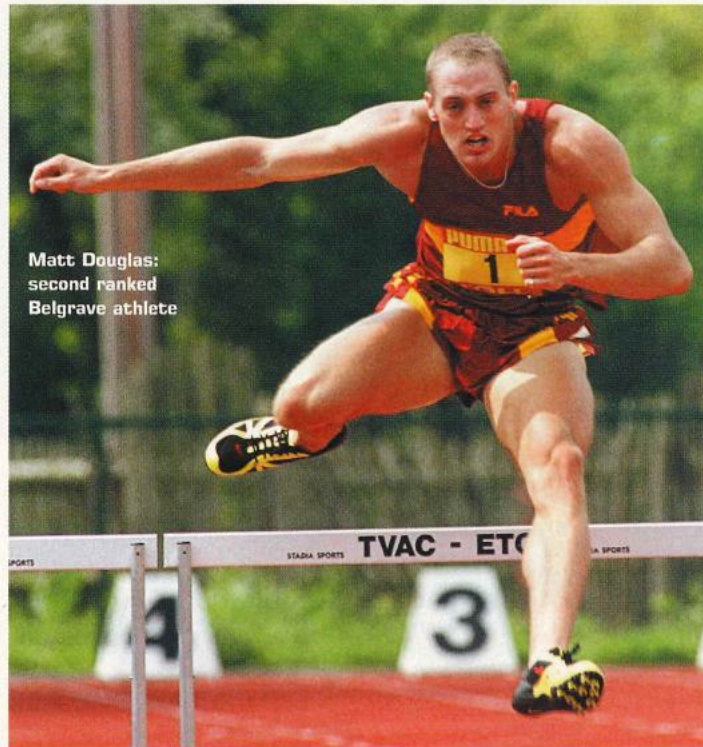
The claret and gold vests of Belgrave Harriers were again out in front as they defended their British League title. BOB FRANK reviews the season

BELGRAVE HARRIERS maintained their stranglehold on the British League in 2000 with their fourth successive league title.

In doing so they recorded their sixth win since taking the title for the first time nine years ago. That's some record, but then they are the Manchester United of domestic athletics – with the wealth of Sir Eddie Kulukundis helping them to fly in top stars when the need arises; the galaxy of big names such as Olympic 200m silver medallist Darren Campbell and Dwain Chambers; and the same steely determination to hang on to their titles that Alex Ferguson's men have shown in the football world.

Belgrave started and finished the season in winning style, in between sharing the lead with host club Sale in the second match and beaten into third by Newham and Essex Beagles as well as Shaftesbury Barnet in the third.

That third place put them under pressure from Newham who went into the final fixture just half a point adrift but Belgrave made no mistake with a 42-point victory as they fied



Matt Douglas: second ranked Belgrave athlete

ded internationals such as Chambers, Geoff Dearman, Paul Evans, Matt Douglas, Kevin Brown, Mick Jones and Justin Chaston – all recording victories. The decision to splash out £500 to fly Chaston over from the USA paid off as he took the steeplechase.

Jones epitomised the Belgrave spirit with a dominant season as he took the hammer in all four matches. Jones was so unlucky not to make it to the Olympics after achieving the qualifying standard just before the deadline, but at British League he remains in a class of his own. The AAA champion has almost forgotten what it's like to lose to another Briton but his club spirit

and motivation remains as high as ever as he continues to wear the claret and gold as often as possible.

The throws were good points scorers for Belgrave, particularly in the B-string where Lee Newman grabbed a hat-trick of successes in the discus and shot with able backing from former Liverpool junior David Readle and Jamaican Kevin Brown.

Also in the field, Ian Tullett was in fine form in the pole vault, only a defeat to Matt Belsham in the final match denying him a 100 per cent record. In the second match he took the B-string as clubmate Ben Flint won the A-string.

As you would expect, Belgrave also scored heavily in the sprints. Campbell, whose season ended so well with that 200m silver in Sydney, got his track campaign off to a winning start when taking the 100/200m double in the opener. Chambers also turned out in the clincher at Cophall while Marlon Dickson recorded some valuable B-string successes.

Bill Laws, joint team manager along with John Jeffrey, says: "It was a good year with our juniors also winning their league, but we can't afford to rest on our laurels.

"All of the clubs competing against us have the potential to beat us. If we all get our best teams out I think we have a slight edge but

■ BAL ROLL OF HONOUR

1969	Birchfield
1970	Thames Valley Harriers
1971	Thames Valley Harriers
1972	Cardiff
1973	Cardiff
1974	Cardiff
1975	Wolverhampton & Bilston
1976	Wolverhampton & Bilston
1977	Wolverhampton & Bilston
1978	Wolverhampton & Bilston
1979	Wolverhampton & Bilston
1980	Wolverhampton & Bilston
1981	Wolverhampton & Bilston
1982	Wolverhampton & Bilston
1983	Birchfield
1984	Haringey
1985	Birchfield
1986	Haringey
1987	Birchfield
1988	Haringey
1989	Birchfield
1990	Haringey
1991	Haringey
1992	Belgrave
1993	Haringey
1994	Thames Valley Harriers
1995	Belgrave
1996	Sale Harriers Manchester
1997	Belgrave
1998	Belgrave
1999	Belgrave
2000	Belgrave

Birchfield, Newham and Essex Beagles, and Sale are all capable of beating us. Birchfield is a sleeping giant.

"I think where we have an advantage is that John and I are joint team managers, so we can split it between us and speak a lot more to the athletes. Our league season is carefully planned, it's not a case of phoning around on a Thursday night to get a team, we know before the season who is likely to be available for which matches. We speak regularly to the athletes, their coaches, their agents, to find which matches will fit in with the rest of their season's plans."

After four successive wins, Belgrave remain just as determined as ever to keep winning the league, as Laws says: "The thing that drives us on is to keep getting into the European Clubs' Cup – and to do that we have to keep winning the league.

"It gave us so much pleasure this year to get Britain back up from group B into group A and such things are a big motivation for our club. You come up against such quality in the European Clubs, though, as you are effectively taking on national teams. The Moscow team, for example, is really the Russian team so when we came third in Budapest in 1992 that was a great achievement."

Looking at the Belgrave perfor-

■ LEAGUE TABLES

Division One

1	Belgrave Harriers	29.5	1401
2	Newham & Essex Beagles	28	1337
3	Sale Harriers Manchester	24.5	1159
4	Shaftesbury Barnet Harriers	20	1089.5
5	Border Harriers	13	1006.5
6	Birchfield Harriers	13	932.5
7	Team Solent	9	913
8	TVH	7	853.5

Division Two

1	Woodford Green & Essex Ladies	29	1308.5
2	Blackheath	26	1220.5
3	Trafford	22	1159
4	Enfield & Haringey AC	21	1116
5	Harrow	17	1023.5
6	Cardiff	15	1026
7	Peterborough	10	978
8	City of Edinburgh	4	887

Division Three

1	Windsor, Slough & Eton	29	1273
2	City of Sheffield	26	1277
3	Liverpool	21	1187
4	Stoke	21	1100
5	Swansea	17	1138.5
6	Norwich	16	1070
7	Morpeth	9	870.5
8	Havering Mayesbrook	6	838

Division Four

1	Bedford & County	30	1414.3
2	Notts AC	27	1318.3
3	Rugby	24	1214
4	Crawley	23	1179
5	Telford	14	1092
6	Blackpool & Fylde	12	984
7	Liverpool Harriers	10	808.3
8	GEC	4	655

League dominance

LEAGUE RECORDS

100:	10.11w	Darren Campbell (Belg)	1999
	10.25	Elliot Burney (ESH)	1987
200:	20.4w	Doug Walker (CoE)	1998
	20.5	Allan Wells (ESH)	1978
	20.51w	Darren Campbell (Belg)	1999
	20.52	John Regis (Belg)	1995
400:	45.8	Derek Redmond (Bir)	1991
	45.81	Derek Redmond (Bir)	1987
800:	1:46.18	Sebastian Coe (Har)	1987
1500:	3:38.9	Ian Hamer (Edin)	1989
5000:	13:47.54	Paul Evans (Belg)	1997
3000SC:	8:35.0	Steve Hollings (Sale)	1974
110H:	13.49	Tony Jarrett (Har)	1988

400H:	49.40	Chris Rawlinson (Belg)	1999
KJ:	2.33	Steve Smith (Liv H)	1993
PV:	5.60	Neil Winter (SB)	1995
LJ:	7.94w	Fred Salle (SB)	1990
	7.91	Stewart Faulkner (Bir)	1990
TJ:	17.00w	Francis Agyepong (SB)	1999
	16.75	Agyepong	1995
SP:	20.13	Geoff Capes (Enf)	1988
DT:	62.10	Robert Weir (Bir)	1997
HT:	77.54	Martin Girvan (W&B)	1984
JT:	82.38	Colin Mackenzie (NEB)	1993
4x100:	39.8	Sale Harriers	1995
	40.04	Haringey AC	1988
4x400:	3:07.33	Newham & Essex Beagles	1995

BELGRAVE HARRIERS BRITISH LEAGUE RANKINGS

Name	Match 1	Match 2	Match 3	Match 4	Total
1 Lee Newman	12	24	26	28	90
2 Matt Douglas	31	19	-	28	78
3 Marlon Dickson	23.5	10	15	28	76.5
4 Mick Jones	16	16	16	16	64
5 Kevin Brown	22	17	12	12	63
6 Ian Tullett	16	12	16	14	58
7 Michael Parper	18	-	25	10	53
8 Neil Owen	12	18	-	16	46
9 Noel Levy	-	25	20	-	45
10 Stuart Faben	14	-	16	12	42

mers in 2000, Laws says: "Mick Jones was absolutely wonderful, as he always is, but if I really had to pick out another I'd say Matt Douglas, who thrives on British League competition. Matt also supported us through the cup and has been a great servant.

"Lee Newman is a prolific points scorer and so is Kevin Brown. At the club we have a rankings scheme whereby we give points to show who's done well for us in the league and Lee topped it. As you would expect from throwers, Lee and Kevin amassed a lot of points."

Belgrave are already looking ahead to next year and expect to announce some significant signing in the near future, with the middle distance events boosted for the 2001 campaign. Golden oldie Paul Evans, who joins the veterans' ranks in April, is still going strong though and won the 5000m in the final match of the season.

They also had steeplechase wins during the campaign from Lee Hurst and Chaston but not a single winner, A-string or B, at 800m or 1500m, hence their move to bolster their squad.

The aforementioned Douglas and Neil Owen combined to give Belgrave such strength in the hurdles, Douglas winning three 400H and a B-string 110H, while Owen had a trio of sprint hurdles victories.

In the 400m, Belgrave are also well served through the likes of Geoff Dearman, Michael Parper and Sean Baldock, all of whom won in league competition during the campaign.

It is such strength in depth that makes Belgrave such a dominant force, as Laws says: "Strength in depth counts in the British League because the league often seems to be bottom of the pecking order. The league sets its dates out at the start of the season and then other people put competitions on which clash, but that's where our strength in

depth helps. We have more strength to call on, but thankfully our top athletes enjoy competing for the club."

Looking for some 'Bels' to make an impact in the next year or so, Laws has been excited by the development of Phillips Idowu this year while English Schools' 200m silver medallist Timothy Abeyie is also an outstanding young talent.

While Belgrave have found the need to replenish their middle distance stores, league runners-up Newham and Essex Beagles are well served in those disciplines. Alastair Donaldson, Kris Bowditch and Garth Watson scored well on a regular basis while in the throws of course Mark Proctor is a useful asset when he turns out and he set a stadium record to win at Wigan. There are times, though, when the gentle giant can frustrate, as he showed with three no-throws in the vital final match at Hendon.

It turned out to be irrelevant as Newham were sufficiently far behind Belgrave for the lost points to make no difference, and also well in front of third placed Sale as the first four in the final match turned out to be the first four - in the same order - in the final table.

Newham also included British 400m record-holder Iwan Thomas on their team sheet this season, the Welsh star using the 200m at Copthall to continue his comeback from injury, even though he had to settle for second behind AAA under-23 silver medallist John Stewart.

Shaftesbury Barnet was another club to score well in the distance events, with the likes of Nick Francis and Dominic Bannister in the 5000m and Charlie Low winning a couple of steeplechases.

The north London club also produced some impressive jumpers with Francis Agyepong and Larry Achike scoring well in the triple and Robert Mitchell and South African Tyron Peacock in good form in the high jump.

Multi-eventers don't tend to have the same impact in the British League as in area leagues but Birchfield can count on Du'aine Ladejo to cover several events. It's difficult to know whether to class Ladejo as a decathlete, such are his frequent changes of event. This summer the former European 400m champion competed in the one-lap hurdles in British League and he recorded a couple of victories.

Border started the season well, placing fourth in the opening couple of matches, but Team Solent and Puma Thames Valley Harriers found the standard too tough and were relegated. TVH, champions as recently as 1994 - admittedly when they could call upon a certain Linford Christie - were never out of the bottom two in all four matches, despite the efforts of BMC grand prix champion Steve Sharp in the middle distances.

Woodford Green with Essex Ladies won division two to bounce back to the top flight along with Blackheath Harriers. Interestingly, Emeka Udechuku will move from Blackheath to Woodford for the

2001 campaign.

Udechuku won seven out of eight events during the division two campaign, his only reverse coming at the hands of the host club's Fale Serve of Samoa in the shot at Cardiff, although he was undefeated in the discus.

He will further strengthen Woodford in the throws as Chris Howe had a 100 per cent record in the hammer while the javelin was a major points gatherer for them. They won all eight contests - four A-string and four B-string - through the efforts of Dan Carter and Paul Cooper.

Cardiff supplied plenty of individual stars during the campaign, such as Andres Jones, Christian Stephenson and Paul Gray, but they didn't have the strength in depth, while Enfield and Haringey boasted the likes of Tony Jarrett and Dalton Grant - the latter surprisingly placing last in the B-string high jump at Peterborough, despite being Commonwealth champion. In his defence he was coming back from injury.

Division three saw Windsor, Slough and Eton - with the experienced Joe Sweeney performing well in the triple jump - topping the division as Sheffield placed second, thanks in no small part to the efforts of decathlete Alex Kruger.

In division four, Bedford and County topped the table to win promotion in their first season at national level since 1981. The Kerr brothers, Glen and Darren, led the way by winning the A and B-strings respectively in the hammer in all four matches. Australian Andrew Hall was another unbeaten thrower, in the javelin. Southern 400m hurdles champion Rob Lewis also starred with a trio of 400m and 400H successes.

Fellow newcomers Rugby and District won the opener with sprinter Brendon Ghent in fine form but it was Notts AC who proved more consistent over the year and they joined Bedford in winning promotion.



Geoff Dearman: one lap Belgrave man

briefs

New secretaries

- **Blackhill Bounders**
George Hughes, 6 Oakdale Road, Consett, DH8 6AT
- **Blengdale Runners AC**
Mr C Dowling, 86 Dent View, Egremont, CA22 2ET. Tel: 01946-7821143
- **Derbyshire AA**
Ms Kim Bannen, 36 Kent Street, Hasland, Chesterfield, S41 0PL. Tel: 01246-557492
- **Grantham AC**
Mrs L Hubbard, 93 Kingscliffe Road, Grantham, NG31 8EU. Tel: 01476-403630
- **Lancaster & Morecombe AC**
Mr D Croxall, 37 Cork Road, Lancaster, LA1 4AY. Tel: 01524-68520
- **Lincoln Wellington AC**
Mrs Hayley Fox, 52 Lupin Road, Lincoln, Lincolnshire LN2 4GD or by email m.a.fox@ntlworld.com or telephone 01522-805658
- **Richmond & Zetland H**
Mrs Kath Robinson, 22 Bereford Close, Bedlae, North Yorkshire, DL8 2UF. Tel: 01677-427219.
- **Wolds Vets AC**
Terry Willis, Daisy Dell, 3 Marquis Ave, New Waltham, Grimsby, DN36 4ND. Tel: 01472-317796

NoEAA represented

NORTHERN Athletics will be represented at the UK Congress at the NEC in Birmingham this weekend. Our delegates will be on hand to answer any questions you have on activities in the north and to demonstrate the membership scheme software. Please call and see us at any time during the two days.

Northern regional development co-ordinators

THE regional development co-ordinators for the North of England are now in post and will be pleased to hear from any members of the athletics fraternity who may need their advice and assistance. Contact addresses are as below:

- **East Midlands (inc Derbyshire/Lincolnshire):**
Caroline Orton, Loughborough Sports Development Centre, Loughborough University, Loughborough, Leics. LE11 3TU. Tel: 01509-228765
- **North:** Richard Hunter, Gateshead MBC Leisure Services, Civic Centre, Regent Street, Gateshead NE8 1HH. 0191-4779136
- **North west:** Alison Wyeth, Preston Sports Arena, Benson Way, Preston PR2 1SG. Tel: 01772-761000
- **Yorks & Humberside:**
Paul Shackley, South Leeds Stadium, Middleton Grove, Leeds LS11 5DJ. Tel: 0113-2775945

All change at the NoEAA

BARRY PARKER, the Derbyshire county secretary for the last nine years, was elected NoEAA secretary at the annual general meeting in October.

Although originally from the south, Parker has been involved with northern athletics since 1970, when he joined Derby & County AC after a long competitive career with Cambridge and Coleridge AC, representing both Cambridgeshire and Derbyshire at cross country and track.

Among his many other posts Parker is chairman of Derby's schools' committee and is deeply involved with ESAA events and for the last two years has been NoEAA cross country championship secretary.

He gained his grade one track judge qualification in 1996, putting it to full use in becoming a regular referee and

■ Indoor championship entry forms are now available from the North of England office. Telephone: 0113-2461835 or e-mail judith@noeaa.demon.co.uk. Events are:

January 13 Thornes Park, Wakefield. Closing date January 3.

Events: Pole vault - SM/SW/U17M
Shot - SM/SW/JM/U17M/U17W/U15B/U15G
Long jump - JM/JW/U17M/U17W/U15B/U15G
Triple jump - U15B

January 20 Don Valley stadium, Sheffield. Closing date January 8.

Events: High jump - SM/SW/U17M/U17W/U15B/U15G
Long jump - SM/SW
Triple jump - SM/SW/U17M/U17W

January 21 Don Valley stadium, Sheffield. Closing date January 8.

Events: 60m - SM/SW/JM/JW/U17M/U17W/U15B/U15G
60H - SM/SW/JM/JW/U17M/U17W/U15B/U15G

judge in local, regional and national events.

Kim Bannen (details above) has replaced as Parker as Derbyshire secretary.

Malcolm Fletcher of Barnsley AC has bravely agreed to become the track and field championships secretary with Frank Starkie taking responsib-

ility for representative teams and matches.

If you haven't sent in your entries for the northern cross country championships, remember you only have until December 9. If you require replacement entry forms please ring the NoEAA office this week on 0113-2461835.

Margate success

SEVERAL northern athletes had a successful day at Margate running for either England or the North.

Three northern athletes made the Great Britain team for the European Cross Country Championships.

Alan Buckley (Gateshead) finished fourth in the senior men's race; Rob Maycock (Sale) was third junior; and Lee McCash (Pendle), pictured far right, was fourth in the same race.

Paul Shaw (Trafford) was named junior men's reserve after finishing sixth.

In the women's events Helen Patkinson (above right) continued her successful year by finishing third in the senior race, ensuring her place in the team for Malmo.

Amanda Parkinson (Sale) travels as reserve after missing the race



through food poisoning while Bev Jenkins (Salford) gave a good performance in finishing seventh.

Congratulations and good luck to all the North's athletes who will be competing in Malmo on December 10.

Walkers winning ways

AFTER an eight-year wait, the North of England race walking team had a triumphant weekend at the inter-area track walking match at Bebbington Oval earlier this month (November 4). They took the overall winners trophy with outstanding individual performances from under-15 girls Bryna Christmas and Katie Stones of Hull Springhead Harriers.

The emergence of Hull Springhead and Wirral AC as centres of race walking is helping the traditional walking strongholds of Sheffield and the Isle of Man to develop a strong base, giving a long awaited boost to northern race walking.

Congratulations to all our representatives at the event, and we look forward to further triumphs throughout the season.

■ **Match results:** 1 North of England 72; 2 South of England 60; 3 Midland Counties 56

Track certification update

TRACK and field facility owners and managers have reacted positively to the implementation of a policy to issue event permits only to those tracks that hold a current UK Athletics facility certificate.

Facility assessors in the north have worked to reduce the list of facilities requiring inspection with the result that we will probably open the 2001 season with 45 tracks available for competition - a significant increase on the number certified prior to the introduction of this exercise.

In anticipation of the UK Athletics plan to offer an annual inspection to certified tracks, the NoEAA is sending 10 delegates to the UK Athletics track assessors course held in December. We will then be well placed to offer a comprehensive service to all those needing advice and support on facility issues.

If you have any queries about the status of your local track, please contact the NoEAA office.

Pied Piper Holmes of Ealing

IT'S been a good year for British athletics, a memorable one for Kelly Holmes, writes Steve Roe. First she resurrected her career following injury. Then she won the Olympic 800m bronze medal. Most recently she excelled in a new role ... as the Pied Piper of Ealing!

Everyone wanted a piece of Holmes during her attendance at the closing fixture of the Ealing Borough Schools' cross country league, and, as befits one of Britain's Sydney heroines, she did not let anyone down.

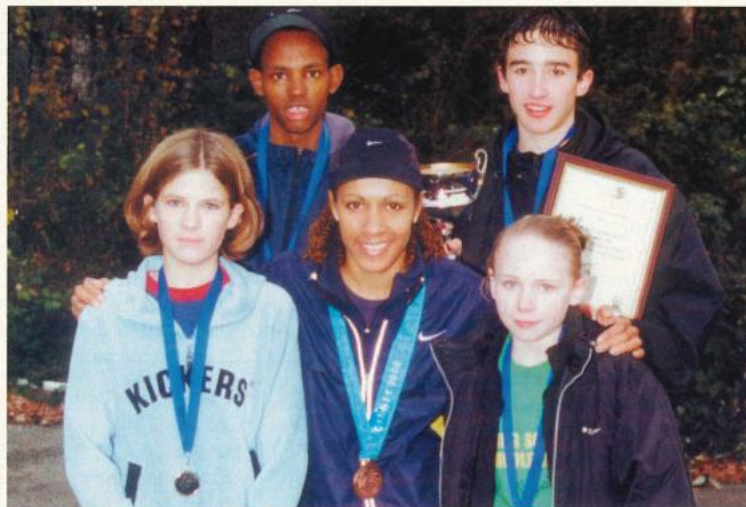
The former Commonwealth 1500m champion posed for photographs, signed innumerable autographs and most importantly – the reason for her invite – she hung medals round the necks of the league's winners.

It wasn't just Holmes' presence that was inspirational; so too was her presentation speech. She gave an object lesson in saying the right things ... and meaning every word.

"I know what it's like," she said in specific reference to cross country. "I first did it when I was 12."

General advice followed: "If you have the heart for athletics you have to give your best shot. Believe in yourself and you can do it".

Though Holmes is based in Kent,



Pictured with Kelly Holmes are, back: Shugri Omar and Lee Bowron and front, Claire Carverhill and Chelsea McGuigan

she retains membership of Ealing Southall and Middlesex, the club which runs this particular schools' league and can justifiably claim it to be one of the most successful in London.

More than 600 pupils, of primary and senior schools, took part in this year's competition.

Among the winners were Claire Carverhill, a county cross country champion last winter, Lee Bowron, the

Southern and National U15 1500 champion, and Shugri Omar who is Middlesex U17 title-holder at 1500/3000m. All are members of ESM.

It was a particularly rewarding day for Bowron.

Apart from his league medal he also received a trophy from the Ealing sports development team, who had named him Sports Personality of the Borough.

Shankey returns for British win

MARK SHANKEY's running career has really taken off since he moved to Belgium four years ago.

The Warrington-born youngster, 16 next month, moved in 1996 when his father Mark got a posting in Belgium with ICI. Having first shown his abilities at the British School of Brussels he was persuaded to join the local club, Daring Club Leuven.

It is a club steeped in tradition as Belgian legends such as Gaston Roelants, Emile Puttemans, Ivo van Damme and Corine Debaets were all members there.

Now Mark, whose younger sister Nicola is a county standard swimmer, is beginning to make a name for himself and his first year in the under-17 age group saw him in the top 10 at 1500m in both Belgium and England with his time of 4:02.66.



Mark Shankey: making a name for himself

With the track season over he is now excelling on the country as his victories in the Schools' International at Cobham and the Reebok Cross Challenge at Margate have shown.

His real targets remain on the track, though, and Mark is hoping to get down to the low 3:50s for 1500m next year to make the British team for the IAAF World Youth Championships in Debrecen, Hungary in July.

Mark has shown himself to be a capable cross country runner in any conditions, battling against wind and rain on a tough and muddy course at Cobham, while the Margate course was fast and mainly flat while conditions were as good as could have been expected following the recent weather.

But he was determined to show the British public what he can do in a bid to raise his profile ahead of his bid for Hungary selection next summer.

Setting targets for 2001 ... and beyond

ENCOURAGED by her eighth place in this year's World Junior Championships in Santiago, Brighton discus thrower Claire Smithson has just begun her winter training with a view to annexing a medal in the 2001 European Junior Championships at Grossato, Italy, writes Martin Duff.

The 17-year-old set a lifetime best of 52:19m before going to Chile and was pleased to get close to that in the World Championships. "I am after a medal next year," said Smithson as she prepared to act the part of celebrity starter for the Brighton Reebok 10km earlier this month. "I don't think there were any more than two or three in Chile who will still be juniors next year," added the Mike Winch-trained thrower.

Setting a 55m target for 2001, Smithson believes her routine of two gym sessions, 30m sprints and drills will lead to that championship medal. "I go every Thursday to see Mike Winch at Crystal Palace," said Smithson, who is maintaining her studies at the Brighton & Hove Sixth Form College. She will then take a year out before going up to university, a time that will coincide with the build-up for the 2002 World Junior Championships in Jamaica "and I am still young enough for that," she added.

Talent put pen to paper

WOODFORD Green with Essex Ladies club successes in the multi-events look set to continue with two new talents.

15-year-old Andrae Davis has shown tremendous all-round ability in the pentathlon and took the junior English Schools' combined events title with an overall score of 3281 points. This score put him top of the rankings table and No.2 on the all-time British list behind Birchfield athlete Edward Dunford.

Next year the youngster moves up to the under-17 age group where he will

contest the octathlon, but having ended the season on a high note Andrae will be back for more in 2001.

His team-mate, 13-year-old Ryan Shaw, has proved he has what it takes to possibly reach the top of the rankings after finishing 13th overall this season with 2565 points.

With the likes of Jamie Wright, this year's home international decathlon champion, and Anthony Sawyer, AAAs under-23 champion and now two new young signings, the club can expect a confident future in combined events.



Talent spotted: Keith Hopson (Club secretary), Andrae Davis (left), Ryan Shaw (right)

Performances among the best

LISA Lanini topped both the 600m and 800m lists and featured high in the other middle distance events. Lisa's 800m time was the fastest since 1981 and reached No.3 all time while the 600m time was a new UK record for the age group.

Another high performer Charlotte Browning headed both the 1000m and 1500m achieving No.2 all time in the 1000m and impressively finished runner up in the

Performances valid as of September 30, 2000

800m and 1200m and third in the 600m.

The remaining middle distance 1200m best mark was set by Megan Foley with a No.2 all time slot and the top five performances in this event make the all time top 10.

In the sprints Carley Wenham topped both the 75m and 100m lists and was joint runner up in the 200m

event which saw the best top five since 1994.

Carley's time in the 75m (wind unconfirmed) was the fastest ever recorded in this age group.

Natasha Speight's HJ was the 2eq best jump since 1989 whilst Hannah Olson set a new UK record in the pole vault and runner up Kim Skinner reached No.2 on the all

time. In the throws Candee Rhule's shot performance makes No.2 all-time and runner-up Kayleigh Southgate makes No.5 on the all-time.

Rebecca Saunders finished way ahead in the discus and this performance is the best since 1991 and achieved No.3 on the all time list.

Finally, the pentathlon was one of the best ever top 10 lists and best mark was by Anna Griffiths who also made the discus top six.

75m

9.7	Carley A Wenham	Craw
9.98	Jenny Igbokwe	Sale
10.0	Stacey L Simpson	Ayr S
10.0	Natalie G Pearson	Hallam
10.0	Jane Chadwick (10.01)	Wig D
10.0	Laura E Cox	Tipton
10.07	Lauren Duncan	WSE
10.1	Kayleigh Modeste	Bir
10.1	Jessica R Taylor	Rown
10.1	Louise Shaw	Wake
10.1	Chloe Gale	Dart
10.3	Kelly Fairweather	Park
10.3	Patricia Morris	Liv H
10.3	Hollie Williams	Wirral
10.3	Leanne Finlay	SB
10.3	Dionne Ellison	Traff
10.3	Kim Skinner	FVH
10.3	Zelina Klu	Sutt

100m

12.6w	Carley A Wenham (12.9)	Craw
12.8	Natalie G Pearson	Hallam
12.9	Stacey L Simpson (13.08)	Ayr S
12.9	Emma Wood (13.12)	B'Hill
12.9	Kelly Fairweather	Park
12.9	Elizabeth G Sandall	Stroud
12.9w	Maria Hanshaw (13.0)	Walt
13.0	Jane Chadwick (13.07)	Wig D
13.0	Laura E Cox	Tipton
13.1	Donna Campbell	W Dunb
13.1	Kim Skinner (13.30w)	FVH
13.1	Lauren Duncan	WS&E
13.1	Emma Baker	C o Ply
13.2	Chloe Walcott	K&P
13.2	Lyndsey Fairweather	Park
13.3	Karen Prytz	Giffnock
13.3	Zelina Klu	Sutt
13.3	Joedy Platt	N Dev
13.3	Amy Harrats	Ayr
13.37w	Bryony Laurie	Carn

150m

18.9*	Natalie Burleigh	S'port
19.1*	Jenny Igbokwe	Sale
19.2	Stacey L Simpson	Ayr S
19.2	Laura E Cox	Tipton
19.3	Natalie G Pearson	Hallam
19.3*	Sarah Schofield	Liv H
19.4*	Natalie Downey	S'port
19.6	Carley A Wenham	Craw
19.7	Jane Chadwick (19.78)	Wig D
19.7	Leanne Finlay	SB
19.8	Amy Harris	Hales



Lisa Lanini: top two-lapper

19.9	Kayleigh Modeste	Bir
19.9	Chloe Gale	Dart
20.0	Karen Prytz	Giffnock
20.0	Lauren Duncan (20.25)	WS&E
20.0	Kelly Fairweather	Park
20.2	Jessica R Taylor	Rown
20.2	Amy Harrats	Ayr
20.2*	Patricia Morris	Liv H
20.2*	Sarah Doner	Wirr

200m

26.51	Jane Chadwick	Wig D
26.7	Carley A Wenham	Craw
26.7	Kelly Fairweather	Park
26.8	Laura E Cox	Tip
26.8	Maria Hanshaw	Walt
27.0	Elizabeth G Sandall	Stroud
27.0	Chloe Gale	Dart
27.0	Louise Shaw	Wake
27.1w	Stacey L Simpson (27.2)	Ayr S

27.2	Natalie G Pearson	Hallam
27.2w	Joedy Platt (27.4)	N Dev
27.3	Lauren Duncan	WSE
27.3	Lyndsey Fairweather	Park
27.5	Lisa M Lanini	Wrex
27.5w	Chloe Walcott (27.6)	KSP
27.6	Kim Skinner	FVH
27.6	S Graham	Sutt
27.6 w	Bryony Laurie	Carn
27.7	Faye H Richold	Mil K
27.7	Victoria Morgan	B'end
27.8	Natalie Morrissey	Der L
27.8	Emma Wood	B'Hill
27.8	Amy Clancy	Harm
27.8	Natalie Burleigh	S'port

600m

1:37.3	Lisa M Lanini	Wrex
1:42.4	Stephanie Bloor	Hull Spr
1:43.7	Charlotte L Browning	AFD
1:44.2	Megan E Foley	Hav M
1:44.4	Hannah Jones	AFD
1:45.3	Carolyn Plateau	Rad L
1:46.4	Cecilia Savundra	AFD
1:46.8	Laura Hunt	Mil K
1:46.8	Rachel Tovey	WSE
1:47.4	Laura Gillhespy	B&F
1:47.7	Charlotte MacDonald	Grim

800m

2:16.1	Lisa M Lanini	Wrex
2:19.89	Charlotte L Browning	AFD
2:23.7	Megan E Foley	Hav M
2:23.72	Stephanie Bloor	Hull Spr
2:24.0	Stephanie A Lyall	Harm
2:25.6	Carolyn Plateau	Rad L
2:25.97	Claire Alexander	Ports
2:26.5	Katherine Uphill	Bris
2:26.8	Natalie Real	B'mth
2:27.1	Abby Roskilly	Mil K
2:27.2	Hannah Jones	AFD
2:27.9	Helen Newcombe	Devon
2:28.2	Kim Paterson	Fife
2:28.3	Colette Monahan	Lag V
2:28.8	Claire Soutar	Pit
2:28.8	Danielle Christmas	Craw
2:28.9	Emma Nesbitt	Morp
2:29.0	Louise Collier	Bel
2:29.0	Charlotte McDonald	Grim
2:29.0	Sarah McCrea	Bord
2:29.0	Katherine Barker	Sale

1000m

3:06.4	Charlotte L Browning	AFD
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3:11.7	Carolyn Plateau	Rad L
3:13.1	Hannah Jones	AFD
3:14.3	Rachel Tovey	WSE
3:14.6	India A Lee	AFD
3:14.9	Danielle Christmas	Craw
3:15.2	Lisa M Lanini	Wrex
3:15.5	Zoe Verrill	Mand

1200m

3:49.1	Megan E Foley	Hav M
3:50.9	Charlotte L Browning	AFD
3:51.3	Stephanie Bloor	Hull Spr
3:53.6	Natalie Real	B'mth
3:55.5	Carolyn Plateau	Rad L
3:55.7	Lisa M Lanini	Wrex
3:57.6	Stephanie Cooper	Corby
3:58.8	Hayley Cannon	Liv H
3:59.4	Laura Quine	Liv H
4:00.1	Katharine Barker	Sale
4:00.2	Lauren Houlihan	ES&H
4:00.3	Lyndsey Barr	SB
4:00.94	Aveen O'Reilly	Lag V
4:02.0	Emily C Pidgeon	Glouc
4:02.1	Kirsten Berryman	Mil K
4:03.0	Danielle McCann	Pres
4:03.4	Emma Holmes	Wig D
4:04.57	Lisa C Brown	Cardiff
4:05.3	Zoe Verrill	Mand
4:05.5	Jodie Hallett	Phoe

1500m

4:47.25mx	Charlotte L Browning	AFD
4:55.4	Megan E Foley	Hav M
4:58.7	Natalie Real	B'mth
5:00.12	Hannah Jones	AFD
5:00.2	Lisa M Lanini	Wrex
5:00.7	Emma Nesbitt	Morp
5:01.89	India A Lee	AFD
5:03.5	Carolyn Plateau	Rad L
5:03.6	Charlie Gaspar	Mil K
5:05.6	Danielle McCann	Pres
5:05.69	Aveen O'Reilly	Lag V
5:05.97	Charlotte Aberdeen	AFD
5:06.39	G Moss	W Norf
5:06.96	Claire Alexander	Ports
5:07.06	Emma Pallant	AFD
5:07.1	Lyndsey Barr	SB
5:07.6	Lauren Houlihan	ES&H
5:07.8	Stephanie Cooper	Corby
5:08.5	Rhianna R Simmons	Bed&C
5:08.6	Stephanie Bloor	Hull Spr

70H

11.32w	Joanne Baker (11.5)	Wig D
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11.4	Faye H Richold	Mil K
11.50	Nafalya L Francis	Leic
11.5	Jodie Bacon	Liv H
11.5	Joanna Kirby	Wirr
11.6	Claire Rogers	C&S
11.7	Emily L Bonnett	Yeovil
11.7	Amy Harrats	Ayr
11.7	Stephanie Peaston (11.89w)	EWM
11.7	Natalie Doyle	Cent
11.77	Ashley Austin	CoG
11.8	Claire Alexander	Ports
11.8	Kaylee Price	Walt
11.8	Clare Cooper	B'ht
11.8	Hannah Olson	Ash
11.8	Alison L. Bennett	Dac&T
11.9	Amie Trewin	LAC
11.9	C Van Wulven	Hav
11.9	Chelsea Bearman	Craw
11.91	Yvonne Elms	EWM
11.96w	Harriet Shurley	WSE

■ High Jump

1.56	Natasha Speight	Mans
1.50	Jessica Horler	Barns
1.50	Rachel Hamilton	G&G
1.48	Lauren Barnes	WSE
1.45	Hannah Weekes	SNH
1.45	Hannah Olson	Ash
1.44	Rachael MacKenzie	I'ness
1.43	Claire Linskill	N Dev
1.43	Isaura Collyer	Kett
1.43	A Askew	Skip
1.43	Dominique Blaize	K&P
1.43	A Grady	S Yorks
1.42	Carly Sharp	EWM
1.40	Gabrielle Ireland	Card
1.40	C Graham	Leics
1.40	K Giddings	Hors
1.40	Lyndsey Foster	C Bay
1.40	Charlotte McDonald	Grim
1.40	J Hunt	W. Norf

■ Pole Vault

3.10	Hannah Olson	Ash
2.80	Kim Skinner	FVH
2.20	Nicola F Hewitt	Scun
1.65	Alice Nicholas	N&P
1.60	Rosalyn Evans	Scun
1.60	A Jansen	King Ed Sch
1.60	Paula Robinson	Scun

■ Long Jump

4.92	Emma Bonny	Hav M
4.81	Saskia Kalmeijer	Rad L
4.75	Lauren Duncan	WSE
4.73	Lauren Walton	G&G
4.73	Natalie Brooks	Sheff
4.72	Amy Harris	Hales
4.71	Rachel Conway	New
4.71	Alison L Bennett	Dac&T
4.71	Claire Linskill	N.Dev
4.69	Faye H Richold	Mil K
4.69	Chloe Gale	Dart
4.62	Dominique Blaize	K&P
4.61	Kim Skinner	FVH
4.61	Aisha McIntosh	HHH
4.60	Rebecca Moore	Sale

■ Shot Put (2.72kg)

11.42	Candee Rhule	S'wark
10.72	Kayleigh Southgate	Diss
10.30	Rebecca A Hall	Boston
9.52	Lauren Davies	Dorch
9.50	Susan Bissell	Burn

Rebecca Saunders: discus leader



9.24	April Derbyshire	S Dev	23.31	Cecilia Savundra	AFD
9.13	C Harrison	Cov	23.31	Hannah Cameron	Penicuik
9.09	Laura Teasdale	Wake	23.02	Emma Atkinson	Wig D
9.07	Diane Pedgrift	Arb	22.92	Lauren Davies	Dorch
9.03	A Graham	Essex Sch	22.90	Natalie Bodiam	Elgin
9.03	Claire Daubney	C&S	22.35	Kimberley Wright	Dart H
9.02	Y Ejoh	Wands Sch	22.21	Eden Francis	Leic
8.99	Hannah Cameron	Penicuik	22.14	Katie Brinning	Barry
8.96	Laura Comery	C&S	22.02	Hannah Bennett	B'mth
8.92	Alex Claydon	Norw	21.63	Lesley Rowan	Mont
8.91	Loise Ali	Aber			
8.91	Natalie Brooks	Sheff			

■ Discus (0.75kg)

34.80	Rebecca Saunders	Dart
28.38	Rebecca A Hall	Boston
27.50	Chloe Beckett	Wake
26.48	Beth Spiller	Rhon
26.10	Bethany Staniland	Skyrac
25.20	Anna Griffiths	Hynd
24.90	Vicky Doran	Car/Asp
24.15	Laura Teasdale	Wake
23.91	Claire Williams	Llan
23.48 *	Kathy Harriman	Charm

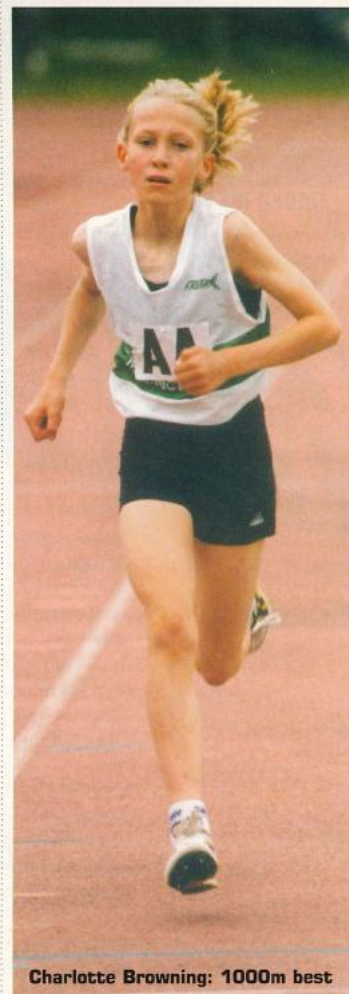
24.90	Bethany Staniland	Skyrac
24.87	Laura Carr	Dorch
24.50	Chloe Beckett	Wake
24.25	C Smith	Macc
23.89	Natalie Bodiam	Elgin
23.26	Hannah Cameron	Penicuik
23.19	Natalie Stevenson	B'End
23.01	Dee Gibbs	Tortfaen

■ Pentathlon

2379	Anna Griffiths	Hynd
2319	Hannah Weekes	SNH
2291	Carly Sharp	EWM
2286	Emily L Bonnett	Yeovil
2241	Chelsea Bearman	Craw
2213*	Claire Soutar	Pit
2191	Kim Skinner	FVH
2142	Danielle Christmas	Craw
2100*	Danielle Thomas	Barrow
2060*	Bethany Staniland	Skyrac
2000	Claire Alexander	Ports
1998	Aisha McIntosh	HHH
1953	Vicky Burling	Craw
1951	Emma Ely	E.Grin
1945	Louise Broome	Ex H
1909	Laura Hunter	SSH
1903	Cinnamon Ellison	Mont
1896	Kaylee Price	Walt
1896	Leanne Wearne	C o Ply

(*) scored off 75m hurdles

■ Please send additions and amendments to:
Bill Green, Polmarkyn, 25 Tehidy Road,
Twardreath, Par, Cornwall PL24 2PF.

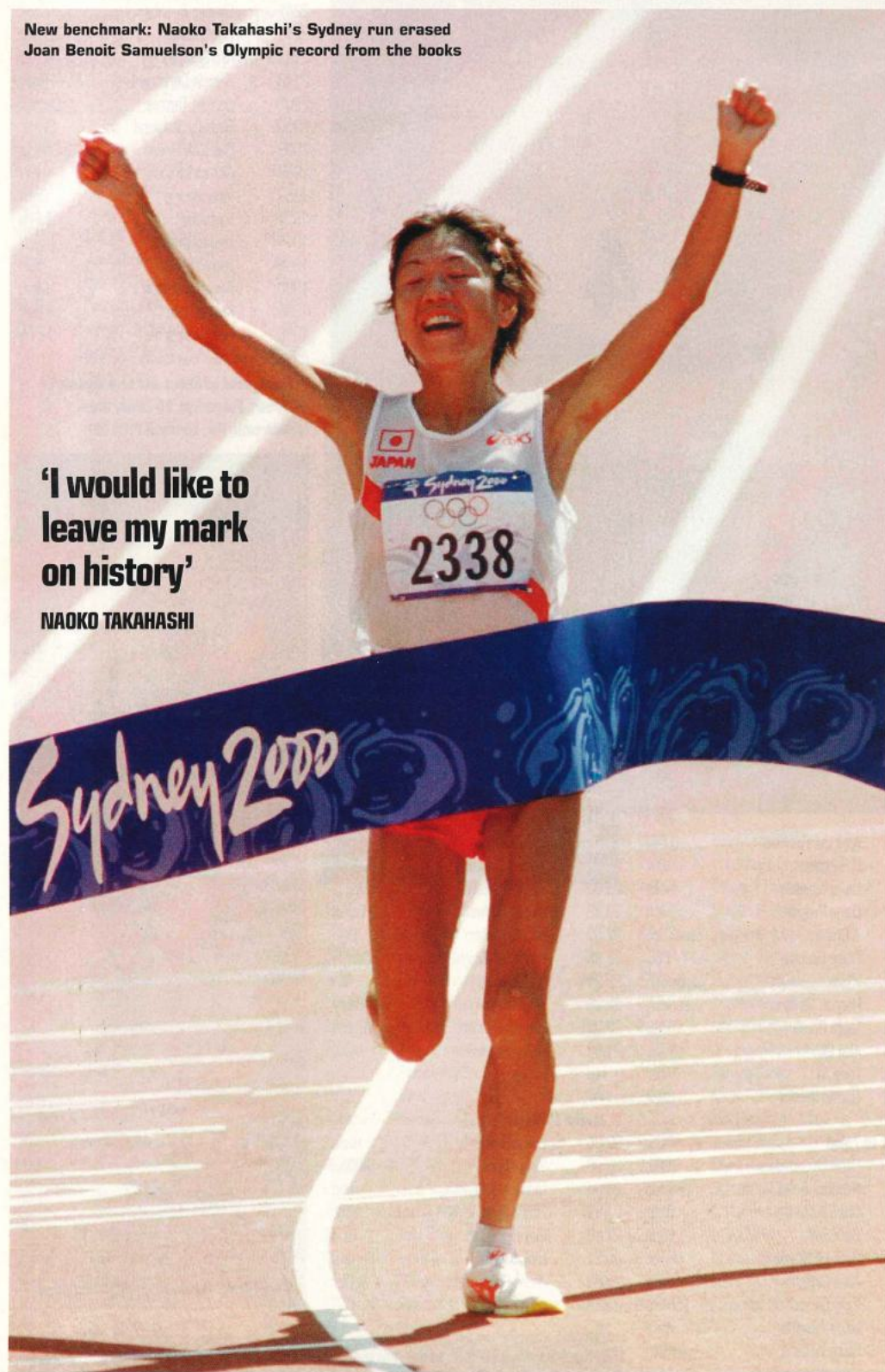


Charlotte Browning: 1000m best

In-depth world and British senior rankings will appear in our special end-of-year rankings issue

Olympic champion in the land of the marathon

New benchmark: Naoko Takahashi's Sydney run erased Joan Benoit Samuelson's Olympic record from the books



'I would like to leave my mark on history'

NAOKO TAKAHASHI

Well over half the Japanese population watched Naoko Takahashi win the Olympic marathon in Sydney. In a country where the event is revered as being akin to life itself her win brought immense satisfaction. KEN NAKAMURA profiles the 28-year-old who aims to break that elusive 2:20 barrier

Pictures: Mark Shearman

AS Naoko Takahashi crossed the finish line in Stadium Australia, 59.5 per cent of the households in Japan were tuned to the Olympic marathon broadcast. At the finish line she was overjoyed, of course. However, she also felt some psychological letdown, for the race she had been enjoying so immensely was now history. During the lap of honour she found many of her friends in the stands. She stopped and thanked them for their support. The next morning, she practically took over the front pages of all the newspapers in Japan. It was a time for national rejoicing in the land of the marathon.

The phones at the Sekisui track team were off the hook. Both Takahashi and her coach Yoshio Koide were in high demand. She was showered with awards and honours, and has appeared in dozens of events with Koide since the Games. The marathon is close to the heart and soul of the Japanese, perhaps because it is an event associated with life itself. A phrase - 'Life is a marathon' - is heard often. However, Takahashi defies the conventional notion of the marathon, an event associated with fortitude and tenacity.

She enjoys running marathons. Three Japanese - Hiromi Taniguchi, Junko Asari and Hiromi Suzuki - have won the World



Championship marathon. However, an Olympic marathon gold has proved elusive to the Japanese until now, which explains why Takahashi is a national heroine. She has a wonderful smile, she is a very considerate woman, which might explain her huge popularity, but it is not the whole story.

Inside this image is a determined young woman with a strong, stubborn streak. When her high school track coach suggested that she cut her hair, she replied: "I like it long!" When Koide told her: "You will be the next Yuko Arimori," she replied: "I am not Arimori, I am Takahashi!" Yet, despite this stubbornness, Koide says: "Takahashi is very easy to coach because she follows my instructions very well."

Why do athletes run? Among Yoshio Koide's protégés, Yuko Arimori, a two-time Olympic medallist, runs for existential reasons; Hiromi Suzuki, a 1997 world marathon champion, runs to satisfy her competitive urge; for Takahashi, the motivation is her love of running. When she was a college student she went for day-long runs with her friends every Sunday. Takahashi is also, however, a more complicated personality.

In an interview before Sydney, with a Japanese track & field magazine, Takahashi said: "I would like to leave my mark on history. To do so, I must win an

'The marathon is close to the heart and soul of the Japanese, perhaps because it is an event associated with life itself'

NAOKO TAKAHASHI

Olympic gold or set a world record."

She first joined a track team in junior high school. Her motivation was rather simple—she wanted to wear track spikes. She was not a top runner then, however. Her 800m best was only 2:23 in junior high school, which improved to 2:13.9 in high school. Perhaps because of rather light training—about 4km a day—she never qualified for the final in the national high school championships. Her collegiate bests were 4:22.89 and 9:13.0 for the 1500m and 3000m respectively, and she never won a collegiate championship.

Upon graduation, her former high school coach, Masahito Nakazawa recommended that she contact Yoshio Koide. She begged the legendary coach to let her join his team and she persisted even after initial rejection. Eventually she gain-

ed his permission to join his training camp.

In the camp, she ran as if there was no tomorrow and at the end she was allowed to join Koide's team. He saw a future marathon champion in Takahashi and started to tell her that she could be the best marathon runner in the world. She did not believe him initially. Thinking she was not suited for the marathon. Her breakthrough came in 1996 when she improved her 5000m and 10,000m bests to 15:37.15 and 31:48.23 respectively. In the following year, she further improved her 5000m time to 15:23.64 and was 13th in the World Championships. Because Koide was advertising Takahashi's immense talent, her marathon debut was awaited with much anticipation. However, she was only seventh with 2:31:32 in her debut at the 1997 Osaka women's marathon.

Koide was still looking for the best training programme for Takahashi. Although she was running strongly in training, she lacked the mental strength to run well in big races. She could not peak properly for competitions.

"Because every runner responds differently to training," Koide said, "it is important to find the right training programme for each one."

By 1998, Koide had found the right programme for Takahashi and she is

In full bloom:
Takahashi celebrates her historic victory in Stadium Australia

'I was training Takahashi to set a world best in Seville, but I overtrained her'

YOSHIO KOIDE

unbeaten at the marathon since then. In the 1998 Nagoya women's marathon, she set a national record of 2:25:48 despite the slow early pace. She ran 5km splits of 16:06 and 16:21 between 30km and 40km. Next, she became the first Japanese woman to win an IAAF Grand Prix event when she won the 5000m in Osaka with a PB of 15:21.15. Then at the 1998 Asian Games in Bangkok, despite the oppressive conditions, she won the marathon in 2:21:47, which made her the fifth fastest marathon runner in history. This result brought her instant celebrity status in Japan.

Upon her return home, she held a press conference at the airport from where the media reported various stories on her, including one on her legendary appetite of eating 40 pieces of sushi or a 2kg steak at one sitting. Her nickname, 'Q-chan,' after a TV cartoon character was widely publicised.

Before the 1999 Worlds, she was reported to be in awesome shape; she was ready to run a 2:18 marathon but was unfortunately injured three weeks before the race.

"I was training Takahashi to set a world best in Seville," Koide admitted. "but I overtrained her."

Travelling to Seville anyway, she hoped the pain would go away in time. She still wished to run, despite the problem.

"It was the hardest time of my life," said Takahashi, recalling physical as well as mental pain. On the morning of the race, Koide finally talked her out of it despite her final plea that she be allowed to run without a bib.

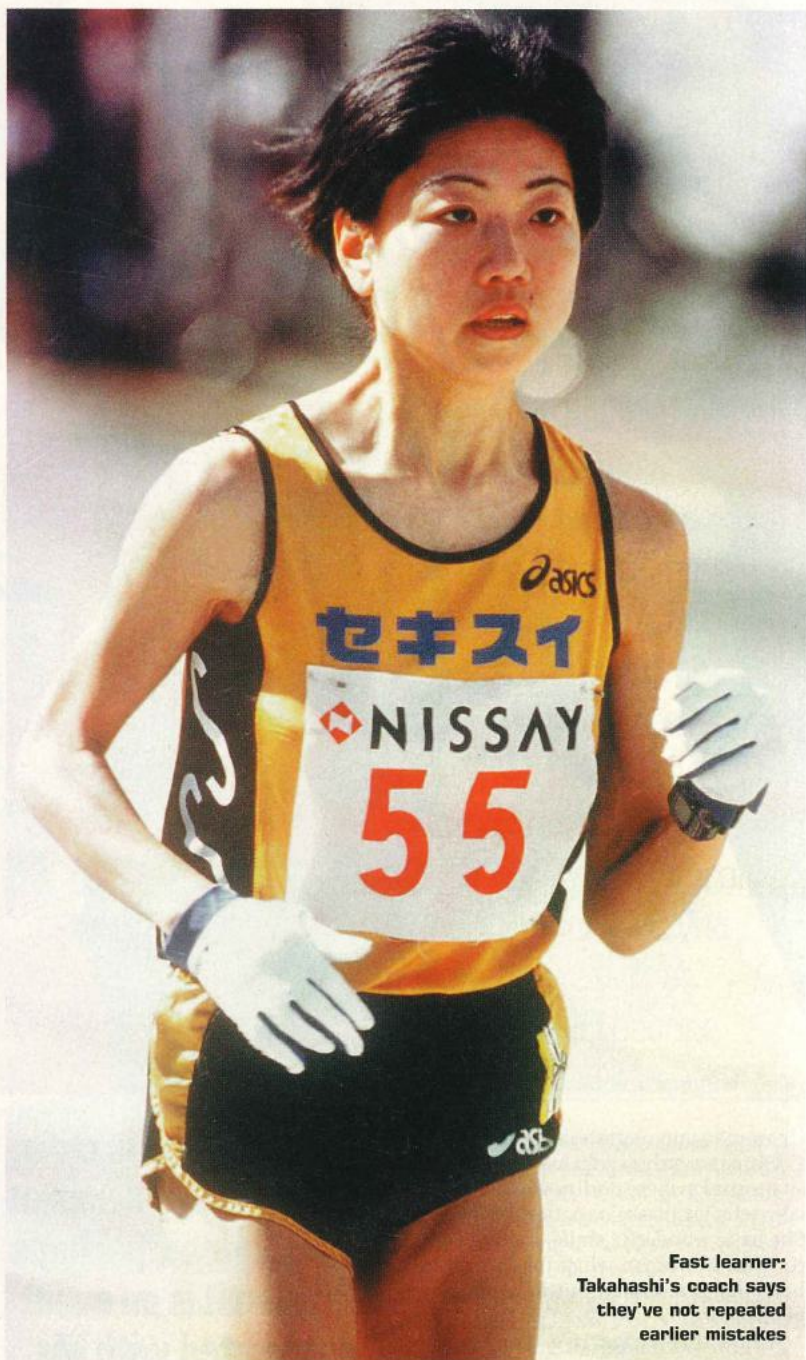
Her preparation for the Olympic qualifying marathon was also hampered with setbacks. She fell and broke her wrist in a half-marathon. Then she was hospitalised for three days with food poisoning, which was kept secret from the media.

Thus when Takahashi started the 2000 Nagoya women's marathon, she was far from 100 per cent fit. But, she not only had to win, she also had to record a fast time to qualify for the Olympic team. She did both by winning the race in 2:22:19.

She trained for the Olympics in Colorado. "The training for the Olympics went perfectly. She stayed injury-free, because we learned from last year's mistake," said Koide.

A month before the Olympics, Takahashi trained at an altitude of 3500m, despite warnings from medical experts. Koide was convinced of its benefits. The training at 3500m was a topic of conversation when she was invited to the Imperial Palace after the Olympics.

As a co-favourite in the Olympic marathon, one would imagine that pressure on Takahashi had been enormous before the Games. On the contrary, she felt no pressure. On the day before the marathon she told Koide: "I have felt more nervous before other races." She slept very well the night before. While she was looking for a win as well as a fast time at the Seville



Fast learner:
Takahashi's coach says
they've not repeated
earlier mistakes

World Championships, she only wished to race well and to do her best at the Olympics.

Just before the Games, a book by Koide titled *You can do it!* hit the bookstores – currently, the book is on the best seller list in Japan. In it, Koide predicted a scenario for the Olympic marathon, which turned out to be quite accurate. Takahashi executed Koide's plan perfectly. Her first surge at 18km broke the lead pack just as the book predicted. Takahashi, who ran the hilly part of the course – 32km to 37km – several times in training during the week before the race, was really having a ball. She felt so easy, she thought the pace was four minutes per kilometre. Although Koide predicted that she would leave Loroupe behind at 35km, it was Simon (because of the Kenyan's poor form) who kept with her. By 30km, Takahashi wanted to remove her sunglasses. Since they were quite an expensive item, when she saw her father

at 35km, she forged ahead of Simon to toss the sunglasses towards him, hoping he would pick them up. When she realised that Simon was no longer on her side Takahashi pushed harder. By 40km, she was 28 seconds ahead of Simon. Seeing that she was all alone in front, she intentionally slowed down to savour her victory, still winning convincingly with an Olympic record time of 2:23:14.

Next morning, despite staying up until the early hours with various celebratory functions, she was out running at 6:30am.

In order to strengthen her claim as the best marathon runner in the world, she will go after the world best in a spring race. A 2:17 marathon is a possibility. Unfortunately, because Takahashi has no plans to run in any of the Japanese domestic marathons, she is unlikely to be selected for Edmonton, unless, of course, the IAAF can invite Olympic champions to the World Championships.

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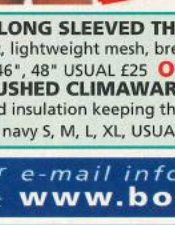
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DR GABRIELE ROSA took a deep breath and sighed. "Si," he said, answering his mobile phone for the third time in five minutes. I was trying to tap the mind of one of the world's greatest distance running coaches, yet with the start of the Olympic men's marathon just over 24 hours away, it seemed I had a bit of competition.

As coach to top Kenyan runners Paul Tergat and Moses Tanui, among others, Dr Rosa's vast experience and knowledge are constantly in demand. His phone was going crazy, but then again it was the penultimate day of the Olympics, so I could live with the odd interruption.

As it happened, Dr Rosa restricted each of his cellphone stalkers to no more than a minute of chit-chat before dismissing them. "My apologies," he said, in a deep Italian accent, before taking a sip of his sparkling mineral water and continuing our conversation.

We were sitting in Sydney Harbour on a boat being used by Fila as a hospitality vehicle during the Games. In such circumstances it seemed appropriate to compare Dr Rosa's appearance to that of Poseidon's. Minus the trident, of course.

The great

Dr Gabriele Rosa is renowned as one of the world's top distance running coaches. **JASON HENDERSON** met up with the enigmatic Italian at the Sydney Olympic Games

But the imperious 58-year-old from Brescia in northern Italy has not made a career out of ruling the waves. Instead, he has fought and mostly won his battles on land, most commonly over the 26.2-mile stretches of road that comprise that most enduring footrace – the marathon.

After graduating from medical school, Dr Rosa began to specialise in sports medicine and later cardiology. In the late 1970s he became an athletics coach, initially to marathoners in his native Italy, and soon

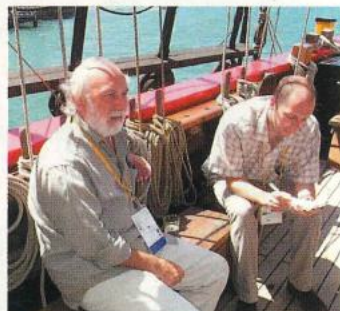
built a reputation as a man who can get the very best out of a distance runner's ability – and then some. In 1986 he guided Gianni Poli to victory in the New York Marathon, but the real origin of Dr Rosa's success can be traced back to 1990 – when he teamed up with Tanui.

Kenyan runners have always dominated cross country and distance races on the track, but their supremacy in the marathon is a recent phenomenon. In 1991 Tanui won the world 10,000m title on the track, but under Dr Rosa's guidance he broke the world record for the half-marathon in 1993 and then went on to win two Boston Marathons in 1996 and 1998. In Chicago last year he led Khalid Khannouchi by over half a minute with five miles to go, but wound up second with 2:06:16 – while Khannouchi ran a world record of 2:05:42.

Most importantly, though, Tanui and Dr Rosa demonstrated that Kenyans could succeed in the marathon. It is easy to forget that, until the beginning of the 1990s, Kenyans weren't actually that successful at distances further than those run on the track or over the country. "I changed the Kenyan mentality," said Rosa. "Before there was only Douglas Wakiihuri and Ibrahim Hussain. I gave other Kenyans the opportunity to succeed."

The opportunity came in the form of the Discovery Project, a training camp in Kenya, financed by Fila and organised by Dr Rosa with Tanui's help. The camp was set up in the hills near the town of Eldoret and young Kenyan runners were invited to train at the camp under the supervision of Dr Rosa – with the ultimate aim of winning a big city or championship marathon.

In 1993 Fila had given their name to the international running team of athletes coached by Dr Rosa and soon 'Team Fila' was winning distance races on roads all over the world. The most recent marathon victories include Joseph Chebet's in New York and Boston in 1999. Josephat Kiprono won the Berlin



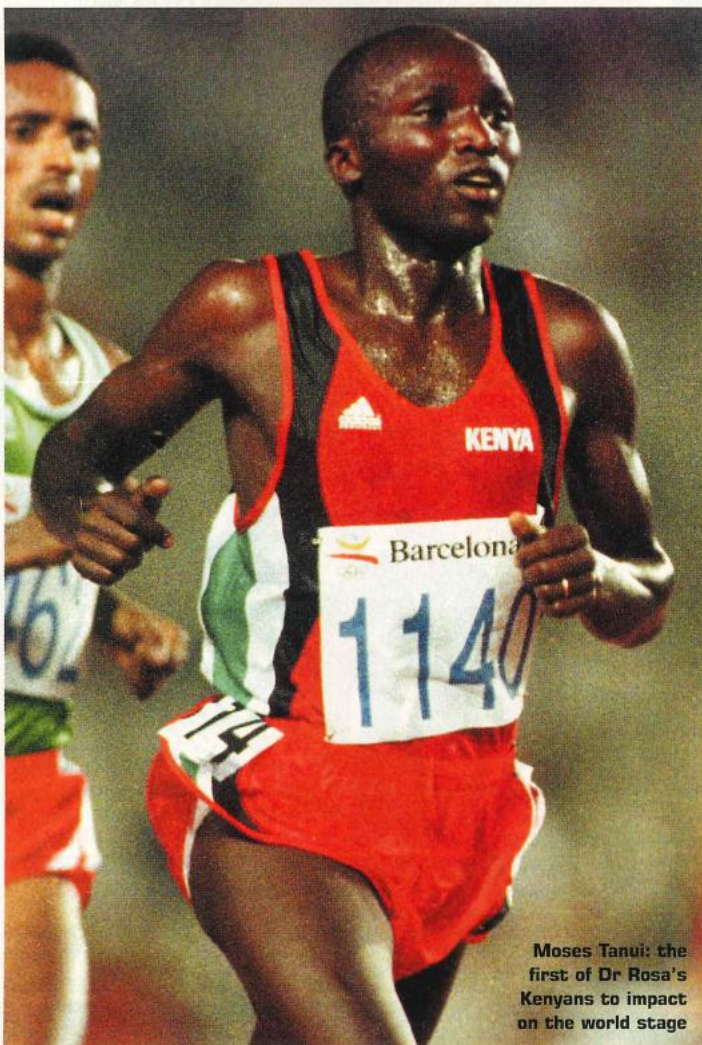
Interview time: Jason Henderson puts Dr Rosa on the spot

Marathon in 1999 in 2:06:44 and Rome this year. Japhet Kosgei won in Rotterdam in 1999 in 2:07:09 and Tokyo this year in 2:07:15. While Kenneth Cheruiyot and Elijah Lagat took the Rotterdam and Boston marathons respectively this year.

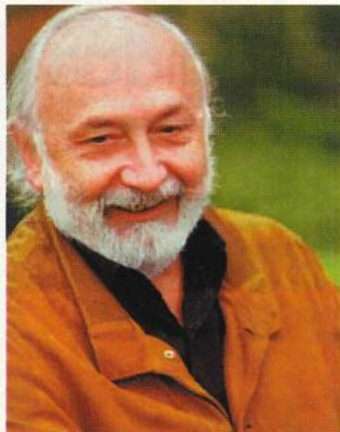
In addition to this Paul Tergat has won five world cross country titles, holds the world record and world title over the half-marathon distance, and pushed Haile Gebrselassie to the limit in the Olympic 10,000m.

Dr Rosa's coaching is not restricted to men either. Margaret Okayo, the winner of the San Diego Marathon, is one of a growing number of female athletes he coaches. "She ran 2:27 in hot conditions," said Dr Rosa. "It was worth around 2:24." Although in the recent New York Marathon she placed third in 2:26:36.

Needless to say, attempts have been made to replicate Fila's Discovery Kenya Project in other parts of the world. To prove that his coaching methods can work on non-African runners, Dr Rosa and Fila have set up similar training camps



Moses Tanui: the first of Dr Rosa's Kenyans to impact on the world stage



Coach to the best: Dr Gabriele Rosa

discoverer

in the USA and Sicily – with further camps planned in Australia, Korea, Brazil, South America and South Africa.

According to Mark Sinclair of Fila UK, a camp in Britain “has certainly been talked about.” But there are no immediate plans to organise one.

The Discovery USA camp has naturally received a lot of attention. The country is huge, it hosts some of the most important marathons – such as New York, Chicago and Boston – yet the standard of American distance running is at an all-time low. Selection meetings for possible participants in the camp took place at the US Olympic marathon and track trials earlier this year and around a dozen men and women have been training at the camp for several months now.

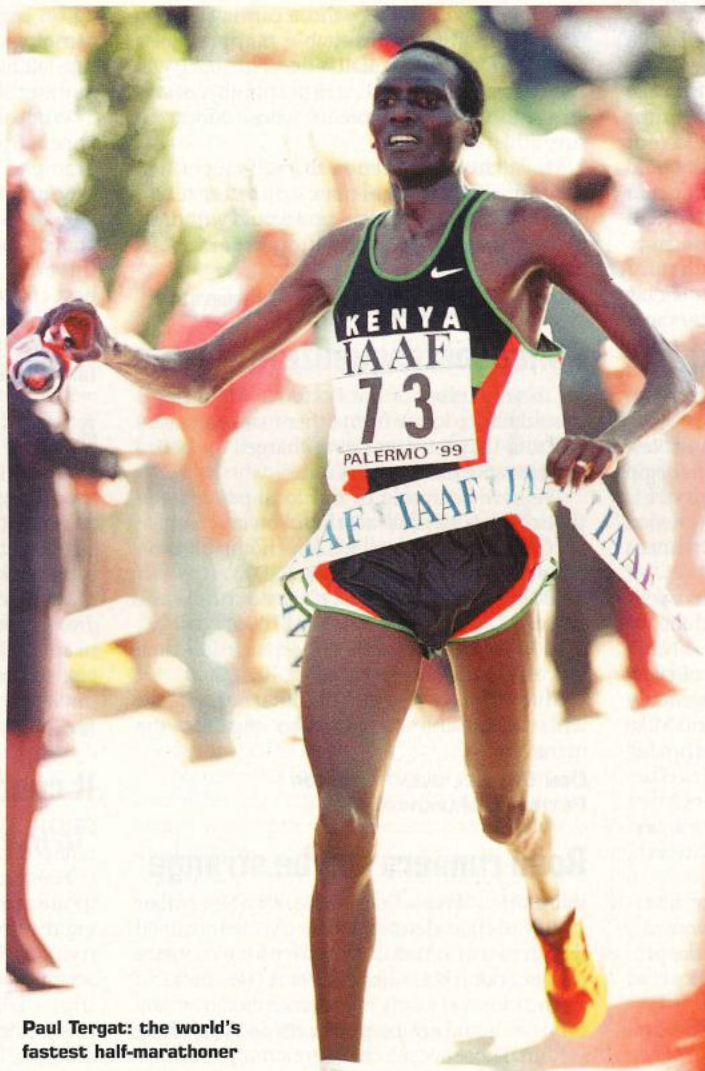
“They stay in a small lodge at a place called Mount Laguna,” said Dr Rosa, “about 50 miles from San Diego and at about 7000ft altitude. The athletes must agree to stay there and to help each other.” They live and train in spartan conditions, but Dr Rosa stressed: “It is not a prison. What is important is that they agree to everything.”

This includes partaking in a training regimen from hell and a lack of contact with the outside world, with the only comfort being a television set in each of the bedrooms. At the Kenyan camp, for example, there is one road which is around 22km long, starting at 1300m altitude at the bottom and ending at 2700m at the top, with no undulations – just a steady climb the whole way. The runners cover the distance in around 90 minutes.

At the US camp the runners follow a six-day cycle, consisting of a long run, two quality interval sessions, a 90-minute hill climb (probably not too dissimilar to the Kenyan version) and two runs a day on recovery days. On the final three days of the cycle the hill climb is sandwiched between the two interval sessions.

“I now have 60 athletes in Kenya,” said Dr Rosa. “There are three camps of 20. It is a production line and everybody knows the rules. I choose the races because I know who is good on the flat and on the hills. The runners tell me when they are ready.”

“This US camp is also a permanent camp for the athletes, with one month off after the marathon



Paul Tergat: the world's fastest half-marathoner

race. They run low mileage, but high in quality – around 130 miles a week. Tergat has been running 120 miles a week in recent years, not training for the marathon. He runs 30-35km a day, but he enjoys it. Ask a Kenyan to run less and he is not happy.”

Already Dr Rosa's coaching techniques seem to be paying off for the American athletes who enrolled at Fila's Discovery USA camp. At the recent Chicago Marathon, Josh Cox improved his best from 2:19:58 to 2:13:55, Christine Junkerman finished seventh in her debut with 2:32:45 and Janelle Olsen, who is only 24, ran 2:42:33 – also on her debut.

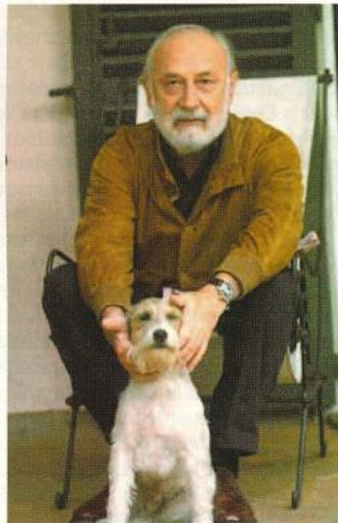
Such success brings the predictable tuts of cynicism. Successful coaches always seem to get tarred by the brush of suspicion. “They

must all be on drugs,” is the whisper. It seems to go with the territory and Dr Rosa brings up the subject without being prompted, as if he feels the question is inevitable and that he may as well answer it now.

“I campaigned for many years to have blood testing,” he said. “I wrote to Primo Nebiolo (the late IAAF president) saying I wanted blood and urine tests to be brought in so all athletes could go off a fair start. When you are trying to do something good, people will always try to destroy what you are doing.”

Meanwhile, Dr Rosa's athletes continue to destroy their opponents in races. The Italian coach is demonstrating that his training techniques can work on ordinary American runners too. But a sobering thought is that Tergat, who is arguably his greatest protegee, has not even

“I respect Khannouchi. But Tergat and Gebrselassie can run under 27 minutes for 10,000m, so they can run 2:04 for the marathon”



One man and his dog

attempted a marathon yet. (His eagerly awaited debut comes in London next April).

“I respect Khannouchi,” said Dr Rosa. “But Tergat and Gebrselassie can run under 27 minutes for 10,000m, so they can run 2:04 for the marathon. In two to three years men will run 2:03.”

We may have seen the end of Gebrselassie getting to the line first too, Dr Rosa believes. “Tergat is great on track or cross country. He enjoys training over long distances,” said Dr Rosa. “Gebrselassie is mainly a track runner. In cross country he is not so strong.”

“Tergat has never had an injury in his life, has won world championship gold in cross country and the half-marathon and would like to do the same in the marathon.”

So Tergat could be the first marathoner to break two hours and five minutes, or even two hours and four minutes.

Unless another runner emerges from Dr Rosa's production line and beats him to it.

Your say

Write to: *Athletics Weekly*, 13 Cavell Court, Lincoln Road, Peterborough PE1 2RJ or fax: 01733-898441. Email: nigel.walsh@athletics-weekly.co.uk (Please supply both a full postal address and daytime telephone number)

In defence of 'the Morpeth'

I THANK and applaud the comments by Valerie Vaughan of Limerick, Ireland in *Athletics Weekly* (November 15) for her valued comments with regard to the Morpeth to Newcastle 14.1-mile road race.

As an organising committee member for the above event and for several years a competitor in this superb race until injury prevailed (not connected with the event I might add) I would like to echo that it would be excellent if we could equal up the prize money, but with only a certain amount to play with one has to balance things up.

As a body we are trying to re-establish the profile for the race and to get back the excellent fields that used to take part a mere five or six years ago.

With respect to our current sponsors, Lite On and Fila, they have been an excellent support to the event, and sincerely hope they feel they can continue to do so.

To run the Morpeth to Newcastle race on New Year's Day is indeed an excellent way to begin the year. The spirit in Morpeth at the start is typical of the friendliness that exists in the region and virtually all the locals turn out to witness the spectacle.

The atmosphere along the route as well-wishers turn out in abundance is sociability at its highest and the welcome at the finish at Newcastle Civic Centre has to be seen to be believed.

Past winners of the race include the legendary Jim Alder, equally legendary and also local Mike McLeod, Alistair Hutton, a course record holder, Frazer Clyne, Steve Brace and Paul Davies Hale.

In recent times the Hudspith brothers Mark and Ian of Morpeth Harriers, with one interruption from Sunderland's Brian Rushworth, have dominated the event.

It would be nice to see someone of international standing in both the men's and women's sections come to the North East to raise the profile of the race, which is the oldest event of its kind in England.

The race now has its own web site, www.themorpeth.com

**GEORGE PATTERSON, PRESS OFFICER
MORPETH HARRIERS & AC**

Training's not the be-all

ALAN Waldron's comments about 'amateur' legions who form a considerable part of the coaching fraternity in the United Kingdom was unerring in its inaccuracy.

Effective coaching is not restricted to those who have been 'trained and, at higher levels, gained qualifications.' Percy Cerruty was self-taught, lacked formal coaching qualifications but produced Olympic champions. He was not the only one.

Poor coaching and bad advice is not limited to amateurs. Passing paper qualifications cannot provide a 'coach's eye' or the ability to motivate a talented but incomplete personality. Many supposed 'professional' coaches have been guilty of providing poor coaching and bad advice, particularly in the former East Germany.

Athletics exists because of the participation and contribution of many people, including those

'amateurs' Mr Waldron disparages. Dave Moorcroft would be the first to admit that chief executives come and go are not irreplaceable.

Athletics depends on grass roots' survival. Cutting out roots deemed by those earning a living from the sport to be unsuitable, may produce a proliferation of paper qualified coaches but it will also exacerbate the decline in the number of athletes, officials and volunteers, whose efforts ensure athletics survives.

Mr Waldron should know that self-taught, non paper-qualified coaches came well before teachers, experts and specialists and would withdraw his own statement to the contrary in embarrassment.

PHILIP R THOMAS, ST HELENS, MERSEYSIDE

Police costs squeeze Potteries

AS the organiser of the Potteries Marathon I should like to know from other race organisers whether they are now being charged for police services and, if so, at what rate?

We have been told by our local police force that in future we shall face the following charges:

- 2001 - special constable £5 per hour; full-time officer £11 per hour; total cost £3500
- 2002 - special constable £10 per hour; full-time officer £22 per hour; total cost £7000
- 2003 - special constable £15 per hour; full-time officer £33 per hour; total cost £10,500

This will probably mean that after next year we will not be able to afford to organise the marathon.

**DON SHELLEY, EVENT DIRECTOR
POTTERIES MARATHON**

Road runners can be strange

IN *Athletics Weekly* Vol. 40 No. 48 (November 29, 1986) I had a letter published which outlined the fairness of the selection system for acceptance to the London Marathon, at which I was present.

The race was vastly over-subscribed by many thousands and selection was made by a lottery system. Those not selected were simply 'unlucky' in not being picked out at random. The same situation still prevails, it is still very much over-subscribed and a question of being 'one of the lucky ones'.

Having said that, I never cease to be amazed and baffled at the complete 'cock-up' people can make of a very simple and straightforward entry procedure, how every year they ignore the warnings about not committing themselves to raising sponsorship for charities until they know they have definitely been accepted nor how they think they can send in multiple entries in attempting to give themselves more chances, without a well-practised system catching them out - which means automatic rejection.

All that was required of prospective entrants was to detach the entry form from the envelope it was attached to, complete it, sign and place it in the envelope together with a signed and dated cheque or postal order for the correct amount, write a name and address on the reverse of the envelope, put a letter in three code boxes on the outside of the envelope, seal it and post it.

There were even printed reminder instructions

for people to check they had not forgotten anything. There was at least one example of every combination and permutation of errors that could possibly be made with this simple system, eg, an entry form with just the right hand side completed, predicted times etc, signed and dated. The left hand side, name address and telephone number etc was left blank.

Why complete only half an entry form? I know, I opened it. There were several hundred similar examples.

Some omissions were only minor and rectifiable and so made the draw, but most just did not stand a chance. If people really want to run in this event why do they not give themselves their best chance by simply doing as they are asked by complying fully and exactly with the race entry instructions?

IAN CHAMPION, ENFIELD, LONDON

A shot across Horwill's bows

CAN ordinary mortals express their honest, specific and considered opinions through a democratic *AW* letters page without being subjected to vitriolic personalised abuse or do contributors have to pass the Horwill test?

Surely our experts should educate us by addressing points raised rather than childishly react in an angry, graceless manner resorting to generalised, out of context and below the belt insults unworthy of their esteemed reputation.

IBRAHIM THOMPSON, FERRYHILL, CO DURHAM

It costs to become a coach

GEOFF WARD (*Athletics Weekly*, October 11) referred to the cost of coaching.

He is lucky he already has his senior coach certificate as my recent costs incurred while completing the same award would put most people off trying to advance: theory course fee - £100; accommodation - £70; travel (610-mile round trip) - £60; practical course fee - £155; travel (680-mile round trip) £68; exam (travel 200 miles) £21. Total cost £474, less anonymous donation of £50, leaves a staggering £424.

That amounts to four weeks (married) pension with no senior citizen rates available. This is hardly the way to encourage progress.

The point is, if there are insufficient funds to support a one off course fee, he can hardly expect long term finance for coaching.

TONY LETT, TRURO

A small price for a fresh start

FRANK PLUNKETT (*AW*, November 22) raises an interesting point regarding coach education. I hope no-one would disagree that it is right for the governing body to provide a coach education system. The danger is that coaches come to over rely on that system and begin to believe it will provide them with all the knowledge and skills they require to coach.

Surely a good coach will understand that the coach education structure can only support their personal development and that there will always be more one can learn to improve one's coaching ability?

Under the old system it was possible for an individual to 'qualify' at level one and never improve their knowledge or update their skills again. The same individual could take a 10-year sabbatical from the sport and return with vague recollections of a course done and little else. The sport referred to these individuals as 'coaches'.

Under the same old system, an individual could take (and pass) every level of qualification available, take the same sabbatical, and never gain any further knowledge or skills. The sport referred to these individuals as 'senior coaches'.

There were also plenty of coaches who updated their knowledge, improved their learning and refined their skills. The 'qualification' from the governing body was merely part of this process. Under the old system the term 'qualified coach' could mean very little or quite a lot. For the athlete it could be a lottery knowing which.

Under UKA's new education scheme coaches will have to 'renew' every two years. Knowledge will be kept up to date and learning will be 'modularised' so coaches can pick the elements relevant to them. In other words, the new structure will be seeking to ensure that all coaches in the UK are of the third type above.

I believe UKA should be applauded in this. However, before this new era can commence, coaches need to transfer to the new structure if it is to have any meaning at all. This involves a three-hour workshop built on the principle of coaches analysing the way they coach. Many already do this, many don't. Those that do will appreciate the input from another source which may help that analysis. Those that don't ...

In the real world, this costs money. Is £10 really asking too much to kickstart a sensible, more considered approach to coach education in the UK? Is £10 asking too much to start a process which ultimately should benefit the people we are coaching for in the first place? That's not the coaches, by the way, it's the athletes.

JIM COWAN, BEDFORD

Cook was a complete natural

AS an ex-member of Oxford University Cross Country Club I must congratulate *Athletics Weekly* for featuring Stephanie Cook in the November 15 edition.

She was such a natural running talent she won everything in sight.

She won the BUSA 2km steeplechase in 1995, hurdling the 3ft barriers. As someone who is a would-be steeplechaser who was inspired by her, I wonder if she ever mentioned making a comeback?

GWYNETH HUETER, HEADINGTON, OXFORD

Southern talents

THROUGH the pages of *Athletics Weekly* can I thank all the athletes who represented the South this year in the inter-area road race series. This resulted in the South men's team winning the inter-area combined matches.

Look forward to next year's series with enthusiasm generated by athletes who competed this year, and with interest to see how Mike Coleman (Medway AC) and Tom Hart (Windsor) progress this winter. Possibly names to look for.

I would also like to thank Andy Coleman of Enfield & Haringey who competed in every match and having watched him get stronger every race it came as no surprise to me that he ran so exceptionally well at the Great North. It was very rewarding for me when Andy took time to ring after the race to thank me for selecting him and getting

the quality races he needed. Perhaps inter-area races do work, athletes please note.

If any Southern athlete wants to give me his details for selection for next year's races I can be contacted at 56B Patching Hall Lane, Chelmsford, Essex, CM1 4DA.

**JIM SAYERS
SOUTH OF ENGLAND TEAM MANAGER**

Initiative works for us

I RECENTLY replied to Wilf Paish's letter for middle-distance coaches of young female athletes who wanted to improve their performances.

Wilf sent me an article called 'lest we forget' to read, also a training plan of what my athletes should be doing this time of year which is excellent.

I am sure that I and my athletes can only improve because of it. I would like to thank Wilf and say how proud I am to be part of his initiative.

ALAN CHETWYND, TAMWORTH, STAFFS

Age group implications

AS a club team manager I concur with Dennis Johnson's sentiments (AW, November 22) regarding the recent announcement by the ECCA on changes to the age qualifications for its championships; I would even say that these will effectively rob many of our younger athletes of their childhood.

Athletes whose 15th birthday falls before December 31, 2000 and who will compete in this season's national championships as under-15s will, next season, have to compete as under-20s against athletes almost four years older.

Athletes who are currently 13 years old, with their birthdays coming before December 31, and who are competing as under-15s will spend next season as under-17s then, the following season, will be propelled into the under-20 category.

Younger athletes whose birthdays fall after the end of the cross country season will only get one chance to compete in the national championships as under-13s.

I wonder how many team managers and coaches have fully realised the implications these changes have for their young athletes, not to mention the problems for themselves in having to select two teams for each age group in the course of one season.

MARK LETLEY, GILLINGHAM, KENT

Where are all the runners?

THE question of where the races have gone has already been covered, but what about the participants?

Anyone who has studied race results over the last decade will be aware that, for one reason or another, previously familiar names no longer appear.

The fall-out in my own area of Harrow reads like a disaster. I can come up with more than 50 names, young and old-ish, talented, that no longer run nor race, and if they do, do so at such a level that to call them a shadow of their previous selves would be to exaggerate.

Why? I suppose that at the end of the day we are all volunteers. The essence of which is - critics of our best athletes beware - the fact we don't actually have to take part. It's easier not running 135 miles a week, as one former world record-holder put it.

There are other reasons. A survey of which could provide useful information. Maybe of what not to do if you want a long career. Or could it

simply be that running, training, etc is just another source of stress that the individual would rather do without.

From my own perspective, the fact that a talentless oaf like myself can, after 10 years of trying, now feature in prize lists initially comes as a pleasant surprise.

However, on reflection, it's actually a complete disaster.

RICHARD FRANCIS, PINNER, MIDDLESEX

Protection or paranoia?

AS a 55-year-old male coach who coaches predominately girls from age 14 upwards I feel I had to reply to Mr Ward's article on child protection (AW, November 22).

While I wholeheartedly agree that child protection officers should be high profile in each club I cannot agree with much else Mr Ward says. When he implies that seeing elderly gymnastic coaches cuddling and kissing young competitors is some sort of sexual perversion I can only wonder on what he bases this opinion. I see it as an expression of total joy.

If I ever have the good fortune to coach an Olympic champion I will not only kiss and cuddle them, regardless of age or sex, but probably everyone else in the stadium as well. Has he ever seen footballers after a goal has been scored? Does he think they're all homosexual?

He then goes on to say too much physical contact can transmit the wrong message. I assume he has no daughters as they would obviously not get much emotion from Mr Ward in case it transmitted the wrong message.

As I understand it, most sexual abuse takes place in the home. Is Mr Ward suggesting us coaches not be left alone with our children, or relations' children? I think he must be a very sad old man if all he can see is bad in people. I don't know what percentage of coaches are perverts but I cannot think it would be many so why label everybody as guilty because you don't agree with how they do things.

I am quite happy for anybody to check on me or what I do but I have no intention of changing how I behave. If an arm round the shoulder, or a cuddle, either in commiseration or congratulation is seen to be wrong then I feel there is something wrong with the world.

I try and treat the children as I would my own. If this differs from Mr Ward's views then so be it, but I suspect my world is a much happier, friendlier place than the one he occupies will ever be.

TREVOR R BENT, GRAVESEND, KENT

Water absorbed - real quick

A FRIEND of ours has just come back from America with a 14-page article on Penta-Hydrate, which is molecularly modified thin water with added oxygen. This water is rapidly absorbed by the cells and when cells are properly hydrated they work more efficiently. Will this make you run faster?

Being 74 I don't suppose it'll do much for me nor my training partner, a three-year-old border collie. But if you're interested, have a look on the net at www.penta-hydrate.net

Perhaps we'll all be able to sit at home and drink water instead of training.

DESMOND BALL, BIGGLESWADE, BEDS

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

Playing for the team

THE SAAD Company's generosity had allowed young and old talent from our shores to join local track club runners in their quest for Bahrain marathon relay glory. Flown over to 28°C sunshine, a luxury hotel where the staff treat you like royalty, and the magnificence of endless buffet meals made for a rather unforgettable experience.

In return all the runners have to do is adhere to a carefully planned schedule. A typical timetable includes "suggested time for early run" slots. Times when breakfast will begin. Times when kit must be picked up from a certain hotel room, times for a pre-race talk and so on.

It sounds so authoritarian, and in some parts it is. There is a tangible nervousness about the athletes who arrive late for the official dinner after misreading their timetables. But instead of feeling annoyed at what some would describe as being patronised, each and every one of the athletes laps it up.

And the fact is that for many of them who took me aside during these four days, they so wish it was the norm for other trips away while representing their country.

"When I first went on this trip I returned home wanting to change the world. I wanted to write to AW, UK Athletics and anyone who would listen," one runner admitted.

"I just want them to know that this is how a trip should be run, this is how you motivate people. You don't just give them keys to a room, tell them where to eat and leave them to it."

Sadly, it seems that in many cases leadership has been lost among a plethora of administration and alternative duties faced by team managers and coaches. In neglecting the athletes, we are in danger of losing the sense of team, which can turn heat runners into finalists, and potential finalists into medallists.

For example, picture the scene: an enthusiastic young GB athlete making their debut arrives to find no room has been booked for their stay – a twin bedded room will end up sleeping three or four to make amends.

The first time the athlete makes contact with their team manager is an hour before the race, he or she gets the youngster's name wrong, or worse still can't remember their selection.

After the race the various youngsters head off to different local eat-

LIZ MORRELL, fresh from reporting on the Bahrain Road Relay, asks if there is enough motivation and leadership from coaches and managers when British teams travel abroad



Perfect timing? Morrell believes the Bahrain relays' strict schedule allows athletes to concentrate on their performance

eries for a dinner. Some go at 6pm others wait until 8pm. One who hardly knows anyone eats alone at the hotel.

This story may be an amalgamation of different tales, but ones that I've heard with alarming regularity, and something is going wrong with how our athletes are organised when travelling to compete.

At recent championships, sadly including both Olympics and world, team meetings have turned into admin forums as nervous youngsters making debuts long for a team talk. Veterans on the international scene end up making these speeches – as if they themselves didn't have their own medal efforts to concentrate on.

Of course there is the fact not

every athlete suits being told what to do and when to do it. Some have the type of personalities where this is inconsistent, and to rob them of their single-mindedness could take away from their performance. Several big names in track and field spring to mind with this description.

Others have carefully developed pre-competition routines including meditation, quiet times and emotional outbursts which might not quite fit in with the "6pm time for evening run, 7pm official dinner" plan.

Some would criticise my championing this cause, holding it up as an example of bureaucracy athletics has long tried to remove. Who wants to be told what to do, when



Well cared for? Morrell suggests GB athletes, like recent debutant Nick Wetheridge, need looking after

to do it and made to feel bad when they don't? Not any self-respecting adult representing their country.

Maybe not. But who wants to be left to their own devices once booked into the motel, and not see your team manager until an hour before racing the next day? You can't say that is a better scenario than a slight restriction where a runner is expected to be from one moment to the next.

Possibly the reason why the Bahrain group worked so well was because the athletes there are predisposed to this level of organisation. Likewise, those who disrupt proceedings, ignore the schedules, and generally go against the grain are unlikely to be invited back to compete another year – maintaining Ian Wilson's carefully formatted procedure.

It may be authoritarian, some might say patronising – an extension of the infamous nanny state. I would disagree, especially having seen and heard how the alternative can affect a performance.

"Treat 'em mean, keep 'em keen" might be a great dating weapon ... but not a recipe for success when dealing with our best athletes.

As Wilson modestly disclosed: "I don't know how other trips are run, it's not for me to comment."

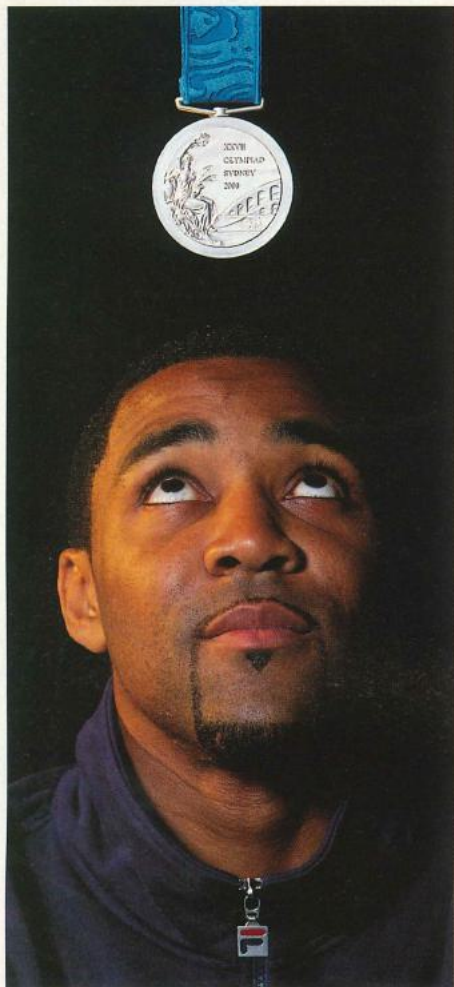
"All I know is that using this buddy system I get the best out of this group of runners, and they gel so well together."

"And the best thing is that most will go on to perform better than ever this winter. I've seen it happen before."

The silver

DARREN CAMPBELL is living proof that clouds have silver linings. Through good times and bad times the Belgrave sprinter has kept faith with his coach, his friends and family and ultimately with his sport. Still in a state of shock after his Olympic silver he talked to LUCY GIBSON in Sydney

Pictures: Courtesy of Fila



Things are looking up: Darren Campbell keeps a close eye on the silver medal he won in Sydney

Does it come in silver? Campbell (right) tries a top-of-the-range Jaguar car for size while out 'shopping' with sponsors Fila



'When I looked up at the scoreboard I just burst into tears'

In demand: Campbell's mobile phone has been red-hot since Sydney



DARREN CAMPBELL sits on the deck of the HMS Bounty and looks wistfully out on to Sydney Harbour. The Australian sunshine beats down on the crystal blue water and bounces off the Opera House, the famous landmark shimmering in the early afternoon.

It is two days after the Olympic 200m final and we are enjoying a break from events on the penultimate day of the track and field programme.

The Bounty has been taken over by Campbell's sponsors Fila for the duration of the Games and this picture-postcard moment is all the more impressive considering the last time we met was on a rainy evening at Newport Stadium.

Campbell laughs as he recalls his final sprint training session with fellow Olympian, Christian Malcolm and Malcolm's coach Jock Anderson.

The pair joked their way through a series of short reps and after Campbell won a race Anderson dubbed 'the Newport Grand Prix' he raised his hands in the air and blew kisses to an imaginary crowd.

After taking the silver medal behind the Greek Konstantinos Kenteris in the

lining



Silver moment: crossing the line in Sydney

'I've got to the stage now where I don't care what people write about me because nothing could be worse than what Linford is going through'

The future's bright: Campbell believes there's more to come ... when his head stops spinning

Olympic 200m final Campbell simply buried his head in his hands in disbelief.

The day we met he had still not come to terms with the enormity of his achievement, touching the medal around his neck as if in need of constant reassurance.

"It didn't really hit me until I went out and people started buying me drinks," said Campbell, taking a sip of freshly squeezed orange juice, a look of sheer contentment on his face.

"But even now I can't quite believe it. It's going to take a while to really sink in."

Campbell pauses and turns to look at the stunning backdrop of Sydney Harbour before his attention turns to the rigged sails flapping above his head in the breeze.

I ponder over the irony of sitting on board this ship, built especially for the 1984 version of *Mutiny on the Bounty*, starring Mel Gibson and Anthony Hopkins.

The original vessel set sail from England in 1787 under the command of Lieutenant William Bligh, commissioned by Sir Joseph Banks and the British Admiralty.

Two days later 12 crew members staged a mutiny and set the young naval officer and his supporters adrift in the ship's launch.

Campbell's own log-book of his journey to Sydney also tells of a similar voyage on rough seas.

After taking the European 100m title in Budapest in 1998 he was shunted into the background by British rivals Jason Gardener and Dwain Chambers, both of whom broke the elusive 10-second barrier. It prompted criticism in the media that Campbell had passed his best and was now resigned to being an also-ran.

He was fifth at the 1998 Commonwealth Games having missed the World Cup in South Africa through injury, although he steered the British



Assured: Campbell says he always knew something special would happen in Sydney

4x100m relay team to gold and set a lifetime best of 20.48 in his only 200m of the season.

But his failure to progress past the semi-finals at the World Championships in Seville the following year marked the start of troubled times for Campbell.

The birth of his son Aaron – his "pride and joy" – brought sleepless nights at a time when he was already finding it hard to concentrate on his career.

Then came the news Linford Christie had tested positive for nandrolone – a charge for which he has been found guilty and handed a two-year ban, making his role as coach to Campbell and fellow Olympians Jamie Baulch and Katharine Merry increasingly difficult.

When the group arrived in Sydney for warm-weather training earlier this year they were told their mentor had been

banned from using facilities in New South Wales, prompting them to relocate to Couran Cove on Queensland's Gold Coast.

The circumstances in which Campbell had prepared for the Olympics were so tough there were times he considered returning to his first sporting love, football.

The 27-year-old enjoyed spells at Plymouth and Newport as a striker, the latter promoting his Welsh links (his partner Clair is Welsh and the pair are now living in Cardiff) and was tempted to make a return to the football pitch.

Ironically it was one of his football pals, Nathan Blake who persuaded him to stick with athletics and was a guiding light during his Olympic campaign.

Blake, who plays for Blackburn Rovers and Wales, was one of Campbell's closest confidantes and on the eve of the 200m final sent him an "inspirational" fax.

Campbell refuses to tell exactly what was written in the letter but he is adamant it played a crucial role in his success, particularly after his disappointment at finishing sixth in the 100m – an event the press have almost made him synonymous with.

"A lot of people don't realise how amazing Nathan is. He has been so supportive," said Campbell.

"He just told me to go out there, do my best and not to think about other people.

"He told me there were a lot of people back home who cared and were sending their love."

Campbell also found inspiration from Merry who, after promising so much as a junior, finally delivered the goods with a bronze medal in the 400m.

"Katharine has had barriers and hurdles all through her life," said Campbell. She's really had to look deep within herself to overcome them and I really admire her for that."

Blake's encouraging words and Merry's performance paid dividends. Campbell opened with 20.89 to finish fourth in his heat before smashing his personal best of 20.48 with 20.13 to beat title favourite Ato Boldon and win round two.

"If I hadn't broken my personal best in the second round I don't think I would have been as confident," said Campbell. "Beating Ato gave me a massive buzz and it really set me up for the semi-final."

Campbell made light work of his penultimate round, finishing second in 20.23 behind Kenteris to progress to the final where he was joined by his friend Malcolm, who at just 21 was also living out his Olympic dream.

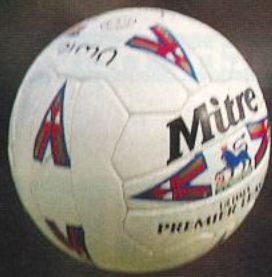
"Christian and I were hugging going out for the final, we had our arms round each other's shoulders and everything!" Campbell recalled. "It must have looked pretty strange to all the other guys in the room before such an important race but it helped me relax and I'm sure it did the same for Christian.

"I think it unnerved the other guys as well because it showed how focused we were that we could still chat easily to each other."

Once in the blocks however, Malcolm

Head start: Gareth Irwin (with Campbell below) is head of biomechanics at UWIC and helped Campbell with the biomechanics of his start technique





'Christian and I were hugging going out for the final, we had our arms round each others shoulders and everything'



and the rest of the field paled into insignificance.

"When you are down on the blocks you don't hear or see anything," Campbell explained, his eyes glazing over almost as if he was back in Stadium Australia. "It's like you're in another world, a totally different zone. I switched off every emotion out there."

Campbell always believed something special was going to happen in Sydney but it was not until the final 50m of his race that he realised he could win it.

"By that stage I was on my last legs," said Campbell, taking another look at the medal around his neck. "I could feel Ato and Obadele Thompson coming up behind me and I just managed to keep going."

As he crossed the line in 20.14 behind Kenteris (20.09) and ahead of Boldon (20.20) the tears began to flow just like the champagne the following evening and endless requests for interviews on his return to Britain.

Campbell had become the first Briton to win an Olympic 200m medal since Allan Wells in 1980. What is more he had silenced his critics.

"When I looked up at the scoreboard I just burst into tears," Campbell smiled. "It was sheer emotion, everything I had dreamed about. I had all these flashbacks of how much I had put into this and all the people who have helped me in the past."

Of those people, his mum and

girlfriend were the first two he tried to contact but to no avail.

"I tried calling Clair but believe it or not she was out!" Campbell laughed. "I couldn't get in touch with my mum until later that evening. I kept trying and trying."

Campbell tried again during the post-race press conference, prompting many journalists to question his manners. "Who does this man think he is, we have deadlines to meet?" was the general war-cry. Had they known the nature of the call the response would no doubt have been very different.

But misconceptions seem to be the story of Campbell's life and he has learned to deal with the criticism as well as the praise.

"I've got to the stage now where I don't care what people write about me because nothing could be worse than what Linford is going through," he added. "Everyone seems to have forgotten what he has done for athletics because of one incident."

"He went out and achieved all that he did by himself and he has

been a great ambassador for the sport.

"Hopefully Katharine and I winning these medals will take some of the pressure off Linford because no matter what people say we have gone out there and shown the world just how good a coach he is."

While Campbell is evidently still aggrieved by the attitude of the British press towards Christie, on a personal level he has exorcised the ghosts which have haunted his track career over the last 18 months.

Yet even after his Olympic success and a win at the IAAF Grand Prix Final in Doha, Campbell is still hungry.

"I said at the start of the season I want to be known as the best sprinter in the world but to earn that kind of title you have to be able to run both the 100m and 200m," he explained. "So that's my focus now. I only ran 20.13 in the 200m and I was disappointed with my 100m, so I'm not up there yet."

But he refuses to speculate further. "You know I never tell my dreams, Lucy," he said, flashing that infamous grin. "At the moment I just have to get over that shock, then I'll refocus ... as soon as my head stops spinning!"



Medal man: Campbell flashes his silver medal, and that infamous grin

Winner Thys planning

GERT THYS recorded his first victory on British soil. He hopes his next one will come on April 22. That's the day he hopes to spoil the party in London when he takes on arguably the best marathon field ever assembled.

Flora London Marathon officials have attracted a field that includes the eagerly-awaited marathon debut of Olympic 10,000m silver medallist Paul Tergat lining up against world marathon record-holder Khalid Khannouchi, European record-holder Antonio Pinto, and recent New York Marathon victor Abdelkader El Mouaziz. But Thys hopes to show them all a clean pair of heels.

He has the pedigree, being the South African record-holder with 2:06:33, but he flew out to Japan on the day after this victory in the hope of further improving that time.

Thys recorded a narrow one-second victory over national cross country champion Glynn Tromans but you had to be in Portsmouth to really appreciate how much the weather affected the times.

On the face of it, 48:26 hardly looks spectacular, but even as late as eight miles they looked certain of clocking around 47:30.

Then they turned into the teeth of a gale that had blown the finish gantry over the day before and the closing miles of 5:22 and 5:26 were despite the fact Thys and Tromans were battling each other for victory.

Portsmouth is usually a hotbed for quality road races, but all three of their major events have fallen foul

A first British win for Gert Thys as the South African marathon record-holder reveals his plan to upstage Paul Tergat in London in April

Report: Bob Frank Pictures: Mark Shearman



Chasing hard: Andrew Caine (10), Mark Morgan and John Nuttall (18) in pursuit of leaders Gert Thys, Glynn Tromans and Paul Evans

of unfortunate circumstances this year and the 10th staging of this race in the city (the 11th of the race as the first Great South Run took place in Southampton) witnessed the worst of the British weather with huge waves lashing up from the Solent to within feet of the course.

The city's first major road race this year, the Portsmouth Half-marathon in March, was reduced to 11 miles when an attempted murder on the eve of the race led to parts of the course being cordoned off.

This 10-mile classic was hit by flash floods in September, causing it to be postponed until Sunday. The initial rescheduled date was a week later, the original date of the Victory 5 – one of the country's top road races but another Portsmouth event to suffer, being cancelled due to engineering work.

And how lucky the Great South Run wasn't brought forward a further week because a murder near where the race starts and finishes would have again seen the course sectioned off.

Race organiser Colin Goater still

had a fraught last few days as heavy rain and the huge waves left the usual car parking area flooded, leaving the nightmare of how to accommodate the vehicles of the record 6000-plus entrants.

But on the day everything went to plan, apart from the slow times. The wind absolutely battered runners for the first and last two miles, and occasionally in between, and when you consider Thys averaged 4:50 per mile for 26 miles when winning last year's Tokyo Marathon his 5:26 last mile when trying to outkick Tromans explains just how bad the weather was.

Such was the reluctance to lead in the opening stages that the first woman – well-wrapped Tanzanian Restituta Joseph – found herself at the front of the whole field.

That was short-lived, though, as Thys injected some pace after just a couple of minutes running in a bid to spread out the field after being clipped too many times for his liking.

Paul Evans, who ran a battling fourth and first Brit here last year,

was quick to respond with recent Dublin Marathon winner Simon Pride in third. Also in contention as the first mile was completed in 4:52 – quicker than expected in the conditions – were Hilary Lelei, Carl Thacker, Mark Morgan and Glynn Tromans, although Thacker suddenly stopped just a minute later.

By two miles (9:30) there were only three in contention, Evans just behind Thys with a gap back to Tromans and then a big gap back to the chasers.

Going past Portsmouth's naval dockyards, Evans could be seen chatting to Thys, seemingly grabbing him by the arm to drag him along. Thys later revealed the subject of their conversation, saying: "Paul said he would help me with the pace, but with the wind as strong as it was you were better off running slower and having better balance."

During the next mile, Tromans had worked his way to the leading pair as Morgan led the chasers a long way back.

Approaching four miles (18:58), the course all but circles a roundabout and takes runners back up the other side of a dual carriageway in the opposite direction to which they approached the roundabout.

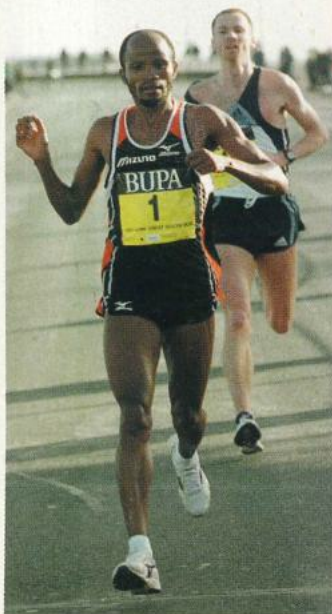
The leading men could see the gaps they had created and also that Joseph already held a substantial lead in the women's race, with Andrea Green, Birhan Dagne, Hayley Tullett and Debbie Percival together in the battle for second.

Approaching five miles (23:52) Tromans briefly seemed to drop off the pace but it was Evans who slipped back as the runners approached the athletes' hotel – the Queens Hotel – within 150m of the start and finish.

Evans quickly dropped back, but once detached he didn't really lose much more ground on Thys and Tromans who remained together until the final 100m.

Having gone through 10km in 29:36 and seven miles in 33:01, the athletes then had the wind behind them as they blasted out a 4:37 mile to hit eight in 37:38. Tromans later admitted to telling himself at the time "just two five-minute miles will bring me home inside 47:40" but he couldn't have foreseen how tough those last two miles would be.

Thys and Tromans had no sooner gone through eight miles when they turned on to the coast road and were almost brought to a standstill. The ninth mile took 5:22, the final mile even longer, but with the finish in



Wind runners: Gert Thys holds off Glynn Tromans to secure victory

to spoil London party

sight Thys kicked away from Tromans. The Coventry man threatened to come back at the South African but Thys kept glancing over his shoulder to check he had it under control.

Thys felt he was in shape to better Benson Masya's 45:56 course record – the UK all-comers' record – in better conditions, but he said: "Those were the most terrible conditions I've ever run in. Those last two miles were terrible. I was nearly falling down early on because people were just sitting behind me and they kept clipping me, so I increased the pace to get it down to a smaller group. But the wind was horrible. I am in very good shape and I am running the Fukuoka Marathon looking to run 2:06 and then I'm looking forward to London."

Tromans is racing himself fit after missing much of the summer, and he'll also line up in London. His next race is the European Cross Country Championships in Malmo and he says: "I'm strong at the moment, and I needed to be today because that was a strong man's race. It was a long last two miles into that wind.



Hot pursuit: Andrea Green (26), Debbie Percival (5831), Hayley Tullett (obscured) and Birhan Dagne (22)



Restituta Joseph: women's winner

I got caught napping at the start – I looked up and I saw Gert was 30 metres clear. I was way back and had to work quite hard and it took me a couple of miles. But once I got back with Gert and Paul I ran it like I did Margate last week, keep injecting the pace, but those last two miles were attrition. We were racing each other, running five and a half minute miles and not getting anywhere. I don't ever remember running in conditions like that."

Evans ran totally isolated in the second half to finish third but still

clocked 49:21, probably worth close to 48 minutes which is pretty impressive for someone who becomes a veteran in five months.

Former national cross country champion John Nuttall ran his third 10-miler and performed well for fourth place, although the conditions robbed him of a certain PB. He says: "I ran 49:20 at Preston at the age of 18 or 19 and ran the same time in Ballycotton this year."

One man who did run a PB, though, was Scottish-based Swansea Harrier Pride who smashed his

52:28 previous best by two and a half minutes. He took many scalps and would certainly have run sub-49 minutes in better conditions, but he is nevertheless delighted with his progress since switching from the ultra scene and linking up with coach Ian Ladbrooke.

Joseph, who arrived in Portsmouth late the previous night having been detained at Heathrow for many hours, was a convincing winner of the women's race, as you would expect of someone who has run 67:45 for the half-marathon.

With British No.1 Marian Sutton, whose PB of 52:15 was set in this race when Liz McColgan clocked the 52:00 course record, withdrawing to receive treatment for a calf injury in Ireland from the renowned Gerard Hartman, the way was left clear for Joseph to dominate.

A keen tussle for second saw Olympic 1500m finalist Tullett making her 10-mile debut and using her track speed to good effect in the final mile to pull clear of Dagne and Percival. Green, who has been ill for much of the time since her major breakthrough when she won the Bristol Half-marathon early last month, lost contact with the trio over the second half and placed fifth.

Tullett said: "I only decided on Friday to run it. My coach (Mark Rowland) sowed the seeds of thought two weeks ago when he asked if I wanted to run it but I dismissed the idea straight away. But I'd have been running 10 miles in training anyway, admittedly slower, so I thought 'Why not?'"

"At least it got me out of training yesterday because the weather yesterday was awful. I actually got dropped at eight miles but they let me back into it by slowing down against the wind. That last mile was torture because it was so slow, but with my track speed they played into my hands by slowing it down."

Results

■ MEN

1 G Thys (RSA) 48:26; 2 G Tromans (Cov) 48:27; 3 P Evans (Belg) 49:21; 4 J Nuttall (Pres) 49:52; 5 S Pride (Swan) 49:54; 6 M Hula (Bris) 49:55; 7 N Jones (Tip) 49:57; 8 A Cairne (Tynel) 50:10; 9 H Lalei (KEN) 50:49; 10 M Morgan (Swan) 50:50; 11 R Finch (Soton) 51:39; 12 D Robinson (Tip) 51:48; 13 N Boniface (Phoe) 51:57; 14 R Plant (Stoke) 52:00; 15 S Shepley (Bing) 52:06; 16 L Rodriguez (New F) 52:07; 17 S Major (S Lon) 52:13; 18 S Hall (Tip) 53:07; 19 G Day (Gt Bent) 53:22; 20 R Szade (Newsp) 53:28; 21 N Lane (Card) 53:53; 22 T Cooper (IolW) 53:54; 23 M Twomey (Soton RC) 53:57; 24 R Bullen (Les C, M40) 54:42; 25 R Joseph (TAN, W) 55:10; 26 A Gaskell (THH) 55:30; 27 C Pitts (Stow, M40) 55:40; 28 R Jordan (Ips J, M40) 55:48; 29 M Arndge (Tip) 55:50; 30 M Boucher (AFD) 56:01; 31 S McDonald (Soton RC) 56:02; 32 P Froud (BSH) 56:08; 33 M

Peters (Havant) 56:22; 34 V Stamp (Ports, M40) 56:22; 35 P Turner (Newsp) 56:32; 36 J Baker (Chich) 56:51; 37 J Bristow (BSH, M40) 56:56; 38 H Tullett (Swan, W) 57:01; 39 B Dagne (WGREL, W) 57:03; 40 D Percival (Med, W35) 57:06; 41 P Guest (Ports J, M40) 57:12; 42 M Nolan (SSH) 57:24; 43 D Carter (Alc) 57:49; 44 A Green (Dartf, W) 57:56; 45 J Perry (Winch) 58:03; 46 A Whitcombe (Park W) 58:09; 47 C Short (Gosp) 58:09; 48 C Wragson (Gosp, M40) 58:11; 49 M Bennett (Maid, M40) 58:12; 50 A Greenway (Stow) 58:13; 51 C Burbridge (unatt) 58:13; 52 V Pincombe (Mine, W) 58:15; 53 J Castle (AFD) 58:15; 54 T Frost (Liss) 58:37; 55 S Bishop (Denm) 58:39; 56 I Smith (Stubb G) 58:39; 57 M Anderson (Pews V) 58:41; 58 A Sheppard (SoCroy, M40) 58:42; 59 S Harrison (Leam, W) 58:42; 60 D Arnold (Denm) 58:42; 61 M Farrell (B'mth, M40) 58:44; 62 J Burt (Swin) 58:48; 63 G Marson (Ports J) 58:49; 64 M

Hanper (Stubb G, M40) 58:56; 65 S Cooper (Ryde) 59:00; 66 N Edney (Horsh J) 59:02; 67 S Axon (Soton RC) 59:03; 68 N Tolfrey (Havant) 59:04; 69 G Tomlinson (Gt Bent, M40) 59:16; 70 L Watson (Maid, W) 59:21; 71 N Mytton (Ply) 59:24; 72 A Stiles (Burg HI) 59:32; 73 K Bailey (Havant, W) 59:41; 74 R Tanner (Lords) 59:45; 75 R Taylor (Newb, M45) 59:46; 76 I Banks (unatt) 59:49; 77 D Fletcher (Havant, M50) 59:50; 78 R Lampont (unatt) 59:52; 79 G Hide (Winch) 59:54; 80 W Hall (RERC) 59:59

M40: 13 G Beauvoisin (Pomp J) 60:30; 14 P Sidaway (Winch) 60:32; 15 P Buxton (Vict) 60:48; 16 E Wloock (unatt) 60:55; 17 A Jordan (B'mth) 61:10; 18 M Boyton-Salts (Denm) 61:16; 19 M Williams (Ports J) 61:57; 20 A Butler (Vict) 62:01

M45: 2 K Valentine (Horsh J) 60:11; 3 P Spurge (Ports J) 60:12; 4 N Hotson (Soton RC) 60:37; 5 A Fleming (Havant) 61:43; 6 R

Ball (Ports) 62:05; 7 J Pike (Ports) 62:06; 8 R Thomas (unatt) 62:50

M50: 2 K Long (Poole R) 60:37; 3 M Smith (Soton RC) 61:01; 4 T Saunders (Ports) 61:05; 5 P Jenkins (Read RR) 61:37; 6 M Cornwall (Newb) 62:02; 7 A Rich (RN) 62:02; 8 D Lancaster (Read RR) 62:33

M55: M Hall (Peug) 60:35

■ WOMEN

1 Joseph 55:10; 2 Tullett 57:01; 3 Dagne 57:03; 4 Percival (W35) 57:06; 5 Green 57:56; 6 Whitcombe 58:09; 7 Pincombe 58:15; 8 Harrison 58:42; 9 Watson 59:21; 10 Bailey 59:41; 11 Z Hyde (Havant, W35) 60:09; 12 S Crombie-Hicks (Morn C) 60:11; 13 A Mellowdew (ESE) 60:11; 14 T Oldershaw (Padd W) 60:33; 15 A Proctor (BMH) 62:49; 16 M Wannell (Exe) 62:51; 17 F Kennedy (ESM, W40) 64:04; 18 A Buckley (Ports, W35) 64:04; 19 E Lumber (Arena) 65:31; 20 L Cooper (Ross) 65:34; 21 B Edwards (Winch,

W35) 65:38; 22 A Sloane (Selis) 65:42; 23 V Boyle (Arena) 66:15; 24 D Shepherd (unatt, W35) 66:16; 25 J Georghiu (Fam R, W45) 66:18; 26 P Major (S Lon, W35) 66:19; 27 D Tweed (Poole R, W40) 66:25; 28 S Jewell (Ports J, W40) 66:27; 29 S Nutland (Ports J, W40) 67:25; 30 R Byers (unatt) 67:34; 31 G Pryce (unatt, W40) 67:37; 32 Z Hannam (Brack) 67:40; 33 B Harris (BMH) 67:47; 34 L Gannon (RN) 67:49; 35 Y Bullen (Les C, W35) 68:51; 36 M Hughes (Eleigh) 69:13; 37 K Collier-Baker (Denm, W35) 69:14; 38 W Davies (Wind V, W40) 69:14; 39 J Hansford (Litt) 69:16; 40 J Evans (Ports J, W45) 69:20; 41 R McDonald (Ports J, W40) 69:40; 42 K Nelson (unatt) 70:01; 43 C McLean (Vict) 70:14; 44 E Brown (E End) 70:18; 45 C Gray (Ports T, W40) 70:55; 46 K Hall (Wok, W40) 71:16; 47 N Riggott (Vic, W40) 71:49; 48 H Monson (unatt) 71:54; 49 J Renson (Chich, W35) 71:56; 50 G Arnold (Denm) 72:01

overseas

AUSTRALIA

Oct 8, Gold Coast (Southport): Women 300: C MURPHY 37.71 (beat three U18 men)
Nov 18, Adelaide: Women 1500: S SALMON 4:31.35
Nov 19, Perth: Women HT: 1 Glass 56.72; 2 S-J CATERMOLE 40.23
Nov 23, Melbourne: HT: R DEVINE 63.21

GERMANY

Sep 3, Borgholzhausen: Women 20k: Loroupe KEN 1:05:26.6 (1Hr 18,287m)

ITALY

Apr 22, Palermo: Women 5000: Balsamo 15:23.9
Jun 14, Cernusco: 400: 2 Colin PHILLIP 48.35 (and 3rd 200m 22.0 at Giussano 18 Jun)

road races

ITALY

Sep 24, Gargnano: 1 David Rutto KEN 60:44; 2 Anthony Korir KEN 61:06; 3 David Ndegwa KEN 61:08; Nyombi UGA 61:39; 5 Barbi 61:49; 6 Kwambai KEN 62:18; 7 I Mitei KEN 62:21; 8 Curzi 1:02:23; 9 I Nizigama BUR 63:21; 10 Leuprecht 63:22; women - Zhulyeva UKR 72:42
Nov 12, Cuneo: 10k: 1 Bor KEN 28:06; 2 Ngeny Cheruiyot 28:07; 3 De Nard 28:13; 4 Yatar KEN-J 28:36
Nov 12, Livorno: Mar: 1 Rinaldi 2:13:48; 2, Calcaterra 2:16:16; women - Zhulyeva UKR 2:38:54.

This was Calcaterra's 15th marathon of 2000 and his 12th sub-2:20 to tie the record of Doug Kurtis USA. To the list that I published in AW of 8 November, I can add that Calcaterra ran 2:19:39 for 9th place in Munich on October 15. (PJM)

KENYA

Oct 15, Eldoret: (high altitude) 10k: 1 Gilbert Koach 28:29; 2 B Kimondiu 28:35; 3 L Kimutai 28:42; 4 P Chebet 28:44.

SPAIN

Nov 19, Barcelona: 9533m: 1 D Lakhouaja MAR 27:59; 2 D Kimej KEN 28:00; 3 Ako TAN 28:00; 4 Mudogo KEN 28:12;... 16 Pinto POR 30:36; dn, Estévez; Women 6450m: 1 Ribeiro POR 20:50; 2 Pantjukova RUS 21:03

USA

Nov 18, Richmond: 8k: 1 L Mucheru KEN 22:57; 2 A Williams 23:09; 3 Aryn MAR 23:17; 4 T Williams 23:18; women - Zakharova RUS 25:36; W Mar: Suvorova RUS 2:31:29
Nov 18, Tampa: Women 10k: 2, Lisa WEBB 37:11

cross country

DENMARK

Nov 10, Copenhagen: Nordic Champs: 9k: D Jensen 26:26; Women 4.5k: Haugen NOR 14:29.

FRANCE

Nov 19, Dunkerque: 10.35k: 1 L Kipkosgei KEN 29:03; 2 Mekonnen ETH 29:04; 3 Chebii KEN 29:06; 4 Alemu ETH 29:10; 5 F Bekele ETH 29:42; 6 Kemei KEN; 7 Mpholo RSA; 8, Béhar FRA; Women 5.3k: 1 Worku ETH 17:07; 2 K Tadesse ETH 17:08; 3, E Chemwono KEN 17:11; 4 Yohannes ETH 17:20; 5 M Ngotho KEN 17:33
Nov 19, Paris: 8.06k: 1 Nyariki KEN 24:09; 2 Guerra POR 24:12; 3 El Himer 24:20; Women 4.26k: 1 Kerubo KEN 14:48; 2 Omwenga KEN 14:53; 3 Belkacem 15:04.

SPAIN

Nov 12, Sorja: 9k: 1 S Kipsang KEN 26:05; 2 A Chebii KEN 26:27; 3 Mosima KEN 26:51; 4 B Ruto KEN 26:55; 5 Ako TAN 27:36; 6 Jiménez 27:36; 7 M Sarwath TAN 27:41; 8 Hierro 27:56; 9 Sawe TAN 27:57; 10 Vieira POR 28:01;

17 Fiz 28:18; 25 E Martin 28.52; 28 L M Martin 29:05; Women 5k: 1 M Ngotho KEN 15:37; 2 Pantjukova RUS 15:43; 3 Yohannes ETH 16:02

USA - UK runners

Nov 18, Chino: NCAA Div II: 10k: 40 Brad POORE (California) 32:58; 84 Paul BENNETT (C.Missouri) 34:05; women 6k: dnf, Sarah DAVEY (N.Florida)
Nov 20, Ames: NCAA Div I: 1 K Kelly IRL 30:15; 60 Adam SUTTON (Providence) 31:24; 90 Michael GREEN (Troy St) 31:41; 117 Chris LIVESEY (Providence) 31:52; 123 Peter RILEY (Iona Coll) 31L56; 141 Graeme REID (Iona Coll) 32:04; women 6k: 1, Wheeler USA 20:31; 67 Susie RUTHERFORD (N.Arizona) 21:42.
NCAA Regional Championships on Nov 11 (10k men, 6k women):
Cedar Falls: Midwest: 24 Chris BIRCHALL (DePaul) 31:12; women: 20 Charlotte SANDERSON (Tulsa) 21:32
Denton, S.Central: 14 Chris MULVANEY (Arkansas) 31:45
Fresno, West: women - 52 Jessica DRASKAU-PETERSSON (Idaho) 22:03
New York, Northeast: 3 Sutton 31:01; 10 Reid 31:22; women - 78 Rachel FELTON 22:35
Riverdale, Mountain: women: 11 Rutherford 21:38
Tuscaloosa, South: 4 Green 31:02; 50 Tom HOPKINS (Georgia) 33:05; women - 17 Wendy DAVIS (S.Alabama) 21:36; 62 Roseline ADDO (E.Tennessee) 22:56
Ypsilanti, Great Lakes: 62 Paul HOWARTH (Butler) 32:40; women - 88 Lois JOSLIN (Butler) 22:55

walks

AUSTRALIA

Oct 29, Perth: Women 20k: S-J CATERMOLE 1:41:55

BRITAIN

Jul 22, Liverpool. John Powell has pointed out that the women's walk was missed from the AW report: 5000m walk: 1 Stephanie Panzig GER 23:30.50; 2 Christine Guinaudeau FRA 24:16.42; 3 Stefanie Kramer GER 25:03.34; 4 Sally Warren GB 25:11.33; 5 Nicola Huckerby GB 25:33.09; 6 Karen Effosse FRA 25:53.62

RUSSIA

Jun 26, Rostov-on-Don: Women 10,000t: 1 Kovalenko 44:00.0; 2 O Ivanova 44:16.2

Drugs

Carolin Soboll (Germany), silver medallist at the 1999 European Junior Championships has tested positive for the steroid nandrolone after taking the food supplement creatine. She was not suspended after tests showed that the creatine, taken with the permission of her coach, had been tainted.

Competitive Seasons of Olympic Medallists

This week it is the turn of the Jumps in my examination of the competitive programmes in 2000 before the Olympics by the medallists and by British competitors.

Peter Matthews

Men's High Jump

Sergey Klyugin RUS
Indoors: 9, Outdoors: 16
Comps by month: Jan- 1, Feb- 7, Mar- 2, May- 1, Jun- 5, Jul- 4, Aug- 3, Sep- 2
Javier Sotomayor CUB
Indoors: none, Outdoors: 4 (after lifting of suspension)
Comps by month: Jul- 1 (exh), Aug- 3, Sep- 1
Abderrahmane Hammad ALG
Indoors: none, Outdoors: 15
Comps by month: Apr- 1, May- 2, Jun- 4, Jul- 2, Aug- 4, Sep- 2
Ben Challenger GBR
Indoors: 8, Outdoors: 9
Comps by month: Jan- 1, Feb- 5, Mar- 1, Jun- 1, Jul- 5, Aug- 4

Men's Pole Vault

Nick Hysong USA
Indoors: 5, Outdoors: 18
Comps by month: Jan- 1, Feb- 4, Apr- 1, May- 3, Jun- 4, Jul- 4, Aug- 5, Sep- 1
Lawrence Johnson USA
Indoors: 6, Outdoors: 17
Comps by month: Jan- 1, Feb- 5, Mar- 3, Apr- 1, May- 2, Jun- 4, Jul- 2, Aug- 3, Sep- 2
Maksim Tarasov RUS
Indoors: 2, Outdoors: 9
Comps by month: Feb- 2, Jun- 3, Jul- 3, Aug- 3
The most prolific competitor was Tim Lobinger GER who came only 13th at the Olympics, but returned to win the Grand Prix final in October in his 46th competition of the event (13 indoors and 33 outdoors).
Kevin Hughes GBR
Indoors: 2, Outdoors: 8
Comps by month: Jan- 2, May- 1, Jun- 2, Jul- 3, Aug- 1

Men's Long Jump

Iván Pedrosó CUB
Indoors: 4, Outdoors: 14
Comps by month: Feb- 4, Mar- 1, May- 1, Jun- 4, Jul- 4, Aug- 3, Sep- 1
Jai Taurima AUS
Indoors: none, Outdoors: 10
Comps by month: Jan- 1, Feb- 3, Jul- 3, Aug- 3
Roman Shchurenko UKR
Indoors: 2, Outdoors: 8
Comps by month: Jan- 1, Feb- 1, Jun- 4, Jul- 3, Aug- 1

Men's Triple Jump

Jonathan Edwards GBR
Indoors: none, Outdoors: 10
Comps by month: May- 1, Jun- 2, Jul- 1, Aug- 4, Sep- 2
Ybel García CUB
Indoors: 6, Outdoors: 17
Comps by month: Jan- 1, Feb- 5, Mar- 3, Apr- 1, May- 2, Jun- 4, Jul- 2, Aug- 3, Sep- 2
Denis Kapustin RUS
Indoors: none, Outdoors: 3
Comps by month: Jul- 1, Aug- 2
Larry Achike GBR
Indoors: none, Outdoors: 19
Comps by month: Jan- 1, Feb- 3, Mar- 2, Jun- 4, Jul- 3, Aug- 4, Sep- 2
Phillips Idowu GBR
Indoors: none, Outdoors: 10
Comps by month: May- 2, Jun- 3, Jul- 2, Aug- 3

Women's High Jump

Yelena Yeliesina RUS
Indoors: none, Outdoors: 11
Comps by month: Jan- 1, Feb- 2, May- 1, Jun- 3, Jul- 3, Sep- 1
Hestrie Cloete RSA
Indoors: none, Outdoors: 13
Comps by month: Jan- 1, Feb- 1, Mar- 4, Jul- 2, Aug- 3, Sep- 2
Kajsa Bergqvist SWE
Indoors: 8, Outdoors: 11
Comps by month: Jan- 1, Feb- 6, Mar- 1, May- 1, Jul- 2, Aug- 6, Sep- 2

Women's Pole Vault

Stacy Dragila USA
Indoors: 6, Outdoors: 17
Comps by month: Jan- 3, Feb- 4, Mar- 1, Apr- 2, May- 4, Jun- 3, Jul- 2, Aug- 3, Sep- 1
Tatiana Grigorieva AUS
Indoors: 2, Outdoors: 10
Comps by month: Feb- 3, Mar- 3, Jul- 2, Aug- 3, Sep- 1
Vala Flosadóttir ISL
Indoors: 9, Outdoors: 14
Comps by month: Jan- 3, Feb- 5, Mar- 1, Jun- 5, Jul- 4, Aug- 5
Janine Whitlock GBR
Indoors: 12, Outdoors: 16
Comps by month: Jan- 4, Feb- 7, May- 2, Jun- 8, Jul- 2, Aug- 4, Sep- 1

Women's Long Jump

Heike Drechsler GER
Indoors: 9, Outdoors: 11
Comps by month: Jan- 2, Feb- 6, Mar- 1, May- 1, Jun- 2, Jul- 3, Aug- 4, Sep- 1
Fiona May ITA

Indoors: none, Outdoors: 17
Comps by month: May- 3, Jun- 5, Jul- 4, Aug- 5
Marion Jones
7 long jump competitions, see sprints
Joanne Wise GBR
Indoors: none, Outdoors: 4
Comps by month: Jul-1, Aug- 3

Women's Triple Jump

Tereza Marinova BUL
Indoors: none, Outdoors: 8
Comps by month: May- 1, Jun- 5, Jul- 1, Aug- 1
Tatyana Lebedeva RUS
Indoors: 6, Outdoors: 8
Comps by month: Jan- 3, Feb- 3, Jun- 5, Jul- 2, Sep- 1
Yelena Govorova UKR
Indoors: 5, Outdoors: 9
Comps by month: Jan- 2, Feb- 3, May- 1, Jun- 5, Jul- 2, Aug- 1
Ashia Hansen GBR
Indoors: 1, Outdoors: none
Comps by month: Jun- 1

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

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BELGIUM

BELGIAN CROSSCUP, Roeselare, November 26

IT DIDN'T rain in Roeselare on Sunday and that definitely eased the lot for the spectators and runners alike in this Flanders town, but with a week's rain and mud already laying on the course it was merely a reminder of how the comfort of running can be held at ransom by the elements. Mick Hamlin reports.

With the developments around the Roeselare football stadium encroaching on the already limited land at the venue, those inventive Belgians had conspired to produce a main lap of 1500m that included 14 bends. This loop was repeated as much as six times for the men's event.

The rain, as with the women's and junior races, included the trials for the Belgian teams at next month's European Cross Country Championships. Ultimately 51 seconds were to separate the first six Belgians who may make up that team as Jerry Van Den Eede enjoyed his victory and his elevation to centre stage in Belgian circles.

For most of the race Ben Whitby and Mike Simpson were not far apart and Whitby can be pleased with his seventh place. Simpson also finished in the top 10 as did Steve Vernon who made distance on the other two Britons throughout the last lap.

In the women's event Anja Smolders was the immediate leader and continued her route to a large victory of more than a minute over Stefania Statkuvienė that may indicate a high European placing. Sharon Morris led the English home with a respectable fifth place while Grace Greenhalgh enjoyed her debut in ninth place, just behind Dorothea Lee.

Andrew Sherman started the junior race obviously intent on erasing the memory of Margate and was the initial leader. He eventually placed second to the Belgian Tim Stressens.

In seventh Dan Ayerton had his best race to date.

Faye Fullerton and Chloe Wilkinson battled for third place in their junior race while Belgian-based Briton Mark Shankey was again well to the fore in the under-17 men's race as he finished second just five

seconds behind Glen Laurens.

Men (10km)
1 J Van Den Eede (BEL) 28:12; 2 T Ban Hooste (BEL) 28:21; 3 K Van Rie (BEL) 28:26; 4 T Compennolle (BEL) 28:31; 5 M Vanderstraeten (BEL) 28:44 ... 7 BEN WHITBY 29:24 ... 9 MIKE SIMPSON 29:43; 10 STEVE VERNON 29:46 ... 323 BEN WELLS 33:22 ... 40 MATTHEW LUCHT 35:11

M40 (6km)
1 P Vanhaecke (BEL) 24:15; 2 J Mispion (BEL) 24:58; 3 M Storme (BEL) 25:05; 4 L De Troyer (BEL, M45) 25:09; 5 P Vanderbeke (BEL) 25:13 ... 27 CON GRIFFIN (M45) 28:24 ... 32 KEN DANIEL (M50) 28:48

U20 (6km)
1 T Stessens (BEL) 23:06; 2 ANDREW SHERMAN 23:18; 3 P Verleyen (BEL) 23:27; 4 J Collot (BEL) 23:33; 5 K Van Koolwijk (BEL) 23:37 ... 7 DAN AYRTON 23:49 ... 10 ED PRICKEIT 24:08 ... 13 ED JACKSON 24:16 ... 16 BEN TICKNER 24:42; 19 ROB SMITH 24:43 ... 30 WILL BOLTON 25:28 ... 37 BEN MOREERU 25:46 ... 39 RUSSELL BENTLEY 25:57 ... 40 CORIN HUGHES 26:03 ... 52 ANDREW RAYNER 26:38 ... 54 SAM RIDER 28:48

U17 (4km)
1 G Laurens (BEL) 14:33; 2 MARK SHANKEY 14:38; 3 S Lintermans (BEL) 15:09; 4 J Bouckhuyt (BEL) 15:19; 5 G Van Poucke (BEL) 15:20 ... 16 TOM SNOW 16:16 ... 27 CHRIS DANIEL 17:04 ... 29 BEN HELLMER 17:16 ... 32 DANIEL RYAN 17:33 ... 52 SHAUN SLATER 19:34

U15 (3km)
1 L De Feyter (BEL) 10:27; 2 B Vermeersch (BEL) 10:39; 3 F Hernould (BEL) 10:49; 4 D Maximilien (BEL) 11:03; 5 J Vanhecke (BEL) 11:04 ... 16 ENRIQUE MELIN 11:43 ... 21 JAMES WAGGITT 11:58 ... 42 JAMES RUSSO 12:36 ... 53 OLIVER SMITH 12:57

U13 (1660m)
1 O Fontaine (BEL) 5:36; 2 R Vanoplynes (BEL) 5:38; 3 J De Pauw (BEL) 5:43; 4 M Dutrieux (BEL) 5:57; 5 A Theuninck (BEL) 6:01; 6 RICHARD DANIEL 6:06 ... 35 SAM HELLMER 7:07

Women (5km)
1 A Smolders (BEL) 20:25; 2 S Statkuvieni (BEL) 21:31; 3 A Buysse (BEL) 21:52; 4 F Bauf (BEL) 21:56; 5 SHARON MORRIS 22:01 ... 8 DOROTHEA LEE 22:08; 9 GRACE GREENHALGH 22:10 ... 17 CLARE MARTIN 22:57 ... 29 ADELE STACH-KEVITZ 26:07 ... 33 VERONICA HANNES 28:47

U20 (4km)
1 S Vanden Bempt (BEL) 16:17; 2 E Hofmans (BEL) 16:40; 3 FAYE FULLERTON 17:08; 4 CHLOE WILKINSON 17:12; 5 M Geens (BEL) 17:26; 6 SARAH STANMORE 17:28 ... 10 GEMMA GREENFIELD 17:47 ... 12 CHARLOTTE BEST 18:03 ... 14 KATE REED 18:11 ... 16 KATE BUCHAN 18:36; 17 JENNIFER PEREIRA 18:41

U17 (3km)
1 K Braem (BEL) 11:30; 2 H Plymiers (BEL) 11:33; 3 H Kippers (BEL) 11:45; 4 M Verhaeghe (BEL) 11:46; 5 H Vermeersch (BEL) 12:11 ... 11 JESSICA TROWBRIDGE 12:52 ... 19 RAVENNA BROWN 13:16 ... 27 JACKIE SOCAS 13:49

U15 (2km)
1 S De Schryder (BEL) 7:50; 2 M Van Den Berghe (BEL) 7:54; 3 C Dewulf (BEL) 8:12; 4 AS Marechal (BEL) 8:18; 5 E Thieren (BEL) 8:23 ... 9 LINZI SNOW 8:29

U13 (1660m)
1 N Billo (BEL) 5:52; 2 P Blanquet (BEL) 6:03; 3 S Goemaere (BEL) 6:08; 4 PHILIPA HAINES 6:11; 5 L Fortry (BEL) 6:22 ... 13 ANNA GRAY 6:39

FRANCE

MARSEILLE TO CASSIS ROAD RACE, October 28

Men (20.3km)
1 D Makori (KEN) 60:49; 2 H Toroitich (KEN) 61:09; 3 R Mutai (KEN) 61:34; 4 L Kipkemboi (KEN); 5 L Chege (KEN) 61:48; 6 B Rutto (KEN) 61:57; 7 M Nobanda (RSA) 62:09; 8 J Maritum (KEN) 62:28; 9 F Komu (KEN) 62:33; 10 D Meina (KEN) 62:38

Women
1 S Chepkemei (KEN) 68:30 (rec); 2 M Chemjor (KEN) 70:05; 3 J Ochichi (KEN)

70:30; 4 E Masai (KEN) 70:42; 5 C Kwambai (KEN) 70:43

ITALY

FLORENCE MARATHON, November 26

BRITISH distance runners Jo Newcombe and Amy Stiles finished second and third behind Tiziana Alagia, but there were only limited results available as *Athletics Weekly* went to press.

Men
1 A Carosi (ITA) 2:14:11; 2 V Malakwen (KEN) 2:14:16

Women: T Alagia (ITA) 2:32:18

JAPAN

CHIBA EKIDEN ROAD RELAYS, November 24

THE Great Britain men's team enjoyed its highest placing at this event - a medley relay over the marathon distance - since 1996.

The team of Mike Openshaw, Tom Hanlon, Andy Coleman, Rob Whalley and Ian Hudspith finished only one second behind the fourth-placed Kenyan team.

Men
1 Japan (K Nagata 27:40, T Iwasa 13:55, T Tesuka 28:51, H Ikegaya 14:08, K Takahashi 35:13) 1:59:47; 2 South Africa 2:01:28; 3 Australia 2:03:07; 4 Kenya 2:03:48; 5 GREAT BRITAIN 2:03:49; 6 Russia 2:04:19; 7 Denmark 2:04:22; 8 Canada 2:04:52; 9 Chiba 2:05:26; 10 Poland 2:05:26; 11 USA 2:05:39; 12 Romania 2:05:44; 13 Germany 2:06:36; 14 Brazil 2:07:17; 15 China 2:07:30; 16 Spain 2:08:24; 17 Czech Republic 2:08:29; 18 Hungary 2:09:12; 19 Austria 2:14:41

Fastest:
Stage one (10km): K Nagata (JPN) 27:40; ... 8 MIKE OPENSHAW 28:40
Stage two (5km): M Power (AUS) 13:33; ... 7 TOM HANLON 14:12
Stage three (10km): W Nieuwoudt (RSA) 28:41; ... 3 ANDY COLEMAN 29:25
Stage four (5km): C Mottram (AUS) 14:04; ... 11 ROB WHALLEY 14:33
Stage five (12.195km): K Takahashi (JPN) 35:13; ... 8 IAN HUDSPITH 36:59

Women
1 Japan (I Nagayama 31:51, M Ozaki 15:26, H Okamoto 32:37, M Kusunoki 15:10, K Fukushi 15:39, M Tanaka 23:47) 2:15:30; 2 Ethiopia 2:17:30; 3 Kenya 2:18:18; 4 Romania 2:19:26; 5 Australia 2:20:12; 6 China 2:20:23; 7 Chiba 2:20:27; 8 Poland 2:21:21; 9 Russia 2:21:32; 10 Ukraine 2:21:35; 11 USA 2:23:01; 12 GREAT BRITAIN 2:23:47; 13 Mexico 2:24:45; 14 Canada 2:26:29; 15 France 2:27:06; 16 Yugoslavia 2:31:49

Fastest:
Stage one (10km): I Nagayama (JPN) 31:51; ... 12 BIRHAN DAGNE 33:16
Stage two (5km): M Ozaki (JPN) 15:26; ... 14 EMMA FISHER 17:22
Stage three (10km): H Okamoto (JPN), E Alemu (ETH) 32:37; ... 10 LUCY WRIGHT 34:06
Stage four (5km): T Tomoshova (RUS) 15:55; ... 10 DEBRA CURLEY 16:52
Stage five (4.767km): K Fukushi (JPN), B Willis (AUS) 15:39; ... 7 DEBBIE SULLIVAN 16:25
Stage six (7.428km): M Tanaka (JPN) 23:47; ... HEATHER KNIGHT 25:46

NAGOYA HALF-MARATHON, November 23

Men
1 S Maina (KEN) 60:48; 2 J Ndungu (KEN) 60:50; 3 M Kobayashi (JPN) 61:04

Women
1 Y Ichikawa (JPN) 71:18; 2 A Ichihashi (JPN) 71:22

PORTUGAL

LISBON MARATHON, November 26

FATIMA SILVA beat Manuela Machado here in what is thought to be the 37-year-old

Machado's final race.

Machado won the 1995 World and 1994 and 1998 European titles in the marathon.

Men
1 W Musyoki (KEN) 2:16:10; 2 A Sousa (POR) 2:16:15; 3 A Peter (TAN) 2:18:12

Women
1 F Silva (POR) 2:34:29; 2 M Machado (POR) 2:34:57; 3 A Kossatcheva (RUS) 2:35:52

THAILAND

BANGKOK MARATHON, November 26

Men: V Kotow (POL) 2:31:11
Women: S Sailomyen (THA) 2:54:01

USA

THANKSGIVING DAY ROAD RACE, Manchester, Connecticut, November 23

IRELAND's Mark Carroll defied cold and breezy conditions to win in a brisk 21:49 over this 4.748 mile course, *Paul Christman reports.*

Carroll led a pack of 10 through the flat opening mile in 4:30 but the second uphill mile, completed in 5:00, saw two or three of the group detached. The pack was further split in the third mile as Carroll set the tempo with a trio of Kenyans.

Through four miles, though, seven were still in contention and it was only on the final uphill 150m that Carroll broke away to gain a narrow victory over Yugalvisia's Bensa Janko.

The women's race saw Amy Rudolph triumph in 24:26.

Men (4.748M)
1 M Carroll (IRL) 21:49; 2 B Janko (YUG) 21:50; 3 M Aryn (MAR) 21:51

Women
1 A Rudolph (USA) 24:26; 2 S Zakharova (RUS) 24:31; 3 L Grigoryeva (RUS) 24:56

AVON RUNNING TAMPA 10km, Tampa, Florida, November 19

Women
1 J Maguire (USA, W40) 36:45; 2 LISA WEBB 37:11

cross country

November 26

AA of IRELAND INTER-COUNTIES Dungarven

SEAMUS POWER won an unprecedented sixth successive Irish Inter-Counties title with another superb display of controlled running, again, as in the National Championships last February, getting the better of his training partner Peter Mathews.

The championships, along with the All-Ireland under-age events, took place in sunny conditions on the popular Friary course at Dungarven, which once again held up very well after the torrential rain of the previous two days.

After the end of the first 2000m lap of five, Power was already dictating the pace, and after two laps had been completed a three-some consisting of Power, Mathews and 1500m man Gareth Turnbull had a lead of 100m over the chasing pack.

Mathews went to the front for a brief period, but approaching halfway Power started to turn the screw. On the fourth circuit he had forged a 10-second lead over Mathews, with Turnbull now isolated in third. Round the last lap Power increased his lead to come home to a tremendous welcome, his margin at the tape having grown to all of 100m.

Mathews finished comfortably ahead of Turnbull, with Fiachra Lombard finishing strongly to take fourth and the Under-23 title.

"It was tough," admitted Power afterwards, "adding, "I felt comfortable enough in the first lap, so then I decided to sit in for another lap ad then in a hard third lap. I hurted them as well as hurting myself, but I felt strong again towards the end. The Europeans are next now, and that's my main aim, and I am glad to win today."

Already victorious in the Belgian Crosscup in Ghent three weeks ago, Power should at least make the top ten in Malmo, compared to his best of 13th place in 1997.

Anne-Keenan-Buckley took up where she left off last weekend, adding to her victory in the Vets International with another powerful display of front running. Eight seconds clear after the first small lap, she went further and further ahead, eventually finishing with around 200m to spare over Maureen Harrington, who showed a return to her old form in second place.

Men (10km)
1 S Power (Clare) 30:35; 2 P Mathews (Dundrum) 30:52; 3 G Turnbull (Antrim) 31:26; 4 F Lombard (Cork) 31:48; 5 K Nason (Cork) 31:56; 6 J Ferrin (Antrim) 31:57; 7 N Berkeley (Dublin) 32:00; 8 C Lombard (Cork) 32:04; 9 T McGrath (Westmeath) 32:12; 10 C Smith (Dundrum) 32:25; 11 C McLoughlin (Dublin) 32:28; 12 C De Burca (Dublin) 32:40; 13 J Burke (Westmeath) 32:41; 14 C McGee (Dublin) 32:44; 15 A Merritnan (Dublin) 32:50; 16 J Ryan (Galway) 32:57; 17 M Traynor (Dublin) 32:58; 18 C Dalton (Civil Service) 33:05; 19 M Morgan (Donegal) 33:13; 20 P Smith (Antrim) 33:14; 21 P McKinney (Donegal) 33:15; 22 J Daly (Tipperary) 33:23; 23 G Barry (Cork) 33:30; 24 G Hynes (Dublin) 33:37; 25 E O'Neill (Crusaders) 33:39; 26 P Nugent (Clare) 33:39; 27 P McNamara (Galway) 33:39; 28 N Marum (Laois) 33:52; 29 C Burke (Laois) 33:57; 30 P Hagarty (Donegal) 34:06; 31 J McAllister (Antrim) 34:09; 32 L Stafford (Wexf) 34:11; 33 P Duggan (Kilkenny) 34:13; 34 T McElwaine (Wexf) 34:23; 35 C Coyne (Dublin) 34:25; 36 E Meade (Cork) 34:27; 37 D Brady (Antrim) 34:27; 38 P Harty (Waterford) 34:29; 39 G O'Connor (Dublin) 34:33; 40 K Holian (Donegal) 34:39

TEAM: 1 Dublin 76; 2 Cork 119; 3 Antrim 141; 4 Donegal 201; 5 Clare 280

U20 (8km)
1 T Frazer (Antrim) 19:47; 2 D Grant (IND) 19:52; 3 P Murphy (Lough) 19:54; 4 J Frazer (Antrim) 19:57; 5 R Wade (Waterford) 20:04; 6 M Fagan (Westmeath) 20:07; 7 T Druet (Sligo) 20:08; 8 D Kelly (Sligo) 20:11; 9 W Harty (Waterford) 20:13; 10 P Guidera (Tipperary) 20:16; 11 F McGee (Dublin) 20:23; 12 M O'Herlihy (Cork) 20:31; 13 D Kelly (Dublin) 30:32; 14 M Kenneally (Dublin) 20:33; 15 N Kavanagh (Wicklow) 20:38; 16 D Reilly (Galway) 20:41; 17 J Byrne (Donegal) 20:44; 18 S Connelly (Dublin) 20:49; 19 K Duggan (Donegal) 20:54; 20 J Eves (Dublin) 20:55

TEAM: 1 Dublin 99; 2 Cork 157; 3 Sligo 196; 4 Waterford 218; 5 Clare 231

Women (5km)
1 A Buckley Koenan (N Laois) 18:04; 2 M Harrington (Kerry) 18:41; 3 N Beirne (Dublin) 18:49; 4 F Davoren (Kerry) 18:53; 5 M M Meade (Cork) 19:16; 6 M Donohue (Dublin) 19:24; 7 C McGranaghan (Donegal) 19:28; 8 C McCarthy (Dublin) 19:30; 9 A Lennox (Mayo) 19:32; 10 A Sullivan (Wexford) 19:50; 11 N Porter (Donegal) 19:57; 12 P Roger Dixon (Dublin) 20:02; 13 C Quinn (Antrim) 20:04; 14 G Hendricken (ST L O'Toole) 20:06; 15 H Crossan (Donegal) 20:13; 16 B Treary (Donegal) 20:15; 17 M Prendiville (Kerry) 20:18; 18 S Cummins (Kik) 20:20; 19 J Macken (Mayo) 20:22; 20 C O'Riordan (Cork) 20:23; 21 J Hough (Cork) 20:28; 22 E Gaul (Dublin) 20:30; 23 B Mucklan (Louth) 20:31; 24 G Ganiel (Dublin) 20:32; 25 E Egan (Wexford, U23) 20:38; 26 C Gibbons (Cork) 20:40; 27 A O'Connor (Mayo) 20:42; 28 A Sexton (Clare) 20:48; 29 A Shine (Cork) 20:51;

30 B Ni Conaill (Cork) 20:58; 31 R Bogle (Donegal) 21:10; 32 B Hannon (Cork) 21:13; 33 B Murphy (Mayo) 21:20; 34 M Synnott (Donegal) 21:23; 35 M Sweeney (Cork) 21:46; 36 S Gerrihy (Clare) 22:06; 37 J Stamp (Wexf) 22:28; 38 N Kissene (Kerry) 22:43; 39 R Enright (Clare) 22:48; 40 J Jackson (Waterford) 23:03

TEAM: 1 Dublin 29; 2 Donegal 49; 3 Kerry 61; 4 Cork 72; 5 Mayo 88

U20 (4km)

1 M Cullen (N Sligo) 12:12; 2 D Byrne (Wicklow) 12:25; 3 L Shannon (Lagan V) 12:32; 4 O McCullagh (Sparta NW) 12:38; 5 R Murphy (Galway) 12:45; 6 C Broe (Wicklow) 12:48; 7 L M Coolhill (Galway) 12:51; 8 F Kehoe (Wexf) 12:57; 9 S Kerr (Armagh) 13:01; 10 C Harney (Mullingar H) 13:09; 11 E Sheridan (Dundrum) 13:12; 12 J Cahill (Dundrum) 13:16; 13 K Duggan (Carlow) 13:22; 14 S Foley (Kilk) 13:24; 15 M Harvey (Donegal) 13:24; 16 L McDonnell (W Dublin) 13:25; 17 S Peoples (Donegal) 13:28; 18 A Connery (Carlow) 13:30; 19 E J Neylon (Clare) 13:34; 20 B Byrne (Tipperary) 13:35

TEAM: 1 Donegal 82; 2 Carlow 99; 3 Wexford 105; 4 Tipperary 113; 5 Kilkenny 114

NORTH YORKSHIRE & SOUTH

DURHAM LEAGUE

Thirsk

Men

1 A Kilding (Guest) 35:04; 2 P Bentley (M&C) 35:24; 3 R Cole (Mand) 35:50; 4 S Dickinson (New M) 36:07; 5 S O'Grady (New M) 36:33; 6 P Lowe (Mand) 36:54; 7 D Chippert (Knives) 37:01; 8 N Orr (Darl) 37:03; 9 A Capel (Knives) 37:08; 10 S Martin (M&C) 37:17

M40: 1 T Livingstone (New M) 36:59; 2 B Duncan (York A) 37:13; 3 I Cook (Burn R) 37:45

M50: 1 N Scruton (Scar) 39:52; 2 M Frostick (Burn R) 41:38; 3 K Sanderson (Tees) 41:55

M60: 1 I Barnes (Darl) 48:15; 2 J Conaghan (New M) 52:08; 3 R Todd (N Ayc) 53:37

U20

1 D Augustus (Scar) 36:15; 2 I Wilson (Burn R) 39:05; 3 P Hardy (Loft) 39:20; 4 D Brooks (R&Z) 39:55; 5 R Carter (R&Z) 41:26

TEAM: 1 Knivesmire 137; 2 Burn Road 160; 3 New Marske 199; 4 Loftus 217; 5 Thirsk 236; 6 Scarborough 251; 7 Mandale 261; 8 York Acorn 295; 9 Middlesbrough & Cleveland 318; 10 Darlington 341; 11 Richmond & Zetland 353; 12 Teesdale 389; 13 Newton Aycliffe 700; 14 Cleve Fire 770; 15 Redcar 856

U17

1 S Wardman (R&Z) 26:28; 2 N Williams (Mand) 27:01; 3 P McNally (Mand) 27:07; 4 S Bates (M&C) 27:11; 5 C Burdett (Mand) 27:26

TEAM: 1 Mandale 16; 2 Middlesbrough & Cleveland 38; 3 Scarborough 51

U15

1 R Hughes (Mand) 10:04; 2 P Aconley (Scar) 10:10; 3 N Zissler (R&Z) 10:14; 5 J Rafferty (Mand) 10:18; 5 P Stockton (Mand) 10:33

TEAM: 1 Mandale 23; 2 Richmond & Zetland 28; 3 Darlington 82; 4 Burn Road 85; 5 New Marske 90

U13

1 A Duffield (Loft) 11:15; 2 P Fitzpatrick (R&Z) 11:21; 3 T Gill (R&Z) 11:48; 4 A Thompson (Shield) 11:52; 5 L Stockton (Mand) 11:53

TEAM: 1 Richmond & Zetland 31; 2 Mandale 43; 3 Middlesbrough & Cleveland 50

Women

1 M Stansmore (M&C) 19:27; 2 K Matthew (M&C) 19:31; 3 B Blakeman (Guest) 19:46; 4 A Dixon (Guest) 20:20; 5 A Dickie (Guest) 20:30; 6 T Waller (Burn R) 20:36; 7 L Hardy (Guest) 20:53; 8 K Shaw (Shield) 20:59; 9 N Kyme (Knives) 21:00; 10 C Gaudie (T&S) 21:35

W35: 1 C Moss (N Ayc) 20:31; 2 A Raw (Darl) 20:32; 3 H Humphrey (New M) 20:39

W45: 1 M Gibbs (T&S) 22:57; 2 P Kirby (T&S) 25:36; 3 P Hanson (Burn R) 26:22

U20

1 C Summersgill (M&C) 19:56; 2 M Czarnecka (Scar) 21:10; 3 A Woodvine (R&Z) 21:17; 4 L Jackson (R&Z) 21:45; 5 A Silcock (New M) 23:10

U17

1 C Robson (Tees) 20:02; 2 J Jackson (New M) 20:23; 3 H Darbyshire (R&Z) 22:22; 4 K Bage (M&C) 22:42; 5 K Bartram (R&Z) 23:09

TEAM: 1 Middlesbrough & Cleveland 28; 2 Knivesmire 86; 3 New Marske 90; 4 Richmond & Zetland 92; 5 Thirsk 103; 6 Teesdale 122; 7 York Acorn 161; 8 Burn Road 195; 9 Scarborough 199; 10 Darlington 204

U15

1 S Hart (M&C) 11:49; 2 A Kirby (Mand) 12:02; 3 B Marwood (Mand) 12:06; 4 S Bates (M&C) 12:08; 5 N Owens (Shield) 12:17

TEAM: 1 Middlesbrough & Cleveland 29; 2 Mandale 44; 3 Richmond & Zetland 56; 4 New Marske 69; 5 Rowntrees 101

U13

1 Z Verill (Mand) 12:02; 2 P Wilson (New M) 12:27; 3 J Gibson (Tees) 12:35; 4 L Bainbridge (R&Z) 12:42; 5 G Zissler (R&Z) 12:47

TEAM: 1 Richmond & Zetland 37; 2 Mandale 38; 3 Loftus 61; 4 Scarborough 83; 5 Newton Aycliffe

HARDWICK RACES

Men (6M)

1 T Jones (VoA, M40) 38:59; 2 A Rolt (VoA) 39:09; 3 P George (Banb) 40:30; 4 N Taylor (VoA, M40) 40:37; 5 P Hodgkinson (unatt) 41:07; 6 T Kelly (unatt, M40) 41:09; 7 T Knowles (VoA) 41:27; 8 J Horton (Head) 41:48; 9 S Plested (unatt) 42:27; 10 N Edwards (Bear) 42:52

M50: P Carr (Prison Ser) 44:36

M60: I Addison (VoA) 52:05

TEAM: Vale of Aylesbury

Women

1 J Leek (Chilt) 45:59; 2 F Suter (St Alb) 49:21; 3 J Simmonds (St Alb) 51:52; 4 P Jones (Head) 52:13; 5 G Charles (Chilt, W35) 52:39; 6 H O'Shea (Abbing, W45) 55:17

TEAM: Chiltern Harriers

BELLAHOUSTON OPEN

(inc RENFREWSHIRE

CHAMPIONSHIPS)

Pollok Park, Glasgow

REVELLING in the wet and muddy underfoot conditions, probably his favourite surface, Tommy Murray led early in the men's race to take his eighth successive Renfrewshire title and 12th overall.

In the end, the multi-talented Scottish 10,000m champion had some 500 metres to spare over Jason Tonner although it was veteran Tommy Anderson who took the championship silver in third.

Rhona Hughes just held off junior Dennise Smith for the women's title, although Alison Higgins finished almost a minute clear to take the open prize.

Men (6M)

1 T Murray (l'clyde) 30:32; 2 J Tonner (JWK) 32:18; 3 T Anderson (Kilb, M40) 32:28; 4 G Gaffney (Kilb, M45) 32:41; 5 C Scott (Bella H) 33:28; 6 R Bruce (Bella R, M40) 33:30; 7 S McLoone (Green GP) 33:35; 8 J Simpson (Ayr S, M40) 33:48; 9 A Morrison (Green GP) 33:55; 10 G Gibson (Kilb, M40) 33:59

U20 (6M): K Forster (Vic P) 33:59

TEAM: 1 Inverclyde 72; 2 Kilbarchan 92; 3 Greenock Glenpark 102

U17 (4M)

1 D Malin (Annan) 18:24; 2 A Wales (A'deen) 18:27; 3 C Docherty (l'clyde, Renfrew winner) 18:45; 4 A Watt (A'deen) 19:02; 5 I Donnan (A'deen) 19:10; 6 J McLaughlin (Giff N) 19:53; 7 S Milligan (Giff N) 20:15

TEAM: Giffnock North 9

U15 (3M)

1 A McLeod (Giff N) 17:04; 2 R Toole (Kilb) 17:07; 3 D Butcher (Green GP)

U12 (2M)

1 S Trainer (Green GP) 12:13; 2 K Toole (Kilb) 12:19; 3 J Hampsey (l'clyde) 12:23

TEAM: 1 Kilbarchan 11; 2 Gleniffer HS 29; 3 Giffnock North 41

U11 (3M)

1 R Kahn (Kilb) 6:32; 2 I MacDonald (Giff N) 6:34; 3 M Kelly (Kilb) 6:38

TEAM: Kilbarchan 14

Women

1 A Higgins (JWK) 20:42; 2 S Hughes (Giff N, Renfrew winner) 21:41; 3 D Smith (Kilb, U20) 21:43; 4 H Waugh (Kilb, U20) 22:14; 5 A McKee (l'clyde) 22:35; 6 J McIndoe (Kilb, W35) 22:37; 7 S McGrenaghan (Kilb, U20) 22:38

TEAM: 1 Kilbarchan 10; 2 Giffnock North 17

U17 (3M)

1 H Gordon (Kilb) 19:44; 2 H Stevenson (Giff N) 20:49; 3 R Hughes (E Kilb Tri) 20:54; 4 L Pattison (G'fer HS) 20:58

U15 (2M)

1 E Dorrian (Giff N) 13:32; 2 G Mulvey (Giff N) 13:45; 3 K Bryce (G'fer HS) 13:59

TEAM: 1 Gleniffer HS 7; 2 Gleniffer HS B 18

U13

1 L Baird (Giff N) 13:55; 2 H Rafferty (Green GP) 13:58; 3 R Joss (Bella H) 14:05

TEAM: 1 Giffnock North 14; 2 Greenock Glenpark 26; 3 Kilbarchan 42

U11 (1M)

1 E Menzies (Kilb) 6:48; 2 F McCreadie (Giff N) 6:53; 3 K Burke (Giff N) 7:07

TEAM: Giffnock North 9

CAMBERLEY & DISTRICT OPEN

Men

1 M Clarke (Orion); 2 L Austin (B'mth); 3 J Ellis (AFD)

U17

1 J Young (Orion); 2 G Raggett (AFD); 3 G Rogers (AFD)

U15

1 L Hooper (AFD); 2 A Bates (AFD); 3 S Carpenter (AFD)

U13

1 B Wilson (AFD); 2 S Blake (AFD); 3 D Smith (AFD)

U11

1 P Humphrey (S Lon); 2 L Wilson (AFD); 3 T Lyskov (Craw R Sch)

Women

1 D Kennedy (Puma TVH); 2 K Turner (Wok); 3 L Mant (C'ley)

U17

1 L O'Neill (Hav M); 2 J Gambrell (C'ley); 3 S Henderson (Wok)

U15

1 Kiri Nowak (AFD); 2 A Leafe (Wok); 3 S Raggett (AFD)

U13

1 S Preston (AFD); 2 Z Shannon (DMV); 3 A Austin (B'mth)

U11

1 Kalina Nowak (AFD); 2 H Verkerk (Craw R Sch); 3 G Verkerk (Craw R Sch)

November 25

LONDON CHAMPIONSHIPS

Parliament Hill

THE dominance of Nick Francis, some foul weather and Sharon Murphy's stirring comeback were the talking points from this famous fixture, *Steve Roe reports.*

Those present with long memories were saying Francis's victory was the most decisive at this venue since Julian Goater memorably won the National in 1981.

Francis triumphed by 49 seconds, though unlike Goater all those years ago he did not take the lead from the start. First to reach the apex of the first hill were Andrew Hennessy and Hugo Dias. Defending champion Tony Jackson, Francis and in-form Charles Addison chased the Thames Valley Harriers pair on the descent.

Shaftesbury Barnet's Francis, who always runs well on this course, waited until some of the others had gone into

oxygen debt before hitting the front. He did so at two miles, and from then on, even as the rain lashed this part of North London, Francis made his considerable strength tell, though he would later say "These hills kill you!"

A mile later, just before halfway, Francis was 20 seconds clear of Addison and Hennessy, who were being closed down by Stephen Kennifick.

Francis doubled his lead on the second lap. When he hit the tape, and this was a measure of his performance, Parliament Hill's long finishing straight had yet to be reached by the second runner.

That turned out to be Hennessy, who had slipped back to fourth at one stage but put in a stunning last mile, first overhauling mud-spattered Kennifick then bearing down on Addison before going well clear of the 1997 runner-up.

The team race was the closest for years; had Kennifick rather than Addison finished third, London Irish would have been level with Highgate - and won the contest by having the highest-placed finisher - instead of losing to them by two points.

Murphy had earlier completed the first half of Shaftesbury's individual win double in the 5000m women's race. It was Murphy's first outing for some time, though she looked anything but race-rusty after her two team-mates, Vicky Bowles and Maggie Cooper, did the early spadework.

Of the trio Murphy has the pedigree and with half-a-mile completed the former GB junior international was at the front in tandem with Kate Jennrick of Highgate. Murphy broke away within the next mile, not prepared to risk relying on the sort of sprint finish with which she had dramatically clinched the championship three years ago.

So with a long run for home Murphy won the race by 25 seconds and the title for the second time. Jennrick took the silver for the second year while Lindsey Kehoe's bronze was the first medal to be won by a member of Woodford Green in 24 years of the competition.

Men (10km)

1 N Francis (SB) 32:08; 2 A Hennessy (TVH) 32:57; 3 C Addison (High) 33:14; 4 S Kennifick (Lon I) 33:23; 5 T Jackson (SB) 33:44; 6 C Beecham (High) 33:54; 7 J Guiney (Lon I) 33:59; 8 H Dias (TVH) 34:00; 9 S Snow (High) 34:25; 10 J Fitzsimmons (SB) 34:37; 11 J Creane (Lon I) 34:45; 12 S Kerr (Lon I, M40) 34:49; 13 M Lennon (Lon I) 34:54; 14 E Southam (High, M40) 35:01; 15 D Cowlishaw (Lon I) 35:12; 16 J Roche (VPH) 35:13; 17 R Eriksson (LH) 35:16; 18 N Martyn (High) 35:20; 19 L Reilly (Kent AC) 35:35; 20 J Lawson (High) 35:37; 21 D Reader (B&F) 35:41; 22 M Potter (LH) 35:43; 23 N Coe (High) 35:46; 24 H Dodwell (High) 35:55; 25 J Wallis (WG&EL) 36:12; 26 J Connor (Kent AC, U20) 36:14; 27 J Pes (High) 36:15; 28 N Mitchell (LH) 36:17; 29 C Bailey (High) 36:29; 30 D Rose (Walth) 36:32; 31 M Stapleton (Barn, M40) 36:35; 32 D Wilcock (Barn, M40) 36:44; 33 D Burbridge (High) 36:45; 34 P O'Toole (Barn) 36:46; 35 S Hime (Barn) 36:56; 36 D Hall (High) 36:58; 37 G Townsend (TVH) 37:02; 38 W Royce (QPH) 37:07; 39 A Lashmar (VPH) 37:12; 40 R Newbold (VPH) 37:18; 41 A Mitchell (LH) 37:24; 42 M Earthy (Barn) 37:29; 43 D Candy (Barn) 37:38; 44 A Lindsay (High) 37:41; 45 J Tims (R'mede) 37:44; 46 A Peccarano (Hav 90) 37:45; 47 P Boxshall (Kent AC, M40) 37:53; 48 K Kemp (LH) 37:54; 49 R Bloom (Harr, M40) 37:55; 50 G Faulds (VPH, M40) 37:59

TEAM: 1 Highgate 32; 2 London Irish 34; 3 Shaftesbury Barnet 76; 4 Highgate B 85; 5 Thames Valley Harriers 106; 6 London Heathside 108; 7 Highgate C 125; 8 Barnet & District 132; 9 Victoria Park Harriers 145; 10 Kent AC 182

Women (5km)

1 S Murphy (SB) 19:38; 2 K Jennrick (High) 20:03; 3 L Kehoe (WG&EL) 20:28; 4 N Barnet (Hav M) 20:42; 5 J Sullivan (Hav M) 20:45; 6 J King (LH) 20:47; 7 L Elmore (SB) 20:48; 8 S Young (High) 20:52; 9 A Murphy (LH,

W35) 20:57; 10 E Evans (High) 21:08; 11 D Kennedy (TVH) 21:23; 12 M Cooper (SB) 21:29; 13 S Cooney (High) 21:46; 14 L Curtis (High) 21:56; 15 H Hawes (Hav M) 22:02; 16 H Hoyle (Barn) 22:10; 17 V Parry (LH) 22:12; 18 S Dawson (Herne H, W35) 22:18; 19 J Westall (LH, W35) 22:20; 20 B Pritchett (WG&L) 22:33; 21 N Lendrowicz (High) 22:48; 22 EmOgunde (High, U20) 22:50; 23 C O'Neil (BA) 23:05; 24 V Bowles (SB) 23:08; 25 L Bentham (St Alb) 23:12; 26 M Warren (LH) 23:16; 27 K Bradley (Barn) 23:21; 28 C Mitchell (ESM, W35) 23:35; 29 R O'Sullivan (Hav, W35) 23:37; 30 F Holland (LH, W35) 23:46

TEAM: 1 Highgate 33; 2 Shaftesbury Barnet 44; 3 London Heathside 51; 4 Havering Mayesbrook 53; 5 London Heathside B 120; 6 Serpentine 171; 7 London Heathside C 176; 8 Barnet & District 183; 9 Dulwich Runners 184; 10 Ealing Southall & Middlesex 199

VET TEAM: 1 London Heathside 89; 2 London Heathside B 185; 3 Serpentine 230; 4 Stragglers 247; 5 Ealing Southall & Middlesex 250

REEBOK RED ROSE LEAGUE Rochdale, Lancs

SALFORD mountain running international John Brown claimed his second win of the series to take pole position with just one race remaining. *Gareth Webb reports.*

Brown, who won the league opener at Bury last month, held off fell specialist Rob Hope of Pudsey by over half a minute, with Andrew Wrench, a winner at Bolton four weeks earlier, taking third.

Former World Cross Country representative Paul Dugdale, a medallist at Boston in 1992, continued his return to form with another excellent run to finish fourth and move into third place in the overall standings.

UK Trail champion Jan Rashleigh made it three wins out of three in the women's race, sealing victory by almost two minutes from Saddleworth's Lucy Whittaker.

Rashleigh's victory means that she cannot be overhauled in the best three-from-four race series.

Men

1 J Brown (Salf, n/s) 32:26; 2 R Hope (P&B, n/s) 33:11; 3 A Wrench (Tod) 33:33; 4 P Dugdale (Horw) 33:53; 5 N Clementson (Horw) 34:01; 6 J Logue (Horw) 34:27; 7 T Duffy (Bolt, M40) 34:37; 8 G Schofield (Horw, M40) 34:48; 9 S Duxbury (Ross, M45) 34:54; 10 A Payne (Ross) 34:58; 11 M Hammer (B'burn, U20, n/s) 34:59; 12 J Wright (Tod) 35:06; 13 M Lee (Ross) 35:17; 14 N Hatchard (Ross) 35:38; 15 D Shaw (Bolt) 35:43; 16 P Pollitt (Bolt) 35:56; 17 T Davies (O&R) 36:01; 18 K Robinson (Roch) 36:02; 19 K Gaskell (Horw) 36:10; 20 S Barlow (Horw) 36:16; 21 A Stephenson (Bolt) 36:31; 22 P Brannigan (Tod) 36:39; 23 C White (Ross, U20) 36:45; 24 C Iddon (Bolt, U20) 36:47; 25 T Taylor (Ross, M40) 36:47; 26 J Simmonite (Horw) 36:50; 27 AN Other 36:54; 28 T Orrell (Horw, M45) 37:06; 29 P Turner (Bolt, M40) 37:15; 30 S Molloy (Ross) 37:21

TEAM: 1 Horwich 48; 2 Rossendale 78; 3 Bolton 94; 4 Todmorden 150; 5 Rochdale 219; 6 Glossopdale 388

M45: 3 B Waterhouse (Sadd) 37:37

M50: 1 E Ranicar (Bolt) 38:09; 2 A Fielding (Bolt) 41:19; 3 F Loftus (Horw) 41:23

M55: 1 W Buckley (Gloss) 44:45; 2 J Devlin (Tod) 45:24; 3 P Scott (Horw) 47:17

M60: G Barrow (Tod) 51:48

TEAM: 1 Bolton 27; 2 Rossendale 28; 3 Horwich 62; 4 Rochdale 79; 5 Todmorden 117; 6 Glossopdale 118

U17

1 P Williams (Roch) 21:11; 2 N Kay (Bolt) 21:31; 3 C Busaileh (Bury) 22:08; 4 L Whitehead (O&R) 22:21; 5 K Tomany (Bury) 22:36; 6 A Gibson (O&R) 22:54; 7 Q Williams (Roch) 23:00; 8 K Simms (Bury) 23:14; 9 A Jones (Bolt) 23:22; 10 I Roberts (Bury) 23:52

TEAM: 1 Bury 16; 2 Oldham & Royton

21; 3 Rochdale 23; 4 Bolton 25

U15

1 C Hart (Burn, n/s) 14:25; 2 T Ellis (Bolt) 14:56; 3 D Proctor (Roch) 15:09; 4 S Wibberley (Bolt) 15:30; 5 L Harrelld (Bury) 15:41; 6 G Stanton (Bury) 15:54; 7 M Smith (Horw) 16:08; 8 I Roberts (Roch) 16:14; 9 R Bevan (O&R) 16:28; 10 L Rothwell (Bury) 16:31

TEAM: 1 Bolton 15; 2 Bury 18

U13

1 S McManus (Bury) 10:11; 2 J Berry (Bury) 10:58; 3 M Proctor (Roch) 11:08; 4 J Lawton (O&R) 11:12; 5 A Stephens (Bury) 11:35; 6 S McGregor (Burn, n/s) 11:39; 7 R Weeks (Ross) 11:53; 8 S Martin (Roch) 11:54; 9 J Harrelld (Bury) 12:20; 10 D Webb (Horw) 12:21

TEAM: 1 Bury 8; 2 Rochdale 20; 3 Rossendale 32; 4 Bolton 41

Women

1 J Rashleigh (Horw, W35) 22:51; 2 L Whittaker (Sadd) 24:48; 3 S Becconsall (Tod, W40) 25:20; 4 J Harold (Horw, W40) 26:10; 5 K Taylor (Ross, W40) 26:20; 6 J Needham (Roch, W45) 26:23; 7 M Dew (Ross) 26:42; 8 G Higson (Horw) 26:44; 9 K Mather (Sadd, W35) 26:48; 10 A Foster (Horw, W45) 27:07

TEAM: 1 Horwich 13; 2 Rossendale 26; 3 Saddleworth 26; 4 Rochdale 52

W35: 3 S Budgett (Man YMCA, n/s) 27:57

W45: 3 P Dore (Roch) 30:31

W50: 1 B Collins (Gloss) 32:19; 2 J Heale (Horw) 33:28; 3 K Allison (Roch) 36:32

TEAM: 1 Horwich 11; 2 Rossendale 32; 3 Rochdale 36

U17

1 G Jones (Horw) 26:30; 2 H Cox (Bury) 27:44; 3 N Bott (Bury) 28:15; 4 D McDonald (Bury) 31:40

TEAM: Bury 9

U15

1 D Sellars (Bury) 17:09; 2 S Standing (Bury) 17:22; 3 K Smith (Bolt) 17:54; 4 S Hanson (O&R) 18:12; 5 A Busaileh (Bury) 18:29; 6 K Ebbrell (Bury) 18:54; 7 V Fisher (Horw) 19:09; 8 R Holt (Bury) 19:17; 9 L Anderton (Horw) 19:19; 10 S Cottam (Horw) 19:23

TEAM: 1 Bury 8; 2 Horwich 26; 3 Oldham & Royton 31; 4 Bolton 34

U13

1 K Bulger (Bury) 11:19; 2 D Walker (Burn, n/s) 11:33; 3 L Whalley (Burn, n/s) 11:47; 4 E Holt (Bolt) 11:51; 5 S Heffron (O&R) 11:54; 6 K Morton (Bury) 11:55; 7 N Fletcher (O&R) 11:55; 8 E Graham (Burn, n/s) 12:18; 9 N McDonald (Bury) 12:45; 10 K Hart (O&R) 12:54

TEAM: 1 Bury 11; 2 Oldham & Royton 15; 3 Bolton 27; 4 Rossendale 38

MCCA MIDLAND '7'
Alexander Stadium, Birmingham

Men Race one (4km)

1 A Tarry (Red RR) 13:03; 2 R Sinclair (Stoke) 13:19; 3 G Mallon (Tip) 13:20; 4 B Nock (Hales) 13:32; 5 A Smith (Red RR) 13:41; 6 S Overthrow (Chelt C) 13:53; 7 M Hall (Chelt C) 13:56; 8 N Hazelwood (Hales) 13:59; 9 S Hazel (Cov) 14:00; 10 A Gore (Chelt C) 14:04

Race two (3km): 1 Tarry 9:54; 2 Mallon 10:13; 3 Nock 10:18; 4 Smith 10:22; 5 Overthrow 10:31; 6 Hazelwood 10:35; 7 Gore 10:40; 8 Hazel 10:41; 9 M O'Shea (N'brook) 10:43; 10 C Emery (Notts) 10:48

Overall: 1 Tarry 22:57; 2 Mallon 23:33; 3 Nock 23:50; 4 Smith 24:03; 5 Overthrow 24:24; 6 Hazelwood 24:34; 7 Hazel 24:41; 8 Gore 24:44; 9 24:46; 10 O'Shea 24:48

U20 (4km)

1 P Richardson (Charn) 13:24; 2 A Wright (Stoke) 14:15; 3 J Muddeman (Leam) 14:28; 4 P Dable (Leam) 15:10; 5 J Hardiman (Red RR) 15:32; 6 J Martin (Spark) 15:32

U17 (3km): 1 J Round (Bir) 11:17; 2 D Kelley (Newk) 12:00

TEAM: 1 Redhill RR 99:20; 2 Halesowen 1:43:08; 3 Cheltenham & County 1:43:25; 4 Notts AC 1:44:56; 5 Solihull & Small Heath 1:44:59

Women

Race one (4km): 1 L Rostill (SSH)

15:10; 2 T Brown (Cov) 15:38; 3 R Buller (Norw) 15:39; 4 P Gowing (Bris) 15:41; 5 S Hetherington (B&R) 15:43; 6 J Pidgeon (Notts) 16:17

Race two (3km): 1 Hetherington 12:09; 2 Gowing 12:23; 3 Pidgeon 12:35; 4 A Hurford 12:52; 5 J Lambourne (Notts) 13:26; 6 S Harrod (Bris) 13:30

Overall: 1 Hetherington 27:52; 2 Gowing 28:04; 3 Pidgeon 28:52; 4 Hurford 29:18; 5 Lambourne 31:06

U20 (4km): U Counsell (Bris) 15:58

U17 (3km): K Vinnicombe (Newk) 12:44

TEAM: 1 Bristol 88:40; 2 Notts AC 91:48; 3 Bromsgrave & Redditch 93:33

MAJESTIC TRAVEL NORTH WALES LEAGUE Bangor

GLORIOUS weather and perfect underfoot conditions are not something North Wales leagues are renowned for, but those who went to Bangor for the third fixture of the winter were probably not expecting thunder, lightning and hail storms. *Helen Morris reports.*

The course was already waterlogged in places when the youths set off to open the day's racing. Numbers have dwindled here in this age group, as in many leagues. But it was great to see 10 hardy U17's charging through the mud.

Welsh fell international Llyr Pierce took the honours with an impressive piece of front running ahead of Luke Northall from Wrexham.

Northall would definitely have finished second, but due to a misunderstanding he was directed up the finish funnel only to discover he still had a lap to go.

The women's race brought with it a new name for the local record books - Gail Owen. The junior woman has been third and fourth in the first two outings this year but took the race by the scruff of the neck, floating over the mud to win convincingly ahead of local fell runner Jane Lloyd.

Owen provided her club, Bridgnorth, with their first league win since Amanda Allen (nee Wright) way back in the early '90s. There was also an excellent team win for the Colwyn Bay women.

By this time the course was nicely churned up for a battle royal between Welsh internationals Adrian Bailey (Bro Dysynni), Andy Walling (UWB) and former England junior fell runner Harry Matthews (UWB).

Walling led the field from the gun, putting daylight between the first three and the chasing pack. An atrocious pelting of hail and some overhead lightning did not deter the athletes from sticking to their task but even the hardest of spectators was forced indoors, missing what was one of the closest races for years.

In fact it was only on the final lap where Bailey, an exponent of the sport of Adventure Racing, opened up a gap on some paths in the woodland section, a part of the course which offered some good running.

Walling was still chasing and safe in second but the talented Bro Dysynni athlete had done enough to secure victory.

Eryri Harriers, led home by Colin Donnelly in fourth, were first team, just five points ahead of UWB. Telford still led the senior men's section overall.

Men

1 A Bailey (Bro) 32:55; 2 A Walling (Bang) 33:07; 3 H Matthews (Bang) 33:14; 4 C Donnelly (Eryri, M40) 34:16; 5 G Williams (Eryri) 34:21; 6 R McWilliam (Dees) 34:24; 7 J McQueen (Eryri) 34:40; 8 R Edwards (Bangor) 35:01; 9 A Williams (Bro) 35:07; 10 D Huws (Eryri) 35:17; 11 G Wilson (Telf, M40) 35:26; 12 A Oldham (Bangor) 35:46; 13 M Robbins (Dees) 35:54; 14 A Jones (Telf, M40) 35:55; 15 R Hayley (Telf, M45) 36:03; 16 E Roberts (Eryri, M40) 36:22; 17 G Rigby (Telf) 36:27; 18 T Jones (Eryri) 36:29; 19 K Gadd (Bangor) 36:48; 20 C Lancaster (Telf) 36:53

M45: 2 J Hancock (Osw) 37:01; 3 G Manson (Osw) 38:19

M50: 1 B Lloyd (Telf) 38:50; 2 P Walker (Wrex) 39:07; 3 D Evans (Newtown) 40:11

M55: 1 A Egan (Wrex) 38:31; 2 D Williams (Eryri) 40:25; 3 E Davies (Eryri) 41:50

M60: P Norman (Wrex) 45:20

M65: 1 D Morris (Osw) 49:39; 2 T Partridge (Wrex) 51:47; 3 A Jones (NWRRC) 53:19

TEAM: 1 Eryri 60; 2 Bangor University 65; 3 Telford 116

VETERAN TEAM: 1 Telford 9; 2 Eryri 13; 3 Oswestry 38

U17

1 L Pierce (Eryri) 19:06; 2 T Rice-Owen (Eryri) 20:03; 3 S Benson (Eryri) 20:13; 4 L Hansen (Aberystwyth) 20:57; 5 L Northall (Wrex) 21:09; 6 T Evans (Eryri) 21:21

TEAM: 1 Eryri 6; 2 Wrexham 22

Women

1 G Owen (B'north, U20) 21:46; 2 J Lloyd (Eryri, W35) 22:05; 3 I Redfearn (Col B) 22:18; 4 J Kirby (Telf) 22:26; 5 F Morgan (Aberystwyth, U20) 22:36; 6 E Davies (Wrex) 22:51; 7 L Thompson (Col B, U20) 23:09; 8 R Adams (Wrex, W40) 23:30; 9 A Brizell (Osw, W40) 23:31; 10 E Dunnington (Eryri, W35) 24:22; 11 S Gatford (Telf, U17) 24:27; 12 L Hughes (Prestat, U20) 24:34

W35: 3 G Davies (Bro) 25:24

W40: 3 V Musgrove (Wrex) 24:44

W45: 1 S Bennell (Eryri) 27:36; 2 J Hayley (Telf) 28:56; 3 J Manson (Osw) 31:19

W50: 1 M Docking (Wrex) 25:21; 2 P Hopkins (Wrex) 27:13; 3 M Oliver (Eryri) 28:07

W55: M Griffiths (Bro) 31:51

TEAM: 1 Colwyn Bay 23; 2 Wrexham 28; 3 Telford 33

VET TEAM: 1 Wrexham 14; 2 Eryri 21; 3 Oswestry 25

SAF NORTHERN DISTRICT CHAMPIONSHIPS Ailness

BRITISH ultra-distance international Alan Reid won the senior men's title for the fifth time in 11 years when the much-travelled youngsters from the Hebridean islands of Stornoway and North Uist grabbed the spotlight with a series of medal winning performances. *Fraser Clyne reports.*

Reid took full advantage of the absence of three-time previous winner Simon Pride, who missed the event because he was competing in the Great South Run in Portsmouth as part of his preparations for January's Dubai marathon.

Reid, who won the first of his titles in 1989, finished over 100m ahead of Andrew Wright. Ross Arbuckle was a further 80m behind when collecting bronze for the third year in a row.

Wright led Inverness Harriers to their first team title since 1993, thereby bringing an end to Keith & District AC's five-year domination of the competition.

Stan MacKenzie (fifth), Eric Riddle (sixth), Mark MacLeod (17th), Steve Worsley (20th) and Brian MacKenzie (24th) were the other scorers for the winning side.

Martin Flynn took the M40 title when placing seventh overall, just one place ahead of UK 1500m, 5000m and 10,000m age group champion George Sim who took the M50 prize.

Forres Harriers enjoyed individual successes through Kyle Hay and Mark Mitchell in the U15 and U13 boys' races respectively, while Nairn's Donald MacAulay won the U17 title. BP Black Isle scooped all three boys age group team titles.

Julie Wilson outgunned defending champion Siobhan Evans to win the women's race in which Anne MacLean was top veteran in third position overall.

Wilson and MacLean also led their club to a sixth consecutive team victory, with Linda MacLennan completing the scoring in eighth.

Inverness celebrated further success by winning all three medals in the U17 women's competition - with Mhari Spence, Jennifer Main and Fiona Spence

taking the honours.

Stephanie Reynolds collected the U15 title, but the Stornoway trio of Niketa Ferguson (second), Kirsty MacLeod (third) and Annmarie Mackay (fourth) clinched the team prize.

North Uist runners made the long trip from the Western Isles worthwhile by dominating the U13 race and thus giving the Hebridean island its first ever team and individual titles in the history of these championships.

Helen Haxby won individual gold, while her clubmates Karen Currie (second) and Seonaid Carruthers (third) made sure of a clean sweep of the other prizes.

Men

1 A Reid (P'head) 35:29; 2 A Wright (I'ness) 35:54; 3 R Arbuckle (Keith) 36:09; 4 M Bain (S'way) 36:25; 5 S MacKenzie (I'ness) 36:51; 6 E Riddle (I'ness) 36:54; 7 M Flynn (Moray, M40) 37:00; 8 G Sim (Moray, M50) 37:20; 9 C Shearer (Orkney) 37:50; 10 T Dawes (Forres) 37:59; 11 F Barton (Keith, M40) 38:05; 12 M Turner (Keith) 38:07; 13 A Dunlop (S'way), M40) 38:13; 14 B Foreman (Moray) 38:33; 15 D Cowie (Forres, M40) 38:39; 16 W Johnstone (Keith) 38:50; 17 M MacLeod (I'ness, M40) 38:56; 18 P Rogan (Forres) 39:02; 19 M Ellis (Forres) 39:06; 20 S Worsley (I'ness) 39:13; 21 A Black (Forres) 39:20; 22 A Watt (Forres, M40) 39:37; 23 M Stewart (Keith) 39:50; 24 B MacKenzie (I'ness) 39:53; 25 E Paterson (Moray, M40) 39:58

U20: 1 C Preece (Moray) 40:04; 2 G Jeans (Moray) 40:15
TEAM: 1 Inverness Harriers 74; 2 Keith and District 94

VET TEAM: Moray Road Runners 40

U17

1 DJ McAulay (Nairn) 23:17; 2 I O'May (Forres) 24:47; 3 J Stephen (Black I) 25:25; 4 A O'May (Forres) 26:23; 5 R MacDonald (I'ness) 27:00; 6 B McLelland (Black I) 28:34; 7 T Copley (Black I) 33:12

TEAM: BP Black Isle 16

U15

1 K Hay (Forres) 20:24; 2 S Rodger (Lochaber) 20:34; 3 J MacLean (S'way) 21:40; 4 J Devine (Black I) 22:19; 5 G Mutch (Fraser) 22:23; 6 N Hay (Fraser) 23:17; 7 F Sweeney (Moray) 24:25; 8 P Banks (N Uist) 25:17; 9 K Urquhart (Black I) 27:11; 10 S MacDonald (Black I) 27:18; 11 A Edwards (S'way) 28:04; 12 S Milne (Black I) 30:02; 13 A Carruthers (N Uist) 30:02; 14 S MacLeod (S'way) 36:29

TEAM: 1 BP Black Isle 23; 2 Stornoway 28

U13

1 M Mitchell (Forres) 13:12; 2 D Wood (Black I) 14:55; 3 L Taylor (Black I) 14:58; 4 J Murray (S'way) 15:04; 5 S MacDonald (S'92way) 15:13; 6 S Sutherland (Black I) 15:14; 7 A MacDonald (I'ness) 15:27; 8 M Frame (S'way) 15:45; 9 R MacDonald (Black I) 15:51; 10 F MacDonald (Black I) 15:52; 11 D Banks (N Uist) 15:59; 12 B Hay (Fraser) 16:05; 13 A Gilbert (S'way) 16:30; 14 R MacLeod (N Uist) 17:34

TEAM: 1 BP Black Isle 11; 2 Stornoway 17

Women

1 J Wilson (I'ness) 28:03; 2 S Evans (Forres) 28:25; 3 A MacLean (I'ness, W35) 29:53; 4 A Tulloch (Nairn) 31:22; 5 L MacLennan (I'ness) 34:42; 6 M Stewart (Moray, W35) 34:55; 7 B Bowie (Moray, W35) 35:09; 8 S Henderson (Moray) 35:41; 9 L Cowie (Moray) 39:11

TEAM: 1 Inverness Harriers 8; 2 Moray Road Runners 21

U17

1 M Spence (I'ness) 22:30; 2 J Main (I'ness) 23:31; 3 F Spence (I'ness) 25:17

TEAM: Inverness Harriers 6

U15

1 S Reynolds (Elg) 16:26; 2 N Ferguson (S'way) 19:02; 3 K MacLeod (S'way) 19:06; 4 A Mackay (S'way) 19:54

U13

1 H Haxby (N Uist) 12:41; 2 K, Currie (N Uist) 13:03; 3 S Carruthers (N Uist) 13:05; 4 R MacKenzie (I'ness) 13:07; 5 M MacDougall (N Uist) 13:35; 6 K Archibald (Moray) 13:43; 7 J Ritchie (Moray) 13:45; 8 J Bannerman (I'ness)

13:45; 9 F Ferguson (N Uist) 14:23; 10 J Balfour (I'ness) 15:17; 11 K MacDonald (N Uist) 15:43; 12 L MacKay (Caith) 18:13; 13 K MacDonald (Caith) 19:42

TEAM: 1 North Uist 6; 2 Inverness Harriers 22

SUSSEX LEAGUE Billingshurst

KEVIN HOLLAND used his well-known strength to conquer the wind and rain over an extremely soggy Brinsbury college course, *Martin Duff reports.*

The former National Junior cross country champion, back once again in training after another break for studying, broke clear of the field after a couple of miles before going away to win comfortably.

It was no picnic, however, as the course got muddier and wetter as the afternoon progressed, with occasional sleet showers thrown in for good measure.

Holland entered the race test his fitness and eventually won by over a minute from clubmate Paul Rodgers. The Crawley runner just squeezed home ahead of another junior, Tom Sargent, with guesting Nigel Adams fourth.

Caroline Hoyte was again the best of the women on show with another victory over Worthing's Leah Luff. The Arena 80 runner had been happy with her performance at Margate the previous week, despite a placing in the mid-twenties.

A couple of top class runs before Margate had persuaded her to compete against the best in the European Trial and Hoyte will now look for further improvements in the New Year.

Luff, who turned veteran between the two fixtures, kept Hoyte within her sights in the early stages before Hoyte blasted well clear. Despite the conditions not being conducive to fluent running, the 30-year-old won by over 300 yards.

Down the age groups there were good victories for Jack Vail and Craig Ivelmy in the U17 and U15 races, while Danielle Christmas added yet another victory in the U13's.

Men (5M)

1 K Holland (Craw) 27:53; 2 P Rodgers (Craw, U20) 28:54; 3 T Sargent (Hailsh, U20) 28:54; 4 N Adams (Bris, gst) 28:58; 5 J Baker (Chich R) 29:25; 6 T Carrick (Phoe) 29:41; 7 D Anderson (Hast) 30:09; 8 E Tambeh (Hast, U20) 30:14; 9 D Sutto (B&H, U20) 30:18; 10 A Brown (Worth, M40) 30:20; 11 D Rayner (Craw) 30:21; 12 F Young-Martos (Craw, M40) 30:24; 13 C Bird (Worth, U20) 30:35; 14 P Witcomb (B&H, M50) 30:52; 15 N Hyett (B&H, U20) 30:53; 16 S Dabson (B&H) 30:57; 17 P Eccles (Hailsh, M40) 30:59; 18 P Prosser (B&H) 31:14; 19 G Garrett (Worth, U20) 31:20; 20 R Airey (B&H) 31:29

TEAM: 1 Crawley 69; 2 Brighton & Hove 86; 3 Hastings 147; 4 Chichester Runners 140

Positions after two matches: 1 Brighton & Hove 133; 2 Chichester Runners 266; 3 Crawley 278

U17

1 J Vail (B&H) 17:06; 2 B Warren (Hailsh) 17:44; 3 J Stephenson (B&H) 17:59; 4 T DiMartino (Horsh) 18:06; 5 M Furber (Worth) 18:13; 6 M Barham (Hast) 18:17; 7 R Clayton (Worth) 18:25; 8 L Emmanuel (Hast) 18:35; 9 B Brett (E'brne) 18:44; 10 S Grainger-Bevan (B&H) 18:49

TEAM: 1 Brighton & Hove 13; 2 Hastings 24; 3 Worthing & District 32.5

Positions after two matches: 1 Brighton & Hove 36; 2 Hastings 38

U15

1 C Ivelmy (Hailsh) 15:00; 2 D Giles (Craw) 15:36; 3 M Pollard (Horsh) 15:49; 4 N Lucas (Lewes) 15:51; 5 J Randall (Horsh) 16:11; 6 T Leckie (Hailsh) 16:25; 7 L Martin (Craw) 15:29; 8 T Bilham (Chich R) 16:40; 9 C McClarnon (Chich R) 16:49; 10 M Dumigan (Worth) 16:55

TEAM: 1 Chichester Runners 29; 2

Crawley 30; 3 Hailsham Harriers 34
Positions after two matches: 1 Hailsham Harriers 68.5; 2 Crawley 68.5

U13

1 D Stepany (Phoe) 12:52; 2 R James (Phoe) 12:59; 3 C Svoboda (Phoe) 13:28; 4 D Cooper (Hast) 13:31; 5 A Denton (Craw) 13:36; 6 D Cowtan (Chich R) 13:40; 7 S Rigby (Phoe) 13:50; 8 J Varney (E'brne) 13:51; 9 A Witcomb (B&H) 13:53; 10 T Terretta (Worth) 13:56

TEAM: 1 Phoenix 6; 2 Phoenix B 31; 3 Brighton & Hove 31

Positions after two matches: 1 Phoenix 12; 2 Phoenix B 60; 3 Brighton & Hove 65

Women (3M)

1 C Hoyte (Arena) 19:52; 2 L Luff (Worth, W35) 21:04; 3 C Aquilina (B&H, W35) 21:13; 4 C Naylor (Arena, W45) 21:18; 5 T Owen (Arena, W35) 21:25; 6 J Hardwick (Hast, W45) 21:51; 7 J Drake (B&H) 22:10; 8 L Durn (Phoe) 22:10; 9 J Bateman (B&H, W35) 22:15; 10 A Cronin (Hailsh, W35) 22:21; 11 L Hoyte (Horsh) 22:26; 12 K Horton (Worth, U20) 22:46

TEAM: 1 Arena 80 23; 2 Brighton & Hove 44; 3 Worthing & District 57; 4 Hailsham Harriers 72

Positions after two matches: 1 Arena 80 50; 2 Worthing & District 110

U17

1 A Coutinho (Lewes) 17:31; 2 S Webb (Craw) 17:56; 3 K Gunn (Phoe) 18:14; 4 H Stanton (Craw) 18:33; 5 P Aukett (Worth) 18:49; 6 N Christmas (Craw) 19:12

TEAM: 1 Crawley 9; 2 Phoenix 27; 3 Worthing & District 33

Positions after two matches: 1 Crawley 23; 2 Worthing & District 60; 3 Phoenix 65

U15

1 C Heath (Hast) 13:30; 2 J Heath (Phoe) 13:36; 3 H Bates (Phoe) 13:39; 4 E Lee (Horsh) 14:23; 5 C Hills (Worth) 14:37; 6 F Ray (B&H) 14:54

TEAM: 1 Hastings 17; 2 Horsham Blue Star 22; 3 Crawley 31

Positions after two matches: 1 Hastings 36; 2 Horsham Blue Star 47; 3 Crawley 75

U13

1 D Christmas (Craw) 9:54; 2 D Daly (Craw) 9:59; 3 H Brooks (Craw) 10:23; 4 Mallett (Phoe) 10:24; 5 L Best (Craw) 10:44; 6 K Gunn (Phoe) 10:56

TEAM: 1 Crawley 6; 2 Phoenix 17; 3 Chichester Runners 34

Positions after two matches: 1 Crawley 13; 2 Phoenix 37

AYRSHIRE CHAMPIONSHIPS

Ayr

WILLIE RICHARDSON led early on to take the senior title by 39 seconds.

Over a twisting park course which offered good conditions, albeit with some water, Colin Soutar and Ryan Montgomery had broken clear at the end of the first of three 3km laps along with Richardson, who pulled away shortly afterwards.

Toni McIntosh did well to stay in the men's top 20 before completing her two laps to take the women's title, well clear of veteran Helen Morton.

Men (9km)

1 W Richardson (Irv) 31:37; 2 C Souter (Ayr S) 32:16; 3 R Montgomery (JWJK) 32:27; 4 E Tonner (JWJK) 32:57; 5 R Napier (Irv) 33:06; 6 D Miller (Irv) 33:25; 7 C Miller (Irv, M40) 33:36; 8 Allsop (Arran) 33:43; 9 G Ferguson (Irv, U20) 33:47; 10 L Baker (Ayr S, M40) 33:54

M50: G McGregor (Troon) 38:50

M60: D Cochrane (Beith) 40:15

TEAM: 1 Irvine 14; 2 Ayr Seaforth 22; 3 Johnnie Walker Kilmarnock 51

U17 (3km): K Aitken (Irv) 12:08

U15: T Burns (Ayr S) 12:21

U13

1 A Smith (Ayr S) 13:11; 2 M Caird (Ayr S) 13:26; 3 W Morgan (Irv) 13:36

TEAM: Ayr Seaforth 11

U11 (1km)

1 M Gibson (Irv) 5:25; 2 D Emsley (Arran) 5:26; 3 S Thomson (Ayr S) 5:54

TEAM: 1 Ayr Seaforth 12; 2 Irvine 23

Women (6km)

1 T McIntosh (Ayr S) 23:59; 2 H Morton (Irv, W40) 26:36; 3 A Docherty (Ayr S) 27:33; 4 B Royd (Ayr S, W35) 27:39; 5 K Bennett (JWJK, U20) 28:36; 6 L McGarry (Irv, W45) 28:59; 7 J Byng (Irv, W55) 29:16

U17 (3km): L Young (JWJK) 13:11

U15

1 C Fearnis (Irv) 14:57; 2 D McKeating (Ayr S) 15:30; 3 V Browne (Ayr S) 17:34

U13

1 L Finnie (Ayr S) 13:44; 2 K McFarlane (Ayr S) 13:51; 3 N Cresswell (Irv) 14:22

TEAM: Irvine 12

1 K Taylor (Ayr S) 5:43; 2 J Quigley (Ayr S) 5:47; 3 R Edge (Irv) 5:55

TEAM: 1 Ayr Seaforth 7; 2 Irvine 14

DUNBARTONSHIRE

CHAMPIONSHIPS

Braidfield Farm, Clydebank

JAMES AUSTIN confirmed his recent top form with a senior victory which appeared much easier than the 15-second winning margin would suggest.

John McLoone was a clear runner-up ahead of Stewart Barnett who produced one of his best results to date.

An equally impressive winner was veteran Patricia Anderson who waited until three-quarters through the women's two-lap race before effortlessly surging ahead of Jill Knowles, the only senior among a veteran top six.

Men (6M)

1 J Austin (C'dale) 33:42; 2 J McLoone (Kirkin) 33:57; 3 S Barnett (Vic P) 34:33; 4 A Mace (Vic P) 34:52; 5 D Rodwell (Wester) 34:59; 6 B Marsland (Dumb'n) 35:48; 7 J Hanratty (C'dale, M45) 35:51; 8 R Gallagher (Wester, M40) 35:55; 9 D Halpin (C'dale) 35:58; 10 L Campbell (Glas U) 36:11

U20: M Rudzinski (C'dale) 37:02

TEAM: 1 Clydesdale 30; 2 Victoria Park 36; 3 Westerlands 56

U17 (4M)

1 G Gardner (W Dunbs) 23:02; 2 R Cannon (Kirkin) 23:42; 3 D McEwen (Kirkin) 24:55

U15 (1.75M)

1 A Stewart (Kirkin) 11:41; 2 P Spiers (Vic P) 12:31; 3 V Mullen (C'dale) 12:59

U13 (0.75M)

1 C Sinclair (Vic P) 4:56; 2 F Murray (Kirkin) 4:58; 3 R Thayne (Kirkin) 5:10

TEAM: 1 Victoria Park 10; 2 Kirkintilloch 11; 3 West Dunbartonshire 27

U11

1 J Sinclair (Vic P) 4:32; 2 N Hamilton (Kirkin) 4:41; 3 C Kholi-Lynch (Vic P) 5:11

Women (4M)

1 P Anderson (Dumb'n, W35) 27:46; 2 J Knowles (Glas) 28:03; 3 J McColl (Helen, W35) 28:56; 4 A Stewart (Kirkin, W35) 30:58; 5 C Menhennet (Wester, W35) 31:19; 6 J Polak (Milburn, W35) 33:53

U15 (1.75M)

1 J Emsley (Glas) 11:44; 2 F Gentles (Kirkin) 11:53; 3 M Gardiner (W Dunbs) 12:11

TEAM: 1 City of Glasgow 12; 2 West Dunbartonshire 21

U13 (0.75M)

1 J Finch (Glas) 5:29; 2 T Smith (Glas) 5:47; 3 E Howden (Vic P) 6:02

TEAM: 1 City of Glasgow 9; 2 Victoria Park 14

U11: 1 E Harrison (Kirkin) 4:44; 2 E Taggart (Glas) 4:56; 3 L Logan (Glas) 5:21

PEGASUS RACES

Coleraine

THESE races were held in dreadful conditions with torrential rain for most of the afternoon.

Dean Fisher gained an impressive victory in the senior race after breaking clear of Gary Crowson and Philip Tweedie at halfway.

Another Wellfield athlete Frankie Davidson took the veterans' race from Marcus McMains and Sammy McAnaney.

Anne Paul took the women's race from her Sparta team-mates Sharon Hatch and Jenny Butler, while the

younger age group winners included Cheryl Guiney and Lyndsey Freel in the U17 and U15 girls respectively plus Sean Hasson and Joseph Villa in the boys races.

Men (8km, no times)

1 D Fisher (WTH); 2 G Crowson (Let); 3 P Tweedie (AS); 4 B Farren (SP); 5 R Calvert (WTH); 6 N Brown (WTH); 7 M Devine (RV); 8 N Barrett (B&A); 9 A Neeson (BR); 10 C Speers (WTH)

M40 (6.5km)

1 F Davidson (WTH); 2 M McMains (unatt); 3 S McAnaney (FV); 4 N Cahoon (ALB, M45); 5 R Curran (BR, M45); 6 D McHenry (WTH, M50); 7 G Bell (ND, M45); 8 N McMonagle (SP)

U17 (5km)

1 S Hasson (SC); 2 N Milliken (WTH); 3 P Bradley (SC)

U15 (3.5km)

1 J Villa (SC); 2 M Fox (LV); 3 D Magee (3ways); 4 L McLoughlin (SC); 5 J Taylor (SC)

U13 (2.5km)

C Bradley (SC)

U12 (2km)

1 T McGeown (CHS); 2 S Scullian (LV)

Women (5.5km)

1 A Paul (SP); 2 S Hatch (SP, W35); 3 J Butler (SP); 4 P Thom (B&A); 5 S Dodds (SP); 6 B Muir (SP)

U17 (3.5km)

1 C Guiney (LV); 2 L Rea (LV); 3 S Campbell (LV)

U15 (3km)

1 L Freel (LV); 2 C Robb (LV); 3 L McWilliams (LOR); 4 C MacManus (Abbey)

U13 (2km)

M Doran (3ways)

U12 (1.5km)

1 C McGivern (RHS); 2 C Bell (Abbey); 3 D Magee (3ways)

CAMBRIDGE HARRIERS

CHAMPIONSHIPS

Bexley

Men (7.5M)

1 E Hurault 47:59; 2 M Carney 49:18; 3 M Ellsmore (M45) 51:09; 4 K Winch (Gst, M40) 54:40; 5 P Kent 54:44; 6 D Fisher (M50) 55:04; 7 H Bell (Gst, M40) 55:51; 8 D Collier (Gst, M40) 56:47; 9 P Ould (M55) 57:06; 10 M Newell (M40) 57:18

BLACKHEATH v ORION

Hayes

Men (7.5M)

1 N Kinsey (B'ht, M40) 48:41; 2 R Smith (B'ht) 49:41; 3 R Daniels (B'ht) 51:13; 4 M Watling (B'ht, M40) 51:57; 5 J Wallis (Orion) 52:11; 6 D Brock (Orion) 52:33; 7 C Sentence (Orion) 52:37; 8 M Cates (Orion) 53:08; 9 P Filler (Orion, M40) 53:14; 10 M Ellison (B'ht, M40) 53:18
M50: J Phelan (B'ht) 54:02

Women

1 J Williams (Orion) 63:41; 2 A Cilia (B'ht) 70:48; 3 A Jelly (B'ht) 76:02

TEAM (39 per side): 1 Blackheath 1485; 2 Orion 1596

HEATHROW LONDON

YOUTH GAMES

Parliament Hill Fields

THESE CHAMPIONSHIPS became another victim of the recent record rainfall when co-ordinators for the London boroughs, the London Event Agency, decided it would be too dangerous for the youngsters, aged between 11 and 16, to compete.

Staff at Hampstead Heath felt it would be advisable to wear spikes to reduce sliding and falling on the muddy and slippery course. But as many of the runners taking part were novices and likely to be wearing nothing more than plimsolls, the London Events Agency,

after consulting the boroughs, called the championships off.

A spokesman for the LEA said: "Staff at Hampstead Heath said they did not want kids running without spikes. These races are part of a sports development programme and some of them may never have run cross country before.

"There was a real risk of some of them getting injured if they fell. We felt it was too dangerous to go ahead. Apart from that, we didn't think this would be a good experience of cross country running for them. It was not an easy decision to make but the majority of participating boroughs supported it."

Officials from the South of England AA, who would have organised the event on the day, were surprised. Championships committee secretary Peter Saw, who inspected the course on Friday, said: "It's no worse than it has been in the past. Two years ago, it bucketed down all day and the races still went ahead."

He added: "Someone may have said spikes were advisable but they were certainly not essential. I think the LEA panicked when the injury issue was raised and most of the borough organisers were only too relieved, looking at the weather, to call it off.

"I am very annoyed about it. We never cancel cross country because it's too wet, only if it's icy or foggy which would make staging races hazardous." It was the first time the championships have been called off.

HERCULES WIMBLEDON

INTER-CLUB 5

Wimbledon Common

Men

1 R Xerri (HW) 28:44; 2 M O'Halloran (HW, M40) 30:36; 3 C Coles (HW) 30:47; 4 R Howells (ESM) 31:16; 5 E Blackmore (HW) 31:27; 6 D Dew (HW) 31:44; 7 L Cunningham (HW) 32:02; 8 R Langridge (Croy) 32:03; 9 M Ciglia (HW, M50) 32:17; 10 A Cunningham (HW) 32:40

M55: D Williams (HW) 33:47

Women

1 W Chalmers (Herne H, W35) 37:45; 2 L Leggett (Herne H, W35) 37:45; 3 E Blount (Herne H) 47:00

TEAM (4-to-score): 1 Hercules Wimbledon 14; 2 Herne Hill Harriers 65; 3 Striders of Croydon 69

RANELAGH HARRIERS

MOB MATCH 7.67

Petersham

Men

1 A Weir (THH) 43:30; 2 N Altmann (THH) 43:56; 3 M Gilbertson (THH) 45:33; 4 D Symons (THH) 45:42; 5 M Gohar (Rane, M40) 46:01; 6 D McDonald (Rane) 46:08; 7 J Cant (THH) 46:13; 8 M Wakefield (THH) 46:29; 9 A Howse (THH) 46:38; 10 A Lynch (THH, M40) 46:38; 11 M Lane (Rane, M40) 47:43; 12 M Bryant (THH) 47:57; 13 M Lynas (THH) 48:11; 14 A Bickerstaff (Rane) 48:25; 15 A Kennis (THH) 48:35; 16 G Whitson (Rane, M40) 48:39; 17 D Wright (Ran, M40) 48:41; 18 E Catmur (THH) 48:51; 19 G Marshall (Rane) 49:08; 20 M Gootley (THH) 49:37

Women

1 K Mallett (Rane, W35) 57:10; 2 W McDonald (THH) 58:14; 3 K Jones (THH) 58:27; 4 W Jones (Rane) 59:26; 5 C Wood (THH) 59:32

TEAM (35-to-score): 1 Thames Hare & Hounds 1047; 2 Ranelagh 1445

VETERANS AC 5.5

Wimbledon Common

Men

1 W Gristwood (ESM, M40) 33:10; 2 T Harran (Herne H, M40) 33:51; 3 C Stone (Reig, M40) 35:03; 4 R Roath (Woking, M45) 35:51; 5 D Langley (S Lon, M40) 36:36; 6 G Smith (E&E, M50)

36:53; 7 M Nouch (Belg, M45) 36:54; 8 G Bradbury (HW, M55) 37:44; 9 P Meeson (Vets, M45) 37:53; 10 D Bell (SoC, M40) 38:27

M50: 2 M Miller (HW) 38:45; 3 M Rodrigues (Wimb W, 38:55

M60: 1 P Lane (Vets) 41:18; 2 E Simpson (Folk) 42:26; 3 T Kimber (Barn) 42:55

Women

1 M Moody (Vets, W50) 28:41; 2 M Johnston (W4H, W35) 28:57; 3 N Pinkerton (S Lon, W45) 31:10; 4 J Gristwood (ESM, W40) 32:36; 5 I Mansfield (Vets, W60) 33:48
W60: 2 B Cushen (Sutt) 36:14

RANELAGH HARRIERS

VETERANS' CHAMPIONSHIPS

7.67

Richmond Park, Petersham

Men

1 M Gohar (M40) 46:01; 2 M Lane (M40) 47:43; 3 G Whitson (M40) 48:39; 4 D Wright (M40) 48:41; 5 M Peace (M50) 52:00

M60: M Clark 59:52

Women

1 K Mallett (W35) 57:10; 2 S Rowland (W35) 62:02; 3 C Bishop (W35) 69:09

H'cap: 1 Clark; 2 C Naish (M35); 3 Gohar

MTM CONSTRUCTION

ABERDEENSHIRE SCHOOLS

SERIES

Inverurie

P7 boys (1.5km - no times)

1 E Barrack (Meld); 2 B Cutler (S'burn); 3 P Jericevich (Market P).

P6

1 R Kirk (Fyvie) 5:39; 2 C Trahan (Kemn) 5:46; 3 A Bremner (Meld) 5:47.

P5 (0.9km)

1 P Anderson (W'hill) 4:06; 2 G Rothney (S'burn) 4:09; 3 B Davidson (Meld) 4:10

P7 girls (1.5km)

1 H Armitage (Mony) 6:38; 2 R Ackroyd (Fyvie) 6:47; 3 J Hart (Elrick) 7:00.

P6

1 F Prentice (Chapel) 6:59; 2 E Morrissey (Insch) 7:02; 3 R Sheehan (Kemn) 7:10.

P5 (0.9km)

1 C Clark (D'blade) 4:45; 2 C Morrice (Market P) 4:47; 3 L Skitmore (Daviot) 4:48.

EDINBURGH UNIVERSITY BRAID

HILLS

Men (6M)

1 D Naylor (HBT) 32:37; 2 S Cairns (HBT) 32:36; 3 S Smith (Swans U) 32:47; 4 R Ward (Manc U, U20) 32:52; 5 N Smith (Leeds I, U20) 33:05; 6 J Heap (HBT) 33:44; 7 S Campbell (Edin U) 33:56; 9 A MacBeth (Vic P) 34:08; 10 AC Muir (Edin U) 34:16

M40: B Kirkwood (Miz, M45) 34:23

TEAM: 1 Edinburgh University 46; 2 Manchester University 65; 3 Lothian 103

Women (3M)

1 V Gill (St And U) 18:40; 2 H Owens (EWM) 18:51; 3 M Smith (HBT) 19:06; 4 K Munro (Edin U) 19:12; 5 S Kennedy (Edin U) 20:05; 6 R Chamberlain (EdinU) 20:27; 7 S Murray (Edin U) 20:39; 9 M Christinson (Newc U) 20:42; 10 C Hall (Newc U) 20:53

TEAM: 1 Edinburgh University 15; 2 Hunter's Bog Trotters 32; 3 Manchester University 58

BOYS' & GIRLS' CLUBS OF

WALES CHAMPIONSHIPS

Newbridge Fields, Bridgend

U17 men

1 N Coleman-Farrow (Porth); 2 M Lloyd

(B'end); 3 D Bowen (Fochriw); 4 A Davies (Trefelin); 5 W Hunt (B'end); 6 M Waters (Trefelin)

TEAM: Trefelin

U15

1 M Brown (B'end); 2 S Henderson (Neath); 3 P Lewis (Neath); 4 J Morris (Trefelin); 5 J Edwards (Porth); 6 R Brown (Foch)

TEAM: Wyndham

U13

1 A Ahmed (Grange); 2 M Glassey (Peny); 3 N O'Neill (B'end); 4 S Walsh (Murton); 5 J Humphreys (B'end); 6 J Fenaroli (Neath)

TEAM: Neath Harriers

U11

1 L Williams (Ynys); 2 A Williams (Ynys); 3 L Duggan (Foch); 4 R Jones (Neath); 5 J Simeall (Porth); 6 C O'Neill (B'end)

TEAM: Ynystawe

U17 women

1 H Tucker (B'end); 2 C Smith (B'end)

U15

1 N Lawrence (Neath); 2 N McCann (Cefn); 3 E Llewellyn (Baglan); 4 C Rees (B'end); 5 Z John (Cefn); 6 J Harwood (Baglan)

U13

1 J Bragg (Nelson); 2 S Brown (B'end); 3 R Harris (Baglan); 4 J Abraham (B'end); 5 K Morgan (B'end); 6 C Griffiths (Neath)

TEAM: Bridgend

U11

1 S Brace (B'end); 2 S Humphrey (B'end); 3 Z George (Peny); 4 L Weaver (Talb); 5 N Thomas (Neath); 6 A Williams (Nelson)

TEAM: Nelson

GAULDRY OPEN

Men

1 A Milligan (Fife) 30:29; 2 D Whitehead (Cosmic) 31:02; 3 O Greene (Fife) 31:13; 4 N Gunstone (Dund H) 31:26; 5 T Greene (Fife) 31:43; 6 D Knight (Perth) 31:54

M40: K Varney (Metro) 31:59

U17

1 K Wallace (Fife) 18:41; 2 G Bee (Fife) 18:49; 3 G Oudney (Dund H) 19:51

U15

1 K Meldrum (Arb) 15:04; 2 R Scott (Fife) 15:34; 3 S Marwick (Arb) 16:15

U13 M Gillespie (Cent) 11:16; 2 S Harris (Perth) 11:50; 3 S Glass (GHS) 11:58

U11

1 M Gillespie (Cent) 5:08; 2 M Fedo (Fife) 5:12; 3 J Parker (Fife) 5:13

Women

1 C Miller (Cosmic) 37:42; 2 M Taggart (Dund RR, W40) 39:30; 3 K Weatherhogg (Dund RR) 43:08

WAVERLEY HARRIERS OPEN

Tiford

Men (8.55km)

1 M Simcox (Over) 34:00; 2 C Finnill (Harrow, M40) 34:02; 3 B Thompson (Wav) 36:19; 4 S Keach (Black V) 37:03; 5 D Fisher (Tad, M40) 38:58; 6 D Lower (Ling) 39:14

U15 (3.63km)

1 M Leslie (G'lands Sch) 14:10; 2 D Leedham (Winch) 16:41; 3 T Downes (Fleet) 17:51

U13 (2.5km)

1 S Blake (AFD) 9:25; 2 D Burke (G'lands Sch) 10:11; 3 T Funnill (G'lands Sch) 10:18

U11 (1.6km)

1 N McGowan (P'mead Sch) 6:09; 2 R Standing (St N'las Sch) 6:12; 3 J Lawler (P'mead Sch) 6:20

Women (5.25km)

1 A Baldwin (AFD) 23:58; 2 J Barker (Ling, W35) 24:07; 3 F Love (G&G) 24:18; 4 F Baldwin (AFD) 25:05; 5 S Gardner (Ling, W45) 26:20

U17 (3.5km)

1 G Gardner (G&G) 14:59; 2 J Alexander (Dart) 16:35

U15 (3.5km)

3 Fairhead (G&G) 15:42

U13 (2.5km)

1 A Banner (G&G) 11:08; 2 S Harvey (G&G) 11:17; 3 G Sommerfelt (Wey'n

Sch) 11:26
U11 (1.6km)
 1 L Deanus (P'mead Sch) 6:29; 2 E Easland (P'mead Sch) 6:30; 3 R Gould (P'mead) 6:55

November 22

POLICE AA v FIRE SERVICE v PRISON SERVICE Northampton

SARAH BRADBURY retained her unbeaten record this year with another victory in the three-service match held at Northampton Police headquarters, *Martin Duff reports.*

The Aldershot-based European champion has swept all before her in service races this year and will go into 2001 seeking to maintain her superiority.

Steve Cairns came out on top of a close men's race, narrowly winning the seven-miler from Stuart Hall, but Cambuslang's Graham Croll was a well beaten third nearly 200m down.

Men

1 S Cairns (Police) 37:34; 2 S Hall (Fire) 37:47; 3 G Croll (Fire) 38:22; 4 I Wetherall (Police) 38:39; 5 P Dugdale (Fire) 38:53; 6 M Fowler (Police) 39:10; 7 A Wheatley (Fire) 39:14; 8 D McCormack (Police) 39:25; 9 M Sherriff (Prison) 40:27; 10 C Webster (Police) 40:34; 11 A Flett (Fire) 40:58; 12 B Legg (Fire) 41:07; 13 M Moore (Fire) 42:14; 14 A Stephenson (Fire) 42:19; 15 N Cook (Police) 42:21

M40: 1 P Spick (Police) 42:25; 2 A Whittaker (Fire) 42:32; 3 A Newman (Police) 42:58; 4 E Ranicar (Fire) 43:01; 5 A Murray (Police) 43:17

TEAM: 1 Fire Service 40; 2 Police Service 44; 3 Prison Service 173

M40 TEAM: 1 Police Service 91; 2 Fire Service 94

Women

1 S Bradbury (Police) 28:30; 2 C Howard (Fire) 29:12; 3 L Knights (Police) 29:53; 4 C Houghton (Police) 30:04

HASSRA SCOTTISH CIVIL SERVICE CHAMPIONSHIPS Greencock

Men (4M)

1 D Breaan (Glas Gov) 19:15; 2 F McDermott (JTS) 19:30; 3 B Gallacher (Glas Ben) 20:00

M40: 1 F Scanlon (Glas) 22:46; 2 M Woods (Kirk'dy) 25:36; 3 A McWhirter (Glas) 26:08

TEAM: 1 Glasgow Benefits 14; 2 Glasgow South 20; 3 Glasgow city 29

Women (2M)

1 A Hay (Port Glas, W35) 10:42; 2 P Blyth (Edin, W35) 10:53; 3 E Murray (Glas) 12:13

W35: 3 L Topping (Glas) 12:55; 2 S Porteous (Arb) 14:13; 3 M McCluskey (Glas) 14:51

TEAM: Glasgow South 14

THAMES VALLEY HARRIERS YEARS 7&8 SCHOOLS' RELAYS Wormwood Scrubs

Year 8 boys (4 x 1000M)
 1 Latymer Upper 14:46 (J Alexander 3:35, R Wellburn 3:58, J Robertson 3:33, D Waldouck 3:30); 2 Lycee Francais 'A' 14:36 (O Whyte 3:52, T Sagnier 3:27, S Henry 3:49, K Nugent 3:28); 3 Lycee Francais 'B' 15:05 (M Bruckart 3:31, J Winchester 3:58, T Salomon 3:39, M Zeghib 3:57)

Fastest: T Sagnier (Lycee Francais A) 3:27

Year 7 boys

1 Latymer Upper 15:15 (M Gregson 3:41, E Saul 3:48, T Fish 4:11, J Waldouck 3:35); 2 Cardinal Wiseman 15:18 (A Koremera 3:57, T McKeever 3:49; R Dawood 3:58, B Buazon 3:33);

3 Burlington Danes 15:20 (A Thomas 3:50, J Fagbola 3:52, A Tucker 4:00, W Claircin 3:38)

Fastest: B Buazon (Cardinal Wiseman) 3:33

Year 8 girls

1 Lycee Francais A 16:44 (T Sachs 4:28, A Oppetit 4:19, G Stranesco 4:15, C Delzant 3:42); 2 Drayton Manor 17:19 (C Yun 4:24, K Smith 3:54, R Nirams 4:49, K French 4:12); 3 Lycee Francais 'B' 17:39 (S Millar 4:47, A Dazin 4:12, N Simpkin 4:06, E Fritton 4:34).

Fastest: C Delzant (Lycee Francais) 3:42

Year 7 girls

1 Drayton Manor 15:57 (C McGuigan 3:42, A Harris 3:53, J Wilkins 4:21, B Stock 4:01); 2 Lycee Francais 'A' 17:41 (C Briere-Edney 4:17, D Bennett 4:30, F Zeghib 4:49, S Tabet 4:05); 3 Lycee Francais 'B' 18:19 (N Mefta 4:51, A Molinari 4:42; C Bradley 4:26; R Haydon 4:20)

Fastest: C McGuigan (Drayton Manor) 3:42.

SHROPSHIRE YOUNG ATHLETES' LEAGUE Telford

U15 Boys

1 B McDonald (Telf) 2 R Shorter (Telf); 3 L Reynolds (Newt); 4 M Mills (Telf); 5 H Goodson (Wen)

U13

1 O Blake (Dsw) 2 R Mattock (Wen); 3 J Turner (Telf); 4 S Roberts (Telf); 5 T Salt (B'nth)

U11

1 J Wallace (B'nth); 2 J Roberts (Dsw); 3 S Saw-Rees (A'wyth); 4 J Ogden (Dsw); 5 G Horton (Dsw)

U15 Girls

1 R Clarke (Telf); 2 C Burgoyne (Shrews); 3 C Day (Shrews); 4 E Davies (Wen); 5 H Clarke (Telf)

U13

1 L Draper (B'nth); 2 A Jackson (Telf); 3 A Lavender (Shrews); 4 G Weetman (Dsw); 5 A Northern (Telf)

U11

1 A Mears (Telf); 2 B Roberts (B'nth); 3 C Vaughan (A'wyth); 4 E Burgoyne (Shrews); 5 J Sands (Telf)

OVERALL (after three races): 1 Oswestry 6392; 2 Telford 5795; 3 Bridgnorth 4740; 4 Shrewsbury 3949; 5 Wenlock 1995; 6 Newtown 1352; 7 Aberystwyth 854; 8 Prestatyn 184

ALDERSHOT & DISTRICT SCHOOLS' CHAMPIONSHIPS Lord Wandsworth College

U17 men

1 L Harper (Sales) 15:43; 2 K McCulloch (Calth Pk) 15:51; 3 B Hazell (Rob Mays) 16:47

TEAM: Calthorpe Park

U15: 1 A Friend (Wave) 14:32; 2 C Friend (Wave) 14:33; 3 P Bridgeman (Calth Pk) 14:39

TEAM: Calthorpe Park

U17 women

1 R Driver (Farn h) 13:06; 2 M Jones (Cove) 13:11; 3 E Whittaker-Axon (St N) 13:28

TEAM: Farnborough Hill

U15: 1 C Hammond (Yat) 12:47; 2 N Bartholomew (Yat) 12:49; 3 I Lee (Farn h) 12:54

TEAM: Yateley

November 18

LEICESTER UNIVERSITY RELAYS

Men

1 Southampton 55:28 (R Capestick 11:15, O Jones 11:51, D French 12:03, N Wright 10:39, A Maclean 9:40); 2 Leicester 58:06 (E James 10:22, M Axton 10:57, S Dunn 13:08, A Thompson 11:51, T Johnson 11:48); 3 Uppingham 61:57 (A Skates 11:13, T Hutton 12:26, A Sample 13:01, E Lamb 12:43, B Campbell 12:30); 4 Liverpool

62:45; 5 Leicester Corinthians 62:52; 6 Leicester Corinthians All Stars 63:06

Women

1 Uppingham 41:09 (H Canter 13:31, G Brierley 14:05, F Newton 13:33); 2 Liverpool 41:31; 3 Leicester 43:10; 4 Huncote 44:26; 5 Leicester C 44:36; 6 Leicester B 46:40

November 13

KINGSTON BOROUGH CHAMPS East Molesey

U13 boys (2km)

1 K Antony (Bev) 8:18; 2 R White (Holly) 8:24; 3 S Renfer (Tiff) 8:26; 4 J Hodges (Holly) 8:27; 5 R Green (S'boro) 8:48; 6 B Mceroy (R Challoner) 8:52; 7 B Talling (Bev) 8:54; 8 C Ferrari (Bev) 8:56; 9 M Povey (R Challoner) 8:59; 10 A Gandy (Tiff) 9:09

TEAM: 1 Beverly 28; 2 Tiffin Boys 40; 3 Richard Challoner 45; 4 Hollyfield 85; 5 Southborough 89

U12 (2km)

1 D Day (Tiff) 8:48; 2 T Meller (Tiff) 8:59; 3 S Weller (Tiff) 8:55; 4 J Frost (Tiff) 9:04; 5 J Ayres (Tiff) 9:15; 6 P Purdey (Holly) 9:25; 7 M Codd (S'boro) 9:26; 8 M O'Loughlin (R Challoner) 9:28; 9 K McDermott (R Challoner) 9:31; 10 B Sims (Bev) 9:32

TEAM: 1 Tiffin Boys 10; 2 Richard Challoner 45; 3 Beverly 52; 4 Southborough 87; 5 Hollyfield 121

U13 girls (1.1km)

1 A Marmion (Tiff) 5:26; 2 C Gumm (Tolw) 5:36; 3 A Kadri (Tiff) 5:41; 4 L Russell (Tiff) 5:43; 5 A Maynard (Tolw) 5:45; 6 A Chapman (Tiff) 5:46; 7 H Hall (Holly) 5:47; 8 S Harris (Coombe) 5:55; 9 K Logan (Coombe) 5:59; 10 E Impey (Holly) 6:07

TEAM: 1 Tiffin Girls 14; 2 Tolworth 36; 3 Hollyfield 53; 4 Surbiton High 63; 5 Coombe 64

U12 (1.1km)

1 H Carman (Tiff) 5:14; 2 A Pietoh (Tiff); 5:25; 3 A Rendell (Tiff); 4 A Kidman (Tiff) 5:52; 5 C Cooper (Holly) 5:55; 6 L Strachan (Coombe) 5:58; 7 C Hayes (Coombe) 6:00; 8 K Hills (Tiff) 6:06; 9 S Collins (Coombe) 6:07; 10 A Everton (Surb) 6:08; 11 F Saunders (Tolw) 6:10

TEAM: 1 Tiffin Girls 10; 2 Coombe 34; 3 Surbiton High 59; 4 Hollyfield 80; 5 Tolworth 92

WALTER WILSON MEMORIAL Wythenshawe Park, Manchester

Senior boys

1 A Frazer (S Traff); 2 R Goodwin (S Traff); 3 N Ruth (S Traff)

TEAM: South Trafford College

Year 10/11

1 R Parker (Well); 2 R Sheeran (Grange); 3 P Hirst (W Hill)

TEAM: West Hill High School

Year 8/9

1 J Phillipson (Sale G); 2 D Roberts (BTH); 3 B Andrews (Well)

TEAM: 1 Wright, Robinson Sports College

Year 7

1 N Malkin (St Pauls); 2 D Fielding (W Hill); 3 L Hirst (W Hill)

TEAM: West Hill High School

Senior girls

1 R Waller (Parrs); 2 S Kirby (Loreto); 3 L Pringle (Loreto)

Year 10/11

1 J Bennett (Manc H); 2 L Bennett (Manc H); 3 A Kerrigan (Loreto)

TEAM: Loreto Convent High School

Year 8/9

1 K Barker; 2 K Partington; 3 S Wood

TEAM: Altrincham Grammar School

Year 7

TEAM: Crompton House High School

November 12

RUNNING FITNESS LEAGUE

(inc LEICESTERSHIRE & DERBYSHIRE LEAGUE)

Men

1 N Radcliffe (Shelt) 36:41; 2 S Hall

(Desf) 37:11; 3 T Hartley (Shep) 37:23; 4 R Whiteledge (Hinck) 38:17; 5 M Munday (R Hogs) 38:38; 6 P Tasker (Desf) 38:55; 7 S Elliott (Hatton) 39:05; 8 S Gale (R Hogs) 39:15; 9 C Ramsell (Ivan) 39:24; 10 B Busby (Wreake, M40) 39:44

TEAM: 1 Hatton 192; 2 Ivan Hoe 218; 3 Desford 219; 4 Hinckley 301; 5 Wreake 306; 6 South Derby 439; 7 Shepshed 507; 8 Shelton 514; 9 Road Hogs 575; 10 Rolls Royce 660; 11 West End 778

Women

1 S Newman (Wreake) 41:26; 2 L Nutt (Sheps) 44:20; 3 W Rothenbaugh (Shelt) 45:25; 4 P Glover (Wreake) 48:14; 5 C Halliwell (W End) 48:23; 6 C Mawer (W End) 48:42

TEAM: 1 Wreake 28; 2 Shelton 66; 3 Desford 75; 4 West End 77; 5 Hickley 81; 6 Hatton 98; 7 Ivan Hoe 111; 8 Shepshed

Hertfordshire division

Men

1 P Jones (Harl); 2 D Fivey (Garl); 3 R Clarke (Bish S); 4 R Kingsnorth (Enf R); 5 S Mackenzie (Harl); 6 L Cooper (Harl)

Women

1 S Gannon (Ware); 2 T Alexandrou (Harl); 3 J Shephard (Bish S); 4 J Vartan (Bish S); 5 D Taylor (Ware); 6 E Nixon (Bish S)

COMBINED TEAM: 1 Harlow Running Club 68; 2 Bishops Stortford 130; 3 Ware Joggers 200; 4 Saffron Striders 253; 4 Enfield Runners 461

November 11

LEICESTERSHIRE SECONDARY SCHOOLS' LEAGUE Shepshed

Senior boys

1 D Harris (Longs); 2 S Goode (Rob S); 3 A Gayler (Bosw)

TEAM: 1 Robert Smyth 17; 2 Louthborough 24

Inter

1 R Shute (Lutt); 2 R Skidmore (King Ed); 3 T Meakin (Lutt)

TEAM: 1 Lutterworth GS 25; 2 Guthlaxton 61; 3 Fullhurst 74

Junior

1 J Carter (Mount G); 2 T Mead (Brook); 3 R Fraser (Kib)

TEAM: 1 Brockington 111; 2 Loughborough GS 175; 3 Lutterworth High 237

Year 7

1 C Tipper (Lough); 2 E Highton (Mount G); 3 P Brown (Heath)

TEAM: 1 Garendon 163; 2 De Lisle 143; 3 Stonehill 176

Senior girls

1 H Gibbs (Melt); 2 L Cundliffe (B'champ); 3 A McDonald (Melt)

TEAM: 1 Melton 8; 2 Loughborough High 21

Inter

1 N Franks (Gruby); 2 A Warne (Leics); 3 K Wilson (JCC)

TEAM: 1 JCC 16; 2 Melton 26; 3 De Lisle 27

Junior

1 R Kennedy (Bush); 2 A Knight (Bush); 3 C Taylor (Hast)

TEAM: 1 Bushcoe 65; 2 Thomas Estley 88; 3 Garendon 89

Year 7

1 N Shephard (Lutt); 2 C Kinton (Stone); 3 N Shenton (Bush)

TEAM: 1 Bushcoe 60; 2 Garendon 63; 3 De Lisle 73

October 4

NORTH MIDLANDS LEAGUE Derby

Men

1 B Farnanhanon (Mans) 29:14; 2 A Tarry (Red) 29:25; 3 A Wetherill (Red, M40) 29:40; 4 J Ward (Der) 29:50; 5 M Jubb (Der) 30:02; 6 P Dodsley (Mans) 30:07; 7 S Gregory (HPP) 30:16; 8 A

Maddocks (Red, M40) 30:25; 9 J King (Dav, U20) 30:26; 10 D Potter (Notts) 30:30; 11 M Cleyz (Kirk) 30:35; 12 J Boal (Rolls) 30:38; 13 S Tuck (Der) 30:40; 14 M Sherriff (Burt) 30:42; 15 M Clarke (Dav) 30:50

M40: 3 P Clark (Clee) 31:10; 4 S Davies (Mans) 30:15; 5 G Coulam (Clee) 31:40
TEAM: 1 Derby 62; 2 Mansfield 78; 3 Redhill 90

M40 TEAM: 1 Derby 177; 2 Mansfield 231; 3 Huncote 346

U17
1 T Lawrence (Der) 19:39; 2 P Miles (Owls) 19:45; 3 S Dudley (Sutt) 20:00; 4 L Cadman (Bed) 20:09; 5 L Gunn (Der) 20:26; 6 H Turner (Clee) 20:37; 7 S Ames (Bed) 20:38; 8 G Pace (Der) 20:50; 9 S Robinson (Kirk) 20:58; 10 N Armstrong (Der) 21:05

TEAM: 1 Derby 14; 2 Bedford 34; 3 Derby B 39

U15
1 C Peach (Der) 13:45; 2 J Green (Burt) 13:53; 3 C Lewin (Notts) 14:23; 4 D Moss (Charn) 14:34; 5 A Bradshaw (Mans) 14:41; 6 A Bostock (Notts) 14:45; 7 A Peters (Ben) 14:46; 8 J Harrison (Notts) 14:50; 9 M Laughton (Burt) 14:55; 10 T Stanley (Bed) 14:57
TEAM: 1 Notts 17; 2 Bedford 31; 3 Burton 34

U13
1 C Brown (Mans) 10:40; 2 C Ashley (Der) 10:50; 3 J Murray (Bed) 10:56; 4 S Sybald (Mans) 11:05; 5 J Clark (Corby) 11:06; 6 M Slycz (Kirk) 11:13; 7 S King (Mans) 11:15; 8 M Gibbons (Notts) 11:15; 9 A Barks (Sutton) 11:32; 10 R Wooley (Mans) 11:35
TEAM: 1 Mansfield 12; 2 Derby 31; 3 Notts 37

Women
1 L Knights (Sutt) 14:57; 2 H Burrell (Red, W35) 15:04; 3 J Russell (Kett, U20) 15:21; 4 C Hall (Harb) 15:22; 5 T Isley (Clee, U17) 15:35; 6 F Meakin (Owls) 15:39; 7 N Milner (Owls) 15:41; 8 W Roethenbaugh (Der) 15:42; 9 T Erskine (Mat) 15:44; 10 S Young (Der) 15:45

W40: N Crawley (Der) 15:50
W45: C Nower (Birstall) 16:11
TEAM: 1 Derby 29; 2 Harborough 62; 3 Kettering 70

U15
1 J Clucas (Clee) 11:20; 2 N Bamford (Notts) 11:21; 3 A Warne (Harb) 11:39; 4 S Oglesby (Newk) 11:45; 5 C Hardin (Mans) 11:54; 6 L Curley (Mans) 12:07; 7 R Roberts (Der) 12:27; 8 M Heywood (Newk) 12:39; 9 A Fawluk (Kett) 12:40; 10 L Miller (Corby) 12:42
TEAM: 1 Mansfield 23; 2 Newark 32; 3 Notts 33

U13
1 S Cooper (Corby) 10:14; 2 S North (Kett) 10:19; 3 E Collinge (Mans) 10:40; 4 A Knight (Owls) 10:43; 5 C Watson (Notts) 10:57; 6 G Curley (Mans) 10:59; 7 L McCann (Owls) 11:02; 8 L Bestwick (Der) 11:03; 9 L Taylor (Der) 11:14; 10 S Elliott (Der) 11:14
TEAM: 1 Mansfield 21; 2 Kettering 26; 3 Derby Ladies 27

road

November 26

INFORMATION PRESS 10km Eynsham, Oxfordshire

JAMES BOWLER set about the 30:32 course record with gusto, but was thwarted by the strong winds before winding up with 30:58, *Martin Duff reports.*

The Bromsgrove and Redditch runner had announced his intention of going for the £200 on offer for a new best time and was well on target at the half-distance, when he was already a minute clear of the field. "At that point we were worried about our course record," said Eynsham spokesman Ray Clark.

However, the wind played a part in the second 5km and Bowler had to be content with a two minute 18 seconds victory over Alan McDougal, who had broken away from Simon Pritchard to

take second.

Things were much closer in the women's section, where 1999 winner Jude Craft was up against the two-time winner Debbie Gunning. With Craft still getting back to full fitness after injury, it was the 35-year-old Gunning who had the upper hand, running out a winner in 35:40.

Craft kept to her task and was home in 36:13, well clear of third placed Pippa Mason, to lead Headington to a team victory.

Men
1 J Bowler (B&R) 30:58; 2 A McDougal (M'stone & Roch) 33:16; 3 S Pritchard (Banb) 33:31; 4 A Prophet (Stoke) 33:44; 5 B Green (Oxf C, M40) 34:17; 6 N Russell (Oxf C, M40) 34:20; 7 T Lock (Wit) 34:25; 8 R Grant (Oxf C, M40) 34:30; 9 R Shipway (W'stock) 34:34; 10 R Beaumont (unatt) 34:43; 11 G Wallace (unatt) 34:47; 12 R Treadwell (Oxf C, M50) 34:49; 13 C Hetherington (Head, M40) 34:52; 14 T Hughes (W Horse, M45) 35:03; 15 B Vaughan (W'stock, M40) 35:04; 16 A Glover (Ciren) 35:10; 17 D Wood (unatt) 35:12; 18 D Hancock (Abing A) 35:33

M40: 7 P Kennedy (WSE, M45) 35:44; 8 R Parsons (Wit) 35:54; 9 T Taylor (W Horse) 35:57; 10 R Francis (Metros) 35:59; 11 G Tucker (Cher RR) 36:20
M50: 2 B Wells (RRVC) 36:26; 3 A Hardy (B Air) 37:43; 4 R Gardner (B&R) 38:31; 5 B Silto (Swin H) 38:40; 6 P Smith (Oxf C) 38:53; 7 P Chivers (Alch) 39:00; 8 K Moreman (North P) 39:20; 9 A Webb (MVAC) 39:30; 10 S Ward (W'stock) 39:36; 11 C Bailey (North RR) 39:58

M60: 1 G Earley (RRC) 41:45; 2 D Matthews (unatt) 42:55; 3 C Evans (Cher RR) 43:17
TEAM: 1 Oxford City 31; 2 Woodstock Harriers 72; 3 Witney Road Runners 118; 4 Headington Road Runners 122; 5 Banbury Harriers 150; 6 White Horse Harriers 196

Women
1 D Gunning (WG&EL, W35) 35:40; 2 J Craft (Head RR) 36:13; 3 P Mason (Wit) 38:06; 4 M Myers (Head RR) 38:30; 5 S Pitts (Wit, W35) 39:13; 6 C Bennett (unatt) 40:23; 7 M Mik (Head RR) 42:35; 8 J Choulerton (Head RR) 42:35
W45: 1 S Bailey (W Horse) 44:52; 2 S Harrison (W'stock) 44:59
W55: 1 D Tsakarianos (Bourt) 44:10; 2 J Beckford (Cov) 47:22

TEAM: 1 Headington Road Runners 13; 2 Witney Road Runners 34; 3 Headington Road Runners B 36

No of finishers: 520

BARNESLEY HOSPICE 10km

Men
1 M Huxley (Barns) 31:40; 2 D Bond (Ask) 31:49; 3 D Milliken (Salf) 32:35; 4 L Wilkinson (Sale) 33:32; 5 T Field (Barns) 33:36; 6 D Brooksbank (Barns, M40) 33:52; 7 A Wade (lik) 34:16; 8 J McGivern (Bev) 34:17; 9 P Mireless (Roth, M40) 34:25; 10 S Peacock (CoH) 34:44; 11 J Schofield (Wake) 34:45; 12 C Chisell (Killa) 34:57; 13 S Ross (Kimb, M45) 34:59; 14 J Boxell (Barns, U20) 35:10; 15 J Martin (Sale, M40) 35:30; 16 P Bond (D&S, M40) 35:32; 17 G Hayes (Barns, M50) 35:34; 18 A Neary (Salf) 35:42; 19 M Oglesby (Bev) 35:44; 20 A Shelbourne (Barns H) 35:48

M40: 5 K Nettleton (Barns) 36:05; 6 M Holroyd (Den D) 37:00
M45: 2 N Kent (Sheff) 36:17
M50: 2 D Gill (D&S) 38:35; 3 J Lake (One 2 One) 38:39; 4 K Pailing (R'well) 39:09; 5 D Bennet (Barns) 39:37; 6 M Dobson (Hallam) 39:52

M55: R Pritchard (unatt) 39:42; 2 C Utterson (NE Vets) 40:33; 3 J Hewitt (Barns H) 41:06; 4 E Moore (Bev) 41:56
M60: 1 M Rawson (Hallam) 41:17; 2 G Goldthorpe (Barns) 43:26; 3 D Littlewood (Barns) 43:55
M65: J Toplis (D&S) 44:37
TEAM: 1 Barnsley AC 34; 2 Beverley 103; 3 Barnsley Harriers 136

Women
1 K Drake (Spn, W40) 38:54; 2 J Howlett (unatt, W35) 40:02; 3 H Beaumont (One 2 One) 44:40; 4 P Fenelon (Goole, W50) 45:12; 5 J Lee

(Barns, W50) 45:18; 6 S Teague (unatt) 46:27; 7 J Clegg (R'well) 46:45; 8 J Williams (Here C, W35) 46:57; 9 L Westlake (Barns, W40) 47:03; 10 T Wardropper (Bev, W35) 47:04

W45: A Nequest (Bev) 47:15
W50: J Dawson (unatt) 53:33
W60: S Pickering (Barns) 49:22
TEAM: 1 Barnsley AC 56; 2 One 2 One 62; 3 Beverley 63

No of finishers: 437
100: R Andrews (unatt) 41:40
200: J Curry (Bev, M50) 46:45
300: K Turton (unatt) 50:41
400: H Compton (unatt, W) 60:10

CHELMSFORD 10km

Men
1 D Wardle (Lon I) 31:09; 2 T Snape (LivPS) 31:54; 3 K Harris (Spring S) 32:37; 4 G Garner (Thurr) 32:51; 5 P Dobson (Spring S) 33:10; 6 G Chatterton (Chelmin) 33:32; 7 A Muir (Ilf) 33:45; 8 D Griffin (Chelm, M45) 33:52; 9 R Holland (WG&EL, M40) 34:04; 10 S Henty (Team V) 34:11; 11 R Owens (Lon I) 34:20; 12 A Rolfe (Thurr, U17) 34:30; 13 G Walton (Dart) 34:50; 14 D Burbidge (High) 35:02; 15 D Jackson (Dart) 35:15; 16 S Toogood (Chelm) 35:16; 17 H Emerston (Colc H, M50) 35:18; 18 M Packer (Louth, M40) 35:22; 19 R Hill (Ips J, M50) 35:33; 20 N McGregor (Thurr) 35:38; 21 M Bumstead (Thurr, M45) 35:41; 22 D Fewell (Chelm, U20) 35:45; 23 P Tullett (Chelm) 35:52; 24 B Robins (TVH) 35:53; 25 K Evans (Thurr, M40) 36:06; 26 C Speight (Kend) 36:06; 27 I Thomas (Dart, M40) 36:22; 28 R Tozer (Bark RR, M40) 36:27

M40: B J Neighbour (Dulw) 36:47
M50: 3 P Tremain (Spring S) 37:48; 4 G Baker (RRC) 38:50; 5 B Butcher (unatt) 39:23; 6 D Hamilton (unatt) 39:57

M60: D Judge (Harlow) 41:35
TEAM: 1 Chelmsford 30; 2 Thurrock Harriers 36; 3 Springfield Striders 48

Women
1 E Latto (Herne H38:05; 2 E Newman (C&T) 38:47; 3 T Scott (unatt, W35) 39:14; 4 J Smith (Chelm) 39:55; 5 S Spong (Hav 90) 41:05; 6 C Hayes (Chelm) 41:11
W45: S Duncan (Norw) 42:28
W55: M Jones (Halstead) 47:30
TEAM: Chelmsford 67

BOSCOMBE 10km

Men
1 L Palmer (Poole) 35:17; 2 M Hargreaves (B'mth, M40) 35:28; 3 I Edwards (Poole R) 35:51; 4 D Patrick (Poole R) 36:18; 5 J Long (Gill) 36:37; 6 I Barnes (Poole R, M50) 36:59; 7 A Trent (Egdon H, M40) 37:00; 8 G Masters (RMC, M40) 37:29; 9 J Rielly (Dors D) 37:54; 10 B Nixon (L'down) 38:01

M50: 2 E Gray (Poole R) 38:06; 3 R Burns (Lythc) 38:35; 4 F Williams (Poole R) 38:41
M60: D Sanderson (RMC) 44:34

Women
1 T Glade (B'mth, W35) 41:17; 2 K Jenner (Soton C) 42:32; 3 J Henry (LV Fleet, W35) 43:13; 4 D Mellor (Chase) 43:15; 5 E Gilmore (unatt) 43:29; 6 C Phillips (unatt) 43:31
W45: L Tarrant (Poole R) 54:06
W55: M Gray (Poole R) 50:30
No of finishers: 211

CROWBOROUGH 10km

Men
1 D Smith (B'mth) 34:12; 2 T Batley (Deal) 34:55; 3 D Anderson (Hast) 35:21; 4 D Lear (Crow, M40) 35:46; 5 J Lowden (Worth, M40) 36:14; 6 B Kotolo (Crow) 36:23; 7 L Heath (Hast, M40) 36:54; 8 I Horsfall-Turner (H'field) 36:57; 9 R Watts (Crow) 37:17; 10 T Parkin (Phoe) 37:44
M45: 1 P Daws (Hailsh) 37:54; 2 P Gasson (Arena) 38:43
M50: 1 B Blackwell (B&H) 38:38; 2 R

Proietti (Hailsh) 39:52
M55: G Burrow (Worth) 42:27
M60: S Rivers (Hast) 48:35
M65: H Foord (B&H, M70) 49:40
TEAM: 1 Crowborough Runners 40; 2 Hailsham Harriers 98; 3 Arena 80 124

Women
1 S Baines (Hailsh) 40:05; 2 R Branson (TWH) 40:30; 3 C Naylor (Arena, W45) 41:25; 4 J Heath (Hast, W35) 41:45; 5 T Watson (Crow) 43:26; 6 G Stevenson (Crow) 43:38
W40: 2 C Webb (Phoe) 45:59
W50: H Humphreys (Seaf) 53:10
W55: J Palmer (Hailsh) 53:20
W60: P Rea (Utopia) 58:04
TEAM: 1 Tunbridge Wells Harriers 19; 2 Crowborough Runners 32; 3 Hailsham Harriers 36
No of finishers: 321

SAUCONY/NORTHERN RUNNER

HAMSTERLEY FOREST 10km Near Crook, Co. Durham

WELSH international leuan Ellis of Elswick won this inaugural event, only pulling away from Tynedale's Morgan Donnelly in the final 600m, *Les Venmore reports.*

Donnelly, best known as a fell runner but now beginning to make a name for himself in the winter races, led nearly all the way on the hilly but scenic course on the roads, paths and tracks of the forest, situated in south-west Durham.

Ellis, third when representing his home country in last weekend's Veterans' International Cross Country, admitted: "I was disappointed not to get second place at Navan, but on reflection I was pleased with my run and was surprised what a good standard the field was. Today I struggled to stay with Morgan on the downhill sections of the course, and was only able to catch and pass him on the final flat finishing straight."

Former Sunderland Harrier Dave Wyatt, running for the Tyne & Wear Fire Brigade, took third place ahead of Keswick's Russell Maddams.

Another of the area's top veterans, Sheila Allen of Houghton and Peterlee, maintained her impressive record by winning the women's race, coming home in 15th position overall in the 150-strong field.

Men
1 I Ellis (Els, M40) 32:49; 2 M Donnelly (Tyne) 32:55; 3 D Wyatt (TWFB) 33:19; 4 R Maddams (Kesw) 33:24; 5 S Coxon (Tyne, M40) 35:20; 6 J McDermott (H&P, M40) 35:29; 7 S Coxon (Tyne, M40) 35:41; 8 S Clark (TWFB) 36:47; 9 K Elliott (Sund, M45) 36:54; 10 D Armstrong (TWFB) 37:00; 11 M Walker (Gosf, M55) 37:18; 12 F Whitfield (H&P, M40) 37:38

M50: K Norman (unatt) 39:39
M60: A Purvis (Crook) 50:36
M65: B Reekie (Derw) 49:15

Women
1 S Allen (H&P, W40) 38:07; 2 D Elliott (H&P, W40) 40:45; 3 P Jackson (Kesw) 40:53; 4 J Elliott (Els) 41:24; 5 F Shenton (Elvet, W40) 41:34; 6 K Reynolds (Aurora) 42:03; 7 K Rodmell (Hull Spr, U15) 42:45; 8 J Yates (Bord, W40) 42:51
W45: J Young (Elvet) 46:33

HAYLING 10

THIS event was cancelled as it clashed with the revised date for the BUPA Great South Run

HEREWARD RELAY

Men
1 BRJ Huntingdon 4:24:21 (P Rudd 49:47, P Galpin 63:15, A Honnibal 70:43, R Horn 80:36); 2 Bishops Startfort Gazelles 4:32:15 (R Clarke 47:01, D Carr 82:23, B Glazebrook 72:06, J Griffiths 80:45); 3 March Braza 4:33:45 (D Capps 50:11, C McAnespie 68:39, D Moat 77:54, P Thorington 77:01); 4 Norfolk Normal

for Norfolk 4:37:32; 5 Ely Runners 4:37:32

November 25

CHEDDLETON CHRISTMAS

PUDDING 10km

BINGLEY's Meryl Dodd was rewarded for her long trip as she recorded an emphatic victory, *Dave Edwards reports*.

She was challenged by defending champion Nikki Nealon on the first lap, but had already established a comfortable lead going into the second circuit. Nealon chased gamely, but was unable to erode the leader's advantage. Dodd strode home in an impressive 36:51, which placed her 13th overall in the race.

City of Stoke's Mark Dalkins extended his unbeaten run to more than three months as he produced a flawless performance to win the men's race.

Men

1 M Dalkins (Stoke) 33:59; 2 D Neill (SMAC, M40) 34:03; 3 B Charlton (Wrekin) 34:39; 4 M Oldham (Man H, M45) 34:58; 5 L Reynolds (SMAC) 35:07; 6 I Walker (Stock, M45) 35:21; 7 B Carr (Cong H) 35:27; 8 G Briggs (Mass F) 35:58; 9 D Nicholls (Macc H) 35:54; 10 R Scott (SMAC) 36:35; 11 D Broadhurst (unatt., M45) 36:41; 12 R Sdelf (Hallam, M40) 36:49; 13 R Boon (Boall, M40) 37:41; 14 R Eagle (MBC, M45) 37:49; 15 A Austin (Trent, M50) 38:04

M50: 2 R Britton (SMAC) 39:22

M55: 1 J Amies (Cong H) 39:02; 2 T Vernon (SMAC) 41:10

M60: 1 G Calvert (Trent) 42:42; 2 A Lewis (NSRR) 43:46

M65: B Vigrass (SMAC) 49:59

Women

1 M Dodd (Bing) 36:51; 2 N Nealon (Huncote) 38:53; 3 R Harrison (Chead) 40:28; 4 J McBride (Macc H, W35) 41:53; 5 M McManus (Chead) 42:15; 6 J Myatt (Unat, W35) 42:28; 7 L Cartwright (NSRR, W40) 43:28; 8 D Fellows (C&S, W55) 43:55

WOLVERTON 5

STEVE BODY recovered from a poor performance at Margate where a chest infection, picked up during the long trip to the Bahrain relay, cost him dear, to splash through the puddles to win in 24:32. *Martin Duff reports*.

The Vauxhall runner was one of a large group on the opening small lap with everyone reluctant to push the pace due to the incessant rain and winds. Also in contention at the end of the opening mile-and-a-half lap were former team mate Paul Farmer, Julian Critchlow and Neil Miller, but the early pace was pedestrian.

An ankle deep section of water, about 100 yards long, had to be negotiated on each lap, but it did not deter Body when the break came. The former Peterborough runner was soon going clear of Farmer and eventually won by 100 yards to lead Vauxhall to a repeat team victory. Critchlow, who turns 40 next month, was closing on Farmer at the end, but wound up just outside 25 minutes.

Louisa Wood splashed through the lakes best for the women, winning by nearly 150 yards from leading veteran Linda Dewhurst in 30:33.

Men

1 S Body (Vaux) 24:32; 2 P Farmer (Lut) 24:51; 3 J Critchlow (Wat) 25:01; 4 N Miller (Ver) 25:10; 5 A Bowden (Harr) 25:14; 6 H Lobb (Bed C) 25:21; 7 G Lee (Nun) 25:41; 8 O Matthews (Vaux) 25:51; 9 D Teasdale (Hallam) 26:03; 10 P Fisher (B'ht) 26:09; 11 N Overton (Nene V) 26:10; 12 R Powell (Vaux) 26:16; 13 P Smith (Handy X) 26:18; 14 M Smith (Vaux) 26:19; 15 J King (Dav) 26:22; 16 M Muir (Ilf) 26:26; 17 L Hemmings (Nene V) 26:27; 18 N Berrill (Ilf) 26:29; 19 B Pollard (unatt.) 26:31; 20 M Adcock (Wat) 26:33; 21 J McMahon (Bed C, M40) 26:40; 22 D Brown (Chilt, M40) 26:41; 23 M McIntosh (Harr) 26:50; 24 L

Mangleshot (WG&EL) 26:53; 25 C Steptoe (VoA) 26:57; 26 M Clarke (Dav) 27:00; 27 J Seemarks (Tip) 27:00; 28 P Ford (SB) 27:03; 29 T Egan (North P, M40) 27:09; 30 P Gregory (VoA, M45) 27:17; 31 M Barnsdale (Nene V, M45) 27:29; 32 D Laynes (Bed C, M50) 27:33; 33 T Laver (Read U) 27:41; 34 M Saunders (Harr) 27:48; 35 R Goddard (Mil K) 27:51; 36 P Jones (Mil K, M45) 27:53; 37 L Docherty (Mil K, M40) 27:55; 38 N Taylor (VoA, M40) 27:59; 39 A Tanner (Sp Chance) 28:04; 40 A Catton (Ilf, M45) 28:04

M40: 5 S Allen (Ilf) 28:06; 6 P New (Corby) 28:14; 7 M Guichard (100km) 28:39; 8 H Crabtree (Harb) 28:40; 9 P Langford (Bed C) 28:41; 10 R Ansell (Tring RC) 28:43; 11 P Grogan (Nene V) 28:51

M45: 5 I Russell (Mil K) 28:38; 6 D Potter (Leam) 29:08; 7 A Richardson (Chilt) 29:22; 8 D Findel-Hawkins (Mil K) 29:24

M50: 2 C Steptoe (VoA) 28:05; 3 A Daglish (Vaux) 28:23; 4 R Freeman (VoA) 30:15; 5 P Dancer (Bed C) 30:44; 6 K Cook (Vaux) 30:48; 7 D Newens (Mil K) 31:13; 8 J Gillespie (Mil K) 31:49

M55: R Brett (Vaux) 32:08

M60: 1 T Laybourn (Mil K) 32:51; 2 A Prowse (Gosf) 34:16; 3 J Greenall (Mil K) 36:39

M65: I Addison (VoA) 34:23

TEAM: 1 Vauxhall 21; 2 Bedford & County 59; 3 Nene Valley Harriers 59; 4 Harrow 62; 5 Ilford 74; 6 Vale of Aylesbury 93

M40 TEAM: 1 Vale of Aylesbury 24; 2 Milton Keynes 30; 3 Bedford & County 32; 4 Ilford 50; 5 Milton Keynes B 76; 6 Bedford Harriers 87

Women

1 L Wood (Bed C) 30:33; 2 L Dewhurst (Mil K, W35) 30:55; 3 A Berrill (Ilf) 31:47; 4 R Love (North P) 31:54; 5 A Thomas (Bed H) 32:35; 6 S Bremner (Chilt, H) 32:45; 7 C Boosey (VoA) 32:58; 8 C Steptoe (VoA) 33:18; 9 A Fuller (Mil K, W35) 33:18; 10 N Sharp (North P, W35) 33:33; 11 J Benham (Mil K) 33:34; 12 D Knight (Mil K, W35) 33:38; 13 S Cox (Mil K) 33:50; 14 K McBride (Bed C) 34:42; 15 M Switherby (Mil K, W45) 34:55

W45: 2 B Parkinson (North P) 36:10; 3 R Muston (Mil K) 36:33

TEAM: 1 Milton Keynes 22; 2 Northampton Phoenix 33; 3 Milton Keynes B 40; 4 Vale of Aylesbury 44; 5 Bedford Harriers 45; 6 Bedford Harriers B 87

W35 TEAM: 1 Milton Keynes 7; 2 Northampton Phoenix 18; 3 Milton Keynes B 32

No of finishers: 242

WESHAM 10km

Wesham, Lancashire

Men

1 G Assefa (Pend/ETH, U20) 32:03; 2 P Muller (Wrekin, M40) 33:01; 3 A Rowe (Wesh, M40) 33:10; 4 A Whalley (unatt., M45) 33:30; 5 J Parker (Bing) 33:35; 6 R Waters (Traff, U20) 34:04; 7 M Eadie (N Fylde) 34:08; 8 J Praece (unatt.) 34:18; 9 S Littler (N Fylde) 34:23; 10 M Theaker (Cley) 34:25; 11 J Houghton (N Fylde, M40) 34:30; 12 P Derbyshire (Wig P, M40) 34:32; 13 A Taylor (Cley, M40) 34:41; 14 L Endean (N Fylde, M40) 34:42; 15 E Cook (B'burn, M45) 34:52; 16 N Rickard (Darwen) 34:54; 17 D Naughton (Darwen, M40) 34:59; 18 P Brannon (Cley, M40) 35:07; 19 K Wilding (Wesh, M40) 35:13; 20 T Croft (N Fylde, M50) 35:16; 21 P Quibell (N Fylde, M45) 35:23; 22 S Walpole (Darwen) 35:24; 23 A Smith (unatt.) 35:25; 24 G Cunliffe (Cley, M40) 35:47

M40: 10 M Cronshaw (N Fylde) 36:30

M45: 4 P Butterworth (Cley) 36:00; 5 D Buckley (Wesh) 36:35; 6 E Wilson (B'burn) 36:37; 7 D Walker (N Fylde) 36:56; 8 R Gray (Mersey Tr) 37:47; 9 A Murray (L&M) 37:50; 10 T Pritchard (Gars) 37:54

M50: 2 G Carradice (N Fylde) 36:39; 3 S Calderbank (N Fylde) 37:18; 4 A Hudson (Wesh) 37:48; 5 A Appleby (Pres) 38:14

M55: D Waywell (Wesh) 36:36

M60: D Edge (Roch) 40:53

M65: G Overall (Wesh) 44:07

M70: G Perkins (Nth Vets) 50:50

TEAM: 1 North Fylde; 2 Clayton-le-Moors; 3 Wesham Road Runners

Women 1 C Betmead (N Fylde) 38:31; 2 G Titterton (B&F, U20) 39:04; 3 A Sweeney (N Fylde, W40) 41:10; 4 A Smith (N Fylde) 41:13; 5 J Thorn (Vale R, W45) 41:23; 6 A Routledge (Alt, D, W35) 41:50; 7 J Robinson (Gars, W45) 41:51

W50: J Adams (N Vets) 44:03

W55: M Brown (N Fylde) 47:42

TEAM: 1 North Fylde; 2 Wesham Road Runners; 3 Lytham St Annes

CITY OF SALFORD LADIES 5

Women

1 J Rashleigh (Horw, W35) 31:24; 2 V Mulholland (Alt) 32:57; 3 S Selby (Salf, W40) 33:29; 4 K Wood (Stock) 34:21; 5 D Shakeshaft (Bolt, W40) 34:38; 6 A Bartley (Warr, U20) 35:22; 7 K Hazleton (Sale, W40) 35:28; 8 D Haslam (Swint) 36:07; 9 T Lewis (Clem, W35) 36:27; 10 L leyland (Horw, W40) 36:41

W45: J Redpath (Spec) 38:52

W50: C Foltzsimmons (St Hel) 38:57

W55: V Lawson (Clem) 43:33

M60: K Garnett (Clem) 45:12

TEAM: 1 Swinton Running Club 77;

2 Manchester Harriers 124; 3

Middleton Harriers 176

No of finishers: 111

100: J Chapman (unatt.) 52:59

November 24

SERPENTINE/RUNNERS

WORLD LAST FRIDAY OF THE

MONTH 5km

Hyde Park

MOST WORKERS make time for a sandwich during their lunch break, but Maria Sharp left her local office to grab a course record, *Pete Mulholland reports*.

Making her debut over the twisting course, Sharp was always to the fore of the record entry of 1:52 as she wound her way among the tourists and the dog walkers to finish ninth overall for the fastest female over a route that was instigated in June 1998.

A certain Zola Budd held the 'old' course record of 1:54 but Sharp was more than pleased with her 1:52, causing her to ask: "Is the course accurate?" No problem there as it was measured by Hugh Jones.

"My coach, Terry Noad, wanted me to run a few road races to maintain fitness," said Sharp, who improved her 1500m to 4:22 during the summer," but it's the indoor season that is my target."

Second placed Alison Fletcher with her time of 17:59, subject to research, probably set a new veterans' mark.

Men

1 P Stuart-Smith (USA) 16:18; 2 P Carstairs (Belg, M40) 16:25; 3 K Tilley (S Lon) 16:27; 4 D Greenaway (Imp C, U20) 16:33; 5 M Oakes (Wimb W, M40) 16:35; 6 P Major (WG&EL) 16:41; 7 R Herries (HBT) 17:00; 8 M Powell (Read) 17:02; 9 S Nelson (Belg) 17:05

M45: D Cox (WG&EL) 17:10

M50: L Collins (S'oaks) 18:23

M55: D Gibson (AFD) 17:53

M60: T Everitt (Eton M) 20:40

M65: R Higgs (Barn) 20:54

M70: D Thomas (Camb H) 21:50

Women

1 M Sharp (Belg) 17:02 (rec); 2 A Fletcher (Dulw, W35) 17:59; 3 S Dawson (Herne H, W35) 19:50; 4 A Chapman (WG&EL, W35) 19:54; 5 E Drake (Serp) 20:02

W40: S Sangvik (S'oaks) 21:02

W45: M Povey (Ryl SA) 23:10

STANDARD LIFE FINAL FRIDAY

HANDICAP

Men (3.6M, Stan L unless stated)

1 C Morawiecki 29:48; 2 B Hall 29:49; 3 J Ewing 30:01; 4 B Smith 30:02; 5 A R Brown 30:14; 6 A Wood (W) 30:14; 7 D O'Sullivan 30:17; 8 G Mackie 30:18; 9 T Westbury (unatt.) 30:19; 10 D Small 30:20

Women

1 Wood 30:14; 2 J Roxburgh 30:35

Fastest

Men: B Smith 19:03; S Whitlie 19:04; B Hall 19:49

Women: Roxburgh 20:06

November 19

LINCOLN THIRD MARATHON

Men

1 A Aked (Roth) 46:20; 2 A Fisher (RAF) 49:02; 3 A Stevens (unatt.) 49:42; 4 L Ball (Nettle) 50:03; 5 G Knight (Bost) 50:18

M40: 1 M Riley (Mass F) 51:54; 2 C

Wintrup (Milo) 52:34; 3 S McConnell-

Wood (Linc CJ) 54:20

M50: T Rookes (RAF Wadd) 55:30

M60: M Watson (Slea) 65:14

Women

1 A Bell (Linc W, W35) 56:54; 2 Y Parker (RR, W45) 59:40; 3 P Muller (Roth, W45) 63:19; 4 H Ratcliffe (Lake) 63:21; 5 J Diffey (Lake, W30) 63:29

W35: 2 P Penistan (unatt.) 65:53; 3 J

Robinson (unatt.) 67:07

W45: 3 A Gilroy (Linc W) 63:38

W55: B Stacey (Linc W) 72:03

SRI CHINMOY 10km

Battersea Park

Men (further details)

1 J Bradley (Oxf U) 32:01; 2 J Bailey (Than RR) 33:35; 3 T Jordan (Ips J) 33:37; 4 S Courtney (THH) 34:12; 5 J Nunn (Bill S) 34:16; 6 F Clatworthy (unatt.) 34:38; 7 G McMullan (unatt.) 34:42

M50: 1 A Farmer (Dartf) 38:49; 2 F

Thomson (Met R) 39:37

M60: P Turley (ESE) 40:51

Women

1 F Hanlon (Dulw) 37:52; 2 K Bradley

(Barn) 39:57; 3 H Hoyle (Barn) 40:48

SHERARD STRIDE RUN-WALK

RACES

Melton Mowbray

Men (26.4M)

1 G Sawford (Holme P) 4:05:26; 2 M

Marsters (Roth) 4:05:23; 3eg M Stiff

(Owls), T McDougal (Owls) 4:14:10; 5 K

Booth (Roth), M Dean (Rops) 4:21:44

Men (16.7M)

1 T Hartley (Sheps) 2:07:33; 2 R Grove

(Stilt) 2:04:22; 3 M Stokk (Sheps)

2:09:54; 4 S Dewick (Stilt) 2:11:10; 5

M Jelly (Stilt) 2:11:13

Men (11M)

1eq R Smith (Lough/C Paterson

(unatt)/J Lunn (unatt)/G Cullings (unatt)

1:33:48; 5 D Henson (unatt) 1:38:30

RAMSEY FIREMANS RUN 1.7

Ramsey

Men

1 E Watson (unatt) 9:42; 2 R Cool

(Ronaldsway) 9:57; 3 A Harrison (North)

10:10; 4 S Kelly (North, M45) 10:17; 5

K Vondy (IOM V, M40) 10:20; 6 P

Berquist (Manx) 10:21; 7 F Hankins

(unatt.) 10:27; 8 J Leece (North) 10:28;

9 A Perry (North, U20) 10:30; 10 S

Kelly (unatt.) 10:36

M50: E Brew (North) 12:34

M55: I Chrystal (North) 13:38

Women: M Killey (Manx, W40) 14:07

ECCLESHALL 10

Men

1 R Plant (Stoke) 57:15; 2 B Charlton

walks

November 25

BELGRAVE 7
Wimbledon

LAST YEAR it was Darrell Stone who suffered a last second disqualification to let Steve Hollier take the win and course record this year the roles were reversed, *Paul Warburton reports.*

Hollier got no further than half-way before being shown the red disc even though the race was being judged on the new 'B' race ruling restricting DQ cards based on contact only.

Stone was left to go his own way for the remainder after he, Hollier and Chris Cheeseman had taken the race on from the gun.

The Surrey Commonwealth walker who has been on light training later admitted he had paid the penalty for trying to go, with the pace and was dropped by Stone and Hollier soon after the opening two short 1km laps.

Don Bearman took advantage of Cheeseman's rash move and came through to take second.

On another dreadful Saturday the wind and rain played havoc with times and Stone was never going to get close to last year's 47:15 clocking although he was able to anchor his Steyning team to victory.

Newcomer Estie Viljoen easily won the women's race although the downside to her victory was the lowest ever field since the race was open to women in 1985.

Men (7M)

1 D Stone (Steyn) 48:55; 2 D Bearman (Steyn) 50:14; 3 C Cheeseman (SyWc, M40) 51:12; 4 A Goudie (Belg) 53:40; 5 T Watt (Steyn) 55:07; 6 C Bradley (SyWc, M40) 55:31; 7 A Ellam (Colc, M40) 57:06; 8 P Ryan (SWC, M45) 57:42; 9 J Hall (Belg, M50) 59:30; 10 S Uttley (Ilf, M40) 61:50; 11 S Lightman (SyWc, M55) 62:23; 12 P Hannell (SyWc, M55) 63:27; 13 P King (Belg, M45) 65:22; 14 D Kates (Ilf, M50) 65:59; 15 D Stevens (Steyn, M60) 66:55; 16 D Sharpe (Ilf, M45) 67:33; 17 R Powell (E&H, M60) 67:34; 18 S Barker (Steyn) 67:37; 19 K Bullam (SW Vets, M45) 67:40; 20 C Flint (L Vids, M50) 68:00; 21 S Pender (E&H, M50) 71:39; 22 E Horwill (D&S, M65) 71:50; 23 E Hall (Belg, M65) 76:11; 24 D Ainsworth (Ilf, M50) 75:48; 25 K Livermore (E&H, M65) 76:19; 26 P Ray (E&H, M65) 76:19; 27 J O'Connor (Wat, M50) 78:32; 28 G Beecham (Belg, M60) 79:06; 29 H Jacquest (E&H, M70) 84:31

TEAM: 1 Steyning 8; Surrey WC 20; 3 Belgrave 26; 4 Ilford 40

U13 (2km)

1 N Bell (Steyn) 11:23; 2 R Harris (Dart) 12:19; 3 J Tomlin (Dart) 14:25; 4 M Harris (Dart) 14:25

Women (7M)

1 E Viljoen (HW) 63:29; 2 J Hesketh (Steyn) 64:06; 3 G York (D&S) 76:27

U13 (2km)

1 C Tomlin (Dart) 12:20; 2 K Williams (Dart) 13:43; 3 K Nash (Dart) 15:25

NORTON CUP 10km HANDICAP
Haynes Road, Leicester

SHEILA BULL completed the Leicester Walking Club double winning the Norton handicap 10km to add to the Topham 7 she won a fortnight earlier, *Chris Smith reports.*

Bull walked her third 64 minute 10km in a row despite torrential rain described by club stalwart Tom Sherlett as 'the worst weather ever seen at Haynes Road'.

Tony Kent took second spot and with it the club's Livingstone Series (held over seven races) with 106 points to Brian Adams 102 and Chris Bewicks 101.

Last man in Brian Ashwell failed to

(Wrek) 61:29; 3 M Oldham (Man H, M45) 61:52; 4 P Carter (SMAC) 63:07; 5 P Clinton (Trent) 63:10; 6 M Dean (Trent) 63:30; 7 A Clinton (Trent) 64:03; 8 P Douglas (Staffs H, M45) 64:44; 9 A Austin (Trent, M50) 85:35; 10 K Bloor (Trent, M40) 65:43

M55: G Rigby (Trent) 67:42

M60: B Hopwood (Trent) 75:07

M70: R Baggaley (Newc) 1:56:10

Women

1 K Porter (Trent) 72:46; 2 K Allmark (Newc) 77:53; 3 M Buckle (Newc) 78:12; 4 D Fellows (C&S, W55) 79:16; 5 G Russon (C&S) 79:43

W35: G Earp (S Ches) 93:45

W40: K Billington Baddeley (Stone MM) 94:44

W45: P Davies (Stone MM) 81:14

W65: A Glendinning (Stone MM) 99:48

N Staffs Road Runners GP winners:

A: R Plant (Stoke).

B: A Clinton (Trent).

C: M Steele (Newc).

E: M Oldham (Man H).

D: J Pierce (Ald).

V: S Fielder (Stone MM).

X: K Gofton (Rugeley).

Z: R Marland (Rugeley).

L: K Porter (Trent).

M: G Russon (C&S)

November 16

RAMSEY FIREMANS RUNS 4
Ramsey

Men

1 G Epifani (Manx) 26:08; 2 C Quine (Manx) 26:09; 3 R Callister (IOM Vets, M45) 26:48; 4 B Cannon (North) 27:48; 5 R Jamieson (unatt) 28:08; 6 K Murray (Manx) 28:13; 7 M Preston (Manx) 28:28; 8 P Hughes (North) 28:36; 9 C Keyes (unatt) 28:50; 10 B Walker (IOM FR, W35) 28:52

M40: A Corrin (Western) 32:03

M50: Corrin (Manx) 30:22

M55: T Coleman (North) 38:32

U20: T Davies (Manx) 29:24

U17: M Phillips (Manx) 32:06

Women

Senior: 1 R Holden (unatt) 38:16; 2 J Kenneough (Manx) 40:00; 3 J Conway (unatt) 40:55

W40: A Cain (Manx H) 35:55

W45: M Hall (Western) 40:12

October 29

CHESTER ZOO 10km

Men

1 B Hussain (Stock) 30:33; 2 A Bailey (Bro D) 30:35; 3 M Girvan (Warr, M45) 30:46; 4 M Proudlove (Stoke) 31:44; 5 H Bottger (unatt) 31:59; 6 M Shaw (unatt) 32:05; 7 S Shiels (P'tatyn) 32:06; 8 M Hinson (Hels, M40) 32:21; 9 P Frodsham (Hels, M40) 32:31; 10 I Simpson (Hels) 32:49; 11 A Williams (Bro D) 32:56; 12 J Pratt (Macc, M40) 33:14; 13 M Robbins (Dee) 32:22; 14 P O'Neil (unatt, M40) 33:24; 15 H Buys (unatt) 33:27; 16 G MacNeil (Hels) 33:28; 17 A Starkey (W Ches) 33:31; 18 D Norman (Hels, M40) 33:32; 19 C Sabin (Hun) 33:39; 20 I Monaghan (Ches) 33:43; 21 G Munslow (Hels) 33:45; 22 K Begley (W Ches) 33:51; 23 N Grant (S Liv) 33:54; 24 G Callaghan (Liv PS) 33:58; 25 T Greenwood (Black, M40) 33:57; 26 D Tierman (W Ches) 34:09; 27 D Rowlands (Wrex) 34:16; 28 L Raisbeck (DLR, U17) 34:19; 29 J Fidler (W Ches, M50) 34:21; 30 P Maher (Vale R, M45) 34:21; 31 N Ashcroft (Spect) 34:26; 32 J Ricketts (Mat) 34:28; 33 M Woolrich (War, M40) 34:30; 34 A Hodgson (Dee) 34:35; 35 R Murray (Macc, M45) 34:39; 36 P Bolieau (Hels) 34:44; 37 J Hancock (Osw, M45) 34:48; 38 G Jenkins (W Ches, M40) 34:49; 39 L Johnson (unatt) 34:53; 40 D Jones (Wrex) 34:54; 41 T Hyland (Riva) 34:55; 42 M Hargreaves (Liv PS) 34:57; 43 P Damore (St Hel) 34:57; 44 D Blazier (Aber) 35:00; 45 S Wright (Wig, M40) 35:12; 46 A Rawlings (unatt, M40) 35:15; 47 G Thomas

(Pres) 35:16; 48 D Telfor (Alt, M50) 35:17; 49 J Bromfield (unatt) 35:24; 50 J Bessley (N Vets, M50) 35:27; 51 J Kelly (S Liv) 35:30

M40: 11 F Stevens (Hels, M40) 35:37; 12 J Steed (Shrews, M45) 35:54; 13 D Crawford (W Ches) 36:03; 14 C Shaw (Vivid) 36:06; 15 B Scriven (Pres) 36:09; 16 A Lewis (Eryn) 36:15; 17 P Price (W Ches) 36:20; 18 G Earlam (W Ches) 36:27; 19 D Ryan (Pars) 36:40; P Thomson (Cong) 36:56

M45: 4 G Manson (Osw) 35:05; 5 K Williams (Birk) 35:31; 6 I Carson (Wrex) 35:35; 7 A Metcalfe (S Liv) 35:40; 8 G McAra (Hels) 35:42; 9 W Hall (Cong) 35:50; 10 A Garnett (Spect) 37:23

M50: 1 E Galshon (S Liv) 35:17; 2 T Burke (Penny) 38:14; 3 D Smith (Stock) 38:32; 4 S G Lane (N Vets) 38:56; 5 M Deveraux (Penny) 39:04; 6 D Howell (Osw) 39:24; 7 J Smith (Wilm) 39:34; 8 P Nelson (Wilm) 39:43

M55: 1 E Gee (N Vets) 39:29; 2 M Taylor (Bro D) 40:22; 3 M McColl (Dee) 40:29; 4 J Bradbury (Cong) 40:43; 5 B Beattie (W Ches) 40:52; 6 D Dale (Cong) 41:00

M60: 1 A Pears (Spec) 37:32; 2 M Ward (Osw) 38:39

Women

1 J Newton (Stock) 35:39; 2 D Phillips (Card) 37:06; 3 L Maddison (P'tatyn) 37:32; 4 G Jones (St Hel) 37:39; 5 R Connolly (Wir) 37:42; 6 P Atkinson (Macc) 37:59; 7 R Pleeth (Macc) 38:38; 8 H Davies (Wrex) 39:24; 9 S Gillver (Wilm) 39:40; 10 N Bird (Riva) 39:45; 11 K Ryan (Osw) 39:57; 12 K Roberts (Hels) 39:57; 13 K Harvey (Alt, W40) 40:11; 14 S Hales (Macc) 40:25; 15 J Siddall (Pud) 40:30; 16 J Thorn (Vale R, W40) 40:39; 17 A Brizell (Osw, W40) 40:43; 18 H Woodley (Tatt) 40:44; 19 B Murray (Macc, W40) 40:50; 20 D Myerscough (DLR) 41:00

W40: 3 F Ayres (Tall) 42:50

W45: B Ward (Osw) 43:24

WALSALL FLYER 5

Men

1 M Burnhope (Tip, M40) 24:50; 2 A Jackson (Stour, M40) 25:09; 3 D Mansbridge (Telf) 26:07; 4 M Shevyn (Bing) 26:24; 5 D Smith (Telf) 26:33; 6 C Watters (Chase) 26:44; 7 M Anslow (Tip) 27:03; 8 C Dunne (W MidP) 27:18; 9 D Jones (W Brom, M45) 27:45; 10 S Forks (unatt) 27:48; 11 S Mead (Chase) 28:19; 12 A Peach (Worc) 28:20; 13 K Loundes (Chase) 28:37; 14 J Steele (unatt, M40) 28:55; 15 K Burke (Stour, M40) 28:58

M45: 2 M Browne (RSAC) 30:15; 3 D Gould (Trail) 34:24

M50: 1 M Pillar (Dudley, M50) 31:16; 2 A Elliott (Birch) 31:59; 3 J Matthews (Bir) 32:29

M55: G Glass (ARC) 33:55

M60: B Roberts (Bir) 35:20

M65: G Cooper (unatt) 35:38

Women

1 C Harnett (unatt, W35) 31:19; 2 G Fortes Mayer (Sneyd) 32:22; 3 L Oseland (Tip, W40) 32:58; 4 C Skellern (Staff, W35) 33:07; 5 G Owen (B'north) 33:35; 6 L Yates (Oak P, W35) 35:08

W45: M Aston (W&B) 37:45

W50: G Hough (Shrews) 36:39

W60: L Pulley (Amazing F) 45:07

NEWBURY RELAYS
New Greenham Park

Men (4x3M & 4x1.1M)

1 Overton Harriers 84:21; 2 Andover AC 85:26; 3 Newbury AC 90:52

Fastest

3M: M Gregory (And) 14:45

1.1M: K Clark (Over) 5:32

M40 (4x3M & 4x1.1M)

1 Newbury AC 94:00; 2 Overton Harriers 97:40; 3 Andover AC 99:47

Fastest

3M: R Parcell (Newb) 15:58

1.1M: T Douglas (Newb) 6:14

Women (3x3M & 3x1.1M)

1 Newbury AC 82:03; 2 Overton Harriers 83:38; 3 Andover AC 90:02

Fastest
3M: C Wheeler (Over) 17:29
1.1M: F Walker (Newb) 7:22

October 28

McINTYRE CUP 2
Dumbarton

Men (all Dumb'n)

1 B Marsland 10:27; 2 J Harrison (M40) 10:33; 3 G Hanly (M40) 10:43; 4 P Walsh (M40) 10:59; 5 P McErlan (M40) 11:15; 6 D Marsland 11:54

H'cap winner: Hanly

Women

1 P Anderson 12:50; 2 E Boyle 13:54

October 25

THOMAS COOK HANDICAP
Peterborough

Men (2M)

1 D Needham (unatt, U20) 13:24; 2 C Churchill (unatt, U20) 14:09; 3 L Needham (unatt, U20W) 17:36; 4 M Webb (unatt, U20) 16:10; 5 E Dale (unatt, U20) 18:18; 6 G Tison-Smith (unatt, U20) 16:25; 7 G Cook (unatt, U20) 16:03; 8 D Lewis (unatt) 13:01; 9 C Tillson-Smith (unatt) 17:38; 10 M Creek (unatt) 14:14

Fastest

Men: L Hemming (Nene V) 10:12

Women: H Lea (P'boro) 14:37

October 18

THOMAS COOK HANDICAP
Peterborough

Men (2M)

1 D English (P'boro P) 14:45; 2 H Lea (P'boro, W) 14:26; 3 R Richardson (Werr J) 12:05; 4 T O'Connor (P'boro P) 12:04; 5 D Davies (Pos D) 12:55; 6 M Hayes (unatt) 12:27; 7 Z Yearsley (Thom C) 13:03; 8 J Baker (Nene V) 11:22; 9 D Richmond (Eye RR) 13:17; 10 S Lowe (Pos D) 13:25

Fastest

Men: L Hemming (Nene V) 10:05

Women: D Walker (unatt) 14:12

No of finishers: 43

October 7

McANDRES RELAYS
Scotstoun

(additional results)

M40

1 Ronhill Cambuslang 68:33 (F Connor 17:20, D Thom 16:54, C McDougall 17:35, D Dymond 16:44); 2 Kilbarchan 69:01 (T Anderson 16:38, G Gibson 17:12, G Tenney 17:52, G Fairley 17:19); 3 Falkirk Victoria 69:27 (K Rankin 17:16, D Gillespie 18:01, D Hart 17:04, I Stewart 17:06)

September 24

WEST CHESHIRE AC
SUTTON 10km

Men

1 M Girvan (Warr, M45) 31:29; 2 M Shaw (Stock) 32:14; 3 I Wetherall (Helsby) 32:20; 4 M Hinson (Helsby, M40) 32:38; 5 K Moss (Vale R, M45) 32:59; 6 P Ward (Wrekin) 33:37; 7 L Raisbeck (David L, U20) 34:23; 8 P Williams (Wrekin, M50) 34:31; 9 H Buys (unatt) 34:37; 10 H Knight (Alt, W) 34:43; 11 M Stroud (W Ches) 34:49; 12 M Woolrich (Warr, M45) 34:50; 13 J Beesley (N Vets, M55) 34:52; 14 T Hyland (Rivacre) 35:03

improve on his world M65 best of 54:18 but times were generally two minutes down on recent performances and his 56:21 for a 68-year-old was still impressive in the horrid conditions.

Men (factual times)

1 S Bull (LWC, W50) 64:21; 2 T Kent (LWC, M60) 68:47; 3 J Sturgess (LWC, M55) 65:07; 4 J Rawlings (LWC, M65) 82:03; 5 B Adams (LWC, M50) 51:25; 6 C Berwick (LWC, M50) 53:54; 7 B Ashwell (LWC, M65) 56:21

Livingstone Series (Best six of seven races): 1 T Kent 106; 2 B Adams 102; 3 C Berwick 101

MANX HARRIERS WINTER LEAGUE Isle of Man

NORMAN WISDOM was on hand to witness Carol Clayton win her first winter league race by two seconds over fast finishing Marie Latham.

The famous comedian who stopped to watch the race while out for his own morning stroll had time to take stock before third place Paul Jempson came into view almost a minute back.

Steve Partington started from scratch and despite clocking the fastest time of the series so far could do no better than pass 11 walkers on the road.

In the 5km, junior international Neil Bates showed he was back to form with a comfortable sub-25 minutes while Ben Locking beat brother Matt to take the U11, 1km.

Mixed handicap (10km)

1 C Clayton (unatt) 71:18; 2 M Latham (IoMV, W40) 58:00; 3 P Jempson (Manx H) 75:41; 4 G Snowden (unatt) 72:35; 5 P Deverau (unatt) 65:29; 6 S Locking (Manx H) 62:03; 7 C Keown (Manx H, M55) 60:16; 8 D Lockett (unatt) 65:40; 9 A Kinny (unatt) 72:11; 10 C Anderson (unatt) 70:14; 11 M Benture (unatt) 69:12; 12 R Lambie (West, M50) 53:16; 13 I Callister (Manx H) 61:56; 14 R Pitts (IoMV, M50) 61:49; 15 D Quaggan (Manx H, M45) 70:30; 16 M Killey (IoMV, W45) 63:16; 17 G Corran (Manx H, M45) 57:49; 18 D Watterson (IoMV, W45) 67:09; 19 R Ronan (IoMV, M45) 62:47; 20 D Allan (Manx H) 55:59

Fastest: S Partington (Manx H) 43:55

Mixed handicap (5km)

1 R Moore (Manx H) 33:50; 2 H De Silva (unatt) 35:17; 3 N Bates (Manx H, U20) 24:22; 4 J Kennaugh (Manx H) 25:48; 5 T Bates (IoMV, M45) 25:48; 6 D Jackson (Manx H) 39:27; 7 L Corran (Manx H, W45) 26:39

U11 mixed handicap (1km)

1 B Locking 7:34; 2 M Locking 9:07; 3 H Anstead 6:24; 4 C Taylor 6:49; 5 L Howard 8:32; 6 J Cain 6:23; 7 E Brough 8:09; 8 J Hunter 8:19; 9 J Partington 7:34; 10 A Locking 8:22

November 23

TSB WALKS LEAGUE Saffron Lane, Leicester

LUKE FINCH (Fullhurst) scorched round the track to record a pb of 9:03 in an incredible evening of race walking where 16 out of 20 competitors improved on their personal bests, *Chris Smith reports.*

Finch was followed in by primary school boy Thomas Hunt (Blaby) who broke 12 minutes with a national ranking time of 11:51.

Fiona McGorum (Leysland) blasted a 2:05 first lap before settling down to another sub-12 minute time in 11:48 for the double Midland Champion. Behind her, Lauren Gimson, still an under-11, walked a 13:04 performance 55 seconds inside her previous best.

In the team standings after two races Stokes A, B, C and D teams head nearest challengers Gartree High School.

Boys

1 L Finch (Full) 9:03; 2 T Hunt (Blaby) 11:51; 3 P Bilson (unatt) 13:02; 4 T Lotka (Green) 13:14; 5 J Earley (Blaby)

14:03; 6 B Hirst (Blaby) 14:27; 7 B Adams (Gartree) 14:35; 8 F Hirst (Blaby) 14:58; 9 T Lynch (Blaby) 15:02; 10 R Noabananiya (Blaby) 15:18; 11 A Noabananiya (Blaby) 15:30

Girls

1 F McGorum (Leys) 11:48; 2 L Gimson (Blaby) 13:04; 3 L Giggleshaw (St Thom) 14:26; 4 K Neale (Blaby) 14:50; 5 L Herbert (Blaby) 14:53; 6 J Cowley (Gartree) 15:00; 7 H Bradford (Blaby) 15:27; 8 B Russell (Blaby) 17:42; 9 E Cross (Blaby)

TEAM (after two races): 1 Blaby Stokes 75; 2 Blaby Stokes B 65; 3 Blaby Stokes C 53; 4 Blaby Stokes D 40; 5 Gartree 32; 6 St Thomas 30; 7 Blaby Stokes E 24; 8 Greenhill 19; 9 Leysland 18; 10 Meadowhead 14; 11 Countesthorpe 11; 12 Blaby Stokes F 11; 13 Fullhurst 5

November 19

GUERNSEY WALK

Mixed (3km, all Sarnia WC)

1 R Elliott (M40) 14:39; 2 K Le Noury (M40) 18:09; 3 J Dedman 18:22; 4 M Le Sauvage (M60) 19:38; 5 D Dorey (M50) 19:44; 6 S Le Noury (U15) 19:45; 7 R Druckes (W55) 19:49; 8 J Le Noury (U13) 20:50; 9 L Le Lacheur (U15G) 21:06; 10 J Le Noury (W40) 21:57

October 29

ADDINGTON VASE 7 Monks Hill

Men

1 M Easton (SyWC) 54:50; 2 I Statter (SyWC, M40) 63:30; 3 S Lightman (SyWC, M55) 64:02; 4 P King (Belg, M45) 66:07; 5 P Hannell (SyWC, M55) 66:31; 6 T Sliwerski (SyWC, M45) 74:52

U11 (1km): T Bosworth (Ton) 8:06

Women: L Ralph (Ton) 72:34

U20 (5km): C Reeves (Dartf) 28:32

U15 (2.5km): E Bosworth (Ton) 17:12

October 21

ENFIELD LEAGUE 5

Mixed

1 D Kates (Ilf) 45:57; 2 R Powell (E&H) 48:06; 3 L Dordoy (Ilf) 52:08; 4 P Phillips (Ilf, W) 53:22; 5 D Ainsworth (Ilf) 54:28; 6 G Webb (E&H, W) 55:34; 7 P Ray (Enf) 59:23; 8 K Livermore (E&H) 59:23; 9 P Michael (Trent P, W) 60:16; 10 C Michael (Trent P) 60:31

TEAM: Ilford 8

September 16

ENFIELD LEAGUE 5

Mixed

1 S Uttley (Ilf) 44:35; 2 D Sharpe (Ilf) 51:32; 3 D Ainsworth (Ilf) 54:48; 4 P Ficken (Sy WC, W) 55:59; 5 P Ray (E&H) 61:03; 6 P Michael (Trent P, W) 61:07; 7 T Borthwick (Trent P, W) 61:20; 8 I Spinks (E&H) 62:36

TEAM: Ilford 6

multi-terrain

November 26

FRASERBURGH HALF-MARATHON

Men

1 C Noble (Fraser, M50) 78:48; 2 S Milne (Fraser, M40) 81:21; 3 P Jennings (Metro, M45) 83:33; 4 S Buchan (Fraser) 84:06; 5 T Christie (unatt) 88:25; 6 J Cooper (Cosmic) 88:38; 7 I Cran (Garioch) 89:05; 8 M Sinclair (Fraser) 92:29; 9 M Dick (Fraser) 92:50; 10 I Duguid (P'head) 93:45

Women

1 M Duthie (Fraser, W35) 88:44; 2 A Munro (unatt, W35) 1:49:49

RUNNING FITNESS LEAGUE Kent Division Sevenoaks

Men (5.5M)

1 A Lee (S'oaks) 30:19; 2 D Evans (Med) 30:56; 3 J Atkinson (S'oaks, U17) 31:09; 4 D Marsden (S'oaks) 31:32; 5 R Pearce (I&I, M40) 32:00; 6 D Morris (gst) 32:01; 7 P Cole (Med, M40) 32:20; 8 S Roberts (Padd W) 32:29; 9 R Jones (S'oaks) 32:34; 10 S Hay (I&I, M40) 32:35; 11 A Girling (Inv EK, M40) 32:37; 12 P Wallace (Med, M50) 32:41; 13 D Green (gst) 32:42; 14 M Stacey (M'stone, M40) 32:43; 15 N Cook (Than) 32:55; 16 P Smith (Padd W) 33:03; 17 M Wilkins (Inv EK) 33:14; 18 M Clark (S'oaks, M40) 33:15; 19 M Poppy (Sitt) 33:27; 20 D Smythe (Gst) 33:28

M60: P Collins (Brom Vets) 39:25

Women

1 C Houghton (Gst) 35:20; 2 M Flaxton (Dartf RR) 37:26; 3 T Apps (Padd W) 37:40; 4 J Moorekite (Inv EK, W40) 37:41; 5 H Fitzmaurice-Cotton (S'oaks) 38:12; 6 G Marrs (Med, U17) 38:56; 7 J Frogley (Swan) 39:02; 8 J Cobby (NEJ) 39:15; 9 F Roberts (Inv EK) 39:33; 10 S Sanqvist (S'oaks, W40) 39:42

W45: S James (Padd W) 39:51

W50: P Woodward (Brom Vets) 43:15

COMBINED TEAM: 1 Sevenoaks 146; 2 Medway 217; 3 Paddock Wood 257; 4 Istead & Ifield 286; 5 Invicta East Kent 321; 6 Canterbury Harriers 500; 7 New Eltham Joggers 586; 8 Swanley 600; 9 Maidstone Harriers 628; 10 Dartford Road Runners 733

Positions after three matches: 1

Medway 144; eq2 Istead & Ifield/Sevenoaks 40; 4 Paddock Wood 38; 5 Invicta East Kent 33

RAS Y MAST

Men (5.3M)

1 A Abbott (Sarn H) 43:26; 2 R Sedman-Smith (UWA) 43:41; 3 M Evans (Trots) 44:35

M40: 1 R Marks (Sarn H) 47:40; 2 M Dyde (Cled) 47:58; 3 D Jones (Trots) 49:29

U17

1 E Williams (Trots) 46:49; 2 I Williams (Trots) 48:17

U14

1 I Tornos (Sarn H) 10:47; 2 C Thomas (Sarn H) 11:25; 3 M Davies (Sarn H) 11:37

Primary School boys

1 G Jenkins (Sarn H) 12:08; 2 T Harries (Sarn H) 13:36; 3 S Jones (Sarn H) 14:50

Women

1 E Jones (Card) 53:43; 2 L James (Sarn H) 64:19; 3 L Scorfield (Card) 65:06

W35

1 D Kenwright (Sarn H) 51:38; 2 J Brazell (unatt) 53:58; 3 M Bowen Rees (Trots) 57:18

U17

1 J Leitch (unatt) 62:31; 2 E Connor (unatt) 73:11

U14

1 M Thomas (Carm) 11:49; 2 C Rees (Sarn H) 14:26

Primary School girls

1 C Davies (Sarn H) 12:01; 2 C Vaughan (Aberys) 12:21; 3 K Parks (Sarn H) 13:09

November 25

BANCHORY STONEHAVEN AC/ DEESIDE RUNNERS/MAROC JOINT WINTER HANDICAP RELAY Potarch Woods, Banchory

Mixed (7 x 1M, individual runners may complete more than one leg, all composite teams)

1 Team A (R Coombs, F Gordon, S Oliver) 42:55; 2 Team B (D Hirst, E Presley, K Davidson, K Stephen) 43:28; 3 Team C (B Preece, B Gordon, S Brodie) 43:36;

Team D (J Musgrave, S Gordon, J Oliver) 43:42; 5 Team E (W Burgess, C Paterson, R Birse) 43:57; 6 Team F (M Curtis, D Coombs, L Brown, A McKenna) 47:11; 7 Team G (H Brodie, C Coombs, C Martin, G Firth) 48:42.

November 22

FIFE NIGHTMARE EVENING SERIES

West Lomond, Fife

Men (4.5M, 600ft)

1 D Anderson (Fife) 34:21; 2 M Higginbottom (Carn) 34:52; 3 C Russell (Fife) 35:42; 4 B Cruickshank (Fife) 35:50; 5 T Ross (Fife, M50) 38:48; 6 J Meek (Fife) 40:55; 7 C Fox (Fife, M45) 41:48; 8 R Gatehouse (Lom) 43:57; 9 F Cation (Fife, M50) 47:57.

Women: J Higginbottom (Carn) 41:40

November 19

HARTSHILL HEARTBREAKER 10 Nuneaton

Men

1 S Kinson (Leam) 62:05; 2 P Eckloff (Cent) 62:13; 3 I Mant (Notts) 63:24; 4 G Payne (G Elliott, M40) 64:00

Women

1 S Newman (Wreake, W35) 68:07; 2 D O'Shea (N'brook) 72:18; 3 S McDowell (Birst) 76:17

FERRANTI AAC CAULSTONE

SLAP Edinburgh

Men (5.4M)

1 C Eads (Loth) 36:57; 2 B Kidd (Ferr) 38:54; 3 W Mykura (Carn, M40) 39:43; 4 W Fairnie (Ferr) 40:56; 5 I Shaw (Ferr) 42:03; 6 R Dakitz (Carn, M40) 42:31; 7 C Browne (unatt) 42:39; 8 I Leitch (Ferr) 43:09; 9 T Ridley (Ferr, M40) 43:40; 10 S Smythe (unatt) 44:47

Women

1 B Thomas (Edin Tri) 47:35; 2 I Sherlock (unatt) 58:35

Handicap: Thomas

fell

October 29

ISLE OF MAN WINTER LEAGUE Glen Maye

Men (3M, 900ft)

1 P Clarke (Manx) 22:46; 2 B Osbourne (Manx FR, M40) 23:08; 3 P Robinson (Manx) 23:26

M50: D Corrin (Manx) 26:29

U18: O Drinkwater (Manx) 31:10

U16: T Davies (Manx) 26:27

U14: C Gallagher (Western) 28:34

Women

1 R Hooton (Manx FR) 28:35; 2 A Cain (Manx) 32:09

October 28

DERWENT BREWERY SCREES RACE

Nether Wasdale, Cumbria

Men (5M, 1560ft)

1 S Booth (CFFR) 44:08; 2 S Grayston (CFFR) 44:39; 3 D Hope (Ach) 46:27

M40: P Whiting (Kend) 48:29

M50: J Hope (Ach) 52:24

M60: W Booth (Kesw) 57:52

Women

1 L Buck (CFFR) 63:02; 2 J Atkins (Chor) 67:35; 3 C Kieran (Chor) 89:57

track

November 25

SOUTH EAST COUNTIES THROWING CLUB MEETING Epsom & Ewell

Men
HT: A James 49:62
M45
DT/HT/HHT: M Small 40.50/48.52/14.27
M50
DT/HHT: J Edgar 33.21/9.73
M55
HT: C Melluish 40:89
M65
DT: 1 P Mcevoy 26.60; 2 D Birch 16.03. **HT:** 1 Mcevoy 34.52; 2 Birch 21.35. **HHT:** 1 Mcevoy 9.15; 2 Birch 7.89.
M70
DT/HT/HHT: J Hanus 33.61/34.97/12.83
Women
HT: B Dunsford (W60) 19.18

indoor

November 25

WINDSOR, SLOUGH & ETON AC OPEN GRADED MEETING Thames Valley Athletic Centre, Eton

NEIL GRIFFIN was in superb form in the shot event.

He surpassed his own British M50 record of 15.61m with an opening effort of 15.87m and then set a European record in the second round with a huge 16.01m, a 9cm improvement on the existing mark.

Men
60: C Afalaka (WSE) 7.1
U17
60: 1 J Commissiong (TVH) 7.2; 2 N Moore (Houns) 7.7; 3 M Love (WSE) 7.9.
60H: 1 Love 9.2; 2 D Rogers (Bed) 9.5.
SP: D Rogers 11.50
U15
60: R O'Donovan (TVH) 7.3. **60H:** R Hansard (Wat) 9.1.
M50
60: D Wardle (WSE) 8.4. **PV:** B Hendrie (Banb) 2.80. **SP:** N Griffin (WSE) 16.01 (European & British veterans' rec)
Women
60: 1 K Endacott (Plym) 7.7; 2 N Bowen (Brunel) 8.1
U20
60: A Pratt (Houns) 8.2
U17
60: N McDermott (WSE) 8.2. **60H:** S Madgett (Brack) 9.5
U15
60: 1 A Palmer-Johnson (WSE) 8.5; 2 S Anghabee (TVH) 8.8; 3 O Rabanal (WSE) 9.4
U13
60H: H Shurley (WSE) 10.2
W45
PV: C James (Wat) 2.10

November 23

WEST DUNBARTONSHIRE SCHOOLS' SPORTS HALL Dumbarton

Boys
MATCH: 1 Haldane 171; 2 Levendale 139; 3 Chrisite Park 133; 4 St Ronan 99; 5 St Kessog 95; 6 Jamestown St Mary 82; 8 Highdykes 70
Girls
MATCH: 1 Haldane 152; 2 St Ronan 235; 3 Chrisite Park 126; 4 Jamestown 123; 5 Levendale 122; 6 St Mary 87; 7 St Kessog 61; 8 Highdykes 58
COMBINED: 1 Haldane 323; 2 Levendale 261; 3 Chrisite Park 259; 4

St Ronan 234; 5 Jamestown 205; 6 St Mary 169; 7 St Kessog 146; 8 Highdykes 131

October 15

OXFORDSHIRE SPORTS HALL LEAGUE Abingdon

Overall
U15 boys
 1 Witney 114; 2 Banbury 46; 3 Abingdon Amblers 33; 4 Bicester 16; 5 Oxford 6; 6 Exel 0
U13/U11: 1 Exel 146; 2 Witney 145; 3 Bicester 102; 4 Oxford 91; 5 Abingdon Amblers 18; 6 Banbury 10
U15 girls
 1 Witney 167; 2 Radley 112; 3 Banbury 30; 4 Oxford 24; 5 Bicester 19; 6 Abingdon Amblers 6; 7 Exel 0
U13/U11
 1 Radley 195; 2 Witney 142; 3 Exel 123; 4 Oxford 102; 5 Banbury 92; 6 Bicester 86; 7 Abingdon Amblers 5

amendments

November 11

WELSH SCHOOLS' INTER-SCHOOLS' CHAMPIONSHIPS Celtic Manor Resort, Newport

Senior girls: 7 C Smith (Bryntirion) 24:37

stop press

IAAF awards

JAN ZELEZNY and Marion Jones were named world athletes of the year at the International Amateur Athletic Federation's annual gala in Monte Carlo on Sunday.

Cathy Freeman was given a special inspiration award. Heike Drechsler and Sergey Bubka received distinguished career awards.

Rising Star awards went to Hamdan O Al Bishi of Saudi Arabia and Australia's Jana Pittman, who won the 400m titles at the World Junior Championships.

Hove 5km

THE Hove 5km, due to be run this Sunday, has been postponed as the Red Cross were unable to provide any support. It is hoped to run the event in the New Year.

Lost tracksuit

A PAIR of dark blue View From tracksuit bottoms were found in the medical tent at the recent Margate International cross country fixture.

Call Dr Frank Newton to claim them on 01327-857415.

Reebok Cross Challenge

Points Pos	Standing (After three events)	Name	Club	Total
1	Men	M O'Dowd	Swin	106
2		D Bannister	SB	104
2eq		S Duval	C&S	104
4		G Tromans	Cov	101
5		R Birchall	Bir	100
6		R Findlow	Brad	96
7		M Simpson	Houns	93
8		A Morgan-Lee	Self	92
9		B Whitby	Houns	88
10		M Coleman	Med	85
11		P O'Callaghan	Bir	83

12	A Hennessy	TVH	82	7	L Carney	Liv H	91
13	M Croasdale	Bing	78	8	J Ingman	Barns	90
13eq	S Fenwick	Tipt	78	9	S Fairweather	Glas	87
15	C Warren	Bir	76	10	T McIntosh	SCO	81
16	R Faulkner	OWLS	74	11eq	J Heath	Sale	76
17	G Raven	E Ches	73	11eq	C Walsh	SB	76
18	P Tulba	BMH	70	11eq	G Greenhalgh	C&T	76
19	N Stoddart	Houn	68	14	J O'Mara	Wake	75
19eq	G Thompson	Craw	68	15eq	A Gascoigne	Lough C	74
				15eq	B Allott	Alt	74
				17	C Naylor	SinA	66
				18	N Nealon	Hunc	61
				19	V Jones	Houns	60
				20	E Hathaway	RSC	58

U20

1	M Farah	Houns	54	1	C Fagan	Glas	50
2	L McCash	P	51	2	H Freeman	Inv	49
3	N Goodliffe	Holme	47	3	C Birch	Liv PS	48
3eq	C Hughes	Here	47	4	L Lilley	Mans	44
5	A Toward	Morp	42	5eq	K Brennan	Warr	43
6	M Cryer	Lough C	41	5eq	Z Jelbert	N&P	43
6eq	E Prickett	Reig P	41	7	K Bailey	Staffs M	40
8	D Ayrton	B'hth	40	8	K Reed	Bris	39
9	M Jones	Stoke	38	9	H Zenner	Team S	38
10	D Agustus	Scarb	28	10eq	J McCrorie	Cent A	37
11	C Thompson	AFD	26	10eq	H Pearson	Birm U	37
12	R Mayock	Traff	25	12	F Murray	Lass	33
12eq	P Murphy	Lough C	25	13	K Smith	Thurr	32
14	N Smith	Shrews	23	14	Juliet Potter	Charn	27
14eq	R Smith	Basil	23	15	J Nugent	SB	26
14eq	T Doe	Lough C	23	16eq	N White	Holm	25
17	I Boneham	Granth	22	16eq	Jane Potter	Charn	25
17eq	P Shaw	Traff	22	18eq	U Counsell	Bris	23
17eq	N Hall	Verl	22	18eq	S Oldfield	Kett	23
20	J Sylvester	Hull Spr	21	20	S Pritchard	Brec	21

U17

1	S Ablitt	Granth	54	1	A Booth	Bed C	50
1eq	P McGlory	Liv H	54	2	A Joel	Bas	41
3	D Jones	Carm	51	3	K Walker	Bed C	40
4	P Nicholls	Tip	50	4	L Burgoine	Bed C	39
5	L Northall	Wrex	47	5eq	H Gordon	Kilb	34
6	S Jacobs	Ips	44	5eq	L Rea	Lag V	34
7	G Raggett	AFD	44	7	E Monteith	W Ches	32
8	M Ashton	Witney	38	8	C Boosey	VoA	30
9	R Smith	Wirr	30	9eq	S Clarke	Sale	27
10	R Kinsey	Card	29	9eq	J Nugent	SB	27
11	D Lewis	SB	26	9eq	F Fullerton	Hav M	27
12	R Edgar	L&M	24	12eq	S Oldfield	Kett	26
12eq	S Laycock	Here	24	12eq	C Wilkinson	SB	26
14	P Kellie	Glouc	23	14eq	E Fitton	Sale	25
14eq	T Humphries	C&S	23	14eq	L Knight	C&S	25
16	S Pickering	Brid	21	14eq	K Frost	loW	25
16eq	P Moores	Tam	21	17eq	R Waller	Sale	24
16eq	T Fahey	Dartf	21	17eq	R Sanders	Sphinx	24
19	R McCleod	Els	20	17eq	C Best	Team S	24
19eq	R Kay	Long E	20	20eq	D Daly	Scun	23
				20eq	L Kenney	RSC	23
				20eq	B Frost	loW	23

U15

1	M Smart	Harrow	56	1	K Wootton	Bed C	54
2	A Moran	Traff	55	2	E Whittaker	Frome	51
3	K Wilson	Morp	49	3	L Free	Lagan V	47
4	J Ellis	Ports	48	3eq	H Glover	Corn	47
5	A Felce	Glouc	47	5	I Stoate	N Devon	46
6	B Jones	Wirr	41	6	J Hill	Sale	43
7	T Snow	WG&EL	36	7	F Harrison	Gt Yarm	38
8	S Birzgalis	Traff	30	8	R Deegan	Sale	33
9	J Hemsted	Wok	26	8eq	R Gibbs	Bed C	33
9eq	J Holt	Traff	26	10	B Ellis	Vale R	32
11	S Olesky	Heref	25	11	C Moss	Bed C	30
12	D McQuarrie	Rown	24	12	C Guiney	Lagan V	27
12eq	M Sawrey	Barrow	24	13	E Hopkins	Leic C	26
12eq	M Barnes-Smith	Ips	24	13eq	E Hunt	Mil K	26
15	M Clay	Hales	23	15	S Lamont	Pit	25
15eq	A Ali	NEB	23	16	N Maddick	Hull Sp	24
17	M Linton	Traff	22	16eq	C Hammond	AFD	24
17eq	A Rolfe	Thurr	22	18	N Bartholomew	AFD	23
19	T Michaelson	Liv H	21	19	F Rudkin	Vale R	22
19eq	D Patten	Thurr	21	19eq	J Harper	C&S	22

U13

1	I Whitfield	Stroud	53	1	E Pidgeon	Glouc	54
2	C Boyle	Wok	47	2	E Nesbitt	Morp	53
3	D Mason	Vale R	43	3	K Berryman	Milt K	50
4	N Northall	Wrex	41	4	A O'Reilly	Lagan V	47
5	J Mills	Wrex	35	5	G Moss	W Norf	42
6	J McCulloch	WSE	27	6	C Conway	Here	41
6eq	A Hickey	S'end	27	7	R Simmons	Bed C	39
8	R Pickering	Brid	26	8	E Coxon	Vale R	36
8eq	R Bates	Sphinx	26	9	R Fallows	Stock	27
8eq	A Livingstone	Thurr	26	8eq	C Bowning	AFD	27
11	L Ratcliffe	North P	25	11	K Law	Worc	26
12	D L Mason	BSF	24	11eq	E Pellant	AFD	26
12eq	L Cox	AFD	24	13	S Bloor	Hull Spr	25
14	M Bergin	Sphinx	23	13eq	H Jones	AFD	25
14eq	B Wilson	AFD	23	15	N Real	B'mth	24
16	S Blake	AFD	22	16	M James	Noth P	23
17	N Dawson	Ashf	21	17	M Harvey	Sphinx	22
18	N Smith	Brid	20	17eq	D Christmas	Craw	22
18eq	P Burton	Hales	20	19	J-D Robinson	B&F	21
20	J Doyle	Birc	19	20	K Brown	Here	20
20eq	D Crichton	S'end	19	20eq	I Lee	AFD	20

Women

1	T Krzywicki	Charn	108	1	C Fagan	Glas	50
2	H Yelling	Houns	107	2	H Freeman	Inv	49
3	L Yelling	Bed C	106	3	C Birch	Liv PS	48
4	A Parkinson	Sale	101	4	L Lilley	Mans	44
5	A Waterlow	Sale	96	5eq	K Brennan	Warr	43
6	S Morris	Bed C	93	5eq	Z Jelbert	N&P	43

Compiled by Cliff Robinson

what's on

road

Friday December 1

METRO ABERDEEN PROMENADE SERIES 3km

Outside Beach leisure centre, Aberdeen. 1pm.

F Clyne. Tel: 01224-702772

Saturday December 2

ESSEX LEAGUE

Havering. Noon.

HUGH WILSON MEMORIAL 10km

St Bride's High Street, East Kilbridge. 2pm.

Mary Clement. Tel: 01355-228878

SEELEY CUP 10km

Ormeau Park, Belfast. 2.45pm.

John Allen. Tel: 028-90487007

SRI CHINMOY AC 5

Central Avenue West, London. 8.30am.

Run and Become, 42 Palmer Street, London SW1H 0PH

Sunday December 3

BROHAM CHRISTMAS PUDD 10km

11am.

Mr B Hobbs, 108 Upper Westwood, Bradford-on-Avon, Wiltshire BA15 2DP

FOREST GATE 10km

Forest Gate. 10am.

HELENA TIPPING 10km

BICC Social Club, Wrexham Industrial Estate. 11am.

Tel: 01978-846292

KAREN HOATHER GEM APPEAL 5 & TRAIL RACE

The Falcon Inn, The Square, Littleborough. 11.15am.

Andrew O'Sullivan. Tel: 01706-750620

HOVE 5km

Hove, Sussex.

South Coast Runner, 50 Lecester Villas, Hove, East Sussex, BN3 5SG

LEEDS ABBEY DASH 10km

Leeds. 9.30am.

Help the Aged. Tel: 020-72532926

LUTON MARATHON inc 2000

BEDFORDSHIRE & HERTFORDSHIRE MARATHON CHAMPIONSHIPS & THREE STAGE RELAYS

Lea Manor Recreation Centre, Northwell Drive, Luton. 10am.

Organisers. Tel: 01582-731400

NENE VALLEY 10

Bretton, Peterborough. 1pm.

Race Services. Tel: 01733-371000

SW VETS' AC GRAND PRIX 5

Portsmouth

VICTORY 5

CANCELLED

Sunday December 10

CHRISTMAS REINDEER 5

Black Horse, Mapperley Village, Ilkeston, Derbyshire. 10.30am.

Mr Paul Askew. Tel: 0115-9329154

MIDLAND VETS' AC CHRISTMAS HANDICAP

Solihull

SW VETS' AC GRAND PRIX 10km

Christchurch

TURKEY TROT 2000

HALF-MARATHON

South Wolds School, Keyworth, Nottingham. 10.15am.

Dave Gregory, 1st Keyworth Scout Group, PO Box 9, Keyworth, Nottingham NG12 5BU

WOLVERHAMPTON & BILSTON AC

MILLENNIUM TURKEY TROT 5

Aldersley Leisure Village, Wolverhampton. 10.30am.

KJ Evans. Tel: 01902-765409/Mary

Harding. Tel: 0370-901121

Friday December 15

BOSCOMBE WINTER 5KM

Boscombe Pier. 7.15pm.

George Scott. Tel: 01202-625051

MVAC CHRISTMAS HANDICAP

Solihull.

Saturday December 16

CARNEGIE HARRIERS FESTIVE FOREST RUN

Blairadam Forest. 10am.

Sunday December 17

ABERYSTWYTH MILLENNIUM 10km & CHILDREN'S RACE

Town Hall, Aberystwyth. 1pm.

Carl Williams. Tel: 01970-626242

LOCHABER AC CHRISTMAS 3

Claggan Park. 11am.

S Gray. Tel: 01397-700290

QUEEN DRIVE RACES

Holyrood Park, Edinburgh. 1pm.

Mrs M Reid. Tel: 0131-3346996

RONHILL-LARA SURREY CLASSIC 10KM

Horton Country Park, Horton Lane, Epsom. 10am

David Denton of LARA. Tel: 01773-880338

THE 10TH STOOP

Penistone Hill Country Park, nr

Haworth, W Yorkshire. 11.30am

Dave Woodhead, 166 Hainworth Wood Road, Keighley, West Yorkshire BD21 5DF

Thursday December 21

RONHILL-LARA MIDWEEK TRAINING RACES: 1M & 5KM

Shaftesbury Sports Centre, Shaftesbury Crescent, Derby. 7pm.

Fee £1.50

David Denton of LARA. Tel: 01773-880338

Monday December 25

CHRISTMAS MORNING 3.2

Ruislip. 10.30pm.

Gavin Collett, 19 Greystone Drive, Ruislip, Middlesex, HA4 7YL

Tuesday December 26

AYR TURKET TROT 10km

Tel: 01292-285569

SW VETS' GRAND PRIX 10km

Poole

Wednesday December 27

132nd NEW YEAR ATHLETICS GALA

Musselburgh racecourse, East Lothian, Edinburgh. 11am. Until December 28.

Frank Hanlon, Dept. 1, 141 Cameron Crescent, Bonnyrigg, Midlothian, EH19 2PH

CHRISTMAS 5

Banner Lane, Coventry. 11pm.

Dave Pettifer. Tel: 01926-779885

FESTIVE 4km FUN RUN

Lancaster Moor hospital sports and social club. 11am.

Steve Perry. Tel: 01524-64892

LARA QUEENS HEAD 5km CANTER

Queens Head Pub, Chesterfield Road, Belper. Noon

David Denton of LARA. Tel: 01773-880338

cross country

Saturday December 2

BIRMINGHAM & DISTRICT LEAGUE

Division One: Pittville Park, Cheltenham.

Division Two: Newbold Comyn, Leamington.

Division Three: Newcastle, Staffs.

Division Four: Droitwich Spa.

CHILTERN LEAGUE

Division One: Luton.

Division Two: Hardwick, Aylesbury.

Dennis Orme. Tel: 020-84291461

EAST OF SCOTLAND LEAGUE

Lornhill Academy, Alloa. 1pm.

Alex Jackson. Tel: 0131-6647864

EAST LANCASHIRE CHAMPIONSHIPS

Wythenshaw Park, Manchester.

GWENT LEAGUE

Forest of Dean.

KENT MEN'S LEAGUE

Danson Park, Bexley. 2.30pm.

Ian Smith. Tel: 01322-271553

LUNNONS HAMPSHIRE LEAGUE

Goodwood, Chichester. 12.45pm.

METROPOLITAN LEAGUE

CANCELLED

MID LANCS LEAGUE

Preston.

Bob Welfare. Tel: 01772-653926

MIDLAND WOMEN'S LEAGUE

Ruislip, Middlesex. 1.30pm.

NORTH MIDLANDS LEAGUE

Berry Hill Park, Mansfield. 1pm.

Ed Toft. Tel: 0116-2863916

SCOTTISH EAST DISTRICT LEAGUE

Alloa, Lornshill.

Alex Jackson. Tel: 0131-6647864

SOUTHERN WOMEN'S LEAGUE inc

SUSSEX VETS' CHAMPIONSHIPS

Bexhill.

SURREY LADIES LEAGUE

Lightwater Country Park, Bagshot.

1.30pm.

Ron Gabey. Tel: 020-88564681

Sunday December 3

EAST YORKSHIRE LEAGUE

Bishop Wilton.

Judy Alison. Tel: 01262-671673

MIDLAND WOMEN'S LEAGUE

Northampton.

OXFORDSHIRE LEAGUE

Radley College, Oxford.

Kit Villiers. Tel: 020-84415321

PARKWOOD LEAGUE

University of Kent, Canterbury.

James Roberts. Tel: 01304-211667

SUNDAY LEAGUE

Trent Park. 10.30am.

John Denford. Tel: 020-83675403

WEST NORFOLK OPEN

Bawsey Park, King's Lynn. 11am.

Jim Moss. Tel: 01553-765753

WESTWARD WINTER LEAGUE

Exeter.

Trevor Honeychurch. Tel: 01803-557151

Wednesday December 6

MERSEYSIDE COLLEGES LEAGUE

Calderstones Park, Liverpool. 3pm.

Neil Chester. Tel: 0151-2604805

MIDLAND POLICE LEAGUE

Chesterfield.

Graham Helley. Tel: 01789-490112

Saturday December 9

GLOUCESTER LEAGUE

Cheltenham.

KENT VETERAN & CLUBMAN'S CHAMPIONSHIPS

Canterbury University.

Rob Bright. Tel: 01622-744187

KETTERING TOWN HARRIERS CHARITY CUP

Ise Valley park, Kettering. 11am.

Mrs A King. Tel: 01536-481496

LITA ALLAN RACES

Kirkcaldy.

Tel: 01592-264076

NORTH EASTERN COUNTIES CHAMPIONSHIPS

Hartlepool. 11.30am.

George Ogle. Tel: 0191-4401561

NORTH STAFFORDSHIRE LEAGUE

Leek High school. 1pm.

NORTH WEST LONDON YOUNG ATHLETES' LEAGUE

Trent Park, North London.

Brian Fowler. Tel: 01455-209336

NOTTINGHAMSHIRE SCHOOLS' ATHLETICS ASSOCIATION

Berry Hill Park.

Paul Allison. Tel: 0771-4511820

SOUTH-EAST LANCASHIRE LEAGUE

Fitton Hill, Oldham. 1.45pm.

SOUTHERN WOMEN'S INTER-COUNTIES CHAMPIONSHIPS

(incorp. Men's U23 Inter-County Race), Sherborne, Dorset.

Jow Mawer; 188 Hadleigh Road, Ipswich, Suffolk IP2 0DH

Sunday December 10

AVALON LEAGUE

Poole, Dorset.
South west AA. Tel: 01823-328186

ICKNIELD LEAGUE

Guildenburg Water, Whittlesey.
11.45am.

Peter Chaplin. Tel: 01223-517120

SHROPSHIRE YOUNG ATHLETES' LEAGUE

Bridgnorth.

SOUTH YORKSHIRE 'KEEP ON RUNNING' LEAGUE

Silverwood, Silkstone, Barnsley. 11am.
Pete McLeod. Tel: 01226-765191

WESSEX LEAGUE

Poole.
South west AA. Tel: 01823-328186

WEST GLAMORGAN LEAGUE

Pontrhydyfen.
Kevin Corcoran. Tel: 01792-792301

WEST MIDLANDS YOUNG ATHLETES' LEAGUE

Wiggington Park, Tamworth.

Wednesday December 13

EAST ANGLIA LEAGUE

RAF Honington, Barnham. 2.30pm.

SOUTH WEST UNITED SERVICES' LEAGUE

CTCRM, Lympstone, Devon.
Lt Graeme Riley. Tel: 01752-555948

Saturday December 2

SOUTH HIGHLAND SECONDARY SCHOOLS' CHAMPIONSHIPS

West Beach, Nairn. 11am.
Mrs MacDonald. Tel: 01456-450481

Sunday December 3

LONG EATON

Long Eaton.
Shirley Starr. Tel: 0115-9398567

Saturday December 9

NORTH OF SCOTLAND LEAGUE

Elgin Academy. 1.15pm.
H Cameron. Tel: 01343-542065

Sunday December 10

LITA ALLAN MEMORIAL RACES

Beveridge Park, Kirkcaldy. 12.30pm.
F McLaren. Tel: 01592-203856

Saturday December 16

CHINGFORD LEAGUE

Woodford, Essex. 1.30pm.
Ivor Wiggett. Tel: 0208-3640872

DROMORE RACES

Dromore Community Centre. 1pm.
Michael McGreevy. Tel: 028-92693345

ESSEX VETS' & YOUNG ATHLETES' CHAMPIONSHIPS

Hylands Park, Chelmsford.
Howard Williams. Tel: 01277-625294

FESTIVE FOREST RUN

Blairadam.

HERCULES WIMBLEDON AC INTER-CLUB 5

Wimbledon Common. 2pm.
Pete Mulholland. Tel: 0956-594779

KENT WOMEN'S & YOUNG ATHLETES' LEAGUE

Sparrows Den, West Wickham.
Neil Smith. Tel: 01732-456240

MID LANC'S LEAGUE

Blackburn.
Bob Welfare. Tel: 01772-653926

PITMEDDEN FOREST RACE

Community Centre, Auchtermuchty, Fife. 2pm.
F Cation. Tel: 01337-827002

REEBOK CROSS CHALLENGE inc

SCOTTISH INTER DISTRICT CHAMPIONSHIPS & CELTIC INTERNATIONAL

Cumbernauld Park. Noon.
Scottish Athletics Federation. Tel: 0131-3177320

SUSSEX LEAGUE

Stanmer Park. Noon.
X/Country, 27 Wood Ride, Haywards Heath,
West Sussex RH16 4NL

VAC LEAGUE

Wimbledon Common. 2.30pm.
R Balmore. Tel: 01428-654749

Sunday December 17

CHESHIRE LEAGUE

POSTPONED.

EAST BORDERS SERIES

Duns. 11.30am.
Molly Scott. Tel: 01573-440624

HEREFORD COUNTY LEAGUE

Holme Lacy.
Mike Blenkinsop. Tel: 01568-708119.

IRVINE OPEN RACES inc CYCLISTS v HARRIERS

Irvine Sports Club. 1pm.
W Simpson. Tel: 01294-556031

LINCOLNSHIRE LEAGUE

Tba.

RYSON RUNNERS SERIES

Shouldham Warren, near Downham Market. 10.30am.
Martin Simmonds. Tel: 01553-810161

multi-terrain

Sunday December 3

LOCHABER AC PEAT TRACK 5.5

Fort William leisure centre. 11am.
Nicola Forster. Tel: 01397-704008

Wednesday December 20

FIFE NIGHTMARE SERIES 5

Balwearie High School, Kirkcaldy. 7pm.
G Bennison. Tel: 01334-828457

walks

Saturday December 2

SURREY WALKING CLUB CHRISTMAS CUP 10km

Monks Hill Sports Centre, Farnborough Avenue, Selsdon, South Croydon. 2.30pm.
Peter Selby. Tel: 01825-764726

track

Tuesday November 28

EXETER HARRIERS EVENING OPEN

Exeter Arena. 6.50pm.
Tel: 01392-832986/432398

PITREAVIE AAC MILE-ENNUIUM SERIES

Pitreavie, Dunfermline. 8pm.
J Wands. Tel: 01383-416767

indoor

Saturday December 2

CRYSTAL PALACE GRAND PRIX SERIES & HURDLES

Crystal Palace. Sprints: U13/15/17 10.30am. Hurdles: 1.30pm.
Mr Mark De'Ath. Tel: 0208-7780131

Sunday December 3

SCOTTISH LEAGUE

Kelvin Hall, Glasgow. 10am.
John Innes. Tel: 01389-383933

Saturday December 9

SVHC VETERANS' AGE-GRADED EVENTS

Bathgate Sport Centre. 1pm.
I Steedman. Tel: 0131-6671416

AA of WALES CARDIFF U11/U13/U15 OPEN MEETING

Cardiff.
Athletics Association of Wales. Tel: 01633-423833

Tuesday December 12

GLASGOW COUNCIL OPEN GRADED

Kelvin Hall, Glasgow. 7pm.
Glasgow council. Tel: 0141-2873721

Wednesday December 13

CRYSTAL PALACE GRAND PRIX SERIES: JUNIOR/SENIOR SPRINTS

Crystal Palace. 7pm.
Mr Mark De'Ath. Tel: 0208-7780131

Saturday December 16

CRYSTAL PALACE GRAND PRIX SERIES: FIELD EVENTS

Oxford University v Cambridge University, Wimbledon Common, December 2

THE 110th running of the world's oldest cross country fixture, the Varsity race, takes place on Wimbledon Common, the birthplace of the sport, writes Pete Mulholland.

Cambridge leads the series with 55 wins to Oxford's 54 and this year's event could be a close call with last year's first and second, Nick Talbot and Jeremy Bradley leading the Oxford challenge.

Also included in the team is Josh Funder, fifth in 1996 and a world junior representative plus a clutch of first-timers led by South of England junior representative Ben Moreau.

Cambridge has past winner Alex Hutchinson who, after success in 1997, suffered injuries but is now said to be back to that sort of form.

He will be strongly supported by three talented 18-year-old first-timers in the shape of Ed Green,

Crystal Palace. 10.30am.

Mr Mark De'Ath. Tel: 0208-7780131

Sunday December 17

AA of WALES CARDIFF U13/U15/U17 OPEN MEETING

Cardiff
Athletics Association of Wales. Tel: 01633-423833

fell

Sunday December 17

11th STOOP

Penistone Hill Country Park, Haworth, Keighley, West Yorkshire. 11.30am.
Eileen Woodhead. Tel: 01535-669100

overseas

Saturday December 2

LISBON MARATHON

Lisbon, Portugal.

Saturday December 9

EUROPEAN CROSS COUNTRY CHAMPIONSHIPS

Malmo, Sweden. Until December 10.

Sunday December 17

BRUSSELS FORTIS CROSSCUP

Brussels, Belgium.

1500m GB representative Andy Baddeley and Corin Hughes.

In the women's race, Oxford will be looking for their eighth consecutive team victory and with Katie Skorupska - 1997 winner - they should have the best of starts with Bethan Hopewell, fifth last year, plus English Schools' 1500m medallist Helen Zenner also competing, hopes are high.

However, Ellen Leggate, who as O'Hare placed second for Oxford in 1998, has 'crossed over' and could swing the competition in Cambridge's favour with assistance on hand from last year's third placed Louise Kelly.

Adding experience to the team will be Rachel Horn who is now back as a post-graduate having competed in the event 12 years ago since when she has tasted success as a triathlete.

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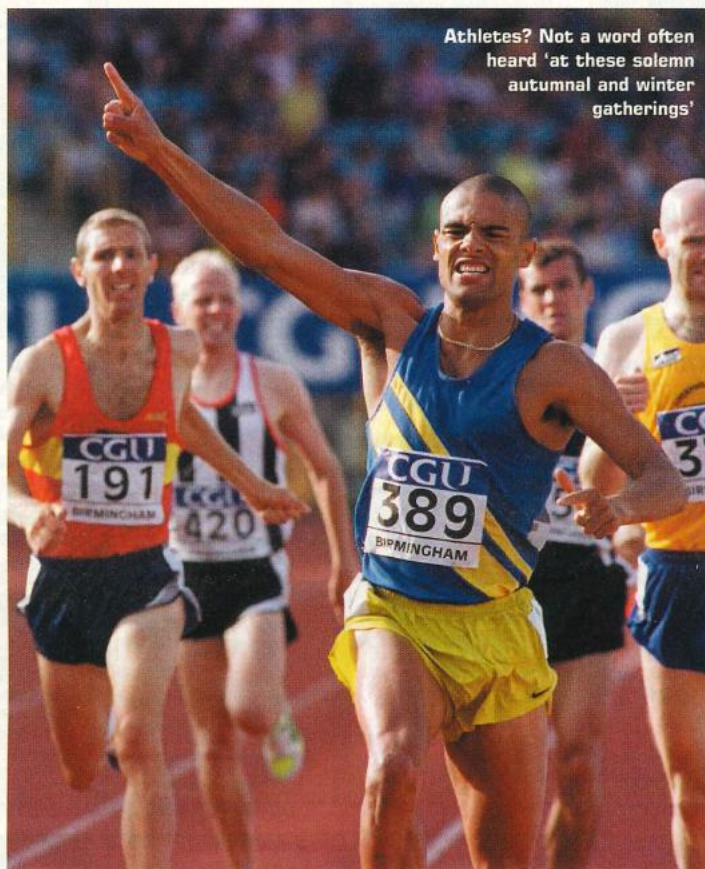
But where is Son of York?

NOW is the winter of our discontent," says Shakespeare's Richard III and in athletics 'twas always so. Instead of hibernating, officials indulge themselves with petty squabbling and a fierce possessiveness of structures and positions.

"Many come to these meetings," said the AAA founder, Montague Shearman, at his last AGM in 1927, "with the idea that the AAA is a parliament...I have always found that when somebody does something, or a club does not do what is quite the thing and of which anybody disapproves, many people want to pass a resolution." Writing 31 years later that other doyen of athletics administrators, Harold Abrahams, said: "There are unfortunately in every group some people who like to row...instead of directing their minds towards the problems and deciding whether the proposed solution is in the best interests of the sport they are unable to think of anything other than who has provided the solution. If they dislike X then they oppose everything that X does - whether it be good, bad or indifferent."

Shakespeare would have loved British athletics for following so closely the pattern of his plays with their intrigues, rivalries (AAA as Montagues, BAF/UKA as Capulets), rumours, back-stabbing, territorial claims ("hands off our estates in Cornwall," pontificate the South of England), ambition, fiefdoms. He would have loved those who so fiercely defend England even though, for many, retaining England over the last decade has meant a wrecking of the system. Listening to voices from all sections of the sport over the past week or so has convinced me that the deep-rooted culture of British athletics is ultra-conservatism, possessiveness and congenital suspicion.

In 1996, in a desperate attempt to right the appalling image that our sport was projecting, we held a series of seminars for BAF officers and board members on media awareness and communication. Throughout the sessions two words dominated - trust and relationships. Without them no organisation can successfully exist. They were lacking then, they are lacking now. Anyone absent from the sport for the past five years would come back and sincerely believe that nothing has changed and they would be right. One of the biggest mistakes that David Moorcroft has



Athletes? Not a word often heard 'at these solemn autumnal and winter gatherings'

made is to assume that he was starting with a clean sheet of paper. He was not. He was inheriting a sport that has been steeped in disharmony since it was founded well over a century ago. Like Radford and others before him he entered the sport in an aura of goodwill which, as previously, has quickly evaporated into suspicion and rancour. With such a pattern is it not time that the sport asks itself the question: perhaps it's us?

Mistakes have been made by UKA in its fledgling years: its obsession, via PAS, with the elite and its failure to communicate adequately with all sections of the sport (one of the reasons UKA Board member Charles Gains cites for his resignation on page four of this issue) being just two of them. Proposals that would alter the fundamental structure of league and cup athletics in this country to suit elite athletes hit at our very roots. It is sad that the British Athletics League has succumbed to pressure from PAS to move back its 2001 cup final weekend to July to give a few international athletes a chance to reach qualifying standards for Edmonton. In this year's cup finals not one athlete attained a qualifying mark and yet here we are moving (and

shortening the season yet again) a traditional end-of-season meeting for the sake of a few borderline athletes. It is also suggested that the number of clubs in a league division should be reduced to six so that elite athletes can take up the two extra lanes. UKA/PAS do not seem to have grasped that elite athletes do not land regularly at Heathrow on spaceships from Mars, they actually come from clubs.

Effective communication is a constant challenge for any organisation, the more so in such a complex and diverse sport as ours. Internally it is about the assimilation and dissemination of information; it is a two-way process in which the structuring of messages, the channels by which they move and the willingness of the receiver to accept and understand them are paramount.

Personal communication by UKA/PAS personnel is of equal importance and the telephone system at headquarters does not lend itself too kindly to giving the right image or to inspire the confidence of the caller.

But if UKA has its faults (and who of us does not) the sport as a whole carries as many, if not more.

UKA's development plan and competition review have both been

dismissed by many as 'glossy.' This is just an excuse for dismissing them altogether (see Abrahams earlier). What is missing from both plans is a quantifying process for the sport. How many under-17 male athletes in the country? How many under-15 female athletes? How many women discus throwers? Can't tell you because there is no national membership scheme and there is no national membership scheme because of the intransigence of those shackled to past traditions and holy relics. And the current regions that are implementing membership schemes are currently showing (spuriously hiding behind the Data Protection Act) a negative attitude to sharing information with UKA. They are, of course, suspicious that UKA wants to disband the current area associations of England.

There is a frightening extension of the "leave us alone" syndrome. BAL chairman Mike Heath referred at their AGM to "divisions wanting to become entities" where each division's clubs decide for themselves where they should meet without recourse to the overall body. It is this refusal by the various and too numerous factions of the sport to recognise the greater good that is stifling change and progress. The entrenchment shown by the leagues at their meeting with UKA in Walsall (unless they come up with lots of money) does not augur well.

So as we approach the second Annual Congress what needs to be done? UKA needs to confront the 'stakeholders' of the sport to ask, in view of the attitudes to both BAF and UKA, for a re-definition of the purpose of a national governing body. It needs to ask why the proposals put forward at Congress a year ago, to such enthusiasm, have suddenly turned sour 12 months on. Those who run our sport at every level need to question whether their commitment is to athletes or to the various organisations that are meant to serve them. The word 'athlete' seldom passes the lips of those who pontificate at these solemn autumnal and winter gatherings. And an open debate needs to be inaugurated with Sport England (who hold and disseminate lottery funding) about whether the club structure of British athletics, the real nursery for our international teams, is to receive funding for the job that it does.

It really is amazing that so many have the future of the sport at heart and so few can agree about how to get to the promised land.

SOUTH OF ENGLAND ATHLETIC ASSOCIATION

2001 INDOOR CHAMPIONSHIPS (under UK Athletics rules) **BEDFORD**

7th January	Pentathlons (HJ, LJ, S, 60m, 60m Hdls)	All Age Groups
13th January	60m, 60m Hdls Pole Vault Long Jump Triple Jump	All Age Groups All Age Groups U17M/U15B, U17W/U15G U17M/U15B, U17W
14th January	High Jump Shot Long Jump Triple Jump	All Age Groups All Age Groups SM/JM, SW/JW SM/JM, SW/JW

Entry Fees: Senior – £5 first event: £3.50 each other event.
Other Age Groups – £3 each event
Senior Pentathlon – £9; Other Age Groups – £6

A separate entry form must be used for each event entered. Holders of SEAA Indoor titles may claim free entry in the same event and age group, subject to sending in a fully completed entry form and stamped addressed envelope by the closing date.

ENTRIES CLOSE FRIDAY 22nd DECEMBER

No late entries accepted.
The use of recorded delivery is recommended.

ENTRY FORM

(Photocopies of this advertisement is acceptable, please send in the WHOLE advertisement)

SURNAME FIRST NAME

ADDRESS

POST CODE..... TELEPHONE

CLUB/SCHOOL

DATE OF BIRTH PLACE OF BIRTH

AGE GROUP (please circle)
SM SW JM JW U17M U17W U15B U15G

EVENT

P.B. '99 onwards

Date achieved and venue

DECLARATION: I hereby declare that I am an Amateur as defined by UK Athletics Rules and that I qualify for the SEAA by Birth or Residence. Athletes under 16 must have form signed by a Parent or Guardian.

Amount of Entry Fee enclosed £ (Cheques payable to South of England AA)

SIGNED

DATE

A stamped addressed envelope MUST be enclosed for confirmation of entry and timetable. Send entries to:

Indoor Championships, South of England AA, Suite 106, City of London Fruit Exchange, Brushfield Street, London, E1 6EX

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