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athletics

WEEKLY

REVIEWS THE SPORT • REVEALS THE ATHLETE

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Four steps to
high jump
heaven

Under-20
women's
rankings

Radcliffe's
record run:
comment
and analysis

REEBOK CHALLENGE

Cross country season kicks off in Liverpool

News, reports and results from around the world



This week ...

COMMENT

THE following mini-headline was buried in the sports section of a national newspaper's website earlier this week. It read: 'Athletics (or the Paula Radcliffe section)'. Well, at least it's better than 12 months ago, when the same headline would have said: 'Athletics (or the Picketts Lock and nandrolone section)'.

Judging by *Athletics Weekly's* postbag, though, there is far more to this sport than simply Paula (and there was a lot more to it than Picketts Lock and nandrolone last year, as Paula has subsequently shown).

In fact, there have been surprisingly few letters about her magnificent world record in Chicago. Instead, the issue of whether young girls should race as far as boys of the same age and arguments regarding the pros and cons of stretching have been just as prevalent. As for debate surrounding Wang Junxia's performances in Beijing in 1993, well, the comments keep on rumbling in.

Yet there is admittedly some truth in the aforementioned website's sarcastic headline. Paula's performances have been on everybody's lips, but nowhere more evident than in Liverpool's Sefton Park last weekend. As this week's front cover illustrates, the cross country season got underway in earnest on Saturday, with the first Reebok Cross Challenge staged just 30 miles down the road from Radcliffe's place of birth almost 29 years ago. Paula was The Talking Point at Sefton Park and, maybe it was just my imagination, but coaches and athletes seemed to carry a glint in their eyes that has not been evident in recent winters.

Of all the messages Paula sends out, perhaps the clearest is that anyone can succeed if they work hard enough. From Dublin to London, Manchester to Munich and Chicago, Paula's perfect year has shown that anything is possible.

British distance runners have been brainwashed into believing that African-born athletes cannot be beaten. Now they have hope, they have belief. Let's hope it's infectious.

Jason Henderson, editor

On the cover: Mark Hudspeth heads the pack at the Reebok Cross Challenge from Liverpool. Picture: Mark Shearman



Mohamed Farah leads the Reebok Cross Challenge in Liverpool before pulling out with injury - pages 24-27

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Merry inspired by Radcliffe

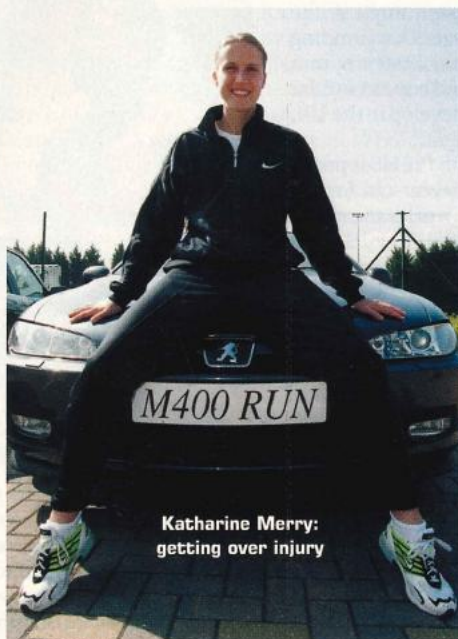
OLYMPIC 400m bronze medallist Katharine Merry is using the magnificent achievements of Paula Radcliffe as inspiration in her long and slow recovery from a heel operation, writes Steve Landells.

The 28-year-old has been ravaged by injuries throughout her career and the latest op frustratingly ruled her out of a crack at winning gold at both the Commonwealth Games and European Championships – a goal, which at her best, she was more than capable of achieving.

Merry has kept herself busy during the summer with a welter of media work but admitted Radcliffe's glorious year, topped by a world marathon record in Chicago earlier this month, can act as inspiration in her own rehabilitation to full fitness.

She said: "I made sure I was in to watch the whole of Paula's run in Chicago, to run 2:17 was a great achievement. I've known Paula since we competed in the juniors 10 years ago and I don't think she has changed much as a person. She was always very quiet but her performances this year have been beyond belief. In the past three of four years she has had her own slight injury worries and had own fair share of disappointments and bounced back. I've got to take hope from this, bearing in mind the problems I've had."

Merry underwent the operation to remove a piece of broken bone from her heel in June and



Katharine Merry:
getting over injury

four months on the sprint star admitted she is about where she should be on the recovery trail.

She has started jogging in Tredegar Park near her Newport home and the Birchfield Harrier

admitted she hopes to return to full training by Christmas.

"It is frustrating not to be able to run," she explained, "but I'm in a good frame of mind and it might even be a blessing in disguise I'm not yet in spikes training on the track, as I can build up my basic fitness. I've only had five races since Sydney but I've shown, after a long time out, I can run sub-50 for the 400m. I know if I get back up and running and in one piece I can run as quickly again."

The Linford Christie-coached athlete headed last year's world rankings for the 400m after running a personal best of 49.59 at the Athens Grand Prix but an Achilles tendon injury ruled her out of last summer's World Championships in Edmonton.

In Merry's absence, Ana Guevara has emerged as the world's leading one-lap performer, topping the 400m rankings and boasting an unbeaten record, and the Midlander believes the powerful Mexican will be the woman to beat in next year's World Championships in Paris.

But, before then, the Briton has not dismissed a possible crack at the World Indoor Championships in Birmingham in March.

She added: "I always wanted to do the world indoors in Birmingham, the home city of my club. But at this stage, I'm not sure whether I'll be physically up to it."

Hemery hot-seat showdown

TWO former Olympians, long jumper Lynn Davies and middle-distance runner Frank Clement, are set to go head-to-head in a bid to stand for the prestigious post of UK Athletics president.

The current president, former Olympic 400m hurdles champion David Hemery, is completing his second term of office and is not eligible to stand for a further term as he has served in the role for a maximum of four years. The outcome of the vote will be announced at next month's UK Athletics Congress held at Loughborough on Sunday November 24.

Davies, is the more high profile of the two nominations, having famously leapt to long jump gold at the 1964 Olympic Games in Tokyo. He also won two Commonwealth titles. The Welshman also held the British record for an incredible 40 years until Chris Tomlinson leapt 8.27m in Florida earlier this year.

Davies, who boasts a personal

best of 8.23m, is a lecturer and director of athletics at UWIC and also technical director of the Canadian Track and Field Association.

Davies' sole rival for the position of president is Frank Clement, who has been nominated by the council of UK Athletics to succeed Hemery.

The Scotsman finished fifth in the 1500m final at the 1976 Olympic Games finishing just 0.48 seconds behind New Zealand's gold medal winner John Walker despite being barged off the track down the back straight of the final lap.

He was also a former UK record-holder for 1500m and the mile with best times of 3:35.66 and 3:54.2 and finished fourth in the 1978 Commonwealth 1500m final behind current UK Athletics chief executive Dave Moorcroft.

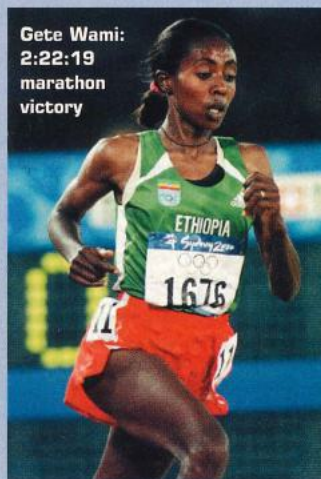
The 50-year-old has been chairman of Scottish Athletics for the past two years and is also sports development manager for Glasgow City Council.

Marathon times falling fast

SEVEN days after Paula Radcliffe's world best, Sunday saw another batch of impressive women's marathon times (see Results, starting on page 29).

Ethiopia's Gete Wami, the long-time rival of Radcliffe on the track,

Gete Wami:
2:22:19
marathon
victory



won her debut 26-miler in Amsterdam with 2:22:19.

But the 27-year-old, who outsprinted the new marathon best-holder to win the 1999 World Championships 10,000m title, wasn't the quickest of the day.

China's Wei Yanan achieved the sixth fastest time ever of 2:20:23 in a Beijing Marathon packed with fast times by her countrywomen.

Wami's time means this year has witnessed 10 of the fastest 22 times in history, with former marathon best-holder Japan's Naoko Takahashi capable of changing the ratio when she competes in Tokyo next month.

Last weekend also witnessed a new world 100-mile record at Crystal Palace as Russian pair Oleg Kharitonov and Denis Jalybin both dipped under Don Ritchie's 25-year-old record of 11:30:51.

Kharitonov, 30, of Siberia, won in 11:28:03, just finishing in front of Jalybin (11:29:32) in a race described as the greatest finish to an ultra event in the history of the sport. Ritchie, of Great Britain, set his record at the same venue in 1977.

2003
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briefs

Bath filled to the brim

THE 2003 City of Bath Half-marathon is already sold out. Just one month after entries were opened for next year's race on Sunday, March 16, event director Andrew Taylor had to put up the closed sign.

It is the fourth successive year that the race has been sold out. It has a limit of 3500. There are still entries available for good club runners and they should call the race hotline on 01225-471282.

Ironman branches out

THE Ironman sportswear company, best known for its triathlon clothing, is branching out into athletics and is offering sponsorship to British athletes or running clubs.

The brand plans to sell kit at a reduced cost to a select number of British clubs.

Ironman currently sponsor triathlete Andrea Whitcombe, who won silver over 5000m at the 1998 Commonwealth Games, plus wheelchair triathlete Paula Craig.

Clubs are welcome to contact Ironman at: Sport Import UK, 21 Fieldhouse Close, South Woodford, London E18 2RJ. Or email UK@ironmanlive.com

Choosing your masters

THE Northern Ireland selection race for the British and Irish masters cross country international in November is at Comber, near Belfast this Saturday, October 26.

The main vets trial event will be over five miles on a flat course at Dunsey Way, with a separate three-mile selection race for all vet women and M60+ categories. These races are being held in conjunction with the Comber Cup Cross Race. Details: Jim Hayes 028 9187 2802.

UKA name new doctor

UK ATHLETICS has signed a consultancy agreement with Numico Research.

Dr Peter Vergouwen of Numico Research will provide additional expertise in UKA's elite sports medicine support. Vergouwen has already provided medical advice to top GB athletes.

UKA performance director Max Jones said: "Over the past 18 months, medical support in athletics has undergone a radical revision and UK Athletics has assembled a world class team headed by doctors Bryan English and Ros Carbon with chief physiotherapist Dean Kenneally. The addition of Peter Vergouwen takes this service, that will influence results at Athens 2004, a step further."

Numico is engaged in the research and development of nutritional products, including sports nutrition.

Banks – still jumping for fun

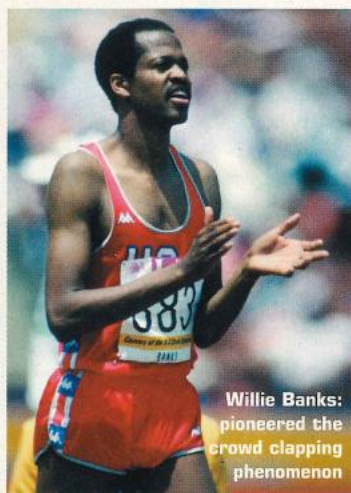
FORMER world record-holder for the triple jump, Willie Banks, believes that jumping in the United States is in a sorry state and hopes a similar situation does not develop in the UK, writes *Karien Jonckheere*.

"Triple jumping in the US is pretty dismal," said the 46-year-old American, who set his world record of 17.97m in June 1985. "For 10 years we controlled triple jump but we're going into an ebb right now."

"My theory is that because we spent so much attention on great jumpers of the recent past who were top notch, there weren't any below to be the next 'king of the hill' and that's when you Brits took over," he said, referring to the man who took over his mantle of world record-holder in 1995, Jonathan Edwards.

"I hope what happened in the US doesn't happen to the UK," he added, but admitted that he has yet to see Phillips Idowu jumping. "I can't make an opinion until I've seen someone jump. You can jump 17.80s but you could just be what we call a 'flash in the pan'. I always look for consistency, perseverance and good technique," he explained, adding that rivalries in the sport such as Edwards v Olsson are the "best part" of the event.

Of Britain's No.1 triple jumper, Banks said: "Jonathan is a tremendous asset to the triple jump. He's a great jumper and he brings a lot of



life and good feeling to jumping." Asked whether he thinks Edwards still has the potential to produce some big jumps, he is convinced: "I think he's proved that. He's incredible. I don't know how he does it. He's got all my respect."

And what of retirement? "I don't think jumpers should retire," said Banks. "They should still train and bounce around – I do ... I want to be world champion next year," he says, quickly adding "for old people."

Banks currently holds the world M45 triple jump record of 14.55m set in June last year.

Judging from the amount of pleasure he gained from his jumping car-

eer, it is no surprise that Banks continues to compete. Recalling his years at the top in the Eighties and early Nineties, he said: "I enjoyed myself. I used to get out there and play... I was serious about training and competing but I really, really enjoyed being out there and having fun. It wasn't about going out and destroying people, but rather doing the best I could."

Always an entertainer on the runway, the legendary American is accredited with being the pioneer of collective crowd clapping before jump events but, he reckons, athletes these days get it all wrong. "The point was to get the crowd involved, not just clapping, but to have them help me. Now people get out there and start clapping and it has no effect. It's a waste. I like to see people making use of it but using it in the proper way. Triple jumping involves so much pain that it's necessary to find an extra bit of adrenaline and that's what it did for me. It gave me a shot of adrenaline."

Since retiring from top-level competition in 1992, Banks has concentrated on his business in Japan, *HSJ Incorporated*, selling field turf and also works as a sports consultant. It is his voluntary work coaching at a local high school in California which gives him greatest pleasure, however. "It's great when you see young talent coming through... there's so much satisfaction that I've just kept at it."

■ SEE Rising Stars, page 12

Jumping vet denied record

DESPITE being denied a world veterans' best on a technicality, Keith Bennington is in no hurry to get his name into the record books, writes *Paul Halford*.

The 52-year-old long-jumped 6.85m in the Yorkshire Veterans' Championships last month, but the world M50 record remains with Finland's Tapani Taavitsainen at 6.84m because there weren't enough officials and there was no wind gauge.

However, although Bennington believes he can jump over seven metres under the right conditions, he doesn't plan to compete until next year's county championships in 11 months' time.

The former Yorkshire senior 100m and long jump champion, who has competed only four times since his return to the sport three years ago, wasn't too disappointed at missing out on the record. "I know I've done it so I'm not bothered," said Bennington, who also won the triple jump and 100m on the day, maintaining his unbeaten streak on his comeback.

Before the event, the salesman was so confident of breaking the British best of 6.08m, he printed off a record ratification form. "I had a feeling I was going to do something," said Bennington, who has been hampered in training this year by arthritis in his toe. When hearing of his mark, he approached officials with the form, asking them how to proceed.

But it was then he was told it couldn't

be ratified as only two judges had measured the jump instead of the required three.

Bennington, who ran 10.5 for 100m at his peak before retiring in his early thirties, insists the aiding wind would have been below the legal limit. He is also sure he could break the world mark in a competition where all the legalities were met. "I didn't hit the board right. If I'd hit the board it would have been seven metres," he said.

Yet the self-proclaimed 'natural', who says he's never trained specifically for the long jump, admits he doesn't take the sport seriously. He would probably have won gold at the recent European Veteran Championships in Potsdam, Germany. But he said: "I haven't got the money to go on the time." He has also turned down requests from his club Nestle Rowntree to compete. "There's no point me trying to compete with 20-year-olds," he said.

Even in his heyday, the former teacher was never one to take athletics seriously, despite becoming Yorkshire champion at long jump in 1975 and 100m in 1978.

Unlike now, his best event was the 100m, having a best in the long jump of only 7.21m. He eventually stopped competing at around the age of 32 because he kept pulling his hamstring.

Two decades later he has lost little of his natural talent – even if he doesn't have the world vets' record it merits.

Athletes of 2002

GREAT Britain's Paula Radcliffe leads the nominations for the prestigious IAAF Athlete of the Year awards.

A panel of experts have drawn up a list of the top 10 male and female athletes of the year. The winners will be announced at the World Athletics Gala in Monaco on November 17.

The only other British nominee among the 20 candidates is triple jumper Jonathan Edwards. Radcliffe has enjoyed a sensational year, culminating in a new world best performance of 2:17:18, which was recorded in the Chicago Marathon earlier this month.

Men: Jonathan Edwards (GBR) triple jump, Hicham El Guerrouj (MAR) 1500m, Robert Fazekas (HUN) discus, Konstadinos Kenteris (GRE) 200m, Wilson Kipketer (DEN) 800m, Khalid Khannouchi (USA) marathon, Robert Korzeniowski (POL) walks, Tim Montgomery (USA) 100m, Felix Sanchez (DOM) 400m hurdles, Roman Sebrle (CZE) decathlon.

Women: Berhane Adere (ETH) 5000/10,000m, Surreya Ayhan (TUR) 1500m, Kajsa Bergquist (SWE) high jump, Gail Devers (USA) 100m hurdles, Svetlana Fedorova (RUS) pole vault, Debbie Ferguson (BAH) 100m/200m, Ana Guevara (MEX) 400m, Marion Jones (USA) 100m, Maria Mutola (MOZ) 800m, Paula Radcliffe (GBR) 5000m/10,000m/marathon.

Wheelchair racer aims high

BRITAIN's Tushar Patel is blazing a trail as the first Asian-born wheelchair athlete to make his mark as an elite performer, writes *Steve Landells*.

The 23-year-old member of the Velocity Racing Chair club has only been training seriously for two years but earlier this month capped a magnificent year by avenging his defeat at the hands of training partner David Weir in the Flora London Marathon to score success in the Bupa Great North Run.

Now the multi-media student is targeting the 2004 Paralympics in Athens, where he hopes to go for glory in the 10,000m.

Patel was born in the Indian state of Gujarat and arrived with his family to settle in London 11 years ago, attending Grove Park School, which encourages sport for pupils with disabilities.

The talented Patel was actually visiting Gujarat for his cousin's wedding at the time of the earthquake which devastated the state

in the West of India last year. But he was fortunately unhurt.

A bout of polio has left him wheelchair-bound since the age of two-and-a-half but his PE teacher discovered Patel had a flair for racing and he was a regular in London's mini-marathon – finishing second in 1996.

"I always used to enjoy the mini-marathon but that was the only race I used to compete in when I was younger," he said.

In his late-teens and early twenties, on a limited training regime, he missed out on achieving the 1500m qualifying standard by one second for the 2000 Paralympics and the disappointment sparked a new approach to the sport.

"I only used to train two days a week but two years ago I joined up with my new coaching team and started to train six days a week," he said. "I soon got called up into British squads and my personal bests started to fall."

The Fulham-based athlete, who

carries out most of his training at Richmond Park, linked up with Jenny Archer and Christine Parsloe as his new coaching team and last year he set British records for 5km and 10km.

But in the 2002 World Championships held in Lille last summer he crashed out of the 10,000m.

He now has his sights firmly set on Athens 2004, but, before then, the Asian Sports Personality of the Year will be hunting for medals at next year's European Championships in Holland.

Not that he has always found life easy as an Indian-born athlete and admitted: "My parents are very supportive of my athletics, although, being Asian they put more emphasis on the education side. But as long as I work hard on the educational side they are increasingly supportive of my athletics."

"I suppose I am a role model and I have a responsibility to UK Athletics, my coaches and the Asian community."

Wise kept waiting

A FIFTH knee operation in the summer has delayed the return of 1998 Commonwealth long jump champion Jo Wise until 2003, writes *Steve Landells*.

The 31-year-old Coventry Godiva Harrier has been bedevilled by a succession of serious injuries throughout her career and she last competed during a low-key competition in South Africa in February 2001. She was forced to abandon plans to compete last summer due to a knee injury and underwent surgery in an effort to correct a cartilage problem.

However, she struggled to return to full training following the operation and she was forced to withdraw from England's Games team and has since been forced to endure a fifth career knee operation.

Her coach, Aston Moore said: "She started back training in late 2001 but complications set in following surgery. "She could jump and she could run but her leg would flare up and she would be forced to spend the next couple of days resting."

"Jo felt she couldn't do herself justice in the Commonwealth Games and withdrew from the team. In my opinion the surgery in 2001 was not successful," Moore added.

Wise, who is working as an athlete support manager at the English Institute of Sport, is hoping to return to training again in the New Year in an effort to be fit for the World Championships in Paris.

On her future in the sport, which must be in jeopardy due to a catalogue of injuries, Moore said: "It is my belief that if an athlete can fully recover from injury they can return to the level of their desire, and Jo is not yet that old. Ashia (Hansen, whom he also coaches) suffered a year and a half through serious injury and bounced back."

Hill jumps to triple success

COMMONWEALTH pole vault bronze medallist Irie Hill could be set to target the triple jump at next year's AAA indoor championships after bagging three gold medals in the World Masters Games, writes *Steve Landells*.

The 33-year-old German-born Briton scored triple victory in the Games, which were held in Melbourne, Australia, earlier this month, in her specialist event, the pole vault, as well as the long jump and triple jump.

Her victories in the horizontal jumps were a remarkable achievement as it was her first long jump competition in 19 years and it was

a debut in the triple jump.

The Windsor, Slough, Eton and Hounslow athlete, competing in the W30 class, claimed a shock victory in the triple jump with a leap of 11.29m before clearing 4m to win the pole vault. She then also clinched the gold in the long jump with a jump of 5.36m – 14cm below her best mark set as a 14-year-old in her native Germany.

"I enjoyed the triple jump, although I was only introduced to the event two days before the competition," said Hill. "The event is similar to the pole vault in that it involves a lot of bounding and is very technical. I noticed the triple jump qualification mark for the AAA indoors is 11.80m, so I might try and qualify but only to complement my pole vaulting."

Although not strictly classed as a veteran for a further 15 months, Hill won both the pole vault and long jump on the same day as her husband Warren, won silver in the pole vault.

She said: "It's been a great season, winning Commonwealth bronze and the AAA Championships."

"I plan to return to competition in Geelong, Victoria in Australia next month before returning to Britain and going for the world indoor championships."

"But what I need now is a long sleep, some good wine and great food, and to keep away from a gym or a track for at least a fortnight."



Commonwealth Games
Final Night

www.tommayogallery.com

The gallery also includes pictures from The Great North Run, Chicago Marathon, Commonwealth Games plus many more. You have the option to view and purchase online. Ideal for presents.



Grand Prix

Islands get together

CHANNEL ISLANDS AC (CIAC) has been in existence less than a year but already the 75-member club has made its mark on the mainland athletics scene, writes *Karien Jonckheere*.

The highlight of the year came at the Golden Jubilee Plate final in August when, boosted by their three Commonwealth Games representatives, Dale Garland, Kimberley Goodall and Lee Merrien, CIAC held off Herne Hill Harriers and left Bedford as plate champions.

Development officer for the region Andrew Winnie explained that the idea for the formation of the club originated at last year's Island Games held in the Isle of Man. "Some of the athletes were saying 'wouldn't it be wonderful if we could compete as the Channel Islands' and I took that on board and did something about it."

"The club was formed to enable athletes from throughout the Channel Islands to compete at a higher level on the mainland without having to lose their Channel Islands identity." Lack of local competition had led to a massive drop-out rate among young athletes. "Most athletes were taking up other sports to the detriment of athletics and we noticed a huge drop-out among the under-15 girls and boys because they were down to only two competitions a year."

Since the club's formation and its participation in the Southern League, there has been a marked improvement. "We now have a tremendous number of youngsters aiming to compete for us," says Winnie, who also coaches many of the athletes.

"The majority of athletes have achieved PBs this season. The team spirit is tremendous. They've never had this level of competition before but now, given the opportunity, they can develop. They probably never would have achieved their potential without competing on the mainland," explains Winnie.

The club has bases in Jersey and Guernsey and many of its athletes are members of one of the other clubs on the islands – either Jersey Spartan or Guernsey Island AC but separately they didn't have the depth of strength or money to venture into the Southern League.

While they don't always train together, CIAC's athletes meet for social and training weekends and, of course, to compete on the mainland. This past season the men's team won division five west and have been promoted to division four while the women's team finished second in division three west and gained promotion to division two.

How BBC changed their *Focus*

THE assistant editor of *Athletics Focus*, the popular BBC track and field magazine programme, admitted *Athletics Weekly* is his main source of information in helping compile stories for the show, writes *Steve Landells*.

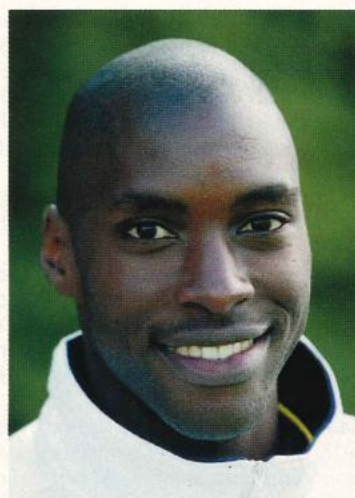
Jim Bentley, himself a keen runner, has helped oversee a radical change in the output of the show, which ran on BBC *Grandstand* for 20 weeks during the summer.

Since the *Yorkshireman* was brought on board to help redesign the format of the show he has helped speed up the presentation of *Athletics Focus* by placing more emphasis on quick-fire features rather than studio chat.

"I wanted to speed the coverage up and run one feature after another and I think 90 per cent of the time it worked really well," said Bentley.

"I wanted to move away from the studio coverage and interviewing athletes at a press conference, I wanted to carry out the filming within the athlete's own environment."

He also believed the idea of intro-



Mark Richardson: guest interviewer

ducing high-profile athletes such as Katharine Merry and Mark Richardson as interviewers worked very well and it would be an area he would continue to develop in the future.

But he also had a little secret to share – his main source for ideas

comes from Britain's premier track and field magazine, *Athletics Weekly*.

"I've always read *Athletics Weekly* and the idea for the junior Great North Mile races on Newcastle's Quayside earlier this month came from reading the *Rising Stars* pages in the magazine. "I get quite a lot of my ideas from reading the magazine."

Bentley recorded a time of 76:59 to finish a highly impressive 89th in the Great North Run earlier this month and he boasts a 10km personal best of 33:09.

"I've always been a big athletics fan and I try to get out of the office and go for a run of a lunchtime as often as I can."

He hopes to develop more coverage on the younger athletes in next year's *Athletics Focus* series, which will be screened from May.

The BBC are one of the key supporters of UK Athletics and their *Athletics Focus* magazine programme was introduced to replace *Football Focus* during the summer months. BBC covered almost every major meeting this year.

Coe launches development

THE president of the Amateur Athletic Association, twice Olympic gold medallist Sebastian Coe, launched the first England Athletics Developing Athletics conference last week.

In his opening address, Lord Coe emphasised how sport had changed over the last 20 years and that now there was a need for the sport to compete in a competitive environment.

More than 100 people attended the one-day conference, which addressed the issues of Active Sports and Social Inclusion. AAA national lead officer Paul Eales addressed the audience on how the Active Sports programme is

making an impact with athletics across England. He went on to emphasise how important the aspect of 'partnership' was in the development of the sport at a local level.

The social inclusion aspect was expanded on by Sam Keighley of Sport Action Zone for Bradford. She explained the Government's agenda for sport, and the vital role athletics can play in terms of social inclusion.

Finally, the conference was drawn to a close by AAA director Chris Carter who praised the regional development co-ordinators, who he said had made a tremendous impact in their first two years of existence.



Sebastian Coe gives the opening address at the Developing Athletics congress

Caines joins new sports agency

EUROPEAN 400m bronze medallist Daniel Caines has signed up to join a brand new athletics arm at London-based agency Global Sport Ventures.

The sports agency, which also deals with football, golf and boxing, set up the athletics division under the supervision of former Inter Counties 100m champion Lenny Paul and he believes nurturing athletes is the key to any future success.

Paul said: "The market is pretty big and our own philosophy is, we want to keep things nice and small with no more than 10 athletes."

"We also aim to target the younger athletes and the real aim is guidance through to the 2004 and 2008 Olympics."

"We hope to nurture the athletes and make sure the athletes we do have don't clash by competing in the same events."

Besides Caines, the agency has also signed Great Britain 110m hurdler Damien Greaves, Commonwealth 100m hurdler Melani Wilkins and leading sprints' coach Tony Lester.

Paul, who won 1998 Olympic bobsleigh bronze, in the last of his four Winter Olympic appearances, explains athletics is easy "when you are winning" but the younger athletes need help at every stage in their careers even if it is just a free pair of spikes.

The former Belgrave Harrier, who was introduced to the sport at the age of 28, has now retired from sprinting. He ran a best of 10.30 for the 100m.

Op pinpoints cause of pain

THE UK all-time high jump No.6, Michelle Dunkley, believes a third knee operation in three years can finally end her injury torment and she hopes to return to full training in the spring, writes Steve Landells.

Dunkley, who competes for Woodford Green and Essex Ladies, is a supremely gifted jumper but since the 1998 Commonwealth Games has suffered pain in her right knee, which is also her take-off leg.

The 24-year-old sports science lecturer underwent knee operations in 1999 and 2001 in an effort to rectify the problem but it was only after a third op in July this year – which wiped out her 2002 season – that a torn patella tendon was discovered.

"I was quite relieved to find the problem as I've suffered pain in my knee since the Commonwealth Games in 1998," she said.

"If the problem hadn't been found, and I was still in pain, I honestly think I would have retired by now.

"I'm back in rehab at the moment and the only pain comes from a stretching of the tendon, which is to



Michelle Dunkley: hopeful

be expected following an operation."

The Mike Holmes-coached athlete hopes to return to full-training in the spring with a view to returning to competition in July next year but stresses she has to take things one step at a time.

"I just hope to be able to get a couple of injury-free months behind me and see how I can jump next summer," she said. "I was in pain jumping my personal best of 1.93m in 2000, so I know there is a lot more

to come. But I'm already looking towards next winter and the 2004 season."

Dunkley, who finished fourth at the 1998 Commonwealth Games, stands only two centimetres shy of the British record held jointly by Susan Jones, Debbi Marti and Diana Davies and believes only Jones stands in her way of the current crop of domestic high jumpers.

"I see only one person really challenging me and that is Susan," added the Loughborough-based athlete.

"Susan is jumping very well but it is just typical that when I have a season out, the standard of the event seems to take a dip."

■ DUNKLEY is to be joined by eight-time English Schools' champion Aileen Wilson at Woodford Green and Essex Ladies. Wilson, the 2001 World Youth high jump champion, has suffered an injury-disrupted season and failed to make the Scotland squad for the Commonwealth Games.

But the 18-year-old Birmingham University student has decided to switch from Edinburgh Woollen Mill to join her new club.

Aussies move coach

A TRIO of top Australian distance runners, Craig Mottram, Benita Johnson and Georgie Clarke, have moved coaches to team up with fellow Aussie Nick Bideau in partnership with Britain's Alan Storey.

Mottram, the World Cup 3000m winner, Johnson, who finished fourth in March's world cross country short-course race and Clarke, the highly gifted teenage middle-distance star, are expected to be based in Teddington, London for much of the European summer season.

Bideau is the partner of Ireland's Olympic 5000m silver medallist Sonia O'Sullivan.

Storey, UK Athletics' high performance manager for endurance events, coaches O'Sullivan.

Regional teams

ATHLETES who wish to run for the South West at the Reebok Challenge in Margate on November 17 should call David Varney on 01726-813920. The South West Championships will be held at Exeter on December 1. Call 01823-350532 for details.

Athletes wishing to run for the Eastern Counties in Margate or at a representative match on November 2 should call Mike Barnsdale on 07813-747822.

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American international Weldon Johnson acted as minder to Paula Radcliffe during her world best marathon run in Chicago. STEVE LANDELLS spoke to the passionate athlete, who boasts his own successful running website and is good pals with American President George W Bush

"Of course I don't mind being beaten by a girl," jokes Weldon Johnson in an unmistakable Texas drawl. "Especially, if that girl is Paula Radcliffe."

Johnson earned minor celebrity status as the American who helped pace Radcliffe to her sensational world record-breaking marathon performance in Chicago earlier this month. His timekeeping throughout the race undoubtedly contributed to the Briton's excellent time of 2:17:18, although Johnson, who ran with Radcliffe until 25 miles, admitted he didn't want to steal her thunder over the last mile and so let her run ahead in the closing stages.

So would Johnson have beaten Radcliffe?

"Ha, ha," he laughed, "that's the eternal question, we'll never know, but let's just say I didn't feel too good at the 25-mile mark." He eventually completed the course in 23rd place, one position and 52 seconds adrift of Radcliffe, slicing almost two minutes from his personal best.

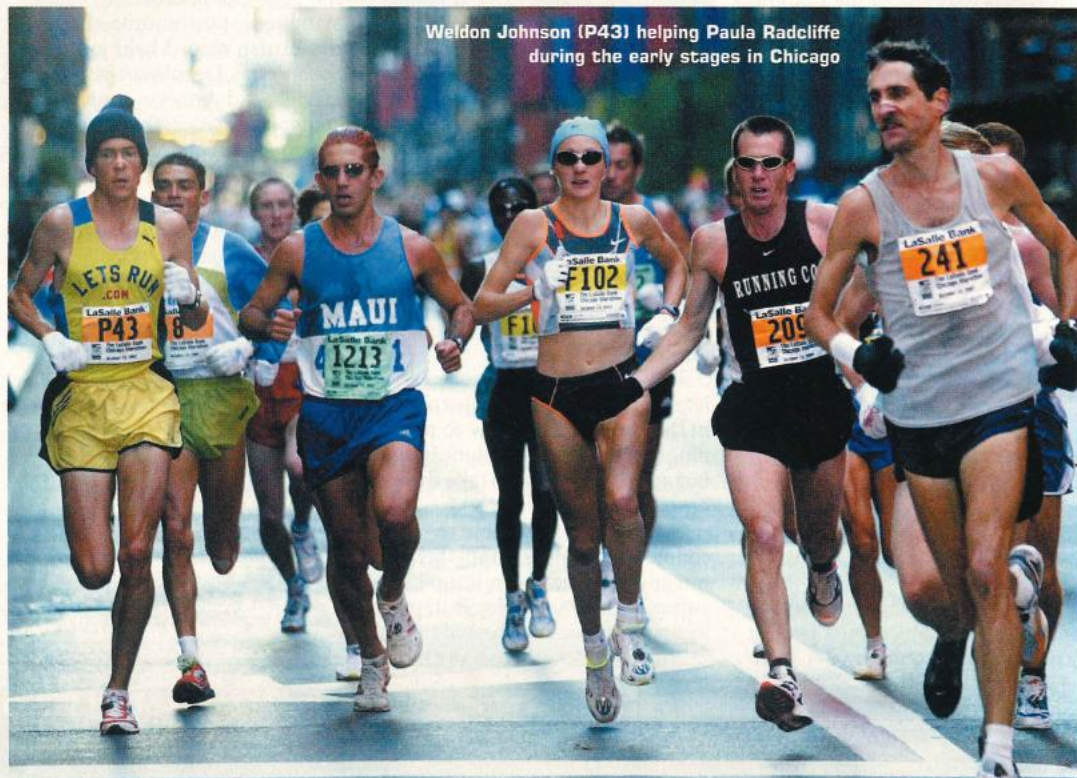
But just who is Weldon Johnson?

Texas-born, but now resident in the 7000ft high Arizona town of Flagstaff, Weldon is one half of the Johnson running twins, with Robert, a 2:21 marathon runner, making up the other half.

In a quirky twist, Robert acted as pacemaker to Kenyan Catherine Ndereba as she recorded the former world best mark for the marathon in last year's Chicago race, a mark which Radcliffe obliterated by some 89 seconds earlier this month.

The 29-year-old admits he was no great college athlete, but he has blossomed in the past two or three

The Minder



Weldon Johnson (P43) helping Paula Radcliffe during the early stages in Chicago

years under the coaching of John Kellogg. Last season he recorded an impressive 10,000m personal best of 28:27 and represented the USA in the 1999 World Half-marathon Championships in Palermo. However, an unfortunate bout of food poisoning picked up the day before the world half limited him to jogging round in 75 minutes.

So how did the opportunity to pace Paula come about?

Johnson, who has been suffering from a heel injury for much of the year, and who helped the men's spacing in last year's Chicago, emailed the Chicago Marathon organisers to offer his services to act once more as a pacemaker.

He was again accepted, but this time he was asked by race director

Carey Pinkowski if he would help Paula Radcliffe go for a world best in the women's race.

Johnson said: "I thought 'the women's race, that's even better.' I spoke to Gary (Lough, husband and manager to Radcliffe) about the pace I should run, and he explained they were looking at 5:15 miles. The original intention was that I should run until 20 miles."

However, Johnson is keen to stress he was one of *three* minders aiding Radcliffe – the other two athletes were Michigan-based Brian Sell and Richard Brinker, who intended to look out for Radcliffe until the 15-mile mark.

Johnson added: "Paula faced one or two problems with runners around her in the early stages and

once or twice I had to tell runners to back away from her but Paula said, 'I don't mind.'

"She didn't say too much, but when I told her the split of 5:23 for the 23rd mile, when she was having trouble with her stomach, she yelled, 'What!' She then ran the next mile in 5:09 into the wind. She does everything all out. "Although if Paula had stopped with the stomach problem, I really don't know what I would have done."

He also revealed that when Kenyan Catherine Ndereba, the chief rival to Radcliffe, slipped 20 seconds behind the Briton in mid-race, a minder dropped back to help pace Ndereba 'for the sake of fairness.'

He added: "I don't think people realise how windy it was in Chicago. For the last four miles it was a killer wind. But we never ran in front of Paula to protect her (from the wind). We didn't think that was fair."

"But Paula is incredible, she never seems to tire. It's like a fairytale. She always used to be the girl who finished second or fourth, the girl who tried her heart out but was never quite talented enough. Now she's the girl that wins all the time."

"At the end of the race Gary must have thanked me a thousand times for helping Paula break the world record and offered me money for helping them. But I said 'money

Johnson makes most of opportunity

NEVER one to miss an opportunity, Johnson donned a yellow race vest advertising his own website in Chicago and admitted Paula Radcliffe is a big fan of the site.

Letsrun.com was devised by Johnson and his twin brother two years ago as a dedicated site for the serious distance runner, and it has proved one of the most popular running sites in America.

It is fiercely anti-drugs – and he believes this is a major factor in why

Radcliffe is a big supporter.

"She posts things on to the website," Johnson said. "We are not afraid to voice our opinion of the drugs issue and question athletes about it. Paula has always been very supportive."

The website has also broken a number of exclusives including the story about two-time Olympic 10,000m champion Haile Gebrselassie competing in last year's World Half-marathon Championship in Bristol.

Paula Radcliffe
dressed to beat the
windy city's worst



doesn't come into the issue.'

"It was a lot of fun and an honour to be a small part of the record. I've had a great response from people in Britain, maybe I ought to move over there. Everyone has been very kind but the kindness is too much.

"Although I was pleased with my own performance I got to 20 miles and thought I might as well complete the race."

Johnson said he first met Radcliffe in Ireland, when the pair were receiving treatment in March from legendary physical therapist Gerard Hartmann.

And the Texan admitted he was awestruck by Radcliffe's intensity and sheer appetite for training each and every day.

"I was receiving treatment from Gerard and I said 'to break myself gently I would go out with Paula.' Gerard said, 'You think you're ready to go out with Paula do you?' I thought to myself, at least I could jog with her, but he replied 'you are not ready for another week'."

The American admitted the first taste he experienced of Radcliffe's mind-boggling ability came when he asked her how a training session had gone, and she replied: "It was an easy session, I was running at marathon pace, 5:15 a mile." Johnson admitted he took a moment or two for the sentence to sink in and

Paula and the President

FOR just a few hours earlier this month it could be argued Paula Radcliffe became the most famous person on the planet after her world marathon record in Chicago.

But for the rest of the year, the President of the United States, George W Bush, probably holds this title. It is therefore interesting to note that Weldon's father, Clay, is a personal friend to the President. Indeed, his father actually works in the White House.

Weldon himself describes the president as a personal friend and also likens Bush's running style with that of Radcliffe.

"My father was best buddies with George at school and college and I've known him for years. George is a keen runner and can run about three miles in 21 minutes. His style is similar to Paula in that he's all out, but I suppose, if you are president and you only have 30 minutes a day to run, you'd want to make the most of it."

He added: "Of all my dad's friends, I'm probably closest to George. On a one-to-one level he can relate to people better than anyone I've ever met."



Join us, says Johnson

WELDON JOHNSON is hoping to persuade Paula Radcliffe to move from her traditional American training base in Albuquerque, New Mexico, to join him in Flagstaff.

Athletes from across America and Britain regularly flock to Johnson's Arizona home to use it for altitude training. "It would be great if she

could come over to Flagstaff," he said. "But I don't think she would want to leave Albuquerque. After all, things have worked out pretty well for her in the past."

Among the dozens of athletes who have based themselves at Johnson's home are Great Britain cross country international Matt Smith and England's Commonwealth 1500m finalist Tom Mayo.

quickly calculated that would equate to a 2:16-2:17 marathon.

He also admits another stunning example of Radcliffe's fitness came after Johnson completed a 'nice solid run' in his rehabilitation back to full fitness in Ireland.

"I told Hartmann it took me 15 minutes to run to the bridge and he said, 'which bridge'?"

"I thought there was only one bridge, but he explained there was a footbridge 600 yards further on from the bridge I described. He said Paula had reached the footbridge in 15 minutes. That meant she was 600 yards ahead of me.

"She is such a dedicated athlete. I don't know how someone can be that intense about their running all of the time."

He is also convinced Radcliffe can run much faster and he fully expects her to win gold over 10,000m at next year's world championships.

But he proposes a challenging

theory for what she should try and achieve in Olympic year in 2004.

"People are saying, is she going to do the marathon or the 10,000m in Athens? But if the timetable allows, she could do both."

Johnson, a Yale University economics graduate, also harbours Olympic ambitions and is hoping to make the US team in either the 10,000m or marathon.

In the meantime, Johnson is concentrating on training in Flagstaff in an effort to lower his personal bests in a bid to book his place in America's world championship squad.

"I just love to go out and run," he said. "I worked for two years as an economics consultant to save up enough money to go full-time as an athlete."

"People say that must be really hard. But I say, no, it would have been much harder to carry on my job and to have missed the opportunity to be a full-time athlete."

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Marathon run partially eclipses Wang's 10,000m

PAULA RADCLIFFE's world best marathon performance is better than Wang Junxia's infamous 10,000m record, according to the IAAF's scoring tables, writes Jason Henderson.

A glance at the IAAF's statistical charts, which are widely-known as 'Hungarian tables' and operate in a similar way to decathlon and heptathlon scores, shows that Radcliffe's phenomenal 2:17:18 marathon is the equivalent of a 10,000m run in 29:26.10 – more than five seconds quicker than Wang's world 10,000m record.

Radcliffe's 10,000m best of 30:01.09 was achieved during a solo run during a heavy rainstorm in Munich's Olympiastadion at the European Championships in August. It is the second-fastest time in history behind Wang's 29:31.78, which was set under suspicious circumstances at the Chinese National Games in September 1993.

For Radcliffe's marathon mark to be judged superior to Wang's 10,000m time is significant, because it suggests that the 10,000m

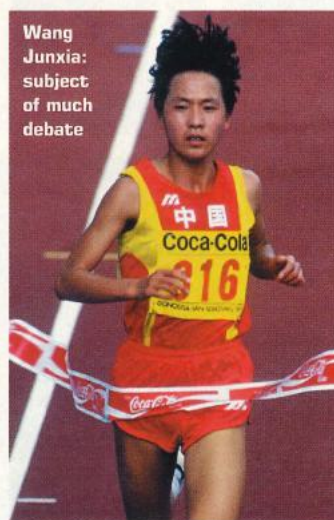
record is within Radcliffe's grasp.

Wang's performance has been the subject of much debate in the pages of *Athletics Weekly* since an opinion piece appeared in the August 14 issue written by former AW editor, Mel Watman.

Wang, who was only 20 at the time, improved Ingrid Kristiansen's world 10,000m record by almost three-quarters of a minute in Beijing. Her previous best had been a mere 30:49.30 and her pre-1993 best an unremarkable 32:29.90.

The final 3000m of this unbelievable 29:31.78 clocking was timed at 8:17.47. At the same time, Radcliffe, who had beaten Wang in the junior race at the previous year's world cross in Boston, had a 3000m best of 8:40.40. To add further doubt on the credibility of this performance, the fastest Wang has run since is 30:50.74.

In addition to being 'better' than Wang's 10,000m record, according to the scoring tables, Radcliffe's marathon also equates to 10.42 for 100m, 47.14 for 400m and 3:48.94 for 1500m. The current world rec-



Wang Junxia: subject of much debate

ords for these distances are held by Florence Griffith Joyner (10.49), Marita Koch (47.60) and Qu Junxia (3:50.46).

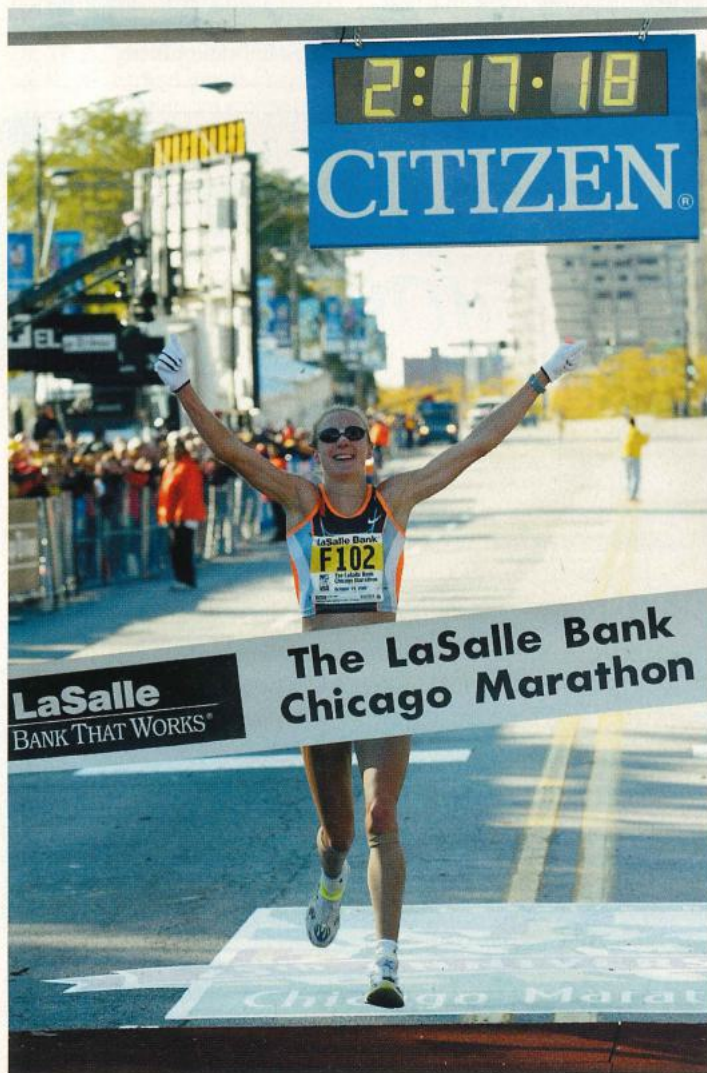
However, doubt must be cast over the consistency or reliability of the tables, as Radcliffe's marathon mark is considered inferior to the current world records in field events

such as the high jump, long jump and shot.

Radcliffe's 2:17:18 scores 1302 points, for example. Yet Galina Chistyakova's world long jump best earns 1329 points according to the tables. Men's world records, such as Michael Johnson's 19.32 200m mark, also score more.

Looking at 2002 alone, Radcliffe now leads the world rankings at every distance from 5000m to the marathon. With 8:22.20 she is second only to Gabriela Szabo on the 3000m rankings. Her 5000m victory in Manchester is more than two seconds quicker than the second-best, Berhane Adere's 14:33.65, and within striking range of Jiang Bo's world record of 14:28.09 – a mark she would surely have threatened if she had not prematurely ended her track season to concentrate on preparations for Chicago.

Add to this her world cross and London Marathon victories and Radcliffe is the outstanding favourite to land the IAAF's world athlete of the year award.



Phenomenal: Radcliffe's mark is statistically superior to other track records

Beaten by Paula, but still smiling

YOU might have thought West Cheshire and Tameside Harrier Chris Birchall would have been a shade embarrassed to finish lead British man in the Chicago Marathon, some two places and more than a minute and a half behind Paula Radcliffe, writes Steve Landells.

But the 23-year-old Chicago-based student admitted 'he hasn't stopped smiling' since wiping 25 minutes from his marathon personal best to clock 2:18:57 on the streets of the 'Windy City'.

Birchall, who finished 14th in June's AAA 10,000m Championship, was spotted on TV running alongside Radcliffe up until the six-mile point before forging ahead by 40 seconds.

The Bedford-athlete later caught and passed the e-commerce masters student at the 19-mile mark, before going on to defeat him by 1:39.

But the young Briton, who is studying at DePaul University, had only registered a modest 2:43 when running his one previous marathon, in London four years ago. So a 25-minute improvement was rightly viewed as a big success.

"To be honest, I was aiming for 5:20 miles and I was expecting Paula to be well ahead of me," Birchall said. "I haven't stopped smiling since. I was running alongside her in the group from one to six miles but I was feeling really good at six miles, so I kicked away."

"She caught me at 19 miles, but it really helped me running alongside her, although I was conscious I didn't want

to distract her."

The Gordon Thomson-coached athlete was understandably highly impressed with Radcliffe's run, adding: "It was an amazing. I expected her to break the world record but not by a minute and a half."

But he was naturally elated with his own performance and he believes a better lifestyle, which includes more sleep, better food and higher mileage has contributed to his success.

The Manchester-born athlete notched up more than 100 miles a week in preparation for the marathon and earlier this year he also sliced a massive 59 seconds from his 10,000m personal best at the Penn Relays with 29:29.

He hopes to further chip away at his 10km personal best but he has no plans to run another major marathon in the near future.

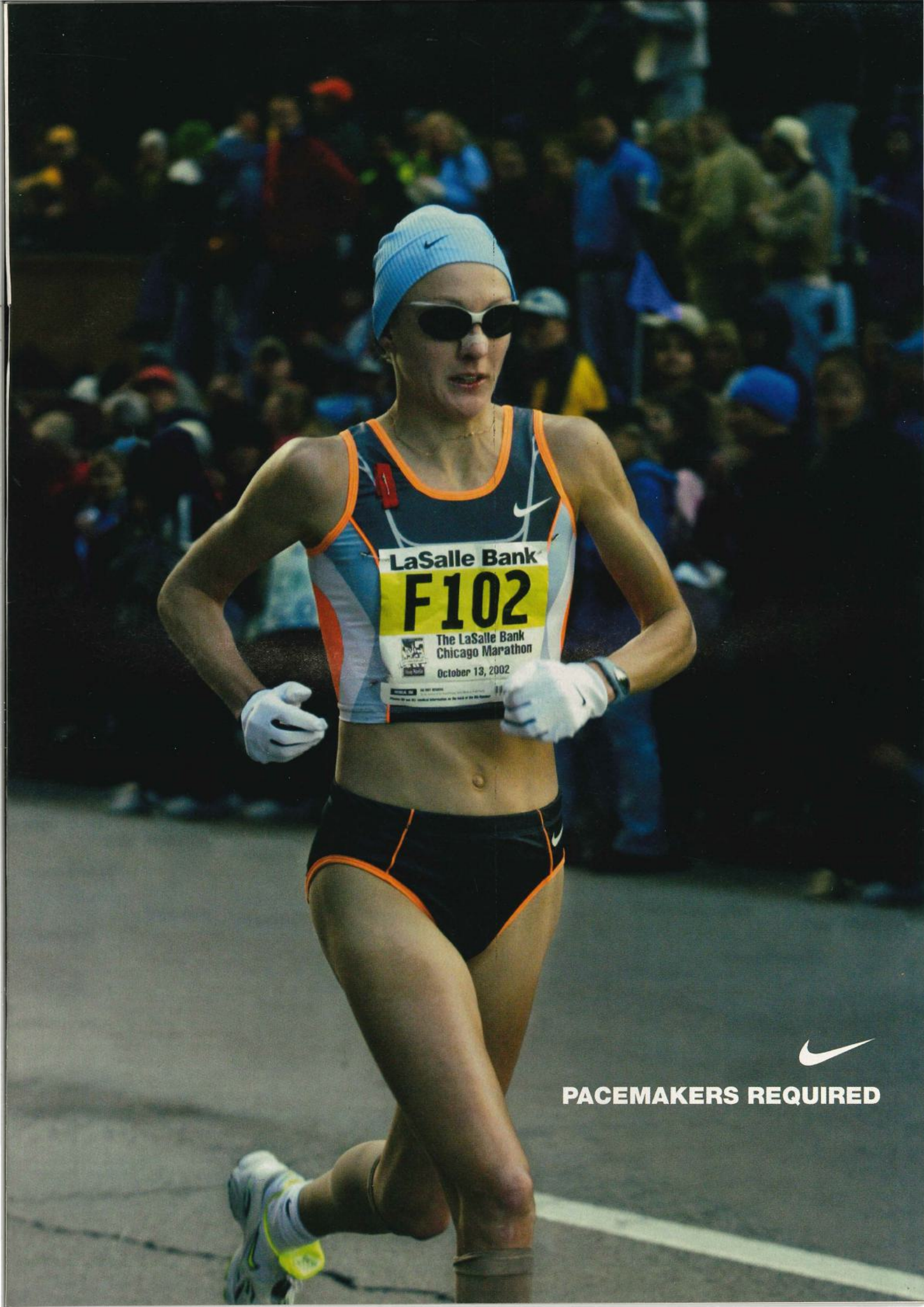
"I don't think I can run much better in London next year than I did here. My next marathon will probably be London in 2004. My next target will probably be next year's Penn Relays on the track."

But when quizzed about whether there was any embarrassment about the lead British man finishing behind the top British woman in Chicago, he admitted: "I suppose it does say a lot about the strength of British men's marathon running but it also says a lot about Paula's achievements."

He then cheekily added: "I'm a bit younger than Paula, I've got a few more years progress to make."



■ **NEXT WEEK:** Meet the forerunner to Paula Radcliffe – Dale Greig, the Scottish marathon world record-breaker who never made a penny from the sport



PACEMAKERS REQUIRED

What Moore can anyone say?

WHO will forget the two Commonwealth Games races where she battled back to first achieve a UK junior 800m record, then go on to better this in the final and become the first British junior woman under two minutes.

Then, after a couple of weeks' rest, Charlotte Moore moved to sixth place on the all-time list over 1500m; while for the tenth year running, no one moved into the 3000m all-time top 10. Compared to the millions watching Charlotte, I well recall only 100 or so of us watching Sarah Andrews and Sandra Arthurton finishing side-by-side in an enthralling, tactical 1500m race 25 years ago at the Schools' International.

Outstanding on the field was Claire Smithson, with 10 discus meets over 50m, two beyond the UK junior record and 25 feet better than anyone else, while on the track Vernicha James was supreme with her world championship-winning time taking her to second on the UK junior all-time 200m list plus two more podium placings.

The pole vault is one of the new events, but even so the standard has improved no end, with Kate Denison and Zoe Brown achieving UK

Statistician PETER MARTIN reviews a successful year for under-20 British women



Claire Smithson: an outstanding season

junior records after a dozen meetings where they both cleared more than 3.70m.

Breathing down their necks was Hannah Olson, displaying a consistency most would envy despite being too young to compete in many meetings; definitely one to watch.

Another new event gaining in stature is the hammer, an event Marea Hartman would have been proud of, bringing on her 'Big Girls'. Both girls at the top of this season move up an age group, with Laura Douglas having gone over 50m in some 20 meetings with great consistency

and Nicola Dudman missing the UK junior record in the Commonwealth Games Trials by a foot. However, behind them are many youngsters who will fight out next season's championships, so many it is difficult to visualise the eventual leader.

We had a very fluid and consistent Gemma Ferguson in the short hurdles and as the three top javelin throwers stay juniors next season they have a target, knowing 10th place in the all-time rankings with the old style spear was 55m.

Let us not forget the relays this year, the 4x400m silver medallists at Kingston sliced three seconds off the UK junior record, while the Liverpool Harriers team at Derby achieved a UK club under-20 and under-19 best. In the sprint event, our national team reached the all-time top 10 on three occasions, while another quartet claimed the under-19 best time.

There were other events where standards did not improve, including the long jump. The high jump was perhaps the worst – in 1980 38 girls cleared 1.70m – possibly related to the introduction of the Fosbury, with its inevitable coaching restrictions at school.

■ UNDER-20 women's UK rankings, see overleaf.

CALIFORNIA-based teenager Ryan Guy has made remarkable progress since being coached by legendary former world record-holder in the triple jump Willie Banks, writes *Karien Jonckheere*.

But despite the 17-year-old from San Diego's love for athletics, he sees his future in the world of football.

Ryan's grandparents moved from England to the US some 40 years ago and so, should Ryan ever reach international level in either athletics or football, he could represent this country. "He's always had a lot of British influence and he does a great English accent so I think he should compete for Britain," says his

Coached by a field legend

grandfather Mick (pictured below left with Ryan and Banks), with a laugh. When asked if he would consider representing Britain, Ryan's response was: "For sure! I've always loved it and always will, but I think because I've grown up here I'd most likely represent the US."

Ryan has been involved in athletics from the age of eight, competing in long and triple jump as well as the 400m and for the past five years, Willie Banks has volunteered his coaching services at Ryan's high school.

"The athletes at the school didn't know who he was at first but he has been an incredible influence – once they knew who he was," explained Ryan's grandfather.

Always known as a great entertainer in his jumping days, Banks apparently carries this trait over into his coaching. Ryan claims he has seen an "immense increase" in his jumping since coming under Banks' tutelage. "He tells us what we're doing wrong and is very upfront and honest and that's really helpful. He's an inspiration as well as a technical expert." And Banks, who during his career revolutionised the triple jump, has only good things to say about Ryan.

"He's a great kid. Ryan is an all-round athlete. I've seen very few athletes, even at world class level,

who have his talent, not necessarily in the triple jump but as an all-round athlete. Everyone is impressed with how athletic he is," he says, sadly conceding to the fact that Ryan's first love is football and he is most likely to go down that road in the future.

"It's a shame because we could use someone like him in athletics," says Banks.

As a midfielder in the US Region IV Olympic Development Team, Ryan will most probably go on to play in the National under-18 team and go to university on a football scholarship. "Unfortunately I have to choose between the two sports and I will most probably choose soccer. I feel I could get further with soccer as a career. It's already taken me to Italy, Germany and Costa Rica ... maybe if I was that much better I would consider track and field," explains the teenager.

"I still enjoy watching track and field more than football though," he adds, explaining that athletics gets very little coverage on US television. "If there was more publicity for it, more people would realise what a beautiful sport it is," he says, adding his thoughts on the rapid growth of soccer in the United States. "Soccer will be the biggest sport in the US within the next 10 to 15 years – even Willie Banks' son plays soccer."

Head-up hurdler

MILTON Keynes hurdler Rupert Gardener's aim of reaching the 2003 European Junior Championships will keep him motivated through the winter and he has recently received the added boost of lottery funding.

In only his second season of 400m hurdling, the 18-year-old A-level student recorded an emphatic victory in the English Schools' senior boys race in a personal best time of 52.29, adding gold to the inter boys title he won last year. "It was just the perfect race," he said. "In my first year as an under-20 I just wanted to make a mark."

But now his attention has shifted to next season and competing in Finland at the European Junior Championships. "The Europeans is my main aim and something to keep me going because each session I do, I can get my time down and hopefully do well there."

"That's what I'm aiming to peak for because I'd like to get a medal. But I'm going to have to run low 51s or high 50s," he explains.

The former rugby player is coached by Gary Jones and trains alongside Olympic hurdler Matt Douglas, English Schools' combined events silver medallist Faith Cripps, Hannah Stairs and Mark Jessop and describes the group as "quite social ... we always have a good laugh so it's a lot of fun."

Rupert says Matt is an ideal training partner: "It's good to run off him in training and see where I am so in that way he is a kind of role model for me."



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Fresh colourway on this yearly best seller. Very lightweight, dual density midsole with visible e-Cell cushioning in heel and forefoot. State of the art technology shoe with ultimate stability and cushioning.

SAVE
£40

RRP £79.99 OUR PRICE **£39.99** PUM 512



NIKE THERMOSTAT GLOVES

S/M

Nike thermal knit glove. Ideal for running or any sporting activity.

SAVE
£5

RRP £9.99 OUR PRICE **£4.99** NIK 1042A

VIEW FROM BOTTLE BELT

Includes sports bottle. Reflective trim. Zipped pockets and adjustable strap.

SAVE
£5

RRP £12.99 OUR PRICE **£7.99** VIE 47B



VIEW FROM HI-VIZ RUNNING BIB

SAVE
£2

One size Ideal night training bib with reflective trim.

RRP £9.99 OUR PRICE **£7.99** VIE 75



VIEW FROM WATER REPELLENT HAT

SAVE
£3

View From Water Repellent Hat

RRP £7.99 OUR PRICE **£4.99** VIE 92/93



VIEW FROM CoolMax TRAINING SOCK

S = 4-7,

M/L = 8-10

High wicking action. Cushioned foot. £3.99 or 3 for £10

SAVE
£10

GREAT PRICE **£3.99** VIE 41



NIKE AIR LADY MAX GLARE

3½,4,4½,5 UK sizes

This fantastic looking shoe offers the lady runner a lightweight, comfortable and durable shoe with a visible Air Max unit in the heel and Air in the forefoot.

SAVE
£30

RRP £79.99 OUR PRICE **£49.99** NIK 1066



REEBOK MACH II DMX

6-14 full UK sizes

Lightweight shoe with DMX Flow-pak giving you great comfort and flexibility. An excellent road running shoe at a bargain price.

SAVE
£25

RRP £64.99 OUR PRICE **£39.99** REE 1131



ETONIC PRO IV

7½-11 inc ½ UK sizes +12+13+14 D width

7-11 inc ½ UK sizes +12+13 2E width

Successor to the award winning Pro III - incredible cushioning and stability, now lighter and more flexible but still providing maximum support and durability.

SAVE
£20

RRP £59.99 OUR PRICE **£39.99** ETO 31D/312E



ASICS LADY GEL 1060

4,5,6 UK sizes

Specifically constructed ladies version of the 1000 series shoe. Gel cushioning in the heel of this mild overpronators shoe.

SAVE
£15

RRP £69.99 OUR PRICE **£44.99** ASI 283



NIKE DRI-FIT AIRBOURNE SPORTS BRA

Dri-Fit sports bra which moves moisture away from the body to the outer layer. NIK 1370 GREEN 8,10,12,14 +16

SAVE
£17

RRP £29.99 OUR PRICE **£12.99** NIK 1370



SAUCONY JAZZ I3

7½,8,8½ +9½ UK sizes

Exceptional on and off the road shoe featuring Grid rearfoot technical cushioning. Also with the award winning outsole that wears excellently on the road while giving great traction off the road.

SAVE
£20

RRP £59.99 OUR PRICE **£39.99** SAU 76



SAUCONY JAZZ 5000

6-11 inc ½ UK sizes +12+13 SAU 79

4-8 inc ½ UK sizes SAU 79A

Successor to the Jazz 5000. Features everything you would expect from the Jazz series with improved cosmetics.

SAVE
£15

RRP £49.99 OUR PRICE **£34.99** SAU 79/79A



SAUCONY LADY JAZZ I3

5½-8 inc ½ UK sizes

Exceptional on and off the road shoe featuring Grid rearfoot technical cushioning. Also with the award winning outsole that wears excellently on the road while giving great traction off the road. Built on a ladies last.

SAVE
£20

RRP £59.99 OUR PRICE **£39.99** SAU 80



PUMA LADY COMPLETE PRYDE

3-8 inc ½ UK sizes

A high mileage, response training shoe with a great blend of stability and cushioning features iCell heel blended iD cell forefoot and Archtec support.

SAVE
£30

RRP £59.99 OUR PRICE **£29.99** PUM 513



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2002 UK junior women's rankings

100

11.40/11.39w	Vernicha JAMES	Bel
11.68/11.51w	Amy SPENCER	U17, Bel
11.70	Jeanette Kwakye	WG&EL
11.77/11.75w	Montell DOUGLAS	U17, Brom
11.79	Lisa Miller	Camb H
11.87/11.75w	Danielle Norville	Tel
11.88/11.70w	Jade LUCAS-READ	Team S
11.89	Sinead JOHNSON	U17, Tel
11.92	Kadi-Ann THOMAS	U17, Milt
12.01	Amala ONUORA (12.0)	U17, Bel
12.02	Olannre ATJOSAN	U17, Camb H
12.05/11.83w	Anyika ONUORA	Liv H
12.05	Louise HAZEL	U17, Peter
12.08/11.82w	Sara Whigham	EWM
12.08/11.9	Carley WENHAM	U15, Craw
12.09/12.05w	Karen Oughton (11.9w)	Cov
12.09w	Gemma Ryde	Dunf
12.10	Helen TAYLOR	Southport
12.15	Kirsteen McDiarmid (12.1)	U17, Pit
12.19	Claire Rooney	Glas
12.20/12.19w	Molly RUSSELL (12.2)	U17, Rad
12.21	Nicole MacDermott (12.2)	U17, WSEH
<i>wind-assisted</i>		
12.03w	Carolyn McKENNA	EWM
12.06w	Emma BAILEY	Rugby
12.16w	Gemma BENNETT	Newham
12.16w	Danielle BARKER	U17, Neath
12.18w	Louisa WELLS	W Suff
<i>hand timing</i>		
12.0	Katherine JONES	Cannock
12.0w	Symone BELLE	VP&TH
12.0w	Nicola ROBINSON	U17, Nun
12.1	Eleanor CANEY	Soli
12.1	Cherie PIERRE	SBH
12.1	Catherine HOLDSWORTH	U17, Colch
12.1w	Rebecca Britton	Tipton

200

22.93	Vernicha JAMES	Bel
23.44/23.46	Amy SPENCER	U17, Bel
24.05/23.89w	Lisa Miller	Camb H
24.29	Anyika ONUORA	Liv H
24.33	Montell DOUGLAS	U17, Brom
24.35	Danielle Norville	Tel
24.59	Gemma Ryde	Dunf
24.70/24.11w	Kim Wall	Basil
24.73	Katherine JONES	CSS
24.75	Karen Oughton	Cov
24.80	Cherie PIERRE	SBH
24.81/25.09	Jemma SIMS	Notts
24.85/24.60w	Sara Whigham (24.4w)	EWM
24.86	Louise HAZEL	U17, Peter
24.89	Gemma NICOL (24.8)	U17, SBH
24.90	Bernice WILSON	Birch
24.93	Emma STRACHAN	U17, Leam
24.96in/24.98	Amala ONUORA (24.7)	U17, Bel
24.97	Shereen CHARLES	ESM
25.00	Sinead JOHNSON	U17, Tel
25.01	Donna WALKER	U15, SLH
25.02	Amy DOWSETT	Croy
25.05	Sabine ASTARITA (25.0)	U17, Kirk
25.06i	Phyllis AGBO	U17, TVH
<i>wind-assisted</i>		
24.52w/24.72	Jessica ENNIS	Sheff
24.67w	Amala ONUORA	U17, Bel
24.97w	Katie FLAHERTY	U17, Basil
25.10w	Jackie SCOTT (25.0 in)	Pit
<i>hand timing</i>		
24.5	Carley WENHAM	G15, Craw
24.6	Faye HARDING	Wrex
24.9	Simone BAUGH	U17, Derby
24.9	Anyika ONUORA	Liv H
24.9	Laura FINUCANE	U17, Pendle
24.9w	Victoria GRIFFITHS	Liv H
24.9w	Eleanor CANEY	Soli

400

53.18	Lisa Miller	Camb H
53.84	Vernicha JAMES	Bel
54.05	Kim WALL	Basil
55.00	Gemma NICOL	U17, SBH
55.04	Natalie Street	Harlow
55.33mx	Laura FINUCANE	U17, Pendle
55.55	Faye HARDING	U17, Wrex
55.68mx/55.74	Rachael THOMPSON	U17, Liv H

Vernicha James



55.72	Victoria GRIFFITHS	Liv H
55.81/56.82	Lindsey Singer	Birch
56.0	Lisa Dobriskey	Ashford
56.01	Rebecca SWEENEY	Sale
56.14	Marilyn OKORO	SBH
56.2	Charlotte BEST	Crawl
56.30	Natalie PLATEAU	Radley
56.43/56.3	Jemma SIMPSON	N&P
56.49	Kathryn EVANS	Elgin
56.54i	Olivia Hines	HHH
56.6	Claire Brason	Sale
56.7	Melanie CANNING	ESM
56.75	Kim Searle	KuH
56.84/56.7	Sophie DOUGLAS	GSG
56.88/56.7	Lauren CANDLISH	U17, EWM
56.93mx/57.0	Charlotte MOORE	Bourne
57.0	Sian SCOTT	Bourne

800

1:59.75	Charlotte MOORE	Bourne
2:03.86	Lisa Dobriskey	Ashford
2:04.11	Jemma SIMPSON	N&P
2:05.87	Katrina WOOTTON	U17, Bedford
2:06.82	Rachael THOMPSON	U17, Liv H
2:06.97	Donna Riding	Sale
2:07.4 mx	Danielle BARNES (2:11.27)	U17, N&P
2:07.44	Laura FINUCANE	U17, Pendle
2:07.98i	Hayley BEARD (2:08.91)	U17, SNH
2:08.9	Morag MacLARTY	U17, Central
2:09.00	Faye FULLERTON	Haver
2:09.25	Charlotte BEST	Crawley
2:09.74	Anna SIMMONDS	U17, Worc
2:10.23	Nisha DESAI	Morpeth
2:10.95	Lois BROOKS	U17, S'port
2:11.10	Adele BEVAN	Crawley
2:11.29	Nikki HAMBLIN	U15, Dorch
2:11.3	Hannah ENGLAND	U17, Oxford C
2:11.4	Abby WESTLEY	U17, Hallam
2:11.53	Stacey JOHNSON	U17, C&S
2:11.9	Sally OLDFIELD	Kettering

1500

4:13.94	Charlotte MOORE	Bourne
4:14.58	Lisa Dobriskey	Ashford
4:19.93	Katrina WOOTTON	U17, Bedford
4:19.98	Freya Murray	EWM
4:23.30mx	Rachael NATHAN (4:26.9)	U17, Linc W
4:24.53	Danielle BARNES	U17, N&P
4:24.76	Faye FULLERTON	Haver
4:25.3	Sally OLDFIELD	Kettering
4:26.25	Vicky HOLLAND	U17, Chelt
4:26.43	Jemma SIMPSON	N&P
4:27.77	Josephine HARPER	U17, C&S
4:27.84	Eleanor Baker	SLH
4:28.3	Lauren DEADMAN	Haver
4:29.4	Danielle WOODS	Trafford
4:29.91	Charlotte BEST	Crawl
4:30.00	Morag MacLARTY	U17, Central
4:30.12	Charlotte BROWNING	U15, AFD
4:30.45	Nikki HAMBLIN	U15, Dorch
4:31.0	Bryony FROST	loW
4:31.17	Charlotte WICKHAM	Gates
4:31.30	Rachel JONES	U17, Forres
4:31.89	Kirsty LAW	U15, Here.Sch
4:31.94	Zoe JELBERT	N&P

3000

9:17.61mx	Charlotte DALE (9:25.04)	Invicta
9:20.2 mx	Katrina WOOTTON (9:37.00)	U17, Bedford
9:24.40mx	Danielle BARNES (9:40.76)	U17, N&P
9:24.38	Rachael NATHAN	U17, Linc W
9:31.12+	Sally OLDFIELD (9:33.51)	Kettering
9:33.0	Elaine RENOUF	U17, Pit
9:40.59	Ruth PROCTOR	Norwich
9:44.39mx	Emily PIDGEON	U15, Gloc
9:44.89	Vicky WEBSTER	SBH
9:46.09	Kathryn FROST	loW
9:46.6	Jennifer PEREIRA	M&M
9:47.53	Bryony FROST	loW
9:48.97	Aine HOBAN	Wake
9:49.07	Laura KENNEY	RSC
9:49.89mx	Gemma TURTLE (9:51.94)	U17, Chiltern
9:54.5	Faye FULLERTON	Haver
9:54.93	Jessica NUGENT	SBH
9:55.6	Suzanne BOYES	U17, Scar
9:56.5	Freya Murray	EWM
9:57.32	Leonie SMITH	U17, AFD
9:57.5	Vicky HOLLAND	U17, Chelt

5000

15:58.8mx	Charlotte DALE (16:03 R+)	Invicta
17:01.14	Henrietta Freeman	Invicta
17:17.92	Kathryn FROST	loW
17:22.10	Bryony FROST	loW
17:30.3	Ruth PROCTOR	Norwich
17:37.4mx	Rebecca SANDERS	RSC
18:24 R	Maria Gaskell ?	Brecon
18:35 R	Abigail WILSHIRE	Bristol

10,000

33:05 R	Charlotte DALE	Invicta
37:17.8	Rebecca SANDERS	RSC
41:55 R	Cheryl GUINNEY	U17, Lagan V

2000SC

6:55.83	Bryony FROST	loW
7:01.32	Kathryn FROST	loW
7:21.84	Ruth WALLER	Sale
7:43.77	Anna FERGUSON	Chelms
7:54.33	Sarah-Jane PICKETT	AFD
8:11.16	Susan McGrenaghan	Kilbarchan

100H

13.76/13.64w	Gemma FERGUSON	N&P
13.94	Phyllis AGBO	U17, TVH
13.95	Stefanie Pullinger	Bracknell
13.96	Symone BELLE	VP&TH
14.01/13.99w	Jessica ENNIS	U17, Sheff
14.11/14.03w	Gemma BENNETT	N&S&B
14.16/14.1 w	Leyna HIRD	Exeter
14.27	Channelle GARNETT	HHH
14.31	Catherine CRAWFORD	Regent
14.32	Hannah ELWISS	Preston
14.36	Catriona Pennet	EWM
14.53	Rachel Jones	Wrex
14.55	Aileen WILSON	Peter
14.73	Joanne ERSKINE	SBH
14.74/14.5	Maria GARAVAND	U17, Norwich
14.75	Louise HAZEL	U17, Peter
14.85	Danielle FAWKES	Blackpool
14.89/14.8w	Sharon-Louise WALLS	Wigan
14.94	Samantha DAY	U17, Tarnworth

hand timing

14.4w	Justine ROACH	Leics C
14.9w	Angelita BROADBELT	U17, TVH

400H

60.30	Justine ROACH	Leics C
60.46	Claire Brason	Sale
60.48	Sian SCOTT	Bourne
61.32/61.3	Faye HARDING	U17, Wrex
61.54	Melanie CANNING	ESM
62.10/61.8	Gemma DOONEY	Wigan
62.44	Maria GARAVAND	U17, Norwich
62.45	Chaire HOLMES	Wigan
62.98	Emily PARKER	E&E
63.23	Natalie KYDD	Motherwell
63.36	Natalie CHRISTMAS	Crawley
63.39	Sarah-Jane PICKETT	AFD
64.14	Gemma BENNETT	N&S&B
64.14	Carly Austin	Oxford C
64.77/63.7	Faith Cripps	Milton K

64.95/64.1	Joanne ERSKINE	SBH	11.66w/11.46	Sian Jones	Swansea	45.70	Laura CHALMERS	U17, Elgin
65.06/64.8	Sian DAVIES	D&S	11.63w/11.48	Michelle DOHERTY	Sparta	44.07	Natasha FORGIE	Dartford
65.1	Marchessa HOLLYFIELD	U17, Reading	11.60	Imogen MILES	U17, Radley	44.01	Anna JOHNSON	U15, Trafford
65.24	Ruth WALLER	Sale	11.60	Alison Rough	EWM	43.58	Emily OLIVER	Blackheath
65.3	Nadia BROMLEY	U17, Wake	11.59	Emma WOOLF	Wigan	43.37	Helen EPHGRAVE	G&G
65.31	Lucy AUKETT	Crawley	11.54	Vicky LAMBERT	Wakefield	43.36	Anna Howard	Oxford C
65.47	Rebecca Reid	Barrow	11.46	NiaBari NWIDOBIE	U17, B'pool	42.97	Lydia Morgan	Cheshire T
65.48	Angela SHEARER	Aberdeen				42.91	Sarah Deacon	Haver
65.51/64.8	Seonaid MURRAY	Macclesfield				42.65	Sarah DRAKE	Wake
■ High jump								
1.88	Rebecca Jones	Wrexham	14.23	Rebecca Peake	Derby	42.41	Sarah-Louise DOBRISKEY	Ashford
1.85	Stephanie Higham	Border	14.16	Claire Smithson	Brighton	42.41	Samantha HYNES	U17, ESM
1.83/1.75	Aileen WILSON	Peter	13.72	Charlotte Spelzini	C&C	42.35	Bethan Lishman	Border
1.80	Jessica ENNIS	U17, Sheff	13.24	Joanna Bennett	E&E	41.97	Jenna LANDER	Tamworth
1.80	Emma PERKINS	U17, Worthing	13.15	Alana SMITH	EWM	41.69	Laura ALLAN	Pit
1.78	Dominique BLAIZE	U15, KSP	13.09	Lydia Morgan	Vale Royal	41.66	Catherine MARVIN	U17, IOW
1.77	Shani RAINFORD	U17, HHH	12.86/12.58	Alison RODGER	Sale	41.41	Amy CHURCH	U17, IOW
1.73	Stephanie PYWELL	U17, Mansfield	12.85/12.79	Paula Hendriks	Wolves	41.21	Lisa-Marie Shippen	Gates
1.73i	Elizabeth SWEENEY	U17, S'thport	12.70	Nicola Dudman	Herts Px	41.06	Sarah HOLT	U17, Spen
1.73	Claire Wright	U17, S Shields	12.54	Sally HINDS	U17, Swansea	40.87	Kimberley Rawling	N&P
1.72	Emma MORRIS	U17, Brighton	12.24	Chloe EDWARDS	U17, Hunts	40.82	Elizabeth EDWARDS	SBH
1.71	Sarah FIELDING-SMITH	U17, Exeter	12.23	Kate Morris	MSM	40.51	Tanya BLOUS	U17, Gloc
1.71	Laura PITTS	WSEH	12.20	Charlotte REES	Swan			
1.70i	Catriona CHRISTIE	U15, EWM	12.12	Lucy SUTTON	U17, Oxford C			
1.70	Carly SHARP	U17, Chest'fd	12.01/11.61	Laura Douglas	Sale	47.73	Helen MOUNTENEY	Birch
1.70	Rachel HOWARD	Basil	11.96	Shelley McLellan	SNH	47.66	Samantha REDD	Brighton
1.69i	Helen SMITH	Preston	11.92	Jolene Marshall	Ashford	46.94	Louise WATTON	U17, Wimborne
1.69	Jennifer Glayshe	Croydon	11.82/11.58	Laura FOX	Ashford	46.57	Louise Mathews	Thurrock
1.69	Danielle FIDGE		11.76	Deborah COLLINSON	U17, KuH	44.72	Suzanne Finnis	WG&EL
			11.74	Louise Finlay	Rhondda	44.59	Rebecca BARTLETT	Telford
			11.70	Laura CHALMERS	U17, Elgin	43.81	Hayley THOMAS	U17, Thurrock
			11.64	Sarah BEER	Exeter	43.79	Joanna CHAPMAN	W.Suffolk
			11.62	Laura SHIRLEY	U17, Basil	43.24	Charlotte REES	Swansea
■ Shot								
14.23			11.96	Claire Smithson	Brighton	43.11	Candace SCHOFIELD	HBS
14.16			11.92	Elisha DEE	TVH	41.37	Deborah COLLINSON	KuH
13.72			11.82/11.58	Laura FOX	Ashford	41.20	Alison Siggery	Carms
13.24			11.76	Emma Forrester	Telford	41.17	Lauren THERIN	U17, Jersey S
13.15			11.74	Alison RODGER	Sale	41.04	Joanna BLAIR	U17, Cov
13.09			11.70	Lydia Morgan	Sale	41.01	Rosie SEMENYTSH	U17, WSEH
12.86/12.58			11.64	Laura Douglas	Vale Royal	40.71	Paula Hendriks	Wolves
12.85/12.79			11.62	Candice FRANCIS	Sale	40.68	Lianne CLARKE	U17, Neath
12.70				Kate Morris	U17, BMH	39.87	Christine LAWRENCE	U17, Invicta
12.54				Christina CARDING	U17, Inverness	39.80	Lisa EDWARDS	U17, Exeter
12.24				Kirsty LAW	U17, Jersey S	39.80	Laura KERR	U17, Lagan V
12.23				Lauren THERIN	U17, Blaydon			
12.20				Lianne TUCKER	EWM			
12.12				Alana SMITH	U17, Skyrac			
12.01/11.61				Amy HOWARD	Deeside			
11.96				Ffion Jones	U17, Braintree			
11.92				Hollie REDMAN	Skyrac			
11.82/11.58				Danielle HALL	BMH			
11.76				Donna SWATHERIDGE	U17, Haver			
11.74				Melanie FARRISON	Chester			
11.70				Fallon HARRISON				
11.64								
11.62								
■ Discus								
55.03			57.63	Nicola Dudman	Herts Px	4146	Sophie HALES (23:53 RB)	Steyning
46.29			55.22	Laura Douglas	Sale	4141	Claire REEVES (25:50.83)	Dart
44.07			46.59	Susan McKELVIE	EWM	4083	Nicola Phillips (26:45.5)	Dart
43.93						4060	Katie STONES	U17, KuH
42.03						3960	Rebecca MERSH	U15, Sheffield
41.73						3928	Bryna CHRISMAS	U17, KuH
40.56						3886	Natalie GEENS (27:06.2 B)	S&SH
40.45						3861	Kelly Mann	S&SH
39.67						3860	Natasha FOX	Dart
39.60						3838		
39.08						3830		
38.94						3824		
38.88						3801		
38.83								
38.69								
38.55								
38.50								
38.49								
38.13								
38.04								
■ Hammer								
57.63								
55.22								
46.59								
■ 5000mW								
24:19.06								
25:22 R								
25:37 R								
25:57.11								
27:13.8								
27:16.09								
28:06.98								
28:15 R								
28:56 R								
■ 10,000mW								
51:49 R								
52:08 R								
52:58 R								
56:34 R								
56:27.1								
■ Triple jump								
12.52								
12.39w/11.95								
12.34								
12.16								
12.10								
12.05w								
12.04								
12.03								
12.02w/11.85i								
11.93								
11.92w/11.74								
11.89w/11.77								
11.84w/11.62								
11.82/11.71								
6.05	Symone BELLE	VP&TH						
6.01	Lara RICHARDS	Newport						
5.98w/5.63	Laura SINGLETON	Wolves						
5.97w/5.84	Elaine Smith	Sale						
5.95w/5.67	Nadia BROMLEY	U17, Wake						
5.93w/5.86i	Rebekah PASSLEY (5.83)	U17, HHH						
5.93w/5.90	Karlene TURNER	WSEH						
5.85w/5.73	Kimberley Goodall	Guernsey						
5.83w/5.76	Catherine HOLDSWORTH	U17, Colch						
5.81	Rebecca Jones	Wrexham						
5.80	Emily PARKER	ESE						
5.78w/5.67i	Phyllis AGBO (5.65)	U17, TVH						
5.76w/5.66	Sally PEAKE	U17, Wirral						
5.72/5.66	Amy WOODMAN	Bristol						
5.72	Danielle HUMPHREYS	Mansfield						
5.72	Emma PERKINS	U17, Worthing						
5.72	Rachel BRENTON	Radley						
5.71	Olanne ATIJOSAN	U17, Camb H						
5.70	Katy BENNEWORTH	Blackheath						
5.68i	Aileen WILSON	Peter						
5.65	Chanelle GARNETT	HHH						
5.64	Sophie NEWINGTON	U17, Swansea						
12.52	Emily PARKER	ESE						
12.39w/11.95	Karlene TURNER	WSEH						
12.34	Azania Francis	Croydon						
12.16	Carly Robson	WSEH						
12.10	Linsi ROBINSON	Birch						
12.05w	Kate ARRANDALE	U17, Salis						
12.04	Alison McALLISTER	Sale						
12.03	Rachel BRENTON	Radley						
12.02w/11.85i	Angela BARRETT	U17, Harrow						
11.93	Sandra ALANEME	U17, B'heath						
11.92w/11.74	Sara Barry	Yate						
11.89w/11.77	Sally PEAKE	Wirral						
11.84w/11.62	Kosnatu ABDULAI	SNH						
11.82/11.71	Aisha MYTON	HHH						



Helsinki 2005

**PROGRESS
REPORT**

When London surrendered the 2005 World Championships, Helsinki seized the opportunity to play host for the second time. A year on from the Picketts Lock fiasco, JIM DENISON visited the Finnish capital to talk to the championships' meeting director, Antti Pihlakoski, for a progress report



IN my mind two moments stood out: Carl Lewis's emergence as a sprint sensation, and Finland's Tiina Lillak's winning effort on her final throw of the javelin. The event: the inaugural IAAF World Athletics Championships from Helsinki, Finland, August, 1983.

The Lewis effect revitalised the sprints, and the Lillak effect confirmed, after 54,000 hometown fans jumped to their feet when her javelin struck ground, that Finland is one of the most enthusiastic athletics nations in the world. And with the announcement last April by the IAAF Council that the world championships will return to Helsinki in three years' time, who knows what thrills await us in 2005.

Helsinki's selection over Berlin, Brussels, Budapest, Moscow and Rome is, of course, a bitter pill for British athletics fans to swallow. Those were going to be our games. And building on this year's successful Commonwealth Games in Manchester, and the promise of next year's World Indoor Championships in Birmingham, Britain appeared poised, come 2005, to solidify its reputation as a great athletics nation, perhaps rivalling Finland.

But it wasn't to be, and alternative arrangements had to be made.

Rescuing world championships is fast becoming a trend in Finland. When Prague was forced recently to abandon the 2003 world ice hockey championships, Finland quickly raised her arm and shouted, "Pick me." And the World Ice Hockey Federation listened, just as the IAAF did, and granted Helsinki those championships.

Finland's latest national sporting strategy is to bid for as many world and European championship events as possible, including competitions for children, youths, veterans and disabled. With links to international sport viewed as an effective way to brand a nation responsible and modern, it's easier, the Finns believe, to host games than it is to become their champions. This explains Finland's joint bid with Nordic neighbours Sweden and Norway to host Euro 2008, a tournament they have almost no chance of winning.

Finland sees itself as masterful at planning and organising. Witness the success of Nokia, the cellular phone giant, whose rise paralleled a deliberate economic and educational strategy implemented by the government in the early 1980s to support and encourage technological growth. Finland's top athletics officials implemented a similar strategy, leading to increased invest-

ment over the last decade in the shot put, javelin, hammer and decathlon, events in which the Finns believe their human capital and structural resources can be put to better use. Arsi Harju's gold medal-winning shot put performance at the 2000 Sydney Olympics is one indication that this plan is already providing returns. So what are Finns able to do better than the rest of the world when it comes to hosting major championships? One man with an opinion is Antti Pihlakoski, the chief executive officer of the Helsinki 2005 World Athletics Championships. "For an athletics championships the assets of Helsinki include," he said, "a compact European capital city with almost no traffic or security problems, knowledgeable and enthusiastic fans, excellent weather conditions and the very best television coverage and technological services. Also by 2005 we will have a new track surface, video screen, loudspeakers and media tribunals."

His case was convincing, especially the point about the weather, as we were enjoying a perfect summer day in a café outside Helsinki's Olympic Stadium. But when I explained to Pihlakoski that Helsinki's gain was London's loss, he quickly pointed out that Helsinki's bid wasn't against London. "We

came into the scene after the IAAF decision to revoke the games from London. And I believe the IAAF Council was confident that given the lost time to organise these games we could move faster and with less political and bureaucratic delays than any other city. But I understand the frustration of the British people," he continued.

"So I welcome everyone in Britain to feel that these are their games, too. I especially encourage the

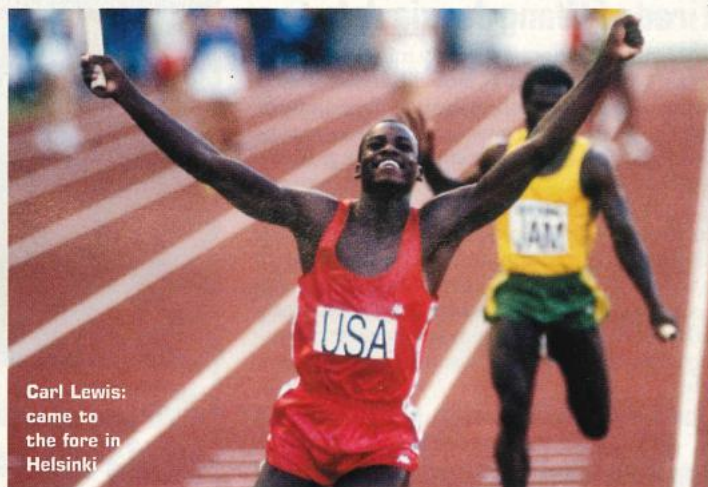


Tina Lillak: last gasp effort secured gold in front of her home crowd

**Helsinki Stadium: by 2005
the venue will boast a new
track surface, video screen,
loudspeakers and
media tribunals**



Steve Cram takes gold at the World Championships in Helsinki in 1983



**Carl Lewis:
came to
the fore in
Helsinki**

British athletes to treat our beautiful stadium as their home and produce great results."

The IAAF Council had good reason to trust Finland's efficiency and preparedness. Not only does Finland have an outstanding track record at hosting major championships, such as the Europeans in 1971 and 1994, but support for the bid was unanimous at all levels.

The 110-page glossy bid document even contained a message from Finland's president, Mrs Tarja Halonen, expressing her full support for the championships. But we've seen statements like this before. Tony Blair wrote one to Lamine Diack, the president of the IAAF. Was Pihlakoski worried that Helsinki's plans could crumble as did London's?

"When I first heard in October of last year that London was in trouble I immediately began to make some analyses and calculations. I realised right then that it might be possible for us to take over. I started making phone calls and everyone I spoke to was supportive. We had a strong spirit for our presentation to the IAAF Council, and I believe they sensed our enthusiasm and commitment. Naturally, I have fears about what a hard job this will be, but we will be ready. Only a small part of me is worried. I knew

the risks of getting involved in such a big production, and so did everyone else. As you just said, we only had to look at London to see what could go wrong."

And something has gone slightly wrong. Whether it's a big enough problem to lead to the cancellation of the games, however, remains to be seen. While many Finns were ecstatic about the championships coming to their country, remembering the excitement of 1983, another group of citizens initiated vigorous discussion surrounding the games' economic impact, particularly proposed alterations to the Olympic Stadium, including 20 million euros for a new roof.

The 2005 world championships are expected to yield a 150-200 million euros turnover for Finland and the city of Helsinki, but substantial investments need to be made first. However, Helsinki has fallen upon hard times. While only two years ago the city coffers were bursting, a change to Finland's taxation system has seen a larger percentage of Helsinki's tax revenue being returned to the State.

As a result, a number of libraries and day care centres in Helsinki have been shut down. For many Finns, who pride themselves on their high literacy rate and extensive social services, these closures came

as a shock. Therefore, when the news broke that millions of euros from an already strapped city budget would go towards refurbishing "a perfectly adequate stadium" tempers flared.

Helsinki's Olympic Stadium is an open-aid architectural jewel built in the 1930s. But "modern" stadiums are meant to have roofs, and all renderings of the stadium in the bid document illustrated a roof covering the entire stadium. Yet a clear plan on when the roof would go up and who would pay for it was missing. This led to a number of Finnish ministers feeling quite hot underneath the collar when the bid succeeded and the IAAF demanded more details concerning the roof's construction. According to one high-ranking Finnish sports officer, "When we received the championships, many politicians and sport administrators were running for cover in an effort to deflect the roof issue. Who promised what, and where the money was going to come from was a complete unknown. Soon the national press picked up on the confusion, and debate and argument filled our papers for months."

But according to Pihlakoski, there is no "roof" controversy, and all plans are on course. "Already since 1994," he explained to me, "there

was a design to cover the whole stadium with a roof. The Stadium Foundation was simply waiting for the right event to initiate this project. They first thought that winning the bid to host Euro 2008 would be a good incentive to cover at least 17,000 seats, but our new found opportunity with these world championships in 2005 brought those plans forward. And that is exactly what we told the IAAF evaluation group, that by 2005 there should be a minimum of 17,000 seats covered. We never promised that the entire stadium would be covered. But the media here in Finland misunderstood this, and questions arose over what's a promise and what's a possibility. This led to some criticism and negative publicity around the championships. However, the State has now approved plans to ensure that 17,000 seats at least will be covered by 2005."

So it seems that crisis No.1 has been averted. And Pihlakoski is confident the championships will definitely go ahead. "We have plans to make these games a great success for everyone involved: the athletes, the media, the IAAF family, the spectators and the sponsors."

Judging by Helsinki's record in organising athletics world championships, there is really no reason why we shouldn't believe him.

Your say

Write to: *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN
or fax: 01733-898441. Email: jason.henderson@athletics-weekly.co.uk
(Please supply both a full postal address and daytime telephone number)

Changing the rules

I THOROUGHLY endorse the sentiments of Nigel Harding (*Letters*, October 9) who said that "any legal action against individual clubs who might be guilty of sex discrimination just by implementing UKA rules is to be deplored."

Campaign for a rule change, but why try to bankrupt Birchfield Harriers and Yeovil Road Runners in the process?

PETER HAMILTON, GREENWICH

Tired of Wang Junxia debate

I AM sure I cannot be the only middle-distance coach who is heartily sick of all the time being devoted to an in-depth analysis of the validity of the Chinese women's records. The records are there, the IAAF are not going to expunge them. There is only one way to do that. Beat them.

The talent and enthusiasm is out there. A visit to a BMC young athletes training camp will soon show you that. So can we stop wasting time on a pointless debate and concentrate our efforts on helping these talented and dedicated young athletes realise their dreams and rewrite the records which seem to be upsetting so many people.

ROGER WILLIAMS, UXBRIDGE, MIDDLESEX

Paula's stylish performance

I MAY be mistaken but I think that from the way that Paula Radcliffe was running in the Chicago Marathon, it seemed as if she had changed the running action of her legs – even since she was running in the summer.

She appeared to be placing her feet on the ground further back under her body than previously and it was similar to the method that was demonstrated on the TV programme *Tomorrow's World* in which a Russian coach was working with triathletes, particularly Tim Don.

I noticed some four or five years ago that a very few top runners, notably Gete Wami and Haile Gebrselassie, appeared to run this way, putting their feet further back than you would normally expect them to do, but I have never seen it in any of the great Kenyan distance runners or the Moroccans, so it appears to be an occasional and personal characteristic.

I wonder if any research has been done by anyone in Britain as to whether this is a more efficient way to run at middle and long distance speeds. Also, to get the best out of this way of running, it may also be necessary to make sure that the hip is pushed well forward when the foot contacts the ground in order to direct the push from the leg forwards as much as possible.

R M WYER, PEMBROKESHIRE

Well done, Paula

I WRITE to add my congratulations to Paula's achievement in Chicago, although I was not impressed with the television coverage.

The end result was very good for our sport, particularly as the previous night's TV coverage of 'our favourite game', football, portrayed racial intolerance, and bad sportsmanship – nothing

LETTER OF THE WEEK

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



We'll eat our hats if Paula does not win BBC Sports Personality award

IF Paula Radcliffe doesn't win the BBC Sports Personality of the Year Award, to be televised in a few weeks' time, I'll eat my hat.

Provided someone finds and returns Paula's blue one to her after her magnificent world record in Chicago, am I alone in thinking she would have every reason to do likewise?

SUE GODDARD, LUTON

new there then.

Several experts have recently harked back to Liz McColgan's 1991 world championship-winning 10,000m as the previous best British women's distance running achievement. I don't think McColgan's triumph should be superseded by a road marathon race win, notwithstanding a world best. Track is track and road is road.

As many of the former women's marathon greats such as Grete Waitz, Ingrid Kristiansen and McColgan made major improvements in their marathon PBs after childbirth, it's over to you Gary, coach and husband.

MICK THOMPSON
WOODFORD GREEN WITH ESSEX LADIES

Do marathoners need gloves?

THIS may seem a silly question, but why do some elite marathon runners wear gloves? You do not see many other athletes – with the exception of cross country runners – wearing them. Whatever time of year it is, though, some elite marathon runners wear gloves.

You would have thought that once the arms get

going, the circulation would improve and, by the end of the 26.2 miles, their hands would be dripping with sweat.

STUART MUTLER, HIGHGATE HARRIERS

Rickhuss deserved recognition

IT IS with the deepest regret that I put pen to paper for the first time since the demise of the British Athletic Federation (BAF) in 1997, with regard to the recent death of Ken Rickhuss.

Ken was one of the great gentlemen, not only within our sport, but also in all aspects of his life. His leading role in bringing the athletes and the administration closer together during the death throes of the BAF was successful largely due to the fact that he was someone who could be trusted – a rare commodity within British athletics.

That Ken's work during the difficult final days of the BAF has gone largely unrecognised should be to the eternal shame of those currently in the sport who have the power to bestow such public recognition.

That Ken remained publicly silent about the many scandalous episodes of which he was aware surrounding the BAF administration was the mark of a man who chose to meet betrayal, deception and falsehood with the same straightforward honesty and dignity which characterised his life.

I had the great pleasure on occasion of being a part of one of Ken's other great loves, golf. Having remained friends after working so closely together in 1997, Ken would invite me for a game at his home club at Southwell Race Course, where again, I am sure he will be sorely missed.

It is a great shame that so few individuals possess the detailed knowledge to ask appropriate questions about the final days of the BAF. Many questions regarding such issues as television and sponsorship contracts, sports council grants and the BAF Board responsibility remain largely misunderstood or unclear to the wider athletic public, including some of us who were there at the time.

That Ken gave UK Athletics and Professional Athlete Services the chance of a clean and fresh start is a great credit to a great man.

I will miss him and I send my sincerest condolences to his family. It is to the undying shame of the hierarchy of British athletics and British sport that his efforts went publicly unrewarded.

GEOFF PARSONS, TAMWORTH, STAFFORDSHIRE

Get it right for left-handers

LETTERS to your magazine recently have prompted me to write to you on discrimination against female athletes and I would like to know if other athletes around the country are treated in the manner outlined below.

My daughter is a left-hander and, since taking up the hammer, has suffered considerable discrimination at the hands of some officials in competition. In the most recent case, on booking in at a National Junior League match, she informed the official that she was left-handed and was overheard by another official, who took her to one side and quietly asked her if she could throw right-handed.

On her replying that she was left-handed, he asked her to have a few goes right-handed. She informed the official there was another left-hander in the competition, to which he replied, "She was only doing it for a point and she didn't matter." My daughter insisted on throwing left-handed and the official went off in a huff.

As an official myself, I was ashamed that there are people like this who officiate. While I realise the importance of keeping to time in these events, it would be appreciated during the warm-up stage if left handers were not made to go last and then first in the competition, regardless of what the draw order is.

This makes the athlete feel uncomfortable and different and are not the ideal conditions in which to be competing.

If this is to become the norm in this event, how about turning it on its head for next season and, where a left-hander has entered the event, all right-handers are asked to throw left-handed? It would be nice to see how they react; officials run for cover.

In other instances "the officials had bad backs" or "the gates had no wheels". Various other excuses have been used as well.

In conclusion, the treatment of left-handed throwers depends upon the health of the officials, the state of the gates and, above all, the quality of the official. So come on, let's work on the changes needed before next season.

TOM ARBUTHNOT, DORSET

Beamon as a high jumper?

IT was recently observed that, in the execution of his astonishing long jump world record at the Mexico Olympics in 1968, Bob Beamon's hips, at their highest point, had been eight feet off the ground.

Could someone with a greater understanding of the relationship between altitude and gravity please explain why Beamon didn't enter and perhaps even win the high jump too?

ROBIN SAUNDERS, LEVEL 4 SPRINTS COACH

Stretching prevents injury

I WAS surprised to read the letter by John Anderson (*Letters*, October 9) which seemed to criticise anyone who dared to encourage athletes to stretch. It makes me wonder if some runners and coaches look for excuses to justify the fact they cannot be bothered with any fitness work other than the obvious run, run, run.

Running is undoubtedly a repetitive activity, constantly moving limbs through a limited range of movement, some muscles are over used while others remain under used.

The muscles, contracted many thousands of times every run, become shortened, resulting in an imbalance in muscle strength and loss of flexibility. Regular gentle stretching can help to reduce these negative effects by maintaining muscle elasticity and keeping joints mobile.

When one considers the no-stretching, big mileage approach of great distance runners from the past, like Dave Bedford and Derek Clayton, they achieved astonishing feats of stamina, but were interrupted often by injury during relatively short careers.

On the other hand, athletes such as Sebastian Coe and Hicham El Guerrouj, who worked on speed, stamina, strength and agility, were able to demonstrate that this more balanced approach allowed them to peak at the required time to win championship races.

I appreciate that it is difficult for the ordinary

person to find time for this type of wide-ranging preparation. Nevertheless, surely it is unwise to discourage people from including something which will counter the tightness and stiffness associated with hard training and which can return a feeling of looseness and suppleness to the body.

There have been athletes whose careers were plagued and ultimately brought to a premature end by injury. If from the start they had been encouraged by their coach to include some daily yoga-style stretching in their routine, maybe they would have had even more enjoyment and success from their running.

SAM DUNN, BALLYCLARE, NORTHERN IRELAND

Competition suggestion

WITH much discussion as to whether league athletics is of any value today, I would like to put forward the following suggestion to try to stimulate interest, especially among the younger athletes.

The idea is to have a day set aside for one age group when the whole focus of the sport would be on that age group. Meetings could be arranged throughout counties and travelling could be kept to a minimum. The meetings should be restricted to under three hours and every athlete should be allowed to compete in two track and two field events with no athlete doing an 800m and 1500m on the same day.

All athletes would pay an entrance fee of, say, £4 which would require the athlete's contact details to be put on a form to which the details of their performances would be added at the end of the day. Medals would be awarded to the best three performances in each event, no heats.

A percentage of the entrance fee—say £1—could then be used to help administration of a web page where all results could be recorded to make the athletes feel they are part of a national competition; stickers with the web page could be given to athletes at the first meeting.

This could be repeated on other occasions and perhaps a regional or a grand final of the top 16 in each event could be held at the end of the season. Also it could be possible to put on other graded meetings outside the top 16. This would not only help to have active athletes registered it would hopefully make them feel more part of the sport.

Other benefits would be parents are more likely to help and become involved when a meeting is done in half a day with shorter journeys.

Sports hall athletics has shown that the right format can attract greater interest, unfortunately this has not really transferred to outdoor athletics. If successful this could then be repeated with other age groups.

**ALAN JONES
GREAT YARMOUTH & DISTRICT AC**

Exceptional photography

WEDNESDAY is one of my favourite days of the week as I look forward to receiving my copy of *Athletics Weekly* which I read from cover to cover—yes, even the adverts and results.

Your coverage of the big events is superb and we must applaud our athletes for their fine performances.

However, I would like to congratulate one person who is only ever mentioned in the small print. Mark Shearman is without doubt the greatest sports photographer in the world. As a keen photographer I have admired his work for as long as I can remember and have cut out many of his

photos over the years. If and when he finally retires he will be a hard act to follow.

His photos of the Great North Run and the Great North Mile were exceptional and he must feel honoured to have witnessed what I consider to be the greatest long distance race ever seen in Chicago earlier this month.

Keep up the good work, Mark and I hope that one day I might meet you at an event instead of seeing you in the distance.

PAM STOREY, COPTHORNE, WEST SUSSEX

Sprint speed correction

IN my original letter regarding Ivory Crockett's 100 yards (AW, October 9), I stated he did 8.94 seconds and not the 9.0 seconds that was printed, and had he continued for the 100 metres he would easily have gone under 9.80. That is why I nominated him as probably the fastest sprinter.

BRIAN ASHWELL, LEICESTER

Stretching the point

WITH regard to the article on stretching referred to by John H Anderson (*Letters*, October 9), I approached a GP friend, who stated that the article referred to endurance athletes such as swimmers, cyclists and middle to long distance runners.

I think it would be very important to emphasise that this article does not apply to athletes who obviously need to stretch to gain the full range of movement required for their event.

Is there a medical person out there who can summarise the article, stating the applicability event by event, so that we do not act on partial information, please?

DOMINIC McNEILLIS, HALESOWEN AC

Radcliffe's run in perspective

PAULA RADCLIFFE's marathon record is without doubt the performance of the year, but where does it stand against other great all-time British performances?

I have heard talk that Radcliffe's run is the best performance in the history of British athletics, but surely Roger Bannister's sub-four-minute mile stands out as the supreme achievement by a British athlete?

Another middle-distance legend, Sebastian Coe, set a world 800m record of 1:41.73 in 1981 that today's runners still struggle to match. Like Radcliffe he was ahead of his time.

The magnificent performances of Steve Ovett and Steve Cram were not far behind either.

Daley Thompson, Mary Peters and Denise Lewis showed they were the world's best all-round athletes when they won Olympic titles in Moscow and LA (Thompson), Munich (Peters) and Sydney (Lewis).

And Thompson achieved it with a world record at LA in 1984.

Lynn Davies set a British record in the long jump that lasted almost as long as Paula has been alive.

Then there was David Hemery, who, like Daley Thompson, broke a world record in the best possible place, the Olympic Games, when he won the 400m hurdles in Mexico in 1968.

Perhaps Paula can match this, with a world record in the Olympic marathon in Athens?

THOMAS WILSON, MANCHESTER

■ 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.

THE huge array of prescription and over-the-counter medicines that can be prescribed by a doctor or bought from pharmacies can be a potential minefield for unsuspecting athletes trying to keep ahead of international anti-doping laws.

Over the counter medication can be bought from pharmacies, supermarkets, petrol stations and corner stores, and often catch out unsuspecting athletes innocently seeking symptomatic treatment for colds, flu and other ailments. Cold and flu products often contain decongestants, which help to dry up a runny nose. However, many drugs that act as decongestants also have stimulant properties. Competing athletes are prohibited from using these drugs due to their possible performance-enhancing effects.

Just one tablet containing pseudoephedrine the day of competition would result in a positive doping result should an athlete be tested. Examples of other such prohibited stimulants to avoid if you are an athlete include pseudoephedrine, phenylpropanolamine, phenylephrine and ephedrine, which are often the decongestant component of cough and cold preparations.

Sometimes the presence of a prohibited stimulant is not always obvious on first glance at the labelling. One would not suspect that a cough syrup for a 'chesty cough' or a 'dry cough' would also contain a decongestant to dry up your nose. Always read the small print on the bottle and check that the cough syrup doesn't also contain a decongestant that falls into the stimulant category such as pseudoephedrine.

The name of an over-the-counter medicine may indicate that the medicine contains a decongestant. Words such as 'cold & flu', 'max strength', 'flu strength', 'extra', 'plus', 'co', 'sinus relief' and 'non-drowsy' may be an indication that a decongestant of the stimulant type may be present. It is of utmost importance to closely read all the fine print and study the ingredients listing very carefully before taking any of these products.

Pain-relieving medicines containing a combination of drugs are another over-the-counter group to closely examine before taking. Caffeine is often included in the same tablet with analgesic drugs such as paracetamol, aspirin and codeine for pain relief. Caffeine is also available alone in higher concentrations in tablets specifically to increase alertness, eg, Pro-Plus®. Caffeine becomes classed as performance-enhancing and thus a prohibited substance if detected in high enough concentrations in the athlete's urine; at a level greater than 12 mcg/ml. This level can occur after only three to 10 cups of coffee or around nine cans of cola. The ad-

Over the counter and prescription drugs

MARK STUART, senior resident pharmacist at The London Clinic and pharmacist for the Manchester Commonwealth Games and Sydney 2000 Olympics, highlights some of the not so obvious facts about medicines that can be a source of confusion for the athlete



ditional caffeine found in a headache tablet may contribute to unacceptable levels of caffeine in a competing athlete.

Drugs whose use is prohibited or restricted in athletes is outlined in the Olympic Movement Anti-Doping Code which is issued by the International Olympic Committee (IOC). This code is updated periodically as new drugs become available or are recognised to be performance-enhancing. The last update was September 2001. It is worth checking from time to time if there have been any changes or amendments to this code. It can be viewed at www.wada-ama.org.

Last year the drug bupropion was added to the prohibited list. This medicine is also known as Zyban® and is available in the UK on prescription as an aid to stop smoking. Some of the noted side effects of this medicine have been of a stimulant nature, which may lead to an athlete having an unfair advantage during competition. It is an example of how a medicine that one would not expect to be performance enhancing, is on the prohibited list. It highlights the point that athletes must not assume that a medicine is permitted just because the therapeutic use of the drug bears no relation to performance enhancement. Who

would ever think that a medicine to help people stop smoking could give an athlete a competitive edge?

Often it is the side effects, which may only be experienced by some people, or with higher doses of a medicine, which are the reasons why a drug is on the prohibited list. I have yet to see studies to show that bupropion actually does improve athletic performance, but the fact that some of the side effects are of a stimulant nature are enough for the IOC to cautiously place it on the prohibited list.

Salbutamol is a medicine used therapeutically for asthmatic patients to open up constricted airways. It is another example of how the side effects of a drug may improve performance in an athlete. At relatively low doses, salbutamol may have a stimulating effect and at very high doses can have anabolic effects. These are generally unwanted side effects in most patients.

Salbutamol is eliminated from the body in the urine, so urine testing is used to catch athletes that may be abusing this medicine. The levels in the urine are an indication as to the properties of the drug that may be being abused. The concentration of salbutamol in the urine that would constitute a positive result in the anabolic category is 10 times

higher than the level that would be considered an offence in the stimulant category.

Prescription-only medicines may also contain more than one ingredient. It is important to check each individual ingredient as one or both of these ingredients may be a prohibited substance.

There are some blood pressure medications that are a combination of two drugs present together in the one tablet. For example the blood pressure tablet with the name Cozaar-Comp®, contains the drugs losartan 50 mg, plus hydrochlorothiazide 12.5 mg in combination, in a single tablet. The combination is an effective treatment for high blood pressure. Losartan is permitted, however hydrochlorothiazide is a diuretic, which is a class of drug prohibited by the Olympic Movement Anti-Doping Code. An athlete would test positive for a diuretic should they be tested while taking this medicine. Even though it may be being used for a genuine medical condition, its use in competing athletes conflicts with the Olympic Movement Anti-Doping Code. There may be alternatives to a tablet such as this that would be in the permitted category. With a doctor's advice, treatment can be optimised using medicines permitted within sporting law and ethics.

There are a few exemptions where drugs generally prohibited, can be used by athletes with specific medical conditions. In these cases the relevant medical authority must be notified in writing, by a doctor, before the athlete competes. For example; only athletes with proven asthma can use salbutamol and terbutaline. Athletes with proven insulin-dependent diabetes can use insulin, which is prohibited in non-diabetics. Local anaesthetics to relieve pain and glucocorticosteroids to relieve inflammation can be used for athletes where their use is medically justified.

The fact that an athlete notifies that they are taking a drug that they may be taking for genuine medical

ATHLETES TAKING MEDICINE: WHAT YOU SHOULD AND SHOULDN'T DO

■ DO ...

- Get a copy of the Olympic Movement Anti-Doping Code from the World Anti-Doping Agency website www.wada-ama.org
- Check with national and international sporting federations as to current regulations specific to your sport
- Frequently check for any updates or changes to the prohibited list of substances
- Tell your doctor or pharmacist that you are an athlete so that suitable medicines can be chosen
- Thoroughly check the ingredients listing on all medicines, especially those with more than one drug in the preparation
- Research your medicines before your competition
- Make known any medicines which have special exemptions to the relevant medical authority before competition
- Always seek professional medical advice from your doctor or pharmacist for any condition

■ DON'T ...

- Leave checking your medicines until the last minute – they may take a long time to leave your body if you are taking the wrong thing
- Assume that a drug is permitted in sport
- Make decisions based on brand names of medicines – there may be more than one brand of the same drug and the same brand may contain different ingredients in different countries
- Take other people's medication
- Assume that herbal and nutritional supplements are always completely free of banned substances
- Rely on your friends or team-mates word when choosing medicines – always seek professional advice
- Stop or change medical treatment suddenly or without your doctor's advice
- Deprive yourself of essential medication if you are sick – there are usually many alternatives that are permitted in sport – ask your doctor or pharmacist

reasons, does not necessarily mean that they comply with the Olympic Movement anti-doping guidelines. I have seen athletes who only realise that the drug that they have been taking for a medical condition is prohibited after the notification form is presented to medical officials. It is important to do your research before this stage. If the medicine is on the prohibited list then its use is banned, whether or not the athlete notifies it. You would probably still test positive for the substance and be penalised, regardless of your medical condition. It is therefore important to discuss medicine options that are permitted within your sport with your doctor or pharmacist before you start to take a medicine. Exemptions are rarely given to athletes taking drugs on the prohibited list at elite level.

There have been recent reports from athletes who claimed that they tested positive for anabolic agents after consuming nutritional supplements. The Medical Commission of the IOC issued a warning earlier this year to athletes about the use of nutritional supplements based on the findings of an international study of 634 supplements. Of the samples tested from 13 countries, 94 (14.8 per cent) contained substances, including precursors to nandrolone and testosterone, not listed on any labelling, that would have led to a positive doping test. Of the 37 non-hormonal nutritional supplements tested from UK manufacturers, seven (18.9 per cent) contained prohibited compounds. These findings highlight the caution athletes need to take when using nutritional supplements or herbal preparations.

Apart from possible contaminants, herbal preparations may also naturally contain prohibited substances. For example, the Chinese herb *Ephedra sinica* contains traces of ephedrine, a banned substance. Guarana contains caffeine and caffeine-like

compounds that could push an athlete's caffeine levels past the acceptable limit.

When you are travelling overseas be aware that a product with a brand name that you may be familiar with at home, may contain different ingredients in different countries. This confusion led to British athlete Alain Baxter testing positive for a banned substance at the Salt Lake City Winter Olympics. This fact further highlights the need to closely examine listed ingredients regardless of where in the world you are. Laws concerning the sale of medicines may also be different or less regulated in other countries. Anabolic steroids, diuretics and prohibited narcotics may be available without a prescription in some parts of the world. The fact that they do not require a prescription does not make them legal in sport.

It is often difficult to determine how long after taking a prohibited substance that it will have been completely eliminated from your body and would not show up on a doping test. Some drugs are detectable months after their use, others days. Every person's body is different and each person metabolises drugs at a different rate, so calculating an exact time for elimination can involve a bit of guesswork. The sensitivity of analytical equipment at the testing laboratory can also affect how long a drug can be detected in the body.

Just because you are an athlete competing at a level at which drug testing is conducted, does not mean that you must suffer illness without the relief of modern medicine. There are dozens of preparations on the market that will provide effective symptomatic relief from ailments. Always ask your doctor or pharmacist for advice before selecting your medicine and always check with your relevant sporting federation in your country as to the substances currently on their banned list.

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Since the introduction of the Fosbury Flop, high jumpers can come in all shapes and sizes, but what they all need is a good technique. Here, DENNIS JOHNSON, coach to British international Rob Mitchell, gives his ideas on what good technique should consist of

Pictures: Mark Shearman

Four steps to



HIGH jumpers are judged by whether or not they clear the bar, but the clearance is largely determined by the take-off; the take-off is largely determined by the plant; and the plant is largely determined by the run-up. So let's start at the beginning, with the run-up.

■ Step one: Run-up

RHYTHM, speed, curve, length of stride, and body angle are the vital components of a run-up designed to bring an athlete to an optimum plant position at an optimum speed. It will normally consist of 6 to 10 strides (ignoring preliminary hops, skips or stutters), although 5, 6 or 7 strides are more appropriate to younger athletes, as there is less margin for error. I prefer a run into the starting point as I feel that it gives more rhythm and consistency.

I have no magic formula for determining the starting point or the points on the curve, preferring to trust my "coaching eye" and mea-

suring them afterwards.

Obviously the athlete can get a general idea by running out from the bar. The normal approach run is to start by running in a straight line and commence a gradual, but increasing curve from between three and five strides out from plant (fig. 1).

This is what I usually recommend, but I have gone back to using an elongated continuous curve from the first stride, if the athlete has difficulty in leaning in towards the centre of the curve.

Running form should be relaxed, with good stride length, and an upright posture around the curve. As the athlete commences the curve, they should also commence a gradual lean with their upper body in towards the centre of the curve – similar to the way they lean round a curve on a bike. The curve should be deep and continuous, with the tightness and the lean increasing with each successive stride. The last strides should stay long (preferably become longer if the athlete is strong enough), and the feet should move ahead of the body, to give the effect of a backward as well as an inward lean. The feet should land initially on the heel, (or at least flat), never on the toe. If a two-arm shift is to be employed, then both arms should be drawn back over the penultimate stride, so that they are in a position to drive through and up with the leading knee.

The athlete's speed on the run-up is sometimes a contentious point. High horizontal speed is of little use to a high jumper if he cannot convert it to vertical lift and have sufficient time to perform the nec-

essary movements to clear the bar. Appropriate or optimum speed is the key; and this will vary from one athlete to another. What is essential is that there is an acceleration into and off the take-off – any slowing, stuttering or shorter strides at the end of the run-up will let the upper body go ahead of the lower body and pitch the athlete towards the bar.

■ Step two: Plant

FOOT placement and body angle are the vital components of an optimum plant position, which enables effective take-off.

For most jumpers the foot placement should be inside the near upright, and somewhere between fingertips and mid forearm away from the bar (when standing upright). Bigger, stronger, faster, higher jumpers may need to be further out than this position in both directions. The direction of the last stride should leave the athlete still on a tight curve, with the placement of the take-off foot turning in accordance

'If the run-up and plant have been successful, the athlete makes or breaks the jump by what he does next'

with this curve.

The plant should be flat foot or heel first, foot ahead of the body and with the foot pointing towards a position halfway between the middle of the bar and the far upright (fig. 2), at an angle of between 10 and 20 degrees.

The athlete should not attempt to plant parallel (although this may occur unintentionally), and should never plant toe turned out or away from the bar. The latter is not only an inefficient position for the ankle to work through, but will, sooner or later, wreck the ankle joint. The angle of the body should be both leaning away from the bar (into the

Figure 1: Shape of the run-up

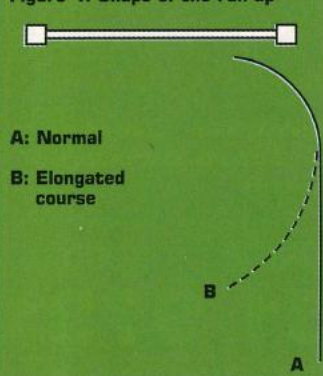
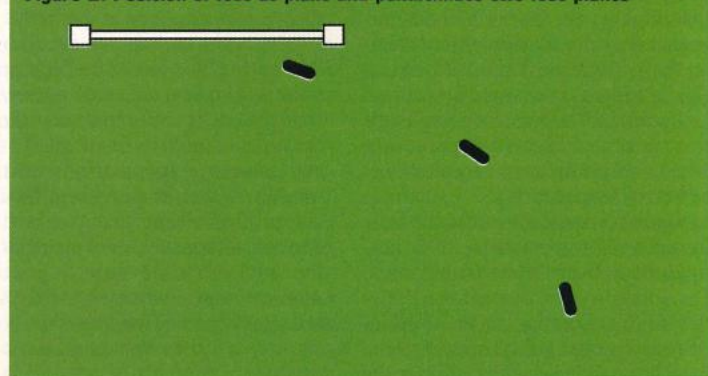
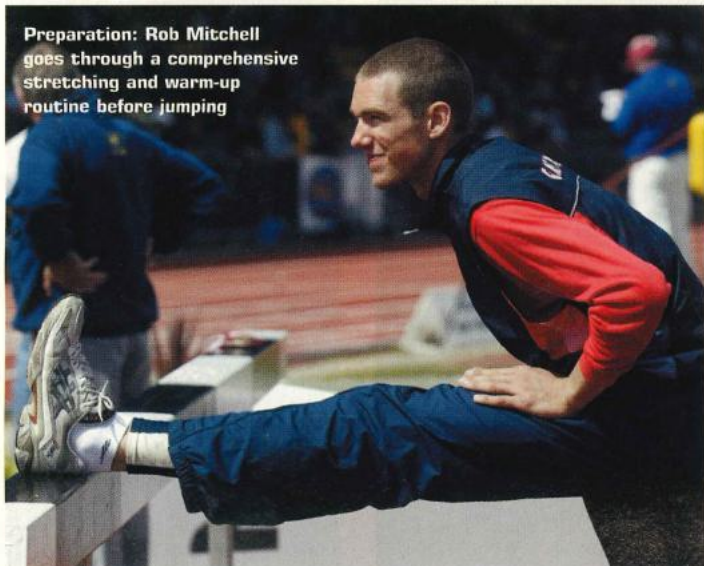


Figure 2: Position of foot at plant and penultimate two foot plants



high jump heaven

Preparation: Rob Mitchell goes through a comprehensive stretching and warm-up routine before jumping



centre of the curve) and leaning back from the foot. These angles will give the jumper time to use the lever of the ankle joint so that at the moment he leaves the ground, his body will be in a vertical position above the take-off foot, rather than leaning towards the bar.

■ Step three: Take-off

THE take-off action is triggered the moment the plant foot hits the ground. It must be active, it must be vigorous, and it must aim at giving the athlete the greatest possible vertical lift, consistent with clearing the bar.

If the run-up and plant have been successful, the athlete makes or breaks the jump by what he does next. Many will be in a hurry to cross the bar, and consequently drop the shoulder nearest the bar, in an unnecessary movement to ensure that they land on the bed.

Self-preservation is a difficult instinct to overcome, but if the athlete has approached from the correct angle, at a reasonable speed, and has planted anywhere near the correct position, they have little choice other than to land on the bed.

Equally, if the athlete has run a reasonable curve (as described above) there is no need (except at very low heights) to deliberately turn one's back on the bar, by turning the shoulders or the leading knee.

The athlete should try to "stay tall at take-off", attempting to jump as high as possible, bringing the arms (both if possible) through with the lead knee, and attempt to gain every last bit of vertical push from the toe,

with the body in a vertical alignment. If this vertical position is held until after the toe has left the ground, the body will rotate along its vertical axis, until the back is presented to the bar. If, however the shoulder has dropped prematurely towards the bar, the rest of the body will follow its lead and a less than optimum height will be achieved.

■ Step four: Clearance

A GOOD take-off will make an efficient clearance easy to achieve. My recommendation is as follows:

As the shoulders rise above the bar, the hips should be lifted in relation to the shoulders, while the lower legs and feet are left to hang for the time being. When the hips are safely across, the process of lifting the legs can begin.

If the athlete is not travelling at great speed across the bar, there will appear to be a moment of inertia, giving plenty of time to initiate leg recovery.

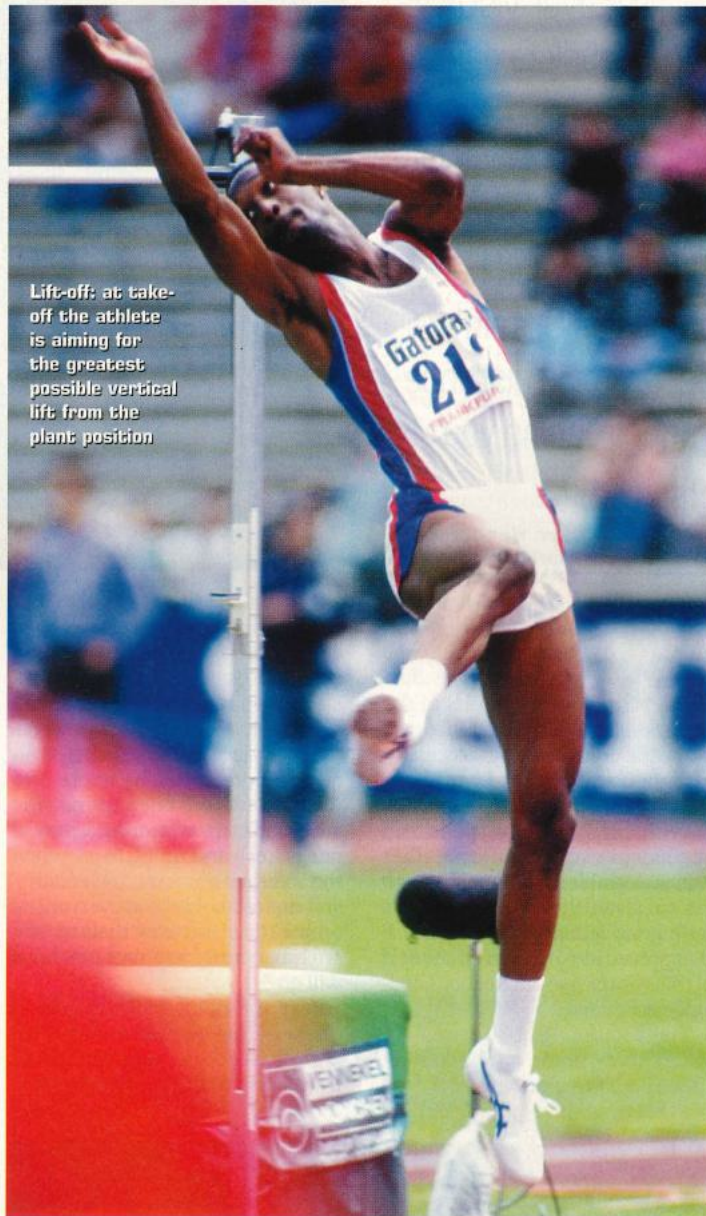
The jumper actively lifts the knees, so causing the seat (which is now beyond the bar) to drop, while the head and shoulders appear to rise, as in a mini sit-up.

Since the knees are bent at right angles, the action of lifting the knees will bring the heels well clear of the bar.

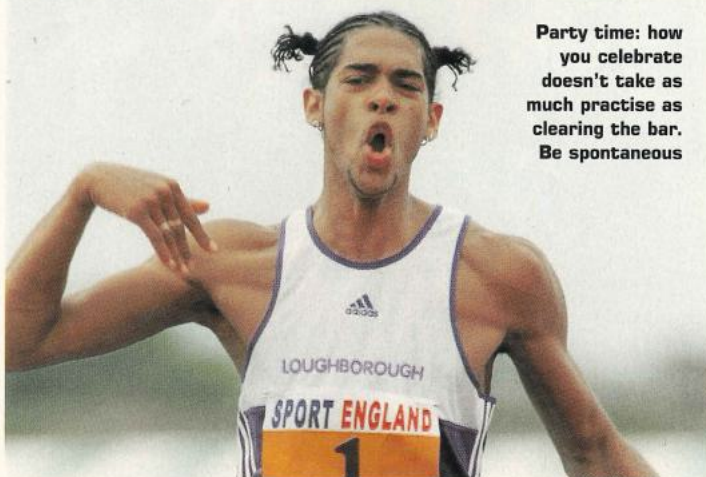
Other coaches recommend reaching back under the bar with the head to achieve a greater hyper-extension. You pay your money and take your choice.

All that remains now, is for the successful jumper to acknowledge the acclaim of the crowd—and enjoy his moment of glory!

Lift-off: at take-off the athlete is aiming for the greatest possible vertical lift from the plant position



Party time: how you celebrate doesn't take as much practise as clearing the bar. Be spontaneous



Matt finish wins the day

Matt Smith enjoyed his first ever victory in a Reebok Cross Challenge as the series started at Liverpool's Sefton Park. Liz Yelling also confirmed her status as Britain's best female distance runner behind you know who

Report: Jason Henderson
Pictures: Mark Shearman

WITH British endurance running currently flying sky-high thanks to the dazzling exploits of the remarkable Paula Radcliffe, the domestic cross country season got off to a lively start at Liverpool's Sefton Park on Saturday.

With bright sunny spells and occasional showers, the weather was changeable, but the performances consistently encouraging on a rolling and spongy grassland course that proved ideal terrain for the first of this winter's seven Reebok Challenge meetings.

The £30,000 Reebok series will touch every home nation and all three English regions this winter for the first time.



Eventual winner Matt Smith holds off Spencer Barden (1310) and Fiachra Lombard with Mark Hudspith (1362) further back

Giving British athletes the regular racing opportunities they craved for years, it has developed into a success story that Reebok and UK Athletics can be truly proud of.

Reebok's Tim Hutchings whetted everyone's appetite in his programme notes when he wrote: "So winter is with us once again ... the 'nice' end of the winter when everyone is fresh and raring to go, when the weather is not too inclement – and not too cold – and everyone is optimistic about how their season at club, county and national level will go."

And the home of *The Beatles* is proving an excellent venue for what has now become regarded as the traditional pipeopener for the winter season.

Senior and junior men

AFTER never finishing higher than fourth in previous Reebok Cross Challenge races, Tipton Harrier Matt Smith was a surprise winner of the first meeting in this winter's seven-race Reebok series.

Only 13 days after finishing 10th over 13.1 miles in the Bupa Great North Run, the 27-year-old forced the pace over the final 2km and then showed a fine turn of speed in the home straight to beat Ireland's Fiachra Lombard by one second, with Belgrave's Spencer Barden a further two seconds back and Morpeth Harrier's Ian Hudspith fourth. Belgrave's Allen Graffin, who had beaten Smith by almost a minute in the Great North Run, wound up fifth, with Blackheath's David Taylor sixth and Shaftesbury's Dominic Bannister, who beat Sam Haughian to win this meeting last October, back in seventh.

For Smith, it was just reward for the commitment he has devoted to his sport in recent years. This time last year he was preparing to go to Ethiopia for a spell of altitude training and his proactive attitude ended with some inspirational training sessions with Haile Gebrselassie.

Admired by his rivals for his dedication to training, the Hertfordshire-born athlete has improved gradually and last Saturday made the all-important leap from national standard also-ran to winner.

Smith's post-race calm indicated there's more to come too. Refusing to get too excited by the victory, the modest Smith explained he had done little other than steady running since the Great North Run and

THE RISE OF MATT SMITH

1998 6th NCAA (US national collegiate champs) 3000m
1999 5th English National Cross; 6th World Cross GB 4km Trial
2000 97th World Cross Vilamoura (4km); 5th English National Cross; 7th World Cross GB 4km Trial; 3rd AAA Indoor 3000m
2001 94th World Cross Ostend (12km); 4th World Cross GB 12km Trial; 29:28 at European 10km Challenge and improved to 28:43 at Watford later that year to end the year as No.6 in Britain; 9th AAA 5000m
2002 61st World Cross Dublin (12km); 4th English National Cross; 4th World Cross GB 12km Trial; 29:13 for 10km at European Challenge and later 29:18 at AAA Champs; clocked 13:53.30 5000m PB at Cork and 13:53.47 for third in AAA 5000m; 10th (third Briton) Great North Run in 65:06 in half-marathon debut



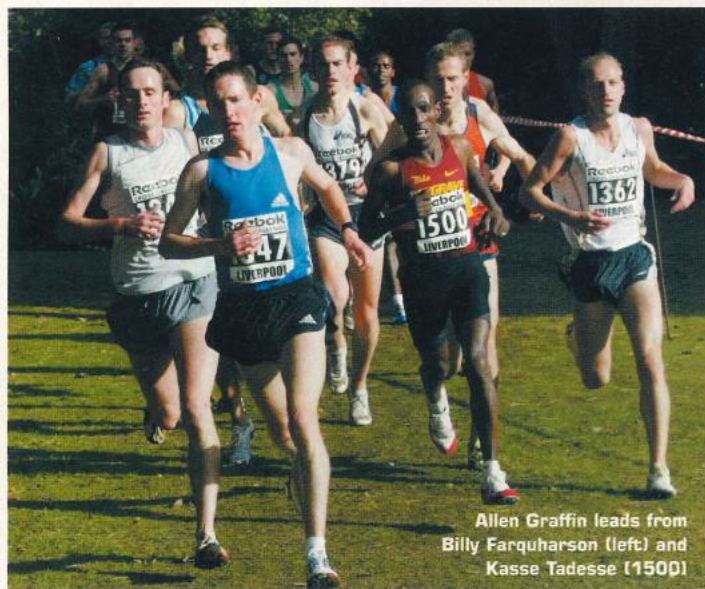
joked about his sprint finish: "That's the memory of my 4km cross country racing days coming out!"

More seriously, he continued: "There are a lot of British guys who can all beat each other on different days. And I'm sure this is what Tim Hutchings and UK Athletics had in mind when they conceived the series." He added: "I'm glad so many supported this first race in the series – and the Irishman added to the quality. It's a really good venue."

A former student at Boston University, Smith recently re-located to Loughborough, where he works in the sponsorship and marketing department of the Youth Sport Trust charity. He is coached by one of Britain's greatest ever distance runners, Bruce Tulloh, who will no doubt have been proud of Smith's victory, not to mention the style he delivered it. Tulloh was no slouch himself when it came to a sprint finish. At the 1962 European Championships in Belgrade, for example, he burst into the lead with two laps to go and ran a 57-second last lap and 4:12 final mile to win – in bare feet too.

Third in the AAA 5000m this summer, Smith has some way to go before he emulates his coach's superb feats, but his determination could at least see him established as one of Britain's top two or three cross country runners this winter. Although Sam Haughian, who missed this race with injury, together with Karl Keska and Jon Brown, may have something to say about that when they begin their winter racing schedules.

Instead of taking advantage of his good form, Smith plans to miss the



Allen Graffin leads from Billy Farquharson (left) and Kasse Tadesse (1500)



Tom Sharland (1417), mixed it with the seniors on his way to winning the junior race

forthcoming Birmingham leg of the Reebok series. "I need to go back to training now," he said. "Since the Great North Run I've only done steady running and have to get some work done. Today shows everything is going along the right lines."

There was disappointment for Cardiff AC, who had hoped to win the right to represent Britain in the European Clubs' Cross Country Championships but only had three finishers instead of the necessary four and were beaten by Bingley.

There was also heartache for 19-year-old Mohamed Farah, who after leading the early charge pulled out midway through the race as a precautionary measure after feeling a twinge in his back.

Leading the junior section was Tom Sharland, who turned 19 and started a maths degree at Warwick University earlier this month.

Sharland struggled to make the Suffolk cross country team two years ago, but enjoyed huge improvement under coach Steve Benson to finish top junior at the world cross in March. And here he continued his progression, with a fine 11th place – just over half a minute behind Smith.

"I started off fairly conservatively



Anthony Moran took the under-17 race from Matt Barnes-Smith (1077)



Adam Hickey (828) leads Abdi Igi (831) and Robert Pickering at the start of the under-15 race. Adam went on to win in 8:46

because I thought it was 10km," he said. "And I aimed to run a strong second half." The only problem with this tactic was that, given Smith's winning time was 24:24, the race was obviously nearer 8km than the advertised 10km!

■ Under-17 men

ANTHONY MORAN used his knowledge of a course he's now raced three times over to take victory ahead of Matt Barnes-Smith.

The Trafford Harrier, who was fourth under-17 last year and first in the under-15 age-group the year before, controlled the race from the front and paced his finishing drive to perfection to win by three seconds. "I was looking at the shadows just behind me to see how close Matt was," said Anthony, "but I couldn't really tell."

He added: "In other races here I've gone too hard, too early. This time was better. Knowing the course helped a lot."

Barnes-Smith was one of several Ipswich Harriers to do well last Saturday, as his training partner Tom Sharland later won the under-20 men's race.

Further down the field, 800m sensation, Michael Rimmer, finished 14th. Rimmer, a member of Liverpool, Pembroke & Sefton, finished a minute behind the winner, but he won't care if a season on the country helps him improve his track times next summer.

■ Under-15 boys

ADAM HICKEY looks poised to become one of the stars of this winter's cross country season.

The 14-year-old Southend athlete finished 13 seconds ahead of runner-up Mark Burgess over 3km

and from this evidence looks odds on to fulfil his ambition for this winter.

"I'd like to win the Reebok Series and finish the season by winning the Inter-Counties at Nottingham," said Hickey, who won the overall Reebok Challenge under-15 prize last winter but was beaten by Andrew Livingstone at the Inter-Counties.

In Liverpool 12 months ago, Hickey enjoyed a narrow win over Alex Felce in a thrilling race.

This time, the only time his victory was in doubt was in the opening 100m when a rival tripped him by accident. "I almost went flat on my

face," he said.

Later, some local youths pestered him during the race with the highly unoriginal taunt: "Run, Forrest! Run!"

Yet little appears to phase the confident Essex runner who occasionally mixes his running races with triathlons.

It was also a pleasing victory for his father, who was born in Liverpool and still has a number of relatives in the area.

■ Under-13 boys

IN an era where many athletes attempt to boost their performance by taking hi-tech nutritional supplements, Curtis Pearce was helped to victory last Saturday with the help of some good old fashioned bread.

No, Curtis did not begin his day with a dozen rounds of toast.

Instead, he was paid to go to Liverpool's Sefton Park by the famous bread-baking company Warburtons.

And the generous sponsorship will allow the Blackburn Harrier to get to every Reebok Challenge this winter, from Liverpool to Birmingham, Margate to Edinburgh, Belfast to Cardiff and Nottingham.

The talented 12-year-old has only been running for a year, but has shown great potential, capturing the Lancashire 1500m title and winning the British cross country title for Catholic Boys. Used to romping away from the front at an early stage, he was ordered to stay back in Sefton Park and delay his final effort until the last half-mile.

On cue, he hit the front on a slight downhill stretch with around half a mile to go and just held off his good friend, the fast-finishing Preston Harrier Nathan Bibby.



Curtis Pearce (785) won the under-13 race from Nathan Bibby (755)

Senior and junior women

LIZ YELLING began the defence of her Reebok Challenge crown and her countdown to December's European Cross Country Championships in Croatia with a comfortable victory over sister-in-law Hayley Yelling.

The 27-year-old Bedford athlete, who has now won the last nine Reebok Challenge races she has entered, began her 2002-03 winter season in predictable style with an impressive display of controlled front-running.

After winning by 10 seconds, she then dashed to the airport to cheer on her husband, Martin, at the World Duathlon (run-bike-run) Championships in Atlanta, USA. The following day, Martin finished 26th and the Yellings are currently spending the next couple of weeks warm-weather training in North Carolina.

Before dashing for her plane, she said of her Liverpool win: "So far so good. I just wanted to win today and did not ease down for the race."

Yelling, who is going for a hat-trick of Reebok Challenge series victories over the next five months, was pleased with the start of her winter racing campaign. In third, Dianne Henaghan will also have been delighted.

As a 37-year-old mother-of-four, Henaghan's run was perhaps the performance of the day.

In ninth overall, Scotland's Freya Murray won the junior section in impressive style and plans to tackle the third Reebok Challenge of this winter, in Margate on November 17. The meeting acts as the British trial for December's European Championships in Croatia, of course.

Yelling bids for hat-trick



Eventual winner Liz Yelling leads her sister-in-law and runner-up Hayley



Katrina Wootton: under-17 winner

Under-17 women

CONSIDERING she hadn't been able to do any fast running in the fortnight before the race due to a hamstring injury, Katrina Wootton showed great pace to finish four seconds clear of Cannock and Stafford's Stacey Johnson over the rolling 4km course.

"I didn't expect to win that well today because of the injury I've had," said Katrina, the reigning National cross country champion who had set off at 6am from her home near Luton to make her race at 1.05pm. "I've only been able to do long runs and no speedwork."

Being a member of Paula Radcliffe's club, Bedford & County AC, and guided by Radcliffe's coach, Alex Stanton, comparisons with the world's top distance runner are inevitable. But Katrina has grown used to this and the chatty teenager talks about the subject as smoothly as she runs.

"Of course Paula's marathon world record was inspiring, but it was inspiring to everybody - not just me," she said, adding that she had moved her usual Sunday afternoon training session to the morning so she could watch the action from Chicago on BBC2.

"Everyone was talking about it at school the next day," she added, referring to The Paula Effect that could, potentially, inspire a whole generation of youngsters to take up running. "It was amazing. Nobody ever talks about athletics, it's usually only football."

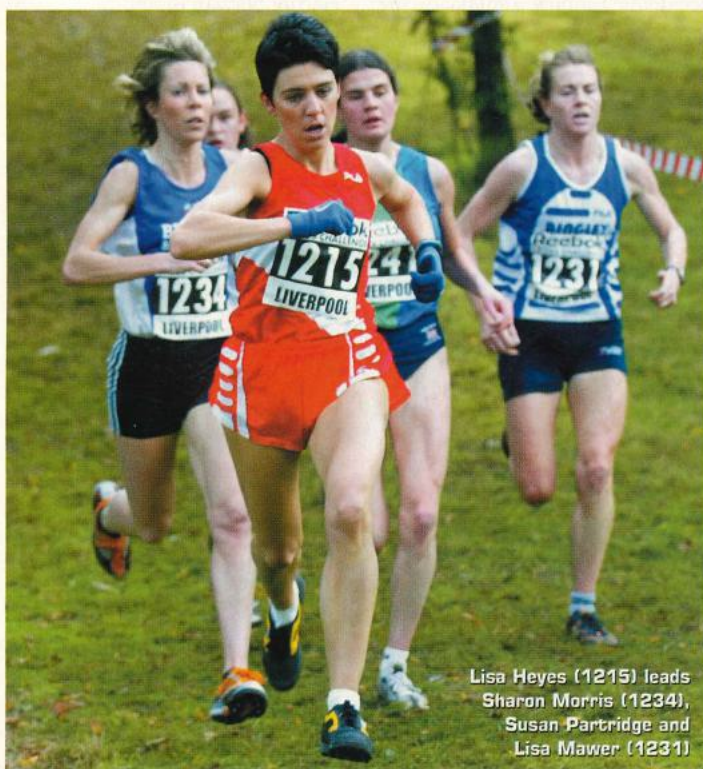
Katrina has the potential to follow in Radcliffe's footsteps, but is following a path of her own. This winter she will experiment by racing in longer 6km races against under-20 athletes, an ironic approach given that her coach has become famed for the patient and progressive build-up of Radcliffe. It just goes to show that no two athletes should be treated the same.



Dianne Henaghan: third place in 17:53



Freya Murray took the junior title



Lisa Heyes (1215) leads Sharon Morris (1234), Susan Partridge and Lisa Mawer (1231)



Emily Pidgeon (934) hides her time behind Non Stanford

Under-15 girls

THERE are certain who turn up at races and cause their rivals to sigh, "Oh no, did you hear who's here? We haven't got a chance."

Emily Pidgeon has developed into one of those athletes and last Saturday the 13-year-old ran to form, winning as she pleased by 12 seconds from Non Stanford.

"It's my first big cross country race this winter so I wasn't sure what to expect," she said. "It's nice to be running cross country again."

The David Farrow-coached run-

ner has been the subject of much debate in *Athletics Weekly* lately over whether she should be able to race as far as boys of the same age.

Whatever your opinion is, one thing is clear: Emily Pidgeon can beat most people her age, whatever the distance.

Under-13 girls

YASMIN SMITH celebrated her 13th birthday in style with an impressive victory.

Like many athletes, the Swindon Harrier had made a long journey to compete. It was almost a wasted journey too, as she fell before the race began, grazing her thigh, and almost had to withdraw.



Yasmin Smith battles it out with Sarah Hopkinson (716)



The under-11 race gets underway

Yet the determined youngster – who was sporting a birthday badge that read 'New Teenager, Here Comes Trouble' – shrugged off the pre-race stumble to win by a second from Carys Davies from the West Wales club Sarn Helen Club.

With around half a mile to run in this 3km race, Yasmin zipped smoothly from fourth to first in a matter of seconds and then held the lead to the finish.

"There was a lot of cheering at that point, so I decided to go," said Yasmin, who only started running 12 months ago after being spotted romping to an emphatic victory in a local schools race.

She joined Swindon Harriers and

is coached by Rod Viggers.

"We've had quite an eventful day!" said Viggers.

Under-11 girls and boys

LED by Newquay & Par athlete, Jessica Hicks, three girls finished one-two-three in the official Reebok results because the winning boy from Preston Harriers had not entered the Reebok series and was running in the Mid-Lancs League.

It was a race dominated by females, too, as Chelsea McCourt of Liverpool Harriers and Charlotte Barber of Stockport Harriers ensured there were three girls in the first four – much to the embarrassment of the lads.

Results in association with

ONLY athletes entered in Reebok Challenge have been included below. The Mid Lancs and Liverpool & District Leagues were incorporated into the meeting, but results were unavailable as AWW went to press.

Men U20

1 M Smith (Tip) 24:24; 2 F Lombard (WGSEL/IRL) 24:25; 3 S Barden (Belg) 24:27; 4 I Hudspeth (Morp) 24:32; 5 Allen Graffin (Belg) 24:39; 6 D Taylor (B'htch) 24:42; 7 D Bannister (SB) 24:46; 8 B Farquharson (Mans) 24:53; 9 J Brown (Salf) 24:54; 10 C Cariss (Bing) 24:54; 11 T Sharland (Lps, U20) 25:00; 12 S Bell (CleS) 25:02; 13 M Coleman (MSM) 25:15; 14 T Humphries (C&S, U20) 25:19; 15 A Jones (Salf) 25:19; 16 B Burns (Salf) 25:20; 18 K Tadesse (Belg) 25:21; 20 M Skinner (B'htch) 25:25; 21 D Norman (Alt) 25:26; 22 P Nicholls (Tip, U20) 25:28; 23 A Franklin (Box) 25:35; 24 G Raven (Sale) 25:36; 25 T Mayo (Bing) 25:38; 26 N Tattersall (Pend) 25:40; 28 R McLeod (Els, U20) 25:45; 29 M Draper (WSEH, U20) 25:48; 30 D Anderson (Belg) 25:50; 31 S Jacobs (Lps, U20) 25:56; 32 T Lancashire (Bolt, U20) 25:57; 34 S Overall (WSEH, U20) 26:00; 35 J Hodgson (Horw) 26:02; 36 M Crossdale (Bing) 26:05; 37 J Blackledge (Belg, U20) 26:05; 38 K Lamb (Tip) 26:05; 40 C Hawkins (Derby, U20) 26:12; 41 A Peace (Bing) 26:14; 42 P McGlory (C&S, U20) 26:15; 44 M Norrington (Herne H) 26:16; 45 I Holmes (Bing) 26:17; 46 R Kemp (Sun, U20) 26:18; 48 R Bangs (Thur) 26:23; 53 J Convery (Bing) 26:35; 55 M Buckingham (Holmf, U20) 26:43; 56 C Warburton (Notts Ac, U20) 26:43; 59 P Leybourne 26:47; 60 P Kellie (Glouc) 26:49; 61 S Macdonald (Bing) 26:53; 62 M Barnes (Alt) 26:55; 63 P Miles (OWLS) 26:59; 64 P Martin (Sun) 27:06; 65 C Bannion (WSEH) 27:06; 66 S Pickering (Brid) 27:13; 67 K Forster (VP&TH, U20)

27:13; 69 A Rayner (B'htch) 27:19; 73 S Hall (Tam) 27:32; 75 S Everington (W'bury) 27:33; 76 O Greene (Fife) 27:33; 77 N Younger (Sun, U20) 27:36; 78 C Winward (BSF) 27:38; 80 A Ellis (Vale, U20) 27:40; 87 A McNeill (Long E) 27:44; 89 I Boneham (Grant) 27:49; 94 J Newsome (Lwood) 28:02; 96 G Messingham (Sun) 28:03

U17 men

1 A Moran (Traff) 16:30; 2 M Barnes-Smith (Lps H) 16:33; 3 K Wilson (Morp) 16:47; 4 A Holliday (Traff) 16:49; 5 C Hart (Burn) 16:59; 6 A Felce (Glouc) 16:59; 7 R Newton (Prest) 17:00; 8 J Macdonald (Traff) 17:11; 9 N Shrubbs (Morp) 17:13; 10 J Davies (RSC) 17:17; 11 P Erwood (VoA) 17:18; 12 R Toole (Kilb) 17:25; 13 D Pettit (P'boro) 17:27; 15 R Taylor (VoA) 17:27; 17 G Bristow (Salf) 17:36; 18 R Collins (RSC) 17:38; 19 N Taylor (Traff) 17:40; 20 C Birch (Roth) 17:41; 22 D Wood (RSC) 17:44; 23 M Barrett (Staff M) 17:45; 24 J Rusius (Pend) 17:49; 25 B McDonald (Telf) 17:58; 26 T Ellis (Bolt H) 18:00; 27 A Czaicki (RSC) 18:01; 29 M Sawrey (Barrow) 18:02; 31 C Devenney (Kilb) 18:11; 32 J Thomson (Lps H) 18:13

U15 boys

1 A Hickey (S'end) 8:46; 2 M Burgess (WGSEL) 8:59; 3 R Pickering (Brid) 9:04; 4 S Blake (AFD) 9:11; 5 J Maxfield (Roth) 9:13; 6 A Igi (ESM) 9:17; 7 A Duffield (Loftus Ac) 9:18; 8 G Glancy (WSEH) 9:19; 9 B Rusius (Pend) 9:22; 11 B Wilson (AFD) 9:32; 12 B Tyler (MSM) 9:34; 13 N Moore (Kilb) 9:34; 14 G Allot (Staff M) 9:36; 15 R Hodges (Kilb) 9:37; 16 J Martin (Sun) 9:38; 17 C Fitzpatrick (Hynd) 9:41; 18 J Murray (Bed) 9:41; 19 O Blake (Osw) 9:43; 21 C Gundersen (Liv H) 9:49; 22 J Tyler (MSM) 9:50; 23 D Hawkins (Kilb) 9:52; 25 F William (Kilb) 9:54; 26 N Elliot (Weke) 9:55; 27 S Diston (W Suff)

9:56; 29 D James (Traff) 9:59; 30 A Peers (Wirr) 10:00; 31 S King (Mans) 10:01; 33 C Boyle (WSEH) 10:03; 34 K Tool (Kilb) 10:03; 35 J Dixon (Traff) 10:04

U13 boys

1 C Pearce (B'burn) 9:57; 2 N Bibby (Prest) 9:57; 3 M Burke (St Hel) 10:04; 4 S Gallant (Soton) 10:06; 5 T Carpenter (W'bury) 10:10; 6 L Luscombe (Liv H) 10:12; 7 W Nicholson (Bord) 10:13; 8 L Walker (Warr) 10:15; 9 K Thompson (Shild) 10:22; 10 A Bellinger (MSM) 10:27; 11 R Millington (Stock) 10:27; 12 T Lewis (Barrow) 10:29; 13 J Grimley (Traff) 10:34; 15 S Cameron (Stock) 10:36; 16 S Barber (Stock) 10:36; 18 L Davenport (Vale) 10:38; 20 A Hurley (B'burn) 10:41; 23 R Farrow (Glouc) 10:44; 24 H Harper (Liv H) 10:46; 25 T Grimley (Cov G) 10:48; 28 M Fogg (Sun) 10:51; 30 A Burgess (Wirr Ac) 10:54; 31 S Ellis (Vale) 10:55; 32 R Sparkle (WGSEL) 10:55; 34 M Woods (Calday Boys) 10:58

Women U20

1 L Yelling (Bed) 17:23; 2 H Yelling (WSEH) 17:33; 3 D Henaghan (Cle S) 17:53; 4 S Partridge (CoG) 18:06; 5 J Ingman (Barns) 18:10; 6 L Hayes (Salf) 18:11; 7 S Morris (Bed) 18:18; 8 J Lodge (WSEH) 18:26; 9 F Murray (EWM, U20) 18:28; 10 L Mawer (Bing) 18:42; 11 K Wilder (CoG) 18:52; 12 S Singleton (Liv H) 18:52; 13 C Smallwood (J&H) 18:54; 14 C Waugh (Cle S) 18:55; 15 Juliet Potter (Charn) 19:03; 16 AN Other 19:06; 17 A Allen (Tip) 19:07; 18 L Wood (Bed) 19:11; 19 S Willmott (B'burn) 19:14; 20 M Ellis (SB) 19:14; 22 K Goodhead (Glouc, U20) 19:15; 23 L Proctor (Bolt) 19:16; 24 C Hare (Loftus) 19:17; 25 J Pereira (MSM, U20) 19:21; 26 L Kenney (RSC, U20) 19:23; 27 S Owen (CoStoke) 19:27; 28 L Gallagher (SB) 19:29; 29 C Betmead (unatt)

19:30; 30 F Florence (Shett) 19:31; 31 F Britton (U20) 19:32; 32 E Philips (Tip) 19:39; 33 A Ridley (SB) 19:40; 34 H Whitmore (Charn, U20) 19:42; 35 E McBrinn (Shett) 19:43; 36 C Holme (Lps H, U20) 19:51; 37 J Smith (Warr, U20) 19:51; 38 E Egan (Liv H) 19:55; 40 A Berrill (Bed) 20:02; 41 D Culshaw (Wig H) 20:05; 42 S Ward (Basil, U20) 20:05; 43 C Needham (Roch, U20) 20:08; 44 L Macneill (Shett) 20:09; 45 C Simkin (Charn) 20:12; 47 L Reynolds (Liv H) 20:20; 48 K Hill Millington (U20) 20:21; 50 C McIlroy (Wirr) 20:24; 51 K Bailey (Staff M) 20:34; 52 E Grant (J&H) 20:34; 53 S Holah (PSB, U20) 20:35; 55 J Anker (SB) 20:37; 57 L Whittaker (unatt) 20:40; 58 E Spencer (Holmf, U20) 20:42; 60 L Johnson (Charn, U20) 20:49

U17 women

1 K Wootton (Bed) 12:11; 2 S Johnson (C&S) 12:15; 3 G Turtle (Chilt) 12:23; 4 S Bentley (SB) 12:33; 5 C Quarless (Liv H) 12:37; 6 V Callaway (RSC) 12:43; 7 A Westley (Hallam) 12:43; 8 S Luck (Hav M) 12:47; 9 J Emsley (CoG) 12:49; 10 B Ellis (Vale) 12:50; 11 R Gibbs (Bed) 12:51; 12 S Lamont (Pit) 12:52; 13 L Durman (Durs) 12:53; 14 R Thompson (Liv H) 12:56; 15 I Scoat (N Dev) 12:57; 16 H Glover (Corn) 13:11; 18 E Carroll (Liv H) 13:19; 19 J Ennis (Clyd) 13:24; 20 L Bestow (Tip Ches) 13:29; 21 M Stevens (W) 13:30; 22 N Taylor (Herts P) 13:33; 23 S Richards (Bris) 13:35; 25 T Barnes-Smith (Lps H) 13:39; 27 H Munns (Charn) 13:43; 28 A Beverley (Rane) 13:45; 30 K Langdell (RSC) 13:58

U15 girls

1 E Pidgeon (Glouc) 9:51; 2 N Stanford (Swan) 10:03; 3 L Dowsing (Lps) 10:15; 4 G Curley (Mans) 10:18; 5 E Collinge (Mans) 10:20; 6 D Walker (Burn) 10:26; 7 D Christmas (Craw) 10:28; 9 J Kinney (RSC) 10:37; 10 G Moss (W Norf) 10:39; 11 M Ronan (Liv

H) 10:41; 12 S Waldron (SB) 10:43; 13 J Callaway (RSC) 10:47; 14 D McCann (Prest) 10:50; 15 I Lee (AFD) 10:52; 16 L Jones (Tip) 10:56; 17 J Sparkle (WGSEL) 10:59; 18 O Kenney (RSC) 10:59; 19 A Williamson (Newq) 11:01; 20 T Muir (Herts P) 11:02; 21 S Stockton (unatt) 11:02; 22 S Barber (Stock) 11:05; 23 E Graham (Burn) 11:05; 24 L Connelly (Carl) 11:08; 25 S Roe (Prest) 11:09; 26 E Langdell (RSC) 11:09; 27 AN Other 11:12; 28 S Phee (Giff N) 11:14; 29 R Fallows (Stock) 11:24; 30 L Quine (Liv H) 11:24; 34 L Gibson (Roth) 11:28; 35 C McGettigan (Newton) 11:30

U13 girls

1 Y Smith (Swin) 10:40; 2 C Davies (Sarn H) 10:41; 3 L Murhey (Liv H) 10:45; 4 L McLoughlin (Stock) 10:49; 5 K Ann Brown (Carm) 10:59; 6 J Cash (C&S) 10:59; 7 S Hopkinson (Glouc) 11:02; 8 D Watts (Bed) 11:04; 9 L Taylor (Giff N) 11:07; 11 C Simms (Herts P) 11:11; 12 D Cinderey-Smith (FoD) 11:12; 14 C Murhey (Liv H) 11:14; 16 H Nelson (Liv H) 11:14; 17 N Grant (Roth) 11:18; 18 S Mallon (Liv H) 11:23; 20 R Nuttal (Dees) 11:27; 22 H McManus (Liv H) 11:34; 23 A Blackburn (Liv H) 11:37; 25 L McSorley (Lagan V) 11:38; 26 O Desborough (Liv H) 11:38; 28 N Mee (Leic C) 11:43; 29 G O'Reilly (Lagan V) 11:47; 30 E Deaman (Vale) 11:52; 33 S Underhill (P'boro) 11:56; 34 K Money (W Ches) 11:56; 37 K Edgerton (Liv H) 12:00; 38 D Leahy (Liv H) 12:00; 39 Z Davies (Bris) 12:01; 40 J Lepia (C&S) 12:03; 41 C Kinivg (Vale) 12:05; 43 S Whiteside (Liv H) 12:16; 44 R Langdell (RSC) 12:18; 53 L Bosson (Vale) 12:36; 55 F Edgerton (Liv H) 12:41; 57 A Kennedy (Leic C) 12:44; 59 A Ierston (Liv H) 12:45; 60 F Davies (Sarn H) 12:47; 70 J Snowden (Tam) 13:37; 19 L Lennon (unatt) 11:24; 31 R Maume (B'pool) 11:53

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overseas

AUSTRALIA

Jun 2, Perth: Women 800: (racing against men) Andrews 2:00.0;
Sep 13, Gold Coast: 400: Batman 45.66.

CHINA

Jun 8-9, Bengxi: Dec: Qi Haifeng 8030 rec and Asian jnr rec (11.06w/2.2, 7.39/-0.4, 13.31, 1.94, 49.10, 14.61/1.2, 48.33, 4.70, 55.83, 4:28.30).

CZECH REPUBLIC

Aug 10, Nove Mesto: HT: Maska 75.45; Women DT: Racková 60.62;
Aug 17, Nova Paka: Women DT: Racková 60.25;
Aug 24, Kladno: HT: Sedláček 78.40;
Sep 11, Kladno: DT: Malina 64.00; HT: Sedláček 75.25; Women HT: Vrbenská 63.01;
Sep 21, Prague: HT: Maska 75.50.

HUNGARY

Oct 2, Szombathely: DT: Kumar IND 61.58.

JAPAN

Sep 28, Konosu: 10,000: J Maina KEN 27:41.96.

road

AUSTRALIA

Oct 13, Burnie, Tasmania: 10k: (run in heavy rain) 1, Mottram 28:30; 2, Troop 28:56; women - 1, Johnson 31:45; 2, Power 31:49.

ITALY

Oct 13, Pettinengo: 9.5k: 1, C Kamathi KEN 26:24; 2, P Ivuti KEN 26:25; 3, B Barus KEN 26:31; women 4k: 1, M Okayo KEN 12:30; 2, A Jelegat KEN 12:44; 3, Michalska POL 12:56.

KOREA

Oct 14, Pusan: Asian Games Marathon: 1, Lee Bong-ju KOR 2:14:04; 2, Koji Shimizu JPN 2:17:47; 3, Ryuji Takei JPN 2:18:38.

NETHERLANDS

Oct 6, Duiven: H Mar: Knotwaar 61:49;
Oct 13, Eindhoven: Mar: 1, W Cheruyiot KEN 2:10.12; 2, Gajdos POL 2:10.49; 3, D Rono KEN 2:10.50; 4, Tyamchik BLR 2:11.38; 5, J Kipchumba KEN 2:12.59; 6, Ligneel BEL 2:13.05;
Oct 13, Groningen: 4M: 1, Sileshe Sihen ETH 18:00; 2, Assefa Mezgebu ETH 18:19; 3, P Mosima KEN 18:38; 4, Maase 18:40; women - 1, Rakonczai HUN 21:32; 2, Orlova RUS 21:40; 3, H Kimaiyo KEN 21:44.

SWITZERLAND

Sep 21, Uster: Women H Mar: 1, Joyce Chepchumba KEN 68:40; 2, Malot KEN 71:36.

USA

Oct 6, Syracuse: 5k: 1, J Itati KEN 13:27; 2, S Kosgei KEN 13:27; 3, G Okari KEN 13:30; women - 1, Kuma ETH 15:38; 2, Dibaba ETH 15:44; 3, Erkesso ETH 15:48;
Oct 13, Newport, RI: Women Mar: 2, Pozdnyakova UKR (age 47) 2:29:00;
Oct 14, Boston: US Women's 10k Champs: 1, M Runyan 31:48 (5k 16:05); 2, Wanjiku KEN 31:48; 3, Rudolph 32:05; 4, Khmeleva RUS 32:05; 5, Kuma ETH 32:13; 6, De Reuck 32:28.

ultras

ITALY

Sep 21-22, S. Giovanni Lupatoto: Women 24 hour track: Edit Bercecs HUN 250.106k (also 200k 18:31:43 world best).

cross country

RUSSIA

Oct 13, Orenburg: Russian Autumn Championships: 8k: 1, Y Yakupov 23:37; 2, Yemelyanov 23:39; Women 6k: 1, Albina Ivanova 19:32; 2, Alevtina Ivanova 19:41; 3,

O Romanova 19:56.

USA

Oct 11, Ann Arbor: 4k: 2, G THOMPSON 12:09;
Oct 11, Boston: 8k: 1, A SUTTON 23:31;
Oct 12, Greenville: 8k: 8, B YEWER 25:59;
Oct 12, Kaneohe, Hawaii: Women 6k: 3, J BROWN 22:56.

OBITUARY

BEN EASTMAN (USA) (b. 19 Jul 1911 Burlingame, California) died at the age of 91 at his home in Hotchkiss, Colorado on October 6. Eastman, blond and bespectacled, was a huge talent. He burst onto the world scene in May 1931. First he ran the anchor leg in 47.2 on the Stanford University team that set a world record of 3:12.6 for 4x440 yards and eight days later on May 16 he ran a world record of 47.4 for 440 yards at Stanford. He was, however, second in 47.8 when Vic Williams tied that mark at the IC4A Championships on May 30. Then came one of the greatest breakthroughs in athletics history as Eastman took a full second off the world record with his 46.4 for 440y at Stanford on March 26 1932, having blazed through 220y in 21.3; later the same afternoon he ran a 45.9 relay leg. Two months later he won at Berkeley in 46.5y, and in San Francisco on June 4 he set a world record for 880y with 1:50.9 (800m 1:50.0, having run an American record of 1:51.4 in April. Amazingly, however, a little-known Easterner, Bill Carr of Pennsylvania with a previous best of 48.4, then beat him three times: 47.0 to 47.2 in the IC4A 440y, 46.9 to 47.1 in the US Olympic Trials 400m and then at the Olympic Games in Los Angeles on August 5 when Carr ran a world record time for 400m of 46.2 to Eastman's 46.4 (46.28 to 46.50 on electric timing). Eastman led at 200m (21.9 to 22.1) and 300m (33.7 to 33.8). Sadly, Carr did not run again after a serious traffic accident in 1933, and Eastman thereafter concentrated on longer distances, setting another 880y world record at 1:49.8 (1:49.1 at 800m) at Princeton on June 16 1934 to improve Britain's Tom Hampson's 800m mark of 1:49.7. He also ran world records at 500m (1:02.8 and 1:02.0 in 1934), 600y (1:09.2 in 1933 and 1:08.8 in 1934) and 660y (1:18.3 in 1932). He won the AAU 800m in 1934 and returned in 1936 with 1:50.1, but was only 6th in 1:52.4e at the US Olympic Trials.

CARLO LIEVORE (Italy) (b. 11 Nov 1937 Carré, near Vicenza) died in Turin on October 10. He set a world record for the javelin with 86.74 at the Italian Club Championships in Milan on June 1 1961. This was his sixth Italian record (from 74.00 in 1957). He was 9th at the 1960 Olympics and 6th at the 1962 Europeans, but was unfortunate to have been suffering from a fractured ankle at the first and with a muscle injury at the latter. He made 42 international appearances for Italy and was Italian champion in 1957, 1959-61, 1964 and 1969. Carlo, with his brother Giovanni (b. 20 Mar 1932) dominated Italian javelin throwing for many years, as Giovanni set five Italian records from 71.00 in 1956 to 80.72 in 1958, was Italian champion in 1956 and 1958 and was 6th at the 1956 Olympics and 8th at the 1958 Europeans. Carlo's 86.74 remained the Italian record until Agostino Ghisini threw 89.12 (old javelin) in 1983. He coached the javelin in recent years.

EUROPEAN CUP GROUPINGS 2003

SPAR European Cup, Florence (ITA), June 21/22

Men: France, Germany, Great Britain & NI, Greece, Italy, Poland, Russia, Spain
Women: France, Germany, Great Britain & NI, Greece, Italy, Romania, Russia, Spain
First League / Group A, Lappeenranta (FIN), June 21/22

Men: Belarus, Belgium, Czech Republic, Denmark, Estonia, Finland, Hungary, Norway

Women: Belarus, Belgium, Czech Republic, Finland, Hungary, Ireland, Lithuania, Poland

First League / Group B, Velenje (SLO), June 21/22

Men: Bulgaria, Israel, Netherlands, Portugal, Slovak Republic, Slovenia, Sweden,

Ukraine

Women: Bulgaria, Netherlands, Portugal, Slovak Republic, Slovenia, Sweden, Ukraine, Yugoslavia

Second League / Group A, Aarhus (DEN), June 21/22

Men: AASSE*, Austria, Iceland, Latvia, Luxembourg, Switzerland, Ireland, Lithuania

Women: AASSE*, Austria, Iceland, Latvia, Luxembourg, Switzerland, Norway, Denmark

Second League / Group B, Istanbul (TUR), June 21/22

Men: Albania, Armenia, Azerbaijan, Bosnia & Herzegovina, Croatia, Cyprus, FYR of Macedonia, Georgia, Moldova, Turkey, Romania, Yugoslavia

Women: Albania, Armenia, Azerbaijan, Bosnia & Herzegovina, Croatia, Cyprus, FYR of Macedonia, Georgia, Moldova, Turkey, Estonia, Israel

AASSE* = Athletic Association of the Small States of Europe

EUROPEAN CUP COMBINED EVENTS

Super League, Bressanone (ITA), July 5-6

Men: Austria, Czech Republic, Finland, France, Germany, Italy, Russia, Ukraine

Women: Belarus, Czech Republic, France, Germany, Greece, Poland, Russia, Ukraine

First League, Tallinn (EST), July 5-6

Men: Estonia, Great Britain & NI, Hungary, Latvia, Netherlands, Poland, Spain, Switzerland

Women: Estonia, Finland, Great Britain & NI, Italy, Lithuania, Netherlands, Portugal, Sweden

Second League, Maribor (SLO), July 5-6

Men: Belarus, Greece, Norway, Sweden, Slovenia, Slovak Republic, Lithuania, Denmark, Belgium

Individuals: Croatia, Cyprus, Iceland, Ireland, Moldova, Portugal, Romania, Turkey, Yugoslavia

Women: Switzerland, Belgium, Spain, Hungary, Austria, Slovenia, Latvia, Denmark

Individuals: Croatia, Iceland, Ireland, Israel, Norway, Slovak Republic, Turkey

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CHINA

BEIJING MARATHON, October 20

WEI YANAN led home a Chinese one-two-three as she recorded the sixth fastest time in history of 2:20:23.

The new national record gave her a second Beijing Marathon win in three years and moved her ahead of Tegla Loroupe on the all-time list. Only Paula Radcliffe, Catherine Ndereba and Naoko Takahashi have gone quicker.

Wei was 25th in this year's World Half-Marathon championships and her winning time two years ago was 2:26:34.

Just as astounding was the performance of runner-up Sun Yingjie, who completed a trio of world-class performances in the space of a fortnight.

She won two golds in the Asian Games, clocking 30:28.26 for 10,000m on October 8 and 14:40.41 just two days later for the 5000m. Zhang Shujing was the third of 11 to dip below 2:30.00.

Men

1 Li Zhuhong (CHN) 2:13:09; 2 O Kilongo (KEN) 2:13:13; 3 E Chebet (KEN)

2:13:20; 4 Zheng Yunshan (CHN) 2:13:27; 5 Zhu Ronghua (CHN) 2:13:29;

6 Kil Jae Son (PRK) 2:13:41; 7 N Ndereva (KEN) 2:13:55; 8 Bai Zengquan (CHN)

2:14:10; 9 L Kibet (KEN) 2:14:44; 10 F Degafu (ETH) 2:14:58; 11 F Poole (RSA)

2:15:23; 12 A Espinosa (MEX) 2:15:38; 13 A Luiz Ramos (BRA) 2:16:17; 14

Zhang Jingbo (CHN) 2:16:19; 15 Chai Jiahua (CHN) 2:16:49.

Women

1 Wei Yanan (CHN) 2:20:23; 2 Sun Yingjie (CHN) 2:21:21; 3 Zhang Shujing (CHN)

2:23:17; 4 Zhu Xiaolin (CHN) 2:23:57; 5 Hu Yuanyuan (CHN) 2:24:39; 6 S Weiwei (CHN) 2:25:15; 7 J Yong Ok (PRK)

2:26:12; 8 Li Helan (CHN) 2:26:59; 9 Jo Bun Hui (PRK) 2:27:36; 10 Lu Cui (CHN)

2:27:37; 11 Shen Meiyu (CHN) 2:29:41; 12 Jang Son Ok (PRK) 2:30:49; 13 Xi

Yuanrong (CHN) 2:31:48; 14 Wang Lin (CHN) 2:31:51; 15 Wei Xin (CHN) 2:33:08

IRELAND

BUPA IRELAND RUN, Loughrea,

October 13

SONIA O'SULLIVAN continued her preparation for next month's New York Marathon by winning this race for the second time, John Walshe reports.

The Irishwoman, who will make her serious marathon debut in the Big Apple on November 3, clocked 25:30. As she finished 86 seconds clear of compatriot Pauline Curley, she ended with the same average pace as in her world 10-mile best in the Bupa Great South Run last month.

O'Sullivan also won the event in 1999 in a time of 24:27, which was initially hailed as a world best until it was concluded the course was downhill.

Such is the hardy personality of the woman who has gone from strength to strength since giving birth last December, the victory came only a day after she completed a two-and-a-half-hour training run.

"After last weekend I had a couple of days easy and then started back again. I ran for two-and-a-half hours yesterday, so I felt a bit tired today," said the 32-year-old.

But for O'Sullivan, who this year has won a European 10,000m silver medal, the Great South Run and the Great North Run, it was another satisfactory run in preparation for New York.

Bedford & County's Sharon Morris was third in 27:07, outside her quickest time of the season.

Tynedale's Andy Caine achieved one of the fastest times by a Briton this year in finishing third behind Ireland's Seamus Power. The Scot clocked 23:36 to cross the line five seconds behind the winner, with another Irishman Noel Berkely separating the two as he finished in 23:33.

Caine had made the first decisive move after Berkeley, along with Power, had whittled the quality field down with a series of surges.

Power said afterwards: "I wanted to win this one, with the cross-country season about to start."

Also under 24 minutes were Britons Chris Davies, who was fifth, and Dominic Bannister, sixth.

Men (5M)

1 S Power (IRL) 23:31; 2 N Berkeley (IRL) 23:32; 3 ANDY CAINE 23:36; 4 D Galvin (St J) 23:39; 5 CHRIS DAVIES 23:43; 6

DOMINIC BANNISTER 23:58; 7 P McNamara 24:29; 8 G Ryan 24:37; 9

MARK ROBERTS 25:00; 10 N Kelly 25:12; 11 BILLY COYLE 25:14; 12 G Thornton (IRL)

25:18; 13 BEN NOAD 25:20; 14 P Deegan 25:22; 15 D Byrne (IRL) 25:41; 16 D Kelly (IRL) 25:52; 17 P Nugent (IRL) 26:01; 18 D

Brady 26:07; 19 I Egan 26:09; 20 D O'Mahony 26:11

M40: 1 D Boner 26:28; 2 D Kearns 27:25; 3 T Meehan 27:30; 4 H Duffy 27:44; 5 T J Whyte 27:58

M45: 1 E Moynihan 26:34; 2 G Mullane 27:42; 3 M Harvey (IRL) 27:55; 4 J Kenny (IRL) 28:55; 5 T Grogan (IRL)

29:32. **M50:** 1 P O'Shea (IRL) 27:43; 2 V Flannery (IRL) 28:30; 3 M McEvilly (IRL)

28:45; 4 P Timmons (IRL) 29:36; 5 S O'Neill (IRL) 31:04. **M55:** 1 D Murphy (IRL)

32:07; 2 M Courell 33:28; 3 W Parkes (IRL) 33:55; 4 M Carroll (IRL) 35:31; 5 D

Geraghty 35:49. **M60:** 1 B Geraghty (IRL) 29:48; 2 N Cotter 33:34; 3 R Rushe (IRL)

34:06. **M65:** P Craddock (IRL) 35:10.

M70: J Flannery 36:49

Women

1 S O'Sullivan (IRL) 25:30; 2 P Curley (IRL) 26:56; 3 SHARON MORRIS 27:07; 4 A

Kealy 27:17; 5 MEREDITH PANNETT 27:31; 6 TRUDI THOMSON (W40) 28:14; 7

SAMANTHA BRECHER 28:58; 8 A Lennon 29:13; 9 C O'Riordan (IRL) 29:16;

10 G Ganiel (IRL) 29:21; 11 M Synott

29:24; 12 S Cummins 29:32; 13 F Keane (IRL) 29:41; 14 NICOLA HAINES-JONES 29:59; 15 M Tangri 30:16
W35: 1 N McManamon (IRL) 31:34; 2 A O'Connor 31:39; 3 S Garrahy 32:40. **W40:** M McHugh (IRL) 33:25; 2 M Rooney (IRL) 34:14; 3 M Naylor (IRL) 35:30. **W45:** C Mhic Dhomhnaill 37:07. **W50:** G Donohue 49:41. **W55:** R Richard 42:31. **W65:** S O'Toole 45:04

ITALY

GARA INTERNAZIONALE DI CADETTI, Turin, October 12

THE IMPROVING Nick Ball chipped six seconds off his best in a class junior field which preceded the Walking World Cup.

U20 Men

5kmW: 1 J Chaloupka (CZE) 22:32; 2 D Pieri (ITA, U17) 22:51; 3 P Grof (SLO, U17) 23:30; 4 D Laniku (ITA, U17) 23:40; 5 M Todaro (ITA, U17) 24:12; 6 A Prifti (ITA, U17) 24:17; 7 NICK BALL (U15) 24:18; 8 T Marta (HUN, U17) 24:44; 9 A Rumbenle (LAT, U15) 25:02; 10 S Cattaneo (ITA, U17) 25:08

NETHERLANDS

DELTA LLOYD AMSTERDAM MARATHON, October 20

FORMER world 10,000m champion Gete Wami enjoyed an excellent marathon debut of 2:22:19, which was an Ethiopian and course record.

The 27-year-old, who decided only 10 days ago to run here, clocked the 22nd fastest time in history. In the men's race, another debutant Benjamin Kimutai Kosgei took victory in 2:07:26.

Wami has rested from competition this year and trained little. "I had decided to take this year off, to rest after the stress and hard training of recent years," she said. "From May, I trained once a day over long distances. I felt fine and wanted to go to Amsterdam."

She added: "I'm very happy with this first marathon."

Her time bettered the national record of Fatuma Roba of 2:23:21 and the course record of 2:22:23 which had belonged to Catherine McKiernan.

However, impressive though it is, it is more than three minutes outside the record marathon debut time. Paula Radcliffe, who was famously outkicked into the silver medal position by Wami in the 1999 World Championships 10,000m, ran 2:18:56 in this year's Flora London Marathon - and ran more than a minute-and-a-half quicker again in Chicago 10 days ago.

Wami pulled away from Romanian Constantina Dita after the pair had matched each other step-for-step for the first four-and-a-half miles.

Though Dita could not patch Wami's pace, she took nearly three minutes from her personal best with 2:23:52.

Kimutai was less dominant with the manner of his win, falling off the pace just before the 13-mile mark.

"One of the pacemakers accelerated at that moment and I could not follow," said the 31-year-old on losing the leading pack of 15 runners. "Nevertheless, I never panicked because I was feeling well and decided to run my own pace."

However, he closed the gap suddenly and broke away with two miles to go.

Compatriot Simon Bor was 29 seconds adrift and another Kenyan Stephen Cheptot was third in 2:07:59.

Men

1 B Kimutai Kosgei (KEN) 2:07:26; 2 S Bor (KEN) 2:07:55; 3 S Cheptot (KEN) 2:07:59; 4 A Pena (ESP) 2:08:08; 5 S Korir (KEN) 2:08:10; 6 B Kimaiyo (KEN) 2:08:44; 7 A Tollosa (ETH) 2:10:09; 8 M Sigei (KEN) 2:10:10; 9 L Krotwaar (NED) 2:11:19; 10 W Kilglat (KEN) 2:11:25; 11 A Demissie (ETH) 2:12:13; 12 M Masai (KEN) 2:14:45; 13 K Saaidou (MAR) 2:15:30; 14 J Mutai (KEN) 2:16:23; 15 A Lino (KEN) 2:19:11 ... 47 CLYDE MARWICK 2:40:41 ... 58 ELLIOTT MAKIN 2:44:50 ... 80 PHILIP AVERY 2:50:39 ... 86 VAUGHAN HEMY 2:51:09

... 127 BRENDAN GREENE 2:58:40

Women

1 G Wami (ETH) 2:22:19; 2 C Dita (ROM) 2:23:52; 3 S Larsen (NOR) 2:27:06; 4 W Tola (ETH) 2:29:08; 5 A Tecuta (ROM) 2:29:29; 6 A Ivanova (SUI) 2:30:25; 7 M Kotu (ETH) 2:30:26; 8 A van Schuppen (NED) 2:34:25; 9 G Alexandrova (RUS) 2:38:33; 10 U Jeitziner (SUI) 2:40:14 ... 15 ISOBEL PARTRIDGE 3:11:02 ... 25 JOANNA BALL 3:32:55 ... 27 ANNE-LOUISE KELLY 3:35:57 ... 30 JOSEPHINE FORD 3:37:42

PORTUGAL

EUROPEAN CHAMPION CLUBS CUP HALF-MARATHON, Lisbon, October 20

BELGRAVE HARRIERS battled temperatures of around 23C to finish ninth out of 13 teams.

Will Cockerell led home the AAA half-marathon team champions in 32nd place in 73:01 on a course felt by runners to be "three or four minutes too long".

James Moyren, representing Portuguese club Conforlimpa, won in 65:13. Belgrave's other counting athletes were 41-year-old Knut Hegvold, who was 36th in 73:53, Roger Alsop, 37th in 74:19, and Alister Stewart, 42nd in 75:12.

Team manager Bill Laws was satisfied the team gave a good account of itself. "We had a lot of guys in the Liverpool Reebok Challenge and we had Paul Evans injured so we did about as well as we could have expected," he said.

Four-time European cross country champion Paolo Guerra finished back in ninth, while former Flora London Marathon winner Antonio Pinto performed under-par in 19th.

Men

1 J Moyren (POR) 65:13; 2 M Leone (ITA) 65:16; 3 P Gomez (POR) 65:19; 4 L Jesus (POR) 65:40; 5 D Goffi (ITA) 65:44; 6 A Chaica (POR) 65:58; 7 R Mohamed (POR) 66:21; 8 A Dobrzynski (POL) 67:06; 9 P Guerra (POR) 67:13; 10 A Maravilha (POR) 67:18 ... 19 A Pinto (POR) 70:00 ... 32 WILL COCKERELL 73:01 ... 34 KNUT HEGVOLD (M40) 73:53 ... 36 ROGER ALSOP 74:19; 42 ALISTER STEWART 75:12; 48 CHARLES HERRINGTON 76:46; 56 LEE HURST 79:48

TEAM: 1 Conforlimpa (POR) 20; 2 Italy 30; 3 Maratona (POR) 36; 9 BELGRAVE H 144

USA

TRIGAN BAY BRIDGE MARATHON, October 20

Men

1 M Khobotov (RUS) 2:25:25; 2 S Sawe (KEN) 2:25:25; 3 A Chipu (RSA) 2:27:50; 4 Ayele Mezgebu (ETH) 2:36:12

NCAA PRE-NATIONALS, Indiana,

October 19

CHORLEY Harrier Vicky Gill won the 6km white race by eight seconds.

The 22-year-old, who was named August athlete of the month by *Athletics Weekly's* sister magazine *British Runner* after winning the Sale 10 in 56:40, was in a pack of five that went through halfway in this cross country event in 10:03. However, the Florida State University student picked up the pace in the second half.

Men

White race: J Torres 23:34.8

Blue race: K Kangogo 23:45.9

Women

White race: VICKY GILL 19:54.8

Blue race: S Flanagan 19:56.5

BALTIMORE MARATHON, October 19

Men

1 E Kimaiyo (KEN) 2:17:43; 2 C Kamindo (KEN) 2:19:54

cross country

October 20

BLAYDON HARRIERS METROCENTRE

NICHOL HUNTER MEMORIAL RELAYS Shibdon Pond, Blaydon, Tyne & Wear

MORPETH HARRIERS retained the senior men's title but it was their B team who triumphed after an exciting finish, *Les Venmore reports*.

Jonathan Graham led for Gosforth on leg one, ahead of Chris Lamb of Chester-le-Street and Sean Moralee of Durham.

Morpeth A, thanks to Dan Samuels, were in fifth place and the B team, through Neil Armsworth, were eighth.

Mark Hudspith, having his first competitive outing since dropping out of the Commonwealth Games marathon, moved the A squad into the lead on leg two. He went ahead of B-team runner Mark Brown, the pair clocking the two fastest times of the day.

David Swinburne took over on leg three 17 seconds ahead of Richard Kay, but Kay gradually reduced the deficit, passing his rival with less than 100 metres remaining. The Gosforth team, made up of junior athletes, held on to third place.

Jarrow & Hebburn led all the way to win the women's race. Claire Smallwood, who finished a creditable 13th in the previous day's Reebok Challenge event at Liverpool, held a commanding lead on the opening leg over Durham's Rosie Smith.

Angela Hunter and Denise Todd extended the advantage, to well over two minutes ahead of Gateshead. Elswick, thanks to a fine last leg by top U17 runner, Sam Crowe, took third place.

Sunderland easily won the veterans' relay, with Rob Hand clocking by far the fastest time, when moving Durham from seventh to fourth on leg three.

Men (3x3km)

1 Morpeth B 30:53 (N Armsworth 10:40, M Brown 10:02, R Kay 10:11); 2 Morpeth A 30:56 (D Samuels 10:26, M Hudspith 9:59, D Swinburne 10:31); 3 Gosforth 31:17 (J Graham 10:09, D Graham 10:41, P Hutton 10:27); 4 Sunderland 31:48 (N Younger 10:35, L Browell 10:22, S Potts 10:51); 5 Gateshead 33:07 (P Branton 11:09, M Elliott 10:39, R Robinson 11:19); 6 Gateshead B 33:32; 7 Elswick 33:47; 8 Durham City 34:15; 9 Wallsend 35:25; 10 Gateshead C 35:35; 11 Tynedale 33:51; 12 Heaton 36:10

Fastest: Hudspith 9:59; Brown 10:02; Graham 10:09; C Lamb (CleS) 10:10; Kay 10:11; S Moralee (Dur) 10:13

Veterans (3x3km)

1 Sunderland 33:29 (J Watson 11:23, P Collins 11:04, S Coxon 11:02); 2 Wallsend 34:32 (D Anderson 11:25, C Guy 11:38, T McPhail 11:29); 3 Tynedale 34:38 (Sid Coxon 11:18, N Cassidy 11:42, B Jameson 11:38); 4 Durham City 34:40; 5 Blaydon 36:01; 6 Morpeth 36:29

Fastest: R Hand (Dur) 10:24; P Johnson (Morp, gst) 11:00; Coxon 11:02

U17 (3x3km)

1 Morpeth 32:38 (N Shrub 10:36, G Driscoll 11:32, K Wilson 10:30); 2 Newton Aycliffe 34:18 (A Harker 11:55, L Moses 10:58, M Bell 11:25); 3 Morpeth B 35:10 (J Wood 11:42, S Kirtley 11:42, C Aynsley 11:48); 4 Gosforth 35:23; 5 Tynedale 35:25; 6 Birtley 35:25

Fastest: Wilson 10:30; Shrub 10:36; Timmins (Gosf) 10:48

U15 (3x2km)

1 Gateshead 21:13 (S Hall 7:04, W Pike 7:24, S Watson 6:45); 2 Morpeth 21:21 (R Henderson 7:37, R Floyd 6:59, J Young 6:45); 3 Birtley 23:06 (M Docherty 7:22, A Wear 8:02, G Docherty 7:42); 4 Gosforth 23:26; 5 Wallsend 23:22; 6 Gateshead B 24:25

Fastest: Watson/Young 6:45; Floyd 6:59

U13 (3x2km)

1 Morpeth 23:51 (M Cairns 8:04, M Cochrane 8:00, M Travis 7:47); 2 Gateshead 24:05 (J Gibson 7:45, N Flannery 8:29, T Perkins 7:51); 3 Birtley

24:42 (R Cunningham 7:33, S Wood 8:12, R Hopkins 8:57); 4 Elswick 25:53; 5 Wallsend 26:18; 6 Gosforth 26:32

Fastest: Cunningham 7:33; Gibson 7:45; Travis 7:47

Women (3x3km)

1 Jarrow & Hebburn 36:36 (C Smallwood 11:39, A Hunter 12:45, D Todd 12:12); 2 Gateshead 39:02 (H Patton 13:35, C Wickham 12:10, V Bennett 13:17); 3 Elswick 40:10 (A Snee 13:48, K Davison 13:41, S Crowe 12:41); 4 Morpeth 41:13 (S Ellison 13:18, L Ranger 13:35, N Dawson 14:20); 5 Tynedale 41:48 (K Mafowan 13:12, J Miller 14:42, M Ward 13:54); 6 Sunderland 42:03; 7 Gosforth 44:10; 8 Houghton & Peterlee 44:22

Fastest: Smallwood 11:39; R Smith (Dur) 12:04; Wickham 12:10; Todd 12:12; A Dixon (Sun) 12:28

U15 (3x2km)

1 Morpeth 24:29 (A Porteous 8:01, N Sage 8:10, E Nesbitt 8:18); 2 Gateshead 24:48 (S Duffy 8:11, L Wright 8:20, C Gilmore 8:17); 3 Blaydon 25:39 (C Reay 8:20, J Craig 8:40, H Dix 8:39); 4 Gosforth 25:52; 5 Blaydon 26:08; 6 Durham City 26:14

Fastest: Porteous 8:01; C Harrison (Sun) 8:05; Sage 8:10

U13 (3x2km)

1 Durham City 26:12 (S Brown 9:16, R Shield 8:34, S Coleby 8:22); 2 Sunderland 26:37 (E Spoor 8:20, L Ing 8:29, K Giordano 8:48); 3 Gosforth 27:28 (N Bellamy 9:11, L Ayres 8:49, F Robinson 9:28); 4 Blaydon 27:37; 5 Morpeth 27:42; 6 Tynedale 27:49

Fastest: S Smith (Tyne) 8:11; Spoor 8:20; Coleby 8:22

KENT FITNESS LEAGUE

Sevenoaks

Men (5.25M)

1 T Bailey (Than) 29:43; 2 J Atkinson (gst) 30:12; 3 D Marsden (S'oaks) 30:29; 4 D Law (M'stone) 30:50; 5 C Desmond (S'oaks) 31:04; 6 A Green (Dartf RR) 31:09; 7 D Farrow (Than, U20) 31:17; 8 P Smith (Padd W) 31:21; 9 D Green (gst) 31:39; 10 J Nice (M&M, U20) 31:56; 11 S Taylor (Dartf RR) 32:00; 12 M Clark (S'oaks, M40) 32:01; 13 N Cook (Than) 32:02; 14 J Hope (Padd W) 32:15; 15 A Stokes (Inv EK, U20) 32:18; 16 S Cable (IS) 32:23; 17 P Wallace (M&M, M50) 32:28; 18 I Stokes (Inv EK, M40) 32:42; 19 S Throssell (gst) 32:58; 20 A Francis (IS) 33:04

M60: E Broad (Inv EK) 38:06

Women

1 C Harvey (M&M, U20) 34:45; 2 A Parlett (IS, W35) 35:13; 3 E Batty (Inv EK, W45) 35:25; 4 D Percival (IS, W40) 35:33; 5 M Flaxton (Dartf RR) 35:51; 6 M Ryan (Plum) 36:11; 7 H Fitzmaurice-Cotton (S'oaks) 36:37; 8 F Roberts (Inv EK) 37:55; 9 J Cobby (NEJ, W40) 37:56; 10 S James (Padd W, W50) 38:25

TEAM (Combined): 1 Sevenoaks 188; 2 Dartford Road Runners 223; 3 Invicta East Kent 317; 4 Istead & Ifield 323; 5 Medway & Maidstone 402; 6 Thanet Road Runners 409

HEREFORDSHIRE LEAGUE

Croft Castle

Men

1 P Kendrick (Spartans, M40) 48:02; 2 A Moore (Wye V) 48:25; 3 M Fawcett (Wye V) 48:42; 4 T Taylor (Here, M40) 48:56; 5 C Lancaster (Lud, M40) 50:17; 6 D Lambert (Wye V, M45) 50:48; 7 D Moss (Croft, A) 51:00; 8 S Morgan (Croft, A) 51:12; 9 D Davies (Spartans, M45) 51:52; 10 R Mapp (Lud, M40) 52:02; 11 K Howard (Wye V, M45) 52:20; 12 S Norwood (Lud) 52:30; 13 K Nash (Lud) 52:55; 14 T Clarke (Here) 53:13; 15 P King (P'aigne, M55) 53:19; 16 M James (Here, U20) 53:30; 17 P Bouston (Wye V) 53:36; 18 S Littlewood (Here, M50) 54:13; 19 S Bennett (Here) 54:18; 20 S Herington (Here, C, M50) 54:57

M60: 1 H Franklin (Wye V) 69:00

TEAM: 1 Wye Valley Runners 22; 2 Ludlow Runners 40; 3 Hereford Couriers 52

Women

1 J Rowlands (Lud, W40) 34:15; 2 J

Hewson (Lud) 35:17; 3 A Cooke (Here, W40) 35:33; 4 J Littlewood (Here, W45) 35:44; 5 A Look (Wye V) 36:26; 6 L White (Here Tri) 36:34; 7 J Hopkins (Here, W40) 36:40; 8 S Boustoun (Wye V) 37:16; 9 A Thorpe (Lud, W40) 37:34; 10 J Toone (Ludlow) 40:39
W50: 1 C Cooper (P'aigne) 43:14
TEAM: 1 Ludlow runners 12; 2 Hereford Couriers 14; 3 Wye Valley Runners 32

LINCOLNSHIRE LEAGUE

Grantham

Men

1 P Coleman (Grant) 26:27; 2 S Penny (C'field) 27:27; 3 J Pike (Nene V) 28:01; 4 S North (Bost) 28:40; 5 S Gasgoigne (C'field) 29:01; 6 M Wilson (Nene V, U20) 29:21; 7 M Marsh (Louth) 29:28; 8 S Cragg (Bost) 29:34; 9 M Packer (Louth, M40) 29:35; 10 L Clements (Nene V, U20) 30:06; 11 D Abbot (Grant, M40) 30:19; 12 A Marston (Linc W) 30:24; 13 G McCory (Louth, M40) 30:32; 14 L Hemmings (Nene V) 30:40; 15 A Short (Grant) 30:46

TEAM: 1 Nene Valley H 19; 2 Grantham 27; 3 Louth 29; 4 Boston District 36

U17

1 K Tombelson (Nene V) 15:42; 2 L Danile (Nene V) 15:57; 3 J Farrier (Nene V) 16:29; 4 S Wignall (Clee) 16:39; 5 J Hudson (Clee) 17:30; 6 B Stinson (Nene V) 18:01; 7 A Dalton (Louth) 18:18; 8 W Harness (Bost) 18:30; 9 T Potter (Nene V) 18:31

TEAM: Nene Valley Harriers 6

U15

1 T Herbert (Linc W) 13:55; 2 T Coleman (Grant) 13:57; 3 D Haywood (Linc W) 14:13; 4 K McNab (Nene V) 14:32; 5 P Dunn (Werr J) 14:36; 6 S Organ (Bourne) 14:48; 7 M Plaskitt (Linc W) 14:56; 8 A Tilley (Bost) 14:57; 9 N Lee (Nene V) 15:58; 10 R Williams (Grims) 16:03

TEAM: 1 Lincoln Wellington 11; 2 Nene Valley H 24; 3 Grimsby H 40; 4 Bourne Town H 40

U13

1 L Clapham (Clee) 9:09; 2 R Nearsides (Nene V) 9:15; 3 O Cartwright (Bourne) 9:35; 4 R McGonigle (Nene V) 9:38; 5 E Haywood (Linc W) 9:42; 6 D Exley (Clee) 9:43; 7 J Ramsden (Linc W) 9:48; 8 J Coyle (Linc W) 9:56; 9 M Baldock (Louth) 10:07; 10 P Spurden (Nene V) 10:07

TEAM: 1 Nene Valley H 16; 2 Lincoln Wellington 20; 3 Cleethorpes 33; 4 Grimsby 16; 5 Boston & District 62

Women

1 L Day (Stam, W35) 17:42; 2 L Pitcher (Linc W, U20) 17:58; 3 J Clay (Bost, W35) 19:06; 4 S Lazenby (Nene V, W40) 19:51; 5 K Warhurst (Linc W, W35) 20:26; 6 A Hannah (Stam) 20:39; 7 L Parry (Clee, Vwt) 20:46; 8 S Revell (Stam) 20:59; 9 M Shaw (C'field, U20) 21:02; 10 S Wright (Louth, W35) 21:10

TEAM: 1 Stamford H 15; 2 Lincoln Wellington 25; 3 Boston & District 43; 4 Cleethorpes 52

U17

1 S Wright (C'field) 15:18; 2 C Foley (Stam) 15:31; 3 K Johnson (Grant) 16:09; 4 O Carmody (Stam) 16:55

U15

1 H Smith (Clee) 9:50; 2 L Yorston (Clee) 10:19; 3 R Humberstone (Linc W) 10:20; 4 L Holness (Clee) 10:37; 5 J Clarke (Linc W) 10:42; 6 S Kimpton (Nene V) 11:01; 7 V Hubbard (Grant) 11:03; 8 D Hicks (Grims) 11:05; 9 P Hicks (Rut) 11:05

TEAM: 1 Cleethorpes 7; 2 Lincoln Wellington 14

U13

1 B Haywood (Linc W) 9:59; 2 C Hanson (Linc W) 10:13; 3 S Wycherly (Nene V) 10:41; 4 R Harrison (Louth) 10:56; 5 S Welch (Bourne) 11:06; 6 L Thomas (Linc W) 11:09; 7 C Gray (Linc W) 11:26; 8 S Richards (Grant) 11:36; 9 H Deebank (Grant) 11:38; 10 C Smith (Grims) 11:40

TEAM: 1 Lincoln Wellington 9; 2 Grantham 28; 3 Bourne 36; 4 Nene Valley H 46

NORTH STAFFS LEAGUE

Newcastle, Staffs

STAFFS MOORLANDS' Rob Deakin has shelved his marathon plans to concentrate on winning the individual crown in this league. *Dave Edwards reports.*

If Deakin goes on to collect the individual award it will complete a set of medals he began collecting in 1979, when he won the colts' age group. He then went on to take the boys' crown in 1981 and the youths' title in 1983.

Deakin quickly made his intentions known on the first small lap as he opened up a 10-metre gap over a chasing bunch containing Wrexham youngster Luke Northall, Stoke's Peter Benyon and the Trentham trio of Steve Bazzell, Steve Pyke and veteran Dave Hollins.

Deakin used his marathon training endurance strength to move about 40 metres clear of the chasers by the end of the first large lap. Bazzell and Pyke were still in touch at this stage, with veteran Hollins pulling into second slot.

Going into lap three Deakin had clearly established himself in pole position as he extended his lead to 80 metres, eventually coasting home coasting home 19 seconds clear.

Deakin said: "My strength is still on the roads and I really do not enjoy the country. I always find it difficult to settle into a rhythm. However, I have decided to take a break form my marathon training this winter and aim to get my full set of individual medals".

Cheadle's Rebecca Harrison, who had never won an individual race in the North Staffs league, but took control of the race early on and her rivals were left chasing her shadow.

The Cannock duo of Claire Newton and Lucy Hale took up the pace-making duties on the opening small lap. Harrison and her Cheadle colleagues Kerry Taylor and Amanda Dalbins were well in the hunt though.

Harrison pulled level with her rivals on the opening tough ascent on lap one. Her strength and stamina took her away from her rivals, who were left in a vain chase.

Despite her lack of experience Harrison had the confidence to lead from early on.

Going into the second large lap, a resurgent Newton, the former junior international, was closing the gap.

Harrison sensed the danger and kicked again, finally opening up a race-winning lead.

Men

1 R Deakin (Staffs M) 34:41; 2 D Hollins (Trent, M45) 34:50; 3 L Northall (Wrex, U20) 35:25; 4 P Benyon (Stoke) 35:27; 5 S Pyke (Trent) 35:32; 6 S Bazzell (Trent) 35:55; 7 J Danahay (Stoke, M40) 35:55; 8 P Lucas (Staffs M) 36:13; 9 P Bradshaw (Newc) 36:34; 11 R Kay (Staffs U, U20) 36:46; 11 T Weaver (Staff M) 36:56; 12 S Watson (Buxton) 37:12; 13 L Dooley (Staffs U, U20) 37:16; 14 M Weedall (Vale R, M45) 37:34; 15 A Hartveld (Stoke, M40) 37:59; 16 S Farrell (Staff M) 38:16; 17 G Walters (Stoke, U20) 38:23; 18 R Rhodes (Stoke) 38:32; 19 T Jewkes (Chase H) 38:37; 20 B Carr (Cong H) 38:47

TEAM

Division 1: 1 Stoke 82; 2 Staffs Moorlands 94; 3 Trentham 98; 4 Newcastle 237; 5 Chase H 272; 6 Colwyn Bay 391; 7 Staff H 399; 8 Congleton 584; 9 Vale Royal 585; 10 Telford H 615

Division 2: 1 Boalloy 471; 2 Staffs U 523; 3 Buxton 544; 4 Wrexham 649; 5 Cheadle 656; 6 Newcastle School 665; 7 Stone M 720; 8 Uttoxeter 776; 9 County Off 951

U17

1 W Knott (Stoke) 21:21; 2 L Collis (Stoke) 21:32; 3 C Shubotham (Stoke) 21:38; 4 T Sherrington (Linc W) 21:42; 5 R Lightfoot (Wrex) 22:14; 6 D Savage (Warr) 22:16

U15

1 A Derriocott (Stoke) 13:29; 2 S Mitchell (Vale R) 13:47; 3 A Hall (Staffs M) 13:49; 4 L Jones (Stoke) 13:58; 5 N Northall (Wrex) 14:03; 6 D Meigh (Trent) 14:05

TEAM: 1 Stoke 20; 2 Staffs Moorlands 40; 3 Wrexham 50

U13

1 M Jackson (Warr) 11:53; 2 D Cliffe (Warr) 12:02; 3 M Allott (Staffs M) 12:26; 4 N Dring (Stoke) 12:37; 5 M Williams (Warr) 12:42; 6 A Green (Warr) 12:48

TEAM: 1 Warrington 14; 2 Stoke 37; 3 Stafford H 90

Women

1 R Harrison (Chead) 23:15; 2 C Newton (C&S) 23:27; 3 K Taylor (Chead) 23:41; 4 A Dalbins (Chead) 24:02; 5 L Hale (C&S) 24:38; 6 L Richards (Newc) 24:47; 7 A Carter (V Royal) 24:57; 8 K Porter (Newc) 25:10; 8 M Hooton (Chead) 25:12; 10 V Owen (Staffs U) 25:27; 11 C Kilkenny (C&S, W45) 25:37; 12 K Allmark (Newc) 25:37;

13 J Myatt (Newc, W35) 25:51; 14 L Marconi-Wrigley (Newc, W40) 26:04; 15 B Clayton (Walton C, W35) 26:44; 16 A Coker (Stone M, W35) 26:46; 17 D Fellows (C&S, W55) 26:48; 18 S Gibson (Chead) 26:58; 19 R Hornby (Uttox, U20) 26:59; 20 C Thompson (Vale R) 27:00

TEAM: 1 Cheadle 8; 2 Cannock & Stafford 18; 3 Newcastle 26; 4 Stafford H 78; 5 Staffs Uni 79; 6 Stone M 100; 7 Buxton 100; 8 Staffs Moorlands 101; 9 Trentham 104; 10 Telford H 148

U17

1 L Owen (Staffs M) 15:25; 2 V Jones (Wrex) 15:37; 3 B Carter (Vale R) 16:08; 4 C Winder (Vale R) 16:33; 5 A Booth (Der) 18:06

TEAM: Wrexham 25

U15

1 C Harris (Wrex) 12:49; 2 A Wadsworth (Bux) 13:06; 3 L Bestwick (Der) 13:18; 4 L Garside (Newc) 13:29; 5 L Brightstone (Col B) 13:30

TEAM: 1 Derby 35; 2 Buxton 40; 3 Wrexham 42

U13

1 E Dulsion (Newc) 9:03; 2 H Williams (Warr) 9:18; 3 R Patrick (Newc) 9:21; 4 K Chell (Newc) 9:30; 5 G Paletta (Wrex) 13:30

TEAM: 1 Newcastle 14; 2 Wrexham 44; 3 Stoke 56; 4 Trentham 72

SUNDAY LEAGUE

Cheshunt

RICK ERIKSSON narrowly defeated Latton's Ben Hellmers in the opening match of the season. *Brian Aitken reports.*

Royston had their eight counters in the top 50 to lead the team standings by a healthy 68 points.

In the women's race, East London's veteran Linda Jackson won by a more comfortable margin while Garden City made an impressive start in the team event with their five counters packing in the top 16.

Men

1 R Eriksson (Lon H) 27:38; 2 B Hellmers (Latton) 27:44; 3 A Holt (Herts P) 27:59; 4 C Blackburn (Serp) 28:05; 5 D Browne (Lon H) 28:17; 6 I Morray (Royst) 28:20; 7 M Clapp (Edm) 28:28; 8 K Skinner (Gard CJ) 28:52; 9 R McCormick (Trent PK) 29:05; 10 K Kemp (Lon H, M40) 29:14; 11 S Wells (Fair V, M40) 29:45; 12 V Long (Royst) 29:55; 13 J Flahive (Lon H) 30:06; 14 C Saville (Herts P) 30:10; 15 L Davies (Royst) 30:13; 16 S Livingstone (Gard CJ, M40) 30:22; 17 C Thompson (Edm) 30:23; 18 D Brown (Fair V) 30:25; 19 P Noble (Serp) 30:27; 20 D Sullivan (Brox) 30:28; 21 M Faughnan (Gard CJ, M40) 30:30; 22 N Kapoor (Trent PK) 30:35; 23 A Forster (Fair V) 30:43; 24 I Cleaver (Herts P) 30:49; 25 N Huke (Royst, M50) 31:04

TEAM: 1 Royston 194; 2 Fairlands Valley Spartans 262; 3 Garden City Runners 265; 4 London Heathside 365; 5 Broxbourne 398; 6 Trent Park Runners 451; 7 Herts Phoenix 560; 8 Latton 562; 9 Edmonton 619; 10 Watford J 627

B TEAM: 1 Royston 464; 2 Fairlands Valley Spartans 642; 3 Garden City Runners 786

VETS TEAM

1 Garden City Runners 110; 2 Fairlands Valley Spartans 124; 3 Broxbourne 161; 4 Royston 162; 5 Watford J 229; 6 Trent Park Runners 264

Women

1 L Jackson (E Lon, W35) 19:45; 2 J Cooper (Gard CJ, W35) 20:34; 3 W Jones (Royst, W35) 20:52; 4 V Parry (Lon H) 21:19; 5 R Brown (Latton) 21:34; 6 V Shadbolt (Gard CJ, W35) 22:01; 7 K Levinson (E Lon, W35) 22:05; 8 J Socas (Latton) 22:29; 9 H Eastwood (Latton) 23:00; 10 M Avery (Brox, W35) 23:19; 11 L Timpon (Gard CJ) 23:24; 12 S McCormick (Trent PK, W35) 23:25; 13 K Hussey (Fair V, W35) 23:28; 14 L Rankin (Trent PK) 23:30; 15 L Roberts (Gard CJ) 23:34

W45: 1 C Pardoe (Gard CJ) 23:44; 2 O Livermore (Royst) 23:55

TEAM: 1 Garden City Runners 50; 2 East London Runners 101; 3 Royston 116; 4 Trent Park Runners 130; 5 Fairlands Valley Spartans 134; 6 Latton 177; 7 Broxbourne 220; 8 Edmonton 305; 9 London Heathside 316; 10 Herts Phoenix 330

B TEAM: 1 Garden City Runners 116; 2 Royston 238; 3 Fairlands Valley Spartans 267; 4 Trent Park Runners 303
C TEAM: 1 Garden City Runners 214; 2 Royston 348; 3 Trent Park Runners 363
VETS TEAM: 1 Garden City Runners 24; 2 East London Runners 32; 3 Royston 51; 4 Fairlands Valley Spartans 63; 5 Trent Park Runners 75; 6 Broxbourne 108

GLOUCESTER LEAGUE

Cinderford, Forest of Dean

Men

1 D Walmsley (Bourt) 34:44; 2 J Wilkie (Chelt) 35:43; 3 R Mullins (Chelt) 36:20; 4 A Hope (Sev) 36:27; 5 D Lander (Sev) 36:35; 6 D Randall (Chelt, M40) 36:45; 7 S Kinson (Leam) 37:09; 8 C Toledo (Sev) 37:14; 9 M Gilbertson (GWR) 37:26; 10 R Richards (Sev) 37:45

TEAM: Severn 58

U17

1 T Betts (Leam) 15:48; 2 K Leeson (Durs) 15:50; 3 J Lilley (Sev) 16:03; 4 M Hooper (Bitt) 16:05; 5 R Peace (Durs) 16:22; 6 Z Sandell (Leam) 16:28

U15

1 C Couling (Leam) 16:24; 2 J Lignier (Leam) 16:50; 3 A Rymer (Durs) 16:57; 4 R Kenny (Leam) 17:00; 5 J Collier (W'bury) 17:01; 6 C Stark (Penair Sch) 17:02

TEAM: Leamington 7

U13

1 J Regan (Chelt) 12:58; 2 S Allen (Leam) 13:04; 3 Justin Lear (Bitt) 13:06; 4 T Jacob (Bitt) 13:12; 5 T Wintle (W'bury) 13:15; 6 D Spedding (Bourt) 13:21

TEAM: Bitton Road Runners 14

Women

1 J Turnbull (Chelt) 25:25; 2 J Wassell (Ciren, W35) 25:46; 3 C O'Carroll (Glouc) 25:57; 4 Y Cox (Bitt, W40) 26:24; 5 J Shaw (Chelt, W40) 26:25; 6 H Trigg (Glouc) 26:43; 7 B Sampson (Glouc, W45) 26:48; 8 A Coldrick (Bourt, W40) 26:51; 9 L Rodda (Kenil, W35) 27:02; 10 J Wilkie (Chelt) 27:03

TEAM: Gloucester 16

U17

1 G Johnson (FoD) 20:00; 2 J Solomon (Penair Sch) 20:12; 3 L Wellings (FoD) 20:22; 4 S Rogerson (FoD) 21:19; 5 Z Blower (Leam) 21:22; 6 R Rogerson (FoD) 22:39

TEAM: Forest of Dean AC 13

U15

1 S Barnes (Cleeve) 18:00; 2 J Cooke (Chelt) 18:15; 3 S Cann (Durs) 19:59; 4 L McDonnell (Stroud) 20:07; 5 E Bolton (Penair Sch) 20:16; 6 A Burrows (Leam) 20:19

TEAM: Clevedon

U13

1 E Gard (Penair Sch) 14:21; 2 S Cooke (Chelt) 14:34; 3 A Regan (Penair Sch) 14:42; 4 K Ledger (Worcs) 15:03; 5 S Lane (Bourt) 15:19; 6 L Orchard (Leam) 15:31

TEAM: Cheltenham 19

NOTTS MINI LEAGUE

Rushworth Country Park

U15 Boys (4km)

1 S King (Mans) 15:22; 2 S Diamond (Notts) 15:41; 3 C McGurk (Rush) 15:51; 4 J Marriot (Rush) 16:44; 5 D Norman (Rush) 17:11

TEAM: 1 Rushcliffe 12; 2 Notts AC 15; 3 Mansfield 23

U13 (3km)

1 D Heatcote (Mans) 12:06; 2 G Ellis (Notts) 12:41; 3 J Norman (Rush) 12:48; 4 M Warner (Notts) 13:10; 5 A Salter (Notts) 13:12

TEAM: 1 Notts 11; 2 Rushcliffe 25; 3 Mansfield 39; 4 Sutton 44; 5 Retford 53

U15 Girls (3km)

1 R Ellis (Notts) 14:12; 2 H Norgate (Rushcliffe) 14:26; 3 C Holton (Rushcliffe) 14:41; 4 H Mitchell (Sutton) 14:53; 5 L Tomlinson (Notts) 16:28

TEAM: 1 Notts 12; 2 Rushcliffe 13; 3 Sutton 24; 4 Worksop 27

U13 (2km)

1 M Makin (Notts) 9:04; 2 N Pembleton (Mans) 9:07; 3 E Cochrane (Notts) 9:16; 4 T Mills (Mans) 9:41; 5 H Najuh (Notts) 10:01

TEAM: 1 Notts AC 8; 2 Mansfield 20; 3

Wordsop 27; 4 Rushcliffe 28; 5 Retford 36

October 19

SURREY COUNTY AA VETERANS CHAMPIONSHIPS Richmond Park Petersham

IT was almost a case of déjà-vu as Mike Boyle repeated his runaway win of last year with Marcus Gohar, second, and Tony Harran, third, to reverse their previous positions. *Pete Mulholland reports.*

Boyle quickly set out his stall by taking an immediate lead, which stretched to some 30 seconds as he passed halfway in 16:16, with the chasing group of Gohar, Harran, Andy Thomas and previous winner Barry Attwell packed as one.

With Boyle going away it was Gohar and Attwell who made the first break for the lesser medals. On the final hill Attwell was, in his own words, "feeling relaxed and in control," when a double whammy of a calf-strain and a hamstring-pull hit him.

"I was disappointed with my run in the Surrey League last week," admitted Boyle, "but that was pleasing today, especially as I ran faster than last year and in flats."

With three in the first seven Herne Hill were untroubled in taking the team title.

Mike Waine, a former M45 winner in the Flora London Marathon, took the honours in that category here when placing fifth, while his main rival Attwell hobbled home in ninth.

The women's race provided a first county title for Susanna Harrison, who led home Pippa Major as Dee Smale belied her Stragglers club name by taking third.

On completion of the first lap, Harrison led by a few metres as Major, Smale, Ruth Vlassak and Jane Davies followed at regular intervals but all still in contention.

Soon the leading pair had pulled clear and though Major led by the final hill toward the finish, Harrison came again to ease away toward a clear win.

"That was brilliant," said Harrison. "I had a battle with Pippa last week in the league when she beat me. We seem to takes turns."

"I'm really a long distance runner," added Harrison, who aims improve on her marathon best of 3:02, "but the shorter distances have improved since doing the speed sessions set by Fred Bell."

Men (10km)

1 M Boyle (Herne H, M40) 32:47; 2 M Gohar (Rane, M40) 33:54; 3 T Harran (Herne H, M40) 34:11; 4 A Thomas (THH, M40) 34:16; 5 M Waine (Woking, M45) 35:00; 6 M Lane (Rane, M40) 35:07; 7 V Maughn (Herne H, M40) 35:15; 8 D Ogden (S Lon, M40) 35:20; 9 B Attwell (S Lon, M45) 35:25; 10 M Gregory (Box) 35:26; 11 M Bickerstaff (Rane, M40) 35:30; 12 J Earnshaw (G&G, M40) 35:33; 13 R Jacobs (Herne H, M45) 35:48; 14 H Arnold (THH, M55) 35:52; 15 I Kitching (S Lon, M50) 35:56; 16 M Airey (Box, M40) 35:58; 17 A Tweddle (Box, M40) 36:22; 18 P Sanderson (G&G, M45) 36:33; 19 C Owens (Rane, M45) 36:35; 20 C Parrack (Box, M40) 36:41; 21 C Edgington (S Lon, M45) 36:42; 22 F Upcott (S Lon, M50) 36:46; 23 D Gaskell (Strag, M50, n/s) 36:56; 24 M Goatley (G&G, M40) 37:04; 25 J Quintance (S Lon, M50) 37:07; 26 C O'Neill (Vets, M50) 37:17; 27 M Mann (Dulw, M50) 37:25; 28 M Farmery (THH, M50) 37:28; 29 R Davies (THH, M40) 37:49; 30 D Morris (Box, M40) 37:54
M50: 8 L O'Hare (Herne H) 37:59; **M55:** 2 V Hancock (HW) 38:16; 3 M Ciglia (HW) 38:29; **M60:** 1 D Newlands (S Lon) 41:24; 2 A Lang (Rane) 43:09; 3 P Warren (Rane) 43:24; **M65:** T Baker (Reig) 46:17
M40 TEAM: 1 Herne Hill H 11; 2 Ranelagh H 19; 3 South London H 36
M50 TEAM: 1 South London H 9; 2 Thames Hare & Hounds 21; 3 Hercules Wimbledon 24
M60 TEAM: Ranelagh 9

Women (6km)

1 S Harrison (Woking, W35) 24:05; 2 P Major (S Lon, W35) 24:19; 3 D Smale (Strag, W40) 24:27; 4 R Vlassak (Woking, W40) 24:39; 5 J Davies (E&E, W50) 25:07; 6 M Poutard (Rane, W35) 25:18; 7 Y Hill (S Lon, W35) 25:33; 8 K Mallett (Rane, W45) 25:42; 9 W Davis (Woking, W40) 25:48; 10 N Pollok (E&E, W35)

25:57; 11 R Tabor (Dulw, W50) 26:09; 12 M Auerback (Rane, W55) 26:12; 13 S Garner (Ling, W55) 26:25; 14 J Craig (S Lon, W40) 26:33; 15 K Jones (THH, W40) 26:51; 16 A Molyneux (E&E, W40) 26:57; 17 L Souness (Herne H, W40) 27:11; 18 S Allen (Herne H, W35) 27:13; 19 F Bishop (Woking, W40) 27:24; 20 O Inak-Price (Woking, W45) 27:33

W35 TEAM: 1 Woking 12; 2 South London H 16; 3 Stragglers 32; 4 Thames Hare & Hounds 38; 5 Ranelagh H 44; 6 Herne Hill H 49

W45 TEAM: 1 Ranelagh H 9; 2 Epsom & Ewell 12

SUSSEX LEAGUE Goodwood

NIGEL GATES carried on where he left off in the league last winter with what eventually turned out to be a run-away victory. *Martin Duff reports.*

The 49-year-old has strung together a series of outright wins in recent weeks, including a sound defeat of David Robinson, who had a good race in the opening Surrey League race, in the Lewes Downland 10. Here, he simply bided his time before striking. Tom Sergeant led in the early stages and broke away from Gates and Matt Bristow on the opening circuit, before giving way.

"Matt Bristow was leading," said Gates, "but then I jumped the style to take the lead." It was soon all over as Gates then went away down the hill and into the woods on the second lap, as James Baker came through for second.

Caroline Hoyte continued her own good early-season form with a big victory in the women's race. Second on the opening leg in the South of England Relays three weeks earlier, the former AAA 10km champion hit the front from the start to eventually win by nearly a minute from Julie Briggs.

"I was wearing tight boots because I thought it was going to be cold," said Hoyte, but it was like a summer's day on top of the downs adjacent to the famous Goodwood racecourse.

Briggs was making a welcome return to form and was, in turn, over a minute clear of third-placed Sam Alvarez.

Men

1 N Gates (BSH, M45) 25:24; 2 J Baker (Chich R) 26:00; 3 M Bristow (BSH) 26:08; 4 T Sargent (Hails) 26:26; 5 E Tambeh (Hast, U20) 26:50; 6 J Corbett (NEB, gst) 27:07; 7 G Wright (Chich R) 27:09; 8 J Baxter (BSH, U20) 27:12; 9 N Lambert (Hast) 27:15; 10 D Boyce (BSH) 27:17; 11 J Clewett (Craw, U20) 27:25; 12 T Worcester (Chich R, U20) 27:27; 13 P Prosser (BSH) 27:30; 14 J Mountford (Hast) 27:31; 15 T Kimber (Craw) 27:32; 16 P Eccles (Hails, M40) 27:47; 17 F Young-Martos (Craw, M40) 27:52; 18 JR Bristow (BSH, M40) 28:11; 19 P Lay (Worth, M40) 28:17; 20 R Airey (BSH) 28:26; 21 D Dorrning (Chich R, M45) 28:30; 22 J Mortimer (Craw, M40) 28:34; 23 S Dabson (BSH) 28:41; 24 P Witcomb (BSH, M50) 28:44; 25 G Thayer (Craw) 28:45
M40: 8 A Nicholson (Chich R) 28:57; 9 B Clark (BSH) 28:59; 10 A Brown (Steyn) 29:10; 11 R Wiggins (Chich R, M45) 29:15; 12 A George (Phoe) 29:34; 13 D Worcester (Chich R, M45) 29:45; 14 P Gasson (Arena, M45) 29:52; 15 M Brown (BSH) 29:55; 16 C Simpson (Phoe, M45) 30:13; **M50:** 2 B Blackwell (BSH) 29:12; 3 T Lintum (Craw) 30:17; 4 C Hickman (Craw) 30:27; 5 B Turner (Chich R) 30:28; 6 S Wilson (Horsh J) 31:28; 7 L Quinico (E Grin) 32:30; 8 C Isherwood (Phoe) 32:52; **M55:** 1 M Duff (BSH) 31:59; 2 P Plowman (Hails) 32:36; 3 A Matson (Craw) 33:16; 4 R Purchase (H Hth) 33:29; **M60:** D Baker (Chich R) 34:01

TEAM: 1 Brighton & Hove 49; 2 Chichester Runners 95; 3 Crawley 110; 4 Brighton & Hove B 152; 5 Hailsham Harriers 219

U17

1 T Bilham (Chich R) 16:02; 2 S Jules (Hast) 16:18; 3 D Giles (Craw) 16:24; 4 J Randle (Horsh) 16:29; 5 C McLarnon (Chich R) 16:27; 6 T Leckie (Hails) 16:45; 7 N Lucas (Lewes) 16:53; 8 M Dumigan (Worth) 16:57; 9 R Mullett (Lewes) 16:59; 10 T Grant (Lewes) 17:34

TEAM: 1 Chichester Runners 17; 2 Lewes 26; 3 Crawley 32

U15

1 S Baker (Hast) 14:05; 2 R Hoad (Hast) 14:07; 3 D Stepney (Phoe) 14:11; 4 L Jules (Hast) 14:12; 5 M Southam (E'ne) 14:14; 6 R James (Phoe) 14:18; 7 A Denton (Craw) 14:23; 8 J Isherwood (Phoe) 14:34; 9 L James (Chich R) 14:39; 10 S Randall (Horsh) 14:46

TEAM: 1 Phoenix 17; 2 Hastings 17; 3 Crawley 39; 4 Chichester Runners 40; 5 Horsham Blue Star Harriers 52

U13

1 C West (Chich R) 11:07; 2 N Barrie (Phoe) 11:11; 3 L Elshore (Worth) 11:15; 4 J Swallow (Craw) 11:22; 5 R Luker (Lewes) 11:25; 6 S Emery (Hast) 11:26; 7 A Hollingdale (Craw) 11:30; 8 F McNally (Phoe) 11:52; 9 M Ford (Lewes) 11:57; 10 L Clesham (Craw) 12:09

TEAM: 1 Crawley 21; 2 Phoenix 27; 3 Chichester Runners 29; 4 Lewes 37; 5 Worthing & District 43; 6 Brighton & Hove 63

Women

1 C Hoyte (Arena) 17:15; 2 J Briggs (Craw) 18:07; 3 S Alvarez (Hails) 19:32; 4 S Whitby (Craw) 19:42; 5 J Drake (BSH) 19:48; 6 M Jordan (Horsh J, W35) 17:49; 7 A Jones (BSH) 20:06; 8 S Webb (Craw, U20) 20:11; 9 J Hughes (Arena, W35) 20:20; 10 E Wells (Craw) 20:23; 11 J Bateman (BSH, W35) 20:26; 12 F Clark (Craw) 20:36; 13 K Fenn (Craw, U20) 20:36; 14 J Hamilton (BSH) 20:41; 15 K Sherwood (BSH) 20:54

W35: 4 C Webb (Phoe) 21:19; 5 J Essex (Horsh) 21:44; 6 J Ronson (Chich R) 21:52

W40: S George (Phoe) 23:04

TEAM: 1 Brighton & Hove 24; 2 Brighton & Hove 37; 3 Phoenix 111; 4 Hastings 125; 5 Hailsham Harriers 152

U17

1 E Lee (Horsh) 16:33; 2 J Head (Chich R) 17:00; 3 T Hemmingway (Chich) 18:35

U15

1 H Brooks (Craw) 11:49; 2 E Goodhall (Craw) 11:59; 3 K Gunn (Phoe) 12:17; 4 S Garrett (Worth) 12:27; 5 J Heard (Chich R) 12:29; 6 L Varnes (Chich R) 12:31; 7 R Schram (Craw) 12:37; 8 K Morgan (Hast) 12:54; 9 L Davis (Craw) 13:18; 10 D Daly (Craw) 13:21

TEAM: 1 Crawley 10; 2 Chichester Runners 24; 3 Crawley B 31; 4 Phoenix 44; 5 Lewes 53

U13

1 S Echel-Thompson (Phoe) 9:56; 2 J Rowland (Craw) 10:13; 3 S Boulton (Phoe) 10:17; 4 L Baker (Hast) 10:19; 5 M Jones (Phoe) 10:22; 6 S Walker (Chich R) 10:24; 7 A Redley (Craw) 10:27; 8 H Hot (Hast) 10:33; 9 L Nally (Worth) 10:35; 10 J Douglas (Craw) 10:35

TEAM: 1 Phoenix 9; 2 Crawley 19; 3 Hastings 29; 4 Lewes 57; 5 Worthing & District Harriers 61; 6 Chichester Runners 66

WINNING LINE EAST

DISTRICT LEAGUE

Hawick

SCOTTISH international Phil Mowbray led most of the way to record a decisive win over Ben Hukins, with third-placed Juan Marque leading City of Edinburgh to an early advantage in the senior league table.

Men (7.6km)

1 P Mowbray (HBT) 24:34; 2 B Hukins (A'deen) 25:24; 3 J Marque (CoE) 25:33; 4 S McGowan (Miz) 25:48; 5 M Ferguson (CoE) 26:06; 6 A Anthony (Central) 26:10; 7 D Cavers (Tev) 26:12; 8 N Cunningham (Pit) 26:17; 9 R Hooton (CoE) 26:17; 10 J Murray (Lass) 26:20; 11 S Bissett (Corst) 26:25; 12 D Beagley (Miz) 26:29; 13 K Berry (Corst, U20) 26:32; 14 G Ackland (Loth, M40) 26:32; 15 A Robson (Miz, M40) 26:36; 16 D Gauson (CoE) 26:44; 17 J Stewart (C'gie, M45) 26:47; 18 M Anderson (Corst) 26:54; 19 R Russell (Central) 27:02; 20 S O'Brien (Corst) 27:04; 21 K Lyall (CoE, M40) 27:07; 22 C Russell (Fife) 27:09; 23 J Guest (CoE) 27:11; 24 K Hood (Corst) 27:14; 25 S Moore (Falk) 27:16

TEAM: 1 City of Edinburgh 77; 2 Corstorphine 125; 3 Teviotdale 186; 4 Lothian 244; 5 Gala 348; 6 Pitreavie 354

M40: 1 Teviotdale 131; 2 City of Edinburgh 134; 3 Gala 246

U17 (4.2km)

1 A Hay (Central) 13:28; 2 S Desport (Harm) 13:49; 3 M Kennedy (A'deen) 13:58;

4 S Fraser (Loth) 14:05; 5 S Irwin (Pit) 14:08; 6 A Stewart (Falk) 14:10

TEAM: 1 Aberdeen 30; 2 City of Edinburgh 38; 3 Fife 60

U15 (3.4km)

1 K Gauson (CoE) 10:30; 2 D Selman (Corst) 10:33; 3 R Molnes (CoE) 10:52; 4 K Murray (Dund) 10:54; 5 A Thors (A'deen) 10:56; 6 S Rusling (A'deen) 10:56

TEAM: 1 City of Edinburgh 14; 2 Aberdeen 26; 3 Lothian 53

U13 (2.3km)

1 M Thomson (CoE) 8:35; 2 C O'Hare (CoE) 8:45; 3 S Devenney (CoE) 8:47; 4 S Moffat (CoE) 8:47; 5 R Forbes (CoE) 8:59; 6 S Laurie (Gala) 9:02

TEAM: 1 City of Edinburgh 6; 2 Falkirk 33; 3 Fife 50

Women (4.2km)

1 C Rougvie (Loth) 15:41; 2 D Lauder (Tev) 15:57; 3 S Blake (Penic, U20) 16:02; 4 A Whyte (Pit) 16:33; 5 J Godfrey (Loth) 16:48; 6 J Waterhouse (Central, W45) 16:52; 7 F Lampkin (Mont) 16:54; 8 J Scott (Fife, W35) 17:05; 9 A Darmody (Pit) 17:08; 10 L Howie (Gala, W35) 17:08; 11 K Dobbie (EWM, W35) 17:22; 12 G Hislop (CoE) 17:26

TEAM: 1 Lothian 20; 2 Pitreavie 29; 3 City of Edinburgh 56; 4 Teviotdale 64; 5 Gala 67; 6 Perth Road Runners 105

U17 (3.4km)

1 E Child (Pit) 12:15; 2 M Thomson (Pit) 12:44; 3 L Murray (Dund) 13:19; 4 G Stewart (Dunbar) 13:32; 5 A Wombwell (Pit) 14:07

U15

1 S Coleman (Pit) 12:01; 2 J Toner (Loth) 12:41; 3 S Lyall (Harm) 12:54; 4 A Kennedy (Lass) 13:02; 5 L Brown (Dund) 13:06; 6 C Hall (Perth) 13:17

U17/U15 TEAM: 1 Pitreavie 3; 2 Dundee 16; 3 Lasswade 16; 4 Lothian 16

U13 (2.3km)

1 E McLeish (Dund) 9:11; 2 E McColgan (Dund) 9:29; 3 A Benham (Lass) 9:42; 4 A Cathro (Dunbar) 9:55; 5 C Clark (A'deen) 10:17; 6 J Kibble (Fife) 10:23

TEAM: 1 Dundee 3; 2 Lothian 14; 3 Dunbar 18

SPORT DIRECT WEST

YORKSHIRE LEAGUE

Heslington, York

MARTIN ROSCOE won the opening event of this four-race series with Penny Thackray taking the women's race. *Roger Norton reports.*

Defending champion Chris Cariss of Bingley was a non-starter and favourite was last year's league runner up Ian Fisher.

It was Fisher who set the early pace and he looked confident of winning until a wrong turn upset the pattern of the race. When he realised he had cut off some of the course, Fisher slowed to let the pack catch up and then started racing again. He was first to finish but, as he had not done the full distance, disqualification was inevitable.

Roscoe was one of several runners affected but he retraced his steps to do the full course. He and others lost several places and some, notably Jon Stewart (Holmfirth) and Alan Stimpson (Harrogate), dropped out.

Roscoe is always at his best when coming through the field after a modest start and on this occasion he excelled. He sliced through those who had leap-frogged ahead to overtake all but Fisher for a satisfying victory.

The league title is decided on the best three results of the four races.

Dave Watson, third last year, was another casualty of the wrong turn. He could not recover like Roscoe and finished 13th.

Leeds City swamped the opposition to win the team race by a massive margin over Holmfirth. They placed their six counters in the top 18 of the 162 finishers.

Penny Thackray won the women's race, although her Wakefield team mate Julie O'Hara never gave up the chase and was an excellent runner-up ahead of last year's league champion Carol Humphreys of Harrogate.

Although below strength, Wakefield, with Sharon Marshall and Helen Singleton completing their counting four, beat Holmfirth for the team race.

Men

1 M Roscoe (Leeds C) 31:02; 2 S Carmichael (KuH) 31:18; 3 A Jones (K&C) 31:32; 4 W Smith (K&C) 31:40; 5 A Robertshaw (Otl) 31:41; 6 N Cayton (Otl) 31:43; 7 P Goble (Rown) 31:48; 8 S Deakin (Leeds C) 31:48; 9 M Burrett (Leeds C) 31:50; 10 M Pierson (Holm, U20) 31:57; 11 C Brookes (Knives) 32:02; 12 D Watson (Holm) 32:05; 13 A Jones (Leeds C) 32:07; 14 J Noon (P&B) 32:12; 15 P Townsend (Leeds C) 32:13; 16 L Helliwell (K&C, M40) 32:16; 17 S Rennie (KuH, M40) 32:29; 18 T Wilks (Leeds C) 32:33; 19 T Crossland (Val) 32:36; 20 I Malone (Ack) 32:40; 21 N Smith (Leeds U) 32:42; 22 N Strange (Knives, M40) 32:45; 23 D Harman (Holm) 32:48; 24 M Hall (Otl, M40) 32:59; 25 H Lang (Val) 33:02; 26 J Maxfield (Scun, U20) 33:22; 27 C Grant (Holm, U20) 33:28; 28 S Webb (Val, M40) 33:34; 29 S Simpson (Rown) 33:35; 30 A Bissell (Knives) 33:37

M50: 1 R Kersey (Holm) 34:57; 2 A Norgate (Long) 36:21; 3 I Mitchell (Long) 36:51

U20: 4 R O'Connor (Leeds U) 34:28; 5 S Ratcliffe (Rown) 34:53; 6 A Johnson (Bing) 35:30; 7 M Chadwick (Leeds C) 35:32; 8 E Dunn (Leeds C) 35:52; 9 G Powell (Harr) 36:11; 10 A Walker (Bing) 36:41

TEAM: 1 Leeds City 64; 2 Holmfirth 191; 3 Knivesmire 236; 4 Kingston upon Hull 288; 5 Harrogate 299; 6 Valley Striders 306; 7 Keighley & Craven 329; 8 Nestle Rowntree 335; 9 Otley 342; 10 Halifax 359

U17
1 R England (Leeds C) 17:10; 2 S Clegg (Bing) 17:28; 3 S Dirrane (Leeds C) 4 S Hunn (Skip) 17:48; 5 A Howard (Hali) 18:05; 6 D MacQuarrie (Leeds C) 18:21; 7 R Strachan (Leeds C) 18:34; 8 L Johnson (Bing) 18:50; 9 D Walmsley (Skip) 18:53; 10 A Whitley (Leeds C) 19:05

TEAM: 1 Leeds City 10; 2 Bingley 23; 3 Halifax 31

U15
1 A Brownlee (Brad GS) 14:11; 2 J Hewitt (Scun) 14:51; 3 M Jones (Holm) 15:03; 4 M Nagy (Long) 15:05; 5 C Miller (Long) 15:08; 6 C McDonagh (Scun) 15:11; 7 D Shepherd (Skip) 15:13; 8 J Hare (Hali) 15:14; 9 J Harman (Holm) 15:15; 10 S O'Neill (Scun) 15:21

TEAM: 1 Scunthorpe 29; 2 Skipton 70; 3 Holmfirth 72

U13
1 J Townsend (Leeds C) 13:11; 2 M Williams (Leeds C) 13:15; 3 J Fieldhouse (Brad A) 13:31; 4 J Mountain (Skip) 13:31; 5 E Mason (Spn) 13:52; 6 N Arnell (KuH) 13:56; 7 T Roberts (Leeds C) 14:00; 8 J Brownlee (Brad GS) 14:03; 9 M Loughlin (Skip) 14:05; 10 L Holiday (KuH) 14:13

TEAM: 1 Skipton 46; 2 Scunthorpe 67; 3 Harrogate 95

Women
1 P Thackray (Wake) 19:14; 2 J O'Mara (Wake) 19:28; 3 C Humphreys (Harr, W35) 19:34; 4 J Peterson (KuH) 19:35; 5 A Dennison (Brad A, W35) 19:46; 6 C Greenwood (Holm, W35) 19:53; 7 T Morris (Val) 19:57; 8 N White (Holm, U20) 19:58; 9 L Geldart (Bing, U20) 20:03; 10 E Waterhouse (Leeds U, U20) 20:05

W35: 5 T Carney (Dews) 20:17; 6 S Beconsall (Bing) 21:11; **W45:** 1 L Robertson (Holm) 21:14; 2 E Jones (K&C) 21:20; 3 K Kaiser (Val) 22:48

U20: 4 H Singleton (Wake) 21:24; 5 H Glover (K&C) 21:30

TEAM: 1 Wakefield 43; 2 Holmfirth 50; 3 Valley Striders 82; 4 Leeds University 87; 5 Knivesmire 103; 6 Keighley and Craven 108

U17
1 J Kerry (Wake) 16:17; 2 Z Storr (Holm) 16:41; 3 R Townsend (Leeds C) 16:50; 4 L Kemp (Holm) 16:55; 5 L Kirk (Sky) 17:15; 6 J Ryan (Scun) 17:31

TEAM: Leeds City

U15
1 T Jones (Holm) 13:52; 2 E Clayton (Scun) 14:17; 3 G Rowell (Sky) 14:28; 4 S Fawcett (KuH) 14:31; 5 R Richardson (KuH) 14:36; 6 L Mayho (Bing) 14:49; 7 S Billington (Hali) 14:51; 8 A Fulton (Bing) 14:55; 9 S Whitley (Leeds C) 14:58; 10 K Woodhead (Holm) 15:01

TEAM: 1 Holmfirth 26; 2 Scunthorpe 27; 3 Bingley 36

U13
1 H Mayho (Bing) 11:56; 2 C McPhee (KuH) 12:19; 3 Eleanor Hall (Sky) 12:24; 4 Elizabeth Hall (Sky) 12:28; 5 C Patchett (Spn) 12:40; 6 H Seddon (Leeds C) 12:42; 7 J Dobson (Leeds C) 12:53; 8 S Gibson (KuH) 12:54; 9 E Szostak (Holm) 13:00; 10

Z Garton (KuH) 13:02
TEAM: 1 Kingston upon Hull 20; 2 Skyrac 21; 3 Spenborough 31

RENFREWSHIRE RELAY CHAMPIONSHIPS Greenock

AS IN the West District event seven days earlier, old campaigners Bobby Quinn and Tommy Murray recorded the two fastest laps, *Denis Shepherd reports.*

Veteran Murray put Inverclyde into a 29-second lead over Kilbarchan on the opening leg but Quinn quickly turned the deficit into an 11-second advantage for Kilbarchan on stage two.

Mark Pollard, third fastest on the day, reduced the Inverclyde deficit to eight seconds but national endurance coach Chris Robison soon regained the advantage to bring Inverclyde home, easing up, by 35 seconds.

Kilbarchan gained some consolation by winning the women's three-stage event from Bellahouston Road Runners.

Men (4x2M)

1 Inverclyde 41:36 (T Murray (M40) 10:14, S Conaghan 10:25, M Pollard 10:18, C Robison (M40) 10:39); 2 Kilbarchan 42:11 (J Snodgrass 10:43, R Quinn 9:45, T Hearle 10:21, T Lawrence 11:22); 3 Greenock Glenpark 43:56 (C McKay 10:47, R Docherty 10:59, D McLaughlin 11:11, S McLoone 10:59); 4 Bellahouston Road Runners 46:37; 5 Giffnock North 47:11; 6 Inverclyde B 47:14; 7 Greenock Glenpark D 47:53; 8 Kilbarchan B 48:39; 9 Greenock Glenpark B 49:26; 10 Bellahouston Harriers 50:06

Fastest: 1 Quinn 9:45; 2 Murray 10:14; 3 Pollard 10:18; 4 Hearle 10:21; 5 Conaghan 10:25

U17 (3x2M)

1 Greenock Glenpark 33:53 (A McCall 11:13, D Butcher 10:33, J McCall 12:07); 2 Giffnock North 34:57 (D Phee 11:24, A Booth 11:51, C Clark 11:42); 3 Kilbarchan 41:59 (C Stewart 11:37, R McLaughlin 14:42, A Kerr 15:40)

Fastest: 1 Butcher 10:33; 2 K Kane (Inver) 11:05; 3 A McCall 11:13

U15 (3x1.5M)

1 Greenock Glenpark 28:50 (A McCall 9:49, S Trainer 9:11, J Cuffe 9:50); 2 Inverclyde 30:51 (C Stevens 10:31, J Hampsey 9:23, C Ruddy 10:57); 3 Giffnock North 31:47 (D Rathey 10:59, D Williamson 9:46, K McCluskey 11:02); 4 Gleniffer HS 32:05

Fastest: 1 S Campbell (Inver B) 8:47; 2 Trainer 9:11; 3 Hampsey 9:23

U13 (3x1.5M)

1 Kilbarchan 31:31 (S McGoldrick 10:08, M McGovern 11:15, S Hawkins 10:08); 2 Giffnock North 32:02 (D Johnstone 10:09, R Shankley 11:19, D Fitzsimmons 10:34); 3 Inverclyde 35:08 (J Bannister 11:44, S Smith 11:46, S Girvan 11:38); 4 Kilbarchan B 36:30

Fastest: 1 McGoldrick, Hawkins 10:08; 3 Johnstone 10:09

Women (3x2M)

1 Kilbarchan 43:08 (J Moore 12:54, M Menzies 14:54, K O'Brien 15:20); 2 Bellahouston Road Runners 43:33 (E Kinrade 12:52, S Stewart 16:23, V Bruntan 14:18); 3 Giffnock North 45:20 (M McVey 13:42, P Brown 16:20, M Taylor 15:18); 4 Bellahouston Road Runners C 52:42; 5 Bellahouston Road Runners B 53:15

Fastest: 1 Kinrade 12:52; 2 Moore 12:54; 3 McVey 13:42

U17 (3x2M): Kilbarchan 45:22 (L Milton 16:30, K Wilkie 15:36, C Sloss 13:16)

Fastest: Sloss 13:16

U15 (3x1.5M)

1 Giffnock North 33:03 (F McCluskey 10:42, K McGee 10:55, L Baird 11:26); 2 Giffnock North B 33:34 (L Caird 10:55, L Mulligan 11:24, H Sweeney 11:55); 3 Greenock Glenpark 34:39 (H Rafferty 10:56, D Miller 11:19, H McLaughlin 12:24); 4 Kilbarchan 35:39; 5 Inverclyde 37:26

Fastest: 1 T Smith (Giff N C) 10:33; 2 McCluskey 10:42; 3 L Caird, McGee 10:55

U13 (3x1.5M)

1 Kilbarchan 34:05 (H Belch 11:35, E Menzies 10:32, L Kennedy 11:58); 2 Gleniffer HS 37:08 (J Allan 11:55, N White 12:23, L Thomlinson 12:50); 3 Inverclyde 37:06 (G McMillan 12:46, A Black 12:25, E

McCormick 12:35); 4 Kilbarchan B 38:44; 5 Giffnock North B 39:04

Fastest: 1 Menzies 10:32; 2 Belch 11:35; 3 Allan 11:55

KENT WOMEN'S & YOUNG ATHLETES' LEAGUE Tunbridge Wells

CLAIRE COLMER, the winner of this summer's Red Lion 10km, made a successful return to league racing, *Steve Roe reports.*

The languages graduate from Erith produced a decisive move early on the second lap and held her lead for Bexley's first-ever win in the senior women's competition.

Up to the half-way point - just before Colmer climbed a hill and opened the gap that mattered - the race at the front was a close affair.

The contenders, separated only by a few yards, were league champion Jenny Butler, Colmer, Siobhan Budd, Sarah Simmons and Helen Wheeler.

Once Colmer was clear, the rest of the group split up, but Wheeler, who dropped to fifth at one stage, came through strongly to take second place and was gracious enough to admit that even had the race been longer she would not have caught the winner.

The younger age-groups featured two heart-stopping finishes. Chris Haynes dipped to beat Joe Bright in the U13 boys' event before Ben Topping did the same and won the U15 race ahead of Steven Munn.

Natalie Grey (U15) inflicted a rare defeat on Joanne Roberts, but the most decisive victory was achieved by Dartford's Megan Roberts, who won the U13 event by nearly 50 seconds.

Women

1 C Colmer (Bexley) 18:50; 2 H Wheeler (Ashf) 19:00; 3 J Butler (B'htch) 19:10; 4 S Symonds (M&M) 19:13; 5 S Budd (B'htch) 19:23; 6 J Harnett (M&M) 19:42; 7 N Baron (Deal Tri) 20:18; 8 K Heffernan (M&M) 20:28; 9 E Batty (Inv EK) 20:38; 10 E Harraden (M&M) 20:57; 11 J Parkin (Ton) 21:23; 12 J Backley (Camb H) 21:30; 13 K Learmond (TWH) 21:44; 14 T Taylor (TWH) 21:44; 15 L Hall (Ashf) 22:00; 16 M Evans (Camb H) 22:05; 17 C Bond (Camb H) 22:13; 18 B Weekes (Ton) 22:26; 19 S Roberts (TWH) 22:27; 20 V Sharrock (Kent) 22:31

TEAM: 1 Medway & Maidstone 18; 2 Blackheath 31; 3 Tunbridge Wells Harriers 38; 4 Ashford 38; 5 Cambridge Harriers 45; 6 Bexley 57; 7 Deal Tri 66; 8 Swanley 100

U20 Men

1 B Wiffen (Ton) 16:50; 2 B Cole (Ton) 17:32; 3 D Perkins (Ton) 18:07; 4 J Nice (M&M) 18:21; 5 D Ruthven (Ton) 19:26; 6 B Waterman (Ton) 22:46

TEAM: Tonbridge 6

U17

1 S Fennell (Ton) 16:56; 2 A Welch (Ashf) 17:12; 3 J Hillary (Ton) 17:54; 4 T Collins (M&M) 18:14; 5 D Spashett (M&M) 18:17; 6 D Heeley (Dartf) 18:19; 7 J Sunde (B'htch) 18:34; 8 C Elsey (M&M) 18:37; 9 M Young (Ton) 18:54; 10 M Evans (Dartf) 18:54

TEAM: 1 Tonbridge 13; 2 Medway & Maidstone 17; 3 Dartford 27; 4 Cambridge Harriers 53; 5 Bexley 57

U15

1 B Topping (M&M) 10:02; 2 S Munn (Dartf) 10:02; 3 A Bailey (Ton) 10:04; 4 J Tanega (Camb H) 10:05; 5 D Brewer (unatt) 10:06; 6 J Durrant (Camb H) 10:06; 7 S Josnach (M&M) 10:08; 8 J Twist (Inv EK) 10:23; 9 J Brisley (Ashf) 10:27; 10 A Smith (unatt) 10:29

TEAM: 1 Medway & Maidstone 23; 2 Cambridge Harriers 27; 3 Blackheath 34; 4 Tonbridge 36; 5 Ashford 36

U13

1 C Haynes (M&M) 8:42; 2 J Bright (Inv EK) 8:43; 3 M Nunn (Dartf) 8:53; 4 M Thorpe (B'htch) 9:21; 5 K Wolfe (Ton) 9:33; 6 E Martin (B'htch) 9:34; 7 I Harland (Ton) 9:36; 8 M Mason (Ton) 9:37; 9 S Simpson (B'htch) 9:37; 10 W Funnell (Ashf) 9:38

TEAM: 1 Blackheath 19; 2 Tonbridge 20; 3 Medway & Maidstone 25; 4 Invicta East Kent 33; 5 Cambridge Harriers 46

U20 Women

1 C Harvey (M&M) 13:29; 2 K Buchan

(M&M) 13:42; 3 J Alexander (Dartf) 14:50; 4 R Harris (Bexley) 20:16

U17

1 T Wiley (Inv EK) 13:46; 2 E Fisher (Brom) 13:55; 3 H Friend (Inv EK) 13:59; 4 E Bugler (B'htch) 14:03; 5 R Ward (Dartf) 14:30; 6 F Lafferty (M&M) 14:40; 7 N Hardman (M&M) 15:00; 8 S Cowdrey (Dartf) 15:12; 9 D Crispin (Ashf) 15:14; 10 K Cole (Ton) 15:34

TEAM: Medway & Maidstone 26

U15

1 N Grey (M&M) 10:57; 2 J Roberts (Dartf) 11:11; 3 K Murray (B'htch) 11:17; 4 S Duffell (Dartf) 11:34; 5 C Saville (M&M) 11:37; 6 D Willis (B'htch) 11:40; 7 L Davis (M&M) 11:53; 8 A Hayman (M&M) 11:54; 9 S Chalkley (Bexley) 12:00; 10 H Miller (M&M) 12:07

TEAM: 1 Medway & Maidstone 13; 2 Blackheath 37; 3 Bexley 41; 4 Tonbridge 53

U13

1 M Edwards (Dartf) 8:44; 2 C Stretfield (M&M) 9:33; 3 M Fairhurst (Ashf) 10:18; 4 H Hickmott (Dartf) 10:20; 5 H Garcia (Brom) 10:21; 6 G Twist (Inv EK) 10:24; 7 C Sage (M&M) 10:25; 8 K Saul (M&M) 10:25; 9 S Cowper (S'oaks) 10:26; 10 K Gibbs (Brom) 10:33

TEAM: 1 Dartford 16; 2 Medway & Maidstone 17; 3 Bromley 29; 4 Ashford 34; 5 Sevenoaks 46; 6 Bexley 57

KENT MEN'S LEAGUE Tunbridge Wells

DEAN LACY was helped to his first senior win by a traffic jam, *Steve Roe reports.*

At the end of a thrilling three-lap race Lacy had the edge over fellow teenager Darren Mitchell and won by four seconds.

But Lacy, 19, was not the quickest athlete on the day. Barry Royden had an official time of 29:05, but actually ran the race in 26:45 - the time on his watch from when he started minutes behind everyone else until he finished in 14th place. Royden had been caught up in the car chaos which gridlocked Tunbridge Wells. It meant he and his travelling companions arrived late and were clearly unable to make a proper challenge.

Lacy, of course, could only deal with those who began the race with him. One of them was Andy Thomas, who surprised no one with his customary fast start for an early, temporary lead.

Hugh Evans, fourth in the corresponding race last year, also had a spell at the front, but after one lap Mitchell was leading, tracked by Thomas and Lacy.

Mitchell and Lacy were the youngest in the field and evidently the strongest, for one lap later - with one remaining - they were together and 12 seconds clear.

These friendly rivals swapped the lead until inside the final mile, when another effort by Lacy gave him a vital few yards of advantage and ultimately a narrow win.

"I wanted to get involved with the seniors," said Lacy, who is an U20 and could have raced in that age-group.

"Darren and I always have close races and today was a reflection of that," added the winner from Cambridge Harriers.

Guest runner Matt Skelton finished strongly to take third place ahead of Thomas, who with Mitchell, Royden and Chris Knight formed Medway & Maidstone's winning team.

Men

1 D Lacy (Camb H) 27:05; 2 D Mitchell (M&M) 27:09; 3 M Skelton (gst) 27:30; 4 A Thomas (M&M) 27:33; 5 I King (Ashf) 27:40; 6 A McGarra (S'oaks) 27:45; 7 M Whittaker (Ashf) 27:55; 8 H Evans (Ton) 28:05; 9 J Murray (B'htch) 28:20; 10 J Atkinson (S'oaks) 28:43; 11 P Tucker (B'htch) 28:47; 12 A Piggott (Ton) 28:49; 13 A Gibbins (B'htch) 28:58; 14 B Royden (M&M) 29:05; 15 C Knight (M&M) 29:08; 16 D Marsden (S'oaks) 29:15; 17 S McDonald (gst) 29:23; 18 K Williams (Ashf) 29:26; 19 L McMeekin (M&M) 29:29; 20 N Ayrton (B'htch) 29:34; 21 A Pickett (Dartf) 29:41; 22 H Diaz (Kent) 29:45; 23 D Reader (gst) 29:49; 24 J Armstrong (Bexley) 29:52; 25 D Cochrane (Ashf) 29:56; 26 T Alexander (M&M) 29:58; 27 P Martin (Ton) 30:09; 28 M Baron (Kent) 30:11; 29 D Lee (S'oaks) 30:15; 30 I Hough (M&M) 30:23

TEAM: 1 Medway & Maidstone 32; 2 Blackheath 48; 3 Ashford 48; 4 Sevenoaks 55; 5 Tonbridge 72

CHINGFORD LEAGUE

Loughton

Men (5.5M)

1 N Gamester (E&H) 31:04; 2 T Grose (VP&TH) 31:22; 3 T Carrick (VP&TH) 31:23; 4 L Curley (VP&TH) 31:45; 5 D Rose (Walth) 31:56; 6 C Barley (gst) 32:21; 7 A Kelleher (Barn, M40) 32:24; 8 D Wilcock (Barn, M45) 32:32; 9 D Moy (Orion) 32:44; 10 J Cullum (VP&TH) 32:58; 11 B Coulter (Orion) 33:02; 12 A Lashmar (VP&TH) 33:03; 13 M Cates (Eton M) 33:14; 14 A O'Connor (E&H) 33:25; 15 R Pattison (Walth) 33:31; 16 A Cunningham (Barn, M40) 33:40; 17 D Brock (Orion, M40) 33:44; 18 D Michael (Barn, M50) 33:45; 19 G Bennett (VP&TH) 33:47; 20 G Wooton (WG&EL, M55) 34:00; 21 K Julian (Orion, M40) 34:05; 22 D Manning (VP&TH) 34:14; 23 D Wilson (Walth) 34:19; 24 J Wallis (WG&EL) 34:30; 25 P Stockings (WG&EL, M40) 34:53

M45: 2 K Murphy (Trent P) 35:44; 3 J Whiffen (Lough) 36:28. **M50:** 2 M Crees (E&H) 35:18; 3 A Eccles (Orion) 36:23. **M55:** 2 R Berry (Walth) 35:24; 3 S Manning (Orion) 36:52. **M60:** G Harrold (E&H) 38:08. **M65:** T Everitt (Eton M) 40:29. **M70:** R Franklin (Barn) 56:29

TEAM: 1 Victoria Park & Tower Hamlets 50; 2 Orion 113; 3 Woodford Green 191; 4 Enfield & Haringey 191; 5 Barnet & District 225; 6 Walthamstow 245

B TEAM: 1 Orion 249; 2 Victoria Park Harriers & Tower Hamlets 354; 3 Enfield & Haringey 456; 4 Eton Manor 616; 5 Trent Park 669; 6 Barnet & District 800

VETS TEAM: 1 Barnet & District 49; 2 Orion 104; 3 Enfield & Haringey 229; 4 Woodford Green 241; 5 Trent Park 278; 6 Loughton 291

U17 (3.25M)

1 R Gunner (Orion) 22:27; 2 G Hawkes (Orion) 24:16; 3 M Hawkes (Orion) 24:25; 4 S Almond (Lough) 25:52

TEAM: 1 Orion 11; 2 Loughton 19

U15 (3.25M)

1 M Foderingham (Orion) 24:47; 2 J Moy (Orion) 25:30; 3 D Savage (WG&EL) 25:49; 4 C Berg (WG&EL) 25:57; 5 C Ritchie (WG&EL) 26:18; 6 J Newman (WG&EL) 27:40

TEAM: 1 Woodford Green 18; 2 Orion 20; 3 Loughton 37

U13 (1.4M)

1 M Hearty (Orion) 7:03; 2 A Wright (Orion) 7:06; 3 G Lewis (Orion) 7:07; 4 A Robertson (Orion) 7:13; 5 O Heeks (Lough) 7:21; 6 G Rudelhoff (WG&EL) 7:30

TEAM: 1 Orion 10; 2 Woodford Green 34; 3 Herts Phoenix 73; 4 Loughton 86

Women (5.5M)

1 F Fullerton (gst) 34:55; 2 S McHugh (E&H) 36:35; 3 K Smith (gst) 37:00; 4 E Muggieridge (E&H) 37:16; 5 K Bradley (Barn) 37:32; 6 E Cioni (Lough) 37:38; 7 H Hoyle (Barn) 39:07; 8 K Woods (Barn) 39:36; 9 L Rowe (E&F) 40:06; 10 Z Woodward (Eton M) 40:55

TEAM: 1 Barnet & District 31; 2 Enfield & Haringey 34; 3 Loughton 68; 4 Orion 75; 5 Eton Manor 87; 6 Trent Park 102

U17 (2M)

1 S McNamara (E&H) 14:18; 2 S Payling (Orion) 15:25; 3 J Ryan (Lough) 15:37; 4 C Canova (E&H) 16:08; 5 N White (E&H) 16:23; 6 V Hawkes (Orion) 18:13

TEAM: 1 Enfield & Haringey 17; 2 Orion 22; 3 Loughton 24

U15 (2M)

1 C Mussington (Orion) 13:01; 2 L Houlihan (E&H) 13:07; 3 L Richardson (Orion) 13:20; 4 C Leckie (WG&EL) 13:38; 5 A Stumbke (Lough) 13:42; 6 N Vincent (E&H) 13:46

TEAM: 1 Orion 20; 2 Enfield & Haringey 38; 3 Woodford Green 45; 4 Loughton 54

U13 (1.4M)

1 K Foy (gst) 7:31; 2 L Tenby (Orion) 8:07; 3 M Mowbray (WG&EL) 8:09; 4 C Banford (WG&EL) 8:12; 5 K Trimble (E&H) 8:18; 6 C Galloway (WG&EL) 8:21

TEAM: 1 Woodford Green 23; 2 Orion 35; 3 Enfield & Haringey 42; 4 Loughton 74; 5 Eton Manor 89

NORTH WEST LONDON YOUNG

ATHLETES' LEAGUE

Biggleswade

U17 Men (5km)

1 M Carey (Harrow) 19:55; 2 J Paris (Harrow) 21:04; 3 D Grant (ESM) 21:06; 4 P Harrison (Harrow) 21:20; 5 C Lavey (Harrow) 21:38; 6 S Suarez (ESM) 21:47; 7 S Hill (Harrow) 22:23; 8 E Keaton (SB) 22:45; 9 P Barry (Harrow) 22:52; 10 W Wrigley (ESM) 24:15

TEAM: 1 Harrow 12; 2 Ealing Southall & Middlesex 44

U15 (4km)

1 G O'Brien (ESM) 20:59; 2 C Mayo (Harrow) 21:05; 3 R Sparrow (SB) 21:09; 4 S Spalding (ESM) 21:15; 5 S Tachev (TVH) 21:30; 6 R Rice (Harrow) 21:33; 7 M Stichbury (SB) 21:44; 8 C Purdue (SB) 21:52; 9 S Defoe (SB) 22:05; 10 D Goodman (Harrow) 22:14

TEAM: 1 Shaftesbury Barnet 27; 2 Harrow 29; 3 Ealing Southall & Middlesex 32

U13 (3km)

1 J Ward (ESM) 15:16; 2 H Brewster (HP) 15:31; 3 D Hunt (Harrow) 15:44; 4 A Parkin (ESM) 15:49; 5 D Campbell (Harrow) 15:50; 6 J McCaig (SB) 15:54; 7 D Bing (Harrow) 16:13; 8 N Fordham (SB) 16:17; 9 J Stacey (ESM) 16:19; 10 P Townsend (HP) 16:35

TEAM: 1 Harrow 26; 2 Ealing Southall & Middlesex 33; 3 Shaftesbury Barnet 55

U17 Women (4.8km)

1 I Ramsay (SB) 24:25; 2 J Nash (SB) 25:17; 3 J Booth (ESM) 25:24; 4 A Hamilton (TVH) 25:25; 5 A McGuigan (ESM) 25:29; 6 H Wright (D&T) 26:35; 7 L Goldsmith (SB) 27:17; 8 K Ferguson (TVH) 29:14; 9 C O'Connell (ESM) 30:48; 10 A Nash (TVH) 32:03

TEAM: 1 Shaftesbury Barnet 10; 2 Ealing Southall & Middlesex 17; 3 Thames Valley Harriers 22

U15 (3km)

1 A Bailey (SB) 15:40; 2 K Alcock (SB) 16:11; 3 C McGuigan (ESM) 16:16; 4 A Godfrey (D&T) 16:31; 5 E Roberts (D&T) 16:52; 6 M Rose (SB) 16:58; 7 B Stock (ESM) 17:06; 8 M Bovingdon (SB) 17:36; 9 M Shelley (SB) 17:52; 10 K French (ESM) 17:54

TEAM: 1 Shaftesbury Barnet 9; 2 Ealing Southall & Middlesex 9; 3 Dacorum & Tring 21

U13 (3km)

1 A Wall (ESM) 16:14; 2 P Bailey (ESM) 16:52; 3 F Roberts (D&T) 17:00; 4 H Barsby (Harrow) 17:05; 5 P Hattam (D&T) 17:42; 6 M Hare (SB) 17:59; 7 E van Blankenstein (SB) 18:25; 8 M Shaw (TVH) 18:42; 9 L Wake (HP) 18:47; 10 E Stevens (HP) 18:50

TEAM: 1 Ealing Southall & Middlesex 14; 2 Dacorum & Tring 21; 3 Shaftesbury Barnet 27

DUNBARTONSHIRE RELAY

CHAMPIONSHIPS

Bearsden, Glasgow

Men (4x2.25M)

1 Kirkintilloch 54:36 (C Stewart 13:35, E McLoone 14:13, S Kerr 13:34, J McLoone 13:14); 2 Clydesdale 55:56 (M Rudzinski 13:10, D Halpin 14:49, J Austin 13:23, B Gallagher 14:34); 3 Victoria Park B 56:41 (D Watson (M40) 14:08, A Douglas 14:55, G Munro 13:48, S Barnett 13:50); 4 Glasgow University 59:35; 5 Garscube 59:41

Fastest: 1 A Young (Vic P guest team) 13:03; 2 Rudzinski 13:10; 3 J McLoone 13:14

M40: D Watson (Vic P) 14:08

U20: S Gibson (Glas U) 16:36

U15 (3x2.5km)

1 Kirkintilloch 25:25 (C McNulty 8:05, A Janeske 8:37, R Thayne 8:43)

Fastest: McNulty 8:05

U13 (3x2km)

1 Kirkintilloch 23:35 (C MacDonald 7:40, C Thayne 7:55, N Hamilton 8:00); 2 Victoria Park B 24:52 (G Innes 8:08, C Fitchett 8:13, S Fairbairn 8:31); 3 Clydesdale 25:25 (C Young 7:37, B Ennis 8:41, M McSorley 9:07)

Fastest: 1 Young 7:37; 2 MacDonald

7:40; 3 Thayne 7:55

Women (3x2.25M)

1 Garscube 53:02 (J McColl (W35) 16:58, J Brossnan 17:11, K Stevenson 18:53); 2 Glasgow University 53:36 (S Martin 17:48, R Fisch 18:20, E Patrick (U20) 17:28); 3 Westerlands 55:01 (C Menhennet 17:45, L Horton 18:20, M Calder 18:56)

Fastest: 1 McColl 16:58; 2 Brossnan 17:11; 3 Patrick 17:28

U13 (3x2km): Kirkintilloch 26:50 (S MacLennan 8:47, J Connelly 8:58, C MacGuire 9:05)

Fastest: Aisling McGhee (Vic P) 8:07

Open Races - U17 Men (2.25M)

1 C Johnstone (Vic P) 15:26; 2 C Buntain (Kirkin) 15:33; 3 P Spears (Vic P) 16:50

U17 Women

1 F Gentles (Kirkin) 17:35; 2 S Malcolm (Kirkin) 19:29

MANCHESTER & DISTRICT LEAGUE

Heaton Park, Manchester

Men (9km)

1 R Ward (Manc U, U20) 32:29; 2 M Hutchinson (Traff) 33:01; 3 R Goodwin (Sale H Manc, U20) 33:07; 4 D Milliken (Salf) 33:17; 5 J Kovacs (Salf) 33:28; 6 J Jackson (Salf) 33:35; 7 P Shannon (S'port, U20) 33:53; 8 D Lockett (Salf) 34:19; 9 G Matthews (E Ches, M40) 34:28; 10 I Salisbury (Traff) 34:36; 11 N Cole (Bury) 34:42; 12 D Vaughan (E Ches) 34:56; 13 M Da Silva (Manc U, U20) 35:24; 14 D Whittaker (Sale H Manc, U20) 35:25; 15 S Hulme (Middle) 35:33; 16 D Gee (Manc, M45) 35:37; 17 S Williams (Salf, M45) 35:44; 18 M Creighton (E Ches, M40) 35:45; 19 M Holdsworth (Sale H Manc) 35:53; 20 R Marlton (S'port) 35:55; 21 L Best (S'port, M50) 36:05; 22 M Higginbottom (Salf, M45) 36:06; 23 D Carrington (Alt, M40) 36:08; 24 P Backhouse (E Ches) 36:22; 25 S Riley (Traff, U20) 36:33; 26 I Newcombe (Middle, M40) 36:36; 27 N Burke (Alt) 36:37; 28 R Hughes (Salf Met) 36:45; 29 B Heaton (Wilms) 36:47; 30 D Kukulowicz-Booth (Traff) 36:49

M55: M Cunningham (Manc) 39:42. **M60:** B Buckley (Gloss) 43:44. **M70:** R Lee (Middle) 49:35

U17 (6km)

1 J Phillipson (Sale H Manc) 22:50; 2 T Wild (Macc) 23:33; 3 A Skitt (Manc) 23:36

U15 (4km)

1 D Howlett (Sale H Manc) 14:55; 2 R Whittaker (Sale H Manc) 15:12; 3 L Winterbottom (Sale H Manc) 15:18

U13 (3km)

1 M Ely (Sale H Manc) 11:39; 2 D Murray (Macc) 11:49; 3 J Yates (Salf Met) 12:07

NORTH WEST WOMEN'S LEAGUE

Heaton Park, Manchester

Women

1 S Jones (Macc) 25:01; 2 J Hashleigh (Horw, W35) 25:39; 3 R Pleeth (Macc) 26:06; 4 S Boam (E Ches, W35) 26:20; 5 A Hartop (Warr, W35) 26:26; 6 K Brennan (Warr) 27:12; 7 A Vesey (Alt, W35) 27:14; 8 N Pickford (S'port) 27:16; 9 L Carson (E Ches) 27:23; 10 R Partridge (Sale) 27:40; 11 R Dunnington (E Ches, W35) 27:53; 12 D Allen (Bury) 28:03; 13 S Hales (Macc, W35) 28:37; 14 J Bradwell (E Ches, W35) 28:57; 15 E Beardsell (Sale) 29:04; 16 M Calvert (Macc, W35) 29:12; 17 J Apin (Salf H) 29:18; 18 K Williams (Salf, W35) 29:25; 19 E Dartnell (Warr) 29:27; 20 L Casey (Sutt St H) 29:30

TEAM: 1 Macclesfield H & AC 33; 2 East Cheshire H & Tameside AC 38; 3 Warrington 62; 4 Sale H Manchester 69; 5 Stockport H & AC 108; 6 Middleton H 136; 7 Sutton St Helens 168; 8 Manchester YMCA 211

U20/U17

1 S Pike (S'port, U20) 19:04; 2 K McBride (Macc, U17) 19:10; 3 A Swanton (Leigh, U17) 19:33; 4 G Jones (Horw, U20) 19:41; 5 J Abbott (Horw, U20) 19:54

TEAM: 1 Sale H Manchester 44; 2 Macclesfield H & AC 47

U15

1 G Farley (Leigh) 16:59; 2 J Stockton (Sale) 17:04; 3 K Dulger (Bury) 17:25

TEAM: 1 Sale H Manchester 33; 2 Bury

40; 3 Stockport H & AC 53; 4 Leigh H & AC 59

U13

1 L Evans (Bury) 12:21; 2 L Gemmell (Warr) 13:06; 3 S Hudak (E Ches) 13:09

TEAM: 1 East Cheshire H & Tameside AC 22; 2 Stockport H & AC 55; 3 Macclesfield H & AC 70; 4 Warrington AC 73

HILLINGDON AC INTER CLUB INC

MILLER MUG, Mad Bess Woods, Middlesex

Men

1 I Cunningham (ESM) 26:3; 2 P Cuddihy (Hill) 27:38; 3 B Gristwood (ESM, M40) 28:20; 4 R Hughes (TVH) 28:25; 5 D Newman (Hill, M40) 29:26; 6 D Domoney (ESM) 30:12; 7 I Birch (ESM, M40) 30:44; 8 S Dokic (Hill, M40) 30:56; 9 S Plested (ESM, M50) 31:06; 10 S Roberts (ESM) 31:29

M50: 2 B Leach (Hill) 31:58; 3 E Fogarty (ESM) 32:46. **M60:** 1 M Miller (Hill) 35:55; 2 J de Louvois (Hill) 37:50; 3 R Johnson (Hill) 39:06

TEAM

Three-to-score: 1 Ealing, Southall & Middx 10; 2 Hillingdon 15; 3 Thames Valley H 81

Six-to-score: 1 Ealing, Southall & Middx 36; 2 Hillingdon 61

Women

1 F Kennedy (ESM, W40) 32:22; 2 C O'Neill (Hill) 33:03; 3 C Briggs (TVH) 33:14; 4 L Wilson (ESM, W40) 35:38; 5 K Fogarty (ESM, W50) 37:09; 6 J Gristwood (ESM, W40) 38:14; 7 R Gladwyn (TVH) 38:18; 8 C Edwards (Hill) 39:06; 9 A Belchambers (Hill, W45) 39:21; 10 E Morse (Hill, W35) 39:57

W50: K Davidson (TVH) 44:48. **W60:** M Fitzgerald (TVH) 41:36

TEAM: 1 Ealing, Southall & Middx 16; 2 Hillingdon 29; 3 Thames Valley H 33

Miller Mug Sealed Handicap (All Hill)

1 N Ealand (M40) 23:49; 2 Leach 24:43; 3 M Searle (M40) 24:44; 4 Cuddihy 24:53; 5 J Doyle (M40) 25:17; 6 Morse 25:27; 7 Belchambers 25:36; 8 B Feldman (M50) 25:38; 9 Miller 25:40; 10 H Pattinson (M50) 25:41

THAMES HARE AND HOUNDS v

OXFORD UNIVERSITY

Wimbledon Common

Men (7.5M)

1 N Talbot (Oxf U) 37:17; 2 N Altmann (THH) 37:53; 3 S Aldridge (Oxf U) 38:35; 4 S Wurr (THH) 39:40; 5 D Symons (THH) 39:46; 6 M Taylor (Oxf U) 39:51; 7 M Bishop (Oxf U) 39:56; 8 T Kennedy (HW, gst) 40:37; 9 A Lynch (THH) 40:44; 10 J Hutchins (Oxf U) 41:23

TEAM: 1 Oxford University 36; 2 Thames Hare & Hounds 42

Women (4.5M - all Oxf U)

1 L Hassel 22:37; 2 H Dean 22:59; 3 P Whitehouse 25:39; 4 L Bromilow 26:28; 5 H Wright 27:18; 6 L Kirkpatrick 30:07; 7 C Cohen 30:40

MID LANCs LEAGUE

Sefton Park, Liverpool

Individual results unavailable

Men

TEAM: 1 Wigan Phoenix; 2 Preston Harriers; 3 Wesham RR

Women

TEAM: 1 Kendal; 2 Blackpool & Fylde; 3 Preston Harriers

October 17

WOODFORD GREEN SCHOOLS

LEAGUE

Ashton Fields, Woodford

U15 Boys (2km)

1 J Meadows (For) 8:32; 2 M Abbam (Rod V) 8:39; 3 B Emanuel (St Aub) 8:46

TEAM: 1 Rodding Valley 27; 2 Forest 30; 3 St Aubyns 57

U13 (1.8km)

1 A Cornwell (St Johns) 6:40; 2 J Goodwin (Wood G) 6:46; 3 J Downes (St Johns) 6:52

TEAM: 1 St Johns 29; 2 Forest 33; 3 Woodford Green Prep 44

U15 Girls (1.8km)

1 J Hocking (Dav) 6:54; 2 R Banfield (Dav) 6:57; 3 A Johnson (Dav) 6:59

TEAM: 1 Davenant 11; 2 Forest 37; 3 Bancrofts 48

U13 (1.8km)

1 A Westlake (For) 7:32; 3 S Pluck (Banc) 7:47; 3 F Herbert (Oak) 7:56

TEAM: 1 Oaklands 26; 2 Woodford Green Prep 45; 3 Forest 59

October 16

MERSEYSIDE COLLEGES LEAGUE

Crosby, nr Liverpool

Men (4M)

1 P McGlory (Hatton's, U20) 21:40; 2 P Cadwallader (Liv PS, M40) 22:03; 3 R Lee (JMU) 22:22; 4 J Hunt (Liv U) 22:37; 5 C Patel (Liv U) 22:55; 6 T Jones (Liv U) 22:58; 7 R Cole (Liv H) 23:09; 8 D Yarwood (Liv U, U20) 23:47; 9 K Hatton (Hatt, M40) 23:47; 10 M Bate (JMU) 24:00

TEAM: 1 Liverpool University 50; 2 J Moore's University 77; 3 Hattons' 109

U17 (all Merchant Taylor's School)

1 C Connell 28:29; 2 M Rankin 28:45; 3 P Mears 29:59; 4 P Kennedy 31:34; 5 A Frazer 32:49

TEAM: Merchant Taylor's School 10

'LAST WEDNESDAY BEFORE HALF-TERM' RACES

Gateshead Stadium

U15 Boys

1 R Richardson (RGS) 7:03; 2 T Perrins (RGS) 7:04; 3 J Gibson (RGS) 7:05; 4 A Jessop (St Cuth) 7:10; 5 M Donnelly (St Cuth) 7:12; 6 A Proud (St Cuth) 7:13

TEAM: 1 RGS 15; 2 St Cuthberts 23; 3 St Cuthberts 'B' 46

U13

1 C Watson (St Cuth) 4:36; 2 N Flannery (RGS) 5:01; 3 D Barris (Herm) 5:03; 4 L Thompson (Herm) 5:05; 5 P Dixon (St Cuth) 5:08; 6 K Hobson (St Cuth) 5:10

TEAM: 1 St Cuthberts 20; 2 St Cuthberts 'B' 32; 3 Hermitage 44

U15 Girls

1 L Rowlands (Emm) 7:35; 2 G McKeiken (Emm) 7:49; 3 L Smailes (Emm) 7:56; 4 R China (Den) 8:01; 5 N Bellamy (Den) 8:13; 6 A Mackay (Cen) 8:19

TEAM: 1 Emmanuel 15; 2 Central Newcastle HS 22; 3 Central Newcastle HS 'B' 46

U13

1 J Adamson (Herm) 5:10; 2 J Hudson (D Allans) 5:15; 3 A Penn (Dur HS) 5:24; 4 A Fletcher (Oak) 5:25; 5 J Lloyd (Herm) 5:29; 6 A Lucas (Herm) 5:36

TEAM: 1 Hermitage 26; 2 Central Newcastle HS 41; 3 Durham HS 46

CORBY POLICE CHALLENGE

Corby

Boys

1 A Fowler (WN) 6:46; 2 J Lorrimer (MB) 6:52; 3 S King (MB) 6:52; 4 T Lees (OSK) 6:54; 5 T Burgin (DH) 6:55; 6 K Moore (KJ) 6:58; 7 J Hart (MB) 7:01; 8 L Cummins (OSK) 7:03; 9 N Herbert (MB) 7:03; 10 S Blakeman (KJ) 7:03; 11 L Hadley (MB) 7:05; 12 S Broom (KJ) 7:05; 13 R McNally (WN) 7:06; 14 J Wesby (KJ) 7:11; 15 C Gardner (OSK) 7:12; 16 M Burns (DH); 17 N Morris-Wright (OSK) 7:14; 18 D Wells (OSK) 7:17; 19 R Cottingham (WN) 7:23; 20 P Cridge (BS) 7:25

TEAM: 1 Millbrook 21; 2 King John 42; 3 Oundle & Kingscliffe 44

Girls

1 C Clawson (BS) 7:05; 2 B Miller (WN) 7:27; 3 N Tinto (WN) 7:29; 4 R Gayle (DH) 7:51; 5 K Keenleyside (DH) 8:01; 6 K Toseland (MB) 8:02; 7 H Elder (MB) 8:03; 8 J Latimer (KJ) 8:04; 9 R Sharman (OSK) 8:06; 10 R Dijksterhuis (OSK) 8:11; 11 J Mallett (DH) 8:12; 12 N Coull (DH) 8:15; 13 E Ernesy (KJ) 8:16; 14 S Cowie (BS)

8:24; 15 A Bassington (OSK) 8:25; 16 B Hudson (OSK) 8:25; 17 V Carson (DH) 8:27; 18 R Brown (BF) 8:27; 19 S Wallis (WN) 8:27; 20 A Bagnell (W) 8:28

TEAM: 1 Woodnewton 34; 2 Danesholme 42; 3 Oundle & Kingscliffe 50

October 13

GWENT LEAGUE

Newbridge Fields, Bridgend

Men

1 L Merrion (Bath U) 31:12; 2 M Cox (Bath U) 31:31; 3 M Rees (Swan, M45) 31:46; 4 R Haines (UWIC) 32:15; 5 J Phillips (UWIC) 32:22; 6 D Carthy (Card) 32:26; 7 G Davies (Swan, M40) 32:38; 8 S Mosely (Swan) 32:55; 9 N Janvier (Brackla) 32:58; 10 M Collins (Fairwater R) 33:02; 11 M Jennings (Card) 33:05; 12 O Shilton (UWIC) 33:19; 13 S Everington (W'bury) 33:29; 14 R Bullen (Les C, M40) 33:37; 15 A Wood (Brackla) 33:53; 16 G Colcombe (Swan) 34:10; 17 M Gurmin (Abert) 34:12; 18 M Lavis (W'bury) 34:13; 19 D Wilson-Evans (Swan, M45) 34:14; 20 J Cox (Les C) 34:15; 21 P Kendrick (Spa Tans, M40) 34:25; 22 N Frost (P'pridd, M40) 34:30; 23 M McGeoch (Les C, M45) 34:32; 24 D Humphries (Llis) 34:34; 25 C Purr (P'pridd) 34:38; 26 P Crane (Neath, M40) 34:42; 27 A O'Callaghan (UWIC) 34:43; 28 P Osborne (Swan, M40) 34:44; 29 P Jones (Neath, M40) 34:45; 30 R Jones (Les C, M40) 34:46

TEAM: 1 Swansea H 1631; 2 University of Wales Institute Cardiff 1616; 3 Les Croupiers 1576; 4 Neath H 1499; 5 Westbury H 1463; 6 Pontypridd 1419; 7 Bridgend 1404; 8 University of Bath 1368; 9 Lliswerry R 1345; 10 Les Croupiers 1284

VETS TEAM: 1 Swansea H 991; 2 Les Croupiers 976; 3 Neath H 935; 4 Pontypridd 827; 5 Les Croupiers B 803

M50: 1 JG Collins (Swan) 35:30; 2 S Davidson (B'end) 37:02; 3 J Llewellyn (Rowheath) 37:03; 4 R Marks (Sarn H) 37:16; 5 D Powell (Les C) 37:18

TEAM: 1 Les Croupiers 335; 2 Sarn Helen Orienteering 311; 3 Swansea H 295; 4 Stroud & District 243; 5 Amman Valley H 238 **M60:** 1 K Buckle (Chelt) 40:22; 2 J Kersting (Swan) 40:31; 3 JH Collins (Swan) 41:27

U20 (6km)

1 I Carter (Bath U) 21:31; 2 G Davenport (Bris) 21:33; 3 R Tinsey (UWU) 21:39; 4 D Gurmin (Abert) 22:14; 5 M Fewell (P'pridd) 22:25; 6 S Davies (UWU) 22:57

TEAM: 1 Swansea 83; 2 University of Wales Institute 75; 3 Bridgend 73

U17 (6km)

1 L Barnett (Bris) 21:42; 2 J Thomas (Card) 21:58; 3 M Dickinson (Bris) 22:27; 4 S Evans (Bris) 22:31; 5 D Evans (Carm) 22:38; 6 G Hughes (Durs) 22:47

TEAM: 1 Bristol 120; 2 Dursley & District 65; 3 Carmarthen

U15 (4.4km)

1 C Peters (Bris) 14:50; 2 A Humphries (Cwm) 14:56; 3 S Dalglish (West) 15:21; 4 L Ladd (Carm) 15:32; 5 D Mullet (Bris) 15:37; 6 C McMillan (Bris) 15:40

TEAM: 1 Bristol 185; 2 Cwmbran Harriers 154; 3 Carmarthen 118

U13 (4.4km)

1 T Carpenter (West) 11:50; 2 R Mullet (West) 12:44; 3 R Evans (Carm) 12:48; 4 S Raw-Rees (Carm) 12:53; 5 K Harvey (Cwm) 12:55; 6 H Preston (Bris) 12:57

TEAM: 1 Westbury 70; 2 Carmarthen 41; 3 Tockington Manor School 30

Women

1 S Gray (Bris) 23:34; 2 D Jones (Card) 23:54; 3 L Copp (Card, W35) 24:18; 4 R Goddard (Swan) 24:23; 5 A Hollowden (Bath U) 24:25; 6 J Horne (Bath U) 24:43; 7 L Carthew (Swan) 25:01; 8 S Monahan (Bris, W40) 25:09; 9 S Mullins (UWIC) 25:22; 10 N Knapp (Abert) 25:26; 11 J Clarke (Card) 25:33; 12 J Knapman (Les C) 25:45; 13 A: Phillips (UWIC) 25:48; 14 L Gallagher (W'bury) 25:50; 15 H Yule (Lisw, W35)

25:54; 16 G Parnell (Newp) 25:56; 17 C Davies (Pemb) 25:57; 18 J Parry-Williams (Card) 26:26; 19 E Debenham (Bris) 26:27; 20 S Philcott (UWIC) 26:28

TEAM: 1 Cardiff 795; 2 University of Bath 717; 3 Swansea H 711; 4 Les Croupiers 691; 5 Bristol 629; 6 Westbury H 609; 7 University of Wales - Cardiff 567; 8 Newport H 549; 9 Neath H 479; 10 Les

Croupiers B 473

VETAN TEAM: 1 Les Croupiers 484; 2 Cardiff 427; 3 Les Croupiers B 345; 4 Forest of Dean 329; 5 Lliswerry R 299

W45: 1 F Davies (B'end) 26:57; 2 A Saxena (Newp) 28:01; 3 E Turner (Les C, W50) 28:10; 4 P Gallagher (W'bury, W50) 28:51; 5 W Huggins (Swan) 28:55; 6 A James (Rhonda, W50) 29:03

TEAM: 1 Les Croupiers 187; 2 Pembrokeshire H 161; 3 Forest of Dean 136; 4 Newport H 117; 5 Taf Running & Orienteering 99

U20 (5km)

1 M Gaskell (Brec) 19:22; 2 C Robson (Bath U) 19:45; 3 G Jones (UWU) 20:42; 4 C Bridge (P'pridd) 21:28; 5 S Williams (Bath U) 22:04; 6 J Hinam (Bris) 22:20

TEAM: 1 University of Bath 33; 2 Atlantic College 27; 3 University of Wales College 22

U17 (5km)

1 K O'Byrne (Crick) 19:52; 2 L Durman (Durs) 20:36; 3 C Dowden (Card) 20:54; 4 A Tucker (Neath) 21:13; 5 T Paisley (Card) 21:30; 6 L Hiscox (Bris) 21:33

TEAM: 1eq Bristol/Cardiff 62; 3 Westbury 57

U15 (4.4km)

1 S Barnes (Cleve) 15:45; 2 E Kirk (Swan) 16:53; 3 J Dixon (Cwm) 18:09; 4 M Walters (Carm) 18:15; 5 A Smith (Neath) 18:18; 6 R Mitchell (Bris) 18:21

TEAM: 1 Clevedon 224; 2 Carmarthen 206; 3 Bristol 182

U13 (2.9km)

1 C Davies (Sarn H) 12:15; 2 K Brown (Carm) 13:09; 3 S O'Connell (Adare) 13:18; 4 C Granville (Carm) 13:47; 5 V Piper (West) 13:49; 6 Z Davies (Bris) 13:52

TEAM: 1 Carmarthen 134; 2 Sarn Helen 110; 3 Amman Valley 77

ISLE OF MAN LEAGUE

Crossags Farm, Ramsey

Men

1 G Epifani (Manx) 29:13; 2 P Clarke (Manx) 29:41; 3 M Lambden (Menx, M40) 32:19; 4 B Cannon (North) 32:31; 5 G Stigant (IoM Vets) 33:02; 6 P Curphy (Manx, M40) 33:15

U17

R Murphy (CRHS) 26:50

U15

1 B Brand (Manx) 13:42; 2 S Cregeen (Manx) 14:10; 3 J Reilly (Manx) 14:46

U13

1 R Fairclough (North) 10:59; 2 D Quine (Manx) 12:02; 3 M Craine (North) 13:31

Women

1 C Partington (Manx) 23:48; 2 R Hooton (FR, W35) 24:59; 3 M Kewley (North) 28:10

U15

R Evans (Manx) 14:57

U13

1 K Tinkler (CRHS) 10:59; 2 M Reilly (Manx) 13:51; 3 E Pressley (Manx) 14:02

ICKNIELD LEAGUE

Bury St Edmunds

Men

1 R Coll (Newm J, M40) 30:08; 2 K Vaughan (St Ed) 30:08; 3 A Allen (P'boro, U20) 31:23; 4 J Kazer (Carm) 31:57; 5 B Baldelli (Camb Trn) 31:59; 6 G Jones (Camb Trn, M40) 32:14; 7 J White (P'boro, U20) 32:30; 8 B Corleys (P'boro) 32:39; 9 P Woodyatt (Norw, M40) 33:00; 10 R Barnes (SNH, M40) 33:45

TEAM: 1 Peterborough 37; 2 Newmarket Joggers 41; 3 Cambridge Triathlon 50; 4 Cambridge & Coleridge 51; 5 West Suffolk 118; 6 Stevenage & North Herts 123

VETS TEAM: 1 Newmarket Joggers 48; 2 Cambridge & Coleridge 50; 3 Peterborough 74

U17: I Yenney (SNH) 16:46

U15

1 S Diston (W Suff) 15:07; 2 J Shaw (W Suff) 15:21; 3 R Arnold (P'boro) 15:36; 4 T Brennan (SNH) 15:41; 5 M Gunby (P'boro) 16:25

TEAM: 1 West Suffolk 12; 2 Peterborough 19; 3 Stevenage & North Herts 20

U13

1 A Shkemi (W Suff) 11:08; 2 E Fry (W Suff) 11:10; 3 D Weathman (P'boro) 11:24; 4 M Robinson (SNH) 11:25; 5 M Gunby (P'boro) 11:35; 6 S Pollen (SNH) 11:37

TEAM: 1 West Suffolk 13; 2 Stevenage & North Herts 17; 3 City of Norwich 34

Women

1 H Beard (SNH, U17) 16:27; 2 K Waterson (St Ed) 16:44; 3 J Lasenby (C&C, W40) 17:06; 4 C Duncan (St Ed, W45)

17:15; 5 S Bird (W Suff, U17) 17:24; 6 R Clarke (C&C, U17) 17:35; 7 G Leathers (St Ed) 17:40; 8 L Cunningham (SNH, U17) 17:43; 9 N Turner (Gar, U17) 17:58; 10 P Partridge (St Ed, W50) 18:06

TEAM: 1 St Edmunds Pacers 13; 2 Stevenage & North Herts 21; 3 Cambridge & Coleridge 24; 4 West Suffolk 50; 5 Peterborough 58

VETS TEAM: 1 St Edmunds Pacers 43; 2 Cambridge & Coleridge 55; 3 West Suffolk 85

U17 TEAM: Stevenage & North Herts

U15

1 S Bailey (SNH) 11:37; 2 C Rose (Norw) 11:46; 3 H Miles (W Suff) 11:50; 4 R Brown (Norw) 11:53; 5 N Nelustead (SNH) 12:06; 6 K Cooper (SNH) 12:07

TEAM: 1 Stevenage & North Herts 12; 2 West Suffolk 26; 3 Stevenage & North Herts 'B' 27

U13

1 L Davis (P'boro) 11:52; 2 C Brown (Norw) 11:53; 3 D Samuels (SNH) 11:58; 4 L Dowsett (C&C) 12:21; 5 S Underhill (P'boro) 12:32; 6 L Firdinas (P'boro) 12:35

TEAM: 1 Peterborough 12; 2 Cambridge & Coleridge 27; 3 Stevenage & North Herts 27; 4 Peterborough B 28

LINCOLNSHIRE LEAGUE

Bourne Woods

Men

1 P Coleman (Grant) 28:02; 2 T Honniball (Bourne) 29:51; 3 I Boneham (Grant, U20) 29:59; 4 S North (Bost) 30:25; 5 S Cragg (Bost) 30:56; 6 M Packer (Louth, M40) 31:01; 7 T Wigley (Bourne) 31:04; 8 M Wilson (Nene V, U20) 31:09; 9 N Marsh (Louth) 31:21; 10 L Clements (Nene V, U20) 31:34; 11 J Cousins (Clee, U20)

32:10; 11 D Lennon (gst) 31:47; 12 S Gould (Stam, M40) 32:19; 13 C McCoy (Louth, M40) 32:28; 14 A Short (Grant) 32:33; 15 M Anderson (Linc & D) 32:34; 16 G Coulam (Clee, M40) 32:49; 17 S Medhurst (Nene V) 32:57; 18 M Lawson (Bost) 33:20; 19 P Massingham (Stam)

33:21; 20 R Baronowski (Wern) 33:21; 21 G Johnson (Bost, M50) 33:24; 22 D Houlton (Linc W) 33:29; 23 D Tilley (Bost) 33:52; 24 P Bevilacqua (Nene V, M45) 34:00; 25 J Moulding (Louth, U20) 34:05

M50: 2 J Baker (Nene V) 34:32; 3 B Dodge (Louth) 34:35. **M60:** 1 P Honniball (Bourne) 36:13

TEAM: 1 Grantham 18; 2 Boston & Dist 27; 3 Louth 28; 4 Nene Valley H 35; 5 Bourne 46; 6 Stamford H 57; 7 Cleethorpes 59; 8 Louth B 83; 9 Nene Valley H B 84; 10 Boston & Dist B 88

U17

1 L Danile (Nene V) 20:42; 2 K Tombleson (Nene V) 20:47; 3 J Forman (Nene V) 20:49; 4 A Birch (Nene V) 21:11; 5 I Kimpton (Linc W) 21:21; 6 M Hughes (Linc W) 21:23; 7 S Wignall (Clee) 21:42; 8 W Strangeway (Linc W) 21:50; 9 D Triffitt (Clee) 22:38; 10 B Wilson (Grims) 23:07

TEAM: 1 Nene Valley H 6; 2 Lincoln Wellington 19; 3 Nene Valley B 35

U15

1 K McNab (Nene V) 14:09; 2 T Coleman (Grant) 14:10; 3 D Hayward (Linc W) 14:25; 4 S Delaney (Linc W) 14:29; 5 S Organ (Bourne) 14:32; 6 M Plaskett (Linc W) 14:32; 7 M Grace (Bourne) 14:44; 8 A Tilley (Bost) 15:09; 9 W Congreve (Nene V) 15:45; 10 R Williams (Grims) 15:56

TEAM: 1 Lincoln Wellington 13; 2 Nene Valley H 21; 3 Bourne 26

U13

1 R Heavisside (Nene V) 10:41; 2 A Chalkin (Grant) 10:50; 3 L Clapham (Clee) 10:57; 4 R McGonigle (Nene V) 11:12; 5 O Cartwright (Bour

Thompson (Linc W, W45) 25:36; 7 H McLaughlin (Clee) 25:42; 8 S Revill (Stam, W40) 26:42; 9 C Knight (Bourne) 27:07; 10 L Parry (Clee, W40) 27:17; 11 M Shaw (C'field, U20) 27:25; 12 A Hannah (Stam) 27:28; 13 A Smith (Bourne, W45) 27:42; 14 D Fee (Werr, W40) 27:46; 15 E Lord (Sleaford) 27:52

W50: 1 C Potts (Eye) 28:35; 2 L Clampett (Louth) 30:54

TEAM: 1 Lincoln Wellington 12; 2 Stamford 23; 3 Cleethorpes 38; 4 Bourne 44; 5 Boston & Dist 51; 6 Werrington 69; 7 Sleaford 75; 8 Cleethorpes B 83; 9 Werrington B 110

U17
1 S Coates (Linc W) 15:30; 2 E Taylor (Linc W) 15:52; 3 C Foley (Stam) 15:54; 4 N Johnson (Linc W) 15:58; 5 H Mort (C'field) 16:05; 6 S Wright (C'field) 16:09; 7 A Thomas (Linc W) 16:21; 8 N Bunyan (Nene V) 16:23; 9 K Johnson (Grant) 16:32; 10 M Heywood (Linc W) 18:09

TEAM: Lincoln Wellington 7

U15
1 L Yorston (Clee) 15:52; 2 L Holness (Clee) 15:56; 3 R Humberstone (Linc W) 16:10; 4 K Gilbert (Linc W) 16:16; 5 C Machin (Grant) 16:18; 6 S Kimpton (Linc W) 16:43; 7 E Hicks (Grims) 16:44; 8 J Clarke (Linc W) 16:53; 9 P Hicks (Rutland) 17:24; 10 L Nell (Nene V) 17:57

TEAM: 1 Lincoln Wellington 13; 2 Cleethorpes 15

U13
1 B Haywood (Linc W) 11:30; 2 C Henson (Linc W) 12:04; 3 S Wycherley (Nene V) 12:09; 4 L Thomas (Linc W) 12:23; 5 S Welsh (Bourne) 12:36; 6 L Lennon (gst) 12:25; 6 R Harrison (Louth) 12:37; 7 A Shields (Nene V) 12:43; 8 S Davey (Clee) 12:47; 9 R Papworth (Nene V) 12:48; 10 C Smith (Grims) 12:49

TEAM: 1 Lincoln Wellington 7; 2 Nene Valley H 19; 3 Bourne 34; 4 Grimsby 35; 5 Grantham 51; 6 Lincoln Wellington B 56; 7 Nene Valley H B 61; 8 Rutland 79; 9 Bourne B 85

KEEP ON RUNNING SOUTH

YORKSHIRE LEAGUE

Penistone

U17 Men (further results)

... 4 K Cooke (Hallam) 22:37; 5 A Smith (Hallam) 22:52

U15 (3.5km)

1 J Maxfield (Roth) 13:37; 2 M Kipsopp (Deerne HS) 14:53; 3 J Birch (Hallam) 14:55; 4 J Chaplin (Roth) 14:58; 5 A Biggs (Hallam) 15:02

U13

1 G McGuire (Hallam) 13:58; 2 G Major (Rother V) 14:07; 3 J Lipka (Hallam, U13G) 14:24; 4 B Griffin (Hallam) 14:30; 5 H Russell (Hallam) 14:34

U17 Women

... 4 K McFarlane (Hallam) 17:35; 5 K Fitzpatrick (Hallam) 17:41

U15 (3km)

1 A Wilks (Hallam) 12:11; 2 R Wilks (Hallam) 12:37; 3 L Clerk (Doncs) 12:52; 4 A Firth (Hallam) 13:13; 5 L Gibson (Roth) 13:22

U13 (3km)

1 A Ogden (Hallam) 12:53; 2 N Grant (Roth) 12:55; 3 C Vaughan (Roth) 13:29; 4 E Bocking (Hallam) 13:46; 5 R Davis (Penistone) 14:01

October 12

MERSEYSIDE SCHOOLS LEAGUE

Wavertree

U19

1 B Jones (CEG) 17:56; 2 S Morland (SEC) 18:13; 3 J Revell (CG) 18:52; 4 D Hird (SAC) 18:56; 5 N Davies (CG) 19:03; 6 G Jones (CG) 19:25

TEAM: 1 Calday; 2 St Anselm's; 3 Cowley

U16 (2.5M)

1 M Leahy (SEC); 2 A Peers (SAC); 3 J Mannion (Card H); 4 A Braidwood (WGS); 5 C Douglas (SAC) 6 T Brady (Faz)

TEAM: 1 St Anselm's; 2 St Edward's; 3 Calday

U14 (2M)

1 C Gunderson (Blue) 10:13; 2 P Ryan (SAC) 10:16; 3 M Burke (Cow) 10:36; 4 L Luscombe (Blue) 10:38; 5 A Williamson (SAC) 10:54; 6 L McCully (AB) 10:56

TEAM - Division 1: 1 St Anselm's; 2 Cardinal Heenan; 3 Wirral. **Division 2:** 1 Bluecoat, 2 Calday, 3 St Edward's

U12 (1.5M)

1 S Duckers (SAC) 8:33; 2 J Foulkes (CG) 8:41; 3 C Williams (CG) 8:45; 4 A Fear (CG) 8:46; 5 J Cavanagh (AB) 8:53; 6 J Moxon-Brown (Birk) 9:03

TEAM - Division 1: 1 Calday, 2 St Anselm's; 3 Cardinal Heenan. **Division 2:** St Edward's

SEVERN AC RELAYS

Pluck Court, Gloucester

Men (4x2miles)

1 Gloucester 39:20 (R Davenport 10:25, S Kellie 9:36, M Hill 9:56, P Kellie 9:23); 2 Severn 39:55 (C Toledo 10:05, A Hussey 10:04, A Hope 9:47, D Lander 9:57); 3 Severn B 41:18 (M Whitlock 10:03, J Lilley (U17) 10:21, R Richards 10:29, S Hale 10:20); 4 Severn C 42:07; 5 Gloucester B 42:32; 6 Gloucester Veterans 43:34

Fastest: P Kellie 9:23, S Kellie 9:36 A Hope 9:47

Women (4x2miles)

1 Bourton RR 49:28 (L Townsend 11:30, A Coldrick (W40) 12:30, S Lane (U15) 13:08, S Harper 12:20); 2 Severn 52:03 (S Jordan 12:41, G Kinsey 11:27, S Hanley 13:37, S Brown (W40) 14:18); 3 Cheltenham H 52:29 (J Wilkie 12:51, A Craighill 13:21, L Phelps 13:36, J Barrus 12:41)

WEST CHESHIRE OPEN RACES

Stanney High School, Ellesmere

Port

U15 Boys (3.2km)

J McGonigle (W Ches) 13:04

U13 (2.55km)

1 N Jones (Neston High) 10:05; 2 T Lowndes (Ellesmere Port) 10:32; 3 D Kelly (Bishops) 10:37

U15 Girls (3.2km)

1 E Heighway (W Ches) 14:38; 2 P Jackson (W Ches) 17:03; 3 L Hunt (W Ches) 18:55

U13 (2.55km)

1 K Money (W Ches) 10:17; 2 K Riley (W Ches) 11:08; 3 H Heighway (W Ches) 11:23

CAMBRIDGE HARRIERS

CHAMPIONSHIPS

Bexley, Kent

Men (5M)

1 D Lacy (U20) 29:49; 2 D Green (gst) 30:54; 3 C Desmond (gst) 31:09; 4 S Taylor (gst) 31:56; 5 W Laws (M50) 32:07; 6 P Kent (M40) 32:27; 7 A Brodziak (gst) 32:42; 8 T Dury (gst) 32:44; 9 B Gale (gst) 32:57; T Walker (gst) 33:23

Women

1 D Maltby (gst) 40:23; 2 J Marshall 44:21; 3 S Watchorn (unatt) 47:26

BLACKHEATH HARRIERS

CHAMPIONSHIPS

Hayes, Kent

Men (5M)

1 R Smith (M40) 29:01; 2 R Bentley 29:41; 3 A Rayner 29:58; 4 J Murray 30:00; 5 M Airey 30:25; 6 T Hawke (U20) 30:27; 7 J Morland (M40) 31:21; 8 N Gasson 31:48; 9 R Perkins (U20) 31:53; 10 D Ellison 32:13

M50: K Daniel 32:25. **M60:** A Davis 38:54

Women

1 J Butler 34:31; 2 L Jones-Baldock 41:09; 3 K Pratt 41:30

W40: A Cilia 42:23

WEST SUFFOLK MIDDLE SCHOOLS

GRAND PRIX

West Stow, Bury St Edmunds

Senior Boys (Years 7 & 8) (3km)

1 A Shkembli (Beyton) 10:02; 2 E Fry (Beyton) 10:06; 3 A Ridley (Uplands) 10:16

TEAM: 1 Beyton 41; 2 Barnardiston 101;

3 3 St Louis 135

Junior (Years 5 & 6) (2.4km)

1 C Fry (Beyton) 8:25; 2 A Bibby (Barnardiston) 8:52; 3 B Green (Ixworth) 8:59

TEAM: 1 Westley 98; 2 Barnardiston 121; 3 St Louis 127

Senior Girls (Years 7 & 8) (2.4km)

1 M O'Hare (St Felix) 8:45; 2 L McKee (Westley) 9:10; 3 J Allesbrook (Westley) 9:22

TEAM: 1 Westley 34; 2 St Louis 117; 3 Westley B 127

Junior (Years 5 & 6) (2km)

1 G Duthie (Barnardiston) 8:59; 2 N Parentela (St Louis) 9:02; 3 K Drummond (St Felix) 9:15

TEAM: 1 St Louis 99; 2 Barnardiston 104; 3 Beyton 145

October 10

WOODFORD GREEN AC SCHOOLS

LEAGUE

Ashton Playing Fields

U15 Boys (2km)

1 B Emmanuel (St Aub) 8:43; 2 M Abbam (Rod V) 8:50; 3 B Winders (Forest) 8:59

TEAM: 1 Roding Valley 26; 2 Forest 52; 3 Bancrofts 57

U13 (1.8km)

1 A Cornwell (St Johns) 6:45; 2 J Goodwin (Wood G) 6:54; 3 J Downes (St Johns) 7:11

TEAM: 1 Forest 24; 2 St Johns 33; 3 Woodford Green Prep 57

U15 Girls (1.8km)

1 R Banfield (Davenant) 7:05; 2-A Johnson (Davenant) 7:06; 3 S Bowers (Banc) 7:09

TEAM: 1 Davenant 15; 2 Forest 46; 3 Bancrofts 52

U13 (1.8km)

1 A Westlake (Forest) 7:33; 2 S Pluck (Banc) 7:53; 3 E Sparrowhawk (St Johns) 7:56

TEAM: 1 Oaklands 23; 2 Forest 45; 3 St Aubyns 57

October 9

SOUTH EAST / EASTERN REGION

PAA LEAGUE

Maidstone

Men (5.6M)

1 S Morley (Sussex, M45) 31:05; 2 D Walker (Ex) 31:42; 3 P Smith (Kent) 31:53; 4 P Allen (Herts, M40) 31:59; 5 S Cable (Kent) 32:08; 6 J Frost (Sussex, M40) 32:13; 7 N Cook (Kent) 32:19; 8 M Bond (Ex, M45) 32:39; 9 R Welch (Ex) 33:08; 10 M Hill (Sussex) 33:11; 11 J Lelliott (Sussex) 33:21; 12 B Fursey (Kent) 33:44; 13 C Lane (Sussex) 33:51; 14 S Lelliott (Kent, M40) 33:54; 15 R Frame (TVR, M45) 34:00

M40: 4 V Spain (Ex) 34:12; 5 D English (Ex) 35:58. **M45:** 4 M Hyder (Sussex) 34:57; 5 J Sansom (Beds) 36:18. **M50:** 1 R Wiles (Kent) 39:40; 2 T Pello (Hants) 40:41; 3 N Freeman (Kent) 43:10. **M60:** R Brett (Beds) 36:35

TEAM: 1 Kent 58; 2 Sussex 59; 3 Essex 78

B TEAM: 1 Kent 98; 2 Sussex 129; 3 Essex 149

VETS TEAM: 1 Sussex 25; 2 Essex 46; 3 Kent 66

Women (3M)

1 L Prole (Beds) 18:28; 2 T Martin (Sussex) 19:06; 3 K Wiltoughby (Hants, W35) 20:16; 4 R Ling (Sussex) 20:31; 5 K Hussey (Herts, W35) 20:42; 6 V Adams (City) 22:06; 7 S Maccaull-Stewart (Sussex, W35) 22:12; 8 D Bevington (Hants) 22:15; 9 K Hayhurst (Sussex, W35) 22:27; 10 G Cross (TVR) 22:49

TEAM: 1 Sussex 13; 2 Hants 71; 3 City, Herts 77

October 8

SOUTH WALES REGIONAL

SCHOOLGIRLS' CHAMPIONSHIPS

Newbridge Fields, Bridgend

U19 (4km)

1 B Strange (StJC) 16:40; 2 C Dowden

(CarN) 16:53; 3 C Bridge (PoCo) 17:24; 4 L Holdway (AfonT) 18:14; 5 D Hayward (CarC) 18:49; 6 C Smith (Btrion) 19:03; 7 D Carpenter (YP) 19:14; 8 D Carroll (Maryl) 19:23; 9 N McCann (Btrion) 19:30; 10 A Johns (BrynC) 19:37; 11 B Moss (Rad) 19:43; 12 D Bale (Cyfa) 19:58; 13 C Cowell (Coed) 20:12; 14 P James (Stan) 20:16; 15 H Nelson (Whit) 20:20; 16 J Andrews (Cow) 20:24; 17 J Parsons (Rad) 20:32; 18 S Brooks (Bteg) 21:26; 19 R Evans (Cow) 21:40; 20 S Bush (YGL) 21:53

TEAM: 1 Cowbridge 95; 2 Corpus Christi 100; 3 Bridgend College 121; 4 Hawthorn 141

U15 (3km)

1 J Williams (Bteg) 11:13; 2 N Dainton (Cwm R) 11:15; 3 B Dainton (Cwm R) 11:29; 4 P Williams (Bteg) 11:37; 5 E Loveland (Rad) 11:40; 6 L Brown (Lsn) 11:45; 7 A Symonds (Stan) 12:05; 8 A Cartwright (Lsn) 12:13; 9 M Clarke (Bro M) 12:16; 10 M Kane (Whit) 12:20; 11 R Williams (Plas) 12:22; 12 K Wiltshire (St Cy) 12:23; 13 C Mansel (Cant) 12:27; 14 N Harding (Cwm R) 12:33; 15 E Noble (Cwm R) 12:35; 16 C Rogers (BoL) 12:40; 17 R Phillips (YGL) 12:41; 18 L Roberts (PYD) 12:44; 19 R Jenkins (Whit) 12:45; 20 R Tabatabai (Lsn) 12:48

TEAM: 1 Cwm Rhymni 34; 2 Llanishen 66; 3 Whitchurch 76; 4 Brynteg 130; 5 Pen-Y-Dre 172

U13 (2.4 km)

1 S Humphrey (Ogm) 10:00; 2 S O'Connell (Bish H) 10:15; 3 L Dixon (AberG) 10:19; 4 M Jenkins (Cow) 10:23; 5 B Griffiths (Lsn) 10:25; 6 C Milward (Lsn) 10:30; 7 R Thomas (YGL) 10:36; 8 L Morgan (Cyn) 10:40; 9 C Tedstone (LewG) 10:42; 10 K Moore (Cyfa) 10:46; 11 R Ward (Lsn) 10:48; 12 J Jones (St T) 10:50; 13 N Angove (Ogm) 10:50; 14 H Williams (Cwm R) 10:56; 15 A Carling (Bro M) 11:00; 16 R Oley (Haw) 11:02; 17 S Williams (Maes) 11:06; 18 A Bevan (Cyfa) 11:07; 19 J Abdullahi (Whit) 11:10; 20 S Brace (Bteg) 11:11

TEAM: 1 Llanishen 56; 2 Whitchurch 112; 3 Cowbridge 116; 4 St John's College 196; 5 Hawthorn 199

October 6

SURREY RELAYS

Stoke Park, Guildford

U17 Men

1 South London H 20:13 (S Atkins 7:10, M Lloyd 6:52, P Canavan 6:11); 2 Croydon 20:18 (M Rooney 6:53, M Elsworth 6:54, R Powell 6:31); 3 Woking 21:39 (S Carpenter 7:18, R Chambers 7:36, J Hemsted 6:45); 4 Kingston Polytechnic 21:54; 5 Oxted School 22:11; 6 Tiffin 22:50; 7 Tiffin B 25:11

Fastest: P Canavan (SLH) 6:11

U15

1 Aldershot Farnham & District 20:11 (D Sheppard 6:48, B Wilson 6:45, S Blake 6:38); 2 Epsom & Ewell H 21:48 (O Ralph 6:46, A Byrne 7:26, J Wharton 7:36); 3 Sutton & District 22:08 (J Tucker 7:21, M Swan 7:23, J Harrison 7:24); 4 South London H 22:14; 5 Herne Hill H 22:24; 6 Oxted School 22:49; 7 Aldershot Farnham & District B 22:50; 8 Aldershot Farnham & District C 23:39; 9 Herne Hill H B 24:17; 10 Woking 24:36

Fastest: S Blake (AFD) 6:38

U13

1 South London H 22:18 (B Ladbroke 7:42, J Pearce 7:26, P Humphries 7:10); 2 Sutton & District 23:10 (M Antone 7:39, P Swimburn 7:36, T Page 7:55); 3 Aldershot Farnham & District 23:49 (M Cousins 7:40, L Wilson 7:52, M Reed 8:17); 4 Tiffin School 24:33; 5 South London H B 25:02; 6 Oxted School 25:10; 7 Guildford & Godalming 25:27; 8 Tiffin School B 26:12; 9 Aldershot Farnham & District B 26:15; 10 Tiffin School C 28:26

Fastest: P Humphries (S Lon) 7:10

U17 Women

1 Aldershot Farnham & District 23:58 (G Furze 8:02, S Raggett 8:08, K Nowak 7:48); 2 Guildford & Godalming 25:05

Fastest: K Nowak (AFD) 7:48

U15

1 Dorking & Mole Valley 24:57 (L Hobbs 8:11, G Bruinvels 8:06, L Bettridge 8:40); 2 Sutton & District 25:29 (S Long 8:21, E Bradley 8:49, J Lock 8:19); 3 Guildford & Godalming 25:30 (K Fraser 8:13, V Ward

8:56; A Bonner 8:21; 4 Woking AC 26:34; 5 Epsom & Ewell H 27:28; 6 Sutton & District C 28:04; 7 Guildford & Godalming B 28:49; 8 Sutton & District B 29:22
Fastest: G Bruinvels (DMV) 8:08; K Mertens (Woking) 8:08

U13
1 Aldershot Farnham & District 25:01 (H Dart 8:32; K Nowak 8:32; L Eley 7:57); 2 Guildford & Godalming 25:29 (A-C Morgan 8:15; R Stacy 8:36; O Attwood 8:38); 3 South London H 27:44 (A Davis 9:51; C Davis 9:04; R Atkins 8:49); 4 Sutton & District 27:53; 5 Aldershot Farnham & District B 29:21; 6 Dorking Mole Valley 30:03
Fastest: L Eley (AFD) 7:57

SHROPSHIRE YOUNG ATHLETES' LEAGUE Dawley

U15 Boys
1 R Mattoack (Telf) 15:10; 2 O Blake (Osw) 15:25; 3 S Hugh (Telf) 16:09; 4 N Roberts (Telf) 16:28; 5 B Griffiths (Osw) 16:47; 6 O Lambert (New) 17:19; 7 T Simmons (Telf) 17:31; 8 A Martin (Osw) 20:13
TEAM:- 1 Telford 389; 2 Oswestry 288; 3 Newtown 95

U13
1 D Hoof (Telf) 11:02; 2 J Ogden (Osw) 11:11; 3 G Preece (B'north) 11:27; 4 R Ogden (Telf) 11:49; 5 R Millar (Telf) 11:58; 6 E Alport (Telf) 12:02; 7 T Griffiths (Osw) 12:06; 8 M Hopkins (Telf) 12:10; 9 S Hamilton (B'north) 12:42; 10 T Evans (B'north) 12:58
TEAM: 1 Telford 388; 2 Bridgnorth 371; 3 Oswestry 193; 4 Newtown 88

U15 Girls
1 A Lavender (Osw) 10:55; 2 L Strong (B'north) 11:07; 3 C Grandfield (Shrews) 11:22; 4 A Northern (Telf) 11:31; 5 J Hume (Telf) 11:44; 6 C McGettigan (New) 11:49; 7 L Whysall (Shrews) 12:10; 8 C Roberts (Osw) 12:27; 9 P Madden (B'north) 12:36; 10 G Weetman (Osw) 12:44
TEAM: 1 Oswestry 373; 2 Bridgnorth 366; 3 Telford 365; 4 Shrewsbury 278; 5 Newtown 95; 6 Ludlow 83

U13
1 S Farnell (Lud) 7:22; 2 B Roberts (B'north) 7:29; 3 G Grandfield (Shrews) 7:31; 4 E Ellis (New) 7:42; 5 A Johnson (Telf) 7:48; 6 Z Burford (Lud) 7:56; 7 A Mears (Telf) 8:02; 8 C Lancaster (Lud) 8:03; 9 G Roberts (Osw) 8:04; 10 S Lunn (Telf) 8:06
TEAM: 1 Ludlow 370; 2 Telford 366; 3 Newtown 347; 4 Bridgnorth 347; 5 Oswestry 180; 6 Shrewsbury 98

October 5

SKIPTON RACES

Men
1 N Tattersall (Pend) 36:57; 2 J Convery (Bing, M40) 38:08; 3 S Macdonald (Bing) 38:17; 4 M Hawkins (Bing, M40) 38:31; 5 N Cayton (Otl) 38:38; 6 S Monk (B'north) 39:13; 7 M Buckingham (Holm) 39:38; 8 C Bryan (Traff) 39:42; 9 J Mason (W'kirk) 40:00; 10 C Miller (Harr) 40:04; 11 J Cordingley (Bing, M40) 40:10; 12 M Plierson (Holm) 40:35; 13 M Hammer (B'north) 40:46; 14 D Harman (Holm) 40:55; 15 D Scholes (K&C) 41:00; 16 M Hunt (Pend) 41:10; 17 P Willacy (Barr, M40) 41:10; 18 T Cornthwaite (Hynd) 41:23; 19 L Athersmith (Skip) 41:35; 20 S Fitzpatrick (Hynd) 41:40
M45: 4 R Griffiths (Holm) 44:45; 5 TC Tomes (K&C) 46:57; 6 B Miller (Harr) 47:10; 7 D Mather (Hull) 47:38; 8 Ward (B'north) 48:06; 9 M40: 1 G Bell (Bing) 43:55; 2 P Pierson (Holm) 46:55; 3 S Chappie (Leeds U) 48:37. **M60:** M Coles (Skip) 51:28

U17
1 C Hart (Burn) 21:30; 2 S Hunn (Skip) 21:52; 3 B Ross (Brad GS) 22:00; 4 A Howard (Hali H) 22:39; 5 J Rusius (Ermysteds GS) 22:52

U15
1 B Rusius (Ermysteds GS) 14:25; 2 A Brownlee (Brad GS) 14:34; 3 C Fitzpatrick (Hynd) 15:10; 4 S Savogio (Ermysteds GS) 15:52; 5 M Jones (Holm H) 16:01

U13
1 C Pearce (B'north H) 12:02; 2 J Mountain (Ermysteds GS) 12:12; 3 P Berry (Park HSAC) 12:16; 4 T Anderson (Ermysteds GS) 12:09; 5 J Brownlee (Brad GS) 12:27

Women
1 J Clark (P&B) 30:43; 2 C Humphrey (Harr, W40) 32:05; 3 A Dennison (Brad, W35) 32:35; 4 J Smith (Warr) 33:27; 5 K Slater (Sett, W45) 34:06; 6 L Tomes (K&C, W35) 34:58; 7 E Woffenden (K&C) 35:39; 8 H Garnham (Rown) 35:42; 9 L Crabtree (Hali, W40) 36:14; 10 C Waterhouse (Hali, W35) 36:27; 11 T Lewis (Clay, W35) 36:53; 12 D Spurr (K&C, W35) 36:54; 13 C Wolfenden (Ilkley) 37:03; 14 J Shotton (P&B, W40) 37:13; 15 J Graham (Holm, W45) 37:44; 16 J Foster (K&C, W35) 37:50; 17 C Preston (K&C, W35) 38:15; 18 G Leary (Hali, W50) 38:34; 19 L Griffiths (Holm) 39:41; 20 H Goodman (Kend, W60) 42:37
W55: L Eden (Nidd V) 48:52. **W60:** C Porritt (Ilkley) 45:45

U17
1 J Kerry (Wake) 17:03; 2 L Kemp (Holm H) 17:18; 3 Z Storr (Holm H) 17:40; 4 L Kirk (Skynac) 18:48; 5 A Shepherd (B'north H) 19:35

U15
1 J Roberts (RSZ) 12:46; 2 J Wright (Wake) 13:19; 3 C Thompson (B'north H) 13:20; 4 S Billingham (Hali H) 13:39; 5 K Woodhead (Holm H) 13:51

U13
1 H Mayho (Bing H) 12:23; 2 H Sims (Skipton) 12:35; 3 S Gary (RSZ) 12:49; 4 S Simmons (Holm H) 13:03; 5 C Patchett (Spenn) 13:07

LEICESTERSHIRE & RUTLAND

SCHOOLS LEAGUE Broughton Astley

Senior Boys
1 S Mears (Burleigh); 2 C Maud (Lough); 3 R Edmonds (Groby)
TEAM: 1 Loughborough 15; 2 Lutterworth 17
Inters
1 R Fraser (R Smyth); 2 A Sabin (E Martyns); 3 J Carter (W Bradford)
TEAM: 1 Robert Smyth 15; 2 Loughborough 32; 3 Lutterworth 33

Juniors
1 S Vernon (HPHS); 2 J Tipper (Lough); 3 G Davies (Manor)
TEAM: 1 Garendon 134; 2 Lutterworth 135; 3 Loughborough 142

Year 7
1 T Adams (De Lisle); 2 S Bates (Brookvale); 3 S Baxter (Ibstock)
TEAM: 1 Garendon 103; 2 De Lisle 112; 3 Lutterworth 174

Senior Girls
H Johnson (De Lisle)
Inters
1 G Hillier (Burleigh); 2 E Hopkins (JCC); 3 C Taylor (JCC)
TEAM: 1 John Cleveland College 20; 2 Guthlaxton 22; 3 Burleigh 29

Juniors
1 N Shenton (Bush); 2 A Magee (Garen); 3 R Chard (Hast)
TEAM: 1 Loughborough 65; 2 John Fernley 75; 3 Hastings 84

Year 7
1 H Godrich (Mt Grace); 2 V McCana (Bush); 3 A Kennedy (Bush)
TEAM: 1 D Lisle 72; 2 Bushloe 78; 3 Garendon 84

October 2

MIDLAND SERVICES LEAGUE Tally Ho, Birmingham

Men (no times)
1 M Sherriff (Prison/CS); 2 C Webster (Der P); 3 A Bird (RAF Staff); 4 M Greenwood (ATR Lich); 5 D Hall (W Mercia P); 6 C Dunne (W Mercia P); 7 M Slevin (W Mercia P); 8 S Wall (W Mercia P, M40); 9 N Dale (W Mercia P); 10 P Jones (Fire S, M50)
M40: 2 P Goddard (Fire S); 3 Finch (RAF Cosf). **M45:** S Clews (Prison/CS); 2 D Quinney (W Mercia P); 3 G Trainer (Prison/CS). **M50:** 2 D O'Loughlin (RAF Cosf)

Women
1 A Vines (Prison/CS); 2 L Rollinson (RAF Cosf)

road

October 20

FLINTSHIRE 10km

MIZUNO Racing Club's AC Muir powered clear in the final mile to win by six seconds from Lee Rodriguez.

Bolton's Andy Parker led a group of eight through the first mile in 4:42 before Dave Ricketts and Rodriguez took it on up the long climb that followed. Muir was content to sit in as the half-way point was reached in 15:05, but Ricketts was forced to drop out shortly afterwards with a calf injury that was to cost the North of England victory in the inter-area match.

Rodriguez, looking strong and a likely winner, again powered uphill approaching the final mile but Muir went with him and kicked away at the top.

Parker rallied to get back past Dave Norman, who had finished 21st in the previous day's Reebok Cross Challenge, in the closing stages and the former Tipton man was rewarded with a PB.

In 13th, first junior Luke Northall was competing in his second race in as many days after finishing third in the North Staffs League.

A close women's race saw Kenyans Emily Jekogei and Catherine Mutwa record a one-two for Mizuno and complete a men's and women's double for the Scottish club. First British woman was Jenny Heath who smashed her PB by around 40 seconds.

Men
1 AC Muir (Miz) 30:02; 2 L Rodriguez (N For) 30:08; 3 A Parker (Bolt) 30:18; 4 D Norman (Alt) 30:21; 5 M Roberts (Swan) 30:39; 6 G Wight (Shett) 30:45; 7 A Bailey (Bro D) 30:57; 8 G Deacon (Cov) 31:02; 9 M Bell (Edin) 31:05; 10 P Rowland (Notts) 31:09; 11 C Warren (Bir) 31:10; 12 G Miller (B'mth) 31:11; 13 L Northall (Wrex, U20) 31:24; 14 J Gilby (Der) 31:25; 15 C Morris (Wells) 31:31; 16 S Campbell (G Heriot) 31:34; 17 S Moseley (Swan) 31:50; 18 D Damiani (Wrex) 32:05; 19 W Cheruyiot (Miz/KEN) 32:08; 20 G Davies (Swan, M40) 32:09; 21 P Griffiths (Neath, M40) 32:21; 22 C Kneale (Wrex) 32:30; 23 J Brown (Team S) 32:32; 24 C Rigby (Horw) 32:35; 25 P Rogers (Tip) 32:49; 26 T Woodthorpe (Notts) 32:53; 27 I Jones (Cov) 33:15; 28 A Barnes (AFD) 33:20; 29 G Norgrove (Wrex) 33:38; 30 M Robbins (Wrex) 33:40; 31 E Jekogei (Miz/KEN) 33:52; 32 C Mutwa (Miz/KEN) 33:54; 33 J Palmer (BMH) 33:55; 34 D Blazier (A'gele) 33:57; 35 J Heath (Sale, W) 34:02; 36 N Haskins (Dees) 34:26; 37 D Hughes (Col B, M40) 34:28; 38 S Bellis (Wrex, M45) 34:31; 39 S Davies (Mans, M40) 34:42; 40 J Bleakley (Col B) 34:53; 41 C Davies (Buck, M40) 34:58; 42 R Breen (SB) 35:08; 43 A Neary (Horw) 35:11; 44 H Owens (EWM) 35:12; 45 J Thompson (Bath, W40) 35:33; 46 I Carson (Wrex, M50) 35:36; 47 T McIntosh (Edin U, W) 36:01; 48 A Lewis (Eryn) 36:13; 49 L Murphy (unatt, M40) 36:16; 50 J Knowles (Glas, W) 36:17
M40: 9 A Jones (P'tatyn) 36:22; 10 B Hunter (Col B) 36:26; 11 I Bayliss (Buck) 36:36. **M45:** 2 J Stead (Shrews) 36:23; 3 N Evans (Bro D) 37:00; 4 T Perry (Wrex) 37:18; 5 D Ricketts (CoH) 37:54
M50: 2 D Bewley (unatt) 36:18; 3 L Coathup (Buck) 36:21; 4 D Jones (Denb) 38:02; 5 B Williams (Wirr) 38:18; 6 G Shone (A'gele) 38:24; 7 S O'Neil (unatt) 38:58; 8 G Richards (Wrex) 39:18; 9 A Whitelaw (Telf) 39:22. **M55:** J Morris (Buck) 40:14. **M60:** 1 J Thomas (Wrecs T) 41:02; 2 E Robinson (Head) 43:01

Women
1 Jekogei 33:52; 2 Mutwa 33:54; 3 Heath 34:02; 4 Owens 35:12; 5 Thompson (W40) 35:33; 6 McIntosh 36:01; 7 Knowles 36:17; 8 L Gardner (LSM) 36:27; 9 R Connolly (Wirr) 36:48; 10 S Bentley (Bir, W35) 36:59; 11 D Cheverton (Tamar) 37:23; 12 K Elliott (Bir) 37:34; 13 C De Maria (Leeds) 38:08; 14 R Schofield (Wrex) 38:29; 15 A Whitelaw (Wrex, W40) 38:32; 16 J Mountford (Buck, W35) 39:07; 17 J Williams (Orion, W40) 41:16; 18 H Davies (Wrex, W35) 41:35; 19 L Joinson (unatt) 42:11; 20 J Witternick (Shrops, W55) 42:33; 21 J Griffiths (Wrex, W35) 42:35; 22 K Hutton (N Wales, W35) 43:15; 23 K

Norgrove (Wrex, W35) 43:52; 24 C Hewitt (Wrex, W40) 43:56; 25 S Hogan (Wrex, W40) 44:38

W50: M Docking (Wrex) 44:59

BIRMINGHAM UNIVERSITY 5km

MARK MILES produced a highly impressive second half display to leave a field of around 350 trailing in his wake.

Clear skies turned to rain as the athletes were warming up for the sixth staging of this popular traffic-free event but there was nothing to dampen the spirits of Miles as he showed a clean pair of heels to fellow internationals Mark Morgan and Paul O'Callaghan.

The trio were clear after just 500m and, after a modest opening kilometre of around three minutes, the pace began to increase. Miles was out on his own by 2km and continued to push the pace to finish 19 seconds clear of Morgan.

A squad of Bolton United Harriers used the race as time trial for Saturday's National Six-Stage Road Relay, with veteran Tony Duffy placing 10th overall.

Tara Krzywicki made a winning return to road action as she defeated last year's winner Chrissie Radon. Krzywicki, who had a long break after the AAA championships, missed the opening Reebok Cross Challenge event to instead test her fitness after injury on the roads. The race has traditionally produced good standard winners with Krzywicki following in the footsteps of fellow internationals Marian Sutton and Bev Hartigan.

She came home nine seconds clear of Radon with local university student Rachel Felton, third, and Tipton pair Jane Groves and Kath Scales next over the line.

Men
1 M Miles (Belg) 14:27; 2 M Morgan (Swan) 14:46; 3 P O'Callaghan (Bir) 15:03; 4 M Buntan (Wirr) 15:28; 5 M Williams (Tip) 15:30; 6 D Mansbridge (Telf) 15:50; 7 A Keane (Tip) 15:55; 8 D Clarke (Card) 16:05; 9 M Cornes 16:07; 10 T Duffy (Bolt, M40) 16:09; 11 A Haychard (Bolt) 16:15; 12 P Robertshaw (M40) 16:19; 13 C Lindsay (Wirr) 16:24; 14 P Edmondson (Bolt) 16:25; 15 J Williams (Birm U) 16:26; 16 J Draper (Birm U) 16:27; 17 R Williams (Hali) 16:29; 18 P Homer (Birm U) 16:29; 19 P Mountford (unatt) 16:31; 20 C Miller (Birm U) 16:33
Women
1 T Krzywicki (Charm) 16:56; 2 C Radon 17:05; 3 F Felton (Birm U) 17:08; 4 J Groves (Tip) 17:19; 5 K Scales (Tip) 17:46; 6 A Wilshire (Birm U) 18:19; 7 J Tuball (Birm U) 19:33; 8 J Bartholomew (unatt, W35) 20:05; 9 G MacBeath (Birm U) 20:11; 10 K Philp (Birm U) 20:26

**BLENHEIM CHARITY 10km
Oxfordshire**

TRACY GALBRAITH improved on her 2001 second-placed time by more than three minutes to win in a canter from Lucy Aphramor and continue the improvement shown this year.

Running in the colours of Headington Road Runners, the former Radley veteran won by more than three minutes, to break the course record by two minutes. Men's winner Mike Johnson was run much closer and had just a few yards to spare over Justin Fowler as he won in 33:25.

Men
1 M Johnson (unatt) 33:25; 2 J Fowler (unatt) 33:30; 3 C Godfrey (SB) 33:49; 4 C Riley (Bed C) 33:56; 5 S Hands (Head RR) 34:55; 6 M Harries (Met P, M40) 36:23; 7 K Duckworth (D&K) 36:26; 8 T McGill (Droit, M40) 36:34; 9 M Wilcox (RRC, M45) 36:39; 10 L Lyons (unatt) 36:47. **M40:** 3 Shilton (unatt) 37:06. **M45:** 2 M Creasy (Eynsh) 38:20. **M50:** 1 M Halley (Hook N) 38:16; 2 J Lake (N Der) 38:45; 3 J Morris (W&B) 39:49. **M55:** 1 P Kimber (Oxf C) 41:08; 2 K McDonald (Wat) 41:17. **M60:** 1 M Clark (North RR) 45:34; 2 A Upstone (Hook N) 47:10. **M65:** R Russell (Castle P) 51:24. **M70:** J Thackway (unatt) 54:17
TEAM: 1 Eynsham Road Runners 2:35:39; 2 Dudley & Kingswinford 2:36:11; 3 Headington Road Runners 2:40:15; 4 Northampton Road Runners 2:44:49; 5 Witney Road Runners 2:49:37; 6 Stratford-upon-Avon 2:50:44

Women
1 T Galbraith (Head RR, W35) 36:33; 2 L

Aphramor (Sale, W35) 39:34; 3 J Choulerton (Head RR) 40:09; 4 H Preedy (unatt) 41:21; 5 S Tawney (Learn, W40) 42:05; 6 L Cook (Mil K) 42:14; 7 N Miller (unatt, W40) 42:16; 8 S Pitts (Wit, W40) 42:28; 9 D Moore (Head RR) 42:55; 10 L Flannor (Oxf U, U20) 43:05; 11 S Paradine (unatt) 43:52; 12 A Bagnall (unatt, W35) 44:01
W40: 3 S Wolanski (Eynsh) 44:19. **W45:** 1 G Hueter (Oxf C) 44:29; 2 L Hickey (North RR) 45:19. **W50:** 1 M Moody (Handy X) 44:55; 2 L Woods (N Marske) 46:08. **W55:** K Williamson (Eynsh) 47:20. **W60:** C Green (Eynsh) 57:28
TEAM: 1 Headington Road Runners 2:45:13; 2 Eynsham Road Runners 3:12:44; 3 Northampton Road Runners 3:20:32; 4 Dudley & Kingswinford 3:29:33; 5 Handy Cross Joggers 3:42:51; 6 Dudley & Kingswinford B 3:47:18

CABBAGE PATCH 10 Twickenham

HAVING a record field of more than 1000 was a fitting way for this race to celebrate its 21st year, *Steve Roe reports*.

That's apart from two men going below 50 minutes, and three women breaking the hour.

The men's race was as exciting as any of the previous 20. John Downes led for the first nine miles and most of the tenth before Richard Nifah outkicked him to snatch the £200 first prize.

Downes had done everything to see off the African. "I threw the kitchen sink at him," he joked afterwards. What Downes meant was that repeated attempts to drop the Milton Keynes athlete did not succeed – and his hope that Nifah would take on a share of the front-running was not realised either.

Nifah had had his own reason for staying behind Downes when there were many opportunities to go ahead of him. "I didn't know the course," he explained. "If I had been in front, I might have got lost."

So after following Downes from the start – and through halfway in 24:36 – Nifah was playing a waiting game.

He was still the cat to Downes' mouse with 300 metres to go, but then took off when the finish line came into sight, won the sprint which followed and did a PB into the bargain.

Also running quicker than before was Anna Critchlow, who led the women's race from the start and London Heathside to team victory. They also won the men's race; in each case Dulwich Runners finished second.

Critchlow took 17 seconds from her previous personal best. Second-placed Gill Johnston sliced more than three minutes from hers. Good running was not confined to the prize winners. Twenty-five vets broke the hour and six of them were M50s.

It was a reflection of what has always been a fast course, and, on this occasion, of the near-perfect conditions in which the event took place.

Men
 1 R Nifah (Mil K) 49:44; 2 J Downes (Lon I) 49:45; 3 J Simpson (S Lon) 51:00; 4 S Major (NEB) 51:22; 5 J McGaughey (Kent) 53:55; 6 A Pritchard (Card) 54:16; 7 P Simons (SB) 54:23; 8 A Davidson (unatt, M40) 55:09; 9 A Welshman (Lon Hth) 55:14; 10 P Lemmon (Lon Hth, M40) 55:22; 11 S Smythe (Dulw, M40) 55:24; 12 I White (Eastleigh) 55:27; 13 J Rawlins (West) 54:41; 14 M Benford (Notts) 56:01; 15 M Giles (Sutt, M40) 56:03; 16 E Grobler (unatt) 56:03; 17 C Bailey (High, M40) 56:06; 18 J Kight (Sutt, M40) 56:23; 19 R Francis (Metros, M40) 56:29; 20 S Loach (Dulw) 56:43; 21 A Greenaway (Serp) 56:47; 22 A Venus (unatt) 56:51; 23 D Atkins (Dulw) 57:18; 24 M Farmer (S Lon) 57:25; 25 G Judd (Phoe) 57:34; 26 M Sherwood (West) 57:52; 27 D Trueman (Runnym, W45) 57:55; 28 M Stacey (M'stone, M50) 58:03; 29 K Corpses (AFD) 58:08; 30 M McNally (Els, M50) 58:09
M40: 8 G Crispie (Croy St) 58:10; 9 K Jacques (Rane) 58:16; 10 C Louizou (Dulw) 58:18. **M45:** 2 A Casey (Lon Hth) 59:23; 3 J Neighbour (Dulw) 59:27. **M50:** 3 R Clark (Milo) 59:12; 4 M Mann (Dulw) 59:15; 5 T Edgley (Inv EK) 59:30; 6 P Giles (unatt) 59:37. **M60:** 1 K Scudamore (Burn J) 64:46; 2 C Roome (Metros) 68:19; 3 C Tranter (Bed H) 69:12

TEAM: 1 London Heathside 53; 2 Dulwich Runners 54; 3 Sutton Runners 74
Women
 1 A Critchlow (Lon Hth) 58:53; 2 G Johnson (Dulw, W35) 59:49; 3 N Clifford (unatt) 59:58; 4 C Hume (S'oaks) 60:00; 5 K Jing (Lon Hth) 60:30; 6 J Laws (Lon Hth, W40) 62:15; 7 S Cullen (ESM) 62:50; 8 S Seal (Rane) 63:16; 9 L Davies (unatt) 63:29; 10 J Felix (Serp) 63:35; 11 S Harrison (Wok, W35) 63:52; 12 V Bringlew (Sutt, W35) 64:07; 13 N Cendrowicz (High) 65:34; 14 N Parry (Serp) 65:49; 15 A Pickup (Dulw) 65:56
W40: 2 S Newton (Serp) 67:32; 3 D Howse (Burn J) 71:33. **W50:** 1 R Tabor (Dulw) 68:27; 2 M Rayner (West) 69:46; 3 C Steward (Dulw) 72:35. **W60:** 1 E Ulrich (Serp) 72:27; 2 P Jones (Ilf) 75:19; 3 S Lambert (Serp) 76:07
TEAM: 1 London Heathside 12; 2 Dulwich Runners 39; 3 Serpentine Running Club 40

TIPTREE 10 Essex

ADRIAN MUSSETT carved nearly two minutes from the course record in running away with the Essex county title, *Martin Duff reports*.

The Chelmsford runner was content to run with Tom Payne in the early stages, but then stretched away to make a mockery of the previous course record of 52:20.

Behind him Payne had a comfortable margin over Noel Thatcher but Mussett was away.

There was also a record in the women's race, where Margaret Deasy collected the same double of Essex title and course record. The Colchester & Tending veteran was not quite able to break through the 60-minute barrier, but her 60:24, was more than three minutes inside the previous best, as second-placed Ellen Engdahl was also well inside the previous figures.

Men
 1 A Mussett (Col H) 50:31; 2 T Payne (C&T) 52:47; 3 N Thatcher (NEB) 53:32; 4 P West (Col H) 54:47; 5 C Hardy (Thurr) 55:20; 6 M Muir (Ilf) 55:50; 7 J Creak (Col H) 55:58; 8 C Lewin (Col H) 56:14; 9 P Dobson (S'field) 56:27; 10 D Cox (WGEL, M40) 57:04; 11 S Williams (Thurr, M40) 57:15; 12 G Knott (Harw) 57:24; 13 J Meehan (Harw) 57:37; 14 G Tomlinson (G Bent, M40) 57:43; 15 J Atkinson (S'end) 57:56; 16 P Pearce (H Bent) 58:11; 17 M Cates (Eton M) 58:20; 18 B Matthews (Mid Ex) 58:27; 19 G Wootton (WGEL, M55) 59:20; 20 D Wright (Col H, M40) 59:29
M40: G Taylor (W4H) 59:30; 2 V Mills (B'cay) 59:31; 3 E White (Col H) 59:40; 4 C Applegate (Thurr) 60:03; 5 Toogood (Chelm) 61:57. **M50:** 2 M Burnstead (Thurr) 59:44; 3 S Coleman (Thurr) 59:51; 4 P Binns (S'end) 60:12; 5 S Fulker (B'cay) 62:32; 6 R Everard (Pits) 62:38; 7 D Lacey (Col H) 63:44; 8 O Phipps (Ilf, M55) 64:15. **M60:** 1 G Peck (Harw) 67:19; 2 L Hislop (Ilf) 68:30; 3 M Miller (Harl) 72:40. **M70:** J Roberts (Wich) 75:56
TEAM: 1 Colchester Harriers 20; 2 Thurrock Harriers 65; 3 Colchester Harriers B 129; 4 Harwich Runners 148; 5 Great Bentish Running Club 164; 6 Ilford 177

Essex Champs: 1 Mussett; 2 Payne; 3 Thatcher
TEAM: Colchester Harriers
Women
 1 M Deasy (C&T, W35) 60:24 (rec); 2 E Engdahl (Thurr, W35) 62:13; 3 J Bulgin (NEB) 63:42; 4 B Mason (Benf) 65:50; 5 S Spong (Hav 90, W40) 66:11; 6 S Stradling (T'tree) 66:40; 7 C Hayes (Chelm) 66:46; 8 N Juniper (Ilf, n/s) 66:54; 9 T Apps (S'field, W35) 68:15; 10 J Cummins (Benf) 69:12; 11 A Mussett (C&T) 69:15; 12 L Barker (Ilf) 69:30; 13 B Wallen (Chelm, W35) 70:39; 14 H Cybyk (Chelm, W35) 71:27; 15 S Feldman (Grange F, W45) 72:06
W45: 2 M Maisson (Bark RR) 82:15
W55: B Law (G Bent) 81:34; 2 B Oliver (Benf) 82:43
TEAM: 1 St Edmunds Pacer 219; 2 Chelmsford 355; 3 Witham 503
Essex Champs: 1 Deasy; 2 Engdahl; 3 Bulgin
TEAM: Chelmsford

CROYDON MENSAB 10km

SHONA CROMBIE-HICKS finished eighth

overall as she cruised to victory by four-and-a-half minutes, missing the course record by exactly a minute, while Ty Berg made it a winning double for Mornington Chasers.

Men
 1 T Berg (Morn C) 33:00; 2 T Sandnes (unatt) 33:49; 3 S Bayliss (Croy) 34:20; 4 S Antony (unatt) 34:56; 5 T Sheppard (SoC, M40) 35:07; 6 M Hall (Croy, U20) 35:32; 7 S Accalai (unatt) 36:06; 8 S Crombie-Hicks (Morn C, W) 36:10; 9 J Butler (E&E) 36:40; 10 R Powell (Croy, U20) 37:04
M50: J Twomey (S Lon) 38:27. **M60:** D Newland (S Lon) 41:21
Women
 1 Crombie-Hicks 36:10; 2 A Mackenzie (S Lon) 40:36; 3 M Johnston (unatt, W35) 41:09; 4 V Mitchell (S Lon) 42:39; 5 H Thornhill (unatt) 44:59; 6 S Chapman (Croy) 45:06

HMS COLLINGWOOD 10km inc INTER-SERVICES CHAMPIONSHIPS nr Gosport

HAGGAI CHEPKWONY added to his victory in the Inter-services Half-marathon at Fleet in March with a solid victory over Martin Whitehouse in 30:47.

The Bromsgrove & Redditch runner broke away from Whitehouse and Phil Hinch to win by more than 150 metres and lead his Royal Signals team to overall victory in this service event, which also attracted a sprinkling of local runners.

Men
 1 H Chepkwony (R Sig) 30:47; 2 M Whitehouse (RAF) 31:18; 3 P Hinch (3CS Reg) 31:29; 4 T Watson (RN) 31:53; 5 J Porter (3CS Reg) 31:55; 6 T Roper (RN) 32:03; 7 C McBurney (Army) 32:12; 8 K Conlon (R Sig) 32:24; 9 D Thomson (Ports, M40) 32:31; 10 J Aspell (Catterick) 32:40; 11 D Bloor (RAF, M40) 32:50; 12 M Breed (HMS Tem) 33:10; 13 P Davis (Soton RC) 33:13; 14 J Christopher (45 Comm) 33:32; 15 B Cole (RN) 33:27; 16 G Riley (RN, M40) 34:07; 17 D Adams (RAF) 34:20; 18 P Wamsley (RN) 34:26; 19 M Blundell (RAF) 34:35; 20 W Dasher (RN) 35:18; 21 R Darch (IRWF) 35:23; 22 P Hailes (HMS Sultan) 36:21
M40: 4 G Aldridge (HMS Sultan) 37:04
TEAM: 1 Royal Signals 75; 2 HMS Sultan 111; 3 HMS Collingwood 182; 4 Gosport Road Runners 211; 5 HMS Nelson 233; 6 East of England Regiment 242
RN TEAM: 1 HMS Sultan 111; 2 HMS Collingwood 182; 3 HMS Nelson 233
Women
 1 H Lockyer (Ports, W35) 38:17; 2 K Collier-Baker (unatt, W35) 39:53; 3 H Martin (HMS Nelson) 42:39; 4 E Middleton (RAF Cranwell) 42:58; 5 M Stock (Gosp) 46:24; 6 A Crawley (unatt) 47:11
TEAM: Gosport Road Runners 461

RICHMOND CASTLE 10km

Men
 1 M Willcox (unatt) 33:38; 2 L Proudlock (Lon H) 34:20; 3 G Hilton (Morp) 34:28
TEAM: Ripon
Women
 1 S Allen (H&P, W40) 37:42; 2 E Johnson (Ripon) 40:22; 3 H Driver (Swale) 42:04
TEAM: Swaledale

BRAMHAM PARK CANCER RESEARCH UK CHARITY RACES Wetherby, Yorkshire

Men (10km, all unatt)
 1 M Kivell 32:50; 2 J Thompson 34:19; 3 J Yates 34:31; 4 G Marks 35:51; 5 G Brook 36:40; 6 E Day (W) 37:12; 7 J Moorhouse 37:13; 8 M Thompson 37:58; 9 J Cocking 38:14; 10 M Hetherington 38:33
Women
 1 Day 37:12; 2 L Gibbs 39:15; 3 H Newton 40:48; 4 H Macvicker 41:58; 5 C Brennan 42:55
Men (5km)
 1 R Laurence 19:37; 2 C Macted (W) 21:07; 3 J Johnson 21:32; 4 R Webster 22:58; 5 F Fowden (W) 23:23; 6 N

Richardson 23:42; 7 J Sparkle 23:50; 8 N Ali 23:51; 9 S Fowden 24:01; 10 J Fowden (W) 24:26
Women
 1 Macted 21:07; 2 F Fowden 23:23; 3 J Fowden 24:26; 4 K Laycock 25:03; 5 R Macted 26:12

FLEET 10km inc PETER DRIVER MEMORIAL RACE, Hampshire

Men
 1 M Shore (W'bury) 32:01; 2 R Batchelor (AFD) 32:27; 3 N Adams (unatt) 33:00; 4 E Hurley (F&C) 33:50; 5 P Jelly (AFD) 34:11; 6 T Hughes (W Horse, M45) 34:12; 7 R Browne (Lon H) 34:16; 8 J McCawley (unatt, M40) 34:27; 9 J Hennequin (Read RR) 34:41; 10 I Ford (Over, M45) 34:57; 11 T Cousins (F&C, M50) 35:06; 12 D Nuttall (F&C) 35:35
M40: 2 P Allen (Dac) 35:54; 3 D Vossler (Over) 36:25. **M45:** 3 C Royston (unatt) 38:01; 4 M Anderson (RRC) 38:15. **M50:** 1 C Hill (BMH) 37:47; 2 R Hill (F&C) 38:21.
M55: 1 J Kiddie (Read RR) 41:13; 2 E Tilbury (Over) 41:17. **M60:** C Henderson (BMH) 44:59. **M65:** 1 B Porter (Hart) 47:57; 2 J Thomas (Over) 48:18
Women
 1 L Wylie (Read RR, W40) 37:43; 2 P Fudge (WSEH, W50) 37:53; 3 C Slimmin (BMH, W35) 39:55; 5 W Etheridge (Hart) 39:56; 6 L Locks (unatt) 41:03; 7 J Georgiou (Farn R, W50) 41:41; 8 S Bryan (unatt, W35) 44:38; 9 M De Groot (Hart) 45:39; 10 R Brennan (F&C) 46:18
W50: C Elliott (unatt) 51:09. **W65:** 1 M Hotten (F&C) 55:47; 2 M Steggles (F&C) 60:09

RONHIL-LARA SURREY CLASSIC 10km Ewell

CITY OF EDINBURGH's Ray Ward cruised to victory in the opening event of this three race series at the scene of the 1989 National cross country championships, *David Denton reports*.

Ward, who helped Edinburgh win the East District cross country relays last weekend at Galashiels, was irrepressible, his winning margin exceeding two minutes.

Men
 1 R Ward (CoE) 31:37; 2 N Covington (GSG) 33:59; 3 W Clark (ESE) 35:10; 4 M Webb (Belg) 35:15; 5 D Gillett (Col) 36:03; 6 G French (ESE, M40) 36:12; 7 J Bourne (unatt) 37:18; 8 P Boatright (Elm) 37:37; 9 S Law (Sy Police, M40) 37:49; 10 D Hallson (RRC, M45) 37:54
M50: 1 G Smith (ESE) 38:33; 2 D Mitchell (ESE) 39:38; 3 S White (Sutt R) 39:42.
M60: 1 M Coffey (BA) 39:51
Women
 1 R Hutton (S Lon, W35) 39:58; 2 J Davies (ESE, W50) 40:22; 3 K Farr (unatt) 42:03; 4 G Joyce (LDWA) 43:23; 5 K Jones (Kingsfisher TC) 43:39; 6 A Bent (Wimb W) 44:02

BURNDEN 10km Bolton

Men
 1 K Chapman (Self) 35:12; 2 J Worthington (Wig P) 35:18; 3 R Jackson (Horw) 35:36; 4 D Gregson (Wig P) 35:58; 5 M Amnir (Wig P) 36:13; 6 N Clementson (Horw, M40) 36:26; 7 D Townsend (Horw) 37:12; 8 P Worthington (Burnden) 37:23; 9 J Wiczorek (Aco) 37:40; 10 R Bowker (S'port W, M40) 38:26
M50: T Hesketh (Horw) 39:57. **M60:** P Jepson (Ross) 41:39
TEAM: 1 Wigan Phoenix 11; 2 Horwich 16; 3 Southport Waterloo 47
Women
 1 K Hutchinson (Horw, W35) 43:27; 2 L Fisher (Burnden, W40) 43:34; 3 A Crabtree (Chor H, W35) 48:40; 4 R Price (Dee, W50) 50:51; 5 C Sweetman (Horw, W45) 51:03
TEAM: Horwich 12

RUGBY 10

Men
 1 P Andrews (Sara) 52:34; 2 G Payne (G

Ell, M40) 53:27; 3 C Deasy (Sphinx) 53:36; 4 S Lincoln (Woott) 56:02; 5 B Summers (R&N) 56:22; 6 P Kelly (N'brook, M50) 56:32; 7 H Smits (Kenil, M40) 56:51; 8 A Hetherington (R&N, M40) 57:00; 9 R Dobedoe (Strat) 57:09; 10 D Clarke (Mass F) 57:46; 11 P Eckloff (Cent, M40) 58:01; 12 G Stephens (unatt, M40) 58:08; 13 J Burgoyne (N'brook) 58:16; 14 I Botheroyd (unatt) 58:31; 15 G Birch (Kenil) 59:26; 16 A Baggle (Sphinx, U20) 59:28; 17 R Ansell (Mass F) 59:37; 18 K Jackson (Sara, U20) 59:58; 19 G Thomas (N'brook) 60:02; 20 R Steel (Kenil) 60:05

M50: 2 L Horton (Nun) 60:23; 3 B Barrett (Stops) 61:55; 4 A Webb (M Vets) 64:29; 5 L Donovan (Le) 65:15. **M60:** B Marks (Oak P) 71:18

TEAM: 1 Northbrook 52; 2 Kenilworth 55; 3 Sphinx 70; 4 Saracens 83; 5 Rugby & Northampton 85

Women
1 S Baker (unatt) 63:51; 2 J Mumford (Cov, W35) 65:45; 3 C Harnett (unatt, W35) 66:08; 4 V Carter (RSC, W35) 68:30; 5 L Rodda (Kenil, W35) 68:59; 6 E Elstone (Strat) 71:20; 7 H Fiddament-Harris (R&N, W35) 72:12; 8 J Gillard (Kenil, W35) 75:45; 9 J Ashmore (Hunc) 77:38; 10 A Foster (Hook N, W35) 77:39

W55: A Parkinson (R&N) 79:08

TEAM: 1 Rugby & Northampton 35; 2 Kenilworth 39; 3 Northbrook 49

Warwickshire Championships

Men: 1 Andrews; 2 Payne; 3 Deasy

Women: 1 Mumford; 2 Carter; 3 Rodda

DENMEAD 10km Hampshire

Men
1 S Bishop (Denm) 32:50; 2 A Ewing (Stubb G, M40) 34:03; 3 M Flower (Ports, M45) 34:20; 4 T Frost (Liss) 35:20; 5 R Millard (Denm) 35:26; 6 P Harris (unatt) 35:51; 7 J Manning (Denm) 36:21; 8 P Turrell (unatt, M40) 36:29; 9 M Williams (Ports J, M40) 36:42; 10 J White (Liss) 36:47

M40: 4 G Beauvoisin (Denm) 37:18. **M45:** 2 R Ball (Ports) 36:59; 3 P Spurge (Ports J) 38:15; 4 J Pike (Ports) 38:34. **M50:** 1 B Hughes (Ports J) 39:30; 2 J Clow (Victory) 39:39; 3 P Western (Havant) 39:57. **M55:** 1 P Newton (Ports) 38:30; 2 B Farnham (Ports Tri) 41:33; 3 A Davidson (Liss) 41:46. **M60:** 1 R Osgood (Havant) 40:31; 2 M Wiggers (Havant) 42:51; 3 B Hooker (Ports J) 45:47. **M65:** C Hughes (Havant) 42:46. **M70:** 1 J Taylor (Liss) 46:52; 2 R Trodd (SW Vets) 52:43

TEAM: 1 Denmead Striders 13; 2 City of Portsmouth 32; 3 Stubbington Green Runners 33; 4 Liss Runners 43; 5 Portsmouth Joggers 48

M40 TEAM: 1 City of Portsmouth 16; 2 Portsmouth Joggers 25; 3 Denmead Striders 41; 4 Havant 58; 5 Portsmouth Joggers B 66

Women
1 J Harrop (Havant, W40) 37:55; 2 N Kearney (Ports) 38:57; 3 T Turner (Denm, W45) 40:22; 4 J Acton (unatt, W40) 41:47; 5 T Wiggins (Ports) 42:49; 6 L Newton (Ports, W55) 43:43; 7 J Sansom (Ports J) 44:16; 8 K Miles (Ports J) 45:51; 9 S Rattley (Ports J, W50) 45:54; 10 R Thornehill (Ports, W45) 45:56

W50: 2 C Hall (Ports J) 47:32. **W60:** S Brady (unatt) 55:30. **W65:** J Palmer (Roms) 53:54

TEAM: 1 City of Portsmouth 13; 2 Portsmouth Joggers 24; 3 Portsmouth Joggers B 38

W35 TEAM: 1 Portsmouth Joggers 20; 2 Portsmouth Joggers B 35

SALISBURY FIRE STATION 8km

Men
1 B Croxal (IIF) 28:36; 2 C Houston (CoE) 29:08; 3 M Harris (Swin) 29:13; 4 M Anderson (Pews, M40) 29:30; 5 D Woodgate (Salis) 29:46; 6 J Sloan (Soton, Tri) 30:05; 7 M Tancard (unatt) 30:20; 8 D Wythe (Wells) 30:37; 9 A Dixon (Calne) 30:44; 10 C Haines (unatt) 31:57

M50: G Butler (Calne) 32:18

TEAM: IIF Group

Women
1 S Ponsford (IIF) 32:32; 2 E Hinselwood (Salis) 34:37; 3 S Todd (IIF) 35:36

W35: G Harris (Swin) 34:17. **W50:** B Pegler (Pews) 42:02

BOX RACES Wiltshire

Men (6.5M)
1 G Hughes (Bath) 39:26; 2 M Connor 37:02; 3 S Smith 42:51

M40 (3.25M): 1 D Gunstone (Bath) 18:56; 2 P Newman (Bath) 19:48; 3 S Thomas 21:08

Women (6.5M)
1 Z Marchant (Bath, W50) 44:43; 2 H Acosta 54:40; 3 A Setchfield 55:13

W35: 1 S Stewart 21:47; 2 S Driver (CoB) 22:34

REDRUTH 10km

Men
1 B Squibb (Corn) 36:36; 2 J Thomas (Carn) 37:02; 3 N Martin (Mile High, M40) 38:14

M45: A Williams (unatt) 38:30. **M50:** M

Erith (E Corn) 39:11. **M55:** N Tweddle

(Truro) 45:07. **M60:** R Willbond-Smit

(Carn) 49:56. **M65:** D Bristow (unatt)

54:04

TEAM: Truro Running Club

Women

1 R Crowle (E Corn, W40) 41:40; 2 C

Baxter (Carn) 42:03; 3 L Stoner (Hayle,

W45) 43:01

W55: S Rouncefield (Hayle) 50:44. **W50:** A

Erith (E Corn) 50:03. **W60:** T Cardell

(unatt) 55:07

TEAM: East Cornwall Harriers

GREEN DRIVE 5 inc LANCASHIRE CHAMPIONSHIPS Lytham St Anne's

Men
1 D Hale (Self) 25:30; 2 J Prowse (BSF) 25:40; 3 M Livingstone (Prest) 25:44; 4 P Muller (Horw, M45) 26:08; 5 I Selby (Bolt) 26:44; 6 S Smith (Prest, M40) 26:53; 7 D Shaw (Bolt) 26:58; 8 B Hall (BSF) 27:07; 9 P Butterworth (Clay, M45) 27:27; 10 T Gibson (Lyth) 27:30; 11 J Ardin (unatt) 27:32; 12 E Cook (B'burn, M50) 27:34

M40: J Roche (Clay) 28:24. **M45:** S S

Clayton (Prest) 28:47; 4 P Morley (Prest)

28:54. **M50:** 2 A Hudson (Wesh) 29:17; 3

T Pritchard (Garst) 29:50; 4 R Russell

(Clay) 31:59. **M55:** 1 D Waywell (Wesh)

28:45; 2 A Appleby (Prest) 31:34; 3 I

Scott (Clay) 32:49; 4 R Smallbone (N Fyde)

33:30. **M60:** P Taylor (Bord) 32:56

TEAM: Preston

Women

1 A Crook (Prest) 29:38; 2 G Titterton

(BSF) 30:25; 3 M Laney (Clay, W45) 30:30;

4 S Samme (Lyth, W35) 30:51; 5 F Smith

(Lyth) 31:25; 6 C Robbins (BSF, W40)

32:37; 7 M Sowerby (BSF) 32:38; 8 J Rae

(N Fyde, W40) 32:56; 9 C Leah (Clay)

33:03; 10 T Lewis (Clay, W35) 33:27; 11 R

Crowe (Lyth, U20) 33:28; 12 M Nino

(unatt) 33:30; 13 D Robson (Clay) 34:03;

14 K Bain (R Rose, W40) 34:29; 15 C

Graham (Helme, W60) 34:42; 16 S

McPhely (N Fyde, W35) 34:58

W45: 2 A Titterton (N Fyde) 35:27.

W50: S Hamilton (unatt) 36:44. **W55:** 1

Deakin (Prest) 38:55; 2 K Danford (N Fyde)

39:12; 3 M Brown (N Fyde) 39:23; 4 J

Graham (Kend) 39:39

TEAM: Blackpool & Fyde

Lancashire Champions - Men: Hale. **M45:**

Muller. **M55:** Waywell. **M50:** Hudson

TEAM: Preston 26

Women: Crook. **W35:** Lewis. **W40:** Robbins.

W45: Titterton. **W55:** Deakin

TEAM: Lytham St Anne's 15

October 19

WALLACE PARK RELAYS Lisburn

WHILE Annadele won their 20th title, in what has always been considered Northern Ireland's premier road relay race, their victory was diminished by the worst turnout in the event's history, John Glover reports.

The failure of a large number of clubs to muster a team of six must be a cause of serious concern for local administrators.

Dermot Donnelly continued his return to form with the day's fastest on the last leg, two seconds faster than Scottish-based

British Police 10-mile champion Steve Cairns.

Lagan Valley swept the boards on the female side with victories at U15 and senior level.

Maria Skelton, who set a new Northern Ireland 5000m record on the track during the summer, swept home with a new club course individual and team record.

Men (6x3.321km)

1 Annadale Striders 58:29 (A Campbell 9:48; J Rodgers 9:41; J Devlin 10:01; S Cairns 9:28; R Girvan 10:05; D Donnelly 9:26); 2 St Malachys Old Boys 60:53; 3 Willowfield 62:05; 4 Abbey 66:15

Fastest: Donnelly 9:26

Veteran (3x2.214km)

1 North Belfast Harriers 20:47 (J Patience 6:46; M Shields 6:54; P Murphy 7:07); 2 Willowfield 21:15; 3 Armagh 21:18; 4 Albertville 21:29; 5 Sparta NW 21:33; 6 North Down 21:53; 7 North 'B' 22:22; 8 Abbey 22:37; 9 Lagan Valley 23:03;

Fastest: D Kerr (Arm) 6:30

Youths (3x2.214km)

1 Sparta NW 20:35 (C O'Neill 6:53; D O'Doherty 6:34; J Villa 7:08); 2 St Malachys 21:18; 3 North Belfast 21:48; 4 Malone Col 22:07; 5 Craigavon 23:01; 6 Abbey 23:04; 7 Lisburn 23:04

Fastest: O'Doherty

Boys (3x1.107km)

1 St Columb's College 10:00 (C Kirk 3:23; C McGinty 3:26; G McDermott 3:11); 2 North Belfast 10:16; 3 St Malachys 10:26; 4 Campbell Col 10:34; 5 Dromore 11:02; 6 Shima College 11:04

Fastest: McDermott 3:11

Colts (1.35km)

1 A Doherty (Malone) 4:32; 2 J Maguire (Shinna) 4:35; 3 M Magee (StMB) 4:38; 4 A Blaine (BHS) 4:40; 5 A McCullough (Malone) 4:44; 6 K McGlinchy (StCD) 4:48

Women (3x2.214km)

1 Lagan Valley 22:33 (L Rea 7:38; S McCormick 7:43; M Skelton 7:12); 2 Dromore 23:49; 3 Lagan Valley 'B' 23:54; 4 Abbey 24:26; 5 Lisburn 25:11; 6 LCA 26:17

Fastest: Skelton 7:12

Girls (3x1.107km)

1 Lagan Valley 11:56 (S Quee 3:56; A Carr 4:08; V McWilliams 3:52); 2 Abbey 12:07; 3 Craigavon 12:10; 4 Lagan Valley 'B' 12:14; 5 Lisburn 12:34; 6 Ballyclare HS 13:10; 7 Dromore 13:24; 8 Shima IC 13:36

Fastest: L Mellor (Abbey) 3:45

Minors (1.35km)

1 S Hunsphries (WTH) 5:00; 2 C Brown (WTH) 5:05; 3 H Dalzell (WTH) 5:08; 4 L Kenny (BHS) 5:16; 5 R Brady (Bmt) 5:17; 6 R Boyce (WTH) 5:23; 7 J McWilliams (LVAC) 5:26

WEYMOUTH 10

MARK HARGREAVES celebrated his call up for the England veterans' team for the British & Irish cross country individual in Belfast next month with yet another open road race victory, Martin Duff reports.

A large group was together for the opening miles before Hargreaves and Pete Roper went clear. "We broke away at four miles and were still together as we came back along the prom for the final mile," said the 40-year-old. "I then put in an effort and got a bit of daylight."

Hargreaves, the New Forest Marathon winner, pulled out eight seconds on the run-in to cross the line in 52:49. "I was quite pleased because I felt that I'd completely recovered from the marathon," continued the Bournemouth runner.

The women's race was more clear-cut, as Kaye Harwood won by nearly a minute.

Men

1 M Hargreaves (B'mth, M40) 52:49; 2 P Roper (Poole) 52:57; 3 A Clements (Poole, M40) 53:43; 4 T Dunn (Corn) 53:54; 5 M Grist (B'mth, M40) 55:51; 6 I Cardy (Wey) 56:01; 7 P Damon (Poole) 56:24; 8 T Chutter (B'mth, M40) 56:49; 9 J Bamber (GWR, M40) 58:14; 10 R McIlmurray (B'mth) 58:28; 11 A Moriarty (Eg H) 58:37; 12 P Rabjohns (Lyth MS) 58:42; 13 M Lacey (Poole R) 58:59; 14 I White (B'mth) 59:19; 15 R Kindersley (Salis, M45) 59:22; 16 M Kelly (Mil K, M40) 59:26; 17 A Trent (Eg H, M40) 59:21; 18 J Bowley (Poole R, M45) 59:55; 19 R Bole (Eg H, M40) 60:07; 20 L Palmer (Poole, M40) 60:27

M40: 10 S Hogarth (Poole R) 61:26; 11 M Thompson (L'hill) 61:48; 12 J Aylmore (Poole

R) 62:19. **M45:** 3 M Butler (Eg H) 60:54; 4 C Guerrier (Poole R) 61:32; 5 M Hirst (Poole) 61:42; 6 A Stratton (Eg H) 62:40; 7 B Pentland (Ports J) 63:03; 8 S Rowe (Axe V) 64:00. **M50:** 1 R Toone (Eg H) 61:33; 2 K Long (Poole R) 62:26; 3 R Carr (Poole) 62:45; 4 A Lewis (Poole R) 64:52; 5 P Vowles (Eg H) 65:54; 6 R Baines (L'hill) 66:18; 7 R Orme (Eg H) 66:59; 8 R Morgan (unatt) 67:09. **M55:** 1 R Burns (Lyth MS) 64:16; 2 G Scott (Poole R) 66:57; 3 M Leatherdale (unatt) 67:14; 4 J Bolton (Wey) 67:50. **M60:** 1 D Sanderson (RMP) 74:23; 2 P Cereley (Dors D) 75:59; 3 R Meredith (Somer) 77:05. **M65:** 1 M Offer (GWR) 76:59; 2 D Downey (RMP) 83:50

U20: J Sharkey (Christ) 64:15

TEAM: 1 Bournemouth 24; 2 Poole AC 32; 3 Egdon Heath Harriers 69; 4 Poole Runners 82; 5 Egdon Heath Harriers 116; 6 Poole AC 155.

Women

1 K Harwood (L'hill) 64:28; 2 K Reynolds (Bris, W35) 65:18; 3 R Byers (L'hill, W35) 65:50; 4 C Phillips (Eg H) 68:58; 5 S Wong (L'down, W35) 69:46; 6 T Lindop (Poole R, W45) 70:12; 7 J Maloney (RMP, W40) 70:42; 8 E Higgins (Bide, W50) 71:04; 9 J Palmer (Poole R, W40) 71:07; 10 C Doe (Poole R, W40) 72:02; 11 R Osborne (N For, W55) 72:05; 12 L Ujvari (Poole R, W40) 72:17

W50: 2 J Boichot (Wey) 77:04; 3 S Billington (Wimb) 77:35; 4 J Small (unatt) 77:42. **W55:** 2 M Gray (Poole R) 82:43.

W60: J Royal (Dors D) 75:29. **W65:** J Palmer (Roms) 87:05

TEAM: 1 Poole Runners 25; 2 Egdon Heath Harriers 31; 3 Poole AC 76; 4 Litledown Harriers 79; 5 Bournemouth Joggers 94; 6 Royal Manor of Portland 106

LANARKSHIRE RELAY CHAMPIONSHIPS Coatbridge

Men (4x2.25M)
1 Ronhill Cambuslang 51:35 (A Jenkins 13:23; A Robertson 12:32; I Grant 13:14; C Thomson 12:26); 2 Calderglen 53:37 (D Watt 12:43; A Derrick 12:38; G Allan 13:41; D Carrigan 14:37); 3 Ronhill Cambuslang 53:37 (S Connor 14:15; D Thom (M40) 13:15; K Kealy 13:02; W McTaggart 13:05); 4 East Kilbride 54:44; 5 Scotland 55:27; 6 East Kilbride 54:56; 6 Scotland 55:27; 7 East Kilbride 54:56; 6 Scotland 55:27; 8 East Kilbride 54:56; 6 Scotland 55:27; 9 East Kilbride 54:56; 6 Scotland 55:27; 10 East Kilbride 54:56; 6 Scotland 55:27; 11 East Kilbride 54:56; 6 Scotland 55:27; 12 East Kilbride 54:56; 6 Scotland 55:27; 13 East Kilbride 54:56; 6 Scotland 55:27; 14 East Kilbride 54:56; 6 Scotland 55:27; 15 East Kilbride 54:56; 6 Scotland 55:27; 16 East Kilbride 54:56; 6 Scotland 55:27; 17 East Kilbride 54:56; 6 Scotland 55:27; 18 East Kilbride 54:56; 6 Scotland 55:27; 19 East Kilbride 54:56; 6 Scotland 55:27; 20 East Kilbride 54:56; 6 Scotland 55:27; 21 East Kilbride 54:56; 6 Scotland 55:27; 22 East Kilbride 54:56; 6 Scotland 55:27; 23 East Kilbride 54:56; 6 Scotland 55:27; 24 East Kilbride 54:56; 6 Scotland 55:27; 25 East Kilbride 54:56; 6 Scotland 55:27; 26 East Kilbride 54:56; 6 Scotland 55:27; 27 East Kilbride 54:56; 6 Scotland 55:27; 28 East Kilbride 54:56; 6 Scotland 55:27; 29 East Kilbride 54:56; 6 Scotland 55:27; 30 East Kilbride 54:56; 6 Scotland 55:27; 31 East Kilbride 54:56; 6 Scotland 55:27; 32 East Kilbride 54:56; 6 Scotland 55:27; 33 East Kilbride 54:56; 6 Scotland 55:27; 34 East Kilbride 54:56; 6 Scotland 55:27; 35 East Kilbride 54:56; 6 Scotland 55:27; 36 East Kilbride 54:56; 6 Scotland 55:27; 37 East Kilbride 54:56; 6 Scotland 55:27; 38 East Kilbride 54:56; 6 Scotland 55:27; 39 East Kilbride 54:56; 6 Scotland 55:27; 40 East Kilbride 54:56; 6 Scotland 55:27; 41 East Kilbride 54:56; 6 Scotland 55:27; 42 East Kilbride 54:56; 6 Scotland 55:27; 43 East Kilbride 54:56; 6 Scotland 55:27; 44 East Kilbride 54:56; 6 Scotland 55:27; 45 East Kilbride 54:56; 6 Scotland 55:27; 46 East Kilbride 54:56; 6 Scotland 55:27; 47 East Kilbride 54:56; 6 Scotland 55:27; 48 East Kilbride 54:56; 6 Scotland 55:27; 49 East Kilbride 54:56; 6 Scotland 55:27; 50 East Kilbride 54:56; 6 Scotland 55:27; 51 East Kilbride 54:56

23:06 (L Thomson 7:54, M Braniff 8:18, S Day 6:54)
Fastest: 1 Templeton 6:50; 2 Day 6:54; 3 Hatton 7:26

U13
1 Johnnie Walker Kilmarnock 23:30 (W Hastings 7:29, J Hannah 8:08, M Collier 7:53); 2 Irvine 24:02 (G Kerr 7:46, J Kerr 8:26, R McDonald 7:50)

Fastest: 1 Hastings 7:29; 2 G Kerr 7:46; 3 McDonald 7:50

Women (3x3.5km)
1 Johnnie Walker Kilmarnock 43:02 (L McMahon 13:04, J Murray 14:23, J Price 15:35); 2 Irvine 44:50 (H Morton 13:18, L McGarry 15:39, M Miller 15:53)

U15 (3x2.5km): Ayr Seaforth 26:37 (K McFarlane 7:37, C Condie 10:28, Y Richmond 8:32)

Fastest: McFarlane 7:37
U13: 1 Ayr Seaforth 24:27 (J Quigley 7:42, M Farrell 8:13, A Conway 8:32)

Fastest: Quigley 7:42

DUCKS & DRAKES 10 Lincoln

Men
1 M Anderson (Linc) 63:22; 2 M Frecklington (unatt) 64:16; 3 J Barker (Clee, M45) 64:22; 4 C Hunsley (Clee, M40) 64:55; 5 G Hodges (Saxilby, M40) 65:13; 6 R Martin (SinA, M40) 66:04
M50: M Dakin (Bost) 71:37. **M55:** R Titchmarsh (E Vets) 68:28. **M60:** 1 J Edwards (Linc W) 69:50; 2 B Byworth (Scun) 71:40. **M65:** F Walton (Scun) 90:29. **M70:** W Bunting (Wolds V) 89:08. **M75:** D Holt (Clee) 1:43:16

Women
1 J Kitchen (Linc) 80:05; 2 A Collier (Scun, W40) 81:00; 3 R Treadwell (unatt, W40) 82:16; 4 T Pike (Corby) 84:02; 5 T Dodson (Scun) 84:44; 6 L Stafford (Clee) 86:27
W50: N Zitman (Wolds V) 90:59

WASHINGBOROUGH 5 Lincoln

Men
1 N Overton (Nene V, M40) 34:34; 2 S Ross (Kimb, M40) 34:49; 3 R Blagrove (Linc W) 35:43; 4 D Tune (Roth) 36:13; 5 I Kimpton (Linc W) 36:30
Women
1 A Carner-Jones (Saxby, W35) 52:06

SELF TRANSCENDENCE 10km Battersea Park, London

Men
1 K Chebouki (Serp) 33:51; 2 N Bentahal (unatt) 34:10; 3 M Kazimierski (Belg) 34:27; 4 M Sherwood (W4H) 35:01; 5 S Hayhow (Tri UK) 35:18; 6 P Wainwright (GSG) 35:27; 7 A Brown (Tri Lon) 35:58
M50: F Thomason (Met Rly) 39:32. **M60:** P Turley (E&E) 41:33
Women
1 E Rest (Serp) 37:26; 2 S Philpott (Deal Tri) 39:45; 3 L Leggett (Stragg, W35) 41:20; 4 M Bradford (Tri Lon) 42:36; 5 S Greaves (unatt) 44:28; 6 K Clark (unatt) 46:02; 7 E Critchley (unatt) 47:11

SCOTTISH VETERAN HARRIERS RELAY North Inch, Perth

Mixed (4x1.5M): Team A 42:13 (J Gourlay (Law, M40) 8:27, I McMillan (Kilb, W35) 11:26, J Keogh (SVHC, W35) 11:35, D Kerr (Gars, M40) 10:45)
Fastest: 1 Gourlay 8:27; 2 C Spence (Inver, M50) 8:39; 3 J McMillan (Kilb) 8:50; 4 C Martin (Dumb, M50) 9:08; 5 P Rudzinski (C'dale) 9:22; 6 A Adams (Dumb) 9:44

EALING RUN RAGGED 10km Perivale, Middlesex

Men
1 D O'Brien (SB) 32:49; 2 E Grobler (unatt) 33:14; 3 J O'Shea (unatt) 35:38; 4 D

Ryder (unatt, M40) 35:54; 5 N Baker (unatt, M45) 36:38; 6 M Thompson (unatt) 37:18

Women
1 A Walker (Belg) 39:55; 2 E Calderbank (E Fyde) 40:15; 3 K Cummings (unatt) 41:51; 4 J Hoyle (unatt) 43:55; 5 A Weller (unatt) 46:52
W35: S Bartholomew (unatt) 47:59

October 16

DERBY MILE & 5km

Men (1 Mile)
1 P Harmer (Charn) 4:50; 2 P Brown (Charn) 4:56; 3 R Edmonds (Charn) 4:56; 4 A Sabin (Charn, U17) 4:56; 5 R Telfer (Charn) 5:03; 6 S Smith (Charn, U17) 5:05; 7 P Wright (Hatton, M40) 5:08; 8 M Bell (Rip) 5:14
M50: B Boole (SinA) 5:59. **M60:** C Scattergood (Hatton) 6:58

Women (1 Mile): 1 R Heath (Charn) 5:45
Men (5km)
1 J Swift-Smith (SB) 16:23; 2 C Sabin, M40) 16:30; 3 L Pridmore (Der Un) 16:33; 4 P Gregory (Charn) 16:43; 5 J Teece (Mat, U17) 16:50; 6 J Selby-Sly (Mat) 17:16; 7 B Dyson (Der) 17:20; 8 R Edmonds (Charn) 17:33; 9 P Wright (Hatton, M40) 17:34; 10 J Laban (Der, M40) 17:50. **M50** 1 Boole 19:29. **M60** 1 Scattergood 22:49

AUTUMN HANDICAP Peterborough

Men (2M)
1 N Stokes (Werr J) 12:12; 2 R Laafe (unatt) 12:39; 3 T O'Connor (P'boro P) 12:46
Fastest
Men: M Beard (Adv P) 10:20
M50: R Church (Nene V) 11:33
Women: T Lazenby (Nene V, W40) 11:33

October 13

ARMAGH 10 County Armagh

WHAT was otherwise an excellently-organised race was marred somewhat by a lead car error which resulted in the top five runners going off course shortly after five miles, *John Walshe reports.*

Men
1 D Simpson (WTH); 2 P Rowan (WTH); 3 A McCullough (WTH); 4 D Gallagher (Cook); 5 D Brady (NBH); 6 D McNeilly (New) 53:26; 7 D Kerry (Arm, M40) 53:44; 8 R Turkington (Arm) 53:51; 9 K Purdy (WTH) 53:54; 10 T Donnelly (Abb) 54:44; 11 S Duncan (Oma) 54:55; 12 T Dalton (NBH) 55:58; 13 S Crawford (East A) 56:13; 14 N McGuinness (NER) 56:36; 15 J Calla (unatt) 56:38; 16 A McMillen (East A) 56:58; 17 S McGeown (Arm) 57:52; 18 I O'Neill (NBH) 58:30; 19 R Ferguson (Cook, M40) 58:39; 20 A McGrath (Don, M40) 58:54
M40: 4 G O'Connell (NER) 59:11; 5 M McLaughlin (Oma) 59:16; 6 P Quigley (NER) 59:42. **M45:** 1 M Jordan (NER) 59:10; 2 P O'Hara (Craig) 60:03; 3 C O'Neill (Don) 60:07; 4 J Gillespie (Arm) 60:16. **M50:** 1 J Walshe (East C) 65:22; 2 M Kelly (MP) 65:39; 3 R Pollock (East A) 65:49; 4 R Miller (East A) 67:23. **M55:** 1 D McHenry (WHT) 59:36; 2 W McCracken (NER) 61:30; 3 P Kelly (NER) 68:08. **M60:** 1 J Reid (Spring) 66:39; 2 F Arthurs (Beech) 75:22; 3 M Spotswood (Dunc) 77:19.

Women
1 L McClean (Beech) 62:37; 2 R Lambe (Arm) 65:42; 3 L McAuley (NBH) 68:46; 4 H McGillie (Abb) 69:07; 5 J Walker (Abb) 69:27; 6 L Lyness (unatt) 70:31; 7 McCourt (unatt) 72:40; 8 R Taylor (unatt, W40) 74:06; 9 M Elliott (Dub, F35) 74:29; 10 F Brown (unatt, W35) 74:46.
W45: K Hegarty (unatt) 77:18. **W50:** 1 V Davidson (Mar) 95:48; 2 P McMahon (NER) 1:46:35.

WILDLIFE TRUST CAMBRIDGE 10km

DAN AND ELLEN LEGGATE pulled off another family double as they notched up first-time victories in this event that attracted a record field of more than 700 runners.

Dan was a narrow winner over Peter Galpin, but Ellen had a much more comfortable victory over Emma Calderbank in 35:06.

Men
1 D Leggate (Harr) 31:58; 2 P Galpin (BRJ Hunts) 32:04; 3 A Tate (unatt) 32:21; 4 B Kotelo (Nene V) 32:52; 5 J Pike (Nene V) 33:02; 6 I Murray (Norw) 33:19; 7 S Beard (Nene V) 33:53; 8 D Connell (Hunt) 34:10; 9 E Mayers (SB) 34:15; 10 K Sadler (R'side) 34:33; 11 R Church (Nene V, M50) 35:06; 12 L Hemmings (Nene V) 35:19
M40: 1 J Mould (Sheps) 35:57; 2 P Cunningham (Camb U) 36:25; 3 A Verna (Ely) 36:34; 4 K Ross (Ely) 36:37. **M50:** 2 E Winstone (Ely) 39:09; 3 J Turner (Ely) 39:52

Women
1 E Leggate (Camb U) 35:06; 2 E Calderbank (N Fyde) 39:15; 3 D Gipp (Ely R, W45) 39:22; 4 T Lazenby (Nene V, W35) 39:33; 5 L Marson (Nene V, W35) 39:58; 6 J Minter (Olney) 40:02; 7 K Masson (R'side, W40) 40:06; 8 A Hill (unatt, W35) 40:19; 9 E Pudley (Camb U) 40:21; 10 S Louth (Nene V) 40:33; 11 L Bailey (Nene V, W45) 41:18; 12 N Miller (unatt, W35) 41:27; 13 J Middleton (St Ed, W45) 41:34; 14 J Dockerill (H'hill) 41:37; 15 A Wood (Werr, W45) 41:37; 16 J Calderbank (N Fyde) 41:59; 17 K Hawkins (Hunts, W35) 42:10; 18 A Furbank (R'side, W45) 42:25; 19 E Chellen (unatt, W35) 42:26; 20 L Reynolds (unatt) 43:02; 21 I Hobbs (unatt) 43:18; 22 R Cubberley (C&C) 43:27; 23 J Vakipour (unatt) 43:29; 24 S Burnett (Werr, W35) 43:46; 25 Y Scarrott (Werr) 43:47
W45: 7 J Morley (Hull A) 44:39; 8 O Livermore (Royst) 45:13; 9 S Barnett (C&C) 45:58; 10 F Cooke (March) 46:00

PELSALL 10km & 5km West Midlands

Men
1 S Marklew (RSC) 32:40; 2 A Jewkes (Chase) 34:06; 3 C Dunne (W Mid P) 34:25; 4 S Ralph (RSC) 34:37; 5 T Guy (Bir, M50) 34:40; 6 J Hood (Cobra, M40) 34:50; 7 K Loundes (Chase) 34:52; 8 I Mansell (Dud K) 35:03; 9 N Timms (Sara, M40) 35:29; 10 P Parker (RSC, M40) 35:29
M50: 2 K Holt (Bir) 36:12; 3 D Loundes (Chase) 37:26

Women
1 K Burge (Staff) 35:50; 2 P Knowles (RSC, W35) 38:46
Men (5km)
1 T Betts (Leam, U17) 15:04; 2 R Duffy (RSC) 15:14; 3 P Lennon (Sheff) 15:18; 4 J Timms (Sphinx) 15:56; 5 C Cheek (W Mid P) 16:05; 6 R Thomson (unatt, M40) 16:18; 7 R Foster (Ald) 16:44; 8 R Kenny (Leam, U17) 16:48; 9 J Nash (Bir, U17) 17:28; 10 S Ali (Tip) 17:42
M50: P Cross (Mid V) 18:20
Women (5km)
1 J Swingle (unatt, W35) 20:36; 2 D Holmes (unatt, W35) 20:55; 3 L Keighley (Mass F, W50) 22:12; 4 T Jones (unatt, W35) 22:43; 5 M Vandelaar (unatt) 23:02

MIDLAND VETS HALF-MARATHON CHAMPIONSHIPS Denstone College, Staffordshire

M40: 1 R Sheen (Leic C) 75:39; 2 M Stiff (OWLS) 83:27. **M50:** 1 G Fanner (Chase) 79:13; 2 R Britton (Staffs M) 87:10. **M55:** 1 J Heywood (Hunc) 85:38; 2 B Mackey (Hunc) 90:25; 3 P Watson (BSR) 92:23; 4 J Thornhill (RR) 93:21. **M60:** T Jukes (Trent) 97:25. **M65:** 1 G Oliver (100k An) 96:32; 2 G Kay (Stone) 99:22
W45: 1 C Kilkeny (C&S) 91:09; 2 J Clarke (W Brom) 1:40:11. **W50:** L Griffin (Birs) 97:22. **W55:** D Fellows (C&S) 95:32. **W60:** J Bryan (C&S) 1:49:25

GATORADE KINGSTON RUNNING FESTIVAL Kingston

Men (Marathon)
1 R James (Corn) 2:29:42 (rec); 2 R Bentley (Vessex RR) 2:38:39; 3 B Carroll (unatt) 2:43:06; 4 J Blood (L Bus) 2:43:06; 5 S Spedding (Hog T, M40) 2:52:36; 6 C

Green (Sutt R, M40) 2:54:42; 7 N Kapoor (Trent P) 2:55:47; 8 J Fisher (unatt) 2:55:56; 9 P Sturton (Sutt, M45) 2:55:56; 10 T Spedding (Bourt, M45) 2:56:11; 11 D Seymour (unatt) 2:56:50; 12 S Spiess (unatt) 2:59:47; 13 R Blake (G Yarm, M50) 2:59:52; 14 M Hughes (unatt) 3:02:27; 15 G Oborzil (unatt) 3:02:35
M40: 3 J Nevalainen (unatt) 3:03:06; 4 C Phelan (Strag) 3:05:54; 5 R Ruffell (B Air) 3:08:50; 6 J Shaddock (unatt) 3:09:24. **M50:** 2 J Brown (Fair VS) 3:03:19; 3 D Hamilton (unatt) 3:06:16; 4 J Chandler (Vets) 3:09:46; 5 M Yeomans (Norw RR) 3:17:52. **M55:** T Rivers (unatt) 3:20:22. **M60:** 1 J Taylor (E'bne) 3:19:42; 2 J Williams (100 Club) 3:29:23; 3 D Kay (Avon V, M60) 3:29:53

Women
1 S Terjesen (Goodenough) 3:05:31; 2 B Nordin (Hav 80, W45) 3:17:55; 3 J King (unatt, W40) 3:27:25; 4 M Nikolic (unatt) 3:27:53; 5 I Martin (West. 4) 3:29:56; 6 F Bishop (Woking, W40) 3:30:16
W45: 2 A Prentice (Soton RC) 3:38:17
Men (16M)
1 P Brenner (unatt) 90:56; 2 B Paviour (Serp) 94:24; 3 T Berg (Morn C) 94:34; 4 S Crombie-Hicks (Morn C, W) 95:25; 5 A Cooney (Datch) 97:10; 6 D Patel (Brom V, M40) 97:58; 7 J Tomlinson (unatt) 98:14; 8 J Rogers (Newb) 99:00; 9 G Roper (Norw RR, M40) 99:14; 10 P Sparks (Vets, M50) 99:35
M55: 1 P McGrath (Strag) 1:49:30; 2 A Jones (Col) 1:53:19

Women
1 Crombie-Hicks 95:25; 2 G O'Connor (S Lon, W40) 1:42:30; 3 T Curl (Norw RR) 1:45:49; 4 N Anderson (unatt) 1:49:03; 5 L Sabharwal (TVH) 1:52:57; 6 M Synnott-Wells (unatt, W35) 1:53:18; 7 L Kloster (unatt, W35) 1:54:10; 8 B Cuthbert (unatt) 1:54:55

Men (8M)
1 S Hayes (Sigma) 42:00; 2 D Ojara (Lon I) 43:32; 3 S Bayliss (unatt) 45:40; 4 M Bradfield (Datch) 45:42; 5 C Bradfield (Datch) 46:41; 6 G Tuck (HW, M50) 47:01; 7 J James (Glos C, U20) 47:24; 8 R MacNamee (unatt) 47:34; 9 S Nelson (Belg) 48:02; 10 B Mulvany (unatt, M40) 48:18
M50: 2 C Murdoch (Col) 52:05; 3 G Fisher (Strag) 55:17. **M55:** 1 M Bell (Strag) 55:41; 2 A Purkiss (Strag) 55:44
Women
1 E Rest (Serp) 49:55; 2 M Rowe (unatt, W50) 56:27; 3 N Al-Mahrouq (unatt, W35) 56:44; 4 L Darbishire (H30 Tr) 57:40; 5 C Bishop (unatt) 57:53; 6 C Read (unatt) 57:59

RNLI HENLEY HALF-MARATHON Oxfordshire

Men
1 B Reynolds (THH) 69:09; 2 A Magnall (SB, M40) 69:32; 3 S Aldridge (Read) 70:27; 4 S Lund (W'hester) 75:41
Women
1 J Heaney 84:20; 2 A Power (Read RR, W35) 84:25; 3 V Grenados 90:00
W35: 2 A McQuarter 90:35

October 12

VICTORIA PARK HARRIERS & TOWER HAMLETS AC CHAMPIONSHIPS Victoria Park, London

Men (3.5M)
1 T Grose 17:45; 2 L Curley 18:20; 3 R Newbold 18:49; 4 J Waters 18:58; 5 T Lashmar 19:12; 6 G Bennett 20:01
Junior (12.5M)
1 V Scarfe 18:26
Women (3.5M)
1 G Wood 22:39; 2 E Battson 25:05; 3 C Brugnoli 25:48

October 6

FELIXSTOWE HALF-MARATHON Suffolk

Men
1 R Jordan (Ips J, M45) 73:26; 2 C Pitts

(Stow, M40) 77:17; 3 G Reynolds (Ilf) 77:35; 4 A Dawson (St Ed, M45) 79:12; 5 C Marston (St Ed) 79:42; 6 M Nelhams (St Ed) 80:40; 7 R Hewitt (Ips J) 81:26; 8 M Stacey (Norw RR, M40) 81:59; 9 M Blackman (Ips J) 82:14; 10 T Back (Ips J, M45) 82:17

M45: 4 R Hilling (Waveney) 84:12. **M50:** 1 R Blake (G Yar) 84:07; 2 K Collins (New J) 87:45. **M55:** G Bullock (Thirsk) 94:37.

M60: G Peck (Harw) 90:12. **M65:** 1 F Uff (Fram) 1:54:56

Women

1 K Woods (Norw) 83:57; 2 T Curl (Norw RR, W40) 85:50; 3 M Davis (Ips) 87:47; 4 G Leathers (St Ed) 88:01; 5 J Middleton (St Ed, W50) 92:15; 6 G Pryke (Ips J, W40) 92:45; 7 S Garvey (ST Ed) 93:34; 8C Baldry (W'bridge) 93:43; 9 J O'Brien (W'bridge, W40) 96:44; 10 A Murland (W'bridge, W40) 1:41:06

W55: 1 B Law (G Bent) 1:48:43; 2 J Hare (unatt) 1:51:14; 3 M Wright (Ips J) 1:56:22; 4 P Dixon (unatt) 1:57:27

STRATHCARRON HOSPICE 10km Denny, Central

Men

1 R Turner (unatt) 32:20; 2 J Lunn (Stir Tri) 33:22; 3 S Moore (Falk) 33:36; 4 C Walker (Stir Tri) 33:53; 5 G Munro (Vic P) 34:03; 6 D McAra (Falk) 34:10; 7 A Nicol (Vic P) 34:14; 8 C Glencorse (S'earn) 34:18; 9 J Duffy (Shett, M40) 34:23; 10 S Docherty (unatt) 34:30

U16: C Andrews (unatt) 40:41

Women

1 T McIntosh (Ayr S) 35:08; 2 C Couper (Stir Tri) 38:47; 3 M Blacker (Giff N) 39:21

September 22

ST ANDREWS HOSPICE 10km Strathclyde Park, Motherwell

Men (amended and further results)

11 AN Ocher 34:59; 12 S Matthews (Cambus, U20) 35:01; 13 D Marshall (Cambus, M40) 35:02; 14 G Allen (Cald) 35:03; 15 D Houston (Cambus) 35:22; 16 A Campbell (unatt, U20) 35:29

Women

... 5 S Finch (Glas, W35) 39:52; ... 11 C Barbour (unatt, W35) 43:21; 12 J Thomson (unatt, W35) 43:33; 13 A McManus (unatt) 43:35; 14 C Tennant (unatt, W35) 43:37; 15 K Mitchell (unatt) 43:42; 15 G Bellantyne (unatt) 44:02

multi-terrain

October 20

STEEPDOWN 10km Lancing, West Sussex

LESS than 24 hours after a good second placing in the Sussex Cross Country League at Goodwood, James Baker was back in action on the downs above Lancing with a run-away victory over Darryl Hards, *Martin Duff* reports.

The Chichester Runner is at his best when racing away at the head of affairs and here set a new course record, while South of England U20 sixth-placer Hards was well over a minute down in second.

Women's winner Karen Crook was also inside the previous women's best in heading Lea Luff by 17 seconds.

Men (approx 10km)

1 J Baker (Chich R) 28:11 (rec); 2 D Hards (S'wick) 29:44; 3 K Leitch (Worsh) 30:11; 4 M Sorokin (S'wick) 30:23; 5 J Lowden (Worsh, M40) 30:24; 6 F T'Sjoen (unatt) 30:41; 7 J Painter (BSH) 30:43; 8 P Lay (Worsh, M40) 30:48; 9 D Angell (Fitt) 31:19; 10 J Walker (Steyn) 31:28

Women

1 K Crook (unatt) 35:50 (rec); 2 L Luff (Worsh, W35) 36:07; 3 J Lennon (Steyn) 37:09; 4 J Hughes (P'slade) 37:34; 5 J Bryce (Burg HR) 37:35; 6 P Standing (Steyn) 37:41; 7 C Webb (S'wick, W35) 38:40; 8 S Eames (Worsh) 39:00; 9 Y Perry (Worsh) 39:31; 10 D Gatland (Tuff FCI) 39:46

October 19

ROTHER VALLEY TRAIL RUN Sheffield

Men (6M)

1 M El-Sadiki (Sheff) 31:23; 2 R Howell (unatt) 33:27; 3 J Gavelle (Roth) 34:12; 4 D Hurton (unatt) 34:34; 5 J Kallenhague (Sheff) 35:33; 6 A Goodair (Askern) 35:56; 7 P Kean (Hallam, M50) 36:30; 8 P Street (N Der) 36:35; 9 G Coulam (Clee, M40) 36:42; 10 I Clayton (Roth) 36:51

M45: N Kent (Sheff) 37:04. **M55:** MT Bravin (N Der) 41:04. **M60:** L Haynes (Bing) 36:59

Women

1 L Lilley (Mans) 37:23; 2 J Shields (Sheff, W40) 38:23; 3 A Tomkinson (Wake) 41:35; 4 J Seymour (Hallam) 43:43; 5 C Bacon (Wake) 44:07

W35: J Robson (Sutt R) 42:23. **W45:** C Boyd (Malt) 42:02. **W50:** A Douglas (Tot) 50:20

GREAT GLEN CROSS HIGHLAND RELAY Fort William to Inverness

Men (66M)

1 Inverness (K Riddle, R Riddle, R Cairns, B Fieldsend, G Laing, S MacKenzie) 6:22:49; 2 Forres 6:35:36; 3 Aberdeen Select 6:53:44; 4 Forres B 7:07:59; 5 Inverness B 7:14:32; 6 Forres C 8:22:20; 7 Inverness (W) 8:34:41; 8 Mainland Mules 8:36:34; 9 Wooler 8:37:24; 10 Inverness B (W) 9:02:59

Women

1 Inverness (A MacKenzie, M McIvor, J Colligan, D Heyer, J Wilsher, J Wooler) 8:34:41; 2 Inverness B 9:02:59

October 13

RING RC RIDGEWAY RUN SUPPORTED BY SAUCONY & SOLGAR

Men (15km)

1 M Draper (WSEH, U20) 55:35; 2 S Pullen (St Alb) 55:53; 3 P Gregory (VoA, M45) 56:13; 4 M Brogan (Lut) 57:22; 5 D Randall (Chelt) 57:54; 6 G Dell (W'stock) 58:58; 7 M Cates (Eton M) 59:03; 8 I Roberts (L Buzz) 59:44; 9 N Bunn (unatt) 59:47; 10 S Tooke (Wat) 59:54

M45: 2 M Bradley (Wat) 60:54; 3 S Lowe (Wat) 61:08. **M55:** 1 B Heywood (Burn J) 62:18; 2 R Francis (Brox) 66:43

Women

1 A Yorwerth (St Alb, W35) 63:13; 2 J Laws (Lon H, W45) 66:48; 3 S Milac (St Alb, W35) 69:45; 4 V Shadbolt (GCJ) 70:23; 5 P Jones (Head) 71:15

OVER THE HILLS 12km Avon

Men

1 M Goodridge (RN) 43:34; 2 P Roper (Poole) 43:45; 3 A Hawkins (Swin H) 45:12; 4 D Stevens (Pews, M40) 45:30; 5 A Bennetts (Chipp) 45:48; 6 B Ward (Chelt, M40) 46:14; 7 N Urquhart (Bath T, M40) 47:33; 8 A Bartlett (Avon V) 47:58; 9 S Hale (unatt, M40) 48:21; 10 R Schofield (Chipp, M40) 48:28

Women

1 V Norton (RN) 53:51; 2 M Bleaken (Chipp) 54:54; 3 E Whittaker (Bris) 57:03; 4 N van de Pol (unatt) 57:20; 5 S Stewart (Cor, W40) 57:55; 6 D Hier (Warm, W40) 58:48; 7 D Tabley (Chipp) 59:11; 8 A Lucas (Bitt, W50) 59:41; 9 A Mills (Bath) 60:44; 10 H Ruffell (Stratf) 62:09

BRONTE WAY 9 Colne to Haworth, West Yorkshire

Men

1 W Smith (K&C) 55:16; 2 R Pattinson

(Leeds C) 55:42; 3 L Kellett (unatt) 56:00; 4 L Athersmith (Skip) 57:15; 5 J Butler (K&C, M45) 58:28; 6 P Targett (Clay) 58:30; 7 D Fretwell (K&C, M45) 59:16; 8 T Clegg (K&C, M40) 59:35; 9 L Spencer (K&C) 60:33; 10 M Crabtree (Hali, M40) 60:46

M50: J Pickup (Clay) 63:30. **M60:** P Reynard (Fellam) 66:26

Women

1 H Glover (K&C) 69:49; 2 D Spurr (K&C, W35) 72:02; 3 J Foster (K&C, W35) 72:43; 4 DL Robson (Clay) 72:45; 5 R Sharples (K&C, W35) 74:56

W40: S Gordon (Sadd) 78:39. **W45:** F Tate (K&C) 78:48. **W50:** M Jagan (EPOC) 76:38

AUTUMN TRAIL RUN 17 Burnley

Only winners' times taken

Men: V Broderick (Clay, M40) 2:29

Women: K Drake (Spen, W40) 2:32

BELLS OF PATTINGHAM 7 Wolverhampton

Men

1 D Mansbridge (Tel) 41:24; 2 P Rogers (Tip) 41:49; 3 I Grindley (unatt) 41:53; 4 S Gould (Kidder) 42:05; 5 P Mountfield (Black Country Tri) 43:09; 6 A Wright-Allen (Bir, W) 43:14; 7 P Waby (D&S) 43:59; 8 A Cooper (Chase, M40) 44:19; 9 C Baker (Peel R) 44:21; 10 R Bates (Cobra) 44:22

M50: J Hassell (Tel) 45:40. **M60:** M Ward (Osw) 53:18

Women

1 Wright-Allen 43:14; 2 L Hale (unatt) 49:32; 3 L Hardy (Shrop, W40) 50:50; 4 A Brizell (Osw) 52:25; 5 L Flanner (Oxf U Press) 53:28

W50: K Oliver (unatt) 58:40

MENDIP MUDDLE 20km Somerset

Men

1 K Stokes (Weston) 86:55; 2 M Musty (S Dev) 87:23; 3 C Fray (Compton, M40) 87:41; 4 J Bamber (GWR, M40) 89:26; 5 D Skeen (unatt) 90:00; 6 M Hurley (Weston, M40) 90:49

M50: 1 D Rose (Bath) 97:06; 2 G Hawkins (Durs) 99:13; 3 M Jilians (CoB) 1:43:24. **M60:** M Adams (Bris) 1:45:54

Women

1 E Castle (GWR) 1:44:32; 2 L Cummins (unatt) 1:44:55; 3 A Brown (GWR, W35) 1:45:35

W40: J Simmons (St Alb) 1:53:47. **W50:** S North (unatt) 2:19:56. **W60:** P Seabrook (Finch) 2:41:38

QUICKSAND 15 Margate to Ramsgate

Men

1 E Grobler (unatt) 94:01; 2 R Pearce (Isl, M40) 94:07; 3 S Cable (Isl) 94:17; 4 M Poppy (Sitt) 96:27; 5 D Green (Ashf D) 98:30; 6 N Hall (Hast, M40) 1:40:31; 7 G Butcher (Deal Tri, M40) 1:40:39; 8 N Cook (Than) 1:41:38; 9 N Clark (ARRC) 1:42:46; 10 I Whitmore (MSM, M40) 1:44:11

M50: G Baker (ARRC) 1:48:37. **M60:** P Collins (Brom Vets) 1:59:57

Women

1 H Fitzmaurice-Cotton (S'oaks) 1:54:30; 2 S Hawkins (M'stone, W35) 1:58:17; 3 J Cobby (NEJ, W35) 1:59:03

TEAM: Thanet Road Runners

October 12

MALVERN BEACON Greater Malvern

Men

1 C Beecham (High) 43:56; 2 C Harvey (Sev) 44:35; 3 T Taylor (Here C, M40) 45:24; 4 D Wilcox (Worc, M40) 46:08; 5 J Sheppard (Tip) 47:15; 6 G Bagnall (Chelt, M40) 47:24; 7 T McGill (Droit) 47:33; 8 K Goodhead (Glouc, W) 47:37; 9 J Newey

(unatt) 47:39; 10 S Deegan (Tam) 47:46; 11 D Peach (unatt, M40) 48:03; 12 V Tolley (Lud) 48:10; 13 R Mapp (Lud, M40) 48:14; 14 P Hands (Leic C, M40) 48:15; 15 B Humphries (Amaz F) 48:48; 16 I Kette (BSR, M40) 49:03; 17 G Summers (unatt, M40) 49:11; 18 M McGreary (Chelt, M40) 49:14; 19 M Scriven (unatt) 49:17; 20 M Hill (Worc, M40) 49:23

M50: 1 E Sanders (Amaz F) 49:56; 2 F Thomas (Chelt) 52:12; 3 T Williams (Tip) 54:14; 4 J Addy (Guern) 54:16; 5 K Court (Hales) 54:45; 6 B Davies (Croft) 54:48.

M60: 1 B Thornett (Strat) 51:57; 2 J Korowajczyk (unatt) 56:32; 3 K House (S Dev) 56:34

Women

1 Goodhead 47:37; 2 L Gould (K&S, W35) 52:33; 3 A Sadler (Chelt, W35) 52:43; 4 M Johnson-Myers (unatt, W35) 56:54; 5 J Clarke (Stour, W45) 57:05; 6 L Sherren (Strat, W45) 57:49; 7 F Prew (Virt) 57:51; 8 C Hale (Malv, W35) 60:28; 9 N Tyler (Droit) 60:48; 10 C de la Mare (Guern, W45) 61:18; 11 S James (unatt) 61:31; 12 M Recordon (unatt, W35) 61:36; 13 H Tucker (Guern, W35) 61:46; 14 C O'Konor (M Dogs) 61:53; 15 M Sowden (Worc J, W35) 63:25; 16 J Maund (Worc J, W35) 63:25; 17 H Eliot (Malv, W35) 64:16; 18 J Owens (unatt, W45) 65:56; 19 C Tyler (Wye V, W35) 66:05; 20 N Ender (Guern, W35) 68:06

October 6

ALTON DOWNLAND CHALLENGE 10km Hampshire

Men (approx 10km)

1 T Lambert 34:52; 2 P Buckley 35:25; 3 I White 35:44; 4 T Hughes (W Horse, M45) 36:00; 5 C Bradfield (Datch D) 36:29; 6 J Campbell (AFD, M40) 37:24; 7 P Harris 37:31; 8 D Carter 37:53; 9 A Green (M40) 38:18; 10 N Baker 38:32

M40: 4 A Webb 39:15; 5 P Guest (Ports J) 39:33

Women

1 L Whiley (Read RR, W40) 40:46; 2 J Georgiou (Farn R, W50) 44:43; 3 D Rhodes (W35) 46:15; 4 A Watson 46:19; 5 J Scarfe (W35) 46:19; 6 A Rawlings (W35) 47:23; 7 S Humphrey (W35) 48:05; 8 A Morwood (W35) 48:38; 9 H Wallace (W35) 49:45; 10 R Crisp 49:50

ALTON DOWNLAND CHALLENGE 5km Hampshire

Men (approx 5km)

1 N Davey (U15) 23:00; 2 D Russell (U17) 24:18; 3 T Bransby (U17) 25:47

Women

1 S Donan 24:10; 2 C Fletcher (U15) 24:25; 3 K Bray (U15) 25:16

October 5

BLANDFORD TOWER HALF-MARATHON Blandford Forum, Dorset

Men

1 P Roper (Poole) 74:36 (rec); 2 L Wilkinson (Bland S) 82:05; 3 A Moriarty (Eg H) 82:09; 4 T Chutter (B'mth, M40) 82:27; 5 J Thomas (Bland S, M40) 85:05; 6 G Smith (unatt, M45) 85:28; 7 G Benson (11 Sig Rgt, M40) 87:25; 8 T Courage (3 Div) 87:51; 9 R Conway (Lyt M, M40) 87:58; 10 M Caldecourt (Poole R) 88:43; 11 G Boot (Bland S) 88:57; 12 D Burdus (21 Sig Rgt) 89:57; 13 D Doe (Poole R, M45) 90:36; 14 M Butler (Eg H, M45) 92:31; 15 P Howe (11 Sig Rgt) 92:33

M50: J Tussler (Stubb G) 98:28. **M60:** W Smith (ARRC, M65) 1:41:26

TEAM: Poole Runners

Women

1 L Faulkner (Dors D, W35) 93:05; 2 L Courage (21 Sig Rgt) 1:44:18; 3 N Curtis (21 Sig Rgt) 1:46:05; 4 D Critchell (Eg H, W35) 1:46:25; 5 F Anderson (Eg H, W45) 1:46:37; 6 L McCormick (Eg H) 1:47:30; 7

T Simmons (unatt, U20) 1:47:42; 8 S Neal (11 Sig Rgt, W35) 1:52:05; 9 J Small (unatt, W50) 1:52:42; 10 D Hutchinson (21 Sig Rgt) 1:53:11
TEAM: Egdon Heath Harriers

fell

October 20

BRITISH HILL AND FELL RUNNING RELAYS Great Langdale, Cumbria

IT was always going to be difficult to beat Borrowdale in the Lake District as their senior men's outfit produced a resounding victory over host club Ambleside, despite the absence of leading runner Simon Booth. *Tim Verrett reports.*

In cool, clear conditions, Simon Bailey, of Staffs Moorlands, led the field home on the opening leg that was effectively the Blisco Dash fell race course.

However, the writing was already on the wall as he was followed closely by Borrowdale's Jonny Bland. Mark Roberts and Phil Davies then fired the 'Purple Peril' into a lead they were never to relinquish and with no major errors reported on the navigation leg the battle would now be for the minor placings as the weather was to turn slightly for the last leg.

On the final summit at Pike of Blisco, Mike Jubb, of Dark Peak, had a narrow lead over Nick Sharp and Rob Hope of Ambleside and Pudsey respectively as Borrowdale's Ben Bardsley was already halfway down the fell heading for glory. Sharp narrowly got the better of Hope to settle the medals ahead of Bingley, Cumberland and the much improved Mercia.

The women's race followed a similar pattern to the men's as Carnethy, led by former World Mountain Running Champion Angela Mudge dominated while the 'race' was again for second. Keswick's Louise Sharp came home marginally ahead of Ilkley's Andrea Priestley in a final leg encounter reminiscent of their championship battles throughout the season.

Men
 1 Borrowdale Fell Runners 2:45:06 (J Bland 35:30, P Davies/M Roberts 40:28, J Davies/G Bland 47:37, B Bardsley 41:31); 2 Ambleside 2:50:57 (J Atkinson 36:13, G Thorpe/J Deegan 44:20, S Stainer/G Patten 50:30, N Sharpe 39:54); 3 Pudsey & Bramley 2:51:33 (P Sheard 37:17, G Devine/D Hope 43:03, P Sheard/S Bottomley 51:28, R Hope 39:44); 4 Bingley Harriers 2:56:05; 5 Cumberland Fell Runners 2:58:27; 6 Mercia Fell Runners 3:00:11; 7 Ambleside B 3:03:16; 8 Clayton-Le-Moors Harriers 3:04:04; 9 Keswick 3:06:45; 10 Bowland Fell Runners 3:07:40; 11 Horwich RMI Vets 3:07:48; 12 Clayton-Le-Moors Harriers Vets B 3:08:28; 13 Staffordshire Moorlands 3:08:48; 14 Altringham & District 3:12:44; 15 Borrowdale Fell Runners B 3:13:12

Women
 1 Carnethy Hill Runners 3:34:18 (H Diamantides 42:32, T Brindley/A Mudge 47:26, J Higginbottom/K Jenkins 67:58, A Priestley 50:06, L Wilson 56:22); 2 Keswick 3:36:25 (K Dalton 44:26, H Krynan/S Schofield 53:58, L Cowell/J Meeks 65:26, L Sharp 48:55); 3 Ilkley H 3:38:15 (T Ambler 44:38, E Barclay/H Pedgwick 60:26, A Weston/S Maur 63:05, A Priestley 50:06); 4 Bingley H 3:46:54; 5 Dark Peak Fell Runners 3:46:59; 6 Pennine Fell Runners 4:08:35; 7 Ambleside 4:10:30; 8 Eryri 4:18:40; 9 Clayton-le-Moors Harriers 4:20:42; 10 Crusaders 4:31:50

October 19

MEALL A'BHUCHAILLE HILL RACE Glenmore Lodge, Aviemore

Men (5.25M/2000ft)
 1 D Rodgers (L'aber) 51:27; 2 A Ward (C'thy, M40) 54:11; 3 A Davies (Fife, M40) 55:43; 4 D Cummins (Shett) 56:17; 5 A Keith (HBT) 57:01; 6 A Smith (Dees, M40)

58:14; 7 K Greig (Forres, U18) 58:50; 8 S Burns (L'aber) 60:55; 9 M Shaw (L'aber) 60:57; 10 B Smith (St Life) 62:33
M50: R Boswell (L'aber) 64:33
TEAM: Lochaber 18

Women
 1 D Scott (L'aber) 64:41 (rec); 2 J Tait (C'thy) 65:02; 3 F Dahl (l'ness) 68:21; 4 C Mangham (Cosmic) 72:39; 5 A Blackwell (L'aber) 75:11

W40: M McIvor (l'ness) 76:30. **W50:** G Mallon (High HR) 91:34

U13 Boys (1.5M/330ft): J McKechnie (HighHR) 16:20 (rec)

U13 Girls
 1 L King (L'aber) 18:08; 2 R Paul (C'thy) 19:41

October 13

PENTLAND SKYLINE Hillend, Edinburgh

Men (16M/6200ft)
 1 J Duncan (Cosmic) 2:29:14; 2 A Kitchen (Loth) 2:36:35; 3 G Ackland (Loth, M40) 2:37:02; 4 T Lenton (Loth) 2:37:55; 5 A Davis (Fife, M40) 2:37:28; 6 P Davies (Borr) 2:38:19; 7 J Lennox (Shett) 2:40:51; 8 J Coyle (C'thy) 2:41:59; 9 K Gray (Cald V) 2:42:08; 10 A Mudge (C'thy, W) 2:42:29

M50: G Winder (Cald V) 2:50:22. **M60:** G Armstrong (HELP) 3:21:16

TEAM: Lothian

Women
 1 Mudge 2:42:29; 2 K Jenkins (C'thy) 3:18:23; 3 L McIlwraith (C'thy) 3:32:51; 4 T Hyde (Cald V, W40) 3:42:11; 5 D MacDonald (HBT, W40) 3:47:22

TEAM: Carnethy

BREIDEN HILLS RACE Criggion, Shropshire

WELSH INTERNATIONAL Tim Davies led all the way for an easy win at the end of a race where runners enjoyed perfect conditions in the highest parts where they were looking down on the low cloud cover.

Men (7M/2300ft)
 1 T Davies (Merc FR) 50:54; 2 R Little (Merc FR) 57:03; 3 T Higginbotham (Osw) 57:08; 4 I Hughes (Shrew) 57:48; 5 P Bale (Merc FR) 57:51; 6 J Lomax (Stock H) 58:02; 7 P Wright (Leic Owls) 58:06; 8 A Carruthers (Hale, M40) 58:13; 9 M Clews (Merc FR, M40) 58:24; 10 R Lamb (Merc FR) 59:31

M50: G Spencer (Merc FR) 71:02. **M60:** T Liston (Bowl) 75:45

Women
 1 S Newman (Cald V, W40) 62:44; 2 V Musgrove (Eryri, W40) 68:24; 3 C Mills (Osw) 72:35; 4 S Hammond (Tatt) 76:07; 5 J Jeffries (Osw) 77:51

W50: P Richards (Merc FR) 1:49:13

LONGCROFT ENGINEERING HIGH BROWN KNOLL RACE Mytholmroyd nr Hebden Bridge, West Yorkshire

Men (6.5M/1050ft)
 1 S Oldfield (Brad A, M40) 43:27 (rec); 2 A Clarke (Cald V) 45:31; 3 R Crossland (Brad A, M40) 47:34; 4 R Glover (Tod) 47:56; 5 P McWade (Clay, M50) 48:24; 6 S Willis (Tod) 48:32; 7 A Wright (Tam) 48:38; 8 S Fraser (Leeds Brad Tr) 48:52; 9 D Beels (Cald V, M50) 49:54; 10 W Brown (Cald V, M40) 51:20

M60: P Jepson (Ross) 53:13

TEAM: Calder Valley 20

Women
 1 A Johnson (Cald V) 55:24; 2 S Becconsall (Bing, W40) 58:35; 3 L Crabtree (Cald V, W40) 60:30; 4 J Robinson (Garst, W45) 65:04; 5 J Shaw (Darwen D) 67:36; 6 K Thomson (Clay, W45) 69:51

PINCHINTHORPE PLOD Guisborough, Cleveland

Men (7.5M/1200ft)
 1 M Cara (Middles-Mand) 42:23; 2 E Nash

(Kend) 42:30; 3 P Figg (Quak) 45:10; 4 A Henderson (Quak) 45:26; 5 M Byrne (T&S) 45:49; 6 B Atkinson (Knave, M40) 45:52; 7 K Maynard (Quak, M40) 45:53; 8 S Mechie (T&S, M40) 46:08; 9 C Rafferty (Middles-Mand, M50) 47:05; 10 J Skidmore (Middles-Mand) 47:06

M60: N Bush (llk) 51:20

TEAM: Quakers 27

Women
 1 K White (Quak) 54:20; 2 M Gibbs (T&S, W50) 61:44; 3 A Henderson (New M) 66:29; 4 J Cowell (CLOK) 67:00; 5 P Kirby (T&S, W50) 67:02

TEAM: Thirsk & Sowerby 13

October 12

FAN FAWR Brecon, Powys

WELSH INTERNATIONAL Matthew Collins had a comfortable win in the fastest time for several years, beating a good field by eight seconds in 18:49 in the first race of the winter league. Unusually the senior men cleaned up, the first veteran being M50 Steve Littlewood in tenth, while Jane made it a family double when out-sprinting Sharon Woods for the women's prize.

Men (2M/1000ft)

1 M Collins (MDC) 18:49; 2 T Gibb (MDC) 18:57; 3 M Duxbury (Horw) 19:14; 4 A Jones (A'dare) 19:25; 5 H Lloyd (unatt) 19:54; 6 N Lewis (MDC) 20:05; 7 K Williams (Neath) 20:13; 8 P Woodisse (TVH) 20:14; 9 A Keron (unatt) 20:20; 10 S Littlewood (Here, M50) 20:33

M40: D Burton (Durs) 21:24. **M60:** I Turnbull (Fod) 25:02

Women
 1 J Littlewood (Here, W40) 24:15; 2 S Woods (Eryri, W40) 24:16; 3 B Tucker (MDC) 25:57

MANOR WATER HILL RACE Manor nr Peebles, Borders

BRITISH international Angela Mudge was only 22 seconds outside her own record when finishing second overall.

Men (10M/2300ft)

1 R Gallagher (Wester, M40) 77:32; 2 A Mudge (C'thy, W) 79:26; 3 M McGovern (Moorfoot) 81:10; 4 S Simpson (Ochil) 81:23; 5 M Whitelaw (Sol) 82:24; 6 D Theaker (Helen, M40) 82:44; 7 C Upson (Wester) 85:00; 8 D Godfree (Loth) 85:12; 9 J Gallagher (Ochil, M40) 86:29; 10 R Anderson (Moorfoot, M40) 86:31

M50: J Blair-Fish (C'thy) 90:50. **M60:** K Burns (C'thy) 97:55

Women: 1 Mudge 79:26; 2 L Wilson (C'thy) 88:26; 3 K Jenkins (Wester) 98:16; 4 E Scott (Wester) 1:46:25; 4 B Stevenson (unatt, W40) 2:03:59

LANGDALE HORSESHOE Great Langdale, Cumbria

Men (14M/4000ft)
 1 J Bland (Borr) 2:13:42; 2 R Jebb (Bing) 2:14:22; 3 A Wrench (Tod) 2:16:22; 4 J Hunt (C'land FR) 2:24:35; 5 C Davies (Bowl) 2:25:16; 6 J Blackett (Middles-Mand) 2:25:23; 7 S Hoyle (Ross) 2:25:50; 8 B Thorpe (Amble) 2:26:46; 9 S Shuttleworth (Amble, M40) 2:27:35; 10 P Pollitt (C'land FR) 2:30:07

M50: J Holt (Clay) 2:27:14. **M60:** B Johnson (C'land FR) 3:47:12. **M70:** B Catlow (C'land FR) 3:58:03

Women

1 E O'Shea (Amble) 2:54:17; 2 L Whittaker (Sadd) 3:00:00; 3 K Slater (Settle, W40) 3:00:48; 4 A Forrest (C'thy) 3:17:22; 5 J Smith (Tod, W40) 3:17:26

W50: W Dadds (Clay) 3:21:02

October 6

OPEN COUNTRY MOUNTAIN MARATHON Fellside, Cumbria

Men (5hrs)
 1 S Bourne, J Hunt 342 pts; 2 J Wright, A

Horsfall 320; 3 M Bath, C Rhodes 310; 4 S Ferguson (M40), S Lunn (M40) 292
M40: 2 D Gorvett, P Cox 290. **M50:** T Tridimas, W Walford 274

Senior & U18 Team: M Brownell, C Brownell 282

Women
 1 D Thomson (W40), S Lewsley (W40) 222; 2 J Jones, E Dunnington 180

October 5

LONGMYND HIKE Church Stretton, Shropshire

Men (50M/8000ft, all unatt unless stated)

1 A Davies (Merc FR) 8:30; 2 A Yapp (Merc FR) 9:02; 3 T Davies (Merc FR) 9:54; 4 M Wittering 9:57; 5 R Williams 9:57; 6 A Nixon 10:14; 7 J Amies 10:14; 8 J Faulkner 10:20; 9 G Thomas 10:20; 10 R Little (Merc FR) 10:28

Women
 1 J York 13:21; 2 J Pitt-Lewis 13:42; 3 R Wilkinson 13:56; 4 J Miles 14:22; 5 L Ryan 15:06

September 15

PADFIELD PLUM FAIR TORSIDE SCAMPER Hadfield, Glossop

Men (6.5M/1050ft)

1 M Hayman (Dark Pk) 47:48; 2 D Gibbons (Gloss Mtn Res) 49:17; 3 N Bassett (Staffs M) 49:17; 4 I Warhurst (Penn FR, M40) 51:23; 5 C Burke (unatt, M40) 53:23; 6 R Edwards (G'dale) 55:06; 7 P Crowson (Dark Pk) 55:10; 8 J Mees (unatt, M40) 55:22; 9 F Fielding (Penn FR, M50) 55:42; 10 A Booking (Penn FR, M40) 57:08

M60: B Thacker (Dark Pk) 70:58

TEAM: Pennine FR 23

U18 (1.5M, all unatt)
 1 T Crossley 9:22; 2 B McElduff 9:37; 3 J Vose (U13) 9:48; 4 J Barber (U13) 9:50

U13 Girls
 1eq A Woodhouse / R Barber 16:19; 3 J Woodhouse 17:28

track

October 20

ROAD RUNNERS CLUB 100 Crystal Palace

RUSSIA's Oleg Kharitonov shattered Don Ritchie's 25-year-old world record as he and his compatriot Denis Jalybin between them bettered previous ultra-distance world records three times, *Alastair Aitken reports.*

In what many considered the most exciting finish to an ultra-race in the history of the sport, Kharitonov (11:28:03) and Jalybin (11:29:32) took Ritchie's mark of 11:30:51 from the books.

However, if one considers Ritchie did his time on his own, whereas Kharitonov and Jalybin often worked together to achieve their time, nothing should be taken away from Ritchie's fantastic achievement at the same venue.

After an 8am start – an hour later than planned because of security problems, John Foden, the organiser, got the 14 contestants away in a race in which four finished inside the 17-hour time limit.

Up to five hours, Kharitonov, 30, and Jalybin, 22, running with rhythmic precision, alternated the lead. Ian Anderson, who dropped out at 129 laps, only two weeks after doing the London to Brighton, was a clear third in the early stages.

After seven hours, Jalybin, from Kursk, began to move away from his compatriot and by ten hours had a four-lap lead with 355 laps covered.

Willie Sichel, who has only returned to ultra-running in the last year, was in third position on 284 laps.

Jalybin's time at 150km was 10:34.30 – a new world record for the distance, beating Ritchie's 10:36:42.

However, that effort would cause problems for Jalybin later on as in the

dramatic last three laps, he started to slow drastically. Kharitonov, from Siberia, who was then operating at six-minute-mile pace, came past his friend at great speed with three-quarters of a lap remaining and went on to break the world record.

However, Jalybin, hung on grimly and staggered along, at what looked like a suicidally slow pace. He just hung on to collapse over the line and be out cold for nearly half an hour.

The manager of his team, Konstantin Santalov, who himself was three times world ultra 100km champion, explained: "Jalybin was suffering badly with lack of glucose in the final mile but I was not surprised that the world record was achieved."

He added: "Our plan was to do that but it was the fact that age and experience paid off for Oleg Kharitonov."

Sichel, 49, who had a bad patch in the middle, revived himself in the final stages to finish third in 15:17:47.

Wally Hill, an over-50 runner from the winning London to Brighton team for Crawley, in his third ultra in seven weeks, amazingly stuck to the task of finishing and was rewarded with 16:34:28.

That was approximately the same time given to Ramona Thevenet-Smith, who had run 92 miles before the officials picked up sticks. She said: "That beat my previous best of 97 miles in an ultra."

Men

1 O Kharitonov (RUS) 11:28:03; 2 D Jalybin (RUS) 11:29:32; 3 W Sichel (M45) 15:17:47; 4 W Hill (M50) 16:34:28

SCOTTISH VETERAN HARRIERS

RACE

Coatbridge

Men

1 B Kirkwood (Miz, M45) 33:15; 2 M Duthie (Cald) 34:19; 3 R Young (C'dale, M55) 35:31

M50: S Waugh (SVHC) 37:44. **M55:** 2 J Rolley (Law) 37:29. **M60:** 1 P Cartwright (C'dale) 37:50; 2 I Leggett (Living) 40:08

Women: M McCord (SVHC) 43:14

October 16

FIFE PAARLAUF

St Andrews

Men (10km, all Fife unless stated)

1 D Spates, S Hayworth 27:57; 2 I Overton, T Scott (M50) 29:50; 3 R McLachlan (M50), A McLachlan (U20) 32:02

M50: G Black (M60), G Bennison (M55) 34:20

Women: M Bateman (St And U), H Carnaghan (St And U) 34:00

Mixed: C Russell, G Carwade (W) 33:01

October 13

INVICTA EAST KENT

CHAMPIONSHIPS & OPEN

Canterbury

M50

5000: M Rouse (Inv EK) 17:05.0

U15

800: J Phillips (Ash) 2:13.2. **DT:** L Presnell (Ton) 29.73

U13

100/200: D Wake (Inv EK) 13.7/28.2. **800:** J Bright (Inv EK) 2:32.6. **1500:** D Carter (Inv EK) 5:11.2. **75H:** R Williams (Inv EK) 14.2. **LJ:** 1 Wake 4.50; 2 Williams 4.36

Women

5000: H Barnes (Inv EK) 18:25.8

W45

3000: E Betty (Inv EK) 11:23.7

U17

3000: 1 T Wiley (Inv EK) 10:49.0; 2 J Heaney (Inv EK) 10:56.3

U15

1500: L Whittaker (Inv EK) 5:11.4. **HJ:** J Fielden (Ton) 1.50. **LJ:** A Price (Inv EK) 4.56

U13

100: A Underdown (Padd W) 14.3. **200:** 1 A Underdown 30.5; 2 D Roe (Inv EK) 30.8. **70H:** 1 C Wearing (Inv EK) 12.6; 2 Roe 13.0. **LJ:** 1 Wearing 4.20; 2 R Sheldon

(Padd W) 4.16; 3 A Underdown 4.15. **SP:** 1 L Underdown (Padd W) 8.06; 2 Wearing 7.41; 3 Sheldon 7.02. **DT:** Underdown 22.65

walks

October 20

MIDLAND WINTER LEAGUE

Tamworth

STEVE HOLIER put a disappointing World Cup behind him with a 43:57 10km win as Luke Finch smashed his PB by 42 seconds in 44:37. *Chris Smith reports.*

Finch's performance was just 20 days too late to extend his lottery funding, but it should qualify him for a place in the European Cup in Russia in May.

Kathryn Horwill won the women's 5km in less than 26 minutes, but was chased hard by two Hull girls, Katie Stones and Jenny Gagg.

In the winning the U15 girls' 3km, Fiona McGorum made a return to racing after a shoulder injury, while Kathryn Granger just out-kicked Lauren Gimson in the U13 2km.

The best boys' walk was Simon Hambridge's 15:17 in the U15 3km.

Men (10km)

1 S Holier (W&B) 43:57; 2 Luke Finch (Leic W, U20) 44:37; 3 S Arnold (Cov) 51:07; 4 D Buttery (Leic W) 51:12; 5 C Bradley (D&S, M45) 53:51; 6 G Hambridge (Nun, U20) 54:36; 7 D Ratcliffe (Cov, M40) 55:35; 8 J Gordon (D&S, M50) 56:41; 9 N Loader (D&S) 58:31; 10 N Smith (Nun, M40) 59:03; 11 T Morris (Nun, M55) 59:20; 12 B Nelson (Bir, M55) 59:55; 13 G Jones (Cov, M60) 60:59; 14 P Bharti (Bir, M55) 62:13; 15 D Fall (Bir, M50) 62:18; 16 K Worth (WMP, M50) 62:37; 17 G Mitchell (Bir, M80) 81:14

HANDICAP TEAM: 1 Nuneaton 1:56:59; 2 Birchfield H 2:02:57; 3 Coventry Godiva H 2:04:41; 4 Dudley & Stourbridge 2:09:03

Men (5km)

1 Bradley 25:46; 2 A Flear (Nun, M45) 27:21; 3 J McNulty (Nun, U17) 28:59; 4 M Culshaw (Tam) 29:17; 5 W Wright (Nun, M60) 29:34; 6 G Cropper (Wirr, U20) 31:31; 7 D Isherwood (Wirr, M45) 32:09; 8 E Horwill (D&S, M65) 32:56; 9 C Smith (Leic W, M40) 35:34; 10 B Spratt (KuH, M60) 37:30; 11 W Ferguson (Wirr, U17) 37:43; 12 P Bilson (Sheff) 37:56

HANDICAP TEAM: 1 Dudley & Stourbridge 59:27; 2 Wirral 59:30; 3 Nuneaton 59:54; 4 Worcester 61:11; 5 Kingston upon Hull 64:09

U15 (3km)

1 S Hambridge (Nun) 15:17; 2 L Hayden (Nun) 15:41; 3 M Hambridge (Nun) 16:55; 4 N Arnell (KuH) 19:51

U13 (2km)

1 M O'Kane (Cov) 11:39; 2 M Pratt (Sheff) 12:52; 3 C Brayshaw (Sheff) 13:07; 4 C Arch (Cov) 13:35

Women (10km)

1 S Chetwynd (Tam) 56:00; 2 M Clarke (Worcs) 77:09

Women (5km)

1 K Horwill (D&S) 25:58; 2 K Stones (KuH, U20) 26:41; 3 J Gagg (KuH, U17) 26:58; 4 H Bradford (Worcs, U17) 31:41; 5 H Repton (Worcs, U17) 32:27; 6 J Langford (W&B, W65) 32:48; 7 P Horwill (D&S, W65) 34:11; 8 J York (D&S, W55) 34:41; 9 C Granger (Hallam, W45) 35:27; 10 C Telling (Worcs) 37:33

U15 (3km)

1 F McGorum (Leic W) 16:53; 2 C Yeoman (Cov) 20:45; 3 D Webb (Tam) 23:46

U13 (2km)

1 K Granger (Sheff) 10:55; 2 L Gimson (Leic W) 10:58; 3 E Gatwood (KuH) 12:06; 4 H Smith (Bir) 12:21; 5 N Myers (Sheff) 12:33; 6 R Windsor (Cov) 12:46; 7 J Yeoman (Cov) 12:50; 8 B McNulty (Nun) 12:51; 9 E Chatwyn (Bir) 13:10; 10 G Terry (KuH) 13:20

October 19

CAMBRIDGE HARRIERS

WINTER LEAGUE

Bexley, Kent

THE TWO main omissions from Britain's

World Cup walking team stretched their legs on the traditionally fast four-lap course, Paul Warburton reports.

Recently married Darrell Stone was away after a lap from Mark Easton, who was racing for the first time since his Commonwealth Games disqualification, with Andy Goudie helping Belgrave to second team place behind Easton's Surrey WC.

In the women's race, Wimbledon-based South African Estle Viljoen established a new 5km best to go with her 10km improvement at the Leamington Grand Prix in September.

Men (10km)

1 D Stone (Steyn) 21:49; 2 M Easton (SyWc) 22:48; 3 A Goudie (Belg) 24:05; 4 C Lawton (Belg, M50) 25:41; 5 C Hobbs (Med, M40) 26:16; 6 S Lightman (SyWc, M55) 26:29; 7 P Hannell (SyWc, M55) 27:13; 8 L Dordoy (Ilf, M45) 27:28; 9 D Stevens (Steyn, M65) 28:07; 10 D Sharpe (Ilf, M45) 28:17; 11 N Silvester (AFD, M45) 29:32; 12 D Fotheringham (Belg, M70) 29:39

TEAM: 1 Surrey WC 15; 2 Belgrave 19; 3 Ilford 38

U17: R Harris (Dart) 29:19

U15 (2.5km)

J Tomlin (Dart) 13:24

Women (5km)

1 E Viljoen (HW) 23:28; 2 J Hesketh (Steyn) 26:35; 3 K Wallace (Ton) 27:37; 4 L Ralph (Ton) 28:21; 5 M Harris (Dartf, W45) 34:36; 6 G Legon (LPR, W35) 38:17

TEAM: Tonbridge 21

U17

1 N Fox (Dartf) 30:04; 2 E Bosworth (Ton) 30:35

U15 (2.5km)

1 C Tomlin (Dartf) 14:16; 2 J Stacey (Brom) 16:38; 3 V Curtis (Dartf) 16:40; 4 E Green (Dartf) 19:00

TEAM: Dartford 8

October 13

CLAIRE POWELL WALKS

The Dell, Dudley

KATHERINE HORWILL continued her return to form, leading hosts Dudley to victory in the women's team event with a sharp 14:58.5 3km. *Chris Smith reports.*

Jenny Gagg made her U17 debut with a good win in 15:30.4, while U20 winner Rachael Woolley knocked half a minute off her PB with 17:10.0.

Luke Finch headed the senior men's 5km field in 22:52.3 and was also fastest in the handicap 2km in 8:41.9, helping Leicester to the team shield for the seventh time in eight years.

Lewis Hayden smashed through the 10-minute barrier for the first time as he won the U15 boys' 2km race in 9:54.2 with Rebecca Mersh taking the girls' race in 10:23.1.

Finally at U13 level the leading girls were inseparable for the whole 2km race, Katherine Granger winning in 11:12.3 to Lauren Gimson's 11:13.2, with Mark O'Kane taking the boys' race in 12:01.1.

Men

MATCH: 1 Leicester Walking Club 113; 2eq Nuneaton H/Coventry Godiva 77; 4 City of Sheffield 72; 5 Birchfield H 68

Men (5km)

1 Luke Finch (Leic W, U20) 22:52.7; 2 A Parker (W&B) 23:11.7; 3 D Buttery (Leic W) 26:17.2; 4 Lloyd Finch (Leic W) 27:51.1; 5 G Hambridge (Nun, U20) 27:56.5; 6 W Wright (Nun, M60) 29:16.6; 7 G Jones (Cov, M60) 29:49.3; 8 M Culshaw (Tam) 29:51.6; 9 J Barnett (Bir, M40) 30:24.9; 10 D Fall (Bir, M55) 30:27.1; 11 R Harris (Dartf, U17) 31:08.6; 12 E Horwill (D&S, M65) 33:00.2; 13 J Culshaw (Tam, M60) 34:50.2; 14 P Bilson (Sheff) 35:52.6

Handicap 2km (actual times): 1 Buttery 9:55.7; 2 Lloyd Finch 8:56.0; 3 N Adams (Sheff) 8:44.9; 4 Luke Finch 8:41.9

Veterans handicap 2km (actual times):

1 C Smith (Leic W, M40) 13:38.0; 2 J Culshaw (Tam, M60) 13:28.0; 3 D Fall (Bir, M55) 11:52.8; 4 J Guest (W&B, M60) 11:51.9; 5 G Jones (Cov, M60) 11:27.4; 6 E Horwill (D&S) 13:09.6; 7 J Barnett (Bir, M40) 12:37.9

U15 (2km)

1 L Hayden (Nun) 9:54.2; 2 M Hambridge (Nun) 10:54.9

U13 (2km)

1 M O'Kane (Cov) 12:01.1; 2 M Pratt (Sheff) 12:33.4; 3 C Arch (Cov) 13:27.2; 4 C Brayshaw (Sheff) 13:33.7

Women

MATCH: 1 Dudley and Stourbridge 93; 2 City of Sheffield 75; 3 Dartford H56; 4 Leicester Walking Club 38; 5 Coventry Godiva 34

Women (5km)

1 K Horwill (D&S) 14:58.5; 2 J Gagg (KuH, U17) 15:30.4; 3 R Woolley (Leic W, U20) 17:10.0; 4 J Bellfield (D&S) 18:59.1; 5 N Butler (Sheff) 19:13.3; 6 P Horwill (D&S, W65) 19:59.2; 7 L Harris (Dartf, W40) 20:29.1

Handicap 2km (actual times): N Fox (Dart, U20) 11:12.6

Veterans handicap 2km (actual times)

1 L Harris (Dartf, W40) 13:27.1; 2 C Granger (Hallam, W40) 13:20.5; 3 P Horwill (D&S, W65) 13:19.1; 4 J Langford (W&B, W65) 12:31.8

U15 (2km)

1 R Mersh (Sheff) 10:23.1; 2 D Webb (Tam) 16:33.4

U13 (2km)

1 K Granger (Sheff) 11:12.3; 2 L Gimson (Leic W) 11:13.2; 3 C Yeoman (Cov) 12:59.9; 4 N Myers (Sheff) 13:11.5; 5 J Yeoman (Cov) 13:11.8; 6 S Pearce (Cov) 13:35.6

LPR 9km

Blackheath, south London

Mixed Handicap, actual times

1 G Legon (LPR, W35) 63:18; 2 L Ralph (Ton) 53:04; 3 S Allen (Ilf, M45) 49:10; 4 C Flint (L Vids, M50) 53:02; 5 L Dordoy (Ilf, M45) 54:23; 6 N Kavanagh (Bex, M45) 54:27; 7 R Watts (L Vids, M50) 61:52; 8 K Wallace (Ton) 51:59; 9 D Sharpe (Ilf, M45) 55:56; 10 W Coleman (Camb H, M60) 61:01; 11 K Watts (L Vids, M50) 58:42; 12 P Cassidy (Loughton, M60) 57:47; 13 D Ainsworth (Ilf, M50) 63:39; 14 R Steinholtz (L Vids, W40) 70:30

TEAM: 1 Ilford 13; 2 Lon Vidarians 23

October 12

ENFIELD 5

Men

1 J Hall (Belg, M50) 42:34; 2 A Seddon (ESH, M60) 43:54; 3 K Phillips (Ilf, M50) 44:06; 4 L Dordoy (Ilf, M45) 46:47; 5 D Sharpe (Ilf, M45) 47:30; 6 M Hinton (Ilf, M45) 47:59; 7 C Michael (ESH) 48:11; 8 N Kavanagh (Bexley, M45) 48:19; 9 R Powell (ESH, M60) 48:44; 10 S Kavanagh (Bexley, U17) 48:49

Women. (3M):

1 M Worth (Steyn W75) 39:07

TEAM: 1 Ilford 12; 2 Enfield 18; 3 Ilford B 38

amendments

SURREY LADIES LEAGUE, EPSOM

Downs, October 12

Division One revised TEAM: 1 South London H 82; 2 Belgrave H 83; 3 Ranelagh H 114; 4 Dulwich R 120; 5 Woking 143; 6 Thames Hare & Hounds 151; 7 Dorking & Mole Valley 152; 8 Herne Hill H 154; 9 West 4 H 220; 10 South London H B 226

WORLD MASTERS GAMES, October 7-13

Contrary to the report, Neil Griffin is the M50 shot record holder at 15.61m. W30 TJ: 1 I Hill

EAST SURREY LEAGUE CROSS COUNTRY

RELAYS, Wimbledon Common, October 5

Men (4x1.95): 1 Crawley 41:13 J Clewitt (U20) 10:01; D Rayner (M45) 9:48; C Hickman (M50) 11:11; T Kimber 10:13

Fastest: Rayner 9:48

SOUTH LONDON HARRIERS

CHAMPIONSHIP GIBB CUP 5, Coulsdon, October 5

Women (all S Lon): 1 P Major (W35) 32:43; 2 J Trowbridge (U20) 33:23; 3 S Ashley (W45) 36:11

INTER AREA TRACK WALKS, Dartford, September 29

MATCH: 1 Midlands 82; 2 South 81; 3 North 35

athletics WEEKLY BACK ISSUES

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What's on

Preview guide to forthcoming events

Your TV guide



BRITISH EUROSPORT

Tuesday October 25

11.15am - 12.15pm - Highlights of the summer's European Championships in Munich.

Sunday November 3

3.30-6.30pm - Live coverage of the New York Marathon. Highlights the following day at 2pm.

BBC One

Friday October 25

7-7.30pm - A Question of Sport: Wheelchair athlete Tanni Grey-Thompson is among the guests.

BBC 4

Thursday October 24

12.15-12.35am - History of Jamaican sprinting: Linford Christie looks at the dominance of sprinters from the tiny Caribbean island since the 1940s.

BBC World Service (radio)

Wednesday October 23

8.30pm-9pm - Women In Athletics: This second of two programmes focuses on East Germany, drugs and the rise in the success of black Africans.

Thursday October 24

2.30-3am - Women In Athletics.

Thursday October 24

3.30-4pm - Women In Athletics.

Friday October 25

10.30-11am - Women In Athletics.

Times subject to change.

road

Friday October 25

POOLE RUNNERS WINTER 5km SERIES

Boscombe Pier, Boscombe, Bournemouth. 7.15pm.
Contact: Geoff Scott. 01202-625051
SERPENTINE / RUNNER'S WORLD LAST FRIDAY OF THE MONTH 5km
Lido Cafe, Hyde Park, London.
Contact: Malcolm French. 0208-422 3900

Saturday October 26

AAA OF ENGLAND MEN'S SIX-STAGE & WOMEN'S FOUR-STAGE RELAYS

Sutton Park, Sutton Coldfield.

Sunday October 27

AAA OF ENGLAND YOUNG ATHLETES' RELAYS

Sutton Park, Sutton Coldfield.

FENLAND 10

Marshland High School, West Walton, nr Wisbech, Cambridgeshire. 10am.
Contact: Janet Crockford, Willow Cottage, Dawsmeare Bank, Dawsmeare PE12 9NN

ROUNDHAY ROMP 10km & 5km

Roundhay Park, Leeds, West Yorkshire.
Contact: 01423-881000

SIMPLY SCOTTISH JEDBURGH

HALF-MARATHON

The Square, Jedburgh, Borders.
Contact: Charles Masraff. 01573-223030

STROUD HALF-MARATHON

Contact: Stroud & District AC. 01453-755816/885337/882840/822235
NATIONAL TRUST SNOWDONIA MARATHON
Nant Peris, Gwynedd. 9.30am.
Contact: Brenda Hurdley. 01492-860123

WALSALL FLYER 5

Manor Farm Community School, King George Crescent, Rushall, Walsall, West Midlands. 11.15am.

WILMINGTON 10km & 2km FUN RUN

Wilmington Grammar School for Boys, Wilmington Hall, Common Lane, Wilmington, Kent. 10.30am.
Contact: 01322-442203

WORKSOP HALF-MARATHON inc

NOTTINGHAMSHIRE CHAMPIONSHIPS
Clumber Park National Trust Parkland. 10.30am.
Contact: Nigel Dawber. 01909-477850

Friday November 1

METRO ABERDEEN LUNCHTIME 3km SERIES

Outside Beach Leisure Centre, Aberdeen. 1pm.
Contact: J Stewart. 01224-740998

Saturday November 2

ALLAN SCALLY RELAY

Bannerman High School, Baillieston, Glasgow. 2pm.
Contact: Bill Scally. 0141-551 9046

Sunday November 3

ADIDAS/ON THE RUN THROUGH THE VILLAGES RACE (8.45M)

Dressers' Arms, Wheelton, Lancashire.

Contact: tdickanson@tesco.net

CENTURIUM RUNNING CLUB GRAND PRIX

Archbishop Grimshaw School, Kew Close, off Cooks Lane, North Solihull, West Midlands. 11am

Contact: Geoff Wheeler. 01675-462972

DUNDEE ROAD RUNNERS 10

Templeton Woods, Dundee. 10.30am.
Contact: D Robertson. 01307-818053

GUY FAWKES 10

Ripley Castle, Ripley, Harrogate, North Yorkshire. 10.30am.

Contact: Philip Bowden. 01423-526994

(evenings & weekends only)

ILMINSTER LIONS CHARITY

10km & 5km
Market Square, Ilminster, Somerset.
Contact: Brian Lawrence. 01460-242841

LORDSHILL 10

Lordshill Outdoor Recreation Centre, Southampton.

Contact: Derek Goodchild, 125 Ludlow Road, Itchen SO 19 2ER

LOCHABER HALF-MARATHON

An Aird, Fort William, Highland. Noon.
Contact: D McDonald. 01855-841276

MARLOW HALF-MARATHON

Recreation Ground, Riley Road, Marlow, Buckinghamshire. 9.30am.
Contact: 01628-471896

RONHILL DERWENTWATER 10

Keswick Water, Keswick, Cumbria. Noon.

Contact: 01228-513200

STEVENAGE MENCAP HALF MARATHON inc HERTFORDSHIRE

CHAMPIONSHIPS

John Henry Newman School, Stevenage. 10.30am.

Contact: Paul Holgate. 01438-722616

TEWKESBURY AC GUY FAKWES 5

Tewkesbury School, Tewkesbury, Gloucestershire.
Contact: Mick Morris. 01242-260798

Monday November 4

INSPIRED PUBS BRIDGE INN

WINTER 5km SERIES
The Bridge Inn, Shortwood, Mangotsfield, Bristol. 7.30pm.
Contact: Mike Adams. 01761-462179

Tuesday November 5

CHINGFORD LEAGUE 5km

Eastway, East London.
Contact: Janice Bowman. 0208-440 7616

Saturday November 9

BATH VICTORIA PARK 4

Royal Victoria Park, Upper Bristol Road, Bath. 2pm.

GLASGOW UNIVERSITY 5

Garscube Sports Complex, Glasgow. 2pm.
Contact: 01360-312852

GLEN CLOVA HOTEL HALF-MARATHON

Glen Clova Hotel, Angus. Noon.
Contact: 01501-340731

SCOTTISH SECONDARY SCHOOLS RELAY CHAMPIONSHIPS

Grangemouth Stadium. 12.30pm.
Contact: Linda Trotter. 01592-772013

Sunday November 10

HEATON HARRIERS TOWN MOOR MEMORIAL 10km

Exhibition Park, Newcastle-upon-Tyne. 11.00am.

Contact: Helen Mitford, 15 Westfield Park, Wallsend, Newcastle upon Tyne NE28 8LB

PHOENIX AC ROAD RACES

Preston Park, Brighton, East Sussex.
Contact: Colin Simpson. 01435-867579

STEBBING REMEMBRANCE DAY 10

Stebbing Primary School, Stebbing, Dunmow, Essex.
Contact: Grange Farm Trotters. 01371-821298

Friday November 15

POOLE RUNNERS BOSCOMBE

WINTER 5km SERIES
Boscombe Pier, Bournemouth. 7.15pm.
Contact: Geoff Scott. 01202-625051

Sunday November 17

BRIGHTON REEBOK 10km

Madeira Drive, Brighton. 11am.
Contact: Chris Carter. 01273-503446

FRASERBURGH HALF-MARATHON

James Ramsay Park, Fraserburgh, Grampian. 11am.

Contact: 01346-510311

GOSPORT HALF-MARATHON

Bay House School, Gosport, Hampshire. 11am.

Contact: David Little. 07720-845881

JERSEY HALF-MARATHON

Jersey Athletics Track, La Grande Route de St Clement, St Clement, Jersey. 9am.

Contact: Roy McCarthy. 01534-873384

ROUNDHAY 5 & 3

Roundhay Park, Fitzroy Drive, Roundhay, Leeds, West Yorkshire.

11.05am.

Contact: Mick Helm. 0113-278 7475

ST NEOTS RIVERSIDE HALF-MARATHON

Recreation Centre, Eynesbury, St Neots, Cambridgeshire. 10.15am.
Contact: Mrs N Leckie. 01480-350373

Tuesday November 19

SAINSBURY'S STEVENAGE 5km SERIES

The John Henry Newman School, Hitchin Road, Stevenage, Hertfordshire. 7.30pm.
Contact: Keith Perry. 01462-438797

Wednesday November 20

DIXON SPORTS GATESHEAD

LUNCHTIME HANDICAP 5km
Gateshead International Stadium, Gateshead. 12.30pm.
Contact: Gateshead International Stadium. 0191-433 5706

Saturday November 23

WOLVERTON 5

Willen North Lake, Willen, Milton Keynes. 3pm.
Contact: Race Secretary, 66 North Twelfth Street, Central Milton Keynes MK9 3BT

Sunday November 24

BLENHEIM COLOUR EYNHAM 10km

Bartholomew School, Eynham, Oxfordshire. 10.30am.
Contact: Pat Whitlock. 01865-880368

BOSCOMBE 10km

Kings Park, Boscombe, Dorset. 11am.
Contact: 27a Sea Road, Boscombe BH5 1DH

CHELMSFORD 10km

Melbourne Park, Chelmsford. 2.30pm.
Contact: R Meadowcroft. 01245-354649

CROWBOROUGH 10km

Crowborough, East Sussex.
Contact: Dave Stevinson. 01825-733002

EVERARDS LEICESTER MARATHON, HALF-MARATHON & FUN RUN

Mallory Park, Leicestershire. 10am.
Contact: 45 Church Street, Thurmaston, Leicester LE4 8DQ

HAYLING 10

Hayling Island, Hampshire. 10am.
Contact: 0239-225 1027

cross country

Saturday October 26

DURHAM PINE NORTH EASTERN HARRIER LEAGUE

Chester-le-Street.
Contact: Mrs AM Ogle. 0191-440 1561

NORTHERN IRELAND U17/U15/U13 CHAMPIONSHIPS

Comber Leisure Centre.
NORTH STAFFORDSHIRE LEAGUE
Park Hall.

SCOTTISH RELAY CHAMPIONSHIPS

Cumbernauld.
SOUTH-EAST LANCASHIRE LEAGUE
Springfield Park, Rochdale. 1.45pm.

Contact: Ms Marilyn Guest. 01706-841721

Sunday October 27

ABERDEENSHIRE COUNCIL MTM CONSTRUCTION LTD SERIES

Castle Fraser. 11.30am.
Contact: 01467-628283

NORTH YORKSHIRE & SOUTH

DURHAM LEAGUE

Barnard Castle.

RUN-IN LEAGUE

Ware. 10am.

Contact: 07715-175317

Saturday November 2

APEX SPORTS CHILTERN LEAGUE

Divisions 1 & 2: Stockwood Park, Luton.

Contact: Dennis Orme. 0208-429 1461

BIRMINGHAM & DISTRICT INVITATION LEAGUE

Senneleys Park, Birmingham (All divisions).

DURHAM PINE NORTH EASTERN HARRIER LEAGUE

Sunderland.

Contact: Mrs AM Ogle. 0191-440 1561

GWENT LEAGUE

Aberdare.

KENT MEN'S LEAGUE

Capstone Park, Gillingham.

Contact: Ian Smith. 01322-271553

LEISURE PURSUITS HAMPSHIRE LEAGUE

Goodwood, Chichester. 12.45pm.

LONDON CITY RUNNER

METROPOLITAN LEAGUE

Ruislip.

Contact: 01277-625294

MIDLAND WOMEN'S LEAGUE

Senneleys Park, Birmingham.

NORTH MIDLAND LEAGUE

Sutton-in-Ashfield.

REDHILL AND SURREY BEAGLES AC

PRIORY RELAYS

Priory Park, Reigate. 1.30pm.

Contact: P Day. 10 Chaldon Close, St Johns

Park, Redhill, Surrey RH1 6SX

RED ROSE LEAGUE

Bolton.

REEBOK CROSS CHALLENGE

Senneleys Park, Birmingham. 11.50am.

Contact: 01242-528548

SPORT DIRECT WEST YORKSHIRE LEAGUE

Bradford.

Contact: Yvonne Waterhouse. 01706-818342

WEST CHESHIRE OPEN SERIES

Stanley High School, Ellesmere Port.

10am.

Contact: Dennis Wall. 0151-201 1254

Sunday November 3

ABERDEEN AAC OPEN RACES

University Playing Fields, Balcornie.

12.30pm.

Contact: Trevor Madigan. 01224-632607

ICKNIELD LEAGUE

Nowton Park, Bury.

OXFORD MAIL LEAGUE

Ascott-under-Wychwood.

Contact: James Roberts. 01304-211667

RAILTRACK NORTH OF SCOTLAND LEAGUE

Fochabers, Moray. 1.15pm.

SOUTH YORKSHIRE LEAGUE

Graves Park, Sheffield.

WESTWARD WINTER LEAGUE

St Austell.

Wednesday November 6

EALING BOROUGH SCHOOLS LEAGUE (BOYS)

Berkeley Playing Fields, Horsenden

Lane, North Greenford. 1pm.

Contact: Derek Hebbes. 01442-871504

MERSEY-SIDE COLLEGES LEAGUE

Croxeth Country Park, West Derby.

3pm.

Contact: Neil Chester. 0151-231

4358/0151-260 4805

Saturday November 9

ECCA NATIONAL RELAYS

Mansfield.

ESAA CUP - REGIONAL FINALS

Various venues.

INSURANCE CHAMPIONSHIPS

Hainault. 2.30pm.

Contact:

mark.coxhead@cgey.com/timstobbs@stpaul

.com

MANCHESTER & DISTRICT LEAGUE

Broadoak, Ashton-under-Lyne. 1.30pm.

Contact: Brenda Bradshaw. 0161-796

6310

NORTH LONDON CHAMPIONSHIPS

Ruislip Woods, Middlesex.

Contact: Brian Fowler. 01455-020 9336

SOUTH OF THE THAMES 'JUNIOR' CHAMPIONSHIPS

Sparrows Den, West Wickham, Kent.

Contact: Derek Crookes. 0208 395 1582

WELSH INTER-SCHOOLS CHAMPIONSHIPS

Brecon. 1pm.

Contact: Graham Coldwell. 01646-602187

Sunday November 10

BRITISH MASTERS ATHLETICS

FEDERATION RELAYS

Lloyd Park, Croydon, Surrey.

Contact: 01737-845118

ERIC ANDREWS MEMORIAL RACES

Drayton School, Banbury. Noon.

Contact: Geoff Robinson. 01295-258713

FROSTBITE LEAGUE

Bushfield, Peterborough.

HEREFORDSHIRE LEAGUE

High Vimmals, Ludlow. 11am.

Contact: Mike Blenkinsop. 01568-708119

JOHNNIE WALKER KILMARNOCK OPEN RACES

St Joseph's Academy, Kilmarnock,

Ayrshire. 1pm.

Contact: John Gebbie. 01563-520108

KENT FITNESS LEAGUE

Newbarn Park, Swanley.

Contact: Rob Bright. 01622-744187

LASSWADE AAC ANNUAL OPEN

Bonnyrigg, Midlothian. 12.30pm.

Contact: Barbara Howie. 0131-663 4697

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

Newton Aycliffe.

NORTHERN IRELAND U12/U14/U16 CHAMPIONSHIPS

Kingscourt, Co Cavan.

RUN-IN LEAGUE

Boreham Wood. 10.30am.

Contact: 07715-175317

RYSTON RUNNERS SERIES

Shouldham, Warren, nr Downham

Market. 11am.

Contact: Martin Simmonds. 01553-

810161

SCUNTHORPE & DISTRICT AC

QUIBELL PARK MEETING

Quibell Park, Scunthorpe, North

Lincolnshire. 11.30am.

Contact: Mrs L Borrill. 01724-855579

SUNDAY LEAGUE

Watford. 10.30am

Contact: John Denford. 0208-367 5403

WESSEX LEAGUE

Poole Runners.

WEST MIDLANDS YOUNG

ATHLETES' LEAGUE

Princethorpe College.

Wednesday November 13

EALING BOROUGH SCHOOLS' LEAGUE

Berkeley Playing Fields, Horsenden

Lane, North Greenford, London. 1pm.

Contact: Derek Hebbes. 01442-871504

WEST MERCIA AUTUMN SCHOOLS' LEAGUE

Haugh Woods, Hereford. 2.45pm.

Contact: Mr M Ridout. 01905-613391

Saturday November 16

AYRSHIRE CHAMPIONSHIPS

Tbc. 1pm.

Contact: 01294-211304

BRITISH & IRISH VETERANS' INTERNATIONAL

Ballymena, County Antrim.

Contact: 0208-683 2602

DUNBARTONSHIRE CHAMPIONSHIPS

Hermitage Academy, Helensburgh.

12.45pm.

Contact: 0141-638 7173

GLOUCESTERSHIRE LEAGUE

Gloucester.

Nike AAA Road Relay Championships, Sutton Park, Birmingham, September 26/27

BELGRAVE Harriers' men should start as favourites to defend the title they won for the first time 12 months ago, since when they have taken the national 12-stage and Southern relay titles.

Though the pool of athletes from which team manager Alan Mead can choose has been reduced by the club's participation last weekend in the European Half-marathon Champion Club Cup in Lisbon, he said: "I am expecting the team to be quite strong."

Lee Hurst and Alister Stewart are among those who may be still recovering from Lisbon, while they are also likely to be without Paul Evans and Kassa Tadesse, who are injured.

While Mead fears Tipton Harriers, the club that beat them into second at the Midland championships, Birchfield Harriers return to Sutton Park with an arguably stronger team.

Birchfield are set to include Mike Bouldstridge, Rob Birchall, Darren Daniels, Julian Moorhouse, Mike Openshaw and Paul O'Callaghan.

Last year's surprise women's champions Charnwood will need to put out a stronger team than they did at the Midland relays earlier this month. There they finished three minutes behind winners Tipton, who will be among the favourites here.

Southern champions Bedford & County are not confident of collecting their first win since 1997.

The team, which will probably be without Liz Yelling, is likely to include Sharon Morris, fresh from finishing third in the Bupa Ireland Run, Jo Wilkinson, Anna Berrill and Ellie Chadwick.

Northern champions Liverpool Harriers could improve on their fourth place from last year.

In the young athletes' races, interest will focus on whether Aldershot, Farnham and District can repeat the clean sweep they achieved at the Southern Championships in the girls' races. They were only narrowly

Contact: Robin Macdonald. 01451-82092 (10am - 3pm)

LANARKSHIRE CHAMPIONSHIPS

Drumpellier Park. Noon.

Contact: 0141-573 3960

MID LANCs LEAGUE

St Bernards RC High, Barrow-in-

Furness. 12.30pm.

Contact: 01253-721514

NORTH STAFFORDSHIRE LEAGUE

Stafford Common.

RED ROSE LEAGUE

Burnley.

RENFREWSHIRE CHAMPIONSHIPS

Greenock.

Contact: 0141-571 9243

SURREY LADIES' LEAGUE

Wimbledon Common. 12.30pm.

SWEATSHOP SURREY MEN'S LEAGUE

Division 1: Roehampton. **Division 2:**

Richmond Park. **Division 3:** Lloyd Park,

Croydon. **Division 4:** Lloyd Park,

Croydon.

Contact: Bill Bird 01628-486321

Sunday November 17

BERKSHIRE, BUCKINGHAMSHIRE & OXFORDSHIRE CHAMPIONSHIPS

Horspath Track, Oxford. 1pm.

Contact: Max Cowlin 01628 484522

EAST LOTHIAN OPEN RACES

Hallhill Healthy Living Centre, Dunbar.

Noon.



Birchfield man: Mike Openshaw

denied victory in the under-17 race last year, while it would be a major surprise if they are beaten at either under-15 or under-13 level.

The boys' gold medals should be spread more evenly. The under-17 race could be between defending champions Ipswich and Southern winners Peterborough.

Aldershot, Farnham and District and Royal Sutton Coldfield defend their titles in the under-15 and under-13 races respectively. Both could find Ealing, Southall and Middlesex among their main opposition.

TIMETABLE

■ Saturday

Noon Senior women (4x4.314km)

2.00pm Senior men (6x5.847km)

■ Sunday

11.15am U13 girls (4x2.338km)

Noon U13 boys (4x2.338km)

12.45pm U15 girls (4x2.338km)

1.15pm U15 boys (4x3.861km)

2.00pm U17 women (3x3.861km)

2.45pm U17 men (4x3.861km)

KENT WOMEN'S & YOUNG

ATHLETES' LEAGUE

Hartsdown Park, Margate.

Contact: Neil Smith. 01732-456240

REEBOK CROSS CHALLENGE inc

EUROPEAN CHAMPIONSHIP TRIALS

Hartsdown Park, Margate.

Contact: 0131-317 7320

WEST GLAMORGAN LEAGUE

Singleton Park, Swansea.

WEST WALES CHAMPIONSHIPS

Singleton Park, Swansea. 11.30am.

Wednesday November 20

POLICE v FIRE v PRISON SERVICES

MATCH

Bromsgrove, West Mercia.

Saturday November 23

CARLISLE ASPATRIA OPEN

Sheepmount Stadium, Carlisle. Noon.

Contact: Mr D Hymers. 01697-320162

DURHAM PINE NORTH EASTERN

HARRIERS LEAGUE

Durham.

Contact: Mrs AM Ogle. 0191-440 1561

EDINBURGH TO GLASGOW RELAY

Edinburgh.

Contact: Scottish Athletics Ltd. 0131-317

7320

Gauldry, Fife. 1pm.
Contact: 01382-330288
LONDON CHAMPIONSHIPS
Parliament Hill, London.
Contact: Brian Fowler. 01455-209336
MAJESTIC TRAVEL NORTH WALES LEAGUE
Bangor. 2.10pm.
NOTTINGHAMSHIRE SCHOOLS LEAGUE
Sutton Lawns, Sutton-in-Ashfield. 10am.
Contact: Mr P Allison. 0115-8452247
SOUTH-EAST LANCASHIRE LEAGUE
Lilford Park, Leigh. 1.45pm.
Contact: Ms Marilyn Guest. 01706-841721
VETERANS AC 4.5
Wimbledon Common. 2.30pm.
Contact: Brian Ford. 01737-845118.

Sunday November 24

KENT FITNESS LEAGUE
Rough Common, Canterbury.
Contact: Rob Bright. 01622-744187
LOUTH AC OPEN
Louth AC Sports Ground, London Road, Louth.
Contact: Steve Smith. 01507-442536
MIKE SULLY & GEMMA BUTLER RACES inc NIKE BMC RACES
Bristol. 12.30pm.
Contact: Mike Downs. 0117-973 3407
NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
Thirsk.
SPORT DIRECT WEST YORKSHIRE LEAGUE
Scunthorpe.
Contact: Yvonne Waterhouse. 01706-818342

multi-terrain

Sunday October 27

BLACKHILL BOUNDERS

FRUIT BOWL 7
Gibside Estate, Rowlands Gill, Gateshead, Tyne & Wear. 10am.
Contact: Mrs Joy Bell. 01207-563100

Sunday November 10

AUTUMN CHALLENGE 5
Postal Sports Club, Belmont Wood Avenue, Watford, Hertfordshire.
Contact: Colin Taylor. 01442-244820
STOWMARKET SCENIC 7
Mid Suffolk Leisure Centre, Stowmarket, Suffolk.
Contact: C Chaplain. 01449-675512

Sunday November 17

HERBERTS HOLE CHALLENGE
Lowndes Park, Chesham, Buckinghamshire. 11am.
Contact: D Smith. 01494-866426

Sunday November 24

HEREWARD RELAYS
Peterborough Cathedral, Peterborough. 9am.
Contact: Peter Jackman. 01354-654828
SOLENT SAUNTER 5km
Royal Victoria Country Park, Netley, Hampshire. 11am.
Contact: 0121-358 4483

fell

Saturday November 9

TINTO HILL RACE
Sports Club, Symington, nr Biggar, Strathclyde. 2pm.
Contact: Robin Morris. 0131-447 8846

Sunday November 17

DRUIM FADA CHASE
Cluaran, Annat, Fort William, Highland. 11am
Contact: Roger Boswell. 01397-772258

track

Saturday October 26

CHELTEMHAM THROWS OPEN
Prince of Wales Stadium, Cheltenham, Gloucestershire. 10am.
Contact: Carolyn Franks, 23 Salisbury Avenue, Cheltenham GL51 3BT

Saturday November 2

SUTTON THROWS OPEN
Wyndley Leisure Centre, Sutton Coldfield, West Midlands. 10am.
Contact: Carolyn Franks, 23 Salisbury Avenue, Cheltenham GL51 3BT

indoor

Wednesday November 6

SCOTTISH UNIVERSITIES FRESHERS' MATCH
Kelvin Hall, Glasgow. 2pm.
Contact: John Innes 01389-383933

Wednesday, November 13

GLASGOW COUNCIL OPEN MEETING
Kelvin Hall, Glasgow. 7pm
Contact: Brian Donaldson. 0141-287 3721

Thursday November 14

GATESHEAD INDOOR STANDARDS MEETING
Gateshead International Stadium, Gateshead, Tyne & Wear. 7pm.
Contact: Gateshead Sports and Recreation 0191-433 3846

walks

Saturday November 2

ADDINGTON VASE 7
Monks Hill Sports Centre, Farnborough Avenue, Selsdon, South Croydon. 2.30pm.

Contact: Peter Selby. 01825-764726

Thursday December 7

CHRISTMAS CUP 10km
Monks Hill Sports Centre, Farnborough Avenue, Selsdon, South Croydon. 2.30pm.
Contact: Peter Selby. 01825-764726

overseas

Monday October 28

ADIDAS DUBLIN MARATHON
Ireland.

Sunday November 3

CROSSCUP VAN VLAANDEREN
Gent-Zwynaarde, Belgium.
GREAT ETHIOPIAN RUN
Addis Ababa, Ethiopia.
NEW YORK CITY MARATHON
United States.

Saturday November 16

INTERNATIONAL EAA CROSS COUNTRY
Dudince, Slovakia.

Sunday November 17

CROSS INTERNATIONAL OF AMORA-SEIXAL
Amora-Seixal, Portugal.
IAAF PERMIT CROSS COUNTRY
Oeiras, Portugal.
TOKYO INTERNATIONAL WOMEN'S MARATHON
Japan. 12.10pm.

Saturday November 23

CHIBA EKIDEN RELAY
Chiba, Japan.

Sunday November 24

EAA PERMIT CROSS COUNTRY
Torres Vedras, Portugal.
IAAF PERMIT CROSS COUNTRY
Llodio, Spain.

athletics

WEEKLY

Date of event:/...../..... (d/m/y)

Name of event:

Distance: Start time:

Type of event:

Road/Track/Cross/Fell/Walks/Multi-terrain/Indoor (please circle)

Venue:

Address:

Town: County:

Postcode (if known):

Contact details: Enter here only information we can publish.

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EVENT LISTINGS

For a free entry into What's On, fill in the form below and either post it to Fixtures, *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN or fax it to 01733-898441.

Submit your fixture online

For the easiest and cheapest method of letting the sport know about your event, go to www.athleticsweekly.com and complete the online form.

Road events only

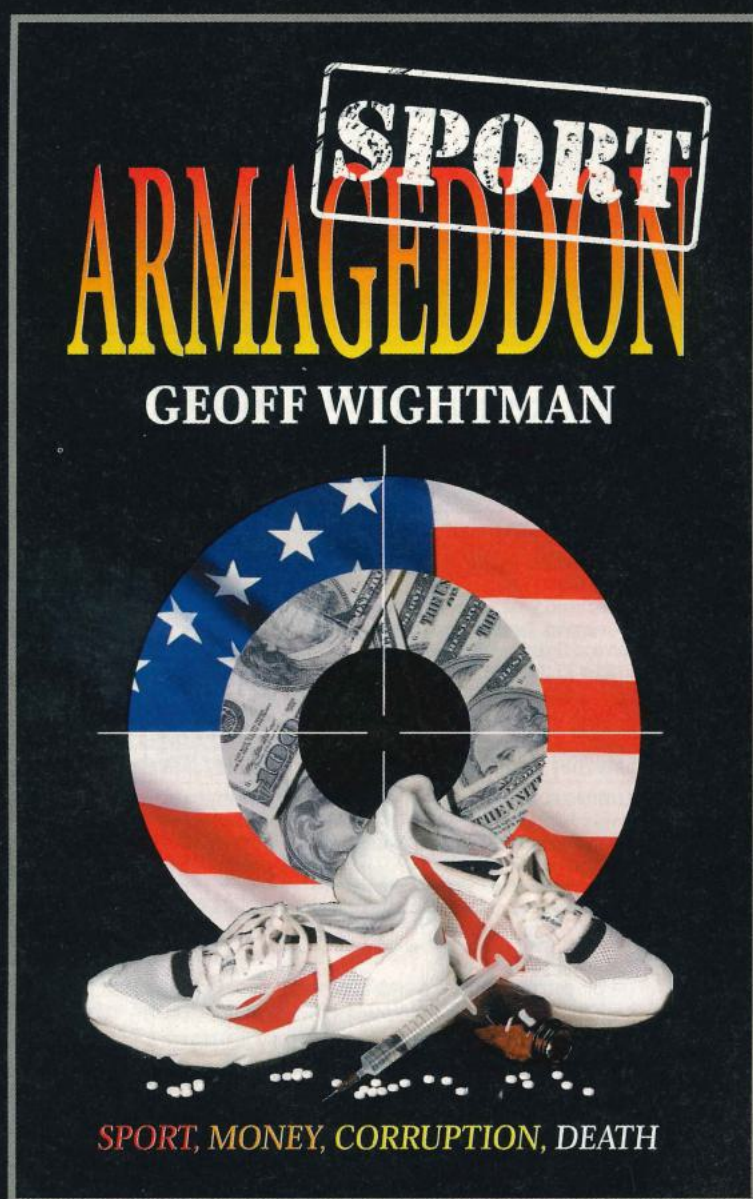
Entry fee: Extra on day: Postal entries close: / /

Prizes:

For inclusion in the Cross Country Guide, leagues and cups also should provide details of the following: teams, relegation and promotion system and defending champions. Please don't forget to provide results contact numbers for each fixture.

Please ensure fixture submissions reach us no later than eight days before publication of the last issue prior to your event.

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From 1.00pm to 5.00pm (Check in from 12.00)

Sunday Dec 1st - 60m, 60mH, Pole Vault, High Jump
Sunday Jan 5th - 60m, 60mH, Long/Triple Jump, Shot
Saturday Feb 8th - 60m, 60mH, Pole Vault, High Jump
Sunday March 2nd - 60m, 60mH, Long/Triple Jump, Shot

Entries on the day - All age groups - £2.50 per event

Note - December 1st date also incorporates the Berks and Middlesex
Pole Vault Championships. Other events in the combined Berks/Middlesex
Indoor Champs take place at TVAC on December 8th

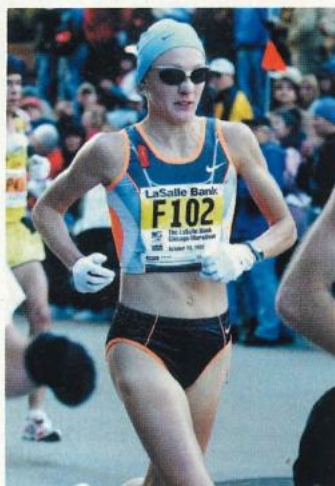
Entries for all the County events must be made via the
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TONY WARD believes that Paula Radcliffe's Chicago run heralds in a new era of women's endurance running

IS PAULA RADCLIFFE the greatest woman distance runner that the world has ever seen? Probably, if not indubitably. She is now Coe, Cram and Ovett all rolled into one. Her 2002 crowning performance on the streets of Chicago (watched by 3.5 million viewers on BBC) was a run of extraordinary magnitude. It is difficult to imagine now that it was achieved just over a year from what was the nadir of her running career in Edmonton.

How great is it? The time of 2:17:18 places her fourth in this year's UK men's rankings, she was the first Briton home in Chicago (Chris Birchall was the first British man home in 2:18:57), she has now



Paula Radcliffe: outstanding

Radcliffe heralds new era

run faster than two of our great post-war runners, Jim Hogan and Jim Peters. She would be three quarters of a mile ahead of Kristiansen at her very best, an amazing one-and-a-half miles ahead of the previous British record-holder, Veronique Marot and almost two miles in front of the great McColgan. Whatever criteria you use these are extraordinary statistics.

There is an irony, isn't there, in the fact that the faster Paula runs the more the performances of the much vilified Wang Junxia look vindicated, for there is a growing consensus that women's distance running perfor-

mances are still weak and that in 50 years' time this will be self-evident. There is little doubt that Paula is capable of running close to 29 minutes for 10,000m and 2:16, even 2:15, for the marathon. In the not too far distant future women will be eclipsing 14 minutes for 5000m.

And, of course, there are to come the great technical debates about her training methods (mostly overseas; at home there is too much smug satisfaction about their training methods from our coaches). Paula spends an inordinate amount of time at altitude to revive that controversy and since training for the marathon she

has produced faster times over the shorter distances.

This will undoubtedly mean another rethink of the methods of Arthur Lydiard. So much huffing and puffing to come.

PS... in the IAAF Race Walk Cup the first 10 women home were faster than the best British man. What's happening?

■ IF you have a view you would like aired, please write to Jason Henderson, *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN or email jason.henderson@athletics-weekly.co.uk

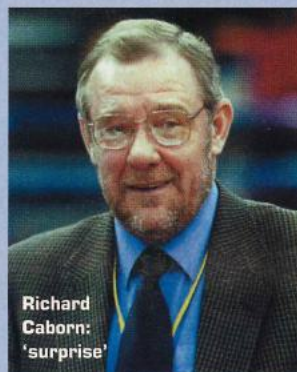
THE resignation of David Moffett as the CEO of Sport England after just

one year, is another indication of the total mess that Government has made of the organisation of sport in this country of which athletics has been a major recipient. This quango is now rudderless and looks like being so for some time. Only Sir Rodney Walker, chairman of UK Sport, remains as a voice for all, and he retires next year.

The problem with Sport England is that it always wanted to actually run sport and by holding the purse strings was able to do so. And because UKA (like a number of other sports) worried about losing its funding, it has become over the years far too acquiescent to its paymasters, allowing itself to become a self-perpetuating oligarchy with no pretence to democracy. In talking to Sport England bureaucrats over the years their contempt for those that have run and currently run athletics has been manifest.

This 'benign dictatorship' is considered by some to be 'best for the sport' and it is an argument that we'll return to in the near future. For Jowell and Caborn to express 'surprise' at Moffett's resignation is an indication only of the fact that they are completely out of touch with what is going on within their orbit, but then looking at their record that doesn't surprise us does it?

Takes too many to Quango



Richard Caborn: 'surprise'

Further study of the Performance and Innovation Unit's report on

sport leaked a couple of weeks ago makes you wonder where the authors came from and who they spoke to. Their conclusions were almost entirely negative. They say that there is no hard evidence to show that hosting major events brings economic benefits as if this is the sole perquisite for bidding for them. They also say that major sports triumphs, such as Radcliffe's stunning run in Chicago, contribute nothing to people taking up sport. Yet we all know that it was Frank Shorter's Olympic marathon win in Munich in 1972 that was the catalyst for the running boom of the Seventies and Eighties. And, as we mentioned last week, the team also came up with the ill-considered notion that Britain should field

four teams in the Olympic Games!

The only conclusion that seems to make some sense is that Sport England should stop running their own programmes and be just an investment bank for sport.

The PIU team was led by a John Clark, a management consultant for McKinsey who, many of you will remember, supplied us with Alison O'Neill who helped set up the current management structure of the sport. There is no need, is there, to say much more.

The Weekly that was ... October 26, 1985

■ On the cover

STEVE CRAM, just out-dipping Olympic 5000m champion Said Aouita en route to clocking a 1500m world record of 3:29.67 in Nice.

It was the first time anyone had broken the 3:30 mark. But Cram's time was broken later that season by Aouita (3:29.45) and the record has since been improved to 3:26.00 by Hicham El Guerrouj.

■ Steve Jones's near miss

AFTER passing halfway in an unprecedented 61:43, Steve Jones claimed victory in the Chicago marathon – but was an agonising one second short of Carlos Lopes' world record 2:07:13.

On a great day for British marathoning, Veronique Marot ran a

British record in the women's race finishing fifth in 2:28:04 behind Joan Benoit-Samuelson's winning time of 2:21:21.

■ More interaction

IN a report outlining the future plans of cross country in the UK, the English Cross Country Union highlighted the need for more interaction between the governing bodies of the English men's and women's cross country.

■ Gateshead win six-stage

BROUGHT home by their anchor-man Charlie Spedding, Gateshead won the National Six-Stage Championships by the huge margin of 90 seconds.

Forging a lead on the first leg that

was never relinquished, the northern team decisively beat Tipton into second spot with Stretford finishing third.

■ For the high jump

WORLD high jump record-holder, Lyudmila Andonova of Bulgaria, was banned by the IAAF after testing positive for drugs at a meeting at Crystal Palace.

■ 1985 world rankings

WORLD leading performances were clocked by Carl Lewis in the 100m with 9.98, Roger Kingdom in the 110m hurdles in 13.14, and Danny Harris in the 400m hurdles with 47.63.

Most notable British performer was Steve Cram, who was top ran-



ked with world record times in the mile (3:46.32) and 2000m (4:51.39) and was narrowly beaten into second place in the 1500m by Said Aouita.

AAA six-stage road relay champs

Clubs chase national six-stage honours plus action from the young athletes' relay

Sonia O'Sullivan

Irish distance-running star on
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Junior men's rankings

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