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RUNNING in the Southern Men's League back in the Nineties, I was outkicked in a 1500m. It was hardly the first time it had happened, but it was a painful defeat. The winner cut me up on the final bend.

Never a good loser, I shouted at him: "Prat!" But he just walked off, seemingly ignoring me. "Oi!" I continued, until someone interrupted. "He won't hear you," they said. "He's completely deaf." Now who felt the prat?

In the same league, a man with a more serious disability – certainly when it comes to running – regularly humbled me. He had only one arm, yet easily held his own with most rivals over his speciality distances of 200m and 400m. Athletes with disabilities do not restrict their performances to the Paralympics alone.

At a much higher level than Southern League division two, Daniel Greaves won gold in the discus at the Athens Paralympics, adding to the silver he won in Sydney. Greaves was born with his feet out of position, but the Loughborough Student also competed for the able-bodied British junior team in 2001. Similarly, 400m runner Allan Stuart, who has learning difficulties, took silver at the 2000 Paralympics, but has represented Scotland's able-bodied team too.

Greaves' achievement as a Paralympian who has broken into an able-bodied British team has been described as unique. But perhaps history has forgotten racewalker Bobby Bridge?



One of *AW*'s readers, Greg Moon, certainly hasn't. Moon reminded me last week that Bridge (left) won AAA walks titles despite his left arm being amputated at the elbow.

Statistician Ian Hodge then confirmed Bridge competed at the 1912 Olympics, although his failure to finish the 10,000m walk at the Stockholm Games means he does not register in most Olympic results archives.

Peter Lovesey, author of the *History of the AAA*, described Bridge as: "One of the most popular walkers (of the era) ... who, once seen, was not forgotten." The Lancashire postman won two AAA titles in 1912 and after the First World War he combined a new career as a dentist with a AAA triumph in 1919. His style, reported the *Athletic News*, "was perfection".

Outside the UK, Murray Halberg, of New Zealand, won the 1960 Olympic 5000m title despite running with a severely withered arm, the result of a rugby tackle when he was 17.

When it comes to athletes with disabilities matching able-bodied athletes, though, few examples are as dramatic as Oscar Pistorious. Aged 17 and only nine months after taking up athletics, the South African ran 200m in 21.97 seconds in Athens last month. Pretty impressive? Especially when you consider he was born without any bone beneath his knees and races on two prosthetic blades.

In future, most of us should think twice before complaining about dodgy Achilles tendons and tight hamstrings.

Jason Henderson, Editor



Spectators line the roads of New Delhi for the IAAF World Half-marathon Championships. Report pages 30-33. Picture: Mark Shearman

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Cover: China's Sun Yingjie wins the IAAF World Half-marathon Championships in New Delhi, India, last weekend (Mark Shearman)

Paula announces comeback race

RUNLONDON 2004: Marathon world record-holder Radcliffe returns to action after the nightmare of Athens



Paula Radcliffe: an evening return

PAULA RADCLIFFE will start her competitive rehabilitation by making her comeback in next month's RunLondon 2004 – a 10km evening race through the streets of the capital.

Radcliffe endured a nightmare Olympic Games, and was forced to drop out of both the marathon and the 10,000m in Athens.

Much speculation has surrounded where her comeback would take place but the Bedford athlete has chosen the race also known as the Nike 10km – an event she has won twice before – for her eagerly anticipated return to competition.

She said: "It's great to have the opportunity to run in London again especially as it's at night. The course is going to look spectacular to those running and also anyone watching it, with all the London landmarks that we'll be passing.

"After Athens it will be a real joy to come back to the capital and run again for the first time with all the support London gives. I have received some amazing support there in the past and I'm really looking forward to it.

"Running at night will be a real change and training in the build up to the race will be nice to get out in the evenings – people might understand that running is not just about the summer – it can happen all the year round.

"This will be the third time time I have run the Nike 10km and it gets bigger and bigger.

"I have run some good times in the past at this event, especially breaking the UK record in 2002. Who knows – this event could be another opportunity for a record."

Ireland's former Olympic 5000m silver medallist Sonia O'Sullivan has also committed to the event.

The race starts at 7pm in Surrey Quays and following the south side of the river, crossing Tower Bridge continuing around the Tower of London and finishing in Southwark Park.

♦ **TO enter the race, log on to www.runlondon.com**

... and Beijing is on agenda says her best pal

ENDURANCE: Liz Yelling believes Radcliffe will be there in 2008 to make up for missing out in this year's Olympics

LIZ YELLING, the close friend and clubmate of Paula Radcliffe, says the world marathon record-holder will carry on to 2008 to fulfil her Olympic ambitions, *writes Steve Landells*.

Yelling, who finished 25th in the Olympic marathon, was heartbroken after Radcliffe's Olympic dreams lay in tatters after dropping out of the Athens marathon at 35km and failing to finish.

But Yelling believes Radcliffe will reset her goals and now fully focus on the 2008 Beijing Olympics.

"Paula was under an awful lot of pressure and as has been reported was taking lots of anti-inflammatories for her injured quad," said Yelling.

"She didn't look right before the race but I put that down to nerves and the immense pressure she was under. I can't imagine what it would be like for an entire country to hope and expect you to win a gold medal,."

"I've since seen the video of the race and to be honest I couldn't believe she went as far as she did. I'm sure, if she could have finished, she would.

"There are a lot or armchair athletes out there who don't understand what it takes to compete at the highest level," she added of the criticism Radcliffe has received from some quarters after dropping out of the race.

Yelling added she had immediate concerns after the marathon whether Radcliffe would ever recover from the disappointment but she believes she can and will return to top form.



Liz Yelling: mixed feelings on her own marathon run

"Initially, I thought she wouldn't return to her best," said Yelling.

"I've never seen Paula so distraught after a race. But I believe she has set her sights thoroughly on four years' time. She hasn't achieved her goals yet, they are just delayed by four years."

Yelling herself has 'mixed feelings' about her own personal Olympic performance.

She said: "I prepared myself for absolute hell and a complete monster of a course but it wasn't as bad as I thought.

"There were athletes with faster PBs than me dying after 8km and 10km. There was one athlete throwing up at the side of the road at 12km. I started to worry about my race falling apart. It was total carnage.

"I have mixed feelings about the run. Sometimes I feel disappointed, sometimes I feel really pleased. But no one in front of me had a slower PB."

Kenyan rival wishes Briton well

PAULA RADCLIFFE can come back as strong as ever in the view of the athlete she replaced as the world's fastest half-marathon runner, Kenyan athlete Susan Chepkemei, *writes Paul Halford*.

Radcliffe's ability to return to her world-beating form since failing to finish both the marathon and the 10,000m at last month's Athens Olympics has been put under severe scrutiny. However, Chepkemei, whose 65:44 in Lisbon in 2001 was the quickest half-marathon until Radcliffe clocked 65:40 at last year's BUPA Great North Run, said she still fears her.

"I always respect Paula Radcliffe," said the Kenyan. "I know she will come back and she will become very strong."

Chepkemei, 2001 Great North Run winner and triple world half-marathon silver medallist, said Radcliffe should ease up for a while and try not to dwell on her traumatic experience in Athens.

"She needs now to rest and I hope she does not think about what happened," Chepkemei said. "Sometimes the body can break. She is a human being. She will come back because she is strong mentally."

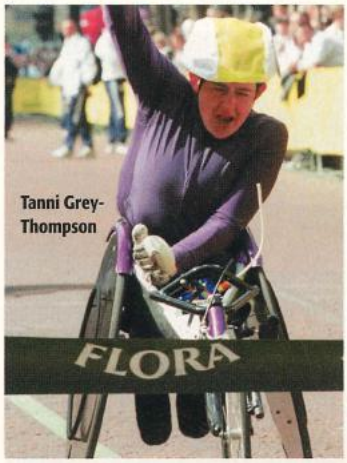
Paralympic chief sends out a warning

DISABILITY ATHLETICS: Preparation for Beijing is now the key as Athens showed the standards are greater than ever

UK ATHLETICS technical director for disability athletics, Ken Kelly, believes the days of countries at the Paralympics "winning massive amounts of medals has gone" and the challenge facing Britain's competitors is to prepare as best we can for the next Games in Beijing, *writes Steve Landells*.

Britain won 17 athletics medals in last month's Paralympics – 25 less than the Sydney haul – but the standard was higher than ever with the Chinese, in particular, coming into their own as a Paralympic superpower.

Kelly accepted the medal count was not as successful as Sydney but said: "The proportion of athletes who won season's bests and personal bests is up on Sydney. It's also a case of the rest of the world has moved on. We have to acknowledge the China syndrome but also keep it is



Tanni Grey-Thompson

perspective. What we can't legislate for is the performance of athletes from other countries. Probably, the days of teams winning a massive amount of medals has gone."

Kelly said the challenge now is "leaving no stone unturned" in terms of the preparation of athletes in the countdown to Beijing.

He said a number of nations targeted particular areas of the track and field programme. For example, the Czech Republic won seven out of its eight golds in throwing events.

But he added: "I'm not sure a focused approach would go down too well in this country – but nevertheless it may be something that we will now need to consider."

The average age of the team in Athens was 31 and many athletes such as Noel Thatcher, Bob Matthews, Mark Brown and Tanni-Grey-Thompson, all proven performers at the highest level, are unlikely to be around for the Beijing Games.

But Kelly said the seeds of a younger and successful team for Beijing was in place. "Hopefully our potential programme which was put in place in the back end of 2003 to help 20 to 25 athletes will form the backbone of the team for Beijing," he added.

The identification of fresh talent is also another big challenge and he hoped events such as the annual DSE Open Championships would be an important vehicle for identifying it.

He also viewed the introduction of the Paralympic World Cup next May as a great "shop window" for disabled sport. The inaugural event takes place in Manchester and comprises four sports – athletics, cycling, wheelchair basketball and swimming.

But he warned: "The World Cup is a shop window for the sport but behind the shop window we have to develop and bring athletes through."

♦ PARALYMPIC review, page 14

Cash to find stars for 2012

AROUND 100 promising young athletes will receive £10,000 every year under a "2012 scholarships" scheme launched last week by Culture, Media and Sport Secretary Tessa Jowell.

Sebastian Coe, the bid chairman, described it as "great news for London's bid" to host the 2012 Games.

He said: "I am delighted for the young athletes who will benefit from this scheme in the years to come. It is vital to invest now to deliver more medals in 2012."

The payments will help bridge the gap between school and club sport and existing elite athlete support. A total of £1 million a year will be distributed by Sport England.

Scholarship recipients will be dominated by governing bodies of individual sports, with special attention to athletes who might not reach their full potential without access to the help.

Black lands key UKA role

NEIL BLACK has been named as UK Athletics chief physiotherapist to replace the position previousy held by Dean Kenneally.

Black is to undertake a joint role as Chief Physiotherapist for UK Athletics (UKA) and strategic lead for the English Institute of Sport (EIS) physiotherapy team.

This role, which starts at the beginning of November, is an extension of Black's existing role as lead physiotherapist for the EIS.

He will be based out of the Birmingham High Performance Centre in his UKA role, and will continue to play a lead role in the EIS programme spearheaded from the Olympic Medical Institute in London.

Olympic heroes get public welcome

BRITAIN'S track and field medallists at the Olympic Games and Paralympic Games will feature in a special parade through the streets of London later this month.

The parade, which will take the form of a procession of sport designed floats, will take place in central London from 1.30pm on Monday October 18 culminating with a celebration in Trafalgar Square, forecast to finish at about 3.15pm.

Thousands of supporters are expected to take to the streets of London to catch a glimpse of the likes of double Olympic champion Kelly Holmes and the gold medal-winning 4x100m quartet of Jason Gardener, Darren Campbell, Marlon Devonish and Mark Lewis-Francis (pictured right). Also on view will be leading Paralympic gold medallists, Tanni Grey-Thompson and Danny Crates.

More than 100 medallists across a multitude of sports are expected to join in the parade including four-time rowing gold medallist Matthew Pinsent and teenage boxing silver medallist Amir Khan.

Large screens in Trafalgar Square will show the parade in action, as well as highlights from the Olympic and Paralympic Games. Medal winners will be presented to the crowds in Trafalgar Square in a series of interviews with BBC Sport presenters.

Simon Clegg, chief executive of the British Olympic Association, said: "Our reception since we returned from Athens has been outstanding and we are delighted that the Mayor of London has afforded both the Olympic and Paralympic teams the opportunity to celebrate our successes through the streets of London. This provides both the British public and British sport a unique opportunity to celebrate all that is great about Olympic and Paralympic sport at a crucial time in the bidding process for the 2012 Olympic Games."



Athens gold medallists ready for London victory parade

Phil Lane, chief executive for the British Paralympic Association, said: "It is great news that there will be a joint parade celebrating the success of both our Olympians and Paralympians. This was an outstanding performance by GB's Paralympians emulating their second place in Sydney with a smaller team and against the toughest competition the Paralympics has ever seen."

♦ THE parade will start on Piccadilly, outside the Ritz, and will travel along there towards Piccadilly Circus. From there the parade will continue along Haymarket before turning left into Pall Mall East and then on to the North Terrace in Trafalgar Square

Briefs

Spar Sprint Centres open
UK ATHLETICS is currently opening its nationwide network of Spar Sprint Centres. Following launches at Edinburgh, Belfast and Eton, there will be a launch at Manchester on October 9 and in Sheffield on October 19.

Northern cross teams
THE North of England AA will be sending teams to the Belgian Cross Cup meeting in Ghent on November 7 and the IAAF international meeting in Brussels on December 19.

Any senior or under-20 athletes who are eligible to compete and are interested in selection should contact the women's team manager Sue Lamb on 01332-521637 or men's team manager Rob Cameron on 0113-2508486.

Nike running nights dates
NIKE'S 'Jumpstart' running nights for women continue this autumn, starting at NikeTown, Oxford Circus, in London, on Monday evenings from 6.30pm. See www.nikewomen/uk.

Derek Johnson remembered
A CELEBRATION of the life of Derek Johnson will be held at 11.30am on Thursday October 21 at the Banqueting Suite, Lord's Cricket Ground, St John's Wood Road, London NW8.

Donations may be made to Leukaemia Research Fund c/o JH Keynon Funeral Directors, 83 Westbourne Grove, London W2 4UL.

Teenager killed by javelin
A 13-YEAR-OLD javelin thrower died last week, several days after he was hit by a javelin at an athletics meeting at Liberec in the Czech Republic.

Marathon in the sun
THE first International TUI Marathon takes place in Palma, Mallorca, on October 24. So far 2000 people have signed up to run. You can enter online at www.tui-marathon.com.

New club secretary
THE new honorary secretary of Newham and Essex Beagles is Lesley Richardson, 7 Longhayes Avenue, Romford, Essex RM6 5HD. Tel: 020-8598 9898 and e-mail richarlg99@aol.com.

Annual rankings
END of year track and field age group rankings will go in the following issues of *AW*: U20 women, October 20; U20 men, October 27; U17 women, November 3; under-17 men, November 10; under-15 girls, November 17; under-15 boys, November 24; under-13 girls, December 1; under-13 boys, December 8. Senior international and GB lists will go in our annual rankings special, out at Christmas.

Run in Kenya
MICATO Tours is organising a Kenya Running Safari on February 3-12. Runners will have the chance to explore the western highlands and meet top Kenyan runners. See www.micato.com/runnersworld.html.

The Coach quiz answers
ANSWERS to the sports science quiz in the latest issue of *The Coach* are: 1C, 2B, 3C, 4C, 5C. For a full explanation of each correct answer see the next issue of *The Coach* out on November 24.

No more half measures

HALF-MARATHON: IAAF plan to change name of autumn 'world championship'

IAAF General Secretary Istvan Gyulai has revealed the format of the World Half-marathon Championship will change in 2006 to 'The World Road Running Championships', *writes Geoff Wightman*.

The feeling is that 'half' marathon as a title somewhat diminishes the status of the event, perhaps rather like the 'World Short Course Swimming Championships'.

This could mean next October's World Half-marathon Championship, in Edmonton, Canada, could be the last. Gyulai said: "We have bids for 2006 from Rio de Janeiro, Stuttgart, Sydney and Guatemala. We can be flexible about the distance over which the host country stages the race, if they prefer 20km or 25km, and we have adapted our international sponsorship package for the championship in order to avoid potential conflict on branding.


Liz McColgan: glory in 1992

"It is possible that existing mass races around the world could host the World Road Running Championships."

It would offer encouragement to the BUPA Great North Run, won by Liz McColgan in conjunction with the inaugural World Half-marathon Championship in 1992, and other autumn British races to bid to bring the championship back to Britain.

In recent years British interest in the race has waned and in last weekend's race, held in New Delhi, India, Britain did not send a team.

♦ SUN shines. See pages 30-33

University study bashed by athletes

RESEARCH: Women to outrun men within 150 years

OXFORD University research, which predicts women could outsprint men by the year 2156, has largely been rejected by the track and field community.

The study compared winning times for the Olympic 100m since 1900 and found at their current rate of improvement women should overtake men within 150 years.

The team led by Dr Tatem, from the department of zoology at Oxford University, calculated a woman sprinter by 2156 could cover the 100m in 8.079 seconds.

In the same year scientists predicted men would manage a best result of 8.098.

The mathematical formula also predicted that by the 2064 Olympics women could challenge and better the leading men's time.

But 1992 Olympic 100m champion Linford Christie dismissed the findings. He said: "I don't think it will happen because men and women are built differently."

British women's 100m No.1, Abi Oyepitan, was also sceptical of the research and added: "I don't think it will happen because women are not physically superior."

While former world 4x400m champion Derek Redmond said: "I find it difficult to believe. I can see the gap narrowing between men and women but I can't necessarily see it being overtaken because men's times are going to improve."

Tim Montgomery holds the current men's 100m record at 9.78 and Florence Griffith-Joyner set the women's world 100m record 16 years ago with 10.49. The studies findings have been published in the journal *Nature*.

Indoor track meetings
THE North of England Athletic Association is hosting indoor open meetings on Saturday November 27 and Saturday December 11 at the English Institute of Sport indoor track in Sheffield.

The meetings will be open to athletes from under-15 to senior age groups. Entry is on a first come first served basis and events will be closed once capacity has been reached.

On the day, entries will be accepted dependent on event numbers. Entry fees are £3 for the first event entered on each day and £2 for each subsequent event.

For further information or entry forms contact the North of England AA office on 0870-991 4545 or visit their website at www.noeaa-athletics.org.uk.

In the Midlands, the Birmingham Games takes place at the National Indoor Arena on January 29-30.

The Midland Championships (Part One) and Open is on February 5-6. The Midland Championships (Part Two) and Open is on February 12-13.

Chiba guidelines
SELECTION for the Great Britain team for the annual Chiba Ekiden road relay on Tuesday November 23 will take place after the National Road Relays at Sutton Park on October 23. Form up to and including this date will be taken into consideration. UK Athletics have recently received an invitation to send a women's team to the annual Japanese race this year.

A British women's team finished sixth in last year's competition, with world marathon record-holder Paula Radcliffe running the opening 10km leg, where she finished third, her first defeat for 16 months.

The Ekiden is a relay over marathon distance and the women's legs are as follows: 2x10km, 1x7.4km, 2x5km, 1x 4.8km.

The Chiba Ekiden clashes with the European Cross Country Trials at Parliament Hill on Saturday November 20. Only athletes who the selectors do not consider to be in contention for selection for the European Cross Country Championships will be considered for selection for the Ekiden. The European Cross Country Championships is one of UK Athletics' priority events and they want to ensure they send the strongest possible team.

Any athletes who wish to discuss possible selection for the Chiba Ekiden should contact Alan Storey, UK Athletics Technical Director for Endurance, at astorey@ukathletics.org.uk

Sotherton's fears over losing her coach

HEPTATHLON: Olympic bronze medallist may have to find a new guru with Van Commenee set for top job

OLYMPIC heptathlon bronze medallist Kelly Sotherton said it is "unlikely" Charles van Commenee will continue to coach her because he is likely to accept a leading administrative role in the next month, *writes Steve Landells*.

Van Commenee is credited with bringing about the dramatic improvement in Sotherton from a fringe international into one of the world's best multi-eventers since linking up with the Birchfield Harrier last year.

However, Van Commenee is strongly tipped to become UK Athletics' new performance director, when an announcement is made of Max Jones' successor later this month.

The Dutchman, who is current UK Athletics' technical director for jumps and multi-events, has also been linked as potential replacement for Joop Albeda, the technical director of the Dutch Olympic Committee, who stepped down after Athens.

If Van Commenee, who also coaches 2000 Olympic heptathlon champion Denise Lewis, took up either role it is likely to see him forfeit direct coaching leaving Sotherton, who concluded her season with victory last weekend at the Decastar meeting in Talence, France, seeking a new coach.

Sotherton said when she returns to training later this year: "It's quite unlikely I will be coached by him (Van Commenee). He could take up a role with UK Athletics or elsewhere in the next month."

But she added: "It is not the end of the world. Charles has taught me a lot and I can't get any worse (in terms of her performance) in the future."



Kelly Sotherton: has taken Athens medal in her stride

Van Commenee controversially rubbished Sotherton's medal chances before the competition in Athens – a move seen as a masterstroke in helping motivate the Birmingham-based athlete.

But many believed he went overboard in his assessment of Sotherton's performance in Athens, when he accused her of not trying hard enough in the 800m and settling for a bronze medal when she could have done more to win silver.

Why Athens was not the best ...

KELLY SOTHERTON surprisingly confessed a greater happiness at winning the end of season Decastar meeting in Talence than winning her Olympic bronze medal.

Speaking just days after her French victory, the Birchfield Harrier said: "To be honest I'm more happy to win in France than I was to win a medal in Athens. It is nice to win. I think the last time I won a heptathlon was the AAA under-20 in July 1995."

Sotherton has found it hard to motivate herself since winning bronze in Athens and described her performance in Talence, where she scored 6242 points, as "lacklustre" and she believes she "lost speed" and some "technical aspects" since Athens.

Despite her breakthrough into world class this year the Isle-of-Wight born-athlete said: "I've not really been on a high. Everyone has been more excited than I am. I've just been quite humble about it."

Sotherton said she wants to target the pentathlon at the European Indoor Championships in Madrid.

But what areas can she improve on to close down the gap between her and Sweden's Carolina Kluft, the reigning Olympic, World and European heptathlon champion?

"The obvious," she said. "The shot, the javelin, although I have improved. I think I'm close to my potential in the high jump, although I can improve in all events."

ANTI-DOPING NEWS

Doping offence changes

♦ THE IAAF are considering lowering the number of drugs tests an athlete can miss before they can be categorised as committing a doping offence.

As it stands, an athlete who misses three drugs tests in an 18-month period is seen to have violated doping rules.

The move will be considered at next year's IAAF congress.

Disgraced throwers suspended

♦ THE Hungarian athletics federation has banned Adrian Annus and Robert Fazekas for two years for their high profile doping violations at August's Olympic Games.

Annus and Fazekas finished first in the hammer and discus respectively, but were both subsequently stripped of their titles.

Annus failed to submit a follow-up drugs test in Athens and Fazekas refused to provide a complete post-competition urine sample.

The International Olympic Committee said although Annus passed drugs tests before and after his event the analysis "indicated possible tampering".

Both athletes have appealed to the Court of Arbitration for Sport against the removal of their gold medals.

The pair will also appeal against the two-year suspension.

Olympic champions' coach under scrutiny

♦ TOP German athletics coach Thomas Springstein is under investigation for providing a banned steroid to at least one young athlete.

Medical substances containing an anabolic steroid were found after police searched the house of Springstein, who coached 2000 Olympic 800m champion Nils Schumann, former world 100m champion Katrin Krabbe and 1998 European 400m champion Grit Breuer.

Springstein served an 11-month suspension after Krabbe and Breuer, his current girlfriend, tested positive for clenbuterol after the 1991 World Championships

Scots coaching date

scottishathletics

THIS year's Scottish Athletics Coaching Conference will take place on October 30-31 at the Inchyra Grange Hotel and the National Indoor Athletics Academy, Grangemouth.

The weekend is a 'not to be missed' event offering coaches the ideal forum to develop expertise and learn new skills to equip them to work towards attaining the very highest standards within their chosen disciplines.



Mick Hill: one of the speakers

The itinerary will offer coaches the chance to hear from keynote speakers, learn from their experiences and benefit from question and answer sessions within a relaxed environment.

Delegates will attend event specific workshops covering a wide variety of sports coaching topics tailored to each discipline and suitable for coaches of all levels.

The event will also provide the opportunity for delegates to mingle with their fellow coaches in order to catch up on news and views from around the country.

Speakers confirmed include: Max Jones – UKA's performance director; Darcy Cumming – Scottish Athletics national sprints coach; Ian Ladbrooke – Edinburgh Marathon race director; David Lease – Scottish Athletics national coach/current technical coach to Darren Campbell; Mike Dolby – GB coach; Clive Brewer – Sport Scotland athlete development manager; and Mick Hill – international javelin thrower.

♦ **FOR booking enquiries please contact Scottish Athletics education administrator Val Murdoch: Tel: 0131-4767328**

Reebok Challenge gets underway

The 2004-5 Reebok Cross Challenge series is launched in Falkirk, Scotland, on Saturday as the annual cross country roadshow travels to all corners of the United Kingdom. STEVE LANDELLS previews the action

THE inclusion of a London round to the series at Parliament Hill, the spiritual home of British cross country, is the major change to the seven-event Reebok Challenge programme.

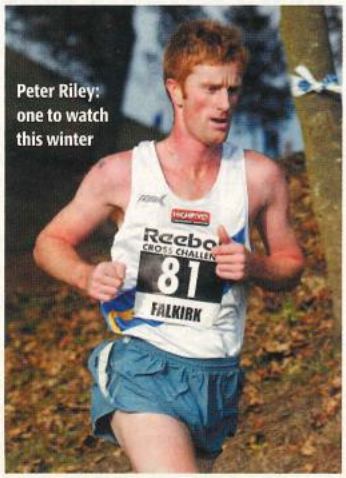
The north London venue will stage the third round of the series, on November 20, which will double as the trials for the European Cross Country Championships.

The Liverpool round, which hosted last year's European Cross Country Trials, is moved later on in the programme to an early December date.

Glynn Tromans will be the senior man to beat as he bids for a hat-trick of senior men's Reebok Cross Challenge series victories. Rob Whalley and a resurgent Keith Cullen are expected to also present a strong challenge with Mo Farah, Chris Thompson and Peter Riley some of the younger names to watch out for.

Hayley Yelling (see below) will be desperate to bounce back from the disappointment of just missing Olympic selection to win her fourth senior women's Reebok Cross Challenge title. Helen Clitheroe and Tara Krzywicki are consistent Reebok cross performers while Charlotte Dale, Louise Damen and Kate Reed lead the younger generation of emerging cross country stars.

♦ **FALKIRK preview, page 46. Cross country fixtures, pages 25-28**



Peter Riley: one to watch this winter

♦ **Reebok Cross Challenge dates:**

October 9:	Falkirk
October 30:	Birmingham
November 20:	Parliament Hill, London, inc European Trials
December 4:	Liverpool
January 8:	Belfast
January 22:	Cardiff
March 5:	Nottingham, inc UK Inter-Counties and World Championship trials

Cullen back competing

KEITH CULLEN, the inaugural men's senior winner of the Reebok Cross Challenge series, could be set for a big impact this winter after showing tentative signs of returning to his best form.

Cullen, 32, who competed at the 1996 and 2000 Olympic Games in the steeplechase and the marathon respectively, has missed three full seasons at the highest level due to a combination of compartment syndrome, Achilles and groin injuries, but after a lengthy absence returned to competition last winter.

He finished an encouraging seventh in February's National Cross Country Championships and last month offered an indication he is returning to even better form by registering the fastest leg at the Nike South of England Road Relay Championships.

"I've managed to stay injury-free, I've had a good spell of training and hopefully I'll have a good cross country season," Cullen said. "The main aim is the European Cross Country Championships.

"I'd say I'm at about 90 per cent at the moment and hopefully by the time of the European Cross I'll be 100 per cent."

It is a long hard road back to peak fitness and he "under-estimated" how tough it has been to reach his best form.

The Reebok series is to be a big part of his plans this winter and the fact this year's trial for the European cross is at Parliament Hill should be an advantage to the Highgate Harrier – as the course is just a mile from his home in Archway.

"I regularly train there, although I've never raced at Parliament Hill," he added, surprisingly.

Yellings after differing hot and cold experiences

HAYLEY YELLING, the most successful senior in the history of the Reebok Cross Challenge, is looking to this winter's series to purge the memory of a summer of unfulfilled dreams.

Yelling suffered gut-wrenching disappointment by missing out on the Olympic 10,000m qualification standard by an agonising 14 hundredths of a second at the AAA 10,000m Championships at Watford. It is hard to imagine the despondency and desolation felt at missing out on a lifetime ambition by such a savagely small margin – 31:45.14 figures which still haunt Yelling.

Picking herself up from the personal devastation has not been easy. The wounds still fresh, the pain too raw. The thought of watching the Olympic Games on TV could not be comprehended – she booked a holiday in Turkey during the duration of the track and field programme.

In the muddled confusion of post-race emotions Yelling, 30, threatened to walk away from the sport.

Yet, on the cusp of a new Reebok Cross Challenge series, the defending champion is in a more positive mood.

So for how long did the full-time schoolteacher entertain the thought of retiring?

"Not very long to be honest," she said. "I can't give up running because I'm still improving. I've improved by 17 seconds (for the 10,000m) over a season. I can't give up running, it would be silly."

Yelling returned to full training three weeks ago after a break from training, and she said: "I wouldn't say I'm particularly fit."

Yet even a far from fit Yelling will be the woman to beat during this winter's Reebok Cross Challenge series.

She plans to skip the first race of the series, in Falkirk on Saturday, and intends to open her Reebok cross campaign in Birmingham on October 30.

It is clear she is still racked with self-doubt and she conceded: "I'm just scared to race."

But there will surely be no more appropriate form of competition than the mud and the hills of the Reebok Cross Challenge to heal the wounds and wash away the memories of the summer.

So what is the main aim for the winter? "European cross," she said of December's event in Heringsdorf, Germany, an event she finished fifth in last year, "and then the world cross, because it's generally something I don't run very well in."



Hayley Yelling: back to business

Getting back to basics and the mud, sweat and tears of the cross country season is clearly the first priority – but what are her ambitions on the track?

"I don't know what the track (qualifying) times are for the world championships but whether I go for that or the Commonwealth Trials, which, I think, are in September, I don't know. I think it will be a case of going for one rather than both."

♦ OLYMPIC marathoner Liz Yelling is one familiar name who will be missing from this winter's Reebok Cross Challenge as she embarks on a lengthy trip Down Under with her husband.

The two-time former winner of the Reebok Cross Challenge series, does not plan to race in the series this winter.

Yelling, who finished 25th in Athens after picking up ligament damage in her foot during the race, has not run since and said: "I'm going to spend the winter training and travelling in Australia and New Zealand. I need a bit longer to recover physically and psychologically from the marathon and I'm giving the Europeans a miss. Year in year out there is no respite for distance runners. It is something Martin (her husband) and I have waited ten years to do."

Yelling, 30 in December, will then move to Colorado to prepare for a Spring marathon and, she hopes, the world cross country championships.

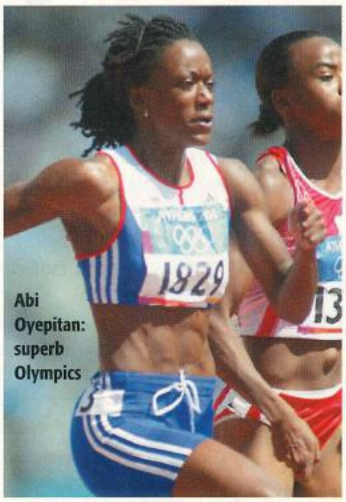
Oyepitan targets UK records

ABI OYEPITAN, the Olympic 200m finalist, said she is targeting Kathy Cook's British 100m and 200m records because the Windsor, Slough, Eton and Hounslow athlete believes that is what will be required to win medals at major championships, *writes Steve Landells*.

Oyepitan, 24, a former gold medallist at the World University Games, climbed to fourth and second on the all-time UK list for 100m and 200m by running 11.17 and 22.50 – edging towards the long standing British records of Cook, which were set in 1981 and 1984 respectively.

Coached by Tony Lester and training partner to Olympic 4x100m gold medallist Marlon Devonish and British 400m No.1 Tim Benjamin, Oyepitan has developed into the most exciting British women's sprint talent for a generation.

Oyepitan said of breaking Cook's British records of 11.10 and 22.10: "I hope it happens because if it doesn't I won't be winning any medals.



Abi Oyepitan: superb Olympics

"I need to be running 11 flat and 22.1 to be winning medals."

Reflecting on her accomplishments this year she said: "I'm pleased with the way it went. It went exactly to plan. I'm excited about the future. My best performance came in the 200m Olympic semi-finals."

She believes a major factor in her advancement has been training with the men in her group allied to a new focused attitude but she was reluctant to talk too much about her hopes for the next year.

"I try not to say too much about what I want to achieve," added the modest Oyepitan. "I just try and stay injury free, because that has always been a problem for me."

She said the indoor season will be part of her plans and this could include the European Indoor Championships in Madrid.

Oyepitan, who has finished a Masters in Human Rights and Social Change earlier this year, is far from a one-dimensional athlete. She has a passion for politics and human rights and is particularly interested in the social and political situation in Nigeria, the birthplace of her father.

Even the choice of Morocco as her post-season holiday destination, sums up Oyepitan's more cerebral qualities.

"I do like to get away travelling and think about something other than athletics," she added.

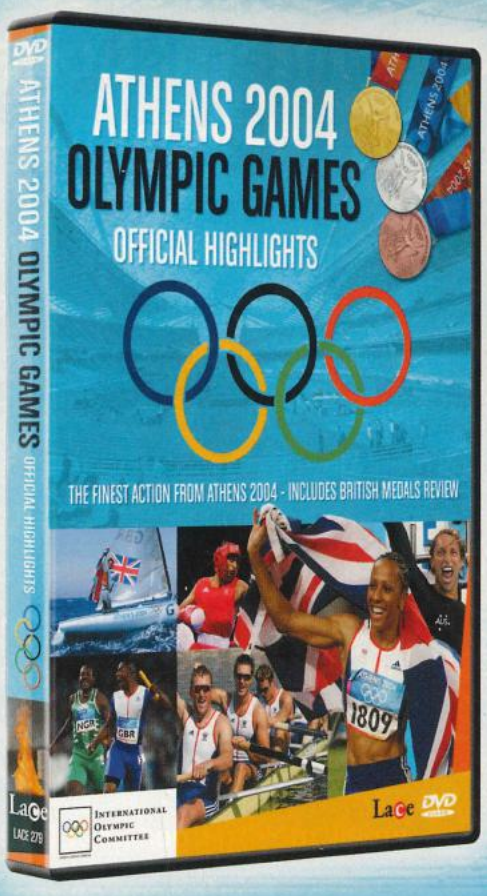
Thames race open

THE two races promoted each year by the South of the Thames cross country association will no longer have any barring clauses and the first historic race open to all runners from affiliated clubs will be the five-mile team race in Richmond Park on Saturday November 13, *writes Tom Pollak*.

Since the association was formed in 1893, it has been putting on two races a year from which some of the region's leading runners and teams were barred in an attempt to encourage others just below the top tier. Over the years, fields of around 300 competitors were common.

But in recent years the association's secretary Derek Crookes has been alarmed at the declining number of participants, leading to fields of only around 100 runners. The complex and extensive barring clauses have been simplified and a women's event incorporated within the five miles race to try to achieve larger fields.

Now, the association has voted to take the radical step and remove all barring clauses from the five-mile team race and the championship seven-and-a-half miles race at Wimbledon on December 18.



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Athens 2004 facts and figures

OLYMPICS: More statistics from the 'Athletics International' editorial team of Mel Watman and Peter Matthews

WOMEN

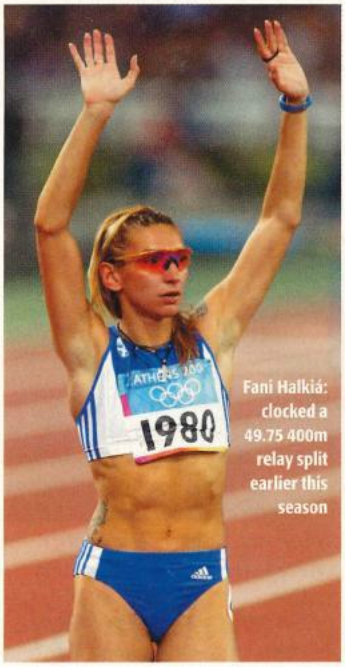
♦ **100m:** Yuliya Nesterenko of Belarus became the first woman to break 11 seconds without wind assistance in all four rounds at an Olympics. American Florence Griffith Joyner did it, with wind, in 1988 and Marion Jones accomplished the feat at the 2001 World Championships.

♦ **200m:** Before pulling up injured in her semi, Merlene Ottey, 44, competing in a record seventh Olympics – reduced her Slovenian record to 22.72, her best time for five years and a world over-40 record.

♦ **400m:** The victory in 49.41 was a far cry from Tonique Williams' previous Olympic appearance in Sydney where she was sixth in her heat in 53.43. Natalya Nazarova's 50.65 was a new record for eighth place.

♦ **800m:** Kelly Holmes' 200m splits were 28.7, 29.0, 29.2 and 29.5 and her time of 1:56.38 was her fastest since setting the UK record of 1:56.21 back in 1995.

♦ **1500m:** Holmes became, at 34, the oldest man or woman to win an Olympic 800m or 1500m title. That distinction was previously held by Albert Hill, who, at 31, won in 1920 in 1:53.4 and 4:01.8. Intermediate times: 63.59, 2:08.64, 3:12.82 with Holmes covering the final 400m in 59.8.



Fani Halkiá: clocked a 49.75 400m relay split earlier this season

♦ **5000m:** With the first 200m taking around 43 seconds followed by a lap of 81.4, the first kilometre was timed at 3:12.26. The succeeding splits were 2:53.31, 2:46.66, 2:55.53 and 2:57.89. The last 4000m was run at sub-14:27 pace.

♦ **10,000m:** Xing Huina, who had run a personal best of 14:56.01 in her 5000m heat (she was ninth in the final), ran much faster than that for the second half of this race. The Chinese runner covered the first 5000m in 15:35.2, the second in 14:49.2.

♦ **Marathon:** The 10km splits for Japan's Mizuki Noguchi, the smallest ever Olympic champion at 1.50m (4ft 11in) and 41kg (90lb), were 34:25, 35:32, 35:05 and 33:58. Her halves were 74:02 and 72:18; bronze medallist Deena Kastor of the USA ran splits of 75:40 and 71:40.

♦ **100m Hurdles:** Joanna Hayes' Olympic record of 12.37 was the world's quickest time for four years and moved the American to sixth on the world all-time list.

400m Hurdles: Greece's Fani Halkiá, whose flat speed became apparent when she clocked a 49.75 relay leg in the European Cup, joined Kim Batten as the only woman to better 52.90 more than once. Tatyana Tereschuk proved again that lane one is not an insurmountable barrier; she ran 53.44 and claimed an unexpected bronze medal.

♦ **4x100m:** The demise of the United States meant that it was the first time in this event since 1976 (not counting the boycotted Games of 1980) that the Americans had not won a medal.

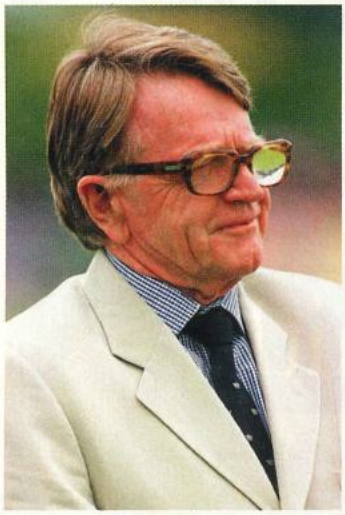
♦ **4x400m:** Splits for the victorious American team were: DeeDee Trotter 49.8, Monique Henderson 49.7, Sanya Richards 49.81 and Monique Hennagan 49.73. Fastest time was Russia's anchor Natalya Antyukh with 49.43.

♦ NEXT WEEK women's field events

Chataway v Kuts celebration

THAMES Hare and Hounds are organising two commemorative track races at Kingsmeadow Stadium, Kingston, later this month to mark the 50th anniversary of Chris Chataway's world record-breaking 5000 metres victory at London's White City, *writes Tom Pollak.*

It was at a floodlit evening meeting in a match between London and Moscow on October 13, 1954, that Chataway managed to just pip the mighty Russian Vladimir Kuts in a memorable race.


Chris Chataway has stayed in shape since 1954

The ginger-haired Chataway, nicknamed the Red Fox, managed to thrust his chest ahead in the final stride before a packed stadium of more than 40,000 spectators to snatch victory in 13 minutes 51.6 seconds and slice five seconds off the previous record set by Kuts himself in August of that year.

Ten days later, Kuts regained his world record with 13:51.2, but Chataway's performance was so stunning it led to him beating Roger Bannister to the BBC Sports Personality of the Year award.

Thames have invited all their members to take part in two 5000m handicap races which are to be held at Kingsmeadow on October 13.

The first, for veterans and women, in which Chataway, now 73, is expected to take part, starts at 7.30pm.

Chataway who runs around 30 miles a week in training, proved just how fit he was by completing the BUPA Great North Run inside 1:40:00.

A second handicap race for senior men and elite women starts at 8pm. Following the races, there will be a buffet for runners and supporters at *The Albert* on Kingston Hill.

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Record goes in European success

BREAKING a relay record set 10 years before most of the squad were born helped Enfield & Haringey's junior men to Britain's highest ever placing in the athletics equivalent of football's Champions' League last month, *writes Paul Halford*.

At the European Cup of Champion Clubs for Juniors in Ostrava, Czech Republic, the club's 4x100m relay quartet took more than a quarter of a second from the UK clubs' junior record set in 1976.

The team of Eli Win, Matt Walker, Luke Fagan and Leon Baptiste ran 41.04 to contribute to the London club's third place in the event behind Russia's Luch Moscow. The previous record stood at 41.30 to Victoria Park Harriers with a team that included 1982 Commonwealth 200m champion Mike McFarlane.

The National Junior League champions were well behind the winners but only half a point behind second-place AK Mladost Zemun of Serbia and Montenegro to equal Britain's previous best position in the event. The relay success came despite the fact Enfield's anchor man, European junior 100m champion Leon Baptsite, who had earlier won the 100m, was suffering from a cold which forced him to miss the 200m.



Enfield & Haringey's relay record-breakers in Ostrava last month: Eli Win, Matt Walker, Luke Fagan and Leon Baptiste

Another member of the squad, Luke Fagan, later helped Enfield & Haringey to third in the 4x400m relay even though he had never before raced over one lap. Luke had earlier gone to the top of the UK under-17 rankings for the year with 21.48.

Among Enfield & Haringey's best performers was comeback man Lee Doran in the javelin. The AAA under-20 champion had been suffering from a groin injury and was reduced to 50.45m just a week earlier in the National Junior League final. Yet Lee recovered to finish second with 64.53m.

Geoff Harrold, press officer for the club, said: "They arrived in Ostrava on a high after their win in the National Junior Athletics League Final but were well aware of the strength of the opposition after finishing sixth in 2003. They all rose to the challenge."

Micki getting along Fin

AFTER finally finding a coach, AAA under-17 hammer silver medallist Micki Finn has seen a dramatic improvement in his personal best, *writes Liz Champion*.

Since teaming up with coach and fellow Windsor, Slough, Eton and Hounslow athlete Steve Sammit in June, Micki improved his PB from 46.62m to 60.10m.

His aim for the season was to break 50m. "I was ecstatic," said Micki. "Throwing 60m wasn't a realistic target."

Since taking up the hammer, Micki had never had a coach and was struggling with his technique.

"I didn't have a proper coach. I was self-taught," he added.

"I never had much guidance. I just tried to pick up information here and there. Technically I was not very good. I didn't have a technique. I have the basic strength and tools but I'm still rough around the edges."

Micki was competing at a British League match in Liverpool when Steve approached him to offer advice. The pair have been working together ever since.

"The first thing Steve said was that my swing was all wrong," he added." We've been working on little things that make all the difference. Everything just clicked."

Micki will move up an age group next year and is confident he can achieve further success."There will be some good competition. Hopefully I will be up there with them," he said.

B O O K R E V I E W

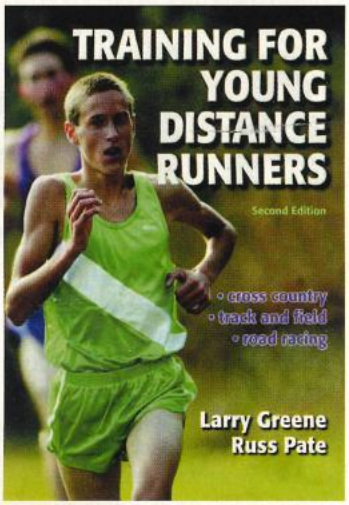
Training For Young Distance Runners

Second edition, by Larry Greene and Russ Pate

LARRY GREENE and Russ Pate are leading experts in exercise science and aim to present a comprehensive science-based training guide that will guide young runners to reach their full potential. Like the first edition, they combine the latest research with already successful programs from America's top high schools and colleges.

Training for Young Distance Runners is divided into two main sections entitled 'running research' and 'training and racing programs'. The former focuses on the scientific foundations of distance running, laying out the basic principles of training and racing. Running physiology, proper nutrition for growing and endurance athletes, mental fitness and biomechanics (or technique) are all featured. The chapter on nutrition is particularly impressive and is filled with information about different types of foods, along with a sample menu.

These topics provide the knowledge necessary for understanding the training methods and procedures for designing programs that are featured in part two. The early chapters cover a mixture of general fitness capacities including flexibility and mobility, strength endurance, technical skill, and cardiovascular fitness. Stretching, technical drills, circuit training and weight training are all illustrated by a number of clear step-by-step photos. A total of 17 training methods, such as interval training or fartlek, are discussed in great detail as part of the 'preparation for competition' section. Alongside the usual aerobic and anaerobic sections is an interesting feature on developing mental fitness which focuses on the psychology of a young athlete. These methods fit into a step-by-step process for designing training programs, allowing for young runners to select the best training for their individual needs. It includes an athlete assessment form, sample logs, and a detailed section on performance evaluation. There is also a short guide on how to prevent and treat a number of common running injuries.



What is most striking about this book is the breadth of knowledge that it contains on just about every aspect of distance running. It provides a comprehensive guide that goes beyond the basics of how to develop a successful training plan and if followed, will produce a rounded athlete. Although it may not go into enough detail for some expert coaches, it remains an excellent teaching tool for both the young runner and their coach.

Sebastian Somers

Win a copy of *Training for Young Distance Runners*

ATHLETICS WEEKLY has teamed up with Human Kinetics to give five readers the chance to win the new book *Training for Young Distance Runners* by Larry Greene and Russ Pate and also the chance to save money if you decide to purchase.

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How many training methods are discussed in *Training for Young Distance Runners*?

Send your answer on a postcard to: *Athletics Weekly, Training for Young Distance Runners* Competition, 83 Park Road, Peterborough, PE1 2TN to arrive no later than October 13.

The editor's decision is final and no correspondence will be entered into. No cash alternative.

Get *Athletics Weekly* for just £1.25 a week! Offer available to under-20 athletes only. See page 51.



Haile Gebrselassie is a national hero in Ethiopia, but still finds time to talk to everyone

A legend in action

What's it like to watch the greatest distance runner in history during a training session? Haile Gebrselassie's biographer, JIM DENISON, went to Addis Ababa to find out

Pictures: Mark Shearman

FOR Haile to hone his sprint finish and to harden his midrace resolve demands a track's smooth surface. And in Ethiopia there is only one true, synthetic 400-metre track. It's in the capital, Addis Ababa, and to get there from the north of the city you drive west down Haile Gebrselassie Avenue through Meskel Square until you reach Ghion Street. The entire time you'll have to be careful to weave your way through the hundreds of taxis, people, and animals – dogs, goats, sheep, cows. No one, it seems, obeys crosswalks or acknowledges vehicles' right of way.

On Ghion Street, you turn right and drive through a small grassy area until you reach a parking lot the size of what you might find in any medium-sized strip mall in America. This is the entrance to Ethiopia's national stadium.

Today a dozen cars are parked out front – Toyotas, Nissans, Suzukis – all of them visibly used. There is one Mercedes, however, a silver four-door sedan, and it holds a reserved space next to the steps leading inside.

The sky stretches high above the stadium; it's deep blue, and the sun is temperate. The morning is new, just a few minutes past 8 o'clock. But not if you're a member of Ethiopia's national distance running squad. They've been at work inside the stadium for over an hour, running a tough series of 1200s, 800s, and 400s on the worn tartan track.



Gebrselassie relaxes at his Addis Ababa home

Over a bumpy soccer field that completes the track's interior, a local team repeats a series of passing and heading drills. Seating around the stadium is varied: backless concrete steps, fixed wooden chairs painted green with black vinyl seat cushions, and rows of folding blue plastic seats. A decaying roof covers the seats along the homestretch. The capacity is close to 30,000. But this morning only a handful of people are about. Cleaners outnumber spectators. But that's because nothing special is happening. Nothing special for Addis Ababa, that is, where it's normal on a Tuesday morning in January to find some of the world's best distance runners – Olympic champions, world record holders, world champions – all together in the same place.

Three sets of Olympic rings positioned like great billboards tower above the top row of seating along the backstretch of the track. A group of six runners occupy lane one. Up front and clearly in command is the smallest one, the best-dressed one – white spike shoes, blue shorts and a matching silver short-sleeved shirt. Each set of Olympic rings signifies a podium position – gold, silver, bronze. And inside each respective set are portraits of the Ethiopian distance runners who have won an Olympic medal bearing that shade. It's a fitting backdrop considering the Olympic legend on the track below.

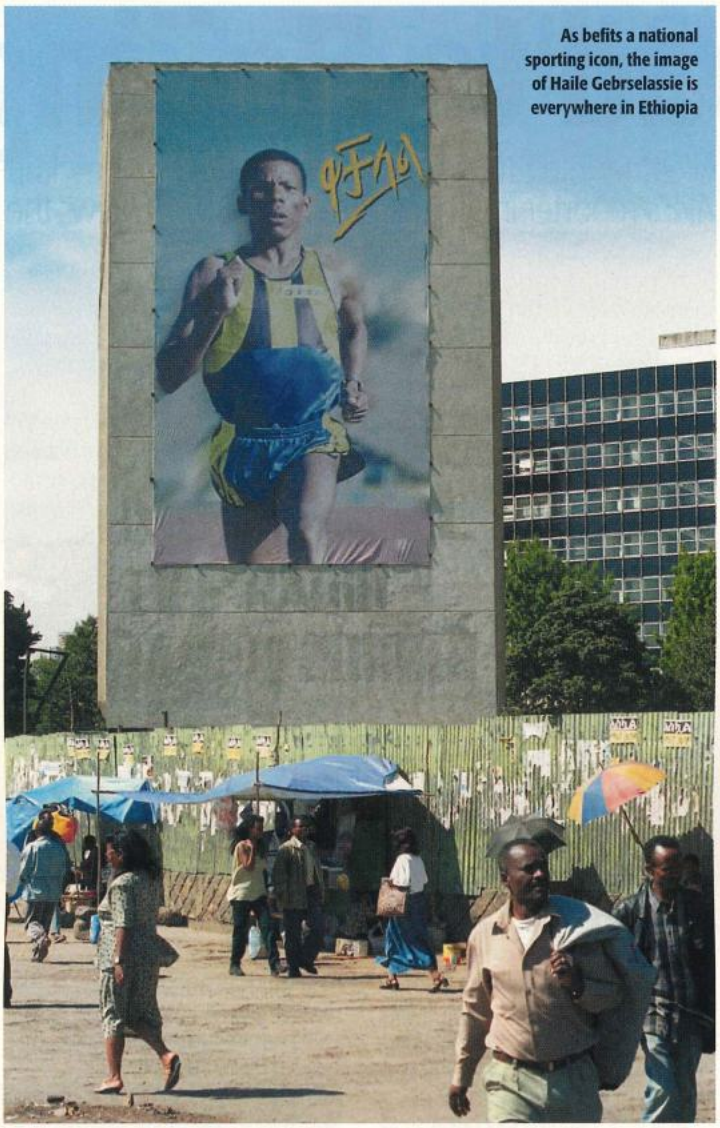
Set as it is in the centre of a busy, cosmopolitan city of 3.2 million, all manner of noises reach the stadium: horns, screeches, ring tones, conversations. But that doesn't disturb the men and women at work here. They're oblivious to all things man-made except the large patch of red track that they fill with each new stride. This is running Ethiopian style: hard, fast, and firmly in the present.

Photographers, the press, and certainly any voyeurs aren't allowed in the stadium today. A pair of middle-aged men wearing faded black blazers patrol the central steps leading down to the track. They display the nerve of power-hungry Broadway ushers. But then this is a national troupe of sorts: international performers who represent the spirit of their country through the art of movement. And, oh, how easily they move. Particularly the one known throughout the world as, "The Emperor."

Directing this morning's performance is Dr Wolde-Meskel Kostre, Ethiopia's head track coach. From his position on the infield grass, just across from the finish line, Dr Kostre barks commands, screams encouragement, and shouts out times. Called, "Doctor," by his athletes, Dr Kostre took his Ph.D. in physical education from a Hungarian university back in the 1960s when Ethiopia practiced sports education exchanges with the former Eastern Bloc. Doctor's voice is strong and youthful, easily reaching the back row of seating along the homestretch. His appearance, though, represents

'They are international performers who represent the spirit of their country through the art of movement. And, oh, how easily they move. Particularly the one known throughout the world as The Emperor'

JIM DENISON ON GEBRSELASSIE



As befits a national sporting icon, the image of Haile Gebrselassie is everywhere in Ethiopia

something very different. Following a recent hip replacement, the solid wooden cane he holds in his left hand is more for propping him up than just steadying him. Every step he takes exerts a heavy toll on his frame: a sudden twisting of his shoulders and back, an exaggerated and off balance weight shift. But his disposition seems unaffected by his disability. He never winces; he remains standing. Perhaps it's some form of sympathetic stoicism he's practicing? For like the athletes he's overseeing this morning, he knows that the reason for being here is not a matter of comfort.

It certainly has to be the discomfort of running such fast-paced intervals that contributes to the silence around the track: 30 runners – three men's groups, one women's – biting bullets in order to endure; turning out successive 400-metre laps near 60 seconds snuffs any idle chitchat. It's a quiet that resembles the hush inside a high-wire balancing act – each forward step carefully considered. Even the leader of the pack seems affected. Haile's chest heaves and his legs perform a broken jig at the beginning of each one of his recovery periods. He comes around slowly, like a boxer waiting out his standing eight count. But the moment his rest period expires, when it's time to run again, he's steady on the line, his feet and hands out front, his head poised anticipating Doctor's command.

Off the line Haile rises quickly and settles into the prescribed pace: 1200 metres in two minutes and 55 seconds. It will be his fourth such 1200 today, only to be followed by four 800s under two minutes, and four 400s in 55 – there was also a four-mile tempo run as part of the warm-up.

Finally the silence circling the track is broken with an explosion of high-fives and animated gasps. Doctor removes his stopwatch from around his neck; today's repetitions are done, and he stuffs it into his sweatpants pocket. Quickly relief spreads across everyone's face. The widest grin comes from the man whose smile lights up the world of international track and field. For Haile this is another satisfying morning's work.

Following a gentle cool-down jog, some light stretching, a quick shower, and a change of clothes, the squads' satisfaction reaches the parking lot. Mobile phones sound, departures are delayed, light chatter fills the air:

"You feeling good, man? You feeling good?"

"Nice work this morning, nice work."

Replies come forth rapidly, and they are all positive.

Soon small clusters of conversation form. Doctor leans against the stadium's outside wall discussing with Elshadai Negash, a sports reporter for the *Addis Ababa Tribune*, the results he's expecting at the World Championships in Paris at the end of the summer. "At least three gold medals," he predicts. Million Wolde is speaking quietly with Derartu Tulu. And two of the "Young Guns" of Ethiopian distance running, Kenenisa Bekele and Gebre Gebremariam, are comparing the features on their new watches.

Getaneh Tessema, a former national champion over 10,000 metres, and now a manager as well as the husband of Olympic medalist and world cross country champion, Gete Wami, is explaining to Sileshi Sihine, another rising star, the European track races on offer when the outdoor season comes around – "There's Hengelo, June 1, and then the Golden League Series begins in Oslo ..."

Berhane Adere, another world champion among the group, rises on to her toes looking for her husband. "Start the car, start the car," she tells him when she finally catches his eye. And a minute later they're driving off in their red four-door Toyota.

When Haile finally emerges from the stadium he's moving slowly with his eyes cast down. He unlocks the trunk of his Mercedes and swings his gym bag off his shoulder and inside. He closes the trunk and then leans against his car's side. Fatigue, though, doesn't account for his lethargic pose. He's on the phone with his brother, Assefa, listening carefully. At inexact intervals, however, his head pops up followed by a barrage of speech. His hands move in co-ordinated waves with his words, his nostrils flair, and his voice sweeps across the parking lot. But no one turns and stares. The others' conversations are just as full – "Where are you off to now, man?" "Hey, show me what you got there." Besides, they all know it's just Haile being Haile: talking on the phone the second training is over, probably solving some problem at one of his buildings, going straight from one task to another, never resting, never taking a break. "That's just Haile, you know. That's just Haile ..."



No medals from Athens, but Haile Gebrselassie's trophy cabinet is still mightily impressive

♦ **Extract from *The Greatest: The Haile Gebrselassie Story* (Breakaway Books) by Jim Denison, which is available exclusively in the UK from *AW*, costing £9.99. See page 18.**

The road to Beijing 2008

AW's reporter in Athens, DAVID HOWE, reviews the Paralympics and looks ahead to Beijing

THE Paralympic Games in Athens have come to a close and as the International Paralympic Committee (IPC) begins to turn its attention toward Turin – the host city of the 2006 Winter Paralympics – and 2008 hosts Beijing there are many lasting memories and lessons that can be learned from the nine days of intense competition.

These games were my first as a member of the media having competed in the middle distances (class T37) for my native Canada at four previous games. The experience behind the scenes was every bit as thrilling as it had been on the centre stage in the stadium. High quality coverage by the BBC and several British daily papers has meant more people than ever will realise there is little difference between an Olympian and a Paralympian. The organisation by Greece, at least as far as the competition was concerned, was first class, having ironed out the wrinkles at the Olympic Games.

There was much to celebrate in Athens, with five gold medals – plus one in the demonstration event at the Olympics – for the Games' golden girl Chantal Petitclerc of Canada in the T54 class. The mastery of Tunisia's Maher Bouallegue in the middle and long distances in the T52 class was evident whatever your national affiliation.

As I suggested in the preview to the Games in *AW*, the medal tally from the British Paralympic team in Athens would be greater than the Olympic squad, and so it proved. I do not say this to belittle the British squad at the Olympics, but rather to highlight one of the few fundamental distinctions between the Olympic and the Paralympic Games. At the Paralympics there are numerous classifications and therefore greater opportunities to win medals.

As the final medal table suggests, China dominated. And by the time of the next Games in Beijing in 2008 I suspect 20 per cent of athletes will be from this nation. The IPC Athletics Committee (the IPC equivalent to the IAAF) will determine the number of entries a country is entitled to at the World Championships (next held in 2006) based in the first instance on the number of medals each nation won in athletics at the Athens Paralympics. Depending on numbers the IPC may then also give places for athletes who finished in the top six in their event. These will not be places for those individuals who competed but rather a place for their nation to fill (assuming standards are met) to a maximum of three per event.

What this means is that because of the success of China in Athens they will be entitled to bring the largest team to the World Championships in 2006. After this event the selection procedure for Beijing will follow the same format. Of concern for other nations will be that China only had a few wheelchair athletes in Athens. Leading coaches suggest it takes four to five years to develop a world-class wheelchair racer, so no doubt they will be ready for Beijing.

What can UK Athletics do to compete? The establishment of a development squad based at the English Institute of Sport in Sheffield under the watchful eye of Brian Scobie, one of Britain's premier marathon coaches of the 1980s, is a step in the right direction. Several of the athletes on this squad gained valuable experience in Athens but more importantly the structure to nurture talent toward the elite level is already in place as many of Britain's Paralympic stars may have competed in their last games. Such a programme is unique in the Paralympic movement where most nations only cater for the already established elite athlete. A positive working relationship needs to be maintained between the developmental squad and the UKA high performance squad that is headed up by Ken Kelly.

Many former Paralympians were also in Athens as part of the British team in coaching roles. Dr Ian Thompson, perhaps better known as Tanni Grey-Thompson's husband, was a member of the 1992 and 1996 Paralympic team (class T54) and was in Athens as the wheelchair coach. Another member of the coaching team is Esther Cruise, who had an 11-year career as a class T38 sprinter and was a Paralympian in 1992, 1996 and 2000. Craig Carstaden, a T37 middle and long distance runner who competed in 1996, not only coaches those on the high performance squad but organises a grand prix series in Britain each summer. With the involvement of individuals like these, the future preparation of the Paralympic squad appears to be in safe hands.

But the bar is continually being raised and the achievement of medals is soon going to be as difficult as it is at the Olympics. While there was a media frenzy surrounding certain athletes in the British team in Athens, two efforts to me stand out because regardless of level of ability they are marvellous achievements. The first was the winning performance by Stephen Miller in the club F32/51 (the club is the equivalent of the javelin for this impairment group) where he finished almost four metres ahead of the rest of the field for his third Paralympic gold in a row.

There was no medal for Noel Thatcher, one of Britain's most celebrated Paralympians, but his fourth place in the T12 5000m was also worthy of celebration. Thatcher went to the front of a stacked field and tried in vain to create a pace that would run his fellow competitors into the ground. This tactic is regularly adopted by Britain's leading women but has in recent years seldom been adopted by the men. Able and disabled alike would do well to follow his example.



Tanni Grey-Thompson: two golds

Grey-Thompson stars for British team

THE British athletics team won six golds and 17 medals in total in Athens. This compares to 16 golds and 48 medals in Sydney.

The Athens team was much smaller, though, with 36 athletes as opposed to the 48-strong squad who competed in Sydney.

Athletics Weekly went to press last week with the final night's action remaining, but Tanni Grey-Thompson could not add to her medal count in the T54 200m.

After previously winning the T53 100m and 400m, she finished fourth, only four hundredths of a second behind the bronze medallist.

Gold went to favourite Chantal Petitclerc, the Canadian winning her fifth title in Athens, in 28.95. Grey-Thompson clocked a lifetime best of 30.54.

"I had mixed feelings tonight," said Grey-Thompson, the only T53 in the race. "I felt confident going in because I was third fastest in the world this year. But I had an atrocious start and never made up the ground. I had to look at the big screen to see if I got third or fourth."

Asked whether she would still be racing in four years time in Beijing, the 35 year-old from Redcar said: "I have to go home now and think about what's happened here. Right now, I would say 'Yes', but it's not just my life for the next four years, it's my family's too. At Christmas time, in Redcar, when there's ice on the ground, I might think differently."

In the T46 men's 5000m final, Mark Brown, 42 from Burnley, clocked a PB of 15:21.56 but finished fifth.

The Paralympics closed on a sad note, though, when seven Greek schoolchildren died in a coach crash on their way to watch the events.

How the capital would fit the bill

The ability to stage a great Paralympics will help London in its 2012 bid, writes JASON HENDERSON

WITH the passing of every Olympiad, the Paralympics grow in stature and popularity. By 2012 the event could be a true parallel games, almost as prestigious as the Olympics and rivalling its big sister when it comes to column inches.

Few nations would embrace the Paralympics as enthusiastically as Britain. Given this, London's obvious ability to stage it is a strong trump card in its bid to host the biggest show on earth in eight years' time.

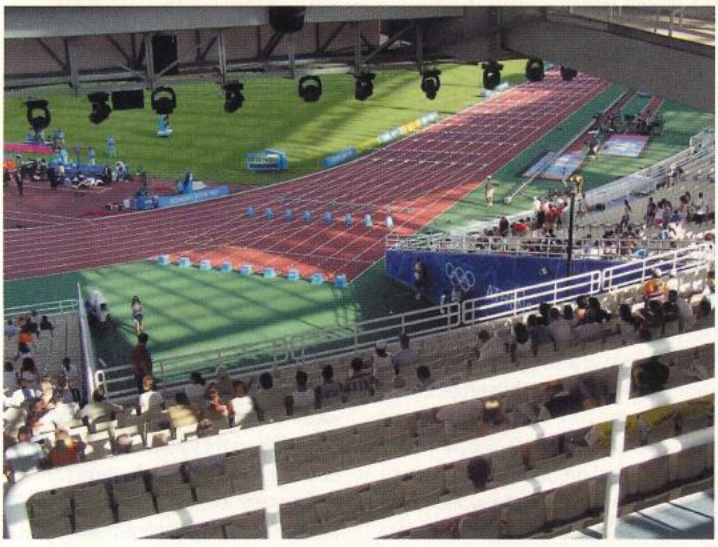
There were always worries that the Athenian environment would be an unfriendly and impractical setting for the Paralympics. The seating area for wheelchair spectators at the Olympics, for example, left a lot to be desired (see pictures, right and below). Yet the Greeks have been praised for the way they have staged the Paralympics itself and, like last month's Olympics, have left us with many fine memories.



Wheelchair spectators at the Olympics 'enjoyed' restricted views of the action (above and below)

London would also surely feature a huge number of British medallists in 2012. We have always wondered whether athletics for the disabled would struggle for continued popularity in the UK if Tanni Grey-Thompson retired. By some distance she is the best-known British Paralympian. Yet Athens threw up a number of new stars.

Among these, my favourites were Danny Crates, who has featured in the pages of *Athletics Weekly* for several years but who really came of age in Athens. Controlling the 800m final from the front, the arm amputee athlete surged convincingly away from his rivals in the home straight.



Internationally, the T44 100m final for leg amputees was arguably the blue riband race of the Paralympics. A fascinating three-man showdown between Oscar Pistorius, of South Africa, and Americans Marlon Shirley and Brian Frasure. Shirley's lightning start was too much for his rivals to cope with and he scorched to a time of 11.08. In the 200m, meanwhile, Pistorius ran an astounding 21.97, despite being a double-leg amputee. He could be the first Paralympian to compete with the world's premier able-bodied athletes.

In the media, there is an ever-increasing coverage of the Paralympics. The BBC has been rightly praised for its chunky teatime mix of highlights and live coverage. Most national newspapers have delivered daily reports from Athens, together with feature articles describing some of the many superb stories in detail.

Coverage by the broadcast and written media has been greater than ever before, but still has some way to go, of course, before it rivals the millions of words and pictures churned out for the Olympics.

Linked to this, the giant American channel NBC has been roundly criticised for having 3500 people in Athens for the Olympics, but zero staff for the Paralympics. After their comprehensive Olympics coverage, the station is putting a two-hour highlights package together for the Paralympics.

Perhaps you feel *Athletics Weekly's* coverage could be bigger too? We'd be keen to know your views. In last week's issue, for example, we devoted roughly equal amounts of space to the Paralympics and two traditionally popular events in British athletics: the BUPA Great North Run and the regional six-stage road relays. It will be fascinating to look at the magazine in 20 years' time, just as glancing through issues from 20 years' ago is similarly interesting.

The world is changing and the Paralympics has been likened to women's athletics, which struggled for coverage during most of the last century. Indeed, such are the changes, China did not have a team at the inaugural Paralympics in 1960 as they did not want to admit they had anyone with disabilities. Yet in Athens they topped the medals table, with 141 medals from all sports compared to second-placed Britain with 94. And on home soil in 2008 they could be even more dominant.

Athletics for the disabled has only relatively recently been fully recognised by UK Athletics – with a technical director to match the technical directors employed to oversee areas of able-bodied athletics.

It has been a long journey, but athletes with disabilities have finally joined the dozens of disciplines that make up the sport of athletics.

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Marathon attacks

ON TV, the radio and in the press everyone says it has never happened before in a major race. But an incident similar to the attack by the Irish intruder in the Athens men's marathon did occur and there is TV footage of the assault on John Graham in the New York Marathon, when John was at his brilliant best.

I can't remember exactly when this took place but Alberto Salazar won the race that year. John was running alongside Salazar and they were leading the race and John was completely taken out by the assailant.

It destroyed John's race but he gamely completed the course in about 2:19 I think. He was a great competitor and I bet he still feels that he would have beaten Salazar that day. I'm sure your archives can fill in the gaps in this story but it highlights the difficulty of effectively policing 26 miles of road.

Mike Martineau, Kent

Ageing competitors

I ORGANISE the Mileta 10, a ten-mile road race held in September in Cleckheaton, West Yorkshire. Analysis of the 170 finishers makes interesting yet disturbing reading.

The ratio of men to women was 78 to 22. The number of veteran runners in the race was also 78 per cent, with the winner of the race the only non-veteran in the first 15. A total of 24 per cent of the field were not affiliated to a club with 84 per cent of these being men.

The conclusion is that the sport of road running is not attracting newcomers, with the vast majority of current competitors having grown old with the sport since the running boom of the Eighties. The high proportion of unattached runners is probably down to mass runs, such as the BUPA Great North Run, encouraging participation at the expense of quality performances.

The case needs to be looked at to bring the veteran status of women in line with the men. I wonder if the athletics hierarchy are even interested in reversing these trends.

Chris Drake, Bradford

♦ *These are very interesting stats, but UK Athletics is aware this is an ageing sport and recruitment and retention of new athletes, coaches, officials and volunteers is among its main objectives – Editor*

LETTER OF THE WEEK

The letter of the week wins two superb Coolmax Endurance T-shirts courtesy of InSport. The lightweight fabric wicks moisture away from the skin, perfect for training. Sizes range from S-XXL – so don't forget to specify your size when writing to *Your Say*. Please allow at least six weeks for delivery. If after this time you have not yet received your prize, contact *Athletics Weekly*. (InSport may offer an alternative but similar product dependent on stock.)



Ditch the flowers and save money!

IN Tony Ward's article in last week's issue about international and grand prix meetings there is an off-quoted excuse 'lack of finance'. I would like to ask whether it is also worth saying a 'waste of finance'.

Some years ago, without being able give an exact date, flowers were introduced to the medal ceremonies at major championships. No explanation from memory was ever given for awarding the flowers. What the medal winners did with the flowers once the ceremony had finished never got shown on TV.

Presumably as a result of this award being made in major championships flowers were awarded to the winner of every event in all major meetings especially grand prix meetings. However, these were presented at the conclusion of the event rather than at an award ceremony.

Track and field athletes having just competed and still in their competition gear trying to celebrate winning, trying to give interviews etc, had these large bunches of flowers thrust into their hands, whether they wanted them or not. Not surprisingly they did know quite what to do with them.

Very quickly it became common practice by both genders to simply throw them into the crowd. At the recent IAAF World Athletics final every winner shown on TV with these flowers threw them away. The flowers involved are expensive and nicely packaged. Flowers are not cheap, even if bought in bulk, so the question I would like to ask the IOC, IAAF, meeting promoters is: why waste vast amounts of money on flowers that nobody really wants?

If this finance was better and more purposefully used perhaps we would get the better quality meeting that Tony is asking for?

Ian Champion, Enfield

PS ... Kelly Holmes has deservedly been on the front cover of *AW* six times this year, with three months still to go – is this another record for her?

Anoraks at odds

THERE is a first time for everything, and to be accused of not knowing statistics is certainly a first – my wife now questions the hundreds of athletics books that sit around at home.

Rob Whittingham is quite correct when he points out that at U19, Sally Gunnell ranked first in the world for the age group but the following year Sally ranked 16th in the U20 category.

The point I was making in the *AW* interview on September 22 is that all major games' medallists do not have to have won a medal at a world junior championships. Athens is an excellent example where our individual medal winners, the two Kellys, were not winning medals at world levels in their late teens.

I do accept that a majority of medal winners will have been outstanding juniors, and that is why the lack of medals in Grosseto causes me concern, but at the same time do not write off the whole of the 2004 junior team, some of whom will prove the statisticians wrong.

I must end this letter since, due to Mr Whittingham's criticism, I'm off to buy an anorak and buy even more statistical books, which will enable me to join the iceberg expert club (*Athletics Weekly*, September 15, page 14).

Max Jones, Performance Director, UK Athletics

Time for a quick half

AS you reported last week, Sir Chris Chataway's 1:39 for the Great North Run was a great performance for a 73-year-old, rating 83.8 per cent in the WAVA age-graded tables.

It was surpassed later that day, however, by London-born, now-Canadian Ed Whitlock, who ran a half-marathon in 1:27:31 (94.8 per cent) after going through 10km in 41:22.

But Whitlock was running the Toronto Marathon, not the half, and went on to record 1:27:13 for the second half, a negative split of 18 seconds, for a total time of 2:54:44, thus beating his time in the same race last year – 2:59:10.

His 2:54:44 is exactly 100 per cent age-graded and it is only the second time a veteran has achieved such a feat – Andres Espinosa having run 2:08:46 aged 40 in Berlin last year.

Yes, Ed Whitlock is a vet and he is also 73 years old!

Richard Williamson, Birmingham

Questionable running

I REFER to recent letters from Messrs Goodman and Mulkeen concerning drug-related performances. I agree with Mr Goodman, having run the 400m hurdles myself to a very high standard and coached the event to Olympic standard.

When you see Olympic champions walking off the track in the same condition as they started the race, not even fatigued in any way, one cannot but wonder what these athletes would run if they did finish as normal athletes do – *exhausted*.

There is still work to be done in many countries by drug testers out of season, and I stress, out of season. Many class athletes in this country give up hope of ever making the Olympics due to the high standards set by drug-related performances.

Chris Surety, Basildon

♦ *Chris did indeed run 400m hurdles to a high standard – he clocked 51.0 in the Sixties, while his son, Steve, ran 50.16 in 2002 – Editor*

Post-Olympic change needed

MIKE WINCH, chief coach to the 2002 England Commonwealth Games team and current vice-president of UK Athletics, has some controversial views following Athens

WHO is right, UK Athletics performance director Max Jones who says we had a good Olympics or *AW* columnist Tony Ward who says we had a poor one?

Logic does not seem to be the strong point in either case. On the one hand Max cannot be correct in his assertion since this was the first Olympics in history where Great Britain did not win a single medal in the individual men's events – and no amount of statistical manipulation can hide the fact. Tony clearly missed the superb performances of the Kellys and the 4x100m team, all of which were coach dependent.

In truth the Games was for athletics a curates egg, good in parts. The worrying fact however is that despite the large sums of money spent on so-called 'high fliers' in recent years, their performances were in general under par. That is not to say they did not try their best.

It is interesting to note the general decline in performances compared with previous Olympics. Tony suggests the 'coaches' were to blame. The problem with that assertion is understanding which particular coaches he refers to. The coaches who are performance or group directors? The coaches who are paid by UKA? The coaches who were husbands or partners of athletes? The coaches who were given accreditation at the Games? The coaches who were allowed to go to Cyprus but not the Games or the coaches who stayed a home? A blanket criticism is meaningless.

As a coach who had two athletes at the Games, one of whom competed well and the other who did not, I feel better results could have been achieved if personal coaches could have completed their job by managing their athlete's performance in Athens. This could only happen if they were offered appropriate resources and accreditation. It has been Max's contention that it is all the IOC's fault

'Some athletes were largely ignored while others were pampered and fussed over unashamedly'

MIKE WINCH ON THE BEHAVIOUR OF SOME 'TEAM PROFESSIONALS'



Relay victory was 'coach-led'

and that there were to be only a small number of such passes available. These would be given to coaches of 'high fliers'.

Clearly there are problems with the organisation within the IOC, which allows more agents and media to have accreditation than personal coaches. It transpired, however, as in Sydney, that there were other passes available on a day basis which would have allowed a personal coach to reach the warm-up track and see his or her athlete at this crucial time. If the real focus for the team was to achieve the best results, why were the coaches not told about this and helped to use the facility?

Tony seems to think there were too many coaches; perhaps he meant too many irrelevant coaches, as many athletes did not have their personal coaches present in Athens. To bring an athlete from nothing to an Olympics and then be denied the chance to finish the job is nonsense. The personal coaches are the most relevant in the Games situation and any team 'coaches' should not actually be coaching but performance managing or facilitating.

It has to be asked therefore whether the team of 'professional coaches' in Athens were coaching or performance managing and whether they knew which they were supposed to be doing. The two jobs are incompatible; either you are a coach or a performance manager. At a games, performance managing is the role of the team personnel, and should be focused on supporting the personal coaches finish the job he or she has started. Although all the necessary technical coaching should have been completed prior to the Games, athletes tend to feel most relaxed and perform the best, with the person who has guided them thus far. If a member of the team staff is also personal coach to a competing athlete they should choose between the two jobs so that dedicated personnel concentrate on the performance management tasks with 100 per cent commitment.

Some of the 'team professionals' seem to have an unhealthy interest in being associated with medallists regardless of whether they have any real input to their performance during the lead up to the Games. There was far too much emphasis on a few athletes (jobs depend on medals) and far too little on the way the team should have been run to produce the best results from everyone. Some athletes were largely ignored while others were pampered and fussed over unashamedly.

This 'elite phobia' is caused, it would seem, by the crazy distortion that has come into our sport since the introduction of Lottery funding; the increasingly narrow focus on a few top-level athletes and their support. The results of this 'tunnel vision' are clear to see from the British performances at the European Cup indoors and out, the world indoor championships and the World Junior Championships in 2004. On this basis it would seem our possible future is to be one of continuing bad performances in general with little potential improvement in the foreseeable future.

We are now at the cusp of our destiny. Do we continue with more of the same? Or do we take a bold step to unite the sport with one clear vision, looking after all its aspects with a view to producing a seamless pathway for the athlete *and* coach from bottom to top of the sport? And as a priority help the clubs to introduce and nurture new athletics and coaching talent at the bottom of this pathway?

Is it not time to say to our major paymasters that you simply cannot run athletics according to generalities and systems applicable to the 'average' sport and that 'business speak' has nothing to do with the individual passion for success on which our sport is based? If they will not change the way they allow funds to be spent it must be asked whether our sport can actually continue as we want it. The huge imbalance of resources between even just the lower and higher performing athletes at international level, let alone between the clubs and the lower international level will simply not allow it in the long term.

Our sport can aptly be described in terms of an old aphorism, that we are "fiddling while Rome burns". This coming year will see changes in our sport, but the urgent question is whether these will be relevant to the real problems or not. My personal view is that in general they will not be because there is still no primary focus on supporting what is good and what works in our sport. We need unceremoniously and rapidly to dispense with what does not contribute to the planned development of our athletes, coaches, officials and clubs, even if it means sacrificing sacred cows that so far seem set to continue chewing the cud until there is no more grass.

'To bring an athlete from nothing to an Olympics and then be denied the chance to finish the job is pure nonsense'

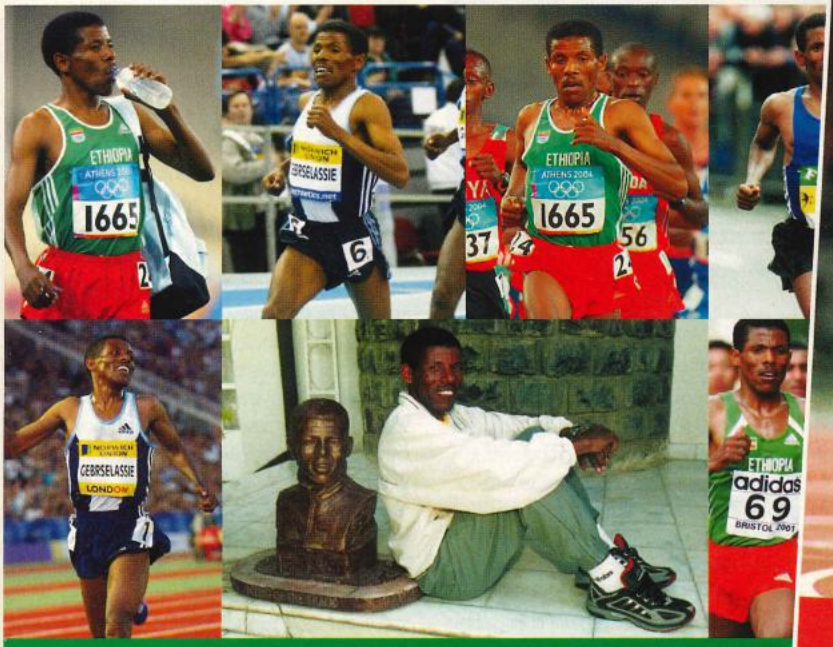
MIKE WINCH ON THE LACK OF COACHES' ACCREDITATION PASSES

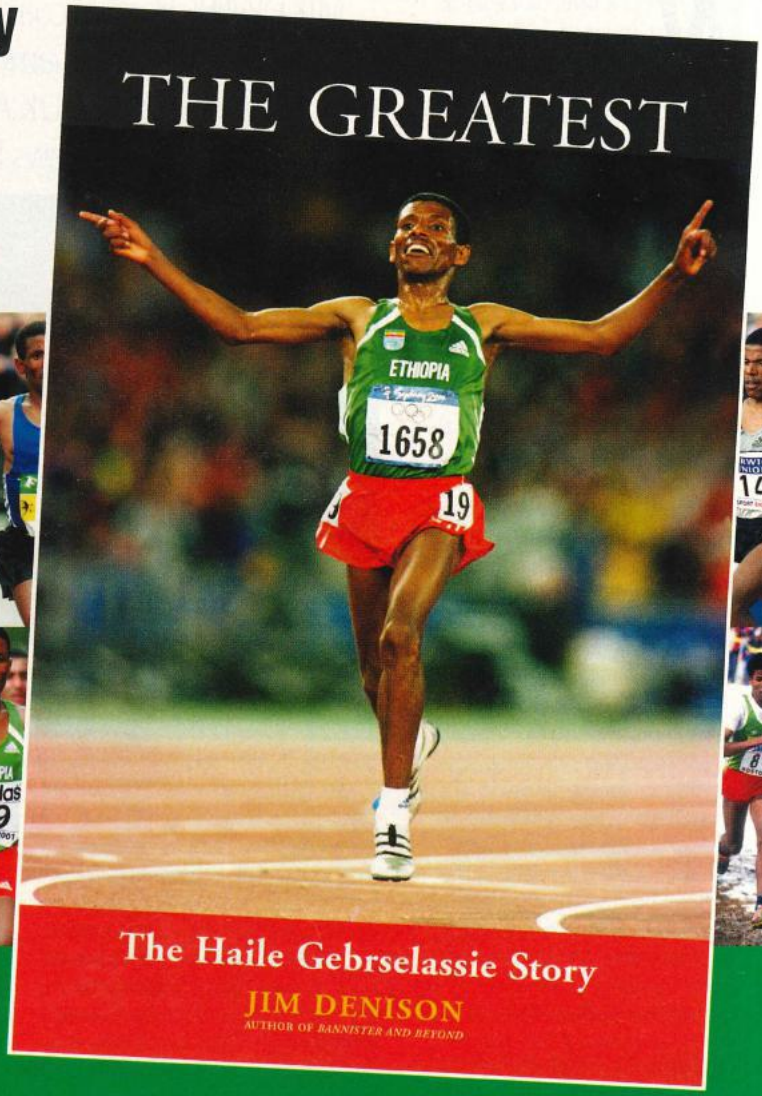
"Haile Gebrselassie has won many great victories as an African athlete. He is a great ambassador for his people, and through his numerous humanitarian and charitable works a vitally important citizen for the future growth and development of Africa"

Nelson Mandela

Exclusive to Athletics Weekly

The authorised biography of the greatest distance runner of all time





"Haile is the greatest distance runner the world has ever seen."

David Bedford, former 10,000m world record-holder, and race director for the Flora London Marathon

"Haile is an elegant champion and a fine example of sportsmanship."

Lasse Viren, Olympic double-gold medallist

"In my view Haile is the greatest distance runner of all time."

Brendan Foster, MBE, 1976 Olympic bronze medallist at 10,000m and former world record-holder over 3000m

The Greatest is published by Breakaway Books, but readers of *Athletics Weekly* can be amongst the first in the UK to read this fascinating biography. Order your copy from Descartes Publishing using the form below or call 01733-343457

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Just how great was Holmes?

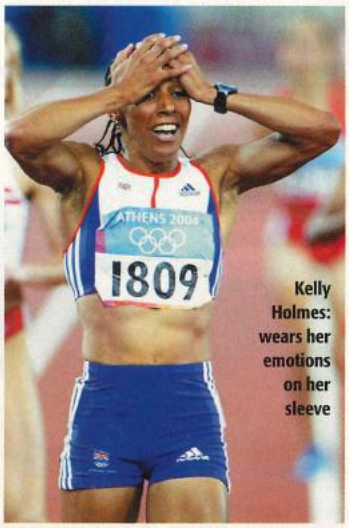
Now the dust has settled, TONY WARD looks closely at the achievements of Kelly Holmes at the Olympics

IF Dot Cotton of *Eastenders* had watched Kelly Holmes in Athens she may well have turned to her husband Jim and said, "let us run with patience the race that is set before us." She would, of course, have added: "Hebrews 12, Verse 1".

As the brouhaha slowly dies down it is time to take a look at Kelly's achievements in Athens in the cold light of day and as one does there comes the realisation that they were even more fantastic than we even thought at the time. Much has been made of the fact that she was the first British athlete to achieve such a double since Albert Hill in 1920 (Kelly, incidentally, ran over three seconds faster over the longer distance than Hill did in Antwerp) but in the 84 years since then only one man (Peter Snell) and two women (Tatyana Kazankina and Svetlana Masterkova) have managed it. Seb Coe and Steve Ovett never achieved it; Herb Elliott never tried it at Olympic level. And it has, indeed, been accomplished with great patience, not only in the races in Athens but also over the 11 years of her sometimes traumatic international career.

It has been a final triumph over adversity. I remember in Atlanta her insisting on competing despite a stress fracture (and coming fourth over 800m); in Athens, a year later, limping out of her world championship 1500m heat with an inflamed Achilles (that caused her calf muscle to go into spasms) and in Sydney winning an 800m bronze after just a few weeks of truncated training and racing.

It was that particular performance that should have alerted us (if we needed it) to her supreme talent. And a year of careful medical supervision by Bryan English's team finally meant months of uninterrupted training for Athens. The other extraordinary thing was that she entered her final preparation at the holding camp in Cyprus apparently



Kelly Holmes: wears her emotions on her sleeve

full of uncertainties. Which event should she go for? Should she double up? She was surrounded by conflicting advice. Yet once on the starting line in the stadium such irresolution disappeared and she dominated each race she ran in, displaying patience and courage in equal order. In her third Olympics she had become, in the sense of Izaac Walton, the compleat middle-distance runner.

One of Kelly's most endearing qualities is that she wears her thoughts and emotions on her sleeve. What you see is what you get. This was brilliantly displayed in the coverage of the 800m final; she crosses the line arms up in instant joy, then immediately lowered in instant doubt. Her face is a picture of worry; worrying that she had celebrated too soon, worrying perhaps that she might be seen to be celebrating too soon. Then someone shouts that she's won and that huge smile, not of triumph but of pure joy, wreathes her face. Conversely in press conferences before the Games she shared her demons of uncertainty with equal openness.

No matter what she achieves in the future this will be her time; this will go down in history as the Olympics of Kelly Holmes.

... and what of Paula Radcliffe's plight?

WHAT would our Dot have made of Paula's fate? "Terrors startle her on every side and dog her every step; Calamity is hungry for her; disaster is ready for her when she falls." (Job 18; gender amended).

Judging by the post-Olympic comments and letters, Paula (still the world's fastest ever marathoner and European 10,000m record-holder) became an "overnight failure" rather in the same way that Kelly, to the uninitiated, became an "overnight success." Of course it doesn't happen that way.

This is the Olympics where triumph and disaster, those Kiplingesque impostors, go hand in hand. Ask a whole host of great runners, favourites all, who down the years failed for one reason or another. Many, like the Moroccan, Hicham El Guerrouj, in the 1500m, came back to finally achieve their destiny.

Many presumptions have been made about Paula's preparations for probably the toughest test of her career, the presumptuous critics forgetting that, in recent years, her preparations have been meticulous.

And her performances prior to the Games gave no sign of a disastrous loss of form. In June she ran two superb track performances which gave a top world ranking over 10,000m and a second ranking (behind Elvan Abeylegesse's world record) at 5000m.

Things went well at altitude training and in Spain but (as she revealed a couple of weeks ago) a serious thigh injury struck just before the Games with her facing one of the toughest ever marathon courses in Olympic history.

The question (easy with hindsight) is whether she should have run at all. Revealingly she wrote in the *Daily Telegraph*: "I definitely picked up on the fact that people around me were very unsure as to whether I would make the start line." Perhaps that should have definitely been "should."

Here again then, were the demons of uncertainty and they were apparent in her demeanour at the start, when Gerard Hartmann said she was more nervous than he had even seen her before a race. It was no wonder. She had suffered "a very aggressive line of treatment" to get her to the start line; she was unable to sleep with worry; she had an upset stomach "from the high doses of anti-inflammatories"; she had dizzy spells. The result of all this is now history.

Should she have run the 10,000 metres? Why not? There was nothing to lose and she hoped for a miracle that did not happen. In both races the mind was willing but the body demurred.

Paula will be back and we will once again marvel at her abilities. In Athens the demons of uncertainty visited our two greatest athletes with differing results.

But as Kelly might reflect after her decade of injuries, "there but for the grace of God, go I."

In any case let us marvel that we have in Britain, at the same time, two of the greatest ever endurance athletes the world has seen.

♦ ATHLETES back Radcliffe, see *News* page 7

The fastest sex

FROM time to time academia comes up with research that shows women will one day outrun men. This time, according to a research team at Oxford University, women will be faster than men in the year 2156.

It's a pity that none of us, despite advances in medical science, will be around to pour appropriate scorn on the findings that are, as usual, based on the extrapolation of past and present statistics and totally ignore genetic make-up.

Genetic make-up, in both men and women, can determine these things. East Africans are physically more suited to distance running than west Africans; most East Europeans are better physically endowed for the throwing events than west Europeans; world-class Japanese high jumpers are at a premium.

Those countries that might dominate world track and field in future – USA, Russia and China – have a genetical multiplicity that makes this probable.

Women will never beat 10 seconds for 100 metres. And you and I also won't be around to pour appropriate scorn on that statement when they do.

♦ LINFORD CHRISTIE dismisses research, see *News* page 6.

The views in this column are those of the author and do not necessarily represent the views of Athletics Weekly. *You can e-mail Tony Ward on: tony.ward@athletics-weekly.co.uk*

Cross country countdown

FRANK HORWILL looks at the perfect ingredients for a good season on the mud

Pictures: Mark Shearman



Tim Hutchings (right) won world cross medals after winters spent regularly training on the track

"IT is impossible to be successful at cross-country without running 100 miles a week," an England cross country international said back in 1983.

Well, we can say one thing about the athlete who made this declaration, his volume of running got him an England vest. However, when it came to the world cross country championships, he never made the first 100 on three successive occasions.

There are some strange views in circulation about cross country. One of my junior athletes who recently ran for his area in an inter-area track match was told by the team manager: "Now, take the winter off and do no cross country." A Level 3 coaching candidate writing out a schedule for an 800m runner on a tutorial was told by a young supervisor sporting a Sport England T-shirt, who was peeping over the coach's shoulder as he wrote: "Cross country running is completely useless for 800m runners."

Another coaching sage ventured: "A couple of circuit training sessions a week during the winter is enough for the 800m runner." And further, one coach said: "When cross country becomes an Olympic event I'll advise my athletes to do it."

For most potential London Marathon entrants, a winter of cross country racing will be invaluable.

Cross country is where the track runner and road athlete come together. The attraction is a refreshing change of terrain, no two courses are alike. The world championships have been won by a variety of athletes, from marathoners to 1500m specialists. The most successful, male and female, come from the 10km and 5km track and field specialists. This is logical since the first half of the world cross country championships is run at sub-14:00 pace for men at 5km and 15:30 5km pace for women. If you haven't got that pace and do not attempt to acquire it, progress will not be forthcoming.

Peaking at cross country requires planning. The major titles occur around February and March. Tim Hutchings (double silver-medallist in the world cross country championships) raced once a month before the big one. Some of his team-mates had chalked up 20 races before the world cross country championships. The problem with frequent racing is that there is a tendency to ease off training halfway through the week but repeated many times there is a danger of plateau fitness.

While building up to 100 miles a week will undoubtedly improve the VO_{2max} (a measure of fitness), unless a good proportion of that volume is at race pace and faster, the athlete will encounter fatigue early on in competition.

A well-proven method of successful training for peaking at the right time is the introduction of faster work as the season progresses and this involves track work. It's amazing how tracks often become deserted during the winter. Often, Hutchings and I were the only people to be seen on some tracks during the winter!

The speed plan is as follows:

October/November: One track session a week at 10km pace, building up to last 10km in total. For those who haven't got a 10km time, this can be estimated by taking the average time per 400m in your best 1500m and adding 12 seconds to it. For example – best 1500m = 4min = 64secs/400 + 12secs = 76secs/ 400 = 5:05/ 1600 approx.

This can always be adjusted if too difficult or easy. Sample sessions to build up to are: (a) 6x1600m with 45secs rest. (b) 5x2km with 60secs rest. (c) 1x3km, 90secs rest, 2x2km with 60secs rest, 4x1km with 30secs rest. A good method of progression is to start with one third of the stated volume and to increase it by the same amount every 14 days.

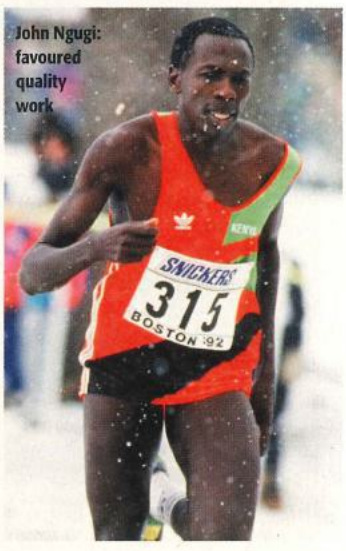
December/January: Two track sessions a week at 10km and 5km race pace. To estimate your 5km potential, take the average 400m time in your best 1500m and add eight seconds. Example – best 1500 = 5min = 80 secs/400 + 8secs = 88secs/400 = 18:20/5km.

Typical sessions are: (a) 7x800m with 45secs rest. (b) 4x1200m with 60secs rest. (c) 13x400 starting with 90secs rest and decreasing by 15secs after each 400 to 15-seconds, then start again, that is 90-75-60-45-30-15-90, etc.

February/March: Three track sessions a week at 10km, 5km and 3km paces. To estimate your 3km potential add four seconds to the average 400m time in your 1500m. Example – best 1500m – 4:15 = 68/400 + 4secs = 72secs/400 = 9mins. Sample sessions – (a) 16x400m with 45secs rest. (b) 8x500m with 60 secs rest. (c) 7x600m with 75secs rest.

The track sessions listed are the basis of success at cross country. Ignore them at your peril. Steady running should not be so steady. They should not be any slower than this formula:

Average time per 400m in your 1500m + 24 seconds and at times plus 20 seconds. Example – best 1500 = 3:50 = 61.5/400 + 24secs = 85.5secs/400 = 5:40/mile approx. One run a week can be three times the distance of your average competitive distance. If it's 10km, it will be 30km; if it's 5km it will be 15km.



John Ngugi: favoured quality work



Hill running: a vital part of preparation for cross country racing

While it's convenient and easier to do steady runs on the road, strenuous efforts should be made to run them over cross country.

While some cross country courses are conducted in parks which are invariably flat, others are notoriously hilly. At Crystal Palace, Hutchings did his warm-up before track sessions entirely running up the 800m long one-in-10 hill outside the stadium. It was to prove invaluable. Those who have no hills in their area will do well to travel to sites where they exist. While many athletes slow down on hills, Hutchings would increase speed; a disheartening tactic for the opposition. So, we have relative speed work, hills and steady running.

Is there anything else? Yes, it's rest and good nutrition. There are two types of rest, before a major race and during the training regime. The first is a personal thing, some are happy with a day off before competing, others take two days' rest, and some reduce their training load, but not frequency, by a half or even two-thirds.

Experimentation is called for. While it's the custom in Britain to train six days consecutively with the seventh off, too many consecutive days of training are the cause of injury and fatigue; there is no reason why the rest cannot be after three days of consecutive training.

A personal view is that all distance runners over the age of 18 years and under 35 years should progress to twice a day training, the second session 12 hours after the first. It's folly to attempt this suddenly. Experience tells me this is a seven-week task starting with twice a day one day for the first week, twice a week in the second week, and so on. The first run should be less than 35 minutes. We might like to look at the training of the greatest cross country runner of all-time, Kenyan John Ngugi, and compare it to the suggestions in this article:

♦ **Weight/height – 63kg/179cm**

Day 1: 50 minutes easy run.
Day 2: Hill work, repeats up a steep 300m gradient.
Day 3: Two-hour run, ending fast.
Day 4: 10x1km cross country, 30secs rest.
Day 5: 70min steady.
Day 6: More hill work.
Day 7: 15x400m, 30secs rest.
Day 8: 70min steady.
Day 9: 10x1km cross country, 30secs rest.
Day 10: 25x200m uphill.

A morning run of six miles preceded the above sessions. Note that he did not take a rest day.

It has long been established that eating moderate-sized meals every four hours provides greater resistance to extremes of cold and heat.

The most important meal of the day is breakfast, hence the saying, "Breakfast like a king, lunch like a prince and dine like a pauper."

Vitamin C and the mineral zinc are the great anti-infection duo; while the RDA for both is 50mg and 15mg respectively, research suggests runners require 500mg of vitamin C and 30mg of zinc daily, the latter taken at night. Both aid the absorption of iron which is the main constituent of haemoglobin which conveys oxygen around the body.

Vegetarians are warned that no fruit or vegetable provides vitamin B12 and a deficiency will cause a reduction in the making of new red blood cells; runners need all the red cells they can get. This is why some risk taking EPO.

Practically every meal consumed should contain two different types of low glycaemic carbohydrates to boost the glycogen reserve. A glucose polymer is a good investment. Some nutrients with great glycogen power include: drinks containing fructose, soyabeans, kidney beans, lentils, sweet potatoes, apples, oranges, whole wheat spaghetti, oats, brown rice, buckwheat pancakes and whole wheat bread.

Immediately after training, some high glycaemic carbs can be consumed, the most popular being bananas and raisins.

Get a grip

You've read the training advice, now here's some recommended footwear to handle the muddiest of courses

Nike Zoom XC Spike

NIKE's main cross country racing spike can handle a variety of surfaces and can even be used on indoor track surfaces. It features a two-piece lightweight mesh upper construction for maximum breathability and durable synthetic "mud guard" and "toe rand" to protect the foot from water, grit and stones. It has a full length phylon midsole and an outsole that has a full-length BRS 1000 waffle sole with a six-spike configuration.



♦ **Price: £45. Tel: 0800-0561640**

Puma Complete Ngong XC Spike



NAMED after the venue of one of the most competitive cross country races in the world, the Kenyan trials held in the Ngong hills near Nairobi, the Complete Ngong Spike is designed to protect feet against dirt and water. With an asymmetric lacing combined with Puma's Lace Wrap System, it also provides the runner with a snug fit, control and comfort. The shoe is water-resistant, has a CM-EVA midsole and Evertrack outsole with exchangeable spikes.

♦ **Price: £50. Tel: 01924-425500**

Asics Outback XC



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♦ **Price: £50. Tel: 01925-241041**

Adidas Cross Country



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♦ **Price: £39.99. Tel: 0161-4192500**

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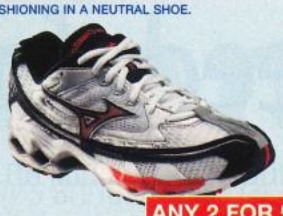
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O'Sullivan sows seeds for Beijing

RICHARD LEWIS meets Ireland's No.1 distance runner, who at 34 has half an eye on the 2008 Olympics

FIVE weeks ago in Athens, the question was posed to Sonia O'Sullivan about whether she was going to retire after finishing last in the final of the 5000m at the Olympic Games. She knew it was not the place to provide a decision, particularly because there was no decision.

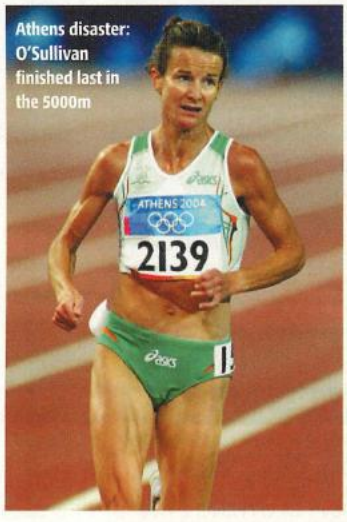
"I don't want to say I have retired then all of a sudden come out again," she says. "The Beijing Olympics seem a long way away. I would not even start thinking about it now but it could be that time flies by and it is here before you even know about it. I have not totally ruled it out.

"I am going to enjoy myself the rest of this year and then decide what I am going to do next year."

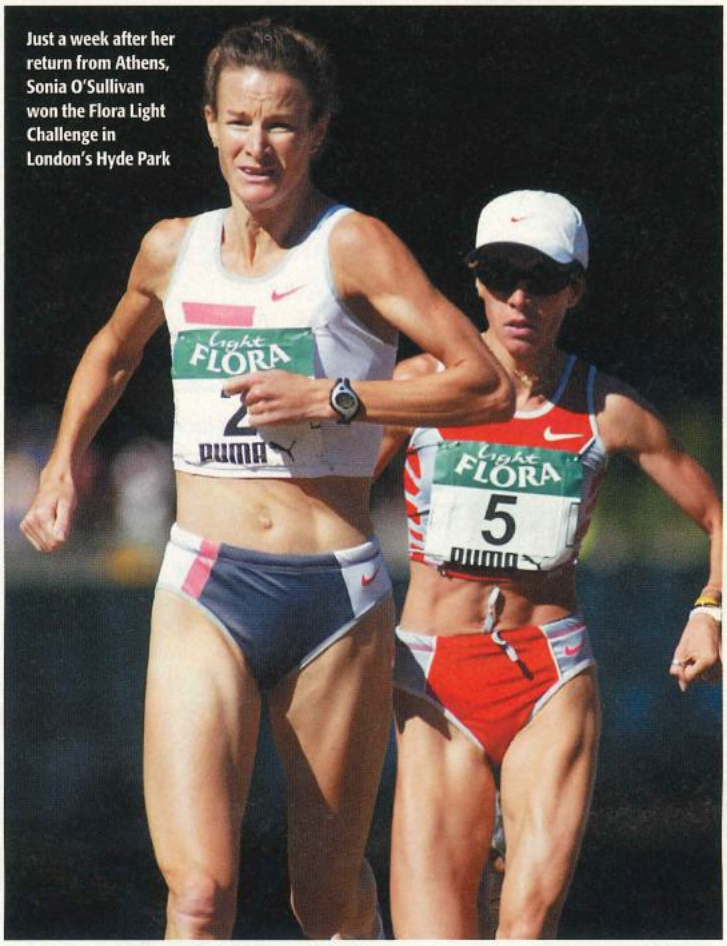
Her enjoyment has begun. At 34, the world of Ireland's greatest athlete has the divide between being a mother to Ciara, aged five, and Sophie, two, while still sustaining a career in top level sport.

Watching her trail in last in Athens, where she had been suffering from an upset stomach, seemed an indication that her days of appearing in such events, and putting herself through the training regimes that are needed to even reach them, could be over. Twelve months earlier, it was a similar story at the World Championships in Paris.

But within two weeks she was winning the Flora Light 5km Challenge in London's Hyde Park. She was in contention for a long way in last month's BUPA Great North Run before finishing sixth after sustaining a blister. Then, last weekend in India, she placed fourth in the IAAF World Half-marathon Championships. Never mind a quiet a period of reflection of what went wrong at the Olympics and what might be ahead. The lure of running, it seems, is too much and the reason why the sport has not heard the last of one its greatest ambassadors.



Athens disaster: O'Sullivan finished last in the 5000m



Just a week after her return from Athens, Sonia O'Sullivan won the Flora Light Challenge in London's Hyde Park

She says: "After Athens. I took what I thought was a rest. I wanted to do other things, like with the kids, stuff round the house, normal things.

"But before I knew it I was back doing my normal training again and there was no time to do all these things. I thought 'What is going on? It has crept back up on me and taken over'.

"I have plenty of things I could do, it is just when is the time to allow that to happen, you have loads of time in the rest of your life. I had a two week period of not much running, getting back into running, running once a day and then it was twice a day and then back to the gym.

"It is all the little pieces that take up the time. Sometimes I think I should try to see what I can do with just one run a day but then I think 'Well I am only half hearted in it'.

"My first step forward (after Athens) was to relax and think okay, what is next. It was the Flora Light. I did not know if I could run it. I thought 'I like this race and thought I would just run it for fun with everybody'. Then I did a few runs and a few sessions and thought I would see how I can go. From approaching it from a nearly nothing base, I got a lot more out of it with not much expectation.

"The day I left Athens I went for a run and felt okay. I felt fantastic in London (at the Flora Light) and it was easy to get back into things. I could and should have run a great deal better in the Olympics but because of circumstances I did not. It's annoying.

"The only way I can deal with it is block it out and say it did not happen and there is nothing I can do about it. You have to move on and live with it."

A natural sign of her experience. She missed out on making her mark at the Olympic Games in Atlanta in 1996 when she was the 5000m world champion, returning four years later to win a silver medal in Sydney.

'I don't want to retire and then come out again. Beijing seems a long way away ... and I have not ruled it out'

SONIA O'SULLIVAN

"It would have affected me a lot more in the past," she adds. "In 1996 especially, it took me a long time to get over that and you starting thinking is it worthwhile putting in all this effort and not getting even what you want or close to it. But these things happen, even if you don't want them to, and you have to deal with it.

"I have reached the stage where I realise there is nothing that you can do about it. It would have been easy to say 'Well that is it, I cannot be bothered to do anything else (this season)' but I decided I have put in a lot of effort, and a lot of people have helped me and made a lot of sacrifices throughout the year, that they deserve it from me to get something out of this year.

"Nick (Bideau, her partner) obviously – and the children have been dragged around training camps all around the world and we have tried to find things to make it enjoyable for them but there are plenty of times they are sitting waiting for me to do my long hour run or things that take time."

But for how much longer? "Nick was a team coach for Australia," she says. "He has had to do some reports and he has been going through the distance races and he has told me there were plenty of people older than me who had been running in these Olympics so he has planted some seeds in there already.

"Maybe I couldn't get a lot out of another Olympics, that could be the decision. Beijing would be an interesting place.

"After these Olympics, people were throwing all kinds of questions at me. Am I retiring? What are you doing?

"It was not the place to make decisions like that and now I do not feel it is the time."

♦ O'SULLIVAN fourth at IAAF World Half-marathon, pages 30-33

Where to run this winter

Welcome to *Athletics Weekly's* annual calendar for domestic and international cross country fixtures

Internationals

♦ **EUROPEAN CHAMPIONSHIPS**
Sunday December 12: Heringsdorf, Germany.

♦ **GREAT EDINBURGH INTERNATIONAL CROSS COUNTRY**
Saturday January 15: Holyrood Park, Edinburgh.

♦ **IAAF WORLD CHAMPIONSHIPS**
Saturday March 19: St Galmier, France. Until March 20.

♦ **LOTTO CROSS CUP**
Sunday November 7: Zwijnaarde, Ghent, Belgium
Sunday November 28: Roselare, Belgium
Sunday December 19: Brussels (IAAF Permit)
Sunday January 23: Hannut, Belgium
Sunday January 30: Mol, Belgium
Sunday February 13: Dour, Belgium

♦ **MARGATE INTERNATIONAL**
Sunday November 14: Margate.

♦ **REEBOK BELFAST INTERNATIONAL**
Saturday January 8: Stormont Estate, Belfast.

Championships

See also Masters and Relays sections.

♦ **ALL IRELAND EVEN AGE GROUP CHAMPIONSHIPS**
Sunday December 12: Mullingar, Co Westmeath.

♦ **ALL IRELAND UNEVEN AGE GROUP CHAMPIONSHIPS**

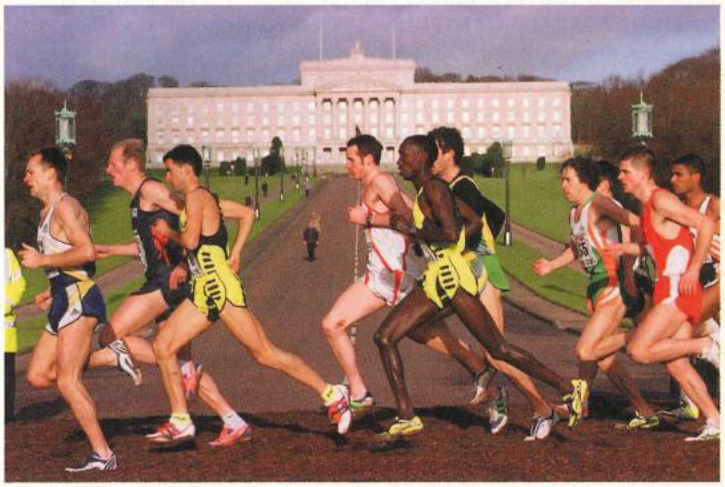


Sunday November 28: Dungarvan, Co Waterford.

♦ **BRITISH MILERS' CLUB 4KM CLASSIC**
Sunday November 14: Bristol. 12 noon.
Contact: *Steve Mosley 029-2030-6733.*

♦ **BRITISH UNIVERSITIES' CHAMPIONSHIPS**
Saturday February 5: Leeds.

♦ **BMAF CHAMPIONSHIPS**
Saturday March 12: Castle Park, Bangor, Co Down. ***Contact:*** *BMAF XC Champs, 1 Wilmont Park, Dunmurry, Belfast BT17 9JW*



♦ **CLEMENT JONES NORTH WALES CHAMPIONSHIPS**
Saturday January 29: St Asaph. Noon.
Contact: *David Alun Williams. 01978-820612*

♦ **ECCA ENGLISH NATIONAL CHAMPIONSHIPS**
Saturday February 19: Cofton Park, Birmingham.

♦ **MIDLAND CHAMPIONSHIPS**
Saturday January 29: Stafford Common.

♦ **MIDLAND MEN'S 7M AND WOMEN'S 5M CHAMPIONSHIPS**
Saturday December 4: Leamington.

♦ **NI & ULSTER EVEN AGE GROUP CHAMPIONSHIPS INC MCCONNELL SHIELD**
Saturday November 6: Sixmilewater Park, Ballyclare.

♦ **NI & ULSTER JUNIOR/ INTERMEDIATE & VETS CHAMPIONSHIPS**
Saturday January 29: Bangor.

♦ **NI & ULSTER SENIOR CROSS COUNTRY CHAMPIONSHIPS**
Saturday February 12: Tba.

♦ **NI & ULSTER UNEVEN AGE GROUP CROSS COUNTRY CHAMPIONSHIPS**
Saturday October 30: Killybegs.

♦ **NI CIVIL SERVICE CROSS COUNTRY RACE**
Saturday February 26: Stormont.

♦ **NORTH OF ENGLAND CHAMPIONSHIPS**
Saturday January 29: Consett.

♦ **NORTH LONDON CHAMPIONSHIPS**
Saturday November 13: Trent Park.
Contact: *Brian Fowler 01455-209336.*

♦ **NOTTINGHAM CITY CHAMPIONSHIPS**
Wednesday November 24: Wollaton Park, Nottingham. 10am.
Contact: *Paul Allison. 0115-8452247*

♦ **SCOTTISH ATHLETICS 4km CHAMPIONSHIPS & TRIAL**
Sunday January 30: Bellahouston Park.

♦ **SCOTTISH ATHLETICS EAST DISTRICT CHAMPIONSHIPS**
Saturday December 11: Stirling University.

♦ **SCOTTISH ATHLETICS NATIONAL RELAY CHAMPIONSHIPS**
Saturday October 23: Cumbernauld.

♦ **SCOTTISH ATHLETICS NORTH DISTRICT CHAMPIONSHIPS**
Saturday November 27: Tba.

♦ **SCOTTISH ATHLETICS NORTH DISTRICT RELAY CHAMPIONSHIPS**
Saturday October 16: Forres.

♦ **SCOTTISH ATHLETICS WEST DISTRICT RELAY CHAMPIONSHIPS**
Saturday October 16: Tollcross Park, Glasgow.

♦ **SCOTTISH ATHLETICS WEST DISTRICT CHAMPIONSHIPS**
Saturday December 11: Kirkintilloch.

♦ **SCOTTISH INTER-DISTRICT CHAMPIONSHIPS**
Saturday January 15: Edinburgh.

♦ **SOUTH OF ENGLAND CHAMPIONSHIPS**
Saturday January 29: Parliament Hill.

♦ **SOUTH WEST CHAMPIONSHIPS**
Sunday December 5: Exeter Arena, Exeter.

♦ **WELSH INTER-REGIONAL CHAMPIONSHIPS**
Sunday December 12: Llandaff Fields and Pontcanna. 1pm.

♦ **WEST WALES CHAMPIONSHIPS (inc West Glamorgan League)**
Sunday November 14: University Playing Fields, Fairwood Common, Gower. tbc.
Contact: *Kevin Corcoran. 01792-792301/ wgl@tesco.net*

Reebok Cross Challenge

♦ **REEBOK CROSS CHALLENGE**
Saturday October 9: Callendar Park, Falkirk.
Saturday October 30: Senneleys Park, Birmingham.
Saturday November 20: Parliament Hill Fields, London.
Saturday December 4: Sefton Park, Liverpool.
Saturday January 8: Stormont Estate, Belfast.
Sunday January 23: Bute Park, Cardiff.

♦ **REEBOK CROSS CHALLENGE inc UK INTER-COUNTIES CHAMPIONSHPS AND WORLD CHAMPIONSHIPS TRIALS**
Saturday March 5: Wollaton Park, Nottingham

County championships

♦ **AVON & SOMERSET**
Sunday January 9 or January 16 (Tbd) : Clifton College, Bristol.

♦ **CAMBRIDGESHIRE**
Sunday January 16: Tba.

♦ **CHESHIRE**
Saturday January 15: Knights Grange, Winsford.
Contact: *Brian Warren. 01928-732529*

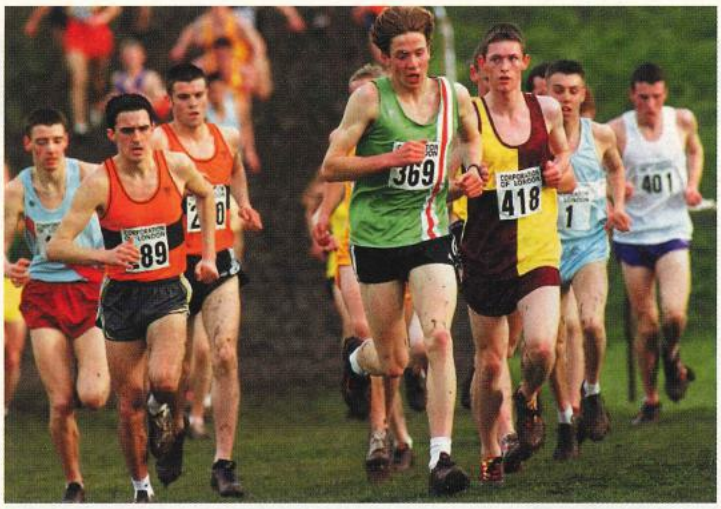
♦ **GLOUCESTERSHIRE**
Saturday January 15: Prince of Wales Stadium, Cheltenham.
Contact: *Mick Morris. 01242-260798*

♦ **ESSEX**
Saturday January 15: Basildon.

♦ **HAMPSHIRE**
Saturday January 8: Dibden Inclusure.

♦ **HEREFORDSHIRE**
Sunday January 16: Hereford Racecourse.

♦ **HERTFORDSHIRE**
Sunday January 16: Watford.
Contact: *Sally Gandee 01992-582208*



♦ **KENT**
Saturday January 8: Wildernesse School, Sevenoaks.
Contact: Dave Lindsey 01892-835332

♦ **LANCASHIRE**
Saturday January 15: Witton Park, Blackburn.

♦ **LINCOLNSHIRE**
Sunday January 16: Tbc.
Contact: *Ted Butcher. 01778-345062*

♦ **NORTH EAST COUNTIES**
Saturday December 11: Meadowfield, Durham.
Contact: *George Ogle 0191-4401561*

♦ **SURREY**
Saturday January 8: Lloyd Park, Croydon.

♦ **SUSSEX**
Saturday January 8: Bexhill. 11.30am.

♦ **WARWICKSHIRE**
Saturday January 15: Newbold Comyn, Leamington.

Leagues

♦ **APEX SPORTS CHILTERN LEAGUE**
Saturday October 30: Oxford.
Saturday December 4: Luton.
Saturday January 8: Watford.
Saturday February 12: Wing nr Leighton Buzzard.
Contact: *Dennis Orme. 020-8429 1461*

♦ **CHESHIRE LEAGUE**
Saturday December 4: Stockwood Park, Luton.
Saturday January 8: Watford.
Saturday February 12: Wing.
Sunday February 13: Stockport.
Sunday March 13: Macclesfield.
Contact: *Dennis Orme. 020-8429 1461*

♦ **CHINGFORD LEAGUE**
Saturday October 16: Loughton.
Saturday December 18: Chingford.
Saturday January 22: Trent Park.
Saturday March 12: Highams Park.
Contact: *Janice Bowman. 020-84407616*

♦ **COMPLETE RUNNER WEST YORKSHIRE LEAGUE**
Saturday October 16: Northcliffe Park, Shipley. Noon.
Saturday October 30: Bramley Falls Wood, Leeds. Noon.
Saturday November 20: Nell Bank, Ilkley. Noon.
Saturday December 4: Thornes Park, Wakefield (final). Noon.
Contact: *Complete Runner. 01943-601581*

♦ **DP FURNITURE EXPRESS NORTH EASTERN HARRIERS LEAGUE**
Sunday November 21: Riverside, Chester-le-Street.
Sunday November 28: Shibdon Park, Blaydon.
Sunday January 9: Riverside, Chester-le-Street.
Saturday February 26: Meadowfield, Durham. 12.30pm.
Saturday March 19: Prudhoe High School. 12.30pm.
Contact: *Mrs A M Ogle, 11 Thornton Crescent, Blaydon-on-Tyne, NE21 4BA*

♦ **EALING BOROUGH SCHOOLS LEAGUE (BOYS AND GIRLS)**
Wednesday October 13: Berkeley Playing Fields, Horsenden Lane, North Greenford. 4pm.
Wednesday November 17: Berkeley Playing Fields, Horsenden Lane, North Greenford. 1pm.
Wednesday November 24: Berkeley Playing Fields, Horsenden Lane, North Greenford. 1pm.

♦ **EAST ANGLIAN LEAGUE**
Wednesday October 20: Barnham Camp, RAF Honington.
Wednesday October 27: Bacton Woods.
Wednesday November 10: Friday Woods, Colchester.
Wednesday November 17: UEA, Norwich.
Wednesday December 8: Hospital Combine, tbc.
Wednesday January 12: Chantry Park, Ipswich.
Wednesday February 2: Nowton Park, Bury St Edmunds.
Wednesday February 16: Wattisham Airfield.
Wednesday March 2: Great Yarmouth.
Wednesday March 16: RAF Marham.
Contact: *Steve Langley. 01206-783972*

♦ **ESSEX LEAGUE**
Saturday October 9: Hockley or Hadleigh.
Saturday October 23: Thurrock.
Saturday October 30: Upminster.
Saturday November 27: Basildon.
Saturday January 8: Colchester.
Sunday January 23: Stubbers, Havering.
Contact: *Howard Williams. 01277-625294*

♦ **FROSTBITE FRIENDLY LEAGUE**
Sunday October 10: Sports Association Clubhouse, St Neots.
Sunday November 21: Bushfield, Peterborough.
Sunday December 12: Cambridge.
Sunday January 9: Ramsey, Cambridgeshire.
Sunday February 6: Bourne Woods. Bourne.
Sunday March 6: Huntingdon.

♦ **GLOUCESTERSHIRE LEAGUE**
Saturday January 8: Droitwich.
Contact: *Robin Macdonald. 01451-820092*

♦ **GWENT LEAGUE**
Sunday October 10: Newbridge Fields, Bridgend.
Sunday October 31: Leckwith Stadium, Cardiff.
Saturday December 4: Bath University.
Saturday February 12: Singleton Park, Swansea (Provisional).
March 12: Tredegar Park, Newport (Proposed).

♦ **HAMPSHIRE LEAGUE**
Saturday October 9: Farley Mount, Winchester.
Saturday October 30: Goodwood, Chichester.
Saturday November 27: Ashe Meadows, Overton.
Saturday January 15: Prospect Park, Reading.
Saturday February 12: Wimbourne, Hamworthy.

♦ **HEREFORDSHIRE LEAGUE**
Sunday October 10: Croft Castle. 11am.
Sunday November 14: High Vimmals, nr Ludlow. 11am.
Sunday December 5: Holme Lacy. 11am.
Sunday January 16: Hereford Racecourse. 11am.
Sunday February 6: Presteigne. 11am.

♦ **KEEP ON RUNNING SOUTH YORKSHIRE LEAGUE**
Sunday October 10: Campsall, nr Askern.

Sunday November 7: Grange Lane, Barnsley.
Sunday November 28: Kimberworth.
Sunday January 9: Graves Park, Sheffield.
Contact: *01226-765191*

♦ KENT MEN'S WOMEN'S AND YOUNG ATHLETES' LEAGUE

Saturday October 9: Sparrows Den, West Wickham.
Saturday October 30: Capstone Park, Gillingham.
Saturday November 27: Danson Park, Bexley.
Saturday February 12: Parkwood School, Swanley.
Saturday March 12: Summerhill Park, Tonbridge.

♦ LINCOLNSHIRE LEAGUE

Sunday October 24: Skegness.
Sunday December 5: TBC.
Sunday December 19: TBC.
Sunday January 9: TBC.
Contact: *Ted Butcher. 01778-345062*

♦ LONDON CITY RUNNER METROPOLTIAN LEAGUE

Saturday October 9: Ruislip. 1.30pm.
Saturday October 30: Woodford. 1.30pm.
Saturday November 27: Wormwood Scrubs. 1.30pm.
Saturday January 8: St Albans. 1.30pm.
Wednesday January 12: Perivale. 1.30pm.
Contact: *Howard Williams. 01277-625294*

♦ MAJESTIC TRAVEL NORTH WALES LEAGUE

Saturday October 9: Colwyn Bay. 2.10pm.
Saturday November 6: Telford. 2.10pm.
Saturday January 8: Wrexham. 2.10pm.
Saturday February 26: Oswestry. 2.10pm.
Contact: *David Alun Williams. 01978-820612*

♦ MANCHESTER AND DISTRICT LEAGUE

Saturday October 30: Heaton Park, Manchester. Noon.
Saturday November 20: Macclesfield Leisure Centre. Macclesfield. Noon.
Saturday December 4: Boggart Hole Clough, Manchester. Noon.
Saturday January 8: Wythenshawe Park, Manchester. Noon.
Contact: *Brenda Bradshaw. 0161-7966310*

♦ MID LANCS LEAGUE

Saturday January 22: The Showground, Kendal.
Saturday February 12: Wilson Playing Fields, Hyndburn.
Saturday March 12: Fitz Park, Keswick.

♦ MIDLAND WOMEN'S LEAGUE

Saturday October 30: Senneleys Park, Birmingham.
Saturday November 27: Tba.
Saturday February 12: Tba.



♦ NORTH STAFFS LEAGUE

Saturday October 16: Wyre Road, Newcastle.
Saturday November 13: Stafford Common.
Saturday December 4: Westwood High School, Leek.
Contact: *John Reynolds. 01782-396227.*

♦ NORTH WEST WOMEN'S LEAGUE

Saturday October 30: Heaton Park, Manchester. Noon.
Saturday November 20: Macclesfield. Noon.
Saturday January 8: Wythenshawe Park, Manchester. Noon.

♦ NORTH WEST LONDON YOUNG ATHLETES' LEAGUE

Saturday November 6: Tba.
Saturday December 4: Trent Park, Middlesex.
Saturday February 26: Tba.
Saturday March 12: Wormwood Scrubs, West London.

♦ NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

Sunday October 10: Eastbourne Stadium, Darlington. (Cross country relays). 12 noon.
Sunday October 24: Barnard Castle. 1pm.
Sunday November 7: Summer Hill, Hartlepool. 1pm.
Sunday December 5: Thirsk Racecourse. 1pm.
Sunday January 9: Caedmon School, Whitby. 1pm.
Sunday February 6: Northfield School, Billingham. 1pm.
Sunday February 27: Richmond. 1pm.
Sunday March 20: Locke Park, Redcar. (Road relays). 12 noon.
Contact: *John Kettle 01642-722462.*

♦ SCOTTISH EAST DISTRICT

Saturday November 13: Deans, Livingston (Deans). 1.15pm.
Sunday November 28: Beveridge Park, Kirkcaldy. 1.15pm.
Saturday February 5: Corstorphine Hill, Edinburgh. 1.15pm.

♦ SCOTTISH NORTH DISTRICT

Saturday October 9: Ross County.
Saturday October 30: Elgin.
Saturday November 13: Nairn.
Saturday January 8: Lochaber.
Saturday January 29: Keith.
Saturday February 12: Moray.

♦ SUNDAY LEAGUE

Sunday October 24: Parliament Hill Fields. 11am.
Sunday November 14: Cassiobury Park, Watford. 11am.
Sunday December 19: Cheshunt Park, Cheshunt. 11am.
Sunday January 23: Digswell, North Welwyn. 11am.
Sunday February 13: Royston. 11am.
Contact: *MalcolmFrench@aol.com*

♦ SURREY LADIES' LEAGUE

Saturday October 9: Wimbledon Common.
Saturday November 27: Richmond Park, Kingston Gate.
Saturday January 15: Richmond Park, Petersham.
Saturday February 12: West Ewell.
Contact: *Ron Gobey. 020-88564681*

♦ SWEATSHOP SURREY MEN'S LEAGUE

Saturday October 9: Division 1: Brockwell Park. **Division 2:** Wimbledon Common. **Division 3&4:** Epsom Downs.
Saturday November 27: Division 1: Wimbledon Common. **Division 2:** Richmond Park. **Division 3&4:** Lightwater.
Saturday February 12: Division 1: Coulsdon. **Division 2:** Lloyd Park. **Division 3&4:** Wimbledon Common (provisional).

♦ WESSEX LEAGUE

Sunday October 10: Millfield Prep School, nr Glastonbury. 12.45pm.
Saturday November 13: Hudson's Field, Salisbury.
Saturday December 11: Newbury.

♦ SUSSEX LEAGUE

Saturday October 16: Goodwood. 12.30pm.
Saturday November 27: Stanmer Park, Brighton. 12.30pm.
Saturday December 18: Lancing. 12.30pm.
Saturday February 12: Lancing. 12.30pm.
Contact: *Philip Baker. 01243-533784*

♦ WEST GLAMORGAN LEAGUE

Sunday October 17: Margam Park, Port Talbot. 11am.
Sunday January 30: Corus, Port Talbot. 11am.
Sunday February 27: Tba. 11am.
Sunday March 27: Tba.
Contact: *Kevin Corcoran. 01792-792301. Email: wgl@tesco.net*

♦ WEST MIDLAND YOUNG ATHLETES' LEAGUE

Sunday October 10: Pype Hayes Park.
Sunday November 14: Tba.
Sunday December 12: Tba.
Sunday January 9: Tba.

♦ WESTWARD LEAGUE

Sunday October 10: Redruth School, Redruth. 1pm.
Sunday October 31: Tregorrick Park, St Austell. 1pm.
Sunday December 5: Exeter Arena, Exeter. Noon.
Sunday January 9: Bideford. 12.30pm.
Saturday February 12: Torbay Leisure Centre, Paignton. 1.15pm.
Sunday March 20: Rolle College, Exmouth.

Masters

♦ BRITISH AND IRISH VETERANS' INTERNATIONAL

Saturday November 20: Croydon.

♦ BMAF CHAMPIONSHIPS

March 12: Castle Park, Bangor, Co Down.
Contact: *BMAF Cross Champs, 1 Wilmont Park, Dunmurry, Belfast BT17 9JW*

♦ ESSEX VETERANS/U17/U20 COUNTY CHAMPIONSHIPS

Saturday December 4: Woodford.
Contact: *Howard Williams. 01277-625294*

♦ **SCOTTISH ATHLETICS NATIONAL MASTERS CHAMPIONSHIPS**
Sunday March 6: Glasgow.

♦ **SOUTHERN COUNTIES VETS AND CROYDON HARRIERS CHAMPIONSHIPS AND INTER-CLUB MATCH**
Saturday March 5: Lloyd Park, Croydon.

♦ **SURREY VETERANS' CHAMPIONSHIPS**
Saturday October 16: Richmond Park, Petersham

♦ **SUSSEX VETERANS' CHAMPIONSHIPS**
Sunday December 12: Denne Park, Horsham. 1pm.
Contact: John Linfield. 01903-814685

♦ **VETS INTERNATIONAL & OPEN RACE**
November 30: Lloyd Park, Croydon.

Schools/universities

♦ **BRITISH UNIVERSITIES' CHAMPIONSHIPS**
Saturday February 5: Leeds.

♦ **ENGLISH SCHOOLS' CHAMPIONSHIPS**
Saturday March 12: Norwich.

♦ **ENGLISH SCHOOLS' COUNTY CHAMPIONSHIPS**
Saturday February 5: Recommended date, various.

♦ **ENGLISH SCHOOLS' CUP**
Saturday November 13: Regional rounds, various.
Saturday December 4: Final, Oswestry.

♦ **IRISH UNIVERSITIES' CHAMPIONSHIPS**
Saturday February 26: Tba, Northern Ireland.

♦ **NOTTINGHAM SCHOOLS' LEAGUE**
Saturday November 13: Sutton Lawns, Sutton in Ashfield. 10am.
Contact: Paul Allison. 0115-8452247

♦ **NOTTINGHAM SCHOOLS' LEAGUE**
Saturday December 11: Berry Hill, Mansfield. 10am.
Contact: Paul Allison. 0115-8452247

♦ **SIAB U15 & U17 INTERNATIONAL, U20 INTER-ASSOCIATION MATCH**
Saturday April 2: Denby.

♦ **WELSH SCHOOLS' CHAMPIONSHIPS**
Saturday March 19: Brecon. 1.15pm.
Contact: Derek Osborne. 01874-623852

Relays

♦ **EAST ANGLIAN LEAGUE RELAYS**
Wednesday March 23: RAF Honington.
Contact: Steve Langley. 01206-783972

ENGLISH NATIONAL RELAYS
Saturday November 6: Mansfield.

♦ **NORTH DOWN RELAYS**
Saturday January 15: Bangor.

♦ **PRIORY RELAYS**
Saturday November 6: Reigate Priory, Reigate Priory Park, Reigate, Surrey. 1.30pm.
Contact: Andy Glover. 01737-361868

♦ **SCOTTISH ATHLETICS EAST DISTRICT RELAY CHAMPIONSHIPS**
Saturday October 16: Kelso.

♦ **SCOTTISH ATHLETICS NATIONAL RELAY CHAMPIONSHIPS**
Saturday October 23: Cumbernauld.

Matches

♦ **DURHAM UNIVERSITY PAST V PRESENT**
Saturday October 30: The Graham Sports Centre, Maiden Castle, Durham DH1 3SE. 9.30am.
Contact: Durham University Athletic Union, Dunelm House, New Elvet, Durham DH1 3AN

♦ **ERIC ANDREWS MEMORIAL RACES**
Sunday November 14: Drayton School, Banbury. Noon.
Contact: Ian Robinson. 01295-268028

♦ **PIRIE 10M RACE**
Saturday December 4: South London Harriers, 194a Brighton Road, Coulsdon, Surrey. 2.30pm.
Contact: Richard Carter. 020-866-04477

♦ ANY amendments or additions email: paul.halford@athletics-weekly.co.uk, call 01733-898440 or write to: Paul Halford, *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN.

fun to fulfilment

Reebok Cross Challenge 2004-2005

Reebok Cross Challenge again offers £30,000 in prizes to athletes of all ages

In addition to the familiar venues of Falkirk, Birmingham, Liverpool, Belfast, Cardiff and Nottingham, this year sees Parliament Hill Fields becoming one of the venues for the 2004/05 Reebok Cross Challenge Series.

The seven meetings in this winter's series for Seniors, Under 20s, Under 17s, Under 15s and Under 13s will carry a greater incentive to the UK's best endurance runners to race against each other more often. Their scores from **three** of the first six meetings will be carried forward to the Final, which will again be held in Nottingham.

However the races should not be considered only for the elite, last year over 2500 athletes ran in one or more of the races, demonstrating that cross country runners of all abilities are welcome. Most of the series events also incorporate local leagues that are the foundations of endurance running.

You can enter the Reebok Cross Challenge in one of three ways:

- Online via the UKA web site **www.ukathletics.net**
- Print off the relevant entry forms from **www.ukathletics.net**
- Fill in the coupon opposite to request entry forms

Click on the Reebok Cross Challenge logo on the UK Athletics home page to enter and for details about each event, including location and timetable, past and present series results, race reports and the rules.





Reebok uk:athletics

☐ I enclose a large stamped addressed envelope

Name .....

DoB ..... Address .....

.....

..... Post code .....

Tel.....

Club (if any) .....

E-mail .....

Please send me the entry form(s) for the Reebok Cross Challenge races at:
Tick as appropriate

☐ Falkirk 9 October ☐ Birmingham 30 October
☐ London 20 November ☐ Liverpool 4 December
☐ Belfast 8 January ☐ Cardiff 23 January

Entry forms for the Final in Nottingham on 5 March are not available as qualification is via country/district regional championships. Entry may be also available through series coordinator Cliff Robinson to athletes who have run in two previous Reebok Cross Challenge races.

Signed ..... Date .....

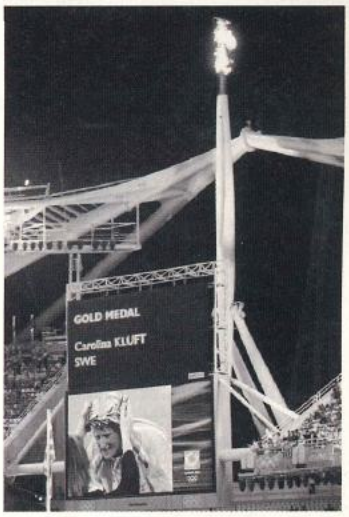
Send this coupon along with a large stamped addressed envelope to: Cliff Robinson, 9 Knoll Close, Littleover, Derby, Derbyshire, DE23 3SG

Data protection: the information you provide will be held on a database and may be shared with current UK Athletics partners and/or sponsors. If you do not wish our sponsors to receive your information, please tick this box ☐. If you do not wish to receive information directly relating to athletics, please tick this box ☐

Picture perfect!

HERE is a selection of photographs taken by *Athletics Weekly* readers during the Olympic Games held recently in Athens. Unfortunately, we are unable to show all the images that were sent in. The winning picture – which wins for its photographer a *Kodak Easyshare* digital camera and dock – is on the right. A selection of runners-up, who each receive a *Kodak* high definition single-use camera, and their entries are shown below.





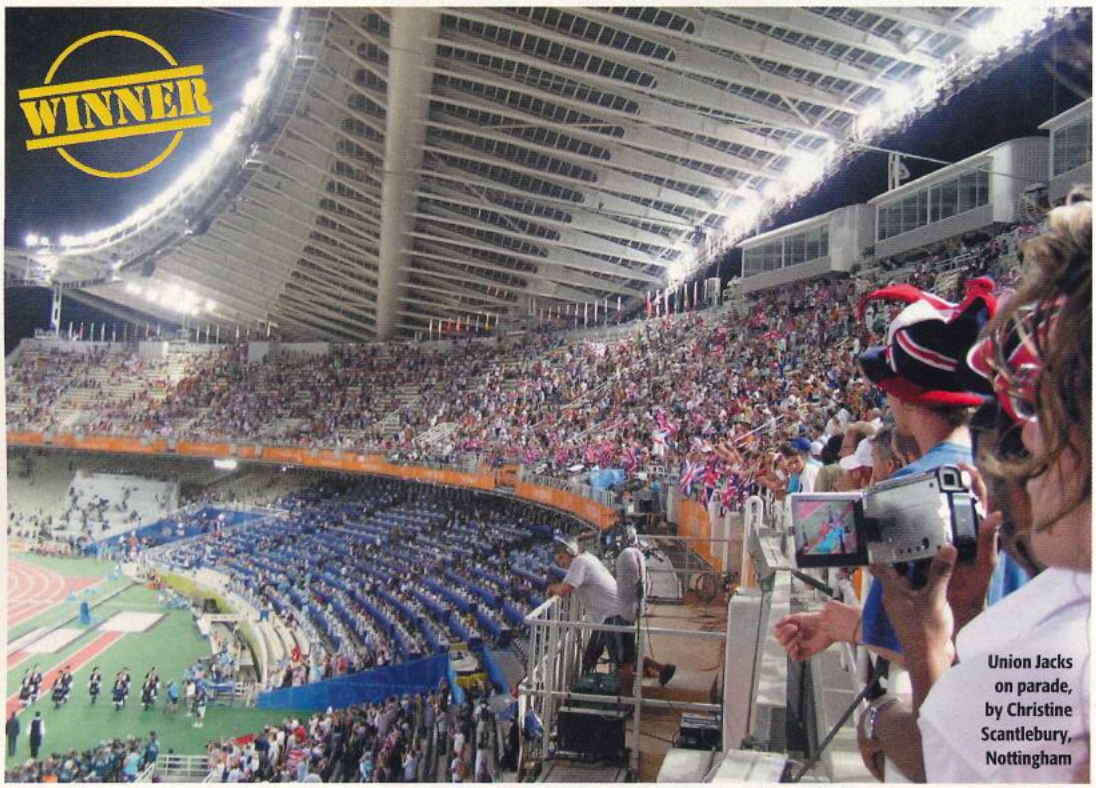
Klüft's victory, by Nick Aggelopoulos, via email



Kelly's gold from Coe, by Ben Paviour, London



Oh, Carolina. Heptathlon champ hugs her mother, by Alistair Mortimore, London



Union Jacks on parade, by Christine Scantlebury, Nottingham



Marathon support, by R Kindersley, Cheltenham



British supporters in Athens, by Lucy Brooks, Surrey



Spot the snapper, by Bernard Moncrief, London

Kodak
Worldwide Sponsor

Didn't make it to Athens?

FOR those readers who couldn't get there this time, *Athletics Weekly* will be putting together another competition later in the year looking for your best athletics-related photographs from a UK event. So whether you were one of the many at the London Grand Prix meeting just prior to Athens or stood through awful weather at a cross country event at the start if the year, we'll want to see those pictures, so get snapping!

Sun shines after the Delhi rain



Just champion: Sun Yingjie celebrates her victory in New Delhi

Chinese star wins women's race as Kirui leads Kenyan glory for the men in India

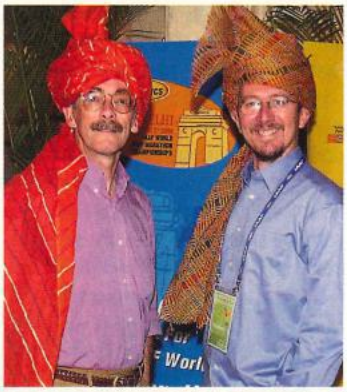
Reports: Geoff Wightman
Pictures: Mark Shearman

A SUDDEN New Delhi deluge the previous night had totally wiped out the IAAF's outdoor welcome banquet at the national railway museum. This event, ironically, was on an alcohol-free public holiday, celebrating Ghandi's birthday, so all of the hotels displayed large signs proclaiming 'DRY DAY'.

It meant that temperatures had cooled to around 28 degrees, albeit with humidity estimated at 80 per cent by the time the men's race began at 8am on an historic day for the sport as world athletics found a new vantage point in India.

But it proved a great success, six years before the country stages the Commonwealth Games, as a record 60 nations took part across the two races, although relatively few countries fielded complete teams.

Britain's absence meant that they dropped out of the exclusive group of five who had contested every single IAAF Championship event and the glory went to Paul Kirui in the men's event and China's Sun Yingjie in the women's.


Your correspondents, Mark Shearman and Geoff Wightman, enter into the flavour of the meeting

THE women faced rising temperatures for their 9.20am start, as dozens of wild eagles soared above the infield of the stadium.

Ireland's Sonia O'Sullivan attracted considerable media interest in the lead-in to the race and was contesting a second half-marathon, just seven days after the BUPA Great North Run.

Amid very high security, the Indian Prime Minister was on hand to see the field of 61 under way. At 5km, in 16:24, the East African women's club meeting was being gatecrashed by the powerful figure of Constantina Tomescu, of Romania, but the leading eight competitors were separated by just two seconds.

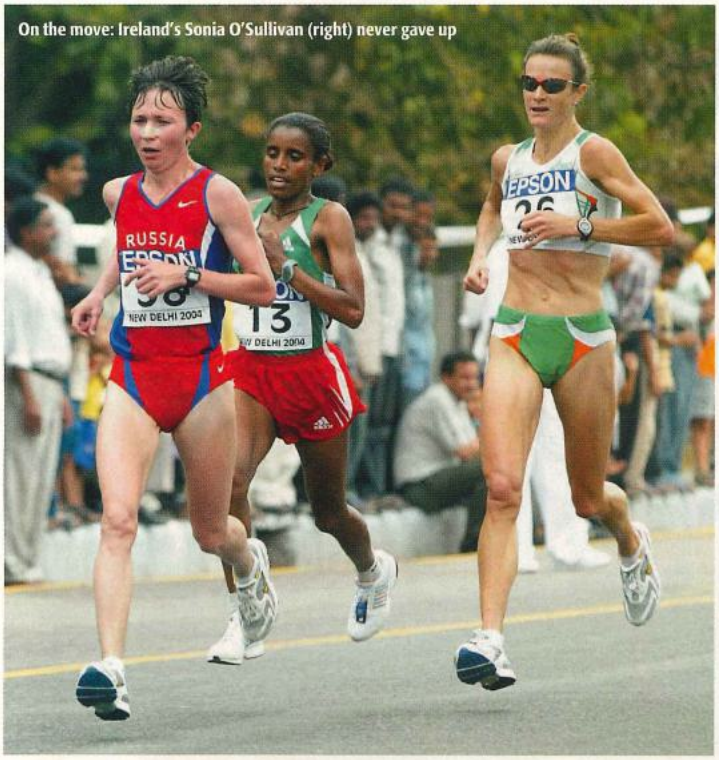
At 10km, it was just Sun Yingjie, barely ten metres ahead of Lydia Cheromei, of Kenya, and the pair of them ran stride for stride over the next three kilometres.



Leading the way: Constantina Tomescu (53) takes charge of the race



In step: Lydia Cheromei heads Sun Yingjie


On the move: Ireland's Sonia O'Sullivan (right) never gave up


Flowers in the reign: The top three (l-r), Lydia Cheromei, Sun Yingjie and Constantina Tomescu

By 15km (48:37), Sun had decided that the two invisible shopping bags that she always seems to be carrying, with that minimal arm action, needed to be dropped off somewhere urgently and she ran off into the distance.

It must have been particularly galling for Tomescu because just as she had clawed her way back to the leaders, Sun then disappeared over the horizon. The Chinese athlete duly celebrated her first major title, on Asian soil, in 68:40, breaking her five-year-old PB of 70:22, and appeared very emotional on her victory lap.

Sun said: "I'm very happy but also surprised to win this race because the standard of athlete was so high.

"I only expected to learn from them (the opposition) but I felt good on the course and the conditions were not as bad as I thought they would be.

"I was very pleased when all the rain came last night. It really cooled the course. I had a tough fight with the Kenyan runner and I knew Sonia O'Sullivan was very strong. That's why I'm so happy now and looking forward to running the Beijing International Marathon on October 17 when I expect to finish in the top three."

Cheromei eased clear in the closing stages for silver. O' Sullivan came through from eighth to fourth over the second lap, having looked laboured at halfway. This performance hinted that the marathon may yet be a happy hunting ground for her and a major city event in spring 2005 now features in her forward planning. So what happened to turn her race around? "As I left the stadium for the second lap, I called out to Nick (Bideau, her partner) 'I'm not sure about this.' I was really wondering how I was going to get through it. He said 'It's okay, just do the best you can.' Over the next few minutes, I started to feel much better and once I had passed one of the Ethiopians, I really got going. I'm looking forward to a short end-of-season break now" Ethiopia pipped Romania to the team title by a slender eight seconds.


Powering along: Yingjie on her way to glory

'I'm very happy but also surprised to win this race because the standard of athlete was so high'

SUN YINGJIE, ON HER WORLD HALF-MARATHON CHAMPIONSHIP WIN

WHO IS SUN YINGJIE?

Born: 3/10/77; **Birthplace:** Liaoning, China; **Weight:** 50kg; **Height:** 1.64m

♦ **PBs:**
5000m: 14:40.41 (Busan, 2002)
10,000m: 30:07.20 (Paris, 2003)
Marathon 2:19:39 (Beijing, 2003)
Half-marathon: 68.40 (New Delhi, 2004)

♦ **Honours:**
Olympic Games:
5000m: 8th, 15:07.23 (Athens, 2004)
10,000m: 6th, 30:54.37 (Athens, 2004)
World Championships:
5000m: 9th, 14:57.01 (Paris, 2003)
10,000m: 3rd, 30:07.20 (Paris, 2003)
Marathon: 12th, 2:30:12 (Seville, 1999)
World Half-marathon:
1st, 68:40 (New Delhi, 2004)
Asian Athletics Championships:
5000m: 1st, 15:48.42 (Manila, 2003)
10,000m: 1st, 32:37.04 (Manila, 2003)

Results

BRITISH EUROSPORT

♦ **MEN**

1 P Kirui (KEN) 62:15; 2 F Joseph (TAN) 62:31; 3 A A Hassan (QAT) 62:36; 4 J C Korir (KEN) 62:38; 5 S Sige (ETH) 62:42; 6 A Emere (ETH) 62:52; 7 W Busienei (UGA) 62:55; 8 W K Kebenel (KEN) 63:02; 9 B Addane (ETH) 63:03; 10 A Dinkesa (ETH) 64:06; 11 Y Kifle (ERI) 64:19; 12 S Ayeie (ISR) 64:41; 13 M Toroitich (UGA) 64:48; 14 Y Nakazaki (JPN) 64:48; 15 S Kiflemariam (ERI) 65:00; 16 Y Oda (JPN) 65:03; 17 T Okamura (JPN) 65:19; 18 J Young (USA) 65:33; 19 A Driouche (MAR) 65:41; 20 L Masunda (ZIM) 65:42; 21 T Mesfen (ERI) 65:45; 22 F Rey (ESP) 65:51; 23 A M Quadi (FRA) 65:59; 24 L Xerouai (FRA) 66:01; 25 Y Rybakov (RUS) 66:02; 26 G Moloko (BOT) 66:04; 27 J Nsubuga (UGA) 66:05; 28 S Rogart (TAN) 66:11; 29 M Ibata (JPN) 66:25; 30 J O Al-Noor (QAT) 66:42; 31 J van Damme (NED) 66:52; 32 V M Morente (ESP) 66:56; 33 L Shvetsov (RUS) 66:58; 34 R El Ghanmouni (MAR) 67:01; 35 A Vasilyev (RUS) 67:05; 36 E Malyo (UGA) 67:12; 37 M Serbouti (FRA) 67:24; 38 M Michelsson (AUS) 67:41; 39 Y Asmeron (ERI) 67:48; 40 A Bagy (FRA) 67:49; 41 C Jaramillo (CHI) 67:51; 42 N Ratnayake (SRI) 68:00; 43 F A Abubaker (QAT) 68:13; 44 A Bandara (SRI) 68:25; 45 O Dietz (GER) 68:29; 46 J Kibet (UGA) 68:36; 47 J Cox (USA) 68:38; 48 T Mitchell (USA) 68:39; 49 N Cordes (USA) 68:43; 50 K Gabaseme (BOT) 69:00; 51 M Ramsamy (MRI) 69:05; 52 D H Naftali (TAN) 69:11; 53 M Khobotov (RUS) 69:23; 54 G Andreyev (RUS) 69:37; 55 K Mosalagae (BOT) 70:10; 56 J-H Shin (KOR) 70:12; 57 S Drew (CAN) 70:13; 58 K Collins (USA) 70:32; 59 R B Subha (IND) 70:33; 60 S Petrovic (CRO) 70:47; 61 A S Labiche (SEY) 70:52; 62 T Maine (LES) 71:08; 63 S Diamini (SWZ) 71:31; 64 S Alghodran (JOR) 71:41; 65 M K Yadav (IND) 71:53; 66 A Singh (IND) 72:05; 67 A Chigidinov (KAZ) 72:07; 68 J A Semprun (VEN) 72:12; 69 R Kumar (IND) 72:12; 70 Y M Al-Hadhrami (OMA) 72:24; 71 U Khatri (NEP) 72:29; 72 M C Kapri (IND) 72:49; 73 R Herrera (PHI) 75:06; 74 A P Dhakal (NEP) 76:16; 75 M Tschopp (LIE) 76:45; 76 A Tongmit (THA) 77:29; 77 M Faisbanov (KGZ) 78:37; 78 P Tshewang (BHU) 78:45; 79 B Hem (CAM) 79:40; 80 K Wong Wang (HKG) 79:42; 81 S Osadiuk (CAN) 81:26; 82 N B Khatri (NEP) 82:32; 83 Y A Abu Turkey (PLE) 82:59; 84 H Riyaz (MDV) 85:19; DNF: F J Cortes (ESP), K Tuvakliyev (TKM), A Habassa (MAR), R Harroufi (MAR), F de Almeida (BRA), C W Ieong (MAC), M I Msandeki (TAN)

TEAM: 1 Kenya 3:07:55; 2 Ethiopia 3:08:37; 3 Uganda 3:13:48; 4 Eritrea 3:15:04; 5 Japan 3:15:10; 6 Qatar 3:17:31; 7 Tanzania 3:17:53; 8 France 3:19:24; 9 Russia 3:20:05; 10 United States 3:22:50; 11 Botswana 3:25:14; 12 India 3:34:31; 13 Nepal 3:51:17

♦ **WOMEN**

1 Sun Yingjie (CHN) 68:40; 2 L Cheromei (KEN) 69:00; 3 C Tomescu (ROM) 69:07; 4 S O'Sullivan (IRL) 70:33; 5 Y Saito (JPN) 71:05; 6 E Kuma (ETH) 71:07; 7 I Timofeyeva (RUS) 71:17; 8 B Bekele (ETH) 71:23; 9 A Ivanoa (RUS) 72:17; 10 M Botezan (ROM) 72:36; 11 G Marconi (ITA) 72:42; 12 C Zhou (CHN) 72:52; 13 K Terada (JPN) 73:07; 14 R Jeptoo (KEN) 73:08; 15 T Erkesso (ETH) 73:30; 16 A Zekiros (ETH) 73:50; 17 Z Bvalclunaite (LTU) 73:53; 18 L Talpos (ROM) 74:25; 19 I Eizmendi (ESP) 74:37; 20 K Isogai (JPN) 74:39; 21 Y Burykina (RUS) 74:47; 22 I Safarova (RUS) 74:52; 23 P Tisi (ITA) 74:58; 24 F Klilech-Fauvel (FRA) 75:05; 25 A Buia (ROM) 75:10; 26 C Daunay (FRA) 75:28; 27 M L Larrage (ESP) 75:41; 28 P Kaminkova (CZE) 75:46; 29 Y Oubouhou (FRA) 75:53; 30 I Iozzia (IT) 75:59; 31 F Murata (JPN) 76:32; 32 K Wahbi (MAR) 76:41; 33 E Nay (USA) 77:09; 34 V Sicari (ITA) 77:30; 35 K Fitchen-Young (USA0 77:40; 36 M White (USA) 78:42; 37 E Fetizon (FRA) 79:13; 38 H Tanner (USA) 79:48; 39 A A da Silva (BRA0 79:49; 40 M Zambrano (CAN) 81:41; 41 I Falcon (PUR) 81:58; 42 S Jayasena (SRI) 82:07; 43 A Padalinskaya (BLR) 82:44; 44 M Gurbina (KAZ) 82:52; 45 Geeta (IND) 83:59; 46 S Marbade (IND) 83:23; 47 L P Devi (IND) 84:38; 48 P Devi (IND) 84:44; 49 S Piawong (THA) 85:20; 50 I B Kiyindou (CGO) 85:42; 51 M Mota (LES) 88:44; 52 S Kaur (IND) 88:48; 53 V Tang (SIN) 89:22; 54 R Sarbasova (KAZ) 90:20; 55 O Oriva (KGZ) 96:56; 56 N Bharati (NEP) 1:44:30; 57 Z Ali (MDV) 1:44:39; 58 M Tutynina (TKM) 84:52; DNF: T Yangdon (BHU), E Kimuria (KEN), H Izem (MAR)

TEAM: 1 Ethiopia 3:36:00; 2 Romania 3:36:08; 3 Russia 3:38:21; 4 Japan 3:38:51; 5 Italy 3:43:39; 6 France 3:46:26; 7 United States 3:53:31; 8 India 4:11:00

Kirui out on his own

THE early leader was Yonas Kifle, of Eritrea, who headed a tightly packed group through 5km in 14:48.

A seven-second lead was to prove more precarious than a Delhi cabby's road-holding on a roundabout and as the runners returned to Nehru Stadium for the second circuit, a large pack swept round the track.

The 10km point was reached in 29:55 and an instant advantage of the chip timing devices was that the 10,000 strong crowd was aware in advance that Kenya led arch rivals Ethiopia by just one second in their bid for an eighth team title. As they made the return run from the magnificent Gate of India monument, Paul Kirui surged clear. His long run for home eventually drew him 16 seconds clear, for individual and team gold (62:15) ahead of the fast finishing Tanzanian teenager, Fabiano Joseph.

Abdullah Ahmad Hassan, of Qatar (formerly Albert Chepkurui of Kenya), took bronze as the first nine finishers were of East African origin.

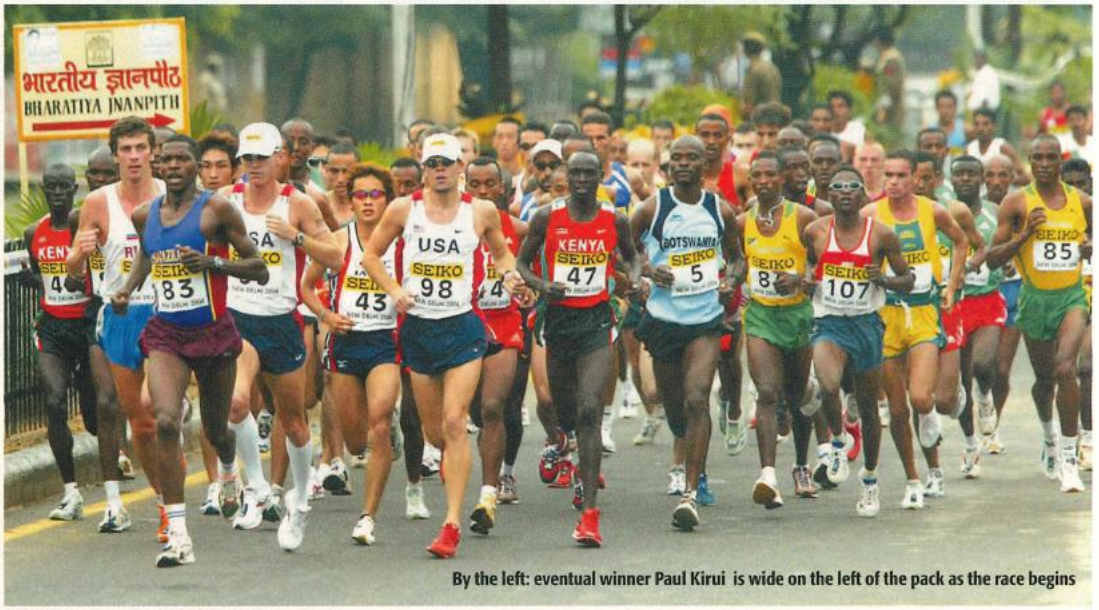
Kirui said: "The course was not very difficult. I felt very good and the conditions were fine for me.

"I arrived yesterday convinced that I was going to run well as I have been one of the fastest in the world this year. I thought conditions here would not be so easy, which is why I only arrived yesterday, but they turned out fine.

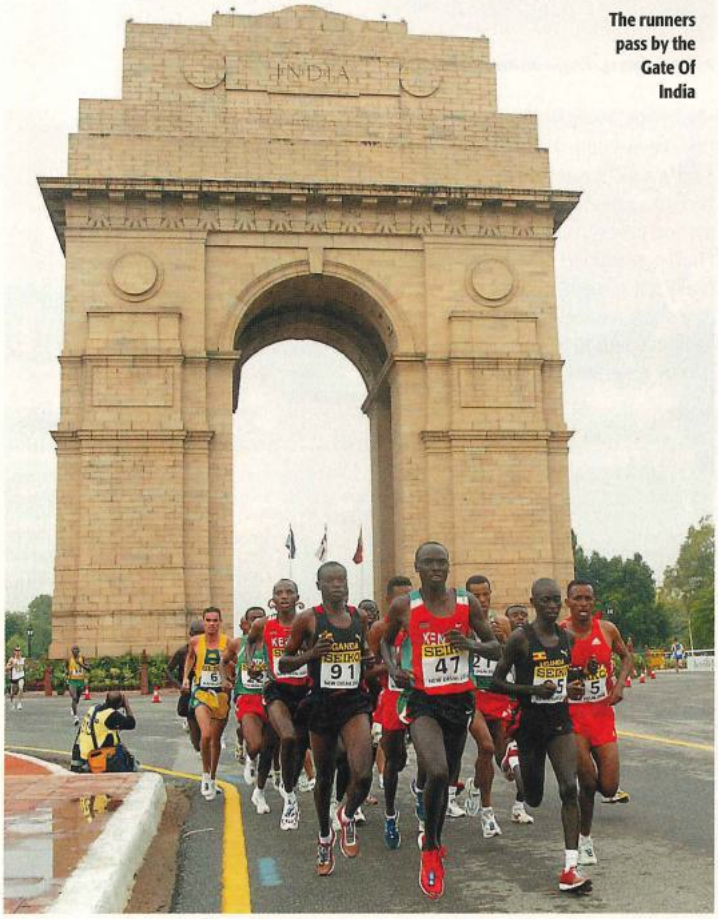
"I was not afraid of Joseph at all, but the Qatari was my biggest fear. I have trained with him in the past and I knew that he was fast. This is a team competition too and we ran as a team. At one stage, John Cheruiyot Korir told me that his legs were tired and that I should go, so that is when I made my break, just after 15 kilometres.

"It is a shame that Martin Lel was injured and could not come. I am sure that if he had been we would have taken at least the first two places and maybe all three."

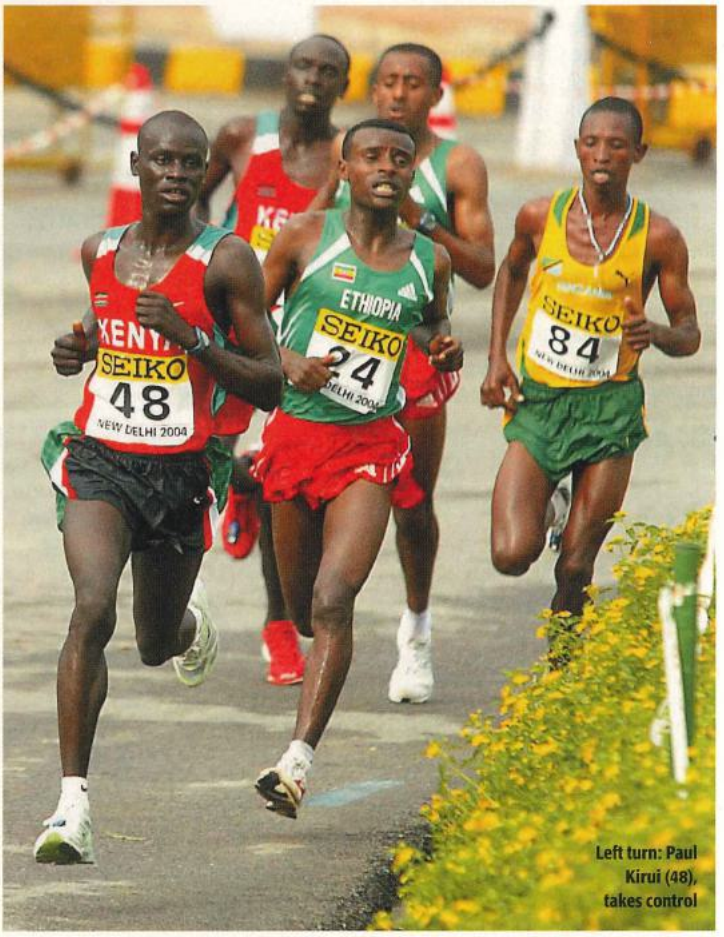
Joseph said: "I wanted to win but I could not today. I guess it has to do with my training. I am going to train even harder in the future so that I can try to get the gold medal. I thought around 16 kilometres that I could overtake Kirui, but he was too strong for me, so from that point I just concentrated on keeping my second place."



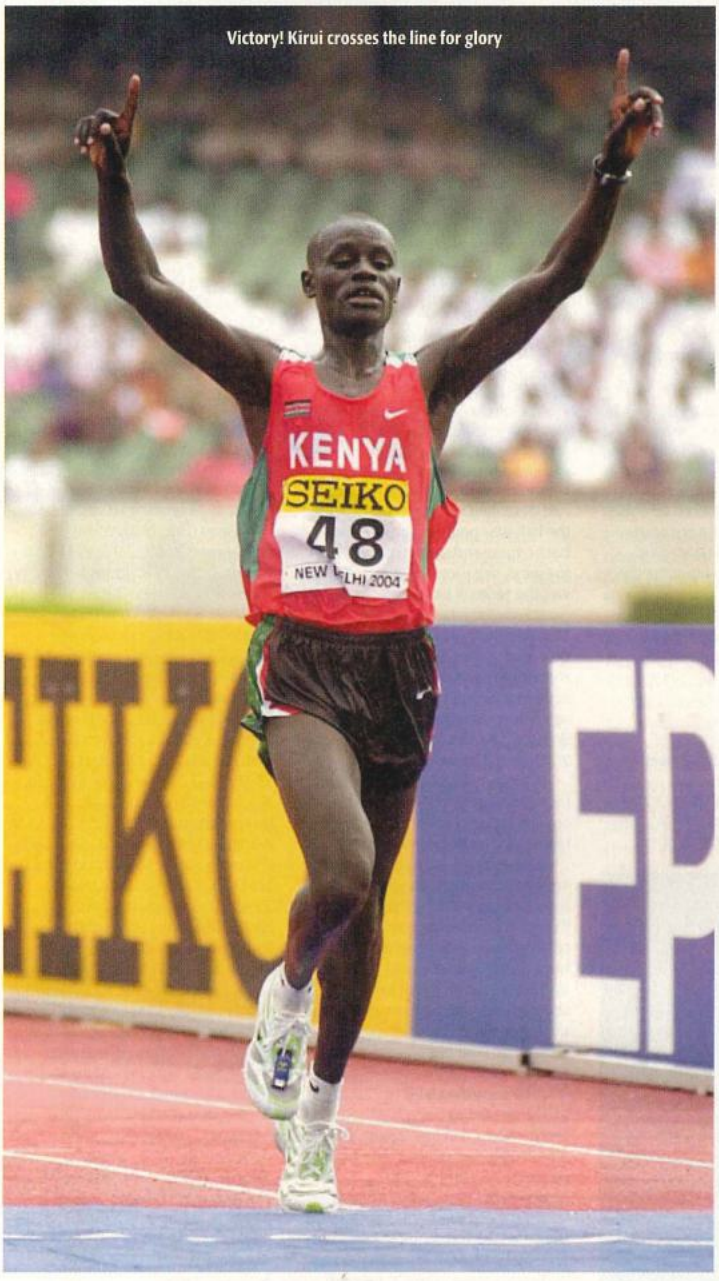
By the left: eventual winner Paul Kirui is wide on the left of the pack as the race begins



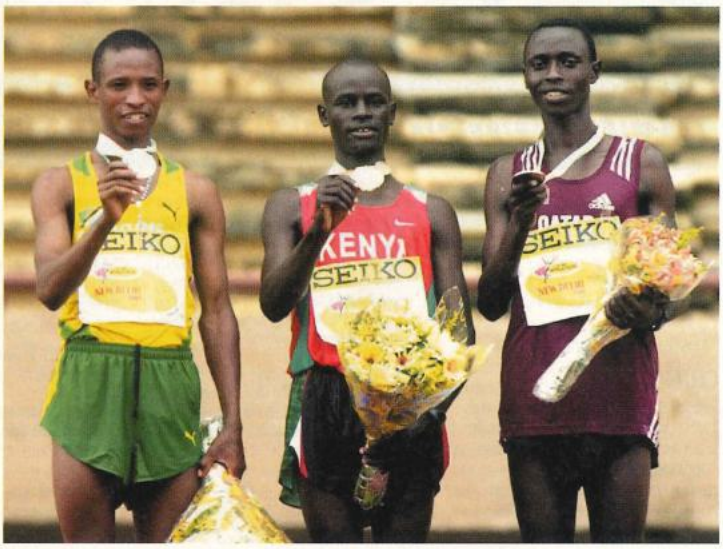
The runners pass by the Gate Of India



Left turn: Paul Kirui (48), takes control



Victory! Kirui crosses the line for glory



Medallion men: the first three (l-r), Fabian Joseph, Paul Kirui and Abdullah Ahmad Hassan

Coe leads the Indian praise

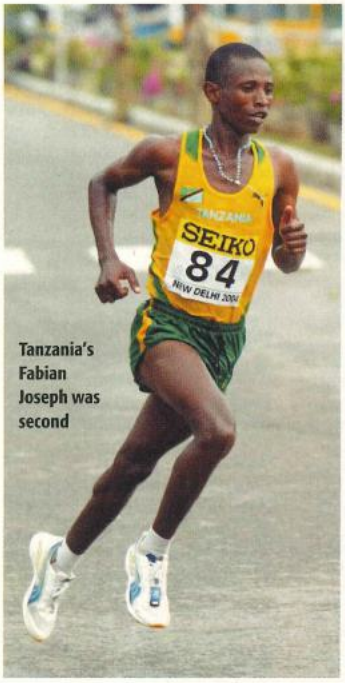
SEBASTIAN COE, who could have run for India by virtue of his maternal grandfather's nationality, was in New Delhi as a member of the IAAF's Jury of Appeal.

He was untroubled in his umpiring role but, on the weekend of his 48th birthday, took time out from London 2012 lobbying to praise New Delhi's hosting of India's first IAAF World Championship. "This place has unbelievable potential for athletics," said Coe. "There is a great opportunity here over the next six years in the build-up to the 2010 Commonwealth Games. They did a great job."

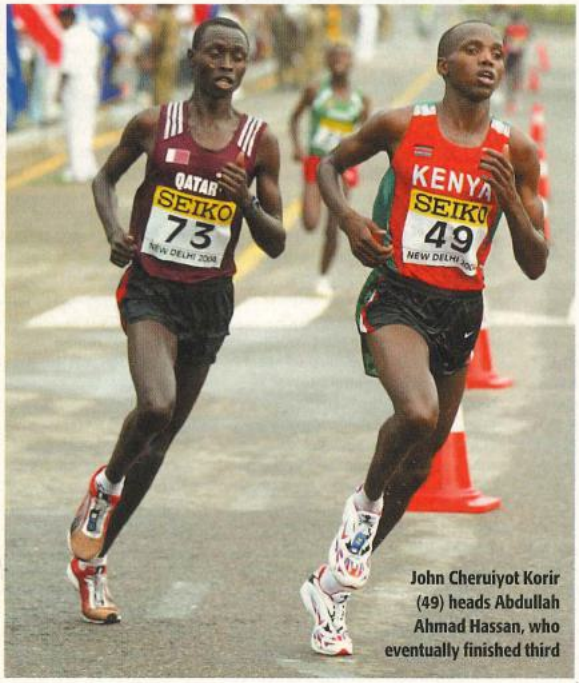
IAAF President, Lamine Diack, speaking exclusively to *Athletics Weekly* at the Edmonton 2005 luncheon after the race, was happy with the way the event had been staged by the host nation.

"We are really pleased with the way the Half-marathon was organised," he said. "If you come to a country with a billion people, get great promotion, excellent TV coverage and the athletes are happy, we have succeeded in bringing athletics to a new audience."

Despite a few fraught behind-the-scenes moments, the Local Organising Committee managed to solve the majority of their problems by placing large numbers of volunteers and militia in all of the key race day roles. Overall, the event was a success for the whole Indian administration team.



Tanzania's Fabian Joseph was second



John Cheruiyot Korir (49) heads Abdullah Ahmad Hassan, who eventually finished third


An Indian band provide entertainment during the race

'I arrived yesterday convinced that I was going to run well as I have been one of the fastest in the world this year'

WORLD HALF-MARATHON CHAMPIONSHIP WINNER, KENYAN PAUL KIRUI

Results

Our comprehensive results service

Overseas

ARGENTINA

Sep 25, Buenos Aires: W PV: A García 4.30

CHINA

Sep 25-26, Hefei: National GP Final. 110H: Liu Xiang 13.44; TJ: Gu Junjie 17.23 Asian junior record; Women 5000/10,000: Sun Yingjie 15:41.47/31:47.23; 3000SC (a): Li Zhenzhu 9:58.67; HT (a): 1, Zhang Wenxiu J 70.39; 3, Gu Yuan 65.87.

CZECH REPUBLIC

Sep 4, Kolín: HT: V Maska 76.71
Sep 15, Jablonec nad Nisou: HT: Maska 78.87

EGYPT

Sep 19, Cairo: Champs: Womren HT: M Hussein 66.52.

GERMANY

Sep 5, Troisdorf: Market place Women PV: 1, Hingst 4.61; 2, Elisdu Junjie 17.23 Asian junior record; WSep 10, Berlin (Potsdamer Platz): PV: T Lobinger 5.60
Sep 12, Löwenberg: JT: M Nau 81.23
Sep 12, Balingen: JT: S Wenk 81.98

ITALY

Sep 14, Alghero (not La Coruatz)st 4 Women PV: 1, Hingst GER 4.50; 2, Balakhonova UKR 4.40
Sep 15, Trento: women 100: (-0.3) 2, J MADUAKA 11.72; 200: (0.0) 1, MADUAKA 23.75; 400H: S Glover USA 54.65; SP: 1, E Adriano BRA 18.16; 2, A Legnante 17.91

JAPAN

Sep 25-26, Niigata: Corporate Team Champs: 5000: M Mathathi KEN 13:03.84; 10,000 (a): 1, J Gitahi KEN 27:45.68; 2, J Kanyi KEN 27:51.15; 3, J Maina KEN 27:54.98; 4, A Sato 27:56.86; 5, D Kariuki KEN 27:58.65; Women 5000: 1, L Wangui KEN 15:11.16; 2, J Monbi KEN 15:17.19; 10,000 (a): 1, Ogoshi 31:47.88; 2, M Ozaki 31:49.13; 3, Y Kano 31:53.07; 4, A Hashimoto 32:07.84; HT (a): Murofushi 65.13; 5000W (a): M Kawasaki 21:40.68.

SINGAPORE

Sep 28: 1st Asian All-Stars Championships. 400H: Y Meleshenko KAZ 49.56; HJ: 1, Hu Tong CHN-J 2.25; 2, Hari Shankar Roy IND 2.25 rec; 3, Nguyen Duy Bang VIR 2.25 rec; Women LJ: A B George IND 6.66; SP: 1, Zhang Guirong SIN 18.37 rec; 2, Liu Yingfan CHN 17.52.

ROAD

GERMANY

Sep 26, Berlin: Women Marathon: 21, H BURRELL (W40) 2:50:24; 26, C PAUZERS (W40) 2:53:56; 36, H MAY 2:57:06

ITALY

Sep 26, Scicli: 10k: 1, S Sihine ETH 28:41; 2, S Baldini 29:09; 3, B Kiprop UGA 29:17
Sep 26, Udine: HMar: 1, J Kwambai KEN 60:22; 2, B Cherono KEN 60:28; 3, Y Songoka KEN 61:20; 4, B Barus KEN 61:31; 5, R Maiyo KEN 61:34; women – 1, H Cherono KEN 70:07; 2, A Incerti 70:56;

LUXEMBOURG

Sep 26, Remich-Grevenmacher. Route du Vin HMar: 1, M Kigen KEN 61:38; 2, B Kenduiywo KEN 61:41; women – 1, H Javornik SLO 69:22 rec; 2, L Zaituc GER 69:35.

PORTUGAL

Sep 26, Lisbon: HMar (flat course, hot): 1, W Kiplagat KEN 61:38; 2, S Bushendich KEN 61:48; women 1, Okayo KEN 69:51; 2, J Ekimat KEN 70:30; 3, S Kosgei KEN 70:32.

SLOVAKIA

Oct 3, Kosice: Mar: 5, J McFARLANE 2:19:47; women – 2, S HARRISON 2:37:00; 6, M McCALLUM 2:47:24

USA

Sep 19, Denver (A): Women 10k: 4, A EMMERSON 37:30.
Sep 26, Toledo: 10k: 1, G THOMPSON 29:37
Oct 2, Erwin: 4M: 1, C BERRY 21:58

WALKS

FRANCE

Sep 26, Villemomble: 50,000: 1, D Langlois 3:49:47.1; 2, Y Diniz 3:52:11.0.

GERMANY

Oct 2, Gleina: 50kW: Nymark NOR 3:44:55.

RUSSIA

Sep 25-26, Izhevsk (track): 20,000 (a): S Lystsov 1:22:43.0; Women 20,000 (a): 1, Smyslova 1:31:43.5; 2, Zenkova 1:31:49.5; 3, Arkhipova 1:31:58.9; 4, Sibileva 1:31:15.1; 30,000: 1, Silbileva 2:24:56.0 (20k 1:33:32.0); 2, Balakley 2:31:58.0; 3, Yeshova 2:33:41.5.

CANADA

SCOTIABANK TORONTO WATERFRONT MARATHON, Toronto, September 26

ED WHITLOCK took more than four minutes off his M70 world record when he ran 2:54:49 to finish 26th overall.

The 73-year-old clocked 2:59:10 on the same course the previous year to become the first 70-plus runner to break three-hours for the marathon.

Men: D Kassap (CAN) 2:14:50
M70: E Whitlock (CAN) 2:54:49
Women: L Kortchaguina (RUS) 2:36:32

GERMANY

BERLIN MARATHON, September 26 (additional)

Women: 21 HELEN BURRELL (W40) 2:50:24; 26 CLARE PAUZERS (W40) 2:53:56; 36 HOLLY MAY 2:57:

Event organisers ... Event organisers ... Event organisers ... Event organisers ...

- PLEASE send results immediately after the conclusion of the event to: results@athletics-weekly.co.uk Tel 01733-898440 or fax 01733-898441 (Amendments to same)
- PLEASE include: date, venue, event name (and league division name, if applicable), match score and league standings (if applicable), contact number.
- WIND speeds for all sprints and jumps should be reported. If best jumps are illegally wind-assisted (>2 mps), provide best legal jump.
- INDICATE juniors/veterans competing in senior events.
- SEND results in full, unless B standards extracted.
- *ATHLETICS WEEKLY* aims to print all results better than our B standards (downloadable from www.athleticsweekly.com or posted/faxed on request). Please extract standard-meeting performances before telephoning results.

Some statistics and results sourced from www.gbrathletics.com.

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

There are 30 issues per year. E-mail version £60 (or 90 euros or $105). Annual subscription rates for first-class post or airmail: UK – £70, rest of Europe – £80 or 120 euros, outside Europe – £95 or $165. By cash or cheques drawn on a UK bank in pounds sterling, payable to *Athletics International*, to: Mel Watman, 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE, England. Fax no: 020 8954 7497. mel@gardencourt.fsnet.co.uk. Free sample copy on request.

Road

October 3

SWANSEA BAY 10km

Swansea

KENYA'S Rahab Ndungu overcame difficult weather conditions to record the fastest woman's time in Britain this year, *Paul Halford reports*.

Ndungu fought wind and periodically heavy rain on the exposed seafront course to clock 32:36 and take 16 seconds off Lucia Subano's seven-year-old course record. At the top end of the field and in a time of 29:18, her compatriot Francis Kibiwott Bowen helped maintain the race's long-held claim to be the fastest 10km in the country, a theory upheld by the fact five women ran under-35 minutes. Cardiff's Richard Gardiner and Belgrave's Birhan Dagne were the top British man and woman respectively.

Ndungu ran with a group of men and eventual runner-up Miryam Wangari for the opening few kilometres into winds that forecasts had described as gale force. Reaching the half-way point on the out-and-back course and turning to run with the wind, she motored down what was the route of the world's first passenger railway service, the Mumbles Railway. Travelling much quicker than did the passengers on those first horse-drawn trains covering the same ground 197 years ago, she galloped away from Wangari, the winner in 2001 and 2002, to win by more than a minute.

Ndungu ran 31:56 at a 10,000m race on the track in Watford last year but like the men's winner is not a regular on the British road scene.

Dagne continued her preparation for the Amsterdam Marathon in 11 days' time by finishing third female, though she was some way short of setting the personal best she had hoped for. "I think I would have run under-33 in good conditions but unfortunately it was very windy," said the current National cross country champion, who has a best for the distance of 33:11.

After recording a PB of 72:20 for 11th at the BUPA Great North Run, Dagne, second in this race in 1998 and 2000, is targetting a time of between 2:30 and 2:32 in Amsterdam.

Bristol and West AC's Sam Gray took the Welsh championships in a time of 35:12, finishing sixth woman.

Bowen came home 21 seconds clear to take the 12th Kenyan men's victory in 14 years in this race. The 30-year-old, who acted as pacemaker for Kenenisa Bekele in his 10,000m track world record run earlier this year, took the notable scalp of Simon Tonui, fourth in the Great North Run, on his way to clocking the 178th time under-30 minutes in the race's 24-year history.

Wilfred Taragon completed a Kenyan clean sweep of the top three places, just ahead of Gardiner, who collected the Welsh title.

In fifth came Dan Robinson in his first race since finishing 23rd in the Athens Olympic marathon. The Tipton Harrier was not too surprised to be as slow as 30:52, saying: "After Athens, I had a couple of weeks off and then did some steady running. I did this to find out where I am."

Admitting the comeback race was a "bit of a shock to the system", he said he was aiming toward a spring marathon, most likely London.

Before 3045 runners completed the main race, Inter-Counties U15 cross country champion Non Stanford was the stand-out performer in the junior 5km. The 15-year-old clocked 16:48 for fifth overall, running with the wind predominantly on her back on the point-to-point course.

Men

1 F Kibiwott Bowen (KEN) 29:18; 2 S Tonui (KEN) 29:39; 3 W Taragon (KEN, U20) 30:13; 4 R Gardiner (Card) 30:22; 5 D Robinson (Tip) 30:52; 6 D Simons (unatt) 30:53; 7 S Waldron (UWIC, U20) 30:55; 8 S Smith (Swan) 30:59; 9 A Maclean (T Sol) 31:12; 10 M Roberts (Swan) 31:19; 11 D Buzza (Corn, M40) 31:24; 12 D Gitau (KEN) 31:39; 13 S J Lewis (Card) 31:42; 14 S Hazell (Cov G) 31:43; 15 M Jennings (Card) 31:53; 16 P Parry (Bris, M40) 31:56; 17 E Neimeijer (Gron) 32:23; 18 M Collins (Card) 32:36; 19 R Ddungu (KEN, W) 32:36; 20 G Davies (B'end, M40) 32:37; 21 S Whelan (Lon F, M40) 32:45; 22 S Tobin (Swan, M40) 32:45; 23 N Janvier (Brackla) 32:56; 24 N Kindon (Carn) 33:02; 25 P Griffiths (Swan) 33:02; 26 C Harry (unatt, M40) 33;08; 27 J Thomas (B'end) 33:09; 28 R Bullen (Les C, M40) 33:13; 29 G McCowrt (AFD) 33:15; 30 G D Lewis (B'end) 33:16; 31 L Northall (Wrex) 33:28; 32 A Humphries (unatt, U20) 33:30; 33 M Wangari (KEN, W) 33:33; 34 C Dirks (Phanos) 33:40; 35 A Wood (Brackla) 33:42; 36 K Donkin (AFD, M45) 33:43; 37 B Dagne (WG&EL, W) 33:46; 38 S Link (Stour, M40) 34:13; 39 K Bishop (unatt) 34:16; 40 P Kendrick (Spa, M40) 34:18; 41 T Lewis (Brackla) 34:18; 42 C Meyler (Ponty) 34:20; 43 N Cornock (Cwm, U20) 34:21; 44 H Hussein (TAN, W) 34:22; 45 M Parkes (B'end, U20) 34:24; 46 M Robbins (Wrex, M40) 34:26; 47 P Reynolds (B'water) 34:33; 48 L J Ladd (Carm, U20) 34:38; 49 G Jones (Neath) 34:43; 50 A Wright (Bir, W35) 34:44; 51 J Thomas (Card, U20) 34:46; 52 P Halford (Werr J) 34:47

M40: 11 D Constance (Staff) 35:39; 12 K Lewis (Neath) 35:41; 13 P Abraham (unatt) 35:43; 14 R Richards (Here C) 35:43; 15 P Jenkins (B'end) 36:02; 16 J Williams (Neath) 36:18; 17 S Brace (B'end) 36:28.

M45: 2 H Roberts (B'end) 35:52; 3 A Spencer Jones (Swan) 36:01; 4 M Flowers (Worc) 36:07; 5 R Jones (Swan) 36:20; 6 S Williams (Neath) 36:30; 7 D Scarborough (B'end) 36:34; 8 J Embling (B'end) 36:39; 9 N Davies (Cornelly) 36:59; 10 P Meyler (Ponty) 37:06; 11 C Evans (Abery U) 37:20; 12 J Sizer (unatt) 37:30.

M50: 1 J Collins (Swan) 36:10; 2 R Marks (Sarn H) 36:36; 3 SD Davidson (B'end) 37:05; 4 R Morris (San D) 37:16; 5 H Carpenter (Neath) 37:25; 6 D Rainbird (Club 69) 37:35; 7 I Davies (Mulisport) 37:46; 8 M Tabor (San D) 37:52; 9 B Wilson (Lud) 38:09.

M55: 1 L Chapman (unatt) 38:19; 2 M Erith (Plym) 39:17; 3 J Aston (Les C) 39:44; 4 R Bereza (Wye V) 40:11; 5 C Walters (Trots) 40:15; 6 R Davies (Wye V) 40:16.

M60: 1 R Berry (Walth) 38:23; 2 P Moody (Carm) 39:55; 3 E Acton (Wye V) 40:25.

M65: B Blandford (Neath) 43:53.

M70: 1 A Phillips (Sospan) 45:03; 2 AS Smith (3M RC) 46:25; 3 G Jones (unatt) 47:33

Women

1 R Ddungu (KEN) 32:36; 2 M Wangari (KEN) 33:33; 3 B Dagne

(WG&EL) 33:46; 4 H Hussein (TAN) 34:22; 5 A Wright (Bir, W35) 34:44; 6 S Gray (B&W) 35:12; 7 L Watson (M&M) 35:50; 8 N Nealon (Hunc, W35) 36:24; 9 L Harris (BMH, W35) 37:50; 10 E Parry (Wrex) 37:59; 11 G Wheeler (Hail) 38:31; 12 R Hatfield (Wye V) 38:38; 13 A Thomas (Trots, W35) 39:03; 14 S Haikala-Rees (Brec, W35) 39:12; 15 J Mountford (Buck, W35) 39:48; 16 C Davidson (unatt, W35) 39:50; 17 L Jackson (unatt) 40:01; 18 J Clarke (Card) 40:03; 19 S Davies (Oxf C) 40:06; 20 A Martin (unatt, W35) 40:16; 21 M James (Corsham) 40:26; 22 S Lewis-Leech (Amman V, W35) 40:35

W40: 1 S Monahan (B&W) 37:11; 2 A Rawlings (Alton) 37:56; 3 F Gill (unatt) 38:30; 4 S Pinkham (Neath) 41:59. **W45:** 1 A Hamilton-Morris (Wrex) 38:07; 2 A Evans (P'pridd RR) 38:36; 3 F Davies (B'end) 41:23; 4 N Coggins (Bitt) 41:47; 5 J Brace (B'end) 41:51; 6 J Scholey (Les C) 42:05; 7 S Richards (Brec) 42:47; 8 D Kenwright (Sarn H) 42:58. **W50:** 1 S Urro (Wye V) 41:26; 2 E Turner (Les C) 43:06. **W60:** 1 P Thomas (Trots) 51:04

CARDIFF MARATHON INC BRITISH MASTERS CHAMPIONSHIPS

Cardiff

ROS TABOR, who in the six weeks since turning W55 has set a world record in the one hour run, won a British Masters title over 10km, and set a British 10,000m record, had the race of her life to take five minutes off Lola Smal's 14 year-old British W55 record. Tabor recorded 3:09:37 which missed her 2004 London Marathon rime by two seconds, though her chip time of 3:09:31 was a lifetime best. The Dulwich Runner ran evenly passing 10 miles in 71:55 and 20 miles in 2:23:24. "I felt strong to the end for the very first time in a marathon since my first four hour marathon in 1987," said a delighted Tabor who won her second British title in less than a month as the Cardiff race hosted the British Masters Championships over a fast, flat course, albeit in wet and breezy conditions.

Swansea's W40 Ruth Pickvance, who had run 2:48:14 in Verdi earlier in the year, won the overall women's race in a solid 2:53:47 from Victoria Perry who's 2:56:32 easily improved her 3:00:27 from London which previously topped the British W45 lists for the year.

Les Croupiers' Julian Baker won the men's race by well over 2km in a fast 2:28:33, just 11 seconds short of his London time. Howard Parsell was runner-up and first Vet though didn't enter the British Masters Championships and overall third placer Anthony Duffy was first British Master and took the M45 gold medal.

Men

1 J Baker (Les C) 2:28:33; 2 H Parsell (M40) 2:36:32; 3 A Duffy (Salf, M45) 2:38:37; 4 S Watson (M40) 2:40:08; 5 P Russell (Inv EK, M50) 2:42:41; 6 G Thomas 2:43:04; 7 M McGeoch (Les C, M45) 2:43:23; 8 A Rouse 2:44:16; 9 S Davies (Mans, M45) 2:46:04; 10 G Rhimes (Ports, M50) 2:47:46; 11 H Allouard 2:48:07; 12 C Hornung 2:48:49; 13 D Washington 2:48:58; 14 G Williams (M50) 2:49:12; 16 D Legouge 2:49:21

M40: 3 C Bailey (High) 2:54:26; 4 W Fortescue 2:54:45; 5 T Odeirigh (Dulw) 2:55:20. **M50:** 4 E Palmer 3:04:27; 5 P Weatherhead 3:05:01; 6 A Murray (Dulw) 3:07:32. **M55:** 1 T Edgley (Inv EK) 2:52:54; 2 S Johnston 3:00:13; 3 P Sarson 3:00:14; 4 D Moody 3:05:59; 5 E Evans 3:08:19.

M60: 1 B Johnson 3:04:35; 2 G Rigby 3:14:05; 3 M Peers 3:25:43

Women

1 R Pickvance (Swan, W40) 2:53:47; 2 V Perry (Alt, W45) 2:56:32; 3 V Mulholland (Alt) 3:02:00; 4 H Foundling Hawker (W35) 3:03:20; 5 J Noad (M'head W45) 3:05:52; 6 R Tabor (Dulw, W55) 3:09:37 **(UK W55 Record)**; 7 S Bulpin 3:10:24; 8 D Critchell (W40) 3:14:53; 9 F Dunn 3:18:44

W40: 3 V Singleton 3:24:03. **W55:** 2 L Griffin (M Vets) 3:22:51; 3 S Brokenshaw 3:38:47

British Masters Champs

M40: 1 Bailey 2:54:26; 2 K Bloor 2:57:06; 3 S Howell 3:04:41. **M45:** 1 Duffy 2:38:37; 2 McGeoch 2:43:23; 3 Davies 2:46:04. **M50:** 1 Russell 2:42:41; 2 Rhimes 2:47:46; 3 Williams 2:49:12. **M55:** 1 Edgley 2:52:54; 2 Johnston 3:00:13; 3 Moody 3:05:59; **M60:** 1 Johnson 3:04:35; 2 Rigby 3:14:05; 3 Peers 3:25:43. **W35:** L Daley 3:38:45.

W40: 1 Pickvance 2:53:47; 2 Critchell 3:14:53; 3 L Souness 3:37:56. **W45:** 1 Perry 2:56:32; 2 Noad 3:05:52.

W50: J Bright (M'stone) 4:05:42.

W55: 1 Tabor 3:09:37; 2 Griffin 3:22:51; 3 Brokenshaw 3:38:47

CARDIFF Half-Marathon

DESPITE the counter attraction of the same day Swansea Bay 10km, the half-marathon race attracted over 2500 starters (and a further 900 to the marathon). Adrian Marriott won the men,s race literally by a mile and Helen Yule won a more closely contested women,s race by just over 100 metres.

Men

1 A Marriott (Yeov T) 68:28; 2 P Harper 74:42; 3 A Buckingham (Bath) 76:51

M40: R Kiddle (SBR) 78:52. **M45**: C Clement (P&D) 80:04. **M50**: G Farmer (Chase) 83:59

Women

1 H Yule (Llis, W35) 87:46; 2 S Bishopp (Burg HR) 88:15; 3 G Kieran (St Ed) 88:52

W45: S Rhimes (E'leigh) 91:16

NORTHERN YOUNG ATHLETES ROAD RELAYS

Woodbank Park, Stockport

HOSTS Stockport Harriers were among the most successful clubs of the day and certainly enjoyed their home victory in the Under-15 girls race, *Trevor Baxter reports*.

Lucy McLoughlin, a member of last year's victorious under-13 squad, set -up the win with an opening run of 10 mins 58 secs.

But it was left to Jess Coulson to bring the Woodbank Club home ahead of Leigh and Scarborough.

Laura Evans, of Bury, always a force to be reckoned with at Northern events, clocked the fastest individual time of 10 mins 19 secs.

Stockport did gain two other medals with bronze in the under-13 girls and Under-17 boys races.

In the under-15 boys event Warrington Athletic Club was among the hottest favourites of the afternoon.

Two thirds of their successful 2003 under-13 boys squad lined up in blustery conditions-Daniel Cliffe and Matthew Jackson. And though Dave Forrester (St Helens/Sutton) and S.Horsfield (East Cheshire & Tameside) recorded the joint fastest legs, Cliffe and Jackson ensured Warrington gained a 40 seconds win over Sale Harriers Manchester. Sale, who didn't win any titles in 2003 at Sunderland, made amends for leaving the North East empty handed.

Helped by Sarah Barker's excellent run of 10:37, they took the Under-13 crown from Lincoln Wellington.

Sale's youngsters dominated the under-13 boys event capturing gold and silver with defending champions Warrington in fourth. Sale's 'A' squad defeated their 'B' team by 11 seconds.

The closest finish of the afternoon came in the under-17 boys race. Gateshead, runners-up to Trafford 12 months ago, held off the challenge of North East rivals Morpeth by a single second helped by Sean Hall's run of 10 mins 11 secs.

Derby and County took the under-17 girls title from Gateshead and Rotherham. Steph Bloor from Kingston upon Hull was the fastest individual, three seconds in front of North Eastern Under-17 800 and 1500 metres champion Delyth James, last month's BUPA Junior Great North Run victor.

U17 men

1 Gateshead H 31:14 (S Watson 10:16, A Carmichael 10:47, S Hall 10:11); 2 Morpeth H 31:15 (R Floyd 10:22, A Colwell 10:39, J Young 10:14); 3 Stockport H 31:27 (A Nixon 10:29, J Corrigan 10:35, B Styles 10:23); 4 Liverpool H 31:31 (M Quarless 10:24, C Hoy 10:28, C Gundersen 10:39); 5 Trafford 31:48 (D Brocklehurst 10;41, A Igi 10:17, M Bonner 10:50): 6 Leeds City C 31:55 (R Hall 10:31, Undeclared 10:55, Undeclared 10:29); 7 Kingston Upon Hull 32:21 (S Feasey 10:49, J Johnson 10:57, R Hodges 10:35); 8 Liverpool H B 32:46 (J McCully 10:25, T Brady 11:16, D Catt 11:05); 9 Derby 33:02 (J Wildrianne 10:45, S Payne 11:19, C Davison 10:58); 10 Bridlington RR 33:11 (S Hicketts 11:01, S Bennett 11:13, J Walch 10:59); 12 Leeds City 33:35 (A Davy 11:06, J Harman 11:02, O Ziff 11:27); 13 Sale B 33:39 (L Winterbottom 10:50, B Whittaker 11:11, D Howlett 11:38); 14 Blackpool & Fylde 33:47 (T Cunningham 10:40, D Preddy 11:30, R Pilkington 11:37); 15 Lincoln Wellington 33:51 (M Plaskett 11:05, T Herbert 11:10, S Delaney 11:36); 16 Gateshead H B 34:00 (B Knighton 11:30, W Pike 11:11, M Douglas 11:19); 17 Vale Royal 34:10 (G George 11:10, M Carroll 11:50, S Mitchell 11:10); 18 Leeds City B 34:13 (J Lavin 11:19, M Williams 11:25, B Tallant 11:29)

Fastest: Hall 10:11; Young 10:14; Watson 10:16; Igi 10:17; Elliott 10:21; Floyd 10:22; Lindsay 10:23; Styles 10:23; Quarless 10:24; McCully 10:25

U15

1 Warrington 28:36 (D Cliffe 9:34, M Jackson 9:40, L Walker 9:22); 2 Leeds City 28:53 (M Salter 9:53; J Wilkinson 9:29, J Townsend 9:31); 3 Sale (M Ely 9:44, D Platt 9:37, J Yates 9:55); 4 Liverpool H 29:36 (D Bridge 9:59; H Harper 9:37; L Luscombe 10:00); 5 Stockport H 29:43 (S Cameron 10:25, S Pearson 10:02, R Millington 9:16); 6 Kingston Upon Hull 29:51 (J Gilchrist 9:56, L Parkinson 10:02, J Cutsforth 9:53); 7 Trafford 30:03 (C McCaughey 9:55, J Grimsley 10:04, J Gilmour 10:04); 8 Gateshead H 30:36 (J Gibson 9:49; R Murray 10:34, T Perrins 10:13); 9 Hyndburn 30:40 (A Hurley 9:32, R Schofield 10:26, D Rawcliffe 10.42); 10 Macclesfield H 30:53 (E Williams 10:20, E Burgon 10:25; D Murray 10:08); 11 Border H 31:02 (C Graham 10:49, W Nicholson 9:53, D Wiggins 10:20); 12 St Helens Sutton 31:08 (D Forrester 9:06, B Clough 10:39, J Seddon 11:23); 13 Scarborough 31:09 (J Sharpe 10:39, J Kraft 10:18, L Johnson 10:12); 14 Derby 31:14 (T Lawrence 9:54, A Cooper 10:47, P Witcomb 10:33); 15 E Cheshire H & Tameside 31:16 (S Horsfield 9:06, S Laing 10:30, A Fleet 11:40); 16 Derby B 31:16 (P Softley 10:17, M Hulland 10:34, S Knott 10:25); 17 Vale Royal 31:18 (L Davenport 9:48, R Platt 10:46, C Perry 10:44); 18 Rossendale H 31:18 (P Bolton 10:23, A Barker 10:27, C Andrew 10:28)

Fastest: Forrester 9:06; Horsfield 9:06; Millington 9:16; Walker 9:22; Wilkinson 9:29; Townsend 9:31; Hurley 9:32; Cliffe 9:34; Platt 9:37; Harper 9:37

U13

1 Sale 31:47 (D Beckett 10;13, R Worland 10:47, D Whalley 10:47); 2 Sale B 32:58 (J Winterbottom 11:01, C Connor 11:11, K Murphy 10:46); 3 Liverpool H 33:15 (P Leggett 10:57, C Bush 11:19, M Bush 10:59); 4 Warrington 33:38 (M Stewart 10:38, D Jackson 11:36, M Ainsworth 11:24); 5 Leeds City 33:46 (D Davis 10:41, T Rollins 10:32, J Cooper 12:33); 6 Bury 33:49 (R Little 11:03, L Szymanski 10:58; A Cheshire 11:48); 7 Traffor 33:50 (C Preece 11:00, J McHugh 11:13, D Meyer 11:37); 8 Stockport H 33:53 (M Logue 11:22, S Riley 11:40, H Long 10:51); 9 Leigh H 34:06 (I McCann 11:02, T Powell 11:43, C Adamson 11:21); 10 Rossendale 34:26 (J Kelly 10:30, D Gotts 11:13, A Hauserman 12:43); 11 Lincoln Wellington 34:31 (J Skeet 11:27, N Humberstone 12:29, J Humberstone 10:35); 12 Pendle 34:39 (11:31, O Kennedy 11:53, R Inglis 11:15); 13 St Helens Sutton 35:12 (J Healey 10:52, J Jameson 12:04, J Ashcroft 12:16); 14 Halifax H 35:30 (T Sutcliffe 11:43, J Kaye 12:52, L Drury 10:55); 15 Macclesfield 35:41 (S Price 11:58, L Hilton 11:25, C Dew 12:18); 16 Liverpool H B 36:37 (A Marteau 11:26, J Rogers 11:46, M Winslade 13:25); 17 Hyndburn 37:04 (J Mitchell 12:25, W Eaton 11:47, E Bailey 12:52); 18 Derby 43:20 (D Beadon 12:16, J Ayre 14:38, R Winson 16:26)

Fastest: Beckett 10:13; Kelly 10:30; Rollins 10:32; Humberstone 10:35; Pope 10:36; Warrington 10:38; Davis 10:41; Murphy 10:46; Worland 10:47; Whalley 10:47

U17 women

1 Derby 36:56 (Wadsworth 11:58, Whelan 12:29, Bestwick 12:29); 2 Gateshead H 37:52 (M Ferrier 11:57, L Dodsworth 13:05, S Duffy 12:50); 3 Rotherham H 38:06 (L Waddington 12:22, L Clarice 12:57, V France 12:47); 4 Sale H 38:08 (L Wood 12:47, B English 13:00, J Stockton 12:21); 5 Liverpool H 38:27 (J Corrie 12:33, C Sanderson 12:44, M Ronan 13:10); 6 Hull Achilles 38:41 (K Cheshire 12:04, R Richardson 13:36, M Harris 13:01); 7 Halifax H 39:01 (S Billington 12:59, K Empsall 13:03, R Edwards 12:59); 8 Vale Royal 39:05 (L Timms 13:50, L Lambert 12:49, S Stockton 12:26); 9 Morpeth H 39:31 (R Turnbull 14:31, D James 11:54, A Porteous 13:06; 10 Stockport H 39:55 (R Fallows 13:24, E McLoughlin 13:29, C McMurdock 13:02); 11 Hallamshire H 40:12 (N Couldwell 13:15, A Newton 13:14, J Tanker 13:43); 12 Leeds City 40:24 (L Young 12:49, S Davies 13:21, F Lebeter 14:14); 13 Vale Royal 40:42 (R Clews 13:03, L Knight 14:12, G Lievesley 13:27); 14 Lincoln Wellington 40:47 (K Gilbeet 13:30, D Humberstone 13:18, S Kimpton 13:59); 15 E Cheshire H & Tameside 40:52 (K Shuttleworth 11:54, S Teague 15:11; D Ashworth 13:47); 16 Derby B 41:00 (S Burton 13:20, S West 13:21, K Taylor 14:19); 17 Trafford 41:04 (K Milner 12:35, A Conway 13:01, J Duxbury 15:28); 18 Bury 41:09 (M Monks 12:50, J Simons 14:59, E Cheshire 13:20)

Fastest: Bloor 11:51, James 11:54, Shuttleworth 11:54, Ferrier 11:57, Wadsworth 11:58; Cheshire 12:04, Stockton 12:21, Waddington 12:22; Wheatman 12:24, Stockton 12:26

U15

1 Stockport H 32:35 (L McLoughlin 10:58, L Kay 11:01, J Coulsen 10:36); 2 Leigh H 32:45 (L Howarth 11:17, D Allen 10:29, H Warburton 10:59); 3 Scarborough Athletic Club 33:04 (S Gray 11:10, A Bridgeman 11:33, A Wheatman 10:21); 4 Kingston Upon Hull 33:08 (C McPhee 11:00, LJ Day 11:28, M Stone 10:40); 5 Liverpool H B 33:09 (O Desborough 10:57, R Nuttall 10:48, A Blackburn 11:24); 6 Morpeth H 33:19 (L Dixon 11:53, R Adams 10:51, L Weightman 10:35); 7 Liverpool H 33:22 (L Murphy 11:02, H Brellisfo 11:15, C Murphy 11:05); 8 Leeds City 33:32 (E Hall 10:47, H Seddon 11:24, J Gregorczyk 11:21); 9 Lincoln Wellington 33:45 (L Thomas 11:18, C Hanson 11:46, B Haywood 10:41); 10 Blackpool & Fylde 33:50 (S Preddy 10:53, N Spencer 11:36, K Maunder-11:21); 11 Sale H 34:00 (L McArthur 11:30, H Teat 11:21, C Woods 11:09); 12 E Cheshire H & Tameside 34:01 (L Wilde 11:11, L Hill 11:45, S Hudak 11:05); 13 Derby AC 34:10 (A Ball 11:47, M Mellor 11:08, A Glover 11:15); 14 Warrington AC 34:24 (H Timmins 11:11, L Gemmel 11:41, S Cartwright 11:32); 15 Vale Royal B 34:30 (L Bosson 11:18, L Kinvig 11:41, H Weedall 11:31); 16 Southport Waterloo 35:09 (R Ellis 10:51, L Hurley 12:33, S James 11:45); 17 Leeds City B 35:11 (E Hall 11:26, J Best 12:14, C Cradover 11:31); 18 Liverpool H C (S Mallon 11:27, H McManus 11:20, A Ierston 12:27)

Fastest: Evans 10:19; Wheatman 10:21; Grant 10:26; Allen 10:29; Weightman 10:35; Coulson 10:36; Stone 10:40; Haywood 10:41, Hall 10:47; Lennon 10:48; Nuttall 10:48; Adams 10:51

U13

1 Sale H 33:39 (S Barker 10:37, N Cndlin 11:50, L Burton 11:12); 2 Lincoln Wellington 33:53 (C Coyle 11:11, H Talbot 11:38, G Ball 11:04); 3 Stockport H 33:56 (C Barber 11:41, M Wiblin 11:20, B Pearce 10:55); 4 Holmfirth H 34:03 (B Pettit 11:12, E Dent 12:07, A McGivern 10:44); 5 Liverpool H 34:08 (C McDonald 11:24, L Towers 11:26, Z Woodward 11:18); 6 Hallamshire H 34:33 (R Newton 10:57, K Russell 11:25, L Stone 12:11); 7 Macclesfield H 34:44 (R Craigie 10:49, S Gales 11:45, B Warren 12:10); 8 Blackpool & Fylde 35:03 (J Davies 11:35, K Brookes 12:01, K Leybourne 11:27); 9 Liverpool H B (A Forde 11:38, G Dyjstra 11:49, S Kelly 11:49); 10 Kingston Upon Hull 35:29 (H Jacobsen 10:56, R Smith 12:42, B Grey 11:51); 11 Gateshead H 35:33 (C Fletcher 11:53, J Hudson 11:58, S Bell 11:42); 12 Liverpool H C 35:52 (C McCourt 11:40, A Heaton 11:48, S Marteau 12:24); 13 E Cheshire H & Tameside 35:53 (J Cope 12:29, L Owen 12:07, N Sumpter 11:17); 14 Leigh H 35:58 (A Riley 11:19, A Howarth 11:04, J Orrell 13:35); 15 Chesterfield & District 36:53 (E Fisher 11:15, A Vernon 10:59, D Bradbury 14:14); 16 Scarborough Athletic Club 36:53 (S Galab 12:22, E Pellici 12:35, R Gyte 11:56); 17 Rossendale H 36:59 (E Flanagan 12:02, H Parker 11:49, L Briggs 13:08); 18 St Helens Sutton 37:01 (J Sturgeon 11:25, L Crook 12:36, H Drillingcourt 13:00)

Fastest: Barker 10:37; McGivern 10:44; Craigie 10:49; Pearce 10:55; Jacobsen 10:56; Newton 10:57; Sullivan 10:58; Vernon 10:59; Ball 11:04; Howarth 11:04

London to Brighton (88.514km)

BRIAN HENNESSY equalled Bruce Fordyce's record of winning the London to Brighton three times (1981-83) consecutively, *Alastair Aitken reports*.

Race organiser Ian Champion was let down by someone he had detailed to organise the race only three weeks before, plus major officials did not come on the day, which made marshalling the course extremely difficult.

Champion said: "I would like to run it next year as Brian Hennessy could go for his fourth consecutive win and Dave Beattie, of the winning Crawley team, could do his 20th consecutive London to Brighton. But unless I can get some help the race will not happen"

Although it was a muscle-cramping damp day on the Brighton road, the conditions did suit Hennessy, the British 100km champion, who said afterwards: "I had the World 100km in my legs from three weeks ago which took the edge off my time. I was not intending on getting a good time but winning the race three times in a row. I must say I love doing the London to Brighton!"

In the race, after 10 miles in Croydon, the leading group went through in 66:50. They comprised of Hennessy, Mike Cates, Mark Goodridge, Jeremy Bragg and Ian Anderson. At 20 miles in Redhill the group had been joined by Andres Bosch.

At 30 miles at Pound Hill, Goodridge was starting to make his move, leading in 3:24:26, with Hennessy and Bailey together in 3:24:33. Those three would be the ones who would be disputing the lead for the rest of the race.

At Ainsty, Goodridge was still looking good with 40 miles covered in 4:31:38. Hennessy was on 4:32:04 next and Bailey running third in 4:32:25.

But Hennessy looked good at 50 miles in 5:46:16 and was going away from his rivals. Ian Bailey, with 5:50.04, was moving up to a clear second, which was the positions they finished in last year's race. Goodridge was in third in 5:54:20 and Viesturs Dude (6:12:52) next, helping Crawley to another team victory. A total of 93 started the race and remarkably 85 finished within the standard time of 9hrs 50min, with just one finisher behind that.

The first runner over 60 was 71-year-old Geoff Oliver, who was also first over 60 at his 'ripe age' in the World 100km recently.

The first woman was Vicky Skelton and she said: "I was chuffed to bits with the race. I upped my training this year preparing for this race. I have done a couple of 50kms this year and a couple of marathons. I had a go at 100km in June but unfortunately had a bad race and had to pull out at 48 miles. I changed my training slightly to train for the London to Brighton. Although the weather was terrible for the last seven miles I was very pleased to keep my pace going."

Men

1B Hennessy (Craw) 6:13:59; 2 I Bailey (RSA, M40) 6:18:43; 3 M Goodridge (RN) 6:38:51; 4 V Dude (Craw, M40) 6:44:31; 5 J Bragg (unatt) 6:53:16; 6 J Foster (Wyc P, M50) 7:02:25; 7 A Bosch (Edge.RSA, M45) 7:03:42; 8 C Gell (Sale) 7:09:59; 9 R Gurd (Windle V, M40) 7:10:17; 10 V Skelton (N Dev R, W35) 7:20:43; 11 J Ferguson (AC Corte France) 7:21:48; 12 A Macaskill (Walgrave H) 7:22:03; 13 M Martins de Jesus (Spartans J, W40) 7:29:41; 14 R Birstwhistle, M45) 7:30:35; 15 P Redden (Riv, M50) 7:36:53; 16 G Marhold (GER) 7:37:27; 17 D Beattie (Craw, M55) 7:37:30; 18 A Smalls (Col H) 7:37:32; 19 A Holmes (Fleet, M45) 7:42:33; 20 G Wale, (Riv, M40) 7:43:08; 21 P Ridgeway (RRC, M45) 7:44:05; 22 W Hill (Craw, M50) 7:44:18

M60: S Morrison (100k) 8:59:10. **M70** G Oliver (100k) 8:50:13. **TEAM** 1 Crawley 6; 2 Thanet Road Runners 24; 3 Riverside

Women

1 Skelton 7:20:43; 2 Martins de Jesus 7:29:41; 3 M Stewart (RSA, W40) 7:58:11

BAXTER'S LOCH NESS MARATHON

SCOTTISH champion Simon Pride cruised to a comfortable victory ahead of a field of 1500 runners in the third Baxter's Loch Ness marathon, *Fraser Clyne reports*.

The 37-year-old Metro Aberdeen runner, who finished second to Ethiopia's Tomas Abyu last year, took the lead within the opening half mile and went on to win easily. It was his third marathon success of the year, having taken top spot in the Lochaber and Moray races earlier in the season.

"I'm satisfied with the performance because I'm not really fully fit," he said. "I took the lead right away and just settled into the pace I wanted to do. I picked things up over the final four or five miles and finished very strongly."

Pride collected a bumper payment of £1000 for his efforts, and he's already looking ahead to the next challenge.

"I'm doing the Dublin marathon in three weeks' time, so I'll be getting back into training later this week. I'll have a couple of easy days, but then I'll be getting down to some hard work again."

Swedish athlete Johan Sand was a distant runner-up while Ruaridh Campbell kept up his consistent record by finishing third. Campbell was runner-up in the first Loch Ness marathon and has been third in each of the past two years.

Jan Roxburgh won the women's race in a personal best of 2:59:58.

She said: "I'm really pleased. This was my third marathon but it's the first time I've run under-3hrs which is amazing because this is the toughest course I have done."

The 30-year-old was third at Edinburgh last year in 3:06:23, then improved to 3:02:07 for 77th position at London in April.

"I think I'll retire from marathons now," she said. "My legs are in agony and I found it very hard. I reckon I'm more suited to half-marathons and if I return here next year I'll probably do the 10km."

Erica Christie (Bellahouston) was runner-up for the second time in three years. The Glasgow athlete was fourth last year, but this is the quickest time she has recorded at Loch Ness. Another Glasgow runner, Jacqui Thomson, finished third.

Kenya's Erick Kiplagat, winner of the first Loch Ness race in 2002, returned to win the inaugural accompanying 10km. The African outclassed the field of more than 2000 participants to cross the line in 30:22.

Former Inverness runner Andrew Wright (Ronhill Cambuslang Harriers) was second while Frankie Barton (Keith and District) just held off fellow veteran Keith Farquhar (Metro Aberdeen) in the race for third position, both men clocking 32:28.

Another Kenyan, Kathy Matwa, won the women's race in 34:58, a time bettered by just eight men. Fiona Matheson took second position while North champion Jane Barker was the leading veteran, third overall.

Men

1 S Pride (Metro) 2:27:58; 2 J Sand (SWE) 2:36:05; 3 R Campbell (Arb F) 2:38:54; 4 S Miller (unatt) 2:45:39; 5 A Farquharson (Kent) 2:46:40; 6 A Burns (Perth) 2:48:30; 7 A Ferguen (ALG, M40) 2:49:42; 8 D McIlhenney (East K) 2:52:43; 9 N McLennan (HHR) 2:52:46; 10 E Fletcher (unatt) 2:54:09

M50: D Bird (Forres) 2:54:32. **M60:** N McInerney (RRC) 3:36:14

Women

1 J Roxburgh (Irv) 2:59:58; 2 E Christie (Bella, W40) 3:06:56; 3 J Thomson (Glas) 3:07:57; 4 A Mckay (unatt) 3:10:29; 5 J Easton (Gosf) 3:13:50; 6 M Johnson (HHR, W35) 3:16:00

W45: D Renwick (unatt) 3:32:57. **W55:** P Lemoncello (Nairn) 3:40:25

BAXTER'S LOCH NESS 10km

Men

1 E Kiplagat (KEN) 30:22; 2 A Wright (Cambus) 31:59; 3 F Barton (Keith, M45) 32:28; 4 K Farquhar (Metro, M40) 32:28; 5 J Whittet (Keith) 33:34; 6 G Sim (Moray,M50) 33:46; 7 S Wright (unatt) 34:03; 8 S Mackenzie (I'ness, M40) 34:11

M50: 2 E Paterson (Moray) 35:13 **M60:** B Preece (D'side) 40:37

Women

1 C Mutwa (KEN) 34:58; 2 F Matheson (Falk) 36:20; 3 J Barker (Moray, W35) 37:29; 4 E Hamilton (Perth, W35) 40:03; 5 D Stott (Sri C) 40:17; 6 R McDonald (unatt) 40:44; 7 E Finnie (ESH) 40:46; 8 K Devlin (Bella) 40:56; 9 L Bennie (unatt) 41:17; 10 A McManus (unatt) 41:51

W45: W Cruickshank (Metro) 43:28. **W55:** M Fletcher 60:10

SCOTTISH JUNIOR ROAD RUNNING CHAMPIONSHIPS

Perth

MARK MITCHELL celebrated his selection for the Commonwealth Youth Games in Australia later this year by winning his first Scottish road running title, *Fraser Clyne reports*.

The 16-year-old Forres Harrier, who won the AAA 800m U17 title and broke the Scottish age group record this summer with a time of 1:50.90, added the 4.8km road gold medal to his collection with a composed performance which brought him home eight seconds ahead of Michael Gillespie.

Mitchell's training partner, Kyle Cowie, warmed up for this weekend's UK hill running championships by finishing in third position.

Morag MacLarty recovered from her win in the previous weekend's Great North mile to ease her way to the U20 women's title while John Newson defended the U20 title with a repeat victory over Alistair Hay.

Matthew Gillespie, the U13 champion 12 months ago, stepped up to the U15 age group and won with a time that would have given him fourth position in the U17 competition. There was also an impressive performance from Stephen Cooke who was just three seconds behind.

Giffnock North dominated the U13 age groups with Miles Hollinshead finishing ahead of his clubmate Greg Lambert to win the boys race while Lauren Mackin took the girls title ahead of her team-mate Catriona Lockie. Giffnock also won both team awards.

Pitreavie athletes were in control of the U17 women's event, with Siobhan Coleman getting the better of her clubmate Ashleigh Murray. Eilish McColgan succeeded Coleman as U15 champion with an impressive victory ahead of Rebecca Finch who outsprinted Jennifer Kibble for silver.

Men

U20 (7.2km)

1 J Newsom (Pit) 21:41; 2 A Hay (Cent) 22:37; 3 A Lee (Shett) 23:03; 4 A Campbell (Cambus) 23:21; 5 A Clark (Moray) 23:52; 6 M Wright (Cent) 24:10

TEAM: 1 Pitreavie 20; 2 Central AC 25; 3 Ronhill Cambuslang 29

U17 (4.8km)

1 S Coleman (Pit) 16:22; 2 A Murray (Pit) 16:46; 3 L Bann (Loth) 17:53; 4 J Finch (Glas) 18:09; 5 S Phee (G'nock N) 18:17; 6 L Brown (Dund H) 18:20

TEAM: 1 Pitreavie 20; 2 Giffnock North 24

U15 (4.8Km)

1 E McColgan (Dund H) 17:19; 2 R Finch (Glas) 17:41; 3 J Kibble (Fife) 17:43; 4 J Moultrie (Glas) 18:06; 5 J Whyteside (W'moss) 18:11; 6 L Cameron (Glas) 18:18

TEAM: 1 City of Glasgow 12; 2 Whitemoss 34; 3 Giffnock North 45

U13 (2.4km)

1 L Mackin (G'nock N) 8:22; 2 C Lockie (G'nock N) 8:41; 3 J Hannah (Kirk O) 8:50; 4 F Bracegirdle (Fife) 8:57; 5 D Hannah (Kirk O) 9:01; 6 E Duncan (Forres) 9:04

TEAM: 1 Giffnock North 17; 2 Central 47; 3 Kirkintilloch Olympians 53

WIMBLEDON OPEN 10

Wimbledon Park

THIRTEEN proved to be lucky for Robin Copestick when he improved on his seventh place in 2003 to win a tough battle with Belgrave's Malachi Byansi to win the 44th running of this event on a cool, relatively windless day, *Tom Pollak reports*.

Copestick, wearing number 13 on his vest, and Byansi were locked in a close battle for most of the testing, hilly three lap course, completing the opening lap past the All England tennis club in 20:18 and the second in 35:45, some 25 seconds ahead of Kevin Quinn.

It was Malachi who attempted to strike for home first passing the Wimbledon tennis courts for the third time but Copestick, sensing the threat, put in a surge of his own, to which the Belgrave runner had no response.

Copestick went on to win relatively comfortably in 53:58 where he was greeted among others by former international Bob Holt who still holds the course record of 48:10 set in 1975.

The journey to Wimbledon has become a familiar part of Copestick's lifestyle as he will compete in his fourth race in the town in as many weeks when he contests the Sweatshop Surrey League Division Two match on Wimbledon Common on Saturday.

By far the best individual effort came from Lucy Hasell who smashed her women's course record. Hasell, who works on the principle that one of the best ways to train is through racing, finished eighth overall in 58:24 to erase the 60:47 course record she set in 2002, the last time she competed in the event.

A week after helping her first claim club, Bristol and West win the Midland Counties road relay and winning the Windsor half-marathon the following day, Hasell races over 16 miles this coming weekend before helping the Bristol challenge in the national road relays.

But her big aim is to cut her 2:44 London marathon time in next April's race, when she was the ninth British woman to reach the finish.

Men

1 R Copestick (Walton) 53:58; 2 M Byansi (Belg) 54:13; 3 K Quinn (AFD) 55:34; 4 R Dickson (RSA) 56:00; 5 P Mainwaring (G&G) 56:16; 6 P Stuart-Smith (Serp/USA, M40) 57:32; 7 L Gurfinkiel (unatt) 57:36; 8 L Hasell (THH, SW) 58:24 (Women's rec); 9 M Powell (unatt) 59:00; 10 J Squibb (Corn) 59:15; 11 J Macenhill (SoC) 59:16; 12 P Stevens (Herne H) 60:07

M40: 2 S Sinnott (HW) 60:08; 3 D Patel (Brom V) 61:28. **M45:** 1, D Kayum (SoC) 60:17; 2 J Foster (SoC) 62:26. **M50:** T Avey (Phoe) 72:12. **M60:** 1 P Giles (HW) 62:45; 2 G Wilson (RN) 67:15. **M65:** 1 M Harran (Herne H) 73:39; 2 R Burchett (SB) 76:34

Women

1 Hasell 58:24 (rec); 2 A Letheridge (E&E, U20) 63:17; 3 L Haines (Wimb W, W40) 67:20; 3 S Dickson (RSA, W35)
69:02; 4 N Dixon (Herne H) 70:29; 5 K Backshell (SoC) 70:59

W40: 2 S Allen (Herne H) 75:11. **W45:** T Kuhn (Sutt R) 74:26. **W60:** S Lambert (Serp) 76:51

FLINTSHIRE 10km

Mold

KENYAN athletes from Ian Ladbrooke's Coventry-based squad made the long journey worthwhile with comfortable wins in the men's and women's events, *Denis Shepherd reports*.

In near-perfect conditions Zacharay Kihara broke clear in the first half-mile to clock a solo 29:30, 33 seconds ahead of Andrew Norman who was similarly on his own for most of the way.

"I'm pleased with that considering I hadn't eased off before the race – I just wanted to get a race in," said Norman who looked like being joined on the podium by his brother Dave until the latter was outsprinted at the finish by Eddie Simpson.

Monica Otwori Gesare finished a creditable ninth overall in 34:13 having led the women's race throughout, but her joy at winning was at least matched by that of runner-up Louise Gardner who cut five seconds off her PB to dip under-36 minutes for the first time.

"I've achieved my ambition and could happily retire now," said the Lancaster runner, though hinting this would not be for some time.

Men

1 Z Kihara (Bir) 29:30; 2 A Norman (Alt) 30:03; 3 E Simpson (Prest) 31:32; 4 D Norman (Alt) 31:34; 5 S Henshaw (Dees) 32:01; 6 D Mansbridge (Telf, M40) 32:41; 7 J Henry (Bing) 33:08; 8 M Lewis (Poole) 33:49; 9 M Gesare (Newline, W) 34:13; 10 T Hughes (Annadale, M40) 34:17; 11 C West (Dees) 34:26

M40: 3 C Breakell (L&M) 35:55. **M45:** 1 R Thomson (Shrews) 35:52; 2 A Lewis (Eryri) 35:58; 3 K Buxton

(Wirr) 36:23; 4 D Davies (Spartans) 36:47. **M50:** 1 B Williams (Wirr) 36:45; 2 D Bewley (unatt) 36:50; 3 D Roderick (Dees) 38:10. **M60:** 1 Davies (Eryri) 38:11; 2 M Parry (A'gele) 42:34. **M65:** 1 R Jones (Wirr) 42:09; 2 T Miles (A'gele) 44:36. **M70:** A Mansley (Pens) 45:42

Women

1 Gesare 34:13; 2 L Gardner (L&M) 35:56; 3 H Davies (Wrex, W35) 38:18 **W40:** 1 S Hancock (Osw) 41:25; 2 K Stephenson (A'gele) 42:28. **W45:** 1 R Adams (Wrex) 43:20; 2 A Darwin (unatt) 45:00. **W50:** M Docking (Wrex) 45:26. **W55:** H Dirksen (Buck) 47:16

FELIXSTOWE HALF-MARATHON
Suffolk

Men

1 R Jordan (Ips J, M40) 74:13; 2 M Sivaraj (unatt, M40) 75:14; 3 J Calvert (Ips J) 77:09

M40: 3 P Golding (St Ed) 78:17; 4 N Stephens (Stow) 79:54. **M50:** 1 C Arnold (St Ed) 82:11; 2 M Spragg (G Yar RR) 82:15; 3 G Rayner (S'field) 83:46; 4 R Roberts (Felix) 85:06.

M60: 1 P Oldman (unatt) 93:42; 2 M Smith (Wym) 98:29

Women

1 T Apps (unatt, W35) 83:17; 2 T Jordan (Stow) 86:12; H Decker (Ips J) 88:17; V Jennings (Ips J, W35) 89:29; A Wells (unatt) 89:49

W45: V Sparks (B'fleet) 98:27. **W55:** 1 V Manley (Wym) 98:29; 2 G Woodhouse (Dere) 1:48:33

SOUTHEND 10km
Essex

HAGGAI CHEPKWONY added another title to his growing portfolio of victories by seeing off the early challenge from two of Essex's top under-17 runners Andrew Hickey and Andrew Livingstone, *Martin Duff reports.*

Hickey had won this race last year, but army man Chepkwony was soon going away this time for a 400-metre victory as Livingstone handed out a rare defeat to his local rival. With a field of nearly 2000 runners the event was one of the biggest in the south and marked a breakthrough for women's winner Grace Greenhalgh.

Now with Woodford Green/Essex Ladies, Greenhalgh won the women's section by nearly two minutes in 35:37.

Men

1 H Chepkwony (Army) 30:44; 2 A Livingstone (Thurr, U17) 32:10; 3 A Hickey (S'end, U17) 32:40; 4 I Campbell (Ilf, M40) 33:11; 5 G Heslop (Chelm, M40) 33:13; 6 N Shasha (Walth) 33:20; 7 R Holland (WG&EL, M45) 33:36; 8 G Chandler (S'field) 33:30; 9 D Chrichton (S'end, U17) 33:37; 10 P Major (WG&EL) 33:41; 11 M Jamal (NEB) 33:45; 12 T Cummings (Thurr, M40) 34:05; 13 D Rose (Walth) 34:11; 14 AN Other 34:21; 15 A Taylor (St Ed) 34:25; 16 D Cox (WG&EL, M50) 34:26; 17 D Wilson (Walth) 34:36; 18 J Lendon (unatt) 34:42; 19 S Rand (unatt) 34:43; 20 J Seamark (Thurr) 34:54; 21 R Llewellyn (unatt) 34:55; 22 T Seakins (Col H, M50) 34:57; 23 J Saunders (Thrift) 34:59; 24 D Bottjer (Bas, U17) 35:03; 25 N Giles (Sutt, M40) 35:05; 26 AN Other 35:12; 27 C Bloomfield (Bill'cy) 35:14; 28 S Vines (Chelm, M45) 35:18; 29 T Mead (B'fleet) 35:30

M40: 5 T Knightley (Ilf) 35:54. **M50:** 3 A Butler (Thrift) 35:44; 4 K Wilkinson (Chelm) 35:56; 5 H Jardine (Grange F) 38:17. **M55:** 1 S Coleman (Thrift) 36:27; 2 G Wootton (WG&EL) 37:58; 3 S Fulker (Bill'cy) 38:08; 4 P Binns (S'end) 38:36; 5 M Bowler (unatt) 39:04; 6 A Rhodes (Edmon) 40:10. **M60:** 1 A Bailey (Halst) 38:36; 2 J Few (Eton M) 41:02; 3 K Bench (Thrift) 41:04; 4 T Dawson (B'fleet) 41:36; 5 D Moorekite (Inv EK) 43:46. **M65:** B Cowling (Bill'cy) 45:33. **M70:** 1 J Roberts (With) 44:45; 2 V Pridmore (Bill'cy) 44:53; 3 T Everitt (Eton M) 46:20. **M75:** 1 L Wagstaff (unatt) 66:48; 2 P Freedman (Hav 90) 67:05

TEAM: 1 Thurrock H 71; 2 Woodford Green with Essex Ladies 87; 3 Southend-on-Sea 100; 4 Chelmsford 105; 5 Thrift Green Trotters 151; 6 Benfleet RC 168

Women

1 G Greenhalgh (WG&EL) 35:37; 2 S Mullins (unatt) 37:26; 3 J Watson (B'fleet) 39:08; 4 E Engdahl (Thurr, W40) 39:17; 5 M Grant (Inv EK, W40) 39:31; 6 J Shanks (B'fleet) 39:39; 7 S Hawkins (Inv EK, W40) 39:40; 8 V Bringlow (Sutt, W35) 40:15; 9 J Palmer (B'fleet, W40) 40:16; 10 S Spong (Hav 90, W45) 40:26; 11 J Moorekite (Inv EK, W45) 40:40; 12 C Donnelly (S'end) 40:59

W40: 5 D Gibbins (B'fleet) 42:23; 6 R Dodd (unatt) 42:53. W45: 3 C Shaw (Hav 90) 44:43. **W50:** 1 P Partridge (St Ed) 41:39; 2 J Pardon (Bill'cy) 44:35; 3 A Bent (Pitsea) 45:18; 4 L Clampett (Thurr) 46:21.

W55: 1 R Franklin (Halst) 47:54; 2 F Smith (unatt) 48:36. **W60:** 1 P Jones (Halst) 48:54; 2 V Furbank (Hav 90) 54:28. W65: 1 P Jones (Ilf) 49:35; 2 B Crowley (Thrift) 55:19. **W70:** 1 D Pugh (Castle P) 56:08; 2 P Rhodes (Edmon) 61:39

TEAM: 1 Benfleet RC 18; 2 Invicta East Kent 23; 3 Thurrock 70; 4 Southend-on-Sea 75; 5 Beckenham 82; 6 Havering 90 Joggers 97

STANDALONE 10km
Hertfordshire

SHARON MORRIS defeated fellow veteran Danielle Sanderson to take both the race and the Hertfordshire title in 35:34.

The 36-year-old had anchored Bedford & County to the South of England relay title the previous week, but here turned out in the colours of Garden City Runners, to head ultra runner Sanderson by nearly a minute. Men's winner Rob Joy set a new course record of 31:32.

Men

1 R Joy (Norf G) 31:32; 2 N Miller (Bed C) 31:58; 3 N Hall (Herts P) 32:53;4 T Burke (Bed C) 33:44; 5 B Gristwood (ESM, M45) 33:52; 6 S Livingstone (Herts P, M40) 34:03; 7 S Hartley (Ampt) 34:05; 8 B Judge (Gard CR) 34:19; 9 B Baldelli (C&C,M40) 34:27; 10 M Robins (Gard CR) 34:35; 11 H Dias (Kent) 34:41; 12 S Brown (Royst) 34:56; 13 C Braybrook (St Alb, M40) 34:53; 14 R Turner (Royst) 35:02; 15 K Willett (Bed H, M40) 35:04; 16 D Randall (Chelt, M40) 35:05; 17 P Moon (unatt, M40) 35:05; 18 P Pearce (NHRR, M40) 35:07; 19 T Ross (Herts P, M50) 35:27; 20 R Dorman (Bed H) 35:29

M40: 12 J Kilsby (SB) 35:37; 13 K Cable (FVS) 36:03; 14 P Allen (Dac) 36:30. **M50:** 2 D Michael (Barn) 35:33; 3 C Lamont (Stops) 36:57; 4 R Melvern (Herts P, M55) 38:09; 5 R Piron (Bed H) 38:11; 6 T Osborne (unatt) 38:15; 7 G King (Bed H) 38:44. **M60:** 1 R Pilkington (Stops) 40:16; 2 M Dixon (Herts P) 41:09; 3 J Owen (Barn) 41:18; 4 J Neville (Barn) 41:55; 5 D Beasley (Herts P) 42:29; 6 B Wallace (Wat J) 42:37. **M70:** 1 J Butcher (Ware) 45:22; 2 M Ball (NNBR) 46:17; 3 E Blackler (Barn) 49:24

Herts champs

1 Miller; 2 Hall; 3 T Burke (Bed C) 33:44

M40: Gristwood. **M50:** Ross. **M60:** Dixon. **M70:** Butcher

Women

1 S Morris (Gard CR, W35) 35:34; 2 D Sanderson (Wat, W40) 36:26; 3 S Gannon (Ware, W35) 37:36; 4 C Willer (Wat) 38:17; 5 A Klein (NHRR) 38:52; 6 M Winters (NHRR) 38:53; 7 G Duckworth (L Buzz, W45) 38:54; 8 S Fitt (Gard CR) 39:05; 9 K Woods (Barn) 39:09; 10 K Philp (Gard CR) 40:04; 11 J Kent (Barn, W35) 40:05; 12 A Wood (FVS, W35) 40:12; 13 M Livingstone (Gard CR, W35) 40:23; 14 L Lewis (unatt) 40:25; 15 S Bailey (S&NH) 40:26; 16 K Bradley (Barn) 40:39

W45: 2 C Pardoe (Gard CR) 43:59; 3 D Vaughan (Ware) 44:56. **W55:** 1 M Chew (Stops) 45:27; 2 J Allen (Gard CR) 46:12; 3 B Howe (unatt) 46:29

Herts Champs

1 Morris; 2 Sanderson; 3 Gannon

W35: Morris. **W45:** Pardoe. **W55:** Allen

CORBY GLEN 11km
Men

1 D Studd (NVH) 37:51; 2 B Ablitt (Grant) 38:11; 3 M Packer (Louth) 40:07; 4 A Short (Grant) 40:16

Women

1 J Stewart (Grant) 50:29; 2 H Gibbons (unatt) 50:29; 3 V Richards (unatt) 54:28

TRAIDCRAFT BRIXHAM 10km
Devon

ENGLISH Commonwealth Games marathon representative Stuart Hall was an easy winner in very wet and windy conditions. A very isolated runner-up was Anthony Wilson, who has just returned from Athens where he was Darren Westlake's guide runner in the Paralympics while last year's winner Kairn Stone, a former ESAA cross-country medallist, was a below-par third.

Men

1 S Hall (Tip) 32:59; 2 A Wilson (S Dev) 34:31; 3 K Stone (N&EB) 35:31

Women

1 H Knight (Vale R) 42:49; 2 E White (W Run Net) 43:25; 3 C Hewings (N Abb) 43:50

W50: A Darby (N Abb) 45:33

CHAS RYMAN MEMORIAL 10
Sittingbourne

Men

1 G Knott (Harw) 57:02; 2 D Hall (Dartf RR) 57:07; 3 L McMeekin (M&M) 57:49; 4 D Thompson (Dartf RR, M40) 59:37

M45: J Godkin (Dulw) 60:09. **M60:** P Burton (I&I) 70:03

TEAM: 1 Dartford Road Runners 13; 2 Medway & Maidstone 20; 3 Sittingbourne Striders 49

Women

1 M Flaxton (Dartf RR) 65:16; 2 T Oldershaw (Padd W, W35) 66:33; 3 C Oliver (Dartf RR) 70:17

W45: M Povey (Dartf RR) 72:48

TEAM: 1 Dartford Road Runners 8; 2 Dartford Road Runners B 26; 3 Maidstone Harriers 38

NORHAM 10km
Northumberland and Berwickshire

Men

1 D Naylor (HBT) 31:44; 2 C Sampson (Morp) 33:22; 3 L Atkinson (Morp, M40) 34:05; 4 D Cavers (Tev, M40) 34:11

M40: G Bayne (Morp) 36:27. **M50:** R Driscoll (Morp) 38:43. **M60:** J Knox (Gala) 38:24. **M70:** E Appleby (Seat) 46:23

U20: G Alexander (Tev) 37:30

TEAM: Morpeth H 11

Women

1 T Barnet (Aln, W35) 41:01; 2 K Anderson (Gala) 42:47

W65: E Armstrong (Tyne) 50:10

TEAM: Alnwick 12

MACCLESFIELD HALF-MARATHON
Cheshire

Men

1 M Proudlove (Stoke) 70:02; 2 L Hurst (Alt) 70:34; 3 D Lockett (Salf) 74:14; 4 M Halman (Wilm) 74:33; 5 J Pratt (unatt, M45) 77:56

M45: 2 J Telford (Vale R) 78:53

TEAM: Wilmslow 43

Women

1 M Wilkinson (Skip) 79:48; 2 J Murray (Stock H) 80:22; 3 J Myatt (News, W40) 81:49; 4 K Wood (Stock H, W35) 82:00; 5 R Pleeth (Macc) 87:43; 6 A Hartopp (Macc, W35) 88:21; 7 R Moore (unatt) 89:04; 8 M Martin (Spec, W45) 89:32

W40: 2 S Gilliver (Wilm) 90:18; 3 J Hatton (unatt) 90:59. **W45:** 2 K Ayres (Wilm) 94:57; 3 L Andrew (unatt) 95:40

TEAM: Macclesfield H 27

SHEPTON MALLET 10km
Somerset

Men

1 R Parfitt (Wells) 34:59; 2 D Stevens (Somer, U20) 35:57; 3 T Hawkins (Yeov RR) 36:29

M40: N Somerville (Wells) 36:41.

M50: A Sprules (Frome) 38:12

Women

1 J Moore (Yeov RR, W40) 39:39; 2 T Halliday (Wells, W35) 45:38; 3 R Barber (Avon V, W55) 46:07

W45: M Colman (Wells) 47:49

CHESHIRE CORPORATE CHALLENGE
5km

Chester racecourse

Men:T Dickinson (Dynal Biotech) 14:58

Women: E Deakin (unatt) 19:04

COMBINED TEAM – overall: Hatton's Model Railway 70:52 (P McGlory 15:28, P Hennessey 16:41, P Walsh 16:01, C Quarless (W) 22:42)

Division 1: Airbus UK 78:58 (C Williams (W) 22:03, R Woods 18:26, R Cunliffe 18:49, S Paul 19:40)

Division 2: Dynal Biotech 74:29 (Dickinson 14:58, A Van Beek 18:06, M Gammelsaeter 17:43, T Cottrell (W) 23:42)

Division 3: Brookfield High School 82:19 (M Adams 22:44, G Dixon 18:13, K Soper (W) 19:07, K Lewis 22:15)

Charity Shield: Marina's Army 75:35 (M Ali (W) 19:34, C Sefton 18:42, E Onwygna 17:35, B Maxwell 19:44)

October 2

MUIR AND ADDY CASTLE PARK ROAD Races
Bangor, Co. Down

Men (4M)

1 G McClernon (WTH) 20:07; 2 A McCullough (WTH) 20:13; 3 A Campbell (Anna) 20:29; 4 B Campbell (Larne) 20:34; 5 P Pollock (Abbey, U20) 20:43

M40: D Brady (NBH) 21:54. **M45:** 1 J Patience (NBH) 22:02; 2 P Murphy (NBH) 23:10. **M50:** 1 T Eakin (Lagan V) 23:36; 2 J Newberry (NBH) 23:48; 3 R Curran (Ballym R) 23:48; 4 B Stewart (NBH) 24:16. **M55:**1 D Seaton (North D) 25:10

TEAMS: 1 Willowfield TH 14; 2 North Belfast Harriers 31; 3 North Down 55

Women

1 F McCourt (Lagan V, W45) 27:41; 2 M Gleeson (NBH, W40) 27:58; 3 A McNeill (unatt, W35) 31:36

2M

U18 men

1 J Neill (North D) 10:14; 2 O Carleton (BRA) 10:27; 3 M Livingstone (CAI) 10:50

U18 women

1 S Neary (NBH) 13:05; 2 J Graham (Abbey) 13:10; 3 S McGowan (NBH) 13:11

1M

U15 boys

1 R Brown (North D) 5:10; 2 S Brown (Lis) 5:14; 3 A McGrady (East D) 5:21

U15 girls

1 E McShane (East D) 5:49; 2 C Brown (Lis) 5:51; 3 H Dalzell (WTH) 5:53

McANDREW RELAYS
Jordanhill, Glasgow

RONHILL CAMBUSLANG Harriers landed their first outright win in the 59-year history of this event, *Denis Shepherd reports.*

The Glasgow outfit had won the veterans' prize no fewer than 16 times in the last 18 runnings. This time, however, they included their top M40 Jack Brown in the A-team and he more than justified his place by returning 16:22, the fastest time of the quartet, when he maintained their lead on the third stage before handing over to Charlie Thomson who brought them home 62 seconds clear at the end of the 13 miles.

Recent recruit Robert Gilroy set the Cambuslang machine in motion with a five-second lead over Kilbarchan on the opening leg. The fastest three times were set on the second stage where Ryan Montgomery moved Shettleston up from sixth to second with the second-best clocking of 16:13, only three seconds behind twice marathon champion Jamie Reid who kept Cambuslang ahead.

Track specialist Mark Pollard's second-best time of 16:11 improved Inverclyde's position down the field but this time was beaten by 19 seconds by Clydesdale's Allan Adams who moved up from from 18th to sixth.

Irvine, after a modest 17th on the opener, were still ninth at half-way but fourth-fastest man Lee Richardson then brought them into fourth. This enabled his brother Billy to snatch the silver medals, although they had little chance of catching the winners whose anchor man Thomson will be joining Brown in the veteran ranks next year.

Shettleston, completed by second-fastest veteran Adam Little and Graeme Wight, held on to third place with Clydesdale gradually slipping to fourth. Kirkintilloch and Greenock Glenpark, the next two finishers, registered their best placings for many seasons although this was possibly facilitated by the unusual absence of every single open club from the East of Scotland, including defending champions Phoenix Racers.

Veteran Susan Finch, with the second-fastest leg of the race, set up a lead for City of Glasgow in the women's three-stage event. The race was virtually over after Jill Knowles had clocked the fastest time, 18:35, on the middle stage, although B-team runner Lindsay MacNeill cut 14 seconds into Claire McCracken's long lead on the anchor leg.

MacNeill, despite still recovering from her massive PB of 78:49 in the BUPA Great North Run six days earlier and having taken part in a regional endurance squad session earlier in the day, clocked the third fastest time of the day.

Men (4x3.25M)
1 Ronhill Cambuslang H 66:07 (R Gilroy 16:33, J Reid 16:33, J Brown (M40) 16:22, C Thomson 16:39); 2 Irvine 67:09 (G Irving (M40) 18:08, D Millar 16:29, L Richardson 16:14, W Richardson 16:18); 3 Shettleston H 68:02 (M Graham 16:56, R Montgomery 16:13, A Little (M40) 16:54, G Wight 17:59); 4 Clydesdale H 69:02 (B Gallagher 18:11, A Adams 15:52, M Rudzinski 16:30, D Halpin 18:29); 5 Kirkintiloch 69:55 (C Stewart 16:48, J McLoone 17:24, S Kerr 17:09, E Jack 18:37); 6 Greenock Glenpark H 69:57; 7 Victoria Park 70:52; 8 Ayr Seaforth 70:54; 9 Inverclyde 72:02; 10 Ronhill Cambuslang B 72:04; 11 Garscube 72:15; 12 Calderglen H 73:36; 13 Kilbarchan 73:45; 14 Edinburgh U H&H 73:55; 15 Energyzone Carnegie H 74:18
Fastest: 1 Adams 15:52; 2 M Pollard (Inver) 16:11; 3 Montgomery 16:13; 4 L Richardson 16:14; 5 W Richardson 16:18; 6 Brown 16:22; 7 C MacKay (G'nock) 16:26; 8 Millar 16:29; 9eq Gilroy/Reid 16:33
M40: 2 Little 16:54; 3 D Watt (Cald) 17:15
U20: D Butcher (G'nock) 18:17
Women (3x3.25M)
1 City of Glasgow 56:53 (S Finch (W40) 18:57, J Knowles 18:35, C McCracken 19:21); 2 City of Glasgow B 58:02 (S Branney (W50) 19:08, K Young 19:47, L MacNeill 19:07); 3 Bellahouston RR 62:11 (E Kinrade 20:27, H Lees 21:09, M Campbell 20:35); 4 City of Glasgow C 62:58; 5 Garscube 63:34; 6 Irvine 67:59
Fastest: 1 Knowles 18:35; 2 Finch 18:57; 3 MacNeill 19:07; 4 Branney 19:08; 5 McCracken 19:21
U20: F Gentle (Kirkin) 22:29

HARWICH DISCOVERY 10
Essex
Men
1 F Fertoute (unatt) 57:13; 2 P Pearce (G Bent) 60:14; 3 E Boehle (M40) 64:39
M50: M Van Der Bijllaardt (HOL) 65:38
Women
1 H Ramakers (HOL) 67:40; 2 A Van Uliet (HOL, W45) 75:37
Men (5M)
1 L Grocott (Harw) 28:09

PIRELLI 5
North Wales
Men
1 S Gilliland (Brodys, M40) 27:06; 2 G Norgrove (Wrex) 27:22; 3 D Jones (Wrex) 27:42; 4 M Cortivriend (Denb, M50) 29:03
M50: 2 G Richards (Wrex) 30:36; 3 I Carson (Wrex) 30:47. **M55:** I Jones (Wrex) 34:11. **M60:** M Taylor (Brodys) 34:18
Women
1 R Hetherington (Wrex) 29:21; 2 V Jones (Wrex, U20) 30:22; 3 G Taylor (P'atyn, W40) 34:12
W55: 1 A Jones (Wrex) 38:27; 2 F Mudway (W Ches) 39:48. **W60:** B Jones (Brodys) 39:23

DUCKS 'N DRAKES 10
Lincoln
Men
1 D Houlton (Linc W) 62:19; 2 D Tilley (Bost) 63:08; 3 J Barker (Clee, M50) 63:49
M60: R Titchmarsh (E Vets) 68:46
Women
1 H Fidge (unatt, W35) 77:14; 2 G Spillane (Bost, W45) 77:25

WASHINGBOROUGH 5
Lincoln
Men
1 W Strangeway (Linc W, U20) 34:10; 2 J Ketley (Bev) 35:15
Women: S Kimpton (Linc W) 46:44

October 1

RUN-4-IT PROMS 3K ROAD RACE SERIES
Aberdeen
Men
1 C Davidson (A'deen) 9:26; 2 R Musgrave (A'deen U) 10:04; 3 D Gooch (D'side) 10:16; 4 F Smith (A'deen, M40) 10:25; 5 C Pryce (Cosmic, M40) 10:26; 6 B Scullion (A'deen, M55) 10:29
Women
1 L Mahady (A'deen, W45) 11:03; 2 L Chellingsworth (Cosmic) 11:46; 3 L Rice (Lass) 11:59; 4 S Carter (Metro, W40) 12:02; 5 I Machell (Metro, W35) 12:16; 6 A McArthur (Metro) 12:19

September 29

Ron Wheeler Handicap
Wapping
Men (2.75)
1 P Doyle (Rane) 12:54; 2 S Lenton (AHJ) 14:26; 3 A Chamberlain (Holman F) 14:27; 4 P Hamilton (B&B, M55) 14:28; 5 S Fraser (Willis) 14:33; 6 P Waring (Marsh) 15:11; 7 P Marriage (Insight) 15:34; 8 R Robinson (Marsh, M40) 15:39; 9 R Harling (Holman F) 15:51; 10 N Hemming (Croy, M50) 16:05
Handicap : 1 J Cevik (Dresdner, W) 19:56; 2 J Bereton (Dresdner, W) 19:57; 3 A Chamberlain (Holman F) 19:57

September 28

INNSPIRED PUBS BRIDGE INN 5km
Bristol
Men
1 P Parry (B&W, M40) 15:32; 2 G Hope (Sev) 16:19; 3 G Eagle (B&W, M40) 16:21; 4 P Stephens (Sev) 16:41; 5 T Pound (B&W) 17:28; 6 G Fereday (Newp) 17:33
M50: J Hargreaves (GWR) 18:58.
M60: T Jefferies (W'bury) 18:40
Women
1 H Fines (B&W) 18:55; 2 S Unwin-Mann (CoB) 19:01; 3 L Bennett (CoB) 20:36

September 26

WELSH RELAY CHAMPS
Swansea
Men (4x5km)
1 Cardiff 61:20 (S Jones 15:06, S Lewis 15:32, R Gardiner 14:49, M Jennings 15:53) 61:20; 2 Swansea 62:53 (D Benyon 15:46, S Tobin 15:59, M Hobbs 15:18, P Richards 15:50); 3 Bridgend 64:14 (D Hiscox 15:07, G Lewis 16:27, R Atkins 16:24, J Lewis 16:16); 4 Les Croupiers 66:42; 5 Swansea B 67:10; 6 Neath 67:14; 7 Carmarthen 72:02; 8 Bridgend B 74:48; 9 Les Croupiers B 78:43; 10 Port Talbot 81:40
Fastest: Gardiner 14:49
Vets (4x5km)
1 Neath 68:22 (S Williams 17:28, J Williams 17:08, I Williams 17:24, P Crane 16:22); 2 Bridgend 69:36 (S Osborne 18:28, G Davies 16:05, J Embling 17:48, P Jenkins 17:15); 3 Swansea 70:16 (A Davies 17:49, J Collins 17:29, P Osborne 17:17, C Elvins 17:41); 4 Neath B 73:09; 5 Neath C 81:50; 6 Swansea B 82:48
Fastest: Davies 16:05
U17 (3x3km)
1 Swansea 28:24 (S Walsh 10:02, A Pinches 8:28, J Butler 9:54); 2 Carmarthen 29:17 (J Davey 9:55, D Loughran 9:33, L Ladd 9:49)
Fastest: L Ladd (Carm) 9:49
U15 (3x3km)
1 Neath 29:59 (R Jones 10:57, C Melbourne 9:25, G Smith 9:37) 2 Cardiff 30:08 (G Fletcher 11:36, D Jenkins 9:07, S Lawson 9:25); 3 Carmarthen 30:41 (D Griffiths 10:07, R Evans 9:28, S Rees 11:06); 4 Carmarthen B 31:46; 5 Swansea 32:00; 6 Neath B 32:12; 7 Cardiff B 39:00
Fastest: S Lawson (Card) 9:25
U13 (4x2km)
1 Carmarthen 30:08 (J Jones 7:20, G Elsdon 8:30, X Witt 7:19, D Brown 7:29); 2 Swansea 30:08 (C Lewis 7:17, J McEvoy 7:27, C Gifford 8:11, J Brock 7:13)
Fastest: J Brock 7:13
Women (4x5km)
1 Cardiff 73:53 (D Jones 18:00, J Clarke 19:06, C Grech 19:13, E Crowley 16:34); 2 Pontypridd 80:39 (A Evans 18:59, C Davies 21:21, D Otley 21:21, C Bridge 18:58); 3 Brecon 81:16 (S Haikala-Rees 18:46, E Gibson 21:01, J Summerfield 20:43, E Kendrick 21:00); 4 Cardiff B 86:19
Fastest: Crowley 16:34
Masters (4x5km)
1 Bridgend 88:34 (F Davies 20:08, C.Thomas 26:37, D.Chick 20:55, J.Brace 20:54); 2. Les Croupiers 89:51 (C.Miller 22:14, T.Gould 21:28, Y.Bullen 22:08, T.Rossiter 24:01)
Fastest: F.Davies (Bridgend) 20:08
U17 (3x3km)
1. Swansea 31:03 (E.Kirk 11:14, M.Davies 9:53, N.Stanford 9:56). 2. Cardiff 34:19 (A.Simons 12:15, K.Wiltshaw 10:19, E.Lovelind 11:45). 3. Carmarthen 37:34 (M.Thomas 12:14, S.Beynon-Thomas 12:30, C.John 12:50)
Fastest: Stanford 9:56
U15 (4x2km)
1.Carmarthen 29:20 (K.Brown 7:18, R.Marfleet 7:27, A.Beynon-Thomas 7:30, C.Granville 7:05). 2. Sarn Helen 30:07 (C.Davies 8:30, K.Parkes 6:59, F.Davies 7:32, M.Williams 7:06). 3. Swansea 31:36 (N Williams 7:51, J Corcoran 7:37, R King 8:41, S Dobler 7:27); 4 Neath 31:45
Fastest: Parkes 6:59
U13 (4x2km)
1 Carmarthen 31:23 (A Davies 7:34, C Lewis 7:47, S Pick 8:15, A Phillips 7:47); 2 Cardiff 32:20 (B Attard 7:58, L Regan 7:54, R Miller, 8:38, V Davies 7:50); 3 Bridgend 33:02 (D Bartlett 7:57, Z Thomas 9:00, G Osborne 7:57, R Gillon 8:08); 4 Swansea 33:33; 5 Carmarthen B 33:57
Fastest: A Davies 7:34

BEXHILL 10km
East Sussex
Men
1 L Jones (Craw) 34:25; 2 O Haas (Bexhill) 36:03; 3 B Blackwell (B&H, M55) 37:00
M50: B Fraser (Hails) 39:06. **M60:** R Garrard (Crow) 45:15
Women
1 B Segal (Ashf) 39:43; 2 G Wheeler (Hails) 40:37
W50: T Schooling (H'field) 48:20.
W60: J Brucker (Horsh J) 52:00

DEDHAM 10km
Suffolk
Men
1 R Jordan (Ips J, M40) 33:51; 2 M Cates (Eton M) 35:02; 3 T Knightley (Ilf, M40) 36:04
M40: 3 G Thomas (Fram) 36:20
Women
1 T Apps (S'field, W35) 37:22; 2 J Roberts (unatt) 39:45

LITTLEDOWN 5
Bournemouth
Men
1 A Hennessey (Wells) 25:02; 2 C Morris (Wells) 25:20; 3 M Hargreaves (B'mth, M40) 26:25; 4 M Grist (Poole R, M40) 26:45; 5 P Damon (Poole) 26:51; 6 P Grist (Poole R) 26:56; 7 A Clements (Poole, M45) 27:37; 8 J Jones (Over) 27:51; 9 M Clark (Poole R, U17) 27:51
M40: 3 J Aylmore (Poole R) 28:45; 4 T Chutter (B'mth) 28:52; 5 R McIllmurray (B'mth) 28:57; 6 J Reason (unatt) 29:02; 7 R Conway (Lyt M) 29:06; 8 M Pittaway (RMP) 29:18; 9 L Palmer (Poole) 29:24.
M50: 1 C Guerrier (Poole R) 29:13; 2 D Cartwright (Poole R) 29:19; 3 M Witts (H'worthy H) 29:48; 4 R Carr (Poole) 30:14. **M55:** 1 I Barnes (Poole R) 29:31; 2 R Burns (Lyt M) 31:24. **M60:** J Brumfield (Eg H) 30:24
TEAM: 1 Poole Runners 49; 2 Bournemouth 61; 3 Poole AC 104
Women
1 C Thomas (Poole R, W40) 30:31; 2 C Squire (unatt) 30:51; 3 D Mellor (JP Morgan, Dorset) 30:55; 4 L Faulkner (Dors D, W35) 32:22; 5 Y Tibble (Poole R, W45) 32:44; 6 C Phillips (Eg H, W35) 32:50; 7 K Goddard (New F) 32:54; 8 J Palmer (Poole R, W45) 32:58; 9 H Khoshnevis (L'down H, W40) 33:25
W40: 3 J Moloney (RMP) 33:50; 4 J Henry (LVFF) 34:02. **W45:** B Browning (Eg H) 35:55. **W50:** 1 T Lindop (Poole R) 35:07
TEAM: 1 Poole Runners 14; 2 Egdon Heath H 38; 3 Littledown H 41

JULIAN FARRELL 10km
Camberley
Men
1 D Thomson (Ports, M40) 36:09; 2 A Tuckey (B&B) 36:15; 3 M Whitko (unatt) 36:15
M40: 2 M Guess (Sand J) 39:30; 3 R Hale (Sand J) 39:46
Women
1 L Locks (Hart R) 39:45; 2 F King (Army, W35) 43:04; 3 A Quan (unatt, W35) 46:38; E Morris (Sand J, W35) 46:47

September 19

HOVE PROM 5
East Sussex
Men
1 M Hargreaves (B'mth, M40) 26:23; 2 D Anderson (unatt) 26:50; 3 J Baker (Chich R) 26:59; 4 L Jones (Craw) 27:15; 5 F T'Sjoen (unatt) 27:21; 6 J Benniman (B&H) 27:25; 7 T Fuller (Worth) 27:29; 8 D Carter (Phoe) 27:30; 9 R Palmer (Cant, M40) 27:52; 10 P O'Connell (Horsh J, M40) 27:59
M40: 4 D Leach (Lewes, M45) 28:49; 5 S Wigmore (Horsh J) 28:59; 6 S Adams (Dart) 29:12; 7 A Cornford (Utopia, M45) 29:26. **M50:** B Blackwell (B&H, M55) 29:17; 2 B Novis (Phoe) 30:09; 3 C Hickman (Craw, M55) 30:51; 4 P Gasson (Arena) 31:10; 5 B Fraser (Hails) 31:23. **M60:** 1 J Taylor (Hails, M65) 34:51; 2 P Masters (Lewes) 34:56
Women
1 S Davey (Phoe) 29:33; 2 J Briggs (Craw) 30:10; 3 V Boyle (Arena) 31:37; 4 N Treach (unatt) 31:47; 5 R Uphill (Hast) 31:50; 6 S Alvarez (Hails) 32:03; 7 J Clark (Bel, W40) 32:14
W75: E Quinton (Horsh J) 41:56

ASHBOURNE HALF-MARATHON
Derbyshire
Women (additional)
1 S Newman (Wreake, W40) 89:24; 2 Z Thornburgh (Wootton) 90:39; 3 S Black (Birst, W40) 96:36

MOTOBILITY 10km
Harlow, Essex
Men
1 S Wells (FVS) 35:39; 2 H Wyber (unatt) 35:49; 3 D Barrett (WG&EL) 36:00
Women
1 K Cheung (N Herts) 45:52; 2 E Ochiltree (Harl RC) 50:16; 3 M Golder (unatt) 54:46

September 15

EALING BOROUGH SCHOOLS' LEAGUE
Horsenden Hill
Years 10/11 boys (4km)
1 A Osman (Dorm) 13:08; 2 N Goolab (Elt) 13:30; 3 K Gelly (North) 13:57; 4 A Hunt (Eal Co) 14:16; 5 S Benzoureame (CV) 14:19; 6 A Parkin (CW) 14:25; 7 M O'Brien (Dray) 14:32; 8 B McCallum (North) 14:35; 9 D Menigistu (Dorm) 15:05; 10 M Shepherd (Dray) 15:20
TEAM: 1 Cardinal Wiseman 89; 2 Dormers Wells 90; 3 Drayton Manor 93
Years 8/9 (2km)
1 J Stacey (North) 9:24; 2 L Nicholas (Dray) 9:39; 3 T Fedends (Feath) 9:52; 4 E Miley (CV) 9:59; 5 S Dolan (CV) 10:02; 6 S Zajackowski (CV) 10:06; 7 A Kashai (CV) 10:18; 8 N Zakikhane (Dray) 10:27; 9 T O'Regan (CW) 10:32; 10 Z Gerraci (North) 10:36
TEAM: 1 Cardinal Vaughan 69; 2 Drayton Manor 111; 3 John Lyons 148
Year 7 (2km)
1 A Pierre (CW) 7:31; 2 L White (CW) 7:32; 3 P O'Hoka (CW) 7:33; 4 C Crane (Dray) 7:43; 5 D Wilson (Dray) 7:45; 6 H Johnson (Dray) 7:46; 7 S Stultz (Dorm) 7:49; 8 J O'Niell (CV) 7:51; 9 T McCarthey (CV) 7:52; 10 A O'Connor (CW) 7:53
TEAM: 1 Cardinal Wiseman 65; 2 Drayton Manor 75; 3 Dormers Wells 139
Years 10/11 girls (3km)
1 A Wall (CW) 10:33; 2 C McGuigan (Dray) 10:41; 3 R Charles (EW) 10:57; 4 P Bailey (Dray) 11:16; 5 D Lea (Dray) 11:30; 6 L Ridgeon (Twy) 12:07; 7 K Burton (Dray) 12:25; 8 B Lee (Phoe) 12:27; 9 E Frangouwi (Twy) 12:33; 10 A Bennett (CW) 13:17
TEAM: 1 Drayton Manor 43; 2 Cardinal Wiseman 73; 3 Cardinal Wiseman B 187
Years 8/9 (2km)
1 C Stock (Dray) 7:34; 2 A Ria (Elt) 7:38; 3 H Brill (Elt) 7:45; 4 H French (Dray) 7:49; 5
C Wall (CW) 7:59; 6 C O'Neill (CW) 8:12; 7 J O'Connell (North) 8:19; 8 H Denham (Dray) 8:44; 9 A McGuiness (Dorm) 8:45; 10 O Mason (Twy) 8:47
TEAM: 1 Drayton Manor 72; 2 Elthorne 104; 3 Cardinal Wiseman 130
Year 7 (1.5km)
1 L Edgeley (CW) 6:35; 2 E Anntema (CW) 6:53; 3 S Bracken (WLA) 6:56; 4 M Kelly (Dorm) 6:58; 5 R Cordy (Dray) 6:59; 6 I Ali (Dorm) 7:00; 7 S Minors (Elt) 7:07; 8 H W-Brooks (Dray) 7:09; 9 M Deely (CW) 7:11; 10 J Whitake (Elt) 7:13
TEAM: 1 Cardinal Wiseman 48; 2 Elthorne 91; 3 Drayton Manor 96

MIDDLESEX YOUNG ATHLETES' RELAYS
Hayes
U17 men (3x4.5km)
1 Ealing Southall & Middlesex 47:43 (K Gelly 16:31, B Stock 16:01, S Spalding 15:11); 2 Hillingdon 48:19; 3 Ealing Southall & Middlesex B 51:52
Fastest lap: S Spalding (ESM) 15:11
U15 (3x3km)
1 Ealing Southall & Middlesex 30:54 (J Stacey 10:36, N Goolab 10:10, A

Osman 10:08); 2 Ealing Southall & Middlesex B 33:11; 3 Hillingdon AC 38:00
Fastest lap: A Osman (ESM) 10:08
U13 (3x3km)
1 Shaftesbury Barnet H 35:31 (K Moreland 11:36, J Harris 11:33, A Bekele 12:22); 2 Ealing Southall & Middlesex 35:42; 3 Hillingdon 35:53; 4 Thames Valley Harriers 38:32; 5 Ealing Southall & Middlesex B 39:04
Fastest lap: S Zajaczkowski (ESM) 11:22
U17 women (3x4.5km)
1 Shaftesbury Barnet H 59:12 (H Shelley 19:21, M Bovingdon 19:44, K Alcock 20:07); 2 Ealing Southall & Middlesex 60:58; 3 Ealing Southall & Middlesex B 68:43
Fastest lap: M Nitta (ESM) 18:45
U15 (3x3000m)
1 Ealing Southall & Middlesex 36:48 (P Bailey 12:23, R Charles 12:29, A Wall 11:56); 2 Enfield & Haringey 37:09; 3 Thames Valley H 37:45; 4 Shaftesbury Barnet H 38:08; 5 Ealing Southall & Middlesex B 38:49
Fastest lap: H Brown (E&H) 11:44
U13 (3x3000m)
1 Enfield & Haringey 36:37 (C Blaine-Hernandez 12:01, J Petts 12:36, E Shuker 12:00); 2 Ealing Southall & Middlesex AC 37:57; 3 Shaftesbury Barnet H 40:02; 4 Ealing Southall & Middlesex B 41:22; 5 Ealing Southall & Middlesex E 41:40
Fastest lap: M Reynolds (ESM) 11:57

HERTFORDSHIRE YOUNG ATHLETES' RELAYS
Hayes
U13 boys (3x3km)
Shaftesbury Barnet H 37:05 (B Johnston 12:23, L Barker 12:27, J McCormack 12:15)
Fastest lap: J McCormack 12:15
U15 girls (3x3km)
1 Shaftesbury Barnet H 36:32 (B McGowan 11:14, V Duffy 13:30, C Simm 11:48); 2 Herts Phoenix 39:30; 3 Herts Phoenix B 40:11
Fastest lap: B McGowan (SBH) 11:14
U13 (3x3km): Shaftesbury Barnet H 39:59 (L Proffitt 12:47, J Stichbury 14:11, J Johnson 13:01)
Fastest lap: L Proffitt 12:47

September 16

NORTH-WEST RELAY CHAMPIONSHIPS
Birchwood, nr Warrington, Cheshire
Men (4x5.6km)
1 Salford H 70:52 (K Chapman 17:33, J Kovacs 18:01, C Hardman 17:24, D Mason 17:54); 2 Liverpool H 71:09 (R Burney 17:37, B Murphy 18:04, R Shearer 18:03, M Keeley 17:25); 3 Preston H 74:36 (S Hallas 18:24, M Livingstone 18:36, J Parker 18:47, B Dewhurst 18:49); 4 Wirral 74:40 (A Woods 17:31, M Hunston 18:33, C Stanridge 19:11, K Buxton 19:25); 5 Leigh H 74:55 (S Hughes 17:41, P Foster 18:41, J Howarth 18:47, A Urmston 19:46); 6 Blackpool & Fylde 75:06 (J Prowse 16:54, B Hall 19:30, P Johnson 19:40, D Hayes 19:02); 7 Liverpool H B 75:15 (J Parkinson 18:22, J Mannion 19:36, P Hennessey 18:37, P Walsh 18:40); 8 Wilmslow 75:29 (J Pendrill 19:11, M Halman 18:26, S Parrot 18:59, T McGaff 18:53); 9 Sutton St Helens 76:25 (S Mayers 18:16, G Williams 19:29, T Smith 18:57, I Mayburn 19:43); 10 North Fylde 76:28 (S Robinson 18:18, L Endean 19:33, B Eadie 19:32, J Houghton 19:05); 11 Vale Royal 76:31; 12 Preston H (M40) 77:06; 13 Wesham RR 77:31; 14 Liverpool H C 77:36; 15 West Cheshire 77:37; 16 Spectrum Striders 78:00; 17 Wirral B 78:05; 18 Ellesmere Port RC 78:32; 19 Rossendale H 78:43; 20 Rochdale H 78:58
Fastest: 1 Prowse 16:54; 2 Hardman 17:24; 3 Keeley 17:25; 4 Woods 17:31; 5 Chapman (Salf) 17:33; 6 Burney 17:37; 7 S Smith (Prest, M40) 17:38; 8 Hughes 17:41; 9 Mason 17:54; 10 P Leybourne (Salf) 17:58
U17 (3x5.6km)
1 Liverpool H 57:11 (M Quarless 19:00, C Hoy 19:06, C Gundelson 19:05); 2 Blackpool & Fylde 59:32 (T Cunningham 19:13, R Pilkington 20:15, D Preddy 20:04); 3 Liverpool H B 61:01 (D Gass 19:47, J McCully 20:01, L McCully 21:13); 4 Vale Royal 61:43; 5 Macclesfield H 63:06
Fastest: 1 Quarless 19:00; 2 Gunderson 19:05; 3 Hoy 19:06; 4 Cunningham 19:13; 5 T Brady (Liv H) 19:22
U15 (3x2.8km)
1 East Cheshire H 28:06 (S Horsfield 8:37, S Laing 9:49, N Gould 9:40); 2 Liverpool H 28:07 (D Bridge 9:23, H Harper 9:21, L Luscombe 9:23); 3 Sutton St Helens 28:31 (D Forrester 8:38, P Knowles 9:47, B Clough 10:06); 4 Vale Royal 29:40; 5 Southport Waterloo 29:52
Fastest: 1 Horsfield 8:37; 2 Forrester 8:38; 3 A Hurley (Hynd) 9:05; 4 L Davenport (Vale R) 9:18; 5 Harper 9:21
U13 (3x2.8km)
1 Liverpool H 31:25 (P Leggett 10:21, M Bush 10:26, B Brown 10:38); 2 Leigh H 32:25 (I McCann 10:04, T Powell 10:59, C Adamson 11:22); 3 Sutton St Helens 32:38 (T Healey 10:17, I Jameson 11:02, I Ashcroft 11:19); 4 Liverpool H B 32:41; 5 Liverpool H C 33:01
Fastest: 1 McCann 10:04; 2 Healey 10:17; 3 L Szymanski (Bury) 10:19; 4 R Gould (E Ches) 10:24; 5 Bush 10:26
Women (3x5.6km)
1 Liverpool H 61:03 (H Carroll 61:03, R Thompson 21:28, C Murphy 19:34); 2 Preston H 63:30 (P Walsh 21:17, E Deakin 22:13, T Allen 20:00); 3 Liverpool H B 64:09 (V Griffith 22:12, L Carney 20:43, L Egan 21:14); 4 Macclesfield H 64:29 (A Hartopp 21:36, A Farmer 21:31, R Pleeth 21:22); 5 Spectrum Striders 66:30 (M Martin 22:32, N Salahi 22:55, C Davies 21:03); 6 Sutton St Helens (gst) 68:27; 7 North Fylde 68:47; 8 Clayton-le-Moors H 69:28; 9 Stockport H 70:00; 10 Blackpool & Fylde 70:46; 11 Preston H B 70:57; 12 Macclesfield H B 71:39
Fastest: 1 Murphy 19:34; 2 N Bird (Elles P) 19:56; 3 Allen 20:00; 4 Carroll 20:01; 5 G Bacon (Sutt SH) 20:11; 6 J Murray (Stock H) 20:18; 7 Carney 20:43; 8 Davies 21:03; 9eq Egan/G Ellerman (B&F) 21:14
U17 (3x2.8km)
1 Vale Royal 31:10 (L Timms 10:49, L Lambert 10:19, S Stockton 10:02); 2 Liverpool 31:30 (M Ronnan 10:29, C Sanderson Rigby 10:29, J Corrie Taylor 10:32); 3 Vale Royal B 32:32 (V Jones 10;33, R Clews 11:05, G Lievesley 10:54); 4 Pendle (gst) 33:44; 5 Bury 33:58
Fastest: 1 Stockton 10:02; 2 Lambert 10:19; 3 Ronan 10:29; 4 Sanderson Rigby 10:29; 5 Corrie Taylor 10:32
U15 (3x2.8km)
1 Leigh 30:57 (K Howarth 10:24, D Allen 10:27, H Warburton 10:06); 2 Liverpool H 31:07 (L Murphy 10:05, O Desborough 10:33, C Murphy 10:29); 3 Blackpool & Fylde 32:00 (K Maunder-10:40, N Spencer 10:59, S Preddy 10:21); 4 Warrington 32:03; 5 Vale Royal 32:24
Fastest: 1 Murphy 10:05; 2 Warburton 10:06; 3 Preddy 10:21; 4 L Bosson (Vale R) 10:22; 5 Howarth (10:24)
U13 (3x2.8km)
1 Liverpool H 32:16 (C McDonald 10:39, L Towers 10:46, Z Woodward 10:51); 2 Blackpool & Fylde 32:47 (K Leybourne 10:38, K Brookes 11:07, J Davies 11:02); 3 Liverpool H B 33:21 (G Dykstra 11:17, S Kelly 11:10, A Ford 10:54); 4 Sutton St Helens 33:21; 5 East Cheshire H 34:26
Fastest: 1 R Craigie (Macc) 10:23; 2 L Sullivan (Warr) 10:37; 3 Leybourne 10:38; 4 McDonald 10:39; 5 J Sturgeon (Sutt SH) 10:41

September 12

CAPITAL CITY CHALLENGE 10km
Edinburgh
Men (amended and additional results)
1 A Adams (C'dale) 30:56; 2 J Newsom (Pit, U20) 31:11; 3 A Liston (Fife) 31:36; 4 C Heaven (Dumf) 31:52; 5 G Reid (Cambus) 31:54; 6 C Thomson (Cambus) 31:55; 7 S Oliver (unatt) 32:21; 8 B Fieldsend (I'ness) 32:28; 9 M Johnston (CoE) 32:48; 10 D Gardiner (Phoen) 32:57; 11 J Murray (unatt) 32:58; 12 J Reid (Cambus) 33:05; 13 A Little (Shett, M40) 33:14; 14 D Cochrane (Cambus) 33:31; 15 F Barton (Keith, M40) 33:36; 16 S Bisset (Corst) 33:41; 17 M Ferguson (CoE) 33:54; 18 R Milne (Loth) 33:59; 19 B Kirkwood (Phoen, M50) 34:04; 20 T Brindley (HBT, W) 34:11; 21 S Wright (CoE) 34:15; 22 D Brown (Els) 34:23; 23 J Borthwick (unatt) 34:24; 24 T Ferrington (Corst) 34:29; 25 S Clark (unatt) 34:39; 26 G Beal (CoE) 34:40; 27 M Wright (unatt) 34:40; 28 J Harper (unatt, M40) 34:42; 29 W Spates (Fife) 34:52; 30 J Blair (Portob, M40) 35:02
M40: 5 B Smith (St Life, M40) 35:40; 6 R Milton (C'egie) 36:09; 7 A Brown (St Life) 36:29. **M50:** 2 E Paterson (Moray) 35:45; 3 S Balfour (Edin TC) 36:31; 4 M Caldwell (Corst) 37:26; 5 S Waugh (Sc Pris) 37:44; 6 J Hudson (unatt) 38:43; 7 S Wallace (HELP) 38:43; **M60:** G Smith (unatt) 37:15
Women
1 Brindley 34:11; 2 S Young (High) 35:21; 3 S Ridley (ESH, W35) 36:46; 4 R Alexander (C'egie) 36:46; 5 F Matheson (Falk, W35) 37:02; 6 J Beetham (Edin TC) 37:16; 7 P Affleck (Gala, W45) 38:07; 8 J Tait (C'thy) 38:37; 9 J MacLean (CoE) 38:58; 10 J Laing (Portob, W35) 39:08; 11 C Ferry (CoE) 39:37; 12 J Barker (Moray, W35) 40:10; 13 S O'Donovan (unatt) 40:34; 14 M Rae (unatt) 40:46; 15 J Hastings (unatt, W35) 40:53; 16 N Murray (unatt) 40:55
W45: 2 P Rother (unatt) 41:29; 3 M Rulliere (unatt) 42:40. **W55:** 1 A Hennessey (unatt) 44:03; 2 A Walter (unatt) 47:52

SUTTON PARK 10km & 2km
Birmingham
Men
1 J Le Fort (unatt) 36:35; 2 J Ainsworth (Bir) 37:29; 3 L Jackson (unatt) 37:35
M40: C Shore (unatt) 40:16. **M50:** J Matthews (Bir) 45:26. **M60:** A Gilmore (M Vets) 52:57
Women
1 C Primrose (unatt, W35) 42:45; 2 S Curry (unatt, W45) 43:18; 3 J Johnson (unatt, W35) 45:55
U15 boys (2km)
1 H Trollop (Bir) 7:49; 2 D Tatton (unatt) 8:02; 3 J Childs (unatt) 9:21
U15 girls
1 A King (Bir) 9:33; 2 E Redfern (Ivan) 11:25; 3 F Lourder (unatt) 11:41

BISHOPS WALTHAM 5
Men
1 M West (Soton RC) 28:20; 2 C Grant (unatt) 28:28; 3 P Guest (Ports J, M40) 29:11
Women
1 P Daas (E'leigh, W35) 36:06; 2 P Brimmer (unatt) 38:17

ULVERSTON CHARTER 5km
Men
1 C Winward (Salf) 14:42; 2 T Tipping (Inver) 15:01; 3 C Doyle (Traff) 15:04; 4 L Siemaszko (Liv H) 15:16; 5 P Miller (B&F) 15:25; 6 B Harrison (Prest) 15:32; 7 B Atkinson (B&F, M45) 16:03; 8 P Williams (B&F, M45) 16:34
M40: J Jones (Kend) 17:48. **M45:** 3 R O'Hara (VAC) 17:51. **M55:** M Cronshaw (Kend) 18:18. **M65:** C Slater (Kend) 22:23
Women
1 R Cronshaw (Kend) 18:24; 2 J Casey (B&F, W45) 19:00; 3 K Savage (B&F, U20) 19:37
W50: 1 D Priestly (Kend) 21:11; 2 M Smith (Kend) 21:44. **W55:** C Hardman (unat) 35:53

September 11

SELF TRANSCENDENCE 10km
Battersea Park
Men
1 D Gitau (NYM) 32:18; 2 N Shasha (Walth) 34:06; 3 T Woods (Rane) 35:39
M50: 1 L O'Hare (Barn) 36:43; 2 D Carter (Soton) 39:10. **M60:** M Lehmann (Serp) 41:49. **M70:** M Browne (VAC) 53:12
Women
1 S Davenport (unatt) 41:24; 2 Z Melling (Rath) 42:12; 3 A Jones (HHH) 44:15
W35: S Lambert (Serp) 48:54

CAMBRIDGE HARRIERS RELAY
Sutcliffe Park, Eltham
Men (4x2.25M)
1 Cambridge H 45:51 (D Lipscombe 11:12, D Reader 12:04. D Lacey 11:22, E Hurault 11:13); 2 Cambridge H Vets 50:03 (M Cross 12:33, P Gaden 11:59, T Walker 12:45, P Kent 12:46); 3 Bexley AC Vets 51:58 (N Winfield 12:51, J Gates 12:36, G Treadwell 12:34, C Harris 12:34); 4 Cambridge H M50 52:10 (M Ellsmore 11:32, G De Courcey 14:10, I Marshall 13:06, P Hadley 13:22)
M60: Cambridge H 60:45 (R Williams 13:17, J Godbeer 17:42, L Wright 15:28, S Birkin 14:18)
Fastest: Lipscombe 11:12, Hurault 11:13, Lacey 11:22, Ellsmore 11:32

September 5

BOURTON CORPORATE 10km
Men
1 P Williamson (PDI) 32:59; 2 D Ansell (EXCEL) 33:31; 3 S Lonnen (unatt, M45) 33:34; 4 G Whitley (PDI) 33:48; 5 D Wormsley (Scope, M40) 33:49; 6 P Chappell (unatt) 33:51; 7 S Sweetman (unatt) 33:59; 8 P Stead (EXCEL) 34:05; 9 D Marshall (Scope) 35:12; 10 G Hargreaves (Mendip) 35:28
Women
1 G Allot (EXCEL) 38:42; 2 B Smythe (unatt) 41:12; 3 G Beattie (unatt) 41:14
TEAM: 1 Scope 25; 2 PDI 27; 3 EXCEL 34

August 31

WORLD FIREFIGHTER GAMES MARATHON & HALF-MARATHON
Clumber Park, Worksop, Nottinghamshire
Men (Marathon)
1 M Otero (ESP) 2:37:53; 2 K Lai (HKG) 2:50:26; 3 S Del Rio (ESP) 2:53:42; 4 M Rogers (ENG) 2:55:42
Women
1 C Page (WAL) 3:29:20; 2 R Dijkshoorn (NED) 3:39:45
Men (Half-marathon)
1 J Sagi (HUN) 71:34; 2 M Thiriot (FRA) 72:07; 3 G Croll (SCO) 72:49; 4 C Mayeux (FRA) 73:10; 5 J Perez (ESP) 73:42; 6 J Silva (BRA) 74:11; 7 D Voisin (FRA) 75:08; 8 S Palao (POR) 75:35; 9 J Beltran (ESP) &5:55; 10 D Lines (ENG) 76:37; 11 M Simpson (SCO, M45) 76:46; 12 S Stewart 77:05; 13 J Hernandez (ESP) 77:32
Women
1 R Watchorn-Rice (ENG, W35) 89:10; 2 C van Haverimaet (NED, W50) 96:49; 3 P Parker (ENG, W50) 98:45

August 30

ARLINGHAM 4.5M
Men
1 A Felce (Chelt) 23:15; 2 A Hope (Severn, M40) 23:35; 3 A Prophett (Stoke) 23:44; 4 R Mullins (Chelt) 23:49; 5 N Bishop (Severn) 23:55; 6 K Lesson (Durs) 25:00
M40: 2 D Burton (Durs) 26:07. **M50:** A Daley (Glouc) 26:33. **M60:** 1 L Davis (Severn) 26:55; 2 K Buckle (Chelt) 28:54
Women
1 A Anderson (Arl) 34:42; 2 S Brown (Severn, W45) 34:53; 3 J Tull (Angels, W35) 35:29

Cross country

October 3

LARKHALL YMCA TURNIP RACES
Larkhall, Strathclyde
Men (3.25M, all Lark)
1 R Douglas 21:18; 2 C Whitelaw (U20W) 22:14; 3 W Stewart 22:35; 4 C Taylor 24:19
M40: J Dalton 25:52
U15 (1.6M)
1 F Donnachie 9:51; 2 C Wark 10:34; 3 A Jones 10:46
U15 girls (1.6M)
1 S Archibarld 9:25; 2 J Frame 9:29; 3 L Mooney 9:43

October 2

MIDLAND SENIOR CROSS COUNTRY RELAYS
Wreake, Leics
Men (4 x 6km)
1 Tipton Harriers 95.17 (M Williams 23:02, M Lockett 22:39, B Mills 25:48, K Lamb 23:48); 2 Notts 95:31 (M Albrighton 26:07, B Speake 23:40, M Blunden 23:04, P Rowland 22:40); 3 Halesowen 97:35 (N Hazelwood 24:35, B Nock 23:27, O Holden 23:33, A Grant 26:00); 4 Severn 98:07; 5 Holme Pierrepont RC 98:36; 6 Royal Sutton Coldfield 98:44
Women (3 x 6km)
1 Charnwood AC 77:58 (J Potter 25:08, N Thompson 28:37, J Potter 24:13); 2 Birchfield Harriers 79:53 (C Grice 26:38, A Dalkins 26:38, R Sanders 26:37); 3 Birchfield B 84.00 (H Trigg 28:52; S Bentley 27:00, C Mijovic 28:08; 4 Notts AC 88:32; 5 Coventry Godiva H 91:34; 6 Harborough AC 91:58

SUSSEX CROSS COUNTRY RELAYS
Goodwood, West Sussex
"THIS is going to hurt," said 2003 AAA's 10km champion Caroline Hoyte before her first race back from giving birth to her second son 13 weeks earlier and so it proved, as she anchored Arena 80 to another county title, *Martin Duff reports.*

Hoyte was initially passed by Julia Downs' Brighton & Hove, but the mother of two fought back to secure victory within sight of the finish. "That was painful, as I've only been running for three weeks," said the 33-year-old, before adding: "It's difficult to absorb the training, as I'm doing 60-70 miles a week.

In fact Hoyte is making the most of the remainder of her maternity leave before returning to work. She ran 15:07 for second fastest lap, but was upstaged by 17-year-old Katy Moore, who had earlier put Brighton back into contention with the best lap of 14:44.

Andy Robinson returned to Sussex duty from Newham to set a new record in the men's race of 11:55 for the 4.3km course. "It was quite lonely out there, but I was quite pleased with that," said the 26-year-old. "I had to do a tempo session today, so that was OK. I'm now going for the European cross-country Trials," added the Horsham runner, while admitting that he quite likes the mud that Parliament Hill might provide.

Men (4x4.3km)
1 Brighton & Hove 51:20 (M Bristow 12:17, A Donno 12:52, J Painter 13:03, D Boyce 13:08); 2 Chichester R 52:19 (C McLarnon 13:54, J Worcester 13:20, J Baker 12:42, T Bilham 12:23); 4 Hastings 52:38 (S Jules 12:28, D Cooper 13:31, E Tambeh 13:36, M Barham 13:03); 4 Crawley 54:27 (S Fortnum 13:03, K Holland 12:03, T Kimber 13:17, A Michelson 16:04); 5 Horsham Blue Star H 54:55 (M Pollard 14:34, S Randall (U17) 13:37, A Dunstan 14:49, A Robinson 11:55); 6 Worthing & District H Vets 57:06 (J McGrath 14:03, S Powell 14:11, D Barry (M50) 14:53, AN Other 13:59); 7 Chichester R 57:20; 8 Chichester R Vets 57:38 (R Wiggins 14:39, D Worcester (M50) 15:03, D Dorning (M50) 14:23, G Wright 13:33); 9 Crawley Vets 58:18 (A Lintern (M50) 15:17, D Rayner 13:01, D Tibbles 14:29, T Barnes 15:31); 10 City of Portsmouth 59:13; 11 Arena 80 62:44; 12 City of Portsmouth Vets 62:54; 13 Arena 80 Vets 63:52; 14 Chichester Vets B 64:10; 15 Hastings Vets 68:11; 16 Chichester R Vets B 68:11; 17 Arena 80 B 68:57
Fastest: Robinson 11:55; Holland 12:03; Bristow 12:17
M40: Rayner 13:01; Wright 13:33
M50: P Witcomb (B&H) 14:14; R Ball (Ports) 14:38
M60: P Newton (Ports) 14:58
U17 (3x4.3km)
1 Hastings 39:59 (L Jules 12:47, D Walton 13:32, A Ambridge 13:40); 2 Eastbourne Rovers 40:40 (S Harris 13:08, M Southam 13:24, J Varney 14:08); 3 Chichester R 42:16 (S Gillert 12:55, J Hepworth 14:18, A Hancock 15:03); 4 Brighton & Hove 44:07, 5 Worthing & District H 45:40; 6 Hastings B 47:10
Fastest: Jules 12:47; Gillert 12:55; Harris 13:08
U15 (3x2.8km)
1 Hastings 28:51 (G Bond 9:21; S Emary 9:35, A Clarke 9:55); 2 Lewes 30:22 (Andrew Williams 10:00, M Basford 10:14; Ashley Williams 10:08); 3 Lewes B 31:12 (J Burgess 10:24, N Hearn 10:13, S Hunt 10:15); 4 Chichester R 31:53; 5 Hastings B 32:2; 6 Worthing & District H 33:36; 7 Chichester R B 33:41
Fastest: Bond 9:21; C West (Chich R) 9:31; Emary 9:35
U13 (3x2.8km)
1 Lewes 32:37 (M Suter 10:48, O Gorrridge 11:11, B Burgess 10:38); 2 Chichester R 32:51 (C Roe 10:43, H Richardson 10:28, B Hodges 11:40); 4 Lewes B 33:24 (M Reilly 10:39, J Hawkes 11:04, A Wilkinson 11:41); 4 Lewes C 34:39; 5 Hastings 38:29
Fastest: Richardson 10:28; Burgess 10:38; Reilly 10:39
Women (3x4.3km)
1 Arena 80 46:31 (V Boyle 15:19, J Parkin 16:05; C Hoyte 15:07); 2 Brighton & Hove 46:56 (A Hester (W35) 16:54; K Moore (U20) 14:44, J Downes 15:18); 3 Arena 80 Vets 49:44 (J Drake 16:40, C Naylor (W45) 16:02, J Hughes 17:02); 4 Horsham Blue Star H 50:23; 5 Worthing & District H 50:23; 6 Arena 80 Vets B 52:56; 7 Chichester R n/s 53:56; 8 Worthing & District H B 55:05; 9 Hastings Vets 55:37; 10 City of Portsmouth 56:09; 11 Hastings W45 Vets 56:27; 12 Horsham Blue Star H B 57:46; 13 City of Portsmouth Vets 57:54; 14 Brighton & Hove B 58:33; 15 Brighton & Hove Vets 59:15; 16 Hastings 66:05
Fastest: Moore 14:44; Hoyte 15:07; F Clark (Craw) 15:15
W45: Naylor 16:02
W50: Hardwicke 17:22
W55: L Newton (Ports) 19:46
U17 (3x4.3km)
1 Lewes 51:13 (J Hallett 16:46, N Collins 17:12, J Lowden 17:15)
Fastest: S Garrett (Worth) 16:22; Hallett 16:46; Collins 17:12
U15 (3x2.8km)
1 Lewes 34:36 (C White 11:06, G Rennie 11:19, B Hawkes 12:11); 2 Horsham Blue Star H 35:50 (R Gould 11:43, A Wait 12:25, F Parkes 12:25); 3 Chichester R 36:54 (E Kearsey 12:56, A Miles 11:56, A Richardson 12:02); 4 Lewes 38:07; 5 Worthing & District H 44:35
Fastest: White 11:06; Rennie 11:19; Wait 11:42
U13 (3x2.8km)
1 Worthing & District H 34:59 (A Fowlie 10:57, K Heathcote 12:39, E Phipps 11:23); 2 Lewes 35:31 (A Lambert 12:01, J Lewes 12:06, L Keep 11:24); 3 Hastings 36:59 (A Johns 12:14, S Clasker 11:53, S Packer 12:52); 4 Chichester R 37:43; 5 Brighton & Hove 39:41; 6 Chichester R B 41:18
Fastest: Fowlie 10:57; Phipps 11:23; Keep 11:24

NORTH STAFFS LEAGUE
Park Hall

THE first race in this year's four fixture series was packed full of incident and controversy, *Dave Edwards reports*.

The senior men encountered a bolting horse at the start of the race, which actually ran into leader Ray Plant, but fortunately he did not receive any serious injury.

In the women's race, Rebecca Harrison and Olivia Renshaw were contesting the lead at the half way stage, when they, and the rest of the leading pack went off course, through the absence of a marshal in a key position.

Plant and his co-leaders John Danahay and Phil Bradshaw recovered their composure, but were forced to take cover when the bolting horse chased into their path again.

Plant and Bradshaw began to carve out a lead, before Plant took control on the tough ascent approaching the end of the first lap. Plant gradually extended his lead and took the tape in 30:30, 21 seconds ahead of Bradshaw.

Plant said, "I was just looking for a hard run out. I am very fit at the moment and if I can maintain my form. I may well do the Dublin marathon. I achieved my best time of 2:20 there. I had a great run in the Great North race, where I ran 67:58."

Plant laid the foundation for champions City of Stoke to open up an early lead in the competition. They closed their count in 15th spot for a team total of 51 points. Trentham are their nearest rivals, some 40 point adrift.

Rebecca Harrison and Olivia Renshaw were taking turns to share the lead, which edged them ahead of Claire Newton. When the duo emerged from the wooded section at half way, there was no marshal and they took a left turn. This took them Claire Newton and the remainder of the leading pack well off course.

Cannock and Stafford youngster Stacy Johnson took full advantage of the situation to register victory ahead of Ruth Watchorn-Rice.

Junior international Stacy took the tape in 17:11, with Watchorn-Rice 43 seconds in arrears. A disconsolate Rebecca Harrison, the defending champion said, "I was feeling really comfortable at the point where we went off course. We were unsure which way to go and when we went left and found ourselves with hardly anyone chasing, it was too late to do anything. I felt that I had a real chance of winning today".

Defending champions Cheadle paid the price for fielding a depleted side, with Telford Harriers staking their claim with a team score of 26 points, 9 points ahead of their nearest rivals Newcastle AC

Men
1 R Plant (Stoke) 30:30; 2 P Bradshaw (Newc) 30:51; 3 R Weir (Staffs U) 31:20; 4 M Weedall (Wrex, M45) 31:53; 5 J Danahay (Stoke ,M40) 31:57; 6 I Yates (Trent) 32:25; 7 S Bazell (Trent) 32:25; 8 T Gayle (Stoke) 32:57; 9 C Jeffries (Trent) 33:07; 11 A Hartveld (Stoke, M40) 33:25; 12 A Prophett (Stoke) 33:38; 13 A Bird (C&S) 33:51; 14 P Crutchley (Trent, M40) 34:03; 15 R Rhodes (Stoke) 34:06; 16 D Pearsall (Trent, M40) 34:13; 17 C Pearson (C&S) 34:15; 18 G Briggs (Moorlands) 34:21; 19 J Sanders (Tel, M40) 34:26; 20 M Blundell (Chase H, U20) 34:30
TEAMS: Division 1: 1 City of Stoke 51; 2 Trentham 92; 3 Newcastle 151; 3 Stafford H 232; 4 Staffs Moorlands 239; 5 Congleton H 279; 6 Boalloy 393; 7 Staffs U 421; 8 Colwyn Bay 454; 9 Vale Royal DNF
Division 2: 1 Telford H 301; 2 Chase H 391; 3 Stone MM 519; 4 Walton C 564; 5 Cheadle RC 61; 6 Wrexham 640; 7 Uttoxeter RC 813
U17
1 A Hall (Stoke) 15:20; 2 J Mills (Wrex) 15:39; 3 R Dunne (Wrex) 15:43; 4 G George (V Royal) 16:02; 5 H Jones (Col B) 16:04
U15
1 T Gething (Stoke) 10:36; 2 L Hughes (Stoke) 10:44; 3 L Seamer (Der AC) 10:53; 4 N Dring (Stoke) 11:04; 5 C Rowley (Moorlands) 11:06
TEAMS: 1 City of Stoke 17; 2 Staffs Moorlands 31
U13
1 J Turnock (Moorlands) 7:22; 2 K Fowler (Bux) 7:30; 3 J Hart (Stoke) 7:30; 4 S Hart (Stoke) 7:45; 5 A Marsden (Trent) 7:49
TEAMS: 1 City of Stoke 20; 2 Trentham 50; 3 Boalloy 62; 3 Buxton 69; 4 Macc H 91
U11
1 C Murray (Macc H) 6:40; 2 B Edwards (West C) 6:44; 3 J Rockmyr (Macc H) 6:58; 4 J Bentley (Stoke) 7:03; 5 J Hills (Macc H) 7:13
TEAMS: 1 Macclesfield H 19; 2 City of Stoke 36; 3 Wrexham 42; 4 Buxton 72
Women
1 S Johnson (C&S,U20) 17:11; 2 R Watchorn-Rice (Chead,W35) 17:54; 3 R Connolly (Staff H,W35) 18:05; 4 D Sanders (Tel,W35) 18:11; 5 L Davenport (Staffs U,U20) 18:15; 6 C Kilkenny (C&S,W50) 18:18; 7 A Whitelaw (Wrex,W45) 18:29; 8 Y Lewis (Tel H,W35) 18:31; 9 M Buckle (Newc) 18:33; 10 L Richards (Newc) 18:37; 11 R Hornby (Uttox RR) 18:42; 12 V Owen (Staffs U) 18:52; 13 J Dickens (Stone M, W35) 18:53; 14 L Taylor (Tel H) 18:54; 15 M McManus (Trent) 19:00
TEAMS: Telford Harriers 26; 2 Newcastle 35; 3= Staffs U/Stone MM 55; 5 Cheadle RC 65; 6 Staff H 67; 7 Vale Royal 116; 8 Chase H 161
Division 2: 1 Trentham RC 56; 2 Staffs Moorlands 64; 3 Colwyn Bay 127; 4 Uttoxeter RR 176; 5 Congleton H 186
U17
1 L Brighouse (Col B) 12:14; 2 C Roach (West C) 12:37; 3 S Cheers (Wrex) 13:45; 4 S Davies (Wrex) 14:15; 5 S Colbourne (Wrex) 14:16
U15
1 J Myatt (Newc) 8:05; 2 K Riley (West C) 8:18; 3 G Paletta (Wrex) 8:28; 4 S Djukic (Newc) 8:31; 5 M Elwell (Stoke) 8:35
U13
1 R Craigie (Macc H) 6:46; 2 A Andrews (Trent) 7:32; 3 A Huffin (Col B) 7:51; 4 M Hunt (Stoke) 7:58; 5 E Wright (Wrex) 8:00
U11
1 R Johncock (Col B) 6:53; 2 D Wallis (Macc H) 7:09; 3 Z Carter (Macc H) 7:11; 4 C Jones (Wrex) 7:22; 5 J Addison (Staff H) 7:25
TEAMS: 1 Macclesfield H 22; 2 City of Stoke 63; 3 Stafford H 66; 4 Trentham 80; 5 Wrexham 81

RANELAGH H PAGE CUP HANDICAP
Richmond Park, Petersham

Mixed (All Rane - 4.96M)
1 A Kew 21:57; 2 M Brandon 23:16; 3 L Clifford (W) 24:27; 4 P Aiken 25:03; 5 K Mallett (W) 25:16
Fastest - Men: 1 M Gohar 28:44; 2 A Bickerstaff 29:46; 3 W Graves 31:03; 4 C Vaughan 31:13; 5 N Walford 31:28
Women: 1 Clifford 34:27; 2 Mallett 35:16; 3eq S Rowland/M Gibson 39:29; 5 S Foot 39:56

HORSENDEN HILL RELAYS
Perivale

FOR the first time since 1994, when the women's race was introduced, victory went to a team representing the Met Police, *Steve Roe reports*.

Sarah Simmons took their first leg and her 14:34 would be the third fastest of the day, though it was Highgate leading at the changeover thanks to Kate Jenrick.

A member of winning Highgate teams in the past, Jenrick ran 14:03 to go equal 5th on the all-time fastest list.

The irrepressible Joanne King then took London Heathside to the front; her second leg of 13:53 has been bettered only once previously.

Neither King nor Vanessa Parry, who had handed over to her, really expected Anne-Marie Williams to maintain their lead on the final stage and it wasn't long before the newcomer to cross country racing was swallowed up by those giving chase.

Significantly, it was Kate Balchin, having taken over from Sharon McGuire for the Police, who first overhauled Williams by the rugby pitches at the back of the course.

Balchin is the national duathlon champion, so not surprisingly she had the strength to stay ahead and bring her team home well clear of Hillingdon.

Members of Ealing Southall & Middlesex, the promoters of this, the world's oldest cross country relay, felt their squad had the talent to win the men's race for the first time since 1962; thanks principally to Lee Bowron they did.

It was Shaftesbury Barnet who began stronger when James Trapmore, the reigning north London champion, took an early lead and returned more than 30 seconds in front after a sub-12 minutes clocking.

Even though Daniel Russell had that advantage cut considerably during leg two Shaftesbury still led when he sent out Kevin Walden.

Enter Bowron for the host club. Lacking neither speed nor confidence, he ran his 2.4 mile stint in 11:51 – one second quicker than Trapmore – passed Walden on the way and gave Daniel Grant a healthy lead

Grant was one of the quickest on leg four, so when Ian Cunningham took his team even further away and the experienced Bill Gristwood completed the scoring this was victory by more than a minute for ESM.

Strictly speaking their name is on the trophy for the first time. When winning previously, 42 years ago, they were known as Ealing Harriers.

Men (6x2.4M)
1 Ealing Southall & Middlesex 75:48 (H Jama 12:37, J Robertson 12:30, L Bowron 11:51, D Grant 13:06, I Cunningham 12:17, W Gristwood 13:27); 2 London Heathside 77:06 (I Ibrahim 12:26, S Dixon 12:13, P Lemmon 13:14, J Flahive 13:05, N Mitchell 13:30, D Browne 12:38); 3 Harrow 79:03 (M Carey 12:34, M Baron 13:25, M Nicholls 12:26, M Lepps 14:19, M Cursons 12:51, M Rahim 13:28); 4 Hillingdon 80:51 (T Grant 12:58, R Jenkin 13:25, P Leppard 13:27, P Warburton 13:34, M Baterman 13:48, D Newman 13:39); 5 Shaftesbury Barnet 81:02 (J Trapmore 11:52, D Russell 12:30, K Walden 13:29, W Kawai 14:15, R Breen 13:06, R Powell 15:50); 6 Reading 82:10; 7 Ealing B 82:34; 8 Serpentine 83:24
Fastest: 1 Bowron 11:51; 2 Trapmore 11:52; 3 Dixon 12:13
Women (3x2.4M)
1 Met Police 44:43 (S Simmons 14:34; 2 S McGuire 14:57, K Balchin 15:12); 2 Hillingdon 45:18 (F Ford 15:21, S Bigham 14:35, S Miles 15:22); 3 Highgate 45:39 (K Jenrick 14:03, M Cendrowicz 15:50, K Young 15:46); 4 Ealing Southall & Middlesex 46:04 (J Evans 15:12, F Kennedy 14:48, L Wilson 16:04); 5 London Heathside 46:25 (V Parry 14:47, J King 13:53, A-M Williams 17:45); 6 Serpentine 49:41; 7 Ealing B 49:50; 8 Highgate B 51:45
Fastest: 1 King 13:53; 2 Jenrick 14:03; 3 Simmons 14:34

NORTH WEST LONDON YA LEAGUE
Perivale

U17 men (4.8km)
1 S Martyn (High) 15:54; 2 S Spalding (ESM) 16:06; 3 M Sharp (E&H) 16:11; 4 D Healy (E&H) 16:20; 5 B Stock (ESM) 16:27; 6 S Defoe (SB) 16:42; 7 N Rogers (E&H) 17:04; 8 E Saul (TVH) 17:06; 9 K Gelly (ESM) 17:10; 10 C Purdoe (SB)

TEAM: 1 Ealing Southall & Middlesex 27; 2 Enfield & Haringey 35; 3 Shaftesbury Barnet 42; 4 Highgate 60; 5 Thames Valley Harriers 66

U15 (4km)

1 A Osman (ESM) 13:12; 2 N Goolab (ESM) 13:22; 3 O Walsh (E&H) 13:47; 4 J McCaig (SB) 13:52; 5 P Hannah (ESM) 14:01; 6 R Sandbrook (SB) 14:03; 7 Z Benzerroune (TVH) 14:08; 8 R Martinez-Rodney (E&H) 14:09; 9 L Nichols (ESM) 14:14; 10 J Stacey (ESM) 14:21

TEAM: 1 Ealing Southall & Middlesex 17; 2 Enfield & Haringey 34; 3 Ealing B 56; 4 Shafetsbury Barnet 60; 5 Thames Valley Harriers 81

U13 (2.4km)

1 N Flemming (Barn) 9:59; 2 R Bolushoden (E&H) 10:12; 3 Z Randall (ESM) 10:23; 4 M Binns (E&H) 10:33; 5 J Doherty (SB) 10:42; 6 S Zackowski (ESM) 11:42; 7 J Harris (High) 10:47; 8 W Laing (High) 10:47; 9 J McCormack (SB) 10:57; 10 C Fricker (E&H) 10:58

TEAM: 1 Enfield & Haringey 28; 2 Shaftesbury Barnet 33; 3 Ealing Southall & Middlesex 44; 4 Shaftesbury B 64; 5 Barnet & District 87

U17 women (4km)

1 Z Wray (Barn) 15:48; 2 R Watt (Herts P) 15:58; 3 C McGuigan (ESM) 16:10; 4 M Nitta (ESM) 16:29; 5 K Henderson (Barn) 17:05; 6 M Bovingdon (SB) 17:19; 7 K Green (gst) 17:19; 8 K French (ESM) 17:20; 9 A De Girogio (TVH) 17:33; 10 N Wallis (Barn) 17:56

TEAM: 1 Ealing Southall & Middlesex 14; 2 Barnet & District 15; 3 Herts Phoenix 32; 4 Shaftesbury Barnet 36; 5 Thames Valley Harriers 38

U15 (2.4km)

1 B McGowan (SB) 10:38; 2 A Wall (ESM) 11:13; 3 R Charles (ESM) 11:19; 4 F Roberts (D&T) 11:20; 5 S De Girogio (TVH) 11:37; 6 A Rai (ESM) 11:40; 7 M De Courcey-Wheeler (High) 11:41; 8 C Bazzoni (SB) 11:50; 9 E Prati (SB) 11:53; 10 P Bailey (ESM) 12:00

TEAM: 1 Ealing Southall & Middlesex 11; 2 Shaftesbury Barnet 18; 3 Ealing B 35; 4 Shaftesbury B 43; 5 Thames Valley Harriers 55

U13 (1.5km)

1 M Reynolds (ESM) 8:18; 2 V Bryant (Barn) 8:28; 3 C Stock (ESM) 8:31; 4 G Hardy (ESM) 8:39; 5 K Healy (E&H) 8:42; 6 E Davies (ESM) 8:48; 7 H French (ESM) 848; 8 L Profitt (SB) 8:57; 9 M Bovingdon (SB) 8:59; 10 J Johnson (SB) 9:07

TEAM: 1 Ealing Southall & Middlesex 8; 2 Ealing B 24; 3 Shaftesbury Barnet 27; 4 Ealing C 42; 5 Barnet & District 52

KINGSTON AC & POLYTECHNIC HARRIERS INTER-CLUB 5

Richmond Park (Sheen Gate)

HUSBAND and wife Dave and Kate Symons made it a family double as they helped Thames Hare and Hounds to a comfortable team victory in their opening cross country match of the winter, *Tom Pollak reports*.

While there was a blustery wind blowing across the undulating parkland course, the runners were at least spared the downpour which occurred after the race had been completed.

Men

1 D Symons (THH) 26:52; 2 J McCullagh(K&P) 27:38; 3 S Wurr (THH) 28:00; 4 A Budarkiewicz (K&P, M45) 28:43; 5 M Maranzano (K&P) 29:04; 6 A Arbour (K&P) 29.33; 7 H Waddington (K&P, U20) 31:28; 8 W Snelgrove (THH, M45) 31:42, 9 D Pescod (THH) 31:45; 10 A Gibbons (THH, M50) 32:43; 11 A French (BoE) 32:48; 12 K Spacie (THH, M65) 32:52

M50: 2 J Ratcliff (K&P) 33:30; 3 G Jones (BoE) 34:24. M55: 1 P Oates (BoE) 33:44; 2 A Gould (BoE) 34:02; 3 P Blair-Fish (THH) 35:19. M60: 1 D Barrington (K&P) 39.24. M65: 2 F Carpenter (THH) 42:03

Women

1 K Symons (THH) 34:04; 2 C Sylvester (THH, W40) 35:04; 3 N Atkins (K&P, W40) 38:33

TEAM (9-a-side): 1 Thames Hare & Hounds 96; 2 Kingston & Polytechnic 110; Bank of England 194.

(14-a-side): 1 Thames Hare & Hounds 238; 2 Kingston & Polytechnic 278.

K&P Champs: 1 McCullagh (holder); 2 Budarkiewicz; 3 M Maranzano. U20: Waddington

VETS AC 5.6

Wimbledon Common

Men

1 K Newton (Herne H, M40) 30:55; 2 R Alsop (Belg) 32:37; 3 T Harran (Herne H, M40) 33:43; 4 S Smythe (Dul R, M45) 34:19; 5 T O'Neill (Belg, M50) 35:05; 6 M Mann (Dul R, M55) 35:58

M60: T Kimber (Barn) 45:01

Women

1 D Ward (Dul R, W35) 45:37; 2 S Burchill (Dul R, W45) 45:43; 3 A Bath (26.2, W55) 48:45

EAST SURREY LEAGUE RELAYS

Wimbledon Common

KEITH NEWTON completed an impressive double when he dashed over from winning the Veterans AC 5.6 miles race on the western side of the common, near the historic Caesar's Camp, to anchor Herne Hill to victory in this opening league fixture of the season, *Tom Pollak reports*.

Less than 20 minutes after winning the Vets AC race and having run about a mile across the Common to its eastern boundary, Newton took over on the last leg with a clear lead of more than a minute. There was never any danger that he would be caught and he brought Herne Hill home comfortable winners.

The most impressive of the last leg runners was Scottish i nternational Alister Moses who stormed round the almost two miles circuit in 9:13 to snatch the fastest lap time from fellow Scot Jon McCallum who clocked 9:26 on the opening lap.

Men (4x1.95M)

1 Herne Hill 40:01 (V Maughn, M40 10:00, J Ayteo 10:04, S Coombes 9:50, K Newton, M40 10:07); 2 Croydon 40:47 (J McCallum 9:26, R Marriott, M45 9:51, R Langridge 11:40, S Bayliss 9:50); 3 Reigate Priory 41:54 (J Carnell, M45 11:20, K Archer, M50 10:21, A Walker 11:00, A Moses 9:13); 4 Boxhill Racers 42:45; 5 Dorking & Mole Valley 43:08; 6 Croydon B 43:57; 7 Hercules Wimbledon 44:18; 8 Epsom & Ewell 44:27; 9 Stragglers 45:08; 10 Reigate Priory 46:13

Fastest: 1 Moses 9:13; 2 McCallum 9:26; 3 S Beardsell (D&MV) 9:27

Young Athletes (3x1.95M)

1 Hercules Wimbledon 31:39 (J Bodin, U15 10:42, L Jones,U15 10:44, A Bodin, U17 10:13); 2 Crawley 32:42 (C Johnson, U17 10:11, L Denton, U15 11:20, D Tremble, U17 11:11; 3 Hercules Wimbledon B 34:54 (A Bruce-Littlewood, U15 11:08, N Fraser, U17 11:34, C Carrington, U15 12:12); 4 Croydon 34:58

Fastest: 1 Johnson 10:11, A Bodin 10:13, J Bodin 10:42

U13 (1.95M)

1 J Burgess (HW) 11:07; 2 A Stone (Craw) 11:42; 3 N Denton (Craw) 12:55; 4 S Fuller (HW) 13:12; 5 W Mercer (Croy) 13:26

TEAM: 1 Crawley 9; 2 Hercules Wimbledon 17

SLH v ORION H MOB MATCH

Coulsdon

Men (7.5M)

1 S Major (S Lon) 46:50; 2 T Adlam (S Lon) 47:24; 3 I Kitching (S Lon, M50) 47:54; 4 A Tindall (S Lon, M40) 48:34; 5 P Filler (Orion, M40) 49:02; 6 R Kingsnorth (Orion) 49:08; 7 D Brock (Orion, M40) 49:11; 8 B Coulter (Orion) 49:17; 9 P Scarles (S Lon, M40) 49:22; 10 K Julian (Orion, M40) 49:31; 11 S Joyce (Orion) 52:11; 12 A Evans (S Lon, M40) 49:59; 13 C Bailey-Wood (S Lon, M40) 50:03; 14 G Baker (Orion, M40) 51:04; 15 J Young (Orion) 51:10

M60: 1 D Newland (S Lon) 53:13; 2 R Gevers (S Lon) 54:50

Women

1 C Evans (S Lon, W40) 55:08; 2 R Hutton (S Lon, W35) 55:17; 3 G O'Connor (S Lon, W35) 56:51

MATCH (46 to score): 1 South London H 2056; 2 Orion 2222

NATIONAL SEMICONDUCTOR INVERCLYDE SCHOOLS SERIES

Greenock

Senior boys (1.75M)

1 A Ross (Notre D) 13:09; 2 G Cooke (Notre D) 14:52; 3 J Bannister (G'nock HS) 15:09

Year 2 (1.25M)

1 T Smith (Wellin) 10:13; 2 S Stewart (Notre D) 10:45; 3 S Smith (St Col) 10:51

TEAM: Greenock HS 18

Year 1 (1.5M)

1 P Currie (St Col) 10:07; 2 J Dollard (Wellin) 11:21; 3 T Smith (Wellin) 11:24

TEAM: Wellington AC 18

Senior girls (1.5M)

1 S Spence (G'nock Ac) 11:50; 2 E O'Rourke (Notre D) 12:33; 3 N Donald (Notre D) 12:35

TEAM: Notre Dame HS 9

Year 2 (1.5M)

1 S Coyle (St Col) 11:07; 2 H Morrison (Notre D) 11:21; 3 A Black (G'nock Ac) 11:33

Year 1 (1.5M)

1 N Mulholland (G'nock HS) 11:18; 2 E Rice (Gour HS) 11:30; 3 K MacDonald (Notre D) 11:44

TEAM: Gourock HS 13

September 28

CAPITOL SHOPPING CENTRE CARDIFF &THE VALE SCHOOLS' BOYS' LEAGUE 1

Trelai Park, Cardiff

U19 men (3.5km)

1 S Lawson (Lsn); 2 J Hobbs (CorC); 3 A Sayce (CHS); 4 D Thomas (Cow); 5 D Jenkins (Plas); 6 A Thomas (Whit); 7 H Wakefield (CHS); 8 M James (Rad); 9 B McNaugton (Lwt); 10 V Jones (SRG)

TEAM: 1 Cardiff High 584; 2 Cowbridge 573; 3 Whitchurch 525; 4 Bishop of Llandaff 487; 5 Radyr 437

U14 (3km)

1 R Axe (Rad) 10:13; 2 D Hanson (Cow) 10:27; 3 T Dale (Rad) 10:30; 4 S James (Lsn) 10:32; 5 M Ward (Lsn) 10:40; 6 A Meades (BoL) 10:42; 7 C Silver (Lsn) 10:43; 8 T Whitmarsh-Knight (BroM) 10:45; 9 D Jones (Rad) 10:50; 10 T Hall (Lsn) 10:53; 11 A O'Grady (Rum) 10:53; 12 L Morgan (CorC) 10:53; 13 J Meades (BoL) 10:59; 14 G Hughes (Lwt) 11:01; 15 J Fairweather (Bar) 11:03; 16 A Beere (Rad) 11:05; 17 T Lowe (Whit) 11:07; 18 D Lakin (Bar) 11:08; 19 L Cleary (Rad) 11:10; 20 M Williams (Plas) 11:11

TEAM: 1 Radyr 1413; 2 Llanishen 1397; 3 Cowbridge 1318; 4 Bishop of Llandaff 1281; 5 Whitchurch 1236

U12 (2.5km)

1 J Davenport (Rum) 8:51; 2 R Thomas (BoL) 8:53; 3 R Newman (Bar) 8:56; 4 J Whitmarsh-Knight (BroM) 9:02; 5 D Van-Os (Lsn) 9:06; 6 D Bryant (Bar) 9:09; 7 J Duffin (Plas) 9:10; 8 H Wootton (Whit) 9:11; 9 G Lewis (Cow) 9:12; 10 E Healey (Stan) 9:12; 11 J Scanlon (CorC) 9:13; 12 A Cottrell (Cow) 9:18; 13 L Harris (Lsn) 9:19; 14 C Robinson (Maryl) 9:20; 15 D Enright (MichC) 9:20; 16 J Stratford (GlynD) 9:21; 17 J Hole (Stan) 9:22; 18 S Eales (StC) 9:23; 19 J Cole (StT) 9:23; 20 D Jones (Lwt) 9:24

TEAM: 1 Cowbridge 1308; 2 Barry 1292; 3 Llanishen 1267; 4 Whitchurch 1217; 5 St Cyres 1201

September 26

SHROPSHIRE YOUNG ATHLETES LEAGUE

Telford

Boys

U15 (4km)

1 D Hoofe (Tel) 15:35; 2 T Griffiths (Osw) 16:02; 3 S Robson (Osw) 16:23; 4 E Allport (Tel) 16:30; 5 A Evans (Tel) 16:49

TEAM: 1 Telford 386; 2 Oswestry 384; 3 Bridgnorth 94

U13 (3km)

1 R Dell (Osw) 11:19; 2 S Ashley (Tel) 11:20; 3 Z Swannick (Osw) 11:24; 4 D Gardner (Shrew) 11:27; 5 R Ordidge (Tel) 11:40

TEAM: 1 Oswestry 384; 2 Telford 377; 3 Bridgnorth 182

Girls

U15 (3km)

1 B Roberts (B'nth) 12:20; 2 Z Burford (Ludlow) 12:31; 3 A Johnson (B'nth) 12:33; 4 S Dale (Osw) 13:10; 5 N Cooke (Shrew) 13:50

TEAM: 1 Bridgnorth 385; 2 Oswestry 192; 3 Telford 183

U13 (2km)

1 R L-Payne (B'nth) 7:23; 2 N Hilliker (Tel) 7:31; 3 B Johnson (B'nth) 7:50; 4 H Deane (Tel) 7:53; 5 E Askin (B'nth) 8:03

TEAM: 1 Bridgnorth 387; 2 Telford 380; 3 Oswestry 270

September 25

MAJESTIC TRAVEL NORTH WALES LEAGUE

Bangor

ERYRI HARRIERS staged the first fixture of this well established league on a new course and even managed to provide better weather than in previous years.

These unfamiliar conditions seemed to suit local man Alun Vaughun and Wrexham's Ruth Hetherington (nee Schofield), who front ran impressive victories in their respective races.

Vaughan was out on his own for all three laps and always looked safe but his win could not clinch the team honours, which went to Wrexham.

In the women's race, Hetherington was never headed but needed to find another gear in the last quarter of a mile to hold off fast finishing Emma Davis of Telford.

Men

1 A Vaughan (Eryri) 28:12; 2 G O'Neill (Menai) 28:56; 3 S Henshaw (Dees) 29:20; 4 M Weedall (Wrex, M45) 29:30; 5 T Partridge (Wrex, M40) 29:56; 6 D Jones (Eryri) 30:07; 7 B Jones (Wrex, M45) 30:19; 8 A Walling (Menai) 30:20; 9 R Hailey (Telf, M50) 30:29; 10 G Wilson (Telf, M45) 30:50; 11 G Norgrove (Wrex) 30:57; 12 M Robbins (Wrex, M40) 30:58; 13 C Pierce (Eryri) 31:01; 14 C West (Buck) 31:26; 15 G Bicknell (Col B) 31:29; 16 J King (Dees) 31:53; 17 A Grey (Shrew) 31:55; 18 I Houston (Wrex) 31:59; 19 K Fisher (Telf) 32:00; 20 S Benson (Menai) 32:03; 21 C Davies (Buck, M40) 32:05; 22 A Lewis (Eryri, M45) 32:10; 23 H Jones (Maldwyn, M40) 32:19; 24 R Hayes (Wrexham Tri) 32:25; 25 R Griffiths (Telf) 32:27

M50: 2 M Cortvriend (Denbigh) 34:58; 3 G Shone (Abergele) 35:14.

M55: 1 M Dawes (Telf) 34:45; 2 P Walker (Wrex) 36:37; 3 I Jones (Wrexham Tri) 37:45. **M60:** 1 E Davies (Eryri) 35:11; 2 P Roberts (Buck) 37:17; 3 J Morris (Buck) 38:16. **M65:** 1 D Parsons (Wrex) 48:22; 2 J Tipping (Wrex) 48:54; 3 G Gartrell (Wrex) 49:38

TEAM: 1 Wrexham 57; 2 Eryri 116; 3 Telford 119

VETS TEAM: 1 Wrexham 6; 2 Telford 21; 3 Buckley 41

M70: D Morris (Osw) 21:59

U17

1 H Jones (Col B) 16:06; 2 J Hardway (Col B) 16:30; 3 T Roberts (Bro D) 17:13

Women

1 R Hetherington (Wrex) 16:28; 2 E Davies (Telf, U20) 16:35; 3 E Teece (Telf) 16:49; 4 J Lloyd (Eryri, W35) 16:52; 5 H Davies (Wrex, W35) 16:54; 6 A Whitelaw (Wrex, W45) 16:59; 7 E Parry (Wrex) 17:06; 8 I Redfern (Col B) 17:13; 9 R Metcalfe (Eryri) 17:21; 10 J Mansford (Buck, W35) 17:33; 11 A Williams (Eryri, W40) 17:54; 12 K Hadnett (Telf) 17:58; 13 L Hughes (P'atyn) 18:13; 14 C Page (Wrescam Tri) 18:15; 15 B Eyke (Osw, W40) 18:24; 16 L Brighouse (Col B, U17) 18:25

W40: 3 J Jarvis (Osw) 19:24. **W45:** 2 R Adams (Wrex) 18:52; 3 B English (Denbigh) 20:06. **W50:** 1 S Hughes (Eryri) 19:37; 2 M Docking (Wrex) 19:45; 3 B Ward (Osw) 19:55. **W55:** 1 M Oliver (Eryri) 20:23; 2 Y Marconi-Nolan (Bro D) 23:21; 3 M Radford (W Ches) 26:34. **W60:** B Jones (Bro D) 22:38. **W65:** M Gartrell (Wrex) 25:44

TEAM: 1 Wrexham 12; 2 Telford 17; 3 Eryri 24

VETS TEAM: 1 Wrexham 12; 2 Eryri 19; 3 Oswestry 23

COMBE 7km

Men

1 T Charles 30:33; 2 W Harrison 36:15; 3 A Patterson 37:23

Boys

1 S Miller 33:17; 2 G Miller 39:32; 3 C Studdy 41:47

Women

1 D Kerr 35:44; 2 S Howard 36:57; 3 S LeGood 37:40

Girls

1 H Jackson 58:32; 2 J Creak 81:03; 3 L Williams 85:00

Track

September 30

NENE VALLEY HARRIERS 5KM CHAMPS

Men

1 N Overton (Nene V, M40) 16:04.1; 2 A Williams (Riveriside R) 16:11.8; 3 D Lines (BRJ) 16:14.5

U17
1 A Shepherd (Nene V) 16:34.5; 2 C McNab (Nene V) 17:30.0
U15
R Heaviside (Nene V) 16:50.0
M45
M Barnsdale (Nene V) 17:15.8
M50
G Williams (Nene V) 17:32.0
Women
T Taylor (PAC) 18:59.8; 2 T Lazenby (Nene V, W45) 19:52.8; 3 A Page Nene V) 20:23.6

September 29

WATFORD OPEN GRADED
Mixed
100: 1 A Shaw (S'end, JM) 11.43. B: 3 R Wilcock (Wat, U15**G**) 13.27. **200:** 1 Shaw 23.00. B: M Weekes (Wat, U15B) 24.48. **800:** 1 P Emmett (IIF, JM) 1:57.00; 2 C Ayres (Hill, SM) 1:59.14; 3 G Jones (TVH, SM) 2:01.01; 4 M Richardson (B&B, JM) 2:01.26. C: 4 G Twist (Invict, U13**G**) 2:33.07. **1500:** 1 L Mangelshot (WG&EL, M40) 4:12.68…7 P Haines (NEB, U15B) 4:18.99. B: 3 J Hicks (Glouc, U13**G**) 4:38.94…5 L Yates (SB, U15**G**) 4:52.04…7 C Brown (CONAC,U15**G**) 4:56.55…9 H Talbot (Linc W, U13**G**) 5:15.97. **3000:** 1 R Davenport (Glouc, JM) 8:53.60; 2 R Hollingsworth (Mid Vets) 9:02.1; 3 M Tallis (IIF, U17M) 9:06.3…5 A Osman (ESM, U15B) 9:17.60…9 V Webster (SB, J**W**) 9:46.80…14 S Hopkinson (Glouc, U15**G**) 10:06.12…16 McKay (unatt, S**W**) 10:11.92

September 28

Silksworth Throws
Sunderland
M60
SP/DT/HT/JT: P Wheater (NEV) 10.60/29.08/29.90/23.18
M70
SP/DT/HT/JT: D Field (Sun) 8.74/36.96/31.56/32.88
M75
DT/JT: R Laidler (Sun) 25.16/22.54

September 25/26

EXETER HARRIERS COMBINED EVENTS MEETING (inc E.S.A.A. COMBINED EVENTS CHAMPIONSHIPS/BMAF DECATHLON CHAMPIONSHIPS)
Exeter Arena, Exeter.
Men
Senior
Dec: 1 M Woodger (Newton A) 5040 (11.7,5.91,10.04,1.76,56.1,18.6,31.75,2.80,39.83,5:13.6; 2 P Knight (Newton A) 4498; 3 S Richards (Yeo) 4095; 4 D Webber (unatt) 4091
M40
Dec: N Walker (Severn) 5047 (12.4,5.46, 9.51,1.49,60.2,19.7,29.93,3.00,35.74, 5:48.0)
M45
Dec: R Ashford (NDAC) 2609 (13.30,4.87,7.38,1.49,61.70)
M60
Dec: P Clarke (Wey SP) 4092 (16.5,3.54,8.17,1.22,83.1,23.3,29.16,1.80,22.21,6:20.6)
U20
Dec: 1 R Reeks (Poole) 5757 (11.5,5.91,9.67,1.91,55.1,15.3,30.89, 3.30,43.17,5:06.5); 2 M Plowman (Yeov) 5290; 3 R Knight (Newton A) 4394; 4 A Faulkner (Yeo) 4052
U17
Dec: 1 N Phillips (Poole R) 5382 (11.38,13.8,1.73,53.7,14.8,34.50,38.88,4:45.5); 2 I Clayton (N&P) 4487
Oct: 1 T Brazier (Torb) 4285 (5.34,28.36,32.68,53.0,14.9,1.69,9.75,4:35.7); 2 J Boyle (Poole R) 3781
U15
Pent: 1 A Macgregor (Exe H) 2508 (11.9,11.85,5.60,1.61,2:36.9); 2 T Perrin (Torb) 20.22.
U13
Pent: C Raisbeck (Wey SP) 1625 (13.1,8.18,4.09,1.30,2:40.3)

Women
Dec: C Ridgley (Team S) 4392 (13.3,23.96,3.21,20.47,69.5,16.6,4.96 ,8.91,11.34,6:28.1)
U17
Hept: K Drew (Exe H) 3201 (12.4,1.50,8.20,28.6,4.94,21.25,DNF)
U15
Pent: 1 J Hicks (N&P) 2573 (12.4,7.94,1.43,4.79,2:46.5); 2 A Wyatt-Haines (Exe H) 2439; 3 S Douglas (Exe H) 2422; 4 T Wood (Kelly C) 2404; 5 J Schofield (Torb) 2230; 6 S Lyne-Ley (Exe H) 2180; 7 E Greenslade (Exe H) 2001; 8 R Cox (Exe H) 1923; 9 Z Cooper (Tip H) 1860; 10 L Averill (Marl) 1824
U13
Pent: 1 J Hicks (N&P) 2787 (13.3,7.66,1.50,4.59,2:21.8); 2 A Wakeham (Exe H) 2664; 3 C Taite (Brunel J) 2576; 4 C Maxwell (Exe H) 2302; 5 H Thompson (Swin H) 2251; 6 K Rosenstein (Ply) 2193; 7 C Johannsen (Exe H) 2041; 8 D Ryan (Wey SP) 1926; 9 M Alexander (Marl J) 1899; 10 A Davies (Wey SP) 1863; 11 J Robinson (Exe H) 1773; 12 C Parmenter (Newton A) 1654.

MULTI-EVENTS OPEN (inc COUNTY CHAMPS)
Watford
AN outstanding performance from Edward Dunford culminated in his first score of over 7000 points.

Due to vandalism of the high jump bed some of the events had to be re-scheduled with some decathletes doing their pole vault on the first day and their high jump on the second. One of these athletes was Jemma Harding, who competed in all ten events for a points total of 5127.

(a) = 25; (b) = 26
Men
Dec: 1 E Dunford (Bir) 7024 (100 11.33/0.0, LJ 6.61/0.3, SP 14.01, HJ 1.93, 400 53.0, 110H 14.77/1.1, DT 42.26, PV 4.00, JT 49.72, 1500 4:56.98); 2 K Sempers (Belg) 6546 (11.54/0.0, 6.62/0.2, 11.19, 1.99, 51.3, 15.40/1.1, 33.55, 3.90, 44.40, 5:02.75); 3 S Bishop (Stoke) 6408 (11.49/1.0, 6.69/-0.5, 12.40, 1.96, 53.1, 16.83/1.0, 36.21, 3.80, 46.33, 5:07.47); 4 M Dyer (Read) 6124 (11.62/1.0, 6.36/0.2, 10.72, 1.75, 51.3, 15.17/1.1, 31.11. 3.50, 43.37, 4:56.65); 5 M Tribble (Bed C) 5548 (11.60/1.6, 6.09/0.5, 10.19, 1.66, 54.7, 17.81/0.0, 33.29, 3.60, 54.01, 5:36.87); 6 D Awde (WGEL) 5280 (11.64/1.6, 6.40/0.3, 8.13, 2.60, 53.0, 16.85/0.0, 24.87, 1.69, 35.47, 4:44.78); 7 A Pritchard (Macc) 5226 (12.49/1.6, 5.59/-0.2, 8.09, 1.60, 56.0, 16.68/1.1, 31.80, 3.60, 45.06, 4:53.92); 8 C Awde (WGEL) 5138 (12.17/1.0, 6.25/0.4, 10.57, 1.72, 55.7, 20.29/1.0, 35.19, 2.70, 39.06, 4:49.03); 9 D Everett (Norw) 4943 (11.87/1.0, 5.67/0.2, 10.43, 2.30, 54.0, 16.72/1.0, 25.85, 1.45, 38.01, 4:52.59); 10 N Barton (Herts P) 4903 (11.67/0.0, 6.63/-0.6, 8.23, 2.50, 55.3, 19.73/0.0, 24.85, 1.75, 38.63, 5:08.18); 11 J Everard (unatt) 4857 (12.18/1.6, 5.79/-0.2, 9.04, 2.60, 58.6, 17.89/1.0, 27.30, 1.63, 51.26, 5:09.20); 12 A Owen (Chelm) 4538 (12.20/1.0, 5.48/-0.5, 8.05, 2.50, 51.1, 21.98/0.0, 24.13, 1.69, 21.49, 4:21.24); 13 P Owen (Chelm) 4363 (12.10/0.0, 4.96/-0.2, 7.05, 3.70, 52.1, 20.71/0.0, 18.22, 1.51, 17.67, 4:31.04)
Berks champs: Dyer
Essex champs: 1 D Awde; 2 C Awde; 3 Everard
Herts champs: Barton
Vets
Dec: 1 M Jenkins (Thur, M40) 3425 (100 13.59/1.1, LJ 4.94/-0.7, SP 7.74, PV 2.70, 400 61.56, 110H 20.33/1.2, DT 19.19, HJ 1.33, JT 30.82, 1500 5:07.05); 2 D Johnson (Harrow, M50) 3373 (13.89/1.1, 5.29/-0.3, 9.99, 2.60, 68.80, 20.40/0.4, 29.81, 1.60, 31.98, 6:40.46); 3 J Clark (Chelm, M60) 1534 (15.45/1.1, 3.74/0.3, 7.06, 2.00, 85.87, 24.56, 19.87, 1.12, 26.57, 7:17.89)
Essex champs: 1 Jenkins; 2 Clark
Middx champs: Johnson
U20
Dec: 1 B Kerr (Shet) 6288 (100 11.62/0.3, LJ 6.49/-0.4, SP 12.55, HJ 1.93, 110H 15.21/1.2, DT 29.19, PV 3.80, JT 43.42, 1500 5:12.41); 2 R Rumble (Herts P) 5710 (12.38/0.3, 6.00/0.4, 10.47, 1.87, 53.59, 16.54/0.9, 34.17, 3.40, 34.94, 4:46.35); 3 R Beckford (Lon H) 4856 (11.69/0.3, 6.49/-0.6, 8.89, 1.81, 53.82, 20.08/1.2, 30.56, 2.60, 12.10, 4:52.11); 4 H Smith (Ayr S) 4801 (12.43/0.3, 5.72/0.2, 11.53, 1.63, 55.39, 19.72/0.9, 33.81, 2.50, 34.66, 5:03.96); 5 N Cyrus (Lon H) 4375 (12.25/0.3, 5.61/-0.5, 7.96, 1.60, 58.38, 18.06/0.9, 22.55, 2.60, 32.17, 5:03.77)
Herts champs: Rumble
Middx champs: 1 Beckford; 2 Cyrus
U17
Oct: 1 P Barrett (Herts P) 4834 (100H 14.44/1.4, DT 32.75, JT 39.60. 400 54.62, HJ 1.85, LJ 5.74/0.4, SP 11.61, 1500 4:42.28); 2 M George (VoA) 4622 (15.24/1.1, 32.51, 49.94, 56.51, 1.70, 5.57/0.4, 13.58, 4:59.07); 3 W Lambourne (Mil K) 4323 (15.09/1.4, 33.57, 32.66, 53.66, 1.58, 5.28/-0.1, 10.35, 4:33.41); 4 B Fletcher (Brack) 3849 (15.19/1.4, 27.06, 30.18, 59.03, 1.67, 5.77/0.5, 9.60/5:10.03); 5 M Holden (Colc H) 3675 (15.94/1.1, 21.40, 32.45, 57.21, 1.67, 5.69/0.3, 9.11, 5:17.65); 6 C Beck (WSEH) 3193 (17.87/1.4, 18.30, 26.30, 53.89, 1.52, 5.32/1.2, 7.36, 5:16.86)
Berks champs: Fletcher
Bucks champs: 1 George; 2 Lambourne
Essex champs: Holden
Herts champs: 1 Barrett; 2 Beck
U15
Pent (b): 1 M Richardson (Herts P) 2699 (80H 12.02/0.8, SP 9.20, LJ 5.66/0.4, HJ 1.66, 800 2:14.47); 2 G Cole (WSEH) 2585 (13.07/0.1, 11.39, 5.55/0.9, 1.78, 2:30.28); 3 A James (E&H) 2461 (11.98/0.1, 11.38, 5.51/0.7, 1.60, 2:37.70); 4 T Graham 2414 (12.95/0.1, 10.64, 5.34/0.8, 1.69, 2:32.01); 5 R Long (WSEH) 2200 (13.45/0.8, 10.31, 4.89/-0.1, 1.36, 2:17.49); 6 B Gregory (VoA) 2131 (13.38/0.1, 10.87, 4.78/1.4, 1.42, 2:27.18); 7 A Bryant (WSEH) 2127 (12.93/0.1, 7.62, 5.24/0.7, 1.48/2:26.05); 8 R O'Laughlin (Herts P) 2098 (12.80/0.8, 9.24, 4.54/1.1, 1.36, 2:20.26)
Bucks champs: 1 Long; 2 Gregory
Herts champs: 1 Richardson; 2 O;Laughlin
Middx champs: 1 James; 2 Bryant
Women
Hept: 1 G Tune (Bas) 3631 (100H 17.15/1.1, HJ 1.51, SP 8.50, 200 29.0/0.4, LJ 4.65/-0.4, JT 20.28, 800 2:30.22); 2 H Nicholas (Bas) 3029 (17.12/1.1, 1.45, 7.35, 26.9/0.4, 5.15/0.3, 16.40, 2:53.06)
Essex Champs: 1 Tune; 2 Nicholas
Dec: J Harding (Bed C) 5127 (100 13.43/1.1, LJ 4.59/0.2, SP 9.05, PV 3.40, 400 67.44, 100H 17.11/0.4, DT 28.74, HJ 1.42, JT 27.03, 1500 6:18.6)
U17
Hept: 1 N Gaisford (Colc H) 3961 (80H 11.98/1.6, HJ 1.63, SP 6.83, 200 27.1/1.7, JT 20.42, 800 2:34.31); 2 C Jaggard (Herts P) 3878 (12.69/0.9, 1.54, 7.60, 26.9/1.7, 4.91/-0.4, 17.95, 2:34.19); 3 N McSweeney (Mil K) 3819 (13.30/1.6, 1.45, 10.06, 27.0/1.7, 5.12/-0.2, 26.73, 2:58.47); 4 C Silva (Herts P) 3635 (12.58/0.9, 1.42, 6.21, 27.3/1.7, 4.26/0.2, 18.43, 2:22.19); 5 N Farman (Herts P) 3442 (12.93/0.9, 1.51, 7.11, 28.9/1.7, 4.59/-0.1, 22.50, 2:50.81)
Bucks champs: McSweeney
Essex champs: Gaisford
Herts champs: 1 Jaggard; 2 Silva; 3 Farman
U15
Pent (a): 1 H Comer (Harrow) 2848 (HJ 1.51, SP 8.57, 75H 12.0/0.1, LJ 4.55/0.8, 800 2:32.3); 2 S Wilkins (Mil K) 2368 (1.39, 5.92, 13.7/0.0, 4.21/0.3, 2:26.2); 3 F Hodgins (VoA) 2338 (1.36, 8.62, 13.4/0.1, 4.32/-0.2, 2:45.3); 4 A Webb (VoA) 2226 (1.36, 7.56, 14.5/0.9, 4.35/-0.2, 2:41.5); 5 K Wilson (Bas) 2220 (1.45, 7.08, 13.7/0.9, 4.52/-0.1, 2:58.5); 6 N Hill (Hav M) 2173 (1.36, 7.41, 12.5/0.1, 3.96/0.2, 2:54.0); 7 S Gibson (E&H) 2154 (1.45, 5.91, 13.3/0.9, 4.28/0.4, 2:55.4); 8 V Wheatland (Colc H) 2135 (1.48, 6.45, 13.5/0.9, 4.28/0.7, 3:02.6); 9 Y Bello (E&H) 2130 (1.42, 6.56, 13.7/0.0, 4.57/-0.2, 3:02.6); 10 H Millar (WSEH) 2057 (1.21, 9.16, 13.8/0.3, 4.01/0.1, 2:50.9); 11 H van Kempen (Herts P) 2055 (1.33, 6.69, 12.2/0.1, 4.14/0.2, 3:06.3); 12 T Dorsett (E&H) 2025 (1.42, 7.66, 13.0/0.0, 4.01/0.4, 3:15.3); 13eq L Wake (Herts P) 2018 (1.27, 6.67, 13.7/0.4, 3.97/0.1, 2:44.5); 13eq Z Banham (Norw) 2018 (1.39, 6.82, 13.4/0.1, 4.21/-0.1, 3:06.8); 15 C McAuliffe (Hav M) 1960 (1.30, 7.66, 13.4/0.3, 3.73/0.3, 2:56.7); 16 L Spencer (Brack) 1908 (1.30, 6.68, 15.4/1.3, 4.02/-0.2, 2:46.3); 17 E Stevens (Herts P) 1841 (1.18, 6.72, 13.4/0.4, 3.78/0.1, 2:52.1); 18 K Hardcastle (Mil K) 1785 (1.30, 5.94, 14.8/0.3, 4.06/0.0, 2:59.2); 19 C Whalley (Mil K) 1779 (1.21, 8.22, 15.0/0.3, 3.64/0.1, 2:54.7); 20 M Akot (E&H) 1758 (1.42, 6.08, 15.6/0.9, 3.40/0.5, 2:55.0)
Berks champs: Spencer
Bucks champs: 1 Wilkins; 2 Hodgins; 3 Webb
Herts champs: 1 van Kempen; 2 Wake; 3 Stevens
Middx champs: 1 Comer; 2 Gibson; 3 Bello

September 26

MIDDLESEX CHAMPS
Watford
10,000: T Grose (VP&TH) 33:30.59

BMAF WEIGHTS PENTATHLONS
Copthall
All Pent (HT, SP, DT, JT, Weight Throw)
M35
1 S Sammut (WSEH) 3202 (53.14, 10.46, 37.31, 40.10, 17.13); 2 G Grinsted (Lut) 2082 (29.24, 10.84, 30.35, 29.58, 9.30)
M40
1 S Whyte (Lut) 3739 (52.92, 14.89, 42.32, 41.96, 15.94); 2 A Turner (B'mth) 3367 (45.31, 14.14, 42.96, 35.23, 14.49); 3 D Burrell (Lut) 3033 (42.69, 10.81, 38.27, 42.61, 12.83); 4 J Davis (Walton) 2566 (31.83, 10.74, 32.64, 40.27, 10.88)
M45
1 S Archer (Hav M) 2428 (26.65, 11.33, 33.41, 30.04, 8.46); 2 C Murphy (M&M) 2131 (26.44, 8.47, 28.60, 28.48, 8.84); 3 M Bale (Hay H) 2095 (29.20, 7.89, 26.12, 23.95, 10.05)
M50
1 M Small (E&E) 4255 (48.39, 14.65, 48.69, 44.67, 18.14); 2 T Lally (Bolt) 3166 (43.53, 11.25, 36.90, 25.75, 15.65); 3 J Wild (R&T) 3077 (36.25, 10.46, 41.92, 32.87, 13.67)
M55
1 N Griffin (WSEH) 4247 (41.92, 13.60, 47.23, 39.30, 16.02); 2 B Hawkesworth (Der) 3371 (37.26, 9.86, 35.90, 35.77, 13.84); 3 K Prior (E&E) 3063 (38.16, 10.10, 32.66, 27.00, 12.48); 4 D Webster (Royst) 2909 (33.33, 9.37, 38.23, 28.31, 10.39); 5 J Edgar (Brack) 2833 (31.73, 10.00, 32.52, 28.15, 10.96)
M60
1 C Melluish (Camb H) 3920 (53.67, 9.92, 37.39, 23.52, 18.76); 2 G Leak (SNH) 3044 (34.76, 10.67, 38.21, 12.52, 14.45); 3 C Court (WSEH) 3034 (37.24, 10.01, 31.85, 22.85, 13.21)
M65
1 C Brand (B&B) 3759 (30.03, 10.75, 37.85, 37.15, 11.53); 2 J Fairbairn (C'nauld) 3758 (32.22, 10.74, 33.57, 31.95, 14.04); 3 H Thomas (Lewes) 3331 (34.45, 8.56, 33.05, 20.37, 14.09)
M70
1 I Miller (H&W) 4070 (41.57, 11.10, 31.85, 25.23, 16.30); 2 G Hickey (B&B) 3689 (31.86, 11.11, 29.35, 32.96, 12.99); 3 P Barber (Camb H) 3357 (41.16, 8.01, 28.49, 15.07, 14.89); 4 J Hanus (SC Vets) 3198 (34.32, 9.29, 28.00, 20.36, 12.33); 5 N Fullick (Has B) 2522 (28.48, 8.09, 21.72, 22.01, 8.36)
Women
S Lawrence (Thur) 2785 (37.02, 10.26, 32.95, 30.17, 9.84
W35
1 S Fairbairn (Glas) 3103 (37.21, 9.17, 42.06, 24.68, 10.95); 2 C Thrush (K&P) 2797 (35.23, 9.55, 29.06, 22.65, 11.12)
W40
E Augee (WGEL) 3665 (47.11, 10.13, 35.19, 19.38, 11.63)
W45
1 J Earl (SC Vets) 3431 (37.23, 8.55, 27.90, 19.24, 10.17); 2 B Simpson (B&B) 3297 (33.25, 7.76, 28.35, 25.14, 9.35); 3 J Piercy (E&E) 2543 (26.76, 7.04, 15.67, 19.17, 8.82)
W50
V Thompson (Belg) 2976 (25.77, 9.85, 22.90, 23.87, 10.49)
W55
B Terry (Brom V) 2889 (26.43, 8.83, 19.65, 17.74, 9.23)
W60
1 E Sissons (E&E) 3780 (26.06, 9.27, 21.06, 31.03, 10.57); 2 M Swinton (Moray) 3629 (31.12, 8.34, 21.28, 21.02, 12.01)
W65
E Williams (E&H) 5557 (37.98, 10.03, 30.31, 34.52, 13.06)

DARTFORD HARRIERS CHAMPS
M40
200/400: D Kemp 23.9/52.7.
HJ/JT: G Capon 1.60/30.17
M50
SP: S Foxon 10.33
U15
400/80H/HJ/LJ: T Goodall 57.0/12.6/1.60/5.70. **SP/JT:** T Morgan 12.08/43.96
U13
LJ: L Smith 4.40
W45
DT/JT: A Goad 22.28/24.37
W50
DT: R Champion 20.79
U17
80H/LJ: C Hurley-Gale 12.9/4.99.
TJ: J Cole 9.59

U15
75H/LJ: C Cummings 12.5/4.63. **TJ:** 1 M Edwards 10.10; 2 L Vickers 9.78; 3 Cummings 9.65; 4 R Seeley 9.63. DT: Seeley 30.60
U13
600: J Dean 1:54.1. **1000:** S Corbridge 3:15.2. **HJ:** B Edwards 1.42

WSEH THROWS QUADRATHLON
Eton
Men (All WSEH unless otherwise stated)
U17
SP: 1 D Shiel 12.28; 2 Townsend 12.06; 3 M Finn 11.33. DT: Townsend 43.66. HT: 1 Finn 56.08; 2 Townsend 50.67
U13
SP: S Wilkinson 9.15. DT: 1 Wilkinson 27.67; 2 T Parsons 23.72
Women
DT: H Lacey 31.04
U17
DT: D Bruce 30.80
U15
DT/HT: L Goddard (Read) 30.59/36.93

EASTERN COUNTIES COMBINED EVENTS
St Ives
Men
Pent: 1 P Steiner (C&C) 2133 (5.64, 27.57, 23.4, 19.49, 5:36.3); 2 K Wright (BADAC) 1821; 3 B Percival (C&C) 1814
U20
Pent: R Simmonds (RR) 2944 (CBP) (5.83, 53.39, 26.4, 34.96, 4:34.2)
U17
Pent: 1 C Pook (Hunts) 2392 (5.20, 33.09, 24.2, 24.37, 4:49.9); 2 A Bullimore (Hunts) 2241; 3 J Huddlestone (C&C) 2044
U15
Pent: 1 L Persent (C&T) 2651 (12.2, 10.35 ,5.55, 1.73, 2:22.3); 2 A Cartwright (BADAC) 2313; 3 L Allen (WSAC) 2293
U13
Mini: 1 R Stenton (Hunts) 74 (4.53, 28.9, 8.43); 2 B Green (WSAC) 73; 3 M Smith (Hunts) 53
Women
Pent: 1 T Spurling (WSAC) 2842 (CBP)(17.4, 8.58, 1.51, 5.13, 2:33.3); 2 A Alstrachen (B&B) 1827
U17
Pent: 1 J Morgan (C&T) 2406 (15.9, 8.24, 1.39, 5.14, 2:48.0); 2 W Meadows-Smith (WSAC) 2277; 3 J Black (WSAC) 2150
U15
Pent: 1 S Boast (Bed) 2751 (4.55, 13.9, 8.64, 1.46, 2:21.5); 2 E Moss (BADAC) 2523; 3 L Watts (WSAC) 2118
U13
Mini: 1 E Rhodes (Hunts) 75 (4.37, 29.4, 7.30); 2 F Gross (SNH) 59; 3 R Foster (WSAC) 58September 19

LAST DITCH THROWS
Par
Men
DT: T Leaman (Exe) 36.55
M50
SP: K Matta (N&P) 10.70
U20
HT: A Hitchens (Corn) 50.98
U17
Dec (in 1 hour): I Clayton (N&P) 3850 (13.3, 5.37, 9.60, 1.46, 59.4, 18.3, 18.06, 3.40, 30.45, 5:29.7)
U15
JT: D Hollow (Ply) 37.85
Women
SP/DT/HT: K Rawling (N&P) 10.02/32.63/40.89
W55
SP/DT: M Pearson (SW Vets) 9.92/24.70
U15
SP/DT: K Heller (Corn) 10.32/34.72. JT: N Henderson (Tru S) 23.72
U13
SP/DT/JT: H Harper (Corn) 7.21/24.74/22.50

September 18

VICTORIA PARK AAC CHAMPIONSHIPS
Scotstoun, Glasgow
U17 men (all Vic P)
100/200: Rod Wilson 11.7/23.8
U15
80H: C Innes 13.0. **HT:** C Bennett 45.42
U15 girls
100/200/300: Aisling McGhee 12.9/27.2/73.9

September 12

U20 INTERCOUNTIES
Tilsley Park
MATCH: 1 Oxon 1092; 2 Avon 624; 3 Gloucestershire 602; 4 Worcestershire 594; 5 Devon 585
U20 men
100: F Falconer (Worcs) 11.1. **200:** Falconer 22.5. **400:** Jarvis 53.0. **800:** C Gillespie (Oxon) 2:02.2. **400H:** A Tippett (Oxon) 55.2. **HJ:** N Jarvis (Avon) 1.80. **LJ:** J Gray (Worcs) 6.44. **SP:** R Brigwater (Worcs) 12.32. **DT:** C Horne (Devon) 40.33. **4x100:** Devon 46.2
U17
200: 1 J Field (Dev) 22.9; 2 K Barker (Worcs) 22.9. **800:** A Rymer (Glouc) 2:04.5. **3000:** I Whitfield (Glouc) 9:12.1. **HJ/LJ:** Field 1.80/7.17. **SP:** N Crossley (Glouc) 12.75. **JT:** J Campbell (Glouc) 63.68. **4x100:** Glouc 47.4
U15
100: 1 P Jones (Worcs) 11.8; 2 T Perrin (Devon) 11.9. **200:** Jones 24.0. **800/LJ:** M Cole (Devon) 2:09.0/5.45. **1500:** R Crompton (Devon) 4:26.6. **80H:** 1 Perrin 12.4; 2 C Teale (Oxon) 12.6. **HJ:** E Elmhirst (Worcs) 1.65. **LJ:** M Cole (Devon) 5.45. **SP:** H Lewendon-Evans (Oxon) 11.85. **JT:** I Castle (Oxon) 41.81. **4x100:** Oxon 48.5
U20 women
100: C Triggs (Oxon) 12.00. **B:** C Plateau (Oxon) 12.9. **200:** Triggs 24.90. **B:** Plateau 26.6. **400:** Plateau 60.0. **1500:** 1 L Durman (Glouc) 4:56.6; 2 J Rhodes (Oxon) 4:57.5. **100H:** Triggs 14.70. **HJ:** J Leach (Worcs) 1.60. **SP:** B Hawkins (Glouc) 9.39. **DT:** D Lord (Oxon) 33.88. **JT:** Hawkins 31.42. **4x100:** Oxon 51.7
U17
100: T Kafke (Oxon) 12.6. **200:** 1 P Hill (Avon) 25.9; 2 C O'Halloran (Glouc) 26.0; 3 T Kafte (Oxon) 26.2; 4 J Platt (Devon) 26.7. **B:** K Russell (Avon) 26.5. **300:** O'Halloran 42.6. **800:** 1 A Drew (Glouc) 2:26.4; 2 L Jones (Worcs) 2:27.2. **HJ:** G Hood (Oxon) 1.55. **80H:** K Drew (Devon) 11.9. **300H:** S Murrell (Oxon) 48.3. **LJ:** Drew 5.16. **SP:** J Scott (Worcs) 9.66. **B:** C Clarke (Worcs) 9.15. **DT:** Scott 30.66. **JT:** L Forward (Avon) 33.65. **4x100:** Avon 51.9
U15
100: M Edwards (Oxon) 12.6. **B:** L Hawkins (Glouc) 13.0. **200:** 1 J Peak (Worcs) 26.7; 2 Edwards 27.1; 3 Hawkins 27.3. **800:** 1 K Daly (Oxon) 2:28.9; 2 B Austin (Worcs) 2:29.7; 3 A Sellick (Avon) 2:30.1. **1500:** J Wilson (Devon) 5:10.4. **75H:** S Middleton (Oxon) 12.0. **HJ:** 1eq E Martin (Devon) 1.50 K Daly (Oxon) 1.50. **B:** H Luke (Oxon) 1.50. **LJ:** 1 Sellick 4.75; 2 N Brazil (Worcs) 4.71; 3 F Keeble (Glouc) 4.68. **SP/DT:** E Sutton (Oxon) 10.33/27.40. **JT:** H Bryan (Oxon) 31.52. **4x100:** Oxon 54.1

September 4

VETS NORTH EAST THROWS CHAMPS
Jarrow
M40
DT: P Young (M&C) 32.67
M45
HT: D Maggs (Gate) 38.06
M50
SP/DT/HT/JT: J Wild (R&Z) 10.16/42.23/36.99/33.32
M55
SP/DT/HT/JT: T Hudson (J&H) 10.81/34.00/32.65/30.82
M70
DT/JT: D Field (Sun) 32.84/29.42
M75
SP/DT/JT: R Laidler (Sun) 7.00/26.86/23.83
W50
SP/DT/HT/JT: F Crompton (N&R) 8.81/19.17/23.59/23.38

August 29

BANK OF SCOTLAND U20/U17 CHAMPIONSHIPS
Grangemouth
U20 women (wind-speeds)
LJ: 1 N Osifodunrin (ESH) 5.85/1.2 (CBP) (5.63/3.5, 5.69/2.1, 5.62/2.3, 5.85/1.2, 5.51/2.1, 5.59/2.2); 2 E Henderson (Centr) 5.73/2.9 (5.73/2.9, 5.60/1.6, 5.33/1.5, 5.22/2.0, x, 5.29/2.0)

August 28

BANK OF SCOTLAND U15/U13 CHAMPIONSHIPS
Grangemouth
U15 girls (wind-speeds)
LJ: 1 K Steel 5.35/2.9 (4.93/-2.1, 4.85/2.9, 1.80/0.7, x, 5.31/2.8, 5.35/2.9); 2 Haerron 5.08/2.1 (4.87/1.2); 3 Conway 4.89/1.7; 4 Cathro 4.78/3.5 (4.70/0.8); 5 A Wylie (A'deen) 4.71/1.6

August 14

SUNDAY MAIL SCOTTISH CHAMPIONSHIPS
Scotstoun, Glasgow
Men (wind-speeds now available)
LJ: 1 D Ritchie (Sale) 7.69/-0.4 (7.41/0, 7.22/0, -, 7.32/-1.3, 7.56/0, 7.69/-0.4); 2 S Phillips (Rug) 7.46/1.1 (x, x, 6.80/-1.5, 7.19/0, x, 7.46/1.1); 3 M Bertocchi (CAN) 6.90/-1.3; 4 A Judge (CAN) 6.77/-1.3; 5 J Ritchie (CoE) 6.73/-1.3; 6 G Lumsden (Liv H) 6.62/-0.3; 7 C Baily (SB) 6.58/-0.9; 8 J Beimers (Fife) 6.55/-1.2
Women
TJ: 1 M Egbo-Egbo (CAN) 12.09/1.1 (11.97/0.7, 12.03/1.0, 12.09/1.1, 11.90/0.8, x, 12.02/2.1); 2 G Cooke (ESH) 12.03/2.7 (x, 11.56/0.6, 11.39/0.7, 11.23/0.7, 11.67/0.9, 12.03/2.7); 3 E Henderson (Centr) 11.82/1.0 (x, 11.82/1.0, 11.61/0.8, 11.44/0.8, x, 11.76/2.5); 4 G Kerr (ESH) 11.81/0 (x, x, 11.70/1.3, 11.75/0.4, 11.81/0, x); 5 F Davidson (Glas) 11.43/2.0; 6 A Rough (Glas) 10.82/0.3

Multi-terrain

October 3

OFFA'S ORROR
Men
1 W Levett (Bed C) 1:21.32; 2 D Lewis (Tel) 1:23.47; 3 R Peters (Islwyn) 1:24.32; 4 S Gould (Hales, M40) 1:25.51
TEAM: Halesowen
M45: D Gower-Rudman (Lakecity)
M50: C Thomas (Islwyn)
M55: S Herrington (Here C)
M60: F Thomas (Chelt)
Women
1 H Fines (Bris) 1:38.51; 2 P Adams (Wye V) 1:40.55; 3 L King (Wells C) 1:43.14; 4 P Stephens (Weston) 1:44.23
TEAM: Weston AC
W35: S Davis (P'teigne)
W40: A Cooke (Here C)
W45: J Gillard (Weston)
W50: T Green (Weston)

BUPA LOCH TAY GREAT TRAIL RUN
Loch Tay
Men
1 M Johnston 34:28; 2 S Wilson (U16) 35:06; 3 T Brindley(W) 37:01; 4 M Jenkins (U16) 38:34; 5 D Ogg 38:40; 6 P Thompson (M40) 38:46; 7 A Higgins (W) 39:08; 8 P O'Kane (M40) 39:40; 9 F McShane (M40) 40:22; 10 P Phillips (M40) 41:54
M50: 1 B Duff 43:37; 2 A Martin Ferguson 48:41; 3 K Daniels 48:44.
Women
1 T Brindley 37:01; 2 A Higgins 39:08; 3 J Waterhouse (W50) 43:12; 4 F Russell 45:47; 5 L Kuz (W40) 46:35; 6 L Maciver 49:01; 7 R Duncan (U16) 49:06; 8 M Kerr 49:26; 9 K O'Rourke (W40) 49:40; 10 E Herman (W40) 49:45
W50: 2 C Macarthur 57:13; 3 R Fraser 58:27

NORTH DOWNS 10
Reigate
Men
1 E Knock (G&G, M40) 66:54; 2 S Hill (unatt, M50) 72:35l 3 J Carnell (Rei P, M45) 74:22
Women
1 T Williams (unatt) 81:04; 2 J Quantrill (S Lon, W45) 84:42; 3 K Williams (unatt, W35) 87:37

CLARENDON WAY MARATHON
Winchester to Salisbury
Men
1 P Jegou (WHH) 2:47:16; 2 R Houghton (Alton) 2:50:30; 3 C Dixon (unatt, M40) 2:52:56; 4 T Hazell (unatt, M40) 2:54:22; 5 D Stone (Exm H) 2:55:33; 6 K Vallis (Alton) 3:00:25; 7 D Wright (Newb) 3:04:09; 8 D Currie (Soton RC) 3:04:19; 9 P Spieler (L'down H, M45) 3:10:16; 10 C Shearwood (unatt, M40) 3:10:38
M40: 4 G James (Stubb G) 3:13:53.
M45: 2 I Howard (Fleet) 3:16:28.
M50: 1 D White (E'leigh) 3:16:45; 2 B Rumary (E'leigh) 3:32:08. **M55:** 1 K Fancett (TRA) 3:24:51; 2 J Bateman (RRC) 3:44:39. **M60:** 1 C Rees (Tring) 3:48:28; 2 A Wilmott (Halstead RR) 3:51:32; 3 J Williams (100 Mar) 3:53:12; 4 T Kingham (Wells) 3:53:51. **M65:** M Turner (Liv H) 4:20:47. **M70:** P White (Reading J) 5:02:12. **M75:** R Trodd (SWVAC) 5:00:50
TEAM: 1 Eastleigh RC 135; 2 Hardley R 243; 3 Eastleigh RC 'B' 384
Women
1 S Sleath (Hard) 3:13:57; 2 S Daw (E Corn, W35) 3:22:22; 3 N Yevko (Salis, W40) 3:24:12; 4 F Ross-Russell (Salis, W45) 3:25:01; 5 G Walters (New F, W35) 3:37:15; 6 H Walker (Serp, W50) 3:53:21
W45: 2 F Gay (Win) 4:00:48; 3 J Spring (Win) 4:01:43. **W55:** 1 J Mills (Laun RR, W55) 3:58:16; 2 S Alves de Sousa (Sand J) 4:23:57; 3 H O'Shea (Abing A) 4:35:40. **W65:** C Usher (Reading RR) 5:04:33

CLARENDON WAY HALF MARATHON
Broughton, Hampshire to Salisbury
Men
1 A Hancock (Salis) 82:00; 2 J Braines (Win) 84:05; 3 N O'Dowd (E'leigh, M45) 85:06; 4 D Pack (unatt) 86:58; 5 M Stileman (Hard) 87:09; 6 I Stott (Salis) 87:32; 7 J Williams (Fleet) 87:56; 8 W Vincent (E'leigh, M40) 89:58; 10 T Sinclair (E'leigh, M45) 90:38
M40: 2 M Poole (unatt) 91:34; 3 J Osman (E'leigh) 91:47. **M45:** 3 M Davies (E'leigh) 94:50. **M50:** 1 N Groves (E'leigh) 91:29; 2 B Pentland (Ports J) 92:13. **M55:** M Palmer (E Corn) 1:47:35. **M60:** 1 R Smith (Salis) 1:40:19; 2 J Moon (And) 1:48:32; 3 J Carlisle (Salis) 1:48:55. **M65:** S Bulpitt (Soton RC) 1:56:07. **M70:** 1 J Vogt (Chich) 2:04:56; 2 R Coates (C'gie) 2:16:50
TEAM: 1 Eastleigh RC 31; 2 Eastleigh RC 'B' 97; 3 Winchester 99
Women
1 J Felix (Serp) 89:38; 2 S Howarth (Trade Aid) 91:09; 3 A Evans (unatt, W35) 92:16; 4 V Fairhall (unatt) 1:40:18; 5 M Huntley (Sand J, W35) 1:41:08; 6 K Rushton (Soton RC, W35) 1:43:18; 7 L Lewis (Hard, W35) 1:40:39; 8 C Currie (Soton RC) 1:44:43
W40: 1 M Needham 1:48:20; 2 S Wong (L'down H) 1:48:46. **W45:** L Horton (Salis) 1:56:42. **W50:** 1 A Serreau (unatt) 1:58:54; 2 S Dyson-Laurie (Win) 2:00:34. **W55:** T Clatworthy (Dawlish Coasters) 1:57:36. **W65:** J Vogt (Chich) 2:07:30
TEAM: 1 Winchester 81; 2 City of Salisbury 108; 3 Serpentine RC 129

ALTON DOWNLAND 10km
Hampshire
TOBY LAMBERT returned to action in his home club's promotion, but led the first 15 runners off course and they only completed approximately 7km, *Martin Duff reports*.

The race was held in the reverse direction to that of previous years and this may have resulted in the confusion, but it gave Lambert the opportunity to test out his foot injury after a couple of months inactivity.

In contrast, all of the women seemed to be in the main field that ran considerably further than 10km.
Men (7km approx)
1 T Lambert (Alton) 24:01; 2 R Batchelor (AFD) 24:35; 3 C Grant 24:58; 4 T Munt (Read, M40) 25:02; 5 I Ford (Over, M45) 25:14; 6 P Guest (Ports J, M45) 25:21
M40: 4 G Hedger (F&C) 25:45
Women (10km approx)
1 L Treadwell (W40) 54:30; 2 A Wilding 54:59

LEWES DOWNLAND 10
East Sussex
Men
1 D Anderson (Hast) 59:34; 2 D Robinson (Lew, M40) 59:51; 3 R James (Lewes) 61:15; 4 S Mills (B&H, M40) 61:24; 5 P Ilott (B&H) 61:25; 6 J Painter (B&H) 61:45
M40: 3 S Holmes (St Rade) 63:16.
M45: 1 J Lowden (Crow) 61:53; 2 P Eccles (Hails) 65:32; 3 N Brown (Hast R) 66:36. **M50:** 1 B Clark (B&H) 65:55; 2 R Crossley (E Grin) 70:32; 3 C Simpson (Phoe) 70:46.
M55: 1 A Clark (Worth) 70:51; 2 B Winn (Hails) 74:48. **M60:** J Gill (Hay H) 80:18. **M65:** 1 J Taylor (Hails) 77:22; 2 J Alexander (Hast R) 82:20
Women
1 S Wibley (Lewes) 73:05; 2 S Alvarez (Hails) 73:35; 3 R Uphill (Hast, W35) 74:08; 4 M Pitt (Hay H) 74:49
W40: D Robinson (Lewes) 82:15.
W45: M Gray (Arena) 88:07. **W50:**

P Halstead (Swanley) 85:36. **W55:** S Marzaioli (Hast R) 86:50. **W60:** P Rea (Utopia) 1:43:00. **W75:** E Quinton (Horsh J) 1:44:35

LEWES DOWNLAND 5
East Sussex
Men
1 T Gedin (Phoe, U20) 28:39; 2 L Hards (Phoe, U20) 29:12; 3 P Nielsen-Mazewski (unatt) 30:10
M45: P Hards (Phoe) 35:14. **M50:** W Flewett (unatt) 34:27. **M60:** D Peters (RN) 40:29. **M65:** J Holdstock (Fitt) 38:28
Women
1 J Hesketh (Steyn, W35) 34:21; 2 J Lowden (Lewes) 36:01; 3 J Hunt (C&T) 36:56
W40: H Humphreys (unatt) 38:10.
W45: A Ingram (Lewes) 40:38.

SANDSTONE RACES
Chester
Men (16.5M)
1 M Crosby (Manc OC) 1:57:10; 2 G Groves (Liv H) 1:58:36; 3 S Butler (Alt, M40) 2:00:42; 4 P Pickwell (Alt, M50) 2:01:49; 5 G Earlam (W Ches, M40) 2:02:24; 6 A Timmins (Warr) 2:04:23; 7 A Clague (W Ches) 2:04:41; 8 M Hutton (S Ches, M40) 2:05:35; 9 D Ainsworth (Alt, M40) 2:07:10; 10 P Taylor (Mersey MC) 2:10:09
TEAM: Altrincham AC 6:09:41
Women
1 R Isaacs (Pens, W40) 2:16:40; 2 S Jackson (Liv H) 2:17:22; 3 K Roberts (Hels) 2:29:33; 4 R Arnold (Hels, W40) 2:37:41; 5 K Foster (Spec, W40) 2:39:20
W50: P Scott (Hels) 3:40:05
Men (9.5M)
1eq K Begley (W Ches, M40)/P Frodsham (W Ches, M40) 65:56; 3 I Wedge (W Ches) 68:47; 4 G Rawlinson (Liv H, M40) 69:05; 5 J Spencer (Spec, M40) 71:44; 6 P Nield (Macc) 72:35; 7 A Garnett (Spec, M50) 72:49; 8 W Heaton (Wilm, M40) 74:01; 9 P Cuthbert (Red Her) 76:11; 10 AM Jones (Alt, W50) 76:59
TEAM: West Cheshire H 3:20:39
Women
1 Jones 76:59; 2 S Hammond (Tatten) 79:15; 3 S Owen (Tatten, W50) 85:34; 4 A MacDonald (Elles P) 86:33; 5 D Bamford (unatt) 87:12

TEIGN VALLEY TODDLE 11
Dorset
Men
1 W Dashpur (R Marines) 52:07; 2 M Hicks (Teignb) 63:08; 3 G Ranussen (SWRR) 63:11; 4 N Einchcombe (SWRR) 63:42; 5 M Eveleigh (Teignb) 65:01; 6 I Langler (Dawl) 65:44
Women
1 E Aston (Teignb) 77:23; 2 C Youngman (Teignb) 77:38; 3 J Hedges (SWRR) 82:15

October 2

BRITISH ENERGY 10
Dunbar, East Lothian
Men
1 S Whitlie (C'thy, M40) 53:17; 2 C Menzies (HELP, U20) 53:38; 3 M Diver (C'dale, M40) 54:07; 4 I Rowland (Dunb, M40) 57:06; 5 A Brown (St Life, M40) 57:23; 6 G Gilhooley (Living, M40) 57:41; 7 P Buchan (Portob, M40) 58:00; 8 T Walker (C'gie, M40) 58:07; 9 J Rathjen (HBT) 58:43; 10 W Jarvie (Portob, M40) 58:49
M50: 1 S Wallace (HELP) 61:02; 2 W Kittel (Portob) 61:38
TEAM: Portobello RC 30
Women
1 J Laing (Portob, W35) 62:06; 2 K Jenkins (C'thy) 63:28; 3 D Murray (CoE) 67:33; 4 W Kerr (Lass, W35) 69:39; 5 A Hay (Dunb, W35) 69:40
W45: K Cameron (unatt) 71:47
TEAM: Portobello RC

September 28

SUMMER LEAGUE
Arrowe Park, Wirral
Men (4.5M)
1 J Mellor (Liv H, U20) 24:18; 2 I Cooper (Elles P, M40) 25:31; 3 G Withers (W Ches, M40) 25:46; 4 C Davies (Buck, M40) 25:46; 5 S Jones (Wirr, M40) 26:00; 6 G Earlam (W Ches, M40) 26:06; 7 B Martin (Wirr, U20) 26:13; 8 T Barbatt (W'sey, M40) 26:19; 9 J Donnelly (Wirr, U20) 26:22; 10 G Jenkins (W Ches, M40) 26:25; 11 N Grant (Penny L, M40) 26:28; 12 A Devoy (Wirr) 26:28; 13 D Sergeant (Elles P, M40) 26:44; 14 K Muise (Wirr, U20) 26:46; 15 M Dillon (Pens) 26:50
M50: 1 B Brimage (W'sey) 27:12; 2 M Cortvriend (Macc) 27:35; 3 A Duncan (Mossley) 27:42
TEAM: 1 Wirral 47; 2 West Cheshire AC 106; 3 Penny Lane Striders 109
Women
1 N Bird (Elles P) 28:04; 2 R Isaacs (Pens, W40) 29:27; 3 K Roberts (Hels) 31:04; 4 P Thurtel (Penny L) 31:19; 5 S Cain (Penny L, W40) 31:24
W50: G Williams (Mossley) 32:01
TEAM: 1 Penny Lane Striders 20; 2 Chester TC 31; 3 Pensby Runners 31
U17 men (2.5M, all Wirr)
1 J Forrester 15:59; 2 M Egan 16:29; 3 C McArdle 17:03
U17 women
1 R Hanna 17:59; 2 R Jones 20:00
Overall series (best 3 from 4) – men: 1 Mellor 4; 2 J Hunt (Wirr) 5; 3 Davies 17
M50: Brimage 132
U20: Donnelly 137
Women: 1 Isaacs 5; 2 Thurtel 15; 3 Cain 16
W50: Williams 67
U20: K Sullivan (Wirr) 50

September 25

DUNGWORTH HILLY RACE
Dungworth Playing Fields nr Sheffield
Men (5M)
1 R Little (Sheff UOC) 31:48; 2 C Sellens (Sheff UOC) 33:37; 3 R Smith (Dark Pk) 33:37; 4 A Friggins (unatt) 33:39; 5 J Varley (Dark Pk) 33:43
M40: T Hawley (Dark Pk) 34:37.
M50: C Barber (Dark Pk) 36:51.
M70: C Henson (Dark Pk) 46:31
Women
1 D Smith (Dark Pk) 40:08

September 19

PEPPARD 10km
Oxfordshire
Men
1 P Turner 39:28; 2 D Jackson 41:27; 3 K Harvey 41:56
Women
1 B Davies (Read RR) 43:02; 2 A Taylor 44:30

BAWTRY FOREST RUN
Maltby, South Yorkshire
Men (7M, ages not declared)
1 J Wanjohi (Donc&S) 37:07; 2 D Tune (Roth) 42:50; 3 A Goodair (Ask) 43:14; 4 P Collingwood (Ask) 43:39; 5 K Newman (Donc&S) 47:04
Women
1 J Blizzard (Roth) 48:03; 2 C Boyd (Malt) 49:55; 3 L Day (Donc&S) 50:02; 4 J Craythorn (Donc&S) 52:12; 5 K Orborne (Malt) 53:12
U13 boys (1.5M)
1 M Lake (Donc&S) 11:29; 2 D Philips (Works) 11:53; 3 C Berridge (Works) 12:09
U15 girls
1 K Page (Donc&S, U13) 12:58; 2 D Allen (unatt) 13:19

KING ALFRED'S TORMENT 7
Sturton, Wiltshire
Men
1 A Hennessy (Wells) 40:23; 2 P Damon (Poole) 43:11; 3 P Holley (Axe V) 43:40
M50: 1 G Moxham (B'mth) 47:28; 2 H Richards (Pews V) 48:11; 3 A Rich (Egdon) 48:34. **M60:** 1 P MacQuaid (Yeov T) 57:03; 2 T Kingham (Wells) 59:37; 3 B Mountjoy-Row (Yeov T) 62:48
Women
1 D Hier (Warm, W35) 53:52; 2 W Murdock (unatt) 57:20; 3 S Parker (Corsh) 59:13
W35: 2 C Freeman (L'down) 59:51.
W45: T Vivian (Avon V) 62:31.
W55: L Green (Weels) 65:14

Fell

October 3

BENNACHIE HILL RACE
Men
1 R Gallagher (West) 59:30; 2 G Bee (A'deen U) 59:34; 3 K Greig (A'deen U) 59:41
M40: 1 A Smith (D'side) 61:50; 2 C Pryce (Cosmic) 62:50; 3 G Simpson (HBT) 66:19. **M50:** D Armitage (Cosmic) 63:37
TEAM: Aberdeen University
Women
1 S Armitage (Cosmic) 66:20; 2 S Wingrove (Cosmic) 69:52; 3 K Reinius (D'side) 72:46
W40: 1 L Noble (Cosmic) 80:46; 2 A Hamilton (Cosmic) 83:01; 3 S Carter (Metro) 83:18. **W45:** A Stone (Cosmic) 89:19
TEAM: Cosmic Hillbashers

IAN HODGSON MOUNTAIN RELAY
Brotherswater, Cumbria
BORROWDALE were the fastest team on each leg and as a result came home over 16 minutes clear of their nearest rivals, Dark Peak.

The winners also benefited from local knowledge in the poor visibility which, coupled with severe winds near the summits, caused both the Bingley and Mercia teams to go off course and lose many minutes during the third stage.

Men (25M/8500ft, 4 stages run in pairs)
1 Borrowdale (G Bland/G Davies, A Schofield/L Siemaszko, A&P Davies 66:09, S Booth/M Roberts) 3:38:24; 2 Dark Peak FR 3:54:32; 3 Horwich RMI H (M40) 4:08:22; 4 Ambleside 4:09:10; 5 Bowland FR 4:11:07
Fastest – Leg 1 (7.5M): Bland/Davies 66:48
Leg 2 (4.5M): Schofield/Siemaszko 36:09
Leg 3 (8M): A&P Davies 66:09
Leg 4 (4.5M): Booth/Roberts 49:18
M40
1 Horwich RMI H (S Jackson/G Schofield, K Gaskell/T Hesketh, S Barlow/R Haworth, R Green/N Wrigley) 4:08:22; 2 Kendal 4:16:08
Mixed
1 Borrowdale (S Hicks/M Holroyd, J Fletcher (W)/C Watson (W), C Hope/N Spence, R Cash (W)/S Schofield (W)) 4:38:41; 2 Cumberland FR 4:38:41
Women
1 Ilkley H (H Sedgwick/A Priestley, E Barclay/S Malir, A Eagle/N Kyme, J Foster/A Weston) 4:57:02; 2 Dark Peak FR 5:06:33

PINCHINTHORPE PLOD
Guisborough, North Yorkshire
Men (6.5M/1200ft)
1 R Cole (M'bro) 42:06; 2 A Burt (York A) 42:36; 3 J Blackett (NYM, M40) 43:24; 4 K Dowson (NYM) 45:49; 5 A Minister (Hart) 46:06
M50: M Hetherton (York A) 50:16.
M60: R Sherwood (N Marske) 55:35
TEAM: North York Moors 26
Women
1 J Grindley (Wig R) 55:56; 2 S Milburn (N Ayc, W45) 56:13; 3 S Gayter (N Marske, W40) 56:26
W50: P Kirby (T&S) 65:45. W55: M Gibbs (T&S) 68:20

October 2

FIVE HILLS OF FIFE 16 MILE HILL RACE
Men
1 N Fowler & C Thorne (Fife AC) 2:20:17; 2 N Leslie & G Stewart (Dund R) 2:20:37; 3 T Scott & I Overton (Fife) 2:24:27
Women
1 R Stenhouse (Fife) & A Grant (C'gie) 3:00:52
Mixed: F & M McLaren (Fife) 3:05:22

SPERRINS MOUNTAIN CHALLENGE, SLIEVE GALLION
Iniscarn Forest, Moneymore, N Ireland
Men (4M/1170ft)
1 R Rodgers (Newc, M40) 38:43; 2 P Mawhirt (Newc) 39:02; 3 M McManus (Larne) 40:32; 4 M Alexander (B'mena R) 40:40; 5 C Macualey (B'mena R, M40) 42:53
M45: M McAusland (Omah) 45:18.
M50: W Kettyle (ACKC) 47:04.
M55: I Taylor (BARF) 59:31. **M60:** B Magee (Larne) 47:02
U20: K Coney (Mid Uls) 46:39
Women
1 S O'Kane (BARF) 45:28; 2 K Harty (Newc) 45:36; 3 V Linton (LVO) 51:04
W45: B Brown (ACKC) 54:38
U20: K Aveston (N Down) 52:19

AUTUMN LEAVES RACE
Diggle, Saddleworth, Greater Manchester
Men (10M/1200ft)
1 P Green (Sale) 62:13; 2 M Fowler (Pennine, M40) 64:56; 3 K Gray (Calder V) 67:50; 4 J Ingram (Sadd) 69:54; 5 C Bishop (Sadd) 70:22
M40: 2 A Clarence (Calder V) 72:07.
M45: I Rowbotham (Harr) 73:28.
M50: B Waterhouse (Sadd) 77:00.
M55: J Cox (M'ton) 90:38. **M60:** T Green (Sadd) 98:15
TEAM: Saddleworth 34
Women
1 L Clough (Wig P) 79:30; 2 J Robinson (Garst, W50) 87:38; 3 N Spinks (P'stone FPR) 88:47
W55: B Haigh (P'stone FPR) 1:42:45
TEAM: Saddleworth

Walks

October 3

INTER AREA WALKS MATCH
Nunnery Woods, Worcester
NATIONAL 35km champion Nathan Adams won the men's 10km, despite having to rely entirely on cross training, after an injury which has stopped his plans to move up to 50km, *Chris Smith reports*.

The Midlands had the strength in depth to retain the trophy thanks to younger age wins by Matthew Halliday, Mark O'Kane, Lauren Gimson and Lewis Hayden.
MATCH: 1 Midlands 72; 2 South 50; 3 North 41
Men (10km) 1 N Adams(N) 50:01.6; 2 D Turner (N) 50:21.3; 3 R Bain (S,U20) 50:46.6; 4 N Silvester (S) 50:47.1; 5 T Jones (S) 53:00.9; 6 D Butterley (M) 53:11.6; 7 G Hambridge (M,U20) 61:49.8
U17 (5km)
1 L Hayden (M) 24:17.8; 2 M Hambridge (M) 26:49.4
U15 (3km)
1 M O'Kane (M) 17:22.4; 2 M Pratt (N) 17:46.1; 3 J Friend (N) 17:46.5; 4 H Graham (M) 19:14.8; 5 D Barton (M) 20:00.4
U13 (2km)
1 M Halliday (M) 10:23.4; 2 M Silvester (S) 11:01.3; 3 C Ball (S) 11:38.3; 4 J Hobbs (S) 11:42.1; 5 P Barton (M) 12:26.8; 6 C Vesty (M) 13:12.9; 7 L Barnes (N) 14:18.4
Women (10km)
1 A Belchamber (S) 59:59.4; 2 S Owen (M) 60:08.8; 3 J Bellfield (M) 62:48.8
U17 (5km)
1 S Foster (S) 26:07.4; 2 F McGorum (M) 27:20.0; 3 K Granger (N,U15) 28:55.2; 4 C Yeoman (M) 29:37.6; 5 C Grace (S) 30:44.3
U15 (3km)
1 L Gimson (M) 16:09.9; 2 N Green (S) 16:37.2; 3 H Smith (M) 17:00.4; 4 H Williams (S) 17:45.7; 5 C Humpries (N) 19:04.3; 6 R Mawer (N) 19:38.3; 7 K Percival (M) 20:51.0; 8 R Green (M,Res) 23:53.9
U13 (2km)
1 N Myers (N) 11:01.8; 2 J Yeoman (M) 11:07.9; 3 G Terry (N) 12:18.3; 4 D Sarayreh (N) 12:30.7; 5 K Chin (S) 12:33.9; 6 H Carr (M) 14:27.5

September 29

ACTIVE SPORTS PB CHALLENGE
Saffron Lane Stadium,Leicester
PAUL BARTON won the race and the challenge, knocking 24 seconds off his outdoor PB.
Mixed (2K)
1 P Barton (Ibs CC, U13B) 12:13.1; 2 R Green (Ibs CC, U15G) 14:16.2; 3 A Barton (Ibs CC, U13B) 15:18.1; 4 K Green (Ibs CC, U15G) 15:18.2
TEAM: 1 Ibstock CC A 39; 2 Ibstock CC B 35

September 27

IBSTOCK INDOOR SERIES
Ibstock C.C.Sportshall,Ibstock.
WITH his Midlands team debut due this weekend Paul Barton continued past the 1km to walk 2km in 11:44.0, the fifth fastest time by an under-13 boy this year.
Mixed (2K)
1 P Barton (Ibs CC, U13B) 11:44.0
Mixed (1K)
1 P Barton (Ibs CC, U13B) 5:57.1; 2 A Barton (Ibs CC, U13B) 6:26.2; 3 C Smith (Leic WC, M45) 6:33.4; 4 R Green (Ibs CC, U15G) 6:36.7

Amendments

September 19

KILBARCHAN SCHOOLS INVITATION MEETING
Strathclyde
U13 boys: C Hawkins (Gryffe) 11:05
TEAM: Gryffe HS
COMBINED TEAM: Gryffe HS 27

August 15

YEOVIL GAMES
Yeovil
Men
U20 TJ: J Townsend (Bath) 14.37 (rec)

September 12

AVON LEAGUE
Yate
Men
TJ: J Townsend (Bath, U20) 14.55

What's On

Preview guide to forthcoming events worldwide

Cross country

Saturday October 9

CHILTERN LEAGUE MOB MATCH
RAF Halton.
Contact: Dennis Orme. 0208-4291461

ESSEX LEAGUE
Hockley or Hadleigh.
Contact: Roy Meadowcroft. 01245-354649

HAMPSHIRE LEAGUE
Farley Mount, Winchester.
Contact: John Popplewell. 02392-631500

KENT MEN'S, WOMEN'S AND YOUNG ATHLETES' LEAGUE
Sparrow's Den, West Wickham.
Contact: Neil Smith. 01732-456240

MAJESTIC TRAVEL NORTH WALES LEAGUE
Colwyn Bay. 2.10pm.
Contact: David Alun Williams. 01978-820612

METROPOLITAN LEAGUE
Ruislip. 1.30pm.
Contact: Howard Williams. 01277-625294

REEBOK CROSS CHALLENGE
Callendar Park, Falkirk.

SURREY LADIES' LEAGUE
Wimbledon Common. 12.30pm.

SURREY MEN'S LEAGUE
Division 1: Brockwell Park. **Division 2:** Wimbledon Common. **Division 3&4:** Epsom Downs.

Sunday October 10

FROSTBITE LEAGUE
Sports Association Clubhouse, St Neots Common, St Neots. 11am.

HEREFORDSHIRE COUNTY LEAGUE
Croft Castle, Aymestrey. 11am.
Contact: Mike Blenkinsop. 01568-708119

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
Eastbourne Stadium, Darlington.

Wednesday October 13

CAPITOL SHOPPING CENTRE CARDIFF & THE VALE BOYS' LEAGUE
Leckwith, Cardiff. 4.30pm.

EALING BOROUGH SCHOOLS' LEAGUE
Berkeley Playing Fields, Horsenden Lane, North Greenford. 4pm.

Thursday October 14

CAPITOL SHOPPING CENTRE CARDIFF & THE VALE GIRLS' LEAGUE
Leckwith, Cardiff. 4.30pm.

Saturday October 16

BRITISH MASTERS RELAYS
Earlham Park, Norwich.
Contact: 2004 BMAF XC Relays, 6 Hare Close, Mulbarton, Norwich NR14 8QQ

CHINGFORD LEAGUE
Loughton.
Contact: Janice Bowman. 0208-4407616

GLOUCESTERSHIRE LEAGUE
Plock Court, Gloucester.
Contact: Robin Macdonald. 01451-820092 (10am-9pm only)

SOUTH EAST LANCASHIRE LEAGUE
Leigh. 1pm.

SURREY VETERANS' CHAMPIONSHIPS
Richmond Park, Petersham. 2.30pm.
Contact: 0207-7236351

Sunday October 17

WEST GLAMORGAN LEAGUE
Tba.
Contact: Kevin Corcoran. 01792-792301

Tuesday October 19

SOUTH WALES REGIONAL SCHOOLS BOYS' CHAMPIONSHIPS
Leckwith, Cardiff. 2pm.

Wednesday October 20

SOUTH WALES REGIONAL SCHOOLS GIRLS' CHAMPIONSHIPS
Leckwith, Cardiff. 2pm.

Saturday October 23

ESSEX LEAGUE
Thurrock.
Contact: Roy Meadowcroft. 01245-354649

Sunday October 24

LINCOLNSHIRE LEAGUE
Skegness.
Contact: Ted Butcher. 01778-345062

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
Eastbourne Stadium, Darlington.

SUNDAY LEAGUE
Parliament Hill Fields. 11am.
Contact: Malcolm French 0208-422 390/malcolmfrench@aol.com

Saturday October 30

APEX SPORTS CHILTERN LEAGUE
Oxford.
Contact: Dennis Orme. 0208-4291461

COMPLETE RUNNER WEST YORKSHIRE LEAGUE
Bramley Falls Wood, Leeds. Noon.
Contact: Complete Runner. 01943-601581

DURHAM UNIVERSITY PAST V PRESENT
Graham Sports Centre, Maiden Castle, Durham DH1 3SE. 9.30am.
Contact: Durham University Athletic Union, Dunelm House, New Elvet, Durham DH1 3AN.
Entry: £3. Extra on day: £1

EAST SURREY LEAGUE RACES
Lloyd Park, Croydon. 2.30pm.

ESSEX LEAGUE
Upminster.
Contact: Roy Meadowcroft. 01245-354649

HAMPSHIRE LEAGUE
Goodwood, Chichester.
Contact: John Popplewell. 02392-631500

KENT MEN'S, WOMEN'S & YOUNG ATHLETES' LEAGUE
Capstone Park, Gillingham.
Contact: Neil Smith. 01732-456240

LONDON CITY RUNNER METROPOLTIAN LEAGUE
Woodford. 1.30pm.
Contact: Howard Williams. 01277-625294

MANCHESTER & DISTRICT LEAGUE
Heaton Park, Manchester. Noon.
Contact: Brenda Bradshaw. 0161-7966310

METROPOLITAN LEAGUE
Woodford.
Contact: Howard Williams. 01277-625294

NORTH WEST LEAGUE
Heaton Park, Manchester. Noon.

REEBOK CROSS CHALLENGE inc BIRMINGHAM LEAGUE AND MIDLAND WOMEN'S LEAGUE
Senneleys Park, Birmingham.

SOUTH EAST LANCASHIRE LEAGUE
Farringdon School, Sunderland. 12.30pm.
Contact: Mrs AM Ogle, 11 Thornton Crescent, Blaydon-on-Tyne NE21 4BA

Sunday October 31

GWENT LEAGUE
Leckwith Stadium, Cardiff.

Saturday November 6

ENGLISH NATIONAL RELAYS
Mansfield.

MAJESTIC TRAVEL NORTH WALES LEAGUE
Telford. 2.10pm.
Contact: David Alun Williams. 01978-820612

PRIORY RELAYS
Reigate Priory, Reigate Priory Park, Reigate, Surrey. 1.30pm.
Contact: Mr Andy Glover. 01737-361868

WELSH INTER-SCHOOLS'
Brecon. 1.15pm.
Contact: Derek Osborne. 01874-623852

Sunday November 7

KEEP ON RUNNING SOUTH YORKSHIRE LEAGUE
Grange Lane, Barnsley.
Contact: 01226-765191

Road

Sunday October 10

BUPA GREAT SOUTH RUN
Portsmouth.

TY HAFAN MILFORD HAVEN 5km
Milford Haven Town Hall, Milford Haven Town Centre and Marina, Milford Haven, Pembrokeshire. 11am.
Contact: Sandie Grindlay. 01446-739993

Wednesday October 13

STREET 5km
United Reformed Church hall, High Street, Street, Somerset.

Friday October 15

BOSCOMBE WINTER 5km SERIES
Boscombe Pier, Boscombe. 7.15pm.
Contact: Geoff Scott. 01202-625051
Entry: £1.

Sunday October 17

ABINGDON MARATHON inc OXFORDSHIRE, BERKSHIRE & MIDDLESEX COUNTY CHAMPIONSHIPS & SCVAC MARATHON CHAMPIONSHIPS
Tilsley Park Athletics Track, Abingdon, Oxfordshire. 9am.
Contact: Abingdon Marathon. 01235-529558
Entry: £12.

FURZEFIELD CENTRE 10km
Mutton Lane, Potters Bar, Hertfordshire EN6 3BW.
Contact: 01707-850500.
Entry: £8.

GREAT CUMBRIAN RUN
Bitts Park, Carlisle, Cumbria.
Contact: Mike James. 01228-625444

GREEN DRIVE FIVE
Lytham CoE Primary School, Park View Road, Lytham St Anne's, Lancashire. 11am.
Contact: Emily Dennis. 01772-792848
Entry: £6. Extra on day: £1

NORTH DEVON 10km
South Molton Community College, Old Alswear Road, South Molton, Devon EX36 4LA. 11.15am.
Contact: Mike Ford. 01769-573128
Entry: £7. Extra on day: £1

RONHILL SURREY CLASSIC SERIES
Mansion House, Nonsuch Park, Epsom, Surrey. 7.20pm.
Contact: David Denton. 01773-880338
Entry: £2. Extra on day: £1

SUE BAKER 5
Beckingham Business Park, Tolleshunt Major, nr Maldon, Essex. 10.45am.
Contact: Mr A Childs. 01206-230068
Entry: £6. Extra on day: £2

WOBURN RHINO RUN 10km & 4km
Woburn Safari Park, Woburn Park, Bedfordshire. 11am.
Contact: 0207-3577474
Entry: £10.

Tuesday October 19

FIVEWAYS TIPTREE 10
Beckingham Business Park, Tolleshunt Major, nr Maldon, Essex. 11am.
Contact: Mr A Childs. 01206-230068
Entry: £6. Extra on day: £2

Wednesday October 20

RONHILL DERBY WINTER MIDWEEK TRAINING RACES 5km & 1M
Shaftesbury Sports Centre, off Cambridge Street, Derby, Derbyshire. 7.20pm.

La Salle Bank Chicago Marathon, Sunday October 10

EVANS RUTTO is the favourite for this weekend's LaSalle Chicago Marathon in the absence of world record-holder and four-time Chicago winner Khalid Khannouchi.

After Khannouchi's withdrawal due to injury, Rutto will be the man to beat. He is the defending champion and has a best of 2:05:50 set in his marathon debut on this course last year.

The Kenyan was an underdog coming into last year's marathon and his longest distance prior to his debut was the half-marathon.

But race director Carey Pinkowski said: "Evans' victory in the 2003 LaSalle Bank Chicago Marathon follows in the tradition of other great Chicago champions, Steve Jones, Ondoro Osoro, and Khalid Khannouchi. These athletes converted great track credentials and pure ability into world leading performances in the marathon. Evans just scratched the surface of the marathon in 2003."

Pinkowski feels Rutto can challenge the world record, especially with the new design of the Chicago route. "He ran well within himself, defeated a strong field, and made the marathon distance look easy last year. I believe he could have gone a minute faster if he needed too," added Pinkowski.

Also returning to compete is last year's runner-up, Kenyan Paul Koech. Also in his marathon debut, the 34-year-old finished just over a minute behind Rutto with a 2:07:07 performance in 2003.

Other contenders are Kenya's Daniel Njenga, who ran 2:06:16 for second in Chicago in 2002, and Japan's Toshinari Takaoka, who clocked an Asian record of 2:06:16 when third last year.

The women's field is headed by Svetlana Zakharova of Russia, who won last year's Chicago race in 2:21:31. Last year's runner-up, Constantina Tomescu-Dita of Romania, is also competing.

Yasuko Hashimoto of Japan, the 2003 Berlin winner with 2:26:32, is also in the line-up, together with Marla Runyan of the United States.

BUPA Great South Run, Portsmouth, Sunday October 10

BENITA JOHNSON heads the entries for the UK's biggest 10-mile race, which takes place in the naval city of Portsmouth this Sunday.

During a terrific 2004, the Australian has won the world cross country title and BUPA Great North Run. And she hopes the Great South Run will act as further preparation for her marathon debut, which she makes in New York on November 7.

This will also be her 10-mile debut. "I've never done a 10-miler before," said Johnson, who will join a field of around 15,000, "so I'll be looking to get a fast personal best out of the race and I'm hoping conditions will be helpful."

Johnson's training partner Sonia O'Sullivan has won the south coast race for the last two years and in 2002 set a then world record of exactly 53 minutes over the flat and fast course.

Other former winners include Liz McColgan, Marian Sutton and Derartu Tulu, while the men's race has been won by the likes of John Yuda, Khalid Skah, Benson Masya and Gary Staines – the latter winning the race three times in the Nineties.

Linked to the 10-mile race, there are also David Lloyd Great Mile runs on Saturday October 9 at Southsea.

◆ **THE BUPA Great South Run starts on Sunday at 10.30am. For further details see: www.greatrun.org**



Benita Johnson: Great North Run winner tackles 10 miles on Sunday

Contact: David Denton. 01773-880338
Entry: £2. Extra on day: £1

Saturday October 23

AAA NATIONAL MEN'S SIX-STAGE AND WOMEN'S FOUR-STAGE RELAYS
Sutton Park, Sutton Coldfield, West Midlands.

Sunday October 24

BAKERS AND LARNERS OF HOLT 7
Gresham's School, Holt, Norfolk. 10.30am.
Contact: 01263-588334
Entry: £6. Extra on day: £1

STROUD HALF-MARATHON
Stroud, Gloucestershire.
Contact: Stroud & District AC, PO Box 108, Stroud GL5 5YT

Friday October 29

SERPENTINE/RUNNER'S WORLD 5km
The Bandstand, nr Hyde Park Corner, Hyde Park, London. 12.30pm.
Contact: Malcolm French. 0208-4223900
Entry: £2.

Saturday October 30

TRENT PARK RC 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Oakwood, Enfield EN4 0PS. 9.30am.
Contact: Julie van der Helstraete. 0208-3678697
Entry: £2. Extra on day: N/A

Sunday October 31

FENLAND 10 inc EASTERN VETS CHAMPIONSHIPS
Marshland High School, West Walton, Wisbech, Cambridgeshire. 10am.
Contact: 01406-550581
Entry: £5. Extra on day: £1

Tuesday November 2

CHINGFORD LEAGUE
Eastway.
Contact: Janice Bowman. 0208-4407616

CRYSTAL PALACE CANTER 5km
Top car park, National Sports Centre, Crystal Palace Park. 12.30pm.
Contact: 0208-6995949

Saturday November 6

BATH VICTORIA PARK 4
Royal Victoria Park, Upper Bristol Road, Bath. 11am.
Contact: Sue Brigden. 01225-310120
Entry: £5.50. Extra on day: £1

LANGLEY 7
Langley Methodist Church, Main Road, Langley, Macclesfield, Cheshire. 7.20pm.
Contact: Tim Jarvis. 01625-426829
Entry: £2. Extra on day: £1

Sunday November 7

RONHILL SURREY CLASSIC SERIES
Village Hall, Holtwood Road, Oxshott, Surrey. 7.20pm.
Contact: David Denton. 01773-880338
Entry: £2. Extra on day: £1

STEVENAGE MARATHON & HALF-MARATHON
John Henry Newman School, Stevenage. 9.30am.
Contact: Paul Holgate. 07764-237659
Entry: £15/£9.

Fell

Sunday October 10

OPEN BRITISH AND IRISH JUNIOR HILL RUNNING CHAMPIONSHIP inc HOME INTERNATIONALS
Latrigg, Keswick, Cumbria. 7.20pm.
Contact: Steve Fletcher. 01768-779362
Entry: £2. Extra on day: £1

Multi-terrain

Saturday October 9

MANCHESTER RELAYS
Wythenshawe Park, Arden City College, Manchester, Great Manchester. 2pm.
Contact: Julia Leventon. 07791-337617

Saturday October 16

STANDISH HALL TRAIL RACE
Hesketh Arms, Shevington Moor, Wigan, Lancashire. 7.20pm.
Contact: Paul Carroll. 01257-426166
Entry: £2. Extra on day: £1

Sunday October 17

GLENN MILLER RUN
Twinwood Road, Clapham, Bedford, Bedfordshire MK41 6AB. Noon.
Contact: David Lee, 33 Poplar Avenue, Bedford, Bedfordshire MK41 8BL

Sunday October 24

DE VERE 4 PERSON RELAY
Blackpool Fire Station, 62 Forest Gate, Blackpool, Lancshire. FY1 3RD. 2pm.
Contact: Dave Waywell. 01253-357637/07762-283626
Entry: £5/£20 team.

GIN PIT 5
Miners Welfare Club, Gin Pit Village, Ley Road, Tyldesley, Manchester.
Contact: Astley & Tyldesley RR. 01942-892028

Sunday October 31

HALLOWEEN HOWLER
Lothersdale, nr Skipton, North Yorkshire. 11am.
Contact: 01535-210543

Walks

Saturday October 9

ENFIELD LEAGUE
Queen Elizabeth Stadium, Enfield. 2.30pm.
Contact: Martin Oliver. 01992-626804

Reebok Cross Challenge Series, Falkirk, Saturday October 9

JUST 41 days after the closing ceremony of the Olympic Games and with the track season still fresh in the memory, the domestic cross country season kicks off in earnest in Scotland on Saturday.

But with just six weeks to go before the European cross country trials a number of Britain's most high-profile athletes are opening their 'winter' season at Falkirk's Callendar Park.

In the senior men's race, AAA 5000m bronze medallist Chris Davies will be hoping for a winning start to the cross country season. Davies, who ran the fastest leg at last month's Midland Counties Road Relays at Sutton Park, is clearly in decent nick and the Telford AC athlete will start favourite.

Tipton's Matt Smith, who finished Britain's top finisher in the senior men's long course race at the 2003 IAAF World Cross Country Championships, has largely concentrated on the roads since then but he will look to make a big impact. His 64:08 clocking at last month's BUPA Great North Run shows he is also in good shape.

Mansfield's national cross country silver medallist, Billy Farquharson, is also believed to be in good form. Last year's runner-up, Michael Skinner (Blackheath and Bromley), and two-time world cross country representative, Rob Birchall of Notts AC, also have be respected.

In the senior women's race Scotland has high hopes of a home winner as City of Glasgow AC pair Susan Partridge and Collette Fagan should figure prominently.

Partridge was a member of the gold medal winning British team at last year's European Cross Country Championships while Fagan, a former European junior 5000m bronze medallist, is also a threat.

Other athletes who could make an impact are Mara Yamauchi (Harrow AC), Julia Bleasdale (Hillingdon AC) and Alyson Dixon (Chester-le-street AC).

Morag McClarty (Central AC) and Ryan McLeod (Elswick) are two names to watch out for in the junior races while Swansea's Non Stanford should feature in the women's under-17 race.

Timetable

11.45am	Under-13 girls
Noon	Under-13 boys
12.15pm	Under-15 girls
12.35pm	Under-15 boys
12.55pm	Under-17 women
1.15pm	Senior and junior women
2.15pm	Senior and junior men
3pm	Under-17 men

Overseas

Sunday October 10

LA SALLE BANK CHICAGO MARATHON
Chicago, United States.

Sunday October 17

AMSTERDAM MARATHON
Amsterdam, Netherlands.

Monday October 25

DUBLIN MARATHON
Dublin, Ireland.
Contact: www.dublincitymarathon.ie

Sunday November 7

ATHENS MARATHON
Athens, Greece.

ING NEW YORK CITY MARATHON
New York, United States.

athletics WEEKLY

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.

Date of event: ...../...../..... (dd/mm/yyyy)
Name of event: .....
Distance: ..... Start time: .....
Type of event: Road/Track/Cross/Fell/Walks/Multi-terrain/Indoor (please circle)
Venue: .....
Address: .....
.....
County: ..... Postcode: .....
Contact details: Enter here only information we can publish.
Name: .....
Tel No: .....
Address: .....
.....
County: ..... Postcode: .....
Email address: .....
Website: .....
Athletics Weekly contact information: For our purposes and not for publication. Complete if different from above.
Tel No: .....
Email address: .....

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 on-line form.

Road events only

Entry fee: ..... Extra on day: .....
Postal entries close: ...../...../.....
Prizes: .....
.....
.....

While we will publish fixture information for free, we ask in return that you send us results of your event promptly.

Please ensure fixture submissions reach us no later than eight days before publication of the last issue prior to your event.

Ron Pickering memorial fund

Applications are invited for Grants from The Ron Pickering Memorial Fund

from young athletes aged between 15 and 23 who are in education and may need financial help towards training or provision of equipment.

Applicants must be medallists from the English Schools, the County or AAA Junior Championships, or in the top six of the appropriate UK ranking lists.

Application forms (closing date 30th November 2004) may be obtained by sending a stamped addressed envelope to Jean Pickering, 11 Wendover Drive, Welwyn, Herts AL6 9LT or downloaded from our website:

www.rpmf.org.uk

BRITISH MILERS' CLUB

in conjunction with UKA and AAA RDCs

Regional Coaching Education Days

DEVELOPING ENDURANCE ATHLETES

on Saturday 23 October 2004 10am to 4.00pm
Woodside Stadium, Horseshoe Lane, Watford

Key Speaker: Lasse Mickelson Finnish M.D. Coach on Winter Planning and Progression of Training
Other talks include: Spanish Approach to Endurance by David Chalfen, Conditioning for Endurance including demonstrations by Liam Cain
Development of Young Athletes, Plus questions to Coaching Panel

Cost £10 (BMC members £2)
Cheques in favour of BMC to Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex UB8 3AB email pfitzgerald763@aol.com

and also

Saturday 20 November 2004 10.30am to 3.30pm at Chester-le-Street

Guest Speakers include Frank Horwill, John Cooper and David Lowes

Cost £6 (BMC members £2) Cheques in favour of BMC to:
David Lowes, 2 Eggleston Close, Newton Hall, Durham DH1 5XR
Email: coachlowes@aol.com

See website www.britishmilersclub.com for more details

BRUNEL UNIVERSITY ATHLETICS SCHOLARSHIPS

FOR 2005 ENTRY

With the completion of the Brunel University Athletics Centre in early 2005, Brunel University in West London will become the UK Athletics Performance Centre for London West.

These facilities will form the centrepiece of a £13m investment in sports facilities and a key London site in the English Institute of Sport network.

Led by our Head of Athletics, the Centre of Excellence programmes will provide students with one of the best environments for athletics training in the UK.

Further your education and your athletics career at one of the fastest-rising universities in the UK top 30 with an unbeatable future in athletics.

Athletics scholarships are available to athletes of outstanding ability. The package includes a cash award, free use of health and fitness facilities, massage and rehabilitation, strength and conditioning advice and sports science support.

For further information on Athletics Scholarships contact Neil Young on 01895 265315 or email neil.young@brunel.ac.uk

To order a prospectus visit: www.brunel.ac.uk



Brunel graduates Abi Oyepitan (Government), Catherine Murphy (Law), Marcia Richardson (Sport Sciences) and Shani Anderson (Design) competed for Great Britain at the World Championships in Athletics 2001.



UK Athletics Chief Executive Dave Moorcroft presented the victorious Brunel team with their trophy at the opening match of the new Athletics Arena in May 2004.

Brunel UNIVERSITY WEST LONDON



WWW

The web directory giving you on-line information to get what you need

RETAILERS

www.sportsshoes.com
Sports specialist in retail, mail order and e-commerce. Order on our secure server

www.startfitness.co.uk
The UK's fastest growing running mail order company, free P&P on orders over £40

www.specials.ronhill.com
Customised team athletic kit – made to order – Try us for a quote 01623-559395

www.bournesports.com
UK's leading mail order athletics supplier. Largest stock, widest range of prices

www.sportlink.co.uk
Specialist for all running requirements Shoes, spikes, equipment, accessories – best prices

www.sweatshop.co.uk
Award-winning running store. Service, advice, choice, value and security second to none

www.birminghamrunner.com
Trainers, spikes, clothing, HRM, Adidas, Asics, Brooks, Nike, New Balance, Saucony, Concurve, Mizuno

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Mamo Wolde: marathon great



Mamo Wolde: was last in his heats at the 1956 Olympics but struck gold in 1968

Ethiopia's Mamo Wolde won gold in the Olympic marathon at the Mexico Games of 1968 and then placed a gallant third when trying to defend his title in Munich in 1972

♦ Competing in Melbourne

MAMO WOLDE made his Olympic debut in 1956 in Melbourne when he was 24 years old. Competing in the 1500m and 800m he finished last in both of his heats.

♦ Stepping up the distance

IN his early career Wolde concentrated on the middle distance events before moving up, first to the 10,000m and then the marathon. He regularly competed against the double Olympic marathon champion Abebe Bikila but found it difficult to match his team-mate's relentless pace.

♦ Olympic progress

AT the 1964 Olympic Games in Tokyo Wolde competed in the 10,000m where he finished a respectable fourth in a time of 28:31.8. The race was won by America's Billy Mills in an Olympic record of 28:24.4 with Mohamed Gammoudi and Ron Clarke taking second and third respectively.

♦ High altitude Games

FOUR years later Wolde went into the 1968 Olympic Games in Mexico City as a possible medal contender. He was in good form and, coming from East Africa, was already accustomed to the high altitude he would face in Mexico.

♦ First Olympic medal

In the 10,000m the race came down to a two-man battle between Wolde and Kenya's Naftali Temu. Wolde set the pace throughout the race and, going into the final lap was ahead of his African rival. Temu produced a frantic sprint which saw him take the lead with 50m remaining. He crossed the line first in 29:27.4 with Wolde second in 29:27.75.

♦ Olympic gold

WOLDE'S next challenge was the Olympic marathon where he was competing against fellow Ethiopian Abebe Bikila, who had won the title for two consecutive Games. With Bikila struggling with a leg injury it was left to Wolde to continue his country's domination in the event. Bikila was part of the leading group but dropped out after 17km. Wolde and Temu took the lead and, when Temu began to struggle with eight miles to go, Wolde made his move. He developed a big lead, taking the title in 2:20:27 ahead of runner up Kenji Kimihara of Japan, who clocked 2:23:31. Wolde was 36 years and 130 days old, becoming the oldest distance running Olympic gold medallist.

♦ Final Olympic performance

IN a bid to defend his title, four years later, aged 40, he made it on to the podium – finishing third in 2:15:09. The winner, American Frank Shorter, produced an impressive front running performance to take the title in 2:12.20. Belgium's Karel Lismont passed Wolde in the final stages to finish second in 2:14:32.

♦ Imprisoned in later life

IN 1993 Wolde was put into prison accused of participating in an execution during the regime of the dictator Mengistu Haile Mariam. He spent nine years awaiting trial until in 2002 he was convicted and given six years imprisonment. Having already served more than his sentence he was released but died only a few months later.

The *Weekly* That Was ... October 1, 1983

On the cover

EAMONN COGHLAN wins the World Championship 5000m title.

Nine pre-selected

THE BAAB announced that nine athletes had been chosen to compete in the following year's Olympic Games. They included Allan Wells, Seb Coe, Steve Cram, Steve Ovett, Daley Thompson and Fatima Whitbread.

Sale make history

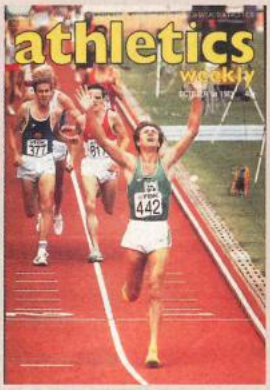
ATHLETICS history was made at Longford Park, Stretford on August 27 when Sale Harriers' women's team became the first to win the UK League Track and Field First Division Championship and the National Cross Country Championships in the same year.

Winning marathon debut

KEVIN FORSTER of Gateshead gained victory in his debut marathon, the 19th Enschede Marathon, with 2:14:19. In the women's race, Priscilla Welch won in a personal best of 2:36:32.

Moorcroft returns

DAVE MOORCROFT returned to the track after missing most of the season through injury. Competing at the Altrosport Invitational Meeting at Jarrow's Monkton Stadium, he beat Mike McLeod by more than eight seconds at 3km.



Welsh youth record

THE highlight of the British Milers' Club and Newport Harriers meeting at Cwmbran was the performance of AAA Youths 1500m champion, Neil Horsfield. In taking the 800m in 1:51.6 he reduced his own Welsh Youths' record by 1.4 seconds. He planned to target Peter Elliott's UK age-16 best of 1:50.7.

Gordon Pirie still winning

GORDON PIRIE, Britain's former world record-holder at 3000m, 5000m and six miles, won the over-50 prize in the Cascade 15km road race in Jalop, Mexico.

UK record

CHRIS MADDOCKS set a UK record of 4:02.38 when placing ninth in the 50km walk at the Lugano Trophy finals in Bergen. Mexico's Raul Gonzalez won the race in 3:45.36, and Jozsef Pribilinec of Czechoslovakia took the 20km in 1:19.30. Maddocks went on to compete in the 50km walk at the 2000 Olympic Games in Sydney. He completed the race despite a hamstring injury.

Hastings to Brighton

BOB DOBSON completed a hat-trick of successive victories after a closely contested race. While Dobson proved his superiority the revelation of the race was the then 21-year-old Andy Trigg who finished second.

NEXT WEEK ...

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athletics WEEKLY

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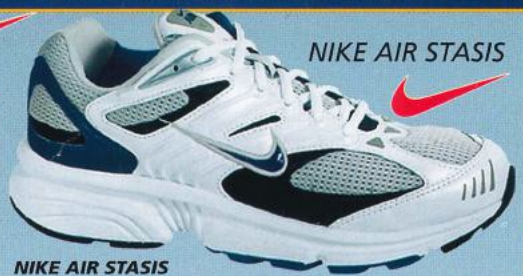


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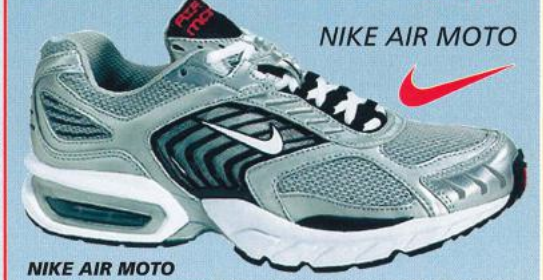
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NIKE AIR STASIS
Complete footstrike management for the runner who needs stability without compromising cushioning and weight Mens UK sizes 6 -12 inc ½ sizes Ladies UK sizes 4 - 8 inc ½ sizes **£74.99**

NIKE AIR MOTO



NIKE AIR MOTO
designed for the runner looking for the prefect blend of cushioning and support at a value price, dual density air units for great cushioning Mens UK sizes 6 - 12 inc ½ sizes Ladies UK sizes 4 - 8 inc ½ sizes **£69.99**

NIKE AIR PERSEUS



NIKE AIR PERSEUS
this shoe was inspired by Prefontaine, it is a no-nonsense shoe offering exceptional cushioning and support. Air sole encaged in phylon for optimal cushioned ride, mid-foot support shank for torsional rigidity Mens UK sizes 6 - 12 inc ½ sizes. Ladies 4 - 8 inc ½ sizes **£60**



NIKE AIR PEGASUS TC



NIKE AIR PEGASUS TC
The Pegasus TC is designed as a fast training shoe Suitable for road training and road racing form 5k to marathon, full length phylon midsole with encapsulated heel air unit for great cushioning, durable carbon rubber on the heel Mens UK sizes 6 -12 inc ½ sizes. Ladies 4 - 8 inc ½ sizes **£60**



NIKE AIR ZOOM MILER LADIES TRAINING SHOE
Ladies UK sizes 4 - 8 inc ½ sizes
£80



LADIES AIR ZOOM MILER Silver



LADIES AIR ZOOM MILER White/ gold

NIKE FREE 5.0



NIKE FREE 5.0
Born out of science, research and years of hard work the Nike Free 5.0 fits like a glove, moves like the bare foot and will bring your training to an entire new level. The dynamic heel pocket allows more natural movement while the mesh upper aids ventilation, the sliced upper makes an otherwise static material become dynamic and responsive, the seamless lightweight upper makes the shoe very comfortable, the midsole is sculptured to put your foot in a more natural position, deep cuts in the outsole allow the foot to flex and move the way it would if it was barefoot. The Nike Free puts your foot back in charge. Mens sizes 6 - 12 inc ½ sizes. Ladies sizes 4 - 8 inc ½ sizes **£60**





NIKE FREE CROSS TRAINER lightweight forefoot strap and outrigger for extra stability during workouts, deep cuts in the outsole allow the foot to flex and move as it would barefoot, highly durable and seamless provides a stable yet natural fit, enhanced traction pattern on forefoot outsole for superior fit. Sizes 7 - 12 inc ½ sizes **£60**

NIKE AIR SHOX FSM Mens



NIKE AIR SHOX FSM
features proven Shox cushioning modified to address the needs of the runner looking for enhanced foot strike management Mens UK sizes 6 - 12 inc ½ sizes Ladies 4 - 8 inc ½ sizes **£95**



NIKE AIR SHOX FSM Womens

NIKE AIR PEGASUS a legendary shoe for the runner seeking great neutral cushioning and a supportive ride Mens 6 - 12 inc ½ sizes. Ladies 4 - 8 inc ½ sizes **£60**



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All orders plus £3 post & packing. Send cheque/postal order or telephone your order quoting Mastercard Switchcard or Visa.