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Sydney Olympics Preview Edition

Inside – your 60-page guide to all the athletics action

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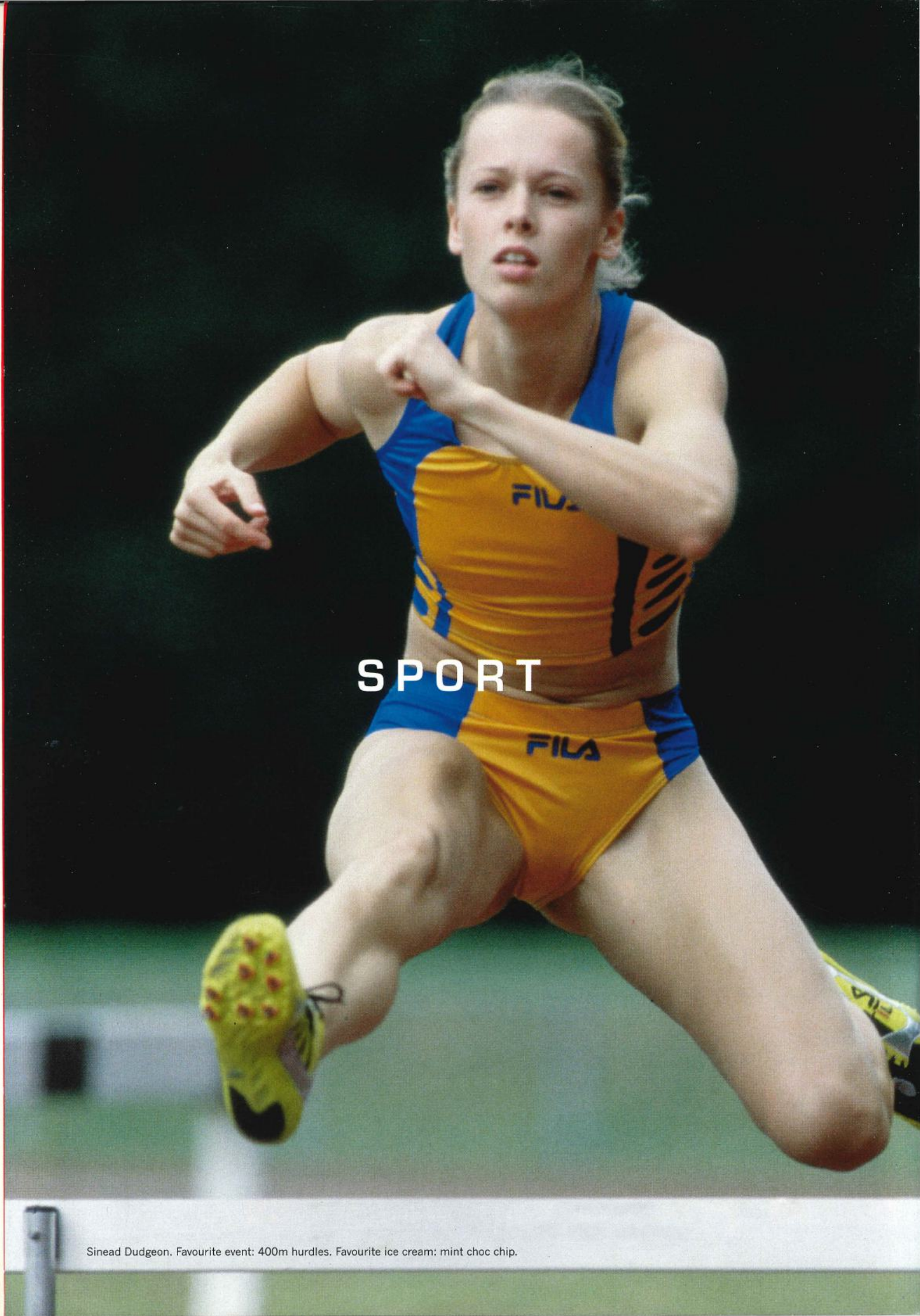

Sinead Dudgeon. Favourite event: 400m hurdles. Favourite ice cream: mint choc chip.

...and THEN I'm going to have a big slice of strawberry cheesecake. Followed by toffee fudge ice cream. And loads of chocolate sauce...

LIFE

FILA

This week ...

Fila Bradford 10km road race winner Julius Kimtai is presented with his medal by Ted Butcher – page 20

athletics WEEKLY

COMMENT

WELCOME to the biggest issue of the magazine since we turned 50 all those years ago.

The bulk of the issue is taken up with our special Olympic Games preview – 60 pages of facts and figures on the top athletes in every event; a chance for you to see how many medallists you can predict; the top 20 ranked athletes in the world at each event; interviews with Steve Backley and Cathy Freeman; plus the full track & field timetable and a guide to when your favourite events will be on television.

We're hoping the Games will be remembered for all the right reasons, despite the threat of doping scandals in the air.

All the big names are in our preview and most have been marked as medallists by our panel. But the person we'd most like to see strike gold this month has not been chosen by anyone, he's the 100 and 200m silver medallist from 1992 and 1996 – Namibia's Frank Fredericks.

NIGEL WALSH

National Junior League action (from top left): Donna Maylor; sprint hurdles winner Robert Newton and left, Robert Maycock leads Stephen Murphy in the men's 3000m

Page 18

■ Belgrave Harriers' men and the women from Sale Harriers Manchester triumphed in the National Junior League Final at Birmingham's Alexander Stadium

Page 20

■ Kenyan pair defy the rain to take line honours in the high quality Fila Bradford 10km road race

COVER STORY

Page 24

■ The modern Olympic Games visit Australia for the second time. Everything you need to know about the track & field programme is contained in our 60-page preview

On the cover: The Sydney Opera House. Picture: Mark Shearman

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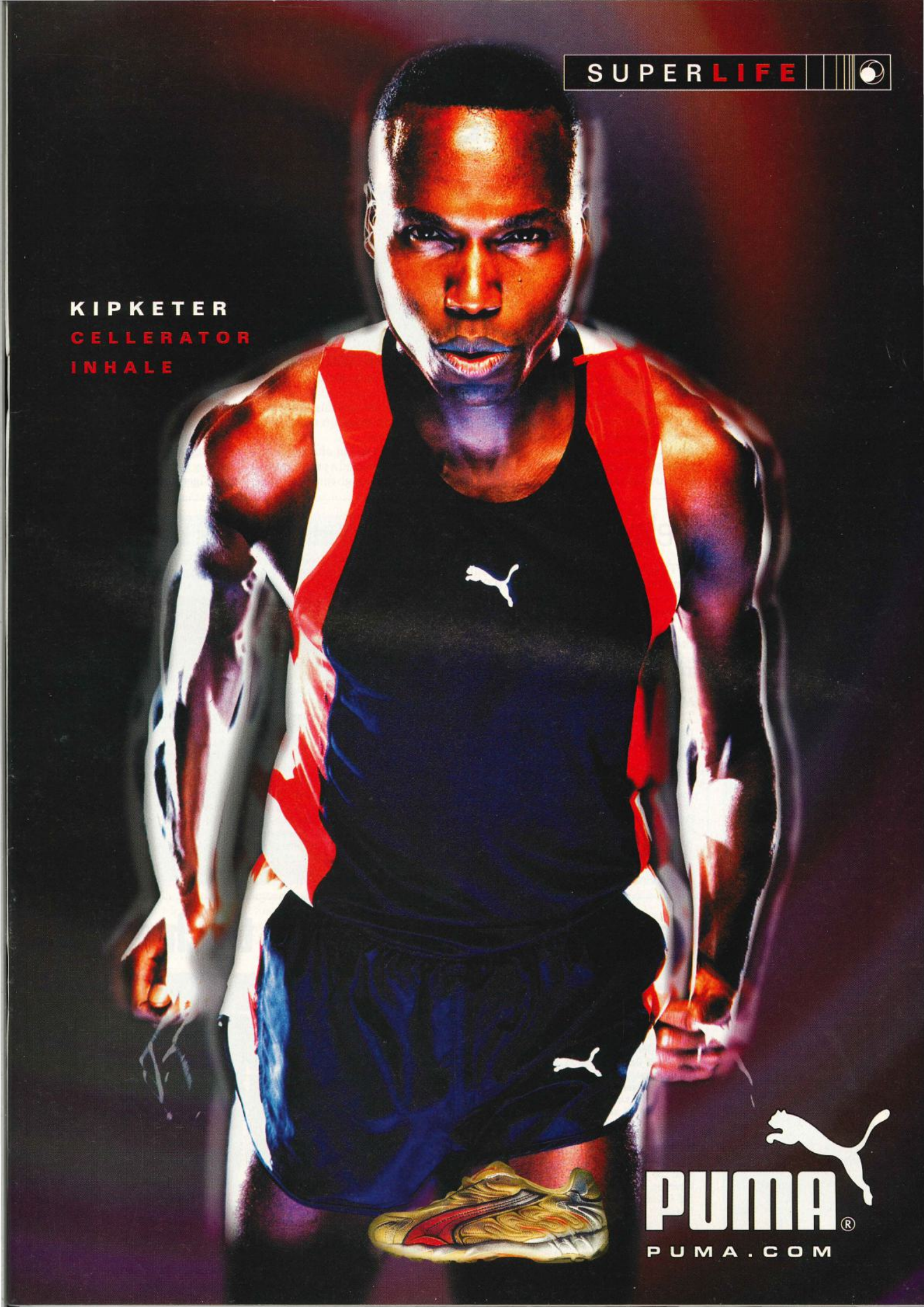
NORWICH UNION & UK athletics – from grass roots to glory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briefs

Kenyan help

THE IAAF recently launched a new International High Performance Training Centre in Eldoret, Kenya, which promises to give athletes from all over the world a chance to develop their athletic skills.

The centre is situated within a few minutes drive of Eldoret town which over the years has produced several world-class athletes.

Chinese becomes US

CHINESE athlete Yueling Chen was recently given a waiver to compete for America in Sydney.

Chen took the gold medal in the 10km walk in the '92 Olympics and in April this year became a US citizen.

Her success at the US Olympic Trials where she finished second in the 20km walk earned her a spot on the US team. After much consultation between the two nations, the 27-year-old was allowed to compete for her adopted nation.

Indian retirement

INDIA's best known athlete, PT Usha, has decided to hang up her spikes.

The 36-year-old multiple Asian Games medallist at 100, 200 and 400m plans to devote a lot of time to her family, but also hopes to develop a track and field academy in her home state of Kerala.

Sell-out on the way

A LARGE percentage of tickets for next year's IAAF World Championships have already been sold.

The event takes place from August 3-12 in Edmonton, Canada. Tickets can be obtained from Ticketmaster on (780) 451-8000 or write to The World's Market, 10044 108 Street, Edmonton, Alberta, Canada for further information.

Taurima lambasted

AUSTRALIAN long jumper Jai Taurima was lambasted recently for saying his US rivals would be unable to jump in the anticipated cool conditions in Sydney because they were 'dark'.

At a pre-Olympic meeting in Brisbane a few days later Taurima faced American, Savante Stringfellow, in competition. The two jumpers shook hands and then went head-to-head in front of 5000 spectators.

Taurima jumped 8.13m, but watched helplessly as Stringfellow, in cool 16°C temperatures, leapt to 8.23m.

"I don't jump well in this weather," Stringfellow joked, "I wished it was colder."

Backley's golfing ambition

STEVE BACKLEY has revealed a surprise ambition – to swap the javelin for a nine-iron and join the professional world of golf, *writes Richard Lewis*.

"I am mad about golf," said Backley, who has a golfing handicap of seven. "I know the perfect scenario: win the Olympics and play golf for the rest of my life. Now that would be something."

If you think Tiger Woods can hit the ball far, spend a few hours watching Backley on his favourite Moatlands course in Kent.

Backley plays up to four times a week with fellow British javelin star Mick Hill, who introduced him to the game a decade ago. And because Backley is used to seeking a precise target with the javelin, he is accustomed to the mental determination needed to deliver every time.

Passion for golf: Steve Backley

He has only ever had one golf lesson, but having created a power-base in his right arm through throwing the javelin countless times, Backley has a genuine foundation on which to build and, perhaps, realise his ambition, especially as he finds golf the best antidote for the pressures he takes into the athletics arena.

"The thought of me playing golf doesn't sound that crazy to me," he said. "I would love to try it out professionally one day. The great thing is that I would attempt to improve my game without having that desire every week of wanting to win because I have done that in my chosen sport.

"I look at Tiger Woods and he is just out of this world. In javelin- throwing, you use all your adrenaline and inspiration to achieve a peak, whereas in golf it is about being steady and not allowing yourself to get into troughs. How Tiger does it is amazing."

Relay men up against it

AFTER their silver medal in the World Championships last summer, Great Britain's men's 4x100m team has a great chance of winning gold in Sydney.

But the favourites, the world champions USA, are taking no chances and have sent a squad of 10 to Sydney. Great Britain only has eight.

The average personal best time of the US squad is 9.98. The average best time of the British squad is 10.11.

The top four US runners, led by world record-holder Maurice Greene, boast an average lifetime best time of 9.91. The best four Britons, headed by Dwain Chambers, have run 10.03.

Here's how the US and GB men's 4x100m squads match up:

USA	100m PBs	GB
Maurice Greene	9.79/9.97	Dwain Chambers
Curtis Johnson	10.07/10.04	Darren Campbell
Jon Drummond	9.92/9.98	Jason Gardener
Tim Montgomery	9.92/10.13	Marlon Devonish
Brian Lewis	10.00/10.12	Christian Malcolm
Bernard Williams	10.03/10.17	Ian Mackie
John Capel	10.03/10.21	Allyn Condon
Coby Miller	10.03/10.25	Julian Golding
Ken Brokenburr	10.04/	
Terrence Tramell	10.04	

Further changes to Kenyan team

FOLLOWING swiftly on the heels of the Paul Tergat-Patrick Ivuti switch, the Kenyans have made further changes to the Olympic team.

Following his world lead in the 10,000m in Brussels, Tergat was switched from the 5000m to the 10,000m for Sydney, with Ivuti moving from the 10,000m to the shorter distance.

Now William Yampoy has been called up for the 800m in place of medal hope Patrick Konchella, the Trials winner, who has been sent home with an undisclosed medical complication.

The men's 1500m also sees a change with Laban Rotich withdrawing due to lack of form, his place being taken by William Chirchir who could well mount a challenge for a medal.

It remains to be seen whether Leah Malot, who set a Kenyan 5000m record to defeat Gabriela Szabo in Berlin, gets a 5000m slot. The 5000m team is currently Rose Cheruiyot, Lydia Cheromei and Vivian Cheruiyot, but the latter doesn't yet have the qualifying time.

The most talked about Kenyan change came earlier this year when officials deselected the original trio named for the marathon and named a new team, only for Elijah Lagat to be called back into the team after Ondoro Osoro was shot in a car-jack attempt.

■ At the time of going to press there were unconfirmed rumours that William Yampoy had been selected to replace Tergat in the 5000m and not Ivuti.

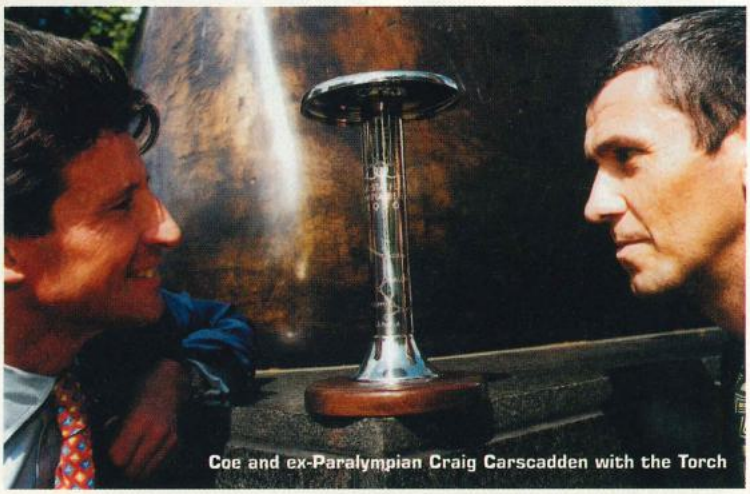
Coe backs charity Olympic torch auction

SEBASTIAN COE is backing the national disability charity, Scope, who are auctioning an original 1936 Olympic Torch on the Sotheby's online website: www.sothebys.amazon.com

The torch was used in the first ever Olympic Torch relay for the opening of the 1936 Games in Berlin. Donated anonymously to Scope, it will be auctioned over the course of the 2000 Games, with the auction starting on September 19 and ending on October 3.

"What a fantastic opportunity to own a piece of history," said Coe. "Especially if, like me, you're keen on all things Olympic. The best thing about it is that with the auction taking place on the Internet, absolutely anyone can make a bid – even those of us who'll be in Sydney."

The Torch travelled over 3000km in 11 days across seven European countries.



Coe and ex-Paralympian Craig Carscadden with the Torch

NORWICH UNION & UK athletics – from grass roots to glory

Munich massacre is remembered

Last Wednesday was the 28th anniversary of the Munich Olympic massacre. Doug Gillon spoke to one of the survivors

ON September 6, in the Tel Aviv cemetery at Kiryat Shaul, Professor Shaul Ladani stood at a moving ceremony of remembrance.

Twenty-eight years after he escaped with his life from the Munich Olympic massacre, Ladani, now 64, stood by the graves of five of his 1972 Olympic team colleagues who were murdered by Black September terrorists.

Four other cemeteries in Israel are the final resting places of the 11 athletes and coaches who died on September 5.

"According to the Hebrew calendar, the anniversary of the massacre is not the fifth of September, but the sixth," explained Ladani.

"The Israeli Olympic Committee organised a service. The graves of the victims are in five different cemeteries, but five graves are in the same one, at Kiryat Shaul in Tel Aviv."

The death toll would have been much more but for the heroism of colleagues who sacrificed their lives as the terrorists struck around dawn in the athletes' village. At No.39 Connolly-strasse they blocked doors with their own bodies, buying time, before dying in a hail of bullets through the wooden doors.

Among those to escape was Ladani, a race walker, who leapt from a balcony. He now works at Ben Gurion University of the Negev, in Be'er Shiva, where he is professor of industrial engineering. In next to flawless English, one of seven languages he speaks fluently, he says: "I am in no way remarkable at all." Yet Ladani, a competitor at two Olympics, still holds a world record, set 28 years ago, and is still walking at the age of 64.

"I believe I survived the Munich experience because I had suffered far worse things in my life," he said. "When I was just five, the family home, a villa in Belgrade, was bombed by the Germans – a direct hit. We all survived in a basement laundry, but our neighbours, who were in another cellar of our home, were killed.

"At eight-and-a-half, I was in Bergen-Belsen. My mother, father, sisters and I all survived, but my grandmother and grandfather were made into soap at Auschwitz.

"I also served as an officer in several Israeli wars. There have been lots of bad experiences. Mentally scarred? No, I don't think so, but one can't assess the cumulative effects..."

He remains active in international walking. His last title, in the open category of the Israel Championship, was just five years ago, when he was 59. He was third in 1998. The 50-mile world record he set in 1972 still stands. So does the Israeli 50km best he set that year. "These more recent results do not mean my level of racing is good, it just means standards are falling," he insisted.

"I know people in many countries who have similar abilities to myself. In athletics there are only two states – you are either before injury, or after injury. Yes, I still enjoy walking. When I am injured, I judge."

The memories of Munich, too, can never leave him. Athletes and coaches who had been held hostage in the village were marched, roped together and under sheets, to waiting buses, as negotiators attempted to thrash out a deal.

It was impossible for waiting security snipers to differentiate between terrorist and Israeli.

Hours later, they were all dead, as grenades were lobbed into a helicopter at a military airport. The Israeli team withdrew and flew home. Yet the experience did not put Ladani off his sport. "I competed just a month later, very much against the wishes of the Israeli government," he said.

He won the 100km championship in Lugano, one of the most prestigious events on the walking calendar. "I still walk in local races, but obviously, due to my age, I am slowing down. I am into ultra marches now. Last year I was in the London to Brighton event. I finished 10th or 12th. It was very reasonable. In July this year, I did 300 kilometres (167.5 miles) in seven days, from Schleswig, in Germany, to Nyborg, in Denmark."

Next he is doing three marches of 42km, on successive days, in the mountains. "There is another one I'm doing, at Brno in the Czech Republic – that's 50 kilometres on each of two days."

Starting at 50, Ladani resolved to celebrate his birthday by walking one kilometre for every year of his life. "Last April, the kilometre markers were misplaced. I ended up doing 70."

China withdraws athletes

CHINA last week withdrew 14 track and field athletes from its Olympic team after finding what they called 'suspicious results' in pre-Games doping tests.

IOC president Juan Antonio Samaranch applauded the decision. IOC vice-president Dick Pound described it as 'brutally frank'.

The secretary general of the Chinese Olympic Committee, Tu Minge, explained: "In the course of blood tests we found several suspicious results." He added: "Some athletes sustained injuries in training and can't reach their normal levels and others have fallen ill."

Six of the affected athletes are female distance runners coached by the controversial Ma Junren.

In 1993, under the guidance of Junren, Wang Junxia ran world records of 8:06.11 for 3000m and 29:31.78 for 10,000m – performances that were greeted with great suspicion. In the same year his athletes swept the medals at the World Championships.

Many people believe China's hardline stance is because they want to appear squeaky clean as they bid to host the 2008 Games.

The recent go-ahead for an EPO test in Sydney could be a factor too.

Aussie thief 'bags' £3500 haul

COLIN JACKSON, one of Britain's best hopes for a medal, arrived at the British Olympic training camp on Australia's Gold Coast and was the immediate victim of a theft.

One of Jackson's bags, containing £3500 worth of personal belongings, was stolen from a locked van in which he'd left it.

A mobile phone and personal organiser, which included the numbers of several film and pop stars, were in the bag, together with his passport and credit cards.

Matt Crawcour, a spokesman from the British Olympic Association, said: "People know there are a lot of teams on the Gold Coast and the temptation to steal souvenir Olympic memorabilia will be strong."

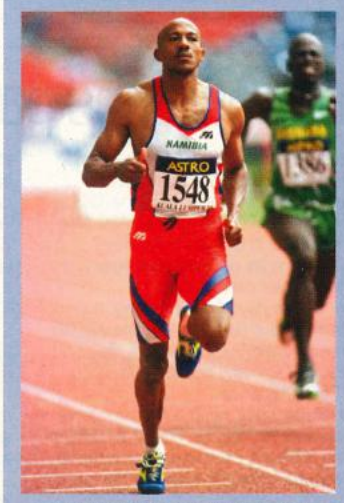
Athletes are being advised to be aware of the possible thefts during the Games and take extra care over their belongings.

Fredericks remains confident

DESPITE a quiet year, Frank Fredericks is confident he can make a big impression in Sydney.

With Michael Johnson and Maurice Greene out of the 200m Fredericks' chances of gold are enhanced, having taken silver in both sprints in 1992 and '96

Fredericks has been absent from the grand prix circuit this summer, but insists he'll be ready when it matters.



Frank Fredericks: 'I'll be ready'

The 1993 world 200m champion, Namibia's only Olympic medallist in history with those four silvers, has seen his season interrupted by an Achilles injury.

He says: "Obviously if I hadn't been injured I'd have raced more but in 1996 I only lost two races all year ... and they were at the Olympics. I had a fantastic year but was not Olympic champion so maybe this time it will be the other way round and I'll have a horrible year but win the Olympics.

"I opted to train rather than race because at this time of year you can't get any races with just one or two good guys, you have all the good guys, so I concentrated on training and it's gone well.

"No one is expecting much from me because they haven't seen me, but I'll be going there to win. I haven't decided whether I'll do both sprints but I will compete before the Games so I'll see how things go."

Norman Stang dies

NORMAN STANG, the official hit on the head by a hammer at the AAA Under-20 Championships at Bedford on August 26, died on September 5.

Stang, 58, was a member of Colchester and Tendring.

David Moorcroft, chief executive of UK Athletics, said: "We are all very sad and extend our deepest sympathies to Norman's family and express our concern for the young competitor involved in this most unfortunate accident."

Stang leaves behind a wife, Thelma, and two sons.

Thie holds lead

CARDIFF's James Thie leads going into this weekend's penultimate round of the *Athletics Weekly* Miles of Miles Grand Prix.

The Roger Bannister Mile will be held in conjunction with Saturday's inter-regional under-20 match at Bath with the final race, the Charles Bennett Centenary Mile, at Shapwick, Dorset on September 23.

Each athlete's best three scores count and positions so far are as follows: 1 James Thie 66 points; 2 Andrew Ingall 52; 3 Christian Stephenson 36 (from one race); 4 Andrew Walker 36 (1); 5 Steve Sharp 32.5; 6 Tom Mayo 31; 7 Chris Bolt 30; 8 Steve Body 24.5; 9 James Fewtrell 21; 10 Andrew Barber 19. Further details from Mike Down on 0117-9733407.

Olympic tragedy

HYGINUS ANUGO, a 22-year-old Nigerian 400m runner was killed in Sydney last week while preparing to compete in the Olympic Games.

Staying in the Olympic village just a short distance from the main stadium Anugo was reportedly struck by a car as he was running to catch a bus.

Puma bonus

THE winners of the Puma Stroud Half-marathon on October 22 will take home a £1000 purse if they break the course records.

Chris Buckley's 63:05 and Karen MacLeod's 73:19 are the targets for a quality Kenyan entry includes 1999 BUPA Great South Run winner Simon Kasmili and Great Scottish Run second placer Stephen Ariga.

Grace Misati, who makes her UK debut in Sunday's BUPA Great South Run, is the favourite for the women's race.

The first prizes of £600 are the highest ever for a Puma series event below marathon distance with the course record bonuses standing at £400.

Olympic frustration for field trio

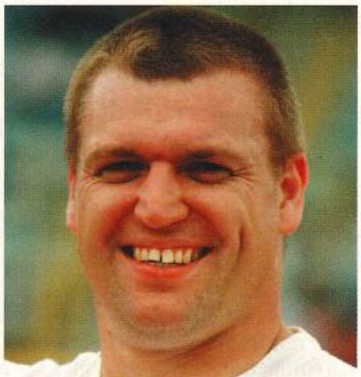
THE old adage about all good packages arriving in threes has come frustratingly true for high jumpers Susan Jones and Michelle Dunkley plus hammer thrower Mick Jones.

All three achieved Olympic entry standards – but after the selection deadline laid down by the British Olympic Association.

The high jumpers soared over 1.93m at England's international match against France in Vittel on September 2. Jones won the competition on countback though Dunkley went very close to a UK record of 1.96m.

Mick Jones joined them by hurling the hammer 75.94m – a personal best by 96cm and 44cm beyond the Sydney standard laid down by UK Athletics – at an open meeting at Crawley on September 6.

To make matters more frustrating, he felt he had beaten the final deadline by about four hours ... until he talked on the telephone to UK Athletics' technical director for throws John Trower, who was already at the Team GB preparation camp on Queensland's Gold Coast.



Mick Jones: up for the next Olympics

Trower had the thankless task of telling Britain's No.1 hammer thrower: "Sorry, son, you're too late. You can't come." The coach explained that the selection dates had been agreed with the British Olympic Association.

The deadline for selection by achieving the Olympic 'A' Standard was August 21. It was published before the start of the season and distributed to all athletes bidding for places in Sydney.

The report added: "Any remaining vacant places can be filled up to 21 August provided the relevant Olympic A standard has been achieved."

The confusion arose with Mick Jones because two sprinters were added to individual events after that date. Selectors were able to move them into the individual events at the Olympics because they had already been named in the women's 4x100m relay squad, which gave them until August 28 to reach the standards.

Mick Jones, whose huge effort came in the second round of the three-man competition, said: "I am bitter that I cannot be taken into the team. I'm the best we've got. Nobody's going to begrudge me going. I don't see that it would set a precedent. If I don't throw, who have Britain got to represent us in the hammer?

"I'll tell you what, though - I'm up for the next Olympics already. And I've just got to get myself to the worlds next year even though they've set an entry standard of 77.65m, which is further than the UK record."

Call for housing at Picketts Lock

ABOUT 40 people from clubs, schools and other organisations attended a meeting called by Britain's athletics bosses to give an update on plans to build a national centre for the sport on the Picketts Lock site in Enfield, *writes Tom Pollak*.

Apart from giving an update on the venue for the 2005 World Athletics Championships, David Moorcroft and other representatives from UKA were there to find out what people involved in the sport at grass roots wanted.

Three very clear suggestions emerged.

As the site would also house UK Athletics' national high performance centre, coaches and club officials felt there had to be hostel accommodation on site, as there is at Crystal Palace. It was also suggested there be good access, ideally with a station near the complex.

On that issue the meeting learned there had, in the past, been opposition from a group of residents in the area to a station at Picketts Lock. The nearest stations are at Angel Road and Ponders End, some distance from Picketts Lock.

Geoff Morphitis of Shaftesbury Barnet Harriers said there would be relatively little use of the main stadium throughout the year. Initially, for the World Championships, the main stadium would have a 45,000 capacity but by removing the top tier, would reduce to 25,000.

Alongside there would be a 400m training track which Morphitis considered that with a 300/400-seat covered stand along one side, would be adequate for most club meetings including the British League Cup Finals.

The meeting heard that the Lea Valley Regional Park Authority, which owns the 125-acre site at Picketts Lock, plans to appoint a design team in November and submit a planning application in the spring.

Late decisions pay off for Sharp

TWO late decisions paid off for Thames Valley Harrier Steve Sharp last week.

He and wife Maria, also of Puma TVH, only booked their flights for the BMC Nike Grand Prix Final in Glasgow two days before the race as sore throats had threatened their participation.

Then, on the day of the meeting, a friend pointed out he could win the overall prize if he ran the 3000m before his specialist 1500m and he did so to scoop the £1000 first prize.

Last Wednesday, he arranged a couple of pacemakers to help his bid for a 1500m PB in the Watford Open but poor weather and tiredness from the weekend hampered his attempt.

He said: "It's frustrating, I've run 800m and mile PBs this year but my 1500m is still 3:43 and I know I can go quicker. I've beaten guys who run 3:42 so I know I can do that time."

Regarding his exertions at Glasgow, Sharp says: "I was in fourth most of the way of the 3000m but Maria shouted that if I could get third it was worth another £50.

"Then I knew I needed to run 3:53 in the 1500m and I ran 3:49 so it was a nice profitable day."

"I'm certainly glad I did, for after setting my mile PB at Yeovil a week earlier I had a sore throat all week and was umming and aahing whether to go."

Wife Maria finished fourth in the women's 1500m to place seventh overall and fourth woman in the final grand prix standings.

Richardson's dream is over

MARK RICHARDSON, Britain's best hope for a 400m individual medal in Sydney, withdrew from the British team last Saturday.

His decision was taken to allow further research into nandrolone, the drug he stands accused of taking.

Richardson's application to the IAAF to have his hearing postponed was granted but the world governing body was unhappy at the prospect of Richardson competing with the case still pending.

Richardson said the decision had been "very difficult because I was really looking forward to the Olympic Games in Sydney" but that "the important thing is not 'the taking part' but proving my innocence to the IAAF. We have already proved this at a national level but we always needed more time to produce new internationally approved scientific evidence. At least now we can work on this."

UK Athletics chief executive David Moorcroft said: "It is a brave decision. We would have preferred the adjournment plus Mark being able to compete. It was a heavy decision not to allow him to. I was disappointed with it but I can understand."

Max Jones, UKA performance director, said: "As number two in the world he was a real medal chance. This must be a crushing blow for Mark."

The athlete admitted: "This is the first time for nine years I am not part of the 4x400 relay team, I am gutted."

NORWICH UNION & UK athletics – from grass roots to glory

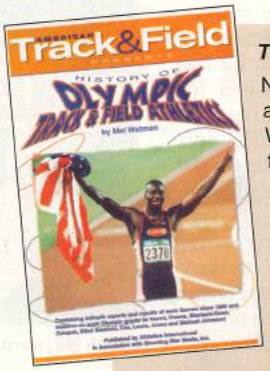
WIN a copy of Mel Watman's great book ...

History of Olympic Track & Field Athletics

IF you're planning to stay up all night watching the Olympic Games in Sydney then there's no better telly-side companion than this fact-filled book. To stand a chance of winning a copy simply list your answers to the questions below on a postcard and mail it to *Athletics Weekly* (History competition), 13 Cavell Court, Lincoln Road, Peterborough PE1 2RJ.

The first 10 correct entries drawn on Friday, September 15 will win. Don't forget to include your name and address.

1. **The Olympic Games of 1948 were held in London at:**
   (a) White City; (b) Wembley; (c) Crystal Palace
2. **How many Britons have won the Olympic 100 metres title?**
   (a) 1; (b) 2; (c) 3
3. **Which British runner achieved an Olympic 800m/1500m double?**
   (a) Seb Coe; (b) Sydney Wooderson; (c) Albert Hill
4. **Only one British athlete has competed in six Olympics. Was it:**
   (a) Dorothy Tyler; (b) Tessa Sanderson; (c) Judy Oakes
5. **Name the last Briton to set a world record when winning an Olympic gold medal?**
   (a) Mary Peters; (b) Sally Gunnell; (c) Daley Thompson
6. **Only once since 1920 has Britain won the men's 4x400m relay title. Pick the year:**
   (a) 1924; (b) 1936; (c) 1972
7. **On four occasions a British marathoner has finished second in the Olympics.**
   Who was the most recent? (a) Sam Ferris; (b) Tom Richards; (c) Basil Heatley
8. **At which Olympic venue did Britain have two medallists in the 400m hurdles?**
   (a) Tokyo; (b) Mexico City; (c) Munich
9. **Who was the last British walker to bring home an Olympic gold?**
   (a) Ken Matthews; (b) Don Thompson; (c) Harold Whitlock
10. **Who is the only British woman to have won an Olympic jumping event?**
    (a) Thelma Hopkins; (b) Fiona May; (c) Mary Rand



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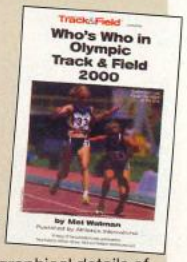

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Sponsor puts 'spring' in Dudgeon's step

SINEAD DUDGEON, the Scottish 400m hurdles record-holder, took off for the Sydney Olympics with a spring in her step, a minor injury overcome, and new sponsorship contract in her pocket, *writes Doug Gillon.*

The Edinburgh Woollen Mill woman has signed a one-year contract with mineral water company Highland Spring, which could be extended until the 2002 Manchester Commonwealth Games.

Dudgeon, who has a first-class honours degree in pharmacology, has put her career on hold, and says she intends to remain a full-time athlete, at least until the end of the 2002 season.

"Basically, this agreement provides financial help and some water," said the 24-year-old who has been named for both the hurdles and 4x400m relay in Australia. The mineral water company has arranged for distributors in Australia to supply her.

"I suppose not getting on the career ladder is costing me money, but I will get only one chance at athletics. I am not really thinking about the financial implications.

"I may do some part-time work next year, or an academic course, to stay sane and keep my mind active, but effectively I'll remain in full-time training, concentrating totally on athletics."

Last year Dudgeon broke the 21-year-old Scottish national record five times. She finished with a best of 55.24 seconds, and also set a Scottish native record. This season, there has been one native best.

"I'd like to have gone a bit faster this summer, but overall, my consistency is better.

"I think it is ready to come together in Sydney. I haven't over-raced, so hopefully I will be fresh."

With Katharine Merry, Donna Fraser, and Edinburgh clubmate Allison Curbishley, the relay squad has medal potential. Dudgeon and Helen Frost are next in line for the fourth berth.

Curbishley, who headed Down Under on the same flight as Dudgeon, had been staying with Sally Gunnell, and receiving physio treatment for a slight quadriceps problem.

"That's why I didn't race after the AAAs," said Curbishley, "but it is fine now and I will be racing before the Games in a warm-up event."

Hayward calls for better funding

STEPH HAYWARD, the AAA shot champion who is threatening to quit athletics and go to either gridiron or back to rugby, twice smashed his own Scottish native record in an open graded event at Grangemouth, near Edinburgh, and hopes it adds weight to his case for reconsideration for lottery funding.

Borderer Hayward first reached 18.27m, and then 18.31m on Wednesday August 23. His previous record was 18.22m. It was the ninth time he had been over 18m this season.

The Scottish Athletics Federation asked lottery officers urgently to reconsider Hayward's support – he was slashed from £10,900 to £3000 when injured last season, but lottery officers do not meet until well into September.

Steph Hayward: needs lottery funding

The former Scottish Schools XV prop has discussed playing trials for American football team The Claymores. "It's a step I don't want to take.

"I'm convinced I can be a world-class shot putter, and understand that it's a long-term process – but I'm not sure whether the lottery does. Building strength takes a long time."

Hayward is just 26. Mark Proctor, who the Scot beat to take the AAA title, is 37. "I'm throwing far further then he was at my age," said Hayward.

He says he is fed up with people thinking he makes a fortune. "They don't understand how the lottery operates, and that you have to spend the money yourself before you can claim it back.

"If I returned to rugby, and was even a modestly respectable district standard player, it would be worth £20,000 to £40,000 a year."

Evans vows to break record

PAUL EVANS joins the veterans' ranks in just over seven months and is promising to go on a record-breaking spree.

The former Chicago Marathon winner showed he can still mix it with the big boys when clocking 62:58 in last week's Great Scottish Run. His time smashed the UK single age record of 64:10 held by Mike Hurd and he vowed: "You wait until I'm 40 and we'll see some of those records go!"

Top of Evans' target will be the UK veteran records for the marathon and half-marathon.

He already holds the UK single age records at the marathon for ages 35 and 36, and 39 should be added if he tackles the full distance in Chicago on October 22.

Having run his 2:08:52 PB when winning there in 1995, Evans has become a popular visitor to the windy city though it's not certain he'll run the full 26.2 miles in October.

Last year he paced Khalid Khannouchi's world record in Chicago to perfection – asked to take the leaders through halfway in 63 minutes he hit that mark spot on in 63:00.

Pacing a world record is lucrative business and with Khannouchi returning to the windy city another pacing job for Evans could be on the cards.

Should he choose to run the full marathon, Evans will surely break Dave Clarke's age 39 record of 2:16:06 and then Ron Hill's British vets' record of 2:15:46 would come under threat next year (London falls nine days after Evans' 40th birthday). If Evans was to better Hill's time it will erase a mark which has stood for 21 years but whose validity has long been questioned.

Evans' half-marathon age best in Glasgow was his third at that distance, alongside his age 35 and 36 marks. The age 40 mark of 64:24 will surely fall to Evans next year, and probably the British vets' best of 64:09 set by Steve Jones at the age of 42.

The Belgrave Harrier was happy with his performance in Glasgow, where he placed eighth as Antonio Pinto won in 62:04.

He said: "I was pleased with that. I stayed with the leading pack until 10 miles and my final time was only just over a minute slower than my best time in the Great North Run.

"I'm still enjoying it so I'll keep away from the track and look to do some damage to those vets' record next year."

Hope joins Fast Track

FAST TRACK recently appointed Marc Hope, right, as head of business development for the New Millennium Experience project.

According to Alan Pascoe, group chairman: "Marc will add an additional dimension to our sales department and play a key role in helping expand the reach and appeal of the sport."

As an athlete of Thames Hare and Hounds and an athletics fan, Hope is an ideal individual for the job.

"Fast Track presents a wonderful opportunity for me to work at the cutting edge of the business," said Hope, who will work closely alongside UKA in attracting sponsors for the new programme, which will focus on three separate, but linked areas: i) setting up a new 'Club Directory' of all 1500 athletics clubs

ii) increase athletic interest within schools and finally

iii) individual services in upgrading levels of education and support for coaches and volunteers.

A successful programme will take athletics several steps further into the 21st century.

Heroine's return for O'Sullivan?

IRISH world two-mile record-holder Sonia O'Sullivan will hope for a heroine's welcome when she returns from the Olympics in Sydney.

The London-based European 5000m and 10,000m champion has already confirmed she will return to her homeland for the BUPA Ireland 5 at Loughrea on October 15.

She hopes to line up there as newly crowned Olympic 5000m champion and organisers of the event are forecasting there will be 20,000 Irish supporters waiting to welcome her home.

The race will be held over a new two-lap course and there is an entry limit of 1500.

Last year O'Sullivan thought she had broken Paula Radcliffe's world best of 24:47, set at Balmoral, when she won in 24:27 but it turned out the Loughrea course was not accurate on that occasion.

O'Sullivan has already won one top class five-mile race this year, beating Tegla Loroupe and Joyce Chepchumba at Balmoral in 24:50 in another Nova International-organised event.

Multi-terrain 10 off

BROMSGROVE & Redditch AC have been forced to cancel their multi-terrain 10 scheduled for October 1 due to unforeseen circumstances.

B&R's Richard Underwood said the club was confident the event would be back on the calendar in 2001.

Southern Men's League AGM

THE Annual General Meeting of the Southern Men's League will be held on November 24 at 7.30pm in the Colson Room, CCPR, Francis House, Francis Street, London SW1.

Nominations and proposals for discussion to be sent no later than six weeks before the meeting to Don Turner at 40 Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH.

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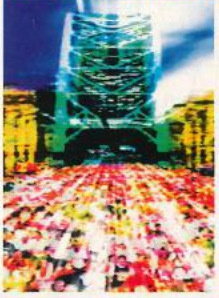

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What an honour!

IT WAS very pleasing to see two people from the Northern Ireland Athletic Federation included in the recent Queen's Birthday Honours list.

The NIAF patron Mary Peters was made a Dame and David Seaton, chairman of the cross country and road running committee, was awarded an MBE. Our congratulations to them both.

Mary Peters: honoured

Oakes improves national record

THE recent Millennium Commonwealth Youth Games at Meadowbank, Edinburgh was a great chance for young Northern Ireland athletes to compete against some of those heading to Chile in October and other up and coming stars on a major stage.

Against this sort of opposition the Northern Ireland team was always likely to struggle but throughout the competition they showed commitment and determination.

For many of the athletes it was an experience they will never forget, the experience of major competition, the 'Village' atmosphere and the opportunity to mix and exchange cultures with others from around the globe.

For Northern Ireland the best result came from Sharon Oakes (Kedway AC) who collected a silver medal in the triple jump in an enthralling competition.

Sharon led going into the final round but lost her grip on the gold by only 1cm to the South African champion. Her performance of 11.93m improved her own national senior record from a few weeks ago.

Five other athletes also improved their PBs on the day. Natalie Strain (400m hurdles), Rebecca Leitch (400m), Chanda Kapande (hammer), Michael Quinn (400m), and Paul Tohill who broke the two-metre barrier in the high jump.

All the athletes gave of their best and even if they were trailing they chased their own personal goals until the line.

A further four PBs were broken in the warm-up competition on Friday. Most of these were over unusual distances, although Gillan Carrauthers did set a new personal best in the hammer. The decision to compete in most of the events in this competition almost paid dividends.

At the end of the competition the team was only one point behind Australia who lifted the beautiful silver quaich trophy.

This major event has also sparked interest in competitions at higher levels.

Now they have seen what can be achieved and the opportunities that can arise, some have set their goals for next year and beyond.

Some are committing to train harder over the winter and to seriously challenge for international honours in the coming years.

Thanks to all those who made this possible – our own Commonwealth Games Council, Sports Council, Federation, and all the sponsors, families and coaches for their support.

Finally to our Scottish colleagues for their invitation to a wonderful Games, especially Neta Sinclair and her team for a great competition.

Officers elected at AGM

THE officers elected at the Annual General Meeting on March 15 2000:

Pictured below from left to right: Alan Robinson (assistant secretary), Adrienne Smyth (chairman), R J McColgan MBE (president), T J Welsh (past president), John Allen (honorary secretary), Roy Corry (honorary treasurer), Brian Downing (vice-chairman)

Cross country and road running fixtures

September

Sat 16	North Down Crawfordsburn Trail Race Countryside Centre, Crawfordsburn, Country Park, 11am Pat O'Driscoll. Tel 028-91473548
Sun 17	Millennium Foyle Female Run (5km) and Maiden City Street Mile Start Foyle Embankment, Finish Guildhall Square, Derry, 1pm Nicky Bryson. Tel: 028-71347695
Sat 23	Armagh Half-marathon 'from the Castle to the Palace' Start Gosford Forest Park, finish The Palace Demesne, Armagh, 12pm Gerald Houlahan. Tel: 028-37529600
Sat 30	Millennium Waterside Half-marathon and team relay St Columbs Park Leisure Centre, Derry, 2pm Nicky Bryson. As above.

October

Sat 7	Larne Relays Road Races, Larne Leisure Centre, 1pm Uel Moore. Tel: 028-28270964
Sat 14	William Horner Memorial Road Races, Harberton School, Belfast, 2pm Nicky Bryson. As above.

Youngsters compete in Derby

SEVERAL athletes from Northern Ireland were members of the All-Ireland team that competed in Derby on September 3.

The results of the Northern Ireland athletes were as follows:

Under 23 Men			
100:	Jonathan Carleton	4th	11.29
200:	Carleton	1st	22.07
1500:	Connor Sweeney	1st	52.21
110H:	Stephen McDonnell	2nd	15.22
400H:	McDonnell	1st	53.98
TJ:	Alan Saulters	4th	13.58
SP:	Iain McMullan	1st	16.03 CBP
JT:	Michael Allen	2nd	63.21
Under 23 Women			
LJ:	Mary Devlin	3rd	5.25
TJ:	Devlin	3rd	11.02
JT:	Catherine Edgar	2nd	39.31
Under 20 Women			
100:	Anna Boyle	4th	13.00
200:	Cheryl Guiney	3rd	23.82

Match result

IN both the Cleveland Cup (U23) and the Derby Challenge (U20/U23) Ireland finished fourth.

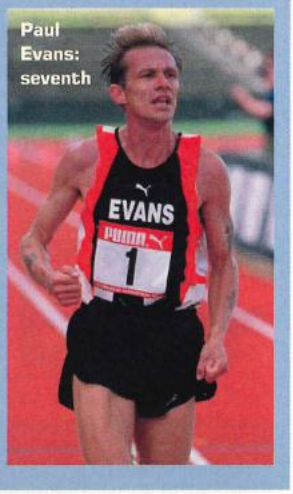
Millennium City Centre Mile

THE Northern Ireland Athletic Federation organised the Millennium City Centre Mile on Sunday September 3 as part of the Laganside Festival.

International runners from the UK, Kenya and Ireland took part in the main event. There was also a mile race for veterans and runners in the under-13, under-15, under-17 and under-20 age groups.

The men's open race was won by Harrison Makua of Kenya in a time of 4:02 with second and third going to James Thie in 4:03 and Jason Lobo in 4:07. These were followed by John Nuttall (fourth in 4:08), Neil Caldwell (fifth and the first local runner, Annadale Striders, in 4:12), Andy Hart (sixth in 4:13) and Paul Evans (seventh in 4:13).

The women's race was won by Geraldine Nolan of Ireland in 4:40 with second and third place going to Esther Kiplagat of Kenya in 4:42 and Irene Limika in 4:57, also from Kenya. In fourth place was Maria Skelton from Antrim who runs for Dundrum South Dublin.



Paul Evans: seventh

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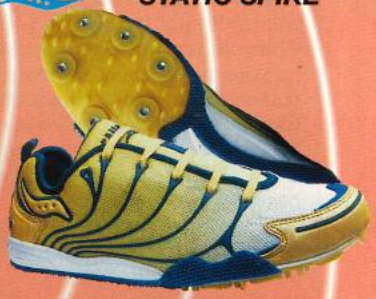

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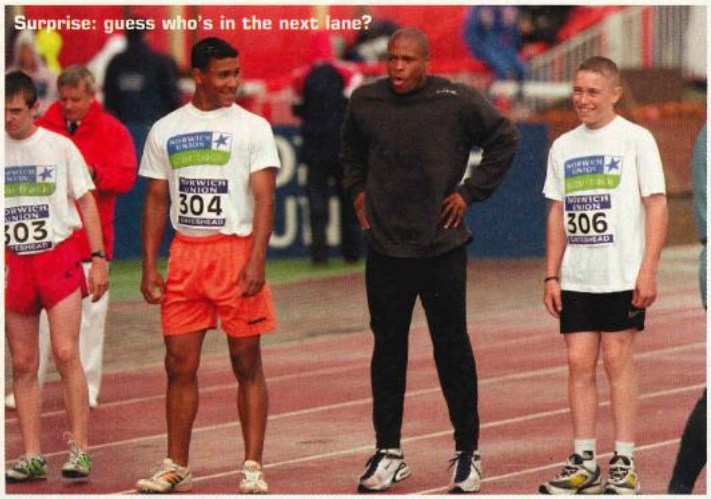
VIP surprise for star:track youngsters

TWELVE Norwich Union Startrackers received the real star treatment at the Norwich Union Classic at Gateshead on August 28 Bank Holiday Monday. The Under-15 boys and girls not only raced at the televised IAAF Grand Prix meeting. They had as their kit carriers six of the sprinters who will be representing Great Britain and Northern Ireland at the Olympic Games in Sydney. And their medals were presented by the World 100m Champion and record-holder Maurice Greene, aided by his American team-mate Jon Drummond ... with former world 5000m record-holder David Moorcroft, chief executive of UK Athletics, acting as medals bearer.

The VIP treatment came as a complete surprise to the youngsters, who qualified to take part in the Norwich Union Under-15 Startrack 60m Challenge by racing in sprints at their local Norwich Union Startrack event this summer. The times from all the venues were sent to UK Athletics, and the fastest six boys and girls were invited to race at Gateshead.

Maurice Greene gives out the prizes



Surprise: guess who's in the next lane?

As an additional part of the prize, each athlete and two of his/her family members were treated to transport to Gateshead, overnight accommodation and evening meals, plus tickets to the important international meeting – the last before Team GB set off for Sydney.

The Norwich Union Startrack sprinters were: Matthew Bagnall (Stafford), Michael Devlin (Magherafelt), Mark Hardman (Bradford), Ronnie McLean (Coventry), Peter Salmon (Essex), Aiden Slevin (Antrim), Kirsty Brusby (Cornwall), Rebecca Long (Bradford), Charlotte Leckie (Eastbourne), Sophie Lidstone (Devon), Francesca Ockwell (Bath) and Kelly Roomes (Kent).

As their nerves understandably jangled in the reporting room before they were called on to the track, the youngsters were stunned to discover their kit carriers were the 1999 World Championships 100m bronze medallist Dwain Chambers (Belgrave Harriers); Darren Campbell (Belgrave Harriers), the European 100m champion who won the 200m at the Norwich Union Olympic Trials; Marlon Devonish (Coventry Godiva), who will be racing the 200m at the Olympic Games; Julian Golding (Blackheath Harriers), the reigning Commonwealth 200m champion; Jamie Baulch (Cardiff AAC), the World Indoor 400m champion; and Christian Malcolm (Cardiff AAC), the European Indoor 200m champion.

All the kit carriers know how to control nerves on a start-line – and they obviously passed on their expertise to the under-15s, because the crowd was treated to two great races.

The boys' event was won by Michael Devlin in 7.75 seconds with Matthew Bagnall taking the silver medal in 7.80 and Peter Salmon swooping into third place in 7.85.

The girls' sprint queen after a stride for stride battle was Kirsty Brusby, who clocked 8.49, just two-hundredths of a second ahead of Charlotte Leckie, with Kelly Roomes in third place in 8.62.

The presentation by the world champions completed a weekend the youngsters will never forget.

Kit carriers: Jamie Baulch, Julian Golding and Darren Campbell

Stamina is strength

OLIVIA HINES is at that awkward age, athletically that is, as she strives to compete over her favourite distance, the 400m, *writes Pete Mulholland.*

As a stamina-based athlete with cross country National team gold in 1996 and later South of England championship wins over 800m to her credit, she has now discovered the joys of one-lap running.

However, Hines finds that the 300m distance designated for her age category as a 16-year-old is more of a sprint but at 400m her strength comes into its own.

Seeded with an unfavourable lane in the Norwich Union AAA U20 Championships at Bedford, the fact she was the youngest in the field didn't faze her as she came home sixth in 56.56 to follow up her heat time of 56.12.

"I was disappointed with that," was Olivia's initial reaction, but in retrospect she admitted, "I learned a lot from the race."

A week earlier, when competing for Herne Hill Harriers in the Plate Finals at this same venue, Olivia went to the top of this year's U17 400m lists with 56.02.

And that's a time only bettered in last year's lists by Kim Wall and Lisa Miller, second and fourth in the U20 race.

The winter is set to involve some intense training and as for next summer as an under-20 Hines is looking forward to the competition.

Future's looking good for Lanini

MOVING up an age-group is a nerve wracking experience for many talented young athletes, but for one young Welsh girl next year's competition can't come quick enough.

Lisa Lanini, since beginning her athletics career three years ago, has already achieved so much in that time.

In 1998 Lisa was top of the under-11 UK rankings in five events ranging from 75m to 800m. The following year she topped both the 800 and 1200m in the under-13s and has also managed to break the odd record here and there.

At the end of this year's track season the 12-year-old broke her own Welsh record at the Brian Wooley Memorial meeting over 800m in a time of 2:16.1. This record had previously stood since 1977. She also broke the UK record over 600m in a time of 1:37.3.

All of these achievements, according to her father/coach Andreas, have come from very little competition within the U13 age-group: "Lisa is not afraid of people better than her," he explained.

"Experience comes by competing with the best and she is very much looking forward to the under-15 competition next year."

Lisa Lanini: looking forward to stronger competition

Having just had six weeks rest the youngster is preparing for a hard winter which will involve training four to five times a week under the guidance of her father.

"I am very lucky to have my dad as my coach. He too was a good runner in the early seventies over 800 and 1500m," said Lisa.

Once a week Lisa also trains with her club coach Les Baldwin from Wrexham AC, alongside Faye Harding and Rebecca Jones.

By moving up an age-group, not only will the competition be harder but Lisa will also have the opportunity to make a name for herself in the 300m. This may lead to running the 400m, one of her preferred events, when she is old enough.

It is possible the Wrexham athlete may follow in the footsteps of Iwan Thomas, and considering the former Commonwealth champion is her cousin it's not a surprise really.

"I only found out last year and I was really excited," she explained. The advice Thomas gave to her in a letter was to 'keep on smiling and keep healthy' which hopefully she will remember going into next season.

Lisa is determined to continue with her athletic successes. In the short term the youngster hopes to make her debut in the AAA Championships next year but her sights are set on making the Commonwealth Games one day.

For now, Lisa will carry a smile and look forward to competition in 2001 with optimism.

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No bans for also-rans?

FOLLOWING on from Gareth Williams' letter 'Bans benefit no-one.' I ran for Medway Athletic Club for 19 years before I changed my colours to Paddock Wood AC. I did not have to serve a ban, it was all taken care of in four weeks.

I have been given two reasons for this, one was the rule does not apply to vets, the other is they just don't bother applying the rule. Would the SoEAA be so benevolent if Nigel Gates or Eamonn Martin decided to change clubs? Perhaps the rule only applies to the elite among us.

Peter Hewitt, Chatham, Kent

Movers can still compete

WHILE appreciating the depth of feeling behind Gareth Williams's letter about Michael Coleman's move from Ashford to Medway (*AW*, August 30) it would be unfair to him to describe his argument as anything other than drivel.

The comparison with the Bosman ruling is silly. Athletes are not 'transferred', they choose to resign from one club to join another. No-one, least of all the SoEAA, has tried to stop Mr Coleman from moving. Neither have they sought to prevent him from competing. What they have ruled is that for the next nine months he will not be eligible to count for Medway in team competitions.

If Mr Coleman has so little commitment to athletics that not being able to pick up a few pots and medals over the next nine months will cause him to leave the sport I trust he enjoys a career in rugby union.

Mr Williams may be in favour of allowing athletes competing for the club of their choice 'regardless of reason' but the rule was orginally introduced into cross country because athletes whose clubs had failed to qualify for the National Championships appeared a month later for those clubs which had. It is not hard to envisage such 'transfers' happening in major club competitions to the detriment of the sport were the rule to be relaxed still further.

Even Mr Williams's myopia cannot blind him to the fact the majority of athletes who leave smaller clubs for larger ones fail to fulfill their potential and end up as points-winning fodder until some other (faster) sucker comes along. That, rather than some inconvenient rule, is what has undermined athletics.

Dr Philip R Thomas, Merseyside

'Bans' is a misnomer

THE letter 'Bans benefit no-one' (*AW* August 30) highlighted several misconceptions about the current transfer system in athletics and is interesting as the transfer market is currently proving quite topical in other sports. Football, for example, seems to have gone into a panic at the possible collapse of its transfer system.

The first misconception in athletics is that the athlete is banned. The athlete is not banned, he can still compete.

The second misconception is that the athlete cannot represent his new club. Wrong again. The athlete can represent his new club, competing as an individual.

The main effect of the ban is that the athlete cannot score points in a team event for a period of nine months. This is, of course, unless the transferor and transferee clubs agree that the transfer is in the best interests of the athlete, in which case the nine-month ban may not be brought into effect.

This rule is there for several reasons, one of the main ones being that if a club was involved in an important match it could not recruit athletes from other clubs just for that fixture, with the athletes then returning to their former clubs at a later date. Our sport would be an absolute shambles. Athletes could change clubs on a daily basis.

I note that the athlete quoted by the correspondent formerly played rugby union. As far as I am aware rugby union and of course football operate a system where players are cup-tied – thus avoiding the situation highlighted above. Transfer deadlines are also imposed at certain stages of the season.

Each sport seems to have its own peculiarities in respect of transfers – our sport is not an exception. I am not saying our system is perfect, it may be that the ban could be reduced from nine months to say, two or three months.

This would be of importance to track & field athletes who are more severely affected by the ban as they are not likely to be included in a League or Cup fixture where only one or a maximum of two athletes per club are included in a match. As it stands now track & field athletes could miss out on a whole League season – having to rely on open meetings and championships for competition.

But before we start slating our own system it may be worth looking at the bigger picture and offering possible solutions to problems instead of moaning at athletics officials.

Kevin Corcoran, Morriston, Swansea.

Mile End Stadium – the facts

I REFER to inaccuracies in the article about Mile End Stadium (*AW*, August 30) in which it was suggested that athletes had lost use of the track to a professional football club.

A quick call to the local council would have elicited a full and detailed response, clarified the situation and re-assured *Athletics Weekly* and the athletics world that permanently excluding athletes from the stadium was not in the council's mind at all.

First I should explain that Tower Hamlets, in the East end of London, has very limited open space and, therefore, few sporting facilities.

The Mile End Stadium provides our only arena facility and is extensively used for athletics, football in winter and other events when feasible. Tuesday and Thursday evenings are normally set aside for athletics training throughout the year, and midweek football, in season, is restricted to the remaining evenings. Naturally there is a balance to be achieved between the varied users and their distinct requirements, as at most venues.

The recent match involving West Ham United under-19s was a one-off event stemming from a visit by the football league champions of Bangladesh, from where 35 per cent of the local population originate.

The West Ham team was only available on one date during the visit. This unfortunately was a Tuesday, but the council took the view that this was a fantastic opportunity not to be missed. The wider community would benefit from the visit, and the profile it would achieve by involving a Premier League team's junior side would allow people to see positive role models of the highest standard and demonstrate our commitment to inclusion.

The two local athletics clubs were given four weeks notice of the event and the coaches who objected were even offered transport for their squads to alternative venues, which they rejected. In fact they trained on the day of the match up to 5pm when the stadium closed to prepare for the event.

To give further perspective to the comments in your sport, the pop concert, which caused exclusion of athletes on training nights, was at least four years ago. There are five annual, day-long football events in March/April which affect Sunday training and which have been held at the venue for many years. On these weekends we seek to ensure that the Saturday is kept clear for athletics training, and the clubs are advised of the dates as early as possible.

Martin Etchells, Acting Head of Recreation at Tower Hamlets, London

Women could not sustain pace

CHRIS PAUL has identified some of the problems in the women's 10,000m at Watford but I do not think the lack of pace-making was the problem.

The athletes in both men's and women's races received encouragement, times and updates on their position regarding qualifying times so they did not have to work out the time they needed from the running clocks at the start and finish.

I suspect I was closer to the athletes in these races than Chris was and I formed the opinion that, on the night, the leading group of Brits despite their best efforts were unable to maintain the pace and they realised this.

Had they made the qualifying time at 32:30 they would still have been 43 seconds behind Elana Meyers' 10th place in the world rankings. This list incidently has nine countries with only the two Japanese runners at second and ninth doubling up. One can only speculate from this information how many Ethiopian and Kenyan athletes are just outside this time and given the right opposition are capable of beating it.

I would estimate that to finish in the first 10 of the Olympic final a runner would need to be confident of breaking 32minutes consistently. Good luck to our women in this event and all the rest of our athletes at the Olympics.

At the time of writing I wonder why the fastest year 2000 timed woman marathon runner, Sue Reinsford, has not been picked as she has run five or six minutes faster than the next listed British runners and Marian Sutton does not figure in the British top 10 for this year. Perhaps the USA system of first past the post has a lot going for it to remove anomalies.

Eric Hill, Watford

NORWICH UNION & UK athletics – from grass roots to glory

Konopka has me confused

A SIDE note to the ongoing debate about athletes switching countries. I have just come to the end of my annual enforced lack of conatct with postal services and have had seven copies of *Athletics Weekly* to read.

It is the results which lead to confusion. Results of the European Cup Second League B match, held in Slovakia clearly state the abbreviation SVK for Slovakia. However, results from the IAAF permit meeting in Budapest a week later show most of the Slovak athletes with the conutry code SLO – surely the abbreviation for Slovenia.

To add to the intrigue, the particular event also appears to affect nationality. In Budapest on July 22 in the hammer, Miki Konopka is shown as SLO – Slovenian, but after competing the next day in the shot, he mysteriously reverts to SVK – his true nationality. Clarification please!

AJ CARTER, BRATISLAVA, SLOVAKIA

■ IN attempting to answer the nationailty question I'm afraid all I'll be doing is adding to the confusion. The reason being there are two M Konopkas listed in the ATFS handbook. Both are Slovakian – SVK – with 31-year-old Mikulas boasting a shot best of 19.71m while Miloslav, who's 21, is a 71.96m hammer man. But that doesn't explain why one was listed as SLO, does it? Editor

Who's taking what?

I HAVE just read an article on the net (www.swimnews.com) by Brent S Russell, Professor of Exercise and Nutrition Sciences at San Diego University and found it very interesting.

It basically states the premise that there is a "current mania for ingesting and injecting chemicals, often disguised as 'sports nutrition,'" and that 90 per cent of sportsmen are "ingesting some substances/chemicals believing they will derive performance benefits" and that these substances are "legal (read that as 'non-banned' or 'yet-to-be banned') substances".

With the current nandralone issues, how about athletes (and coaches) telling us what performance enhancing substances they are using and in what quantities. This could help us understand why some athletes are 100 times over a limit, others only 10 times over and still others 'clean'.

If athletes are unwilling to share this information then they are surely guilty of searching for legal substances that no-one else knows of yet and that these substances may be banned in the future.

I suspect athletes and coaches will be too secretive.

As the article says a lot of people want to retroactively strip East German athletes of medals (all East German athletes passed the testing procedures that were designed to catch 'cheats'), so, if substances that British athletes are taking now get put on the banned list will we clamour to do the same? In the sporting world, where fairness is fast being diluted as an admirable characteristic, is it right to have selective multiple standards for condemnation?

I'm still taking my fortnight off work to watch the Olympics in full realisation that the person who got the 'cocktails of chemicals' right will have the best chance of getting medals.

PHIL HASELGROVE, CWMBRAN, GWENT

Pressure means rewards

AFTER watching the recent televised meetings, attending the AAA Junior Championships and reading all the media articles in the run-up to the Olympics, I wanted to comment on the pressure and hype surrounding some of the younger athletes in particular events.

I would like to point out that the events these youngsters are often excelling in are the ones that remain constant through the age groups in distance and discipline, such as the 100, 200, high jump and long jump. This would enable a 17-year-old to have had possibly seven or eight years gaining experience and training for this particular event with the opportunity to compete against seniors at an early age.

On the other hand, in other technical events such as the hurdles and throws, the athletes excelling in these events have to work through the age groups tackling changes in heights, weights, stride pattern etc until they reach the junior age group. This means that when they compete with the seniors their experience is likely to be no more than one year, if that, at the new technical aspects of their event.

Surely we should be looking at their achievements through the age groups such as British records, age group bests as a measure of their future potential. Obviously their quality may only be apparent after a few more years of gaining experience in the seniors.

It is probably best that they are not exposed to the pressure that the individuals that are getting the media attention are experiencing at the moment, but also linked to the media comes sponsorship and financial support for these 'precocious athletes'.

Perhaps consideration should be given to all the above points in order to balance out and put young athletes' achievements into perspective to give fair rewards and support for all.

Interestingly, in the list of 14 young athletes who have been selected for the World Junior Championships in Chile on the basis of having bettered a difficult qualifying standard, six are from the hurdles, throws and pole vault proving they are up there among the world's best.

MS J BINGLEY, COSBY, LEICS

Let's back emerging talent

I LOVE athletics and take special interest in following the progress of youngsters through the age group rankings until they reach senior level. However I have been amazed at the number of very talented youngsters who are, for various reasons, lost to the sport.

One season you have them breaking age group records and the next season they are gone.

This summer for instance, two outstanding 14-year-old boys have emerged. One has 49.74 for the 400m, the other 1:55.56 for the 800m.

What concerns me now is what happens next? Do we keep in regular contact with those young men during the long winter break to ensure they don't lose interest?

Do we offer them the best coaching facilities to ensure they keep on improving? Do we offer them the best medical advice should they be injured? Do we offer them any financial help so that they can afford to stay in the sport or do we forget about them and hope and pray that come next May they will turn up again for another season.

I suspect the latter applies and two more potential stars will be lost.

DEREK CROSS, HARTLEPOOL

Sympathy appreciated

ELAINE, Andrew, Jamie and Anya Hutchinson (of Notts AC) would like to thank all Peter's athletics friends and collegues for their kind sympathy on his sudden death (reported in *Athletics Weekly*, August 16).

ELAINE HUTCHINSON, EAST BRIDGEFORD, NOTTS

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Belgrave and Sale on song

A week after hosting a fierce yet friendly McDonald's League final, Alexander Stadium staged the National Junior League showdown

Men: Liz Morrell Women: Katie Dennis Pictures: Mark Shearman

SIXTEEN of the best teams in the country met to compete in a highly charged atmosphere for the NJL men's and women's titles. With the top two clubs going on to represent Great Britain in the 2001 European Junior Cup, the stakes were high, and after the previous week's niceties the gloves were off.

Incorporating the 2000 Grand Prix final and UKA invitation event for junior international guests also provided an opportunity for some to obtain 11th hour qualifying times and distances to achieve GB World Junior Championships selection.

The titles on offer and the qualifying goals made for a tense atmosphere, made harder for track athletes and spectators by the lack of a track-side clock.

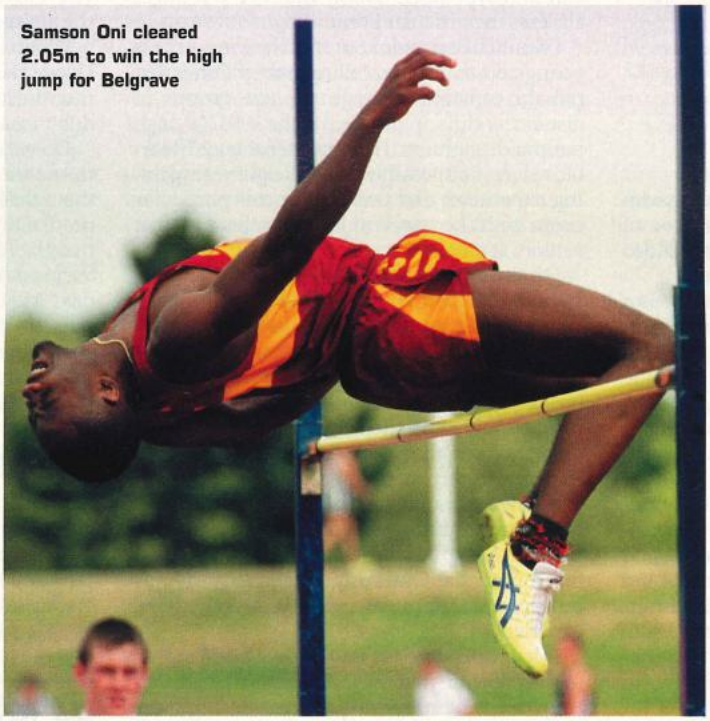
MEN

AFTER a three-horse race Belgrave Harriers took the men's title and rounded off team manager John Powell's 25 years as a team manager/coach with a flourish.

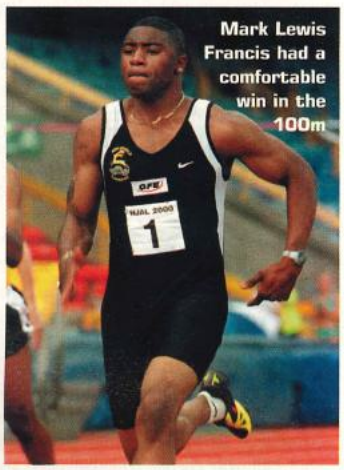
Powell, who has been recently appointed as general secretary to the AAA track and field committee admitted he had his doubts because of the strength of the Birchfield and Enfield & Haringey sides. He looked a happy man despite having to fish himself out of the water jump after a traditional dunking from his ecstatic team.

"I'm delighted for the team but ..." he paused to examine his soaked clothes, "I'm glad I'm retiring today!"

Belgrave confirmed their tale of dominance with an impressive tally of five A-string and seven B-string victories, to which second placed Enfield with only three A wins and two B wins could find no reply. Third placed Birchfield faired slightly better with three wins on each string, but lost points in other positions.



Samson Oni cleared 2.05m to win the high jump for Belgrave



Mark Lewis Francis had a comfortable win in the 100m

Chris Lambert was an impressive winner in one of his first races back from injury. The Harvard student who injured his back last winter and pulled both hamstrings early in the season looked good despite finishing second – he ran a 10.68sec 100m behind Mark Lewis-Francis's 10.47.

For Lambert though, a combination of a false and a faulty start meant he was unable to get near the 10.5 world qualifying mark for the juniors. Hoping to race next week, he pledged to put this right: "I'm hoping to get a race in Bath next

Results

MEN

MATCH: 1 Belgrave 295; 2 Enfield & Haringey 270; 3 Birchfield Harriers 253; 4 Sale Harriers Manchester 233; 5 Shaftesbury Barnet Harriers 222; 6 Notts AC 201; 7 Harrow AC 175; 8 Liverpool Harriers & AC 168

100 (-0.4): 1 M Lewis-Francis (Bir) 10.47; 2 C Lambert (Belg) 10.68; 3 M Hanson (E&H) 10.99; 4 V Davis (Sale) 11.06; 5 A Alpin (Notts) 11.20; 6 O Marsh (Harrow) 11.35; 7 P Kuku (SB) 11.46; 8 R Morrison (Liv H) 11.64. **B (1.7):** 1 B Lewis (Bir) 10.77; 2 D Chin (Belg) 10.78; 3 C Turner (E&H) 11.10; 4 R Newton (Sale) 11.19; 5 E Nwachukwa (SB) 11.47; 6 M Bridgman (Liv H) 11.72; 7 A Animasaun (Harrow) 12.12; 8 S Lucas (Notts) 12.37. **200:** 1 T Abeyie (Belg) 21.68; 2 B Lewis (Bir) 21.77; 3 Alpin 22.28; 4 M Hanson (E&H) 22.43; 5 N Maytum (SB) 22.98; 6 O Marsh (Harrow) 23.43; 7 K Wistanley (Liv H) 23.77; 8 V Davis (Sale) dnf. **B:** Chin 22.30; 2 Turner 22.55; 3 R Palmer (Sale) 22.68; 4 B Gibb (SB) 22.81; 5 P Whitehead (Bir) 23.32; 6 C Kaye (Liv H) 23.72; 7 S Grainger (Notts) 23.74; 8 A Animasaum (Harrow) 24.42. **400:** R Nicholls (E&H) 47.90; 2 I Tinsley (Liv H) 48.81; 3 Palmer 49.23; 4 T Bayley (Belg) 49.27; 5 G McEwan (SB) 49.38; 6 A Butler (Notts) 50.53; 7 P Bee (Bir) 50.59; 8 C McLeod (Harrow) 51.60. **B:** R Castilo (Notts) 49.65; 2 C Erskine (SB) 50.49; 3 J Simpson (Belg) 51.07; 4 R Parker (Sale) 51.83; 5 M Winslop (E&H) 51.97; 6 A Swarnick (Bir) 52.10; 7 A Al-Alawi (Harrow) 52.93; 8 S Martin (Liv H) 53.57. **800:** 1 A Bowdon (Harrow) 1:54.67; 2 G McEwan (SB) 1:55.06; 3 R Cox (Bir) 1:56.20; 4 C Crauford (E&H) 1:57.01; 5 A Mellows (Notts) 1:58.33; 6 J Bailey (Sale) 1:58.93; 7 J Simpson (Belg) 2:00.76; 8 Martin 2:03.38. **B:** 1 T Bayley (Belg) 1:56.03; 2 J Collins (SB) 1:56.72; 3 M Brady (Bir) 1:58.47; 4 S Offiler (Notts) 1:59.83; 5 S Payne (Sale) 2:02.60; 6 Turner 2:03.63; 7 D St Clair (E&H) 2:04.81; 8 T Stafford (Liv H) 2:06.53. **1500:** 1 Bowdon 3:58.27; 2 R Maycock (Sale) 4:02.32; 3 Crauford (E&H) 4:11.36; 4 P Murphy (SB) 4:12.74; 5 S Evans (Liv H) 4:21.34; 6 M Gubbins (Bir) 4:24.42; 7 Offiler 4:42.04; 8 J Wells (Belg) 4:46.14. **B:** J Bailey (Sale) 4:03.93; 2 M McIntosh (Harrow) 4:07.42; 3 S Carrington (E&H) 4:13.06; 4 N Phillips (SB) 4:17.89; 5 M Brady (Bir) 4:33.55; 6 N Siner (Liv H) 4:37.52; 7 J Simpson (Belg) 4:46.32; 8 A Rudd (Notts) 5:05.80. **3000:** 1 Maycock 8:37.06; 2 S Murphy (SB) 8:45.34; 3 M Griffiths (E&H) 8:50.08; 4 B Raeside (Notts) 9:00.03; 5 P McGlory (Liv H) 9:03.14; 6 S Truelove (Bir) 9:18.80; 7 M Saunders (Harrow) 9:34.27; 8 O Rogan (Belg) 11:07.33. **B:** 1 D Lewis (SB) 8:54.98; 2 G Davies (Sale) 9:01.46; 3 N Gamester (E&H) 9:16.55; 4 R Armstrong (Liv H) 9:23.33; 5 C Warbuton (Notts) 9:39.45; 6 S Spencer (Harrow) 9:58.83; 7 D De Emmony (Belg) dnf. **110H (-0.3):** 1 Newton 14.12; 2 I McCalla (Harrow) 15.01; 3 E Dunford (Bir) 15.07; 4 A Ferns (Belg) 15.62; 5 Castillo (Notts) 15.98; 6 L Pagkatipunan (E&H) 17.56; 7 B Smith (SB) 17.63; 8 S Moren (Liv H) 18.76. **B (-1.3):** S Oni (Belg) 16.00; 2 I Monaghan (Harrow) 16.19; 3 G Tempest (Bir) 16.31; 4 S Bibby (Sale) 16.35; 5 P Michell (E&H) 16.51; 6 C Stewart (Notts) 16.67; 7 I Penny (SB) 20.30; 8 S Harper (Liv H) 20.62. **400H:** 1 Castillo (Notts) 54.05; 2 D Hall (Bir) 55.72; 3 A Ferns (Belg) 55.78; 4 G Lammie (SB) 57.18; 5 A Flett (Liv H) 57.43; 6 M Winship (E&H) 58.44; 7 C McLeod (Harrow) 60.84; 8 N Ruth (Sale) 62.14. **B:** 1 I Monaghan (Harrow) 56.76; 2 A Hopkinson (Sale) 58.11; 3 V Small (E&H) 58.13; 4 D Lambert (Belg) 59.98; 5 W Tagoe (Liv H) 60.06; 6 B Ferdinand (Bir) 60.29; 7 G Richard (SB) 60.75; 8 A Robb (Notts) 61.18. **2000SC:** 1 R Williams (SB) 5:54.06; 2 B Raeside (Notts) 6:10.70; 3 A Fraser (Sale) 6:13.29; 4 C Morris (E&H) 6:14.84; 5 P Norris (Harrow) 6:37.56; 6 Armstrong 6:42.84; 7 A Miles (Bir) 7:23.30; 8 De Emmony 7:39.85. **B:** 1 G Ritchie (SB) 6:13.80; 2 S Payne (Sale) 6:14.57; 3 C Warburton (Notts) 6:44.00; 4 A Norman (E&H) 6:58.00; 5 S Nolan (Liv H) 6:58.62; 6 R O'Connor (Harrow) 7:17.71; 8 I Mackenzie (Belg) 8:43.22. **DT:** 1 A Major (SB) 55.16; 2 S Thompson (Belg) 50.04; 3 C Saggers (E&H) 43.57; 4 S Ashton (Sale) 39.73; 5 M Discala (Liv H) 37.07; 6 C Levett (Bir) 36.23; 7 D Charalambous (Harrow) 31.16; 8 K McKeever (Notts) 26.42. **B:** 1 D Onwabulili (Belg) 42.94; 2 F Miele (E&H) 41.25; 3 D Brew (Liv H) 33.83; 4 O Lawson (SB) 32.85; 5 Z Davies (Harrow) 29.69; 6 N Edwards (Sale) 28.43; 7 G Smith (Notts) 22.59. **DT (2kg):** 1 A Major 51.28; 2 S Thompson 48.88. **HT:** 1 J Osazuwa (Belg) 64.56; 2 L McKintosh (Liv H) 55.05; 3 K Khan (Sale) 52.57; 4 Major 50.37; 5 R Williams (E&H) 32.22; 6 S Lucas (Notts) 22.06; 7 Charalambous 21.85; 8 G Tempest (Bir) 21.63. **B:** Thompson 48.88; 2 P Cranfield (Liv H) 45.89; 3 Edwards 41.84; 4 G Grant (SB) 35.31; 5 C Levett (Bir) 20.01; 6 Z Davies (Harrow) 19.17; 7 E Benjamin (Notts) 18.75. **HJ:** 1 S Oni (Belg) 2.05; 2 C Giblin (Liv H) 2.00; 3 C Stewart (Notts) 1.95; 4 D Etandge (Sale) 1.90; 5 B Smith (SB) 1.90; 6 C Hall (Bir) 1.90; 7 G Carbon (E&H) 1.75; 8 AZeller (Harrow) 1.60. **B:** 1 J Tuson (Belg) 1.90; 2 Dunford 1.85; 3 Benjamin 1.85; 4 S Penny (SB) 1.80; 5 J Creighten (Liv H) 1.80; 6 C Gough (E&H) 1.75; 7 N Robinson (Sale) 1.60. **JT:** 1 A Lovett (E&H) 60.54; 2 M Dingley (Bir) 51.93; 3 K McKeever (Notts) 45.91; 4 Thompson 45.12; 5 A Bootee (Sale) 44.74; 6 M Alzufairi (Harrow) 42.09; 7 D McKowen (Liv H) 38.73; 8 T Collins (SB) 37.98. **B:** 1 L Wallace (E&H) 45.65; 2 S Cockcroft (Bir) 41.57; 3 S Maldne (Sale) 39.62; 4 M Toms (Harrow) 38.72; 5 J Hibbert (SB) 36.16; 6 S Granger (Notts) 35.15; 7 J Osazuwa (Belg) 27.69; 8 D Brew (Liv H) 21.84. **LJ:** 1 P Ferdinand (Bir) 6.79; 2 H Hastrup (E&H) 6.69; 3 O Eyong (Belg) 6.67; 4 R Burslem (Sale) 6.32; 5 J Lever (SB) 6.24; 6 A Zeller (Notts) 6.16; 7 A Butler (Notts) 5.97; 8 K Thompson (Liv H) 5.92. **B:** 1 M Kerr (Belg) 6.65; 2 L Smith (Bir) 6.59; 3 G Carbon (E&H) 6.20; 4 M Alzufairi (Harrow) 6.14; 5 D Lewis (SB) 6.05; 6 G Smith (Notts) 5.88; 7 R Reader (Sale) 5.82; 8 D Neary (Liv H) 5.37. **PV:** 1 J Hutchinson (E&H) 4.20; 2 I Mackenzie (Belg) 4.00; 3 Benjamin (Notts) 4.00; 4 C Gumm (Bir) 3.60; 5 D O'Hara (SB) 3.60; 6 I McKintosh (Liv H) 3.50; 7 S Cordwell (Sale) 3.10; 8 Zeller 2.30. **B:** 1 K Thomas (Bir) 3.60; 2 Smith 3.30; 3 P Simms. (E&H) 3.20; 4 C Gough (Liv H) 2.90; 5 J Dougherty (Sale) 2.90; 6 M Kerr (Belg) 2.60; 7 S Spencer (Harrow) 2.20. **SP:** 1 Thompson 16.28; 2 Major 15.85; 3 Saggers 14.38; 4 P Cranfield (Liv H) 13.28; 5 Tempest 11.08; 6 S Ashton (Sale) 10.93; 7 Charalembous 10.54; 8 A Butler (Notts) 9.73. **B:** 1 F Miele (E&H) 12.62; 2 D Onwabulili 12.58; 3 L McKintosh (Liv H) 12.38; 4 C Levett (Bir) 10.88; 5 N Edwards (Sale) 10.11; 6 O Lawton (SB) 10.01; 7 S Granger (Notts) 8.89; 8 Z Davies (Harrow) 8.23. **TJ:** 1 Ferdinand 14.49; 2 Thompson 14.20; 3 Zeller 13.31; 4 H Hastrup (E&H) 13.19; 5 Smith 13.09; 6 S Majekadumno (Belg) 13.00; 7 Lewis 12.65; 8 R Burslem (Sale)

Out in front: Helen Thieme (1) heads for one of a trio of individual victories

week, because I know if I get the race, I'll get the time."

He didn't run in his more familiar 200m, but Tim Abeyie deputised for him to great effect – taking maximum points for Belgrave with 21.68.

Birchfield were not about to give away points easily, particularly in their own back yard, but the sight of someone other than Jonathan Moore jumping for them could have meant them losing advantage. Not so. Phil Ferdinand took on the role in both triple and long jumps, winning with 14.49m and 6.79m, maximum points for both.

As a team-mate of Moore he admitted it would be nice if they could compete together sometimes: "I don't get to jump against him much, so we don't get the opportunity to work together. It is nice to have someone doing well at the same club in the event," he confided.

Another field eventer finding success was John Osazuwa whose 64.56m in the hammer was unfortunate in falling in just 20cm short of the record. He looked in a different class to the rest of the competitors as he was consistently over 60m. Liverpool's Les McKintosh was second but finished more than nine metres behind.

Osazuwa was already safely over the qualifying for the World Juniors but in the discus, Shaftesbury Barnett's Adam Major threw the qualifying distance with the 2kg implement.

He was not the only athlete attempting to find the qualification standard, but one of few to succeed. One who sadly missed out in the invitation 200m was Blackheath's Dwayne Grant, whose strong effort finishing over 20m clear was well supported by a crowd who knew the implications of his attempt. Unfortunately he missed out on the 21.20 mark by 12 hundredths of a second.

■ WOMEN

THE battle for the title raged between reigning champions Birchfield Harriers and Sale Harriers Manchester.

Sadly for Birchfield, despite their domination of the A races it was not enough following a series of B string wins for the eventual victors Sale – whose success was the club's first in this competition.

Team manager Jean Qehoe was delighted with the win: "It's been a real team effort. There's a lot of wonderful talent amongst the girls and they have done so well," she explained.

Under-17 Rebecca Sweeney, who won four golds at last week's McDonald's final, successfully took the B race 100m title in 12.74sec.

"I was pleased to win, but my coach has told me I was too relaxed during the race," revealed Sweeney.

A slow race maybe, but valid points for her club and a great way to end the season.

Another runner earning valuable points for second placed Birchfield Harriers was Helen Thieme. Not surprising then that at the end of the competition she was honoured for her performances with the women's track athlete of the match award.

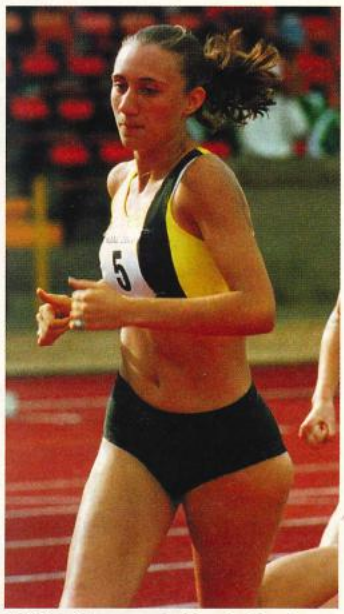
Early on in the day, Thieme took her first title in the 400 hurdles.

"It was an easy run, but I am saving myself for the 400m flat," she explained. As predicted, Birchfield's English Schools' champion comprehensively won that race in 55.32, not to mention the 200m A race.

In both relays Thieme played a crucial last leg role. In the 4x100m she brought her club home to victory after a close battle with Sale. But the final winners were strong in the 4x400m – Thieme, after a great leg, crossed the line in third and could just about manage a smile after a hard day's competition.

The former GB women's junior captain was not the only multi-talented star for Birchfield. Donna Maylor extended her normal sprint talents to the field events with a win in the B shot put, finished equal second in the high jump with Wakefield's Emily Mason, and topped off her day with a win in her specialised event – the 100m.

The female field athlete of the match award went to Wakefield's Helen Taylor for her hammer performance – her an opening throw of 43.79m was enough to win the title. Together with team-mate Fiona Westwood – an all round performer



Middle distance double: Ashford AC's Lisa Dobriskey

in sprints and long jump helped secure fourth for the club behind Liverpool Harriers. This was despite the early demise of two of their members in the pole vault and 400m hurdles; the former tripping on the runway, and the latter collapsing at the finish line.

Champions Sale are also looking forward to next season's battle – 22 of their 26-strong winning team will still be eligible to compete in next year's competition, and hopefully retain the title.

■ In the Grand Prix, Newark's Michael Beaumont came third in the men's event behind Belgrave's Scott Thompson. Their efforts could not prevent Tim Abeyie's victory, fresh from success in the 200m. The girl's event was won by Kate Brewington of Havering Mayesbrook, her first place denying Claire Russell of Oldham and Royton and in third, Monique Parris of Ilford.

12.64. **B:** 1 L Smith (Bir) 13.59; 2 D Leow (Harrow) 13.31; 3 Carbon 13.04; 4 J Tuson (Belg) 12.96; 5 C Rattray (Liv H) 12.74; 6 R Reader (Sale) 12.45; 7 McKeever 12.36; 8 Lever 12.13. **4x100:** 1 Belgrave 41.91; 2 Birchfield 42.05; 3 Sale 44.10; 4 Harrow 44.59; 5 Notts AC 44.78. **4x400:** 1 Notts AC 3:21.14; 2 Belgrave 3:21.56; 3 E&H 3:21.84; 4 Shaftesbury Barnet 3:22.29; 5 Birchfield 3:23.13; 6 Sale 3:31.97; 7 Liverpool 3:33.15; 8 Harrow 3:33.73

■ **WOMEN**

Match: Sale Harriers Manchester 311.5; 2 Birchfield Harriers 254; 3 Liverpool Harriers & AC 222; 4 Wakefield District H&AC 207.5; 5 City of Norwich 199.5; 6 Ashford AC 181; 7 Shaftsbury Barnet Harriers. 171.5; 8 Hillingdon 152

100 (-0.6): 1 D Maylor (Bir) 12.04; 2 F Westwood (Wake) 12.31; 3 K Velvick (Ashf) 12.50; 4 L Evans (Sale) 12.56; 5 A Howell (SB) 12.80; 6 V Griffiths (Liv H) 12.87; 7 J Holdsworth (Norw) 13.59; 8 L Rapley (Hill) 15.37. **B (-1.6):** 1 R Sweeney (Sale) 12.74; 2 C Greaves (Liv H) 12.88; 3 M Davis (Bir) 12.96; 4 V Lambert (Wake) 13.28; 5 E Parr (Norw) 13.33; 6 L Lock (SB) 13.73; 7 Z Parsons (Ashf) 13.86; 8 L Thomas (Hill) 15.10. **200 (-1.8):** 1 H Thieme (Bir) 25.40; 2 D Holsall (Liv H) 25.72; 3 K Velvick (Ashf) 25.74; 4 R Sweeney (Sale) 25.99; 5 F Westwood (Wake) 26.54; 6 M Okoro (SB) 26.83; 7 J Holdsworth (Norw) 27.15; 8 E Grant (Hill) 28.83. **B (-1.3):** 1 L Evans (Sale) 25.93; 2 C Greaves (Liv H) 26.52; 3 M Davis (Bir) 26.79; 4 E Parr (Norw) 27.52; 5 L Lock (SB) 28.05; 6 V Lockwood (Wake) 28.74; 7 Z Parsons (Ashf) 29.16; 8 H Gamble (Hill) 29.84. **400:** 1 H Thieme (Bir) 55.32; 2 H Brookes (Sale) 56.15; 3 G Howell (SB) 56.56; 4 D Holsall (Liv H) 58.14; 5 L Gilbert (Norw) 60.32; 6 E Grant (Hill) 60.73; 7 V Lambert (Wake) 62.69; 8 E Snare (Ashf) 63.27. **B:** 1 D Riding (Sale) 60.52; 2 M Hutchinson (Hill) 60.53; 3 J Mould (Bir) 60.67; 4 C Murphy (Liv H) 61.80; 5 H South (Norw) 62.28; 6 C Baker (SB) 62.99; 7 H Singleton (Wake) 63.81; 8 K Fawke (Ashf) 68.46. **800:** 1 L Dobriskey (Ashf) 2.11.90; 2 M Okoro (SB) 2.14.02; 3 J Mockler (Sale) 2.15.25; 4 B Parker (Norw) 2.17.70; 5 E Grant (Hill) 2.18.18; 6 D Woods (Liv H) 2.19.73; 7 H Singleton (Wake) 2.24.76; 8 L Thomas (Bir) 2.27.99. **B:** 1 H South (Norw) 2.18.50; 2 M Hutchinson (Hill) 2.19.84; 3 S Williams (Sale) 2.21.06; 4 J Ankier (SB) 2.22.16; 5 S Bullock (Liv H) 2.25.36; 6 H Cutler (Bir) 2.28.28; 7 K Fawke (Ashf) 2.30.95; 8 B Fenn (Wake) 2.34.74. **1500:** 1 L Dobriskey (Ashf) 4.33.69; 2 J Nugent (SB) 4.37.63; 3 L Whittaker (Sale) 4.47.39; 4 L Thomas (Bir) 4.52.63; 5 S Bullock (Liv H) 5.00.72; 6 A Dungar (Norw) 5.04.68; 7 A Hoban (Wake) 5.19.11. **B:** 1 S Clarke (Sale) 4.47.48; 2 J Wright (SB) 4.56.61; 3 L Michealson (Liv H) 5.04.04; 4 M Garrod (Norw) 5.19.59; 5 L Sheard (Wake) 5.39.83; 6 K Fawke (Ashf) 5.57.45; 7 L Watersbrown (Bir) 6.40.08. **3000:** 1 S Miles (Hill) 10.09.07; 2 R Proctor (Norw) 10.28.71; 3 E Lafferty (Sale) 10.39.03; 4 S Stanmore (SB) 10.49.53; 5 C Terry (Liv H) 11.46.74; 6 S Coley (Wake) 12.02.90; 7 S Workman (Bir) dnf. **B:** 1 B Fitton (Sale) 10.41.22; 2 O Walwin (Norw) 10.41.92; 3 T Weaver (SB) 11.30.48; 4 H Burdock (Hill) 11.47.85; 5 H Flett (Liv H) 11.57.09; 6 F Grant (Wake) 13.24.31. **100H (-1.8):** 1 G Smith (Sale) 14.60; 2 S Green (Liv H) 16.82; 3 T Hare (Ashf) 17.11; 4 A Hewitt (Hill) 18.30; 5 L Waters-Brown (Bir) 25.36; 6 E Mason (Wake) dq; 7 R Groves (Norw) dnf. **B (-0.5):** 1 D Parkinson (Sale) 15.92; 2 L Connelly (Liv H) 16.69; 3 E Morris (Wake) 17.78; 4 H Smith (Norw) 18.58; 5 G Clarke (Bir) 19.75; 6 R Conlon (Ashf) 21.01; 7 L Thomas (Hill) 22.23. **400H:** 1 H Thieme (Bir) 67.68; 2 H Goodall (Ashf) 70.30; 3 L Connelly (Liv H) 71.89; 4 L Ismail (Sale) 72.61; 5 K Hodson (Wake) 73.44; 6 N Objobia (SB) 74.65; 7 A Seaman (Norw) 75.12; 8 L Thomas (Hill) 79.83. **B:** 1 L Murphy (Sale) 67.87; 2 R Groves (Norw) 70.54; 3 L Waters-Brown (Bir) 73.95; 4 L Gaul (SB) 76.14; 5 A Ridsdale (Wake) 86.67; 6 T McNally (Hill) 97.74. **HJ:** 1 S Green (Liv H) 1.68; 2eq E Mason (Wake)/D Maylor (Bir) 1.55; 4eq A Hewitt (Hill)/D Parkinson (Sale) 1.55; 6 H Goodall (Ashf) 1.50; 7eq T Ovell (SB)/B Parker (Norw) 1.45. **B:** 1 J Woods (Liv H) 1.60; 2 A Agbaze (Bir) 1.55; 3 H Gamble (Hill) 1.45; 4 T Hare (Ashf) 1.45; 5 C Kanarek (SB) 1.40; 6eq K Hodson (Wake)/G Smith (Sale) 1.35; 8 M Garrod (Norw) 1.25. **PV:** 1 Z Parsons (Ashf) 2.80; 2 A Rennison (Sale) 2.80; 3 E Morris (Wake) 2.20; 4 A Seaman (Norw) 2.10; 5 T McNally (Hill) 2.00; 6 T Weaver (SB) 1.80 ; 7 G Clarke (Bir) 1.50. **B:** 1 T Hare (Ashf) 2.70; 2 C Geoghegan (Sale) 2.00; 3 P Francis (Norw) 2.00; 4 H Rixon (Hill) 1.80; 5 A Carr (Wake) 1.80. **LJ:** 1 F Westwood (Wake) 5.72; 2 L Singer (Bir) 5.33; 3 V Lamb (Sale) 5.13; 4 B Allen (Norw) 4.83; 5 N Williams (SB) 4.72; 6 V Griffiths (Liv H) 4.68; 7 Z Parsons (Ashf) 4.25; 8 L Rapley (Hill) 3.81. **B:** 1 K Richardson (Wake) 5.31; 2 D Parkinson (Sale) 5.02; 3 N Bowen (Bir) 4.91; 4 E Parr (Norw) 4.80; 5 R Conlon (Ashf) 4.22; 6 G Sharpels (Liv H) 4.15; 7 T Ovell (SB) 4.11; 8 H Gamble (Hill) 3.58. **TJ:** 1 A Pearson (Sale) 10.42; 2 S Green (Liv H) 10.27; 3 B Allen (Norw) 10.14; 4 R Conlon (Ashf) 10.00; 5 S Workman (Bir) 9.92; 6 N Williams (SB) 9.89; 7 V Lambert (Wake) 8.50; 8 L Rapley (Hill) 8.18. **B:** 1 G Sharples (Liv H) 9.85; 2 J Chandler (Norw) 9.83; 3 L Singer (Bir) 9.71; 4 H Goodall (Ashf) 9.50; 5 A Rennison (Sale) 8.91; 6 C Baker (SB) 8.79; 7 M Lonsdale (Wake) 8.18; 8 T McNally (Hill) 7.90. **SP:** 1 A Richards (Bir) 11.52; 2 E Morris (Wake) 11.28; 3 C Pierre (SB) 9.90; 4 A Hewitt (Hill) 9.82; 5 L Fox (Ashf) 9.67; 6 K Robb (Sale) 9.00; 7 C Dowling (Liv H) 8.85; 8 L Seaman (Norw) 8.08. **B:** 1 D Maylor (Bir) 11.39; 2 G Smith (Sale) 8.77; 3 M Okoro (SB) 8.77; 4 T Hare (Ashf) 8.25; 5 A Ridsdale (Wake) 8.13; 7 K Harrison (Hill) 7.69; 8 N Sayer (Norw) 7.62. **DT:** 1 L Fox (Ashf) 36.12; 2 L Seaman (Norw) 32.68; 3 S Richards (Bir) 32.23; 4 K Harrison (Hill) 29.97; 5 S Drake (Wake) 25.08; 6 C Charles (Liv H) 22.81; 7 K Robb (Sale) 22.28; 8 V Hodges (SB) 21.82. **B:** 1 S Mitchell (Bir) 30.48; 2 N Sayer (Norw) 23.59; 3 C Dowling (Liv H) 21.57; 4 K Richardson (Wake) 20.49; 5 J Martin (Hill) 20.15; 6 G Thurston (SB) 19.62; 7 C Collins (Sale) 17.97; 8 J Brown (Ashf) 12.57. **HT:** 1 H Taylor (Wake) 43.79; 2 V Hodges (SB) 32.27; 3 A Farmer (Liv H) 30.95; 4 J Morrison (Sale) 29.50; 5 K Harrison (Hill) 29.47; 6 S Richards (Bir) 27.44; 7 L Fox (Ashf) 20.16; 8 L Seaman (Norw) 18.67. **B:** 1 S Drake (Wake) 34.76; 2 S Kemp (Liv H) 26.41; 3 C Collins (Sale) 21.43; 4 N Ayre (Bir) 19.93; 5 G Thurston (SB) 15.41; 6 S Everett (Norw) 14.65; 7 J Brown (Ashf) 7.02. **JT:** 1 M Lonsdale (Wake) 38.76; 2 A Hewitt (Hill) 34.36; 3 H Wood (Sale) 29.33; 4 L Seaman (Norw) 29.00; 5 C Francis (Bir) 28.68; 6 S Kemp (Liv H) 27.59; 7 J Brown (Ashf) 24.82; 8 E Collins (SB) 23.90. **B:** 1 F Munro (Sale) 24.29; 2 E Morris (Wake) 23.70; 3 B Parker (Norw) 23.19; 4 J Martin (Hill) 20.48; 5 M Meade (SB) 20.33; 6 N Ayre (Bir) 17.87; 7 S Bullock (Liv H) 17.05; 8 K Fawke (Ashf) 11.70. **4x100:** 1 Birchfield 49.45; 2 Sale 49.50; 3 Shaftesbury Barnet 51.02; 4 Liverpool 51.22; 5 Wakefield 51.95; 6 Norwich 52.08; 7 Ashford 54.18; 8 Hillingdon 61.05. **4x400:** 1 Sale 3.54.64; 2 Birchfield 4.03.06 ; 3 Norwich 4.08.75 ; 4 Liverpool 4.14.02 ; 5 Hillingdon 4.14.77; 6 Ashford 4.15.41; 7 Wakefield 4.23.86; 8 Shaftesbury Barnet dq

Kimtai cruises home

Julius Kimtai and fellow-Kenyan Esther Kiplagat made it an African double by beating high class fields in Bradford

Report: Roger Norton Pictures: Courtesy of Fila

RAINY conditions did not deter Tipton's Kenyan Julius Kimtai who fully justified his pre-race favourite tag. Tucked comfortably into the large leading bunch, Kimtai made his move just after the 4km mark.

Chased by Andy Coleman the Tipton man stamped his authority on the race and opened up a comfortable cushion over the chasing group. As Coleman faded it was Mike Openshaw who emerged as the one to do the chasing and he did so in determined fashion.

The finish was around an all-weather playing area but the rain made it anything but all weather and it resembled a cross country course in winter.

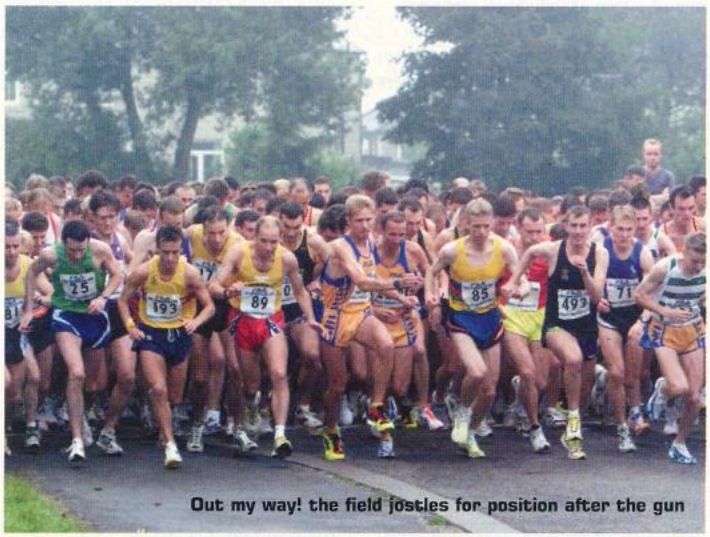
And Kimtai found it more difficult that most. Openshaw pulled back some ground so that by the finish he was just seven seconds adrift of Kimtai's 29:06.

Matthew Vaux-Harvey made up ground in the second half and led home a tight group comprising Tipton pair Nick Jones and Matt Smith, plus Paul Evans and Trevor James. Evans had tried to go with Kimtai, suffered a bad patch between five and seven kilometres but, on balance, said he was happy with his run.

With Mick Hill finishing 13th, Tipton were easy team winners and, for good measure, had another six men inside the top 50.

Openshaw won the Inter Counties title and led the North East to a successful defence of their team title.

Dominic Bannister, Terry Wall and Brian Rushworth were too good for Greater Manchester despite the absence of the Hudspith brothers.



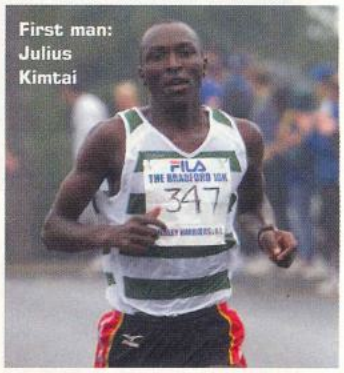
Out my way! the field jostles for position after the gun

Esther Kiplagat made it a Kenyan double winning the women's race in 33:01. She said afterwards that she found it hard. The course, the weather and the muddy finish combined to make it a tough test for the 34-year-old whose strength told in the second half. Sarah Wilkinson had led for half the race with Liz Yelling also up there until, at around 6km, Kiplagat put in a burst and Yelling could not respond. The gap did not really open, however, and the Bedford athlete stuck to her task well finishing in 33:10 – around the same time as her best time on the track for the distance. Pleased with her run, Yelling intends to build up with an eye on the European Cross Country Championships.

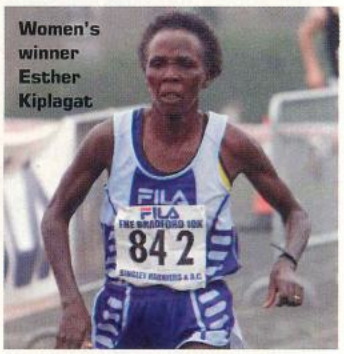
Last year's winner Birhan Dagne was not in it this time, finishing fourth just ahead of Andrea Green in what was a high quality women's field.

Fila, again the main sponsor of this top class race organised by Bingley Harriers, described the race as the backbone of the Fila PB 10km series.

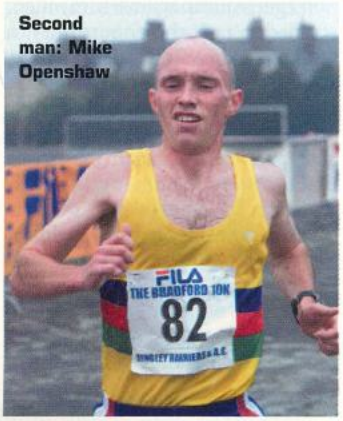
■ For veteran report and results see results section page 81



First man: Julius Kimtai



Women's winner Esther Kiplagat



Second man: Mike Openshaw

Results

■ MEN

1 J Kimtai (Tip) 29:06; 2 M Openshaw (CleS/NE) 29:13; 3 M Vaux-Harvey (Stour) 29:31; 4 N Jones (Tip/Ches) 29:33; 5 M Smith (Tip) 29:36; 6 P Evans (Bel) 29:38; 7 T James (unatt) 29:39; 8 Coleman (EH/Midd) 29:45; 9 R Birchall (Bir/Ches) 29:48; 10 G Tromans (Cov) 29:51; 11 D Bannister (SB/NE) 29:54; 12 D Taylor (HHH/Su) 29:58; 13 M Hill (Tip/Gm) 30:02; 14 G Amos (Norw/Norf) 30:04; 15 J Nuttall (Prest/Lancs) 30:11; 16 T O'Brien (Morp/Mer) 30:13; 17 A Adams (Clyd/WS) 30:14; 18 W Oxborough (TH&H) 30:16; 19 C Winward (Barr/Cum) 30:20; 20 R Finch (South) 30:22; 21 N Cumerford (Card) 30:24; 22 A Morgan-Lee (Salf/Lancs) 30:26; 23 M Boulstridge (Bir) 30:27; 24 R Holladay (Morp/Yorks) 30:28; 25 A Pearson (Bing) 30:30; 26 T Hart (WSE) 30:30; 27 P Green (Sale/Gm) 30:31; 28 T Wall (Morp/NE) 30:32; 29 J Bowler (B&R) 30:32; 30 A Graham (Tip) 30:33; 31 M Coleman (Med/Kent) 30:35; 32 J Ward (Hallam/Yorks) 30:36; 33 M Yelling (Bed) 30:37; 34 C Moore (Bing/Yorks) 30:38; 35 A Arrand (B'heath/Hu) 30:40; 35 I Richard (Tip) 30:40; 37 B Rushforth (Sund/NE) 30:46; 38 D Robinson (Tip/Gl) 30:48; 39 D Rowen (Tip) 30:50; 40 A Farnworth (Tip) 30:50; 41 I Fisher (Ot/Yorks) 31:01; 42 G Raven (E Ches/Gm) 31:02; 43 D Mason (Salf/Gm) 31:05; 44 B Farquarson (Mans/Nt) 31:12; 45 D Flint (Gate/NE) 31:13; 46 J McFarlane (TH&H) 31:14; 47 C Thompson (Camb/WS) 31:14; 48 A Hart (Hunt BT/ES) 31:20; 49 A Parker (Tip) 31:21; 50 B Foster (B'heath) 31:21; 51 G Williams (Med/Kent) 31:22; 52 A Callan (Shett/WS) 31:24; 53 S Gisbourne (Sheff) 31:24; 54 M Scaife (CleS) 31:25; 55 P Lucas (Staffs) 31:26; 56 S Green (Bing) 31:27; 57 T Field (Sund/NE) 31:28; 58 J Cunningham (Fife/ES) 31:28; 59 M Simpson (Houns/Bu) 31:35; 60 S Duval (C&S) 31:56; 61 T Taylor (Salf) 31:37; 62 P Hinch (Clee/Hu) 31:39; 63 B Crowther (Alt/Gm) 31:39; 64 S Edmonds (Bir) 31:40; 65 J Pavis (Knaves/Yorks) 31:40; 66 S Burton (Notts) 31:40; 67 C Birchall (E Ches) 31:40; 68 M Whitehouse (DerbyStaffs) 31:40; 69 S McKevitt (Liv/Mers) 31:40; 70 D Cavers (Bord) 31:41; 71 S Platts (Morp) 31:48; 72 I Malone (Ack) 31:48; 73 D Hale (Roth/La) 31:49; 74 J Jackson (Salf/La) 31:51; 75 A Peace (Bing) 31:51; 76 D Bilton (CoH/Hu) 31:54; 77 D Norman (Alt/Gm) 31:55; 78 M Keely (Liv/Mers) 31:57; 79 M Proudlove (Stoke/Ches) 31:58; 80 R Sales (Norw RR/Norf) 32:01; 81 S Pullin (St Alb/He) 32:01; 82 J Towse (WSE) 32:02; 83 J Convery (Bing) 32:03; 84 S Mitchell (Leeds C/Yorks) 32:04; 85 D Milliken (Salf) 32:05; 86 R Watkinson (Roth) 32:06; 87 G Fay (Chelt Un/La) 32:08; 88 T Roper (Bristol) 32:09; 89 A Rowe (Wesh/La) 32:10; 90 D Walmsley (Bourt/Gl) 32:12; 91 B Coyle (Shett/WS) 32:13; 92 P McTigue (SLH) 32:15; 93 A Weir (TH&H) 32:17; 94 K Chapman (Salf) 32:21; 95 S Pigfoot (H&P) 32:28; 96 I Johnston (TVH/He) 32:28; 97 M Smith (Bourt/Gl) 32:29; 98 S Pritchard (Ban/Ox) 32:30; 99 S Ruscoe (Vale R/Ches) 32:31; 100 A Brindle (Chor/La) 32:33; 101 T Bery (Morn Ch/Midd) 32:35; 102 J Rose (Alt) 32:40; 103 R Mullins (Chelt/Gl) 32:40; 104 A Koikai (Ilf/Ex) 32:41; 105 M Dayson (Ash/Kent) 32:41; 106; S Hogton (Kimb) 32:42; 107 W Legg (Holm) 32:43; 108 A Jones (K&C) 32:46; 109 M Arrodge (Tip) 32:47; 110 J Parkinson (Liv/Mers) 32:48; 111 N Bernil (Ilf/Ex) 32:49; 112 P Smith (HCR/Bu) 32:51; 113 M Johnson (Mans/Nt) 32:53; 114 K Leitch (WCH/ES) 33:00; 115 D Hinchcliffe (Long) 33:03; 116 W Gristwood (Eal S/He) 33:05; 117 R Joy (N Norf/Norf) 33:07; 118 P Lemmon (Mus Hill/Midd) 33:09; 119 S Spooner (Brid/Hu) 33:11; 120 K Sherry (Norw RR/Norf) 33:12; 121 M Jenkins (Ret/Nt) 33:12; 122 S MacDonald (Bing) 33:13; 123 P Collins (B&R) 33:14; 124 J Parker (Prest H/La) 125 N Davison (N Norf/Norf) 33:17

TEAM: 1 Tipton 23; 2 Morpeth 137; 3 Salford 139

AAA of England Championship

1 Kimtai; 2 Openshaw; 3 Vaux-Harvey

TEAM: Tipton

Inter Counties: 1 Openshaw; 2 Jones; 3 Coleman

TEAM: 1 North East 45; 2 Greater Manchester 67; 3 Yorkshire 75

Yorkshire Championship

1 Holladay; 2 Ward; 3 Moore

■ MEN

1 E Kiplagat (KEN) 33:01; 2 L Yelling (Bed) 33:10; 3 S Wilkinson (Salf/Gm) 33:20; 4 B Dagne (WG&EL) 34:08; 5 A Green (Dart/Kent) 34:09; 6 D Curley (Wig P/Gm) 34:22; 7 L MacDougall (Glas/WS) 34:43; 8 B Jenkins (Salf/Gm) 35:02; 9 S Harrison (Leam) 35:07; 10 A Wyeth (Park/La) 35:10; 11 J Newcombe (SB/Ex) 35:16; 12 S Murphy (SB/Midd) 35:28; 13 C Patton (Hallam/Yorks) 35:38; 14 A Higgins (Kil/WS) 35:44; 15 J O'Mara (Wake/Yorks) 35:46; 16 P Powell (B'burn/La) 35:50; 17 L Hayes (Unatt/Gm) 35:52; 18 M Dodd (Bing/NE) 36:05; 19 T Oldershaw (Padd W/Kent) 36:12; 20 T MmcIntosh (Ayr/Sea/WS) 36:13; 21 H Lawrence (Wirr/Mer) 36:14; 22 W Jones (Cir/Gl) 36:15; 23 T Swindell (Thurr/Ex) 36:18; 24 L Williams (Arena 80/Sx) 36:19; 25 J Riley (Salf/Gm) 36:26; 26 C Hoyte (Arena 80/Sx) 36:35; 27 P Rogers-Dixon (HHH/Su) 36:36; 28 S Hicks (M Chase/Midd) 36:38; 29 L Mawer (Bing/Yorks) 36:48; 30 L MacNeill (Shett/WS) 36:50; 31 S Jones (Macc/Ches) 36:53; 32 K Fawkes (Cent RR) 36:54; 33 N Scales (St Alb/He) 37:06; 34 A Murphy (Mus H/Midd) 37:10; 35 N Thompson (Charn/Kent) 37:29; 36 S Bower (Thet/Norf) 37:33; 37 S Dolan (Barns AC/Yorks) 37:38; 38 A Hirst (Head RR/Ox) 37:40; 39 S Allen (H&P/NE) 37:43; 40 A Raw (Darl/NE) 37:46; 41 S Cooper (South W/Mers) 37:47; 42 G Phillips (Kend) 37:53; 43 E Newman (Colch/Ex) 38:09; 44 P Walsh (Prest H/La) 38:13; 45 K Anderson (Heanor/Ox) 38:17; 46 J Smith (Alt) 38:27; 47 K Armstrong (SB/Midd) 38:39; 48 A Mussett (Colch/Ex) 38:53; 49 K Matthew (M&C/NE) 38:59; 50 R Pleeth (Macc/Ches) 39:07

TEAM: Shaftsbury Barnet 70

AAA of England Championship

1 Yelling; 2 Wilkinson; 3 Dagne

Inter Counties: 1 Yelling; 2 Wilkinson; 3 Green

TEAM: 1 Greater Manchester 26; 2 Scottish West 60; 3 Yorkshire 81

Yorkshire Championship

1 Patton; 2 O'Mara; 3 L Mawer (Bing) 36:48

OLYMPIC PREVIEW

Sydney 2000

INSIDE

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Event previews

Medal predictions

Athletics timetable

WIN a signed print of Denise Lewis from the BOA

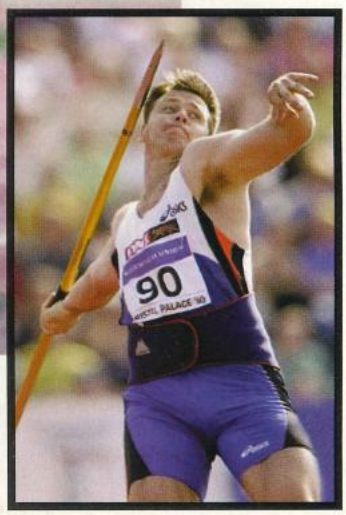
team GB

Cathy Freeman: Interview with Australia's own golden girl

What's on the box

Marion Jones's golden quest

Can Steve Backley go one better?



Welcome to *Athletics Weekly's* preview of the 2000 Sydney Olympic Games

ROGER BLACK, an Olympian in 1992 and 1996, believes Britain has athletes capable of winning medals in Sydney.

THERE is no greater athletics experience than competing at the Olympic Games. The Olympics mean everything to an athlete and any athlete would swap their successes from elsewhere for Olympic success.

This is because of the event's incredible history and also because the whole world knows the Olympics are going on.

For the British team going into the Olympics, a few weeks ago things didn't look good. But now we have stronger chances than we could ever have hoped for.

Clearly **Jonathan Edwards** is going to the Olympic Games with a great chance to win the gold medal. He's jumped consistently further than anyone else in the world and will start as our leading gold medal chance.

Denise Lewis could not have prepared better. She is going to the Games after breaking her British and Commonwealth record and has never under-performed in a championship. Denise is always going to be there or thereabouts and I believe she is capable of winning a gold medal.

Colin Jackson has timed his preparations very well and goes into these Games as a man on a mission. He has had a remarkable career, which is only missing one thing. All Olympic gold medals are richly deserved, but his would be especially so.

I believe those three athletes represent our best chances of winning gold in Sydney.

Steve Backley is throwing well and he very rarely under-performs in a championship. However, he doesn't go in with the longest throw in the world and he's up against some very strong opposition.

On his day Steve can beat anybody in the world and he knows that championship finals can bring the best out of some and can destroy others. He's a three-time European champion in an event where that's just as good as being Olympic champion and if everything goes right for him in Sydney he could win gold – which would also be well deserved.

I believe one of our three 100m runners also have a chance of winning a medal. All three of them are capable of running under 10 seconds and on present form **Dwain Chambers** and **Darren Campbell** will both be in the medal hunt. Running in a championship is different to running in a one-off race and I do think that one of the British 100m runners will be on the podium.

Translate this into the relay and clearly our guys are expecting to win a medal. For the gold medal it will take one hell of a performance, plus the vital ingredient of our opponents, namely the Americans, not being on the top of their form.

As for the rest of the British team, we have some great medal chances. Runners do not come any gutsier than **Paula Radcliffe** and she will always give 100 per cent. If she can find the form that brought her the silver medal in Seville's World Championship 10,000m then she too could be a contender.

There is much excitement about **Katharine Merry** and **Chris Rawlinson** going into these Olympics because they have performed so well this year and on their day can mix it with the best athletes in the world. But if they are to win medals they will have to run personal bests and the Olympic Stadium is the kind of place that is conducive to that.

With no **Maurice Greene** and **Michael Johnson** in the 200m, **Christian Malcolm** and **Darren Campbell** have a much better chance of medalling than they could ever have hoped for. US Trial winner, **John Capel**, is not a consistent high-class performer judging by his recent performances.

At the moment I have no idea how fit **Dean Macey** or **Ashia Hansen** are. They haven't competed enough this season to be put forward as medal prospects. Let's just hope they are fit enough to compete in Sydney.

As for **Mark Richardson**, what a sad way for his Olympic dream to end, irrespective of the fact his arbitration hearing has been postponed. Had he competed in Sydney, on present form he would have been a good bet to make it on to the rostrum.

A month or so ago neither Jonathan, Colin, Steve or Denise were showing much form. With the Olympics almost upon us, to be able to write what I've just written is about as good as we're ever going to get at this stage.

This is not emotion ruling my head either. It is based on recent results.

However (and this is a big however) the Olympic Games is a strange environment where one of two things happen. You either excel, or it can break you. And what we don't know is how it's going to affect our athletes, or how it's going to affect other athletes.

In the men's triple jump, for example, we do not know if somebody is going to come out of nowhere and jump 17.80m. That's the beauty of athletics: the unknown.

The difference the Olympics can make to your life in terms of success and failure is huge and all athletes know that. They know what's at stake.

Miracles can happen and if they are going to happen they're more likely to occur at the Olympic Games. It's the most inspirational environment you could ever compete in.

Believe me, there are going to be surprises.

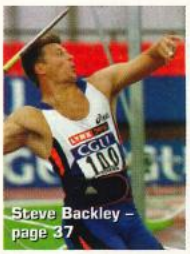
athletics WEEKLY

COMMENT

THE quadrennial celebration we've all been waiting for is all but here. In recent weeks and months we've covered all the pre-Games 'talk' we could get our hands on, now it's time for the athletes to perform and for us in the media to report on the 'walk'.

At *AW* we've enjoyed the build-up and now look forward to a fantastic spectacle in Sydney, and then, of course, telling you all about it.

NIGEL WALSH



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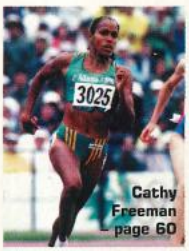

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68 Triple jump, shot put, hammer
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***Athletics Weekly* Olympic Preview special was compiled by the following:**
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Forty years on

Mel Watman, who attended six Olympics between 1960 and 1984 on behalf of *Athletics Weekly*, looks back at his first Games ... and forward to Sydney

AS one gets older one's memory becomes alarmingly more erratic. Ask me who were the medallists in various events in Atlanta just four years ago and I may have to think long and hard. Other than Michael Johnson's fabulous 19.32 I retain few vivid recollections. But mention the Rome Olympics of 1960 and I can still fire off the results and one indelible image after another will spring to mind.

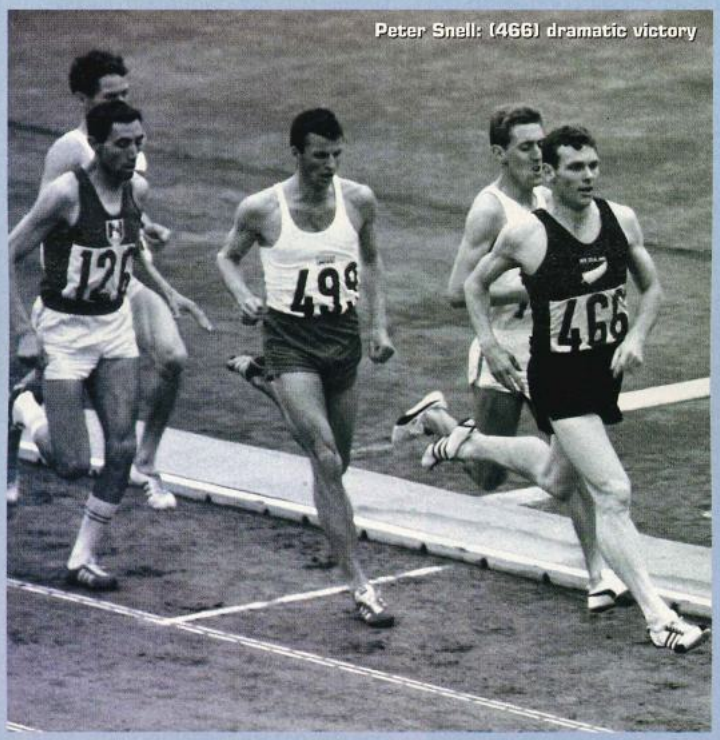
Those were my first Olympics, you see, and the thrill of actually being there has never diminished. I was younger than most of the competitors then and was midway through two years of National Service in the RAF.

The late Jimmy Green, founder and editor of *Athletics Weekly* had invited me to report on the Games for the magazine, a dream come true for me, and I saved up all my annual leave for the appropriate period. It was an anxious time; the leave could have been cancelled at a moment's notice but the pass came through and for two glorious weeks I discarded the boring military routine for the heady atmosphere of watching the greatest show on earth from the press box of the magnificent Stadio Olimpico.

From a British standpoint the Games began disastrously. On the opening day, dubbed 'Black Wednesday', three of our brightest medal hopes crashed out. Gordon Pirie trailed far behind in his 5000m heat, Arthur Rowe failed to reach the shot final and Mary Bignal as she was then placed only ninth in the long jump after breaking the UK record with 6.33 when qualifying, a distance which would have earned her the silver medal in the final.

It got better after that; Don Thompson – dubbed "il topolino" (the little mouse) – struck gold in the 50km walk, there were silvers for Dorothy Hyman (100m), Carole Quinton (80m hurdles) and Dorothy Shirley (high jump), and bronze medals for Peter Radford (100m), the men's 4x100m relay team of Radford, David Jones, Dave Segal and Nick Whitehead, Stan Vickers (20km walk) and Dorothy Hyman again (200m).

Don Thompson: 'il topolino'



Peter Snell: (466) dramatic victory

Pleasing as it was to record Dorothy Hyman's achievements, I had eyes only for the woman who won both those sprints as well as anchoring the US 4x100m team to victory ... the late Wilma Rudolph. It seems like only yesterday as I sat transfixed by her speed and grace.

Other treats included two world record equalling 200's by Italy's Livio Berruti, a momentous 400m duel between Otis Davis (USA) and Carl Kaufmann (Germany) in which 45sec was broken for the first time, dramatic victories by New Zealanders Peter Snell (800m) and Murray Halberg (5000m), a sensational upset in the men's high jump and an enthralling and moving decathlon battle between training companions Rafer Johnson (USA) and Yang Chuan-kwang, representing Taiwan.

The most treasured moment of all, though, was the sight of Herb Elliott – the Wizard of Oz – conjuring up a world record 3:35.6 as he ran home some 20m clear of his 1500m rivals. No man has broken the world record when winning the Olympic 1500m since, but it might just happen again if circumstances are favourable in Sydney for that is the declared aim of Hicham El Guerrouj.

Similarly, the example of Wilma Rudolph could live on in the person of Marion Jones, who wants not just to emulate the fabulous feat of Jesse Owens and Carl Lewis in winning both sprints, the long jump and the 4x100m relay, but is seeking a fifth gold medal in the 4x400m relay.

In Sydney as in Rome a male 1500m runner and a female sprinter could emerge as the most glittering stars of the Games.

During the 40 years which separate the two celebrations the sport has changed drastically, fuelled by enormous sums of money from commercial sponsorship and TV rights. Athletes at the very top are now openly professional as distinct from the "shamateurs" of earlier days, track surfaces have been improved and international competition at the highest level has continually expanded. So too has the number of countries participating: in 1960 a record 70 nations took part, a figure which had risen to 197 by Atlanta.

The downside is that drugs have cast a shadow over the sport although one hopes that the majority of current world records were established without recourse to illegal aids.

Back in 1960 when Elliott ran his 3:35.6 who could have foreseen that one day someone would be almost 10 seconds faster, or that Abebe Bikila's world record-equalling marathon time of 2:15:17 would come down by nearly 10 minutes?

However, the most stunning development of all has occurred in women's athletics.

Sydney will see the welcome debut as Olympic events of the pole vault and hammer, bringing the women's programme up to 22 events, compared to the men's long standing 24. Today's female athletes would be astounded by how few disciplines were open to their predecessors in Rome. There were just 10: 100, 200, 800 (back for the first time since 1928), 80m hurdles, high jump, long jump, shot, discus, javelin and 4x100 relay.

No-one then could have contemplated a time when dozens of women would be walking 20km faster than Vladimir Golubnichiy did to win his gold medal, or (admittedly in an event later transformed by the fibre glass pole) that Don 'Tarzan' Bragg's winning 4.70 clearance would this year be matched by a countrywoman of his. Athletics marches on resolutely, each new generation making further progress ... but never totally eclipsing the supreme champions of previous eras like Herb Elliott and Wilma Rudolph.

■ **Read more about the Rome Olympics and every other Games from Athens in 1896 to Atlanta in 1996 in Mel Watman's recently published *History of Olympic Track & Field Athletics* available at £10 from the author at 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE.**

★ Records

World record
Maurice Greene (USA) 9.79 (0.1)
Olympic record
Donovan Bailey (CAN) 9.84 (0.7)
British record
Linford Christie 9.87 (0.3)

★ Atlanta '96

Gold: Donovan Bailey (CAN)
Silver: Frank Fredericks (NAM)
Bronze: Ato Boldon (TRI)

★ History

Harold Abrahams is one of three British athletes to win the men's 100m title (Allan Wells and Linford Christie, both pictured above, being the other two). Abrahams won the 1924 title in Paris and was immortalised in the film *Chariots of Fire*. He went on to be athletics correspondent for *London Times* and head of the AAA of England.

100m

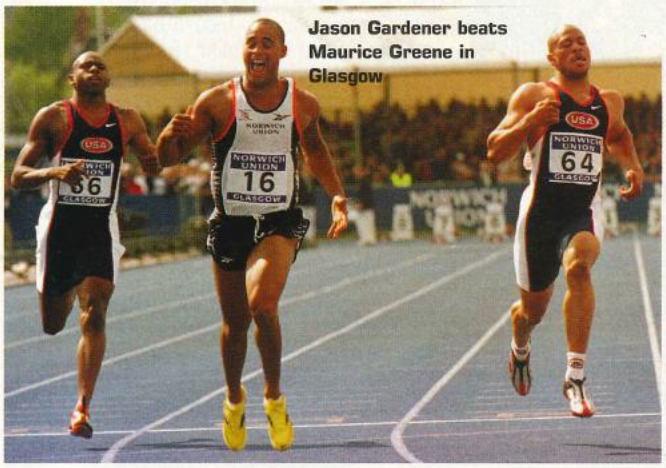
First round: Friday, September 22, 11.35 (1.35am BST)
Second round: Friday, September 22, 20.45 (10.45am BST)
Semi-final: Saturday, September 23, 18.50 (8.50am BST)
Final: Saturday, September 23, 20.20 (10.20am BST)

Maurice Greene starts as favourite for the blue riband event of the Games, but three talented Britons could take advantage of the world record-holder's inconsistent recent form

DOOMSDAY is the word Dwain Chambers uses to describe Saturday September 23, the day of the men's 100 metres final in Sydney.

According to the Bible, doomsday is the day when we will all be called to judgement. A day of final reckoning, if you like. For an athlete like Chambers it is an apt description. In the world of sport (not just athletics, but sport in general) there is no bigger event than the Olympic 100 metres final.

British athletics enthusiasts bemoan the fact that our supremacy in men's middle-distance events has vanished. The truth is that we are now a nation of sprinters. In Chambers, Darren Campbell and Jason Gardener we have a formidable trio of potential medallists in the blue riband event of the Games. We should appreciate this.



Jason Gardener beats Maurice Greene in Glasgow

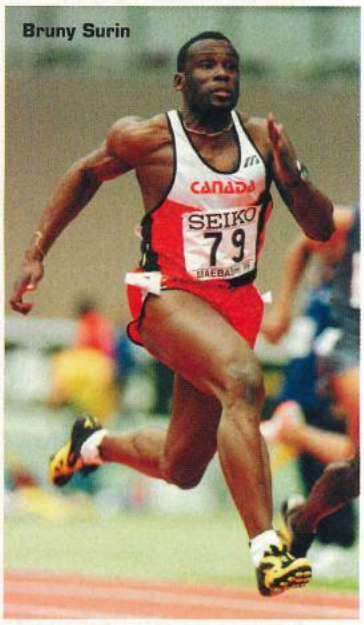
At the beginning of the year Maurice Greene was hot favourite to succeed Donovan Bailey as 'the world's fastest man'. Greene broke the world record in 1999 and won world titles over 100m and 200m in Seville. During a topsy-turvy season, however, the Kansas Cannonball's aura has been eroded. Flashes of brilliance have been punctuated by defeats. One of these came at Gateshead, in the Norwich Union Classic at the end of August.

Greene finished an embarrassed third in 10.24, beaten by Bernard Williams and the winner, Chambers. Moments later Chambers was busy telling everyone he could win Olympic gold. He had told the same tale a week earlier at a Barclaycard bash in central London. Difference this time was that people were beginning to believe him.

"I've beaten Greene twice this year," said Chambers, grinning. "The 23rd is Doomsday and I can go there and win the Olympic gold."

Chambers' mobile phone read: 'you have three missed calls'. It buzzed again while he was talking, but he continued: "Greene has been at the top for two or three years so it's time for someone else to take the reins.

"Maurice kills everyone from nought to 60 so me and Mike McFarlane, my coach, sat down and thought 'work on my start'. Now it's coming together."

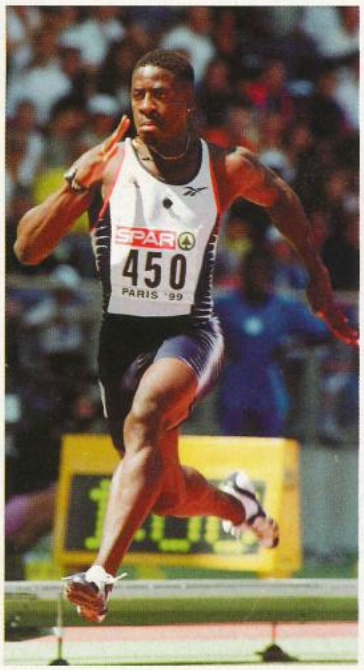


Bruny Surin

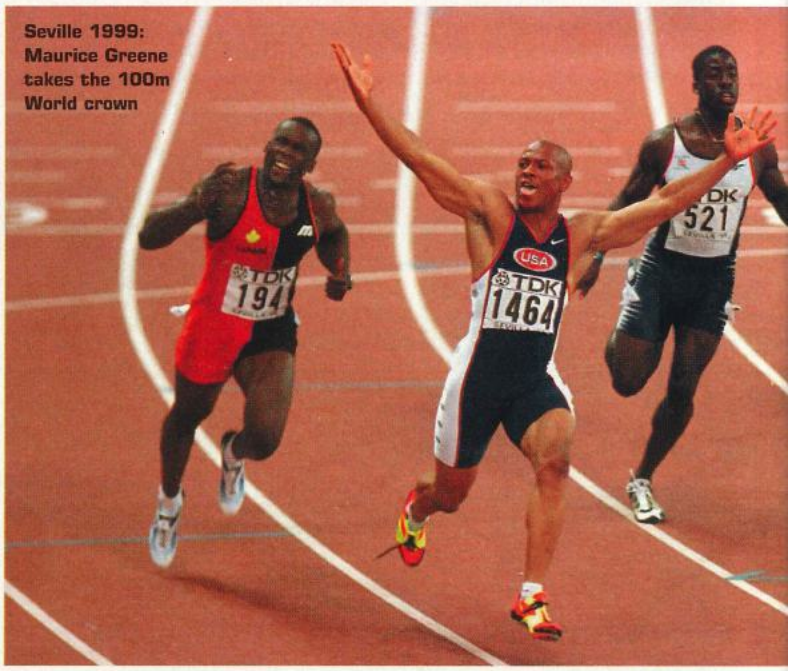
His phone rang again and again ... three times in as many minutes, but his mouth was still moving as fast as his feet. "I've been sitting down and studying how the best run," he said, adding that he had watched Seville's 100m final 'over and over'. "My tech-

'Maurice kills everyone from nought to 60 so me and Mike McFarlane, my coach, sat down and thought 'work on my start'. Now it's coming together'

Dwain Chambers



Right: Chambers believes he can win Olympic gold



Seville 1999: Maurice Greene takes the 100m World crown

NORWICH UNION & UK athletics – from grass roots to glory

Anatomy of a season

IT'S been a strange season for the men's 100 metres, with top athletes suffering wayward periods of poor form, briefly returning to produce a great one-off race, only to run badly a few days later.

Maurice Greene, has epitomised this trend: by flying sky high and then bombing back down to earth with a thud.

This is how the 2000 outdoor season has gone:

May 13: Maurice Greene starts his season in Osaka, Japan, with a fantastic 9.91 into a slight headwind of 0.4m/sec.

May 21: Youngster Mark Lewis-Francis beats Darren Campbell and Christian Malcolm at the Aqua-Pura Road to Sydney meeting at Loughborough with 10.25.

June 4: Ian Mackie runs 10.24 to beat Olympic champion Donovan Bailey at Bedford. Lewis-Francis is third.

June 15: Brian Lewis runs 10.06 to inflict a rare defeat upon Greene in Helsinki.

Ian Mackie: beat Bailey

June 27: Amid rumours of a false start, Donovan Bailey runs 9.98 into a 0.7m/sec headwind in Lucerne.

June 28: Athens, the venue of Greene's world record in 1999, again produces a great line-up and a huge surprise. Greg Saddler from the USA wins the race with 10.08 ahead of Boldon, Tim Montgomery, Greene (10.16), Dennis Mitchell and Jason Gardener (10.25).

June 30: Greene wins in Rome with another sub-10-second performance of 9.97. Chambers finishes ninth and last with 10.41 and considers packing up for the season.

July 2: Gardener runs 10.40 (into a 3.8m/sec headwind) to beat, in order, Vince Henderson, Campbell, Chambers and Greene. The latter, the world record-holder, runs 10.54 yet finishes the race smiling and joking. With the US Trials less than a fortnight later, people begin suggesting he might not make the US team for Sydney.

July 5: Ato Boldon runs 9.95 at one of his favourite venues – Lausanne. Francis Obikwelu is not far behind with 9.97. Gardener runs a season's best of 10.09.

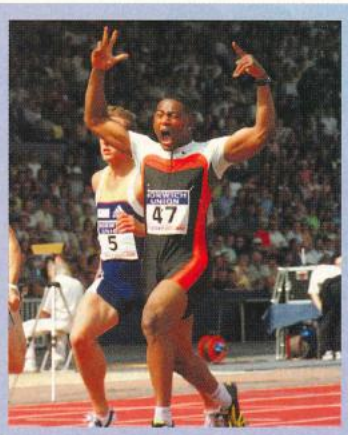
July 14: Greene returns to form to win the US Trials with 10.01 (sub-10 in the heats) to beat HSI stable-mates Curtis Johnson and Jon Drummond.

July 15: Campbell steps in for an injured Gardener and, with hardly any time to warm up, he wins the European Cup 100m with a dazzling 10.09. The performance wins him the athlete of the match award.

July 28: Boldon runs 10.00 to win another top meet in Oslo.

Aug 1: Boldon beats Obadele Thompson in Stockholm with both men awarded 10.01. Campbell runs 10.06 to mark his return to form.

Aug 5: Lewis-Francis steals the headlines at the Norwich Union British Grand Prix when he runs a world age-17 best of 10.10. The Birmingham



youngster (above) clocks a faster time than world silver medallist Bruny Surin, Boldon, Campbell and Chambers manage in the A race an hour later.

Aug 11: Greene again shows his class and superiority with a 9.94 win in Zurich. Thompson is second with 9.97.

Aug 12: Chambers wins the British Olympic Trials with 10.11 into a 0.8m/sec headwind. Campbell is second with 10.12, Mark Lewis-Francis third and Gardener fourth. Lewis-Francis later rules himself out of Olympic selection.

Aug 18: Greene wins in Monaco with 10.01.

Aug 25: Greene runs a wind-assisted 9.88 to beat Bernard Williams, Boldon, Brian Lewis and Campbell: the Briton running 10.10. The windspeed, at 2.1m/sec, was only marginally over the legal limit.

Aug 28: Chambers beats 'everybody', as the commentator put it, at the Norwich Union Classic with 10.11 into 0.3m/sec headwind. Americans Williams and Greene are second and third, Campbell is fourth, Mackie is sixth and the struggling Gardener is seventh with 10.40.

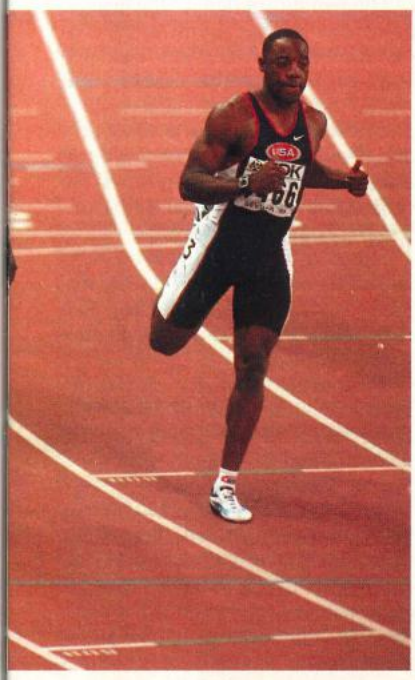
nique is so much better than last year as a result."

Back in June after finishing last in the Rome Golden League meeting, Chambers was considering calling his season to a halt. His confidence had all but vanished, but now it has returned in abundance – as has his smile.

Beating Greene has left him on a pre-Games high. But it could have been the best thing to happen to Greene. Since his defeat at Gateshead Greene has had a few weeks to put things right. He proved when winning the US Trials that, when it matters, he can too.

Greene will be aiming to become the 16th American to win the Olympic 100m title. Over the last few days and in the final countdown to September 23 (and the heats which begin on September 22) he is certain to recall the memories of 1996, when he cried with disappointment at not making the team for Atlanta.

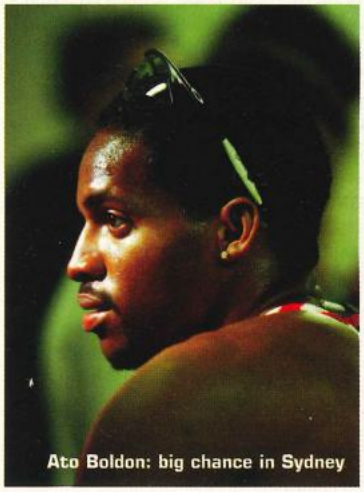
Chambers has a great chance, but when Doomsday comes the Kansas Cannonball will still be the favourite.



Other gold medal contenders include:

■ Ato Boldon – has a big chance to win this event, or even become the first man to score a 100m/200m double since Carl Lewis in 1984. He has recovered slowly since injury in 1999 and strongly believes he runs well at this time of year – as his 1998 Commonwealth Games win proved. Trains with Greene, but the two men have followed slightly different paths – both competitively and on the training track – this summer.

■ Donovan Bailey (below) – the defending champion is not ready to give up his title too easily. His form has not been great since rupturing his Achilles in 1998. Many observers believe his return to current form after such a terrible injury is a miracle in its own right.



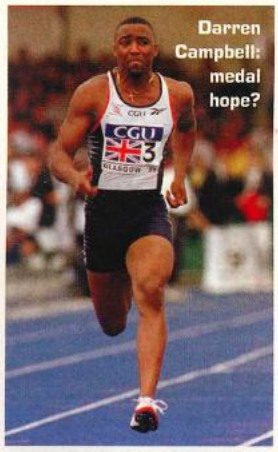
Ato Boldon: big chance in Sydney

■ Bruny Surin – pushed Greene close in Seville last year to win world silver. The Canadian has had a quieter year in 2000 due to injury.

A formidable trio

DARREN CAMPBELL and Jason Gardener join Chambers in Sydney and, in the opinion of Roger Black, who wrote the introduction to *Athletics Weekly's* Olympic preview, any one of the three Britons has the potential to come out on top on any given day.

There is little to choose between the trio and indeed, up until the Olympic Trials, Chambers looked the weakest – handicapped by a pre-season hamstring injury.



Darren Campbell: medal hope?

Campbell, the 1998 European champion, has returned to form superbly this year after a dismal 1999. A recent threat to swap his running spikes for soccer studs after the Games will hopefully not materialise. At the age of 27 (his birthday was yesterday, September 12) the sky's the limit for a man who won the European Cup this summer.

After starting the season well, Gardener has been troubled with a back injury – thought to be caused by driving. But his sub-10 form in 1999 and European Indoor Championship win this year proves he is a class act and his talent could easily re-emerge in Sydney.

★ Did you know?

Bob Hayes, the 1964 champion, was described before the Games by one writer as: "A bison in the middle of a horse race."

Another wrote: "He looks more like a heavyweight boxer than a sprinter."

Even after the race a reporter said to him: "You have a bad start and terrible form – you're just faster than everyone else." Hayes replied: "Man, that's what it's all about."

★ Top Brit

Dwain Chambers was the man in form as *Athletics Weekly's* Olympic preview edition went to press. He had just beaten Greene, Gardener and Campbell at Gateshead and looks set to improve on the bronze medal he won in Seville.

200m

First round: Wednesday, September 27, 10.05 (12.05am BST)
Second round: Wednesday, September 27, 19.30 (9.30am BST)
Semi-final: Thursday, September 28, 18.20 (8.20am BST)
Final: Thursday, September 28, 20.20 (10.20am BST)

★ Records

World record
Michael Johnson (USA) 19.32
Olympic record
Michael Johnson (USA) 19.32
British record
John Regis 19.87

★ Atlanta '96

Gold: Michael Johnson (USA)
Silver: Frank Fredericks (NAM)
Bronze: Ato Boldon (TRI)

★ History

In '96 Michael Johnson shaved 0.34 off the world record he ran in the US Trial.

★ Did you know?

America has dominated the 200m for 20 years. Italian Pietro Mennea was the last European to win an Olympic title at the Moscow Games in 1980.

★ Top Brit

Christian Malcolm makes his Oympic debut after a season which culminated in a victory over Americans John Capel and Coby Miller at Gateshead in August. He insists he'll be content with a place in the semis, but the twinkle in his eye suggests the Welshman is hoping for more.

THE $64,000 question no longer rests on whether world 200m record-holder Michael Johnson will lose his crown, but who will take it. The absence of Johnson and reigning world champion Maurice Greene has thrown the event wide open and only a fool would gamble their money without first exercising extreme caution.

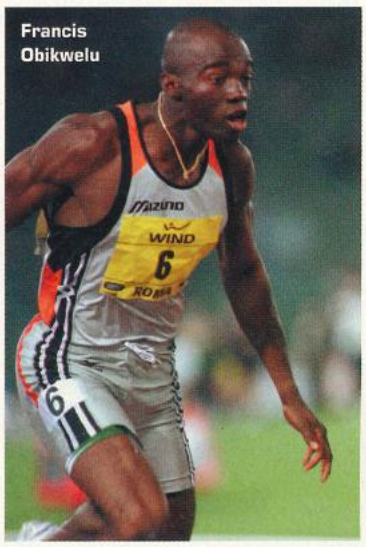
Both Americans had hoped on completing their own Olympic doubles, with Johnson looking to further reduce his world 400m record and Greene also going in the short sprint.

But the American duo both pulled up lame at the US trials in Sacramento, allowing John Capel, Floyd Heard and Coby Miller to take the honours.

Taking Johnson out of the equation, Capel, Floyd and Miller and Trinidad's Olympic bronze medallist Ato Boldon are the only four men to have broken the 20-second barrier this season.

Boldon, the 1997 world champion, starts favourite given his experience (this is his third Olympic Games) and thirst for success after discontentment with a third-place finish in Atlanta.

But Johnson's and Greene's absence paves the way for two equally medal-hungry Americans. Capel's decision to withdraw from the University of Florida to concentrate on his track career came to fruition when he won the US trials in 19.85 – a personal best and the second fastest time in the world this year.


Francis Obikwelu

Heard, 34, has made a remarkable comeback from injury to re-emerge this season as the oldest US sprinter to make his first Olympic Games.

Add a pinch of Olympic silver medallist Frank Fredericks, a dash of Nigeria's world 200m bronze medallist Francis Obikwelu and a splash of 1998 Commonwealth Games bronze medallist Obadele Thompson and it makes for a mouth-watering recipe.

Whether or not Britain's Christian Malcolm, Darren Campbell and Marlon Devonish will serve merely as an appetiser remains to be seen, although if any of them is likely to produce the goods it's Malcolm, who has impressed in the run-up to his Olympic debut.

Cardiff-based Campbell will also be challenging for honours having started his career as a 200m runner and finished second to Boldon in the 1992 World Junior Championships.

But he is likely to channel the bulk of his energy into the 100m – the distance at which he won the European title in 1998.

Devonish booked his seat on the plane to Sydney with a third-place finish at the British trials.

With a season's best of 20.59 he is a long way down the rankings but he was unlucky to miss the World Championship final last year (his 20.25 was faster than two qualifiers from the first semi-final).

400m

First round: Friday, September 22, 10.40 (12.40am BST)
Second round: Saturday, September 23, 21.25 (11.25am BST)
Semi-final: Sunday, September 24, 21.00 (11.00am BST)
Final: Monday, September 25, 20.25 (10.25am BST)

★ Records

World record
Michael Johnson (USA) 43.18
Olympic record
Michael Johnson (USA) 43.49
British record
Iwan Thomas 44.36

★ Atlanta '96

Gold: Michael Johnson (USA)
Silver: Roger Black (GBR)
Bronze: Davis Kamoga (UGA)

★ History

Britain has won two Olympic gold medals at 400m with Wyndham Halswelle (1908) and Eric Liddell (1924). The USA has won 17 out of 24 available gold medals.

★ Did you know?

If Michael Johnson wins in Sydney he will be first man in Olympic history to win two gold medals at 400m.

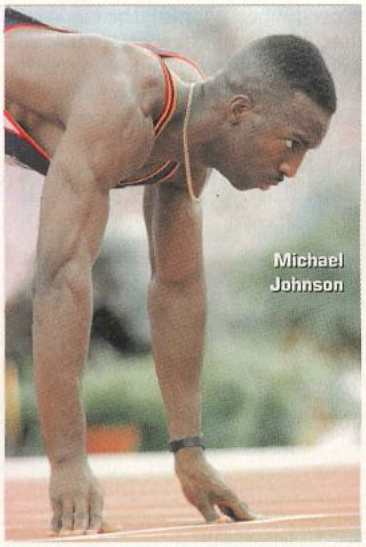
★ Top Brit

Jamie Baulch, elevated to pole position after the withdrawal of Mark Richardson last weekend, will need to produce the savvy he showed in winning the World Indoor title in Maebashi and his best form if he is to make the final.

IF there were absolute medal certainties in track and field Michael Johnson would be one of them. His domination of the event is complete: world record-holder, Olympic and four times the world champion his new target is awesome – to be the first man to run below 43 seconds. Johnson is 33, this is probably his last Olympics and he has no distractions, like the 200m, as he did in Seville. This is his opportunity to be rated as one of the greatest Olympians of all time.

Johnson has run below 44 seconds 21 times while none of his challengers, to use the word loosely, have beaten that mark. His style of running, upright with a comparatively short stride, has not been copied by his peers in the event. Johnson is also the world record-holder at 200m, a mark he set in Atlanta in 1996.

The rest are fighting for the two remaining medals (unless injury to Johnson intervenes) and it looks again like an American 1-2-3. The event has tailed off this year as if the rest of the one-lappers are overawed by the man from Dallas. Second in the US Trials in Sacramento was Alvin Harrison (44.63) and third, also 33, Antonio Pettigrew, the 1991 world champion with a best this year of 44.65. They are second and third in the world rankings.


Michael Johnson

The main non-US challenges also come from the New World led by the Brazilian Sanderlei Parrela, the South American record-holder (44.29) and Jamacian Michael Blackwood, who has improved by almost a second to run 44.69.

Other potential finalists are Avard Moncur of the Bahamas (44.72) and the Australian Patrick Dwyer (44.73 at altitude). With home crowd support Dwyer could snatch silver or bronze.

The pendulum has swung against a British challenge in this event. Uncertainty hung over Mark Richardson's participation (his time of 44.72 would mark him down as a finalist) and he finally withdrew at the weekend, leaving Jamie Baulch and Sean Baldock, neither of whom looks like proceeding beyond the semi-final unless they can beat 45 seconds.

This is in sharp contrast with Atlanta four years ago when UK had five men below that time, a silver medallist (Roger Black) and a second finalist (Iwan Thomas).

Thomas has had major injury problems and has failed to make the qualifying time. The man taking Richardson's individual place is Birchfield Harrier Daniel Caines.

Richardson's withdrawal makes Baulch the leading British hope in his absence. The 1999 World Indoor champion has run below 45 seconds each year since 1996 and will need to do so in Sydney to progress beyond the semi-final.

NORWICH UNION & UK athletics – from grass roots to glory

800m

First round: Saturday, September 23, 10.45 (12.45am BST)
Semi-final: Monday, September 25, 21.35 (11.35am BST)
Final: Wednesday, September 27, 20.20 (10.20am BST)

IN 1995 Wilson Kipketer was cleared to represent Denmark in the IAAF World Championships in Gothenberg – which he duly won by more than half a second.

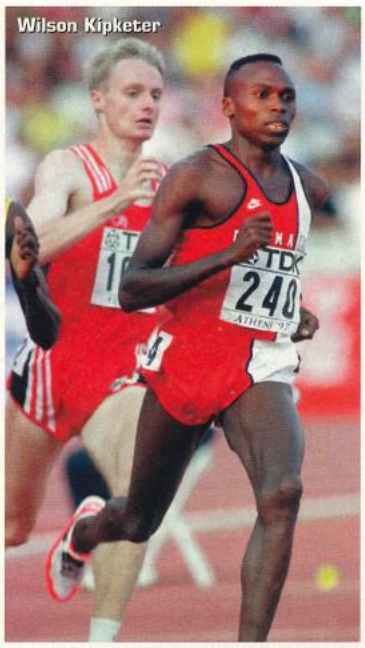
The following year he was set to collect his first Olympic title, but his participation in the Atlanta Games was blocked by the Kenyan Federation and the title was won by Vebjorn Rodahl, a Norwegian who had placed third behind Kipketer in Gothenberg.

Kipketer was born in Kenya – and indeed represented the African nation in the 1990 World Junior Championships – but has lived in Denmark since 1990.

No one automatically deserves an Olympic title. But it will be a travesty if Kipketer ends his career without one. He was undefeated in 1996, 1997 and 1999 – despite being troubled by malaria, which ruined his 1998 season.

In 1997 he equalled Seb Coe's 1981 world record (1:41.73) in Stockholm, beat it in Zurich (1:41.24) and then again in Cologne (1:41.11).

This season he has suffered with a calf injury. As a result he was beaten in Brussels on August 25 by Andre Bucher and Djabir Said-Guerni, with the winner, Said-Guerni, running 1:43.25 and Kipketer just one tenth of a second behind.


Wilson Kipketer

In Gateshead a couple of days later he finished a close second to Bucher.

In the coming weeks surely Kipketer will improve further; and in Sydney Bucher will probably be happy to become the first Swiss medallist since 5000m man Marcus Ryffel in 1984; while Said-Guerni, of Algeria, will be happy to duplicate the surprise bronze he won in Seville's World Championships – when he improved his PB in every round.

Britain's James McIlroy is highly talented, but will perhaps be at his best in the 2004 Games – over 1500m.

Fellow Briton Andy Hart hasn't looked in good shape this year. He finished second to McIlroy in the Trials, has failed to clock an Olympic qualifying mark of 1:46.3 this year (he did it last year) and ran 1:47 for ninth in Gateshead on August 28.

The all-important top trio in the Kenyan Trials were Patrick Konchellah, Japhet Kimutai and Joseph Mwengi Mutua. Kimutai ended Kipketer's long unbeaten streak in 1998 and looks the strongest of the Kenyans.

South Africa's Hezekiel Sepeng, the silver medallist in Atlanta who boasts a 400m relay split of 44.77 and who pushed Kipketer so close in Seville last summer, joins Kipketer, Said-Guerni, Bucher and Kimutai as the main protagonists.

★ Records

World record
Wilson Kipketer (DEN) 1:41.11
Olympic record
Vebjorn Rodahl (NOR) 1:42.58
British record
Seb Coe 1:41.73

★ Atlanta '96

Gold: Vebjorn Rodahl (NOR)
Silver: Hezekiel Sepeng (RSA)
Bronze: Fred Onyancha (KEN)

★ History

Wim Essayas, Surinam's sole Olympian in 1960, woke to see his heat being run on television. His team manager had failed to tell him about the change.

★ Did you know?

James McIlroy played soccer for Northern Ireland's U16 team (and Doncaster Rovers) and golf for Northern Ireland's U17 team before athletics.

★ Top Brit

James McIlroy
Was fourth in the 1998 European Championships running for Ireland, but has run only 1:45.96 this year when beaten into third by Anthony Whiteman at the British Grand Prix.

1500m

First round: Sunday, September 24, 18.15 (8.15am BST)
Semi-final: Monday, September 25, 19.45 (9.45am BST)
Final: Wednesday, September 27, 21.10 (11.10am BST)

HICHAM EL GUERROUJ wants revenge. Not on anybody in particular. The Moroccan simply wants to lay to rest the ghost of 1996, when he fell in the Olympic final with a lap to go.

Fellow North African Noureddine Morceli, from Algeria, took advantage of El Guerrouj's misfortune that day to win. Since then, at dawn every morning at his altitude training camp in the Moroccan Atlas Mountains, El Guerrouj has diligently risen to start his daily training routine and gained inspiration from a framed picture that hangs on his bedroom wall.

It shows him sobbing into his hands after finishing dead last in the 1996 final. "I keep it here to remind me," he says. What chance do his rivals have this time?

Not that the opposition is plural – only one man can realistically challenge El Guerrouj in Sydney: Noah Ngeny from Kenya.

In Rome last year, Ngeny pushed El Guerrouj all the way in a mile race as both men shattered the world record, El Guerrouj winning in 3:43.13.

There has been mild anti-climax during the duo's subsequent clashes, as El Guerrouj has won quite easily.

Hicham El Guerrouj

British runners John Mayock, Anthony Whiteman and Andrew Graffin are unlikely to challenge for medals. Although we can optimistically state that, with a bit of luck, inspired form and good tactics, Mayock and Whiteman are capable of sneaking a medal.

Chances are they'll be watching each other again, as usual. If so, expect the main threat to El Guerrouj and Ngeny to come from:

- Bernard Lagat, who finished second in the Kenya trials to Ngeny and ran an impressive 3:28.51 behind El Guerrouj and Ngeny earlier this summer.
- The Spanish contingent, led by Andrés Díaz, should form the chief European threat. Reyes Estevez, who won bronze ahead of 1992 Olympic champion Fermin Cacho in Seville, will not be in Sydney.
- Rui Silva from Portugal, has an impressive sprint finish and will be dangerous in a slow race.
- Mehdi Baala, from France, was an impressive winner of the European Cup 800m and 1500m races. Fellow Frenchman Driss Maazouzi edged ahead of Baala in Zurich this season.
- Ali Saidi Sief has looked a class act but the Algerian is expected to run 5000m in Sydney.

Mayock won 3000m bronze at the European Indoors and had his best European Cup placing with second at Gateshead. Whiteman was third in the European Cup 3000m and took 1.35 seconds off his 800m best to win at the Norwich Union British Grand Prix. Graffin qualified in Leverkusen on the eve of the selection deadline.

★ Records

World record
Hicham El Guerrouj (MAR) 3:26.00
Olympic record
Sebastian Coe (GB) 3:32.53
British record
Steve Cram (UK) 3:29.67

★ Atlanta '96

Gold: Noureddine Morceli (ALG)
Silver: Fermin Cacho (ESP)
Bronze: Stephen Kipkorir (KEN)

★ History

Charles Bennett was Britain's first Olympic gold medallist when he won the 1500m in 1900. A commemorative road race takes place in Shapwick, Dorset, his home town, on September 23.

★ Did you know?

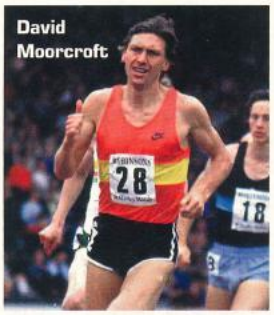
Host nation Australia won the 1896 title, with Edwin Flack, and the 1960 title, with Herb Elliott – the latter the greatest miler in history in many people's opinion.

★ Top Brit

John Mayock
The trials winner, gets the nod over Anthony Whiteman in a close competition to be Britain's No.1 in Sydney.

★ Records

World record
Haile Gebrselassie (ETH) 12:39.36
Olympic record
Said Aouita (ALG) 13:05.59
British record
David Moorcroft 13:00.41


David Moorcroft

★ Atlanta '96

Gold: Venuste Niyongabo (BUR)
Silver: Paul Bitok (KEN)
Bronze: Khalid Boulami (MAR)

★ History

The Finns won the first Olympic 5000m when Hannes Kolehmainen triumphed in 1912 then took four successive golds between 1924 and 1936.

★ Did you know?

In 1924 Paavo Nurmi won the 5000m just 90 minutes after taking the 1500m.

5000m

First round: Wednesday, September 27, 21.40 (11.40am BST)
Final: Saturday, September 30, 20.50 (10.50am BST)

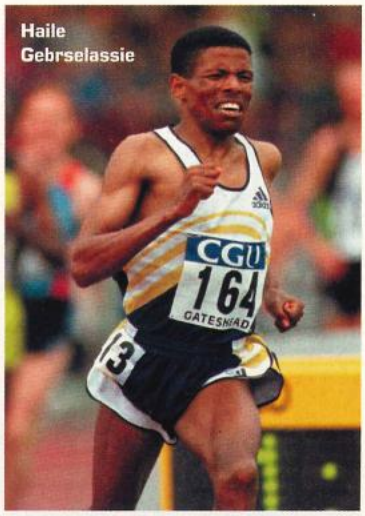
AFTER his stunning 3:30.82 1500m victory in Gateshead, watch out for Algerian Ali Saidi-Sief to be a major player in his first Olympic Games.

He's inexperienced at the distance, having tackled it only three times, but the 5000m seems a better option for him than the 1500m.

Last year he went out in the semis of the World Championships 1500m but he's improved in 2000 and there's no doubt he could medal whichever event he goes for. It's got to be an "either or" situation for Saidi-Sief, though, as the 5000m heats are on the same day as the 1500m semi-finals.

If he went for the 1500m he would face Hicham El Guerrouj but at the longer distance he has a better chance of gold. He led the world rankings with his 12:50.86 in Rome until last month's Brussels meeting where Brahim Lahlafi and Mohamed Mourhit both bettered that time.

Mourhit will surely be the first 'European' and his former Moroccan team-mates should be among the medallists with French-based Lahlafi backed up by 1996 10,000m bronze medallist Salah Hissou and Mohammed Said El Wardi.


Haile Gebrselassie

Hissou, the former world record-holder at 10,000m, has not been in great form this year but he has knack for performing well in championships. He is the reigning world champion at the distance and has 10,000m bronzes from the '96 Olympics and '97 worlds.

Paul Tergat wants moved from the 5000m to the 10,000m but even if the Kenyans stand firm on their original selection he is very much capable of a medal at the distance. He finished third in the Kenyan Trials behind John Gitahi and Richard Limo and all three should figure highly. Gitahi, based in Japan, ran 27:11.17 as a teenager, having clocked 28:43.96 as a 16-year-old. Now 22, he showed great strength on the final lap of the trials.

Limo set a world junior best at two miles (8:13.47) last year to go with his 3000m record (7:36.76) the previous year.

Ethiopia offers a threat ... or two. Million Wolde, a training partner of Haile Gebrselassie, and the experienced Fita Bayissa should be in the top six if not among the medals. Bayissa landed the bronze medal in 1992 and placed sixth in last year's World Championships.

There are no Britons in the event and unlikely to be any European challengers apart from Moroccan-born Mourhit, the world cross country champion. Ireland's Mark Carroll, who missed the last Olympics with a stress fracture, is making up for lost time and progressing quickly. Until 1995 he hadn't broken 14 minutes after a number of injuries caused by magnesium deficiency but he could well break his 13:09.64 PB in Sydney.

★ Records

World record
Haile Gebrselassie (ETH) 26:22.75
Olympic record
Haile Gebrselassie (ETH) 27:07.34
British record
Jon Brown (UK) 27:18.14

★ Atlanta '96

Gold: Haile Gebrselassie (ETH)
Silver: Paul Tergat (KEN)
Bronze: Salah Hissou (MOR)

★ History

TWO all-time greats defended their titles. Emil Zatopek won in 1948 and '52 and Lasse Viren in 1972 and '76. Can Haile Gebrselassie emulate them?

★ Did you know?

Miruts 'Yifter the Shifter' Yifter, is the oldest Olympic champion at both 5000m and 10,000m. He won the 1980 10,000m gold at 36 years, 73 days and the 5000m five days later.

★ Top Brit

Karl Keska
It's a close call, Denmark's experience, Jones' rapid improvement, but Keska's last three performances in a GB vest have been exceptional.

10,000m

First round: Friday, September 22, 21.30 (11.30am BST)
Final: Monday, September 25, 22.45 (12.45pm BST)

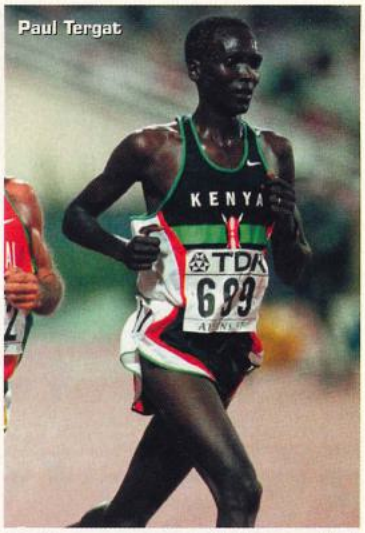
FORMER world record-holder Paul Tergat proved he is in great shape with his 27:03.87 but despite being a potential Olympic champion he is not even in the Kenyan team at 10,000m ... at present!

The 1996 silver medallist is trying to persuade the Kenyan authorities to switch him from the 5000m to the 10,000m but at the moment the team consists of David Chelule, John Korir and Patrick Ivuti.

All three are capable of getting among the medals but none has the champion's pedigree of Tergat, who has won five world cross country titles in the last six years as well as improving his own world half-marathon record in Lisbon this year. It's also unlikely any of that trio would beat the great Haile Gebrselassie.

It's a bit of a mystery why Tergat ran the 5000m at the Kenyan Trials. In the past he's only been required to "show form" to get selected but Kenyan athletes campaigned for the team slots to be given to the first three at the Trials and they got their way.

It's probably safe to assume the medals will come from Kenya and Ethiopia as the Moroccans have just Said Berrioui lining up. The tactics of


Paul Tergat

the Kenyan trio may well dictate which medals their athletes take. So often at major championships one of their team has been sacrificed to help a compatriot win.

The Kenyans will need to run as a team to take the sting out of Gebrselassie's sprint finish but even though the Ethiopian doesn't look quite as invincible this year it will be a major shock if he doesn't add yet another 10,000m gold medal to go with his four worlds and '96 Olympic.

So which of the Kenyans can threaten? Korir ran 27:48.42 at 6000ft altitude to win the Trials but Ivuti is faster on paper this summer with his 27:09.79 in last month behind Tergat and fellow Kenyan Felix Limo.

Joining Gebrselassie in the Ethiopian team are Assefa Mezegebu and Girma Tolla who clocked 27:19.79 and 27:20.03 respectively when placing first and second in Lille. They were third and fourth in last year's World Championships so will give Gebrselassie good backing. What price an Ethiopian 1-2-3 to match the 1936 achievements of the Finns?

Of the Britons, Rob Denmark is the most experienced at this level but he admits he is still learning at the event, having won Commonwealth gold and European silver at 5000m.

Karl Keska has made a huge breakthrough this summer with his 28:00.56 personal best while Welshman Andres Jones is another great prospect for whom 2000 has been a massive confidence booster. The Cardiff athlete's fearless running has brought him victories in the 5000m and 10,000m Trials.

NORWICH UNION & UK athletics – from grass roots to glory

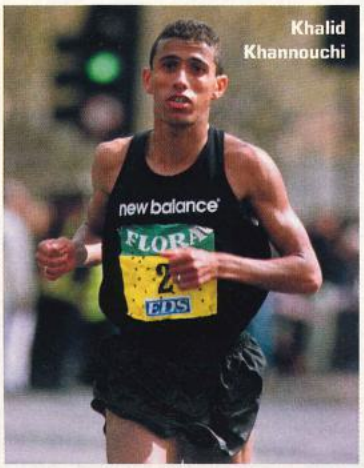
Marathon

Final: Sunday, October 1, 16.00 (6.00am BST)

JOSIAH THUGWANE says it will be the South African authorities' fault if he doesn't retain his title in Sydney. Few would agree with that claim because no matter how little they have done to help him the athlete himself has shown very little form in the last three years to suggest he can win a second gold medal.

Admittedly he'd shown little form before Atlanta either, and toed the line as the 41st fastest on paper with 2:11:46. His early form as the reigning champion was good, including a South African record of 2:07:28 in 1997 but since then Thugwane has failed to finish most of his marathons. So those having a flutter on the marathon are best advised to look elsewhere.

When tipping the winner throw away the form book because championship marathons rarely go to form. They don't often go much quicker than around 2:12 either but it's fair to say the world of marathon running has moved into a new era since the last Olympics. When the last Olympic marathon was run, the world record was 2:06:50 and only 14 people had broken 2:08. Now the world record has progressed to 2:05:42 and 43 men have dipped inside 2:08.



Khalid Khannouchi

So will we see the first sub-2:09 Olympic marathon? Will we see the Kenyans finally showing in championship marathons what they do so often in big city marathons?

The Asians, in particular Lee Bong-ju, would be a good tip for a medal. They have a production line of quality marathoners and although few are well known they have a knack for getting it right in championships.

Of the Europeans there are several who spring to mind, none more so than Antonio Pinto whose 2:06:36 victory in London replaced fellow Portuguese Carlos Lopes as European record-holder – how he would love to follow in Lopes' footsteps and match his 1984 victory, achieved with an Olympic record aged 37.

But Pinto has a poor championship record at the marathon – a DNF in 1992 and 14th four years ago – so twice world champion Abel Anton is a better bet, especially if it comes down to a sprint finish. Anton has been troubled by injury recently but will sit in and follow anything the protagonists do.

South African Hendrick Ramaala is another huge talent who could figure. With a 59:20 half-marathon to his credit it is clear his 2:09:43 marathon PB is not a true reflection of his ability. Former London Marathon winner Abdelkhader El Mouaziz could be in the shake-up but don't expect the best field ever assembled for an Olympic marathon to allow him to adopt his breakaway tactics.

The Britons are capable of making the top 10. Jon Brown is the most proven, Keith Cullen is rounding into form at the right time after injury and Mark Steinle runs without fear and could surprise many.

★ Records

World record
Khalid Khannouchi (MAR): 2:05:42
Olympic record
Carlos Lopes (POR): 2:09:21
British record
Steve Jones 2:07:13

★ Atlanta '96

Gold: Josiah Thugwane (RSA)
Silver: Lee Bong-ju (KOR)
Bronze: Eric Wainaina (KEN)

★ History

Ethiopia have won three Olympic marathon gold medals, their victories coming in successive Games with Abebe Bikila (1960 and '64) and Mamo Wolde ('68).

★ Did you know?

At the 1936 Olympics in Berlin Korean Kee-Chung Sohn won under the name of Kitei Son and competing for Japan. Korea was occupied by Japan at the time.

★ Top Brit

Jon Brown
Always thorough in his preparations but hasn't got the background behind him that he'd like following a persistent hip injury, although he could figure at some stage.

Walks

20km Final: Friday, September 22, 12.50 (2.50am BST)
50km Final: Friday, September 29, 08.00 (10.00pm BST, September 28)

THE 20km is one race which if true to form will almost certainly be heartbreak for someone as the chief judge steps forward to remove a potential medallist.

In four of the last six Olympics someone in the leading group has been disqualified when about to challenge for the first three places.

With that in mind the 21-year-old Roman Rasskazov is an unknown outside his own Russian patch.

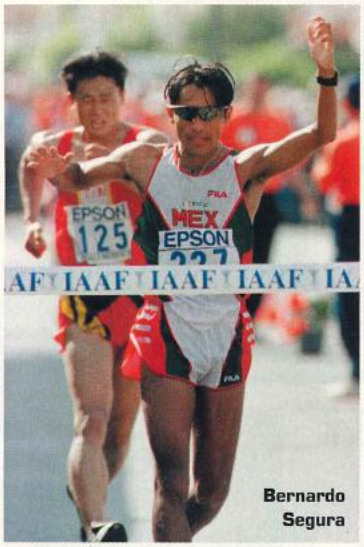
Although he equalled the world best in Moscow, it remains to be seen whether he can do it on a world stage with the biggest prize of all at stake.

In Rassakov's favour is the fact his 78:06 a month later showed his effort in Moscow wasn't a flash in the pan.

The interest should also be if Pole Robert Korzeniowski decides to go for the walks double. A superb technician, his 78 minutes at the German town of Eisenhuttenstadt was in front of much the same group of judges he'll face in the Olympics.

For the first time in two years defending champion Jefferson Perez posted a sub-81-minute time in Finland on May 2.

After a bad car crash, Ilya Markov, who won the World Championships in Seville last year is a 50-50 chance to start.



Bernardo Segura

The other challenges for medals should come from German Andreas Erm and Francisco Fernandez who carries Spanish hopes.

Mexico has the fastest man of all time at 20km in Bernardo Segura, whose track time set in 1994 is superior to the road best.

ANY chance German Skurygin had of emulating his World Championship 50km gold disappeared when the Russian was de-selected. Not that there isn't a string of Skurygin's countrymen waiting to step into his shoes.

Valeriy Spitsyn smashed the old world best when, along with Rasskazov and Gudkova, he re-wrote the record books at the Russian trials.

Will Robert Korzeniowski put all his eggs in this basket or the 20km? If he remains in good shape he is capable of repeating his Atlanta win.

Still to post a 50km time this year, Thomasz Lipiec is a good bet to challenge his Polish team-mate after being close to a big win in the last two years.

Vladimir Potemin followed Spitsyn home in Moscow in May and might be able to capitalise on his sudden upsurge in form.

Jesus Angel Garcia has rarely failed to impress and Valenti Massana, who won bronze in Atlanta, could mount a double Spanish push.

Chris Maddocks will go to the start line with a qualifying time (3:57:10) only 56th in the rankings. But after four Olympics, he'll know better than anyone in the race what is required.

★ Records

World record
20km: Roman Rasskazov (RUS) & Julio Martinez (GUA) 1:17:46
50km: Valeriy Spitsyn (RUS) 3:37:26
Olympic record
20km: Jozef Pribilinec (CZE) 1:19.57
50km: Vyacheslav Ivanenko (URS) 3:38.29
British record
20km: Ian McCombie 1:22.03
50km: Chris Maddocks 3:51.37

★ Atlanta '96

20km
Gold: Jefferson Perez (ECU)
Silver: Ilya Markov (RUS)
Bronze: Bernardo Segura (MEX)
50km
Gold: Robert Korzeniowski (POL)
Silver: Mikhail Shchennikov (RUS)
Bronze: Valentin Massana (ESP)

★ Did you know?

Atlanta 20km winner Perez walked 88km from his home in Cuenco, Ecuador to the capital Quito, stopping at every church to thank God for his success.

★ Top Brit

Chris Maddocks
will want to finish inside four hours but competes with the knowledge even that could leave him 15 minutes shy of the medals.

110H

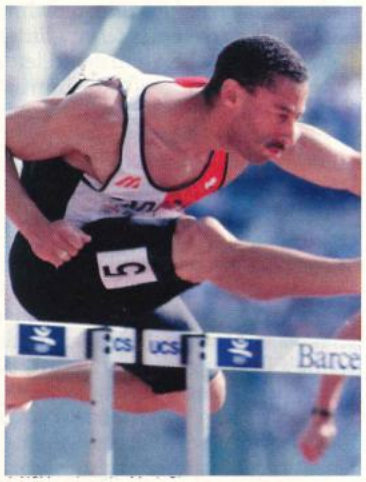
First round: Sunday, September 24, 10.00 (12.00am BST)
Second round: Sunday, September 24, 20.20 (10.20am BST)
Semi-final: Monday, September 25, 18.40 (8.40am BST)
Final: Monday, September 25, 20.40 (10.40am BST)

Colin Jackson: can he come away with the gold?

IT was a disappointing race as far as the people in the stands and the viewers on television were concerned. It was Colin Jackson's final race before heading to Sydney and he had finished third to Germany's Falk Balzer and the winner, American Dominique Arnold, at the Norwich Union Classic on a wet Bank Holiday Monday afternoon at the end of last month.

His time, 13.29 with a tailwind to boot, was slow. His victors were unimpressive. Arnold, for example, had failed to make his national team for Sydney. Jackson, however, was smiling.

"The most important thing is to go into my training camp healthy," said Jackson, adding that after a summer spent battling against various injury niggles he was, at last, healthy.



Mark McKoy: winner of the gold in Barcelona eight years ago

He left the track and entered the post-race tent and engaged in enthusiastic banter with his rivals. He had ended his Olympic preparations with a resounding defeat, but he was acting as if he had just run a training session.

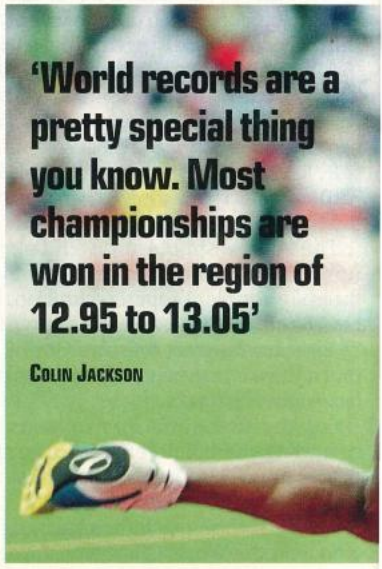
"You can't compare a race here to Sydney," he tried to explain to writers and athletes who simply hadn't been where he has been. That is, seen it, done it – done it all in fact apart from win Olympic gold.

"I got out nice and sharp but was a bit bumpy in the middle of the race and was a bit high on hurdle six."

He was putting it in layman's terms, but the overall message was simple:

'Don't worry, folks. Colin Jackson still has a great chance of winning Olympic gold.'

Was he concerned, the worried reporters continued: "No," he answered. Would he need to break his world record to win in Sydney. "Hell no," he



★ Records

World record
Colin Jackson (GB) 12.91
Olympic record
Allen Johnson (USA) 12.95
British record
Colin Jackson 12.91

★ Atlanta '96

Gold: Allen Johnson (USA)
Silver: Mark Crear (USA)
Bronze: Florian Schwarthoff (GER)

★ History

Athletes from the United States have won this event 19 times out of the 24 occasions it has been run.

★ Did you know?

Allen Johnson's manager is Renaldo 'Skeets' Nehemiah.

Johnson is the reigning Olympic champion and arguably Jackson's biggest rival in Sydney; and Nehemiah held the world record during the 1980s.

★ Top Brit

Colin Jackson
The Welshman hopes to spend 2001 on a retirement tour, cashing in on the fact he is Olympic champion. By his own admission he faces several tough rivals and will need to be right at the top of his game if he is to head home with the only major medal he's not yet won.

Gold in Seville for Jackson

No respect: Anier Garcia (17), here beating Tony Dees and Colin Jackson earlier this year, is the man defending champ Allen Johnson and Jackson fear most

replied, furrowing his brow at the sillyness of the question. "World records are a pretty special thing, you know. Most championships are won in the region of 12.95 to 13.05."

Allen Johnson, from the USA, won the 1996 Olympic title with 12.95; Mark McKoy needed only 13.12 to win in Barcelona in 1992; Roger Kingdom ran 13.20 and 12.98 to win in Los Angeles and Seoul in 1984 and 1988.

Jackson knows, for he has been involved in every Olympic final since 1988.

The only problem is that he hasn't played a starring role. In 1988, aged 21, he placed second to Kingdom with 13.28. In 1992 he was a disastrous seventh and shakes his head with astonishment every time he recalls the fact that his friend McKoy won the race with a time he can usually run in his sleep.

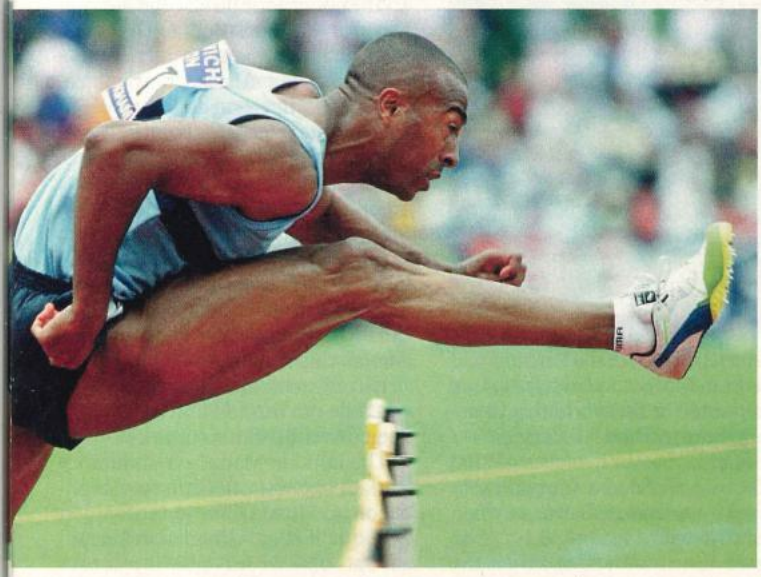
In Atlanta Jackson was fourth – and it is this succession of Olympic failures that has kept his ambition burning as brightly as the Olympic flame itself.

Do not underestimate how much this title means to him. So if Jackson wasn't worried after his Gateshead defeat, then neither should his fans be. In 1999, after all, he ran his fastest time of the year when it mattered – in the World Championships final in Seville.

The result? A 13.04 victory over Anier Garcia of Cuba who, together with Johnson, will be his toughest rivals in Sydney.

"When we get out there, the most important factor will be mental strength," Jackson said. "That is the most important thing and it is something that myself and Allen will have. If we are both fit then it will be a real battle of will."

Jackson has the mental strength, in abundance. At Gateshead he promised us that his body is healthy too.



Other gold medal contenders include:

Allen Johnson is the Olympic champion and second fastest man of all time with a 12.92 clocking.

Born in Washington DC, he has not shown great form this year but showed his ability to rise to the occasion when he ran 12.97 to win the all-important US Trials in Sacramento in July.

A former decathlete and long jumper before turning to the sprint hurdles, he strained his calf muscle warming up for his semi-final in Seville last year and will be keen to re-establish himself as world No.1 in Sydney – at Jackson's expense.

Anier Garcia is the man Jackson considers his chief rival. "He's young and he shows absolutely no respect for myself and Allen Johnson," says Jackson. "He just wants to beat us, every time."

The Cuban only reached the quarter-final of the 1996 Games, but then won the World Indoor title the following winter on his 21st birthday.

He is keen to improve on the silver medal he won behind Jackson in Seville last year. But while Jackson ran badly in Gateshead on August 28, at least Jackson was running – Garcia withdrew from the race with injury.

Mark Crear finished second in the US Trials and has a best of 12.98 from 1999. He failed to make the world final in Seville – twice false starting in his quarter-final.

In 1996 he broke his left arm two weeks before the Atlanta Games, but still won a silver medal. On October 2, the day after the Sydney Games close, he turns 32.

Terrence Trammell is only 21 and the reigning World University champion.

Finished third in the US Trials to make the team and shares the same coach as Johnson, Curtis Frye.

With an impressive 10.08 for 100 metres he has even better flat sprinting speed than Jackson (although Jackson has run faster indoors over 60m).

Tony Jarrett has not been in great form this summer, but then again he wasn't during the winter yet won a silver medal in the European Indoor Championships.

Forever in the shadow of Jackson, Jarrett eventually emerged in 1998 to win the Commonwealth title in Kuala Lumpur.

If he can rediscover the form that brought him a 13.00 PB in 1993 he is a potential medallist in Sydney. Given current form it looks unlikely, though, and a more realistic target is to retain his Commonwealth title in 2002 – and then retire in the lesser blaze of glory.

Damien Greaves has improved greatly this year since basing himself at Loughborough's High Performance Centre under the guidance of coach Colin Bovell.

He ran an Olympic qualifying mark of 13.62 at Loughborough in July and is beginning to show the quality that made him a European and World Junior finalist during his teenage years.

400H

First round: Sunday, September 24, 18.15 (8.15am BST)
Semi-final: Monday, September 25, 19.45 (9.45am BST)
Final: Wednesday, September 27, 21.10 (11.10am BST)

★ Records

World record
Kevin Young (USA) 46.78
Olympic record
Kevin Young (USA) 46.78
British record
Kriss Akabusi 47.82

★ Atlanta '96

Gold: Derrick Adkins (USA)
Silver: Samuel Matete (ZAM)
Bronze: Calvin Davis (USA)

★ History

Angelo Taylor set a world age 19 best of 47.90 for this event in 1998 but missed out on it being recognised as a world junior mark by three days.

★ Did you know?

Kevin Young's world and Olympic record was fast enough to have won the flat 400m at the 1956 Games.

★ Top Brit

Chris Rawlinson
Getting to the final must be Rawlinson's priority. Once there he has the ability to make the podium provided he can refind the fluency of mid-season.

AMERICA's domination of this event looks set to continue despite the presence of arguably the most consistent performer of the past two seasons, South African Llewellyn Herbert.

Angelo Taylor is the man tipped to carry the Stars and Stripes to victory after his rounding into form through the latter half of what would have been a normal season in any year but this. Taylor has three of the top six times of the year as at the end of August and, along with Herbert, is one of only three men under 48 seconds this year.

The other is another American expected to perform well in Sydney, Eric Thomas. The 27-year-old Texan boasted a best of 48.20 from 1996 coming into this season but revised that with a 47.94 winning effort in Rome in June, and to show that was no fluke, he equalled his previous PB in Nice in July.

Herbert, who has run 47.83 at altitude and 47.93 in August this year, was widely expected to win the 1999 World Championships 400m title after an outstanding season. Sadly injury prevented him travelling to Seville where, in his absence, unheralded Italian Fabrizio Mori won the title in an Italian record 47.72 – but only after being reinstated after a disqualification for running out of his lane in the semis.

Angelo Taylor

Britain's hopes lie with converted decathlete Chris Rawlinson, who has broken 49 seconds seven times this season with a best just fractionally outside his 48.14 PB, set last year. At home, on the European circuit and in the USA earlier in the year Rawlinson has performed consistently well, at least until a few days before this preview was compiled when he had a couple of disastrous runs, by his own admission.

If he can regain his form of June and July when he was consistent around the 48.50 mark, Rawlinson must fancy his chances in Sydney.

Looking at the times set in Atlanta four years ago when Derrick Adkins equalled his personal best to win on home soil, Rawlinson is going to have to go some to medal, but stranger things have happened.

European record-holder Stephane Diagana of France has yet to get within a second of that 47.37 he set in 1995 but the 1997 world champion has the ability to improve as the championship progresses and he may yet have a say in matters should he build on his season's best of 48.70.

Getting through heats and semis is a challenge world ranking lists don't reflect and it'll be interesting to see whether the chart-toppers above can keep out the likes of Brazilian Eronilde Nunes de Araujo, Hadi Soua'an Al-Somaily of Saudi Arabia, Americans Bayano Kamani and James Carter and evergreen Zambian Samuel Matete, all of whom have bettered 48.50 this season.

Steeplechase

First round: Wednesday, September 27 11.55 (1.55am BST)
Final: Friday, September 29 19.25 (9.25am BST)

★ Records

World record
Bernard Barmasai (KEN) 7:55.72
Olympic record
Julius Kariuki (KEN) 8:05.51
British record
Mark Rowland 8:07.96

★ Atlanta '96

Gold: Joseph Keter (KEN)
Silver: Moses Kiptanui (KEN)
Bronze: Alessandro Lambruschini (ITA)

★ History

Great Britain won three of the first five Olympic steeplechases through John Rimmer (1900), Arthur Russell (1908) and Percy Hodge (1920).

★ Did you know?

The difference between Volmari Iso-Hollo's winning times in 1932 and '36 is more than a minute and a half as a lap scoring error in 1932 meant he ran 3460m.

★ Top Brit

Christian Stephenson
THE Welshman is improving and gaining in experience but if he can reach the final and improve his PB it can be considered a successful Games.

YOU don't really have to look any further than Kenya do you? That is what Bernard Barmasai is hoping anyway. From the best steeplechasing nation in the world he hopes to continue its domination – the last four Olympics produced eight medals, including four golds.

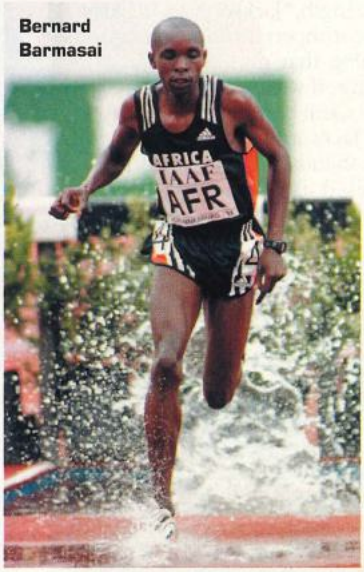
Barmasai is the world record-holder and is top of the year's rankings but last year's World Championships in Seville will serve as a reminder that he can't take victory for granted.

Barmasai faded to fifth in Seville, Christopher Kosgei went on to win gold with fellow Kenyan Wilson Boit Kipketer taking silver.

This time it is another Kosgei – there were three in the world top 20 last year – wearing Kenyan colours – Reuben.

What he lacks in experience he makes up for in talent and his transformation from world junior champion into a serious threat at senior level was indicated by his victory in the Kenyan Trials.

At 8:03.92 Kosgei is fifth in the world rankings this year but fourth ranked Raymond Yator isn't in the team. Boit Kipketer, based in Italy, is a former world record-holder and a serious threat for gold.



Bernard Barmasai

The main threat to the Kenyans will come from Morocco who have two of the top three in the world this year – Brahim Boulami and Ali Ezzine.

Boulami, brother of sub-13:00 5000m runner Khalid (not going to Sydney) was second to Barmasai when he ran the world leading 8:02.76 in Monaco last month. Until then the Moroccan, who took bronze in the steeplechase four years ago, had held the world lead.

Ezzine was the man who ended Barmasai's Golden League jackpot hopes last year and his bronze medal in Seville was a fitting way to celebrate a big breakthrough year.

He broke the Moroccan record twice and he became the fastest non-Kenyan in history although Boulami has since taken that honour away from him.

Despite the African dominance, Europeans have medalled in every Olympic steeplechase since 1972 with the exception of 1992 when there was a Kenyan 1-2-3. Even a Briton was among those European medallists, Mark Rowland taking bronze in 1988.

European champion Damien Kallabis placed fourth in the World Championships last year but Spaniard Luis Martin could be the first non-African this time around.

He only took up the event in 1998, when he ran 8:20.54 and has already been under 8:10 this summer.

The London Marathon Endurance Initiative got Britons Christian Stephenson and Justin Chaston to Sydney. Both qualified at Solihull where Stephenson's 8:25.37 was a BMC record.

NORWICH UNION & UK athletics – from grass roots to glory

High jump

Qualifying: Friday, September 22
19.25 (9.25am BST)
Final: Sunday, September 24
18.10 (8.10am BST)

THE men's high jump could be *the* field event of the Olympics. Never have there been so many athletes competing at such similar heights, nor has there been the potential for more than one competitor to exceed the magical 2.40m mark.

The final could consist of several athletes contesting the late 2.30s, although Murphy's Law dictates that hype could result in a damp squib, the winner scraping over 2.32m!

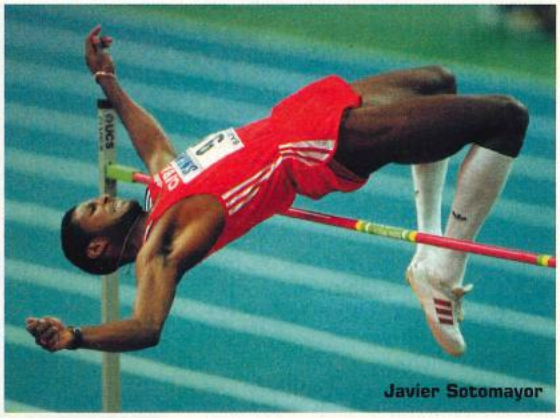
Most notable for British fans will be the absence of Steve Smith – forced to pull out early in the summer – and Dalton Grant, whose infectious enthusiasm for competition will be sadly missed after a difficult season spent recovering from a knee injury. The British team will miss his captaincy – as supporters will miss his trademark daring efforts in competition.

Russia's Vyacheslav Voronin will be worth keeping an eye on. Followers of his progress will know the Russian has been a consistent performer for many years, at 19 his silver in the 1993 European Junior Championships indicated much was to come.

Silver seemed to be the order of the day as he obtained the same colour medal in the 1998 European Indoors, the 1999 World Indoors and the 1999 European Cup.

Gold in Seville coupled with the highest jump in the world this year has made the Russian firm favourite for Sydney gold. On August 5 at Crystal Palace during the British Grand Prix, the crowd was rewarded with a prime view of the highest jump in six years, 2.40m easily beating by 9cm the second placed Canadian Kwaku Boateng.

Many eyes will be on Cuba's Javier Sotomayor as he returns to the world stage having been recently reprieved – despite repeated positive tests for cocaine. The IAAF reduced his ban to allow a Sydney return for the world record-holder – who now endures the shame of being a popular punchline for drug and high jump puns.


Javier Sotomayor

It is doubtful the 32-year-old will be able to recapture the type of form which has seen him jump 21 of the 33 2.40m-plus jumps recorded. Reigning Olympic champion Charles Austin will also have to work hard to appear on the rostrum. A slight niggle at the end of June has interrupted some build-up although he has cleared 2.32 this season.

On heights alone the main contenders for medals are Voronin (2.40m), Israeli Konstantin Matusevich (2.36m), and Canadian Mark Boswell (2.35m), although it would be unwise to write off Boateng, Greece's Lambros Papakostas or Algerian Abderahmane Hammed.

★ Records

World record
Javier Sotomayor (CUB) 2.45
Olympic record
Charles Austin (USA) 2.39
British record
Steve Smith 2.37 (2.38i)

★ Atlanta '96

Gold: Charles Austin (USA)
Silver: Artur Partyka (POL)
Bronze: Steve Smith (GBR)

★ History

Ellery Clark won the first modern Olympic high jump with a leap of 1.81m in 1896, 2cm below Aileen Wilson's winning height at the English Schools' this year.

★ Did you know?

Pole Jacek Wszola believed in brand loyalty – he was sent home by the Adidas-sponsored national team for refusing to change his Tiger brand shoes in the '82 European Championships.

★ Top Brit

Ben Challenger will be our only representative in Sydney. Despite showing great promise he has struggled this season and will do well to make the final.

Pole vault

Qualifying: Wednesday, September 27
18.30 (8.30am BST)
Final: Friday, September 29
18.30 (8.30am BST)

WORLD leader Jeff Hartwig of the USA infamously no-heighted in the American Trials and his consistent and impressive talent will sadly play no part in Sydney's drama.

In the absence of Hartwig's 6.03m 2000 form the only safe bet is to put your money on a Russian finishing in the medals and for African record-holder Okkert Brits to come spectacularly unstuck some way below the height he ought to be capable of.

Russians will be better represented than most with Pavel Gerasimov, Yevgeniy Smiryagin and Maksim Tarasov, all over 5.80m this year, likely to face former compatriots Dmitry Markov, now Australian and holder of the Oceania record with 5.95, as well as Israeli Aleksandr Averbukh who was Russian decathlon champion in 1997.

Another new Aussie, 5.90m former Muscovite Viktor Chistiakov, will have to improve his season's best 5.70 if he is to emulate his mother – Natalya Pechonkina – who won 400m bronze in Mexico in 1968.

Germany can be expected to challenge strongly with Danny Ecker and Tim Lobinger both in good form this year. The former moved to fifth on the year's ranking lists with a winning 5.90m clearance at Brussels late in August while Lobinger, at the time of writing, had cleared 5.80m or better on eight occasions this season.

Jean Galfione

Not as prolific a competitor but clearly capable of medalling is the third German, Michael Stolle, whose 5.95 to win the Monaco Grand Prix last month was a personal best by 5cm and boosted him to second on the rankings behind Hartwig.

Gold medallist in '96 was Jean Galfione, by virtue of a first-time clearance at 5.92, and though 'only' 16th in the world this year with 5.80, will not give up his title without a fight.

There are 10 men who've cleared 5.85m or better this year, so medals may be decided by judicious vaulting, or passing, as the case may be.

The mercurial Brits, who went second on the all-time list behind the legendary Sergey Bubka with a 6.03m effort in 1995, is always worth watching but you may have to catch the entertaining South African in the qualifying round as there's a good chance his lack of big-occasion 'bottle' may deny him a place in the final.

Multiple world record-breaker and world champion Bubka returned from almost a year and a half out due to an achilles tendon injury to clear 5.60 indoors this year. Great competitor but only a big improvement in form will allow him to challenge.

In the absence of Hartwig America is represented by Lawrence Johnson, the consistent Nick Hysong and Jim Davis, all three on a good day capable of edging on to the rostrum.

★ Records

World record
Sergey Bubka (UKR) 6.14
Olympic record
Jean Galfione (FRA) 5.92
British record
Nick Buckfield 5.80

★ Atlanta '96

Gold: Jean Galfione (FRA)
Silver: Igor Trandenkov (RUS)
Bronze: Andrei Tivontchik (RUS)

★ History

American Lee Barnes was the youngest ever gold medallist in this event winning in 1924 at the age of 17 years and 360 days.

★ Did you know?

Bronze and silver medals in the 1936 Olympic Games were decided by lot.

Japanese pair Shuhei Nishida and Sueo Oe refused to contest a jump-off.

★ Top Brit

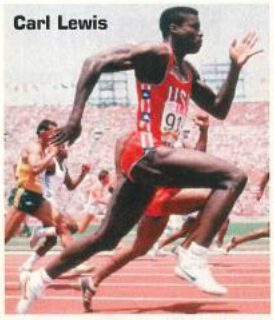
Kevin Hughes
Will probably need to add at least 10cm to his best to have a hope of making the final. Probably happy just to be there after the Volzing furore at the British Trials.

★ Records

World record
Mike Powell (USA) 8.95
Olympic record
Bob Beamon (USA) 8.90
British record
Lynn Davies 8.23

★ Atlanta '96

Gold: Carl Lewis (USA)
Silver: James Beckford (JAM)
Bronze: Joe Greene (USA)


Carl Lewis

★ History

Carl Lewis's win in Atlanta four years ago was his ninth gold medal and fourth consecutive long jump gold.

★ Did you know?

Cuban Ivan Pedrosa jumped 8.96m in Sestriere but a faulty wind gauge meant the jump was never ratified as a world best.

Long jump

Qualifying: Monday, September 25 10.45 (12.45am BST)
Final: Thursday, September 28 18.45 (8.45am BST)

FOR the first time since 1984 long jumpers will not have to contend with the intimidating presence of Carl Lewis. With the four-time winner now retired, the weight of expectation is likely to fall on the spring-heeled Cuban Ivan Pedroso.

A consistently top class performer, Pedroso comfortably tops the 2000 performance lists with an 8.65m effort to win in Jena in June. He's backed that up with four other jumps of 8.25m or greater, all of which have been more than his rivals on those occasions were able to cope with.

The biggest threat to the three-time world champion (1995, 1997 and 1999) may come from compatriot Luis Felipe Meliz whose 8.43m for second behind Pedroso in Jena puts him third on the world rankings behind leading American Melvin Lister.

The 23-year-old Lister looks well capable of assuming the mantle vacated by Lewis and world record-holder Mike Powell and continue the USA's hold on the event. He has yet to clear 8.50 but is not far off this year with an 8.49. Quite an all-rounder he has impressive PBs at 200m (20.51 this year), 400m (45.67 from 1998) and a 17.02m triple jump as well.

Ivan Pedroso

Atlanta silver medallist James Beckford has the pedigree to medal again and though he's not been close to his Commonwealth record 8.62 – set in 1997 – this season, he has four of the best 10 jumps in 2000. He is a proven big-time performer and thrives on the pressure, as his 8.29 final round effort to secure silver behind Lewis four years ago proved. Rarely out of the top five in major championships he has yet to win a major long jump title, but, like Lister, is an equally good triple-jumper. Beckford held the Commonwealth record at 17.92m before Jonathan Edwards obliterated it in 1995.

Several athletes have threatened the 8.50m benchmark this season and any one of Younes Moudrik of Morocco, Cayman Islander Kareem-Streete-Thompson, American Savante Stringfellow and Aussie Peter Burge could improve the 10 or 20cm needed to pose a serious challenge to Pedroso. This assumes the Cuban jumps to form. If not, something in the region of 8.30-8.40 may be enough to win.

Russia has named Vladimir Malyavin (8.25 in June) and Danila Burkenya (8.12 in July) but at the time of going to press had not found a place for either Kirill Sosunov, who jumped 8.34 in August, nor Vitaliy Shkurlatov who won at Gateshead in mid-July.

Brazil send Nelson Ferreira Jnr, owner of a 10.4-second 100m PB, who is capable of beating the best as he showed when relegating Powell and Beckford in the Rio Grand Prix in 1996.

Despite the heroic efforts of Nathan Morgan and Darren Ritchie to make the qualifying standard of 8.05, Britain will not be represented in Sydney.

★ Records

World record
Jonathan Edwards (GBR) 18.29 (1.3)
Olympic record
Mike Conley 18.17w
British record
Jonathan Edwards 18.29 (1.3)

★ Atlanta '96

Gold: Kenny Harrison (USA)
Silver: Jonathan Edwards (GBR)
Bronze: Yoelvis Quesada (CUB)

★ History

Debate still surrounds the result of the 1980 event won, officially, by Jaak Uudmae of Estonia. Viktor Saneyev was denied a possible fourth consecutive title amid rumours that officials fixed the competition.

★ Did you know?

American Kenny Harrison, the surprise gold medallist from Atlanta four years ago, has a similar 'real' first name. Kerry.

★ Top Brit

Jonathan Edwards
Britain has the world record-holder in this event; with two more than able deputies.

Triple jump

Qualifying: Saturday, September 23 18.00 (8.00am BST)
Final: Monday, September 25 20.00 (10.00am BST)

JONATHAN EDWARDS is the bookies favourite. The 34-year-old world record-holder admits himself that he is the strong favourite. But he won't be the only British male triple jumper in Sydney flying the flag.

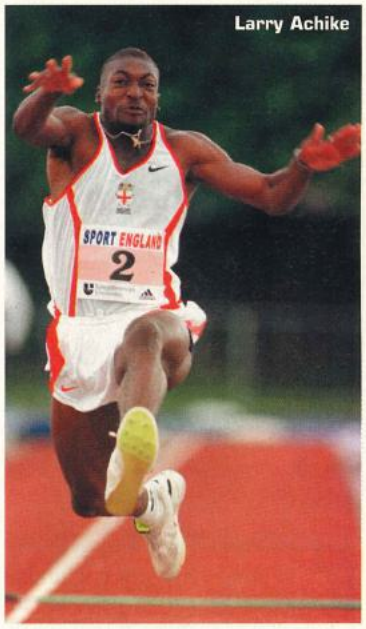
Larry Achike, the European Cup winner, and Phillips Idowu, the winner of the Olympic Trial, will ensure Britain has an impressive trio who are all capable of challenging for medals.

If Edwards performs to his best he will win. But this is a big if – and the Gateshead Harrier must show strength of mind, as well as body, to pick up the gold medal he craves and deserves.

In 1996 Edwards was also hot favourite – having won the world title and broken the world record the year before. But he fouled his first two marks in Atlanta and then recorded a desperate 17.13m effort in round three. Desperate, as it was necessary to see him have a further three jumps.

Edwards went into the lead with a 17.88m fourth round jump but then watched Kenny Harrison of the USA put in the third longest legal jump in history (18.09m) to go into the lead.

Edwards final two jumps were well over 18m, but both were no-jumps. The 17.88m jump he left Atlanta with was the furthest ever non-winning performance.



Larry Achike

As the athletes set off to Sydney, Edwards led the world rankings with a 17.62m mark from Leverkusen. Italians Fabrizio Donato, with 17.60m this year, and Paolo Camossi, with 17.45m, look dangerous – but Edwards has beaten them easily when he has faced them.

World champion Charles Friedek, with a 17.41m mark, could be more of a threat. Certainly Edwards has greater respect for Friedek – the German-born son of an American soldier who Edwards describes as 'a real talent'.

Edwards also has a great respect for the Cuban jumpers, Yoelvis Quesada, the World University champion, and Aliecer Urrutia. There is also Andrew Murphy who, being from Melbourne, will be competing on home turf. He is coached by Keith Connor, a Briton now based in Australia who used to hold the world indoor record.

Achike is advised by Connor and has spent every winter since 1997 away from his coach Frank Attoh 'down under' in Sydney. Achike has jumped over 17m this season, as has Idowu, the violet-haired 21-year-old who is on a high after beating Achike in the Olympic Trials.

Edwards is the favourite, but the men in his immediate slipstream may also be wearing red, white and blue.

NORWICH UNION & UK athletics – from grass roots to glory

Shot put

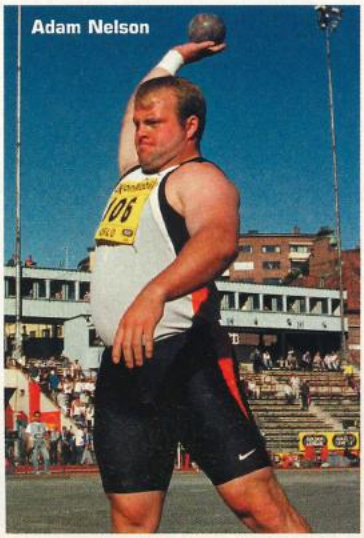
Qualifying: Friday, September 22 10.00 (12.00am BST)
Final: Friday, September 22 18.45 (8.45am BST)

THE hot favourite for the Olympic title is American Adam Nelson who threw the current 22.12m world lead to win the USA Olympic trials in Sacramento and backed that up by a 20.82m mark in qualification!

The USA is the main player in this event with quality in abundance. John Godina the 1997 world champion, threw 21.09m at the trials and finished fourth! It would be no real surprise if the one, two, three in Sacramento – Nelson, Cottrell J Hunter (21.87m) and Andy Bloom (21.61m) ended up in the same positions in Sydney.

However, Bloom has lost some of his form since travelling to Europe and Nelson is not invulnerable, having lost twice to Hunter in America and to Ukrainian Yuriy Belonog (21.64m) at the recent Monaco meet.

With Finn Mika Halvari the only other man to have thrown over 22m (indoors) this year having snapped his achilles tendon in August, Belonog and fellow Ukrainians Roman Virastyuk (21.34m) and world and European indoor champion Aleksandr Bagach (20.92m) are Europe's best hopes to upset the American wagon.


Adam Nelson

Belonog, the European bronze medallist and Virastyuk who was sixth in the European Indoors this winter, have both set personal outdoor bests this season. Belonog's 21.64m and Virastyuk's 21.34m leave the two Ukrainians in third and sixth spots in the world rankings. Belonog's competitive record has been very consistent and other than his win in Monaco, he has finished second behind either Nelson or Hunter in Rome, Paris, Zurich, Brussels, Berlin, and won in Lausanne in their absence.

Outside the Ukrainian challenge there are three Finns led by national champion Arsi Harju (20.84m), Ville Tiisanoja (20.76m) and European Indoor silver medallist Timo Aaltonen (20.70m).

The dark horse is Germany's Oliver-Sven Buder (20.41m), the 1999 world silver medallist who only lost that title to Hunter in the last round . Buder, the 1998 European silver medallist, certainly has the talent to pose a serious challenge.

Britain's Mark Proctor does not have the greatest of major championship records having failed to qualify for the final of every world or European championship since 1997. He has also been injured since throwing the qualification standard in Portugal in March. If fit he has the talent to improve his 20.85m indoor, let alone 20.40m outdoor best. However, he struggles to control his rotational technique. This was exemplified at the indoor AAAs when he fell out of the circle on several potential winning throws and finished fourth with 16.07m – his only registered put.

★ Records

World record
Randy Barnes (USA) 23.14m
Olympic record
Ulf Timmermann (GDR) 22.47m
British record
Geoff Capes 21.68m

★ Atlanta '96

Gold: Randy Barnes (USA)
Silver: John Godina (USA)
Bronze: Aleksandr Bagach (UKR)

★ History

The men's shot was included in the first Olympic Games in 1896 and only seven of the 24 men's titles have not been won by American athletes!

★ Did you know?

World leader Adam Nelson (USA) was world junior champion in 1994 and is coached by Britain's Commonwealth discus champion Robert Weir.

★ Top Brit

Mark Proctor
If the NEB man has completely recovered from his untimely injury and can fully control his rotational technique, a place in the Olympic final is a remote possibility.

Discus

Qualifying (group A): Sunday, September 24, 10.00 (12.00am BST)
Qualifying (group B): Sunday, September 24, 12.00 (2.00am BST)
Final: Monday, September 25, 19.20 (9.20am BST)

THIS year the men's discus has just been about one man, Lithuanian Virgilijus Alekna. Holder of the longest throw in a major championship, 69.99m in the 1998 World Cup, Alekna has otherwise not quite lived up to his prodigious talent with a world silver and European bronze from the championships in 1997 and 1998 and a disappointing fourth in Seville last summer.

But in 2000 Alekna has dominated and is the only man to have thrown over 70m this summer, a feat he has achieved in three competitions!

In Zurich, as well as throwing 71.12m with another three marks over 70m to back it up, Alekna also defeated many of his main challengers for Olympic gold – African record-breaker Frantz Kruger, Estonian Aleksander Tammert, 1996 Olympic champion Lars Riedel, Hungarian Robert Fazekas and American world champion Anthony Washington.

Yet it was the manner of Alekna's win at Kaunas in the Lithuanian championships which spotlighted him as the firm favourite for Olympic gold. There he threw the second and third longest throws in the history of the event, 73.88m and 72.35m; only the

Anthony Washington

74.08m world record (1986) of Germany's Jurgen Schult has gone further!

In the last Golden League meeting in Berlin, Alekna suffered a narrow defeat at the hands of Riedel (69.72 to 69.70) confirming that Germany's three-time world champion will still be a major force in Sydney. The second and third spots in the German squad are taken by 40-year-old Schult and Michael Mollenback.

South African Kruger improved his African record to 68.13m in Cottbus at the end of August. Kruger has been very consistent, second behind Alekna in Brussels with 66.82m and third in Berlin with 67.32m, and is an obvious medal contender.

1994 European champion Vladimir Dubrovshchik with 69.28m this year stands third behind Alekna and Riedel in terms of distance. However, the Americans Adam Setliff (68.51m), 1997 world shot champion John Godina (68.32m) and world champion Washington, should offer a stiff challenge. In addition, the three Hungarians Gabor Mate (66.91m), Zoltan Kovago (66.72m) and Robert Fazekas (66.11m) should also be in the medal hunt.

Of the two British challengers, Glen Smith is consistent in the early 60m range but Robert Weir is running into some fine form. His winning 62.13m in Birmingham was one of four throws over 61m.

Weir was unlucky last season not to qualify for the World Championship final in Seville, as his 62.71m throw was the longest ever non-qualifying mark at that level.

★ Records

World record
Jurgen Schult (GER) 74.08m
Olympic record
Lars Riedel (GER) 69.40m
British record
Perriss Wilkins 66.64m

★ Atlanta '96

Gold: Lars Riedel (GER)
Silver: Vladimir Dubrovshchik (BLR)
Bronze: Vasiliy Kaptyukh (BLR)

★ History

The 1904 Olympic event ended with Americans Martin Sheridan and Ralph Rose tied for first place. Each was given three extra throws to determine the winner. The uniquely unlucky Rose lost out.

★ Did you know?

Lars Riedel's 2.80m winning margin in Atlanta was the largest in Olympic history since Armas Taipale of Finland won in 1912.

★ Top Brit

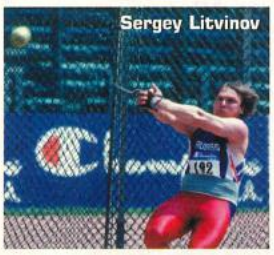
Robert Weir
During an illustrious career the British men's team captain, has won Commonwealth titles at hammer (1982) and discus (1998).

★ Records

World record
Yuriy Sedykh (URS) 86.74m
Olympic record
Sergey Litvinov (YRS) 84.80m
British record
Martin Girvan 77.54m

★ Atlanta '96

Gold: Balazs Kiss (HUN)
Silver: Lance Deal (USA)
Bronze: Aleksey Krykun (UKR)


Sergey Litvinov

★ History

Patrick O'Callaghan's two gold medals at the hammer in 1928 and 1932 are two of only four gold medals Ireland has won in Olympic track & field events.

★ Did you know?

Hungary's Balazs Kiss, the reigning Olympic champion who has thrown 79.22m this season, weighs 115kg and stands 1.92m tall. His surname name in Hungarian means short or small!

Hammer

Qualifying (group A): Saturday, September 23, 10.00 (12.00am BST)
Qualifying (group B): Saturday, September 23, 12.15 (2.15am BST)
Final: Sunday, September 24, 20.30 (10.30am BST)

OF all the men's throwing events the hammer is the hardest one to call. 19 athletes have so far thrown over 80m this year but no one is really consistent at that level, nobody having had more than three competitions in this territory. The wide open nature of the event this summer is no better exemplified than by the current world leader Gilles Dupray of France (82.38m).

That throw by Dupray was made at the end of June and the best since was 79.59m for second behind American Lance Deal in Nice at the beginning of July. Hardly the most consistent of performers at the best of times, the 30-year-old Dupray has failed to qualify for the final stage at all major championships he has entered since 1995.

If there is to be a serious French challenge for Olympic laurels it is more likely to come from the hands of Christophe Epalle who lies third in the world rankings this year with 81.79m. Epalle's championship record is only slightly better than his compatriot's – seventh in the 1994 Europeans his best – but he has shown a level of consistency consolidating his season with 80.14, 79.90 and 79.52m competitions.

Karsten Kobs

Hungarian 1999 world championship fourth placer Tibor Gecsek (81.92m), Russia's 1997 world bronze medallist Vasiliy Sidorenko (81.75m), Ukrainia's, 1999 world bronze medallist Vladislav Piskunov and 1995 world silver medallist Igor Astapkovich (BLR) (81.25m), lie second, fourth, fifth and seventh respectively in the world rankings. Each of these throwers has also had three 80m-plus competitions to their names. However, 39-year-old eight-time American champion Lance Deal should not be discounted and might just add to the silver medal he won in Atlanta.

In an event littered with question marks this season, the biggest variable is the form of Germany's two world champions, Heinz Weis – gold medallist in 1997 – and current champion Karsten Kobs. During the early part of this season both men threw below par but lately have crept over the 80m line for the first time in what is maybe a well timed bid for Olympic glory during such a long season. Weis threw 80.13m in mid-August, while Kobs, who led the world in 1999 with a mighty 82.78m, won the German Championships at the end of July with an encouraging 80.21m.

Reigning Olympic champion Balazs Kiss (79.22m) has yet to break 80m this year but should never be discounted. However, those looking for good outside odds should perhaps bet on either Japan's Asian Games champion Koji Murofushi (80.56m) or Finland's world junior champion and record-holder Olli-Pekka Karjalainen (80.55m) as both have been over 80m three times this season.

★ Records

World record
Jan Zelezny (CZE) 98.48m
Olympic record
Jan Zelezny (CZE) 89.66m
British record
Steve Backley 91.46m

★ Atlanta '96

Gold: Jan Zelezny (CZE)
Silver: Steve Backley (GB)
Bronze: Seppo Raty (FIN)

★ History

Finland has won seven Olympic titles in this event, including two by Jonni Myyra in 1920 and 1924.

★ Did you know?

Jan Zelezny's surname means "iron man" but despite setting his first world record in 1987 he failed to win gold at the four subsequent major championships in 1987, '88, '90 and '91.

★ Top Brit

Steve Backley
Three-time European champion needs to add gold to his two previous Olympic medals, bronze ('92) silver ('96), before he can truly claim a place among the world's all-time greats.

Javelin

Qualifying (group A): Friday, September 22, 11.30 (1.30am BST)
Qualifying (group B): Friday, September 22, 13.15 (3.15am BST)
Final: Saturday, September 23, 20.25 (10.25am BST)

"THE javelin is our most successful event!" said '96 Olympic silver medallist Steve Backley and there is no doubt the men's javelin represents Britain's best hope of a throwing gold in Sydney.

However, until the last few weeks the omens have not been promising with Britain's top two of recent years Mick Hill and Backley throwing below par. While European silver medallist Hill (83.71m) remains mainly in the 81m range, a "third man" in the guise of Truro's Nick Nieland broke through at the AAAs with a magnificent 85.09m personal best.

Backley seems to have sorted out his technical problems and produced a good 84-85m series of throws behind Finland's world champion Aki Parviainen in London and an impressive 86.70m win at the AAAs. Given Backley's two previous Olympic medals – bronze 1992 and silver 1996 – and three European gold, he has nothing to prove as a competitor.

However, all three British throwers need to significantly up their distances if they are to stand a realistic chance of challenging the present world top three for Olympic medals.

The 2000 season has been dominated by three names, world record-holder Jan Zelezny (CZE), Parviainen and the Greek Kostas Gatsioudis who took world silver behind the Finn last summer. Zelezny (90.59m) and Parviainen (90.97m) have each thrown over the 90m line in three competitions. However, the world lead is currently held by Gatsioudis whose 91.69m effort in Kuortane beat Parviainen's 90.97m challenge and produced the competition of the year so far.

Aki Parviainen

Zelezny, in an effort to protect both a shoulder and back injured frequently during a dozen years of top competition has competed sparingly. But after returning from injury to land the world bronze last year, nobody should be surprised if the Czech takes a third consecutive Olympic title in Sydney.

Besides Backley and the big three, Russian Sergey Makarov (89.92m) has also posted his Olympic intentions with a comprehensive defeat of Gatsioudis at the European Cup in Gateshead. Makarov commented that Gatsioudis looked tired in Gateshead and except for a 86.12m win in Athens at the end of July, the Greek has totally disappeared from competition.

There is also a question mark over the form and fitness of Germany's Boris Henry (86.65m) and Raymond Hecht (83.84m) – both 90m men when in form they've been uncharacteristically off the boil all season.

Left-handed Cuban Emeterio Gonzalez (87.12m) may spring a surprise having increased his PB by nearly three metres this summer. There is also a Finnish pair to consider, Harri Hakkarainen (85.65m) and world junior record-holder Harri Haatainen (86.10m).

NORWICH UNION & UK athletics – from grass roots to glory

Steve Backley ...

... on Sydney, his challengers, team-mates and the future

I ENTER the plush hotel lobby of the Gosforth Park Hotel, Newcastle, just four hours after the Norwich Union Gateshead Classic, to find Steve Backley and his fiance, Finnish triple jump record-holder Heli Koivula, sitting together drinking, waiting patiently for my arrival. I'm an hour late and mine is not the first interview they have done that evening but Steve and Heli are, as always, calm and relaxed.

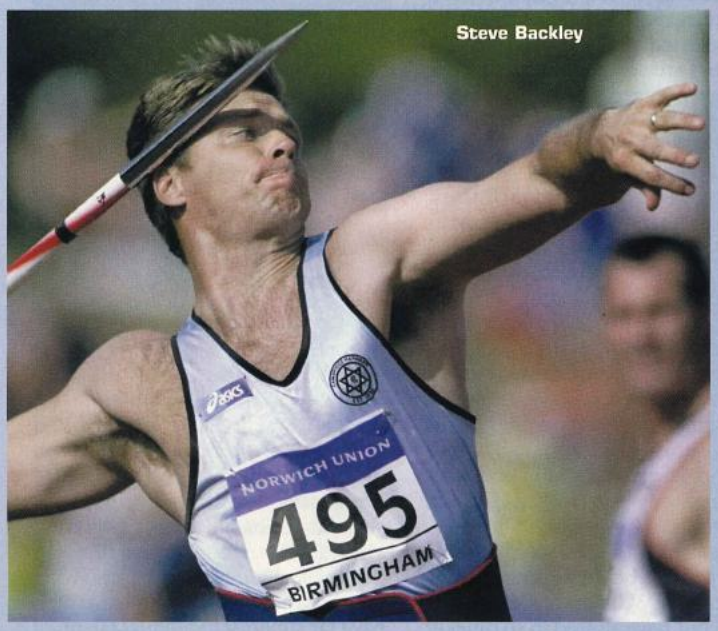
Backley, in an illustrious career highlighted by three consecutive European titles, three world records – rough tailed model included – two world silvers and an Olympic bronze in 1992 and silver in 1996, has always personified the ultimate in confidence and self-belief. As we order drinks, you know Backley will always describe his glass as half full, never half empty.

Backley is an optimist, an outlook born from the knowledge that, fit or not, he is one of the world's great competitors. His 1996 Olympic silver medal was a testimony to this, as after injury having had only two competitions he came within a metre of the gold medal. As Finland's world champion Aki Parviainen conceded at the recent British Grand Prix at Crystal Palace, "Steve is a very, very dangerous man!"

Backley's view on the Sydney Olympics is quite straightforward. "Looking at the javelin this year there are five or six athletes in with a shout for the win. Going by the past stats at major championships, in Sydney one of these five is going to get injured, two are going to do all right, one is going to do pretty good and one is going to do fantastic. It's not going to be like everyone will be on top form and I just have to be the one that does really good! It's as simple as that," smiles Backley.

Despite his recent 'go' at the national press for not giving the javelin, "Britain's most successful athletics event" the coverage it was due, Backley is the first to recognise that he has not shown the form this summer to feature on many pundits' Sydney medal list. His 86.70m win at the AAA's was certainly a great boost but his only consistent 84-85m series left him second behind Parviainen at Crystal Palace.

Yet this does not worry Backley. "You know the javelin, it is not a predictable event. Who in 1997 would have thought Marius Corbett would have taken the World Championship gold. The same is true with Seppo Raty in 1987 when he burst on to the scene or in 1994 and 1996 when he came back from injury to take silver behind me in the Europeans and then the bronze in Atlanta. Competitively, he threw on inspiration and so do I! So no, I'm not concerned about my build-up to the Olympics."



Steve Backley

Backley, a keen golfer, used an analogy obviously close to his heart – "the javelin event is like golf at the moment but with the Tiger Woods element taken out of the equation. There are a lot of people in contention for gold in Sydney. If you can get into the right momentum and start working in the right way like Vijay Singh did last year when he won the US PGA from seemingly nowhere, anyone can win! I also have the advantage that I have a championship pedigree and statistically it's more likely that someone like me will succeed again. If you have achieved and excelled in a pressure situation and you like that environment, then you will want to experience that again."

This season three men have stood out from the rest of the world's top throwers. Parviainen, Kostas Gatsioudis the Greek who took silver at last year's World Championships and Jan Zelezny the world record-holder, have each thrown over 90m. Gatsioudis' personal best of 91.69m heads the world rankings but more of a threat to Backley's Olympic ambitions is the fact both Parviainen and Zelezny have had three competitions over 90m this summer.

Backley acknowledges the significance of these performances. "I recognise I have to raise my game. I'm not kidding myself, I know what I have been doing this year is not enough. The minimum Sydney will be won in is 87 metres and it is more likely to be won at 88 or 89 metres, but not 90 metres. They are not distances that scare me. I threw 89.72m to win the European title in 1998 and I feel now I'm in that sort of shape. This year is about Sydney and nothing else and I know I'll be ready for it."

As to the specific challenge from Zelezny, Backley believes the double Olympic champion is more of a threat than ever. "Jan has nothing to prove and his back injury probably means this will be his last year, so there is little pressure on him. Yes, he wants the third Olympic gold but he is just enjoying the sport at the moment. I think last year's comeback has given him a second wind and that makes him more dangerous than ever."

Parviainen is also highly respected by Backley. "What Aki did last year was as good a performance as there has ever been in this event. To be second to an 89 metre throw and then to come back from that to throw further and beat it was amazing.

"That has never happened before with that sort of distance at a major championship." At this point Heli interjects: "Aki is Finnish and he is expected to win. Javelin is athletics in Finland"... "and that" replies Backley, "is his only problem. He is Finnish and five million Finns expect him to bring back gold."

What does Backley feel about the chances of his team-mates Mick Hill and Nick Nieland in Sydney?

"They are probably up against it! Mick Hill? Well, to an outsider I'm sure it just looks like he is getting too old but I know he is physically as good as he has ever been and in training he is throwing far. He just needs to put it together in competition. He has proved he is a great competitor.

"Nick Nieland on the other hand is at the top of his form. Throughout the year he has mostly been over 80 metres and his 85 metre personal best at the Olympic Trials shows that he should make the final. However, his record is not good having bombed out of Atlanta, Athens and Seville but he certainly has the talent to do well in Sydney."

Bringing the conversation back to Backley, I next asked what were the plans after Sydney. "I love competing, going in there and battling it out. As long as I'm doing that I will be happy. I will be around for a few more years yet. Don't be surprised if I'm on the home runway in London in 2005, I'll be 36 then. By then I would like to couple my throwing with some other things, the biomechanics of the sport and possibly coaching interests me."

Yet what would his feelings be if he never managed to win that elusive world or Olympic title?

"I can't be dissatisfied with my career can I? To have won three European gold, two Olympic medals and the world records, how could I be? Yes, I have a burning hunger for the Olympic title but if it dominates your life and it never comes, you'd go mad thinking about it for the rest of your life, wouldn't you?"

In Britain, we cannot conceive quite how big a news story Backley's engagement to Heli Koivula was in javelin-mad Finland. In fact the announcement of their 1998 engagement knocked the Spice Girls off the newspaper headlines in Helsinki.

So with Heli sitting next to him, the question still had to be asked. "When is the wedding day Steve?"

"It's a secret" replied Steve.

Heli in response smiled coyly and laughed "yes, a secret" which allowed Steve to add "yes, it's a secret she's keeping from me too!"

Interview by Chris Turner

4x100m

First round: Friday, September 29, 10.00 (12.00am BST)
Semi-final: Friday, September 29, 20.50 (10.50am BST)
Final: Saturday, September 30, 20.05 (10.05am BST)

★ Records

World record
USA 37.40 (1992 & 1933)
Olympic record
USA 37.40
British record
37.98

★ Atlanta '96

Gold: Canada
Silver: USA
Bronze: Brazil

★ History

Frank Wykoff uniquely won three golds, he was the lead leg in 1928 and anchor in 1932 and 1936. Carl Lewis is the only athlete to regain an Olympic 4x100m title having won in 1984 and 1992.

★ Did you know?

There has never really been a photo finish for the gold, the closest race occurring in 1980 when the USSR beat Poland 38.26 to 38.33. In contrast USA won by a whopping 1.3 seconds in 1936.

★ British squad

Behind the USA the Brits should be too good for the rest and pick up silver with Nigeria – in the form of Obikwelu – coming late to win the bronze.

THIS is an event the USA pretty much always wins and they will be expected to do so in Sydney. However they came second behind Canada in Atlanta and to show they are leaving nothing to chance they have selected a squad of 10!

Relays are second nature in USA, the event is staged at most of the meets in April and May and the top athletes are always keen to compete. As such they have superb technical skills – the ability to get the baton round fluently can turn a quartet of very good runners into a great team. Their squad cannot match up to those of the early nineties but there is still reason to expect them to clock between 37.5 and 37.7 which should be enough to win.

Just who will be in the final four for USA is still to be determined however they cannot get much better than the HSI line up of Jon Drummond, Curtis Johnson, Bernard Williams and Maurice Greene which clocked 37.95 at Gateshead. Drummond is arguably the greatest lead-off man of all time and Greene is a brilliant anchor runner. Johnson and Williams are less experienced but have slotted in so quickly. The other two candidates will be Brian Lewis and Tim Montgomery.

John Drummond

There are four other contenders for medals. Brazil, Cuba, Nigeria and Great Britain. Brazil won bronze in 1996 and seem to have a better squad nowcapable of a time very close to 38 seconds. Cuba have no outstanding individuals but are forever a threat in the 4x100. Freddy Mayola is their top man but they defeat other teams who have far superior individual talent.

Nigeria have superb individuals and we've waited for them to cause a surprise for a few years now. They may well rely on the team that won bronze in Seville in 37.91.

Great Britain have good individuals who also run well as a team. The team's strength has been maintaining the status quo and we may well use the very same four that won silver in Seville – Gardener, Campbell, Devonish and Chambers although a senior championship debut for Christian Malcolm cannot be far away.

Britain were well beaten by HSI in Gateshead but now have a reputation for performing above themselves on the big occasion. They know that they should get a medal and more importantly know that they will get a medal.

I have discounted two other nations who really should be in the shake-up; Canada and Jamaica. Canada are the holders but with Bailey a shadow of his former self, Surin not fully recovered from injury and no one of the calibre of Esmie and Gilbert to run the other legs they won't challenge.

When one considers there were 10 100m heats at this year's Jamaican Championships all won in under 10.30 you'd be foolish to discount them but for some reason they just do not get it together at all in the 4x100.

4x400m

First round: Friday, September 29, 13.00 (3.00am BST)
Semi-final: Friday, September 29, 21.30 (11.30am BST)
Final: Saturday, September 30, 22.20 (12.20pm BST)

★ Records

World record
USA 2:54.20
Olympic record
USA 2:55.74
British record
2:57.53

★ Atlanta '96

Gold: USA
Silver: Great Britain & NI
Bronze: Jamaica

★ History

Kenya won the gold when the USA was unable to field a team because the IOC had suspended two of their squad for "insulting behaviour" during the medal ceremony for the individual event – they fidgeted and talked.

★ Did you know?

Anthuan Maybank, whose 43.87 leg anchored the USA's gold medal-winning effort in 1996, is the only sub-45 second 400m man to have long jumped beyond 27ft, or 8.23m.

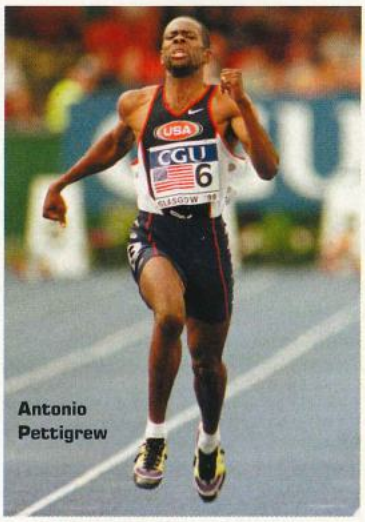
★ British squad

The seven-strong squad will be hard pressed to repeat its Atlanta silver with the onus on Baulch and Thomas to hold it all together.

THE USA is even more dominant in this event than in the 4x100m and it would be a huge shock if they did not win gold. In the Helsinki Games of 1952 Jamaica held off the USA to win what those present would describe as the most sensational 4x400m in history, stunned by their loss the USA have since won all nine Olympics they have contested.

While the USA look certain winners their team is weak by their own standards with only one athlete (Michael Johnson) below 44.63 this season. Trials third placer Antonio Pettigrew is injured and Jerome Young is running below form. They will rely heavily on 400m hurdler Angelo Taylor and for the first time in his career Johnson may receive the baton for the final leg with a bit of work still to do. In 1996 they did not use MJ but as this will be his final Olympics I am sure he will be in the team, moreover, with no 200m to worry about he will be well rested!

In the 1990s Jamaica were always there or thereabouts winning a bronze (despite a fall) in Atlanta and medals in the 1995, 1997 and 1999 World Championships. In Greg Haughton and Davian Clarke they have two reliable athletes who will give them every


Antonio Pettigrew

chance to win a medal once again.

At this time (and it has to be said few teams have shown their hand as yet) there are a clutch of other countries all of similar ability who could also win a medal. One of them is the Bahamas who have only made the final once before (only to finish last). Such is their strength now that their weak link is Eronildo de Araujo, the prospective 400m hurdles medallist. Three European teams will also be in the thick of it: Poland, such a revelation in 1998, have raced exclusively at home this season and proved their strength in their National Champs (won by Mackowiak in 45.13). France, winners of the European Cup, can now call on the services of former Senegalese Ibrahim Wade (PB 45.05) and look certain to go under three minutes for the first time.

The third European candidate is Great Britain. Had we been able to get Richardson, Baulch, Baldock and Thomas to the start line and each of them displayed their best form of 2000 (never mind their best ever) then a medal was a distinct possibilty. However, Richardson's departure means we will not have the luxury of resting our best runners in the prelims such will be the fear of non-qualification following the sad showing in Seville.

This may not be a vintage 4x400m final but as it will bring down the curtain on the championship career of Johnson, well the Olympics at least, the last lap will be replayed for ever more.

If the camera pulls out wide enough we should see a handful of runners battling for the other medals.

NORWICH UNION & UK athletics – from grass roots to glory

Decathlon

Day one, first event: Wednesday, September 27, 09.00 (11.00pm BST, September 26)
Last event: 20.30 (10.30am BST)

Day two, first event: Thursday, September 24, 09.00 (11.00pm BST, September 26)
Last event: 21.20 (11.20am BST)

WHEN Joe Public sits down in front of his television set on Wednesday September 27, cracks his can of lager and prepares to watch Dean Macey begin his quest for Olympic glory, he will expect only one thing.

Gold.

To the punter this is logical thinking. Last year, after all, Macey emerged from seemingly nowhere to win a silver medal against the best in the world.

He is still only 22 and will face more or less the same opposition in Sydney. Natural progression means he is favourite to win.

Right? Not quite.

Two factors must be considered. Firstly, Macey doesn't think he can win if Tomas Dvorak is in good shape. Dvorak, from the Czech Republic, is the world record-holder and world champion.

"Tomas on form will win gold," says Macey. "No question."

The second factor is the injuries that have hindered Macey's build-up. A hamstring problem at the start of the season was replaced by an elbow injury which needed two operations. Another hamstring strain led to a week's missed training and, all in all, he will go to Sydney having been unable to compete in a decathlon all year. It is not ideal.

The pre-Games build-up, however, is certain to focus on the positive, thus unearthing the emotion of last summer which is still lodged in our memory.

Images of the blonde-haired Macey (it's now back to brown) punching the air in Seville will rattle our spirits. There will be heady talk about the fact that, in the days after Seville, a pub was temporarily re-named after him and *Hello* magazine were knocking at the door of his parents' house (he still lived at home) to take pictures of the new hero. Asics barged their way to the front of a queue of kit companies keen to tie the new star to a lucrative deal.

These are the images Joe Public will have in his mind. But Macey pleads: "If people expect me to come back with a medal, then they are spot on. But if they expect gold, that is not realistic.

"If I score 8600 points and finish fourth or fifth, it will be a personal best, a step up from last year, and I would be happy."

The nation will expect Dean Macey to deliver a gold medal, but even Macey admits he will not beat world No.1 Tomas Dvorak if the Czech ironman is in form

Macey's Sydney medal rivals include:

- **Tomas Dvorak** (CZE) is the the iron man of this event. Twice world champion, he won the big Gotzis competition with 8900 points earlier this summer. Prior to winning the world title in Seville last year he broke Dan O'Brien's world record with 8994 in Prague.
- **Chris Huffins** (USA) was runner-up in a US Trial competition that 1996 Olympic champion Dan O'Brien failed to progress from. The 30-year-old from Brooklyn, New York, won bronze in Seville last year and can run 100m in 10.22.
- **Erki Nool** (EST) has a huge fan club and is arguably the most popular man in Estonia. European champion in 1998, he was third in Gotzis this summer with 8742.
- **Tom Pappas** (USA) won the US Trials with a score of 8467. The 24-year-old did not finish in Seville last year.
- **Roman Sebrle** (CZE) is world No.2 this year (and also No.2 in his country) after finishing second behind Dvorak in Gotzis with 8757. A winner of the 1997 World University title, he did not finish in Seville.
- **Attila Zsivóczky** (HUN) is the son of 1968 Olympic hammer champion and former world record-holder Gyula Zsivóczky. Won the 1996 World Juniors and 1999 European U23s, both ahead of Macey, but was 10th at the World Championships last year.

Dvorak versus Macey – this is how they match up

Macey	Event	Dvorak
10.69	100m	10.54
7.69	Long jump	8.03
15.50	Shot put	16.88
2.13	High jump	2.09
46.72	400m	47.56
14.35	110m hurdles	13.61
47.77	Discus	50.17
4.60	Pole vault	5.10i
64.03	Javelin	72.32
4:29.31	1500	4:29.69

★ Top Brit

In Sydney four years ago **Dean Macey** won a silver medal at the World Junior Championships behind Attila Zsivóczky of Hungary.

A succession of injuries meant the Briton was unable to finish a decathlon in 1997 or 1998, so when he scored 8347 in Arles, France, in May of last year it was his first decathlon for three years.

It caused a minor story, with a few national newspapers devoting half a column or so to what was the second best British decathlon mark behind Daley Thompson. The Harrow AC athlete nevertheless moved on to the European Under 23 Championships in Gothenburg relatively unheralded – and left the Swedish city with a DNF under his belt courtesy of a fall in the first event of the second day, the 110m hurdles.

This ensured a low profile going into Seville, where he set six individual personal bests (he had set five in Arles) to score 8556 and win silver. It was his senior international debut for Great Britain.

Coached by Greg Richards, a 7740-point decathlete in the late '80s, Macey has trained diligently in Canvey Island, at Crystal Palace and in California with Estonian Erki Nool.

This season Macey set a 7.69 PB for the long jump at Enfield at the beginning of August and ran a 46.4 relay leg.

★ Records

World record
Tomas Dvorak (CZE) 8994
Olympic record
Dan O'Brien (USA) 8824, (Daley Thompson's 8798 in 1984 equates to 8847 on present day tables)
British record
Daley Thompson 8847

★ Atlanta '96

Gold: D O'Brien (USA) 8824 (10.50, 7.57, 15.66, 2.07, 46.82, 13.87, 48.78, 5.00, 66.90, 4:45.89)
Silver: F Busemann (GER) 8706
Bronze: T Dvorak (CZE) 8664

★ History

Many consider Daley Thompson to be Britain's greatest athlete. He won the Olympic decathlon titles in 1980 and 1984 and is currently writing an Olympic column in *The Sun* newspaper. At the time of writing this, Thompson was also in Australia visiting Sydney.

★ Did you know?

At the 1912 Stockholm Olympics an American-Indian Jim Thorpe won the decathlon title but was disqualified for breaking amateur rules when it was discovered he had been paid to play baseball before the Games. Seventy years later – and 30 years after his death – he was reinstated by the IOC and a plaque placed on the outer wall of the Olympic Stadium in Stockholm.

Dean Macey and far right, Tomas Dvorak

World top 20

As of September 3

MEN

100m

9.86	Maurice Greene	USA
9.95	Ato Boldon	TRI
9.96	Jon Drummond	USA
9.97	Francis Obikwelu	NGR
9.97	Obadele Thompson	BAR
9.98	Coby Miller	USA
9.98	Donovan Bailey	CAN
9.99	Bernard Williams	USA
10.01	Michael Marsh	USA
10.01	Tim Montgomery	USA
10.02	Brian Lewis	USA
10.04	Kenny Brokenburr	USA
10.04	Terrence Trammell	USA
10.05	Gregory Saddler	USA
10.05A	Kaaron Conwright	USA
10.05	Christopher Williams	JAM
10.06	Tony McCall	USA
10.06	DARREN CAMPBELL	GBR
10.06	Abdul Aziz Zakari	GHA
10.07	Lindel Frater	JAM

200m

9.71A	Michael Johnson	USA
19.85	John Capel	USA
19.88	Floyd Heard	USA
19.96	Coby Miller	USA
19.97	Ato Boldon	TRI
20.01	Francis Obikwelu	NGR
20.02	Christopher Williams	JAM
20.02	Maurice Greene	USA
20.03	Bernard Williams	USA
20.04	Kenny Brokenburr	USA
20.06	Brian Lewis	USA
20.09	Shawn Crawford	USA
20.10	Obadele Thompson	BAR
20.14	Paul Lewis	USA
20.17	Jon Drummond	USA
20.17A	André Domingos da Silva	BRA
20.20A	Wayne Johnson	JAM
20.21A	Oumar Loum	SEN
20.23A	Ja'Warren Hooker	USA
20.23	Claudinei Quirino da Silva	BRA

400m

43.68	Michael Johnson	USA
44.63	Alvin Harrison	USA
44.65	Antonio Pettigrew	USA
44.65	Sanderlei Claro Parrela	BRA
44.69	Michael Blackwood	JAM
44.70	Derrick Brew	USA
44.70	Jerome Young	USA
44.72	Brandon Couts	USA
44.72	Avard Moncur	BAH
44.72	Tyree Washington	USA
44.72	MARK RICHARDSON	GBR
44.73A	Patrick Dwyer	AUS
44.75	Ibrahim Ismail	QAT
44.78	Ja'Warren Hooker	USA
44.80	Anthuan Maybank	USA
44.83	Hendrik Mokganyetsi	RSA
44.87	Andrew Pierce	USA
44.87	Eric Milazar	MRI
44.88	Gregory Haughton	JAM
44.89	Angelo Taylor	USA

Ato Boldon

800m

1:43.12	André Bucher	SUI
1:43.25	Djabir Saïd-Guerni	ALG
1:43.35	Wilson Kipketer	DEN
1:43.74	Andrea Longo	ITA
1:43.84	William Chirchir	KEN
1:43.87	Japheth Kimutai	KEN
1:43.97	David Lelei	KEN
1:43.98	Hezekiél Sepeng	RSA
1:44.01	Bram Som	NED
1:44.06	Jean-Patrick Nduwimana	BUR
1:44.20	Kennedy Kimwetich	KEN
1:44.2	Paul Korir	KEN
1:44.23	Wilfred Bungei	KEN
1:44.23	William Yiampoy	KEN
1:44.41	Werner Botha	RSA
1:44.49	Noah Ngeny	KEN
1:44.58	Patrick Konchellah	KEN
1:44.6	David Kiptoo	KEN
1:44.63	Yuriy Borzakovskiy	RUS
1:44.67	Adem Hecini	ALG

1500m

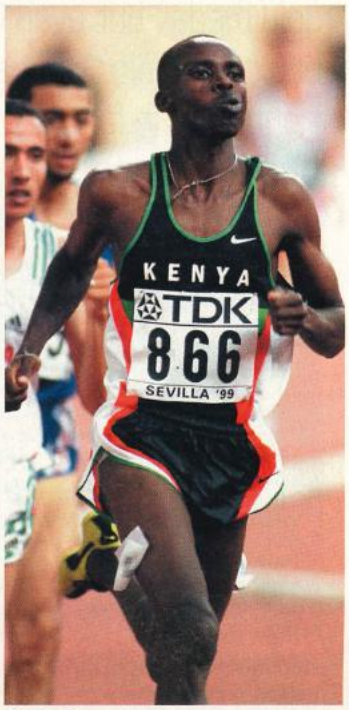
3:27.21	Hicham El Guerrouj	MAR
3:28.12	Noah Ngeny	KEN
3:28.51	Bernard Lagat	KEN
3:30.73	Benjamin Kipkurui	KEN
3:30.82	Ali Saïdi-Sief	ALG
3:31.02	William Chirchir	KEN
3:31.48	José Antonio Redolat	ESP
3:31.48	Andrés Manuel Díaz	ESP
3:31.71	Kevin Sullivan	CAN
3:32.01	Driss Maazouzi	FRA
3:32.05	Mehdi Baala	FRA
3:32.28	Vyacheslav Shabunin	RUS
3:32.60	Rui Silva	POR
3:32.76	Benson Koech	KEN
3:32.93	Laban Rotich	KEN
3:33.04	John Kibowen	KEN
3:33.07	Kamal Boulahfane	ALG
3:33.14	Hailu Mekonnen	ETH
3:33.40	Mohamed Khaldi	ALG
3:33.59	Steve Holman	USA

5000m

12:49.28	Brahim Lahlafi	MAR
12:49.71	Mohammed Mourhit	BEL
12:50.86	Ali Saïdi-Sief	ALG
12:54.07	Sammy Kipketer	KEN
12:55.18	Paul Tergat	KEN
12:55.63	Mark Bett	KEN
12:55.82	Benjamin Limo	KEN
12:56.50	Luke Kipkosgei	KEN
12:57.95	Haile Gebrselassie	ETH
12:58.70	Richard Limo	KEN
12:58.83	Ismaïl Sghyr	FRA
12:59.90	Albert Chepkurui	KEN
13:00.06	Salah Hissou	MAR
13:01.78	Daniel Komen	KEN
13:01.9	Abraham Chebii	KEN
13:02.28	Benjamin Maiyo	KEN
13:02.68	Patrick Ivuti	KEN
13:02.71	Evans Rutto	KEN
13:02.96	Million Wolde	ETH
13:04.15	Paul Bitok	KEN

10,000m

27:03.87	Paul Tergat	KEN
27:04.54	Felix Limo	KEN
27:09.79	Patrick Ivuti	KEN
27:18.95	Simon Maina Munyi	KEN
27:19.79	Assefa Mezgebu	ETH
27:20.03	Girma Tolla	ETH
27:21.32	Evans Rutto	KEN
27:22.20	José Rios	ESP
27:23.65	William Kalya	KEN
27:30.23	John Cheruiyot Korir	KEN
27:32.97	Salim Kipsang	KEN
27:33.20	Ismail Sghyr	FRA
27:36.48	Wilberforce Talel Kapkeny	KEN
27:36.90	Teodoro Cue Talel	ESP
27:37.44	Khalid Skah	MAR
27:37.69	David Galván	MEX
27:38.22	Paul Kosgei	KEN
27:39.31	David Maritim	KEN
27:39.70	Saïd Berioui	MAR
27:40.08	Philmon Cheruiyot Kemei	KEN



Noah Ngeny

MARATHON

2:06:36	Antonio Pinto	POR
2:07:15	Japhet Kosgei	KEN
2:07:20	Bong-Ju Lee	KOR
2:07:33	Abdelkader El Mouaziz	MAR
2:08:08	Alberto Juzdado	ESP
2:08:14	Martín Fiz	ESP
2:08:16	Takayuki Inubushi	JPN
2:08:22	Kenneth Cheruiyot	KEN
2:08:27	Josephat Kiprono	KEN
2:08:30	Francisco Javier Cortés	ESP
2:08:33	Semiretu Alemayehu	ETH
2:08:34	Vanderlei Cordeiro de Lima	BRA
2:08:36	Khalid Khannouchi	MAR
2:08:41	Giacomo Leone	ITA
2:08:48	Willy Cheruiyot	KEN
2:08:49	Francesco Ingargiola	ITA
2:08:49	Seung-Do Baek	KOR
2:08:49	Mohamed Ouaadi	FRA
2:08:49	Joseph Ngolebus	KEN
2:08:50	Simon Bor	KEN

3000m STEEPLECHASE

8:02.76	Bernard Barmasai	KEN
8:02.90	Brahim Boulami	MAR
8:03.57	Ali Ezzine	MAR
8:03.74	Raymond Yator	KEN
8:03.92	Reuben Kosgei	KEN
8:07.21	Kipkirui Misoi	KEN
8:07.33	Wilson Boit Kipketer	KEN
8:09.77	Luís Miguel Martín	ESP
8:10.15	Elarbi Khattabi	MAR
8:10.23	Laïd Bessou	ALG
8:11.29	Mark Croghan	USA
8:11.51	Günther Weidlinger	AUT
8:12.3	Jonathan Kandie	KEN
8:13.22	Abraham Cherono	KEN
8:13.45	Simon Vroemen	NED
8:13.63	Eliseo Martín	ESP
8:14.53	Damian Kallabis	GER
8:14.74	Marco Antonio Cepeda	ESP
8:14.94	Gaël Pencreach	FRA
8:15.77	Pascal Dobert	USA

110H

12.97	Allen Johnson	USA
13.07	Anier García	CUB
13.10	COLIN JACKSON	GBR
13.11	Mark Crear	USA
13.11	Dominique Arnold	USA
13.19	Terrence Trammell	USA
13.19	Falk Balzer	GER
13.22	Dawane Wallace	USA
13.23	Florian Schwarthoff	GER
13.24	Yoel Hernández	CUB
13.25	Robin Korving	NED
13.25	Stanislavs Olijars	LAT
13.26	Larry Wade	USA
13.27	Chris Phillips	USA
13.33	Zhivko Videnov	BUL
13.34	Elmar Lichtenegger	AUT
13.39	Yevgeniy Pechonkin	RUS
13.40	Tony Dees	USA
13.40	Jean-Marc Grava	FRA
13.41	Mike Fenner	GER

400H

47.62	Angelo Taylor	USA
47.93	Llewellyn Herbert	RSA
47.94	Eric Thomas	USA
48.22	CHRIS RAWLINSON	GBR
48.25	Eronilde Nunes de Araújo	BRA
48.33	Felix Sanchez	DOM
48.33	Hadi Soua'an Al-Somaily	KSA
48.38	Samuel Matete	ZAM
48.41	Fabrizio Mori	ITA
48.43	Bayano Kamani	USA
48.46	James Carter	USA
48.49	Pawel Januszewski	POL
48.56	Kemel Thompson	JAM
48.61	Sherman Armstrong	USA
48.70	Stéphane Diagana	FRA
48.71	Jiří Muzik	CZE
48.72	Joey Woody	USA
48.76	Ruslan Mashchenko	RUS
48.80	Ibou Faye	SEN
48.82	Thomas Goller	GER

HJ

2.40	Vyacheslav Voronin	RUS
2.36	Konstantin Matusevich	ISR
2.35	Nathan Leeper	USA
2.35	Mark Boswell	CAN
2.34	Kwaku Boateng	CAN
2.34	Lábros Papakg	CAN
2.34	Abderahmane Hammad	ALG
2.34	Stefan Holm	SWE
2.33	Sergey Klyugin	RUS
2.33	Dragutin Topic	YUG
2.32	Staffan Strand	SWE
2.32	Charles Austin	USA
2.31	Charles Clinger	USA
2.31	Christian Rhoden	GER
2.31	Mika Polku	FIN
2.30	Glenn Howard	NZL
2.30	Kenny Evans	USA
2.30	Matt Hemingway	USA
2.30	Aleksey Lyolin	BLR
2.30	Wolfgang Kreissig	GER

PV

6.03	Jeff Hartwig	USA
5.95	Michael Stolle	GER
5.90A	Lawrence Johnson	USA
5.90	Pavel Gerasimov	RUS
5.90	Danny Ecker	GER

NORWICH UNION & UK athletics – from grass roots to glory

5.85	Okkert Brits	RSA
5.85	Dmitriy Markov	AUS
5.85	Yevgeniy Smiryagin	RUS
5.85	Aleksandr Averbukh	ISR
5.85	Tim Lobinger	GER
5.83	Nick Hysong	USA
5.82	Maksim Tarasov	RUS
5.81	Timothy Mack	USA
5.81	Montxu Miranda	ESP
5.80A	Martin Eriksson	SWE
5.80A	Jim Davis	USA
5.80	Jean Galfione	FRA
5.75	Scott Hennig	USA
5.75	Rens Blom	NED
5.75	Vadim Strogalyov	RUS

LJ

8.65	Iván Pedroso	CUB
8.49	Melvin Lister	USA
8.43	Luis Felipe Méliz	CUB
8.42	James Beckford	JAM
8.35	Roman Shchurenko	UKR
8.34	Younés Moudrik	MAR
8.34	Kirill Sosunov	RUS
8.31	Kareem Streete-Thompson	CAY
8.30	Peter Burge	AUS
8.30	Savante Stringfellow	USA
8.30	Petre Dachev	BUL
8.28	Kevin Dilworth	USA
8.27	Aleksey Lukashevich	UKR
8.26	Miguel Pate	USA
8.25	Vladimir Malyavin	RUS
8.24	Ronald Servius	FRA
8.23	Cheikh Tidiane Touré	FRA
8.22	Kader Klouchi	FRA
8.22	Vitaliy Shkurlatov	RUS
8.22	Yago Lamela	ESP

TJ

17.62	JONATHAN EDWARDS	GBR
17.60	Fabrizio Donato	ITA
17.45	Paolo Camossi	ITA
17.41	Charles Michael Friedek	GER
17.30	Rostislav Dimitrov	BUL
17.26	Michael Calvo	CUB
17.24	Denis Kapustin	RUS
17.22	Kenta Bell	USA
17.20	Stamátios Lénis	GRE
17.18	Konstadínos Zalaggítis	GRE
17.16	ONOCHIE ACHIKE	GBR
17.12	René L. Hernández	CUB
17.12	Yoel García	CUB
17.08	Aliecer Urrutia	CUB
17.07	Walter Davis	USA
17.06	Zsolt Czingler	HUN

Jonathan Edwards

17.05	Andrew Murphy	AUS
17.05	PHILLIPS IDOWU	GBR
17.03	Oleg Sakirkin	KZK
17.02	Takanori Sugibayashi	JPN

SP

22.12	Adam Nelson	USA
21.87	Cottrell J. Hunter	USA
21.64	Yuriy Belonog	UKR
21.61	Andy Bloom	USA
21.46	Kevin Toth	USA
21.34	Roman Virastyuk	UKR
21.25	John Godina	USA
21.04	Mika Halvari	FIN
20.99	Dennis Black	USA
20.92	Aleksandr Bagach	UKR
20.88	Joachim Olsen	DEN
20.84	Arsi Harju	FIN
20.78	Alexis Paumier	CUB
20.76	Ville Tiisanoja	FIN
20.75	Paolo Dal Soglio	ITA
20.70	Timo Aaltonen	FIN
20.66	Gheorghe Guset	ROM
20.64	Miroslav Menc	CZE
20.60	Shakti Singh	IND
20.56	Burger Lambrechts	RSA

DT

73.88	Virgilijus Alekna	LIT
69.72	Lars Riedel	GER
69.28	Vladimir Dubrovshchik	BLR
68.51	Adam Setliff	USA
68.46	Andy Bloom	USA
68.32	John Godina	USA
68.13	Frantz Kruger	RSA
67.41	Aleksander Tammert	EST
66.93	Anthony Washington	USA
66.91	Gábor Máté	HUN
66.76	Zoltán Kövág	UN
66.72	Jim Seifert	USA
66.66	Dmitriy Shevchenko	RUS
66.47	Doug Reynolds	USA
66.28	Jason Tunks	CAN
65.81	Jürgen Schult	GER
65.69	Vitaliy Sidorov	RUS
65.49	Michael Möllenbeck	GER
65.39	Roland Varga	HUN
65.13	Timo Tompuri	FIN

HT

82.38	Gilles Dupray	FRA
81.92	Tibor Gécsek	HUN
81.79	Christophe Épalle	FRA
81.75	Vasiliy Sidorenko	RUS
81.56	Vladislav Piskunov	UKR
81.42	Szymon Zi Piskunov	UKR
81.36	Vadim Devyatovskiy	BLR
81.25	Igor Astapkovich	BLR
80.99	Lance Deal	USA
80.98	Vladimir Maska	CZE
80.70	Andrey Skvaruk	UKR
80.56	Koji Murofushi	JPN
80.55	Olli-Pekka Karjalainen	FIN
80.45	Aléxandros Papadimitríou	GRE
80.21	Karsten Kobs	GER
80.19	Ilya Konovalov	RUS
80.13	Heinz Weis	GER
80.08	Andrey Abduvaliyev	UZB
80.02	Zsolt Németh	HUN
79.85	Ivan Tikhon	BLR

JT

91.69	Kostas Gatsioudis	GRE
90.97	Aki Parviainen	FIN
90.59A	Jan Zelezný	CZE
89.92	Sergey Makarov	RUS
87.12	Emeterio González	CUB
86.70	STEVE BACKLEY	GBR
86.65	Boris Henry	GER
86.10	Harri Haatainen	FIN
85.65	Harri Hakkarainen	FIN
85.45	Peter Blank	GER
85.28	Andrew Currey	AUS
85.16	Patrik Bodén	SWE
85.09	NICK NIELAND	GBR
84.88	Pal Arne Fagernes	NOR
84.80	Sergey Voynov	UZB
84.79	Peter Esenwein	GER
84.42	Vladimir Sasimovich	BLR
84.29	Rongxiang Li	CHN
84.25	Tom Pukstys	USA
84.20	Andrew Martin	AUS

Erki Nool

DEC

8900	Tomás Dvorák	CZE
8757	Roman Sebrle	CZE
8742	Erki Nool	EST
8574	Aleksandr Yurkov	UKR
8554	Attila Zsivurkov	UKR
8531	Frank Busemann	GER
8485	Stefan Schmid	GER
8467	Tom Pappas	USA
8461	Mike Maczey	GER
8339	Jirí Ryba	CZE
8314	Jan Podibradsky	CZE
8285	Chris Huffins	USA
8253	Wilfrid Boulineau	FRA
8252	Raúl Duany	CUB
8224	Eduard Hämäläinen	FIN
8210	Roman Razbeyko	RUS
8206	Joman Razbeyko	RUS
8188	Aki Heikkinen	FIN
8178	Laurent Hernu	FRA
8153	Philipp Huber	SUI

20km WALK TRACK

1:22:28	Jefferson Pérez	ECU
1:22:34	Valentin Kononen	FIN
1:23:37	Julio Rene Martínez	GUA
1:23:55	Curt Clausen	USA
1:24:25	Timothy Seaman	USA
1:24:50	Noe Hernández	MEX
1:25:21	Gurdev Singh	IND
1:25:23	Birger Fält	SWE
1:25:51	Claus Jørgensen	DEN
1:26:08	Kevin Eastler	USA
1:26:26	Luis Fernando Garcia	GUA
1:26:34	Andrew Hermann	USA
1:26:37	João Vieira	POR
1:26:38	Hugo Lopez	GUA
1:26:39	Amrik Singh	IND
1:26:45	Sita Ram	IND
1:26:49	Vijay Gehlot	IND
1:27:18	Manvir Singh	IND
1:27:51	Bengt Bengtsson	SWE

20km WALK ROAD

1:17:46	Roman Rasskazov	RUS
1:18:14	Mikhail Khmelnitskiy	BLR
1:18.16	Vladimir Andreyev	RUS
1:18:22	Robert Korzeniowski	POL
1:18:23	Andrey Makarov	BLR
1:18:42	Andreas Erm	GER
1:18:56	Francisco Javier Fernández	ESP
1:19:15	Artur Meleshkevich	BLR
1:19:18	Jirí Malysa	CZE
1:19:29	Satoshi Yanagisawa	JPN
1:19:33	Yevgeniy Misyulya	BLR
1:19:42	Daisuke Ikeshima	JPN
1:19:56	Dmitriy Yesipchuk	RUS
1:20:01	Yunfeng Liu	CHN
1:20:09	Alejandro L	RUS
1:20:12	Semyon Lovkin	RUS
1:20:16	Akihiko Koike	JPN
1:20:18	Aigars Fadejevs	LAT
1:20:19	Marco Giungi	ITA
1:20:28	Alessandro Gandellini	ITA

50km WALK ROAD

3:37:26	Valeriy Spitsyn	RUS
3:39:21	Vladimir Potemin	RUS
3:39:34	Valentin Kononen	FIN
3:41:50	Robert Korzeniowski	POL
3:42:02	Nikolay Matyukhin	RUS
3:42:51	Jesús Angel García	ESP
3:43:52	Miguel Angel Rodríguez	MEX
3:44:30	Andrey Plotnikov	RUS
3:44:33	Yevgeniy Shmalyuk	RUS
3:45:47	Oleg Ishutkin	RUS
3:45:57	Mikel Odriozola	ESP
3:47:38	Denis Langlois	FRA
3:47:49	René Piller	FRA
3:47:53	Viktor Ginko	BLR
3:47:55	Joel Sánchez	MEX
3:48:06	Germán Sánchez	MEX
3:48:09	Sylvain Caudron	FRA
3:49:24	Bengt Bengtsson	SWE
3:49:50	Mario Avellaneda	ESP
3:50:21	Giovanni Perricelli	ITA

4 x100m

37.65	United States	USA
38.15	HSI	UND
38.24	Brazil	BRA
38.35	University of Florida	USA
38.35	GREAT BRITAIN & N.I.	
38.36	United States "Blue"	USA
38.36	Cuba	CUB
38.45	University of South Carolina	UND
38.50A	South Africa	RSA
38.55	France	FRA
38.56A	Texas Christian University	UND
38.58	Sprint Capital	USA
38.67	Greece	GRE
38.68A	South Africa	RSA
38.76A	Australia	AUS
38.86	Stars & Strides International	
UND38.88	Italy	ITA
38.88	Germany	GER
38.91	Waseda University	JPN
38.92	Poland	POL

4 x400m

2:56.60	United States "Red"	US
2:58.71	United States "Blue"	USA
2:58.92	Jamaica	JAM
3:00.65	Sprint Capital	UND
3:01.46	Baylor University	UND
3:02.02	Arkansas	USA
3:02.41	Poland	POL
3:02.60	In The Black T.C.	USA
3:02.88	India	IND
3:03.20	Bronx International Express	USA
3:03.23	University of East Carolina	USA
3:03.28	University of Oklahoma	UND
3:03.31	University of S. California	UND
3:03.33	Brazil	BRA
3:03.69	Texas Christian University	UND
3:03.71	Nippon Physical Edu Universit	JPN
3:03.97	Texas A&M University	USA
3:04.07	Georgia Tech	UND
3:04.13	Vector Sports Management	UND
3:04.30	Louisiana State University	USA

• *Rankings courtesy of the IAAF*

So who do you think will win?

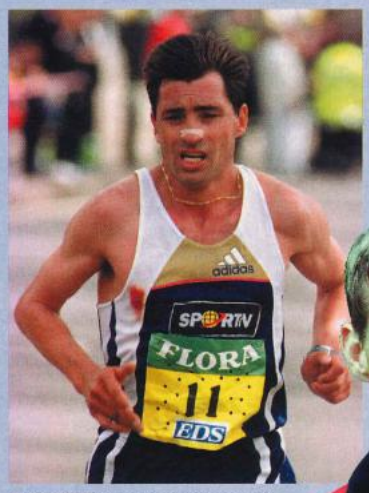
Think you're an athletics buff do you? So why not take a few minutes to measure your knowledge against our experts. Simply fill in the prediction column and see how you compare when the final results are confirmed

THE build-up to any major athletics championship is always cluttered with predictions and forecasts about who'll win medals, who'll bomb out early, who'll get injured and, this year it seems, who'll be first to fall foul of the stringent Australian drugs testers. Drugs testers? Aussie customs officials have been pretty efficient of late.

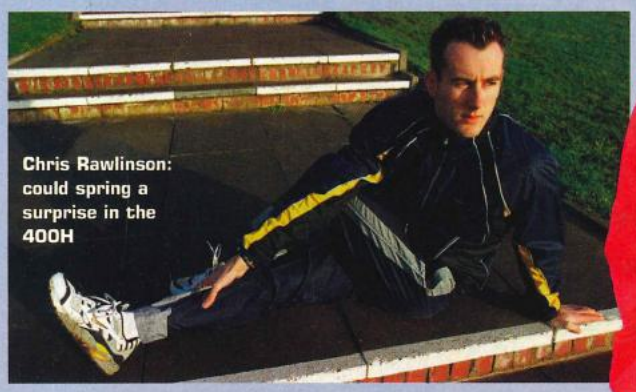
Whatever, we thought we'd have a bit of fun, give you a challenge and see whether you're able to predict the medallists in Sydney more accurately than our team of experts.

So who've we got? *Athletics Weekly*'s resident statistician Ian Hodge; co-editor of *Athletics International* Peter Matthews; former world mile record-holder turned BBC athletics commentator Steve Cram and former world cross country silver medallist and Eurosport athletics commentator Tim Hutchings.

There're no prizes for doing this, what more do you need than the satisfaction of knowing you tipped more medallists than our illustrious panel? Get that column filled in and have fun!



Antonio Pinto: marathon pick

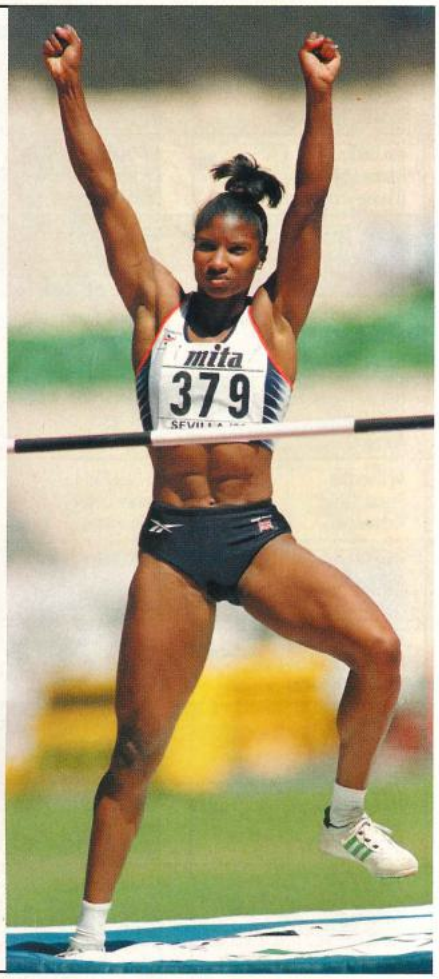

Chris Rawlinson: could spring a surprise in the 400H

Steve Cram: made his predictions while en route to Sydney via Kuala Lumpur last week

EVENT	MEDAL
100m	GOLD SILVER BRONZE
200m	GOLD SILVER BRONZE
400m	GOLD SILVER BRONZE
800m	GOLD SILVER BRONZE
1500m	GOLD SILVER BRONZE
5000m	GOLD SILVER BRONZE
10,000m	GOLD SILVER BRONZE
Marathon	GOLD SILVER BRONZE
3000SC	GOLD SILVER BRONZE
110H	GOLD SILVER BRONZE
400H	GOLD SILVER BRONZE
HJ	GOLD SILVER BRONZE
PV	GOLD SILVER BRONZE
LJ	GOLD SILVER BRONZE
TJ	GOLD SILVER BRONZE
SP	GOLD SILVER BRONZE
DT	GOLD SILVER BRONZE
HT	GOLD SILVER BRONZE
JT	GOLD SILVER BRONZE
Decathlon	GOLD SILVER BRONZE
20kmW	GOLD SILVER BRONZE
50kmW	GOLD SILVER BRONZE
4x100	GOLD SILVER BRONZE
4x400	GOLD SILVER BRONZE

IAN HODGE	PETER MATTHEWS	STEVE CRAM	TIM HUTCHINGS	YOUR PREDICTION	ACTUAL RESULT
Maurice Greene Ato Boldon Obadele Thompson	Maurice Greene Ato Boldon Jon Drummond	Maurice Greene Aton Boldon Bruny Surin	Maurice Greene Francis Obilekwu DWAIN CHAMBERS		
Ato Boldon Francis Obikwelu Obadele Thompson	Ato Boldon Francis Obikwelu Obadele Thompson	Francis Obilekwu Aton Boldon John Capel	Ato Boldon John Capel Coby Miller		
Michael Johnson Alvin Harrison Antonio Pettigrew	Michael Johnson Alvin Harrison Ibrahim Ismail	Michael Johnson Alvin Harrison Alejandro Cardenas	Michael Johnson Alvin Harrison Antonio Pettigrew		
Wilson Kipketer Andre Bucher Hezekiel Sepeng	Wilson Kipketer Saïd-Guerni Andre Bücher	Andre Bucher Wilson Kipketer Yuriy Borzakovskiy	Andre Bucher Saïd-Guerni Andrea Longo		
Hicham El Guerrouj Noah Ngeny Andres Diaz	Hicham El Guerrouj Noah Ngeny William Chirchir	Hicham El Guerrouj Noah Ngeny Bernard Lagat	Hicham El Guerrouj Ali Saïd-Sief Noah Ngeny		
Ali Saidi Sief Brahim Lahlafi Richard Limo	Ali Saïdi-Sief Brahim Lahlafi Salah Hissou	Ali Saïd-Sief Brahim Lahlafi Mohammed Mourhit	Brahim Lahlafi Mohammed Mourhit William Yampoy		
Haile Gebrselassie Assefa Mezegebu Paul Tergat	Haile Gebrselassie Paul Tergat Mohammed Mourhit	Haile Gebrselassie Paul Tergat David Cheule	Haile Gebrselassie Paul Tergat Assefa Mezegebu		
Antonio Pinto Lee Bong Ju Hendrick Ramaala	Antonio Pinto Lee Bong Ju Abdelkader El Mouaziz	Abdelkader El Mouaziz Lee Bong-Ju Antonio Pinto	Antonio Pinto Martin Fiz Kenneth Cheruiyot		
Reuben Kosgei Wilson Boit Kipketer Benard Barmasai	Bernard Barmasai Brahim Boulami Ali Ezzine	Bernard Barmasai Brahim Boulami Reuben Kosgei	Bernard Barmasai Brahim Boulami Ali Ezzine		
Allen Johnson Anier Garcia COLIN JACKSON	Allen Johnson Anier García COLIN JACKSON	Anier Garcia COLIN JACKSON Allen Johnson	Allen Johnson Anier García COLIN JACKSON		
Angelo Taylor Llewellyn Herbert CHRIS RAWLINSON	Llewellyn Herbert Angelo Taylor Samuel Matete	Angelo Taylor Llewellyn Herbert CHRIS RAWLINSON	Angelo Taylor Llewellyn Herbert CHRIS RAWLINSON		
Vyacheslav Voronin Mark Boswell Sergey Klyugin	Vyacheslav Voronin Mark Boswell Charles Austin	Chales Austin Sergey Klyugin Dragutin Topic	Artur Partyka Vyacheslav Voronin Konstantin Matusevich		
Maksim Tarasov Tim Lobinger Nick Hysong	Maksim Tarasov Danny Ecker Dmitriy Markov	Maksim Tarasov Michael Stolle Lawrence Johnson	Danny Ecker Maksim Tarasov Tim Lobinger		
Ivan Pedroso James Beckford Kareem Streete Thompson	Ivan Pedroso Yago Lamela James Beckford	Ivan Pedroso Melvin Lister James Beckford	Ivan Pedroso James Beckford Melvin Lister		
JONATHAN EDWARDS Rostislav Dimitrov Charles Friedek	JONATHAN EDWARDS Charles Friedek Rostislav Dimitrov	JONATHAN EDWARDS Fabrizio Donato Charles Friedek	JONATHAN EDWARDS Charles Friedek Rostislav Dimitrov		
Adam Nelson CJ Hunter Paolo Dal Soglio	Adam Nelson CJ Hunter Yuriy Belonog	CJ Hunter Adam Nelson Yuriy Belonog	Adam Nelson CJ Hunter Andy Bloom		
Virgilijus Alekna Lars Riedel Frantz Kruger	Lars Riedel Virgilijus Alekna Frantz Kruger	Virgilijus Alekna Frantz Kruger Anthony Washington	Virgilijus Alekna Frantz Kruger John Godina		
Vladimir Piskunov Olli Pekka Karjalainen Karsten Kobs	Vasiliy Sidorenko Tibor Gécsek Olli-Pekka Karjalainen	Tibor Gécsek Gilles Dupray Vasiliy Sidorenko	Tibor Gécsek Vasiliy Sidorenko Gilles Dupray		
Jan Zelezny Aki Parviainen Kostas Gatsioudis	Jan Zelezny Aki Parviainen Kostas Gatsioudis	Jan Zelezny Aki Parviainen STEVE BACKLEY	Jan Zelezny Aki Parviainen STEVE BACKLEY		
Tomas Dvorak Erki Nool DEAN MACEY	Tomas Dvorák Erki Nool Roman Sebrle	Tomas Dvorák Erki Nool DEAN MACEY	Tomas Dvorák Roman Sebrle DEAN MACEY		
Jefferson Perez Robert Korzeniowski Andreas Erm	Robert Korzeniowski Ilya Markov Jefferson Pérez	Robert Korzeniowski Jefferson Pérez Ilya Markov	Roman Rasskasov Robert Korzeniowski Fransisco Fernandez		
Valeriy Spitsyn Valentin Kononen Jesus Garcia	Jesus García Robert Korzeniowski Valentin Kononen	Jesus García Valeriy Spitsyn Valentin Kononen	Valeriy Spitsyn Valentin Kononen Miguel Rodriguez		
USA GREAT BRITAIN & NI Nigeria	USA GREAT BRITAIN & NI Brazil	USA GREAT BRITAIN & NI Brazil	USA GREAT BRITAIN & NI Canada		
USA Jamaica Bahamas	USA Jamaica Poland	USA Jamaica Nigeria	USA Jamaica GREAT BRITAIN & NI		

WIN a signed print of Denise Lewis from the BOA



AS part of its celebrations for Sydney 2000, the British Olympic Association launched a range of Team GB merchandise earlier this year, in a scheme to help raise money to provide financial support for the British Olympians. The BOA gives a percentage of every sale to the Olympic appeal, also launched during the run-up to the Olympics.

The Team GB merchandise ranges from T-shirts to fleeces, silk ties to baseball caps, there's plenty to choose from – watch the Olympics in a Team GB outfit, or drink to the athletes' success out of magic mugs. There are also teddies, jewellery, and a range of crystal products – all are branded with the Team GB logo.

So if you want to pledge your support to the British team, now in Sydney, take a look at the BOA website at www.boa.org.uk/merchandise or www.official-merchandise/olympics or write to Gareth Sykes, Team GB merchandise, TSM Licensing, Suite 6, Grosvenor House, Grosvenor Road, Coventry, CV1 3FE.

This week, *Athletics Weekly* have teamed up with BOA and TSM Licensing to bring you an exclusive signed photographic print of Denise Lewis. The photo is one of five in a set which includes Colin Jackson, Sally Gunnell, Seb Coe, and Mary Peters which are also available.

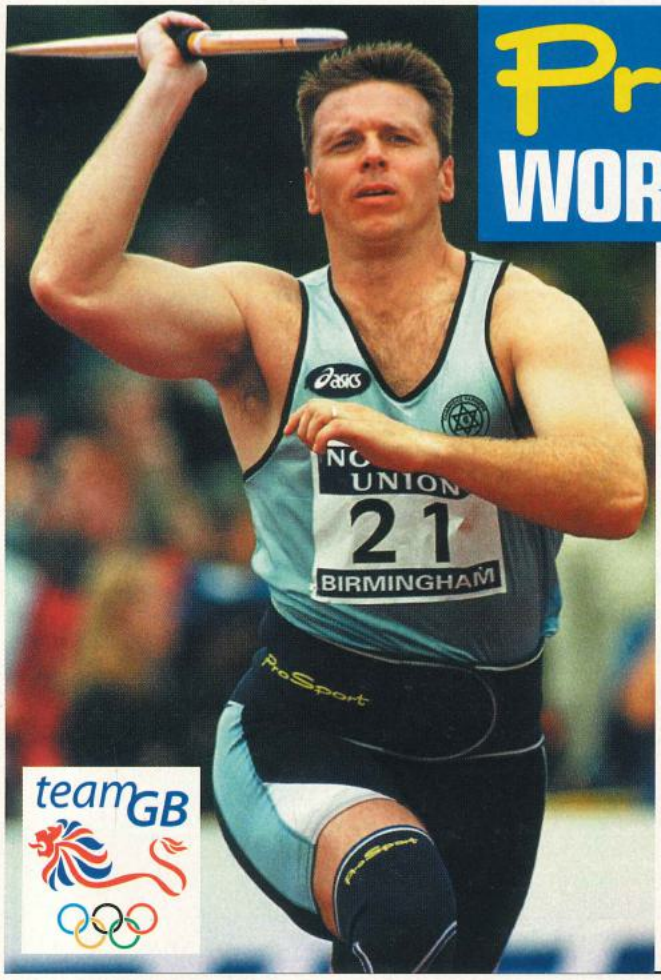
For your chance to win Denise Lewis' signed photo print, with five runners-up prizes of a Team GB T-shirt, cap and key-ring, simply put your answer to the question below on a postcard, and mail it to *Athletics Weekly*, BOA Week 1, 13 Cavell Court, Lincoln Road, Peterborough PE1 2RJ. Don't forget to write your name, address, age, size of T-shirt, and telephone number, to reach us by September 29.

JUST ANSWER THE QUESTION BELOW ...

What medal did Denise Lewis win at the 1999 World Championships in Seville

a) Gold; b) Silver; c) Bronze

Usual competition rules apply and the editor's decision is final. No cash alternative available. No purchase necessary.



ProSport GEAR WORTH £2500 TO BE WON

Five first prizes consisting of:

♦ ProSport Olympic edition bag ♦ ProSport rainjacket ♦ ProSport fleece, ♦ ProSport T-shirt ♦ ProSport water bottle ♦ ProSport sweat towel.

PLUS 25 runner-up prizes of Limited Edition ProSport Olympics sports bags, ProSport T-shirt, ProSport sweat towel and ProSport water bottle

JUST ANSWER THIS SIMPLE QUESTION ...

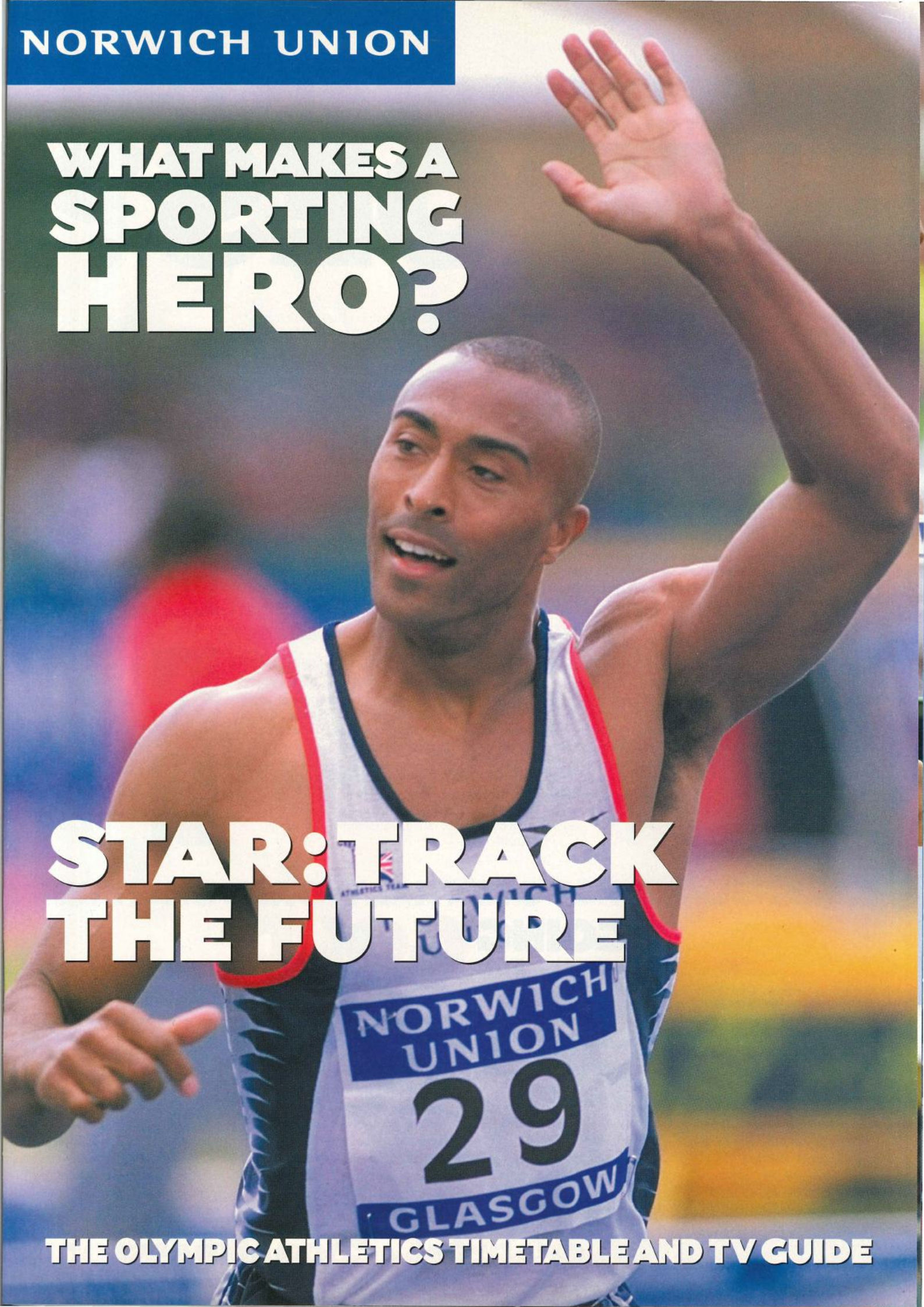
In which year did Steve Backley win his Olympic silver medal?

a) 1988; b) 1992; c) 1996

Answers on a postcard to: *Athletics Weekly*, 13 Cavell Court, Lincoln Road, Peterborough PE1 2RJ, include your clothing size. No purchase necesary. Full competition rules may be obtained by writing to *Athletics Weekly*. Closing date: 27 September

NORWICH UNION

WHAT MAKES A SPORTING HERO?



STAR: TRACK THE FUTURE

THE OLYMPIC ATHLETICS TIMETABLE AND TV GUIDE

WHERE ARE ALL THE HEROES?

IT is difficult to define what constitutes a hero or heroine, everyone has their personal favourites. For many, Muhammad Ali towers above them all for precisely the reasons stated in the dictionary definition opposite. As a sport, athletics has always offered the public more than its fair share of heroes and heroines and the winning of an Olympic medal this year may be just what is needed for some our latest athletics stars to join the ranks of the demigods!

But is winning a medal enough though? In an effort to establish what makes a hero, Norwich Union, leading sponsors of UK athletics, have carried out an extensive research programme into the subject.

To identify the range of criteria which determine true sporting heroism, interviews were conducted with different age groups around the country and sport specialists at Loughborough University who decided the most important factors were:

1. Consistently being a world beater
2. Having a great personality
3. Being British
4. Being a good ambassador for your sport
5. Leading a controversial life
6. Being good-looking/sexy
7. Overcoming adversity
8. Being in the media

Apart from the 18-24 age group (which no doubt explains David Beckham's appearance at No.6 above Pele, John McEnroe and Tiger Woods) sex-appeal was considered unimportant, while the survey at large agreed that being British, being in the media and having a controversial love life were equally irrelevant. In the end, the formula was distilled as being a world beater, a good ambassador and having charisma/personality.

Ali was the clear men's winner ahead of Linford Christie and George Best, while 11% placed Sally Gunnell top of the women's list before Martina Navratilova (eight per cent) and Mary Peters (six).

More than 51% could not name a sporting heroine; lack of media attention was regarded as the main cause, although five per cent said it was because 'women were no good at sport', 14% reckoned it was 'boring', and nine per cent replied that 'female sports stars do not have any personality'. In the 18-24 age range an overwhelming 75% agreed there is a 'lack of female role models in British sport'.

Dr David Lewis, a media psychologist, said: "There are three reasons why an elite athlete who lacks charisma is unlikely to become a sporting hero.

One The power of television. This not only puts top athletes under the microscope on an almost 24-hour basis, it takes them directly into people's homes. A majority regard them as 'guests' and no one would welcome a rude, arrogant or negative personality into one's home.

Two There is a widespread view that sport should remain squeaky-clean and wholesome. The British retain a great fondness for sportsmanship and fair play.

Three Fans who are passionate about a particular sport are quick to notice and condemn any behaviour that brings their sport into disrepute."

The Norwich Union survey suggest the sports most likely to produce the next generation of great sporting heroes/heroines are in order athletics, football, motor racing, tennis, boxing, golf, rugby and cricket.

NORWICH UNION HEROES POLL

Sporting Heroes

1. Muhammad Ali
2. Linford Christie
3. George Best
4. Daley Thompson
5. Ian Botham
6. David Beckham
7. Pele
8. Bobby Moore
9. Bobby Charlton
10. Frank Bruno
11. Sebastian Coe
12. Alan Shearer
13. John McEnroe
14. Tiger Woods
15. Tim Henman

Sporting Heroines

1. Sally Gunnell
2. Martina Navratilova
3. Mary Peters
4. Virginia Wade
5. Sharron Davies
6. Tessa Sanderson
7. Venus Williams
8. Chris Evert
9. Olga Korbut
10. Billie Jean King
11. Liz McColgan
12. Jayne Torvill
13. Fatima Whitbread
14. Anna Kournikova
15. Denise Lewis

GREAT BRITAIN'S POTENTIAL WORLD BEATERS – GOING FOR GOLD

THE first rung to being a hero is to be a world beater and there is no better proof of this than an Olympic medal. Who are Great Britain's medal hopes in Sydney this year?

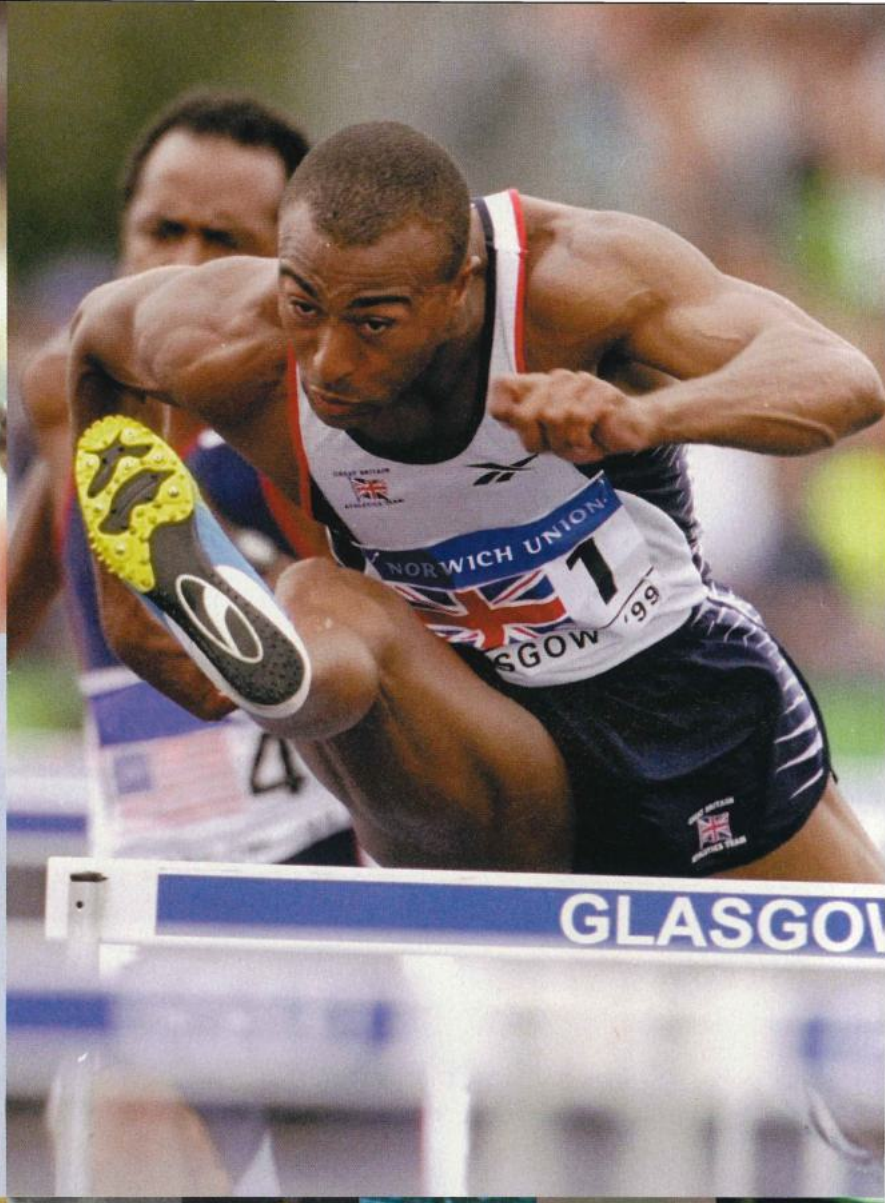
Some of our strongest contenders for Olympic gold come from the ranks of the more experienced athletes. 110m hurdler Colin Jackson has won all the medals that matter except for this one – he is in top form and proved his ability to rise to the occasion at the World Championships last year. All of Great Britain will be cheering him on when he takes to the blocks for his Olympic swansong.

Jonathan Edwards is another experienced performer, he had a wobbly start to the summer season fraught with injury problems but he seems to have peaked at just the right time. From the women's team, Denise Lewis is our best hope for a gold medal. All the indications are that she is going to be in the reckoning, especially after increasing her Commonwealth heptathlon record in Talence this summer, however she will need to beat Eunice Barber from France to reach the top position. GB team captain Paula Radcliffe is also looking for a medal in the 10,000m and must be in the hunt after her strong win at the Norwich Union Olympic Trials.

If you are looking for excitement, it is the men's sprints that will really get the hearts racing. 2000 has seen the rise and fall of a number of stars, Jason Gardener started the year by dominating the indoor season meets. He was not alone though, and Darren Campbell has performed consistently well all summer and now travels to Sydney representing his country at both 100 and 200 metres. After a dismal start to the summer season, Dwain Chambers has now found top gear, putting in a winning performance at the Norwich Union Olympic Trials. While a gold medal might not be a certainty for any of these sprinters heading Down Under, with a crop of quality 100m performers such as this, Great Britain must have a fighting chance for a medal in the 4x100m relay.

Others to watch include; Steve Backley in the javelin, Chris Rawlinson in the 400m hurdles and Katharine Merry in the 400m. Dean Macey surprised everyone at the World Championships in 1999, projecting himself into the silver position with a series of personal bests and there is no saying he won't do this again at the Olympics.

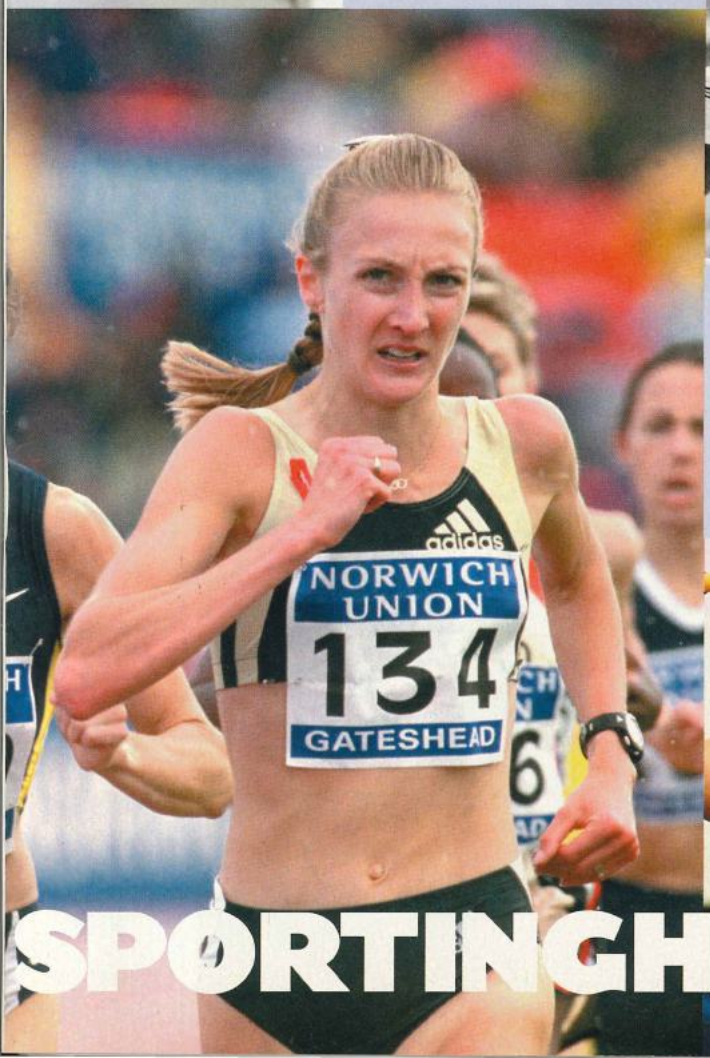
WORLD BEATER + CHARISMA + GOOD AMBASSADOR =

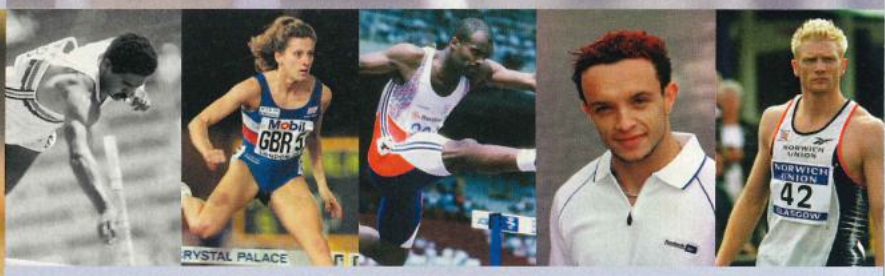


HERO HEROINE

1) Man/woman of superhuman qualities favoured by the gods: demigod 2) Illustrious warrior 3) Man/woman admired for achievements and noble qualities...

The Concise Oxford Dictionary





FORMULA FOR A HERO

Personality counts...

OVER the years athletics has not only given the British public some great performances but also some of the most enduring sports personalities such as Daley Thompson, Sally Gunnell and Kriss Akabusi. Amongst the younger athletes, it is no surprise both Jamie Baulch and Iwan Thomas have found themselves second careers on TV being two of today's most popular athletes.

SPORTING HERO

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&
NORWICH UNION

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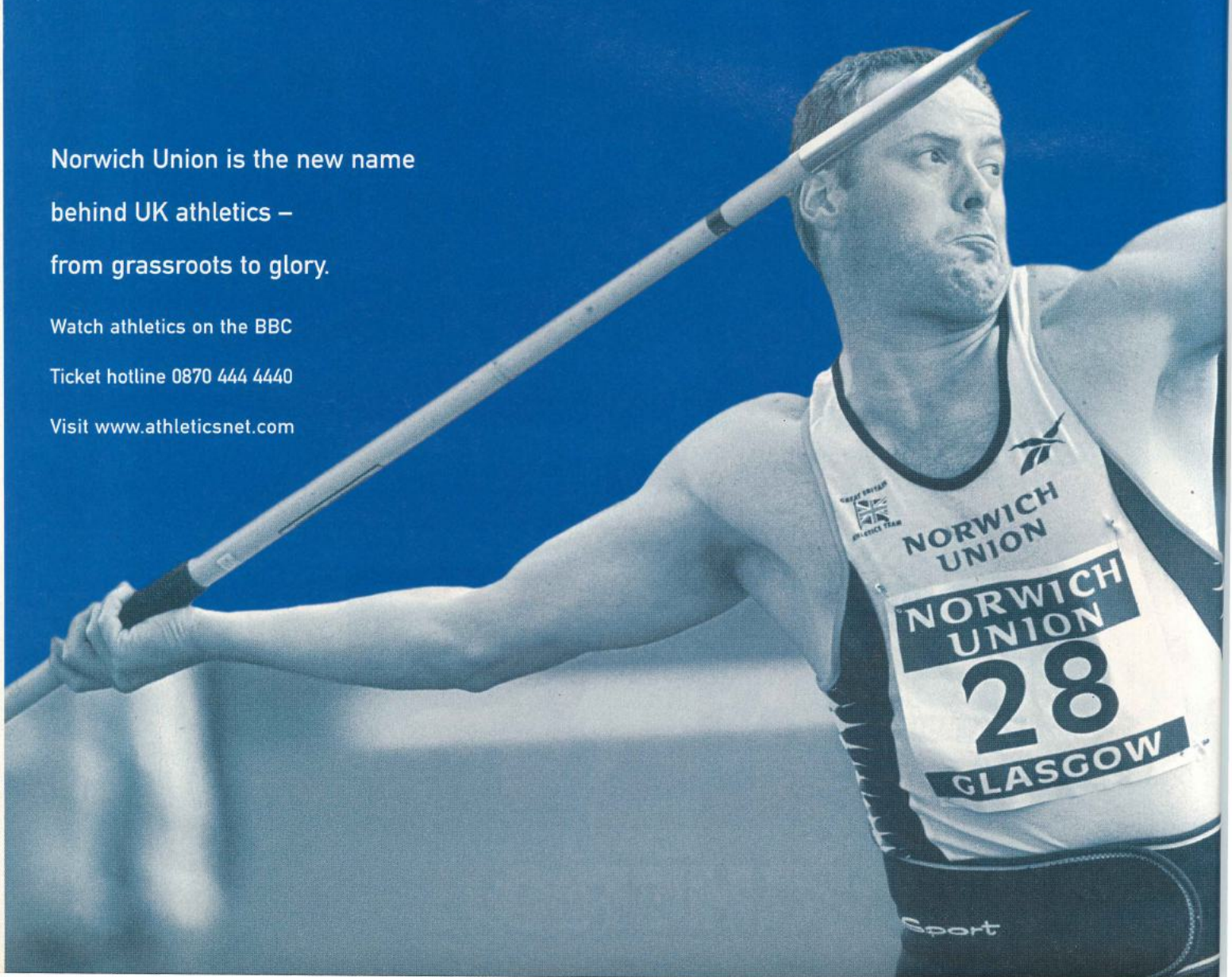


IT'S ALL ON THE BOX

THE Olympic Games provide the armchair athletics fan, plus millions of other mortals, with the perfect excuse to stock up the fridge, unplug the telephone, and spend hours in front of our television screens watching unbelievably dedicated human beings perform on the biggest sporting stage there is.

And who's to blame for this two-week long spell of inertia, bad sleeping habits and even worse eating practices? Why the television companies of course.

Here in Britain we're as well served as anywhere else in the world with the radio and television arms of the BBC, and satellite channel Eurosport, in particular, providing near blanket coverage of the goings-on in Sydney, from three-day eventing and boxing, to swimming, weightlifting and, of course, the highlight of the Olympic fortnight, the track and field programme.

The Games will be everywhere. If you thought Premiership football dominates the media, just wait until this little lot kicks off. Okay, so you may have to channel-switch furiously and jump between the telly, internet, Ceefax and Radio Five Live to ensure you get exactly what you want, but that's exactly what it's all about.

If you don't learn anything else during these Olympic Games at least you'll (hopefully) have learned how to navigate through airwaves thick with Olympic coverage.

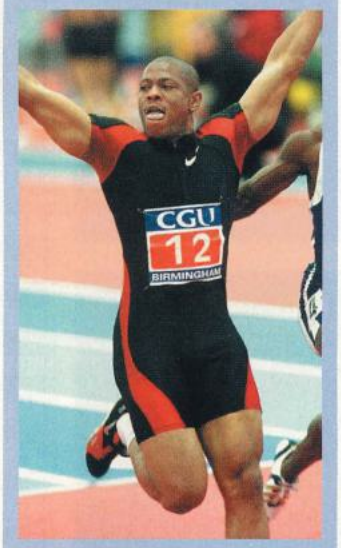
Sydney is 10 hours ahead of British Summer Time. That means if you want to watch everything live you'll be keeping some pretty unsociable hours. But fear not, near-24-hour a day coverage of the Games means there'll almost always be something worth watching ... and you won't necessarily have to get up in the middle of the night to enjoy it

THE DIFFERENCE

BECAUSE Sydney is literally 'Down Under', careful planning is required to ensure you catch the events you're particularly interested in.

Our athletics timetable on the following two pages includes local time in Sydney and BST to save you having to try and calculate what's on when.

So, for example, the men's 100m final takes place at 8.20pm in Sydney, which means, as long as you're not at work, you'll be watching it at 10.20am on your television.



If Maurice Greene were to win Olympic gold, it'll be mid-morning in Britain

Because of the time difference, some events will be televised in Britain the day 'before' they take place in Sydney. For example: the women's hammer qualifying round starts at 9am local time in the Olympic Stadium on Wednesday, September 27. But the 10-hour difference means, should those early throws be televised, they'll actually be on our screens in the UK at 11pm on Tuesday, September 26.

It sounds confusing but it's not really. If you're reading our preview in Sydney use local times, if you're in the UK use BST.

If you're unfortunate enough to be reading this in any other time zone I'm afraid you'll have to work it out for yourself.

COMMENTATORS YOU'LL HEAR...

WHAT makes the Olympics so special is not so much the coverage of sports we generally consider to be pretty well served by the media, but the chance to see those quaint and sometimes bizarre disciplines which only show up on our television screens every four years.

It may only be an occasional glimpse, but who can honestly say they weren't enriched by five minutes' worth of synchronised swimming or Greco-Roman wrestling?

No, what makes coverage of these uncommonly covered events so interesting is the depth of knowledge displayed by the 'expert guests' the networks dig out to assist their frontline commentators.

Which brings us to the heavyweight teams the BBC and Eurosport, respectively, have taken Down Under to provide coverage of quite breathtaking scope.

The BBC's 42-strong team is led by that doyen of commentators, David Coleman, making his 11th trip to a Summer Olympics.

Across the broadcaster's two channels Coleman will be backed up by Steve Rider and Sue Barker, with further support from Hazel Irvine, Roger Black and Sharron Davies.

Specialist athletics commentators on the team include Stuart Storey, Paul Dickenson, Christina Boxer, Sally Gunnell and Brendan Foster.

Former world mile record-holder Steve Cramjoins John Inverdale and Clare Balding for the Day Down Under, which will keep viewers up to date with all the breaking stories and personality interviews on and off the track.

Eurosport feature live and recorded coverage from the Games throughout the fortnight, from the opening ceremony to the concluding event, the men's marathon.

Eurosport will have their 24-hour television coverage underpinned by their British Eurosport website which will provide background information, the latest results, email access to commentators, chatrooms, forums and a message board. What more could you ask for?

The men providing the athletics commentary are former world cross country silver medallist Tim Hutchings and former international hurdler and rugby player Nigel Walker.

Left: the BBC's Paul Dickenson

Steve Cram: hear him on the Beeb

OLYMPICTIMETABLE

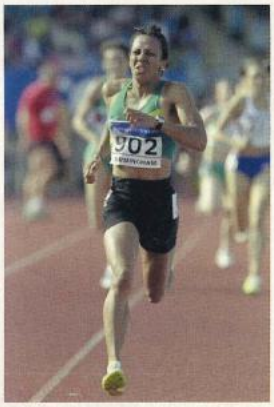
KEY

M = men's event
W = women's event
20kmW = 20km walk
Dec = decathlon
Hept = heptathlon
HJ = high jump
PV = pole vault
LJ = long jump
TJ = triple jump
SP = shot put
DT = discus
HT = hammer
JT = javelin
Q = qualifying

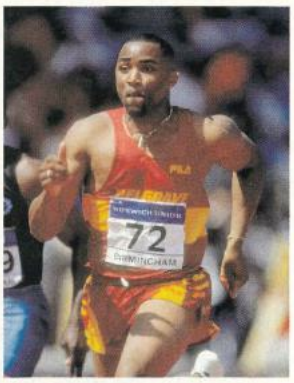
■ = BBC Coverage (daily at 7am, 12.30pm and 7pm roundups and highlights)
■ = Eurosport Coverage
H = Eurosport Highlights
Live coverage subject to variation

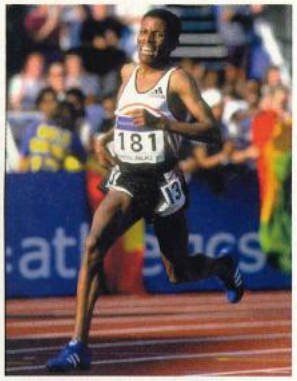
* events before 10am in Sydney will be screened before midnight in the UK the day 'before'.

Time (BST in brackets)	Friday September 22	Saturday September 23	Sunday September 24	Monday September 25	Tuesday Septe
08.00* (22.00)					BEST DAY
09.00* (23.00)			Marathon W FINAL ■ ■		
09.35* (23.35)					
09.45* (23.45)					
10.00 (00.00)	SP M Q / 800 W 1st rnd ■ **H**	100H W Hept/HT M Q GpA ■ **H**	DT M Q GpA /110H M 1st rnd ■ **H**	DT W Q GpA ■ **H**	
10.05 (00.05)					
10.10 (00.10)					
10.40 (00.40)	400 M 1st rnd ■ **H**			1500 M 1st rnd ■ **H**	
10.45 (00.45)		800 M 1st rnd ■ **H**		LJ M Q ■ **H**	
11.00 (01.00)					
11.15 (01.15)		HJ W Hept ■ **H**			
11.30 (01.30)	JT M Q GpA ■ **H**		LJ W Hept ■ **H**	100H W 1st rnd ■ **H**	
11.35 (01.35)	100 M 1st rnd ■ **H**				
11.45 (01.45)					
11.55 (01.55)					
12.00 (02.00)			DT M Q GpA ■ **H**	DT W Q GpB ■ **H**	
12.10 (02.10)					
12.15 (02.15)		HT M Q GpB ■ **H**			
12.40 (02.40)					
12.50 (02.50)	20kmW M FINAL ■ **H**				
13.00 (03.00)					
13.05 (03.05)	100 W 1st rnd ■ **H**				
13.15 (03.15)	JT M Q GpB ■ **H**				
15.30 (05.30)					
16.00 (06.00)					
18.00 (08.00)	5000 W 1st rnd ■ ■	TJ M Q ■ ■	JT W Hept GpA ■ **H**	PV W FINAL/100H W 2nd rnd ■ ■	
18.10 (08.10)			HJ M FINAL ■ **H**		
18.15 (08.15)			400H M 1st rnd ■ **H**		
18.20 (08.20)					
18.30 (08.30)		SP W Hept / 100 W SF ■ ■			
18.40 (08.40)				110H M SF ■ ■	
18.45 (08.45)	SP M FINAL ■ ■	PV W Q ■ ■			
18.50 (08.50)		100 M SF ■ ■			
18.55 (08.55)					
19.00 (09.00)					
19.10 (09.10)		800 W SF ■ ■			
19.15 (09.15)			JT W Hep GpB/400H W 1st rnd ■ **H**	400H W SF ■ ■	
19.20 (09.20)				DT M FINAL ■ ■	
19.25 (09.25)	HJ M Q ■ ■				
19.30 (09.30)	400 W 1st rnd ■ ■	400 W 2nd rnd ■ ■			
19.40 (09.40)			TJ W FINAL ■ **H**		
19.45 (09.45)				400H M SF ■ ■	
19.55 (09.55)					
20.00 (10.00)	TJ W Q ■ ■		400 W SF ■ **H**	TJ M FINAL ■ ■	
20.05 (10.05)		100 W FINAL ■ ■			
20.10 (10.10)				400 W FINAL ■ ■	
20.15 (10.15)	100 W 2nd rnd ■ ■				
20.20 (10.20)		100 M FINAL ■ ■	110H M 2nd rnd ■ **H**		
20.25 (10.25)		JT M FINAL ■ ■		400 M FINAL ■ ■	
20.30 (10.30)			HT M FINAL ■ **H**		
20.35 (10.35)		200 W Hept ■ ■			
20.40 (10.40)				110H M FINAL ■ ■	
20.45 (10.45)	100 M 2nd rnd ■ ■				
20.50 (10.50)					
20.55 (10.55)				5000 W FINAL ■ ■	
21.00 (11.00)			400 M SF ■ **H**		
21.10 (11.10)					
21.20 (11.20)					
21.25 (11.25)		400 M 2nd rnd ■ ■			
21.30 (11.30)	10,000 M 1st rnd ■ ■		800 W Hept ■ **H**		
21.35 (11.35)				800 M SF ■ ■	
21.40 (11.40)					
22.15 (12.15)				800 W FINAL ■ ■	
22.20 (12.20)					
22.45 (12.45)				10,000M FINAL ■ ■	



26	Wednesday September 27	Thursday September 26	Friday September 27	Saturday September 28	Sunday September 29
			50kmW M FINAL H		
	HT W Q GpA 100 M Dec H	110H M Dec H			
	1500 W 1st rnd H				
		HJ W Q H			
	SP W Q LJ M Dec ■ H		JT W Q GpA/4x100 M 1st rnd ■ H		
	200 M 1st rnd ■ H				
		DT M Dec GpA ■ H			
		20kmW W FINAL ■ H	4x100 W 1st rnd ■ H		
	HT W Q GpB ■ H				
	200 W 1st rnd ■ H				
			JT W Q GpB ■ H		
	3000SC M 1st rnd ■ H				
	SP M Dec ■ H				
		DT M Dec ■ H			
	10,000W 1st rnd ■ H				
			4x400 M 1st rnd ■ H		
		PV M Dec ■			Marathon M FINAL ■■
	HJ M Dec / 100H W SF ■■	JT M Dec GpA / 200 W SF ■■	HT W FINAL ■■		
		200 M SF ■■			
	PV M Q / 1500 M SF ■■		PV M FINAL ■■		
			4x400 W 1st rnd ■■		
		LJ M FINAL ■■			
	200 W 2nd rnd ■■				
		1500 W SF ■■		HJ W FINAL/10,000 W FINAL ■■	
			LJ W FINAL ■■		
			3000SC M FINAL ■■		
	200 M 2nd rnd ■■	800 'chair W FINAL ■■			
		1500 'chair M FINAL ■■		4x100 W FINAL ■■	
		JT M Dec GpB ■■			
		200 W FINAL ■■			
		SP W FINAL ■■	1500 M FINAL ■■	JT W FINAL ■■	
	LJ W Q ■■			4x100 M FINAL ■■	
	100H W FINAL ■■				
	800 M FINAL ■■	200 M FINAL ■■	4x100 W SF ■■	1500 W FINAL ■■	
	DT W FINAL / 400 M Dec ■■				
			4x100 M SF ■■	5000 M FINAL ■■	
	400H M FINAL ■■				
		1500 M Dec ■■			
	400H W FINAL ■■				
			4x400 M SF ■■		
	5000 M 1st rnd ■■			4x400 W FINAL ■■	
				4x400 M FINAL ■■	





TELEVISIONCOVERAGE

ANDONTHERADIO...

THE BBC has transported two tons of equipment out to Australia to enable Radio Five Live and its World Service to cover the Games.

Five Live's team includes several names familiar to regular listeners, including Mark Pougatch, Ian Payne, Fergus Sweaney, and regular phone-in host Nicky Campbell.

John Inverdale heads Five Live's morning show from September 23 for the duration of the track and field programme.

He will be ably supported by a strong team for the track and field events including regular athletics commentators John Rawling and Mike Whittingham with back-up from Seb Coe, Bob Philips and Jon Ridgeon.

AWHIGHLIGHTS

FOR British athletics fans the bulk of the expected success will come in the first four days of competition.

That may mean a tough weekend wrestling the remote off other members of the family who may not want to tune in to what's happening Down Under.

The *Athletics Weekly* team had a quick trawl through the timetable and came up with their picks for the events you simply cannot afford to miss. And to show we're not completely biased, we even included a non-athletic event.

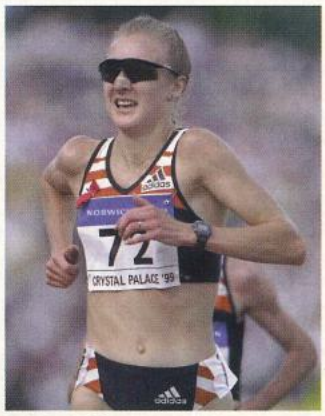
The first four days are absolutely loaded, with particular highlights the finals of the men's and women's 100 (Saturday September 23 at 10.20 and 10.05am UK time respectively) and 400m (Monday September 25 at 10.25 and 10.10am respectively) where Americans Maurice Greene, Michael Johnson and Marion Jones are tipped to win.

From a British point of view it's equally crowded with favourite Denise Lewis tackling the first event in the heptathlon at midnight on Friday, September 22. As Saturday unfolds in the UK and Lewis hurdles, high jumps and throws the shot, at 10.25am in the UK Steve Backley will launch his bid to win javelin gold and go one better than in Atlanta.

Then on Monday the 25th, between 8am and 1pm we should see Jonathan Edwards, Colin Jackson and perhaps Kath Merry contesting finals and challenging for medals.

Later in the week we're banking on Paula Radcliffe in the woman's 10,000m on Saturday 30th and Dean Macey in the men's decathlon on Wednesday (27th) and Thursday (28th) to give us something to cheer.

And the non-athlete? Well we reckon it'll be worth watching the coxless fours rowing final where the legendary Steve Redgrave will attempt to win a fifth Olympic gold – that's on September 22 and it'll be televised sometime between 10.30pm and 2.30am – don't miss it!



Paula Radcliffe: 10,000m battler

Jonathan Edwards: hot favourite

PUNDIT'SCHOICE

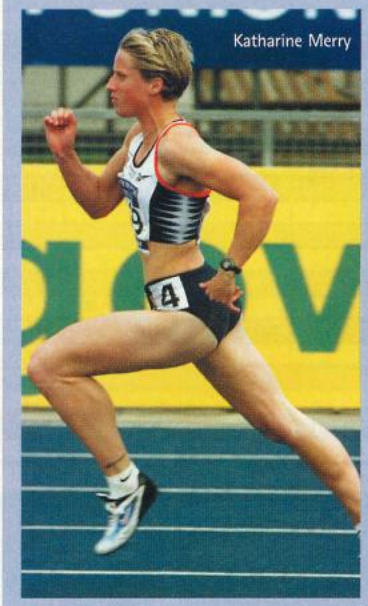
The BBC team Down Under all have their preferred events and sportsmen and women they particularly enjoy watching. Here the Beeb's commentary squad choose their favourite Brits and briefly tell us why they like them

The GB 4x100 team, pictured here in Seville, are David Coleman's favourite athletes to watch

STEVE RYDER
Rower Matthew Pinsent.
"Because of his organisation, motivation and ability to keep Steve Redgrave calm."

SUE BARKER
Heptathlete Denise Lewis.
"I admire her manner, the way she looks so fantastic and her sheer personality."

HAZEL IRVINE
Yachtsman Ben Ainslie.
"A wiser competitor since Atlanta, I have a feeling this may be his time."


Katharine Merry

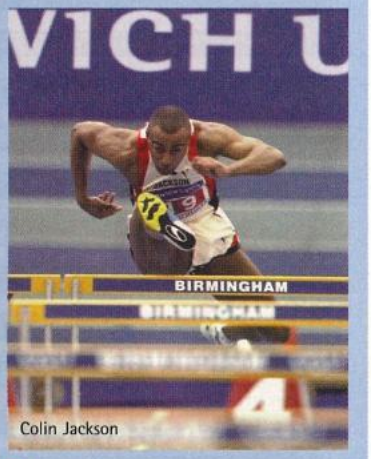
JOHN INVERDALE
400m runner Katharine Merry.
"She's a great role model for young people and she's a real fighter."

ROGER BLACK
Triathlete Simon Lessing.
"A four-time world champion he knows what he needs to do, and he's in good shape for it."

CLARE BALDING
Wheelchair racer Tanni Grey-Thompson.
"She can race over any distance and is a real character."

DAVID COLEMAN
Britain's men's 4x100m team.
"They're young and they've trained together a lot. On paper the Americans will be stronger but the relay is a team event. I think our lot are looking good for a medal and maybe for gold."

STEVE CRAM
Hurdler Colin Jackson.
"He'll find it tough but he has what it takes and I think he can do it."



Colin Jackson

SHARRON DAVIES
Swimmers James Hickman and Steven Parry.
"Their rivalry could nudge both on to the podium."

SALLY GUNNELL
400m hurdler Chris Rawlinson.
"He's an outside shot, but they're often the ones that get in the frame. He's got the guts and the determination, and he'll need it."

Right: Chris Rawlinson

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NORWICH UNION
Higher.
Norwich Union is the new name
behind UK athletics –
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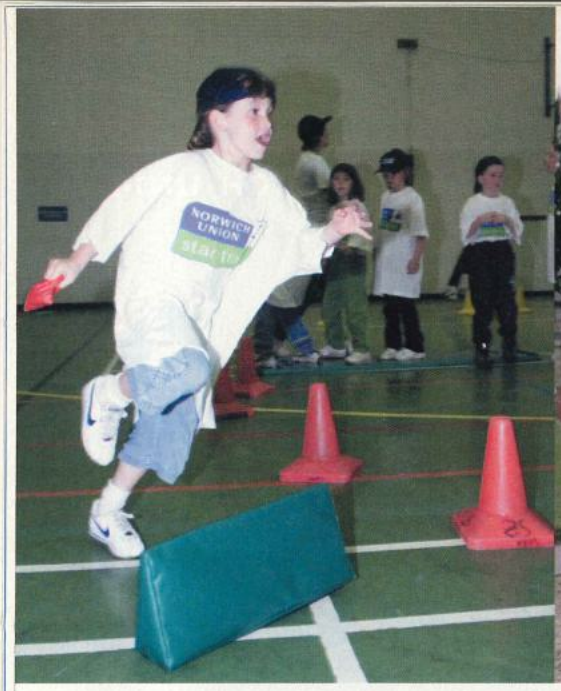


ATHLETICSAMBASSADORS- THEFUTURE ISINOURHANDS

IN the Norwich Union research on Sporting Heroes, the attribute selected as the key to a sportsman or woman being deemed a hero is whether they are a good ambassador for their sport. For many of us, this means how much a sportsperson is prepared to invest back in their sport to help young people. This summer a number of GB team athletes have been doing exactly this, taking time out to visit children around the country getting started in athletics.

NORWICH UNION STAR:TRACK

Athletics is a sport that Britain is traditionally highly successful at, but everyone needs to start somewhere and that is what Norwich Union star:track is all about. This summer over 15,000 children took part in week-long athletics training camps at over 200 venues all around the country.

Throughout the summer, GB Team stars have been dropping in on these Norwich Union star:track events. The surprise visits have ranged from as far afield as Aberdeen to Aberdare in Wales and Manchester to Norwich. The lucky children who met the athletes were treated to some extra-special training sessions and a chance to meet some of the stars they usually only see on TV.

Athletes who took time out of busy training schedules to support the scheme were 400m hurdler Chris Rawlinson, who visited the Manchester scheme; 100m sprinter Jason Gardener, who supported the event at his home training ground in Bath; 200m sprinter, Marlon Devonish travelled south to Eastbourne; 400m runner Mark Hylton braved the wind and rain in Wales to visit star:trackers in Aberdare, and sprinter Mark Lewis-Francis, accompanied by pole-vaulter Janine Whitlock, supported one of the London schemes. Ian Mackie dropped in at Glasgow and Mark Richardson at Coventry. Last but not least, recently retired sprinter John Regis visited both ends of the country going to Aberdeen and Norwich.

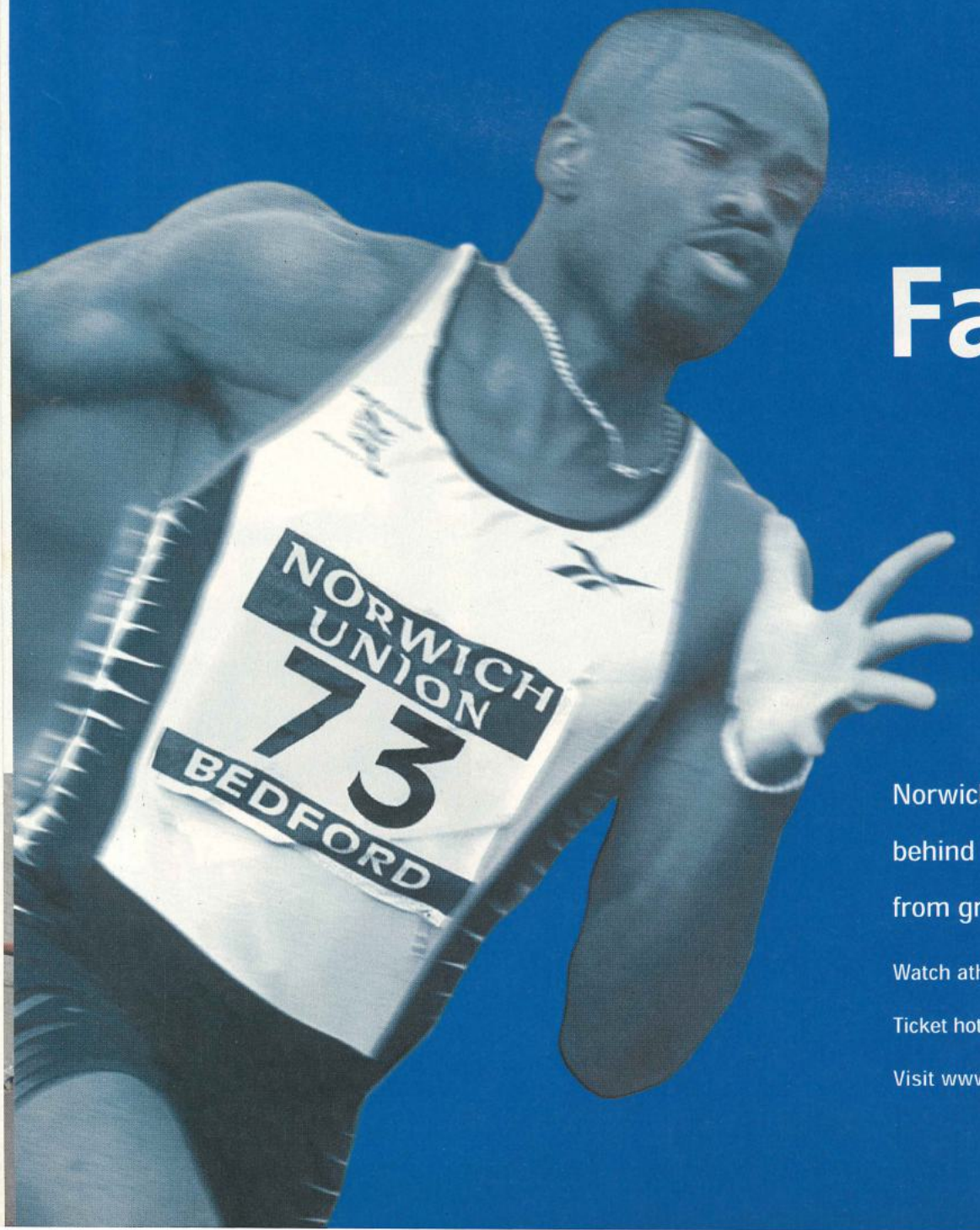
LOOKINGAHEAD...

ATHLETICS is a year-round sport and as autumn is fast approaching Norwich Union sports:hall, a winter-time athletics competition, is preparing to launch again. This year over 300 teams will do battle across the country in a series of heats and regional finals. Developing their skills in competition, this scheme is a great practice ground for future champions – the fact that 17-year-old star sprinter Mark Lewis-Francis boasted the title of Sports Hall Champion for two years running speaks for itself.

If you want to find out more visit the website on www.sportshall.org or fax SportsHall Athletics Association on 01606-350846.

These are just some of the schemes currently taking place and there are more to come as Norwich Union continues to support development schemes into the millennium.

uk:athletics
&
NORWICH UNION



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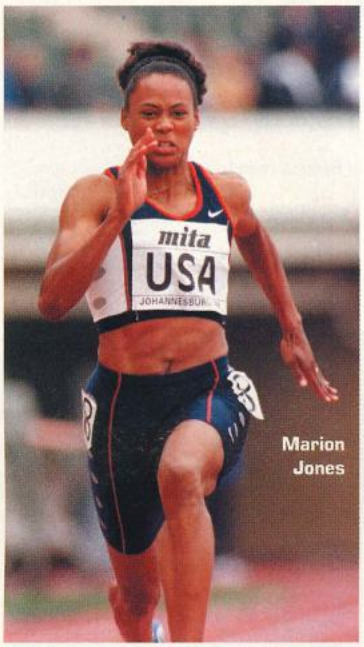
100m

First round: Friday, September 22, 13.05 (3.05am BST)
Second round: Friday, September 22, 20.15 (10.15am BST)
Semi-final: Thursday, September 23, 18.30 (8.30am BST)
Final: Thursday, September 23, 20.05 (10.05am BST)

AS with Johnson in the men's 400m, Marion Jones seems a cast iron certainty for gold. It is the first in her five steps to an unprecedented five gold medals in one Games, bettering the tallies of four for Jesse Owens (1936), Fanny Blankers-Koen (1948) and Carl Lewis (1984) and it seems the easiest part of her Herculean task.

The former college basketball star set world age bests for 15 and 16 and was US junior sprint champion before turning from athletics. She made an amazing comeback in 1997 culminating with the world title in Athens, repeating her success two years later in Seville. She was going for a cluster of golds in the Spanish city when, after a disappointing long jump, she had a back spasm while running the 200m and collapsed on the track.

Jones has had a comparatively low-key season aimed mainly at the US Trials in Sacramento where she qualified in her chosen five events for the Olympics. Her best time of 10.78 was achieved at London's Crystal Palace in early August ahead of the woman many believe will be her main challenger, Inger Miller. Jones is at her slowest for this time of the season for three years but this may well be the late timing of the Olympics. Her main challenger looks to be Chandra Sturrup of the Bahamas (one of four athletes from the island who have clocked below 11 seconds). The 29 year old set a lifetime best of 10.86 in Nassau in July. Greece and the Ukraine lead the European challenge with Ekaterini Thánou from the former hoping to better the bronze medal from Seville last year. She has a season's best of 10.91. Zhanna Pintusevich of the Ukraine won in Oslo with 10.93 and may also challenge for bronze. Nobody who has clocked over 11 seconds this season is likely to be contending for medals and Christine Arron of France just squeezes out of that category with 10.99.



Marion Jones

The question is whether Jones can beat the late Flo Jo's world record of 10.49, set 12 years ago. It is a tall order especially when you consider the task she has set herself. But she will be fresh and eager to impress the world as she wins her first Olympic title on the second day of the athletics' part of the Olympics.

Britain will have two representatives in the 100m, Joice Maduaka and Marcia Richardson. Both will do well to reach the second round.

Richardson set a personal best this year with 11.35.

If Maduaka could repeat her 1999 form of 11.24 she seems the most likely to go below 11.20, the first British woman to do so for six years.

★ Records

World record
Florence Griffith-Joyner (USA) 10.49
Olympic record
Florence Griffith-Joyner (USA) 10.62
British record
Kathy Cook 11.10

★ Atlanta '96

Gold: Gail Devers (USA)
Silver: Merlene Ottey (JAM)
Bronze: Gwen Torrance (USA)

★ History

Only one woman, Wyomia Tyus, of the USA has won two Olympic sprint titles, in 1964 and 1968.

★ Did you know?

When 1936 winner Stanislawa Walasiewicz (aka Stella Walsh) was murdered in 1980 the autopsy revealed male sexual organs. A birth certificate found named 'her' Stefan Walasiewicz.

★ Top Brit

Joice Maduaka stands the best chance of reaching the second round. Her best time is 11.24 set last year – she needs to reproduce that form to get beyond the first round on day one of the athletics.

200m

First round: Wednesday, September 27, 11.15 (1.15am BST)
Second round: Wednesday, September 27, 18.55 (8.55am BST)
Semi-final: Thursday, September 28, 18.00 (8.00am BST)
Final: Thursday, September 28, 19.55 (9.55am BST)

IF a year is a long time in politics the past four must feel like an eternity in athletics. Since Atlanta the world has mourned the death of sprint legend Florence Griffith-Joyner and charted the phenomenal rise of America's golden girl Marion Jones.

Griffith-Joyner's legacy lives on in the 24-year-old track star, who has set herself the formidable task of winning five gold medals in Sydney in the 100m, 200, long jump and both relays.

Coached by Jamaican Trevor Graham, the two times world 100m champion is the fastest in the world this season over the long sprint, having clocked 21.94 to win the US trials ahead of Inger Miller.

But if anyone is capable of spoiling Jones's party Down Under it is 1999 world champion Miller.

She made the 1996 Olympic team just five weeks after her car overturned three times on an American highway.

Fortunately the road to Sydney has been much smoother.

Miller's breakthrough came last year when she joined HIS, training alongside Maurice Greene, Ato Boldon and Jon Drummond.

The 28-year-old daughter of Jamaican Olympian Lennox Miller and goddaughter of former sprint great Don Quarrie clocked a season's best of 22.09 at the US trials, having placed second in the 100m.

Inger Miller

The American duo are joined in Sydney by team-mate Nanceen Perry, whose third place finish in Sacramento for an individual spot compensated for her stream of consolatory relay places.

Home hope Melinda Gainsford-Taylor is likely to command as much attention as world 400m champion Cathy Freeman, who has also been selected for the shorter sprint.

Gainsford-Taylor pulled up with a knee injury at the 1998 Commonwealths, but beat world championship finalist Lauren Hewitt in the 100m at the Brisbane Grand Prix and both Hewitt and Freeman over 200m.

Freeman caught her on the line to win the national 200m title but having been a quarter-finallist once and semi-finalist twice, Gainsford-Taylor, ranked fourth in the world this year with 22.43, is likely to rise to occasion on home soil.

Olympic bronze medallist Mary Onyali-Omagbemi has dispelled rumours she will quit after the Sydney Games.

The African sprint champion, a mass communications graduate of Houston Texas State University with a seasons best of 22.49 promises she will run as far as her legs will carry her.

Merlene Ottey, the 1996 Olympic bronze medallist, withdrew from last year's World Championships when a drugs test came up positive for a banned substance. But Ottey has since been cleared of charges and lines up in both sprints in Sydney.

★ Records

World record
Florence Griffith-Joyner (USA): 21.34
Olympic record
Florence Griffith-Joyner (USA): 21.34
British record
Kathy Cook 22.10

★ Atlanta '96

Gold: Marie Jose-Perec (FRA)
Silver: Merlene Ottey (JAM)
Bronze: Mary Onyali (NGR)

★ History

Dutch sprinter Fanny Blankers-Koen won four golds at the 1948 Games. At 30 years of age, the mother-of-two was the oldest woman to win a 200m medal.

★ Did you know?

The gap between Blankers-Koen and Britain's silver medallist Audrey Williamson in the 200m was 0.7sec, the biggest ever.

★ Top Brit

Joice Maduaka looks the most likely to progress beyond the first round though team-mate **Sam Davies,** (right), who lowered her PB to 23.06 last month, won't be far behind on current form.

★ Records

World record
Marita Koch (GDR) 47.60
Olympic record
Marie-José Perec (FRA) 48.25
British record
Kathy Cook 49.43

★ Atlanta '96

Gold: Marie-José Perec (FRA)
Silver: Cathy Freeman (AUS)
Bronze: Falilat Ogunkoya (NGR)

★ History

The event known as the 'Mankiller' was not run until 1964, when Australian Betty Cuthbert won the title from Britain's Ann Packer. Women were not allowed to compete in the Olympics until Amsterdam in 1928, when a derisory five events (100, 800, 4x100, HJ and DT) led the Women's AAA to boycott the Games.

★ Did you know?

Katharine Merry set a world age-12 200m best in 1987 and her father, Tom, placed second in the 1959 English Schools' triple jump.

★ Top Brit

Katharine Merry
Was tipped at one stage during the early part of this season as Britain's most probable Olympic medallist, but she has lost form in recent weeks. If she can break Kathy Cook's UK record she'll be among the medal contenders.

400m

Local favourite Cathy Freeman may face Marie-José Perec and Katharine Merry heads a trio of ambitious Brits

First round: Friday, September 22, 19.30 (9.30am BST)
Second round: Saturday, September 23, 19.30 (9.30am BST)
Semi-final: Sunday, September 24, 20.00 (10.00am BST)
Final: Monday, September 25, 20.10 (10.10am BST)

EVERYONE in Australia will tune in to watch the women's 400m final on September 25 at 8.10pm local time.

Cathy Freeman is the host nation's No.1 gold medal hope on the track. France and Great Britain could have more than a passing interest, too, however.

Marie-José Perec, from France, won this title in 1992 and 1996. Katharine Merry has a chance of a medal, especially if she can run under 50 seconds. Donna Fraser and Allison Curbishley complete a strong British line-up.

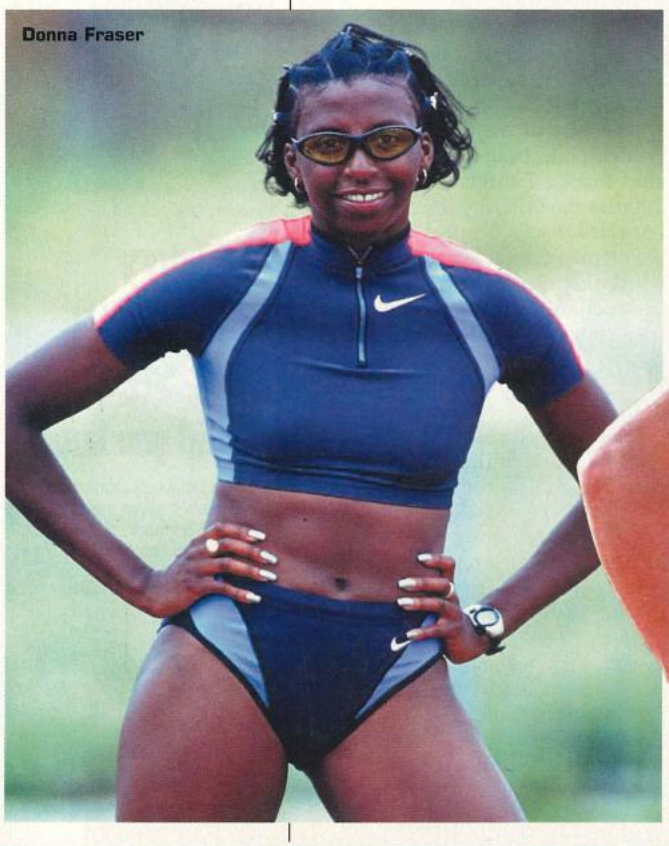
The pace is sure to be hot, as the last five women's 400m finals at the Olympics have been run in 48 seconds. In 1996 Perec and Freeman both ran 48 seconds. Merry will be happy to break Kathy Cook's UK record, which was set when she won a bronze medal at the 1984 Games.

Freeman, unbeaten over 400m this year, says of Merry: "She seems to have been around forever. She and I were at the 1990 World Juniors and only now, 10 years later, is she making her mark over 400 metres.

"She's not intimidated by her lack of experience and has a great support group, headed by the great Linford Christie.

On Perec, Freeman says: "She's special and if she gets back to her best then, wow, she'll be tough. I respect her as an athlete and I wish I knew her better as a person.

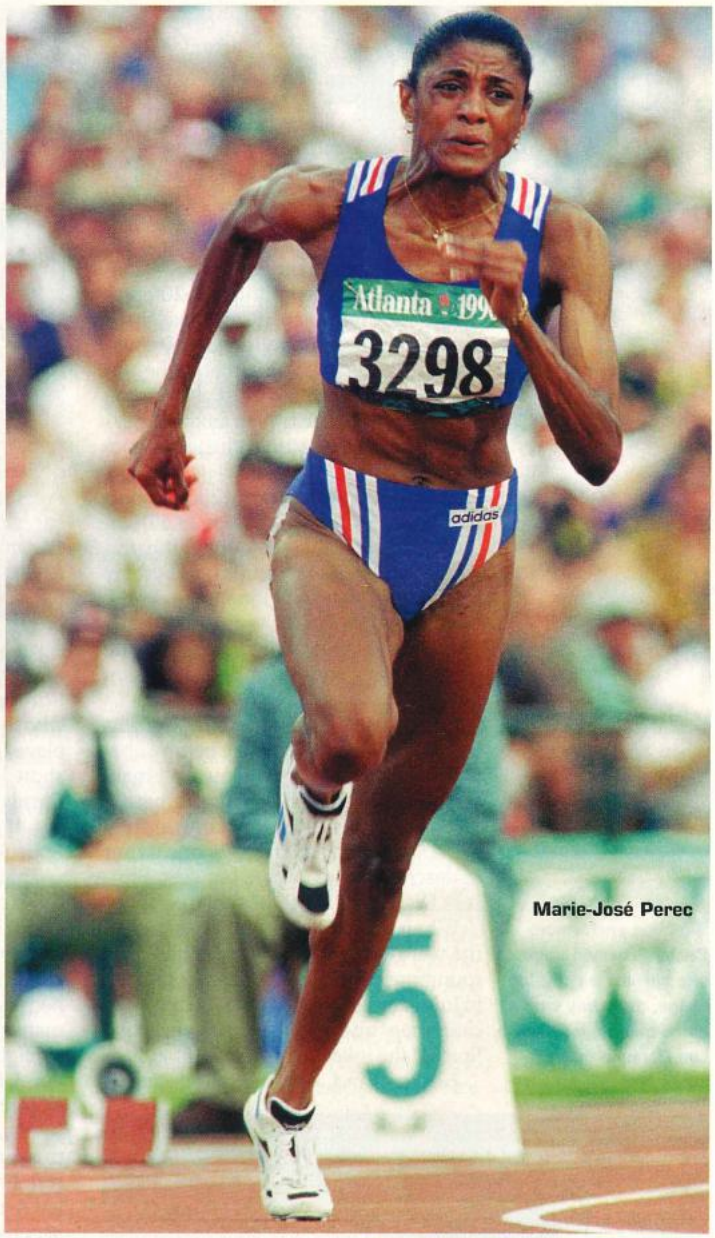
Allison Curbishley



Donna Fraser

Katharine Merry: will be a mainstay of the relay squad too

Favourite: Cathy Freeman



Marie-José Perec

I hope she achieves her goals this year ... I think!"

"When she's in shape she's very dangerous. If she can get in the same form she did in Atlanta, or better, then..." Freeman draws a deep breath, "let the Games begin."

It isn't all about Freeman, though. The Mexican Ana Guevara ran 49.70 at altitude in July and the US Trial was won impressively by Latasha Colander Richardson. Nigeria's Falilat Ogunkoya, Atlanta's bronze medallist, should also be a threat.

Merry was inspired by the 1984 Olympics and was a prodigious talent. Injuries followed and she has only really come of age this year – over 400m. She won in Nuremberg, Helsinki and Nice where she ran 50.05. At the British Grand Prix she disappointed, though, finishing only third; and then finished fifth in Brussels and then second (at 300m) in Gateshead to Donna Fraser.

Fraser has clearly benefited from training with Freeman this summer and has also enjoyed a period free from injury and illness – something unusual for the Croydon Harrier.

The wait's over: Merry knows she can better her Seville performance

Curbishley has also had more than her fair share of injuries and her simple presence in Sydney should be considered a triumph. The Scottish athlete ran 50.71 in 1998 and was looking forward to challenging for medals in these Games in the 400m hurdles.

The Freeman Show

No athlete will face more pressure at the Olympic Games than Australian 400m runner Cathy Freeman. But as JASON HENDERSON explains, she's more than capable of handling it

Pictures: Mark Shearman

CATHY FREEMAN is soaking wet and shivering with cold. Moments earlier she had aquaplaned to victory over 200m at a rain-drenched Gateshead Stadium and is now standing in the cool-down tent just behind the finish line. As the rain pelts down on the makeshift plastic roof, the 27-year-old Australian anxiously explains that she's getting a little too cool for comfort.

She has just beaten world 200m champion Inger Miller in a time of 23.57 seconds, but looks like she's spent the previous two hours swimming in Sydney Harbour – during a typhoon.

Potential Olympic superstar? She looks more like a drowned rat. Yet despite this she says, ominously, "This is the calm before the storm."

It is August 28, less than three weeks before the Olympic Games begin ... before the storm begins to blow. Freeman, the world 400m champion, is hardly recognised in Britain. Her fame in Australia, on the other hand, led one writer to describe her as a cross between Princess Diana and David Beckham.

When this analogy was put to her, in the warmer and more comfortable surroundings of London's Hilton Hotel back in July, she simply laughed. "If that's the case then my husband must be Posh Spice," she joked.

Her husband, Alexander Bodecker, is a Nike executive who has helped protect Freeman from the overwhelming pressures that accompany 'Australia's No.1 Olympic Gold Medal Hope'. If her situation can be likened to stepping up to take a penalty in a sudden death shoot-out in the World Cup Final, then Bodecker's job is to blank out the crowd.

In the film *The Truman Show* the actor Jim Carrey plays Truman Burbank, a man whose every move is secretly filmed and played out on television. The eponymous show is a ratings winner and a real-life Cathy Freeman Show would be just as big, if it weren't for the constant vigil Bodecker keeps.

There are cameras aplenty in the Hilton Hotel, but this is a rare feast for the press. Interviews are strictly monitored and, when it comes to questions, there are ground rules. Aboriginal issues and her dispute with former boyfriend and manager Nick Bideau are off limits.

High up on the umpteenth floor of this hotel, Freeman occasionally glances out on to the grey London skyline below. She yawns, but only because she was up early to run a speed session with British 400m runner Donna Fraser at the Thames Valley Arena, Eton. The two women have become regular training partners during the past few months as Freeman has based herself, as she has done since 1992, on the outskirts of London.

Getting away from Australia is one way that Freeman deals with the pressure. Another is to ignore the media. "I don't read the press. It's my survival tool," she said. Although when she saw a copy of *Athletics Weekly* she grinned and admitted: "Of course, I read that one!"

Bodecker has dealt with many top Nike athletes, such as basketballer Michael Jordan and soccer star Ronaldo, and reckons that the greatest athletes do not crack under pressure, but instead absorb it and use it to their advantage. Bodecker likens Freeman to Jordan and golfer Tiger Woods, and says that whereas the pressure of an Olympic final and expectant nation would destroy mere mortals, Freeman will feed off the experience and channel it in the right direction.

As she prepares for competition, though, Freeman prefers to avoid the spotlight. "I feel comfortable in England and love the fact I'm not known here," she said. In contrast, she described life in Australia by saying: "The people have taken me into their hearts and minds. It's like every time you catch up with your oldest friends, except they're complete strangers in the street. One thing's for sure, I'll never go hungry there."

A desire to escape such celebrity status means that, apart from during the Olympic Games, there's never going to be a Freeman show. The Cathy Freeman story, however, is as follows.

Born on February 16, 1973, in Mackay, Queensland, it was clear from early on she was a talented athlete. She never did more than she had to do, though, and as a result failed to break any records at her primary school. One day her teacher, realising this, matched the eight-year-old Freeman up against nine-year-olds. Freeman won, then she beat the 10-year-olds, and finally the 11-year-olds. Initially she excelled in the high jump and ran short sprints for many years before she eventually moved up to 400m.

Born into the Aboriginal community raised unique problems still apparent today. An Aborigine's life expectancy is 20 years less than the rest of the Australian population and the row continues about the 'stolen generation' of 100,000 children who were taken from their families and raised in government institutions as part of Australia's assimilation policy.

Subsequent years would see Freeman become the first Aborigine to win a world title or Olympic medal in track and field. As this year's Olympics has drawn nearer, the pressure from Aboriginal activists for Freeman to use her position (to speak up against the current government or, more extremely, to boycott the Games) has increased. Freeman carried the Aboriginal flag at the 1994 Commonwealth Games and 1996 Olympics, but refuses to be used as a political pawn.

In 1988 Freeman was still high jumping – breaking her state under-16 record with 1.72m. Shortly after watching the 1988 Seoul Olympics on television, Freeman and her younger brother Norman, an Australian 100m and 200m champion, were taken on an exchange tour to California where they met the sprint star of the Seoul Games – Florence Griffith Joyner. Inspired by Flo-Jo's advice, that the hardest thing a champion has to do is get out of bed every morning knowing they have to train, and fascinated by her trademark nails, Freeman qualified for the 1990 Commonwealth Games aged just 16.

Big-time performer: Cathy Freeman says she thrives on the big stage, and they won't come any bigger than the Olympic final on home soil

NORWICH UNION & UK athletics – from grass roots to glory

Freeman was only in the 4x100m relay, but nevertheless helped the team to a gold medal, experienced top-class athletics for the first time by meeting Linford Christie and Colin Jackson at these Auckland Games, and then went to Bulgaria and finished fifth over 200m at the World Junior Championships.

By now Freeman had become friendly with Melbourne-based journalist Nick Bideau, 12 years her senior. A formidable partnership emerged, one that was both romantic and businesslike. When it came to athletics, Freeman had the talent and Bideau knew how to unearth it.

Soon Team Freeman was in full operation, with Bideau as manager, Peter Fortune as Freeman's coach, and Maurie Plant as circuit agent and adviser. As the journalist and author Adrian McGregor wrote in Freeman's biography, *Cathy Freeman – A Journey Just Begun*, "These three principals combined to guide Freeman to the zenith of world athletics."

In 1992 she went to her first Olympics and, knowing she wouldn't be in the hunt for a medal, or even a place in the final, went determined to have a good time. She decided to take part in the exhilarating (yet draining) opening ceremony march, knowing it would probably be the last time she would be in a position to enjoy it. On the track she went out in her 400m quarter-final, but in the same summer won a silver medal over 200m at the World Juniors in Seoul.

The Commonwealth Games of 1994 flung Freeman into the spotlight for the first time. Winning the 400m in the Canadian city of Victoria was one thing, her decision to run a victory lap draped in the Aboriginal flag caused uproar. As she paraded its colours – black for the people, red for the earth and yellow for the sun – her face was full of defiance and pride. Athletic achievement mixed with a political statement such as this ensured front page headlines around the world. Polls showed 70 per cent of Australia supported her; 30 per cent were fiercely opposed. Among these was Arthur Tunstall, the Australia *chef de mission* at the Games, who issued a controversial statement decrying her action.

Freeman won the 200m to boot, but disappointed in 1995, when she finished fourth at the World Championships in Gothenburg. It didn't help that her hotel room was directly opposite a noisy Swedish-Australian all-night disco bar called The Dancing Dingo.

Early in 1996 Freeman confirmed her return to form when she beat Sally Gunnell over 400m at Gateshead in 49.96. Like her visit there a few weeks ago, the weather was grim. "A cow of a day," was how Plant, the current BBC trackside liaison man, described it. Before 1996 she had never broken 50 seconds and now she was off to the Atlanta Olympics.

There she faced defending 400m champion Marie-José Perec of France.

Cathy Freeman: runs the 400m with the hopes of a nation riding on her shoulders

Nicknamed 'La Gazelle', Perec was a supreme talent – and too hot for the rapidly improving Freeman. Attempting to become the first Australian woman to win Olympic 400m gold since Betty Cuthbert won the inaugural title in 1964, Freeman ran 48.63 seconds to take silver behind Perec's 48.25. After the Games Freeman inflicted a rare defeat on Perec in Brussels and then won at the IAAF Grand Prix Final in Tokyo. On the track things were great. Off track her relationship with Bideau was beginning to sour.

The couple split up romantically, but remained business partners. Perec's fortunes were worse. She began to struggle with injury and illness and has only shown sporadic glimpses of her form since 1996. Notably, a couple of those occasions have been this year and it is expected that Perec will descend on Sydney to attempt to win an unprecedented third consecutive 400m title.

The absence of the Frenchwoman at the 1997 World Championships in Athens left the way clear for Freeman to win the 400m. Remarkably, she did it from the awkward inside lane – her time of 49.77 beating friend and sometime training partner, Jamaica's Sandie Richards, by two hundredths of a second. In 1998 Freeman aimed to capitalise on her status as world No.1, but missed most of the year with a foot injury – the first time in 14 years injury had ruined a season.

In 1999 she retained her world title in Seville, Spain. Within minutes of her victory people were talking about Sydney. The storm was beginning to brew.

Sadly, by now, her relationship with Bideau had disintegrated. Recently he and his business partner Peter Jess have taken Freeman to court, arguing that she is still bound by contract. Thankfully, for all parties, the case has been postponed until after the Olympics. The Team Freeman pack has been re-shuffled, but some cards remain the same. She is still coached by Fortune, while Plant remains a useful ally.

In the past six months Freeman has undergone a global walkabout that has seen her train with, in turn, John Smith's HSI training group in California; Colin Jackson in Bath, England; and, finally, with Fraser in the familiar surrounds of Windsor and Eton, London.

Maurice Greene and Ato Boldon are part of HSI and last month, in London, Boldon described Freeman. "She's tenacious. I've never seen a woman train so hard. Somebody's going to have to get in a vehicle on the track if they're going to beat her in Sydney."

Perec was also a member of the HSI group until the start of this year, when she moved to Germany to train under Wolfgang Meier, husband and ex-coach to world record-holder Marita Koch. "Marie's only going to show in Sydney if she thinks she's going to win," said Boldon. "Why tarnish a perfect record?"

For Freeman, her five weeks with the HSI group taught her a lot. "I'm very relaxed and they're all so intense," she said. "But ever since I saw the likes of Kevin Young and Quincy Watts winning golds at the Barcelona Games I always wanted to pick John Smith's mind. Plus, it's inspiring just to be on the same track as Maurice, Ato and Inger Miller."

London, for Freeman, is home from home. The climate during the European summer is not too harsh, there is no language barrier and she is close to the airport. When Fraser and her coach Ayo Falola her earlier this year, she welcomed their friendly faces into her camp. "She's such a cracker," said Freeman on Fraser. "She's so funny. I've run against Grace Jackson, Perec and her and they're all similar because they've got long, black legs like a spider's. It's so funny. Donna is just one long, black line, you know."

On current form, Fraser could actually be more of a medal contender than the Frenchwoman. On that dull, wet day in Gateshead late last month, for example, Fraser beat UK No.1 Katharine Merry and US Trial winner Latasha Colander-Richardson over 300m.

Freeman and Fraser have gone their separate ways now – Fraser flying to Team GB's Holding Camp on Australia's Gold Coast; Freeman 'sneaking in through the back door' on a secret flight. The women's 400m heats begin on September 22, with the final on September 25. Then, in the Olympic Stadium, Freeman will find the epicentre of 'the storm'. During the build-up she has hidden from it. In Sydney she will embrace it.

"I'm one of those people who have to be stimulated by a big occasion to produce a big time," she said. "It has to be electric city. I thrive on drama. Maybe that's because I'm a woman."

When Freeman steps into the Olympic Stadium on September 25 it will be transformed into an electric city of expectation. There will be drama, in abundance.

As for being just a woman? She's a little more than that. Cathy Freeman is an icon, whether she wins a gold medal or not.

'I'm one of those people who has to be stimulated by a big occasion to produce a big time. It has to be electric city ... I thrive on drama'

★ Records

World record
Jarmila Kratochvilova (CZE) 1:53.28
Olympic record
Nadezhdaz Olizarenko (URS) 1:53.43
British record
Kelly Holmes 1:56.21

★ Atlanta '96

Gold: Svetlana Masterkova (RUS)
Silver: Ana Quirot (CUB)
Bronze: Maria Mutola (MOZ)

★ History

Ann Packer was the third woman to win 800m gold – the event was not held from 1928-1960

★ Did you know?

The US trio are all related. Hazel Clark and Joetta Clark-Diggs are sisters and will face sister-in-law Jearl Miles-Clark in the event.

★ Top Brit

Kelly Holmes, after a nightmare at Atlanta, will be looking to make this Olympics a more pleasant experience. If she makes the final after recent injuries she will have done well on less than two months injury-free training.

800m

First round: Friday, September 22, 10.00 (12.00am BST)
Semi-final: Saturday, September 23, 19.10 (9.10am BST)
Final: Monday, September 25, 22.15 (12.15pm BST)

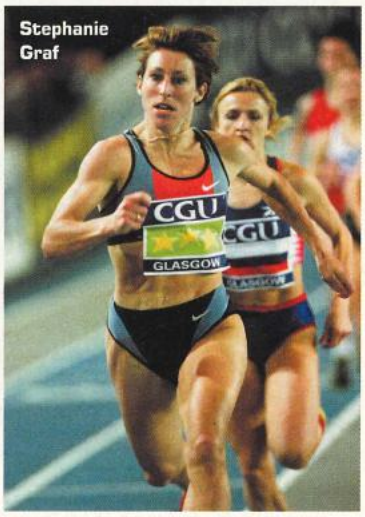
THIS event has long been the bridesmaid to the men's equivalent. Wilson Kipketer being reason enough to follow the men's event in recent years. But in Sydney the women's race looks to be where the real drama could occur.

Few can recall a time when so many of the season's top performers have timed their peaks so well, and the final will be one of the most eagerly awaited in the Sydney timetable.

Sadly for British fans, it will take the performance of a lifetime for Kelly Holmes to recapture the form that brought her silver and bronze in 1995's World Championships. But if she does make the final it would take a brave man to bet against her sneaking a minor medal.

The real focus will be on three women all with Sydney gold in their sights. None could be called a favourite as this season's performances coupled with their achievements at past championships mean it is impossible to predict who will come out on top.

At the time of writing Maria Mutola of Mozambique possesses the third fastest time of the season. On August 11 at an IAAF Golden League meeting in Zurich, she ran 1:56.90 which has shown that the 1993 world champion should not be written off.



Stephanie Graf

On time alone the favourites would be Russian pair Natalya Tsyganova (1:56.60) and Olga Raspopova (1:56.85) whose race at Tula to the top of IAAF rankings. Whether they can repeat this two months on in Sydney will be interesting.

In winning the race Tsyganova also took the scalp of another joint favourite – Czech athlete Ludmila Formanova, who ran her fastest time this year at Zurich 1:57.53, a chilling reminder that her absence from the rankings until that point meant nothing in the run-up to Sydney.

The 1999 world champion will be watched carefully by those who recall the sprint finish which edged out Mutola and Masterkova in Seville.

Masterkova will be eager to make amends for her 800m bronze from Seville, a performance she was known to feel disgusted at. Despite holding 1500m titles on the Olympic, world and European stages, this will surely be a race she yearns to win.

Known for her love of a fast paced race with an even faster final lap, others will have to beware of her strength – final laps typically in the sub-59 and 58-second-range.

A strong contender on this season's times is Austrian Stephanie Graf, who split Mutola and Formanova at the Zurich meeting with her 1:57.34, the fourth fastest time this year.

Another name on the realistic lookout for medals will be Russian Irina Mistyukevich. However, don't write off the sister act from the USA: Hazel Clark or Jearl Miles-Clark.

★ Records

World record
Qu Yunxia (CHN) 3:50.46
Olympic record
Paula Ivan (ROM) 3:53.96
British record
Kelly Holmes 3:58.07

★ Atlanta '96

Gold: Svetlana Masterkova (RUS)
Silver: Gabriela Szabo (ROM)
Bronze: Theresia Kiesl (AUT)

★ History

First entered the Games in 1972. Only one woman has won two titles, Tatyana Kazankina of Russia in 1976 and 1980. The most emphatic win was by Romania's Paula Ivan in Seoul in 1988 who won by over six seconds.

★ Did you know?

In Munich in 1972 Lyudmila Bragina, in the inaugural Olympic race, broke the pre-Games world record in her heat, semi-final and final ending with 4:01.38.

★ Top Brit

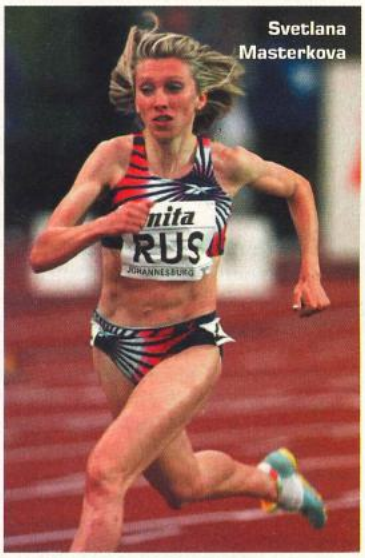
Hayley Tullett
Strong and fast all season, Tullett should make the final where a PB could mean more than a fast time.

1500m

First round: Wednesday, September 27, 09.35 (11.35pm BST, September 26)
Semi-final: Thursday, September 28, 19.00 (9.00am BST)
Final: Saturday, September 30, 20.20 (10.20am BST)

WHEN you look at the fastest performances in the women's 1500 this year, two things strike you. Firstly, that the Olympic final will be one of the closest at the Games and that many of the main challengers are 30-somethings with a wealth of experience.

The champion from Atlanta, Svetlana Masterkova (32), will be there. Despite the fact that her fastest time of the year, 4:01.15, was gained by coming fifth in Oslo in an exceptionally fast race, you cannot write her off. A slow-run race would allow her to unleash a last lap of 60 seconds as she did in Atlanta to leave even the normally sprightly Szabo in her wake. No Szabo this time but there is the fastest woman in the world this year, America's Suzy Favor-Hamilton (32), a woman with a mission, a mission to dedicate an Olympic win to her brother, Dan, who committed suicide last year. Hamilton (who was exclusively featured in *Athletics Weekly* earlier in the year) won the Oslo race in late July, and, at 3:57.40, is the woman to beat and with the world's best so closely matched physically it may just be that Hamilton's dedication for her brother might tip the balance. Another American hopeful is the vastly experienced Regina Jacobs, winner of the US Trials in Sacramento. At 37 she is one of the oldest challengers and will be at her fourth Olympics. She won silver last year in Seville behind Masterkova and set personal best for 800 and 1500m.



Svetlana Masterkova

An equally impressive performance came from the Romanian, Violeta Beclea-Szekely (35), in Monaco mid-August. She won in 3:58.29 ahead of Kutre Dulecha of Ethiopia (3:59.02) and Algeria's Nouria Mérah-Benida (3:59.22). Fourth in Seville she won the European Indoor title in Ghent in February and has impressive 800m credentials (1:58.57). The only other sub-four minute runner of the year is Lidia Chojecka of Poland, second in Oslo with 3:59.22.

Britain mounts a good challenge. Ranked 10th in the world with 4:01.23 Hayley Tullett finished her season off with a good 800m at the Gateshead Grand Prix. She won the Trial impressively in Birmingham and should reach the final. European Cup winner Helen Pattinson (4:04.82) has also been mixing it with the big names this summer with some success and may take inspiration from the occasion to reach new heights.

It is difficult to assess Kelly Holmes' chances and even whether, given her lack of race fitness, it is wise for her to contemplate running after (hopefully) three rounds of the 800m. Kelly's heart too often rules her head in running matters, as we saw in Atlanta. Better to be cautious and think about Edmonton than risk even further injury.

5000m

First round: Friday, September 22
18.00 (8.00am BST)
Final: Monday, September 25
20.55 (10.55am BST)

GABRIELA SZABO, the undoubted athlete of the year in 1999, suffered a shock reverse in Berlin recently, just when she was looking for a big pre-Games boost.

Bo Jiang's 14:28.09 world record was her target and defeat wasn't on her mind. Admittedly it took a Kenyan record of 14:39.83 by Leah Malot to beat her but Szabo will still have to pick herself up mentally for Sydney.

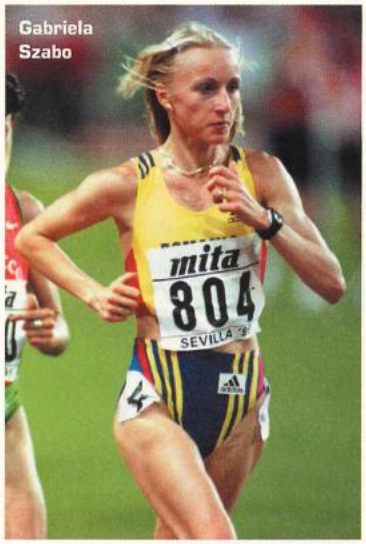
She will be pleased to know Malot is running the 10,000m in Sydney so she won't have to face her again and a win over 12-and-a-half laps would set her up for a double gold bid when she runs the 1500m later in the Games.

The Romanian went out in the heats in Atlanta (bouncing back to take silver in the 1500m) and it will be another 1996 'failure', Sonia O'Sullivan, who could pose the biggest threat.

Both are renowned finishers so if it comes down to a head-to-head in the closing stages it could be a thriller, with O'Sullivan the likely victor.

Since Atlanta, O'Sullivan has won European 5000m and 10,000m titles and also a double in the World Cross Country Championships – all four coming in her superb 1998 season.

But everyone knows the sit-and-wait tactics of Szabo and O'Sullivan so someone is sure to try to drag the finish out of the pair. We may see some surges from the Africans.



Gabriela Szabo

World leader Gete Wami is going for the 10,000m so it could be fellow Ethiopian Ayelech Worku – the winner at Crystal Palace in 14:41.23 – to pose the biggest threat. Worku, the African Games champion and world bronze medallist, is joined by compatriots Berhane Adere and Workinesh Kidane but neither are likely to medal.

Very few of the 1996 finalists – when Wang Junxia won – will do the 5000m in Sydney. In fact, a few of the world top 10 this year will also be missing. Of those, Wami (ranked No.1) goes for the 10,000m as do Britain's Paula Radcliffe (ranked No.6) and Derartu Tulu (No.7); while Tegla Loroupe (No.9) goes in the marathon.

On top of that, world silver medallist Zahra Ouaziz is injured so gone are the Moroccan hopes for a gold medal, with Zhor El Kamch Asmae Laghzaoui, their two representatives, unlikely to medal. Russian Olga Yegorova also went out in the heats at last year's World Championships but she has run 14:42.91 this year so may feature.

There has only been one Olympic women's 5000m to date, and the USA has had few distance runners to cheer in recent years. Regina Jacobs having won the American Trials in 14:45.35, has opted to run only the 1500m.

Two Britons will line up – Jo Pavey, who has made a superb comeback this summer following an 18-month lay-off, and Commonwealth silver medallist Andrea Whitcombe.

★ Records

World record
Bo Jiang (CHN) 14:28:09
Olympic record
Wang Unxia (CHN) 14:59.88
British record
Paula Radcliffe 14:43.45

★ Atlanta '96

Gold: Wang Junxia (CHN)
Silver: Pauline Konga (KEN)
Bronze: Roberta Brunet (ITA)

★ History

When Wang Junxia won the only Olympic women's 5000m to date she became China's first Olympic champion on the track.

★ Did you know?

THE inaugural women's Olympic record for 5000m was set by Ireland's Sonia O'Sullivan in Atlanta, clocking 15:15.80 in the first heat, but she was later to DNF in the final.

★ Top Brit

Jo Pavey
In Gateshead she knocked 16 seconds off her 3000m PB so she arrives in Sydney full of confidence where another PB will round off her superb comeback season.

10,000m

First round: Wednesday, September 27
12.40 (2.40am BST)
Final: Saturday, September 30
19.00 (9.00am BST)

YOU won't find a braver, more determined battler in Sydney than Paula Radcliffe. The Bedford Belle hasn't had the kind of preparation she'd have wanted in Olympic year due to injury but she bounced back to within a second of her 5000m PB at Crystal Palace.

Ahead of her that day was Ayelech Worku who will run the 5000m in Sydney, but Radcliffe still faces a strong Ethiopian challenge.

Gete Wami, the woman who took the world title ahead of Radcliffe in Seville last year; Derartu Tulu, the 1992 Olympic champion; and Merima Denboba, the 1999 world cross country 8km silver medallist, all wear the colours of Ethiopia – and between them they've taken two medals in the three Olympic 10,000m to date.

Throw in Leah Malot, who recently ran a Kenyan 5000m record of 14:39.83 to defeat Gabriela Szabo, and you can see Radcliffe has a mighty African challenge to overcome.

But she did when she took the silver medal in Seville last year, she did when took each of her three world cross country medals – and don't forget 1992 when she put a winter of anaemia troubles behind her to win the world junior cross country title ahead of a certain Wang Junxia.

Gete Wami

Radcliffe does not fear tough opposition, she thrives on it, and it's all a question of how much damage she can do to the opposition before the last lap.

Whoever wins the Olympic title will have to hurt, Radcliffe will make sure of that, but you're left thinking gold will go to Ethiopia and the UK record-holder will do well to take silver.

Have Ethiopia selected the right team? Wami tops the world rankings at 5000m but runs 10,000m in Sydney; Berhane Adere leads the world at 10,000m but runs the Olympic 5000m.

Wami, bronze in Atlanta, is rarely out of the medals at major championships. Her six world cross country championships outings have brought five medals – two golds, one silver and two bronzes – and a fifth place, but she's now an even stronger force on the track.

Tulu, fourth in '96, was promoted to major in the Ethiopian police force after her Barcelona triumph but her athletics career took a dive in recent years with a long injury lay-off.

She proved what a class act she still is in Portugal this year when recapturing the world cross country title, her third victory in that event.

Defending champion Fernanda Ribeiro has tried her luck at the longer distances since Atlanta but her marathon attempts have hardly been successful. Her form does not suggest she will challenge Radcliffe and the Africans for the medals. Wouldn't it be great if Radcliffe could match or better the achievements of her great aunt, Charlotte Radcliffe, who got swimming relay silver at the 1920 Olympics.

★ Records

World record
Wang Junxia (CHN) 29:31.78
Olympic record
Fernanda Ribeiro (POR) 31:01.63
British record
Paula Radcliffe 30:28.13

★ Atlanta '96

Gold: Fernanda Ribeiro (POR)
Silver: Wang Junxia (CHN)
Bronze: Gete Wami (ETH)

★ History

Ingrid Kristiansen tore the field apart in the inaugural Olympic 10,000m in 1988 only to leave the track in agony at 2800m with a foot injury.

★ Did you know?

When Fernanda Ribeiro returned home from winning the 1996 Olympic 10,000m, residents in her street petitioned for their road to be renamed in her honour. She still lives in Rue Fernanda Ribeiro.

★ Top Brit

Paula Radcliffe has run three Commonwealth and UK records since taking up the event in 1998.

She will be a strong contender for a medal.

★ Records

World record
Tegla Loroupe (KEN) 2:20:43
Olympic record
Joan Benoit (USA) 2:24:52
British record
Veronique Marot 2:25:56

★ Atlanta '96

Gold: Fatuma Roba (ETH)
Silver: Valentina Yegorova (RUS)
Bronze: Yuko Arimori (JPN)

★ History

1984 Olympic winner Joan Benoit qualified by winning the US trial 17 days after keyhole surgery on her right knee.

★ Did you know?

Rosa Mota, Portugal's first female Olympic champion in the 1988 marathon, was criticised earlier in her career as it was not thought fitting for a woman to run in shorts.

★ Top Brit

Marian Sutton
The current British No.1 has spent several weeks training in Bolder with British record-holder Steve Jones and is capable of a top 10 place.

Marathon

Final: Sunday, September 24, 09.00 (11.00pm BST, September 23)

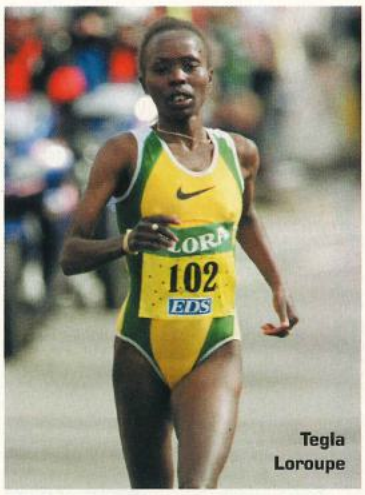
TEGLA LOROUPE, the world's top female distance runner, will be going somewhat into the unknown. She's run the two fastest marathons in history, set many of the fastest half-marathons and won three successive world half-marathon titles ... but she's never tackled a championship marathon before.

Her talent – and the fact her short distance form has been excellent in the build-up to Sydney – will no doubt make up for this lack of experience, but she faces a formidable opponent in Naoko Takahashi.

Takahashi's ability to wind it up from an already fast pace will be well suited to the Sydney course which is fast in the opening exchanges. She first came to prominence in 1998 when, having set a Japanese record of 2:25:48 in March, she ended the year with a stunning 2:21:47 to win the Asian Games in extreme heat.

She missed last year's World Championships through injury but bounced back this year with a world-leading 2:22:19 with a 69:40 second half.

Loroupe will have her Detmold flatmate Joyce Chepchumba helping her and the former London Marathon champion will be a medal contender,



Tegla Loroupe

certainly looking to make up for her DNF four years ago.

Europeans could also figure with Romanian Lidia Simon boasting an excellent record in championship and big city marathons with bronze medals in the last two World Championships and medals in three world half-marathon championship appearances.

Simon is at her best in women-only races – as well as those championship performances she also lies second on the year's rankings with her 2:22:54 Romanian record to win in Osaka. However, some of her best performances have come in hot conditions so Sydney may suit her rivals better.

Another contender, albeit not with a proven record at championships, is Belgian record-holder Marleen Renders. She was 25th four years ago but she progressed into a top class talent – her 2:23:43 Paris win this year was her fourth Belgian marathon record. She will also tackle the 10,000m in Sydney, an event in which she was once world junior record-holder and at which she has run 31:03.60 this year.

Defending champion Fatuma Roba was a major surprise when she won in Atlanta. She entered the race 29th fastest on paper with a modest PB of 2:29:05 and ended it with the gold medal and her third national record of the year as she took exactly three minutes off that time.

Only one Briton, Marian Sutton, is in the field but she'll want to make up for four years ago when she was left out of the team. Her desire to prove her doubters wrong has produced three PBs and two Chicago Marathon wins and she is now five minutes faster – 2:27:42 – than she was four years ago.

★ Records

World record
Tatya Gudkova (RUS) 85:18
Olympic record
New event
British record
Lisa Kehler 93:57

★ Atlanta '96

Gold: Yelena Nikolayeva (RUS)
Silver: Elisabetta Perrone (ITA)
Bronze: Wang Yan (CHI)

** Atlanta was 10km*

★ History

Only the third Olympic walk for women. Chen Yueling, who won the opening event in 1992 for China, is expected to compete for USA this time around.

★ Did you know?

Gudkova's record would have beaten every male Olympic winner up to 1976.

★ Top Brit

Lisa Kehler had a torrid time in her only other Olympics at Barcelona in 1992. Her 93:57 British best earlier this year was only her third attempt at the distance and she is capable of lowering that.

20km walk

Final: Thursday, September 28, 10.45 (12.45am BST)

WHATEVER they put in the borscht for the Russian trials was powerful stuff. The best five times ever were posted in Moscow on May 19 and effectively decided Russia's team for this Olympic inaugural distance.

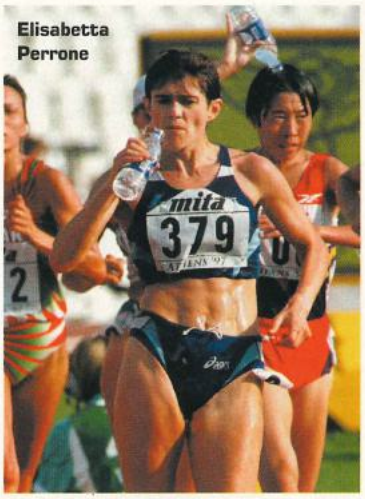
Tatayana Gudkova came from nowhere to set a world best . Her 85:18 to win was an incredible 2:12 better than the previous mark, although fifth in the Russian trials would still have topped the 87:30 held jointly by Hongyu Liu and Nadezhda Ryashkina.

For all that, the race in Sydney will not be the streets of Moscow. Even though Yelena Nikolayeva won the equivalent Russian trial race in 1996 and still triumphed in Atlanta, the smart money is on Liu.

Not only has the 25-year-old been racing well all over the world in 2000, including a sharp win in Leamington in April, she's also done it in the big races that matter.

Her golds in both the World Walking Cup and the World Championships last year makes her outright favourite for China's second gold in only three women's Olympic walks.

Liu's style is also faultless and the Chinese is unlikely to be worried by



Elisabetta Perrone

any late red disc which could deprive her of a deserved reward.

Former junior world record-holder Irina Stankina, the youngest world champion at 17, should be there or therabouts even though she was DQ'd in Atlanta. Silver medallist four years ago was Elizabetta Perrone. She should lead the charging Italians, who, if this was team event, would be up there with the Chinese.

Wang Yan has what it takes to stick close to compatriot Liu and indeed, followed her into the stadium in Seville for a World Championship silver.

An interesting outside bet might be Norway's Kjersti Tysse-Platzer who's been competing on the international stage since she was 14. Her 87:53 would have raised eyebrows 12 months ago. Even though her effort now seems modest compared with those Russian times, Platzer, along with the Italian trio, may upset the former eastern bloc and Chinese monopoly.

Britain should be proud to have sent somebody to every women's walk since it was introduced to the Olympic programme in 1992.

Dr Lisa Kehler healed herself to come back from a spate of injuries and 33-year-old twice breaking the British best this year.

Her fine balancing act between holding down a medical post and bringing up a baby doesn't seem to have affected Kehler's training and times.

The Wolverhampton and Bilston walkerwill give it the proverbial 110 per cent in Sydney. It would not be the biggest shock if she smashes her own best as well as collapsing on the finish line, which has become a trademark of her all-out effort.

NORWICH UNION & UK athletics – from grass roots to glory

100H

First round: Monday, September 25, 11.30 (1.30am BST)
Second round: Monday, September 25, 18.00 (8.00am BST)
Semi-final: Wednesday, September 27, 18.00 (8.00am BST)
Final: Wednesday, September 27, 20.10 (10.10am BST)

IMAGINE if Colin Jackson, Alan Johnson or Mark Creer regularly made it onto the medal rostrum in the 100m. The admiration would be endless and any talk of doubles would revolve around taking the flat race title as well as the 110m hurdles title – the 200m would be part of a 'treble'.

Now try not to choke when I point out that the women's event features someone zipping between the two events with alarming regularity. However, this year's firm favourite will just be contesting the 100m hurdles in an attempt to reverse the fortunes of the last two Olympics.

Gail Devers has to be the nearest any athlete can be to a 'dead cert' – apart from Michael Johnson – to take a gold medal in Sydney. But past Olympics will weigh heavily on her mind, as the finals were two races she not only could have, but should have won.

Despite winning in both Barcelona and Atlanta in the 100m, it is clear her lack of Olympic hurdle gold has become an obsession. As it should – she has clearly been a world leader in this event for the past decade, now is the time to obtain the equivalent medal. Holding the fastest time this year

Gail Devers

(12.33) should boost her confidence, although doubts may arise over a slight hamstring problem which caused her to withdraw from a Golden League meeting at the end of August.

Sadly for fans of the sport, there will not be a repeat of the Seville duel with Ludmila Engquist – the Swede having decided surgery on her calf in June a good reason to plan her track retirement. Track retirement because she has genuine hopes of making Salt Lake in 2002 as part of the Swedish bobsleigh team.

Nigerian Glory Alozie will want to spoil the USA party by going one better than her World Championship silver. She has the third fastest time this season with 12.54 and has been second only to Devers on the European circuit. Even if Sydney doesn't turn out in her favour, at the age of 22 she can look to Devers and Engquist as realistic markers of athlete longevity in the event.

Another consistent performer this year who managed seventh in Seville is Jamaican Delloreen Ennis London. With a season's best of 12.52 it is likely she could feature in the medals and would be disappointed not to be pushing for bronze alongside Devers' teammate Melissa Morrison.

Kazakhstan's Olga Shishigina should not be overlooked. After finishing fourth in Seville she'll be as motivated as any. With 12.65 to her credit this season, and 32 years of experience, she will pose a potent a threat, as could other notables Sharon Couch Jewell (12.68), the third member of the USA squad, and France's Nicole Ramalalanirina (12.76.)

★ Records

World record
Yordanka Donkova (BUL) 12.21
Olympic record
Yordanka Donkova (BUL) 12.38
British record
Angie Thorp 12.80

★ Atlanta '96

Gold: Ludmila Engquist (SWE)
Silver: Brigita Bukovec (SLO)
Bronze: Patricia Girard (FRA)

★ History

The event was first held in 1932, although it wasn't until 1972 that women competed over 100m, 80 metres was its previous length.

★ Did you know?

Engquist's aim for Salt Lake gold comes in the wake of many other track athletes who make the winter-summer crossover. Irina Privalova, and Briton Lenny Paul among recent success stories

★ Top Brit

Diane Allahgreen will have a huge task on her hands if she is to match the achievements of Angie Thorp in Atlanta who ran a national record of 12.80.

400H

First round: Sunday, September 24, 19.15 (9.15am BST)
Semi-final: Monday, September 25, 19.15 (9.15am BST)
Final: Wednesday, September 27, 21.30 (11.30am BST)

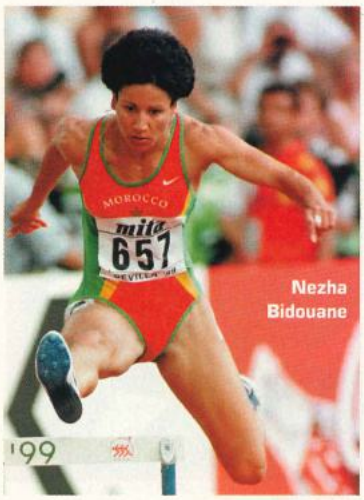
AFTER being introduced in the year the Eastern Bloc decided to boycott the Games, this event has served up winners from three very different regions – Australian Debbie Flintoff-King in Seoul, Britain's Sally Gunnell in Barcelona and Jamaican Deon Hemmings in Atlanta.

World leading performances this year suggest the gold medal battle will be a straight fight between American Sandra Cummings-Glover and 1997 world champion Nezha Bidouane from Morocco.

American trial winner Cummings-Glover, who was fifth in the World Championships last year where Bidouane finished second, has proved a tough customer this year with several fast times and victories to match.

However, she suffered a rare defeat at the hands of a recent convert to the event – Russian sprinter Irina Privalova – whose season's best 54.06 left Cummings-Glover trailing in fourth.

Bidouane, on the other hand, has not been seen much this season and her second-ranked 53.53 set when winning in Rome in June, is backed by a second-place finish at Gateshead a long way behind Atlanta champion



Nezha Bidouane

Hemmings, who'll become the oldest woman to win this event should she successfully defend her title.

The race could prove fairly open with several athletes consistently in the sub-54.50 range but no evidence to suggest many will cross the gap to join Cummings-Glover and Bidouane, both almost a second faster this year.

Championship hurdling is not necessarily about pure speed and this may see the strength and technique of athletes such as the lightly-raced Cuban Daimi Pernia (54.14 this year) Tetyana Tereschuk-Antipova of the Ukraine whose best times this season were achieved in the wake of Pernia and Privalova respectively, and, of course, Americans Batten and Tonja Buford-Bailey who medalled in 1996.

Britain are well represented with Keri Maddox, Sinead Dudgeon and Natasha Danvers all probably chasing a place in the semis as the ultimate achievement.

Maddox, the best technician of the three, also boasts the fastest time this season with her lifetime best 55.22 at the trials where she beat Danvers and Dudgeon. All will want to break 55 seconds, and will probably have to if they're to get beyond the first round.

Privalova is supported in the Russian team by Yuliya Nosova, who ran 53.98 in 1999, but has managed 'only' 54.31 this year and the 23-year-old Natalya Chulkova. On current form you'd expect Iceland's Gudrun Arnadottir, Barbadian Andrea Blackett, Natalya Torshina of Kazakstan and top German Ulrike Urbansky to challenge for the outside and inside lanes in the September 27 final – the middle four are already spoken for.

★ Records

World record
Deon Hemmings (JAM) 52.82
Olympic record
Kim Batten (USA) 52.61
British record
Sally Gunnell 52.74

★ Atlanta '96

Gold: Deon Hemmings (JAM)
Silver: Kim Batten (USA)
Bronze: Tonja Buford-Bailey (USA)

★ History

This event ws introduced at the 1984 Games in Los Angeles where Moroccan Nawa El Moutawakil won gold in 54.61.

★ Did you know?

Former world record-holder Sally Gunnell tried long jump, pentathlon and sprint hurdling before finding her niche in this event.

★ Top Brit

Keri Maddox
Her superior strength and solid technique make Maddox the most likely Briton to get beyond the first round though it will almost certainly mean improving her 55.22 PB if she is to do so.

★ Records

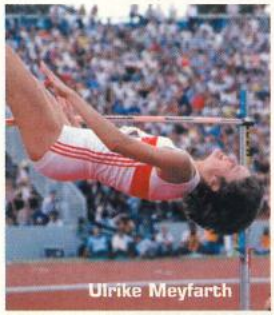
World record
Stefka Kostadinova (BUL) 2.09
Olympic record
Stefka Kostadinova (BUL) 2.05
British record
Diana Davies 1.95

★ Atlanta '96

Gold: Stefka Kostadinova (BUL)
Silver: Niki Bakogianni (GRE)
Bronze: Inga Babakova (UKR)

★ History

Ulrike Meyfarth (FRG), (below), won the event in 1972 and then again in 1984 – having failed to make the final in 1976.


Ulrike Meyfarth

★ Did you know?

German athlete Dora Ratjen placed fourth in 1936 – but was later rumbled. 'She' was a he posing as a woman.

High jump

Qualifying (group A): Thursday, September 28, 09.45 (11.45pm BST, September 27)
Final: Saturday, September 30, 19.00 (9.00am BST)

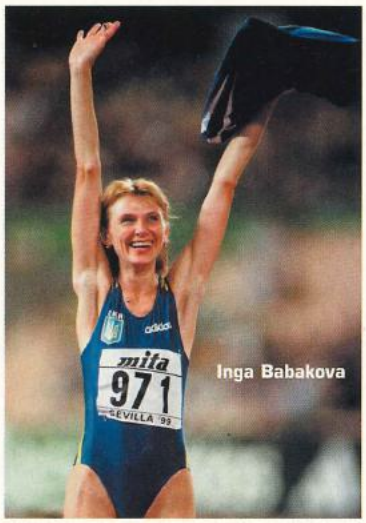
DESPITE the attractions of the men's event where many jumpers are regularly clearing mid 2.30s, it has failed to rub off on its female counterpart. British interest in the event goes no further than general interest as AAA champion Jo Jennings-Steele was unable to clear the qualifying height of 1.93m, and won't compete in Sydney.

Evidence of this was presented in Seville where 1.99m was enough to claim gold for Inga Babakova on countback. Yelena Yelesina and Svetlana Lapina also cleared 1.99m but medals were decided by Babakova's first-time clearances earlier that night.

The 32-year-old Ukranian was said to be very surprised that a jump of 1.99m was enough to win gold, but after six minor medals at previous World Championships and Olympic Games – gold was a welcome change.

This year Babakova will be hoping to match her medal colour if not the height and might feel more pressure to do so, as in Sydney she won't have the excuse of having recently given birth to excuse a lack of form.

She cleared 2.00m in June but had to settle for second at a meeting won by a favourite for this year's gold. Monica Iagar-Dinescu managed 2.02m and tops this year's ranking, although her next best jump this season of 1.97m might get a medal in Sydney if the competition is close.



Inga Babakova

The 27-year-old from Romania may have the upper hand in terms of height over Babakova, but was second to her rival at the end of June in Rome's Golden Gala. Mentally they will be all square, but cannot afford to overlook other consistent performers.

One of these is Venelina Veneva of Bulgaria whose 2.01m in early June will have spurred her on to improve on the perpetual third spot she occupies in the grands prix. Sweden's Kajsa Bergqvist has also cleared 2.01m but more recently beat Babakova and Iagar-Dinescu at the Stockholm Grand Prix.

Another medal possibility for Sydney is Czech Zuzana Kovacikova-Hlavanova, who shared fourth with Bergqvist in Seville and won't need any motivating to improve on that position. We're sure some broadcasters won't mind if her name doesn't feature regularly in the competition.

Russian Yelena Yelesina with 1.97m this season but last year's world silver medal to her credit is worth looking out for, whilst Irina Mikhalchenko and Viktoriya Palamar of the Ukraine should feature strongly within the final heights.

A good outside bet is South African Hestrie Storbeck-Cloete. At the age of 22 her win at Lausanne in July will mean her confidence should be high and it would be foolish to bet against the youngster making an impact on the Sydney stage.

★ Records

World record
Jackie Joyner-Kersee (USA) 7.40
Olympic record
Galina Chistyakova (RUS) 7.52
British record
Bev Kinch 6.90

★ Atlanta '96

Gold: Chioma Ajunwa (NGR)
Silver: Fiona May (ITA)
Bronze: Jackie Joyner-Kersee (USA)

★ History

Fanny Blankers-Koen, who won four gold medals at the 1948 Olympics, did not contest the long jump, despite being world record-holder with 6.25.

★ Did you know?

World champion Niurka Montalvo of Spain's winning jump in Seville last year was allowed without the plasticene having been checked.

★ Top Brit

Jo Wise
Only her best to make the final. Once there anything can happen, as she proved in Seville last year, but a repeat of that World Championship fifth place looks out of reach.

Long jump

Qualifying: Wednesday, September 27, 20.05 (10.05am BST)
Final: Friday, September 29, 19.20 (9.20am BST)

OF the five events she'll contest, this is the one in which Marion Jones is least likely to strike gold. An appalling jumper in a technical sense, Jones simply hits the take-off board at such velocity it's hard for her not to touch down a good distance away. By the time she tackles the long jump she should already have pocketed the 100m gold, had a day off and then put the first two rounds of the 200m behind her.

On current form it's impossible to tell whether she'll win this as she's barely jumped at all this year. At her best, a relative term of course, she must be odds-on to medal but it's unlikely her pure speed will be enough to deny the event specialists.

Former Briton Fiona May has the best two jumps in the world this year at the time of writing. With both those efforts beyond seven metres and a couple of others within four or five centimetres of that barrier she will take some beating if she carries this form into Sydney.

But there'll be serious challengers to overcome, notably Russian Tatyana Kotova, who won in Berlin early in September with a 6.96m effort. That win edged out the evergreen German Heike Daute-Drechsler by a mere centimetre as the former world record-holder improved her season's best by four centimetres. Should the 35-year-old Drechsler medal she'll be the oldest woman in this event to do since Jackie Joyner-Kersee who, at 34, won bronze in Atlanta.

Fiona May

Another big medal contender is former world triple jump record-holder (15.50, 1995) Inessa Kravets. Although she has hardly set the world alight this season, Kravets has bags of experience on the big stage and has a seven-metre jump to her credit this year.

A trio of jumpers have failed by the narrowest of margins to break that magical barrier in 2000 and all must expect to have a say in the destination of the medals. Two have jumped 6.99m – Cuban Lissete Cuza, who's upped her PB by 30cm this year, and Swede Erica Johansson whose effort was a seven centimetre improvement on her previous best and who also boasts a windy 7.07m jump this year.

American Dawn Burrell is another setting new personal standards in 2000 her 6.98 in Stockholm was two centimetres beyond the lifetime best she recorded last year.

The media attention will clearly all be on Jones and that may well work in her rivals' favour – leaving the real class in the field to 'come from nowhere' – in media terms – and deny the American a place on the podium.

Britain's only qualifier is Commonwealth champion Jo Wise who will almost certainly need a personal best – currently 6.76 – or a minor miracle, possibly both, to qualify for the final.

NORWICH UNION & UK athletics – from grass roots to glory

Pole vault

Qualifying: Saturday, September 23, 18.45 (8.45am BST)
Final: Monday, September 25, 18.00 (8.00am BST)

ALONG with women's hammer, this will be the vaulters first tilt at Olympic glory. Since 1992 when the event was belatedly introduced to the women's programme, standards have improved dramatically with Australian Emma George doing much to raise the profile of the sport worldwide with a succession of world records, 12 in fact.

Still the Oceania record-holder with 4.60, George has not been the dominant force she was, struggling to regain her confidence after a bad fall last year.

The measure of her influence on the event is evident in her world record sequence, which started in 1995 when she cleared 4.25m in Melbourne in November. The next year she raised it on four separate occasions to take it to 4.45 and in 1997 raised it twice more to 4.55.

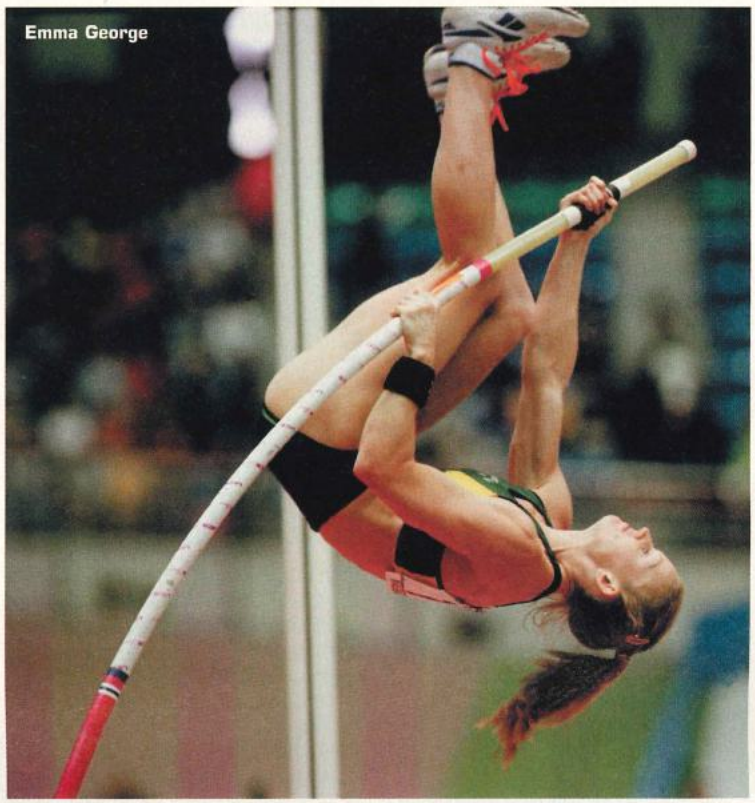
The next year she again made three, 1cm improvements before her last world mark, that 4.60, set in Sydney last year.

George has cleared 4.50 once this year, way back in February, but most of her competitions have been shy of that mark while others, notably America's world champion and current world record-holder Stacy Dragila, look capable of getting that sort of height more regularly.

Dragila, in fact, must start as one of the clearest of favourites in the women's programme ... well, Marion Jones aside. The 29-year-old Californian has seven jumps over 4.50 this year, including the top four in the season's rankings led by her still-to-be-ratified 4.63 world record.

When the women's hammer was introduced at the World Championships in Seville, Mihaela Melinte won that first title with a near-world record throw. Can the same thing happen in the Sydney vault?

If it does, there's only one woman in it, Dragila. But the record will be the last thing on competitors' minds and the chances are good the event will be won on countback as several athletes tie on marks well below their personal or even season's bests.


Emma George

Tatiana Grigorieva

There is considerable ability at the sharp end of the event – Ukrainian Anzhela Balakhonova, who cleared 4.56 last month to improve her own European record set the year before, American Kellie Suttle, 4.53 in sunny California in July, Nicole Humbert of Germany who set a world indoor record of 4.56 last year, 'new' Australian Tatiana Grigorieva, 4.50 last year and reportedly making good progress from an ankle injury sustained in warm-up for a competition in Germany, and Britain's Janine Whitlock.

The latter, with a personal best in some cases 20cm below those of many of her rivals, remains an outside bet in an event which has seen some notable big names implode at crucial moments. For example, Sergey Bubka's failure at his opening height in the 1992 Olympic final and 2000 men's leader Jeff Hartwig of the USA who failed in similar fashion at the US trials this summer.

So for Whitlock there is cause for optimism should she reproduce the performance which saw her set her season's best at Prague when she finished joint-second with Germany's 4.45 vaulter Yvonne Buschbaum behind Tanya Koleva of Bulgaria who has a 4.42 vault to her name this year. What was significant about that performance, and what must give heart to all the 4.20m-plus contestants, is the fact the first three places were decided on countback.

Whitlock also finished behind Yelena Belyakova and Pavla Hamackova in Linz last month, again all three had cleared the same height, 4.30.

Admittedly the winner that day was Balakhonova's European record 4.56 while second-placed Daniela Bartova, though below her season's best 4.50, sailed over at 4.45.

Others to watch include several area record-holders, the best of whom are Africa's best, Elmarie Gerryts of South Africa and South American holder Alejandra Garcia of Argentina (both 4.42), while Shuying Gao of China's 4.35 mark will put her among the outside hopes too.

Although it's possible to argue for a close finish at an average height, last year's World Championships was completely the opposite with Dragila equalling the world record to win ahead of Balakhonova's 4.55m European record with Grigorieva third with 4.45 and four others clear at 4.40.

Clearly in an event which combines strength, gymnastic agility, speed and technique, the potential exists for little things to go wrong. On final day in Sydney, there's no telling what external factors may have a bearing on some vaulters and not on others.

Certainly those athletes dominating the rankings this year ought to provide the medallists but there's absolutely no guarantee this event will run to form.

★ Records

World record
Stacy Dragila (USA) 4.63*
Olympic record
New event
British record
Janine Whitlock 4.35*
**not yet ratified*

★ Atlanta '96

No event

★ History

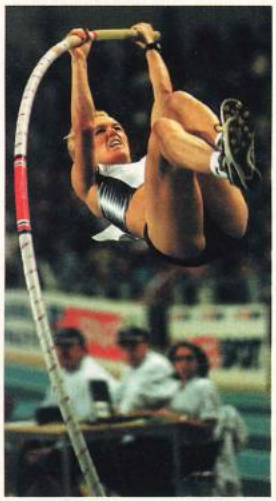
Czech vaulter Daniela Bartova placed 64th in the 1992 Olympics, as a gymnast.

★ Did you know?

Stacy Dragila (below) owns six of the seven best vaults this year, including her still to be ratified world record.

★ Top Brit

Janine Whitlock
Unless circumstances conspire to undermine the abilities of the top performers while leaving those in the second tier untouched, Whitlock will be hard-pressed to get close to the medals. However, technical events have a habit of being thrown wide open by a medal 'cert' failing and, should this happen, and Whitlock improve upon her British record, certainly a minor medal is possible.


Janine Whitlock

★ Records

World record
Inessa Kravets (UKR) 15.50 (0.9)
Olympic record
Inessa Kravets (UKR) 15.33
British record
Ashia Hansen (GB) 15.16i

★ Atlanta '96

Gold: Inessa Kravets (UKR)
Silver: Inna Lasovskaya (RUS)
Bronze: Sarka Kasparkova (CZE)

★ History

The event has only ever been held once before, in 1996.

★ Did you know?

Inessa Kravets set the current world record at the World Championships in Gothenburg after studying a photograph of men's world record-holder Jonathan Edwards.

★ Top Brit

Ashia Hansen
The 28-year-old, who is coached by Aston Moore, was fourth in the last Olympics, but has had an injury-hit year. As *Athletics Weekly* went to press, she had only one summer competition behind her – and that was indoors.

Triple jump

Qualifying: Friday, September 22, 20.00 (10.00am BST)
Final: Sunday, September 24, 19.40 (9.40am BST)

FOR someone who has the ability to win Olympic gold, not much has been written about Ashia Hansen this summer.

This is mainly because so much was written in the spring, when her friend, Chris Cotter, was stabbed outside her house. Whatever the outcome of the subsequent court case, it will not have helped Hansen's Olympic build-up.

Last autumn she went on a reccé to Sydney. A few months later she looked lean and strong and spoke confidently about the challenge of Olympic year.

After the Cotter incident, she went to the USA for some warm-weather training, returned to yet more headlines in the tabloids and then bravely stepped out on the runway for the Aqua Pura Field Events Spectacular at the NIA on June 24.

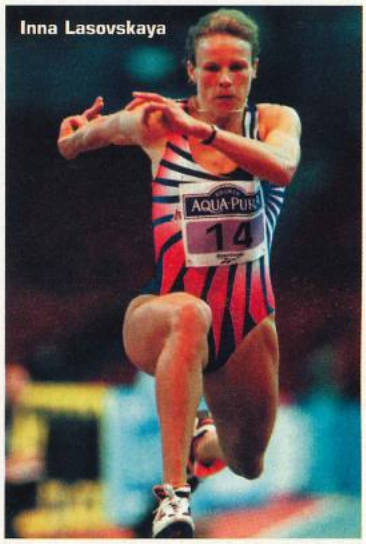
Her 14.11m placed second to Yamilé Aldama of Cuba and since then she has not competed, struggling with a series of minor ailments.

There is therefore no form guide for Hansen, only her redoubtable championship record:

1995: winner of the European Cup.

1996: fourth in the Olympics; winner of the European Cup.

1997: silver in the World Indoors; fifth in the World Champs; winner of the IAAF Grand Prix Final.


Inna Lasovskaya

1998: gold in the European Indoors with world indoor record; gold in the Commonwealth Games.

1999: gold in World Indoors; 12th in World Champs; winner of IAAF grand prix.

Her rivals in Sydney will include:

- Tatyana Lebedeva – a Russian who has jumped over 15m this year, finished fourth in the World Champs last year and won last winter's European Indoors.
- Tereza Marinova – from Bulgaria won the 1995 European and 1996 World Junior titles. She missed the World Champs last year with an Achilles injury and is coached by 1988 Olympic champion Khristo Markov.
- Ukrainian Yelena Govorova – is the World University champion and was seventh at last year's World Champs.
- Iva Prandzheva – was suspended for two years after the 1996 Games for failing a drugs test (she had placed fourth). The Bulgarian returned in 1998 to top the world outdoor list and finish runner-up to Hansen at the 1999 World Indoors.
- Anja Valant – has improved from 14.29m in 1999 to 14.69. Aged 23 from Slovakia.
- Inessa Kravets – has jumped 14.57 this year and broke the world record by 41cm at the 1995 World Champs with a mark that still stands. Has had a few injuries recently but, as defending champion, cannot be ruled out if she competes. Because of the injury problems however, she may decide only to contest the long jump.

★ Records

World record
Natalya Lisovskaya (URS) 22.63m
Olympic record
Ilona Slupianek (GDR) 22.41m
British record
Judy Oakes 19.36m

★ Atlanta '96

Gold: Astrid Kumbernuss (GER)
Silver: Sui Xinmei (CHN)
Bronze: Irina Khudorozhkina (RUS)

★ History

Tamara Press won shot titles in 1960 and 1964 but along with her sister Irina retired suddenly prior to the introduction of sex tests at international meetings.

★ Did you know?

Judy Oakes will become the oldest women's field event competitor in Olympic history, but the oldest ever was sprinter Lourdes Klitzkie – 48 years and 234 days in '88.

★ Top Brit

Judy Oakes
Returning from a recent injury and would need to substantially improve on the 17.91m at the AAAs if she is to progress past qualification in Sydney.

Shot put

Qualifying: Wednesday, September 27, 10.00 (12.00am BST)
Final: Thursday, September 28, 20.00 (10.00am BST)

THE women's shot in Britain is about one person, 42-year-old Judy Oakes, the country's most prolific national champion at athletics and the most capped international with 86 appearances from 1976 to 2000! Furthermore, Oakes' entry into the infield for the qualification round on 27th September will make her the oldest field event competitor in Olympic history.

To achieve the target of a place in the final, Oakes will have to step up into another performance bracket. Her 1999 campaign was cut short by injury and she has struggled ever since. In the European Indoors in Ghent last winter, Oakes threw 17.25m and failed to reach the final for the first time in six appearances at those championships. There were signs of a comeback at the AAAs in August when she produced a six-throw series with all attempts over 17.50, topped by a second round 17.91 for the title.

As to general medal predictions, the two top throwers in the world this year are Larisa Peleshenko and Sevtlana Krivelyova. Peleshenko, the 2000 European Indoor champion and Krivelyova, 1999 World Indoor champion after the disqualification of Vita Pavlysh and Irina Korzhanenko, are both seasoned championship competitors.

Astrid Kumbernuss

Until the recent Kuts memorial meeting in Moscow, Krivelyova had headed the rankings since the beginning of June with 20.72m. However, Peleshenko (36, previous PB 20.99m) produced a stunning 21.46m win, with another four marks over Krivelyova's previous best!

As such, even though Krivelyova beat Peleshenko (20.59 to 20.26m) in the Russian Championships in July, the standard of Peleshenko's series in Moscow (21.01, 21.03, x, 21.07, 21.46, 20.98) makes her the outstanding Olympic favourite.

However, one athlete looms as a spectre over Russia's chances of gold in Sydney. For an event which gets little or no publicity, Germany's three-time world champion Astrid Kumbernuss *is* women's shot put! The reigning Olympic champion had a knee operation in late 1997, took 1998 off to start a family, and returned to competition in 1999 to retain the world title. She threw 20.03m in Leverkusen at the end of August to prove she is still a potent force in the event.

Nadine Kleinert-Schmitt took the German title in Kumbernuss's absence and with a 19.81m mark to her name from the early season – fifth on the world rankings – is obviously a medal contender.

The only other 20m thrower of the season is Yanina Korolchik (BLR) who put 20.08m in late May but has shown no other form of that class except a 19.32m for fourth behind the two Germans and Cuban Yumileidi Cumba (19.48m) in Dortmund in July.

Hammer

Qualifying (group A): Wednesday, September 27, 09.00 (11pm BST September 26)
Qualifying (group B): Wednesday, September 27, 11.00 (1.00am BST)
Final: Friday, September 29, 18.00 (8.00am BST)

Mihaela Melinte

★ Records

World record
Mihaela Melinte (ROM) 76.07
Olympic record
New event
British record
Lorraine Shaw (GB) 67.44

★ Atlanta '96

New event

★ History

The inaugural world record-holder Olga Kuzenkova became the first athlete to throw over the 70m line in 1997.

★ Did you know?

British record-holder Lorraine Shaw had a back operation in 1997 to have a disc removed and four pins and a metal sheet inserted!

★ Top Brit

Lorraine Shaw
The first ever Olympic women's hammer title is likely to be dominated by Melinte and Kuzenkova but if Shaw can up her game by a couple of metres then a bronze medal is a possibility.

THERE is perhaps no other British athlete who more deserves that little bit of luck, the essential ingredient in any successful Olympic medal campaign, than Lorraine Shaw. Shaw, the British record-holder dramatically increased her national best to 67.44 metres for fifth at the Europa Cup in Gateshead.

Over the last few years she has undergone major surgery and has had so many metal parts inserted to strengthen her body, that if she makes no other impact during the Olympics she is sure to send the security systems at Sydney airport and the Olympic stadium into overdrive upon her arrival in Australia!

Shaw with her first round 66.85m championship record won the AAA Championships to reconfirm that she is in superb form this year. However, in reality she still needs to improve by another couple of metres to really be in contention for the bronze medal.

"Yeah, my plans are top eight in Sydney but there is an outside chance of a bronze medal.

"What I'll need is that little bit of luck and I might bring a medal home," Shaw confirmed at the Olympic Trials.

What would seem to be certain in Sydney is that the contest for the inaugural women's Olympic hammer title will, barring injury, be a battle royal between current world leader Russian Olga Kuzenkova (75.68m) and Romania's world record-holder Mihaela Milente, who has thrown 74.80m this season.

Milente and Kuzenkova have dominated the event since the women's hammer was first included in international championships.

Kuzenkova was the first world record-holder back in 1997 but has since been succeeded by Milente who holds the current world mark at 76.07m. Since Kuzenkova's two victories in the European Cup Finals of 1997 and '98, Melinte has also become the more dominant thrower taking both the inaugural European and world titles in 1998 and 1999 respectively.

Olga Kuzenkova

Though Melinte trails her main rival in terms of distance this year, in Slovakia recently Melinte reasserted her Olympic credentials with an impressive 74.32m effort – the third best of the year and 10th all-time – and followed with a series which included throws of 72.59, 73.78 and 71.31m.

Despite British hopes, realistically the bronze medal position on the podium is more likely to be taken by American trials winner Dawn Ellerbe who is ranked fifth in the world this year with a best of 70.46m. Outside the 'top two' the American is the most consistent with a 70.17m win also to her name and another three competitions over 68.50 this year.

Of the rest, look out for Poland's World Youth champion Kamila Skolimowska (70.62m), Belarus athlete Olga Tsander (68.91m) and Russians Tatyana Konstantinova (69.73m) and Alla Fyodorova-Davydova (68.47m) who finished in silver and bronze positions behind Kuzenkova at the Russian Championships.

Cuba's Yipsi Moreno (69.36m) who holds the world junior record, German champion Kirsten Munchow (68.95m) and Hungary's Katalin Divos who was fourth in last year's World Championships, are also credible challengers for the bronze medal.

★ Records

World record
Gabriele Reinsch (GER) 76.80m
Olympic record
Martina Hellmann (GDR) 72.30m
British record
Meg Ritchie (below) 67.48m

★ Atlanta '96

Gold: Ilke Wyludda (GER)
Silver: Natalya Sadova (RUS)
Bronze: Ellina Zvereva (BLR)

★ History

One of the greatest Olympic romances was created when the 1956 discus champion, Czech Olga Fikotova, fell in love with American men's hammer gold medallist Harold Connolly in Melbourne. Despite the cold war the two were finally married in 1957.

★ Did you know?

Current world No.1 Romania's Nicoleta Grasu is married to her coach Costel Grasu, fourth in the 1992 Olympic discus.

Discus

Qualifying (group A): Monday, September 25, 10.00 (12.00am BST)
Qualifying (group B): Monday, September 25, 12.00 (2.00am BST)
Final: Wednesday, September 27, 20.30 (10.30am BST)

REIGNING world and European champion Franka Dietzsch has remained at the top of her game this year and lies second on the current world list with a 68.06m throw in Hania in June, where she beat most of her main rivals for the Olympic gold.

Significantly, world leader Nicoleta Grasu (68.70m) finished only fifth on 64.61m, with Ellina Zvereva (second, 67.25m), Greek Anastasia Kelesidou (third, 67.12m) and Ukrainian Yelena Antonova (fourth, 64.86m) also succumbing to the German. Dietzch also took Grasu's scalp at the Grand prix meetings in Linz and Bratislav.

However, Grasu, who is also the 1999 World Student Games champion has a growing championship record with bronze medals at the 1998 European and 1999 World Championships. Yet except for her world leading mark she has had only one other 65m-plus competition and seems to be stuck in the 64m range, also losing to Belarus athlete Irina Yatchenko in Nice – 65.42m to 64.50m.

Russian champion Natalya Sadova is third on the world list thanks to the 67.33m throw with which she took her national title. Sadova took the European silver behind Dietzsch in 1998

Franka Dietzsch

but had a disappointing World Championships last year finishing fourth. She has had two other 66m-plus wins this summer and remains possibly the greatest threat to the German pulling off the triple of European, world and Olympic crowns despite losing to Dietzch in wet and cold conditions at the last major competition of the summer in Gateshead.

Belarussian Zvereva, the 1996 Olympic bronze medallist has been quite consistent this year with four competitions over 65m but lost to Dietzsch and Grasu in Bratislav throwing only 62.24m. Another possible challenger is Kelesidou, the surprise silver medallist at last year's World Championships, who has a 66.86m mark to support her fifth ranked 67.12 but otherwise has not had another throw over 65m.

Fellow German and reigning Olympic champion Ilke Wyludda was soundly beaten by Dietzsch in the German Championships and though she has a 65.76 mark to her name, she would seem to be past her prime.

There is also a question about the form of Kiwi giant Beatrice Faumuina, the 1997 world champion, who was the first Polynesian to win a world title but who only has a 65.41m posting to her name this year.

The southern hemisphere does have a second hope via Australia's Lisa-Marie Vizaniari who threw 65.35m in Eugene in June.

There will be a strong American trio in contention for medals led by Sacramento trials winner Seilala Sua (65.90m), Kristin Kuehl (65.34m) and Suzanne Powell (65.30m).

★ Records

World record
Trine Solberg-Hattestad (NOR) 69.48m
Olympic record
New record to be established with new model.
British record
Karen Martin (below) 59.50m

★ Atlanta '96

Gold: Heli Rantanen (FIN)
Silver: Louise McPaul (AUS)
Bronze: Trine Solberg-Hattestad (NOR)

★ History

Despite Finland's dominance of the men's javelin, in Atlanta reigning women's Olympic champion Heli Rantanen became Finland's first female gold medallist at any Olympic athletics event.

★ Did you know?

Current world record-holder Trine Solberg-Hattestad has twice been world champion (1993 & 1997) but has only won one Olympic medal, bronze in Atlanta.

Javelin

Qualifying (group A): Friday, September 29, 10.00 (12.00am BST)
Qualifying (group B): Friday, September 29, 11.45 (1.45am BST)
Final: Saturday, September 30, 20.00 (10.00am BST)

LONG gone is the golden era of Tessa Sanderson and Fatima Whitbread, in fact there is no British athlete of sufficient standard to send to these Olympics. However, one contemporary of our "golden girls" is still around and very much at the top of the event.

Norway's 34-year-old Trine Solberg-Hattestad (69.48m) who was fifth in the 1984 Olympics when Sanderson won gold, is in the form of her life having set two world records this season with the new specification javelin introduced into competition last year. World champion in 1993 and 1997, Hattestad is one of the all-time greats in this discipline.

However, to cap a marvellous career Hattestad, who surprisingly has 'only' one Olympic medal to her name, needs an Olympic title and in Sydney she will not be without serious challengers.

Significantly, Russia's Tatyana Shikolenko who took the silver medal at both the last European and World Championships, defeated Hattestad this summer at the Paris and Monaco Golden League meets, setting a new Russian record of 67.20m in the latter. However, her Olympic threat subsided somewhat when she finished fourth

Trine Solberg-Hattestad

in Brussels and Berlin behind Hattestad and world junior champion Osleidys Menendez of Cuba.

Australia's Louise McPaul-Currey is the fourth longest thrower of the year with 66.80m, but she sustained a serious knee injury at the Australian trials and may not throw in the Games at all. The trials were a disaster for the hosts as Joanna Stone (64.92m), the 1997 world silver medallist also suffered an aggravated rib injury.

Tanja Damaske, the German champion, produced a 66.73m effort to win her national title – fifth in the world. She was second in Oslo with 65.74m behind Hattestad's world record, and third in the Paris, Monaco and Berlin Golden League meets. Damaske won European gold in 1998 and was third in the 1997 World Championships.

Menendez broke straight into senior level last year with an excellent fourth at the World Championships and threw 67.83m for second in Berlin – second in the world. She lost to German Steffi Nerius (65.47m) earlier in the year but then won in the grand prix meets in Zagreb and Helsinki. In Athens her winning throw of 66.35m beat Greece's surprise 1999 world champion Mirela Manjani-Tzelili.

Manjani-Tzelili, having competed so little this season, will again be the unknown quantity, as could the improving Claudia Coslovich (65.30m) of Italy. With reigning Olympic champion Heli Rantanen suffering from persistent injuries, Finland's challenge looks likely to come from former world junior champion Taina Uppa (64.06m) and European bronze medallist Mikaela Ingberg (64.03m).

NORWICH UNION & UK athletics – from grass roots to glory

4x100m

First round: Friday, September 29, 10.45 (1.45am BST)
Semi-final: Friday, September 29, 20.20 (10.20am BST)
Final: Saturday, September 30, 19.40 (9.40am BST)

THREE teams are head and shoulders above the rest of the world – USA, Bahamas and Jamaica. The trio took the first three places in Atlanta four years ago and a repeat is highly likely. All three are set to run below 42 seconds (too good for all but the very best men's clubs in Britain) and will be far too good for the opposition.

With Marion Jones injured for the 4x100 in Seville the USA looked decidedly ordinary and failed to win a medal but with Inger Miller, Chryste Gaines and Gail Devers to call upon they will have a formidable team in Sydney. Indeed the expected quartet will be the same as that which won the 1997 world title in 41.47, the second quickest ever and just outside the GDR's ancient world record of 41.37.

At their best the USA will be untouchable and may even reclaim the world record they last held in 1972. All eyes will be on Jones who will be hoping this will be her fourth gold of the games (with a fifth to come two hours later) but the greater feats may well be provided by Devers who herself could win her fifth Olympic title. With three to her credit already she will be hot favourite to win a fourth in the 100m hurdles and a fifth would be a unique achievement by a woman.

Christine Arron

Superlatives abound in this race as the Bahamas (reigning world champions) will be attempting to win the country's first Olympic gold in athletics. Their well drilled team includes four who have broken 11 seconds for 100m, most notably 34-year-old Pauline Davis who is contesting her fifth Games and has set personal bests in both sprints this year.

Things get even better when you realise who will be in the line-up for Jamaica. Merlene Ottey may not yet have secured a place in the 100m but she will be part of the 4x100m for sure and will be seeking a record eighth Olympic medal some 20 years after winning a 200m bronze in Moscow.

Europe, who in the form of Russia took fourth in the last Olympic final, may well get shut out of the medals for a second time in succession.

France (led by Christine Arron) perhaps hold the best chance. Russia have found no replacement for Irina Privalova and Germany is now weaker than at any time in the last 25 years.

There is every reason to expect that Great Britain can make the final, *if* they can actually get the baton round.

In contrast to the men our women are going through a most unreliable period, highlighted in July when they failed to finish in the European Cup for the third successive year.

We didn't get to the finish line last month in Gateshead either but the team of Joice Maduaka, Shani Anderson, Sam Davies and Marcia Richardson are certainly capable of getting close to 43 seconds.

★ Records

World record
East Germany 41.37
Olympic record
East Germany 41.60
British record
42.43 (1980)

★ Atlanta '96

Gold: USA
Silver: Bahamas
Bronze: Jamaica

★ History

Pearl Jones, the second leg runner on the USA team that won in 1952 was just 15!

She returned to win a second relay gold eight years later.

★ Did you know?

Poland won in world record time in 1964.

Three years later one of that team failed a sex test – the record was rescinded but they kept the gold medals.

★ British squad

JOICE MADUAKA, Marcia Richardson along with Shani Anderson got Britain to the final in Seville and in Sydney team up with Sam Davies, Sarah Wilhelmy, and Diane Allahgreen.

4x400m

First round: Friday, September 29 18.40 (8.40am BST)
Final: Saturday, September 30 21.35 (11.35am BST)

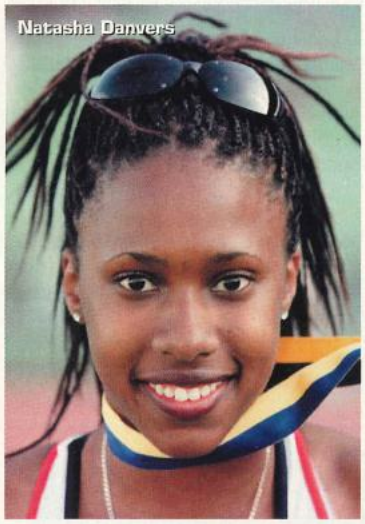
COULD the USA repeat their achievement of 1984 and take all four relay golds? If they do it can be classified as a true Grand Slam with there being no Olympic boycott in Sydney (unlike in Los Angeles 16 years ago).

This may well be their hardest task and yet they once again have awesome talent at their disposal with a line-up that could run in the region of 3:18. Jearl Miles (part of the team which won in 1996) is as dependable as one can get while Michelle Collins provides almost as much experience and is having her best season ever.

Latasha Colander Richardson (PB 49.87) is a former 100m hurdler who is still holding her form pretty well. Then there is Marion.

I am not sure if Miss Jones has ever run a 400m relay leg before. However, three 400m victories in the Mt Sac relays (including 49.59 to win this April) convince me she can run close to 48 seconds. In similar circumstances Florence Griffith-Joyner ran both relays in the 1988 Games and managed 48.08 for her 400m leg. That was not good enough for victory 12 years ago but certainly would be in Sydney.

The one team that could spoil the party is Russia. Reigning world champions, they have unrivalled depth with eight women below 51 seconds this year and a star of the future in Svetlana Pospelova. The one thing they have lacked in recent years is the single super talent who can run a leg in 49 seconds and leave the other teams to strive for the minor medals. Step forward Irina Privalova, back in the sport as a 400m hurdler – just what they need. What a prospect: Jones and Privalova receiving their batons for the anchor leg just a metre apart!


Natasha Danvers

Many other teams might hope they can win but in reality it really is just a hope. Nigeria, who surely would have won in 1996 but for Charity Opara's impetuosity and might well have done so last year in Seville only to inexplicably no-show, are relying on a foursome all performing below par. The same applies to Jamaica, where Lorraine Graham will lead a team short of depth and which may include two 400m hurdlers.

Also short of depth is Germany, the 1997 world champions who have no athlete under 51 seconds this season. Grit Breuer and Anja Rucker have both been off colour but the Germans are liable to be near their best on the day and clearly will be in the shake-up.

When Allison Curbishley returned in July Britain's prospects increased substantially, but after she suffered a setback in mid-August hopes are in the balance again. Katharine Merry and Donna Fraser will give us every chance but Curbishley must be fit as our fourth will struggle to hold the team's position. A place in the final is certain and there is still a chance of a medal.

★ Records

World record
Soviet Union 3:15.17
Olympic record
Soviet Union 3:15.17
British record
3:22.01

★ Atlanta '96

Gold: USA
Silver: Nigeria
Bronze: Germany

★ History

The USA has medalled in this event in every Olympics they've contested. They boycotted the Moscow Games in 1980.

★ Did you know?

Britain's bronze medal team in 1980 was led off by Lynsey MacDonald, 16, the country's youngest Olympic track finalist in the individual event.

★ British squad

ALLISON CURBISHLEY could hold the key to success here should she get back to her best Down Under.

Katharine Merry and Donna Fraser give the team a strong backbone and Sinead Dudgeon could complete the quartet with Natasha Danvers and Helen Frost also vying for selection.

★ Records

World record
Jackie Joyner-Kersee (USA) 7291
Olympic record
Jackie Joyner-Kersee (USA) 7291
British record
Denise Lewis 6831

★ Atlanta '96

Gold: Gada Shouaa (SYR) 6780
Silver: Natasha Sazanovich (BLR) 6563
Bronze: Denise Lewis (GB) 6489

★ History

Germany won all but four of the women's events at the 1972 Games. One of them was the five-event pentathlon, where Mary Peters became a household name throughout the British Isles when she broke the world record to beat Heide Rosendahl by 10 points.

★ Did you know?

The bottom two competitors in the 1992 Olympic heptathlon were Ghada Shouaa and Eunice Barber. Shouaa went on to win the 1996 Olympic title and Barber the 1999 world crown.

★ Top Brit

Denise Lewis
The Commonwealth record-holder is one of the biggest names in British sport. If she can add an Olympic title to her European and Commonwealth crowns she will become an even greater superstar

PB: 6831 (13.13/1.0, 1.84, 15.07, 24.01, 6.69/-0.4, 49.42, 2:12.20) Talence, July 30 2000

Lewis and Barber's main pre-Sydney contest went like this:
Barber, Gotzis, June 4: 6842 (12.97/0.2, 1.88, 12.23, 23.84, 6.85/-0.1, 51.91, 2:11.55)
Lewis, Talence, July 30: 6831 (13.13/1.0, 1.84, 15.07, 24.01, 6.69/-0.4, 49.42, 2:12.20)
If the heptathlon in Sydney is as close as this, it will be a corker.

Heptathlon

Day one, first event: Saturday, September 23, 10.00 (12.00am BST)
Day one, last event: Saturday, September 23, 20.35 (10.35am BST)
Day two, first event: Sunday, September 24, 11.30 (1.30am BST)
Day two, last event: Sunday, September 24, 21.30 (11.30am BST)

Denise Lewis is the most likely woman in the British team to strike gold. Her clash with the formidable Eunice Barber could provide the Games' most thrilling battle

DENISE LEWIS is on the verge of joining a small, select club of British women who have achieved the ultimate in world sport.

Only Mary Rand, Ann Packer, Mary Peters, Tessa Sanderson and Sally Gunnell have won Olympic gold. Lewis aims to be the sixth.

The 28-year-old from West Bromwich appears to be rounding into the form of her life. In July she smashed her own Commonwealth record by almost 100 points. Where did she do it? In Talence, France – the backyard of her chief rival, world champion Eunice Barber.

After a winter spent battling against injuries, Lewis could not have had a greater psychological boost. Added to this was the fact that Barber, who was due to compete in the competition, withdrew with an injury of her own.

In 1999 Barber established herself as the heptathlete to beat. She won four major heptathlons, in Arles, the European Cup, the World Championships and Talence. Her performance at the worlds in Seville was awesome, as she defeated Lewis by 137 points.

In the first event, the 100m hurdles, Barber ran 12.89 into a slight wind (the British record, held by Angie Thorp, is 12.80). The Frenchwoman then improved her high jump best by six centimetres to 1.93m.

Meanwhile, Lewis had a disastrous hurdles – running 13.67 (she ran 13.13 a few weeks ago in Talence) but recovered to throw a lifetime best of 16.12m in the shot against Barber's 12.37m.

These contrasting strengths and weaknesses promise to make the heptathlon battle between Lewis and Barber one of the most thrilling of the Games.

Barber's best event is probably the long jump and if she entered this individually she would have a great chance of winning a medal ahead of the likes of Marion Jones.

Her throwing, however, is not as strong – and if it comes down to a battle of wills in the final event, where both women appear (on the clock) to be evenly matched, then only a fool would bet against Lewis.

Denise Lewis and right, Eunice Barber

The Briton's coach, Dutchman Charles van Commenee, believes it could come down to the final event. He also points out that the competition will not necessarily be between two women.

Surely the only athlete who can break up the Lewis-Barber combo is Ghada Shouaa of Syria?

Shouaa won the 1996 Olympic title and returned from a serious back injury to place third in Seville last year. Still fighting the same injury, Shouaa is keeping a low profile (she threw 49m in a minor competition in Germany a couple of weeks ago) and nobody knows for sure what her condition is like – apart, of course, from the Shouaa camp.

Lewis, too, spent last winter rehabilitating from injuries. The problems were such that she was unable to high jump from August 1999 (that is, the competition in Seville) to spring 2000.

Given her problems, her performance in Talence was staggering. Barber has not exactly been out of form, however, and posted a score of 6842 in Gotzis in June.

Denise Lewis v Eunice Barber – how they match up

Lewis	Event	Barber
13.18	100H	12.89
1.87	High jump	1.93
16.12	Shot put	13.05i
24.01	200m	23.53
6.69	Long jump	7.01
56.50	Javelin	52.44
2:12.20	800m	2:10.75

Marion Jones

THE GOLDEN QUEST

by Stan Greenberg

IN the words of a song by George Gershwin – It Ain't Necessarily So. The athletics press has pounced on the story about the ambition of Marion Jones at Sydney to become the first athlete to win five gold medals at one Olympic Games. Even assuming she does achieve her goal – and the long jump could be the 'fly in the ointment' – she will not be the first, as the feat has already been achieved.

In 1924, at the Games in Paris, the legendary Finnish distance runner Paavo Nurmi became the first, and to date the only one, to achieve this Holy Grail. However, to be fair, it should be noted that two of those golds were gained in the same race, ie, for individual and team wins in the 10km cross-country race. They were added to those he had won at 1500m and 5000m (both within 90 minutes on the same afternoon), and the 3000m team race. His fellow 'Flying Finn', Ville Ritola, another great distance runner, almost matched him by gaining four gold and two silver medals, also in Paris, his total setting another record for most athletics medals at a single Games.

If Jones does make it five, then certainly she will be the first to win them in five separate events, and it will be a superb achievement. However, perhaps one should put it in context by considering what has happened in other sports at the Olympics.

Head and shoulders above any other exploits are the seven gold medals by American swimmer Mark Spitz at Munich in 1972. These are closely followed by the six golds, also in the pool, by the GDR's Kristin Otto in the 1988 women's events. Then there are the six gold medals won by gymnast Vitali Scherbo at Barcelona in 1992, and one shouldn't overlook the five individual gold medals won by American speed skater Eric Heiden at the 1980 Winter Games held at Lake Placid. Although gymnasts do have more opportunity than most to win multiple medals, that shouldn't detract from the feat of Alexander Ditiatin (URS) when he won an unsurpassed total of eight medals (3g, 4s, 1b) at Moscow in 1980.

If Jones should 'only' win four golds, she will join a fairly select group of athletes who have already achieved that target. They include some of the greatest athletes of all time: the aforementioned Nurmi and Ritola, Jesse Owens and Carl Lewis among the men, and Holland's Fanny Blankers-Koen. However, in all these cases one of their golds came in a relay or team event. Only one athlete, Alvin Kraenzlein (USA), has won four individual titles – he gained the 60m, 110m hurdles, 200m hurdles and the long jump at Paris exactly a century ago.

Other great medal combinations by athletes at one Games include: the outstanding treble by Emil Zatopek of Czechoslovakia at Helsinki in 1952, when he won the 5000m, 10,000m and the marathon; James Lightbody (USA) won the 800m/1500m/2500m steeplechase, and got a silver in the four-mile team race at St Louis in 1904; Martin Sheridan (USA) won the shot and discus in 1906 and gained silvers in the stone throw, and the standing high and long jumps; Irving Baxter (USA) won the high jump and the pole vault (both on the same afternoon), and the following day won silver medals in the standing high, long and triple jumps; Mildred 'Babe' Didrikson (USA) won gold medals in the 1932 80m hurdles and javelin, and placed second, with the same height as the winner, in the high jump – the only athlete to ever win medals in a run, a jump and a throw.

The event where Marion Jones is weakest, the long jump

Marion Jones: plans on taking five gold medals home from Sydney

■ Stan Greenberg is the author of *Whitaker's Olympic Almanack*, published by The Stationery Office.

World top 20

As of September 3

Keri Maddox: in the 400H rankings

WOMEN

100m

10.78	Marion Jones	USA
10.86	Chandra Sturrup	BAH
10.91	Ekateríni Thánou	GRE
10.91	Inger Miller	USA
10.93	Zhanna Tarnopolskaya-Pintusevich	UKR
10.96	Eldece Clarke-Lewis	BAH
10.96	Debbie Ferguson	BAH
10.97	Chryste Gaines	USA
10.97	Pauline Davis-Thompson	BAH
10.99	Christine Arron	FRA
10.99	Gail Devers	USA
10.99	Mary Onyali	NGR
10.99	Merlene Ottey	JAM
11.01	Myriam Léonie Mani	CMR
11.03	Carlette Guidry-White	USA
11.03	Sevatheda Fynes	BAH
11.04	Lyubov Perepelova	UZB
11.06	Torri Edwards	USA
11.07	Tanya Lawrence	JAM
11.11	Natalya Pomoshchnikova-Voronova	RUS

200m

21.94	Marion Jones	USA
22.09	Inger Miller	USA
22.38	Nanceen Perry	USA
22.43	Melinda Gainsford-Taylor	AUS
22.43	Debbie Ferguson	BAH
22.44A	Pauline Davis-Thompson	BAH
22.49	LaTasha Colander-Richardson	USA
22.49	Mary Onyali	NGR
22.51	Peta-Gaye Dowdie	JAM
22.52	Lauren Hewitt	AUS
22.54	Myriam Léonie Mani	CMR
22.57	Chandra Sturrup	BAH
22.57	Michele Collins	USA
22.57	Cathy Freeman	AUS
22.64A	Aïda Diop	SEN
22.65	Torri Edwards	USA
22.66	Cydonie Mothersill	CAY
22.66	Beverly McDonald	JAM
22.69	Kinshasa Davis	USA
22.69	Andrea Philipp	GER

400m

49.48	Cathy Freeman	AUS
49.59	Marion Jones	USA
49.70	Ana Guevara	MEX
49.87	LaTasha Colander-Richardson	USA
50.04	Falilat Ogunkoya	NGR
50.04	Jearl Miles-Clark	USA
50.05	KATHARINE MERRY	GBR
50.07	Lorraine Graham	JAM
50.10	Natalya Nazarova	RUS
50.11	Michele Collins	USA
50.21	Olga Kotlyarova	RUS
50.23	Svetlana Goncharenko	RUS
50.32	Marie-José Pérec	FRA
50.36	Olesya Zykina	RUS
50.45A	Olabisi Afolabi	NGR
50.47	Svetlana Pospelova	RUS
50.67	Anna Tkach	RUS
50.69	Mireille Nguimgo	CMR
50.71	Helena Dziurova-Fuchsová	CZE
50.73A	Claudine Komgang	CMR

Many peoples favourite: Suzy Favor-Hamilton

800m

1:56.60	Natalya Tsyganova	RUS
1:56.85	Olga Raspopova	RUS
1:56.90	Maria de Lourdes Mutola	MOZ
1:57.32	Stephanie Graf	AUT
1:57.49	Irina Mistyukevich	RUS
1:57.53	Ludmila Formanová	CZE
1:58.08	Regina Jacobs	USA
1:58.10	Suzy Favor-Hamilton	USA
1:58.34	Claudia Gesell	GER
1:58.47	Hasna Benhassi	MAR
1:58.62	Letitia Vriesde	SUR
1:58.77	Marina Anisimova	RUS
1:58.97	Hazel Clark	USA
1:59.09	Sandra Stals	BEL
1:59.12	Jearl Miles-Clark	USA
1:59.20	Ivonne Teichmann	GER
1:59.21	Tamsyn Lewis	AUS
1:59.23	Svetlana Cherkasova	RUS
1:59.39	Toni Hodgkinson	NZL
1:59.49	Joetta Clark-Diggs	USA

1500m

3:57.40	Suzy Favor-Hamilton	USA
3:58.29	Violeta Beclea-Szekely	ROM
3:59.02	Kutre Dulecha	ETH
3:59.12	Nouria Mérah-Benida	ALG
3:59.22	Lidia Chojecka	POL
4:00.35	Carla Sacramento	POR
4:00.73	Gabriela Szabo	ROM
4:01.01	Regina Jacobs	USA
4:01.15	Svetlana Masterkova	RUS
4:01.23	HAYLEY PARRY-TULLETT	GBR
4:01.50	Natalya Gorelova	RUS
4:01.64	Naomi Mugo	KEN
4:01.70	Sonia O'Sullivan	IRL
4:01.73	Lyudmila Rogachova	RUS
4:02.21	Olga Nelyubova	RUS
4:02.32	Olga Komyagina	RUS
4:02.39	Maria de Lourdes Mutola	MOZ
4:03.02	Süreyya Ayhan	TUR
4:03.10	Lyubov Kremlyova	RUS
4:03.18	Olga Kuznetsova	RUS

5000m

14:30.88	Gete Wami	ETH
14:39.83	Leah Malot	KEN
14:40.61	Gabriela Szabo	ROM
14:41.23	Ayelech Worku	ETH
14:42.91	Olga Yegorova	RUS
14:44.36	PAULA RADCLIFFE	GBR
14:44.57	Derartu Tulu	ETH
14:45.35	Regina Jacobs	USA
14:45.95	Tegla Loroupe	KEN
14:47.71	Jelena Celnova-Prokopèuka	LAT
14:47.79	Yamna Oubouhou-Belkacem	FRA
14:48.09	Lydia Cheromei	KEN
14:48.31	Asmae Leghzaoui	MAR
14:51.62	Deena Drossin	USA
14:52.61	Berhane Adere	ETH
14:53.00	Tatyana Tomashova	RUS
14:53.61	Sally Barsosio	KEN
14:54.30	Irina Mikitenko	GER
14:55.88	Rose Cheruiyot	KEN
14:57.48	Elana Meyer	RSA

10,000m

30:51.30	Berhane Adere	ETH
30:56.4	Derartu Tulu	ETH
30:57.70	Leah Malot	KEN
30:59.92	Merima Hashim	ETH
31:03.60	Marleen Renders	BEL
31:05.57	Maura Viceconte	ITA
31:09.46	Yuko Kawakami	JPN
31:10.12	Adriana Fernández	MEX
31:24.12	Silvia Sommaggio	ITA
31:24.36	Fernanda Ribeiro	POR
31:27.86	Jelena Celnova-Prokopèuka	LAT
31:29.66	Galina Bogomolova	RUS
31:30.83	Lydia Grigoryeva	RUS
31:33.58	Lyudmila Biktasheva	RUS
31:36.4	Tegla Loroupe	KEN
31:40.14	Irina Timofeyeva	RUS
31:43.07	Sonia O'Sullivan	IRL
31:43.28	Merima Denboba	ETH
31:43.29	Fatima Maama-Yvelain	FRA
31:44.3	Maria Teresa Recio	ESP

MARATHON

2:22:19	Naoko Takahashi	JPN
2:22:54	Lidia Slavuteanu-Simon	ROM
2:22:56	Harumi Hiroyama	JPN
2:23:31	Esther Wanjiru	KEN
2:23:43	Marleen Renders	BEL
2:23:47	Maura Viceconte	ITA
2:24:33	Tegla Loroupe	KEN
2:24:36	Reiko Tosa	JPN
2:24:47	Elfenesh Alemu	ETH
2:24:57	Joyce Chepchumba	KEN
2:25:14	Kayoko Obata	JPN
2:25:32	Xiujuan Ren	CHN
2:25:42	Adriana Fernández	MEX
2:25:59	Kerryn McCann	AUS
2:26:09	Derartu Tulu	ETH
2:26:11	Catherine Ndereba	KEN
2:26:12	Maria Guida	ITA
2:26:26	Valentina Yegorova	RUS
2:26:27	Irina Bogachova	KGZ
2:26:27	Fatuma Roba	ETH

100H

12.33	Gail Devers	USA
12.52	Delloreen Ennis-London	JAM
12.54	Glory Alozie	NGR
12.57	Michelle Freeman	JAM
12.57	Melissa Morrison	USA
12.63	Anjanette Kirkland	USA
12.65	Olga Shishigina	KZK
12.67	Joanna Hayes	USA
12.68	Sharon Couch-Jewell	USA
12.70	Donica Merriman	USA
12.76	Nicole Ramalalanirina	FRA
12.77A	Tonya Lawson	USA
12.78	Svetla Dimitrova	BUL
12.78	Miesha McKelvy	USA
12.79	Brigitte Foster	JAM
12.80	Nadine Faustin	HAI
12.81	Linda Ferga	FRA
12.81	EllaKisha Williamson	USA
12.82	Natalya Shekhodanova	RUS
12.82	Yelena Ovcharova-Krasovska	UKR

400H

53.33	Sandra Cummings-Glover	USA
53.53	Nezha Bidouane	MAR
54.06	Irina Privalova	RUS
54.14	Daimí Pernía	CUB
54.18	Deon Hemmings	JAM
54.20	Tetyana Tereshchuk-Antipova	UKR
54.31	Yuliya Nosova	RUS
54.37	Gudrún Arnardottir	ISL
54.41	Andrea Blackett	BAR
54.50	Natalya Torshina	KZK
54.57	Ulrike Urbansky	GER
54.70	Kim Batten	USA
54.80	Tonja Buford-Bailey	USA
54.84	Heike Meissner	GER
54.97	Joanna Hayes	USA
55.09	Yvonne Harrison	USA
55.11	Mame Tacko Diouf	SEN
55.20A	Jana Pittman	AUS
55.22A	Surita Febbraio	RSA
55.22	KERI MADDOX	GBR

HJ

2.02	Monica Iagar-Dinescu	ROM
2.01	Venelina Veneva	BUL
2.01	Kajsa Bergqvist	SWE
2.00	Zuzana Kováciková-Hlavonova	CZE
2.00	Inga Babakova	UKR
1.98	Khristina Kalcheva	BUL
1.98	Irina Mikhalchenko	UKR
1.98	Viktoriya Palamar	UKR
1.97	Yelena Yelesina	RUS
1.97	Hestrie Storbeck-Cloete	RSA
1.97	Svetlana Zalevskaya	KZK
1.97	Tatyana Shevchik	BLR
1.96	Marina Kuptsova	RUS
1.96	Viktoriya Styopina	UKR
1.96	Yuliya Lyakhova	RUS
1.95	Erin Aldrich	USA
1.95	Eleonora Milusheva	BUL
1.95	Yelena Rodina-Gulyayeva	RUS

NORWICH UNION & UK athletics – from grass roots to glory

1.95	Hanne Haugland	NOR
1.95	Sigrid Kirchmann	AUT

PV

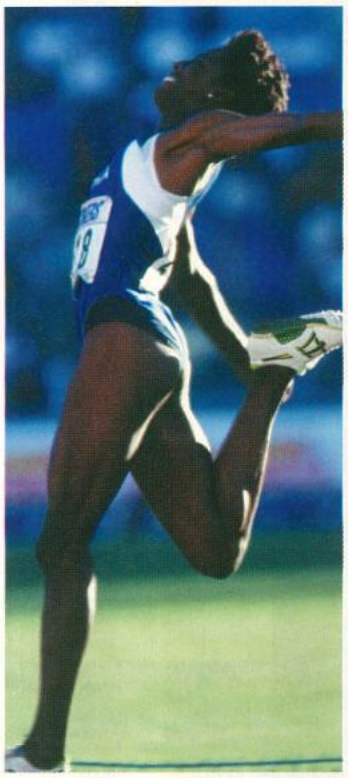
4.63	Stacy Dragila	USA
4.56	Anzhela Balakhonova	UKR
4.53	Kellie Suttle	USA
4.50	Emma George	AUS
4.50	Svetlana Feofanova	RUS
4.50	Daniela Bártová	CZE
4.50	Yelena Belyakova	RUS
4.50	Nicole Rieger-Humbert	GER
4.47	Mary Sauer	USA
4.45	Tracy O'Hara	USA
4.45	Pavla Hamácková	CZE
4.45	Yvonne Buschbaum	GER
4.45	Melissa Mueller	USA
4.42	Alejandra García	ARG
4.42	Tanya Koleva	BUL
4.42	Elmarie Gerryts	RSA
4.40	Yelena Isinbayeva	RUS
4.37	Lisa Kubishta	USA
4.35	Marie Poissonnier	FRA
4.35	Shuying Gao	CHN
4.35	Alicia Warlick	USA
4.35	JANINE WHITLOCK	GBR
4.35	Monika Pyrek	POL

LJ

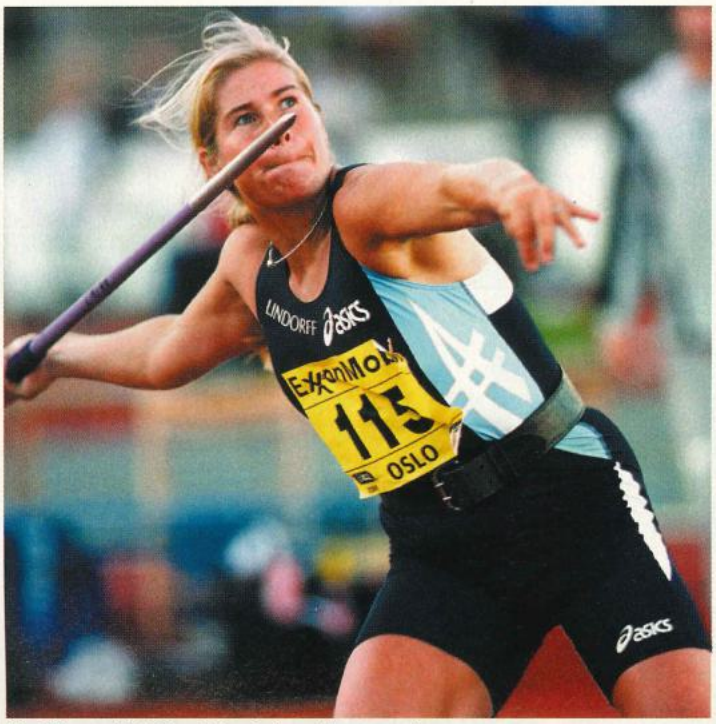
7.09	Fiona May	ITA
7.04	Tatyana Kotova	RUS
7.02	Marion Jones	USA
7.00	Inessa Kravets	UKR
6.99	Lissete Cuza	CUB
6.99	Erica Johansson	SWE
6.98	Dawn Burrell	USA
6.95	Yingnan Guan	CHN
6.95	Heike Daute-Drechsler	GER
6.93	Maurren Higa Maggi	BRA
6.92	Iva Prandzheva	BUL
6.91	Valentina Gotovska	LAT
6.89	Olga Rublyova	RUS
6.89	Lyudmila Galkina	RUS
6.87A	Meosha Hubbard	USA
6.86	Olena Shekhovtsova	UKR
6.86	Niurka Montalvo	ESP
6.85	Eunice Barber	FRA
6.85	Viorica Tigau	ROM
6.84	Viktoriya Vershinina	UKR

TJ

15.01	Tatyana Lebedeva	RUS
14.90	Tereza Marinova	BUL
14.80	Olena Govorova	UKR



Fiona May: looking toward Olympic gold in the long jump



World record-holder: Trine Solberg-Hattestad

14.69	Anja Valant	SLO
14.65	Natalya Klimovets-Safronova	BLR
14.57	Inessa Kravets	UKR
14.47	Olga Yershova	RUS
14.47	Yamilé Aldama	CUB
14.44	Anna Biryukova	RUS
14.44	Adelina Gavrila	ROM
14.40	Magdelín Martínez	CUB
14.36	Ruiping Ren	CHN
14.30	Baya Rahouli	ALG
14.27	Maria Dimitrova	BUL
14.27	Olena Khlusovych	UKR
14.27	Oksana Rogova	RUS
14.25	Yelena Oleynikova	RUS
14.24	Inna Lasovskaya	RUS
14.21	Chunqing Miao	CHN
14.20	Yelena Parfenova	KZK

SP

21.46	Larisa Peleshenko	RUS
20.72	Svetlana Krivelyova	RUS
20.08	Yanina Korolchik	BLR
20.03	Astrid Kumbernuss	GER
19.81	Nadine Kleinert-Schmitt	GER
19.51	Lyudmila Sechko	RUS
19.48	Yumileidi Cumbá	CUB
19.36	Myung-Sun Lee	KOR
19.32	Xin Yu	CHN
19.28	Katarzyna Zakowicz	POL
19.18	Connie Price-Smith	USA
19.09	Olga Ryabinkina	RUS
18.94	Lucica Ciobanu	ROM
18.93	Xiaoyan Cheng	CHN
18.85	Liuhong Zhang	CHN
18.82	Nadezhda Ostapchuk	BLR
18.81	Mara Rosolen	ITA
18.79	Valentina Fedyushina	AUT
18.78	Krystyna Danilczyk-Zabawska	POL
18.73	Yuliya Zaginay	RUS

DT

68.70	Nicoleta Grasu	ROM
68.06	Franka Dietzsch	GER
67.33	Natalya Sadova	RUS
67.25	Ellina Zvereva	BLR
67.12	Anastasía Kelesídou	GRE
66.67	Yelena Antonova	UKR
65.90	Seilala Sua	USA
65.76	Ilke Wyludda	GER
65.42	Irina Yatchenko	BLR
65.41A	Beatrice Faumuina	NZL
65.35	Lisa-Marie Vizaniari	AUS
65.34	Kristin Kuehl	USA
65.30	Suzanne Powell	USA
65.18	Renata Gustaityte	LIT
65.13	Stiliani Tsikoúna	GRE
64.55	Olga Burova-Chernyavskaya	RUS
64.53	Xin Yu	CHN
64.37	Larisa Korotkevich	RUS
64.35	Ekateríni Voggoli	GRE
63.94	Joanna Wisniewska	POL

HT

75.68	Olga Kuzenkova	RUS
74.80	Mihaela Melinte	ROM
71.18	Manuela Montebrun	FRA
70.62	Kamila Skolimowska	POL
70.46	Dawn Ellerbe	USA
69.81	Olga Tsander	BLR
69.73	Tatyana Konstantinova	RUS
69.36	Yipsi Moreno	CUB
68.98	Katalin Div	
68.95	Kirsten Münchow	GER
68.47	Alla Fyodorova Davydova	RUS
68.28	Amy Christiansen-Palmer	USA
68.18	Ivana Brkljacic	CRO
67.73	Lyudmila Gubkina	BLR
67.55	Lisa Misipeka	AMS
67.44	LORRAINE SHAW	GBR
67.40	Robin Lyons	CAN
67.15	Svetlana Sudak	BLR
66.58	Bianca Achilles	GER
66.52A	Jesseca Cross	USA

JT

69.48	Trine Solberg-Hattestad	NOR
67.83	Osleidys Menéndez	CUB
67.20	Tatyana Shikolenko	RUS
66.80	Louise McPaul-Currey	AUS
66.73	Tanja Damaske	GER
65.47	Steffi Nerius	GER
65.30	Claudia Coslovich	ITA
64.89	Yekaterina Krasnikova-Ivakina	RUS
64.62	Joanna Stone	AUS
64.51	Miréla Manjani-Tzelíli	GRE
64.19	Nikola Tomecková	CZE
64.06	Taina Uppa	FIN
64.05	Sonia Bisset	CUB
64.03	Mikaela Ingberg	FIN
63.73	Laverne Eve	BAH
63.69	Lei Li	CHN
63.32	Khristina Georgieva	BUL
63.29	Ana Mirela Termure	ROM
63.13	Jianhua Wei	CHN
63.12	Felicia Tilea-Moldovan	ROM

HEPTATHLON

6842	Eunice Barber	FRA
6831	DENISE LEWIS	GBR
6765	Yelena Prokhorova	RUS
6633	Natalya Roshchupkina	RUS
6464	Sabine Braun	GER
6422	Shelia Burrell	USA
6401	Diana Koritskaya	RUS
6398	Urszula Wlodarczyk	POL
6396	Karin Specht-Ertl	GER
6384	Yelena Chernyavskaya	RUS
6379	Astrid Retzke	GER
6352	Irina Tyukhay	RUS
6343	Le Shundra Nathan	USA
6341	Kathleen Gutjahr	GER
6336	Tatyana Gordeyeva	RUS
6331	Larisa Teteryuk-Netseporuk	UKR
6289	Viorica Tigau	ROM
6288	Natalya Sazanovich	BLR
6271	Irina Vostrikova	RUS
6235	Nathalie Teppe	FRA

20km WALK ROAD

1:25:18	Tatyana Gudkova	RUS
1:25:20	Olga Polyakova	RUS
1:25:29	Irina Stankina	RUS
1:25:59	Tamara Kovalenko	RUS
1:26:08	Olimpiada Ivanova	RUS
1:27:42	Elisabetta Perrone	ITA
1:27:53	Kjersti Tysse-Plätzer	NOR
1:27:55	Hongyu Liu	CHN
1:28:06	Nadezhda Ryashkina	RUS
1:28:06	Erica Alfridi	ITA
1:28:19	Susana Feitor	POR
1:28:27	Yan Wang	CHN
1:28:38	Annarita Sidoti	ITA
1:28:52	Natalya Fedoskina	RUS
1:28:56	Jane Saville	AUS
1:28:59	Norica Cimpean	ROM
1:29:06	Valentina Savchuk	UKR
1:29:36	Kerry Saxby-Junna	AUS
1:29:39	Claudia Iovan	ROM
1:29:39	Yuliya Voyevodina	RUS

4 x 100m

42.13	United States	USA
42.33	United States "Red"	USA
42.35	Bahamas	BAH
42.38	France "A"	FRA
42.73	Germany	GER
42.74	United States "Blue"	USA
42.78	Jamaica	JAM
42.99A	Australia	AUS
43.14	University of South.California	USA
43.16	Louisiana State University	UND
43.17	World Team	UND
43.18	Ukraine	UKR
43.25A	South Africa	RSA
43.25	DLV-Auswahl	GER
43.38	Russia	RUS
43.39	HSI International	UND
43.44	Italy	ITA
43.63	LG Olympia Dortmund	GER
43.76	Greece	GRE
43.76	France 2	FRA

4 x 400m

3:25.50	Russia	RUS
3:25.96	United States "Red"	USA
3:27.51	Czech Republic	CZE
3:27.60	Sprint Capitol	UND
3:27.70	Germany	GER
3:28.11	India	IND
3:28.12	GREAT BRITAIN & N.I.	
3:28.36	Belarus	BLR
3:28.64	University of South Carolina	USA
3:29.43	United States "Blue"	USA
3:29.74	University of Texas	USA
3:30.75	Nigeria	NGR
3:31.06	Cuba	CUB
3:31.16	Poland	POL
3:31.34	University of Pittsburgh	UND
3:31.58	SC Magdeburg	GER
3:31.79	Jamaica	JAM
3:31.87	Ukraine	UKR
3:32.03	Baylor University	UND
3:32.16	S.C.Luch	UND

• *Rankings courtesy of the IAAF*

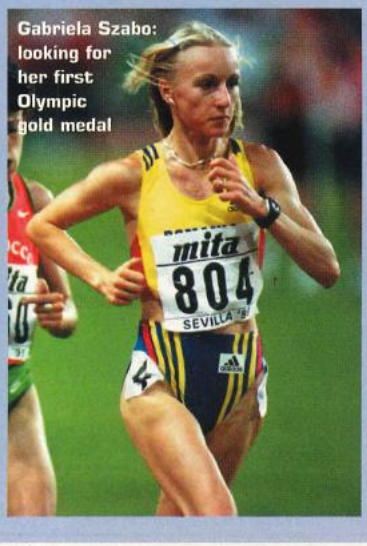
So who do you think will win?

If you're clued up on women's athletics this is the chance to prove it. Well, to yourself at least. Simply fill in the prediction column and see how your knowledge stacks up against our panel of experts when the final results are confirmed

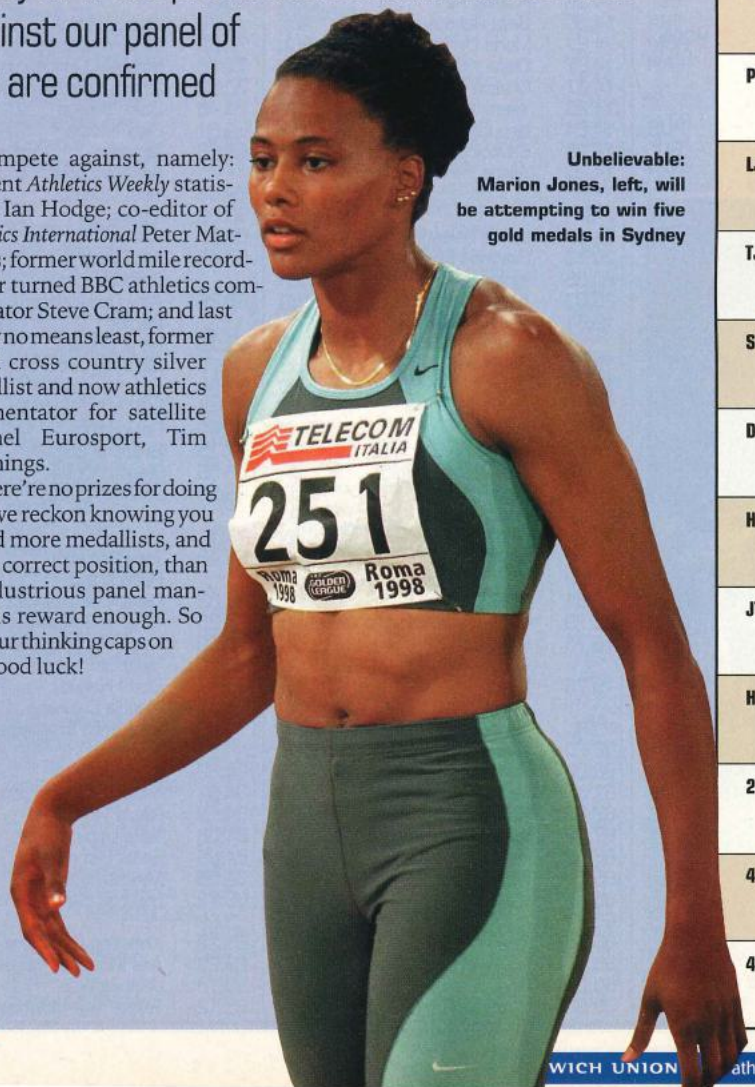
TO simply predict who's going to win medals in Sydney isn't as much fun as being able to see that your predictions were more accurate than somebody else's. Or has the spirit of competition between armchair experts died along with the West Indian cricketers' bottle?

To give you something to crow about when you successfully call the 1-2-3 in the women's hammer, we've given you the ultimate panel of experts to compete against, namely: resident *Athletics Weekly* statistician Ian Hodge; co-editor of *Athletics International* Peter Matthews; former world mile record-holder turned BBC athletics commentator Steve Cram; and last but by no means least, former world cross country silver medallist and now athletics commentator for satellite channel Eurosport, Tim Hutchings.

There're no prizes for doing this, we reckon knowing you tipped more medallists, and in the correct position, than our illustrious panel managed is reward enough. So get your thinking caps on and good luck!



Gabriela Szabo: looking for her first Olympic gold medal



Unbelievable: Marion Jones, left, will be attempting to win five gold medals in Sydney

EVENT	MEDAL
100	GOLD SILVER BRONZE
200	GOLD SILVER BRONZE
400	GOLD SILVER BRONZE
800	GOLD SILVER BRONZE
1500	GOLD SILVER BRONZE
5000	GOLD SILVER BRONZE
10,000	GOLD SILVER BRONZE
Marathon	GOLD SILVER BRONZE
100H	GOLD SILVER BRONZE
400H	GOLD SILVER BRONZE
HJ	GOLD SILVER BRONZE
PV	GOLD SILVER BRONZE
LJ	GOLD SILVER BRONZE
TJ	GOLD SILVER BRONZE
SP	GOLD SILVER BRONZE
DT	GOLD SILVER BRONZE
HT	GOLD SILVER BRONZE
JT	GOLD SILVER BRONZE
Heptathlon	GOLD SILVER BRONZE
20kmW	GOLD SILVER BRONZE
4x100	GOLD SILVER BRONZE
4x400	GOLD SILVER BRONZE

WICH UNION athletics – from grass roots to glory

IAN HODGE	PETER MATTHEWS	STEVE CRAM	TIM HUTCHINGS	YOUR PREDICTION	ACTUAL RESULT
Marion Jones Ekaterini Thanou Zhanna Pintusevich Block	Marion Jones Ekaterini Thánou Inger Miller	Marion Jones Sevatheda Fynes Inger Miller	Marion Jones Inger Miller Ekaterini Thánou	....	....
Marion Jones Inger Miller Bev McDonald	Marion Jones Inger Miller Debbie Ferguson	Marion Jones Inger Miller Cathy Freeman	Marion Jones Inger Miller Zhanna Pintusevich Block	....	....
Cathy Freeman Marie Jose Perec Lorraine Graham	Cathy Freeman Ana Guevara Lorraine Graham	Cathy Freeman Ana Guevara LaTasha Colander-Richardson	Cathy Freeman Marie Jose Perec KATHARINE MERRY	....	....
Maria Mutola Stephanie Graf Ludmila Formanova	Maria Mutola Steffi Graf Ludmila Formanová	Maria Mutola Jearl Miles-Clark Hasna Benhassi	Maria Mutola Ludmila Formanová Steffi Graf	....	....
Svetlana Masterkova Suzy Hamilton Kutre Dulecha	Svetlana Masterkova Suzy Favor-Hamilton Violeta Szekely	Gabriela Szabo Violeta Szekely Kutre Dulecha	Svetlana Masterkova Kutre Dulecha Suzy Favor-Hamilton	....	....
Gabriela Szabo Dong Yanmei Tatyana Tomashova	Gabriela Szabo Gete Wami Ayelech Worku	Gabriela Szabo Sonia O'Sullivan Lydia Cheromei	Gabriela Szabo Gete Wami Olga Yegorova	....	....
Gete Wami Sonia O'Sullivan PAULA RADCLIFFE	Gete Wami Derartu Tulu PAULA RADCLIFFE	Gete Wami PAULA RADCLIFFE Derartu Tulu	Derartu Tulu PAULA RADCLIFFE Berhane Adere	....	....
Naoko Takahashi Tegla Loroupe Joyce Chepchumba	Naoko Takahashi Lidia Simon Joyce Chepchumba	Tegla Loroupe Va;emtina Yegorova Elfenesh Alemu	Tegla Loroupe Joyce Chepchumba Lidia Simon	....	....
Gail Devers Glory Alozie Melissa Morrison	Gail Devers Glory Alozie Olga Shishigina	Gail Devers Glory Alozie Melissa Morrison	Gail Devers Michelle Freeman Melissa Morrison	....	....
Irina Privalova Daimi Pernia Nezha Bidouane	Irina Privalova Nezha Bidouane Deon Hemmings	Irina Privalova Sandra Glover Deon Hemmings	Nezha Bidouane Irina Privalova Sandra Glover	....	....
Kajsa Bergqvist Zuzana Hlavonova Inga Babakova	Kajsa Bergqvist Monica Iager-Dinescu Inga Babakova	Kajsa Bergqvist Monica Iager-Dinescu Inga Babakova	Monica Iager-Dinescu Inga Babakova Venelina Veneva	....	....
Stacy Dragila Anzhela Balakhonova Nicole Humbert	Stacy Dragila Anzhela Balakhonova Emma George	Stacy Dragila Anzhela Balakhonova Emma George	Stacy Dragila Anzhela Balakhonova Emma George	....	....
Tatyana Kotova Inessa Kravets Erica Johansson	Tatyana Kotova Heike Drechsler Inessa Kravets	Tatyana Kotova Marion Jones Fiona May	Fiona May Marion Jones Erica Johansson	....	....
Tatyana Lebedyeva Iva Prandzheva Tereza Marinova	Tatyana Lebedeva Iva Prandzheva Tereza Marinova	Tatyana Lebedeva Inessa Kravets Olena Govorova	Tatyana Lebedeva Iva Prandzheva Inessa Kravets	....	....
Astrid Kumbernuss Svetlana Krivelyova Larisa Peleschenko	Larisa Peleshenko Astrid Kumbernuss Svetlana Krivelyova	Svetlana Krivelyova Larisa Peleshenko Astrid Kumbernuss	Larisa Peleshenko Astrid Kumbernuss Svetlana Krivelyova	....	....
Franka Dietzsch Nicoleta Grasu Anastasia Kelesidiou	Franka Dietzsch Natalya Sadova Nicoleta Grasu	Franka Dietzsch Nicoleta Grasu Anastasia Kelesidou	Nicoleta Grasu Natalya Sadova Anastasia Kelesidou	....	....
Mihaela Melinte Olga Kuzenkova Manuela Montebrun	Mihaela Melinte Olga Kuzenkova Kamila Skolimowska	Mihaela Melinte Olga Kuzenkova Dawn Ellerbe	Mihaela Melinte Olga Kuzenkova Dawn Ellerbe	....	....
Trine Hattestad Osleidys Menéndez Mirela Tzelili	Trine Hattestad Osleidys Menéndez Tatyana Shikolenko	Trine Hattestad Osleidys Menéndez Tatyana Shikolenko	Trine Hattestad Tatyana Shikolenko Osleidys Menendez	....	....
DENISE LEWIS Yelena Prokhorova Eunice Barber	DENISE LEWIS Yelena Prokhorova Eunice Barber	Eunice Barber DENISE LEWIS Urszula Wlodarczyk	DENISE LEWIS Yelena Prokhorova Eunice Barber	....	....
Hongyu Liu Elisabetta Perrone Irina Stankina	Hongyu Liu Irina Stankina Yan Wang	Hongyu Liu Irina Stankina Yan Wang	Wang Yan Lyudmila Yefimkina Elisabetta Perrone	....	....
USA Bahamas Jamaica	USA Bahamas Jamaica	Bahamas USA Jamaica	USA Jamaica France	....	....
USA Russia Nigeria	USA Russia Great Britain	Russia USA Nigeria	USA Russia Australia	....	....

Where pedigree counts

by Peter Matthews

TAKING some time in advance of the Games to consider what might happen can enhance the enjoyment by armchair fans of the Olympics. But how does one go about a making careful selection of medal predictions?

We have, of course, the world ranking lists for the year – and they provide the simplest at-a-glance guide. But an athlete's best might be a one-off mark in ideal conditions months ago or in a minor meeting with no pressure and this might be far from what that man or woman could produce on the day in Sydney.

You need to look carefully at the athlete's sequence of marks in the months leading up to the Games and to know, if you can, of their state of fitness.

And, I suggest, you need to examine their championships pedigree – what they have achieved at previous Olympics or worlds or Europeans or other meetings of very high standard – for that can be of far greater significance than fast times in minor meetings or even grand prix events. Look at those who consistently perform on the really big occasions and who have the temperament to cope with the series of rounds and discipline of qualifying – and then to do even better at the crunch moment.

Occasionally an athlete stands out as being far ahead of the rest of the field. Michael Johnson is the prime example and his record over a long period is astonishing – he has contested the 400m at 82 meetings in the 12 seasons 1989-2000 and lost only three times (once each in 1997, 1998 and 1999). So in the men's 400m one simply looks at who will come second and third. The situation is almost as clear-cut in the women's 400m, for Cathy Freeman has won 41 of 42 races at 400m since her silver medal in Atlanta; the one question in her case being the possible threat from Marie-José Pérec, the champion of 1996. But Pérec has had just one 400m race in 2000 (third at Nice in July in 50.32) – and none at all in the period 1997-9!

World record-holder Michael Johnson is out-and-out favourite for the 400m

Hicham El Guerrouj at 1500m and Haile Gebrselassie at 10,000m are the best athletes ever in their events and 'must' win – unless they are not at full fitness and able to deliver their accustomed peerless displays.

El Guerrouj has lost just two races at any distance in his 57 meetings from September 1995 to 1 September 2000: his only losses coming when he fell in the 1996 Olympic final and when he lost his last race of 1997 (a slow mile at the Grand Prix Final to Robert Anderson).

Haile Gebrselassie has never run a bad race in his life (can any athlete anywhere, anytime match that?). He races sparingly at 10,000m and has 11 wins in his 12 races at the distance, his one loss being when he was third in 27:30.17 in the 1993 African Championships. Since his second place to Daniel Komen at 5000m in Zürich 1996, when his legs were still suffering from the hard track in Atlanta, Gebrselassie is unbeaten in 41 races at 2000m upwards.

Marion Jones is the greatest favourite in any women's event. It will be truly sensational if she succeeds in her goal of winning five gold medals – for I believe that the odds are against her taking the long jump, but at 100m and 200m she stands supreme. At 100m she was second in her last 100m race of 1997, running 10.91 behind Merlene Ottey 10.83, but she has won her 33 races at the distance since then, apart from when she was disqualified for one false start (under NCAA rules) in April 1999. This season she has run 100m 11 times – and her slowest time is 10.95! At 200m she won 17 successive races from 1997 until pulling up in her 1999 World Championships quarter-final and she won her only competition of 2000 (US Championships).

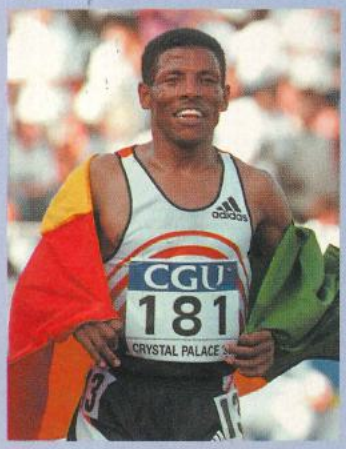
Gail Devers is almost as clear-cut a favourite. Able to concentrate on just the hurdles this time, she was beaten by Deloreen Ennis-London in Zagreb on July 3, but has since won her six competitions, running 12.56 or faster in all of them. Similarly, although he has lost a few times this year, Maurice Greene is favoured to retain his crown as 'the world's fastest man'.

With six successive wins (all over 8690pts) Tomas Dvorak is another outright favourite in the decathlon, although that event has so many chances of problems, and Jonathan Edwards, as long as he can focus on now rather than trying to recapture his 1995 magic, remains the world's best triple jumper. Virgilijus Alekna has been far ahead of his discus rivals for most of this year, but a run of 15 successive wins was ended in September by Lars Riedel, who won 69.72 to 69.70 at Berlin – and this sets up potentially one of the most fascinating head-to-head clashes of the Games, with Frantz Kruger by no means out of contention.

Other fascinating clashes include Olga Kuzenkova v Mihaela Melinte at women's hammer, Angelo Taylor against Llewellyn Herbert at 400H, Allen Johnson against Anier García and Colin Jackson at 110H. Among the great new talents to savour I particularly look to Ali Saïdi-Sief. On the other hand for some events like the pole vault and hammer for men one can look at a large number of potential winners.

I have analysed the form and come up with selections – some are confident choices, others are between two or three who stand out from the rest and may be reasoned assessments. For other events one has to go more on hunch, but you can be sure that there will be shocks, upsets, triumphs, despairs – the panoply of a major sporting event, rich in unpredictability and the true competition of the greatest of all championships in our sport. Olympic history will be enriched by many titanic events in Sydney.

■ For Peter Matthews' Olympic predictions see page 42 and 76.



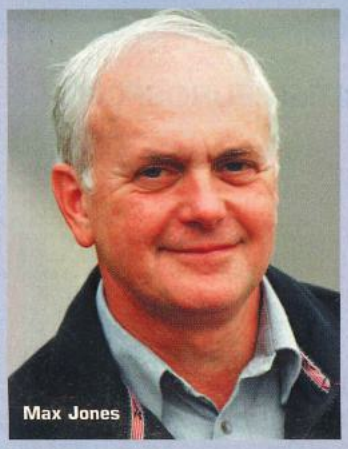
Haile Gebrselassie: outstanding

Tomas Dvorak: big favourite

Ali Saidi-Sief: a superb talent

Marion Jones: all gold?

Good luck to our team


Max Jones

Colin Jackson

Jo Wise

MEN	EVENT	WOMEN
CAMPBELL Darren CHAMBERS Dwain GARDENER Jason	**100m**	ANDERSON Shani MADUAKA Joice RICHARDSON Marcia
CAMPBELL Darren DEVONISH Marlon MALCOLM Christian	**200m**	DAVIES Sam MADUAKA
BALDOCK Sean BAULCH Jamie CAINES Daniel	**400m**	CURBISHLEY Allison FRASER Donna MERRY Katharine
HART Andy McILROY James	**800m**	HOLMES Kelly MODAHL Diane
GRAFFIN Andrew MAYOCK John WHITEMAN Anthony	**1500m**	HOLMES Kelly PATTINSON Helen TULLETT Hayley
BOWDITCH Kristen	**5000m**	PAVEY Joanne WHITCOMBE Andrea
DENMARK Rob JONES Andres KESKA Karl	**10,000m**	RADCLIFFE Paula
CHASTON Justin STEPHENSON Christian	**3000mSC**	
GREAVES Damien JACKSON Colin JARRETT Anthony	**110H/100H**	ALLAHGREEN Diane
BORSUMATO Anthony DOUGLAS Matt RAWLINSON Chris	**400H**	DANVERS Natasha DUDGEON Sinead MADDOX Keri
	20km Walk	KEHLER Lisa
MADDOCKS Chris	**50km Walk**	
BROWN Jonathan CULLEN Keith STEINLE Mark	**MARATHON**	SUTTON Marion
MACEY Dean	**DEC/HEPT**	LEWIS Denise
CHALLENGER Ben	**HIGH JUMP**	
HUGHES Kevin	**POLE VAULT**	WHITLOCK Janine

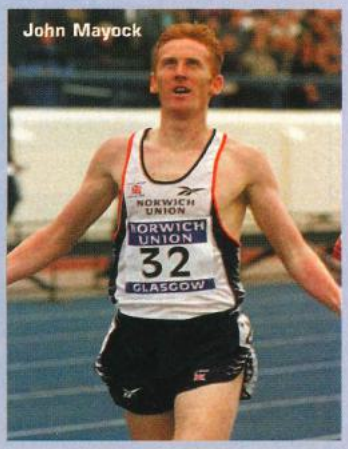
MEN	EVENT	WOMEN
	LONG JUMP	WISE Joanne
ACHIKE Larry EDWARDS Jonathan IDOWU Phillips	**TRIPLE JUMP**	HANSEN Ashia
PROCTOR Mark	**SHOT PUT**	OAKES Judy
SMITH Glen WEIR Robert	**DISCUS**	
	HAMMER	SHAW Lorraine
BACKLEY Steve HILL Mick NIELAND Nick	**JAVELIN**	
CAMPBELL CHAMBERS CONDON Allyn DEVONISH GARDENER GOLDING Julian MACKIE Ian MALCOLM	**4x100m**	ALLAHGREEN ANDERSON DAVIES MADUAKA RICHARDSON WILHELMY Sarah
BALDOCK BAULCH CAINES DEACON Jared RAWLINSON THOMAS Iwan	**4x400m**	CURBISHLEY DANVERS DUDGEON FRASER FROST Helen MERRY MURPHY Catherine

TEAM MANAGEMENT

Team Director	Max Jones
Team Coaches	Tudor Bidder, Norman Brook, Malcolm Brown, Graham Knight, Aston Moore, Steve Perks, Adrian Thomas, John Trower
Medical Officers	Malcolm Brown, Bryan English
Physiotherapists	Mark Buckingham, Sarah Connors, Mike Garmston, Alison Rose (Gold Coast only)
Therapist	Gerard Hartmann
Masseur	Wayne Girdlestone
Psychologist	Alma Thomas
Team Officials	Lorna Boothe, Lesley Bryant, Mike Delaney, Eric Shirley
Administration Officers	Julie Asgill, David Dix
Media Officer	Emily Lewis

Judy Oakes

Denise Lewis



John Mayock

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Tim Hutching's tips for Olympic Gold

Britain has a host of medal chances led by Denise Lewis in the heptathlon. She'll have a tough task getting past arch-rival Eunace Barber of France though. Dwain Chambers is in the form of his life after storming past Maurice Greene in the 100m in Gateshead, he is a definate tip for a medal. Several of the veterans are within a chance of medals including Colin Jackson, Steve Backley and Jonathan Edwards. I think the star of the show will be Marion Jones of the US though. She has set herself an incredible challenge of winning five gold medals, a first in athletics.

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British Eurosport will be following **ALL** Britain's athletes in Sydney. We're not just here to follow the stars, but to champion all of our Olympic hopefuls.

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BRITISH EUROSPORT OLYMPIC ATHLETICS SCHEDULE			
DATE	**LIVE ATHLETICS**	**ATHLETICS HIGHLIGHTS**	
22/09	**6:00AM**	2:00PM	8:00PM
23/09	**6:30AM**	1:30PM	8:00PM
24/09		1:30PM	8:00PM
25/09	**4:00AM**	1:00PM	8:00PM
26/09	DAY OFF	DAY OFF	DAY OFF
27/09	**5:30AM**	1:00PM	7:30PM
28/09	**4:00AM**	1:00PM	7:30PM
29/09	**5:00AM**	1:00PM	7:30PM
30/09	**9:00AM**		7:30AM

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ASIAN CHAMPIONSHIPS

Aug 28-31, Djakarta: 100 (c): (0.2) 1, Jamal Al-Saffar KSA 10.32 rec; 2, Anil Kumar IND 10.35; 3, Yin Hanzhao CHN 10.36; 200 (d): (0.4) 1, Fukunaga JPN 20.78; 2, Suwontrateep THA 20.79; 3, Al-Houti OMN 20.81; 400 (b-c): 1, Ibrahim Ismail QAT 44.66 rec (1s1 45.36); 2, Hamdan Al-Bishi KSA 45.32 rec & Asian jnr rec (1s2 45.46); 3, Xu Zizhou CHN 45.55; 4, Kumara SRI 45.66 (2s2 45.65); 5, Paramjit Singh IND 45.82; 6, Ramachandran IND 45.86; 800 (d): Mehdi Jelodarzadeh IRN 1:49.80; 1500 (c): M Suleiman QAT 3:52.47; 5000 (d)/10,000 (a): Ahmed Ibrahim QAT 13:53.10/ 29:53.00; 3000SC (b): 1, Khamis S Abdullah QAT 8:47.33; 2, Hassan Al Asmari KSA 8:52.25; 110H (b-c): (0.7) Mubarak Ata Mubarak KSA-J 14.02 (1h2 13.90/0.4); 400H (d): 1, Al-Somaily KSA 49.13; 2, Harijan Ratnayaka SRI 49.44 rec; 3, Zahirudin Al-Najem SYR 49.67; HJ (d): 1, Pakhlyayev KZK 2.23; 2, Wang Zhouzhou CHN 2.23; PV (c): Zhang Hongwei CHN 5.40; LJ (d): 1, Hussein Al-Sabee KSA 8.33*/0.8 rec (x, 8.33, 8.02, 5.77, 7.97, 8.30/0.5); 2, Sanjay Kumar Rai IND 8.03/0.4; 3, A Al-Nubi QAT 8.01/-0.4; TJ (b): Namkunha THA 16.53/0.4 rec; SP (a): 1, Shakti Singh IND 19.77*; 2, Bilal Saad Mubarak QAT 19.23; DT (d): Anil Kumar IND 58.47; HT (b): Ebihara JPN 69.50; JT (c): Jagdish Bishnoi IND 76.81; Dec: (c/d) Maruono JPN 7321; 20kW (b): Wu Ping CHN 1:28:04; 4x100 (c-d): 1, Thailand 38.80* rec (1h2 38.95* rec); 2, Japan 39.18; 3, Saudi Srabia 39.60; 4, India 39.70 rec; 4x400 (d): 1, Sri Lanka 3:02.71 rec; 2, India 3:02.78; 3, Saudi Arabia 3:05.00; 4, Kuwait 3:05.66 rec; 5, Thailand 3:05.89; Women - 100 (c): (1.0) 1, Perepelova UZB 11.31; 2, Saraswati Dey IND 11.40; 3, Rachita Mistry IND 11.46; 200 (d): (0.7) 1, Darsha SRI 22.84; 2, Perepelova 23.30; 3, Vinita Tripathy IND 23.39; 400 (c): 1, Darsha 51.05; 2, K M Beenamol IND 51.41; 800 (d): Lin Na CHN 2:03.46; 1500 (c): Wu Qingdong CHN 4:17.82; 5000 (d): Wu Qingdong 15:58.83; 10,000 (a): Supriati Sutono INA 33:47.24; 100H (c): (0.8) 1, Su Yiping CHN 12.99; 2, Roberts THA 13.01; 3, Anuradha Biswal IND 13.40 rec; 400H (d): Song Yinlan CHN 57.73; HJ (b): Aloysius IND 1.83; PV (b): Kondo JPN 4.00*; LJ (c): 1, Bobrovskaya KGZ 6.66/0.2; 2, Liang Shuyan CHN 6.64/0.5; 3, Hanaoka JPN 6.61/0.5 = rec; TJ (a): 1, Parfyonova KZK 14.08/0.7; 2, Miao Chunging CHN 14.01/1.9; SP (c): Kawar JOR 17.46; DT (a): Neelam J Singh IND 60.75; HT (a): Li Xiaoxue CHN 59.02; JT (c): Lee Young-sun KOR 55.78*; Hep (b): 1, Kazanina KZK 6074; 2, G Pramila Ganapathy IND 6016; 10kW (c): Li Hong CHN 44:59.90; 4x100 (d): 1, Sri Lanka 44.23 rec; 2, India 44.48; 4x400 (d): 1, India 3:31.54*; 2, Japan 3:37.15. Leading medals: China 9-10-10, India 6-10-5, Qatar 5-2-2, Japan 4-8-5, Saudi Arabia 4-2-3, Sri Lanka 4-1-0, Kazakhstan 3-1-1, Thailand 2-2-0, Korea 1-3-5. * Championships record

AUSTRALIA

Sep 3, Brisbane (Nudgee): 100: r1: (1.3) 3, Frater JAM 10.31; r2: (1.3) Powell JAM 10.33; 800: Watts JAM (not Folley) 1:49.06; LJ: 1, Stringfellow USA 8.23/0.7; 2, Taurima 8.13/1.1; 3, Burge 8.10/1.0; 4, Nool EST 7.90/1.8; HT: Fish's 75.62 with 6kg implement (he is a junior); W LJ: 1, Goldbourne JAM 6.74/1.2; 3, Brunner NZL 6.74/1.8;

Sep 5, Brisbane (Nudgee): HT: Rendall 73.69; W HT: 1, Sosimenko 67.22 rec; 2, Perkins 65.38;

Sep 8, Brisbane (QEII): 100: (0.2) 1, Collins STK 10.21; 2, Shirvington 10.30; 200: (0.6) 1, Williams 20.71; 4, Ryan IRL 21.11; 400: 1, A Harrison USA 44.18 (only Michael Johnson has run faster this year); 2, C Harrison USA 44.64; 3, Blackwood JAM 45.35; 4, Vincent 45.36; 8, Farrell IRL 49.08; 3000: Power 7:46.22; LJ: 1, Stringfellow USA 8.16/0.0; 2, Lister USA 7.61/0.4; SP: Anlezark 19.88 rec; DT: 1, Potgieter RSA 62.42; 2, Tammert EST 61.66; 4x100: Jamaica 39.07; Australia dq; 4x400: Jamaica 3:02.92; W 100: (0.0) V Campbell JAM 11.28; 200: (0.7) Gainsford-Taylor 22.51; 400: 1, Seyerling RSA 51.57; 2, Pittman 51.93; 800: 1, Hodgkinson NZL 1:59.31; 2, Lewis 1:59.56; 3, Crowley 1:59.97; 4, Howell JAM 2:00.81; 5, Andrews 2:01.52; 6, Clarke 2:01.73; 5000: McCann 15:08.69 rec; PV: George 4.35; DT: 1, Vizaniari 63.56; 2, Famuiná NZL 63.35; 3, Lever 60.00; 4x100: 1, Australia 43.66; 2, CAN 43.89

AUSTRIA

Aug 18, Vienna: W PV: Auer 4.30.

BELARUS

Aug 18, Stayki: DT: 1, Kaptyukh 65.00; 2, Dubrovshchik 62.08; HT: 1, I Astapkovich 82.58 (world's best for the year); 2, Devyatovskiy 80.96; 3, Shako 75.59; W HJ: Shevchik 1.93; DT: Yatchenko 64.55;

Sep 1, Stayki: DT: 1, Kaptyukh 65.77; 2, Dubrovshchik 63.08; W 400: Sologub 51.94; HJ: Shevchik 1.93; SP: Korolchik 20.31; DT: Zvereva 65.81.

BELGIUM

∑ Aug 26, Tessenderlo: 100 (0.2)/200 (0.3) Douglas NED 10.36/20.81; W 100: (0.4) Nsiah GHA 11.31.

BRAZIL

Jul 22, Rio de Janeiro: 400H: 2, Antônio Eusébio Dias Ferreira (2.3.60) 52.62 World Vets (M40) rec.

CANADA

Jun 17, Toronto: DT: Tunks 63.31/63.23;

Jul 4, Toronto: W TJ: A Williams 13.78/0.4 rec;

Jul 7, Winnipeg: DT: Tunks 62.72 (62.62 on Jul 5);

Jul 22, Kitchener: 110H: (2.0) Woodley 13.52;

Jul 22, Lethbridge: W HT: 1, Lyons 67.40 rec./64.23; 2, Fournier 65.63/63.30 (and 63.96 Jul 21, 65.14 Jul 23).

Latest news is that hammer thrower Robin Lyons has tested positive for steroids and is off the Canadian Olympic team.

CHINA

Sep 1, Beijing: W LJ: 1, Guan Yingnan 6.92; 2, Zhou Yangxia (83) 6.57.

CROATIA

Jul 15, Varazdin: SP: K Potgieter 20.29.

CYPRUS

Jul 28, Limassol: HT: Yedékos GRE 78.02

CZECH REPUBLIC

Aug 30, Jicin: W DT: Racková 63.38;

Sep 3, Ostrava: SP: Menc 20.64; DT: Malina 63.73; HT: 1, Sedlácek 79.29; 2, Maska 77.82; W 800: 1, Formanová 1:58.98; 2, Fuchsová 1:59.66; HJ: Hlavonová 1.90; DT: 1, Racková 61.61; 2, Silhavá 57.95 (ex-WR holder with 74.56 in 1984; final competition at age of 46); JT: 1, Tomecková 63.25; 2, Klimesová 56.04 jnr rec.

FINLAND

Sep 2-3, Helsinki: Men: Sweden 216, Finland 194. 110H: (a) (-0.4) 1, Kronberg SWE 13.44 rec; 2, Nossmy SWE 13.63 jnr rec; HJ: 1, Holm SWE 2.34; 2, Strand SWE 2.26; PV: (a) 1, Kristiansson SWE 5.70; 2, Eriksson SWE 5.60; TJ: Olsson SWE 16.89/0.7; SP: 1, Harju 20.50; 2, Aaltonen 20.14; 3, Tiisanoja 19.55; DT: 1, Hynni 62.05; 2, Tompuri 62.03; HT: (a) Karjalainen 79.09; JT: (a) 1, Parviainen 85.20; 2, Hakkarainen 82.36; 4x100: (a) Sweden 39.52; Women: FIN 219, SWE 191. 3000SC: Risku 10:22.76 rec; 100H: (a) (0.0) S Kallur SWE 13.07 jnr rec; HJ: (a) Bergqvist SWE 1.95; LJ: E Johansson SWE 6.78w/2.3 (6.72/0.8); HT: 1, Pöyry 64.45; 2, Strömmer 63.33; JT: 1, Ingberg 61.94; 2, Uppa 60.46; 3, H Rantanen 58.20; 4x100: (a) 1, Finland 43.73; 2, Sweden 44.12 rec.

FRANCE

Sep 2, Vittel: Competing as a guest in the France v Britain match, Manuela Montebrun not only smashed her French hammer record but with a throw of 71.18 she moved into fourth place on the world all-time list behind Mihaela Melinte of Romania (76.07) and the Russian pair of Olga Kuzenkova (75.68) and Tatyana Konstantinova (72.09);

Sep 3, Nancy: 100: (-1.4) 1, Patros 10.28; 2, Bailey CAN 10.33; 800: Baala 1:46.24; 3000: Essaid 7:49.8; 2000SC: 1, Pencréach 5:26.10; 2, Misoi KEN 5:26.69; W 200: Hurtis 23.16; 2000: 1, Yvelain 5:39.39; 2, Belkacem 5:43.79; 100H: (-0.5) Ferga 13.09; dnf, Barber; LJ: Félix 6.62; HT: 1, Montebrun 66.51; 2, Ezeh 62.51; JT: Auzeil 60.01.

GERMANY

Jul 8, Dortmund: 3000SC: 1, A Cherono KEN 8:23.73 (not Abraham);

Aug 15, Binz: Beach PV: 1=, Otto & R Spiegelburg 5.40; 3, Hartwig USA 5.40; 4, Manson USA 5.40; W PV: Adams 4.20;

Aug 20, Leverkusen: 110H: h1: (0.1) 1, Arnold USA 13.36; 2, Schwarthoff 13.48; 3, Wallace USA 13.49; 4, Edorh 13.62; 5, Leberer 13.63; h2: (01.) 1, Colin JACKSON 13.28; 2, Balzer 13.28; 3, Dees USA 13.56; 4, Crews 13.62; W 100: h1: (0.3) Lawrence JAM 11.23; h2: (-0.1) 1, Ferguson BAH 11.15; 2, McDonald JAM 11.22; 3, Onyali NGR 11.22; 4, Philipp 11.34; 5, Samantha DAVIES 11.51; 100H: h1 (0.2) 1, Walker JAM 12.96; 2, Ramalalanirina FRA 13.06; 3, Dixon JAM 13.12; 4, Diane ALLAHGREEN 13.26; h2 (0.1) 1, Couch USA 12.98; 2, Sonn 13.12; 3, Sprenger 13.16; 4, Manning USA 13.22; 5, Melanie WILKINS 13.47;

Aug 25, Beckum: W PV: 3, Humbert 4.22; 4, Schulte 4.22; 5, Ammel FRA 4.22;

Aug 25, Sondershausen: 300H: Goller 35.1;

Aug 26, Neuwied: W SP: Kumbernuss 20.23 (not 20.27);

Aug 30, Berlin: PV: 1, Hartwig USA 5.85; 2, Ecker 5.80; 3, Hysong USA 5.75;

Sep 2, Landau: PV: Harvey USA 5.65; W PV: Humbert 4.35;

Sep 2-3, Wesel. German Multi-Events Championships: Dec: 1, Schönbeck 8127; 2, Schumacher 7639; W Hep: 1, Gutjahr 6079; 2, Steigauf 5726;

Sep 3, Bad Köstritz: DT: Riedel 65.31; HT: 1, Kobs 76.80; 2, Weis 74.89; JT: 1, Henry 80.80; 2, Hecht 79.99; W SP: 1, Kumbernuss 20.12; 2, Kleinert-Schmitt 18.75; DT: 1, Dietzsch 61.28; 2, Wyludda 59.20;

Sep 3, Hamburg: 100: (2.7) G Bradley USA 10.23w; 200: (0.9) 1, Bradley 20.78; 2, Douglas NED 20.79; 3, van Balkom NED 20.85; 1000: Schumann 2:19.13; 110H: (2.7) 1, Wallace USA 13.43w (2h2 13.56w/3.1); 2, Crews 13.66 (1h2 13.54w); Knight USA 1h1 13.62w/3.0; PV: Stolle 5.70; LJ: Prah 7.93/0.9; JT: Trafas POL 81.67; 4x100: Germany 39.48; W 400: 1, Ekpo-Umoh 52.00; 2, Rohländer-Fromm 52.20; LJ: Tiedtke 6.54/1.3;

Sep 3, Weissach: W PV: 1, Bartová CZE 4.41; 2, Hamacková CZE 4.30; 3, Adams 4.30; 4, Götz 4.20; Humbert nh.

GREECE

Aug 19, Kalamata: 400: Ismail QAT 44.75 (solo – official?); W TJ: 2, Valant SLO 13.56;

Aug 30, Thessaloniki: 200: (-2.5) 2, Mitchell USA 20.72; B: (-0.3) 1, Urbas POL 20.81; 2, Marcoullides CYP 20.83; 800: 4, Woodward USA 1:45.51; 5, Kirwa FIN 1:45.55; 6, Kimwetich KEN 1:45.96; HJ: 1, Boswell CAN 2.32 (not 2.30); LJ: 1, Lamela ESP 8.22/0.1; 2, Moudrik MAR 8.17/0.4; 3, Calado POR 8.13/1.5; 4, Beckford JAM 8.11/1.2; 5, Koukodimos 8.09/1.2; 6, Serelis 8.00/0.8; HT: 4, Polyhroniou 78.80; W 100: (-1.2, not -0.6) Ottey JAM 10.99; 200: (-1.0) 1, Jayasinghe SRI 22.95 (not 22.55); 400H: 5, Smith IRL 56.76; PV: nh, Buschbaum GER, Koleva BUL, Gerryts RSA; LJ: 1, Montalvo ESP 6.70/0.7; 2, Xanthou 6.64/0.1; 3, Cuza CUB 6.60/1.1; TJ: 1, Marinova BUL 14.79/0.8; 2, Valant SLO 14.62/1.3; 3, Nicolau ROM 14.22w/2.4; 4, Márkou 14.05/1.3;

Sep 2, Patra: 200: r2: (-0.8) Braunskill USA 20.82; 400: Dzhivondov BUL 45.59; 800: 1, Kimwetich 1:46.48; 2, Bungei KEN 1:46.83; 5000: P Kosgei KEN 13:26.75; 110H: (-2.4) 1, Olijars LAT 13.57; 2, Csillag HUN 13.68; HJ: Dymchenko RUS 2.30; JT: 1, Gatsioudis 85.20; 2, González CUB 79.40; W 200: (-0.4) Koffa 23.16; HJ: 1, Styopina UKR 1.94; 2, Nikolayeva UKR 1.91; 3, Kalcheva BUL 1.91; PV: 1, Koleva BUL 4.31; 2, Iakovidou 4.21 rec; LJ: 1, Shekhovtsova UKR 6.78/0.7 ... 6, Xánthou 6.39/0.8 (injured on 3rd attempt); JT: 1, Bisset CUB 61.55; 2, Szabó HUN 61.23;

Sep 3, Rhodes: W PV: Iakovidou 4.22 rec.

IRELAND

Aug 13, Tullamore: 100: (2.3) 5 J Carleton (B&A) 10.85w; 200: (1.3) 1 G Ryan 20.99; 2 J McAdorey (B&A) 21.21; 400H: 2 I Neely (B&A) 55.18; JT: M Allen (Abbey ACP) 63.51; 4x400: Ballymena & Antrim 3:21.63; W 800: 4 K McNeice (Lis) 2:11.58; 5 P Thom (B&A) 2:12.36; 1500: 3 Thom 4:34.66; LJ/TJ: 2 M Devlin (B&A) 5.58/11.49; 1500W: N Menendez (Dublin City) 6:32.16;

Sep 2-3, Waterford: W Hep: 1, Julie HOLLMAN 5622; 2, Kelly SOTHERTON 5411.

ITALY

Aug 26, Castelnovo Monti: 15,000W: 1, Gandellini 1:00:01.2 rec; 2, Didoni 1:00:19.9; 3, Giungi 1:00:34.8; Women 15,000W: 1, Perrone 1:05:18.3 World best (10k 44:14.6); 2, Alfridi 1:05:18.3 World best (44:14.9); 3, Sidoti 1:07:06.8 (44:35.5); at 10,000: Pellino 43:49.5;

∑ Aug 30, Rovereto: 400H: 1, Frinolli 49.23; 2, Matt DOUGLAS 49.26; 3, Zellner USA 49.57; 4, Porter USA 50.17; TJ: 7 Julian GOLLEY 14.35; W LJ: 4 Jade JOHNSON 6.19/-0.1.

LATVIA

Jul 28-29, Riga: Latvian Championships. JT: 1, Rags 83.10; 2, Lusis 80.84.

MOROCCO

Jun 17, Rabat: 3000SC: 2, Turki TUN 8:22.98.

NORWAY

Aug 29, Lillehammer: 200: (-0.1) 1, Moen 20.84; 2, Ertzgaard 20.85.

POLAND

Jun 25, Warsaw: HT: Kondratowicz 76.59;

Aug 31, Skórcz: HT: 1, Palyszko 77.53; 2, Boulge 75.60; W HT: 1, Skolimowska (82) 70.06; 2, Pogroszewska 65.10;

Sep 2-3, Poznan: HT: Palyszko 77.24;

Sep 3, Grudziadz. Bronislaw Malinowski Memorial. 200: 1, Urbas 20.81; 2, Nowak 20.82; 400: 1, Mackowiak 45.35; 2, Haczek 45.68; 3000SC: 1, Wójcik 8:23.08; 2, A Cherono KEN 8:26.39; 4x100: Poland 39.03;

Sep 6, Wroclaw: W PV: Pyrek 4.20.

PORTUGAL

Sep 1-2, Aveiro: W DT: Machado 63.90/64.09.

RUSSIA

Aug 19-20, Novosibirsk: Dec: Razbayko 8210.

SLOVENIA

Jun 23, Velenje: LJ: Cankar 8.13/1.3;

Aug 14, Ljubljana: 400: Sestak 45.48; W 400: Langerholc 52.02 rec.

SPAIN

Aug 12, Gijon: 10,000: J Rios 27:22.20;

Aug 16, Castellón: 110H: (0.7) 2, Carlos Sala 14.16 World Vets rec

Aug 23, Castellón: W TJ: Paredes 14.13/1.4;

Aug 30, Las Palmas: DT: D Martínez 64.60;

Sep 2-3, Barcelona: Spanish Championships: 100 (a): (1.7) José 10.18; 400: Canal 45.56; 800: Parra 1:48.18; 1500: 1, Higuero 3:38.54; 2, Redolat 3:39.76; 3, Estévez 3:41.29; dnf, Díaz (1h2 3:42.16); dns, Cacho (3h2 3:42.56); 5000: 1, El Nasri 13:32.61; 2, A García 13:33.45; 3, Pancorbo 13:34.05; 4, R García 13:34.80; dnf, Viciosa; 3000SC (a): 1, L M Martín 8:18.97; 2, Cepeda 8:19.64; 3, A Jiménez 8:20.34; 4, Morán 8:21.25; 5, Benslimani ALG 8:25.32; 6, Nieves VEN 8:27.36; 7, J M González 8:27.36; 8, E de la Torre 8:28.40; dnf, E Martín; 110H (a): (-0.4) F López 14.08 ... 5, Sala 14.22; PV (a): Miranda 5.81 rec; LJ (a): Lamela 7.86/0.0; 20kW (a): Fernández 1:22:33; W 5000 (a): Dominguez 15:26.00; LJ: 1, Montalvo 6.73/0.4; 2, Montaner 6.54/1.2; JT (a): Miguez 59.02 rec; 10,000W (a): 1, Granados 43:30.22 rec; 2, Vasco 43:33.92.

SWITZERLAND

Aug 19, Fribourg: 110H: (1.3) Monachon 13.48.

UKRAINE

Jul 25, Kiev: LJ: Shchurenko 8.35/0.7; W HJ: 1, Palamar 1.96; 2, Styopina 1.93;

Jul 27-28, Kiev: Multi-Event Championships: Dec: Laukhin 8073; W Hep: Blonskaya 6009;

Aug 3-6, Kiev: 100 (3): h2 (1.6) Rurak 10.17; W 3000SC (5): Averlova 9:54.10 rec; 4x100 (5): Ukraine 43.18; 4x400(6): Ukraine 3:31.87;

Sep 3, Berdichev: W HJ: Shevchik BLR 1.97.

YUGOSLAVIA

Aug 19-20, Belgrade: Yugoslav Championships. HJ: Topic 2.33; SP: Peric 19.88;

Aug 29, Belgrade: 1500: Radomirovic 3:37.52; HJ: Topic 2.25; SP: Peric 19.71.

road

GERMANY

Sep 1, Dresden: W 10k: Wassiluk 32:12.

NETHERLANDS

Sep 3, Heerlen: 10M: W Kibet KEN 46:52; women – Wijenberg 54:10.

NORWAY

Sep 2, Oslo: W H Mar Champs: 3, Ingrid Kristiansen (age 44) 78:26

USA

Aug 12, Red Bank: 5M: Munji KEN 23:05; women – Ndereba KEN 26:27;

Sep 3, New Haven: 20k: 1, W Kiptum KEN 59:44; 2, J Kamau KEN 59:44; women – 1, Petrova 68:38; 2, de Reuck RSA 69:08;

Sep 4, Park Forest: W 10M: 1, N Wangui KEN 54:36; 2, van Onna NED 54:45; 3, Marian SUTTON 55:05.

UK results

Aug 19, Bedford: W LJ: 3 Danson 6.21/1.0; 5 Westwood 6.01/1.5.

Sep 3, Derby: run with U23s: M20 4x100: 40.25 (Benjamin, Lewis, Grant, MLF); W20

4x100: 45.89 (Selley, Thomas, Caney, Maylor); W20 4x400: 3:39.98 (Wall 55.6, Brookes 57.2, Miller 53.7, Meadows 53.5).

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

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AUSTRALIA

PRE-OLYMPIC MEET, Runaway Bay, September 10

JASON GARDENER ran his fastest time of the year, albeit assisted by a 3.1m/sec wind.

The European indoor champion ran a legal 10.16, not far outside his 10.09 season's best, in the sem-final and then clocked 10.04 the the strong wind behind him to win the final from fellow Briton Ian Mackie. Another British victory came in the javelin where Yorkshireman Mick Hill triumphed with 82.42.

Merlene Ottey looks to have booked her place for Sydney after an impressive display in the 100m. The Jamaican clocked a wind-assisted 10.91 having run 11.15 against a 0.1m/sec headwind in the semi finals.

In a pole vault battle of the current and former world record-holder, Stacy Dragila easily defeated Emma George.

Justin Anlezark became Australia's first 20m shot putter as he broke his own national record with 20.35m.

The former world junior silver medallist threw further than his old record on no less than three occasions, his best coming in the fifth round.

Men

100 (3.1): 1 JASON GARDENER 10.04 (10.16/1.3 in hts); 2 IAN MACKIE 10.05 (10.36/1.3 in hts); 3 L Bredwood (JAM) 10.11; 4 R Wells (BAH) 10.35; 5 P Dibella 10.29. **600:** 1 H Sepeng (RSA) 1:15.13; 2 M Browne (BAH) 1:15.30; 3 W Botha (RSA) 1:15.74. **110H (1.9):** 1 A Woodley (CAN) 13.63; 2 G Burnett (BAR) 13.92; 3 J Jackson (VIR) 13.95. **400H:** 1 J Carter (USA) 50.06; 2 I Weakley (JAM) 50.20. **PV:** 1 D Markov (AUS) 5.70; 2 P Burgess (AUS) 5.60; 3 V Chichoiv (AUS) 5.60; 4 E Nool (EST) 5.40. HJ: G Howard (NZL) 2.20. **LJ:** 1 P Burge (AUS) 8.48/3.4; 2 S Stringfellow (AUS) 8.29/3.8; 3 K Streete-Thomspon (CAY) 8.27/5.4; 4 G Cankar (SLO) 8.23/6.3. **SP:** 1 J Anlezark (AUS) 20.35; 2 B Snyder (CAN) 20.24. **DT:** 1 J Tunks (CAN) 65.71; 2 A Tammert (EST) 63.57; 3 A Washington (USA) 62.71; 4 GLEN SMITH 58.33. **HT:** C Libor (SLO) 74.65. **JT:** 1 MICK HILL 82.42; 2 A Curry (AUS) 79.10; 3 A Hatcher (AUS) 78.74. 4x100: 1 Jamaica 39.53; 2 Bahamas 39.97. **4x400:** 1 USA 3:00.59; 2 Bahamas 3:03.17

Women

100 (2.4): 1 M Ottey (JAM) 10.91; 2 N Perry (USA) 11.24; 3 S Jones (USA) 11.32; 4 A Bikar (SLO) 11.36; 5 E Hutton (AUS) 11.41; 6 S Cripps (AUS) 11.46; 7 S Broadrick (AUS) 11.48. **200 (1.9):** 1 M Gainsford-Taylor (AUS) 22.60; 2 C Motersill (CAY) 22.95; 3 SHANI ANDERSON 23.30 ... 6 E Maher (IRL) 23.73. **800:** 1 T Lewis (AUS) 2:03.40; 2 J Ceplak (SVK) 2:04.38; 3 S O'Sullivan (IRL) 2:04.66; 4 G Clarke 2:04.92. **1500:** 1 O'Sullivan 4:09.97; 2 M Hyman (JAM) 4:10.31; 3 M Runyan (USA) 4:10.48. **100H (1.6):** 1 B Foster (JAM) 12.92; 2 D Edwards (AUS) 13.20; 3 P Felicien (CAN) 13.30; 4 J Munro (AUS) 13.36. **400H:** 1 J Pittman (AUS) 56.12; 2 K Houghton (CAN) 57.16; 3 P Allen (JAM) 57.25; 4 S Price (AUS) 57.34. **HJ:** 1 A Acuff (USA) 1.88; 2 P Price (AUS) 1.85. **PV:** 1 S Dragila (USA) 4.40; 2 E George (AUS) 4.15; 3eq K Suttle (AUS)/M Mueller (USA) 4.00. **LJ:** 1 E Gouldbourne (JAM) 6.79/3.3; 2 C Brunner (NZL) 6.68/2.1; 3 B Thompson (AUS) 6.64/2.7; 4 J Edwards (BAH) 6.63/2.1; 5 L Golding (JAM) 6.55/2.2. **TJ:** K Spencer (JAM) 13.63/2.9). **SP:** L Koeman (NED) 17.88. DT: 1 L Vizianari (AUS) 631.8; 2 S Powell (USA) 61.74; 3 A Lever (AUS) 60.41. **HT:** 1 D Sosimenko (AUS) 66.10; 2 K Perkins (AUS) 63.27; 3 T Williams (NZL) 61.47; 4 M Fornier (CAN) 57.90; 5 C Wittrin (CAN) 56.65; 6 D Lovely (AUS) 54.70. **JT:** 1 L Eve (BAH) 62.01; 2 O McKoy (JAM) 58.29.

4x100: 1 Jamaica 43.78; 2 Australia 43.78; 3 Canada 44.42. **4x400:** USA 3:35.16

BRISBANE INTERNATIONAL, September 8

ALVIN HARRISON recorded a season's best of 44.18 with brother Calvin taking second in a PB of 44.64.

Alvin was just short of his four-year-old PB of 44.09 and his twin brother's PB made it a highly successful meeting for the two Americans.

Men

100: 1 K Collins (STK) 10.21; 2 M Shirvington (AUS) 10.30; 3 M Quinn (RSA) 10.37. **200:** 1 C Williams (JAM) 20.71; 2 D Demerrit (BAH) 20.87. **400:** 1 A Harrison (USA) 44.18; 2 C Harrison (USA) 4.64; 3 M Blackwood (JAM) 45.35; 4 C Vincent 45.36; 5 M McDonald (JAM) 46.45. **3000:** 1 M Power (AUS) 7:46.22; 2 C Mottram (AUS) 7:55.16. **110H:** 1 A Woodley (CAN) 13.84; 2 V Houston (BAR) 13.94; 3 G Burnett (BAR) 13.98. **LJ:** S Stringfellow (USA) 8.16. **SP:** 1 J Anelzark (AUS) 19.88; 2 P Mubrak QAT 18.93. **DT:** 1 F Potgieter (RSA) 62.42; 2 A Tammert (EST) 61.66; 3 I Winchester (NZL) 58.90. **HT:** P Kozmus (AUS) 71.48. **4x400:** Jamaica 3:02.92

Women

100: V Campbell (JAM) 11.28. **200:** 1 M Gainsford-Taylor (AUS) 22.51; 2 C Mothersill (CAY) 23.03. **400:** 1 H Seyerling (RSA) 51.57; 2 J Pittman (AUS) 51.93; 3 M Burgher (JAM) 52.78; 4 L Naylor 52.99; 5 C Clarke (JAM) 53.21. **800:** 1 T Hogdkinson (NZL) 1:59.31; 2 T Lewis (AUS) 1:59.36; 3 M Crowley (AUS) 1:59.97; 4 C Howell (JAM) 2:00.81; 5 S Andrews (AUS) 2:01.52; 6 G Clarke (AUS) 2:01.73; 7 J Ceplak (SVK) 2:02.46; 8 M Hyman (JAM) 2:03.06. **3000:** B Willis (AUS) 9:02.19. **5000:** 1 K McCann (AUS) 15:08.69; 2 K Richardson (AUS) 15:25.31; 3 A Cross (AUS) 15:26.65; 4 S Moyo (ZIM) 15:44.64. **100H:** D Edwards (AUS) 13.38. **400H:** S Price (AUS) 56.12. **HJ:** K Beautle (JAM) 1.86. **PV:** E George (AUS) 4.35. **LJ:** C Brunner (NZL) 6.50. **DT:** 1 L Maree Vizianari (AUS) 63.56; 2 B Faumina (NZL) 63.35; 3 A Lever (AUS) 60.00. **HT:** 1 M Fornier (CAN) 59.63; 2 C Whitrin (CAN) 56.76. **4x100:** Australia 43.66

CZECH REPUBLIC

MATTONI GRAND PRIX, Prague, September 9

Men (10km)

1 M Vanko (SVK) 29:34; 2 T Feyissa (ETH) 29:38; 3 C Angelo (ITA) 29:43; 4 S Chemoiywo (KEN) 29:53; 5 P Faschingbauer (CZE) 29:54; 6 A Blasinski (POL) 29:55; 7 P Matthews (IRL) 29:57; 8 A Danilov Andrej (UKR) 30:24

Women (5km)

1 A Kalovics (HUN) 15:38; 2 S Larsens (NOR) 16:06; 3 D Gruca (POL)16:23; 4 S Wigene (NOR)16:24; 5 J Klimeöov-(CZE)16:28; 6 I Limika (KEN) 16:31; 7 A Keenan-Buckley (IRL)16:43; 8 J Bauckman (CZE)16:49

GERMANY

BERLIN MARATHON, September 10

IN THE best showbiz traditions, Simon Biwott decided the chorus line was not good enough and grabbed the starring role in winning in 2:07:42, *Pat Butcher reports.*

In the last big international athletics event before the Olympic Games, the Kenyan was enlisted as a pacemaker. But when the time came to relinquish the lead at 28km, Biwott noticed that the opposition, including his colleague and race favourite, Jackson Kabiga, wasn't looking too good.

"Although I was pacemaker, I wanted to finish the race. I still felt strong at 28km, and I thought Kabiga was not running a good race, so I knew he would tire. Then at 35km, I realised I could win".

And win he did, just one second outside his personal best, set in Rotterdam last year. But Biwott was adamant that this was a far better performance.

"I've had problems with my foot for the last six months, that's why I agreed to be pacemaker. But this is my best performance, to win a great race like Berlin. I'm very happy". Biwott's time was the fifth fastest in the world so far this year.

The race, the third largest in the world after London and New York, had been expected to be a tussle between a Kenyan and a Spaniard, and so it turned out, but in each case it was the wrong one. Biwott was chased home by Antonio Pena, in 2:07:47, a PB by a minute. And while Kabiga held on for third, in 2:09.52, co-favourite, Fabian Roncero of Spain folded at 31 kilometres and dropped out.

The women's race also provided a surprise victory for Kazumi Matsuo of Japan, who was almost six minutes inside her PB with 2:26:15. She beat Franca Fiacconi of Italy (2:26:42), and Shujing Zhang of China (2.27.14). But such is the current depth of Japanese women's distance running, Matsuo is only No.5 on this year's national marathon list.

Bedford and County's Sue Reinsford finished 13th in 2:36:57 having gone through halfway in 76:40. Aileen Brown of Great Western Runners clocked 2:51:01 for 24th position after running 1:22:35 for the opening half.

The race suffered its first death in its history with a 58-year-old Dane and a 38-year-old from Panama collapsing with suspected heart problems.

Men

1 S Biwott (KEN) 2:07:42; 2 A Pena (ESP) 2:07:47; 3 J Kabiga (KEN) 2:09:52; 4 T Sunada (JPN) 2:10:43; 5 P Kiptanui (KEN) 2:10:43; 6 E Chebet (KEN) 2:11:06; 7 J Moiben (KEN) 2:12:31; 8 M Moeketsana (RSA) 2:12:47; 9 W Musyoki (KEN) 2:12:54; 10 M Taye (ETH) 2:13:35; 11 J Losian (KEN) 2:13:44; 12 H Suzuki (JPN) 2:14:34

Women

1 K Matsuo (JPN) 2:26:15; 2 F Fiacconi (ITA) 2:26:42; 3 S Zhang (CHN) 2:27:14; 4 M Geji (JPN) 2:27:41; M Kraus (GER) 2:27:58; 6 H Sampaio (POR) 2:27:58; 7 H Igarashi (JPN) 2:29:39; 8 A Ivanova (RUS) 2:31:26; 9 S Ferrari (ITA) 2:31:48; 10 C Dallenbach (FRA) 2:33:56; 11 M Shimizu (JPN) 2:34:56; 12 T Birra (ETH) 2:36:52; 13 SUE REINSFORD 2:36:57; 14 K Kuta (POL) 2:37:31; 15 S Terasaki (JPN) 2:39:55 ... 24 AILEEN BROWN 2:51:01

WORLD MOUNTAIN RUNNING TROPHY, Bergen, September 9/10

ANGELA MUDGE became only the third senior British woman to lift this prestigious title since the event's inauguration in 1985, *Gareth Webb reports.*

The 30-year-old Carnethy runner, seventh last year and fifth in the European Trophy in July, joins Carol Greenwood (nee Haigh, 1986) and Beverley Redfern (1990) in the UK World Mountain Trophy Hall of Fame to add to her growing reputation overseas. Indeed, Mudge is only the fifth senior Briton to win this title with Kenny Stuart (1985) and Martin Jones (1992 and 93) the only others to taste success at world level.

Just a matter of weeks after sealing overall gold in the four-race WMRA European Grand Prix series at Susa, Italy, the three-times (and reigning) British champion was once again in superb form holding off 24-year-old European silver medallist Birgit Sonntag of Germany by 19 seconds with reigning European champion Isabella Zatorska of Poland a further half a minute back in third.

What makes Mudge's performance all the more impressive is that not only was this win secured on foreign soil against the world's mountain running elite, it was also achieved on an uphill-only course (as favoured by the continentals) as opposed to up-and-down, which Britons tend to be better suited.

It was cause for a double celebration for Mudge who, just prior to jetting out to Germany, learned that she had passed her chemistry PhD from Edinburgh University. Dr Angela Mudge will now attempt to land a record fourth consecutive British title at the 18-mile (4,890ft) Two Breweries Race, Inverleithen, Scotland on September 24, before heading out to Malaysia to defend her Mt Kinabalu title two weeks later. Few would bet against her rounding her season off in style as this year, for the first time, the women will be running to the 13,000ft summit over a much longer course in this up-and-down self-acclaimed World's Toughest Race.

England duo Ruth Pickvance and trials winner Claire Tomkinson were the only other Britons to make the top 30 as England could fare no better than seventh, one place ahead of the Scots.

Jonathon Whyatt of New Zealand regained his world crown by well in excess of two minutes - a staggering margin at this level. Last year's fourth-placer Billy Burns once again produced the goods to place a marvellous seventh overall, just one place ahead of England (and Salford) team-mate Martin Cox.

These performances are put into context when one considers that European champion Massimo Galliano could only finish 10th and reigning world champion Marco de Gasperi of Italy placed 17th from the 144-strong quality international field.

Last year's silver medallist Richard Findlow finished next Briton home in 19th with Chris Robison, eighth in the European Trophy in July, placing 25th. Former World Trophy fourth placer Bobby Quinn felt dizzy at two thirds distance and was forced to retire. This was the second year that Quinn has suffered misfortune. Last year he fell badly after just 60m and had to fight his way through the 111-strong field to place a highly creditable ninth.

England placed fifth with European team silver medallists Scotland finishing 13th. England's men could well have expected to finish among the medals had trials winner Dave Lewis' knee held out. A quartet of Burns, Findlow, Cox and Lewis should have proved the match for all but the best but, sadly, Lewis - a master of all surfaces, who has yet to compete on the world mountain running stage - was forced to withdraw with a knee injury just days before, his place going to Aberdeen-based world championship orienteerer John Duncan (fourth in the England trial race) of Scottish club Cosmic Hillbashers.

Kate Bailey, third in last year's race, finished first Briton in seventh in the U20 women's race as James Mason of Bingley held off Andrew Lemoncello by just two seconds (and one place) in 18th to finish first Brit in the U20 men's race.

Men (11.6km, 1204m; uphill-only)

1 J Whyatt (NZL) 47:29; 2 H Kogler (AUT) 49:48; 3 A Gex-Fabry (SUI) 50:16; 4 T Gregor (GER) 50:31; 5 S Chiesa (ITA) 50:39; 6 R Fontaine (FRA) 50:47; 7 BILLY BURNS (ENG) 50:50; 8 MARTIN COX (ENG) 50:59; 9 H Schmuck (AUT) 51:18; 10 M Galliano (ITA) 51:25 ... 19 RICHARD FINDLOW (ENG) 52:23 ... 25 CHRIS ROBISON (SCO) 52:59 ... 45 JOHN DUNCAN (ENG) 54:44 ... 57 ALAN MILLIGAN (SCO) 55:36 ... 58 SHAUN TOBIN (WAL) 55:41 ... 71 COLIN DONNELLY (SCO) 56:49 ... 75 DARREN HISCOX (WAL) 57:15 ... 78 NEIL WILKINSON (SCO) 57:34 ... 82 ALAN BOWNESS (ENG) 57:56; 83 ANDREW DAVIES (WAL) 58:06 ... 87 MARK DOYLE (WAL) 58:33; 88 JOHN BROWN (ENG) 58:34 ... 93 PETER WILLIAMS (WAL) 59:19 ... 95 BRIAN ERVINE (NI) 59:33 ... 97 NOEL MARUM (IRL) 59:36 ... 99 NEIL CARTY (NIR) 60:00 ... 102 MARK JENNINGS (WAL) 60:08 ... 109 JONATHON LAMONT (IRL) 61:52 ... 112 BOB LAWLOR (IRL) 62:37 ... 117 DAN WHITEHEAD (SCO) 63:51; 118 DAVID McKIBBIN (NI) 64:00 ... 120 GARY REES-WILLIAMS (WAL) 65:09; 121 JAMES LOGUE (NI) 65:55

TEAM: 1 Italy 46; 2 Austria 53; 3 New Zealand 76; 4 Germany 79; 5 ENGLAND 79; 6 Czech Republic 114 ... 13 SCITLAND 231 ... 18 WALES 309; 19 IRELAND352; 20 NORTHERN IRELAND 482

U20 (8.9km, 1074m; uphill-only)

1 N Habteghergish (ERI) 44:08; 2 F Heinzle (AUT) 44:48; 3 T Klisz (POL) 46:31; 4 A Tonazzini (ITA) 46:45; 5 M Massi (ITA) 47:10; 6 J Cattneo (ITA) 47:26; 7 R Galovic (SVK) 47:44; 8 G Berghane (ERI) 47:59; 9 M Cosentino (FRA) 48;04; 10 J Helm (GER) 48:10 .... 18 JAMES MASON (ENG) 49:20; 19 ANDREW LEMONCELLO (SCO) 49:22 ... 24 JONATHON PARKER (ENG) 50:00 ... 29 ANDREW SYMONDS (ENG) 51:06 ... 34 NIALL DUNCAN (IRL) 51:29 ... 42 EUAN JARDINE (SCO) 52:07 ... 46 CAI PIERCE (WAL) 53:12 ... 48 PETER DALTON (IRL) 53:31 ... 53 STEPHEN SAVAGE (ENG) 55:09; 54 CTWYN WILLIAMS (WAL) 55:21; 55 FERGAL FITZMAURICE (IRL) 55:54; 56 SCOTT CASSIDY (SCO) 56:03 ... 59 GARETH TAPPER (WAL) 57:19 ... 63 WILLIAM ARROWSMITH (WAL) 59:04; 64 MARTIN BRADSHAW (IRL) 59:42; 69 ROBERT NEILL (NI) 61:40; 70 SIMON TAYLOR (NI) 68:12

TEAM: 1 Italy 15; 2 Germany 48; 3 Eritrea 49

Women (8.9km, 1074m; uphill-only)

1 ANGELA MUDGE (SCO) 49:24; 2 B Sonntag (GER) 49:43; 3 I Zatorska (POL) 50:11; 4 M Moon (NZL) 50:52; 5 M Ravizza (ITA) 51:22; 6 A Olarte (COL) 51:32; 7 A Pichrtova (CZH) 51:37; 8 M Edhouse (NZL) 51:49; 9 E Rust (AUT) 51:54; 10 A Baronchelli (ITA) 51:58 ... 21 RUTH PICKVANCE (ENG) 54:21 ... 28 CLAIRE TOMKINSON (ENG) 55:32 ... 35 MEGAN CLARK (ENG) 58:00 ... 38 HELEN DIAMANTIDES (SCO) 56:24; 39 HELEN JACKSON (ENG) 56:27 ... 48 JENNY RAE (SCO) 59:17 .... 56 JAYNE LLOYD (WAL) 62:01; 57 SONIA ARMITAGE (SCO) 62:08 ... 59 EMMA TURNER (WAL) 63:13 ... 64 SHILLEEN DONNELLY (NI) 63:54; 65 VICTORIA MUSGROVE (WAL) 64:19 ... 68

NORWICH UNION & UK athletics – from grass roots to glory

ANNE SANDFORD (NI) 68:40 ... 70 HAZEL McCAUSLAND (NI) 69:21 ... 72 NICOLA KNAPP (WAL) 73:12 ... 74 EVA MULLEADY (IRL) 76:28
TEAM: 1 New Zealand 25; 2 Italy 27; 3 Germany 28 ... 7 ENGLAND 84; 8 SCOTLAND 87 ... 17 WALES 180; 18 NORTHERN IRELAND 202
U20 (4.5km, 604?m; uphill-only)
1 E Margot (FRA) 29;05; 2 C Tye (NZL) 29:20; 3 L Vetsch (SUI) 29:18; 4 A Montonati (ITA) 29:45; 5 A Stafa (POL) 30:40; 6 S Recknagel (GER) 30:44; 7 KATE BAILEY (ENG) 31:23; 8 E Desco (ITA) 31:30; 9 P Havlova (CZH) 31:31; 10 L de Faveri (ITA) 31:37 ... 24 MARBETH SHIELL (SCO) 33:31 ... 26 EMLY CROWLEY (WAL) 33:44; 27 NATALIE WHITE (ENG) 33:57; 28 FREYA MURRAY (SCO) 34:29; 29 SIAN PRITCHARD (WAL) 34:22; 30 BRIONY CURTIS (SCO) 34:45 ... 32 FIONA HARRISON (WAL) 34:55 ... 34 KATE ROGAN (ENG) 36:51; 35 DEIRDRE HOPKINS (IRL) 37:16; 36 DERVLA MILLIGAN (IRL) 40:23; 37 SHEILA FARRELL (IRL) 42:55
TEAM: 1 Italy 12; 2 France 15; 3 Germany 17

ITALY

TURIN MEET, September 9

Men
1500: 8 ALASDAIR DONALDSON 3:49.10.
Women
200: CHRISTINE BLOOMFIELD 24:06. **800:** 1 TANYA BLAKE 2:05.64; 2 JO FENN 2:06.84. **LJ:** 1 KIM ROTHMAN 6.19 (5.52/-1.0, 5.81/-0.1, 5.97/-1.0, 5.91/-1.4, 5.92/-0.5, 6.19/-0.3)

JAPAN

SUPER MEET, Tokyo

JONATHAN EDWARDS set a meet record of 17.32 as Britons filled three of the first four places in the triple jump.

Edwards, favourite for gold in Sydney, won as European Cup winner Larry Achike took second and Copmmonwealth champion Julian Golley placed fourth.

Another triple jumper in fine form was European indoor champion Tatiana Lebedeva who went second on the all-time lists with a Russian record of 15.32.

Going into the meeting with the world lead of 15.01, Lebedeva improved that mark and then set about Inessa Kravets' world record of 15.50.

While Edwards was boosted by his victory, fellow Briton Colin Jackson saw his gold medals hopes improve without even competing as reigning Olympic sprint hurdles champion Allen Johnson failed to finish due to a hamstring injury. Cuban Anier Garcia won the race in 13.12.

In the high jump. world champion high jumper Vyacheslav Voronin outclassed some of his leading rivals for Olympic glory when he cleared 2.33m. Olympic champion Charles Austin cleared 2.31m while world record holder Javier Sotomayor jumped 2.28m.

Sotomayor said: "This year I am not aiming for a world record because I have been away for quite a long time. I hope to aim for a 2.36 metre jump at Sydney."

There were sprint doubles for Susanthika Jayasinghe and Obadele Thompson, the latter clocking a PB and meet record of 19.97 in the 200m. Former world silver medallist Jayasinghe also set a PB in the longer sprint.

Pole vault world record holder Sergey Bubka failed to clear a height, attempting 5.20m but having to watch South African Okkert Brits win with 5.70m.

Men
100 (-0.3): 1 O Thompson (BAR) 10.12; 2 S Kawabata (JPN) 10.25; 3 K Ito (JPN) 10.26 ; 4 N Asahara (JPN) 10.32; 5 B Lewis (USA) 10.35. **200 (-0.9):** 1 Thompson (BAR) 19.97; 2 S Suetsugu (JPN) 20.26 ; 3 R Williams (JAM) 20.33; 4 Lewis (USA) 20.37 ; 5 M Fukunaga (JPN) 20.57 (collegiate rec); 6 H Nakagawa (JPN) 20.74 ; 7 Asahara (JPN) 20.83 ; 8 H Ishizuka (JPN) 20.95.
400: 1 A Pettigrew (USA) 44.57; 2 H Mokganyetsi (RSA) 44.59; 3 A Malherbe (RSA) 44.74 ; 4 T Yamamura (JPN) 45.03 (collegiate rec); 5 J Osakada (JPN) 45.05; 6 D Golovastov (RUS) 45.26; 7 K Tabata (JPN) 45.73; 8 S Karube (JPN) 45.85; 9 R Mashchenko (RUS) 46.04. **800:** Y Borzakovskyi (RUS) 1:48.97. **5000:** 1 A Nizigama (BUR) 13:25.67; 2 Z Ngatho (KEN) 13:25.69; 3 S Maina (KEN) 13:29.32; 4 J Wainaina (KEN) 13:29.98; 5 K Nagata 13:31.47; 6 D Maksimov (RUS) 13:32.18.
110H (-0.8): 1 A Garcia (CUB) 13.12; 2 S Olijars (LAT) 13.26; 3 Y Hernandez (CUB) 13.30; 4 F Balzer (GER) 13.32; 5 S Bownes (RSA) 13.43; 6 S Tanigawa (JPN) 13.95; 7 H Hanazawa (JPN) 13.99. **400H:** 1 S Matete (ZAM) 48.01; 2 L Herbert (RSA) 48.09; 3 D Tamesue (JPN) 48.47 (collegiate rec); 4 D Morgan (JAM) 48.80; 5 H Kawamura (JPN) 48.84; 6 B Gorban (USA) 49.24; 7 Y Chiba (JPN) 49.38; 8 K Yoshizawa (JPN) 49.49.
HJ: 1 V Voronin (USA) 2.33; 2 C Austin (USA) 2.31; 3 J Sotomayor (CUB) 2.28; 4 T Yoshida (JPN) 2.20; 5 T Kimino (JPN) 2.20.
PV: 1 O Brits (RSA) 5.70; 2 L Johnson (USA) 5.50; 3 FKobayashi (JPN) 5.40. **LJ:** 1 I Pedroso (CUB) 8.32/1.2; 2 J Beckford (JAM) 8.18/0.2; 3 K Sosunov (RUS) 8.12/0.4; 4 Y Lamela (ESP) 8.03/0.7; 5 L Meliz (CUB) 7.96/1.8. **TJ:** 1 JONATHAN EDWARDS 17.32/1.2 (meet rec); 2 LARRY ACHIKE 16.56/0.7; 3 G Junjie (CHN) 16.47/0.8; 4 JULIAN GOLLEY 16.47/1.0; 5 T Sugibayashi (JPN) 16.36/-0.1; 6 L Carter (USA) 16.18/-0.1. **HT:** 1 K Murofushi (JPN) 81.08 (NR); 2 A Krykin (UKR) 77.65; 3 V Maska (CZE) 77.62; 4 H Weis (GER) 77.43; 5 A Zagornyi (RUS) 76.96; 6 K Kobs (GER) 76.90; 7 A Abduvaliyev (UZB) 76.82; 8 I Konovalov (RUS) 76.64; 9 S Rendel (AUS) 73.52. **4x100:** 1 Waseda University 39.26; 2 Russia 39.33
Women
100 (-0.5): 1 S Jaysinghe (SRI) 11.04; 2 M Trandenkova (RUS) 11.22; 3 P Pendareva (BUL) 11.26. **200 (-0.5):** 1 Jaysinghe (SRI) 22.32; 2 B McDonald (JAM) 22.44; 3 I Khabarova (RUS) 22.76; 4 M Kislova (RUS) 22.99. 400: 1 O Kotlyarova (RUS) 49.55; 2 F Ogunkoya (NGR) 50.22; 3 S Goncharenko (RUS) 50.44; 4 O Zykina (RUS) 50.49 ; 5 Y Sotnikova (RUS) 51.26; 6 K Kakinuma (JPN) 53.42. **800:** 1 N Tsyganova (RUS) 1:59.44; 2 L Msyani John (TAN) 1:59.58; 3 I Mistyukevich (RUS) 2:00.43; 4 I Rogochova (RUS) 2:00.52; 5 O Raspopova (RUS) 2:00.58; 6 N Gorelova (RUS) 2:00.77.
5000: 1 L Malot (KEN) 15:19.26; 2 L Grigoryeva (RUS) 15:19.65; 3 G Bogomolova (RUS) 15:20.53; 4 L Biktasheva (RUS) 15:22.98; 5 H Hiroyama (JPN) 15:23.64; 6 Y Fujinaga (JPN) 15:24.64; 7 C Takahashi (JPN) 15:29.32; 8 Y Taye (ETH) 15:32.98; 9 Y Kawakami (JPN) 15:38.68; 10 Y Shibui (JPN) 15:47.04; 11 I Nagayama (JPN) 15:49.66; 12 N Sakashita (JPN) 15:49.91.
100H (-0.7): 1 N Shekhodanova (RUS) 12.75; 2 A Lopez (CUB) 12.82; 3 S Laukhova (RUS) 12.93; 4 T Roberts (THA); 5 Y Kanazawa (JPN) 13.11; 6 T Motegi (JPN) 13.56. **HJ:** 1 Y Yelesina (RUS) 1.99; 2 H Cloete (RSA) 1.96; 3 Y Ohta (JPN) 1.90; 4 M Imai (JPN) 1.90; 5 L Klavina (LAT) 1.90; 6 S Lapina (RUS) 1.85. **TJ:** 1 T Lebedeva (RUS) 15.32/0.5; 2 T Hurd (USA) 13.64/0.8; 3 S Hudson (USA) 13.56/-0.1. **SP:** Y Juan (CHN) 17.19

NETHERLANDS

WORLD 100km CHAMPIONSHIPS, Winschoten Netherlands, September 9

FRENCHMAN Pascal Fetizon gained the World 100km Challenge title when he covered the pancake-flat 10-lap course in an impressive 6:23:13 seconds, *Norrie Williamson reports.*

The 38-year-old has a marathon best of 2:15 and was the defending champion from last year's Winschoten event.

After an incredibly fast start led by Brazil's Dama Pereira, who covered the first 10km in 36:26 and then upped the pace to 35:55, the South Africans found themselves being dragged along in the slip-stream. Donovan Wright, the top South African finisher in the Comrades Marathon, took the lead by 35km with perhaps his inexperience at the distances tempting him to put in too much too soon.

With the lead pace improving from a predicted finish time of 6:11 to 6:09 – more than four minutes inside the current world best – it was only a matter of time before the heat and the pace took their toll.

The four minute lead Wright opened by 55km was whittled down by Fetizon between 70 and 80km, with the Frenchman blasting past, keen to put as much distance between them before throttling back to maintain a more steady pace to the tape.

With defending world champion Simon Pride making his return after injury, the British team would once again look to the experience of 50-year-old Stephen Moore to spearhead their attack. Whereas Moore may have had a relatively disappointing 7:20:52, by his high standards, the GB team will have been pleased to see the potential of two of their more recent recruits Ian Anderson and Chris Finill.

Anderson carved 25 minutes off his personal best whereas Finill, in only his seconding outing over the distance, brought his PB down by more than 14 minutes and showed remarkably steady running.

The event combined with the IAU Veteran Championships which saw both Moore (M50) and Sir Don Ritchie (M55) – still arguably the world's best ultra-runner to date – take gold in their respective sections.

The women's event started in similar fashion with Germany's Maria Bak in the lead until she dropped out at 60km, letting Hungarian Edit Berces take over.

Berces continued her even pacing to finish in 7:25:18, with a fastest lap of 43:10 and a slowest of 45:11.

The Great Britain team was brought home by Hilary Walker who secured a silver medal in the W45 category
Men
1 P Fetizon (FRA) 6:23:13; 2 D. Radiuchenko (RUS) 6:29:12; 3 O Kharitonov (RUS) 6:29:26; 4 D Held (USA) 6:33:09; 5 F Ganiev (RUS) 6:38:35; 6 T Guichard (FRA) 6:41:34; 7 G Diehl 6:41:34; 8 I Tuipin (RUS) 6:43:37 9 D Wright RSA 6:46:08 10) A Vozar HUN 6:49:58 ... 40 S MOORE (M50) 7:20:52; 41 I ANDERSON 7:21:48 ... 43 C FINILL 7:22:48 ... 60 D RITCHIE (M55) 7:54:42 ... 98 B. DAVIDSON 8:58:09
M40: 1 G Thierry (FRA) 6:41:34; 2 G Diehl (FRA) 6:41:34; 3 V Kanarsky (BLR) 6:55:44
M50: MOORE
M55: RITCHIE
Women
1 E Berces HUN 7:25:18; 2 E. Kolpakova (RUS) 7:35:00; 3 Magali Maggiolini (FRA) 7:46:02; 4 N. Karaseva (RUS) 7:54:32; 5 R Botzon (GER) 8:05:18; 6) D. Bollig (USA) 8:08:00; 7 A. Lario (POR) 8:10:22; 8 A Sekiya (JPN) 8:15:12; 9 T Schaefer (GER) 8:19:06;10 M Montgomery (RSA) 8:22:34 ... 20 H WALKER 9:04:24 23 S GAYTOR 9:44:19
W45: 1 D Duval (FRA) 8:43:21; 2 WALKER

SPAIN

GREAT BRITAIN v SPAIN U23 INTERNATIONAL, Getafe, September 9

NATHAN MORGAN may not have made the Sydney squad but he gave notice that he will be hard to overlook for major championships next year if he can stay free on injury, *Phil Minshull reports.*

The Birchfield Harrier produced the best legal long jump by a Briton for more than two years by leaping exactly eight metres with a helpful 1.3m/sec following wind in the second round of an entertaining competition.

Legal jumps were few and far between because both Morgan and his main rival, Spain's Antonio Adsuar, spent the final three rounds looking for the big jump. But Morgan needed to be at the top of game because Adsuar went out to a personal best of 7.95m in the penultimate round.

For Morgan the end of the season has come too soon after recovering from ankle and Achilles problems which plagued him earlier in the year.

"I'm getting it together all too late. Of course I'm disappointed I'm not going to Sydney but rules are rules," Morgan said realistically. "But if I had have gone I think I would have made the final."

Morgan was not the only man to enjoy the benefits of a super- quick track on a hot September evening in the suburbs of the Spanish capital, where the temperatures were still over 30 degrees at 9pm.

Jon Barbour followed up his impressive 10.36 win in the 100m, where he might have got close to his best of 10.28 but for a sluggish start, by later breaking 21 seconds for the first time with a 20.79 clocking into a gentle breeze.

Women hammer throwers don't get much recognition but Suzanne Roberts certainly deserves it whatever comes her way. Roberts has improved by more than 10 metres this year and moved up to fifth on the UK all-time list. The John Woodcock-coached Loughborough student consolidated her position with a three throws over 58 metres, each time extending her personal best with her winning effort of 58.83m coming in the third round.

"Next year it is going to be difficult to maintain the same level of improvement because I've got my final year at Loughborough, but nevertheless I'm aiming for 65 metres," she said. Edmonton beckons if she has the time to improve her strength.

Roberts is arguably the most athletic of the current crop of top British women hammer throwers, having started out in her junior days as a high jumper, and has good technique and speed across the circle, but she is acutely aware that she needs to spend more time in the weights room. Emeka Udechuku went over 18 metres for the first time with his second round 18.10m but he had to settle for finishing behind Spain's 19-metre thrower Iker Sukia, who won with 18.46m.

However, Udechuku came back to take the discus with an outstanding 61.91m, close to his personal best, in less than ideal conditions. The quality of the throw can be measured by the fact that Spain's Mario Pestano is a regular over 61 metres but could only manage 59.48m for second place.

David Parker was another convincing winner, taking the javelin by nearly four metres after launching the spear out to 76.31m. Behind him Dan Carter twice improved on his personal best to finished second with 72.48m.

Britain was a comfortable winner of both the men's and women's matches. In the latter the hosts only managed four victories although pole vaulter Vanessa Rios became only the fifth Spanish woman ever to go over more than four metres with her victorious personal best of 4.01.
U23 men
MATCH: 1 GREAT BRITAIN 113; 2 Spain 99
100 (-0.3): 1 JON BARBOUR 10.36; 2 C Maestra (ESP) 10.56; 3 A Dorrego (ESP) 10.70; 4 MARLON DICKSON 10.74; 5 O Beitia (ESP) 10.75; 6 J Zarzuelo (ESP) 10.88; 7 NICK THOMAS 10.89. **200 (-0.8):** 1 JON BARBOUR 20.79; 2 JOHN STEWART 20.83; 3 A Olivan (ESP) 21.55; 4 O Beitia (ESP) 21.56; 5 A Dorrego (ESP) 21.58.
400: 1 DAVID NAISMITH 46.47; 2 A Fernandez (ESP) 47.00; 3 ADAM BUCKLEY 47.04; 4 MATTHEW ELIAS 47.04; 5 A Martinez (ESP) 47.65; 6 S Rodriguez (ESP) 47.69; 7 S Vega (ESP) 47.96; 8 J Casero (ESP) 49.70. **800:** 1 CHRIS MOSS 1:50.49; 2 NEIL SPEIGHT 1:50.52; 3 S Gallardo (ESP) 1:51.17; 4 M Quesada (ESP) 1:52.10. **1500:** 1 MICHAEL EAST 3:44.72; 2 J Espana (ESP) 3:45.78; 3 ANGUS MACLEAN 3:45.85; 4 A Fernandez (ESP) 3:50.46. **3000:** 1 P Villalobos (ESP) 8:34.16; 2 S Martin (ESP) 8:35.59; 3 JAMES THIE 8:37.87; 4 STEPHEN HEPPLES 8:48.24. **5000:** 1 I Hierro (ESP) 14:23.63; 2 I Galan (ESP) 14:25.40; 3 SAM HAUGHIAN 14:26.96; 4 OLIVER LAWS 15:28.82. **3000SC:** 1 A Martinez (ESP) 8:49.78; 2 E Segura (ESP) 9:02.50; 3 DAVID MITCHINSON 9:11.49; 4 SIMON DELROY 9:33.24. **110H (-0.6):** 1 F Belmar (ESP) 14.36; 2 DUNCAN MALINS 14.46; 3 J Romera (ESP) 14.82; 4 ROBERT LEWIS 15.51. **400H:** 1 C Navarro (ESP) 51.63; 2 JAMES HILLIER 51.99; 3 ROBERT LEWIS 52.90; 4 J Romera (ESP) 62:85. **HJ:** 1 D Antona (ESP) 2.17; 2 ROBERT MITCHELL 2.14; 3 DANNY GRAHAM 2.10; 4 J Bermejo (ESP) 2:05. **PV:** 1 A Martinez (ESP) 5.20; 2 BEN FLINT 5.15; 3 R Mayor (ESP) 5.10; 4 TOM RICHARDS 5.10; 5 J Rodriguez (ESP) 5.00. **LJ:** 1 NATHAN MORGAN 8.00; 2 A Adsuar (ESP) 7.95; 3 I Roman (ESP) 7.77; 4 DARREN THOMPSON 7.25. **TJ:** 1 NICK THOMAS 15.89; 2 TOSIN OKE 15.85; 3 E Perez (ESP) 15.58; 4 J Vega (ESP) 15.31. **SP:** 1 I Sukia (ESP) 18.46; 2 EMEKA UDECHUKU 18.10; 3 I Romero (ESP) 17.18; 4 IAIN McMULLAN 15.97; 5 J Pena (ESP) 14.47. **DT:** 1 UDECHUKU 61.91; 2 M Pestano (ESP) 59.48; 3 M Florida (ESP) 51.37; 4 DAVID LOVETT 47.33; 5 Pena 45.24. **HT:** 1 M Campeny (ESP) 69.34; 2 MATTHEW BELL 60.02; 3 D Rubio (ESP) 59.08; 4 CHRIS WALSH 58.77. **JT:** 1 DAVID PARKER 76.31; 2 DAN CARTER 72.48; 3 E Veranes (ESP) 69.15; 4 J Alcalde (ESP) 63.73; 5 M Peralta (ESP) 62.74. **4x100:** 1 GREAT BRITAIN 39.86; 2 Spain 39.96. **4x400:** 1 GREAT BRITAIN 3:08.02; 2 Spain 3:08.37.
U20 women
MATCH: 1 GREAT BRITAIN 116; 2 Spain 83
100 (0.0): 1 AMANDA FORRESTER 11.55; 2, E WHITTER 11.86; 3 L Anton (ESP) 12.19; 4 L Trapero (ESP) 12.27; 5 N Diaz (ESP) 12.50. **200 (-2.4):** 1 MELANIE PURKISS 24.03; 2 HELEN ROSCOE 24.42; C Sanz (ESP) 24.73; 4 N Diaz (ESP) 25.67.
400: 1 KAREN GEAR 54.48; 2 LEIGH NEWTON 55.78; 3 RUTH WATSON 56.61; 4 B Lagartos (ESP) 56.98; 5 S Fernandez (ESP) 57.87. **800:** 1 EMMA DAVIES 2:04.54; 2 JENNIFER WARD 2:05.92; 3 E Desviat (ESP) 2:06.60; 4 Y Contreras (ESP) 2:11.80; A Bove (ESP) 2:12.89. **1500:** 1 KELLY CAFFEL 4:21.59; 2 ALEX CARTER 4:25.17; 3 I Alfonso (ESP) 4:25.74; 4 I Fuentes (ESP) 4:26.85; 5 E Arias (ESP) 4:28.72. **3000:** 1 KAREN HIND 9:37.43; 2 M Calduch (ESP) 9:44.70; 3 R Fernandez (ESP) 9:54.90; 4 D Martin (ESP) 9:59.00; 5 SONIA THOMAS 9:59.97; A Fernandez (ESP) dnf. **5000:** 1 A Aguilar (ESP) 16:36.19; 2 AMY WATERLOW 16:54.04; 3 V Veiga (ESP) 19:02.94; HENRIETTA

FREEMAN dnf. **100H (-1.1):** 1 JULIE PRATT 13.49; 2 A Louriero (ESP) 13.81; 3 BIANCA LISTON 13.85; 4 S Ingelmo (ESP) 14.47. **400H:** 1 CICILY HALL 62.13; 2 A Serra (ESP) 62.93; 3 B Gonzale (ESP) 63.19; RACHEL KAY dnf. **HJ:** 1 MICHELLE DUNKLEY 1.89; 2 SUSAN JONES 1.86; 3 LEE MCCONNELL 1.83; 4 R Beitia (ESP) 1.80; C Teixeira (ESP) 1.60. **PV:** 1 V Rios (ESP) 4.01; 2 TRACEY BLOOMFIELD 3.60; 3 D Cervantes (ESP) 3.60; 4 HELEN ROSCOE 3.50. **LJ:** 1 SARAH CLAXTON 6.23; 2 N Agirre (ESP) 5.88; 3 V Penalver (ESP) 5.85w; 4 DEBBIE HARRISON 5.74. **TJ:** 1 R Azcona (ESP) 12.69; 2 M Mayo (ESP) 12.50; 3 P Sarrapio (ESP) 12.41; 4 REBECCA WHITE 12.00; 5 LEANDRA POLIUS 11.61. **SP:** 1 JULIE DUNKLEY 16.19; 2 I Quintanal (ESP) 16.19; 3 M Iglesias (ESP) 14.80; 4 CHRISTINA BENNETT 14.64. **DT:** 1 PHILLIPA ROLES 55.44; 2 I Quintanal (ESP) 50.04; 3 L Aguilar (ESP) 45.69; 4 JOANNA BRADLEY 45.68. **HT:** 1 SUZANNE ROBERTS 58.83, 2 RACHEL BEVERLEY 56.40; 3 A Cabre (ESP) 51.18; 4 CHRISTINA BENNETT 50.05; 5 E Soriano (ESP) 49.64. **JT:** 1 M Chilla (ESP) 57.00; 2 KELLY MORGAN 55.44; 3 CHLOE COZENS 50.39; 4 E Falagan (ESP) 44.80; 5 JENNIFER KEMP 43.29. **4x100:** 1 GREAT BRITAIN 45.27; 2 Spain 46.63. **4x400:** 1 GREAT BRITAIN 3:41.62; 2 Spain 3:49.44

USA

PARK FOREST SCENIC 10, Illinois, September 4

MARIAN SUTTON, Britain's only female marathon representative at the Olympics, warmed up for Sydney with third place in 55:05.

Emerging from the forest, Crazy 8 winner Naomi Wangui held a seven seconds lead ver High Altitude Challenge winner Wilma van Onna and twice LaSalle Bank Chicago Marathon victor Sutton.

Passing 10km in just outside 34 minutes, positions remained virtually the same to the finish although van Onna pulled slightly away from Sutton.

Men
1 D Njuguna (KEN) 47:29; 2 E Mack (USA) 48:39; 3 J Mwangi (KEN) 48:56
Women
1 N Wangui (KEN 54:36; 2 W van Onna (NED 54:45; 3 MARIAN SUTTON (W35) 55:05; 4 J Torori (CAN) 55:36; 5 M Glusac (USA) 55:51; 6 M Knisely (USA, W40) 57:12

US 10km CLASSIC, Atlanta, September 4

BILLING itself as "America's toughest 10km" due to its rolling hills along Highway 41 and summer temperatures, this race proceeds from the Galleria Shopping Centre to the White Water Amusement Park, *Paul Christman reports.*

It was warm and humid for the seventh edition, which featured Kenyan Catherine Ndereba winning her third straight and fourth title overall. This year Ndereba saved her energy for the last 200m, when she got clear of fellow countrywomen Hellen Kimaiyo-Kipkosgei and Jane Ngotho for the 34:21 win.

With the men's race sporting 11 contenders with an average personal best of 27:56, it was surprising that a trio of Charles Kamathi, Evans Rutto and Gabriel Muchiri got away from the others. In similar fashion to the women, the trio stayed together until the last downhill. With 400m still remaining Muchiri dropped back. Then just a hundred meters from the banner Kamathi, the 1999 world leader (26:50) for the distance - who that year also beat Paul Tergat twice in turf races, got a step on Evans Rutto. Kamathi won in 29:05, while Rutto, who just 10 days before Atlanta ran 27:33 at the Van Damme Memorial, crossed second in 29:08.

Men
1 C Kamathi (KEN) 29:05; 2 E Rutto (KEN) 29:08; 3 G Muchiri (KEN) 29:29; 4 P Githuka (KEN 29:37; 5 J Gwako (KEN) 29:54
Women
1 C Ndereba (KEN) 34:21; 2 H Kimaiyo-Kipkosgei (KEN) 34:22; 3 J Ngotho (KEN) 34:27; 4 E Kuma (ETH) 34:34; 5 P Konga (KEN) 34:58

NEW HAVEN 20km, September 4

A YEAR ago few Americans had even heard of Todd Reeser. But the recent runner-up behind Rod DeHaven at the US half-marathon championships in Parkersburg is gaining publicity rapidly, *Paul Christman reports.*

In New Haven Timothy Cherigat tried to replicate his recent Mizuno Erewash 10 Classic victory with a fast start to blow away the field.

At the end of mile one in 4:24 he had 16 seconds on the pack. But Reeser and a group of Kenyans were on the move. The American-led group caught Cherigat and Reeser continued to paceset until 12 miles. At that point William Kiptum, defending champion Joseph Kamau and Joseph Kibor broke away, with Kiptum gaining the close sprint win over Kamau, both timed in 59:44 at New Haven Green.

Reeser gained his first US championship with a 60:00 PB for fourth. "It was hard out there, one American versus three Kenyans," said Reeser. "They were talking to each other in Swahili the whole race. I was just waiting for them to go, just trying to hang on as long as possible. With this race I've reached a new level by running with the Kenyans. I'm pleased."

Kiptum seemingly felt the same way. "We were very tired, just trying to hang on," he said. "Each of us was saying to the other, I'm tired, you go ahead" ... "No, I'm tired, you go."

Meanwhile, behind them, three Americans contesting second place in the US championships were led off course. Believing a policeman directing a car to get off the course was motioning to them, Eric Polonski, John Sence and Keith Dowling and veteran Simon Karori went a quarter mile off course and eventually finished well down in the standings. Race officials ruled the results will stand and prize money be distributed accordingly. As a gesture, however, they awarded Polonski, Sence and Dowling duplicate prizes as if they had finished second, third and fourth Americans.

South African Colleen De Reuck and Kenyan Jane Omoro were in the women's race, but it was Russian marathoner Ludmila Petrova who broke from them at seven miles for the eventual 68:38 win.

Men
1 W Kiptum (KEN) 59:44; 2 J Kamau (KEN) 59:44; 3 J Kibor (KEN) 59:48; 4 T Reeser (USA) 60:00; 5 A Ondeyo (KEN) 60:39; 6 G Mutisya (KEN) 61:20; 7 T Cherigat (KEN) 62:25; 8 J Cox (USA) 62:41; 9 Joseph Kariuki (KEN) 63:00; 10 J Kagwe (KEN) 63:30; 11 P Hanneck (USA) 63:42; 12 E Hellebuyck (USA) 63:49
Women
1 L Petrova (RUS) 68:38; 2 C De Reuck (RSA) 69:08; 3 J Omoro (KEN) 69:16; 4 K Pawelek (USA) 72:02; 5 A Muriithi (KEN) 73:17; 6 Chris McNamara (USA) 73:26

SHEEHAN CLASSIC 5, Red Bank, August 12

Men
1 T Munji (KEN) 23:05; 2 G Muchiri (KEN) 23:07; 3 R Mogaka (KEN) 23:15
Women
1 C Ndereba (KEN) 26:27; 2 L Petrova (RUS) 26:43; 3 M Komu (KEN) 27:12

track

September 10

NATIONAL JUNIOR LEAGUE
Southern Promotion Abingdon

THE star race was the 800m with Chris Thompson heading off in 57.4 for the first lap with Mohammed Farah back in fourth, *Mike Tait reports.*

However down the finishing straight Farah came back as Thompson seemed to ease up. They both dipped through the line together with a fine 1:53.5.

High jumper Chuka Enni-Snell, who had competed in the Youth Commonwealth Games, equalled the league record with his 2.15 which is also a World Junior qualifying standard.

Dawn Wilson won the female best performance with an unpressed 57.4 a little better than the Havering Mayesbrook's Kate Brewington who compensated by winning the overall Grand Prix.

Men
MATCH: 1 Aldershot Farnham & District 297; 2 City of Norwich 285; 3 Basildon 256; 4 Borough of Hounslow 236; 6 Medway 234
100: 1 N Lowther (Med) 11.2; 2 C Tebbitt (AFD) 11.4; 3 T Roe (Norw) 11.4. **B:** 1 C Pink (Med) 11.4; 2 P Monaghan (Swan) 11.5. **200:** 1 Tebbitt 23.1; 2 Lowther 23.4. **B:** Pink 23.4. **400:** 1 Tebbitt 50.5; 2 Roe 51.0. **800:** 1 C Thompson (AFD) 1:53.5; 2 M Farah (Houns 1:53.5; 3 R Smith (Basil) 1:54.7; 4 G Robins (Swan) 1:59.9; 5 S Baldwin (Norw) 2:01.0. **B:** D Acheson (AFD) 2:01.0. **1500:** 1 Farah 4:08.8; 2 Thompson 4:10.1. **3000:** D Ledgerwood (AFD) 8:50.6; 2 A Ali (Houns) 9:03.4. **2000SC:** 1 A Linguard (Basil) 6:14.6; 2 Ali 6:24.7; 2 A Smith (AFD) 6:27.3. **B:** S Overall (Houns) 6:26.4. **110H:** 1 Monaghan 15.6; 2 A Clements (AFD) 16.0; 3 D Glover (Basil) 16.0. **400H:** 1 A Griffiths (Swan) 58.0; 2 Glover 58.2; 3 D Everett (Norw) 58.3. **HJ:** 1 C Enni-Snell (Swan) 2.15 (eq rec); 2 D Stone (Basil) 2.05. **PV:** R Morris (Norw) 3.20. **LJ:** 1 Enni-Snell 6.76; 2 Roe 6.57; 3 A Fuller (AFD) 6.31. **TJ:** 1 Monaghan 13.36; 2 Roe 13.10; 3 J Everard (Basil) 13.08. **B:** A Davies (Basil) 13.02. **SP:** D Dye (Norw) 10.87. **DT:** Clements 35.39. **HT:** G Buttham (Norw) 43.89. **JT:** 1 Everard 55.32; 2 W Hudson (Houns) 47.04; 3 S Williams (Swan) 45.84. **B:** A Cramp (Basil) 49.08. **4x100:** Aldershot Farnham & District 45.7. **4x400:** 1 Aldershot Farnham & District 3:32.5; 2 Swansea 3:36.4; 3 Hounslow 3:36.6
Athletes of the match: Thompson & Enni-Snell
Women
MATCH: 1 Havering Mayesbrook 343; 2 Aldershot Farnham & District 315; 3 Borough of Hounslow 300; 4 Bromley AC 297
100: K Brewington (Hav M) 12.9. **200:** 1 F Urbain (AFD) 26.6; 2 A Pratt (Houn) 27.0. **400:** 1 D Wilson (Brom) 57.4; 2 L Cossey (Hav M) 60.4; 3 L Webb (Houns) 61.6. **B:** T Doran (Brom) 61.9. **800:** 1 F Fullerton (Hav M) 2:14.1; 2 A Hutchinson (AFD) 2:17.7. **B:** E Adams (AFD) 2:22.4. **1500:** G Greenfield (AFD) 4:51.5. **3000:** E Whittaker (AFD) 11:18.5. **100H/HJ/LJ:** Brewington 15.0/1.50/5.51. **400H:** 1 A Pickett (AFD) 67.5; 2 A Jones (Brom) 69.8. **PV:** S De Boos (Hav M) 1.90. **TJ:** Urbain 9.40. P Davey (Houn) 9.44. **DT/HT:** S Deacon (Hav M) 29.80/32.78. **JT:** 1 N Smith (AFD) 34.06; 2 A Sayer (Houn) 30.67. **4x100:** Aldershot Farnham & District 52.4. **4x400:** 1 Aldershot Farnham & District 4:05.7; 2 Bromley 4:06.1; 3 Hounslow 4:13.2; 4 Havering Mayesbrook 4:14.0
Athletes of the match: Wilson & Deacon

Northern Promotion Derby

Men
MATCH: 1 Bolton 391; 2 Scunthorpe 247; 3 Tamworth 296; 4 West Cheshire 282; 5 Derby & County 206; 6 Nestle Rowntree 159
100: 1 M Roberts (Scun) 11.2; 2 B Coldwell (Bolt) 11.5. **200:** Roberts 22.4. **400:** C Edden (Bolt) 55.2. **800:** 1 Edden 1:58.1; 2 B Presley (N Rown) 2:00.6. **1500:** R Gowse (Scun) 4:11.5. **3000:** N Kay (Bolt) 9:17.9. **2000SC:** P Moors (Tam) 6:52.5. **110H:** 1 R Goldthorpe (Derby) 15.7; 2 Coldwell 15.7. **400H:** 1 Coldwell 56.0; 2 Goldthorpe 56.8. **HJ:** 1 B Hall (Bolt) 1.90; 2 M Walden (Scun) 1.85. **PV:** J Cole (Bolt) 4.15. **LJ:** J Mannings (W Ches) 6.18. **TJ:** J Hope (Bolt) 13.27. **SP:** S Hughes (Scun) 11.07. **DT:** R Wickes (W Ches) 36.47. **HT:** C Welding (Tam) 31.90. **JT:** A McKay (W Ches) 40.46. **4x100:** 1 Bolton 45.0; 2 Scunthorpe 45.1. **4x400:** 1 Bolton 3:29.1; 2 Scunthorpe 3:37.6
Athletes of the match: Cole & Roberts
Women
MATCH: 1 Trafford 338; 2 Derby 289; 3 Spenborough 263; 4 Middlesbrough & Cleveland 262; 5 Rotherham 226; 6 Tamworth 223
100: 1 L Trolman (Traff) 12.7; 2 A Freeman (Spen) 12.8. **B:** J Coleman (Traff) 12.8. **200:** 1 Trolman 25.7; 2 Freeman 25.8. **400:** L Lancousk (Tam) 60.6. **800:** 1 C Reilly (Traff) 2:17.6; 2 E Sevens (Derby) 2:18.4; 3 A Frith (Tam) 2:23.4. B: K Weller (Tam) 2:28.7. **1500:** Weller 5:03.4. **3000:** Sevens 11:22.7. **100H:** 1 A Other (M&C) 16.0. **400H:** K Brady (Traff) 68.9. **HJ:** H Boddey (Derby) 1.55. **PV:** 1 L Johnson (Traff) 2.80; 2 S Hartley (Spen) 2.80. **LJ:** C Green (Derby) 4.67. **TJ:** R Gobb (Spen) 9.94. **SP:** 1 R Peak (Derby) 11.90; 2 A N Other (Tam) 11.34. **DT:** 1 G Street (Tam) 40.97; 2 A Lockley (Traff) 34.93; 3 L Maker (Roth) 33.20. **B:** H White (Roth) 31.17. **HT:** 1 Lockley 36.71; 2 K Martin (M&C) 34.77; 3 H White (Roth) 32.85; 4 E Giles (Derby) 31.33. **JT:** 1 H Boddey (Derby) 33.75; 2 K Seringe (Roth) 30.81. **4x100:** Trafford 49.9. **4x400:** 1 Trafford 4:01.8; 2 Tamworth 4:09.8; 3 Spenborough 4:10.3
Athletes of the match: Johnson & Trolman

EASTERN YOUNG ATHLETES' LEAGUE FINAL
Watford

MATCH: 1 Chelmsford 763; 2 Orion 700; 3 Colchester AC 581; 4 St Albans 553.5; 5 Watford 426; 6 Ryston 420.5; 7 Barnet 415; 8 West Norfolk 276
U17 men
400: 1 S Setchell (Ryston) 53.1; 2 I Bishop (W Norf) 53.5. **800:** S Dickson (Barnet) 2:05.8. **HJ:** 1 M Crowley (St Albans) 1.85; 2 E Graham (Chelms) 1.75. **SP:** R Prince (Orion) 12.40
U15
100: E Bartram (Wat) 12.5. **80H:** 1 C Bryant (St Alb) 12.5; 2 R Handstead (Wat) 12.7; 3 D Steadman (Colc) 12.8. **HJ:** Steadman 1.75. **DT:** 1 L Simister (Orion) 35.88; 2 N Williams (Chelms) 31.26
U13
100: 1 B Ferriby (Chelms) 12.9; 2 F McManus (Colc) 13.3; 3 D Boatnog (Orion) 13.8. **200:** 1 Ferriby 26.7; 2 McManus 27.5; 3 L Awakye (Orion) 27.5. **400:** D Corderon (Chelms) 64.0. **80H:** M Soame (Chelms) 13.8. **HJ:** 1 Soame 1.55; 2 R Welling (St Alb) 1.40. **LJ:** 1 Soame 4.53; 2 Boatnog 4.21. **SP:** 1 McManus 11.56; 2 J Turner (St Alb) 10.02; 3 Ferriby 9.68; 4 C Loughlin (W Norf) 9.22; 5 C Coffing (Barnet) 9.17; 6 M Ndandaka (Orion) 8.27. **DT:** 1 K Chilton (Chelms) 21.15; 2 Ndandaka 20.35. **4x100:** Chelmsford 52.6
U17 women
200: C Robson (St Alb) 27.2. **HJ:** 1 Robson 1.55; 2 F Webb (Ryston) 1.55; 3 C Howe (Chelms) 1.55. **LJ:** S Barnet (W Norf) 5.01. **DT:** T Woodley (W Norf) 28.68. **JT:** L Cooke (W Norf) 27.35
U15
100: 1 L Robinson (Chelms) 13.4; 2 L Holland (Colc) 13.4. **200:** Holland 27.9. **75H:** 1 C Holdsworth (Colc) 12.3; 2 E Barns (Ryston) 12.4. **HJ:** L Slubbins (Colc) 1.45. **LJ:** 1 Holland 5.05; 2 K Holdsworth (Colc) 4.82; 3 T Phow (Chelms) 4.72. **SP:** M Wardley (Chelms) 9.18. **DT:** K Hilt (Colc) 29.86
U13
100: C Whiddett (Colc) 13.6. **200:** 1 Whiddett 27.7; 2 Phorton 28.8; 3 C Allen (Orion) 29.7; 4 S Pappin (St Alb) 29.7; 5 Umeh 29.8; 6 K Ogden (Colc) 30.3; 7 N Staples (Chelms) 30.4; 8 C Higginbotham 30.5 (Wat); 9 R Mathews (Ryston) 30.7; 10 A Tullett (Chelms) 30.8. **800:** 1 Pappin (St Alb) 2:43.4; 2 S Muffington (Orion) 2:44.6; 3 K Reddard (Colc) 2:44.7; 4 N Gaifford (Colc) 2:47.6. **1500:** 1 Staples 5:38.4; 2 L Shaw (Orion) 5:43.0; 3 K Jeffrey (Orion) 5:47.1. **70H:** 1 V Umeh (Orion) 12.1; 2 Higginbotham 12.2; 3 V Phorton (St Alb) 13.0. **HJ:** J Hunt (W Norf) 1.41. **LJ:** 1 S Reynolds (St Alb) 4.38; 2 Whiddett 4.20; 3 Phorton 4.04; 4 D Kessie (Orion) 4.02; 5 Umeh 4.01. **SP:** 1 M Ndebele (Colc) 7.61; 2 J Murray (Colc) 7.32; 3 S Reynolds (St Alb) 6.78; 4 A Dodd (Chelms) 6.76

SCOTTISH & NORTH-WESTERN LEAGUE
Division One Grangemouth

MATCH: 1 Giffnock North 1235; 2 Falkirk 949; 3 Ayr Seaforth 899; 4 City of Edinburgh 893; 5 Annan 891; 6 Kilbarchan 889; 7 City of Glasgow/Shettleston 853; 8 Kirkintilloch 693.
FINAL STANDINGS: 1 Giffnock North 32; 2 Ayr Seaforth24; 3 City of Edinburgh 21; 4 City of Glasgow/Shettleston 20; 5 Annan 15; 6 Kilbarchan 14; 7 Falkirk 12; 8 Kirkintilloch 6
Men
100: S Murphy (CoE, U20) 11.3. **400:** 1 G Stevenson (Kilb) 50.0; 2 S Hurst (CoE) 50.6. **B:** Murphy 50.0. **3000SC:** D Sharkey (CoE) 9:39.1
U17
100: 1 E McCombie (CoE) 11.3; 2 I Kennedy (Ayr S) 11.4; 3 R Hurren (Falk) 11.7. **B:** J Rogers (Ayr S) 11.7. **400:** 1 N Burnside (Ayr S) 50.5; 2 D Shaw (CoE) 51.9; 3 M Skilling (Shett) 52.7; 4 M Dorrian (Giff N) 53.0. **B:** Rogers 52.9. **1500:** 1 G Ross (Giff N) 4:11.1; 2 G Darroch (Kilb) 4:12.0; 3 A Lee (Shett) 4:12.6. **1500SC:** 1 N Docherty (Kilb) 4:36.0; 2 D Malin (Annan) 4:38.1; 3 D Walker (Giff N) 4:39.6; 4 C May (Kilb) 4:53.7. **PV:** 1 Dorrian 3.70; 2 S Campbell (Shett) 3.40. **LJ:** R Hurren (Falk) 6.03. **4x100:** 1 Ayr Seaforth 45.4; 2 City of Edinburgh 46.0
U15
100: 1 A Tatton (Falk) 12.0; 2 I Usoro (Kilb) 12.2; 3 J Overton (Giff N) 12.3. **400:** Tatton 54.6. **1500:** 1 A McLeod (Giff N) 4:30.7; 2 R Allan (Giff N) 4:31.6; 3 D Wallace (Shett) 4:33.4. **SP:** 1 A McDiarmid (Falk) 13.85; 2 Usoro 11.82. **4x100:** City of Edinburgh 49.4
U13
100: 1 C Russell (Shett) 13.1; 2 B Rushford (Falk) 13.7; 3 B McKenna (Giff N)

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13.8; 4 D Sharp (Kilb) 14.0. **1500:** 1 D Allan (Giff N) 4:56.9; 2 K Gauson (CoE) 5:05.9; 3 J Gribben (Kilb) 5:09.3. **LJ:** 1 Russell 4.20; 2 Rushford 4.59; 3 A Allan (Giff N) 4.53. **SP:** 1 A Boyle (Falk) 8.06; 2 A Allan 7.98. **4x100:** 1 Shettleston 54.8; 2 Falkirk 55.4

Women

400: 1 L Fitzpatrick (Falk, U20) 58.0; 2 A Fullelove (Kilb, U20) 59.3; 3 J Bannerman (CoE) 61.3. **DT:** S Freebairn (Glas, W35) 42.04

W35

100: L Wrisberg (Giff N) 13.8

U17

100: 1 K Malin (Giff N) 13.2; 2 L Ellis (Falk) 13.2. **300:** 1 Ellis 42.9; 2 Malin 43.4; 3 K Edgar (Ayr S) 44.2. **1500:** 1 C Brodie (Annan) 4:54.2; 2 H Stevenson (Giff N) 5:01.9. **HJ:** L Folocho (CoE) 1.55. **JT:** K McFarlane (Ayr S) 29.06

U15

100: C Ainsworth (Giff N) 13.3. **1500:** H Popple (Glas) 5:04.5. **HJ:** E Moran (Giff N) 1.45

U13

100: 1 K Skinner (Falk) 13.4; 2 S Alexander (Giff N) 13.7; 3 A Harrats (Ayr S) 13.9. **B:** 1 A Small (Ayr S) 14.0; 2 L Thomson (Falk) 14.2; 3 S Ronie (Giff N) 14.4. **800:** 1 D Kane (CoE) 2:34.6; 2 F McTaggart (Giff N) 2:35.0; 3 S Barras (Kilb) 2:42.6; 4 L Finnie (Ayr S) 2:45.3; 5 T Smith (Glas) 2:48.9. **B:** 1 S Hanlon (CoE) 2:39.7; 2 F McKay (Giff N) 2:44.6; 3 S Maxwell (Ayr S) 2:47.9. **JT:** 1 A Austin (Glas) 22.60; 2 D Kidd (CoE) 18.18. **4x100:** 1 Giffnock North 56.4; 2 Falkirk 7.7; 3 Ayr Seaforth 58.0

Division Two Scotstoun

MATCH: 1 Whitemoss 1062; 2 Dunfermline & W Fife 928.5; 3 Kwik-Fit Corstorphine 905.5; 4 Victoria Park 901; 5 Nithsdale 899.5; 6 Lasswade 833.5; 7 Law 756; 8 Harmeny 650

FINAL STANDINGS: 1 Whitemoss 29; 2 Dunfermline & W Fife 25; 3 Nithsdale 23; 4 Victoria Park 19; 5 Law 16; 6 Kwik-Fit Corstorphine 15; 7 Lasswade 11; 8 Harmeny 8

Men

100: A Strain (Vic P, U20) 11.2. **1500:** I Murdoch (Law) 4:02.7. **3000SC:** 1 Murdoch 9:09.2; 2 K Mood (Corst) 9:15.0; 3 J Murray (Lass) 9:35.6

M40

100: M Williams (Dunf) 12.1

U17

1500: 1 K Berry (Corst) 4:13.8; 2 T Grant (Law) 4:16.3. **1500SC:** S Lawley (Law) 4:57.2. **LJ:** F Park (Dunf 6.06

U15

100: C Eldridge (Dunf) 12.2. **400:** 1 J Leggate (W'moss) 55.6; 2 D Philip (Lass) 57.0. **1500:** P McDougall (Harm) 4:27.4

U13

100: 1 R Finlayson (Lass) 13.2; 2 T Ashby (Harm) 13.5; 3 G Hendry (Vic P) 13.7. **1500:** 1 Finlayson 5:02.1; 2 J Charters (Harm) 5:03.3; 3 D Robertson (W'moss) 5:04.6. **LJ:** 1 Finlayson 4.52; 2 C Sinclair (Vic P) 4.50; 3 C Fletcher (Corst) 4.37. **SP:** S Turner (Corst) 9.40

Women

100: 1 S Wilson (Dunf) 12.7; 2 M McDonald (Corst, U20) 12.9. **400:** 1 McDonald 59.9; 2 N Lamb (Vic P) 60.3; 3 Wilson 61.3. **DT:** J Ramage (Nith) 32.09

U17

100: 1 S Whigham (Vic P) 12.8; 2 L Cunningham (Dunf) 12.9. **300:** 1 K Boyle (Dunf) 40.4; 2 Whigham 41.9. **B:** J Erskine (Dunf) 40.7. **DT:** A Rodger (Vic P) 28.98. **4x100:** Dunfermline & W Fife 50.4

U15

100: 1 G Nicol (Dunf) 13.1; 2 K Richardson (Nith) 13.3; 3 R Forbes (W'moss) 13.5. **4x100:** 1 Dunfermline & W Fife 53.4; 2 Whitemoss 53.6

U13

100: 1 A Clancy (Harm) 13.9. **B:** G Smith (W'moss) 14.4. **800:** 1 S Lyall (Harm) 2:24.0; 2 R Bowan (Corst) 2:32.8; 3 K McClusky (W'moss) 2:33.1. **JT:** 1 H Cameron (Lass) 23.26; 2 K Miller (Dunf) 21.56. **4x100:** 1 Whitemoss 56.7; 2 Harmeny 57.7

Division Three Ayr

MATCH: 1 Airdrie 1058; 2 Livingston 941; 3 Irvine 873; 4 Larkhall 578; 5 L&L 469; 6 East Kilbride 445; 7 Hamilton 324

FINAL STANDINGS: 1 Airdrie 29; 2 Irvine 28; 3 Livingston 21; 4 Larkhall 20; 5 L&L 13; 6 East Kilbride 11; 7 Wigtownshire 5; 8 Hamilton 2

U17 men

1500: S Griffin (L&L) 4:18.9

U15

100: D McShannock (Aird) 12.0

U17 women

300: M Henderson (Living) 43.1. **B:** K Nicoll (Living) 44.8

U13

100: L Crilly (Living 13.8. **800:** 1 K McKenzie (Living) 2:40.7; 2 J Scobie (Irv) 2:47.0

Division Four Coatbridge

MATCH: 1 Central 1027; 2 Fife 985.5; 3 Scottish Borders 829; 4 Perth 804.5; 5 Beith 345; 6 Helensburgh 320; 7 Stewartry 294; 8 Garscube 51

FINAL STANDINGS: 1 Central 32; 2 Perth 26; 3 Fife 25; 4 Scottish Borders 21; 5 Beith 13; 6 Stewartry 12; 7 Helensburgh 9; 8 Garscube 6

KENT RELAY CHAMPS
Erith

Men

4x100: 1 Cambridge Harriers 43.0 (A Hall, T Knowles, G Goldbourne, O Baptist); 2 Bexley 46.0; 3 Bexley B 46.8

4x400:1 Cambridge Harriers 3:26.5 (I Lane, A Inglis, Goldbourne, A Knight); 2 Ashford 3:30.1; 3 Bexley 3:30.3

Medley (200, 200, 400,800): 1 Bexley 3:47.2 (A Scowding, A Fish, M Rogers, A Galbrath); 2 Paddock Wood 4:01.4

U20

4x100: 1 Kent AC 44.7 (C Johnson, H Frost, C Anderson, S Wenden); 2 Invicta East Kent 48.5

4x400: 1 Invicta East Kent 3:37.9 (S Holden, S Turner, A Thomas, J Bridge); 2 Paddock Wood 3:50.8

U17

4x100: 1 Blackheath 45.7 (G Isodo, J Aust, T Robinson, J Wilkie); 2 GEC Avionics 46.7; 3 Tonbridge 47.4

4x400: 1 Blackheath 3:37.1 (C Daniel, B Earley, D Griffin, Aust); 2 Dartford 3:39.7; 3 GEC Avionics 3:41.5

U15

4x100: 1 Blackheath 46.5 (D Prince, B Davies, A Pope, A Morton); 2 Cambridge Harriers 46.9; 3 GEC Avionics 48.9

4x400: 1 Blackheath 3:49.4 (Pope, D Bovell, S Charles, A Johnson); 2 Bexley 3:52.6; 3 Medway 3:54.8

U13

4x100: 1 Blackheath 54.4 (J Poole, T Beech, S Leach, D Willis); 2 Medway 56.1; 3 Tonbridge 56.1

3x800: 1 Invicta East Kent 7:37.8 (P Cox, J Ross-Davies, T Barrett); 2 Blackheath 7:46.7; 3 Medway 7:52.7

Women

4x100: 1 Dartford 51.1 (J Heap, S Simmons, A Cousins, K Taylor); 2 Bexley 53.3; 3 Invicta East Kent 55.6

4x200: 1 Dartford 1:48.2 (S Elam, Cousins, Simmons, Taylor); 2 Bexley 1:51.3; 3 Invicta East Kent 1:56.0

4x400: 1 Invicta East Kent 4:44.3 (M Hayward, M Griffiths, K Iddenden, S Bonnage)

U17

4x100: 1 Blackheath 51.8 (S Alaneme, N Gharbaoul, A Jacobs, K Benneworth); 2 Invicta East Kent 55.2; 3 GEC Avionics 57.1

4x200: 1 Blackheath 1:49.7 (Alaneme, Jacobs, Gharbaoul, Benneworth); 2 Dartford 1:50.2; 3 Invicta East Kent 1:56.4

3x800: 1 Medway 7:04.6 (K Buchan, J Pereira, G Marrs); 2 Medway B 7:36.3; 3 Bexley 8:21.2

U15

4x100: Bromley 50.5 (H Bhandari, R Chadwick, M Douglas, Y Gayle); 2 Medway 51.7; 3 GEC Avionics 51.7

4x200: 1 Bromley 1:49.7 (Bhandari, Chadwick, Douglas, Gayle); 2 Medway 1:52.3; 3 GEC Avionics 1:52.7

3x800:1 Bromley 7:29.4 (E Kenny, S Jackson, E Fisher); 2 Ashford 7:44.7; 3 Dartford 7:52.5

U13

4x100: 1 Ashford 53.9 (J Fofana, Z Standing, H Clayden, H Olson); 2 Blackheath 56.0; 3 Paddock Wood 56.1

3x800: 1 Medway 8:10.8 (N Davies, A Lafferty, H Miller); 2 Ashford 8:11.0; 3 Bromley 8:16.0

NORTHERN MEN'S LEAGUE
PROMOTION MATCH
Cleckheaton

MATCH: 1 Gateshead 472; 2 Blackburn 396; 3 Lincoln Wellington 339; 4 Manx Harriers 322; 5 Barnsley AC 317; 6 Middlesbrough and Cleveland 288; 7 Spenborough 154; 8 East Cheshire and Tameside 134

200: C Stobart (Manx) 22.3. **400**: 1 S Ellis (Barns AC, U20) 48.6; 2 B O'Brien (Gate) 49.8; 3 K Murray (Manx) 50.3. **5000**: A Buckley (Gate) 14:38.1. **3000SC**: 1 J Larkin (Gate) 9:41.8; 2 J Halligan (Manx, U20) 9:42.6 (IoM rec). **110H**: A Odudu (B'burn) 16.0. **400H**: J Lee (Gate) 55.7. **HJ**: S Booth (Barns AC, U20) 1.90. **PV**: C Boundy (Gate) 4.30. **SP**: D Dowson (M&C) 13.39. **DT**: 1 I Gordon (Gate) 49.25; 2 R Bury (B'burn) 38.63; 3 N Winchcombe (Linc) 38.44. **HT**: 1 R Thompson (Gate, U20) 56.50; 2 Winchcombe 45.00; 3 M Haydock (B'burn) 42.93; **B**: S Thompson (Gate) 50.82. **JT**: 1 I Burns (Gate) 58.86; 2 G Amos (M&C) 55.14; 3 B Lloyd (Manx) 53.24

September 9

BAL QUALIFYING MATCH
Luton

FAVOURITES Luton United made the most of their home advantage to dominate from the start and, with fellow Southern League outfit Swindon Harriers, go in to Division Four of the league next year, *Martin Duff reports*.

Returning to the top flight after an absence of 10 years, Gold Cup Plate winners Luton crowned a successful season for Bedfordshire athletics, as they had helped the area win the minor counties trophy at the Inter-Counties in May and local rivals Bedford & County, who won this match last season, went straight up to division three. "We've had a good year," was team manager Fred Stebbings' verdict.

Luton's success was built in no small way upon their successful sprint squad coached by veteran Jack Walters, who saw Tony Billington produce a sprint double. After a 100m victory in 10.8 against a modest wind, the 25-year-old blasted out 21.7 to take the 200m against a 1.0m/s headwind.

The Bedfordshire team won seven A strings and four B events while Swindon Harriers, who were in second place throughout the afternoon, managed four first places in total. The tone for the top two was set in the opening track event, when Paul Crossley edged out world veteran's champion Howard Moscrop to take the 400m hurdles with a desperate lunge.

Charnwood got close to the top two places mid-afternoon thanks to good points from the Olympic qualified shot putter Mark Edwards. The 25-year-old had not trained since being rejected for Sydney, despite throwing a lifetime best 19.72 before the deadline. "I've not touched a shot for two weeks," said the European Cup representative, who was dragged out by his team management.

Edwards was over 19 metres in warming-up but had no enthusiasm for the fray and made three token puts with a best of 17.18, before announcing he was disillusioned and considering his future in the sport.

Dominic Girdler was also on form for the Loughborough-based club with victory in the high hurdles. Against a 0.9m/s wind, Girdler returned a 14.5 effort, an improvement on his 14.91 best of last year. The 20-year-old also delivered the goods in the high jump competition after a two metre clearance, as B string Richard Savage also collected maximum points. They were helped by a guesting Dalton Grant who, desperate to salvage something from an injury, is seeking out all available competition.

After first time clearances at 2.00 and 2.05, to test his wonky knee, Grant pronounced himself injury free and then went much higher. A second attempt clearance at 2.13 was followed by a couple of failures at 2.19, before a do-or-die go at 2.23.

The Commonwealth champion produced a magnificent jump, well clear of the bar, which was followed by all the old Grant theatricals. 2.28 proved too much but the former British team captain was pleased to be competing again injury free.

Despite winding up fourth in the final standings, Charnwood posted a number of other good performances led by their hammer throwers, who were also on song in the opening field event and provided good early points. John Pearson left it until the final throw of the competition to send the 16lb ball and chain out to 65.84, while team-mate Rob Careless was second overall with 53.43.

The meeting had got underway with a minute's silence in honour of field judge Norman Stang who passed away during the week.

Men

Match: 1 Luton United Harriers 371; 2 Swindon Harriers 349; 3 City of Hull 303; 4 Charnwood 292; 5 Bristol 284; 6 Pitreavie 238; 7 Cleethorpes and District 161; 8 Deeside 144

100 (-0.6): 1 T Waddington (Lut) 10.8; 2 H Richards (Charn) 10.9; 3 D Morgan (Bris) 11.3. **B (1.2):** C Millard (Bris) 11.3. **200 (-1.0):** 1 Waddington 21.7; 2 Richards 21.8; 3 Morgan 22.6; 4 M Callanan (Clee) 22.8; 5 S Collings (CoH) 22.9; 6 M Jones (Swin H) 23.0; 7 J Nellany (Pit) 23.0. **B (0.0):** 1 K Stephens (Bris) 22.6; 2 V Bruce (Lut) 22.9. **400:** 1 M Collins (Lut) 49.8; 2 S McDiarmid (Pit) 49.8; 3 R Hinch (Clee) 50.3; 4 J Walbyoff (CoH) 50.3. **B:** J Holtby (CoH) 51.0. **800:** 1 A Fulford (Swin H) 1:55.3; 2 McDiarmid 1:55.5; 3 N Beasley (Lut) 1:56.1; 4 P Richards (Charn) 1:56.4; 5 B King (Bris) 1:59.2. **B:** A Sherman (Swin H) 1:56.7; 2 P Bridger (Lut) 1:57.2; 3 S Korona (Pit) 1:58.6; 4 M Roberts (Bris) 1:59.0. **1500:** 1 S Stebbings (Lut) 3:59.4; 2 M OiDowd (Swin H) 3:59.7; 3 K Worlock (Bris) 4:00.6; 4 J Paterson (Pit) 4:01.4. **B:** 1 Sherman 3:59.9; 2 M Flook (Bris) 4:04.0; 3 M Webster (Lut) 4:04.9. **5000:** 1 A Guilder (Charn) 15:25.4; 2 C Sykes (Swin H) 15:26.7; 3 J List (Bris) 15:42.4; 4 C Smale (CoH) 15:56.2; 5 D Walsh (Lut, M40) 16:16.0; 6 C Watson (Pit) 16:27.3; 7 R McWilliams (Dee) 16:29.1. **B:** 1 A King (Charn) 15:59.1; 2 B Gardiner (Swin H, M45) 16:17.5. **3000SC:** 1 P Farmer (Lut) 9:21.5; 2 C Smale (CoH) 9:29.4; 3 R McWilliams (Dee) 9:56.6. **B:** S Parker (Lut) 10:28.9. **110H (-0.9):** 1 D Girdler (Charn) 14.5; 2 P Crossley (Lut) 15.1; 3 J Holtby (CoH) 15.5; 4 F Smith (Pit) 15.7; 5 H Moscrop (Swin H, M40) 16.2. **B (0.0):** 1 D Wilkinson (Lut) 16.0; 2 A Hemery (Swin H, U20) 16.0; 6 E Fitzgerald (Pit, M50) 18.0. **400H:** 1 Crossley 54.5; 2 Moscrop 54.5; 3 Holtby 57.2; 4 Hinch 58.5. **B:** 1 P Benedickter (Lut) 57.9; 2 T Shepherd (Swin H) 57.9. **HJ:** D Grant (E&H, gst) 2.23 (2.00 o; 2.05 o; 2.13 x,o; 2.19 x,x; 2.23 o; 2.28 x,x,x); 1 Girdler 2.00; 2 M Ovens (Swin H) 1.95; 3 A Holbrook (Bris) 1.85. **B:** R Savage (Charn) 1.80. **PV:** 1 C North (Bris) 4.70; 2 M Beharrell (CoH) 4.60; 3 Hemery (U20) 3.50. **B:** 1 P Stevens (CoH) 4.10; 2 Fitzgerald (M50) 3.30. **LJ:** 1 G Brown (Swin H) 6.68; 2 G Smith (Lut) 6.66; 3 Hinch 6.56. **B:** S Powell (CoH) 6.32. **TJ:** 1 M Gordon (Bris) 14.35; 2 Smith 13.07; 3 T Jackson (Swin H) 13.06; 4 P Durham (Clee) 13.04. **B:** D Watson (Lut) 12.92. **SP:** 1 M Edwards (Charn) 17.18; 2 B Robb (Pit) 16.26; 3 G Marshall (CoH)15.44. **B:** M Wiseman (Charn) 12.95. **DT:** 1 Robb 51.20; 2 Edwards 44.46; 3 Marshall 37.20. **B:** Wiseman 43.11; 2 J Crawford 35.21. **HT:** 1 J Pearson (Charn) 65.84; 2 C Bruce (Pit) 50.44; 3 E Kerr (Lut) 49.08; 4 M Spicer (Bris) 46.38. **B:** R Careless (Charn) 53.43; 2 B Robb (Pit) 43.99. **JT:** 1 B Saville (Clee) 54.78; 2 C Guest (Charn) 53.33; 3 J Holtby (CoH) 50.34. **B:** F Keith (Clee) 50.84. **4x100:** 1 Bristol 42.50; 2 Luton United Harriers 43.20. **4x400:** 1 Luton United Harriers 3:23.2; 2 Swindon Harriers 3:23.7; 3 Bristol 3:24.5

UK WOMEN'S LEAGUE
QUALFYING MATCH
Cannock

WHILE the number of clubs participating was lower than expected the competition was good.

Injuries, holidays and breaks before the cross country seasons starts left valuable gaps in team lists.

Only four teams appeared for the match, due to the withdrawal of both Rotherham and Thurrock, reducing the battle to five teams.

MATCH: 1 Gateshead Harriers 232; 2 Cannock & Stafford 221; 3 Cardiff 201; 4 Solihull & Smallheath 176; 5 Deeside 157

100: 1 R King (Card) 12.4; 2 V Barr (Gates) 12.4; 3 C Spurway (C&S) 12.9. **B**: E Mardle (Card) 12.5; 2 V Gregson (Gates) 12.9. **200**: 1 Barr 24.7; 2 L Jones (Card) 25.4; 3 Spurway 26.3; 4 H Wood (SSH) 26.7. **B**: 1 Mardle 25.6; 2 Gregson 26.8. **400**: 1 Wood 57.0; 2 K Sorey (Gates) 57.4; 3 A Pritchard (Card) 58.8. **B**: 1 L Wrigglesworth (Gates) 60.7. **800**: 1 L Crawford (SSH) 2:16.2; 2 D Jones (Card) 2:16.9; 3 C Taylor (Gates) 2:18.9; 4 C Newton (C&S) 2:19.1. **1500**: 1 N Lewis (Card) 4:40.3; 2 Newton 4:52.9. **B**: 1 D Jones (Card) 4:47.0. **3000**: S Kneill 10:56.1. **100H**: A Keys (C&S) 15.7. **400H**: Wood 63.2. **HJ**: 1 A Keys (C&S) 1.50. **PV**: S Preston (C&S) 3.06. **LJ**: 1 R Shiel (Gates) 5.32; 2 E Lloyd (C&S) 5.15. **B**: Butler 5.10. **TJ**: 1 Shiel 10.95; 2 Lloyd 10.31. **B**: Butler 10.16. **HT**: 1 K Ricketts (Dees) 41.71; 2 K Leneghan (Card) 36.22; 3 K Moody (C&S) 35.85; 4 K Maddison (Gates) 35.09. **SP**: 1 L Lackenby (Gates) 10.94; 2 H Corneby (C&S) 10.46. **B**: A George (C&S) 10.13. **DT**: 1 Comeby 40.87; 2 Ricketts 38.28; 3 C Moore (Gates) 36.38; 4 C Gammon (SSH) 31.05. **B**: E Dwan (Gates) 33.90. **B**: 1 C Bennett (C&S) 33.64; 2 N Jones (Dees) 32.91; 3

Lackneby 31.70. **4x100:** 1 Cardiff 48.2; 2 Gateshead 49.0; 3 Cannock & Stafford 50.7. **4x400**: 1 Cardiff 4:02.3; 2 Gateshead 4:08.5
Division four for 2001: Basingstoke & Mid Hants; Bournemouth, Cannock & Stafford; City of Hull; City of Stoke; Derby Ladies; Gateshead Harriers; Newport

ASHFORD OPEN POLE VAULT

EVERY time Liz Hughes of Bromley enters a pole vault contest she clears 3.60, *Steve Roe reports.*

Hughes achieved that height for the fourth time in four competitions over the past month, and it was good enough to win the women's event in front of the watching Brian Hooper, a former British record holder.

Hooper was also impressed with Ashford's Hannah Olson, who having set a UK best for her age group (U13) two weeks ago now did it again with 3.10

Men
1 M Grant (TVH) 4.50; 2 T Benn (WSE) 4.30; 3eq A Buchanan (AFD)/K Tufton (Hav) 4.00
M40: K Hatton (Med) 3.80
M50: M Goodall (Ashf) 3.40
U17
1 M Cross (Ton) 3.50; 2 C Fox (Dartf) 3.00
Women
1 L Hughes (Brom) 3.60; 2 L Lowe (WSE) 3.40; 3 R Annis (unatt) 3.30; 4 S Buchanan (AFD) 3.10; 5 J Hughes (SB) 2.60; 6 M Newton (Ashf) 2.50
W35: A Davies (WSE) 3.60
U20: Z Parsons (Ashf) 2.50
U17
1 L Williams (S'end) 2.90; 2 K Williams (S'end) 2.70
U15: N Olson (Ashf) 3.20
U13: H Olson (Ashf) 3.10 (uk age best)

TELFORD OPEN MEETING

Men
100: 1 R Rubenis (Telf) 10.8; 2 S Butler (Stoke) 11.0; 3 S Saxor (Telf) 11.2; 4 J Marshall (D&S) 11.3. **200:** 1 Rubenis 22.1; 2 Butler 22.3; 3 Marshall 22.4; 4 Saxon 22.6. **400:** R Czemik (Hales) 51.2. **800:** P Plant (Telf) 2:08.1. **3000:** D Mensbridge (Telf) 9:15.3. **HJ:** O Chesher (Brecon) 1.85. **PV:** 1 M Philborough (Hales) 4.10; 2 D McFall (Brecon) 3.80. **LJ:** J Wilkinson (Telf) 5.93. **SP:** L Woodward (C&S) 15.22. **DT:** 1 A Britten (C&S) 46.22; 2 I Taylor (Telf) 45.64. **JT:** 1 J Wilkinson (Telf) 63.88; 2 S Greening (Bir) 53.70
U17
100: D Reeve (Cov) 11.6. **200:** 1 Reeve 23.4; 2 M Clark (Telf) 23.9; 3 A Tipper (Bir) 24.0. **HJ:** 1 C France (Telf) 1.90; 2 T Parsons (SSH) 1.90. **PV:** 1 R Thompson (Hales) 3.65; 2 P Walker (Card) 3.60. **HT:** S Hosell (Wen) 12.73. **JT:** R Eggleton (Stoke) 44.40
U15
100: 1 B King (North P) 12.4; 2 G Winfield (Here) 12.4. **200:** 1 King 25.1; 2 R Evans (C&S) 25.5. **800:** L Hopson (Bir) 2:10.5. **HJ:** J Orwin (Cov) 1.55. **PV:** 1 M Vincent (Rugby) 2.90; 2 T Davies (Telf) 2.70**LJ:** 1 D Hughes (L Buzz) 5.90; 2 G Winfield (Here) 5.66. **SP:** F Marsh (Brecon) 7.29. **JT:** J Hopley (Telf) 38.00
U13
100: J Pearson (C&S) 13.6. **200:** Pearson 27.2. **800:** 1 J Mills (Wrex) 2:24.2; 2 O Blake (Osw) 2:24.8; 3 C Brown (Mans) 2:26.4. **75H:** 1 O McNeillis (Hales) 13.6; 2 J Guest (B'nth) 16.3; 3 M Spillard (Telf) 18.3. **LJ:** 1 A Jones (Shrew) 4.44; 2 McNellis 4.42. **SP/JT:** L Atkinson (Telf) 9.14/28.64
Veterans
100: 1 J Ubhoo (Bir) 12.2; 2 A Doughty (Brecon) 12.6. **200:** 1 Ubhoo 24.5; 2 D Drew (Telf) 25.7; 3 A Doughty (Brecon) 25.8; 4 P Anthony (Notts) 26.0; 5 D Billiard (Bir) 26.9. **400:** 1 Ubhoo 55.5; 2 Anthony 57.3. **PV:** 1 J Bradley (Telf) 3.20; 2 J Howe (Rhon) 3.00; 3 E Thompson (Brecon) 3.00; 4 P Hill (Hales) 2.80
Women
200: D Norville (Telf) 25.4. **400:** C Riley (RSC) 59.0. **PV:** 1 E Hornby (Bir) 3.50; 2 H Smith (Hales) 3.40; 3 H Webb (Hales) 2.90; 4 N Witton (Newp) 2.85; 5 J Lloyd (Carm) 2.40. **HT:** 1 K Ainsley (Birm R) 40.21; 2 A Smith (Here) 36.68
U17
100: 1 S Allson (D&S) 12.9; 2 E Eagles (Tip) 13.2. **200:** C Bull (W&B) 29.4. **80H:** 1 J Roach (Leic) 11.9; 2 Allson 12.0. **LJ:** Eagles 4.91. **SP:** R Hanson (Corn) 8.80. **DT:** R Bartlett (Telf) 24.90. **HT:** Hanson 19.72
U15
100: 1 D Marsh (Tip) 13.3; 2 A Connolly (Telf) 13.3; 3 S Facey (Cov) 13.5. **200:** 1 Marsh 27.3; 2 N Hooper (Tip) 28.0. **800:** C Burgoyne (Shrew) 2:32.1. **75H:** 1 A Conothy (Telf) 12.0; 2 R Grice (Rugby) 12.4; 3 S Pierce (Nune) 12.6. **HJ:** S Price (B'nth) 1.45. **LJ:** C Wart (Shrew) 4.02. **SP:** 1 L Cooper (Telf) 9.75; 2 E Hayes (Shrew) 9.37. **DT:** 1 K Pritchard (Telf) 24.50; 2 Hayes 23.36; 3 E Baggley (Shrew) 23.30
U13
100: K Lock (C&S) 14.3. **200:** 1 Lock 29,3; 2 L Elgerton (W&B) 30.1; 3 R Saunders (W&B) 30.2. **800:** 1 G Weetman (Osw) 2:34.3; 2 E Price (B'nth) 2:38.5; 3 R Saunders (W&B) 2:40.1. **70H:** 1 N Francis (Leic) 11.7; 2 K Griffiths (Osw) 12.4. **LJ:** 1 C Jeavons (Tip) 4.10; 2 Weetman 4.03. **SP:** 1 L Baggley (Shrew) 8.85; 2 E Jarvis (unatt) 7.72; 3 J Burgess (Telf) 7.31

LILY B LEAGUE CUP & PLATE FINALS
Kingsmeadow

Cup Final
TEAM: 1 Sutton & District 423.5; 2 Guildford & Godalming 370.5; 3 Epsom & Ewell 352.5; 4 Aldershot, Farnham & District 292; 5 Kingston & Polytechnic 274.5; 6 Walton 237; 7 Bracknell 207
U17 women
200: 1 H Robey (G&G) 27.3; 2 J Crouch (Sutt) 27.3. **1500:** G Gardner (G&G) 4:55.7. **80H:** 1 E Parker (E&E) 12.5; 2 S Madgett (Brack) 13.0. **300H:** Parker 46.5. LJ: 1 Parker 5.48; 2 Crouch 4.91; 3 Madgett 4.82. **DT:** K Billin (Sutt) 30.73. **JT:** 1 F Brown (G&G) 28.79; 2 R Mpoza (E&E) 28.68
U15
100: A Easy (AFD) 13.4. 200: 1 Easy 27.5; 2 F Sunley (K&P) 27.7; 3 C Robey (Brack) 28.0. **300:** 1 H Robey (G&G) 42,8; 2 G Dare (E&E) 45.5. **B:** S Northedge (G&G) 44.0. **800:** C Hammond (AFD) 2:22.4. **75H:** 1 R Peckham (Sutt) 12.0; 2 R Hatch (E&E) 12.5; 3 L McManus (G&G) 12.6; 4 S Kelly (Brack) 13.0. **B:** C Hill (G&G) 12.9. **HJ:** 1 McManus 1.60; 2 M Jones (AFD) 1.45; 3 Y Kuehnel (Brack) 1.45. **LJ:** 1 Sunley 4.64; 2 Peckham 4.62. **DT:** 1 S Thompson (E&E) 23.56; 2 S Chalkley (Sutt) 23.53. **JT:** 1 H Ritson (Sutt) 29.07; 2 L Crawley (Walton) 27.32; 3 H Dare (E&E) 24.54. **4x100:** 1 Walton 53.7; 2 Aldershot, Farnham & District 53.7
U13
100: 1 M Hanshaw (Walton) 13.4; 2 Z Klu (Sutt) 13.8; 3 D Blaize (K&P) 14.5; 4 L O'Connor (AFD) 14.5. **B:** 1 S Graham (Sutt) 13.7; 2 K Price (Walton) 14.5; 3 N Searle (AFD) 14.5. **200:** 1 Hanshaw 27.2; 2 Klu 27.4; 3 S Atkins (K&P) 29.5; 4 O'Connor 29.5; 5 A Banner (G&G) 29.9; 6 F Crilley (E&E) 30.9. **B:** 1 Graham 27.6; 2 Searle 30.3; 3 L Hudnot (Walton) 30.4. **800:** 1 H Jones (AFD) 2:30.0; 2 Banner 2:41.9. **B:** E Pallant (AFD) 2:37.0. **1500:** 1 I Lee (AFD) 5:14.5; 2 C Perry (E&E) 5:41.0; 3 S Long (Sutt) 5:48.0. **B:** C Aberdeen (AFD) 5:24.2. **70H:** 1 Price 12.1; 2 C Savundra (AFD) 12.8. **HJ:** 1 R Hamilton (G&G) 1.49; 2 Blaize 1.43. **B:** C O'Connol (G&G) 1.30. LJ: 1 Blaize 4.40; 2 Price 4.39; 3 Savundra 4.37; 4 L Walton (G&G) 4.32. **SP:** 1 Klu 7.79; 2 L Archer (K&P) 7.18. **B:** T Sotubo (Sutt) 7.20. **DT:** 1 S Boreham (E&E) 21.59; 2 Archer 19.72. **JT:** 1 J Hopkins (Brack) 21.56; 2 K Meadows (AFD) 18.72. **4x100:** 1 Sutton & District 54.8; 2 Walton 56.1; 3 Aldershot, Farnham & District 57.5
Plate Final
TEAM: 1 Fleet & Crookham 269; 2 Haslemere Border 262; 3 Dorking & Mole Valley 152; 4 Hercules Wimbledon 129; 5 Redhill & Surrey Beagles 102; 6 Holland Sports 8
U17 women
100/200: J Lucas-Read (HW) 12.7/26.0.
SP: N Partridge (Has B) 9.36
U15
1500: L Marland (HW) 5:04.4. **JT:** S Gladwin (Has B) 22.25
U13
100: K Fuller (HW) 14.5. **200:** 1 Fuller 30.1; 2 C McCarthy (Has B) 30.7. **800:** L Varnes (Has B) 2:50.0. **1500:** S Ronald (DMV) 5:46.5. **SP:** 1 J Castles (RSB) 6.73; 2 N Cross (Has B) 6.70. **DT:** S Collins (F&C) 18.31. **JT:** Cross 21.13

HAMMER 2000 AUTUMN SOWAYE
Northwood Stadium, Stoke

COMPETITION ONE
U23 men
HT: G Allan (SB) 56.99
U20
HT(6.25kg): C Adams (H2000) 56.47
U17
HT: D Steventon (H2000) 42.03
U15
HT: 1 R Dudman (WLHS) 41.34; 2 B Lawrence (H2000) 40.52; 3 P Brownsord (H2000) 30.18
U13
HT(3.25kg): S Lewis (H2000) 31.30
U23 women
HT: V Scott (Liv) 50.15
U17
HT: N Dudman (WLHS) 41.59
COMPETITION TWO
U23
HT: Allan 53.57
U20
HT(7.26kg): Adams 49.32
U17
HT: Steventon 43.41
U15
HT: 1 Lawrence 45.14; 2 Dudman 45.12; 3 J Smith (H2000) 34.99; 4 Brownsor

September 9/10

ROTHERHAM HARRIERS YOUNG ATHLETES' MULTI-EVENTS
Herringthorpe

U13 boys
1 M Hudson (Skyrac) 204; 2 D Lynch (Womb) 168; 3 T Cummings (Sheff) 167
U13 girls
1 V Greensill (Roth) 224; 2 B Staniland (Skyrac) 215; 3 J Taylor (Rown) 213

SURREY MULTI-EVENT CHAMPS
Crawley

Men (a 9th; b 10th)
Dec: 1 N Owen (K&P) 5801 (11.9, 6.30, 14.41, 1.60, 55.8, 16.8, 34.80, 3.70, 49.10, 5:18.9); 2 M Roberts (K&P) 5700 (12.3, 5.92, 10.28, 1.72, 53.5, 16.0, 30.86, 3.50, 47.79, 4:46.5); 3 O Matthews (Belg, gst) 5199 (12.3, 5.82, 10.01, 1.78, 55.8, 17.8, 31.10, 3.40, 36.91, 4:56.0)
Veterans
Pent (b) (age graded): G Page (E&E, M50) 3003 (5.02, 39.50, 26.9, 26.89, 5:59.1)
U17
Oct: M Hall (Croy) 3184 (17.2, 4.49, 8.51, 57.5, 1.49, 23.64, 21.61, 4:46.2)
U15
Pent (a): 1 R Chambers (Woking) 2284 (5.28, 13.3, 11.23, 1.49, 2:27.1); 2 S Carpenter (Woking) 2033 (5.09, 13.6, 7.70, 1.61, 2:32.6)
U13
Pent (a): A Hamilton (Croy) 1503 (4.58, 15.6, 7.59, 1.51, 2:51.6). **Also 800**: I Horn (Croy) 2:28.1. **LJ**: S Overington (Wav) 4.63; Horn 4.32; B Knight (DMV) 4.31
U17 women
Hept: 1 C Garnett (Herne H) 4008 (11.8, 1.57, 7.43, 26.3, 5.19, 14.69, 2:40.8); 2 Sarah Henderson (Woking) 3666 (13.4, 1.60, 7.63, 27.9, 4.74, 20.66, 2:45.1); 3 L Lynch (Croy) 3143 (13.8, 1.39, 6.48, 28.1, 4.37, 13.18, 2:38.7); 4 Samantha Henderson 2738 (16.3, 1.48, 7.54, 27.4, -, 13.62, 2:40.9)
U15
Pent (b): 1 R Passley (Herne H) 2396 (4.87, 13.0, 7.32, 1.38, 2:50.9); 2 S Kelley (Brack) 2351 (4.32, 12.8, 7.88, 1.44, 2:53.1); 3 R Hatch (E&E) 2127 (4.45, 12.6, 6.66, 1.41, 3:11.4); 4 R Peckham (Sutt) 2091 (4.58, 12.3, 5.82, 1.29, 3:02.4); 5 N Clementis (E&E) 1829 (3.52, 13.5, 5.39, 1.35, 2:55.2)
U13
Pent (b): 1 A McIntosh (Herne H) 1998 (4.61, 12.9, 7.77, 1.32, 3:14.9); 2 K Price (Walton) 1896 (4.40, 12.2, 6.51, 1.23, 3:07.3); 3 S Reeve (Herne H) 1775 (3.91, 15.1, 6.31, 1.26, 2:45.6); 4 S Boreham (E&E) 1608 (3.60, 14.0, 6.49, 1.29, 3:08.8)

SUSSEX MULTI-EVENT CHAMPS
Crawley

Men (a 9th; b 10th)
Dec: 1 D Chapman (Worth) 6103 (11.7, 6.30, 12.59, 1.69, 52.3, 17.2, 36.44, 3.60, 52.27, 4:52.9); 2 P Gilding (Worth) 5639 (11.9, 6.68, 10.76, 1.96, 54.4, 15.6, 26.62, 3.00, 35.70, 5:15.3); 3 G Sahans (Houn, gst) 5388 (12.1, 5.92, 11.04, 1.69, 54.7, 17.1, 33.10, 2.70, 47.05, 4:53.4); 4 G Fuller (Hast) 4443 (12.2, 5.99, 7.28, 1.78, 55.0, 20.3, 18.59, 3.50, 30.29, 5:24.6); 5 J Geater (Hast) 4429 (11.9, 6.00, 8.72, 1.72, 55.5, 19.2, 22.87, 2.30, 31.51, 5:23.0)
Vets
Pent (b) (age graded): 1 I Turner (E'bne, M45) 2809 (5.29, 29.95, 26.6, 26.00, 5:28.2); 2 B Morris (E'bne, M40) 2672 (5.48, 25.12, 23.6, 17.93, 5:12.7); 3 D Cousins (Hast, M40) 2431 (5.38, 34.24, 26.6, 21.39, 5:49.9)
U17
Oct: 1 E Armah (Chich) 3708 (15.8, 5.64, 8.06, 53.3, 1.55, 24.87, 23.90, 5:02.2); 2 I Broughton (B&H) 3573 (16.4, 5.40, 9.12, 54.4, 1.58, 20.37, 22.09, 4:50.4; 3 T Capelin (Worth) 3528 (20.1, 5.22, 10.84, 56.3, 1.70, 28.43, 28.42, 5:04.1); 4 K Cross (Chich) 3010 (18.3, 4.87, 8.29, 58.1, 1.52, 17.97, 21.86, 4:52.3)
U15
Pent (a): 1 A Good (Hast) 2116 (4.99, 13.9, 8.85, 1.35, 2:13.7); 2 N Pritchard (Craw) 2070 (4.61, 13.0, 9.08, 1.53, 2:28.5); 3 S Luffman (Worth) 2068 (4.72, 13.6, 8.05, 1.53, 2:21.0); 4 D Philpott (Hast) 2010 (5.23, 13.8, 8.66, 1.47, 2:31.2)
U13
Pent (a): A Akehurst (Ports) 1635 (4.59, 15.4, 10.89, 13.9, 2:51.1). **Also 80H/HJ**: C Chimutengwende (Horsh BS) 14.5/1.42. **LJ**: S Shepherd (Hast) 4.35
Women
Hept: C Millborrow (Horsh BS) 4418 (14.4, 1.60, 8.49, 25.6, 5.46, 22.28, 2:43.7)
Veterans
Pent (a) (age graded): J Denyer (Hay H, W45) 2353 (17.2, 6.92, 1.18, 3.79, 3:09.9)
U20
Hept: T Mainstone (Horsh BS) 38.06 (18.0, 1.54, 9.10, 27.6, 4.88, 30.12, 2:41.5)
U17
Hept: 1 L Aukett (Worth) 3519 (13.5, 1.45, 7.09, 27.7, 4.63, 13.93, 2:28.0); 2 C Schofield (Worth) 3256 (14.8, 1.42, 9.46, 29.8, 4.24, 28.69, 2:52.7); 3 J Prickett (Chich) 2869 (15.5, 1.39, 4.81, 28.8, 4.62, 11.44, 2:38.4). **Also SP/JT:** L Newman (Horsh BS) 10.65/34.93
U15
Pent (b): 1 E Perkins (Worth) 3236 (5.07, 11.9, 10.15, 1.68, 2:37.4); 2 M Waldron (Hors BS) 2537 (4.59, 12.6, 6.08, 1.53, 2:42.4); 3 H Morton (Horsh BS) 2499 (4.76, 12.6, 7.20, 1.29, 2:36.3); 4 K Butters (Hast) 2392 (4.02, 13.6, 10.57, 1.35, 2:42.7); 5 S Fielding-Smith (B&H) 2298 (4.29, 14.5, 5.52, 1.53, 2:38.7); 6 C Carpenter (Thos Bennett S) 2002 (4.16, 13.6, 5.41, 1.35, 2:51.1); 7 L Ramsay (B&H) 1981 (4.66, 14.5, 6.09, 1.47, 3:19.0); 8 C Carr (Chich) 1893 (4.35, 17.3, 7.18, 1.35, 2:51.4)
U13
Pent (b): 1 C Bearman (Craw) 2241 (4.23, 12.1, 6.68, 1.35, 2:42.4); 2 D Christmas (Craw) 2142 (3.99, 13.1, 6.62, 1.26, 2:30.6); 3 V Burling (Craw) 1953 (3.98, 13.1, 7.10, 1.20, 2:44.2); 4 E Ely (E Grin) 1951 (3.62, 13.0, 5.97, 1.38, 2:47.9); 5 N Rhodes (Lewes) 1554 (3.59, 16.4, 5.21, 1.14, 2:36.1). **Also 800**: K Gunn (Phoe) 2:42.1. **SP**: H Sargeant (Craw) 6.89

September 6

WATFORD OPEN

Men
100: 1 A Brown (TRI) 10.90; 2 J Jeffrey (Harrow) 10.95; 3 M Phills (Harrow) 11.00; 4 M Russell (Belg, U20) 11.07; 5 M Martin (unatt) 11.12. **B:** ... 3 D Brander (Barn, M55) 12.96; 4 O Fernandez (Loughton, U15) 13.01. **200:** 1 Brown 21.81; 2 Martin 21.89; 3 Russell 22.30. **B:** 1 J Atkin (Dav, U17) 23.61. **D (mixed):** 1 M Jackson (E&H, M40) 24.99;03 L Chaffe (WG&EL, SW) 26.27; 4 Brander 26.67; 5 L Turnbull (Vaux, SW) 27.00. **E:** ... 4 A Carter (E&H, M60) 28.57. **BMC Nike 800:** 1 S Tompson (C&C) 1:51.64; 2 D Hall (High) 1:51.85; 3 A McDougall (M&R) 1:52.50; 4 B Stopher (AFD, U20) 1:52.95; 5 R Green (Exe) 1:53.12; 6 J Kidger (Craw) 1:53.15; 7 D Reader (B&F) 1:53.99; 8 R Morley (Bed C) 1:54.14; 9 S Cooper (B'hth) 1:54.17; 10 R Sumner (BMH) 1:54.43; 11 M Sansford (Chelm) 1:54.47. **Open 800:** 1 M Carlisle (St Alb, U20) 1:56.24; 2 J McCillagh (K&P, U20) 1:56.42; 3 S Blake (WSE) 1:57.14; 4 D Domoney (ESM) 1:57.36; 5 K Izzard (Bed C) 1:57.82; 6 D Warrington (Oxf C) 1:59.40; ... 8 G Robbins (Swan, U20) 2:01.04. **B:** 1 M Woods (BMH) 1:59.36; 2 M Siglechner (Mil K, U20) 2:00.59; 3 M Collins (SB, U20) 2:02.49; ... 5 K Jennings (HW, M40) 2:04.55. **C (mixed):** ... 3 B Twigger (Mil K, U15) 2:14.41; 4 D Skelt (Hav M, U15) 2:16.43; ... 8 S Luck (Hav M, U15G) 2:20.77. **D (mixed):** 1 S Brasier (Mil K, U13) 2:21.83; 2 L Felton (Hav M, W40) 2:23.09; 3 B Pritchett (WG&EL, SW) 2:23.86; 4 K Turner (Woking, SW) 2:23.87; 5 A Luck (Hav M, U13) 2:25.92. **E:** ... 7 G Moss (W Norf, U13G) 2:38.35. **BMC Nike 1500:** 1 D Acheson (AFD, U20) 3:59.60; 2 O Matthews (Vaux, U20) 3:59.65; 3 P Banks (AFD, U20) 4:00.38; 4 E Vandershams (Thurr, U20) 4:00.93; 5 G Klrpacz (Ports) 4:01.19; 6 S Ablitt (Grant, U17) 4:01.33; 7 K Quinn (Belg) 4:01.98; 8 R Leach (AFD) 4:02.87; 9 A Vandenberg (AFD, U17) 4:02.93; 10 D Ledgerwood (AFD, U20)

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4:03.41; 11 J Atkinson (S'oaks) 4:06.74. **Open 1500:** 1 S Sharp (TVH) 3:46.28; 2 L Sameter (NEB, U20) 4:00.43; 3 L Mangleshot (WG&EL) 4:02.31; 4 A Lingard (Bas, U20) 4:04.50; 5 B Walsh (SB) 4:05.93; 6 S Dixon (Barn, U17) 4:07.65; ... 9 P Winfield (Mil K, U17) 4:10.43. **B:** ... 3 L Cadman (Bed C, U17) 4:13.00;...5 S Jacobs (Ips, U17) 4:15.65; ... 7 T Iskeden (Lon I, U15) 4:17.18. **C (mixed):** ... 5 H Robinson (Grant, U15) 4:29.73; 6 A Whetstone (Mil K, U15) 4:30.17; 7 C Templeton (Dulw, SW) 4:30.88; 8 A Friend (AFD) 4:32.90. **D (mixed):** ... 2 A Igi (ESM, U13) 4:33.34; 3 K Wooton (Bed C, U15G) 4:34.61; 4 C Garwood (Vaux, U20W) 4:54.96. **E (mixed):** 1 C Browning (AFD, U13G) 4:47.25; ... 4 C Hammond (AFD, U15G) 4:51.62; ... 7 M Jones (AFD, U15G) 5:02.21; 8 H Jones (AFD, U13G) 5:03.79; 9 M Essop (Mil K, U15G) 5:04.22. **F (mixed):** ... 2 E Pallant (AFD, U13G) 5:07.06 ... 4 D Waldron (D&T, U13G) 5:21.49; 5 K Berryman (Mil K, U13G) 5:23.35; 6 A Roskilly (Mil K, U13G) 5:26.41; 7 M Wetheridge (Bas, U13G) 5:43.08; ... 9 I Hornsey (Roys, W55) 6:08.07. **BMC-Nike Mile:** 1 A Walker (IRL) 4:00.92; 2 J Thie (Card) 4:03.27; 3 C Bolt (Brack) 4:04.64; 4 A Ingle (Bide) 4:07.82; 5 S Body (Vaux) 4:08.00; 6 J Fewtrell (Bed C) 4:11.40; 7 A Barber (P'boro) 4:13.96; 8 R Smith (Bas, U20) 4:14.20; 9 D Cowlishaw (Alt) 4:14.49; 10 A Brewer (Brack) 4:15.21; 11 B Trickner (Wells) 4:17.31. **3000:** 1 M Yelling (Bed C) 8:16.51; 2 J Brooks (Lon I) 8:17.65; 3 N Miller (Ver) 8:35.40; 4 A Cross (Bed C) 8:38.32; 5 H Lobb (Bed C) 8:47.16; 6 L Wilkinson (AFD) 8:53.34; 7 M Smart (Harrow, U15) 9:01.80; 8 S Omar (ESM, U17) 9:03.40; 9 A Humphries (S'end, U15) 9:03.54; 10 C Convey (Ips, U20) 9:08.79; 11 C Dale (InvEK, U17W) 9:36.40; ... 13 M Smith (Thurr, U20W) 10:03.41. **LJ:** N Barton (Ver) 6.72

U20
TJ: M Dullan (E&E) 12.80

U15
SP: R Zeraf (Chelm) 13.15

M50
SP: 1 R Hatch (Chelm) 10.62; 2 R Jegou (WHH, M55) 10.10

Women
BMC 800: 1 K Caffel (Oxf C) 2:04.35; 2 L Vaughan (BMH) 2:09.22; 3 L Yelling (Bed C) 2:09.72; 4 D Harmse (WG&EL) 2:10.07; 5 E Childs (Bas, U20) 2:11.38; 6 F Fullerton (Hav M, U17) 2:13.49; 7 J Nugent (SB, U17) 2:13.88; 8 K Waterson (Ips, U20) 2:14.51; 9 V Clewes (And, U15) 2:15.91; 10 R Iannone (VoA) 2:16.00. PV: 1 C James (Wat, W45) 2.40; 2 S Yeomans (Wat, W45) 2.25

VETERANS AC CHAMPIONSHIPS
Battersea Park

M40
10,000: 1 R Jenkins (Hill) 33:17.4; 2 R Holland (WG&ExL) 33:39.8; ... 4 R Johnston (West 4, M45) 35:07.9; 5 K Fennelly (SB, M45) 35:12.4; 6 C Applegate (Tiptree) 35:28.3

M50
10,000: 1 D Williams (HW) 37:17.4; 2 C Verrall (Lon H, M55) 38:44.3; 3 G Bradbury (HW, M55) 39:26.2;...6 D Brooks (Thurr, M55) 40:42.7; 7 E Simpson (Folkes, M60) 40:46.9;...10 R Pitcairn-Knowles (S'oaks, M65) 42:25.9; 11 G Richardson (Loughton, M65) 45:05.9

Women
10,000: J Georghiou (Farn R, W45) 41:08.7

September 5

DYFED TRACK CHAMPIONSHIPS

Men
5000: 1 P Osbourne (Swan H, M40) 16:40; 2 P Griffith (unatt) 16:50; 3 M Evans (Trots) 17:05

PITREAVIE MILK-ENNIUM SERIES

Men (all Pit)
MILE: J Paterson (U20) 4:30.6

Women
MILE: S Marshall (U17) 5:23.2

U13 Girls
MILE: 1 C Soutar 5:49.3; 2 S Coleman 5:59.2

KILBARCHAN AAC CHAMPS
Linwood

Men (all Kilb)
OVERALL: G Stevenson/D McCormack (track), Stevenson (field)
U20: C Watson (field)
U17: K Kerr (track), C McDowall (field)
U15
200/HJ: C Stewart 24.9/1.60.
OVERALL: Stewart (track), G Hanson (field)
U13
1500: 1 F Williams 5:06.2; 2 J Gribben 5:08.1
OVERALL: Williams

women
OVERALL: L Kinder
U17
1500: H Gordon 5:02.0
OVERALL: A Galbraith (track, field)
U15
OVERALL: S Shepherd/L Devlin (track), A Sharkey (field)
U13
OVERALL: S Barras

September 4

CIVIL SERVICE VETERANS' CHAMPIONSHIPS
Battersea Park

Men
M40
100/200/400: D Elderfield (MoD) 11.9/23.9/54.1. **800:** 1 M Phillips (On Stats) 2:08.3; 2 M Goodwin (F Comm) 2:08.6; 3 P Tullett (BT) 4:34.2 **5000:** R Laws (Nat Auth) 16:57.0. **400H:** M Goodwin (FCO) 62.7. **SP/DT:** M Fenton (C&E) 12.56/38.28. **3kmW:** 1 S Allen (R Mail) 14:18.0; 2 S Uttley (L Chan) 14:43.3

M45
800: M McCawland (IR) 2:10.1

M50
5000: P Brigdon (MoD) 18:09.1. **3kmW:** J Hall (MAFF) 16:26.4

M55
SP: G Negus (MoD) 12.25

M60
100/200/800/JT: J Ross (Scot O) 13.3/26.9/2:25.5/41.42. **SP:** P Savery (DSS) 10.51

M65
800: C Portsmore (MoD) 2:40.5. **DT:** 1 J Phillips (GCHQ) 28.45; 2 C Taylor (MoD) 24.52. **JT:** 1 J Phillips (GCHQ) 41.82; 2 G Daborn (DTI) 28.28

M80
DT/JT: D Milton (MoD) 18.11/17.68

Women
W35
100/200/LJ: J Riches (IR) 13.7/28.2/4.18

W45
3000: M Statham (DTI) 11:54.2. **DT/JT:** 1 V Thompson (DTI) 19.95/24.35

ISLE OF WIGHT OPEN MEDALS
Sandown

Men
400: 1 P Foster (HasB) 50.8; 2 J Richards (Win) 50.9. **110H:** 1 M Coker (Team S) 16.7. **LJ:** J Pointer (unatt) 6.46. **SP:** P Parry (Harrow) 13.12. **DT:** L Daniels (Team S) 35.88. **HT:** A Frost (IWAC) 55.43. **JT:** Parry (Harrow) 57.13

M40
3000: G Tuck (IWAC) 9:26.9

U20
100: B Ellis (Win) 11.4. **200:** 1 Ellis 22.5; 2 N Ball (Craw) 23.1; 3 I Barrett (Worth) 23.2. **800:** 1 C Lawrence (Banc) 1:59.0; 2 P Allen (Banc) 1:59.3. **110H/400H:** C Fuller (Hav M) 16.6/61.2. **2000SC:** D Ragan (BMH) 6:26.8. LJ: M Barton (IWAC) 6.57. **TJ:** 1 C Holcombe (Wig D) 13.63; 2 Barton 13.46. **SP:** 1 A Frost (IWAC) 13.12; 2 G Springings (Belg) 12.98. **DT:** Springings 36.03. **JT:** R Lainson (IWAC) 47.75

U17
800: T Graham (BMH) 2:02.9. **1500:** C McCourt (Bas) 4:20.2. **LJ/TJ:** D Bray (Hav M) 6.46/12.76. **SP:** J Holland (unatt) 12.71. **HT:** 1 P Farley (IWAC) 50.74; 2 R Muncham (Brack) 49.36; 3 L Harwood (IWAC) 47.29; 4 C Baker (Worth) 42.48; 5 S Terry (Worth) 41.74

U15
100/200: R Fordham (Bas) 12.2/25.1. **HJ:** P Drewery (IWAC) 1.62. **HT:** D Barton-Smith (IWAC) 34.23

U13
100/200: A Burton (Bas) 12.9/26.3. **HJ:** J Abbott (IWAC) 1.53. **LJ:** 1 Burton 4.57; 2 Abbott 4.50. **SP/HT:** S Church (IWAC) 7.57/21.84. **JT:** 1 L Jones (IWAC) 28.48; 2 Abbott 28.17; 3 J Eldridfge (IWAC) 27.56; 4 R Marvin (IWAC) 25.63

Women
100: H Lloyd (Hav M) 13.4. **800:** S Morris (BAC) 2:11.5. **100H/LJ:** Lloyd 15.7/5.50. **HT:** K Anderson (Hav M) 21.46. **JT:** L Hann (unatt) 41.98

U20
800: B Ansell (CP) 2:23.7. **HJ:** S Parrish (Soton C) 1.60. **PV:** L Anderson (Hav M) 2.10. **LJ/ TJ:** D Rowlands (Hav M) 4.75/10.08

U17
200: H Davis (IWAC) 27.4. **1500:** 1 B Frost (IWAC) 4:59.5; 2 K Frost (IWAC) 4:59.7. **HJ:** C Dewsbury (Bas) 1.55. **LJ:** E James (Bas) 4.99. **TJ:** 1 James 10.21; 2 Dewsbury 10.58. **DT:** C Hancock (Soton C) 32.41. **HT:** S Nystrom (IWAC) 38.63. **JT:** 1 H Davis (IWAC) 37.73; S Darts (Hav M) 27.13

U15
800: C Jackson (CP) 2:28.4. **HJ:** C Pragnell (IWAC) 1.60. **LJ:** C Jones (IWAC) 4.65. **SP:** 1 S Davies (Bas) 9.68; 2 A Church 9.28. **DT:** 1 Davies 26.82; 2 Church 24.42. **HT:** Church 35.34. **JT:** 1 K Wadey (IWAC) 23.69; 2 Davies 23.63

U13
800: 1 C Alexander (CP) 2:36.3; 2 H Burton (Bas) 2:46.5. **70H:** Alexander 12.6. **DT:** H Bennett (Bas) 22.02

LONDON BUSINESS HOUSES CHAMPIONSHIPS
Battersea Park

Men
5000: 1 A Thomas (BT) 15:27.3; 2 T Grose (Logica) 15:33.5; 3 P Lemmon (Lon Hth, gst) 15:41.9; 4 J Roclie (VPH, gst) 15:43.2; 5 M Bouchier (Met Rly) 16:01.6; 6 J Taylor (Bt Air) 16:20.9; 6 7 K Tilley (JPM) 16:21.9
TEAM: 1 J P Morgan 32; 2 British Airways 39; 3 London Transport Met 45

September 3

SOUTHERN COUNTIES VETERANS AC LEAGUE FINALS
Peel Centre, Colindale

Men
MATCH ONE
MATCH: 1 Epsom & Ewell 366; 2 Oxford City 249; 3 Enfield & Haringey 366; 4 Dartford 321; 5 Havant 297; 6 Eastbourne Rovers 257; 7 Serpentine 218

M40
100: B Morris (E'bne) 11.8. **200:** 1 Morris 23.8; 2 C Pinder (Oxf C) 24.8. **400:** 1 Morris 53.2; 2 Pinder 53.9; 3 M Jackson (E&H(55.2; 4 M Butler (E&E) 55.7. **800:** 1 P Jeffs (Havant) 2:06.9; 2 C Abbott (E&E) 2:08.2; 3 B Green (Oxf C) 2:08.4; 4 F Cooney (Serp) 2:08.5. **1500:** 1 Cooney 4:19.9; 2 Green 4:21.1. **HJ:** G Roulston (Havant) 1.60. **PV:** 1 I Marriott (Oxf C) 3.10; 2 B Harlick (E&E) 3.10. **LJ:** 1 S Smith (E&H) 5.64; 2 Morris 5.55; 3 H Manson ((Oxf C) 5.50. **TJ:** 1 Smith 11.60; 2 Morris 11.53. **DT:** 1 B Slaughter (E'bne) 34.62. **HT:** D Payne (Dartf) 36.96. **JT:** J Fenton (Dartf) 50.89. **2kmW:** 1 G Chapman (Oxf C) 9:521.8; 2 C Warren (Havant) 9:56.8; 3 D Paterson (Serp) 10:34.2. **4x100:** 1 Eastbourne Rovers 47.8; 2 Epsom & Ewell 48.7; 3 Enfield & Haringey 49.5; 4 Dartford 49.9; 5 Oxford City 50.8. **Medley:** 1 Epsom & Ewell 3:54.6; 2 Eastbourne Rovers 3:55.6; 3 Enfield & Haringey 3:59.2; 4 Oxford City 4:04.3

M50
100/200/400/LJ: K Crew (E&H) 13.2/26.2/57.9/5.22. **1500:** G Jones (Oxf C) 4:42.9. **3000:** R Treadwell (Oxf C) 9:58.2. **HJ:** B Hague (Dartf) 1.40. **PV:** A Woods (E&E) 2.40. **TJ:** G Page ((E&E) 10.04. **DT:** K Prior (E&E) 32.98; 2 D Prentice (Serp) 32.62; 3 M Taylor (Oxf C) 32.19. **HT:** 1 Prior 43.20; 2 R Taylor (E&H) 33.92; 3 M Taylor 33.69. **JT:** 1 D Prentice (Serp) 39.71; 2 D Kuester (Oxf C) 37.77; 3 B Samsion (E'bne) 35.06; 4 P Spencer (Havant) 31.90; 5 Page 31.56. **2kmW:** 1 A Emott (Havant) 10:26.4

M60
200/400/LJ/HJ: A Carter (E&H) 28.3/68.4/4.39/1.20. **1500:** G Harrold (E&H) 5:34.2. **3000:** 1 Harrold 10:49.8; 2 C Jones (Serp) 11:26.0. **SP:** B Strange (Oxf C) 10.58. **JT:** 1 S Brooks ((E'bne) 24.39; 2 M Sewell-Rutter (Havant) 24.06

MATCH TWO
MATCH: 1 Kent Division 490; 2 Ilford 459; 3 Mid London Division 232; 4 Western Division 229; 5 Croydon 77

M40
100 B: D Wallington (Kt, M50) 13.2. **400:** D Lucas (Kt) 54.6. **800:** 1 K Jennings (M Lon) 2:05.6; 2 R Daniel (Kt) 2:05.8; 3 P Everest (W Div) 2:07.9. **1500:** 1 G Jerwood (M Lon) 4:21.4; 2 G Crossland (W Div) 4:26.2. **HJ/PV:** P Oakes (Kt) 1.60/3.20. **LJ:** 1 R Honey (Ilf) 5.47; 2 W Howe (Kt) 5.41; 3 A Laughton (M Lon) 5.27. **TJ:** Honey 11.00. **HT:** A Nash (Kt) 39.39. **JT:** 1 Oakes 47.27; 2 J Allingham (Ilf) 42.87. **2kmW:** 1 S Uttley (Ilf) 9:36.0; 2 P Hannell (Kt) 10:08.6. **4x100:** Kent Division 50.0; 2 Ilford 52.0.

M50
100: 1 B Fraser (M Lon) 12.9; 2 L Brown (Kt) 13.1. **200:** 1 Fraser 25.8; 2 D Wardle (W Div) 26.5; 3 Wallington 26.5. **400:** Fraser 55.7; 2 Wardle 59.4. **1500:** T Culshaw (Kt) 4:41.7. **3000:** G Meredith (Kt) 10:13.2. **PV:** V Smith (Kt) 2.00. **LJ:** Wallington 5.34. **TJ:** 1 Wallington 10.60; 2 J McNamee (Ilf, M60) 9.61. **SP:** N Griffin (W Div) 13.77; 2 A Richards (Croy) 12.29. **DT:** 1 Griffin 45.45; 2 T Richards (Croy) 40.21; 3 C Brand (Kt) 31.36. **HT:** 1 Griffin 45.72; 2 C Melluish (Kt) 41.42. **JT:** R Chandler (W Div) 38.55. **2kmW:** 1 D Kates (Ilf) 10:33.2; 2 J Godbeer (Kt) 11:49.7

M60
400/SP/LJ: McNamee 62.8/8.69/4.43. **HJ:** 1 McNamee 1.30; 2 J Robinson (Kt) 1.20. **JT:** 1 McNamee 35.66; 2 J Webster (M Lon) 34.20

Women
MATCH ONE
MATCH: 1 Shaftesbury Barnet 425; 2 Epsom & Ewell 394; 3 Cambridge Harriers 383; 4 Radley Ladies 338; 5 Serpentine 251; 6 Havant 196

W35
100: L Mustafa (Camb H) 13.5. **200:** 1 Mustafa 27.7; 2 S Heath (SB) 27.9. **400:** V Boden (Rad L) 62.6. **800:** Heath 2:17.3. **1500:** 1 Heath 4:51.4; 2 A Fletcher (Camb H) 5:08.2. **3000:** 1 A Ridley (SB) 10:28.6; 2 Fletcher 10:36.2. **HJ:** 1 C Bond (Camb H) 1.45; 2 A Bardell (E&E) 1.35. **LJ:** 1 E Finikin (SB) 5.13; 2 Boden 4.80. **TJ:** 1 Finikin 11.03; 2 Bardell 9.09; 3 Bond 8.69. **SP:** I Duffin (SB) 11.21. **DT:** A Simmons (Rad L) 26.04. **HT:** 1 Duffin 44.23; 2 Simmons 26.93. **JT:** Finikin 29.21. **2kmW:** 1 C Brown (SB) 11:57.6; 2 E Walker (Serp) 12:28.4. **4x100:** 1 Epsom & Ewell 56.4; 2 Shaftesbury Barnet 56.5. **Medley:** 1 Shaftesbury Barnet 4:29.3; 2 Cambridge H 4:40.4

W50
400: J Davies (E&E) 75.9. **800:** 1 Davies 2:45.7; 2 R Tabor (Camb H) 2:49.6; 3 C Gould (SB) 2:50.6. **3000:** 1 Tabor 12:16.2; 2 Gould 12:34.9. **HJ:** I Mitchell (Havant) 1.11. **LJ/TJ:** G Cave (Rad L) 3.74/7.92. **SP:** 1 L Sissons (E&E) 8.91; 2 V Branch (Rad L) 7.63; 3 C Evans (SB) 7.51; 4 M Hadler (Camb H) 7.49. **DT:** 1 Branch 21.73; 2 Sissons 19.63; 3 L Fogg (SB) 18.14; 4 Hadler 18.02. **HT:** 1 Sissons 28.60; 2 Fogg 27.70; 3 Branch 26.50; 4 Mitchell 22.76; 5 Hadler 22.68. **JT:** 1 Sissons 28.09; 2 J Allison (Camb H) 22.85

W60
100: ... 3 B Green (Serp, W70) 20.9. **200:** 1 J Smith (SB) 37.5; 2 Green 45.7. **400/1500/LJ/SP:** Smith 87.7/6:26.8/ 3.00/ 6.07. **JT:** B Atkinson (SB) 18.74

MATCH TWO
MATCH: 1 Kent Division 471; 2 Verlea/ Enfield Combined 466; 3 Western Division 114

W35
HJ/LJ/TJ: T May (Kt) 1.40/4.39/8.84. **DT:** T Riley (Kt) 25.88. **HT:** 1 J Smith (W Div) 44.94; 2 S Simpson (Kt) 34.89; 3 A Griffin (VE) 26.00. **JT:** E Williams (EH, W50) 34.14. **2kmW:** D Munton (Kt) 12:31.1. **B:** C Pates 12:36.9. **4x100/Medley:** Kent Division 55.2/4:42.6

W50
100: 1 E McMahon (VE) 14.3; 2 J Hulls (Kt, W60) 15.6. **200:** 1 McMahon 29.7; 2 Hulls 32.2. **400/800:** M Farmer (Kt) 86.7/3:09.5. **1500:** E Allen (VE) 5:58.2. **3000:** 1 Allen 12:58.2; 2 P Woodward (Kt) 12:40.6. **LJ:** McMahon 4.47. **SP/DT/HT:** Williams 11.22/29.76/38.43

W60
100/200: K Koppell (Kt) 17.9/38.7. **400/LJ:** Hulls 77.6/3.23

BCN SUNDAY LEAGUE
Bedford

Men
MATCH: 1 Rugby 263; 2 Bedford 248; 3 Corby 240; 4 Daventry 221; 5 Northampton Phoenix 168; 6 Banbury 125; 7 Kettering 94
100: J Bale (Rugby) 11.1. **400:** L Sinnott (North P) 50.5. **800:** T Clearly (Rugby) 2:00.5. **PV:** I Bowley (Bed, U20) 4.00; 2 B Hendry (Banb, M40) 3.20. **B:** S Eastwood (Bed) 3.80. **HT:** D Kerr (Bed) 46.19

U17
100: 1 J Graham (Corby) 11.2; 2 T Hyde (Bed) 11.4. **200:** 1 J Atkins (Dav) 23.1; 2 J Graham (Corby) 23.5; 3 A McGregor (Rugby) 23.7. **PV:** 1 D Hancock (Rugby) 3.20; 2 M Allen (Corby) 3.00

U15
100: 1 A Mahon (Bed) 12.1; 2 J Wright (Kett) 12.5. **200:** Mahon 24.4. **800:** R Glover (North P) 2:08.5. **PV:** 1 M Vincent (Rugby) 3.00; 2 J Gibson (Dav) 2.50. **HT:** J

Strachan (Corby) 38.89
U13
1500: J Murray (Bed) 5:04.6. LJ: T James (Dav) 4.23. **SP:** S Best (Dav) 7.56.
Women
MATCH: 1 Rugby 235; 2 Corby 234; 3 Bedford 197; 4 Banbury 148; 5 Northampton Phoenix 108; 6 Daventry 97; 7 Kettering 60
800: 1 D Glover (North P) 2:22.8; 2 A Booth (Bed) 2:22.6. **PV:** 1 C Smith (Banb, U20) 2.60; 2 K Obern (Rugby, U20) 2.50. **B:** A Harwood (Rugby, U20) 2.50
U17
100: M Webster (Bed) 13.0. **200:** Webster 26.2. **B:** N Slender (Bed) 26.9. **800:** J Burgoine (Bed) 2:27.4. **TJ:** 1 S Glover (North P) 10.18; 2 C Page (Dav) 9.18
U15
100: 1 R Clarke (North P) 13.2; 2 S Giddings (Bed) 13.5. **200:** 1 Clarke 26.2; 2 A Kirsop (Bed) 27.5. **1500:** C Moss (Bed) 5:03.2
U13
200: 1 S Cooper (Corby) 28.5; 2 S Derby (North P) 29.5; 3 C Bell (Rugby) 29.6; 4 C Albone (Bed) 30.2. **B:** G Byrne (Corby) 30.1; 2 R Pearce (North P) 30.6. **800:** 1 G Spazins (Bed) 2:44.5; 2 A Peacock (Banb) 2:49.2; 3 S Gill (North P) 2:50.1. **1500:** 1 S Cooper (Corby) 5:20.7; 2 R Cave (Kett) 5:45.0. **LJ:** I Collyer (Kett) 4.16. **4x100:** Corby 59.0
OVERALL
Mens Trophy: 1 Rugby 1171; 2 Corby 1039.5; 3 Bedford 763
Women Trophy: 1 Corby 921; 2 Rugby 893; 3 Northampton Phoenix 521
U15(Combined): 1 Rugby 1201; 2 Corby 885.5; 3 Bedford 727
Relays: 1 Bedford 9; 2 Rugby 8; 3 Corby 7

PITREAVIE MILLENNIUM TROPHY
Dunfermline

U17 men
100: 1 E McCombie (CoE) 11.4; 2 D Obaw (CoD) 11.5; 3 M Campbell (Ellon) 11.5.
200: McCombie 23.5. **HJ:** 1 D Collard (CoE) 1.75; 2 Campbell 1.75. **LJ:** S Park (Dunf) 6.02
U15
100: 1 A Tatton (Falk) 11.7; 2 J Coull (Dund) 11.9; 3 K Mowbray (Fife) 12.2. **200:** 1 Coull (23.9; 2 Tatton 24.1; 3 Mowbray (25.0. **In heat:** C Campbell (Pit) 25.5. **800:** S Pilkington (Corst) 2:11.0. **80H:** B O'Brien (Dunf) 12.7. **DT:** A McDiarmid (Falk) 32.00
U13
100: 1 S McQueen (Pit) 13.6; 2 B Rushford (Falk) 13.8; 3 D Carver (Pit) 13.8. **200:** McQueen 27.6. **800:** 1 R Finlayson (Lass) 2:19.5; 2 M Gillespie (Cent) 2:27.2. **75H:** Finlayson 12.9. **LJ:** 1 Rushford 4.36; 2 McQueen 4.25. **SP:** 1 K Robertson (Falk) 8.98; 2 C Tatton (Falk) 7.80; 3 Finlayson 7.63. **JT:** Robertson 33.86
Women
PV: L Gauld (CoE) 3.20
U17
100: C McKenna (Avon) 12.7. **200:** 1 McKenna 26.7; 2 N Kemp (Moth) 27.0; 3 A Shearer (A'deen) 27.1. **800:** S Lyall (Harm) 2:24.3
U15
100: 1 A Oswald (Pit) 12.7; 2 K McDiarmid (Pit) 13.0; 3 L Candlish (Pit) 13.3; 4 N Thomson (Falk) 13.4. **200:** 1 Oswald 26.6; 2 McDiarmid 27.0. **800:** 1 L Haig (Lark) 2:23.6; 2 M Wright (CoE) 2:24.9; 3 S Reynolds (Elgin) 2:27.2; 4 F Chalmers (Cent) 2:28.0. **75H:** 1 Candlish 12.8; 2 V Carver (Pit) 13.0. **SP:** S McRobbie (Ellon) 9.04
U13
100: 1 N Doyle (Cent) 14.0; 2 R Cunningham (Avon) 14.2; 3 R McIntosh (Elgin) 14.5; 4 A Dodds (Pit) 14.3; 5 S Walker (Pit) 14.4. **200:** 1 McIntosh 29.2; 2 K Armstrong (Fife) 30.1 (ht: 29.8); 3 Dodds 30.1; 5 F Marks (Fife) 30.9 (30.8 in heat). **In heats:** G Eadie (Moth) 30.6; L McDonald (Corst) 31.0. **800:** 1 S Lyall (Harm) 2:24.3; 2 K Patterson (Fife) 2:33.5; 3 L Henderson (Dunbar) 2:40.0; 5 L Thomson (Falk) 2:43.6; 6 S Coleman (Pit) 2:49.8. **70H:** 1 Doyle (12.0; 2 Walker 12.3. **SP:** 1 H Cameron (Penic) 8.99; 2 K Henderson (Dunbar) 6.93; 3 V Miles (Ellon) 6.72. **JT:** Cameron 19.08

PENDLE AC OPEN MEETING
Nelson

Men
800: M Hunt (Pend) 2:00.0. **HJ:** J Harrison (unatt) 1.90
U17
3000: J Henry (Spen) 9:28.7. **SP:** P Sockett (Hynd) 12.26
U15
200: D Whittaker (Burn) 24.8. **HJ/LJ:** A Lake (B'burn) 1.65/5.95
U13
200/LJ: P Record (S'port W) 28.4/4.44. **800:** 1 B Rusius (Pend) 2:25.7; 2 D Braithwaite (S'port W) 2:27.9
Women
100/LJ: M Crompton (O&R) 12.9/5.09. **DT:** V Gorton (Pend) 32.58
U17
200: L Toward (B&F) 27.2. **300:** 1 L Ashworth (Pend) 43.2; 2 J Tunstill (Park HS) 43.3. **300H:** 1 L Corbett (Leigh) 49.0; 2 R Hampson (Leigh) 49.0. **LJ:** 1 R Shedwick (Leigh) 4.94; 2 R Hampson (Leigh) 4.92. **SP:** L Toward (B&F) 9.68
U15
100: 1 G Dunkerley (O&R) 13.3; 2 S Targett (Pend) 13.4; 3 N Smith (Pend) 13.5. **200:** 1 Dunkerley 27.4; 2 C Dudley (Hynd) 27.8. **800:** L Finucane (Pend) 2:26.0. **75H:** 1 N Nwidobie (B&F) 12.4; 2 N Smith (Pend) 12.6; 3 K Brooke (Pres) 13.0. **SP:** 1 R Bashforth (B&F) 10.08; 2 S Farrer (Pres) 9.50; 3 K Crompton (O&R) 9.42. **DT:** Bashforth 25.33. **JT:** R Wiseman (Pres) 29.05
U13
200: B Lyons (S'port W) 31.0. **800:** 1 K Walker (Pend) 2:33.6; 2 E Chandley (S'port W) 2:38.0; 3 L Highton (Hynd) 2:40.7; 4 J Anderton (Pend) 2:45.3; 5 S Garrett (B'burn) 2:46.7; 6 E Holt (Bolt) 2:48.1; 7 R Ingham (Park HS) 2:48.8. **SP:** 1 P Bashforth (B&F) 8.09; 2 Lyons 6.97; 3 C Lake (B'burn) 6.66

HOME U23/U20 INTERNATIONAL
Derby

U20 men
4x100: Great Britain (Benjamin, Lewis, Grant, Lewis Francis) 40.25
U20 women
4x100: Great Britain Juniors (Selley, Thomas, Caney, Maylor) 45.89. **4x400:** Great Britain Juniors 3:39.98 (Wall 55.6, Brookes 57.2, Miller 53.7, Meadows 53.5)

YORKSHIRE VETERANS' CHAMPS
South Leeds

M40
800/1500: C Ireland (Sheff) 2:10.6/4:30.9. **5000:** D Benson (Bing) 16:03.6. **2000SC:** S Wolstenholme (Brad Aire) 7:10.5. **SP/DT/HT/JT:** A O'Mally (Hull Spr) 9.48/28.09/27.81/42.56
M45
100/200/LJ/TJ: C Briggs (Hal) 12.3/25.6/5.33/11.32. **800/1500:** R Tolson (Dews) 2:23.8/4:47.6. **5000:** R Woodhead (Brad Aire) 17:42.3. **SP/HT/JT:** J Wild (R&Z) 9.43/36.44/32.68. **DT:** D Gardt (Skip) 28.97
M50
100: E Berry (Long) 12.6. **200:** S Hossack (D&S) 26.5. **400/100H/HJ/PV/LJ/TJ:** D Hunter (Sky) 62.7/16.9/1.46/2.70/4.89/10.37. **1500/5000:** B Hilton (Leeds C) 4:36.7/16:53.6. **2000SC/400H:** N Brooks (R&Z) 8:24.0/87.0. **SP/DT/HT:** W Renshaw (Roth) 12.37/42.39/35.60. **JT:** B Gardt (Skip) 34.73
M55
100/200/HJ/LJ/TJ: E Wagner (Sky) 15.1/31.2/1.30/3.90/8.35. **400/800:** R Scholes (Barns) 64.9/2:18.8. **1500/5000:** L Haines (Bing) 4:55.1/17:48.2. **PV:** K Tugwell (Sky) 2.40. **SP/DT/HT/JT:** G Smith (Hal) 8.33/31.00/23.37/37.60
M60
400/300H: J Barron (Leeds C) 66.7/50.5. **5000:** F Gibbs (Bing) 18:06.1. **LJ/TJ/SP/DT/JT:** D Uttley (N Vets) 3.60/7.96/8.04/26.68/27.49
M65
100/200/400/100H/300H: J Bowman (Leeds C) 14.3/40.5/65.9/18.6/77.6. **800/1500:** B Knowles (Leeds C) 3:01.3/6:32.1. **SP:** C Shaftoe (Rown)
M70
5000: W Hobbs (Bing) 24:59.3. **M75:** B Parkinson (N Vets) 20.1/47.8
W35
200/HJ/LJ/TJ/JT: C Bowman (CoH) 30.6/1.30/4.42/9.37/12.84. **800/5000:** P Leech (Hallam) 3:42.7/19:21.3. **1500:** S Melrose (Hallam) 6:27.4
W40
800/1500: L Flatman (Bolt) 2:40.6/5:49.0. **DT:** K Heweth (Hull A) 36.85. **SP/JT:** S Pickersgill (Long) 5.69/16.77
W45
100/HJ: M Curtis (CoH) 16.3/1.23. **200/400/800/SP:** C Marler (N Vets) 29.4/ 67.5/2:34.6/8.43. **1500/400H:** M Ellerington (Hull A) 6:43.7/99.1. **5000:** V Battye (Long) 19:34.8. **2000SC/80H/DT:** J Ricketts (Hull A) 9:49.6/19.5/19.88. **PV/HT:** V Collier (Wake) 2.20/21.28. **LJ/JT:** F Crompton (Rown) 3.54/20.75
W50
5000: C Wolstenholme (Hallam) 19:34.1

SOUTH WEST LEAGUE
Division Two Bath University

MATCH: 1 Wimborne AC 942; 2 Taunton AC 640; 3 Wells Harriers 352; 4 Frome AC 337; 5 Weston AC 185; 6 Bridgwater AC 118

LIVINGSTON & DISTRICT AAC CHAMPIONSHIPS

U15 Boys (all Livingston)
HJ: P Mathieson 1.65
U17 Women
200: M Henderson 27.4
300/300H: M Walker 41.9/47.9
U15
HJ: J Simpson 1.45
U13
100: L Crilley 14.0. **200:** 1 Crilley 28.5; 2 L Prentice 30.5. **800:** K McKenzie 2:46.2. **SP:** 1 McKenzie 6.62; 2 S Tugman 6.51.

INTER DISTRICT MATCH
Dumfries

COMBINED MATCH: 1 Dumfries & Galloway 303; 2 Borders 210
Men
100: G Welsh (D &G) 11.0. **400:** A Greenshields (D &G, U20) 51.1. **5000:** 1 D Scobie (D&G) 15:39.3; 2 J Ferguson (D&G, M40) 16:33.4. **HJ:** J Callender (D&G, M45) 1.50. **JT:** J Sloan (D&G, M50) 32.02
U13
LJ: 1 G Miller (Bord) 4.39; 2 E Lindors (Bord) 4.39
Women
100: 2 P Wylde (D&G, W35) 13.6. **JT:** L Selbie (D&G) 31.75
U17
100: 1 L Wylde (D&G) 13.02; 2 V Houston (D&G) 13.1. **300:** Wylde 44.8
U13
200: R Davidson (D&G) 29.4. **800:** 1 A Brown (D&G) 2:35.0; 2 L Innes (D&G) 2;42.0; 3 L Malin (D&G) 2:43.8; 4 Davidson 2:46.7. **LJ:** K Wade (Bord) 4.06

September 2

SOUTHERN WOMEN'S LEAGUE
Stevenage

U15 girls
100: F Dumbaya (Read) 14.8. **800:** A Nagy (SNH) 2:53.7. **LJ:** K Burton (SNH) 3.90. **4x100:** Reading 58.4
U13
100: M Dady (SNH) 14.6; B: J Gray (Read) 14.4. **800:** M Smith (SNH) 2:54.8. **LJ:** S Lineham (Read) 4.01

August 31

KILBARCHAN AAC CHAMPS
Linwood

U20 Men (all Kilb)
TJ: D Watson 13.77
U17
100: J Samuel 11.6. **800**: 1 W Docherty 2.01.5, 2 S Burrock 2:01.7.
U13 Boys
100: D Sharp 13.6.
U17 Women
1500: H Gordon 2:25.5.

August 30

WATFORD OPEN

Men
100: 1 G Beasley (Lut) 11.01; 2 G Jones (WSE) 11.04; 3 M Thomas (NEB) 11.19; 4 M Rey (WSE) 11.32. **B:** 1 A Hall (Camb H, U20) 11.23; 2 O Baptiste (Camb H) 11.25. **400:** 1 D Crates (Thurr) 50.77; 2 M Holgate (WG&EL) 50.85; 3 C Toms (Bed C, U17) 52.76; 4 D Vass (W Norf, U15) 53.74. **B:**...3 M Jackson (E&H, M40) 54.28; 7 N Bowring (Brom, SW) 55.88. **800:** 1 J Mays (Kent, U20) 1:53.4; 2 R Smith (Bas, U20) 1:54.5; 3 A Brown (Camb U) 1:56.1; 4 C Bannon (Houn) 1:56.9. **B:** 1 A Morton (Oxf C, U17) 1:56.3; 2 S Hyams (E&H) 1:56.5; 3 A Omar (Winch) 1:57.0; 4 A Clowes (WSE) 1:58.0; 5 S Blake (WSE) 1.59.0; 6 A Ali (NEB, U15) 1:59.0; 7 D Domoney (E&H) 1:59.1; 8 T Snow (WG&EL, U15) 1:59.2; 9 S Rowlinshaw (Alt) 1:59.8; 10 D Barlow (Yeo, M40) 2:00.9. **C:** 1 J McCulloch (K&P, U20) 1:57.1; 2 M Oldham (Woking) 1:59.3;...5 D Banks (AFD, U20) 2:00.7; 6 T Egerton (Traff, U17) 2:01.1; 7 T Graham (BMH, U17) 2:01.1. **D:** 1 J Tydeman (Bas, U17) 1:58.6; 2 J Scott (Oxf Un, U17) 1:59.5; 3 S Dixon (Barn, U17) 2:01.6; ...10 M Warley (Here, U17) 2:05.6. **E:** ... 2 S Linguard (Swin, U17) 2:02.7; 3 J Docherty (Mil K, M40) 2:03.4; 4 L Cadman (Bed C, U17) 2:04.9. **F:** 1 S Laycock (Here, U17) 2:04.0; ... 3 A Iskendermus (MH&NL, U15) 2:06.4 ... 9 C Bravington (B'mth, U15) 2:09.3; 10 J Lambourne (B'mth, U15) 2:10.3. **G (mixed):** 1 R Holland (WG&EL, M40) 2:06.8; 2 L Haze (Kent, U15) 2:08.1; ... 10 N Neal (B'mth, U13G) 2:29.0. **H (mixed):** ...6 M Jessop (Mil K, U15G) 2:18.7. **3000:** 1 J Fewtrell (Bed C) 8:21.8; 2 A Cross (Bed C) 8:43.3; 3 M Lockett (Warr) 8:47.7; 4 E Vanderhaus (Thurr, U20) 8:48.2; 5 L Wilkinson (AFD) 8:50.0; 6 D Castle (Mil K) 8:52.8; 7 C Symonds (E&H) 8:58.4; 8 S Holley (Bed C) 8:58.8; 9 P Hodgkinson (Hill) 8:59.3; ...11 D McCarthy (AFD, U20) 9:04.7; ...14 P Crossland (WSE, M40) 9:20.6. **B (mixed):** ...2 J Scragg (Swin, U17) 9:11.0;...4 J Wilkins (Bed C, SW) 9:37.0; 5 F Fullerton (Hav M, U17W) 9:43.9; 6 S Miles (Hill, U20W) 9:49.1; 7 C Wilkinson (SB, U17W) 9:58.6; 8 M Vanderhaus (Thurr, U13) 10:10.1; ...11 E Grant (Hill, U20W) 10:28.1; ...13 N White (C&C, U17W) 10:43.7. **LJ:** H Edur (E&H) 6.70. **HT:** 1 S Sammut (Team S) 60.50; 2 I Park (Harrow) 55.92; 3 G Kerr (Bed C) 47.12; 4 T Dempsey (Hales) 47.04; 5 D Kerr (Bed C) 45.37
U17
HT: 1 G Grierson (WSE) 45.95; 2 D Rogers (Bed C) 35.33
U15
HT: 1 G Grierson (WSE) 50.60; 2 R Dudman (Ver) 44.83
M45
HT: M Small (Belg) 47.12
M70
HT: J Hanus (Barn) 34.61
Women
800: 1 R Iannone (VoA) 2:17.90; 2 C Browning (AFD, U13) 2:19.89; 3 C Steven (Brack) 2:22.35; 4 S Pickett (AFD, U17) 2:24.43; 5 L Burgoyne (Bed C, U17) 2:24.57; 6 K Turner (Woking) 2:25.08. **B:** 1 M Edwards (WSE, W35) 2:25.36; 2 M Jones (AFD, U15) 2:25.83; 3 S Crannis (Swin, U15) 2:26.01; 4 C Jackson (unatt, U15) 2:28.99; 5 L Snow (WG&EL, U15) 2:29.19; ...7 H Jones (AFD, U13) 2:29.98; 8 G Moss (W Norf, U13) 2:30.80; ...10 E Roe (WSE, W45) 2:37.39. **C:** 1 K Brown (Here, U13) 2:30.78; 2 G Cooper (Mil K, U13) 2:31.17; ...7 C Conway (Here, U13) 2:43.16; 8 J Hornsey (Roys, W55) 2:57.29. **HT:** J Smith (WSE) 42.38
W55
HT: L Fogg (SB) 25.46

BORDER THROWS TRIATHLON
Tweedbank

Men (all Border)
DT: M Cleghorn 35.40
OVERALL: Cleghorn 2136pt
U20
OVERALL: C Ross 1353
M40
OVERALL: L Ross 950
U17 women
OVERALL: C Rutherford 1050
U15
OVERALL: C Wade 783

August 19

NORTH OF ENGLAND MEN'S INTER-COUNTIES
Cudworth

Men
PV: 1 P Stevens (Humb) 4.30; 2 D Mahoney (Mers) 4.20; 3 A Bale (Lancs) 4.10

July 12

YOUNG ATHLETES' 5 STAR MEETING
Rugby

U15 boys
MATCH: 1 Nuneaton Harriers 268; 2 Nuneaton Harriers 265; 3 Stratford AC 254; 4 Rugby AC 231
U14
MATCH: 1 Leamington 213; 2 Rugby & District 205; 3 Unattached 161; 4 Sphinx AC 134
U13
MATCH: 1 Sphinx AC 216; 2 Stratford AC 203; 3 Rugby AC 189; 4 Rugby & District 169
U12
MATCH: 1 Nuneaton Harriers 192; 2 Rugby AC 189; 3 Nuneaton Harriers 187; 4 Stratford AC 185

NORWICH UNION & UK athletics – from grass roots to glory

U15 girls
MATCH: 1 Sphinx AC 219; 2 Corby AC 212; 3 Leamington 207; 4 Stratford AC 204
U14
MATCH: 1 Nuneaton Harriers 211; 2 Rugby & District 194; 3 Stratford 188
U13
MATCH: 1 Leamington 202; 2 Nuneaton Harriers 201; 3 Rugby A 177

July 9

KEN DARE MINORS OPEN MEETING Solihull

U15 boys
100: A Williams (Bir) 12.3. **200:** R Storey (Bir) 25.3. **HJ:** 1 J Thomas (SSH) 1.65; 2 K Crawley (SSH) 1.65
U13
100: R Bates (Sphinx) 13.9. **HJ:** S Evans (SSH) 1.42. **LJ:** 1 C Wright (SonA) 4.76; 2 S Nowakowski (SSH) 4.61; 3 M Williams (Nun) 4.53. **SP:** 1 B Graham (C'field) 8.65; 2 L Larden (Spark) 7.87; 3 C Evans (SSH) 7.64. **DT:** 1 L Larden (Spark) 21.45; 2 B Graham (C'field) 21.31. **JT:** 1 M Rumble (Ox) 30.70; 2 O McNellis (Hales) 25.86; 3 S Nowakowski (SSH) 25.20
U15 girls
100: 1 K Clark (SSH) 13.1; 2 L Davidson (SSH) 13.3. **200:** 1 Clark 27.0; 2 L Davidson 27.4; 3 R Clarke (North P) 27.5. **800:** A James (Sphinx) 2:30.8. **HJ:** S Upton (SSH) 1.50
U13
75: 1 A Harris (Hales) 10.4; 2 T Kafke (Rad L) 10.9; 3 R Okeghie (Cent) 11.2. 150: 1 Harris 20.9; 2 Okeghie 22.4. **800:** 1 M Williamson 2:34.5; 2 P Connolly (Sphinx) 2:38.2; 3 H Radburn (Bir) 2:42.7. **1200:** M Harvey (Sphinx) 4:17.5. **LJ:** 1 A Harris (Hales) 4.65; 2 K List (Nun) 4.01. **SP:** 1 J Surman (Bir) 7.11; 2 R Ware (SSH) 6.96. **JT:** M Williamson (Leam) 22.89

road

September 10

BRADFORD 10km VETERANS' RACE

ANDY WETHERILL gave a great performance to beat a class field in 31:44, *Roger Norton reports.*

Paul Muller had set the early pace but Wetherill always looked easy and took the lead around the halfway mark. He pulled away easily and said he was "absolutely flowing". In hard training for the Robin Hood Marathon, he was looking for a race to "blow the training cobwebs away" and clearly found one.

Muller found it hard having been troubled with a heel injury after clocking 31:50 a week ago. Mike Girvan, in third place, led a very strong group of M45 runners.

M40
1 A Wetherill (RRR) 31:44; 2 P Muller (Wrek) 32:09; 3 M Girvan (Warr, M45) 32:11; 4 S Robinson (Bing) 32:21; 5 A Deane (Liv, M45) 33:16; 6 P Carbutt (B&R, M45) 33:17; 7 E Irving (Ilk, M45) 33:19; 8 A Maddocks (RRR) 33:20; 9 P Young (Hallam) 33:37; 10 D Benson (Bing) 33:38; 11 J Ewart (Holm) 33:44; 12 P Hyde (Alt, M50) 33:46; 13 B Jones (Wrex) 33:48; 14 S Williams (Salf, M45) 33:58; 15 M Hall (Otl) 34:02; 16 P Stafford (Mans) 34:04; 17 A Normandale (Rown) 34:09; 18 P Willacy (B&F) 34:11; 19 N Watkin (Mans) 34:26; 20 S Davies (Mans) 34:28; 21 P Probin (Bing, M50) 34:30; 22 S Coxon (Sund) 34:41; 23 M Eustace (Tip) 34:42; 24 J Hartley (C le M) 34:43; 25 S Riley (Leam) 34:44; 26 C Beighton (Roth, M45) 34:50; 27 A Clarkson (C le M) 34:59; 28 P Stockburn (Harrog) 35:16; 29 N Robson (Bing, M50) 35:17; 30 S Burthem (Warr) 35:30; 31 H Matthews (Els, M50) 35:52; 32 R Butterfield (Horsf) 35:55; 33 G Rawlinson (Warr) 35:56; 34 L haynes (Bing, M55) 35:59; 35 D Telford (Alt, M50) 36:09; 36 M harris (Harrog) 36:11; 37 M Woolrich (Warr, M45) 36:18; 38 C Speight (Kend) 36:19; 39 I Toensley (Vall, M45) 36:20; 40 J Morley (Mans) 36:21; 41 O Phipps (Ilf, M50) 36:21; 42 P Carlan (Mans) 36:22; 43 P Grimes (Hal, M45) 36:24; 44 A Hartley (Louth, M45) 36:25; 45 R Huntington (Mans, M45) 36:27; 46 C Paul (Salf) 36:30; 47 M Clarke (Ilf, M45) 36:40; 48 M Firth (Queens) 36:41; 49 P Hughes (Queens) 36:42; 50 C Gray (Bing) 36:44; 51 H Cardwell (Mans) 36:47; 52 G Bell (Bing, M45) 36:48; 53 A O'Connor (St H Sutt) 36:49; 54 F Davies (Liv, M55) 36:49; 55 R McGall (Alt, M50) 36:50; 56 B Gardner (L&M) 36:53; 57 B Gore (N Vets, M50) 36:55; 58 C Russell (Mans, M50) 37:03; 59 R Scott (Mans, M45) 37:24; 60 C Cumber (Hal, M50) 37:26
M55: 2 J Firth (N Vets) 38:16; 3 J Dwyer (Alt) 39:26; 4 M Smith (Bing) 39:54; 5 D Barber (Bing) 40:06
M60: 1 T Hawkins (Mans) 38:49; 2 D Edge (Roch) 40:35; 3 R Jones (Wirr) 41:59
M65: E Chambers (E Hull) 42:36
M70: J Johnson (St Ther) 43:52
TEAM: 1 Bingley 35; 2 Mansfield 55; 3 Warrington 66
W35
1 K Charnock (Wig P) 36:54; 2 L Burrell (RRR) 37:37; 3 D Ellmore (Wolds V, W50) 37:43; 3 S Cariss (Bing, W50) 38:52; 4 J Cunningham (Der L) 39:09; 5 C Wright (Harrog) 39:11; 6 J Hindley (Roth) 39:15; 7 A Bell (Linc W) 39:23; 8 J Jackson (Nvets, W40) 39:31; 9 J Prowse (K&C, W45) 39:37; 10 A Routledge (Alt) 39:43; 11 H Garrison (Roth, W40) 39:52; 12 J Patchett (Spen) 39:55; 13 K Davison (Els, W40) 39:57; 14 Y Crawley (Der L, W40) 40:03; 15 J Massey (Mans) 40:30; 16 L Cole (SB) 40:59; 17 A Marks (Bing) 41:02; 18 K Williams (Salf, W45) 41:10; 19 J Jackson (Der L, W45) 42:17; 20 M Hart (Horsf, W40) 42:21
W60: M Lenaghan (Cross G) 46:44
TEAM: 1 Deby Ladies 40; 2 Rotherham 43; 3 Bingley 47
1 M Caprioli (Bed C, W35) 71:59; 2 L Hickey (North R, W35) 75:42; 3 V Singleton (Bed H) 75:59
Yorkshire Vets' Championships:
M40: 1 S Robinson (Bing) 32:21; 2 P Young (Hallam) 33:37; 3 D Benson (Bing) 33:38
M45: 1 E Irving (Ilk) 33:19; 2 C Beighton (Roth) 34:50; 3 I Townsley (Vall) 36:20
M50: 1 P Probin (Bing) 34:30; 2 N Robson (Bing) 35:17; 3 G Cumber (Hal) 37:26
M55: 1 L Haynes (Bing) 35:59; 2 B Dover (Bing) 37:48; 3 J Firth (N Vets) 38:16
M60: 1 J Firth (Queens) 45:34; 2 B Wilkes (Vall) 45:42
M65: E Chambers (E Hull) 42:36
M70: J Johnson (St Ther) 43:52
W35: 1 C Wright (Harrog) 39:11; 2 J Hindley (Roth) 39:15; 3 A Marks (Bing) 41:02
W40: 1 H Garrison (Roth) 39:52; 2 J Patchett (Spen) 39:55; 3 M Hart (Horsf) 42:21
M45: 1 J Prowse (K&C) 39:37; 2 G Bunker (Roth) 44:45; 3 P Boden (Knaves) 49:33
W50: 1 S Cariss (Bing) 38:52; 2 J Vasey (Bing) 44:47; 3 H Morrell (Bing) 45:18
W55: 1 M Green (Bing) 47:53; 2 C Raistrick (St Bedes) 51:11
W60: 1 M Lenaghan (Cross G) 46:44; 2 H Morath (Abbey) 52:24
W65: M Wood (Ack) 59:16

KERRIDGE 10 Newbury

MARK FLINT followed on his victory in the Headington 5 two weeks earlier with a comfortable victory over Vince Garner, in increasing hot conditions, *Martin Duff reports.*

These two, along with John Downes and Ronnie Adams were to the fore from the start but, by five miles it was only Flint and Garner battling for honours. The 38-year-old began to apply the pressure before going away for victory by some 300 yards.

Flint scraped inside 51 minutes as Garner was more than a minute down, but comfortably ahead of the Burnham Beeches half-marathon winner Adams with Downes in fourth,as the heat took its toll.

In the women's section, Sharon Dixon handed another defeat to Headington's Jude Craft winning by more than a minute in 59:32, for 16th overall. The Headington runner had lost out to the Russian Ylena Plastymina in the Headington 5 and again had no answer, as this time it was Dixon who came out on top.

The Parkside runner went away in the second half as Craft kept the margin to about 300 yards, but was clear of third place, which was filled by World veteran's marathon champion Joy Noad.

Men
1 M Flint (Bir) 50:59; 2 V Garner (AFD) 52:06; 3 R Adams (Ports J) 52:45; 4 J Downes (Lon I) 53:08; 5 J Fowler (VoA) 54:07; 6 P Simons (SB) 54:26; 7 G Harris (Head RR) 55:18; 8 M Grist (B'mth) 55:38; 9 P Willis (WSE) 57:04; 10 T Munt (Newb) 57:29; 11 A Osment (WSE) 58:38; 12 M Barnes (Head RR) 58:44; 13 M Bennett (M'head, M40) 58:58; 14 A Lock (Wit RR) 59:10; 15 M Anderson (Pews) 59:24
M40: N Witham (Read RR) 60:44; 3 M Bayer (Head RR) 60:45; 4 R Frame (W Horse) 60:53
M50: 1 P King (Marl, M55) 61:14; 2 N Wiggins (Read RR) 64:11; 3 E French (Egdon H) 66:53
M60: 1 J Dellow (Newb) 71:45; 2 R Morris (Newb) 73:44; 3 R MacNeil (unatt) 75:38
TEAM: 1 Windsor, Slough & Eton 61; 2 Headington Road Runners 65; 3 Newbury 105
Women
1 S Dixon (Park) 59:32; 2 J Craft (Head RR) 60:42; 3 J Noad (M'head, W40) 63:56; 4 M Van der Linden (Ed) 68:30; 5 D Austin (B'mth, W35) 69:28; 6 I McBeth (Read RR, W35) 73:04; 7 S Bailey (W Horse, W35) 73:55; 8 R Allen (Newb) 76:13; 9 H Stead (Tadley) 76:53; 10 H Rayson (Hart RR) 68:43
W50: A Bowles (Marl) 80:13
W60: V Scotten (Marl) 91:03
TEAM: 1 Maidenhead 588; 2 White Horse Harriers 616; 3 Reading Road Runners 697

IBM INVERCLYDE HALF-MARATHON Greenock

TOMMY MURRAY, Scottish track 10,000m champion, led all the way to win in a course record, *Denis Shepherd reports.*

Davie Thom, in his first year as a veteran, finished second in 71:50, but will have Murray to contend with in the M40 class next year. Jill Knowles had one of the best runs of her career to take the women's prize in 82:45.

Men
1 T Murray (I'clyde) 67:12 (rec); 2 Thom (Cambus, M40) 71:50; 3 C Marwick (Shett) 72:44; 4 T Anderson (Kilb, M40) 73.07; 5 B Marsland (Dumb'n) 73:07; 6 J Hanratty (Dumb'n, M45) 73:17; 7 M Mcdonald (C'dale, M45) 73:58; 8 T Coyle (SVHC, M40) 75:22; 9 R Davidson (Green GP) 75:25; 10 G Tenney (Kilb, M40) 76:11; 11 R Young (C'dale, M55) 76:77; 12 A Morrison (Green GP) 76:40; 13 H Young (S'clyde Pol, M40); ... 15 A Clark (Vic P, M40) 78:12; 16 R Logan (Gala) 78:40; 17 D Fairweather (Cambus, M55) 78:47; 18 J White (Irv, M45) 79:02; 19 P Walsh (Dumb'n, M45) 79:15; 20 R Shaw (I'clyde, M40) 79:20; 21 J Bradbury (unatt) 79:21; 22 J Bannister (I'clyde, M40) 79:23; 23 S Connelly (unatt) 79:29; 24 J Doyle (Vic P, M45) 79:51
M40: 16 A Wilson (unatt, M45); 18 A Shanley (Living) 81:12; 19 B McLinden (Moth, M45) 8:58
M45: 11 H Watson (Shett, M55) 82:53; 12 A Kerr (unatt, M55) 83:12; 13 C Martin (Dumb'n, M50) 83:54; 14 M McLetchie (Vic P) 84:54; 15 A Lawson (unatt, M50) 85:53
M50: 8 R Scott (unatt, M55) 87:59; 9 S Way (Green GP) 88:19; 10 J Farrell (unatt) 88:46; 11 I Carmichael (unatt) 88:55; 12 F Murdoch (Mary) 89:02; 13 R Newton (Vic P) 89:20; 14 N Thomson (Kilb) 89:21; 15 W McBrinn (Shett, M70) 89:29
M55: 7 W Murray (Portob, M60) 90:03; 8 W Stoddart (I'clyde, M65) 91:52
Women
1 J Knowles (Glas) 82:45; 2 AM McKee (Glas) 82:45; 3 E Masson (Kilb, W40) 84:04; 4 M Psatha (Kilb) 86:41; 5 P McKay (Shett, W35) 88:05; 6 L McLaughlin (unatt) 90:46; 7 M Blaikie (Green GP) 91:19; 8 E Boyle (Dumb'n, W35) 92:34; 9 M Sinclair (Glas, W45) 92:58

THANET MARATHON & HALF MARATHON Margate

Men
1 S Kigo (Herne H) 2:45.27; 2 S Keywood (Ton) 2:48.25; 3 D Law (M'stone) 2:54.09; 4 M Stacey (M'stone, M45) 2:54.44; 5 T Edgley (Inv EK, M50) 3:00.07; 6 S Smythe (Camb H, M40) 3:01.42; 7 P Valek (Than) 3:02.09; 8 I Godden (SKH, M40) 3:03.29; 9 S Suttle (Than, M40) 3:04.09; 10 I Whitmore (Med, M45) 3:05.14
M50: 2 P Winch (unatt) 3:15.34; 3 R Walker (Veg AC) 3:20.29
M60: 1 P Collins (Brom Vets) 3:24.54; 2 G Ashby (S'oaks) 3:41.32; 3 J Williams (unatt) 3:45.39
M65: R Pitcairn-Knowles (S'oaks) 3:55.25
M70: W Booth (Forb) 4:11.44
TEAM: 1 Maidstone; 2 Thanet; 3 South Kent Harriers
Kent champs: 1 Keywood; 2 Law; 3 Stacey
M40: 1 Stacey; 2 Smythe; 3 Godden
M50: 1 Edgley; 2 Winch; 3 Walker
M60: 1 Ashby; 2 Williams; 3 Pitcairn-Knowles
TEAM: 1 Maidstone; 2 Thanet; 3 South Kent Harriers
Women
1 S Sanqvik (S'oaks, W40) 3:38.25; 2 C Emery (Padd W) 3:46.15; 3 B MacCariello (unatt) 3:47.36; 4 L Turner (TWH) 3:55.43; 5 S MacKeown (Fitt) 3:59.06; 6 N Smith (unatt) 4:09.58; 7 S Preston (Graves, W45) 4:14.27; 8 J Bright (M'stone, W50) 4:18.15
TEAM: Thanet
Kent champs: 1 Sanqvik; 2 Emery; 3 Turner
W35: 1 Sanqvik; 2 Emery
W45: 1 Preston; 2 Bright
TEAM: Thanet
Kent Road Running Grand Prix (after eight fixtures)
Men: 1 Stacey 1146; 2 Law 1070; 3 Smythe 1060; 4 A Fletcher (Padd W) 1006; 5 Suttle 906; 6 Valek 890
Women: 1 Sanqvik 547; 2 T Oldershaw (Padd W) 493; 3 C Gainsford (Dartf) 427; 4 Emery 419; 5 A Green (Dartf) 350
Men (half-marathon)
1 M Greenwood (Med) 75:34; 2 T Bailey (Than) 78:29; 3 M Rouse (Inv EK, M50) 79:31; 4 D Chapman-Jones (Ver) 82:05; 5 C Crisp (RRC, M40) 85:28; 6 K Burt (M'stone, M40) 85:41; 7 S Kelly (Ashf) 85:56; 8 F Wildman (Cant) 86:03; 9 T Brightwell (NEJ, M50) 86:23; 10 D Hyde (LPR, M45) 86:33
M55: 1 M Conway (Cant) 87:15; 2 G Jenkins (Inv EK) 90:12
M60: J McNeil (Med) 104:30
TEAM: 1 Thanet; 2 Canterbury 63; 3 Invicta East Kent
Women
1 A Fletcher (Dul, W35) 83:43; 2 L Peet (unatt) 89:13; 3 C Reid (Cant, W35) 103:43
W50: S Davies (Inv EK) 105:56
TEAM: Thanet

CLEVEDON RELAYS

Men
1 Bitton Road Runners 86:28 (K Summers 18:43, P Sperrin 15:50, S Hill 18:17, W Fear 16:47, P Westlake 16:51); 2 Exmouth 86:46 (M Mears 18:14, D Stone 16:48, D Bradley 16:11, V Johnson 18:48, A Hatchard 16:45); 3 Clevedon AC 88:29 (A Heyes 17:19, N Page 18:15, N Wallace 18:54, M Cooper 15:57, C Vauden 17:56); 4 Forest of Dean 96:15 (J Charles 18:05, G Lewis 17:53, B Parry 19:44, M Olley 20:41, E Harper 19:52) ; 5 Bitton RR B 96:53; 6 City of Bath 98:47
M40: 1 Exmouth 88:59 (A Kennedy 17:09, S Merry 18:34, P Baxter 19:21, H Marsden 17:04, D Donaghy 16:51); 2 City of Bath 99:50 (Brigden 18:40, M Jillians 19:22, B Craig 22:11, E Devine 19:27, P Rogers 20:10); 3 Clevedon AC 101:42 (M Roberts 22:27, D Hoddell 19:38, P Thompson 19:38, M Solomon 19:44, M Andrews 20:15)
Fastest: 1 Sperrin 15:50, 2 Cooper 15:57
Women
1 City of Bath 86:06 (Z Marchant 19:39, A Mills 23:03, S Donohue 21:25, S Holman 21:59); 2 Forest of Dean 89:59 (F Turner 20:56, E Woodfield 22:50, C Jones 23:08, L Park 23:05); 3 Exmouth 91:09 (K Trollop 21:01, S French 22:21, D Tead 24:34, C Baxter 23:13); 4 Clevedon AC 93:56 (L Burston 22:24, A Roberts 22:57, S Bucknell 26:30, J Cooley 22:05); 5 David Lloyd Ladies 99:20; 6 City of Bath B 101:15
W35: Forest of Dean 104:39 (S Evans 22:42, J Hanger 27:14, L James 28:03, W Gardener 26:40)
Fastest: Marchant 19:39, Turner 20:56

NETHERTHONG 10km

Men
1 D Watson (Holm) 33:22; 2 G Hill (Stock) 34:55; 3 A Whitworth (Melth) 35:21
Women: J Howlett (unatt) 42:50

ANGUS 10km Arbroath

Men
1 P Belcher (RN/RM) 34:35; 2 S Connor (Forf) 35:50; 3 S Kerr (Dund H, M40) 36:53; 4 R McPherson (unatt) 38:30; 5 P Phillips (unatt) 38:42; 6 G Hanlon (Dund R, M40) 39:50; 7 G Black (Fife, M40) 40:00; 8 D Keith (unatt) 40:38; 9 P MacGregor (Vic P, M40) 41:04; 10 B Ogg (Metro, M40) 41:12
Women
1 M McIntyre (Dund H) 40:50; 2 J McColl (Helens, W35) 41:11; 3 N Bird (Arb F, W35) 42:55; 4 E Clark (unatt, W35) 43:04; 5 G Hanlon (Dund R, W35) 43:58; 6 C Jamieson (unatt) 46:36; 7 J McInally (unatt, W35) 49:28; 8 E Bigham (unatt) 50:42; 9 M Taylor (unatt, W35) 51:05; 10 G Ramsay (unatt) 51:49

DUCHY MARATHON

Men
1 T Wright (Newq RR) 2:58:56; 2 K Childs (Tamar Tr) 3:14:30; 3 C Bunting (Tamar Tr) 3:15:17; 4 A Hill (Carn R) 3:15:51; 5 G Tregenza (Corn AC, M40) 3:17:52; 6 P Carter (Carn R) 3:24:25; 7 D Hoskin (unatt) 3:26:11; 8 P Foxwell (Corn AC, M45) 3:34:36; 9 M Eddie (Carn R) 3:37:15; 10 J

Lane (RAF) 3:38:41
M50: R Eden (unatt) 3:54:23
M55: T Middleton (unatt) 3:39:0
M60: A Smith (E Corn H) 3:53:50
Women
1 L Richardson (Newq RR) 3:40:36; 2 C Moss (Uni Bath) 4:00:51; 3 S DeSilva (Teign Tr) 5:24:48

CHEPSTOW HALF-MARATHON

Men
1 S Shepley (Tip) 75:32; 2 M Collins (Fairwater R) 78:08; 3 J Bunn (Llis R) 78:48; 4 M Hurley (Western) 79:17; 5 D Norton (Rhondda) 80:45; 6 C Toldeo (Glouc) 83:30; 7 R Morris (San Dom, M50) 84:07; 8 G Morgan (Desford Str, M45) 84:09; 9 J Matthews (Fairwater R) 84:28; 10 L Smith (unatt) 84:45
U20: P Harper (unatt) 85:41
M40: R Hooper (West H) 85:02
M55: D Finch (Cheps H) 96:43
M60: T Jones (Nailsea) 104:26
M65: R Phillips (Chelt) 105:36
M70: A Watts (Sarn Helen) 2:31:22
Local: P Hutton (Cheps H) 86:19
Women
1 D Kenwright (Sarn Helen, W45) 98:34; 2 J Llewellyn (Cheps H, W35) 99:40; 3 J Wolanaski (Oxf AC, W40) 140:02
W50: S Stevens (Merthyr H) 2:08:35

HELLINGLY 10km

Men
1 P Froud (B&H) 34:07; 2 D Smith (B'hth) 34:15; 3 H Ibraheim (unatt) 34:37; 4 D Ayrton (B'hth, U20) 34:58; 5 A Lamb (Hast R) 35:02; 6 P Eccles (Hailsh, M40) 35:08; 7 P Prosser (Burg H) 35:16; 8 D Anderson (Hast) 35:19; 9 D Lear (Crow, M40) 36:09; 10 A Bontoft (Hast, M40) 36:39
M40: 4 L Heath (Hast) 36:40; 5 G Stevens (Crow) 36:41
M45: 1 P Daws (Hailsh) 37:07; 2 P Gasson (Arena) 37:47
M50: B Blackwell (B&H) 37:56
M55: 1 P Marten (unatt) 41:06; 2 R Cripps (Hailsh) 41:22; 3 A Marques (Hailsh) 41:49
M60: 1 H Loveridge (Seaf) 42:57; 2 A Medhurst (Lewes) 44:52; 3 I Hurry (Hast R) 46:33
M65: J Humphries (Tad) 51:49
Women
1 S Baines (Hailsh) 38:25; 2 L Jones (Arena, W35) 39:55; 3 J Heath (Hast, W35) 42:30; 4 K Oxborrow (Hailsh) 42:37; 5 L Stannard (unatt, W40) 42:52; 6 J Hardwick (Hast R, W45) 43:31
W50: K Bowler (Hailsh) 46:18
W55: M Nettle (Burg H) 59:08

ST FINBARR'S AC FILA/CORK HALF-MARATHON

Men
1 C O'Connell (St Fin) 70:02; 2 J Sullivan (W'ford) 70:27; 3 W Harty (KCK, U20) 71:19; 4 R O'Brien (Clon) 74:51; 5 P Duggan (St Jose) 75:09; 6 D Lyons (W W'ford) 75:58; 7 T Mason (W W'ford) 76:46; 8 J Moriarty (Desmond) 76:54; 9 T O'Flynn (Lee, M40) 78:18; 10 P Harty (Ballina) 78:56; 11 L Kennedy (W'ford, M40) 79:39; 12 G Cantwell (W W'ford, M40) 80:15; 13 J Walsh (Clon) 80:23; 14 W Hayes (St Fin, M40) 80:30; 15 M Murphy (St Fin, M40) 80:39
M45: 1 P Ryan (St Fin) 81:34; 2 P O'Sullivan (Slaney) 82:14; 3 W O'Riordan (St Brend) 82:18; 4 J Murphy (Eagle) 82:34; 5 T Cody (Midle) 83:03; 6 J O'Riordan (Rising Sun) 84:32
M50: 1 M Dunne (UCC) 86:35; 2 P P Mulholland (E Cork) 87:33; 3 S Whelan (Ennis) 89:16
M55: 1 J Daniel (Band) 88:35; 2 M Kinsella (Rising Sun) 93:54; 3 P Sargent (SHB) 95:37
M60: P Dobbs (Slaney) 82:26; 2 M Neville (Tulla) 92:13; 3 P Gaffney (Mallow) 99:56
Women
1 V Vaughan (Blarney) 80:55; 2 Y Callan-Britto (Ferdia, W35) 82:15; 3 M Sweeney (St Fin, W40) 89:49; 4 C McGregor (Midle, W35) 94:23; 5 M Finn (Mills, W35) 100:48; 6 R Crockett (St Fin, W45) 102:14; 7 F Devlin (Midle, W45) 104:20
W55: K O'Brien (Ballynoe) 113:33

CLIPSBY HOLIDAY PARK 5
Near Great Yarmouth

Men
1 R Goose (NNBR) 27:33; 2 J Reed (Norf G) 28:11; 3 R Lindsay (Norw RR, M40) 28:30; 4 D Hurran (Norw RR) 28:49; 5 M Stacey (G Yar, M40) 29:03; 6 J Christopher (NNBR) 29:18; 7 N Burnell (SVHC, M40) 29:28; 8 R Blake (G Yar, M50) 30:02; 9 A Grand (Norw RR) 30:11; 10 B Hindle (Norw RR, M40) 30:17
M50: 2 R Hill (Ips J) 30:38
M60: 1 P Oldman (NNBR) 31:31; 2 J Hutson (Norw) 39:54
Women
1 D Pamplin (G Yar, W50) 35:16; 2 S Sargeant (Norw RR) 36:11; 3 P Edwards (Norw RR, W40) 37:01; 4 C Robinson (NNBR) 38:53; 5 J Harvey (unatt) 40:19
W55: H Sewell (Ryst) 52:56

LUTON 10km

Men
1 S Body (Vaux) 32:08; 2 A Cross (Bed C) 33:05; 3 N Ovington (TVH) 33:39; 4 H Lobb (Bed C) 33:56; 5 P Moon (unatt, M40) 33:59; 6 J Aspel (AFD) 34:18; 7 R Palmer (Vaux) 34:31; 8 K Bouchebouri (Serp) 34:55; 9 R Browne (Mus H/N Lon) 35:26; 10 L O'Brien (TVH, M40) 35:38
M40: 3 D Walsh (Lut) 36:36
M45: 1 B Vaughan (Wistock) 35:39; 2 C Lamont (Stops) 36:40; 3 B Barrett (Stops) 37:45
M50: W Morrison (Vaux) 37:55
M55: G Scott (Poole R) 39:14
M60: D Cannon (F'lands VS) 43:34
M65: J Greenhall (Mil K) 44:24
TEAM: PUMA Thames Valley Harriers
M40: Ware Joggers
Women
1 S Gannon (Ware J, W35) 38:09; 2 C Lathwell (Lut) 38:11; 3 A Davies (Lut) 38:52; 4 V Walker (Kett, W35) 44:26
W40: D Vaughan (Ware J) 47:00
W45: S Foot (North P) 49:59
W50: S Barnet (C&C) 47:30
W60: B Houghton (Stops) 53:08
W65: V Stringer (Ware J) 53:28
TEAM: Ware Joggers

PERIVALE 5

Men
1 M Amos (Nun) 25:45; 2 M Hager (Tip, M50) 27:20; 3 P Stuart-Smith (USA) 27:27; 4 K Vose (Lon I, M40) 28:09; 5 L Benjamin (TVH, M40) 28:23; 6 J Guiney (Lon I) 29:33; 7 E Grobler (RSA, U20) 29:35; 8 G Townser (Metros) 29:49; 9 E Buckeridge (ESM) 29:49; 10 R Howells (ESM, M45) 29:56
M50: S Nagi (RRC) 31:28
M60: J Hanscombe (Rane) 39:35
M70: W Critchfield (unatt) 45:26
U17: P Hryniewiecki (ESM) 31:35
Women
1 F Kennedy (ESM, W40) 32:26; 2 C Jones (ESM, W35) 38:28; 3 D Lobie (ESM, W35) 40:05
W55: J Newman (ESM) 42:05

ENDMOOR 10

Men
1 N Peach (Kend, M40) 57:50; 2 P Butterworth (CleM, M40) 59:45; 3 G Taylor (Darw) 59:58; 4 G Smith (unatt, M50) 61:09; 5 P Sandford (L&M, M40) 62:40; 6 D Nixon (L&M, M40) 62:49; 7 M KcKenna (Dall, M50) 63:05; 8 M Weeks (unatt) 64:03; 9 C Armour (Bord) 64:16; 10 V Richards (Amble) 64:06; 11 E Cochrane (Glas, W) 65:50; 12 M Bates (Wesh, M40) 66:44
M45: J Robson (unatt) 71:17
M55: P Ion (Kend) 71:22
M60: B Atkinson (N Vets) 73:29
Women
1 Cochrane 65:50; 2 C Handforth (Kend) 71:21; 3 H Parsons (Kend) 75:14; 4 D Priestley (Kend, W45) 76:45; 5 A Stuart (B&R, W40) 79:15; 6 J Lumpleby (Kend) 84:58; 7 L Houfe (unatt) 85:31; 8 A Scott (unatt) 89:43; 9 J Talbot (S'thearn) 94:55; 10 J Caffrey (unatt) 96:00

SWINESHEAD 10

Men
1 P Langford (Bed H, M40) 60:45; 2 C Stout (W'boro) 61:01; 3 K Willett (Bed H) 62:03; 4 P Caprioli (Bed C, M40) 63:09; 5 R Bullen (Wiboro) 64:37; 6 S Bowen (Gard CJ) 65:53; 7 B Jordan (Bed H, M50) 66:12; 8 K Jeary (Wott, M40) 66:32; 9 P Musonda (W'boro) 66:53; 10 G Elliot (Bigg) 67:15
Women
1 M Cavrioli (Bed C, W35) 71:59; 2 L Hickey (North R, W35) 75:42; 3 V Singleton (Bed H) 75:59

September 9

SURREY COUNTY RELAYS
Wimbledon Park

SOUTH LONDON HARRIERS were third here last year but now with the added ingredient of Gary Staines as a catalyst they not only won but they also carved more than three minutes from Herne Hill Harriers' course record, *Pete Mulholland reports.*

Robbie James put South London on, what was to prove, a permanent pole position in stage one as he led the County U17 cross country champion Ed Prickett by 10 seconds with bridegroom-to-be Roger Alsop of Belgrave a further nine seconds behind. Prospective main contenders in the shape of Boxhill and Herne Hill were a few strides behind.

Paul McTigue went further away as renaissance man Mike Boyle swung into second with the fastest time of the stage and equal second best of the day as he pulled clear of the Kevin Quinn whose Belgrave colleague Steve Clarke was bringing his B team into fourth. A couple of paces behind was South of England cross country silver medallist, Boxhill's Paul Haywood.

Out of the traps for the third stage flew Gary Staines who front ran 14:07 for the demanding three miles to present South London with a cushion of 1:20 by the half-way stage and all bets were off. Yacin Yusuf, making his Surrey debut for Belgrave, could only peer into the distance as he held second with Rob McHarg in third for Belgrave B.

There was no change on stage four as Jason Simpson increased South London's lead with the Belgrave pair of Gerry Adams and Joachim Wolf maintaining second and third.

With the race reaching toward its climax Jim Estall, a formidable veteran talent before his injury laden year, encroached into Lee Morgan by four seconds as Lyndon McDevitt brought Herne Hill into the frame for the first time.

Stuart Major then wrapped up the proceedings to share Boyle's time of 14:14 and present South London with their second Surrey title of the year to match their cross country success. Alaster Stewart took Belgrave into a lonely second as he sped away from Herne Hill's Tony Harran who, having earlier run in the veteran's event, held third as Paul Freary pulled him back by more than two minutes.

Men (6x3M)
1 South London 87:11 (rec) (R James 14:25; P McTigue 14:21; G Staines 14:09; 4 J Simpson 14:50; L Morgan 15:06; S Major 14:14); 2 Belgrave 89:17 (R Alsop 14:44; K Quinn 14:42; Y Yusuf 14:47; G Adams 15:10; J Estall (M45) 14:58; A Stewart 14:56); 3 Herne Hill 91:38 (G Jerwood (M40) 14:51; M Boyle 14:14; M Newman 15:32; I Munt 15:11; L McEvitt 15:15; T Harran (M40) 16:35); 4 Belgrave B 91:45 (R Hayman 14:54; S Clarke 14:38; R McHarg 14:50; J Wolf 15:08; S Elliott 17:51; P Freary 14:24); 5 Boxhill 93:53 J Collins 14:47; P Haywood 16:47; D Morris 15:56; I Lamplough 16:18; C Hogg 16:17; S Wilson 14:48); 6 Thames Hare & Hounds 96:53 (M Lynas 15:28; D Pescod 17:41; D Symons 14:53; A Thomas 14:43; A Weir 16:55; A Irvine 17:13); 7 Ranelagh 97:42; 8 Walton 99:17; 9 Hercules Wimbledon 99:40; 10 South London B 100:05
Fastest: 1 Staines 14:09; 2eq Boyle/Major 14:14; 4 McTigue 14:21; 5 Freary 14:25; 6 James 14:25; 7 E Prickett (Reig P, U20) 14:35
M40
THE M40 event saw South London take what was to prove their fourth team title of the day as they dittoed their senior team by leading from stage one.

Eric Thomas, who had won the Police veteran's 10 mile championship three days earlier, led the defending champions Hercules Wimbledon as Steve Sinnott made his veteran's debut just two seconds behind but well clear of Tony Harran of Herne Hill.

While Andy Evans and Dave Filtness kept South London ahead on stages two and three, Hercules Wimbledon still looked comfortable in second courtesy of Martin O'Halloran and Kevin Jennings with Richard Pitt now hauling Thames Hare and Hounds into third.

While Barry Attwell was proving fifth fastest overall as South London's anchor, Dave Hill, former World Veteran's 25km champion, was showing glimpses of his form of old to grab silver for Thames while Stuart Littlewood was easily ensuring bronze for Hercules Wimbledon.

Probably the run of the day was taking place behind Littlewood as Geoff Jerwood was posting the fastest lap of the day, a little over an hour after competing for Herne Hill's senior team.

M40 (4x3M)
1 South London 63:15 (E Thomas 15:12; A Evans 16:21; D Filtness 16:08; B Attwell 15:12); 2 Thames Hare & Hounds 65:06 (M Farmery 16:25; I Trotter 16:47; R Pitt 16:07; D Hill 15:47); 3 Hercules Wimbledon 65:39 (S Sinnott 15:14; M O'Halloran 17:09; K Jennings 16:04; S Littlewood 17:12); 4 Herne Hill 66:21 (T Harran 15:41; S Knight 16:58; N Hoskins 18:25; G Jerwood 15:07); 5 South London B 69:05; 6 Thames Hare & Hounds 72:46; 7 Ranelagh 73:54; 8 Belgrave 74:15; 9 South London C 74:58; 10 Dorking & Mole Valley 75:10
Fastest: 1 Jerwood 15:07; 2 Thomas 15:12; 3 Sinnott 15:14; 4 Attwell 15:34; 5 Harran 15:41; 6 D Hill (THH) 15:47
M50
DEFENDING champions Hercules Wimbledon had the best of starts as Marco Ciglia took a clear lead on the first stage a position Vince Hancock, fourth M55 in the European Veterans' half marathon, was to hold.

Francis Upcott then swept past Dennis Williams to present recent European M50 10,000m silver medallist Paul Williams with a clear lead. Although Steve Badgery had perhaps his run of the year by holding him to two seconds he was always chasing shadows as this pair proved first and second fastest of the event.

M50 (4x3M)
1 South London 66:39 (K Lee 17:33; J Quaintance 16:36; F Upcott 16:27; P Williams 16:03); 2 Hercules Wimbledon 67:03 (M Ciglia 16:50; V Hancock 16:55; D Williams 17:13; S Badgery 16:05); 3 Reigate Priory 72:31 (P Byrne 17:55; G Dew 17:48; P Bowker 19:37; S McIntyre 17:11); 4 Thames Hare & Hounds 73:14; 5 Hercules Wimbledon B 76:29
Fastest: 1 Williams 16:03; 2 Badgery 16:05; 3 Upcott 16:27; 4 Quaintance 16:36; 5 Ciglia 16:50; 6 Hancock 16:55
Women
GETTING so regular it's almost boring, South London collected another set of gold medals and for the third time today by leading from the start.

Carol Evans, one of three veterans in the team was more than 90 seconds clear with the second fastest time of the event, over Epsom's Ann Molyneaux as Margaret Auerback, a member of the British W50 winning team in the World Road Championships placed third.

Susan Spencer-Cusick went further ahead as Linda Cartwright moved Ranelagh into second ahead of Epsom's Pollock.

Gill O'Connor extended South London's lead as yet another successful W50, Jane Davies (third in the World Veteran's Championship 5000m at Gateshead) moved Epsom into second as Ranelagh Nicholson slipped to third.

While Anne Roden, British W50 record-holder over numerous road distances was clinching her team's victory Anita Mellowdew, followed up last weeks Southern League distance double to clock 16:54, three seconds quicker than Evans ran at the start of the proceedings.

Women (4x3M)
1 South London 70:14 (C Evan (W35) 16:57; S Spencer-Cusick 17:25; G O'Connor (W35) 17:42; A Roden (W50) 18:10); 2 Epsom & Ewell 73:29 (A Molyneaux (W35) 18:32; N Pollock 19:37; J Davies (W50) 18:21; A Mellodew 16:54); 3 Ranelagh 76:11 (M Auerback (W50) 18:51; L Cartwright 17:53; C Nicholson 19:49; S Seal 19:38); 4 Sutton Runners 80:39 (D Marshall 20:54; J Coles 20:56; S Chown 20:47; V Bringlow 18:02); 5 Herne Hill 80:42 (N McGarry 20:26; C Dunton 20:51; N Harvey 19:51; P Kearsley 19:38); 6 Sheen Shufflers 82:44; 7 Wimbledon Windmilers 82:51; 8 Striders of Croydon 85:32; 9 Thames Hare & Hounds 95:49
Fastest: 1 Mellowdew 16:54; 2 Evans 16:57; 3 Spencer-Cusick 17:42; 4 O'Connor 17:42; Cartwright 17:53
W35
THIS was one that South London didn't win but they gave it their best shot by holding race long leaders Dorking and Mole Valley to 20 seconds.

It was Sally Young, more at home in Parkside black but today running for Dorking, who set the scene when leading on stage one by an enormous 2:42 with her 17:35 which proved to be the fastest time of the event by a shade over a minute less one second.

Viv Mitchell and Yvonne Hill made great inroads for South London on stages two and three as they hauled back Val Arnold and Gail Coventry but by the fourth and final stage the initial damage proved insurmountable.

South London's cross country captain Pippa Major went into action and although hauling back Dorking's Lesley Taylor by a little under 90 seconds, she ran out of road and although as a team, ran 40 seconds faster than their winning time of last year, it was to be silver.

W35 (4x3M)
1 Dorking & Mole Valley 76:18 (S Young 17:35; V Arnold 19:18; G Coventry 19:84; L Taylor 20:00); 2 South London 76:38 (J

NORWICH UNION & UK athletics – from grass roots to glory

Craig 20:00; V Mitchell 18:44; Y Hill 19:22; P Major 18:32 ; 3 The Stragglers 83:04 (S Waters 19:45; C Glew 21:12; L Dadlani 20:53; L Clarke 21:24); 4 Epsom Allsorts 83:10 (H Fenton 19:42; L Neville 20:27; T Bennett 21:47; J Pemberton 21:24); 5 Epsom & Ewell 84:52; 6 Ranelagh 85:07; 7 Thames Hare & Hounds 87:14
Fastest: 1 Young 17:33; Major 18:32; Mitchell 18:44

BERWICK WALLS RACES

GOLF Croquet International, John Moore of Heaton, gained his first major road race victory, when winning the feature event, at the annual Berwick Walls Races, *Les Venmore reports.*

Moore, who has a fine record of minor placings in the last 12 months, pulled away from his nearest challenger, Andrew Toward of Morpeth, on the second of the five hilly laps. "I thought Andrew tried too hard on the first hill" stated the winner. "After the hill on lap two, I knew I would win, I liked the course but was expecting a battle with Les Atkinson, and did not realise until mid-race, that he must be doing the seperate veterans' race."

Moore has croquet commitments for the forthcoming three weeks, and will run next at the Bishop Auckland Fila 10km on October 8.

Former Morpeth Harrier, Andrew Henderson took third. Atkinson of Morpeth, a past winner of the senior event, opted to run the veterans' race and easily gained his fourth victory,in the last five years.

A new winner on the trophy list, was Jarrow's Claire Smallwood, who easily won the women's race, from leading veteran,Lynne Marr of Tynedale.

Ryan McLeod of Elswick, defeated Sunderland's Chris Stoker in a hard fought under-17 men's race. Other winners included Kirk Wilson of Morpeth (U15 boys), Samantha Crowe of Elswick (U15 girls), Chloe Gilmore of North Shields Poly (U13 girls), and Jack Martin of Sunderland (U13 boys).

A lack of sponsorship this year, and dwindling entries (not helped by a hold-up on the A1, due to industrial action by lorries and tractors causing would-be competitors to turn back home) have given the organisers a major problem, as to whether to continue to promote this annual fixture that has been on the calendar since 1973.

Men (10.5km)
1 J Moore (Heat) 35:24; 2 A Toward (Morp, U20) 36:32; 3 A Henderson (unatt) 37:13; 4 A Fletcher (S Sh) 37:58; 5 B Coplin (Teviotdale) 38:37; 6 D Carruthers (Teviotdale) 41:37
TEAM: Teviotdale 22
M40 (6.3km): 1 L Atkinson (Morp, M45) 21:06; 2 T Robinson (Morp, M40) 22:44; 3 A Jenkins (Morp, M45) 22:54; 4 P Grey (Aln, M40) 22:58; 5 T McColl (Norham, M40) 23:54; 6 C Norris (Settle, M40) 24:21
M60: B Cordes (Morp) 27:54
TEAM: Morpeth 6
U17 (6.3km)
1 R McLeod (Els) 21:49; 2 C Stoker (Sund) 22:04; 3 S Sutherland (NSP) 22:42; 4 A Haddon (NSP) 23:43; 5 J Riall (NSP) 23:58; 6 A Haynes (NSP) 24:04
TEAM: North Shields Poly 12
U15 (2.1km)
1 K Wilson (Morp) 6:45; 2 R Stephenson (NSP) 6:58; 3 J Anderson (Sund) 7:01; 4 A Lovell (NSP) 7:02; 5 Z Scott (Birt) 7:43; 6 S Liddle (Birt) 7:47
TEAM: Sunderland 18
U13 (2.1km)
1 J Martin (Sund) 7:28; 2 A Giordono (Birt) 7:33; 3 C Rimmington (Birt) 7:44; 4 M Docherty (Birt) 8:00; 5 B Henderson (Morp) 8:01; 6 G Docherty (Birt) 8:06
TEAM: Birtley 13
U11 (2.1km)
1 R Cunningham (Birt) 7:52; 2 M Foggin (Sund) 8:26; 3 W Bell (Birt) 8:41; 4 J Anderson (Birt) 8:54; 5 J McWilliams (Wooler) 9:09. Team: Birtley 8.
Women (6.3km)
1 C Smallwood (J&H) 24:16; 2 L Marr (Tyne,W35) 25:13; 3 A Hunter (J&H) 25:45; 4 S Milburn (Els) 26:02; 5 C Wilson (Morp,U20) 28:00; 6 C Bruce (NSP) 29:08
U17 (6.3km)
1 C Riall (NSP) 29:38; 2 F Dudgeon (Berw) 30:00
U15 (2.1km): 1 S Crowe (Els) 8:01; 2 A Barter (Birt) 8:40; 3 R Lovell (NSP) 9:00; 4 N Keers (Birt) 9:10; 5 L Goodlet (Berw) 9:14.
TEAM: Birtley 12
U13 girls (2.1km)
1 C Gilmore (NSP) 8:30; 2 K Lovell (NSP) 8:35; 3 F Parkinson (Sund) 8:48; 4 S Nurowski (Birt) 8:56; 5 F Bell (Berw) 9:29
TEAM: Birtley 19

BP LINLITHGOW 10km

Men
1 P Mowbray (HBT) 30:27 (rec); 2 M Colligan (Miz) 32:15; 3 A Derrick (Calder) 32:18; 4 B Kirkwood (Miz, M45) 32:30; 5 D Scobie (Dumf) 32:30; 6 A James (C'dale) 32:35; 7 D Beagley (Falk) 32:36; 8 C Hutt (Boness) 33:07; 9 C Farquharson (HBT, M40) 33:17; 10 R Soutar (Spring) 33:17; 11 M Robertson (B'burn) 33:34; 12 A Ramage (Law) 33:51
M40: 3 R Hope (unatt) 34:19; 4 W Adamson (unatt) 35:36; 5 G Gilhooley (Loth) 35:42
Women
1 A Gerrard (Fife, W35) 36:05 (rec); 2 J Roxburgh (St Life) 37:04; 3 J Hewson (CoE) 39:53; 4 C Rougvie (Loth) 40:00
W35: 2 F Wood (Boness) 41:54

CAMBRIDGE HARRIERS RELAYS
Sutcliffe Park

Men (4x2.3M)
1 Kent AC 45:47 (M Healy 11:20, J Connor 11:30, B Lee (M40) 11:22, P Lazo 11:34); 2 Bexley 47:30 (S Hargreaves 11:44, D Verga 12:00, C Harris 12:13, J Armstrong 11:33); 3 Cambridge H Vets 47:45 (W Laws 11:59, G Meredith 12:29, M Ellsmore 11:54, A Camp 11:23), 4 Cambridge A 47:55 (E Hurault 11:58, A Stowe 11:37, D Lacey 12:14, M Ashby 12:06); 5 Istead & Ifield 48:39 (S Hay 11:49, S Rackstraw 12:28, A Archer 12:29, R Pearce 11:53); 6 Dartford Road Runners 51:26; 7 Cambridge C 52:14; 8 Bexley B 52:59
Fastest: Healy
Women (3x2.3M)
1 Bexley 47:15 (A Parlett (W35) 13:42, S Zeytin 17:15, W Warnes 16:18); 2 Dartford Harriers 50:10 (M Farmer (W50) 16:36, M Guard (W50) 17:04, S Cousins 16:30); 3 Dartford Road Runners 51:38 (J Langford 16:05, J Richardson 18:01, N Willmott 17:32)
Fastest: Parlett

WALCOTT 10km

Men
1 P Woodman (unatt) 34:43; 2 A Fisher (RAF) 35:28; 3 K Forman (Time FR) 36:07; 4 S Champman (Linc W) 36:09; 5 A Short (Granth) 37:07; 6 J Noble (Notts, M40) 37:10; 7 N Marsh (Louth) 37:38; 8 P Bevitacque (NVH, M40) 37:53; 9 C Richardson (unatt) 38:37; 10 M Bowen (unatt) 39:11
Women
1 C Naylor (Sutt) 36:39; 2 P Muller (Roth, W40) 45:57; 3 V Naylor (Sutt, W50) 46:06; 4 A Gilroy (Linc W, W40) 47:07

LINCOLNSHIRE WOLDS 10

Men
1 P Clark (Clee, M40) 58:28; 2 M Packer (Louth, M40) 59:30; 3 G Coulam (Clee, M40) 59:04; 4 C Atkin (Clee) 59:39; 5 P Pickwell (Alt, M45) 61:06; 6 A Shelton (Louth) 62:36; 7 C Hunsley (Clee, M40) 62:40; 8 M Birchall (Clee) 62:49; 9 J Hudson (Wolds, M45) 63:01; 10 D Green (Clee) 63:26
M50: M Pickwell (Clee) 66:16
M55: B Beckett (unatt) 77:12
M60: I Croft (Wolds) 72:17
M65: J Phelan (Wolds) 81:16
M70: A Harries 9Clee) 84:29
Women
1 R Cann-Evans (Blay) 74:18; 2 D Dykes 9Wolds, W45) 84:17; 3 N Zitman (Wolds, W50) 87:40

September 7

ASSEMBLY LEAGUE
Beckenham

Men (2.9M)
1 J Mays (Kent) 14:03; 2 L Reilly (Kent) 14:21; 3 A Weir (SE) 14:23; 4 J Roche (VPH) 14:26; 5 B Lee (Kent, M40) 14:30; 6 M Healy (Kent) 14:33; 7 J Headley (Kent) 14:36; 8 A Greenaway (Imp C) 14:40; 9 P Lazo (Kent) 14:40; 10 J Bennett (VPH) 14:45; 11 M Boucher (Imp C) 14:47; 12 A Abbott (gst) 14:51; 13 M Cates (Eton M) 14:53; 14 J Connor (Kent) 15:03; 15 M Baron (Kent, M40) 15:11; 16 A Jones (SE) 15:14; 17 R Cowell (SE) 15:14; 18 G Bagnall (VPH) 15:15; 19 S Loach (Dul) 15:18; 20 M Wood (SE) 15:21
M40: 3 K Evans (SE) 15:46
M45: 1 T O'Neill (VPH) 15:55; 2 J Spencer-Wood (Kent) 16:28; 3 A Murray (Dul) 16:50
M50: 1 W Laws (Camb H) 15:47; 2 L Austin (VPH) 17:01; 3 M Mann (Dul) 17:18
M55: 1 T Lyons (Kent) 17:15; 2 J Few (Eton M) 18:02; 3 G Sayer (Eton M) 18:19
M60: 1 T Everitt (Eton M) 18:11; 2 W Clapham (Kent) 21:48; 3 K Burnett (DLE) 23:50
Final positions: 1 Roche 135; 2 Weir 116; 3 Bennett 104; 4 Mays 99; 5 Cates 96; 6 Boucher 80
TEAM: 1 Kent AC 14; 2 Victoria Park Harriers 55; 3 Stock Exchange 56; 4 Dulwich Runners 99; 5 Eton Manor 114; 6 Ravensbourne 252
Final positions: 1 Kent AC 65; 2 Victoria Park Harriers 64; 3 Stock Exchange 64; 4 Eton Manor 51; 5 Dulwich Runners 50; 6 Cambridge Harriers 34
B TEAM: 1 Kent AC 45; 2 Victoria Park Harriers 120; 3 Stock Exchange 133; 4 Dulwich Runners 171;5 Eton Manor 228; 6 Ravensbourne 343
Final positions: 1 Victoria Park Harriers 67; 2 Kent AC 63; 3 Eton Manor 56; 4 Stock Exchange 50; 5 Dulwich Runners 39; 6 Ravensbourne 37
Women
1 M Loftus (Dul) 16:55; 2 A Megram (Dul) 17:00; 3 J Pope (Dul) 18:41; 4 R Tabor (Dul) 19:06; 5
Z Gaffen (Kent) 20:02; 6 A Gammon (VPH) 20:20
Final positions: 1 Loftus 55; 2 Megram 34; 3 Pope 30; 4 Tabor 28
TEAM: 1 Dulwich Runners 6; 2 Dulwich B 25; 3 Kent AC 25; 4 Eton Manor 29; 5 Victoria Park Harriers 35; 6 Eton Manor B 57
Final positions: 1 Dulwich Runners 72; 2 Eton Manor 58; 3 Kent AC 57; 4 Dulwich B 54; 5 Victoria Park Harriers 51; 6 Eton Manor B 40

TRANSPORTER BRIDGE SERIES 5km

Men
1 S Brace (B'end) 15:40; 2 M Collins (Fair) 16:07; 3 J Benn (Lis) 16:11; 4 C Davies (Severn) 16:22; 5 P Crane (Caer) 16:29; 6 A Jones (Ponty) 16:30; 7 J Nasrat (Newp, U20) 16:32; 8 H Roberts (B'end, M40) 16:46; 9 D Jones (Ponty, M45) 16:49; 10 P Horrath (San Dom) 16:58
M45: 1 B Johnston (Les C) 17:22; 2 M Tabor (San Dom) 17:23; 3 R Bamsey (Neath) 17:34
M50: 1 R Bereza (Here) 17:19; 2 J Plain (Les C) 18:10; 3 J Crutcher (B;end) 18:19
M55: L Davies (Severn) 17:18
U15(2km): 1 R Phillips (Newp) 7:47; 2 C Jones (Newp) 8:03; 3 C Johnson (Kings) 8:07
Women
1 A M Hutchinson (Neath) 17:22; 2 A Scrivens (Card) 18:58; 3 J Brace (B'end, W35) 19:11; 4 C Fereday (Newp, W55) 19:59; 5 A Saxena (Newp, W45) 20:26; 6 C Gardiner (Heart) 20:51; 7 S Adkins (Card, W50) 20:59; 8 S Jones (Brackla, W40) 21:09; 9 D Ottley (unatt, W50) 21:58; 10 F Davies (B'end, W45) 22:24
U15 (2km): 1 R Hodges (Newp) 8:31; 2 N Wood (Newp) 8:46; 3 R Lloyd (Newp) 9:09
OVERALL SERIES WINNERS
Men: 1 Brace 6; 2 Crane 18; 3 Jones 21
M40: 1 Roberts 33; 2 Johnston 41; 3 Bamsey 55
M50: 1 Bereza 46; 2 Davies 54
M60: A Phillips (Neath) 174
U20: D Reilley (Newp) 177
U15: 1 Jones 6; 2 A Brace (B'end) 8; 3 M Reilly (Newp) 11
Women: 1 Brace 11; 2 Gardiner 19
W35: Ottley
W45: 1 J Collins (Fair) 43; 2 C Palmer (Sheen) 53
U20: V Fear (unatt) 60
U15: 1 Lloyd 6; 2 L Riley (Hart) 14

HILLINGDON 5km SUMMER SERIES
Ruislip

Men (all Hillingdon AC unless stated)
1 L Benjamin (Puma TVH, M40) 17:05; 2 H Lassave 17:19; 3 D Newman 17:44; 4 J Harvey 17:51; 5 B Leach (M50) 18:04; 6 L Newell (Abing) 18:09; 7 S Dokic (M40) 18:24; 8 S Powell (M40) 18:28; 9 A Mansi (M50) 18:55; 10 B Hutchinson 18:58
M50: 3 M Heryet 19:45
M60: 1 J de Louvois 20:50; 2 D Wraith (ESM) 21:16; 3 M Miller 22:38
U17: P Mansi 19:30
Women
1 N Charles 20:54; 2 R Worman (U15) 21:38; 3 J Baxter (U15) 22:10; 4 M Hutchinson (U17) 22:10; 5 Y Budd 22:19; 6 C Penfold (U15) 22:29; 7 L Manley (U13) 22:35; 8 J Lemmon (U13) 22:40; 9 E Lassave (W35) 23:01; 10 M Heryet 23:41
W55: N Cressy 28:06 (rec)
Winnie the Pooh team Trophy: 1 Over 60's & Women 75 pts
Age Graded: 1 Leach 84.53%; 2 Benjamin 80.05%; 3 Mike Heryet 78.73%; 4 de Louvois 78.29%; 5 A Mansi 77.42%; 6 Wraith 76.7%; 7 H Lassave 76.24%; 8 Newman 75.48%; 9 B Thomas 20:32; 10 Dokic 74.32%

September 6

SPENCERS ARMS DASH SERIES

Men
1 J Stephens (Long) 19:30; 2 M Ridgway (Sheff) 19:42; 3 D Hinchcliffe (Long) 19:44; 4 S Tibbs (Wake) 20:32; 5 A Whitworth (Melt) 20:49; 6 A Cooper (Wake, M40) 20:52; 7 M Lawson (Long) 21:05; 8 A Shelbourne (Barns H) 21:26; 9 T Collins (unatt) 21:26; 10 J Conrie (Roth) 22:08; 11 A Norgate (Long, M40) 22:10; 12 D Allemby (Barns H, M40) 22:13; 13 R Hart (Barns, M40) 22:20; 14 R McArthur (Melt) 22:38; 15 D Wallace (unatt) 22:52
M50: 1 G Hayes (Barns H) 23:36; 2 R Scholes (Barns) 23:53; 3 T Bolland (Spen) 24:35
Series category winners: 1 M Lawson (Long) 99; 2 T Collins (unatt) 94; 3 S Swallow (Barns H) 92
M40: 1 D Allemby (Barns H), D Wallace (Barns) 103; 3 R Hart (Barns) 101
M50: R Scholes (Barns)
Women
1 C Hill (Barns) 24:29; 2 M Harrison (Barns, W35) 27:30; 3 C Morrell (Barns) 27:37; 4 S Pickering (Barns, W35) 28:15; 5 S Hewitt (Barns H, W35) 28:31; 6 F McArthur (Melt, W35) 28:33; 7 S Trimnell (Barns) 28:37; 8 L Foster (Barns H, W35) 29:15; 9 R Nothard (Barns H, W35) 29:45; 10 V Gleadall (Barns H) 30:10
Series categories winners: 1 C Hill (Barns) 153; 2 C Morrell (Barns) 85; 3 S Trimnel (Barns H) 58
W35: 1 M Harrison (Barns) 132; 2 S Pickering (Barns) 86; 3 S Hewitt (Barns H) 78

CITY OF BATH RACES

MICK O'DOHERTY retained his title but not before training partner Alec Woods gave him an all mighty shock, *Kevin Fahey reports.*

Woods, running for the City of Bath club, dominated the early stages of the seven-lap city centre race and looked poised for victory.

The 36-year-old landscape gardener took full advantage of O'Doherty's slow start and took command over the opening laps of the 5km race in the 26th running of the event.

But then O'Doherty finally shook off his lethargy to show the sort of form which recently earned him the British Veterans' 10km and 5km road titles and second place in the BVAF half-marathon championship and carved his way through the field onto Woods' shoulder.

"I got a bit left behind at the start as my mind wasn't really on the race," admitted O'Doherty. "It took me a couple of laps to get back on terms with Alec because he really went hard from the start."

Once he drew level with Woods there seemed to be only one winner and O'Doherty duly unleashed his famed sprint finish on the final circuit.

"I really kicked it in on the last lap but Alec never gave up and I had to keep pushing the pace all the way," added O'Doherty. "To be honest I don't think it is going to be too long before he beats me at this race."

Third last year, Woods held on for one of his best performances in the event as Frome postman Mike Grist came through for third.

With Irish international Sonia O'Sullivan opting to tackle the Olympics rather than defend the title she won in a record-breaking 15:45 last year Tipton's Ruth Barnes stepped into the breach to hold off Keynsham's Aileen Brown to win by 10 seconds in a time of 17:48.

Ray Brigden took a breather from organising the event to finish second M50.

Men Elite (5km)
1 M O'Doherty (W'bury, M40) 14:58; 2 A Woods (Bath) 15:02; 3 M Grist (B'mth) 15:33; 4 J List (Bris) 15:43; 5 J Duncan (Bris, M40) 15:44; 6 A Shepherd (Bris) 15:49; 7 W Fear (Bit) 15:51; 8 D Thomas (unatt) 15:54; 9 A Blow (T Bath) 15:57; 10 P Westlake (Bit) 16:01; 11 B Trapnell (Bath Un) 16:09; 12 A Gaskell (Bath) 16:10; 13 M Blackwell (Bath) 16:12; 14 N Leighton (T UK) 16:17;15 B O'Leary (Chelt) 16:20; 16 P Gebbett (Bath) 16:29
Men open/veterans
1 C Sykes (Swin, M40) 16:07; 2 P Glennie (GWR, M40) 16:10; 3 P Sperring (Bitt, M40) 16:13; 4 R Caburn (Taun) 16:22; 5 G Eagle (W'bury, M40) 16:32; 6 P Grist (Frome, U17) 16:32
M40: 2 S Hale (Bath) 16:50
M50: 1 M Wilcox (GWR) 18:15; 2 R Brigden (Bath) 18:17

M60: M Offer (GWR) 22:54
Women
1 R Barnes (Tip) 17:48; 2 A Brown (GWR, W35) 17:58; 3 S Monahan (GWR, W35) 18:29; 4 A Vuagniaux (CoB, W35) 18:59; 5 Z Marchant (CoB, W45) 19:15; 6 S Donohue (CoB) 20:19
U15 (1.5km)
1 M Hooper (Bit) 4.53; 2 R Hardyman (C Bth) 4.54; 3 A Davies (Bris) 5.45; 4 A Mullins (Bath) 6.19
U15 (3km): 1 B Sparey (W'bury) 14:18; 2 Vaughan 18:42

POLICE AA CHAMPIONSHIP 10
Elmbridge, Surrey

SARAH BRADBURY put her name on the trophy for the third consecutive year as she dominated the women's section of the event, Pete Mulholland reports.

By half-way, the Aldershot, Farnham and District runner representing Hampshire, was almost 90 seconds clear of Derbyshire's Christine Howard with Helen Hinsley a further two minutes adrift.

Pushing ahead around the riverside course in the stockbroker heartland of Walton, Bradbury ignored the humid conditions to draw clear doubling her lead to almost four minutes.

Bradbury's time of 59:15 will surely see her figure more highly in the year end national rankings than last year when her best of 61:22 saw her in 64th position.

The men's race although not so conclusive, also saw a huge winning margin as Darren Daniels, in retaining a title he won in 1998, came home clear of Steven Cairns by almost two and a half minutes.

It was Daniels and Cairns who took the race on from the off as they led almost 400-strong field by 50m before the first half mile had been run.

At around two miles Daniels began to pull clear of Cairns, the Scottish-based Northern Ireland international and with five miles passing in 25:40 he enjoyed a lead of almost 60 seconds.

Following some two minutes later were the chasing quartet of Mike Harvey, Ian Wetherall and Malcolm and Terry Fowler.

On a course which he admitted was, "Not too easy what with the shale of the riverbank stretch and a headwind," Daniels increased his lead over the second half to add to the National Police cross country, 1500m and 5000m titles he currently holds.

"I was pleased with that especially as I'm in the middle of preparations for my first marathon which is in Manchester in four weeks time," said Daniels who was a member of the Birchfield team that won the National 12-Stage last year.

Border Harriers' Cairns who had placed second in the Brampton-Carlisle with 48:40 confessed to a bad run. "I ran like a donkey and just couldn't respond when Darren pulled away."

Daniels Cheshire Police team-mate went away for a clear third and with colleague Malcolm Fowler in fourth, the team title looked home and dry. However the Met Police, led by Terry Fowler and, back to competition after 18 months of injuries, first veteran Eric Thomas packed in to maintain a firm grip on the four-to-score winning trophy.

Men
1 D Daniels (Ches) 51:26; 2 S Cairns (L&B) 54:05; 3 I Wetherall (Ches) 55:51; 4 M Fowler (Ches) 56:28; 5 M Harvey Fife) 56:40; 6 T Fowler (Met P) 56:45; 7 E Thomas (Met P, M40) 57:31; 8 I Campbell (Met P, M40) 58:00; 9 T Carroll (S Yks) 58:08; 10 D Hall (N'bria, M40) 58:13; 11 B Gilroy (N'bria) 58:22; 12 T Caulton (Derby, M40) 58:30; 13 H Young (S'clyde, M40) 58:35; 14 M Bond (Ex, M40) 58:39; 15 R Beaumont (Th V) 58:42; 16 J Craig (Fife) 58:46; 17 P Allen (Met P) 58:50; 18 N Sandford (Leics, M50) 58:55; 19 G Harkus (Sy) 58:57; 20 P Spick, (N'hants) M45) 59:04; 21 P Bidmead (Sx, M50) 59:33; 22 C Scott (S'clyde) 59:36; 23 M Lane (Met P) 59:40; 24 M Wycherley (W Yks) 59:56; 25 J Clifford (Dev&C) 60:06
M40: 7 S Morley (Sx) 61:07; 8 D Frame (Th V) 61:09; 9 G Durham (S Yks) 61:11; 10 R West (W Yks) 61:17
M45: 2 A Newman (Kt) 62:00; 3 M Hyder (Sx) 62:53; 4 J Graham (Clev'd) 63:12; 5 K Lincoln (S Yks) 63:13
M50: 3 B Campbell (S'clyde) 62:28; 4 M , Knight (Av&Som) 65:53; 5 M Brodbury (Staffs) 66:50
TEAM: 1 Metropolitan Police 38; 2 Cheshire 52; 3 Strathclyde 102; 4 Fife 106; 5 South Yorkshire 154; 6 Derbyshire 160
VETERANS TEAM: 1 Sussex 37; 2 Strathclyde 41; 3 South Yorkshire 62; 4 Metropolitan Police 75; 5 Derbyshire 80; 6 Thames Valley 82

Women
1 S Bradbury (Hants) 59:15; 2 C Howard (Derby) 63:58; 3 H Hinsley (Av&Som, W35) 65:09; 4 L Cooper (Th V) 68:22; 5 L Knights (Notts) 68:47; 6 M Siddall (W Yks, W35) 69:16; 7 A Routledge (Gt Man, W35) 69:29; 8 A Billing (Notts) 69:37; 9 J Durham (Dorset, W45) 70:20; 10 W Barnes (S Yks) 70:41; 11 J Nicholls (Gloucs, W35) 72:18
TEAM: 1 Nottinghamshire 42; 2 Derbyshire 46; 3 Sussex 62; 4 Royal Ulster Constabulary 75; 5 Strathclyde 76; 6 Metropolitan Police 101
VETERAN TEAM: Metropolitan Police 41

MADELEY MATCHMAKER 5km

Men
1 C Davies (Telf) 15:11; 2 S Needs (Telf H, M40) 16:30; 3 G Wilson (Telf, M40) 16:44; 4 M Anslow (Tip, U21) 16:49; 5 D Smith (Telf) 16:55
M40: 3 A Jones (Telf) 17:18
M45: R Hadey (Telf) 17:27
M50: 1 B Lloyd (Telf) 17:34; 2 P Williams (Wrekin) 17:53
M55: R Abbott (RAF) 21:39
M60: T Pugh (Newt) 20:37
M65: M Ward (OSW) 20:07
Women
1 C Martin (Telf) 17:38; 2 S Green (W&B) 19:12; 3 S Davie (Telf) 20:40; 4 S Coley-Smith (W&B, W35) 21:00; 5 A Jenkins (Telf H) 21:11
W40: M Jeavons (WBH) 23:06
W45: B Ward (OSW) 22:43

BLACKHEATH HARRIERS HANDICAP
Hayes

Mixed (3.1M)
1 W Orton 25:29/20:44; 2 C Barker 25:52/19:22; 3 N Gasson 25:55/17:10; 4 S Lloyd 25:56/19:26; 5 P Hamilton 26:00/18:00; 6 C Pike 26:11/19:26; 7 M Ellison 26:16/17:01; 8 W Slack 26:18/18:33; 9 Anne Cilia 26:20/22:20; 10 M Gasson 26:23/22:53
Fastest: Ellison
Final series positions: 1 R Smith 73; 2 Lloyd 69; 3 Ellison 67; 4 Gasson 61; 5 Cilia 56

September 5

LEN BOTTOMLEYS PEELERS & WEAVERS
Rochdale

Men (5.5)
1 R Jackson (Salf) 27:26; 2 T Davies (O&R) 28:35; 3 A Clarkson (Clay, M40) 29:21; 4 P Scarr (R'dale) 30:01; 5 F Reilly (Stock, M50) 30:01; 6 J Reilly (Mid, M50) 30:05; 7 P Bates (Bury, M40) 30:15; 8 P Cambridge (Mid, M40) 30:42
M55: T Dutton (Man YMCA) 36:02
M60: J Rhodes (N Vets) 36:22
M65: B Rogers (N Vets) 37:41
Women
1 K Drake (Spen, W40) 33:44; 2 C Walker (Hali) 35:04; 3 L Warner (E Ches) 36:18; 4 L Crabtree (Hali, W40) 37:45; 5 L Gilchrist (Mid, W65) 40:01, 6 A Leonard (Man YMCA) 40:02

AUTUMN COAST ROAD 5km

Men
1 S O'Grady (N Marske) 15:31; 2 D Bond (Ask) 15:33; 3 T Livingston (N Marske, M40) 15:56; 4 A Stimpson (N Marske) 16:01; 5 G Hilton (Morp) 16:13; 6 K Patterson (Loft) 16:22; 7 B Harrison (CleS) 16:29; 8 M Grainger (Darl) 16:53; 9 A Harland (Mand) 17:07; 10 P Welham (N Marske) 17:17
M45: A Bottomley (Loft) 17:29
M50: 1 B Davison (Shil) 17:53; 2 P Barker (Morp) 18:19
M55: B Allen (N Marske) 20:38
M60: 1 M Harper (N Marske) 20:42; 2 R Duffield (Tiptree) 20:48
M65: I Barnes (Darl) 19:03
Women
1 L Hardy (CleS) 18:44; 2 K Duke (Birm U) 19:08; 3 M Blanden (CleS, W45) 20:37; 4 E Dasey (M&C, W40) 21:09; 5 L Woods (N Marske, W50) 22:01; 6 J Kitching (unatt, W40) 22:57; 7 J Giblin (Quak) 23:47; 8 M Douglas (N Marske, U20) 24:57; 9 I Conoghan (N Marske, W60) 25:17; 10 A Johnson (Bill MH, W45) 25:28

POOLE WOMEN'S 5km

Women
1 C Squire (Lough) 19:19; 2 K Edmondson (Poole R, W35) 19:31; 3 J Durham (Poole R, W45) 19:37; 4 D Lewis (Poole Tri, W35) 19:37; 5 J Henry (Liv FF), W35) 19:38; 6 H Bridle (unatt) 20:10; 7 H Lewis (unatt, W35) 20:19; 8 H Towner (Poole R) 20:30; 9 L Ojvari (Poole, W35) 21:08; 10 N Brain (Poole R) 21:12
W40: C Boyes (Poole R) 21:33
W45: S Billington (Wimb) 21:19
W50: S Beaumont (Poole R) 23:04
W60: J Royal (Dors D) 22:39

September 3

CARVER WOLVERHAMPTON MARATHON & HALF-MARATHON

Men (marathon)
1 P Rogers (Tip) 2:35:42; 2 H Bottger (USA) 2:44:23; 3 M Bayer (Head) 2:46:07; 4 S Lund (W'stck) 2:46:09; 5 E Parsley (unatt) 2:48:00; 6 D Wilde (B'end) 2:50:01; 7 H Roberts (Horsf) 2:51:43; 8 D Meller (unatt) 2:58:08; 9 H Jones (unatt) 2:58:17; 10 J Gower (unatt, M40) 2:59:33; 11 S Almond (Stock) 3:00:28; 12 C Buxton (FoD) 3:04:58; 13 N Ballard (Osw O, M40) 3:06:58; 14 S Schuurman (Bung) 3:08:04; 15 P Gamston (unatt) 3:08:05
M45: M Hughes (Trent) 3:08:32
M55: P Hayward (Slea) 3:13:37
M60: T Thomason (Hrsfth) 3:16:46
Women
1 C Harnett (USA) 3:13:05; 2 C Clewlow (USA) 3:32:47; 3 G Cowling (Veg) 3:51:05; 4 A Birch (Metros, W45) 4:01:23; 5 F King (Dartf, W40) 4:09:36; 6 B Welsh (unatt) 4:12:30; 7 C Brown (unatt, W50) 4:34:22; 8 P Seabrook (Finch, W60) 4:34:26; 9 R Michie (100k, W50) 5:06:44; 10 S Da'Silva (Tein, W40) 5:14:03
W55: P Bolton (unatt) 5:58:57
Men (half-marathon)
1 M Burnhope (Tip, M40) 67:34 2 M O'Doherty (W'bury, M40) 68:59; 3 D Mansbridge (Wrek) 71:16; 4 M Brown (Clay) 71:26; 5 N Share (W&B) 72:39; 6 A McNeill (Long E) 73:34; 7 S Gould (Kidd) 73:38; 8 A Jones (Tel, M40) 74:21; 9 M Farnell (Tip) 74:24; 10 S Davies (Mans, M40) 74:53; 11 A Jewkes (Chase) 75:13; 12 A Clarkson (Clay, M40) 76:16; 13 D Boot (Long E) 76:24; 14 M Eustace (Tip, M40) 76:29; 15 R Matthews (Tip) 76:32
M45: G Cox (Tip) 77:40
M50: E Sanders (unatt) 80:45
M55: J Keeling (Trent) 79:07
M60: S Fitzpatrick (Liv RC) 84:39
M65: M Ward (Osw) 84:40
Women
1 A Howe (USA) 88:53; 2 J Adams (NE Vets) 93:27; 3 M Wosdom (D&S) 95:11; 4 M Meredith (Prest, W55) 95:45; 5 A Wilson (unatt) 96:09; 6 S Hall (unatt) 96:45; 7 E Statham (Stone MM, W55) 97:26; 8 L Staves (Tel) 98:08; 9 V McLachlan (Horsh J, W55) 99:31; 10 J Dean (unatt, W35) 99:35
W40: L Guest (S Der) 102:49
W45: J Dyke (Wrek) 111:21
W50: R Price (Dee) 113:46
W60: R Quick (Ford H) 133:23

August 29

DESSIE'S RUN

Men
1 D Gidumbanda (TAN) 29:43; 2 G McLernon (Will) 30:53; 3 G Crossan (Lett) 31:52; 4 M Keely (Sparta) 31:56; 5 B Orr (Foyle V) 33:45; 6 D McGinty (Foyle V) 33:48; 7 S McAnaney (Foyle V, M40) 34:09; 8 M McLaughlin (Sparta) 34:20; 9 G Roberts (Sparta, U20) 34:38; 10 K Kelly (Foyle V) 34:45; 11 M Coyle (Sparta) 34:52; 12 P Gormley (Sparta) 34:59; 13 J Ferguson (Sparta) 35:02; 14 D Quigley (Foyle V) 35:10; 15 I Speirs (N Belf, M50) 35:12; 16 N McMonagle (Sparta, M40) 35:19; 17 B McDaid (Lett) 35:31; 18 M Devine (Roe V) 35:37; 19 S McFadden (Lett) 35:47; 20 H Gallagher (Lett, M45) 35:48
M40: 4 B McNulty (Foyle V) 36:06; 5 S McGallion (Foyle V) 36:57
M45: 2 M Doherty (Sparta) 37:18; 3 E O'Hagan (unatt) 37:34; 4 B Montague (Sparta) 37:39
M50: 2 K Toner (Lett) 35:50; 3 J Shiels (Finn V) 37:36
M55: O Mulholland (unatt) 45:46
M60: J Hynes (Finn V) 40:04
M65: J Reid (Roe V) 37:28; 2 S Reid (Cooks) 45:19
M70: R Dooley (TMB) 56:14
Women
1 S Hatch (Sparta) 36:28; 2 J Butler (Sparta) 37:49; 3 S Dodds (Sparta, M40) 38:13; 4 B Moore (Sparta) 39:53; 5 M McElroy (Finn V, W35) 41:19; 6 P McGilloway (Sparta, W35) 42:31; 7 K McFaul (N Coast) 44:04; 8 S Chestnutt (N Coast) 44:42; 9 A Barr (Strab) 46:23; 10 L Clay (Cooks, W40) 46:25

AUGUST SPORTS 5.5
Dunfermline

Men (all Pit)
1 N Cunningham 26:26; 2 S Wombwell 29:27; 3 K Duncan 30:04.
M40: R Buchanan 31:20
Handicap winner: Duncan

Women: 1 P Blyth 34:43; 2 J Baxter (W35) 38:51.

August 6

EASTERN VETERANS' 5km CHAMPS
Grantchester

M40
1 P Johnson (Norw, M45) 16:32; 2 I Cooper (Brand FH) 17:25; 3 R Arnold (Liv H, M50) 17:30; 4 G Collins (Norw, M45) 17:35; 5 P Andrews (Norw, M60) 17:44; 6 R Price (St Ed, M55) 18:13
M60: 2 R Duffield (T'tree) 19:34; 3 J Clare (H&W) 20:03; 3 A Kindley (Ver) 20:38
M65: M Ball (G Yar) 20:22
M70: T Cooper (Norw) 22:30
M75: N Jordan (M Vets) 27:17
W35
1 D Marsh (Norw, W45) 19:01; 2 A Milne (Ryst) 20:47; 3 D Brockway (Lut, W40) 21:22; 4 S Coulstock (Brand FH) 21:51; 5 S Barnett (C&C, W50) 22:00
W60: U Duckworth (Bed C) 24:35
W65: P Terry (Bost) 25:56

walks

September 6

LPR 9km
Blackheath

H'Cap
1 J Godbeer (Camb H, M60) 56:52; 2 H Rennie (Camb H, M45) 56:08; 3 M Barnbrook (Ilf, M50) 57:20; 4 C Lawton (Belg, M50) 49:42; 5 M Scamell (Belg, M45) 50:37; 6 A Ross (camb H, M50) 54:14; 7 N Kavanagh (Bex, M45) 55:16; 8 R Watts (L Vids, M50) 60:16; 9 S Uttley (Ilf, M45) 47:50; 10 L Dordoy (Ilf, M45) 52:21; 11 P Crane (SyWc, M55) 56:11; 12 D Wheaton (Med, M55) 57:27; 13 A Thomas (SyWc, M50) 60:21; 14 D Ainsworth (Ilf, M50) 63:06; 15 G Legon (LPR, W35) 67:27; 16 P Morris (Enf) 57:57
TEAM: 1 Ilford 15; 2 Cambridge H 21

September 5

STEYNING SUMMER LEAGUE

H'cap (3km) (Steyning AC unless stated)
1 M Ford-Dunn (M50) 18:52; 2 G Brown 19:12; 3 S Barker 17:29; 4 S Hales (U17) 15:45; 5 D Stevens (M60) 16:33; 6 J Bleach (W50) 19:40; 7 R Emsley (M45) 16:42; 8 J Hesketh 16:24; 9 J Ball 14:11; 10 L Claridge 19:18; 11 J Gilbrook (W35) 22:03
FINAL: Hales 71; 2 Ford-Dunn 70; 3 Barker 66; 4 Bleach 61; 5 Stevens 59; 6 Brown 55
H'cap U15 (2km)
1 K Crack (Worth) 15:10; 2 N Ball 9:55; 3 D Brown (U13) 11:39; 3 P Warren 11:44
FINAL: P Cay 27; 2 Warren 25; 3 D Brown 22; 4 E Young 17; 5 S Young 15; 6 S Whythe 10

September 4

MAFF CHAMPIONSHIPS
Battersea Park

Men
3kmW: 1 J Hall (M50) 15:09.5; 2 S Lightman (M55) 15:25.0

September 3

GUERNSEY CHURCH TO CHURCH
19.4

THE winner was only decided in the final 10 metres as Carl Thomson outsprinted fellow islander Rob Elliott.

Making his move in the last 100m he quickly opened a gap before Elliott responded to draw level, but Elliott ran out of steam – momentarily coming to a halt with Thomson hanging on to cross the line for his first outright Church victory.

Thomson had earlier opened up a one minute advantage by the 10-mile mark which Elliott had closed by 14 miles, the

NORWICH UNION & UK athletics – from grass roots to glory

two were then locked together until that final effort.
Men
1 C Thomson (Guern)2:58:14; 2 R Elliott (Sarnia WC) 2:58.:18
3 E Shillabeer (Plymouth CW) 3:17:38; 4 M Barnbrook (Ilf) 3:39:32
5 John Dedman (Sarnia WC) 3:45:58; 6 K Le Noury (Sarnia WC) 4:07:24 (25th finish); 7 M Le Sauvage (Sarnia WC) 4:11:43 (39th finish since 1959)
Women
1 R Druckes(Sarnia WC) 4:13:53; 2 A Cochrane (Guer) 4:19:31; 3 G Schutte (GER) 4:48:13; 4 C Hedges (Guer) 5:23:19

LEICESTER MERCURY 10km
Abbey Park, Leicester

LISA KEHLER warmed up for the Olympics by placing fourth overall and was the only walker to split the Road Hoggs scoring men's team!

Dudley & Stourbridge were almost as dominant in the women's team race.
Men
1 J O'Rawe (R Hoggs) 44:06; 2 A O'Rawe (R Hoggs) 46:03; 3 T Taylor (R Hoggs) 46:41 4 K Atton (R Hoggs) 47:15; 5 A Ellam (Col, M40) 51:13; 6 P Ryan (Sheff, M45) 51:39; 7 C Beawick (Leic) 51:43; 8 S Arnold (Cov) 52:10; 9 A King (R Hoggs, M40); 10 A Malone (N Vets, M45) 53:26; 11 B Gore (S Vets, M60) 54:40; 12 A Seddon (E&H, M55) 54:49; 13 R Dobson (Ilf, M55) 55:35; 14 M Graham (Ilf, M50) 55:37; 15 J Gordon (D&S, M45) 56:33; 16 M Smith (Cov) 56:36; 17 M Williams (Tam) 56:41; 18 A Flear (Cov) 57:44; 19 W Wright (Nun, M55) 58:24; K Worth (B&R, M45) 59:01.
M65: P Stapleford (Leic) 59:49
M70: D Fotheringham (Belg) 59:45
M75: E Grocock (Shef) 66:46
M80: P Malins (M Vets) 78:12
M85: G Mitchell (Ditch) 75:06
OPEN TEAM: 1 Road Hoggs 10; 2 Coventry 65; Leicester 90
Womens
1 L Kehler (W&B) 46:42; 2 K Braznell (D&S, W40) 52:20; 3 K Horwill (D&S) 57:40; 4 K Ratcliffe (Cov, W35) 57:42; 5 C Reader (Roy, W45) 59:34; 6 J Bellfield (D&S) 61:33; 7 A Wheeler (Nun, W40) 62:30; 8 C Watson (Dart, W35) 63:21; 9 M Spelman (A&F, W65) 63:28; 10 S Bull (Mid V, W50) 65:30; 11 F Fernandez (Long, W50) 68:12; 12 P Ficken (Long, W55) 68:45; 13 P Horwill (D&S, W65) 70:36; 14 A Von Bismark (Long, W70) 74:12.
TEAM: 1 Sheffield 43; 2 Enfield 45; 3 Dudley & Stourbridge 48

fell

September 9

CAIRNWILLIAM HILL RACE
Monymusk

Men
1 M Flynn (Cnethy, M40) 43:26; 2 S Rivers (Cosmic) 44:45; 3 D Armitage (Cosmic, M45) 46:09; 4 D McDonald (Cosmic) 47:37; 5 A Jermieson (FFT, M50) 48:42; 6 C Pryce (Cosmic, M40) 48:44; 7 F Duguid (Dside, M40) 49:17; 8 G Milne (Cosmic, M45) 49:26; 9 D Gunn (Metro, M40) 50:29; 10 I Cran (Garioch) 52:38
TEAM: Cosmic Hillbashers 9
Women
1 R MacKenzie (Dside) 51:47; 2 S Pattinson (Dside) 56:53; 3 L Noble (Cosmic) 58:24; 4 L Horton (Cosmic) 58:35; 5 A Thomson (Cosmic, W40) 60:37; 6 A Smith (Phead) 63:11

HODDER VALLEY SHOW RACE
Dunsop Bridge, Lancs

FORMER British M40 champion Graham Schofield of Horwich secured a fine victory to finish 16 seconds down on the course best, *Gareth Webb reports.*

Meanwhile former English champion Vanessa Peacock added to her evergrowing tally of race wins to hold off former junior karate international Lisa Lacon in 29th place. Peacocks splendid performance saw her carve almost five minutes off Clayton team-mate Beverley McWades mark.
Men (6.5M, 1500ft)
1 G Schofield (Horw, M40) 43:02; 2 W Sullivan (Clay) 43:24; 3 C Reade (Bowland) 43:57; 4 S Sweeney (Bowland) 44:11; 5 G Erhardt (Tod) 44:32; 6 C Miller (Harr) 44:36; 7 C Valentine (Kesw) 44:40; 8 R Griffiths (Holm) 44:42; 9 A Nicholls (Acc) 44:47; 10 P Whiting (Kend, M40) 44:54
M40: 3 T Taylor (Ross) 45:09
M50: 1 J Holt (Clay) 46:02; 2 K Taylor (Ross) 47:23; 3 P Booth (Clay) 47:25
M60: R Jaques (Clay) 53:40
Women
1 V Peacock (Clay, W40) 49:31 (rec); 2 L Lacon (Holm) 50;59; 3 G Robinson (Garst, W40) 56:59; 4 J Rawlinson (Ross, W45) 58:58; 5 C Ashton (Clay) 59:23

September 3

STRETTON SKYLINE RACE
Church Stretton, Shropshire

GREAT BRITAIN orienteering international Adrian Pickles ran out a comfortable winner in this gruelling18-miler.
Men (18M, 4450ft)
1 A Pickles (Tel) 2:35:48; 2 P Cadman (Mercia) 2:41:10; 3 A Davies (Mercia) 2:41:36
M40: D Wade (unatt) 2:45:12
M50: D Tait (Dark Pk) 2:46:44
M60: P Norman (Wrex) 3:12:29
Women
1 P Gibb (Mercia) 3:00:38; 2 V Musgrove (Eryri) 3:00:59; 3 G Harris (Mercia) 3:21:15

SHELF MOOR RACE
Old Glossop, Derbyshire

Men (5.9M, 1500ft)
1 M Bouldstridge (Bir) 42:02; 2 J Taylor (Bing) 43:08; G Oldfield (P&B) 44:47
M40: D Gartley (Gloss) 47:08
M50: R Taylor (Penn) 48:59
M60: B Thackeray (Dark Pk) 61:46
TEAM: Pennine 34
Women
1 S Newman (Gloss) 49:39; 2 L Lacon (Holm) 53:48; 3 J Howlett (unatt) 57:54
W40: J Smith (Dark Pk) 59:01
W50: A Brentnall (Penn) 61:57

BRADLEY RACE
near Skipton, N Yorks

Men (4.5M, 675ft
1 M Hawkins (Bing) 23:35; 2 D Brane (K&C) 24:39; 3 M Horrocks (Clay) 25:00
M40: C Shuttleworth (Prest) 25:47
Women
1 J Hodkinson (Prest) 31:49; 2 K Morgan (Barnoldswick) 32:17; 3 S Shepherd (Sett) 36:29

BLAIRGOWRIE HILL RACE

Men (3.5M)
1 J Bates (Haw) 19:09; 2 J Bortheick (A'deen U) 19:38; 3 S Lauder (Haw) 20:47

September 2/3

BULLOCK SMITHY RACE
Stockport, Cheshire

Men (56M, 7000ft)
1 T O'Kell (Manx H) 9:02; 2 D Tucker (Macc) 10:14; 3eq C Banks (Cov) and M White (Hunc) and N Fowler (unatt) 10:35
TEAM: Macclesfield 33:04:00
Women
1 E Hill (unatt) 15:03; 2 J Miles (unatt) 17:54; 3 A Roebuck (unatt) 18:56

August 20

BRADBOURNE RACE
Ashborne, Derbyshire

Race One (6.2M)
Men
1 S Penney (C'field) 32:32; 2 J Ward (Der) 32:51; 3 T Plant (Der) 33:28; 4 C Hawkins (Der, U17) 33:32; 5 M Long (Hatt) 33:48; 6 J Selsby Sly (Mat) 34:30; 7 M Strange (Tip, M40) 34:48; 8 M Stocks (Ashb) 35:17; 9 C Rowe (Mat) 35:28; 10 J Matthews (OWLS, M40) 35:41
M50: M Round (Sutt) 38:13
M60: A Bourne (Staffs M) 48:19
Women
1 J Doe (Claro) 42:14; 2 E Timmis (Der T) 42:56; 3 S Taylor (Chead, W40) 49:00; 4 S Chamberlain (Rip, W40) 49:19
Race two (3.1M)
Men
S Elliott (Hatt) 18:38; 2 R Hall (Utt, U17) 19:41; 3 C Burrow (Utt, U17) 20:37; 4 W Maxwell (Utt, U17) 24:25; 5 L Orritt (Macc, U15G) 24:48; 6 E Parker (C'field, W) 27:56

multi-terrain

September 10

RIVER RELAY (VIRGINIA WATER TO KINGSTON ON THAMES)

THE SECOND running of the re-instigated River Relay co-organised by The Stragglers and Staines Strollers, was once again blessed with warm but sticky weather. 20 teams from 10 clubs took part. The profits from the race go to charity and £400 was raised for the charities nominated by the first three teams.
Men (30 miles in six stages)
1 Ranelagh Harriers 3:11:12; 2 Fleet & Crookham C 3:19:11; 3 Elmbridge 3:24:00; 4 Sheen Shufflers 3:27:04; 5 Sheen Shufflers B 3:27:57; 6 Fleet & Crookham B 3:32:12; 7 Staines Strollers 3:33:17; 8 Ranelagh Harriers B 3:35:42; 9 London Frontrunners 3:37:37; 10 Fleet & Crookham A 3:40:08

CORRIEYAIRACK PASS RACE
Ardacht to Garva Bridge

Men
1 S Whitlie (C'nethy) 1:54:58; 2 A Hunter (C'negie) 1:59:27; 3 A Hubbard (unatt) 2:00:40; 4 A Smith (D'side, M40) 2:01:52; 5 W Watson (HELP) 2:02:31; 6 J Robb (C'negie) 2:03:01; 7 G McInnes (C'nethy) 2:04:55; 8 D Forster (Laber) 2:05:43; 9 G Cairns (Laber) 2:06:22; 10 B Howie (CoE, M40) 2:06:26
M50: F Duguid (D'side) 2:07:09
M60: S Cromer (Dund R) 2:19:04
Women
1 K Jenkins (Cnethy) 2:20:37; 2 D McDonald (HBT, W35) 2:24:48; 3 C Paterson (Laber) 2:34:31; 4 A Wood (Cnethy) 2:35:08; 5 K McLeod (HBT) 2:48:53

September 5

KINGSHILL KRUNCE
Aberdeen

Men
1 T Bracegirdle (Cosmic) 23:11; 2 G Barbour (Cosmic) 24:07; 3 S Rivers (Cosmic) 24:38; 4 D Hobson (Cosmic) 24:42; 5 J Bedford (Cosmic, M40) 24:50; 6 B Sheridan (Cosmic) 24:56
M50: 1 A Jermieson (FFT) 25:50; 2 M Edwards (Adeen) 28:54; 3 I Jolliffe (Cosmic) 29:57
Women
1 L Horton (Cosmic) 30:17; 2 S Farrar (Cosmic) 31:40; 3 A Thomson (Cosmic, W40) 33:18; 4 E Stewart (Cosmic, W40) 33:35

LAURISTON LUNCHTIME LEAGUE
Wimbledon Common

Men
1 J Mather (Belg) 34:44; 2 P Roche (HW) 36:20; 3 M Sharp (HW) 37:21; 4 J Wasbrough (Belg) 39:42; 5 C Cross (Belg) 40:33

DARTFORD ROAD RUNNERS HANDICAP

Mixed (2.68M)
1 S Neale 22:31/17:01; 2 Debbie Bonich 23:05/22:55; 3 K MacKenzie 23:19/18:49; 4 Nikki Willmott 23:32/22:42; 5 D Thompson 23:33/16:53; 6 B Smith 23:36/16:56; 7 K Bell 23:39/16:59; 8 G Wretham 23:39/21:19; 9 D Vaughan 23:42/18:42; 10 S Olive 23:43/16:23
Fastest: Olive

September 3

THE BEAST 14
Corfe Castle, Dorset

Men
1 L Beard (P'land) 1:21:55; 2 P Roper (Poole AC) 1:23:55; 3 N Baugniet (Poole AC) 1:28:09; 4 D Finn (Wells) 1:28:28; 5 A Ewing (Stubb G, M40) 1:28:35; 6 C Purt (B'mth) 1:28:41; 7 A Clements (Poole AC, M40) 1:29:19; 8 T Frost (Liss) 1:29:43; 9 A Moriarty (Egdon H) 1:30:26; 10 J Docherty (Bland) 1:30:49
M50: A Johns (Poole R) 1:34:01
M60: D Sanderson (Portland) 1:48:39
TEAM: 1 Poole AC 12, 2 Poole Runners 45
Women
1 D Tweed (Poole R, W40) 1:41:58; 2 J Mills (Bide, W50) 1:47:25, 3 J Harbert (Runn R, W35) 1:49:10; 4 C Edwards (Hay H, W50) 1:50:30; 5 K Nelson (unatt) 1:50:54
TEAM: 1 Egdon Heath Harriers 23, 2 Runnymede Runners 78

August 31

RADCLIFFE ST ANNES HOSPICE 5km
Radcliffe, Greater Manchester

PROLIFIC race winner Paul Muller edged out Rob Jackson and came within 10 seconds of junior international Steve Vemon's course record.

Rob Jackson, runner-up to Vemon last year, led Salford to team victory, despite team-mate Gary Richards not finishing. Kath Drake was first woman.
Men
1 P Muller (Wrekin, M40) 15:09; 2 R Jackson (Salf) 15:19; 3 J Kovacs (Salf) 15:48; 4 A Higinnson (Bolt, M40) 16:09; 5 I Shakeshaft (Bolt, M40) 16:10; 6 P Worthington (Burn) 16:12; 7 M Aspinall (Rad) 16:14; 8 I Newcombe (Midd, M40) 16:30; 9 D Lockett (Salf) 16:48; 10 F Reilly (Stock, M50) 16:49
M45: K Fowler (Bolt) 17:42
M60: S Sachs (Salf) 19:45
M65: B Rogers (N Vets) 21:00
M70: B Crook (Todmor) 34:07
TEAM: Salford Harriers
Women
1 K Drake (Spen, W40) 18:31; 2 S Selby (Salf, W35) 18:35; 3 D Shakeshaft (Bolt, W40) 19:43; 4 N Johnson (Bing) 20:32; 5 D Hashlam (Swin) 20:39; 6 L Leyland (Horw, W40) 21:40

amendments

September 3

WISSEY RUNNERS BRITISH SUGAR HALF-MARATHON

Women
1 S Bower (Thet, W35) 85:15; 2 K Anderson (unatt) 86:12; 3 J Christian (Wym, W45) 95:16

August 26

COMBINED SOUTHERN COUNTIES VETS AND VETS AC CHAMPS
Portsmouth

M65
HJ: 1 J Day (SCVAC/VAC) 1.25

August 23

NEWPORT OPEN

U15 boys
3000: J Atkinson (Torf) 9:43.2 (not U13)

August 22

STRETFORD OPEN

Men
HT: Competition 1: M Floyd (Sale) 65.08.
Competition 2: Floyd 65.53
U17
HT: K Khan (Sale) 57.51

August 20

NORTH OF ENGLAND WOMEN'S INTER-COUNTIES
Cudworth

U15
1500: R Nathan (Linc) 4:45.32 (not 4:35.32)

July 16

SCOTTISH LEAGUE
Division One Scotstoun

Men
100: 1 J Oparka (Arb) 10.7; 2 A Stuart (Shett, U20) 10.9; 3 R Pitt (COE, U20) 11.1. **B:** S Tucker (Shett) 11.1. **200:** 1 Oparka 22.0; 2 S Scott (Shett) 22.2; 3 C Philip (COE) 22.6; 4 J Nellany (Pit, U20) 22.9

Preview guide to forthcoming events

what's on

what's on tv and radio

EUROSPORT are preparing for the Olympics in good spirit, with a repeat of the special comedy programme tomorrow afternoon with Lee Evans.

The comedian puts a new spin on journalism with a collection of interviews with athletes from around the world. Watch Evans from 1.30pm-2pm with Ato Boldon, Haile Gebrselassie, and Denise Lewis.

Moving to more serious celebrations on Friday morning, the opening ceremony will be televised from 8-11am, with repeats at 4.30-6pm and 8-10pm.

■ The BBC continues with their athletics magazine, *Athletics Focus*, during Saturday's Grandstand.

track

Saturday September 16

ENGLISH SCHOOLS' COMBINED EVENTS & RACE WALKING CHAMPIONSHIPS
Alexandra Stadium, Birmingham, until September 17.

GLOUCESTER FINAL FLING OPEN
Crypt School, Pudsmead Road. 1.30pm.
Tel: 01452-410888

HERNE HILL HARRIERS OPEN
Tooting Bec. 12.30pm.
Kevin Kelly. Tel: 0208-6770337

INTER-REGIONAL AND GB U20 MATCH, BMC MILE OF MILES GRAND PRIX SERIES, ROGER BANNISTER MILE
Bath University.
Mike Down. Tel: 0117-9733407

Sunday September 17

ALDER VALLEY LEAGUE TROPHY & PLATE MATCH
Trophy & Plate Match: Eton.
John Hatch. Tel: 01628-521264

BATH BRISTOL YATE SEASON OPEN MEETING
Broad Lane, Yate. 2pm.
Tony Jefferies. Tel: 01454-311257

CHORLEY MILLENNIUM OPEN
Robin Park, Wigan.
Andrew Moir. Tel: 01257-416859

EAST ANGLIAN LEAGUE FINAL
Bury St Edmunds.

IMPACT PENTATHLON CHAMPIONSHIPS
Caird Park, Dundee. 10am.
Alison Douglas. Tel: 01241-870479

INVERNESS HARRIERS OPEN MEETING
Queens Park, Inverness. Noon
C Roger. Tel: 01463-241474

WAKEFIELD DISTRICT HARRIERS & AC OPEN MEDAL/CLUB CHAMPIONSHIPS
Thornes Park Stadium, Wakefield. 11am.
Terry Ridsdale. Tl: 01709-874864

WATFORD OPEN GRADED
Woodside Stadium, Horseshoe Lane, Watford. 10am.
The Organiser. Tel: 01727-864222

Wednesday September 20

SHEFFIELD OPEN
Woodbourn Road Track. 6.30pm.
Brett Stocks. Tel: 07909-986706

WATFORD OPEN GRADED
Woodside Stadium, Horseshoe Lane, Watford. 7pm.
The Organiser. Tel: 01727-864222

WOODFORD GREEN AC & ESSEX LADIES OPEN
Aston playing fields, Chingwell Road, Woodford Bridge. 6.40pm. HT cancelled, JT & 400H instead.
John Sullivan. Tel: 020-77901961

Saturday September 23

ELLON MINI-MULTI EVENTS
The Meadows, Ellon. 1pm.
Brenda McHardy. Tel: 01358-721007

HERTFORDSHIRE COUNTY AAA CHAMPS & OPEN MULTI-EVENTS
Woodside Stadium, Watford, until September 24.
Sally Higman. Tel: 01727-833591

OPEN PENTATHLON
Black Bridge, Pudsmead Road, Gloucester. 1.30pm.
Paul Harrison. Tel: 01452-854452

WORLD DOUBLE COMBINED EVENT CHAMPIONSHIPS
Hexham, Northumberland, until September 24. Double decathlon (20 events); Double heptathlon (14 events) decathlon, heptathlon, U17 octathlon/heptathlon.
Team Decathlon. Tel: 0191-2813906

Sunday September 24

BLACKPOOL & FLYDE MILLENNIUM MEETING
Stanley Park Arena, Blackpool. Noon.
Mrs Margaret Crompton, 66 Aintree Road, Thornton-Cleveleys, Lancashire FY5 85HP

COMBINED EVENTS CHAMPS inc EASTERN AA, CAMBS AAA, NORFOLK AAA, & SUFFOLK AAA
Northgate Sports Centre, Ipswich. 10.30am.
JGR Mower, 188 Hadleigh Road, Ipswich, Suffolk IP2 0DH

ELGIN OPEN THROWS QUADRATHLON
Morriston Park, Elgin. 11am.
Lesley Loney. Tel: 01463-842456

HERTFORDSHIRE OPEN 10,000m
Woodside Stadium, Watford.
Sally Higman. Tel: 01727-833591

OXFORDSHIRE LEAGUE
Tilsley Park, Abingdon. 1.30pm.
John Ashton. Tel: 01993-776587

SOUTH OF ENGLAND VETS' CHAMPIONSHIPS
Battersea.

THROWS PENTATHLON
Hexham, Northumberland. 11am.
Richard Hunter. Tel: 0191-2813906

TIPTON HARRIERS GAMES inc JACK HOLDEN MILE
Tipton Sports Academy, Wednesday Oak Road, Tipton.
Neal Hooper, 203 Enville Road, Wall Heath, West Midlands DY6 0AS

YOUNG ATHLETES' PENTATHLONS
Exeter Arena.
Tel: 01392-832986

Tuesday September 26

EXETER HARRIERS EVENING OPEN MEETING
Exeter Arena.
Tel: 01392-832986

Saturday September 30

UNIVERSITY OF SHEFFIELD OPEN
Don Valley Stadium. Noon.
Athletics Club, Union of Students, University of Sheffield S10 2TG

road

Saturday September 16

NORA MILLER MEMORIAL 10km
Derwent AC Clubhouse, Cockermouth, Carlisle.
Derwent AC Clubhouse, Kirkgate, Cockermouth, Cumbria. CA13 9PJ

RYSTON RUNNERS ROUND NORFOLK RELAY

SWINDON RELAYS
Churchfields School, Upham Road, Swindon.
Gordon Hayes. Tel: 01793-486295

Sunday September 17

ABERFELDY HALF-MARATHON
Aberfeldy Recreation Centre. 1pm.
Richard Pearson. Tel: 01887-820922

AROUND CUMBRAE 10
Post Office, Millport. 2pm.
Jim Young. Tel: 01294-211304

BAD MILLENIUM 5 & FUN RUN
Parsloes Park, via Sydney Russell Leisure Park, Parsloes Avenue, Dagenham, Essex. 11.30am.
LBBD Events Office. Tel: 020-82272676

BUPA GREAT SOUTH RUN
Portsmouth. 11am

CASTLE POINT 10km
Great Dunrow, Saffron, Hadleigh.

COBHAM HALL 3km & 10km
Cobham Hall, Cobham, Kent. 10.30am.
Tel: 01474-823376

EAST NEUK 10km, 5km & 1km
Waid Centre, Anstruther, Fife. 11am.
W Hutchinson. Tel: 01333-340232

FOYLE FEMALE 5km & WALK
Derry, Northern Ireland.

GREATER MANCHESTER WASTE RELAYS
Leverhulme Park, Long Lane, Bolton. 10am.
Mrs Debbie Hale. Tel: 01204-521589

INVERNESS HARRIERS 10
CANCELLED

REEBOK DMX LAKE VYRNWY HALF-MARATHON
Powys, Lake Vyrnwy. 1pm.
Doug Morris, 27 Whittington Road, Oswestry, Shropshire, SY11 1JD

SRI CHINMOY AC MARATHON
Central Avenue West, London. 8.30am.
Run and Become, 42 Palmer Street, London SW1H 0PH

ST ANDREW'S HOSPICE 10km
Strathclyde Park. 11am.
St Andrew's Hospice. Tel: 01236-766951

THREE VALLEY 10
Cricket Club, Linthwaite, Huddersfield. 10.30am.
Tony White. Tel: 07901-574019

WARE 10
Wodson Park Sports Centre, Wadesmill Road, Ware. 10.30am.
Ware 10, 3 Scotts Road, Ware, Herts SG12 9JG

WIMBLEDON 10km
Wimbledon RFC, Barham Road, SW20. 10am.
Tel: 020-89463156

WORCESTER CITY 10km
Worcester City Centre.
Worcester City Council. Tel: 01905-722322

Monday September 18

RUNNERS ARE SMILERS
Central Avenue West. 7pm.
Tel: 020-79768069

Wednesday September 20

MILLENNIUM 5km
University of Salford Sportshall, University Road. 7pm.
J Sweeney. Tel: 0161-8340716

Thursday September 21

RONHILL-LARA MIDWEEK MILE & 5km
Shaftesbury Sports Centre, Shaftesbury Crescent, Derby. 7pm.
David Denton of LARA. Tel: 01773-880338

Saturday September 23

BIRMINGHAM ROWHEATH RELAYS
The Pavillion, Heath Road, Bourneville, Birmingham. 2pm.
Nick Price. Tel: 0121-2430342

BMC MILE OF MILES GRAND PRIX SERIES: CHARLES BENNETT CENTENARY MILE
Shapwick, Dorset.
Mike Down. Tel: 0117-9733407

GLOUCESTER AUTUMN 5
Globe Inn, Sandhurst Lane, Gloucester. 6pm.
A Brown, 2 Grove Crescent, Barnwood, Gloucester GL4 3JJ

Sunday September 24

ALDRIDGE MANOR HOUSE RUN
11am.
Ken Smith. Tel: 01922-743220

BEDFORDSHIRE AAA MILLENNIUM 5
Shuttleworth College Old Warden. 10.30am.
Race Sec, Beds AAA Millennium Road Race, 134 Chantry Avenue, Kempston, Beds, MK42 7RJ

CAPITAL CITY CHALLENGE
Meadowbank Stadium, Edinburgh. 9.45am.
Hotline: 0131-5297844

CHARITY RELAY RACE
Queens' Green, The Backs, Cambridge. 9.30am.
Chariots of Fire Charity Marathon, Hewitson Beck & Shaw, 53 High Street,

NORWICH UNION & UK athletics – from grass roots to glory

Saffron Walden, Essex, CB10 1AR
EXPERIAN ROBIN HOOD FULL & HALF-MARATHON
Nottingham. 9.45am.
Tel: 0115-9153555
EQUINOX 5
Carlton Community Centre, Hal Road, Carlton Colville, Lowestoft, Suffolk. 11am.
Peter Roe. Tel: 01502-566749
GREAT CUMBRIAN RUN
Carlisle. Cumbria.
Tel: 01228-625888
INGATESTONE 5
Ingatestone, Essex. 11am.
Howard Williams. Tel: 01277-625294
JULIAN FARRELL MEMORIAL 10km
France Hill County Secondary School, Camberley, Surrey. 11.00am.
Camberley & District AC, 1 Melville Avenue, Frimley, Surrey GU16 8LX
NEW BALANCE TEMPLE NEWSAM 5 & 5km
Temple Newsam Park, Leeds. 11.05am.
Barnardo's. Tel: 0113-2787475
ROYAL MANCHESTER CHILDREN'S HOSPITAL HALF-MARATHON
Hospital Road. 9.30am.
Ian Thomas, 37 Kirkstall Road, Davyhulme, Urmston, Manchester M41 0QP
SWANSEA 10km
Swansea

Tuesday September 26

RON HILL'S BIRTHDAY 4.3
Springhill Hospice, Broad Lane, Rochdale. 7pm.
The Organiser, 40 Crowshaw Drive, Lower Healey, Rochdale OL12 0SR

Thursday September 28

KING'S BUILDING 4
Edinburgh University. 1pm.
Alex Jackson. Tel: 0131-6647864

Friday September 29

SERPENTINE RC/RUNNERS WORLD 5km
The Lido Cafe, Hyde Park, London. 12.30pm.
John Walker. Tel: 020-8543 2633

Saturday September 30

FILA MILLENNIUM WATERSIDE HALF-MARATHON & TEAM RELAY
Derry, Northern Ireland. 2pm.
GEORGE CUMMINGS 4 x 2.5 RELAYS
Gryffe High School, Houston. 2.30pm.
A Smith. Tel: 01505-702480
NIKE SIX-STAGE & WOMEN'S FOUR-STAGE RELAYS
Midland: Sutton Park.
Northern: Sefton Park.
Southern (inc Vets): Aldershot.

Sunday October 1

BARNACK TEN (inc CAMBS LEAGUE)
Barnack, Peterborough. 11am.
M Jacklin, 40 Beauvale Gardens, Gunthorpe, Peterborough PE4 7UG
BRIXHAM 10km & FUN RUN
Churston, Brixham, South Devon. 11am.
C Gillman. Tel: 01803-554016
BUCKIE 10km
Buckie Square. 2pm.
B Ferguson. Tel: 01542-832557
FASQUE 10km
Fasque, Fettercairn, Angus.
J Russell. Tel: 01561-340288
FORRES HARRIERS 6
Grant Park, Forres. 2.30pm.
H Cameron. Tel: 01343-542065
HAVERING JOGGERS 10km
Hornchurch.
HORSFORTH 10km & FUN RUN
Horsforth School, Lea Lane East, Hosforth, Leeds. 10am.
B Ellis. Tel: 01132-575422
LONDON-BRIGHTON AAA OF ENGLAND ULTRA DISTANCE CHAMPS
Ian Champion. Tel: 0181-3739151
MERSEA 5km
Maldon, Essex.
NIKE SOUTHERN WOMEN'S & YOUNG ATHLETES' RELAYS
Aldershot.
NORHAM 10km
Norham Village Hall. Noon.
Mrs M Scott. Tel: 01573-440624
PALNACKIE RUN
Palnackie Village.
Tel: 01556-600370
ROYAL ENGINEERS HALF- MARATHON
Waterbeach Barracks. 10am.
RERC Race Secretary. Tel: 01223-204432
SCOTTISH JUNIOR CHAMPIONSHIPS
U20 to U13. Rouken Glen Park, Eastwood. Noon.
SAF: Tel: 0131-3177320
SOUTHPORT AUTUMN 5
Princes Park, Southport Zoo. 10.30am.
STRATHCARRON 10km
Denny High School. 11am.
Strathcarron Hospice. Tel: 01324-826222
THIRLESTANE CASTLE RUN
Thirlestane Castle, Lauder.
WIMBLEDON OPEN 10
Wimbledon Park Stadium, London SW19. 11am.
Tel: 0208-870 1196

Sunday October 8

AAA OF ENGLAND AND UK HALF-MARATHON CHAMPS
Bristol.
Entries Secretary. Tel: 0117-9635640
ATLANTIS LEISURE CENTRE HALF-MARATHON
Atlantis Centre, Oban. 9.30am.
K Doods. Tel: 01631-566800 (B)
CIRENCESTER 10km
Cirencester College, Stroud Road, Cirencester. 10.30am.
Bob Ferris, Accott Barn Cottage, 27 Barn Way, Cirencester GI7 2LY
CITY OF LIVERPOOL 10km RACE inc MERSEYSIDE COUNTY MENS 10km CHAMPS
Garston Sports Centre, Long Lane Recreation Ground, Garston.
Events Management Unit. Tel: 0151-2336351/3
DULWICH CHARITY 10km
Dulwich Park, London. 10am.
Dulwich Charity 10km, 28 Kerfield Crescent, London SE5 8SU
FILA RUNNING FITNESS AUCKLAND CASTLE 10km
9.30am.
Julie Bowes. Tel: 01388-765555
HIGHLEES FSA FAMILY FUN RUN
11.15am.
Mr C Bains, 54 Sandford, Peterboroug PE3 7LH
LADIES ONLY 6km FUN RUN
Berkshire College of Agriculture, Burchetts Green. 11am.
Entries Secretary, Mile Away, Pump Lane North, Marlow, Bucks SL7 3 RD
MERRILL COLLEGE SHELTON STRIDERS 10km & FUN RUN
Merrill College upper site, Jubilee Road, Shelton Lock, Derby. 10.15am.
F Willday. Tel: 01332-733119
NVAC MONTHLY RUN
Barlow Institute, Edgworth, Bolton. Noon.
A Walsham. Tel: 0161-4327586
NORTH YOUNG ATHLETES RELAY
Blackpool.
PEPSI MAX MARATHON
Kingston Town Centre. 8.20am.
Pepsi Max 2000. Tel: 020-83993579
SAM 7
Leatherhead Leisure Centre, Surey. 9.30am.
H Burgess. Tel: 01372-377924
SCOTTISH VETERAN HARRIERS HALF-MARATHON
Ayr Baths. Noon.
D Wilmoth. Tel: 0141-7764941
SOUTHEND 10km
Southend. 10.30.

cross country

Sunday September 17

ERIDGE PARK 10 MILE CHALLENGE
Sham Farm, Eridge Park, Tunbridge Wells, Kent. 10.30am.
G Sankey. Tel: 01892-511422
SCHOOLS' INVITATION
Kilbarchan Public Park. 2pm.
Arthur Smith. Tel: 01505-702480
UTTOXETER RACES & FUN RUN
Bramshall Park, Bramshall Road, Uttoxeter, Staffs. Noon.
Bourne Sports. Tel: 01782-410411

Saturday September 23

ABERDEENSHIRE NORTH PRIMARY SCHOOLS' SERIES
Aden Park, Mintlaw, 10.30am.
J Black. Tel: 01771-623568
BLACKHEATH HARRIERS RELAYS
Sparrows Den, West Wickham. 2.30pm.
BH Relay, 122 Romsey Avenue, Fareham, PO16 9SZ
CHINGFORD LEAGUE
Highams Park, East London.
Ivor Wiggett. Tel: 0208-3640872

Wednesday September 27

EAST ANGLIAN LEAGUE
Swanton Morley. 2.30pm.
Steve Langley. Tel: 01359-269561 ext. 7202
MTM CONSTRUCTION ABERDEENSHIRE PRIMARY SCHOOLS' SERIES
Mineralwell Park, Stonehaven. 1pm.
Dawn Davidson. Tel: 013587-25198
Saturday September 30
MTM CONSTRUCTION ADULT AND SECONDARY SCHOOLS' SERIES
Aden Park, Mintlaw. 10.30am.
Dawn Davidson. Tel: 013587-25198

Saturday October 7

BRITISH ENERGY DUNBAR 10
Winterfield Rugby & Sports Club, Dunbar. 11am.
R Wilson. Tel: 01368-862307
HORSENDEN HILL RELAYS
2.45pm.
Dave Jessop. Tel: 01243-605994
McANDREW RELAYS
Scotstoun, Glasgow. 3pm.
John Innes. Tel: 01389-383933
MIDLAND AA RELAYS
Leamington.
NORTH OF SCOTLAND LEAGUE
Caithness. 1.15pm.
H Cameron. Tel: 01343-542065
SKIPTON AC ANNUAL OPEN
Aireville School, Gargrave Road, Skipton. 11.30am.
Dave Olston. Tel: 01756-796642

Sunday October 8

COVERS CHALLENGE TROPHY & CUP 10
Marine Drive car park, West Wittering. 10am.
Cecily Neville. Tel: 01243-641777

fell

Saturday September 16

DERIAN HOUSE 10km
Worden Park, Leyland. 11am.
Ron McAndrew. Tel: 01772-696704
INCHCARRON HIGHLAND GAMES 5
Games Field, Ronar Bridge, Sutherland. 3pm.
A Green. Tel: 01862-881282
MERRICK HILL RACE
Bruce's Stone, Glentrool. Noon.
P McLintock. Tel: 01671-403849
THE RUNNING SHOP MORVEN 6
Dinnet, Aboyne. 1pm.
B Lawrie. Tel: 01224-323728

Sunday September 17

NVAC 5 RACE
Ponderosa Cafe, Horseshoe Pass, N Wales. Noon.
A Walsham. Tel: 0161-4327586

Saturday September 23

TWO BREWERIES RACE
Traquair to Broughton. Noon.
Bill Sheridan. Tel: 01899-830415

Sunday September 24

BLACK MELDON HILL RACE & RELAYS
Meldon Carp Park, Peebles. 11am.
R Wall. Tel: 01899-880332

Sunday October 1

BENNACHIE HILL RACE
Back O'Bennachie car park, Oyne, Aberdeenshire. 2pm.
J Sharp. Tel: 01467-620701

multi-terrain

Sunday September 24

AMERSHAM 5 & 4km
Hervines Park, Amersham, Bucks. 11.15am.
S Field, 35 Greenway, Chesham, Bucks HP5 2BX
WOODCHESTER PARK
Nympsfield. 10.30am.
Mike Garnett. Tel: 01453-835038

Saturday September 30

TRENT PARK TROTTERS 5km HANDICAP TRAIL RACE
Southgate Hockey Centre, Snakes Lane, Enfield. 9.30am.
J Bathe. Tel: 0181-2920319

Sunday October 1

LAUDERDALE LIMPERS 5
Thirlestane Castle. 1pm.
The Lauderdale Hotel, Edinburgh Road, Lauder.

Sunday October 8

COVERS CHALLENGE TROPHY 10
West Sussex. 10am.
G Morralee BEM, 176 West Street, Havant PO9 1LR
SAM SCENIC RUN
Leatherhead Leisure Centre, Surrey. 9.30am.
H Burgess. Tel: 01372-377924

walks

Saturday September 16

DICK & ZENA SMITH OPEN WALKS
Simister. 1.45pm.
R Marsden. Tel: 0161-7735617
ENFIELD LEAGUE
Queen Elizabeth Street, Enfield. 2.30pm.
M Oliver. Tel: 01992-626804
ENGLISH SCHOOLS' CHAMPS
Birmingham

Wednesday September 20

WOODFORD WEDNESDAY WALKS
Ashton Playing Fields, Woodford. 6.40pm.
P J Cassidy. Tel: 01277-220687

Sunday September 24

EASTERN COUNTIES CHAMPIONSHIPS 5km
Ipswich.

Sunday October 1

TT RELAY & OPEN WALK
BTT Course, Isle of Man.
A Callow. Tel: 01624-672159
YORKS WINTER LEAGUE
Yorks. 11am.
J Paddick. Tel: 01624-489728

Saturday October 7

LEICESTER OPEN 7
Hungarton, Leicestershire. 1pm.
C Vesty. Tel: 01509-412341

Sunday October 8

LPR OPEN HANDICAP
Blackheath. 11.30am.
S Wynn. Tel: 0171-2392262

indoor

Wednesday September 20

BRITISH AEROSPACE SPECIAL SCHOOLS' CHAMPIONSHIPS
Kelvin Hall, Glasgow, 11am.
Janice Eaglesham. Tel: 0141-641930(H)/0141-5531225 (B)

overseas

Saturday September 16

MARATHON DES CHATEAUX DU MEDOC
France.

Sunday September 17

DAM TO DAM LOOP 21km
Amsterdam, Holland.
INTERNATIONAL 10km ROAD RACE
Arles, France.
NOVI SAD MARATHON
Yugoslavia.

Friday September 22

OLYMPIC GAMES ATHLETICS
Sydney, Australia, until October 1.

Sunday September 24

AARHUS MARATHON
Denmark.
INTERNATIONAL 10km CHAMPIONSHIPS ROAD RACES
Prague, Czech Republic.
LYON HALF-MARATHON
France.

Saturday September 30

DUBLIN GRAND PRIX CROSS COUNTRY MEETING
Phoenix Park, Ireland.
EAA CROSS COUNTRY PERMIT MEETING
Lidingoloppet, Sweden

Sunday October 1

INTERNATIONAL PEACE MARATHON (AND NATIONAL CHAMPIONSHIPS)
Kosice, Slovakia.
KAISER'S-PLUS ROAD RACE
Budapest, Hungary.
PARIS-VERSEILLES ROAD RACE
France.

BUPA Great South Run, Portsmouth, September 17

SIMON KASMILI returns to defend the title he won 12 months ago on his first appearance outside his native Kenya.

But Kasmili, who clocked 47:42 on this fast and flat 10-mile course last year, will be hard pushed to repeat his victory as both race organiser Peter Elliott and his manager Kim McDonald are ensuring a far from easy ride.

Elliott has put together the sort of high quality field you would expect, with a little help from McDonald who has provided two of the biggest challengers for Kasimili.

Great Scottish Run second placer Simon Ariga will line up as will Laban Kipkemboi who has been recruited to McDonald's KIM management company by three-time world steeplechase champion Moses Kiptanui.

Kipkemboi, fourth in the Belfast Cross Country last winter, won a 20-man 15km time trial at the Kenyan training camp in Nyahururu recently. Competing at 7500ft altitude, Kipkemboi broke the course record used regularly by McDonald's athletes and his 44:45 is better than the likes of world 10km (road) record-holder Joseph Kimani has run.

The Olympics have slightly weakened the field but a good domestic entry includes Paul Evans, Glynn Tromans, John Nuttall, Glen Stewart, Nick Jones, Dave Buzza, former winner Gary Staines, Matt Vaux-Harvey and Andy Coleman as well as Ireland's Seamus Power and Tipton's New Zealand international Andrew Peskett.

Last year's winner Esther Kiplagat lines up in the women's race against unknown Kenyan Grace Misati, a training partner of Olympic 5000m silver medallist Pauline Konga.

Alison Wyeth, Louise Watson and Tracy Swindell are among the Britons lining up.

Race organser Elliott says: "It's nice to have the defending champions back and we've also had 5500 entries in so far so are hoping to get up to 7000."

All the action gets underway at 11am.

COME INSIDE THIS WINTER

60metre Sprint Straight

Indoor Pole Vault Bed

Indoor Long Jump

Indoor Throwing Cage

Indoor High Jump apparatus

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Thames Valley Athletics Centre ETON

Call now on (01753) 770037

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Thames Valley Athletics Centre, Pococks Lane, Eton, Windsor, Berks. SL4 6HN

ROYAL ENGINEERS RUNNING CLUB

ROYAL ENGINEERS HALF MARATHON
SUNDAY, 1st OCTOBER, 2000
1100 hrs AT WATERBEACH BARRACKS

The Half-Marathon is accurately measured by a BAF Approved course measurer on a fast, flat course. This is an open race incorporating the RE Half-Marathon Championships. It is open to all club runners. Changing facilities, toilets, showers, refreshments available. Baggage storage area available and included in the entry fee. **Prize Categories:** Individuals non RE/Civilian/Minor unit army ladies
Major unit army/individuals RE
Team details: 4 per team. First 3 only to count.
Teams must be nominated prior to start.
Race Limit: 500
Min Age Limit: 17 years on day of Race.
Entry Fees: £7 (Affiliated Club Members). £8 (unattached).
Entries on the day (before 10am).
Entry Forms: Entries for Half-Marathon accepted only on official entry form obtainable from: RERC Race Secretary, c/o The Hive, The Beach Hut, Capper Road, Waterbeach, Cambs. CB5 9PU. Tel: 01223 204432.
Closing date: Monday 25th September 2000

Round Norfolk Relay, September 16/17

THE prestigious Round Norfolk Relay, which circumnavigates the county from King's Lynn, has attracted a record entry of 31 teams of 18 runners.

Organisers Ryston Runners are laying on a special 'Evening of Athletics' at Lynn Sport in King's Lynn, this Friday, at which Richard Nerurkar has agreed to be a celebrity guest.

The race itself begins with five staggered starts on Saturday morning at 9.30am for the slowest teams, while the best will be off at 12:30.

Run over a total distance of 195.65 miles, the event will continue through Saturday night.

The race will take the leading teams about 20 hours, so a finish time of 9:30am on Sunday morning is pencilled in.

City of Norwich will be seeking to retain the title they won last year in 20:44:34, with their 'club class' composite team that, by the rules of the race, must include three women, three under 20s and six veterans.

The prize giving will be at noon and Nerurkar and *Athletics Weekly* correspondent Martin Duff will do the honours. The 'age graded' system is used to calculate the best performers on each of the stages, which range in distance from 5.89 to 19.81 miles. More details from Ian Vaughan-Arbuckle on 01366-347426.

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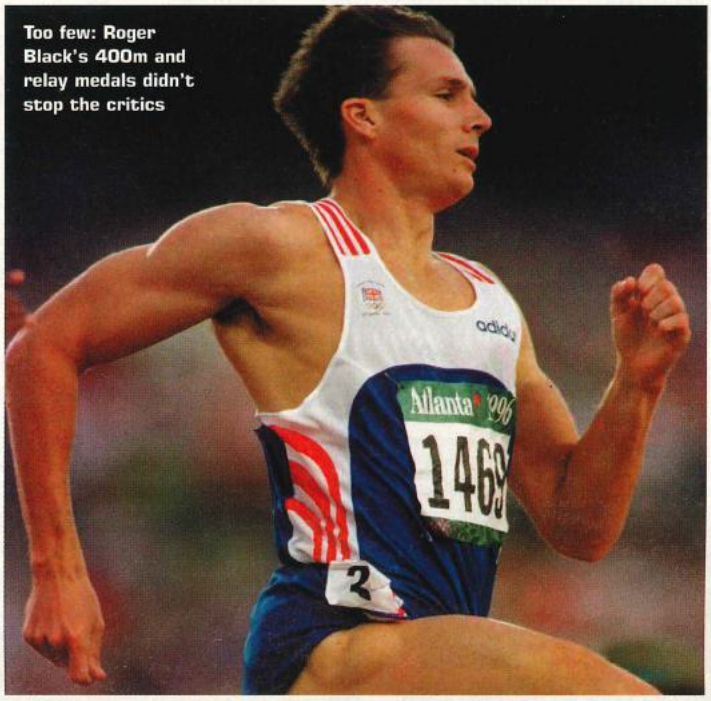
The quest for Billy Joe

TALLAHASSEE is a small neat town in northern Florida, with wide boulevards and good Southern folk. Once a settlement of Apalachee Indians it was where just over four years ago the British Olympic team gathered to shake off jet lag and go through their final preparations before descending on what might be euphemistically described as the uncomfortable conditions of Atlanta.

While in Tallahassee a few of us were keen to find the bridge, celebrated in a well-known ballad, off which Billy Joe cast himself. It was, as it turned out, a fruitless endeavour for that is Tallahatchie river in Mississippi. The quest, however, could have been a metaphor for Britain's search for gold in the capital of Georgia.

By the time the athletes got to the Olympic village (and I am not referring to the lack of geographical knowledge of the volunteer bus drivers) the die was cast as far as the media were concerned: Britain was having a disastrous Games. Only superhuman efforts by the track and field team would suffice to alter this viewpoint but Roger Black, Denise Lewis, Steve Backley and the relay teams proved to be just ordinary mortals and the eventual haul of six medals was not enough to stop press and politicians huffing and puffing about how scandalous it all was. John Major, whose government was in its death throes, got in on the act. Meanwhile, *Panorama* was putting out its quadrennial programme on drug taking featuring celebrated and not-so-celebrated scientists and doctors citing percentage figures directly proportional to whether they would get them on to television or not. Yes, it was Olympic time again.



Too few: Roger Black's 400m and relay medals didn't stop the critics

Four years on the latest clutch of Olympians gathers on Australia's Gold Coast preparatory to travelling to Sydney and for some there must be a sense of *deja vu*, an odd feeling that perhaps we have been here before, even though we know for certain that we haven't. The big difference is, of course, Lottery Funding which, today, bears no relation to that envisaged and indeed promised, four years ago. The concept of lottery funding was to gain medals at major championships, so as, the cynics might say, to make the politicians feel good. Either way it is now obvious the concept is entirely wrong and goes against all sporting philosophy: you concentrate exclusively on your elite at your peril.

At least now there is a sense of reality about Olympic medal prospects. If our athletes win six we must be satisfied; if we win six including the ever elusive gold we should be very happy; if we win more than one gold we should be delirious. Those that effectively govern British sport, the various sports councils, would take such success as a vindication of the millions pumped into the scheme but they would be wrong, for those most likely to win medals are those means tested out of substantial funding by their previous successes. Claiming such athletes' triumphs are a direct result of lottery funding is a con. Twenty years or so ago many tried to cash in on Sebastian Coe's successes as an achievement for 'the system' when, in reality, there was no system, there was just Seb and his father.

For years the British laughed at the French lack of success despite the enormous expenditure on sports facilities throughout the country. No longer. The French understood clearly the old Dyson philosophy of: "where there are no pole vault pits *(sic)* there are no pole vaulters." Our sporting bureaucrats have not recognised this philosophy and its wider implication – where there are no young competitors there will be no future champions. The present government came to power on a philosophy of education, education, education, funding the future talent of the country; why should sport be different? The newly published UKA Development Plan cites the problems we face. But future development of Britain's major Olympic sport cannot be a lottery, must not rely on UKA itself raising its million pounds a year.

There are those who will say we must think long-term, that Rome wasn't built in a day. Very true, but what our administrators, our sports' councils, our Ministers of Sport must understand is that athletics stands at the end of years of neglect, that it will not move forward until substantial aid of all kinds, financial and administrative, is pumped into the club structure. In an otherwise enterprising document the most chilling words in the Development Plan are "... providing all clubs that *choose* to develop with the tools and support." Should there be choice? Past experience has shown that most clubs, wearied by years of scrimping and saving, of unrewarded toil, are now content to stay where they are.

So we never saw Tallahatchie Bridge but God willing, if we all pull together we will see the rejuvenation of our sport.

Change? Not in our backyard

IF THERE was such a scheme as Road Miles, British Athletics could fly to the moon. The response to our call to lessen the travel cost burden for clubs has been interesting if not exactly overwhelming. There are two distinct camps it seems: club treasurers (in favour of change) and team managers (adamantly against). What is apparent is that treasurers do not attend league AGMs. Clubs leave this to the relevant team manager and maybe there's the rub.

Those involved with the National Junior league have written to assure me what a wonderful competition it really is and I am sure they are right. But in all the correspondence nobody addressed the issues which caused the cataclysmic rift in the league committee, namely: planning to take men's premier league clubs to Norwich and Newport solely because there were premier women's league fixtures there. Why wasn't this foreseen and why didn't the clubs in question notice the problem long before? On a weekend in August Birchfield had to travel to Dumfries in Scotland to compete in a premier junior league fixture. This is where Border AC have to stage their 'home' fixtures because their excellent track in Carlisle has only six lanes and the junior league, in its wisdom, insists on eight team divisions. So apart from the expense Birchfield's junior athletes had to spend hours on a coach travelling to compete. Is this the way to attract young people into our sport? It is another factor which correspondents seem to be in denial about: the social change that has taken place since the inception of the junior league, a matter that former chairman, John Powell (who was forced to resign over the issue) is concerned about. Young men and women are no longer prepared to devote 16 hours or more of a Saturday or Sunday to athletics. And who can blame them? No wonder the sport is haemorrhaging its youth.

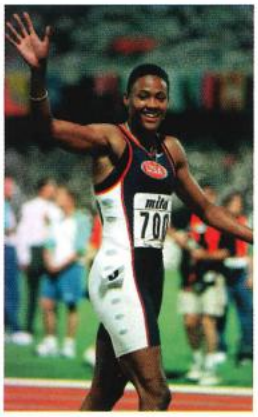
This is where we return to those chill words in the Development Plan: those that choose to. If leagues and clubs cocoon themselves from the realities of athletic life in the early 21st century and UK Athletics can do nothing about it then we really are in trouble.

You may e-mail Tony Ward at: tony.ward@athletics-weekly.co.uk

NORWICH UNION & UK athletics – from grass roots to glory

next week in *athletics weekly*

Jonathan Edwards and Marion Jones interviewed



Two of the Sydney Games' gold medal hopes put the challenge each faces into perspective

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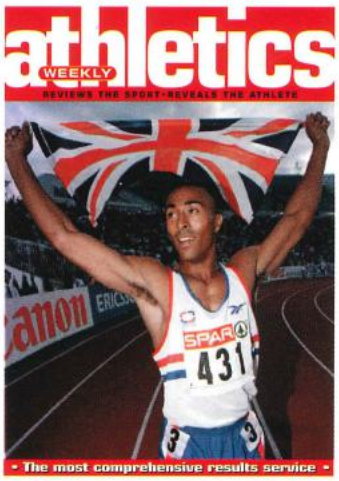

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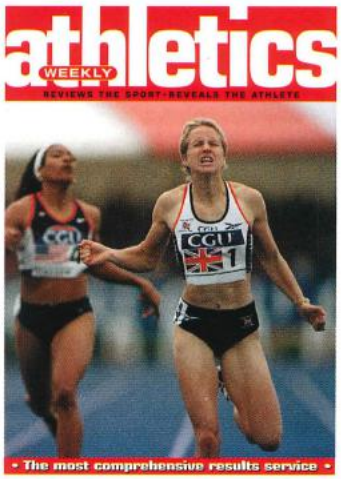

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