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Cover: Wilson Kipsang wins the Virgin Money London Marathon, as Mo Farah (inset) finishes in eighth (Pictures: Mark Shearman)

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



MARK SHEARMAN

EDITOR'S COMMENT

Tough acts to follow

THE 2014 Virgin Money London Marathon reminded us just how good the UK's top marathon runners really were. Tough as teak and harder than a coffin nail, buccaneering Brits such as Steve Jones and Ron Hill were ahead of their time when they blasted through the early miles at a pace that is still considered frightening 30-40 years later.

Consider this: Jones went through halfway during his 2:07:13 British record-breaking race in Chicago in 1985 in 61:45. That's 2:03:30 pace and 46 seconds quicker than Wilson Kipsang and the leaders managed last weekend.

Equally impressively, at the 1970 Commonwealth Games in Edinburgh the pioneering Hill raced passed the 10km point in 29:24 – only 13 seconds slower than Haile Gebrselassie's train of 2014 supermen last Sunday. Yes, he faded, but he held on to win gold in 2:09:28 – one of three major marathons he won that year.

There are too many British marathon legends to mention in a column as short as this, but a couple more examples include Geoff Smith's 2:09:08 on a slow New York City course in 1983 and Ian Thompson's 2:09:12 to win the Commonwealth title in New Zealand in 1974.

Given this, it's easy to see why Farah was so deflated by his own 2:08:21 clocking. Jones has run faster three times, while Richard Nerurkar and Paul Evans clocked 2:08 in the mid-1990s. According to legend, the UK all-time marathon rankings are also peppered with times that were achieved after a few beers the night before.

Much is written about Farah embracing sports science, but it's worth pointing out that he doesn't wear a watch in races and swears by what he calls "graft" in Spartan conditions in Kenya. Little wonder, therefore, he's come closer than anyone to Jones' 29-year-old mark.

I'm sure Farah will one day claim the record, but last weekend was definitely a triumph for the champions of yesteryear whose performances have more than stood the test of time.

AW



Jason Henderson,
Editor

Spring all year round...



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KENYA DOMINATED THE ELITE RACES ON A BRILLIANT DAY OF MARATHON RACING ON THE CAPITAL'S STREETS

Reports: Jason Henderson, Paul Halford & Steve Smythe

Pictures: Athletics Images/Mark Shearman & Peter Tarry

A near-p

Mo Farah: clad in his new GB kit and wearing sunglasses on a bright spring morning in London, the 31-year-old begins his marathon journey



BRILLIANT sunshine and arguably the strongest elite line-ups in history combined to produce a memorable day.

Victories for Mo Farah and David Weir would have made it a perfect one for the estimated 750,000 spectators lining the course, but the Olympic and Paralympic champions live to fight another day after Farah finished in eighth and Weir took second in their respective races.

The main honours went to Kenya – the East African nation winning both elite races courtesy of Wilson Kipsang and Edna Kiplagat. Kenyans also finished second in both races, with Stanley Biwott and Florence Kiplagat, as Ethiopia settled for third place on the rostrums due to the efforts of 2013 champion Tsegaye Kebede and debutante Tirunesh Dibaba.

Weir was denied a record seventh title after being out-sprinted by Marcel Hug of Switzerland, while Tatyana McFadden of the United States romped to victory in the women's wheelchair race.

Amid glorious spring weather that started at 11C at 10am but rose to 16C by mid-afternoon, a total of 35,864 runners finished the race – sadly including one man who collapsed and died – with the usual magical mix of club athletes, charity-fundraisers and fancy dress runners.

Deep into the field, the battle for age-group honours was as intense as anywhere. Similarly, the day began with youngsters racing it out in the Virgin Money Giving Mini London Marathon on the final few miles of the course.

Most of the attention, though, focused on Farah. Race director Hugh Brasher said that the "Mo effect" and the London Olympics legacy were responsible for attracting so many people on to the course to spectate.

The 31-year-old failed in his bid to break Steve Jones' UK record and also to become the first British man to win the race since Eamonn Martin was triumphant in 1993, but he vowed to return in the future.

erfect day

Kipsang takes control

WORLD RECORD-HOLDER BREAKS COURSE RECORD AS HE DOMINATES SUPER-STRONG LINE-UP

WILSON KIPSANG toyed with arguably the best field assembled in London Marathon history to win by almost half a minute in a course record of 2:04:29. When did he realise victory was his? "Pretty much from the start," he joked.

Such was his confidence, he was among those who dismissed the danger of Mo Farah during the pre-race build-up. The Olympic and world track champion, he felt, would have to serve his apprenticeship on the roads before he could mix it with seasoned marathoners like himself.

The 32-year-old is also so fiercely ambitious to protect his status as the world's No.1



London showdown: Wilson Kipsang matches strides with 2013 winner Tsegaye Kebede in the early stages

marathoner that he was spotted the day after the race, limbering around near Tower Bridge and plotting his next race – a 10km at the Bupa Great Manchester Run on May 18.

In Berlin in 2013 the Kenyan set the world record of 2:03:23. And he brought that form to London as he handled the red-hot early pace before blasting his rivals away in the final few kilometres.

Unusually, he did not take up running seriously until he was 21 – he was working as a travelling salesman of farm produce prior to that – and he also very nearly missed last weekend's event



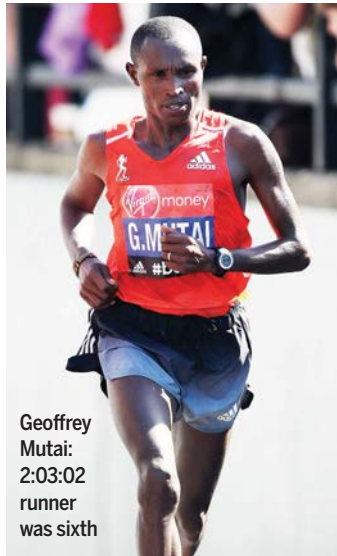
Tsegaye Kebede and Ayele Abshero: Ethiopians were third and fourth



Mo Farah: Brit passes halfway pursued by Samuel Tsegay

"At around 31km it was then I decided to push harder as I felt comfortable and strong. And then I pushed towards the finish and that was when I broke away"

Winner **WILSON KIPSANG**



Geoffrey Mutai:
2:03:02
runner
was sixth

entirely when a thief stole his passport and visa from his car five days before the race.

Finishing like a train, he took 11 seconds off Emmanuel Mutai's course record, while fellow Kenyan Stanley Biwott was second in 2:04:55 – the first time two athletes have broken 2:05 in the same London Marathon – with 2010 and 2013 champion Tsegaye Kebede of Ethiopia clocking 2:06:30 in third.

Kebede's compatriots Ayele Abshero and 18-year-old Tsegaye Mekonnen were fourth and fifth, while Geoffrey Mutai, the owner of the fastest marathon in history with 2:03:02 from the downhill Boston course in 2011, and Emmanuel Mutai were sixth and seventh, just ahead of Mo Farah.

Even people with barely any interest in athletics will be aware of Farah's relative failure, such was the huge media coverage of his 26.2-mile debut. Every aspect of his preparation had been analysed to the hilt as the hype reached fever pitch during



Top trio: Wilson Kipsang with runner-up Stanley Biwott (left) and third-placed Tsegaye Kebede (right)

race week itself when he landed in London from his training base in Kenya.

To see Farah beaten into eighth was not a massive surprise, but he was disappointed to drift outside of UK record pace in the latter stages and eventually clocked 2:08:21 compared to Steve Jones' 29-year-old mark of 2:07:13. In the end the 31-year-old had to settle for an English record after shaving a few seconds from

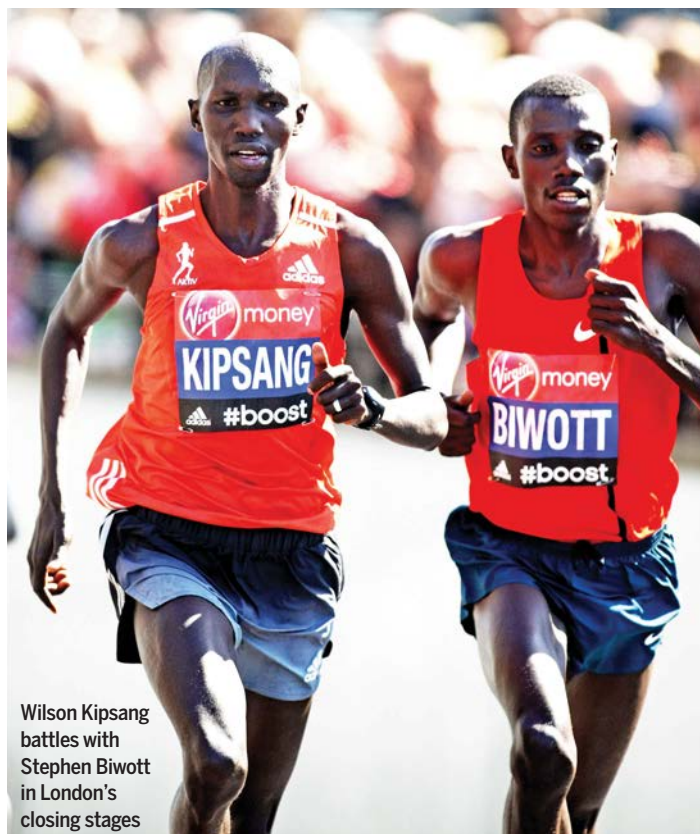
Charlie Spedding's 1985 best. Jones, meanwhile, must have left the capital with a wry smile after the millionaire celebrity double Olympic champion could not even beat the Welshman's third best marathon time, let alone his best.

It had looked so promising for Farah during the early stages, too. Deliberately holding off the pace of the leaders and opting to aim to go through halfway in

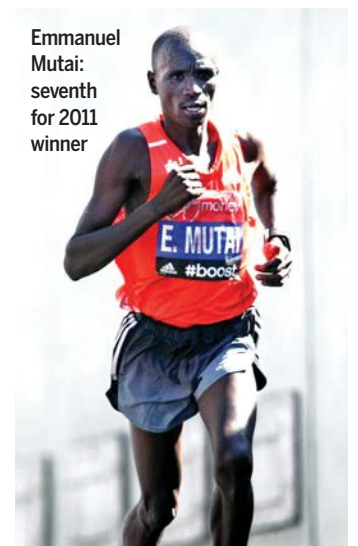
a "slow" 62:15 compared to the 61:45 target of the main pack, Farah looked relaxed and strong and it seemed like a wise plan as Kipsang, Biwott, Kebede and others hurtled along at breakneck speed.

The early miles in London are slightly downhill, but even accounting for this it seemed the leaders were on a suicide mission when they passed 5km in 14:21 (just outside 2:01 pace!). In comparison, Farah passed 5km in 14:48 as the three-time former Mini London Marathon winner settled into his rhythm.

Slowing down slightly, the leaders passed 10km in 29:11 and by halfway, which was reached in 62:30, the lead group's celebrity pacemaker, Haile Gebrselassie,



Wilson Kipsang battles with Stanley Biwott in London's closing stages



Emmanuel Mutai:
seventh
for 2011
winner

had already found it too hot to handle and stepped aside. Thirty-eight seconds down the road, Farah passed halfway in 63:08 and was then being urged on by huge crowds when they caught sight of the new GB Nike singlet and shorts that he christened during the race.

By now, though, Farah was getting into trouble. The British hope had become isolated and was running in no man's land. He also fumbled his drink just after halfway, which didn't help. The leaders, meantime, were cruising along in a sizeable pack,



Course record:
Wilson Kipsang
ran 2:04:29

sheltering from the breeze and beginning to race each other.

As the second half of the race unfolded, Farah's plight looked increasingly in vain. Up front, though, Kipsang was sprouting wings.

At 30km – and just as the women's race was reaching its climax – he broke away with Biwott, one of the more underrated elite runners, who had won the Paris Marathon in 2012 in 2:05:12 and was known to many insiders to be in great form.

Then, with two kilometres to

go, Kipsang surged into the lead and continued his momentum down The Mall to take his second London victory in three years and make amends for last year's race when he blew up and finished fifth.

"The pacemakers went too early for me, so I had to push myself," said Kipsang. "At around 31km it was then I decided to push harder as I felt comfortable and strong. And then I pushed towards the finish and that was when I broke away."

Behind, Kebede's third place

was all the more impressive when the diminutive Ethiopian admitted he'd had typhoid a few weeks earlier. Similarly, Emmanuel Mutai's run was put into context when it emerged he'd fainted the night before in his hotel room and hurt his head.

Yet all eyes were on Farah as he rumbled home almost four minutes behind the winner. "That was tough. I'm very disappointed," said Farah, who despite his efforts was in far better post-race shape than at last month's NYC Half. "After 16 miles my legs just got heavier and heavier and heavier."

Others fared worse. Stephen Kiprotich, the Olympic and world champion from Uganda, was 12th. Ibrahim Jeilan, Farah's Ethiopian nemesis on the track, dropped out after 35km after drifting off the pace.

Farah added: "I will return to the marathon – 100%. I can't leave it here. I'll be back – maybe in a few months, maybe next year, maybe in a few years, but I will definitely be back."

If that happens, Kipsang will no doubt be waiting for him, ready to give him another lesson in the art of running the marathon.



Tsegaye Mekonnen: 18-year-old was fifth

Mo's future marathon mission

DESPITE enduring a baptism of fire on Sunday, Mo Farah insists he has unfinished business with the marathon and will definitely return to the distance. Given his sheer dominance at 5000m and 10,000m on the track, though, is it a wise decision?

"I'm not going to finish on a down like this," he said. "I'm disappointed, but I've won track titles in the world champs and Olympics – and that's as big as it gets – and the marathon is a challenge."

The 31-year-old was quick to point out that he was not the only athlete who had, as he described it, "a bad day at the office". World and Olympic marathon champion Stephen Kiprotich finished behind him, while

course record-holder, Emmanuel Mutai, and the fastest marathoner in history, Geoffrey Mutai, were only a few seconds ahead.

The training "hiccups" he had mentioned briefly in pre-race interviews might also have been a factor, but when quizzed on Sunday he refused to expand. "I don't want to make excuses," he said.

Those who advise him to get back on track, literally, point to the incredible 3:28 1500m ability from last summer and his back-to-back Olympic and world 5000m and 10,000m double. In comparison, chasing an impossible dream over the marathon is foolish and instead he should target the defence of his Olympic titles.



Mo Farah: will return

On the flipside, those who suggest he should stick with the marathon point to the fact Haile Gebrselassie was a well-beaten third as he hit the wall in his first marathon in 2002

and yet later broke the world record. Similarly, Paul Tergat lost his first five marathons before breaking the world record at the distance. Tergat's debut marathon in London in 2001 was 2:08:15, too, and he improved to 2:04:55 for a world record in Berlin in 2003.

Ultimately the most crucial opinion will be that of Farah's coach, Alberto Salazar and no one has a greater understanding of the ins and outs of the dilemma. Coincidentally, the American's best marathon time of 2:08:13 – set when winning one of three New York City titles – is marginally quicker than Farah's time on Sunday, although the course in 1981, when Salazar set the mark, was 148m short.

Solid debut from Thompson

CHRIIS THOMPSON placed a marathon marker firmly in the tarmac as he enjoyed a promising first effort over 26.2 miles.

The 32-year-old was outside his dream target of sub-2:10 but his 2:11:19 was far from disastrous and placed him 11th overall. "It's definitely workable," said Thompson, making reference to future attempts at the distance.

'Thommo', as he's known, beat Mo Farah to the European 5000m title in 2003 and finished second to his old sparring partner in the 2010 European 10,000m. But he's had an injury-riddled career which, surprisingly, might improve as he moves to the marathon.

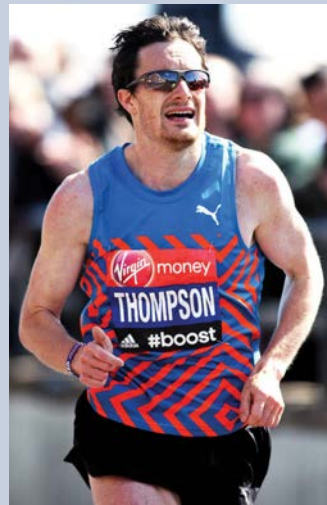
"My injuries have usually been caused by high-quality, hard

sessions," he explained. "The bigger volume of training and generally slower running seems to agree with me more."

Thompson has been coached by Mark Rowland in recent years, but with Rowland being a self-confessed "anti-marathon" man, they decided to put Alan Storey in charge of his build-up. Storey coached Rowland during his Olympic steeplechase medal-winning days and the pair have always worked in tandem.

Given Storey's background as UKA head of endurance and coach to Farah, Sonia O'Sullivan, Mike McLeod and others, it meant Thompson could hardly have had a more knowledgeable man in his corner.

After the race Thompson was in his usual joking mood when he said: "The last 800m I didn't



Chris Thompson: 2:11:19 is 'workable'

know what the heck was going on! I felt the pace was never an issue and I wanted to hold back a little bit. It was deceptively windy. If that wind had been in the other direction you might

have seen a British record from Mo today and I might have run a bit quicker."

He added: "There were a lot of positives for me. For a debut marathon, the message is to run a little bit slower than what you can in the early stages and have a positive experience. I think I've got the distance in my legs. A 2:11 is very workable and I'm pretty pleased with that."

Thompson's training partner, Scott Overall, did not have a good day. He was keen to return to the form that saw him run 2:10:55 in Berlin in autumn 2011, but after going through halfway in 65:04 he struggled to a 2:19:55 finish.

Still, Overall showed guts to grit it out and determinedly avoided a DNF despite bad blisters.

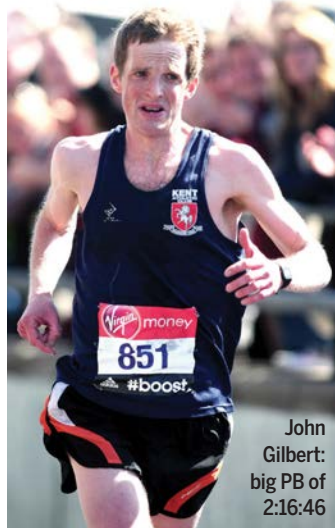
Ex-smoker shows other athletes the Way

IN ONE of the most amazing stories in this year's race, a former 16-stone cigarette smoker finished third Briton home in 2:16:27.

In 2007, aged 32, Steve Way was 16 stone with a 38-inch waist who smoked, drank and ate junk food.



Steve Way: phenomenal background



John Gilbert: big PB of 2:16:46

He had run the 2006 London Marathon in 3:07 as "a fat bloke bouncing along next to club runners", but was made redundant by a bank, caught the running bug, became a part-time postman and was soon running well over 100 miles a week.

Since then his improvement has been staggering. In 2008 he ran 2:35 for the distance and was

the first Briton in the New York City Marathon. Then, in 2010, he clocked 2:19:38 and 2:19:04 in 2012 before an almost three-minute improvement last weekend aged 39 and despite focusing on ultra-marathons lately.

The Bournemouth runner, who was 62nd in the recent Inter-Counties Cross Country and 27th in the Mizuno Reading Half-marathon, slept in a camper van the night before the race and said he made a last-minute decision to go with the 2:15 pace group after running a five-minute mile almost effortlessly in a pre-race "loosener" on Saturday.

He then went through halfway at almost PB pace in 67:21 before powering home for a huge PB and Commonwealth Games qualifier.

"The final 7-8 miles of the race was all about just me, my thoughts, dreams ... and the wind!" he said. "I would be lying if I said I was in my usual pain box at this stage. I found myself in control and when I passed Scott Overall at 24 miles I realised third Brit was mine for the taking."

Behind, John Gilbert, 33, of Kent AC also ran superbly to take almost a minute off his best with 2:16:46, while Ben Livesey of Birchfield ran 2:17:44 on his debut and Jon Pepper of Brighton Phoenix was just behind Overall with 2:19:59.



Ben Livesey: 2:17:44 in first marathon

One-two for Kiplagats

BIG-NAME DEBUTANTE TIRUNESH DIBABA WAS BEATEN BY KENYANS EDNA AND FLORENCE KIPLAGAT

THE double world champion Edna Kiplagat judged her effort to perfection to beat her namesake Florence to win her first London Marathon.

The 34-year-old Kenyan had a superb London record and had been on the podium the past three years and many thought she was going to be destined for her third successive runners-up spot when she trailed new world half-marathon record holder Florence Kiplagat, who is seven years her junior, but it was the older runner who had the most finishing speed and she won by just three seconds.

She said determinedly: "The last three years, I have been third, second and second. This time I came prepared to win."

Behind the Kenyans, Tirunesh Dibaba of Ethiopia had a superb debut to be the third fastest debutante ever behind Paula Radcliffe and Lucy Kabuu and the

Priscah Jeptoo and Florence Kiplagat sit behind the pacemaker as eventual winner Edna Kiplagat follows



Edna Kiplagat's London record

2011:	3rd	2:20:46
2012:	2nd	2:19:50
2013:	2nd	2:21:32
2014:	1st	2:20:21

decisive moment for her was at 30km when she lost ground after dropping her drink and having to go back for it.

The early pace was disappointing and the first 5km, considering it includes

the majority of the downhill section, was a very modest 16:45 as the lead group of eight initially ignored the pacemakers Josephine Chepkoech and Joyce Chepkirui.

The pace picked up in the fifth mile and the 10km time was a far more respectable 32:47, as they blazed 16:02 for that section.

Priscah Jeptoo, the reigning London Marathon champion, was looking strong as did the two Kiplagats, Dibaba and her fellow Ethiopians Feyse Tadese and Aberu Kebede.

However, dropping off at 10km was the Olympic champion Tiki Gelana (32:53) and then there was a big gap to the leading Europeans from the Ukraine, Tetyana Gamera-Shmyrko (33:28) and Liudmyla Kovalenko (33:38).

A driving seventh mile of 5:07 saw Tadese and Kebede lose contact with the group too, though the pace dropped again as Jeptoo led through 15km in 49:06 with the Kiplagats and

Dibaba there after a 16:18 section for that 5km. Tadese (49:17) and Kebede (49:18) weren't far back but then there was a big gap back to Gelana, who had been joined by Gamera-Shmyrko (50:24).

The status quo remained through 20km with a slightly slower 16:33 section as the contenders went through in 65:39.

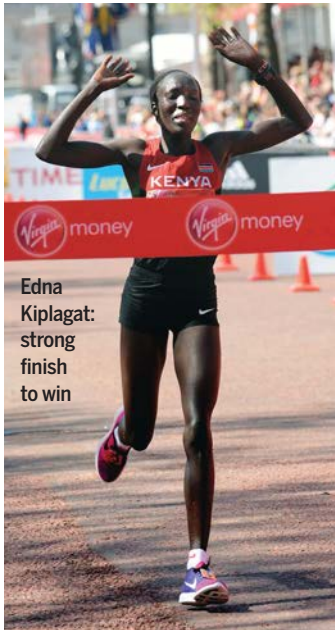
The pacemakers and the big four went through halfway in a promising 69:15. Tadese and Kebede were also still on sub-2:20 schedule (69:57) and there was an increasing gap to Gamera-Shmyrko (71:21) and Gelana (71:22). Kovalenko was isolated on 71:58 and Jessica Augusto of Portugal was looking controlled on 72:33.

At the back of the elite field, Britons Amy Whitehead (77:19) and Emma Stepto (77:40) were running well but isolated.

Up front, the pacemakers were nearing the end of their stint but still there at 25km and the sub-



Edna and Florence Kiplagat: Kenyans battle for the title in the latter stages



Edna Kiplagat: strong finish to win



Edna Kiplagat celebrates with runner-up Florence Kiplagat (left) and Tirunesh Dibaba (right)

2:19 tempo continued as they took 16:40 for that 5km.

Chepkirui led in 1:22:18, with the rest on 1:22:19, but Edna Kiplagat, who was watching at the back on 1:22:20.

The 5:20 milling tempo continued but there was a shock a few miles later when Jeptoo, who had looked strong and in control, stepped to the side of the road and dropped out.

With the pacemakers out, the urgency began to drop from the remaining contenders and the Kiplagats ran a stride ahead of Dibaba.

Despite looking strong and running at the front, the reigning champion stopped suddenly, without warning, 17 miles into the race and stepped off the course, leaving the two Kiplagats running side by side with Dibaba a stride behind.

At 30km though, Dibaba clumsily dropped her drinks and the Kenyans made the most of her reversal and stop. Through 30km they held a three-second lead on 1:39:11 with 16:51 for that section. The previous mile was 5:33 but sensing a gap, they ran 5:16 to edge further clear.

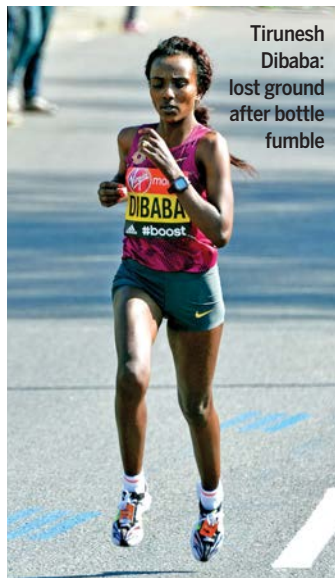
Florence led the way with Edna in her slipstream and by 35km, the gap had extended to 12 seconds, even though that 5km was 16:56, the slowest of the race.

The final 5km to 40km (2:13:02) was almost identical with Florence's 16:55 giving her a second over Edna with Dibaba just drifting a few metres more back with a 17:00, despite still looking in control, with her smooth effortless stride.

The two ahead briefly ran abreast as they passed the Houses of Parliament but Florence went ahead again along Birdcage Walk.

The winner said: "I tried to push Florence around 40km but she came with me every time so I knew I'd need to find some speed to beat her."

She did that in the last 200m with a surprisingly strong sprint and looked thrilled and delighted



Tirunesh Dibaba: lost ground after bottle fumble

"The marathon is different from other races; you need to have experience and prepare well. I focused on speed in my training because I thought I might need a good sprint finish"

Winner EDNA KIPLAGAT

to finally gain her first London title at the fourth attempt.

The winning time was 2:20:21 while Dibaba actually ran the fastest stretch from 40km to the finish to end up 11 seconds back on Florence Kiplagat.

The latter was disappointed not to win but could take consolation that it was her best London, having been fourth and sixth in the previous two years.

Dibaba said: "I'm happy to be on the podium today but I was disappointed that I dropped my drinks bottle. I am going to go back to the track this summer but I will definitely do another marathon. I came third today and I want to win."

The 25-year old Tadesse, who was making her World Marathon Majors debut but had previously won in Paris, Seoul and Shanghai, finished strongly to finish a very isolated fourth in 2:21:42.

Kebede, who has twice won in Berlin and finished first in Tokyo, struggled over the second half and finished fifth in 2:23:21, to give Ethiopia three of the top five.

Sixth place went to Augusto, who took six seconds off her PB and moved through strongly, having run 41 seconds quicker over the second half with 2:24:25.

Two more Europeans made the top eight with Gamera-Shmyrko seventh and Ana Dulce Felix moving through well to eighth.

Gelana, who had looked so good in the London Olympics, finished a disappointing ninth, barely breaking 2:27.

Edna Kiplagat said that Dibaba's marathon debut hadn't affected her in the run-up to the race: "Tirunesh is a great track runner but I didn't feel any extra pressure today. The marathon is different from other races; you need to have experience and prepare well. I focused on speed in my training because I thought I might need a good sprint finish to win today and at long last that's what I've done."

First woman in the mass race was Ireland's Scottish-based Nicola Duncan, who followed up her recent excellent spring half-marathon results with a 2:33:28, which was faster than the two Brits managed in the elite race.

Whitehead judges it to perfection

BRITISH RUNNER LEADS THE DOMESTIC WOMEN'S CHARGE IN LONDON

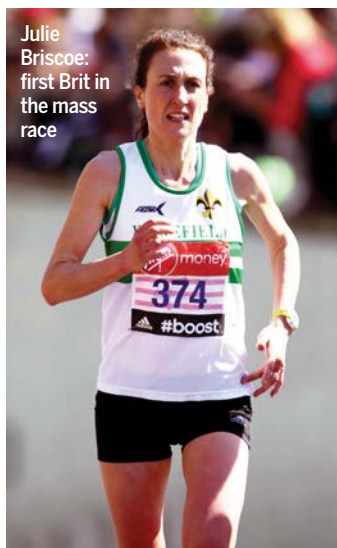
AMY WHITEHEAD finally secured herself her first senior major championships selection after a promising junior career was followed by some difficult periods later on.

Having already been inside the England Commonwealth qualification time of 2:35:00 with her 2:33:34 from last year, she knew she just had to beat Emma Stepto. Controversially, the selection criteria required that the first-past-the-post automatic place for women would only apply to the elite start and only two Brits were on the elite start.

Stepto, who was still chasing the qualifying time following her PB of 2:35:02 last year, stayed with Whitehead until 10 miles before dropping back.

Whitehead reached halfway in 77:19 before picking up the pace over the slightly tougher second half. Each of her 5km splits from 20km onwards were quicker or almost as quick as for the opening, downhill 5km, before she slowed a bit over the last 7km.

However, her 2:34:20 meant she had easily done enough to gain Commonwealth selection,



Julie Briscoe: first Brit in the mass race



Amy Whitehead (right) and Emma Stepto: ran together during the first half of the race

given that Stepto was slowing marginally from 30km onwards. Her first half was 77:35 and she held it together well over the second for 2:36:05.

The 44-year-old Stepto, who is third on the UK all-time veteran list behind Priscilla Welch and Joyce Smith, knew she had to try to stick with Whitehead to make the Glasgow team so it was probably the best strategy.

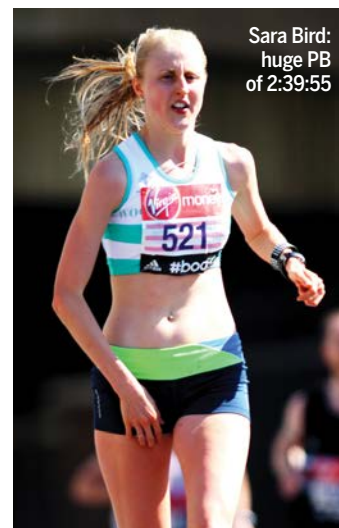
Whitehead said: "I'm delighted even though it was outside my personal best. Today wasn't about getting a time. It was about securing a slot for the Commonwealth Games."

With a PB of 2:34:14 from last year's race, she may have been forgiven for trying for selection

for the European Championships, the mark being 2:33:00.

However, under strict instructions from her coach, George Gandy, to make sure of the Glasgow place, she said: "The whole focus the last four years has been to make a major championships. I've always missed the qualifying time or not quite made the criteria for the World Half – so I wasn't too fussy (about which championships) and it's a home Games."

The 34-year-old, who competed for Britain in the 1999 European Juniors, had dreamed of doing the same at senior level. A year earlier at 19, she had gained the Commonwealth qualifying time but narrowly



Sara Bird: huge PB of 2:39:55

missed out on being selected.

"I thought, 'One day I'll be back', and there's been a lot of water under the bridge and injuries since, so it's been a personal quest of mine."

The first Brit in the mass race – and third overall – was Wakefield Harrier Julie Briscoe. She was on target to smash her PB of 2:40:26 when she went through halfway in 1:18:02.

Despite gradually slowing she clocked 2:39:43 to just stay ahead of Woodford Green with Essex Ladies' Sara Bird, who took more than three minutes off her best with 2:39:55 after going through halfway in 79:13.

Hayley Munn (2:40:35) and Shona Fletcher (2:44:59) were the only other Brits under 2:45.



Hayley Munn: 2:40:35

Weir thwarted in record bid

THE BRITISH WHEELCHAIR LEGEND FINDS HIMSELF OUTSPRINTED BY MARCEL HUG

DAVID WEIR – aka the 'Weirwolf' – was shot down on The Mall by an athlete known as the 'Silver Bullet'.

Marcel Hug denied the Briton what would have been a seventh record title in a thrilling sprint.

Lycanthrope analogies aside, the Swiss Paralympian simply had too much strength at the end of 26.2 miles and after three runner-up spots in this race he finally claimed victory in 92:41.

For the 28-year-old, it came just one week after he had won the Paris Marathon. He is also on a roll after winning five IPC world titles last summer.

"Conditions were perfect for racing," said Hug, who wore a silver bullet-shaped helmet. "The wind wasn't too strong so it was okay for us to race in.



Marcel Hug: beats British hope David Weir

"I wanted to play an active part in the race, stay with the leaders and attack as many times as I could. I could see the others were on the limit, so it

meant I was doing well."

In contrast to Hug, Weir's race schedule has not been so busy lately and he withdrew from this Monday's Boston Marathon

because of a chest infection to put all his effort into London.

"I had a little virus last week, but nothing major," he explained. "During the race Marcel tried to test me a couple of times, but I knew with the four of us in the pack, it was going to be between me and him. On another day it might have been me who crossed the line first, but he just got me this time."

The battle had boiled down to four as they approached The Mall – Hug, Weir, Ernst Van Dyk of South Africa and Japan's Kota Hokinoue.

It was no surprise that Hug and Weir led them out with the former triumphing by one second from the Briton with the 41-year-old Van Dyk third in the same time as Weir.

McFadden proves a class apart

FRESH from winning silver in the snow of Sochi in Paralympics cross country skiing, Tatyana McFadden defended her women's wheelchair title in London – breaking her own course record with 1:45:12.

The American was totally dominant, winning by more than a minute-and-a-half from world champion Manuela Schär.

"I did a lot of work in the team today," said McFadden. "It was a tough race, but I stayed calm and relaxed and I tried to use the downhill as much as I could."

In 2013, the 24-year-old won four major marathons in a row, including London, and six golds at the IPC World Championships in Lyon.

After her win in New York, McFadden packed her racing chair away to focus on the Sochi Paralympics. "I kept training in the snow and lifting so my muscles were still in shape," she said. "But the transition was hard from skiing to road racing. I didn't have the warm weather training in Australia like the others."

Second place went to London debutant and world champion Schär



Tatyana McFadden: won by a minute-and-a-half

in 1:46:44, one second ahead of 2010 champion Wakako Tsuchida of Japan.

Britain's Shelly Woods was sixth behind American Susannah Scaroni and Canadian Christie Dawes. The Paralympic silver medallist clocked 1:54:52 while British teenager Jade Jones enjoyed her first London Marathon, with 1:59:59 in ninth.

As for McFadden, she defends her Boston London Wheelchair Challenge title at the Boston Marathon on Monday.

Whitehead among the IPC winners

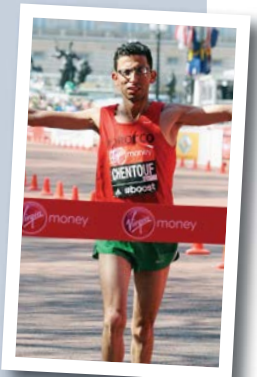
THE Virgin Money London Marathon once again featured five IPC Athletics Marathon World Cup races and among the winners was El Amin Chentouf (right) of Morocco, who retained his title in the T11-13 visually impaired men's race in 2:25:07.

In the women's T11-13 race, Maria del Carmen Paredes Rodriguez retained her title and smashed the official world record she set a year ago, to win in 2:59:22.

British Paralympian Richard Whitehead (left) won the T42 race in 3:42:04, although it was much slower than his world record of 3:15:53 set last year.

In the T44-46 men's category, Brazil's Tito Sena – who won T46 marathon gold at the London 2012 Paralympics – won in 2:35:45.

The other IPC Athletics Marathon World Cup event featured the T51/52 wheelchair men's race, where Santiago Sanz won in 1:58:16.



The stars of the future

SOME OF THE COUNTRY'S TOP YOUNGSTERS ENJOY THEIR MOMENTS OF GLORY ALONG THE LAST THREE MILES OF THE MARATHON COURSE

Report: Emily Moss

THE Virgin Money Giving Mini London Marathon has long been recognised as one of the highlights of the year for budding teenage distance runners. Every year hundreds of youngsters representing the nine English regions, Scotland, Wales and Northern Ireland, together with teams from the 33 London Boroughs, enjoy soaking up the vibes along the marathon course, hoping that they can become the next to etch their names on to the long list of victors at this event.

With double London Olympic champion Mo Farah, 2010 Commonwealth 1500m bronze medallist Steph Twell and world triathlon champion Non Stanford among the former winners, this event is one of the breeding grounds for future champions. The presence of several junior internationals on the startline meant the 2014 races would be high-quality affairs.

Almi Nerurkar (3251): wins under-13 girls' race from Jasmine Cooper (3067)



There was an additional buzz in the air, due to the fact that Farah was making his hugely publicised marathon debut. With the mini marathon run over the final three miles of the marathon course from Old Billingsgate to The Mall, many young athletes were excited to be taking centre stage in the capital before Farah would pound the same streets an hour or two later.

After an outstanding winter, which has seen her win the National under-17 cross country and represent Britain in the junior race at the European Cross Country Championships in Belgrade, Lydia Turner (North East) transferred her good form

on to the road to take victory by 15 seconds in 16:05 from the North West's Harriet Knowles-Jones (16:20). This title was particularly special to Turner, as the 17-year-old has done the mini marathon six times and this was her final attempt.

"There was so much support on the course and it helped me stay focused. As a North Easterner running in London, I was surprised to hear so many people shouting my name," the Tom Millmore-coached athlete said. Turner has clearly taken confidence from her cross-country campaign, as she hit the front from the gun and was never challenged.



Lydia Turner: under-17 victory

She added modestly: "It wasn't intentional to lead from the start. I just found myself at the front and I felt good, so thought I had better keep it going. There were lots of good girls in the race and Harriet (Knowles-Jones) has been running really well, so I was always aware they were there. I still can't believe I won."

Runner-up Knowles-Jones had also enjoyed a successful winter, having won English Schools and Schools International titles. However, on this occasion, last year's under-15 mini marathon champion had to settle for silver, although the 16-year-old was pleased to beat her time from last year. "Lydia ran an amazing race.



Sabrina Sinha: winner of the under-15 girls' race



Nathan Maguire (20): takes under-17 boys' wheelchair race from Isaac Towers



Markhim Lonsdale:
under-15 boys' winner

We were on different startlines, so I didn't notice her initially and she broke away from the start. It was, therefore, quite spread out, so I was running on my own

"It was an amazing atmosphere and I think I might like to do a marathon eventually. However, this year I want to get some PBs and will probably do the 3000m at the English Schools," said Knowles-Jones.

Phoebe Law was a further 14 seconds back in third and, representing Kingston-upon-Thames, won the Borough Challenge.

Under-15 champion Sabrina Sinha (Greenwich) is no stranger to big events, having won the English Schools junior girls' 1500m last year and this year the National and Inter-Counties under-15 cross country titles. However, in her post-race interview, she captured the spirit of the Mini London Marathon.

"I always really enjoy this race," she said. "I have done it every year since I was 11 and because I am doing it with friends and we do fun things like put face paint on, I don't get freaked out like I do at most other big races."

Here, Sinha took overall victory by 12 seconds from North East's Kate Waugh and Lucy Jones (East Midlands). Sinha has won the Borough Challenge all four times she has taken part, but this was her first time winning overall.

She acknowledges that her

dad's words of wisdom shortly before the race may have played a part. "When the gun went, I kept thinking to myself that my dad had told me that nobody wins it in the first mile. I got away just after the first mile, but I saw Big Ben and it looked miles away, so I hoped I hadn't gone too early. My targets now are to set some PBs over 800m and 1500m and do well at the English Schools," revealed the articulate youngster.

Saying she had been inspired to do a full marathon for charity when she is older, it seemed that crossing the line first was not the highlight of Sinha's day.

She explained with a smile: "I got to meet Tom Daley and I am still buzzing from that."

Fifth in the 1997 London marathon with 2:08:36, Richard Nerurkar was in Manchester commentating on the main event for the BBC red button. However, he will have been listening out with special interest for the result of the under-13 girls' event.

His daughter, Almi, showed that she has inherited her dad's running genes, coming home first in 17:05 ahead of Jasmine Cooper (East Midlands) and South East team-mate Josie Czura. It was by far Nerurkar's biggest success to date with the 13-year-old clearly more suited to the longer distances, perhaps in part due to having spent the first 10 years of her life in Ethiopia.

"Living in Ethiopia with all the good runners around me has



Zak Miller:
first under-17 man to finish

inspired me to do long distance running. One day I would like to do the full marathon and try to be as good as my dad. Today, I went for it with 800m to go and I'm really excited I won. Then we cheered the marathoners in and we saw Mo," revealed the youngster.

Eloise O'Shaughnessey (Wandsworth) took victory in the Borough Challenge.

The most exciting finish came in the eldest boys' race, when the arguable pre-race favourite Zak Miller (North West) outsprinted Wales' Iolo Hughes by one second in 14:27. Paulus Asgodom (Haringey) was third in 14:35 and won the Borough Challenge.

Fresh from victory in the National under-17 cross country and having represented Britain at the European Cross Country, Miller entered the race confident and did not disappoint.

"I was pleased to make up for the last year, when I was outsprinted by one second. I hit the front and set the pace, but was finding it hard after a while so sat back with the group and waited until 600m to go when I just went. I felt strong and felt I could have gone again if Iolo had got level with me," explained the 17-year-old.

Markhim Lonsdale (North East) let eventual silver and bronze medallists Isaac Akers (East Midlands) and Alisdair Kinloch (Scotland) lead for much of the race and at 600m to go the pair still had about a 20m lead on Lonsdale.

However, as last year's English Schools under-15 800m bronze medallist and fresh from England Athletics under-17 1500m gold indoors this year, Lonsdale knew that if he could just stay in contention, he possessed the fastest finish in the field.

And that the 15-year-old did. He waited until 200m to go before turning on the burners to come home three seconds clear.

"I loved it," said a delighted Lonsdale, before adding: "I got to speak to the Brownlee brothers on Skype and they told me to use



Turkey Korkmaz:
triumphed in the under-13 boys' event

the crowd, which is what I did."

Now, the David Lowes-coached athlete will turn his attention to improving his times on the track.

Terrence Fawden (Haringey) won the Borough challenge.

Turkey Korkmaz (London) won the under-13 boys' race by two seconds in 15:56 from North East's Josh Cowperthwaite and Zak Mahamed (South East). Representing Southwark, Korkmaz also won the Borough Challenge.

In the wheelchair races, under-17s Nathan Maguire and Isaac Towers were credited with the same time of 12:24, with Maguire being judged the winner, while Lauren Dowles won by more than two minutes in the girls' equivalent.

Jack Agnew and Kate Adenegan won the under-14 equivalents.

London overhauled six-time winners South East to take the overall team award.



Lauren Rowles:
under-17 wheelchair race win

Stepsto seals vets title

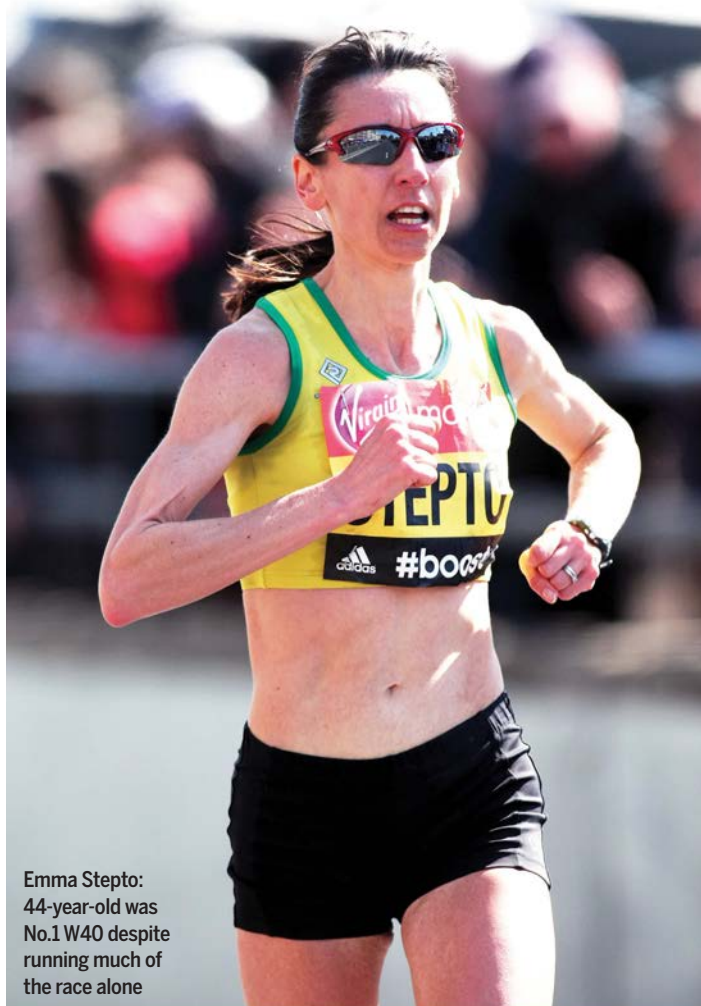
AGE-GROUP RUNNERS RACED FOR PRIDE AND POSITIONS IN SUNDAY'S MARATHON

Report: Martin Duff

RUNNING a lonely race in the elite women's section after being assured that the only way to be nominated for Commonwealth Games selection was to run in that section, Emma Stepsto fell short with 2:36:05 but was easily the top veteran aged 40 or over.

The veteran men's race was won by England M40 cross-country international Chris Greenwood with 2:27:59. It was Gareth Lowe who raced to 71:21 for the half-marathon but Greenwood, only fifth at that point, ran a negative split to prevail by just 35 seconds.

"I paced myself really well so I feel okay as it all went perfectly," said Greenwood of his debut marathon. The Kent AC runner did not allow himself to get caught up in the fast start of many runners and added: "I tried to stay calm and hit my splits.



Emma Stepsto: 44-year-old was No.1 W40 despite running much of the race alone

Everyone said 20 miles is halfway, but I lasted until 25 and then my last mile was my fastest, so I was fine. I tried to do the race last year but I got injured."

The race went to form in the M50 group where Ben Reynolds took the class from Nigel Rackham by 100 seconds in 2:33:53 to also head all of the runners in the younger M45 group. Reynolds was more than two minutes clear going past the half-marathon board, but lost ground in the second half. Rackham ran remarkable splits of 77:47 and 77:46 to secure his time.

Reynolds said: "On balance I have to be happy with that. I wasn't at all confident about going sub-2:35 so I'm pleased to squeeze under 2:34. As usual I slowed 15 seconds per mile in the last six miles.

"It felt as if I was finishing fast, but the times show I wasn't. I did through the first half in 75:29 and the second one in 77:24.

The closest battle for age group supremacy was just behind Reynolds, in the M45 category, where Stuart Hall, despite being more than six minutes down on his 2013 time, when he was second, was just ahead of Frenchman Eric La Chevre and Darren Rowlands in 2:36:20 as just 12 seconds separated the three of them.

David Butler has been a revelation since joining the M60 ranks in 2013 and here he dominated his age group to win by 18 minutes in 2:48:46. Six minutes clear at halfway in 83:34, Butler held his form well over the closing miles.

He said: "My race went very well. My twin targets were to achieve a PB time of 2:48 and win the age group. I achieved both so I am very happy. I started the race well, if slightly too fast, but eased back slightly to reach halfway as planned and loved the run



Chris Greenwood: first M40 with 2:27:59



Stuart Hall: emerged winner in a competitive M45 age group

FREDERICK HENNING

down through the crowds and narrower roads near Docklands. I then worked hard to keep the pace going back to Tower Bridge. The next two miles were very hard but I found a second wind to complete the last 2km strongly to achieve my target time."

Treena Johnson improved from second last year to narrowly take the W50 medal from Deborah Steer in 2:57:49, a time nearly nine minutes quicker than her 2013 effort. With 86:27 at halfway the Dewsbury runner was 98 seconds clear and then held on

to take the category win by 51 seconds.

Jane Davies beat all of the over-60 women to take the W65 section in 3:22:12 as Sue Nicholls

retained her second spot and improved by more than four minutes to 3:35:38. Davies was on schedule to break Angela Copson's British best time of 3:19:05 after going through halfway in 98:00 but, like many others, lost time in the second half as the temperatures rose.

Davies said: "I am totally pleased but got to mile 16 in two hours and knew I was running seven and a half-minute pace and thought, 'I'm not going to be able to carry on at this pace', so I slackened off a bit until 18 then went down another notch."

In that W60 class, Caroline Horder tracked Pam White over the first 13 miles before moving ahead in the second half to take her category by nearly four minutes in 3:36:06.

At the top of the age range, Eleanor Draper was again the best W75 despite being nearly 20 minutes down on her 2013 time.

Iva Barr, who lowered the late Jenny Wood-Allen's 1997 London British best W85 time to 6:41:29 (6:37:57 chip) last year, slowed slightly this time to 6:58:59 but, at 86, was again the oldest woman to finish.



Ben Reynolds (952): top M50 in 2:33:53

RESULTS

Men

M40: 1 C Greenwood (Kent) 2:27:59; 2 G Lowe (Clowne) 2:28:34; 3 L Jones (Dees) 2:29:30; 4 C Dettmar (Head RR) 2:29:58; 5 A Rouse (Ed'burgh) 2:30:20; 6 S Risa (NOR) 2:31:42
M45: 1 S Hall (DSFRS) 2:36:20; 2 E La Chevre (FRA) 2:36:27; 3 D Rowlands (Wrex) 2:36:32; 4 G Southern 2:37:04; 5 P Senac (FRA) 2:37:40; 6 W Bulloch (Serp/AUS) 2:39:03
M50: 1 B Reynolds (THH) 2:33:53; 2 N Rackham (Metros) 2:35:33; 3 R Downs (Wilms) 2:38:36; 4 S Murtagh (Hart) 2:39:22; 5 A Mason (Barn) 2:39:28; 6 G Hogg (R Forever) 2:43:31
M55: 1 J Monteiro (POR) 2:41:17; 2 G Payne (G Eliot) 2:47:21; 3 P Muffett (NNBR) 2:48:47; 4 R Burton 2:49:40; 5 M Halvey (Rane/IRE) 2:55:16; 6 M Davis (Newq RR) 2:55:17
M60: 1 D Butler (Bill'cay) 2:48:46; 2 M Warwick (Rhayad) 3:05:49; 3 G Ruffell (Hart) 3:06:33; 4 T Hutchison (T Bath) 3:08:13; 5 C Mason (S Dev) 3:08:29; 6 B Merron (Swin H) 3:08:29
M65: 1 J Bteman (RRC) 3:13:50; 2 G Ball (Wimb W) 3:14:07; 3 D Rose (T Bath) 3:15:33; 4 J Koenig (GER) 3:20:14; 5 N Scruton (Scar) 3:25:12; 6 G Cumber (Hali) 3:25:54
M70: 1 R Scott (Kilb) 3:19:45; 2 M Ford (Chelt) 3:21:50; 3 J Owen (Barn) 3:28:46; 4 J Gardener (Pemb) 3:41:54; 5 J Owen (Barn) 3:28:45; 6 J Gardener (P'broke) 3:41:54 *
M75: 1 D Turner 4:25:04; 2 B Chamberlain (Hart) 4:26:20; 3 J Winters (BW&F) 4:27:57; 4 P Gaze (B'mth) 4:46:18; 5 P Dobbs (Thurr/IRE) 4:47:19; 6 R Griffin (Camb U) 4:48:10
** Note: first two M70s listed in official results do not seem to be bona fide*

Women

W40: 1 E Stepto (Corn) 2:36:05; 2 E Arcicolar (ESP) 2:48:18; 3 S Cumber (Hali) 2:50:36; 4 V Sesto (N For/ARG) 2:51:43; 5 N Green (Ilkley) 2:53:56; 6 E Crowe (Wrex) 2:54:33
W45: 1 U Jacobsen (DEN) 2:55:55; 2 M Heslop (Padd W) 2:56:57; 3 S Kelly (R Woott B) 2:58:35; 4 D Mason 2:59:40; 5 V Swingler (Shrop S) 2:59:54; 6 K Rushton (Soton) 3:00:47
W50: 1 T Johnson (Dews) 2:57:49; 2 D Steer (St Alb) 2:58:40; 3 J Masterman (Goole V) 3:06:30; 4 A Mair (Newp) 3:10:33; 5 R Bales (B&R) 3:13:30; 6 T Scully (Orion) 3:13:36
W55: 1 C Wheelhouse (Donc) 3:13:04; 2 B Wenman (Cant) 3:33:23; 3 J Binns (Datch D) 3:25:07; 4 P Curtis (Hogweed) 3:28:34; 5 L Collinson (Shrop S) 3:29:07; 6 J Curtis (Win) 3:29:53
W60: 1 C Horder (B'mth) 3:36:06; 2 P White 3:39:49; 3 J Georghiou (Farn R) 3:49:10; 4 B Ralph (Chilt) 3:49:55; 5 J Barrow-Green (VP&TH) 3:52:20; 6 J Millett (Strag) 3:53:12
W65: 1 J Davies (E&E) 3:22:12; 2 S Nicholls (Burn) 3:35:38; 3 P Elena 3:41:35; 4 K Liddle 3:41:59; 5 J Roberts 3:53:52; 6 S Marzaioli (Hast R) 4:01:21
W70: 1 S Hamilton (Harp) 4:21:43; 2 C Dyke (Fitt) 4:23:29; 3 C Spong (G Yar) 4:24:44; 4 R Armstrong (Donc) 4:42:54; 5 A Duncan (Hill) 4:44:24; 6 J Archibald (C'mont) 4:54:55
W75: 1 E Draper (Gard CR) 5:16:08; 2 S Cannell 6:33:55; 3 D Green 6:45:14
W85: I Barr (Bed H) 6:58:59



RESULTS

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13 C Creamer (W&B) 3:58:26; 14 J Gethin 3:59:24; **W65:** 2 S Nicholls (Burns) 3:35:38; 3 P Elener 3:41:35; 4 K Little 3:41:59; 5 J Roberts 3:53:52; 6 S Marzioli (Hast R) 4:01:21; 7 G Porter (Metros) 4:07:16; 8 G Little (Plum) 4:10:46; 9 J Conneely 4:10:48; 10 A Docherty (Forres) 4:14:43; 11 R Peck 4:18:15; 12 P Hedley Lewis 4:20:01; 13 A Lucas (Torb) 4:20:55; 14 M Jones 4:22:00; 15 M Dear Nelson 4:25:49; 16 L Simpson (Penny L) 4:29:16; **W70:** 1 S Hamilton (Harp A) 4:21:43; 2 C Dyke (Fitt) 4:23:29; 3 C Spong (Gt Yar) 4:24:44; 4 R Armstrong (Donc) 4:42:54; 5 A Duncan (Hill) 4:44:24

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British Athletics and England Athletics Championships
 PROVISIONALLY Mo Farah and Amy Whitehead won the national individual titles and Kent AC won the men's and Serpentine the women's.

Clapham Chasers appear to have missed out on a medal due to their first finisher not wearing club colours.

Men (subject to ratification): 1 Farah; 2 Thompson; 3 Way

TEAM: Men: 1 Kent AC 7:16:49 (J

Gilbert 2:16:46, C Greenwood 2:27:59, P Griffiths 2:32:04; **2 Bournemouth**

7:18:28 (S Way 2:16:27; J Cieluszke

2:27:45, P Thompson 2:34:16); 3

Serpentine 7:24:18 (J Poole 2:22:58,

D Morgan 2:28:24, D Petitjean (FRA

2:32:56); 4 Hampshire 7:34:31 (T

Jenkins 2:28:18, A Challenger 2:32:12,

B Beattie 2:34:01); 5 Thames and

Hounds 7:40:21 (R Kowenicki 3:31:39, B

Reynolds 2:33:53, J McMullan 2:34:49);

6 Belgrave 7:42:08 (M Pollard 2:27:08,

K Marks 2:36:30, V Cockerell

2:38:30); 7 Highgate 7:51:09; 8

Tonbridge 7:51:57; 9 Blackheath 7:57:44;

10 AFD 7:57:52; 11 Herne Hill 7:58:18;

12 Team Bath 7:58:22; 13 Clapham

7:58:54; 14 Barnet 8:00:11; 15 Ipswich

Jaffa 8:02:27; 16 Charnwood 8:03:01;

17 Cornwall 8:05:15; 18 Springfield

8:05:45; 19 Kenilworth 8:09:28; 20

Reading RR 8:19:14

Women (subject to ratification): 1

Whitehead; 2 Stepto; 3 Briscoe

TEAM: 1 Serpentine 9:38:35 (H

Gaunt 2:49:43, L Harling 2:54:17, V

LONDON WHEELCHAIR and IPC WORLD CUP

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Women: 1 T McFadden (USA) 1:45:12; 2 M Schar (SUI) 1:46:44; 3 W Tsuchida (JPN) 1:46:45; 4 S Scaroni (USA) 1:51:01; 5 C Dawes (AUS) 1:51:01; 6 S Woods (GBR) 1:54:52; 7 D Row (CAN) 1:54:54; 8 S Reilly (USA) 1:59:57; 9 J Jones (GBR) 1:59:59; 10 S Piercy (GBR) 2:27:08; 11 M Snopce (GBR) 2:43:01

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Women: 1 M Rodriguez (ESP) 2:59:22; 2 M Michishita (JPN) 3:09:40; 3 M Nishijimi (JPN) 3:20:18; 4 Y Fujii (JPN) 3:26:10; 5 Y Konno (JPN) 3:36:04
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Men (T44-T46): 1 T Sena (BRA) 2:35:45; 2 A Di Lello (ITA) 2:41:05; 3 E Da Costa (BRA) 2:47:17; 4 P Meza (MEX) 2:49:16
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Jogger or athlete? Did your name make the pages of AW?

MARK SHERMAN

15:21; 45 J Cripwell (NE) 15:23; 46 C Jardine (Scotland) 15:25; 47 J Naisbitt (Yks&Hum) 15:26; 48 M Jones (Wales) 15:28; 49 C Smith (E Mids) 15:30; 50 N Cox (NE) 15:31; 51 P Robb (N Irel) 15:32; 52 T Cobden (East) 15:36; 53 T Butler (Barnet) 15:39; 54 A Smith (SW) 15:39; 55 H James (E Mids) 15:40; 56 J Richardson (E Mids) 15:41; 57 J O'Hara (Bexley) 15:42; 58 J Goss (SE) 15:43; 59 J Drew (SW) 15:45; 60 C Shankly (West M) 15:46; 61 S Lloyd (Hillingdon) 15:46; 62 S Sommerville (SW) 15:48; 63 C Chapman (Richm) 15:48; 64 N Jones (Wales) 15:48; 65 M Nagi (Hounslow) 15:49; 66 L Foss (Scotland) 15:50; 67 N Wellard (Merton) 15:51; 68 J Whan (N Irel) 15:52; 69 J Taylor (Westmin) 15:55; 70 L Hussey (Lambeth) 15:57
U15 (3M): 1 M Lonsdale (NE) 15:05; 2 I Akers (E Mids) 15:08; 3 A Kinloch (SE) 15:09; 4 J Edgar (N Irel) 15:10; 5 C Conlon (N Irel) 15:13; 6 S Willis (West M) 15:17; 7 B Davies (East) 15:19; 8 A Scott (Scotland) 15:24; 9 J Cvetkovic (SE) 15:25; 10 A Rayner (E Mids) 15:26; 11 T Fawden (Haringey) 15:26; 12 J Philpott (East) 15:28; 13 J Heyward (Wales) 15:35; 14 N Baker (NE) 15:37; 15 C Solomon (East) 15:39; 16 W Stockley (SW) 15:40; 17 B Greenwood (Scotland) 15:41; 18 H Milner (E Mids) 15:42; 19 C Perkins (SW) 15:43; 20 C Kemp (SE) 15:45; 21 M Willis (NW) 15:45; 22 T Hutchinson (Yks&Hum) 15:46; 23 C Bell (Yks&Hum) 15:46; 24 T Dodd (West M) 15:56; 25 C Smith (Wales) 15:57; 26 T Rees (Scotland) 15:58; 27 E Lawrence (Wales) 15:59; 28 A Thompson (E Mids) 15:59; 29 R Curtis (NE) 16:00; 30 D Slater (NW) 16:00; 31 J Goodge (SE) 16:00; 32 K Mahiddine (Westmin) 16:00; 33 J Ford (NW) 16:01; 34 E McCann (N Irel) 16:11; 35 G Burnett (E Mids) 16:11; 36 J Wood (East) 16:11; 37 L Spear (East) 16:11; 38 M Arcuri (Bromley) 16:12; 39 F Aldred (SW) 16:13; 40 C Thomson (Scotland) 16:14; 41 W Perkin (SE) 16:14; 42 S Sweeney (Scotland) 16:14; 43 M Williams (Wales) 16:15; 44 A Manthorpe (Yks&Hum) 16:16; 45 R Brown (Yks&Hum) 16:17; 46 A Abdulle (Redbridge) 16:17; 47 H Ben-Tiba (NE) 16:17; 48 C Linton (Wales) 16:19; 49 L Burrell (Ham & Ful) 16:23; 50 J Betteley (NW) 16:25; 51 T Bower (SW) 16:29; 52 J Arthur (Scotland) 16:30; 53 D Wilkinson (West M) 16:30; 54 R Brooke (West M) 16:32; 55 A Tadesse (Wands) 16:32; 56 J Massingham (Yks&Hum) 16:32; 57 P McNiff (N Irel) 16:34; 58 M Rawlings (SE) 16:38; 59 L Sternkopf (West M)

16:39; 60 A Wiltshire (Bromley) 16:39; 61 G Groom (Barnet) 16:40; 62 N Akin-agunbiade (Bromley) 16:44; 63 J Barber (Bexley) 16:45; 64 M Oyelola (Bark&D) 16:47; 65 T Mortimer (SW) 16:47; 66 J Ward (West M) 16:48; 67 A Brown (NE) 16:50; 68 T McArdle (Enfield) 16:50; 69 M Gibbons (Merton) 16:52; 70 I Nadew (Lambeth) 16:54
U13 (3M): 1 T Korkmaz (S'wark) 15:56; 2 J Cowperthwaite (NE) 15:58; 3 Z Mahamed (SE) 16:06; 4 M Dey (NW) 16:08; 5 E Hutchinson (Yks&Hum) 16:09; 6 F Birnie (SW) 16:13; 7 L Davies (Wales) 16:27; 8 H Cowie (Bromley) 16:41; 9 A Searle (E Mids) 16:43; 10 B Rouse (E Mids) 16:44; 11 M Cooper (SE) 16:45; 12 M Eagling (Bromley) 16:45; 13 J Young (Enfield) 16:49; 14 L Duffy (E Mids) 16:49; 15 M Hill (Yks&Hum) 16:51; 16 A Ediker (E Mids) 16:52; 17 R James (Wales) 16:58; 18 K Bittles (N Irel) 17:02; 19 T McCambridge (N Irel) 17:03; 20 P Murray (N Irel) 17:03; 21 S Evans (NW) 17:04; 22 L White (Yks&Hum) 17:04; 23 C Crick (SE) 17:06; 24 J Dickinson (Yks&Hum) 17:08; 25 T Simpson (Greenwich) 17:09; 26 L Parker (Yks&Hum) 17:10; 27 J Rice (Haringey) 17:13; 28 D Byrne (Yks&Hum) 17:13; 29 J Reed (NE) 17:15; 30 N Fernandes (Barnet) 17:16; 31 B Thomas (Wales) 17:17; 32 H Digby (SE) 17:18; 33 S Hart (SE) 17:19; 34 S Gentry (SW) 17:21; 35 M Brame (NW) 17:24; 36 P Owen (Ealing) 17:25; 37 J Clark (Redbridge) 17:25; 38 F Harvey (Barnet) 17:27; 39 L Wellington (SE) 17:27; 40 A Harrington (Bromley) 17:28; 41 O White (Wands) 17:30; 42 M Snowdon (East) 17:31; 43 C Ugbomah (Walt F) 17:33; 44 J Dee-Ingham (NW) 17:34; 45 Z Wort (Richm) 17:36; 46 J Edwards (East) 17:36; 47 E Orenstein (Richm) 17:39; 48 M Ali (Wands) 17:39; 49 L Minale (Hackney) 17:40; 50 Z Addicot (Wands) 17:40; 51 L Harknett (East) 17:42; 52 R Wilson - Connell (Greenwich) 17:44; 53 L Pettit (NE) 17:48; 54 C Corry (Bromley) 17:50; 55 J Kilson (SW) 17:52; 56 A Caulfield (E Mids) 17:52; 57 M Kossatz (Kings) 17:59; 58 D Kan (Sutton) 18:01; 59 J Fennessey (Haringey) 18:02; 60 C Sapwell (West M) 18:02; 61 J Robinson (West M) 18:02; 62 D Swain (West M) 18:02; 63 L Sheehan (Ealing) 18:04; 64 T Keevil (Haringey) 18:04; 65 B Price-Davies (Wales) 18:05; 66 T Fisher (SW) 18:06; 67 A Highmoor (Richm) 18:07; 68 E Blythman (East) 18:08; 69 J Greenwood (SW) 18:08; 70 F Hodgson (Wands) 18:10

U17 women (3M): 1 L Turner (NE) 16:05; 2 H Knowles-Jones (NW) 16:20; 3 P Law (Kings) 16:34; 4 R Johnson (NW) 16:36; 5 C Wilson (East) 16:50; 6 G Fear (Camden) 16:51; 7 S Parvizi-Wayne (Camden) 16:53; 8 E Ackford (SW) 16:55; 9 I Glaisher (SW) 17:03; 10 G Black (Scotland) 17:10; 11 N Bridson-Hubbard (Bromley) 17:22; 12 S Markwick (SE) 17:22; 13 M Coyle (SE) 17:30; 14 V Weir (Ud) 17:31; 15 H Cox (E Mids) 17:31; 16 A Donnelly (E Mids) 17:31; 17 D D Santos (SE) 17:34; 18 A Simpson (Scotland) 17:36; 19 M Humphreys (SE) 17:37; 20 L Hallam (Haringey) 17:38; 21 G Shepherd (SW) 17:39; 22 C Pain (Yks&Hum) 17:39; 23 A Mason (Yks&Hum) 17:41; 24 J Savill (Richm) 17:42; 25 H Davies (Wales) 17:44; 26 M Williams (NW) 17:44; 27 G Tuckfield (Walt F) 17:45; 28 K Oakley (Scotland) 17:46; 29 H Novakovic (Richm) 17:48; 30 E MacKinnon (Scotland) 17:49; 31 C Graves (Scotland) 17:49; 32 E Curran (Yks&Hum) 17:50; 33 R Ward (E Mids) 17:51; 34 A Old (SE) 17:52; 35 H Viner (Camden, U20) 17:53; 36 I Davies-Beckett (E Mids) 17:59; 37 S Burnett (NE) 18:04; 38 B Haines (West M) 18:10; 39 P Stone (NE) 18:11; 40 A Atkinson (Yks&Hum) 18:18; 41 E Davison (Westmin) 18:19; 42 E Downs (NW) 18:26; 43 Z Illis (Wands) 18:27; 44 E Goodhart (Ham & Ful) 18:29; 45 K Solis (East) 18:31; 46 R Robinson (SE) 18:32; 47 L Russell (East) 18:32; 48 K Grinyer (SW) 18:36; 49 H Morton (East) 18:38; 50 C McGloin (N Irel) 18:38; 51 S Lawrence-wrist (Croydon) 18:39; 52 M Moore (Yks&Hum) 18:39; 53 L Philippart (Wales) 18:40; 54 K Goddard (E Mids) 18:40; 55 G Eglon (City of Lon) 18:43; 56 C Page (Wales) 18:44; 57 S Montgomery (NE) 18:46; 58 R Waugh (NE) 18:49; 59 B Donnelly (NW) 18:51; 60 A McSheffrey (N Irel) 18:52; 61 P Dodd (West M) 18:56; 62 C Rhule (Croydon) 18:56; 63 I Viles (Haringey) 18:58; 64 R Killip (Kens&Ch) 19:01; 65 R Seckl (Westmin) 19:03
U15 (3M): 1 S Sinha (Greenwich) 16:31; 2 K Waugh (NE) 16:43; 3 L Jones (E Mids) 17:00; 4 N Brown (SE) 17:11; 5 J Keene (Bromley) 17:11; 6 C Hughes (Wales) 17:18; 7 K Lowery (NW) 17:20; 8 G Goddard (SE) 17:22; 9 B Barlow (NW) 17:22; 10 K Gallagher (Scotland) 17:24; 11 E Robinson (Yks&Hum) 17:25; 12 K Whiteoak (NW) 17:28; 13 I Morris (Wales) 17:29; 14 M O'Sullivan (Kings) 17:29; 15 L Stark (Scotland) 17:30; 16 K Amory (West M) 17:30; 17 K Fuss (Bromley) 17:32; 18 B Hinett (West M)

17:32; 19 A Moore (Yks&Hum) 17:36; 20 E Wallace (Scotland) 17:36; 21 S Temple (SW) 17:38; 22 E Greenwood (NW) 17:39; 23 E Clapton (Yks&Hum) 17:41; 24 T Horton (SE) 17:45; 25 F Bunn (SE) 17:48; 26 Y Barnsley (SW) 17:50; 27 A Davies (SW) 17:51; 28 N Kingston (Westmin) 17:52; 29 A Newcombe (East) 17:53; 30 A Lancaster (Yks&Hum) 17:54; 31 S Burrows (SE) 17:54; 32 S Tothill (West M) 17:57; 33 B Dence (SW) 18:00; 34 I Hoy (Redbridge) 18:04; 35 L Mullin (E Mids) 18:05; 36 J Bradley (Wales) 18:10; 37 H Still (Scotland) 18:21; 38 H Goddard (SE) 18:26; 39 A Saker (West M) 18:28; 40 G Handley (NW) 18:28; 41 Y Austridge (Bromley) 18:29; 42 V Merrick (Yks&Hum) 18:30; 43 L Thornton (E Mids) 18:30; 44 R Flavell (West M) 18:34; 45 Z Bates (Scotland) 18:38; 46 E Byram (Yks&Hum) 18:41; 47 N Miller (Scotland) 18:43; 48 J Judd (East) 18:43; 49 A O'Neill-Guyatt (Redbridge) 18:44; 50 L Davies (Wales) 18:45; 51 O Bateman (NE) 18:47; 52 M Bowyer (N Irel) 18:48; 53 B Evans (Wales) 18:50; 54 C Nevett (E Mids) 18:50; 55 J Downs (NW) 18:52; 56 D McCartan (N Irel) 18:54; 57 T Weddell (East) 18:55; 58 I Ellis (Ham & Ful) 18:56; 59 A McBroom (N Irel) 19:01; 60 L Fletcher (Kings) 19:02; 61 E Newton (Greenwich) 19:03; 62 B Williams (Merton) 19:10; 63 S Bowen (Barnet) 19:13; 64 E McCaffray (East) 19:17; 65 A Clarke (East) 19:18; 66 R Lewis (West M) 19:18; 67 A Williams (Wales) 19:19; 68 C McQuaid (N Irel) 19:20; 69 Z Tompkins (Greenwich) 19:21; 70 G Taylor (Bromley) 19:22
U13 (3M): 1 A Nerurkar (SE) 17:05; 2 J Cooper (E Mids) 17:17; 3 J Czura (SE) 17:28; 4 T Simpson (Yks&Hum) 17:34; 5 L McNab (SW) 17:40; 6 L Miller (NW) 17:41; 7 L Cance Jones (SE) 17:44; 8 E O'Shaughnessy (Wands) 17:49; 9 F Ireland (NW) 17:51; 10 E Wilkinson (Yks&Hum) 17:54; 11 A Garcia (Yks&Hum) 17:55; 12 K Martindale (NW) 17:57; 13 O Mason (NW) 18:14; 14 O Nelson (N Irel) 18:09; 15 E Hobbs (SW) 18:14; 16 K Faes (SE) 18:16; 17 D Corradi (Sutton) 18:26; 18 J Rimmington (East) 18:29; 19 N Grimes (E Mids) 18:31; 20 H Seager (E Mids) 18:31; 21 K O'Neill (Haringey) 18:31; 22 A Fisher (Wales) 18:35; 23 A Samuels (West M) 18:37; 24 E Mulvaney (West M) 18:38; 25 F Thomson (Richm) 18:38; 26 L Radus (Barnet) 18:41; 27 A Walker (E Mids) 18:41; 28 G Copeland (SW) 18:42; 29 C Buckley (Hounslow) 18:42; 30 A Clair (Kens&Ch) 18:43; 31 S Jones (NE) 18:46; 32 E Sidman (SW) 18:48; 33 A Gammon (Wales) 18:48; 34 E Palmer (Sutton) 18:49; 35 R Purves (NE) 18:50; 36 K Atkinson (Yks&Hum) 18:50; 37 E Haigney (N Irel) 18:51; 38 M Brown (N Irel) 18:52; 39 H Fox (SW) 18:54; 40 C Turner (Hackney) 18:55; 41 E Macintosh (East) 18:55; 42 J Wade (Wales) 18:55; 43 M Taylor (Yks&Hum) 18:57; 44 E King (Wales) 18:57; 45 K Mitchell (Haringey) 18:58; 46 K Wilks (S'wark) 19:00; 47 L Winfield (E Mids) 19:00; 48 J Kent (Yks&Hum) 19:01; 49 P Littler (Haringey) 19:01; 50 E Tapley (West M) 19:03; 51 N Heaney (N Irel) 19:05; 52 C Bush (West M) 19:05; 53 N Porter (East) 19:10; 54 R Winn (West M) 19:11; 55 K Gourley (N Irel) 19:12; 56 E Griffin (Wands) 19:13; 57 K Miller (NW) 19:14; 58 A Stock Clarke (E Mids) 19:21; 59 K Frizelle (Wales) 19:21; 60 I Chaudhry (NE) 19:22; 61 C Nicholls (Wands) 19:23; 62 M Groom (Barnet) 19:25; 63 L Olsen (S'wark) 19:27; 64 M Giglio (Houn) 19:29; 65 S Jones (SW) 19:30; 66 F Bell (NE) 19:33; 67 G Varley (NE) 19:42; 68 J Williams (Ham & Ful) 19:42; 69 A Pearce (Redb) 19:43; 70 S Kent (Barnet) 19:44

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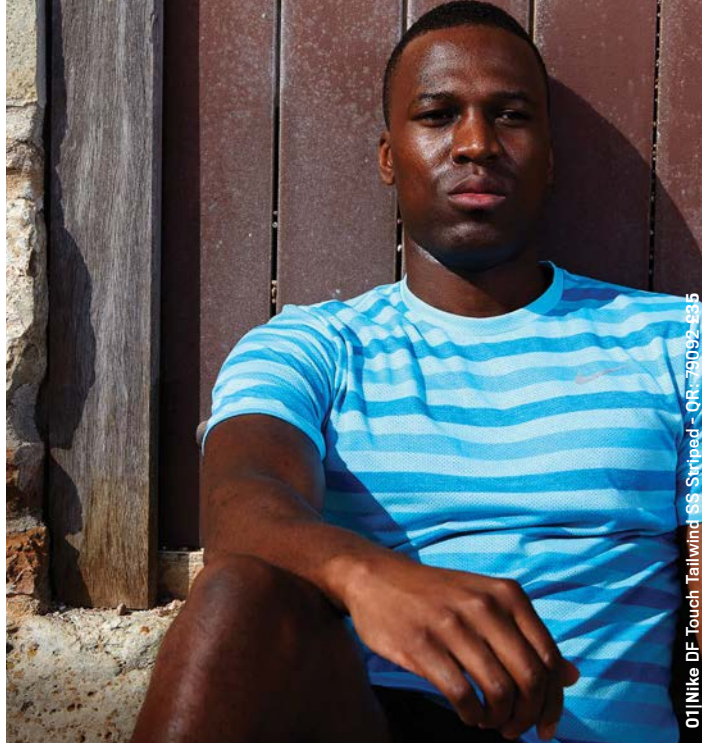
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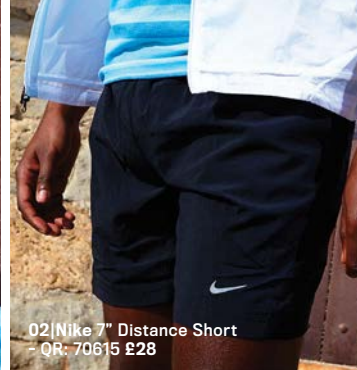
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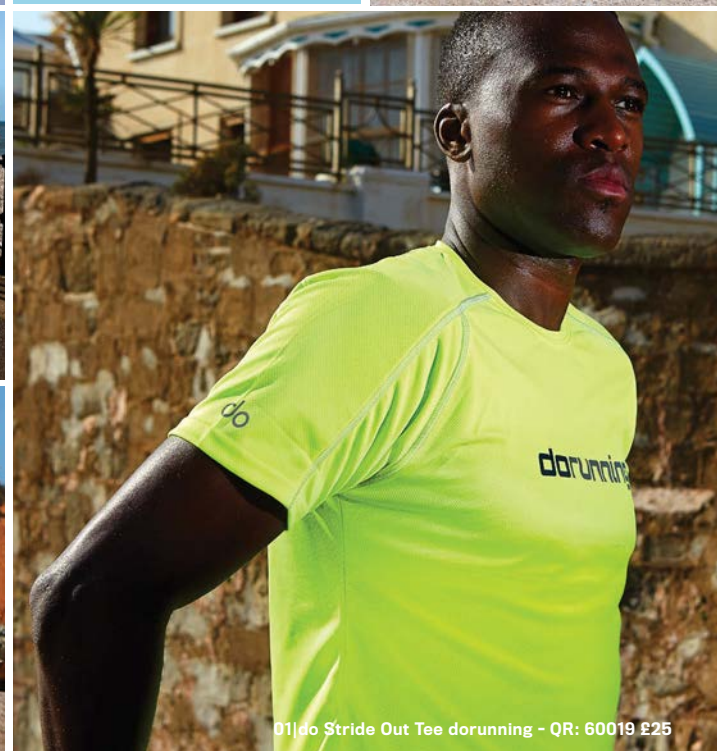
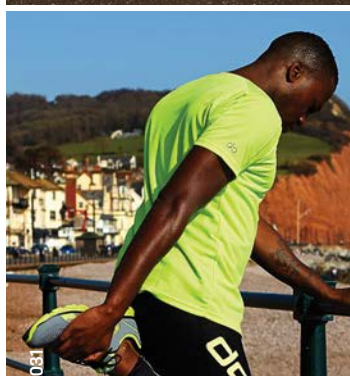


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David Omoregie:
European junior 60m
hurdles record-holder

Teenage barrier breaker

EMILY MOSS SPOKE TO DAVID OMOREGIE FOR OUR LATEST IN THE SERIES ON RECENT JEAN PICKERING OLYMPIC SCHOLARSHIP RECIPIENTS

DAVID OMOREGIE does not fit the image of a stereotypical sprinter. Quietly spoken, modest and articulate, the 18-year-old sprint hurdler does not "strut his stuff" and admits that his coach often tells him he must not be too "nice" to his competitors. He may not have all the talk, but Omoregie certainly

has the walk. This winter, the talented teenager has let his legs do the talking, as he broke the British and European junior 60m hurdles record with 7.50 and claimed bronze in the UK senior indoor championships.

Omoregie's somewhat reserved demeanour could have a lot to do with his background. With his parents originating from Nigeria, the family have moved around from Cardiff to Durham to Haverford West and back to Cardiff.

While the Cardiff AC athlete has spent most of his life in Wales after being born in Durham, he has not had an easy life and it is refreshing to see that Jean

Pickering's Olympic Scholarship has been awarded to not only a huge talent, but also to a young athlete to whom it can genuinely make a difference. Two years ago his dad passed away after suffering from cancer, leaving his mum to raise Omoregie and his brother and sister as a single parent.

Omoregie explains how important the grant will be to him. He says: "I feel honoured to have been selected for this award. It will really take the pressure off my mum, who doesn't work. I am currently in the sixth form and this will help with my travel costs and also my nutrition, which I pay close attention to. I plan to

go to university next year and the money will be really useful for rent and living costs."

Omoregie has his own car, which he uses to get to training, but with that currently being repaired, it has meant the dedicated youngster has to make an 80-minute bus journey into Cardiff and back out again to go to school and again to get to the stadium for training.

Also impressive is his academic commitment. Currently studying for his A-Levels in maths, biology and chemistry, the intelligent teenager is tipped to get top grades this summer and hopes to go on to study economics at Bath, Loughborough or Bristol

before going into a career in the finance sector.

"My dad and sister were both doctors, so having been brought up in an academic family, I am passionate to do well in my studies," he says. "Currently, whenever I am not at school or training I go to the library, so I don't have time to take on a part-time job."

Even more remarkable is that Omoregie's achievements have come in his first winter focusing on the hurdles. Having won the England Athletics under-20 indoor combined events title in January last year, Omoregie's first taste of international competition came when he represented Great Britain in the Combined Events Indoor International in Spain later that month and placed third. His hurdles was going well outdoors, and he qualified for the European Junior Championships where he ran a PB of 13.45 and placed fifth. Still undecided about his event choice, he did a decathlon three weeks later and he was not that pleased with how he did. This competition, combined with his progress in hurdles and his background with injuries planted the seed for a switch to the hurdles.

He explains: "I had a few injuries with multi-events and the decathlon is a discipline that is demanding on the body. At the start of winter training, I discussed it with my coach and we decided to focus on hurdles and see what we could achieve." Although happy with his decision, Omoregie is quick to credit the contribution that his background in multi-events has played to his rapid rise as a hurdler. "Combined events has made me stronger and more agile. I think the switch to focusing on one event has led to my improvement," he reveals.

Coached by Mike Guest, he trains five times a week, involving sprinting, hurdling, strength and conditioning, and sand dune running in Methyr Mawr. He has not yet started

weights, so feels there is room for improvement in the coming years. "My performances got better and better once I started with Mike," says Omoregie of his coach. "He just always tells me that I shouldn't be so nice to my competitors, but I don't want to come across as big-headed," he says quite seriously.

After a bronze in the UK Senior Indoor Championships and a gold in the England Athletics Under-20 Indoor Championships, Omoregie saved his best performance for his final indoor race. On home soil at the Welsh Athletics International, Omoregie sped to a PB 7.50 clocking, which was not only a British and European age-group best, but also temporarily a world junior record until French athlete Wilhem Belocian ran faster later that day with 7.48.

Reflecting on his race, Omoregie reveals: "I had been running fast in training, so knew I was capable of it, but I knew I needed to get it all together in a race. It was literally the perfect race and has given me a lot of confidence for outdoors."

Based on his form indoors, it is of little surprise that he has his sights firmly set on improving the British Junior record for the 110m

"We are from the same club. I have watched all his races. He was technically so good and very fast. I look up to him and I hope I can follow in his footsteps"

DAVID OMOREGIE, on Colin Jackson's influence

hurdles, currently held by Andrew Pozzi with 13.29.

"I prefer the 110m hurdles to the 60m hurdles, so I hope I can run fast and beat the record," he says. "My other main target is the World Juniors in Eugene where I hope to get a medal, but I would also like to do some races over the senior hurdles, as it gives me experience and a competitive edge," he says when speaking of his hopes for this season.

However, with Euan Dickson-Earle and Khai Riley-La Borde also having broken the previous British record with their respective 7.63 and 7.66 indoor clockings this year, Omoregie knows that he will have to be on top form even to qualify for Eugene and is full of respect for his rivals.

"Only two can go to the

World Juniors so it is going to be competitive," he says. "The England Athletics Under-20 Indoor Championships was a close race, but it is good because we push each other to fast times and it keeps us all on our toes.

Indeed, it would seem that the standard of British men's hurdling is at an all-time high in the UK.

Led by Pozzi, the fastest five under-20 110m hurdles marks ever in the UK have all been recorded in the past five years. However, given Colin Jackson's achievements and his Welsh heritage, it is of little surprise that Omoregie is inspired most by the former world champion and world record-holder.

"We are from the same club. I have watched all his races. He was technically so good and very fast. I look up to him and I hope I can follow in his footsteps," he explains.

Having equalled Jackson's junior record over the senior barriers, Omoregie clearly has the potential. And there is no doubting his commitment. Perhaps the Jean Pickering Olympic grant can go some way to helping Omoregie fulfil his talent and emulate some of the achievements of his idol Jackson.



David Omoregie (second from right); has only recently started to focus on sprint hurdles

JEAN-PIERRE DURAND

European champs

IN THE COUNTDOWN TO THIS YEAR'S MAJOR CHAMPIONSHIPS, WE CONTINUE OUR SERIES LOOKING BACK AT THEIR HISTORIES EVENT BY EVENT

Men's long jump

GERMANY'S Wilhelm Leichum was a clear winner of the first European Championships in Turin in 1934 as his team-mate the European record holder Luz Long picked up a bronze medal.

The Germans swapped the European best prior to the 1938 championships in Paris and Long improved the championship record to 7.54m in the second round. Leichum responded with jumps of 7.57m and then two at 7.65m to take gold while the Italian Arturo Maffei jumped 7.61m in the fifth to ensure Long would have to settle for another bronze.

At the 1946 event missing the uninvited German, Sweden's Olle Laessker opened up with a 7.42m leap which was only challenged by Swiss Lucien Graff's final jump of 7.40m.

The standards didn't improve in Brussels in 1950 as Iceland's Torfi Brynneirsson won with a national record 7.32m.

In 1954 in Bern, gold went to Olympic bronze medallist Odon Foldessy of Hungary, who with



Andrew Howe: gold for Italy in 2006

7.51m beat off the challenge of Zbigniew Iwanski and Ernest Wanko.

The Hungarian was only 10th in 1958 in Stockholm as 20-year-old Soviet Igor Ter-Ovanesyan won with a championship and national record of 7.81m.

By the 1962 event in Belgrade, Ter-Ovanesyan was the world record-holder after an 8.31m at altitude in Yeveren and improved his championship record to 7.82m in qualifying.

In the final he jumped a windy 8.19m, and some way back, Rainer Stenius and Pentti Eskola shared a Finnish record of 7.85m with the former taking silver thanks to a European junior best.

Lynn Davies was only 11th, but two years after his Olympic gold, Davies added 1966 European gold after a 7.98m final jump moved him up from fourth. The Soviet, who had been third in Tokyo, won silver.

The 1969 final saw six better than eight metres and Ter-Ovanesyan regained the title with a windy 8.17m leap and Davies won a battle for second with an 8.07m.

The 1971 event in Helsinki was another great contest as just seven centimetres covered the top six.

East German Max Klauss won, just a centimetre up on Ter-Ovanesyan, who won a fifth consecutive medal – a record in any event at the championships. Davies was fourth.

The Soviet had retired by 1974 in Rome, but his nation still won gold through the Ukrainian Valeriy Podluzhny's windy 8.12m.

France's Jacques Rousseau was only tenth in Rome but in Prague in 1978 he won with jumps of 8.15m, 8.11m and 8.18m in the first three rounds.

In 1982 in Athens, the event was dominated by East Germany's Lutz Dombrowski.

He achieved a championship best of 8.25m in qualifying and then improved to 8.30m in the first round and a windy 8.41m in the second. He jumped another legal championship best of 8.30m in the third round and 8.25m in the fourth for the competition's best four jumps.

The 1986 event in Stuttgart also saw a single domination, this time by Robert Emmiyan, who set a European record of 8.61m a few months earlier. The Soviet jumped 8.24m in qualifying, 8.29m in the first round and a record 8.41m in

the second, going on to win gold by 40 centimetres.

In Split in 1990, Emmiyan was eliminated in qualifying and the West German Dietmar Haaf won with an 8.25m leap.

In 1994 in Helsinki, Ilyaylo Mladenov was only 12th best in qualifying, scraping into the final with 7.83m, but the Bulgarian caused a shock in the final with an 8.09m for gold.

The Russian Kiril Sosunov won in Budapest with 8.28m with Romanian Bogdan Tarus second, leaping 8.21m.

In poor weather in Munich in 2002, Ukraine's Aleksey Lukashevich won gold with 8.08m.

In 2006 in Gothenburg, US-born Italian Andrew Howe won with an 8.20m leap as Greg Rutherford, whose best days were to be still six years in the future, took silver with 8.13m.

The 2010 final in Barcelona saw Salim Sdiri jump 8.20m and not even win a medal, while Howe jumped 8.12m for fifth.

Germany's Christian Reif won with a world-leading mark and championship record of 8.46m. Chris Tomlinson took a fine bronze with 8.23m.

Germany retained the title in Helsinki in 2012 through Sebastian Beyer's 8.34m, which matched his windy mark from qualifying.

Gold medal winners

1934: Wilhelm Leichum (GER)	7.45m
1938: Wilhelm Leichum (GER)	7.64
1946: Olle Laessker (SWE)	7.42
1950: Torfi Brynneirsson (ISL)	7.32
1954: Odon Foldessy (HUN)	7.51
1958: Igor Ter-Ovanesyan (URS)	7.81
1962: Igor Ter-Ovanesyan (URS)	8.19
1966: Lynn Davies (GBR)	7.98
1969: Igor Ter-Ovanesyan (URS)	8.17
1971: Max Klauss (GDR)	7.92
1974: Valeriy Podluzhny (URS)	8.12
1978: Jacques Rousseau (FRA)	8.18
1982: Lutz Dombrowski (GDR)	8.41m
1986: Robert Emmiyan (URS)	8.41
1990: Dietmar Haaf (FRG)	8.25
1994: Ilyaylo Mladenov (BUL)	8.09
1998: Kirill Sosunov (RUS)	8.28
2002: Aleksey Lukashevich (UKR)	8.08
2006: Andrew Howe (ITA)	8.20
2010: Christian Reif (GER)	8.46
2012: Sebastian Beyer (GER)	8.34m



Christian Reif: championship record in 2010

British medallists

Gold: Lynn Davies (1966)

Silver: Davies (1969), Greg Rutherford (2006)

Bronze: Chris Tomlinson (2010)

Most successful athlete and

Briton: Igor Ter-Ovanesyan won three golds and two silvers. He is the youngest winner at 20 and the oldest at 31

Most successful Briton: Lynn Davies won a gold and a silver in his four finals.

Commonwealth Games

Men's long jump

THE first Commonwealth long jump winner in Hamilton in 1930 was Canadian Len Hutton, the only one over seven metres in the competition.

Canada retained the title in 1934 in London through 16-year-old Sam Richardson.

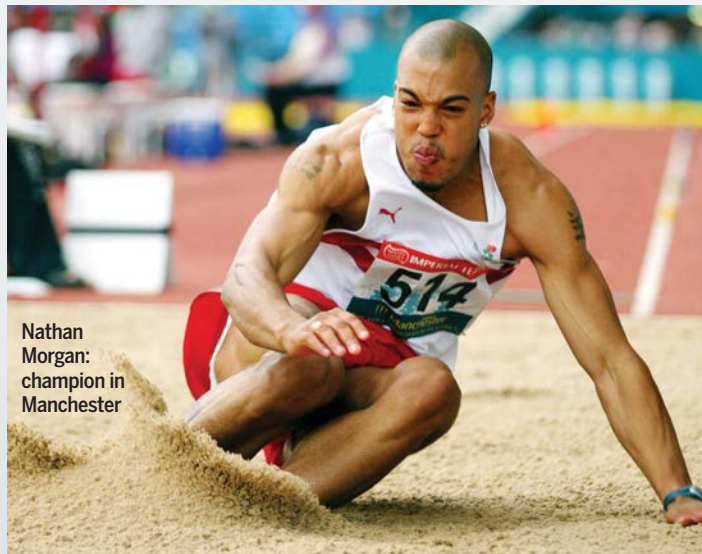
The nation made it three in a row in 1938 in Sydney as Hal Brown made a dramatic improvement to win from team-mate Jim Panton. Brown's twin brother Wally was also in the final and finished tenth.

In Auckland in 1950, Canada didn't even have a competitor and another event well short of world-class was won by the South African Neville Price, who was followed by three New Zealanders.

England had had a modest record up until then with just one medal, but finally came good in Vancouver in 1954.

Ken Wilmshurst, who had won the triple jump two days earlier, won in a Games record 7.54m, with Nigeria taking the minor medals.

Wilmshurst was only 11th in 1958 in Cardiff as Jamaica had their first success with both Paul Foreman and Deryck Taylor jumping 7.47m and Muhammad Ramzan Ali picking up bronze for Pakistan.



Nathan Morgan:
champion in Manchester

The 1962 event was held in Perth where surprise package Ghana's Mike Ahey's windy 8.05m was the first jump at the Games even approaching world-class.

Wales' Lynn Davies jumped a British record of 7.72m for the best legal jump of the competition but had to settle for fourth, just two centimetres down on second.

In 1966 in Kingston, Davies was back and as the only Olympic male champion competing he won another gold with a 7.99m leap. Former Briton John Morbey won silver for Bermuda.

Davies retained his title in Edinburgh in 1970 with a Games

record of 8.06m and Alan Lerwill won bronze for England with 7.94m, both jumps being wind-assisted.

In 1974 in Christchurch, Lerwill narrowly won gold by just two centimetres from Australian Chris Commons. Ghana's Joshua Owusu finished third and then went on to win the triple jump.

England retained the title in 1978 through Jamaican-born Roy Mitchell's windy 8.06m. Commons was again two centimetres from gold in collecting his second silver. The splendidly named Canadian Rick Rock was fifth.

In Brisbane in 1982, Gary Honey won by a massive 34 centimetres.

He retained his title easily in Edinburgh in 1986 and this time with a 8.08m jump, 25 centimetres ahead of England's Fred Salle.

Honey was only tenth in Auckland in 1990. All jumps were wind-assisted and the performances were excellent with Nigerian Yusuf Ali winning with a huge 8.39m and Australian David Culbert the runner-up with 8.20m.

Nigeria won again in 1994 in Victoria. The American student Obinna Eregbu, who had jumped 8.22m in qualifying, won with an 8.05m leap with Culbert again second.

Australia did even better in 1998 in Kuala Lumpur as they scored a

one-two with both Peter Burge and Jai Taurima jumping respectable 8.22m leaps.

England were back on top in Manchester in 2002 when Nathan Morgan won with the only eight metre jump.

Darren Ritchie achieved Scotland's best ever result with fourth, just one centimetre from a medal.

The 2006 event in Melbourne was a high standard event as Ghana's Ignisious Gaisah won narrowly with 8.20m from Botswana's Gable Garenamotse.

Chris Tomlinson was sixth for the second Games running while Greg Rutherford was eighth.

Lapierre won in Delhi in 2010 with a top-class 8.30m and Rutherford, warming up for his Olympic gold, jumped 8.22m with Gaisah third this time in 8.12m.



Ignisious Gaisah:
gold medalist in Melbourne '06

Gold medal winners

1930:	Leonard Hutton (CAN)	7.20
1934:	Sam Richardson (CAN)	7.17
1938:	Harold Brown (CAN)	7.43
1950:	Neville Price (RSA)	7.31
1954:	Ken Wilmshurst (ENG)	7.54
1958:	Paul Foreman (JAM)	7.47
1962:	Mike Ahey (GHA)	8.05w
1966:	Lynn Davies (WAL)	7.99
1970:	Lynn Davies (WAL)	8.06w
1974:	Alan Lerwill (ENG)	7.94
1978:	Roy Mitchell (ENG)	8.06w
1982:	Gary Honey (AUS)	8.13
1986:	Gary Honey (AUS)	8.08
1990:	Yusuf Ali (NGR)	8.39w
1994:	Obinna Eregbu (NGR)	8.05w
1998:	Peter Burge (AUS)	8.22
2002:	Nathan Morgan (ENG)	8.02
2006:	Ignisious Gaisah (GHA)	8.20
2010:	Fabrice Lapierre (AUS)	8.30



Fabrice Lapierre:
beat Greg Rutherford to gold in Delhi

British medallists

Gold: Ken Wilmshurst (Eng: 1954), Lynn Davies (Wal: 1966, '70), Alan Lerwill (Eng: '74), Roy Mitchell (Eng: 1978), Nathan Morgan (Eng: 2002)

Silver: Reg Revans (Eng: 1930), Fred Salle (Eng: 1986), Greg Rutherford (Eng: 2010)

Bronze: Lerwill (Eng: 1970)

Most successful athlete and Briton: Both Lynn Davies and Gary Honey won double gold, although Davies also had a close fourth.



Gemma Steel (far left): on her way to winning the Saucony English National title in Wollaton Park

Cross country rankings

WE CONTINUE OUR LOOK AT THE 2013-14 UK CROSS-COUNTRY SEASON DOMESTIC RANKINGS WITH A COUNTDOWN OF THE TOP 15 SENIOR WOMEN

Pictures: Mark Shearman

Key

- BUCS = British universities
- Edin = Edinburgh
- Euro = European
- HI = Home International
- L'pool = Liverpool (Euro trial)
- IC = Inter-Counties
- Mids = Midlands
- NCAA = American Collegiate Champs
- NE = North East
- Nth = North

Senior women

FOUR of last year's top five were absent or had insufficient form to warrant a ranking this time. The exception was 2013 No.2 Gemma Steel, who was an easy choice for the top spot this time, her stellar season being the best by a British woman for many years.

She is followed by three from Aldershot, who would obviously win the team award if we had one.

It wasn't easy to rank three athletes who had little form but made the European team. The trio head the far more prolific Katie Brough, Rhona Auckland and Jess Andrews, who all made the top 10 with much busier seasons.

1 Gemma Steel (Charn) (2013: 2)

A very clear No.1, she was only headed by a Briton when Charlotte Purdue beat her in Antrim. She had a superb season overall with three

big wins at the National, Edinburgh and Liverpool and gained a hard fought silver medal in the Europeans.

2 European, 1 National, 1 Edin, 1 L'pool, 6 Antrim, 2 San Vittore
High: Edinburgh. **Low:** Antrim
Head to head: 2-1 v Purdue, 4-0 v Twell

2 Charlotte Purdue (AFD) (2013: unranked)

She made an excellent comeback with five strong races but raced no cross country after January and missed the domestic finales.

5 Edin, 3 Euro U23, 1 Cardiff, 2 L'pool, 5 Antrim
High: European U23. **Low:** n/a
Head to head: 2-0 v Twell, 3-0 v Partridge

3 Stephanie Twell (AFD) (2013: 6)

A solid consistent season with

good runs in all the majors. 2 National, 9 Edin, 3 L'pool, 15 Euro, 7 Albufeira

High: National. **Low:** Edinburgh
Head to head: 2-1 v Partridge

4 Lily Partridge (AFD) (2013: 12)

Huge improvement from last year and highlighted by a win at the Inter-Counties.

3 National, 1 IC, 5 Euro U23, 4 L'pool, 7 Edin, 5 Seville, 1 Surrey
High: Inter Counties. **Low:** n/a
Head to head: 0-1 v Avery, 1-0 v Howarth

5 Kate Avery (Shildon) (2013: unranked)

Season ended at the Europeans where she was an excellent fourth in the under-23s following a fine third in the NCAA Championships, but needed more races to rank higher.

4 Euro U23. 3 NCAA, 5 NCAA NE, 1



Lily Partridge: Inter-Counties gold medallist

DAVID HEWITSON

Good form all season ending with a medal in the Inter-Counties. 7 L'pool, 3 Inter-Counties, 7 Euro U23, 21 Edin, 3 BUCS, 1 Scottish, 3 Scottish 4km, 1 Scottish ED Lge (19.10)
High: European under-23. **Low:** Scottish 4km
Head to head: 4-1 v Andrews, 2-0 v Weightman

10 Jessica Andrews (AFD) (2013: unranked)
 South of England champion made European team but poor run at Inter-Counties. 5 National, 1 South, 4 BUCS, 9 L'pool, 17 IC, 17 Edin, 16 Euro U23
High: European under-23. **Low:** Inter Counties
Head to head: 1-1 v Weightman

11 Laura Weightman (Morpeth) (2013: unranked)
 Short season for Olympic 1500m runner but just did enough to rank. 8 Euro U23, 10 L'pool, 1 Sth Yks Lge (10.11)
High: Euro U23. **Low:** Liverpool
Head to head: 1-0 v Richardson, 1-0 v Smith

12 Chloe Richardson (Birchfield) (2013: unranked)

MAAC, 9 Terre Haute, 4 Bethlehem
High: NCAA. **Low:** Terre Haute
Head to head: 1-0 v Partridge,

6 Julia Bleasdale (Hillingdon) (2013: unranked)
 A solid run in the Europeans but a very poor run in Burgos and a very good Surrey League (where she beat Tish Jones) gave her a flimsy overall record. 7 Euro, 23 Burgos, 1 Surrey League (19.10)
High: European. **Low:** Burgos
Head to head: 1-0 v Howarth,

7 Lauren Howarth (Leigh) (2013: 7)
 Only did the two races and they were both good but needed more races to rank higher. 11 Euro, 5 L'pool
High: European. **Low:** n/a
Head to head: 2-0 v Brough

8 Katie Brough (Vale R) (2013: 15)
 A very solid domestic campaign with good runs in the majors making up for a few below-par runs. 4 National, 2 IC, 27 Euro, 6 L'pool, 1 Bristol, 25 Edin, 10 North, 1 Manchester Lge (19.10)
High: Inter Counties. **Low:** Edinburgh/North
Head to head: 2-1 v Auckland, 3-1 v Deadman, 3-1 v Andrews

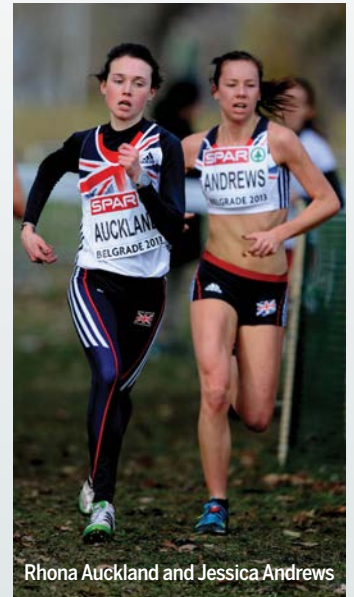
9 Rhona Auckland (Banchory) (2013: 7 (U20))

A very good run at Edinburgh just about compensated for missing the later championships. 11 L'pool, 10 Edin, 8 Seville, 5 BUCS. 8 Brussels, 1 Mid W Lge (9.11, 7.12)
High: Edinburgh. **Low:** BUCS
Head to head: 2-1 v Deadman, 2-0 v Smith

13 Rosie Smith (Durham) (2013: 10)
 Poor run at Liverpool but better form at other events after that. 6 IC, 7 Antrim, 13 Edin, 15 L'pool, 4 Scottish, 2 North, 1 NE
High: Edinburgh. **Low:** Liverpool
Head to head: 1-1 v Deadman

14 Lauren Deadman (Havering) (2013: unranked)
 Good early-season run in Liverpool gained European selection and helped her ranking but her season ended early. 8 L'pool, 43 Euro, 23 Edin, 13 Seville, 3 Bristol, 7 Soria, 1 Essex Lge (19.10)
High: Liverpool. **Low:** Seville
Head to head: 1-0 v Bruinvels

15 Miranda Heathcote (N&P) (2013: unranked)
 Masters International winner also gained a South runners-up spot



Rhona Auckland and Jessica Andrews

and had a good run in the National. 6 National, 2 South, 2 HI. 1 Masters Int, 1 Cornwall
High: National. **Low:** n/a
Head to head: 2-0 v T Jones

Those narrowly missing out include Northern champion Katie Walshaw, Georgie Bruinvels, who was top-12 in both the National and Inter-Counties, Cardiff runner-up Laura Whittle and US-based Hannah Walker, who had a poor run at the NCAAs but showed otherwise good form.



Charlie Purdue (868): enjoyed a terrific run in Cardiff before injury struck

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AFTER taking up running as an overweight smoker at the age of 30, Keith Anderson eventually ran 2:17 for the marathon and placed 10th at the 1998 Commonwealth Games marathon at the age of 41.

He was a hard-working athlete and a fierce competitor, but he has never forgotten how difficult and misinformed his first attempts at training, fitness and weight-loss were.

Now through Full Potential, Anderson is passing on his experience and knowledge, providing private coaching services to runners, charities and companies from beginners to elite.

"Our passion is passing on knowledge and experience to others so they can enjoy their running and achieve great success too," said Anderson. "This is the central ethos of Full Potential. We



want to help all our runners to believe, run, achieve."

He has a small and dedicated team working with him, including Richard Coates and Ben Barwick.

The unique private coaching service offers affordable but accessible support and advice via face-to-face, email or telephone.

"Each runner has individual needs and goals," says Coates. "There's a lot of generic advice available on the internet or in magazines, but we are able to tailor training plans, coaching and support so runners get exactly what they need. Our individual

approach makes each runner's experience far more enjoyable and motivating.

"After a runner has initially contacted us at Full Potential, we discuss their current training, past races and targets. We go over areas where they think they need to improve and look at possible barriers to achieving their goals. We answer any questions they have as it's very important to make runners feel comfortable and build trust during this first point of contact."

If the runner decides to go ahead, they complete two detailed questionnaires and the coaches agree their race targets for the months or even years ahead.

Once they have reviewed all the information received, they write the runner's training in two or four-week blocks so it fits in with their diary and lifestyle. They give due attention to their current development stage and their strength and nutritional needs. Alongside the training itself they provide conditioning, agility, balance and co-ordination drills dependent on their level of skill in these areas.

The runner then commences the training and gives regular feedback face to face, via email or telephone so that they can adjust their training or plan accordingly for future training blocks. The coaches often extensively review data that runners provide via Garmin Connect to ensure a high level of attention to detail. The proof is in the pudding with runners' race times and how much they enjoy working with Full Potential.

Full Potential pride themselves on providing the best quality of service to the athletes they work with. They welcome feedback on their coaching methods at all times so that they can learn and improve.

Full Potential have a rapidly growing fan club of runners who have been delighted with the coaching support they've received, some having been clients for years.

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Questions over ban

I DETEST performance-enhancing drug use as much as most of our readers, but I question the consistency of bans when someone like

Asafa Powell gets as much as 18 months (p.35) despite the fact that he seems to have shown his positive test was a result of

contaminated supplements rather than deliberate cheating.

You can tell athletes not to take supplements all you like – but this approach isn't working.

Furthermore, we should be penalising the actual drug cheats in our sport rather than making scapegoats of innocent athletes with all the negative publicity that goes with it.

Paul Halford, Deputy editor



ENDURANCE: 1993 LONDON WINNER LONGS FOR RETURN TO HARRIER TRADITION

Martin: don't neglect club coaches

EMONN MARTIN, the last British male London Marathon winner, questions the approach to finding someone to emulate him.

Ahead of Mo Farah's attempt to do so on Sunday, the Basildon AC chairman called for a continuation of the development of club coaches rather than a furtherance of the trend of encouraging athletes into universities.

Martin, who is himself a club coach, said he is disappointed no one from these shores has gone on to win as he did on his debut in 1993.

He said in the build-up to last week's race: "It's a surprise (that no Brit has won since). It doesn't mean anything to me now. Winning it does.

"I don't like the fact that I was the last British winner. I'm involved in coaching and athletics and I don't like the fact that it hasn't moved on."

He decried the fact events like the Virgin Money London Marathon and the home Olympics offered only a temporary or



Eamonn Martin: 1993 London winner says Olympic fever was short-lived

inadequate boost to athletics participation.

"It's great the top end will get a lot of publicity and we've got fantastic fields," he said. "It's good to have names in it. But I don't think it does much for the grass roots. It inspires people, but maybe we need something more to get people into the clubs and not just mass participation."

He added of his experience at Basildon: "After the Olympic Games we had a load of kids and their parents turn up but most of them have gone now."

As for improving the quality of British distance running, the 55-year-old lamented the changing approach to coaching.

"We had a great harrier tradition in this country and we had coaches in all corners of the country. We were producing results from athletes from different walks of life who were all getting similar results.

"They're trying to force the athletes into universities now – rather than using the skills, the flare, the artistry of individual coaches, which it will have been back then. I think there's still got to be a lot of that. We can't lose that tradition of some of the great coaches we've had. So I think that we've got to look at it and think, are universities the way forward? Only time will tell. Maybe time has told.

"At the moment we haven't got the numbers in the sport."

Three selected for Zurich marathon

JOHN GILBERT, Andi Jones (right), and Ben Moreau have been picked to represent Britain in the marathon at the European Championships in Zurich on August 12-17.

The trio are the first to be named in the team following the official trial in the Virgin Money London Marathon last Sunday.

The event incorporates the European Marathon Cup, which includes teams of up to five with three to score – rather than the usual three per event.

UK Athletics' policy was to pick athletes who had beaten its "individual" standard of 2:15:30 or, if realistic team medal chances were thought to exist, up to five athletes



under the "team" guideline of 2:17:00.

Some had feared, therefore, that UKA may opt to send no one, given that some are opting to contest for Commonwealth Games places.

With the qualification period

including all of 2013, Moreau's 2:15:52 from Fukuoka in December counted, while Jones' 2:16:55 from Manchester on April 6 and Gilbert's 2:16:46 from London on Sunday were also inside the 2:17:00.

With Britain's top two in London, Mo Farah and Chris Thompson, set to return to the track, Nick Torry, who had the individual standard, is hoping for England Commonwealth selection. Dave Webb, who ran 2:15:21 last year, is understood to be in the same boat – as is Steve Way, third quickest in the UK this year.

The same is assumed to apply to Louise Damen, who has run below the individual standard, while 2014 No.2 Alyson Dixon is aiming for Glasgow.

Tragedy in London

THE man who collapsed and died at the finish line of the Virgin Money London Marathon on Sunday has been named as 42-year-old Robert Berry.

He was running to raise money for the National Osteoporosis Society. Donations on his Just Giving webpage soared after news of his death and had reached more than £40,000 as *AW* went to press on Tuesday.

Power of Ten records show he had bests of 90:56 and 66:51 for the half-marathon and 10 miles respectively.

On his running blog earlier this month he spoke of breathing problems while running and having to use his asthma inhaler "three times in the last week whereas I might use it three times in a year", but this coincided with unusually high smog levels in London.

DRUGS: JAMAICAN SPRINTER INSISTS THAT HIS SUPPLEMENTS WERE CONTAMINATED

Powell given 18-month suspension

ASAFA POWELL was banned last week for 18 months after testing positive for a banned drug 10 months ago.

The former world 100m record-holder's suspension was back-dated to last June when he failed the test at his national championships, meaning he will be free to compete in December.

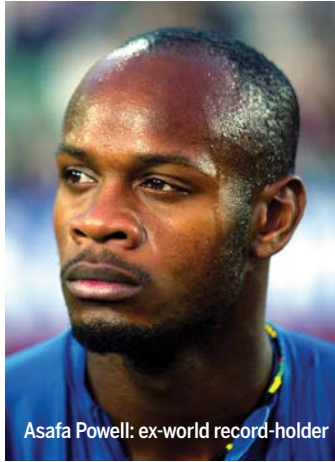
Powell had always protested his innocence and a statement on his website claimed he had been unfairly treated by the Jamaican Anti-Doping Commission panel.

Powell claims his positive test for oxilofrine resulted only from taking contaminated supplements.

He said his legal team had commissioned two private laboratories that confirmed the banned drug was present in the supplement despite not being listed as an ingredient and that the World Anti-Doping Association and United States Anti-Doping Agency confirmed these findings.

The Jamaican said in the statement: "This ruling is not only unfair, it is patently unjust. Panels such as these, I understood, were assembled to allow athletes who, consciously or unconsciously come into conflict with the rules of sport, a chance at equitable redemption. Unfortunately, this was not the case."

He added: "This is the first time



Asafa Powell: ex-world record-holder

in nearly 12 years of being in the sport and over 150 tests that I have had an adverse finding. It is for a stimulant – a stimulant that is only banned during competition and experts have declared has no performance-enhancing effects.

"Sanctions for a stimulant and this kind of infraction usually range from public warnings to a ban of three months, six months in the most extreme cases; I was and am still more than prepared to accept a sanction that is in line with the offence. Instead, nine months later, what has been handed down is clearly not based on the offence nor the facts surrounding it."

Powell, who is planning to make an appeal to the Court of Arbitration for Sport, reiterated that he had never knowingly taken banned substances.

As a former world 100m record-holder, he is one of the highest-profile track and field athletes in history to be banned for doping.

He broke or equalled the world mark on four occasions between 2005 and 2007.

Powell had been provisionally suspended since his positive test was revealed. News of it emerged on the same day as that of the adverse finding concerning former world sprint champion Tyson Gay, who is still under investigation.

Kim Collins, the 2003 world 100m champion, was quoted last week showing no sympathy for Powell. The St Kitts & Nevis sprinter said: "In track and field, when it comes to cheating, you do not tell the truth. You lie and everybody says, 'Oh, he really didn't do it.' Come on! We all know. Man up. When I'm out there losing to you or anyone else is losing to you, man up. If you're a woman, the same thing applies: man up."

Meanwhile, marathon world record-holder Paula Radcliffe believed Powell should take responsibility. "He should really run everything through the system before he takes it," she said. "Whatever the length of the ban I think the fact a high-profile athlete's got caught because of supplements should send a warning out."

Hartley-Wass death baffles experts

AN INQUEST has failed to explain the sudden death of former 400m runner Donna Hartley-Wass at the age of 58 in June last year.

The gold medal winner in the 400m and 4x400m at the 1978 Commonwealth Games was found dead by her husband after she had returned home from working as a fitness instructor and was sunbathing in the garden.

Described as the "golden girl" of British athletics, Hartley won 4x400m relay bronze with Britain at the 1980 Olympics. She later switched to bodybuilding.

Stanley appointed to field and multi role

PETER STANLEY has been appointed as head of field and combined events by UK Athletics.

The former coach to triple jump world record-holder Jonathan Edwards will remain in his current role as head of coaching and development for UKA and England Athletics until after the Glasgow Commonwealth Games.

The announcement means the three main coaching roles under performance director Neil Black have been filled.

Barry Fudge has already been named as head of endurance and Stephen Maguire as head of power (sprints and hurdles).

Track & Field TOURS

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MIDDLE-DISTANCE: WELSH RUNNER HOPES ALTITUDE TENT WILL HELP HIM TO A MEDAL IN GLASGOW 2014 GAMES

Warburton lives high life in pursuit of success

MANY athletes go away to train at altitude, but Olympic 800m runner Gareth Warburton hopes a reverse approach will pay off at this year's Commonwealth Games.

The Welshman, who was fourth in the Games in Delhi in 2010, is sleeping in an altitude tent in a determined bid to go one better in Glasgow.

Warburton went altitude training in Kenya last year, but he was not sure it worked well for him.

So since last December he has been taking the relatively rare step of having his bed totally encompassed by a special tent into which oxygen-reduced air is pumped in. He can thus feel the widely accepted benefits of "living" at altitude, while enjoying the ability to train at sea-level.

He said of the trip to Kenya arranged by UKA: "It was a great



MARK SHEARMAN

Gareth Warburton: looking for 2012 form

experience, but it didn't give me the opportunity of being able to train at a low intensity. Whereas, here I can sleep at a high altitude and then come back and train and get that intensity.

"I found it really hard training at altitude in Kenya."

After enjoying a great season in 2012 when he took 1.49 seconds from his best to reach the Olympics, he could not quite replicate that form in 2013. With a season's best of 1:46.73, he failed to make the British team for the IAAF World Indoor Championships in Moscow.

"I don't know if [the altitude training] had any adverse effects or not, but that was one thing I did do differently," he said when asked if he knew why 2013 was below-par.

However, Warburton, who won an appeal to be placed on the London 2012 team after initially being left off, is keen to ensure this season is a better one.

The former rugby player looks likely to be picked for his third Commonwealth Games in succession – in Melbourne he was

still competing as a 400m runner before making the switch – with his qualifying time from last year.

He is naturally unsure of what opposition he would face in Glasgow. Last time out he was behind three Kenyans, Boaz Lalang, Richard Kiplagat and Abraham Kiplagat.

"It all depends who turns up. You never know. David Rudisha (the world record-holder) could be there or he might not be," he said.

"Sometimes you can have world-class fields and other times it can be pretty weak."

But regardless of the outcome, he would be among the proudest to compete in the Games.

"It's important for me as I'm a proud Welshman," said the Cardiff athlete. "I speak fluent Welsh as my first language. So it's nice to be able to put on the Welsh vest."

COMMONWEALTHS: REVEAL OF THIS SUMMER'S MOST SOUGHT-AFTER SILVERWARE MARKS 100 DAYS TO GO

Glasgow Commonwealth medals unveiled

GLASGOW 2014 organisers have unveiled the Commonwealth Games medals that 4500 athletes will be competing for in the Scottish city this summer.

The gold, silver and bronze prizes were revealed at an event at the Kelvingrove Art Gallery and Museum in Glasgow to mark the 100 days to go milestone.

The design team, which included jeweller Jonathan Boyd and 11 specialist jewellery makers working at the Glasgow School of Art, drew inspiration for the medal design from many elements of Scotland, from the Isle of Harris to the parks of Glasgow.

At the medal launch there was also a recreation of the medal procession ceremony showing the ceremonial outfits to be worn by the male and female medal bearers, the trays the medals will be placed in and specially created gifts which will



The Glasgow 2014 medal with designers Jonathan Boyd and Kerry Nixon

be given to the winning athletes.

Paul Hodgkiss designed the wooden podiums, trays and gifts, while fashion designer Kerry Nixon designed the dresses worn by the female medal bearers and styled the male medal bearers with the support of Harris Tweed who made the specially commissioned fabric.

"It is fantastic to see the medals for

the Glasgow Commonwealth Games revealed," commented Shona Robison, minister for Commonwealth Games and sport. "They look absolutely stunning and I'm sure that all the athletes who have worked so hard to get here and compete will be honoured to receive one of these medals.

"The Games are proving a great showcase for Scottish designers from

these fantastic medals designed by Jonathan Boyd, to the wooden quaiachs by Paul Hodgkiss and the dresses for the female medal bearers by Kerry Nixon.

"We are celebrating 100 days to go today before we are host to the largest sporting and cultural event ever seen in Scotland. The final pieces are all coming together as we get ready to deliver the best Games ever and to showcase Scotland on a global stage."

Boyd added: "It's a real honour to have been invited to design the Glasgow 2014 Commonwealth Games medals. As someone who is extremely proud to live in the city of Glasgow and an avid sports fan, I am thrilled to be given this opportunity. I hope I have designed something that stands proud as an interesting and unique object but, more importantly, something that celebrates each athlete's individual achievement."

DISTANCE: EURO CROSS BRONZE MEDALLIST HAPPY TO STAY ON THE TRACK RATHER THAN MOVE UP TO 26 MILES

Step-up not on the cards for 'too heavy' Vernon

DESPITE being Britain's top-ranked male cross-country runner this season, Andy Vernon is unlikely to ever seriously race a marathon because he is too top-heavy, writes Jason Henderson.

The 28-year-old followed bronze at the European Cross Country Championships in Belgrade in December by clocking 7:45.49 for 3000m to reach the world indoor final in Sopot in March.

He says "his strength is his strength", but speaking shortly before last weekend's Virgin Money London Marathon he said he would probably never run one seriously.

"I always thought I would run a



Andy Vernon: advised by coach to stay clear of marathon

MARK SHERMAN

marathon one day, because most distance runners move up until they eventually run one," he said.

"But my coach, Nic Bideau, said I'm a bit too tall and heavy around the shoulders to be any good at it and so I'm better sticking with 5000m and 10,000m."

At 5ft 11in, Vernon is not that tall for a distance runner, but he weighs 71kg (just over 11 stone) and has quite broad and muscle-bound shoulders, which are useful during the latter stages of track races but the polar opposite of the diminutive build that most top marathon runners have.

"I don't lift weights and have tried to get rid of the shoulder muscles, but can't!" he says.

He is not worried at the moment, though, because his

immediate goals include qualifying to run ideally in the 5000m at the Glasgow Commonwealth Games and 10,000m at the European Championships in Zurich.

Just before the London Marathon he travelled to an altitude training camp in Mount Laguna near San Diego and he will race 5000m at Stanford in early May before tackling 25 laps at the Highgate Night of the 10,000 PBs on May 10.

"My winter went pretty much how I wanted," the Saucony-sponsored athlete added. "I was really pleased to get a medal at the European Cross and am keen to run well this summer."

Run the London Marathon virtually

THOSE not fortunate enough to gain an entry into next year's Virgin Money London Marathon will be able to run the race virtually thanks to a new innovation announced last week.

Billed as the "world's first digital marathon experience", users of a phone app will be able to feel as if they are on the streets of the capital with the aid of high-definition video.

The marathon organisers have teamed up with Paofit to allow runners to take in the race route whether on the day itself – April 26, 2015 – or any time.

The Paofit app, which is currently available for iPad, will transmit footage of the course based to the screen. When the device is placed on top of the treadmill, the app will detect the speed of the runner based on vibration and progress the course accordingly. Runners will see their own running avatar and that of others whom they overtake or are overtaken by.

Runners using Life Fitness Track+ or Discover console treadmills will experience the treadmill incline as it automatically matches the real terrain

of the course on the video. Runners can participate as individuals or as a relay team.

"Imagine lining up in Greenwich and hearing the cheers of the crowd as you run past the famous London landmarks of the Cutty Sark, Tower Bridge, Canary Wharf, the London Eye, the Houses of Parliament and Buckingham Palace to the finish on The Mall, experiencing the unique atmosphere of the day without ever leaving your home or gym," said Virgin Money London Marathon race director Hugh Brasher.

"Paofit is the first and only company to combine HD video of running courses with virtual reality avatars to make treadmill running fun and social," says Marc Hardy, chief executive of Paofit. "We're excited to be able to give any indoor runner the chance to experience the course, from novice runners to experienced racers."

● Visit paofit.com to download the app. It is available for iPad and Android and iPhone versions will be released soon.

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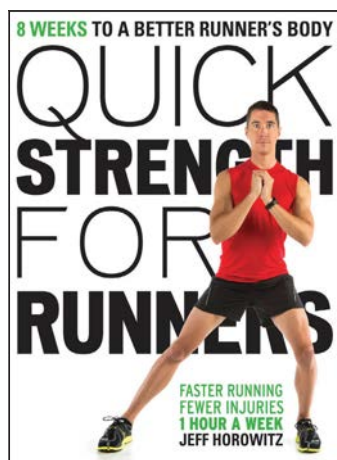
JCDecaux



Quick Strength for Runners

THREE NEW BOOKS THAT WILL BE USEFUL ADDITIONS TO THE ATHLETE AND COACH COLLECTIONS

THE front cover of *Quick Strength for Runners* boldly states: "8 weeks to a better runner's body". We're not going to argue with that statement, but let's also say that Rome wasn't built in a day. So patience is the key – it may take much longer! However, also on the cover it quotes: "Faster running, fewer injuries in under 1 hour a week" – so that sounds like something that must be good.



The American publication comes in at 200 pages and it is one of the best illustrated books we've seen in a while. The images leave the

enthusiast in no doubt as to what is being done or what is required and the explanations are athlete friendly – short and to the point and easily understandable.

The exercises are intended to be used to strengthen the core and key running muscles to build a better runner's body and all in under an hour a week. Strength training is now recognised as being crucial for better running and injury-prevention and this book picks out the best exercises that work.

Jeff Horowitz, a running coach as well as a personal trainer, simplifies strength training into just two 20-minute workouts per week and all with no gym or expensive

equipment – perfect for the time-restricted runner.

The early pages set out to dispel the many myths associated with strength training. The real guts of the book, though, is what runners want to see – varying exercises both standing and weighted along with floor exercises before moving on to the actual workouts.

It's a book that is easy to comprehend and also one that we recommend.

● *Quick Strength for Runners* by Velopress retails in the UK for £14.95 and is available at good bookshops or direct from cordee.co.uk

Racing Weight Cookbook

THIS book delivers lean and light recipes for athletes in its 250-plus pages. What is important is that there are more than 100 easy recipes that are packed with flavour that will help athletes to hit their ideal weight without compromising performance.

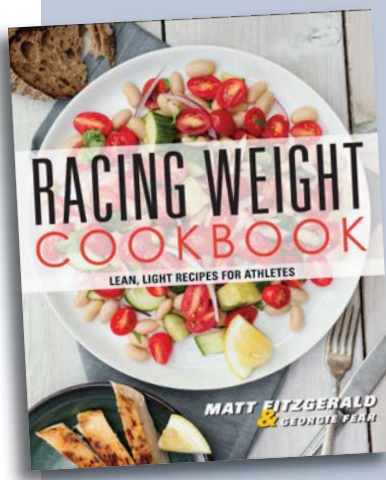
Although this is not deemed to be a weight-loss publication, its sole aim is to get endurance athletes down to their optimum racing weight. After all, a lean athlete is a faster athlete as less energy is wasted, less oxygen is used, heat is dissipated faster and more fitness is gained from every workout.

The authors Matt Fitzgerald and dietician Georgie Fear offer a cookbook of some of the best foods for athletes who want to get leaner and faster with a right mix of carbs, fat and protein to satisfy any athlete's appetite without unnecessary calories. Essentially, high-quality and well-balanced meals can be put on the table in as little as 15 minutes with time-saving tips for food preparation and grocery shopping.

Each recipe is given two pages with one an illustration of the finished product. The ingredients and instructions are simple and to-the-point and many have tips on how to make an alternative with the addition of some other ingredients.

Usefully, each recipe is also content-coded: high-carbohydrate, high-protein, recovery and vegetarian. If you're serious about your running, then this book may just be the one to make you even better.

● *Racing Weight Cookbook* by Velopress retails in the UK for £15 and is available at good bookshops or directly from cordee.co.uk



Kinesiology Taping

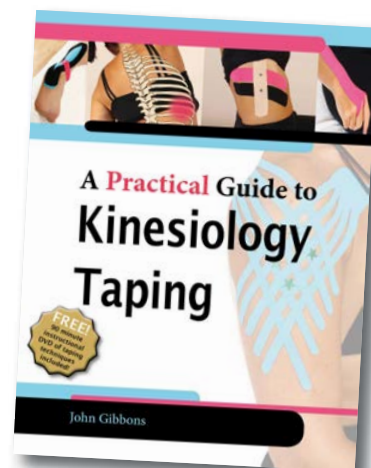
NUMEROUS athletes and sportspeople are wearing various shades of taping these days. However, how many are wearing it in the correct manner to give maximum benefit?

This book is targeted at professional therapists and athletes who want to administer some relief to any ongoing problem. Every body part is given space along with detailed images and a description of how and where to apply the tape.

The author, John Gibbons, a registered osteopath, specialises in the assessment, treatment and rehabilitation of sport-related injuries.

The handy publication is separated into nine chapters, starting with an overview of kinesiology taping through to the nitty-gritty of taping techniques for lower limbs, knee joint, anterior and posterior thigh, lower back, trunk and pelvis, upper back and neck, upper limbs and forearm, hand and wrist. The final chapter deals with controlling oedema (swelling).

The book is crammed with excellent photography and line drawings that assist the would-be applier of kinesiology tape in a clear and concise way. However,



what sets this book apart, is that it also comes with an instructional DVD which goes through every body part in real time showing exactly how the tape is applied and Gibbons talking you through the step-by-step process.

This leaves the applier in no doubt as to how and where to apply the tape. If you use kinesiology tape, this book is a must!

For a flavour of the book and more about kinesiology taping, see the article on p44-45.

● *A Practical Guide to Kinesiology Taping* by Lotus Publishing retails in the UK for £29.99 and is available from amazon.co.uk

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NEXT WEEK



Next week's AW will
carry a comprehensive
track and fixtures
guide for 2014

MARSHMAN

TRACK & FIELD FIXTURES GUIDE

Our 84-page special issue contains a definitive list of all the leagues, championships and open meetings for the coming summer. Planning your season starts here!

GET SET FOR SUMMER

We review the best of this year's summer clothing in a bumper products section

EASTER FESTIVALS

Reports and photographs from the racing weekends in Guernsey and the Isle of Man

COMMONWEALTH/EURO STATS

Our series on past champions from these two major championships continues with the women's long jump

A HILL OF A CHALLENGE

Why more cross country runners should try mountain running this summer

COCKERELL'S COACHING QUEST

AW's correspondent offers some ideas to improve the national education system after completing his coach in running fitness course

REGULAR COLUMNS

All the favourites, including the latest news and results, future fixtures and readers' letters

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Vets need support as well

HAVING JUST RETURNED FROM THE WORLD MASTERS INDOOR CHAMPIONSHIPS, OLYMPIAN **ANTHONY WHITEMAN** SAYS VETERAN ATHLETES DESERVE MORE RECOGNITION

IT WAS with some reservations that I entered the World Masters Indoor Athletics Championships in Budapest. I have shied away from age-protected events preferring to challenge my younger rivals in pursuit of sub-four-minute miles, M40 world records and national finals.

So to Budapest. My family has had some experience of this event. My mother, Ann Gray, was a silver medallist in the marathon at Rome in 1985. After she was selected at the BMAF marathon championships, flights and basic accommodation were provided along with a subsistence allowance of £1 per day.

She also received an official team kit for the event. The set-up has changed hugely from those days as in order to make the events financially viable, any over 35 can enter the wearing their national kit.



Generation game: Ann Gray wore official GB masters kit, unlike her son Anthony



Anthony Whiteman: triple gold in Budapest

Hence the athletes' ability varies hugely across the events from the exceptional, gracefully ageing athletes – for example, I was happy to bump into old friend and 2002 Commonwealth 110m hurdles champion Shaun Bownes on the warm-up track – to hobby athletes.

The main gripe among team members is the lack of recognition by mainstream athletics. The team kit that can be bought by the athletes is not sourced from UK Athletics. Some athletes are resourceful and have obtained official UK Athletics kit but have to wear the BMAF kit in events.

Britain were among the most successful nations in Budapest so it is a shame that we do not project a single corporate identity in kit the athletes want to wear. No funding is available for any British participants and while

“My experience in Budapest was very positive indeed with standards at the front of most finals being very high”

I do not believe that a Lottery-type funding should exist – even though this would adhere to legislation designed to prevent age-discrimination – I do believe that competition assistance should be provided within an age-graded qualification structure.

When you speak to veteran athletes they often speak humbly about being revered within their own communities and being role models not to children but to other adults. They follow good lifestyle and nutritional choices, adhering to

Anthony Whiteman

WHEN he made his debut in an international veteran championships last month, Anthony Whiteman became one of the few athletes to do so having already made the top at senior international level.

The Shaftesbury Barnet Harrier reached the Olympic 1500m semi-final in 1996 and is the sixth quickest Brit in history for the distance with 3:32.34.

However, unlike most top seniors, he has not completely hung up his spikes and has continued to perform at a high level.

Turning 40 gave his career a new lease of life and he became the first veteran sub-four-minute miler outdoors when he clocked 3:58.79 in 2012.

Despite regularly turning out for his club, Budapest was his debut in a major veteran championships and he predictably took gold with ease in the 800m, 1500m and 3000m.

government advice not to decrease their burden on society but in order to make a final, jump a national record, or throw a season's best. We are a society in which the vulnerable are protected, whether it is self-inflicted or not.

But here we have a group of individuals – and this goes for all organised masters sports – that should receive a wee doff of the cap from one of those government quangos to say, “keep it up and here is a little bit of help.”

My experience in Budapest was very positive indeed with standards at the front of most finals being very high. The involvement of former senior international athletes can only improve the credibility of these type of events and help them move forward and provide challenges for masters athletes of all abilities.

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AW

Fuel for the journey

JUST like a car, the body doesn't perform very well without the right fuel – you certainly won't get very far without encountering problems. In this week's pages we have the latest nutritional products that might help you on your way



along with some quick food ideas for those who are always in a hurry and need their energy levels boosting. We've all seen athletes

of many abilities on our TV screens starting their competitions strapped up with multi-coloured tape over all parts of their bodies. I often wonder how many have taped themselves and if it is having any 'real' effect? The accompanying article "Strapped for times" (p44) gives an insight into the techniques and benefits kinesiology tape can have – look out too for a related book review (p38) which comes with a DVD.

Look out also for advice on picking the right shoes – something that is not as straightforward as you think. *David Lowes, Coaching editor*

PERFORMANCE GUIDE

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- 46 If the shoe fits – Finding the right model
- 47 Quick and easy food – Eating on the go
- Coaching courses – Latest English dates

Tasty nutrition

THE LATEST NUTRITIONAL ADDITIONS ARE HERE FOR YOU TO TRY AND ENJOY

Beet It Pro-Elite Bar

SINCE the endurance-boosting properties of beetroot juice and nitrate have been recognised, these bars have been developed to provide a dietary supplement of nitrate as well as oats for a source of slow-release energy. Its 0.4g of nitrate content is the same as for Beet-It's beetroot shot drink. The bars are easy to eat, being moist and chewy and the beetroot flavour makes for a very different taste to a run-of-the-mill energy bar.

Cost: £25 (case of 15x60g bars)

Healthspan Elite Daily 5

PART of a larger range of vitamins and supplements, we tried the "daily 5" tablets. The products are as much about the service as they are the individual items. Having been in the industry for almost 20 years, Healthspan has introduced a range of products that are all screened and certified to be safe in line with the World Anti-Doping Agency (WADA) code. A copy of this certification was supplied with our batch of tablets, providing test dates and other data which should be enough reassurance should it be required. The supplements we tried were designed to complement the recommended five portions of fruit and vegetables per day. Other products in the range include Vitamin C tablets and Omega 3 supplements. With the support behind the products and reassurance from their testing, all the items seem very good value, making them stand out in what can be an expensive market.

Cost: £14.99 (120 tablets, 60 day supply)



Honey Stinger Waffle

ONE of the most popular and best-tasting products our testers have ever tried, these waffles contain a thin layer of honey sandwiched between them. They have long been used by professional cyclists as a convenient energy source and are now growing in popularity among athletes. Tasting as good as regular biscuits or snacks means they will become a popular option.

Cost: £1.40





Litozin Natural Joint Care Tablets

AIMED at improving joint health, these capsules contain rose hip to help manage joint discomfort. Based on recent studies, the new formulation of the rose hip complex will help in joint function. The easy-to-take capsules are not just for athletes, but for anyone that may put an increased stress on their joints.

Cost: £22 (120 capsules)



Primal Kitchen Paleo Bar

DESIGNED to complement a paleo diet, these bars contain just five ingredients and are free of grain, gluten, refined sugar, soy, vegetable oil and

any additives, preservatives or colouring. The ingredients are selected to provide important nutrients to help support an active lifestyle, providing a good source of natural energy and protein. Our testers found them to be very tasty and they commented that they were much more palatable than many other bars, being moist and full of flavour.

Cost: £1.49



Purition

A NEW and natural product, this high protein, high fibre shake is packed with only natural ingredients and these are easily absorbed, in a raw form and have nothing added. With different blends to suit different training needs and goals, they aim to make supplementing the diet specific and simple whether it's to help with body sculpting or a meal supplement. The shakes are available in a range of flavours and are easy to mix as well as tasting great!

Cost: £19.95 (500g – 10 serving pack)

SOS Hydrate

AIMED at combatting dehydration, this new rehydration drink mix takes its inspiration from providing as much effective fluid as an intravenous drip! It contains no artificial flavours, colours or preservatives and with only 25 calories per



serving it's a pure electrolyte replacement. The drink is supplied in small individual sachets that are easy to open and mix in most drinks bottles. It's available in two flavours, citrus or blueberry, with the flavour coming from natural sources and both taste great.

Cost: £8 (box of 5)

USN Protein Seeds & Nuts Energy Bar

THESE great-tasting energy bars provide 22.3g of carbohydrates and 14.1g of protein per bar, which makes them a perfect energy source prior to intensive training. As the energy comes from the carbohydrates, the muscles recover more quickly thanks to the protein content. Our testers found them to be one of the best-tasting bars that we've ever featured, having a great indulgent flavour and texture.

Cost: £29.88 (box of 12)



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SIS Go Energy

THIS well established nutrition brand now has two new flavours in their "Go Energy" product range. This is a high-energy carbohydrate drink for use as a pre-training or pre-racing fuel. The 500g wide-neck tubs, each of which could contain 10 of the recommended serving, make using the powder simple.

The new elderberry and raspberry flavours make a refreshing change to the taste buds and were found to be easy to mix and drink by our testers. Each serving will provide around 50g of carbohydrate and being mixed with water means it can easily be drunk during activity to keep energy levels topped up.

Cost: £9.99 (500g tub)



Strapped for times

KINESIOLOGY TAPING IS THE CURRENT BUZZWORD IN THE FIELD OF SPORTS MEDICINE, WRITES REGISTERED OSTEOPATH JOHN GIBBONS

BRIGHTLY coloured tape is now a common sight at most major sporting events and was in evidence most notably at the 2012 London Olympic Games.

This was not only in athletics, but across a vast number of disciplines and the tape is increasingly becoming evident in recreational activities too.

Anyone that is involved with assessing, treating and rehabilitating sports-related injuries, or even back and neck pain will need to have the skill of taping. Castro-Sanchez et al (2012) studied the effect of kinesiology taping in reducing disability and pain in chronic non-specific low-back pain.

They found that individuals experienced significant improvements, immediately after the application of kinesiology taping in the following categories: disability, pain and isometric endurance of the trunk muscles.

Origins of kinesiology taping

In the 1970s, a Japanese chiropractor called Dr Kenzo Kase brought the technique to the international arena. He was the first person to have the idea of applying a new type of taping method, which subsequently led to a new form of sports tape. Kase wanted to develop a taping system that would naturally assist in the healing of damaged tissue by encouraging lymphatic drainage and at the same time providing support to the joints and muscles without causing a restriction to the range of motion.

How does it work?

Kinesiology taping has been clinically shown to help with the natural response to inflammation as it targets different receptors within the somatosensory system (sensory systems associated with the body – includes skin senses and proprioception and the internal organs).

Correct application of the kinesiology tape will help alleviate pain and encourages the facilitation of lymphatic drainage by microscopically lifting the skin. This lifting effect helps create distortions in the skin, thus allowing for a decrease in the inflammatory process for the affected areas.

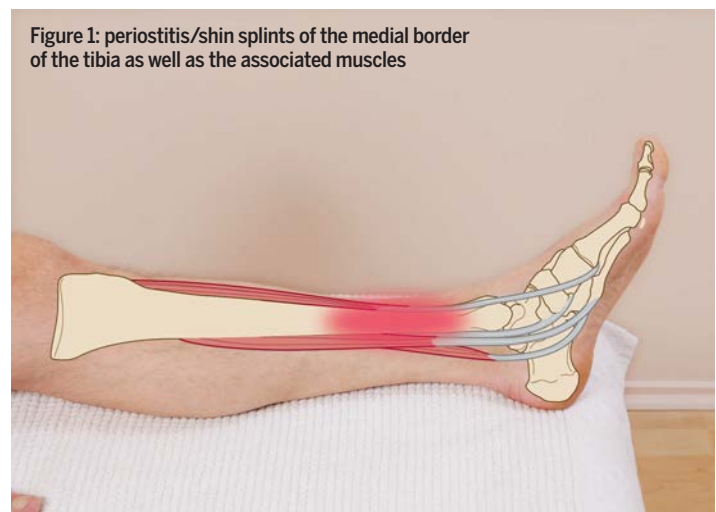


Figure 1: periostitis/shin splints of the medial border of the tibia as well as the associated muscles

Additionally, kinesiology taping helps with the following:

- Provides support for weak or injured muscles without affecting the normal range of motion. This allows full participation in therapeutic exercises and sports training and minimises the risk of developing compensatory imbalances or injuries
- Stabilises the area without restricting the movement like conventional athletics tape
- The athlete can remain active during the sport or activity
- Relaxes, and can offload, overused and overstrained muscles
- Accelerates blood flow to the injured area to speed up the healing process
- Helps to reduce pain

- Reduces oedema – a form of swelling – by removal of lymphatic fluid
- Can enhance performance and endurance
- Helps prevent injury

Treating shin splints

Athletes can often have pain that can be localised to the lower medial aspect of the tibia, especially straight after or during sporting activity. The condition starts as an irritation of the outer lining of the bone called the periosteum and can lead to periostitis. The muscles that are normally responsible for this type of pain at the medial aspect of the tibia are the tibialis posterior, flexor digitorum longus and flexor hallucis longus, as shown with figure 1.

General rules

Before application

- Always check for a history of allergies to tape adhesives
- Cleanse skin from any oil, cream and massage wax and trim hair if needed
- Measure and cut the tape into the size and shape required
- Round off the corners at the end of each tape to prevent it from lifting or peeling
- Never stretch the ends of the tape and always leave around

2-3cm of tape at each end that will remain unstretched. Leaving no stretch at the ends of the kinesiology tape will avoid a “shearing” type of tension to the skin and will limit any potential for irritation as the tape is normally kept on for at least a few days.

Pre-stretch and tape application

Before the kinesiology tape is applied to the area that is injured, guide and place the soft tissue of your patient, such as the muscle,

into a position that will cause the tissue to be naturally stretched. Prior to applying the kinesiology tape, expose the adhesive side of the tape so that it can be attached to the specific body area. It is natural to want to peel off the backing from the tape – however, this process is not needed as the tape can simply be torn across one of the squares on the back. This tearing will not damage the kinesiology tape, as only the backing will be removed.

Apply a prepared ‘I’ or ‘Y’ strip to the pre-stretched tissue of the body, with little to no stretch of the tape on first application. This technique will help stabilise the area.

Two injuries fairly common to athletes include medial tibial stress syndrome (shin splints) and patellofemoral pain syndrome (PFPS).

In this article we’ll discuss how best to address these injuries with kinesiology taping.

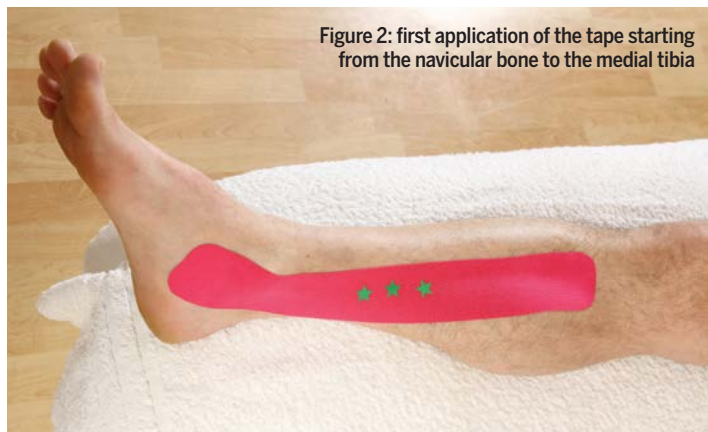


Figure 2: first application of the tape starting from the navicular bone to the medial tibia

If left untreated, the medial tibia can stress the bone and eventually lead to a stress fracture. In the worst case, if this injury is neglected, a posterior compartment syndrome can develop and a surgical fasciotomy to reduce the pressure within the myofascial compartment might be recommended.

The patient adopts a long sitting position and is instructed to dorsiflex their ankle and evert their foot to place the tibialis posterior on stretch. Apply an 'I' strip from just below the medial malleolus and ideally attach the tape from the navicular bone. Apply the tape with little to no stretch. Follow the medial shin so that the area of pain is covered as shown in figure 2.

Apply a 'Y' strip and start posterior to the pain with a 75% stretch to each tail of the tape. Apply across the hotspot of the painful area as shown in figure 3. You can activate the stickiness of the glue, by rubbing and warming the tape briskly.



Figure 3: second application of the tape starting slightly posterior to the pain



Figure 4: patellofemoral pain syndrome is one of the most commonly treated conditions with some form of strapping and taping

Treating patellofemoral pain syndrome (PFPS)

Patellofemoral pain syndrome (PFPS) is a painful condition that can relate to a type of mal-tracking of the kneecap (when the muscles pull the patella tendon in different directions) (see figure 4). This condition has many causes, such as an overpronation of the subtalar joint (STJ) of the ankle and poor foot biomechanics. Weakness of the inner quadriceps muscle can also contribute to PFPS, especially the vastus medialis oblique (VMO) fibres, which are thought to atrophy due to pain and minimal swelling. In addition, weak gluteus medius and gluteus maximus can cause this type of knee pain. The knee joint is therefore what I refer to as "a weak link in the kinetic chain" and typically the presentation of the pain is not where the problem lies.



Figure 5: first application of the 'Y' strip starting from the superior aspect of the patella and finishing at the tibial tuberosity



Figure 6: the second application of the 'Y' strip starts from the tibial tuberosity and finishing at the starting point of the first application

The patient is asked to adopt a long sitting position with their knee at 90° of flexion. Next attach a 'Y' strip from the superior aspect of the patella and apply the tape, with no stretch, to the medial and lateral sides of the patella. Finish by

crossing over the tibial tuberosity as in figure 5.

Apply a 'Y' strip from the tibial tuberosity and lay the tape medially and laterally around the patella so that it overlaps the first 'Y' application. Apply with little to no stretch and finish near the quadriceps tendon – see figure 6. Heat to activate the glue and once the glue has been heat-activated lower the limb back down to the couch and observe the "wrinkling" of the tape.

This illustrates the effect the kinesiology tape is having on the underlying soft tissues through its unique lifting motion.



MARK SHEARMAN

Trey Hardee: decathletes often need strapping to get them through 10 events

John Gibbons is a qualified and registered osteopath and the author of *A Practical Guide to Kinesiology Taping* (see book review, p38)

If the shoe fits ...

MANUFACTURERS HAVE BEEN ADJUSTING THEIR SHOES TO FIT WITH THE LATEST ADVANCEMENTS IN TECHNOLOGY AND **ALEX MILLS** SPOKE TO TWO EXPERTS ABOUT THEIR VIEWS

EACH shoe is branded as “different” from the next even though sometimes it’s difficult to detect any change from a previous model. It may be that a different style of cushioning is used or that the manufacturer is trying to make their product as light as possible. All of this leaves you the buyer with the hard decision of deciding which shoe to go for. Many will choose the big-name brands first, but this might not be the best idea. A rushed decision on footwear may lead to injuries caused by wearing poorly fitted shoes.

While it is unlikely that shoes alone will cause serious injuries, physiotherapist Lucy Macdonald, who works at the Octopus Clinic Ltd physiotherapy practice in London, thinks that around 40% of the running injuries she deals with are caused partly by poorly fitted trainers. She says: “It’s never as



Wearing the right shoe is essential for trouble-free miles

MARK SHEPHERD

If you have been running all your life and you’ve got decent stability, good alignment, good fitness and your muscles are doing what they should do – such as your gluteus is firing properly and your ankles are nice and stable – then absolutely yes.

“The vast majority of people, however, do not fit into that category. So for the average person who runs maybe two or three times a week, or someone who is running their first or second marathon, it would be unusual for a lighter trainer to be more suitable than a neutral one.”

Macdonald’s comments suggest this is perhaps the more important thing to get right for the runner. For that reason it is unsurprising that when asked to recommend a particular running shoe to her clients she remains democratic and non-specific. “I wouldn’t recommend a brand – I would recommend five of the top brands,” she says. “I encourage people try on a number of different brands because they all have a slightly different fit. From a muscular-skeletal perspective, all of the top brands do the job in terms of support of the foot.”

The idea of trying out a number of brands is also something Manzano supports: “Sometimes it’s kind of nice to find two or three shoes that are very similar, but maybe not from the same company.” The overriding message from both seems clear – make sure you take time to choose a shoe that suits you.

straightforward as just the shoes, or very rarely so. I’d say in a year the percentage of running injuries that can be put down entirely to the shoes is about 5%. Yet in the situation where a runner has an injury where part of it is down to their footwear, you’re probably looking at more like 40%.”

As for how trainers contribute to the injuries, Macdonald added: “If you’ve got a badly fitted trainer your biggest risk is blisters and if you’ve got blisters it makes you run in a very odd way because of the pain they cause. If you’ve got pain when you’re running you’re going to start to do all sorts of funny compensatory movements to try to take the pressure off your blisters and, therefore, secondary to that, you’ll get injuries.”

The most common injuries that occur are shin splints and a variety of knee-based problems.

Sometimes it may not even be that you have the wrong trainers – it’s more likely that you have just worn them out. For that reason US Olympic 1500m silver medallist Leo Manzano recommends regularly changing your shoes, particularly when

doing high mileage. He advises: “It’s very important to make sure, depending on how many miles you’re running to trade them out at least every three or four months. For myself I’m usually running 70 or 80 miles a week, so by that time I’m ready for some new shoes. It’s very important especially for injury-prevention. When I was younger and a little bit more inexperienced I’d just go and run and be in the same shoes for over six months or so. I’d then start feeling off during my casual runs.”

Another hard decision that has arisen in the last 5-10 years is deciding on the level of support you need from your running shoe. This dilemma has been created by the introduction of natural running shoes to the market. These are shoes that weigh almost nothing and offer a faster alternative to neutral running shoes. While this style of shoe is perfect for a professional or fast runner either as a first or second shoe, Macdonald believes that the majority of us are far better suited to a neutral shoe. She suggests: “If you are a high-level runner, then the answer to these shoes is yes!



MARK SHEPHERD

Leo Manzano: regularly renews his shoes

○ Alex Mills is a freelance journalist currently studying sports journalism who has run for more than 10 years and is involved in kit reviews. Lucy Macdonald has 13 years’ experience of treating the cause of injuries including members of the GB ski team. For further information visit octopusclinic.com or call 0207-583 8288

Quick and easy food

IF YOUR LIFESTYLE DICTATES YOU'RE ALWAYS RUSHING AROUND THEN POOR FOOD CHOICES MAY SEVERELY AFFECT PERFORMANCE, WRITES **ELEANOR JONES**

DOES the following scenario sound familiar? You get home from work or school and have only 15 minutes or so before you need to leave for training down at the club. Yes?

Eating on the go is the norm for many of us and, if you're not prepared, it's easy to make poor food choices and sabotage your diet.

Tips

- Don't be fancy
- Use time-saver options such as ready meals, microwaves or frozen goods
- Try to plan in advance

Plain and simple

If you're eating in a hurry then don't try and cook a masterpiece – it's not the time or place for finicky gastronomic delights. Know what you need to eat and get on with it. Trying to cook something with five spices, three pans and 17 ingredients can be a recipe for disaster.

Simple ideas

- Beans on toast (below)
- Poached eggs on toast



Pitta bread pizza, quick and easy to serve

Freeze a loaf and toast what you need as required to reduce wastage. Beans can be heated in a microwave for those focused on endurance or poach eggs in boiling water (about 2-3min) for a high-protein option.

Quick versions

Many supermarkets stock convenience foods – items that are prepared or cooked in advance for you. They usually cost more than preparing your own from scratch, but if you know that you'll need them once a week, add them to the shopping list.

For a quicker stir-fry, use a pack of ready-prepared vegetables (about 3-5min to cook with zero preparation time), add ready-cooked noodles for three minutes, if you're an endurance athlete. Choose fish or seafood as they cook quicker than chicken.

Desperate measures

Ready meals are an option – but you can also make your own by simply cooking in bulk so you have a meal ready to heat up on your time-limited night. Make sure you check the label for fat, sugar, protein and salt content though as many are alarmingly high in one or all of these ingredients.

Meal ideas

Pitta bread pizza

Add tomato ketchup and tomato



Omelette: super quick snack

purée on top of the pitta and mix. Garnish with Italian seasoning. Add grated cheese, ham, pepper, sweetcorn or other toppings and grill. This takes less than 10 minutes.

Omelette

Beat 2-3 eggs together and season. Add vegetables, meat or both to the pan to soften. Cook eggs around them. Grate cheese on top and serve with a side salad.

Chicken salad

Use a ready bag of salad. Add leftover roast chicken from Sunday lunch, additional vegetables (tomatoes, cucumber, peppers, avocado, onion). Serve.

● **Eleanor Jones is senior sport scientist at the University of Birmingham and a BASES-accredited sport scientist with an IOC diploma in sports nutrition**

Coaching courses



ENGLAND

● Leadership in Running Fitness

May 17: University Academy Keighley, Utleby. **Cost:** £150 (EA affiliated £130).

May 31: Horspath Athletic Ground, Oxford. **Cost:** £150 (EA affiliated £130).

June 7: Lancashire Constabulary Training Centre, Hutton. **Cost:** £150 (EA affiliated £130).

June 7: Munrow Sports Centre, University of Birmingham, Edgbaston. **Cost:** £150 (EA affiliated £130).

● Coach in Running Fitness

May 17-18: Bury St Edmunds Leisure Centre, Bury St Edmunds. **Cost:** £400 (EA affiliated £250).

June 7-8: Aldershot Military Stadium, Aldershot. **Cost:** £400 (EA affiliated £250).

● Coaching Assistant

May 17-18: Eastlands (Sportcity), Manchester. **Cost:** £225 (EA affiliated £165).

May 17-18: Horspath Road, Oxford. **Cost:** £225 (EA affiliated £165).

May 31-June 1: Wodson Park Sports & Leisure, Ware.

Cost: £225 (EA affiliated £165).

May 31-June 1: St Mary's University College, Twickenham. **Cost:** £225 (EA affiliated £165).

May 31-June 1: Yate Outdoor Sports Complex, Yate. **Cost:** £225 (EA affiliated £165).

June 7-8: Bury St Edmunds Leisure Centre, Bury St Edmunds. **Cost:** £225 (EA affiliated £165).

● Athletics Coach

May 31-June 1: Jim Peters Stadium, Dagenham. **Cost:** £400 (EA affiliated £250).

Contact: englandathletics.org

AW

Outdoor fair?

THIS week we print a world rankings list so far for 2014 and, being so early-season, it contains a few modest endurance marks on the track but some quality marks on the road. We also include indoor marks where they are superior. However, is it fair we do that and right that the IAAF now counts indoor marks as outright record marks?

Surely in some events with no wind, closer crowds and a better atmosphere, indoor has a clear advantage.

Steve Smythe,
Results editor

RESULTS GUIDE

- 48** Overseas
- 50** Track, Indoors
- 52** Road
- 54** Multi-terrain, parkrun
- 55** Fell
- 55** Cross-country

OVERSEAS

AUSTRALIA

Melbourne, February 6

Women: PV: 1 CATHERINE MACRAE (W35) 3:85

Adelaide, January 18

Women: PV: 2 ANNE REES 3:30

NSW STATE CHAMPIONSHIPS, Sydney, March 21/23

Men: LJ: 3 LOUIS DENNISON (U15) 5.88. **TJ:** 1 DENNISON (U15) 12.45

AUSTRIA

Vienna City Marathon, April 13

ETHIOPIAN Getu Feleke set a course record as she won by almost three minutes in 2:05:41.

There was a big surprise in the women's race as Germany's Anna Hahner passed Kenyan Caroline Chepkwony with 300 metres to go. **Men: Mar:** 1 G Feleke (ETH) 2:05:41; 2 A Kering (KEN) 2:08:28; 3 P Kimutai Sanga (KEN) 2:08:58; 5 O Sitkovskyy (UKR) 2:10:44; 85 RICHARD SWINDLEHURST (M40) 2:47:59; 159 JERRY SHIELD (M45) 2:55:40; 172 STEPHEN LOW (M55) 2:56:33. **Women: Mar:** 1 A Hahner (GER) 2:28:59; 2 C Chepkwony (KEN) 2:29:18; 3 M Lema (ETH) 2:31:10; 210 AVRIL RIDDELL (W55) 3:49:31

CHINA

Xi'an, April 10

Women: HT: 1 Wang Zheng 74.59

FRANCE

Hyerres, April 13

Women: 10km: 3 JUNE DIXON (W40) 40:26

Valenciennes, April 13

Men: 10km: SEAN MCGUIRE 34:52

Paris (addn), March 2

Women: HM: LINDSAY HODGE 79:46

Wurzberg, April 14

MARGARET WANGARI who injured herself in the Moscow World Championships 5000m heats, returned to racing with a world class 31:14 clocking.

Men: 10km: 1 N Bor (KEN) 28:16; 2 C Maina (KEN) 28:27; 3 E Kipkorir (KEN) 28:39. **Women: 10km:** 1 M Wangari (KEN) 31:14; 2 E Chelimo (KEN) 32:11; 3

Bosworth in Euro qualifier

CZECH REPUBLIC IAAF Race Walk Challenge, Podebrady, April 12

TOM BOSWORTH celebrated his selection for the British team at next month's IAAF World Race Walking Cup in China by taking more than two minutes of his personal best over 20km. *Ian Richards reports.*

Bosworth clocked 1:22:20 to move to third on the UK all-time list and go inside the UKA qualifier for the European Championships (1:23:30).

Bosworth's performance was the fastest by a UK athlete since 1992 and just 17 seconds behind Ian McCombie's UK record of 1:22:03 set in the 1988 Seoul Olympics.

Bosworth passed the 5km point in 20:37 and sped up over the second quarter to pass halfway in 40:56 inside British record pace. He maintained this pace over the third 5km (20:27).

He slowed slightly between 16km and 18km, but was able to rally over the last 2km with a sub-four minute last kilometre to come home in tenth in a high-class race won by former World Cup 50km champion Matej Tóth of Slovakia in 1:20:00.

Bosworth said: "I know this performance has been there for some time and there is definitely more to come." He will next focus on preparing



Tom Bosworth: 82:20 to go third on the UK all-time list

for the IAAF World Cup at the beginning of May and the British trials for Zurich, which are being held at the British Grand Prix of Race Walking at York in June.

Behind him, training partner Jamie Higgins, who was seventh in last year's European Junior Championships over 10km, continued his impressive transition to the senior ranks, walking over two minutes faster than he did

on his debut last month in Lugano. Higgins clocked 1:26:02.

In the women's 20km, Commonwealth champion Jo Atkinson was looking to build on her comeback race in Lugano last month and was targeting a European qualifying time of 1:32:00. However, a sore shin put paid to her bid after 7km when she withdrew to save herself for the forthcoming IAAF World Cup.

The race was won by home favourite and European junior champion Anežka Drahotová.

The multi-talented Drahotová made the final of the steeplechase in the European Junior Championships last year and represented her country in the World Cycling Championships. London-based Lithuanian Neringa Aidietytė clocked a PB in third of 1:30:54 with Ireland's Laura Reynolds fifth in 1:34:22.

Men 20kmW: 1 M Toth (SVK) 1:20:00; 2 R Fedaczyński (POL) 1:22:18; 3 A Kovenko (UKR) 1:20:26; 4 K Campion (FRA) 1:20:39; 5 E Tysse (NOR) 1:20:50; 6 Y Aleksandr (RUS) 1:21:08; 10 TOM BOSWORTH 82:20; 21 JAMIE HIGGINS 86:02. **Women 20kmW:** 1 A Drahotová 1:29:43; 2 E de Sena (BRA) 1:30:43; 3 N Aidietytė (LTU) 1:30:54; JOHANNA ATKINSON (WAS JACKSON) DNF

B Mutai (KEN) 32:36

Vitry Sur Seine, April 13

Men: HM: 1 C Ogari (KEN) 61:22; 2 S Ogari (KEN) 61:23; 3 A Cherop (KEN) 62:02. **Women: HM:** 1 L Mosp (KEN) 71:47; 2 Y Tilahun (ETH) 72:08

GREECE

Thessaloniki, April 6

Women: Mar: 9 WENDY MARKS (M45) 3:23:15

HUNGARY

Szombathely, April 12

Men: HT (14.5kg): 1 K Pars 31.21. **U18: HT (5kg):** B Halasz 84.43 (European best)

IRELAND

Great Ireland Mile, April 6

Additional: 1M: 4 CONOR BRADLEY 4:09

ITALY

Turin, April 13

Men: 10km: 7 EDWARD YOUNG 32:05

JAMAICA

Kingston, April 12

RACERS TRACK CLUB, with a team of Mario Forsythe, Michael Frater, Warren Weir and Yohan Blake, narrowly won the 4x100m in a meeting record of 38.41 but admitted the changes weren't great. Blake said: "We did not practise for this event, and the changes were not good, but we are still happy with the win."

Men: 100 (-0.6): 1 J Livermore 10.25; 2 A Hinds (BAR) 10.25; W Weir dq. **200 (0.1):** 1 N Carter 20.54; 2 J Forte 20.65. **4x100:** 1 Racers TC (M Forsythe, M Frater, W Weir, Y Blake) 38.41; 2 U Tech 38.42; 3 MVP 38.91. **Women: 100 (0.0):** 1 C Russell 11.19; 2 S Calvert 11.36. **200 (-0.5):** 1 S McPherson 22.91; 3 K Stewart 23.64. **400:** 1 C Day 51.43; 2 A Leroy 51.51. **100H (-0.5):** 4 ANGELITA BROADBELT-BLAKE 13.68. **400H:** 1 R Tracey 55.64. **4x100:** 1 MVP 43.31; 2 Edwin Allen HS 43.95

KOREA

Pyeongyang, April 13

Men: Mar: 1 Pak Chol 2:12:26; 2 JP Mvuyekure (RWA) 2:13:20; 3 I Babaryka (UKR) 2:14:24. **Women: Mar:** 1 Kim Hye Gyong 2:27:05; 2 Km Hye Song 2:27:58; 3 Kim Mi Gyong 2:29:51.

NETHERLANDS

Rotterdam Marathon, April 13

FORMER world 5000m champion Eliud Kipchoge continued to enhance his reputation on the roads with an easy win in 2:05:00. Fellow Kenyan Bernard Koech was second in 2:06:07.

Men: Mar: 1 E Kipchoge (KEN) 2:05:00;

2 B Koech (KEN) 2:06:07; 3 B Kipyego (KEN) 2:07:57; 4 D Robi (ETH) 2:08:02; 5 W Negash (ETH) 2:09:14; 7 K Choukoud 2:10:52; 53 DAVID PALMER (M40) 2:30:58; 81 EDWARD GUMBLEY 2:35:30; 110 JAMES A ELLIS 2:39:25; 140 SAMUEL PICTOR 2:43:50; 169 JAMES QUINN (M40) 2:46:31; 180 MATTHEW KINGSTON-LEE 2:47:02; 211 SAMUEL CRAWFORD (M45) 2:49:10; 271 MARK HAVENHAND (M45) 2:53:46; 302 VINCENT WILLIAMS (M50) 2:55:18; 329 NICK THOMAS (M50) 2:56:32; 372 PETER SCROWTHER (M50) 2:57:39; 398 GAVIN EVANS (M50) 2:58:23. **Women: Mar:** 1 Afework (ETH)



Anna Hahner: surprise late win in Vienna



Eliud Kipchoge: 2:05:00 victory in Rotterdam

2:27:50: 2 G Shone (ETH) 2:30:23; 3 B Niagambo (NAM) 2:31:00; TRACEY GIBSON (W50) 3:28:50

NEW ZEALAND

Athletics NZ Championships, Wellington, March 28

U18 women: 2000SC: 7 MAIRI LAW 7:49.92

POLAND

Warsaw, April 13

LAST YEAR'S world marathon bronze medallist, Tadese Tola of Ethiopia, won in a Polish all-comers record of 2:06:55 while Henryk Szost of Poland won his national title in a fine 2:08:55.

Men: 10km: 1 M Mukule (KEN)

29:03; 30 THOMAS CORNTHWAITE 30:50. **Mar:** 1 T Tola (ETH) 2:06:55; 2 L Matebo (KEN) 2:08:09; 3 H Szost (POL) 2:08:55; 4 C Cheruiyot (KEN) 2:09:05; 5 B Megeyo (ETH) 2:09:35; 6 M Telo (ETH) 2:09:52. **Women:** **Mar:** 1 E Bizuayehu (ETH) 2:30:30; 2 I Lewandowska 2:32:42

Lotz, April 13

Men: Mar: 1 Y Shegumo 2:10:41; 2 H Mogaya (KEN) 2:10:47; 3 G Tona (ETH) 2:10:53; 5 M Chabowski 2:11:23. **Women:** Mar: 1 K Jarzynska 2:28:12; 2 G Kipsoi (KEN) 2:34:20; 3 S Stanko (UKR) 2:34:55

European Deaf Championships, Bydgoszcz, April 11/12

CANDY HAWKINS, won bronze in the women's long race in a championships dominated by the Russians, who won eight of the ten golds on offer. **Men: 4km XC:** 1 A Elkinov (RUS) 12:17; 17 JONATHAN WILKINSON 17:51. **12km:** 1 Elkinov 39:47; 16 WILKINSON 44:00. **U20 8km:** 1 A Naumov (RUS) 29:26; 4 JACOB HINE 30:29. **Women: 4km:** 1 D Gaynetdinova (RUS) 15:21; 4 CANDY HAWKINS (W40) 17:27. **8km XC:** 1 D Gaynetdinova (RUS) 31:11; 3 CANDY HAWKINS (W40) 35:34

PUERTO RICO

Ponce, April 12

Men: 400: 1 L Santos (DOM) 45.36. **800:** 1 W Vazquez 1:46.60

SPAIN

Málaga, April 12

Women: 600: 1 CHARLIE BLOXHAM (U15) 1:43.26

Madrid, April 6

Correction. Women: HM: 17 EMMA MACREADY 84.01

Madrid, April 6

Men 5km: 7 DAVID COWLISHAW (M45) 16:22

TRINIDAD

Port of Spain, April 12-13

Men 800: r3: 2 NICHOLAS LANDEAU (U20) 1:52.26. **1500:** 1 LANDEAU 3:57.69. **400H:** 1 E Alejandro (PUE) 49.92; 2 J Gordon 49.94

TURKEY

Bursa, April 13

Men: 15km: 1 W Kiprono (KEN) 42:21; 2 J Chatbi (ITA) 43:44. **Women: 15km:** J Goretti (KEN) 48:16

UNITED STATES

Abilene, April 12

Men: 200 (3.6): 1 L Roland 20.19. **110H (3.6):** 1 O Osaghae 13.45. **Women: 100 (3.9)/200 (3.7):** R Thomas (TTO) 11.16/22.57

Athens, April 12

FREYA JONES set a PB in going top of the UK rankings. **Men: 100 (0.2):** 1 J Smith 10.20. **HJ:** 1 R Ingraham (BAH) 2.26. **SP:** 1 R Hoffa 20.94. **Women: 100 (-0.8)/200 (0.1):** 1 S Miller (BAH) 11.40/22.87. **HJ:** 1 L Spencer (LCA) 1.96; 2 L Kallenou (CYP) 1.88; 3 C Lowe 1.88. **JT:** 1 FREYA JONES 55.36. **Hep:** 1 K Williams (U20) 6018 (U20 rec) (13.32/1.0, 1.83, 12.59, 24.58/-0.5, 5.93/0.0, 38.15, 2:18.86)

Austin, April 12

Men: 100 (4.4): 1 C Vaughn 10.07; 2 A Adams (SKN) 10.16. **200 (4.9):** 1 Adams 20.57; 2 C Burrell 20.65. **110H (4.9):** 1 A Riley (JAM) 13.59. **100 (2.6):** 1 L Moore 11.12; 2 M Akinsun 11.24; 3 A Spencer 11.27. **400:** 1 C Okolo 51.36. **PV:** 1 K Petrillose 4.47. **LJ:** 1 F Jimoh 6.64

Bowling Green, April 11

Women: 800: r3: 1 EMMA GILMORE 2:15.34

Canyon, April 12

Men: 200 (1.9): 1 O Johnson (JAM) 20.53. **Women: 100 (2.1)/200 (1.0):** 1 J Amponsah (GHA) 11.31/ 23.05

Champaign, April 12

Men 1500: A: 4 KIERAN REILLY 3:48.54. **Women 800:** 1 KIRSTY LEGG 2:10.26. **DT:** 1 G Lewis-Smallwood 62.35

Charleston, April 12

Men: 800: A: 1 KIERAN REILLY 1:52.13

Charlotte, April 12

Women: 100H (0.0): 1 S Williams 13.07

Chapel Hill, April 12

Men: PV: eq7 JOSEPH HUTCHINSON 4.00. **Women: 800: r1:** 1 REBECCA CRAIGIE 2:14.83

Claremont, April 12

Men: 400: 1 J Mance 45.57. **SP:** 1 T Nedow (CAN) 20.11. **Women: 100 (-0.3):** 2 L Demus in 11.89

Columbia, April 11

Men: 100 (3.5): 2 JONATHAN ILORI 10.78. **TJ:** 1 ILORI 16.10/4.1

Coral Gables, April 12

Men: 200 (1.4): 1 R Miller 20.59. **100H (1.1):** 1 D Hill 13.55. **LJ:** r2: 2 JJ JEGEDE 7.52/-0.3. **Women: 100 (1.6):**

World leaders - 2014			
MEN		WOMEN	
9.98	Simon Mahakwe (RSA)	100m	11.09
19.97	Dedric Dukes (USA)	200m	22.27
44.90	Deon Lendore (TTO)	400m	50.85i
1:44.52i	Mohamed Aman (ETH)	800m	1:59.76
3:35.0i	Mohamed Moustouai (MAR)	1500m	3:55.17i
3:52.47i	Will Leer (USA)	1M	4:24.11i
7:34.13i	Hagos Gebrhiwet (ETH)	3000m	8:16.60i
8:07.41i	Galen Rupp (USA)	2M	9:00.48i
13:01.26i	Galen Rupp (USA)	5000m	15:04.07
28:12.85	Alemayehu Bezabeh (ESP)	10000m	31:57.02
8:35.3	Lawrence Kemboi (KEN)	3000msc	9:42.01
13:13	Dejen Gebremeskel (ETH)	5km	15:06
27:39	Wilson Too (KEN)	10km	31:16
59:08	Geoffrey Kipsang (KEN)	HM	65:12
2:04:29	Wilson Kipsang (KEN)	Marathon	2:20:21
13.38	David Oliver (USA)	110H/100H	12.59
48.67	Roxroy Cato (JAM)	400H	54.92
2.42i	Ivan Ukhov (RUS)	High jump	2.01i
6.16i	Renaud Lavillenie (FRA)	Pole vault	4.76i
8.39i	Jarrion Lawson (USA)	Long jump	6.98i
17.76	Pedro Pichardo (CUB)	Triple jump	14.65i
22.23i	Ryan Whiting (USA)	Shot put	20.67i
66.75	Fedrick Dacres (JAM)	Discus	70.51
81.29	Mostafa Hicham Al-Gamal (EGY)	Hammer	77.68
84.01	Tim Glover (USA)	Javelin	66.83
8337	Yordanis Garcia (CUB)	Dec/Hep	6231
38.13	Racers TC (JAM)	4x100m	43.41
2:59.73	Florida	4x400m	3:24.83i
1:18:17	Yusuke Suzuki (JPN)	20kmW	1:27:25
3:45:32	Rafal Augustyn (POL)	50kmW/10kmW	43:31
1T Harrigan-Scott 11.33. 200 (1.3): 1 K Duncan 22.53. 100H (1.9): 1 J Stowers 12.92. 400H: r1: 3 HAYLEY MCLEAN 58.60. LJ: r2: 1 LISA FERGUSON 5.88/0.9	HT: 5 DOWSON 43.05	Monmouth, April 11	Men: 1500: r1: 1 MATTHEW CLOWES 3:44.14
El Paso, April 12	Nashville, April 12	Men: 1500: 1 KURTIS GIBSON 3:57.00	New York, April 13
Men: 200 (-2.7): 1 K James (GRN) 20.64	Women: HM: 1 D Kastor (W40) 71:38; 6 SHONA MCMANUS 86.31	Ogden, April 12	Men: 400: r5: 5 HARRY FISHER 49.54. Women: 400: r7: 2 ELISE MCVICAR 57.09. 3000SC: 7 ABIGAIL ASHBEE-SIMMONDS 12:21.36
Fairfax, April 12	Phoenix, April 5/6	Men: HJ/LJ/JT: 1 TIMOTHY DUCKWORTH (U20) 2.08/6.71/50.67	Pittsburg, April 12
Men: 100: r5 (-0.2): 1 DANNISH WALKER-KHAN 10.89. 200: r3 (2.9): 1 D WALKER-KHAN 21.69. 800: r2: 3 HENRY TUFNELL 1:50.65. 400H: r3: 4 ADAM WALKER-KHAN (U20) 54.60. LJ: 3 A WALKER-KHAN (U20) 7.09/1.2. Women: 1500: r1: 5 OLIVIA SADLER 4:25.37	Men: HJ/LJ/JT: 1 TIMOTHY DUCKWORTH (U20) 2.08/6.71/50.67	Princeton, April 12	Men: 1500: 1 ALEX CORNWELL 3:54.80. HJ: 1 N Ross 2.25. SP: 1 J Rhode (CAN) 20.09. Women: 800: r1: 1 SUZI BOAST 2:14.41; 3 TAMARA ARMOUSH 2:16.04. r2: 7 CALLI THACKERY 2:15.05. 1500: 1 CALLI THACKERY 4:26.10; 5 SUZI BOAST 4:33.86; 6 TAMARA ARMOUSH 4:34.23; 8 NICOLE ROBERTS 4:41.06. 3000: 1 NICOLA HOOD 10:15.08
Fayetteville, April 11-12	Providence, April 12	Men: 800: 1 HARVEY DIXON 1:51.05. 3000: 1 BEN CONNOR 8:16.25	Westwood, April 12
Men: 100 (2.9)/200 (5.1): 1 B Robinson 10.15/20.30. HT: 1 NICK MILLER 69.75. Women: 1500: 1 OLIVIA O'HARE (U20) 4:47.56	Men: 800: r3: 4 HARRY FISHER 1:51.16. Women: 400H: r2: 6 ELISE MCVICAR 63.02	Salt Lake City, April 11	Men: 110H (-1.2): 1 R Brookins 13.54; 2 R Wilson 13.81. LJ: 1 J Henderson y 8.13/2.3 (8.05/0.2). Women: HJ: 1 B Barrett 1.88
Greensboro, April 12	San Francisco (Addn), April 4	Men: 5000: r2: 15 BEN BRANAGH 14:47.62	Wichita, April 11
Men: 200 (1.5): 1 C Newman 20.67. 400: 1 B Jackson 46.34. Women: 100 (0.9): 1 SHANA COX 11.65. Ht9 (1.4): 1 COX 11.84	Men: 5000: r2: 15 BEN BRANAGH 14:47.62	Men: 100 (1.3): 1 D Winters 10.16; 2 K Combs 10.22. 10,000: 1 DAVID MOUNTFORD 30:21.77. 3000SC: r2: 2 STEPHEN BROADHURST 9:23.75. TJ: 1 Lathorie Minns (BAH) 16.75/7.4	Men: 1500: 1 TOM PURNELL 3:49.34. Women: 1500: 1 MOLLY RENFER 4:30.05
Lake Charles, April 12	Seattle, April 12	Men: 110H: r1 (2.8): 1 CALUM INNES 14.65. PV: 1 JAX THOIRS 5.11; 12 JAMIE SINCLAIR 4.16. Women	
Men: 800: r1: 3 SEAN CHALMERS (U20) 1:56.25. Women: 100H: r1 (3.1): 3 LAUREN THOMPSON 13.97	Men: 100H: r1 (1.9): 2 HAZEL ROSS 14.16	Tallahassee, April 11	
Los Angeles, April 12	Tampa, April 12	Men: 1500: r1: 3 GEORGIA PEEL 4:22.14; 8 PIPPA WOOLVEN 4:40.52	
Men: 100: r2 (2.0): 1 SAM WATTS 10.48. DT: 5 ADAM DAMADZIC 53.16. Women: 100: r1 (0.6): 3 LORRAINE UGEN 11.91. 200: r1 (0.0): 2 UGEN 24.43	Men: 100: r1 (0.0): 2 CONFIDENCE LAWSON 10.80. r2 (1.2): 2 ANDREW STEELE 10.82. r4 (-0.4): 2 VICTOR-RICARDO DOS SANTOS 10.67. 200: r1 (-0.4): 1 STEELE 21.60; 2 ANTONIO INFANTINO 21.64; 3 LAWSON		



Candy Hawkins: bronze medal winner in Poland

TRACK

APRIL 13

ANNE MARIE READSHAW MEMORIAL OPEN, Shildon

Men: 100: Htl: 3 S Hall (Gate) 11.0. **3000:** 2 C Pasco (New M, U20) 8:57.8. **SP:** 1 P Corrigan (Walls, M45) 11.03 **U17: 100:** 1 S Griffin (Darl) 11.2; 2 B Todd (CleS) 11.2 **U15: 100:** 1 R Stacey (Darl) 11.9; 2 J Purvis (Gate) 11.9. **Htl:** 1 R Stacey (Darl) 11.7; 2 J Purvis (Gate) 11.9; 3 T Craig (NSP) 11.9. **3000:** 1 M Pearson (Tyne) 9:35.4; 2 R Arthur (CleS) 9:52.5 **U13: 100:** Htl: 1 H Wordsworth (M'bro) 12.9 **Women: LJ:** 1 R McHugh (Shild, U20) 5.20 **U17: 3000:** 1 R Murtton (Aln) 10:46.1 **U13: 100:** 1 R Bennett (Shild) 13.2; 2 C Richardson (Shild) 13.5. **Ht3:** 1 R Bennett (Shild) 13.0 **U11: 60:** 2 R Mills (Shild) 9.2; 4 C Kelsey (M'bro) 9.3

BORDER HARRIERS OPEN MEETING, Carlisle

Men: 400: 4 T Crombie (Niths, M40) 56.0. **HT:** 1 R McDowall (Bord H) 46.59 **U17: 100:** 1 B Smith (Seat) 11.1; 2 J Gomme (Cope) 11.2. **200:** 1 B Smith (Seat) 22.8; 2 J Gomme (Cope) 22.8. **HT:** 1 M James (Bord H) 44.37 **U15: 100:** 1 L Dean (Bord H) 12.0. **200:** 1 L Dean (Bord H) 24.4. **DT:** 1 O McCorry (Bord H) 33.11 **Women: 100:** 3 A Kelly (Giff N, W50) 14.7. **200:** 3 A Kelly (Giff N, W50) 31.0. **800:** 1 A Hetherington (Bord H, U20) 2:17.0. **1500:** 1 A Hetherington (Bord H, U20) 4:43.6. **JT:** 1 D Nyakoyama (Bord H) 39.15 **U15: 75H:** 1 Z Teasdale (J&H) 12.3. **JT:** 1 E Dibble (Carl) 34.29 **U13: 150:** 1 K Quayle (Seat) 21.8; 2 M Sproul (Kend) 21.9

MEDWAY & MAIDSTONE AC OPEN, Gillingham

U17 mixed events: 300: 1 J Burton (M&M) 36.60; 2 W Milham (M&M, U15) 38.68; 4 I Munday (M&M, U17W) 41.77; 5 S Keegan (M&M, U17W) 41.87. **600:** 2 E Featherstone (M&M, U13W) 1:49.55 **Mixed events: LJ:** 4 N Scott (M&M, U15W) 4.99 **Men: 400:** r1: 1 M Hunt (Chelm) 48.76. **110H (-0.1):** 1 T Howlett (Dartf, U20) 15.91 **U17: 100H (-0.7):** 1 C Amedee (Ashf) 14.87 **U15: 80H (-1.1):** 1 I Milham (M&M) 12.32 **U15 girls: 75H: r1 (-2.1):** 1 N Scott (M&M) 12.28. **r2 (1.5):** 1 P Dinley (M&M) 12.25

MILTON KEYNES MULTI EVENT & OPEN MEETING, Milton Keynes

M60 men: SP: 1 B Scott (Mil K) 10.05. **HT:** 5 B Scott (Mil K) 34.20 **Women: HT:** 1 K Presswell (Mil K, U20) 49.92 **U17: HT:** 2 L Presswell (Mil K) 43.58; 3 L Cumino (Mil K) 38.09 **U15: SP:** 1 S Ross (Mil K) 10.93

KINGSTON UPON HULL SPRING OPEN, Hull

Men: 400: 1 D Gray (KuH, U20) 48.9; 2 L Giblin (KuH) 49.0. **SP:** 1 J Twiddle (KuH, M45) 11.48. **HT:** 5 A Smith (Sale) 73.07; 6 J Bedford (Bir) 68.91; 1 J Twiddle (KuH, M45) 40.81; 2 I Cooley (Roth, M55) 34.22; 3 A Mitchell (SinA, M55) 32.86 **U17: HT:** 1 A Jeal (M'bro) 49.99 **U15: PV:** 1 H Stutely (KuH) 2.65. **DT:** 1 J Tranmer (KuH) 32.60. **HT:** 1 B Schofield (York) 34.70

U13: 1500: 1 J Clarkson (Goole Y) 4:59.3. **75H:** 1 C Howes (Pontefract) 13.5; 2 O Dakin (C'field) 13.8 **Women: HT:** 1 J Wheatman (Wake) 48.36; 2 B Mitchell (SinA) 46.58; 3 C Lebond (Roth) 41.58; 4 H Rodgers (Roth, U20) 41.44; 5 E Greenwood (Hal, U20) 37.50 **U17: 100:** 1 C Paterson (KuH) 12.5. **200:** 1 C Paterson (KuH) 25.9. **80H:** 1 E Schaanning (C'field) 12.0. **HT:** 1 M Okul (KuH) 51.38; 2 E Robinson (Scun) 40.73; 3 A Barnsdale (Linc W) 37.09 **U15: 1500:** 1 G Walker (Goole Y) 4:58.6. **SP:** 1 M Ascough (Hal) 10.35. **DT:** 1 O Stevenson (KuH) 30.85; 2 M Magee-Sharpe (Donc) 27.45. **HT:** 1 O Stevenson (KuH) 53.16; 2 L Hill (C'field) 40.16; 3 M Ascough (Hal) 38.47; 4 J Routledge (Charn, U13) 26.81 **U13: 80:** 1 A Rolfe (York) 11.7; 2 N Lannie (Donc) 11.8. **150:** 1 A Rolfe (York) 22.0. **1200:** 1 A Haigh (KuH) 4:13.8; 2 I Woodman (BWF) 4:19.9. **70H:** 1 N Lannie (Donc) 12.3

LIVERPOOL HARRIERS ERNIE GALLAGHER MEMORIAL MEDAL MEETING, Liverpool

U15 boys: 80H: 2 S Jones (Liv H) 12.7 **U11: 75: r1:** 1 I Cox-curry (Liv H) 11.0 **U15 girls: 800: r1:** 1 S Driscoll (Kend, U13) 2:24.9; 2 J Jolly (Prest, U13) 2:28.2. **1500:** 1 A Cunningham (Sale) 4:59.1. **75H: r1:** 1 G Bower (Sale) 11.9; 2 E Darroch (Wirr) 12.4. **r2:** 1 E Berry (Liv H) 11.9; 2 E Jackson (Sale) 12.2 **U13: 75: r2:** 1 E Hedges (Wirr) 10.6. **150: r1:** 1 E Hedges (Wirr) 21.6; 2 S Driscoll (Kend) 22.0. **r2:** 1 A Matambo (Liv H) 21.6; 2 T McHugh (Sale) 21.9; 3 K Rushton (BWF) 22.0. **1200:** 1 E McNiven (Liv H) 4:05.0; 2 F Crossley (Liv H) 4:10.4; 3 E Twite (Sale) 4:18.6. **70H:** 1 T McHugh (Sale) 12.4 **U12: SP:** 1 Z Price (Liv H, U13) 10.09

LIVERPOOL HARRIERS TOM O'MAHONEY MEMORIAL OPEN MEETING, Liverpool

U17 men: 100H: 1 B Sutcliffe (H&F) 14.9 **U17 women: 3000:** 1 S Tarver (Wirr) 10:41.7. **80H:** 1 A Rowe (Liv H) 12.2; 2 C Connell (Liv H) 12.3. **300H:** 1 M Thomson (Liv H) 47.0

SHEFFIELD FESTIVAL OF ATHLETICS OPEN, Sheffield

Men: SP: A: 1 S Lincoln (York) 15.03. **JT:** A: 1 J Dunderdale (Linc W) 70.52 **Mixed events: 100: r1:** 1 B Shields (Sheff) 10.64; 2 D Relton (Hal, U20) 10.87. **r4:** 3 K Edwards (Sheff, U20W) 11.99; 5 R Highfield (Gate, U20W) 12.38. **r5:** 1 J Etia (Hallam, U15) 11.87; 2 C Jones (Bir, U20W) 12.14. **r6:** 3 A Benjamin (Bir, U20W) 12.40; 5 E Rawson (Sheff, U17W) 12.59. **200: r1:** 1 U Hameed (Sale) 21.72; 2 B Shields (Sheff) 21.86. **r4:** 1 J Ferguson (Barns, U15) 24.38; 4 K Edwards (Sheff, U20W) 24.90. **r5:** 2 C Jones (Bir, U20W) 25.03; 3 A Benjamin (Bir, U20W) 25.25; 5 E Rawson (Sheff, U17W) 25.51. **r8:** 2 L Revitt (Hallam, U13W) 28.13. **400: r1:** 1 E Wilson (Roth, U20) 49.80. **800: r2:** 3 R Parkin (Donc, U20W) 2:16.28; 4 E Alderson (S'port W, U15W) 2:17.20. **r3:** 3 L Robinson (Wake, U17W) 2:21.20. **1500: r1:** 7 C Ireland (Sheff RC, M50) 4:40.86; 8 C Bradley (Donc, W) 4:41.13; 10 E Hussey (Sky, U13) 4:54.29. **r2:** 1 S Roberts (Sheff, U13) 4:57.87. **r3:** 1 E Crownshaw (Hallam, U13W) 5:12.62. **3000:** 3 R Lancelotti (Roth, W) 10:07.09. **PV:** A: 1 C Doggett (Macc, U17W) 2.80; 4 G Woodhead (Dearne, U13W) 2.10. **B:** 1 A Hague (Dearne, U20) 5.00; 2 N Cole (Dearne, U20) 4.50; 3 D Needham (Wig D) 4.50; 4 C McHale (Mans)

UK 800m leaders - 2014

MEN

1:45.22i Andrew Osagie
1:52.12i Sean Molloy
1:56.79i Hassan Abdi
2:04.49i Mosope Oyelola
2:12.38 Ben Pattison
1:53.56i James Thie
1:50.92i Anthony Whiteman
2:02.44i Adrian Haines
2:08.42i Simon Anderson
2:13.84i John Thomson
2:15.31i David Wilcock
2:24.48i Pete Molloy
2:42.66i John Batchelor
2:51.09i John Newcombe
3:53.57i Richard Pitcairn-Knowles

Sen

2:00.94i U20
2:07.80i U17
2:12.85i U15
2:15.12i U13
2:22.04i V35
2:17.41i V40
2:21.40i V45
2:23.32i V50
2:21.09i V55
2:30.68i V60
2:50.04i V65
2:57.86i V70
3:56.54i V75
4:00.46i V80

WOMEN

Laura Muir
Charlotte Cayton-Smith
Sophie Mansfield
Saskia Millard
Molly Canham
Helen Reynolds
Denise Morley
Bernadine Pritchett
Clare Elms
Laura Mahady
Caroline Marler
Angela Copson
Betty Stracey
Anne Martin
nm (i = indoor)

4:30; 5 T Dobbs (Wig D, U17) 4:10; 6 Y Hassan (Dearne, U17) 3:90; 7 A Roberts (Dearne, U20W) 3:70; 8 L Taylor (Wig D, U17) 3:40; 9 J Lindley-Harris (Dearne, U15) 3:30 **U20: DT:** 1 N Aarre (Bir) 47.88 **U17: SP: A:** 1 D Cartwright (Bir) 13.84; 2 O Bryce (Hallam) 13.27. **DT:** 1 O Bryce (Hallam) 38.80 **Women: DT:** 4 T Buckingham (Barns, U17) 34.24 **U17: SP: A:** 1 T Buckingham (Barns) 13.34; 3 E Dakin (Ret, U15) 10.24

WESSEX YOUNG ATHLETES' LEAGUE, Southampton

MILLIE CAVANAGH narrowly missed 40m in the javelin and achieved 12.68m in the shot as Southampton's throwers enjoyed a field day. *Nigel Harding reports.*

Joshua Wise and Samantha Callaway impressed as under-13 discus winners. Wise was also a metre ahead of Ben Jones in the javelin. Ellie Hodgson outdid Wimborne's Bethan Burley in the shot and her 100m vid with Lucy-Jane Matthews' hurdling as the meet's best track performance. **MATCH:** 11 Southampton 639; 2 Wimborne 378; 3 Woking 362; 4 Marlborough Juniors 287; 5 New Forest Juniors 237; 6 Weymouth 128. **U20 men: 800: ns:** 1 B Brearley (New FJ) 40.68

U17: 100H: A: 1 R Kelly (Woking) 14.9; 2 O Lawrence (Soton) 14.9. **HJ:** A: 1 O Lawrence (Soton) 1.83. **DT:** A: 1 E Jenkinson (Soton) 38.04 **U15: 100:** A: 1 S Bridges (Soton) 12.0; 2 R Clark (Marl J) 12.0. **200:** A: 1 R Jarvis (Soton) 24.2. **300:** A: 1 R Jarvis (Soton) 38.3. **4x100:** 1 Soton 48.9 **U13: JT:** A: 1 J Wise (Soton) 34.40; 2 B Jones (Wey SP) 33.41 **U17 women: 100:** A: 1 A Teal (Soton) 12.6. **80H:** A: 1 M Cavanagh (Soton) 12.5. **4x100:** 1 Woking 52.2; 2 Soton 52.6. **SP:** A: 1 M Cavanagh (Soton) 12.68. **JT:** A: 1 M Cavanagh (Soton) 10.43 **U13: 1200: ns:** 1 P Wright (Soton) 4:11.1. **70H:** A: 1 L Matthews (Soton) 11.7. **B:** 1 E Hammond (Soton) 12.2. **DT:** A: 1 S Callaway (Soton) 28.51

WESSEX YOUNG ATHLETES' LEAGUE, Swindon

JACK MAWER and Charlotte Payne starred in the field as did Will Crisp on the track. **MATCH:** 1 Camberley 449; 2 Swindon 403; 3 Aldershot, Farnham & District

346; 4 Poole AC 298; 5 Newbury 187; 6 Poole Runners 99 **U15 boys: 300:** A: 1 W Crisp (Swin) 38.5. **400: ns:** 1 F Barber (C'ley) 20.3. **1500:** A: 1 W Crisp (Swin) 4:21.6. **4x100:** 1 Swin 49.8. **SP: A:** 1 J Howlett (Poole) 11.54 **U13: 1500:** A: 1 L Mann (C'ley) 4:59.2. **JT:** A: 1 J Mawer (C'ley) 34.41 **U13 girls: 70H:** A: 1 L Gohara (Newb) 12.5. **DT:** A: 1 C Payne (Newb) 24.80

WYCOMBE PHOENIX CLUB CHAMPIONSHIPS, Hillingdon

U15 mixed events: 1500: 2 C Reid (Chilt, U13) 4:52.34 **U15 girls: JT:** 1 E Walker (Wyc P) 32.02 **U13: 75 (2.0):** 1 O Lowrie (Wyc P) 10.59. **800:** 1 O Lowrie (Wyc P) 2:28.43

APRIL 12

SCOTTISH ATHLETICS HAMMER GRAND PRIX ROUND 1, Livingston

Men: HT: 1 C Wright (Falk, U20) 52.38; 2 D Little (Glas) 48.29 **U20: HT:** 1 C Wright (Falk) 59.96; 2 M Guthrie (Centr) 51.97; 3 B Main (Shett) 50.98; 4 C Mullins (Moorfoot, U17) 44.75; 5 J Mitchell (Moray, U17) 41.77 **U18: HT:** 1 C Mullins (Moorfoot, U17) 48.12; 2 J Mitchell (Moray, U17) 45.06 **Women: HT:** 1 R Hunter (Ayr S) 62.22; 2 M Perkins (Falk) 59.83; 3 M Porterfield (VPCG) 50.32 **U20: HT:** 1 K Reed (Edin) 60.88 **U18: HT:** 1 N Robbins (Edin, U17) 42.70. **HT:** 2 H Fawcett (Kilb, U15) 38.81

CHARNWOOD AC WARM-UP MEETING, Loughborough

SCOTTISH discus thrower Kirsty Law impressed with a 57.15m throw, which increases her chance of a high placing in the big event in Glasgow later in the summer.

It increases her hold on second in the UK rankings and was just short of her two-year-old PB set when she won



Kirsty Law: on course for Glasgow with a 57.15m throw

the Inter-Counties in Bedford. **Mixed events: 100: r8 (3.7):** 3 F Beedie (Derby, U13W) 13.16. **r11 (4.3):** 1 S Terry-Short (C&S, M40) 12.18; 5 G Skervin (Notts, W40) 12.99. **r12 (0.8):** 3 S Skervin (Notts, U15W) 12.67; 5 C Ashmore (Mans, M50) 12.93. **r13 (4.2):** 2 J Statham (Charn, M50) 12.24; 5 P Harrison (Ryst, M45) 12.66. **r14 (2.0):** 4 K Buxton (Charn, U15) 11.89. **r16 (1.6):** 1 L Clowes (C&N) 10.94. **200: r6 (1.4):** 5 T Wells (Corby, M65) 29.72. **r8 (2.1):** 1 M Weatman (C&S, M50) 26.66. **r9 (5.3):** 4 P Edwards (C&S, M55) 27.02; 5 G Skervin (Notts, W40) 27.18. **r11 (3.3):** 4 H Cooper (Saffron, U17W) 25.58; 5 S Skervin (Notts, U15W) 25.59. **r12 (3.2):** 4 N Campbell-Smith (Bir, U20W) 24.86; 6 G Burton (C&S, U20W) 24.99. **r16 (5.3):** 1 R Evans (Stock H) 20.73; 2 N Kanonik (Bir) 21.42; 3 L Clowes (C&N) 21.43; 4 E Powell (Leic C, U20) 21.72; 5 J James (Derby) 21.82. **300: r3:** 1 M Davies (C&S, U17W) 40.79; 3 E Berrisford (Stoke, U17W) 41.68. **400: r1:** 1 L Licietis (Charn, M55) 62.84. **r4:** 1 R Evans (Stock H) 47.50. **1500: r3:** 4 F Harrison (Wreake, U13W) 5:06.34; 5 M Atkinson (Charn, U13W) 5:07.01. **r5:** 4 G Lowry (Amber V, M50) 4:42.17. **3000: r2:** 3 J Pollard (Charn, U15) 9:32.88; 4 D Evans (Derby, U15) 9:45.92; 6 T Gostelov (Charn, U15) 9:46.37. **JT:** 5 P Harrison (Ryst, M45) 10.51 **Men: HJ:** 1 J Thompson (Derby, U17) 1.90. **LJ:** A: 2 J Thompson (Derby, U17) 6.42; 7 P Harrison (Ryst, M45) 5.18. **B:** 6 K Lundy (C&S, M65) 4.13 **U20: HT:** A: 1 R Douglas (Charn) 58.22 **U17: 100H (3.1):** 1 S Thompson (C&S) 13.85. **JT:** A: 1 I Tapper (Charn) 53.10 **U15: SP:** A: 1 N Langley (Works) 12.26. **HT:** A: 1 R Owen (Notts) 37.35 **M50: SP:** A: 1 M Fox (Stoke) 13.52. **DT:** B: 1 Barnsdale (Linc W) 31.49 **M55: 100H (3.1):** 1 P Edwards (C&S) 15.76 **M65: DT:** A: 1 K Lundy (C&S) 29.80 **Women: 100H (4.9):** 1 K Drew (Sheff) 13.32; 2 G Burton (C&S, U20) 15.00. **LJ:** A: 8 K Joseph-Blackler (Saffron, U15) 4.96. **B:** 1 C Jones (Derby, U15) 5.02; 5 J Wakelam (B&R, W55) 5.39. **SP:** A: 1 A Rodger (Sale) 15.15. **DT:** A: 1 K Law (Sale) 57.15; 2 L Kirk (Unatt) 37.82; 3 B Jones (Sheff, U15) 35.99; 4 E Rathbone (Stoke, U17) 30.38; 5 C Brown (Amber V, U15) 26.82. **HT:** A: 1 J Mayho (Bir) 52.68 **U17: SP:** A: 1 G Holland (Burton) 11.02. **HT:** A: 1 R Collins (Derby) 43.15; 2 A Purchase (Notts, U15) 42.47; 3 G Page (Works) 37.72; 4 B Jones (Sheff, U15) 37.44; 5 C Brown (Amber V, U15) 36.38. **JT:** A: 1 E Hampllett (C&S) 45.16; 2 B Rees (C&S, U15) 40.19 **U15: 75H: r2 (3.1):** 1 A Pye (C&S) 11.69; 2 R Sheffield (Burton) 12.26;

3 S Domingo (Harb) 12.33; 4 E Lloyd (Mendip) 12.47
U13: SP: B: 1 K Finlay (Leic C) 9.55. **DT:** B: 1 L Whitehouse (W&B) 24.43
W55: HT: B: 1 J Wakelam (B&R) 28.32. **JT:** B: 1 J Wakelam (B&R) 20.81

HAVANT AC CLUB CHAMPIONSHIPS & OPEN MEETING, Portsmouth

Men: **LJ:** 1 T French (B&H) 708. **HT:** 2 S Evans (Worth) 47.87. **r1:** 1 M Evans (Worth) 49.77

Mixed events: 100: r3: 1 L Leon (Win, U15W) 12.9. **r5:** 1 O Nicholson (AFD, U15) 12.0. **r6:** 1 J Bryant (Soton, U17W) 12.5. 2 S Haigh (Chich, U17W) 12.6. **r7:** 1 A Teal (Soton, U17W) 12.4. 2 J Breach (Chich, U17W) 12.6. **r8:** 2 G Smith (Ports, U15W) 11.9. **r9:** 4 M Axtell (Soton, W70) 17.9. **r10:** 4 R Watkins (BMH, M60) 12.9. **r11:** 1 S Onanuga (Mil K) 10.7;

2 J Coyle (Soton) 10.9. **200: r8:** 4 R Watkins (BMH, M60) 26.1; 5 A Smerdon (Fleet, M50) 26.7. **300: r1:** 1 B Davies (Ports, U15W) 42.5. **r2:** 1 J Amartey (Soton, U20) 36.1. **400: r2:** 6 R Watkins (BMH, M60) 62.4. **800: r2:** 1 L Wildash (BMH, U17W) 2:20.3. **r3:** 2 H Richardson (BMH, U15) 2:07.7. **1 Mile: r2:** 1 H Fleming (Walton, U20) 4:27.9. **3000: r1:** 2 H Boyd (G&G, U15) 9:28.8. **r2:** 3 E Montiel (Ports, W35) 10:26.5. 9 E Rose (Ports, U15W) 10:43.3

U20: HT: 1 L Parkes (Havant) 50.92
U17: LJ: 1 J Crookes (BMH) 6.34. **HT:** 1 M Ritchie (Craw) 62.53
U15: HJ: 1 C Button (IoW) 1.70. **HT:** 1 K Mumford (And) 46.76

U13: SP: 1 K Duxbury (Ports) 9.37. **JT:** 1 K Duxbury (Ports) 37.97
U11: 75: 1 C Taylor (Havant) 11.0
M45: SP: 1 P Evans (Woking) 10.22
Women: SP: 1 C Cubbage (Ports, W40) 9.22. **HT:** 1 S Wise (Lut) 41.70. **JT:** 1 C Garratt (Worth, W50) 34.55

U20: HT: 1 R Parcel (Ports) 35.34; 2 W Canning (IoW) 34.48. **JT:** 1 J Campbell (Soton) 38.18
U17: SP: 1 M Cavanagh (Soton) 12.60. **JT:** 1 E Green (Soton) 40.90; 2 M Cavanagh (Soton) 37.70
U15: LJ: 1 B Davies (Ports) 5.05; 2 L Dockerill (Ports) 5.00; 3 H Griffiths (Soton) 4.94. **SP:** 1 A Cook (BMH) 10.42. **HT:** 1 R Forrester (Worth) 34.95; 2 K Yorke (Ports) 34.61

W35: HJ: 1 C Cubbage (Ports, W40) 14.5

LIVERPOOL THROWS & JUMPS OPEN, Liverpool
Men: SP: 1 S Lincoln (York) 16.33; 2 T Smith (Wig D) 14.28. **DT:** 1 A McInroy (SB) 52.34; 2 M Cooper (Liv H) 42.54; 3 T Smith (Wig D) 40.47; 4 G Level (Gate) 40.26; 6 J Watts (N Vets, M70) 35.20. **HT:** 1 M Bomba (Liv H) 67.03; 2 O Jones (Liv H) 63.20; 3 M Sutton (W&B) 57.83; 4 A Reynolds (Liv H) 46.01. **JT:** 1 D McKay (W Ches) 61.19; 2 S Porter (Sale) 54.86; 7 D Brown (Liv PS, M45) 38.58
U20: HJ: 1 C Mann (Bolt) 2.00. **PV:** 1 F Walker (BWF) 4.00. **DT:** 1 D Fleming (Linc W) 40.65. **HT:** 1 J Williams (Col B) 63.05; 2 J Mirfin (E Ches) 53.90; 3 S Livett (Menai) 46.12; 4 F Mulvaney (Liv H) 40.03. **JT:** 1 J Harris (Manx) 50.04
U17: PV: 1 T Dobbs (Wig D) 4.10; 2 D Lavelle (BWF) 3.90; 3 L Taylor (Wig D) 3.30. **SP:** 1 G Evans (I'ness) 14.78; 2 J Briggs (BRAT) 12.80. **HT:** 1 E Jeans (Prest) 53.22; 2 B O'Donnell (IRL) 46.00; 3 G Evans (I'ness) 42.16. **JT:** 1 G Davies (York) 56.29
U15: HJ: 1 J Hewett (Manx) 1.75. **SP:** 1 A Peck (Ayr S) 11.66. **DT:** 1 A Peck (Ayr S) 35.43; 2 A Geddes (I'ness) 33.66. **JT:** 1 A McFarlane (I'ness) 45.48

Women: TJ: 1 M Robbins-Hulse (Traff) 12.08. **SP:** 1 E Campbell (Notts) 11.90. **HT:** 1 H Murray (Bir) 55.57; 2 E Campbell

(Notts) 47.52; 3 L Webster (W&B) 44.75. **JT:** 1 L Bibby (Wig D) 40.31; 2 P Gass (Edin) 39.50
U20: HJ: 1 A Tarver (Wirr) 1.63. **TJ:** 1 A MacKenzie (Liv H) 11.05. **SP:** 1 S Fortune (Dees) 10.58. **DT:** 1 A De Bruin (Manx) 35.49; 2 S Fortune (Dees) 34.66. **HT:** 1 C Smith (Swan) 40.92; 2 C Needham (BWF) 36.07. **JT:** 1 S Percival (W Ches) 36.23; 2 A Peers (BWF) 35.92
U17: PV: 1 F Hockey (BWF) 3.30; 2 H Newell (BWF) 2.90. **SP:** 1 E Ball (W Ches) 13.17; 2 L Hillman (Pend) 12.02; 3 K Whitley (Wrex) 11.96. **DT:** 1 E Ball (W Ches) 36.14; 2 A Rimington (Dees) 33.26; 3 J Pyatt (H&F) 32.82; 4 K Whitley (Wrex) 32.12. **HT:** 4 J Williams (Wrex, U15) 40.77. **JT:** 1 L Hillman (Pend) 38.38
U15: HJ: 1 A Siballd (Nthn (IOM)) 1.55. **TJ:** 1 Z Williams (Traff) 10.08; 2 I Blackburn-Stennett (Traff) 10.03; 3 L Boyle (Traff) 10.02. **DT:** 1 O Stevenson (KuH) 34.00; 2 E Lowe (Sale) 26.96. **HT:** 1 O Stevenson (KuH) 49.56; 2 L Hill (C' field) 41.74; 3 M Walsh (W&B) 39.55; 4 S Watkins (Neath) 32.97. **JT:** 1 E Howe (W Ches) 31.

POOLE OPEN MEETING, Poole
Men: 100: r1: 1 A Lee (Poole) 11.0; 3 R Wheeler (Poole, M50) 12.3. **200: r1:** 1 R Wheeler (Poole, M50) 26.0. **600:** 1 K Welch (B'mth) 1:21.6; 2 A Lee (Poole) 1:25.0. **HT:** 1 A Elkins (SB) 55.13; 2 A Tuck (Dor) 45.69. **JT:** 2 R Wheeler (Poole, M50) 30.01
U17: SP: 1 T Peters (B'mth) 13.37. **HT:** 1 T Peters (B'mth) 41.89. **JT:** 1 B Dickinson (B'mth) 54.60
U13: JT: 1 B Jones (Wey SP) 33.99
U11: 75: r1: 1 H Leaper (Poole) 10.8
Women: HT: 1 E Jones (Poole, W40) 33.20
U20: 1000: 1 A Mundell (Salis) 2:57.2; 2 A Razmaite (Poole, U17) 3:06.8
U17: 200: 1 A Power (Poole) 25.8. **1000:** 2 A Razmaite (Poole) 3:06.8. **HT:** 1 A Power (Poole) 50.28
U15: SP: 1 H Molyneux (B'mth) 12.02; 2 B Burley (W'Heaper) 10.28. **HT:** 1 D Broom (B'mth) 41.12. **JT:** 1 E Bowring (Dor) 31.41
W50: HT: 1 R Hutton (W'borne, W65) 26.84

APRIL 10 EASTBOURNE OPEN, Eastbourne
Mixed events: 100: 1 H Davis (E' bne, U17W) 12.7; 2 B Morris (E'bne, M55) 12.9

APRIL 9 HIGGATE HARRIERS/CITY OF LONDON OPEN MEETING, Parliament Hill
Mixed events: 100: r4 (-2.5): 1 W Andoh (Lon Sch, U13) 12.68. **800: r1:** 4 G Fear (High, U17W) 2:15.26. **5000: r1:** 1 S Alexander (Croy) 15:33.19. **r2:** 8 D Olive (Unatt, M40) 14:54.76; 4 A Aronson (THH, W) 18:25.62; 6 J Kent (Barrn, W45) 18:41.42
Men: SP: 1 O Muskwe (WSEH) 13.81
U15: SP: 1 S Mace (Walton) 11.51
Women: DT: 1 S Mace (Walton, U17) 40.72
U17: SP: 1 S Mace (Walton) 11.81

NORTHERN VETERANS' LEAGUE, Cleckheaton
M35 men: 100: r1: 2 S Lightfoot (Salf, M45) 12.3; 4 I Scholes (N Vets, M55) 13.4. **200: r1:** 1 S Lightfoot (Salf, M45) 25.2; 5 I Scholes (Wake, M55) 27.2.
400: r1: 3 L Golding (Pend, M45) 57.7. **HJ:** 1 S Linsell (Leeds C, M50) 1.74. **SP:** 1 J Twiddle (KuH, M45) 11.75. **HT:** 1 J Twiddle (KuH, M45) 40.46
M50: SP: 1 S Linsell (Leeds C) 10.31. **HT:**

11 Cooley (Roth, M55) 32.61; 2 S Linsell (Leeds C) 30.37
M60: HT: 1 E Berry (Long) 28.66
W35 women: 100: 4 C Marler (Otl, W60) 16.1. **200:** 2 C Marler (Otl, W60) 33.8. **LJ:** 11 Hemming (Bolt, W55) 3.42. **SP:** 1 F Thomas (Sky) 11.26
W50: SP: 1 B Walsh (Long, W60) 6.13; 2 M Williams (York, W65) 6.11; 4 S Bolland (Spenn, W70) 5.31. **HT:** 1 S Bolland (Spenn, W70) 21.84; 2 L Ridsdale (Wake, W65) 21.76

WATFORD OPEN GRADED MEETING, Watford
Mixed events: 100: r6 (0.7): 6 D Olusanya (ESM, M40) 12.16. **r7 (0.5):** 1 T Olubi (B&B) 10.92. **200: r3 (1.0):** 5 C Yearwood (Harrow, U13W) 28.82. **r5 (0.1):** 3 D Olusanya (ESM, M40) 24.92. **400: r2:** 7 A Slatcher (Bed C, W50) 66.4. **r3:** 4 S Billington (Lut, U20W) 58.53; 5 H McClay (Brack, U17W) 58.55. **r6:** 1 R Reeks (Craw) 48.58; 2 K Langford (SB, U20) 48.97; 3 J Andrew (Sale) 49.63. **800: r5:** 4 L Langford (SB, U17W) 2:18.80. **r6:** 4 M Whitfield (Harrow, U17W) 2:19.89; 10 D Clatworthy (C&C, U13) 2:24.70. **r7:** 4 L Russell (Bed C, U17W) 2:13.89; 8 L Everson (B&B, U17W) 2:16.79; 9 A Barbour (WSEH, U17W) 2:18.39. **r8:** 2 R Tennant (Ips, U20) 1:57.45; 3 A Wright (R&N, W70) 1:57.77. **1500: r3:** 3 G Allan (Ton, U15W) 4:46.18; 8 E Wintsch (R&N, U15W) 4:52.60; 11 C Gordon (Brain, U15W) 4:40.65; 10 R Murray (Bed C, W) 4:34.34; 5 E Cackle (AFD, U15W) 4:39.06; 9 N Bridson-Hubbard (B&B, U17W) 4:40.65; 14 B Dence (B'mth, U17W) 4:43.45; 15 I Hoy (WG&E, U15W) 4:45.07; 16 T MacDonald (C&C, U20W) 4:46.86. **r5:** 1 D Symes (AFD, M45) 4:22.68; 3 J Goddard (WSEH, U15) 4:24.95; 5 R Coupland (AFD, U15) 4:25.63; 6 J Dempsey (SB, U15) 4:27.75; 12 E Moss (WG&E, W) 4:41.20. **r6:** 1 T Holden (S Lon, U20) 3:59.14; 2 J McCarthy (Chilt, U20) 3:59.37; 3 E Dudgeon (Edin) 3:59.77; 5 C Solomon (WG&E, U17) 4:07.60. **3000: r1:** 1 A Yabsley (Mil K, U15) 9:54.42; 2 G Holloway (Thurr, U20W) 9:54.67; 3 E Waugh (R&N, W) 9:58.34; 6 A Greggor (AFD, W) 10:00.97; 9 N Rogers (Cott H, W) 10:11.25; 11 J Judd (Chelm, U17W) 10:12.36; 12 B Hawling (Chelt, W) 10:12.66; 13 E Mitchell (AFD, W) 10:25.08; 21 E Mears (Mil K, U15W) 10:56.33. **r2:** 1 D Studley (B&W) 8:21.98; 2 M Mohamed (TVH) 8:22.91; 3 J Christopher (Bed C) 8:25.68; 4 M Leach (Bed C) 8:25.93; 5 M Pearce (SB, U20) 8:32.10; 6 P Crout (SB, U20) 8:33.69; 7 J Carr (Worc) 8:39.73; 8 T Quirk (Oxf U) 8:40.94; 9 R Lightowler (SB, U20) 8:47.20; 14 J Schofield (York, U17) 9:03.56; 30 J Keene (B&B, U17W) 9:45.27
U17 men: SP: 1 H Sutherland (Wyc P) 13.74
Women: SP: 1 G Clements (Dartf) 12.44
U17: SP: 1 L Chantler Edmond (Rad) 12.20

CORBY AC OPEN, Corby
U13 mixed events: 75: r1: 1 E Blackman (Corby) 10.4. **150: r4:** 1 E Blackman (Corby) 20.4; 2 M Swann (Charn, U13W) 21.5
Mixed events: 100: r2: 4 W Paterson (Corby, M55) 13.5. **r3:** 6 C Monk (Leic C, M60) 13.2. **200: r3:** 3 C Monk (Leic C, M60) 27.1; 5 W Paterson (Corby, M55) 27.7. **600: r2:** 6 E Blake (Hunts, U17W) 1:41.3. **1000: r2:** 3 G Hartigan (Cov, U20W) 2:58.4; 6 E Welch (Corby, U20W) 3:02.5. **2000: r1:** 1 J Gordon (Kett, U20W) 6:51.2; 2 E Welch (Corby, U20W) 6:52.3

APRIL 8 SWANSEA JUNIOR OPEN, Swansea
Men: HT: 1 B Cole (Swan) 47.24. **JT:** 1 R Leonard (Card) 60.88; 2 J Copey (Cwmb) 59.59
U20: JT: 1 J Williams (Cwmb) 51.11; 2 M Holmes (Card) 48.14
U17: HJ: 1 M Keller-Jenkins (Swan) 1.85. **JT:** 1 R Dangerfield (B&V) 50.78
U15: 100: r1 (-1.8): 4 L Gealy (Swan) 11.8; 1 S Collins (L'nelli) 11.9. **80H (-2.7):** 1 M Thompson (Swan) 12.8; 2 T Britt (Card) 13.0. **SP:** 1 T Hanson (Card) 11.51
U13: 75H: 1 T Cook (Swan) 12.8
Women: SP: 1 K Llewellyn (P'broke, W50) 8.38. **HT:** 1 K Llewellyn (P'broke, W50) 27.68; 2 R Prells (Swan, W55) 26.19
U20: HT: 1 K Presswell (Mil K) 49.97; 2 C Smith (Swan) 39.25. **JT:** 1 G Hailstone (B&H) 42.17; 2 N Davenport (B'end) 33.65; 3 S Quirke (Swan) 32.55
U17: 100 (-1.9): 1 H Brier (Swan) 12.1. **JT:** 1 E Cockrill (Swan) 37.97
U15: SP: 1 S Watkins (Neath) 10.11. **HT:** 1 S Watkins (Neath) 34.74; 2 C McGeachie (Swan) 30.31
U13: 70H: r2 (-3.6): 1 G Morgan (Card Arch) 12.2

APRIL 8 CARDIFF & THE VALE OF GLAMORGAN SENIOR SCHOOLS CHAMPIONSHIPS, Cardiff
U20 men: 1500: 1 J Cove (C&V Sch) 3:56.75; 2 J Preece (C&V Sch) 3:58.96. **HJ:** 2 T Trotman (C&V Sch, U17) 1.85. **PV:** 2 R Grimwade (C&V Sch, U17) 3.20. **HT:** 1 M Holmes (C&V Sch) 41.69. **JT:** 1 M Holmes (C&V Sch) 48.16
U20 women: 1500SC: 1 E Hayes (C&V Sch) 5:31.02

APRIL 6 HEREFORD THROWS OPEN, Hereford
Men: SP: 1 G Winter (Sheff) 16.99
U20: HT: 1 T Fellowes (Bir) 50.65
U17: SP: 1 D Cartwright (Bir) 14.91. **DT:** 1 J Jones (FoD) 41.66; 2 D Cartwright (Bir) 39.55
M60: DT: 1 I Bowles (Worc, M65) 32.77
M65: SP: 1 I Bowles (Worc) 9.46. **HT:** 1 I Bowles (Worc) 27.35
U20 women: DT: 1 E Bue (Worc) 35.04. **HT:** 1 C Stallard (Glu) 41.18
U17: SP: 1 L Richards (Severn) 12.38
U13: DT: 1 L Whitehouse (W&B) 24.37
W50: DT: 1 J Wakelam (B&R, W55) 18.69. **HT:** 1 J Wakelam (B&R, W55) 25.48

GREATER PETERBOROUGH ATHLETICS NETWORK SPRING MEETING, Peterborough
Men: SP: 1 K Eve (P'boro, M50) 9.80
Mixed events: HJ: 1 M Porter (P'boro, U15W) 1.56
U15 girls: 75H: 1 M Sims (P'boro) 12.5

KIDDERMINSTER & STOURPORT OPEN, Stourport
Men: 300: 1 J Imray (Tip) 36.0. **SP:** 1 D Morris (K&S, M45) 10.86. **HT:** 1 M Sutton (W&B) 57.93; 2 O Barnfield (W&B) 47.37
U17: 600: 1 N Geraghty (Hale) 1:27.4
M60: SP: 1 R Cutler (D&S, M65) 9.68; 2 D Russell (W&B) 9.16
Women: TJ: 2 C St. John-Coleman (Chelm, W50) 8.24
U20: JT: 1 A Hale (Hale) 34.40
U17: 150: r1: 1 D Thompson (Tip) 20.0
U13: 80: r1: 1 E Duncan (Worc) 11.5. **r2:** 1 L Whensley (Hale) 11.5; 2 B Pinnegar (B&R) 11.8; 3 K Lightfoot (Spark) 11.9; 4 M Hucker (C&S) 11.9. **r3:** 1 G Slater (D&S) 11.6; 2 C Lee (D&S) 11.7. **r4:** 1 J Hancock (Hale) 11.6; 2 N Darby (D&S)

11.7. **150: r1:** 1 B Lloyd (B&R) 21.5. **LJ:** 1 S Craig (Tel) 4.57. **HT:** 1 P Baggott (W&B) 26.59
W50: LJ: 1 M Garland (Worc) 4.53

LOTHIAN & BORDER TRIALS, Edinburgh
Men: 100: r1: 1 M Bajo (Edin, U20) 11.04; 2 M Olsen (Edin, U17) 11.06. **200:** 1 M Olsen (Edin, U17) 22.23; 2 M Bajo (Edin, U20) 22.26
U17: 100: r1: 1 S Wilson (Edin) 11.11
U15: 80H: 1 M Dennis (Edin) 12.49; 2 B Grant (Edin) 12.62
U13: HJ: 1 O Ashall (HELP) 1.50
M45: HT: 1 S Reed (Edin) 33.76
M70: HT: 1 B Gentleman (Edin) 41.82
U20 women: 800: 1 S Pennycook (Fife) 2:15.64; 2 H Cameron (Edin) 2:16.04.
100H: 1 Y Milne (Edin, SEN) 14.94. **DT:** 1 K Reed (Edin) 33.52. **HT:** 1 K Reed (Edin) 58.19
U17: HJ: 1 J Carlyle (Edin) 1.60. **JT:** 1 L O'Neill (Pit) 36.61
U15: 100: r1: 1 S Malone (Edin) 12.60. **200: r1:** 1 S Malone (Edin) 26.20. **800:** 1 C Cameron (Edin) 2:22.99. **1500:** 1 L Dickson (Lass) 4:55.64
U13: 800: r1: 1 C McPheat (Dumb) 2:29.82; 2 R Martin (Gala) 2:29.86. **70H: r1:** 1 K Martin (Lass) 12.42. **r2:** 1 A Malinowski (Lass) 12.40; 2 H Hixon (Sco Sch) 12.41

WARRINGTON TERRY DAVIES MEMORIAL OPEN, Warrington
Men: 100: 16 I Billinge (Vale R, M45) 12.7. **JT:** 1 D McKay (W Ches) 58.75; 3 P Ditchfield (E Ches, M45) 37.79
U17: 400: 1 M Pagan (W Ches) 49.6.
100H: 1 W Aldred (Traff) 14.4; 2 S Thompson (C&S) 14.6; 3 C Meakin (Warr) 15.0. **JT:** 1 H Lord (Sale) 53.49
U13: 1500: 1 H Hardy-Smith (C&S) 4:53.1
U20 women: JT: 1 L Bibby (Wig D, SEN) 40.54
U17: 300H: 1 M Thomson (Liv H) 46.5
U15: 75H: 1 G Bower (Sale) 12.1. **JT:** 1 E Howe (W Ches) 31.95
U13: 75: 1 L Lewis (Liv PS) 10.6. 150: 1 L Lewis (Liv PS) 21.7. **1500:** 1 K Hodgkinson (Leigh) 5:07.9

CAPITAL THROWS, Cardiff
Men: SP: 1 G Winter (Sheff) 15.67; 2 C Mathews (Card) 13.06. **DT:** 1 C Mathews (Card) 42.86. **JT:** 1 S Turnock (Exe) 60.48; 2 R Leonard (Card) 57.12
U20: HT: 1 J Palmer (Card) 61.80. **JT:** 1 J Williams (Cwmb) 49.57
U17: JT: 1 R Dangerfield (B&V) 51.92
U15: HT: 1 K Grimwade (Card) 41.74
Women: SP: 1 S Benson (Bing) 11.86. **JT:** 1 C Williams (Swan) 40.80
U20: SP: 1 K Eve (P'boro, M50) 9.80
Mixed events: HJ: 1 M Porter (P'boro, U15W) 1.56
U15 girls: 75H: 1 M Sims (P'boro) 12.5

INDOOR

MARCH 2 STAN CALVERT CUP INC. NEWCASTLE UNIVERSITY NORTHBURIA UNIVERSITY, Gateshead
Men: TJ: 1 S Hall (North U) 15.07; 2 J Barratt (North U) 14.63. **SP:** 1 A Toward (North U) 13.66
Women: LJ: 1 E Pringle (North U) 5.62. **TJ:** 1 E Pringle (North U) 12.52; 2 B Hughes (New U) 11.12. **SP:** 1 K Bulmer (New U) 11.29

ROAD

APRIL 13

BOLTON 10km, Bolton

Overall: 1 P Gardiner (E Ches) 32:20; 2 T Carson (Horw) 32:30; 3 J Kay (Bolt, U20) 33:52; 4 A Valentine (Bolt, M35) 34:12; 5 A Edwards (Deestr) 34:36; 6 N Kilcourse (Salf) 34:42
M65: 1 E Ranicar (Bolt) 42:54
Women: 1 C O'Dwyer (Bolt, W35) 38:08; 2 S Whittaker (Bury, U15) 40:16
W40: 1 K Geelan (Bury) 40:41. **W50:** 1 G Kinloch (Burn RR) 42:57

FLEETWOOD 10km, Fleetwood

Overall: 1 D Hamilton (S'port W, M45) 34:35; 2 S Swarbrick (B'land F, M40) 35:07; 3 M Walsh (Thornton C) 36:48
M55: 1 P Muller (Horw) 36:59
Women: 1 L Stobbarart (C'land) 41:18; 2 N Johnson (Parb, W35) 47:02

GARSTANG GALLOP 10km, Garstang

Overall: 1 A Bowness (C'land F, M45) 34:15; 2 J Parker (Prest, M35) 36:27; 3 J Monk (B'burn, U17) 37:20
Women: 1 S Dixon (Hoad, W40) 43:25; 2 Z Edmondson (Garst, W35) 46:24

GLENLIVET 10km, Glenlivet

Overall: 1 N Johnstone (ART Dusseldorf) 34:20; 2 S Peachey (Cosmic) 35:42; 3 J Callender (W'lands CC) 35:56
Women: 1 S Prise (A'deen) 41:35; 2 S Queen (Dumf RC) 45:03

GRAT WELSH MARATHON/HALF-MARATHON, Llanelli

Overall (HM): 1 O Williams (Les C) 74:12; 2 T Garrod (Wit, M45) 82:13; 3 S Williams 85:45
Women: 1 V Rawes 87:51; 2 L Bright (Ponty, W35) 1:43:25
Overall (Mar): 1 B Byrne (W Wat) 2:43:03; 2 E Kirk (Swan, M40) 2:45:43; 3 N Dukes (Les C, M35) 2:48:54
M45: 1 C Parker (Port T) 2:56:47. **M50:** 1 P Osborne (L'neli) 2:57:56
Women: 1 M Savage (Waterford AC, W35) 3:25:51; 2 E Astins (Pemb TC) 3:29:20

RONNIE BOWKER FOUNDATION 10km, Birmingham

Overall: 1 A Soley (Tip) 35:16; 2 M Morley (Bir, M45) 35:53; 3 A Parker (Bir, M35) 36:22
M55: 1 M Cadman (B&R) 36:45
Women: 1 V Carter (Bir, W45) 44:10; 2 J Twine 46:10

TOM SCOTT MEMORIAL 10

(Inc Scottish and West District Championships), Strathclyde Park, Carlisle
Overall: 1 R Gilroy (Cambus, M35)



Catherine O'Dwyer: 38:08 win at Bolton 10km

53:21; 2 T Mengisteab (Shett) 53:25; 3 S Gibson (Cambus) 53:44; 4 L Oates (Shett) 53:57; 5 P Sorrie (Shett, M35) 54:21; 6 R Beattie (Falk) 54:27; 7 D Millar (Irv, M40) 54:47; 8 S Trainer (G'nock) 54:52; 9 K Wilson (Cambus, M40) 55:04; 10 B Mackie (Edin, M35) 56:12; 11 J McMorrow (Law) 56:24

M45: 1 S Campbell (Cors) 58:30. **M55:** 1 C Feechan (Cambus) 62:04; 2 W Jarvie (P'bello) 63:31. **M70:** 1 B Young (C'dale) 74:13
TEAM: 1 Shett 11; 2 Cambus 13; 3 Law 54

Women: 1 L Finlay (Dumf, W40) 62:43; 2 J Oliver-Bell (Shett) 63:20; 3 A Mason (Shett, W35) 63:37; 4 A Lamond (Cambus) 64:50; 5 R Joss (Giff N) 65:43; 6 G Sangster (Dund RR, W40) 66:05

W40: 3 L Currie (Dumb) 68:10; 4 Y Thandrayan (P'bello) 68:52
TEAM: 1 Shett 12; 2 Dumf RC 32; 3 Giff N 41
Overall (7km): 1 D Govan (M45) 25:59; 2 H McGrath (Law, W50) 28:34; 3 R Hill (Law, U20) 28:49
Women: 1 McGrath 28:34; 2 S Boyle (W35) 38:24

ST ANDREWS FESTIVAL HALF-MARATHON

Overall: 1 M Ko 81:34; 2 S Hay (Dunb, M50) 82:33; 3 D Mackinlay (Centr) 84:02
Women: 1 K Hamilton (Fife) 95:40; 2 E Laverie (Edin, W35) 96:14; 3 L Tyler (W40) 96:53

WHITLEY 10km, Whitley

Overall: 1 N Jones (Warr, M35) 34:16; 2 M Cullen (SHS) 35:32; 3 N Whittle 35:58
M50: 1 T Morris (Wilm) 36:19. **M55:** 1 T McGaff (Wilm) 37:03. **M65:** 1 M Fairs (Wilm) 40:37; 2 D Chadderton (Stock H) 42:58
Women: 1 V Walls (Spec) 41:28; 2 L Harrison (Wilm, W40) 43:21

APRIL 12

BUXTON PAVILION GARDENS 5km, Buxton

Overall: 1 J Bennett (Bux, M40) 17:59; 2 A Whittingham (Wilm, M40) 18:22; 3 P Light (Staffs M, M55) 18:33
Women: 1 V Thornycroft (Morn) 20:15; 2 L Whittingham (Macc, U15) 21:21

GORTIN 10km, Gortin

Overall: 1 G Phair (Leeds C) 33:46; 2 J Brown (Derry, M40) 34:41; 3 M Murphy (Derry) 36:42
Women: 1 P McGurran 39:56; 2 I Kelly (Omagh, W40) 44:27
Overall (5km): 1 D Sloan (Omagh, U17) 20:14; 2 P McCullagh 20:43; 3 M Neill 21:00
Women: 1 M McKenna 27:15; 2 A McNamee 27:48

RUN NORTHUMBERLAND CRAGSIDE 10km, Rothbury

Overall: 1 C Avery (Morp) 33:32; 2 T Calder (Gate) 36:24; 3 G Rudman (Blay, U17) 36:25
Women: 1 L Jackson-Bell (PB Fitness, W50) 44:11; 2 E Hagon 44:27

SHEFFIELD FESTIVAL OF ATHLETICS 10km, Sheffield

Overall: 1 G Sampson (Roth) 33:46; 2 A Bagley (Tyne Br, U20) 35:26; 3 F Pardini (Vall) 35:31
M55: 1 M Goodison (T'ley) 38:38
Women: 1 S Burns (Roth) 36:22; 2 K Weall (W35) 39:56
W40: 1 J Khoueiry (Holm) 41:10

APRIL 11

PENTLAND RACES, Stornoway

Overall (5km, all Storn): 1 L Grant 16:16; 2 M Mackenzie 16:23; 3 P Greenstock (M40) 20:06
Women: 1 H Maciver 21:32; 2 L Weir (W35) 21:40
Overall (10km): 1 M Macmillan (U17) 32:58; 2 W Macrury 33:06; 3 N Ferguson 36:22; 4 A Dunlop (M60) 36:56
Women: 1 C Stewart 41:38; 2 K Mackenzie 43:54

MARSH TRACKS 5km, Rhyl

Overall: 1 N Jones (Eryri, U20) 15:05; 2 O Barbaresi (Menai, U15) 16:22; 3 J Griffith (Col B, U20) 16:27
M60: 1 G Nixon (P'atyn) 19:52. **U20:** 3 T Harding (Col B) 16:46
Women: 1 V Whitehead (Denb, W40) 21:17; 2 A Cheetham (P'atyn, U20) 21:25

APRIL 10

GRAVESEND FLOODLIT 10km SERIES, Gravesend

Overall: 1 T Collins (M&M) 32:26; 2 A Money (U20) 35:11; 3 S Goldsworthy (Manc TC, U20) 36:21
Women: 1 M Haynes (WSEH, U20) 38:26; 2 S Paice (U20) 45:46
Overall (5km): 1 J Cumberland (I&I) 17:39; 2 S Parrin (I&I) 18:02; 3 D Blackwell (Med PP) 20:20
Women: 1 S Dand (I&I) 21:53; 2 A Bradford (I&I) 24:30

APRIL 9

BRIDGES 2.3M, Westminster

Handicap: 1 S Farinha (W) 20:42 (actual 21:12); 2 J Price 20:45 (17:00); 3 C Broly (M50) 20:46 (17:16)
Fastest: D Cox (WG&EL, M60) 13:29
M75: T Everitt (Eton M) 20:00
Women: 1 L Mitchell 15:51; 2 C Wilshaw 16:47

ARMADA ATHLETICS NETWORK 5km SERIES, Plymouth

Overall: 1 S Lane de Courtin (Tav, U17) 16:40; 2 P Monaghan (Torb, M45) 16:44; 3 A Bristow (Erme, M40) 16:50
Women: 1 H Blair (UPAC) 18:57; 2 P Tank (Ply, U17) 19:32

BLACKPOOL INTER CLUB 4

Overall (4M): 1 L Minns (BWF) 20:45; 2 D Rigby (Prest) 20:55; 3 J Unsworth (BWF) 21:42
M40: L Barlow (Wesh) 22:47. **M45:** 1 J Wright (BWF) 23:35; 2 D Watson (Prest) 22:51. **M55:** 1 A Rowe (Wesh) 23:55; 2 J Swarbrick (R Rose) 24:04; 3 K Addison (R Rose) 24:28. **M60:** 1 K Hesketh (Prest) 24:19; 2 G Webster (Lyth) 22:44; 3 J Collier (Wesh) 24:53; 4 A Hudson (Wesh) 26:25; 5 T Hellings (Lyth) 26:38
U20: J Monk (R Rose) 22:10
TEAM: 1 Prest 199; 2 BWF 247; 3 Wesh 316; 4 R Rose 353; 5 Lyth 406; 6 Chor 433
Women: 1 C Betmead (BWF, W40) 24:00; 2 J Goorney (Lyth, W45) 24:32
W40: H Lawrenson (Wesh) 26:38. **W45:**

2 S Coulthurst (Wesh) 27:00. **W50:** B Wright (BWF) 26:13. **W60:** M Hesketh (Prest) 28:04. **W65:** C Douglas (R Rose) 32:50. **W75:** E Elkington (R Rose) 38:55
TEAM: 1 BWF 27; 2 Wesh 67; 3 Prest 71; 4 Chor 129; 5 Lyth 144; 6 R Rose 162
VETS TEAM (M&W): 1 Prest 70; 2 Wesh 72; 3 R Rose 117
V50+ TEAM: R Rose 28. **V60+:** Wesh 14

BAY ROAD 5km, Derry

FERMANAGH athletes picked up both individual titles at the Northern Ireland 5km Championships, *Malcolm McCausland reports.*

Once regarded as an athletics desert, the county has flourished recently in both schools and club competitions. The midweek date and venue, though, meant fewer than 100 finishers.

However, that should not detract from comprehensive victories by Glenn Phair and Helen Stockdale, who used contrasting tactics to secure their first senior titles.

Phair, who pipped Scott Rankin for second place seven days earlier at the Queens 5km had to overcome the Foyle Valley clubman again. But on this occasion no photo finish equipment was needed as the Annadale Strider pulled away on the last lap for a five second victory in 14:47. Declan Reed from the host club City of Derry Spartans took third in 15:01.

"I could see after 200m that Scott and Deckie were going to make me do all the work, so I decided to make them do it," said Phair. "I knew Scott had raced on Sunday and thought he might still be a bit leggy, so my plan of attack was to wait until the last lap and put the big push in. It worked out all right and I can't tell you how delighted I am to win my first Northern Ireland title."

Helen Stockdale, who will be 50 this year, showed her 18:07 clocking in the Queens 5km was no fluke as she front-ran her way to win in a time just five seconds slower despite the colder conditions. Foyle Valley's Ulster Novice champion Sarah Lindsay took second in 18:52.

"I set out with an agenda with a time to run on splits and use it as a time trial to consolidate on last week's race," explained Stockdale. "If it was windy for me, it was windy for everybody."
Overall: 1 G Phair (Leeds C) 14:47; 2 S Rankin (Foyle V) 14:52; 3 D Reed

David Hamilton (193): on his way to a win at Fleetwood



HARRY SHAKESHAFT



Luke Minns (left) and Dave Rigby battle it out at Blackpool

STEVE BATESON

(Derry, M40) 15:01; 4 N Logan (Derry) 15:43; 5 C Mcguinness (Foyle V) 15:46; 6 B Athinson (E Down, M35) 15:57; 7 C Doherty (Derry) 15:58
M45: 1 P McCafferty (Derry) 16:14; 2 M Wright (Anna) 16:23; 3 M Wray (B&A) 16:33. **M50:** 1 C Hutchinson (Larne) 16:51; 2 N Connor (Ballym R) 17:32; 3 J Wallace (NBH) 17:38; 4 M Mcknight (Tokyo Banannas) 17:57. **M55:** 1 L Johnston (NBH) 17:31; 2 G O'Doherty (Springw) 18:24; 3 J Mccarthy 18:40
Women: 1 H Stockdale (Finn, W45) 18:12; 2 S Lindsay (Foyle V) 18:52
W45: 2 H Shields (Derry) 19:09. **W50:** 1 S Allen (Ballym R) 21:21; 2 P McGilloway (Derry) 21:44. **W55:** 1 R Magill (Lag V) 19:24. **W65:** 1 B Quinn (Ballym R) 24:42

HEREFORD COURIERS 5km Series

Overall: 1 J Barnes (Chelt) 16:15; 2 J Richards (Wye V, M40) 16:33; 3 D King (Wye V) 17:03
M65: J Aston (Worc) 21:23
Women: 1 C Jones (Wye V) 20:28; 2 L Toottell (Wye V) 20:28
W45: J Rees (Rhayad) 21:05. **W50:** 1 L Shaw 21:59; 2 K Rose (Wye V) 22:55. **W55:** J Edwards (Wye V) 23:48

SEXARATHON LILLESHELL 5

Overall: 1 P Ward (Tel, M45) 26:14; 2 J Brocklehurst (Shrews) 26:36; 3 R Sedman-Smith (Tel, M35) 27:12
M45: 2 D Smith (W&B) 27:43. **M55:** 1 S Calrow (W&B) 30:11. **M60:** 1 D Jones (W Brom) 32:38; 2 P Savill (Shrews) 32:40. **U20:** 1 R Heath (Tel) 27:26
Women: 1 C Martin (Tel, W35) 31:00; 2 M Clarke (Tel, W40) 31:20
W45: 1 J Kirby (Tel) 33:38; 2 C Williamson 33:54. **W65:** 1 D Fellows (C&S) 38:25

YEOVILTON SUMMER 5km SERIES

Overall: 1 M Thomas (Hast) 15:37; 2 H Bishop (Severn, U20) 15:40; 3 A Chambers (B&W) 15:53; 4 I Habgood (B'mth) 15:59
M45: 1 S Goss (B&W) 16:39. **M50:** 1 G Eagle (Frome) 17:40. **M55:** 1 J Oakes (C&C) 17:29; 2 M Lascelles (Maid N) 18:10. **M60:** 1 R Pitt (THH) 19:20; 2 V Fursland (SW Vets) 19:30. **U20:** 2 P Bridge (Yeov O) 16:27
Women: 1 R Hiles (G&G) 17:24; 2 R Langbein (Taun, U20) 17:57; 3 A Cutts (SWRR, W35) 18:39
W45: 1 L Lascelles (Maid N) 19:09

APRIL 8

AYR SEAFORTH 5km SERIES, Ayr

Overall (all Ayr S): 1 E Webster (U20) 17:20; 2 S Reid 17:29; 3 S Eaglesham 17:49
Women: 1 B McRae (U20) 21:08; 2 G Riddle 21:56

HEATON H RINGTON CUP 5km, Walkergate, Newcastle upon Tyne

Overall: 1 J Barbour (M45) 16:05; 2 L Longman 16:48; 3 M McGillivray 16:50
M60: 1 S Daley 19:20
Women: 1 H Shillitoe 18:46; 2 L Johnson 20:14
W40: 1 N Cameron 20:54. **W65:** 1 P Gold 26:21

BALLYMENA BELLES 5, Galgorm

Overall: 1 C McCourt (NBH, W40) 31:17; 2 S Higgins (Lag V, W35) 31:33; 3 A Paul (Derry, W50) 33:33

TWO BRIDGES 5, Dumbarton

Overall (all Dumb and M40): 1eq P Currie/J McLaughlan 28:59 (rec); 3 M Walsh 29:51
Women (all Dumb): 1 L Currie 31:51 (rec); 2 M Wyllie (W40) 32:08; 3 C Kelly 32:24

Worthing win despite Baker record

**APRIL 12
 SUSSEX ROAD RELAY
 CHAMPIONSHIPS**

Christ's Hospital School
 THREE team and four individual course records were broken on a great day for road running and it was Grace Baker who led the way with a senior women's best, *Martin Duff reports.*

Over the 2 mile 93 yards lap, the 18-year-old National junior cross-country bronze medallist took two seconds from Caroline Hoyte's 11-year-old best time with 11:50. She almost also secured victory for her Hastings club only just losing out to Worthing's Emma Macready on the run-in.

Baker had the former double Sussex champion in her sights the whole way before catching Macready as the course ran through the centre of the famous Christ's Hospital School's courtyards with about half a mile left to run.

Turning the final corner towards the finish, it was the older legs of Macready who responded best, going away to give Worthing a two-second margin of victory over a tired Baker's Hastings. Macready said: "She caught me under the clock tower and I thought 'I'd stick with her then I took her on the last corner'."

Baker defended her tactics by saying: "I didn't go off too fast. I could see her and shortened the gap on the downhill then I caught her and we ran together but then I was completely dead." However, it was the competition that spurred Baker to the course record as Macready's 11:00 would have been quickest in most other years.

Earlier, Cambridge Blue Rebecca Moore had put Worthing ahead on the opening stage with a narrow victory over Fiona Clark for the holders Arena 80, who eventually wound up third.

Arena made amends by taking the W50 category, as Caroline Wood anchored with 12:47 en route to a team record. However, in a remarkable display of consistency, Jane Harrop ran 12:39, just two seconds outside her own course best, a time ran in both 2012 and 2013.

The senior men's race was won by holders Phoenix, who took the lead on leg three with 9:54 after Ian Crowe-Wright and Howard Bristow had given Brighton & Hove a big advantage on the first two legs with the two fastest times of the day at 9:47 and 9:49.

Hastings took the veteran men's race as Jeff Pyrah improved Nigel Gates' 12-year-old M40 best by three seconds with 10:03. Keith Newton and John Lowden ran the two quickest M50 times of 11:16 and 11:22 to give Brighton a 31-second victory over Horsham Joggers.

Rob Wiggins was quickest over-60 with 12:27, as he started off well for



Grace Baker: almost gave Hastings the win

Chichester Runners, who took the M60 race by two minutes.

Phoenix also took the under-15 boys' race as Archie Davies anchored with a course record of 5:14 for the shorter 1 mile 241 yards lap. He shaved one second and his team four from the previous best times.

In the under-13 race, Brighton were anchored to victory by Tom Eames, whose 5:36 equalled the under-13 best over the short lap. The winning Hastings under-13 girls' team also set a race record after Harmony Cooper had sent them on their way on the opening leg with the quickest effort of 6:27.

Men (6x2M 93yds): 1 Phoenix 59:57 (B White 10:06, R Skelton 9:55; M Dooley 9:54, J Guillam 10:02, S Wade 10:09, R Fitzgibbon 9:51); 2 Brighton & Hove City 63:28 (I Crowe-Wright 9:47, H Bristow 9:49, M Bristow 10:44, Z Hale 10:42, N Robinson 11:18, M Brooks 11:08); 3 Worthing & District H 63:36 (J Morrey 10:36, M Footman 10:27, M Dumigan 11:08, M Burchett 10:37, C Thompson 10:41, K Mason 10:07); 4 Lewes 63:38 (P Hough 10:09, P McManus 11:06, J Burgess 10:23, B Pepler 11:35, D Bradford 10:25, M Bradford 10:00); 5 Phoenix B n/s 63:55 (J Alger 10:04, D Eeles 10:36, P Alaye 10:41, M Souquet 10:14, O Springett 11:35, S Richen 10:45); 6 Hastings 64:41 (S Parker-Harding 10:11, J Climpson 11:18, M Thomas 9:53, D Cooper 10:19, D Skelton 12:33, J Pyrah 10:27); 7 Eastbourne Rovers 66:15; 8 Chichester R 66:35; 9 Crawley 68:09; 10 Haywards Heath H 68:28; 11 Worthing B 68:44; 12 Arena 80 68:50; 13 Lewes B 73:17; 14 Horsham Blue Star H 73:31; 15 Horsham Joggers 73:35; 16 Hay H B n/s 74:20; 17 Chich R B 76:35; 18 Arena B 76:43; 19 Worthing Striders 77:35; 20 Phoenix C n/s 77:39

Fastest: Crowe-Wright 9:47, H Bristow 9:49, Fitzgibbon 9:51, Thomas 9:53; Dooley 9:54; Skelton 9:55
U17: J Alger (Pboe B, n/s) 10:04; White 10:06; Cooper 10:19
M40 (4x2M 93yds): 1 Hastings 45:59 (J Pyrah 10:03, B Darby 12:27, P Blomfield 12:09, J Larkin 11:20); 2 B&H 46:21 (D Benton 10:39, A Tribe 11:30, S Billing 12:08, M Bannister 12:04); 3 Chich R 46:42 (C Jack 11:09, M De Lacy 12:07, A Nicholson 12:07, J Garland 11:19); 4 Phoenix 48:54; 5 Arena 50:14; 6 Chich R B 51:55; 7 Hay H 52:01; 8 Worth St 61:58
Fastest: Pyrah 10:03 rec; Pyrah (from SM race, n/s) 10:27; Benton 10:39; Jack 11:09
M50 (3x2M 93yds): 1 B&H 34:10 (G Christie 11:32, J Lowden 11:22, K Newton 11:16); 2 Horsham J 34:41 (S Wigmore 11:42, D Angel 11:33, P O'Connell 11:26); 3 Crawley 37:48 (G Thayne 11:49, D Rayner 12:48, C Cheeseman 13:11); 4 Phoenix 37:52; 5 Arena 38:03; 6 Worthing 38:27; 7 Lewes 38:58; 8 B&H B 39:35; 9 Horsham BS 40:20; 10 Arena B 42:52; 11 Hay H 43:14
Fastest: Newton 11:16; Lowden 11:22; O'Connell 11:26
M60 (3x2M 93yds): 1 Chich R 38:01 (R Wiggins 12:27, D Dorrning 12:44, D Worcester 12:50); 2 Phoenix 40:17 (T Avey 13:44, B Novis 12:58, B Friend 13:35); 3 B&H 41:32 (B Blackwell 13:12, P Witcomb 12:42, M Duff 15:38); 4 Chich R B 42:49; 5 Phoenix B 43:26; 6 Hay H 46:45
Fastest: P Gasson (Arena, in M50 race) 12:25; Wiggins 12:27; Witcomb 12:42. **M70:** Duff 15:38; R Purchase (Hay H) 16:14
U15 (3x1M 241yds): 1 Phoenix 16:50 rec (T Lewis 5:40, H Swindells 5:56, A Davis 5:14); 2 Crawley n/s 17:40; 3 Hastings 17:49 (M Herring 5:42, J Body 5:57, J Baker 6:14); 4 Lewes 17:55 (S Rogers 5:44, A Briffett 5:57, J Baker 6:14); 5 Phoenix B 18:23; 6 Horsham BS 18:38; 7 Worthing B 18:47; 8 Bodyworks 18:55; 9 Chich R 19:03; 10 B&H 19:32; 11 Chich R B 20:11; 12 Hay H n/s 21:42
Fastest: Davis 5:14; Lewis 5:40; Herring 5:42
U13 (3x1M 241yds): 1 B&H 18:30 (S Wilkinson 6:25, T Wright 6:19, T Eames 5:46 eq rec); 2 Chich R 18:44 (J Sharp 6:41, L Stallard 6:03, B Collins 6:00); 3 Lewes 18:46 (J Webbon 6:26, B Walters 6:22, B Martin 5:58); 4 Worthing 18:52; 5 Crawley 18:56; 6 B&H B 19:52; 7 Bodyworks 20:15; 8 Phoenix 20:32; 9 Crawley B 20:58; 10 Worthing B 21:06; 11 Bodyworks B 21:13; 12 B&H C 21:18; 13 Hay H 21:34; 14 Crawley C 21:38; 15 Lewes B 22:50
Fastest: Eames 5:46; Martin 5:58; Collins 6:00
Women (3x2M 93yds): 1 Worthing H 34:28 (R Moore 11:18, L Harris 12:10, E Macready 11:00); 2 Hastings

MARTIN DUFF

34:30 (L Nash 12:19, S Powell 11:21, G Baker 10:50 rec); 3 Arena 35:31 (F Clark 11:29, V Clark 12:33, J Briggs 11:29); 4 B&H 37:27 (H Tobin 11:34, P Connolly 12:18, K Hedgethorne 12:35); 5 Crawley 37:56 (A Rebideine 12:52, S Aldridge 13:02, E McLoughlin 12:02); 6 Lewes 38:04 (L Keel 12:30, M Smith 12:38, L Barazzuol 12:56); 7 Hay H 38:59; 8 Horsham BS 39:39; 9 Phoenix 40:21; 10 Hailsham H 40:30; 11 Crawley B 42:09; 12 Crawley C 42:11; 13 Arena B 42:16; 14 Horsham B 43:34; 15 Horsham H 43:49; 16 Lewes B 45:15; 17 Worth St 46:11; 18 Crawley D 46:24; 19 B&H B 46:43; 20 Hay H B 47:50
Fastest: Baker 10:50 rec; Macready 11:00; Moore 11:18; Powell 11:21; F Clark/Briggs 11:29
U17: S Mansfield (Phoe) 12:03; Nash 12:19; H Croad (Chich R) 12:57
W40 (3x2M 93yds): 1 Horsham J 42:20 (J Littler 14:04, A Gormley 13:59, V Purnell 14:17); 2 Worthing H 44:57; 3 Hastings 48:12; 4 Hay H 57:57
Fastest: Briggs (in SW race) 11:29; V Clark (in SW) 12:33; S Murphy (Hast)/K Murdoch (Hast) 13:10
W50 (3x2M 93yds): 1 Arena 40:59 rec (C Aquilina 14:08, C Naylor 14:04, C Wood 12:47); 2 Arena B 43:38 (S Brumwell 14:14, A Miners 14:53, J Hughes 14:31); 3 Chich R 43:52 (J Harrop 12:39, H Dean 15:00, S Baker 16:13); 4 Hay H 44:48; 5 B&H 45:53; 6 Worthing ST 48:02
Fastest: Harrop 12:39; Wood 12:47; Naylor 14:04
W65: P Rich (Worthing St) 15:33
U15 (3x1M 241yds): 1 Phoenix n/s (C Watson 6:46, A Berry 7:09, C Matthews 6:25); 2 Horsham BS 20:31 (L Hawrych 6:37, R Van Der Veen 7:08, A Lebus 6:46); 3 Lewes 20:42 (N Hall 6:48, A Fines 7:12, E Munday 6:42); 4 B&H 20:45 (E Witt 6:56, L Doran 7:30, N Jones 6:19); 5 Worthing 20:48 (Binstead 6:57, O Cary 7:16, E Couper 6:35; 6 Bodyworks 20:58; 7 Crawley 22:37; 8 Crawley B n/s 23:24; 9 B&H B 23:32; 10 Horsham BS n/s 24:29
Fastest: Jones 6:19; C Matthews (Phoe n/s) 6:25; Couper 6:35
U13 (3x1M 241yds): 1 Hastings 19:57 rec (H Cooper 6:27, K Aslett 6:42, O White 6:48); 2 Phoenix 20:39 n/s (M Hardman 6:43, L Saunders 7:06, H Luscombe 6:50); 3 Bodyworks 21:08 disq (C Morris 7:03, H Parish 7:17, R Buck 6:48); 4 Horsham BS 21:28 (M Strickland 7:15, M Frost 7:12, G Eltham 7:01); 5 B&H 21:41 (F Robinson 6:58, J Courtney 7:16, E Fitzgerald 7:27); 6 Worthing 21:53 (J Bushby 6:56, J Young 7:45, G Ballantyne 7:12); 7 Chich R 22:42; 8 Crawley 22:45; 9 B&H B 23:00; 10 Lewes n/s 23:28; 11 Worthing B 24:02; 12 Hay H 24:15
Fastest: Cooper 6:27; Aslett 6:42; Hardman 6:43 n/s; Buck n/s/White 6:48

Fastest: Pyrah 10:03 rec; Pyrah (from SM race, n/s) 10:27; Benton 10:39; Jack 11:09

M50 (3x2M 93yds): 1 B&H 34:10 (G Christie 11:32, J Lowden 11:22, K Newton 11:16); 2 Horsham J 34:41 (S Wigmore 11:42, D Angel 11:33, P O'Connell 11:26); 3 Crawley 37:48 (G Thayne 11:49, D Rayner 12:48, C Cheeseman 13:11); 4 Phoenix 37:52; 5 Arena 38:03; 6 Worthing 38:27; 7 Lewes 38:58; 8 B&H B 39:35; 9 Horsham BS 40:20; 10 Arena B 42:52; 11 Hay H 43:14
Fastest: Newton 11:16; Lowden 11:22; O'Connell 11:26

M60 (3x2M 93yds): 1 Chich R 38:01 (R Wiggins 12:27, D Dorrning 12:44, D Worcester 12:50); 2 Phoenix 40:17 (T Avey 13:44, B Novis 12:58, B Friend 13:35); 3 B&H 41:32 (B Blackwell 13:12, P Witcomb 12:42, M Duff 15:38); 4 Chich R B 42:49; 5 Phoenix B 43:26; 6 Hay H 46:45
Fastest: P Gasson (Arena, in M50 race) 12:25; Wiggins 12:27; Witcomb 12:42. **M70:** Duff 15:38; R Purchase (Hay H) 16:14

U15 (3x1M 241yds): 1 Phoenix 16:50 rec (T Lewis 5:40, H Swindells 5:56, A Davis 5:14); 2 Crawley n/s 17:40; 3 Hastings 17:49 (M Herring 5:42, J Body 5:57, J Baker 6:14); 4 Lewes 17:55 (S Rogers 5:44, A Briffett 5:57, J Baker 6:14); 5 Phoenix B 18:23; 6 Horsham BS 18:38; 7 Worthing B 18:47; 8 Bodyworks 18:55; 9 Chich R 19:03; 10 B&H 19:32; 11 Chich R B 20:11; 12 Hay H n/s 21:42
Fastest: Davis 5:14; Lewis 5:40; Herring 5:42

U13 (3x1M 241yds): 1 B&H 18:30 (S Wilkinson 6:25, T Wright 6:19, T Eames 5:46 eq rec); 2 Chich R 18:44 (J Sharp 6:41, L Stallard 6:03, B Collins 6:00); 3 Lewes 18:46 (J Webbon 6:26, B Walters 6:22, B Martin 5:58); 4 Worthing 18:52; 5 Crawley 18:56; 6 B&H B 19:52; 7 Bodyworks 20:15; 8 Phoenix 20:32; 9 Crawley B 20:58; 10 Worthing B 21:06; 11 Bodyworks B 21:13; 12 B&H C 21:18; 13 Hay H 21:34; 14 Crawley C 21:38; 15 Lewes B 22:50
Fastest: Eames 5:46; Martin 5:58; Collins 6:00

Women (3x2M 93yds): 1 Worthing H 34:28 (R Moore 11:18, L Harris 12:10, E Macready 11:00); 2 Hastings

Hancock (S&D) 12:55
Girls: 1 S Millard (Herne H, U15) 13:16; 2 A Jones (E&E) 13:52; 3 C Brackenborough (Croy, U15) 14:05; 4 G Bell (S&D, U15) 14:28
TEAM (B&G combined): 1 Herne H 6; 2 Herne H B 21; 3 Sutton & District 28; 4 Croydon 41; 5 E&E 41; 6 Herne H C 29
Final standings: TEAM: 1 Herne H 24; 2 Croydon 23; 3eq E&E/Herne H B 22; 5eq S&D/Herne H C 17

U13 Overall (1.125M): 1 T Kolmaz (Herne H) 12:48; 2 O Millard (Herne H) 13:00; 3 D Kan (S&D) 13:54; 4 J Simpson (S&D) 13:54
Girls: 1 D Corradi (S&D) 13:55; 2 K Wilkes (Herne H) 14:09; 3 O Stillman (S&D) 15:14; 4 K Balme (Herne H) 15:20
TEAM (B&G combined): 1 Herne H 9; 2 S&D 12; 3 Herne H B 25
Final standings: TEAM: 1 Herne H 24; 2 Herne H 21; 3 HW 20

APRIL 13
EAST SURREY LEAGUE, Ewell Court
Overall (4.25M): 1 O Garrod (E&E) 22:59; 2 R Tuer (Herne H) 23:52; 3 R Harris (Rei P, M40) 24:25; 4 D Grima (HW) 24:55; 5 J Tayleur (Herne H, U20) 25:04; 6 T Hayward (S&D, U20) 25:27
M55: A Fay (DMV) 26:33
Women: 1 C Grima (HW, W35) 26:05; 2 N Wilson (Rei P, W35) 27:50
W45: L Thomas (HW) 27:58. **W55:** A

Morris (Rei P) 35:32
TEAM (M&W combined): 1 Epsom & E 25; 2 Hercules W 33; 3 Reig P 52; 4 E&E B 78; 5 Lingfield RC 92; 6 Rei P B 122
Final standings: TEAM: 1 E&E 31; 2 HW 26; 3 Croydon 22; 4 Rei P 21; 5 Herne H 19; 6 Striders of Croydon 18
U17 Overall (2.125M): 1 E Olsen (Herne H) 11:41; 2 P Burgess (Herne H, u15) 12:16; 3 F Nadew (Herne H, U15) 12:43; 4 I Nadew (Herne H, U15) 12:45; 5 J

MULTI-TERRAIN

APRIL 13

SOUTH SHIELDS HARRIERS SAND DANCER CENTENARY 10km South Shields

CONRAD FRANKS was a clear winner in the cold, gusty conditions, *Les Venmore reports*.

A leading group of three, also including Craig Isherwood and Nathan Reed, had broken away from the record field of 290 runners by the halfway stage. The winner pulled away in the final mile, crossing the finish line at Gypsies Green Stadium 12 seconds ahead of Isherwood with Reed third.

Steph Dann comfortably won the women's race from Claire Simpson with Philippa Wakefield finishing third. The leading three athletes are all in the W35 age group.

Overall: 1 C Franks (Gate) 33:37; 2 C Isherwood (Sun) 33:49; 3 N Reed (Sun) 34:17; 4 T Durcan (Derw C) 34:59; 5 L Longman (Heat) 35:40; 6 B Hetherington (Walls, M50) 35:50; 7 I Ritchie (J&H) 35:57; 8 P Duffly (Black B, M35) 36:08; 9 N Joyce (SSh) 36:16; 10 N Byrne (M45) 36:20; 11 T Hopala 36:32; 12 B Kelly (Low F, M35) 36:41
M40: 1 A Hodgson (Tyne Br) 37:36.
M55: 1 J Watson (Low F) 40:35; 2 J Stephens (Low F) 41:40. **M60:** 1 P Richardson (Sun) 40:52; 2 P Walker (SSh) 43:57. **M65:** 1 A Rowell (Dur) 44:35. **M70:** 1 A Potter (SSh) 53:25.
M75: 1 R Checkley (Heat) 58:19
TEAM (3 to Score): 1 South Shields H 38; 2 Blackhill Bounders 40; 3 Sunderland H 42

Women: 1 S Maclean Dann (NSP, W35) 39:08; 2 C Simpson (J&H, W35) 40:27; 3 P Wakefield (Kesw, W35) 40:50; 4 L Robertson (Black B, W40) 43:07; 5 J Raine (Crook) 43:54
W45: 1 J Champion (Sun S) 46:20; 2 J Atkinson-Tait (Sedge) 48:13. **W50:** 1 L Jackson-Bell (PB Fit) 44:32; 2 M Drozdowicz (Els) 45:53. **W60:** 1 S Clughan (Sun) 53:56

TEAM (3 to Score): 1 South Shields H 35; 2 Blackhill Bounders 53; 3 Heaton H 70

ABBEYFIELD 10km, Chippenham

Overall: 1 J Taylor (Bath) 35:30; 2 J Griffin (Cycology bikes, M50) 36:50; 3 M Collison 37:06
Women: 1 A Fisher (unatt, W35) 43:05; 2 L Britton 43:32

CASTLEWARD CHALLENGE 10km, Strangford

Overall: 1 J Savage 39:14; 2 P Burns (E Down, M40) 40:55; 3 C McCourt (NBH, W40) 43:40
Women: 1 McCourt 43:40; 2 C O'Connor 44:13

Overall (HM): 1 M McKinstry (NBH) 82:35; 2 R Moore (Viva Palestine) 87:02; 3 S Paulin 87:13
M65: 1 J Glover (Lag V) 2:00:45
Women: 1 J Murphy (Lag V, W35) 1:42:36; 2 J Reid (Drom, W45) 1:52:07

FRENCHAY 10km, Bristol

Overall: 1 D Summers (Wbury) 34:47; 2 M Smith (R'well) 36:33; 3 J Sanzo (B&W, W) 36:42
Women: 1 Sanzo 36:42; 2 M Weaver (W40) 42:20
W50: T Allan (B&W) 44:50

MAGNIFICENT EASTNOR CASTLE 7 Ledbury

Overall: 1 C Carson (Kenil, M40) 42:16; 2 M James (Here) 44:39; 3 J Newby (Mercia FR, M40) 45:22
M50: G Sansom (S Dom) 49:0-5
Women: 1 C Barnes (Worc) 49:36; 2 S Armstrong (Am Feet, W40) 54:33

NORTH HIGHLAND TRAIL SERIES, Broubster

Overall (4M approx, all NHH): G Cormack 31:49
Women: S Dunnett 35:01
Overall (7M approx): 1 D. Spencer 48:46; 2 D Orr 49:32; 3 G Angus 49:44; 4 D Bowman 51:07; 5 G Smart 51:24
Women: 1 R Andersen 52:22; 2 J Klimas 53:25; 3 C Coghill 58:01

OFFAS ORROR 20km, Brockweir

Overall: 1 J Blore (Chep) 83:51; 2 M Clist (Axe V, M35) 84:29; 3 M Hurford (Les C, M40) 86:17
M40: 2 G Williams (A'dare) 91:17. **M45:** 1 A Baker (P'pridd R) 92:40. **M50:** 1 P Jeggo (Spring S) 88:10; 2 T Stokes (Frome) 98:29. **M55:** 1 G Jennings (B&W) 1:40:12. **M60:** 1 P Bayliss (Axe V) 1:42:10; 2 P Miles (Parc BB) 1:43:33. **M65:** 1 S Herington (Here C) 1:46:28
Women: 1 N Morgan (Chep, W45) 99:59; 2 J Harvey (Tel H) 1:40:36
W40: 1 L Jones (A'dare) 1:44:24. **W45:** 2 J Oakley (Port T) 1:54:36. **W50:** 1 A Carlin 1:47:23. **W55:** 1 E Wood (Axe V) 1:50:43

APRIL 12

DEAFBLIND SCOTLAND CANAL RUN 10km, Glasgow

Overall: 1 C Graham (Tyne Br) 36:21; 2 T Owens (Shett) 36:44; 3 S Reid 36:46
M40: 1 S Hunter (Cambus) 37:15; 2 A Callan (Spring) 37:17. **M50:** 1 R Rogerson (Kirk O) 39:00
Women: 1 L Couper (unatt, W40) 42:05; 2 J McEvoy (Cald, W35) 43:09
W50: 1 F Maxwell (Cald) 45:20
Overall (5km): 1 D McPartlin (Gars) 17:11; 2 P McCluskey (Kirk O, U15W) 21:09; 3 A Paton (Kirk O, U15W) 21:32
Women: 1 McCluskey 21:09; 2 Paton 21:32

MEANWOOD 7, Leeds

Overall: 1 J Wills (Leeds C, M35) 43:08; 2 C Walker (P&B, M40) 43:13; 3 L Dalton (Nidd, M35) 44:15; 4 W Kerr (Salt, M35) 45:14; 5 M Sennett (Wharf) 45:33
M40: 2 D Christie (Knare) 45:55. **M50:** 1 S Wilkinson (Keigh) 46:53
Women: 1 J Beaumont (Sky) 51:36; 2 H Beck (Wake) 52:20; 3 R Pilling (P&B) 52:39
W50: 1 C Wright (H'gate) 55:52

APRIL 9

JOE SALT BIRTHDAY COWM RESERVOIR TRAIL 5km, Whitworth

Overall: 1 J Grime (NEB, M40) 16:27; 2 M Flatley (M'ton, M40) 16:40; 3 P Brannigan (Tod, M45) 16:48; 4 B McCartyne (Salf) 16:53; 5 S Johnson (Hali, M45) 17:11
M50: 1 Dale (Royt R) 18:40. **M55:** 1 Aitchison (Roch, M55) 19:34
Women: 1 E Wood (Howg) 20:42; 2 R Beresford (Traff) 20:43; 3 S Monks (Ross, U20) 20:56
W45: A-M Lloyd (O&R) 21:49. **W50:** K Mather (Royt R) 23:03

APRIL 8

CHAMPAGNE LEAGUE, North Cave

Overall: 1 J Frost (KuH) 21:15; 2 M Hargreaves (E Hull) 21:27; 3 M Hayes (E Hull, M40) 21:43; 4 C Adams (CoH) 21:51; 5 N Sisson (E Hull, M40) 22:06; 6 A Morrell (Bev, M45) 22:35
M40: 3 L Holloway (Bev) 23:17. **M45:** 2 J Rogers (Roch) 23:16. **M50:** 1 M Dalton (Bev) 23:44. **M55:** 1 S Rennie (CoH) 23:31; 2 S Shallcross (CoH) 24:59; 3 I Hird (CoH) 25:20
Women: 1 C Stansfield (Bev) 24:15; 2 S Roookyard (E Hull, W40) 25:41; 3 M Fielder (Wh C) 26:39; 4 A Dean (W Hull, W55) 26:51; 5 B Fielding-smith (CoH, W40) 27:24
W40: 3 C Fee (E Hull) 28:36. **W50:** 1 D Watson (W Hull) 30:54

APRIL 5

GLASGOW TO EDINBURGH DOUBLE MARATHON, Glasgow

Overall: 1 M Consani (Gars, M35) 6:19:35; 2 H McInnes 7:15:05; 3 S Gildea (Fusion Tri Club, M45) 7:16:01
Women: 1 F Ross (Harm) 7:44:02; 2 A Johnson (Tm East H) 8:26:05
W35: 1 S Ford (Uk net) 8:48:00

MARCH 9

RODDLESWORTH ROLLER, Abbey Village

Overall (6M): 1 C Singleton (Traw) 33:33; 2 R James 33:42; 3 J Goudge (Chor, M40) 34:10; 4 J Sutton (B'burn, M40) 34:40; 5 N Gaskell (Clay, M40) 34:45; 6 R Jackson (Horw, M45) 34:53
M50: S McMyler (Horw) 36:57. **M65:** Hesketh (Horw) 42:10
TEAM: 1 B'burn 24; 2 Horw 46; 3 Chor

52. **VETS TEAM:** Horw 23

Women: 1 L Fisher (B'den RR, W55) 42:19; 2 J Jackson (N Vets, W55) 43:23; 3 J Hull (Chor) 43:40; 4 C Puccini (Penny L, W45) 43:56
W60: R Rogers (Dee) 48:03. **W65:** J Atkins (Chor) 55:50
TEAM: 1 Chor 28; 2 Penny L 38; 3 R Rose 52

DAFFODIL DODDLE, Abbey Village

U17 (2M): 1 N Townsend 7:06; 2 G Nightingale 7:13; 3 W Moynihan 7:50
U13: 1 B Hughes 7:54; 2 L Wilkes 8:02; 3 L Brindle 8:05
U17 women: 1 G Smith 8:03; 2 R Bailey 8:09; 3 K Oakley 8:13
U13: 1 G Tansey 8:14; 2 P Townsend 8:25; 3 I Woodman 8:33

WINTER LEAGUE BURNSWALK RUN, Annan

Overall (5.4M, all Annan): 1 R Longmore (M50) 36:32; 2 K Plummer (M45) 38:04; 3 J Parry (M40) 38:28; 4 J Boardman (M45) 39:39; 5 C Palmer 40:52
M55: P Rogerson 41:15
Women: 1 B Dawson 44:14; 2 J Priestley (W50) 46:29; 3 L Dawson (W50) 47:07

MARCH 8

MCC PROMOTIONS OXFORD 10km

Overall: 1 G Meagher 36:12; 2 A Bette 36:13; 3 O Weller 37:12
Women: 1 C McGlone 45:23; 2 S Graham 45:41

MARCH 2

LINDSAY BORDERS TRAIL MARATHON, Kelso

Overall: 1 H Macinnes 2:52:59; 2 A Tait (Moth, M40) 54:47; 3 H Seal (Derw, M40) 56:20
Women: 1 J Thom (Edin) 3:05:04; 2 I Knox (HBT, W35) 19:57; 3 K Higgins (Harm) 3:29:28
Relay (4 stages): 1 Gala 2:44:59; 2 Real Men 3:02:35

ST PETER'S WAY ULTRA 45, Ongar

Overall: 1 R Aston 5:34:00; 2 C Howe 5:59:00; 3 K Moule 7:03:00
Women: 1 C Jennings 8:13:00; 2 N Newton-fisher 8:20:00

BEAT THE BORE, Epsay, Gloucestershire

Overall (9M approx): 1 C Attwood (B Pear) 69:00; 2 A Davies (Thorn, M40) 69:53; 3 K Atkins (GE Tri) 70:13
Women: 1 R Eddershaw (Serp) 89:01; 2 K Carsberg (Eves, W45) 96:02

FEBRUARY 22

RIVER RACES (Inc D&G Championships), Annan

Men (no times taken, age not declared, all Dumf RC): 1 J Buchanan;

2 S Smith; 3 A Baxter; 4 R Bell; 5 T McCloskey
TEAM: Dumf RC 6
U17 (6.4km): 1 Foss (Law); 2 E Waite (Bord); 3 J McGinley (Nith)
U15 (3km): 1 M Argo; 2 B Fountain (Law); 3 A Kelly (Law)
TEAM: Law 9
U13 (2.3km): 1 J Gillon (Law); 2 J Argo; 3 T Watson (Lark)
TEAM: 1 Law 12; 2 Annan 25
U11 (1.5km, all Annan): 1 R Murray; 2 D Bryden; 3 T Fell
TEAM: 1 Annan 6; 2 Law 29; 3 Nith 35
Women (6.4km): 1 S Finlay (Dumf RC); 2 L Hopper (Annan); 3 J Priestley (Annan)
TEAM: Dumf RC 12
U13 (3km, all Law): 1 P McNicol; 2 O Quinn; 3 H Stark
TEAM: Law 6
U15 (3km): 1 A Paton (Annan); 2 L Reville (Nith); 3 C Greenwood (Nith)
TEAM: Law 15
U13 (2.3km): 1 E Coombs (Nith); 2 R Currie (Law); 3 P Newell (Law)
U11 (1.5km): 1 E Mooney (Moorf); 2 R Donnelly (Law); 3 L Keisler (Law)
TEAM: 1 Law 10; 2 Lark 30; 3 Annan 39
Dumfries & Galloway championships: as above except

Men: 1 Buchanan; 2 Baxter; 3 Bell
Vets: 1 J Boardman (Annan); 2 G Cross (Dumf RC); 3 R Longmore (Annan)
U17: 1 McGinley; 2 A Johnstone (Nith)
U15: 1 Argo; 2 N Gauld (Nith)
U13: 1 Argo; 2 J Ovens (Nith); 3 E Waugh (Annan)
Women: 1 Finlay; 2 S Jeffrey (Dumf RC); 3 A Groat (Dumf RC)
Vets: 1 Hopper; 2 Priestley; 3 F Jardine (Dumf RC)
U13: 1 Coombs; 2 S Kibble (Nith); 3 E Nicholson (Annan)
U11: 1 A Craig (Stew); 2 H Cassel (Annan); 3 E Hunter (Bryde)

FEBRUARY 15 STODDART MOON TRAIL RACE, Greenock

Overall (3.5M, all I'clyde): 1 J Glen 19:04; 2 S Gaffney 20:04; 3 G Hyett 20:24; 4 N McLaughlin 20:35
M40: D McFadyen 20:53. **M50:** G Gaffney 21:18
Handicap: S Gaffney
Women: R Bushfield 22:53

PARKRUN

parkrun 5km, April 12

Top Age-graded
Cambridge: M Holmes (W75) 26:15: 95.81%
Dulwich: R Tabor (W60) 21:55: 92.47%
Bulwick Park: M Moody (W60) 22:23: 91.96%
Falkirk: F Matheson (W50) 18:44: 91.73%
Colchester Castle: M Deasy (W50) 18:34: 90.31%
Roundshaw: C Elms (W50) 18:38: 89.98%
Killerton: C Newman (W50) 19:09: 89.73%
Netley: E Bowers (W60) 21:39: 89.61%
Poole: H Murray (M60) 17:58: 89.24%
Darlington: S Gibson (W65) 23:47: 89.21%
Southend: A Hickey (SM) 14:29: 89.07%
Poole: A Clements (M55) 17:16: 89.00%
Fastest
Southend: A Hickey 14:29
Bushy: J King Mays 15:11
Mansfield: S King 15:26
Tonbridge: S Fennell 15:35
Richmond: W Mackay 15:39
Tonbridge: T Cox 15:39



Eventual winner Conrad Franks (299) is prominent at the start of the Sand Dancer 10km

DAVID HEWITSON

FELL

APRIL 13

MYND MAC, Church Stretton

Overall (4.5M/1368ft): 1 B Crowther (Tod, M40) 40:33; 2 B Dunster (Brec, U23) 40:39; 3 G Kay (Brec, U18) 40:41
M55: D Livesey 48:44. **M65:** G Gunner (Croft A) 51:41. **M70:** P Fotherington 59:30

Women: 1 E Gould (Mercia) 42:08; 2 L Aphramor (Mercia, W45) 48:40; 3 N Watson (Mercia) 55:35

BOULSWORTH, Wycoller Park

Overall (8.2M/1394ft): 1 N

Charlesworth (Wharf, M45) 52:30; 2 C Owens (Spec) 54:25; 3 M Sennett (Wharf) 54:38

M50: K Horrigan 57:05. **M55:** D Kely (Ross) 59:08. **M60:** J Pickup (Clay) 66:22. **M65:** I Hartman (Bail) 75:35

Women: 1 K Forster (Calder V, W50) 68:29; 2 J Scarf (Calder V, W50) 68:56; 3 J Powell (Nidd, W45) 71:24

W60: A Baldwin (Stain) 72:04

GISBOROUGH MOORS, Guisborough

Overall (12.5M/2600ft): 1 J Bulman (N Marske, M40) 82:58; 2 J Cavill (Pick) 87:49; 3 C Stead (N'land F, M40) 88:14; 4 B Stewart (B'dale F, M40) 88:31; 5 P Butler (Loft, M45) 89:58

M50: J Blackett (Dark Pk) 94:55. **M65:** M Hetherington (Pick) 2:01:44. **M70:** R Sherwood (N Marske) 2:09:07

TEAM: 1 Knave 52; 2 Dur F 89; 3 Pick 107

Women: 1 H Cross (Pock) 1:42:25; 2 N Kent (Loft, W40) 1:42:58; 3 A Raw (Bing, W50) 1:46:00

W55: S Haslam (Scar) 1:53:03. **W60:** J Young (Elvet) 2:25:42

TEAM: 1 Scar 40; 2 Loft 41; 3 N Yrk M 56

APRIL 12

CIOCH MHOR, Dingwall

Overall (8.5M/2250ft): 1 R Campbell (HHR) 72:07; 2 A MacRae (I'ness) 72:22; 3 J Trevelyan (HHR) 73:00

M40: S Malcolm (HHR) 76:42. **M50:** A Treweeke 85:39

TEAM: Highland Hill Runners 8pt

Women: 1 S Blackwood (over-40)

87:45; 2 J Connor (Tinto, W40) 98:48; 3 L MacDonald (I'ness) 1:42:24

W50: L Ross (I'ness) 2:04:02

U18 (4km/230m, all E Suth): 1 R

Gollan 22:35; 2 A Couper 23:18; 3 E Gollan 25:10

U18 Women: 1 R Kirk (Caith) 27:56; 2

J Walls (Centr) 28:05; 3 C Gordon (E Suth) 28:32

COLEDALE HORSESHOE, Braithwaite

Overall (9M/3000ft): 1 R Jebb (Bing) 72:20; 2 R Gates (Salomon) 72:52; 3 M Addison (Helm H) 75:54; 4 M

Mikkelsen-Barron (B'dale F) 76:05; 5 A Fallas (C'thy) 76:50

M40: P Davies (B'dale F) 78:11. **M50:** P Cornforth (B'dale F) 84:04. **M60:** D Loan (Kesw) 91:28

U23: J Wright (Amble) 82:21

Women: 1 P Maddams (Kesw) 85:43; 2 H Bonsor (C'thy) 88:17; 3 S Taylor (Helm H) 90:47

W40: J Jepson (Dark Pk) 93:10. **W50:** G Myers (Wharf) 1:40:02. **W60:** W Dodds (Clay) 1:48:11

DEESIDE BREWERY CLACHNABEN, Strachan

Overall (10M/3500ft): 1 R Simpson (Dees R) 65:31; 2 E McCarthy 70:04; 3 B Bonnyman (W'lands C, M40) 71:14; 4

R Stewart (Dund H) 73:39; 5 C Mattocks (C'thy, M40) 75:35

M50: A Smith (Dees R) 76:19

TEAM: 1 Dees R 16; 2 Cosmic 27; 3 C'thy 46

Women: 1 R Armitage (Edin U) 82:39; 2 S Provan (Dees R) 83:43; 3 C Largely (Cosmic) 86:54

W40: K Jenkins (C'thy) 87:53. **W50:** S Armitage (Cosmic) 94:15

TEAM: Cosmic 16

MOEL WNION, Bethesda

Overall (4M/1394ft): 1 M Wainwright (Staffs M, U18) 36:52; 2 DW Jones (Eryri, M40) 37:11; 3 J Parkinson (Eryri, M40) 37:20

M50: D Soles (Pennine) 39:55. **M60:** D Williams (Eryri) 50:13

Women: 1 A Rowlands (Eryri) 41:52; 2 J Heming (Eryri, W40) 44:18; 3 A Wainwright (Staffs M, W40) 47:13

W50: E Salisbury (Eryri) 53:01. **W60:** M

Oliver (Eryri) 60:21

U20: K Ashcroft (Warr) 47:46

U16 overall (2km/150m): 1 D Soles (Penn) 12:15; 2 J Starling (Mercia) 13:32

SCREELE, Castle Douglas

Overall (4M/1300ft): 1 J Haworth (Gallo, M40) 30:51; 2 A Anderson (C'thy, M40) 33:35; 3 R Morrow (Sol) 34:41

M50: R Longmore (Annan) 34:47

Women: 1 C Morgan (C'thy) 33:48; 2 J Zakrzewski (Dumf) 37:30; 3 L Burnett (Tod) 37:59

WARDLE SKYLINE, Rochdale

Overall (7.2M/1250ft): 1 M Fanning (B'dale F, M45) 52:50; 2 S Pym (Sadd) 53:17; 3 C Williams (Q'bury) 53:37; 4 I Fraser (E Ches, M45) 54:04; 5

G Schofield (Horw, M55) 54:06

M65: J Comyn-Platt (Sadd) 56:54.

M70: D Lucas (Roch) 74:11

TEAM: 1 Roch 38; 2 Ross 52; 3 Sadd 55

Women: 1 L Hopley (Ross, W40) 55:47; 2 L Clough (Chor, W45) 55:58; 3 S Yeomans (Ross) 59:12

W60: AM Jones (Alt) 62:23

APRIL 9

GRISEDALE GRIND, Whinlatter

Overall (2.5M/1560ft): 1 R Lightfoot (Ellen) 25:16; 2 M Mikkelsen-Barron (B'dale F) 25:28; 3 A Dunn (Helm H, M40) 26:51

M50: P Cornforth (B'dale F) 28:21

U20: N Hurton (Eden) 33:50

Women: 1 P Wakefield (Kesw) 34:58; 2 H Winskill (Lesw) 35:42; 3 K Beaty (C'land F, W50) 35:50

APRIL 8

JOE BROWN TES FOEL LUS, Penmaenmawr

Overall (3M/1200ft): 1 G Owen (Eryri) 23:09; 2 J Spill (U18) 23:29; 3 J Parkinson (Eryri, M40) 24:00

M50: S Toogood (Buck) 26:36. **M70:** J Morris (Buck) 32:10

U16: R Cain (Menai) 27:33

Women: 1 B Jenks (Eryri, U18) 30:05; 2 B Law (Eryri) 30:10; 3 L Grantham (Ches TC) 30:32

W40: S Barnwell (Eryri) 32:17. **W50:** E Salisbury (Eryri) 33:40

APRIL 6

PENDLE JUNIOR RACES (English championship counter), Barley

U18 (7km/340m): 1 J Willis (M&C) 27:15; 2 L Burthorn (Warr) 28:49; 3 C Davidson (Ross) 29:30; 4 J Hindle (B'burn) 29:42; 5 T Peel (Helm H) 29:43

U18 women: 1 R Dale (L&M) 34:45; 2 J Willison (Der) 35:43; 3 M Traviss (Calder V) 37:12; 4 E Crownshaw (Brad) 37:21; 5 L Williamson (Ilkley) 38:22

U16 (4.4km/245m): 1 C Richards (Helm H) 21:02; 2 C Law (Holm) 21:34; 3 M Senior (Helm H) 21:55; 4 J Lund (K&C) 21:56; 5 E Matier (Carl) 22:07

U16 women: 1 E Greenwood (B'burn) 23:19; 2 L Haines (Ilkley) 23:52; 3 J Elgood (Ilkley) 24:43; 4 L Jacques (Ilkley) 25:10; 5 G Handley (B'burn) 25:17

U14 (3.98km/199m): 1 N Smith (York) 18:20; 2 J Boyle (Hynd) 19:01; 3 T Nelson (Wharf) 19:20; 4 O Rees (Holm) 19:35; 5 H Shelbourne (Holm) 19:38

U14 women: 1 P Cooke (Leeds C) 21:48; 2 K Atkinson (K&C) 22:07; 3 S Waterman (Holm) 22:12; 4 I Burrow (Helm H) 22:24; 5 E Davies (Eden) 22:37

U12 (2.58km/112m): 1 S Almond (Eden) 13:35; 2 F Sproul (Kend) 13:39; 3 F Moffatt (Rush) 14:57; 4 C Harding (Eden) 15:24; 5 A Thorpe (Brough) 15:35

U12 women: 1 L Spiers (Northern)

16:22; 2 C Rylance (Amble) 16:23; 3 B Holt (Clay) 16:25; 4 L Carr (K&C) 16:37

YARLSIDE DOWNHILL, Cautley

Overall (1.5M approx): 1 A Crowe (Helm, H) 7:00; 2 Eq D Cope (Howg)/T Cowin (Howg) 7:13

Women: 1 K Lawson (Aln) 8:28; 2 K May (Howg) 11:14

APRIL 5

ALLENDALE CHALLENGE, Hexham

Overall (25M/3400ft): 1 J Mann 3:49; 2 J Mcelroy 4:00; 3 J Millen 4:05; 4 C Kennedy 4:14; 5 R Hand 4:16

Women: 1 B Gibson 4:44; 2 S Kitchen 5:01; 3 R Chinnery 5:02

APRIL 1

LIVER HILL RACE, Rawtenstall

Overall (5M/800ft): 1 L Burthorn (Warr, U23) 34:25; 2 D Kay (P&B, M40) 34:45; 3 C Davidson (Ross, U18) 36:14; 4 K Steinegger (Amble) 36:34; 5 D

Clarke 36:39

M45: M Walsh (Darw D) 37:13. **M50:** A Staveley (B'den RR) 38:56. **M55:** D Kell (Ross) 40:09. **M60:** A Corbishley (Ross) 44:48. **M70:** P Heneghan (Horw) 49:27

U16: Z Talbot (Ross) 40:37

Women: 1 C Rice (G'dale) 39:55; 2 J Mclson (Darw D, W40) 41:37; 3 L Hopley (Ross, W40) 42:39

W45: D Gowans (Acc CC) 43:26. **W50:** J Ridgard (E Ches) 46:14. **W60:** J Rawlinson (Barl) 57:05

U16: C Howorth (Ross) 45:24

U14 (5km /600ft, all Ross): 1 B Green 20:45; 2 T Hopley 21:42; 3 I Evans 21:54

U14 women: 1 E Tinman 22:45; 2 A Chadfield 23:51; 3 E Morgan 24:14

U12 (3km/600ft): 1 O Goggins 15:43; 2 C Parkinson 15:44; 3 R Heneghan 15:49

U12 women: 1 L Gregg 15:55; 2 O Holt 17:20; 3 S Morgan 18:09

MARCH 30

LAD'S LEAP (inc. Derbyshire championships), Woodhead

Overall (5.9M/1700ft): 1 A Swift (P'stall FPR) 49:03; 2 R Licherland 50:03; 3 F Guillaume (Dark Pk) 50:10; 4 N Barber (Pennine) 50:14; 5 G Briggs (Staffs M, M40) 50:16

M50: M Green (Horw) 51:54. **M55:** M Keys (Ross) 57:01. **M60:** J Adair (Holm) 63:44

Team: Dark Pk 32. **Derbyshire:** Barber

Women: 1 S Newman (Calder V, W50) 58:57; 2 S Curtis (Pennine, W45) 60:46; 3 S Fawcett (Dark Pk) 61:30

W55: P Goodall (Totley) 71:36

TEAM: Pennine

MOEL TRYFAN, Y Fron

Overall (4M/700ft, all Eryri): 1 M Roberts 18:00; 2 G Owen 18:20; 3 J Parkinson (M40) 18:58

M50: A Lewis 21:25. **M60:** P Tan Jones 25:33 (rec). **M70:** D Williams (Eryri) 26:25

U16: C Linton (Menai) 19:06

Women: 1 B Taylor (Bangor U) 22:05; 2 B Jenks (Eryri, U18) 23:08

W50: E Salisbury (Eryri) 26:44

MARCH 15

RUN AND BECOME CHAPELGILL, Glenholm

Overall (1.5M/1400ft): 1 P Davies (B'dale F, M40) 21:23; 2 A Gilmore (C'thy) 22:01; 3 B Marshall (HELP, M40) 22:05

M50: S Fallon (C'thy) 22:33. **M60:** B Waterhouse (C'thy) 27:55

Women: 1 C Morgan (C'thy) 23:46; 2 M Lye (C'thy) 30:11; 3 J Connor (Tinto) 30:32

W50: J Wilson (C'thy) 33:19

CROSS-COUNTRY

APRIL 1

RENFREW SCHOOLS' CHAMPIONSHIPS, Renfrew

Secondary 3 boys: 1 C Thomson nt; 2 S McNair; 3 J Scott

Secondary 2: 1 R Wallace; 2 A

MacAngus; 3 J Toal

Secondary 1: 1 M Simson; 2 S

McCarthy; 3 D Espinosa

Secondary 3 girls: 1 K MacAngus; 3 R Tytler; 3 E Fulton

Secondary 2: 1 K McGinn; 2 A Sneddon; 3 R Connor

MARCH 8

SSAA SECONDARY SCHOOLS' CHAMPIONSHIPS, Irvine

Senior boys (6km): 1 R Gollan (Tain RC) 24:10; 2 S Murray (Old A) 24:26; 3 B Potrykus (Balw HS) 24:37; 4 E Rose (HS Dund) 24:48; 5 D Stansfield (Dunb) 24:52; 6 C Matthews (C'head) 24:54;

7 D O'Hare (Eryri) 24:59; 8 A Magre (Merch CS) 25:01; 9 M Lancaster (Will) 25:10; 10 F Glass (Jordan) 25:24

U17 (5km): 1 A Carcas (George H) 19:33; 2 C Harris (Stirl HS) 19:39; 3 T Rees (St L) 19:53; 4 S McKay (HS of Glas) 20:08; 5 S Lisle (Culloden Ac)

20:11; 6 J McIntosh (Kelso HS) 20:13; 7 E McKerral (Gryffe HS) 20:14; 8 E Trout (Gryffe HS) 20:31; 9 J Law (Glas Sch Spt) 20:37; 10 I Davies (Dunb HS) 20:41

U15 (4km): 1 R Gray (Port Glas HS) 16:17; 2 A Scott (Balw HS) 16:24; 3 S Paton (Ham C) 16:43; 4 E Boyle (Kinn HS) 17:04; 5 J Arnaud (Ding Ac) 17:12;

6 J Jackson (Stew Mel C) 17:13; 7 A Moreland (Jordan) 17:18; 8 G Rees (St Leon) 17:23

U14 (3km): 1 C Corrigan (Glen HS) 12:31; 2 J Burns (Chryston HS, U13) 12:32; 3 M Tait (Firrhill HS, U13) 12:36; 4 E Duff (Bearsden Academy, U13) 12:40;

5 S Sprang (Glasgow Academy, U13) 12:44; 6 R Stephen (Cathk) 12:56; 7 D Pollock (Cathk) 12:56; 8 C Palmer (Stirl HS) 13:14

Senior girls (4km): 1 A Simpson (Kilg) 18:17; 2 A Frankland (Dalk HS) 18:41; 3 H Campbell (Fort Ac) 19:24; 4 E

Strathdee (Boro HS) 19:36; 5 N Scott (St Nin) 19:48; 6 H Cameron (Lass HS) 20:01; 7 S Findlay (Boro HS) 20:18; 8 A Frankland (Dalk) 20:25

U17 (4km): 1 L Stark (St Col) 18:12; 2 K Oakley (Prest Ac) 18:16; 3 L Fraser (Ding Ac) 18:18; 4 H Still (Merans Cas) 18:25;

5 E Stewart (Mary E) 18:30; 6 Z Bates (Currie CHS) 18:40; 7 H Addison (GW Col) 18:48; 8 H Lewin (St G) 19:063

U15 (3km): 1 E Wallace (E'wd) 12:49; 2 N Miller (Mearns C) 12:52; 3 K Gallagher (Stirling HS) 12:53; 4 L Dickson (Boro HS) 13:06; 5 R Tytler (Gryffe HS) 13:14;

6 Z Aziz (Selk HS) 13:16; 7 D Kelly (Will HS) 13:18; 8 H Little (Bears Ac) 13:31

U14 (2.4km):

TO ADVERTISE YOUR EVENT ON THIS PAGE IN AW, PLEASE CALL 01733-808545 OR EMAIL CATHERINE.DUGDALE@ATHLETICSWEEKLY.COM



Sat 26th April. 10K at Noon (Fun Run 11.15am)
 South Devon College, Long Rd, Paignton
www.sdcfriends.co.uk Twitter: @sdcfriends
friends@southdevon.ac.uk 01803 540554

The South Devon 10k is a community event promoting health, learning and raising money for local charities. Organised by students & staff at South Devon College in association with South Devon AC.
 Please enter at <http://shop.southdevon.ac.uk>




The Highworth 5 Mile

Sunday 27th April 2014 at 11am
 Warneford School, Highworth, SN6 7BZ

Trophies for first 5 Men/Women + leading Vets. Baggage area. Refreshments. Unique race moment.

Entry Fee: £10 or £12 unaffiliated. £2 extra on the day if limit not reached.

www.highworthrunningclub.co.uk



RED KITE CHALLENGE

SATURDAY 3RD MAY
 Woodlands Caravan Park, Devil's Bridge, SY23 3JW

UK Trail Running Championships Inc. Welsh Series & Junior Champs
 Senior 13.1miles (£10) & 10K (£8). (+£2 on the day). Junior race £5.
 Contact Dic: 07773 435073 or see www.redkite-barcudcoch.org.uk



GRAND EAST ANGLIA RUN

SUNDAY 4TH MAY 2014, 10.30 AM
 TUESDAY MARKET PLACE, KING'S LYNN

A FAST, FLAT, ONE-LAP, 10K ROAD RACE

GEAR WILL HOST THE BRITISH MASTERS ATHLETIC FEDERATION 10K CHAMPIONSHIP 2014

GRANDEASTANGLIARUN.CO.UK



YRUN 14

and Reigate & Banstead Festival of Sport

Sunday 4 May, 10:30am at Reigate Priory Park
 YMCA Fun Run - 5 mile & 1 mile races - Adults & Children

Book at www.ymcaredhill.com Supported by 



'Round the Tor' 10K & 5K road races

(plus 3K Fun Run & Primary School Fun Run)
 Race HQ - Glastonbury Town Hall

SUNDAY 4th MAY 2014

Prize fund of £1200. £300 course record bonus (30:43 / 35:24). Chip Timing. FREE Race Day Photos. FREE Technical T-Shirt to all pre-entries (before April 18th). Online entry.

Entry: 3K - £8 (£10 U/A). 5K - £10 (£13 U/A). 10K - £12 (£15 U/A). Entry on the day.

www.GlastonburyRoadRun.info

Thornborough 10 mile road race plus 5-Mile Fun Run

Bank Holiday Monday 5th May - 10mile at 10:40. Fun run at 11am
 The Village Green, High St, Thornborough, Bucks, MK18 2DF

Entry: £8 for 10-mile; £5 for 5-mile, under 18's £2. Registration Opens at 10. All entry on the day. E-mail: race-secretary@tssc-mail.org.uk
 Results available on website <http://www.bucksinfo.net/tssc>



Bosworth Half Marathon

(Inc Leics & Rutland Champs). 11th May 2014
 Market Bosworth Water Trust, CV13 6PD

Rural, scenic course. Prizes. Online entry at Runbritain. Event T-Shirt.

Entry Fees: £18 (£20 U/A) until 7th May. All £30 on the day

Full details at www.bosworthhalf.com



Prestwood 10K

18th May 2014 11am

Single lap, from Sprinters
 Leisure Centre, Prestwood, Bucks.

Chip Timing, Finishers Medal, Trophies
 Goodie Bag. Entry fee £16.

Full details at www.prestwood10k.co.uk

WELYN & HATFIELD FESTIVAL OF SPORT

Sunday 25th May 2014 Stanborough Park, Welwyn Garden City

Run - Half Marathon, 10K and 1.5K Family Fun Run

Book your place now! www.herculesevents.com




BWYSTFIL Y BRYN

Alpine Trail Running Races
 15 Mile, 6.8 Mile and 2k Fun Run

Warm Welsh welcome, Family Fun day, Post race party, Live Music & BBQ, Licensed Bar, Prize fund, T-shirts & Medal

Sunday 31st May 2014
 13:30 Start

Bryn, Port Talbot SA13 2RY
www.bwystfilybryn.btck.co.uk



SOUTHEND HALF MARATHON

10:00AM SUNDAY 8TH JUNE
 EAST BEACH SHOE BURY

Entry Fee: Affiliated runners £18. Non affiliated runners £20

Full details at www.havenshospices.org.uk/fund_raising

EVERY MILE MAKING EVERY DAY COUNT

The Hanley Economic Building Society's

Potters 'Arf Marathon

Sunday 8th June 2014

www.potters-arf.co.uk



CHALLENGE YOURSELF - SMASH YOUR PB!

ASDA FOUNDATION HULL 10K 08.06.14	ASDA FOUNDATION LEEDS 10K 20.07.14
ASDA FOUNDATION PENNINE LANCASHIRE 10K 22.06.14	ASDA FOUNDATION YORK 10K 03.08.14

Visit www.runforall.com to find out more




Rothley 10K

29th Rothley & Soar Valley Lions 10K
 Tuesday 17th June 2014. Race starts at 19:15
 Royal Oak, Cross Green, Rothley, Leicestershire

Two-lap course. Chip timing.
 Entry limited to 750. All entry fees: £13; On the day entries £18 if limit allows.

Full details, inc. online entry at www.rothley10k.com 



North Downs Run 30K

Sunday 22 June 2014 at 10.30am
 Cascades Leisure Centre, Gravesend, Kent

Chip Timing. Technical T-shirt. Medal & Goody Bag for all finishers.
 Multi-Terrain Race using established tracks over the beautiful North Downs

Entry: £22 / £24 (U/A) by post or runnersworld. £2 discount OAP/FT students

Full details at www.isteadandfield.org.uk

INDOOR

Friday April 18 CHELMSFORD POLE VAULT FESTIVAL

Chelmsford. 10am.
www.chelmsford.gov.uk/athletics

FELL

Saturday April 19 SUGAR LOAF (7M/1726ft) Abergavenny. Y MOELWYN (10.5M/2799ft) Blaenau Ffestiniog.

Sunday April 20 PEAT PITS WOOD 2 (5M/738ft) Peak District.

Saturday April 26 60TH THREE PEAKS (23.2M/5276ft) Horton-in-Ribblesdale. HIGHLANDER MOUNTAIN MARATHON Highlands of Scotland. MNYDD MAWR (4.2M/1378ft) Y Fron.

SNAEFELL (5M/1804ft) Isle of Man.

Sunday April 27 FOX & HOUNDS CHASE (9M/1499ft) North York Moors. GRITSTONE TRYAL (14.3M/1804ft) Peak District. KINDER DOWNFALL (9.6M/1968ft) Peak District. KWL ARANT HAW Sedbergh. WIRKSWORTH INCLINE (4M/400ft) Peak District.

Tuesday April 29 MASSON HILL (4M/1115ft) Peak District. PENTYRCH (6.8M/1601ft) Pentyrch.

MULTI-TERRAIN

Thursday April 17 MILFORD MURDER 5 Milford Common, Brocton Road, Milford, Staffordshire. 7pm. www.stonemm.co.uk

Friday April 18

GOOD FRIDAY CRICKET CLUB MARATHON

Stratford-on-Avon CC, Stratford-on-Avon.

KILMINGTON KANTER 7 Kilminster Primary School, Kilminster, Devon. 10.30am. www.kilminsterprimary.co.uk

Saturday April 19 COMPTON DOWNLAND CHALLENGE 20/40

The Downs School, Compton, Berkshire. 9am.
www.comptonharriers.org.uk

ISEL CROSS 5.5 Kirkgate, Cockermouth, Cumbria. 11am. www.derwentac.com

ISLE OF MAN EASTER FESTIVAL PEEL HILL 3

House of Manannan, Peel, Isle of Man. 2pm.
www.easterfestival.info

NEWPORT TO RYDE 7 Methodist Church Hall, Newport, Isle of Wight. 3pm. RUN AROUND THE RESERVOIR MARATHON (DAY 1) Holiday Inn Hotel, Northampton. 9am. www.madeyarun.com

Sunday April 20 GUISELEY GALLOP 10km West Side Retail Park, Guiseley, West Yorkshire. 10.30am. www.skyrac.org.uk

HANHAM HORROR 6 Vicarage Road Playing Field, Hanham, Bristol. 11am. www.bittonroadrunners.co.uk

HELMESLEY 10km Helmsley, North Yorkshire. 10am. www.helmsleysports.org

HOT CROSS RUN 5km Old Court Hotel, Symonds Yat West, Herefordshire. 10am. www.wildboarevents.co.uk

NORTHAMPTON RUN FEST 10km/ HALF-MARATHON/MARATHON Delepre Abbey, Northampton. 10am. www.gobeyondsport.co.uk

RUN AROUND THE RESERVOIR MARATHON (DAY 2) Holiday Inn Hotel, Northampton. 9am. www.madeyarun.com

Monday April 21 BEACONFIELD 5 Beaconsfield RFC, Oak Lodge Meadow, Beaconsfield,

Buckinghamshire. 10am. www.burnhamjoggers.org.uk GILWERN GRUNT 10 Brynmaur Foundation School, Brynmaur, Gwent. 11am. www.rogueruns.co.uk

HOLLINGWORTH LAKE 5km Hollingworth Lake Visitor Centre, Littleborough, Lancashire. 9.45am. www.cannonballevents.co.uk

MAYOR OF HUNTINGDON'S CHARITY 5 Jubilee Park, Huntingdon, Cambridgeshire. 11am. www.huntingdowntown.gov.uk/5mile

ONLY FOOLS NOT HORSES 10km Black Horse Inn, Chesham. 11am. www.black-horse-inn.co.uk

SHAPWICK BUNNY HOP 7 Village Hall, Shapwick, Somerset. 10am. www.shapwickrunners.co.uk

WEST WIGHT THREE HILLS 8 West Wight Swimming Pool, Freshwater, Isle of Wight. Noon. www.rydeharriers.co.uk

Tuesday April 22 CHAMPAGNE LEAGUE Beverley Westwood, East Yorkshire. 7.15pm. www.cityofhullac.co.uk

FOREST MILE Lakers School, Coleford, Gloucestershire. www.fodac.org.uk

Wednesday April 23 STRIDE THROUGH THE WOODS 5km Village Hotel, Captain Clark Road, Hyde, Cheshire. 7.30pm. www.hydevillagestriders.org.uk/stride

Thursday April 24 BARLASTON UPS AND DOWNS 5 Oulton CC, Oulton, Staffordshire. 7pm. www.stonemm.co.uk

MOBBERLEY ROUND THE RUNWAY 5.3 Railway Inn, Station Road, Mobblerley, Cheshire. 7.30pm. www.wilmslowrunningclub.org

Friday April 25 BROXTOWE 5km Bramcote Hills Park, Bramcote, Nottinghamshire. 6.30pm.

Saturday April 26 BATH BEAT 12.5/17/21/26.5

Ralph Allen School, Bath. 8.30am. www.thebathbeat.co.uk CHIEVELEY CHASE 5.7 Village Hall, Chieveley, Berkshire. 10.30am. www.mychieveley.co.uk

CLANDON PARK RUN 10km George Abbot School, Guildford, Surrey. 9.30am. www.clandonparkrun.co.uk

FONTHILL PARK 10km Fonthill Park CC, Fonthill Bishop, Wiltshire. 10.30am. tobindgordon@gmail.com

HALDON HEARTBEAT 8.5 Exeter Racecourse, Exeter, Devon. 11am. www.haldonheartbeat.org.uk

HOKA HIGHLAND FLING 53 Milngavie, Highlands. www.highlandflingrace.org

HURSTBOURNE 5 George V Playing Fields, Hurstbourne Tarrant, Hampshire. 11am. www.hbt.org.uk

LIVABILITY'S EASTER RABBIT RUN 5/10/15km Clapham Common, London. 11am. www.livability.org.uk

RUN RICHMOND PARK 5/10km Richmond Park, Surrey. 10.10am. www.thefixevents.com

SOUTH DEVON 10km South Devon College, Paignton, Devon. Noon. www.sdcfriends.co.uk

TRENT PARK 5km HANDICAP Snakes Lane, Oakwood, Middlesex. 9.30am. www.trentparkrc.org

Sunday April 27 BELLE VUE HOUSE 10km Edge Hill University, Ormskirk, Lancashire. 10.30am. www.bellevuehouse10k.org.uk

CLAPHAM COMMON 5/10/15km SERIES Clapham Common, London. 10am. www.innovationsports.co.uk

DANESFIELD DASH 10km Wittington House, Henley Road, Marlow, Buckinghamshire. 10am. www.purplepatchrunning.com

DROVERS 10km Langford Lakes, Steeple Langford, Salisbury, Wiltshire. 10.30am. www.dtar.co.uk

EVESHAM HALF-MARATHON/ ULTRA 45

Town Hall, Evesham, Worcestershire. 10.30am. www.cotswoldrunning.co.uk

FAIROAKS 5/10 Fairoaks Airport, Chobham, Surrey. 10.30am. www.barnesfitness.co.uk

FOUNTAINS 10km Fountains C of E School, Grantley, Ripon, North Yorkshire. 11am. www.fountains10k.co.uk

FULLERS THAMES TOWPATH 10 Hartington Road, Chiswick, London. 9.30am. www.west4harriers.com

GOUDHURST 5/10km Risebridge HHealth & Sports Club, Goudhurst, Kent. 10.30am. www.nice-work.org.uk

HOGSMILL LADIES 5 Harrier Centre, Poole Road, West Ewell, Surrey. 10am. www.epsonsmallsorts.org.uk

HOUGHTON 11km Village Hall, Houghton, Hampshire. 10.15am. www.houghton-trail-event.org.uk

ICKWORTH 10km HOOHAAH The Rotunda, Horringer, Bury St Edmunds, Suffolk. 10am. www.hoohaah.co.uk

KIELDER 50/100km ULTRA Kielder Forest Park, Kielder, Northumberland. www.highterrainevents.co.uk

KYMIN DASH 71 Hadnock Raod, Monmouth. 11am. www.kymindash.co.uk

LEICESTER COLOUR BLAST DASH 5km Victoria Park, Leicester. 9am. www.colourblastdash.org

NORTHANTS 5km SERIES East Midlands International Pool, Corby Northamptonshire. 10.30am. www.northantsnet2012series.org.uk

RADCLIFFE 10km Cams Lane Primary School, Radcliffe, Manchester. 11am. www.radcliffeac.org.uk

RIDGE OFF ROADER 10km Bledlow Ridge School, Bledlow Ridge, Buckinghamshire. 10am. www.ridgeoffroader.co.uk

RUN BALMORAL 15 Balmoral Estates, Crathie, Aberdeenshire. 11.15am. RUN IN THE FOREST 5 Conkers, Swadlincote, Derbyshire. 10.30am.

Submit your fixture online at athleticsweekly.com



Hitchin Hard Half Marathon
Sunday 22nd June 2014 at 9:30am
Start / Finish in Hitchin Priory, Hitchin, Hertfordshire
UKA road race Licence: 2014-9470 Course measurement: 12/108
Entry fee: £20 and £18 for affiliated runners.
Entry Closing: June 1st or 600 limit reached.
Registration process: Online at runbritain.com
Secure bag drop. Toilets. Changing. Post race massage. Goody bag & medals for all.



Thame CPM 10K Road Race
Sunday 29th June 2014 at 9.30am
Thame Leisure Centre, Oxford Rd, Thame, OX9 2BB
Chip timing * T-shirts * Flat, fast, fun, friendly & partly traffic free
Online entry £15 (£13 Club) via Runners World entry site
Full details at www.thamerunners.co.uk



10 km & 5 km Road Race!
1.5 km Fun Run!
6th July 2014
Wythall - South B'ham
Just N of M42, Junc 3
register via website
www.wythall-hollywood-funrun.org.uk



Run the 2014 MBNA Chester Marathon
05.10.2014
Elite packages available
www.chestermarathon.co.uk

EVENT SPOTLIGHT: BEAST OF BRYN

THE Bwystfyl y Bryn – or the “Beast of Bryn” – race on May 31 in Bryn, Port Talbot, got its name after a number of big cat sightings in the area.

This intriguing race, which has a claw mark as part of its logo, is also part of the Welsh Trail Running Championships this year and the route is uniquely marked out with permanent signs.

The 6.8-mile event at the race is part of the Welsh Trail series, but there is also a fun run and 15-mile race.

The former coal mining area nestles in the Margam Mountains and surrounding Afon forest. Being close to the M4 corridor means it is easily accessible, too.

Part of the course takes in the famous “Afan Mountain Cycle Tracks”, which are rated in the world’s top 10 cross-country tracks and attract cyclists from all over the world.



The route is designed by top local runners and is coordinated with the help of the forestry commission and sponsored by TATA Steel. All profits from the event go to charity with the main recipient being the Cystic Fibrosis Trust.

● See bwystfilybryn.btck.co.uk

VALIANTS HALF-MARATHON

Valiants Equestrian Centre, Out Rawcliffe, Lancashire. 10.30am.

alan.taylor7@tesco.net

VICTORIA PARK OPEN 5

St Augustine’s Hall, Victoria Park, Hackney, London. 2.30pm.

www.vphthac.org.uk

Sunday April 20

AIR PRODUCTS 10km

Manchester Metropolitan University, Crewe, Cheshire. 10.15am.

www.southcheshireharriers.org.uk

BALLYGALGET COMMUNITY 10km

Ballygalget Road, Portaferry. Noon.

www.eastdownac.co.uk

CAPITAL RUNNERS RICHMOND PARK 10km

East Sheen Gate, Richmond Park, Richmond, Surrey. 10am.

www.capitalrunners.com

GOLDEN GALLOP 10km

Fairfield High School, Peterchurch, Herefordshire. 10am.

www.peakperformanceevents.co.nf

ISLE OF MAN EASTER FESTIVAL 5km RELAY

Promenade, Douglas, Isle of Man. 10am.

www.easterfestival.info

MASSEY FERGUSON EASTER SUNDAY 5

War Memorial Park, Coventry, Warwickshire. 10am.

www.masseyrunners.co.uk

NORTH TYNESIDE 10km

Cobalt Business Park, North Shields, North Tyneside. 10am.

www.northtyneside.gov.uk

RUNCORN RUN THE BRIDGE 5

Picow Farm Road, Runcorn, Cheshire. 9.30am.

www.runhalton.co.uk

RUNTHROUGH CLAPHAM COMMON 5/10km

Clapham Common, London. 10am.

www.runthrough.co.uk

STAXIGOE HALL EASTER 10km

Staxigoe Hall, Staxigoe, Highlands. 2pm.

www.northhighlandharriers.co.uk

TEIFI 10 (Inc WELSH CHAMPS)

North Road, Lampeter, Ceredigion. Noon.

www.sarnhelen.org.uk

TROWSE 10km

Norfolk Snowsports Club, Norfolk, Norfolk. 9am.

www.conac.org.uk

Monday April 21

BAMPTON TO TIVERTON 7

White Horse, Bampton, Devon. 10.30am.

www.tiverton-harriers.co.uk

BUSHLEY MILE

Tewkesbury, Worcestershire.

www.tewkesburyac.co.uk

KPMG GUERNSEY EASTER HALF-MARATHON

Albert Pier, St Peter Port, Guernsey. 9am.

www.guernseyathletics.org.gg

LONDON EASTER 10km

Regent’s Park, London. 10.30am.

www.nice-work.org.uk

NOTTS AC EASTER 10km

Wollaton Park, Nottingham. 11am.

www.nottssac.co.uk

NUTFIELD VILLAGE 5

Nutfield, Surrey.

www.nutfieldlink.co.uk/roadrace

STANWICK 10km

Stanwick, Wellingborough, Northamptonshire. 10.30am.

www.stanwickraces.org.uk

WHITEHEAD EASTER MONDAY 5

Kings Road, Whitehead. Noon.

www.whitehead-ni.com

YEOVILTON EASTER BUNNY 10km

Nuffield Bar, RNAS Yeovilton, Yeovilton, Somerset. 11am.

www.yeoviltownrrc.com

Wednesday April 23

BORDERS LEAGUE

Deeside.

www.bordersleague.org.uk

GREAT YARMOUTH PROMENADE 5 SERIES

Marine Parade, Great Yarmouth, Norfolk. 7.15pm.

www.gyrr.co.uk

ROAD RUNNERS LEAGUE

Royal Victoria country Park, Netley, Hampshire. 7pm.

www.southamptonathleticclub.org.uk

SOUTH YORKSHIRE ROAD LEAGUE

Lodge Moor, South Yorkshire.

www.sycaa.co.uk/sycaa/road/fixtures

Thursday April 24

KINROSS 10km

Loch Leven Community Campus, Kinross, Perthshire. 7.30pm.

www.kinrosshigh.pkc.sch.uk

WESTON PROM 5

Pavilion Bar, Upper Church Road, Weston-Super-Mare, Somerset. 7.30pm.

www.westonac.co.uk/promrun

Friday April 25

3km ON THE GREEN SERIES

McLellans Arch, Glasgow Green, Glasgow. 12.30pm.

www.3konthegreen.com

BEVERIDGE PARK 5km SERIES

Beveridge Park, Kirkcaldy, Fife. 7.30pm.

www.fifeac.org

BROOKS SERPENTINE LAST FRIDAY 5km

The Bandstand, Hyde Park, London. 12.30pm.

www.serpentine.org.uk

FORDHOUSES FAST 5km

Fordhouses CC, Wolverhampton, West Midlands. 7pm.

www.wolvesandbilstonac.co.uk

RAMSEY PARK HANDICAP 3.8

Mooragh Park, Ramsey, Isle of Man. 7pm.

www.iomnac.co.uk/parkruns.aspx

SPERRIN HARRIERS CLASSIC 5

Parkmore Road, Magherafelt. 7.30pm.

www.sperrinharriers.co.uk

Saturday April 26

BALLYNAHINCH LIONS 10km

The Square, Ballynahinch. 2pm.

www.ballynahinchlionsclub.co.uk

GREAT LANGDALE ST GEORGE’S DAY 10km (DAY 1)

Stickle Barn, Great Langdale, Cumbria. Noon.

www.greatlangdaleroadtraces.co.uk

RUN BALMORAL CONOCOPHILLIPS 5km/STENA DRILLING TARTAN 10km

Balmoral Estates, Crathie, Aberdeenshire. 12.30pm.

www.runbalmoral.com

WRAY SCARECROW 10km

Wray, Lancashire. 1pm.

WREXHAM OPEN 10 (Inc NORTH WALES CHAMPS)

Wrexham Industrial Estate, Wrexham. 2pm.

wrexhamroadrunners.org.uk

TRACK

Thursday April 17

LAGAN VALLEY YOUNG ATHLETES’ OPEN MEETING

Belfast. 6pm.

www.laganvalleyac.co.uk

Friday April 18

HERTS PHOENIX GRADED OPEN

Welwyn Garden City.

www.hertsphoenix.com

Saturday April 19

CHELMSFORD DANNY MULLANE OPEN MEETING

Chelmsford. 10am.

www.chelmsford.gov.uk/athletic-events

CUMBRIA LEAGUE

Copland.

HUMBERSIDE LEAGUE

Grimsby. 10.30am.

JSB PLUMBING FORTH VALLEY LEAGUE

Grangemouth. 10am.

www.jsbplumbing-forthvalley.fsnet.co.uk

KETTERING OPEN MEETING

Kettering.

www.ktharriers.com

MMTG SLINGBALL & IRON SLINGBALL OPEN

Derby.

www.mmtg.org.uk

SOUTHERN ATHLETICS LEAGUE

1: Bromley, Lee Valley, Norwich, Peterborough. 2 North: Ipswich, Milton Keynes, Oxford, Perivale. 2 South: Abingdon, Andover, Ashford, Eltham. 3 North: Braintree, King’s Lynn, Uxbridge, Watford. 3 South: Bracknell, Eastbourne, Hastings, Plymouth.

www.southernathletics.org.uk

WINDSOR SLOUGH ETON & HOUNSLOW OPEN MEETING

Eton.

www.wseh.info

Sunday April 20

CRAWLEY EASTER SUNDAY OPEN MEETING

Crawley.

www.crawleyac.org.uk

GATESHEAD YOUNG ATHLETES’ OPEN MEETING

Gateshead.

www.gateshead-harriers.co.uk

SCOTTISH ATHLETICS LEAGUE

1: Grangemouth. 2: Grangemouth. 3: Perth. 4: Aberdeen. 5: Glasgow. 6: Dundee. 7: Edinburgh. 8: Glasgow. 9: Glasgow. 10: Glasgow. 11: Glasgow. 12: Glasgow. 13: Glasgow. 14: Glasgow. 15: Glasgow. 16: Glasgow. 17: Glasgow. 18: Glasgow. 19: Glasgow. 20: Glasgow. 21: Glasgow. 22: Glasgow. 23: Glasgow. 24: Glasgow. 25: Glasgow. 26: Glasgow. 27: Glasgow. 28: Glasgow. 29: Glasgow. 30: Glasgow. 31: Glasgow. 32: Glasgow. 33: Glasgow. 34: Glasgow. 35: Glasgow. 36: Glasgow. 37: Glasgow. 38: Glasgow. 39: Glasgow. 40: Glasgow. 41: Glasgow. 42: Glasgow. 43: Glasgow. 44: Glasgow. 45: Glasgow. 46: Glasgow. 47: Glasgow. 48: Glasgow. 49: Glasgow. 50: Glasgow. 51: Glasgow. 52: Glasgow. 53: Glasgow. 54: Glasgow. 55: Glasgow. 56: Glasgow. 57: Glasgow. 58: Glasgow. 59: Glasgow. 60: Glasgow. 61: Glasgow. 62: Glasgow. 63: Glasgow. 64: Glasgow. 65: Glasgow. 66: Glasgow. 67: Glasgow. 68: Glasgow. 69: Glasgow. 70: Glasgow. 71: Glasgow. 72: Glasgow. 73: Glasgow. 74: Glasgow. 75: Glasgow. 76: Glasgow. 77: Glasgow. 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LONDON INTER-CLUB CHALLENGE

Lee Valley.
www.londonathletics.org/LICC
TONBRIDGE AC EASTER MONDAY OPEN MEETING
Tonbridge.
www.tonbridgeac.co.uk
TRAFFORD AC MEDAL MEETING
Stretford. Noon.
www.traffordac.co.uk

Tuesday April 22

INTERTRUST SERIES 1
St. Peter Port.
www.guernseyathletics.org.gg

Wednesday April 23

LEICESTERSHIRE & RUTLAND COUNTY 10,000m CHAMPIONSHIPS
Leicester.
www.ira.org.uk
NORTH EASTERN OPEN GRAND PRIX SERIES (Inc NECAA OPEN 10,000m CHAMPS)
Jarrow. 7pm.
www.necaa.info
WATFORD OPEN GRADED MEETING
Watford. 7pm.
www.watfordharriers.org.uk

Friday April 25

BMC REGIONAL RACES
Hutchesons Grammar, Glasgow. 6.30pm.
www.britishmilersclub.com
INVERNESS H JUMPS & THROWS FESTIVAL
Inverness.
www.invernessharriers.org.uk

Saturday April 26

BIRCHFIELD H OPEN
Alexander Stadium, Birmingham.
www.birchfieldharriers.net
CRAWLEY AIM 6-HOUR/12-HOUR OPEN
Crawley. 7am.
crawley6and12hourraces.com
DERBYSHIRE MINI LEAGUE
Derby. 10am.
www.derbyshireathletics.org.uk/MiniTField.html
KENT YOUNG ATHLETES' LEAGUE
Ashford. 11am.
www.kcaa.org.uk
KINNAIRD & SWARD TROPHIES
Kingston.
www.kingstonandpoly.org
LILY B GIRLS' LEAGUE
Guildford.
MID LANCASHIRE LEAGUE
Wigan.
www.midlancs.org.uk
NOTTS MINI LEAGUE
Bingham.
www.notts-minileague.co.uk
SCOTTISH UNIVERSITY & COLLEGE CHAMPIONSHIPS
Grangemouth. 11am.
SOMERSET COUNTY COMBINED EVENTS & RACE WALKING CHAMPIONSHIPS
Street. Until Sunday April 27.
www.somersetsschoolsathletics.org.uk
SOUTH YORKSHIRE LEAGUE
Rotherham. 10am.
www.sycaa.co.uk
WELSH U15 LEAGUE
East: Cwmbran. West: Carmarthen.
www.welshathletics.org
WEST YORKSHIRE LEAGUE

Cleckheaton. 1pm.
www.wakefield-harriers.co.uk

Sunday April 27

NORTH EASTERN YOUTH DEVELOPMENT LEAGUE
1: Hexham. 2 N: Jarrow. 2 S: Middlesbrough.
www.necaa.info
SLAN TROPHY MEETING OPEN
Tooting Bec.
www.slannetwork.org.uk
YOUTH DEVELOPMENT LEAGUE
Midland East 1: Coventry. Midland East 2: Derby. Midland Premier 1: Birmingham. Midland Premier 2: Stoke. Midland West 1: Gloucester. Midland West 2a: Cwmbran. Midland West 2b: Kidderminster. Northern East 1: Sheffield. Northern East 2: Grimsby. Northern Premier 1: Edinburgh. Northern Premier 2: Dunfermline. Northern West 1: Bebington. Northern West 2: Ashton-under-Lyne. Southern North 1: Mile End. Southern North 2: Watford. Southern Premier 1: Norwich. Southern Premier 2: Newham. Southern South 1: Southampton. Southern South 2a: Dartford. Southern South 2b: Hillingdon.
www.ukydl.org.uk
WESSEX YOUNG ATHLETES' LEAGUE
Basingstoke, Winchester.
www.wessexleaguetandf.co.uk

Monday April 28

LONDON DISABILITY CHAMPIONSHIPS
Lee Valley.
www.vistleevalley.org.uk/athletics
SOUTHERN COUNTIES VETERANS' LEAGUE
Hants and Surrey: Portsmouth. Herts and North Middlesex: Lee Valley. Kent: Sutcliffe Park. South West London: Kingston.
www.scvac.org.uk

Tuesday April 29

ABERDEEN AAC CLUB CHAMPIONSHIPS & OPEN MEETING
Aberdeen. 6pm.
www.aberdeenaac.co.uk
BRISTOL & WEST OPEN MEETING
Stoke Gifford. 6.30pm.
www.bristolandwestac.org
NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
Darlington. 6pm.
www.new-marske-harriers.co.uk

Wednesday April 30

ASHFORD LEISURE TRUST OPEN MEETING
Ashford. 6.20pm.
www.justiming-live.co.uk/ashford2014.html
BMC REGIONAL RACES
Coventry.
www.britishmilersclub.com/fixtures/bmcfixtures.aspx
MANX HARRIERS LEAGUE
Douglas.
www.manxharriers.com
MIDLAND VETERANS' LEAGUE
East: Leicester. North: Telford.
www.mvftl.wordpress.com
OXFORD CITY AC OPEN GRADED MEETING

Horspath.
www.oxfordcityathleticclub.com
ROSENHEIM LEAGUE WEST DIVISION
Kingston. 6.45pm.
www.kingstonandpoly.org

Thursday May 1

HAYWARDS HEATH HARRIERS OPEN
Crawley. 6.15pm.
www.haywardsheathharriers.co.uk
INTERTRUST SERIES 2
St. Peter Port.
www.guernseyathletics.org.gg
LAGAN VALLEY YOUNG ATHLETES' OPEN MEETING
Belfast. 6pm.
www.laganvalleyac.co.uk
MIDLAND VETERANS' LEAGUE SOUTH DIVISION
Stourport. 7pm.
www.mvftl.wordpress.com

WALKS

Sunday April 27

SARNIA WALKING CLUB 10km
Quayside, Guernsey. 9.30am.
sarnia.wordpress.com

OVERSEAS

Monday April 21

BOSTON MARATHON
Boston MA, USA.
www.baa.org/races/boston-marathon.aspx

Sunday April 27

MADRID MARATHON
Madrid, Spain.
www.esmadrid.com

Friday May 2

IAAF COMBINED EVENTS CHALLENGE
Florence, Italy. Until Saturday May 3.
www.iaaf.org

Saturday May 3

IAAF WORLD CHALLENGE
Kingston, Jamaica.
www.iaaf.org
IAAF WORLD RACE WALKING CUP
Taicang, China. Until Sunday May 4.
www.iaaf.org

Sunday May 4

BIG 25 BERLIN 25km
Berlin, Germany
www.berlin-laeuft.de/big-25-berlin.html

Friday May 9

IAAF DIAMOND LEAGUE
Doha, Qatar.
www.diamondleague.com

Saturday May 10

EUROPEAN ATHLETICS PREMIUM MEETINGS
Athens, Greece.
www.european-athletics.org

Sunday May 11

IAAF WORLD CHALLENGE
Tokyo, Japan.
www.iaaf.org
VOLKSWAGEN PRAGUE MARATHON
Prague, Czech Republic.
www.run.cz/zech.com

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www.virginmoneylondonmarathon.com

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www.basclub.org.uk

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London celebs and record-breakers

EX-CYCLIST Chris Newton led the 'celebs' in last weekend's Virgin Money London Marathon with 2:45:10. A medallist in the team pursuit at the 2000 and 2004 Olympics, the 40-year-old finished an hour ahead of arguably the most famous celebrity runner in this year's race, ex-footballer Michael Owen.



Costumed crusaders: there were 100 Guinness world record attempts in London this year

MARK SHERMAN

abused by her athletics coach as a 15-year-old.

In the quest for Guinness world records there were 29 successful attempts and around 70 failures. The new marks included the fastest runner wearing an animal costume – with diabetes sufferer Alex Collins running 2:48:29 with a tiger outfit on.

The race also saw the fastest marathon dressed as a baby by Ali King in 2:51:18 and fastest as a playing card by Lisa Wright in 4:23:57.

A little further down the road, Sid Keyte became the quickest marathon runner dressed as a telephone box as he rang (sorry, ran) down the Mall in 5:54:52.

A couple of celebrities who have been featured in Dip Finish in recent weeks also finished in style. Classical singer Laura Wright stopped on Tower Bridge to belt out "Jerusalem" before clocking 4:10. Douglas Wakiihuri, the first-ever Kenyan to win the London Marathon back in 1989, ran just outside seven hours as he accompanied Kenya's First Lady Margaret Kenyatta.

With a record nine MPs running, Shadow Chancellor Ed Balls clocked a PB of 4:57:40, but the quickest politician was Tory Alun Cairns with 3:34:16.

But there was disappointment for TV presenter Charlie Webster, who had to drop out at 18 miles with injury. A keen runner, in January she ran 250 miles in seven days and in the same month revealed she had been sexually



Laura Wright: 4:10 despite singing stop on Tower Bridge



Michael Owen

Were marathon sisters serious? An alternative guide to athletics

GOLD medals for marathon naivety in last weekend's big London race went to Katie and Polly Ryall, who were trying to become the world's fastest ever female siblings.

The sisters appeared totally serious when they told BBC's Helen Skelton before the race that they were going for around 2hr 30min.

"We've got to both do it in two-and-a-half hours," said Katie.

A surprised Skelton replied: "Two-and-a-half hours is lightning speed!"

"Yeah, well, we're hoping we can do it. We're hoping for the best conditions on the day," Katie said.

Skelton then asked Polly how confident she was, she said: "I am quite confident, but I think it will just be a case when we get going to see how it goes."

Katie eventually finished in 4:27 with Polly completing the course in 4:50, whereas the record required them to have a combined time of 5:09.

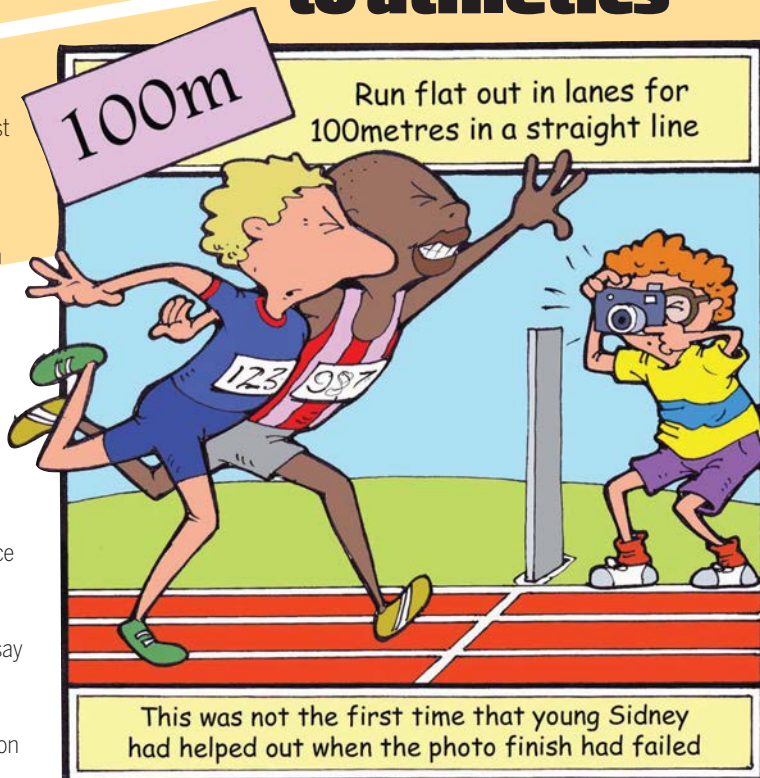
Marathoner on the run

POLICE are looking for a woman from Sierra Leone who finished 20th in the London Marathon – and kept on running.

Mami Konneh Lahun, 24, had been staying at an address in Greenwich since arriving in the UK on a sportsperson visit visa a week ago, but failed to return back following Sunday's race, which she completed in 2:46.

She had been due to fly home to Sierra Leone earlier this week and police say she has no known links to the UK and does not have a mobile phone.

A Home Office spokesman said: "All individuals who came to the UK specifically to take part in the London Marathon were issued with sportsperson visit visas, which are valid for six months."



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