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Cover: David Rudisha, the world 800m record-holder from Kenya (Getty Images)

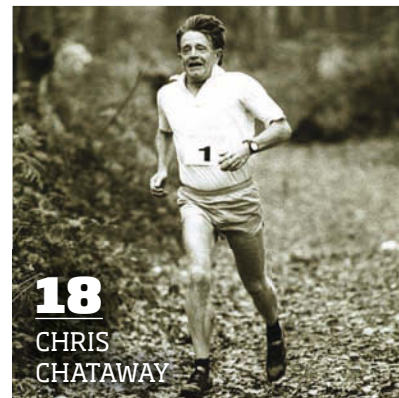
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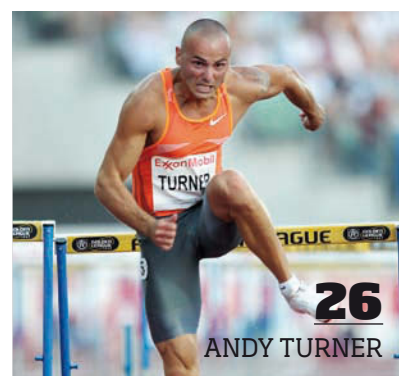
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## EDITOR'S LETTER

# Is a one-track mind the key?

IN OUR interview with David Rudisha (p12), the world 800m record-holder explains why, unlike some of the past middle-distance greats, he has no desire to mix the metric mile into his race schedule.

He says that both the 400m and the 1500m require a vastly different approach.

But the likes of Seb Coe, Steve Ovett and Steve Cram achieved great times at both 800m and 1500m, and Alberto Juantorena won Olympic 400m and 800m gold.

Of course, the schedules for championships make such doubles increasingly difficult to attempt these days. Nevertheless, I wonder whether those legends would have run even faster had they only run one event. Could Coe, who ran 1:41.73, have gone closer to the 1:41 barrier that Rudisha is now pushing?

Let's hear your views.

» THE hand-out of Olympic tickets to sports federations designed to head to the die-hard fans (p8) has been kept relatively quiet, but it is emerging that few athletics nuts in Britain will benefit.

It is great that half the members of the British Athletics Supporters Club will gain tickets, but the vast majority of people reading this will have no more chance of seeing Bolt in the Olympic Stadium than their next-door neighbour.

It's a shame that the numbers of tickets involved are being withheld. The question of many will be, how many tickets will go to UKA's sponsors and staff?

In reality, though, it sounds as though it will be not many, if at all, for I gather the allocation from LOCOG is small. It appears that such is the need to drive profits to the hilt, the most dedicated supporters of Olympic sport may be being forgotten.

» IN the book *Great Marathon Runners*, published by Athletics Weekly Limited, a statement was made about transport at the London Marathon. We accept that this was incorrect and the statement should not have appeared.

We wish to apologise to the London Marathon for this error.

Paul Halford, Deputy Editor



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## Bedford leaves 2012 role

DAVID BEDFORD (pictured below) has quit as manager of the London 2012 Olympic marathon, citing differences with the organising committee.

While the rest of the experienced team behind the Virgin London Marathon will continue to work with Games chiefs, the race organiser of the world's No.1 26-miler parted ways with LOCOG after they ignored his advice over the test event on May 30.

Bedford believed it was only necessary to carry out a run over an eight-mile test loop. But the organisers plan to close off the roads so 50 runners, plus wheelchair racers, can complete the whole route in three hours. The trial will take place at 6am on the morning of the Bupa London 10,000 race.

"We (London Marathon) are a professional business run by professionals and it was very difficult to work for another organisation who in the main have never organised an event of their own," Bedford told the *Evening Standard*.



## Super six at PWC

SIX world champions will compete in Britain's team at the Visa Paralympic World Cup at Sport City on May 27.

Discus thrower Dan Greaves (F44), runners Richard Whitehead (T42) and Paul Blake, sprinters, Libby Clegg (T12), Katrina Hart (T37) and javelin thrower Nathan Stevens head the team for the multi-sport meeting.

# Hazel eyes Daegu impact

COMMONWEALTH Games gold medallist Louise Hazel insists she is not going to this summer's IAAF World Championships just to make up the numbers, even if it's compatriot Jessica Ennis who will hog the headlines in Daegu, writes Ben Baker.

Birchfield Harrier Hazel endured a topsy-turvy season in 2010, narrowly missing out on a place at the European Championships in Barcelona with her best heptathlon score just 81 points below the qualifying standard.

As a result the 25-year-old had to watch from her living room as Ennis added the European title to her world crown. But far from dwelling on the disappointment, Hazel bounced back to grab Commonwealth gold in Delhi.

In order to book her place on the plane to South Korea, Hazel will have to reproduce the form that saw her clinch Delhi gold with a massive PB of 6156 – but she's determined to ride the crest of her Delhi wave all the way to the Far East.



MARK SHERMAN

final curtain-call in terms of London 2012 and I am determined not to let it pass me by and to build on what I did in Delhi.

"I made a bit of a name for myself after the Commonwealth Games and I need to keep that momentum going."

Hazel was conspicuous by her absence throughout the indoor season, instead opting to focus all her preparations on her outdoor campaign.

"Delhi showed that you don't necessarily need the best preparation to have your best result because what I did in Delhi I did off the back of some less than ideal preparation," she added.

"So with that knowledge, I know there is more in me and what better place to demonstrate that before the Olympics than at the Worlds and I head there with so much more confidence."

"I am determined to keep improving and keep going up and up so, believe me, I am heading to Daegu to do the business," said Hazel, who was speaking at Aviva Sportshall – part of the Aviva Athletics Academy which encourages and enables children to get involved in athletics.

"I still haven't come down from the buzz I got from winning Commonwealth Games gold and I intend to live on this high all year and heading into London 2012.

"I know that Daegu will be the

» AVIVA has been supporting British athletes since 1999 and paving the way for the next generation. Get involved in the Aviva Athletics Academy at [aviva.co.uk/athletics](http://aviva.co.uk/athletics)

# Gay versus Powell twice in the UK

TYSON GAY and Asafa Powell are to race each other twice in Britain this year.

The second and third fastest men in history will race at the Aviva Birmingham Grand Prix on July 10 and then at the Aviva London Grand Prix on August 5-6.

Gay, who set an American record of 9.69 in 2009, has beaten his Jamaican arch rival on eight of the last nine occasions.

World record-holder Usain Bolt is unlikely to race in Britain this year because of the British tax system.

Gay, who was dogged by injuries last year, admitted recently he had already suffered setbacks this year. "Just minor things that come with the territory when you're pushing the envelope in practice and running fast too early," he said.



MARK SHERMAN

But he added he was optimistic for the 2011 season and ready to go quicker.

"I don't want people to look at me and think, 'Tyson Gay – a 9.6 guy'. I want to run faster than that," he said.

Meanwhile, Powell said last week he was keen to prove he is not a choker despite having

regularly disappointed at championships.

"It might look that way but the issue has always been a physical problem – not a mental one," he said. "Providing I am fit I see no reason why I shouldn't be on the top of the podium come the World Championships. I know I can run very fast."



# Area relays struggling for entries

WHILE entries for this weekend's Nike ERRR Road Relays are holding up well against previous years, questions are being asked about the future of the area equivalents, writes Will Cockerell.

At Sutton Park on Saturday, 74 men's teams and 81 women's outfits are due to line up – down three and up 10 respectively on 2010.

But it was a different story for the area 12-stage relays, which took place last month. A decade ago 49 teams completed the Northern Relays, 47 the Midlands, and 44 the Southerns. Those figures are now 35, 36 and a paltry 31 for the South.

Belgrave Harriers' team manager, Alan Mead, who has watched the Southern Relays develop since they began in 1960, said the event should look at moving both geographically and in the athletics calendar.

"Although Mick Bromilow does a fantastic job, Milton Keynes is inconvenient for many non-London clubs," he said. "It would be better to push the event out west a little and slightly closer to the South coast. You used to get the likes of Brighton & Hove, Exeter, Basingstoke, Portsmouth, Bournemouth, Blackheath all fielding super teams, but not any more."

More generally, Mead said: "Back in the Sixties and Seventies runners had less things pulling on their time and people were able



The Southern Relays attracted just 31 men's teams

to channel more of their energies into being top-class runners. "There should also be more of an effort to avoid the significant clash with the big half-marathons like Reading, Hastings and Fleet."

Illustrating Mead's point, it has been noted that Dulwich Runners, so often a feature of the 12-stage, failed to field a team this year, but did send 55 runners to the Paddock Wood Half-marathon on the same day.

Other commonly formed opinions include making the entry fees for the B and C teams less pricey, since they are so often incomplete. It has been suggested to make the distances meaningful, for example 5km or 5 miles.

The voices are growing for the areas to be trimmed to 10 stages, but the traditionalists shudder at this. Another idea could be to follow the clever

lead of the Midlands and trim the amount of long stages from six to four. More incentives and prizes for veterans and juniors has also been recommended.

As for the national relays, Norman Wilson, who has been championships secretary for the last decade, believes there has not been a drop-off in the standard or quantity of entries.

However, he admitted the quality of turn-out had sunk since the early Eighties when he himself was a 2:13 marathoner.

"But it's not just with the road relays," he said. "The culture's completely different. Whereas in my day we used to run every weekend, the athletes have opportunities for training camps and generally the top athletes don't race as often as they used to."

He added that entry fees had had to rise because of cutbacks to the order of 50 to 60 per cent from Birmingham City Council.

Further, organisers now have to pay marshals and other helpers just to stage the event. *Additional reporting by Paul Halford.*

» **NATIONAL relays previews – see pages 24-25**

» **ORGANISERS will pay £30 per marshal to help at Sutton Park on Saturday. Email [normanukultra@aol.co.uk](mailto:normanukultra@aol.co.uk) or telephone Norman Wilson on 07979-865453 for details.**

## Marathon drop-outs

ANDI JONES, the second British finisher at last year's Virgin London Marathon, has pulled out of this year's event on April 17.

The Salford Harrier, who has a best of 2:15:20 from 2009, feels he has missed too many key sessions because of a recent niggle and was disappointed with his 67:24 at the recent Wilmslow Half.

His withdrawal follows that in recent weeks of Ben Moreau, who was GB No.3 last time around in the capital and who is out for four weeks with a hip injury.

Andrew Lemoncello is tipped to be the first domestic finisher for the second year in succession.

Meanwhile, Michelle Ross-Cope, who was sixth in last year's Commonwealth Games, has pulled out of this weekend's Brighton Marathon with an ankle injury.

## International chances

ENGLAND ATHLETICS has announced a series of road running opportunities at international development level for 2011.

Aimed at 2:27/2:50 marathon level and above, or the stated equivalents for other distances, the scheme includes funding for England teams for the Scotiabank Toronto Waterfront Marathon on October 14 and the Odense Marathon on September 18.

See [www.Englandathletics.org/raceopps](http://www.Englandathletics.org/raceopps) for the full list of races and more details.



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# 2012 tickets: fans disappointed

WITH just 19 days remaining to apply for tickets for London 2012 via the general ballot, it has emerged that organisers have allocated tickets to UKA to be sold on to long-term supporters of the sport, but most of the dedicated fans will be unable to take advantage, writes Paul Halford.

An undisclosed number of tickets are being handed out by London 2012 to each sport's national federation. In turn, the federations are free with certain restrictions to distribute them as they wish.

The British Athletics Supporters Club (BASC) received what its chairman, Philip Andrew, described as a "modest" number of tickets from UKA. Out of the 1450 BASC members, 700 of those who have been affiliated since before 2010 would be able to buy tickets directly from them.

In addition, UKA will pass on tickets to each of the home country federations to make available to their affiliated members.

For instance, England Athletics (EA) says it has purchased around £5000 worth of tickets from UKA. All will be awarded to "key and long-

The British Athletics Supporters Club has received a modest number of Olympic tickets from UKA



LONDON 2012

standing volunteers from the sport", probably at its awards evening later this year, said EA chairman John Graves.

Athletics Northern Ireland's general secretary, John Allen, said: "We have applied through UKA for an allocation. We have offered board, staff and committee members the opportunity to purchase tickets and quite a number have taken up this offer."

Welsh Athletics has not yet decided how its tickets will be allocated.

A statement from UKA explained its decision regarding the allocation of tickets, saying: "We have been working closely with our partners the British Athletics Supporters Club to ensure an allocation of tickets is available outside of the ballot for loyal supporters. A letter was sent out by BASC to all their members, who were fully paid-up for 2009/10, in December 2010, giving them the opportunity to request athletics tickets. Additionally, we have been working with the home

country athletics federations who have their own club member affiliation schemes to enable some availability to this part of the athletics family. Under LOCOG guidelines we were allowed to apply for 'a reasonable number' of tickets.

"We are also governed by strict commercial laws, which means we have to operate within tight parameters on how tickets can be distributed and packaging them up or selling them on is not an option. This limits the organisations we can work with and is why we have delivered the fans element of our ticketing strategy through BASC as our partners and not commercial operators."

Ever since London was awarded the Games in 2005, long-term, devoted athletics fans have been concerned that not enough tickets would go their way. Such is the interest from the general public in the Olympic Games that most of those in attendance would not normally consider attending an athletics meeting. The number of tickets for keen fans is further reduced when the volume of high-cost corporate packages is factored in.

Despite the allocation to UKA, most will still be left battling with the rest of the public, their hopes resting on the general ballot which started on March 15 and ends on April 26.

Questions will also be asked over where the remainder of tickets not going to BASC or the home countries will go and how many they number. Neither London 2012 nor UKA will reveal how many tickets were allocated, though the federation says "the bulk" of the allotment is being divided between these two.

Tickets for the Games start at £20 for morning sessions and £50 for the evening sessions, while the most expensive seats will cost £725. The track and field programme runs from August 3-11.

## IOC takes sides in 2012 cash row

THE IOC has backed London 2012 in its cash row with the British Olympic Association (BOA).

The BOA is demanding a larger share of the profits from the Olympics and Paralympics and is planning to take its case to the Court of Arbitration for Sport.

However, Denis Oswald, chairman of the IOC coordination commission, said: "On a purely legal point of view, we feel that CAS has no jurisdiction over the case. The clause in the marketing agreement said every issue

should be included and no other court case should be started by one or the other party."

London 2012 chairman Lord Coe, meanwhile, criticised the BOA's action.

"This is a spurious case and the legal judgement that the IOC have made is the best demonstration of that," he said.

"The Government has made its position abundantly clear, so have the IOC and so have we.

"I'm saddened this is a distraction at a time our teams are working so cohesively and strategically to deliver the Games."

He added: "I've found it depressing that this vision has mutated as badly as it has in the last few weeks."

BOA chairman Lord Moynihan said last week the association was fighting for the good of sport. "We believe we have a very strong case, but this is about the athletes' legacy and future generations in this country," said Moynihan, who has been suspended from the London 2012 board, before adding of the dispute: "I do not think the row is in the interests of sport and I hope that it will be decided."



# Arnie backs Boris's sports plan

ARNOLD SCHWARZENEGGER has lent his support to the London Mayor's plans to increase sporting participation in the build-up to London 2012.

The *Terminator* actor, a former Mr Universe who was until last year governor of California, met Boris Johnson in the capital last week as £2million of funding for sports community projects was announced.

"We can't all be Mr Universe, but we can all be a bit more active," said Johnson in opening the second round of funding for the Sports Participation Fund.

"We are fast approaching the home straight of putting on what will be the greatest show on earth with the 2012 Games.

"I am determined that all Londoners will be able to enjoy the benefits of hosting and I



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The Mayor flexes his political muscle for the good of sport alongside 'Mr Universe'

urge community groups who through sport want to help bring real and lasting change and address genuine local needs to apply for our fund."

Included in the successful projects in the first round of

funding, the England Athletics scheme "RUN!" was awarded £200,000 to boost running in the capital. Further, £130,000 was handed to Parkrun to increase the number of its weekly 5km races in London.

# PM's wife supports running scheme



Mrs Cameron (second from left) met key athletics figures last week

IN A week when national radio airtime was given over to a discussion of prime minister David Cameron's running gait, his wife, Samantha, was involved in a more serious side to running.

Mrs Cameron is pictured here at 10 Downing Street with Peta Bee, who designed and leads a weekly "Born to Run" running fitness class to raise money for the charity Save The Children, alongside Olympic athlete Jo Pavey, London 2012 Chairman Lord Coe and UK Athletics chairman Ed Warner.

Meanwhile, in case anyone is interested in what BBC Radio Five Live aired, biomechanics expert Bob Prichard criticised the prime minister's inefficient running action because of his extremely narrow stride angle. His wife's is marginally better, he said, but still poor.

## Thumbs up for 2012

IOC COORDINATION commission chairman Denis Oswald gave his approval to London 2012 preparations after a visit to the Olympic Park last week.

On his eighth of 10 visits to assess the Games' progress, he said the Olympic village would be "one of the best ever for the athletes". He added that he thought legacy planning was excellent.

Meanwhile, preparations have been hit in the last week by security concerns as three arrests were made in connection with explosives found at the Olympic Park.

## Geoff Harrold

ENFIELD & HARINGEY AC is mourning the loss of long-serving member Geoff Harrold, who edited the monthly publication *Marathon & Distance Runner* in the Eighties and ran a 2:22 marathon. After suffering a heart attack last year and a stroke in January, he died last Friday aged 71.

Geoff had been a member of E&H since 1956 as an athlete, coach and team manager. Among his achievements as an athlete was winning the South London Harriers 30. He also excelled as a veteran and among the performances listed on Power of 10, is a 21:40 5km five years ago and 54:25 for 10 miles at the age of 50.

A talented designer, illustrator and editor, he was also print and publications manager for the London Marathon in the late-Nineties.

# Track & Field TOURS

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# Was Farah 'gone with the wind'?

A STATISTICIAN has calculated that the elevation drop and wind effect at the New York Half-marathon – where Mo Farah ran the quickest-ever for the distance by a Brit – could have provided an advantage of more than a minute and a half, writes Paul Halford.

Ken Young, who was the co-founder of the Association of Road Race Statisticians (ARRS), compared runners' times with what they were expected to run based on previous performances. The results of his calculations showed the elite men ran on average 100 seconds quicker and the elite women 115 seconds quicker.

The controversial topic of road race courses arose again after Farah clocked 60:23 to beat last year's New York Marathon champion and world-cross country champion Gebre Gebremariam last month.

The course does not meet the guidelines for records to be accepted by either the IAAF or ARRS because the overall elevation drop from start to finish was 29m – more than the allowable 1m/km (21.1m).

Therefore, UKA's Power of Ten website shows Farah's 60:23



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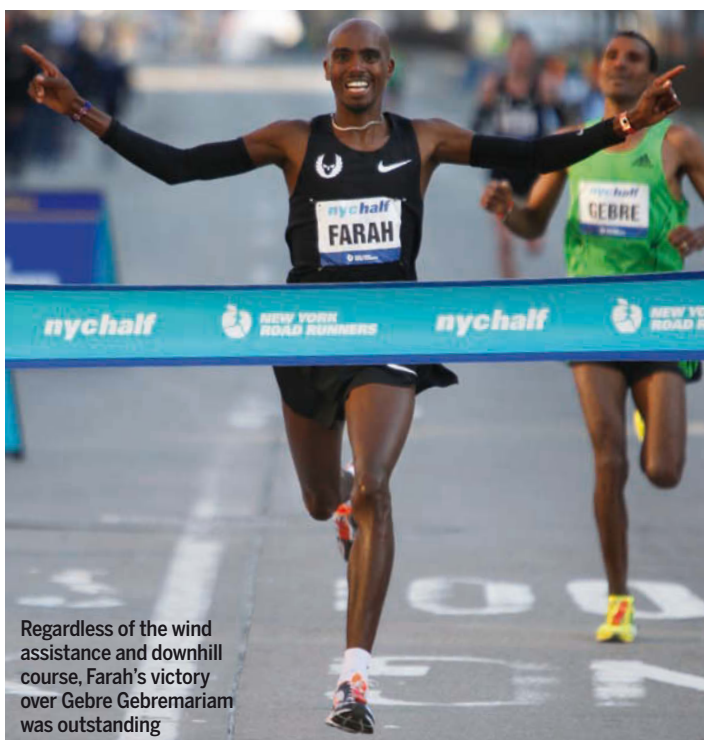
## New York to cater for masses

NEW YORK Half-marathon organisers say any course changes for next year's race will be motivated more by catering for a larger field than trying to satisfy the criteria for records.

"We are constantly reviewing and looking at all aspects of the Half as we look to continue to build it as one of the premier races in the world and that would include a different course," said Richard Finn, spokesman for the New York Road Runners, who also organise the city's ING-sponsored marathon.

"Right now our focus on any course change would be to accommodate more runners in the field. We had nearly 30,000 applicants for this year's race and due to the space limitations on the course we could only have a field of around 10,000. The next step up for this race would be a field of around 20,000."

The course loops around Central Park and ends on West Side Highway in the city's financial district.



Regardless of the wind assistance and downhill course, Farah's victory over Gebre Gebremariam was outstanding

at the top of its rankings, but with an "a" suffix to show it is downhill. ARRS still lists Nick Rose's 61:03 from Philadelphia in 1985 as the UK record.

But aside from the elevation drop, some have claimed that a 12mph wind was behind runners for the last seven miles, after the initial six-mile loop.

Young, who has a PhD in physical meteorology and minored in statistics, said there were too many unknowns to calculate the exact effect of any following wind.

"Determining average wind speeds over any significant distance is problematic because of the rapid temporal and spatial changes in wind (speed and direction) caused by the interaction between the air flow and the surface obstacles," he wrote in an email to AW.

However, his comparisons between expected and actual times tell us more, he believes.

Young has carried out studies that indicate an elevation drop of 1m/km translates roughly to an advantage of 1sec/km – or 31 seconds in the case of the NYC Half-marathon. He added: "Assuming all the other factors are negligible (or at least have a lot smaller effect), one can deduce that the effect of the wind was to produce an advantage of 70 seconds for the men and 85 seconds for the women."

So perhaps Farah would have been just outside 62 minutes on a totally flat, loop course. But that does not change the fact that the Newham & Essex Beagle's run was a great performance, especially to beat someone of Gebremariam's calibre.



*The*

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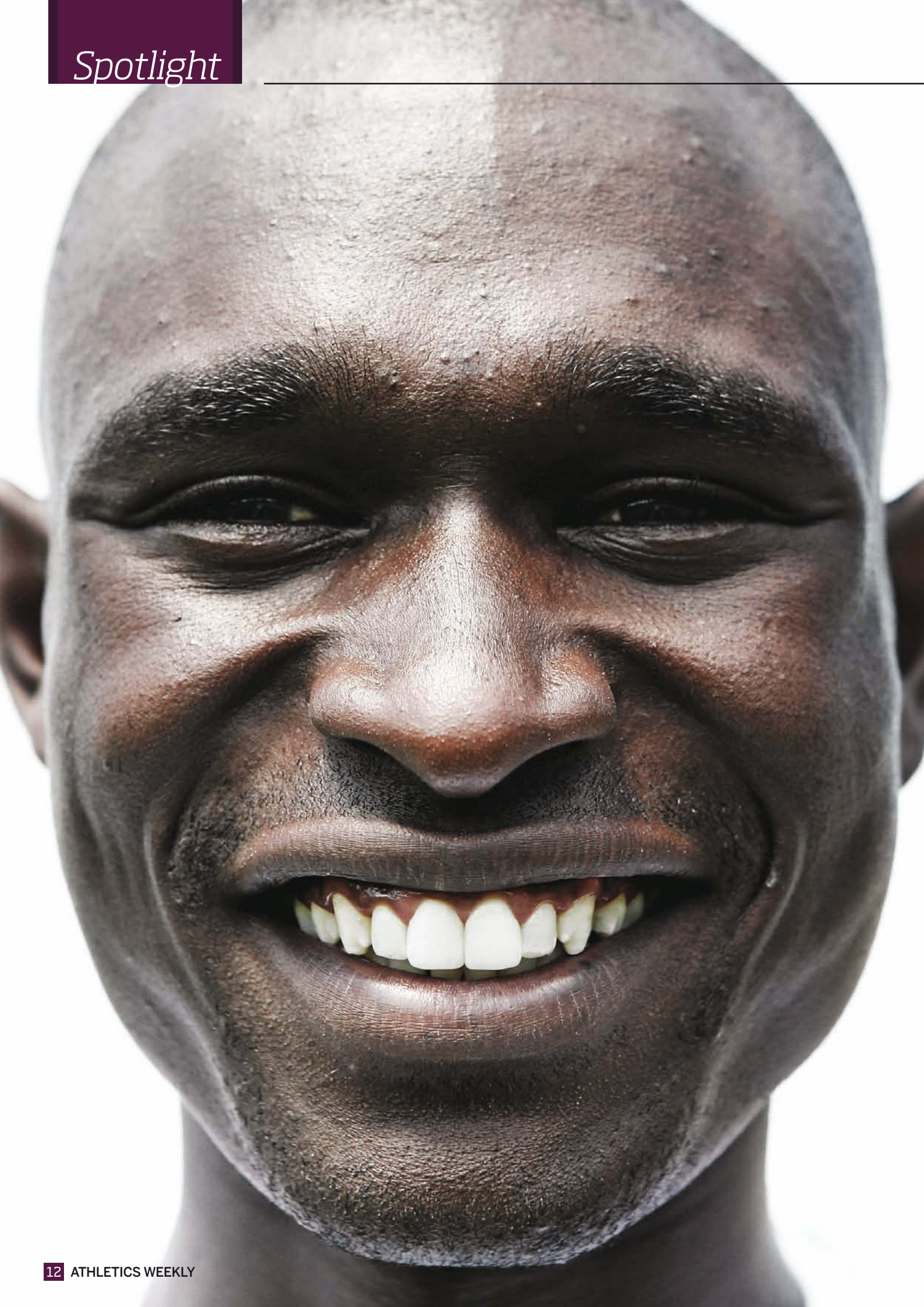
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# Star of DAVID

DAVID RUDISHA MADE HISTORY LAST SEASON BY TWICE BREAKING THE 800M WORLD RECORD. **DAVID COX** CAUGHT UP WITH THE IAAF WORLD ATHLETE OF 2010 TO ASK HIM ABOUT HIS RECORD-BREAKING PERFORMANCES AND HIS GOALS FOR THIS YEAR

PICTURES: **GETTY IMAGES** AND **MARK SHEARMAN**

**T**HE 800m has long been overdue a star athlete like David Rudisha. From 2000 onwards, standards for the two-lap event had been declining with 1:43 performances steadily becoming a rarity. While Hicham El Guerrouj was busy dominating the 1500m, the shorter middle-distance event had no real stars and races on the international circuit would see different winners every week.

Then along came David Rudisha. His initial breakthrough came in 2006 when he won the World Junior Championships in Beijing. The following year he won the African junior title, then stepped up to defeat the world's best seniors in Zurich and Brussels, improving his PB to 1:44.15 to rank among the world's top 10 for that season. It soon became clear that Rudisha was headed for greatness.

Rudisha won the 2008 African title and improved to 1:43.72 in Oslo, but an untimely injury prevented him from returning to Beijing to compete in the Olympic Games.

The Kenyan bounced back one year later, but faced further disappointment when he missed out on making the World Championships final in Berlin. That was the last time Rudisha was beaten.

With four big end-of-season victories in 2009 and an undefeated campaign in 2010, David Rudisha cemented his greatness with world records of 1:41.09 in Berlin and 1:41.01 in Rieti, breaking the previous mark of 1:41.11 that had been held by Wilson Kipketer since 1997.

Rudisha's winning streak has now continued into its

third year, with the 22-year-old having already notched up two victories on the early-season Australian circuit – a world-leading 1:43.88 in Sydney and an easy 1:44.80 victory in Melbourne.

Although he has won world junior gold as well as two African senior titles, Rudisha is yet to win a major global senior title. To him, gold medals are more important than records and he hopes to fulfil his goals at this year's World Championships in Daegu and at the Olympic Games in 2012.

#### **Athletics Weekly:** What encouraged you to get into athletics when you were young?

**David Rudisha:** My father (Daniel) was also an athlete. Back in 1968 he competed at the Mexico Olympics. He was my role model. When I was growing up I knew that one time I wanted to become like my father. That is why I got into athletics in school, that is why I train. In school we didn't have good facilities but I was doing well. At the age of 16 I started to become serious about this business because many people encouraged me and they saw the way I used to run, they saw I had that potential to become a good athlete in the future. They pushed me and I decided to give it a try.

#### **AW:** Kenya definitely punches above its weight on the world stage in athletics. Why do you think that is?

**DR:** In Kenya we have a lot of good athletes compared to many other countries in the world because almost every year we face new challenges from new, upcoming athletes.



***"Wilson Kipketer came with my coach and he told me, 'You are the only guy who can break the world record'"***

**TOP RIGHT:** David Rudisha's biggest rival is Sudan's Abubaker Kaki and the pair enjoyed an epic clash in Oslo last year

**ABOVE:** the world No.1 says his training for the 2011 season has gone well

**ABOVE CENTRE:** David Rudisha in action at the Continental Cup in Split, where he front-ran his way to a competition record of 1:43.37

**ABOVE RIGHT:** The Kenyan's friendly nature and easy-going personality has helped transform him into a massive superstar in his homeland

different kinds of athletes, all trying to break through. That strength of competition has been a tradition. It happens because a lot of people see that somebody has become successful because of athletics – he's living a good life, he's driving a good car. Young kids get motivated by this and say "Okay, I want to be like him," and that is how they get started and they start loving athletics. They grow up in the sport, running at school, then they get to a certain age and they just start training and training.

**AW: Is money a big motivation or is it more about the chance to achieve glory?**

**DR:** I don't think anybody just wants to run well for money and not get the medals. It is important to win the gold medals because automatically the money will follow. Competitions like the Olympics and the World Championships, they are the climax, everybody is fighting to be the king, everybody's training like I don't know what.

Everybody wants to be recognised as Olympic champion, as world champion. That gives us our happiness as athletes. Of course, money is still very important – you can't win Olympics and not get anything. Other things have to follow.

**AW: Is there pressure on young Kenyan athletes to go into distance running because of the success Kenya has had in those events in the past?**

**DR:** If you look at the history you find that all of the Kenyans start from 800m and beyond. I think it's because of belief. People believe that Kenyans can do well in 800m and 1500m and the longer events. I really think we can have successful

Kenyan sprinters, but the things they are lacking are motivation, the facilities and the coaches. For the sprints you need to combine a lot more different things to be successful.

The sprint coaches lack expertise and the facilities are also a big problem. We don't have the gyms and all the other things you need. Sprinters really need good training on proper tracks. Most of the tracks we have are just dirt tracks.

More motivation needs to be given to the youth and the upcoming athletes to go for the sprints because our sprinters have potential to do very well. In the Commonwealth Games we had that Kenyan who won the 400 metres, Mark Mutai, and if you go back to 1968 when my father and others were running in the 4x400m relay, they won a silver medal [at the Olympics] in a very fast time (2:59.46) and in 1972 Kenya won the gold medal in the relay (2:59.83).

**AW: Did you expect to start the year so quickly in Australia?**

**DR:** I was still expecting to have a good race just like last year. My training has gone well, I knew I was not in bad shape so I expected to do something like that. This year I decided just to do two races in Australia. Last year I did the 400m and 800m, but this time I just decided to do two 800m just to get the rhythm. I will go back to Kenya to get some good training in ahead of the main season.

**AW: Where do you base yourself over the off-season for your training?**

**DR:** We are lucky in Kenya that we don't have winter, but mostly I train at a site called Iten, not far from Eldoret (Kenya's fifth largest city). It's a nice place, the altitude is





high, about 7300 feet above sea level. The altitude training helps a lot. Most of the Kenyans are doing long distance, the altitude really helps them and it helps me. Back in 2009, when I was running in the African Championships, running 1:42 in Nairobi, it was really very impressive, and I think it was because I had been running at altitude, giving me that advantage.

**AW:** Looking ahead to the World Championships, you're the big favourite for the 800m, do you feel the pressure at all?

**DR:** There's a lot of pressure. I've been running well, breaking the world record, but I still don't have any major championship titles. People are expecting a lot from me so I need to prepare well.

My training last year was really good. I did well at the African Championship where I won three races in three days and I will need to do the same in Daegu so I'm just going to repeat the same training, just try to improve a little bit. It will not be exactly like last year but something like that. It is not always good to change things suddenly because what I've been doing is good for me. Already this year I have had a fast race, running 1:43 so it looks good.

**AW:** How much of a strategy do you have going into the big races or do you just concentrate on yourself?

**DR:** It is important to just concentrate on my running because if I've trained well then there's no need to be worried about my opponents. The main thing is just to focus, to do well in my training and when I'm ready, then I'm ready to go. I just want to run my race.

**AW:** Have you considered doubling up with the 800m and 1500m for the World Championships or London 2012?

**DR:** No, I don't want to double up. I just want to be focused with the 800m, just because that is my speciality. I have never raced any good 1500m so I don't know much about that race. I just focus on the 800m and forget the others because, if I start changing now, I might lose everything.

**AW:** Do you think you might consider the 1500m at some point in the future?

**DR:** Maybe after 2012 I might try but until then I just want to run 800m because 800m is a very different race and to get the rhythm is very important. If I mix it with another event I might lose it.

**AW:** You started off in your career as a 400m runner. Do you see yourself ever returning to that distance again?

**DR:** For 400m, you have to do a lot of speedwork and reduce endurance. For 800m you need the speed and the endurance, but to drop back down to 400m again I would have to do a lot of gym, a lot of speed work and a lot of the time I would be concentrating on the short sprints.

The 400m and 800m are very different races. I would have to concentrate on one or the other. I can't do both at the same time.

**AW:** How much further do you think you can take the world record in the future?

**DR:** When I broke the world record, I had a feeling that if I tried, I could produce something around 1:40.

**ABOVE:** The tall David Rudisha has a long, effortless stride, making many of his races look extremely easy



**ABOVE:** David Rudisha's goal for 2011 is to win the major senior global title that has so far eluded him

I might try this year but that is not the priority. I'll wait until after the World Championships. That is when I'll see if I want to run fast but before Daegu, I don't want to push myself too far. I'll just see what my shape is like after the World Championships and if it's good I will see if I can push it a little bit.

**AW:** What do you think could be the human limit for the 800m world record? Do you think 1:35 could ever be physically possible?

**DR:** Woah, woah woah! For myself I just feel that 1:40 is possible, but beyond that I don't know.

**AW:** What do you think made the difference between 2009 and 2010 to push you to go that fast?

**DR:** Back in 2009 I came into good shape just after the World Championships in Berlin. In 2008 I got injured so I went through most of that year without training. I was being advised not to do too much so I not only missed a lot of my training that season but also at the beginning of 2009.

That is why 2009 was not so good. I was not well prepared at the beginning of the year and I was beaten several times. I think I won just one race before the trials and before Berlin. After Berlin my progress was really good and I went back. I finished my season, I was strong and in good shape and then just had a short break before starting 2010 early.

**AW:** What would it mean to win a medal at London 2012 after missing out four years ago?

**DR:** If I could hold a World Championships gold medal and

an Olympic gold medal and also have the world record then I think that would be the climax. It is very important to have those medals in a career, especially in a sport like athletics, so I'm very focused and looking forward to doing very good training, being persistent in everything I do, so I am in a position to be in good shape this year and also in 2012.

In 2008 I got injured just before the Olympic trials, which was so unfortunate. I missed the Olympics and then even in Berlin I was not in good shape so this is my chance now to prove I am No.1.

**AW:** How much of an inspiration has Wilson Kipketer been for you?

**DR:** I must say that first of all he's a good friend. When he started he was coached by Colm O'Connell, who is my coach now. I'm currently staying in St Patrick and he was schooled there so I have got a lot of motivation from knowing he started there and he was training there at one time.

One day he surprised me when I was still in high school back in 2008. One morning I was in class and I was called by the teacher who said, you have a visitor and it was him, Wilson Kipketer! It is quite something to hear that the world record-holder is coming to visit you! He came with my coach and he told me, "You are the only guy who can break the world record, but to get there you need to be disciplined, you need to commit yourself and be focused because it is not something which can just happen like that."

And I say, "Okay, I am going to do my best to achieve that, so I don't let this guy down since he believes in me! If he feels I can do it then why can't I say I can do it? I will go for it and I will do my best to break it."



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1.15	100m	4.00	3000m
1.30	Long Jump	4.15	Shot & Triple Jump
2.00	800m – Discus	4.25	300m & 400m
2.30	Sprint Hurdles (all heights)	4.50	1500m

**Tuesday Evenings**

June 7th		August 2nd	
6.15	3km walk	6.25	3km walk
6.50	100m – Hammer P-Vault – H-Jump	7.00	100m – Hammer & L-Jump
7.20	800m	7.35	800m
8.05	200m	7.55	200m
8.30	3000m	8.25	3000m

July 5th		August 30th			
6.15	5km walk	6.45	Discus	6.25	3km walk
7.00	100m			7.00	100m – Shot Put & T-Jump
7.35	1500m	7.45	Javelin	7.35	1500m
7.55	400m			7.55	400m
8.25	3000m			8.25	3000m

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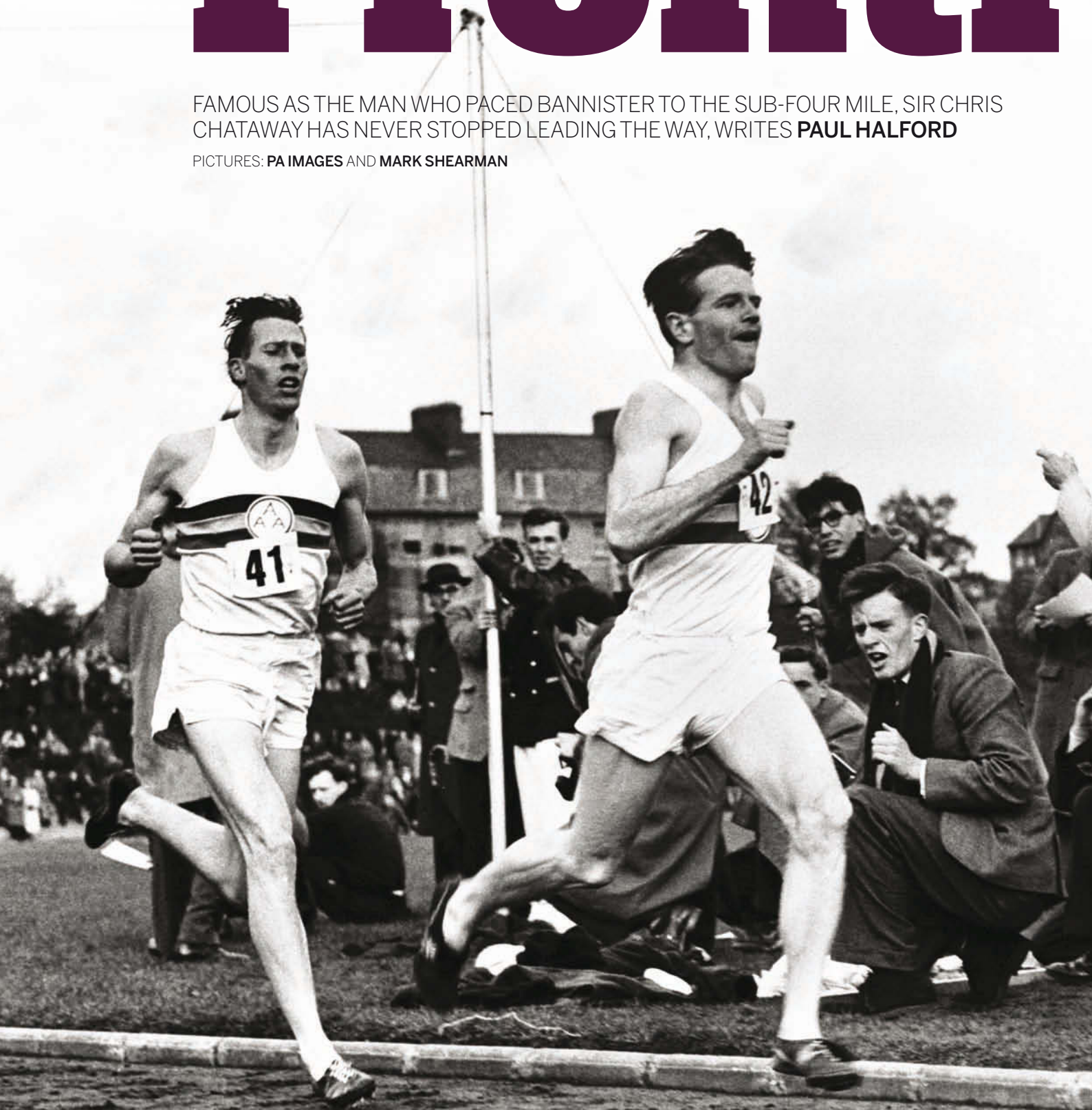
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# The Fronttr

FAMOUS AS THE MAN WHO PACED BANNISTER TO THE SUB-FOUR MILE, SIR CHRIS CHATAWAY HAS NEVER STOPPED LEADING THE WAY, WRITES **PAUL HALFORD**

PICTURES: **PA IMAGES** AND **MARK SHEARMAN**





# unner

“WHAT did you want to do when you were growing up?” I ask. Sir Chris Chataway thinks for a while before giving not the answer I was expecting.

It was a question I was intrigued to know the answer to from a man who would go on to be highly successful in so many fields. Most famously, of course, he paced Sir Roger Bannister to the first sub-four-minute-mile, but that statement almost does a disservice to all he achieved. After that he relegated to also-ran status the man who produced arguably the most significant performance in the history of athletics as he beat Bannister to become the first-ever BBC Sports Personality of the Year. That was primarily for breaking the world 5000m record and beating the great Vladimir Kuts before 40,000 spectators at White City and a TV audience.

After athletics, he became the first newscaster for ITN. In politics, he became a government minister. Later a successful businessman, he became chairman of the Civil Aviation Authority and also did great charity work.

On Tuesday of this week, this remarkable 80-year-old was inaugurated into the Bupa Great North Run Hall of Fame. As well as having run the event six times in his seventies, he was heavily involved with “Vicky’s Water Project” – a charity set up in memory of his son’s late fiancée which brought water to a town in Ethiopia.

So which of his many eventual careers did he see himself doing during his school days?

None of them.

“I discovered I could run when I was about 16. In the years immediately before that I’d wanted to be a boxer,” he said. “And I was the boxing captain at school. But when I discovered I could run, I gave up boxing.”

But it was his running career, more so than his accomplishments in politics, business or the media that gave him the most satisfaction, he confirmed to *Athletics Weekly* last week.

And what a career he formed for himself – despite a diet of 20 to 30 miles per week while busy studying at Oxford University and being a smoker!

Not only did he pace the final lap of Bannister’s 3:59.4, but he took on and beat the might of Emil Zatopek and Kuts, who were running 100 miles per week.

Especially as Chataway complained about the extreme pain of racing, it would be logical to question whether he would have endured as a professional in 2011, having to

**LEFT: Chris Chataway led Roger Bannister through the bell in 3:00.7 in the historic race on May 6, 1954**



compete against other athletes who are ultra-disciplined as they are today when 100 miles per week is the norm. He put me straight on that.

"I think I probably would," he replied. "Zatopek and Kuts, who I ran against, were doing 100 miles a week.

"I would be running a great deal faster than I did then. Whether I would have been able to compete with those who were brought up at altitude and whose parents were brought up at altitude, I rather doubt."

He pointed out that he and Bannister were no less serious than his Eastern European rivals or the best in the world today.

"It was just that we thought it was important to maintain freshness and the previous generation of athletes had done less training than us," he added. "The generation of Oxford athletes before the war, Jack Lovelock and so on, were very successful but they laid tremendous emphasis upon maintaining your freshness and competitive vigour.

"I can remember one of them, Jerry Cornes (Britain's 1932 Olympic 1500m silver medallist), telling me that I was training much too much and I needed to go easy if I was going to get anywhere.

"Unlike Zatopek and Pirie (Gordon – Britain's 1956 Olympic 5000m silver medallist), we didn't realise that a really heavy volume of training would produce results."

Despite his low volume and smoking cigarettes from the age of 22 – "during the season, I would cut down to about seven a day," he said – he overcame the great Czech Zatopek, who won three Olympic golds in 1952 and one in 1948, at the 1954 Europeans over 5000m. But Kuts was ahead of them both in winning gold.

**"We were amateurs then. Not that I ever believed in amateurism being a good thing. You couldn't make a living out of it and I had to get on to earn my keep in the world"**

The positions were reversed 45 days later at London's White City track when he outsprinted the Russian in what is considered to be one of the all-time great races. Chataway, who was also Commonwealth champion that year, clocked a world record 13:51.6 to place a tenth of a second ahead of Kuts.

It is difficult today to imagine such an athletics race outside a championships attracting so many to turn up live to watch.

"It was a big spectator sport then," he said. "I suppose it is just the fact that there is so much more that people can watch these days, on television or on the internet. It is undoubtedly a lot harder to get big crowds to athletics meetings."

The following year he fronted, with Robin Day, the first news on independent television. Before later switching to the BBC to become a respected reporter for *Panorama*, he led ITN's innovative approach to news as compared to the Corporation.

He has since witnessed even greater change in the field, of course, and said: "As a consumer I like the 24-hour news. But it makes it quite rough on quite a lot of people, like politicians, to be reported on 24 hours a day!"

He was to face the pressure of being an MP himself later, but in the meantime there was the small matter of the 1956 Olympics.

Four years earlier he had led down most of the back straight and some of the bend on the final lap of the 5000m before being passed and tripping on the curb, which sent him to the ground, though he got up to finish fifth. In Melbourne in 1956 he was 11th and then retired at the age of only 25.



"We were amateurs then," he explained. "Not that I ever believed in amateurism being a good thing. You couldn't make a living out of it and I had to get on to earn my keep in the world."

So a successful life outside athletics for Chataway went on. In his job at Guinness he had recommended Norris and Ross McWhirter as editors of the *Guinness Book of Records*.

He was similarly influential as a Conservative MP. His first speech in the Commons advocated that the England cricket team should boycott a tour of apartheid South Africa. He became junior education minister and after losing his seat was appointed leader of the Inner London Education Authority. On a return to the Government, he became minister of post and telecommunications and paved the way for commercial radio in this country.

His later career in the City saw him made a managing director at the Orion Royal Bank. In his abundant charity work, Chataway, who was knighted in 1995, was chairman of ActionAid.

But it is for another charity that he has become more readily associated. Vicky's Water Project came about when in 2006 the fiancée of Chataway's son Adam, Vicky Buchanan, was killed in a traffic accident while cycling. Adam set up the charity and, supported by his father and using the Bupa Great North Run, it has since raised more than £600,000.

The money funded a distribution system that ensured 20,000 people in Lera Town, Ethiopia, had access to clean water.

Money continues to be raised for add-on projects. For instance, Chataway said: "Now the women and girls don't have to walk miles for water, more of the girls can go to school and so on and so they need a new classroom."

The charity helped give the former world 5000m record-holder a new lease of life in running too, although he had already started his comeback. He had been away from the sport for 35 years until he was 60 and, having in the meantime given up smoking, was running most days.

The member of Thames Hare & Hounds recalls finishing behind Mo Farah in the South of the Thames Junior Championships cross country "about 10 years ago".

"I didn't actually meet him because I think he'd had his shower and gone home by the time I finished," he laughed.

But the talent was still clearly there in abundance. He first ran in the Great North Run in 2003 and three years later set his best at the age of 75, his 99:02 being within five minutes





LEFT: Sir Chris Chataway today runs about the same as in his heyday – 20 or so miles per week

CENTRE: Now aged 80, the former world record-holder, newscaster, politician and businessman has more recently been engaged in charity work

RIGHT: He has hung up his racing shoes once more after impressive recent Great North Run times

of the current British over-75 record.

Last September he set himself the goal of finishing ahead of 80 per cent of the field, an appropriate figure as he prepared to become an octogenarian. He succeeded easily, finishing No.6507 out of 39,480 finishers in 1:51:01. Many would consider it sad that the vast majority finish in times that would never have been called remotely “athletic” in Chataway’s heyday.

But the great man himself sees the positives. “Nobody 50 or 60 years ago would have ever have dreamt that you would have thousands taking part in a long-distance race,” he said. “When I was young you didn’t even run in the park or on the road because you were so conspicuous.”

He ponders: “Perhaps it isn’t conducive to producing the few outstanding athletes, but it must be a tremendously good thing in terms of the health of the nation.

“The Bupa Great North Run is a superb occasion. I’ve thoroughly enjoyed it. To see the whole region turning out like that and thousands of all ages enjoying themselves is not anything I would have dreamt would happen when I was young.”

But it is not something he will do again, he says, although his second career in the sport has lasted longer than the first.

“Last year was my slowest in seven years and my hardest, so that persuaded me that it was probably enough,” admitted Chataway, who continues to run 20 or so miles a week – “but not very fast”.

“I’ve got to stop some time. I think I’ve come to the end of my second go at competitive athletics.”

And so yet another episode of his extraordinary life ends. But not before it was given due recognition by the world’s largest half-marathon at the NewcastleGateshead Hilton Hotel on Tuesday.

## Bupa Great Run Hall of Fame inductees 2011

### Ingrid Kristiansen

ONE of the greatest runners of the 1980s. In a glittering career that included five world records on the track, two on the road, she was world cross-country champion and won the world 10,000m title in Rome in 1987.

Winner of the 1991 Great North Run, Kristiansen also enjoyed considerable marathon success, winning in Boston, Chicago and New York to go with her four London Marathon victories.



### Catterick Garrison

CATTERICK GARRISON has been involved with the Great North Run since the beginning. Their presence is always reassuring and when the runners see them they know they’re about to cross the finish line.

Since the early 1990s soldiers from Catterick have provided an important military presence at the finish at South Shields. Each year sees well over 100,000 friends, relations and spectators at the Leas. A good example of the army’s role was in 2007, when Gurkha soldiers from Catterick provided help with security in the wake of threats following the July 7 London bombings.

### Carole Heppel

EACH year the Bupa Great North Run relies on an army of willing volunteers. One of the most popular sights along the course are the volunteers who between them hand out more than a quarter of a million bottles of Aqua-Pura water and Powerade. One of those volunteers is Carole Heppel.

She has worked on the Bupa Great North Run for 27 years. She has only ever missed one and that was because of the annual summer scouts camp. That doesn’t happen these days because they now arrange the summer camp around the date of the run. So she will always be there with her team of thirst quenchers.

### Sir Christopher Chataway

THE 1954 Commonwealth 5000m champion was a silver medallist in the 5000m at the 1954 European Championships and just a couple of months later he set a world record for the distance.

Chataway has enjoyed success as a politician and businessman, while throughout his life he has worked tirelessly towards charitable causes, including running the Bupa Great North Run six times. “Vicky’s Water Project” – an Ethiopian initiative set up in memory of his son’s late fiancée was his recent mission.



# Setting the **PACE**

A NATIONWIDE SEARCH IS ON TO FIND OUT WHICH CLUBS' RUNNERS ARE BEST AT JUDGING THEIR SPEED

WORDS/PICTURES: DAVID CASTLE

IT'S an unseasonably warm March evening at the Julie Rose Stadium in Ashford, Kent. A group of chattering 11 and 12-year-olds are milling about the start-line: you can almost smell the frisson of excitement about the challenge they are about to undertake.

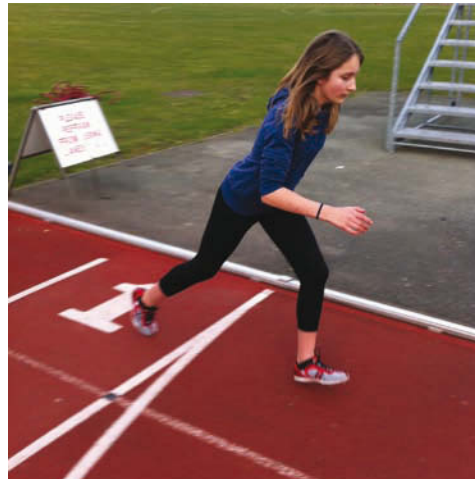
A call from trackside counts the first competitor down: "Three, two, one, go". The youngster hits the start button on his Soleus watch, checks it's up and running, and then heads off round the track for a timed lap.

This is the Perfect Pace Challenge, a promotional initiative from Soleus Running watches, a relative newcomer to the market, in partnership with Brooks and Powerade. The brainchild of Fit Brands managing director Jon Dennis, a former English Schools champion and UK age-best record holder, Perfect Pace is currently touring tracks around the south of England with its unique challenge, designed to make individuals aware of their own pace judgment – and, obviously, why wearing a watch can make all the difference!

The idea of the challenge is simple. Each competitor uses a Soleus 10K watch and some Brooks spikes of their choice to time a lap for themselves. After a short recovery, they then complete a second lap without a watch (this lap is timed by the Soleus team), trying to get as close to their first-lap split as possible.

The winner on the night – who receives a Soleus watch,





pair of Brooks spikes and a six-month subscription to *Athletics Weekly*, the Challenge's media partner – is the person whose differential between the first and second lap is the smallest. This is known as your "Pace Judgment Miss" time (PJM).

The beauty of the Perfect Pace Challenge is that it is open to everyone. It doesn't matter how fast or fit you are – the event is measuring pace judgment not ability. That means it's as accessible to 11-year-olds as it is to 60-year-olds (and there have been a few of them trying it out already). Every entrant gets a copy of *AW* and a bottle of Powerade ION4 for their trouble.

There is a national ranking for individuals. The current leader is 12-year-old Harry Tosen from Winchester AC with a remarkable PJM of 0.04secs – and there is also a club ranking, based on the average differential on the night. The leading club so far is Bracknell AC with an average PJM of 3.62secs.

The Challenge will move to the north of the country in early May, starting with Hawkhill Harriers in Dundee. Clubs to have successfully completed the Challenge so far include Brighton & Hove AC, Winchester AC, Basildon AC and Crawley AC.

The event has certainly caught people's imagination. At Ashford, in the spotlight of sports retailer and injury clinic Podplus, there was a genuine sense of enthusiasm and a real determination to beat the current best PJM on the night. In fact, the very first competitor posted a PJM of 0.08, which was always going to prove hard to beat. And yet everyone wanted to prove that their pace judgment was the best!

Competitors employed a range of different tactics. Some individuals ambled round in times well outside their usual pace in the hope that, by going slower, they'd be able to match their first lap time. This often proved ill-advised, as their second laps were significantly faster as the longer you take, the more chance there is for error. Others tried to run at something closer to fast training pace and these individuals were often more successful. One girl even race-walked her way around the challenge, but even her metronomic style wasn't enough to dislodge the early leader. The sense of disappointment was palpable!

And while not everyone could be a winner, it certainly seemed like everyone had fun trying. "The idea behind Perfect Pace was not to single out individuals on the basis of their athletic potential but to create a unique,

fun challenge that was suitable for all," said Dennis. "The reaction from competitors at the tracks we've visited so far has been excellent, with as many as 60 individuals taking part on any one night."

It can prove something of a logistical nightmare. With so many competitors needing to be timed, you require a lot of Soleus watches – and keen eyes on the track to make sure each individual is given the right time. "It can get a bit hectic," admits Dennis, just as five youngsters arrive to excitedly to tell them their second-lap time.

The results of the Challenge are hosted on the *AW* website ([www.athleticsweekly.com/stats/soleus](http://www.athleticsweekly.com/stats/soleus)), while there's a strong social media campaign to support the event through Facebook and Twitter (search for SoleusUK). "What we are trying to do through the social media is generate excitement about the event," says Dennis. "We want to encourage people to sign up and discuss the Challenge, whether that's debating the best tactics for pace judgment or predicting the winning time or the overall winning club. We will also be rolling out competitions that will be exclusive to these online sites."

As the evening draws to a close and the sun has long-since set, a few hardy individuals are still attempting the Challenge.

Their looks of concentration say it all: this is one Challenge that is fun to try but very difficult to master. "We're hoping that someone will get their splits exactly identical," says Dennis, "although, to be fair, that's going to be pretty tricky to achieve."

» SOLEUS RUNNING watches are distributed in the UK through Fit Brands ([www.fitbrands.co.uk](http://www.fitbrands.co.uk))

**ABOVE LEFT:** athletes start their first lap of the Perfect Pace Challenge with a watch

**ABOVE CENTRE:** participants run a second lap, trying to match their first-lap pace without the aid of a watch

**ABOVE RIGHT:** Brooks are present at all events to offer spikes for testing

**The remaining nights are:**

Tuesday May 10	Dundee	Hawkhill Harriers
Wednesday May 11	Aberdeen	Aberdeen AAC
Thursday May 12	Glasgow	Glasgow Victoria AC
Tuesday May 17	Liverpool	Liverpool Harriers
Wednesday May 18	Manchester	Sale Harriers
Thursday May 19	Halifax	Halifax Harriers*
Tuesday May 24	Leeds	Leeds AC
Thursday May 26	Wakefield	Wakefield Harriers*
Tuesday May 31	Sterling	Central AC*
Tuesday June 7	Doncaster	Doncaster Harriers

\* These events do not include the Soleus Challenge but athletes will have a chance to try out Brooks spikes.

# Relay inspiring

WITH THE 12-STAGE RELAYS SET FOR THIS WEEKEND, **WILL COCKERELL** LOOKS BACK OVER THE EVENT'S INTRIGUING RECENT HISTORY



The start of the emotionally charged 2004 race

IT has been a good millennium so far for the crown jewel of the English road running calendar, and this year's Sutton Park extravaganza is the most eagerly awaited for years. Nearly a dozen teams will be vying for the podium, and there are no overwhelming favourites. It will simply be down to who can achieve most consistency right the way through their dozen on the day.

Salford kicked off the 21st century with a big win over Tipton, who in turn won in remarkable fashion the following year. In a race that ebbed and flowed all day, a resurgent Belgrave hit the front at stage seven and slowly built up a fragile 35-second lead over Tipton going into the final leg. Lee Hurst versus Danny Gibbons deemed to be on a par. With a thumping heart Hurst thrashed himself up the hill as Gibbons chiselled away at the deficit.

As Hurst ran for home, hysterical Tipton fans ran alongside him screaming to Gibbons a small way back: "He's dying, he's f\*\*\*ing dying!"

**"As Hurst ran for home, hysterical Tipton fans ran alongside him screaming to Gibbons a small way back: "He's dying, he's f\*\*\*ing dying!""**

Bud Baldaro sent alarm bells ringing at the Belgrave tent: "They are at Keeper's Pool and the Belgrave lead is down to three seconds." Coming into the final straight it was now Gibbons in the lead, but then Hurst kicked and regained it. Was that it? No. Gibbons launched a final desperate charge for the tape and Hurst was beaten. But what a race! One of the all-time greats.

Belgrave won by more than six minutes in 2002 and won again less dominantly in 2003.

They were hot favourites for the hat-trick in 2004, but things did not go to plan on another remarkable day. The running fraternity arrived at the venue to the sledgehammer news that Sam Haughian had been killed in a car accident the night before in South Africa. There were tears and ashen faces in large number. After a minute's silence the gun went and a sombre day's racing ensued.

Belgrave had a couple of dreadful early runs and the race was thrown wide-open. Unfancied Aldershot took the lead at halfway, and so it remained until crunch time as Spencer Barden was wheeled out to face Chris Thompson. With eyes still red through all the tears over his great friend and training partner, Thompson ripped his way round the course in 25:27 and Barden never got close.

Belgrave bounced back in 2005, before omitting their lead-off runner in the entries for 2006. Chaos ensued as the B team was raided, and the team reorganised.

Newham pounced. "Oh yes!" shouted a jubilant Mo Farah at the start of his stage nine when he saw his team-mate coming towards him in the lead. There was no stopping Newham now, as Mo cruised round in an identical time to Thommo from 2004. A gutsy Sale outfit took the silver.

Both 2007 and 2008 were the

triumphant Leeds years, as the Yorkshire club proved they aren't just a bunch of mudlarks. Of particular note were their ever-present supervets Darran Bilton and Martin Roscoe, who hugely deserved their golds after so long on the circuit. The runners-up for these two years were Morpeth, and an ever-improving Notts.

Belgrave had a dream team in 2009, the sort that comes along once every 50 years. Their weakest link was a 14:36 5km man. Phil Wicks ran the fastest long stage at Sutton Park for 11 years with his 25:13.

Last year saw a strange fixture as first the race was announced for the wrong date, and then the Eyjafjallajökull volcano erupted, which left some tasty runners stranded and out of the race. Newham did not have Mo, but they still had enough to override the ever-expanding Shettleston threat and Tipton, who had their best result for seven years.

Roll on April 9, and may the battle be similar in intensity and drama to that famous day 10 years ago.



## Top-10 placing clubs at the National 12 stage, 2000-2010 (1 point for 10th, and then 3 5 7 9 11 13 15 17 20)

CLUB	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	TOTAL
Belgrave		17	20	20	17	20	15	15	15	20	5	164
Tipton	17	20	13	17	3		5	9	11	15	17	127
Birchfield	13	13	17	15		17			7	11	3	96
Newham & Essex				5		7	20	13	13	17	20	95
Leeds					7	15	13	20	20	5	11	91
Salford	20	15	7	11	15	9						77
Morpeth	5	3	15	13	9	1		17				63
Sale	1	11	1	9	5	3	17	5	1			53
Aldershot, F & D				1	20	5	9			1	13	49
Notts				7			7	7	17	7		45
Bristol & West						11	11		5	3	9	39
Bedford			3		13	13				9		38
Cardiff			11		11		1	11			1	35
Shettleston										13	15	28
Swansea	11	7									7	25
Shaftesbury Barnet	9	9	5					1				24
London Irish	15			3								18
Bingley	3	5	9									17
Woodford Green EL									9			9
Border	7											7
OWLS								3	3			6
Altrincham							3					3
Trafford					1							1
Windsor SEH		1										1

### PREVIEW: NIKE ERRA NATIONAL MEN'S 12 & WOMEN'S 6 STAGE RELAYS, SUTTON PARK, APRIL 9

NEWHAM & ESSEX BEAGLES (men) and Aldershot, Farnham & District (women) will be seeking to defend their titles at this famous course, but both will face stiff challenges, writes *Martin Duff*.

Both won their respective races at the South of England event at Milton Keynes, despite weak links. But the national relays draw athletes to Sutton Park and Charlotte Purdue will return to bolster the Aldershot women's squad, while Newham will bring back some of the men's team that won from Tipton by two minutes last year.

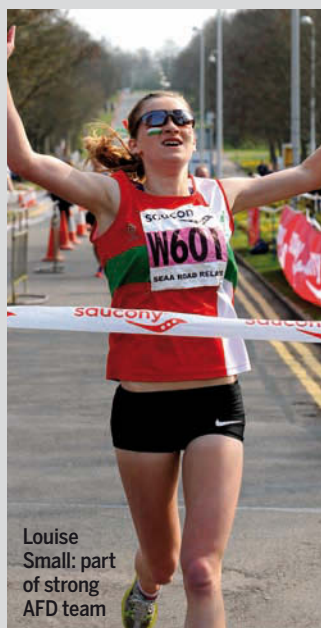
Steph Twell anchored for Aldershot in 2010 but will be missing this time due to her fractured ankle. However, the Hampshire outfit showed maturity in their area event to come back from a three-minute deficit to win by two, as Louise Small anchored with the fastest lap. They will bring in Purdue and Emily Wicks, while

Emma Pallant is recovering from injury and may be available.

Charnwood and Aldershot have shared the title in recent years and a close battle is again expected. Charnwood expect to bounce back after being shunted out of the medals in the Midland six-stage.

They should have the fastest then, Hannah Whitmore, in their squad after she set a UK 2011 10km lead of 33:12 at Eastleigh. Their team manager, Sarah Whitmore, said: "We will have a full team with six good runners out and everyone is running quite well. The team may not be quite as strong as in previous years, due to unavailability and injuries, but we are really looking forward to it." Wakefield took the Northern women's title but will miss Julie Briscoe, who runs the Brighton Marathon the following day.

Tipton and Shettleston took the minor men's medals last year, while 2011 Midland champions Birchfield



**Louise Small: part of strong AFD team**

MARK SHERMAN

March relay win. Belgrave Harriers will hope to recover from a slump in the Southern 12-stage to mount a challenge, as they have six additions to come in, according to team manager Alan Mead. These could include Dan Mulhare and Phil Wicks.

Newham team manager Bob Smith hopes to have Moumin Geele and James Shane out but said of the National event: "We'll need to be a lot stronger."

In the Northern 12-stage Leeds were headed by Morpeth but will look for Dave Webb to be back in their team after an impressive 64:52 half-marathon return from injury at Reading last month. Nick McCormick recorded a 23:30 five-miler at Victoria Park so could boost the Northern champion's squad.

#### Timetable

Noon Men (6x5.38m and 6x2.995m alternating)  
12.20pm Women (6x2.995m)

Harriers will be hoping to build on their form on the Sutton Park course by mounting a challenge led by Jean Ndayisenga, who ran the fastest long leg at 25:57 in their



## EUROPEAN HURDLES CHAMPION **ANDY TURNER** LOOKS BACK OVER 2010, BY FAR HIS BEST SEASON TO DATE

I AM a firm believer that if you bring in a new year with a positive, it sets the year up nicely for more positives. So when I prolapsed a disc in my back on New Year's Eve 2009, straight away I thought that 2010 was going to be a very trying year.

It was the third time I'd prolapsed a disc that year so I've learnt how to manage it and get back to training as soon as possible. Six days later and I was on a plane to South Africa, hoping the back would be fine and looking forward to four weeks warm-weather training.

Unfortunately, this really didn't go to plan as my Achilles tendons were causing me a lot of pain so I pretty much spent the next four weeks doing rehab and sitting by the pool. So after missing the indoor season, I flew to Los Angeles for six weeks' training with the back and Achilles issues pretty much non-existent.

My coach, Lloyd Cowan, said at the start of the season that he wanted the gold at the Europeans in Barcelona and, if I was still in one piece, the Commonwealth gold from Delhi too. At the time I



Andy Turner added Commonwealth gold to the European title he won earlier in 2010

# A rollercoaster year



Andy Turner is keen to win more medals after a successful season in 2010

PICTURES: MARK SHERMAN

more relaxed than I thought I would be, but was this a good sign? I remember that Svoboda got a great start, but I was just marginally behind, so he knew I was there and I even felt like I was closing slightly, which is why he made a mistake. Unfortunately, for him it cost him a medal.

People say that if he hadn't hit the hurdle, he would have won. But the fact is that he did hit the hurdle and the person who made the least mistakes was always going to win that race. On crossing the line the feeling of joy and elation was something I'm not sure I can put into words. To have been completely written off and to come back and be crowned European champion made the win even more sweet.

The races between Barcelona and Delhi were a mixed bag. I was so motivated to race at Crystal Palace and a few other meets, but as time went on I noticed I didn't have that excited, adrenaline feeling on the start line. I felt my motivation dwindling and I started to feel a bit mentally worn-out from the huge high of Barcelona.

However, when I reached Delhi I immediately rediscovered that motivation. The Games environment is special and I was beginning to feel excited at the prospect of becoming a double champion.

The heat in Delhi (13.58) felt so easy. I felt like I switched off after hurdle four, so I knew I still had a good run in my legs.

The final was later that day. My start wasn't very good but after hurdle four I couldn't see anyone so went into safe mode so as not to risk the gold medal. Securing the double was a truly amazing feeling and something I'm immensely proud of.

It just goes to show what a bit of perseverance can achieve. I was told I'm too slow and had been written off, but I always knew I had it in me. It took until I was 29 and 30 to win my gold medals and it's just made me hungrier for more.

**"To have been completely written off and to come back and be crowned European champion made the win even more sweet"**

just nodded my head and agreed. You have to set your targets high, but they are just words – it was down to me to step on the line and do the business.

The season went pretty well. I'd been running 13.3 regularly and even managed to break the world best for 200m hurdles, which took me by surprise. I knew I was in pretty decent shape so I was beginning to get excited for Barcelona. The two weeks at the holding camp in Monte Gordo went well, training was very light and sharp and mentally I felt more than ready I could meet my aims.

On the morning of my heat I felt so relaxed. I watched other athletes pacing up and down

nervously, but when you feel confident and know you're in shape, you don't get so nervous.

I won the heat in 13.48 and felt very comfortable. I still had work to do, but I was more excited than nervous.

I thought my semi was slightly tougher, but if I was to win gold then I had to beat everyone anyway so I just focused on the job in hand. I was winning the race until about hurdle seven when I hit it and wobbled, which allowed Petr Svoboda to come by and take first. But it didn't matter as I felt in great shape and I just needed to keep it clean in the final.

The final was an hour and a half later. In the warm-up area, I was



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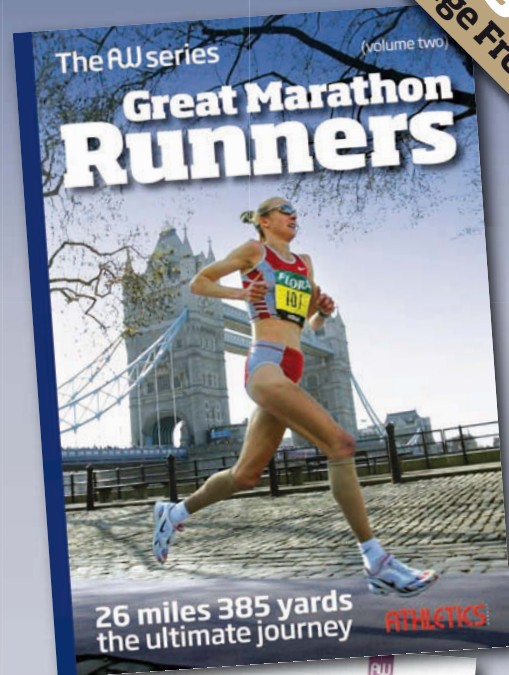
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# In a different league

MANCUNIAN RUNNER NIKITA KATENDE MOVED TO A NEW LEVEL OVER THE WINTER, WRITES EMILY MOSS

A 12-SECOND improvement over 800m during one indoor season is definitely something few athletes can boast, but for 13-year-old Nikita Katende, that feat could be the first of many impressive achievements.

The Congolese-born athlete recently lifted the under-15 indoor England Athletics 800m title with 2:01.95, a time that tops the age group rankings for 2011 and places him fourth all-time. More impressively, it was an age-13 UK indoor record and a far cry from his 2:13 personal best prior to this winter that ranked him 254th in his age group last year.

Much of the Trafford athlete's improvement could be credited to the great support network in place around him. Coached by Blake Ellis, he has committed himself to training as part of a strong group of youngsters, five of whom were part of the Greater Manchester junior boys' team at the English Schools Cross Country last month.

Having never run an 800m indoors before 2011, Katende has also benefitted from working with former Commonwealth



Nikita Katende placed fourth at the English Schools last month

KETH MANHEW

Games 1500m representative Steve Green at Sport City on speed and race-specific preparation. The experienced Neil Canham also has a significant input into Katende's development and is quick to emphasise the huge potential he sees in the young athlete. He reveals: "Nikita is a special talent. This year he has started training properly and with other good kids and he has improved massively. I haven't come across many youngsters who are blessed with such a good mix of speed and strength, so he has all the attributes to go a long way."

It was Canham who spotted Katende's talent, seeing him run a 200m at a schools event two years ago. It wasn't long before his aptitude for longer distances was discovered and, through careful nurturing, Katende has come on in leaps and bounds.

Canham believes the best is yet to come. Only training three times a week, Katende is physically mature for his age,

but is still growing, so surely has a lot more to give. As well as winning Northern and England titles on the boards, Katende has also been working hard over cross country, winning the Greater Manchester Schools and placing 41st on a very muddy National course, helping Trafford to team silver.

After finishing an encouraging fourth, he now has his sights set on improving his time even further during the outdoor season. Canham explains: "Nikita is very mature and realises that although he has achieved a lot, it is outdoors that really counts. His main focuses will be to win the English Schools and run sub-two-minutes and he has until June to attack the UK age-13 outdoor best."

The year-nine pupil from Chorlton is not short of talent in other areas either. He plays basketball and football for his school and has already achieved an A\* in French GCSE. However, outside of school, he has chosen

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The young athlete featured each week will receive a Podium long sleeve T-shirt, emblazoned with the Brooks and Athletics Weekly logos.



to focus on athletics and the decision already seems to be paying dividends.

Canham has seen his fair share of bright young talents over the years, but genuinely believes that Katende has a unique ability. He explains: "Despite his inexperience, I wasn't surprised by his time this winter, as I had seen him run a 1:27 600m time trial, so knew the potential was there for him to run close to two minutes. He has an appetite for hard work and I have been impressed with how he has responded to every challenge, whether it be indoors or cross country. He is also very intelligent and enthusiastic, both of which can be huge assets."

Looking at the strides he has made this winter, Katende is a great example of what raw talent combined with hard work and good training can lead to. With his smart head and the team of knowledgeable coaches around him, this talented youngster could well be one of the revelations of 2011.





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# Daniel West

NOTTINGHAM-BASED PARALYMPIAN IS AIMING FOR ONE BIG FINAL FLING

## » Training

COACHED by Jim Edwards, Dan West normally favours the shot although discus sometimes takes his preference.

He loves training, particularly weights in the gym, but he has to modify his sprint sessions because of a knee problem, so at the moment he does his speed-based work on a static cycle.

In the short term, he will be aiming this summer to try to gain qualification for the London 2012 Paralympics. "By the time London 2012 comes my career may be getting near the end so that is an extra incentive to perform well," he said.

He doesn't like to put too much pressure on himself by targeting particular finishing positions or distances, but prefers to concentrate on a good performance and

## FACTFILE DANIEL WEST

**Born** December 15, 1977

**Club** Nottingham AC

**Coach** Jim Edwards

**PBs** Shot: 11.13m (2008);  
Discus: 40.16m (2008)

### Achievements

2011 World shot silver, discus 13th

2010 Commonwealth shot silver;  
Paralympic World Cup discus 4th

2009 Paralympic World Cup shot gold;  
BWA International shot gold

2008 Paralympics shot 8th, discus 6th;  
Paralympic World Cup shot gold

2006 World shot silver, discus 2nd

2005 European discus bronze

2004 Paralympic shot 4th, discus silver

2003 European discus gold (world rec),  
shot bronze

2002 World shot silver, discus bronze

2000 Paralympic discus bronze

1998 World shot silver

1996 Paralympic shot bronze, discus 8th



MARK SHERMAN

"By the time London 2012 comes, my career may be getting near the end so that is an extra incentive to perform well"

throwing technically well. He says that if he does that, "the distance will take care of itself".

» THE above sessions are specific to the individual athlete and may not be suitable for other athletes. Daniel West was interviewed by David Lowes while preparing for the World Championships in Christchurch, New Zealand, at the GB holding camp in Auckland last January

## » Typical training week

Monday	(am) Throwing drills and medicine ball (working on rhythm). (pm) Weights heavy session.
Tuesday	(am) Weights. (pm) Throwing one set of eight 3kg plus three sets of eight 4kg.
Wednesday	(am) Weights – medium session.
Thursday	(am) Medicine ball, core and exercise bike speed session (20-second sprints x 6). (pm) Throwing four sets of eight 4kg.
Friday	(am) Throwing two to three sets of eight 4kg.
Saturday	Rest.
Sunday	Rest.

## DID YOU KNOW?

WEST used to compete in both wheelchair basketball and swimming, but preferred athletics and chose to concentrate on the shot and discus.

He works as an information and communications officer for the English Federation of Disability Sport (EFDS) at Loughborough University and he has a

degree in leisure studies with sports development from Colchester Institute.

Although he is living in Nottingham, he likes to follow the fortunes of Tottenham Hotspur FC. One interesting fact is that he still holds a national record for swimming in the 25m freestyle as a junior, although he adds they don't stage that event any more!



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# Niggle or injury?

ATHLETES NEED TO KNOW THE DIFFERENCE BETWEEN A NIGGLE AND AN INJURY TO MAXIMISE THEIR FITNESS

**Words:** Dave O'Sullivan

A "NIGGLE" is not a scientific term, but all athletes know the feeling of an odd twinge or sharp pain during training. Before we speak about niggles, we need to understand the true role of pain. Pain is a useful process that tells our bodies that something is not quite right. It is a warning sign first and foremost to avoid even further injury. Chances are that a niggle could lead to something more serious.

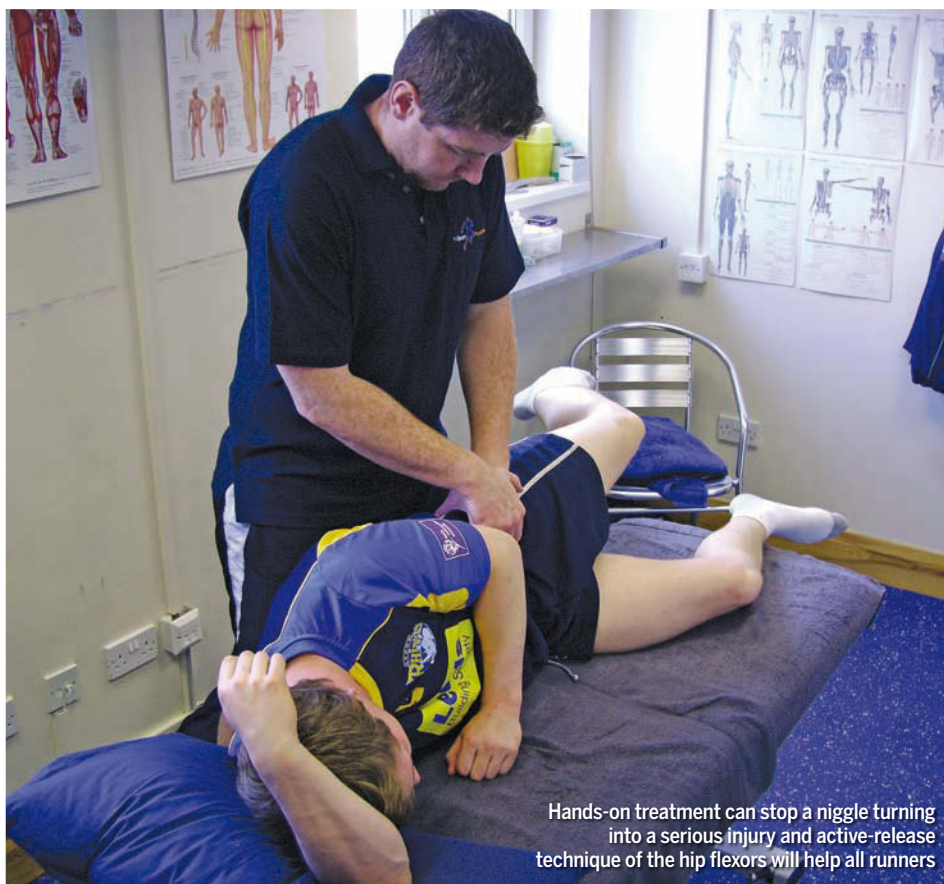
## The location of a niggle is important

If an athlete experiences pain in a joint, such as the ankle or knee, then this is more of a concern than feeling tightness or aches within a particular muscle. Swelling is the first physical sign that something is wrong within the joint and this means it is not happy and presents itself for a reason and actually helps heal the body.

However, the body has a habit of producing too much fluid, which can be a nuisance. This is why icing as soon after experiencing discomfort as possible is a major advantage. Even working in elite sport all we can do initially is ice and compress the injured joint to avoid excessive swelling. It is this excessive fluid that can cause delays in getting back to normality as soon as possible. Inflammation is like battery acid and can cause muscles to switch off and compensations then occur throughout the body.



**Active isolated stretching: the site of the pain may not always be the location of the cause of the injury**



**Hands-on treatment can stop a niggle turning into a serious injury and active-release technique of the hip flexors will help all runners**

If there is swelling in the knee joint or the knee joint feels full, I would seriously recommend against running. The knee is likely to feel unstable and is at a greater risk of giving way as the inflammation shuts off vital stabilising muscles. The knee is a very vulnerable joint stuck between the ankle and the hip. Respect it if it's telling you something is wrong in the guise of inflammation.

If there is a niggle or tightness in a particular muscle then the chances are this muscle could be overworking due to a weakness somewhere else in the body. It is hard to the human eye to see swelling deep in muscles such as the calf or quads. If the athlete can run with this discomfort and it does not become worse then it is likely to not be too serious. Icing the site of discomfort is not a bad call. If the discomfort grows progressively worse and is felt also at rest or walking then the athlete should not attempt to run.

This is a sign that the injury is becoming worse and something is not quite right. A simple dose of stretching the full lower body and some strengthening of key muscles such as the gluteal and core muscles can often fix these imbalances within a



**Instrument-assisted soft-tissue mobilisation: a good manual therapist can break down scar tissue**

short period. A visit to a good hands-on physiotherapist may require one to three sessions to resolve the issue at this stage and get you back running within a week.

Continuing to run through this discomfort for a month or so may require six-plus sessions of physiotherapy to correct the initial problem along with the additional problems and compensations you have caused by trying to go through the pain.



## The type of pain is important

The type of discomfort you are experiencing is also significant. A tightness or cramping is not a serious issue initially and may even be due to poor hydration or spending too much time sitting down without mobilising key joints that day.

A dull ache throughout the run could be the start of a grade-one muscle strain if a muscle is the problem. Or, if it is a joint issue, it could mean a joint is getting a little too much compression from the surrounding muscles.

A dull ache that traces a line up or down the leg could also be a mild nerve entrapment where the nerve gets pinched between muscles or fascia.

A sharp stabbing pain is a major concern as this could mean there is a significant muscle tear or a nerve is becoming trapped. It could also mean that a cartilage is irritated or torn in a major joint in the body. This sharp pain combined with swelling in the joint is a massive hint to get this checked out by a physio.

From my clinical experience, most GPs will give you anti-inflammatory medications and tell you to rest. A good physio will find out why this injury has happened in the first place and ensure the root of the problem is addressed (see "The Weakest Link" in AW, March 17).

## What to do while injured?

JUST because you are injured does not mean you cannot continue to improve. If you visit [www.prosportphysiotherapy.co.uk/blog](http://www.prosportphysiotherapy.co.uk/blog) you will realise that there will be massive amounts you can do to continue to make gains without running.

Getting into the pool is a great way to eliminate swelling in the joints or muscles. Everything you do has to be pain-free! Remember, if there is pain then this means that this is harming your body and not helping, especially while you are rehabilitating an injury. Many athletes don't stretch enough or do enough strength exercises. Spending an hour doing these while injured will have a big impact on your stride pattern once you resume running. Therefore, it wasn't a wasted night just because you didn't clock five miles of running with compensations and poor running patterns!

» **DAVE O'SULLIVAN** is head physiotherapist for rugby league club Leeds Rhinos and holds an honours degree in physiotherapy and a Higher Certificate in physiology and health science. He also treats at his clinics in Leeds, Huddersfield and York. For more information visit: [www.prosportphysiotherapy.co.uk](http://www.prosportphysiotherapy.co.uk)

## Summary

### » Sharp pain and/or swelling

Ice for 10-20 minutes hourly, immediately followed by compression. Get professional advice if does not settle within 48 hours.

### » Dull ache

Review next run. Make sure there is no pain when walking or at rest. Ice for 10-20 minutes hourly immediately followed by compression. The next day start stretching and strengthening exercises. If the symptoms last more than a week, seek professional advice as compensations will begin to occur in your running pattern unbeknown to you.

### » Any pain that turns to sharp pain or progresses to that feeling while walking or at rest

Ice for 10-20 minutes hourly immediately followed by compression. This will need professional advice if not responding to stretching and strengthening work.



# BRITISH MILERS' CLUB



## The 2011 Horwill BMC Research Scholarship

- Are you interested in research?
- Do you know of someone who is involved in exercise research?
- Can you help progress middle-distance running?

### BACKGROUND

The BMC is looking for individuals to help us progress middle-distance running by conducting a creative and innovative piece of research. We believe that one way in which we can support this aim is to offer a scholarship of up to £2000 to help at least one individual pursue a selected topic. This will be the third year we have awarded a scholarship, after successfully launching the scholarship programme in 2009. Coaches, research students, or lecturers may be interested and are welcome to apply. The Scholarship is open to all BMC members, but we are also opening

the application process up to non-members so that we can cast the net far and wide.

### HOW TO APPLY?

The application process is a simple two stage exercise. The first step is to complete an application form which is available from the BMC website. This is to be submitted to the BMC by the closing date. The second stage will involve shortlisting the best applications and then holding short interviews. After this we will inform the successful candidate of our decision and support them to conduct the research in the months and years ahead. The findings will be widely distributed to all BMC members and if appropriate, beyond.

### WHY THE FRANK HORWILL SCHOLARSHIP?

Frank Horwill was the founding member of the BMC in 1963. Since then Frank has been working tirelessly

to promote and develop the Club. One area that Frank has become extremely well known for is his work on research and collating research from around the world on middle-distance and endurance running. In order to safeguard his tradition, this scholarship has been established.

### HOW DO I APPLY?

Application forms and more information can be downloaded from the BMC website. If you have any questions please do not hesitate to contact David Reader at [davidreader@britishmilersclub.com](mailto:davidreader@britishmilersclub.com)

The closing date for completed applications is 1 June, 2011.

We look forward to receiving applications and passing on findings to all our members.

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# Everything at your fingertips

WATCHES, HEART RATE MONITORS AND GPS SYSTEMS GIVE ATHLETES ALL THE INFORMATION THAT IS NEEDED AT THE PRESS OF A BUTTON, WRITES **PAUL FREARY**

## Garmin 110

SOME of our testers were a little apprehensive about trying GPS watches, thinking they would be too complicated, but when they began to use this unit their fears were overcome within minutes. One tester said: "The watch is probably the simplest unit to use – no question!"

The watch guides you through the set-up and, with a few simple on-screen prompts, you are ready to go. Information displayed is time, pace and distance, with the option of audible signals at predetermined intervals.

At the end of a run, it will present you with a summary that can be easily downloaded to a PC or Mac and you can retrace the route on a Google Earth-embedded map. This is quite simply a great GPS watch that provides the essential information while remaining very straightforward to use.

» Cost: **£169.99**  
(with heart-rate monitor): **£199.99**  
[www.garmin.com/uk](http://www.garmin.com/uk)



## Polar RS800CX

THIS heart-rate monitor has always proved popular with testers whenever it has been featured and on this occasion we tried it as a standalone monitor. Its list of features is the most comprehensive available and our testers still feel it's the heart-rate monitor that all others need to match.

Given the vast amount of information the watch can provide, the only negative comment from our testers was that they didn't have enough time to fully utilise its options. The watch is supplied with a USB computer link and software, which, if we are being honest, many users might not ever fully utilise. It can measure up to 99 laps during a session and store these in its 99 training files, so the memory should prove adequate for several months' worth of training.

Heart-rate can be measured as beats per



minute, a percentage of maximum heart rate or as a simple percentage.

The watch will also provide both audible and visible warnings of heart-rate zones, which can be set manually or automatically via the

watches built-in "Ownzone" software. Options are available to add a GPS or stride sensor to the watch to further monitor speed and distance, both of which can add even more data to the vast array of graphs the software displays.

Ultimately it's a watch for those that can fully understand the data and have the time to do so, but it's also the watch all of our users wanted to take home with them!

» Cost: **£364.50**  
[www.polarelectro.co.uk](http://www.polarelectro.co.uk)

## Garmin 410

THOUGH similar to the Garmin 110, this watch has additional features such as pacing, interval training and training within target zones. Just as some heart rate monitors will alert the user when they stray out of a set training zone, the Garmin adds the ability to receive a warning on speed, pace or distance. The watch can also be used on a bike and an add-on cadence meter is available for those that cross-train. The web-based software is again

simple to use and provides in-depth data in an easy to understand format. Functionality is amazing and once our testers had figured out how to adjust the features, they loved it – it's just that many of them felt they wouldn't use all of them to justify the higher price.

» Cost: **£299.99** (with heart-rate monitor) **£329.99**





## Soleus Chicked

OUR female testers loved the styling and variety of colours available in this watch. "It's great to see a watch in a colour other than black!" they commented.

The sizing of both the strap and face of the watch made it suitable for all our testers, yet the slightly smaller display was still very easy to read.

There is a 30-lap memory, which proved more than adequate for all of the speedwork sessions we tried with the watch, and the five interval timers proved to be popular too.

» Cost: £49.99



## Polar FT7

THIS popular heart-rate monitor has been given the make-over treatment and is now available in two colour options, both coming with the "comfort strap", a new soft chest belt which all testers found to be much more comfortable than the old-style plastic straps. This particular watch is not specifically aimed at runners and as such is suitable for all athletes.

Heart-rate functions take priority over lap and interval timers with this device. The watch uses a unique display to inform the user of the effect of their training, be it fat-burning or improving aerobic fitness. Users shouldn't be put off if all this sounds a little daunting as all our testers found it easy to set up and use, many being surprised at the results. Overall, it's a good watch for those wanting an all-round solution to heart rate monitoring. There is the option to add a computer link to the watch, which allows users to download and monitor their training and compare sessions and progress with other athletes.

» Cost: £93.50



## Soleus Ultra Sole

MORE than half of our test group did not require or want heart-rate monitoring or GPS measurements, simply wanting a "watch with laps". This watch fits the bill perfectly with a 35-lap memory (larger memory versions are available), a five-interval timer and a 10-run data storage facility, which allows you to review some of your recent runs. Most of our runners liked the ease of use and good-sized display of this work-horse running watch.

» Cost: £64.99

[www.soleusrunning.co.uk](http://www.soleusrunning.co.uk)



» *Athletics Weekly* has teamed up with Soleus to give athletes the opportunity to try the new watches at a venue near you. See pages 22-23 for more details or visit [www.soleusrunning.co.uk/perfectpace](http://www.soleusrunning.co.uk/perfectpace)

## Suunto T6D

THIS is the only watch on the market to measure "Excess Post-Exercise Oxygen Consumption" or EPOC. Essentially, it is a scientific indication of the accumulated training load of each session. By measuring this you can determine whether the session you have just completed was sufficient to improve your level of fitness. It's a rather in-depth function, but ultimately, if you take the time to understand it via the supplied computer interface, you'll find it amazing, just as our testers did. The watch is one for the more serious user and provides an amazing amount of in-depth data.

» Cost: £370, (stride sensor £75)



## Suunto T3D

THIS heart-rate monitor has a memory large enough to store around six months of workouts and up to 50 laps in one session.

Its unique function is its inbuilt "training effect monitor". This gives the wearer an instant display of the zone in which they are training and its effectiveness. The watch still demands that you have an understanding of the principles of heart rate training and for those users that do, it's a great tool and is more advanced than a simple heart-rate display. The watch has the ability to accept data from other add-on units such as a GPS, stride sensor or bike unit.

» Cost: £125 (stride sensor £75)

[www.suunto.com](http://www.suunto.com)



**Timex Ironman Sleek 150 Lap**

THIS watch has a unique tap screen, which testers found to be very useful particularly during track sessions. The user simply taps the screen to record intervals, which everyone found easier than searching for the correct button.

The watch has a massive 150-lap memory – so enough for a few workouts! The tap function works well but ultimately adds a premium to what would otherwise be a more reasonably priced watch. No doubt in time this function will be available on less expensive watches and when this happens it will be very hard to beat.

» Cost: £84.99  
www.timex.co.uk



**Timex Global Trainer**

THERE was no denying that this watch provided an amazing amount of information about laps, distance, pace and heart rate, but our testers found it a little more difficult to set up and live with than the Garmin.

The screen can be customised to display up to four pieces of data about a session, some of which you may want to change depending on what type of session you are doing and whether, for instance, you need to see the heart rate. Linking the watch to a computer is simple via the supplied cable and the web-based software is, like most, able to provide more information than many users will ever utilise.

The unit is waterproof to 50 metres and as such has been popular with triathletes. An amazing training tool, its only downside is the size – it is the largest watch we tried and it dwarfed the wrists of every one of our testers.

» Cost: £299.99 (with heart-rate monitor): £349.99



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# On the road to London

IN OUR FOURTH DIARY REPORT WITH **LIZ YELLING**, SHE REVEALS HER FINAL PREPARATIONS FOR THE VIRGIN LONDON MARATHON ON APRIL 17

**Words:** David Lowes

**Picture:** Tom Miles

SINCE our last diary report, Liz Yelling has run the Sweatshop Reading Half-marathon in a satisfactory 72:00. However, the race didn't go exactly to plan with the week before being a "sleep catch-up" after the illness to her daughter, Ruby. She also picked up an irritating cough and, although not feeling 100 per cent, she "gave the race a blast".

Yelling went through 10km in just over 33 minutes and, although she found the second 10km tougher due to the wind and the cough, it was a positive exercise. She said: "Usually when I run these races I have already peaked and it is a matter of maintaining it in London. This time however, I feel as if I haven't peaked and will do so on April 17." The time was almost a two-minute



improvement on her previous outing at the Lifestyle Renault Tunbridge Wells half-marathon and this will give her the added confidence that her training is taking her to her goal.

She had just completed a 104-mile training week after the Reading race and as a precaution against illness she will be taking her daughter out of nursery for two weeks in the quest to be 100 per cent healthy for her battle around the streets of London. With an influx of Japanese athletes in the capital race, she will be aiming for the Olympic qualifying time of 2:31 and hoping to run at an even pace of 5:40 per mile, which she hopes will allow her to push on over the final six miles.

With no pacemakers in the women-only race she will be looking to run her own race and not become sucked into an overly quick early pace. She will make a decision about the World Championships in Daegu after the race and adds: "I may prefer to run an autumn marathon in either Berlin or Frankfurt because you don't get many chances to run a quick time."

She will be staying at the Tower Hotel where the elite athletes will be accommodated before the race and this will allow her to relax and be fully prepared. She likes to get out of bed four hours before the race, which means a 5am start before a 5.15am breakfast – including four

slices of toast with jam and a cup of coffee.

Even with this early start she tends to go to bed at the same time as normal as this ensures she has some quality sleep. After this she will have a shower and make sure all of her necessary kit is sorted. At 7am she will be taken on the elite athlete's bus, which takes around 30 minutes to get to the start where there is a warm-tent and toilets and where she can relax and prepare herself.

Her warm-up protocol lasts around 45 minutes and included around 10 minutes of jogging plus stretching and some strides. Her hydration starts the day before and she even has something to drink in between sleeping. On the day she will have a bottle of Lucozade Lite well before the race.

She says: "The final week enters the paranoia stage with all the training done and it's just a matter of getting your head in the right place." On race day she will be hoping for 15C with no wind – "the perfect conditions" – although she will be ready for any eventuality whether that be cool or warm.

» **LUCOZADE Sport is fuelling Liz Yelling and 36,499 other runners at the Virgin London Marathon on April 17. For info, tips and videos see [facebook.com/lucozadesportrunning](http://facebook.com/lucozadesportrunning)**

» **FOLLOW Liz Yelling in her build-up to the London Marathon with her final exclusive report next week on how she has tapered and prepared to tackle the race. Go to [www.lizyelling.com](http://www.lizyelling.com) to learn more about her**

## Liz Yelling's training (March 21-27)

After a lighter week going into the Reading Half-marathon, she had a fairly heavy week to complete the toughest phase of her marathon training.

### Week post-Reading Half-marathon:

Monday	(am) 7 miles easy. (pm) 7 miles easy.
Tuesday	(am) 6 miles. (pm) Session with Bournemouth AC. Warm-up. 25 minutes at marathon pace. 2 minutes jog recovery (7 x 4 minutes hard with 90 seconds jog recovery), 2 minutes jog recovery then another 25 minutes at marathon pace. Cool-down.
Wednesday	(am) 6 miles easy. (pm) 6 miles easy.
Thursday	(am) 8 miles easy. (pm) 4 miles easy.
Friday	(am) 20 x 2 minutes fast with 45 seconds jog recovery. (pm) 4 miles easy.
Saturday	Rest.
Sunday	2 miles easy. 16 miles tempo run with drinks and gels. 2 miles steady.

**Weekly mileage: 104 miles.**

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TRACK

APRIL 3

ABERDEEN AAC SPRING TRIALS  
Aberdeen

**Men**  
60: 2 S Walker (A'deen, M40) 7.7; 5 K Lyon (A'deen, M50) 8.3; 6 T Madigan (A'deen, M65) 9.0. **200: r2:** S Walker (A'deen, M40) 24.1. **JT:** 3 K Lyon (A'deen, M50) 35.28; 5 R Masson (A'deen, M60) 32.58

**M40**  
**LJ:** K Lyon (A'deen, M50) 5.15

**Women**  
60: **r1:** 1 A Wylie (A'deen) 7.9; 2 Y Milne (A'deen, U20) 8.0; 3 C Pennet (A'deen) 8.0. **r2:** 3 F Davidson (A'deen, W35) 8.5. **100H:** C Pennet (A'deen) 14.7

**Mixed events**  
**200:** 1 T Madigan (A'deen, M65) 29.5; 2 L Mahady (A'deen, W50) 30.6

CITY OF STOKE AC OPEN

Stoke

**Men**  
200: R Evans (Stock H) 22.0. **3000:** 1 J Brocklehurst (Strat) 8:43.9; 2 J Douglas (Charn, M40) 9:02.6; 3 M Eustace (Tip, M50) 9:37.1. **LJ:** M Lewis (BRAT) 7.01. **JT:** B Byrd (Stoke) 60.25

**U20**  
200: S Henry (Bir) 22.5. **SP:** M Williams (Stoke) 13.14. **DT:** N Fox (Bir) 49.01. **HT:** 1 R Dean (Stoke) 58.94; 2 R Winson (Der) 46.73. **JT:** 1 A Reynolds (Tel) 54.90; 2 H Stapleton (Bir) 49.15; 3 R Winson (Der) 48.32

**U17**  
800: A Parkes (Tam) 1:59.2. **100H:** J Taylor (Stoke) 13.4. **HJ:** J Hill (SSH) 1.90. **HT:** T Fellowes (Here) 43.39

**U15**  
100: M Pinney (C&S) 12.0. **80H:** O Sawyers (Stoke) 12.8. **DT:** 7 L Moore-

Martin (Stoke, U13) 12.83. **HT:** J Mirfin (E Ches) 35.18. **JT:** 1 K Gladwin (Tel) 31.08; 2 A Eggleton (Stoke) 29.62; 3 A Bedson (Stoke) 27.12; 4 R Sproston (Stoke) 24.42; 5 A Clegg (BRAT) 22.05; 6 O Sawyers (Stoke) 6.15

**U13:** 200: E Banwo-Johns (Stoke) 26.8. **1500:** J Fradley (Newc S) 4:41.5

**Women**  
**SP:** J Weston (Stoke) 11.75. **HT:** B Sewell (Card) 43.49

**U20**  
800/1500: A Jade Mellor (Bux) 2:18.2./4:41.9. **100H:** K Ogden (Osw) 15.7. **HJ/LJ:** J Sawyers (Stoke) 1.65. **LJ:** 1 Sawyers 5.59; 2 Ogden 5.45

**U17**  
**DT:** 1 K Hutchinson (Der) 34.28; 2 E Crooke (Bir) 32.25. **HT:** E Crooke (Bir) 36.74. **JT:** K Morley (Bir) 35.69

**U15**  
3000: I Bradley (Tel) 10:54.6. **75H:** 1

A Newton-French (Tel) 12.0; 2 R Allen (W&B) 12.4. **LJ:** E Proud (C&S) 5.02. **DT/HT:** K Woodcock (Rad) 30.10/31.46

**U13**  
1500: 1 I Mellor (Stoke) 5:07.0; 2 I Wilson (Hallam) 5:10.3. **70H:** r2: 1 C Esegbona (Stoke) 12.2; 2 H Williamson (Shrews) 12.3. **HJ:** Williamson 1.40

HERCULES WIMBLEDON YOUNG ATHLETES' OPEN  
Crystal Palace

**Men**  
**Mile:** 1 K Reilly (Inv EK, U20) 4:27.7; 2 P Sesemann (B&B, U20) 4:27.7; 3 L White (HW, U20) 4:27.8; 4 H Fleming (Walton, U17) 4:31.1

**U20**  
100/200 (-1.9): A Gemili 10.75/22.02

**U17**  
200: **r1 (-2.1):** E Hall (Ton) 22.59. **1500:**

**r1:** A Hulin (AFD) 4:10.98. **LJ:** L Field (SMR) 6.37/1.4. **SP:** L Keen (Herne H) 15.19

**U15**  
100: **r1 (-2.8):** 1 Z Plummer (Herne H) 11.62; 2 J Baliddawa (VP&TH) 11.87

**200: r1 (-1.1):** 1 Z Plummer (Herne H) 23.77; 2 L Overtoom (Reig) 24.17; 3 F Afrifa (Herne H) 24.27; 4 J Baliddawa (VP&TH) 24.36. **800: r1:** 1 T Holden (S Lon) 2:07.13; 2 J Stanley (Reig) 2:09.39; 3 C Upton (Win) 2:09.79.

**1500: r1:** 1 M Yemane (Herne H) 4:25.25; 2 L Hussey (Herne H) 4:27.08; 3 G Cockle (WSEH) 4:27.36. **JT:** 7 W Bates (Herne H, U13) 6.69

**U13**  
100: **r2 (-2.9/-):** L Vinayagamoorthy (VP&TH) 12.53. **200: r1 (-4.3):** L Vinayagamoorthy (VP&TH) 26.12.

**1500: r1 (-0.3):** 1 C Solomon (WG&EL) 4:45.68; 2 P Burgess (Herne

# Dan's all-round talent

APRIL 3  
AVIVA SPORTSHALL UK FINAL  
LG Arena, Birmingham

DANIEL GHOSH proved what a difference a year makes after he stormed to the overall title, Jon Ireland and Paul Eddison report.

The 15-year-old had to settle for joint third at last year's showpiece event – but there was no stopping him this time around at the LG Arena as he topped the pile.

Ghosh, a member of Sutton & District AC, racked up a total of 293 points with gold in the shot put following a throw of 15.06m and the standing triple jump title with 9.15m.

He also picked up the two-lap bronze to finish four points ahead of Bicester AC's Edward Burgess, with George Griffiths – who equalled the Welsh standing long jump record of 2.82m – third.

Ghosh follows in the footsteps of Mark Lewis-Francis by winning the crown. The Olympic 4x100m champion topped the podium in 1998, and he was delighted to have built on last year's success.

"My aim coming into Sportshall this year was to win the whole event so it is great to finally do it," said Ghosh, who attends Wimbledon College.

"After coming third last year, all I was concentrating on was to finish on top this time around and it is brilliant to have succeeded in what I set out to do. I got personal bests in the shot put and the standing triple jump so I was really pleased with my whole overall performance and I was within 30cm of the record in the standing triple jump,

which was a personal best by 14cm."

As well as Lewis-Francis, Olympic bronze medalist Kelly Sotherton's name is etched on the girls' overall title – with Windsor, Slough, Eton and Hounslow's Morgan Lake joining the coveted list.

Not 14 until May, she finished with 294 points after topping the podium in the standing long jump and winning silver in the shot put and bronze in the four-lap race.

Aiden Meehen's long trip from County Donegal was made worthwhile as she finished second overall, 10 points behind Lake, while Fiona Brown was third on 279.

Lake's performance is all the more impressive considering she was one of the youngest girls in the under-15 field and the youngster is refusing to rule out a repeat performance in 2012.

"I am so happy to have been crowned the overall girls' winner and it is a really proud moment," said Lake.

"The pressure is on now because I am still young enough to come back next year so everyone will be watching me and I will have to defend my title. But I am confident I can do. Each year I have got better and better results, so why shouldn't I keep going and do the same next year, if not more?"

Special mention must go to Halton & Frodsham AC's Emma Scott, who finally achieved her ultimate goal of winning speed bounce gold on her final Sportshall appearance, claiming the under-15 title with a total of 89.

"I have been trying to win speed bounce gold ever since I was nine and, after coming second the last two years, finally I have managed to do it and it is the perfect way to say goodbye to Sportshall," the 14-year-old said.

Casting her eye over the flagship junior athletics development event of the year was Aviva GB&NI heptathlete and Commonwealth Games champion Louise Hazel.

The proud Birchfield Harrier had plenty to shout about with Birmingham's under-15 boys topping the team standings, a title they last won in 2007.

Birmingham's under-15 girls were searching for a third successive team victory but were outshone by Berkshire, led by the impressive Lake.

And in the under-13 team events, it was a case of deja vu as both



Emma Scott takes off in the standing long jump

Cheshire's girls and Avon's boys held on to their 2010 team titles.

Newham & Essex Beagle Abass Hemoh was the star of the show among the under-13 boys, winning double gold in the vertical jump and the four-lap race.

And after his success, the 13-year-old couldn't help but wonder what the future holds for him. He said: "I am really happy that I won two golds at Sportshall and it couldn't have gone better. I surprised myself a bit actually because I knew I could do well, but I didn't know I would do as well as I did and to do it on this big stage is great and gives me a lot of confidence. I can't wait to see what else I can do next."

**AVIVA has been supporting British athletes since 1999 and paving the way for the next generation. Get involved in the Aviva Athletics Academy at [aviva.co.uk/athletics](http://aviva.co.uk/athletics)**

U15 boys

**Overall athlete:** 1 D Ghosh 293; 2 E Burgess 289; 3 G Griffiths (Card) 274  
**2 Lap:** 1 J Raradza (Derby) 20.60; 2 D Trueman 20.80; eq3 E-W Benham (Card)/G Griffiths (Card)/E Burgess/D Ghosh 20.90. **4 Lap:** 1 R McIlroy 44.40; 2 W Gibson (W Yorks) 44.60; 3 A Hogg (Tyne) 45.10. **8 Lap**

**Paarlauf:** 1 L Lancs 89.01; 2 Tyne & Wear 91.18; 3 Hants 91.74. **4x2 Lap:** 1 Birm 83.50; 2 Card 83.80; 3 W Yorks 83.81. **SP:** 1 D Ghosh 15.06; 2 C Laverty 13.60; 3 J Goodrum (Warks) 12.53. **Speed Bounce:** 1 E Burgess 90; 2 J Lowe (Birm) 90; eq3 D McGlynn/S Green 85. **Stand LJ:** 1 C Mitchell

(Lancs) 2.96; eq2 G Griffiths (Card)/S Henry (Doneg) 2.82. **Stand TJ:** 1 D Ghosh 9.15; 2 C Laverty 8.72; 3 E Burgess 8.36

**OVERALL TEAM:** 1 Birmingham 1214; 2 Hampshire 1138; 3 Cardiff & Glam 1105

U13

**Obstacle Relay:** 1 Birm 76.00; 2 W Yorks 76.50; 3 Dur 77.00. **2 Lap:** 1 Birm 113; 2 Avon 92; 3 Card 89. **4 Lap:** 1 Newh 116; 2 Norf 106; 3 Avon 93. **6 Lap TT:** 1 Dur 100; eq2 Avon/Card 86. **8 Lap Paarlauf:** 1 Derby 93.60; 2 Avon 93.90; 3 Norf 94.80. **4x1 Lap:** 1 Avon 44.10; 2 Ches 45.20; 3 Newh 45.70. **4x2 Lap:** 1 Newh 87.10; 2 Avon 87.20; 3 Birm 88.50. **HJ:** 1 T Trotman (Card) 1.65; 2 R Dwyer (Warks) 1.63; 3 M Barker (Ches) 1.55. **SP:** 1 M Ritchie 11.93; 2 R Esien (Birm) 11.77; 3 M Solway (Avon) 11.48. **Speed Bounce:** 1 A Eves (Warks) 90; 2 T Lake (Norf) 86; 3 L Zenti (W Yorks) 84. **Stand LJ:** 1 C Thaws (Avon) 2.60; 2 G Izomor (Durh) 2.54; 3 A Akingdehim (Newh) 2.50.

**Stand TJ:** 1 B Isaac 7.55; 2 J Deardon (Norf) 7.26; 3 G Cherian (Newh) 7.17. **Vert Jump:** 1 A Hemoh (Newh) 66; 2 S Logie (Durh) 65; 3 B Matsuka-Williams (Norf) 61

**OVERALL TEAM:** 1 Avon 1326; 2 Newham 186; 3 Durham 1146

U15 girls

**Overall Athlete:** 1 M Lake (Berks) 294; 2 A Meehan (Doneg) 284; 3 F Brown 279

**2 Lap:** 1 K Hannawin (Berks) 22.19; 1 M Hollingsworth 22.50; 3 E Heapey (Derby) 22.77. **4 Lap:** 1 G Rogers (Birm) 48.66; 2 R Boyle (Doneg) 49:08; 3 M Lake (Berks) 49.11. **8 Lap**

**Paarlauf:** 1 Berks 96.50; 2 Doneg 97.30; 3 Derby 97.40

**4x2 Lap:** 1 Berks 90.20; 2 Surrey 90.90; 3 Doneg 91.40. **SP:** 1 A Nicoll 12.62; 2 M Lake (Berks) 12.26; 3 K Baker (Ches) 11.44. **Speed Bounce:** 1 E Scott (Ches) 89; 2 A Meehan (Doneg) 85; 3 C Burnett (Berks) 84.

**Stand LJ:** 1 M Lake (Berks) 2.49; 2 F Brown 2.39; 3 A Scott 2.38. **Vert Jump:** 1 L Brower (Surrey) 65; 2 L Morris (Berks) 62; 3 K Vickery (Norf) 60

**OVERALL TEAM:** 1 Berks 1267; 2 Donegal 1245; 3 Surrey 1189

U13

**Obstacle Relay:** 1 Kent 77.00; 2 Tyne 77.50; 3 Birm 78.30. **2 Lap:** 1 W Yorks 100; 2 Hants 98; 3 Tyne 91. **4 Lap:** 1 Avon 98; eq2 Hants/Kent 96. **6 Lap TT:** 1 Ches 118; 2 Birm 102; 3 Derby 94. **8 Lap Paarlauf:** 1 Ches 98.00; 2 Tyne 98.10; 3 W Yorks 98.30. **4x1 Lap:** 1 Avon 46.30; 2 Tyne 46.55; 3 Birm 46.70. **4x2 Lap:** 1 Hants 91.00; 2 Ches 91.50; 3 Avon 92.00. **HJ:** 1 K Barker (Hants) 1.57; 2 E Johnson (Tyne) 1.54; 3 J Simson 1.51. **SP:** 1 S Merritt (Ches) 13.12; 2 B Lewis (Dyfed) 10.56; 3 G Trace (Derby) 10.10. **Speed Bounce:** 1 S Thomas (Avon) 95; 2 P White (Birm) 91; 3 E Grice (Hants) 87.

**Stand LJ:** 1 D Adegoke (Kent) 2.51; 2 E Newsome (W Yorks) 2.41; 3 M Moore (Birm) 2.38

**Stand TJ:** 1 M Cavanagh (Hants) 72.5; 2 R Wallwork (Kent) 71.7; 3 J Wright (Ches) 71.2. **Vert Jump:** 1 R Tiler (W Yorks) 70; 2 N Farrell (Doneg) 60; 3 S Sturridge (Birm) 58

**OVERALL TEAM:** 1 Ches 1219; 2 Hampshire 1170; 3 Avon 1144



Daniel Ghosh





## ROAD

### APRIL 3 WELSH ROAD RELAYS Carmarthen

CARDIFF were comfortable winners of the men's event with Ieuan Thomas fastest.

Runners-up Swansea reversed positions in the women's race where Amanda Jones ran the quickest leg.

**Men**  
1 Cardiff 69:19 (R Axe 17:12, A Bitchell 17:19, J Mills 17:39, I Thomas 17:09); 2 Swansea 70:29 (D Hiscox 17:50, M Hobbs 17:13, D Gurmin 17:30, A Humphreys 17:56); 3 Cardiff B 70:46 (N Lane 17:28, M Kershaw 17:53, J Peters 17:56, J Thie 17:29); 4 Swan B 74:35 (G Smith 18:14, L Hobbs 17:50, D Thomas 18:53, M Thomas 19:38); 5 Newport 74:57 (J Morgan 18:15, E Penny 18:22, A Tulu 19:33, C Carpanini 18:47); 6 Neath 75:77; 7 Swan C 78:39; 8 Les C 80:45; 9 Bridgend 81:32; 10 Swan D 85:19  
**Fastest:** Thomas 17:09; Axe 17:12; Hobbs 17:13; Bitchell 17:19; Lane 17:28

**M40**  
1 Neath 59:58 (P Crane 19:33, A Powell 19:57, R Whitehouse 20:28); 2 Neath B 61:13 (G Jones 20:23, I Yates 21:06, A Other 19:44); 3 Bridgend 65:32 (P Belcher 22:38, A Wood 20:01, E Cummings 22:53)  
**Fastest:** Crane 19:33

**M50**  
1 Les Croupiers B 63:02 (B Richardson 20:46, M Murphy 21:30, D Coles 20:46)  
2 Les Croupiers A (E Lepore 21:05, P Coker 21:06, M McGeoch 20:53) 63:04;  
3 Neath 67:44 (H Carpenter 22:38, S Partridge 22:31, J Williams 22:36)  
**Fastest:** Richardson 20:46

**U17**  
1 Cardiff 26:18; 2 Carmarthen 26:58; 3 Newport 27:32; 4 Swansea 27:35  
**Fastest:** D Chesworth (Newp) 8:46

Cardiff's B runner Nathaniel Lane heads the A team's Rowan Axe on leg one



**U15**  
1 Swan 28:21 (L Preece 9:12, J Tobin 9:09, F Davies 10:00); 2 Card 28:28 (Ciaran Lewis 9:22, D George 9:33, J Cove 9:33); 3 Menai 28:33 (A Morris-Jones 9:25, I Hughes 9:23, R James 9:45); 4 Cwmbran 28:36; 5 Card B 30:05  
**Fastest:** Tobin 9:09

**U13**  
1 Cardiff A 29:31 (R Gooch 7:02, S Curwen 7:33, C Heaton 7:34, K Harris 7:22); 2 Menai 29:44 (J Daly 7:10, R Cain 7:36, J Brookes 7:27, A Boss 7:31); 3 Carmarthen 29:51 (H De Smet 7:31, A Phillips 7:46, O Thomas 8:07, N Neary 6:27); 4 Cardiff B 29:59; 5 Newp 33:14  
**Fastest:** N Neary 6:27

**Women**  
1 Swansea 60:44 (S Morgan 15:01, E Butler 15:44, A Jones 14:23, H Lawrence 15:26); 2 Cardiff 62:05 (D Rees 14:41, P Williams 16:37, B Strange 15:32, V Nasrat 15:15); 3 Carmarthen 64:25 (A Beynon-Thomas 14:26, A Davies 15:31, S Leech 16:24, C Lewis 18:04); 4 Cardiff B 64:33; 5 Les Croupiers 65:52; 6 Swansea B 65:55; 7 Bridgend 69:01  
**Fastest:** Jones 14:23; Beynon-Thomas 14:26; Rees 14:41

**U17**  
1 Swan 32:48 (E Pearson 10:54, J Osborn 10:32, K Reynolds 11:22); 2 Cardiff 34:28 (A Morris 11:17, H Williams 11:49, C Harwood 11:22); 3 Menai 35:24 (S Livett 9:54, E James 13:07, J Williams 12:23)  
**Fastest:** Livett 9:54

**U15**  
1 Swansea 29:51 (I Evans 7:27, L Philipart 7:27, E Davies 7:11, O Gwynn 7:46); 2 Cwmbran 30:03 (F Hyde 7:41, C Harris 7:39, E Lewis 7:35, M Rezougouh 7:08); 3 Cardiff 30:11 (K Coker 7:33, F Morris 7:43, E Hayes 7:33, K Seary 7:22); 4 Carm 31:18; 5 Swan B 33:16  
**Fastest:** Davies 7:11

**U13**  
1 Menai 31:12 (M Davies 7:35, E Roberts 8:18, C Hughes 7:09, L Cain 8:10); 2 Cardiff 31:55 (E Coupar 7:54, A Bradley 8:02, M Tatnell 7:55, E Lighthart 8:04); 3 Bridgend 32:40 (C Locke 7:36, C Jones 9:01, J-D Grabham 8:38, S Allin 7:25); 4 Newport 33:05; 5 Swansea 33:47  
**Fastest:** Hughes 7:09

### ARKENDALE 10km

**Arkendale Overall**  
1 D Thompson (Barns) 34:40; 2 M Appleton (Ripon) 34:56; 3 D Burnley (Puds P, M40) 35:42

**Women**  
1 J McCullough (unatt) 42:46; 2 W Marks (Harr) 44:43

### BOURNEMOUTH BAY HALF-MARATHON

**Bournemouth Overall**  
1 S Way (B'mth, M35) 72:57; 2 M Lucas 74:15; 3 D Higgins (High) 74:42  
**M40:** 1 J Cannon (Lyt MS) 76:49; 2 J Atyeo (Oxf C) 77:11. **M45:** 1 P Rose (Yeov T) 77:44

**Women**  
1 L Lascelles (Maid N, W45) 86:37; 2 K Bonham (Win) 86:55  
**W40:** 1 J Chapman (B'mth) 88:57  
**W45:** 2 C Thomas (Poole R) 90:23

**Overall**  
1 J Sharkey (B'mth) 33:06; 2 J Cieluszeczki 33:10; 3 J Hamblen (Walton) 33:19; 4 R McTaggart (B'mth) 34:37

**M55:** 1 H Murray (Purb R) 38:20.  
**M60:** 1 A Lewis (Poole R) 38:38; 2 D Cartwright (Poole R) 39:11

**Women**  
1 R Gardiner (SB) 38:46; 2 E Matas 38:56

### BROADLAND HALF-MARATHON

**South Walsham Overall**  
1 A Jones (Norw, M40) 74:55; 2 M Jack (Newm) 81:11; 3 M Eccles 81:42  
**M55:** 1 P Johnson (Norf G) 83:59. **M60:** 1 R Blake (G Yar) 89:23  
**Women**  
1 S Grant (Serp) 89:44; 2 K Doak (unatt, W35) 95:03  
**W65:** 1 C Sponmg (G Yar) 1:54:00

### CAMBRIDGE FESTIVAL 10km

**Cambourne Overall**  
1 S Watterson (C&C) 33:14; 2 P Holley (Newm, M55) 33:49; 3 M Firouzi (CSR) 34:36; 4 N Beer 34:50  
**Women**  
1 V Knight (C&C) 38:15; 2 M Boardman (C&C) 40:17

### CROYDON HALF-MARATHON

**Croydon Overall**  
1 A Madar (R Shop) 71:31; 2 D White (Croy) 75:30; 3 J Buchanan (Croy) 76:53  
**M50:** 1 C Oxlade (Croy) 81:34; 2 J Foster (SoC) 82:34  
**Women**  
1 L Wynn (Serp) 89:12; 2 P Flynn (Strag, W45) 91:29  
**W40:** 1 M Johnston 92:44

### FRISKNEY HALF-MARATHON

**Friskney Overall**  
1 M Nutt (Form 1, M40) 80:02; 2 N Wandasiewicz 81:00; 3 M Jones (Ripley, M40) 81:40  
**Women**  
1 L Pitcher (Linc W) 90:48; 2 S Graves (Wold, W35) 94:45

### GUERNSEY VAZON MILE

**Vazon FAVOURABLE** conditions saw Sarah Mercier become the first Guernsey woman to run the mile below five minutes and, in doing so, gained a rare victory over Louise Perrio.

Leading juniors George Mason and Finlay Wright were split by Mercier's run of 4:57. Perrio was also inside the old record, while Katie Rowe and Natalie Whitty showed good middle-distance form prior to the track season.

**Overall (1M)**  
1 C Jeffrey (Guern) 4:39; 2 G Mason (Guern, U17) 4:54  
**U15M:** 1 F Wright (Guern) 4:59. **U13M:** 1 A Rowe (Guern) 5:30

**Women**  
1 S Mercier (Guern) 4:57; 2 L Perrio (Guern) 5:03; 3 K Rowe (Guern, U15) 5:20

### LES WITTON DARTFORD 10

**Dartford Overall**  
1 A Rayner (B&B) 52:10; 2 T Payn (Win) 52:11; 3 P Tucker (Met Pol) 53:47; 4 C Bloomfield (Bill) 53:48; 5 S Collins (E&H) 55:15; 6 J Cherriman (Orp RR) 56:39  
**M60:** 1 G Newton (Tad) 66:50

**Women**  
1 E Murty (B&B) 64:34; 2 N Wilkinson 66:54  
**W40:** 1 S Dowling (B&B) 68:31

### REGENT'S PARK 10km SERIES

**Regent's Park Overall**  
1 R Scott (High) 32:38; 2 H Raidi (Belg) 32:48; 3 S Craddock (Serp) 33:17; 4 J Stead (Herne H) 33:30; 5 R Besson (unatt, M50) 33:45; 6 D Keraly 33:48; 7 C Harris (Serp, W) 34:39; 8 M Ismail (ESM) 34:40  
**M50:** 1 R Rigby 36:42; 2 S Rehm (Strag) 37:20  
**Women**  
1 C Harris (Serp) 34:39; 2 M Fagan 39:05; 3 M Rijinja 39:27; 4 H Gilbert 39:42; 5 C Wilding (Serp, W40) 39:51  
**W50:** 1 A Sanders-Reece (Morn C) 43:53; 2 J Condor 44:52

### SANDY 10

**Sandy Overall**  
1 W Green (Serp) 53:35; 2 P Chritchlow (Beau RC, M40) 55:55; 3 M Moore (Werr J) 56:40  
**M40:** 2 G Spellman (R&N) 57:18; 3 S Fawcett (Bed H) 57:33; 4 S McKeown (N Herts) 57:36; 5 A Mills (Bed H) 57:44. **M50:** 1 J Oakes (C&C) 59:31; 2 D Green (Harp) 60:37. **M55:** 1 J Skelton (Mil K) 64:37  
**TEAM:** Bedford H  
**Women**  
1 G Fullen (Bed H, W45) 63:12; 2 E Richmond (Werr J) 64:41; 3 A McKeown (N Herts, W35) 66:45  
**W35:** 2 F Tideswell (Saff) 67:14  
**TEAM:** Bedford H

### SUSSEX MARATHON

**Battle**  
IN THE first of two Sussex marathons in successive weeks, this one was definitely not for the faint-hearted as, in strict contrast to Brighton's race this coming weekend, the event boasted of its hills and tough course.

Local runner James Mountford took the men's race in 2:55:44 and veteran Sam Alvarez ran 3:12:59 to take the women's section.

**Overall**  
1 J Mountford (Hast) 2:55:44; 2 S Nimmo (Orp, M40) 2:55:53; 3 J Terry

(W'bury) 3:02:09

**M60:** 1 K Fancett (Beck) 3:19:22

**Women**

1 S Alvarez (Hail, W40) 3:12:59; 2 J Dick (Hallam, W35) 3:28:14

### TRANSPED BLYTH VALLEY 10km

**Blyth, Northumberland**  
PETER NEWTON smashed his own course record when adding to his wins from 2008 and last year, Les Venmore reports.

He soon headed the record field of 511 runners, pulling away to a 75-second victory over Ian Harding. The winner bettered his old figures and personal best time set last year, by a massive 56 seconds.

The first three competitors took the medals for the North Eastern Counties Championships, which was incorporated into the event.

Lorna Young was an easy winner of a good-quality women's race, finishing in 24th position overall. Tracy Millmore took second place, ahead of Stacey Rogers.

With Young having a Yorkshire qualification, Millmore was elevated to North Eastern champion ahead of Rogers and fourth-placed Anna Turvey.

**Overall**  
1 P Newton (Morp) 30:33; 2 I Harding (Morp) 31:48; 3 D Bradford (Shett) 32:16; 4 R Floyd (Morp) 32:48; 5 H Coates (Walls) 33:13; 6 L Adams (Ssh) 33:29; 7 P Waterston (Morp, M45) 33:40; 8 G Bracken (NSP, M45) 33:59; 9 P Besford (Sun, M40) 34:02; 10 M Likeman (Heat) 34:07; 11 C Franks (Gate) 34:21; 12 A Cairns (NSP) 34:31  
**M40:** 2 T Brannon (NSP) 35:11; 3 K McPherson (Tyne Br) 35:26; 4 P Walker (Morp) 35:30. **M45:** 3 B Hetherington (Walls) 35:43. **M50:** 1 P Roper (Sun S) 36:04; 2 G Dixon (Morp) 37:25. **M65:** 1 T O'Gara (Walls) 41:09

**TEAM (3 to Score):** 1 Morpeth H 7; 2 North Shields Poly 33; 3 Morpeth H B 40

**Women**  
1 L Young (Heat) 35:51; 2 T Millmore (CleS) 36:34; 3 S Rogers (Walls) 36:59; 4 A Turvey (Heat) 37:52; 5 C Lloyd (J&H) 37:59; 6 V Hindson (Walls) 38:24; 7 S Morley (Tyne, W45) 38:38; 8 J Lee (Tyne, W35) 38:52; 9 Y Thiru (Els, W45) 39:05; 10 C McManus (NSP, W35) 39:12; 11 J Zoppi (Heat) 39:28; 12 G Howorth (Els) 39:33; 13 J Nutt (Els) 39:44

**W35:** 3 L Bone (Ssh) 40:14. **W40:** 1 L Laverton (Morp) 41:44. **W50:** 1 I Hope (Sun) 40:51. **W55:** 1 L Valentine (Sun S) 44:11

**TEAM (3 to Score):** 1 Elsworth H 34; 2 Tynedale H 34; 3 Heaton H 35  
**NECAA Championship:** 1 Newton; 2 Harding; 3 Bradford  
**Women:** 1 Millmore; 2 Rogers; 3 Turvey

### BELVOIR HALF-MARATHON

**Hose Overall**  
1 C Southam (Stilt, M45) 73:00; 2 T Yates (Barr R) 73:14; 3 S Hopkins (Kenil) 73:58; 4 B Bennett (Red, M40) 74:38  
**M40:** 2 M Sands 77:32; 3 J Burch 77:55. **M45:** 2 K Cook (Hunc) 79:40; 3 B Nikoloff (Wreak) 79:51; 4 R Bettsworth (Wreak) 79:59. **M50:** 1 S Davies (Mans) 81:33; 2 H Andersen (Cov) 82:25. **M65:** 1 C Talbot (Mid M) 97:48  
**Women**  
1 K Wright (Strat, W45) 83:29; 2 C Heaton (Holme P, W45) 89:49  
**W45:** 3 H Byrne (Holme P) 92:28. **W55:** Y Parker (RRC) 97:56. **W60:** L Griffin (Birst) 96:14



# Brothers in arms as Gillespie inspires Shettleston win

## APRIL 3 SCOTTISH RELAY CHAMPIONSHIPS Livingston

SHETTLESTON HARRIERS (men) and Kilbarchan (women) both made it three wins in a row with dominant front-running displays, Dennis Shepherd reports.

Michael Gillespie put the Glasgow team into a four-second lead on the first of six stages, clocking the fastest short leg time of the day, before Teweldeberhan Mengisteab pulled well clear with the third-fastest long-leg time. Shettleston's other two long-stage runners, Paul Sorrie and Michael's brother Matthew, clocked the fastest and second-fastest time respectively, while alternating with short-leg runners Allan Adams and Michael Deason, and this resulted in Gillespie bringing the baton home more than two and a half minutes clear of his previous club Central, who were without their former cross-country champion Alistair Hay.

Sorrie's achievement confirmed the form he has been in of late, improving his personal bests for all distances from 5km to half-marathon.

Central eventually more than five minutes clear of bronze medallists Ronhill Cambuslang, with Edinburgh dropping back to sixth after Andrew Crichton's opening leg had brought them in just behind the leader.

British under-23 international Elspeth Curran produced the fastest women's short leg time for Kilbarchan as she finished the first leg eight seconds clear of Central's Emma Raven, handing over to Christina Rankin, who likewise produced the fastest long-leg time of the race to put the issue beyond doubt by halfway. Natalie Sharp and experienced marathon international Hayley

Haining, who has recently returned to racing after giving birth, kept the champions 1:35 ahead of Edinburgh, who had overtaken Central on stage two courtesy of senior and veteran indoor 3000m champion Susan Ridley. Anchor runner Jennifer MacLean ran the second-fastest long stage to pull clear of Central, who finished an isolated third.

### Men (3x5km approx, 3x10km approx)

1 Shettleston H 2:16:34 (Michael Gillespie 15:35, T Mengisteab 29:40, A Adams 16:11, P Sorrie 29:35, M Deason 15:56, Matthew Gillespie 29:37); 2 Central 2:19:09 (A Butchart 15:45, J Newsom 30:57, A Hendry 16:06, R Russell 30:16, L Millar 15:57, R Houston 30:08); 3 Ronhill Cambuslang H 2:24:29 (J Reid 16:26, R Gilroy 30:19, J Kealey 17:29, C Wilson 30:41, D Munro 17:07, I MacCorquodale 32:27); 4 Corstorphine 2:25:22 (S Pilkington 17:56, D Cummins 31:06, S O'Brien 16:55, K Hood 30:50, M Breen 16:46, B Clark 31:49); 5 Kilbarchan 2:27:05 (S MacAulay 16:08, P Arcari 31:35, J McMillan 18:01, C Devenney 30:44, T McDonald 17:52, G Rankin 32:45); 6 Edinburgh 2:29:52 (A Crichton 15:39, C McGill 31:41, A Priestley 17:46, M Ferguson 34:31, J Mittra 18:04, O Bristow 32:11); 7 Ronhill Cambuslang H B (M40) 2:33:04 (C Feechan 19:08, G Hastie 33:33, M O'Hagan 18:05, KL Wilson 30:59, N Wilkinson 16:47, A Ramage 34:32); 8 Bellahouston RR 2:36:14 (G Scullion 18:00, C Ross 34:31, G MacDonald 18:29, M Johnston 33:05, B O'Donnell 19:12, R Whittington 32:57); 9 Victoria Park Glasgow 2:36:54 (A Ramsay 16:21, M Ralston 33:59, D Gibb 17:00, K Mitchell 35:44, D Thomson 20:22, M Hayes 33:28); 10 FiFe AC (M40) 2:37:17 (B Cruickshank 18:06, A Davis 33:50, B Aitken 19:19, J Tomlinson ss34:08,

T Martin 19:01, C Russell 32:53); 11 Lasswade 2:37:23; 12 Hunters Bog Trotters 2:37:25; 13 Lothian RC 2:39:40; 14 Clydesdale H 2:39:42; 15 Shettleson H C (M40) 2:40:03; 16 Falkirk Victoria H 2:40:08; 17 Carnegie H B (M40) 2:40:15; 18 Motherwell 2:40:24; 19 Irvine (M40) 2:40:35; 20 Metro Aberdeen RC 2:40:55; 21 Carnegie H 2:42:06; 22 Kilmarnock H 2:43:03; 23 Gala H 2:43:16; 24 Calderglen H (M40) 2:43:40; 25 Corstorphine B 2:45:05

**Fastest: short leg:** 1 Michael Gillespie 15:35; 2 Crichton 15:39; 3 Butchart 15:45; 4 M Haskett (A'deen) 15:47; 5 Deason 15:56; 6 Millar 15:57

**M40:** 1 Wilkinson 16:47; 2 O'Hagan 18:05; 3 Cruickshank 18:06

**Long leg:** 1 Sorrie 29:35; 2 Matthew Gillespie 29:37; 3 Mengisteab 29:40; 4 Houston 30:08; 5 Russell 30:16; 6 Strain 30:17

**M40:** 1 D Millar (Irv) 30:29; 2 Wilson 30:59; 3 A Allardyce (Irv) 32:24

### Women (2x5km approx, 2x10km approx)

1 Kilbarchan 1:45:13 (E Curran 17:32, C Rankin 34:04, N Sharp 18:23, H Haining 35:14); 2 Edinburgh 1:46:48 (S Hood 18:15, S Ridley 35:57, L Dunn 18:11, J MacLean 34:25); 3 Central 1:49:59 (E Raven 17:40, J Emsley 36:43, C Buchanan 19:22, L Morrison 36:14); 4 Hunters Bog Trotters 1:53:14 (C Gordon 19:57, E McKeachie 37:10, M McCracken 19:47, M Wright 36:20); 5 FiFe 1:54:31 (J Kibble 20:28, M Crawford 35:58, A McGill 20:10, A McKimmie 37:55); 6 Lothian RC 1:55:31 (M Inglis 19:32, E Mooney 35:36, J Moar 20:24, L Murray 39:59); 7 Edinburgh B 1:58:55; 8 Corstorphine 2:03:18; 9 Bellahouston H 2:04:37; 10 Shettleston H 2:04:56; 11 Helensburgh (W35) 2:05:02; 12 Kirkintilloch Olympians (W35) 2:06:12; 13 Carnegie H (W35) 2:06:44;



Matthew Gillespie brings Shettleston home clear by two minutes

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14 Falkirk Victoria H 2:07:07; 15 Motherwell 2:07:10

**Fastest: short leg:** 1 Curran 17:32; 2 Raven 17:40; 3 Dunn 18:11; 4 Hood 18:15; 5 Sharp 18:23; 6 L MacNeill (Shett) 18:24

**W35:** 1 K Husband (Gars) 19:22; 2 G Murdoch (C'gie) 21:00; 3 M Dye

(Helen) 21:28

**Long leg:** 1 Rankin 34:04; 2 MacLean 34:25; 3 Haining 35:14; 4 Mooney 35:36; 5 Ridley 35:57; 6 Crawford 35:58

**W35:** 1 A Winship (Gars) 38:44; 2 F Thompson (C'gie) 39:24; 3 M Hetherington (Helen) 39:34

## DERBYSHIRE BUILDING SOCIETY 10km

### Derby

#### Overall

1 A Pilcher (Der) 30:36; 2 D Westbury (Der) 31:15; 3 A Hickey (S'end) 31:35; 4 J Wildrienne (Der) 33:26; 5 J Rainsford (Hean, U20) 33:34; 6 T Phillips (Der) 33:46; 7 T Lawrence (Der) 33:49; 8 A Bostock (Notts) 34:16; 9 S Ashmore (Hean) 34:38

**M40:** D Nunn (Shelt) 35:30. **M45:** D Masser (Hinck) 35:44. **M50:** R Fox (Long E) 36:17

#### Women

1 S Harris (Long E, W35) 35:45; 2 L Johnson (Charn) 37:47; 3 C Howard (Mat, W40) 38:19; 4 H Burrell (Red, W45) 38:30; 5 R Olivand (Der) 39:31; 6 T Greenway (Der, W45) 39:52; 7 S Sutcliffe (W35) 40:01; 8 J Jefferies (Win, W35) 40:07; 9 K Walsha (W35) 40:15

**W45:** 3 J Burke (Hean) 41:46

## BRILL HILLY 10km

### Brill

#### Overall

1 C May (VoA) 35:25; 2 R Gould (Alch) 36:31; 3 K McMillan (Nene V) 37:29

#### Women

1 V Curtis-Smith (Bear J) 44:16; 2 E Curtis-Smith (Bear J) 44:49; 3 S Keay 45:35

**W45:** E Keys (Handy C) 46:12. **W50:** 1 P Mburu (Comp) 49:00;

## CITY OF LINCOLN 10km

### Lincoln

#### Overall

1 B Raeside (Notts) 30:16; 2 M Bowser (Linc W) 30:24; 3 P Miles (OWLS) 31:12; 4 N Addison (SB) 31:54; 5 S Robinson (Bed C) 32:24; 6 A Russell (Kend) 32:30; 7 P Butcher (S'well, M45) 32:44; 8 R Brown (Louth) 32:51; 9 S Robinson (Linc W, U20) 32:55; 10 I Bailey (E Ant) 32:58; 11 J Stone (Linc W) 32:58; 12 J Pike (NEB) 33:01; 13 D Hallam (OWLS, U20) 33:02; 14 J Herbert (Werr J, M40) 33:03; 15 L Ball (Linc W, M40) 33:06; 16 P Bangani (Scun) 34:11; 17 P Williams (Roch) 34:17; 18 J Folland (Barr R) 34:17; 19 K Axon (Welb) 34:21; 20 R Bateson (Linc W) 34:23; 21 D Tanner 34:24; 22 M Nutt (Scun) 34:25; 23 M Nowell (Brad A) 34:25; 24 C Merrylees (N Norf) 34:28; 25 P Tallents (Ret, M40) 34:32; 26 J Leskiewicz (Bev) 34:32; 27 O Saville (Lut) 34:35; 28 W Kerr (Sultare S) 34:37; 29 S Campbell (Linc W, U20) 34:39; 30 R Holland (WG&EL, M50) 34:46; 31 M Williams (Notts, U17) 34:47; 32 D Sedgwick (Donc) 34:55; 33 D Middleton 34:58

**M40:** 4 J Mancor (Ben, V40) 35:16. **M50:** 2 P Duncan (Linc W) 36:12; 3 K (Linc W) 37:02; 4 D Gourlay 37:12

#### Women

1 J Blizard (Roth) 35:12; 2 J Maddick (Kuh) 35:15; 3 J Pereira (M&M) 35:24; 4 R Gibbs (Bed C) 36:13; 5 N de la Salle (Notts) 36:22; 6 N Clay (Stiit) 36:37; 7

N Nealon (Hunc, W40) 37:27; 18 K Addy (Saxm, U20) 37:53; 9 C McCracken (VPCG) 38:05; 10 B Wilson (Clee, W40) 38:22; 11 J Baldwin (TRA, W40) 38:31; 13 L Mancor (Benf) 38:37; 14 E Storey (CoH, W40) 38:50; 15 R Jones (NVH) 39:19; 16 J Stones (Mab, W40) 39:41; 17 L Gray (R'well) 39:50

**W40:** 5 J Hindley (Roth) 41:45. **W45:** M Bailey (CoH) 41:21. **W50:** S Ardron (Linc W) 44:20. **W60:** P Fenelon 47:46

## DOUGIE MAC 5km

### Barlaston

#### Men

1 M Harding (Stoke, U20) 16:26; 2 M Needl (Stone MM, M40) 16:39; 3 S Wilson 16:58

#### Women

1 D Johnson (Bir, U20) 18:26; 2 R Watchorn-Rice (Chead, W40) 18:43; 3 L Hancock 19:52

## HORNSEA THIRD MARATHON

### Great Hatfield

#### Overall (8.74M)

1 M Burrett (Leeds C) 46:07; 2 S Bateson (E Hull) 46:52; 3 G Clarkson (KuH) 47:01; 4 J Pearson (Bev) 48:21; 5 C Ryde (Donc) 50:09; 6 N Hellewell (Brid) 50:15; 7 P Baker (CoH) 50:38; 8 R Lilley (E Hull, M40) 50:45; 9 J Lowe (Mans, M45) 51:57; 10 M Dalton (Bev, M45) 52:25

**M50:** M Jackson (East Hull) 57:13

**M60:** P Dewberry (Hull Spr) 63:17

## Women

1 A Bullingham 59:33; 2 C Oakshott (City Of Hull, W45) 59:57; 3 A Dean (W Hull, W50) 60:15

**W55:** 1 J Morley (Wold) 62:41; 2 J Chambers (Hallam) 64:56. **W60:** J Allison (Brid) 67:50

## LANCASTER THREE BRIDGES 10km

### Lancaster

#### Overall

1 J Reed (Alt) 33:03; 2 S Littwed (Wesh) 33:04; 3 R Maddams (Kesw) 33:37; 4 M Croasdale (L&M, M45) 34:00; 5 S Hebblethwaite (Kesw) 34:22; 6 E Simpson (Dallam, M40) 34:53

**M50:** 1 P Quine (Liv H) 35:13. **M55:** 1 B Walters (BA) 38:20. **M60:** 1 E Cook (B'burn) 39:04

#### Women

1 K Bridge (Eden) 41:11; 2 J Taylor (Kend) 41:17

## ST CLARE HOSPICE 10km

### Hastingwood

#### Overall

1 M Newton (Spring S) 33:28; 2 S Prosser (Bish S) 34:11; 3 J Chettle (Camb H) 34:22; 4 G Davies (unatt) 34:27; 5 H Decker (unatt, W) 34:35; 6 A Mynott (Saff) 34:55

#### Women

1 H Decker (unatt) 34:35; 2 P Keen (Camb U) 38:34; 3 C Thurgood (Orion) 39:28

**W35:** 1 F Halls (Saff) 40:53

## TAUNTON HALF-MARATHON

### Taunton

#### Overall

1 M Jenkin (Bide) 70:20; 2 L Scott (Taun) 71:05; 3 D Alsop (StARR) 73:36; 4 R Shelley (Plmys, M40) 73:52; 5 C Sabine (Ply H, M40) 74:24; 6 N Hides (Cleve, M45) 76:20

**M45:** 2 P Gregg (Tamar) 78:29; 3 C Richards (Cleve) 78:59;

4 K Roberts 79:39. **M60:** 1 C Harwood (Wells) 86:25; 2 P Wilsmore (Taun) 89:54

#### Women

1 J Meek (Tav) 82:13; 2 A Luke (Tamar, W50) 82:44; 3 H Dyke (Poole R, W35) 83:17; 4 C Hewitt (Tiv, W45) 85:10; 5 J Moore (Yeov T, W45) 86:31; 6 W Urban (Torb, W45) 86:36

**W45:** 4 C Fewings (Torb) 93:29. **W55:** J Watson (Falm) 1:41:06

## TAUNTON MARATHON

### Taunton

#### Overall

1 D Tomlin (Teign, V35) 2:44:45; 2 C Paton (AFD) 2:47:18; 3 M Kingston-Lee (Kenil) 2:50:29; 4 M Pearce (Taun, M45) 2:54:14; 5 A Trigg (Erme, M45) 2:54:21; 6 B Genge (Chard, M45) 2:56:20;

#### Women

1 D Roy (E Corn, W45) 3:11:11; 2 C Mercer (Weston, W35) 3:22:31; 3 A Heather-Hayes (Newq RR, W35) 3:23:59



## ROAD

### APRIL 3

#### WAKEFIELD HOSPICE CITY 10km Wakefield

BOTH Mark Warmby and Helen Singleton defended their titles.

First to make a break was Warmby, and within half a mile he quickly opened up a 30-metre gap on the field, led by Dave Archer.

Warmby kept a comfortable lead throughout, despite not feeling on form, to take the win in 30:57, with Archer 40 seconds adrift at the finish. Shaun Dimelow held on for third and first vet.

Wakefield Harrier Singleton also opened up a sizeable gap on her nearest challengers early on in the women's race, a lead that never looked in jeopardy and she came home in 35:19, more than a minute quicker than her winning time 12 months ago. Sarah Bostwick made it a Wakefield one-two, with Liz Wood rounding out the podium.

#### Overall

1 M Warmby (NEB) 30:57; 2 D Archer (Hallam) 31:35; 3 S Dimelow (Dark Pk, M40) 32:59; 4 R De' Giovanni (Vall) 33:32; 5 M John (Abbey R) 33:49; 6 A May (Vall) 34:13; 7 S Newton (Ackworth RR) 34:26; 8 K Ogdan (Spen) 34:42; 9 P Livermore (Abbey R) 34:46; 10 D Palmer (Steel, M40) 34:47; 11 M O'Connor (Wake, U17) 34:58

**M40:** 3 R Balshaw (Bing) 35:22; **M45:** 1 A Bradford (Spen) 35:26; 2 D Kennedy (Long) 35:27; 3 D Clark (Abbey R) 35:59; **M50:** 1 J Watson 35:30; 2 P Hallas (Wake) 35:37

#### Women

1 H Singleton (Wake) 35:19; 2 S Bostwick (Wake, W) 38:54; 3 L Wood (Vall, W35) 40:20

**W55:** S Poyser 45:22

#### ALEXANDER PARK 5km Manchester

#### Overall

1 D Proctor (Roch) 14:45; 2 P Mannion (Ast&T, M40) 16:52; 3 S Skrimshire (Man Tri) 17:22;

**M55:** 1 D Gee (Manc H) 17:55; 2 G

Webster (Lyth) 18:47; **M60:** 1 A Melling (Ast&T) 19:2; 2 J Ward (Bolt) 19:44; **M70:** S Sacks (Salf) 22:00; **M80:** A Walsham (Salf) 35:07

#### Women

1 M Koth (Lyth) 20:24; 2 J Wall (Man Tri) 21:05

#### MINCHINHAMPTON 10km Minchinhampton

#### Overall

1 A Granger (B&W, W35, W) 37:30; 2 D Gresswell (Glouc, M40) 37:48; 3 R Dixon (K&D, M40) 38:58

#### Women

1 A Granger (B&W) 37:30; 2 G Collings (Chipp) 43:19

#### LEICESTER'S BIG 10km Leicester

#### Overall

1 A Valentine (Bolt) 32:29; 2 N Williams 32:57; 3 R Simkiss (Kenil) 33:22; 4 A McNeill (M45) 34:52

#### Women

1 S Johnson (Trent) 35:47; 2 H Mounteney (Barr R) 40:34; 3 G Wilson (U20W) 41:00

#### RUN ARMAGH 10km Armagh

#### Overall

1 E White (M40) 33:31; 2 S Roddy 37:57; 3 C Hughes 39:50

#### Women

1 D Evans (W40) 40:54; 2 R Little 42:41

### APRIL 2

#### BELHAVEN BEST DUNBAR BOUNDARY 10km Halhill

#### Overall

1 B MacKie (Edin) 34:25; 2 P Middleton (Shrews) 35:00; 3 K Chapman (Sco Vets, M40) 35:20

#### Women

1 S Lisle (Dunb) 42:42; 2 S Johnston (P'bello) 42:59

#### SEVERN GROCERY 4 Gloucester

#### Men

1 K Hale (Sev, U17) 21:15; 2 S Dalglish

(West) 21:23; 3 J Rose (Sev) 21:49; 4 M Atkins (Stroud) 22:20

**M45:** R Webster (Oxf) 23:20; **M50:** N Halliday (Stroud) 24:26; **M55:** A Norman (Sev) 24:42; **M60:** 1 D Parsons (Ox) 24:02; 2 D Lightstone (Sev) 26:45;

**M65:** D Spackman (Glos) 28:16

**TEAM:** Severn 45; 2 Stroud 112

#### Women

1 C Griffiths (Stroud) 28:01; 2 C Cotterill (W40) 29:04

#### CHESTERFIELD NO WALK IN THE PARK 5km Chesterfield

#### Overall (5km)

1 D Riach (N Der, M45) 17:05; 2 T Clayton (N Der, M45) 17:45

#### Women

1 L Radbourne (Charn) 19:39; 2 M Willcocks (SinA) 21:54

#### MILES FOR MISSING PEOPLE 10km London

#### Overall

1 P Faulkner (Hallam, M40) 34:44; 2 J Creggan (Gate) 35:15; 3 T Tuohy (Dulw, M45) 35:25

#### Women

1 T Hill (High) 38:57; 2 A Haukoy (unatt, W35) 40:38

#### ROTHER VALLEY 10km Sheffield

#### Overall

1 S Bayton (Sheff U, U20) 32:27; 2 A Challenger (Hallam) 33:23; 3 R Harris (Bing) 33:43; 4 C Thackery (Hallam, M45) 34:24; 5 T Carter (Leic C) 34:36; 6 S Chambers (Sheff RC, U20) 34:42; 7 B Beattie (Steel) 34:48

**M50:** 1 D Darby (Barns) 36:50

#### Women

1 A Lupton (Radc) 37:13; 2 C Thackery (Hallam, U20) 37:41; 3 R Proctor (Hallam) 37:53

**W45:** 1 S Ilsley (Belp) 42:34; **W50:** 1 C Wheelhouse (Donc) 41:53

#### OMAGH HALF-MARATHON Omagh

LOCAL runner Stevie Duncan caused an upset and a record-breaking run.

The Omagh club runner beat the holder, Sergiu Ciobanu, by just under a minute in a tremendous race. The pair soon took the lead, though Joe McAlister, Paddy Brennan and Davide Figueiredo were in close attendance at the first mile, which was completed in five minutes.

After six miles Duncan was just ahead of Ciobanu with the chasing pack, led by McAlister, around 200m behind.

The first two continued to increase their lead with Duncan setting a record time to win by 53 seconds from Ciobanu, with McAlister, Brennan and Figueiredo filling the next three places.

The women's race also produced some fireworks with Beijing Olympian Pauline Curley making the break from the nine-mile mark to shake off Breige Connolly, who had led over the opening six miles. Curley won by 32 seconds from Connolly with Julie Balmer finishing a good run in third place.

#### Men

1 S Duncan (Omagh) 66:33; 2 S Ciobanu (Clon) 67:26; 3 J McAlister (St Mal) 69:03; 4 P Brennan (IRL) 69:35; 5 D Figueiredo (Luso) 69:52; 6 P Buckley (Ferb, V35) 70:43; 7 L Cronin (C'liffe) 72:11; 8 D Pimentel (Sper, M40) 73:18; 9 S McGroary (Cambus, M40) 73:21; 10 P Ward (IRL, M40) 74:18; 11 M Fitzpatrick (NBH, M40) 74:46

**M45:** G Keenan (Orangegrove) 78:24; 2 N Glenn (Larne) 79:09; **M50:** D Kerr



Mark Warmby closes in on victory at Wakefield

(Armagh) 76:03; 2 N Grier (A'ville) 78:32

**M55:** J Breen (Springw) 84:06; **M60:** T Eakin (N Down) 85:04; **M65:** S Hogg 97:57

#### Women

1 P Curley (IRL, W40) 78:37; 2 B Connolly (NBH) 79:18; 3 J Balmer (N Down) 84:09; 4 L Sturgeon (NBH) 86:01; 5 D Evans (IRL, W40) 86:10

**W65:** B Quinn (Ballym R) 1:53:36

### APRIL 1

#### METRO PROMS 3km SERIES Aberdeen

#### Overall (3km)

1 B Hukins (A'deen) 9:09; 2 R Creswell (M40) 10:02; 3 M Kilbride (A'deen U) 10:18

#### Women

1 C Milne (W45) 11:23; 2 A Matthews (Metro) 11:24; 3 L Parkinson (Metro) 11:30

### MARCH 31

#### RAVENS QUARTERLY 5km RACE Wapping

#### Overall

1 C Beecham (High, M40) 16:49; 2 M Bridgeland (Chelm, M50) 16:50; 3 A Squire (B'cay) 16:59

**Women:** E Bargate 23:37

#### KING'S BUILDING MONTHLY HANDICAP Edinburgh University

#### Overall (4M)

1 O Chepelin (Shett) 23:02; 2 J Jarvis (HBT, M40) 24:03; 3 T Barr (Edin) 24:07

**M55:** B Kirkwood (Lass) 24:58

#### Women

1 H Spenceley (C'thy, W40) 29:57; 2 D MacDonald (HBT, W50) 32:03

**Handicap:** A Cross

### MARCH 30

#### DUMBARTON SPRING SERIES 4km Dumbarton

#### Overall (all Dumb)

1 C Prior (U20) 13:42; 2 N Prior (M45) 13:48; 3 B Pitt 14:45

#### Women

1 C Kelly 15:50; 2 L McNicol 16:17; 3 Y Boyle (W40) 16:55

#### QUEEN'S ROUND THE RIVER 5km Belfast

#### Men

1 C Bradley (Derry) 14:46; 2 P Hamilton (Anna) 14:50; 3 J McAlister (St Mal) 14:52; 4 N Robinson (N Down, U20) 14:55; 5 J O'Hare (Anna, U20) 15:00; 6 P Pollock (Abbey) 15:02; 7 E McGinley (Anna) 15:30; 12 R McDermott (Drom, U20) 15:31; 13 D Mooney (IRL) 15:41; 14 A O'Hara (NBH) 15:43; 15 J Frazer (St Mal) 15:46; 16 S Taylor (Abbey) 15:47; 17 P Linden (Willow, U20) 15:50; 18 P Monaghan (Lag V, U17) 15:51; 19 B Teer (E Down) 15:51; 20 A McGowan (St Mal) 15:53; 21 S Rooney (St Mal, U20) 15:53; 22 M Wright (Anna, M40) 15:55; 23 J Budde (N Down) 15:56; 24 B Branagh (St Mal, U17) 15:56; 25 J Patton (IRL, M40) 16:01; 26 P Carroll (Anna, M40) 16:02

**M45:** 1 M Wray (B&A) 16:17; 2 B McKee (Drom) 16:21; **M55:** 1 M Shields (NBH) 17:39; 2 N Newberry (NBH) 17:57; 3 P Elliott 18:32

**Women**  
1 K Harty (WSEH) 16:36; 2 J Turley (Drom) 16:50; 3 T McGloin (IRL) 17:46; 4 J Craig (N Down) 18:12; 5 R Campbell (Lag V) 18:33; 6 P O'Hagan (Stpl) 18:39; 7 H Lavery (Beech, U20) 18:51; 8 E Sharkey (Lag V, U20) 18:53; 9 R Little (Lisb) 18:56; 10 W Davis (Lag V) 18:59

**W40:** 1 R Harkens (Lag V) 19:04; 2 S O'Kane (Bel R&F) 19:46; **W50:** 1 R Magill (Lag V) 20:10; 2 F McCourt (Lag V) 20:25; 3 G Douglas 21:01

#### VERA HIRST 5km Littleborough

#### Overall

1 D Bradford (Manc U) 15:56; 2 I McBride (Royt) 16:16; 3 G Turner (Traff) 16:27



Helen Singleton defends her Wakefield City 10km title





**M40:** 1 M Faltley (M'ton) 16:32. **M55:** 1 S Williams (N Vets) 18:02; 2 L Best (Stock H) 18:31  
**Women**  
 1 K Good (Manc U) 18:40; 2 S Samme (Lyth, W45) 18:43  
**W55:** 1 K Williams (N Vets) 22:32. **W60:** 1 G Cumber (Hal) 19:27. **W65:** 1 J Atkins (Chor) 25:46

### CHICHESTER CORPORATE CHALLENGE (4500M)

**Chichester**  
 EMILY ALDEN notched up her second victory of the series but, having missed the opening fixture, had to cede the overall award, Martin Duff reports.

In the men's section, 19-year-old Harry Carter relegated James Baker to the runner-up position for the third race in a row after a 13:26 split.

**Overall (4.5km)**  
 1 H Carter (Cliff) 13:26; 2 J Baker (Chich) 13:44; 3 C Dixon (DSTL) 14:05; 4 M Burchett (Worth) 14:09; 5 D Bailey (CWTC) 14:28; 6 R Ward (Oddbins) 14:35; 7 C Scott (Oddbins) 14:39; 8 C Spinks (Havant) 14:41; 9 A Roddis (Chich, M40) 14:43; 10 Z Grice (Cliff) 14:48; 11 J Garland (Chich, M40) 14:50; 12 S Gill (Hurren) 14:56; 13 C Jack (Chich, M40) 15:10; 14 P Froud (unatt, M40) 15:12; 15 E Porter (T Saus) 15:12; 16 J Gavin (CWTC) 15:13; 17 J Morey (Worth) 15:17; 18 M Stockely (Chich U) 15:19; 19 S Daly (Oddbins) 15:20  
**M55:** 1 R Ball (Oddbins) 16:42. **M60:** 1 J Clow (IBM) 18:40

**SPORTS & COLLEGE TEAM (4 to score):** 1 Oddbins 60:56; 2 Chichester R Vets 61:52; 3 Worthing 62:30  
**CORPORATE TEAM (4 to score):** 1 Hurren Landscapes 63:03; 2 DSTL Naval Systems Portsdown 67:02; 3 Cawley Crawlers 68:16  
**Final Standings:** 1 Carter; 2 Baker  
**SPORTS & COLLEGE TEAM (4 to score):** 1 Oddbins; 2 Worthing  
**CORPORATE TEAM (4 to score):** 1 DSTL Naval Systems Portsdown; 2 Hurren Landscapes  
**Women**  
 1 E Alden (Chich C) 15:24; 2 B Saville (Worth, U20) 16:14; 3 C Thorne 16:27; 4 K Bird (Regis, U20) 16:44; 5 P Sunderland (Worth) 16:50; 6 J Harrop (Chich, W50) 16:58; 7 R Gifford (Worth, U20) 17:12; 8 A Wallace (Worth, U20) 17:18; 9 F Cripps (Jog-on) 17:22  
**W55:** 1 C Hall (Ports J) 19:20. **U15W:** 1 G Lavery (Havant) 17:38

**SPORTS & COLLEGE TEAM (3 to score):** 1 Chichester C 52:34; 2 Victory 60:49; 3 Fishbourne 71:16  
**CORPORATE TEAM (3 to score):** 1 Chichester CM 57:25; 2 Midbourne 59:30; 2 DSTL Naval Systems 61:18  
**Final standings:** Saville  
**SPORTS & COLLEGE TEAM (3 to score):** 1 Chichester Casuals; 2 Victory Vixens  
**CORPORATE TEAM (3 to score):** 1 Chichester CM; 2 DSTL Naval Systems

### CHICHESTER CORPORATE SCHOOLS RACES

**West Sussex**  
**Boys Year 9&10 (2.8km)**  
 1 J McKenzie (Felpham) 8:34; 2 T Hindmarsh (Chich HS) 9:27; 3 W Jagger (B Luffa) 9:30; 4 G Dempster (B Luffa) 9:35; 5 D Eeles (M'hurst) 9:38; 6 J Donnett (Chich HS) 9:41; 7 B Sunderland (Angmering) 9:42; 8 T Ackerman (P Howard) 9:46; 9 J Woolnough (Chich HS) 9:49; 10 H Matthews-Smith (Chich HS) 10:00  
**Year 9 TEAM:** Chichester High School 28:57; 2 B Luffa 330:34  
**Final Standings:**

**Year 10:** 1 McKenzie; 2 Jagger; 3 Sunderland  
**TEAM:** B Luffa  
**Year 9:** 1 Leleu; 2 Hindmarsh; 3 Dempster  
**TEAM:** 1 Chichester HS 57:54; 2 B Luffa 61:58  
**Boys Year 7 & 8 (2.1km)**  
 1 E Gerwat (B Luffa) 7:02; 2 H Lyne (Felpham) 7:06; 3 C Keates (Felpham) 7:13; 4 Z Hurst (B Luffa) 7:21; 5 T Ellis (B Luffa) 7:24; 6 J Pillans (Petersfield) 7:31; 7 J Amos (B Luffa) 7:32; 8 W Flock (Durrington) 7:35; 9 J Graham (B Luffa) 7:43; 10 L Garnham (B Luffa) 7:46  
**Year 8 TEAM:** 1 Bishop Luffa 22:23; 2 Felpham CC 22:56; 3 Petersfield 23:18  
**Year 7 TEAM:** 1 B Luffa 23:18; 2 B Luffa B 24:27; 3 Chich HS 24:57  
**Final Standings**  
**Year 8:** 1 Gerwat; 2 Lyne; 3 Keats  
**TEAM:** 1 B Luffa 44:10; 2 Felpham CC 45:32; 3 Petersfield 47:23  
**Year 7:** 1 Hurst; 2 Ellis; 3 Poole  
**TEAM:** 1 B Luffa 45:49; 2 Chichester HS 49:06; 3 B Luffa B 49:30  
**Boys Year 5 & 6 (1.6km)**  
 1 B Collins (E Witt) 4:43; 2 W Broom (Centr) 4:49; 3 D Junco-Richie (St Richard's) 4:52; 4 M Davies (P&K) 4:53; 5 B Keates (S Bersted) 4:53; 6 E Eade (The March) 5:01; 7 W Jameson (Fishbourne) 5:02; 8 J Lord (P&K) 5:03; 9 O Turner (Prebendal) 5:11; 10 F Gamblin (B Tufnell) 5:11  
**TEAM:** 1 Plaistow & Kirdford 15:09; 2 Central 15:16; 3 The March 15:29  
**Final Standings**  
**Primary:** 1 Broom; 2 Collis; 3 J Eels (M'hurst)  
**TEAM:** 1 Central 30:33; 2 Plaistow & Kirdford 30:34; 3 The March 31:14  
**Girls Year 7-10 (2.1km)**  
 1 L Harris (Davison, U17) 7:05; 2 G Warner (Chich HS, U17) 7:07; 3 I Spoor (Durrington, U17) 7:32; 4 H Croad (Manhoo, U15) 7:34; 5 C Reading (Chich HS, U15) 7:35; 6 R Ellis (Chich HS, U15) 7:36; 7 T Bage (Seaf C, U15) 7:38; 8 E Grice (Cams Hill, U17) 7:42; 9 E Williams (Davison, U17) 7:42; 10 E Maynard (B Luffa, U17) 7:46  
**Year 9 TEAM:** 1 B Luffa 24:05; 2 Chichester HS 25:33; 3 B Luffa B 27:39  
**Year 8 TEAM:** 1 Chichester High 23:35; 2 Seaford C 25:40; 3 B Luffa 27:04  
**Year 7 TEAM:** 1 B Luffa 25:05; 2 Chichester H 26:12; 3 B Luffa B 27:29  
**Final standings**  
**Year 10:** 1 Warner; 2 Edwards; 3 Ewers  
**TEAM:** 1 Luffa 56:53  
**Year 9:** 1 Spoor; 2 Croad; 3 Maynard  
**TEAM:** 1 B Luffa 48:38; 2 Chichester HS 50:49; 3 Manhoo 54:01  
**Year 8:** 1 Reading; 2 Ellis; 3 Grice  
**TEAM:** 1 Chichester HS 47:09; 2 Seaford C 50:47; 3 B Luffa 53:44  
**Year 7:** 1 Olding; 2 Bateman; 3 Gardham  
**TEAM:** 1 B Luffa 50:43; 2 Chichester HS 52:14; 3 B Luffa B 54:49  
**Girls Year 5 & 6 (1.6km)**  
 1 M Grace (Uplands) 4:55; 2 E Morley (W Dean) 5:10; 3 M Smith (Barnham) 5:14; 4 B Lewis (St Mary's) 5:15; 5 Z Jillians (P&K) 5:27; 6 E Heathorn (Sidesham) 5:29; 7 A Hains (Centr) 5:30; 8 M Beard (The March) 5:31; 9 E Guiry (The March) 5:36; 10 S Rogers (Kingsham) 5:36  
**TEAM:** 1 Central 16:55; 2 Kingsham 17:02; 3 The March 17:04  
**Final standings:** 1 Grice; 2 Morley; 3 Lewis  
**TEAM:** 1 Central 33:48; 2 The March 34:35; 3 Plaistow & Kirdford 34:48

**CSSA 10km Batterssee Park Men**  
 1 J Bradley (CS) 32:16; 2 G Pennington

(CS, M40) 32:42; 3 N Gould (CS) 32:55; 4 M Cummings (CS) 33:03; 5 S Hallas (CS, M35) 33:56; 6 A Norton (CS) 34:24; 7 S Marklew (CS, M45) 34:30; 8 D Speck (Defra) 34:32; 9 J Darling (CS) 34:38  
**M50:** 1 D Randall (CS) 36:15; 2 M Gregory (Defra) 36:37; 3 P Wheddon (CS) 37:26. **M55:** 1 J Carnell (CS) 37:12; 2 P Keen (CS) 38:49; 3 T McIntyre (CS) 38:58. **M60:** 1 P Johnson (CS) 39:02  
**Women**  
 1 R Elkins (CS) 39:16; 2 K Beecher (CS) 40:20  
**W40:** 1 S Harvey (CS) 41:45. **W45:** 1 M Dempsey (CS) 42:39. **W50:** 1 J Palmer (CS) 40:53; 2 C Horne (CS) 43:06. **W55:** 1 M Statham (CS) 46:40. **W60:** 1 S Carris (CS) 43:26

**KILMARNOCK WINTER SERIES 3km Kilmarnock Overall (3km)**  
 1 I Connell (Kil'k) 9:30; 2 K Haining (Kil'k, M40) 9:55; 3 R Connolly (Kil'k) 10:02  
**Women**  
 1 K Tait (Kil'k) 10:48; 2 P Wilson (Kil'k, W40) 12:12

**SOUTH YORKSHIRE ROAD LEAGUE Oxspring nr Sheffield Overall (5M)**  
 1 J Lings (Sheff RC) 26:24; 2 S Dimelow (Barns H, M40) 26:26; 3 R Harris (Roth V) 27:09  
**M40:** 2 D Newbould (Hallam) 27:18. **M45:** 1 S Wright (Donc) 27:42; 2 P Robers (Malt) 28:35. **M50:** 1 J Cox (Hallam) 29:03; 2 D Darby (Barns) 29:31; 3 P Mirrlees (Roth) 29:50. **M55:** 1 M Page (Donc) 30:10. **M60:** 1 R Bory (Vall Hill) 32:52. **M65:** 1 P Rowland (Donc) 32:15  
**TEAM:** 1 Doncaster 117:17; 2 Kimberworth Striders 117:51; 3 Barnsley H 117:58  
**VETS TEAM:** 1 Barnsley H 118:33; 2 Rotherham H 118:54; 3 Doncaster 120:33  
**Women**  
 1 J Buckley (P'stone, W50) 30:55; 2 S Johnson (Womb) 31:34; 3 J Allen (Roth) 31:38; 4 C Spencer (K'worth) 31:39; 5 S Burns (Roth) 31:52  
**W40:** 1 L Walton (Barns H) 33:55. **W55:** 1 C Beattie (Steel) 38:00. **W60:** 1 Y Twelvetree (T'ley) 39:36  
**TEAM:** 1 Rotherham H 95:40; 2 Barnsley H 99:21; 3 Totley 101:20

**MARCH 29 PHYSICAL SHIELD RELAY Loughton Mixed (4x3000)**  
 1 Eton Manor 40:42 (R Edmondson 9:23, D Hall 11:05, P Cates 9:57, A Frost 10:17); 2 Orion 40:43 (S Colley 10:20, D Brock 10:12, G Hopkinson 10:08, G Gosling 10:03); 3 Dagenham 43:06 (S Rahman 10:10, C Donnellan 10:19, R Taylor 10:33, R Sargent 12:04); 4 Eton Manor Women 44:45 (C Wagh 11:56, A Gounelas 10:13, T McPherson 11:54, S Bolister 10:42); 5 Loughton Juniors 45:09 (B Reeves 12:43, A Blundy 10:07, J Clark 12:29, J Haliday 9:50); 6 Loughton Women 47:13 (L Gaffney 11:12, G Shillaker 12:22, A Clark 11:30, H Real 12:09)  
**Fastest legs:** 1 R Edmondson (Eton M) 9:23; 2 G Bagnall (VP&TH) 9:44; 3 J Halliday (Loughton Juniors) 9:50

**SALTAIRE STRIDERS 3 Esholt Overall (3M, all Saltaire)**  
 1 M Chambers 20:35; 2 V Jack (W) 20:59; 3 J Jones 21:30; 4 J Willingham (W) 22:06

**BRIDGE INN 5km SERIES Bristol Overall**  
 1 S Francis (B&W) 14:56; 2 C MacLean (B&W) 15:07; 3 C Dodd (B&W) 15:26; 4 D Studley (W'bury) 15:36; 5 S McGuigan (B&W) 15:47  
**M40:** 1 J Hayes (Bitt) 16:57. **M50:** 1 M Bailey (B&W) 17:58. **M60:** 1 A Daley (Glouc) 18:41. **U17M:** 1 L Jacobs (B&W) 16:13; 2 S Bedwell (B&W) 16:27  
**Women**  
 1 I Ainsworth (B&W) 17:01; 2 E Dalton (W'bury) 17:28; 3 J Jagger (B&W) 17:54; 4 S Voller (W'bury) 18:15; 5 G Brown (Bris U) 18:39; 6 V Tester (B&W) 18:42; 7 E Harrison (Bris U) 18:51  
**W45:** 1 S Davies (B&W) 19:18; 2 A Brown (GWR) 20:03. **W50:** 1 A Hurford (B&W) 19:52

**RAVENS CRAIG PARK SERIES 2 Kirkcaldy Overall (2M)**  
 1 C Hutt (C'goe) 10:59; 2 B Cruickshank (Fife, M45) 11:01; 3 A Keenan (C'gie) 11:12  
**M55:** 1 T Martin (Fife) 11:30. **U13M:** 1 A Scott (Fife) 11:21  
**Women**  
 1 L Brown (Fife, W45) 12:55; 2 K Aitken (Fife, U13) 13:25

**MARCH 27 DOCHERTY CUP Gourock Overall (9.3M, all G'nock)**  
 1 S Trainer 51:6; 2 M McLoone (M40) 53:04; 3 D Henderson 53:28; 4 S Campbell 55:46; 5 A McCall 55:48  
**M50:** 2 M McLaughlin 59:57. **M60:** Dolan 68:43  
**Women**  
 1 A King 64:48; 2 T Wall 72:11

**MARCH 27 CORNWALL FIRE & RESCUE SERVICE HALF\_MARATHON Bodmin Overall**  
 1 M Heard 85:52; 2 A Meneer 87:13; 3 N Loewendahl 87:54  
**Women**  
 1 S Daw (E Corn, W45) 1:40:25; 2 H Heard (Bude Rats) 1:40:40

**MARCH 27 CALNE CLOCK CHALLENGE 10km Calne Overall**  
 1 S Nott (unatt, U20) 33:08; 2 L Quilliam (Bitt) 34:13; 3 T Hughes (W Horse, M50) 35:13  
**Women**  
 1 R Barber 45:08; 2 M Spedding (Hogw, W35) 45:55

**BORDERS LEAGUE Deeside Overall (4.5 miles approx)**  
 1 M Rose (Buck) 23:01; 2 R Challinor (Dees) 23:20; 3 L Jones (Dees, M40) 23:54; 4 D Weston (Wrex) 24:00; 5 D Dehiani (Wrex) 24:10; 6 X Desse (Wirr) 24:20; 7 D Alexander (W Ches, M40) 24:28; 8 V Van Woerkom (Ches TC) 24:34; 9 J Wright (Dees, U20) 24:51; 10 A Bromley (Dees) 24:55; 11 J Brown (Buck) 25:07; 12 M Hulmston (Wirr) 25:14; 13 G Jones (W'sey) 25:16; 14 I Cooper (Elles P, M45) 25:17; 15 G Ratcliffe (Wirr, M55) 25:20; 16 M Robbins (Wrex, M45) 25:32  
**Women**  
 1 E Robinson (Buck) 26:12; 2 E Parry (Wrex, W35) 27:20; 3 S Kearney (Wirr, W35) 27:38; 4 J Jennions (Dees) 29:11; 5 A Bartley (Wirr) 29:41; 6 S Holt (W'sey) 30:07; 7 A Hughes (Elles P, W35) 30:16; 8 J Richards (A'gele, W45) 30:34; 9 K Seddon (Ches TC) 31:10;

**Half-marathon rankings Age group leaders 2011**  
 SM: Mo Farah 60:23  
 M35: Dan Robinson 65:05  
 M40: Gethin Butler 70:28  
 M45: Ben Reynolds 70:46  
 M50: Mick O'Doherty 75:29  
 M55: Tim Hughes 75:11  
 M60: David Parsons 83:02  
 M65: William Allen 86:17  
 M70: Alan Lewis 98:15  
 M75: Geoff Oliver 1:44:24  
 SW: Alyson Dixon 72:31  
 W35: Jo Pavey 69:33  
 W40: Carolyn Hoyte 79:08  
 W45: Clare Elms 79:23  
 W50: Maxine McKinnon 82:06  
 W55: Sally Musson 88:45  
 W60: Angela Copson 87:57  
 W65: Dot Fellows 1:41:24  
 W70: Sue Lambert 1:50:01

10 L Davies (W Ches, W35) 31:24; 11 K Litherland (Ches TC) 31:25; 12 G Davies (P'atyn, W45) 31:35  
**W50:** 1 C Willgoose (A'gele) 33:07. **W60:** 1 C Birch (A'gele) 34:31

**MORAY ROAD RUNNERS 10km Moray Overall**  
 1 B Livesey (Bir) 33:06; 2 G Lennox (Cambus) 34:01; 3 G Jenkins (Moray, M40) 34:34; 4 P Matthews (Metro) 34:38; 5 S Dobbs (Moray, M40) 34:48; 6 S Pride (unatt, M40) 34:49; 7 J Goodall (Keith, M50) 34:55  
**M50:** 2 F Barton (Keith) 36:02  
**Women**  
 1 M Whyte (I'ness, W40) 36:45; 2 R Bannerman (High H) 39:13  
**W40:** 2 E Jenkins (Moray) 40:10. **W50:** 1 M Lindsay (Metro) 44:31

**MARCH 26 BRAES RUN Braes, Isle of Skye Overall (4.5M, Skye unless stated)**  
 1 J Maclean 27:15; 2 A Turner 30:49; 3 A MacSween 31:23  
**Women**  
 1 M MacDonald (HBT) 35:19; 2 J Tasker 37:26

**THRESHOLD WINTER 10km SERIES Ilmington Overall**  
 1 Waley (M50) 41:16; 2 G Davies (M40) 42:26; 3 G Loveday (Leam) 43:08  
**Women**  
 1 D Compton (W45) 46:43; 2 A O'Connell (W35) 49:30

**MARCH 25 ATKINS ON THE GREEN 3km SERIES Glasgow Green Overall (3km)**  
 1 R Whittington (Bella RR) 9:37; 2 J Denovan 10:07; 3 J Cassidy 10:23  
**Women**  
 1 B Junnier (Wee, W35) 11:04; 2 C Thompson (Bella RR) 11:31

**MARCH 23 ANSTER HADDIES MARS BAR 4 Anstruther, Fife Overall (4M)**  
 1 Z Delaney (Anst, U20) 23:41; 2 J Knox (Anst, M40) 24:38; 3 D Rae (Anst) 25:04  
**Women**  
 1 J Cruickshanks (Anst) 29:39; 2 A Cruickshanks (Anst) 29:41  
**Final series standings:** 1 Delaney 114; 2 P Cruickshanks (W35) 113; 3 D Hay 110

## CROSS-COUNTRY

### MARCH 30 WEST MIDLANDS SERVICES LEAGUE Birmingham

**Overall (5.5M)**  
 1 D Riley (WMP, M45) 33:13; 2 P O'Brien (Raf Cos) 33:33; 3 C Meir (Pol, M40) 33:47; 4 K Monk (Fire, M45) 33:49; 5 K Doy (Fire) 33:55; 6 A Peel (Raf Cos) 34:24; 7 A Pye (WMP) 34:36; 8 N Hunt (WMP, M40) 34:37; 9 S Pitt (WMP) 34:52; 10 A Williams (Notts Pol) 35:21; 11 D Robbins (Leics Pol) 35:38; 12 D Quinney (West Merc Pol) 36:16; 13 I Parker (Leics Pol, M40) 36:25; 14 A Harris (Raf Cos, M50) 36:28; 15 D MacMillan (Der Pol, M50) 36:37

**Women**  
 1 K Williams (N'hants Pol, W50) 38:07; 2 D Blakeman (WMP, W35) 39:29; 3 G Russon (WMP, W40) 40:32; 4 K Kemp (Leics Pol, W50) 41:15; 5 D Wilne (Pol, W35) 42:23  
**TEAM:** 1 West Midlands Police 1140; 2 RAF Cosford 1106; 3 Notts Police 1057; 4 Staffs Police 963; 5 Warks Police 921; 6 Fire Service 886

**Final standings:** Men: Anderson (Pris/CS) 1394; 2 Riley 1388; 3 O'Brien 1370  
 Women: 1 Williams 1211; 2 Blakeman 1171; 3 Russon 1090

**TEAM:** 1 West Midlands Police 8012; 2 RAF Cosford 7801; 3 Notts Police 7451; 4 Prison/Civil Service 6998; 5 Fire Service 6912

### MARCH 23 DUNDEE SCHOOLS CHAMPIONSHIPS

**Baxter Park, Dundee**  
**Senior boys (3km)**  
 1 C Hay 11:40; 2 M Barton 12:09; 3 S Rodney 12:17

**Sec 3-4 (3km)**  
 1 J Crowe 10:57; 2 R Dryden 11:49; 3 C Snee 11:52

**Sec 2 (2km)**  
 1 E Rose 8:07; 2 D Hodge 8:20; 3 M Hanlon 8:30

**Sec 1 (1.5km)**  
 1 E Fox 6:18; 2 C Walls 6:20; 3 G Taylor 6:56

**Senior girls (2.4km)**  
 1 C Reid 9:24; 2 H McCallum 10:09; 3 S Douglas 10:12

**Sec 2-3 (2km)**  
 1 C Black 7:46; 2 A Bryant 7:47; 3 R Hart 7:48

**Sec 1 (1.5km)**  
 1 E Reynolds 6:15; 2 D Gollan 6:36; 3 K Bell 6:37

### MARCH 16 BIGGLESWADE RELAYS Rowney Warren

**Boys Year 11-13**  
 1 Samuel Whitbread 17:33 (L Angell 5:40, C Thornley 06:16, G Burkett 5:37); 2 Stratton Upper Sch 18:20 (C Bice 6:04, B Hill 6:23, S Smith 5:53); 3 Sandy Upper Sch 18:53 (J Evans 6:01, S Parsons 6:20, J Evans 6:32); 4 Redborne Upper Sch 19:03 (D Adamson 6:33, J Fuller 6:15, N Mulllet 6:15); 5 Redborne Upper Sch 19:44 (T Willson 6:26, A Dadd 6:44, W Hawkes 6:34).

**Boys Year 9-10**  
 1 Redborne Upper Sch 19:01 (D Bannell 6:06, J Black 6:24, W Wright 6:31); 2 Sandy Upper Sch 19:51 (O Grimley 6:44, D Stolworthy 6:31, E Sinclair 6:36); 3 Stratton Upper Sch 20:00 (R Cowie 6:24, C Slender 7:01, M Turney 6:35); 4 Sandy Upper Sch 21:52 (A Ziolex 7:02, A Ingham 6:40, A Ziolex 8:10).

**Boys Year 7-8**

1 Lincroft 11:44 (W Mullins 3:49, F Jenkins 4:03, T O'Neill 3:52); 2 Robert Bloomfield Middle Sch 11:58 (J Spragg 4:03, T Angell 3:48, J Potter 4:07); 3 Lincroft 12:12 (M Tierney 4:01, J Dalton 4:05, D Curran 4:06)

**Year 5-6**  
 1 Robert Bloomfield Middle Sch 12:21 (G McGough 4:06, T Winter 4:01, C Sharp 4:14); 2 Lincroft 12:38 (C Heslop 4:03, A Mann 4:17, G Morris 4:18); 3 Lincroft 13:05 (T Knowles 4:26, S Dalton 4:06, B Holmes 4:33)

**Girls year 11-13**  
 1 Redborne Upper Sch 23:39 (B Fielden 7:42, L Brooks 7:49, H Williams 8:08); 2 Stratton Upper Sch 23:57 (M Day 7:51, J Godfrey 7:36, H Ridley 8:30)

**Year 9-10**  
 1 Samuel Whitbread 21:55 (M Angell 7:16, L Hunt 7:53, M McKenzie 6:46); 2 Redborne Upper Sch 24:31 (L Brooks 9:05, D Adams 7:57, A Bright 7:29); 3 Stratton Upper Sch 25:52 (C Oram 8:38, L Webb 8:55, S Ridley 8:19)

**Year 7-8**  
 1 Lincroft 13:29 (C Munnally 4:27, EJ Walker 4:17, A Shreeves 4:45); 2 Holywell Middle Sch 13:46 (C Hunter 4:47, H Vincent 4:42, C Hunter 4:17); 3 Lincroft 14:02 (F Smith 4:31, E Beale 4:54, E Shreeves 4:37)

**Year 5-6**  
 1 Robert Bloomfield Middle Sch 13:54 (N Smith 4:31, C Ashwin 4:44, F Johnstone 4:39); 2 Robert Bloomfield Middle Sch 14:15 (V Sales 4:30, C Moore 4:58, N Palmer 4:47); 3 Robert Bloomfield Middle Sch 15:17 (A Furrow 4:58, I Gourlag 5:00, M Cox 5:19)

### MARCH 13 MID ESSEX LEAGUE Leigh-on-Sea

**Men**  
 1 B Hunter (Leigh S) NTT; 2 T Frith (Leigh S) NTT; 3 S Joyce (L Bad); 4 N Smoothy (Leigh S); 5 A Brown (Grange Farm & Dunmow); 6 N Laughton (Grange Farm & Dunmow); 7 D Ovel (Leigh S); 8 S Putt (Spring S); 9 S Le Mare (Leigh S); 10 G Wisken (Mid E)  
**TEAM:** 1 Leigh-on-Sea 49; 2 Grange Farm 120; 3 Braintree 170

**STANDINGS AFTER FIVE MATCHES:**  
 1 Leigh-on-Sea 34; 2 Springfield 28; 3 Grange Farm 27; =4 Little Baddow 17; =4 Braintree 17

**Women**  
 1 H Gillard (Leigh S); 2 E Frankenberg (Leigh S); 3 J Smith (Grange Farm & Dunmow); 4 J Bisset-Smith (Grange Farm & Dunmow); 5 C Dumontier (Leigh S); 6 H Smith (Grange Farm & Dunmow); 7 R Evison (Leigh S); 8 P Hayhow (Grange Farm & Dunmow); 9 A Kyriakides (Leigh S); 10 H Boyd (Leigh S)

**TEAM:** 1 Leigh-on-Sea 8; 2 Grange Farm 13; 3 Braintree 53  
**STANDINGS AFTER FIVE MATCHES:**  
 1 Leigh-on-Sea 31; 2 Springfield 28; 3 Grange Farm 28; 4 Braintree 20; 5 Pitsea 15

### MARCH 9 MIDLAND POLICE & SERVICES LEAGUE Redditch

**Overall (5.9M)**  
 1 D Hall (West Mer Pol) 32:50; 2 J Anderson (Pris/CS) 33:00; 3 K Webster (Der Pol, M40) 33:42; 4 K Monk (Fire, M45) 34:10; 5 P O'Brien (Raf Cos) 34:22; 6 N Hunt (West Mids Pol, M40) 34:33; 7 C Dunne (West Mids Pol) 34:47; 8 J Walkley (Raf Cos) 35:32; 9 A Pye (West Mids Pol) 35:32; 10 S Pitt (West Mids Pol) 35:37  
**M50:** 1 S Clews (Pris/CS) 38:18

**Women**  
 1 C Howard (Der Pol, W40) 37:34; 2 K Williams (N'hants Pol, W50) 39:49; 3 D Blakeman (West Mids Pol, W35) 41:41; 4 K Edge (Warks Pol) 42:17; 5 J Russon (West Mids Pol, W35) 43:23  
**TEAM:** 1 West Midlands Police 1135; 2 RAF Cosford 1111; 3 Notts Police 1045; 4 Prison/Civil Service 1007; 5 Warks Police 955; 6 Northants Police 657

### MARCH 6 DERBY RUNNER LEAGUE Bosworth Country Park, Derby

**Men**  
 1 P Chritchlow (Beau L, M40) 33:34; 2 C Nicoll (Der TC, M40) 34:15; 3 T Shardlow (Hinck) 34:28; 4 A Hurdman (Hatt D) 34:34; 5 C Jordan (Hinck) 34:53; 6 R Whitelegg (Hinck, M40) 35:17; 7 G Burnett (Shep, M40) 35:24; 8 G Smith (Hatt D) 35:41; 9 R Bettsworth (Wreak, M40) 35:53; 10 N Cobley (Road) 35:57; 11 T Cautlon (Hatt D, M50) 36:02; 12 J Cresswell (Der TC) 36:33; 13 S Coulton (Herm, M40) 36:59; 14 A King (Harb, M40) 37:03; 15 P Gregory (Herm) 37:29; 16 R Pullen (Wigston) 37:30; 17 G Poynton (Wreak) 37:32; 18 D Beswick (Barr R) 37:36; 19 S Corder (Der TC) 37:38; 20 D Weston (Herm) 37:48

**TEAM League 1:** 1 Hinckley 224; 2 Wreake 227; 3 Hatton 302; 4 Shepshead 616; 5 Desford 950  
**TEAM League 2:** 1 Roadhogs 397; 2 Derby Tri 507; 3 Derwent 600; 4 Huncote 642; 5 Ivanhoe 687; 6 Birstall 920

**TEAM League 1:** 1 Wreake 249; 2 Hatton 284; 3 Hinckley 291; 4 Shepshead 486; 5 West End 602; 6 Ivanhoe 674  
**TEAM League 2:** 1 Roadhogs 439; 2 Derwent 556; 3 Huncote 632; 4 Birstall 827

**Senior Women**  
 1 L Johnson (Ivan) 38:13; 2 N Nealon (Hunc, W40) 38:22; 3 E Marvin (Desf) 39:45; 4 S Newman (Wreak, W40) 40:26; 5 N Thompson (Shep, W40) 41:44; 6 W Lockton (Shep) 42:42; 7 L Davison (W End) 42:48; 8 V Powell (Birst) 42:49; 9 L Nutt (Shep, W40) 44:19; 10 J Matthews (Herm, W40) 44:55; 11 L Pyrm (Shep) 45:06; 12 K Matthiae (Barr) 45:15; 13 L Billington (Birst, W40) 45:32; 14 C Calladine (Hatt D) 45:44; 15 M Raaijmakers (Barr, W40) 46:00  
**TEAM League 1:** 1 Shepshead 44; 2 Hatton 84; 3 Barrow 130; West End 134; 5 Wreake 137; Huncote 143  
**TEAM League 2:** 1 Birstall 90; 2 Hermitage 110; 3 Derwent 151; 4 Roadhogs 210

### DOWNSW LEAGUE Epsom Downs U15

1 P Lucas (Croy, U15) 11:33; 2 J Haasz (Croy, U15) 11:59; 3 P Bearman (K&P, U15) 12:14; 4 J Mallett (K&P, U15) 12:41; 5 S Lawrence (Croy, U15, W) 13:06; 6 L Johnston (Croy, U15) 13:15; 7 C Till (Sutt, U15) 13:25; 8 H Haile (Croy, U15, W) 13:36; 9 W Rady (Holl S, U15) 13:46; 10 J Miles (K&P, U15, W) 13:48

**Women**  
 1 S Lawrence (Croy) 13:06; 2 H Haile (Croy) 13:36; 3 J Miles (K&P) 13:48  
**TEAM:** 1 Croydon 14; 2 Kingston & Poly 28; 3 Kingston & Poly 'B' 58  
**U13**

1 N Wellard (K&P, U13) 12:13; 2 O Harhara (Croy, U13) 12:39; 3 J Ballard (Sutt, U13) 12:58; 4 D Houghton (Sutt, U13) 13:08; 5 T Harmsworth (Sutt, U13) 13:16; 6 J Bartholomew (Sutt, U13) 13:47; 7 J Lavender (K&P, U13) 13:49; 8

J Webster (Sutt, U13) 14:03  
**Women**  
 1 S Hosking (E&E) 14:06; 2 J Wenlock (Tham T) 14:13; 3 S Darcey (K&P) 14:32  
**TEAM:** 1 Sutton 18; 2 Kingston & Poly 31; 3 Croydon 58  
**Under 11**  
 1 C Watkins (Sutt, U11) 11:56; 2 J Kelly (E&E, U11) 12:04; 3 F Moran (E&E, U11) 12:08

**Women**  
 1 D Carradi (Sutt) 12:44; 2 D Bourne (K&P) 12:48; 3 S Reed (K&P) 12:49  
**TEAM:** 1 Epsom & Ewell 23; 2 Sutton 25; 3 Kingston & Poly 60

### FEBRUARY 24 NORTH OF SCOTLAND SCHOOLS CHAMPIONSHIPS Gordonstoun

**Senior boys (6km)**  
 1 J Chalmers 18:45; 2 S Dixon 19:03; 3 C MacLeod 19:13  
**U15 (4km)**  
 1 R Gollan 15:21; 2 J Bremner 15:56; 3 J MacPherson Stewart 16:09  
**U14 (3km)**  
 1 B MacLennan 10:32; 2 S Lisle 10:35; 3 A Velzian 10:49

**Senior girls (4km)**  
 1 E Dunnett 15:56; 2 O Dunnett 16:20; 3 B Wilson 16:49  
**U15 (3km)**  
 1 A Ross 11:30; 2 H Campbell 11:35; 3 H Cleghorn 11:45  
**U14 (3km)**  
 1 L Fraser 11:15; 2 G Gordon 11:33; 3 R Gordon 11:43

### EAST RENFREWSHIRE SCHOOLS Rouken Glen Park, Giffnock nr Glasgow

**Senior boys**  
 1 G Muir; 2 J Walker; 3 M Lott  
**Sec 3**  
 1 P Lonergan; 2 G Summers; 3 G Docherty  
**Sec 2**  
 1 M Lancaster; 2 J Thomson; 3 E Bryson  
**Sec 1**  
 1 J McLaughlin; 2 J Williamson; 3 L Runciman

**Senior girls**  
 1 M Murray; 2 O Keenan; 3 eq H Miller/F Lowrie  
**Sec 3**  
 1 C Cowan; 2 S McAllister; 3 M Gallagher  
**Sec 2**  
 1 M High; 2 M Gemmill; 3 M Amner  
**Sec 1**  
 1 H Still; 2 C Boyce; 3 M Weir

### FEBRUARY 15 PERTH & KINROSS SCHOOLS CHAMPIONSHIPS North Inch, Perth

**Senior boys (3M)**  
 1 L Swanson 17:27; 2 K Studders 18:08; 3 G Illingsworth 19:02  
**Sec 3 (2M)**  
 1 C McLaren 12:25; 2 J Lewis 12:34; 3 K Miller 12:50  
**Sec 2 (1M)**  
 1 M Davidson 5:48; 2 M Gillespie 5:50; 3 P Simpson 6:01  
**Sec 1 (1M, no times)**  
 1 B Greenwood; 2 M Avollos; 3 S Sweeney  
**Senior girls (3M)**  
 1 L Muir 12:13; 2 C Halterley 14:13; 3 E Tait 14:58  
**Sec 3 (2M)**  
 1 I Tavendale 13:23; 3 M Mulhern 13:39; 1 C MacLarty 13:53  
**Sec 2 (1M)**  
 1 S Colfield 6:15; 2 M Boyle 6:21; 3 D Wilkinson 6:23  
**Sec 1 (1M, no times)**  
 1 A Gullen; 2 E Gommings; 3 M O'Brian

### FEBRUARY 9 BUCKINGHAMSHIRE SCHOOLS High Wycombe

**Senior boys**  
 1 A Goodall 22:30; 2 W Gurton 23:16; 3 T Claessens 23:48; 4 M Puddefoot 24:06; 5 T Atkins 24:38; 6 D Gurton 24:42  
**Inters**  
 1 M Axe 23:03; 2 C Dickinson 23:14; 3 J Dickinson 23:38; 4 P Taylor 23:44; 5 S Redding 24:04; 6 J Davis 24:05  
**Juniors**  
 1 J McCarthy 15:25; 2 K Lindars 15:40; 3 J Aherne 15:46; 4 T Herdman-Smith 15:51; 5 A Stenning 15:55; 6 O Seamark 16:34  
**Minors**  
 1 W Perkin 7:38; 2 D Murphy 7:47; 3 R Hall 7:56; 4 A Denison-Smith 7:56; 5 F Sanders 7:59; 6 S Henning 8:07  
**Senior girls**  
 1 J Woolven 16:34; 2 M Haynes 16:51; 3 E Roche 17:14; 4 A Madry 17:51; 5 R Kelleher 19:44; 6 A Freeman 19:56

**Inters**  
 1 J Finlay 16:25; 2 G Russell 17:36; 3 J Leggett 17:49; 4 P Cutter 17:50; 5 M Davison 18:00; 6 E Croft 18:05  
**Juniors**  
 1 R Croft 13:54; 2 C Lewis 14:13; 3 H Morton 14:38; 4 E Davison 15:09; 5 L Williamson 15:19; 6 A Botham 15:23  
**Minors**  
 1 L Murphy 8:37; 2 E Taswell-Fryer 8:40; 3 H Thear 8:44; 4 M Styles 8:47; 5 L Barraclough 8:49; 6 L Presswell 8:57

**FEBRUARY 6  
THAMES VALLEY LEAGUE  
Bracknell**  
**Overall**  
 1 T Wateley (TV Tri) 33:28; 2 C Payne (Read RR) 33:42; 3 P Roberson (Read RR) 34:05; 4 R Kinnersley (TV Tri) 34:15; 5 M Saunders (Read RR) 35:30; 6 R Johnson (Sand J, M40) 35:35; 7 N Jacobs (Sand J) 35:38; 8 A Blenkinsop (Read RR) 36:16; 9 J Ratcliffe (Sand J, M40) 36:37; 10 R Francis (Metros, M40) 36:49

**Women**  
 1 L Bardsley (TV Tri) 37:33; 2 J Perrin (Read RR, W35) 39:04; 3 L Hales (Sand J, W35) 40:32; 4 A Bird (Read RR, W35) 41:02; 5 H Garforth (TV Tri, W35) 41:42  
**TEAM:** 1 Reading Roadrunners 75; 2 Sandhurst Joggers 101; 3 Bracknell Forest Runners 155

### FARLEY HEATH 5 Farley Green

**Overall (5 miles)**  
 1 D Truepenny (Runn) 37:01; 2 N Edwards (Wimb W) 37:26; 3 S Child (Cran) 37:44; 4 M Bland (DMV) 38:29; 5 S Alderdice (DMV) 39:39; 6 A O'Mahoney (Cran) 39:42

**Women**  
 1 K Bircher (Cran) 41:58; 2 L Ionescu (DMV) 42:04; 3 C Bertram (Wimb W) 42:45; 4 W Mountford (DMV) 44:39

### FEBRUARY 5 LEWIS & HARRIS SERIES Lews Castle, Stornoway

**Men (6.2km)**  
 1 H MacIver (Storn) 24:37; 2 D McKellar (UI7) 24:58; 3 W MacRury (Storn) 25:07; 4 M MacIver 26:30; 5 C Millar (Storn) 26:41  
**U15 (3.9km)**  
 1 R Allison 16:48; 2 C Macdonald (Storn) 19:03; 3 J Sullivan 18:06  
**U13 (3.1km)**  
 1 C MacLarty 13:53; 2 M MacMillan (Storn) 13:27; 3 D Duffy 14:03  
**Women (6.2km)**  
 1 C Stewart (Storn, U20) 30:42; 2 H MacIver (UI7) 33:43; 3 C Mackenzie





1:47.47 800m runner Ben Green won the Wimbledon Parkrun

PAV O'DONOHUE

## PARKRUN

### APRIL 2

**Albert Park, Middlesbrough**  
**Men:** G Jayasuriya 18:02. **Women:** D Braithwaite (U20) 19:30. **W45:** S Phillips 20:05. **W60:** L Woods 23:53  
**Banstead Woods**  
**Men:** B Harrold 16:58. **M50:** G Quarton 18:00. **Women:** S McCall (U20) 19:56  
**Barnsley**  
**Men:** G Irvine 19:19. **Women:** J Lingrell (W35) 21:30  
**Basingstoke**  
**Men:** M King 16:09 **M50:** S Fleck 18:11. **Women:** J J Perrin (W40) 18:52; 2 R Stewart (U20) 19:08  
**Bedfont Lakes**  
**Men:** M Gratton 19:16. **Women:** G Worrallo (W35) 22:42  
**Black Park**  
**Men:** L Hawkins 18:30 **M60:** B James 19:35. **Women:** S Amend 18:30. **W60:** M Mardall 25:11. **W65:** M Fitzgerald 27:27  
**Bolton**  
**Men:** I Pudge (M40) 19:07. **Women:** G Farnworth (W45) 22:50  
**Bradford**  
**Men:** A Other 16:19. **Women:** S Ransome (W50) 23:46  
**Bramhall**  
**Men:** M Sawrey 17:07. **M45:** R Downs 17:23. **Women:** S Lomas 18:41  
**Braunstone**  
**Men:** J J Brotherhood 18:07. **M55:** P Mensley 19:43. **Women:** G Vaughan (W50) 19:57. **W55:** C Wright 22:15  
**Brighton**  
**Men:** 1 M Peel 16:17; 2 P Cook (M40) 16:30. **M55:** P Gasson 19:28. **Women:** 1 H Tobin 18:23; 2 K Lo 19:35; 3 C Wood (W45) 19:40. **W40:** A  
**Brockwell Park**  
**Men:** C Low 16:39. **M60:** M Mann 19:35. **Women:** O Balme (W40) 19:50. **W60:** R Tabor 21:52  
**Bromley**  
**Men:** J Addison 17:40. **Women:** C Elms (W45) 17:53  
**Brueton**  
**Men:** A Halliday 16:33. **Women:** M Blake (U20) 20:01  
**Bushy Park**  
**Men:** 1 C Parr 14:53; 2 J McDonnell 14:58; 3 A Other; 4 J Trapmore 15:38. **M50:** C Phelan 17:18. **Women:** 1 L Snow 18:26; 2 H Munn 18:29  
**Cambridge**  
**Men:** 1 B Shephard 17:08; 2 P Thompson (M50) 17:11. **M50:** G Chapman 18:51. **M60:** J Stocker 20:09. **Women:** N Davis 20:15  
**Cannon Hill**  
**Men:** 1 E Banks 15:46; 2 R Parker 15:49; 3 E Giles (U20) 16:06; 4 M Ince 16:21; 5 J Grix (M45) 16:54. **Women:** S Evans (W40) 20:55  
**Cardiff**  
**Men:** 1 A Other 14:43; 2 S Davies 14:46; 3 A Other ntt; 4 S Paterson 16:03. **Women:** C Wells 19:05  
**Concord, Sheffield**  
**Men:** 1 D Furniss (M40) 17:33. **Women:** C Wilson 24:07  
**Coventry**  
**Men:** M Rose (U20) 16:17. **M55:** J Urwin 19:03. **U15:** C Davis 17:37. **Women:** J Emery 18:13. **W65:** J Johnson 24:31  
**Crystal Palace**  
**Men:** T Cochrane 19:06. **Women:** A Pickup (W40) 19:28. **W55:** C Steward 23:53  
**Eastleigh**  
**Men:** A Morgan Lee (M40) 16:54. **Women:** J Higgins (W50) 19:31  
**Edinburgh**  
**Men:** M Colligan (M40) 17:10. **M50:** K Rankin 18:43. **Women:** 1 E Stewart (U20) 17:34; 2 A Bristow (W40) 19:15; 3

34:02; 4 A Stewart (Storn) 35:20  
**U15 (3.9km)**  
 1 I Bain 20:08; 2 A Macinnes 22:34; 3 L Toor 24:03  
**U13 (3.1km)**  
 1 P McKellar 14:12; 2 C Bain 14:42; 3 M MacLennan 15:05  
**INGRAMS SOLICITORS LEAGUE York**  
**Men (4M approx)**  
 1 N Hellewell (Brid) 23:00; 2 J Palme (York) 24:07; 3 G Barnes (York) 27:07; 4 M Rylatt (York) 27:28; 5 N Hunter (York) 30:53  
**U15 (4km approx)**  
 1 S Fox (Selb) 15:48; 2 A Roberts (York) 15:49  
**U13 (4km approx)**  
 J Wright (York) 17:11  
**U11 (2km approx)**  
 1 M Crocken (Spenn) 7:27; 2 N Smith (York) 7:42; 3 S Wilkinson (York) 8:47  
**U11 women (2km approx)**  
 1 S Cross (Weth) 7:49; 2 A Lineker (York) 8:22; 3 R Crocken (Spenn) 8:49  
**SOMERSET SCHOOLS' CHAMPIONSHIPS Millfield**  
**Senior boys**  
 1 F Whitaker (Mend) 25:01; 2 G Harris (Yeov O) 25:05; 3 T Austin (Yeov O) 25:09; 4 Z Stephenson (Mend) 25:10; 5 A Rogers (Sedge) 25:54; 6 C Harbord (Mend) 26:04; 7 A Toomey (Mend) 26:12; 8 L Voizey (Yeov O) 26:20  
**TEAM:** 1 Yeovil; 2 Mendip  
**Inters**  
 1 I Taschimowitz (Mend) 19:26; 2 R Preece (Taun) 19:47; 3 M Dickinson (Sedge) 19:50; 4 J Walton (Taun) 20:00; 5 S Bedford (Mend) 20:11; 6 M Patch (Yeov O) 20:18; 7 C Stevens (Mend) 20:34; 8 B Hawkins (Taun) 20:41  
**TEAM:** 1 Mendip; 2 Taunton; 3 Yeovil  
**Juniors**  
 1 O Fox (Taun) 13:13; 2 C Martin (Mend) 13:35; 3 S Somerville (Yeov O)

13:52; 4 O Livingstone (Taun) 13:58; 5 C Ormerod (Taun) 14:15; 6 A Friend (Taun) 14:23; 7 L Reynolds (Sedge) 14:26; 8 P Clackson (Yeov O) 14:30; 9 A Scott (Sedge) 14:34; 10 C Fraser (Mend) 14:36  
**TEAM:** 1 Taunton; 2 Yeovil; 3 Mendip  
**Minors**  
 1 P Free (Taun) 9:24; 2 B Jones (Taun) 9:26; 3 D Wilde (Taun) 9:36; 4 J Bridge (Yeov O) 9:40; 5 H Cobden (Yeov O) 9:44; 6 B Stephenson (Taun) 9:45; 7 G Samway-Cook (Yeov O) 9:46; 8 F King (Taun) 9:47  
**TEAM:** 1 Taunton; 2 Yeovil; 3 Mendip  
**Senior girls**  
 1 L Hart (Mend) 14:44; 2 R Langbein (Taun) 15:03; 3 H Smith (Mend) 15:03; 4 J Benjamin (Mend) 15:04; 5 D Baggs (Yeov O) 15:44; 6 E Kourdri (Mend) 16:43; 7 J Potter (Yeov O) 17:02; 8 C Rice (Yeov O) 18:26  
**TEAM:** 1 Mendip; 2 Yeovil  
**Inters**  
 1 E Smith (Mend) 14:16; 2 H Rogers (Taun) 14:59; 3 R Carver (Mend) 15:13; 4 A Martin (Yeov O) 15:25; 5 H Toomey (Mend) 15:49; 6 L Hawkins (Yeov O) 15:58; 7 P Guess (Taun) 16:11; 8 L Biddiscombe (Mend) 16:26  
**TEAM:** 1 Mendip; 2 Taunton; 3 Yeovil  
**Juniors**  
 1 H Brown (Taun) 12:06; 2 A Cooper (Mend) 12:16; 3 J Jones (Yeov O) 12:34; 4 H Lidbetter (Mend) 12:43; 5 A Gibbons (Mend) 12:55; 6 A Cavender (Mend) 12:57; 7 M Stevenson (Yeov O) 12:58; 8 E Porter (Mend) 13:03; 9 Y Bailey (Sedge) 13:06; 10 A Sheehan (Sedge) 13:07  
**TEAM:** 1 Mendip; 2 Taunton; 3 Yeovil  
**Minors**  
 1 L Baldwin (Mend) 7:18; 2 L Lavallin (Yeov O) 7:34; 3 A D'Arcy (Yeov O) 7:39; 4 A Vance (Taun) 7:44; 5 J Morris (Yeov O) 7:46; 6 C Sheldan (Mend) 8:00; 7 I Keeling (Taun) 8:00; 8 C Kerr (Yeov O) 8:02; 9 D Mant (Mend) 8:05; 10 K Price (Taun) 8:10  
**TEAM:** 1 Yeovil; 2 Taunton; 3 Mendip

## AGE-BEST ROUND-UP

**Top 10 age-graded winners, April 2**

Bromley	Clare Elms (W45)	17:53	91.24%
Poole	Liz Yelling (W35)	16:33	90.74%
Brockwell	Ros Tabor (W60)	21:52	89.63%
Frimley	Paula Fudge (W55)	21:33	88.40%
Bushy Park	John McDonnell (U20)	14:58	88.08%
Cardiff	Stephen Davies (SM)	14:46	87.36%
Cambridge	Peter Thompson (M50)	17:11	87.20%
Leeds Hyde Park	John Convery (M45)	16:54	86.59%
Coventry	June Johnson (W65)	24:31	86.20%
Braunstone	Gina Vaughan (W50)	19:57	85.88%

R Dunn (U20) 19:20  
**Finsbury Park**  
**Men:** R Humphreys 18:48. **Women:** H Smith (W40) 22:04  
**Forest of Dean**  
**Men:** F Van Arkel (U20) 18:13. **Women:** E Dowie (U15) 22:53  
**Frimley Lodge**  
**Men:** G Robinson 16:50. **Women:** J Gray 20:12. **W55:** P Fudge 21:35  
**Glasgow**  
**Men:** 1 J Lennox 15:54; 2 T Owens 15:55; 3 M Sullivan 16:15. **M50:** A MacLachlan 18:20. **Women:** M McCallum (W35) 20:44  
**Horlestone Cliffs**  
**Men:** K Pywell (U20) 19:05. **Women:** D Spurway (U15) 23:36  
**Greenwich**  
**Men:** 1 Van Der Hoeven 17:05. **Women:** Z Huxley (W35) 24:44  
**Grovelands**  
**Men:** S Aiken (M40) 17:42. **Women:** L Taylor 22:29  
**Hackney Marshes**  
**Men:** W Steuckle 17:40. **M65:** A Haig 20:25. **Women:** 1 A Gounelas 18:44; 2 S Peterson 19:49  
**Heaton**  
**Men:** 1 R Tuddenham (M40) 17:25; 2 D Cole (M50) 18:20. **M60:** J O'Reilly 19:54. **Women:** E Sanders (W35) 22:20  
**Huddersfield**  
**Men:** 1 M Pierson 16:47; 2 J Mason (M45) 17:55. **Women:** A Mason (U15) 19:22  
**Hull**  
**Men:** 1 G Clarkson 17:11; 2 J Morgan (M45) 17:42; 3 S Peacock (M45) 17:57. **M40:** A. **Women:** 1 H Cross 18:08; 2 J Lonsdale (U20) 18:36  
**Kingston**  
**Men:** D Collier (M40) 17:43. **Women:** F Parry 19:45  
**Leeds**  
**Men:** 1 S Deakin 15:18; 2 I Mitchell 15:24; 3 M Wood (U20) 15:52. **U20:** 2 S Bucknall 16:26; 3 A Smith 16:58. **M40:** S Cotter 16:59. **M45:** J Convery 16:54. **M70:** M Coles 22:00. **Women:** A Gosling (W35) 18:47  
**Lloyd Park**  
**Men:** S Garde 17:29. **Women:** B Woodland 19:43  
**Milton Keynes**  
**Men:** M Dowson 17:49. **Women:** J Ovington (W40) 18:36  
**Newcastle**  
**Men:** T Carter 16:56. **M65:** H Gold 20:49. **Women:** B Philips 19:07. **W60:** P Gold 25:29  
**Newport**  
**Men:** T Cooling 18:53. **Women:** J Gittins 21:56  
**Norwich**  
**Men:** M Ramsay (U20) 16:23. **M55:** C Robilliard 18:30. **M60:** M Yeomans 19:19. **W65:** T Brannan 21:12. **Women:** A Smith 19:15  
**Old Deer Park**  
**Men:** J Clark 18:11. **Women:** M Hunter (W35) 24:26  
**Oldham**  
**Men:** M Kelly 19:10. **Women:** A Hart 26:25  
**Pennington Flash**  
**Men:** 1 M Jackson 16:40; 2 R Alsop (M45) 17:37. **Women:** K Samuelson 22:44  
**Poole**  
**Overall:** 1 L Cox 15:47; 2 L Yelling (W35) 16:33; 3 M Yelling 16:53. **M45:** R Long 17:39. **Women:** 1 Yelling 16:33; 2 S Bowers (W35) 19:13  
**Princes Park**  
**Men:** B Russell 16:25. **Women:** O Perez (U20) 22:04  
**Reading**  
**Men:** A Walker 16:57. **Women:** S Keates 19:46  
**Richmond Park**  
**Men:** J Flood 16:53. **Women:** A Critchlow (W40) 19:03. **W55:** J Millett 23:11  
**Roundshaw Downs**  
**Men:** 1 R Ward 16:34; 2 N Reissland (M45) 17:43. **Women:** G Bell (U15) 23:18  
**Sheffield Hallam**  
**Men:** A Other 16:59. **M40:** A. **Women:** 1 M McCarthy (U15) 19:34; 2 H Whitlam 19:35. **U15:** 2 I Wilson 19:54  
**South Manchester**  
**Men:** 1 J Little 16:58; 2 L Didsbury (M45) 17:17. **Women:** 1 A Drasdo (W40) 19:09; 2 M Williams (U15) 19:18  
**Strathclyde**  
**Men:** A Edgar (U20) 18:28. **Women:** 1 R Connolly (U15) 20:22; 2 K Scott (W45) 20:42  
**Sunderland**  
**Men:** T Field (M45) 17:25. **Women:** K Pearson 22:08  
**Swindon**  
**Men:** M Ballard (U20) 17:35. **M60:** A Johns 19:28. **Women:** 1 A Chalk (W35) 17:35; 2 C George (U15) 20:01  
**Valentines**  
**Men:** 1 T Grimes 17:16; 2 S Philcox (M45) 17:40. **Women:** S McCarthy (W50) 22:06  
**Waterworks**  
**Men:** M Wilson 17:43. **Women:** H White (W40) 22:00  
**Whitstable**  
**Men:** A Horsley 19:54. **M65:** R Williams 22:06. **Women:** B Burnett (U20) 23:46  
**Wimbledon Common**  
**Men:** B Green 16:23. **Women:** H Fernando 21:20. **W55:** A Garnier 21:39  
**Woodbank**  
**Overall:** 1 S Tunstall (W) 18:11; 2 G Astin (M45) 19:02. **Women:** Tunstall 18:11  
**MARCH 26**  
**Barnsley**  
**Men:** L Smith 17:50. **Women:** J Lingrell (W35) 22:08  
**FEBRUARY 5**  
**Old Deer Park**  
**Men:** N Wyatt 18:59. **Women:** V Stewart 23:51  
**Woodbank**  
**Men:** D Arden (M45) 18:48. **Women:** S Lomas 19:54  
**JANUARY 29**  
**Cambridge**  
**Men:** T Vickery 15:59; 2 R Holland (M50) 17:12. **Women:** R Jones 19:05





John Brown on his way to winning the Pendle Fell Race in Lancashire



#### KING'S HIGHWAY 5km

##### Accrington Overall

1 K Judd (Prest) 14:18; 2 K Horrigan (M50) 14:20; 3 C Barnes (Acc) 14:33; 4 P Targett (Fell P, M45) 14:40; 5 L Passco (B'burn) 14:58; 6 D Motley (Clay) 15:17; 7 A Life (Clay, M45) 15:29; 8 L Aspin (M40) 15:59; 9 D Horrocks (Clay, M45) 16:09; 10 S McVey (Kes Sf, M50) 16:15; 11 A Wensley (Ross) 16:32  
**U23M:** 2 D Whitlock (Prest) 16:38.  
**M40:** 2 C Lingard 16:36. **M45:** 4 C Whitlock (Wesh) 17:08; 5 D Gaskill (Acc) 17:23. **M50:** 3 P Sagar (Hynd) 17:37. **M55:** 1 A McAllister (Darw) 17:49  
**Women**  
 1 E Sagar-Hesketh (Hynd) 18:59; 2 L McAuley (Acc) 19:11; 3 C Life (Clay, W45) 20:25

#### MARCH 27

##### LOMONDS OF FIFE JUNIOR RACES Falkland

###### U19 men (8.6km)

1 A Harris (Fife) 55:22; 2 Z Delaney (Anst) 72:08

###### U16 (6.4km)

1 C Galloway (Loth) 40:24; 2 A Lawler (Law) 44:07; 3 L Cheskin (Moorf) 44:50

###### U14 (4.2km)

1 L Rees (Fife) 24:10; 2 A Cooper (E Suth) 26:45; 3 T Harris (Fife) 27:59

###### U12 (3.2km)

1 T Rees (Fife) 17:27; 2 G Rees (Fife) 19:06; 3 C Thompson (Kilb) 20:42

###### U19 women (6.4km)

1 S Adkin (Moorf) 44:47; 2 L Hill-Stirling (Ayr S) 45:59; 3 J Rees (Fife) 49:54

###### U16 (4.2km)

1 C Christie (Fife) 47:15; 2 T Levy (Fife) 47:41

###### U14 (4.2km)

1 A Brodkebank (Fife) 36:13; 2 A Cruickshanks (Anst) 40:08

###### U12 (3.2km)

1 L Stark (Kilb) 19:36; 2 I Millar (Kilb) 22:47; 3 S Mills (Anst) 26:12

#### ROYAL OAK 5

##### Tickhill Overall

1 Z Mellard (K'worth) 27:56; 2 K Doyle (K'worth) 28:14; 3 A Lakeland 28:56  
**M50:** 1 T Eastwood (Roth) 30:40

##### Women

1 L Gray (K'worth) 31:28; 2 C Spencer (K'worth) 32:37

#### RUNNING SISTERS WOMEN'S TRAIL

##### 5km

###### Monikie Country Park, Overall (5km)

1 T Morgan (Forf) 19:38; 2 G Sangston (Forf) 21:07

#### SEVEN POOLS RUN 10km

##### Sutton Coldfield Overall

1 N Stretton 36:33; 2 S Corker 37:04; 3 T Hinchley 37:10

##### Women

1 C Hodgson 38:45; 2 E Gould 40:12

#### MARCH 26

##### RICHMOND RIVERSIDE 10km

###### Richmond Park Overall

1 D Maitland 36:41; 2 C Jans 36:43; 3 P Shiel 36:55

###### M60: 1 B James 40:55

##### Women

1 R Atkins (W40) 41:27; 2 T Wood (W35) 43:20

#### MARCH 25

##### VOTW JURASSIC COASTAL

###### CHALLENGE

###### Weymouth

##### Overall (Day 1: Shell Bay to Lulworth Cove)

1 A James 3:25:08; 2 A Holland (VOT) 3:33:59; 3 D Toon (Leic Tc) 3:57:24

##### Women

1 H Bennett (Avs Tri) 4:09:54; 2 M Varvel (VOT, W35) 4:13:55

##### Overall (Day 2: Lulworth Cove to

###### Portland Ferry Road)

1 A James 3:30:45; 2 A Holland (VOT) 3:47:05; 3 A Ledger 3:59:26

##### Women

1 M Varvel (VOT, W35) 4:31:01; 2 H Bennett (Avs Tri) 4:39:48

##### Overall (Day 3: Portland Ferry Road to

###### Charmouth)

1 A James 3:44:50; 2 A Holland (VOT) 4:01:29; 3 M Hartley 4:14:41

##### Women

1 H Bennett (Avs Tri) 4:51:38; 2 M Varvel (VOT, W35) 4:56:32

##### Overall (Total for three days)

1 A James 10:40:43; 2 A Holland (VOT) 11:22:33; 3 J Sutcliffe 12:26:58

##### Women

1 H Bennett (Avs Tri) 13:41:20; 2 M Varvel (VOT, W35) 13:41:28

## FELL

#### APRIL 3

##### EXE TO AXE

###### Exmouth Overall (20M/4000ft)

1 T Merson 2:32:59; 2 A Todd (Axe V) 2:49:57; 3 T Conway (Bracknell) 2:50:26

##### Women

1 E Dennis 3:11:55; 2 A Baumber (Brack) 3:16:09; 3 H Foundling 3:22:19

STINE BATESON

#### APRIL 2

##### LLANBEDR TO BLAENAFON

###### Blaenafon, Wales

##### Overall (16M/4500ft)

1 M Cox (Bath, M40) 2:08:20; 2 M Palmer (Mynydd D, M40) 2:10:49; 3 A Murray (Horw) 2:21:05

##### Women

1 A Rowlands (Eryri) 2:30:05; 2 E McWilliams (Mynydd D) 2:47:13; 3 H Fines (Calder V) 2:54:21

#### PENDLE FELL RACE

##### Pendle

##### Men (additional details next week)

1 J Brown; 2 M Holmes; 3 T Addison; 4 G Pearce; 5 B Mounsey

##### Women: L Jeska

#### SNAEFELL

##### TT course, Isle of Man

##### Men (5M/1900ft)

1 L Taggart (Manx F, M40) 38:56; 2 S Skillicorn (Manx F) 42:44; 3 N Armstrong (Manx F, M40) 43:01

##### Women

1 K Burge (Staffs H) 49:30; 2 S Curphey (Manx H) 57:13; 3 C Caren (Manx H) 66:27

#### MARCH 29

##### HARRY ASPINALL LIVER HILL RACE

###### Rawtenstall Overall (5M/800ft)

1 D Hope (P&B) 31:56; 2 T Ellis (E Ches) 32:02; 3 J Johnston (Ross, U18) 32:25

##### Women

1 S Yeomans (Ross) 38:56; 2 E Flanagan (Ross) 39:39; 3 D Gowans (Acc RR, W45) 41:15

#### MARCH 27

##### DEUCHARY HILL RACE

###### Birnam, Perth-shire Overall (11M/2600ft)

1 A Keith (HBT, M40) 89:31 (rec); 2 M Reid (Moorf) 91:12; 3 C Hill (Cosmic) 92:24

##### Women

1 C Gordon (HBT) 1:45:43; 2 J Higginbottom (C'thy, W40) 1:46:07; 3 K Lyons (W40) 1:50:44

#### BLAKEY BLITZ

##### Blakey, North Yorkshire

###### Overall (9.5M/2370ft)

1 P Butler (Loft, M40) 81:49; 2 G Jones (N'land F) 82:52; 3 L Banton (Clowne) 83:02

##### TEAM: 1 Loftus & Whitby 50; 2 Esk

Valley FR 68; 3 North York Moors 70

##### Women

1 S Gordon (N Marske) 1:42:38; 2 K Neesam (N Marske, W40) 1:42:38; 3 G Bell (Sedge) 1:48:58

#### MARCH 26

##### BIRNAM HILL CLASSIC (Scottish

###### championship event)

###### Birnam, Perthshire Overall 94M/1740ft)

1 R Simpson (Dees R, U20) 28:43; 2 J Lennox (Shett) 29:37; 3 M Sullivan (Shett) 29:47; 4 A Anthony (Ochil) 29:54; 5 T Owens (Shett) 29:58; 6 S Peachey (Cosmic) 30:04; 7 K Richmond (Bella R, M40) 30:36; 8 M Harris (Fife, M40) 31:49; 9 C Watson

(Lom) 32:04; 10 B Wiseman (Ochil) 32:08

**M50:** P Simpson (C'gie) 34:50. **M60:** M Hulme (Corst) 38:52. **M70:** S Cromar (Dund) 45:55

##### TEAM: Shettleston H10

##### Women

1 C Whitehead (Dees R) 33:02; 2 C Buchanan (Ochil, U20) 34:44; 3 S McCormack (Moorf) 35:00; 4 V Oldham (Dees R, W40) 36:57; 5 C Gordon (HBT) 38:03; 6 C Morgan 38:46  
**W50:** G Irvine (High HR) 41:00. **W60:** R Evans 45:19

#### CAUSEY PIKE

##### Stair, Keswick

###### Overall (4.5M/1780ft)

1 R Jebb (Bing) 33:03; 2 C Steele (B'dale F) 34:04; 3 T Addison (Helm H) 34:19

##### Women

1 P Maddams (Kesw) 38:25; 2 E Clayton (Bing) 39:20; 3 R Wrowne (Bowl, W40) 46:31

#### LLANTHONY

##### Llanthony, Wales

###### Overall (3.4M/1250ft)

1 G Hurst (Navy) 29:26; 2 H Aggleton (MDC) 29:29; 3 G Green (San D) 30:43

##### Women

1 K Beecher (Les C) 33:53; 2 S Chipper (Liswerry) 37:22; 3 S Haitala (Brec) 37:45

#### SLIEVE BEARNAGH

##### Trassey Road, Mourne Mountains

###### Overall (4M/2700ft, all Mourne)

1 S Cunningham 45:53; 2 D Woods (M40) 47:20; 3 S Herron (Mourne) 48:33

##### Women

1 S O'Kane (Lagan, W40) 58:04; 2 A Sandford (Newc NI, W45) 63:54; 3 L Hamill (Larne) 95:00

#### MIDGLEY MOOR

##### Booth, Halifax

###### Overall (5M/1250ft, all Calder V)

1 K Gray (M40) 36:39; 2 A Whittom 36:43; 3 J Logue (M40) 37:09

##### Women

1 H Fines (Calder V) 43:59; 2 H Gardner (Calder V) 48:25; 3 L Hobbs (Tod, W40) 52:31

#### JANUARY 9

##### CANNOCK CHASE TRIG POINTS

###### Brockton, Staffordshire

###### Overall (15M/500ft)

1 P Vale (Mercia) 1:45:07; 2 T Werrett (Mercia) 1:49:33; 3 G Briggs (Staffs M) 1:59:17

##### Women

1 K Burge (Staff H) 2:07:31; 2 C Skellern (Staff H, W45) 2:25:55; 3 S Barbour (Mercia, W40) 2:26:10

#### LAMB'S LONGER LEG

##### Congleton, Cheshire

###### Overall (3.25M/950ft)

1 S Bond (Dark Pk) 24:58; 2 M Ollerenshaw (G'dale) 27:01; 3 N Pettie (Goyt) 28:10

##### TEAM: Glossopdale H

##### Women

1 M Edgerton (Pennine) 36:33; 2 P

## EVENT ORGANISERS

» Please send results immediately after the conclusion of the event to [results@athleticsweekly.com](mailto:results@athleticsweekly.com), ideally on Excel spreadsheets.

» Fax to 01733-808535 if this is not possible.

» See [www.athleticsweekly.com/AW\\_Standards\\_April\\_2010.pdf](http://www.athleticsweekly.com/AW_Standards_April_2010.pdf) for our standards

# Sun, sea and 26 miles

THE COAST IS CLEAR FOR BRITAIN'S SECOND BIGGEST MARATHON, WRITES **MARTIN DUFF**

FOLLOWING the race's successful inauguration in 2010 when it attracted 12,000 entries, organisers boosted the elite field in an attempt to ensure that quality matches quantity.

Numbers are up too with more than 13,000 entries booked and the course follows almost the same route as last year, when the men's winner, Serod Batochir, ran 2:19:05, but faster times are expected in 2011. The cross-over point adjacent to the Palace Pier, mid-race, has been eliminated.

Pacemakers for different finishing times between 2:12 and 2:20 have been laid on by the organisers to help the elite field and there are time bonus awards of \$2000 for sub-2:12 (men) and sub-2:35 (women), providing they are top-performances. A sub-2:12 winner will receive \$5000 and the women's winner \$3000 if sub 2:35.

Second and third-placed men get \$1500 and \$1000 respectively, while minor medallists in the women's race receive \$1000 and \$750 with prize money going down to fifth place. There is also extra money



for the top UK runners of \$500, \$300 and \$150 in both men's and women's sections.

Dan Robinson, Britain's most consistent championships runner in recent years, leads the domestic entries and the chase for the sub-2:12 bonus. The Stroud runner, who has a best of 2:12:14, is looking to return to top form after his 19th at the European Championships last year.

Fresh from a useful 65:05 half-marathon in Reading, the 36-year-old is more or less on his PB form. He said he found the wind a problem in Berkshire, but his experience there could see him well placed if the predicted south-westerly winds rough up the field. However, the wind should be behind the runners over the last four miles, perhaps providing a bit of relief from the expected warm temperatures.

Toby Lambert and Richard Gardner will be aiming to better their 2:18 PBs.

The fastest time in the field belongs to Ethiopian Ambesa Tolosa, but his 2:08:56 best dates from 2004, albeit with a 2:11:15 from Japan last year and

a steadier 2:18:38 from Dubai earlier in 2011.

There are also a couple of Kenyans testing out the Brighton seafront ozone. Philemon Boit has a 2:10:55 from the 2009 Tiberias Marathon, while Richard Rotich won Turin last year with 2:16:15.

In the women's race, the late withdrawal of Michelle Ross-Cope leaves the race wide open. France's Svetlana Pretot, who set her best in 2010, at 2:36:23, is the fastest in the field.

However, Alyson Dixon, after her 72:31 at the Bath Half-marathon is due a big revision on her PB of 2:42:50.

Lucy MacAlister, who ran a PB half-marathon in Bath this year of 73:42 is also there.

Julie Briscoe's big PB of 73:29 at Wilmslow at the end of last month makes her a strong contender too.

The route starts with a loop of Preston Park and then takes in the best of the city centre, including the Brighton Pavilion and stretches of coastal road, that give panoramic views of the chalk cliffs and the English Channel.

The first 11 miles see some hills, while the last 15 miles are predominantly flat. The last mile is along the seafront road where thousands of spectators are expected to gather, to watch the finish in Madeira Drive, just east of Brighton Pier.

The Grand Hotel Mini Mile races start at 8.30am near the Peace Statue, as more than 1000 youngsters aged from eight to 17 have entered to race the last mile of the course. The main event is at 9am from Preston Park, but a weekend of activity is promised.

New for 2011 is the Running & Outdoor Lifestyle Exhibition, which takes place at the Brighton Centre on Saturday from 10am to 5pm. Entry is free and, as well as a pasta party and sales stalls, there will be a seminar featuring Olympic medallists Sally Gunnell, David Hemery, Steve Cram, Liz McColgan and Charlie Spedding, plus former marathon greats Hugh Jones and Eamonn Martin and UKA chairman Ed Warner.

See [brightonmarathon.co.uk](http://brightonmarathon.co.uk) for details of the after-party on the Sunday evening.



The course record held by Serod Batochir (20) is under serious threat



CHARLOTTE PURDUE HEADS THE FIELD OF 10,000 ENTRIES IN DUBLIN'S PHOENIX PARK

EUROPEAN junior cross-country champion Charlotte Purdue takes on former world 10,000m champion Berhane Adere of Ethiopia as another season of Great Run road races kicks off with a stellar field.

The Ethiopian appears some way short of her best following a 75-minute half-marathon recently, though, so Purdue could well be pushing for the victory on this 10km course through Phoenix Park.

Purdue, who was last month top European in 14th at the World Cross, is clearly in great shape, as is Ireland's Fionualla Britton, who was just two places behind her.

However, both will have to watch out for Hungary's Aniko Kalovics, who beat Britton at the Almond Blossom cross-country last month. She proved she was still in form when running 51:37 for 15km two weeks ago.

If she decides to run and is still near top shape following her recent Achilles injury, Freya Murray will be a match for them. However, last year's winner pulled out of the Scottish national road relays last weekend.

Another Irishwoman, Mary



# Park life

Cullen, has clocked 8:43 for 3000m and will be looking to test her strength against such quality opposition.

Italy's Nadia Ejjafini, who was 34th at the World Cross, is another who will be hoping to challenge for the leading places, as will be Aldershot, Farnham & District's Ava Hutchinson, who represented Ireland in that event in Punta Umbria.

Also making the trip across the Irish Sea to spearhead the British challenge will be Gemma Steel, who was 27th at the

European Cross in December, and GB junior representative Louise Small.

On the men's side, Martin Fagan will have his work cut out to defend his title on home ground as the nine-time European cross-country champion Sergiy Lebid will be in the field.

The sub-61 half-marathon runner, who is based in the United States, will be hoping the Ukrainian has one of his off-days.

But Lebid has a best for 10km of 28:14 from the 2005 edition of the Bupa Great Manchester Run, where he has placed top-three the past three years.

Spain's Jesus Espana will be in with a good chance of victory, though. The 2006 European

5000m champion, who lost out only to Mo Farah in the defence of that title last year, was fifth over 3000m at the European Indoors last month.

Also running is Portugal's Rui Silva, the winner two years ago here and 2004 Olympic 1500m bronze medallist, who showed he was still in solid shape when running 13:41 for 5000m indoors in Birmingham this winter.

Finland's Jussi Utriainen and Ireland's Joe Sweeney, who were 13th and 21st respectively at the Euro Cross last winter, are also there.

Following the withdrawal of Nick McCormick, the fastest British entrant is Inverclyde's Andrew Douglas, who clocked 29:46 last year.



Martin Fagan: home favourite is defending champion

## Past winners

Men	Women
2003 Craig Mottram (AUS) 28:36	2003 Sonia O'Sullivan (IRL) 32:24
2004 Craig Mottram (AUS) 29:11	2004 Catherina McKiernan (IRL) 33:39
2005 Craig Mottram (AUS) 28:35	2005 Amy Rudolph (USA) 32:16
2006 Craig Mottram (AUS) 28:51	2006 Meselech Melkamu (ETH) 31:41
2007 Abraham Chebii (KEN) 28:47	2007 Victoria Mitchell (AUS) 33:06
2008 Abraham Chebii (KEN) 28:48	2008 Doris Changeywo (KEN) 32:15
2009 Rui Pedro Silva (POR) 28:45	2009 Ana Dulce Felix (POR) 32:18
2010 Martin Fagan (IRL) 29:17	2010 Freya Murray (GBR) 32:30



# The best of the Brits

AW'S STATS SERIES CONTINUES WITH THE BACKGROUND TO THE BEST HAMMER THROWS IN UK HISTORY

**Pictures:** Mark Shearman

## » MEN

### 1 77.54 Martin Girvan

24, 17.04.60, 1 Wolverhampton, 12 May 84

The Northern Ireland thrower twice took Commonwealth Games silver – in 1982 and 1986 – and set the record in Olympic year where he was ninth.

### 2 77.30 Dave Smith

23, 21.06.62, 1 Crystal Palace, 13 Jul 85

He beat Girvan to the Commonwealth gold in 1986, took silver in 1990 and threw 48.84m in 2010.

### 3 77.02 Matt Mileham

27, 27.12.56, 1 Fresno, 11 May 84

Most of his best throws came in the USA and he was never able to produce his best form in championships, including two Olympics where he had three no-throws in 1984 and finished 28th in 1988.

### 4 76.43 Mick Jones

37, 23.07.63, 1 Birmingham, 2 Jun 01

The 2002 Commonwealth champion, who set his best at a BAL match, is still throwing well and wasn't far from making his



Mick Jones: the 2002 Commonwealth champion is still competing



Martin Girvan: UK record of 77.54m has stood since 1984

sixth Games last year at 47 as he is still ranked sixth in the country with 70.36m.

### 5 75.40 Chris Black

33, 01.01.50, 1 Crystal Palace, 23 Jul 83

The Scot set his best in winning the 1983 AAA Championships. He was twice a Commonwealth bronze medallist, but his best performance came in the 1976 Olympics, where he was a fine seventh, which was Britain's best result since Malcolm Nokes' bronze in 1924.

### 6 75.10 Dave Smith

21, 02.11.74, 1 Bedford, 27 May 96

Only the second best Dave Smith in the top six. His best came in an Inter-Counties victory in the year he competed in the Atlanta Olympics.

### 7 75.08 Robert Weir

21, 04.02.61, 1 Brisbane, 3 Oct 82

He set his best in winning Commonwealth gold and then went on to win the discus 16 years later. He uniquely placed in the top 10 in the Olympics in both events.

### 8 74.02 Paul Head

25, 01.07.65, 9rQ Split, 30 Aug 90

Twice a Commonwealth medallist, his best performance

came in the 1990 European qualifying and he was a solid 11th in the final.

### 9 73.86 Barry Williams

29, 05.03.47, 1 Blackburn, 1 Jul 76

The Commonwealth medallist, who was 16th in the 1972 Olympics, later admitted steroid use.

### 10 73.80 Jason Byrne

22, 09.09.70, 1 Colindale, 19 Sep 92

Sixth in the European juniors, he set his best in a low-key end of season competition but never fulfilled his promise.

### 11 73.20 Paul Dickenson

26, 04.12.49, 3 Kiev, 22 May 76

The BBC commentator set his best in a match against the USSR and threw in two Olympics. He won the British over-60 title this year in the winter championship, throwing 48.21m with the lighter implement.

### 12 72.95 Alex Smith

22, 06.03.88, 2 Delhi, 8 Oct 10

A precocious talent, winning bronze at the 2005 World Youth Championships, he set his best in taking a fine silver amid good competition at the 2010 Commonwealth Games. He is the son of the 1986 Commonwealth gold medallist at No.2 on this list.

### 14 72.62 Andy Frost

24, 17.04.81, 4 Melbourne, 24 Mar 06

He set his best when finishing fourth in the Commonwealth, a position he matched in 2010.

### 15 71.88 Mark Dry

22, 11.10.87, 1 Gothenburg, 13 May 10

He was sixth in the 2010 Commonwealths where he could not quite match his early-season 70m-plus form.

### 19 71.00 Ian Chipchase

22, 26.02.52, 1 Edinburgh, 17 Aug 74

The 1974 Commonwealth champion also finished 10th in that year's Europeans.

### 20 70.88 Howard Payne

43, 17.04.31, 1 Warsaw, 29 Jun 74

The three-time Commonwealth champion from 1962 to 1970 was also second in 1974. He was 10th in the 1968 Olympics.

### 25 69.92 Peter Smith

19, 20.07.90, 1 Bedford, 20 Jun 10

The fourth Smith in the top 25 set his best as a teenager, which is also a UK age-19 best. The 2008 Commonwealth youth champion looks sure to rise further.



**46 64.95 Mike Ellis**  
22, 03.09.36, 1 Loughborough,  
4 Jun 59

The 1958 Commonwealth champion was 15th in the Rome Olympics.

**64 62.42 Malcolm Fenton**  
26, 12.02.56, 1 Ipswich,  
16 May 82

Twenty-nine years after setting his best he is still throwing well, winning an M50 British title last month.

**74 62.10 Chris Melliush**  
30, 15.07.44, 1 Wormwood  
Scrubs, 7 Sep 74

Won the British over-65 title this winter, 37 years after setting his PB and he is still winning at Southern Men's League fixtures.

#### » WOMEN

**1 68.93 Lorraine Shaw**  
35, 02.04.68, 1 Loughborough,  
8 Jun 03

Comfortably Britain's greatest ever hammer thrower when it comes to competitive record with Commonwealth gold in 2002, silver in 1998, sixth in the 2001 World Championships and ninth in the 2000 Olympics. She threw 36.99m in the discus last year and is a coach to more than 30 athletes, including the No.2 on this list.

**2 68.63 Zoe Derham**  
27, 24.11.80, 1 Loughborough,  
17 Jul 08

The Commonwealth bronze medallist in Delhi has competed in all the major championships



**Sophie Hitchon:**  
Britain's brightest  
hammer prospect

ALDIS MOTUZA



**Lorraine Shaw:**  
UK record of  
68.93m still  
stands

and closed in on her coach's mark in 2008.

**3 67.58 Shirley Webb**  
23, 28.09.81, 1 Loughborough,  
16 Jul 05

Like the top two, her best mark came at Loughborough. A tenth in the Commonwealths was her best placing as otherwise she failed to make finals. *Gladiators'* "Battleaxe" has not thrown since 2007 when just 25.

**4 66.31 Carys Parry**  
26, 24.07.81, 1 Birmingham, 7 Jun 08  
She peaked in 2010 at the Commonwealth Games to take silver, though her best throw was at a UK Women's League match.

**5 66.01 Sophie Hitchon**  
19, 11.07.91, 1 Moncton, 24 Jul 10  
Her best mark so far has been in winning world junior gold in Canada in 2010 with a UK junior record, capping a great junior career which included

Commonwealth youth gold in 2008 and European junior bronze in 2009. She is already in good form early in 2011.

**6 65.51 Sarah Holt**  
23, 17.04.87, 2 Loughborough,  
23 May 10

Another to set her best at Loughborough, her best result was a European under-23 bronze in 2009, but she went out in qualifying at the Commonwealths in 2010.

**7 64.74 Laura Douglas**  
27, 04.01.83, 2 Hendon, 8 Aug 10  
The Welsh athlete has competed in three Commonwealths with a best of eighth in 2010.

**8 63.96 Lyn Sprules**  
24, 11.09.75, 1 Bedford, 20 Aug 00  
One of the leading Brits in the early years of the event, winning three national titles between 1996 and 1999 and finishing 12th in the 1998 European Championships.

**9 63.61 Liz Pidgeon**  
23, 27.04.77, 1 Halle, 27 May 00  
Her best throw came in a meet in Germany in Olympic year and she was a regular medallist in AAA Championships a decade or so ago, without ever making major championships teams.

**10 63.05 Lesley Brown**  
29, 13.09.76, 1 Stretford,  
19 Feb 06  
Eighth in the 2006 Commonwealth Games but no longer throwing hammer, last year she ran a half-marathon in 2:20.

**11 62.03 Susan McKelvie**  
21, 15.06.85, 2 Sportcity, 27 Aug 06  
Very consistent around the 60m mark with 26 throws bettering that in recent years, she just missed out on Scottish Commonwealth selection.

**15 58.97 Diana Holden**  
27, 12.02.75, 4 Bedford, 4 Jun 02  
She was British No.1 and national senior record-holder while still a junior in 1991 and 1992.

**18 58.05 Myra Perkins**  
18, 21.01.92, 7 Halle, 16 May 10  
The promising junior thrower was fourth in the 2008 Commonwealth Youth Games and ninth in the 2009 World Youth Championships.

**19 57.72 Abbi Carter**  
17, 16.10.93, 1 Loughborough,  
26 Feb 11  
Another up-and-coming thrower set her best this year. She has won English Schools titles the last four years – two at discus and last two at hammer.

**25 56.76 Esther Augée**  
29, 01.01.64, 1 Bromley,  
15 May 93  
She set three British records in 1993 and topped the rankings that year just ahead of Shaw.

#### » Men

**Youngest in top 30:**  
Peter Smith, 19, 69.92, 2010

**Oldest in top 30:**  
Howard Payne, 43, 70.88, 1974

**Oldest mark in top 30:**  
Howard Payne, 70.88, 1974

#### » Women

**Youngest in top 30:**  
Abbi Carter, 17, 57.72, 2011

**Oldest in top 30:**  
Lorraine Shaw, 35, 68.93, 2003

**Oldest mark in top 30:**  
Esther Augée, 56.76, 1993



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**BROOKS** Good Friday Races  
**Victoria Park, Southport on 22<sup>nd</sup> April**  
 3k Fun Run at 10am - Ladies 4 Mile at 10.30am - Men's 4 Mile at 11.15am  
 Large prize list plus £100 for a 4 mile course record (Men or Women)  
 Entry Fees: 4-mile £6 (£8 U/A), Fun Run £3. Online entries at [www.ukresults.net](http://www.ukresults.net)  
 Entries to: Rob Clark, 14 Abbotsford Gardens, Crosby, Liverpool, Merseyside L23 3AP  
[www.southportwaterlooac.co.uk](http://www.southportwaterlooac.co.uk)

**Stockley Park Easter 10K**  
 10.30am Easter Monday – 25th April 2011  
**Stockley Park, Uxbridge, UB11 1HB**  
 A mixture of footpaths, trails & wide, mainly traffic-free roads, taking in Stockley Park & the golf course.  
 Entry Fee in advance: £13 (Affiliated)/£16 (Unaffiliated). Both £3 extra on the day.  
 Email [info@purplepatchrunning.com](mailto:info@purplepatchrunning.com) Enter online at [runnersworld.co.uk](http://runnersworld.co.uk)  
 Entry forms and details at [www.purplepatchrunning.com](http://www.purplepatchrunning.com)

**The Techstep Lichfield Half Marathon**  
 Sunday May 1<sup>st</sup> 2011. Start 10:30am  
**King Edwards Leisure Centre, Lichfield, Staffordshire.**  
 Entry Fee: £18 or £20 (U/A). No entry on the day.  
 Online entry available or send cheque to 'KP Events' + entry form to  
 KP Events, 3 Tudor Row, Bore Street, Lichfield, Staffs, WS13 6HH  
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 Entry: £8 (£10 U/A). Cheques made payable to 'Mendip AC'. Send forms to:  
 Glastonbury Road Run, 6 Nettle Combe View, Wells, Somerset BA5 3QF  
[www.GlastonburyRoadRun.info](http://www.GlastonburyRoadRun.info)

**10K 2011** Chalgrove Festival 10K  
 May Day Bank Holiday  
 Monday 2nd May 2011  
 One of South Oxfordshire's Most Scenic Road Races  
[www.chalgrovefestival10k.com](http://www.chalgrovefestival10k.com)

**DB:MAX** Llangenneth Monster run 10K  
 Rhossili, The Gower 7 May 2011  
 and  
**DB:MAX** Bradford-on-Avon "Monster" 10K  
 Barton Farm Country Park 21 May 2011 at 11:00  
 Full details and online entry at [www.dbmax.co.uk](http://www.dbmax.co.uk)

**Grant & Stone Marlow 5**  
 From HIGGINSON PARK, MARLOW, BUCKS  
 Chip Timed. Fast & flat PB course. Extensive prize list.  
 Entry Fee: £11 or £13 U/A. All runners £18 on the day.  
 Online entry or cheques to 'Handy Cross Runners', and sent  
 c/o 2 Lines Road, Lane End, High Wycombe, Bucks, HP14 3LH  
**SUNDAY 8th MAY**  
 9.30 am Start  
[www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk)

Can you survive **SOLE DESTROYER?**  
**8th May 2011 – Billingham, Northampton**  
 Enter Now:  
 10km Off-road races. Hills, track & mud filled pits!  
 Water, bogs and muddy bits.  
 Entry fee £20  
[www.muckyraces.co.uk](http://www.muckyraces.co.uk)

**Shiplake SCRAMBLE 10km** Sunday 8<sup>th</sup> May  
 Start 10:30 am  
 Shiplake College, Shiplake, Oxfordshire, RG9 4BW  
 Starting at Shiplake College on the banks of the Thames and traversing through farmland and along dirt tracks towards Sonning and then returning, in part, along the picturesque River Thames towpath.  
 Entry £15 (£18 on the day). Chip Timing. Online entry at  
[www.shiplakescramble.co.uk](http://www.shiplakescramble.co.uk)

**Concorde 10K** License no 2011-101548  
 Sunday 8<sup>th</sup> May 2011 – Starting at 10:30  
**Cranford Park, Heston**  
 Officially measured 10K road race on flat course. Car parking, toilets & changing facilities available.  
 Includes fun run for children at 10:00, on a traffic free course within Cranford Park (£1.00 entry fee).  
 Entry price: £10\* In advance, £12\* On the day. \* £2 discount for England Athletics members  
 Online or paper entry at [www.baac1.toucansurf.com](http://www.baac1.toucansurf.com) **APEX SPORTS**



## CROSS-COUNTRY

**Saturday April 9**

**5XC BAGSHOT**  
Swinley Forest, Bagshot.  
[www.5xc.co.uk](http://www.5xc.co.uk)

**Saturday April 23**

**5XC PEMBREY**  
Pembrey Forest Country Park, Pembrey.

[www.5xc.co.uk](http://www.5xc.co.uk)  
**RG FALLA MEMORIAL 4.75**  
L'Ancrese, Guernsey. 11am.  
Contact: [club@guernseyathletics.org](mailto:club@guernseyathletics.org)  
[www.guernseyathletics.org](http://www.guernseyathletics.org)  
gg/easter  
Entry: £8. Extra on day: £2.

**Sunday April 24**

**KPMG GUERNSEY EASTER RUNS**  
**4x2M RELAY**  
L'Ancrese, Guernsey. 10.30am.  
Contact: [club@guernseyathletics.org](mailto:club@guernseyathletics.org)  
[www.guernseyathletics.org](http://www.guernseyathletics.org)  
gg/easter  
Entry: £5.

## MULTI-TERRAIN

**Saturday April 9**

**COTGRAVE PAWS 10km**  
Cotgrave Country Park, Nottingham. 9.30am.  
[www.paws10k.co.uk](http://www.paws10k.co.uk)  
Entry: £7.  
**GLASGOW TO EDINBURGH DOUBLE-MARATHON**  
Ruchill Park, Glasgow. 9am.  
Contact: [resoluteevents@gmail.com](mailto:resoluteevents@gmail.com)  
[www.resoluteevents.co.uk](http://www.resoluteevents.co.uk)  
Entry: £37.  
**RUN RICHMOND PARK 5/10km**  
Sheen Gate, Richmond Park, London. 10am.  
Contact: [info@thefixuk.com](mailto:info@thefixuk.com)  
[www.thefixevents.com](http://www.thefixevents.com)  
Entry: £13/£16.

**Sunday April 10**

**ALDBURY 5.3**  
Aldbury Sports Ground, Aldbury, Hertfordshire. 11am.  
Contact: [steven.newland@markelintl.com](mailto:steven.newland@markelintl.com)

Entry: £10. Extra on day: £2.  
**BAILDON BOUNDARY WAY HALF-MARATHON**  
Baildon CC, Jenny Lane, Baildon, North Yorkshire. 9.30am.  
Contact: [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk)  
[www.baildonrunners.tk](http://www.baildonrunners.tk)  
Entry: £12.  
**CHILTERN OPEN AIR MUSEUM 5km**  
Chalfont St Giles, Buckinghamshire. 1pm.  
[www.coam.org.uk](http://www.coam.org.uk)  
Entry: £10.  
**DARENT VALLEY 10km**  
Anthony Roper School, Eynsford, Kent. 8.30am.  
[www.swanley&districtac.org](http://www.swanley&districtac.org)  
Entry: £10.  
**FULLER'S THAMES TOWPATH 10**  
University of Westminster Sports Ground, Chiswick, London. 9.30am.  
<http://west4harriers.com>  
Entry: £12.  
**GIN PIT 5**  
Miners Welfare Institute, Ley Road, Gin Pit, near Tyldeley, Greater Manchester. 11am.

[www.astleyrunners.co.uk](http://www.astleyrunners.co.uk)  
Entry: £6. Extra on day: £2.  
**HERTFORD CHARITY 10km**  
Richard Hale School, Hertford, Hertfordshire. 10.30am.  
<http://theherfordcharityrun.co.uk>  
Entry: £9. Extra on day: £1.  
**HONITON HIPPO 7**  
Honiton Primary School, Honiton, Devon. 10.30am.  
[www.honitonrc.com](http://www.honitonrc.com)  
Entry: £7. Extra on day: £1.  
**HOUGHTON 11km**  
Village Hall, Houghton, Hampshire. 10.15am.  
[www.houghton-trail-event.org.uk](http://www.houghton-trail-event.org.uk)  
Entry: £8. Extra on day: £1.  
**MAGNIFICENT EASTNOR CASTLE 7**  
Eastnor Castle Estate, Ledbury, Herefordshire. 11am.  
[www.ledburyharriers.org.uk](http://www.ledburyharriers.org.uk)  
Entry: £8. Extra on day: £2.  
**OVERGATE HOSPICE 10km**  
Copley CC, Copley, Halifax, West Yorkshire. 9.30am.  
[www.overgatehospice.org.uk](http://www.overgatehospice.org.uk)  
Entry: £10. Extra on day: £1.

**PARLEY 10km**  
Chapel Gate Sports Ground, Parley, Dorset. 11am.  
[www.twas.org.uk](http://www.twas.org.uk)  
Entry: £10.  
**PEOPLETON SCENIC 6**  
Village Hall, Peopleton, Worcestershire. 11am.  
Contact: [camba.events@btinternet.com](mailto:camba.events@btinternet.com)  
[www.cambaevents.co.uk](http://www.cambaevents.co.uk)  
Entry: £8.  
**REGENCY 10km**  
Leamington Spa, Warwickshire. 9am.  
[www.regency10k.co.uk](http://www.regency10k.co.uk)  
Entry: £14.  
**RICHIE'S RUN 5**  
Garelochhead training area, near Helensburgh. 11am.  
[www.richiesrun.co.uk](http://www.richiesrun.co.uk)  
**SAND DANCER 10km (Inc VAANE CHAMPS)**  
Gypsies Green Stadium, South Shields, Tyne & Wear. 11am.  
[www.southshieldsharriers.co.uk](http://www.southshieldsharriers.co.uk)  
Entry: £7. Extra on day: £2.  
**SANDSTONE RUN 10km**

Submit your fixture online at [athleticsweekly.com](http://athleticsweekly.com)

Get your legs moving and support vulnerable people in the local community

**5 or 10K fancy dress run around Cassiobury Park in Watford**  
**Sunday 15<sup>th</sup> May**

See [www.udder-marathon.info](http://www.udder-marathon.info) Reg Charity No: 281571

**RVC**  
Animal Care Trust  
Royal Veterinary College

**Edinburgh Marathon and Half Marathon - 22 May 2011**

Standard entries have closed but we still have places available for faster runners in the full and half marathon.

**Good 4 Age** - Guaranteed entries for full and half, see website  
**Top Club** - 2:40/1:12 Male and 3:00/1:23 female - Free Entry  
**Elite Entry** - Sub 2:28/1:07 male and sub 2:48/1:16 female

Visit [www.edinburgh-marathon.com/?topclub](http://www.edinburgh-marathon.com/?topclub) for details

**LLANDUDNO 10**  
Incorporating the Mostyn Mile

**Llandudno 10 Mile Road Race**  
Includes Welsh & UK Inter-Counties championships + 1 mile fun run  
**Sunday 22<sup>nd</sup> May 2011 at 12 Noon.**  
Open to runners of all abilities

Fast, flat PB potential course on closed roads. Chip timed. Expo/pasta party  
Prizes £500, £250, £125 (Men/Women) plus age categories. Race entry £14.

[WWW.LLANDUDNO10.CO.UK](http://WWW.LLANDUDNO10.CO.UK)

**BRATHAY WINDERMERE MARATHON 2011**

**22<sup>nd</sup> May 2011 at 10:30 am**  
**Brathay Hall, Ambleside, Cumbria**

Race around Lake Windermere and raise funds for Brathay Trust to help vulnerable and disadvantaged young people.

**Full details and entry forms see**  
[www.brathaywindemeremarathon.org.uk](http://www.brathaywindemeremarathon.org.uk)

**POOLE 10k**  
**Sunday 5th June 2011**

Fast course, Popular race, High standard field

PRIZES: £400 for men's & women's race winners. Cash prizes down to 6th.  
£200 for first team of 4. £140 2nd team; £100 3rd team.

You can enter online at [www.poolerunners.com](http://www.poolerunners.com)

asics City of Portsmouth A.C. **65year Road Race celebration**

**D Day 10k - 11 am Sunday 5 June**  
**Victory 5 Mile - 11 am Sunday 18 September**  
**Promenade 5k Series - 5 races from May - August**

All races are on a flat, fast & virtually traffic free course with PB potential  
Entry Form - [www.portsmouthathletic.co.uk](http://www.portsmouthathletic.co.uk) ~ on line at [www.runnersworld.co.uk](http://www.runnersworld.co.uk)  
Enquiries to Gerry North 02392 651446 or [events@portsmouthathletic.co.uk](mailto:events@portsmouthathletic.co.uk)

**activity WALES events**

**The Wales Marathon & Half Marathon**  
**Sunday 5<sup>th</sup> June 2011**

Wales only closed road marathon set in Pembrokeshire, Britain's only Coastal National Park. Stunning beaches, big crowds and a family atmosphere. Half Marathon option available too.

Enter online at [www.thewalesmarathon.com](http://www.thewalesmarathon.com)

**29th Redcar Half Marathon**  
**Sunday 12th June 2011 10.00am in Redcar**

A fast, flat, accurately measured, all tarmac 13.1 mile course

To join online or for an application form visit [www.teesvalleyleisure.co.uk](http://www.teesvalleyleisure.co.uk)

Reduced entry fees  
General registration: Only £22!  
Running Club Affiliated Members: Only £20!

**Bike Traks** Cleveland Runner **run in england** **TFTIradic** Redcar and Cleveland **NHS** **HATTON**

[www.teesvalleyleisure.co.uk](http://www.teesvalleyleisure.co.uk) Follow us at [twitter.com/TeesValleyLL](http://twitter.com/TeesValleyLL) Find us at [facebook.com/TeesValleyLeisure](http://facebook.com/TeesValleyLeisure)

**ROTHLEY 10K ROAD RACE**

This Popular 26<sup>th</sup> Annual Road Race will take Place at Rothley, Leicestershire.

**Tuesday 21<sup>st</sup> June 2011** **Start Time 19-15hrs**

Entry Forms & Full Details Including Online Entry at [www.rothley10k.com](http://www.rothley10k.com)

Comprehensive Prize List. Entry Limited at 750. Accurate Chip Timing. All funds for Local Charities.  
Entry £12 or £17 on the day if limit not reached. For other info E/Mail [colinfaveil@live.com](mailto:colinfaveil@live.com)

**BAILEY'S NISSAN**  
01227 766777

**Canterbury Harriers**

**THE MOUNT EPHRAIM SUMMER 10K ROAD RACE**  
**Sunday 10<sup>th</sup> July 2011, 11am start**

Entry £11 Attached £13 Unattached £15 on day  
Entry forms & full details [www.mountephrain10k.org.uk](http://www.mountephrain10k.org.uk)  
Online entry at [www.runnersworld.co.uk](http://www.runnersworld.co.uk)  
£1 from each entry will be donated to Demelza House Children's Charity



Beeston Market car park, Tarporley, Cheshire. 10am.  
[www.sandstonerun.co.uk](http://www.sandstonerun.co.uk)  
 Entry: £10.

**TROWBRIDGE 10km**  
 Studley Green Primary School, Trowbridge, Wiltshire. 11am.  
[www.trowbridgelions.org](http://www.trowbridgelions.org)  
 Entry: £8. Extra on day: £2.

## Tuesday April 12

**CITY OF HULL CHAMPAGNE LEAGUE**  
 Beverley Westwood, East Yorkshire. 7.15pm.  
[www.cityofhullac.co.uk](http://www.cityofhullac.co.uk)

## Wednesday April 13

**ARMADA 5km SERIES**  
 Saltram Park, Plymouth. 7pm.  
[www.armadaathletics.com](http://www.armadaathletics.com)  
 Entry: £1.

## Friday April 15

**BROXTOWE 5km**  
 Bramcote Park, Bramcote, Nottinghamshire. 6.30pm.  
[www.broxtowe.gov.uk/sportsevents](http://www.broxtowe.gov.uk/sportsevents)  
 Entry: £7.50. Extra on day: £2.50.

## Saturday April 16

**BOLT ROUND THE HOLT 5/10/21km**  
 Alice Holt Woodland Park, Farnham, Surrey. 10am.  
[www.boltholt.co.uk](http://www.boltholt.co.uk)  
 Entry: £10/£14/£19.

**DEAFBLIND SCOTLAND CANAL RUN 10km**

Leisuredrome, Bishopbriggs, Glasgow. 2pm.  
[www.deafblindscotland.org.uk](http://www.deafblindscotland.org.uk)  
 Entry: £8.

**HURSTBOURNE 5**  
 Hurstbourne Tarrant, Hampshire. 11am.  
[www.hbt.org.uk/hbt5race.htm](http://www.hbt.org.uk/hbt5race.htm)  
 Entry: £8. Extra on day: £2.

## Sunday April 17

**CHOLMONDELEY 10km**  
 Cholmondeley Castle, Cholmondeley, Cheshire. 10.15am.  
[www.thecholmondeleyrun.co.uk](http://www.thecholmondeleyrun.co.uk)  
 Entry: £10.

**CLEETHORPES ST ANDREW'S HOSPICE BEACH 10km**  
 Cleethorpes Beach, Cleethorpes, Lincolnshire. 10am.  
 Contact: Angela Greenfield. 01472-350908 ext 265.  
[angela.greenfield@nhs.net](mailto:angela.greenfield@nhs.net)  
 Entry: £15.

**CRINAN PUFFER 8.5**  
 British Waterways, Ardrishaig, Lochgilphead, Argyll. 10am.  
[www.midargyllcycleclub.co.uk](http://www.midargyllcycleclub.co.uk)  
 Entry: £16.

**FYVIE CASTLE & LAKE 5km**  
 Fyvie, Aberdeenshire. 10am.  
[www.racetimingsystems.com](http://www.racetimingsystems.com)  
 Entry: £8.

**HARTFIELD 10km**  
 Town Croft, Hartfield, East Sussex. 11am.  
[www.hartfieldonline.com](http://www.hartfieldonline.com)  
 Entry: £10. Extra on day: £2.

**HYNDBURN 10km**  
 Wilson's Playing Fields, Clayton-le-Moors, Lancashire. 11am.  
[www.runningspec.com](http://www.runningspec.com)  
 Entry: £5 on the day.

**OFFAS ORROR 20km**  
 Village Hall, Tintern, Monmouthshire. 10.30am.  
[www.chepstowharriers.org.uk](http://www.chepstowharriers.org.uk)  
 Entry: £10. Extra on day: £2.

**SHOBDON WOOD 6**  
 Shobdon Wood, Shobdon, Herefordshire. 11am.  
[www.croftambreyrunningclub.co.uk](http://www.croftambreyrunningclub.co.uk)  
 Entry: £7.

## Wednesday April 20

**KEN TAYLOR COWM RESERVOIR 5km**  
 Cock & Magpie Pub, Cockhall Lane, Whitworth, Lancashire. 7pm.  
 Contact: andems.runners@btinternet.com  
 Entry: £4. Extra on day: £1.

**SEDFIELD NEPTUNE RELAY (4x1.7M)**  
 Hardwick Country Park, Sedgfield, Co Durham. 6.45pm.  
 Contact: ean2005@hotmail.co.uk  
[www.sedgfieldharriers.co.uk](http://www.sedgfieldharriers.co.uk)

## Thursday April 21

**MASSEY FERGUSON EASTER 5**  
 Sports Pavilion, University of Warwick, Coventry, Warwickshire. 6.30pm.  
[www.masseyrunters.co.uk](http://www.masseyrunters.co.uk)  
 Entry: £8. Extra on day: £2.

## Friday April 22

**CROWN TO CROWN 5km**  
 Westley Heights Country Park, Basildon, Essex. 11am.  
[www.pitsearunningclub.org.uk](http://www.pitsearunningclub.org.uk)  
 Entry: £1.

## Saturday April 23

**COMPTON DOWNLAND CHALLENGE 20/40**  
 The Downs School, Compton, Berkshire. 9am.  
 Contact: downlandchallenge@comptonharriers.org.uk  
<http://comptonharriers.org.uk>  
 Entry: £15. Extra on day: £5.

**HALDON HEARTBEAT 8**  
 Exeter Racecourse, Kennford, Devon. 2.30pm.  
[www.haldonheartbeat.org.uk](http://www.haldonheartbeat.org.uk)  
 Entry: £8.

**ISEL CROSS 5.5**  
 Cockermonth School, Cockermonth, Cumbria. 11am.  
[www.derwentac.com](http://www.derwentac.com)  
 Entry: £5.

**ISLE OF MAN PEEL HILL 4**  
 House of Manannan, Peel, Isle of Man. 2.15pm.  
[www.easterfestival.info](http://www.easterfestival.info)  
 Entry: £6.

**NEWPORT TO RYDE 7**  
 Methodist Church Hall, Newport, Isle of Wight. 3pm.  
 Contact: races@rydeharriers.co.uk  
[www.rydeharriers.co.uk](http://www.rydeharriers.co.uk)  
 Entry: £8. Extra on day: £3.

## Sunday April 24

**GUISELEY GALLOP 10km**  
 West Side Retail Park, Guiseley, West Yorkshire. 10.30am.  
[www.skyrac.org.uk](http://www.skyrac.org.uk)  
 Entry: £7.

**HANHAM HORROR 6**  
 Hanham AFC, Bristol. 11am.  
[www.bittonroadrunners.co.uk](http://www.bittonroadrunners.co.uk)  
 Entry: £8. Extra on day: £1.

**HELMSLEY 10km**  
 Helmsley Sports & Recreation Club, Helmsley, North Yorkshire. 10am.  
[www.helmsleysports.org](http://www.helmsleysports.org)  
 Entry: £10. Extra on day: £3.

**NORTH TYNESIDE 10km**  
 Parks Sports Centre, North Shields, Tyneside. 10am.  
[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)  
 Entry: £14.

**STANWICK ST GEORGE'S DAY 10km/HALF-MARATHON**  
 Stanwick Lakes, Stanwick, Northamptonshire. 10am.  
[www.ultramathon.org.uk](http://www.ultramathon.org.uk)  
 Entry: £15/£18.

## Monday April 25

**NOTTS AC EASTER 10km**  
 Wollaton Hall, Nottingham. 11am.  
[www.nottsac.co.uk](http://www.nottsac.co.uk)  
 Entry: £7. Extra on day: £2.

**SHAPWICK BUNNY HOP 7**  
 Village Hall, Shapwick, Somerset. 10am.  
[www.shapwicknews.co.uk](http://www.shapwicknews.co.uk)  
 Entry: £8. Extra on day: £2.

**STOCKLEY PARK EASTER MONDAY 10km**  
 Stockley Park, Uxbridge, Middlesex. 10.30am.  
 Contact: info@purplepatchrunning.com  
[www.purplepatchrunning.com](http://www.purplepatchrunning.com)  
 Entry: £13. Extra on day: £3.

**WEST WIGHT THREE HILLS 8**  
 West Wight Swimming Pool, Freshwater, Isle of Wight. Noon.  
[www.rydeharriers.co.uk](http://www.rydeharriers.co.uk)  
 Entry: £8. Extra on day: £3.

**barcudcoch.org.uk**

**Thursday April 7**  
**BURNHAM ESPLANADE WINTER 5km SERIES**  
 South Esplanade, Burnham-on-Sea, Somerset. 7.30pm.  
[www.bospool.com](http://www.bospool.com)  
 Entry: £6. Extra on day: £2.

**EAST SURREY LEAGUE**  
 Ewell Track, West Ewell, Surrey. 7pm.  
 Contact: ken.crooke@talktalk.net

**SPENCERS DASH 3.7 SERIES**  
 Spencers Arms, Barugh Green, Barnsley, South Yorkshire. 7pm.  
[www.barnsleyac.co.uk](http://www.barnsleyac.co.uk)  
 Entry: £3 on the night.

**Friday April 8**  
**SAUMAREZ PARK 5km SERIES**  
 Saumarez Park, Guernsey. 6pm.  
[www.leemerienrunning.com](http://www.leemerienrunning.com)  
 Entry: £2.

**Saturday April 9**  
**CONISTON 16.7**  
 Coniston, Cumbria. 11am.  
[www.coniston14.com](http://www.coniston14.com)  
 Entry: £17.

**NIKE ERRA MEN'S NATIONAL 12-STAGE & WOMEN'S 6-STAGE RELAYS**  
 Sutton Park, Sutton Coldfield, Birmingham, West Midlands.

**Sunday April 10**  
**AINTREE DIABETES 10km**  
 Croxeth Park, Liverpool. 11am.  
 Contact: judith.page@aintree.nhs.uk  
 Entry: £8. Extra on day: £2.

**AIR PRODUCTS 10km**  
 Metropolitan University (Crewe Campus), Crewe, Cheshire. 10.15am.  
[www.southcheshireharriers.org.uk](http://www.southcheshireharriers.org.uk)  
 Entry: £7. Extra on day: £2.

**BRIGHTON MARATHON**  
 Brighton, Sussex. 9am.  
[www.brightonmarathon.co.uk](http://www.brightonmarathon.co.uk)

**BUNGAY MARATHON/HALF-MARATHON**  
 Maltings Meadow Sports Ground, Bungay, Suffolk. 10.30am/12.30pm.  
[www.bungayblackdogrunningclub.co.uk](http://www.bungayblackdogrunningclub.co.uk)  
 Entry: £18/£15. Extra on day: £3.

**DORNEY LAKE WINTER 5/10km SERIES**  
 Eton College Rowing Centre Dorney Lake, Windsor, Berkshire. Noon.  
[www.f3events.co.uk](http://www.f3events.co.uk)  
 Entry: £18.

**EDINBURGH HALF-MARATHON**  
 Meadowbank Stadium, Edinburgh. 9am.  
[www.edinburgh-half.co.uk](http://www.edinburgh-half.co.uk)  
 Entry: £27.

**ENYS 10km**  
 Enys House, Penryn, Cornwall. 11am.  
[www.penryn.rotary1290.org](http://www.penryn.rotary1290.org)  
 Entry: £8.

**FLITWICK 10km**  
 Village Hall, Flitwick, Bedfordshire. 10.30am.  
[www.flitwick10k.org.uk](http://www.flitwick10k.org.uk)  
 Entry: £10.

**GLENLIVET 10km**  
 Glenlivet Distillery, Ballindalloch, Aberdeenshire. 11am.  
[www.theglenlivet10k.com](http://www.theglenlivet10k.com)  
 Entry: £16.

**GREAT WELSH MARATHON**  
 Millennium Coastal Park, Llanelli, Carmarthenshire. 9am.  
[www.humanbeingactive.org](http://www.humanbeingactive.org)  
 Entry: £27.

**HEAVEN AND HELL HALF-MARATHON**  
 The Hangar, Perth Airport, Perth. 11am.  
 Contact: info@perthroadrunners.co.uk  
<http://perthroadrunners.co.uk>  
 Entry: £13. Extra on day: £1.

**HIGHWORTH 5**  
 Warneford School, Highworth, Wiltshire. 11am.  
[www.highworthrunningclub.co.uk](http://www.highworthrunningclub.co.uk)  
 Entry: £8.

**KNIGHTS NEWCASTLE 7**  
 Ashfields Track, Newcastle-under-Lyme, Staffordshire. 10.30am.  
[www.newcastlestaffsac.org.uk](http://www.newcastlestaffsac.org.uk)  
 Entry: £8. Extra on day: £2.

**LOCHABER MARATHON**  
 Nevis Centre, An Aird, Fort William, Inverness-shire. 11am.  
<http://lochaberac.co.uk>  
 Entry: £26.

**MELBOURNE 12km**  
 Senior Citizens' Centre, Melbourne, Derbyshire. 11.30am.  
[www.melbournefunrun.org.uk](http://www.melbournefunrun.org.uk)  
 Entry: £10. Extra on day: £2.

**NEWHAM CLASSIC 10km**  
 West Ham Park, Upton Lane, Stratford, London. 9.15am.  
[www.newhamclassic10k.com](http://www.newhamclassic10k.com)  
 Entry: £16.50.

**PARC BRYN BACH 10km**  
 Parc Bryn Bach, Tredegar, Gwent. 10am.

[www.hospiceofthevalleys.com](http://www.hospiceofthevalleys.com)  
 Entry: £10.

**PEN SELWOOD TOUGH 10km**  
 Village Hall, Pen Selwood, Somerset. 11am.  
[www.penselwood.parishcouncil.net](http://www.penselwood.parishcouncil.net)  
 Entry: £8.

**TAVY HALF-MARATHON**  
 Tavistock College, Tavistock, Devon. 10am.  
[www.tavy13.com](http://www.tavy13.com)  
 Entry: £17.

**TITANIC QUARTER 10km**  
 Titanic Quarter, Belfast. 2.15pm.  
[www.niaathletics.org](http://www.niaathletics.org)  
 Entry: £15.

**TOM SCOTT MEMORIAL 10**  
 Strathclyde Park, Motherwell. 10.30am.  
[www.tomscottroadraces.co.uk](http://www.tomscottroadraces.co.uk)  
 Entry: £8.

**UNDERWOOD 10km**  
 Underwood School, Underwood, Nottinghamshire. 11am.  
 Contact: underwoodrun@ntlworld.com  
[www.underwoodrun.com](http://www.underwoodrun.com)  
 Entry: £8. Extra on day: £2.

**WHITE HORSE HALF-MARATHON**  
 Millbrook School, Grove, Oxfordshire. 10am.  
[www.whitehorseharriers.org](http://www.whitehorseharriers.org)  
 Entry: £8.

**Tuesday April 12**  
**AYR SEAFORTH 5km SERIES**  
 Dam Park, Ayr. 7.15pm.  
[www.ayrseaforth.co.uk](http://www.ayrseaforth.co.uk)

**CHERNOBYL 5km SERIES**  
 Bridge Inn, London Road, Preston, Lancashire. 7pm.  
[www.shoestringresults.com](http://www.shoestringresults.com)  
 Entry: £5. Extra on day: £2.

**Wednesday April 13**  
**DERBY MIDWEEK MILE/5km TRAINING RACE**  
 Alveston & Boulton Cricket Club, Raynesway, Derby. 7pm.  
 Contact: z2r0u0n8z@yahoo.co.uk  
[www.runningwithdavid.com](http://www.runningwithdavid.com)  
 Entry: £3 on the night.

**KESWICK ROUND THE HOUSES 5.3**  
 Keswick Cricket Pavilion, Keswick, Cumbria. 7pm.  
[www.keswick-ac.org.uk](http://www.keswick-ac.org.uk)  
 Entry: £5.

**STEVE ROTHWELL MEMORIAL 4**  
 Turf Tavern, Edenfield Road, Rochdale, Lancashire. 7pm.  
 Contact: andems.runners@btinternet.com

**YEOVILTON SUMMER 5km SERIES**  
 Nuffield Pavilion, RNAS Yeovilton, Ilchester, Somerset. 7.15pm.  
 Contact: raceentries@hotmail.co.uk  
[www.yeoviltonnrrc.com](http://www.yeoviltonnrrc.com)  
 Entry: £5.

**Thursday April 14**  
**BEVERIDGE PARK 5km SERIES**  
 Beveridge Park, Kirkcaldy, Fife. 7.30pm.  
[www.fifeac.co.uk](http://www.fifeac.co.uk)

**HANCHURCH HILLY 5**  
 Hanchurch Woods, Newcastle, Staffordshire. 7pm.  
[www.stonemm.co.uk](http://www.stonemm.co.uk)  
 Entry: £7. Extra on day: £2.

**HEREFORD COURIERS 5km SERIES**  
 Hereford Leisure Centre, Homer Road, Hereford. 7.15pm.



www.herefordcouriers.wordpress.com  
Entry: £3.  
**RUISLIP 5km SERIES**  
Ruislip Clubhouse, Bury Street,  
London. 6.40pm.  
www.hillingdonac.co.uk  
Entry: £3.

**Saturday April 16**

**BALLYNAHINCH LIONS 10km**  
Ballynahinch Square, Ballynahinch.  
2.30pm.  
Contact: robert.bradford@nitronica.com  
**BERAGH RED KNIGHTS 5**  
St Mary's Park, Beragh. Noon.  
www.beraghredknights.com  
Entry: £10.

**ST GEORGE'S DAY 10km (RACE 1)**  
Stickle Barn Tavern, Great Langdale,  
Cumbria. Noon.

**Sunday April 17**

**BALFRON 10km**  
Balfron Campus, Balfron, Stirling.  
11am.  
www.balfron10k.org.uk  
Entry: £13.  
**BOLTON 10km**  
Leverhulme Park, Bolton,  
Lancashire. 9.30am.  
www.bolton10k.co.uk  
Entry: £10.  
**FRENCHAY 10km**  
UWE Glenside Campus, Bristol.  
11am.

www.frenchay10k.co.uk  
Entry: £8. Extra on day: £4.  
**GARSTANG GALLOP 10km**  
Garstang Sports & Social Club,  
Garstang, Lancashire. 11am.  
http://garstangrc.co.uk  
Entry: £8. Extra on day: £2.  
**MMAC RELAYS**

Edgbaston Reservoir, Birmingham.  
www.midlandmasters.org.uk  
**SCOTLAND KILOMATHON 26.2km & HALF-KILOMATHON 13.1km**  
Royal Highland Centre, Ingliston,  
Edinburgh. 9am.  
www.kilomathon.com  
Entry: £28.50 (Half £18.50).

**SHEFFIELD LORD MAYOR'S 10km**  
Don Valley, Sheffield, South  
Yorkshire. 10.30am.  
www.sheffieldathletics.co.uk  
Entry: £10. Extra on day: £2.  
**ST GEORGE'S DAY 10km (RACE 2)**  
Stickle Barn Tavern, Great Langdale,  
Cumbria. Noon.

www.run3.co.uk  
**VIRGIN LONDON MARATHON**  
London.  
www.virginlondonmarathon.com  
**WALLSEND RISING SUN 5**  
Wallsend.  
www.wallsendharriers.com

**Wednesday April 20**

**FUREY INSURANCE 5km SERIES**  
Riverside Embankment,  
Londonderry. 7.30pm.  
www.sparta-athletics.co.uk  
**GREAT YARMOUTH 5 SERIES**  
Marina Centre, Great Yarmouth,  
Norfolk. 7.15pm.  
www.gyrr.co.uk  
Entry: £5.50.

**Thursday April 21**

**MILFORD MURDER 5**  
Milford Common, Milford,

Staffordshire. 7pm.  
www.stonemm.co.uk  
Entry: £7. Extra on day: £2.  
**WESTON PROM 5 SERIES**  
Pavilion Bar, Weston-Super-Mare,  
Somerset. 7.30pm.  
www.westonac.co.uk/promrun  
Entry: £4.

**Friday April 22**

**BROOKS SOUTHPORT MEN'S/ WOMEN'S ONLY 4**  
Victoria Park, Southport,  
Merseyside. 11.15am/10.30am.  
www.southportwaterlooac.co.uk  
Entry: £6.

**CALDERVALE COUNTRY 10**  
Village Hall, Caldervale, Lancashire.  
1pm.  
www.shoestringresults.com  
Entry: £8.

**ELSWICK GOOD FRIDAY RACES**  
Newburn Riverside Park, Elswick.  
www.newnet.org.uk/elswickharriers

**FOLKESTONE 10**  
The Green, Cinque Ports Avenue,  
Hythe, Kent. 11am.  
http://folkestonerunningclub.co.uk

Entry: £11. Extra on day: £3.  
**ISLE OF MAN EASTER 10km**  
Lifeboat Station, Port Erin, Isle of  
Man. 7pm.  
www.easterfestival.info  
Entry: £8.

**KPMG GUERNSEY EASTER RUNS 10km**  
Port Soif, Guernsey. 10.30am.  
www.guernseyathletics.org.gg/easter

Entry: £15. Extra on day: £2.  
**MAIDENHEAD EASTER 10 (Inc BERKSHIRE CHAMPS)**  
Maidenhead Office Park,  
Maidenhead, Berkshire. 9.30am.  
www.maidenheadac.co.uk  
Entry: £14.

**MALDWYN HARRIERS CHOCOHOLIC 5km**  
Maldwyn Leisure Centre, Plantation  
Lane, Newtown, Powys. 11am.  
maldwynharriers.org.uk  
Entry: £6.

**MARSKER MERMAID 10km**  
Mermaid Pub, Marske, Teesside.  
10.15am.  
http://new-marske-harriers.co.uk  
Entry: £8.

**ROGER WING MEMORIAL 10km**  
Village Hall, Broome, Suffolk.  
10.30am.  
www.bungayblackdogrunningclub.co.uk  
Entry: £6. Extra on day: £2.

**SALFORD 10km**  
Salford Sports Village, Salford,  
Greater Manchester. 10am.  
www.salfordharriers.co.uk  
Entry: £10. Extra on day: £2.

**SUDBURY 5**  
Kingfisher Leisure Centre, Sudbury,  
Suffolk. 9.15am.  
www.sudburyfunrun.co.uk  
Entry: £8.

**Saturday April 23**

**BALMORAL 5/10km**  
Balmoral Castle, Aberdeen.  
12.30pm/2pm.  
www.runbalmoral.com  
Entry: £13/£20.

**BOSCOMBE ROTARY EASTER QUARTER MARATHON**

Boscombe Pier, Boscombe, Dorset.  
11am.  
www.rotaryclubofbournemoutheastcliff.org.uk

Entry: £8. Extra on day: £1.  
**MAGHERAFELT 5**  
Rainey RFC, Magherafelt, County  
Londonderry. Noon.  
www.sperrinharriers.co.uk

**SEVERN AC EASTER 10km**  
White Horse, Sandhurst Lane,  
Gloucester. 3pm.  
www.severnac.co.uk

Entry: £4. Extra on day: £1.  
**SUSSEX RELAY CHAMPIONSHIPS**  
Christ's Hospital.  
www.sussexathletics.org.uk

**WRAY SCARECROW 10km**  
Wray, Lancashire. 1.15pm.  
www.wrayvillage.co.uk/scarecrows.htm

**Sunday April 24**

**FLEETWOOD 10**  
Fleetwood Leisure Centre,  
Fleetwood, Lancashire. 10am.  
www.fylde-coast-running.com  
Entry: £12. Extra on day: £2.

**HALTON RUN THE BRIDGE 5**  
Runcorn Railway Station, Runcorn,  
Cheshire. 9.30am.  
www.runhalton.co.uk  
Entry: £10. Extra on day: £3.

**ISLE OF MAN EASTER 5km**  
Promenade, Douglas, Isle of Man.  
10.15am.  
www.easterfestival.info  
Entry: £6.

**LIVINGSTONE RELAYS (Inc EAST MIDLANDS CHAMPS)**  
Braunstone Park, Leicester.  
**TROWSE 10km**  
Norfolk Snowsports Club, Trowse  
with Newton, Norfolk. 9.30am.  
www.conac.org.uk  
Entry: £11.

**TULIP 10km**  
Springfields Exhibition Centre,  
Spalding, Lincolnshire. 10am.  
www.spaldingtri.co.uk  
Entry: £8. Extra on day: £1.

**WHITEMOOR 10km**  
Whitemoor Recreation Ground,  
Whitemoor, Cornwall. 10am.  
www.runcornwall.co.uk  
Entry: £6.

**Monday April 25**

**BAMPTON TO TIVERTON 7**  
Bampton, Devon. 10am.  
www.tiverton-harriers.co.uk  
Entry: £12. Extra on day: £2.

**BRIDGE INN (BRISTOL) 5km SERIES**  
Bridge Inn, Bridge Road, Shortwood,  
Bristol. 7.30pm.  
Contact: c.j.elson@bris.ac.uk  
www.bristolandwestac.org.uk  
Entry: £5 on the night.

**BUSHLEY MILE**  
Bushley CC, Bushley Green,  
Gloucestershire. 11am.  
www.tewkesburyac.co.uk  
Entry: £5. Extra on day: £1.

**KPMG GUERNSEY EASTER RUNS HALF-MARATHON**  
St Peter Port, Guernsey. 9am.  
Contact: club@guernseyathletics.org  
www.guernseyathletics.org/gg/easter  
Entry: £18. Extra on day: £2.

**STANWICK 10km**

Stanwick, Wellingborough,  
Northamptonshire. 10.30am.  
www.stanwickraces.org.uk  
Entry: £8.

**TEIFI 10**  
Lampeter RFC, Lampeter,  
Ceredigion. Noon.  
http://sarnhelen.org.uk  
Entry: £8.

**WHITEHEAD EASTER MONDAY 5**  
Kings Road, Whitehead, Co Antrim.  
Noon.  
www.whitehead-ni.com

**WOMBOURNE EASTER MONDAY 10**  
Wombourne Leisure Centre,  
Wombourne, Staffordshire. 9.15am.  
www.stuweb.co.uk  
Entry: £8. Extra on day: £2.

**YEOVIL EASTER BUNNY 10km**  
The Nuffield Bar, RNAS Yeovilton,  
Ilchester, Somerset. 11am.  
www.yeooviltownrrc.com  
Entry: £8. Extra on day: £2.

**PARKRUNS**

Ashford – Bedfont Lakes Country  
Park.

Banstead – Banstead Woods.  
Barnsley – Locke Park.  
Basingstoke – War Memorial Park.

Belfast – Waterworks Park.  
Birmingham – Cannon Hill Park.  
Bolton – Leverhulme Park.

Bradford – Lister Park.  
Bramhall – Bramhall Park.  
Brighton – Hove Park.

Camberley – Frimley Lodge Park.  
Cambridge – Milton Country Park.  
Cardiff – Blackweir.

Coventry – War Memorial Park.  
Croydon – Roundshaw Downs.  
Eastleigh – Lakeside County Park.

Edinburgh – Silverknowes  
Promenade. 9.30am.  
Enfield – Grovelands Park.  
Forest of Dean – Covenham  
Enclosure.

Glasgow – Pollock Country Park.  
9.30am.

Great Yarmouth – Gorleston Cliffs.  
Greenwich – Avery Hill Park.  
Hull – East Park.

Kingston – Canbury Gardens.  
Leeds – Hyde Park.  
Leicester – Braunstone Park.

Leigh – Pennington Flash.  
Liverpool – Princes Park.  
London – Brockwell Park.

London – Bushy Park.  
London – Crystal Palace Park.  
London – Finsbury Park.

London – Hackney Marshes.  
London – Norman's Park.  
London – Wimbledon Common.

Middlesbrough – Albert Park.  
Manchester – Heaton Park.  
Manchester – Platt Fields Park.

Milton Keynes – Willen Lake.  
Newcastle – Exhibition Park.  
Newport – Tredegar House.

Norwich – Eaton Park.  
Oldham – Alexandra Park.  
Richmond – Old Deer Park.

Richmond – Richmond Park.  
Reading – Thames Valley Park.  
Redbridge – Valentines Park.

Sheffield – Concord Sports Centre.  
Sheffield – Endcliffe Park.  
Slough – Black Park Country Park.  
Solihull – Brueton Park.

Stockport – Woodbank Park.

Strathclyde – Strathclyde Country  
Park. 9.30am.  
Sunderland – Silksworth Sports  
Complex.  
Swindon – Lydiard Park.  
Whitstable – Promenade.  
Entry: Free. Recurs every Saturday.  
9am unless stated.  
www.parkrun.com

**TRACK**

**Saturday April 9**

**BANK OF SCOTLAND HAMMER GRAND PRIX**  
Grangemouth. 9.30am.  
www.scottishathletics.org.uk

**BEDFORDSHIRE OPEN**  
Bedford. 10.30am.  
Contact: chairman@bedfordandcountyac.org.uk  
www.bedfordshireaaa.org.uk  
Entry: £2.

**KINGSTON THROWS OPEN**  
Kingston. 10am. Until Sunday  
April 10.

www.kingstonandpoly.org  
Entry: £5.

**LEE VALLEY OPEN**  
Lee Valley. 10.30am.  
www.leevalleypark.org.uk  
Entry: £5. Extra on day: £1.

**Sunday April 10**

**ALDER VALLEY GIRLS' LEAGUE**  
Eton.  
www.wseh.info/AlderValleyGirls

**AYRSHIRE HARRIERS OPEN**  
Ayr. Noon.  
Contact: billsimpson@uku.co.uk

**KENT YOUNG ATHLETES' LEAGUE**  
Ashford.  
www.kcaa.org.uk/kyal.htm

**KINGSTON UPON HULL SPRING OPEN**  
Hull. 10.30am.  
www.kuhac.com  
Entry: £3.50. Extra on day: £1.

**PETERBOROUGH GRADED OPEN**  
Peterborough. 11am.  
www.peterborough-ac.org.uk  
Entry: £3.25.

**PETROFAC GRAMPAN ATHLETICS LEAGUE**  
North: Inverness.  
http://grampianathleticsleague.synthasite.com

**RADLEY AC OPEN**  
Abingdon. 10am.  
www.radleyathleticsclub.co.uk  
Entry: £6.

**SOUTHERN COUNTIES VETERANS' LEAGUE**  
Kent: Dartford.  
www.scvac.org.uk

**TIPTON GAMES**  
Tipton.  
www.tiptonharriers.co.uk  
Entry: £4.

**TRAFFORD AC YOUNG ATHLETES' MEDAL MEETING**  
Trafford. 1pm.  
www.traffordac.co.uk  
Entry: £4.

**WAKEFIELD SPRING OPEN**  
Wakefield. 10.30am.  
www.wakefield-harriers.co.uk  
Entry: £2.

**WESSEX YOUNG ATHLETES' LEAGUE**  
Andover. 11.15am.

www.wessexleaguetaandf.co.uk  
**WIGAN SPRING OPEN**  
 Wigan. 10.30am.  
 www.wiganharriers.org.uk  
 Entry: £3. Extra on day: £1.

**Wednesday April 13**

**HIGHGATE HARRIERS/CITY OF LONDON OPEN**  
 Parliament Hill. 7pm.  
 www.highgateharriers.org.uk  
 Entry: £2. Extra on day: £3.  
**NORTHERN VETERANS' LEAGUE**  
 Cleckheaton. 7pm.  
 www.nvac.co.uk

**Thursday April 14**

**EDWARDS & CO SUPER FIVE SERIES**  
 Belfast. 7pm.  
 Contact: laganvalleyac@gmail.com  
 http://laganvalley.org  
 Entry: £3.

**Saturday April 16**

**ALPHA BETA TROPHY**  
 Lee Valley.  
 www.enfield-haringeyac.co.uk  
**HAVANT OPEN**  
 Portsmouth. 9.30am.  
 www.havantac.org.uk  
 Entry: £2. Extra on day: £1.  
**LIVERPOOL THROWS AND JUMPS OPEN**  
 Wavertree. 10am.  
 Contact: ronniebomba@mersinet.co.uk  
 www.liverpoolharriers.co.uk  
 Entry: £6. Postal entries close: April 9.

**MEDWAY & MAIDSTONE OPEN**  
 Gillingham. Noon.  
 Contact: chrisbowman@uk2.net  
 http://mandmac.org  
 Entry: £3 on the day.

**RAF INVITATION**  
 RAF Cosford.  
 www.raf.mod.uk/rafathletics  
**SCOTTISH UNIVERSITIES CHAMPIONSHIPS**  
 Grangemouth. 11am.  
 Contact: ian.tatton@sky.com

**WEST YORKSHIRE LEAGUE**  
 York. 1pm.  
 www.wakefield-harriers.co.uk/  
 wytfl/wytfl.htm

**WOODFORD GREEN OPEN**  
 Woodford. 12.30pm.  
 www.wgel.org.uk  
 Entry: £3 on the day.

**Sunday April 17**

**ANNE MARIE READSHAW MEMORIAL OPEN**  
 Shildon. Noon.  
 Contact: enquiries@shildonrunning.co.uk  
 www.shildonrunning.co.uk  
 Entry: £2.50.

**CHARWOOD AC GRADED OPEN**  
 Loughborough. 11am.  
 www.charwoodac.com  
 Entry: £3. Extra on day: £2.  
**ERNIE GALLAGHER MEMORIAL YOUNG ATHLETES' MEDAL MEETING**  
 Wavertree. 11am.

www.liverpoolharriers.co.uk  
 Entry: £3. Extra on day: £1.  
**KIDDERMINSTER & STOURPORT AC SPRING WARM-UP**  
 Stourport. Noon.  
 www.ksac.co.uk  
 Entry: £2.50. Extra on day: £0.50.

**NITHSDALE AC GRADED OPEN**  
 Dumfries. Noon.  
 Contact: nacsecretary@hotmail.co.uk  
 www.nithsdaleac.org.uk  
**SCOTTISH ATHLETICS LEAGUE 1/2:** Grangemouth.

www.scottishleague.org.uk  
**SCOTTISH WOMEN'S ATHLETIC LEAGUE**  
 Meadowbank. 11am.  
 Contact: ziska400@googlemail.com  
**SHEFFIELD FESTIVAL OF ATHLETICS OPEN**  
 Don Valley, Sheffield. 10.30am.  
 www.sheffieldathletics.co.uk  
 Entry: £5.

**TOM O'MAHONEY MEMORIAL OPEN**  
 Wavertree. 2.30pm.  
 www.liverpoolharriers.co.uk  
 Entry: £3. Extra on day: £1.

**WALTON OPEN**  
 Walton. 10.30am.  
 Contact: jackanddebbie@btinternet.com  
 www.waltonac.co.uk  
 Entry: £3. Extra on day: £1.

**WESSEX YOUNG ATHLETES' LEAGUE**  
 Abingdon, Bournemouth, Isle of Wight. 11.15am.  
 www.wessexleaguetaandf.co.uk  
**YATE SPRINTS & HURDLES CHALLENGE**  
 Yate.  
 www.yateac.org.uk  
 Entry: £5.

**Tuesday April 19**

**CORBY AC WARM-UP MEETING**  
 Corby. 7pm.  
 Contact: enquiry@corbyac.com  
 www.corbyac.com  
 Entry: £3 on the day.

**Wednesday April 20**

**BIRMINGHAM ROWHEATH OPEN**  
 Birmingham University. 6.45pm.  
 www.birminghamrowheath.co.uk  
 Entry: £4.  
**BMC REGIONAL OPEN**  
 Birmingham University. 7.20pm.  
 www.britishmilersclub.com  
**WATFORD OPEN**  
 Watford. 7pm.  
 www.watfordharriers.org.uk  
 Entry: £3.

**Friday April 22**

**CHELMSFORD THROWS FESTIVAL**  
 Chelmsford. 10am.  
 Contact: csac@chelmsford.gov.uk  
 www.chelmsford.gov.uk/csac  
 Entry: £3.50. Extra on day: £1.  
**HERTS PHOENIX AC OPEN**  
 Welwyn Garden City.  
 www.hertsphoenix.com

**Saturday April 23**

**BMC REGIONAL OPEN**  
 Parliament Hill. 4.55pm.  
 www.britishmilersclub.com  
**CHELMSFORD OPEN**  
 Chelmsford. 10am.  
 Contact: csac@chelmsford.gov.uk  
 www.chelmsford.gov.uk  
 Entry: £3.50.

**LONDON INTER CLUB CHALLENGE**  
 Parliament Hill. 11.45am.  
 www.londonathletics.org.uk  
 Entry: £2.  
**LOUGHBOROUGH OPEN MEETING**  
 Loughborough.  
 Contact: i.anholm@lboro.ac.uk

www.loughboroughathletics.com  
**MEDWAY & MAIDSTONE OPEN**  
 Gillingham. Noon.  
 Contact: chrisbowman@uk2.net  
 http://mandmac.org  
 Entry: £3 on the day.

**PAR GRADED OPEN**  
 Par. 11.30am.  
 www.newparac.co.uk  
 Entry: £5.  
**SWARD & KINNAIRD TROPHIES**  
 Kingston.  
**WELSH SENIOR LEAGUE**  
 Brecon.  
 www.welshathletics.org

**Sunday April 24**

**CRAWLEY AC OPEN**  
 Crawley. 11am.  
 www.crawleyac.org.uk  
 Entry: £2.50. Extra on day: £1.

**Monday April 25**

**KETTERING OPEN**  
 Kettering. 12.30pm.  
 www.ktharriers.com  
 Entry: £2 on the day.  
**TONBRIDGE NORMAN FOWLER MEMORIAL OPEN**  
 Tonbridge.  
 www.tonbridgeac.co.uk  
**TRAFFORD AC YOUNG ATHLETES' MEDAL MEETING**  
 Trafford. 1pm.  
 www.traffordac.co.uk  
 Entry: £4.

**WALKS**

**Sunday April 10**  
**SARNIA MILE HANDICAP**  
 Amarreurs Road, Vale, Guernsey.  
 9.30am.  
 Contact: lenouryjedburgh@cwgsy.net  
 http://sarnia.wordpress.com

**Sunday April 17**  
**JEFF FORD WALKS & GRAND PRIX**  
 Don Valley Stadium, Sheffield, South Yorkshire.  
**SARNIA CHILCOTT CUP 7**  
 Albecq, Guernsey. 9.30am.  
 Contact: lenouryjedburgh@cwgsy.net  
 http://sarnia.wordpress.com  
 Entry: £1.

**OVERSEAS**

**Saturday April 9**  
**IAAF WORLD RACE WALK CHALLENGE**  
 Rio Major, Portugal.  
 www.iaaf.org

**Sunday April 10**  
**SPAR GREAT IRELAND 10km**  
 Phoenix Park, Dublin, Ireland. 1pm.  
 www.greatrun.org  
 Entry: £30.  
**PARIS MARATHON**  
 Paris, France.  
**ROTTERDAM MARATHON**  
 Rotterdam, Holland.

**Sunday April 17**  
**MADRID MARATHON**  
 Madrid, Spain.  
 www.maratonmadrid.org

**Monday April 18**  
**BOSTON MARATHON**  
 Boston, USA.

**ATHLETICS** WEEKLY

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## Mo running partner? Mo problem!

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The week before his win at the New York Half-marathon, Mo Farah was staying in the North East and tweeted: "Anyone fancy taking me for a 12-mile run around Sunderland tomorrow morning? I'm staying near the sea front ..."

When an Elswick Harrier got in touch, plans appeared to be made for a Sunday morning run, but apparently Farah thought better of the prospect of running at nine-minute-mile pace with someone who completed a half-marathon last year in 1 hour 36 minutes as the former European cross-country champion failed to show.



One minute you're running your first race, the next minute you're running with Mo Farah

Nevertheless, a few days later, Kye Liddle from Cambridgeshire, another of Farah's Twitter correspondents, did meet up with Europe's top distance athlete and the two strangers enjoyed a 10-miler in a London park.

Both appeared to benefit from the run. Farah, of course, then jetted off to the Big Apple to clock the fastest-ever half by a Briton. The same day, Liddle smashed his PB with 34:03 for 10km – less than nine months after running 43 minutes in his first race.

If they were to meet up in 12 months' time, though, there would be little need for a compromise in pace this time, if Liddle continues improving at that rate. Suitably inspired by his run with Farah, he optimistically hopes to join his one-off training partner in the sub-30-minute ranks at some point this year.

### The path to glory

A RATHER weak-looking Mongolian women's marathon record of 2:40:34 was set last week, but that is respectable by some standards. So if you fancy swapping nationalities to become the No.1 in your country, here are our top five recommendations:

- 1) Jamaica half-marathon (men) Wainard Talbert 69:10
- 2) Bangladesh 3000m (women) Rawshanara Putul 11:07.1
- 3) Jamaica pole vault (women) Maria Newton 3.40m
- 4) Kenya 100m hurdles (women) Florence Wasike 14.21
- 5) Gibraltar javelin (men) non-existent

### Got an off-beat story?

WE'D love to hear it and feature it in *Dip Finish*. Simply send an email to: [jason.henderson@athleticsweekly.com](mailto:jason.henderson@athleticsweekly.com)

## Parkrun runners are racing for the loo

WHEN you've got to go, you've got to go. And well-hydrated runners need to go more than most just before the start of their races.

But the organisers of Parkrun, the series of free weekly 5km races, appear to be suggesting runners either drink less water or make a mad rush to find a loo afterwards.

A note in Parkrun's email newsletter complained about participants at one event in Pollock Park in Glasgow. "Both men and women were observed relieving themselves down the side of the Burrell in Glasgow last week," it read. "I mention the Glasgow incident but this applies to every event and so I appeal to you to make suitable arrangements so that you do not get caught short at our events."

One parkrunner, Alistair Davy of Leeds City AC, wrote to AW, saying: "It is a fact of life and an essential part of race preparation that runners need to go to the loo. Almost all races organised by clubs, and major mass-participation events, accept this and ensure local facilities are available at



race starts or provide portaloos. To put the onus on runners where local facilities are not available close to an event start is ridiculous.

"I, and I know many others will agree, that where such facilities do not exist, Parkrun organisers must be required to provide them. Where they fail to do so, the answer is simple – no Parkrun."

The vast majority of venues for Parkrun have toilets close to the start. In the case of Pollock Park, they are 0.7 miles away, though admittedly that is within warm-up distance.

However, some – including two in Denmark and Banstead Park do not have any nearby. So it could be a choice of dehydrate or an uncomfortable wait.

# NEXT WEEK

Bumper 84-page marathon special contains London preview, plus reports, pictures and results from Brighton  
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