

ATHLETICS WEEKLY

DECEMBER 20, 2018 | £5.95

BEST OF 2018

Annual stats special with global and British rankings





MORE SPEED | MORE PERFORMANCE 2019 TRACK & FIELD SPIKES



AVANTI
MENS B37486

£125.90



AMBITION 4
MENS B37483 | WOMENS B37484

£89.90



ACCELERATOR
MENS B37481

£125.90



TJ/PV
MENS B37496

£125.90



DISCUS/HAMMER
MENS B37487

£125.90



JAVELIN
MENS B37491

£125.90



JUMPSTAR
MENS B37501

£57.90



DISTANCESTAR
MENS B37498 | WOMENS F36063

£57.90



THROWSTAR
MENS B37506

£62.90



SPRINTSTAR
MENS B37503 | WOMENS F36070

£62.90



MORE SPEED | MORE PERFORMANCE

2019 TRACK & FIELD SPIKES



FINESSE
B37488

£125.90



PRIME SP
B37494

£179.90



MD
B37493

£125.90



LONG JUMP
B37492

£125.90



HIGH JUMP
B37490

£125.90



Jason Henderson, editor

ADAPTING TO LIFE AFTER BOLT

AS 2018 draws to a close, it's fair to say the sport is surviving life without Bolt. It's been an action-packed 12 months with a number of athletes emerging to inspire and entertain us.

From Christian Coleman's scintillating 60m at the start of the year to Kevin Mayer's dazzling decathlon in Talence and Eliud Kipchoge's marathon magnificence on the roads of Berlin, we have enjoyed our share of world records.

When it came to competition, we feasted on a World Indoor Championships staged on home soil, followed by the feel-good factor of the Commonwealth Games on the other side of the planet. The European Championships in Berlin created memories to last a lifetime, while the Diamond League buzzed along with every meeting producing world-class results.

Such events provided a stage for remarkable talents to shine. The ebullient Dina Asher-Smith blasted to three golds in Berlin and made clocking the world's fastest female times for 100m and 200m look easy. Yet the Briton knows she'll have to raise her game in 2019 to challenge the imperious Shaunae Miller-Uibo.

In Noah Lyles, the sport has found a male sprinter with so much speed and charisma it's tempting to call him the new Bolt. He is hardly the only prodigy on the circuit, though. Long jumper Juan Miguel Echevarría, pole vaulter Mondo Duplantis and middle-distance man Jakob Ingebrigtsen possess a rare ability and the potential to entertain us for years to come. Add to this Nafi Thiam, Caster Semenya, Mariya Lasitskene, Caterine Ibarguen, Abderrahman Samba ... the list is almost endless.

The achievements of all these athletes – and more – are chronicled in this stats special. Every run, jump and throw of note is listed as we bring you the names and numbers that mattered during 2018.

■ THIS bumper 112-page magazine is our last issue until January 10 when we will bring you, among other things, a preview to 2019 and an exclusive interview with Sebastian Coe. Until then, we wish all our readers a merry Christmas and a happy new year.



Above: Kevin Mayer smashed Ashton Eaton's world decathlon record in Talence in September (JP Durand)

MARK SHEARMAN



Jakob Ingebrigtsen – p72

MARK SHEARMAN

NEWS

- 6 UKA leadership crisis deepens
- 7 Svein Arne Hansen on Europe vs USA
- 8 Simplyhealth Great Stirling XCountry fields
- 9 Ohuruogu's London legacy work

THE BIG FEATURE

- 10 **DINA ASHER-SMITH**
Interview with the No.1 British track and field athlete of the year

SPOTLIGHT

- 14 **AW ATHLETES OF THE YEAR**
Results from our readers' poll after you voted in your masses
- 72 **JAKOB INGEBRIGTSEN**
Middle-distance prodigy explains his great year and ambitions for the future

BEST OF 2018

- 76 **REVIEW OF THE YEAR**
Some of the best moments from a brilliant 2018 season in the sport

RESULTS & FIXTURES

- 98 Includes South of Thames Championships and British win in Barcelona 24-hours
- 107 What's On fixtures guide

REGULARS

- 110 **DIP FINISH**
David Hemery on sprint hurdlers being too tentative to tackle 400m hurdles

Cover: Dina Asher-Smith – a great 2018 (Mark Shearman), Eliud Kipchoge (BMW Berlin Marathon), Zharnel Hughes, Laura Muir and Caterine Ibarguen and, inset, Kevin Mayer (Mark Shearman)



INTERNATIONAL & UK RANKINGS IN ASSOCIATION WITH ATHLETICS INTERNATIONAL

16 Our annual stats extravaganza lists every run, jump and throw of note during 2018 in the shape of our merit rankings and leading season's marks, thanks to statisticians Peter Matthews and Mel Watman

80 Age group rankings including leading domestic masters marks and young athletes lists from under-13s through to under-20 men and women, with statistics provided by Power of 10



GETTY IMAGES FOR EUROPEAN ATHLETICS

BOWKER LOOKS DOOMED

BELEAGUERED UKA CHAIRMAN NOW FACES VOTE AS OPPOSITION MOUNTS



Under fire: UKA chairman Richard Bowker and, inset, some of last week's AW coverage

ALEX BROADWAY/GETTY IMAGES

DOMESTIC athletics heads into Christmas with no resolution to the leadership crisis which has dogged the sport all winter, writes Jason Henderson.

Richard Bowker, the beleaguered chairman of UK Athletics, appears doomed in his role after a UK members' council meeting and AGM last Friday showed little confidence in his plans for the sport.

An immediate vote on his position at the helm of the national governing body was blocked due to a rule that says 28 days' notice must be given, but a formal 28-day process has now started, although Bowker could resign before that period is up.

UKA has also yet to advertise the position of chief executive

following the resignation of Niels de Vos in the autumn. De Vos has since taken up a role in Eugene to help oversee the 2021 IAAF World Championships, while Nigel Holl has been acting as interim chief executive in Birmingham.

It is almost two years to the day since UKA quietly announced the news that Bowker would replace Ed Warner as its chairman. A press release that went out on December 22 in 2016 received little coverage at the time, in stark comparison to the well-attended press conference that marked the beginning of Warner's chairmanship in 2007.

This was partly because Warner continued in the role throughout 2017 while Bowker waited in the wings, but since taking on the role fully the man

HANSEN HAS HIGH HOPES FOR HISTORIC MINSK MEET

SVEIN ARNE HANSEN is predicting “a match for the history books” when the newly-announced Europe v USA meeting takes place next September at the redeveloped Dinamo Stadium in Minsk, writes Euan Crumley.

The European Athletics president is confident the prize money on offer will attract the big names to an event which will be staged on September 9-10, just over two weeks ahead of the IAAF World Championships in Doha.

The official announcement came just a few days ago but eagle-eyed readers of *AW's Dip Finish* will remember we ran an exclusive story about the new event in our October 4 issue.

Further details have emerged now and every track discipline up to 3000m for men and women, excluding the 4x400m, will be included in the Ryder Cup-style showpiece – as will all throws, jumps and the 4x100m.

There will be also be a mixed medley relay, consisting of 200m-200m-400m-800m, with one woman and one man running 200m in the order defined by each team, then a woman at 400m and a man



at 800m. The inclusion of this event is due to the appearance of a mixed 4x400m relay on the Olympic schedule for 2020.

Four athletes from each continent will compete for prize money in every event. Seventh and eighth place in each individual event will receive €500, with the pot increasing by position up to €7000 for each winner.

Winning relay teams will collect €6000 to share between the athletes, while second and third placed teams receive €4000 and €2000 respectively.

The intention is for the staging of the match to alternate between Europe and America in future years, while the European Team Championships in August will be used to pick a Europe team which will include at least 10 athletes from the host nation Belarus.

Hansen has been the driving force behind this event and, with few major outdoor athletics showpieces on the continent in 2019, set about adding what he hopes will be a popular fixture to the calendar.

“We found out that, almost

50 years ago, in 1969 it was the last match between USA and Europe in Minsk,” he said. “So I presented the idea to the Belarus federation and they were eager at once.

“I think it will be a match for the history books. The (200m) world champion Ramil Guliyev will come, I have talked to the Norwegians and they will come, as well as people like Dina Asher-Smith. The USA are happy, too.”

He added: “It looks like people want matches between nations. They want to see their flag.”

M70 MARATHON RECORD FALLS

ED WHITLOCK's M70 marathon world record of 2:54:48, which was set at the Toronto Waterfront Marathon in 2004, was thought to be untouchable.

However, Gene Dykes took 25 seconds off the mark in Florida last weekend.

Racing at the Ameris Bank

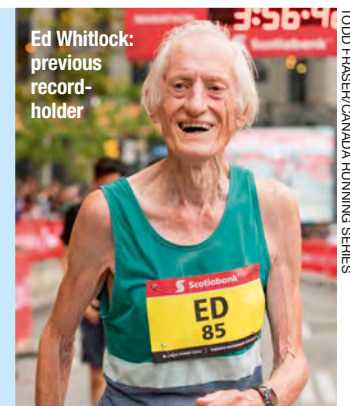
Jacksonville Marathon, the 70-year-old from Pennsylvania clocked 2:54:23 with a performance that surprised, impressed and inspired the running world.

The retired computer programmer, who did not take up serious running until he was 58,

also achieved the feat despite his calf muscles cramping badly in the final couple of miles.

In October, Dykes just missed Whitlock's record in Toronto with 2:55.18 but in Jacksonville he made no mistake as he entered the history books.

Whitlock died last year aged 86.



RELAY STRONG FIELDS SET FOR STIRLING SHOWPIECE

LED by Laura Muir, Britain has the chance in Stirling next month to gain revenge over the Spanish winners of the mixed relay at the Euro Cross in Tilburg.

Muir will be joined by Phil Sesemann, Alex Bell and Jamie Williamson as they take on the Spanish quartet of Saúl Ordóñez, Esther Guerrero, Victor Ruiz and Solange Pereira who took the European title this month.

The Spanish victory came after Britain's lead-off runner in Tilburg, Jamie Williamson, tripped and fell. The team fought back to finish fourth but with a little more luck and Muir as an anchor runner in Stirling on January 12, the result might be different.

The race is one of the highlights of the Simplyhealth Great Stirling XCcountry, which is televised on BBC and the first big domestic meeting of 2019.

In the men's 8km race, Andy Vernon returns to action after missing the Euro Cross due to injury, with Charlie Hulson,



Laura Muir: will anchor Britain's mixed relay team

MARK SHEARMAN

Kristian Jones, Ross Millington, Nick Goolab and Patrick Dever joining him in the GB team.

Kate Avery, who won the Great Edinburgh XCcountry in 2016, joins the leading Brit from Tilburg, Charlotte Arter, plus fellow team silver medallists Pippa Woolven, Jess Piasecki and Verity Ockenden.

In addition, Grace Brock and Matt Willis are part of a GB

team in a junior mixed relay over 4x1km, although there are no individual junior races this time.

The Europe team is led by Anna Emilie Møller, the European under-23 champion in cross-country and 3000m steeplechase who is from Denmark but is based at St Mary's University in London.

Europe's men's team, meanwhile, includes the silver

and bronze medallists from Tilburg – Isaac Kimeli from Belgium and Aras Kaya from Turkey, plus Sweden's Napoleon Solomon and Spain's Adel Mechaal, while the United States team had yet to be announced as AW went to press.

■ **Look out for a full preview of the Simplyhealth Great Stirling XCcountry in our January 10 issue**

AUSSIES SNAP UP MALCOLM

AS a 17-year-old Welsh sprinter in 1996, Christian Malcolm flew to the other side of the world to compete in the World Junior Championships in Sydney and now, 22 years later, he is returning Down Under to take up a position as head of performance and coaching for Athletics Australia.

Malcolm was knocked out in the 200m semi-finals at the World Juniors in 1996 but he took world junior gold in Ljubljana in 1998 and

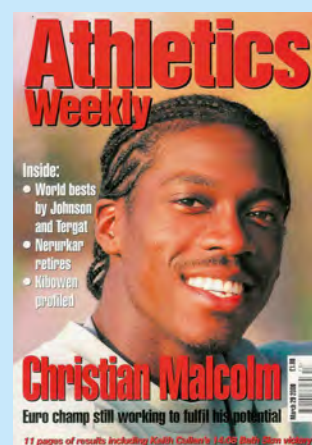
then returned to Sydney four years later for the first of four Olympic Games for Britain.

His four Commonwealth Games appearances for Wales also saw him visit Australia as he raced in Melbourne 2006 and he is now set to move out to that city next month.

Australia's gain is Britain's loss. Since retiring in 2014 the 39-year-old has built up a reputation as a successful coach, overseeing the British relay squads,

as well as working with para sprinters, Welsh rugby players and England cricketers.

It is not the first time Australia has tapped into British coaching talent. At the turn of the millennium the British triple jumper Keith Connor was made head coach at Athletics Australia, while Tudor Bidder, a UKA coach who helped set up Britain's high performance centres, joined the Australian Institute of Sport.



Christian Malcolm: AW cover star

ATHLETES MAKE SPOTY IMPACT

DINA ASHER-SMITH made the final six shortlist for the BBC Sports Personality of the Year last weekend, but finished outside the top three as the main prize went to cyclist Geraint Thomas.

It was not a bad night for athletics, though, as Dorothy Hyman, the sprinter who won the BBC 'SPOTY' prize in 1963, was finally given a replica trophy after a campaign led by her MP

Stephanie Peacock, asked why she is the only winner never to be given a replica.

Ironically 2017 SPOTY winner Mo Farah missed last year's event, but he attended last weekend as the trophy passed to the Tour de France champion.

Earlier in the winter the wheelchair racer Kare Adenegan was named as the BBC Young Sports Personality of 2018.



DAVE WOODHEAD

Trophy: Dorothy Hyman



Christine Ohuruogu: the 2008 Olympic champion (right) with Dina Asher-Smith and David Hemery

STEVE ROWE

OHURUOGU SHOWS HER LEGACY SPIRIT

CHRISTINE OHURUOGU has been given the National Lottery's spirit of sport award for her work in helping keep the Olympic legacy alive in London.

Since retiring from athletics, the former world, Olympic and Commonwealth champion has helped inspire youngsters during schools visits.

She says: "I was born in Stratford and my family still live

there – a mile from the Olympic stadium.

"I was worried that a lot of people would come and enjoy the 2012 Games but when they were over there would be nothing for the community. So I decided to visit local schools so that young people had the opportunity to understand what the Games were about including a legacy that they had every

right to be part of. I wanted them to enjoy the Olympic spirit just as we had done by competing."

On a lighter note, she added: "There is always a bit of sadness when your career ends because track and field has been a big part of my life and I do miss it but when I watch one of my races now I think 'I couldn't do that again!'"

Boston winners return

DESIREE LINDEN and Yuki Kawauchi will defend their titles at the Boston Marathon on April 15.

Racing in dreadful weather earlier this year, Linden's win was the first by an American woman in the race for 33 years, while Kawauchi overtook a string of more favoured athletes in the closing stages as they struggled with the conditions.

Parkrun funding boost

SPORT England is to give £3 million to parkrun in order to create 200 new events.

The funding boost aims to create 200 new events over a three-year period. "With events taking place in 584 locations around the UK each weekend," Sport England says, "parkrun has seen more than 1.8m people take part to date and our aim is to extend that network."

Farah's new range

MO FARAH has launched a new range of healthy-living products, including protein bars, shakes, cookies and wheat biscuits, which are currently sold in B&M stores.

Free Gloucester entries

FREE entries are available for the Gloucester 10 on December 30 and the Gloucester Marathon and Half-Marathon on January 20 for faster runners.

If you have broken 52min (men) or 63min (women) for 10 miles or 72min (men) or 82min (women) for half-marathon or 2:35 (men) or 2:56 (women) for the marathon then email normanukultra@aol.co.uk for more details.

Aregawi will return

ABEBA AREGAWI has not retired, contrary to recent reports. The 2013 world 1500m champion gave birth to her second child two months ago and, currently based in Ethiopia, plans to start training again in 2019.

Essex opt for equality

ESSEX has decided to equalise the distance of its senior men's and women's races at its cross-country championships on January 5 at Chelmsford's Writtle University College. Both sexes will now run 10km.

DINA ASHER-SMITH

BIOG

■ **Born** December 4, 1995

■ **Club** Blackheath & Bromley

■ **Coach** John Blackie

■ **PBs** 60m 7.08i, 100m 10.85 NR, 200m 21.89 NR

■ Achievements

2018 European 100m, 200m and 4x100m gold, Commonwealth 200m bronze and 4x100m gold, Continental Cup 100m and 4x100m silver, Diamond League final 2nd; 2017 World Champs 200m 4th and 4x100m silver; 2016 Olympics 200m 5th and 4x100m bronze, European 200m gold and 4x100m silver; 2015 World Champs 200m 5th, European Indoors 60m silver; 2014 World U20 100m gold; 2013 European U20 200m and 4x100m gold, World Champs 4x100m bronze; 2012 World U20 200m 7th; 2011 Commonwealth Youth 200m gold; 2013/11/10 English Schools 200m gold

DINA



All smiles: Dina Asher-Smith winning European 100m gold in Berlin

IN DEMAND

THE TRIPLE EUROPEAN CHAMPION IS NOW HAVING A TASTE OF FAME, BUT ASHER-SMITH INSISTS GLITZ AND GLAMOUR WILL NOT GET IN THE WAY OF HER REAL GOALS WORDS: JESSICA WHITTINGTON PICTURES: GETTY IMAGES FOR EUROPEAN ATHLETICS & MARK SHEARMAN

DINA ASHER-SMITH is going to need a bigger trophy cabinet. Not only for all of her medals, but also for the numerous awards which rightly recognise her tremendous track triumphs in 2018.

If there was an award for modesty, or an honour for the biggest smile, the 23-year-old would probably win those too. Standing on stage to receive one of her prizes – the British Athletics Writers' Association (BAWA) female athlete of the year in London – she expressed an appreciation that many in the room would have known her since she was “this big” and the Blackheath & Bromley

sprinter is still the same bubbly and affable character I remember first meeting six and a half years ago, when her most recent success was a School Games 200m title (won in 24.01).

Despite all her accolades, Asher-Smith insists she still finds the attention slightly surreal.

“First and foremost, we’re athletes, so we always feel most comfortable on the track,” she says. “It’s lovely to keep being recognised for our exploits on the track but it’s definitely one of the unexpected perks of the job. You forget how your performance affects other people, for them to give you an award. It’s really nice but I’m definitely not used to it!”

Britain’s fastest ever woman got even quicker this summer,

winning the European 100m and 200m titles in national record and world-leading times of 10.85 and 21.89 respectively and completing a treble in Berlin with 4x100m gold – becoming the first British athlete ever to do so.

Before that there was relay gold and 200m bronze for England at the Commonwealth Games on Australia’s Gold Coast, plus runner-up places over 100m in the IAAF Diamond League final and Continental Cup.

As a result, Asher-Smith has been an athlete in demand. There was an appearance on *The Jonathan Ross Show*, she walked on the runway at Paris Fashion Week and even had a Southeastern train – fittingly, the high-speed Javelin – named after her.



Then there's the awards. First it was the women's European athlete of the year honour, then *The Sunday Times* sportswoman of the year prize and nomination for the IAAF female world athlete of the year. Her BAWA and BT Sport action woman of the year awards quickly followed before she was named sportswoman of the year by the Sports Journalists' Association and included among the six contenders for the BBC sports personality of the year honour. Finally, she was also voted top in both the international female and British female categories of the *AW* readers' choice awards.

Keen to show her gratitude, she has attended as many of those functions as possible – which even meant a quick outfit change from kit to awards attire ahead of the BAWA lunch – but the John Blackie-coached athlete has been mindful of nothing getting in the way of her training.

"I don't really move many sessions," she explains. "If anything clashes with training I'm like, 'I'm sorry, I can't go' simply because I get invited to do nice things, and you win awards, because you're running fast and how do you run fast? By training!"

"I definitely know which side my bread is buttered, so to speak. So that means I have to find myself at the track, in the gym or fully rested and ready to go when my coach says so."

That attitude has certainly



Dina Asher-Smith: honours have included winning two categories in the *AW* readers' choice awards

served her well this year but, of her achievements, which stand out the most?

"Berlin was obviously the highlight because that went far better than I was expecting," she says, reflecting on the European Championships.

"The times, I did not anticipate – especially the 21.8. I did not expect to run that!"

"So, I'm very happy with that – it still makes me smile. That's my favourite one out of the three medals that I got.

"Probably running a PB in Oslo (10.92 in the Diamond League 100m) is another highlight simply because it had been quite a while since I had run a PB. It was nice to see that everything came together.

"I wasn't expecting to run a PB, I just went out there to do a good race. That was a bit of a surprise to me and I was so unbelievably happy.

"To do that and then just keep pushing it (during the rest of the season) – that was good."

Asher-Smith has watched back footage of her races in Berlin but only because she has to for performance analysis. It's a part of the job which the King's College history graduate doesn't enjoy.

"I don't really like watching them," she says. "I don't watch interviews with myself, I don't read stuff that I said. That's cringy for me."

It does help to motivate her, however.

"There's lots of stuff to improve on," she adds. "I ran them well and I conducted myself well, that was the thing that came out of Berlin. That's the big resounding tick – mentally and physically I conducted myself well and it was a good championships on that front.

"In terms of going into the next two years and getting stronger and getting more efficient and stuff like that, there's things to improve and that's a really good place to be, I think."

After dominating the European stage this summer, Asher-Smith's attention turns to

global goals with the IAAF World Championships taking place in Doha next autumn and the Olympic Games in Tokyo the following summer.

The world and Olympic relay medallist's top times this year would have won her gold at the last edition of the world championships in London but she knows she can't determine what anyone else might do in the future. Asher-Smith is focused on herself and being the best that she can possibly be.

"My aim would be to run faster and keep improving," she says on her 2019 targets. "I say a similar thing every year and I know it does sound really underwhelming, but especially after having broken my foot (in February 2017) and having a few niggles and growing pains and going through university, I do actually place a lot of value on simply getting better. That's why I do track and field – it's one of those sports where even though we're racing other people, you continuously try and improve your best.

"It's just adding the little bits in training that I've never had the chance to do before – maybe I was too young or my body wasn't ready. It's about getting stronger and being able to do more things in training that hopefully translates to a better performance.

"Ultimately you want to perform well on the world stage but I always adjust my targets throughout the season," she adds. "It's all well and good saying 'I want to go and do this' at the beginning of the year and then somebody goes and runs X time and you're like, well, okay – readjust! I always just adjust on where I am, whether I'm injured or not and what seems realistic at that time. The overall goal is just to keep getting better and improving each time."

"IT'S LOVELY TO KEEP BEING RECOGNISED FOR OUR EXPLOITS ON THE TRACK BUT IT'S DEFINITELY ONE OF THE UNEXPECTED PERKS OF THE JOB."

DINA ASHER-SMITH

BUILT TO LAST

HURRICANE TECHNICAL JACKET



SIBERIUM
WIND & WATER



WATERPROOF

WINDPROOF



- Full length opening
- Windproof & Waterproof
- Taped seams
- Waterproof zippers
- Hood
- Two main pockets
- Elastic hems with lycra binding
- Very light jacket
- Packable into the bag which is included
- Suitable for running and hiking

ORDER ONLINE AT

www.kilpi.co.uk

 **kilpi**[®]
TESTED BY NORTH

AND THE 2018 WINNERS ARE ...

YOU HAVE VOTED IN YOUR THOUSANDS AND HERE ARE YOUR FINAL SELECTIONS FOR THE AW READERS' ATHLETES OF THE YEAR

THE October to December period is filled with various athletics awards but none of the voters are anywhere near as knowledgeable or passionate as the readers of AW.

During the past couple of months you have given us your views on your No.1 performers of 2018 and here are the results.

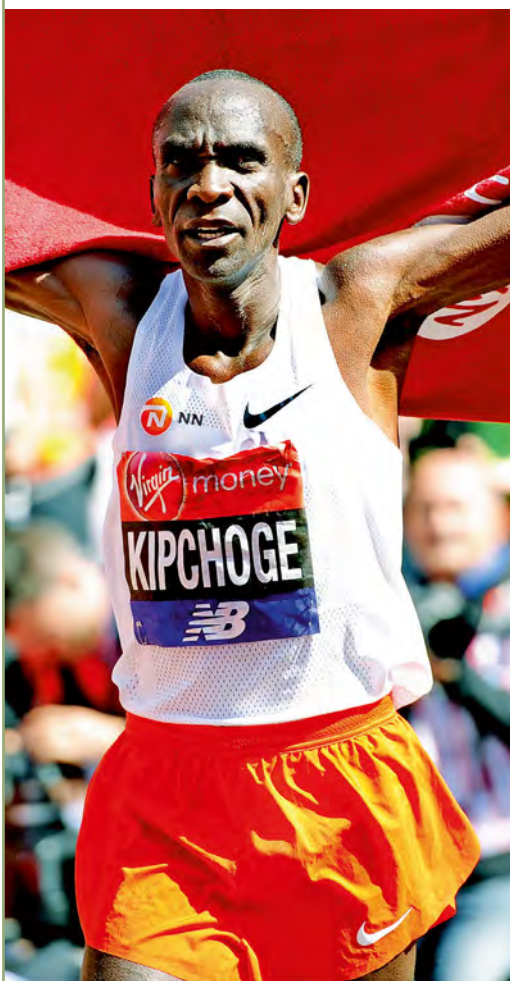
Dina Asher-Smith is a big favourite in your eyes as she not only wins the top female British athlete category but also the international female athlete award after her brilliant European gold medal-winning achievements in Berlin.

Marathon world record-breaker Eliud Kipchoge is your choice as top international male athlete, while another marathoner, Mo Farah, is the No.1 British male athlete of 2018.

Wheelchair racers Hannah Cockcroft and David Weir are your picks for the para categories, while 800m runner Max Burgin and heptathlete Niamh Emerson are junior athletes of the year.

Votes cast for the masters categories were numerous, too, with 400/800m runner Virginia Mitchell and middle-distance runner Mark Symes topping those sections.

INTERNATIONAL MALE



MARK SHERMAN

ATHLETE	% of vote
Eliud Kipchoge	27.59
Jakob Ingebrigtsen	19.54
Tom Walsh	13.23
Christian Coleman	12.62
Kevin Mayer	12.07
Armand Duplantis	9.36
Abderrahman Samba	3.76
Sergey Shubenkov	1.83

INTERNATIONAL FEMALE



MARK SHERMAN

ATHLETE	% of vote
Dina Asher-Smith	62.96
Shaunae Miller-Uibo	7.37
Nafissatou Thiam	6.25
Caster Semenya	5.91
Beatrice Chepkoech	4.94
Sandra Perkovic	4.80
Mariya Lasitskene	4.12
Caterine Ibarguen	3.65

BRITISH MALE



MARK SHEARMAN

ATHLETE	% of vote
Mo Farah	44.23
Zharnel Hughes	12.29
Matt Hudson-Smith	8.79
Tom Bosworth	8.43
Reece Prescod	8.12
Nick Miller	7.44
Andrew Pozzi	6.19
Tim Duckworth	4.51

BRITISH MALE PARA ATHLETE



MARK SHEARMAN

ATHLETE	% of vote
David Weir	32.70
Zak Skinner	21.30
JohnBoy Smith	11.94
Aled Davies	10.74
Nathan Maguire	9.44
Thomas Young	5.00
David Devine	4.49
Simon Lawson	4.39

BRITISH FEMALE UNDER-20



MARK SHEARMAN

ATHLETE	% of vote
Niamh Emerson	26.03
Jessica Lewis	24.96
Keely Hodgkinson	14.01
Bea Wood	11.61
Molly Caudery	6.54
Kristal Awuah	6.06
Ella McNiven	5.88
Emily Williams	4.91

BRITISH FEMALE PARA ATHLETE



MARK SHEARMAN

ATHLETE	% of vote
Hannah Cockroft	29.10
Kare Adenegan	14.42
Sophie Hahn	13.26
Hollie Arnold	13.00
Olivia Breen	10.78
Jade Jones-Hall	7.26
Sabrina Fortune	6.73
Maria Lyle	5.45

BRITISH MALE MASTERS ATHLETE



TOM PHILLIPS

ATHLETE	% of vote
Mark Symes	21.32
Jonathan Tilt	20.71
Jason Carty	12.68
Dominic Bradley	11.22
Steve Peters	11.09
Mark Johnson	10.74
Ian Richards	6.44
John Watts	5.80

BRITISH FEMALE



MARK SHEARMAN

ATHLETE	% of vote
Dina Asher-Smith	41.22
Laura Muir	17.98
Katarina Johnson-Thompson	14.82
Shara Proctor	7.94
Laura Weightman	7.30
Eilish McColgan	5.16
Holly Bradshaw	4.31
Lorraine Ugen	1.27

BRITISH MALE UNDER-20



MARK SHEARMAN

ATHLETE	% of vote
Max Burgin	15.25
Charlie Dobson	14.83
Thomas Keen	13.99
Sam Bennett	13.57
Dominic Ogbechie	11.52
Jake Norris	11.10
Jake Heyward	10.77
Jona Efoloko	8.97

BRITISH FEMALE MASTERS ATHLETE



TOM PHILLIPS

ATHLETE	% of vote
Virginia Mitchell	38.62
Jo Pavey	30.92
Susie McLoughlin	7.36
Jane Horder	6.19
Angela Copson	5.57
Evaun Williams	4.66
Caroline Powell	4.19
Alison Bourgeois	2.49

WELCOME FROM ATHLETICS WEEKLY AND ATHLETICS INTERNATIONAL

CONTENTS

- 18-33** Merit rankings – international
34-43 Event rankings – international
46-61 Merit rankings – UK men/women
62-71 Event rankings – UK men/women

THIS end-of-year issue is a bonanza of facts and figures where we list all of the major performances of the past 12 months.

To do this, we have relied on a number of contributions – notably from Peter Matthews and Mel Watman from *Athletics International* for the world and UK merit rankings, the Power of 10 team for our domestic season lists and Tilastopaja for world outdoor lists.

Last year we had no space for masters or young athletes rankings, but this year we are pleased to bring them back into the issue, which makes it a definitive statistical review from under-13s through to athletes in their 80s and 90s.

Below, the *Athletics International* team explain a little more about the issue and at the bottom of the page are their athlete of the year results.

Jason Henderson, Editor, *Athletics Weekly*

Athletics International

Edited by Peter Matthews & Mel Watman THE newsletter has, for the past 25 years, been keeping readers in more than 50 countries informed of very detailed results (to at least world top 150-200 standards) and news items from around the world. It is available only by email, with at least 35 issues scheduled for 2019.

Annual subscription: £70 or US\$100 or 90 euros. Cash or cheques drawn on a UK bank, payable to *Athletics International*, or by bank transfer on request.

Athletics International, 13 Garden Court, Stanmore HA7 4TE.

Email: melvynwatman@gmail.com

FOR the 20th year, *Athletics International* has been pleased to collaborate with *Athletics Weekly* in producing this annual statistical review. As always, our world top 10 merit rankings, compiled by an international panel of experts, will no doubt provoke discussion. There can be no definitive pecking order for 2018, but the panel has done its best by carefully applying the various criteria for judging athletes' performances over the year.

It was a reasonable year for British athletes, who excelled at the European Championships but often fell just short of global status. In both 2016 and 2017 a total of 17 Britons ranked in the top 10. This year there were 15, with – for the first time since 2008 – no one ranked No.1.

Four athletes ranked second in their events: Mo Farah in the marathon, Dina Asher-Smith in the 200m, Laura Muir in the 1500m and Katarina

Johnson-Thompson in the heptathlon. Asher-Smith also ranked third over 100m.

The next highest ranked Britons were: fourth – Reece Prescod (100m) and Shara Proctor (long jump); fifth – Zhanel Hughes (100m); sixth – Nick Miller (hammer), Tim Duckworth (decathlon) and Lorraine Ugen (long jump); seventh – Holly Bradshaw (pole vault); eighth: Nethaneel Mitchell-Blake (200m) and Matthew Hudson-Smith (400m); and tenth – Eilish McColgan (5000m) and Eilidh Doyle (400m hurdles).

Subscribers to *AI* are receiving this issue with our compliments and we hope that *AW* readers will also find much of interest and value in this section. We wish all readers a happy, healthy, stimulating and peaceful new year.

Peter Matthews & Mel Watman

Joint Editors, *Athletics International*

ATHLETICS INTERNATIONAL ATHLETES OF THE YEAR 2018

WORLD record breaking marathoner Eliud Kipchoge of Kenya and Shaunae Miller-Uibo of The Bahamas were voted world athletes of the year by readers of *Athletics International*.

Kipchoge won both of his marathons: London in 2:04:17 and Berlin in a world record shattering 2:01:39. He was followed in the poll by world record breaking French decathlete Kevin Mayer and Qatar's Abderrahman Samba, who became the second fastest ever 400m hurdler. Miller-Uibo, undefeated at both 200m and 400m, outscored Kenya's world record breaking steeplechaser Beatrice Chepkoech and Russia's ultra-consistent high jumper Mariya Lasitskene.



Eliud Kipchoge



Shaunae Miller-Uibo

Readers were invited to vote for their top 10 athletes of the year and the placings were:

Men: 1 Eliud Kipchoge 656 pts; 2 Kevin Mayer 591; 3 Abderrahman Samba 519; 4 Noah Lyles 340; 5, Emmanuel Korir 228; 6 Armand Duplantis 202; 7 Juan Miguel Echavarria 183; 8 Christian Coleman 166; 9 Mutaz Essa Barshim 127; 10 Timothy Cheruiyot 125.

Women: 1 Shaunae Miller-Uibo 558 pts; 2 Beatrice Chepkoech 493; 3 Mariya Lasitskene 468; 4 Caster Semenya 391; 5 Caterine Ibargüen 373; 6 Dina Asher-Smith 305; 7 Nafissatou Thiam 292; 8 Sandra Perkovic 219; 9= Hellen Obiri & Marie-Josée Ta Lou 126.

For more information on *AI*, email melvynwatman@gmail.com

PICTURES: MARK SHEARMAN/ATHLETICS IMAGES

— GET
 C L O S E R
 T O T H E
 A C T I O N



Tickets
 on sale
 now!

INDOOR ATHLETICS
 1–3 March 2019

Glasgow2019athletics.com

OFFICIAL PARTNERS



HOST INSTITUTIONS



NATIONAL SPONSOR



OFFICIAL SUPPLIERS



ATHLETICS INTERNATIONAL WORLD MERIT RANKINGS 2018

HERE are our annual world top 10 merit rankings, the selection panel again consisting of the *Athletics International* co-editors Peter Matthews and Mel Watman, with Stuart Mazdon (UK), Mirko Jalava (FIN), Alfons Juck (SVK), A Lennart Julin (SWE) and Ed Gordon (USA), plus Elliott Denman for walks.

The panel assessed the year's records of the leading contenders and the ranking order was determined by consensus. The criteria are the traditional ones of honours

won, win-loss records and sequence of marks.

With no global senior championship this year, athletes will have had varying targets – with major championships being the Commonwealth Games (CG) and the continental events – Asian and South American Games, African, CAG and NACAC Championships, with, especially for the full-time pros, the Diamond League meetings (with finals at Zürich and Brussels) and World Challenge meetings.

Marks made indoors were not considered (apart from when part of outdoor meetings, such as the Zürich pole vault), nor were any athletes who were suspended for two years or longer during the year for drug-related offences. As usual the greatest difficulties were with athletes who had thin seasons although one should appreciate that athletes will have varying goals and not all will be able or perhaps want to get into Diamond League fields etc.

In these event-by-event rankings, compiled by Peter Matthews, following each athlete's name are: date of birth (day/month/year), in brackets: number of years ranked and 2017 top-10 ranking. Then their five/six best marks in 2018 and details of placings and performances in meaningful competitions. In these results marks in brackets were in qualifying, marks after w/ are best 'wind legal' marks in that competition. At some venues dates are given for lesser meetings but not for the top one.

100 METRES

1. Ronnie Baker USA

15.10.93 (2y, 8)
9.87, 9.88, 9.90, 9.90, 9.90, 9.93; 9.78w
1 Mt.SAC 9.97
1 Kingston 19/5 10.00
1 Eugene 9.78w
1 Rome 9.93
2 USA Ch 9.90 (9.94, 10.00)
1 Paris 9.88
2 Rabat 9.98
1 London 9.90 (9.90)
1 Chorzów 9.87
2 Brussels 9.93

2. Christian Coleman USA

6.3.96 (2y, 2)
9.79, 9.94, 9.98, 10.01, 10.06; 9.84w
2 Eugene 9.84w
4 Rome 10.06
1 Rabat 9.98
1 Birmingham 9.94 (10.01)
1 Brussels 9.79

3. Noah Lyles USA

18.7.97 (1y, -)
9.88, 9.89, 9.93, 9.98, 9.99, 10.01; 9.86w, 9.92w
1 Gainesville 9.86w
2 Kingston 9/6 9.93
1 USA Ch 9.88 (9.89, 9.92w)
3 Rabat 9.99
3 Birmingham 9.98 (10.11)
1 Cont Cup 10.01

4. Reece Prescod GBR

29.2.96 (1y, -)
9.94, 9.96, 9.99, 10.04, 10.06, 10.09; 9.88w
1 Lough' 28/4 10.39
1 Shanghai 10.04
3 Eugene 9.88w
1 GBR Ch 10.06
5 Rabat 10.09
2 Eur Ch 9.96 (10.10)
2 Birmingham 9.94 (10.12)
4 Brussels 9.99

5. Zhanel Hughes GBR

13.7.95 (1y, -)
9.91, 9.93, 9.95, 9.97, 10.01, 10.01; 9.99w
1h Kingston 10/2 10.18
1 Kingston 24/2 10.01
1 Boston 9.94w
1 Kingston 9/6 9.91

2 GBR Ch 10.13

2 London 9.93 (9.97)

1 Eur Ch 9.95 (10.01)

5 Birmingham 10.05 (10.09)

6. Su Bingtian CHN

29.8.89 (2y, 10)
9.91, 9.91, 9.92, 10.03, 10.04, 10.05; 9.90w
1 Hong Kong 10.28
2 Shanghai 10.05
4 Eugene 9.90w
1 Madrid 9.91 (10.04w)
3 Paris 9.91
3 Luzern 10.14
1 Asian G 9.92

2. Cont Cup 10.03

7. Akani Simbine RSA

21.9.93 (3y, 5)
9.93, 9.94, 9.94, 9.98, 10.01, 10.03
1 Pretoria 10.05A
dns RSA Ch (10.11A)
1 CG 10.03 (10.12)
2 Boston 10.03w

5 Rome 10.13

2 Ostrava 10.13

2 Montreuil 10.04

3 Madrid 10.01 (9.98)

4 Paris 9.94

3 Székesfehérvár 10.21

3 London 9.94 (9.93)

1 African Ch 10.25

6 Birmingham 10.09 (10.07)

5 Brussels 10.03

3 Cont Cup 10.11

8. Yohan Blake JAM

26.12.89 (6y, 4)
9.94, 9.95, 9.99, 9.99, 10.00, 10.03
2 Kingston 24/2 10.05
3 CG 10.19 (10.06)
3 Boston 10.17w
3 Kingston 9/6 10.00
dq sf JAM Ch (10.11)
5 Paris 10.03
2 Luzern 10.12
4 London 9.95 (9.99)
4 Birmingham 9.99 (10.03)

3 Brussels 9.94

8 Cont Cup 11.99

9. Mike Rodgers USA

24.4.85 (6y, -)
9.89, 9.92, 9.92, 9.94, 9.96, 9.98



3 St. George's 10.17
2 Drake R 10.03
1 Baie Mahault 10.14
2 Kingston 10.04
6 Rome 10.13
1 Prague 9.92 (10.05)
3 Ostrava 10.15
1h USA Ch 9.89
6 Paris 10.10
1 Székesfehérvár 10.12
1 Luzern 10.08
4 Rabat 10.01
1 Bellinzona 9.92/9.94
5 London 9.98 (9.96)
9 Birmingham 10.22
2 Chorzów 10.10
2 Rovereto 10.17
6 Brussels 10.16
1 Padua 10.10
1 Zagreb 10.08

10. Jimmy Vicaut FRA

27.2.92 (5y, -)
9.91, 9.92, 9.97, 10.00, 10.02; 10.35w
1 Grenoble 10.00
2 Rome 10.02
1 Marseille 9.92
2 Paris 9.91
dns sf FRA Ch
dns Eur Ch (9.97)

JP DURAND

2. Ramil Guliyev TUR

29.5.90 (5y, 1)
19.76, 19.90, 19.92, 19.98, 19.99, 20.09
3 Doha 20.11
7 Eugene 20.57
1 Turku 20.23
1 Oslo 19.90
1 Stockholm 19.92
3 Ostrava 20.09
1 Med G 20.15
2 Monaco 19.99
1 Andorf 20.18
1 Eur Ch 19.76 (20.33)
1 Bursa 20.35
2 Zürich 19.98
4 Zagreb 20.79
2 Cont Cup 20.28
1 Antalya 20.55

3. Michael Norman USA

3.12.97 (1y, -)
19.84, 19.88, 20.06, 20.35, 20.37, 20.46; 19.84w
1 Los Angeles 20.37
1 Tempe 20.06
1 Stanford 19.84w
dns USA Ch (20.35, 20.46)
1 Paris 19.84
2 Lausanne 19.88

4. Alex Quiñónez ECU

11.8.89 (1y, -)
19.93A, 20.03, 20.08, 20.08, 20.13, 20.14
1 ECU Ch 20.66A
1 Gainesville 20.26w
1/- Clermont 20.14
1 Tallahassee 20.43
1 S.Am G 19.93A
3 Paris 20.08
3 Lausanne 20.08
3 Monaco 20.03
3 London 20.13
5 Zürich 20.34
3 Cont Cup 20.36

5. Alonso Edward PAN

8.12.89 (6y, -)
19.90, 19.96, 20.01, 20.15, 20.15, 20.17
2/2 Clermont 20.15/20.23
2 Boston 20.03 St
dq fs Paris
8 Lausanne 20.86
1 Luzern 19.90
4 Monaco 20.15

2 London 20.01

2 CAG 20.17 (19.96)

1 Zagreb 20.17

1 Cont Cup 20.19

6. Jereem Richards TTO

13.1.94 (2y, 8)
19.99, 20.04, 20.05, 20.09, 20.12, 20.16
1 San Antonio 20.27
1 CG 20.12 (20.33)
2 Doha 19.99
3 Boston 20.03St
2 Eugene 20.05
3 Oslo 20.19
2 Ostrava 20.09
2 TTO Ch 20.35
5 Monaco 20.16
3 Zürich 20.04

7. Aaron Brown CAN

27.5.92 (1y, -)
19.98, 20.05, 20.07, 20.07, 20.14, 20.17
1 Brisbane 20.95
2 CG 20.34 (20.18)
4 Doha 20.18
3 Eugene 20.07
2 Oslo 19.98
2 Stockholm 20.07
1 Ostrava 20.05
1 CAN Ch 20.17
6 Monaco 20.17
2 NACAC 20.20
4 Zürich 20.14
2 Zagreb 20.23

8. Nethaneel Mitchell-Blake GBR

2.4.94 (2y, 7)
20.04, 20.21, 20.24, 20.35, 20.37, 20.47
5 Doha 20.37
5 Eugene 20.51
5 Stockholm 20.47
1 GBR Ch 20.24
4 London 20.21
2 Eur Ch 20.04 (20.35)
8 Zürich 20.53

9. Alex Wilson SUI

19.9.90 (1y, -)
20.04, 20.14, 20.16, 20.25, 20.26, 20.29
4/- Clermont 20.61
6 Kingston 20.95
1 Basel 20.29
1 Bern 20.26

1 Chaux-de-Fonds 20.25
 1 SUI Ch 20.14
 7 Lausanne 20.65
 3 Eur Ch 20.04 (20.16)
 6 Zürich 20.40
10. Kyle Greaux TTO
 26.4.88 (1y, -)
 19.97, 20.08, 20.11, 20.22,
 20.26, 20.28
 1 Port of Spain 20.40w
 6 CG 20.63
 3/1 Clermont 20.22/20.08
 1 George Town 20.45
 1 TTO Ch 20.31
 1 Leonora 20.43
 2 Barcelona 20.31
 1 Heusden 20.28
 3 CAG 20.26 (19.97, 20.34)
 1 NACAC 20.11
 1 Gothenburg 20.79

Lyles ran four of the year's sub-19.7 times, all in DL wins, so Guliyev had to drop a place despite improving his times from 2017. Norman had limited races but beat Edward and Quiñónez 2-0 in DL races. Akeem Bloomfield was not ranked as he only had two 200m races, but these were top quality: 2 Luzern 20.00 and 1 London 19.81, A record 14 men ran wind-legal sub-20 second times.

400 METRES

1. Abdellilah Haroun QAT
 1.1.97 (2y, -)
 44.05, 44.35, 44.37, 44.50,
 44.51, 44.63
 1 Sãn Bernardo 45.41
 2 Doha 44.50
 3 Shanghai 44.51
 2 Rome 44.37
 1 Hengelo 44.35
 1 Ostrava 44.63
 2 Rabat 44.69
 1 London 44.07
 1 AsiG 44.89
 1 Cont Cup 44.72
2. Steven Gardiner BAH
 12.9.95 (3y, 3)
 43.87, 43.99, 44.43
 1 Doha 43.87
 1 Shanghai 43.99
 1 Chorzów 22/8 44.43
 dnf Zürich
3. Michael Norman USA
 3.12.97 (1y, -)
 43.61, 44.40, 44.53, 44.66,
 44.67, 44.74
 1 Mt. Sac 44.53
 1 Westwood 44.74
 1 Stanford 44.40
 1q NCAA-W 44.67
 1 NCAA 43.61 (44.66)
4. Fred Kerley USA
 7.5.95 (2y, 4)
 44.33, 44.36, 44.71, 44.80,
 45.54

4 Shanghai 44.71
 1 Rome 44.33
 2 Kingston 44.36
 1 Birmingham 45.54
 1 Zürich 44.80
5. Akeem Bloomfield JAM
 11.10.97 (1y, -)
 43.94, 44.33, 44.72, 44.90,
 45.06, 45.41
 1 Auburn 46.17/45.68
 1h Knoxville 45.06
 1 Stanford 44.40
 2q NCAA-E 44.90 (45.41)
 2 NCAA 43.94 (44.72)
 1 Rabat 44.33
6. Isaac Makwala BOT
 24.9.85 (4y, 2)
 44.23, 44.35, 44.92, 45.00,
 45.03A, 46.01
 1 Johannesburg 45.03A
 1 CG 44.35 (45.00)
 3 Doha 44.92
 2 Shanghai 44.23
7. Paul Dedewo USA
 5.6.91 (1y, -)
 44.43, 44.48, 44.50, 44.56,
 44.58, 44.62
 1/2 Tempe 45.21/44.62
 3 Mt. Sac 44.78
 3 Rome 44.58
 2 Hengelo 44.50
 4 Madrid 45.00
 2 Székesfehérvár 45.13
 1 Chorzów 8/6 44.56
 2 USA Ch 44.64 (45.03)
 5 Rabat 44.82
 1 A.WCp 44.48
 2 London 44.43
 3 Birmingham 45.62
 1 Rovereto 45.30
 4 Zürich 45.18
8. Matthew Hudson-Smith GBR
 26.10.94 (2y, -)
 44.63, 44.68, 44.70, 44.76,
 44.78, 44.79
 dq ht CG
 1 Clermont 45.07/44.70
 4 Kingston 45.70
 7 Rome 45.52
 4 Kingston 5/6 45.40
 1 GBR Ch 44.68
 3 Rabat 44.79
 6 London 44.63
 1 Eur Ch 44.78 (44.76)
 2 Birmingham 45.59
 3 Zürich 44.95
 4 Cont Cup 45.72
9. Kirani James GRN
 1.9.92 (8y, -)
 44.35, 44.50, 44.99
 1 Kingston 9/6 44.35
 1 Leonora 44.99
 3 London 44.50
10. Nathan Allen JAM
 7.5.95 (2y, 6)
 44.13, 44.28, 44.61, 44.72,
 44.76, 44.83
 2 Auburn 45.92
 1 SEC 44.28 (44.61)

1q NCAA-E 44.76 (45.20)
 3 NCAA 44.13 (44.83)
 7 London 44.72
 Haroun had a series of big race wins and takes top spot. He was beaten 2-0 by Gardiner but the Bahamian then missed most of the season with injury. There were diverse views on Norman, who was undefeated and ran the year's fastest time, but ran only in the USA, whereas Kerley had three DL wins. Wayde van Niekerk, top in 2015-17, did not compete.

800 METRES

1. Emmanuel Korir KEN
 15.6.95 (2y, 2)
 1:42.05, 1:42.79, 1:44.72,
 1:45.16, 1:45.21
 1 Doha 1:45.21
 1 Eugene 1:45.16
 1 London 1:42.05
 2 African Ch 1:45.65
 1 Birmingham 1:42.79
 1 Brussels 1:44.72
 1 Cont Cup 1:46.50
2. Wycliffe Kinyamal KEN
 2.7.97 (1y, -)
 1:43.12, 1:43.91, 1:44.65,
 1:44.72A, 1:45.11
 2 KEN CGT 1:44.72A
 1 CG 1:45.11 (1:45.56)
 1 Shanghai 1:43.91
 3 Eugene 1:46.14
 1 Rome 1:44.65
 3 London 1:43.12
 6 Brussels 1:46.02
3. Nijel Amos BOT
 15.3.94 (5y, 1)
 1:42.14, 1:43.29, 1:44.08,
 1:44.18, 1:44.65
 1 Stanford 31/3 1:44.65
 8 CG 1:48.45 (1:45.12)
 2 Eugene 1:45.51
 2 Székesfehérvár 1:44.18
 1 Monaco 1:42.14
 4 London 1:43.29
 1 African Ch 1:45.20
 1 Zagreb 1:44.08
 3 Cont Cup 1:46.77
4. Jonathan Kitilit KEN
 24.4.94 (1y, -)
 1:43.46A, 1:43.53, 1:43.77,
 1:43.83, 1:43.91
 1 KEN CGT 1:44.64A
 6 CG 1:46.12
 2 Shanghai 1:43.95
 3 Cambridge 1:46.35
 3 Rome 1:44.78
 1 Hengelo 1:43.77
 1 KEN Defence 1:45.33A
 1 KEN Ch 1:43.46A
 2 Paris 1:43.83
 1 Bellinzona 1:44.38
 5 Monaco 1:43.91
 6 African Ch 1:46.88
 2 Birmingham 1:43.53

dnf Brussels
 3 Zagreb 1:44.50
5. Ferguson Rotich Cheruiyot KEN
 30.11.89 (6y, 9)
 1:43.73, 1:44.08, 1:44.26A,
 1:44.44, 1:44.74
 dnf KEN CGT
 4 Doha 1:46.76
 6 Eugene 1:46.90
 2 Rome 1:44.74
 1 Chorzów 1:45.70
 2 KEN Ch 1:44.26A
 1 Paris 1:43.73
 1 Székesfehérvár 1:44.08
 5 African Ch 1:46.33
 2 Bursa 1:47.38
 4 Birmingham 1:44.44
 3 Brussels 1:45.28
6. Marcin Lewandowski POL
 13.6.87 (8y, 7)
 1:44.32, 1:44.43, 1:44.75,
 1:44.99, 1:45.21
 3 Shanghai 1:45.41
 2 Cambridge 1:46.11
 8 Monaco 1:44.32
 1 POL Ch 1:50.27
 5 Birmingham 1:44.75
 1 Chorzów 1:44.99
 2 Brussels 1:45.21
 2 Zagreb 1:44.43
7. Brandon McBride CAN
 15.6.94 (2y, 8)
 1:43.20, 1:44.99, 1:45.18,
 1:45.76, 1:45.78
 5 Shanghai 1:45.78
 1 Cambridge 1:45.18
 4 Rome 1:44.99
 dnf Guelph
 2 CAN Ch 1:46.42
 2 Monaco 1:43.20
 1 NACAC 1:46.14
 9 Birmingham 1:45.78
8. Clayton Murphy USA
 26.2.95 (2y, -)
 1:43.12, 1:44.69, 1:45.79,
 1:45.97, 1:45.97
 2 Mt.Sac 1:47.22
 5 Doha 1:47.22
 6 Shanghai 1:45.97
 1 USA Ch 1:46.50
 4 Székesfehérvár 1:44.69
 1 Luzern 1:46.41
 1 A.WCp 1:46.52
 2 London 1:43.12
 10 Birmingham 1:47.80
 5 Brussels 1:45.97
 6 Zagreb 1:45.79
 2 Cont Cup 1:46.77
9. Adam Kszczot POL
 2.9.89 (6y, 5)
 1:44.59, 1:44.72, 1:44.97,
 1:45.48, 1:45.60
 3 Doha 1:46.70
 5 Eugene 1:46.64
 7 Rome 1:46.23
 2 Chorzów 1:46.12
 6 Székesfehérvár 1:45.60
 2 A.WCp 1:46.98
 6 London 1:44.72

1 Eur Ch 1:44.59
 6 Birmingham 1:44.97
 3 Chorzów 1:45.48
10. Saul Ordóñez ESP
 10.4.94 (1y, -)
 1:43.65, 1:44.36, 1:44.44,
 1:46.71, 1:46.82
 1 Huelva 1:44.44
 4 Madrid 1:46.71
 3 Paris 1:44.36
 3 Monaco 1:43.65
 2 ESP Ch 1:49.19
 4s1 Eur Ch 1:46.82
 Korir lost only once (to Amos at the African Champs). It was close for second between newcomer Kinyamal and Amos. The former had a good start including a clear win at the Commonwealth Games but Amos had a good end to the year. Kitilit (10 sub-1:45) had most fast times.

1500 METRES

1. Timothy Cheruiyot KEN
 20.11.95 (3y, 2)
 3:28.41, 3:29.71, 3:30.27,
 3:31.22, 3:31.48
 1 KEN CGT 3:34.84A
 2 CG 3:35.17
 1 Shanghai 3:31.48
 1 Eugene 3:49.87M/3:35.05
 1 Rome 3:31.22
 1 KEN Ch 3:34.82A
 1 Paris 3:29.71
 1 Monaco 3:28.41
 2 African Ch 3:35.93
 1 Zürich 3:30.27
 1 Berlin 3:32.37
2. Elijah Manangoi KEN
 5.1.93 (4y, 1)
 3:29.64, 3:31.16, 3:32.52,
 3:33.79, 3:34.78
 2 KEN CGT 3:35.42A
 1 CG 3:34.78
 1 Eugene 3:52.18M/3:36.74
 2 Rome 3:33.79
 1 Oslo 3:56.95M
 1s3 KEN Ch 3:48.38A
 2 Monaco 3:29.64
 1 African Ch 3:35.20
 2 Zürich 3:31.16
 1 Zagreb 3:32.52
 1 Cont Cup 3:40.00
3. Ayanleh Souleiman DJI
 3.12.92 (5y, -)
 3:31.19, 3:31.24, 3:31.77,
 3:33.42, 3:33.93
 8 Eugene 3:55.87M/3:38.46
 3 Rome 3:34.87
 2 Paris 3:31.77
 3 Rabat 3:33.42
 5 Monaco 3:31.19
 4 African Ch 3:37.18
 3 Zürich 3:31.24
 3 Zagreb 3:33.93
4. Jakob Ingebrigtsen NOR
 19.9.00 (1y, -)
 3:31.18, 3:52.28M/3:37.25,
 3:36.06, 3:37.42, 3:38.10
 1 Stanford 3/5 3:39.06
 4 Eugene 3:52.28M/3:37.25
 3m Oslo 3:36.06
 1 Stockholm 3:37.42
 2 WJ 3:41.89
 4 Monaco 3:31.18
 1 Eur Ch 3:38.10
 1 NOR Ch 4:03.54
 1 Bergen 3:41.81
 3 Cont Cup 3:40.80
5. Filip Ingebrigtsen NOR
 20.4.93 (2y, 9)
 3:30.01, 3:32.87, 3:33.40,
 3:34.13, 3:35.66
 4 Oslo 3:57.97M/3:43.41
 6 Paris 3:32.87
 2 Rabat 3:33.40
 3 Monaco 3:30.01
 12 Eur Ch 3:41.66
 7 Zürich 3:34.13
 6 Zagreb 3:35.66
6. Brahim Kaazouzi MAR
 15.6.90 (1y, -)
 3:31.62, 3:33.22, 3:33.82,
 3:35.58, 3:35.72
 1 Prague 3:35.58
 1 Carquifou 3:37.59
 1 Montreuil 3:35.94
 1 Med G 3:37.14
 1 Rabat 3:33.22
 6 Monaco 3:31.62
 5 Zürich 3:33.82
 7 Zagreb 3:35.72
7. Abdelaati Igider MAR
 25.3.87 (7y, -)
 3:31.59, 3:32.72, 3:34.21,
 3:35.12, 3:36.59
 6 Doha 3:36.59
 3 Shanghai 3:32.72
 dnf Montreuil
 14 Monaco 3:38.08
 6 African Ch 3:39.20
 4 Zürich 3:31.59
 6 Berlin 3:35.12
 4 Zagreb 3:34.21
8. Aman Wote ETH
 18.4.84 (4y, 6)
 3:31.90, 3:32.81, 3:34.05,
 3:34.39, 3:34.43
 6 Shanghai 3:34.43
 10 Eugene 3:56.49M
 8 Rome 3:36.30
 4 Paris 3:32.81
 7 Rabat 3:34.39
 8 Monaco 3:31.90
 5 African Ch 3:38.49
 6 Zürich 3:34.05
 9 Berlin 3:36.84
9. Samuel Tefera ETH
 23.10.99 (1y, -)
 3:31.63, 3:51.26M/3:35.39,
 3:34.84, 3:36.1A, 3:37.49
 1 ETH Ch 3:36.1A
 2 Shanghai 3:31.63
 2 Eugene 3:51.26M/3:35.39
 3 Rome 3:34.84
 5 WJ 3:43.91
 10 African Ch 3:45.38
 8 Zürich 3:37.49

10. Charles Simotwo KEN

6.5.96 (2y, 7)
 3:32.61, 3:32.77, 3:33.54,
 3:34.75, 3:35.03
 4 Doha 3:36.40
 4 Shanghai 3:33.54
 3 Cambridge 3:59.24M
 5 Rome 3:35.03
 2 KEN Ch 3:36.86A
 3 Paris 3:32.61
 8 Rabat 3:34.75
 11 Monaco 3:32.77
 8 African Ch 3:42.11
 Note: times after / are
 intermediate 1500m times in 1
 mile races

Cheruiyot had the best times,
 won five DL races and beat
 Manangoi 5-2 to reverse their
 2017 order. The amazing
 17-year-old Jakob Ingebrigtsen
 comes in a place ahead of
 brother Filip. Wote beat Tefera
 3-2, so they were close, but
 Tefera, best in early season, did
 badly in the championships.
 Lewandowski had an excellent
 big race record, but did not run
 fast enough.

5000 METRES**1. Selemon Barega ETH**

20.1.00 (2y, 5)
 3 ETH Ch 13:33.4A
 1 Stockholm 13:04.05
 2 Lausanne 13:02.67
 4 WJ 13:21.16
 4 African Ch 13:52.27
 1 Brussels 12:43.02

2. Birhanu Yemataw Balew ETH

27.2.96 (2y, 8)
 1 Shanghai 13:09.64
 2 Stockholm 13:04.25
 1 Lausanne 13:01.09
 4 London 13:16.04
 1 AsianG 13:43.17

3. Paul Chelimo USA

27.10.90 (3y, 4)
 2 Shanghai 13:09.66
 1 USA Ch 13:29.47
 1 London 13:14.01
 6 Brussels 12:57.25

4. Muktar Edris ETH

14.1.94 (5y, 1)
 5 Shanghai 13:10.98
 6 Lausanne 13:06.24
 2 London 13:14.35
 4 Brussels 12:55.18

5. Hagos Gebrhiwet ETH

11.5.94 (5y, -)
 5 London 13:16.39
 2 Brussels 12:45.82

6. Yomif Kejelcha ETH

1.8.97 (4y, 3)
 dq Lausanne (13:59.92)
 3 London 13:14.39
 3 Brussels 12:46.79
7. Abadi Hadis ETH

6.11.97 (1y, -)

7 Shanghai 13:11.04
 3 Stockholm 13:06.76
 3 Lausanne 13:03.62
 5 Brussels 12:56.27

8. Getaneh Tamire (Molla) ETH

10.1.94 (1y, -)
 1 ETH Ch 13:31.5 A
 4 Lausanne 13:04.04
 2 African Ch 13:49.06
 8 Brussels 12:59.58

9. Richard Yator KEN

6.4.98 (1y, -)
 2 Hiroshima 13:34.86
 7 Nobeoka 13:20.89
 1 Kumagaya 13:28.21
 4 KEN Ch 13:39.86A
 5 Lausanne 13:04.97
 8 London 13:17.98
 7 Brussels 12:59.44
 1 Osaka 13:24.71

10. Mohammed Ahmed CAN

5.1.91 (3y, 7)
 2 CG 13:52.78
 4 Stockholm 13:14.88
 1 CAN Ch 14:36.09
 7 London 13:16.82
 9 Brussels 13:03.08

This was difficult to rank – in
 particular weighing up the rest
 of the season against the very
 fast and important Brussels
 race where eight men beat 13
 minutes. Barega, winner of that
 race, takes top spot despite
 being only fourth in his two
 championships. Edward Zakayo,
 lacking the very fast times, just
 misses out despite WJ and
 African first and CG third.

10,000 METRES**1. Rhonex Kipruto KEN**

12.10.99 (1y, -)
 1 KEN JnrT 27:49.6A
 1 WJ 27:21.08

2. Joshua Cheptegei UGA

12.9.96 (3y, 2)
 1 CG 27:19.62

3. Mohammed Ahmed CAN

5.1.91 (2y, 8)
 2 CG 27:20.56

4. Rodgers Chumo KEN

3.3.97 (1y, -)
 1 KEN CGT 28:46.5A
 3 CG 27:28.66

5. Hagos Gebrhiwet ETH

1 Kobe 27:32.45
 1 Gifu 27:53.73
 4 Osaka 27:50.97

6. Jacob Kiplimo UGA

14.11.00 (1y, -)
 1 UGA CGT 27:51.3A
 4 CG 27:30.25

7. Stanley Waiyaka KEN

9.4.00 (1y, -)
 1 Yokohama 27:13.01

7. Richard Yator KEN

6.4.98 (1y, -)
 1 Kanagawa 27:14.70

8. Morhad Amdouni FRA

21.1.88 (1y, -)
 2 Eur Cup 27:36.80
 1 Eur Ch 28:11.22

9. Hassan Chani BRN

8.10.91 (1y, -)
 1 Maia 27:38.16

10. Yemaneberhan Crippa ITA

15.10.96 (1y, -)
 3 Eur Cup 27:44.21
 3 Eur Ch 28:12.15

There was a serious lack of
 top races to bring many of
 the leading men together.
 Cheptegei's CG win was the
 most significant, but it was
 his only race, as were the
 progressive world-leading
 marks by young Kenyans in late
 season Japanese races. Four
 of the panel chose world U20
 champion Kipruto as No.1 to two
 who put Cheptegei there. Only
 two men had ever ranked in the
 top 10 before.

MARATHON**1. Eliud Kipchoge KEN**

5.11.84 (5y, 2)
 1 London 2:04:17
 1 Berlin 2:01:39 WR

2. Mo Farah GBR

23.3.83 (1y, -)
 3 London 2:06:21
 1 Chicago 2:05:11

3. Mosinet Geremew ETH

12.2.92 (1y, -)
 1 Dubai 2:04:00
 2 Chicago 2:05:24

4. Tola Shura Kitata ETH

9.6.96 (1y, -)
 2 KEN JnrT 27:49.6A
 2 New York 2:06:01

5. Leul Gebrselassie ETH

20.9.93 (1y, -)
 2 Dubai 2:04:02
 1 Valencia 2:04:31

6. Kenneth Kipkemai KEN

2.8.84 (1y, -)
 1 Rotterdam 2:05:44
 4 Chicago 2:05:57

7. Sisay Lemma ETH

12.12.90 (2y, -)
 5 Dubai 2:04:08
 2 Prague 2:07:03

8. Tamirat Tola ETH

11.8.91 (2y, 3)
 3 Dubai 2:04:06
 dnf Boston

9. Lawrence Cherono KEN

7.8.88 (2y, 7)
 7 London 2:09:25
 1 Amsterdam 2:04:06

10. Asefa Mengistu ETH

18.1.85 (1y, -)
 4 Dubai 2:04:06
 1 Seoul 2:08:11

Clear-cut for the top three, with
 Kipchoge top for the fourth
 successive year (and now 10
 wins in 11 career marathons),
 but tricky to rank thereafter with
 varied conditions for big races. A
 record 14 men beat 2:05.

3000M 'CHASE**1. Conseslus Kipruto KEN**

8.12.94 (7y, 1)
 8:08.40, 8:09.78, 8:10.08,
 8:10.15, 8:11.71

2. Soufiane El Bakkali MAR

7.1.96 (3y, 2)
 7:58.15, 8:09.58, 8:10.19,
 8:20.97, 8:28.01

3. Evan Jager USA

8.3.89 (6y, 3)
 8:01.02, 8:11.71, 8:13.22,
 8:20.10, 8:31.79

4. Benjamin Kigen KEN

5.7.93 (2y, 7)
 8:06.19, 8:09.07, 8:09.98,
 8:10.01, 8:10.48

5. Chala Beyo ETH

18.1.96 (1y, -)
 8:07.27, 8:11.22, 8:13.71,
 8:14.61, 8:15.85

6. Nicholas Bett KEN

20.12.96 (2y, -)
 8:13.18, 8:15.52, 8:16.44,
 8:17.83, 8:18.56

7. Hilary Bor USA

22.11.89 (1y, -)
 8:12.20, 8:14.21, 8:21.51,
 8:22.58, 8:26.04

8. Matt Hughes CAN

3.8.89 (1y, -)
 8:12.33, 8:13.13, 8:23.67,
 8:24.85, 8:29.70

9. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

10. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

11. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

12. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

13. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

14. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

15. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

16. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

17. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

18. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

2 Birmingham 8:14.61

4 Zürich 8:15.85

6. Nicholas Bett KEN

20.12.96 (2y, -)
 8:13.18, 8:15.52, 8:16.44,
 8:17.83, 8:18.56

7. Hilary Bor USA

5 Eugene 8:15.52
 1 Turku 8:19.14
 1 Dessau 8:13.18

8. Matt Hughes CAN

2 Székesfehérvár 8:18.56
 1 B.Paulista 8:27.03
 8 Rabat 8:17.83

9. Amos Kirui KEN

dnf Monaco
 3 Birmingham 8:16.44
 5 Zürich 8:19.74

7. Abraham Kibiwot KEN

6.4.96 (2y, -)
 8:10.62, 8:14.35, 8:17.40,
 8:22.81, 8:23.60

8. Matt Hughes CAN

1 KEN CGT 8:27.27A
 2 CG 8:10.62
 7 KEN Ch 8:36.26A (8:31.18A)

9. Amos Kirui KEN

6 Rabat 8:14.35
 6 Monaco 8:17.40
 6 Birmingham 8:22.81

10. Amos Kirui KEN

6 Zürich 8:23.60
8. Hilary Bor USA

22.11.89 (1y, -)
 8:12.20, 8:14.21, 8:21.51,
 8:22.58, 8:26.04

9. Amos Kirui KEN

7 Eugene 8:21.51
 2 USA Ch 8:22.58
 4 Rabat 8:12.20

10. Amos Kirui KEN

5 Monaco 8:14.21
 8 Birmingham 8:30.04
 7 Zürich 8:26.04

9. Matt Hughes CAN

3.8.89 (1y, -)
 8:12.33, 8:13.13, 8:23.67,
 8:24.85, 8:29.70

10. Amos Kirui KEN

4 CG 8:12.33
 1 CAN Ch 8:54.00
 5 Rabat 8:13.13

11. Amos Kirui KEN

11 Monaco 8:24.85
 7 Birmingham 8:23.67
 11 Zürich 8:36.69

12. Amos Kirui KEN

2 Cont Cup 8:29.70
10. Amos Kirui KEN

9.2.98 (2y, 8)
 8:12.24, 8:15.23, 8:16.44,
 8:18.37A, 8:20.00

11. Amos Kirui KEN

2 KEN CGT 8:28.42A
 3 CG 8:12.24
 4 Eugene 8:15.23

12. Amos Kirui KEN

4 Rome 8:16.44
 2 KEN Ch 8:18.37A
 4 Székesfehérvár 8:24.52

13. Amos Kirui KEN

10 Rabat 8:20.00
 4 African Ch 8:33.83
 12 Birmingham 8:40.54

14. Amos Kirui KEN

12 Zürich 8:38.96
 Although his best time was 'only'
 8:08.40, Kipruto ranks first for
 a fourth time. He won seven of
 his 10 races, beating El Bakkali,
 whose 7:58.15 was the year's
 best, 3-0. Jager, US champion
 for the seventh successive year,
 was third.

110M HURDLES**1. Sergey Shubenkov RUS**

4.10.90 (7y, 2)
 12.92, 12.95, 12.97, 12.99,
 13.03, 13.05

2. Orlando Ortega ESP

3 Shanghai 13.27
 2 Eugene 13.08w
 1 RUS Cup 13.35

3. Orlando Ortega ESP

1 Hengelo 13.23
 1 Turku 13.18
 1 Chorzów 13.25

4. Orlando Ortega ESP

1 Montreuil 12.99
 dq fs Paris (13.05)
 1 Székesfehérvár 12.92

5. Orlando Ortega ESP

1 Lausanne 12.95
 1 Monaco 13.07
 2 Eur Ch 13.17 (13.24)

6. Orlando Ortega ESP

1 Brussels 12.97
 1 Padua 13.09
 1 Ostrava 13.03

7. Orlando Ortega ESP

29.7.91 (6y, 7)
 13.08, 13.10, 13.15, 13.17,
 13.18, 13.19

8. Orlando Ortega ESP

2 Shanghai 13.17
 1 Boston 13.29
 4 Eugene 13.17w

9. Orlando Ortega ESP

2 Hengelo 13.38
 2 Madrid 13.32
 6 Paris 13.44 (13.19)

10. Orlando Ortega ESP

2 Monaco 13.18
 1 ESP Ch 13.32 (13.29,
 13.37)

11. Orlando Ortega ESP

3 Eur Ch 13.34 (13.21)
 1 Birmingham 13.08 (13.38)
 2 Brussels 13.10

12. Orlando Ortega ESP

2 Berlin 13.15
 1 Zagreb 13.39
 1 Gateshead 13.44

13. Orlando Ortega ESP

13.12, 13.13, 13.16, 13.18,
 13.19, 13.22

5. Pascal Martinot-Lagarde FRA

22.9.91 (4y, -)
13.17, 13.20, 13.22, 13.27,
13.28, 13.30
3 Hengelo 13.42
3 Turku 13.60
1 Ostrava 13.45
3 Montreuil 13.28
4h2 Paris 13.42
3 Lausanne 13.30
1 FRA Ch 13.33w
1 A.WCp 13.22
3 Monaco 13.20
1 Eur Ch 13.17 (13.32)
3 Birmingham 13.27
2 Rovereto 13.37

4 Brussels 13.36
3 Berlin 13.38
6 Zagreb 13.76
3 Cont Cup 13.31

6. Devon Allen USA

12.12.94 (4y, 4)
13.23, 13.29, 13.30, 13.34,
13.35, 13.36; 13.13w
1 Drake R 13.42
1 Eugene 4/5 13.42
3 Eugene 13.13w
3 Kingston 9/6 13.38
1 USA Ch 13.46 (13.38)
3 Paris 13.23 (13.34)
3 Székesfehérvár 13.36
2 Lausanne 13.29
2 Luzern 13.35
3 A.WCp 13.36
5 Monaco 13.38
2 London 13.30
dq NACAC (13.37)
6 Brussels 13.41
2 Zagreb 13.50
5 Cont Cup 13.57

7. Grant Holloway USA

19.11.97 (1y, -)
13.15, 13.16, 13.32, 13.34,
13.42, 13.45; 13.42w
1 Florida R 13.45
1 Gainesville 13.16
1 SEC 13.15 (13.32)
1 NCAA 13.42 (13.42w)
2 USA Ch 13.46 (13.34)
8. Omar McLeod JAM
25.4.94 (4y, 1)
13.16, 13.41, 13.45; 13.01w
1 Shanghai 13.16
1 Eugene 13.01w
6 Székesfehérvár 13.45
5 Lausanne 13.41

9. Gabriel Constantino BRA

9.2.95 (1y, -)
13.23, 13.31, 13.36, 13.37,
13.38, 13.39
1 Coral Gables 13.56w
3 Gainesville 13.38
1 Atlanta 13.58
1 Auburn 13.59
1 Clermont 13.41
2 Ostrava 13.48
2 Montreuil 13.23
1 Madrid 13.31
1 Tomblaine 13.49



Abderrahman Samba (right) and Karsten Warholm

1 Guadalajara 13.36 (13.42)
6 Birmingham 13.41
1 Ibero-Am Ch 13.61
1 BRA Ch 13.37 (13.39)

10. Freddie Crittenden USA

3.8.94 (1y, -)
13.27, 13.31, 13.31, 13.33,
13.37, 13.39
3 Florida R 13.72
2 Coral Gables 13.78w
4 Gainesville 13.45
3 Mt.Sac 13.60
1 Long Beach 13.70w
3 Drake R 13.55
2 Eugene 4/5 13.47
2 Baie Mahault 13.59
1 Montverde 13.46 (13.37)
8s2 USA Ch 18.07 (13.49)
1 Bellinzona 13.31
3 London 13.33
4 Birmingham 13.27
4 Rovereto 13.60
5 Brussels 13.39
2 Berlin 13.31
3 Zagreb 13.52

A Russian competing as an Authorised Neutral Athlete, Shubenkov had 11 wins in 15 competitions and ran the seven fastest wind-legal times, four times under 13 seconds, headed by 12.92. Ortega was 4-1 v Levy, who was 4-2 v Parchment, who was 1-1 v the more inconsistent Martinot-Lagarde. McLeod slipped to eighth after two years at No.1.

400M HURDLES

1. Abderrahman Samba QAT

5.9.95 (2y, 8)
46.98, 47.37, 47.41, 47.42,
47.48, 47.57
1 Potchefstroom 47.90A
1 Doha 47.57
1 Rome 47.48
1 Oslo 47.60
1 Stockholm 47.41
1 Paris 46.98
1 Lausanne 47.42
1 Asian G 47.66
1 Cont Cup 47.37

2. Karsten Warholm NOR

28.2.96 (2y, 1)
47.64, 47.65, 47.81, 47.82,
47.94, 48.06
2 Rome 47.82
2 Oslo 48.22
2 Stockholm 47.81
3 Paris 48.06
2 Lausanne 47.94
1 London 47.65
1 Eur Ch 47.64 (48.67)
1 NOR Ch 49.01
2 Zürich 48.10
3 Cont Cup 48.56

3. Kyron McMaster IVB

3.1.97 (2y, 2)
47.54, 47.60, 48.08, 48.18,
48.25, 48.71
1 CG 48.25 (48.78)
3 Doha 49.46
2 Paris 47.54
dnf Lausanne
1 CAG 47.60 (48.71)
1 NACAC 48.18
1 Zürich 48.08
8 Cont Cup 52.62

4. Yasmani Copello TUR

15.4.87 (3y, 3)
47.81, 48.31, 48.44, 48.54,
48.63, 48.65
4 Doha 49.95
1 Mersin 48.31
1 E.Clubs 49.72
3 Rome 48.63
3 Oslo 48.54
3 Stockholm 48.91
2 Med G 48.76
1 Székesfehérvár 48.93
3 Lausanne 48.85
2 London 48.44

2 Eur Ch 47.81 (48.88)
3 Zürich 48.73
1 Padua 49.09
4 Cont Cup 48.65
3 Antalya 48.87

5. Rai Benjamin ANT/USA

27.7.97 (1y, -)
47.02, 47.98, 48.46, 49.66,
49.80, 49.84
1 Westwood 49.84
1 Pac 12 48.46 (49.80)
1q NCAA-W 47.98
1 NCAA 47.02 (49.66)

6. Kenny Selmon USA

27.8.96 (1y, -)
48.12, 48.21, 48.91, 48.97,
48.98, 48.98
1 Coral Gables 49.00/49.33
1 C'ville 48.98
1q NCAA-E 48.91 (48.98)
2 NCAA 48.12 (49.27)
1 USA Ch 48.21 (49.30)
4 Luzern 49.30
1 A.WCp 48.97
2 Bellinzona 49.87

7. T.J Holmes USA

2.7.95 (2y, 9)
48.30, 48.51, 48.64, 48.67,
48.94, 49.00
2 Gainesville 49.59
3 Drake R 49.29
1 Baie Mahault 49.25
1 Kingston 48.67
4 Rome 49.00
4 Oslo 48.64
2 USA Ch 48.51 (49.00)
4 Paris 48.30
4 Lausanne 48.94
2 Luzern 49.20
7 London 49.66
5 NACAC 49.79
8 Zürich 51.39

8. Annsert Whyte JAM

10.4.87 (2y, -)
48.46, 48.50, 48.70, 48.80,
48.87, 48.91
1 Kingston 10/3 49.66
2 Florida R 49.48
1 Gainesville 49.36
4 Drake R 49.34
6 Kingston 49.78
2 Montverde 49.09
1 JAM Ch 48.80 (49.05)
4 A.WCp 49.80
2 CAG 48.50 (48.87)
2 NACAC 48.91
2 Padua 49.16
2 Cont Cup 48.46
2 Antalya 48.70

9. Thomas Barr IRL

24.7.92 (2y, -)
48.31, 48.99, 49.10, 49.10,
49.40, 49.53
1 Dublin 51.23
4 Turku 50.29
8 Oslo 49.53

5 Montreuil 50.38
1 Samorin 49.40
1 Luzern 49.10
3 London 48.99
1 IRL Ch 49.56
3 Eur Ch 48.31 (49.10)

10. Ludvy Vaillant FRA

15.3.95 (1y, -)
48.42, 48.76, 48.88, 48.95,
48.96, 49.04
1 Fort-de-France 49.52
1 Hérouville 49.97
1 Marseille 48.96
1 Montreuil 48.95
1 Med G 48.76
1 FRA Ch 49.04
4 Eur Ch 48.42 (48.88)

Samba, who ran 48.31A in his 2017 debut season, had one of the greatest ever years at this event as he was unbeaten and ran 47.90 or better in all nine races. The 2017 first to third all dropped a place, but each set national records, Warholm improving his four times.

HIGH JUMP

1. Mutaz Essa Barshim QAT

24.6.91 (7y, 1)
2.40, 2.40, 2.38, 2.36, 2.36, 2.25
1 Doha 2.44/2.25
1 Doha 2.40
1 Eugene 2.36
1 Oslo 2.36
1 Ostrava 2.38
1 Székesfehérvár 2.40

2. Danil Lysenko RUS

19.5.97 (2y, 2)
2.40, 2.37, 2.36, 2.33, 2.32,
2.32
2 Eugene 2.32
2 Oslo 2.33
2 Ostrava 2.36
1 Madrid 2.30
1 Znamenskiy 2.28
2 Székesfehérvár 2.32
1 Lausanne 2.37
1 Monaco 2.40

3. Brandon Starc AUS

24.11.93 (1y, -)
2.36, 2.33, 2.33, 2.32, 2.32,
2.30
1/2 Canberra 2.20/2.24
3 Sydney 2.20/2.21
1 AUS Ch 2.28
1 Brisbane 2.26
1 CG 2.32
2 Fukuroi 2.25
3 Osaka 2.28
6= Oslo 2.20
5 Ostrava 2.20
2 Madrid 2.30
3 Székesfehérvár 2.32
2 Lausanne 2.29
1 Birmingham 2.33
1 Eberstadt 2.36
1 Brussels 2.33
2 Cont Cup 2.30

4. Mateusz Przybylko GER

9.3.92 (2y, 4)
2.35, 2.33, 2.31, 2.30, 2.28,
2.26
4 Doha 2.24
1 Garbsen 2.30
7 Eugene 2.26
5 Leverkusen 2.18
2 Bühl 2.23
1 Viersen 2.28
1 GER Ch 2.31
1 Eur Ch 2.35
6= Birmingham 2.20
10 Eberstadt 2.24
2 Brussels 2.33
2 Berlin 2.28

5. Wang Yu CHN

18.8.91 (2y, 10=)
2.32, 2.30, 2.30, 2.30, 2.27,
2.24A
6= Doha 2.20
2 Osaka 2.30
3 Eugene 2.32
2 Guiyang 2.24A
2 A.WCp 2.27
2 Monaco 2.30
1 AsianG 2.30

6. Jeron Robinson USA

30.4.91 (1y, -)
2.31, 2.31, 2.30, 2.30, 2.29,
2.28
1 Texas R 2.31
5 Eugene 2.26
1 USA Ch 2.31
3 Lausanne 2.29
1 A.WCp 2.30
10 Monaco 2.20
1 NACAC 2.28
3 Birmingham 2.20
2 Chorzów 2.24
8= Brussels 2.23

7. Donald Thomas BAH

1.7.84 (6y, -)
2.32, 2.31, 2.30, 2.30, 2.29,
2.28
4 CG 2.27
1 Auburn 2.31
3 Doha 2.30
1 Baie Mahault 2.25
3 Kingston 2.25
8 Eugene 2.21
3 Oslo 2.25
10 Ostrava 2.10
1 BAH Ch 2.23
4 Székesfehérvár 2.32
5 Lausanne 2.25
5= Monaco 2.27
1 CAG 2.28
3= NACAC 2.28
3= Eberstadt 2.27
5 Brussels 2.29
1 Cont Cup 2.30

8. Maksim Nedosekov BLR

21.1.98 (1y, -)
2.33, 2.32, 2.30, 2.30, 2.27,
2.27
1 Montgeron 2.26
2 Bialystok 2.27
2 Brest 2.32
1 Radom 2.20

- 1 Turku 2.23
- 1 Minsk 2.30
- 1 Samorin 2.26
- 6= Lausanne 2.25
- 2 BLR Ch 2.20
- 2 Eur Ch 2.33
- 6= Birmingham 2.20
- 3= Eberstadt 2.27
- 1 Berlin 2.30
- 3 Cont Cup 2.27

9. Majed El Dein Ghazal SYR

- 21.4.87 (3y, 3)
- 2.33, 2.28, 2.27, 2.25, 2.25, 2.24
- 2 Doha 2.33
- 4 Oslo 2.25
- 3 Ostrava 2.25
- 1 Med G 2.28
- 6= Lausanne 2.25
- 3 Monaco 2.27
- 3= AsianG 2.24
- 4 Cont Cup

10. Gianmarco Tamperi ITA

- 1.6.92 (3y, -)
- 2.33, 2.31, 2.30, 2.28, 2.27, 2.26
- 7 Bühl 2.20
- 7 Székesfehérvár 2.26
- 9 Lausanne 2.25
- 10= Viersen 2.12
- 5= Monaco 2.27
- 4 Eur Ch 2.28
- 3 Rovereto 2.26
- 2 Eberstadt 2.33
- 3 Brussels 2.31
- 1 ITA Ch 2.30

Barshim retained top ranking in his sixth successive year, clearing 2.40m or more (to tie the record of Javier Sotomayor). There is a question mark over Danil Lysenko, with a possible drugs ban, but he was clearly second best.

POLE VAULT

1. Sam Kendricks USA

- 7.9.92 (5y, 1)
- 5.96, 5.92, 5.88, 5.86, 5.85, 5.85
- 1 Drake R 5.83
- 9 Shanghai 5.46
- 1 Eugene 5.81
- 1 Rome 5.84
- 1 Hengelo 5.81
- 1= Dessau 5.70
- 2 Stockholm 5.81
- 2 Ostrava 5.60
- 1 USA Ch 5.85
- 1 Paris 5.96
- 3= Lausanne 5.77
- 1 Rabat 5.86
- 1 A.WCp 5.83
- 1 London 5.92
- 1 Greenville 5.80
- 7= Zürich 5.71i
- 2 Brussels 5.88
- 2 Aachen 5.70
- 1 Cont Cup 5.85

2. Armand Duplantis SWE

- 10.11.99 (2y, 5)
- 6.05, 5.93, 5.92, 5.91, 5.90, 5.86
- 1 Lafayette 5.64
- 3 Texas R 5.92
- 1 Hammond 5.81
- 1 Baton Rouge 5.93
- 2 Eugene 5.71
- 1 Stockholm 5.86
- 1 Montreuil 5.91
- 2 Paris 5.90
- 5= Lausanne 5.70
- 1 WJ 5.82
- 1 Jockgrim 5.80
- 3 London 5.86
- 1 Karlstad 5.80
- 1 Eur Ch 6.05
- 7 Brussels 5.68

3. Timur Morgunov RUS

- 12.10.96 (1y, -)
- 6.00, 5.93, 5.92, 5.82(i), 5.80, 5.80; 5.91i
- 2 RUS Cup 5.30
- 3= Cheboksary 5.30
- 1 RUS U23 5.80
- 1 Znamenskiy 5.92
- 3 Rabat 5.80
- 1 Chelyabinsk 5.45
- 2 Eur Ch 6.00
- nh Antwerp
- 1 Zürich 5.91i
- 1 Brussels 5.93
- 1 Zagreb 5.76
- 4 Cont Cup 5.65
- 1 Linz 5.82 (i)

4. Renaud Lavillenie FRA

- 18.9.86 (10y, 3)
- 5.95, 5.95, 5.92, 5.91, 5.91, 5.86
- 1 Texas R 5.92
- 1 Austin 5.95
- 1 Shanghai 5.81
- 5 Eugene 5.56
- 1 Chorzów 5.91
- 2 Montreuil 5.86
- 4 Paris 23/6 5.52
- 3 Paris 5.84
- 1 Lausanne 5.91
- 1 FRA Ch 5.80
- 8= Rabat 5.45
- 2 London 5.86
- 3 Eur Ch 5.95
- 3 Chorzów 5.70
- 1 Antwerp 5.73
- 5= Zürich 5.81i
- 5 Brussels 5.73
- 2 Cont Cup 5.80

5. Piotr Lisek POL

- 16.8.92 (5y, 2)
- 5.94, 5.90, 5.90, 5.90, 5.85, 5.85
- 1 Sasolburg 5.60A
- 2 Shanghai 5.81
- 1 Duszyni 5.75
- 1 Bialystok 5.65
- 3 Eugene 5.71
- 1 Bydgoszcz 5.85
- nh Rome
- 3 Hengelo 5.55

1. Lomza 5.70

- 3 Chorzów 5.51
- 3 Stockholm 5.76
- 1 Zary 5.65
- 4 Paris 5.84
- 5= Lausanne 5.70
- 5 A.WCp 5.50
- 1 Liège 5.72
- 2 POL Ch 5.70
- 1 Silandro 5.81
- 1 Wittenberg 5.94
- 4 Eur Ch 5.90
- 1 Szczecin 5.80
- 1 Miedzzydroje 5.90
- 1 Chorzów 5.85
- 1 Warsaw 5.70
- 5= Zürich 5.81i
- 2 Szczecin 5.78
- 1 Aachen 5.90

6. Kurtis Marschall AUS

- 25.4.97 (2y, 9)
- 5.80, 5.80, 5.78, 5.77, 5.71, 5.70; 5.86i
- 1 Adelaide 5.70/5.55
- 1 Perth 5.78/5.80
- 1 AUS Ch 5.55
- 1 Brisbane 5.40/5.45
- 1 CG 5.70
- 4 Shanghai 5.71
- 1 Mannheim 5.70
- 6 Paris 5.70
- 3= Lausanne 5.77
- 2 R-Egern 5.66
- 8= Rabat 5.45
- 2 Jockgrim 5.73
- 4 London 5.80
- 3 Zürich 5.86i
- nh Brussels

7. Pawel Wojciechowski POL

- 6.6.89 (6y, 4)

5.84, 5.81, 5.80, 5.80, 5.78, 5.76

- 11 Shanghai 5.31
- 2 Duszyni 5.45
- 4 Eugene 5.56
- 2 Bydgoszcz 5.75
- 2 Rome 5.78
- 1 Sopot 5.81
- 2 Chorzów 5.71
- 4 Stockholm 5.76
- 1 Ostrava 5.75
- 1 Tübingen 5.70
- 7 Paris 5.70
- 2 Lausanne 5.84
- 2 Rabat 5.80
- 7 Jockgrim 5.50
- 1 POL Ch 5.70
- 5 Eur Ch 5.80
- 2 Szczecin 5.70
- 3 Miedzzydroje 5.70
- 4 Chorzów 5.70
- 4 Zürich 5.81i
- 6 Brussels 5.68

8. Shawnacy Barber CAN

- 27.5.94 (4y, 10)
- 5.92, 5.85, 5.84, 5.83, 5.80, 5.75; 5.86i
- 2 Texas R 5.92
- 2 CG 5.65
- 2/4 Drake R 5.60/5.50
- 5= Shanghai 5.61
- 6 Eugene 5.41
- 7 Rome 5.52
- 2 Hengelo 5.65
- 1= Dessau 5.70
- 5= Stockholm 5.66
- 5 Ostrava 5.55
- 2 Leverkusen 5.70
- 1 Hof 5.40
- 5 Paris 5.84
- 7 Lausanne 5.60

1 CAN Ch 5.75

- 4 Rabat 5.60
- 5 Jockgrim 5.50
- 5 London 5.71
- 2 Greenville 5.65
- 2 NACAC 5.40
- 3 Szczecin 5.60
- 2 Miedzzydroje 5.85
- 2 Chorzów 5.80
- 2 Warsaw 5.55
- 2 Zürich 5.86i
- 3 Brussels 5.83
- 5 Zagreb 5.26
- 3 Aachen 5.60
- 3 Cont Cup 5.65

9. Chris Nilsen USA

- 13.1.98 (1y, -)
- 5.86, 5.83, 5.80, 5.80, 5.80, 5.78
- 1 Tempe 5.50
- 1 univ Texas R 5.80
- 1 Sioux City 5.65
- 1/2 Long Beach 5.65/5.50
- 1 Greenfield 5.70
- 2 Drake R 5.78
- 1 Sioux Falls 5.86
- 1 Tulsa 5.80
- 1 NCAA 5.83
- 2 USA Ch 5.80

10. Konstadinos Filipidis GRE

- 26.11.86 (7y, -)
- 5.75, 5.71, 5.66, 5.63, 5.61, 5.60; 5.71i
- 3 Duszyni 5.45
- 4 Bialystok 5.45
- 5 Rome 5.65
- 1 Innsbruck 5.55
- 9 Stockholm 5.50
- 6= Ostrava 5.40
- 4 Madrid 5.56
- 10 Paris 5.45
- 1 Landau 5.71
- 4 R-Egern 5.60
- 6= Rabat 5.60
- 1 GRE Ch 5.50
- 2 Silandro 5.55
- 6= Eur Ch 5.75 (5.61)
- 7 Zürich 5.71i
- 8 Brussels 5.63
- 1 Schaan 5.66

Duplantis took the headlines with his amazing world junior records at 5.95m, 6.00m and 6.05m in Berlin and was 4-4 v Lavillenie, who ranks in the top four for the 10th time. Morgunov was also over 6m, but clearly retaining his top ranking was Kendricks who beat Duplantis 5-1. It was close between sixth to eighth with Marschall ahead 4-3 v Wojciechowski, 5-4 v Barber, but Barber had six 5.80m+ comps to Marschall's three.

LONG JUMP

1. Juan Miguel Echevarría CUB

- 2 Stockholm 8.39w/7.91

11.8.98 (1y, -)

- 8.83w/8.50, 8.68, 8.66, 8.53, 8.40, 8.37
- 1 Camagüey 8.40
- 2 Rome 8.53
- 1 Stockholm 8.83w/8.50
- 1 Ostrava 8.66
- 1 Bad Langensalza 8.68
- 1 Guadalajara 8.37

2. Luvo Manyonga RSA

- 8.1.91 (4y, 1)
- 8.58, 8.58, 8.56, 8.53, 8.51, 8.46
- 1 RSA Ch 8.41Aw/8.32
- 1 CG 8.41
- 1 Shanghai 8.56
- 1 Taipei 8.40w/8.38
- 1 Rome 8.58
- 1 Hengelo 8.18
- 3 Stockholm 8.25
- 2 Ostrava 8.31
- 2 Bad Langensalza 8.42
- 1 A.WCp 8.51
- 1 London 8.58
- 2 African Ch 8.43
- 1 Birmingham 8.53
- 1 Zürich 8.36
- 1 Zagreb 8.46

3. Ruswahl Samaai RSA

- 25.9.91 (3y, 2)
- 8.45, 8.42, 8.40, 8.39, 8.34, 8.32
- 1 Pretoria 8.24A
- 2 RSA Ch 8.21A
- 1 Paarl 8.39
- 3 CG 8.22
- 3 Rome 8.34
- 4 Stockholm 8.20
- 3 Ostrava 8.15
- 3 Bad Langensalza 8.40
- 2 London 8.42
- 1 African Ch 8.45
- 2 Zürich 8.32
- 1 Cont Cup 8.16

4. Henry Frayne AUS

- 14.4.90 (1y, -)
- 8.34, 8.33, 8.24, 8.22, 8.16, 8.15
- 2 Brisbane 7.77
- 2 CG 8.33 (8.34)
- 3 Shanghai 8.15
- 6 Rome 8.15
- 7 Stockholm 8.04w
- 5 Bad Langensalza 8.22
- 1 Luzern 8.14
- 4 London 8.24
- 3 Birmingham 8.01
- 3 Zürich 8.16
- 4 Cont Cup 7.96

5. Jeffrey Henderson USA

- 19.2.89 (4y, -)
- 8.44A, 8.39w, 8.24w, 8.20, 8.19, 8.15
- 1 Long Beach 8.24w/8.10
- 1 Provo 8.44A
- 4 Shanghai 8.11
- 1 Boston 8.02
- 4 Rome 8.19
- 2 Hengelo 8.15
- 2 Stockholm 8.39w/7.91



Sam Kendricks

4 Ostrava 7.91
1 USA Ch 8.10
5 London 8.20
5 Zürich 8.11
3 Cont Cup 7.98

6. Miliádis Tentóglou GRE

18.3.98 (1y, -)
8.25, 8.24, 8.19, 8.17, 8.15,
8.05w

1 Lixouri 7.72
1 Haniá 8.19
10 Rome 7.69
5 Hengelo 7.82
6 Stockholm 8.05w/7.98
5 Ostrava 7.88
1 GRE Ch 8.24
1 Balkan Ch 8.17
1 Eur Ch 8.25 (8.15)
6 Birmingham 7.82
1 Rovereto 8.00
2 Cont Cup 8.00

7. Tajay Gayle JAM

2.8.96 (1y, -)
8.24, 8.19, 8.17, 8.17, 8.15,
8.12
1 Kingston 7.80/8.02/8.10
1 Brisbane 7.95w
4 CG 8.12
5 Rome 8.17

1 George Town 7.92
2 JAM Ch 8.08
1 Rabat 8.09
2 Bellinzona 8.19
2 NACAC 8.24
2 Birmingham 8.17
2 Rovereto 7.93
4 Zürich 8.15
1 Padua 7.93

8. Zack Bazile USA

7.1.96 (1y, -)
8.37, 8.30, 8.08, 8.03, 7.93w,
7.80

1 Los Angeles 7.93w
3 Knoxville 7.79w
1 Drake R 7.70w
1 Bloomington 8.03
1 NCAA 8.37
2 USA Ch 8.08
2 A.WCp 8.30

9. Aleksandr Menkov RUS

7.12.90 (6y, 4)
8.41, 8.31, 8.28, 8.03, 8.02,
7.87

1 Irkutsk 8.31
1 Zhukovskiy 8.02/8.28/7.86
1 Znamskiy 8.41
1 RUS Ch 8.03 (7.87)

10. Marquis Dendy USA

17.11.92 (2y, -)
8.29, 8.13, 8.12, 8.09, 8.08,
8.05

1 Fayetteville 7.96w
7 Rome 8.08
3 Hengelo 8.13
3 USA Ch 8.04w/7.97
8 Bad Langensalza 7.74
2 Rabat 8.05
7 London 8.12
1 NACAC 8.29
6 Zürich 8.09

Echevarría just missed a ranking in 2017, but this time leapt to top spot, being 3-1 v Manyonga, who had the best depth of performances and was 8-1 v Samaai. Standards in depth continue to improve.

TRIPLE JUMP

1. Christian Taylor USA

18.6.90 (8y, 1)
17.86w/17.66, 17.81, 17.73,
17.64w/17.36, 17.62, 17.59
1 Long Beach 17.15
2 Doha 17.81
1 Eugene 17.73
nj USA Ch
1 Székesfehérvár 17.64w/17.36
1 Lausanne 17.62
1 Monaco 17.86w/17.66
2 Brussels 17.31
1 Cont Cup 17.59

2. Pedro Pablo Pichardo POR

30.6.93 (1y, 3)
17.95, 17.61, 17.60, 17.49,
17.40, 17.30
1 Doha 17.95
3 Baie Mahault 17.40
1 Eur Clubs 17.30
2 Lausanne 17.61
2 Monaco 17.67w/17.60
1 Braga 17.21
1 Brussels 17.49

3. Almir dos Santos BRA

4.9.93 (1y, -)
17.53, 17.35, 16.96, 16.56
1 Porto Alegre 16.56/16.96
1 Baie Mahault 17.53
3 Eugene 17.35
nj Madrid

4. Will Claye USA

13.6.91 (8y, 2)
17.46w/17.44, 17.40
2 Baie Mahault 17.40
2 Eugene 17.46w/17.44
5. Jordan Díaz CUB
23.2.01 (1y, -)
17.41, 17.32, 17.29w/17.27,
17.28, 17.15, 17.14

2 Camagüey 4/2 17.03
1 Havana 17/2 17.32
2 Havana 23/2 16.95
1/1 Camagüey 17.14/17.28
1 Havana 17.41
1 Chaux-de-Fonds 17.14
1 WJ 17.15 (17.09)
2 CAG 17.29w (17.27)
1 NACAC 16.83
1 Youth OG 17.14/17.04

6. Omar Craddock USA

26.4.91 (2y, -)
17.40, 17.37, 17.15, 17.11,
16.95, 16.93
2 Long Beach 17.15
4 Baie Mahault 17.11
1 Kingston 16.59
1 Chula Vista 17.40
6 USA Ch 16.65
3 Székesfehérvár 16.93
3 Monaco 17.37

4 Brussels 16.95

7. Donald Scott USA

23.2.92 (1y, -)
17.37, 17.31w, 17.25, 17.22,
17.02w, 16.99w
1 Knoxville 17.31w
1 Mt.Sac 16.99w/16.69
6 Baie Mahault 16.83
2 Kingston 16.52
1 USA Ch 17.37
1 Leonora 17.22
5 Lausanne 16.90
2 A.WCp 16.73
5 Monaco 17.02w/16.84
3 Brussels 17.25

8. Chris Benard USA

4.4.90 (3y, 6)
17.40, 17.32, 17.26, 16.96,
16.92, 16.88
4 Mt.Sac 16.41
5 Doha 16.96
8 Eugene 16.88
2 Chula Vista 17.40
2 USA Ch 17.32
3 Lausanne 16.92
4 Monaco 17.26
2 NACAC 16.73
5 Brussels 16.81

9. Alexis Copello AZE

12.8.85 (10y, 5)
17.24, 17.21, 17.01, 16.93,
16.90, 16.89
3 Doha 17.21
5 Baie Mahault 16.88
4 Eugene 17.24
1 Madrid 17.01
4 Székesfehérvár 16.89
4 Lausanne 16.90
2 Eur Ch 16.93 (16.82)
7 Brussels 16.20

10. Cristian Nápoles CUB

27.11.98 (2y, 4)
17.34, 17.28, 17.07, 16.99,
16.96, 16.89
1 Camagüey 15/3 16.89
7 Baie Mahault 16.71
1/2/2 Camagüey
16.31/16.44/16.67
2 Havana 17.28
2 Leonora 16.96
2 B.Paulista 16.99
1 CAG 17.34
1 Ibero-Am 16.81
2 Cont Cup 17.07

Although they were 2-2 on win-loss against each other, Taylor comes out ahead (top for the sixth time in eight years) in the great rivalry between him and Pichardo. They shared the top eight (three being wind-assisted) performances of the year. Then the main difficulty is with the thin outdoor seasons of Claye and the top newcomer, Dos Santos, who had been 1-2 at the World Indoors. They did, however, have top marks in important events.

SHOT

1. Ryan Crouser USA

18.12.92 (4y, 1)
22.53, 22.31, 22.27, 22.21,
22.21, 22.18
1 Drake R 22.01
1 Chula Vista 22.21
1 Eugene 22.53
1 Prague 22.31
2 Oslo 22.21
1 Chorzów 22.27
4 Ostrava 21.43
2 USA Ch 20.99
1 Monaco 22.05
3 Zürich 22.18
1 Zagreb 22.09
2 Cont Cup 21.63

2. Tom Walsh NZL

1.3.92 (5y, 2)
22.67, 22.60, 22.45, 22.29,
22.16, 22.06
1 Christchurch 20.99/21.65
1 Hastings 21.14
1 Hamilton 21.87
1 NZL Ch 21.58
1 Timaru 22.06
1 Auckland 22.67
1 CG 21.41 (22.45)
2 Drake R 21.82
1 Tucson 21.73
4 Eugene 21.84
1 Oslo 22.29
2 Chorzów 21.63
1 Ostrava 22.16
1 Lausanne 21.92
5 Monaco 21.49
1 Thum 21.71
2 Chorzów 21.28
1 Bad Köstritz 21.55
1 Zürich 22.60
2 Zagreb 21.78
3 Cont Cup 21.43

3. Darlan Romani BRA

9.4.91 (1y, -)
22.00, 21.95, 21.94, 21.94,
21.89, 21.70
1 São Bernardo 21.06
1 São Caetano 21.68
1 Białystok 21.94
3 Eugene 21.95
1 S.American G 21.21
2 Lausanne 21.38
2 B.Paulista 21.48
3 Monaco 21.70
1 Ibero-Am 20.74
4 Zürich 21.94
1 Cont Cup 21.89
1 BRA Ch 22.00

4. Michał Haratyk POL

10.4.92 (3y, 6)
22.08, 21.97, 21.95, 21.85,
21.72, 21.67
2 Eur Throws 21.18
1 Kielce 21.06
2 Białystok 21.67
2 Eugene 21.97
3 Chorzów 21.58
2 Ostrava 22.08
3 Lausanne 21.21
1 Cetniewo 21.13

1 A.WCp 21.95
4 Monaco 21.59
1 POL Ch 21.85
1 Eur Ch 21.72 (20.59)
1 Szczecin 21.08
1 Chorzów 21.33
2 Warsaw 21.23
7 Zürich 21.23
1 Inowrocław 21.21
4 Zagreb 21.24
4 Cont Cup 21.36
1 Ostróda 21.00

5. Darrell Hill USA

17.8.93 (3y, 7)
22.40, 21.72, 21.68, 21.57,
21.50, 21.45
1 San Diego 20.62
5 Drake R 20.39
1/2 Tucson 21.07/21.40
5 Eugene 21.19
1 Florá 20.41
3 Oslo 21.20
1 USA Ch 21.57
4 Lausanne 21.04
1 Ústí 21.45
2 A.WCp 21.43
2 Monaco 21.72
1 NACAC 21.68
4 Chorzów 20.98
1 Warsaw 21.50
2 Zürich 22.40

6. David Storl GER

27.7.90 (8y, 5)
21.62, 21.62, 21.46, 21.41,
21.41, 21.33
1 Schönebeck 21.10
7 Eugene 20.49
1 Osterode 21.02
4 Oslo 20.97
4 Chorzów 21.16
5 Ostrava 21.18
1 Botrop 20.90
1 Biberach 21.62
6 Monaco 21.41
1 GER Ch 21.26
3 Eur Ch 21.41 (20.63)
2 Thum 21.62
2 Bad Köstritz 20.87
6 Zürich 21.33
3 Zagreb 21.46

7. Tomáš Stanek CZE

13.6.91 (2y, 4)
21.87, 21.52, 21.46, 21.24,
21.22, 21.16
3 Prague 20.71
5 Oslo 20.82
3 Ostrava 21.46
5 Lausanne 20.99
3 Ústí 20.87
7 Monaco 21.24
1 CZE Ch 21.52
4 Eur Ch 21.16
3 Chorzów 21.05
5 Zürich 21.87
5 Zagreb 21.06
5 Cont Cup 21.22
1 Domazlice 21.16

8. Konrad Bukowiecki POL

17.3.97 (3y, 10)
21.66, 21.09, 21.09, 21.06,
21.04, 21.01
6 Timaru 20.19
5 Christchurch 20.39
3 Auckland 20.75
2 Mersin 19.83
9 Eugene 20.12
1 Łódź 21.06
1 Lomza 19.20
5 Chorzów 20.32
1 POL-23 21.01
2 Cetniewo 20.55
2 Ústí 21.09
2 POL Ch 21.04
2 Eur Ch 21.66
1 Bursa 21.09
8 Chorzów 19.79
7 Warsaw 19.68
2 Inowrocław 19.92

9. Aleksandr Lesnoy RUS
28.7.88 (1y, -)
21.58, 21.38, 21.37, 21.32,
21.14, 21.12
1 Eur Throws 21.32
1 Adler 21.14
1 RUS Team 20.64
2 Prague 20.77
1 Moscow 21.08
1 Montreuil 21.12
1 Zhukovskiy 21.38
1 RUS Cup 21.37
1 RUS Ch 21.58
5 Eur Ch 21.04 (20.47)

10. Curtis Jensen USA

1.11.90 (1y, -)
21.63, 21.18, 21.13, 20.97,
20.87, 20.73
1 Champaign 20.30
1 Normal 20.09
1 Rock Island 20.73
3 Drake R 21.18
1 St.Paul 20.70
2/5 Tucson 20.97/20.32
1 Rathdrum 21.13
3 USA Ch 20.87
1 B.Paulista 21.63
8 Monaco 20.57
6 NACAC 20.44

In another outstanding year for the event, Walsh had the top mark but was beaten 6-3 by Crouser, who is top for a third successive year. There were a record 21 performances at 22m or better (18 outdoors, three indoors) and Crouser with nine and Walsh with seven dominated; then five men with one each (indoors and out).

DISCUS

1. Fedrick Dacres JAM
28.2.94 (3y, 3)
69.67, 68.84, 68.67, 68.51,
68.47, 68.35
1 Mandeville 65.16
1 Kingston 68.08/66.90
1 Kingston 69.83 light
1 Kingston 66.42/62.33
1 Mona 68.84

1 CG 68.20 (66.20)
 1 Kingston 66.53/66.14
 1 Turnov 68.35
 1 Rome 68.51
 1 Tartu 68.12
 8 Oslo 63.85
 1 Stockholm 69.67
 2 Ostrava 65.36
 2 Botnaryd 67.18
 1 JAM Ch 65.13
 2 Sollentuna 66.16
 1 Paris 67.01
 1 Székesfehérvár 67.24
 1 Oslo 5/7 65.96
 1 A.WCp 65.32
 1 NACAC 68.47
 1 Brussels 68.67
 1 Zagreb 68.17
 1 Cont Cup 67.97
 3 Tallinn 64.76
2. Andrius Gudzius LTU
 14.2.91 (2y, 1)
 69.59, 69.30, 69.13, 69.04,
 68.98, 68.98
 1 Vilnius 68.98
 1 Klaipeda 66.78
 1 Tartu 69.13
 1 Randvere 67.02
 1 Eur Clubs 67.82
 2 Rome 68.17
 1 Utena 68.98
 1 Oslo 69.04
 1 Chorzów 69.30
 2 Stockholm 69.59
 1 Ostrava 66.30
 10 Paris 61.31
 2 Székesfehérvár 66.33
 1 Bellinzona 66.78
 1 LTU Ch 67.21
 1 Eur Ch 68.46 (64.30)
 1 Chorzów 66.15
 2 Brussels 67.56
 2 Cont Cup 66.95
 2 Tallinn 64.89
3. Daniel Ståhl SWE
 27.8.92 (4y, 2)
 69.72, 69.11, 68.23, 68.12,
 68.03, 68.00
 1 Eur Throws 66.81
 2 Chula Vista 68.03
 4 San Diego 64.98
 3 Long Beach 64.35
 2 Irvine 63.16
 2 Halle 66.65
 4 Rome 64.84
 3 Oslo 67.04
 6 Stockholm 66.16
 1 Botnaryd 67.39
 1 Sollentuna 66.17
 12 Paris 60.46
 4 Székesfehérvár 64.46
 1 Helsingborg 68.12
 1 Karlstad 69.11
 2 Eur Ch 68.23 (67.07)
 nt Gothenburg
 1 SWE Ch 69.72
 3 Brussels 66.74
 1 v FIN 68.00
 3 Cont Cup 64.74
 1 Tallinn 64.91

1 Sätträ 66.00
4. Lukas Weisszhaidinger AUT
 20.2.92 (3y, 8)
 68.98, 68.21, 66.25, 66.10,
 65.66, 65.57
 1 Berlin 63.911
 6 Eur Throws 61.82
 1 Santa Cruz 68.21
 1 Schwechat 66.10
 1 Rehlingen 68.98
 7 Rome 64.16
 5 Stockholm 66.25
 4 Ostrava 64.55
 1 Ried 65.55
 1 Linz 63.92
 5 Paris 64.44
 2 Bellinzona 64.50
 1 AUT Ch 64.53
 1 Andorf 65.57
 3 Eur Ch 65.14 (62.26)
 1 Gothenburg 65.37
 5 Brussels 65.66
 2 Zagreb 64.50
5. Ehsan Hadadi IRN
 21. 1.85 (8y, -)
 68.85, 67.68, 67.55, 67.04,
 66.68, 66.20
 1 Chula Vista 68.85
 1 San Diego 67.04
 1 Long Beach 66.20
 3 Halle 66.13
 3 Rome 65.93
 2 Oslo 67.55
 2 Chorzów 66.68
 3 Stockholm 67.68
 5 Ostrava 64.45
 6 Paris 64.36
 1 Asian G 65.71
 8 Brussels 63.48
6. Christoph Harting GER
 10.4.90 (3y, -)
 67.59, 66.98, 66.76, 65.90,
 65.85, 65.68
 4 Eur Throws 62.88
 1 Schönebeck 67.59
 2 Rehlingen 66.76
 5 Halle 65.85
 4 Oslo 65.68
 1 Berlin 65.90
 2 Paris 64.80
 1 GER Ch 66.98
 dnq nt Eur Ch
 6 Brussels 65.13
 1 Berlin 65.67
7. Reggie Jagers USA
 13.8.94 (1y, -)
 68.61, 65.79, 65.54, 65.46,
 65.27, 65.12
 1 Texas R 65.46
 3 San Diego 65.12
 2 Long Beach 64.63
 1 Drake R 64.59
 2/1 Tucson 63.39/65.79
 3 Rathdrum 65.27
 1 Kingston 9/6 65.54
 1 USA Ch 68.61
 2 Lignano 61.88
 5 A.WCp 63.15
 4 Karlstad 62.53
 3 NACAC 62.70

5 Cont Cup 63.49
8. Mason Finley USA
 7.10.90 (2y, 6)
 67.06, 66.09, 65.16, 64.21,
 64.17, 63.88
 1 Lawrence 63.88
 6 Rome 64.17
 5 Oslo 65.16
 8 Stockholm 62.86
 2 USA Ch 67.06
 9 Paris 61.91
 7 Székesfehérvár 63.79
 4 NACAC 61.44
 4 Brussels 66.09
 3 Zagreb 64.21
9. Traves Smikle JAM
 7.5.92 (2y, 10)
 67.72, 67.14, 65.46, 64.69,
 64.68, 64.43
 1 Manchester 60.70
 2 Kingston 65.74
 lt/61.68/60.91
 2 Kingston 67.72
 2 CG 63.98 (64.69)
 2 Drake R 64.07
 2 Kingston 64.43/61.58
 6 Rehlingen 64.04
 1 Halle 67.14
 1 Kingston 62.61/64.04
 2 Kingston 9/6 64.04
 2 B.Paulista 59.98
 3 CAG 64.68
 2 NACAC 65.46
 4 Zagreb 63.75
10. Simon Pettersson SWE
 3.1.94 (1y, -)
 65.84, 65.81, 65.49, 65.44,
 64.82, 64.58
 1 Växjö 61.60i
 2 Eur Throws 65.81
 5 San Diego 64.58
 1 Long Beach 61.78
 1 Irvine 63.92
 1 Bålsta 61.13
 2 Randvere 63.92
 9 Halle 62.36
 2 Tartu 63.20
 7 Stockholm 65.49
 4 Botnaryd 63.40
 1 Malmö 65.84
 1 Copenhagen 63.79
 3 Sollentuna 63.21
 6 Székesfehérvár 63.86
 2 Helsingborg 65.44
 1 Kalmar 62.08
 1 Växjö 62.91
 5 Karlstad 62.12
 4 Eur Ch 64.55 (64.82)
 2 Gothenburg 63.29
 1 Parnu 63.54
 6 Bergen 59.62
 2 SWE Ch 63.37
 2 v FIN 63.16
 6 Zagreb 61.07
 1 Uppsala 62.02
 1 Växjö 59.88
 10 Tallinn 59.04
 Only 13cm separated the top
 three men on the world list

and they dominated the top
 30 rankings (67.72 or better):
 Dacres 10, Gudzius 9 and Ståhl
 6, but they could be sorted
 on win-loss: Dacres was 6-3
 v Gudzius and 6-4 v Ståhl,
 and Gudzius 8-1 v Ståhl. Piotr
 Malachowski misses out after 12
 years in the rankings.

HAMMER

1. Wojciech Nowicki POL
 22.2.89 (4y, 2)
 81.85, 81.45, 80.63, 80.26,
 80.13, 80.12
 2 Kielce 76.51
 3 Osaka 76.66
 2 Forbach 78.80
 1 Turku 79.41
 1 Chorzów 80.63
 1 Gliwice 81.45
 1 Samorin 76.89
 1 Székesfehérvár 81.85
 2 Cetniewo 80.13
 1 A.WCp 77.94
 1 POL Ch 80.26
 1 Eur Ch 80.12 (76.03)
 2 Chorzów 77.41
 6 Cont Cup 71.74

2. Pawel Fajdek POL
 4.6.89 (7y, 1)
 81.14, 80.70, 80.57, 80.14,
 80.04, 79.79
 1 Eur Throws 77.30
 1 Coral Gables 79.43
 1 Kielce 79.71
 1 Osaka 78.51
 1 Halle 80.70
 1 Forbach 79.57
 2 Turku 78.86
 2 Chorzów 80.04
 2 Gliwice 79.79
 2 Samorin 76.77
 2 Székesfehérvár 81.14
 1 Cetniewo 80.57
 2 POL Ch 80.14
 1 Stalowa Wola 75.70
 2 Eur Ch 78.69 (77.86)
 1 Chorzów 79.44

3. Bence Halász HUN
 4.8.97 (1y, -)
 79.57, 78.66, 78.57, 78.22,
 78.05, 77.36
 2/1 Szombathely 69.94/71.65
 1 HUN-w 71.65
 1 Eur Throws-23 74.83
 1 Zalaegerszeg 76.47
 2 Osaka 77.24
 2 Halle 78.66
 1 Budapest 79.57
 4 Turku 76.65
 7 Chorzów 74.77
 1 HUN-23 77.07
 1 HUN Ch 78.22
 3 Samorin 75.97
 3 Székesfehérvár 78.57
 1 Veszprém 78.05
 3 Eur Ch 77.36 (76.81)
 1 Tapolca 75.79
 3 Chorzów 74.94

1 Budapest 76.74
 3 Cont Cup 74.80
 2 Szombathely 76.76
4. Dilshod Nazarov TJK
 6.5.82 (10y, 7)
 78.18, 78.08, 77.34, 76.21,
 76.16, 75.85
 4 Osaka 75.01
 5 Halle 75.85
 5 Turku 76.16
 3 Chorzów 78.18
 2 Istanbul 74.46
 1 Nikiti 78.08
 5 Székesfehérvár 76.21
 1 B.Paulista 75.18
 2 Asian G 74.16
 1 Cont Cup 77.34

5. Pavel Boreysha BLR
 16.2.91 (2y, 4=)
 77.37, 77.02, 76.83, 76.48,
 76.47, 75.30
 1 BLR-w 74.13
 7 Eur Throws 74.04
 4 Forbach 74.76
 10 Turku 71.80
 1 Minsk 77.37
 4 Samorin 75.30
 4 Székesfehérvár 76.48
 3 B.Paulista 73.28
 3 BLR Ch 73.77
 4 Eur Ch 77.02 (76.47)
 1 Antalya 72.86

6. Nick Miller GBR
 1.5.93 (3y, 6)
 80.26, 78.29, 77.05, 76.14,
 75.33, 74.96
 1 Stanfor 30/3 78.29
 1 CG 80.26
 10 Osaka 66.55
 3 Halle 77.05
 6 Turku 74.11
 5 Chorzów 74.83
 3 Nikiti 74.96
 1 GBR Ch 75.33
 10 Székesfehérvár 72.75
 3 Cetniewo 74.60
 2 A.WCp 76.14
 10 Eur Ch 73.16 (73.79)

7. Ashraf Amjad El-Seify QAT
 20.2.95 (3y, -)
 77.04, 76.95, 76.88, 76.81,
 75.99, 75.89
 1 Fullerton 76.81
 1 Doha 76.95
 4 Halle 75.99
 3 Turku 77.04
 7 Samorin 73.53
 6 Székesfehérvár 75.89
 2 Stalowa Wola 75.24
 1 Asian G 76.88
 5 Cont Cup 74.08

8. Serghei Marghiev MDA
 6.11.92 (2y, 9)
 76.81, 75.80, 75.59, 75.52,
 75.51, 75.14
 1 MDA-w 75.80
 4 Eur Throws 75.52
 5 Osaka 74.11
 1 MDA Ch 76.81
 1 Cluj-Napoca 75.51

6 Chorzów 74.83
 3 Minsk 75.14
 7 Székesfehérvár 75.59
 2 B.Paulista 74.51
 3 Balkan Ch 72.30
 8 Eur Ch 74.47 (75.10)
9. Mostafa Al-Gamal EGY
 1.10.88 (3y, -)
 77.71, 77.30, 74.22, 73.50
 1 EGY Ch 77.71
 1 Cairo 77.30
 1 African Ch 73.50
 4 Cont Cup 74.22
10. Marcel Lomnický SVK
 6.7.87 (5y, 10)
 77.00, 76.34, 76.21, 75.97,
 75.50, 75.23
 2 Eur Throws 75.97
 2 Coral Gables 76.21
 7 Osaka 72.90
 3 Forbach 75.50
 1 B.Bystrica 74.45
 8 Turku 73.05
 4 Chorzów 77.00
 5 Samorin 75.23
 8 Székesfehérvár 74.70
 2 (1) SVK Ch 76.34
 1 Dubnica 75.20/74.26
 11 Eur Ch 72.74 (75.08)

From 2009-17 Fajdek had a
 60-3 win-loss record against
 Nowicki and started 2018
 with three more wins, but then
 Nowicki won five in succession
 before they shared honours for
 the last four, so that Nowicki
 beat his Polish rival 7-5 to take
 over top ranking after Fajdek's
 three years in that position. With
 limited competition Al-Gamal is
 the hardest to rate. Esraf Apak
 missed out; he had good marks
 (best 78.59m), but fares badly at
 main events.

JAVELIN

1. Andreas Hofmann GER
 16.12.91 (3y, 7)
 92.06, 91.44, 91.44, 90.08,
 89.82, 89.55
 3 Doha 90.08
 1 Rehlingen 91.44
 3 Eugene 86.45
 1 Offenburg 92.06
 3 Turku 85.98
 2 Dessau 87.22
 1 Jena 88.48
 2 Rabat 88.58
 1 GER Ch 89.55
 2 Eur Ch 87.60 (82.36)
 1 Birmingham 89.82
 1 Chorzów 83.81
 1 Bad Köstritz 86.16
 1 Zürich 91.44
 3 Berlin 85.09
2. Thomas Röhler GER
 30.9.91 (6y, 2)
 91.78, 90.75, 89.88, 89.47,
 88.09, 87.51

- 1 Doha 91.78
- 2 Schönebeck 85.88
- 1 Eugene 89.88
- 2 Turku 87.51
- 1 Dessau 90.75
- 2 Ostrava 87.28
- 2 Kuortane 83.17
- 2 Jena 85.17
- 2 Luzern 84.25
- 4 Rabat 85.19
- 2 GER Ch 88.09
- 1 Eur Ch 89.47 (85.47)
- 4 Birmingham 84.33
- 2 Bad Köstritz 79.56
- 3 Zürich 85.76
- 1 Berlin 86.50
- 1 Cont Cup 87.07

- 3. Magnus Kirt EST**
- 10.4.90 (2y, 10)
- 89.75, 88.73, 88.45, 88.43, 88.28, 87.57
- 6 Doha 83.97
- 5 Eugene 83.13
- 1 Tartu 88.45
- 1 Turku 88.73
- 1 Ogře 86.70
- 1 Kuortane 84.69
- 1 Orimattila 85.52
- 1 Luzern 85.42
- 1 Rabat 89.75
- 1 EST Ch 88.28
- 3 Eur Ch 85.96 (83.15)
- 3 Birmingham 85.31
- 1 Pärnu 84.43
- 1 Lappeenranta 83.48
- 2 Zürich 87.57
- 4 Berlin 83.79
- 1 Kohila 88.43

- 4. Johannes Vetter GER**
- 26.3.93 (4y, 1)
- 92.70, 91.56, 91.22A, 89.34, 87.83, 87.39
- 1 Offenburg 3/2 84.08
- 1 Pot'stroom 91.22A
- 1 Eur Throws 92.70
- 2 Doha 91.56
- 1 Schönebeck 86.96
- 3 Rehlingen 84.14
- 2 Eugene 89.34
- 2 Offenburg 86.27
- 4 Turku 82.50
- 3 GER Ch 87.83
- 5 Eur Ch 83.27 (87.39)

- 5. Jakub Vadlejch CZE**
- 10.10.90 (4y, 3)
- 89.02, 88.94, 88.76, 88.36, 86.67, 85.40
- 1 Pot'stroom 84.24A
- 5 Doha 86.67
- 2 Rehlingen 88.76
- 4 Eugene 85.40
- 1 Prague 89.02
- 1 Ostrava 88.36
- 3 Kuortane 81.39
- 1 Samorín 88.94
- 1 Joensuu 84.65
- 3 Rabat 85.31
- 8 Eur Ch 80.64
- 7 Zürich 81.58
- 2 Cont Cup 84.76

- 6. Neeraj Chopra IND**
- 24.12.97 (1y, -)
- 88.06, 87.43, 86.47, 85.94, 85.73, 85.69
- 1 Offenburg U23 82.80
- 1 Pattiala 82.88/85.94
- 1 CG 86.47
- 4 Doha 87.43
- 6 Eugene 80.81
- 5 Rabat 83.32
- 1 Sotteville 85.17
- 1 Lapinlahti 85.69
- 1 Asian G 88.06
- 4 Zürich 85.73
- 6 Cont Cup 80.24
- 1 Jalahlalli 83.90

- 7. Julian Weber GER**
- 29.8.94 (2y, -)
- 86.63, 85.54, 84.62, 83.68, 82.80
- 1 A.WCp 82.80
- 4 GER Ch 84.62
- 2 Birmingham 86.63
- 6 Zürich 83.68
- 2 Berlin 85.54

- 8. Marcin Krukowski POL**
- 14.6.92 (1y, -)
- 85.32, 84.55, 84.35, 83.96, 83.34, 83.32
- 1 Kielce 81.82
- 1 Warsaw 19/5 82.01
- 1 Radom 83.34
- 8 Riga 75.25
- 6 Turku 81.32
- 3 Dessau 82.42
- 1 Madrid 79.23
- 1 Cetniewo 80.53
- 2 A.WCp 80.25
- 1 POL Ch 82.87
- 4 Eur Ch 84.55 (84.35)
- 5 Birmingham 83.96
- 2 Chorów 83.32
- 5 Zürich 85.32
- 8 Berlin 74.16
- 1 Brodnica 78.69

- 9. Keshorn Walcott TTO**
- 2.4.93 (6y, 5)
- 84.96, 84.47, 83.26, 83.25, 80.95, 78.58
- 1 Ääneskoski 78.58
- 1 Raasepori 83.25
- 1 TTO Ch 84.96
- 7 Rabat 83.26
- 5 Sotteville 78.26
- 1 Sopot 80.95
- 1 CAG 84.47

- 10. Andrian Mardare MDA**
- 20.6.95 (1y, -)
- 84.43, 82.64, 81.71, 81.54, 81.53, 81.48
- 1 MDA Ch 81.05
- 3 Riga 81.53
- 2 Prague 84.43
- 3 Ostrava 80.48
- 1 Minsk 81.71
- 2 Samorin 82.64
- 8 Rabat 81.28
- 2 Sotteville 81.48
- 7 Eur Ch 81.54 (80.46)
- 5 Berlin 80.76



Kevin Mayer (left) and Tim Duckworth

Hofmann and Röhler were 6-6 but Hofmann won six of their last eight meetings and had better distances, although Röhler won the EC. The 2017 No.1 Vetter topped the world list at 92.70m as the three Germans were the 90m men of 2018, but Kirt edged Vetter for third spot.

DECATHLON

- 1. Kevin Mayer FRA**
- 10.2.92 (5y, 1)
- dnf Eur Ch
- 1 Talence 9126 WR
- 2. Damian Warner CAN**
- 4.11.89 (6y, 3)
- dnf CG
- 1 Götzis 8795
- 3. Arthur Abele GER**
- 30.7.86 (4y, -)
- 1 Ratingen 8481
- 1 Eur Ch 8431
- 2 Talence 8310
- 4. Maicel Uibo EST**
- 27.12.92 (2y, -)
- 1 Athens GA 8407
- 2 Götzis 8514
- dnf Eur Ch
- 5. Ilya Shkurenkov RUS**
- 11.1.91 (4y, -)
- 7 Götzis 8182
- 2 Eur Ch 8321
- dnf Talence
- 6. Tim Duckworth GBR**
- 18.6.96 (1y, -)
- 2 Athens GA 8145
- 1 NCAA 8336
- 5 Eur Ch 8160
- 7. Pieter Braun NED**
- 21.1.93 (1y, -)
- 3 Götzis 8342
- 7 Eur Ch 8105
- 4 Talence 7965
- 8. Vitaliy Zhuk BLR**

- 10.9.96 (1y, -)
- 9 Götzis 8162
- 3 Eur Ch 8290
- 12 Talence 7018 (nh PV)
- 9. Niklas Kaul GER**
- 11.2.98 (1y, -)
- 6 Götzis 8205
- 4 Eur Ch 8220
- 10. Kai Kazmirek GER**
- 28.1.91 (4y, 4)
- dnf Halle
- 4 Götzis 8329
- dnf Ratingen

His world record ensures Mayer retains top ranking after his three marginal no jumps at long jump in Berlin. Warner no-heighted at pole vault in his major championship, but his 8795 and win at Götzis is more than enough to come second. As ever we have to balance high scores against competitive placings with Brugger, Victor and Ziemek just missing the rankings.

20KM WALK

- 1. Koki Ikeda JPN**
- 3.5.98 (1y, -)
- 4 JPN Ch 1:19:13
- 1 Lugano 1:21:26
- 1 W.Team 1:21:13
- 2. Wang Kaihua CHN**
- 16.2.94 (2y, 7)
- 1 Huangshan 1:19:45
- 2 W.Team 1:21:22
- 8 Chifeng 1:25:55
- 1 Asian G 1:22:04
- 4 Suzhou 1:25:11
- 3. Toshikazu Yamanishi JPN**
- 15.2.96 (1y, -)
- 2 JPN Ch 1:17:41
- 4 W.Team 1:21:53
- 2 Asian G 1:22:10

- 4. Eider Arévalo COL**
- 9.3.93 (2y, 1)
- 2 COL Ch 1:24:44
- 1 Dudince 1:22:13
- 12 W.Team 1:23:46
- 1 La Coruña 1:19:14
- 1 CAG 1:26:42
- 2 Suzhou 1:23:23
- 5. Álvaro Martín ESP**
- 18.6.94 (3y, 8)
- 1 ESP Ch 1:21:48
- 2 Rio Maior 1:22:00
- 8 W.Team 1:23:22
- 6 La Coruña 1:20:46
- 1 Eur Ch 1:20:42
- 6. Massimo Stano ITA**
- 27.2.92 (1y, -)
- 1 ITA Ch 1:21:02
- 3 W.Team 1:21:33
- 4 Eur Ch 1:20:51
- 7. Diego García ESP**
- 19.1.96 (1y, -)
- 1 Móstoles 1:27:52
- 4 ESP Ch 1:23:51
- 1 Rio Maior 1:21:15
- 23 W.Team 1:23:47
- 2 La Coruña 1:19:18
- 2 Eur Ch 1:20:48
- 8. Jin Xiangqian CHN**
- 18.3.97 (1y, 7)
- 4 Huangshan 1:20:56
- 8 Rio Maior 1:23:13
- 6 W.Team 1:22:35
- 5 La Coruña 1:20:24
- 3 Asian G 1:25:41
- 10 Suzhou 1:25:52
- 9. Vasily Mizinov RUS**
- 29.12.97 (1y, -)
- 2 RUS-w 1:18:54
- 16 W.Team 1:23:56
- 2 Alytus 1:21:45
- 3 Eur Ch 1:20:50
- 26 Suzhou 1:28:47
- 10. Daisuke Matsunaga JPN**
- 24.3.95 (2y, -)

- 1 Tokyo 1:20:12
- 3 JPN Ch 1:17:46
- 1 Nomi 1:20:55
- 31 W.Team 1:26:25
- nr Sergey Shirobokov RUS**
- 16.2.99 (1y, 2)
- 1 RUS-w 1:18:53
- 1 RUS Ch 1:17:25

We decided not to include Russian walkers who did not have international clearance – otherwise Shirobokov had a claim to top ranking. The World Team 1-2 take the top rankings and there are six newcomers to the top 10.

50KM WALK

- 1. Hirooki Arai JPN**
- 18.5.88 (5y, 2)
- 1 W.Team 3:44:25
- 2. Hayato Katsuki JPN**
- 28.11.90 (1y, -)
- 2 W.Team 3:44:31
- 1 Asian G 4:03:30
- 3. Maryan Zakalnytskyi UKR**
- 19.8.94 (1y, -)
- 4 W.Team 3:44:59
- 1 Eur Ch 3:46:32
- 4. Matej Tóth SVK**
- 10.2.83 (8y, -)
- 1 Dudince 3:42:46
- 2 Eur Ch 3:47:27
- 5. Satoshi Maruo JPN**
- 28.11.91 (2y, 5)
- 3 W.Team 3:44:52
- 4 Asian G 4:14:13
- 6. Tomohiro Noda JPN**
- 24.1.96 (1y, -)
- 1 Wajima 3:45:56
- 1 JPN Ch 3:39:47
- 7. Wang Qin CHN**
- 8.5.94 (1y, -)
- 5 W.Team 3:45:29
- 2 Asian G 4:06:48
- 8. Andrés Chocho ECU**
- 4.11.83 (2y, -)
- 1 Monterrey 3:50:27
- 1 SAMG 3:55:48A
- 9. Dmitriy Dyubin BLR**
- 12.7.90 (1y, -)
- 13 W.Team 3:52:25
- 3 Eur Ch 3:47:59
- 10. Rafal Augustyn POL**
- 14.5.94 (2y, 6)
- 7 W.Team 3:48:22
- 6 Eur Ch 3:51:37

The World Team race dominated the world list with 11 men under 3:50 and 20 under 3:55 and had the greatest influence on the rankings. Noda did not compete in it but had the year's best time. Sergey Bakulin, another ineligible man, had the year's second fastest time, 3:42:20 to win the Russian title.

100 METRES

1. Marie-Josée Ta Lou CIV

18.11.88 (3y, 3)
10.85, 10.88, 10.89, 10.90, 10.95, 11.05; 10.7mx h
1 Abidjan 10.7mx
1 Doha 10.85
1 Compiègne 11.40
1 Eugene 10.88
1 Montreuil 10.95
1 Székesfehérvár 11.12
1 Lausanne 10.90
1 Monaco 10.89
1 African Ch 11.15
3 Zürich 11.10
1 Berlin 11.08
1 Zagreb 11.05
1 Cont Cup 11.14

2. Murielle Houré CIV

23.8.87 (7y, 5)
10.90, 10.91, 10.96, 11.01, 11.01, 11.03; 10.91w
4 Doha 10.96
2 Eugene 10.90
1 Oslo 10.91
2 Stockholm 11.03
6 Lausanne 11.03
1 Sotteville 10.91w
2 Monaco 11.01
1 Zürich 11.01

3. Dina Asher-Smith GBR

4.12.95 (1y, -)
10.85, 10.92, 10.93, 10.93, 10.97, 11.06
1 Sydney 11.24
1 Brisbane 11.31
6 Eugene 11.06
2 Oslo 10.92
1 Stockholm 10.93
1 GBR Ch 10.97
1 Eur Ch 10.85 (10.93)
2 Zürich 11.08
2 Cont Cup 11.16

4. Aleia Hobbs USA

24.2.96 (1y, -)
10.90, 10.91, 10.91, 10.92, 10.93, 10.97; 10.86w, 10.89w
1 Texas R 10.86w (10.93w)
1 Baton Rouge 11.06
1 SEC 10.92 (10.93)
1q NCAA-E 10.90 (10.98)
1 NCAA 11.01 (10.91)
1 USA Ch 10.91 (10.97, 10.89w)

5. Elaine Thompson JAM

28.6.92 (4y, 1)
10.93, 10.98, 10.99, 11.01, 11.02, 11.06
1 Kingston 17/2 11.18
3 Doha 10.93
1 Kingston 11.06
3 Eugene 10.98
1 JAM Ch 11.01
2 Lausanne 10.99
2 A.WCp 11.09
3 Monaco 11.02

6. Ashley Henderson USA

24.2.96 (1y, -)
10.96, 10.98, 11.03, 11.06,

11.07, 11.18; 10.91w, 11.04w

1 San Diego 11.12w
2 Mt.Sac 11.06
1 Tucson 10.98
1 Fresno 11.04w (11.10w)
1q NCAA-W 11.18
4s3 NCAA 11.23
2 USA Ch 10.96 (11.03, 10.91w)
1 A.WCp 11.07

7. Jenna Prandini USA

20.11.92 (1y, -)
10.96, 10.98, 11.00, 11.00, 11.01, 11.09; 10.95w
3 Mt.Sac 11.09
1 George Town 11.16
2 Kingston 9/6 11.14
3 USA Ch 10.99 (11.00, 10.95w)
3 Lausanne 11.00
3 Luzern 11.14

4. Monaco 11.09

1 NACAC 10.96 (11.01)
3 Cont Cup 11.21

8. Dafne Schippers NED

15.6.92 (5y, 4)
10.99, 11.01, 11.02, 11.03, 11.05, 11.12
6 Doha 11.03
4 Eugene 11.01
4 Lausanne 11.02
5 Monaco 11.12

3. Eur Ch 10.99 (11.05)

5. Zürich 11.15

4. Cont Cup 11.23

9. Mujinga Kambundji SUI

17.6.92 (1y, -)
10.95, 11.03, 11.05, 11.12, 11.13, 11.14
7 Doha 11.17
1 Basel 11.20
1 Geneva 11.16
1 Bern 11.23
5 Lausanne 11.03

1. Luzern 11.12

1. SUI Ch 10.95

1. Bellinzona 11.13

6. Monaco 11.15

4. Eur Ch 11.05 (11.14)

4. Zürich 11.14

10. Michelle Lee Ahye TTO

10.4.92 (5y, 7)
11.06, 11.11, 11.13, 11.14, 11.14, 11.14
1 CG 11.14
2 Baie Mahault 11.35
3 Oslo 11.06
3 Stockholm 11.11
1 TTO Ch 11.14 (11.23)

2. Székesfehérvár 11.14

5= Luzern 11.22

2. Rovereto 11.23

6. Zürich 11.27

2. Berlin 11.13

2. Zagreb 11.28

Ta Lou, whose only loss in 12

finals was her third at Zürich, ranks first and Houré was 3-1 v Asher-Smith. We were split



Marie-Josée Ta Lou

on Hobbs, undefeated and with most sub-11 times, but racing only in the USA as a Collegian, and Thompson, who raced on the international circuit but had slightly slower times. Gina Lückenkemper just misses out with two 10.98 performances at the European Championships but insufficient to back this up.

200 METRES

1. Shaunae Miller-Uibo BAH

15.4.94 (3y, 1)
22.06, 22.09, 22.11, 22.12, 22.15, 22.16
1 CG 22.09 (22.48, 22.95)
1 Shanghai 22.06
1 Kingston 9/6 22.11
1 Rabat 22.29
1 Birmingham 22.15
1 Brussels 22.12
1 Cont Cup 22.16

2. Dina Asher-Smith GBR

4.12.95 (4y, 6)
21.89, 22.25, 22.29, 22.31, 22.33, 22.40
1 Brisbane 22.90
3 CG 22.29 (22.44)
2 Rabat 22.40
4 London 22.25
1 Eur Ch 21.89 (22.33)
2 Birmingham 22.31

3. Dafne Schippers NED

15.6.92 (5y, 2)
22.14, 22.28, 22.34, 22.41, 22.42, 22.44
2 Shanghai 22.34
1 Hengelo 22.44
1 Ostrava 22.52
7 London 22.42
2 Eur Ch 22.14 (22.69)
3 Birmingham 22.41
2 Brussels 22.53
2 Cont Cup 22.28

4. Shericka Jackson JAM

16.7.94 (1y, -)
22.05, 22.18, 22.22, 22.28, 22.28, 22.35
1 Spanish Town 23.02

1. Brisbane 23.05

2. CG 22.18 (22.28)

3. Shanghai 22.36

1. Kingston 22.55

6. Rome 23.14

2. Kingston 9/6 22.62

1. JAM Ch 22.28

1. Paris 22.05

3. Lausanne 22.84

1. Luzern 22.40

1. A.WCp 22.35

3. London 22.22

1. NACAC 22.64

4. Birmingham 22.55

4. Brussels 22.72

4. Cont Cup 22.62

5. Jenna Prandini USA

20.11.92 (3y, -)
22.16, 22.22, 22.30, 22.45, 22.48, 22.58
6 Shanghai 23.02
1 USA Ch 22.62 (22.22, 22.48)
2 Paris 22.30
3 Rabat 22.60
2 A.WCp 22.45
1 London 22.16
5 Birmingham 22.58
5 Brussels 22.96

6. Gabrielle Thomas USA

7.12.96 (1y, -)
22.19, 22.32, 22.42, 22.46, 22.47, 22.70; 22.13w, 22.36w
1 Texas R 22.13w
1 Coral Gables 22.32
1 Philadelphia 22.76 (22.82)
1q NCAA-E 22.42 (22.46)
2 NCAA 22.86 (22.36w)

1. Lausanne 22.47

4. Rabat 22.70

2. London 22.19

6. Birmingham 22.85

6. Brussels 23.18

7. Marie-Josée Ta Lou CIV

18.11.88 (3y, 4)
22.34, 22.49, 22.50, 22.50, 22.58, 22.61; 22.2mx h
1 Abidjan 22.2mx
4 Shanghai 22.58
1 Rome 22.49
3 Paris 22.50

5. London 22.34

1. African Ch 22.50

7. Birmingham 22.88

3. Cont Cup 22.61

8. Jamile Samuel NED

24.4.92 (1y, -)
22.37, 22.37, 22.56, 22.58, 22.63, 22.64
2B Gainesville 22.83
1 Rehlingen 23.03
4 Hengelo 22.91
4 Ostrava 22.84
1 NED Ch 23.04
4 Paris 22.63
2 Lausanne 22.68
3 Luzern 22.56
6 London 22.37
3 Eur Ch 22.37 (22.58)
3 Brussels 22.64

9. Mujinga Kambundji SUI

17.6.92 (1y, -)
22.45, 22.48, 22.72, 22.76, 22.78, 22.84
5 Shanghai 22.72
3 Rome 22.76
3 Ostrava 22.78
2 Luzern 22.48
4 Eur Ch 22.45 (22.84)

10. Lynna Irby USA

6.12.98 (1y, -)
22.25, 22.37, 22.44, 22.56, 22.64, 22.92; 22.06w
1 Athens GA 22.64
1 SEC 22.25 (22.44)
1q NCAA-E 22.56 (22.06w)
3 NCAA 22.92 (22.37)

Miller-Uibo enjoyed an unbeaten season of seven 200m competitions, running six of the world's 11 fastest times, although her best of 22.06 was fourth on the world list. The only woman to break 22 seconds with legal wind was Asher-Smith, who was 3-0 v Schippers, who in turn was 4-1 v Jackson, who led the way with 13 times under 22.70 to the next best of nine by Schippers.

400 METRES

1. Shaunae Miller-Uibo BAH

15.4.94 (4y, 1)
48.97, 49.52, 49.53
1 Eugene 49.52
1 Székesfehérvár 49.53
1 Monaco 48.97

2. Salwa Eid Naser BRN

23.5.98 (2y, 2)
49.08, 49.32, 49.33, 49.55, 49.78, 49.84
1 Rome 50.51
1 Oslo 49.98
1 Stockholm 49.84
1 Paris 49.55
1 Lausanne 49.78
1 W.Asian Ch 53.03
2 Monaco 49.08
1 Asian G 50.09 (50.86)

1. Brussels 49.33

1. Zagreb 50.54

1. Cont Cup 49.32

3. Phyllis Francis USA

4.5.92 (5y, 3)
50.07, 50.47, 50.50, 50.51, 50.81, 50.95
2 Eugene 50.81
2 Oslo 50.47
2 Stockholm 50.07
3 Paris 50.50
2= Székesfehérvár 50.95
4 Monaco 51.05
2 Brussels 50.51

4. Shakima Wimbley USA

23.4.95 (1y, -)
49.52, 50.18, 50.53, 50.57, 50.58, 50.64
1 Gainesville 50.18
1 Baie Mahault 50.64
3 Eugene 50.84
1 Hengelo 50.88
3 Oslo 50.53
1 USA Ch 49.52 (50.57)
4 Paris 50.81

2= Székesfehérvár 50.95

3. Lausanne 50.58

3. Monaco 50.85

3. Brussels 50.77

5. Cont Cup 51.59

5. Caster Semenya RSA

7.1.91 (1y, -)
49.62, 49.96, 50.06, 50.48A, 51.84A, 51.87
1 Pretoria 51.84A/52.45A
1 Sasolberg 50.48A (51.87A)
1 African Ch 49.96 (51.87)

1. Chorzów 50.06

2. Cont Cup 49.62

6. Jessica Beard USA

8.1.89 (1y, -)
50.08, 50.39, 50.40, 50.52, 50.55, 50.57
2 Gainesville 50.75
1 Hamilton 51.31
1 Kingston 50.52
4 Eugene 50.89
4 Oslo 50.57
3 Stockholm 50.55
2 USA Ch 50.08 (50.65)

- 2 Paris 50.39
- 2 Lausanne 50.40
- 7 Monaco 51.58
- 3 Chorzów 51.68
- 6 Brussels 51.47
- 7. Jaide Stepter USA**
- 25.9.94 (1y, -)
- 50.63, 50.72, 50.78, 50.99,
- 51.17, 51.17
- 2 Mt.Sac 51.24
- 2 Baie Mahault 51.36
- 2 Kingston 50.72
- 6 Eugene 51.17
- 3 Rome 51.47
- 5 Oslo 50.78
- 5 Stockholm 50.99
- 5 Székesfehérvár 51.65
- 4 Lausanne 50.63
- 2 Rovereto 51.84
- 4 Brussels 51.17
- 8. Stephenie Ann McPherson JAM**
- 25.11.88 (6y, 10)
- 50.31, 50.69, 50.74, 50.80,
- 50.82, 51.45
- 1 Brisbane 51.07
- 3 CG 50.93 (50.80, 51.21)
- 3 Kingston 50.82
- 5 Eugene 51.01
- 2 Rome 50.69
- 1 Kingston 9/6 50.98
- 1 JAM Ch 50.74 (51.20)
- 5 Paris 50.85
- 5 Lausanne 50.84
- 1 A.WCp 50.98
- 1 London 50.31
- 1 NACAC 51.15
- 5 Brussels 51.40
- 1 Padua 50.94
- 2 Zagreb 51.20
- 3 Cont Cup 50.82
- 9. Lynna Irby USA**
- 6.12.98 (1y, -)
- 49.80, 50.11, 50.44, 50.77,
- 50.95
- 1 Mt.Sac 50.95
- 1q NCAA-E 50.44 (50.77)
- 1 NCAA 49.80 (50.11)
- 10. Kendall Ellis USA**
- 8.3.96 (1y, -)
- 49.99, 50.19, 50.37, 50.80,
- 51.03, 51.38
- 3 Mt.Sac 51.43
- 1 Westwood 51.72
- 1 Pac 12 49.99 (51.50)
- 1q NCAA-W 51.03
- 2 NCAA 50.19 (51.38)
- 3 USA Ch 50.37 (50.80)

Miller-Ulbo, No.1 in 2016 and 2017, raced 400m only three times but won them all and beat Naser at Monaco in the year's fastest time. So four panellists chose her for No.1 but three preferred Naser, who had a marvellous season, with just that one loss. Top European Justyna Swiety-Ersetc would have been 11th.

800 METRES

- 1. Caster Semenya RSA**
- 7.1.91 (7y, 1)
- 1:54.25, 1:54.60, 1:54.77,
- 1:55.27, 1:55.92
- 1 RSA Ch 1:57.80A (1:58.92A)
- 1 CG 1:56.68 (1:59.26)
- 1 Eugene 1:55.92
- 1 Oslo 1:57.25
- 1 Paris 1:54.25
- 1 Monaco 1:54.60
- 1 African Ch 1:56.06
- 1 Zürich 1:55.27
- 1 Cont Cup 1:54.77
- 2. Francine Niyonsaba BDI**
- 5.5.93 (5y, 2)
- 1:55.86, 1:55.96, 1:56.88,
- 1:57.80, 1:57.90
- 1 Baie Mahault 2:01.97
- 3 Eugene 1:56.88
- 2 Oslo 1:58.57
- 1 Montreuil 1:59.71
- 2 Paris 1:55.86
- 1 Lausanne 1:57.80
- 1 Rabat 1:57.90
- 2 Monaco 1:55.96
- 2 African Ch 1:57.97
- 6 Zürich 1:59.11
- 3. Ajee' Wilson USA**
- 8.5.94 (5y, 3)
- 1:56.45, 1:56.86, 1:57.11,
- 1:57.16, 1:57.52
- 1 Philadelphia 2:01.68
- 1 Cambridge 1:59.27
- 2 Eugene 1:56.86
- 1 Kingston 9/6 1:59.84
- 1 USA Ch 1:58.18 (1:59.34)
- 3 Paris 1:57.11
- 2 Lausanne 1:58.20
- 4 Monaco 1:56.45
- 1 NACAC 1:57.52
- 2 Zürich 1:57.86
- 1 Cont Cup 1:57.16
- 4. Natoya Goule JAM**
- 30.3.91 (1y, -)
- 1:56.15, 1:57.36, 1:57.69,
- 1:57.95, 1:58.33
- 3 CG 1:58.82 (2:00.74)
- 2 Cambridge 1:59.43
- 1 Eugene 25/5 2:00.84
- 2 Kingston 9/6 2:00.66
- 1 JAM Ch 1:58.85
- 5 Paris 1:57.69
- 1 Luzern 2:00.32
- 2 Rabat 1:58.33
- 3 Monaco 1:56.15
- 2 London 1:58.67
- 2 NACAC 1:57.95
- 3 Zürich 1:58.49
- 3 Cont Cup 1:57.36
- 5. Habitam Alemu ETH**
- 9.7.97 (2y, 9)
- 1:56.71, 1:57.17, 1:57.78,
- 1:58.38, 1:58.58
- 4 Eugene 1:57.78
- 3 Oslo 1:58.58
- 4 Paris 1:57.17
- 3 Lausanne 1:58.38
- 1 Sotteville 1:59.06
- 5 Monaco 1:56.71

- 3 African Ch 1:58.86
- 4 Zürich 1:58.63
- 6. Raevyn Rogers USA**
- 7.9.96 (1y, -)
- 1:57.69, 1:58.57, 1:59.05,
- 1:59.36, 2:00.12
- 3 Cambridge 2:01.86
- 7 Eugene 1:59.36
- 2 USA Ch 1:58.57 (2:00.17)
- 5 Lausanne 2:00.12
- 1 A.WCp 2:00.20
- 7 Monaco 1:57.69
- 4 NACAC 2:00.75
- 5 Zürich 1:59.05
- 7. Rabab Arrafi MAR**
- 12.1.91 (2y, -)
- 1:57.47, 1:58.84, 1:59.20,
- 2:01.01, 2:02.81
- 1 Ostrava 1:59.20
- 1 MedG 2:01.01
- 3 Rabat 1:58.84
- 6 Monaco 1:57.47
- 8 Zürich 2:02.81
- 8. Ce'aira Brown USA**
- 4.11.93 (1y, -)
- 1:58.01, 1:58.57, 1:58.65,
- 1:59.35, 1:59.49
- 1 West Chester 1:59.70
- 1 Los Angeles 2:00.38
- 1 Concord 1:59.75
- 2 Philadelphia 2:01.91
- 3 USA Ch 1:58.65 (1:59/49)
- 2 Sotteville 1:59.35
- 1 London 1:58.57
- 1 Karlstad 1:58.01
- 9. Margaret Wambui KEN**
- 15.9.95 (3y, 4)
- 1:58.07, 1:58.67, 1:59.03,
- 1:59.09, 1:59.54A
- 2 KEN CGT 1:59.54A
- 2 CG 1:58.07 (2:00.60)
- 3 Baie Mahault 2:02.61
- 6 Eugene 1:58.67
- 3 KEN Ch 2:00.86A
- dnf Paris
- 4 Lausanne 1:59.03
- 4 Rabat 1:59.09
- 11 Monaco 1:59.70
- dnf African Ch (2:02.80)
- 10. Nataliya Pryshchepa UKR**
- 11.9.94 (1y, -)
- 1:59.58, 1:59.83, 1:59.91,
- 2:00.26, 2:00.37
- 2 Montreuil 1:59.83
- 1 UKR Ch 2:01.84
- 1 Eur Ch 2:00.38
- 1 Szczecin 1:59.91
- 3 Rovereto 2:00.26
- 1 Padua 2:00.37
- 4 Cont Cup 1:59.58

Semenya remained, it seems, unbeatable by women at 800m, while extending her remit to 400m and 1500m. Her nine victories at 800m, including the year's four fastest times topped by a South African record (and fourth on the world all-time list) and six of the top 11 times, took

her 800m win-streak to 29 from September 2015. Niyonsaba was runner-up to her for the third successive year.

1500M/1 MILE

- 1. Shelby Houlihan USA**
- 8.2.93 (1y, -)
- 3:57.34, 3:58.94, 3:59.06,
- 4:05.48, 4:06.07
- 1 Azusa 4:06.07
- 1 Eugene 3:59.06
- 1 USA Ch 4:05.48
- 1 Lausanne 3:57.34
- 2 Brussels 3:58.94
- 2 Cont Cup 4:16.36
- 2. Laura Muir GBR**
- 9.5.93 (4y, 3)
- 3:58.18, 3:58.49, 3:58.53,
- 3:59.30, 4:19.28M/4:00.68
- 2 Eugene 3:59.30
- 2 Stockholm 3:58.53
- 2 Lausanne 3:58.18
- 5 London 4:19.28M/4:00.68
- 1 Eur Ch 4:02.32
- 1 Brussels 3:58.49
- 3. Sifan Hassan NED**
- .93 (5y, 2)
- 4:14.71M/3:57.41, 3:58.39,
- 3:59.41, 4:00.60
- 3 Lausanne 3:58.39
- 1 London 4:14.71M/3:57.41
- 1 Birmingham 4:00.60
- 3 Brussels 3:59.41
- 4. Gudaf Tsegay ETH**
- 23.1.97 (3y, 8)
- 4:16.14M/3:59.09, 3:57.64,
- 3:59.07, 3:59.60, 3:59.68
- 6 Doha 4:01.81
- 1 Stockholm 3:57.64
- 1 Ostrava 4:02.45
- 1 Madrid 3:59.60
- 4 Lausanne 3:59.07
- 2 London 4:16.14M/3:59.09
- 2 Birmingham 4:01.03
- 4 Brussels 3:59.68
- 5. Rabab Arrafi MAR**

- 12.1.91 (2y, -)
- 3:59.15, 3:59.51, 4:00.28,
- 4:03.69, 4:03.82
- 7 Doha 4:03.69
- 4 Eugene 3:59.51
- 3 Stockholm 4:00.28
- 1 MedG 4:12.83
- 5 Lausanne 3:59.15
- 2 African Ch 4:14.12
- 8 Brussels 4:03.82
- 3 Cont Cup 4:17.19
- 6. Jennifer Simpson USA**
- 23.8.86 (7y, 6)
- 4:17.30M/4:00.01, 3:59.37,
- 4:00.34, 4:04.57, 4:25.71M.
- 4:06.21
- 3 Eugene 3:59.37
- 1 Hengelo 4:25.71M
- 4 Stockholm 4:00.34
- 2 USA Ch 4:06.21
- 4 London 4:17.30M/4:00.01
- 10 Brussels 4:04.57
- 7. Caster Semenya RSA**
- 7.1.91 (1y, -)
- 3:59.92, 4:00.44, 4:00.71,
- 4:02.50, 4:05.86
- 1 Pretoria 4:23.36A
- 1 RSA Ch 4:10.68A
- 1 Paarl 4:02.50
- 1 CG 4:00.71 (4:05.86)
- 1 Doha 3:59.92
- 6 Lausanne 4:00.44
- 8. Winny Chebet KEN**
- 20.12.90 (2y, 4=)
- 4:00.60, 4:20.51M/4:03.53,
- 4:03.37, 4:03.64, 4:05.76
- 2 KEN CGT 4:06.25A
- 9h2 CG 4:20.67 (fell)
- 10 Doha 4:05.76
- 5 Eugene 4:00.60
- 1 KEN CH 4:09.69A
- 9 Lausanne 4:06.10
- 7 London 4:20.51M/4:03.53
- 1 African Ch 4:14.02
- 6 Birmingham 4:03.64
- 6 Brussels 4:03.37
- 1 Cont Cup 4:16.01

- 9. Genzebe Dibaba ETH**
- 8.12.91 (5y, -)
- 3:56.68, 4:20.51M,
- 4:24.29M/4:06.34
- 1 Chorzów 3:56.68
- 1 Székesfehérvár
- 4:24.29M/4:06.34
- 1 Padua 4:20.51M
- 10. Hellen Obiri KEN**
- 13.12.89 (4y, 4=)
- 3 London 4:16.15M/3:58.88

Never included before, Houlihan had a great year to take top ranking. Muir had her best year and beat Hassan 2-1. Contentious whether Obiri should be ranked but her one run was in an important race in a great time and she was far ahead in that race, for instance, of Sofia Ennaoui and Laura Weightman, the EC 2-3, who could have been next. Semenya, uniquely, ranks at 400m, 800m and 1500m.

5000 METRES

- 1. Hellen Obiri KEN**
- 13.12.89 (3y, 1)
- 1 CG 15:13.11
- 3 Eugene 14:35.03
- 1 KEN Defence 14:48.5A
- 1 KEN Ch 15:09.82A
- 1 Rabat 14:21.75
- 1 African Ch 15:47.18
- 2 Zürich 14:38.39
- 2. Sifan Hassan NED**
- .93 (2y, 3)
- 2 Rabat 14:22.34
- 1 Eur Ch 14:46.12
- 2 Zürich 14:38.77
- 3. Letesenbet Gidey ETH**
- 20.3.98 (2y, 8)
- 2 Eugene 14:30.29
- 3 Rabat 14:23.14
- 7 Zürich 14:57.52
- 4. Senbere Teferi ETH**



3.5.95 (4y, 4)
4 Rabat 14:23.33
2 African Ch 15:54.48
3 Zürich 14:40.97

5. Agnes Tirop KEN

23.10.95 (1y, -)
5 Rabat 14:24.24
1 Bellinzona 14:36.13
5 Zürich 14:44.24

6. Genzebe Dibaba ETH

8.12.91 (6y, 5)
1 Eugene 14:26.89
6 Rabat 14:42.98
6 Zürich 14:50.24

7. Shelby Houlihan USA

8.2.93 (1y, -)
1 USA Ch 15:31.03
1 Heusden 14:34.35

8. Margaret Kipkemboi KEN

9.2.93 (2y, 6)
1 KEN CGT 15:51.37A
2 CG 15:15.28
6 Eugene 15:01.98

9. Caroline Kipkirui KEN

26.5.94 (2y, 9)
4 KEN CGT 16:06.33A
1 Cambridge 15:55.24
8 Rabat 14:55.63
4 Zürich 14:43.96

10. Eilish McColgan GBR

25.11.90 (1y, -)
6 CG 15:34.88
2 Nijmegen 15:17.01
3 UK Ch 16:08.06
7 Rabat 14:52.83
2 Eur Ch 14:53.05
11 Zürich 15:09.00

Obiri retains her top ranking with six wins including at the Commonwealth Games, Kenyan and African Championships. The year's five fastest times came in the Rabat DL meeting.

10.000 METRES

1. Pauline Kamulu KEN

30.12.94 (1y, -)
3 Kumagaya 32:32.55
1 Fukugawa 30:41.85
1 JPN Corp 30:56.94

2. Lonah Chemtai Salpeter ISR

12.12.88 (1y, -)
1 Tel Aviv 31:39.63
1 Eur Cup 31:33.03
1 Eur Ch 31:43.29

3. Stacy Ndiwa KEN

6.12.92 (1y, -)
2 KEN CGT 32:41.68A
2 CG 31:46.36
1 African Ch 31:31.17

4. Stella Chesang UGA

1.12.96 (1y, -)
2 Kampala 31:39.0A
1 CG 31:45.30
4 African Ch 32:29.54
1 UGA Inter Force 33:33.6A

5. Alice Aprot Nawowuna KEN

11.3.94 (5y, 4)

dnf KEN CGT

2 KEN Ch 31:59.1A

2 African Ch 31:36.12

6. Mercyline Chelangat UGA

17.12.97 (1y, -)

1 Kampala 31:38.4A

3 CG 31:48.41

5 African Ch 32:36.39

7. Pauline Korikiaing KEN

1.3.88 (1y, -)

1 KEN Defence 32:06.0A

1 KEN Ch 31:51.1A

dnf African Ch

8. Gete Alemayehu ETH

27.8.98 (1y, -)

3 ETH Ch 33:31.3A

2 Maia 31:45.32

3 African Ch 32:10.68

9. Beatrice Mutai KEN

19.4.87 (1y, -)

3 KEN CGT 32:44.86A

4 CG 31:49.81

9 KEN Ch 33:46.3A

10. Hitomi Niya JPN

26.2.88

1 Melbourne 31:32.50

As with the men there was a lack of class races and many of the top runners did not try this event. The only woman to run faster than 31:30 on the track was Kamulu, who improved from a best of 31:47.13 in 2017 to 30:41.85 and 30:56.94 in Japanese races. Only fifth-ranked Aprot had ever ranked before.

MARATHON

1. Vivian Cheruiyot KEN

11.9.83 (1y, -)

1 London 2:18:31

2 New York 2:26:02

2. Brigid Kosgei KEN

20.2.94 (2y, 10)

2 London 2:20:13

1 Chicago 2:18:35

3. Gladys Cheronro KEN

12.5.83 (3y, 5)

4 London 2:24:10

1 Berlin 2:18:11

4. Mary Keitany KEN

18.1.82 (6y, 1)

5 London 2:24:27

1 New York 2:22:48

5. Rutii Aga ETH

16.1.94 (1y, -)

2 Tokyo 2:21:19

2 Berlin 2:18:34

6. Roza Dereje ETH

6.5.97 (1y, -)

1 Dubai 2:19:17

2 Chicago 2:21:18

7. Meskerem Assefa ETH

20.9.85 (1y, -)

2 Hong Kong 2:29:42

1 Nagoya 2:21:45

1 Frankfurt 2:20:36

8. Tadelech Bekele ETH

11.4.91 (1y, -)

3 London 2:21:40

1 Amsterdam 2:23:14

9. Ruth Chepngetich KEN

8.8.94 (1y, -)

2 Paris 2:22:59

1 Istanbul 2:18:35

10. Tirunesh Dibaba ETH

1.10.85 (3y, 2)

6 Oslo 9:09.70

3 Berlin 2:18:55

Cheruiyot's win in hot weather in London decides the top ranking. There were mixed feelings about Keitany, but her astonishing second half in New York means a lot.

3000M 'CHASE

1. Beatrice Chepkoech KEN

6.7.91 (3y, 1)

8:44.32, 8:55.20, 8:59.36,

8:59.88, 9:07.27

1 Shanghai 9:07.27

5 Rome 9:15.85

1 KEN Ch 9:23.73A

1 Paris 8:59.36

1 Monaco 8:44.32 WR

1 African Ch 8:59.88

1 Brussels 8:55.10

1 Cont Cup 9:07.92

2. Hyvin Jepkemoi KEN

13.1.92 (7y, 2)

9:01.60, 9:03.86, 9:04.41,

9:04.96, 9:09.63

1 Rome 9:04.96

1 Oslo 9:09.63

3 Paris 9:03.86

3 Monaco 9:04.41

3 Brussels 9:01.60

3. Norah Tanui KEN

2.10.95 (2y, 6)

8:59.62, 9:04.17, 9:07.17,

9:07.20, 9:09.30

2 Shanghai 9:09.30

3 Rome 9:07.17

1 Ostrava 9:11.33

4 Paris 9:04.17

5 Monaco 9:07.20

2 Brussels 8:59.62

4. Emma Coburn USA

19.10.90 (5y, 4)

9:05.06, 9:06.51, 9:08.13,

9:09.70, 9:17.70

4 Rome 9:08.13

2 Oslo 9:09.70

1 USA Ch 9:17.70

4 Monaco 9:05.06

4 Brussels 9:06.51

5. Celliphine Chespol KEN

23.3.99 (2y, 5)

9:01.82, 9:05.14, 9:06.75,

9:09.61, 9:12.05

1 KEN CGT 9:40.74A

2 CG 9:22.61

2 Rome 9:05.14

1 KEN JT 9:26.57A

2 KEN Ch 9:28.36A

2 Paris 9:01.82

1 WJ 9:12.78

10 Monaco 9:12.05

2 African Ch 9:09.61

5 Brussels 9:06.75

6. Courtney Frerichs USA

18.1.93 (2y, 7)

9:00.85, 9:07.07, 9:15.22,

9:18.69, 9:20.84

4 Oslo 9:20.84

2 USA Ch 9:18.69

2 Monaco 9:00.85

6 Brussels 9:07.07

2 Cont Cup 9:15.22

7. Peruth Chemutai UGA

10.7.99 (1y, -)

9:07.94, 9:13.58, 9:16.89,

9:18.87, 9:22.94

1 Kampala

10:05.26A/10:11.86A

7 Shanghai 9:22.94

2 Ostrava 9:16.89

2 WJ 9:18.87

6 Monaco 9:07.94

5 African Ch 9:45.42

7 Brussels 9:13.58

8. Daisy Jepkemoi KEN

13.2.96 (1y, -)

9:10.71, 9:14.66, 9:15.56,

9:16.87, 9:17.08

3 Shanghai 9:15.56

7 Rome 9:18.44

3 Oslo 9:16.87

3 Ostrava 9:23.70

7 Paris 9:17.35

8 Monaco 9:10.71

10 Brussels 9:17.08

2 Berlin 9:14.66

9. Winfred Yavi BRN

31.12.99 (1y, -)

9:10.74, 9:12.74, 9:14.52,

9:16.38, 9:17.86

8 Shanghai 9:44.02

6 Rome 9:16.38

6 Oslo 9:27.76

5 Paris 9:12.74

3 WJ 9:23.47

9 Monaco 9:10.74

1 Asian G 9:36.52

9 Brussels 9:14.52

3 Cont Cup 9:17.86

10. Roseline Chepngetich KEN

17.6.97 (1y, -)

9:08.23, 9:17.08, 9:21.05,

9:28.94

4 Shanghai 9:21.05

6 Paris 9:17.08

7 Monaco 9:08.23

11 Brussels 9:28.94

Chepkoech had a brilliant year, capped by taking 8.46sec off the world record. The improving standard was illustrated by best ever times for places 1-13 from races at Brussels, Paris and above all Monaco.

100M HURDLES

1. Kendra Harrison USA

18.9.92 (4y, 1)

12.36, 12.46, 12.46, 12.50,

12.52, 12.53, 12.37w, 12.40w

1 Knoxville 12.40w

1 Drake R 12.37w

1 Doha 12.53

3 Shanghai 12.56

1 USA Ch 12.46 (12.46, 12.60)

2 Szekesfehervar 12.58

1 London 12.36 (12.50)

1 NACAC 12.55 (12.66)

2 Brussels 12.63

2 Cont Cup 12.52

2. Brianna McNeal USA

18.8.91 (5y, -)

12.38, 12.41, 12.43, 12.44,

12.47, 12.50

1 Stanford 12.62 (12.70)

1 Mt.Sac 12.41

2 Doha 12.58

1 Shanghai 12.50

9 Rome 15.80

1 Hengelo 12.66

1 Stockholm 12.38

8 Szekesfehervar 15.20

1 Luzern 12.44

1 Rabat 12.51

2 London 12.47 (12.41)

1 Brussels 1

- 3 Székesfehérvár 12.65
- 3 Luzern 12.71
- 3 Rabat 12.72
- 5 London 12.57 (12.56)
- 9 Brussels 13.34
- 1 Berlin 12.72
- 3 Zagreb 12.79

6. Alina Talay BLR

- 14.5.89 (2y, -)
- 12.41, 12.50, 12.55, 12.61, 12.63, 12.74
- 1 Manchester 12.74
- 1 St. Pölten 12.41 (12.61)
- 2 Oslo 12.63
- 3 Stockholm 12.55
- 1 Minsk 12.50
- dq fell sf Eur Ch (12.96)

7. Jasmine Camacho-Quinn PUR

- 21.8.96 (1y, -)
- 12.40, 12.54, 12.58, 12.60, 12.70, 12.77; 12.53w
- 1 Florida R 12.77
- 1 F'ville 12.53w
- 1 SEC 12.40 (12.58)
- 1q NCAA-E 12.90 (12.60)
- 1 NCAA 12.70 (12.54)

8. Pamela Dutkiewicz GER

- 28.9.91 (2y, 8)
- 12.67, 12.69, 12.71, 12.72, 12.73, 12.82
- 1 Mannheim 12.89
- 1 Rheine 12.88
- 2 Luzern 12.67
- 7 Rabat 12.89
- 1 GER Ch 12.69
- 2 Eur Ch 12.72 (12.71)
- 1 Birmingham 12.84
- dq Chorzów
- 2 Berlin 12.73
- 3 Cont Cup 12.82

9. Queen Harrison USA

- 10.9.88 (8y, 10)
- 12.63, 12.64, 12.66, 12.69, 12.71, 12.75
- 2 Los Angeles 13.17
- 1 Osaka 13.01
- 1 Taipei 12.88
- 2 Hengelo 12.93
- dq Turku
- 3 Oslo 12.71
- 4 USA Ch 12.76 (12.66, 12.79)
- 2 Samorín 12.69 (12.75w)
- 3B Székesfehérvár 13.08
- 4 Luzern 12.75
- 3 A.WCp 12.99
- 1 Monaco 12.64
- 6 London 12.63 (12.85)
- 4 NACAC 12.93

10. Tomi Amusan NGR

- 23.4.97 (1y, -)
- 12.68, 12.68, 12.69, 12.69, 12.71, 12.73; 12.61w
- 1 El Paso 12.79Aw
- 1 CG 12.68 (12.73)
- 2 St. George's 12.92
- 2 Drake R 12.61w
- 4 Boston 12.87
- 3 Rome 12.86
- 5 Luzern 12.80

- 5 Rabat 12.87
- 1 Bellinzona 12.71 (12.74)
- 7 London 12.68 (12.69)
- 1 African Ch 12.86
- 4 Brussels 12.69
- 5 Cont Cup 12.96

Kendra Harrison ranks top for the third year, but it was close at the top as she (with six) and the returning McNeal (née Rollins) (with seven) had 13 of the world top 20 performances (to 12.53); Harrison was 3-2 v McNeal on win-loss.

400M HURDLES

1. Shamier Little USA

- 20.3.95 (4y, 4)
- 53.32, 53.41, 53.61, 53.86, 53.94, 53.95
- 1 Baton Rouge 55.60
- 5 Eugene 55.23
- 2 Oslo 53.94
- 1 USA Ch 53.61 (55.38)
- 1 Lausanne 53.41
- 1 London 53.95
- 1 NACAC 53.32
- 2 Zürich 54.21
- 2 Cont Cup 53.86

2. Janieve Russell JAM

- 14.11.93 (4y, 9)
- 53.46, 53.62, 53.63, 53.78, 53.81, 53.96
- 1 Kingston 55.98/56.43
- 2 Brisbane 55.10
- 1 CG 54.33 (54.01)
- 2 Shanghai 53.78
- 1 Kingston 54.26
- 1 Eugene 54.06
- 2 Rome 54.08
- 2 Kingston 9/6 54.89
- 1 Székesfehérvár 54.16
- 2 Lausanne 53.46
- 1 Luzern 53.63
- 2 London 53.96
- 2 NACAC 53.81
- 2 Birmingham 54.91
- 3 Zürich 54.38
- 1 Cont Cup 53.62

3. Dalilah Muhammad USA

- 7.2.90 (4y, 2)
- 53.65, 53.77, 53.79, 53.88, 54.09, 54.46
- 1 Mt.Sac 55.25
- 2 Drake R 55.08
- 1 Shanghai 53.77
- 2 Eugene 54.09
- 3 Rome 54.65
- 1 Oslo 53.65
- 2 Székesfehérvár 54.46
- 4 Lausanne 54.61
- 2 Luzern 53.79
- 3 London 54.86
- 1 Zürich 53.88

4. Sydney McLaughlin USA

- 7.8.99 (2y, 10)
- 52.75, 53.60, 53.96, 54.15, 54.78, 54.85
- 1 Fayetteville 53.60



- 1 SEC 52.75 (54.85)
- 1q NCAA-E 55.50 (54.78)
- 1 NCAA 53.96 (54.15)

5. Georgeanne Moline USA

- 6.3.90 (6y, 8)
- 53.90, 53.97, 54.04, 54.12, 54.26, 54.33
- 1 Drake R 54.86
- 8 Shanghai 59.51
- 3 Eugene 54.33
- 1 Rome 53.97
- 1 Prague 54.04
- 2 USA Ch 54.12 (54.64)
- 4 Székesfehérvár 55.37
- 3 Lausanne 53.90
- 4 London 55.47
- 3 NACAC 54.26
- dntf Birmingham
- 4 Zürich 55.00

6. Léa Sprunger SUI

- 5.3.90 (2y, 7)
- 54.33, 54.79, 54.86, 54.86, 54.92, 55.04
- 8 Rome 56.36
- 4 Oslo 55.07
- 2 Geneva 55.60
- 6 Lausanne 54.79
- 4 Luzern 54.92
- 1 SUI Ch 54.86
- 1 Eur Ch 54.33 (55.04)
- 1 Birmingham 54.86
- 6 Zürich 55.36

7. Anna Ryzhykova UKR

- 24.11.89 (1y, -)
- 54.47, 54.51, 54.82, 55.38, 55.39, 55.74
- 2 Turku 57.16
- 1 Kiev 56.12
- 1 UKR Team 55.81
- 1 UKR Ch 55.39
- 2 Eur Ch 54.51 (54.82)

- 1 Rovereto 55.74
- 1 Brussels 55.38
- 1 Zagreb 55.89
- 3 Cont Cup 54.47

8. Ashley Spencer USA

- 8.6.93 (3y, 5)
- 54.66, 54.74, 55.22, 55.23, 55.29, 55.58
- 1 Texas R 56.43
- 1 Baton Rouge 56.44
- 4 Drake R 55.22
- 2 Kingston 55.23
- 7 Eugene 55.58
- dntf USA Ch (56.26)
- 3 Székesfehérvár 55.29
- 5 Lausanne 54.74
- 3 Luzern 54.66
- 9 London 57.00

9. Leah Nugent JAM

- 23.11.92 (1y, -)
- 54.67, 54.70, 54.76, 54.85, 54.94, 55.32
- 5 Drake R 56.52
- 6 Shanghai 56.54
- 3 Kingston 55.37
- 1 George Town 54.76
- 1 Kingston 9/6 54.67
- 2 JAM Ch 54.70 (55.32)
- 6 Székesfehérvár 56.49
- 5 Luzern 54.94
- 5 NACAC 55.74 (54.85)

10. Eilidh Doyle GBR

- 20.2.87 (6y, -)
- 54.80, 54.80, 55.05, 55.16, 55.71, 56.18
- 2 CG 54.80 (54.80)
- 7 London 56.18
- 1 Karlstad 55.71
- 8 Eur Ch 56.23 (55.16)
- 4 Birmingham 56.61
- 5 Zürich 55.05

There was unanimous agreement on the 1-2-3 placings, but it was close as shown by win-loss: Little beat Russell 4-2 and Russell beat Muhammad 6-2, but Muhammad beat Little 3-2. McLaughlin was fastest and set two world junior records, but did not meet the other top women. Ryzhykova returns, having previously ranked in 2011.

HIGH JUMP

1. Mariya Lasitskenskaya RUS

- 14.1.93 (5y, 1)
- 2.04, 2.04, 2.03, 2.02, 2.01, 2.00
- 1 Shanghai 1.97
- 1 Rome 2.02
- 1 Hengelo 2.03
- 1 Stockholm 2.00
- 1 Opole 1.94
- 1 Zhukovskiy 2.01
- 1 Paris 2.04
- 3= Rabat 1.90
- 1 RUS Ch 2.00
- 1 London 2.04
- 1 Eur Ch 2.00
- 1 Gothenburg 1.97
- 1 Zürich 1.97
- 1 Padua 1.95
- 1 Cont Cup 2.00

2. Mirela Demireva BUL

- 28.9.89 (2y, -)
- 2.00, 2.00, 1.95, 1.94, 1.94, 1.94
- 2 Shanghai 1.94
- 2 Rome 1.94
- 2 Hengelo 1.94
- 2 Stockholm 2.00
- 4 Paris 1.94
- 1 Rabat 1.94
- 1 Balkan Ch 1.95
- 1 London 2.04
- 2 Eur Ch 2.00
- 7= Eberstadt 1.84

3. Yuliya Levchenko UKR

- 28.11.97 (2y, 3)
- 1.97, 1.96, 1.94, 1.94, 1.94, 1.94
- 1 Kiev 1.90
- 5 Rome 1.94
- 4 Stockholm 1.94
- 1 Tübingen 1.92
- 2 UKR Team 1.94
- 3 Paris 1.97
- 2 Rabat 1.94
- 1 UKR Ch 1.96
- 7= London 1.91
- 9 Eur Ch 1.91
- 4 Eberstadt 1.88
- 2 Zürich 1.94
- 3 Padua 1.93
- 2 Antalya 1.93

4. Elena Vallortigara ITA

- 21.9.91 (1y, -)
- 2.02, 1.96, 1.95, 1.94, 1.94, 1.94
- 1 Siena 1.94
- 1 Palmanova 1.90

- 1 Caorle 1.95
- 3 Rome 1.94
- 4 Hengelo 1.91
- 1 Zoetemeer 1.96
- 1 Modena 1.94
- 5 Paris 1.94
- 1 Liège 1.91
- 2 London 2.02
- dntq 15 Eur Ch 1.86
- 5= Zürich 1.85
- 1 ITA Ch 1.91

5. Marie-Laurence Jungfleisch GER

- 7.10.90 (5y, 4)
- 1.96, 1.96, 1.94, 1.91, 1.90, 1.90
- 3 Shanghai 1.88
- 2 Rehlingen 1.90
- 11 Rome 1.84
- 3 Tübingen 1.90
- 1 Bühl 1.96
- 7 Paris 1.94
- 7= Rabat 1.90
- 1 GER Ch 1.87
- 3 Eur Ch 1.96
- 3 Eberstadt 1.88
- 3 Zürich 1.90
- 4 Cont Cup 1.91

6. Kateryna Tabashnyk UKR

- 15.6.94 (1y, -)
- 1.96, 1.96, 1.95, 1.94, 1.94, 1.94
- 8 Shanghai 1.85
- 1 Rehlingen 1.92
- 4 Rome 1.94
- 6= Hengelo 1.88
- 1 UKR Team 1.96
- 6 Paris 1.94
- 3= Rabat 1.90
- 2 UKR Ch 1.96
- 5 Eur Ch 1.94
- 9 Eberstadt 1.80
- 5= Zürich 1.85
- 2 Padua 1.95
- 1 Berydychev 1.93
- 1 Antalya 1.93

7. Nafissatou Thiam BEL

- 19.8.94 (2y, -)
- 2.01, 1.97, 1.91, 1.89
- 1H Götzis 2.01
- 2 Paris 1.97
- 1H Eur Ch 1.91
- 1 Brussels 1.89
- 8. Vashiti Cunningham USA
- 18.1.98 (2y, 5)
- 1.96, 1.95, 1.94, 1.94, 1.91, 1.91
- 1 Mt.SAC 1.91
- 1 Drake R 1.94
- 6 Rome 1.94
- 1 USA Ch 1.95
- 1 A.WCp 1.96
- 3 London 1.91

9. Airine Palysyte LTU

- 13.7.92 (2y, -)
- 21.9.91 (1y, -)
- 1.96, 1.94, 1.91, 1.90, 1.85
- 1 Vilnius 1.85
- 1 LTU Ch 1.91
- 4 Eur Ch 1.96 (1.90)
- 1 Eberstadt 1.94

10. Erika Kinsey SWE

- 10.3.88 (1y, -)
- 1.94, 1.94, 1.94, 1.93, 1.92, 1.91
- 2 Texas R 1.86
- 4 Drake R 1.85
- 1 Akron 1.93
- 10 Shanghai 1.80
- 3 Hengelo 1.91
- 2 Zoetermeer 1.94
- 3 Stockholm 1.94
- 2 Tübingen 1.92
- 4 Bühl 1.90
- 4 Söllentuna 1.91
- 8 Paris 1.90
- 1 Oslo 1.90
- 5= London 1.91
- 13 Eur Ch 1.87 (1.90)
- 3 Gothenburg 1.84
- 2 Eberstadt 1.94
- 4 Zürich 1.90
- 1 v FIN 1.90

Lasitskene was again dominant and top for the fourth time. She won all 10 indoor competitions, six of them at 2.00 to 2.04, and 14 of her outdoor contests, nine at 2m-plus, with just one lapse, 3= in Rabat with 1.90m. Outdoors she won six DL competitions plus World Indoor, Russian and European titles and all at the Continental Cup.

POLE VAULT

1. Sandi Morris USA

- 8.7.92 (4y, 2)
- 4.95, 4.88, 4.86, 4.85, 4.84, 4.82
- 3/1 Drake R 4.70/4.88
- 1 Doha 4.84
- 3 Eugene 4.70
- 1 Oslo 4.81
- 1 Stockholm 4.86
- 1 USA Ch 4.80
- 4= Lausanne 4.72
- 4 Monaco 4.80
- 1 Greenville 4.95
- 3 NACAC 4.65
- 1 Birmingham 4.62
- 3 Beckum 4.70
- 2 Zürich 4.82
- 2 Berlin (sq) 4.51
- 3 Cont Cup 4.85
- 2. Ekaterini Stefanidi GRE
- 4.2.90 (5y, 1)
- 4.87, 4.85, 4.85, 4.82, 4.80, 4.80
- 4= Doha 4.64
- 7 Eugene 4.60
- nh Oslo
- 1 Athens (F) 4.60
- 1 Athens 4.80
- 1 Lausanne 4.82
- 2= Monaco 4.80
- 1 Eur Ch 4.85
- 2 Birmingham 4.52
- 1 Zürich 4.87
- 2 Cont Cup 4.85
- 3. Jenn Suhr USA
- 5.2.82 (11y, -)

- 4.93, 4.87, 4.85, 4.83, 4.82, 4.82
- 1 Fort Worth 4.82
- 1 Texas R 4.83
- 1 Austin 4.93
- 1/2 Drake R 4.80/4.70
- 1 Eugene 4.85
- 3 USA Ch 4.60
- 2 Lausanne 4.82
- 1= Luzern 4.70
- 2 Jockgrim 4.87
- 5= Monaco 4.75
- 4. Anzhelika Sidorova RUS
- 28.6.91 (4y, -)
- 4.85, 4.85, 4.82, 4.82, 4.75, 4.75
- 6 Eugene 4.60
- 2 Oslo 4.71
- 1 Cheboksary 4.60
- 1 Moscow 4.75
- 1 Znamenskiy 4.70
- 3 Lausanne 4.82
- 1 RUS Cup 4.65
- 1 Monaco 4.85
- 4 Eur Ch 4.70
- 3 Zürich 4.82
- 1 Padua 4.75
- 1 Cont Cup 4.85
- 5. Eliza McCartney NZL
- 11.12.96 (3y, 8)
- 4.94, 4.92, 4.85, 4.75, 4.75, 4.72
- 1 Hastings 4.70
- nh AUS Ch
- 1 Auckland 18/3 4.90dh
- 1 Auckland 4.75
- 2 CG 4.70
- 2 Eugene 4.85
- 1 Mannheim 4.92
- 4= Lausanne 4.72
- 1 Jockgrim 4.94
- 7 Monaco 4.75
- nh Birmingham
- 6. Katie Nageotte USA
- 13.6.91 (2y, 7)
- 4.80, 4.75, 4.75, 4.72, 4.71, 4.70
- 2/3 Drake R 4.70/4.50
- 3 Doha 4.64
- 1 Chula Vista 4.71
- 4 Eugene 4.70
- 3 Innsbruck 4.25
- 4 Oslo 4.61
- 2 USA Ch 4.70
- 8 Lausanne 4.22
- 1 R-Egern 4.72
- 2 A.WCp 4.68
- 4 Jockgrim 4.70
- 5= Monaco 4.75
- 1 NACAC 4.75
- 3= Birmingham 4.40
- 1 Beckum 4.80
- 4= Zürich 4.57
- 7. Holly Bradshaw GBR
- 2.11.91 (4y, 4)
- 4.80, 4.75, 4.75, 4.72, 4.66, 4.64
- 1 Sippy Downs 4.70dh exh
- 4 CG 4.60
- 2 Doha 4.64



Sandi Morris

- 1 Rehlingen 4.60
- 8 Eugene 4.35
- 5 Oslo 4.51
- 3= Athens 4.66
- 1 GBR Ch 4.60
- 2 R-Egern 4.72
- 1 A.WCp 4.75
- 3 Jockgrim 4.80
- nh Monaco
- 3 Eur Ch 4.75
- 5= Birmingham 4.40
- 4 Beckum 4.60
- 4= Zürich 4.57
- 1 Berlin (sq) 4.52
- 1 Gateshead 4.55

8. Yarislej Silva CUB

- 1.6.87 (8y, 6)
- 4.80, 4.75, 4.73, 4.72, 4.70, 4.70
- 1 Camagüey 4.40
- 1 Mexico City 4.70A
- 6 Oslo 4.26
- 2 Athens (F) 4.50
- 2 Athens 4.73
- 7 Lausanne 4.72
- 1 Trani 4.75
- 2= Monaco 4.80
- 1 CAG 4.70
- 2 NACAC 4.70
- nh Birmingham
- 6= Beckum 4.18
- 4 Cont Cup 4.55

9. Nikoléta Kiriakopoulou GRE

- 21.3.86 (4y, -)
- 4.80, 4.72, 4.66, 4.65, 4.64, 4.57
- 4= Doha 4.64
- 1 Haniá 4.72

- 1 Turku 4.51
- nh Stockholm
- 3= Athens 4.66
- 1 GRE Ch 4.65
- 3 MedG 4.31
- 9 Lausanne 4.52
- 1 GRE Ch 4.65
- 2 Eur Ch 4.80
- 3= Birmingham 4.40
- 6 Zürich 4.57

10. Ninon Guillon-Romarin FRA

- 15.4.95 (1y, -)
- 4.75, 4.73, 4.70, 4.68, 4.65, 4.65
- 1 Aulnay 4.55
- 2 Turku 4.45
- 1 Pierre-Bénite 4.38
- 2 Pézenas 4.30
- 1 Pontoise 4.65
- 1 MedG 4.46
- 1 FRA Ch 4.73
- 3 A.WCp 4.68
- 8 Monaco 4.75
- 5 Eur Ch 4.65
- 5= Birmingham 4.40
- 2 Beckum 4.70
- 7 Zürich 4.57
- 1 Schaan 4.60
- 1 Linz 4.52 (f)

Morris won the first three, then Stefanidi was 4-1 in clashes between the top two, with Morris having the best heights. With a 2-1 win-loss advantage Suhr (who first ranked in 2006) just edges Sidorova.

LONG JUMP

1. Malaika Mihambo GER

- 3.2.94 (4y, -)
- 6.99, 6.96, 6.90, 6.86, 6.85, 6.75
- 1 Weinheim 6.99
- 2 Stockholm 6.85
- 1 Lausanne 6.90
- 1 GER Ch 6.72
- 1 Eur Ch 6.75 (6.71)
- 1 Birmingham 6.96
- 4 Brussels 6.61
- 3 Berlin 6.63
- 2 Cont Cup 6.86

2. Caterine Ibargüen COL

- 12.2.84 (1y, -)
- 6.93, 6.87, 6.83w/6.56, 6.80, 6.80, 6.77
- 1 Marseille 6.87
- 3 Lausanne 6.77
- 1 CAG 6.83w/6.56
- 2 Birmingham 6.80
- 1 Brussels 6.80
- 1 Cont Cup 6.93

3. Ivana Spanovic SRB

- 10.5.90 (6y, 3)
- 7.04w/6.99, 6.98w/6.92, 6.90, 6.84, 6.81w/6.58
- 1 Athens 6.98w/6.92
- 4 Stockholm 6.81w/6.58
- 1 MedG 7.04w/6.99
- 2 Lausanne 6.90
- dns Eur Ch (6.84)

4. Shara Proctor GBR

- 16.9.88 (6y, 10=)
- 6.91, 6.89, 6.84w, 6.81w/6.78, 6.79, 6.75
- 3 Brisbane 6.84w
- 3 CG 6.75 (6.89)
- 2 Boston 6.32
- 3 Chorzów 6.79
- 3 Marseille 6.73
- 1 Madrid 6.73
- 3 GBR Ch 6.81w/6.78
- 5 Lausanne 6.62
- 1 London 6.91
- 3 Eur Ch 6.70 (6.75)
- 3 Birmingham 6.70
- 2 Brussels 6.70
- 9 Berlin 6.25
- 4 Cont Cup 6.63

5. Brooke Stratton AUS

- 12.7.93 (3y, 8)
- 6.88, 6.77, 6.76, 6.74, 6.73, 6.71
- 1 Canberra 6.50
- 1 AUS Ch 6.66
- 1 Melbourne 6.54
- 1 Sydney 6.74
- 2 Brisbane 6.88
- 2 CG 6.77 (6.73)
- 6 Lausanne 6.62
- 1 Lignano 6.67
- 3 London 6.76
- 5 Brussels 6.57
- 1 Berlin 6.71
- 3 Cont Cup 6.71

6. Lorraine Ugen GBR

- 22.8.91 (4y, 5)
- 7.05, 6.88, 6.86, 6.85, 6.70, 6.69
- 4 CG 6.69
- 4 Kingston 6.57
- 1 Stockholm 6.85
- 2 Madrid 6.60
- 1 GBR Ch 7.05
- 7 Lausanne 6.48
- 1 A.WCp 6.86
- 2 London 6.88
- 9 Eur Ch 6.45 (6.70)
- 4 Birmingham 6.69w/6.50
- 6 Brussels 6.53
- 7. Christabel Netley CAN
- 2.6.91 (2y, -)
- 6.92, 6.88, 6.84, 6.83, 6.79, 6.70
- 1 Tempe 6.70
- 1 Brisbane 6.92
- 1 CG 6.84 (6.79)
- 5 Kingston 6.54
- 1 Chorzów 6.88
- 3 Stockholm 6.83
- 1 Tübingen 6.60
- 3 Madrid 6.55
- 1 Burnaby 6.37
- 1 CAN Ch 6.21
- 8 London 6.54
- 6 Birmingham 6.54
- 7 Brussels 6.52
- 10 Berlin 6.22
- 7 Cont Cup 6.31
- 8. Brittney Reese USA
- 9.9.86 (11y, 1)
- 7.19w, 6.87, 6.48
- 1 Los Angeles 6.48
- 1 Chula Vista 7.19w
- 2 Chorzów 6.87
- 9. Ese Brume NGR
- 20.1.96 (2y, -)
- 6.83, 6.82, 6.66, 6.61, 6.58, 6.57
- 1 Adana 6.50 (6.57)
- 1 Kingston 6.82
- 4 Lausanne 6.66
- 1 African Ch 6.83
- 4 Berlin 6.58
- 4 Cont Cup 6.61
- 10. Sha-Keela Saunders USA
- 18.12.93 (2y, 6)
- 6.88w/6.62, 6.77, 6.74, 6.72, 6.68, 6.67
- 1 Fayetteville 6.59
- 2 Kingston 6.65
- 5 Stockholm 6.72
- 1 USA Ch 6.54
- 1 Samorin 6.59
- 1 Székesfehérvár 6.77
- 1 Bottrop 6.67
- 1 Kortrijk 6.88w/6.62
- 4 London 6.74
- 1 NACAC 6.60
- 8 Birmingham 6.38
- 3 Brussels 6.68

Although we were unanimous, it was close for the top two. Mihambo was 2-2 v Ibargüen, who seemed to take with aplomb to combining long jumping with triple jumping and improved her

PB of 6.73A back in 2012 in her first go at long jump since 2015 with 6.87m and later to 6.93m. Spanovic was difficult to rank with her truncated season, but would have been first if indoor form was included. Ugen had the best mark but was erratic. Reese (No.1 for the seventh time in 2017) competed only three times outdoors and was omitted by three panellists, while 2017 No.2 Tiana Bartoletta was far below usual form.

TRIPLE JUMP

1. Caterine Ibargüen COL

12.2.84 (8y, 2)
14.96, 14.92, 14.89w/14.83,
14.83, 14.80, 14.76
1 Medellin 14.54A
1 Shanghai 14.80
1 Oslo 14.89w/14.83
1 Paris 14.83
1 Rabat 14.96
1 CAG 14.92
1 Zürich 14.55
1 Cont Cup 14.76

2. Kimberly Williams JAM

3.11.88 (7y, 4)
14.64, 14.56, 14.50, 14.47,
14.47, 14.40
1 CG 14.64
3 Shanghai 14.35
3 Oslo 14.50
2 Paris 14.56
2 Rabat 14.47
1 Gothenburg 14.15
3 Zürich 14.47
1 Berlin 14.40
1 Kosice 13.68

3. Tori Franklin USA

7.10.92 (1y, -)
14.84, 14.57, 14.52w/14.48,
14.49, 14.48, 14.42
1 Texas R 14.48
2 Mt.Sac 14.04w/13.93
1 Baie Mahault 14.84
1 Turku 14.11
2 Oslo 14.57
2 USA Ch 14.52w/14.48
3 Paris 14.49
3 Rabat 14.42
2 NACAC 14.09
4 Zürich 14.17
2 Cont Cup 14.27

4. Shanieka Ricketts JAM

2.2.92 (3y, 7)
14.61, 14.55, 14.55, 14.52,
14.49, 14.44
1 Kingston 6/1 14.49
1 Kingston 10/2 14.16w/14/09
1 Kingston 14.37/14.16
2 CG 14.52
2 Shanghai 14.55
4 Oslo 14.44
1 Kingston 14.39
1 JAM Ch 14.39
5 Paris 14.38
1 A.WCp 14.61

1 NACAC 14.25

2 Zürich 14.55

5. Paraskevi Papahristou GRE

17.4.89 (3y, -)
14.74w/14.60, 14.60, 14.49,
14.39, 14.34w, 14.33
1 Athens 14.34w

1 Haniá 13.93

nj Oslo

1 GRE Ch 14.33 (14.39)

1 Balkan Ch 14.74w/14.60

1 Eur Ch 14.60 (14.49)

2 Berlin 14.25

3 Cont Cup 13.96

6. Keturah Orji USA

5.3.96 (2y, -)

14.62, 14.60, 14.59, 14.33,

14.06, 14.04

1 Mt.Sac 14.33

1 Knoxville 14.62

1 NCAA 14.04 (14.06)

1 USA Ch 14.59

2 A.WCp 14.60

7. Yekaterina Koneva RUS

25.9.88 (4y, -)
14.79w/14.66, 14.67, 14.52w,

14.50, 14.45

1 RUS Team 14.45

1 Maykop 14.67

1 Zhukovskiy 14.50

1 Znamenskiy 14.52w/14.16

1 RUS Ch 14.79w/14.66

8. Kristin Gierisch GER

20.8.90 (3y, 6)

14.45, 14.42, 14.37, 14.31,

14.31, 14.15

1 Garbsen 14.31

5 Oslo 14.37

4 Paris 14.42

1 Chernitz 14.05

2 GER Ch 14.15

2 Eur Ch 14.45 (14.31)

6 Zürich 14.06

5 Berlin 14.04

5 Cont Cup 13.96

9. Ana Peleteiro ESP

2.12.95 (2y, 10)

14.55, 14.44, 14.42, 14.32,

14.31, 14.29

2 Baie Mahault 14.42

1 Huelva 13.90

2 Montreuil 14.32

6 Paris 14.31

4 Ávila 13.67A

6 Rabat 14.29

1 ESP Ch 14.55

3 Eur Ch 14.44 (14.27)

nj Zürich

10. Elena Panturoiu ROU

24.2.95 (1y, -)

14.47, 14.38, 14.36, 14.20,

14.15, 14.06

1 Cluj-Napoca 14.36

1 Montreuil 14.47

2 Guadalajara 14.06

5 Monaco 14.16

7 Rabat 14.15

1 ROU Ch 13.74w

4 Eur Ch 14.38

1 Zagreb 13.63

The 2017 No.1 Yulimar Rojas had just one competition (indoors, winning the world title) before injury cost her the season. That left Ibargüen, who had an unbeaten season – eight competitions with six of the top eight performances. Williams beat her Jamaican colleague Ricketts 3-2.

SHOT

1. Gong Lijiao CHN

24.1.89 (12y, 1)
20.38, 20.31, 19.99, 19.90,
19.83, 19.66

1 Zhaoqing 19.51

1 Zhuzhou 19.16

1 Shanghai 19.99

1 Huaian 19.30

1 Chongqing 19.19

1 Guiyang 20.38

1 A.WCp 19.90

1 Monaco 20.31

1 AsianG 19.66

1 Brussels 19.83

3 Cont Cup 19.63

1 CHN Ch 18.62

2. Christina Schwanitz GER

24.12.85 (7y, -)

20.06, 19.78, 19.73, 19.51,

19.50, 19.50

1 Halle 12/5 19.39

1 Schönebeck 19.13

1 Gelsenau 19.50

1 Halle 19.19

1 Osterode 19.17

1 Lublin 19.21

1 Madrid 19.02

1 Biberach 19.78

1 Rabat 19.40

3 Monaco 19.51

1 GER Ch 20.06

2 Eur Ch 19.19 (18.83)

1 Thum 18.84

1 Birmingham 18.20

1 Bad Köstritz 18.61

3 Brussels 19.50

1 Berlin 19.25

2 Cont Cup 19.73

3. Raven Saunders USA

15.5.96 (3y, 5)

19.74, 19.67, 19.64, 19.56,

19.51, 18.79

1 Auburn 19.56

1 Baton Rouge 19.51

3 Shanghai 18.63

2 Kingston 18.57

3 USA Ch 18.74

1 Székesfehérvár 18.79

4 Rabat 18.51

2 Monaco 19.67

2 Brussels 19.64

6 Berlin 18.05

1 Cont Cup 19.74

4. Pauline Guba POL

14.5.91 (1y, -)

19.38, 19.33, 19.29, 18.94,

18.94, 18.82

5 Shanghai 18.25

1 Łódź 18.22

1 Białystok 18.77

1 Lublin 18.73

2 Bydgoszcz 18.64

1 Botnaryd 18.94

2 Madrid 18.81

2 Székesfehérvár 18.78

1 Cetniewo 19.38

2 A.WCp 19.29

6 Monaco 18.54

1 POL Ch 18.82

1 Eur Ch 19.33 (18.66)

2 Chorzów 18.14

2 Birmingham 17.92

1 Warsaw 18.48

5 Brussels 18.54

2 Berlin 18.58

4 Cont Cup 18.94

5. Maggie Ewen USA

23.9.94 (1y, -)

19.46, 19.29, 19.22, 19.22,

19.17, 19.13

1 Tempe 19.22

1 San Diego 18.39

1 Tucson 19.46

1 Stanford 19.22

1 NCAA 19.17 (19.13)

1 USA Ch 19.29

3 A.WCp 18.23

5 Monaco 18.62

1 NACAC 18.22

6. Alyona Dubitskaya BLR

25.1.90 (3y, 10=)

19.21, 19.14, 19.06, 19.02,

19.01, 18.93

2 Eur Throws 18.47

1 Brest 18.63/19.14

2 Białystok 18.76

1 Bydgoszcz 19.02

2 Minsk 18.29

2 Rabat 19.21

1 BLR Ch 18.93

3 Eur Ch 18.81 (18.67)

1 Chorzów 19.06

4 Brussels 19.01

1 Padua 18.91

7. Valerie Adams NZL

6.10.84 (15y, -)

19.31, 18.93, 18.70, 18.67,

18.52, 18.48

1 NZL Ch 17.83

2 Christchurch 18.06

1 Auckland 18.48

2 CG 18.70 (18.52)

1 Mt.Dore 18.18

8 Shanghai 18.01

1 Luzern 18.67

3 Rabat 18.93

4 Monaco 19.31

8. Danniell Thomas-Dodd JAM

11.11.92 (2y, 4)

19.36, 18.70, 18.59, 18.27,

18.15, 18.04

1 CG 19.36

2 Shanghai 18.70

2 Kingston 17.96

1 Kingston 9/6 18.59

2 B.Paulista 18.15

8 Rabat 18.04

8 Monaco 17.74

6 Cont Cup 16.96

9. Brittany Crew CAN

6.3.94 (2y, 7)

18.60, 18.48, 18.42, 18.32,

18.32, 18.32

1 Timaru 17.89

1 Christchurch 18.42

2 Auckland 18.48

3 CG 18.32

5 Kingston 16.92

1 Toronto 17.81

3 Madrid 18.60

1 Copenhagen 18.32

3 Székesfehérvár 18.09

1 CAN Ch 18.27

5 Rabat 18.25

1 Leiria 18.32

1 Karlstad 18.20

1 Ninove 17.82

2 Gent 17.81

10. Sara Gambetta GER

18.2.93 (1y, -)

18.43, 18.35, 18.13, 18.13,

18.08, 17.87

2 Schönebeck 18.08

2 Frankenberg 17.23

9 Halle 17.03

1 H'leben 16.89

1 Halle 29/6 17.87

3 GER Ch 17.79

5 Eur Ch 18.13

3 Thum 18.134

2 Bad Köstritz 18

DISCUS

1. Sandra Perkovic CRO

21.6.90 (8y, 1)
71.38, 69.13, 68.93, 68.92,
68.60, 68.44
1 CRO-w 68.44
1 Split 69.13
1 Doha 71.38
1 Rome 68.93
1 Turku 66.22
1 MedG 66.46
1 Paris 68.60
1 Bellinzona 68.92
1 London 67.24
1 Eur Ch 67.62 (64.54)
3 Brussels 64.31
1 Zagreb 67.60
1 Cont Cup 68.44

2. Yaimi Pérez CUB

29.5.91 (6y, 3)
67.82, 66.82, 66.62, 66.55,
66.00, 65.42
1 Havana 3/2 64.87
1 Las Tunas 67.82
1 Havana 16/2 62.71
2 Havana 24/2 59.25
1 Havana 2/3 61.73
1 Camagüey 64.53
2 Doha 66.82
1 Havana 19/5 64.83
2 Rome 66.62
2 Turku 63.81
2 Paris 66.55
1 Guadalajara 65.42
2 Bellinzona 64.39
2 London 64.63
1 CAG 66.00
1 NACAC 61.97
1 Brussels 65.00
2 Zagreb 64.78
2 Cont Cup 65.30

3. Chen Yang CHN

10.7.91 (2y, -)
67.03, 66.56, 65.42A, 65.12,
63.34, 63.25
3 Chengdu 5/4 59.60
2 Zhaoqing 58.57
3 Zhuzhou 56.89
1 Halle 66.56
1 Osterode 67.03
1 Guiyang 65.42A
1 Asian G 65.12
3 Cont Cup 63.34
2 CHN Ch 63.25

4. Dani Stevens AUS

26.5.88 (8y, 2)
68.26, 66.09, 66.02, 65.30,
64.02, 63.77
1 Sydney 66.02/66.09
1 AUS Ch 65.30
1 Melbourne 63.77
1 Brisbane 64.02
1 CG 68.26
5 Doha 63.59
4 Cont Cup 62.74

5. Denia Caballero CUB

13.1.90 (5y, 4)
66.09, 65.10, 63.91, 63.80,
63.48, 63.13
2 Havana 3/2 62.31

2 Las Tunas 66.09

2 Havana 16/2 61.27

1 Havana 24/2 60.13

2 Havana 2/3 61.51

2 Camagüey 61.78

3 Doha 63.80

7 Halle 60.33

3 Rome 63.48

3 Turku 62.93

3 Paris 63.13

3 Guadalajara 62.06

5 Bellinzona 61.42

3 London 63.91

2 CAG 65.10

8 Brussels 56.37

6. Andressa de Moraes BRA

21.12.90 (1y, -)
65.10, 64.75, 64.65, 63.77,
62.93, 62.71
1/2 C del Uruguay 61.49/58.52
1 Santiago 60.04/60.74
4 Doha 63.77
7 Rome 59.31
1 S.Am G 58.86A
4 Paris 62.93
1 B.Paulista 65.10
4 Bellinzona 62.28
4 London 62.71

1 Ibero-Am 62.02

2 Brussels 64.65

4 Zagreb 60.75

5 Cont Cup 58.44

1 BRA Ch 64.75

7. Fernanda Borges BRA

26.7.88 (1y, -)
64.66, 64.37, 63.64, 63.44,
62.63, 62.33
1 São Bernardo 56.39/60.69
2/1 C del Uruguay 60.47/59.10
1 São Paulo 60.08
1 Campinas 61.15
2 S.Am G 57.29A

1 Guarda 62.63

1 Leiria 63.44

2 Guadalajara 63.64

2/1 B.Paulista 62.15/64.37

3 Bellinzona 62.33

1 São Bernardo 60.75/59.72

2 Ibero-Am 60.14

2 BRA Ch 64.66

8. Claudine Vita GER

19.9.96 (1y, -)
65.15, 65.08, 63.92, 62.92,
62.63, 62.31
1 Neubrandenburg
65.08/59.92/61.16
1 Schönebeck 63.92
2 Halle 65.15
10 Rome 55.21
6 Paris 62.31
1 A.WCp 62.92
4 GER Ch 62.63
4 Eur Ch 61.25
4 Brussels 61.33

9. Feng Bin CHN

3.4.94 (3y, 8)
64.58, 64.25, 63.38, 62.47,
62.11, 61.65
1 Chengdu 1/4 61.57
1 Chengdu 5/4 62.11



Anita Włodarczyk

1 Zhuzhou 61.65

3 Halle 64.58

2 Osterode 62.47

1 Daqing 59.34

2 Asian G 64.25

1 CHN Ch 63.38

10. Su Xinyue CHN

8.11.91 (3y, 7)
63.87, 62.62, 61.87, 61.37A,
61.26, 60.65
2 Chengdu 5/4 61.87
1 Zhaoqing 60.37
2 Zhuzhou 59.31
4 Halle 63.73
3 Osterode 61.26
2 Guiyang 61.37A
2 A.WCp 62.62
6 London 60.65
3 CHN Ch 59.75

Perkovic had another terrific season to finish ranked No.1 for the seventh successive year. She was first in 12 of her 13 competitions (and that is still counting the Continental Cup where she had the best throw even though 'losing' to Yaimi Pérez due to a foul in the final round) with the top seven performances of the year and beat Pérez 6-1. Three panellists preferred Vita and Feng over Borges.

HAMMER

1. Anita Włodarczyk POL

8.8.85 (11y, 1)
79.59, 78.94, 78.74, 77.77,
76.43, 76.17
9 Halle 65.71
2 Chorzów 75.52

1 Ostrava 76.43

1 Madrid 76.17

1 Székesfehérvár 74.63

1 A.WCp 78.74

1 POL Ch 79.59

1 Stalowa Wola 77.77

1 Eur Ch 78.94 (75.10)

2. Cont Cup 73.45

2. DeAnna Price USA

8.6.93 (3y, 10)
78.12, 77.65, 76.27, 75.96,
75.46, 74.60
1 Carbondale 71.91
1 Knoxville 69.17
1 Bloomington 75.96
1 Kingston 76.27
1 Rathdrum 77.65
1 USA Ch 78.12
6 A.WCp 64.82
1 NACAC 74.60
1 Cont Cup 75.46

3. Joanna Fiodorow POL

4.3.89 (5y, 6)
74.39, 74.25, 74.18, 74.00,
73.57, 73.46
1 Kielce 72.89
2 Łódź 72.65
1 Forbach 70.07
3 Chorzów 74.18
1 Gliwice 71.95
6 Ostrava 72.13
2 Madrid 73.46
5 Székesfehérvár 71.27
1 Cetniewo 73.57
2 POL Ch 74.25
3 Eur 74.00 (71.46)
1 Chorzów 74.39

4. Gwen Berry USA

29.6.89 (2y, 8)
77.78, 74.21, 72.99, 72.84,
72.47, 71.32
1 Auburn 72.47

1 Baton Rouge 72.84

2 Kingston 71.32

1 Chorzów 77.78

2 Ostrava 74.21

2 USA Ch 72.99

6 Székesfehérvár 70.61

5 Chorzów 69.25

5. Alexandra Tavernier FRA

13.12.93 (2y, -)
74.78, 74.09, 73.97, 73.72,
73.67, 73.38
1 Vannes 69.69
1 FRA-w 71.20
2 Eur Throws 71.20
1 Moirans 72.82
1 Bourg-en-Bresse 70.76
2 Forbach 69.48
1 Zenica 72.50
4 Chorzów 74.09
3 Ostrava 73.97
3 Madrid 72.68
1 MedG 73.67
1 FRA 73.72
3 A.WCp 73.38
2 Eur Ch 74.78 (72.88)
2 Chorzów 73.38
3 Cont Cup 70.40

6. Hanna Malyszhik BLR

4.2.94 (2y, 7)
76.26, 74.35, 73.25, 73.02,
72.62, 72.39
1 BLR-w 73.25
1 Eur Throws 72.62
1 Brest 76.26
6 Chorzów 71.77
10 Ostrava 67.92
4 Madrid 71.95
2 Székesfehérvár 73.02
1 BLR Ch 74.35
nt Eur Ch (72.39)
1 Novopolotsk 71.90

7. Luo Na CHN

8.10.93 (1y, -)
75.02, 73.71, 72.33, 72.11,
71.81, 71.42
1 Jakarta 72.11
1 Chengdu 1/4 73.71 (67.50)
1 Chengdu 5/4 72.33 (68.41)
1 Zhuzhou 71.81
2 Fränkisch-C 70.02
1 Halle 75.02
1 Berlin 2/6 68.32
1 Guiyang 71.08
4 A.WCp 68.27
1 Daqing 69.55
1 Asian G 71.42
5 Cont Cup 67.39

8. Malwina Kopron POL

16.11.94 (2y, 3)
72.92, 72.88, 72.87, 72.59,
72.53, 72.20
3 Eur Throws 69.54
2 Kielce 72.53
1 Łódź 72.87
5 Chorzów 72.59
2 Gliwice 71.67
5 Ostrava 72.88
5 Madrid 71.72
3 Székesfehérvár 71.94
2 Cetniewo 72.02
3 POL Ch 70.88
2 Stalowa Wola 72.92
4 Eur Ch 72.20 (71.14)
6 Chorzów 69.09

9. Wang Zheng CHN

14.12.87 (6y, 2)
73.73, 73.01, 71.79, 71.66,
71.39, 71.39
2 Chengdu 1/4 71.39
2 Chengdu 5/4 71.39 (67.17)
2 Zhuzhou 68.82
1 Fränkisch-C 73.01
3 Halle 71.79
1 Neu-Isenburg 69.20
4 Ostrava 73.73
7 Madrid 69.98
4 Székesfehérvár 71.66
2 Asian G 70.86

10. Hanna Skydan AZE

14.5.92 (3y, 4)
74.02, 73.21, 72.10, 70.14,
70.11, 69.51
8 Chorzów 70.14
9 Ostrava 69.25
8 Madrid 69.51
7 Székesfehérvár 70.11
5 Eur Ch 72.10 (74.02)
3 Chorzów 73.21

Such has been Włodarczyk's dominance over recent years, it was a surprise when she lost three times in 2018 and her win streak from 2014 ended at 42 competitions, but she still had the best three performances of the year and is top for the seventh time. It was close between Luo and Kopron, who did not meet. Ewen had two competitions over 74m but not enough form at this event to rank.

JAVELIN

1. Lu Huihui CHN

26.6.89 (6y, 5)
67.69, 66.90A, 66.85, 65.66,
65.63, 65.54
1 Chengdu 1/4 63.07
1 Chengdu 5/4 65.63 (63.72)
1 Zhaoqing 65.66
1 Shanghai 66.85
2 Osaka 64.55
1 Halle 67.69
2 Oslo 65.11
1 Guiyang 66.90A
3 A.WCp 60.40
1 London 65.54
2 Asian G 63.16
4 Zürich 63.53
1 Cont Cup 63.88
1 CHN Ch 65.45

2. Christin Hussong GER

17.3.94 (2y, -)
67.90, 67.29, 66.36, 65.07,
63.85, 63.64
2 Eur Throws 60.02
2 Halle 66.36
2 Offenburg 63.52
2 Oslo 58.53
2 Ostrava 63.85
1 Jena 63.64
7 Lausanne 59.94
1 Luzern 62.65
1 GER Ch 63.54
1 Eur Ch 67.90 (67.29)
1 Thum 65.07
1 Rovereto 62.14
2 Berlin 61.51
2 Cont Cup 62.96

3. Kathryn Mitchell AUS

10.7.82 (4y, -)
68.92, 68.57, 67.58, 66.73,
65.51, 64.84
1 Melbourne 66.73/67.58/68.57
1 Canberra 61.05
1 AUS Ch 65.51
1 Sydney 64.84
1 CG 68.92

4. Tatyana Kholodovich BLR

21.6.91 (3y, 3)
67.47, 66.99, 66.59, 64.77,
64.54, 62.15
1 Brest 59.20
4 Shanghai 62.15
1 Oslo 67.47
1 Minsk 64.54
1 Tomblaine 61.89
6 Lausanne 61.00
1 BLR Ch 64.77
5 Eur Ch 60.92
2 Gothenburg 59.34
1 Lappeenranta 66.59
1 Zürich 66.99

5. Liu Shiying CHN

24.9.93 (2y, 7)
67.12, 66.09, 66.00, 64.46,
64.25A, 64.08
2 Chengdu 1/4 61.05
1 Zhuzhou 63.18
10 Shanghai 54.60
1 Osaka 67.12
9 Halle 53.13

1 Offenburg 64.08

2 Guiyang 64.25A

2 Lausanne 64.46

1 Asian G 66.09

2 Zürich 66.00

6. Nikola Ogrodniková CZE

18.8.90 (1y, -)
65.61A, 65.36, 65.02, 64.34,
64.19, 64.17
1 Pot'stroom 65.61A
1 Tomblaine 6/5 63.18
1 Prague 64.19
1 Aix-les-Bains 62.97
1 Bydgoszcz 61.73
3 Oslo 61.56
1 Ostrava 64.17
1 Kuortane 61.64
2 Jena 61.52
1 Lausanne 65.02

2 London 65.36

1 CZE Ch 62.24

2 Eur Ch 61.85 (61.27)

2 Thum 64.34

5 Zürich 62.99

3 Berlin 60.35

7 Cont Cup 56.61

7. Martina Ratej SLO

2.11.81 (6y, 8)
66.10, 64.26, 63.91, 63.28,
62.89, 61.69
4 Eur Throws 59.28
9 Shanghai 56.46
1 Eur Clubs 64.26
1 Ljubljana 63.91
3 Lausanne 63.28
1 SLO Ch 66.10
4 London 62.89
4 Eur Ch 61.41 (61.69)
1 Chorzów 61.50
6 Zürich 60.86
4 Berlin 57.14
1 Ptuj 60.15

8. Kara Winger USA

10.4.86 (3y, -)
64.75, 63.02, 62.88, 62.67,
62.16, 61.95
3 Halle 61.98
3 Offenburg 62.67
5 Oslo 60.79
1 USA Ch 62.88
6 Jena 59.66
4 Lausanne 63.02
2 Luzern 62.16
2 A.WCp 60.75
5 London 60.84
5 Rovereto 55.39
3 Zürich 64.75
3 Cont Cup 60.38

9. Kelsey-Lee Barber (née Roberts) AUS

21.1.91 (2y, 9)
64.57, 64.11, 63.89, 62.70,
62.21, 61.48
1/2/1 Canberra
60.12/59.22/60.99
2 AUS Ch 62.21
2 Sydney 55.27
1 Brisbane 64.57
2 CG 63.89
8 Shanghai 57.47

9 Oslo 54.61

2 Kuortane 61.48

1 Pihtipudas 56.71

1 Lahti 59.25

3 London 64.11

2 Rovereto 61.22

1 Berlin 62.70

6 Cont Cup 59.32

10. Sunette Viljoen RSA

6.10.83 (9y, -)
62.46A, 62.08, 62.02, 61.69,
60.79, 60.34
1 Sasolburg 62.46A
3 CG 62.08
6 Shanghai 60.79
3 Luzern 62.02
1 A.WCp 61.69
6 London 60.34

We varied widely over Mitchell, who had the best marks and was unbeaten, but did not compete after the Commonwealth Games. Two of us ranked her first and two sixth! Lu with 14, and Hussong with 11, had most competitions over 62m. Neither of the 2017 1-2, Barbora Spotáková and Sara Kolak, competed at all.

HEPTATHLON

1. Nafissatou Thiam BEL

19.8.94 (4y, 1)
1 Götzis 6806

1 Eur Ch 6816

2. Katarina Johnson-Thompson GBR

9.1.93 (5y, 5)
1 CG 6255

2 Eur Ch 6759

3. Yorgelis Rodríguez CUB

25.1.95 (3y, 6)

2 Götzis 6742

1 CAG 6436

4. Erica Bougard USA

26.7.93 (2y, 9)

1 Florence 6327

3 Götzis 6725

1 USA Ch 6347

5. Carolin Schäfer GER

5.12.91 (5y, 2)

dnt Götzis

1 Ratingen 6549

3 Eur Ch 6602

1 Talence 6457

6. Ivona Dadić AUT

29.12.93 (1y, -)

2 Ratingen 6413

4 Eur Ch 6552

7. Anouk Vetter NED

4.2.93 (4y, 3)

4 Götzis 6426

5 Eur Ch 6414

8. Katerina Cachová CZE

26.2.90 (01, -)

7 Götzis 6244

6 Eur Ch 6400

3 Talence 6381

9. Xénia Krizsán HUN

13.1.93 (1y, -)

7 Eur Ch 6367

4 Talence 6244

10. Verena Preiner AUT

1.2.95 (1y, -)

5 Götzis 6308

8 Eur Ch 6337

6 Talence 6133

26.7.93 (2y, 9)

1 Florence 6327

3 Götzis 6725

1 USA Ch 6347

5. Carolin Schäfer GER

5.12.91 (5y, 2)

dnt Götzis

1 Ratingen 6549

3 Eur Ch 6602

1 Talence 6457

6. Ivona Dadić AUT

29.12.93 (1y, -)

2 Ratingen 6413

4 Eur Ch 6552

7. Anouk Vetter NED

4.2.93 (4y, 3)

4 Götzis 6426

5 Eur Ch 6414

8. Katerina Cachová CZE

26.2.90 (01, -)

7 Götzis 6244

6 Eur Ch 6400

3 Talence 6381

9. Xénia Krizsán HUN

13.1.93 (1y, -)

7 Eur Ch 6367

4 Talence 6244

10. Verena Preiner AUT

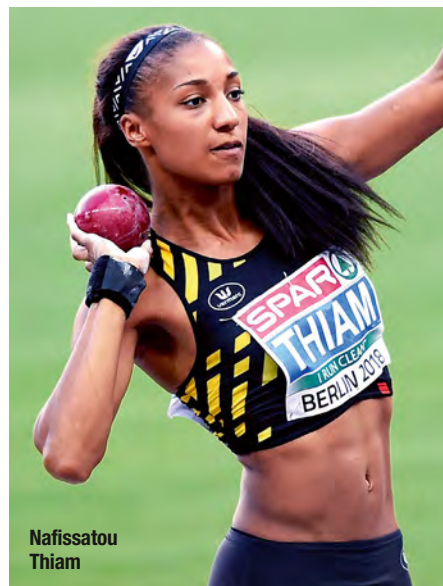
1.2.95 (1y, -)

5 Götzis 6308

8 Eur Ch 6337

6 Talence 6133

Thiam is top for the third successive year and had both of the year's top two scores. She did not, however, have the huge victory margin of her 2017 world championships title win as in Götzis, second place went to Rodríguez, only 64 points behind the Belgian and at the European Championships in Berlin, finishing second was Britain's Johnson-Thompson, trailing by only 57.



Nafissatou Thiam

20KM WALK

1. María Guadeloupe González MEX

9.1.89 (3y, 2)
1 Monterrey 1:27:46

1 W.Team 1:26:38

2. Qieyang Shenjie CHN

11.11.90 (5y, -)

1 Huangshan 1:27:36

1 Rio Maior 1:28:04

2 W.Team 1:27:06

1 La Coruña 1:26:28

2 Asian G 1:29:15

dnt CHN Ch

5 Suzhou 1:33:02

3. Yang Jiayu CHN

18.2.96 (3y, 1)

2 Huangshan 1:27:36

3 W.Team 1:27:22

1 Asian G 1:29:15

4. María Pérez ESP

29.4.96 (1y, -)

1 ESP Ch 1:31:46

7 W.Team 1:28:50

dnt La Coruña

1 Eur Ch 1:26:36

5. Eleonora Giorgi ITA

14.9.89 (4y, -)

1 Lugano 1:30:31

1 Poděbrady 1:28:49

5 W.Team 1:28:31

dq Eur Ch

6. Anezka Drahotová CZE

22.7.95 (3y, -)

2 Lugano 1:30:48

2 Dudince 1:30:35

5 Poděbrady 1:32:22

6 W.Team 1:28:40

2 Eur Ch 1:27:03

7. Erica de Sena BRA

3.5.85 (3y, 4)

2 Monterrey 1:30:47

1 S.Am Ch 1:30:22

dnt Rio Maior

4 W.Team 1:28:11

1 BRA Ch 1:45:49

10 Suzhou 1:36:37

8= Wang Yingliu CHN

1.3.92 (1y, -)

3 Huangshan 1:28:37

5 Rio Maior 1:31:36

13 W.Team 1:29:36

2 Chifeng 1:35:09

7 CHN Ch 1:e0:37

1 Suzhou 1:29:55

8= Antonella Palmisano ITA

6.8.91 (4y, 3)

2 Rio Maior 1:28:41

17 W.Team 1:30:29

3 Eur Ch 1:27:30

10. Brigita Virbalyté-Dimsiene LTU

1.2.85 (1y, -)

6 Adelaide 1:33:54

2 Poděbrady 1:31:05

10 W.Team 1:29:02

1 Alytus 1:31:24

4 Eur Ch 1:27:59

7 Suzhou 1:34:17

nr Yelena Lashmanova RUS

9.4.92 (2y, -)

1 RUS-w 1:26:23

1 RUS Ch 1:23:39

Similar to the men, we did not rank the Russians with Lashmanova otherwise having a clear case for first although competing only in Russia.

We also followed the World Team race for the first three so González is top after two years ranked second. But in a shock last-minute announcement, González has been provisionally suspended after a positive doping test. If confirmed, she could lose that ranking.

50KM WALK

1. Liang Rui CHN

18.6.94 (1y, -)

1 W.Team 4:04:36 WR

1 CHN Ch 4:12:26

2. Yin Hang CHN

7.2.97 (2y, 2)

2 W.Team 4:09:09

3. Inês Henriques POR

1.5.80 (2y, 1)

dnt W.Team

1 Eur Ch 4:09:21

4. Claire Tallent AUS

6.7.81 (1y, -)

3 W.Team 4:09:33

1 AUS Ch 4:28:52

5. Li Maocun CHN

20.10.92 (1y, -)

7 W.Team 4:14:47

1 Chifeng 4:13:04

2 CHN Ch 4:15:51

6. Paola Pérez ECU

21.12.89 (1y, -)

4 W.Team 4:12:56

7. Ma Faying CHN

30.8.93 (1y, -)

5 W.Team 4:13:28</

100 METRES

1	9.79/-0.3	Christian Coleman (USA)	Bruxelles	Aug 31
2	9.87/0.3	Ronnie Baker (USA)	Chorzów	Aug 22
3	9.88/1.1	Noah Lyles (USA)	Des Moines	Jun 22
4	9.89/1.4	Mike Rodgers (USA)	Des Moines	Jun 21
5	9.91/0.4	Zhamel Hughes (GBR)	Kingston	Jun 9
5	9.91/0.2	Su Bingtian (CHN)	Madrid	Jun 22
5	9.91/0.8	Jimmy Vicaut (FRA)	Paris	Jun 30
8	9.92/0.7	Isiah Young (USA)	Montverde	Jun 9
9	9.93/1.4	Cameron Burrell (USA)	Des Moines	Jun 21
9	9.93/0.2	Akani Simbine (RSA)	London	Jul 21
11	9.94/-0.2	Arthur Gue Cissé (CIV)	Leverkusen	Jun 16
11	9.94/-0.5	Reece Prescod (GBR)	Birmingham	Aug 18
11	9.94/-0.3	Yohan Blake (JAM)	Bruxelles	Aug 31
14	9.96/0.2	Tyquendo Tracey (JAM)	London	Jul 21
15	9.97/0.9	Jaylen Bacon (USA)	Sacramento	May 25
15	9.97/0.9	Xie Zhenye (CHN)	Montreuil	Jun 19
15	9.97/1.7	Barakat Al-Harhi (OMA)	Amman	Jul 9
18	9.98/1.9	Andre Ewers (USA)	Tampa	May 25
19	9.99/1.1	Kendal Williams (USA)	Knoxville	May 13
19	9.99/0.2	Filippo Tortu (ITA)	Madrid	Jun 22
19	9.99/0.4	Jak Ali Harvey (TUR)	Bellinzona	Jul 18
22	10.00/0.5	Cejhae Greene (ANT)	Barranquilla	Jul 29
22	10.00/0.8	Tosin Ogunode (QAT)	Jakarta	Aug 26
22	10.00/0.8	Ryota Yamagata (JPN)	Jakarta	Aug 26
25	10.01/1.4	Gavin Smellie (CAN)	Windsor	May 19
25	10.01/1.7	Bryce Robinson (USA)	Fort Worth	May 31
25	10.01/-0.7	Alonso Edward (PAN)	Cochabamba	Jun 6
25	10.01/0.2	Emile Erasmus (RSA)	La Chaux-de-Fonds	Jul 1
29	10.02/1.9	Jeff Demps (USA)	Des Moines	Jun 21
29	10.02/-0.6	Paulo André de Oliveira (BRA)	Bragança Paulista	Sep 14

200 METRES

1	19.65/0.9	Noah Lyles (USA)	Monaco	Jul 20
2	19.69/-0.5	Clarence Munyai (RSA)	Pretoria	Mar 16
3	19.75/0.3	Steven Gardiner (BAH)	Coral Gables	Apr 7
4	19.76/0.7	Ramil Guliyev (TUR)	Berlin	Aug 9
5	19.81/0.1	Akeem Bloomfield (JAM)	London	Jul 22
6	19.84/-0.6	Michael Norman (USA)	Paris	Jun 30
7	19.90/0.9	Alonso Edward (PAN)	Luzern	Jul 9
8	19.93/-0.5	Alex Quiñónez (ECU)	Cochabamba	Jun 7
8	19.93/1.5	Isiah Young (USA)	Montverde	Jun 9
10	19.96/0.9	Isaac Makwala (BOT)	Osaka	May 20
11	19.97/0.4	Kyle Greaux (TTO)	Barranquilla	Jul 31
12	19.98/1.0	Aaron Brown (CAN)	Oslo	Jun 7
13	19.99/1.3	Jereem Richards (TTO)	Doha	May 4
13	19.99/-0.6	Rai Benjamin (ANT)	Paris	Jun 30
15	20.00/1.9	Ncincihli Titi (RSA)	Columbia	Apr 21
15	20.00/0.3	Bernardo Baloyes (COL)	Barranquilla	Jul 31
17	20.01/1.9	Luxolo Adams (RSA)	Paarl	Mar 22
18	20.04/0.8	Bruno Hortelano (ESP)	Getafe	Jul 22
18	20.04/0.7	Nethaneel Mitchell-Blake (GBR)	Berlin	Aug 9
18	20.04/0.7	Alex Wilson (SUI)	Berlin	Aug 9
21	20.07/1.9	Anaso Jobodwana (RSA)	Paarl	Mar 22
22	20.10/0.7	Adam Gemili (GBR)	Berlin	Aug 9
23	20.11/1.6	Elijah Hall (USA)	Austin	Mar 31
24	20.13/1.3	Divine Oduduru (NGR)	Waco	May 13
24	20.13/1.5	Ameer Webb (USA)	Des Moines	Jun 24
24	20.13/0.7	Eseosa Desalu (ITA)	Berlin	Aug 9
27	20.15/0.8	Kendal Williams (USA)	Knoxville	May 13
28	20.16/0.9	Xie Zhenye (CHN)	Osaka	May 20
29	20.18/0.9	Sydney Sime (ZAM)	Cork	Jul 16
30	20.19/-0.9	Christophe Lemaitre (FRA)	Ostrava	Jun 13

400 METRES

1	43.61	Michael Norman (USA)	Eugene	Jun 8
2	43.87	Steven Gardiner (BAH)	Doha	May 4



Noah Lyles

3	43.94	Akeem Bloomfield (JAM)	Eugene	Jun 8
4	44.07	Abdalah Haroun (QAT)	London	Jul 21
5	44.13	Nathan Allen (JAM)	Eugene	Jun 8
6	44.21	Emmanuel Korir (KEN)	Nairobi	Jun 23
7	44.23	Isaac Makwala (BOT)	Shanghai	May 12
8	44.33	Fred Kerley (USA)	Roma	May 31
9	44.34	Nathan Strother (USA)	Knoxville	May 13
10	44.35	Kirani James (GRN)	Kingston	Jun 9
10	44.35	Paul Dedewo (USA)	London	Jul 21
12	44.54	Baboloki Thebe (BOT)	London	Jul 21
13	44.55	Dwight St. Hillare (TTO)	Tampa	May 25
14	44.58	Kahmarí Montgomery (USA)	Des Moines	Jun 23
15	44.59	Luguelin Santos (DOM)	Barranquilla	Aug 1
16	44.60	Quincy Hall (USA)	Tempe	Apr 7
17	44.62	Abderrahman Samba (QAT)	London	Jul 21
18	44.63	Matthew Hudson-Smith (GBR)	London	Jul 21
19	44.67	Bralon Taplin (GRN)	Bragança Paulista	Jul 8
20	44.69	Bruno Hortelano (ESP)	Madrid	Jun 22
21	44.70	Tyrell Richard (USA)	Eugene	Jun 6
22	44.73	Wil London (USA)	Waco	Apr 21
22	44.73	Óscar Husillos (ESP)	Madrid	Jun 22
24	44.74	Rai Benjamin (ANT)	Torrance	Apr 21
25	44.81	Deon Londore (TTO)	Montverde	Jun 9
26	44.85	Michael Cherry (USA)	Des Moines	Jun 23
27	44.86	Jhon Perlaza (COL)	High Point	May 11
28	44.87	Jonathan Borlée (BEL)	Berlin	Aug 8
29	44.88	Christopher Taylor (JAM)	Kingston	Jun 24
30	44.91	Karsten Warholm (NOR)	Berlin	Aug 8

800 METRES

1	1:42.05	Emmanuel Korir (KEN)	London	Jul 22
2	1:42.14	Nijel Amos (BOT)	Monaco	Jul 20
3	1:43.12	Clayton Murphy (USA)	London	Jul 22
3	1:43.12	Wycliffe Kinyamal (KEN)	London	Jul 22
5	1:43.20	Brandon McBride (CAN)	Monaco	Jul 20
6	1:43.25	Michael Saruni (KEN)	Tucson	Apr 28
7	1:43.46	Jonathan Kitilit (KEN)	Nairobi	Jun 23

8	1:43.65	Saul Ordóñez (ESP)	Monaco	Jul 20
9	1:43.73	Ferguson Cheruiyot (KEN)	Paris	Jun 30
10	1:43.82	Cornelius Tuwei (KEN)	Monaco	Jul 20
11	1:44.15	Elijah Manangoi (KEN)	Birmingham	Aug 18
12	1:44.20	Pierre-Ambroise Bosse (FRA)	Monaco	Jul 20
13	1:44.21	Joseph Deng (AUS)	Monaco	Jul 20
14	1:44.28	Alfred Kipketer (KEN)	Tomblaine	Jun 27
15	1:44.32	Marcin Lewandowski (POL)	Monaco	Jul 20
16	1:44.42	Isaiah Harris (USA)	Paris	Jun 30
17	1:44.56	Peter Bol (AUS)	Stockholm	Jun 10
18	1:44.59	Adam Kszczot (POL)	Berlin	Aug 11
19	1:44.61	Jake Wightman (GBR)	London	Jul 22
20	1:44.73	Jackson Kivuva (KEN)	Nairobi	Jun 23
20	1:44.73	Guy Learmonth (GBR)	London	Jul 22
22	1:44.74	Timothy Cheruiyot (KEN)	Nairobi	Jun 16
23	1:44.90	Mostafa Smaili (MAR)	Zagreb	Sep 4
24	1:44.97	Daniel Rowden (GBR)	London	Jul 22
25	1:44.99	Álvaro de Arriba (ESP)	Huelva	Jun 8
26	1:45.03	Andreas Kramer (SWE)	Karlstad	Jul 25
27	1:45.04	Jesus López (MEX)	Mount Pleasant	Jul 14
27	1:45.04	Elliot Giles (GBR)	London	Jul 22
29	1:45.07	Erik Sowinski (USA)	Hengelo	Jun 3
30	1:45.09	Andrew Osagie (GBR)	Hengelo	Jun 3

1500 METRES

1	3:28.41	Timothy Cheruiyot (KEN)	Monaco	Jul 20
2	3:29.64	Elijah Manangoi (KEN)	Monaco	Jul 20
3	3:30.01	Filip Ingebrigtsen (NOR)	Monaco	Jul 20
4	3:31.18	Jakob Ingebrigtsen (NOR)	Monaco	Jul 20
5	3:31.19	Ayanleh Souleiman (DJI)	Monaco	Jul 20
6	3:31.59	Abdelaati Igider (MAR)	Zürich	Aug 30
7	3:31.62	Brahim Kaazouzi (MAR)	Monaco	Jul 20
8	3:31.63	Samuel Tefera (ETH)	Shanghai	May 12
9	3:31.77	Matthew Centrowitz (USA)	Monaco	Jul 20
10	3:31.90	Aman Wote (ETH)	Monaco	Jul 20
11	3:32.11	Chris O'Hare (GBR)	Monaco	Jul 20
12	3:32.49	Jakub Holuša (CZE)	Monaco	Jul 20
13	3:32.59	Yomif Kejelcha (ETH)	Zagreb	Sep 4
14	3:32.61	Charles Simotwo (KEN)	Paris	Jun 30
15	3:33.21	Ferguson Cheruiyot (KEN)	Berlin	Sep 2
16	3:33.96	Jake Wightman (GBR)	Monaco	Jul 20
17	3:34.20	Charlie Da'Vall Grice (GBR)	Rabat	Jul 13
18	3:34.27	Bethwel Birgen (KEN)	Paris	Jun 30
19	3:34.33	Justus Soget (KEN)	Shanghai	May 12
20	3:34.38	Ryan Gregson (AUS)	Rabat	Jul 13
21	3:34.40	Ismael Debjani (BEL)	Berlin	Sep 2
22	3:34.55	Sadik Mikhou (BRN)	Paris	Jun 30
23	3:34.82	Stewart McSweeney (AUS)	Tübingen	Jun 16
24	3:35.01	Josh Kerr (GBR)	Azusa	Apr 20
25	3:35.06	Marcin Lewandowski (POL)	Rabat	Jul 13
26	3:35.07	Taresa Tolosa (ETH)	Doha	May 4
27	3:35.25	Nick Willis (NZL)	Berlin	Sep 2
28	3:35.33	Ronald Musagala (UGA)	Tomblaine	Jun 27
29	3:35.35	Hicham Oueladha (MAR)	Rabat	Jul 13
30	3:35.40	Thiago André (BRA)	Shanghai	May 12

ONE MILE

1	3:49.87	Timothy Cheruiyot (KEN)	Eugene	May 26
2	3:51.26	Samuel Tefera (ETH)	Eugene	May 26
3	3:52.18	Elijah Manangoi (KEN)	Eugene	May 26
4	3:52.28	Jakob Ingebrigtsen (NOR)	Eugene	May 26
5	3:53.40	Clayton Murphy (USA)	Eugene	May 26
6	3:53.61	Matthew Centrowitz (USA)	Eugene	May 26
7	3:53.86	Lopez Lomong (USA)	Raleigh	Aug 3
8	3:54.53	Johnny Gregorek (USA)	Raleigh	Aug 3
9	3:54.60	Bethwel Birgen (KEN)	Eugene	May 26
9	3:54.60	Stewart McSweeney (AUS)	Birmingham	Aug 18
11	3:54.64	Sam Prkel (USA)	Raleigh	Aug 3
12	3:54.66	Pat Casey (USA)	Raleigh	Aug 3

13	3:54.88	Ben Blankenship (USA)	Raleigh	Aug 3
14	3:55.10	Ryan Gregson (AUS)	Birmingham	Aug 18
15	3:55.12	Craig Engels (USA)	Raleigh	Aug 3
16	3:55.21	Sean McGorty (USA)	Raleigh	Aug 3
17	3:55.43	Eric Avila (USA)	Memphis	Aug 25
18	3:55.48	Ryan Hill (USA)	Memphis	Aug 25
19	3:55.53	Chris O'Hare (GBR)	Long Island	Sep 5
20	3:55.81	Colby Alexander (USA)	Mil Bay Shore	
			West Long	Jul 31
			Branch	
21	3:55.87	Ayanleh Souleiman (DJI)	Eugene	May 26
22	3:55.91	Hassan Mead (USA)	Raleigh	Aug 3
23	3:55.96	Paul Chelimo (USA)	Birmingham	Aug 18
24	3:55.97	Charlie Marquardt (USA)	Raleigh	Aug 3
25	3:56.02	Tripp Hurt (USA)	Memphis	Aug 25
26	3:56.03	Thiago André (BRA)	Eugene	May 26
27	3:56.17	Vincent Kibet (KEN)	Birmingham	Aug 18
28	3:56.21	Cristian Soratos (USA)	Mount Pleasant	Jul 14
29	3:56.23	Riley Masters (USA)	Memphis	Aug 25
30	3:56.42	Graham Crawford (USA)	Memphis	Aug 25

3000 METRES

1	7:28.00	Yomif Kejelcha (ETH)	Göteborg	Aug 18
2	7:34.26	Birhanu Yemataw (BRN)	Rabat	Jul 13
3	7:34.79	Stewart McSweyn (AUS)	Rabat	Jul 13
4	7:34.83	Paul Chelimo (USA)	Rabat	Jul 13
5	7:36.13	Muktar Edris (ETH)	Rabat	Jul 13
6	7:36.49	Hagos Gebrihiwet (ETH)	Rabat	Jul 13
7	7:36.81	Ryan Hill (USA)	Rabat	Jul 13
8	7:37.53	Selemo Barega (ETH)	Ostrava	Jun 13
9	7:38.19	Eric Jenkins (USA)	Rabat	Jul 13
10	7:38.55	Telahun Haile (ETH)	Ostrava	Jun 13
11	7:38.78	Regasa Chala (ETH)	Ostrava	Jun 13
12	7:39.10	Abadi Hadis (ETH)	Ostrava	Jun 13
13	7:39.42	Soufiane Bouqantar (MAR)	Rabat	Jul 13
14	7:41.04	Thierry Ndikumwenayo (BDI)	Ostrava	Jun 13
15	7:41.86	Ben True (USA)	Ostrava	Jun 13
16	7:42.12	Berihu Aregawi (ETH)	Göteborg	Aug 18
17	7:42.53	Cyrus Rutto (KEN)	Rabat	Jul 13
18	7:42.72	Bethwel Birgen (KEN)	Rabat	Jul 13
19	7:42.72	Henrik Björkia Ingebrigtsen (NOR)	Bergen	Aug 22
20	7:43.13	James Kibet (KEN)	Bellinzona	Jul 18
21	7:43.20	Youness Essalhi (MAR)	Bellinzona	Jul 18
22	7:43.30	Yemaneberhan Crippa (ITA)	Ostrava	Jun 13
23	7:43.36	Haymanot Alewe (ETH)	Ostrava	Jun 13
24	7:43.98	Davis Kiplangat (KEN)	Ostrava	Jun 13
25	7:44.66	Birhan Melesse (ETH)	Ostrava	Jun 13
26	7:44.78	Ronald Musagala (UGA)	Ostrava	Jun 13
27	7:45.03	Charles Philibert-Thiboutot (CAN)	Ostrava	Jun 13
28	7:45.91	Abe Gashahun (ETH)	Ostrava	Jun 13
29	7:46.28	Ryan Gregson (AUS)	Ostrava	Jun 13
30	7:47.58	Dawit Wolde (ETH)	Sotheville-lès-Rouen	Jul 17

5000 METRES

1	12:43.02	Selemo Barega (ETH)	Bruxelles	Aug 31
2	12:45.82	Hagos Gebrihiwet (ETH)	Bruxelles	Aug 31
3	12:46.79	Yomif Kejelcha (ETH)	Bruxelles	Aug 31
4	12:55.18	Muktar Edris (ETH)	Bruxelles	Aug 31
5	12:56.27	Abadi Hadis (ETH)	Bruxelles	Aug 31
6	12:57.55	Paul Chelimo (USA)	Bruxelles	Aug 31
7	12:59.44	Richard Yator (KEN)	Bruxelles	Aug 31
8	12:59.58	Getaneh Tamire (ETH)	Bruxelles	Aug 31
9	13:01.09	Birhanu Yemataw (BRN)	Lausanne	Jul 5
10	13:03.08	Mohammed Ahmed (CAN)	Bruxelles	Aug 31
11	13:04.11	Ben True (USA)	Bruxelles	Aug 31
12	13:04.63	Telahun Haile (ETH)	Huelva	Jun 8
13	13:04.91	Bashir Abdi (BEL)	Bruxelles	Aug 31
14	13:05.23	Stewart McSweyn (AUS)	Bruxelles	Aug 31

15	13:06.98	Regasa Chala (ETH)	Heusden	Jul 21
16	13:07.27	Nibret Melak (ETH)	Heusden	Jul 21
17	13:07.59	Aron Kifle (ERI)	Lausanne	Jul 5
18	13:10.14	Stanley Mburu Waitthaka (KEN)	Shanghai	May 12
19	13:10.65	Dawit Wolde (ETH)	Heusden	Jul 21
20	13:10.79	Cyrus Rutto (KEN)	Shanghai	May 12
21	13:10.93	Stephen Kissa (UGA)	Lausanne	Jul 5
22	13:11.84	Albert Rop (BRN)	Montreuil	Jun 19
23	13:11.86	Japheth Korir (KEN)	Heusden	Jul 21
24	13:13.36	Biyazen Alehegn (ETH)	Carquefou	Jun 16
25	13:13.55	Davis Kiplangat (KEN)	Shanghai	May 12
26	13:13.87	Getnet Wale (ETH)	Carquefou	Jun 16
27	13:15.44	Berihu Aregawi (ETH)	Rovereto	Aug 23
28	13:15.59	Rabie Doukkana (MAR)	Carquefou	Jun 16
29	13:15.91	Brett Robinson (AUS)	Heusden	Jul 21
30	13:16.77	Solomon Berihu (ETH)	Heusden	Jul 21

10,000 METRES

1	27:13.01	Stanley Mburu Waitthaka (KEN)	Yokohama	Nov 10
2	27:14.70	Richard Yator (KEN)	Yokohama	Oct 20
3	27:19.62	Joshua Cheptegei (UGA)	Gold Coast	Apr 13
4	27:20.56	Mohammed Ahmed (CAN)	Gold Coast	Apr 13
5	27:21.08	Rhonex Kipruto (KEN)	Tampere	Jul 10
6	27:25.86	Tulu Merga (ETH)	Hachioji	Nov 24
7	27:26.27	Benard Kimeli (KEN)	Hachioji	Nov 24
8	27:28.27	Jonathan Ndiku (KEN)	Yokohama	Nov 10
9	27:28.66	Rodgers Chumo (KEN)	Gold Coast	Apr 13
10	27:30.25	Jacob Kiplimo (UGA)	Gold Coast	Apr 13
11	27:30.47	Daniel Kipkemoi (KEN)	Hachioji	Nov 24
12	27:30.90	Jake Robertson (NZL)	Gold Coast	Apr 13
13	27:31.83	Bernard Koech (KEN)	Hachioji	Nov 24
14	27:32.04	Amos Kurgat (KEN)	Hachioji	Nov 24
15	27:36.52	Richard Ringer (GER)	London	May 19
16	27:36.80	Morhad Amdouni (FRA)	London	May 19
17	27:38.16	Hassan Chani (BRN)	Maia	Jun 2
18	27:39.65	Shadrack Kipchirchir (USA)	Stanford	May 3
19	27:41.12	Wesley Ledama (KEN)	Hachioji	Nov 24
20	27:41.20	Soufiane Bouchikhi (BEL)	Stanford	May 3
21	27:42.16	Alexander Mutiso (KEN)	Yokohama	Nov 10



Soufiane El Bakkali

22	27:43.52	Josphat Ledama (KEN)	Hachioji	Nov 24
23	27:43.65	Biyazen Alehegn (ETH)	Maia	Jun 2
24	27:44.21	Yemaneberhan Crippa (ITA)	London	May 19
25	27:44.27	Dominic Lagat (KEN)	Hachioji	Nov 24
26	27:44.58	Stephen Mokoka (RSA)	Gold Coast	Apr 13
27	27:44.72	Teressa Nyakora (ETH)	Kobe	Apr 22
28	27:44.92	Abraham Kipyatich (KEN)	Hachioji	Nov 24
29	27:45.31	Joel Mwaura (KEN)	Osaka	Sep 22
30	27:47.19	Daniel Kitonyi (KEN)	Yokohama	Dec 1

3000 METRES STEEPLECHASE

1	7:58.15	Soufiane El Bakkali (MAR)	Monaco	Jul 20
2	8:01.02	Evan Jager (USA)	Monaco	Jul 20
3	8:06.19	Benjamin Kigen (KEN)	Rabat	Jul 13
4	8:07.27	Chala Beyo (ETH)	Rabat	Jul 13
5	8:08.40	Conseslus Kipruto (KEN)	Roma	May 31
6	8:10.62	Abraham Kibiwot (KEN)	Gold Coast	Apr 13
7	8:12.20	Hillary Bor (USA)	Rabat	Jul 13
8	8:12.24	Amos Kirui (KEN)	Gold Coast	Apr 13
9	8:12.33	Matt Hughes (CAN)	Gold Coast	Apr 13
10	8:13.18	Nicholas Bett (KEN)	Dessau	Jun 8
11	8:14.62	Ibrahim Ezzaydouny (MAR)	Rabat	Jul 13
12	8:15.07	Lawrence Kemboi (KEN)	Doha	May 4
13	8:16.24	Emmanuel Bett (KEN)	Doha	May 4
14	8:16.97	Mahiedine Mekhissi-Benabbad (FRA)	Roma	May 31
15	8:16.97	Leonard Bett (KEN)	Birmingham	Aug 18
16	8:17.08	Barnabas Kipyego (KEN)	Tomblaine	Jun 27
17	8:17.17	Albert Chemutai (UGA)	Roma	May 31
18	8:17.51	Testaye Deriba (ETH)	Doha	May 4
19	8:18.04	Kennedy Njiru (KEN)	Monaco	Jul 20
20	8:18.76	Jairus Birech (KEN)	Eugene	May 26
21	8:19.30	Fernando Carro (ESP)	Rabat	Jul 13
22	8:19.51	Hicham Sigueni (MAR)	Tomblaine	Jun 27
23	8:19.51	Justus Lagat (KEN)	Tomblaine	Jun 27
24	8:19.61	Yemane Hailesilassie (ERI)	Huelva	Jun 8
25	8:20.30	Mohammed Tindoufti (MAR)	Roma	May 31
26	8:20.55	Djilali Bedrani (FRA)	Tomblaine	Jun 27
27	8:21.08	Abdelkarim Ben Zahra (MAR)	Huelva	Jun 8
28	8:21.21	Haillemariam Amare (ETH)	Doha	May 4
29	8:21.34	Tafese Soboka (ETH)	Montbéliard	Jun 1
30	8:22.00	John Koech (BRN)	Roma	May 31

110 METRES HURDLES

1	12.92/0.6	Sergey Shubenkov (ANA)	Székesfehérvár	Jul 2
2	13.08/1.3	Orlando Ortega (ESP)	Birmingham	Aug 18
3	13.12/0.9	Ronald Levy (JAM)	Ostrava	Sep 9
4	13.15/0.9	Grant Holloway (USA)	Knoxville	May 13
5	13.16/0.2	Omar McLeod (JAM)	Shanghai	May 12
6	13.17/0.0	Pascal Martinot-Lagarde (FRA)	Berlin	Aug 10
7	13.21/-0.2	Hanslie Parchment (JAM)	Monaco	Jul 20
8	13.23/0.5	Gabriel Constantino (BRA)	Montreuil	Jun 19
9	13.23/1.5	Devon Allen (USA)	Paris	Jun 30
10	13.26/0.0	Gregor Traber (GER)	Berlin	Aug 10
11	13.27/0.9	Daniel Roberts (USA)	Knoxville	May 13
12	13.27/0.6	Balázs Baji (HUN)	Székesfehérvár	Jul 2
13	13.27/1.3	Freddie Crittenden (USA)	Birmingham	Aug 18
14	13.28/0.8	Andy Pozzi (GBR)	Berlin	Aug 10
15	13.31/1.9	Ruebin Walters (TTO)	Gainesville	Apr 13
16	13.31/-0.3	Antonio Alkana (RSA)	Paris	Jun 30
17	13.31/0.7	Aurel Manga (FRA)	Paris	Jun 30
18	13.33/0.7	Jarret Eaton (USA)	Paris	Jun 30
19	13.34/0.9	Johnathan Cabral (CAN)	Bellinzona	Jul 18
20	13.34/0.0	Xie Wenjun (CHN)	Jakarta	Aug 28
21	13.35/1.8	Ryan Fontenot (USA)	Montverde	Jun 9
22	13.36/2.0	Milan Trajkovic (CYP)	Gold Coast	Apr 9
23	13.36/0.9	Ahmad Al-Moualeed (KSA)	Praha	Jun 4
24	13.36/0.7	Taio Kanai (JPN)	Yamaguchi	Jun 24
25	13.37/0.6	Aries Merritt (USA)	Székesfehérvár	Jul 2
26	13.37/0.9	Alec Harris (USA)	Bellinzona	Jul 18

25	13.37/1.1	Damian Czykier (POL)	Lublin	Jul 22
28	13.38/-0.3	Nicholas Hough (AUS)	Gold Coast	Apr 10
28	13.38/1.1	Ludovic Payen (FRA)	Bonneuil-sur-Marne	Jun 20
28	13.38/1.4	Shane Brathwaite (BAR)	Barranquilla	Jul 31

400 METRES HURDLES

1	46.98	Abderrahman Samba (QAT)	Paris	Jun 30
2	47.02	Rai Benjamin (ANT)	Eugene	Jun 8
3	47.54	Kyron McMaster (IVB)	Paris	Jun 30
4	47.64	Karsten Warholm (NOR)	Berlin	Aug 9
5	47.81	Yasmani Copello (TUR)	Berlin	Aug 9
6	48.12	Kenny Selmon (USA)	Eugene	Jun 8
7	48.29	Andre Clarke (JAM)	Montverde	Jun 9
8	48.30	TJ Holmes (USA)	Paris	Jun 30
9	48.31	Thomas Barr (IRL)	Berlin	Aug 9
10	48.42	Dave Kendziera (USA)	Eugene	Jun 8
10	48.42	Ludvy Vaillant (FRA)	Berlin	Aug 9
12	48.46	Annsert Whyte (JAM)	Ostrava	Sep 8
13	48.47	Abdelmalik Lahoulou (ALG)	Asaba	Aug 3
14	48.59	Patryk Dobek (POL)	Berlin	Aug 9
15	48.60	Rasmus Mägi (EST)	Antalya	Sep 11
16	48.65	Khalifah Rossler (USA)	Des Moines	Jun 23
17	48.68	Takatoshi Abe (JPN)	Fukuroi	May 3
18	48.70	Marcio Teles (BRA)	Bragança Paulista	Sep 16
19	48.77	Juander Santos (DOM)	Barranquilla	Jul 31
20	48.83	Kemar Mowatt (JAM)	Eugene	Jun 8
20	48.83	Kerron Clement (USA)	Paris	Jun 30
22	48.88	Nicholas Bett (KEN)	Pretoria	Mar 8
23	48.89	Timofey Chalyy (ANA)	Berlin	Aug 7
24	48.96	Ayyasamy Dharun (IND)	Jakarta	Aug 27
25	48.98	Jeffery Gibson (BAH)	Heusden	Jul 21
25	48.98	Sérgio Fernández (ESP)	Berlin	Aug 9
27	48.99	Mario Lambroughi (ITA)	Rieti	May 13
28	49.00	Quincy Downing (USA)	Huelva	Jun 8
29	49.04	Byron Robinson (USA)	Des Moines	Jun 22
29	49.04	Shawn Rowe (JAM)	Kingston	Jun 22

HIGH JUMP

1	2.40	Mutaz Essa Barshim (QAT)	Doha	May 4
1	2.40	Daniil Lysenko (RUS)	Monaco	Jul 20
3	2.36	Dzmitry Nabokau (BLR)	Brest	May 25
3	2.36	Brandon Starc (AUS)	Eberstadt	Aug 26
5	2.35	Bryan McBride (USA)	Chula Vista	Jun 9
5	2.35	Mateusz Przybylko (GER)	Berlin	Aug 11
7	2.34	Ivan Ukhov (RUS)	Smolensk	May 29
8	2.33	Majed El Dein Ghazal (SYR)	Doha	May 4
8	2.33	Fabian Delryd (SWE)	Täby	May 19
8	2.33	Maksim Nedasekau (BLR)	Berlin	Aug 11
8	2.33	Gianmarco Tamberi (ITA)	Eberstadt	Aug 26
12	2.32	Michael Mason (CAN)	Victoria	May 12
12	2.32	Wang Yu (CHN)	Eugene	May 26
12	2.32	Ricky Robertson (USA)	Chula Vista	Jun 9
12	2.32	Donald Thomas (BAH)	Székesfehérvár	Jul 2
12	2.32	Naoto Tobe (JPN)	Lignano	Jul 11
17	2.31	Jeron Robinson (USA)	Austin	Mar 31
17	2.31	Konstadinos Baniótiis (GRE)	Thessaloniki	May 27
17	2.31	Ilya Ivanyuk (ANA)	Berlin	Aug 11
17	2.31	Andrii Protsenko (UKR)	Bruxelles	Aug 31
21	2.30	Jamal Wilson (BAH)	Gold Coast	Apr 11
21	2.30	Django Lovett (CAN)	Gold Coast	Apr 11
21	2.30	Alperen Acet (TUR)	Cluj-Napoca	Jun 3
21	2.30	Mathew Sawe (KEN)	Nairobi	Jun 6
25	2.29	Tejaswin Shankar (IND)	Lubbock	Apr 27
25	2.29	Erik Kynard (USA)	Eugene	May 26
27	2.28	Lee Hup Wei (MAS)	Canberra	Jan 27
27	2.28	Vernon Turner (USA)	Waco	May 12
27	2.28	Yevgeniy Korshunov (RUS)	Smolensk	May 29
27	2.28	Eure Yáñez (VEN)	Cochabamba	Jun 6



Armand Duplantis

POLE VAULT

1	6.05	Armand Duplantis (SWE)	Berlin	Aug 12
2	6.00	Timur Morgunov (ANA)	Berlin	Aug 12
3	5.96	Sam Kendrick (USA)	Paris	Jun 30
4	5.95	Renaud Lavillenie (FRA)	Austin	Apr 14
5	5.94	Piotr Lisiek (POL)	Wittenberg	Aug 1
6	5.92	Shawnacy Barber (CAN)	Austin	Mar 31
7	5.86	Chris Nilsen (USA)	Sioux Falls	May 5
8	5.84	Paweł Wojciechowski (POL)	Lausanne	Jul 4
9	5.81	Raphael Holzdeppe (GER)	Zweibrücken	Jun 16
10	5.80	Kurtis Marschall (AUS)	Perth	Jan 21
10	5.80	Devin King (USA)	Austin	Mar 31
12	5.75	Cole Walsh (USA)	Des Moines	Jun 23
12	5.75	Konstadinos Filippidis (GRE)	Berlin	Aug 12
12	5.75	Sondre Guttormsen (NOR)	Berlin	Aug 12
15	5.72	Stanley Joseph (FRA)	Paris	Jun 23
15	5.72	Andrew Irwin (USA)	Rottach-Egern	Jul 8
15	5.72	Arnaud Art (BEL)	Naimette	Jul 18
18	5.71	Matt Ludwig (USA)	Long Beach	Apr 20
18	5.71	Xue Changrui (CHN)	Shanghai	May 12
18	5.71	Ivan Horvat (CRO)	Zagreb	Jul 29
21	5.70	Scott Houston (USA)	Des Moines	Apr 27
21	5.70	Axel Chapelle (FRA)	Franconville	May 6
21	5.70	Nate Richartz (USA)	Coral Gables	May 11
21	5.70	Alioune Sene (FRA)	Aix-les-Bains	May 20
21	5.70	Zhang Wei (CHN)	Beijing	May 27
21	5.70	Rutger Koppelaar (NED)	Leiden	Jun 9
21	5.70	Melker Svärd Jacobsson (SWE)	Leverkusen	Jun 16
21	5.70	Seito Yamamoto (JPN)	Yamaguchi	Jun 23
21	5.70	Thiago Bratz (BRA)	Sotteville-lès-Rouen	Jul 17
21	5.70	Georgiy Gorokhov (ANA)	Moskva	Jul 30

LONG JUMP

1	8.68/1.7	Juan Miguel Echevarría (CUB)	Bad Langensalza	Jun 30
2	8.58/0.0	Luvo Manyonga (RSA)	Roma	May 31
3	8.47/0.7	Wang Jianan (CHN)	Guiyang	Jun 16
4	8.45/-1.2	Ruswahl Samaai (RSA)	Asaba	Aug 2

5	8.44/0.5	Jeffrey Henderson (USA)	Provo	Apr 28
6	8.43/0.7	Shi Yuhao (CHN)	Shanghai	May 12
7	8.41/2.0	Aleksandr Menkov (RUS)	Zhukovskiy	Jul 1
8	8.40/1.1	Zarck Visser (RSA)	Bad Langensalza	Jun 30
9	8.37/1.9	Zack Bazile (USA)	Eugene	Jun 6
10	8.34/1.1	Henry Frayne (AUS)	Gold Coast	Apr 10
11	8.29/0.4	Zhang Yaoguang (CHN)	Guiyang	Jun 16
11	8.29/-0.4	Marquis Dendy (USA)	Toronto	Aug 12
13	8.27/0.8	Jarvis Gotch (USA)	Torrance	Apr 21
13	8.27/1.2	Radek Juška (CZE)	Turnov	May 29
15	8.26/0.7	Emiliano Lasa (URU)	Cochabamba	Jun 5
16	8.25/0.1	Jarrion Lawson (USA)	London	Jul 22
16	8.25/-0.3	Miltiádis Tentóglou (GRE)	Berlin	Aug 8
18	8.24/-0.3	Tajay Gayle (JAM)	Toronto	Aug 12
19	8.23/1.5	Andwuelle Wright (GUY)	Port of Spain	Jun 23
19	8.23/1.0	Serhii Nykyforov (UKR)	Lutsk	Jul 19
21	8.20/0.5	Stephan Hartmann (GER)	Weinheim	May 26
21	8.20/0.3	Julian Howard (GER)	Weinheim	May 26
21	8.20/0.0	M Sreeshankar (IND)	Bhubaneswar	Sep 27
24	8.19/1.0	Huang Changzhou (CHN)	Guiyang	Jun 16
24	8.19/1.9	Aleksandro Melo (BRA)	Bragança Paulista	Sep 16
26	8.18/1.6	Terrell McClain (USA)	Long Beach	Apr 20
26	8.18/1.9	Corey Crawford (USA)	Chula Vista	Jun 9
28	8.15/0.5	Dan Bramble (GBR)	London	Jul 22
29	8.14/1.1	Jared Kerr (CAN)	Cincinnati	May 12
29	8.14/1.8	Janaka Prasad Wimalasiri (SRI)	Colombo	Aug 5

TRIPLE JUMP

1	17.95/0.6	Pedro Pablo Pichardo (POR)	Doha	May 4
2	17.81/0.6	Christian Taylor (USA)	Doha	May 4
3	17.53/0.3	Almir dos Santos (BRA)	Baie-Mahaut	May 12
4	17.44/1.1	Will Claye (USA)	Eugene	May 26
5	17.41/1.0	A. Diaz (CUB)	La Habana	Jun 8
6	17.40/0.8	Omar Craddock (USA)	Chula Vista	Jun 9
6	17.40/0.6	Chris Benard (USA)	Chula Vista	Jun 9
8	17.37/0.9	Donald Scott (USA)	Des Moines	Jun 22
9	17.34/1.7	Cristian Atanay Nápoles (CUB)	Barranquilla	Jul 30
10	17.28/0.0	Lázaro Martínez (CUB)	Camagüey	Feb 4
11	17.24/1.6	Alexis Copello (AZE)	Eugene	May 26
12	17.22/1.8	Dong Bin (CHN)	Eugene	May 26
13	17.18/1.6	Chris Carter (USA)	Houston	Mar 17
14	17.16/1.0	KeAndre Bates (USA)	Des Moines	Jun 22
15	17.15/-0.7	Aleksandr Yurchenko (RUS)	Zhukovskiy	Jul 12
16	17.11/-0.5	Zhu Yaming (CHN)	Guiyang	Jun 17
16	17.11/0.0	Fabrice Zango Hugues (BUR)	Asaba	Aug 4
18	17.10/-0.1	Nelson Évora (POR)	Berlin	Aug 12
19	17.09/-2.7	Godfrey Mokoena (RSA)	Pretoria	Mar 16
19	17.09/0.0	Arpinder Singh (IND)	Guwahati	Jun 29
21	17.05/1.2	Harold Correa (FRA)	Albi	Jul 8
22	17.02/0.0	Henry D. Rosique (CUB)	La Habana	Feb 17
23	16.98/1.4	Pablo Torrijos (ESP)	Getafe	Jul 21
24	16.96	Lasha Gulelauri (GEO)	Tbilisi	May 20
24	16.96/1.3	Miguel Van Assen (SUR)	Barranquilla	Jul 30
26	16.95/1.8	Max Hess (GER)	Eugene	May 26
26	16.95/1.0	Jean-Marc Pontvianne (FRA)	Marseille	Jun 16
28	16.91/0.6	Yasser Triki (ALG)	Knoxville	May 13
29	16.89/-0.4	Nazim Babayev (AZE)	Minsk	Jul 20
29	16.89/-0.1	Wu Ruijing (CHN)	Taiyuan	Sep 17

SHOT

1	22.67	Tom Walsh (NZL)	Auckland	Mar 25
2	22.53	Ryan Crouser (USA)	Eugene	May 26
3	22.40	Darrell Hill (USA)	Zürich	Aug 30
4	22.08	Michał Haratyk (POL)	Ostrava	Jun 13
5	22.00	Darlan Romani (BRA)	Bragança Paulista	Sep 15
6	21.87	Tomáš Stanek (CZE)	Zürich	Aug 30
7	21.66	Konrad Bukowiecki (POL)	Berlin	Aug 7

8	21.63	Curtis Jensen (USA)	Bragança Paulista	Jul 8
9	21.62	David Stori (GER)	Biberach	Jul 9
10	21.58	Aleksandr Lesnoy (ANA)	Kazan	Jul 20
11	21.36	Stipe Žunić (CRO)	Split	Jun 16
12	21.33	Filip Mihaljević (CRO)	Zenica	Jun 6
13	21.22	Chuk Enekeuchi (NGR)	Charlottesville	May 5
14	21.02	Joe Kovacs (USA)	Ostrava	Jun 13
14	21.02	O'Dayne Richards (JAM)	Barranquilla	Jul 30
14	21.02	Tim Nedow (CAN)	Toronto	Aug 10
17	21.00	Bob Bertemes (LUX)	Berlin	Aug 7
18	20.99	Ryan Whiting (USA)	Auckland	Mar 25
19	20.96	Payton Otterdahl (USA)	Tulsa	May 12
20	20.93	Ashinia Miller (JAM)	Hamilton	May 11
21	20.88	Denzel Comenentia (NED)	Knoxville	May 12
22	20.86	Francisco Belo (POR)	Szczecin	Aug 15
23	20.80	Maksim Afonin (ANA)	Moskva	Jun 11
24	20.79	Mesud Pezer (BIH)	Bottnaryd	Jun 16
25	20.77	Damien Birkinhead (AUS)	Gold Coast	Apr 9
25	20.77	Josh Awotunde (NGR)	Knoxville	May 12
27	20.75	Tejinder Pal Singh (IND)	Jakarta	Aug 25
28	20.71	Orazio Cremona (RSA)	Pretoria	Mar 16
29	20.68	Jakub Szyszkowski (POL)	Praha	Jun 4
30	20.65	Jon Jones (USA)	Tucson	May 19

DISCUS

1	69.72	Daniel Ståhl (SWE)	Eskilstuna	Aug 26
2	69.67	Fedrick Dacres (JAM)	Stockholm	Jun 10
3	69.59	Andrius Gudžius (LTU)	Stockholm	Jun 10
4	68.98	Lukas Weißhaidinger (AUT)	Rehlingen	May 20
5	68.85	Ehsan Hadadi (IRI)	Chula Vista	Apr 12
6	68.61	Reggie Jagers (USA)	Des Moines	Jun 24
7	67.72	Traves Smitke (JAM)	Kingston	Jan 20
8	67.59	Christoph Harting (GER)	Schönebeck	May 18
9	67.06	Mason Finley (USA)	Des Moines	Jun 24
10	66.98	Martin Wierig (GER)	Schönebeck	May 18
11	66.59	Daniel Jasinski (GER)	Turnov	May 29
12	66.51	Philip Milanov (BEL)	Stockholm	Jun 10
12	66.51	Lois Maikel Martínez (ESP)	Castellón	Jul 4
14	66.32	Sam Mattis (USA)	Tucson	May 17
15	66.30	Mauricio Ortega (COL)	Barranquilla	Jun 29
16	66.22	Alin Alexandru Firfirica (ROU)	Zenica	Jun 6
17	66.05	Andrew Evans (USA)	Rathdrum ID	Jun 1
18	65.98	David Wrobel (GER)	Schönebeck	May 18
19	65.84	Simon Pettersson (SWE)	Malmö	Jun 20
20	65.78	Piotr Małachowski (POL)	Lublin	Jul 21
21	65.66	Zoltán Kovágó (HUN)	Szombathely	Jul 26
22	65.53	Gudni Valur Gudnason (ISL)	Háfnarfjörður	Jul 9
23	65.48	Jason Harrell (USA)	Chula Vista	Jun 9
24	65.47	Chad Wright (JAM)	Schiffange	Jul 29
25	65.34	Rodney Brown (USA)	Rathdrum	Jun 1
26	65.27	Jorge Fernández (CUB)	Barranquilla	Jul 29
27	65.20	Victor Hogan (RSA)	Marseille	Jun 16
28	65.15	Robert Urbaneck (POL)	Radom	May 27
29	65.13	Robert Harting (GER)	Chorzów	Jun 8
30	64.75	Aleksey Khudyakov (RUS)	Sochi	Feb 7

HAMMER

1	81.85	Wojciech Nowicki (POL)	Székesfehérvár	Jul 2
2	81.14	Paweł Fajdek (POL)	Székesfehérvár	Jul 2
3	80.26	Nick Miller (GBR)	Gold Coast	Apr 8
4	79.57	Bence Halász (HUN)	Budapest	Jun 2
5	78.59	Esref Apak (TUR)	Mersin	May 20
6	78.18	Dilshod Nazarov (TJK)	Chorzów	Jun 8
7	78.13	Siarhei Kalamoyets (BLR)	Minsk	Apr 14
8	78.04	Hleb Dudarau (BLR)	Lawrence	Apr 20
9	77.71	Mostafa Hicham Al-Gamal (EGY)	Cairo	Apr 11
10	77.37	Pavel Bareisha (BLR)	Minsk	Jun 22
11	77.29	Yevgeniy Korotovskiy (RUS)	Sochi	Feb 24
12	77.04	Ashraf Amjad Al-Saifi (QAT)	Turku	Jun 5

13	77.02	Denis Lukyanov (RUS)		
14	77.00	Marcel Lomnický (SVK)		
15	76.98	Quentin Bigot (FRA)		
16	76.96	Sean Donnelly (USA)		
17	76.87	Humberto Mansilla (CHI)		
18	76.86	Eivind Henriksen (NOR)		
19	76.84	Özkan Baltacı (TUR)		
20	76.81	Serghiei Marghiev (MDA)		
21	76.53	Mihail Anastasákis (GRE)		
22	76.41	Denzel Comenentia (NED)		
23	76.14	Alex Young (USA)		
24	76.13	Sergey Litvinov (RUS)		
25	76.10	Javier Cienfuegos (ESP)		
26	75.96	Joaquín Gómez (ARG)		
27	75.86	Diego Del Real (MEX)		
28	75.79	Ivan Tikhon (BLR)		
29	75.61	Aleksey Sokirskiy (ANA)		
30	75.54	Nejc Peško (SLO)		

JAVELIN

1	92.70	Johannes Vetter (GER)	Leiria	Mar 11
2	92.06	Andreas Hofmann (GER)	Offenburg	Jun 2
3	91.78	Thomas Röhler (GER)		May 4
4	89.75	Magnus Kirt (EST)	Rabat	Jul 13
5	89.02	Jakub Vadlejch (CZE)	Praha	Jun 4
6	88.06	Neeraj Chopra (IND)	Jakarta	Aug 27
7	88.02	Oliver Helander (FIN)	Pietarsaari	Jul 7
8	86.63	Julian Weber (GER)	Birmingham	Aug 18
9	86.37	Alexandru Novac (ROU)	Nembro	Jul 5
10	85.46	Paraskevas Batzavális (GRE)	Tripoli	May 5
11	85.38	Dmitriy Tarabin (RUS)	Zhukovskiy	Jun 13
12	85.32	Marcin Kruskowski (POL)	Zürich	Aug 30
13	85.17	Bernhard Seifert (GER)	Offenburg	Jun 2
14	84.96	Keshorn Walcott (TTO)	Port of Spain	Jun 23
15	84.80	Rolands Strobinder (LAT)	Ventspils	Jun 2
16	84.60	Cheng Chao-Tsun (TPE)	Karlstad	Jul 21
17	84.43	Andrian Mardare (MDA)	Praha	Jun 4
18	83.89	Geats Cakšs (LAT)	Riga	May 29



Johannes Vetter

19	83.85	Petr Frydrych (CZE)	Kladno	Jul 29
19	83.85	Cyprian Mrzyglód (POL)	Berlin	Aug 8
21	83.71	Ahmed Bader Magour (QAT)	Doha	May 4
22	83.63	Hamish Peacock (AUS)	Hobart	Jan 5
23	82.82	Anderson Peters (GRN)	Eugene	Jun 6
24	82.67	Edis Matuszevičius (LTU)	Ogre	Jun 15
25	82.64	Tero Pitkämäki (FIN)	Vantaa	May 26
26	82.59	Antti Ruuskanen (FIN)	Joensuu	Jul 4
27	82.46	Ma Qun (CHN)	Guiyang	Jun 15
28	82.36	Tanel Laanmäe (EST)	Kladno	Jul 14
29	82.30	Vítězslav Veselý (CZE)	Radom	May 27
30	82.28	Shivpal Singh (IND)	Guwahati	Jun 28

DECATHLON

1	9126	Kevin Mayer (FRA)	Talence	Sep 16
(10.55/0.3 7.80/1.2 16.00 2.05 48.42 13.75/-1.1 50.54 5.45 71.90 4:36.11)				
2	8795	Damian Warner (CAN)	Götzis	May 27
(10.31/0.6 7.81/0.5 14.83 2.03 47.72 13.56/0.0 47.32 4.80 61.94 4:26.59)				
3	8514	Maicel Uibo (EST)	Götzis	May 27
(11.04/-0.6 7.57/2.0 14.78 2.12 50.32 14.66/-2.4 46.58 5.30 61.75 4:27.54)				
4	8481	Arthur Abele (GER)	Ratingen	Jun 17
(10.85/1.0 7.28/-0.1 15.93 1.89 48.40 14.01/0.9 44.77 4.90 67.61 4:22.22)				
5	8342	Pieter Braun (NED)	Götzis	May 27
(11.12/0.4 7.62/0.5 15.28 2.00 49.25 14.40/0.2 45.52 4.90 58.77 4:24.29)				
6	8336	Tim Duckworth (GBR)	Eugene	Jun 7
(10.57/0.5 8.01/0.8 13.15 2.13 48.78 14.37/-0.7 42.76 5.11 57.27 5:01.27)				
7	8329	Kai Kazmirek (GER)	Götzis	May 27
(10.99/0.5 7.56/1.4 14.03 2.06 47.27 14.42/0.2 43.76 4.70 61.53 4:30.75)				
8	8321	Ilya Shkurenov (ANA)	Berlin	Aug 8
(11.12/-0.2 7.55/1.7 13.43 2.02 48.95 14.44/0.1 45.53 5.30 59.13 4:31.38)				
9	8304	Mathias Brugger (GER)	Götzis	May 27
(10.98/0.4 7.32w/2.3 15.11 2.00 48.02 14.24/0.0 46.04 5.00 51.72 4:23.93)				
10	8303	Lindon Victor (GRN)	Gold Coast	Apr 10
(10.70/-0.1 7.24/0.2 15.79 2.01 49.48 14.87/0.3 52.32 4.60 71.10 5:04.75)				
11	8294	Zach Ziemek (USA)	Des Moines	Jun 22
(10.65/1.4 7.23/-0.2 13.92 2.02 49.99 14.63/0.9 50.90 5.35 56.54 4:47.38)				
12	8290	Vitali Zhuk (BLR)	Berlin	Aug 8
(11.12/-0.2 7.05/1.5 15.65 1.99 48.41 14.66/0.1 45.46 4.90 66.19 4:30.81)				
13	8229	Cedric Dubler (AUS)	Gold Coast	Feb 17
(11.19/-0.3 7.56w/2.3 14.50 1.96 49.29 14.72/-0.9 45.31 4.85 64.00 4:26.80)				
15	8228	Martin Roe (NOR)	Firenze	Apr 28
(10.82/-0.9 7.53/0.6 15.46 1.92 49.78 15.15/-0.4 48.26 4.75 66.64 4:40.97)				
16	8220	Niklas Kaul (GER)	Berlin	Aug 8
(11.36/-0.2 7.20/0.2 13.85 2.08 49.28 14.78/0.1 46.30 4.70 67.72 4:23.67)				
17	8171	Pierce LePage (CAN)	Gold Coast	Apr 10
(10.62/0.0 7.44/0.0 13.98 2.07 47.81 14.71/-0.8 43.90 4.90 58.24 4:58.00)				
18	8165	Fredrik Samuelsson (SWE)	Götzis	May 27
(10.90/0.4 7.49/1.2 14.18 2.06 49.96 14.38/0.0 42.64 4.90 59.33 4:39.36)				
19	8137	Karl Robert Saluri (EST)	Eugene	Jun 7
(10.50/0.5 7.70w/2.7 14.41 1.83 48.14 15.25/-0.7 42.95 4.81 56.91 4:24.49)				
20	8126	Ruben Gado (FRA)	Albi	7 Jul

(10.77w/2.9 7.55w/2.5 13.63 1.91 48.58 14.88/1.2 39.87 5.10 56.41 4:20.86)					
21 8121	Manuel Eitel (GER)	Ratingen	Jun 17	(10.47/1.0 7.37/1.0 14.31 1.92 49.09 14.68/0.7 43.14 4.80 61.67 4:41.56)	
22 8120	Marcus Nilsson (SWE)	Ratingen	Jun 17	(11.25/1.0 6.95/0.7 14.91 1.98 50.52 14.58/1.3 45.07 5.00 63.68 4:24.62)	
23 8101	Karel Tilga (EST)	Götzis	May 27	(11.04/0.3 7.33/1.0 15.32 2.09 49.82 15.25/-2.4 40.72 4.70 69.25 4:46.34)	
24 8099	Larbi Bouraada (ALG)	Asaba	Aug 2	(10.94/-0.2 7.41w/2.2 12.81 2.06 48.39 14.70 40.27 4.70 66.87 4:38.42)	
25 8067	Jan Doležal (CZE)	Berlin	Aug 8	(11.06/0.1 7.12/0.1 14.03 2.02 49.42 14.58/0.3 45.81 4.80 62.67 4:41.27)	
26 8048	Georni Jaramillo (VEN)	Barquisimeto	May 4	(10.86/-0.5 7.59/1.3 16.10 1.83 48.56 14.10/-1.8 44.86 4.50 61.60 5:00.05)	
26 8048	Ituah Enahoro (GER)	Ratingen	Jun 17	(10.63/1.0 7.45/-0.7 14.19 1.86 47.91 14.35/0.9 47.56 4.40 52.94 4:31.29)	
28 8046	Hunter Veith (USA)	Austin	Mar 29	(10.72/0.9 7.78/0.9 13.47 2.10 48.66 14.77w/2.1 37.47 4.90 55.76 4:52.63)	
28 8046	Johannes Erm (EST)	Eugene	Jun 7	(10.86w/2.3 7.98/0.6 13.46 1.98 48.34 14.88/-0.7 44.21 4.81 55.21 4:54.46)	
30 8044	Tim Ehrhardt (USA)	Charlottesville	Apr 21	(10.67/1.0 7.29/1.9 14.49 1.93 47.57 15.80/-0.3 41.40 5.20 53.08 4:30.04)	

20 KILOMETRES WALK

1 1:17:25	Sergey Shirobokov (RUS)	Cheboksary	Jun 9
2 1:17:26	Eiki Takahashi (JPN)	Kobe	Feb 18
3 1:17:41	Toshikazu Yamanishi (JPN)	Kobe	Feb 18
4 1:17:46	Daisuke Matsunaga (JPN)	Kobe	Feb 18
5 1:18:54	Vasilij Mizinov (ANA)	Sochi	Feb 19
6 1:19:04	Samuel Gathimba (KEN)	Nairobi	Feb 17
7 1:19:06	Simon Wachira (KEN)	Nairobi	Feb 17
8 1:19:13	Koki Ikeda (JPN)	Kobe	Feb 18
9 1:19:14	Eider Arévalo (COL)	La Coruña	Jun 2
10 1:19:15	Isamu Fujisawa (JPN)	Kobe	Feb 18
11 1:19:17	Fumitaka Oikawa (JPN)	Kobe	Feb 18
12 1:19:18	Diego García Carrera (ESP)	La Coruña	Jun 2
13 1:19:19	Hiroki Arai (JPN)	Kobe	Feb 18
14 1:19:34	Dane Bird-Smith (AUS)	Gold Coast	Apr 8
15 1:19:38	Tom Bosworth (GBR)	Gold Coast	Apr 8
16 1:19:45	Wang Kaihua (CHN)	Huangshan	Mar 3
17 1:19:49	Kirill Frolov (RUS)	Sochi	Feb 19
17 1:19:49	Tomohiro Noda (JPN)	La Coruña	Jun 2
19 1:19:52	Masatora Kawano (JPN)	Kobe	Feb 18
20 1:20:21	Roman Yevstifeyev (RUS)	Sochi	Feb 19
21 1:20:24	Jin Xiangqian (CHN)	La Coruña	Jun 2
22 1:20:30	Perseus Karlström (SWE)	Adelaide	Feb 11
23 1:20:31	Marius Žukauskas (LTU)	Adelaide	Feb 11
23 1:20:31	Gao Yingchao (CHN)	Huangshan	Mar 3
25 1:20:38	Cai Zelin (CHN)	Huangshan	Mar 3
26 1:20:40	Christopher Linke (GER)	Naumburg	Apr 14
27 1:20:42	Álvaro Martín (ESP)	Berlin	Aug 11
28 1:20:49	Benjamin Thorne (CAN)	Gold Coast	Apr 8
29 1:20:51	Massimo Stano (ITA)	Berlin	Aug 11
30 1:20:53	Ivan Losev (UKR)	Lutsk	Mar 10

50 KILOMETRES WALK

1 3:39:47	Tomohiro Noda (JPN)	Takahata	Oct 28
2 3:42:20	Sergey Bakulin (RUS)	Cheboksary	Jun 9
3 3:42:46	Matej Tóth (SVK)	Dudince	Mar 24
4 3:44:25	Hiroki Arai (JPN)	Taicang	May 5



GB men's 4x100m team

5 3:44:31	Hayato Katsuki (JPN)	Taicang	May 5	16 38.71	Ukraine	Berlin	Aug 12
6 3:44:43	Veli-Matti Partanen (FIN)	Dudince	Mar 24	18 38.72	China	Osaka	May 20
7 3:44:52	Satoshi Maruo (JPN)	Taicang	May 5	19 38.77	Poland	Goleniów	Jun 20
8 3:44:59	Maryan Zakalnytsky (UKR)	Taicang	May 5	19 38.77	Indonesia	Jakarta	Aug 30
9 3:45:29	Wang Qin (CHN)	Taicang	May 5	21 38.89	Trinidad & Tobago	Toronto	Aug 12
10 3:46:26	Kai Kobayashi (JPN)	Takahata	Oct 28	22 38.92	Ivory Coast	Asaba	Aug 3
11 3:47:30	Masatora Kawano (JPN)	Takahata	Oct 28	22 38.92	Finland	Berlin	Aug 12
12 3:47:59	Dzmitry Dziubin (BLR)	Berlin	Aug 7	24 38.94	Czech Republic	Berlin	Aug 12
13 3:48:01	Wang Rui (CHN)	Taicang	May 5	25 38.97	Colombia	Cochabamba	Jun 7
14 3:48:22	Rafal Augustyn (POL)	Taicang	May 5	26 38.98	Chinese Taipei	Jakarta	Aug 30
15 3:48:35	Håvard Haukenes (NOR)	Berlin	Aug 7	27 39.03	Venezuela	Cochabamba	Jun 7
16 3:48:54	Perseus Karlström (SWE)	Taicang	May 5	27 39.03	Cuba	Barranquilla	Aug 2
17 3:48:58	Quentin Rew (NZL)	Taicang	May 5	29 39.07	Portugal	Berlin	Aug 12
18 3:49:17	Ivan Banzeruk (UKR)	Taicang	May 5	30 39.08	Sri Lanka	Gold Coast	Apr 14
19 3:49:54	Rafal Sikora (POL)	Taicang	May 5				
20 3:50:18	Evan Dunfee (CAN)	Taicang	May 5				
21 3:50:27	Andrés Chocho (ECU)	Monterrey	Feb 25	1 2:59.47	Belgium	Berlin	Aug 11
21 3:50:27	Carl Dohmann (GER)	Berlin	Aug 7	2 2:59.78	USA Red	London	Jul 15
23 3:51:22	Jonathan Hilbert (GER)	Aschersleben	Oct 14	3 3:00.36	Great Britain	Berlin	Aug 11
24 3:51:54	Takayuki Tanii (JPN)	Takahata	Oct 28	4 3:00.56	Qatar	Jakarta	Aug 30
25 3:52:17	Shuto Goto (JPN)	Takahata	Oct 28	5 3:00.78	Spain	Berlin	Aug 11
26 3:52:40	Jarkko Kinnunen (FIN)	Aschersleben	Oct 14	6 3:00.92	Kenya	Asaba	Aug 5
27 3:53:00	Michele Antonelli (ITA)	Taicang	May 5	7 3:01.67	France	Berlin	Aug 10
28 3:53:05	Valeriy Litanyuk (UKR)	Taicang	May 5	8 3:01.78	Botswana	Gold Coast	Apr 14
29 3:53:10	Bernardo Uriel Barrondo (GUA)	Taicang	May 5	9 3:01.85	India	Jakarta	Aug 30
30 3:53:32	Brendan Boyce (IRL)	Taicang	May 5	10 3:01.92	Bahamas	Gold Coast	Apr 14
				11 3:01.94	Japan	Jakarta	Aug 30
				12 3:01.97	Jamaica	Gold Coast	Apr 14
				13 3:02.11	Italy	Bern	Jun 16
1 37.61	Great Britain	London	Jul 22	14 3:02.27	Poland	Berlin	Aug 11
2 37.85	Japan	Osaka	May 20	15 3:02.52	Czech Republic	Berlin	Aug 10
3 37.98	Turkey	Berlin	Aug 12	16 3:02.74	Sri Lanka	Jakarta	Aug 30
4 38.03	Netherlands	Berlin	Aug 12	17 3:03.16	Germany	London	Jul 15
5 38.08	Americas Team Proform Sport (USA)	Knoxville	Apr 14	18 3:03.50	South Africa	Asaba	Aug 5
6 38.24	South Africa	Gold Coast	Apr 14	19 3:03.51	Netherlands	Bern	Jun 16
7 38.33	Esporte Clube Pinheiros (BRA)	Bragança Paulista	Sep 15	20 3:03.87	Cuba	Barranquilla	Aug 2
8 38.35	Jamaica	Gold Coast	Apr 14	21 3:03.92	Dominican Republic	Barranquilla	Aug 2
9 38.41	Barbados	Barranquilla	Aug 2	22 3:03.97	Bahrain	Jakarta	Aug 30
10 38.42	Athletics Canada (CAN)	Burnaby	Jun 26	23 3:04.32	EC Pinheiros/ASICS (BRA)	Bragança Paulista	Sep 16
11 38.49	Italy	Tarragona	Jun 30	24 3:04.35	Colombia	Barranquilla	Aug 2
12 38.51	France	Berlin	Aug 12	25 3:04.74	Athletics Canada (CAN)	Toronto	Aug 12
13 38.52	Nigeria	Gold Coast	Apr 13	26 3:04.88	Sankt Peterburg (RUS)	Kazan	Jul 22
14 38.56	Germany	London	Jul 14	26 3:04.88	Nigeria	Asaba	Aug 5
15 38.58	Australia	Gold Coast	Apr 14	28 3:04.98	Zambia	Asaba	Aug 5
16 38.71	Dominican Republic	Barranquilla	Aug 2	29 3:05.27	Algeria	Asaba	Aug 5
				30 3:05.28	Turkey	Tarragona	Jun 30

100 METRES

1	10.85/1.5	Marie-Josée Ta Lou (CIV)	Doha	May 4
1	10.85/0.0	Dina Asher-Smith (GBR)	Berlin	Aug 7
3	10.90/1.5	Blessing Okagbare-Ighotegunor (NGR)	Doha	May 4
3	10.90/1.9	Aleia Hobbs (USA)	Tampa	May 25
3	10.90/1.9	Murielle Houré (CIV)	Eugene	May 26
6	10.93/1.5	Elaine Thompson (JAM)	Doha	May 4
7	10.95/1.1	Mujinga Kambundji (SUI)	Zofingen	Jul 13
8	10.96/0.6	Ashley Henderson (USA)	Des Moines	Jun 22
8	10.96/0.9	Jenna Prandini (USA)	Toronto	Aug 11
10	10.98/1.5	Carina Horn (RSA)	Doha	May 4
10	10.98/1.5	Shania Collins (USA)	Eugene	Jun 7
10	10.98/0.1	Shelly-Ann Fraser-Pryce (JAM)	London	Jul 21
10	10.98/0.0	Gina Lückenkemper (GER)	Berlin	Aug 7
14	10.99/1.7	Twanisha Terry (USA)	Torrance	Apr 21
14	10.99/1.8	Dezerea Bryant (USA)	Des Moines	Jun 21
14	10.99/1.2	Yongli Wei (CHN)	La Chaux-de-Fonds	Jul 1
14	10.99/0.0	Dafne Schippers (NED)	Berlin	Aug 7
18	11.01/-1.5	Ángela Gabriela Tenorio (ECU)	Cochabamba	Jun 6
18	11.01/1.5	Carolle Zahi (FRA)	Albi	May 7
20	11.02/1.5	Tamara Clark (USA)	Knoxville	Jul 12
20	11.02/0.9	English Gardner (USA)	Rovereto	Aug 23
22	11.03/1.9	Tori Bowie (USA)	Eugene	May 26
22	11.03/0.3	Vitoria Cristina Rosa (BRA)	Guadalajara	Jul 6
24	11.04/1.5	Nataliah Whyte (JAM)	Knoxville	May 12
24	11.04/1.1	Jada Baylark (USA)	Sacramento	May 25
26	11.05/0.4	Mikiah Brisco (USA)	Tampa	May 25
27	11.06/1.6	Michelle-Lee Ahye (TTO)	Oslo	Jun 7
27	11.06/1.5	Orlann Ombissa-Dzangue (FRA)	Albi	Jul 7
29	11.07/1.6	Semoy Hackett (TTO)	Montverde	Jun 9
29	11.07/0.1	Jonielle Smith (JAM)	London	Jul 21

200 METRES

1	21.89/0.2	Dina Asher-Smith (GBR)	Berlin	Aug 11
2	22.04/0.5	Blessing Okagbare-Ighotegunor (NGR)	Abilene	Mar 24
3	22.05/1.1	Shericka Jackson (JAM)	Paris	Jun 30
4	22.06/-0.4	Shaunae Miller-Uibo (BAH)	Shanghai	May 12
5	22.14/0.2	Dafne Schippers (NED)	Berlin	Aug 11
6	22.16/0.9	Jenna Prandini (USA)	London	Jul 22
7	22.19/0.9	Gabrielle Thomas (USA)	London	Jul 22
8	22.25/0.6	Lynna Irby (USA)	Knoxville	May 13
9	22.30/0.9	Elaine Thompson (JAM)	Gold Coast	Apr 12
10	22.34/1.7	Shakima Wimbley (USA)	Clermont	Apr 28
10	22.34/0.9	Marie-Josée Ta Lou (CIV)	London	Jul 22
12	22.37/0.9	Jamile Samuel (NED)	London	Jul 22
13	22.39/1.5	Sydney McLaughlin (USA)	Gainesville	Mar 29
14	22.42/2.0	Phyllis Francis (USA)	Des Moines	Jun 24
16	22.45/0.2	Mujinga Kambundji (SUI)	Berlin	Aug 11
17	22.46/2.0	Jeneba Tarmoh (USA)	Des Moines	Jun 24
18	22.47/0.6	Shania Collin (USA)	Knoxville	May 13
19	22.48/1.9	Tamari Davis (USA)	Jacksonville	May 5
19	22.48/-0.2	Kyra Jefferson (USA)	Des Moines	Jun 24
21	22.49/-0.3	Ashley Henderson (USA)	Eugene	Jun 7
22	22.50/-0.1	Briana Williams (JAM)	Tampere	Jul 14
23	22.51/1.9	Lauren Rain Williams (USA)	Tucson	Apr 28
24	22.53/1.4	Makenzie Dunmore (USA)	Palo Alto	May 12
24	22.53/0.9	Tamara Clark (USA)	Tampa	May 25
26	22.54/+2.0	Arianna Washington (USA)	Des Moines	Jun 24
27	22.55/0.9	Nataliah Whyte (JAM)	Auburn	Apr 21
28	22.56/0.5	Kortnei Johnson (USA)	Tampa	May 26
29	22.59/+0.5	Mikiah Brisco (USA)	Tampa	May 26
29	22.59/-1.3	Beth Dobbin (GBR)	Birmingham	Jul 1

400 METRES

1	48.97	Shaunae Miller-Uibo (BAH)	Monaco	Jul 20
---	-------	---------------------------	--------	--------

2	49.08	Salwa Eid Naser (BRN)	Monaco	Jul 20
3	49.52	Shakima Wimbley (USA)	Des Moines	Jun 23
4	49.62	Caster Semanya (RSA)	Ostrava	Sep 8
5	49.80	Lynna Irby (USA)	Eugene	Jun 9
6	49.99	Kendall Ellis (USA)	Stanford	May 13
7	50.07	Sydney McLaughlin (USA)	Gainesville	Mar 30
7	50.07	Phyllis Francis (USA)	Stockholm	Jun 10
9	50.08	Jessica Beard (USA)	Des Moines	Jun 23
10	50.15	Amantle Montsho (BOT)	Gold Coast	Apr 11
11	50.31	Stephanie Ann McPherson (JAM)	London	Jul 22
12	50.41	Justyna Swiety-Ersetic (POL)	Berlin	Aug 11
13	50.45	María Belibasáki (GRE)	Berlin	Aug 11
14	50.52	Léa Sprunger (SUI)	La Chaux-de-Fonds	Jul 1
15	50.57	Anastasia Le-Roy (JAM)	Gold Coast	Apr 11
16	50.63	Makenzie Dunmore (USA)	Stanford	May 13
16	50.63	Jaide Stepter (USA)	Lausanne	Jul 5
18	50.65	Courtney Okolo (USA)	Des Moines	Jun 23
19	50.69	Sharrika Barnett (USA)	Knoxville	May 13
19	50.69	Amina Seyni (NIG)	Rovereto	Aug 23
21	50.77	Lisanne de Witte (NED)	Berlin	Aug 11
22	50.78	Brianna Thomas (USA)	Eugene	Jun 9
23	50.79	Hima Das (IND)	Jakarta	Aug 26
24	50.82	Shamier Little (USA)	Stockholm	Jun 10
25	50.89	Christine Botlogetswe (BOT)	Genève	Jun 9
26	50.99	Agne Šerkšniene (LTU)	La Chaux-de-Fonds	Jul 1

800 METRES

1	1:54.25	Caster Semanya (RSA)	Paris	Jun 30
2	1:55.86	Francine Niyonsaba (BDI)	Paris	Jun 30
3	1:56.15	Natoya Goule (JAM)	Monaco	Jul 20
4	1:56.45	Ajee' Wilson (USA)	Monaco	Jul 20
5	1:56.71	Habitam Alemu (ETH)	Monaco	Jul 20
27	51.12	Madiea Ghafoor (NED)	Bellinzona	Jul 18
28	51.13	Anyika Onuora (GBR)	London	Jul 22
29	51.14	Eleni Artymata (CYP)	Bellinzona	Jul 18
30	51.18	Malgorzata Hotul-Kowalik (POL)	Lublin	Jul 21



6	1:57.47	Rabab Arraf (MAR)	Monaco	Jul 20
7	1:57.69	Raeyn Rogers (USA)	Monaco	Jul 20
8	1:58.01	Ce'Aira Brown (USA)	Karlstad	Jul 25
9	1:58.04	Emily Jerotich (KEN)	Tomblaine	Jun 27
10	1:58.05	Charlene Lipsey (USA)	Paris	Jun 30
11	1:58.07	Margaret Wambui (KEN)	Gold Coast	Apr 13
12	1:58.39	Hailmah Nakaayi (UGA)	Tomblaine	Jun 27
13	1:58.83	Renelle Lamote (FRA)	Monaco	Jul 20
14	1:58.96	Nelly Jepkosgei (KEN)	Oslo	Jun 7
15	1:59.09	Laura Muir (GBR)	Oslo	Jun 7
16	1:59.25	Eunice Sum (KEN)	Paris	Jun 30
17	1:59.27	Malika Akkaoui (MAR)	Rabat	Jul 13
18	1:59.34	Lynsey Sharp (GBR)	London	Jul 22
19	1:59.35	Sifan Hassan (NED)	Paris	Jun 30
20	1:59.41	Winnie Nanyondo (UGA)	Asaba	Aug 5
21	1:59.58	Nataliya Pryshepa (UKR)	Ostrava	Sep 9
22	1:59.68	Kaela Edwards (USA)	Des Moines	Jun 24
23	1:59.74	Diribe Welteji (ETH)	Tampere	Jul 12
24	1:59.84	Mahelet Mulugeta (ETH)	Tomblaine	Jun 27
25	1:59.85	Sanne Wolters-Verstegen (NED)	Bruxelles	Jun 30
26	1:59.86	Adelle Tracey (GBR)	Berlin	Aug 8
27	1:59.87	Aleksandra Gulyayeva (RUS)	Zhukovskiy	Jun 23
28	1:59.93	Alexandra Bell (GBR)	Watford	May 26
29	2:00.02	Dorcus Ajoka (UGA)	Kampala	Mar 3
30	2:00.06	Noélie Yarigo (BEN)	Heusden	Jul 21

1500 METRES

1	3:56.68	Genzebe Dibaba (ETH)	Chorzów	Jun 8
2	3:57.34	Shelby Houlihan (USA)	Lausanne	Jul 5
3	3:57.41+	Sifan Hassan (NED)	London	Jul 22
4	3:57.64	Gudaf Tsegay (ETH)	Stockholm	Jun 10
5	3:58.18	Laura Muir (GBR)	Lausanne	Jul 5
6	3:58.88+	Hellen Obiri (KEN)	London	Jul 22
7	3:59.15	Rabab Arrafi (MAR)	Lausanne	Jul 5
8	3:59.37	Jenny Simpson (USA)	Eugene	May 26
9	3:59.92	Caster Semanya (RSA)	Doha	May 4
10	4:00.60	Winnie Chebet (KEN)	Eugene	May 26
11	4:00.86	Linden Hall (AUS)	Eugene	May 26
12	4:00.99	Nelly Jepkosgei (KEN)	Doha	May 4
13	4:01.75	Besu Sado (ETH)	Doha	May 4
14	4:01.76	Laura Weightman (GBR)	Lausanne	Jul 5
15	4:01.78	Alemaz Teshale (ETH)	Doha	May 4
16	4:01.98	Eilish McColgan (GBR)	Lausanne	Jul 5
17	4:02.06	Sofia Ennaoui (POL)	Birmingham	Aug 18
18	4:02.31	Meraf Bahta (SWE)	Stockholm	Jun 10
19	4:02.44	Axumawit Embaye (ETH)	Birmingham	Aug 18
20	4:02.65	Brenda Martinez (USA)	Eugene	May 26
21	4:02.81	Dawit Seyaum (ETH)	Eugene	May 26
22	4:03.02	Colleen Quigley (USA)	Chorzów	Aug 22
23	4:03.09	Beatrice Chepkoech (KEN)	Gold Coast	Apr 10
24	4:03.17	Sarah McDonald (GBR)	Birmingham	Aug 18
25	4:03.44	Melissa Courtney (GBR)	Gold Coast	Apr 10
26	4:03.87	Judy Kiyeng (KEN)	Doha	May 4
27	4:03.99	Marta Pen (POR)	Birmingham	Aug 18
28	4:04.05+	Kate Grace (USA)	London	Jul 22
29	4:04.13	Ciara Mageean (IRL)	Barcelona	Jul 11
30	4:04.17	Georgia Griffith (AUS)	Gold Coast	Apr 10

ONE MILE

1	4:14.71	Sifan Hassan (NED)	London	Jul 22
2	4:16.14	Gudaf Tsegay (ETH)	London	Jul 22
3	4:16.15	Hellen Obiri (KEN)	London	Jul 22
4	4:17.30	Jenny Simpson (USA)	London	Jul 22
5	4:19.28	Laura Muir (GBR)	London	Jul 22
6	4:20.49	Laura Weightman (GBR)	London	Jul 22
7	4:20.51	Winnie Chebet (KEN)	London	Jul 22
7	4:20.51	Genzebe Dibaba (ETH)	Padova	Sep 2
9	4:20.70	Kate Grace (USA)	London	Jul 22
10	4:20.85	Sarah McDonald (GBR)	London	Jul 22
11	4:21.40	Linden Hall (AUS)	London	Jul 22

12	4:21.54	Simona Vrzalová (CZE)	London	Jul 22
13	4:22.45	Marta Pen (POR)	Berlin	Sep 2
14	4:23.34	Sofia Ennaoui (POL)	London	Jul 22
15	4:24.27	Konstanze Klosterhalfen (GER)	Berlin	Sep 2
16	4:24.82	Alexa Efraimson (USA)	Berlin	Sep 2
17	4:25.07	Eilish McColgan (GBR)	Berlin	Sep 2
18	4:25.47	Shannon Osika (USA)	Memphis	Aug 25
19	4:25.99	Besu Sado (ETH)	Hengelo	Jun 3
20	4:26.05	Steph Twell (GBR)	Berlin	Sep 2
21	4:26.63	Dominique Scott Efurd (RSA)	Concord	Jun 7
22	4:26.75	Ciara Mageean (IRL)	Berlin	Sep 2
23	4:27.03	Meraf Bahta (SWE)	Hengelo	Jun 3
24	4:27.09	Helen Schlachtenhaufen (USA)	Concord	Jun 7
25	4:27.16	Jemima Reekie (GBR)	London	Jul 22
26	4:27.23	Rachel Schneider (USA)	Falmouth	Aug 18
27	4:27.28	Charlene Lipsey (USA)	Raleigh	Aug 3
28	4:27.29	Melissa Courtney (GBR)	Hengelo	Jun 3
29	4:27.31	Sara Vaughan (USA)	Raleigh	Aug 3
30	4:27.32	Judy Kiyeng (KEN)	Hengelo	Jun 3

3000 METRES

1	8:27.50	Sifan Hassan (NED)	Ostrava	Sep 8
2	8:29.05	Caroline Kipkirui (KEN)	Doha	May 4
3	8:29.09	Agnes Tirop (KEN)	Doha	May 4
4	8:30.51	Hyvin Jepkemoi (KEN)	Doha	May 4
5	8:30.83	Jenny Simpson (USA)	Doha	May 4
6	8:30.96	Letesenbet Gidey (ETH)	Doha	May 4
7	8:32.49	Senbere Teferi (ETH)	Ostrava	Sep 8
8	8:33.13	Lilian Rengeruk (KEN)	Doha	May 4
9	8:33.61	Norah Tanui (KEN)	Zagreb	Sep 4
10	8:33.63	Meskerem Mamo (ETH)	Doha	May 4
11	8:33.78	Gudaf Tsegay (ETH)	Zagreb	Sep 4
12	8:34.65	Kalkidan Gezahegne (BRN)	Zagreb	Sep 4
13	8:35.76	Beyenu Degefu (ETH)	Doha	May 4
14	8:36.20	Hellen Obiri (KEN)	Ostrava	Sep 8
15	8:36.24	Yasemin Can (TUR)	Doha	May 4
16	8:37.21	Susan Krumins (NED)	Zagreb	Sep 4
17	8:37.68	Alemaz Teshale (ETH)	Zagreb	Sep 4
18	8:38.04	Konstanze Klosterhalfen (GER)	Ostrava	Sep 8
19	8:38.49	Eilish McColgan (GBR)	Birmingham	Aug 18
20	8:39.07	Gloria Kite (KEN)	Turku	Jun 5
21	8:39.20	Melissa Courtney (GBR)	Birmingham	Aug 18

22	8:41.69	Eva Cheronon (KEN)	Turku	Jun 5
23	8:42.88	Lonah Chemtai Salpeter (ISR)	Birmingham	Aug 18
24	8:43.00	Loice Chemnung (KEN)	Rovereto	Aug 23
25	8:43.83	Axumawit Embaye (ETH)	Zagreb	Sep 4
26	8:44.13	Ejgayehu Taye (ETH)	Birmingham	Aug 18
27	8:44.24	Rosemary Wanjiru (KEN)	Yokohama	Nov 10
28	8:44.47	Katie Mackey (USA)	London	Jul 21
29	8:45.33+	Genzebe Dibaba (ETH)	Eugene	May 26
30	8:45.43	Elena Burkard (GER)	Birmingham	Aug 18

5000 METRES

1	14:21.75	Hellen Obiri (KEN)	Rabat	Jul 13
2	14:22.34	Sifan Hassan (NED)	Rabat	Jul 13
3	14:23.14	Letesenbet Gidey (ETH)	Rabat	Jul 13
4	14:23.33	Senbere Teferi (ETH)	Rabat	Jul 13
5	14:24.24	Agnes Tirop (KEN)	Rabat	Jul 13
6	14:26.89	Genzebe Dibaba (ETH)	Eugene	May 26
7	14:34.45	Shelby Houlihan (USA)	Heusden	Jul 21
8	14:43.96	Caroline Kipkirui (KEN)	Zürich	Aug 30
9	14:51.30	Gudaf Tsegay (ETH)	Eugene	May 26
10	14:52.83	Eilish McColgan (GBR)	Rabat	Jul 13
11	14:53.14	Loice Chemnung (KEN)	Bellinzona	Aug 18
12	14:57.63	Yasemin Can (TUR)	Berlin	Aug 12
13	15:01.15	Lilian Rengeruk (KEN)	Eugene	May 26
14	15:01.44	Molly Huddle (USA)	Heusden	Jul 21
15	15:01.98	Margaret Kipkemboi (KEN)	Eugene	May 26
16	15:02.44	Karissa Schweizer (USA)	Heusden	Jul 21
17	15:03.73	Konstanze Klosterhalfen (GER)	Berlin	Aug 12
18	15:04.14	Dominique Scott Efurd (RSA)	Heusden	Jul 21
19	15:04.75	Melissa Courtney (GBR)	Berlin	Aug 12
20	15:05.21	Meskerem Mamo (ETH)	Tübingen	Jun 16
21	15:06.19	Madeline Hills (AUS)	Heusden	Jul 21
22	15:06.84	Gloria Kite (KEN)	Tübingen	Jun 16
23	15:07.90	Aberash Minsewo (ETH)	Tübingen	Jun 16
24	15:08.08	Kalkidan Gezahegne (BRN)	Jakarta	Aug 28
25	15:08.17	Meraf Bahta (SWE)	Zürich	Aug 30
26	15:08.20	Marielle Hall (USA)	Heusden	Jul 21
27	15:08.61	Rosemary Wanjiru (KEN)	Hiroshima	Apr 28
28	15:09.42	Eva Cheronon (KEN)	Tübingen	Jun 16
29	15:09.62	Vanessa Fraser (USA)	Heusden	Jul 21
30	15:09.65	Susan Krumins (NED)	Berlin	Aug 12

10,000 METRES

1	30:41.85	Pauline Kamulu (KEN)	Fukagawa	Jul 11
2	31:16.48	Minami Yamanouchi (JPN)	Yamaguchi	Dec 8
3	31:17.28	Grace Kimanzi (KEN)	Yamaguchi	Dec 8
4	31:28.20	Harumi Okamoto (JPN)	Yamaguchi	Dec 8
5	31:28.81	Rina Nabeshima (JPN)	Yamaguchi	Dec 8
6	31:31.17	Stacy Ndwiwa (KEN)	Asaba	Aug 4
7	31:31.17	Hitomi Niya (JPN)	Melbourne	Dec 13
8	31:33.03	Lonah Chemtai Salpeter (ISR)	London	May 19
9	31:36.12	Alice Nawowuna (KEN)	Asaba	Aug 4
10	31:41.47	Gloria Kite (KEN)	Maia	Jun 2
11	31:43.12	Ancuta Bobocel (ROU)	London	May 19
12	31:44.13	Shiori Yano (JPN)	Yamaguchi	Dec 8
13	31:45.32	Gete Alemayehu (ETH)	Maia	Jun 2
14	31:48.93	Yuka Hori (JPN)	Yamaguchi	Dec 8
15	31:49.81	Beatrice Mutai (KEN)	Gold Coast	Apr 9
16	31:50.17	Natsuki Sekiya (JPN)	Yamaguchi	Dec 8
17	31:50.18	Natasha Wodak (CAN)	Gold Coast	Apr 9
18	31:50.75	Celia Sullohern (AUS)	Gold Coast	Apr 9
19	31:50.98	Sinead Diver (AUS)	Melbourne	Dec 13
20	31:52.32	Molly Huddle (USA)	Des Moines	Jun 21
21	31:52.42	Mizuki Matsuda (JPN)	Yamaguchi	Jun 2
22	31:52.55	Susan Krumins (NED)	Berlin	Aug 8
23	31:54.83	Jessica Tonn (USA)	Stanford	May 3
24	31:55.68	Gwen Jorgensen (USA)	Stanford	Mar 30
25	31:56.43	Sarah Pagano (USA)	Stanford	May 3
26	31:56.68	Marielle Hall (USA)	Des Moines	Jun 21
27	31:56.86	Rachel Cliff (CAN)	Stanford	May 3
28	31:57.56	Chelsea Blaase (USA)	Stanford	May 3
29	31:57.82	Ayuko Suzuki (JPN)	Yamaguchi	Jun 2
30	31:57.85	Carrie Dimoff (USA)	Stanford	Mar 30

3000 METRES STEEPLECHASE

1	8:44.32	Beatrice Chepkoech (KEN)	Monaco	Jul 20
2	8:59.62	Norah Tanui (KEN)	Bruxelles	Aug 31
3	9:00.85	Courtney Frerichs (USA)	Monaco	Jul 20
4	9:01.60	Hyvin Jepkemoi (KEN)	Bruxelles	Aug 31
5	9:01.82	Celiphine Chespol (KEN)	Paris	Jun 30
6	9:05.06	Emma Coburn (USA)	Monaco	Jul 20
7	9:07.94	Peruth Chemutai (UGA)	Monaco	Jul 20
8	9:08.23	Roseline Chepngetich (KEN)	Monaco	Jul 20
9	9:10.27	Colleen Quigley (USA)	Berlin	Sep 2
10	9:10.71	Daisy Jepkemei (KEN)	Monaco	Jul 20
11	9:10.74	Winfred Yavi (BRN)	Monaco	Jul 20
12	9:14.09	Aisha Praught Leer (JAM)	Bruxelles	Aug 31
13	9:16.68	Yekaterina Ivonina (RUS)	Kazan	Jul 20
14	9:18.36	Karoline Bjerkeli Grovdal (NOR)	Monaco	Jul 20
15	9:19.80	Gesa-Felicita Krause (GER)	Berlin	Aug 12
16	9:21.34	Purity Kirui (KEN)	Shanghai	May 12
17	9:22.00	Luiza Gega (ALB)	Roma	May 31
18	9:22.29	Fabienne Schlumpf (SUI)	Berlin	Aug 12
19	9:22.85	Joan Chepkemoi (KEN)	Shanghai	May 12
20	9:23.69	Genevieve LaCaze (AUS)	Berlin	Sep 2
21	9:23.92	Fancy Cheronon (KEN)	Asaba	Aug 5
22	9:27.03	Woyshet Ansa (ETH)	Asaba	Aug 5
23	9:28.61	Maruša Mišmaš (SLO)	Berlin	Sep 2
24	9:29.42	Mercy Chepkurui (KEN)	Nairobi	Jun 11
25	9:29.74	Adva Cohen (ISR)	Berlin	Aug 12
26	9:29.76	Elena Burkard (GER)	Berlin	Aug 12
27	9:30.62	Caroline Chepkurui (KEN)	Ostrava	Jun 13
28	9:31.36	Habiba Ghribi (TUN)	Roma	May 31
29	9:31.66	Anna Emilie Møller (DEN)	Berlin	Aug 12
30	9:31.84	Irene Sánchez (ESP)	Berlin	Aug 12

100 METRES HURDLES

1	12.36/0.6	Kendra Harrison (USA)	London	Jul 22
2	12.38/1.3	Brianna McNeal (USA)	Stockholm	Jun 10
3	12.40/1.2	Jasmine Camacho-Quinn (PUR)	Knoxville	May 13
4	12.41/0.5	Alina Talay (BLR)	St. Pölten	May 31



Sifan Hassan (right) and Lonah Chemtai Salpeter

5	12.48/1.3	Danielle Williams (JAM)	Stockholm	Jun 10
6	12.51/0.6	Sharika Nelvis (USA)	London	Jul 22
7	12.56/0.2	Christina Manning (USA)	London	Jul 22
8	12.63/0.6	Queen Harrison (USA)	London	Jul 22
9	12.64/1.4	Elvira Herman (BLR)	Šamorín	Jun 29
10	12.65/0.2	Rushelle Burton (JAM)	Waco	May 13
11	12.67/0.9	Pamela Dutkiewicz (GER)	Luzern	Jul 9
12	12.68/-1.3	Sally Pearson (AUS)	Brisbane	Feb 4
12	12.68/0.2	Tobi Amusan (NGR)	Gold Coast	Apr 13
14	12.70/1.6	Devynne Charlton (BAH)	Baton Rouge	7 Apr
14	12.70/2.0	Alaysha Johnson (USA)	Eugene	Jun 7
16	12.71/0.9	Jasmin Stowers (USA)	Shanghai	May 12
16	12.71/1.3	Nadine Visser (NED)	Stockholm	Jun 10
18	12.72/0.2	Pedrya Seymour (BAH)	Waco	May 13
18	12.72/0.6	Elina Berings (BEL)	Naimette-Xhovémont	Jul 18

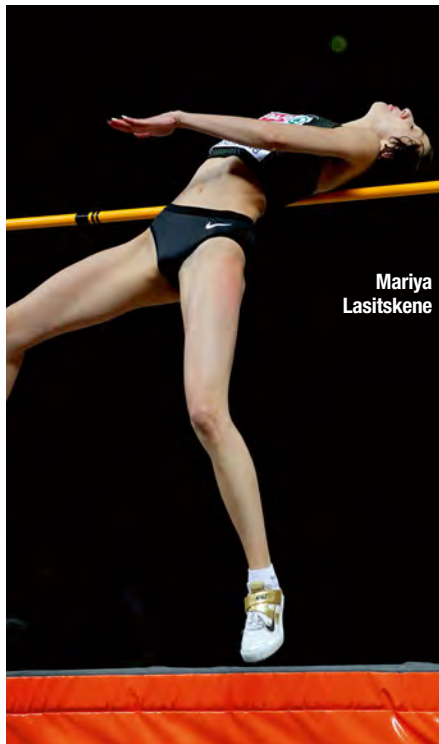
18	12.72/0.2	Isabelle Pedersen (NOR)	London	Jul 22
21	12.74/1.1	Yanique Thompson (JAM)	Kingston	Jun 24
22	12.75/1.7	Chanel Brissett (USA)	Stanford	May 13
22	12.75/0.7	Dawn Harper Nelson (USA)	Székesfehérvár	2 Jul
24	12.77/0.2	Solene Ndama (FRA)	Berlin	Aug 9
24	12.77/-0.5	Cindy Roleder (GER)	Berlin	Aug 9
26	12.78/1.8	Kori Carter (USA)	Des Moines	Jun 22
27	12.79/1.5	Bridgette Owens (USA)	Torrance	Apr 21
27	12.79/1.2	Alexis Duncan (USA)	Knoxville	May 13
27	12.79/0.7	Jeanine Williams (JAM)	Kingston	Jun 24
30	12.80/1.5	Erica Bougard (USA)	Götzis	May 26

400 METRES HURDLES

1	52.75	Sydney McLaughlin (USA)	Knoxville	May 13
2	53.32	Shamier Little (USA)	Toronto	Aug 12
3	53.46	Janieve Russell (JAM)	Lausanne	Jul 5
4	53.65	Dalilah Muhammad (USA)	Oslo	Jun 7
5	53.90	Georganne Moline (USA)	Lausanne	Jul 5
6	54.33	Léa Sprunger (SUI)	Berlin	Aug 10
7	54.47	Anna Ryzhykova (UKR)	Ostrava	Sep 9
8	54.48	Kemi Adekoya (BRN)	Jakarta	Aug 27
9	54.55	Sage Watson (CAN)	Oslo	Jun 7
10	54.61	Wenda Nel (RSA)	Gold Coast	Apr 10
11	54.66	Ashley Spencer (USA)	Luzern	Jul 9
12	54.67	Leah Nugent (JAM)	Kingston	Jun 9
13	54.80	Eilidh Doyle (GBR)	Gold Coast	Apr 10
14	54.90	Rhonda Whyte (JAM)	Kingston	Jun 22
15	54.94	Cassandra Tate (USA)	Praha	Jun 4
16	54.98	Yadisleydy Pedrosa (ITA)	Genève	Jun 9
17	55.01	Glory Nathaniel Onome (NGR)	Gold Coast	Apr 10
18	55.05	Zeney Van Der Walt (RSA)	Pretoria	Mar 17
19	55.08	Rushell Clayton (JAM)	Kingston	Jun 22
20	55.11	Zudikay Rodriguez (MEX)	Barranquilla	Jul 31
21	55.13	Zuriah Hechavarría (CUB)	Barranquilla	Jul 31
22	55.15	Sparkle McKnight (TTO)	Gold Coast	Apr 10
23	55.16	Ayomide Folorunso (ITA)	Roma	May 31
23	55.16	Zuzana Hejnová (CZE)	Oslo	Jun 7
25	55.20	Hanne Claes (BEL)	Bruxelles	Jul 8
26	55.21	Meghan Beesley (GBR)	Berlin	Aug 8
27	55.23	Irina Davydova (RUS)	Zhukovskiy	Jul 1
28	55.24	Vera Rudakova (ANA)	Berlin	Aug 8
29	55.26	Amalie Hammild Iuel (NOR)	Oslo	Jun 7
30	55.28	Viktoriya Tkachuk (UKR)	Szczecin	Aug 15

HIGH JUMP

1	2.04	Mariya Lasitskene (ANA)	Paris	Jun 30
2	2.02	Elena Vallortigara (ITA)	London	Jul 22
3	2.01	Nafissatou Thiam (BEL)	Götzis	May 26
4	2.00	Mirela Demireva (BUL)	Stockholm	Jun 10
5	1.98	Anna Chicherova (RUS)	Moskva	Jul 30
6	1.97	Yuliyia Levchenko (UKR)	Paris	Jun 30
6	1.97	Morgan Lake (GBR)	Birmingham	Jun 30
8	1.96	Levern Spencer (LCA)	Athina	Jun 13
8	1.96	Marie-Laurence Jungfleisch (GER)	Bühl	Jun 22



Mariya Lasitskene

8	1.96	Kateryna Tabashnyk (UKR)	Kropyvnytskyi	Jun 25
8	1.96	Vashti Cunningham (USA)	London	Jul 15
8	1.96	Airine Palšyte (LTU)	Berlin	Aug 10
8	1.96	Svetlana Radzivil (UZB)	Jakarta	Aug 29
14	1.95	Yaroslava Mahuchikh (UKR)	Buenos Aires	Oct 15
15	1.94	Yuliya Chumachenko (UKR)	Mykolaiv	May 18
15	1.94	Erika Kinsey (SWE)	Zoetermeer	Jun 6
15	1.94	Oksana Okuneva (UKR)	Lutsk	Jul 19
15	1.94	Nadezhda Dusanova (UZB)	Jakarta	Aug 29
19	1.93	Imke Onnen (GER)	Garbsen	May 13
19	1.93	Sofie Skoog (SWE)	Sollentuna	Jun 28
21	1.92	Bianca Salmिंग (SWE)	Pärnu	Jun 16
21	1.92	Inika McPherson (USA)	Des Moines	Jun 23
21	1.92	Ella Junnila (FIN)	Joensuu	Jul 4
21	1.92	Karina Taranda (BLR)	Tampere	Jul 15
25	1.91	Nicola McDermott (AUS)	Gold Coast	Apr 14
25	1.91	Alyx Treasure (CAN)	Gold Coast	Apr 14
25	1.91	Ximena Esquivel (MEX)	Queretaro	Apr 29
25	1.91	Ana Šimic (CRO)	Slovenska Bistrica	May 26
25	1.91	Tonje Angelsen (NOR)	Sollentuna	Jun 28
25	1.91	Claire Orsel (BEL)	Bruxelles	Jul 8

POLE VAULT

1	4.95	Sandi Morris (USA)	Greenville	Jul 27
2	4.94	Eliza McCartney (NZL)	Joekgrim	Jul 17
3	4.93	Jenn Suhr (USA)	Austin	Apr 14
4	4.87	Ekaterini Stefanídi (GRE)	Zürich	Aug 30
5	4.85	Anzhelika Sidorova (ANA)	Monaco	Jul 20
6	4.80	Holly Bradshaw (GBR)	Joekgrim	Jul 17
6	4.80	Yarisley Silva (CUB)	Monaco	Jul 20
6	4.80	Nikoléta Kiriakopóulu (GRE)	Berlin	Aug 9
6	4.80	Katie Nageotte (USA)	Beckum	Aug 26
10	4.75	Alysha Newman (CAN)	Gold Coast	Apr 13
10	4.75	Ninon Guillon-Romarin (FRA)	Monaco	Jul 20
12	4.73	Angelica Bengtsson (SWE)	Karlstad	Jul 25
13	4.71	Nina Kennedy (AUS)	Perth	Feb 9
14	4.70	Rosbellys Peinado (VEN)	Cochabamba	Jun 7
15	4.67	Iryna Zhuk (BLR)	Székesfehérvár	Jun 30
16	4.65	Lexi Jacobus (USA)	Knoxville	May 13

16	4.65	Olga Mullina (ANA)	Kazan	Jul 20
18	4.61	Emily Grove (USA)	Chula Vista	May 19
18	4.61	Kristen Hixson (USA)	Osaka	May 20
18	4.61	Megan Clark (USA)	Chula Vista	Jun 9
21	4.60	Lisa Gunnarsson (SWE)	Austin	Mar 31
21	4.60	Morgann LeLeux (USA)	Hammond	Apr 13
21	4.60	Angelina Zhuk-Krasnova (RUS)	Cheboksary	Jun 12
21	4.60	Jacqueline Otchere (GER)	London	Jul 14
21	4.60	Li Ling (CHN)	London	Jul 14
21	4.60	Wilma Murto (FIN)	Jyväskylä	Jul 20
27	4.56	Juliana Campos (BRA)	Castellón	Jun 26
28	4.55	Olivia Gruver (USA)	Eugene	Jun 7
28	4.55	Annie Johnigan (USA)	Des Moines	Jun 24
28	4.55	Aksana Gataullina (ANA)	Kazan	Jul 20

LONG JUMP

1	7.05/1.2	Lorraine Ugen (GBR)	Birmingham	Jul 1
2	6.99/0.6	Malaika Mihambo (GER)	Weinheim	May 26
2	6.99/1.8	Ivana Španovic (SRB)	Tarragona	Jun 27
4	6.93/0.8	Caterine Iburgüen (COL)	Ostrava	Sep 9
5	6.92/1.8	Christabel Nettey (CAN)	Brisbane	Mar 28
6	6.91/0.2	Shara Proctor (GBR)	London	Jul 21
7	6.88/1.9	Brooke Stratton (AUS)	Brisbane	Mar 28
8	6.87/0.7	Brittney Reese (USA)	Chorzów	Jun 8
9	6.86/0.2	Jazmin Sawyers (GBR)	Birmingham	Jul 1
10	6.84/1.6	Sosthene Taroum Moguenara (GER)	Weinheim	May 26
11	6.83/0.5	Ese Brume (NGR)	Asaba	Aug 3
12	6.81/0.8	Keturah Orji (USA)	Knoxville	May 13
12	6.81/0.5	Krystyna Hryshutyna (UKR)	Lutsk	Jul 19
14	6.80/1.2	Éloïse Lesueur-Aymonin (FRA)	Marseille	Jun 16
14	6.80/1.3	Juliet Itoya (ESP)	Getafe	Jul 21
16	6.78/1.2	Taliyah Brooks (USA)	Fayetteville	Mar 24
17	6.77/2.0	Kylie Price (USA)	Chula Vista	May 19
17	6.77/-0.1	Sha'Keela Saunders (USA)	Székesfehérvár	Jul 2
17	6.77/0.6	Nastassia Mironchyk-Ivanova (BLR)	Minsk	Jul 21
20	6.75/0.0	Chanice Porter (JAM)	Athens	May 5
21	6.74/0.1	Bianca Stuart (BAH)	Douglasville	May 27
21	6.74/0.1	Tianna Bartoletta (USA)	Padova	Jun 8
23	6.73/-0.1	Maryna Bekh (UKR)	Berlin	Aug 11
24	6.72/1.7	Nektaria Panagi (CYP)	Orestikó	Jul 4
24	6.72/1.3	Alina Rotaru (ROU)	Pitesti	Jul 27
26	6.71/-0.7	Tara Davis (USA)	Bloomington	Jun 16
26	6.71/1.9	Khaddi Sagnia (SWE)	Eskilstuna	Aug 26
28	6.70/0.4	Nadja Käther (GER)	Weinheim	May 26
28	6.70/2.0	Yelena Sokolova (RUS)	Zhukovskiy	Jul 1
28	6.70/0.9	Katarina Johnson-Thompson (GBR)	London	Jul 21

TRIPLE JUMP

1	14.96/0.1	Caterine Iburgüen (COL)	Rabat	Jul 13
2	14.84/0.0	Tori Franklin (USA)	Baie-Mahault	May 12
3	14.69/1.3	Nubia Soares (BRA)	Sotteville-lès-Rouen	Jul 17
4	14.67/0.3	Yekaterina Koneva (RUS)	Maykop	Jun 7
5	14.64/0.7	Kimberly Williams (JAM)	Gold Coast	Apr 10
6	14.62/1.5	Keturah Orji (USA)	Knoxville	May 13
7	14.61/0.8	Shaniëka Ricketts (JAM)	London	Jul 15
8	14.60/1.7	Paraskevi Papahristou (GRE)	Stara Zagora	Jul 20
9	14.55/-0.2	Ana Peleteiro (ESP)	Getafe	Jul 22
10	14.47/1.4	Elena Andreea Panturoiu (ROU)	Montreuil	Jun 19
10	14.47/1.6	Yorsiris Urrutia (COL)	Barranquilla	Aug 1
12	14.45/-0.5	Kristin Gierisch (GER)	Berlin	Aug 10
13	14.43/0.4	Jeanine Assani Issouf (FRA)	Albi	Jul 8
14	14.41/-0.9	Hanna Minenko (ISR)	Berlin	Aug 8
15	14.40/0.8	Gabriela Petrova (BUL)	Plovdiv	May 19
16	14.33/-0.4	Neele Eckhardt (GER)	Berlin	Aug 8
17	14.31/0.3	Kristina Mäkelä (FIN)	Jyväskylä	Jul 21
17	14.31/-0.1	Rouguy Diallo (FRA)	Berlin	Aug 8

19	14.30/-0.5	Liadagmis Povea (CUB)	Bragança Paulista	Jul 8
20	14.26/0.0	Olga Rypakova (KAZ)	Jakarta	Aug 30
21	14.24/1.3	Anna Jagaciak Michalska (POL)	Lublin	Jul 20
22	14.22/-0.8	Ana José Tima (DOM)	Kingston	Jun 9
23	14.20/1.4	Olha Saladukha (UKR)	Haniá	Jun 2
23	14.20/-2.9	Darya Nidbaykina (RUS)	Zhukovskiy	Jun 13
25	14.19/1.9	Patrícia Mamona (POR)	Sotheville-lès-Rouen	Jul 17
26	14.18/1.6	Aleksandra Nacheva (BUL)	Tampere	Jul 15
27	14.17/1.0	Pariyana Chuaimaroeng (THA)	Taipei	May 25
27	14.17/-1.5	Susana Costa (POR)	Berlin	Aug 8
29	14.15/0.4	Yanis David (FRA)	Tarragona	Jun 29
29	14.15/0.2	Hanna Krasutskaya (UKR)	Lutsk	Jul 21

SHOT

1	20.38	Gong Lijiao (CHN)	Guiyang	Jun 17
2	20.06	Christina Schwanitz (GER)	Nürnberg	Jul 20
3	19.74	Raven Saunders (USA)	Ostrava	Sep 9
4	19.46	Maggie Ewen (USA)	Tucson	Apr 28
5	19.38	Paulina Guba (POL)	Cetniewo	Jul 8
6	19.36	Danniel Thomas-Dodd (JAM)	Gold Coast	Apr 13
7	19.31	Valerie Adams (NZL)	Monaco	Jul 19
8	19.23	Jessica Ramsey (USA)	Des Moines	Jun 24
9	19.21	Aliona Dubitskaya (BLR)	Rabat	Jul 13
10	19.12	Anita Márton (HUN)	Leiria	Mar 10
11	18.97	Natalia Ducó (CHI)	Fort Lauderdale	May 18

12	18.95	Radoslava Mavrodieva (BUL)	Stara Zagora	Jul 20
13	18.70	Monique Riddick (USA)	West Point	May 10
14	18.68	Fanny Roos (SWE)	La Jolla	Apr 14
14	18.68	Jessica Woodard (USA)	Eugene	Jun 7
16	18.60	Cleopatra Borel (TTO)	Santiago de Chile	Feb 7

16	18.60	Brittany Crew (CAN)	Madrid	Jun 22
18	18.58	Yaniuvís López (CUB)	Bragança Paulista	Jul 8
19	18.52	Alyona Bugakova (RUS)	Moskva	Jun 13
20	18.48	Klaudia Kardasz (POL)	Berlin	Aug 8
21	18.45	Dimitriana Surdu (MDA)	Leiria	Mar 10
22	18.43	Sara Gambetta (GER)	Berlin	Sep 2
23	18.42	Yulia Leantsiuk (BLR)	Shanghai	May 12
24	18.36	Gao Yang (CHN)	Osterode	Jun 1
24	18.36	Melissa Boekelman (NED)	Utrecht	Jun 24
26	18.33	Jeneva Stevens (USA)	Kingston	Jun 9
27	18.27	Erin Farmer (USA)	Los Angeles	Mar 31
28	18.21	Alina Kenzel (GER)	Rechberghausen	Jun 3
29	18.16	Viktoryia Kolb (BLR)	Brest	Jun 8
29	18.16	Michelle Carter (USA)	Kingston	Jun 9

DISCUS

1	71.38	Sandra Perkovic (CRO)	Doha	May 4
2	68.26	Dani Stevens (AUS)	Gold Coast	Apr 12
3	67.82	Yaimé Pérez (CUB)	Las Tunas	Feb 10
4	67.03	Chen Yang (CHN)	Osterode	Jun 2
5	66.09	Denia Caballero (CUB)	Las Tunas	Feb 10
6	65.15	Claudine Vita (GER)	Halle	May 26
7	65.10	Andressa de Moraes (BRA)	Bragança Paulista	Jul 8

8	64.66	Fernanda Raquel Martins (BRA)	Bragança Paulista	Sep 15
9	64.58	Feng Bin (CHN)	Halle	May 26
10	63.92	Yelena Panova (RUS)	Smolensk	May 29
11	63.73	Su Xinyue (CHN)	Halle	May 26
12	63.55	Valarie Allman (USA)	Des Moines	Jun 21
13	63.00	Nadine Müller (GER)	Berlin	Aug 11
14	62.91	Shanice Craft (GER)	Nürnberg	Jul 22
15	62.66	Anna Rüh (GER)	Halle	May 26
16	62.47	Maggie Ewen (USA)	Chula Vista	Apr 12
17	62.41	Yuliya Maltseva (ANA)	Sochi	Feb 7



Sandra Perkovic

18	62.37	Irina Rodrigues (POR)	Vagos	Feb 24
19	62.26	Seema Antil (IND)	Jakarta	Aug 30
20	62.10	Shadae Lawrence (JAM)	Sacramento	May 25
21	61.97	Subenrat Insaeng (THA)	Kolin	Jul 19
22	61.63	Julia Harting (GER)	Nürnberg	Jul 22
23	61.47	Alex Collatz (USA)	Claremont	Jun 22
24	61.16	Rachel Dincoff (USA)	Tucson	May 19
25	61.11	Kristin Pudenz (GER)	Nürnberg	Jul 22
26	61.10	Whitney Ashley (USA)	Long Beach	Apr 21
27	61.09	Gia Lewis-Smallwood (USA)	London	Jul 22
28	61.04	Kamalpreet Kaur (IND)	Lucknow	Aug 17
29	61.02	Liliana Cá (POR)	Lisboa	Feb 25
30	60.97	Summer Pierson (USA)	Rathdrum	Jun 1

HAMMER

1	79.59	Anita Włodarczyk (POL)	Lublin	Jul 22
2	78.12	DeAnna Price (USA)	Des Moines	Jun 23
3	77.78	Gwen Berry (USA)	Chorzów	Jun 8
4	76.26	Hanna Malyshik (BLR)	Brest	Apr 27
5	75.02	Luo Na (CHN)	Halle	May 26
6	74.78	Alexandra Tavernier (FRA)	Berlin	Aug 12
7	74.53	Maggie Ewen (USA)	Tempe	Apr 6
8	74.39	Joanna Fiodorow (POL)	Chorzów	Aug 22
9	74.20	Brooke Andersen (USA)	Tucson	Apr 28
10	74.02	Hanna Skydan (AZE)	Berlin	Aug 10
11	73.73	Wang Zheng (CHN)	Ostrava	Jun 13
12	73.48	Sophie Hitchon (GBR)	London	Jul 14
13	73.25	Martina Hrašnová (SVK)	Banská Bystrica	Jun 2

14	73.22	Yelizaveta Tsareva (RUS)	Zhukovskiy	Jun 30
15	72.92	Janeah Stewart (USA)	Eugene	Jun 7
15	72.92	Malwina Kopron (POL)	Wola	Jul 28
17	72.70	Zalina Petrivskaya (MDA)	Chisinau	May 26
18	72.63	Iryna Klymets (UKR)	Kyiv	Jun 15
19	72.52	Réka Gyurácz (HUN)	Szombathely	Jul 26
20	72.24	Liu Tingting (CHN)	Halle	May 26
21	71.96	Jillian Weir (CAN)	Toronto	Aug 10
22	71.66	Kvılcım Salman (TUR)	Bursa	Jul 8
23	71.50	Kathrin Klaas (GER)	Berlin	Aug 12

24	70.98	Jenny Dahlgren (ARG)	Cochabamba	Jun 5
25	70.96	Bianca Ghelber (ROU)	Cluj-Napoca	Jun 2
26	70.93	Rosa Rodríguez (VEN)	Cochabamba	Jun 5
27	70.92	Barbara Špiler (SLO)	Cakovec	Sep 30
28	70.62	Ida Storm (SWE)	Bottnaryd	Jun 17
29	70.41	Jessica Ramsey (USA)	Des Moines	Jun 23
30	70.05	Jeneva Stevens (USA)	Oxford	Apr 14

JAVELIN

1	68.92	Kathryn Mitchell (AUS)	Gold Coast	Apr 11
2	67.90	Christin Hussong (GER)	Berlin	Aug 10
3	67.69	Lu Huihui (CHN)	Halle	May 26
4	67.47	Tatsiana Khaladovich (BLR)	Oslo	Jun 7
5	67.12	Liu Shiyang (CHN)	Osaka	May 20
6	66.53	Marcelina Wittek (POL)	Białogard	May 5
7	66.10	Martina Ratej (SLO)	Celje	Jul 14
8	65.61	Nikola Ogrodniková (CZE)	Potchefstroom	Apr 12
9	65.20	Eda Tugsuz (TUR)	Mersin	Feb 18
10	64.75	Kara Winger (USA)	Zürich	Aug 30
11	64.57	Kelsey Barber (AUS)	Brisbane	Mar 28
12	63.18	Lina Muze (LAT)	Riga	Jul 28
13	62.98	Madara Palameika (LAT)	Riga	May 29
14	62.58	Anete Kociņa (LAT)	Riga	May 29
15	62.46	Sunette Viljoen (RSA)	Sasolburg	Mar 27
16	62.42	Sigrid Borge (NOR)	Leiria	Mar 10
17	62.39	Laila Domingos (BRA)	Zagreb	Jul 29
18	62.21	Sinta Sprudzane (LAT)	Ogre	Jun 15
19	61.91	Katharina Molitor (GER)	Luzern	Jul 9
20	61.61	Liveta Jasuniņaite (LTU)	Ogre	Jun 15
21	61.53	Liz Gleadle (CAN)	Shanghai	May 12
22	61.25	Lidia Parada (ESP)	Getafe	Jul 21
23	61.21	Su Lingdan (CHN)	Taiyuan	Sep 14
24	60.91	Yekaterina Starygina (RUS)	Krasnodar	Feb 25
25	60.79	Marina Saito (JPN)	Yamaguchi	Jun 23
26	60.71	Risa Miyashita (JPN)	Osaka	May 20
27	60.60	Dana Bergrath (GER)	Luzern	Jul 9
27	60.60	Marija Vucenovic (SRB)	Stara Zagora	Jul 21
29	60.59	Alexie Alais (FRA)	Aix-les-Bains	May 20
29	60.59	Sofi Flink (SWE)	Joensuu	Jul 4

HEPTATHLON

1	6816	Nafissatou Thiam (BEL)	Berlin	Aug 10
(13.69/0.4 1.91 15.35 24.81/0.4 6.60/1.1 57.91 2:19.35)				
2	6759	Katarina Johnson-Thompson (GBR)	Berlin	Aug 10
(13.34/0.4 1.91 13.09 22.88/1.5 6.68/-0.1 42.16 2:09.84)				
3	6742	Yorgelis Rodríguez (CUB)	Götzis	May 27
(13.48/0.3 1.86 14.95 23.96/-0.6 6.58w/2.3 48.65 2:12.73)				
4	6725	Erica Bougard (USA)	Götzis	May 27
(12.80/1.5 1.86 13.02 23.31/0.4 6.62/1.1 41.97 2:08.42)				
5	6602	Carolin Schäfer (GER)	Berlin	Aug 10
(13.33/0.4 1.79 14.12 23.75/1.5 6.24/0.9 53.73 2:14.65)				
6	6552	Ivona Dacic (AUT)	Berlin	Aug 10
(13.66/0.0 1.82 14.06 23.61/1.5 6.35/0.1 47.42 2:11.87)				
7	6426	Anouk Vetter (NED)	Götzis	May 27
(13.46/0.1 1.71 15.91 23.89/0.4 6.25/0.9 51.27 2:23.41)				
8	6400	Katerina Cachová (CZE)	Berlin	Aug 10
(13.29/0.4 1.85 12.71 24.25/0.4 6.36/-0.5 44.64 2:14.91)				
9	6391	Géraldine Ruckstuhl (SUI)	Talence	Sep 16
(13.85/0.1 1.83 13.82 24.96/0.7 5.96/0.5 55.11 2:13.98)				
10	6367	Xénia Krizsán (HUN)	Berlin	Aug 10
(13.64/0.0 1.79 13.99 25.05/-0.8 6.24/0.7 45.45 2:07.61)				
11	6337	Verena Preiner (AUT)	Berlin	Aug 10
(13.58/0.0 1.73 13.76 24.12/1.5 6.09/0.8 48.79 2:11.29)				
12	6285	Evelyn Aguilar (COL)	Barranquilla	Aug 1
(13.92/2.3 1.77 13.64 23.95/0.1 6.47/2.2 43.01 2:16.18)				
13	6253	Niamh Emerson (GBR)	Tampere	Jul 13
(13.76/0.5 1.89 12.27 24.80/0.0 6.31w/2.6 39.02 2:09.74)				
14	6252	Hanne Maudens (BEL)	Götzis	May 27
(14.00/-0.3 1.80 13.28 24.28/1.2 6.36/0.1 40.96 2:11.14)				
15	6230	Esther Turpin (FRA)	Götzis	May 27
(13.26/0.3 1.74 13.21 24.59/1.2 6.32/1.3 42.82 2:14.12)				
16	6225	Sarah Lagger (AUT)	Tampere	Jul 13
(14.21/0.5 1.77 14.38 24.86/-0.1 6.15/0.3 45.76 2:11.53)				
17	6179	Grit Šadeiko (EST)	Talence	Sep 16
(13.31/1.6 1.80 12.34 24.83/-0.2 5.93/1.4 47.70 2:14.98)				
18	6177	Alina Shukh (UKR)	Götzis	May 27
(14.33/-0.3 1.77 14.14 25.88/1.6 5.95/1.8 52.46 2:10.93)				
19	6173	Georgia Ellenwood (CAN)	Bloomington	May 13
(13.76/1.1 1.78 12.69 24.21w/2.1 6.11/1.2 45.94 2:16.37)				
20	6169	Mareike Arndt (GER)	Ratingen	Jun 17
(13.44/-0.1 1.63 15.06 23.70/0.6 5.96/2.9 43.84 2:15.48)				
21	6165	Sophie Wessenberg (GER)	Knoxville	Jul 28
(13.95/1.9 1.85 13.01 24.26/-1.5 6.16/0.0 43.76 2:20.52)				
22	6162	Louisa Grauvogel (GER)	Ratingen	Jun 17
(13.13/-0.1 1.69 13.22 23.36/0.6 5.85/2.0 44.14 2:15.95)				
23	6144	Allison Reaser (USA)	Götzis	May 27
(13.45/0.1 1.65 12.98 23.82/-0.6 6.07/0.5 44.54 2:11.61)				
24	6137	Chari Hawkins (USA)	Bedford	May 27
(13.56/0.5 1.80 12.78 24.44/-1.7 6.07w/2.8 43.71 2:17.64)				
25	6136	Marthe Yasmine Koala (BUR)	Kladno	Jun 16
(13.56/0.9 1.75 12.73 24.24/0.1 6.64/1.5 44.90 2:29.65)				
26	6133	Nina Schultz (CAN)	Gold Coast	Apr 13
(13.47/0.6 1.84 12.13 25.02/-0.3 6.19/0.3 43.11 2:17.40)				
27	6116	Anna Maiwald (GER)	Ratingen	Jun 17
(13.77/-0.1 1.72 14.40 24.23/1.1 5.97w/3.6 42.84 2:15.61)				
28	6111	Alex Gochenour (USA)	Götzis	May 27
(13.23/1.5 1.68 14.25 24.40/-0.6 6.10/0.7 40.94 2:16.48)				
29	6104	Daryna Sloboda (UKR)	Kropyvnytskyi	Jun 26
(14.49/0.3 1.82 13.69 25.33/-0.8 6.20/0.0 41.17 2:10.39)				
30	6094	Adriana Rodríguez (CUB)	Götzis	May 27
(13.51/0.1 1.77 13.29 23.72/0.4 6.45/1.5 35.15 2:23.01)				

20 KILOMETRES WALK

1	1:23:39	Yelena Lashmanova (RUS)	Cheboksary	Jun 9
2	1:26:28	Qieyang Shenjie (CHN)	La Coruña	Jun 2
3	1:26:36	Mária Pérez (ESP)	Berlin	Aug 11
4	1:26:38	María Guadalupe González (MEX)	Taicang	May 5
5	1:27:03	Anežka Drahotová (CZE)	Berlin	Aug 11
6	1:27:11	Mariya Ponomaryova (RUS)	Sochi	Feb 19
7	1:27:22	Yang Jiayu (CHN)	Taicang	May 5

8	1:27:30	Antonella Palmisano (ITA)	Berlin	Aug 11	19	43.73	Orcampi Unimed (BRA)	Bragança Paulista	Sep 15
9	1:27:42	Sofiya Brodatskaya (RUS)	Cheboksary	Jun 9	20	43.76	Australia	Brisbane	Mar 28
10	1:27:58	Julia Takács (ESP)	La Coruña	Jun 2	21	43.80	Ireland	Berlin	Aug 12
11	1:27:59	Brigita Virbalyte-Dimšienė (LTU)	Berlin	Aug 11	22	43.82	Kazakhstan	Jakarta	Aug 30
					23	43.90	Ukraine	Berlin	Aug 12
12	1:28:07	Živilė Vaičiukevičiūtė (LTU)	Berlin	Aug 11	24	44.03	Hungary	Genève	Jun 9
13	1:28:11	Erica de Sena (BRA)	Taicang	May 5	25	44.09	Denmark	Berlin	Aug 12
14	1:28:15	Laura García-Caro (ESP)	Berlin	Aug 11	26	44.11	Japan	Osaka	May 20
15	1:28:31	Eleonora Giorgi (ITA)	Taicang	May 5	27	44.12	Czech Republic	Berlin	Aug 12
16	1:28:37	Wang Yingliu (CHN)	Huangshan	Mar 3	28	44.18	Ecuador	Cuenca	Sep 29
17	1:28:48	Sandra Arenas (COL)	Dudince	Mar 24	29	44.19	Colombia	Barranquilla	Aug 2
18	1:28:56	Kimberley García (PER)	Taicang	May 5	30	44.37	Cuba	La Habana	Jun 8
19	1:28:58	Inna Kashyna (UKR)	Taicang	May 5					
20	1:29:06	Lu Xiuzhi (CHN)	Weinan	Sep 7					
21	1:29:08	Yekaterina Ryzhova (RUS)	Sochi	Feb 19	1	3:24.00	Jamaica	Gold Coast	Apr 14
22	1:29:15	Wang Na (CHN)	Huangshan	Mar 3	2	3:24.28	USA Red	London	Jul 14
22	1:29:15	Inês Henriques (POR)	Rio Maior	Apr 7	3	3:25.29	Nigeria	Gold Coast	Apr 14
24	1:29:22	Nadiya Borovska (UKR)	Lutsk	Mar 11	4	3:25.91	France	London	Jul 14
25	1:29:28	Ma Zhenxia (CHN)	Weinan	Sep 7	5	3:26.17	Poland	London	Jul 14
26	1:29:31	Yang Liuqing (CHN)	Weinan	Sep 7	6	3:26.48	Great Britain	London	Jul 14
27	1:29:32	Ma Li (CHN)	Weinan	Sep 7	7	3:26.86	Botswana	Gold Coast	Apr 14
28	1:29:41	Ana Cabecinha (POR)	La Coruña	Jun 2	8	3:27.43	Australia	Gold Coast	Apr 14
29	1:29:46	Su Wenxiu (CHN)	Weinan	Sep 7	9	3:27.63	Italy	Berlin	Aug 10
30	1:29:50	Rey Khan Kagramanova (RUS)	Cheboksary	Jun 9	10	3:27.69	Belgium	Berlin	Aug 11
					11	3:28.04	Athletics Canada CAN	Toronto	Aug 12
					12	3:28.72	India	Jakarta	Aug 30
					13	3:29.46	Switzerland	Bern	Jun 16
1	41.88	Great Britain	Berlin	Aug 12	14	3:29.48	Cuba	Barranquilla	Aug 2
2	42.05	LSU (USA)	Knoxville	May 13	15	3:30.33	Germany	Berlin	Aug 11
3	42.15	Netherlands	Berlin	Aug 12	16	3:30.57	Netherlands	Bern	Jun 16
4	42.23	Germany	Berlin	Aug 12	17	3:30.61	Bahrain	Jakarta	Aug 30
5	42.29	Switzerland	Lausanne	Jul 5	18	3:31.54	Spain	Tarragona	Jun 30
6	42.52	Jamaica	Gold Coast	Apr 14	19	3:31.87	Colombia	Cochabamba	Jun 8
7	42.59	China	London	Jul 22	20	3:31.95	Romania	Berlin	Aug 10
8	42.73	Bahrain	Jakarta	Aug 30	21	3:32.11	Slovakia	Berlin	Aug 10
9	42.75	Nigeria	Gold Coast	Apr 14	22	3:32.61	Sweden	Berlin	Aug 10
10	43.06	France	Berlin	Aug 12	23	3:33.03	Lithuania	Vilnius	Jun 29
11	43.20	Poland	Berlin	Aug 12	24	3:33.23	Vietnam	Jakarta	Aug 30
12	43.31	Spain	Tarragona	Jun 30	25	3:33.35	Portugal	Berlin	Aug 10
13	43.42	Italy	Berlin	Aug 12	26	3:33.42	Chile	Cochabamba	Jun 8
14	43.50	Trinidad & Tobago	Gold Coast	Apr 14	27	3:33.64	Dominican Republic	Barranquilla	Aug 2
14	43.50	Athletics Canada (CAN)	Toronto	Aug 12	28	3:33.65	Puerto Rico	Barranquilla	Aug 2
16	43.64	Ghana	Gold Coast	Apr 14	29	3:33.72	China	Jakarta	Aug 30
17	43.68	South Africa	London	Jul 15	30	3:33.89	Greece	Stara Zagora	Jul 21
17	43.68	Dominican Republic	Barranquilla	Aug 2					

4x400 METRES

4x100 METRES

1	41.88	Great Britain	Berlin	Aug 12
2	42.05	LSU (USA)	Knoxville	May 13
3	42.15	Netherlands	Berlin	Aug 12
4	42.23	Germany	Berlin	Aug 12
5	42.29	Switzerland	Lausanne	Jul 5
6	42.52	Jamaica	Gold Coast	Apr 14
7	42.59	China	London	Jul 22
8	42.73	Bahrain	Jakarta	Aug 30
9	42.75	Nigeria	Gold Coast	Apr 14
10	43.06	France	Berlin	Aug 12
11	43.20	Poland	Berlin	Aug 12
12	43.31	Spain	Tarragona	Jun 30
13	43.42	Italy	Berlin	Aug 12
14	43.50	Trinidad & Tobago	Gold Coast	Apr 14
14	43.50	Athletics Canada (CAN)	Toronto	Aug 12
16	43.64	Ghana	Gold Coast	Apr 14
17	43.68	South Africa	London	Jul 15
17	43.68	Dominican Republic	Barranquilla	Aug 2

Britain's 4x100m team in Berlin



PRO:DIRECT RUNNING



SHEER SPEED COLLECTION

FREE UK RETURNS 

www.prodirectrunning.com



do Sheer Speed
Men's 1/2 zip top

Was: £45 **Now: £25**
QR: 188281



do Sheer Speed
dorunning Men's T-shirt

Was: £32 **Now: £20**
QR: 188275



do Sheer Speed
Men's 7'' Short

Was: £35 **Now: £20**
QR: 188282



do Sheer Speed
Women's 1/2 zip top

Was: £35 **Now: £25**
QR: 188295



do Sheer Speed
dorunning Women's Leggings

Was: £50 **Now: £30**
QR: 188296



do Sheer Speed
dorunning Women's Capri

Was: £45 **Now: £25**
QR: 188297

FREE STANDARD
UK DELIVERY
ON ALL ORDERS
OVER £60



MY ANNUAL merit rankings of British athletes (of which this is the 51st successive year) are an assessment of form and achievements during the outdoor season. The major factors by which the rankings are determined are win-loss record, performances in major meetings, and sequence of marks. Unlike the *Athletics International* world rankings, here I consider both indoor and outdoor results. Outdoor marks are listed first and any variances in the rankings on outdoor form only are shown at the end of the lists for the event.

I endeavour to be as objective as possible in assessing what actually happened, but form can often provide conflicting evidence, or perhaps an athlete may not have shown enough to justify a ranking that his or her ability might otherwise warrant.

Much depends on having appropriate opportunities and perhaps getting invitations for the prestige meetings. This year the major targets for top athletes were the Commonwealth Games and European Championships and for younger athletes the World Junior or European Youth Championships.

Difficulties arise when athletes reach peak form at different parts of the season or, through injury, miss significant competition. Also, as noted every year, many of our top track athletes compete only rarely in Britain, choosing (or being sent to) overseas meetings instead of British ones, which makes comparisons of form difficult and severely weakens the sport in this country, where the number of good class domestic meetings continues to decline very worryingly.

For each event the top 12 are ranked (except in those events where there are insufficient British athletes producing adequate performances). On the first line is shown the athlete's name, then their date of birth followed, in brackets, by the number of years ranked in the top 12 (including 2018) and their ranking last year (2017), and finally, their best mark prior to 2018. The following lines include their best performances of the year (generally six), followed, for completeness, by significant indoor marks indicated by 'i'. Then follow placings at major meetings, providing a summary of the athlete's year at the event.

Peter Matthews

Abbreviations include:

Anniv Anniversary Games (DL) at London (Olympic Stadium)
AthWC Athletics World Cup – 8-nation international at London
BL British League
B'ham DL Diamond League at Birmingham
BIG Bedford Jumps and Throws Fest (B'Gish)
B.Univs British Universities at Bedford
CAU Inter-Counties/England Champs at Manchester (SC)
CCp Continental Cup in Ostrava
EC European Championships in Berlin
E.Clubs European Clubs Cup
E.Sch English Schools at Birmingham
Eng-J England Under-20 Championships
Eng-23 England Under-23 Championships
EY European Youth Championships at Győr
GNC Great North City Games – Gateshead/Newcastle
GNR Great North Run
LEAP Loughborough European Athletics Permit meeting
LI Loughborough International
MCG Manchester City Games
MI Manchester International
Sch.G School Games at Loughborough
UK UK Championships at Birmingham
UKI UK Indoor Championships at Sheffield
WI World Indoor Championships at Birmingham
Wint Welsh International at Cardiff
WJ World Junior Championships at Tampere
WL UK Women's League
YDL Youth Development League Final at Bedford

100 METRES

- Zhanel Hughes** 13.7.95 (2y, 8) 10.10 '16, 10.08w '17 9.91, 9.93, 9.95, 9.97, 10.01, 10.01; 9.99w
1 Kingston 24/2 & 9/6, 1 Boston, 2 UK, 2 Anniv, 1 EC, 5 B'ham DL
- Reece Prescod** 29.2.96 (2y, 2) 10.03 '17 9.94, 9.96, 9.99, 10.04, 10.06, 10.09; 9.88w
1 Lough 28/4, 1 Shanghai, 3 Eugene, 1 UK, 5 Rabat, 2 EC, 2 B'ham DL, 4 Brussels
- Chijindu Ujah** 5.03.94 (6y, 1) 9.96 '14, 9.95w '17 10.06, 10.08, 10.13, 10.13, 10.14, 10.15; 10.12w
1 Tempe, 3 Mt.SAC, 3 Drake R, 4 Shanghai, 6 Eugene, 3 UK, 6 Rabat, 4 EC, 8 B'ham DL, 7 Brussels
- Ojie Edoburun** 2.6.96 (4y, 7) 10.12, 9.93w '17 10.04, 10.10, 10.16, 10.22, 10.27, 10.31
1 Weinheim, 2 Prague, 5 UK, 4 AthWC, 6h1 Anniv, 2 Sopot, 6h2 B'ham DL
- Nethaneel Mitchell-Blake** 2.4.94 (3y, 4) 9.99 '17 10.08, 10.20, 10.24, 10.32
1 Baton Rouge, 4 UK, 5 Bellinzona
- Harry Aikines-Aryeetey** 29.8.88 (12y, 6) 10.08 '13, 9.90w '17
10.18, 10.18, 10.24, 10.25, 10.26, 10.27
4 Brisbane, 4s3 CG, 1 Manchester, 4 Savona, 1 Bydgoszcz, 6 Prague, 4 Geneva, 6 UK, 8h2 Anniv, 1/1 LEAP, 6h1 B'ham DL, 4 Berlin
- Adam Gemili** 6.10.93 (7y, 5) 9.97 '15 10.11, 10.22, 10.24, 10.31, 10.51
2B Brisbane, dns CG, 4 Ostrava, 7h1 B'ham DL
- Tommy Ramdhan** 28.11.96 (1y, -) 10.45 '15, 10.21w '16
10.25, 10.32, 10.33, 10.36, 10.44, 10.54; 10.20w, 10.22w, 10.28w
1 Clermont, 3 Savona, 1 Eng-23, 6 Mannheim, 1/2 MI 1 LV 25/4, 1 LI, 5= Regensburg, 5s1 UK, 3 LV 18/7, 2 Karlstad, 1 Lapinlahti, BL1: 1, -, 1, 1
- Samuel Gordon** 5.10.94 (1y, -) 10.32 '17 10.34, 10.36, 10.39, 10.39, 10.40, 10.46; 10.14w, 10.26w
2 LI, 5B Geneva, 1 Cardiff, 7 UK, 4 Sopot, -/1 MI, 7h2 B'ham DL, BLP: 2-- , 3, 1



Zhanel Hughes

- Andrew Robertson** 17.12.90 (6y, 12) 10.10 '14 10.30, 10.31, 10.33, 10.37, 10.38, 10.45; 10.06w, 10.26w, 10.28w, 10.28w
4 GNC, 5 LI, 3 Regensburg, 1 LV 20/6, 4s3 UK, 2/2 LV 18/7, 1 CAU, 2/3 MI
- Deji Tobais** 31.10.91 (5y, -) 10.18, 10.04w '14 10.21, 10.32, 10.34, 10.36, 10.38, 10.39; 10.32w
- Dominic Ashwell** 13.6.99 (1y, -) 10.36, 10.31w '17 10.25, 10.28, 10.36, 10.38, 10.40, 10.50; 10.28w, 10.35w
3 LV 25/4, 3/1B Newham, 3 LI, 2 Eng-J, 5 WJ

Both Hughes and Prescod had great seasons and made the world top 10. Prescod had a 2-1 advantage, but Hughes's EC win and better times took him to top ranking. Ujah had his fifth successive year in the top five but was a little down on his 2017 form, and the 2017 No.3 James Dasaolu did not compete due to an Achilles injury.

200 METRES

- Nethaneel Mitchell-Blake** 2.4.94 (5y, 1) 19.95 '16 20.04, 20.21, 20.24, 20.35, 20.37, 20.47
5 Doha, 5 Eugene, 5 Stockholm, 1 UK, 4 Anniv, 2 EC, 8 Zürich
- Adam Gemili** 6.10.93 (6y, 5) 19.97 '16 20.10, 20.21, 20.26, 20.30, 20.42, 20.45
5 Hengelo, 4 Oslo, 2 UK, 5 Anniv, 5 EC
- Zhanel Hughes** 13.7.95 (4y, 3) 20.02 '15 20.23, 20.28, 20.34, 20.37; (20.12dq)
1 Kingston 27/1, 1 Brisbane, dq CG
- Edmond Amaning** 27.10.93 (2y, 9) 20.86, 20.52w '17 20.43, 20.48, 20.51, 20.57, 20.66, 20.77; 20.37w, 20.44w, 20.63w
1D G'ville, 2B & 1C Clermont, 1A LI, 2D Oordegem, 5 UK, 4 Cork, 1 CAU, 1 MI, BLP: -, -, 1, 1; Ind: 2 UKI
- Delano Williams** 23.12.93 (4y, -) 20.27 '13 20.47, 20.54, 20.55, 20.89, 20.97, 20.97
1B Kingston 19/5, 6 G.Cayman, 4 UK, 4B Luzern, 6 AthWC, dns s1 EC
- Jona Efoloko** 23.9.99 (1y, -) 20.92 '17 20.48, 20.65, 20.74, 20.79, 20.84, 21.26
1 Lough 28/4, 2 BL1 (1), 3A LI, 1 Eng-J, 1 WJ, 4 Lappeenranta
- Charlie Dobson** 20.10.99 (1y, -) 21.20, 21.19w '17 20.53, 20.57, 20.65, 20.73, 20.75, 20.78; 20.74w
1 LI, 2 Eng-J, 1 Mannheim 14/6, 2 WJ; Ind: 1r2 Vienna, 1 Eng-J
- Tommy Ramdhan** 28.11.96 (2y, -) 20.84 '16, 20.57w '15
20.59, 20.66, 20.72, 20.74, 20.90, 21.04; 20.69w
1 Miramar, 1C Clermont, 1 Tergnier, 1B Geneva, 2h4 UK, 1 Mannheim 15/7, 2 Castres, 1 LV 1/8, 2 Lappeenranta
- Miguel Francis** 28.3.95 (1y, -) 19.88 '16 pre GBR 20.38, 20.59, 20.72, 20.87
1 Kingston 26/5 & 2/6, 3 Kingston 9/6, dns UK
- Jordan Broome** 4.12.96 (1y, -) 21.15 '16 20.65, 20.91, 20.92, 20.93, 21.08, 21.30
2 B.Univs, 6B LI, 1 Lomza, 1 Linz, 6 UK, 3 Castres, BL1: -, 2-, 3
- Confidence Lawson** 5.9.90 (1y, -) 20.83 '16

20.78, 20.97, 21.03, 21.10, 21.15, 21.20
2D Clermont, 2 LV 20.6, 7 UK, BLP: -,2,2,-

12. Thomas Somers 28.4.97 (2y, -) 20.37 '14
20.63, 20.97, 21.04, 21.25, 21.38, 21.43; 20.93w
4 B.Univs, 5A LI, 2B Geneva, 1 Eng-23, 4h3 UK, 3 BLP (3),
2 LEAP

nr Leon Reid 26.7.94 IRL (as UK 4y, 4) 20.38 '17
20.27, 20.31, 20.37, 20.38, 20.40, 20.55
2 Brisbane, 3 CG, 1 Eur Clubs, 1 BLP (2), 5 Bern, 2 Belfast,
3 UK, 4 Luzern, 1 Irish Ch, 7 EC, 4 Gothenburg, 5 Zagreb

nr Antonio Infantino ITA 22.3.91 (as UK 2y, -) 20.53 '16,
20.45w '17

20.65, 20.77, 20.82, 20.83, 20.86. 20.92; 20.52w,
20.61w, 20.62w; 20.77i

4B G'ville, 5 Clermont, 4 Savona, 1 LV 6/6 & 20/6, 6
Geneva, 3B C-de-Fonds, 2 Mannheim, 2 CAU, 3 LV 1/8;
Ind: 1 UKi

Mitchell-Blake retained his top ranking with Gemili second while Hughes was unfortunate to get disqualified at the Commonwealth Games, before concentrating on the 100m thereafter. Reid had a great season with bronze at CG, but now runs for Ireland. Finishing first and second at the World Juniors was an extraordinary achievement by Efoloko and Dobson. Last year's No.2 Danny Talbot missed the season through injury.

400 METRES

1. Matthew Hudson-Smith 26.10.94 (5y, 1) 44.48 '16
44.63, 44.68, 44.70, 44.76, 44.78, 44.79
dq CG, 1 Clermont, 4/4 Kingston, 7 Rome, 1 UK, 3 Rabat, 6
Anniv, 1 EC, 2 B'ham DL, 3 Zürich, 4 CCP

2. Rabah Yousif 11.12.86 (5y, 3) 44.54 '15
45.30, 45.39, 45.53, 45.63, 45.74, 45.74
3/3 Brisbane, 4s1 CG, 1A LI, 1 Palafrugell, 2 Bydgoszcz,
2 Leiden, 1 Goleniów, 1 Copenhagen, 2 UK, 4 AthWC,
2 Dublin, 9 Anniv, 3s2 EC, 1 Gothenburg, 4 Chorzów, 5
Brussels, 4 Zagreb

3. Dwayne Cowan 1.1.85 (3y, 2) 45.34 '17
45.45, 45.65, 45.68, 45.75, 45.99, 46.06
2/6 Brisbane, 4s2 CG, 2 Clermont, 6 Riga, 2 Prague, 5
Chorzów, 4 Copenhagen, 4 UK, 5 Guadalajara, 1B Anniv,
5s1 ECh, 2 Berlin, 8 B'ham DL; Ind: 2B Linz

4. Cameron Chalmers 6.2.97 (3y, 4) 45.64 '17
45.75, 45.79, 45.97, 46.16, 46.34, 46.37
1 Auckland, 1 Brisbane, 5s3 CG, 1 B.Univs, 5A Oordegem,
3 Geneva, 1 Guernsey, 3 UK

5. Martyn Rooney 3.4.87 (14y, 5) 44.45 '15
45.73, 46.01, 46.11, 46.13, 46.13, 46.17
2B Brisbane, 6 Bydgoszcz, 1B Geneva, 1 Bern, 5 UK, 1B
Lausanne, 2B Anniv, 6s3 EC, 4 Rovereto, 3 Zagreb

6. Owen Smith 7.11.94 (2y, 12) 46.23 '16
46.24, 46.63, 46.72, 46.76, 46.78, 46.90
1 BLP (1), 2 LI, 1C Oordegem, 6 Geneva, 6 UK, 3B
Lausanne, 1 Welsh, 4B Anniv, Ind: 2r3 Vienna, dq ht UKi, 4
Glasgow

7. Grant Plenderleith 15.3.91 (1y, -) 46.65 '15
46.34, 46.60, 46.80, 46.96, 47.01, 47.09
2 BLP (1), 1 LI, 1E Oordegem, 4 Riga, 7 UK, 5B Anniv, 4
Castres, 2 Scot; Ind: 3 Scot, 4 UKi, 5 Glasgow

8. Jamal Rhoden-Stevens 27.4.94 (1y, -) 46.99 '17
46.54, 46.74, 46.83, 46.84, 46.91, 47.13
1 Munich, 1D Oordegem, 5B Geneva, 2h3 UK, 1 Mannheim,
3B Anniv, 1 Kessel-Lo, 1 Tampere; Ind: 1 St. Gallen, 1
B'lava, 3 UKi, 6 Glasgow

9. Lee Thompson 5.3.97 (1y, -) 47.01 '17
47.20, 47.26, 47.41, 47.42, 47.44, 47.63; 46.23i, 46.74i,
46.81i, 47.11i, 47.14i
5 LI, 1 Sheffield, 2 B'ham Un, 5h1 UK, 3 CAU, 3 BLP (4);
Ind: 1 North, 1r5 Vienna. 1 UKi, 6s2 WI

10. Ben Claridge 12.11.97 (1y, -) 47.23 '17
46.59, 46.69, 46.83, 47.14, 47.35, 47.40
2 B.Univs, 3 LI, 3C Oordegem, 1 Eng-23, 3h3 UK, 1 BL1
(3), 7B Anniv

11. Sam Hazel 7.10.96 (1y, -) 46.98 '17
46.71, 46.84, 47.07, 47.10, 47.22, 47.37
3 B.Univs, 3A LI, 3 BLP (2), 2 Bern, 4h1 UK, 8B Anniv, 5
CAU

12. Thomas Somers 28.4.97 (1y, -) 46.92 '10
46.79, 46.91, 46.97, 47.44; 48.41i
2 B.ham, 1D Geneva, 2 LEAP, 2 BLP (4); Ind: 5s2 UKi

- Ethan Brown 9.5.01 (1y, -) 47.82 '17
46.87, 47.19, 47.21, 47.30, 47.84, 47.86

1 BL1 (1), 4A LI, 5D Oordegem, 2 Eng-J, 2 EY, 1 E.Sch; 3
MI, 1 EJ Clubs; Ind: 4 Eng-Ji

nr Sadam Koumi 6.4.94 SUD 45.67 '16
46.00, 46.15, 46.41, 46.56, 46.77, 46.82; 46.44i
2 E.Clubs, 2A LI, 1 Belfast, 1 LEAP, 1 CAU/Eng, 1 Scot, BLP:
-, -, -, 1; Ind: 1 Scot, 2 UKi

Outdoors only: 9 Claridge, 10 Hazel, 11 Somers, 12 Brown

Hudson-Smith is top for the third year and is again in the world top 10 despite his disqualification when looking so good at the Commonwealth Games. The rest of the top five are as in 2017 but Yousif and Cowan swap places while Chalmers and Rooney retain theirs. Rooney's 14 years in the rankings is a new event record. Then there is a big gap to the next group but the UK Champs work out well for the top seven. Thompson came to the fore indoors but his outdoor form mean that he just makes the top 10. Overall standards slipped so that 10th best of 46.54 was the worst since 2006 and 109 at 49.0 or better was the lowest since 2007.

800 METRES

1. Jake Wightman 11.7.94 (6y, 5) 1:45.42 '17
1:44.61, 1:45.00, 1:45.82, 1:45.96, 1:47.43; Ind: 1:47.69i
4 CG, 5 Anniv, 7 B'ham DL, 4 Brussels; Ind: 3 Glasgow

2. Elliot Giles 26.5.94 (4y, 2) 1:44.99 '17
1:45.04, 1:45.84, 1:46.78, 1:47.18, 1:47.40, 1:47.40;
1:45.46i

6h2 CG, 1 Brighton, 9 Hengelo, 4 Marseille, 9 Madrid, 1
UK, 3 AthWC, 9 Anniv, 7s2 ECh; Ind: 2 Madrid, 5 Torun, 1
UKi, 4 WI

3. Kyle Langford 2.2.96 (6y, 1) 1:45.25 '17

1:45.16, 1:45.61, 1:46.53, 1:48.29, 1:48.92; Ind:

1:46.43i, 1:47.95i
1 Brisbane, 2 CG, 4 Eugene, 10 Rome, 5 Watford 11/7; Ind:
4 Millrose, 4 Glasgow

4. Daniel Rowden 9.9.97 (3y, 6) 1:46.64 '17
1:44.97, 1:45.83, 1:46.59, 1:46.98, 1:47.01, 1:47.32
1 Lough 28/4, 1 B.Univs, 1 LI, 4 Oordegem 26/5, 2
Oordegem 2/6, 1 Lough 23/6, 2 UK, 8 Anniv, 1 BLP (4),
6s1 ECh

5. Guy Learmonth 20.4.92 (7y, 3) 1:45.10 '17
1:44.73, 1:46.10, 1:46.32, 1:46.46, 1:46.75, 1:46.83
6h1 CG, 11 Hengelo, 4 Huelva, 8 Madrid, 3 UK, 5 Luzern, 4
Bellinzona, 7 Anniv, 5s1 ECh, 6 Rovereto, 9 Zagreb

6. Andrew Osagie 19.2.88 (9y, 4) 1:43.77 '12
1:45.09, 1:45.25, 1:45.79, 1:46.36, 1:47.58, 1:48.20;
1:47.02i, 1:47.41i

5h3 CG, 7 Shanghai, 4 Hengelo, 2 Marseille, 4 UK, 10
Anniv, 9 Chorzów; Ind: 4 Karlsruhe, 3 Düsseldorf, 4 Liévin,
3 UKi, 4 Athlone

7. Jamie Webb 1.6.94 (3y, -) 1:46.59 '16
1:45.73, 1:46.37, 1:46.79, 1:46.97, 1:47.38; 1:47.33i
3 B.Univs, 2 Lublin, 2 Oordegem 26/5, 1 Oordegem 2/6,
4 Stockholm, 6= Madrid, 5 UK; Ind: 1 Sheffield, 1 North, 1
Vienna, 4 Gent, 2 UKi, 6 Glasgow

8. Thomas Staines 22.2.98 (1y, -) 1:50.39 '17
1:45.57, 1:46.56, 1:48.04, 1:48.29, 1:48.34A, 1:48.54A;
Ind: 1:47.23i, 1:47.82i

1 Pueblo, 1 Azusa, 1 Golden, 1 NCAA II, 1 Nashville; Ind: 1
Boulder, 1 NCAA II

9. Canaan Solomon 17.9.98 (1y, -) 1:48.89 '16
1:47.12, 1:47.23, 1:48.31, 1:48.71, 1:49.51, 1:49.65
1 Watford 18/4, 2 B.Univs, 2 LI, 4 Watford 26/5, 3 Eng-23,
2 Lough 23/6, 6 UK, 1 Heusden, 3 Schifflange

10. Max Burgin 20.5.02 (1y, -) 1:49.42 '17
1:47.36, 1:47.50, 1:49.21, 1:49.78, 1:50.0, 1:50.40
1 Leeds, 1 Manchester, 1 W.York Sch, 3 Lough 23/6, 1
EU18, 1 Eng-17, 1 Sch G

11. Michael Rimmer 3.2.86 (14y, 7) 1:43.89 '10
1:47.33, 1:47.45, 1:47.91, 1:48.39, 1:48.62, 1:50.11
3 Watford 26/5, 9 Huelva, 5 Lough 23/6, 2h1 UK, 8
Guadalajara, 5 Cork, 6 Dublin

12. Spencer Thomas 26.8.97 (3y, 10) 1:47.83 '17
1:47.76, 1:48.09, 1:48.23, 1:48.47, 1:48.61, 1:48.69
2 Manchester, 5 Watford 26/5, 2 Brighton, 1 Watford 13/6,
2 Eng-23, 2h2 UK, 2B Ninove, 1 Watford 8/8, 1 Eltham 15/8



Wightman, with Commonwealth bronze and good runs in three Diamond League races, takes the top ranking and only just missed a world top 10 ranking. It is close between the next group. Giles, double UK champ, was fourth at the World Indoors and 2-2 v Osagie, 1-1 v Rowden and 2-2 v Learmonth. Langford won Commonwealth silver but had only three races thereafter. Rowden was 1-1 v Learmonth but ahead at the UKs and 2-0 v Osagie, while Learmonth was 2-1 v Osagie. There are eight British men in the world top 100 then a bit of a gap to the next men, but the 10th best of 1:47.12 is the best since 1992. Tom Staines, son of Gary and Linda, makes a notable debut but he raced only in US Collegiate action. Burgin set world age-15 and UK U16 records with the European U18 title topping his achievements.

1500 METRES – 1 MILE

- Jake Wightman** 11.7.94 (5y, 2) 3:34.17 '17, 3:54.20M '16
3:33.96, 3:35.97, 3:37.04, 3:38.25, 3:40.73, 3:59.15M; 3:37.43i
3 CG, 9M Oslo, 3 Marseille, 2 UK, 12 Monaco, 3 EC; Ind: 2 Boston, 1 UKi, 6 WI
- Charlie Da'Vall Grice** 7.11.93 (6y, 3) 3:33.60, 3:52.64M '16
3:34.20, 3:35.72, 3:35.88, 3:36.48, 3:37.43, 3:38.65; 3:39.05i, 3:56.47i
4 CG, 6 Rome, 2 Prague, 1 Marseille, 4 UK, 5 Rabat, 5 EC, 7 B'ham DL, 11 Zürich, 8 Bay Shore; Ind: 3 New York, 4 Millrose, 3 Metz, 4 Torun, 2 UKi
- Chris O'Hare** 23.11.90 (8y, 1) 3:33.61 '17, 3:52.91Mi '16, 3:53.34 '17
3:32.11, 3:35.96, 3:36.47, 3:55.53M, 3:39.04, 3:39.53; 3:54.14Mi (3:37.63), 3:37.03i
8 CG, 2 Boston, 9 Rome, 1m Oslo, 1 UK, 9 Monaco, 9 EC, 12 B'ham DL, 1 Bay Shore; Ind: 1 Millrose, 1 Boston, 8 WI
- Neil Gourley** 7.2.95 (4y, 6) 3:39.92, 3:59.58Mi '16
3:35.98, 3:36.54, 3:57.11M, 3:57.20M, 3:39.77, 3:40.37 1/2 Atlanta, 1 Nashville, 10 Concord, 3 UK, 1 Lignano, 3 Ath WC, 1 Scot, 8 Anniv, 3 Bay Shore; Ind: 7 W-Salem, 7 NCAA
- Josh Kerr** 8.10.97 (3y, 5) 3:35.99, 3:59.90iM '17
3:35.01, 3:59.67M, 3:42.62, 3:44.69, 3:44.80, 3:45.02; 3:54.82Mi (3:39.58), 3:57.02Mi, 4:00.62Mi
1 Azusa, 1 MWC, 3 NCAA, 5 UK, 4 Falmouth; Ind: 2 Millrose, 1 MWC, 1 NCAAi
- James West** 30.1.96 (2y, -) 3:39.65 '17
3:36.59, 3:37.41, 3:41.42, 3:41.67, 3:42.08, 3:44.49; 4:02.70Mi
2 Eugene 7/4, 7 Azusa, 2 Pac-12, 3 Portland, 7 UK, 10 Anniv; Ind: 6/2 Seattle
- Jake Heyward** 26.4.99 (1y, -) 3:42.12 '17
3:36.90, 3:39.84, 3:42.31, 3:43.76, 3:45.45; 3:43.35i
2C Oordegem, 9m Oslo, 1 Eng-J, 4 WJ, 13 Anniv; Ind: 6 UKi, 11 Glasgow
- Robbie Fitzgibbon** 23.3.96 (3y, 9) 3:36.97 '17, 4:00.18M '16
3:39.37, 3:40.76, 3:41.32, 3:42.00, 3:42.31, 3:44.20
8 Montbéliard, 6 Turku, 5 Tübingen, 9 UK, 6 Guadalajara, 7 Sotteville, 7 Watford 8/8, 3 Trier; Ind: 8 Mondeville, 7 Sabadell
- Jamie Williamson** 3.3.97 (1y, -) 3:45.45 '16
3:58.99M (3:42.89), 3:41.59, 3:41.66, 3:42.39, 3:44.57, 3:45.90; 3:43.35i
1 LI, 1 Watford 26/5, 1 Eng-23, 6h3 UK, 1 Pflugstadt. 9 Cork, 6 GER Ch, 1 Watford 8/8; Ind: 1 Scot, 8 UKi
- Philip Sesemann** 3.10.92 (1y, -) 3:41.43 '17
3:40.93, 3:43.72, 3:44.13, 3:44.61, 3:45.09; 3:44.18i, 4:02.53Mi
2 Stretford 15/5, 17 Nijmegen, 2 Watford 13/6, 6 UK, 1 Watford 11/7, 4B Kortrijk, 13 Watford 8/8, BL1: -,2,1,1; Ind:



Marc Scott

- 1 Vienna, 7 Athlone
- Michael Wilsmore** 8.6.85 (1y, -) 3:43.56 '16
3:40.42, 3:40.92, 3:42.39, 3:43.47, 3:45.29, 3:47.76; 3:42.26i, 3:45.28i
4 LI, 2 Oordegem, 12 UK, 4 Watford 11/7, 5 Heusden, 3 MI; Ind: 1 Sheffield, 1 Cardiff, 5 Vienna, 4 UKi, 8 Glasgow
- Andrew Smith** 7.10.95 (1y, -) 3:45.62 '17
3:42.15, 3:42.43, 3:42.64, 3:42.75, 3:42.78, 3:42.97
2 Manchester, 4 Watford 26/5, 5 Oordegem, 1B Tübingen, 11 UK, 5 Watford 11/7, 5B Heusden, 3 Watford 8/8, 5 Stretford 18/8

O'Hare had a mixed season, not at his best in the major championships, but going to sixth on the UK all-time list for 1500m in Monaco and with some good wins. Wightman, however, excelled with bronze medals at CG and Europeans and takes over the top ranking. He is also the first man to head both 800m and 1500m in the same year since Steve Cram in 1986. Grice, who had a consistent season, beat O'Hare 4-2 outdoors, and has now been second or third for six successive years. Kerr improved his best to 3:35.01, and also ran 3:54.82 and won the NCAA title for the mile indoors, but otherwise had much slower times and Gourley had better depth. Heyward progressed to second on the UK all-time U20 list. There are five newcomers to the top 12.

5000 METRES

- Marc Scott** 21.12.93 (4y, 3) 13:22.37 '17
5 EC 13:23.14, 2 Portland 13:29.27, 1 UK 13:47.00
- Chris Thompson** 17.4.81 (12y, -) 13:11.51 '10
9 EC 13:25.11, 11 Stanford 3/5 13:25.29, 3 UK 13:49.85
- Ben Connor** 17.10.92 (2y, 5) 13:29.90 '17
11 EC 13:25.31, 2 Dublin 13:29.35, 7 Nijmegen 13:49.02, 4 UK 13:53.91, 14:02.05+
- Andrew Vernon** 7.1.86 (12y, 4) 13:11.50 '11
2 UK 13:47.61, 15 Montreuil 13:56.01, 14:01.68+
- Alexander Yee** 18.2.98 (3y, 10) 13:37.60 '17
20 Anniv 13:34.12, 14:02.91+
- Jonathan Mellor** 27.12.86 (5y, -) 13:31.21 '14
4 Dublin 13:36.12, 8 UK 13:59.86
- Adam Visokay** 11.3.94 (1y, -) 14:27.09 '16
20 Stanford 3/5 13:41.29, 6 UK 13:57.76, 18 Heusden 14:07.29
- Andrew Heyes** 22.6.90 (2y, -) 13:48.74 '17

- 22 Stanford 3/5 13:46.34, 14 Oordegem 13:55.40, 12 Dublin 13:56.00, 13 Nijmegen 14:04.98, 16 UK 14:11.60
- William Fuller** 14.5.97 (1y, -) 14:10.93 '17
6 Dublin 13:49.14, 5C Oordegem 13:56.19, 10 UK 14:03.49, 4 B.Univs 14:05.97, 1 BL1 (4) 14:46.73
- Kristian Jones** 4.3.91 (1y, -) 14:20.68 '16
1 Lough 13:45.25, 1 Glasgow 14:06.38, 4 BLP (2) 14:21.63
- Emile Cairess** 27.12.97 (1y, -) 13:59.82 '17
12B Oordegem 13:54.43, 1 B.Univs 14:00.30, 1 Eng-23 14:20.77, 19 UK 14:23.77
- Christopher Olley** 26.3.96 (1y, -) 14:03.29 '17
5 UK 13:55.70, 5 B.Univs 14:06.29, 1 BL4 (2) 14:58.46

Changing times – as there is no Mo Farah after his 13 years at the top and the 2017 No.2 Andrew Butchart also missed out through injury. So Marc Scott takes over at the top, but Chris Thompson returns for his first ranking since 2013 at 5000m. Unfortunately several of the rest did not back up their best times with other performances and those on the bottom half of this list are very hard to rank. There are five newcomers, while Thompson and Vernon's dozen years in the list is second highest ever to Farah's 14 and Thompson's 15-year span from 2003 is the event record. Encouragingly, 50th best of 14:07.81 was the best since 1991, as was 80 men under 14:20 (peak was 112 in 1985).

10,000 METRES

- Andrew Vernon** 7.1.86 (8y, 2) 27:53.65 '12
6 PH (2 UK) 27:52.32, 5 EC 28:16.90, 9 CG 28:17.11, dnf Oslo
- Chris Thompson** 17.4.81 (7y, 6) 27:27.36 '11
7 PH (3 UK) 27:52.56, 11 EC 28:33.12
- Alexander Yee** 18.2.98 (1y, -) -0-
5 PH (1 UK) 27:51.94, 14 EC 28:58.86
- Ben Connor** 17.10.92 (3y, 5) 28:23.58 '17
11 Stanford 3/5 28:14.56, 13 PH (E.Cp) 28:31.59
- Kieran Clements** 20.11.93 (3y, -) 28:57.15 '15
4B PH 28:37.12
- Mohamud Aadan** 11.1.90 (1y, -) 29:08.94 '17
16 PH (E.Cp) 28:39.79
- Ellis Cross** 22.9.96 (2y, 7) 29:00.49 '17
18 PH 28:47.51

- 8. Jack Martin** 29.4.88 (1y, -) 29:15.85 '17
10 Leiden 28:52.78
- 9. Richard Allen** 25.10.95 (1y, -) 30:26.88 '17
7B PH 28:54.95
- 10. Jack Rowe** 30.1.96 (1y, -) 29:55.62 '17
18 Stanford 30/3 29:10.33, 13 NCAA-W 29:21.28
- 11. Matthew Leach** 25.9.93 (2y, 11) 28:45.48 '17
22 PH 29:11.35
- 12. Graham Rush** 8.9.82 (1y, -) 29:04.42 '17
24 PH 29:13.28

Vernon, after six years at second or third from 2009, is top ranked as he (and Thompson) were well ahead at the European Champs of Yee, who made a splendid debut at the event by taking the UK title. The Parliament Hill (PH) races were again a huge success and 31 of the 65 British men to better 31 minutes set their bests at this meeting.

(10 MILES –) HALF MARATHON

(First ranked 1999)

- 1. Mohamed Farah** 23.3.83 (9y, 1) 59:22 '15
1 GNR 59:26, 61:03+, 1 London (UK) 61:40, 63:06+
- 2. Callum Hawkins** 22.6.92 (5y, 2) 60:00 '17
18 Valencia 61:00, 3 London (2 UK) 61:45
10M: 8 Zaandam 47:01
- 3. Chris Thompson** 17.4.81 (7y, 4) 61:00 '12
1 Gt. Scot 62:07, 3 New York 62:43, 3 Doha 63:03
10M: 1 Gt. South (1 ENG) 46:56
- 4. Luke Traynor** 6.7.93 (2y, 9) 64:10 '17
9 Barcelona 61:57, 38 World Ch 62:38, 3 Gt.Scot 62:56, 1 Ceske B 63:40, 2 Manchester 63:59
10M: 1 Scot 47:59
- 5. Mohamud Aadan** 11.1.90 (2y, 12=) 64:26 '17
7 Cardiff 62:31, 36 World Ch 62:34, 5 Granollers 63:16, 9 GNR 63:59
- 6. Ben Connor** 17.10.92 (3y, 11)
8 Barcelona 61:12, 64 World 63:45
- 7. Dewi Griffiths** 9.8.91 (4y, 3) 61:33 '18
9 Cardiff 62:56; 10M: 11 Zaandam 47:20
- 8. Andrew Vernon** 19.9.89 (6y, 6) 62:46 '14
1 Manchester 63:36, 11 GNR 65:04
10M: 2 Gt. South 47:29
- 9. Matthew Clowes** 20.9.89 (1y, -) 65:11 '17
10 Cardiff 63:27, 8 Granollers 64:39, 1 Swansea 64:44, 1 Bristol 65:10, 1 Llanelli 65:16, 1 Swindon 66:01, 1 Hanley 66:53
- 10. Jonathan Mellor** 27.12.96 (6y, 7) 62:23 '17
10 Barcelona 63:17, 5 Gt. Scot 64:51, 4 London (3 UK) 65:03, 16 GNR 68:01; 1 Liverpool 63:34 short
- 11. Tom Wade** 14.1.89 (1y, -) 65:00 '15
11 Cardiff 63:40, 22 Copenhagen 64:25, 2 Aarhus 65:54
- 12. Jack Martin** 29.4.88 (1y, -) 66:56 '14
14 The Hague 63:47

Farah won the GNR for the fifth successive year and is top for the eighth year at these distances. Hawkins is fourth for the fourth successive year and was second on both 10M and Half Marathon lists, with Thompson atop the 10 miles.

MARATHON

- 1. Mohamed Farah** 23.3.83 (2y, -) 2:08:21 '14
1 Chicago 2:05:11, 1 London (UK/Eng) 2:06:21
- 2. Jonathan Mellor** 27.12.96 (3y, 3) 2:12:57 '17
15 New York 2:16:09, 14 London (2 UK/Eng) 2:17:55
- 3. Robbie Simpson** 14.11.91 (3y, 5) 2:15:04 '17
3 CG 2:19:36
- 4. Joshua Griffiths** 3.11.93 (2y, 4) 2:14:53 '17
7 Dublin 2:16:09, 15 CG 2:37:10
- 5. Aaron Scott** 11.4.87 (3y, 12) 2:17:50 '17
23 Frankfurt 2:16:57

- 6. Andrew Davies** 30.10.79 (5y, 6) 2:15:11 '17
25 New York 2:20:23, 11 CG 2:26:05
- 7. Matthew Sharp** 25.4.89 (2y, 8) 2:16:02 '17
28 Frankfurt 2:19:17
- 8. Paul Martelletti** 1.8.79 (5y, 10) 2:16:49 '11
20 Berlin 2:17:29, 26 Rotterdam 2:24:40, 1 York 2:27:02, 1 Crete 2:42:02
- 9. Nick Earl** 22.9.84 (1y, -) 0-
4 Melbourne 2:18:56
- 10. John Gilbert** 23.9.80 (5y, -) 2:15:49 '15
2M London (3 UK/Eng) 2:20:24
- 11. Harry Pearce** 24.1.94 (1y, -) 0-
14 Toronto 2:19:23, dnf London
- 12. Ryan Burling** 22.3.84 (1y, -) 2:51:40 '16
29 Frankfurt 2:20:14
- nr Kevin Seaward** IRL 3.10.85 2:14:50 '15
15 EC 2:16:58, 4 CG 2:19:54
- nr Stephen Scullion** IRL 9.11.88 2:18:04 '17
12 London 2:15:55

Farah made a most successful return to the marathon with two British records. Hawkins collapsed due to the heat when in a clear lead at the Commonwealth Games. The conditions in London meant that the lists showed declines re the previous year as nine men broke 2:20 compared to 17 and 32 men broke 2:25 compared to 43 men in 2017. In determining the rankings, allowance had been made for the severity of the conditions.

3000 METRES STEEPLECHASE

- 1. Zak Seddon** 28.6.94 (7y, 2) 8:30.17 '17
8:26.51, 8:27.05, 8:30.00, 8:30.19, 8:31.60
2 Princeton, 2 Rehlingen, 16 Rome, 4 Turku, 1 UK, 7 Liège, 5 EC, 14 B'ham DL
- 2. Ieuan Thomas** 17.7.89 (4y, 3) 8:33.59 '17
8:30.16, 8:33.88, 8:40.02, 8:40.87, 8:51.01
7 CG, 2 Leiden, 2 UK, 10h2 EC, 15 B'ham DL
- 3. Jamaine Coleman** 22.9.95 (3y, 8) 8:34.19 '17
8:31.91, 8:33.52, 8:33.78, 8:38.17, 8:40.06
4 Stanford 30/3, 1 Ohio Valley, 2 NCAA, 3 UK, 8 Liège, 8h1 EC23
- 4. Jonathan Hopkins** 3.6.92 (5y, 5) 8:34.03 '17
8:30.52, 8:31.98, 8:34.12, 8:41.45

- 6 CG, 3 Oordegem, 3 Leiden, 4 UK
- 5. Phil Norman** 20.10.89 (2y, 10) 8:42.89 '17
8:35.47, 8:49.54, 8:50.19, 8:59.59, 9:00.89
2 LI, 15 Huelva, 6 UK, BLP: 1, 1, -, -
- 6. Adam Kirk-Smith** 30.1.91 (2y, 7) 8:37.41 '17
8:44.98, 8:48.09, 8:48.40, 8:53.47, 9:02.09
8 CG, 1 LI, 15 Oordegem, 1 Irish, 1 MI
- 7. Douglas Musson** 8.4.94 (4y, 6) 8:38.54 '17
8:40.24, 8:53.46, 8:55.31
11 Oordegem, 5 Leiden, 7 UK
- 8. Ryan Driscoll** 25.1.94 (3y, 12) 8:50.87 '17
8:45.62, 8:49.71, 8:54.65
3 LI, 5 UK, 2 Kortrijk
- 9. Adam Visokay** 11.3.94 (2y, -) 8:43.60 '15
8:44.28, 9:01.86, 9:02.04
6 Stanford 30/3, 13 Nashville, 17 Liège
- 10. Rob Mullett** 31.7.87 (9y, 1) 8:22.42 '16
14 Stanford 8:47.88
- 11. Daniel Jarvis** 21.10.95 (2y, 11) 8:43.09 '17
8:54.39, 8:58.42, 9:17.61
1 B.Univ., 4 LI, 9 UK
- 12. Chris Perry** 1.3.90 (1y, -) 8:59.41 '17
8:55.19, 9:05.60, 9:13.94
1 Watford, 1 CAU, 2 MI

Mullett, No.1 for the previous three years, ran just once in 2018, and Seddon takes over the top spot after being second four times in the previous five years. The top five all set PBs under 8:36, but the records of the second half in the rankings is pretty thin and the standard in depth remains poor with just 30 men under 9:20 (it was over 90 every year 1982-91).

110 METRES HURDLES

- 1. Andrew Pozzi** 15.5.92 (6y, 1) 13.19 '16
13.28, 13.29, 13.35, 13.36, 13.42, 13.48
4 Brisbane, 6= CG, 3 MCG, 7 Eugene, 8 Ostrava., 1 UK, dnf AthWC, 4 Anniv, 6 EC, 5 B'ham DL
- 2. David King** 13.6.94 (5y, 3) 13.48 '17, 13.4h '16
13.53, 13.55, 13.55, 13.57, 13.59, 13.62
2 Brisbane, 5h2 CG, 2 MCG, 3 Bydgoszcz, 4 Turku, 2 Geneva, 2 UK, 4B Luzern, 9 Anniv, 6s3 EC, 8 B'ham DL, 5 Zagreb, 3 GNC



Zak Seddon

- 3. Khai Riley-LaBorde** 8.11.95 (4y, 4) 13.60 '16
13.81, 13.84, 13.89, 13.91, 13.91, 13.96; 13.74w
1 B.Univis, 1B Bydgoszcz, 2 Aarhus, 2 Linz, 3 UK, 1/1 LEAP,
BL3: -, -, 1, 1
- 4. Jake Porter** 13.11.93 (4y, 6) 13.68 '17
13.84, 13.88, 13.89, 13.94, 13.97, 13.98; 13.68w
3 B.Univis, 1 Munich, 1 E.Clubs, 2 Argentan, 2 Espoo, 6
Copenhagen, 5 UK, 4 Castres, 1 CAU, 7h1 B'ham DL, BLP:
1, -, -, 1
- 5. David Omoregie** 1.11.95 (5y, 2) 13.24 '16
13.79, 13.88, 13.95, 13.95, 14.20
7h2 CG, 3 Andújar, 9 Hengelo, 3 Hérouville
- 6. Cameron Fillery** 2.11.98 (2y, 12) 14.22 '17
14.08, 14.08, 14.08, 14.08, 14.12, 14.12
1 Lough 28/4, 4 B.Univis, 2 LI, 1 Eng-23, 4 UK, 5/3 LEAP;
BLP: -, 1, 1, 2
- 7. Miguel Perera** 30.9.96 (2y, 11) 14.09 '18
13.97, 14.03, 14.06, 14.07, 14.23, 14.23; 13.99w,
14.11w
2 Lough 28/4, 5 B.Univis, 3 LI, 4B Bydgoszcz, 2 South, 3
Eng-23, 6 UK, 5 Castres, 2 CAU; BL1: -, 1, 1, 1
- 8. William Sharman** 12.9.84 (15y, 9) 13.16 '14, 12.9w '10
14.12, 14.27; 14.02w
1 Lough 6/6, 2 BL3 (3)
- 9. Jack Hatton** 14.2.96 (1y, -) 13.89 '15
14.15, 14.20, 14.42, 14.50, 14.66, 14.80
3 South, dns Eng-23
- 10. Sam Bennett** 2.2.01 (1y, -) 0
14.31; 14.20w, 14.25w
1 South IC, 3 CAU
- 11. James Weaver** 25.7.97 (2y, 3) 13.69 '17
14.39; 14.15w, 14.35w
1 MI, 2 Brugnera
- 12. Timothy Duckworth** 18.6.96 (1y, -) 14.33 '17
14.35, 14.37, 14.55, 14.59; 14.19w
3h5 Florida R, 3B F'ville, 1D NCAA, 3D EC
- nr Ben Reynolds** 26.9.90 IRL (2y pre IRL) 13.48 '15
13.70, 13.92, 13.97, 14.13, 14.15, 14.19
4h2 CG, 1 Belfast, 1 NI, 3/2 Espoo, 2 IRL Ch
- nr Alex Al-Ameen** NGR 2.3.89 (4y pre NGR) 13.54 '14
14.10, 14.13, 14.26, 14.32, 14.35, 14.36
4 LI, 7 Sotteville, 6 Castres

Pozzi retained top ranking although, after his splendid indoor title at 60m hurdles, he was short of his 2017 form at 110m hurdles, and indeed none of the top five improved their best in 2018, although King had a most consistent season for second ranking. Bennett's two outings over senior hurdles were enough to get him a rankings place, but he showed exceptional promise with a UK U18 record of 13.19 to win the European Youth title and he won the English Schools at junior hurdles. Overall the standard was well down, with 10th best of 14.31 the worst since 1985 and 50th at 15.31 the worst since 2003.

400 METRES HURDLES

- 1. Jack Green** 6.10.91 (7y, 1) 48.60 '12
49.18, 49.24, 49.52, 49.73, 49.80, 49.84
1/1 Brisbane, 4 CG, 7 Doha, 1 Riga, 3 Turku, 5 Stockholm,
2 UK, 7 Lausanne, dnf Anniv, 6s3 EC
- 2. Dai Greene** 11.4.86 (13y, -) 47.84 '12
49.38A, 49.48, 49.49A, 49.59, 50.06, 50.08A
1/1 Potchefstroom, 1 Johannesburg, 5 Prague, 2 Goleniów,
1 UK, 3 AthWC
- 3. Sebastian Rodger** 29.6.91 (7y, 3) 49.19 '13
49.74, 49.77, 49.80, 49.87, 49.95, 50.18
5 Mt.SAC, 1 Berkeley, 1 LI, 2 Oordegem, 1 BLP (2), 6
Stockholm, 5 Marseille, 3 UK, 8 Anniv, 5h2 EC
- 4. Jacob Paul** 6.2.95 (6y, 2) 49.49 '17
49.90, 49.96, 50.16, 50.20, 50.26, 50.58
2 Brisbane, 2 LI, 5 Oordegem, 6 Geneva, 1 Rhede, 6 UK, 1
Barcelona, 1 Cork, 1 CAU, 5 Szczecin
- 5. Niall Flannery** 26.4.91 (9y, 5) 48.80 '14
50.03, 50.14, 50.25, 50.80, 50.82, 50.84
1 BLP (1), 3 LI, 4 Oordegem, 6 Prague, 4 Geneva, 2
Hérouville, 7 UK, 4B Lausanne, 3 Cork, 3 LEAP
- 6. Alistair Chalmers** 31.3.00 (2y, 12) 52.06 '17
50.11, 50.27, 50.52, 50.71, 51.10, 51.16
7h2 CG, 5 LI, 1 Eng-J, 1 Guernsey, 6 WJ
- 7. Christopher McAlister** 3.12.95 (3y, 9) 50.88 '16
50.36, 50.58, 50.67, 50.79, 50.92, 50.94
2A LI, 2C Oordegem, 3B Geneva, 4 UK, 2 Cork, 4 CAU, 1
MI, BLP: 2, 2, 2, 2
- 8. Jack Lawrie** 21.2.96 (3y, 6) 50.25 '17
50.42, 50.75, 50.97, 51.04, 51.08, 51.13

- 4 LI, 6B Geneva, 1 Eng-23, 5 UK, 2 LEAP, 3 CAU, 1 Scot, 2
MI, BLP: -, 3, 1, 1
- 9. Alex Knibbs** 26.4.99 (1y, -) 52.09 '17
50.57, 50.99, 51.11, 51.21, 51.29, 52.38
1D Geneva, 2 Eng-J, 1 Mannheim, 3s2 WJ
- 10. James Forman** 12.12.91 (8y, 7) 50.41 '11
50.94, 51.34, 51.42, 51.45, 51.99, 52.40
1A LI, 1 South, 3 Guernsey, 3h4 UK, BL1: 1, 2, 2, -
- 11. Efekemo Okoro** 21.2.92 (1y, -) 51.16 '16
51.24, 51.36, 51.39, 51.53, 51.55, 51.55
2r1 (4) E.Clubs, 1C Oordegem, 1 Tarare, 8 UK, 2 Scot, 3 MI,
2 Lappeenranta, BLP: 1B, -, 1B, 3
- 12. Tyri Donovan** 20.10.98 (1y, -) 52.81 '17
51.36, 51.38, 51.55, 51.57, 51.72, 51.73
1B LI, 1E Oordegem, 2D Geneva, 2 Eng-23, 2h4 UK, 5
Cork, 2 CAU, 4 MI, BL1: 3, -, 1, 1

It was great to see Dai Greene back in action, and his 13 years in the rankings is an event record; he ran his fastest times since 2013, but he had to withdraw from both Commonwealth Games and European Championships and ranks second to Jack Green, who is top for the third successive year although with the lowest top UK mark since 2007. Chalmers took 0.96 off his PB at the CG and improved three more times to 50.11 in the semis of the World Juniors, and another junior, Knibbs, made similar improvement. McAlister beat Lawrie 4-2. Ten men under 51.0 was a big improvement on 10th best of 51.71 in 2017, but 50th best at 55.6 and just 48 men under 55.5 were the worst since 1973.

HIGH JUMP

- 1. Allan Smith** 6.11.92 (8y, 4) 2.26 '13
2.27, 2.23, 2.23, 2.23, 2.21, 2.21
6= Brisbane, 5 CG, 1 B.Univis, 1 LI, 1 BLP (2), 1 Zoetemeer,
3 UK, 9 Viersen, 5 Cork, dmq 15 EC; Ind: 1 Glasgow, 3= Cologne
- 2. Chris Baker** 2.2.91 (8y, 3) 2.36i, 2.29 '16
2.26, 2.21, 2.21, 2.21, 2.21, 2.21
9 CG, 2 LI, 2 Huevla, 4 Leverkusen, 1 UK, 5 AthWC, dmq
16= EC, 8 B'ham DL, 4= Chorzów, BL1: 1, 1, -, -; Ind: 12
Hustopec, 12 Trinec, 2 UKi
- 3. Robbie Grabarz** 3.10.87 (13y, 1) 2.37 '12
2.21, 2.18; 2.30i, 2.25i, 2.20i
12 CG; Ind: 1 B'ham. 7= B.Bystrica, 9= WI
- 4. David Smith** 14.7.91 (9y, 7) 2.25 '14
2.26, 2.21, 2.20, 2.19, 2.18, 2.16; 2.19i
10= CG, 2= Zoetemeer, 3 Hérouville, 2 UK, 4 Cork, dmq
20= EC; Ind: 1 Chemnitz, 4 UKi, 3= Athlone
- 5. Chris Kandu** 10.9.95 (6y, 5) 2.26i, 2.25 '17
2.23, 2.21, 2.15, 2.09; 2.20i, 2.20i
2 B.Univis, 1 BL3 (2), 2 Lokoren, 5 UK; Ind: 8 Hustopece,
3 UKi
- 6. Tom Gale** 18.12.98 (2y, 9) 2.1830 '16
2.23, 2.19, 2.18, 2.18, 2.17, 2.17; 2.20i
dnq 14 CG, 5 LI, 1 BIG, 5 Turku, 1 Sinn, 1 Eng-23, 9 Bühl,
4 UK; Ind: 7 Cologne, 10 Hustopece, 8= Trinec, 5 UKi, 6
Athlone
- 7. Dominic Ogbachie** 15.5.02 (1y, -) 2.07i, 2.02 '17
2.18, 2.16, 2.16, 2.13, 2.10, 2.07; 2.22i, 2.12i
3 LI, 4 BIG, 1 Eng-J, 1 EY, 1 MI, 1 Eng-17; Ind: 1 South-17,
1 South-J, 1 Eng-17i
- 8. Ryan Webb** 19.10.97 (2y, 11) 2.14 '16
2.20, 2.18, 2.16, 2.15, 2.15, 2.14
3 B.Univis, 4 LI, 2 E.Clubs, 3 BIG, 4 Eng-23, 6= UK, 6 Cork,
3 LEAP, 1 CAU, 2 MI, 2 U23 Eberstadt, BLP: -, -, 1, 1; Ind: 1
Lough, 4B Hustopece, 7 UKi
- 9. Tim Duckworth** 18.6.96 (2y, 10) 2.16i '17, 2.13 '16
2.17, 2.13, 2.13; 2.17i, 2.12i, 2.10i
1D EC; Ind: 3/1 Lexington, 2H NCAAi



Allan Smith

10. Joel Khan 30.9.99 (2y, 9) 2.16 '17
2.20i; Ind: 1 UK-Ji

11. William Grimsey 14.12.96 (2y, -) 2.12 '15
2.14, 2.12, 2.11, 2.08, 2.08, 2.08; 2.12i, 2.12i
4 B.Univs, 6 LI, 2 BIG, 8 UK, 3 MI, 3 U23 Eberstadt, BLP:
-,2,-,3; Ind: 2 Lough, 3B Hustopecce, 1 B.Univs

12. Lewis McGuire 22.10.97 (1y, -) 2.16 '17
2.12, 2.12, 2.11, 2.10, 2.05, 2.02; 2.14i, 2.11i
1 Scot-W, 2 Eng-23, 6= UK, 4 BLP (3), 1 Scot, 5 MI; Ind: 1
Scot, 4 B.Univs

– **Patrick O'Connor** 23.10.95 (0y, -) 2.10 '17
2.11, 2.10, 2.09, 2.08, 2.00; 2.10i, 2.07i
1 Raleigh, 2 Lewisburg, 2 PSAC, 7 NCAA-II; Ind: 5 PSAC
nr Mike Edwards Now NGR 11.7.90 (9y, 5) 2.25 '15
2.17, 2.15, 2.14, 2.13, 2.10, 2.09; 2.21i, 2.20i, 2.14i
1 Manhattan, 6 Zoetermeer, 3 Poitiers, 5 Hérouville, 4
African Ch; Ind: 2 Manhattan, 1 UKi

Outdoors only: 3 D Smith, 4 Kandu, 5 Gale, 6 Grabarz, ...
10 Grimsey, 11 McGuire, 12 O'Connor

Although disappointing at the World Indoors and Commonwealth Games, Grabarz topped the lists with 2.30m indoors but then retired after five years ranked as best in Britain. The three men who had bests of 2.26-2.27m, Baker and the two Smiths, were closely matched with Allan Smith taking the top ranking – he had the best outdoor jump with 2.27m, the best series of performances and was the best at the Commonwealth Games. After his breakthrough in 2017, Gale had a moderate year, one jump at 2.23m, but otherwise stuck in the 2.16-2.19m range. The marvellously talented Ogbechie set a world age-15 best with 2.22m indoors and had a carefully planned programme outdoors including winning the European Youth title and excelling also at 200m and long jump. Joel Khan competed just once – winning the national junior title indoors. Edwards wanted to compete for Nigeria, but his clearance did not come through until late in the year.

POLE VAULT

1. Adam Hague 29.8.97 (5y, 2) 5.60 '15
5.65, 5.61, 5.60, 5.60, 5.60, 5.55; 5.65i
4 CG, 4 MCG, 3 Bydgoszcz, 2 Prague, 2 Tübingen, 2 UK, 5
Rottach-E, 6= Anniv, 10 EC, 9 Brussels, 2 Schaen, 3= Linz;
Ind: 1 North, 1 Manch, 1/1 Sheffield, 1 UKi

2. Charlie Myers 12.6.97 (4y, 6) 5.45 '17
5.60, 5.55, 5.55, 5.50, 5.50, 5.46
1 B.Univs, 2 LI, 4/1 Oorddegem, 1 Geneva, 6 Mannheim, 1
UK, 4 AthWC, 6= Anniv, dnq 17= EC, 1 Bergen 1, G;head,
4 Zagreb; Ind: 2 North, 1 Cardiff, 2 Manch, 1 Sheffield, 1
Sutton, 2= UKi

3. Luke Cutts 13.2.88 (13y, 1) 5.83i '14, 5.70 '13
5.45, 5.35, 5.30, 5.30, 5.03; 5.41i, 5.20i
3 CG, 2 MCG, 1 LI, 1 North, 4 UK, 2 BLP: 1,1,-,-; Ind: 1/1
Manch, 4 UKi

4. Joel Leon Benitez 31.8.98 (4y, 3) 5.51 '17
5.52, 5.45, 5.45, 5.40, 5.35, 5.35; 5.37i
4 F'ville, 5 Lynchburg, 4 ACC, 8 NCAA, 5 UK, 1g Welsh,
2 Jockgrim, 3 Liège, BL3: -,1,1; Ind: 2 Univ.Park, 4
Bloomington, 2 F'ville, 3 ACC

5. Harry Coppell 11.7.96 (6y, 7) 5.40 '14
5.40, 5.35, 5.20, 5.20, 5.05, 5.00; 5.35i, 5.15i
2 Geneva, 3 UK, 1 CAU, 1 BL1 (4), 1 Wrexham, 1 MI; Ind: 2
Cardiff, 3 Manch, 2 Sheffield, 2= UKi

6. Scott Huggins 24.7.89 (5y, 11) 5.26 '17
5.23, 5.10, 5.10, 5.00, 5.00, 4.95
4 LI, 1 South, 2 MI, BL1: 1,1,-,3

7. Timothy Duckworth 18.6.96 (3y, 12) 5.26i, 5.07 '17
5.11, 5.10, 4.95, 4.67; 5.16i, 5.10i, 5.00i
8 SEC, 1D NCAA, 3D EC; Ind: 12 Lexington, 5 SEC, 1H
NCAAi



Adam Hague

8. Jack Phipps 2.4.94 (4y, 10) 5.25i '17, 5.20 '15
5.10, 5.03, 5.00, 4.93, 4.90, 4.83; 5.01i, 5.01i, 5.00i
6 MCG, 6 LI, 5 E.Clubs, 2 South, 6= UK, 8 CAU, 3 MI, BLP:
2,2,1,1; Ind: 5 Cardiff, 3 Welsh, 1 Brunel, 2 Sutton, 6 UKi

9. Samuel Adams 17.10.94 (1y, -) 5.00 '18
5.05i, 5.01i, 5.01i, 5.00i, 4.91i, 4.73i
Ind: 1 Ithaca

10. Ben Gregory 21.11.90 (2y, -) 5.20i '17, 5.13 '13
5.00, 4.92, 4.91, 4.80, 4.80; 5.01i
5 Brisbane, 4D CG; Ind: 2 Welsh

11. J.J.Lister 6.3.97 (1y, -) 5.05 '17
5.10, 4.90, 4.83, 4.80, 4.80, 4.80
2 B.Univs, 1 Eng-23, 6= UK, 6 CAU, 4 MI, BL1: -,2,1,2; Ind:
2 Brunel, 1= B.Univs

12. Euan Bryden 17.5.94 (1y, -) 5.15 '19
4.80, 4.72, 4.63, 4.60; 5.00i, 5.00i, 4.91i, 4.82i
nh UK; BL1: 4,3,-,nh; Ind: 1 South, 7 Cardiff, 3 London, 5
UKi

– **Archie McNeillis** 7.5.94 (0y, -) 4.75 '17
5.01, 4.90, 4.83, 4.80, 4.65, 4.60; 4.80i, 4.70i
5= B.Univ, 1 Ox v Cam, BLP: -,3,4,-; Ind: 1 Mid, 3 B.Univs

– **George Turner** 13.7.98 (0y, -) 4.71 '17
4.93, 4.85, 4.80, 4.65, 4.60, 4.60; 5.01i, 4.61i
8 B.Univs, 8 Oorddegem, 3 South, 2 Eng-23, 2 CAU, BL2:
-,1,1; Ind: 4 South, 5 Sutton, 6 B.Univs, 1 Sutton 23/9

Outdoors only: 9 Lister, 10 Gregory, 11 McNeillis, 12
Turner

Hague, 21 in August, takes his first top ranking, showing his competitive class with PBs at the UK Indoors and European Champs. Myers, just two months older than Hague, also achieved fine consistency. Very little between the group from ninth. The 10th best at 5.06m is the worst since 2009.

LONG JUMP

1. Daniel Bramble 14.10.90 (8y, 1) 8.21 '15
8.15, 8.02, 8.02, 7.99, 7.94, 7.93

5 CG, 2 Bermuda, 1 LI, 1 BLP (2), 1 Padua, 3 Leverkusen,
2 UK, 8 Ath WC, 2 Sotteville, 6 Anniv, 6 EC, 7 B'ham DL, 4
Rovereto, 4 Padua 2/9; Ind: 6 Metz, 5 Glasgow

2. Timothy Duckworth 18.6.96 (2y, 4) 7.87 '17
8.19w, 8.03, 8.01, 8.00, 7.76, 7.57w; 7.79i, 7.78i, 7.74i
1D Athens GA, 3 SEC, 1D NCAA, 1 UK, 8 Anniv; Ind: 3 SEC,
1H NCAA-i

3. Feron Sayers 15.10.94 (3y, 5) 7.89, 7.95w '17
8.05, 7.98w/7.73, 7.73, 7.72, 7.68, 7.68
2 E.Clubs, 1 Geneva, 2 Rhede, 3 UK, 1 Kladno, 9 Anniv, dnq
15 EC, 2 Gothenburg, 5 Rovereto; Ind: 1 Vienna

4. Greg Rutherford 17.11.86 (13y, 2) 8.51 '14
7.86, 7.86, 7.76, 7.55, 7.43, 7.38; 7.89i, 7.80i
1 Oorddegem, 3 Dessau, 1 Paderborn, 10 Anniv, 8 B'ham
DL, 3 GNC; Ind: 1 UKi, 4 Glasgow

5. Jacob Fincham-Dukes 12.1.97 (4y, 3) 7.96, 8.02w '17
7.89, 7.82w/7.75, 7.81w, 7.76w, 7.60, 7.54; 7.77Ai, 7.66i
5 Texas R, 3/1 F'ville, 5 Waco, 12 Big 12, 17 NCAA, 4 UK, 2
CAU; Ind: 5 Lubbock, 5 F'ville, 2 A'que, 6 Big12

6. Reynold Banigo 13.8.98 (1y, -) 7.42i, 7.45 '17, 7.40
'16
7.87w, 7.76w/7.60, 7.75w, 7.67, 7.66, 7.55; 7.56i
2 B.Univs, 2 LI, 2 BIG, 1 Eng-23, 1 LEAP, 1 CAU, 1 MI, BL1:
-,1,1; Ind: 2 North, 2 B.Univs

7. James Lelliott 11.2.93 (3y, 10) 7.76, 7.70w '17
7.74, 7.65, 7.46, 7.39, 7.39, 7.38; 7.65i
3 LI, 1 South, 5 UK, 2 GNC, BL2: 1,3,1,2; Ind: 1/1 Cardiff,
4 London, 3 UKi

8. Jack Roach 8.1.95 (2y, 12) 7.58 '17
7.71, 7.64w, 7.54, 7.48w, 7.41, 7.40; 7.44i
1 B.Uns, 4 LI, 3 North, 6 UK, 3 CAU, 2 MI, 1 GNC, BLP:
-,5,2,1; Ind: 1 North, 3 Vienna, 1 B.Uns-i

9. Alexander Farquharson 9.6.97 (2y, -) 7.70 '16
7.61, 7.47; 7.51i, 7.49i
1 BIG, 7 UK; Ind: 1 Mid, 4 UKi

10. Bradley Pickup 4.4.89 (6y, -) 8.16 '14
7.63, 7.56, 7.49, 7.45, 7.32, 7.16; 7.40i
1 Antony, 4 P-Bénite, 5 Albi, 8 UK, BL2: -,1,2,3; Ind: 7 UKi

11. Oliver Newport 7.1.95 (3y, 9) 7.78 '16
7.70w/7.54, 7.47w/7.43, 7.38, 7.35, 7.33, 7.32
12 Texas R, 3 T'loosa, 2/2 Louisville, 8 ACC, dnq 23
NCAA-E, 9 UK, 2 BL1 (3), 5 CAU; Ind: 6 Lexington, 7
N.Dame

12. Shandell Taylor 16.12.99 (1y, -) 6.90 '17
7.78, 7.40w/7.29, 7.27w/7.14, 7.25, 7.24w/7.17, 7.14
1 South-J, 2 Eng-J, 1 E.Sch, 3 W.Int, 3 MI, BL2: 2,-,6,1
nr Adam McMullen IRL 5.7.90 7.85, 7.94w '17
7.88, 7.79, 7.78w, 7.68w, 7.66, 7.53w; 7.99i, 7.97i, 7.79i,
7.77i

5 Brisbane, dnq 14 CG, 4 Innsbruck, 8 Prague, 1 NI, 1
Belfast, 1 BLP (3), 2 Cork, 1 IRL dnq 25 EC; Ind: 3 Ostrava,
1 Gent, 2 UKi, 1 IRL-i, 7 Glasgow

Difficult to choose between the top two. Although Duckworth beat Bramble (by 1cm) at the UK Champs, the latter had the deeper international season and retains his top ranking. Sayers had a breakthrough year and Banigo made the biggest improvement of all the top men apart from Taylor who improved from 6.90m in 2017 to 7.25m and then a startling 7.78m at the English Schools. Rutherford did enough, in his final season, to rank fourth. Fincham-Dukes had a mixed year in the USA but came fourth in an excellent quality event at the UK Champs and the order there works out pretty nicely for the rankings.

TRIPLE JUMP

1. Nathan Douglas 4.12.82 (17y, 3) 17.64 '05
16.83w, 16.71, 16.56, 16.41w, 16.35, 16.33; 16.77i
1 Brisbane, 5 CG, 2 BIG, 1 P-Bénite, 1 UK, 6 AthWC, 6 EC,
3 Lappeenranta; Ind: 1 Mondeville, 1 UKi

2. Julian Reid 23.9.88 (8y, 5) 16.98, 17.10w '09
16.70w/16.57, 16.35, 16.07, 15.94, 15.64, 51.41; 16.54i,
16.09i

1 LI, 1 BIG, 6 Marseille, 2 UK, 1 Istanbul, 2 BL1 (3), 1 MI;
Ind: 1/1 B'ham, 2 UKi

3. Jonathan Ilori 14.8.93 (6y, 8) 16.06 '17, 16.10w '14
16.28, 16.25, 16.13, 16.13, 16.07, 15.90

1 San Antonio, 1 San Marcos, 2 LI, 2 South, 3 UK, 1 Sutton, 1 CAU, 2 MI, BL1: -,1,1,1

4. Michael Puplampu 11.1.90 (4y, -) 16.43i/16.20 '13, 16.59 '12

16.41, 16.20, 16.10, 16.03, 15.86, 15.86

1 Clermont, 3 South, 4 UK, 2 Sutton, 3 CAU, BLP: -,1,3,3

5. Nathan Fox 21.10.90 (11y, 2) 16.81 '17

16.11, 16.03, 15.85w/15.61, 15.81, 15.72, 15.62

4 South, 3 Carquefou, 5 UK, 3 Sutton, BLP: -,4,1,2

6. Scott Hall 8.3.94 (1y, -) 15.51 '14

15.82, 15.77, 15.75, 15.64, 15.31, 14.94

6 UK, 2 CAU, 4 MI, BLP: -,5,4,-

7. Nonso Okolo 7.12.89 (4y, 4) 16.45 '17

16.16, 15.80, 15.75, 15.71

3 Clermont, 3 BLP (2), 6 South, 8 UK

8. Montel Nevers 22.5.96 (4y, 6) 16.15i, 16.14 '16

15.99, 15.69, 15.65, 15.65, 15.57, 15.50; 15.84i, 15.66i

5 Florida R, 3 Azusa, 8 F'ville, dng 13 NCAA-E, 1 Eng-23,

9 UK, BL3: -,1,1; Ind: 4 Clemson, 5 Iowa City, 6/8 F'ville,

4 ACC

9. Lawrence Davis 31.5.95 (2y, 10) 16.01i '17, 15.71 '15

15.78, 15.41, 15.36, 15.35w, 15.33w, 15.27; 15.68i

5 LI, 7 South, 1 Sth IC, 7 UK, 4 CAU, BLP: 1.6,5,-; Ind: 1

South, 2 B'lava, 3 UKI

10. Efe Uwaifo 15.5.95 (5y, 9) 15.98 '16, 16.18w '17

15.84, 15.71, 15.05w

5 South, 3 Linz, 10 UK

11. Daniel Igbokwe 28.6.98 (1y, -) 15.63 '17

15.45, 15.30, 15.18, 15.03; 15.53i, 15.51Ai

2 Florida R, 6 C'ville, 4 Heps; Ind: 2 NY, 3 Alb'que

12. Sam Trigg 1.11.93 (4y, 7) 15.74 '15, 15.77w '16

15.23, 14.64; 15.52i, 15.50i, 15.30i

4 LI, 6 BIG; Ind: 1 Vienna, 1 Brunel, 4 UKI

nr Tosin Oke NGR 1.10.80 (ranked for 10 years 1999-

2008 as GBR) 17.23 '13

16.37, 16.28, 15.95, 15.86, 15.84,

2 Clermont, 1 South, BP: -,2,2,1

In his 17th year in the rankings from 2001, Douglas returns to the top ranking that he had in 2005 and 2013 and his 12th year in the top three. The UK Champs 2-6 follow in that order, Iori having his best year yet and Puplampu returning for his first ranking since 2014. The 2017 No.1 Ben Williams did not compete this year. Fiftieth best of 14.19m is the worst since 2005 (best ever 14.72m in 1986).

SHOT

1. Scott Lincoln 7.5.93 (7y, 1) 19.59 '16

19.24, 19.12, 19.10, 19.08, 19.05, 18.84

8B Tucson, 2 BIG, 2 Aarhus, 4 Leiden, 1 UK, 7 AthWC, 5

Cork, 1 CAU, 1 Scot, 1 MI, BLP: 1,-,1,1; Ind: 1 North, 1

Vienna, 1 Reykjavik, 1 UKI

2. Youcef Zatat 13.4.94 (5y, 2) 18.34 '17

18.21, 18.01, 17.75, 17.72, 17.71, 17.59; 17.62i

1 LI, 1 BIG, 1 Geneva, 2 UK, 6 Cork, 2 CAU, BLP: -,1,2,2;

Ind: 1 South, 2 Vienna, 3 UKI

3. Scott Rider 22.9.77 (17y, -) 18.97 '05

17.64i, 16.80i; Ind: 1 Brunel, 2 UKI

4. Gareth Winter 19.3.92 (6y, 3) 18.07 '15

17.28, 16.61, 16.52, 16.26, 15.69

2 LI, 3 UK

5. Daniel Cartwright 14.11.98 (3y, 6) 16.14 '17

16.99, 16.53, 16.45, 16.43, 16.01, 15.93; 16.40i

6 E.Clubs, 3 BIG, 4 UK, 3 CAU, BLP: 3,3,3,5; Ind: 4 UKI

6. Greg Beard 10.9.82 (9y, -) 18.59i, 18.29 '13

16.59, 16.51, 16.28, 16.17, 16.13, 16.12; 16.97i

4 CAU, 4 MI, BLP: -,6,4

7. Samuel Heawood 25.9.90 (2y, 5) 16.23i, 15.54 '17

16.04, 15.94, 15.71, 15.71, 15.60; 16.35i, 15.83i, 15.72i

5 UK, BL2: 2,-,2,-; Ind: 2 South, 1 London, 5 UKI, 1 Brunel



8. Joseph Watson 23.9.95 (4y, 4) 17.42 '16

16.16, 15.82, 15.56, 15.09; 15.69i, 15.62i, 15.15i

1 B.Univs, 3 LI, 6 UK; Ind: 2 B.Univs

9. Ciaran Wright 17.9.96 (1y, -) 14.10 '17

16.00, 15.94, 15.62, 15.55, 15.51, 15.36

2 Nagold, 4 LI, BLP: 4,4,10,8

10. George Evans 21.12.98 (1y, -) 0-

15.86, 15.85, 15.54, 15.27, 15.13, 15.05; 15.28i

9 Tempe, 4 Kansas R, 7 F'ville, 12 Big 12, 1 Eng-23, 7 UK;

Ind: 1 Big 12

11. Kai Jones 14.12.96 (3y, 9) 16.36i, 16.00 '16

15.79, 15.22, 14.95, 14.69; 15.73i, 15.06i

2 B.Univs, BLP: -,6,5,7; Ind: 1 B.Univs

12. Gregory Thompson 5.5.94 (2y, 12) 15.75 '17

15.45, 14.94; 16.15i, 15.48i, 15.31i

1 Sth IC, 7 BLP (3); Ind: 8 Lincoln

- Craig Sturrock 7.1.85 (9y, 7) 16.87i '13, 16.72 '14

15.57, 15.36, 15.33, 15.30, 15.24, 15.18; 15.48i, 15.33i

1 N.East, 2 North, 5 CAU, BLP: 5,5,9,9; Ind: 1 Scot, 1

N.East

Outdoors only: 3 Winter, 4 Cartwright, 5 Beard, 6

Heawood, 7 Watson, 8 Wright, 9 Evans, 10 Jones, 11

Sturrock

Lincoln was again far ahead of the rest in his fourth year at the top and Zatat was again clearly second. Rider, now retired, only competed twice indoors, but again showed his ability with second in the UK Champs and his 17 years in the rankings ties the record by Shaun Pickering. Good to see Beard back, he was ranked in 2000-03 and 2011-14. He and Rider now have an event record 18-year span. The standard in depth was again poor although a little better than 2017.

DISCUS

1. Brett Morse 11.2.89 (12y, 3) 66.84 '13

61.94, 61.71, 60.47, 60.43, 59.72, 59.61

1 LI, 1 UK, 7 AthWC, 1 W.Int, 2 MI, BLP: 1,1,2,1

2. Gregory Thompson 5.5.94 (5y, 5) 60.28 '17

61.29, 60.81, 60.24, 60.19, 59.24, 58.96

3 Florida R, 1 C'ville, 1 Penn R, 4 Big 10, 2 NCAA, 2 UK, 3

BLP (3), 6/7 Leiria

3. Nicholas Percy 5.12.94 (6y, 1) 63.38 '16

63.17, 62.50, 62.32, 61.23, 60.98, 60.44

1 Tempe, 3 Texas R, 2 San Diego, 3 Kansas R, 1 Lubbock,

1 Lincoln, 1 Big 10, 8 NCAA, 3 UK, 8 Karlstad, 1 Scot, BLP:

-,1,2

4. George Armstrong 8.12.97 (2y, 6) 56.77 '17

59.74, 59.72, 57.33, 55.93, 55.79, 55.39

1 B.Univs, 3 LI, 1 Eng-23, 4 UK, 2B/1B Leiria, 1 CAU, 3 MI,

BLP: -,2,4,3

5. George Evans 21.12.98 (1y, -) 50.43 '17

58.67, 55.89, 55.73, 55.41, 55.18, 54.41

1 Tempe, 2 Kansas R, 2 F'ville, 2 Big 12, 13 NCAA, 2

Eng-23, 5 UK

6. Chris Scott 21.3.88 (8y, 8) 63.00 '11

57.13, 57.06, 56.96, 55.94, 55.65, 55.57

1 Lough-w, 2 LI, 1 BIG, 1 South, 6 UK, 2 CAU, 4 MI, BL1:

1,1,1,1

7. Zane Duquemin 23.9.91 (8y, 2) 63.46 '12

57.66, 55.64; 9 CG

8. Adam Damadzic 3.9.92 (5y, -) 56.44 '16

57.39, 55.46, 55.40, 55.34, 54.34, 54.11

3 Fort Worth, 4 San Marcos, 2B Texas R, 2 Waco, 2 Abilene,

2 Lubbock, 1 Sun Belt, 23 NCAA-W

9. Alan Toward 31.10.92 (5y, 4) 59.33 '17

56.80, 55.73, 54.00, 53.73, 53.62, 50.48

2 Lough-w, 1 N.East, 1 North, 8 UK, BLP: 2,3,-,-

10. Mark Plowman 26.3.85 (6y, 9) 56.04 '14

53.74, 53.51, 53.48, 53.21, 52.84, 52.70

7 UK, 1 IS, 3 CAU, BL4: 1,1,-,1

11. Najee Fox 1.12.92 (4y, 11) 54.79 '17

52.34, 52.08, 50.69, 50.52, 50.06, 49.45

6 E.Clubs, 1 Mid, 6 Linz, 9 UK, 4 CAU, BLP: 4,4,5,4

12. Angus McInroy 13.2.87 (11y, 10) 58.77 '10

52.38, 51.31, 50.92, 50.92, 50.88, 50.60

3 Lough-w, 3 BLP (1), 4 LI, 10 UK, 2 Scot, 4 MI

Morse returns to the top ranking (his seventh) with the best competitive record and while Percy had the best marks, he was beaten by Thompson in both NCAA and UK Champs. Armstrong and Evans made even bigger advances than Thompson and the order for the first six at the UK Champs holds up for overall rankings. Duquemin, now coaching, only competed at the Commonwealth Games. Tenth best of 53.74m was the lowest since 2007.

HAMMER

1. Nick Miller 1.5.93 (7y, 1) 77.55 '15

80.26, 78.29, 77.05, 76.14, 75.33, 74.96

1 Stanford, 1 CG, 10 Osaka, 3 Halle, 6 Turku, 5 Chorzów, 3

Nikiti, 1 UK, 10 Sz'vár, 3 Cetniewo, 2 AthWC, 10 EC

2. Chris Bennett 17.12.89 (8y, 2) 76.45 '16

75.11, 74.08, 73.72, 73.29, 72.44, 72.11

1 Lough-w, 1/1 Brisbane, 10 CG, 4 Fr-Crumbach, 2 UK, 2/3

Leiria, 2 LEAP, dng 24 EC, BLP: -1,1,-

3. Jake Norris 30.6.99 (2y, 10) 68.86 '17

73.24, 72.70, 72.64, 71.72, 71.06, 70.98

1 Lafayette, 1 Tempe, 2 Austin, 1/1/1/2 Baton Rouge, 1

Coral Gables, 4 SEC, 3 NCAA

4. Mark Dry 11.10.87 (11y, 4) 76.93 '15

73.12, 72.35, 71.40, 70.48, 70.41, 70.04

2 Lough-w, 10 E.Throws, 3 Brisbane, 3 CG, 1 LI, 11 Halle, 3

UK, 6/7 Leiria, 3 LEAP

5. Joseph Ellis 10.4.96 (3y, 5) 70.98 '17

73.80, 72.72, 72.16, 71.00, 70.15, 70.01

1 Durham, 1 Austin, 1 F'ville, 2 Big 10, dng 15 NCAA-E,

1/2 Ashland, 9 UK

6. Taylor Campbell 30.6.96 (5y, 3) 73.40 '17

72.31, 72.03, 70.78, 70.49, 70.42, 69.97

2 Stanford, 5 CG, 1 B.Univs, 2 LI, U23 Halle, 4 UK, 5/8

Leiria

7. Craig Murch 27.6.93 (4y, 6) 69.79 '16

70.47, 70.12, 69.20, 68.32, 68.21, 68.08

1 Lough 22/4, 3 LI, 1 Mid, 5 UK, 4 LEAP, 1 CAU, 2 MI, BL2:

-,1,1,-

8. Osian Jones 23.6.93 (4y, 9) 70.00 '17

71.62, 71.08, 70.14, 67.89, 67.11, 67.10
 3 Lough-w, 2 Brisbane, 7 CG, 4 LI, 8 UK, 1 BL1 (3), 1 Welsh
9. Callum Brown 20.7.94 (4y, 8) 69.13 '17
 68.95, 68.88, 68.10, 67.78, 67.05, 67.04
 1 BIG, 1 South, 6 UK, BL1: 1,-,2,-
10. Jac Lloyd Palmer 13.3.96 (7y, 6) 65.88 '17
 68.23, 67.78, 67.40, 67.29, 67.04, 66.56
 4 Lough-w, 8 E.Throws-23, 2 B.Uns, 1 U23 Fr-Crumbach.
 1 Almada, 1 Eng-23, 7 UK, 1 MI, 6 Antalya, 4 Szombathely,
 1 BLP (4)
11. Nicholas Percy 5.12.94 (3y, 12) 67.85 '16
 67.40, 67.13, 66.84, 65.62, 65.24, 61.70
 2 Tempe, 2 Kansas R, 1 Lubbock, 5 Big 10, 23 NCAA
12. Michael Bomba 10.10.86 (10y, 11) 70.90 '13
 66.69, 66.65, 65.57, 64.27, 63.38, 63.07
 5 Lough-w, 3 Castiglione, 1 North, 1 BL1 (4)

Miller retained his place in the world top 10 and started well with UK records of 78.29m in the USA and 80.26m at the Commonwealth Games. He did not reach such heights in the summer season, but was clearly UK No.1. Norris set five UK junior records with the senior hammer to 72.34m for a splendid NCAA third place as well as three junior records (79.55m, 80.45m and 80.65m) with the 6kg hammer, the last to win the World Junior title. The other US collegian Ellis also progressed and eight men bettered 70m. However, 76 men at 46m or above was the worst figure since 1980.

JAVELIN

1. James Whiteaker 8.10.98 (2y, 5) 77.03 '17
 75.27, 73.90, 72.49, 71.29
 1 UK, 5 Ath WC
2. Joe Dunderdale 4.9.92 (8y, 3) 76.13 '14
 73.93, 70.21, 69.46, 68.18, 67.53, 65.68
 3 Lough-w, 1 BLP (1), 1 LI, 3 Geneva, 2 UK, 3 Dublin
3. Joe Harris 23.5.97 (3y, 4) 75.71 '17
 74.11, 70.91, 70.61, 68.85, 68.81, 68.61
 1 Lough-w, 2B E.Throws, 7 Brisbane, dnq 16 CG, 2 LI, 2 Carnival, 2 Budapest, 2 Eng-23, 2 Guernsey, 3 UK, 1 LEAP, 1 CAU
4. Jonathan Engelking 13.12.97 (1y, -) 62.48 '16
 73.89, 71.67, 70.84, 70.16, 68.07, 67.83
 1 Ohio Valley, 10 NCAA
5. Greg Millar 19.12.92 (6y, 7) 71.15 '17

70.85, 69.32, 68.49, 67.40, 66.32, 66.00
 1 B.Univs, 3 LI, 2 E.Clubs, 1 Guernsey, 4 UK, 1 Scot, 4 MI, BLP: -,1,3,3
6. Gavin Johnson-Assoon 19.12.82 (5y, 8) 69.69 '17
 68.69, 67.89, 67.16, 67.09, 66.87, 66.83
 3 Carnival, 1 South, 2 Belfast, 7 UK, 4 Dublin, 2 LEAP, 2 CAU, 1 MI, BLP: 2,2,4,2
7. Benji Pearson 23.5.94 (3y, -) 74.71 '14
 69.19, 68.98, 66.90, 65.80, 65.24, 64.95
 4 LI, 1 Carnival, 5 Budapest, 1 Mid, 3 Guernsey, nt UK
8. Jason Copsy 17.5.91 (3y, -) 67.16 '14
 68.04, 67.59, 66.14, 64.63, 63.75, 62.82
 1 Welsh, 5 MI, BLP: -,3,1,1
9. Daniel Bainbridge 2.6.99 (1y, -) 62.46 '17
 69.00, 66.84, 65.51, 64.56, 64.50, 64.43
 2 Lough-w, 6 E.Throws U23, 2 B.Uns, 6 LI, 1J Carnival, 1 South-J, 1 Eng-J, 1 Nivelles, 2/6 Pihitipudas, 2 W.Int, 3 MI, 1 YDL, BLP: -, -,5.4
10. Tom Hewson 24.9.00 (1y, -) 69.13, 68.54, 66.56, 66.20, 65.22, 64.92
 2 J Carnival, 7 Eng-J, 1 Welsh-J, 3/7 Pihitipudas, 1 E.Sch, 1 W.Int, 2 MI, 1 Sth-J IC
11. Neil McLellan 10.9.78 (12y, 9) 74.92 '07
 67.01, 65.40, 62.40
 2 South, 5 UK
12. Nathan James 5.10.98 (1y, -) 65.91 '07
 69.59, 65.16, 64.84, 64.82, 64.17, 62.79
 6 Lough-w, 5 LI, 3 Almada, 6 UK, 2 Welsh. BLP: 3.-,2.5

The standard was again very weak with just five men over 70m. Last year's No.1 and No. 2 Matti Mortimore (retired) and Harry Hughes (injured) did not compete in 2018. Whiteaker had just four competitions but won the UK title with 71.29m and got over 75m in the last of them. Harris had a better depth of performance than Dunderdale, but we have stayed with the UK Champs order for the top three followed by the top newcomer, US-based Engelking, the only one of the top five to improve his PB. Fiftieth best of 56.05m and 41 men over 57m are the worst figures since the revised javelin specification was introduced in 1986.

DECATHLON

1. Timothy Duckworth 18.6.96 (4y, 4) 7973 '17
 1 NCAA 8336, 5 EC 8160, 2 Athens, GA 8145

2. Ben Gregory 21.11.90 (8y, 2) 7882 '16
 4 Kladno 7582, 2 Hexham 7579, 1 ENG 7517, 7 CG 7449
3. John Lane 29.1.89 (7y, 3) 7965 '17
 5 Kladno 7545, 6 CG 7529 dnf AUS Ch
4. Harry Maslen 2.9.96 (3y, 10) 7065 '17
 1 San Angelo 7496(w)/7477, 3 NCAA II 7311, 1 Lone Star 7147
5. Andrew Murphy 26.12.94 (2y, 6) 7248 '17
 2 Arona 7350, 1 HCI 7251, 11 Florence 7111, 4 Scot 4864 (only seven events)
6. Lewis Church 27.9.96 (3y, 11) 7068 '17
 5 Hexham 7319, 3 ENG 7214, 2 HCI 7198
7. James Finney 7.4.96 (2y, 7) 7263 '17
 7 Kladno 7315, dnf Florence, HCI
8. Jack Andrew 12.10.91 (4y, 8) 7170 '15
 8 Kladno 7213, 2 Dilbeek 6988, 10 ENG 6521 (nt DT)
9. Harry Kendall 4.10.96 (1y, -) 6691 '17
 1 South 7089, 3 HCI 7067, 4 ENG 7043
10. Elliot Thompson 10.8.92 (1y, -) 6565 '16
 9 Kladno 7191, 2 South 6849, 11 ENG 6172 (nh PV)
11. Matthew Lee 8.12.94 (1y, -) 6672 '15
 4 HCI 7059
12. Aiden Davies 26.12.95 (3y, -) 6914 '16
 5 HCI 7011, 5 ENG 6940

Duckworth leaps to the top ranking and into the world top 10. His 8336 to win the NCAA title in the USA is the best by a British decathlete since Dean Macey in 2004. Injuries prevented Ashley Bryant, the 2017 No.1, from competing in the Commonwealth Games in Australia and he did not try another decathlon all year. Gregory and Lane maintain their second and third rankings. Daley Thompson's son Elliot makes his rankings debut. Once again there is disappointing depth.

20 KILOMETRES WALK

1. Tom Bosworth 17.1.90 (9y, 1) 1:20:13 '16
 2 CG 1:19:38, 2 Lugano 1:21:28, 7 EC 1:21:31, 1 Leeds (RWA) 1:23:10, 14 W.Cup 1:23:54, 17 Suzhou 1:26:58
2. Callum Wilkinson 14.3.97 (2y, 1) 1:22:17 '17
 7 CG 1:22:35, 3 Leeds (RWA) 1:24:41, 51 Suzhou 1:33:43, dq Lugano, dq EC
3. Guy Thomas 1.7.97 (3y, 5) 1:28:38 '17
 4 Leeds (RWA) 1:29:32, 2 Douglas 1:32:12, dq Podebrady
4. Cameron Corbishley 31.3.97 (3y, 3) 1:26:00 '17
 33 Podebrady 1:32:47, dq Lugano
5. Dominic King 30.5.83 (14y, 4) 1:27:52 '04
 1:34:46+, 1 W.Masters-35 1:35:04
6. Tom Partington 8.7.99 (1y, -) 1:41:27 '17
 3 Douglas 1:35:02
7. Daniel King 30.5.83 (13y, 6) 1:26:14 '04
 1:35:10+, 4 W.Masters-35 1:42:14

Bosworth is top for the sixth time, tying Ian McCombie's event record, setting a British record at the Commonwealth Games.

50 KILOMETRES WALK

1. Dominic King 30.5.83 (6y, 1) 3:55:48 '16
 10 Dudince 4:06:34, dnf ITA Champs
2. Daniel King 30.5.83 (7y, -) 4:04:49 '08
 11 Dudince 4:08:16, 5 ITA Champs 4:16:19
3. Jonathan Hobbs 17.5.93 (1y, -)
 3 FRA Ch 4:37:42; 1, Douglas (RWA) 4:43:35, 4 POR Ch 4:45:05

Dominic King is top for the sixth time, with the King twins joined this year by Jonathan Hobbs. Five men under five hours ties 2013 in being the best since 2002, but is a far cry from 50 such walkers in 1980 and 1984.



James Whiteaker

100 METRES

- 1. Dina Asher-Smith** 4.12.95 (6y, 3) 10.99 '15
10.85, 10.92, 10.93, 10.93, 10.97, 11.06
1 Sydney, 1 Brisbane, 6 Eugene, 2 Oslo, 1 Stockholm, 1 UK,
1 EC, 2 Zürich, 2 Cont. Cup
- 2. Imani Lansiquot** 17.12.97 (4y, 7) 11.17 '16
11.11, 11.14, 11.14, 11.19, 11.23, 11.24
2 Weinheim, 2 Regensburg, 1/3 Bern, 4 UK, 5 Anniv, 6 EC,
3 Rovereto, 1B Zürich
- 3. Daryll Neita** 29.8.96 (4y, 2) 11.14 '17
11.19, 11.23, 11.24, 11.26, 11.27, 11.29; 11.28w mx
2 Montgeron. 1 LI, 1 Bydgoszcz, 3 Geneva, 1 Paderborn, 2
UK, 4s2 EC, 5 Rovereto, 4A Berlin, 3 Zagreb
- 4. Bianca Williams** 18.12.93 (5y, 6) 11.17 '14
11.20, 11.20, 11.27, 11.28, 11.38, 11.45
4 Montgeron, 1 Copenhagen, 3 UK, 4 AthWC, 7 Anniv, 4B
Zürich
- 5. Asha Philip** 25.10.90 (10y, 1) 11.10 '15
11.21, 11.21, 11.25, 11.28, 11.31, 11.31
4 CG, 3 Bottrop, 5h2 Anniv, 2 Schifflange, 5 Chorzów
- 6. Kristal Awuah** 7.8.99 (1y, -) 11.61 '17
11.16, 11.20, 11.35, 11.37, 11.37, 11.37
2 LI, 1 South-J, 1 Eng-J, 1 Mannheim, 3 WJ, 6h2 Anniv, 1
Schifflange, 1 MI, 2 Gothenburg, 1B Berlin
- 7. Lorraine Ugen** 22.8.91 (2y, 12) 11.41, 11.31w '17
11.32, 11.37, 11.56
1 Fort Worth, 5 UK
- 8. Ashleigh Nelson** 20.2.91 (13y, 5) 11.19, 11.14w '14
11.38, 11.41, 11.45, 11.46, 11.60, 11.77
1 Tübingen, 6 UK, 7h1 Anniv, 1B LEAP, 4B Berlin
- 9. Corinne Humphreys** 7.11.91 (2y, 8) 11.39 '17
11.41, 11.42, 11.51, 11.51, 11.54, 11.55
2B Brisbane, 5s3 CG, 2 Aarhus, 1B Geneva, 1 Hérouville,
dns UK, 4 Cork, 2 Castres
- 10. Shannon Hylton** 19.12.96 (1y, -) 11.47 '17
11.44, 11.45, 11.47, 11.53, 11.54, 11.59
1 WLP (1), 1 Eng-23, 5 Cork, 3 Szczecin, 4 Gothenburg, 3C
Zürich, 2C Berlin
- 11. Annie Tagoe** 4.6.93 (2y, -) 11.53, 11.38w '14
11.44, 11.51, 11.53, 11.53, 11.60, 11.69
1A LI, 1r4 Tübingen, 7 UK, 1 WLP (2)
- 12. Kimbely Baptiste** 27.12.92 (1y, -) 11.62, 11.50w '17
11.50, 11.81, 12.13; 11.35w, 11.51w, 11.63w
4B Cork, 1 CAU, 2 MI; WL1: -, 1,3

Asher-Smith had a top world-class season at both sprints, and took the 100m British record down to 10.85. Lansiquot also made the European 100m final and again our sprinters excelled to win the 4x100m. Awuah led the next generation with World Junior bronze and six PBs from 11.58 to 11.16. Tagoe returns to the rankings; her only previous entry was in 2010. The 10th best woman at 11.41 tied the record from 2008 and 50th best at 11.96 is the second best ever.

200 METRES

- 1. Dina Asher-Smith** 4.12.95 (7y, 1) 22.07 '15
21.89, 22.25, 22.29, 22.31, 22.33, 22.40
1 Brisbane, 3 CG, 2 Rabat, 4 Anniv, 1 EC, 2 Bham DL
- 2. Beth Dobbin** 7.6.94 (1y, -) 23.31 '17
22.59, 22.75, 22.83, 22.84, 22.84, 22.93
1 Tergnier, 1 LI, 1 WLP (1), 2 Stockholm, 1 UK, 3 AthWC,
7 EC
- 3. Bianca Williams** 18.12.93 (6y, 2) 22.58 '14
22.60, 22.80, 22.83, 22.88, 23.06, 23.16
2 Brisbane, 6 CG, 2 Geneva, 2 UK, 6 EC
- 4. Jodie Williams** 28.9.93 (8y, -) 22.46 '14
22.75, 22.77, 22.78, 22.85, 23.15, 23.26
4 Mt.SAC, 1 Claremont, 1 Geneva, 3 UK, 4 Lausanne, 6
Rabat, 5s3 EC
- 5. Shannon Hylton** 19.12.96 (6y, 4) 22.94, 22.73w '15

- 22.78, 22.92, 22.95, 22.99, 23.01, 23.07
2 WLP (1), 4 Geneva, 1 Eng-23, 4 UK, 4 Cork, 1 Gent, 1
Sopot, 2 Szczecin
- 6. Finette Agyapong** 1.2.97 (3y, 3) 22.86 '17
22.95, 23.14, 23.15, 23.32, 23.35, 23.38; 23.30i
3s3 CG, 1 Turku, 5 UK, 1B Cork, 1 WL2 (3); Ind: 2
Eaubonne, 1 UKi
- 7. Ashleigh Nelson** 20.2.91 (2y, -) 22.96 '16
22.94, 23.27; 1B Geneva, 1 Lappeenranta
- 8. Kimbely Baptiste** 27.12.92 (2y, 11) 23.34 '17
23.55, 23.58, 23.83, 24.12; 23.24w, 23.39w, 23.40w
7 UK, 2B Cork, 1 CAU, 1 MI; WL1: -, 1,1
- 9. Alisha Rees** 16.4.99 (3y, 9) 23.32, 23.12w '17
23.44, 23.47, 23.49, 23.67, 23.83, 23.90; 23.62w
2 Eng-J, 1r5 Mannheim, 3s1 WJ, 1 Scot, WLP: 1B,-, 1
- 10. Katarina Johnson-Thompson** 9.1.93 (4y, 5) 22.79
'64
22.88, 23.56; 1H CG, 1H EC
- 11. Amarachi Pipi** 26.11.95 (3y, 7) 22.95, 22.83w '17
23.14, 23.49, 23.73, 23.79; 23.38i, 23.43i, 23.51i
1 San Diego, 1 Norman, 7 Big 12; Ind: 1 Lubbock, 2B
F'ville, 1 Big 12
- 12. Georgina Adam** 24.3.00 (1y, -) 23.87 '17
23.46, 23.52, 23.62, 23.63, 23.69, 23.72
2A LI, 1C Geneva, 1 Eng-J, 1 Mannheim, 6 UK, 6s3 WJ;
Ind: 1 North-J, 1r5 Vienna, 5 UKi, 1 Eng-Ji

Asher-Smith completed her European sprint double with a British record 21.89 and is top ranked for the fourth successive year. Dobbin made huge improvement – after 23.94/23.74w in 2016 and 23.31 in 2017, she improved her best six times to 22.59 (fourth Scottish record) to win the UK title from Bianca Williams, who was then a place ahead at the Europeans. A new record was set for 50th best of 24.36.

400 METRES

- 1. Anyika Onuora** 28.10.84 (6y, 3) 50.87 '15
51.13, 51.60, 51.77, 51.86, 51.95, 52.03
5B Brisbane, 4s2 CG, 5 Bydgoszcz, 7 Hengelo, 7 Oslo, 1
UK, 4 AthWC, 5 Anniv, 3s2 EC, 3 Szczecin, 3 Rovereto, 4
Zagreb; Ind: 3 Mondeville, 2B Madrid, dq s1 UKi, 6 Glasgow

- 2. Lavai Nielsen** 13.3.96 (4y, 5) 52.25 '15
51.21, 51.21, 51.67, 51.70, 51.98, 51.99
2 B.Uns, 3 Oordegem, 4 Geneva, 4 Tübingen, 2 UK, 8 Anniv,
4 EC, 4 Gothenburg, 4 Rovereto, 7 Zagreb
- 3. Eilidh Doyle** 20.2.87 (6y, 4) 51.45i, 51.83 '13
51.87; 51.60i, 51.84i, 52.11i, 52.15i, 52.31i
1B Chorzów; Ind: 1 Vienna, 1 UKi, 2 Glasgow, 3 WI
- 4. Zoey Clark** 25.10.94 (4y, 1) 51.81 '17
51.36, 52.06, 52.07, 52.13, 52.26, 52.49; 52.12i, 52.16i
3B Brisbane, 4s1 CG, 3 E.Clubs, 4 UK, 1 WLP (2), 7 Anniv, 5
Gothenburg; Ind: 1 Gent, 2 UKi, 6 WI
- 5. Amy Allcock** 20.8.93 (3y, 12) 52.83 '14
51.36, 51.91, 52.10, 52.75, 52.97; 52.74i
1 WL1 (1), 1 Bern, 3 UK, 6 Anniv, 6s3 EC; Ind: 1r5 Vienna,
3 UKi
- 6. Emily Diamond** 11.6.91 (5y, 2) 51.23 '16
51.87, 52.02, 52.26, 52.53, 52.58, 52.79
3 Brisbane, 4s3 CG, 4B Oordegem, 3 Geneva, 5 UK, 2
Bottrop, 6 Bellinzona
- 7. Perri Shakes-Drayton** 21.12.88 (9y, 6) 51.26 '12
51.97, 52.00, 52.92, 54.17
1B Oordegem, 2 Marseille, 8 UK
- 8. Amarachi Pipi** 26.11.95 (1y, -) 52.96 '17
52.26, 52.37, 52.45, 53.50, 52.52, 53.60; 52.07i, 52.47i,
52.81i
1 Tuscaloosa, 4 Big 12, 8s2 NCAA, 3h2 UK; Ind: 1 Nashville,
1 Big 12, 3r1 NCAA
- 9. Mary Abichi (née Iheke)** 19.11.90 (5y, 9) 52.60 '17
52.74, 52.77mx, 52.96, 53.09mx, 53.15, 53.28
3 Clermont, 2 Aarhus, 6 UK, 1 WL1 (2), 1 Heusden; Ind: 4
UKi
- 10. Philippa Lowe** 7.4.92 (2y, -) 52.99i '17, 53.07 '16
52.85, 52.92, 53.09, 53.65, 53.69, 53.91
1 South, 7 UK, 1 CAU, 1 MI; WL1: 1B,-, 1
- 11. Hannah Williams** 23.4.98 (2y, 10) 52.55 '17
52.50, 53.31, 53.90, 54.02, 54.06, 54.44; 53.49i, 53.55i,
53.63i
2 LI, 1C Geneva, 1 Eng-23, 2h4 UK, 1 Hilversum; Ind: 1
South, 1r4 Vienna, 5 UKi
- 12. Meghan Beesley** 15.11.89 (2y, -) 52.79 '11
53.07, 53.76; 53.44i
1 Brisbane, 1 LEAP; Ind: 1 Sheffield



Outdoors only: 3 Allcock, 4 Clark, 5 Diamond, 6 Shakes-Drayton, 7 Doyle

Onuora topped the UK lists at 400m for the first time in her distinguished career. Doyle had a full indoor season including taking World Indoor bronze, but had just one outdoor flat 400m race, and, after second to Onuora at the UK Champs, Nielsen was fourth at the European ones and with Onuora had the best depth of times, but Onuora beat Nielsen 4-1 to take the top ranking narrowly after four years at second or third. Allcock had the biggest improvement by any of the top women.

800 METRES

- 1. Lynsey Sharp** 11.7.90 (8y, 1) 1:57.69 '16
1:59.34, 1:59.86, 1:59.90, 1:59.93, 2:00.32, 2:00.44mx
4 Brisbane, 4h3 CG, 3B Eagle Rock, 5 Stockholm, 5 Ostrava, 5 UK, 8 Lausanne, 7 Rabat, 3 Anniv, 6 EC, 2 Rovereto, 1 Brussels; Ind: 1 Seattle, 4 Boston, 2 Glasgow
- 2. Adelle Tracey** 27.5.93 (5y, 4) 2:00.04mx '16, 2:00.26 '17
1:59.86, 2:00.86, 2:00.91, 2:01.05, 2:01.26, 2:01.34
6 Brisbane, 6h3 CG, 6 Prague, 4 Huelva, 2 Tübingen, 3 UK, 2 AthWC, 4 EC, 3 Szczecin, 3 Padua; Ind: 2 Gent, 5 Torun, 3 UKi, 5 Glasgow
- 3. Shelayna Oskan-Clarke** 20.1.90 (6y, 2) 1:58.86 '15
2:00.39, 2:00.81, 2:01.94, 2:02.01, 2:02.09, 2:02.26;
1:59.81i, 2:00.06i, 2:01.76i
3h2 CG, 3 Stockholm, 5 Marseille, 2 Eltham 20/6, 2 UK, 8 EC, 8 Gothenburg
- 4. Laura Muir** 9.5.93 (6y, 3) 1:58.69 '17
1:59.09, 2:01.22, 2:03.00+, 2:03.15, 2:04.71, 1:59.69i
5 Oslo, 1 UK, 11 Rovereto, Ind: 1 Scot
- 5. Alexandra Bell** 4.11.92 (4y, 5) 2:00.53 '16
1:59.93, 2:00.11, 2:00.13, 2:00.29mx, 2:00.83, 2:01.49
3 Brisbane, 5 CG, 1 Watford, 3 Prague, 4 UK, 1 Lignano, 8 Anniv, 1 Stretford
- 6. Sarah McDonald** 2.8.93 (3y, 6) 2:01.10 '16
2:00.88, 2:00.91mx, 2:01.30, 2:03.13
2 Brisbane, 4 Karlstad, 1 Watford 8/8
- 7. Katie Snowden** 9.3.94 (4y, 9) 2:00.92mx '17, 2:01.77 '15
2:01.60mx, 2:01.63mx, 2:01.75, 2:03.00, 2:03.42,
2:04.02+
8 Brisbane, 1 Watford 13/6, 1 Eltham 7/7, 3 Watford 11/7,
1 Eltham 15/8
- 8. Reeve Walcott-Nolan** 6.3.95 (2y, -) 2:02.32 '16
2:01.78mx, 2:02.06, 2:02.46, 2:02.50, 2:04.34, 2:04.52
1 WL1 (1), 2 Lough, 3 Watford 13/6, 1B Tübingen, 1 Eltham
20/6, 6 UK, 7 Guadalajara, 9 Anniv, 2 Watford 8/8
- 9. Mhairi Hendry** 31.3.96 (2y, 11) 2:03.37 '17
2:03.06, 2:03.61, 2:03.92, 2:05.13, 2:05.17, 2:05.95;
2:01.30i, 2:02.41i, 2:02.65i
2 B.Uns, 2 LI, 8 Oordegem, 2 Eng-23, 7 UK, 10 Cork, 1
Scot, 2 MI; Ind: 2 Scot, 2 UKi, 6 Glasgow, 3h3 WI
- 10. Hannah Segrave** 2.8.93 (1y, -) 2:02.79 '17
2:02.52, 2:02.74, 2:03.10, 2:03.26, 2:03.29, 2:04.27
2 Raleigh, 2 Atlanta, 4 Boston, 8 Nashville, 8 UK, 5 Dublin,
1B Karlstad, 2 Eltham 15/8
- 11. Laura Weightman** 1.7.91 (2y, 7) 2:01.87 '17
2:02.11mx, 2:02.41; 1 Watford 11/7
- 12. Mari Smith** 14.11.96 (1y, -) 2:04.19 '17
2:02.64, 2:03.23, 2:03.41, 2:03.71, 2:03.92, 2:04.10
1 B.Uns, 1 LI, 2 Watford 26/5, 1 Geneva, 2 Bern, 3h4 UK, 2
Watford 11/7, 5 Cork, 1 CAU, 1MI
Outdoors only: 4 Bell, 5 Muir, ... 9 Segrave, 10
Weightman, 11 Smith, 12 Hendry

Sharp improved steadily during the year and with four sub-2 times in late season (Muir had two, Tracey and Bell one each) is top for the fifth successive year, but the ranking



Lynsey Sharp

of the top five was far from clear-cut, indeed the toughest for any event this year, as the top women met only rarely. Bell was the only British woman to make the CG final, but Tracey, Sharp and Oskan-Clarke were in the EC final. Tracey was 2-2 v Sharp outdoors (0-1 indoors) and was 1-1 v Bell, 2-0 v Oskan-Clarke, who was 1-0 v Bell. Muir beat them all to win the UK title but opted out of competing in the European Champs at 800m and did not race enough 800m races to rank higher. There is also little between those ranked seventh to 12th.

1500 METRES

- 1. Laura Muir** 9.5.93 (6y, 1) 3:58.66 '16, 4:18.03M '17
3:58.18, 3:58.49, 3:58.53, 3:59.30, 4:19.28M/4:00.68
2 Eugene, 2 Stockholm, 2 Lausanne, 5 Anniv, 1 EC, 1
Brussels; Ind: 1 Scot Un, 2 WI
- 2. Laura Weightman** 1.7.91 (9y, 2) 4:00.17 '14
4:20.49M/4:03.44, 4:01.76, 4:02.90, 4:03.75, 4:04.36
1 Brisbane, 12 Eugene, 9 Stockholm, 1 UK, 7 Lausanne, 6
Anniv, 3 EC, 9 Brussels
- 3. Sarah McDonald** 2.8.93 (3y, 4) 4:05.48 '17
4:20.85M/4:04.28, 4:03.17, 4:03.36, 4:04.41, 4:05.77
8 CG, 4 Hengelo, 2 Ostrava, 3 UK, 9 Anniv, 5 B'ham DL, 3
Chorzów; Ind: 5 Boston, 5 Glasgow
- 4. Melissa Courtney** 30.8.93 (5y, 5) 4:05.82, 4:23.15M '17
4:03.44, 4:06.27, 4:06.63, 4:06.70, 4:27.29M
2 Brisbane, 3 CG, 5 Hengelo, 10 Lausanne
- 5. Eilish McColgan** 25.11.90 (5y, 7) 4:01.60 '17
4:01.98, 4:04.30, 4:25.07M, 4:06.88, 4:08.70; 4:08.07i
3 Brisbane, 6 CG, 8 Lausanne, 5 Berlin; Ind: 3 Madrid, 1
UKi, 6h2 WI
- 6. Hanna Reekie** 6.3.98 (2y, 11) 4:12.28 '17
4:27.16M/4:06.11, 4:09.05, 4:09.08, 4:09.10, 4:09.54
1 LI, 2 Watford 26/5, 7 Chorzów, 2 UK, 5 Lignano, 3 AthWC,
4 S'ville, 3 Dublin, 13 Anniv, 8h1 EC; Ind: 1 Scot, 7 Gent, 5
UKi, 12 Glasgow
- 7. Stephanie Twell** 17.8.89 (11y, 8) 4:02.54 '10,
4:28.16M '07
4:05.56, 4:26.05M, 4:08.66, 4:09.67
4 Brisbane, 7 CG, 6 Berlin; Ind: 11 Glasgow
- 8. Katie Snowden** 9.3.94 (2y, 6) 4:05.29, 4:25.89M '17

- 4:06.55, 4:08.00, 4:08.95mx, 4:09.27, 4:29.56M
11 CG, 12 Hengelo, 12 Tübingen, 4 UK; Ind: 2 Gent, 2 UKi,
10 Glasgow
- 9. Jessica Judd** 7.1.95 (6y, 3) 4:03.73, 4:28.59M '17
4:07.50, 4:08.82, 4:08.87, 4:09.27mx, 4:09.29mx
8 Brisbane, 14 CG, 3 Watford 26/5, 9 Ostrava, 1 Lough, 5
UK, 1 CAU, 1 MI, 1 Stretford
- 10. Rosie Clarke** 17.11.91 (4y, -) 4:12.10 '15
4:07.69, 4:11.24; 5 Brisbane, 5 Tübingen
- 11. Stacey Smith** 4.2.90 (3y, -) 4:06.81 '11
4:10.05i, 4:13.68i, 4:16.00i, 4:17.71i, 4:22.06
Ind: 1 Sheffield, 1 Bratislava, 3 UKi, 6 Glasgow
- 12. Hannah England** 6.3.87 (11y, 10) 4:01.89 '11,
4:30.29Mi '09, 4:33.48M '16
4:10.78, 4:11.14, 4:12.30, 4:12.92, 4:34.00M, 4:13.68
8 Huelva, 14 Tübingen, 5h1 UK, 9 Lignano, 4 Ninove, 2
Kessel-Lo, 5 Padua; Ind: 2 Sheffield, 1 Cardiff, 9 Boston,
4 UKi
- **Amy Griffiths** 22.3.96 (1y, -) 4:12.67 '17
4:09.71, 4:12.14mx, 4:15.82, 4:16.21, 4:16.35
5 B.Uns, 5 Watford 26/5, 7 UK, 2 Stretford 18/8, 4 Cles
Outdoors only: 11 England, 12 Griffiths

Muir is top and Weightman second for the fourth successive year. Muir is ranked second in the world with Weightman, close to a world ranking. Reekie had a fine season and pipped McDonald to a European Champs place, but McDonald is ranked third, although good results from women who otherwise concentrated on the 5000m, Courtney, McColgan and Twell, third, sixth and seventh at the CG, make it close. Smith returns after previously ranking in 2010-11. Tenth best of 4:07.69 was a new record.

5000 METRES

- 1. Eilish McColgan** 25.11.90 (5y, 2) 14:48.49 '17
7 Rabat 14:52.83, 2 EC 14:53.05, 11 Zürich 15:09.00, 2
Nijmegen 15:17.01, 6 CG 15:34.88, 3 UK 16:08.06
- 2. Melissa Courtney** 30.8.93 (2y, 8) 15:28.95 '17
5 EC 15:04.75, 1 Nijmegen 15:16.51, 13 Zürich 15:24.58,
9 CG 15:46.60, 2 UK 16:07.59
- 3. Laura Weightman** 1.7.91 (2y, 4) 15:08.24 '17
3 CG 15:25.84

- 4. Stephanie Twell** 17.8.89 (9y, 3) 14:54.08 '10
5 Nijmegen 15:18.77, 12 Rabat 15:36.45, 4 Marseille
15:38.68, 10 EC 15:41.10, 14 CG 16:05.65, 1 UK
16:07.24
- 5. Amy-Eloise Neale** 5.8.95 (1y, -) 15:39.30 '17
13 Stanford 3/5 15:24.16, 4 NCAA-W 15:29.89, 5 NCAA
15:44.41, 9 UK 16:19.55
- 6. Claire Duck** 29.8.85 (1y, -) 15:47.75 '16
1 Manchester 15:39.68, 1mx Stretford 15:57.07, 5 UK
16:12.47
- 7. Jessica Judd** 7.1.95 (2y, 5) 15:34.82 '17
1 M.Keynes 15:37.23, 3 Manchester 15:49.54, 1 B.Univ
16:10.81, 1 CAU 16:13.46
- 8. Emelia Gorecka** 26.1.94 (8y, 12) 15:07.45 '14
16 Stanford 3/5 15:30.59, 3 M.Keynes 16:06.30
- 9. Charlotte Taylor** 17.1.94 (1y, -) 15:29.07 '17
5h2 NCAA-W 15:41.09, 11 NCAA 15:49.70, 1 Adrian
15:52.84
- 10. Stevie Stockton** 23.8.89 (3y, -) 15:46.56 '14
2 Manchester 15:41.11
- 11. Jo Pavey** 20.9.73 (14y, -) 14:39.96 '06
1 Loughborough 15:48.84
- 12. Philippa Bowden** 29.3.95 (1y, -) 16:11.48 '17
2 Loughborough 15:52.36, 6 UK 16:15.54, 2 B.Univ
16:18.77

McColgan returns to the top ranking she had in 2016 and Courtney had a splendid year to take second place ahead of Weightman, who had just the one 5000m race, and UK champion Twell. Pavey returns at the age of 44, and her 13 years in the rankings and an 18-year span are event records. Fiftieth best of 16:36.07 was a new record.

10,000 METRES

- 1. Alice Wright** 3.11.94 (4y, 6) 32:29.28 '17
4 Stanford 30/3 32:15.73, 4 NCAA 32:17.92, 2 NCAA-W
32:19.03, 6 EC 32:36.45
- 2. Charlotte Arter** 18.6.91 (2y, 7) 32:37.51 '17
3 ECp (1 UK) 32:15.71
- 3. Charlotte Taylor** 17.1.94 (2y, 3) 32:11.80 '17
5 NCAA 32:17.95, 3 NCAA-W 32:20.25, 2 Berkeley
34:10.23
- 4. Philippa Bowden** 29.3.95 (1y, -) 33:44.24 '17
5 P.Hill (2 UK) 32:33.10, 3 Leiden 32:52.60
- 5. Louise Small** 27.3.92 (4y, 12) 32:56.11 '17
7 ECp (3 UK) 32:34.73, dnf Leiden
- 6. Stevie Stockton** 23.8.89 (2y, -) 34:03.88 '13
8 P.Hill 32:35.26, 9 Leiden 33:55.08
- 7. Katrina Wootton** 2.9.85 (3y, 2) 31:45.63mx/32:27.47
'17
9 P.Hill 32:37.80
- 8. Jennifer Nesbitt** 24.1.95 (4y, 10) 32:59.52 '17
10 P.Hill (ECp) 32:38.45, 17 CG 32:58.14, 6 Leiden
33:28.20
- 9. Emelia Gorecka** 29.1.94 (1y, -) 0-
11 P.Hill (ECp) 32:39.37
- 10. Claire Duck** 29.8.85 (2y, 9) 32:51.38 '17
15 P.Hill (ECp) 32:52.85
- 11. Kate Avery** 10.10.91 (5y, -) 31:41.44 '15
20 P.Hill 33:05.24
- 12. Beth Potter** 27.12.91 (4y, 1) 32:03.45 '16
18 CG 33:26.78
- nr Emma Mitchell** 2.9.93 IRL 32:51.78 '17
15 CG 32:49.91, 16 P.Hill 32:55.28, 17 EC 34:08.61

This year the Parliament Hill 10,000m included the European Cup and the UK Championships. Arter was UK champion in the fastest British time of the year, and this race largely determines the rankings, but Wright's four quality races ensured her top ranking.



Alice Wright

(10 MILES – 20KM –) HALF MARATHON

(First ranked Purdue)

- 1. Charlotte Purdue** 10.6.91 (7y, 1) 71:29 '17
1 London (UK) 70:29, 21 World Ch 71:21, 14 GNR 76:49
- 2. Lily Partridge** 9.3.91 (4y, 3) 70:32 '15
2 London (UK) 71:06, 1 Seville 71:08, 74:03+, 74:51+, 10
GNR 75:16
10M: 1 Bramley 55:43
- 3. Charlotte Arter** 18.6.91 (2y, -) 73:19 '16
3 London (UK) 71:34, 31 World Ch 71:52
- 4. Tracy Barlow** 18.6.85 (2y, 6) 72:48 '17
5 Cardiff 72:17, 43 World Ch 72:35, 7 London 73:36, 1
Swansea 73:51, 74:03+, 16 Barcelona 74:25, 22 Houston
74:28; 15k: 10 Nijmegen 51:23
- 5. Stephanie Twell** 17.8.89 (3y, -) 71:56 '10
7 Cardiff 72:32, 1 Walton 74:10;
10M: 2 Gt. South 55:16
- 6. Gemma Steel** 12.11.85 (9y, 2) 68:13 '14
2 Doha 72:37, 48 World Ch 73:39, 10 Cardiff 73:48
10M: 3 Gt.South (1 ENG) 56:56
- 7. Sonia Samuels** 16.5.79 (5y, 11) 72:36 '13
7 Barcelona 72:40, 4 London 72:57, 4 Ceske B 74:55
- 8. Katrina Wootton** 2.9.85 (2y, -) 73:25 '16
8 Barcelona 72:50
- 9. Caryl Jones** 24.4.87 (3y, 12) 71:18 '12
5 London 73:28, 1 Llanelli 74:24
- 10. Alyson Dixon** 24.9.78 (9y, 4) 70:38 '14
6 London 73:34, 11 GNR 75:42
10M: 1 Brampton-Carlisle 55:01
- 11. Faye Fullerton** 31.5.84 (1y, -) 74:06 '15
53 World Ch 73:56, 9 London 74:04
- 12. Lucy Reid** 2.12.92 (1y, -) 80:57 '15
11 Cardiff 73:49, 1 Paddock Wood 76:19

The UK Champs' 1-3 – Purdue, Partridge and Arter, take the top three rankings spots.

MARATHON

- 1. Lily Partridge** 9.3.91 (2y, 5) 2:32:10 '17
8 London (1 UK) 2:29:24, dnf EC
- 2. Tracy Barlow** 18.6.85 (4y, 4) 2:30:42 '17
9 London (2 UK) 2:32:09, 15 EC 2:35:00
- 3. Sonia Samuels** 16.5.79 (6y, 3) 2:28:04 '15
5 CG 2:36:59, 21 EC 2:37:36
- 4. Stephanie Twell** 17.8.89 (1y, -) 0-
7 Valencia 2:30:14
- 5. Alyson Dixon** 24.9.78 (7y, 2) 2:29:30 '15
6 CG 2:38:19
- 6. Helen Davies** 12.9.79 (5y, -) 2:34:11 '12
8 Toronto 2:35:12, 1 Brighton 2:38:41
- 7. Natasha Cockram** 12.11.92 (1y, -) 2:49:34 '17
4 Dublin 2:35:49, 1 Newport 2:44:58
- 8. Dani Nimmo** 10.5.90 (1y, -) 2:48:52 '16
1 Manchester 2:38:28, 23 Frankfurt 2:38:54
- 9. Jennifer Spink** 7.8.81 (4y, 12) 2:36:00 '15
14 Valencia 2:36:54
- 10. Caryl Jones** 4.4.87 (2y, 7) 2:34:18 '18
30 EC 2:40:41, 8 CG 2:43:58
- 11. Helen Carruthers** 20.4.93 (1y, -) 3:27:33 '17
11 Toronto 2:36:48, 4M London 2:48:07
- 12. Rebecca Murray** 26.9.94 (1y, -) 0-
12 London 2:39:37
- M – mass race in London

The top Briton in London, and the only woman to run under 2:30 in 2018, Lily Partridge, takes the top ranking. Twell made a successful December debut in Valencia with the second best time of the year but is ranked below Barlow and Samuels (in her sixth year in the top three) who each ran two major marathons, slower but in much tougher conditions. There are five newcomers to the rankings this year with Carruthers making a particularly notable breakthrough.

(2000 &) 3000M STEEPLECHASE

- 1. Rosie Clarke** 17.11.91 (3y, 1) 9:32.10 '17
9:32.08, 9:32.15, 9:33.78, 9:36.29, 9:38.71
4 CG, 12 Rome, 9 Oslo, 1 UK, 14 Monaco, 10 EC, 10 Berlin
- 2. Aimee Pratt** 3.10.97 (3y, 5) 9:59.86 '17
9:50.17, 9:54.16, 9:54.61, 9:57.58
1B MtSac, 1 Oordgeem, dnf UK, 6 Liège, 5 Ninove
- 3. Elizabeth Bird** 4.10.94 (5y, 7) 9:54.76 '15
9:53.59, 10:06.45
6 Stanford 30/3, 3 Stanford 3/5
- 4. Iona Lake** 15.1.93 (6y, 3) 9:39.03 '17
9:58.92, 10:04.84, 10:08.61, 10:12.71
8 CG, 1 Watford, 2 UK, 10 Liège
- 5. Emily Moyes** 14.6.98 (2y, 10) 10:25.23 '17
10:16.46, 10:18.00, 10:37.28
3 LI, 3 UK, 2 CAU
2000mSt: 1 B.Uns, 6:42.21, 6:55.5
- 6. Nicole Roberts** 30.1.92 (3y, -) 10:30.52 '14
10:15.99, 10:24.82, 10:25.11, 10:46.55
2 LI, 2 Watford, 4 UK, 3 CAU
2000mSt: 1 WLP (3) 6:38.44
- 7. Kate Ingle** 4.3.95 (5y, 6) 10:02.34 '17
10:08.16, 10:15.38, 10:49.53, 10:54.69
3 Watford, 6 UK, 1 CAU, 1 MI
- 8. Holly Page** 17.8.00 (1y, -) 10:47.16 '17
10:13.98, 10:29.92, 10:35.36; 1 LI, 11h2 WJ
2000mSt: 6:42.43, 6:44.0
- 9. Emily Smith** 5.12.95 (1y, -) 10:52.96 '15
10:16.97, 10:25.80, 10:59.69A; 4 LI, 5 UK
2000mSt: 2 B.Univs 6:43.45
- 10. Lennie Waite** 4.2.86 (11y, 2) 9:35.91 '16
10:21.72; 10 CG
- nr Kerry O'Flaherty** IRL 15.7.81 9:42.61 '15
9:53.00, 10:01.40, 10:09.81, 10:18.36, 10:19.64
3 Oordgeem, 5 Montbéliard, 6 Espoo, 13 Luzern, 17h1 EC

Clarke was a long way clear of the rest in retaining her top ranking. All her eight steeplechases were under 9:46 while the next best was Pratt at 9:50.17. Just 10 are ranked as the standard in depth is too weak for more. Waite's 11 years ranked is an event record.

100 METRES HURDLES

- 1. Tiffany Porter** 13.11.87 (8y, 1) 12.51 '14, 12.47w '12
12.99, 13.12, 13.14, 13.45
1 Myrtle Beach, 2 Brisbane, 6 CG
- 2. Alicia Barrett** 25.3.98 (3y, 3) 13.07 '18
13.19, 13.26, 13.26, 13.28, 13.28, 13.30
7 Brisbane, 8 CG, 3 Manchester, 1 LI, 4 Oordgeem, 6 Bydgoszcz, 2 Eng-23, 1 UK, 9h2 Anniv, 1/1 LEAP, 2 CAU, 1 WLP (3), 1 MI, 5 Bham DL, 5 L'ranta. 4 GNC
- 3. Megan Marrs** 25.9.97 (2y, 9) 13.51 '17
13.32, 13.36, 13.37, 13.37, 13.42, 13.42; 13.23w, 13.37w
1 B.Uns, 3 LI, 2 Radom. 2B Bydgoszcz, 3 Eng-23, 1 Belfast, 2 UK, 7 Ath WC, 7h1 Anniv, 1/2 LEAP
- 4. Jessica Hunter** 4.12.96 (3y, 6) 13.42 '17
13.33, 13.37, 13.39, 13.40, 13.42, 13.43; 13.30w
1A LI, 1 WL1 (1), 1 Aarhus, 1 Eng-23, 3 UK, 6 S'ville, 8h1 Anniv, 2/3 LEAP, 1 CAU, dq MI
- 5. Yasmin Miller** 24.5.95 (6y, 4) 13.13 '14
13.33, 13.35, 13.41, 13.41, 13.41, 13.44; 13.41w
5 Montgeron, 4 Manchester, 2 LI, 5 Oordgeem, 5 Bydgoszcz, 9 Hengelo, 1 South, 3 CAU, 3 GNC
- 6. Cindy Ofili** 5.8.94 (4y, 2) 12.60 '15
13.26, 13.27, 13.30, 13.54, 13.58
5 Lignano, 4 Bellinzona, 6 B'ham DL
- 7. Emma Nwofor** 22.8.96 (1y, -) 13.92, 13.91w '17
13.44, 13.58, 13.67, 13.71, 13.78, 13.94; 13.58w
2C MtSac, 4 B.Uns, 2A LI, 3H ENG, 5 Eng-23, 4 UK, WL2: 1,2,2

- 8. Danielle McGifford** 11.4.95 (1y, -) 13.88 '14, 13.82w '13
13.51, 13.75, 13.75, 13.77, 13.77, 13.84; 13.34w, 13.43w, 13.57w, 13.66w
1 North, 6 UK, 4 CAU, 2 MI, WL2: 2,1,1
- 9. Mollie Courtney** 2.7.97 (3y, 7) 13.28 '16
13.57, 13.67, 13.69, 13.72, 13.83, 13.86; 13.66w
3 B.Uns, 4 LI, 1 NI, 4 Eng-23, 3h1 UK, WLP: 1,1,-
- 10. Heather Paton** 9.4.96 (2y, 12) 13.47 '17
13.36, 13.46, 13.54, 13.57, 13.61, 13.62; 13.56w
5 LI, 7 Geneva, 1 B'ham Un, dnf h Eng-23, dnf h2 UK, 1 Welsh, 7 Castres, 5 CAU, 1 Scot, 4 MI, WLP: 2,-,2
- 11. Katarina Johnson-Thompson** 9.1.93 (7y, 5) 13.29 '17
13.34, 13.54, 13.80
4H CG, 6H FRA Ch, 4H EC
- 12. Anastasia Davies** 9.4.99 (1y, -) 13.89 '17
13.75, 13.83, 13.85, 13.86, 13.87, 13.95; 13.73w, 13.78w
4A LI, 1 Eng-J, 2 Guernsey, 6 MI, 1 YDL, 2 EJ Clubs, WLP: 1B,1B,4

Porter had just three competitions in March/April and did not compete again after sixth at the Commonwealth Games, but that was still just enough for her sixth top ranking in eight years. The top two UK times of 2018 came from Porter 12.99 and Barrett 13.19 in CG heats. Porter's sister Ofili made a welcome return in July. While not producing quite as fast times as in 2017, Barrett had a long and consistent season and was 3-0 v Marrs, who was the most improved of the leading hurdlers, and 4-2 v Miller.

400 METRES HURDLES

- 1. Eilidh Doyle** 20.2.87 (14y, 1) 54.09 '16
54.80, 54.80, 55.05, 55.16, 55.71, 56.18
2 CG, 7 Anniv, 1 Karlstad, 8 EC, 4 B'ham DL, 5 Zürich
- 2. Meghan Beesley** 15.11.89 (12y, 2) 54.52 '15
55.21, 55.31, 55.33, 55.52, 55.58, 55.73
3 Brisbane, 6h1 CG, 1 WLP (1), 1 Turku, 1 Goleniów, 3 Geneva, 1 UK, 2 AthWC, 1 LEAP, 3 EC, 3 Szczecin, 3 Bham DL, 3 Rovereto, 4 Brussels, 3 Zagreb, 4 Cont Cp
- 3. Kirsten McAsian** 1.9.93 (2y, 9) 57.31
56.48, 56.77, 56.78, 56.89, 57.33, 57.33
1 LI, 3B Oordgeem, 1 WL1 (1), 6 Goleniów, 2 UK, 2 Warsaw, 4 Heusden, 7s2 EC, 1 Scot, 2B Rovereto
- 4. Jessica Turner** 8.8.95 (5y, 3) 56.08 '17
56.53, 56.62, 56.73, 56.89, 57.10, 57.25
7h2 CG, 1 Oordgeem, 6 Prague, 6 Geneva, 1 Tarare, 1 Roanne, 3 UK, 3 Heusden, 6 Sopot, 2 MI
- 5. Lina Nielsen** 13.3.96 (2y, 6) 57.87 '17
57.19, 57.91, 57.93, 57.98, 58.13, 58.49
3 LI, 2B Oordgeem, 1 Eng-23, 5 UK, 1 WL1 (2), 3 LEAP, 6 Szczecin
- 6. Hayley McLean** 9.9.94 (8y, 10) 56.43 '14
57.71, 58.04, 58.21, 58.26, 58.38, 58.46
1A LI, 6B Oordgeem, 2 South, 4 UK, 5 LEAP, 1 CAU, 3 MI, WL1: 3,2,1
- 7. Lauren Thompson** 15.6.94 (1y, -) 58.62 '17
57.32, 58.12, 58.90, 59.3, 59.6, 59.64
4 LI, 1 WL2 (1), 1 South
- 8. Ese Okoro** 4.7.90 (9y, 5) 56.67 '14
58.03, 58.54; 6 UK



Eilidh Doyle



Morgan Lake

- 9. Jessica Tappin** 17.5.90 (4y, 11) 58.13 '15
58.75, 58.87, 59.35, 59.43, 59.53, 59.55
2A LI, 4 (2r1) E.Clubs, 3C Geneva, 7 UK, 1B LEAP, 2 CAU, 1
WLP (3), 4 MI
- 10. Anna Nelson** 14.11.95 (1y, -) 60.36 '17
58.87, 58.89, 59.25, 59.35, 59.64, 59.95
4A LI, 2D Oordegem, 3h1 UK, 4 CAU, 2 Scot, 5 MI, WLI:
2,3,2
- 11. Lauren Williams** 12.2.99 (1y, -) 59.88 '17
58.09, 59.21, 59.38, 59.62, 59.67, 59.80
5 B.Uns. 6 LI, 5D Oordegem, 1 Eng-J, 4 Nivelles, 3h3 UK, 1
W.Int, 3 CAU, 1 v FRA.GER-J, WLP: 3,2,-
- 12. Georgina Rogers** 1.9.96 (2y, -) 58.53 '16
58.59, 59.01, 59.06, 60.1, 61.17
1 B.Uns, 2 LI, 1B WLP (1)

Doyle was top for the fifth time despite missing the first half of the summer season and has been in the top three for 12 successive years. Beesley had her best ever championship year to take the European bronze medal and is in the top three for the 10th year. McAslan continued to progress in her second year at the event and was 1-1 v Turner but well ahead at the UK Champs.

HIGH JUMP

- 1. Morgan Lake** 12.5.97 (7y, 1) 1.94 '14
1.97, 1.93, 1.93, 1.91, 1.91, 1.90; 1.93i, 1.92i
2 CG, 8 Stockholm, 1 Eng-23, 1 UK, 5 Rabat, 2 AthWC, 3=
Anniv, 7 EC, 4 Gothenburg, 6 Eberstadt, 11 Zürich; Ind: 3
Hustopecce, 8 Karlsruhe, 4 Madrid, 1 UKi, 2 Glasgow, 4 WI
- 2. Katarina Johnson-Thompson** 9.1.93 (12y, 23) 1.98
'16
1.91, 1.91, 1.90, 1.87; 1.93i, 1.91i
1H CG, 2 UK, 9 Anniv, 1=H EC; Ind: 1= Eaubonne, 1P WI
- 3. Nikki Manson** 15.10.94 (4y, 5) 1.86 '17

1.87, 1.84, 1.82, 1.81, 1.80, 1.80; 1.90i, 1.87i, 1.84i, 1.83i
7 CG, 6 Sinn, 11 Tübingen, 7 Bühl, 3 UK, 6 Viersen, 4 Cork,
dnq 18= EC; Ind: 4= Nantes, 7 Hustopecce, 1g Scot Un, 4=
UKi, 8 Glasgow

- 4. Niamh Emerson** 22.4.99 (4y, 7) 1.89 '16
1.89, 1.84; 3H CG, 1H WJ
- 5. Bethan Partridge** 11.7.90 (8y, 3) 1.89i '17, 1.87 '15
1.84; 1.84i, 1.80i, 1.80i
8 CG; Ind: 10 Hustopecce, 1 Nantes, 2 UKi
- 6. Abby Ward** 19.4.99 (2y, -) 1.86 '16
1.84, 1.84, 1.84, 1.81, 1.80, 1.80
2 LI, 1 North-J, 2 Eng-J, 1 Guernsey, 4 UK, 10 WJ; Ind: 4=
UKi, 1 Eng-J
- 7. Emily Borthwick** 2.9.97 (4y, 6) 1.83 '17
1.80, 1.79, 1.78, 1.77, 1.75, 1.75; 1.84i, 1.80i, 1.80i
1 B.Uns, 1 LI, 1 Big, 2 Geneva, 2= Eng-23, 8 UK, 5 Cork,
4 Dublin, 2 CAU, 5 MI, 5 Eberstadt U23, WL2: 1,-,2; Ind: 1
North, 6 Nantes, 3B Hustopecce, 3 UKi
- 8. Emily Race** 19.4.99 (1y, -) 1.75 '17
1.81, 1.78, 1.76, 1.75, 1.75, 1.74
4 BIG, 1 Mid-J, 5 Eng-J, 6 UK, 1 E.Sch, 1 W.Int, 1 CAU, 4
MI, 5 v FRA.GER-J
- 9. Isobel Pooley** 21.12.92 (9y, -) 1.96 '14
1.81, 1.80; 1 Fulda, 1 Erding
- 10. Rebecca Hawkins** 27.9.99 (3y, 9) 1.80i '17, 1.77 '17
1.79, 1.79, 1.78, 1.78, 1.75, 1.75; 1.76i
1 South-J, 3 Eng-J, 5 UK, 2 E.Sch, 2 MI, 2= EJ Clubs, WLP:
4,-,3; Ind: 6B Hustopecce, 2 Eng-J
- 11. Ada'ora Chigbo** 2.1.99 (4y, 12) 1.83 '16
1.77, 1.75, 1.75, 1.71, 1.71A, 1.70; 1.81Ai, 1.80Ai, 1.73Ai
3 Azusa, 5 MWC, dnq 15 NCAA-W; Ind: 3 MWC
- 12. Amelia Bateman** 13.11.00 (1y, -) 1.73 '15
1.78, 1.75, 1.75, 1.74, 1.73, 1.72
1 N.East, 4 Eng-J, 7 UK, 3 E.Sch, 5 CAU, 3 MI; Ind: 1
North-J

- nr Sommer Lecky** IRL 14.6.00 1.85 '17
1.90, 1.84, 1.84, 1.84, 1.83, 1.81; 1.86i, 1.84i
10= CG, 1 Eng-J, 2 Mannheim, 1 Belfast, 2 WJ; Ind: 1
Scot, 1 IRL
- nr Philippa Rogan** IRL 4.2.94 1.82i '17, 1.80 '16
1.83, 1.80, 1.80, 1.80, 1.80, 1.79
2 E.Clubs, 2 St. Peter Port, 1 South, 3 Cork, 2 Dublin, 1 IRL
Ch, 1 MI, WLP: 1,1,1
- Outdoors only:** 5 Ward, 6 Partridge, 7 Race, 8 Borthwick

Lake retained her top ranking and improved her best to 1.97m to win the UK title, but was otherwise rather stuck in the 1.90-1.93m range. Johnson-Thompson is second and Manson had a solid year for third. Emerson only high jumped twice (in heptathlons) but her 1.89m is enough for a high ranking, and Ward returned. After missing competing in 2017, Pooley had only two competitions, but just enough to get a ranking.

POLE VAULT

- 1. Holly Bradshaw** 2.11.91 (10y, 1) 4.87i, 4.71 '12
4.80, 4.75, 4.75, 4.72, 4.66, 4.64
4 CG, 2 Doha, 1 Rehlingen, 8 Eugene, 5 Oslo, 3= Athens,
1 UK, 2 Rottach-E, 1 AthWC, 3 Jockgrim, nh Monaco, 3 EC,
5= B'ham DL, 4 Beckum. 4= Zürich, 1 GNC
- 2. Molly Caudery** 17.3.00 (4y, 5) 4.06 '16
4.53, 4.40, 4.40, 4.35, 4.20, 4.20; 4.30i, 4.25i
5= CG, 1 LI, 1 E.Clubs, 2 WLP (1), 1 Eng-J, 1 Mannheim,
5 UK, 9= WJ, dnq 24 EC; Ind: 1 V Cardiff, 2 Welsh, 1 V
London, 1 UKi, 1 Eng-Ji, 7 Glasgow
- 3. Lucy Bryan** 22.5.95 (8y, 2) 4.40 '13
4.35, 4.35, 4.35, 4.35, 4.32, 4.30; 4.47i, 4.36i
9= Texas R, 2/1 Akron, 7= CG, 3 Long Beach, 1 B.Rouge, 1
Mid-American, 6 NCAA, 4 UK, dnq 15= EC; Ind: 2 Akron, 2
Lexington, 6 F'ville, 3 Mid-Am, 7 NCAA

- 4. Sally Peake** 8.2.86 (9y, 3) 4.42i '12, 4.40 '14
4.30, 4.20, 4.15, 4.15, 4.00, 4.00; 4.27i, 4.15i
10 CG, 5= Rehligen, 3 UK, 5 Jockgrim; WL1: 1,1,-; Ind:
5= Orleans, 1 Welsh, 9= Rouen, 3 UKi, 8 Glasgow
- 5. Jade Ive** 22.1.92 (9y, 4) 4.36i, 4.20 '17
4.25, 4.20, 4.20, 4.20, 4.15, 4.10; 4.25i
2 LI, 1 South, 2 UK, 2 CAU, 2 MI, 3 GNC, WLP: 1,-,-; Ind: 1
South, 2 V Cardiff, 2 V London, 2 UKi
- 6. Sophie Cook** 12.9.94 (5y, -) 4.02 '14
4.25, 4.23, 4.10, 4.10, 4.10, 4.06
1 Mid, 2 UK, 7ns AthWC, 1 LEAP, 1 CAU, 1 MI, WLP: 3,-,-; 2
- 7. Jade Spencer-Smith** 8.11.01 (1y, -) 3.90 '17
3.90, 3.90, 3.90, 3.80, 3.80, 3.80; 3.86i
4 LI, 4 South, 2 Eng-J, 5 EY, 1 E.Sch-I, 2 Sch Int, 2 v
FRA,GER-J, 1 Sch.G; Ind: 1 South U17, 4 South, 2B V
Cardiff, 2 London G, 3 Eng-17
- 8. Felicia Miloro** 5.1.01 (1y, -) 3.83i, 3.81 '17
3.93, 3.90, 3.90, 3.80, 3.80, 3.80; 3.91i, 3.83i, 3.82i
2 Lough 28/4, 5 LI, 1 Mid-J, 3 Eng-J, 3 E.Sch, 1 W.Int, 4
MI, WL1: 2,2,1=; Ind: 3 V Cardiff, 1 V Manch, 1 Mid-J, 2B V
London, 2= Eng-Ji
- 9. Ellen McCartney** 8.10.99 (1y, -) 3.75 '17
3.90, 3.85, 3.80, 3.80, 3.70, 3.70; 3.75i, 3.72i
1 Irish Sch, 1 NI, 1 Irish, 3 MI; Ind: 1 Irish-J, 1 Irish, 2=
Eng-Ji
- 10. Natasha Purchas** 12.1.01 (1y, -) 3.82 '17
3.90, 3.90, 3.80, 3.75, 3.70, 3.70; 3.71i
1 South-J, 5 Eng-J, 2 Sth IC, 1 E.Sch, 3 W.Int, WL1: 4,3,-;
Ind: 1 South-J, 3B V London, 6 Eng-Ji
- 11. Clare Maurer** 10.6.91 (2y, 9) 4.06 '17
3.80, 3.80, 3.75, 3.70, 3.60, 3.50; 3.87i, 3.82i, 3.71i
3 South, 8 UK, WLP: 4,-,3; Ind: 5 South, 4 V Cardiff, 3
Welsh, 5 UKi
- 12. Natalie Hooper** 7.2.98 (1y, -) 3.75 '14
3.92, 3.80, 3.80, 3.75, 3.75, 3.72; 3.80i
1 Lough 28/4, 1 B.Univs, 6 LI, 1 Eng-23, 9 UK; Ind: 1
B.Univs

Bradshaw is clearly top for a record eighth successive year and remains comfortably in the world top 10. Eighteen-year-old Caudey set four UK junior records outdoors and



Holly Bradshaw

excelled at the Commonwealth Games but after a very busy year could not quite maintain top form in the end-of-year championships. Six women jumped 4.25m or higher, but disappointingly the next best after them was 3.94m as standards in depth fell. There is not much between those ranked from seventh onwards with 15-year-old Sophie Ashurst just missing a ranking.

LONG JUMP

- 1. Shara Proctor** 16.9.88 (8y, 2) 6.95 '12
6.91, 6.89, 6.84w, 6.81w/6.78, 6.79, 6.75
3 Brisbane, 3 CG, 2 Boston, 3 Chorzów, 3 Marseille, 1
Madrid, 3 UK, 5 Lausanne, 1 Anniv, 3 EC, 3 Bham DL, 2
Brussels, 9 Berlin, 4 Cont Cup
- 2. Lorraine Ugen** 22.8.91 (8y, 2) 6.92, 6.96w '15
7.05, 6.88, 6.86, 6.85, 6.70, 6.69
4 CG, 4 Kingston, 1 Stockholm, 2 Madrid, 1 UK, 7
Lausanne, 1 AthWC, 2 Anniv, 9 EC, 4 Bham DL, 6 Brussels;
Ind: 5 Karlsruhe
- 3. Jazmin Sawyers** 21.5.94 (8y, 4) 6.75, 6.86w '16
6.86, 6.67, 6.67, 6.66, 6.64, 6.62
7 CG, 1/2 Clermont, 2 Manchester 1 Oordegem, 3
Innsbruck, 2 UK, 6 Anniv, 4 EC, 5 Bham DL, 9 Brussels, 11
Berlin, 3 GNC; Ind: 7 Berlin, 4 Eaubonne, 2 UKi, 9 Glasgow
- 4. Katarina Johnson-Thompson** 9.1.93 (9y, 3) 6.93i '15,
6.92 '14
6.70, 6.68, 6.50, 6.41, 6.30w; 6.71i, 6.50i, 6.45i
1H CG, 5 Anniv, 1H EC, 7 Bham DL; Ind: 1 UKi
- 5. Jahisha Thomas** 22.11.94 (3y, 6) 6.39i, 6.32, 6.35w
'17
6.69, 6.55, 6.53, 6.44w, 6.40w, 6.37; 6.42i, 6.40i
1 B.Rouge, 1 Mt.SAC, 1 Big Ten, 3 NCAA, 4 UK; Ind: 2
F'ville, 1 Big 10, 5 NCAA
- 6. Abigail Irozuru** 3.1.90 (10y, -) 6.80 '12
6.64w/6.58, 6.60, 6.50, 6.39w/6.32, 6.28, 6.28
1 BIG, 1 North, 5 Marseille, 5 UK, 1 WL1 (3), 1 MI, 2 GNC
- 7. Lucy Hadaway** 11.6.00 (1y, -) 6.09 '17
6.39, 6.25, 6.23, 6.20, 6.19, 6.13; 6.22i
4 Manchester, 4 LI, 2 BIG, 2 Eng-J, 9 UK, 6 WJ, 1 CAU, 4
MI; Ind: 1 North-J, 3 UKi, 3 Eng-J
- 8. Josie Oliarnyk** 27.3.00 (1y, -) 5.98, 6.02w '17
6.38, 6.19, 6.19, 6.12, 6.12, 6.09
2 LI, 4 BIG, 1 Mid-J, 5 Eng-J, 7 UK, 1 E.Sch, 1 W.Int, 8 CAU,
3 MI; Ind: 9 UKi, 4 Eng-J
- 9. Rebecca Chapman** 27.9.92 (4y, 5) 6.54 '17
6.36w/6.16, 6.34w/6.23, 6.30, 6.23, 6.19w, 6.18
dnq 16 CG, 5 Manchester, 1 LI, 4 C'hagen, 12 UK, 1 Welsh,
2 W.Int, WL1: 1,1,3
- 10. Niamh Emerson** 22.4.99 (1y, -) 6.21 '16
6.41, 6.31w/5.96, 6.06, 5.89; 5.95i
7 Brisbane, 5H CG, 6 UK, 2H WJ; Ind: 5 Eng-J
- 11. Sarah Abrams** 11.1.93 (1y, -) 5.98 '11
6.31, 6.12, 6.12w/6.06, 6.09, 6.08, 6.02
1 WLP (1), 1 South, 8 UK, 2 Welsh, 4 CAU, 5 MI, 3 GNC;
WLP: 1,-,3; Ind: 5 B.Univs
- 12. Alice Hopkins** 30.12.98 (1y, -) 5.81 '16
6.46, 6.39w/6.13, 6.00, 5.99, 5.94, 5.91
4 WLP (1), 2 South, 1 Eng-23, 14 UK, 2 CAU

Ugen had the top mark with 7.05m, but loses her top ranking to Proctor who beat her 7-1. After a slow start, Sawyers returned to her best form with 6.86m for second at the UK Champs, and just rates ahead of Johnson-Thompson. Thomas continued her rapid progress and Irozuru returned well after injury. Emerson had the best jump by a junior but competed rarely at the event, while Hadaway was sixth at the World Juniors and 2-1 v Chapman. Tenth best at 6.38m was just 1cm short of 2012's record and 50th best of 5.78m was second to 5.79m in 1988.



TRIPLE JUMP

- 1. Naomi Ogbeta** 18.4.98 (4y, 1) 12.98 '15
14.15, 14.15w, 13.95, 13.94, 13.60, 13.58; 13.65i
1 B.Uns, 1 BIG, 1 WLP (1), 1 Eng-23, 1 UK, 6 AthWC, 1,
CAU, 12 EC; Ind: 1 North, 1 B'lava, 2 UKi
- 2. Laura Samuel** 19.2.91 (10y, 3) 14.09 '14
13.75, 13.58, 13.50, 13.49w, 13.31, 13.30
1 Mid, 2 UK, 1g Welsh, 6 Sotteville, 4 Castres, 5
Gothenburg; WLP: -,1,1
- 3. Sineade Gutzmore** 9.10.86 (10y, 4) 13.70 '16
13.51w/13.28, 13.47w, 13.22w, 13.10, 13.00, 12.98;
13.29i
1 B'ham 27/5, 2 Mid, 3 UK, 2 CAU, 1 MI, WLP: 2,3,-; Ind: 1
London G 1 Mid, 3 UKi
- 4. Jahisha Thomas** 22.11.94 (2y, 6) 13.25 '17
13.46, 13.39, 13.32w/12.73, 13.19, 13.04; 13.22i, 13.11i
4 Florida R, 2 Drake R, 1 Big10, 6 NCAA; Ind: 2 Iowa C, 3
F'ville, 1 Big10, nj NCAA
- 5. Zara Asante** 7.7.82 (5y, -) 13.00i, 12.99 '13
13.41w, 13.29w, 13.21w, 13.02, 12.94, 12.88
3 LI, 4 BIG, 6 Geneva, 3 Limoges, 4 UK, 5 Castres, 3 CAU, 1
Scot, 3 MI, WLP: 3,4,-; Ind: 2 South, 4 London G, 4 UKi
- 6. Angela Barrett** 25.12.85 (10y, 5) 13.43 '17
13.32, 13.15w, 13.13, 13.07, 13.03w, 12.97; 13.28i,
13.27i
4 E.Clubs, 5 UK, 4 CAU, WLP: 4,2,2; Ind: 1 South, 3 B'lava,
5 UKi
- 7. Alexandra Russell** 27.3.90 (4y, 7) 13.27i '17, 13.05
'15, 13.40w '17
13.09, 12.91, 12.87, 12.81, 12.76, 12.66
2 LI, 2 BIG, 3 Mid, 6 UK, 1 WLP (2)
- 8. Simi Fajemisin** 15.9.97 (2y, 9) 12.96 '17
13.07, 13.00, 12.90, 12.69; 13.11i, 12.70i
2 Texas R, 3 Kansas R, 1 Heps, 22 NCAA; Ind: 1 Heps
- 9. Abazz Shayaam-Smith** 3.4.00 (1y, -) 12.20 '17
12.83, 12.74w, 12.68, 12.68, 12.49, 12.36
5 WLP (1), 1 Eng-J, 7 UK, 1 E.Sch, 4 MI
- 10. Eavion Richardson** 27.6.98 (1y, -) 12.35i, 12.18,
12.48w '17
13.04, 12.68, 12.38, 12.24w; 12.47i, 12.18i
dns B.Univs, 2 Eng-23, 10 UK, 5 CAU; Ind: 3 South, 2
B.Univs

11. Lia Stephenson 4.3.97 (3y, -) 12.71 '14
13.03, 12.66, 12.26, 11.98, 11.97, 11.66; 12.54i, 12.46i, 12.15i
2 B.Univs, 6 BIG, 3 Eng-23; Ind: 2 London G, 1 B.Univs
12. Lily Hulland 1.9.01 (1y, -) 12.35i, 12.18, 12.48w '17
12.88, 12.87, 12.82, 12.58, 12.57, 12.44w
3 ESP U18, nm EY, 12 ESP Ch; Ind: 4 ESP U18

Ogbeta retained her top ranking and, after improving from 12.98m to 13.50/13.68mw in 2017, went out to 14.15m in 2018. The Spanish-based Hulland makes the rankings aged 16. Ten women over 13m and 50th best at 11.69m are all-time records.

SHOT

1. Sophie McKinna 31.8.94 (9y, 3) 17.14 '16
17.76, 17.76, 17.71, 17.69, 17.62, 17.54
5 CG, 7 Halle, 1 South, 2 UK, 1 CAU, 7 EC, 5 Bham DL; Ind: 1 Lough, 1 South, 2 UKi
2. Rachel Wallader 1.9.89 (11y, 1) 17.53 '16
17.48, 17.27, 17.25, 17.20, 17.10, 16.71; 17.45i
6 CG, 8 Halle, 1 BIG, 1 WLP (1), 1 Lough 13/6, 3 UK; Ind: 2 Lough, 1 Vienna, 1 UKi
3. Amelia Strickler 24.1.94 (3y, 2) 17.13 '17
17.31, 17.26, 17.22, 17.15, 17.12, 17.06.
5B Eur Throws, 9 CG, 4 E.Clubs, 2 WLP (1), 2 South, 1 UK, 5 AthWC, 2 CAU, 10 EC, 3 Ljungby; Ind: 3 Lough, 3 UKi
4. Divine Oladipo 5.10.98 (3y, 6) 16.64 '17
17.37, 16.55, 16.48, 16.28, 16.16, 16.10; 16.64i
3 Florida R, 6 Penn R, 3 AAC, 12 NCAA, 1 Eng-23, 4 UK, dmq 21 EC; Ind: 6 Nashville, 1 Boston
5. Eden Francis 19.10.88 (15y, 4) 17.24 '12
16.12, 15.96, 15.80, 15.80, 15.78, 15.74
2 LI, 1 Mid, 2 Lough 13/6, 5 UK, 5/5 Leiria, 1 MI, WLP: 3,1,1
6. Adele Nicoll 28.9.96 (7y, 5) 16.34 '16
15.51, 15.44, 15.44, 15.40, 15.31, 15.18
7 Tempe, 1 B.Univs, 1 Welsh, 1 W.Int, 2MI, WLP: -,2,2; Ind: 1 Welsh, 1 B.Univs
7. Sarah Omoregie 2.4.00 (2y, 9) 14.12 '17
15.09, 14.49, 14.22, 13.99, 13.82, 13.62; 14.88i, 14.75i, 14.31i

7 Eur Throws-23, 3 LI, 6 Halle-J, 1 Eng-J, 1 Welsh-J, 6 UK, 2 WLP (2); Ind: 4 UKi, 1 Eng-Ji
8. Michella Obijaku 6.11.97 (2y, 11) 14.08 '17
15.35, 14.56, 14.24, 13.84, 13.79, 13.61; 14.37i
2B Florida R, 3 Sun Belt, 1 WL3 (1), 8 UK; Ind: 3 Sun Belt i
9. Sophie Merritt 9.4.98 (3y, 7) 14.59 '17
14.48, 14.28, 14.21, 14.18, 14.14, 13.88
10 Stanford, 4 Provo, 5 Big Sky, 3 South
10. Sophie Littlemore 25.12.95 (1y, -) 132.61 '17
14.02, 13.96, 13.95, 13.87, 13.86, 13.83
1 N.East, 1 North, 7 UK, 3 CAU, WLP: 4,4,3; Ind: 2 North, 5 UKi
11. Jo Rowland 29.12.89 (3y, 12) 13.71i '14, 13.64 '17
14.15, 13.83, 13.71, 13.61, 13.54, 13.46; 13.62i
1 Yorks, WLP: 1,1,1
12. Hannah Molyneux 11.3.01 (1y, -) -0-
13.84, 13.78, 13.73, 13.41, 13.34, 13.26
1 E.Sch, 4 CAU, 3 MI, WL2: 1,-,1; Ind: 3 Eng-Ji; (3kg: 16.51 etc, 5 EY)

Having changed coaches from Geoff Capes to Mike Winch, McKinna replaced Wallader at the top of the rankings and indeed had six marks better than Wallader's best. However, she was beaten by Wallader and Strickler for the UK titles. Oladipo made it four UK women over 17m.

DISCUS

1. Jade Lally 30.3.87 (13y, 1) 65.10 '16
59.83, 59.13, 59.11, 58.92, 58.71, 57.72
3 Melbourne, 2 Sydney, 7 CG, 1 South IC, 1 UK, 1 WLP (2), 4 AthWC, 7 Anniv, 1 CAU, 11 EC, 1 St.Clement
2. Kirsty Law 11.10.86 (13y, 2) 57.79 '12
56.37, 56.31, 54.90, 54.63, 54.14, 53.08
4 Lough-w, 1 LI, 1 Mid, 2 UK, 2/4 Leiria, dmq 26 EC, 1 Scot, 2 MI, WLP: 1,2,-
3. Eden Francis 19.10.88 (14y, 3) 59.78 '11
56.49, 55.99, 55.47, 55.35, 55.13, 54.37
2 Lough-w, 2 BIG, 2 Mid, 1 Nivelles, 5 UK, 4/3 Leiria, 1 MI; WLP: 3,1,1
4. Amy Holder 4.8.96 (5y, 4) 54.17 '17
55.48, 55.46, 54.84, 54.33, 54.11, 52.68
3 Lough-w, 3 E.Throws-23, 1 B.Univs, 1 BIG, 1 South, 1

Eng-23, 4 UK, 2 CAU, WLP: 2,-,2
5. Phoebe Dowson 17.4.94 (8y, 6) 51.87 '74
54.23, 53.90, 53.42, 53.05, 53.03, 52.90
1 Lough-w, 4B E.Throws, 2 LI, 3 BIG, 2 South, 3 UK, 8/10 Leiria, WLP: 1,2,-
6. Shadine Duquemin 4.11.94 (8y, 5) 53.44 '14
53.26, 52.77, 52.57, 51.99, 51.94, 51.47
3 LI, 4 BIG, 6 UK, 9/8 Leiria, 3 CAU, 2 St.Clement, WLP: 4,5,5
7. Divine Oladipo 5.10.98 (3y, 7) 53.13 '17
54.23, 52.12, 51.59, 51.42, 50.92, 50.75
1 Penn R, 2 AAC, 18 NCAA, 2 Eng-23, 7 UK
8. Kathryn Woodcock 29.4.97 (3y, 8) 50.64 '17
50.07, 49.03, 48.86, 48.66, 48.00, 47.93
3 B.Univs, 4 LI, 3 South, 3 Eng-23, 8 UK, 3B Leiria, 4 CAU, 3 MI, WLP: 7,3,6
9. Shaunagh Brown 15.3.90 (11y, -) 51.77 '14
47.19, 45.90, 45.08; WLP: 9,4,4
10. Adele Nicoll 28.9.96 (2y, -) 46.85 '17
47.42, 47.42, 45.56, 45.34, 45.22, 44.84
4 B.Univs, 1 Welsh, 6 MI, WLP: -,7,5
11. Sophie Littlemore 25.12.95 (1y, -) 44.19 '17
46.80, 46.58, 46.27, 45.57, 44.93, 44.40
1 North, 9 UK, 6 CAU, WLP: 5,5,8
12. Jemma Ibbetson 3.9.97 (1y, -) 46.85 '17
47.07, 46.30, 45.90, 45.52, 44.50, 44.35
2 Yorks, 6 BIG, 6 WLP (1), 3 North, 4 Eng-23, 10 UK

Lally is clearly top for the eighth successive year and had 11 performances over the best by Francis, second on the UK list. Francis had the slightly better top marks, but was 3-3 with Law, who was second at the UK Champs. These three have 12, 13 and 14 years in the rankings. Behind them Holder is fourth for the fourth year although the improving Dowson beat her 3-2. There were two more women over 53m: Oladipo and Duquemin, but then big gaps to Woodcock (50.07m) and Nicoll (47.42m). Brown ranks although concentrating on her international rugby union career now.

HAMMER

1. Sophie Hitchon 11.7.91 (12y, 1) 74.54 '16
73.48, 73.22, 72.02, 71.41, 71.13, 70.52
1 Stanford, nt CG, 1 Salinas, 1 Berkeley, 7 Halle, 6 Madrid, 1 UK, 2 AthWC, 8 EC, 7 Chorzów
2. Jessica Mayho 14.6.93 (4y, 9) 63.05 '17
62.89, 62.51, 62.34, 61.70, 60.31, 60.27
1 North, 2 UK, 4 Cork, 3 CAU, 1 Scot, 1 WLP (3)
3. Philippa Wingate 12.5.93 (3y, 10) 59.76 '17
62.53, 61.88, 61.56, 60.95, 60.88, 60.62
2 Lough-w, 1 LI, 6 E.Clubs, 2 South, 4 UK, 2 CAU, 1 MI, WLP: 1,1,2
4. Rebecca Keating 21.8.97 (2y, -) 58.59 '17
63.87, 61.32, 61.13, 60.75, 60.61, 60.55
1 Fayetteville, 4 Drake R, 4 SEC, dmq 17 NCAA-W, 3 South, 2 Eng-23, 5 Nikiti, 3 UK
5. Kayleigh Presswell 14.3.95 (2y, 11) 59.38 '17
61.64, 60.67, 60.64, 60.56, 59.49, 59.41
1 Lough-w, 2 Lough 22/4, 1 South, 5 UK, 5 Cork, 5 CAU, 1 H.Circle, WL2: 1,-,1
6. Christina Jones 5.4.90 (6y, 8) 63.98 '15
61.73, 61.71, 61.26, 60.91, 60.80, 59.31
3 Lough-w, 1 Lough 22/4, 2 LI, 1g Welsh, 6 UK, 4 CAU, WL2: 2,1,2
7. Lucy Marshall 28.11.81 (6y, 7) 62.74 '17
61.03, 60.91, 59.64, 59.07, 58.49, 58.43
1 BIG, 8 UK, 1 LEAP, 1 CAU, 4 MI, WLP: 1,1,1
8. Carys Parry 24.7.81 (18y, 3) 66.80 '14
6 CG 61.58
9. Hayley Murray 13.9.89 (6y, 12) 59.57 '17

Sophie McKinna



59.55, 59.51, 59.21, 59.10, 58.35, 58.32
2 BIG, 1 NI, 2 Mid, 9 UK, 6 Cork, 2 LEAP, 8 CAU, 5 MI, WL3:
1,1,1

10. Amy Herrington 22.5.98 (1y, -) 59.14 '17
60.77, 59.94, 59.82, 59.32, 59.19, 57.87
4 Tempe, 7 Stanford, 8 Pac. Coast, 9 Drake R, dnq 18
NCAA-W, 3 Eng-23, 10 UK, 3 WLP (2)

11. Katie Head 9.12.99 (1y, -) 55.25 '17
59.63, 59.37, 59.22, 58.47, 57.96, 57.59
1J Lough 22/4, 4 LI, 1 Eng-J, dnq 17 WJ, 10 CAU, 2 MI, 1
Sth-J IC, WL2: 3,-,3

12. Annabelle Palmer/Crossdale 21.9.94 (1y, -) 58.94
'16
60.24, 59.60, 58.77, 58.61, 57.94, 57.62
3 Lough 22/4, 1 Mid, WL1: 2,2,2

Hitchon is very clearly top for the eighth successive year but her form dipped with no throws at the Commonwealth Games and eighth at the European Champs. Apart from the CG she had 10 competitions, seven over 70m and all at 67.32m or better compared to the next best thrower, Keating at 63.87m. The 2017 No.2 Rachel Hunter had just one competition, second Scottish 57.78m, the No.3 Parry competed only at the Commonwealth Games, and the Nos.4-6 Sarah Holt, Myra Perkins and Sarah McKelvie did not compete at all, so there were major changes in the leading rankings behind Hitchon. Parry extended her events records to 18 years ranked and a 19-year span. Murray's ninth place follows her previous four years ranked, all at No.12, 2009-17 The 50th best at 48.89m is a new record.

JAVELIN

1. Laura Whittingham 6.6.86 (13y, 1) 60.68 '10
55.55, 53.63, 51.74, 50.97

1 Mid, 1 UK, 6 AthWC, 5 Antalya

2. Emma Hamplett 27.7.98 (6y, 4) 52.27 '16
54.08, 51.65, 51.56, 51.52, 51.27, 50.94

1 Lough 28/4, 1 B.Univs, 1 LI, 1 Carnival, 2 Mid, 1 Eng-23,
2 UK, 1 CAU, 1 MI, WLP: 2,1,1

3. Bethan Rees 27.10.99 (3y, 7) 49.56 '17
51.18, 50.30, 48.62, 48.30, 47.87, 47.29

3 Lough-w, 8 E.Throws-23, 4 LI, 1J Carnival, 1 Mid-J, 1
Eng-J, 1 Welsh-J, 3 UK, 1 Welsh, 1 E.Sch, 1 W.Int, 2 J v
FRA.GER-J, 3 MI, WLP: 1,2,-

4. Rebekah Walton 20.9.99 (2y, 12) 46.59 '12
49.94, 49.47, 49.23, 48.50, 47.56, 46.47

4 Lough-w, 2J Carnival, 2 Eng-J, 7 UK, 2 E.Sch, 2 WLP (3),
2 MI, 1 YDL, 2 EJ Clubs

5. Hannah Johnson 14.6.94 (3y, 3) 51.57 '17
49.23, 46.26, 46.21, 45.95, 45.94, 45.60

2 B.Univs, 2 LI, 2 South, 9 UK, 2 CAU, 4 MI, WLP: 4,3,3

6. Eloise Meakins 26.1.93 (6y, 9) 52.32 '12
47.18, 47.12, 46.61, 46.56, 46.28, 46.16

3 LI, 1 South, 6 UK, 3 CAU, WL2: 1,1,1

7. Ellen Barber 5.12.97 (1y, -) 43.51 '17
46.58, 45.48, 45.47, 43.06, 41.10, 38.79

3 B.Univs, 4 UK

8. Rosie Semenytysh 28.5.87 (12y, -) 50.43 '13
45.68, 44.95, 41.95, 41.42

5 UK, WL1: 2,3,2

9. Elspeth Jamieson 5.9.96 (1y, -) 43.64 '14
45.44, 43.59, 43.06, 41.99

2 Eng-23, 10 UK

10. Sophie Percival 30.7.97 (1y, -) 43.53 '17
45.03, 44.24, 43.74, 43.01, 42.65, 42.56

4 B.Univs, 5 LI, 1 North, 3 Eng-23, 11 UK, WLP: 3.4.4

Whittingham, who competed rarely but won the UK title and topped the UK lists, retained her top ranking. Hamplett, 20 in July, maintained her steady improvement and the third



Katarina Johnson-Thompson

athlete to exceed 50m was Rees, aged 18 throughout the season. Another junior, Walton, finished strongly with her three best throws in the final month of the season. Johnson was 2-2 v Meakins. Just 10 are ranked as standards continue to be poor with the 10th best of 45.03m the worst since the current specification was introduced in 1999. Last year's No.2 Jo Blair received a four-year drugs ban from September 2017.

HEPTATHLON

1. Katarina Johnson-Thompson 9.1.93 (10y, 1) 6691 '17

2 EC 6759, 1 CG 6255

2. Niamh Emerson 22.4.99 (2y, 2) 6013 '17
1 WJ 6253, 3 CG 6043

3. Jade O'Dowda 9.9.99 (2y, 9) 5442 '17
7 WJ 5660, 1 ENG-J 5610, 12 Florence 5504

4. Ellen Barber 5.12.97 (2y, 10) 5344 '17
4 ENG 5529, 6 Kladno 5500, 2 HCI 5288, dnf Florence

5. Jessica Taylor-Jemmett 27.6.88 (8y, 4) 5913(w) '16
2 Kladno 5590, 3 Hexham 4474 (dnf 800m)

6. Emma Nwofor 22.8.96 (1y, -) 5111 '17
3 ENG 5559

7. Katie Garland 27.1.97 (1y, -) 5076 '17
5 ENG 5487, 9 Kladno 5344, dnf Hexham

8. Lucy Turner 14.2.97 (2y, 7) 5436 '17
1 HCI 5431, 1 Hexham 5402

9. Elise Lovell 9.5.92 (5y, 11) 5330 '17
15 Florence 5400, dnf ENG

10. Holly McArthur 20.12.99 (2y, 6) 5687 '17
10 CG 5381

11. Danielle McGifford 11.4.95 (4y, -) 5114 '145
2 Hexham 5352, 1 Scot 5220(w), dnf Lancashire

12. Alice Hopkins 30.12.98 (1y, -) -0-
1 South 5336, 3 HCI 5257

HCI = Home Countries International

Johnson-Thompson is top for the fourth time and had her best ever year with second in the world rankings. Emerson continued her brilliant progress with bronze at the Commonwealth Games and gold at the World Juniors when her score was just 14 points short of KJT's UK junior record.

Last year's No.3 Katie Stainton did not finish in the CG, her only heptathlon in 2018. There were again 18 women over 5000 points and that is disappointing, but eight were U20s and another five U23s. Tenth best at 5381 is the best ever.

10/20 KILOMETRES WALK

Priority is given to form at the standard international distance of 20 kilometres, although performances at 10km are also considered.

1. Bethan Davies 7.11.90 (7y, 1) 44:59 16, 1:33:04 '17
10km: 45:50+, 46:15+, 46:25+, 46:46+, 47:36+
20km: 3 Lugano 1:31:53, 3 CG 1:36:08, 22 EC 1:36:50, 1
Leeds (RWA) 1:36:55, 64 W.Cup 1:37:31

2. Heather Lewis 25.10.93 (8y, 3) 46:59 '14, 1:37:39 '17
10km: 47:57+, 1 Coventry (RWA) 48:27, 48:27+, 49:37+

20km: 6 Lugano 1:36:14, 3 Irish 1:39:01, 2 Leeds (RWA)
1:39:06, 7 CG 1:41:45, dq EC

3. Gemma Bridge 17.5.93 (3y, 2) 45:52 '17, 1:32:33 '17
10km: 46:46+, 48:07+, 49:50+

20km: 53 W.Cup 1:35:43, 5 CG 1:39:31, 6 Leeds (RWA)
1:43:27

4. Erika Kelly 6.12.92 (2y, 4) 48:54 '17, 1:41:27 '17
10km: 1 Douglas 48:17, 1 I.of Man 48:47.3t, 49:31+,
49:32+, 2 RWA 49:36

20km: 7 Lugano 1:39:36, 3 Leeds (RWA) 1:41:30, 9 CG
1:47:29

5. Hannah Hunter 7.10.82 (3y, 5) 1:47:17 17
10km: 1 Douglas 23/8 53:05.7; 53:55, 2 Coventry, 54:21,
4 RWA 57:13

20km: 1 Douglas 24/2 1:51:11, 1 Douglas 2/9 1:56:58

Davies retained her top ranking, setting a Welsh record at Lugano and having five 20km times under 1:38.

50 KILOMETRES WALK

1. Molly Davey 3.9.98 (1y, -)

7 Dudince 5:08:17

2. Hannah Hunter 7.10.82 (1y, -)

1 Peel 5:11:06, 2 Owego 5:17:29

With grateful thanks to Tony Miller, Ian Hodge, Alan Lindop, Caspar Eliot and Ian Tempest

100 METRES

1	9.91/0.4	Zhanel Hughes (SB)	Kingston, JAM	Jun 9
2	9.94/-0.5	Reece Prescod (E&H, U23)	Birmingham	Aug 18
3	10.04/1.7	Ojije Edoburun (SB, U23)	Praha, CZE	Jun 4
4	10.06/0.0	Chijindu Ujah (E&H)	Berlin, GER	Aug 7
5	10.08/2.0	Nethaneel Mitchell-Blake (NEB)	Baton Rouge, USA	Apr 21
6	10.11/0.3	Adam Gemili (B&B)	Gold Coast, AUS	Apr 8
7	10.18/1.7	Harry Aikines-Aryeetey (Suft)	Praha, CZE	Jun 4
8	10.21/1.7	Deji Tobais (WSEH)	Bedford	Jul 7
9	10.25/1.1	Tommy Ramdhan (Bex, U23)	Clermont, USA	Apr 28
9	10.25/1.2	Dom Ashwell U20 (SB)	Tampere, FIN	Jul 11
11	10.26/0.2	Richard Kilty (M'bro)	Regensburg, GER	Jun 3
11	10.26/1.6	Kieran Showler-Davis (BMH)	Lee Valley	Jul 18
13	10.30/1.0	John Otugade (SB)	St. Pölten, AUT	May 31
13	10.30/0.2	Andrew Robertson (Sale)	Regensburg, GER	Jun 3
15	10.31/1.1	Edmond Amaning (TVH)	Clermont, USA	Apr 28
16	10.33/0.5	Chad Miller (HW, U20)	Tampere, FIN	Jul 10
17	10.34/1.2	Kaie Chambers-Brown (Bir, U20)	Bedford	Jun 16
17	10.34/0.2	Leon Reid (Bir)	Belfast	Jun 26
17	10.34/0.9	Samuel Gordon (Card)	Birmingham	Aug 18
20	10.35/1.6	Rechmial Miller (HW, U23)	Lee Valley	Jul 18
21	10.36/0.5	Romell Glave (Croy, U20)	Loughborough	May 20
21	10.36/0.8	Miguel Francis (W&B)	Kingston, JAM	Jun 2
21	10.36/0.4	Confidence Lawson (SB)	Hérouville	Jun 14
24	10.36/1.6	Theo Etienne (HW, U23)	Lee Valley	Jul 18
25	10.37/1.9	Ronnie Wells (B'mth, U23)	Lee Valley	Aug 15
26	10.39/0.8	Reuben Arthur (E&H, U23)	Geneva, SWI	Jun 9
27	10.40/1.0	Tim Duckworth (Liv H, U23)	Athens, USA	Apr 6
27	10.40/1.4	Charlie Dobson (Col H, U20)	Lee Valley	Jun 6
29	10.41/1.4	Kyle de Escofet (Bir, U23)	Hérouville	Jun 14
30	10.43/0.5	Jona Efoloko (Sale, U20)	Saint-Clair, FRA	May 20
30	10.43/0.0	Samuel Osewa (Croy)	Loughborough	May 20
30	10.43/1.9	James Williams (Liv H)	Kladno, CZE	Jul 14
30	10.43/1.9	James Williams (Liv H)	Sportcity	Jul 28

200 METRES

1	20.04/0.7	Nethaneel Mitchell-Blake (NEB)	Berlin, GER	Aug 9
2	20.10/0.7	Adam Gemili (B&B)	Berlin, GER	Aug 9
3	20.23/-1.6	Zhanel Hughes (SB)	Nathan, AUS	Mar 28
4	20.27/1.4	Leon Reid (Bir)	Birmingham	Jul 1
5	20.38/1.4	Miguel Francis (W&B)	Birmingham	Jul 1
6	20.43/1.3	Edmond Amaning (TVH)	Clermont, USA	May 12
7	20.47/0.2	Delano Williams (E&H)	Clermont, USA	May 12
8	20.48/-0.1	Jona Efoloko (Sale, U20)	Birmingham	Jul 1
9	20.53/-0.6	Charlie Dobson (Col H, U20)	Tampere, FIN	Jul 13
10	20.59/0.0	Tommy Ramdhan (Bex, U23)	Tampere, FIN	Jul 12
10	20.59/0.0	Tommy Ramdhan (Bex, U23)	Geneva, SWI	Jun 9
11	21.00/1.7	Owen Richardson (BMH, U23)	Loughborough	Jul 25
12	20.65/1.8	Jordan Broome (Sale, U23)	Birmingham	Jul 1
13	20.67/0.0	Richard Kilty (M'bro)	Gold Coast, AUS	Apr 11
14	20.78/1.4	Confidence Lawson (SB)	AUS	Apr 8
15	20.85/1.4	Elliott Powell (Leic C, U23)	Birmingham	Jul 1
15	20.85/1.4	Rechmial Miller (HW, U23)	Birmingham	Jul 1
17	20.87/2.0	Roy Ejiakuekwu (Sale)	Lee Valley	Aug 1
18	20.90/0.3	James Williams (Liv H)	Knoxville, USA	May 11
18	20.90/0.3	James Williams (Liv H)	La Chaux-de-Fonds, SWI	May 30
19	20.92/-1.4	Chijindu Ujah (E&H)	Tempe, USA	Apr 7
20	20.93/1.9	James Gladman (Bir)	Kortrijk, BEL	Jul 14
21	20.94/0.7	Samuel Osewa (Croy)	Kladno, CZE	Jul 14
22	20.98/-0.9	Matthew Hudson-Smith (Bir)	Nathan, AUS	Mar 28
23	21.00/1.7	Owen Richardson (BMH, U23)	Knoxville, USA	Apr 12
24	21.01/0.6	Chad Miller (HW, U20)	Oordegem, BEL	Jun 2
24	21.01/0.9	Deji Tobais (WSEH)	Bedford	Jul 7
26	21.03/1.4	Kane Howitt (RSC, U23)	Karlstad, SWE	Jul 25
26	21.03/1.4	Kane Howitt (RSC, U23)	Birmingham	Jul 1



27	21.04/0.4	Kristian Jones (Card, U23)	Birmingham	Jul 1
28	21.05 i	Andrew Morgan-Harrison (KUH, U23)	Birmingham	Feb 18
29	21.06/-0.8	Andrew Robertson (Sale)	Regensburg, GER	Jun 3
29	21.06/1.4	Kieran Showler-Davis (BMH)	Lee Valley	Aug 1
25	47.31	Joseph Brier (Swan, U20)	Oordegem, BEL	May 26
26	47.39	Adam Walker-Khan (Shef)	Sportcity	Jun 9
27	47.40	Karl Goodman (VoA)	Bedford	Jun 10
27	47.40	Chris McAlister (TVH)	Birmingham	Jun 23
27	47.40	Samuel Adeyemi (Herne H)	University	Jun 24
30	47.42	Charles Hilliard (Bir, U20)	Newham	Jun 24
30	47.42	Charles Hilliard (Bir, U20)	Cardiff	Jun 2

400 METRES

1	44.63	Matthew Hudson-Smith (Bir)	Olympic Park	Jul 21
2	45.30	Rabah Yousif (NEB)	Berlin, GER	Aug 8
3	45.45	Dwayne Cowan (HW)	Berlin, GER	Aug 8
4	45.73	Martyn Rooney (Croy)	Berlin, GER	Aug 8
5	45.75	Cameron Chalmers (Guern, U23)	Geneva, SWI	Jun 9
6	45.98	Thomas Staines (Col S, U23)	Colorado Springs, USA	May 4
7	46.23 i	Lee Thompson (Shef/D, U23)	Birmingham	Feb 18
8	46.24	Owen Smith (Card)	Oordegem, BEL	May 26
9	46.34	Grant Plenderleith (Shef/D)	Oordegem, BEL	May 26
10	46.54	Jamal Rhoden-Stevens (SB)	Olympic Park	Jul 21
11	46.59	Ben Claridge (Abing, U23)	Oordegem, BEL	May 26
12	46.71	Sam Hazel U23 (SB)	Bern, SWI	Jun 16
13	46.79	Thomas Somers (NEB, U23)	Hendon	Aug 18
14	46.87	Ethan Brown (B&B, U20)	Gyor, HUN	Jul 7
15	46.88	George Caddick (Sale)	San Antonio, USA	Mar 24
16	46.96	Ben Snaith (NEB)	Cardiff	Jun 2
17	47.03	Theo Campbell (Bir)	Belfast	Jun 9
18	47.05	Nicholas Atwell (Herne H)	Bedford	Jun 10
19	47.11	Ben Pattison (BMH, U17)	Loughborough	May 20
19	47.11	Jarryd Dunn (Bir)	Birmingham	Jun 30
21	47.18	Owen Richardson (BMH, U23)	Buffalo, USA	May 12
22	47.19	James Gladman (Bir)	Leigh	May 5
22	47.19	Alex Haydock-Wilson (WSEH, U20)	Sportcity	Jul 29
24	47.23	Sam Dawkins (SB)	Gold Coast, AUS	Apr 8

800 METRES

1	1:44.61	Jake Wightman (Edin)	Olympic Park	Jul 22
2	1:44.73	Guy Learmonth (Lass)	Olympic Park	Jul 22
3	1:44.97	Daniel Rowden (WG&EL, U23)	Olympic Park	Jul 22
4	1:45.04	Elliot Giles (Bir)	Olympic Park	Jul 22
5	1:45.09	Andrew Osagie (Harl)	Hengelo, NED	Jun 3
6	1:45.16	Kyle Langford (SB, U23)	Gold Coast, AUS	Apr 12
7	1:45.57	Thomas Staines (Col S, U23)	Nashville, USA	Jun 2
8	1:45.73	Jamie Webb (Liv H)	Oordegem, BEL	Jun 2
9	1:47.04 i	Neil Gourley (Giff N)	Clemson, USA	Feb 24
10	1:47.12	Canaan Solomon (WG&EL, U23)	Heusden-Zolder, BEL	Jul 21
11	1:47.33	Michael Rimmer (Liv PS)	Dublin, IRL	Jul 19
12	1:47.36	Max Burgin (Hal, U17)	Gyor, HUN	Jul 8
13	1:47.73	Markhim Lonsdale (Crook, U20)	Tampere, FIN	Jul 14
14	1:47.76	Spencer Thomas (Phoe, U23)	Sportcity	May 12
15	1:47.77	Matthew Harding (Col B, U23)	Durham, USA	Apr 21
16	1:47.95	Alex Botterill (York, U20)	Watford	May 26
17	1:48.07	James Bowness (Traff)	Oordegem, BEL	May 26
18	1:48.32	Joseph Reid (Card, U23)	Sportcity	May 12
19	1:48.35	Michael Wilson (Sun, U23)	Azusa, USA	Apr 20
20	1:48.35	Chris O'Hare (Edin)	Grangemouth	Jun 24
21	1:48.41	Charles Da'Vall Grice (Phoe)	Nathan, AUS	Mar 28
22	1:48.61	Jake Heyward (Card, U20)	Trafford	Jun 26
23	1:48.67	Alexander Hanson (Newb, U23)	San Antonio, USA	May 6
24	1:48.78	Archie Davis (Phoe, U23)	Brighton	May 30
25	1:48.87 i	Josh Kerr (Edin, U23)	Albuquerque, USA	Jan 19

26	1:48.97	Finley Bigg (Phoe, U23)	Watford	Aug 8
27	1:49.05	Ben Greenwood (Perth, U23)	Watford	May 26
28	1:49.08	Will Snook (Harl)	Heusden-Zolder, BEL	Jul 21
29	1:49.14	Alex Coomber (Card)	Oordegem, BEL	May 26
30	1:49.18	Robbie Fitzgibbon (Phoe, U23)	Watford	Jun 13

1500 METRES

1	3:32.11	Chris O'Hare (Edin)	Monaco, MON	Jul 20
2	3:33.96	Jake Wightman (Edin)	Monaco, MON	Jul 20
3	3:34.20	Charles Da'vall Grice (Phoe)	Rabat, MAR	Jul 13
4	3:35.01	Josh Kerr (Edin, U23)	Azusa, USA	Apr 20
5	3:35.98	Neil Gourley (Giff N)	Olympic Park	Jul 22
6	3:36.59	James West (Ton, U23)	Olympic Park	Jul 22
7	3:36.90	Jake Heyward (Card, U20)	Olympic Park	Jul 22
8	3:39.37	Robbie Fitzgibbon (Phoe, U23)	Tübingen, GER	Jun 16
9	3:39.51	William Paulson (Stroud)	Swarthmore, USA	May 14
10	3:40.42	Michael Wilsmore (B&W)	Heusden-Zolder, BEL	Jul 21
11	3:40.93	Philip Sesemann (B&B)	Watford	Jul 11
12	3:41.59	Jamie Williamson (Spring, U23)	Watford	May 26
13	3:41.78	Tom Marshall (Card)	Emirates Arena	Feb 25
14	3:42.01	Jonathan Hay (AFD)	Heusden-Zolder, BEL	Jul 21
15	3:42.15	Andrew Smith (P&B)	Tübingen, GER	Jun 16
16	3:42.21	Spencer Thomas (Phoe, U23)	Watford	Jul 11
17	3:42.32	Jonathan Davies (Read)	Watford	May 26
18	3:42.76	James Gormley (Shef/D, U23)	Stretford	Aug 18
19	3:42.77	Sol Sweeney (Perth, U23)	Watford	Aug 8
20	3:42.90	Tom Lancashire (Bolt)	Ninove, BEL	Jul 28
21	3:43.00	William Fuller (B&B, U23)	Watford	Jul 11
22	3:43.09	Archie Davis (Phoe, U23)	Oordegem, BEL	May 26
23	3:43.13	Kieran Wood (C&C)	Watford	May 26
24	3:43.19	Ian Crowe-Wright (B&H)	Azusa, USA	Apr 20
25	3:43.23	Piers Copeland (W'borne, U23)	Birmingham	Jun 30
26	3:43.32	Zak Seddon (Brack)	Loughborough	Jun 23
27	3:43.57	Phil Norman (WG&EL)	Stretford	Aug 18
28	3:43.87	Lewis Lloyd (Herne H)	Watford	Aug 8
29	3:43.93	Elliott Dorey (Glas C)	Loughborough	Jun 23
30	3:44.02	Jacob Allen (R&N)	Palo Alto, USA	May 3

3000 METRES

1	7:47.21	Andrew Butchart (Cent)	New York, USA	Feb 3
2	7:50.18	Jonathan Davies (Read)	Boston, USA	Feb 10
3	7:51.01	Andrew Heyes (Hallam)	Emirates Arena	Feb 25
4	7:51.23	James West (Ton, U23)	Seattle, USA	Feb 10
5	7:53.88	Luke Traynor (Glas C)	Watford	Jul 25
6	7:54.06	Richard Allen (AFD)	Watford	Jul 25
7	7:54.41	Nick Goolab (Belg)	Ghent, BEL	Feb 10
8	7:54.72	Kieran Clements (SB)	Watford	Jul 25
9	7:55.00	Tom Lancashire (Bolt)	Watford	Jul 25
10	7:55.17	Jake Heyward (Card, U20)	Watford	Jul 25
11	7:55.26	Alexander Teuten (Soton)	Watford	Jul 25
12	7:55.58	Lewis Moses (Darl)	Emirates Arena	Feb 25
13	7:55.71	Philip Sesemann (B&B)	Birmingham	Feb 18
14	7:55.93	Adam Clarke (AFD)	Ghent, BEL	Feb 10
15	7:56.31	Ieuan Thomas (Card)	Watford	Jul 25
16	7:56.81	Ryan Forsyth (Colo U, U23)	Seattle, USA	Feb 23
17	7:57.02	Robbie Farnham-Rose (Ton)	Seattle, USA	Jan 13
18	7:57.63	Christopher Olley (Ton, U23)	Birmingham	Feb 18
19	7:58.30	Jonathan Hay (AFD)	Watford	Jul 25
20	7:58.64	Michael Ward (Card)	Seattle, USA	Jan 27
21	7:58.70	Josh Carr (THH)	Watford	Jul 25
22	7:58.82	Jack Rowe (AFD, U23)	Seattle, USA	Jan 27
23	7:58.94	Bradley Goater (SB)	Watford	Jul 25
24	7:59.22	Marc Scott (R&Z)	Bellinzona, SWI	Jul 18

25	7:59.64	Robbie Fitzgibbon (Phoe, U23)	Gothenburg, SWE	Aug 18
26	8:00.49	Phillip Crout (SB)	Watford	Jul 25
27	8:00.57	Paulos Surafel (TVH, U23)	Sheffield	Feb 6
28	8:01.40	Adam Visokay (Syracuse)	Boston, USA	Feb 10
29	8:01.96	Elliott Dorey (Glas C)	Watford	Jul 25
30	8:02.20	Richard Weir (Der)	Birmingham	Feb 18

5000 METRES

1	13:23.14	Marc Scott (R&Z)	Berlin, GER	Aug 11
2	13:25.11	Chris Thompson (AFD, M35)	Berlin, GER	Aug 11
3	13:25.31	Ben Connor (Der)	Berlin, GER	Aug 11
4	13:34.12	Alex Yee (Kent, U23)	Olympic Park	Jul 21
5	13:36.12	Jonathan Mellor (Liv H)	Dublin, IRL	Jul 19
6	13:39.38	Sam Atkin (Linc W)	Los Angeles, USA	May 17
7	13:39.95	Luke Traynor (Glas C)	Dublin, IRL	Jul 19
8	13:41.19	Ryan Forsyth (Colo U, U23)	Palo Alto, USA	Apr 20
9	13:41.29	Adam Visokay (Syracuse)	Palo Alto, USA	May 3
10	13:43.75	Jacob Allen (R&N)	Palo Alto, USA	Apr 20
11	13:45.25	Kristian Jones (Swar)	Loughborough	Jun 23
12	13:46.34	Andrew Heyes (Hallam)	Palo Alto, USA	May 3
13	13:47.81	Lewis Moses (Darl)	Oordegem, BEL	May 26
13	13:47.81	Andy Vernon (AFD)	Birmingham	Jun 30
15	13:49.14	William Fuller (B&B, U23)	Dublin, IRL	Jul 19
16	13:50.80	Jamaine Coleman (Prest)	Charlottesville, USA	Apr 21
17	13:51.08	Alexander Teuten (Soton)	Dublin, IRL	Jul 19
18	13:51.94	Sol Sweeney (Perth, U23)	Heusden-Zolder, BEL	Jul 21
19	13:52.29	James West (Ton, U23)	Palo Alto, USA	Mar 30
20	13:53.55	Daniel Studley (B&W)	Dublin, IRL	Jul 19
21	13:53.81	Matt Leach (Bed C)	Portland, USA	Jun 10
22	13:54.07	Philip Sesemann (B&B)	Dublin, IRL	Jul 19
23	13:54.43	Emile Cairesse (Leeds C, U23)	Oordegem, BEL	May 26
24	13:54.86	Kieran Clements (SB)	Watford	May 26
25	13:55.21	Mahamed Mahamed (Soton, U23)	Watford	May 26

26	13:55.70	Christopher Olley (Ton, U23)	Birmingham	Jun 30
27	13:57.03	Jonathan Davies (Read)	Nijmegen, NED	Jun 8
28	13:57.95	Tom Mortimer (Stroud, U20)	Loughborough	Jun 23
29	13:58.04	Jack Rowe (AFD, U23)	Palo Alto, USA	Apr 20
30	13:58.52	Adam Craig (Edin)	Torrance, USA	Apr 20

10,000 METRES

1	27:51.94	Alex Yee (Kent, U23)	Parliament Hill	May 19
2	27:52.32	Andy Vernon (AFD)	Parliament Hill	May 19
3	27:52.56	Chris Thompson (AFD, M35)	Parliament Hill	May 19
4	28:14.56	Ben Connor (Der)	Palo Alto, USA	May 3
5	28:37.12	Kieran Clements (SB)	Parliament Hill	May 19
6	28:39.79	Mohamud Aadan (TVH)	Parliament Hill	May 19
7	28:47.51	Ellis Cross (AFD, U23)	Parliament Hill	May 19
8	28:52.78	Jack Martin (Stock H)	Leiden, NED	Jun 9
9	28:54.95	Richard Allen (AFD)	Parliament Hill	May 19
10	29:10.33	Jack Rowe (AFD, U23)	Palo Alto, USA	Mar 30
11	29:11.35	Matt Leach (Bed C)	Parliament Hill	May 19
12	29:13.28	Graham Rush (Chelt, M35)	Parliament Hill	May 19
13	29:15.41	Daniel Studley (B&W)	Parliament Hill	May 19
14	29:15.45	Ollie Lockley (Manx)	Parliament Hill	May 19
15	29:18.17	Luke Caldwell (DMV)	Parliament Hill	May 19
16	29:20.32	Luke Traynor (Glas C)	Parliament Hill	May 19
17	29:21.00	Mahamed Mahamed (Soton, U23)	Braga, POR	Apr 7
18	29:22.95	Tom Anderson (Win)	Raleigh, USA	Mar 30
19	29:29.18	Ben Alcock (Bed C)	Palo Alto, USA	Mar 30
20	29:39.04	Dominic Shaw (New M)	Parliament Hill	May 19
21	29:39.33	Jamie Crowe (Cent)	San Francisco, USA	Mar 30
22	29:40.63	Ryan Forsyth (Colo U, U23)	Palo Alto, USA	May 12
23	29:46.88	Tom Bains (Hallam)	Naperville, USA	May 10
24	29:48.80	Lachlan Oates (Shett)	Glasgow	Apr 20
25	29:50.13	Adam Craig (Edin)	Philadelphia, USA	Apr 18
26	29:55.26	Logan Rees (Fife, U23)	Parliament Hill	May 19
27	29:56.83	Alastair Watson (Notts, M40)	Parliament Hill	May 19
28	29:59.99	Ian Kimpton (Lut)	Sportcity	Aug 15
29	30:07.31	Nigel Martin (Sale)	Sportcity	Aug 15
30	30:13.33	Paul Martelletti (VP&TH, M35)	Catford	Sep 2



3000 METRES STEEPLECHASE

1	8:26.51	Zak Seddon (Brack)	Rèhlingen, GER	May 20
2	8:30.16	Ieuan Thomas (Card)	Leiden, NED	Jun 9
3	8:30.52	Jonathan Hopkins (Swan)	Oordegem, May 26	BEL
4	8:31.91	Jamaine Coleman (Prest)	Liège, BEL	Jul 18
5	8:35.47	Phil Norman (WG&EL)	Huelva, ESP	Jun 8
6	8:40.24	Doug Musson (Notts)	Oordegem, May 26	BEL
7	8:44.28	Adam Visokay (Syracuse)	Palo Alto, USA	Mar 30
8	8:44.98	Adam Kirk-Smith (WG&EL)	Oordegem, May 26	BEL
9	8:45.62	Ryan Driscoll (Ton)	Birmingham	Jun 30
10	8:47.88	Rob Mullett (Lewes)	Palo Alto, USA	May 3
11	8:50.90	Haran Dunderdale (Shef/D, U23)	Azusa, USA	Apr 19
12	8:54.39	Daniel Jarvis (Liv H)	Bedford	May 18
13	8:55.19	Chris Perry (Vale R)	Sportcity	Aug 15
14	8:56.45	Mark Pearce (SB, U23)	Birmingham	Jun 30
15	8:56.78	Alex Howard (Ton)	Palo Alto, USA	Mar 30
16	8:56.82	Jonathan Glen (F Clyde, U23)	Azusa, USA	Apr 19
17	8:57.09	Tom Horton (Hallam)	Bedford	May 7
18	8:57.58	Alexander Teuten (Soton)	Bedford	Jul 7
19	8:57.62	Declan McManus (Worc, U23)	Azusa, USA	Apr 19
20	8:58.46	Ciaran Lewis (Card, U23)	Bedford	May 7
21	8:59.23	Daniel Eckersley (K&P)	Bedford	Jul 7
22	8:59.44	William Battershill (Erme, U23)	Raleigh, USA	Mar 30
23	9:05.69	Matthew Seddon (Brack, U23)	Montbéliard, FRA	Jun 1
24	9:05.78	Matthew Arnold (AFD, U23)	San Antonio, USA	May 5
25	9:09.23	Daniel Owen (Chelt)	Liverpool	Aug 18
26	9:10.48	James Beeks (BMH, U23)	Bedford	Jun 16
27	9:16.37	Scott Snow (WSEH)	Palo Alto, USA	May 12
28	9:16.75	Lachlan Oates (Shett)	Sportcity	Aug 15
29	9:18.59	Samatar Farah (NEB)	Cardiff	Jun 2
30	9:19.18	Harry Lane (B&W)	Sportcity	Jul 28

110 METRES HURDLES

1	13.28/0.8	Andrew Pozzi (Strat)	Berlin, GER	Aug 10
2	13.53/1.3	David King (Ply)	Birmingham	Aug 18
3	13.79/1.7	David Omoregie (Card)	Hérouville	Jun 14
4	13.81/-0.9	Khai Riley-La Borde (E&H)	Saint-Clair, FRA	
5	13.84/0.6	Jake Porter (Bir)	Bydgoszcz, POL	May 29
6	13.97/0.8	Miguel Perera (Harrow, U23)	Castres, FRA	Jul 25
7	14.08/-0.3	Cameron Fillery (WG&EL, U23)	Cardiff	Jun 2
8	14.12/-0.6	William Sharman (Belg)	Battersea Park	May 20
9	14.15/0.3	Jack Hatton (TVH, U23)	Lee Valley	Jun 6
10	14.31/-1.0	Sam Bennett (Bas, U20)	Chelmsford	Jun 24
11	14.35/0.5	Tim Duckworth (Liv H, U23)	Gainesville, Mar 30	USA
12	14.39/-0.3	James Weaver (E&H, U23)	Brugnera, ITA	Sep 1
13	14.45/1.6	Jack Lawrie (WG&EL, U23)	Hendon	Aug 4
14	14.46/1.7	Rushane Thomas (Herne H)	Bedford	Jul 7
15	14.50/-1.4	Jack Andrew (Sale)	Birmingham	Jul 1
16	14.56/0.0	Bradley Reed (Chelm)	Bracknell	Jul 15
17	14.59/1.2	Jack Major (Soton, U23)	Liverpool	Aug 4
18	14.65	William Ritchie-Moulin (Bir, U23)	Wakefield	Apr 8
19	14.68/-0.7	John Lane (Shef/D)	Kladno, CZE	Jun 17
20	14.70/-1.0	Marangha Mokaya (Notts, U23)	Bedford	May 7
21	14.75/1.6	Onajite Okoro (Bir)	Hendon	Aug 4
22	14.76/0.2	Ben Gregory (Bir)	Kladno, CZE	Jun 17
23	14.77 i	Reece Young (B&B)	Uxbridge	Apr 25
24	14.79/1.1	Jack Kirby (Harrow, U23)	Bedford	Jul 7
25	14.81/0.6	James Wright (R&N)	Bournemouth	Aug 4
26	14.83/0.1	Harry Maslen (Ik, U23)	San Angelo, Apr 6	USA
27	14.83/1.6	Niall Flannery (Gate)	Hendon	Aug 4
28	14.85/0.6	James Finney (Leeds C, U23)	Florence, ITA	Apr 28
29	14.90/0.6	Jahmal Germain (NEB)	Hendon	Aug 4
30	14.91/1.0	Ayomide Byron (St Alb, U23)	Bury St Edmunds	Sep 8

400 METRES HURDLES

1	49.18	Jack Green (Kent)	Gold Coast, AUS	Apr 12
2	49.38	Dai Greene (Swan)	Johannesburg, Mar 1	RSA
3	49.74	Sebastian Rodger (SB)	Oordegem, BEL	May 26
4	49.90	Jacob Paul (WSEH)	Barcelona, ESP	Jul 11
5	50.03	Niall Flannery (Gate)	Geneva, SUI	Jun 9
6	50.11	Alastair Chalmers (Guern, U20)	Tampere, FIN	Jul 13
7	50.36	Chris McAlister (TVH)	Sportcity	Aug 15
8	50.42	Jack Lawrie (WG&EL, U23)	Sportcity	Aug 15
9	50.57	Alex Knibbs (Amber, U20)	Mannheim, GER	Jun 24
10	50.94	James Forman (Soton)	St. Peter Port	Jun 23
11	51.24	Efekemo Okoro (Bir)	Lappeenranta, Aug 23	FIN
12	51.36	Tyri Donovan (WSEH, U23)	Cork, IRL	Jul 16
13	51.69	Karl Johnson (NEB, U20)	Birmingham	Jul 14
14	51.72	Seamus Derbyshire (Stoke, U20)	Loughborough	May 20
15	51.83	Martin Lipton (Liv H)	Eton	May 5
16	51.83	Alexander Daley (B&W, U23)	Sportcity	Aug 15
17	52.14	Declan Gall (Dund, U20)	Bedford	May 7
18	52.17	Lennox Thompson (NEB)	Nivelles, BEL	Jun 23
19	52.30	Paul Bennett (Card)	Loughborough	May 20
20	52.53	Joshua Faulds (R&N, U20)	Birmingham	Jul 14
21	52.56	Joe Fuggle (B&B, U20)	Bedford	May 7
22	52.57	William Ritchie-Moulin (Bir, U23)	Bedford	May 7
23	53.06	Connor Henderson (Glas C)	Bournemouth	Aug 4
24	53.15	Matthew Sumner (Ply)	Sportcity	Jul 28
25	53.29	Tim Stephens (Oxf C, U23)	Bedford	Jun 17
26	53.30	Sean Adams (Soton)	Bromley	Jun 23
27	53.43	James Webster (Liv H)	Bedford	Jul 7
28	53.48	Andrew Faulkner (Yeov O)	Yeovil	Apr 22
29	53.51	Daniel Rees (SB, U23)	Cardiff	Jun 2
30	53.66	George Vaughan (WG&EL, U23)	Bedford	Jun 10

HIGH JUMP

1	2.30 i	Robbie Grabarz (NEB)	Birmingham (PB)	Jan 6
2	2.27	Allan Smith (SB)	Gold Coast, AUS	Apr 11
3	2.26	Chris Baker (Sale)	Birmingham	Jul 1
3	2.26	David Smith (SB)	Birmingham	Jul 1
5	2.23	Tom Gale (Bath, U23)	Birmingham	Jul 1
5	2.23	Chris Kandu (E&H)	Birmingham	Jul 1
7	2.22 i	Dominic Ogbechie (High, U17)	Sheffield	Feb 24
8	2.21 i	Mike Edwards (Bir)	Manhattan, USA	Feb 3
9	2.20 i	Joel Khan (Worc, U20)	Sheffield	Feb 25
9	2.20	Ryan Webb (Bir, U23)	Bournemouth	May 13
11	2.17	Tim Duckworth (Liv H, U23)	Berlin, GER	Aug 7
12	2.14 i	Lewis McGuire (SB, U23)	Emirates Arena	Jan 28
12	2.14	William Grimsey (WG&EL, U23)	Eberstadt, GER	Aug 24
14	2.13 i	Thomas Hewes (Chelm, U20)	Sheffield	Feb 25
15	2.12 i	Sam Brereton (N&P, U17)	Cardiff	Dec 2
16	2.11 i	Matthew Ashley (Shef/D)	Loughborough	Feb 3
16	2.11	Patrick O'Connor (M'bro)	Raleigh, USA	Mar 30
18	2.10	Jack Norton (Ports, U20)	Birmingham	Jul 14
18	2.10	Jake Storey (Harrow, U23)	Sportcity	Aug 4
20	2.09 i	Jonathan Broom-Edwards (NEB)	Emirates Arena	Jan 28
20	2.09	Rory Dwyer (Strat, U23)	Loughborough	Jul 25
20	2.09	Jonathon Bailey (Card)	Loughborough	Jul 25
23	2.08	Akin Coward (SB, U23)	Loughborough	May 20
24	2.07 i	Joshua Hewett (Liv H, U20)	Loughborough	Feb 3
24	2.07 i	Toni Ademuwagun (TVH, U20)	Sheffield	Feb 25
24	2.07	Jack Ennis (Croy, U17)	Kingston	May 13
24	2.07	Ryan Bonifas (BMH)	Bedford	May 26
24	2.07	Kelechi Aguocho (B&B, U20)	Liverpool	Aug 4
29	2.06 i	Harry Baker (Hors, U20)	Carshalton	Feb 17
30	2.05 i	William Edwards (Carm, U23)	Newtown	May 20
30	2.05 i	Adam Wall (Shef/D)	Sheffield	Jan 14
30	2.05	Angus Sinclair (Edin)	Lake Charles, USA	Mar 10
30	2.05	Tom Nichols (Harrow)	Eton	May 5
30	2.05	Lewis Church (Ton, U23)	Hexham	Jul 21
30	2.05	Christopher Mann (Bolt)	Sportcity	Jul 28



Andrew Pozzi

POLE VAULT

1	5.65	Adam Hague (Shef/D, U23)	Berlin, GER	Aug 12
2	5.60	Charlie Myers (M'bro, U23)	Hexham	Jul 8
3	5.52	Joel Leon Benitez (Notts, U23)	Liège, BEL	Jul 18
4	5.45	Luke Cutts (Shef/D)	Gold Coast, AUS	Apr 12
5	5.40	Harry Coppell (Wig D, U23)	Geneva, SUI	Jun 9
6	5.23	Scott Huggins (B&B)	Portsmouth	Jun 2
7	5.16 i	Tim Duckworth (Liv H, U23)	College Station, USA	Mar 10
8	5.10	Joseph Lister (Harrow, U23)	Bedford	Jun 17
8	5.10	Jack Phipps (Bir)	Bedford	Jul 7
10	5.06	Jax Thoirs (Glas C)	Grangemouth	Aug 11
11	5.05 i	Samuel Adams (Glas C)	Cornell, USA	Jan 27
12	5.01 i	Ben Gregory (Bir)	Cardiff	Jan 27
12	5.01	Archie McNeillis (NEB)	Oxford	May 19
12	5.01 i	George Turner (Craw, U23)	Carshalton	Sep 23
15	5.00 i	Euan Bryden (WSEH)	Lee Valley	Jan 14
16	4.95 i	Nick Cruchley (Hale)	Orleans, FRA	Jan 13
16	4.95	Rhys Searles (E&H)	Loughborough	May 20
18	4.93	Frankie Johnson (Bed C, U20)	Sandy	Sep 29
19	4.91	George Heppinstall (Shef/D, U23)	Sheffield	Jun 23
20	4.90	Adam Carpenter (WSEH)	Eton	May 5
21	4.88	Nicolas Cole (Shef/D)	Hendon	Aug 4
22	4.87 i	Tom Booth (Prest, U23)	Cardiff	Jan 21
23	4.86	Nathan Gardner (SNH, U23)	Southampton	Aug 18
24	4.80	John Lane (Shef/D)	Gold Coast, AUS	Apr 10
25	4.80	Ethan Walsh (SB, U23)	Bedford	Jul 7
26	4.76	Emmanuel Thomas (Croy, U20)	Yeovil	May 5
27	4.75 i	Dylan Thomson (Pit, U20)	Tollcross Glasgow	Mar 17
28	4.70	Samuel Bass-Cooper (Soton, U23)	Eton	May 5
28	4.70	Jack Andrew (Sale)	Kladno, CZE	Jun 17
28	4.70	Elliot Thompson (E&H)	Kladno, CZE	Jun 17
28	4.70	Jacob Clark (Notts, U17)	Cheltenham	Jul 8

Nathan Douglas



Dan Bramble

LONG JUMP

1	8.15/0.5	Dan Bramble (SB)	Olympic Park	Jul 22
2	8.05/2.0	Feron Sayers (Bir)	Geneva, SUI	Jun 9
3	8.03 0.0	Tim Duckworth (Liv H, U23)	Athens, USA	Apr 6
4	7.89 i	Greg Rutherford (Mil K)	Emirates Arena	Feb 25
4	7.89/1.0	Jacob Fincham-Dukes (Leeds C, U23)	Austin, USA	Mar 31
6	7.78/1.7	Shandell Taylor (Have, U20)	Birmingham	Jul 13
7	7.74 /0.6	James Lelliott (B'mth)	Birmingham	Jul 1
8	7.71/-0.4	Jack Roach (NEB)	Birmingham	Jul 1
9	7.67/0.0	Reynold Banigo (Sale, U23)	Loughborough	Jul 25
10	7.63/1.0	Bradley Pickup (B'mth)	Antony, FRA	May 6
11	7.61/0.0	Alex Farquharson (Cov, U23)	Bedford	May 28
12	7.54/1.3	Oliver Newport (B&B)	Louisville, USA	Apr 13
13	7.53 i	Dominic Ogbechie (High, U17)	Sheffield	Feb 25
14	7.52/1.5	Michael Pupilampu (NEB)	Cardiff	Jun 2
15	7.48	Patrick Sylla (B'mth, U23)	Bournemouth	May 13
15	7.48/0.5	Ben Fisher (WSEH, U23)	Belfast	Jun 9
17	7.45 i	Paul Ogun (Croy)	Birmingham	Feb 17
18	7.38 i	Samuel Khogali (WG&EL, U23)	Sheffield	Jan 28
19	7.36/0.2	JJ Jegede (NEB)	Bedford	May 7
19	7.36/0.3	Trevor Alexanderson (Bir)	Loughborough	Jul 25
21	7.35/1.4	Calum Henderson (Edin, U20)	Bedford	Jun 16
22	7.34	Tom French (B&B)	Bournemouth	May 13
22	7.34/0.6	Scott Hall (Bir)	Geneva, SUI	Jun 9
24	7.34/1.8	Stephen MacKenzie (I'ness, U20)	Grangemouth	Aug 4
25	7.33/0.7	Daniel Hopper (D&T, U20)	Birmingham	Jul 13
26	7.31 i	Alessandro Schenini (Giff N, U20)	Emirates Arena	Jan 28
27	7.30/1.9	David John Martin (Shef/D)	Grangemouth	Jun 24
28	7.29 i	James Finney (Leeds C, U23)	Sheffield	Jan 6
29	7.28/0.5	John Lane (Shef/D)	Kladno, CZE	Jun 16
29	7.28 i	Jac Hopkins (Swan, U23)	New York, USA	Dec 7

TRIPLE JUMP

1	16.77 i	Nathan Douglas (Oxf C, M35)	Birmingham	Feb 18
2	16.57/-2.0	Julian Reid (Sale)	Birmingham	Jun 30
3	16.41/1.5	Michael Pupilampu (NEB)	Clermont, USA	May 12
4	16.28/1.6	Jonathan Ilori (B&B)	Bedford	Jun 10
5	16.16/1.9	Nonso Okolo (SB)	Clermont, USA	May 12
6	16.11/2.0	Nathan Fox (SB)	Bedford	Jul 7
7	15.99/0.5	Montel Nevers (Notts, U23)	Fayetteville, USA	Apr 28
8	15.96/2.0	Daniel Lewis (SB)	Clermont, USA	May 12
9	15.84/0.0	Efe Uwaifo (E&H)	Bedford	Jun 10
10	15.82/1.0	Scott Hall (Bir)	Birmingham	Jun 30
11	15.78/-1.5	Lawrence Davis (WG&EL)	Birmingham	Jun 30
12	15.56/0.7	Seun Okome (Sale)	Bedford	May 6
13	15.54/0.7	Stefan Amokwandoh (B&B, U23)	Philadelphia, USA	May 6
14	15.53 i	Daniel Igbokwe (WSEH, U23)	New York, USA	Jan 27
15	15.52 i	Sam Trigg (Erme)	Uxbridge	Feb 4
16	15.37/0.1	Kevin Metzger (Sale, U23)	Bedford	Jun 16
17	15.34 i	Chukwudi Onyia (Kent)	Emirates Arena	Jan 28
18	15.33/-1.9	Olushola Olojo (Herne H)	Memphis, USA	Apr 29
19	15.32/0.8	Wesley Matsuka-Williams (Norw, U20)	Loughborough	May 20
20	15.31/1.4	Antony Daffurn (Harrow)	Grangemouth	Aug 11
21	15.25 i	Chuko Cribb (Mil K)	Eton	Mar 4
22	15.24 i	Jude Bright-Davies (TVH, U20)	Sheffield	Feb 18
22	15.24	Mark Burton (Lisb, U23)	Belfast	Apr 13
24	15.21 i	Aidan Quinn (Shett, U20)	Emirates Arena	Jan 28
25	15.20 i	Osaze Aghedo (Swan, U20)	Uxbridge	Mar 11
26	14.90/1.4	Joshua Bones (Scun)	Leigh	May 5
27	14.86/0.5	Paul Ogun (Croy)	Portsmouth	Jun 2
28	14.85 i	Teepee Princewill (WSEH, U20)	Sheffield	Feb 24
29	14.83/1.2	Ade Mason (SB, U23)	Bedford	Jul 7
30	14.72 i	Emmanuel Odubanjo (Sale, U20)	Sheffield	Feb 24

SHOT

1	19.24	Scott Lincoln (York)	Olympic Park	Jul 14
2	18.21	Youcef Zatat (WG&EL)	Bedford	May 28
3	17.64 i	Scott Rider (Bir, M40)	Birmingham	Feb 17
4	17.28	Gareth Winter (Glouc)	Birmingham	Jun 30
5	16.99	Daniel Cartwright (Bir, U23)	Bedford	Jul 7
6	16.97 i	Greg Beard (NEB, M35)	Sheffield	Nov 17
7	16.35 i	Samuel Heawood Crow	Uxbridge	Mar 11
8	16.16	Joey Watson (Bir)	Loughborough	May 20
9	16.15 i	Gregory Thompson (SB)	Landover, USA	Jan 20
10	16.00	Ciaran Wright (Shef/D, U23)	Nagold, GER	Apr 28
11	15.86	George Evans (SB, U23)	Fayetteville, USA	Apr 28
12	15.79	Kai Jones (NEB, U23)	Bedford	Jul 7
13	15.65	Lewis Byng (Strat, U17)	Leamington	Jul 24
14	15.57	Craig Sturrock (TVH)	Norwich	May 20
15	15.47	Patrick Swan (Corn, U23)	Exeter	Jul 22
16	15.42 i	Aled Davies (Card)	Birmingham	Feb 17
17	15.30	Daniel James Thomas (E'borne, U20)	Portsmouth	Sep 16
18	15.29 i	Daniel Cork (Newp, U23)	Lee Valley	Dec 1
19	15.28	Nicholas Percy (SB)	Hendon	Aug 4
20	15.19	Dan Brunnsden (Kent)	Yeovil	Apr 18
21	15.07	Martin Tinkler (Nene V)	Bedford	Jun 9
22	15.04	Jonathan Edwards (Ply)	Horspath	Jun 23
23	14.92	Laurence Goodacre (Have)	Yeovil	May 5
23	14.92	Louis Mascarenhas (B&B, U23)	Bedford	Jun 9
25	14.88	Nick Owen (K&P, M35)	Bedford	Jul 7
26	14.84	Ben Gibb (Yeov O)	Yeovil	May 5
27	14.83 i	Kyle Randalls Falk	Emirates Arena	Jan 13
28	14.69	Luc Durant (B&B, U23)	Portsmouth	Jun 2
29	14.56	George Hyde (W Ches, U20)	Preston	Aug 4
30	14.54 i	Matthew Baptiste (NEB)	Lee Valley	Feb 3
30	14.54	Murdo Masterson (Mid Arg, U23)	Crownpoint	Aug 28

DISCUS

1	63.17	Nicholas Percy (SB)	Bedford	Jul 7
2	61.94	Brett Morse (Card)	Sportcity	Aug 15
3	61.29	Gregory Thompson (SB)	Philadelphia, USA	Apr 26
4	59.74	George Armstrong (NEB, U23)	Sportcity	Aug 15
5	58.67	George Evans (SB, U23)	Waco, USA	May 13
6	57.66	Zane Duquemin (SB)	Gold Coast, AUS	Apr 8
7	57.39	Adam Damadzic (Bir)	Lubbock, USA	May 5
8	57.13	Chris Scott (Soton)	Bedford	Jul 7
9	56.80	Alan Toward (Shef/D)	Loughborough	Feb 25
10	56.06	Alexander Parkinson	W Suff	Mar 9
			Hamilton, NZL	
11	53.74	Mark Plowman (Yeov O)	Yeovil	May 13
12	52.98	Samuel Woodley (Herts P, U20)	Bedford	Jul 7
13	52.38	Angus McInroy (SB)	Aberdeen	Jun 10
14	52.34	Najee Fox (Bir)	Bedford	Jul 7
15	51.23	Joe Bloomfield (Chelm)	Bedford	Jul 7
16	50.21	Matthew Baptiste (NEB)	Woodford	Jul 10
17	49.79	Jamie Williamson (Shef/D)	Wakefield	Jun 3
18	49.49	James Hedger (TVH)	Sportcity	Jul 29
19	49.24	Louis Mascarenhas (B&B, U23)	Bedford	Jun 9
20	48.95	Patrick Swan (Corn, U23)	Bedford	Jun 16
21	48.08	Christopher Linque (WG&EL)	Bedford	Jul 7
22	47.86	Tom Dobbs (Wig D, U23)	Preston	Aug 4
23	47.57	Curtis Mathews (Card)	Hendon	Aug 4
24	46.99	Greg Beard M35 (NEB)	Wakefield	Sep 16
25	46.90	Daniel Fleming (York, U23)	York University	Jul 8
26	46.86	Lee Newman (Worc, M40)	Lee Valley	Mar 10
27	46.64	Duane Jibunoh (Have)	Eastbourne	May 20
28	46.59	Dan Brunnsden (Kent)	Bedford	Jul 7
29	46.49	Oliver Massingham (Norw, U20)	Bury St. Edmunds	May 5
30	46.31	Emeka Udechuku (WG&EL, M35)	Hendon	Aug 4

HAMMER

1	80.26	Nick Miller (Border)	Gold Coast, AUS	Apr 8
2	75.11	Chris Bennett (SB)	Nathan, AUS	Mar 18
3	73.80	Joseph Ellis (B&B, U23)	Ashland, USA	Jun 18
4	73.24	Jake Norris (WSEH, U20)	Eugene, USA	Jun 6
5	73.12	Mark Dry (WG&EL)	Gold Coast, AUS	Apr 8
6	72.31	Taylor Campbell (Shef/D, U23)	Loughborough	May 20
7	71.62	Osian Jones (Liv H)	Nathan, AUS	Mar 28
8	70.47	Craig Murch (R&N)	Loughborough	Jul 25
9	68.95	Callum Brown (Norw)	Norwich	May 12
10	68.23	Jac Palmer (Card, U23)	Almada, POR	Jun 2
11	67.40	Nicholas Percy (SB)	Bloomington, USA	May 11
12	66.69	Michael Bomba (Liv H)	Castiglione Della Pescaia, ITA	May 13
13	66.31	Ciaran Wright (Shef/D, U23)	Aberdeen	Jun 10
14	65.77	Tom Parker (Shef/D)	Princeton, USA	May 12
15	64.98	Chris Shorthouse (Bir)	Loughborough	Apr 22
16	64.32	Andy Frost W35 (WG&EL)	Hendon	Aug 4
17	63.41	Michael Painter (NEB)	Palo Alto, USA	May 13
18	63.35	Joe Bloomfield (Chelm)	Chelmsford	Jun 23
19	63.32	Edward Jeans (Prest, U23)	Bloomington, USA	May 11
20	63.15	Thomas Head (NEB, U23)	Bedford	May 6
21	61.99	Tim Williams (Glouc)	Nuneaton	Jun 10
22	61.12	Alex Warner (NEB)	Chelmsford	May 12
23	61.03	Richard Martin (Bed C)	Cleckheaton	Mar 24
24	60.90	Peter Smith (KulH)	Hull	Apr 15
25	60.20	Ben Hawkes (Worth, U20)	Brighton	Aug 18
26	58.79	Jacob Lange (Glouc)	Loughborough	Apr 22
27	58.33	Jonathan Edwards (Ply)	Horspath	Jun 23
28	57.92	Peter Cassidy (G&G, U23)	Swindon	Jul 14
29	56.75	Ross Douglas (Charm, U23)	Sportcity	Jun 9
30	56.61	Peter Clarke (WG&EL)	Lee Valley	Apr 28

JAVELIN

1	75.27	James Whiteaker (B&B, U23)	Eton	Aug 18
2	74.11	Joe Harris (Manx, U23)	Leiria, POR	Mar 11
3	73.93	Joe Dunderdale (Shef/D)	Loughborough	May 20
4	73.89	Jonathan Engelking (N Dev, U23)	Cookeville, USA	May 10
5	70.85	Greg Millar (Bir)	Cardiff	Jun 2
6	69.59	Nathan James (Swan, U23)	Neath	May 13
7	69.19	Benji Pearson (W&B)	Loughborough	May 27
8	69.13	Tom Hewson (And, U20)	Birmingham	Jul 13
9	69.00	Daniel Bainbridge (SB, U20)	Bedford	Jun 16
10	68.69	Gavin Johnson (TVH, U23)	Dublin, IRL	Jul 19
11	68.04	Jason Copsey (Card)	Hendon	Aug 4
12	67.01	Neil McLellan (SNH, M35)	Bedford	Jun 10
13	66.42	Jack Magee (B&A, U23)	Belfast	Jun 9
14	66.11	Sam Dean (Sale, U23)	Bedford	Jun 17
15	65.29	Scott Staples (Craw, U20)	Bromley	Apr 14
16	64.38	Max Law (Have, U17)	Hornchurch	Sep 16
17	63.95	Edan Cole (B&H, U20)	Horspath	Sep 1
18	63.58	Richard Dangerfield (Card, U23)	Cardiff	Jul 14
19	63.53	Joss Foot (Orion, U20)	Harrow	Aug 18
20	62.80	Jack Swain (TVH)	Loughborough	May 27
21	62.22	William Trimble (K&P)	Kingston	May 13
22	62.13	Aaron Morgan (Carm)	Leigh	May 5
23	61.85	Adam Boyle (VPCG, U20)	Bedford	Jun 16
24	61.58	Allandre Johnson (Heme H)	Bedford	Jul 7
25	61.45	James Lelliott (B'mth)	Yeovil	May 5
26	60.84	Caspar Whitehead (TVH, U23)	Oxford	Jun 30
27	60.80	Harry Hollis (Corby)	Nuneaton	Jun 10
28	60.62	Craig Lacy (Bir)	Bedford	Jun 10
29	60.61	Will Marklew (Shef/D, U23)	Horspath	Jul 8
30	60.35	Sonny Nash (M&M, U23)	Bedford	Jun 10

DECATHLON

1	8336	Tim Duckworth (Liv H, U23)	Eugene, USA	Jun 7
2	7582	Ben Gregory (Bir)	Kladno, CZE	Jun 17
3	7545	John Lane (Shef/D)	Kladno, CZE	Jun 17
4	7496	Harry Maslen (Ilk, U23)	San Angelo, USA	Apr 6
5	7350	Andrew Murphy (Kilb)	Arona, ESP	Jun 3
6	7319	Lewis Church (Ton, U23)	Hexham	Jul 22
7	7315	James Finney (Leeds C, U23)	Kladno, CZE	Jun 17
8	7213	Jack Andrew (Sale)	Kladno, CZE	Jun 17
9	7191	Eliot Thompson (E&H)	Kladno, CZE	Jun 17
10	7089	Harry Kendall (Ton, U23)	Horspath	Jul 8
11	7059	Matthew Lee (Harrow)	Sportcity	Aug 5
12	7011	Aiden Davies (Donc)	Sportcity	Aug 5
13	6834	Howard Bell (Edin, U23)	Bedford	May 27
14	6764	Joseph Hobson (Shef/D, U23)	Sportcity	Aug 5
15	6725	Tom Chandler (Cent, U23)	Grangemouth	Jul 15
16	6629	Gavin Phillips (Bath, U23)	Bedford	May 27
17	6622	Ben Clarke (Worc, U23)	Sportcity	Aug 5
18	6478	Adam Carpenter (WSEH)	Bedford	May 27
19	6371	Angus Sinclair (Edin)	San Marcos, USA	May 12
20	6306	Jake Storey (Harrow, U23)	Bedford	May 27
21	6300	Euan Urquhart (VPCG, U23)	Grangemouth	Jul 15
22	6295	Liam Reveley (Blay, U23)	Belfast	Aug 26
23	6233	Deo Milandu (Shef/D)	Bedford	May 27
24	6164	Will Marklew (Shef/D, U23)	Horspath	Jul 8
25	6138	Ryan Bonifas (BMH)	Bedford	May 27
26	6092	Harry Hillman (Card, U23)	Sportcity	Aug 5
27	6074	Saoirse Chinery-Edoo (Harrow)	Bedford	May 27
28	5906	Justin Tarrant (Craw, U23)	Horspath	Jul 8
29	5838	Ben Morgan (Lough S, U23)	Horspath	Jul 8
30	5825	Fionn Wright (Exe)	Bedford	May 27



100 METRES

1	10.85/0.0	Dina Asher-Smith (B&B)	Berlin, GER	Aug 7
2	11.11/0.1	Imani Lansiquot (Sutt, U23)	Olympic Park	Jul 21
3	11.16/-0.1	Kristal Awuah (Herne H, U20)	Berlin, GER	Sep 2
4	11.19/-0.5	Daryll Neita (SB, U23)	Birmingham	Jun 30
5	11.20/-0.5	Bianca Williams (E&H)	Birmingham	Jun 30
6	11.21/0.5	Asha Philip (NEB)	Gold Coast, AUS	Apr 8
7	11.23/1.4	Rachel Miller (Harrow)	Lee Valley	Aug 1
8	11.32/-0.5	Lorraine Ugen (TVH)	Birmingham	Jun 30
9	11.38/-0.4	Ashleigh Nelson (Stoke)	Olympic Park	Jul 21
10	11.41 1.3	Corinne Humphreys (Orion)	Cork, IRL	Jul 16
11	11.44/0.3	Shannon Hylton (B&B, U23)	Bedford	Jun 16
11	11.44/-0.5	Annie Tagoe (TVH)	Birmingham	Jun 30
13	11.50/0.0	Jodie Williams (Herts P)	Geneva, SUI	Jun 9
13	11.50/1.8	Kimberly Baptiste (Craw)	Crawley	Jul 8
15	11.55/1.2	Finette Agyapong (NEB, U23)	Sheffield	Aug 5
16	11.56/2.0	Amy Hunt (Cham, U17)	Bedford 25	Aug 18
17	11.59/1.0	Alisha Rees (Edin, U20)	Eton	Jun 2
18	11.61/-0.5	Diani Walker (Bir)	Bedford	May 6
18	11.61/1.3	Hannah Brier (Swan, U23)	Grangemouth	Jul 7
20	11.64/-1.2	Beth Dobbin (Edin)	Eton	Jun 2
21	11.65/-0.5	Desiree Henry (E&H)	Chongqing, CHN	May 24
21	11.65/0.3	Ebony Carr (Mil K, U20)	Mannheim, GER	Jun 23
21	11.65/0.3	Hayley Mills (Notts)	Loughborough	Jul 25
24	11.67/0.0	Georgina Adam (Linc W, U20)	Geneva, SUI	Jun 9
25	11.70/1.8	Jenna Wrisberg (Giff N, U23)	Scotstoun	Jun 24
26	11.71/1.3	Shannon Malone (Dees, U23)	Lee Valley	Jun 6
27	11.73/2.0	Katy Wyper (BWF)	Grangemouth	Aug 11
28	11.74/0.3	Cassie-Ann Pemberton (Bir, U20)	Bedford	Jun 16
29	11.76/0.6	Immanuela Aliu (B&B, U20)	Bedford	Jun 16
29	11.76/1.8	Sharnee Skervin (Notts, U20)	Crawley	Jul 8



Dina Asher-Smith

200 METRES

1	21.89 /0.2	Dina Asher-Smith (B&B)	Berlin, GER	Aug 11
2	22.59/-1.3	Beth Dobbin (Edin)	Birmingham	Jul 1
3	22.60/-1.3	Bianca Williams (E&H)	Birmingham	Jul 1
4	22.75/2.0	Jodie Williams (Herts P)	Geneva, SUI	Jun 9
5	22.78/-1.3	Shannon Hylton (B&B, U23)	Birmingham	Jul 1
6	22.88/1.5	Katarina Johnson-Thompson (Liv H)	Berlin, GER	Aug 9
7	22.94/0.5	Ashleigh Nelson (Stoke)	Geneva, SUI	Jun 9
8	22.95/-1.3	Finette Agyapong (NEB, U23)	Birmingham	Jul 1
9	23.14/0.6	Ama Pipi (E&H)	San Diego, USA	Mar 24
10	23.37/0.7	Kristal Awuah (Herne H, U20)	Uxbridge	Aug 8
11	23.38/-0.2	Anyika Onuora (Liv H)	Stockholm, SWE	Jun 10
12	23.39/0.1	Desiree Henry (E&H)	Hengelo, NED	Jun 3
13	23.44/0.4	Alisha Rees (Edin, U20)	Mannheim, GER	Jun 24
14	23.46/-1.3	Georgina Adam (Linc W, U20)	Birmingham	Jul 1
15	23.49/-0.4	Emily Diamond (B&W)	Loughborough	May 20
16	23.50 -0.8	Margaret Adeoye (E&H)	Birmingham	May 27
17	23.55/-0.3	Kimberly Baptiste (Craw)	Birmingham	Jul 1
18	23.57 i	Meghan Beesley (Bir)	Birmingham	Feb 18
19	23.58 i	Zoey Clark (TVH)	Emirates Arena	Jan 28
20	23.63/0.2	Cheriece Hylton (B&B, U23)	Mannheim, GER	Jul 15
21	23.72/0.6	Diani Walker (Bir)	Eton	Jun 2
22	23.79/0.4	Amber Anning U20 (B&H)	Gainesville, USA	Apr 13
23	23.81/-0.3	Amy Allcock (AFD)	Loughborough	May 20
24	23.85/0.6	Hayley Mills (Notts)	Loughborough	Jul 25
25	23.90/-1.3	Kiah Dubarry-Gay (VP&TH, U17)	Birmingham	Jul 14

400 METRES

1	51.13	Anyika Onuora (Liv H)	Olympic Park	Jul 22
2	51.21	Laviai Nielsen (E&H, U23)	Berlin, GER	Aug 9
3	51.36	Amy Allcock (AFD)	Olympic Park	Jul 22
4	51.36	Zoey Clark (TVH)	Olympic Park	Jul 22
5	51.60 i	Eilidh Doyle (Pit)	Birmingham	Mar 3
6	51.87	Emily Diamond (B&W)	Geneva, SUI	Jun 9
7	51.97	Perri Shakes-Drayton (VP&TH)	Marseille, FRA	Jun 16
8	52.07 i	Ama Pipi (E&H)	College Station, USA	Mar 9
9	52.50	Hannah Williams (Herts P, U23)	Geneva, SUI	Jun 9
10	52.74	Mary Abichi (E&H)	Birmingham	Jul 1
11	52.85	Phillipa Lowe (D&T)	Birmingham	Jul 1
12	53.07	Meghan Beesley (Bir)	Loughborough	Jul 25
13	53.1	Maya Brunez (B&B, U23)	Bedford	May 7
14	53.21 i	Beth Dobbin (Edin)	Birmingham	Feb 17
15	53.60	Victoria Ohuruogu (NEB)	Gainesville, USA	Apr 13
16	53.67	Natasha Harrison U20 (Stock H)	Birmingham	Jul 14
17	53.71 i	Ashleigh Nelson (Stoke)	Cardiff	Feb 4
18	53.73	Cheriece Hylton (B&B, U23)	Birmingham	Jun 30
19	53.74	Lily Beckford (SB, U23)	Torrance, USA	Apr 20
20	53.76	Laura Maddox (Swan)	Oordegem, BEL	May 26
21	53.85	Finette Agyapong (NEB, U23)	Dublin, IRL	Jul 19
22	53.89	Lina Nielsen (E&H, U23)	Geneva, SUI	Jun 9
23	53.91	Jessica Turner (Amber)	Loughborough	May 20
24	53.91	Maisey Snaith (C&C, U20)	Birmingham	Jul 14
25	54.20	Kelsey Stewart (A'deen, U23)	Bedford	May 7
26	54.22 i	Marilyn Okoro (SB)	Lee Valley	Jan 27
26	54.22	Shelayna Oskan-Clarke (WSEH)	Eton	Jun 2
28	54.26	Rachel Dickens (B&B)	Eltham	Jul 18
29	54.30	Olivia Caesar (Swan, U23)	Eton	Jun 2
30	54.31 i	Margaret Adeoye (E&H)	Birmingham	Feb 17

800 METRES

1	1:59.09	Laura Muir (Dund H)	Oslo, NOR	Jun 7
2	1:59.34	Lynsey Sharp (Edin)	Olympic Park	Jul 22
3	1:59.81 i	Shelayna Oskan-Clarke (WSEH)	Birmingham	Mar 4
4	1:59.86	Adelle Tracey (G&G)	Berlin, GER	Aug 8
5	1:59.93	Alexandra Bell (P&B)	Watford	May 26
6	2:00.88	Sarah McDonald (Bir)	Watford	Aug 8
7	2:01.30i	Mhairi Hendry (VPCG, U23)	Birmingham	Feb 18
8	2:01.60	Katie Snowden (Herne H)	Eltham	Jul 18
9	2:01.78	Reeve Walcott-Nolan (Lut)	Eltham	Jun 20
10	2:02.02	Ellie Baker (SB, U23)	Nijmegen, NED	Jun 8
11	2:02.11	Laura Weightman (Morp)	Chester-le-Street	Jun 18
12	2:02.52	Hannah Segrave (M'bro)	Nashville, USA	Jun 1
13	2:02.62	Jemma Reekie (Kilb, U23)	Scotstoun	Jun 1
14	2:02.64	Mari Smith (Bir, U23)	Watford	Jul 11
15	2:02.89	Hannah England (Oxf C)	Gothenburg, SWE	Aug 18
16	2:03.20	Katy-Ann McDonald (B&B, U20)	Tampere, FIN	Jul 11
17	2:03.32	Leah Barrow (WSEH)	Oordegem, BEL	May 26
18	2:03.86	Laura Maddox (Swan)	Sportcity	May 12
19	2:04.00	Isabelle Boffey (E&H, U20)	Loughborough	May 20
20	2:04.26	Keely Hodgkinson (Leigh, U17)	Watford	May 26
20	2:04.26	Jessica Judd (B'burn)	Tipton	Jul 17
22	2:04.34	Khahisa Mhlanga (Chelm, U20)	Loughborough	Jun 23
23	2:04.52 i	Kaylee Dodd (Bas)	Ames, USA	Feb 10
24	2:04.56	Amy Griffiths (AFD, U23)	Loughborough	Jun 23
25	2:04.71	Francesca Brint (Sale, U20)	Stretford 1	Aug 4
26	2:04.78	Jacqueline Fairchild (Prest)	Trafford	Jul 24
27	2:04.85 i	Ejiro Okoro (Bir)	Birmingham	Feb 18
28	2:05.14	Katy Brown (Stew)	Trafford	Jul 24
29	2:05.46	Rosie Chamberlain (Exe)	Gainesville, USA	Mar 30
30	2:05.85	Rachael Franklin (Manx)	Trafford	Jul 24
1	3:58.18	Laura Muir (Dund H)	Lausanne, SUI	Jul 5
2	4:01.76	Laura Weightman (Morp)	Lausanne, SUI	Jul 5
3	4:01.98	Eilish McColgan (Dund H)	Lausanne, SUI	Jul 5

1500 METRES

4	4:03.17	Sarah McDonald (Bir)	Birmingham	Aug 18
5	4:03.44	Melissa Courtney (Poole)	Gold Coast, AUS	Apr 10
6	4:05.56	Stephanie Twell (AFD)	Gold Coast, AUS	Apr 10
7	4:06.11	Jemma Reekie (Kilb, U23)	Olympic Park	Jul 21
8	4:06.55	Katie Snowden (Herne H)	Gold Coast, AUS	Apr 10
9	4:07.50	Jessica Judd (B'burn)	Stretford	Aug 18
10	4:07.69	Rosie Clarke (E&E)	Tübingen, GER	Jun 16
11	4:09.71	Amy Griffiths (AFD, U23)	Stretford	Aug 18
12	4:10.05i	Stacey Smith (Gate)	Emirates Arena	Feb 25
13	4:10.31	Rhianwedd Price (Card)	Gainesville, USA	Mar 30
14	4:10.78	Hannah England (Oxf C)	Tübingen, GER	Jun 16
15	4:14.39	Amy-Eloise Neale (Wake)	Azusa, USA	Apr 20
16	4:14.40	Emily Hosker Thornhill (AFD)	Loughborough	Jun 23
17	4:14.80	Erin Wallace (Giff N, U20)	Watford	May 26
18	4:15.27	Claire Duck (Leeds C)	Loughborough	Jun 23
19	4:15.42	Kate Avery (Shield)	Stretford	Aug 18
20	4:15.47	Adelle Tracey (G&G)	Watford	May 2
21	4:15.50	Jacqueline Fairchild (Prest)	Leeds	Aug 2
22	4:15.53	Dani Chattenton (MKDP, U23)	Stretford	Aug 18
23	4:15.87	Rachael Franklin (Manx)	Loughborough	Jun 23
24	4:16.65	Sophie Connor (SB)	Loughborough	Jun 23
25	4:16.69	Aimee Pratt (Sale, U23)	Loughborough	May 20
26	4:16.88	Charlotte Taylor-Green (B&W)	Watford	Jun 13
27	4:17.03	Ffion Price (Card)	Birmingham	Jun 30
28	4:17.17	Jade Williams (Amman)	Kessel-Lo, BEL	Aug 4
29	4:17.49	Amelia Quirk (Brack, U20)	Watford	May 26
30	4:17.51	Cari Hughes (Swan, U20)	Stretford	Aug 18

3000 METRES

1	8:37.21i	Laura Muir (Dund H)	Glasgow	Jan 7
2	8:38.49	Eilish McColgan (Dund H)	Birmingham	Aug 18
3	8:39.20	Melissa Courtney (Poole)	Birmingham	Aug 18
4	8:41.94i	Stephanie Twell (AFD)	Boston, USA	Feb 10
5	8:47.30i	Rosie Clarke (E&E)	Madrid, ESP	Feb 8
6	8:53.29	Jessica Judd (B'burn)	Olympic Park	Jul 21
7	9:01.96i	Amy-Eloise Neale (Wake)	Seattle, USA	Jan 13
8	9:03.06	Emily Hosker Thornhill (AFD)	Wimbledon	Aug 1
9	9:07.01i	Bethan Knights (B&W)	Seattle, USA	Feb 24
10	9:09.21	Naomi Taschimowitz (SB)	Wimbledon	Aug 1



Laura Muir



Eilish McColgan

11	9:09.67	Claire Duck (Leeds C)	Stretford	Jul 24	18	15:57.35	Emily Hosker Thornhill (AFD)	Watford	May 26
12	9:11.20	Amelia Quirk (Brack, U20)	Loughborough	May 20	19	16:03.55	Calli Thackery (Hallam)	Stretford	Aug 18
13	9:11.37	Jennifer Nesbitt (Worc)	Eltham	Jul 7	20	16:06.57	Charlotte Christensen (C&C)	Los Angeles, USA	May 17
14	9:11.46i	Hannah Nuttall (Charn, U23)	Sheffield	Feb 6	21	16:06.86	Charlotte Christensen (C&C)	Watford	May 26
15	9:12.41	Nicole Taylor (Ton)	Wimbledon	Aug 1	22	16:07.27	Holly Rees (C&C)	Waltham, USA	Jun 9
16	9:13.00	Emelia Gorecka (AFD)	Gothenburg, SWE	Aug 18	23	16:09.76	Mhairi MacLennan (Edin UHH)	Loughborough	Jun 23
17	9:13.24	Philippa Bowden (AFD)	Eltham	Jul 7	24	16:09.96	Lucy Reid (Ton)	Wimbledon	Aug 15
18	9:13.54i	Katie Snowden (Herne H)	Glasgow	Jan 7	25	16:12.07	Charlotte Arter (Card)	Birmingham	Jul 1
19	9:13.79	Sarah Astin (Norw)	Watford	Jul 25	26	16:12.7	Louise Small (AFD)	Catford	Sep 13
20	9:13.91i	Faye Fullerton (Have)	Birmingham	Feb 17	27	16:14.15	Danielle Hodgkinson (Walls)	Aldershot	Jul 18
21	9:16.35i	Elizabeth Bird (SB)	Seattle, USA	Feb 10	28	16:15.14	Eleanor Davis (B&W)	Milton Keynes	Aug 11
22	9:16.51	Aimee Pratt (Sale, U23)	Stretford	Jul 24	29	16:16.2 +	Beth Potter (SB)	Gold Coast, AUS	Apr 9
23	9:17.06	Mhairi MacLennan (Edin UHH)	Watford	Aug 22	30	16:17.35	Becky Rigby (Prest)	Watford	May 26
24	9:19.76i	Holly Rees (C&C)	Boston, USA	Jan 26					
25	9:20.02i	Charlotte Taylor-Green (B&W)	Glasgow	Jan 7					
26	9:21.29	Kate Holt (Stoke)	Loughborough	Aug 25					
27	9:22.76	Rebecca Murray (Bed C)	Birmingham	Jun 23					
28	9:23.07	Julia Paternain (C&C, U20)	Birmingham University	Jun 23					
29	9:23.2	Laura Weightman (Morp)	Gold Coast, AUS	Apr 14					
30	9:23.4	Stevie Stockton (Leeds C)	Sportcity	May 12					

5000 METRES

1	14:52.83	Eilish McColgan (Dund H)	Rabat, MAR	Jul 13
2	15:04.75	Melissa Courtney (Poole)	Berlin, GER	Aug 12
3	15:18.77	Stephanie Twell (AFD)	Nijmegen, NED	Jun 8
4	15:24.16	Amy-Eloise Neale (Wake)	Palo Alto, USA	May 3
5	15:25.84	Laura Weightman (Morp)	Gold Coast, AUS	Apr 14
6	15:30.59	Emelia Gorecka (AFD)	Palo Alto, USA	May 3
7	15:37.23	Jessica Judd (B'burn)	Milton Keynes	Aug 11
8	15:39.68	Claire Duck (Leeds C)	Sportcity	May 12
9	15:41.09	Charlotte Taylor (Nene V)	Sacramento, USA	May 26
10	15:41.11	Stevie Stockton (Leeds C)	Sportcity	May 12
11	15:45.94i	Bethan Knights (B&W)	Seattle, USA	Jan 26
12	15:48.84	Jo Pavey (Exe, W40)	Loughborough	Jun 23
13	15:49.51	Kate Avery (Shield)	Eltham	Jul 18
14	15:51.6	Jennifer Nesbitt (Worc)	Cheltenham	Jul 25
15	15:52.36	Philippa Bowden (AFD)	Loughborough	Jun 23
16	15:54.14	Naomi Taschimowitz (SB)	Wimbledon	Aug 15
17	15:54.17	Alice Wright (Worc)	Clovis, USA	May 12

10,000 METRES

1	32:15.71	Charlotte Arter (Card)	Parliament Hill	May 19
2	32:15.73	Alice Wright (Worc)	Palo Alto, USA	Mar 30
3	32:17.95	Charlotte Taylor (Nene V)	Eugene, USA	Jun 7
4	32:33.10	Philippa Bowden (AFD)	Parliament Hill	May 19
5	32:34.73	Louise Small (AFD)	Parliament Hill	May 19
6	32:35.26	Stevie Stockton (Leeds C)	Parliament Hill	May 19
7	32:37.80	Katrina Wootton (Cov)	Parliament Hill	May 19
8	32:38.45	Jennifer Nesbitt (Worc)	Parliament Hill	May 19
9	32:39.37	Emelia Gorecka (AFD)	Parliament Hill	May 19
10	32:52.85	Claire Duck (Leeds C)	Parliament Hill	May 19
11	33:05.24	Kate Avery (Shield)	Parliament Hill	May 19
12	33:26.78	Beth Potter (SB)	Gold Coast, AUS	Apr 9
13	33:28.61	Mhairi MacLennan (Edin UHH)	Parliament Hill	May 19
14	33:33.20	Eleanor Davis (B&W)	Parliament Hill	May 19
15	33:47.70	Faye Fullerton (Have)	Parliament Hill	May 19
16	33:51.89	Holly Rees (C&C)	Lowell, USA	May 19
17	33:53.34	Nicole Taylor (Ton)	Parliament Hill	May 19
18	33:58.73	Lucy Reid (Ton)	Parliament Hill	May 19
19	34:08.53	Ashley Gibson (Ton)	Parliament Hill	May 19
20	34:22.33	Charlotte Christensen (C&C)	Parliament Hill	May 19
21	34:29.68	Lucy Crookes (Leeds C)	Parliament Hill	May 19

22	34:34.65	Isabel Clark (Serp)	Catford	Sep 2
23	34:47.32	Dani Nimmo (Norw)	Parliament Hill	May 19
24	35:02.55	Sarah Mercier (Guern)	Catford	Sep 2
25	35:03.21	Emily Kearney	Wirr Mount Berry, USA	Apr 6
26	35:29.77	Louise Mercer (Edin UHH)	Torrance, USA	Apr 18
27	35:32.54	Ella Revitt (Edin, U20)	Sportcity	Aug 15
28	35:34.47	Emily Hosker Thornhill (AFD)	Loughborough	Apr 28
29	35:35.8	Amy Clements (Kent, W35)	Walthamstow	Jun 29
30	35:42.01	Hannah Oldroyd (Salt)	Parliament Hill	May 19

3000 METRES STEEPLECHASE

1	9:32.08	Rosie Clarke (E&E)	Rome, ITA	May 31
2	9:50.17	Aimee Pratt (Sale, U23)	Oordegem, BEL	May 26
3	9:53.59	Elizabeth Bird (SB)	Palo Alto, USA	May 3
4	9:58.92	Iona Lake (Norw)	Gold Coast, AUS	Apr 11
5	10:08.16	Katie Ingle (RSC)	Sportcity	Aug 15
6	10:13.98	Holly Page (Dartf, U20)	Loughborough	May 20
7	10:15.99	Nicole Roberts (Bir)	Loughborough	May 20
8	10:16.46	Emily Moyes (W Suff, U23)	Loughborough	May 20
9	10:16.97	Emily Smith (Yeov O)	Loughborough	May 20
10	10:21.72	Lennie Waite E (Kilb)	Gold Coast, AUS	Apr 11
11	10:39.36	Lucy Jones (Cham, U23)	Cincinnati, USA	May 12
12	10:47.47	Dani Chattenton (MKDP, U23)	Loughborough	May 20
13	10:50.17	Tess Masselink (Tav, U23)	Williamsburg, USA	May 4
14	10:53.68	Nancy Scott (AFD, U20)	Oxford	Jun 30
15	10:54.35	Emily Kearney (Wirr)	Athens, USA	May 5
16	10:55.67	Alex Barbour (WSEH, U20)	Yeovil	Apr 21
17	10:57.09	Lauren Stoddart (Edin)	Birmingham	Jul 1
18	10:58.46	Stacie Taylor (Bir)	Grangemouth	Aug 12
19	11:02.57	Emily Bullis (Bas)	Watford	May 26
20	11:02.58	Anna Sharp (Soton, U23)	Bedford	Jun 17
21	11:11.91	Katie Lord (Notts, U20)	Bedford	Jun 17
22	11:12.50	Ella Shirley (Notts, U23)	Watford	May 26
23	11:13.94	Bella Williams (Linc W, U23)	Torrance, USA	Apr 20
24	11:13.99	Vicki Cronin (Traff)	Sportcity	Aug 15
25	11:14.24	Rebecca Berger-North (Brack)	Watford	May 26
26	11:17.22	Laura Riches (Leigh)	Birmingham	Jul 1
27	11:22.13	Matilda Compton-Stewart (WSEH, U23)	Bedford	Jun 17
28	11:23.69	Louise Mercer (Edin UHH)	Salt Lake City, USA	Apr 6
29	11:30.34	Jessica Fox (Sun, U23)	San Antonio, USA	May 4
30	11:32.68	Amber Owens (Newk, U20)	Bedford	Jun 17

100 METRES HURDLES

1	12.99/0.8	Tiffany Porter (WG&EL)	Gold Coast, AUS	Apr 12
2	13.19/0.4	Alicia Barrett (C'field, U23)	Gold Coast, AUS	Apr 12
3	13.26/0.2	Cindy Ofili (WG&EL)	Olympic Park	Jul 22
4	13.32/-0.1	Megan Marrs (WSEH, U23)	Belfast	Jun 26
5	13.33/-1.3	Yasmin Miller (Der)	Oordegem, BEL	May 26
5	13.33/0.9	Jessica Hunter (SB, U23)	Bedford	Jun 17
7	13.34 /0.4	Katarina Johnson-Thompson (Liv H)	Berlin, GER	Aug 9
8	13.36/1.7	Heather Paton (Bir, U23)	Loughborough	May 9
9	13.44/0.9	Emma Nwofor (NEB, U23)	Bedford	Jun 17
10	13.51/1.5	Danielle McGifford (Wig D)	Sportcity	Aug 15
11	13.57/1.6	Livia Gauntlett (Bath, U23)	Philadelphia, USA	May 6
11	13.57/0.5	Marilyn Nwawulor (Harrow)	Bedford	May 26
11	13.57/1.9	Mollie Courtney (Chelt, U23)	Eton	Jun 2
14	13.69/-0.6	Isabella Hilditch (B&B, U20)	Birmingham	Jun 30
15	13.72/1.8	Angelita Broadbelt-Blake (TVH)	Southampton	Aug 4
16	13.73/1.4	Lucy Turner (Gate, U23)	Sportcity	Aug 4
17	13.75/0.8	Anastasia Davies (B&B, U20)	Bedford	Jun 17

18	13.76/0.5	Niamh Emerson (Amber, U20)	Tampere, FIN	Jul 12
19	13.81/0.0	Georgia Silcox (Yeov O, U23)	St. Peter Port	Jun 23
20	13.84/-0.6	Gabriella Ade-Onojobi (WG&EL)	Birmingham	Jun 30
21	13.85/1.7	Isabel Wakefield (Harrow, U20)	Bedford	Jun 17
22	13.94/0.0	Alice Hopkins (Oxf C, U23)	Bedford	Jun 17
23	13.97/1.9	Karla Drew (Soton)	Eton	Jun 2
24	13.98/0.4	Caryl Granville (Swan)	Gold Coast, AUS	Apr 12
25	14.00/0.7	Jazmin Sawyers (Stoke)	Clermont, USA	Apr 28
25	14.00/0.9	Stephanie Clitheroe (WSEH)	Eton	Jun 23
27	14.04/0.5	Jade O'Dowda (Oxf C, U20)	Tampere, FIN	Jul 12
28	14.11/-0.6	Elise Lovell (Havant)	Birmingham	Jun 30
29	14.12/1.0	Jessica Tappin (TVH)	Southampton	Aug 4
30	14.14	Amy Hodgson (Roth, U23)	Sheffield	Apr 20
30	14.14/-1.2	Chelsea Walker (York, U23)	Sportcity	Jun 9

400 METRES HURDLES

1	54.80	Eilidh Doyle (Pit)	Gold Coast, AUS	Apr 10
2	55.21	Meghan Beesley (Bir)	Berlin, GER	Aug 8
3	56.48	Kirsten McAsian (Sale)	Birmingham	Jul 1
4	56.53	Jessica Turner (Amber)	Tarare, FRA	Jun 23
5	57.19	Lina Nielsen (E&H, U23)	Loughborough	Jul 25
6	57.32	Lauren Thompson (Herts P)	Bedford	Jun 10
7	57.71	Hayley McLean (Chelm)	Birmingham	Jul 1
8	58.03	Ese Okoro (Bir)	Birmingham	Jul 1
9	58.09	Lauren Williams (Swan, U20)	Berlin, GER	Aug 5
10	58.59	Georgina Rogers (Bir, U23)	Bedford	May 7
11	58.72	Hermione Plumtre (Bir)	Birmingham	Jun 30
12	58.75	Jessica Tappin (TVH)	Loughborough	Jul 25
13	58.87	Anna Nelson (WG&EL)	Cardiff	Jun 2
14	59.28	Caryl Granville (Swan)	Gold Coast, AUS	Apr 10
15	59.47	Lizzie Clifford (Soton)	Bedford	May 7
16	59.58	Orla Brothers (Craw, U20)	Loughborough	May 20
17	59.63	Mhairi Patience (VPCG)	Bedford	May 7

18	59.65	Samantha Brown (Dartf)	Bedford	Jun 10
19	59.71	Abigail Fitzpatrick (Sale)	Oordegem, BEL	May 26
20	59.79	Jasmine Jolly (Prest, U17)	Gyor, HUN	Jul 8
21	60.04	Anna Nicole Rowe (Liv H, U23)	Sportcity	Jun 10
22	60.14	Nisha Desai (Traff)	Sportcity	Jun 10
23	60.34	Shona Richards (WSEH)	Bedford	Jun 10
24	60.60	Avril Jackson (Edin)	Southampton	Aug 4
25	60.82	Laura Wake (WSEH)	Grangemouth	Jul 7
26	60.91	Marcey Winter (WSEH, U20)	Swansea	Jul 25
27	60.92	Emily Craig (Edin, U20)	Bedford	Jun 17
28	60.97	Sarah Kearsey (Exe)	Bedford	Jun 9
29	61.33	Chelsea Walker (York, U23)	Wakefield	Jun 3
29	61.33	Havana Alistone-Greaves (U20)	Gijón, ESP	Jun 24

HIGH JUMP

1	1.97	Morgan Lake (WSEH, U23)	Birmingham	Jun 30
2	1.93 i	Katarina Johnson-Thompson (Liv H)	Eaubonne, FRA	Feb 9
3	1.90 i	Nikki Manson (Giff N)	Emirates Arena	Feb 10
4	1.89	Niamh Emerson (Amber, U20)	Tampere, FIN	Jul 12
5	1.84 i	Emily Borthwick (Wig D, U23)	Sheffield	Jan 14
5	1.84 i	Bethan Partridge (Bir)	Hustopec, CZE	Jan 27
5	1.84	Abby Ward (Wake, U20)	Sportcity	Jun 10
8	1.81 i	Ada'ora Chigbo (N Som, U20)	Albuquerque, USA	Feb 23
8	1.81	Isobel Pooley (AFD)	Erding, GER	Jun 24
8	1.81	Emily Race (Works, U20)	Birmingham	Jul 13
11	1.80 i	Amaya Scott (Soton, U20)	Lee Valley	Jan 14
11	1.80	Emma Nwofor (NEB, U23)	Bedford	May 26
13	1.79 i	Molly Hole (Salis, U17)	Sheffield	Feb 25
13	1.79 i	Temi Ojora (WSEH, U17)	Sheffield	Feb 25
13	1.79	Rebecca Hawkins (Bexley, U20)	Erith	May 27
16	1.78	Amelia Bateman (Gate, U20)	Birmingham	Jul 13
17	1.76 i	Camellia Hayes (WSEH)	Birmingham	Feb 18
18	1.75 i	Lillie Franks (Craw, U20)	Lee Valley	Jan 14
18	1.75 i	Kate Anson (Liv H)	Hustopec, CZE	Jan 27
18	1.75	Deborah Martin (Ashf)	Eton	Jun 2
18	1.75	Olivia Dobson (Exe, U20)	Exeter	Jun 16



Rosie Clarke

18	1.75	Natasha Smith (Stroud, U20)	Birmingham	Jul 13
18	1.75	Ashleigh West (M&M, U20)	Birmingham	Jul 13
18	1.75	Leonie Brunning (Bigg, U17)	Birmingham	Jul 14
25	1.74 i	Jade O'Dowda (Oxf C, U20)	Sheffield	Jan 6
25	1.74 i	Katie Garland (B&H, U23)	Sheffield	Jan 7
25	1.74	Molly Newton-O'Brien (York, U20)	Bedford	May 26
25	1.74	Laura Armogrie (Herts P, U23)	Chelmsford	Jun 24
25	1.74	Mia Chantree (Chelm, U17)	Sportcity	Aug 4
25	1.74	Abigail Pawlett (Stock H, U17)	Bedford	Sep 15

POLE VAULT

1	4.80	Holly Bradshaw (B'burn)	Jockrim, GER	Jul 17
2	4.53	Molly Caudery (Corn, U20)	Mannheim, GER	Jun 23
3	4.47 i	Lucy Bryan (B&W)	Akron, USA	Feb 3
4	4.30	Sally Peake (Bir)	Gold Coast, AUS	Apr 13
5	4.25	Jade Ive (Sutt)	Gateshead Quay	Sep 8
5	4.25	Sophie Cook (Bir)	Birmingham	Jun 30
7	3.94	Elizabeth Edden (Bir)	Nuneaton	Jun 10
8	3.93	Felicia Miloro (SinA, U20)	Loughborough	Jun 6
9	3.92	Natalie Hooper (Sutt, U23)	Loughborough	May 18
10	3.90	Jade Spencer-Smith (Harrow, U17)	Loughborough	May 20
10	3.90	Natasha Purchas (Craw, U20)	Bedford	Jun 10
10	3.90	Ellen McCartney (Lisb, U20)	Sportcity	Aug 15
13	3.87 i	Clare Maurer (Woking)	Cardiff	Jan 27
14	3.86	Sophie Dowson (B&B, U23)	Loughborough	Jul 25
14	3.86	Sophie Ashurst (Sale, U17)	Loughborough	Jul 25
16	3.85	Abigail Roberts (Shef/D, U23)	Sportcity	Jun 10
17	3.80 i	Victoria Barlow (Sale, U20)	Cardiff	Jan 14
17	3.80	Courtney MacGuire (Edin)	Basingstoke	Jul 18
17	3.80	Fiona Hockey (BWF, U23)	Cardiff	Apr 22
17	3.80	Megan Bailey (Harrow, U23)	St. Albans	Jun 23
21	3.76 i	Jessica Swannack (Prest, U23)	Bozeman, USA	Feb 9
21	3.76	Rebecca Gray (Corn, U23)	Exeter	Jun 3
23	3.75	Gemma Tutton (U15)	Jaen Avilés, ESP	Jun 17
24	3.74	Anna Gordon (Edin, U23)	Dunfermline	Sep 2
25	3.72 i	Claudia Barks (Darl, U20)	Cardiff	Jan 21
25	3.72 i	Georgia Pickles (Sale, U23)	Cardiff	Jan 21
27	3.70 i	Daisy Barnes (Notts, U20)	Loughborough	Feb 3
27	3.70	Megan Griffiths (Card, U20)	Cardiff	Jun 2
27	3.70	Lucy Stickland (Nun)	Nuneaton	Jun 10
27	3.70	Jade Brewster (Craw, U23)	Basingstoke	Jul 18
27	3.70	Hannah Lawler (VPCG)	Sportcity	Jul 29
27	3.70	Clare Blunt (KulH)	Leigh	Aug 5

LONG JUMP

1	7.05/1.2	Lorraine Ugen (TVH)	Birmingham	Jul 1
2	6.91/0.2	Shara Proctor (Bir)	Olympic Park	Jul 21
3	6.86/0.2	Jazmin Sawyers (Stoke)	Birmingham	Jul 1
4	6.71 i	Katarina Johnson-Thompson (Liv H)	Birmingham	Feb 17
5	6.69/1.8	Jahisha Thomas (B&B)	Birmingham	Jul 1
6	6.60/1.2	Abigail Irozuru (Sale)	Marseille, FRA	Jun 16
7	6.46/2.0	Alice Hopkins (Oxf C, U23)	Bedford	Jun 16
8	6.41/1.6	Niamh Emerson (Amber, U20)	Birmingham	Jul 1
9	6.39/1.4	Lucy Hadaway (York, U20)	Sportcity	Jul 28
10	6.38/0.0	Josie Oliarnyk (Hale, U20)	Birmingham	Jul 1
11	6.31/0.7	Sarah Abrams (B&B)	Birmingham	Jul 1
12	6.30/1.7	Rebecca Chapman (Card)	Cardiff	Jun 2
13	6.24/1.3	Jade O'Dowda (Oxf C, U20)	Bedford	Jun 17
14	6.23 i	Holly Mills (And, U20)	Sheffield	Feb 24
15	6.23	Sarah Warnock (Edin)	Birmingham	Jun 23
16	6.20/1.0	Eleanor Broome (R&N, U20)	Bedford	May 6
17	6.11/-0.3	Danielle McGifford (Wig D)	Birmingham	Jul 1
18	6.09/1.8	Simi Fajemisin (Oxf C, U23)	New Haven, USA	Apr 14
19	6.08 i	Elise Lovell (Havant)	Lee Valley	Jan 14
20	6.07/2.0	Cleo Martin-Evans (Dav, U17)	Grangemouth	Jul 21



21	6.05/1.3	Funminiyi Olajide (Thurr, U17)	Grangemouth	Jul 21
22	6.04 i	Rachel Alexander (Giff N, U23)	Emirates Arena	Jan 28
22	6.04 i	Katie Stainton (Bir)	Birmingham	Feb 17
24	6.03/0.0	Angela Barrett (TVH)	Southampton	Aug 4
25	6.02 i	Kitan Eleyae (WG&L)	Lee Valley	Jan 27
26	5.99/0.8	Emma Nwofor (NEB, U23)	Bedford	May 6
27	5.98	Grace Bower (Sale, U20)	Bury	May 12
28	5.97/0.4	Joanne Ware (Ton, U23)	Bedford	Jun 10
29	5.95/1.7	Katie Garland (B&H, U23)	Bedford	May 27
30	5.95/0.3	Ore Adamson (Herne H, U17)	Bedford	May 28

TRIPLE JUMP

1	14.15/-1.6	Naomi Ogbeta (Traff, U23)	Berlin, GER	Aug 8
2	13.75/-1.1	Laura Samuel (Bir)	Birmingham	Jun 30
3	13.46/1.1	Jahisha Thomas (B&B)	Sacramento, USA	May 26
4	13.32	Angela Barrett (TVH)	Wormwood Scrubs	Jun 23
5	13.29 i	Sineade Gutzmore (Bir)	Birmingham	Feb 18
6	13.11 i	Simi Fajemisin (Oxf C, U23)	Hanover, USA	Feb 25
7	13.09	Alexandra Russell (Wig D)	Leicester	May 12
8	13.04/1.2	Eavion Richardson (SB, U23)	Bedford	Jun 17
9	13.03/1.3	Lia Stephenson (TVH, U23)	Bedford	May 6
10	13.02/-0.6	Zara Asante (B&B, W35)	Geneva, SUI	Jun 9
11	12.96 i	Allison Wilder (Sutt)	South Bend, USA	Feb 3
12	12.88/0.4	Lily Hulland (Nerja, U17)	Málaga, ESP	Jun 30
13	12.83/0.0	Abazz Shayaam-Smith (Bir, U20)	Birmingham	Jul 13
14	12.82/1.1	Shanara Hibbert (Lut)	Sportcity	Aug 15
15	12.60/2.0	Kayanna Reid (SB, U23)	Bedford	May 6
16	12.58/1.6	Jazz Sears (SB, U17)	Bedford	Jun 10
17	12.57	Jade Oni (B&B, U20)	Eton	Jul 1
18	12.55/0.0	Adelaide Omitowaju (C&C, U20)	Birmingham	Jul 13
19	12.46 i	Claudimira Landim (VP&TH, U20)	Lee Valley	Jan 28
19	12.46/1.9	Ellie O'Hara (Edin, U17)	Grangemouth	Jul 21

21	12.40/0.0	Mayi Hughes (Have, U20)	Birmingham	Jul 13
22	12.27 -0.2	Kerri Davidson (B&B, U23)	Philadelphia, USA	May 6
23	12.21	Eloise Harvey (Dartf, U20)	Ashford	May 12
24	12.18/0.5	Iris Oliarnyk (Hale, U17)	Birmingham	Jul 14
24	12.18	Mary Fasipe (E&H)	Woodford	Aug 18
26	12.17/-0.3	Janet Browne (SNH)	Bedford	May 5
27	12.15/0.2	Holly Smith (Liv H, U20)	Swansea	Jul 25
28	12.10 i	Carolyn Harvey (Ayr S, U23)	Sheffield	Feb 18
29	12.08 i	Ahtollah Rose (Traff)	Sheffield	Jan 14
29	12.08	Michelle Robbins-Hulse (Traff)	Connah's Quay	May 5

SHOT

1	17.76	Sophie McKinna (Gt Yar)	Gold Coast, AUS	Apr 13
2	17.48	Rachel Wallader (WSEH)	Gold Coast, AUS	Apr 13
3	17.37	Divine Oladipo (B&B, U23)	Tampa, USA	May 24
4	17.31	Amelia Strickler (TVH)	Berlin, GER	Aug 7
5	16.12	Eden Francis (Leic C)	Birmingham	Jul 1
6	15.51	Adele Nicoll (Bir, U23)	Cardiff	Aug 7
7	15.35	Michella Obijaku (Herne H, U23)	San Marcos, USA	May 11
8	15.09	Sarah Omoregie (Card, U20)	Leiria, POR	Mar 10
9	14.48	Sophie Merritt (Soton, U23)	Moscow, USA	May 11
10	14.20	Serena Vincent (Ports, U17)	Portsmouth	Sep 16
11	14.15	Jo Rowland (Craw)	Stevenage	Jul 14
12	14.02	Shaunagh Brown (B&B)	St. Peter Port	Jun 23
12	14.02	Sophie Littlemore (Gate)	Sportcity	Jul 28
14	13.98	Gaia Osborne (Ports, U20)	Bedford	Jun 16
15	13.84	Hannah Molyneaux (Shef/D, U20)	Boston	May 13
16	13.79	Marilyn Nwawulor (Harrow)	Daytona Beach, USA	Apr 6
17	13.71	Jessica Taylor-Jemmett (Sale)	Hexham	Jul 21
18	13.70	Sabrina Fortune (Dees, U23)	Cardiff	Jul 14
19	13.68 i	Amaya Scott (Soton, U20)	Lee Valley	Dec 5
20	13.64	Danielle Opara (TVH)	Reading	Aug 17
21	13.63	Kirsty Yates (Edin)	Eton	Jun 2
22	13.54 i	Mhairi Porterfield (VPCG, W35)	Emirates Arena	Jan 28
23	13.49	Rhea Southcott (Leeds C, U20)	Loughborough	May 30
24	13.21	Toni Buckingham (Barns, U23)	Cudworth	May 12
25	13.09	Katarina Johnson-Thompson (Liv H)	Berlin, GER	Aug 9
26	13.07 i	Samantha Milner (B&B)	Sheffield	Feb 18
27	12.96	Becki Hall (Nene V)	Boston	May 13
28	12.95	Zoe Hughes (Have, U23)	Austin, USA	Mar 28
28	12.95	Emily Campbell (Notts)	Leigh	Aug 5
30	12.87	Sarah Parsons (York)	Preston	Aug 4

DISCUS

1	59.83	Jade Lally (SB)	St. Clement	Aug 30
2	56.49	Eden Francis (Leic C)	Leiria, POR	Jul 15
3	56.37	Kirsty Law (Sale)	Leiria, POR	Jul 15
4	55.48	Amy Holder (WSEH, U23)	Bedford	Jun 10
5	54.23	Divine Oladipo (B&B, U23)	Philadelphia, USA	Apr 26
5	54.23	Phoebe Dowson (B'mth)	Bedford	May 28
7	53.26	Shadine Duquemin (SB)	Leiria, POR	Jul 15
8	50.07	Kathryn Woodcock (Rad, U23)	Sportcity	Jul 28
9	47.42	Adele Nicoll (Bir, U23)	Cardiff	Jul 3
10	47.19	Shaunagh Brown (B&B)	Grangemouth	Jul 7
11	47.07	Jemma Ibbetson (Leeds C, U23)	Leeds	Aug 4
12	46.80	Sophie Littlemore (Gate)	Sportcity	Jun 10
13	46.59	Heather Cabbage (Ports, U20)	Sportcity	Aug 15
14	46.37	Sophie Mace (Walton, U23)	Kingston	Jul 4
15	45.55	Danielle Broom (B'mth, U20)	Horspath	Sep 1



Sophie Hitchon

23	56.47	Olivia Stevenson (KuH, U20)	Birmingham	Jul 14	26	42.22	Jo Rowland (Craw)	Crawley	Jul 8
24	56.34	Tara Simpson-Sullivan (Wig D, U20)	Carlisle	May 12	27	42.16	Katarina Johnson-Thompson (Liv H)	Berlin, GER	Aug 10
25	56.08	Charlotte Payne (Newb, U17)	Bournemouth	May 20	28	42.07	Eloise Locke (B&B, U20)	Bedford	Jun 16
26	54.50	Michella Obijaku (Heme H, U23)	Hattiesburg, USA	Apr 27	29	41.62	Laurens Britane (TVH)	Lee Valley	Apr 7
27	54.16	Shaunagh Brown (B&B)	Southampton	Aug 4	30	41.61	Felicity Bee (Bir, U23)	Bedford	May 5
28	54.12	Charlotte Williams (B'burn, U20)	Hull	Oct 13					
29	53.77	Candy Lockett (Bir, U20)	Elon, USA	Apr 14					
30	53.51	Maggie Okul (KUH, U23)	Austin, USA	Apr 13					

JAVELIN

1	55.55	Laura Whittingham (Sale)	Birmingham	Jul 1	1	6759	Katarina Johnson-Thompson (Liv H)	Berlin, GER	Aug 10
2	54.08	Emma Hamplatt (Bir, U23)	Bedford	Jun 17	2	6253	Niamh Emerson (Amber, U20)	Tampere, FIN	Jul 13
3	51.18	Bethan Rees (C&S, U20)	Loughborough	May 28	3	5660	Jade O'Dowda (Oxf C, U20)	Tampere, FIN	Jul 13
4	49.94	Bekah Walton (B&B, U20)	Bedford	Sep 9	4	5590	Jessica Taylor-Jemmett (Sale)	Kladno, CZE	Jun 17
5	49.23	Hannah Johnson (WSEH)	Loughborough	May 20	5	5559	Emma Nwofor (NEB, U23)	Bedford	May 27
6	47.18	Eloise Meakins (Herts P)	Stevenage	May 7	6	5529	Ellen Barber (Yeov O, U23)	Bedford	May 27
7	46.58	Ellen Barber (Yeov O, U23)	Birmingham	Jul 1	7	5487	Katie Garland (B&H, U23)	Bedford	May 27
8	45.68	Rosie Semenytsh (Sale)	Birmingham	Jul 1	8	5431	Lucy Turner (Gate, U23)	Sportcity	Aug 5
9	45.44	Elspeht Jamieson (Norw, U23)	Bedford	Jun 17	9	5400	Elise Lovell (Havant)	Florence, ITA	Apr 28
10	45.03	Sophie Percival (W Ches, U23)	Bedford	Jun 17	10	5381	Holly McArthur (Edin, U20)	Gold Coast, AUS	Apr 13
11	44.93	Bethany Moule (Neath, U17)	Wrexham	Sep 30	11	5352	Danielle McGifford (Wig D)	Hexham	Jul 22
12	44.86	Emma Howe (W Ches, U20)	Birmingham	Jul 13	12	5336	Alice Hopkins (Oxf C, U23)	Horspath	Jul 8
13	44.83	Kelly Bramhald (SB)	Loughborough	Feb 25	13	5283	Grace Bower (Sale, U20)	Bedford	May 27
14	44.66	Denisa Mihalcea (Harrow, U20)	Harrow	Aug 18	14	5223	Olivia Dobson (Exe, U20)	Yeovil	Jun 23
15	44.43	Hollie Arnold (Unatt)	Gold Coast, AUS	Apr 9	15	5189	Hannah Dunderdale (Traff)	San Marcos, USA	May 27
16	44.17	Keira Waddell (Edin, U17)	Aberdeen	Aug 19	16	5123	Natasha Smith (Bir, U20)	Bedford	Sep 16
17	43.96	Georgie Floyd (Hill)	Uxbridge	Jun 23	17	5055	Emily Race (Works, U20)	Bedford	Sep 16
18	43.95	Niamh Emerson (Amber, U20)	Birmingham	Jul 1	18	5014	Jenna Blundell (Bath, U20)	Bedford	Sep 16
19	43.93	Emily Dibble (Mend, U20)	Exeter	Jun 16	19	4839	Annabelle Pask (R&N, U23)	Tenero, SUI	Jun 17
20	43.71	Leah Hillman (Pend, U20)	Bedford	Jun 16	20	4738	Ashleigh Spiliopoulou (E&H, U20)	Florence, ITA	Apr 28
21	43.03	Gaia Osborne (Ports, U20)	Bedford	Jun 16	21	4727	Alix Still (A'deen, U20)	Greensboro, USA	Jun 16
22	42.87	Katy Temple (Havant, W35)	Brighton	Aug 18	21	4727	Olivia Jones (Bir, U20)	Yeovil	Jun 23
23	42.78	Charlotte West (Read, U20)	Birmingham	Jul 13	23	4712	Venus Morgan (KuH, U20)	Bedford	Sep 16
24	42.59	Zoe Kidney (Pend, U20)	Blackpool	Sep 9	24	4707	Molly Newton-O'Brien (York, U20)	Bedford	May 27
25	42.43	Kate Davies (Glouc)	Oxford	May 19	25	4618	Beth Taylor (Roth, U23)	Bedford	May 27
					26	4593	Lauren Evans (Card, U20)	Sportcity	Aug 5
					27	4544	Olivia Galloway (B'mth, U20)	Street	Apr 28
					28	4444	Cerys Lee (Taun, U20)	Yeovil	Jun 23
					29	4429	Lauryn Davey (Carm, U20)	Sportcity	Aug 5
					30	4421	Anna Forbes (W'moss, U23)	Bedford	May 27

HEPTATHLON

16	45.40	Samantha Callaway (Soton, U17)	Lee Valley	Aug 12
17	45.26	Grace Jenkins (NEB)	Parliament Hill	Jul 14
18	45.17	Sophie Merritt (Soton, U23)	Moscow, USA	May 10
19	44.52	Tara Park (N Ayr)	Fresno, USA	Apr 28
20	43.99	Luisa Chantler Edmond (Rad, U20)	Loughborough	Feb 25
21	43.95	Sarah Parsons (York)	Stretford	Jun 12
22	43.69	Taia Tunstall (Wat, U17)	Birmingham	Jul 13
23	43.69	Helen Broadbridge (Newb)	Hendon	Jul 28
24	43.61	Samantha Milner (B&B)	Bedford	May 7
25	43.28	Simone McKen (W&B, U23)	Bedford	May 7
26	43.23	Charlotte Payne (Newb, U17)	Basingstoke	Apr 7
27	43.19	Jenny Pyatt (Liv PS, U23)	Blackpool	Jul 8
28	43.14	Emma Beales (Mil K, W45)	Lee Valley	Sep 8
29	42.12	Melissa Bird (Chelt, U23)	Wolverhampton	Jun 3
30	42.03	Dionne Milne (SB, U23)	Bedford	May 6

HAMMER

1	73.48	Sophie Hitchon (B'burn)	Olympic Park	Jul 14
2	63.87	Rebecca Keating (SB, U23)	Fayette, USA	Mar 17
3	62.89	Jessica Mayho (Bir)	Southampton	Aug 4
4	62.53	Pippa Wingate (K&P)	Kingston	Apr 21
5	61.73	Christina Jones (B&W)	Yate	May 6
6	61.64	Kayleigh Presswell (Mil K)	Bedford	Jun 3
7	61.58	Carys Parry (Rhon, W35)	Gold Coast, AUS	Apr 10
8	61.03	Lucy Marshall (WG&EL, M35)	Loughborough	Jun 13
9	60.77	Amy Herrington (WSEH, U23)	Fargo, USA	May 4
10	60.24	Annabelle Crossdale (Notts)	Derby	Oct 13
11	59.63	Katie Head (NEB, U20)	Horspath	Sep 1
12	59.55	Hayley Murray (R&N)	Loughborough	Jul 25
13	59.35	Alice Barnsdale (Linc W, U20)	Orlando, USA	Mar 16
14	57.90	Megan Larkins (Brain, U23)	Bury St Edmunds	Sep 16
15	57.78	Rachel Hunter (N Ayr)	Grangemouth	Aug 12
16	57.50	Danielle Broom (B'mth, U20)	Bournemouth	Jun 9
17	57.10	Philippa Davenall (Col H, U23)	Loughborough	Apr 25
18	57.05	Natalie Robbins (Edin, U23)	Livingston	Jun 23
19	56.95	Amber Simpson (Dees, U20)	Loughborough	May 20
20	56.94	Helen Broadbridge (Newb)	Portsmouth	Jun 23
21	56.86	Anna Purchase (Notts, U20)	Nottingham	May 27
22	56.85	Katie Lambert (K&S, U23)	Loughborough	Aug 25



Laura Whittingham

DRIVEN TO SUCCEED

EUAN CRUMLEY SPEAKS TO JAKOB INGEBRIGTSEN, THE TEENAGE TALENT WHO TOOK EUROPE BY STORM IN 2018 BUT NOW HAS BIGGER TARGETS IN MIND

JAKOB INGEBRIGTSEN loves cars. “I got my driver’s licence

the day I turned 18 and I’m picking up a new car in February,” he says. “I’m really looking forward to that.

“I have a lot of dream cars. If it’s a fast one and an expensive one then it has to be good.”

Going fast, of course, is what this teenager does best and the fact that his 18th birthday was only in September serves as another reminder of how impressive his achievements in 2018 have been.

His is a name which many within the athletics world have been aware of for some time, given his habit for breaking new ground in the age groups.

He ran 3:48.37 for 1500m when he was just 14, reduced that to 3:42.44 at 15 and then became the youngest ‘man’ ever to break the four-minute mile when he clocked 3:58.07. His age at the time? 16.

In 2018, as a 17-year-old, he took the world’s breath away.

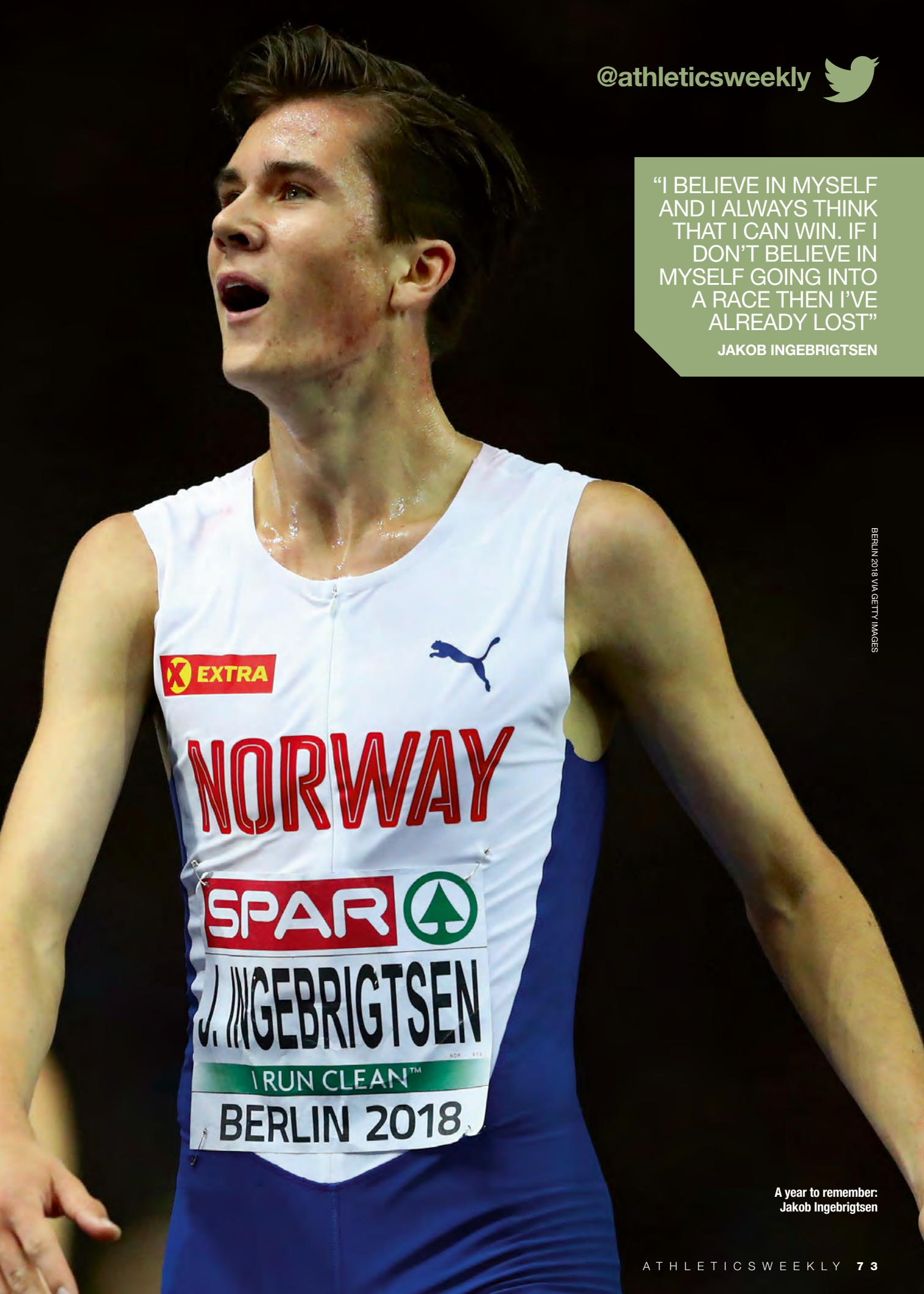
Ahead of the European Championships in the summer, Ingebrigtsen was making

headlines again after running a 3:31.18 1500m at the Diamond League meeting in Monaco, smashing the European under-20 record by over four seconds. To give a little context, Steve Cram’s best for the distance was 3:29.67, while Sebastian Coe’s was 3:29.77.

Yet that had come off the back of a world under-20 championships in which he had had to settle for 1500m silver and 5000m bronze, so surely the grown-ups wouldn’t have too much to worry about at the Olympic stadium, would they?

As it turned out, he made that famous sporting stage look like home. His brother Filip was defending 1500m champion but a rib injury sustained in the semi-final was a fatal blow to his challenge. Henrik, the eldest of the international athletic siblings, might then have a shot of winning back the title he lifted in 2012. Not this time.

As the race unfolded, it almost felt possible to see Jakob growing in stature with every stride as he wound up the pace in the closing two laps and kicked away to win in 3:38.10. He was now the



“I BELIEVE IN MYSELF AND I ALWAYS THINK THAT I CAN WIN. IF I DON'T BELIEVE IN MYSELF GOING INTO A RACE THEN I'VE ALREADY LOST”

JAKOB INGEBRIGTSEN

BERLIN 2018 VIA GETTY IMAGES

A year to remember:
Jakob Ingebrigtsen

youngest ever senior male European champion.

Many of the sport's experts were still getting their head around that teenage kick when, 23 hours later, onlookers really began to run out of superlatives for the Norwegian.

There is a calm, understated confidence about Jakob which is a trademark of his performances and, when he exchanged a high five with Henrik midway through the 5000m final, it was clear this was not an athlete suffering with nerves or struggling with the exertions of the previous day.

He changed gear in the closing laps and was in complete control as he crossed the line first in 13:17.06, breaking his own European under-20 record and becoming the first man ever to achieve the 1500m/5000m double at the European Championships.

Jakob is precisely the kind of young athlete which those in charge of the sport are so desperate to see emerge in the post-Bolt era and many already see him as a star.

The man himself, however, is not one of them. Speaking with *AW* not long after completing an historic hat-trick of European cross country under-20 titles in Tilburg, Holland, he cut a relaxed figure. Contentment, however, is still a long way off.

"It feels okay (being seen as a star) but I have one more step to go to reach the world level," he says. "That's obviously my main goal now – to keep developing, keep putting in the hard work and get better. I want to be the best runner in the world.

"When I'm the world's best runner, with world records and major championship titles, that's when I will be satisfied with my career. Until then, I know that I can be better. I'll try to get there."

Under the guidance of coach



Team Ingebrigtsen: (l to r) Henrik, Jakob and Filip

MARK SHERMAN

JAKOB INGEBRIGTSEN

BIOG

- **Born** Sept 19, 2000
- **Coach** Gjert Ingebrigtsen
- **PBs** 800m 1:49.40; 1500m 3:31.18; 1 mile 3:52.28; 5000m 13:17.06

Achievements

2018 European 1500m/5000m gold, 1500m world under-20 silver, 5000m world under-20 bronze, European cross country under-20 gold, 1500m national champion, 1500m and 3000m national indoor champion; 2017 European under-20 3000m steeplechase gold, 5000m European under-20 gold, European cross country under-20 gold; 2016 European cross country under-20 gold

and father Gjert, and with training partners Henrik and Filip driving each other on, it seems there is little chance of complacency creeping in.

"It (success) probably has something to do with my two older brothers," smiles Jakob. "We have our kind of philosophy and our way of training – and it seems to work pretty well. But I think we can be even better. There's no reason to be satisfied with what we have done so far.

"We're helping each other a lot and we learn a lot from each other. I'm probably the one who has learned the most from them. They've made all the mistakes, I've learned from that and made no mistakes!"

He adds: "Of course it's an advantage for us to be three people in one training group that can run super fast.

"It's funny because every year we run faster in training, even though the year before we didn't think it was possible to run faster. We keep on pushing each other and I think in that way we are helping each other to eventually be some of the best runners in the world."

He adds: "For us, it's in our

nature (to push hard and see what's possible). We've always had a competitive family – in everything we are going to win.

"It can be hard sometimes in training. You have to prove yourself as being a good runner and 'win' in training but we also know it's the competition that counts."

Jakob singles the thrill of competition out as being what he loves most about his chosen sport. He is an athlete who runs without fear.

"I believe in myself and I always think that I can win," he says. "If I don't believe in myself going into a race then I've already lost. I just have to do the right things in every race then hopefully I'm going to win.

"I've been a runner as long as I can remember. I've always kept my focus on running and nothing else. That way, eventually you kind of adapt to both the rhythm in running and you get used to the competitions, the mindset and everything. I believe, if you want to be number one, then that's the way to do it."

Is it that wealth of experience which helps him make it all look so easy?

"It's not easy but I've run for a lot of years and I'm still just 18. I've probably been into running 10 years before everyone else.

"There's nothing easy about it. I've been running with my brothers every week, every year, basically since I was born so there's nothing easy to it. You have to keep going and, even if you feel bad one day, you just have to do what it takes. Not every session has to be better or good, you just need to get out there."

When this new motorist looks in the rearview mirror, he takes some satisfaction from the landmarks that have signposted his journey so far. However, his main interest is on the road ahead and a year on the track which features the European Indoor Championships in Glasgow and will reach a climax at the IAAF World Championships in Doha.

"Looking back to what I've done, it feels pretty good," he says. "Having that at your back going into training periods and other competitions is really motivating and it makes me want to do even more. That's the main thing."

WATFORD HALF-MARATHON

SUNDAY 3 FEBRUARY 2019 – 10.30AM START

CASSIOBURY PARK, WATFORD WD18 7HY



CHIP TIMING. ALL FINISHERS RECEIVE A HIGH-QUALITY TECHNICAL T-SHIRT AND A MEDAL.
 PRIZES: £500, £250 & £100 FOR THE FIRST THREE MEN AND WOMEN WITH NUMEROUS
 OTHER INDIVIDUAL AND TEAM AWARDS AND A £100 BONUS FOR BREAKING THE RACE RECORD,
 CURRENTLY 64.50 BY TOMAS ABYU AND 73.42 BY LIZ YELLING.
 ONLINE RACE BROCHURE: WATFORDHALF.CO.UK AND ENTRIES AT ACTIVETRAININGWORLD.CO.UK



Neuff Athletic Equipment Ltd

The source of high quality equipment in all events for competition, training, coaching and officiating since 1966.

www.neuff.co.uk

Email: sales@neuff.co.uk Tel: 01653-691865



WANT YOUR BUSINESS TO STAND OUT?
TO ADVERTISE ON THIS PAGE, CALL NEIL PRESLAND ON 07471-035555



DOHA 2019 WORLD CHAMPS
 Packages from 4 – 11 nights with prime tickets, flights and add-on tours now on sale!

Tel: 01277 354377
info@trackandfield.co.uk

WORLD-WIDE SPECTATOR TOURS

2019 EVENTS

EURO INDOOR CHAMPS	GLASGOW	1 – 3 March
HYPO MULTI-EVENTS	GOTZIS	26 – 27 May
EURO U 23 & U 20 CHAMPS	SWEDEN	11-14 & 18-21 July
EUROPEAN TEAM CHAMPS	BYDGOSZCZ	9 – 11 August
IAAF WORLD CHAMPS	DOHA	27 Sept – 6 Oct

DIAMOND LEAGUE & UKA EVENTS - tickets and packages

All event & tour information available on our web-site
www.trackandfield.co.uk

APPROVED PROVIDER



WARM WEATHER TRAINING
 SPAIN & Canary Islands MALTA
 PORTUGAL CYPRUS TURKEY

MASTERS EVENTS
 EURO INDOORS TORUN March 2019

Track & Field Tours Ltd is bonded with International Passenger Protection Ltd and is a Retail Agent of ATOL Holders

MAGIC MOMENTS

THE PAST 12 MONTHS HAVE PRODUCED A NUMBER OF MEMORABLE ATHLETIC FEATS. HERE, WE PICK OUT SOME OF THE VERY BEST OF WHAT 2018 HAS HAD TO OFFER

Christian Coleman breaks 60m world record – February 19

With the likes of Noah Lyles, Ronnie Baker and Michael Rodgers all excelling this year, American sprinting is once more taking on the look of a formidable force. Spearheading their charge in 2018 was Christian Coleman – and he started early.

In January at a meeting in Clemson, he had appeared to break Maurice Greene's world indoor 60m record of 6.39, but a lack of electronic starting blocks meant the run of 6.37 in South Carolina could not be ratified.

Coleman didn't take long, however, to officially top the all-time lists.

The following month, at the US Indoor Championships in Albuquerque, New Mexico, he won his heat in 6.46 and his semi-final in 6.42 despite easing down.

In the final, Coleman started with a reaction time of 0.149 and then threw his arms open wide in celebration as he crossed the finish line in 6.34.

"For it to be the world record was pretty special," he said.

"I just love this sport. It's so competitive, and either you've got it or you don't on this day.

"I just love racing in the

big races, when everybody's watching. I just flourish in those moments. It's not really in my personality, but when the lights are on, it just comes out."

Coleman went on to take world indoor gold in Birmingham in March and, though he had injury struggles during the outdoor season, still finished the year as the fastest man over 100m with a world-leading 9.79 in Brussels.

Red-hot Pozzi beats the Birmingham cold – March 4

The so-called Beast from the East may have meant the weather outside was frightful, but inside the Arena Birmingham the athletics action was delightful as the IAAF World Indoor Championships unfolded.

As someone who grew up in the area, achieving success would be of huge significance to sprint hurdler and European indoor champion Andrew Pozzi, so the Briton threw everything he had at the task in hand.

That was just as well, given that his winning margin was a mere 0.01 of a second.

Despite hitting one of the hurdles, he recovered superbly and beat US champion Jarret Eaton on the line thanks to a perfectly executed dip.



Christian Coleman: world record run

NICOLA SALTER

Pozzi, who captained the British side, was made to wait for his big moment as the photo finish was reviewed. However, when the gold medal was confirmed as his, he said: "I can't describe how much I wanted it.

"To be a world champion in Birmingham makes the achievement tenfold. I've grown up here over the last decade. The first competition I ever watched was the trials here 15 years ago."

Personal best for KJT – August 10

Andrew Pozzi was not the only British winner in Birmingham. His girlfriend, Katarina Johnson-Thompson, also won her first senior global gold after clinching the pentathlon title.

She would also finish top of the Commonwealth podium in the heptathlon on the Gold Coast, despite nursing her way through it with a calf injury.

However, her own highlight of 2018 came in a performance



Commonwealth gold:
Katarina Johnson-
Thompson

where she finished as runner-up. In the European Championships in Berlin, the 25-year-old produced two tremendous days of competition and a big personal best score of 6759 after a memorable tussle with eventual champion Nafissatou Thiam.

It felt like a big turning point for the Liverpoolian who now lives and trains in France. "I believe in myself and this is going to be good for me moving forwards," said the 2009 world



MARK SHEARMAN

MARK SHEARMAN

youth champion. "I was happy with my first two medals, but this has a big significance factor for me."

Dina's 200m triumph – August 11

She broke her own British record by running 10.85 to win 100m European gold and came from behind to take her team to the top of the 4x100m relay podium in Berlin, but it was Dina Asher-Smith's 200m performance at the Olympic Stadium which stood out from her hat-trick of victories.

The look of incredulous delight after crossing the line and seeing 21.89 on the clock, having hit the straight a metre and a half clear and dominating

a field which included double world champion Dafne Schippers, will live long in the memory.

Asher-Smith's time took 0.18 off her own British record and moved her into the European all-time top 10.

"I was thinking that out there I had a double world champion inside me (Schippers), so it was 'maintain your form, relax' and all the other tips my coach gives me, but ultimately you've got to run like a bat out of hell," she said. "Honestly, I had the fear of god inside me.

"The race was over in a blur. I remember crossing the line and it was like a mixture of happiness and relief that I got it.

"10.8 and 21.8 is more than I could have asked for from this."



MARK SHEARMAN

Jakob's stunning run – August 11

Asher-Smith was not the only athlete doing remarkable things on that famous Berlin track, however. 24 hours previously, the then 17-year-old Jakob Ingebrigtsen had astonished the watching world by becoming the youngest ever senior male European Champion by winning the 1500m.

His subsequent victory in the 5000m left more than a few jaws on the floor.

In what was the first major



Jakob Ingebrigtsen:
double delight

senior championships of his career, he looked in total control and a subtle gear change in the latter stages simply saw him glide away from the competition to clock 13:17.06, a European under-20 record.

"This is huge!" said the man who also improved his own age group 1500m world record to 3:31.18 at the Diamond League meeting in Monaco.

Duplantis vaults into history – August 12

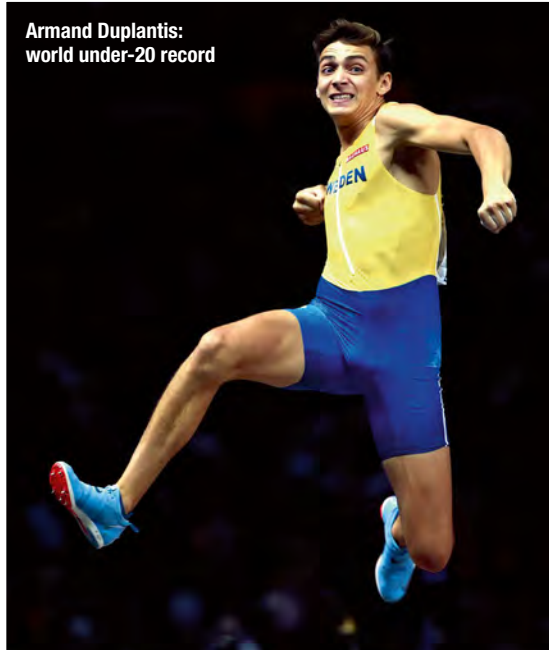
Ingebrigtsen had been the teenage sensation on everyone's lips but another astonishing night in Berlin saw another prodigiously talented teenager win a European title.

The 18-year-old Swede Armand Duplantis literally leapt his way into the spotlight.

The pole vaulter produced a championship record height of 6.05m, which beat his personal best and world under-20 record by 12 centimetres, and sent him into wild celebrations.

When Duplantis cleared 5.95m, overhauling his previous best mark of 5.93m, at the first time of asking it was clear that something special was in the air.

He only needed one attempt to clear the magical six-metre barrier – the previous championship record which had stood for 24 years – before then going five centimetres higher.



Armand Duplantis:
world under-20 record

The history-making vault was also a first-time clearance.

Muir brilliant in Brussels – August 31

Laura Muir had world indoor medals and a resounding 1500m European victory to celebrate in 2018, not to mention the completion of her veterinary degree, but the biggest win of her career to date came with a superb performance at the Diamond League Final in Brussels.

On what was a sensational night of athletics, she produced her best performance of the season to seal victory over a top-class field in 3:58.49.



MARK SHEARMAN

MARK SHEARMAN

Muir eased by Sifan Hassan to lead through the bell in 2:58. She was also ahead at 1200m in 3:13.23 – the third lap being covered in 66.72. Houlihan was now at the back of the leading group and looking the freshest.

Muir picked the pace up along the back straight, with Hassan and Shelby Houlihan still in contact as they hit the last 200m. The Scot kicked hard on the bend and did enough to hold off her American and

Dutch pursuers. Her last 300m was 45.2 and her last lap 61 seconds.

"Even my arms were full of lactic acid but I felt very good at the same time," said Muir. "I have learnt with my mistakes in positioning and did not want to go too fast in the first half."

Kipchoge rules the world – September 16

Eliud Kipchoge focused much of his efforts last year on the

Laura Muir:
Diamond
League
victory in
Brussels

JIP DURAND



Kevin Mayer:
bounced back

MARK SHEARMAN

Mo Farah:
maiden
marathon
success



BANK OF AMERICA CHICAGO MARATHON

Kipchoge through halfway in 61:06 before dropping out at 25km.

“It was really hard,” said Kipchoge, “but I was truly prepared to come to Berlin. I trust my preparation and I knew what hard work I did in Kenya and that’s what helped me in the last few kilometres.”

jumped 2.05m before closing his first day with a 400m in 48.42.

The Frenchman began day two by clocking 13.75 for 110m hurdles (-1.1m) before throwing the discus 50.54m, going clear in the pole vault with 5.45m and throwing a superb 71.90m in the javelin.

With just the 1500m to go, he only needed a sub-4:50 performance to break the mark but he clocked 4:36.11 to shatter Eaton’s record.

Mayer makes up for Euro woe – September 16

September 16 was a standout day for athletics in 2018. Just hours after Eliud Kipchoge set his world marathon record, Kevin Mayer smashed the world decathlon mark in his home country of France.

Competing at the Decastar meeting in the Bordeaux suburb of Talence, the 26-year-old world champion scored 9126 to improve Ashton Eaton’s world record of 9045, set by the American when winning the world title in Beijing in 2015.

Mayer’s performance came after a disaster at the European Championships in Berlin in August. Despite being favourite to win gold, he failed to register a mark in the long jump – and pulled out to save his energy for another **decathlon**.

That decathlon turned out to be a month later in Talence and Mayer began his two days with a 100m PB of 10.55 (0.3). He then long jumped 7.80m, threw the shot 16.00m and high

Mo lays down a marathon marker – October 7

Mo Farah always told us it would take time to transition from the track to the marathon and that we needed to be patient. Well beaten in his first two marathons in London, he finally showed brilliant ability over 26.2 miles in Chicago.

This was third time lucky for the 35-year-old after his 2:08:21 English record for eighth place in London in 2014 and 2:06:21 British record for third in London in April this year.

In Chicago, Farah clocked a European record of 2:05:11 to beat the 2:05:48 mark set by Sondre Nordstad Moen of Norway in Fukuoka in 2017.

Farah also became the first British man to win in Chicago since Paul Evans 22 years ago.



Eliud Kipchoge:
created
history
in Berlin

BMW BERLIN MARATHON

Breaking2 experiment in which he came so close going under the fabled two-hour barrier for the **marathon**.

When he returned to the roads in 2017, there was a win in Berlin that was followed up by another victory – at this year’s London Marathon.

Neither of those showings got within Dennis Kimetto’s world record mark of 2:02:57 but, when Kipchoge returned to the German capital three months

ago, the marathon stars aligned.

That so-called impossible sub-two-hour dream became a little more believable when the 33-year-old Kenyan ripped the world record apart with a time of 2:01:39 on the same course where Kimetto clocked his mark.

Remarkably, the 34-year-old Kenyan achieved it despite losing his pacemaking help earlier than expected. His final pacer, Josphat Boit, led

All M40 unless stated

100 METRES

1	10.90/0.2	Tamunonengiye-Ofori Ossai (SB)	Lee Valley	Jun 20
2	10.97/1.8	Dominic Bradley (C&N)	Solihull	Jul 8
3	11.01/0.3	Jason Carty (ESM, M45)	Malaga, ESP	Sep 6
4	11.20/-0.1	Mensah Elliott (Met P)	Birmingham	Aug 25
5	11.2	Gavin Stephens (Worth)	Winchester	Jun 23
6	11.47/1.8	Ciaran Harvey (Lewes)	Lee Valley	Jul 18
7	11.48	Joshua Wood (Harrow)	Liverpool	Aug 4
8	11.5	Philip Ellershaw (BWF)	Leigh	Jun 3
9	11.5	Stuart Channon (Walton)	Walton	Jul 18
10	11.51/0.7	Mike Coogan (E Ches, M45)	Stretford	May 22
M50:	11.65/0.0	Will MacGee (Bed)	Birmingham	Aug 25
M55:	12.20/0.0	Pat Logan (K&P)	Birmingham	Aug 25
M60:	12.38/1.0	Steve Peters (Nth M)	Sheffield	Jun 23
M65:	12.54/0.2	Steve Peters (Nth M)	Malaga, ESP	Sep 6
M70:	13.48/0.6	Glyn Sutton (Newp)	Solihull	Jul 8
M75:	14.50/1.7	Allan Long (Herne H)	Lee Valley	Aug 19
M80:	16.24/0.9	Alan Carter (E&H)	Ashford	Sep 30
M85:	21.88/1.7	Richard Pitcairn-Knowles (Sev)	Birmingham	Aug 25
M90:	23.72/1.7	Dalbir Singh-Deol (Vets)	Birmingham	Aug 25

200 METRES

1	22.46/1.5	Dominic Bradley (C&N)	Lee Valley	Aug 19
2	22.55/-3.0	Gavin Stephens (Worth)	Malaga, ESP	Sep 7
3	22.61i	Tamunonengiye-Ofori Ossai (SB)	Emirates Arena	Feb 4
4	22.9	Mike Coogan (E Ches, M45)	Ashton under Lyne	Jul 8
5	22.91/-1.2	Jason Carty (ESM, M45)	Malaga, ESP	Sep 9
6	23.17i	Alan Robertson (Moth)	Emirates Arena	Feb 4
7	23.18/-0.9	Adam Bellis (Traff)	Solihull	Jul 8
8	23.38/-1.2	Ciaran Harvey (Lewes)	Sheffield	Jun 23
9	23.38/0.2	Darren Scott (SHS, M45)	Malaga, ESP	Sep 7
10	23.46/0.2	Mensah Elliott (Met P)	Lee Valley	Jul 4
M50:	24.00/0.5	Dominic Bokor-Ingram (HW)	Sheffield	Jun 23
M55:	25.14/0.6	John Wright (Chor)	Stretford	Jul 3
M60:	25.59/1.2	Peter Hickey (Leigh)	Sheffield	Jun 23
M65:	25.14/0.8	Steve Peters (Nth M)	Solihull	Jul 8
M70:	27.82i	Glyn Sutton (Newp)	Cardiff	Jan 14
M75:	30.64/1.1	Allan Long (Herne H)	Perivale	Aug 1
M80:	33.80/-1.5	Alan Carter (E&H)	Malaga, ESP	Sep 9
M85:	47.12i	Richard Pitcairn-Knowles (Sev)	Madrid, ESP	Mar 23
M90:	51.63	Dalbir Singh-Deol (Vets)	Malaga, ESP	Sep 9

400 METRES

1	49.68	Gavin Stephens (Worth)	Malaga, ESP	Sep 14
2	49.85	Richard Whitehead (S'well)	Leverkusen, GER	Jun 9
3	50.53	David Brown (Nene V)	Malaga, ESP	Sep 14
4	50.99	Martyn Morant (Bath)	Solihull	Jul 8
5	51.25	Lawrence Baird (KuH)	Derby	May 5
6	51.35	Adam Bellis (Traff)	Solihull	Jul 8
7	51.80	Andrew Parker (W Ches)	Solihull	Jul 8
8	51.8	Charlie Thurstan (Bir)	Wolverhampton	Jun 3
9	51.88i	Mike Coogan (E Ches, M45)	Emirates Arena	Feb 4
10	52.1	Baba Tindogo (SC Vets)	Lee Valley	May 14
M50:	52.4	Dominic Bokor-Ingram (HW)	Wimbledon	Jun 6
M55:	54.71	Jonathan Tilt (Soton)	Malaga, ESP	Sep 14
M60:	58.63i	Tennynson James (Bed C)	Madrid, ESP	Mar 20
M65:	59.09	Steve Peters (Nth M)	Malaga, ESP	Sep 14
M70:	69.51	Victor Novell (Soton)	Ashford	Sep 30
M75:	70.09	Winston Laing (SCV)	Malaga, ESP	Sep 14
M80:	84.49i	Rodney Mills (Rip)	Lee Valley	Mar 10
M85:	1:52.26	Eric Shirley (Hill)	Birmingham	Aug 25
M90:	2:18.87i	Dalbir Singh-Deol (Vets)	Madrid, ESP	Mar 20



800 METRES

1	1:53.05	Anthony Whiteman (SB, M45)	Trafford	Jun 26
2	1:54.62	Charlie Thurstan (Bir)	Tipton	Jul 17
3	1:58.23	Kojo Kyereme (SB)	Eltham	Jun 20
4	1:58.64	James Thie (Card)	Newport	Aug 1
5	2:00.12	Craig Sharp (Central P)	Eltham	Jun 20
6	2:00.58	Richard Scott (Exe)	Exeter	May 13
7	2:00.73	Mark Symes (AFD, M45)	Malaga, ESP	Sep 10
8	2:02.16	Steven Baldock (Hast, M45)	Malaga, ESP	Sep 10
9	2:02.31	Andrew Keane (SMR, M45)	Malaga, ESP	Sep 10
10	2:02.87i	Dean Richardson (Stoke, M45)	Madrid, ESP	Mar 22
M50:	2:03.54	Adrian Haines (Craw)	Malaga, ESP	Sep 11
M55:	2:09.93i	Steve Toogood (Buck)	Sheffield	Jan 28
M60:	2:17.65	Paul Fletcher (Avon V)	Malaga, ESP	Sep 11
M65:	2:21.66	Kevin Archer (Wey)	Malaga, ESP	Sep 11
M70:	2:40.89	Malcolm Weir (Belp)	Sheffield	Jul 4
M75:	2:49.85	Victor Shirley (Nth M)	Sheffield	Jul 15
M80:	3:17.46i	Rodney Mills (Rip)	Lee Valley	Mar 11
M85:	4:42.97i	Richard Pitcairn-Knowles (Sev)	Madrid, ESP	Mar 22

1500 METRES

1	4:01.13	James Thie (Card)	Exeter	Jul 31
2	4:03.58	Charlie Thurstan (Bir)	Stretford	Aug 18
3	4:04.37	Kojo Kyereme (SB)	Eltham	Jun 20
4	4:04.74	Matthew Barnes (Sale)	Malaga, ESP	Sep 15
5	4:05.66	Phil Burden (Taun)	Exeter	Jul 31
6	4:06.51i	Dean Richardson (Stoke, M45)	Madrid, ESP	Mar 23
7	4:08.87	Craig Sharp (Central P)	Bromley	Jun 11
8	4:08.93i	Andrew Brown (WG&E)	Emirates Arena	Jan 13
9	4:09.64	Joe Ashley (Arena)	Malaga, ESP	Sep 15
10	4:09.81	Simon Coombes (Herne H, M45)	Watford	Aug 22
M50:	4:14.24i	David Cowlishaw (Alt)	Madrid, ESP	Feb 3
M55:	4:23.17	Guy Bracken (NSP)	Chester le Street	Jul 9
M60:	4:46.39	Robert Bigger (Derry)	Belfast	Jul 7
M65:	4:50.98	Kevin Archer (Wey)	Malaga, ESP	Sep 16
M70:	5:18.5	Anthony Nixon (If)	Lee Valley	May 14
M75:	5:41.91	Victor Shirley (Nth M)	Sheffield	Jul 14

M80:	6:55.40	Edmond Simpson (Over)	Lee Valley	Mar 10
M85:	9:06.31	Richard Pitcairn-Knowles (Sev)	Madrid, ESP	Mar 22

3000 METRES

1	8:29.17	Alastair Watson (Notts)	Tipton	Jul 17
2	8:30.24	Kojo Kyereme (SB)	Eltham	7 Jul 18
3	8:41.43	Stuart Hawkes (Tip)	Tipton	May 22
4	8:43.70	Phil Burden (Taun)	Street	May 5
5	8:46.92	Howard Bristow (B&H)	Watford	Sep 5
6	8:53.55	Matt Atkins (K&P)	Bedford	Jul 7
7	8:54.49	James Skinner (Hay H, M45)	Crawley	Sep 2
8	8:57.93	Lee Jones (Dees, M45)	Stretford	Jun 12
9	8:58.66	Jamie Arnold (Stoke)	Stretford	Jul 24
10	9:01.25	Mark Worringham (Read RR)	Watford	Sep 5
M50:	9:02.73	Tim Hartley (Notts)	Loughborough	Aug 25
M55:	9:13.01i	Guy Bracken (NSP)	Sheffield	Jan 14
M60:	10:06.90i	Andy Wetherill (Mans)	Sheffield	Nov 25
M65:	10:35.77i	John Shelton (MMK)	Lee Valley	Mar 11
M70:	11:36.8	Mark McNally (Els)	Jarrow	May 21
M75:	12:17.90	Victor Shirley (Nth M)	Sheffield	Jun 23
M80:	16:02.5	Tony Berry (Truro)	Carn Brea	Aug 23
M85:	19:46.69	Richard Pitcairn-Knowles (Sev)	Madrid, ESP	Mar 19

5000 METRES

1	14:22.11	Alastair Watson (Notts)	Loughborough	Jun 23
2	14:45.36	Matthew Barnes (Sale)	Sportcity	May 12
3	14:46.18	Kojo Kyereme (SB)	Lee Valley	May 9
4	14:57.45	Chris Greenwood (Kent)	Sportcity	May 12
5	14:58.52	Chris Smith (TVH)	Wimbledon	Aug 15
6	15:04.04	Phil Burden	Taun (Yate)	Jun 23
7	15:05.71	Stuart Hawkes (Tip)	Nuneaton	Jun 10
8	15:07.43	Howard Bristow (B&H)	Eltham	Jul 18
9	15:08.65	Ben Shearer (Camb H)	Eltham	Aug 15
10	15:25.22	Mark Worringham (Read RR)	Wimbledon	Aug 15
M45:	15:28.4	James Skinner (Hay H)	Tooting	Aug 18
M50:	15:39.63	Tim Hartley (Notts)	Nottingham	Aug 4
M55:	15:53.78	Guy Bracken (NSP)	Sportcity	Jun 9
M60:	17:36.08	Alastair Walker (Tev)	Malaga, ESP	Sep 12
M65:	18:16.72	Bob Bradbury (Wok)	Birmingham	Aug 26
M70:	20:14.60	Malcolm Weir (Belp)	Birmingham	Aug 26
M75:	20:56.73	Martin Ford (Chelt)	Birmingham	Aug 26
M80:	25:47.61	Dennis Wright (ESM)	Celje, SLO	Jun 24
M85:	34:21.12	Richard Pitcairn-Knowles (Sev)	Malaga, ESP	Sep 12

10,000 METRES

1	29:56.83	Alastair Watson (Notts)	Parliament Hill	May 19
2	30:22.11	Kojo Kyereme (SB)	Parliament Hill	May 19
3	30:58.95	Chris Greenwood (Kent)	Parliament Hill	May 19
4	31:03.5	Will Green (Serp)	Walthamstow	Jun 29
5	31:40.06	Nicholas Torry (Serp)	Catford	Sep 2
6	31:43.83	Chris Smith (TVH)	Parliament Hill	May 19
7	32:06.62	Sullivan Smith (C&C)	Parliament Hill	May 19
8	32:24.29	Mark Couldwell (Charn)	Parliament Hill	May 19
9	32:28.47	Kerry-Liam Wilson (Cambus, M45)	Glasgow	Apr 20
10	32:47.7	James Skinner (Hay H, M45)	Brighton	Aug 2
M50:	33:08.58	Andrew Leach (N Herts)	Parliament Hill	May 19
M55:	35:49.3	Mark Hall (Otley)	Cudworth	Feb 7
M60:	38:40.08	John Foss (S Lon)	Battersea	Sep 19
M65:	41:20.64	Francis Hurley (Cambus)	Cumbernauld	Oct 14
M70:	41:22.1	Mick Casey (Barns)	Cudworth	Feb 7
M75:	44:15.8	Victor Shirley (Nth M)	Ashton under Lyne	Oct 7
M80:	63:08.13	Joe Aspinall (Vets)	Battersea	Sep 19
M85:	71:50.38	Richard Pitcairn-Knowles (Sev)	Battersea	Sep 19

3000 METRES STEEPLECHASE

1	9:37.31	Chris Greenwood (Kent)	Bedford	Jul 7
---	---------	------------------------	---------	-------

2	9:39.60	Sullivan Smith (C&C)	Malaga, ESP	Sep 7
3	9:57.07	Ady Whitwam (Morp)	Aldershot	Jul 18
4	10:11.44	Andrew Hennessy (Wells)	Hendon	Aug 4
5	10:20.8	Andrew Reeves (Serp, M45)	Luton	Jul 14
6	10:25.03	Jason Lendon (Have)	Yeovil	May 5
7	10:27.65	Lee Taylor (S'end)	Leigh	May 5
8	10:30.28	David Smith (Leigh)	Liverpool	May 5
9	10:34.7	Phil Gould (Leam)	Gloucester	Jun 2
10	10:35.78	Tom Dukes (Wells)	Yeovil	May 5
M50:	10:44.19	Colin Palmer (Notts)	Malaga, ESP	Sep 7
M55:	11:06.16	Chris Ireland (Sheff)	Derby	May 5
M60:	12:36.5	Mark Hargreaves (Basing)	Basingstoke	Jun 25

110 METRES HURDLES

1	14.48/0.1	Mensah Elliott (Met P)	Malaga, ESP	Sep 14
2	15.31/0.9	Joe Appiah (Kent, M45)	Birmingham	Aug 23
3	15.62/0.3	Gary Smith (Lut, M45)	Solihull	Jul 8
4	16.37	Nigel Hayman (Ips)	Nuneaton	Jun 3
5	16.57/-2.0	Darren Dods (G&G)	Malaga, ESP	Sep 5
6	16.7	Craig Pounder (York)	Cleckheaton	Jun 24
7	16.81/-1.6	David Carson Graham (Shett)	Grangemouth	Jul 15
8	16.9	Loz Ramm (Linc W, M45)	Bedford	Jun 6
9	17.45/1.5	Darren Scott (SHS, M45)	Malaga, ESP	Sep 5
10	17.68/0.9	Peter Davey (Ashf)	Birmingham	Aug 25
M50:	14.80/0.2	Andy Lewis (Harr)	Solihull	Jul 8
M55:	14.93/0.2	Neil Tunstall (Corn)	Solihull	Jul 8
M60:	15.55/-1.6	Tennyson James (Bed)	Malaga, ESP	Sep 15
M65:	18.57/0.1	Rob Sibley (M&M)	Erith	Sep 22
M70:	14.84/-1.2	Andrew Webb (VNE)	Malaga, ESP	Sep 15
M75:	15.57/-1.2	Barry Ferguson (Camb H)	Malaga, ESP	Sep 15
M80:	21.2	Colin Shafto (York)	Cleckheaton	Jun 24

400 METRES HURDLES

1	57.13	Eddie Betts (TVH, M45)	Eiche, ESP	Jun 18
2	59.68	Darren Toward (Tyne)	Malaga, ESP	Sep 5
3	60.0	Peter Benedickter (Bed C, M45)	Bury St Edmunds	Sep 8
4	60.56	Neal Edwards (RN, M45)	Exeter	Apr 8
5	61.4	Darren Scott (SHS, M45)	Sportcity	Jun 3
6	61.6	Nigel Hayman (Ips)	Ashford	Jul 14
7	61.7	Darren Dods (G&G)	Brighton	Apr 14
8	61.8	Andrew Gill (Bed C, M45)	Watford	Jun 23
9	62.27	Richard Holt (B&B, M45)	Malaga, ESP	Sep 5
10	62.3	Glenn Gray (Kent, M50)	Tooting	Jun 23
M55:	(M50H): 59.80	Jonathan Tilt (Soton)	Malaga, ESP	Sep 7
M60:	(300)	Ian Broadhurst (Wrex)	Nuneaton	Jun 3
M65:	54.1	Ian Reeve (W Norf)	Corby	Aug 1
M70:	55.54	Andrew Webb (VNE)	Malaga, ESP	Sep 6
M75:	60.12	Barry Ferguson (Camb H)	Malaga, ESP	Sep 7

HIGH JUMP

1	2.01i	James Hind (Poole)	Madrid, ESP	Mar 19
2	1.85	Johann Le Roux (unatt)	Loughborough	Jun 6
3	1.84i	Darren Dods (G&G)	Madrid, ESP	Mar 22
4	1.81	Adam Young (Tam, M50)	Malaga, ESP	Sep 10
5	1.80	Alwyn Lombard (E&H)	Luton	Apr 14
6	1.75	Brian Thompson (Soton)	Bromley	Jun 23
6	1.75	Mark Byron (Gates, M50)	Malaga, ESP	Sep 10
8	1.74	Steve Linsell (Leeds, M50)	Birmingham	Aug 26
9	1.73	Joe Appiah (Kent, M45)	Bournemouth	Aug 4
10	1.71i	Loz Ramm (Linc W, M45)	Lee Valley	Feb 25
M55:	1.66i	Steve Linsell (Leeds)	Sheffield	Dec 1
M60:	1.45	David Blunt (E&E)	Uxbridge	Jun 23
M65:	1.40	David Blunt (E&E)	Bournemouth	Aug 18
M70:	1.35	Dave Cowley (R&N)	Solihull	Jul 8
M75:	1.24i	Roger Bruck (Barn)	Lee Valley	Mar 10
M80:	1.15	Colin Shafto (York)	Cleckheaton	Jun 24

POLE VAULT

1	4.40i	Mark Johnson (Leeds, M50)	Madrid, ESP	Mar 19
2	4.30	Chris Mills (WSEH)	Malaga, ESP	Sep 11
3	4.20	Douglas Graham (Edin)	Malaga, ESP	Sep 11
4	4.15	Greg Conlon (Walt)	Walton	Apr 14
4	4.15	James Robinson (Hale)	Stoke	Aug 4
6	4.05	Glyn Price (Swan, M50)	Malaga, ESP	Sep 11
7	3.80	Bob Kingman (NEB, M45)	Bedford	Jul 7
8	3.60i	John Andrews (E&E, M50)	Lee Valley	Mar 4
8	3.60	Gavin Showell (Tam, M45)	Wolverhampton	Jun 3
9	3.51	Ron Todd (Cent, M55)	Grangemouth	Jul 15
9	3.51i	Dave Gordon (D&T, M50)	Carshalton	Sep 23
M60:	3.10	Allan Williams (B&B)	Bromley	Jun 23
M65:	3.10	David Blunt (E&E)	Bournemouth	Aug 18
M70:	3.00i	Neal Mason (SWV)	Lee Valley	Feb 18
M75:	2.00	David Haines (F&C)	Winchester	May 21

LONG JUMP

1	6.39	Darren Dods (G&G)	Swindon	Jul 14
2	6.33/1.4	Joe Appiah (Kent, M45)	Bournemouth	Aug 4
3	6.06/1.3	Samuel Nash (TVH, M45)	Malaga, ESP	Sep 9
4	5.99i	David Carson Graham (Shett)	Emirates Arena	Jan 13
5	5.98	Stephen Jarvis (N&P)	Solihull	Jul 8
6	5.98	Robert North (Mid M)	Lee Valley	Aug 19
7	5.97i	Ian Allen (Yeov O, M50)	Madrid, ESP	Mar 19
8	5.93	Neil Lincoln (Holl S, M45)	Ashford	May 26
9	5.87i	Sam Bobb (B&B)	Lee Valley	Feb 18
10	5.87/1.0	Grant Stirling (E'rne)	Horspath	Jun 3
M55:	5.51i	Paul Guest (Yeov)	Madrid, ESP	Mar 19
M60:	4.95	Barry Morris (E'borne)	Birmingham	Aug 25
M65:	4.85	Robert Stevenson (Ayr S)	Grangemouth	Jul 14
M70:	4.37	Neal Mason (SWV)	Ashford	May 26
M75:	4.17	Allan Long (Heme H)	Ashford	May 26
M80:	3.40i	Tony Bowman (Leeds)	Lee Valley	Mar 10
M85:	1.83	Richard Pitcairn-Knowles (Sev)	Gillingham	Jul 16

TRIPLE JUMP

1	12.96i	Sam Bobb (B&B)	Lee Valley	Feb 18
2	12.63	Grant Stirling (E'rne)	Harrow	Aug 18
3	12.52/-1.7	Joe Appiah (Kent, M45)	Bedford	Jul 7
4	12.19	Gareth Davies (Oxf C, M45)	Abingdon	Jul 2
5	12.15i	Darren Dods (G&G)	Lee Valley	Mar 4
6	12.08i	Keith Newton (WG&EL, M45)	Madrid, ESP	Mar 21
7	12.01	Vaughan Ramsay (Rane)	Battersea	Jun 18
8	11.90	Paul Harrison (Ryst, M50)	Mile End	May 20
9	11.89	Darren Thomas (Exe, M45)	Exeter	Jun 3
10	11.78	Aaron Bollu (C&T)	Luton	Jul 22
M55:	11.76i	Julien Gittens (Leeds)	Emirates	Jan 13
M60:	10.43	Albert Earle (W&B)	Nuneaton	Jun 3
M65:	10.33/2.0	Robert Stevenson (Ayr S)	Grangemouth	Jul 14
M70:	8.76	David Pepper (Heat)	Whitley Bay	May 5
M75:	8.51i	Allan Long (Heme H)	Lee Valley	Feb 25
M80:	7.45i	Tony Bowman (Leeds)	Lee Valley	Mar 11

SHOT

1	17.64i	Scott Rider (Bir)	Birmingham	Feb 17
2	14.51	Stephen McCauley (Oxf C)	Horspath	Jun 23
3	14.08i	Daniel Brunt (Shef/D)	Sheffield	Jan 14
4	14.03i	Graham Lay (Soton)	Lee Valley	Mar 11
5	13.79	Morris Fox (Stoke, M55)	Abingdon	Jul 7
6	13.58	John Nicholls (Sale, M50)	Connah's Quay	May 5
7	12.94	Abi Ekoku (Belg, M50)	Dartford	Aug 18
8	12.83	Simon Achurch (Nene V)	Reading	May 20
9	12.82	Dan Upton (Traff)	Barrow	Jul 28
10	12.81i	Greg Pell (Scun, M45)	Sheffield	Jan 28
M60 (5kg):	13.72	David Abernethy (B&F)	Cleckheaton	Sep 23
M65:	12.13	Geoff Tyler (Chelms)	Battersea	Jun 24
M70 (4kg):	12.02	Neil Griffin (WSEH)	Nuneaton	Jun 3
M75:	10.84i	John Watts (NMAC)	Lee Valley	Mar 10

M80 (3kg):	11.22	Ernest Tuff (B&A)	Belfast	Jun 30
M85:	7.38	Cliff Taylor (Belg)	Tooting	Jun 30

DISCUS

1	46.86	Lee Newman (Worc)	Lee Valley	Mar 10
2	45.18	Rafer Joseph (BMH, M45)	Yeovil	May 5
3	45.11	Abi Ekoku (Belg, M50)	Dartford	Aug 18
4	41.47	Daniel Brunt (Shef/D)	Nottingham	May 13
5	41.05	Kevin Brown (SB, M50)	Solihull	Aug 5
6	40.95	Stephen McCauley (Oxf C)	Horspath	Jun 23
7	40.55	Matthew Allison (Leeds, M45)	Leeds	Aug 4
8	40.05	Gareth Cook (K&P, M45)	Eton	May 5
9	39.23	Greg Pell (Scun, M45)	Hull	May 12
10	39.13	Graham Lay (Soton)	Aldershot	Jul 9
M55 (1.5kg):	45.55	John Moreland (R&N)	Lee Valley	Mar 10
M60 (1kg):	51.41	David Abernethy (B&F)	Cleckheaton	Sep 23
M65:	50.08	Guy Dirkin (NMAC)	Lockhart, USA	Mar 4
M70:	41.21	Neil Griffin (WSEH)	Crawley	Jul 25
M75:	39.53	John Watts (NMAC)	Malaga, ESP	Sep 7
M80:	28.45	Warwick Dixon (Camb H)	Birmingham	Aug 25
M85:	18.58	James Switzer (E&E)	Ewell	Oct 20

HAMMER

1	54.68	John Pearson (Charn, M50)	Loughborough	Aug 5
2	53.84	Gareth Cook (K&P, M45)	Kingston	May 12
3	51.32	Graham Holder (Bexley, M45)	Birmingham	Aug 26
4	50.96	Stuart Thurgood (Heme H)	St Malo, FRA	Apr 28
5	50.31	Steve Whyte (TVH, M50)	Bedford	May 28
6	49.03	Robert Earle (Col H, M55)	Colchester	Jul 14
7	48.35	Rob Careless (Notts)	Chelmsford	Jun 2
8	47.82	Robin Walker (Orion)	Chelmsford	Jun 23
9	47.49	James Goss (SNH)	Lee Valley	May 14
10	44.60	Mark Roberson (Mil K)	Milton Keynes	Sep 23
M60 (5kg):	48.66	David Valentine (W Suff)	Battersea	Jun 24
M65:	47.90	Guy Dirkin (NMAC)	Clermont, USA	Apr 28
M70 (4kg):	48.76	Barry Hawksworth (Derby)	Malaga, ESP	Sep 15
M75:	37.37	Eric Barker (SCV)	Madrid, ESP	Mar 19
M80 (3kg):	40.98	Ernest Tuff (B&A)	Bangor	Jul 24

JAVELIN

1	54.51	Chris Smith (Arb)	Grangemouth	Jun 24
2	54.09	Dave Sketchley (Harrow)	St. Albans	Jun 23
3	54.05	Matthew Allison (Leeds, M45)	Leeds	Aug 4
4	53.11	Simon Bennett (WG&EL, M45)	Exeter	Jul 22
5	52.37	Paul Cooper (Col H)	Chelmsford	May 12
6	51.35	Trevor Ratcliffe (D&T, M50)	Parliament Hill	Jun 23
7	50.95	Hannes Petzer (BRAT)	Birmingham	Aug 25
8	50.05	Kevin Murch (R&N, M55)	Rugby	May 6
9	49.40	Wayne Todd (Leigh)	Liverpool	May 5
10	48.83	Graham Lay (Soton)	Malaga, ESP	Sep 11
M60 (600g):	50.02	Kevin Murch (R&N)	Derby	Dec 1
M65:	35.28	Derek Martin (Salf)	Cleckheaton	Jun 24
M70 (500g):	39.42	Barry Hawksworth (Derby)	Derby	May 19
M75:	30.89	John McSorley (TVH)	Malaga, ESP	Sep 10
M80 (400g):	33.16	Vic Adcock (SCV)	Malaga, ESP	Sep 10
M85:	17.64	Cliff Taylor (Belg)	Tooting	Jun 30

DECATHLON

1	6332	Darren Dods (G&G)	Malaga, ESP	Sep 5
2	5511	Craig Pounder (York)	Sheffield	Jul 15
3	5131	Grant Stirling (E'rne)	Sheffield	Jul 15
M45	6259	Darren Scott (St H)	Malaga, ESP	Sep 5
M50	5096	Derek Glasgow (I'ness)	Grangemouth	Jul 15
M55	6322	Ian Crawley (Ton)	Malaga, ESP	Sep 7
M60	7314	Brian Slaughter (E'borne)	Malaga, ESP	Sep 7
M65	6199	Ian Reeve (W Norf)	Sheffield	Jul 15
M70	6070	Dave Cowley (R&N)	Sheffield	Jul 15

All W40 unless stated

100 METRES

1	12.5/-1.3	Ellena Ruddock (R&N)	Rugby	May 6
2	12.55/1.5	Yvette Henry (TVH, W45)	Malaga, ESP	Sep 6
3	12.6	Gia Skervin (Notts, W45)	Yate	May 6
4	12.67/0.5	Susie McLoughlin (Walton)	Malaga, ESP	Sep 6
5	12.89/-0.3	Joanne Frost (B&R)	Solihull	Jul 8
6	13.1	Natasha Norris (Brack)	Basingstoke	Jun 25
6	13.1	Anita Saunders (Pend, W45)	Burnley	Jul 8
8	13.19/1.6	Michelle Thomas (Bir, W45)	Malaga, ESP	Sep 6
9	13.2/1.7	Lizzie Amos (Walton)	Portsmouth	Jun 23
10	13.29	Paula Williams (Strat, W45)	Nuneaton	Jun 3
W50:	13.80/0.7	Jayne Henderson (Crook)	Sheffield	Jul 14
W55:	13.57/0.6	Kirstin King (Brack)	Malaga, ESP	Sep 6
W60:	14.32/0.5	Helen Godsell (B&B)	Malaga, ESP	Sep 5
W65:	14.74/0.0	Joylyn Saunders-Mullins (S&NH)	Birmingham	Aug 25
W70:	16.1	Brenda Fee (Barn)	Lee Valley	May 14
W75:	18.6	Kath Stewart (NSP)	Jarrow	Jun 23
W80:	21.88/-0.7	Dorothy Fraser (Linc W)	Malaga, ESP	Sep 5

200 METRES

1	25.56/1.9	Susie McLoughlin (Walton)	Lee Valley	Aug 19
2	26.1/-1.8	Ellena Ruddock (R&N)	Rugby	May 6
3	26.64/0.5	Nina Anderson (Belg, W45)	Eton	Jun 23
4	27.09i	Michelle Thomas (Bir, W45)	Lee Valley	Mar 11
5	27.17i	Gia Skervin (Notts, W45)	Madrid, ESP	Mar 22
6	27.2	Lizzie Amos (Walton)	Kingston	Jul 4
7	27.22/-0.8	Natasha Norris (Brack)	Eton	May 13
8	27.37/0.6	Monique Krefting (Belg, W45)	Battersea	May 9
9	27.39/0.0	Claire Smith (Nene V)	Stevenage	Jul 14
10	27.6	Jo Flowers (Walt, W45)	Bournemouth	Aug 18
W50:	28.22/-1.4	Janet Dickinson (B'mth)	Malaga, ESP	Sep 5
W55:	28.32/0.9	Kirstin King (Brack)	Malaga, ESP	Sep 9
W60:	29.47/1.5	Caroline Powell (B&W)	Solihull	Jul 8
W65:	30.67/-1.4	Joylyn Saunders-Mullins (S&NH)	Malaga, ESP	Sep 9
W70:	39.3	Maria Williams (Nth M)	Liversedge	Jul 11
W75:	38.49/-0.7	Kath Stewart (NSP)	Malaga, ESP	Sep 9
W80:	45.97i	Dorothy Fraser (Linc W)	Madrid, ESP	Mar 23

400 METRES

1	57.56	Nina Anderson (Belg, W45)	Brussels, BEL	Jun 30
2	57.79	Susie McLoughlin (Walton)	Malaga, ESP	Sep 14
3	57.94	Monique Krefting (Belg, W45)	Bedford	Jun 3
4	60.84i	Diana Norman (E&E)	Lee Valley	Mar 10
5	61.4	Julia Machin (B&H, W45)	Swindon	Jun 23
6	61.4	Lizzie Amos (Walton)	Kingston	Jul 18
7	62.01	Jo Flowers (Walt, W45)	Malaga, ESP	Sep 14
8	62.08	Joy Wright (B'mth)	Yeovil	Apr 14
9	62.13	Claire Smith (Nene V)	Lee Valley	Aug 5
10	62.16	Virginia Mitchell (G&G, W55)	Malaga, ESP	Sep 14
W50:	63.81	Jacqui Hodgson (Dur)	Malaga, ESP	Sep 14
W60:	66.67	Caroline Powell (B&W)	Malaga, ESP	Sep 14
W65:	69.79	Joylyn Saunders-Mullins (S&NH)	Malaga, ESP	Sep 14
W70:	77.47	Angela Copson (R&N)	Malaga, ESP	Sep 14
W75:	88.11	Kath Stewart (NSP)	Malaga, ESP	Sep 14
W80:	1:58.86	Dorothy Fraser (Linc W)	Malaga, ESP	Sep 14

800 METRES

1	2:14.62	Zoe Doyle (Wyc P)	Malaga, ESP	Sep 11
2	2:16.03	Louise Rudd (Stock H)	Malaga, ESP	Sep 11
3	2:16.09	Lisa Palmer-Blount (Der)	Sheffield	Jun 3
4	2:19.1	Kirsty Longley (Liv PS)	Litherland	Jun 30
5	2:19.3	Charlene Jacobs-Conradie (Lut)	Hempstead	Aug 18
6	2:21.58i	Diana Norman (E&E)	Lee Valley	Mar 11
7	2:21.78i	Lizzie Amos (Walton)	Lee Valley	Mar 4
8	2:21.94	Nicola Woodward (Sun)	Birmingham	Aug 26

9	2:22.12	Catherine Diver (Beech)	Tullamore, IRL	Aug 18
10	2:22.9	Clare Elms (B&B, W50)	Tooting Bec	Jun 30
W45:	2:23.55i	Clare Constable (Liv P)	Madrid, ESP	Mar 22
W55:	2:25.88	Virginia Mitchell (G&G)	Ewell	Jun 3
W60:	2:39.50	Jackie Walpole (Exe)	Exeter	May 29
W65:	2:42.18	Alison Bourgeois (EMAC)	Ambilly, FRA	Jun 23
W70:	2:54.02	Angela Copson (R&N)	Birmingham	Aug 26
W75:	3:39.54	Kath Stewart (NSP)	Malaga, ESP	Sep 11
W80:	4:26.1	Dorothy Fraser (C&C)	Milton Keynes	Sep 23

1500 METRES

1	4:32.67	Kirsty Longley (Liv PS)	Stretford	Jun 26
2	4:32.68	Lisa Palmer-Blount (Der)	Loughborough	Jun 23
3	4:35.75	Louise Rudd (Stock H)	Stretford	Aug 18
4	4:36.48	Zoe Doyle (Wyc P)	Eltham	Jul 7
5	4:43.76	Jenny Blizard (Roth)	Sheffield	Jun 3
6	4:47.15	Clare Elms (B&B, W50)	Tooting Bec	Aug 25
7	4:50.50	Catherine Diver (Beech)	Belfast	Apr 15
8	4:51.17	Claire Martin (Tel)	Tipton	Jun 19
9	4:51.81	Sally Judd (Chelm)	Eltham	Jun 20
10	4:54.28	Mitch Lloyd (BMH)	Birmingham	Aug 25
W45:	4:59.43	Rachel Coupe (Telf)	Coventry	Aug 5
W55:	5:00.14i	Fiona Matheson (Falk)	Emirates	Jan 13
W60:	5:43.72i	Alison Bourgeois (EMAC)	Lee Valley	Mar 10
W65:	5:32.06	Alison Bourgeois (EMAC)	Angers, FRA	Jun 16
W70:	5:48.07	Angela Copson (R&N)	Malaga, ESP	Sep 16
W75:	7:48.38	Ann Gray (Mid M)	Sheffield	Jun 23

3000 METRES

1	9:43.04	Kirsty Longley (Liv PS)	Stretford	Jul 24
2	9:51.26	Lisa Palmer-Blount (Der)	Loughborough	Aug 25
3	10:05.0	Clare Elms (B&B, W50)	Catford	Jun 14
4	10:06.01	Jenny Blizard (Roth)	Lincoln	Jul 8
5	10:16.6	Emma Stepto (Corn, W45)	Carn Brea	Apr 22
6	10:18.87i	Fiona Matheson (Falk, W55)	Glasgow	Jan 7
7	10:24.59i	Louise Rudd (Stock H)	Sheffield	Jan 14
8	10:25.14	Claire Martin (Tel)	Stretford	Aug 14

9	10:30.9	Caroline Hoyte (Arena, W45)	Andover	Apr 14
10	10:31.8	Claire Grima (HW)	Twickenham	Jun 23
W60:	12:06.13	Lynne Higgins (Wolds)	Grimsby	May 28
W65:	12:50.0	Yuko Gordon (FVS)	Milton Keynes	Sep 23
W70:	12:13.12	Angela Copson (R&N)	Solihull	Sep 1
W75:	16:54.00	Ann Gray (Mid M)	Solihull	Sep 1
W80:	19:06.0	Mary Holmes (C&C)	Stevenage	May 2

5000 METRES

1	15:48.84	Jo Pavey (Exe)	Loughborough	Jun 23
2	17:06.5	Emma Stepto (Corn, W45)	Par	May 23
3	17:10.99	Kirsty Longley (Liv PS)	Sportcity	Jun 10
4	17:28.58	Jenny Blizard (Roth)	Watford	May 26
5	17:33.73	Lisa Palmer-Blount (Der)	Sportcity	Jun 10
6	17:43.6	Clare Elms (B&B, W50)	Catford	Sep 13
7	17:43.63	Avril Mason (Shett)	Grangemouth	Aug 11
8	17:45.73	Claire Grima (HW)	Wimbledon	Aug 15
9	17:56.5	Elspeth Turner (Horsh, W50)	Horsham	May 20
10	17:58.6	Tara Shanahan (Arena, W45)	Brighton	Aug 23
W55:	18:21.93	Fiona Matheson (Falk)	Scotstoun	Jul 27
W60:	21:33.3	Jenny Wakeman (Barns)	Cudworth	Jan 10
W65:	23:24.6	Jane Davies (E&E)	Walton	Jun 11
W70:	22:08.19	Angela Copson (R&N)	Malaga, ESP	Sep 12

10,000 METRES

1	36:15.9	Emma Stepto (Corn, W45)	Carn Brea	Jul 26
2	36:58.3	Fiona Davies (Roth)	Cudworth	Feb 7
3	37:04.54	Fiona Matheson (Falk, W55)	Glasgow	Apr 20
4	38:01.96	Jo Coates (St Ed)	Horspath	Jun 3
5	39:32.8	Kate Carter (Wimb W)	Walthamstow	Jun 29
6	39:48.9	Monica Williamson (Leam, W55)	Leamington	May 15
7	39:59.31	Teresa Murphy (Kent)	Catford	Sep 2
8	40:14.8	Lesley Watson (Bing, W45)	Ashton under Lyne	Oct 7
9	41:42.9	Beth Massey (Barns, W45)	Cudworth	Feb 7
10	41:44.66	Laura McCrave (Kent)	Catford	Sep 2
W50:	41:47.08	Noreen Fegan (Arm)	Magherafelt	Aug 5
W60:	43:23.5	Gail Duckworth (L Buzz)	Horspath	Jun 3
W65:	47:31.85	Margaret Moody (B&MH)	Battersea	Sep 19
W70:	46:26.86	Angela Copson (R&N)	Moulton	Apr 18

2000 METRES STEEPLECHASE

1	7:26.96	Claire Thompson (VPCG)	Malaga, ESP	Sep 7
2	7:42.32	Louise Rudd (Stock H)	Malaga, ESP	Sep 7
3	7:44.4	Diana Norman (E&E)	Woking	Apr 14
4	7:50.39	Karen Murdoch (Hast)	Eltham	Aug 18
5	7:54.1	Sally Judd (Herts P)	Grays	Aug 18
6	7:58.91	Ana Ramos-Villaverde (Rad, W45)	Malaga, ESP	Sep 4
7	8:01.9	Charlene Jacobs-Conradie (Lut)	Hemel Hempstead	Aug 18
8	8:03.73	Mary James (S Lon)	Basingstoke	Apr 14
9	8:38.12	Jane Pidgeon (Notts, W50)	Malaga, ESP	Sep 7
10	8:42.4	Paula Blackledge (B&H)	Brighton	Aug 18
W55:	10:06.5	Joan Lasenby (C&C)	Harrow	Apr 14
W60:	9:15.5	Gwyneth Hueter (Ox C)	Kingston	Aug 18

80 METRES HURDLES

1	12:52/1.9	Julia Machin (B&H, W45)	Carshalton	Sep 9
2	12:76/1.2	Paula Williams (Strat, W45)	Malaga, ESP	Sep 15
3	14:25/0.3	Milly Smith (S'port W)	Birmingham	Aug 25
4	14:51/-1.1	Jacqueline Holloway (Glouc)	Malaga, ESP	Sep 5
5	14:77	Louise Kelly (St Alb)	Basingstoke	Sep 29
W50:	13:70/-0.2	Julie Rogers (Bir)	Malaga, ESP	Sep 15
W55:	13:17/0.1	Susan Frisby (Brack)	Malaga, ESP	Sep 15
W60:	13:10	Jane Horder (Chelt)	Nuneaton	Jun 3
W65:	15:44/-1.9	Jean Fail (B'mth)	Malaga, ESP	Sep 14
W70:	22.5	Pat Oakes (New)	Southend	Aug 11
W75:	21.6	Patricia Hill (New)	Southend	Aug 11



Jo Pavey

GARY MITCHELL

400 METRES HURDLES

1	67.37	Leanne Buxton (Bed C)	Sheffield	Aug 5
2	67.9	Julia Machin (B&H, W45)	Brighton	Aug 18
3	72.43	Jacqueline Holloway (Glouc)	Coventry	Aug 5
4	73.8	Janet Dickinson (B'mth, W50)	Bournemouth	Aug 18
5	74.4	Sue True (Win)	Winchester	Jun 23
6	74.5	Diana Norman (E&E)	Uxbridge	Jun 23
7	75.1	Claire Smith (Nene V)	Reading	May 20
8	75.79	Milly Smith (S'port W)	Birmingham	Aug 25
9	75.9	Corinne Nurse (Mil K)	Milton Keynes	Sep 23
10	76.4	Tamzin Gribble (Ply, W45)	Horspath	Jun 23
W55 (300H):	51.48	Susan Frisby (Leic)	Sheffield	Jul 14

HIGH JUMP

1	1.60	Julia Machin (B&H, W45)	Crawley	May 12
2	1.55	Diana Norman (E&E)	Kingston	May 12
2	1.55i	Wendy Laing (Leigh, W55)	Madrid, ESP	Mar 21
4	1.50	Monique Krefling (Belg, W45)	Bedford	Jun 3
5	1.45i	Louise Wood (G&G, W50)	Lee Valley	Jan 28
6	1.44i	Stacy McGivern (P'boro)	Lee Valley	Feb 25
7	1.41	Jo Wilding (B&H)	Carshalton	Sep 9
8	1.40i	Melanie Garland (Worc, W55)	Cardiff	Feb 4
8	1.40i	Janelle Quinn (R&N)	Lee Valley	Mar 4
8	1.40	Janet Dickinson (B'mth, W50)	Poole	Jul 27
8	1.40	Louise Kelly (St Alb)	Basingstoke	Sep 29
W60:	1.39i	Carole Filer (Norw)	Madrid, ESP	Mar 24
W65:	1.20	Sue Yeomans (St Alb)	Malaga, ESP	Sep 10
W70:	1.03	Marlene Simmonds (Ryst)	Peterborough	Jul 2
W75:	1.05i	Patricia Hill (New)	Madrid, ESP	Mar 21

POLE VAULT

1	3.40	Irie Hill (Mid M, W45)	Germering, GER	Jun 9
2	3.01i	Alison Murray (HW, W50)	Carshalton	Feb 11
3	2.90	Tina Quinlivan (Chelm)	Dartford	Apr 14
4	2.70	Trudi Carter (W'borne, W45)	Swindon	Jul 14
5	2.60	Sue Yeomans (St Alb, W65)	Lee Valley	May 14
6	2.41	Jennifer Ibbitson (Wake, W60)	Sheffield	Jun 23
7	2.40	Jackie Montgomery (B&B, W50)	Bromley	Jun 15
7	2.40i	Claudia Cabbage (Ports, W45)	Lee Valley	Mar 4
7	2.40i	Teresa Eades (Dartf, W55)	Lee Valley	Mar 10
7	2.40	Louise Kelly (St Alb)	Stevenage	May 7

LONG JUMP

1	5.45/-0.7	Joanne Frost (B&R)	Malaga, ESP	Sep 9
2	5.43/0.8	Julia Machin (B&H, W45)	Crawley	May 13
3	5.14i	Fiona Davidson (A'deen, W45)	Emirates Arena	Feb 4
4	5.09i	Diana Norman (E&E)	Lee Valley	Mar 10
5	5.06i	Stacy McGivern (P'boro)	Lee Valley	Mar 10
6	5.00	Kim Valente (AFD)	Kingston	Aug 18
7	4.95/1.2	Janet Dickinson (B'mth, W50)	Bournemouth	Aug 7
8	4.80i	Joanne Willoughby (Glouc, W50)	Madrid, ESP	Mar 20
9	4.76	Paula Williams (Strat, W45)	Stourport	May 6
10	4.72/1.7	Caroline Warden (Prest, W45)	Birmingham	Aug 25
W55:	4.67/0.4	Melanie Garland (Worc)	Birmingham	Aug 25
W60:	4.43i	Carole Filer (Norw)	Madrid, ESP	Mar 20
W65:	3.68	Emily McMahon (E&H)	Hemel Hempstead	Jul 23
W70:	2.89	Patricia Oakes (Ash)	Ashford	May 26
W75:	3.07	Iris Holder (Worc)	Madrid, ESP	Mar 19
W80:	1.85	Mary Holmes (C&C)	Bedford	June 6

TRIPLE JUMP

1	10.75i	Joanne Willoughby (Glouc, W50)	Madrid, ESP	Mar 23
2	10.45i	Fiona Davidson (A'deen)	Emirates Arena	Jan 28



Eleanor Gattrell

3	10.35	Diana Norman (E&E)	Aldershot	Jul 14
4	10.10	Paula Williams (Strat, W45)	Nuneaton	Jun 3
5	9.98i	Jan Timberlake (Worc, W50)	Madrid, ESP	Mar 23
6	9.89/-0.2	Louise Wood (G&G, W50)	Malaga, ESP	Sep 12
7	9.65i	Janice Pryce (RSC, W55)	Madrid, ESP	Mar 23
8	9.54i	Ann-Marie Browning (Les C, W50)	Lee Valley	Mar 3
9	9.50	Dawn Jones (Harl, W45)	Braintree	Jul 14
10	9.42/-0.1	Melanie Garland (Worc, W55)	Malaga, ESP	Sep 12
W60:	7.23	Isle Hemming (Bolt)	Madrid, ESP	Mar 20
W65:	7.63	Lyn Ahmet (Radley)	Cheltenham	May 7
W70:	6.52	Marlene Simmonds (Ryst)	Milton Keynes	Sep 23
W75:	6.50i	Iris Holder (Worc)	Lee Valley	Feb 18

SHOT

1	12.78	Eleanor Gattrell (Woking)	Abingdon	Aug 18
2	11.35	Carol Parker (Cov, W45)	Coventry	Aug 5
3	11.29	Diana Norman (E&E)	Woking	Apr 14
4	11.10	Julia Machin (B&H, W45)	Crawley	May 13
5	10.67	Jana Cervenkova (Lag V, W45)	Belfast	Jun 30
6	10.61	Paula Williams (Strat, W45)	Burton	Jun 2
7	10.59	Claire Reid (Morp)	Hexham	Jul 8
8	10.55	Leanne Buxton (Bed C)	Bedford	Aug 18
9	10.13	Vanessa Hannam (M&M, W45)	Gillingham	Jun 23
10	10.07	Carla Winstanley (Leigh)	Leigh	Jun 3
W50 (3kg):	10.80	Heather Seager (Yeov)	Yeovil	Apr 21
W55:	10.31	Julie Wilson (Read)	Twickenham	Sep 30
W60:	9.99	Sharon St Luce (Herne H)	Tooting	Aug 25
W65:	10.06i	Wilma Thompson (Belg)	Lee Valley	Mar 10
W70:	8.31i	Liz Sissons (E&E)	Lee Valley	Mar 10
W75 (2kg):	5.33	Cythia Fisher (SWW)	Exeter	Jun 17
W80:	10.07	Evaun Williams (E&H)	Malaga, ESP	Sep 4

DISCUS

1	43.14	Emma Beales (Mil K, W45)	Lee Valley	Sep 8
2	39.62	Andrea Jenkins (Nene V)	Bromley	Jun 23
3	38.55	Sarah Hewitt (B&H)	St. Clement	Aug 18

4	35.38	Vanessa Hannam (M&M, W45)	Ashford	May 26
5	34.77	Eleanor Gattrell (Woking)	Woking	Jul 14
6	34.75	Carol Parker (Cov, W45)	Rugby	Jun 13
7	34.36	Lorraine Shaw (Glouc, W50)	Gloucester	Jun 2
8	32.98	Claire Reid (Morp)	Grangemouth	Aug 11
9	32.40	Hayley Clowes (Stoke)	Stoke	Aug 4
10	32.01	Janet Smith (WSEH, W50)	Malaga, ESP	Sep 10
W55:	30.29	Julie Wilson (Read)	Grimsby	May 28
W60:	29.71	Shirley Quinn (Chelms)	Chelmsford	Jun 23
W65:	21.68	Wilma Thompson (Belg)	Lee Valley	Aug 15
W70:	21.44	Valerie Bovell (Yeovil)	Yeovil	Sep 9
W75 (0.75kg):	17.64	Carole Derrien (Jers)	Malaga, ESP	Sep 9
W80:	23.09	Evaun Williams (E&H)	Malaga, ESP	Sep 12

HAMMER

1	48.56	Andrea Jenkins (Nene V)	Stevenage	Jul 14
2	43.21	Leah Weatheritt (Gate)	Hexham	Jul 8
3	39.65	Clare Taylor (Ply, W45)	Exeter	Jun 17
4	37.98	Eleanor Gattrell (Woking)	Abingdon	Aug 18
5	36.86	Sue Lawrence (Thurr, W45)	Gillingham	Jun 23
6	36.66	Janet Smith (WSEH, W50)	Derby	Oct 13
7	36.51	Lynette McKeown (K&S)	Stourport	May 6
8	35.75	Ruth Elkins (Poole)	Exeter	Jun 17
9	35.09	Jacky Brett (N&P, W50)	Winchester	Jul 14
10	34.71	Elaine Park (Shet)	Lerwick	Jun 29
W55 (3kg):	39.96	Deborah Murch (R&N)	Loughborough	Jul 25
W60:	36.34	Jennifer Ibbitson (Wake)	Sheffield	Jun 23
W65:	29.79	Wilma Thompson (Belg)	Madrid, ESP	Mar 20
W70:	26.39	Valerie Bovell (Yeovil)	Yeovil	Apr 21
W75 (2kg):	26.83	Patricia Hill (Newk)	Southend	Aug 11
W80:	37.85	Evaun Williams (E&H)	Malaga, ESP	Sep 12

JAVELIN

1	38.65	Paula Williams (Strat, W45)	Malaga, ESP	Sep 11
2	32.78	Caroline Garratt (Worth, W50)	Poole	May 20
3	32.43	Diana Norman (E&E)	Uxbridge	Jun 23
4	29.34	Sony E Campbell (RAF, W45)	Cosford	Jun 14
5	28.65	Lisa Tanushi (Lut)	Luton	Jun 17
6	28.62	Sasha Spottiswoode (B&W, W45)	Battersea	Jun 24
7	28.19	Steph Pain (Norw)	Norwich	Jun 17
8	28.12	Julia Machin (B&H, W45)	Crawley	May 12
9	27.98	Katy Odell (Soton)	Portsmouth	Apr 18
10	27.88	Heather Seager (Yeov O, W50)	Andover	Jul 14
W55 (500g):	27:16	Anne Thacker (Dart)	Bromley	Jun 15
W60:	28.30	Sharon St Luce (Herne H)	Battersea	Jun 24
W65:	24.78	Joylyn Saunders-Mullins (S&NH)	Stevenage	May 7
W70:	19.63	Lis Sissons (E&E)	Ashford	Sep 30
W80 (400g):	26.06	Evaun Williams (E&H)	Malaga, ESP	Sep 10

HEPTATHLON (W40 SPECS)

1	3824	Jacqueline Holloway (Glouc)	Malaga, ESP	Sep 6
2	3243	Milly Smith (S'port W)	Sheffield	Jul 15
3	3087	Louise Kelly (St Alb)	Basingstoke	Sep 29
4	2931	Rosalind Shuttleworth (Notts)	Sheffield	Jul 15
5	2917	Kathryn Ballard (N Ayr)	Grangemouth	Jul 15
W45:	4047	Amanda Broadhurst (Wrex)	Sheffield	Jul 15
W50:	5322	Janet Dickinson (B'mth)	Malaga, ESP	Sep 6
W55:	4455	Jillian Roginski (Harb)	Sheffield	Jul 15

PENTATHLON

W60:	2450	Judith Carder (B&H)	Carshalton	Sep 9
------	------	---------------------	------------	-------

100 METRES

1	10.25/1.2	Dom Ashwell (SB)	Tampere, FIN	Jul 11
2	10.33/0.5	Chad Miller (HW)	Tampere, FIN	Jul 10
3	10.34/1.2	Kaie Chambers-Brown (Bir)	Bedford	Jun 16
4	10.36/0.5	Romell Glave (Croy)	Loughborough	May 20
5	10.40/1.4	Charlie Dobson (Col H)	Lee Valley	Jun 6
6	10.43/0.5	Jona Efoloko (Sale)	Loughborough	May 20
7	10.48/-1.1	Michael Olsen (Edin)	Birmingham	Jun 30
8	10.56/0.3	Jeremiah Azu (Card)	Bedford	Jun 16
9	10.58/0.3	Brandon Mingeli (Camb H)	Bedford	Jun 16
10	10.59/1.9	Eden Davis (Herts P)	Loughborough	May 20

200 METRES

1	20.48/-0.1	Jona Efoloko (Sale)	Tampere, FIN	Jul 13
2	20.53/-0.6	Charlie Dobson (Col H)	Tampere, FIN	Jul 12
3	21.01/0.6	Chad Miller (HW)	Oordegem, BEL	Jun 2
4	21.09/0.0	Romell Glave (Croy)	Loughborough	May 20
5	21.36i	Shemar Boldizsar (Har)	Sheffield	Feb 18
6	21.39/-0.3	Brandon Mingeli (Camb H)	Loughborough	May 20
6	21.39/-1.3	Dylan Da Costa (Croy)	Croydon	Jul 1
8	21.43/0.4	Dom Ashwell (SB)	Lee Valley	Apr 25
9	21.49/1.1	Rio Mitcham (Bir)	Hendon	Aug 4
10	21.53/1.3	William Hughes (Nene V)	Boston	May 13

400 METRES

1	46.87	Ethan Brown (B&B)	Gyor, HUN	Jul 7
2	47.19	Alex Haydock-Wilson (WSEH)	Sportcity	Jul 29
3	47.31	Joseph Brier (Swan)	Oordegem, BEL	May 26
4	47.42	Charles Hilliard (Bir)	Cardiff	Jun 2
5	47.65	Aidan Leeson (R&N)	Loughborough	May 20
6	47.68	Ellis Greatrex (Bir)	Nuneaton	Jun 10
7	47.83 i	Alex Knibbs (Amber)	Sheffield	Jan 13
8	48.02	Declan Gall (Dund H)	Cardiff	Jun 2
9	48.27	Lewis Davey (P'boro)	Bedford	Jun 16
10	48.31	Lynden Olowe (Soton)	Loughborough	May 20

800 METRES

1	1:47.73	Markhim Lonsdale (Crook)	Tampere, FIN	Jul 14
2	1:47.95	Alex Botterill (York)	Watford	May 26
3	1:48.61	Jake Heyward (Card)	Trafford	Jun 26
4	1:49.65	Alexander Birkett (Kend)	Sportcity	May 12
5	1:49.74	Oliver Dustin (Bord H)	Birmingham	Jul 14
6	1:50.06	Ricky Lutakome (Sutt)	Watford	May 26
7	1:50.17	Yusuf Bizimana (VP&TH)	Stretford	Aug 28

8	1:50.29	Josh Allen (M'bro)	Trafford	Jun 12
9	1:50.42i	Will Crisp (Swin)	Birmingham	Feb 17
10	1:50.82	Simon Coppard (Ton)	Brighton	May 30

1500 METRES

1	3:36.90	Jake Heyward (Card)	Olympic Park	Jul 22
2	3:46.72	Jeremy Dempsey (SB)	Loughborough	May 20
3	3:48.52	Joshua Lay (R&N)	Loughborough	Jun 6
4	3:48.55	Oliver Dustin (Bord H)	Leeds	Aug 2
5	3:48.67	Thomas Keen (C&C)	Milton Keynes	Jun 2
6	3:49.06	Yusuf Bizimana (VP&TH)	Loughborough	Jun 23
7	3:49.07	Benjamin Davies (Bed C)	Eltham	Jul 7
8	3:49.46	Ricky Lutakome (Sutt)	Watford	Aug 8
9	3:50.14	Rory Leonard (Morp)	Loughborough	Jun 6
10	3:50.27	Alexander Birkett (Kend)	Leeds	Aug 2

3000 METRES

1	7:55.17	Jake Heyward (Card)	Watford	Jul 25
2	8:14.41	Thomas Keen (C&C)	Loughborough	May 20
3	8:16.24	James Puxty (Ton)	Watford	May 2
4	8:18.78	Tom Mortimer (Stroud)	Loughborough	May 20
5	8:18.80	Rory Leonard (Morp)	Loughborough	May 20
6	8:24.95	Baldvin Magnusson (KuH)	Stretford	Jul 24
7	8:25.91	Connor Bentley (Stoke)	Stretford	Jun 26
8	8:25.99	Nathan Dunn (Prest)	Milton Keynes	Jun 2
9	8:26.30	Conor Smith (Swan)	Birmingham	Jun 23
			University	
10	8:26.55	Max Heyden (AFD)	Basingstoke	Jul 18

5000 METRES

1	13:57.95	Tom Mortimer (Stroud)	Loughborough	Jun 23
2	14:22.76	Nathan Dunn (Prest)	Loughborough	Jun 23
3	14:24.62	Matthew Willis (Wrex)	Loughborough	Jun 23
4	14:50.32	Baldvin Magnusson (KuH)	Loughborough	Jun 23
5	14:53.18	Elliot Dee (Bed C)	Watford	May 26
6	14:56.35	Thomas Trimble (Linc W)	Stretford	Aug 18
7	14:57.60	Patrick McNiff (B'bridge D)	Greystones, IRL	May 5
8	14:58.19	George Grassly (DMV)	Lee Valley	May 9
9	14:59.86	Fynn Batkin (Kett)	Milton Keynes	Aug 11
10	15:01.31	Joe Arthur (Edin)	Grangemouth	Aug 12

2000 METRES STEEPLECHASE

1	5:50.04	Alfred Yabsley (MKDP)	Sportcity	May 12
2	5:53.47	Ben Thomas (Carm)	Gyor, HUN	Jul 8



Jona Efoloko and (far right) Charlie Dobson

3	5:59.57	Joey Croft (Hunts)	Sportcity	May 12
4	6:00.23	Cameron Wright (Kilb)	Bedford	Jun 17
5	6:01.32	Samuel Crick (Ton)	Milton Keynes	Jun 2
6	6:01.47	Joss Barber (B&B)	Hendon	Jul 29
7	6:01.78	Lewis Mills (B&B)	Bromley	May 21
8	6:03.62	Bede Pitcairn-Knowles (Ton)	Sportcity	May 12
9	6:04.47	Jamie MacKinnon (Cambus)	Aberdeen	Aug 19
10	6:04.88	Magnus Tait (Lass)	Aberdeen	Aug 19

110 METRES HURDLES

1	13.32/1.4	Jason Nicholson (Gate)	Tampere, FIN	Jul 11
2	13.49/0.0	Joshua Zeller (Brack)	Mannheim, GER	Jun 23
3	13.54/-0.1	Tade Ojora (WSEH)	Birmingham	Jul 14
4	13.63/1.3	Sam Bennett (Bas)	Birmingham	Jul 14
5	13.68/1.0	Ethan Akanni (Bexley)	Bedford	Jun 17
6	13.69/1.1	Tre Thomas (Cham)	Birmingham	Apr 29
7	13.83/1.3	Mayowa Osunsami (NEB)	Birmingham	Jul 14
8	14.00/1.1	Jack Sumners (Strat)	Bedford	Jun 17
9	14.11/1.1	Oliver Cresswell (Strat)	Bedford	Jun 17
10	14.27/-0.4	Tomos Slade (Swan)	Newport	Jun 24

400 METRES HURDLES

1	50.11	Alastair Chalmers (Guern)	Tampere, FIN	Jul 13
2	50.57	Alex Knibbs (Amber)	Mannheim, GER	Jun 24
3	51.69	Karl Johnson (NEB)	Birmingham	Jul 14
4	51.72	Seamus Derbyshire (Stoke)	Loughborough	May 20
5	52.14	Declan Gall (Dund H)	Bedford	May 7
6	52.53	Joshua Faulds (R&N)	Birmingham	Jul 14
7	52.56	Joe Fuggle (B&B)	Bedford	May 18
8	53.95	Jamie Lambert (Craw)	Birmingham	Jul 14
9	54.25	Ben Higgins (Cham)	Birmingham	Jul 14
10	54.72	Ellis Greatrex (Bir)	Hendon	Aug 4



Markhim Lonsdale (231)



HIGH JUMP

1	2.20 i	Joel Khan (Worc)	Sheffield	Feb 25
2	2.13 i	Thomas Hewes (Chelm)	Sheffield	Feb 25
3	2.10	Jack Norton (Ports)	Birmingham	Jul 14
4	2.07 i	Joshua Hewett (Liv H)	Loughborough	Feb 3
4	2.07 i	Toni Ademuwagun (TVH)	Sheffield	Feb 25
4	2.07	Kelechi Aguocha (B&B)	Liverpool	Aug 4
7	2.06 i	Harry Baker (Horsh BS)	Carshalton	Feb 17
8	2.04	Jack Turner (Exe)	Exeter	Jun 16
8	2.04	Kai Finch (Liv PS)	Birmingham	Jul 14
10	2.03 i	Kaya Walker (Shef/Dearn)	Loughborough	Apr 8
10	2.03	Chris Mackay (Giff N)	Swansea	Jul 25

POLE VAULT

1	4.93	Frankie Johnson (Bed C)	Sandy	Sep 29
2	4.76	Emmanuel Thomas (Croy)	Yeovil	May 5
3	4.75 i	Dylan Thomsson (Pit)	Tollcross Glasgow	Mar 17
4	4.60	Jack Harris (Lewes)	Bedford	Jun 9
4	4.60	Jake Watson (Tel)	Nuneaton	Jun 10
6	4.52	Caius Joseph (BMH)	Bedford	May 27
6	4.52	Andrew McFarlane (Ross C)	Aberdeen	Aug 19
8	4.45 i	Jacob Clark (Notts)	Loughborough	Dec 8
9	4.42 i	Shane Martin (B&A)	Cardiff	Jan 21
10	4.40 i	Ollie Thorne (Wells)	Sheffield	Feb 25
10	4.40	Nicolas Gerome (BMH)	Oyonnax, FRA	Jun 24

LONG JUMP

1	7.78/1.7	Shandell Taylor (Have)	Birmingham	Jul 13
2	7.35/1.4	Calum Henderson (Edin)	Bedford	Jun 16
3	7.34/1.8	Stephen MacKenzie (I'ness)	Grangemouth	Aug 4
4	7.33/0.7	Daniel Hopper (D&T)	Birmingham	Jul 13
5	7.31i	Alessandro Schenini (Giff N)	Emirates Arena	Jan 28
6	7.26/1.3	Jack Summers (Strat)	Birmingham	Jul 13
7	7.25/0.7	Sam Challis (WSEH)	Portsmouth	Jun 2

8	7.22/1.4	Henry Clarkson (Lass)	Aberdeen	Aug 19
9	7.18/1.5	Joel McFarlane (Centr)	Aberdeen	Aug 19
10	7.14i	Ceirion Hopkins (Neath)	Cardiff	Feb 10

TRIPLE JUMP

1	15.32/0.8	Wesley Matsuka-Williams (Norw)	Loughborough	May 20
2	15.24 i	Jude Bright-Davies (TVH)	Sheffield	Feb 18
3	15.21 i	Aidan Quinn (Shett)	Emirates Arena	Jan 28
4	15.20 i	Osaze Aghedo (Swan)	Uxbridge	Mar 11
5	14.85 i	Teepee Princewill (WSEH)	Sheffield	Feb 24
6	14.72 i	Emmanuel Odubanjo (Sale)	Sheffield	Feb 24
7	14.66 i	Henry Clarkson (Lass)	Emirates Arena	Mar 11
7	14.66/0.5	Joel Townley (Glouc)	Birmingham	Jul 14
9	14.60	Theo Fadayiro (NEB)	Chelmsford	May 12
10	14.49	Matthew Ingram (Liv PS)	Blackpool	Jun 9

SHOT

1	17.85	Daniel James Thomas (E'bone)	Birmingham	Jul 14
2	17.22	Nicholas Young (Sale)	Almada, POR	Jun 2
3	16.44	George Hyde (W Ches)	Portsmouth	Sep 16
4	15.28 i	Victor Adebisi (Chelm)	Lee Valley	Jan 27
5	15.14	Alex Hamling (R&N)	Bedford	Sep 9
6	15.02	Ben Hawkes (Worth)	Crawley	Jul 25
7	14.94	Jay Morse (Card)	Yate	May 12
7	14.94	Alfie Scopes (Ton)	Bedford	Jun 10
9	14.93	Oliver Massingham (Norw)	Swansea	Jul 25
10	14.92 i	Leo Rowley (Roth)	Sheffield	Feb 25

DISCUS

1	58.57	James Tomlinson (P'broke)	Almada, POR	Jun 2
2	57.39	Samuel Woodley (Herts P)	Horspath	Sep 1
3	52.90	Oliver Massingham (Norw)	Bedford	Jun 17
4	52.79	Alfie Scopes (Ton)	Bedford	Jun 17
5	51.57	Jay Morse (Card)	Cardiff	Apr 25

6	48.99	Chukwuemeka Osamoor (Hallam)	Cleckheaton	Jul 1
7	48.52	Reuben Vaughan (Croy)	Dartford	Aug 27
8	47.46	Dele Aladese (B&B)	Hendon	Jul 29
9	46.95	Ben Hawkes (Worth)	Bedford	Sep 9
10	46.18	Joe Martin (York)	Bedford	Jun 17

HAMMER

1	80.65	Jake Norris (WSEH)	Tampere, FIN	Jul 13
2	73.75	Bayley Campbell (WSEH)	Loughborough	Apr 22
3	71.55	Ben Hawkes (Worth)	Bedford	Jun 9
4	64.02	Sam Mace (Walton)	Bedford	Jun 16
5	63.25	Oliver Hewitt (Newb)	Bedford	Jun 16
6	61.64	Billy Prais-Singh (SB)	Bromley	May 27
7	61.10	James Lancaster (B&B)	Bromley	Jun 11
8	60.65	Andrew Costello (Kilb)	Carlisle	Jul 1
9	59.52	Jacob Roberts (Notts)	Loughborough	Apr 8
10	58.44	Oliver Graham (SB)	Bedford	Jun 9

JAVELIN

1	69.13	Tom Hewson (And)	Birmingham	Jul 13
2	69.00	Daniel Bainbridge (SB)	Bedford	Jun 16
3	65.29	Scott Staples (Craw)	Bromley	Apr 14
4	63.95	Edan Cole (B&H)	Horspath	Sep 1
5	63.53	Joss Foot (Orion)	Harrow	Aug 18
6	61.85	Adam Boyle (VPCG)	Bedford	Jun 16
7	59.46	Cameron Hale (B'mth)	Bournemouth	Aug 4
8	58.57	Don Baker (Ips)	Peterborough	Apr 29
9	57.98	Andrew McFarlane (Ross C)	Inverness	Jul 25
10	56.24	Luke Miller (ESM)	Perivale	May 20

DECATHLON

1	7257	Nicolas Gerome (BMH)	Oyonnax, FRA	Jun 24
2	7109	Caius Joseph (BMH)	Bedford	May 27
3	7038	Joel McFarlane (Centr)	Grangemouth	Jul 15
4	6808	Jack Turner (Exe)	Bedford	Sep 16
5	6544	Ollie Thorne (Wells)	Bedford	Sep 16
6	6512	Cal McLennan (Edin)	Grangemouth	Jul 15
7	6279	Matthew Chandler (Centr)	Grangemouth	Jul 15
8	6209	Toby Seal (Ton)	Bedford	Sep 16
9	6202	Cameron Hale (B'mth)	Yeovil	Jun 23
10	6169	Andrew McFarlane (Ross C)	Bedford	May 27



Tom Hewson

100 METRES

1	11.16/-0.1	Kristal Awuah (Herne H)	Berlin, GER	Sep 2
2	11.59/1.0	Alisha Rees (Edin)	Eton	Jun 2
3	11.65/0.3	Ebony Carr (Mil K)	Mannheim, GER	Jun 23
4	11.67/0.0	Georgina Adam (Linc W)	Geneva, SUI	Jun 9
5	11.74/0.3	Cassie-Ann Pemberton (Bir)	Bedford	Jun 16
6	11.76/0.6	Immanuela Aliu (B&B)	Bedford	Jun 16
7	11.76/1.8	Shamee Skervin (Notts)	Crawley	Jul 8
8	11.77/-1.5	Amber Anning (B&H)	Newham	May 6
9	11.77/2.0	Vera Chinedu (Camb H)	Bedford	Jun 16
10	11.81/0.6	Ellie Turner (M&M)	Bedford	Jun 16

200 METRES

1	23.37/0.7	Kristal Awuah (Herne H)	Uxbridge	Aug 8
2	23.44/0.4	Alisha Rees (Edin)	Mannheim, GER	Jun 24
3	23.46/-1.3	Georgina Adam (Linc W)	Birmingham	Jul 1
4	23.79/0.4	Amber Anning (B&H)	Gainesville, USA	Apr 13
5	23.98/0.6	Hannah Kelly (Bolt)	Eton	Jun 2
6	24.14/-0.3	Mair Edwards (BMH)	Birmingham	Jul 1
7	24.21/-1.5	Immanuela Aliu (B&B)	St. Peter Port	Jun 23
8	24.26i	Olivia Okoil (G&G)	Boston, USA	Feb 3
9	24.31/0.1	Cassie-Ann Pemberton (Bir)	Bedford	Jun 17
10	24.32/0.0	Lauren Roy (Lisb)	Belfast	Jun 24
10	24.32/-1.0	Shamee Skervin (Notts)	Leigh	Aug 5

400 METRES

1	53.67	Natasha Harrison (Stock H)	Birmingham	Jul 14
2	53.91	Maisey Snaith (C&C)	Birmingham	Jul 14
3	54.55 i	Amber Anning (B&H)	Sheffield	Feb 24
4	54.71 i	Emma Alderson (Liv H)	Birmingham	Feb 17
5	54.74	Ella Turner (Oxf C)	Birmingham	Jul 14
6	54.86	Yasmin Liverpool (Cov)	Swansea	Jul 25
7	54.92	Louise Evans (B&B)	Birmingham	Jul 14
8	55.01	Lauren Williams (Swan)	Cardiff	Jul 14
9	55.18	Phoebe Fenwick (Brack)	Birmingham	Jul 14
10	55.27	Georgina Adam (Linc W)	Derby	May 5



Charlotte Dannatt

800 METRES

1	2:03.20	Katy-Ann McDonald (B&B)	Tampere, FIN	Jul 11
2	2:04.00	Isabelle Boffey (E&H)	Loughborough	May 20
3	2:04.34	Khahisa Mhlanga (Chelm)	Loughborough	Jun 23
4	2:04.71	Francesca Brint (Sale)	Stretford	Aug 14
5	2:07.72	Erin Wallace (Giff N)	Crownpoint	Aug 21
6	2:08.60	Tamsin McGraw (Amber)	Birmingham	Jul 14
7	2:08.62	Anna Burt (Bath)	Street	May 5
8	2:08.95	Elise Thorne (Wells)	Street	May 5
9	2:09.05	Sarah Calvert (Living)	Livingston	Apr 18
10	2:09.25	Emma Alderson (Liv H)	Stretford	Aug 18

5000 METRES

1	16:46.43	Charlotte Dannatt (C'ley)	Milton Keynes	Aug 11
2	16:53.83	Ella Revitt (Edin)	Aarau, SUI	Sep 8
3	17:12.95	Anna Macfadyen (Forres)	Scotstoun	Jul 27
4	17:35.51	Laura Wilkinson (Linc W)	Milton Keynes	Aug 11
5	17:40.66	Niamh Brown (AFD)	Milton Keynes	Aug 11
6	17:51.07	Jessica Keene (B&B)	Bedford	May 7
7	17:55.32	Louisa Whittingham (Macc)	Sportcity	May 12
8	17:57.46	Nancy Scott (AFD)	Parliament Hill	Apr 4
9	18:02.92	Olivia Stones (Leigh)	Watford	May 26
10	18:25.8	Lucy Elms (B&B)	Catford	Sep 13

1500 METRES

1	4:14.80	Erin Wallace (Giff N)	Watford	May 26
2	4:17.49	Amelia Quirk (Brack)	Watford	May 26
3	4:17.51	Cari Hughes (Swan)	Stretford	Aug 18
4	4:17.79	Francesca Brint (Sale)	Stretford	Aug 18
5	4:20.92	Naomi Lang (A'deen)	Watford	May 26
6	4:20.96	Khahisa Mhlanga (Chelm)	Eltham	Jun 20
7	4:23.17	Eloise Walker (Edin)	Sportcity	May 12
8	4:26.94	Georgia Rothwell (York)	Watford	May 26
9	4:27.29	Alexandra Brown (Herne H)	Street	May 5
10	4:27.74	Chloe Sharp (Central P)	Eltham	Jul 7
10	4:27.74	Sarah Calvert (Living)	Livingston	Jul 18

10,000 METRES

1	35:32.54	Ella Revitt (Edin)	Sportcity	Aug 15
2	36:44.76	Louisa Whittingham (Macc)	Loughborough	Apr 28
3	39:14.30	Lottie Rowedder (Herts P)	Sandy	Jul 5
4	39:18.85	Clare Stewart (Banc)	Aberdeen	Jun 13

1500 METRES STEEPLECHASE

1	4:51.44	Elise Thorne (Wells)	Birmingham	Jul 14
2	4:52.33	Maisie Grice (AFD)	Birmingham	Jul 14
3	4:53.56	Yasmin Austridge (B&B)	Reading	Apr 29
4	5:01.79	Kosana Weir (TVH)	Milton Keynes	Jun 2
5	5:02.79	Ambra Owens (Newk)	Birmingham	Jul 14
6	5:03.82	Meg Ormond (WSEH)	Birmingham	Jul 14
7	5:05.41	Sarah Tait (Lass)	Liverpool	May 27
8	5:06.75	Alex Barbour (WSEH)	Eton	Jul 1
9	5:07.07	Zoe Tompkins (Herne H)	Birmingham	Jul 14
10	5:09.60	Amber Scott (Mans)	Milton Keynes	Jun 2

3000 METRES

1	9:11.20	Amelia Quirk (Brack)	Loughborough	May 20
2	9:23.07	Julia Paternain (C&C)	Birmingham University	Jun 23
3	9:25.17	Cari Hughes (Swan)	Stretford	Aug 28
4	9:26.45	Charlotte Dannatt (C'ley)	Milton Keynes	Jun 2
5	9:28.50	Eloise Walker (Edin)	Grangemouth	Aug 4
6	9:34.03	Naomi Lang (A'deen)	Scotstoun	Jun 1
7	9:36.12	Kiara Frizelle (Card)	Street	May 5
8	9:36.39	Chloe Sharp (Central P)	Loughborough	May 20
9	9:37.25	Tiffany Penfold (Cope)	Stretford	Jul 24
10	9:38.60	Khahisa Mhlanga (Chelm)	Watford	Apr 4

100 METRES HURDLES

1	13.69/-0.6	Isabella Hilditch (B&B)	Birmingham	Jun 30
2	13.75/0.8	Anastasia Davies (B&B)	Bedford	Jun 17
3	13.76/0.5	Niamh Emerson (Amber)	Tampere, FIN	Jul 12
4	13.85/1.7	Isabel Wakefield (Harrow)	Bedford	Jun 17
5	14.04/0.5	Jade O'Dowda (Oxf C)	Tampere, FIN	Jul 12
6	14.17/0.6	Holly McArthur (Edin)	Gold Coast, AUS	Apr 12

Kristal Awuah (5)



7	14.19/0.2	Emily Russell (Harrow)	Loughborough	May 20
8	14.22/1.7	Anya Bates (Bir)	Bedford	Jun 17
9	14.26/1.7	Amy Pye (C&S)	Bedford	Jun 17
10	14.27/1.4	Jenna Blundell (Bath)	Bedford	Sep 15

400 METRES HURDLES

1	58.09	Lauren Williams (Swan)	Berlin, GER	Aug 5
2	59.58	Orla Brothers (Craw)	Loughborough	May 20
3	60.91	Marcey Winter (WSEH)	Swansea	Jul 25
4	60.92	Emily Craig (Edin)	Bedford	Jun 17
5	61.33	Havana Allistone-Greaves (Unatt)	Gijón, ESP	Jun 24
6	61.80	Louise Robinson (Bir)	Birmingham	Jul 14
7	62.1	Jessica Lambert (Craw)	Kingston	May 27

Niamh Emerson (1828)



8	62.54	Lana Culliford (Card)	Cardiff	Jun 2
9	62.96	Meg McHugh (Sale)	Birmingham	Jul 14
10	63.39	Anna Croft (WSEH)	Bromley	May 27

HIGH JUMP

1	1.89	Niamh Emerson (Amber)	Tampere, FIN	Jul 12
2	1.84	Abby Ward (Wake)	Sportcity	Jun 10
3	1.81 i	Ada'ora Chigbo (N Som)	Albuquerque, USA	Feb 23
3	1.81	Emily Race (Works)	Birmingham	Jul 13
5	1.80 i	Amaya Scott (Soton)	Lee Valley	Jan 14
6	1.79	Rebecca Hawkins (Bexley)	Erith	May 27
7	1.78	Amelia Bateman (Gate)	Birmingham	Jul 13
8	1.75 i	Lillie Franks (Craw)	Lee Valley	Jan 14
8	1.75	Olivia Dobson (Exe)	Exeter	Jun 16
8	1.75	Natasha Smith (Stroud)	Birmingham	Jul 13
8	1.75	Ashleigh West (M&M)	Birmingham	Jul 13

POLE VAULT

1	4.53	Molly Caudery (Com)	Mannheim, GER	Jun 23
2	3.93	Felicia Miloro (SinA)	Loughborough	Jun 6
3	3.90	Natasha Purchas (Craw)	Bedford	Jun 10
3	3.90	Ellen McCartney (List)	Sportcity	Aug 15
5	3.80	Victoria Barlow (Sale)	Birmingham	Jul 13
6	3.72 i	Claudia Bakes (Darl)	Cardiff	Jan 21
7	3.70 i	Daisy Barnes (Notts)	Loughborough	Feb 3
7	3.70	Megan Griffiths (Card)	Cardiff	Jun 2
9	3.62 i	Alexa Eichelmann (SB)	Cardiff	Jan 21
9	3.62	Imogen Smith (Bir)	Stoke	Aug 29

LONG JUMP

1	6.41/1.6	Niamh Emerson (Amber)	Birmingham	Jul 1
2	6.39/1.4	Lucy Hadaway (York)	Sportcity	Jul 28
3	6.38/0.0	Josie Oliarnyk (Hale)	Birmingham	Jul 1
4	6.24/1.3	Jade O'Dowda (Oxf C)	Bedford	Jun 17
5	6.23i	Holly Mills (And)	Sheffield	Feb 24
6	6.20/1.0	Eleanor Broome (R&N)	Bedford	May 6
7	5.98/	Grace Bower (Sale)	Bury	May 12
8	5.89/0.0	Jenna Blundell (Bath)	Bedford	Sep 16
9	5.83/	Anya Bates (Bir)	Nottingham	May 27
10	5.80i	Nicole Parcell (E&H)	Lee Valley	Jan 14
10	5.80/	Emily Thomas (Card Arch)	Swansea	Apr 8

TRIPLE JUMP

1	12.83	Abazz Shayaam-Smith (Bir)	Birmingham	Jul 13
2	12.57	Jade Oni (B&B)	Eton	Jul 1
3	12.55	Adelaide Omitowoju (C&C)	Birmingham	Jul 13
4	12.46i	Claudimira Landim (VP&TH)	Lee Valley	Jan 28

5	12.40	Mayi Hughes (Have)	Birmingham	Jul 13
6	12.21	Eloise Harvey (Dartf)	Ashford	May 12
7	12.15/0.2	Holly Smith (Liv H)	Swansea	Jul 25
8	11.84i	Alex Burns (Helen)	Emirates Arena	Mar 11
9	11.82/1.4	Macey Jones (Swan)	Newport	Jun 23
10	11.78	Mary Adeniji (B&B)	Eton	Aug 18

SHOT

1	15.09	Sarah Omoregie (Card)	Leiria, POR	Mar 10
2	13.98	Gaia Osborne (Ports)	Bedford	Jun 16
3	13.87 i	Serena Vincent (Ports)	Lee Valley	Dec 5
4	13.84	Hannah Molyneaux (Shef/Dearn)	Boston	May 13
5	13.68 i	Amaya Scott (Soton)	Lee Valley	Dec 5
6	13.49	Rhea Southcott (Leeds C)	Loughborough	May 30
7	12.86	Heather Cabbage (Ports)	Portsmouth	May 12
8	12.85	Emma Dakin ((RoTh))	Loughborough	Aug 25
9	12.78	Olivia Dobson (Exe)	Exeter	Jun 9
10	12.70	Bronte Jones (Shef/Dearn)	Bedford	Jun 16

DISCUS

1	46.59	Heather Cabbage (Ports)	Sportcity	Aug 15
2	45.55	Danielle Broom (B'mth)	Horspath	Sep 1
3	43.99	Luisa Chantler Edmond (Rad)	Loughborough	Feb 25
4	41.74	Emma Botham (C'field)	Sheffield	May 27
5	41.34	Tait Jones (SB)	Birmingham	Jul 14
6	41.21	Chloe Jones (Glouc)	Gloucester	Sep 9
7	41.10	Jessica Emery (SB)	Watford	May 13
8	40.82	Georgia Kyle (Blay)	Gateshead	Jun 16
9	40.80	Bronte Jones (Shef/Dearn)	Cudworth	May 13
10	40.73	Denisa Mihalcea (Harrow)	Leigh	Aug 5

HAMMER

1	59.63	Katie Head (NEB)	Horspath	Sep 1
2	59.35	Alice Barnsdale (Linc W)	Orlando, USA	Mar 16
3	57.50	Danielle Broom (B'mth)	Bournemouth	Jun 9
4	56.95	Amber Simpson (Dees)	Loughborough	May 20
5	56.86	Anna Purchase (Notts)	Nottingham	May 27
6	56.47	Olivia Stevenson (Kuh)	Birmingham	Jul 14
7	56.34	Tara Simpson-Sullivan (Wig D)	Carlisle	May 12
8	54.63	Charlotte Payne (Newb)	Swindon	Oct 13
9	54.12	Charlotte Williams (B'bun)	Hull	Oct 13
10	53.77	Candy Lockett (Bir)	Eton, USA	Apr 14

JAVELIN

1	51.18	Bethan Rees (C&S)	Loughborough	May 28
2	49.94	Bekah Walton (B&B)	Bedford	Sep 9
3	44.86	Emma Howe (W Ches)	Birmingham	Jul 13
4	44.66	Denisa Mihalcea (Harrow)	Harrow	Aug 18
5	43.95	Niamh Emerson (Amber)	Birmingham	Jul 1
6	43.93	Emily Dibble (Mend)	Exeter	Jun 16
7	43.71	Leah Hillman (Pend)	Bedford	Jun 16
8	43.03	Gaia Osborne (Ports)	Bedford	Jun 16
9	42.78	Charlotte West (Read)	Birmingham	Jul 13
10	42.59	Zoe Kidney (Pend)	Blackpool	Sep 9

HEPTATHLON

1	6253	Niamh Emerson (Amber)	Tampere, FIN	Jul 13
2	5660	Jade O'Dowda (Oxf C)	Tampere, FIN	Jul 13
3	5381	Holly McArthur (Edin)	Gold Coast, AUS	Apr 13
4	5283	Grace Bower (Sale)	Bedford	May 27
5	5223	Olivia Dobson (Exe)	Yeovil	Jun 23
6	5123	Natasha Smith (Bir)	Bedford	Sep 16
7	5055	Emily Race (Works)	Bedford	Sep 16
8	5014	Jenna Blundell (Bath)	Bedford	Sep 16
9	4738	Ashleigh Spiliopoulou (E&H)	Florence, ITA	Apr 28
10	4727	Alix Still (A'deen)	Greensboro, USA	Jun 16
10	4727	Olivia Jones (Bir)	Yeovil	Jun 23

100 METRES

1	10.79/-1.0	Destiny Ogali (D&T)	Birmingham	Jul 13
2	10.82/1.6	Joshua Oshunrinde (M&M)	Ashford	Jun 9
3	10.84/1.1	Zachary Price (Menai)	Cardiff	Jun 20
4	10.85/-0.3	William Andoh (E&H)	Chelmsford	Jun 2
5	10.86/1.1	Dominic Ogbechie (High)	Newham	May 6
6	10.87/-0.5	Toby Makoyawo (Wat)	Hemel Hempstead	Jun 9
7	10.87/1.6	Henry Nwoke (Liv H)	Bedford	Aug 25
8	10.90/0.9	Anton Bachorski (Ton)	Bedford	Jul 7
9	10.90/0.0	Daniel Cartwright (Tam)	Wolverhampton	May 12
10	10.91/-0.4	Harry Handsaker (Burt)	Birmingham	Jun 16

200 METRES

1	21.70/0.0	Ben Pattison (BMH)	Nuneaton	Jun 2
1	21.70/0.4	Dominic Ogbechie (High)	Grangemouth	Jul 21
3	21.77/	Jak Mensah (Houns)	Hendon	Jun 9
4	21.83/0.9	Derrek Kinlock (Croy)	Kingston	Jun 9
5	21.84/1.3	Evan Blackman (Corby)	Loughborough	Sep 1
6	21.89/0.1	Zachary Price (Menai)	Cardiff	Jul 7
7	21.97/0.7	Ethan Wiltshire (Mil K)	Birmingham	Jul 13
8	22.03/-0.2	Jacob Spencer (Tam)	Birmingham	Jul 14
9	22.09/0.1	Destiny Ogali (D&T)	Hemel Hempstead	Jun 9
10	22.12/1.6	Craig Strachan (Banc)	Grangemouth	May 13
10	22.12/-0.3	Bailey Swift (R&N)	Birmingham	Jul 14

400 METRES

1	47.11	Ben Pattison (BMH)	Loughborough	May 20
2	48.85	Oliver Briars (B&B)	Lee Valley	Aug 12
3	48.88	Joshua Pearson (WSEH)	Reading	Apr 29
4	49.02	Moyo Sargent (E'bne)	Crawley	May 13
5	49.2	Stewart Greenhalgh (B&R)	Solihull	Jul 1
6	49.45 i	Isaac Rushworth (Shef/Dearn)	Sheffield	Feb 24
7	49.46	Max Leslie (Edin)	Grangemouth	Jul 21
8	49.6	Evan Blackman (Corby)	Corby	May 13
9	49.66 i	Aidan Brady (Living)	Emirates Arena	Mar 10
10	49.70	William Doyle (Pit)	Grangemouth	Aug 4

800 METRES

1	1:47.36	Max Burgin (Hal)	Gyor, HUN	Jul 8
2	1:52.21	Kane Elliott (Falk)	Scotstoun	Jun 1
3	1:52.44	Ethan Hussey (Leeds C)	Stretford	Jun 12
4	1:52.46	Jack Higgins (Bexley)	Eltham	Aug 15
5	1:52.7	Daniel Joyce (Tyne)	Darlington	Aug 4
6	1:53.44	Joe Ewing (Edin)	Loughborough	Jun 23
7	1:53.63	Oliver Carvell (B'nth)	Birmingham	Jun 16
8	1:53.81	Joe Smith (Craw)	Nuneaton	Jun 2
9	1:53.89	Daniel Howells (AFD)	Crawley	Jun 16
10	1:54.22	Oliver Lill (Bas)	Eltham	Jun 20

1500 METRES

1	3:46.84	Kane Elliott (Falk)	Trafford	Jun 12
2	3:47.70	Max Burgin (Hal)	Trafford	Jul 24
3	3:50.37	Ethan Hussey (Leeds C)	Leeds	Aug 2
4	3:53.04	Luke Van Oudtshoorn (AFD)	Watford	May 2
5	3:53.58	Joe Smith (Craw)	Brighton	May 30
6	3:53.88	Matthew Stonier (Inv EK)	Loughborough	Jun 23
7	3:55.47	Henry McLuckie (IoW)	Milton Keynes	Jun 2
8	3:55.82	Joe Ewing (Edin)	Chester le Street	Jul 9
9	3:56.25	Oliver Lill (Bas)	Eltham	May 23
10	3:56.96	Will Bellamy (H&P)	Chester le Street	Jul 9

3000 METRES

1	8:15.02	Mohamed Ali (ESM)	Wimbledon	Aug 1
2	8:22.78	Luke Van Oudtshoorn (AFD)	Kingston	May 13
3	8:29.36	Ethan Hussey (Leeds C)	Leeds	Apr 30
4	8:30.35	Henry McLuckie (IoW)	Street	May 5
5	8:33.48	Samuel Charlton (Walls)	Scotstoun	Jun 1
6	8:37.44	Will Barnicoat (AFD)	Watford	May 2
7	8:40.79	Charlie Brisley (Inv EK)	Crawley	Jun 16
8	8:41.13	Jack Patton (Kilb)	Crownpoint	Aug 21
9	8:43.09	Joshua Dickinson (York)	Leeds	Apr 30
10	8:46.44	James Kingston (Ton)	Brighton	May 30

1500 METRES STEEPLECHASE

1	4:21.31	Kristian Imroth (SB)	Birmingham	Jul 14
2	4:23.22	Conall McGinness (Hunts)	Birmingham	Jul 14
3	4:23.33	Archie May (Dartf)	Lee Valley	Jul 8
4	4:30.16	Benjamin Gardiner (B&B)	Ashford	Jun 9
5	4:32.81	Jordan Jones (Warr)	Birmingham	Jul 14
6	4:33.81	Ben Hope (R&N)	Milton Keynes	Jun 2
7	4:33.86	Chris Bain (Guern)	Milton Keynes	Jun 2
8	4:34.27	Hugo Hewitt (Craw)	Carshalton	Sep 8
9	4:35.44	Tomos Rees (Carm)	Grangemouth	Jul 21
10	4:35.52	Ben Marks (Walton)	Crawley	Jun 16

100 METRES HURDLES

1	12.83/1.7	Jordan Ricketts (Bir)	Nuneaton	Aug 11
2	13.01/0.7	Joseph Harding (Bas)	Birmingham	Jul 14
3	13.02/0.0	Daniel Knight (E&H)	Bedford	Aug 26
4	13.33/1.5	Rico Cottell (B&B)	Bromley	May 27
5	13.35/-0.2	Jami Schlueter (Yeov O)	Bedford	Sep 16
6	13.38/0.0	Elliott Harris (SSH)	Bedford	Aug 26
7	13.4/	Owen Heard (Harrow)	Eton	Aug 5
8	13.47/-0.2	Oliver Dakin (C'field)	Birmingham	Jun 16
9	13.50/0.0	Adam Booth (Poole)	Sportcity	Aug 5
10	13.5/	Tom Beale (Berk Sch)	Reading	Jun 9

400 METRES HURDLES

1	54.11	Oscar Heaney Brufal (B&B)	Bromley	May 27
2	54.87	Freddie Reilly (SNH)	Birmingham	Jul 14
3	55.34	Adam Rowlands (Harrow)	Grangemouth	Jul 21
4	55.75	Ben Blake (M&M)	Crawley	Jun 16
5	55.82	William Lloyd (P'broke)	Cardiff	Jul 7



Ben Pattison (33)

GARY MITCHELL

HIGH JUMP

1	2.22 i	Dominic Ogbechie (High)	Sheffield	Feb 24
2	2.12 i	Sam Brereton (N&P)	Cardiff	Dec 2
3	2.07	Jack Ennis (Croy)	Kingston	May 13
4	2.03	Murray Fotheringham (Giff N)	Aberdeen	Aug 18
5	2.02	Harrison Thorne (B&B)	Bedford	Aug 25
6	2.00 i	Harry Rienecker-Found (B&H)	Carshalton	Feb 17
7	1.99	Charlie Knott (C&C)	Bedford	Aug 25
7	1.99	Angus Davren (I'ness)	Bedford	Aug 25
9	1.96	Jerome Henry (NEB)	Woodford	Jun 12
10	1.95	Pedro Gleadall (B&B)	Sportcity	Aug 4
10	1.95	Harun Knight (Brad A)	Selangor, MAS	Mar 11
10	1.95	Owen Southern (Liv PS)	Bebington	Jun 9
10	1.95	Troy McConville (N Down)	Dublin (S), IRL	Jun 23
10	1.95	Rowan Austin (Taun)	Exeter	Jul 22
10	1.95	Max Thomas (Exe)	Braunton	Aug 5
10	1.95	Oliver Joint (Brack)	Eton	Aug 5

POLE VAULT

1	4.70	Jacob Clark (Notts)	Cheltenham	Jul 8
2	4.52	Scott Brindley (N Ayr)	Bedford	May 27
3	4.45	Owen Heard (Harrow)	Eton	Jul 1



Dominic Ogbechie

GETTY IMAGES FOR THE IAAF

4	4.42 i	Dylan Baines (SNH)	Cardiff	Jan 21
5	4.40	Pedro Gleadall (B&B)	Castellon, ESP	Sep 15
6	4.35	Reuben Nairne (Glas C)	Grangemouth	Aug 11
7	4.31	Mark Mellor (Card Arch)	Grangemouth	Jul 21
8	4.17	Callum Newby (Edin)	Sportcity	Aug 5
9	4.15	Sam Tremelling (Chelm)	Peterborough	Aug 5
10	4.13 i	Glen Quayle (Nthn, IOM)	Sportcity	Jan 27

LONG JUMP

1	7.53i	Dominic Ogbechie (High)	Sheffield	Feb 25
2	7.07/0.4	Murray Fotheringham (Giff N)	Loughborough	Aug 31
3	7.05/1.8	Theo Adesina (Thurr)	Grangemouth	Jul 21
4	7.03/	Jami Schlueter (Yeov O)	Birmingham	Jul 14
5	6.96/1.0	Scott Brindley (N Ayr)	Grangemouth	Jun 9
6	6.90/	Adam Lindo (Craw)	Birmingham	Jul 14
7	6.87i	Archie Yeo (Scun)	Sheffield	Feb 25
8	6.83/	Joseph Harding (Bas)	Chelmsford	May 12
9	6.81/0.7	Josh Woods (D&T)	Bromley	May 27
10	6.81/1.1	Daniel Murathodzic (Card Arch)	Grangemouth	Jul 21

TRIPLE JUMP

1	14.43/0.5	Archie Yeo (Scun)	Bedford	Aug 25
2	14.39i	Miraji Ahmed (Glas Sc Sp)	Emirates Arena	Feb 7
3	14.37	Josh Woods (D&T)	Birmingham	Jul 13
4	14.03i	Bera Ajala (Edin)	Emirates Arena	Feb 7
5	13.99	Deshawn Lascelles (C&C)	Bury St Edmunds	Sep 8

6	13.98	Clement Williams (Bas)	Southend	Aug 27
7	13.93	Renaldo Smith (Bed Sch)	Birmingham	Jul 13
8	13.86	Kenan Stephens (SB)	Hendon	Aug 5
9	13.77	Oyare Aneju (Rad)	Birmingham	Jul 13
10	13.63	Ethan Stephenson (Morp)	Gateshead	Jun 16

SHOT

1	19.45	Lewis Byng (Strat)	Bedford	Aug 25
2	17.48	Andrew Knight (Morp)	Gateshead	Aug 8
3	16.35	Joshua Wise (Soton)	Loughborough	Sep 1
4	15.66	Josh Tyler (Exe)	Bedford	Aug 25
5	15.60	Joshua Douglas (Soton)	Southampton	Jul 1
6	15.02	Ruben Banks (WSEH)	Eton	Jul 1
7	14.90	Kye Charlton Brown (Bed C)	Hendon	Jul 8
8	14.74	Chris Dyrnishi (R&N)	Bedford	Sep 9
9	14.65	Shaun Kerry (KuH)	Bedford	Aug 25
10	14.44	Thomas Litchfield (Bed C)	Peterborough	Jun 30

DISCUS

1	55.97	Joshua Douglas (Soton)	Bedford	Aug 25
2	50.77	Aran Thomas (Wake)	Cleckheaton	Aug 19
3	48.30	Harry Davies (Neath)	Cardiff	May 15
4	48.08	Joe Lancaster (Barr)	Litherland	Jun 30
5	47.46	Dominic Buckland (SNH)	Lee Valley	Aug 11
6	46.41	James Wordsworth (NSP)	Jarrow	Jul 25
7	45.98	Adam Phillips (B'mth)	Exeter	Jun 16
8	45.35	Ben Copley (KuH)	York	Jun 9
9	44.35	Oliver Thatcher (Soton)	Basingstoke	Jun 9
10	44.25	Aaron Worgan (Com)	Exeter	Jun 16

HAMMER

1	69.94	Kenneth Ikeji (Bas)	Bedford	Aug 26
2	68.75	Sam Gaskell (B'burn)	Birmingham	Jul 13
3	68.31	Shaun Kerry (KuH)	Loughborough	Aug 31
4	62.58	Jack Lambert K&S	Bedford	Aug 26
5	60.80	Ruben Banks (WSEH)	Sarasota, USA	Apr 24
6	60.63	James Ericsson-Nicholls (Mil K)	Lee Valley	Jul 8
7	59.63	Alex Bernstein (Prest)	Liverpool	Aug 12
8	59.31	Jack Turner (C&S)	Wrexham	Sep 30
9	59.27	Sam Illsley (Worth)	Lee Valley	Jul 8
10	58.98	Thomas Litchfield (Bed C)	Bedford	Aug 26

JAVELIN

1	75.30	Max Law (Have)	Gyor, HUN	Jul 7
2	61.29	Pedro Gleadall (B&B)	Bromley	May 27
3	60.39	Jess Walker (Bas)	Lee Valley	Aug 12
4	60.00	Bradley Jenvey (Soton)	Bedford	Sep 15
5	59.86	Thomas Holmes (Marl J)	Exeter	Jun 16
6	59.76	Tom Dollery (Taun)	Birmingham	Jul 14
7	58.75	Lewis Byng (Strat)	Bedford	Aug 26
8	58.50	Luke Robinson (York)	Liverpool	Aug 12
9	57.21	Aran Thomas (Wake)	Middlesbrough	Sep 2
10	56.53	Kody Johnson (Banb)	Kettering	Sep 29

OCTATHLON

1	5481	Rory Howorth (Bath)	Bedford	Sep 16
2	5280	Pedro Gleadall (B&B)	Sportcity	Aug 5
3	4993	Philip Kastner (Walton)	Sportcity	Aug 5
4	4981	Jami Schlueter (Yeov O)	Bedford	Sep 16
5	4891	Bradley Jenvey (Soton)	Bedford	Sep 16
6	4890	Harrison Thorne (B&B)	Bedford	Sep 16
7	4889	Theo Adesina (Thurr)	Bedford	Sep 16
8	4886	Stuart Bladon (Team K)	Ashford	Jun 23
9	4859	Luke Cressey (Exe)	Yeovil	Jun 23
10	4716	Ben Hughes (Wig D)	Sportcity	Aug 5



Kenneth Ikeji

100 METRES

1	11.56/2.0	Amy Hunt (Charn)	Bedford	Aug 25
2	11.84/1.9	Trinity Powell (Manc H)	Birmingham	Jul 13
3	12.0	Skye Wicks (HAWC)	Hemel Hempstead	Jun 3
4	12.05/0.1	Tia Jackson (B&W)	Exeter	Jun 16
5	12.07/1.1	Nayanna Dubarry-Gay (VP&TH)	Grangemouth	Jul 21
6	12.08/0.3	Leah Duncan (Brain)	Chelmsford	Jun 9
7	12.1/2.0	Indiana Malik (Notts)	Nottingham	May 27
8	12.11/1.1	Ayoola Babalola (WSEH)	Grangemouth	Jul 21
9	12.13/1.3	Aleeya Sibbons (NEB)	Lee Valley	Jun 6
10	12.13/2.0	Abigail Pawlett (Stock H)	Bedford	Aug 25

200 METRES

1	23.90/-1.3	Kiah Dubarry-Gay (VP&TH)	Birmingham	Jul 14
2	24.26/0.5	Hannah Foster (SB)	Bedford	Jun 9
3	24.39/-1.3	Kayla Bowley (Croy)	Birmingham	Jul 14
4	24.45/-1.3	Skye Wicks (HAWC)	Birmingham	Jul 14
5	24.5	Kaliyah Young (Dartf)	Dartford	Aug 18
6	24.55/-1.6	Amy Hunt (Charn)	Loughborough	Apr 8
7	24.59/0.5	Holly Mpassy (B&B)	Bromley	Jun 23
8	24.64i	Alicia Regis (E&H)	Sheffield	Feb 25
9	24.68/-1.6	Caitlyn Mapps (Card Arch)	Cardiff	Jul 14
10	24.74/-1.0	Acacia Williams-Hewitt (Hallam)	Birmingham	Jul 14

300 METRES

1	38.46	Hannah Foster (SB)	Bedford	Aug 25
2	38.68	Holly Mpassy (B&B)	Crawley	Jun 16
3	39.26	Cedelle Agyei-Kyem (Walton)	Birmingham	Jul 13
4	39.56 i	Orla Brennan (WSEH)	Sheffield	Feb 25
5	39.77	Rachel McCann (N Down)	Dublin (S), IRL	Jun 23
6	39.82	Caitlyn Mapps (Card Arch)	Swansea	Jun 10
7	39.84	Madeleine Whapples (SSH)	Birmingham	Jul 14
8	40.00	Emily Miller (VPCG)	Grangemouth	Jun 8
9	40.0	Gemma Jones (Corby)	Nottingham	May 27
10	40.11	Katie Reville (Edin)	Liverpool	May 27



Kiah Dubarry-Gay (49)



Keely Hodgkinson (226)

800 METRES

1	2:04.26	Keely Hodgkinson (Leigh)	Watford	May 26
2	2:06.22	Emily Williams (Kett)	Loughborough	May 20
3	2:06.99	Isla Calvert (Living)	Trafford	Jun 12
4	2:09.32	Annie Testar (Stroud)	Watford	May 26
5	2:09.44	Charlotte Buckley (TVH)	Milton Keynes	Jun 2
6	2:09.78	Stephanie Moss (Sale)	Sportcity	May 12
7	2:09.79	Bethan Morley (Ilkley)	Stretford	Aug 18
8	2:10.48	Ellie Farrow (Ports)	Birmingham	Jul 14
9	2:10.82	Darcey Lonsdale (Prest)	Watford	May 26
10	2:11.03	India Pentland (Dar)	Eitham	Jul 7

1500 METRES

1	4:20.88	Emily Williams (Kett)	Sportcity	May 12
2	4:24.97	Ella McNiven (Liv H)	Stretford	Jun 26
3	4:28.91	India Pentland (Dar)	Jarrow	Jul 25
4	4:29.05	Keely Hodgkinson (Leigh)	Stretford	Apr 24
5	4:29.42	Charlotte Alexander (Herne H)	Watford	Jul 25
6	4:29.66	Ava White (B&B)	Street	May 5
7	4:30.50	Stephanie Moss (Sale)	Stretford	Aug 18
8	4:30.78	Olivia Mason (Bord H)	Stretford	Jun 12
9	4:30.86	Maya Todd McIntyre (Rush)	Loughborough	Jun 23
10	4:32.41	Lia Radius (SB)	Leeds	Aug 2

3000 METRES

1	9:37.21	Ella McNiven (Liv H)	Scotstoun	Jun 1
2	9:37.62	Charlotte Alexander (Herne H)	Wimbledon	Aug 1
3	9:51.63	Sian Heslop (Macc)	Bedford	Aug 25
4	9:51.90	Rosie Woodhams (Kend)	Bedford	Aug 25
5	9:54.32	Cera Gemmill (Tm E Loth)	Scotstoun	Jun 1
6	9:59.0	Abigail Durand (NNorfolk)	Norwich	May 13
7	10:02.42	Katie Goodge (Ton)	Birmingham	Jul 14
8	10:03.53	Lily-Jane Evans-Haggerty (VPCG)	Linwood	Jun 26
9	10:05.08	Ava White (B&B)	Reading	Apr 29
10	10:05.66	Yasmin Marghini (B&B)	Tooting Bec	Jul 18

1500 METRES STEEPLECHASE

1	4:59.18	Morgan Squibb (B&B)	Lee Valley	Aug 11
2	4:59.94	Amelia Wills (Brack)	Exeter	Jun 16
3	5:01.14	Maya Todd McIntyre (Rush)	Birmingham	Jul 14
4	5:02.31	Noemie Thomson (Ton)	Birmingham	Jul 14
5	5:08.90	Georgia Ledingham (Cors)	Grangemouth	Aug 4
6	5:10.51	Ffion Higginson (B'end)	Grangemouth	Aug 4
7	5:11.57	Holly Fisher (Ips)	Birmingham	Jul 14
8	5:13.61	Enya Maylor (Bath)	Newport	Jul 29
9	5:13.80	Poppy Pellow (Wells)	Exeter	Jun 16
10	5:14.11	Martha Collings (Woking)	Birmingham	Jul 14

80 METRES HURDLES

1	11.02/1.7	Emily Bee (Ply)	Grangemouth	Jul 21
2	11.12/-1.0	Marcia Sey (Croy)	Birmingham	Jul 14
3	11.20/1.7	Rebecca Johns (SinA)	Birmingham	Jul 13
4	11.22/1.6	Katie Bristowe (Craw)	Crawley	Jun 9
5	11.22/0.9	Grace Morgan (Card Arch)	Newport	Jun 24
6	11.33/0.5	Marli Jessop (D&T)	Lee Valley	Jul 8
7	11.34/1.3	Abigail Packham (Craw)	Birmingham	Jul 13
8	11.34/-0.9	Victoria Johnson (Charn)	Bedford	Aug 26
9	11.42/-0.8	Holly Lawrence (Bas)	Chelmsford	Jun 9
10	11.45/2.0	Samantha Harris (Ply)	Exeter	Jun 16
10	11.45/1.7	Caitlyn Mapps (Card Arch)	Grangemouth	Jul 21

300 METRES HURDLES

1	42.0	Jasmine Jolly (Prest)	Blackburn	May 13
2	43.40	Mia Chantree (Chelm)	Lee Valley	Jul 8
3	43.42	Melissa Coxon (Roth)	Birmingham	Jul 14
4	43.52	Poppy Oliver (Craw)	Birmingham	Jul 14
5	43.68	Steph Driscoll (Liv H)	Birmingham	Jul 14
6	43.70	Emily Misantoni (Stock H)	Birmingham	Jul 14
7	43.84	Hannah Foster (SB)	Bedford	Sep 9
8	44.35	Morgan Spink (Roth)	Birmingham	Jul 13
9	44.39	Alexia Bennett-Cordy (Tip)	Birmingham	Jun 16
10	44.69	Orla Brennan (WSEH)	Bracknell	Jun 3



GARY MITCHELL

HAMMER

1	63.89	Charlotte Payne (Newb)	Bedford	May 28
2	60.52	Kirsty Costello (Kilb)	Loughborough	Sep 1
3	60.30	Phoebe Baggott (W&B)	Bedford	Aug 26
4	57.41	Charlotte Williams (B'burn)	Bedford	Aug 26
5	55.97	Zoe Price (Liv H)	Grangemouth	Jul 21
6	55.78	Francesca Williams (WSEH)	Twickenham	Sep 30
7	55.48	Shannon Waldron (VPCG)	Grangemouth	Aug 12
8	54.74	Kirsty Finlay (Notts)	Bedford	Aug 26
9	54.11	Andreea Golban (WG&EL)	Chelmsford	Jun 9
10	53.69	Anna Merritt (Soton)	Portsmouth	May 12

JAVELIN

1	52.91	Bethany Moule (Neath)	Swansea	Apr 8
2	50.39	Keira Waddell (Edin)	Loughborough	Aug 31
3	48.07	Elizabeth Korczak (B&B)	Grangemouth	Jul 21
4	44.63	Lauren Farley (B&B)	Lee Valley	Aug 11
5	44.46	Millie Quaintance (Newb)	Loughborough	Aug 31
6	43.94	Lauren Foletti (Hallam)	Birmingham	Jul 13
7	43.85	Eleanor Butt (S'end)	Southend	Aug 27
8	43.64	Cristina Potter (SB)	Eton	Jul 1
9	43.41	Jennifer Morgan (Ips)	Lee Valley	Aug 11
10	43.12	Kirsty Costello (Kilb)	Grangemouth	Jul 21

HEPTATHLON

1	5127	Jessica Hopkins (Chelm)	Bedford	Sep 16
2	5109	Abigail Pawlett (Stock H)	Bedford	Sep 16
3	5103	Jodie Smith (WSEH)	Bedford	Sep 16
4	5065	Emily Bee (Ply)	Bedford	Sep 16
5	5047	Mia Chantree (Chelm)	Bedford	Sep 16
6	4879	Iris Oliarnyk (Hale)	Abingdon	Jun 23
7	4823	Hannah Barnden (Der)	Abingdon	Jun 23
8	4774	Hollie Thurgood (Ports)	Ashford	Jun 23
9	4617	Danielle Hopkins (Worc)	Bedford	Sep 16
10	4559	Emma Sherwood (D&S)	Abingdon	Jun 23

HIGH JUMP

1	1.79 i	Molly Hole (Satis)	Sheffield	Feb 25
1	1.79 i	Temi Ojora (WSEH)	Sheffield	Feb 25
3	1.75	Leonie Brunning (Bigg)	Birmingham	Jul 14
4	1.74	Mia Chantree (Chelm)	Sportcity	Aug 4
4	1.74	Abigail Pawlett (Stock H)	Bedford	Sep 15
6	1.73	Hannah Moat (Scun)	Hull	Jun 30
6	1.73	Carmen Neat (A'deen)	Grangemouth	Jul 21
8	1.72	Maya Jones (Taun)	Yeovil	Jun 9
9	1.71	Jodie Smith (WSEH)	Bedford	Sep 15
10	1.70	Merechi 'Shaka' Egbo (Herts P)	Eltham	Jun 20
10	1.70	Danielle Hopkins (Worc)	Worcester	May 12
10	1.70	Kara Onuiri (SB)	Bedford	Sep 9

TRIPLE JUMP

1	12.88/0.4	Lily Hulland (Nerja)	Málaga, ESP	Jun 30
2	12.58/1.6	Jazz Sears (SB)	Bedford	Jun 10
3	12.46/1.9	Ellie O'Hara (Edin)	Grangemouth	Jul 21
4	12.18/0.5	Iris Oliarnyk (Hale)	Birmingham	Jul 14
5	12.00/-1.6	Diane Mapamboli (VP&TH)	Lee Valley	Jul 8
6	11.78/0.3	Amelia Daley (Hill)	Birmingham	Jul 14
7	11.71	Holly Aitchison (Stock H)	Birmingham	Jun 16
8	11.65	Kelsey Sutherland (Worth)	Crawley	Jun 16
9	11.57/-0.8	Eleanor Brown (Norw)	Birmingham	Jul 14
10	11.55/0.8	Jasmine Hulland (Nerja)	Seville, ESP	Jun 2

SHOT

1	16.84	Serena Vincent (Ports)	Gyor, HUN	Jul 7
2	15.69	Nana Gyedu (Camb H)	Loughborough	Sep 1
3	14.43	Dara Adebayo (Harrow)	Bedford	Aug 25
4	14.15	Samantha Callaway (Soton)	Crawley	Jun 16
5	14.13	Jessica Hopkins (Chelm)	Sportcity	Aug 4
6	13.95	Teddy Tchoudja (Shett)	Grangemouth	Aug 4
7	13.83 i	Bekki Roche (WESPA)	Sheffield	Jan 14
8	13.68 i	Lily Naylor (Amber)	Sheffield	Jan 14
9	13.55	Iris Oliarnyk (Hale)	Abingdon	Jun 23
10	13.41	Kelsey Pearce (Mans)	Loughborough	Sep 1

DISCUS

1	45.40	Samantha Callaway (Soton)	Lee Valley	Aug 12
2	43.69	Taia Tunstall (Wat)	Birmingham	Jul 13
3	43.23	Charlotte Payne (Newb)	Basingstoke	Apr 7
4	40.18	Hannah MacAulay (B&B)	Ashford	Jun 9
5	39.74	Alice Baxendale (VPCG)	Bedford	Sep 9
6	38.01	Precious Hamilton (VP&TH)	Woodford	Jul 1
7	37.93	Anna Merritt (Soton)	Exeter	Jun 16
8	37.09	Kirsty-Anne Ebbage (Ton)	Crawley	Jun 16
9	36.68	Orla Manchester (C'ley)	Birmingham	Jul 13
10	35.61	Auguste Zakelyte (R&N)	Kettering	Sep 29

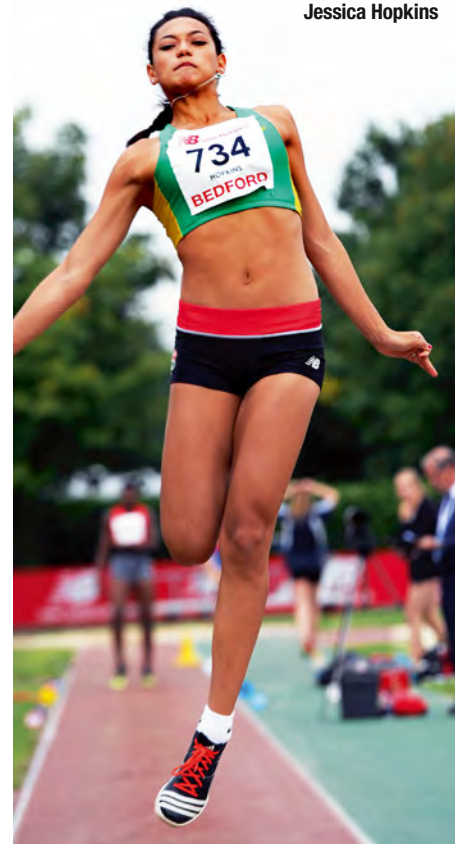
POLE VAULT

1	3.90	Jade Spencer-Smith (Harrow)	Loughborough	May 20
2	3.86	Sophie Ashurst (Sale)	Loughborough	Jul 25
3	3.61	Jasmine Carey (BWF)	Liverpool	Aug 12
4	3.53 i	Harriet Vaughan (Bury)	Sportcity	Jan 27
5	3.50 i	Lucy Allen (N&P)	Lee Valley	Jan 7
6	3.50	Amelia Shearman (BWF)	Leigh	Jul 7
7	3.50	Eleanor Barrett (B&B)	Bedford	Sep 9
8	3.45	Lois Warden (B&B)	Ashford	Jun 9
9	3.42 i	Molly Elliott (Birt)	Cardiff	Jan 21
10	3.35	Erin Thomas (Bexley)	Ashford	Jun 9

LONG JUMP

1	6.07/2.0	Cleo Martin-Evans (Dav)	Grangemouth	Jul 21
2	6.05/1.3	Funmiyi Olajide (Thurr)	Grangemouth	Jul 21
3	5.95/0.3	Ore Adamson (Herne H)	Bedford	May 28
4	5.91i	Molly Palmer (Charn)	Sheffield	Feb 24
5	5.89/0.6	Amy Lauren Rolfe (York)	Birmingham	Jul 13
6	5.89/0.0	Emily Tyrrell (N Dev)	Exeter	Jul 22
7	5.86	Mayong Tabe (M&M)	St. Albans	Aug 18
8	5.84i	Abigail Pawlett (Stock H)	Emirates Arena	Nov 3
9	5.76	Tia Jackson (B&W)	Nottingham	Aug 5
10	5.73	Temi Ojora (WSEH)	Milton Keynes	Jun 9

Jessica Hopkins



100 METRES

1	10.84/1.5	Graig Anya-Joseph (Bas)	Chelmsford	Jun 9
2	11.0	Marcus McLean (Sale)	Ellesmere Port	Jun 17
3	11.01/-1.4	Remi Jokosenumi (SB)	Lee Valley	Aug 12
4	11.1	George Sudderick (Walton)	Winchester	May 19
5	11.3	Amir Sultan-Edwards (B&B)	Tooting Bec	Jun 30
5	11.3	Stephen Baffour (Cov)	Abingdon	Jul 8
5	11.3	Prince Mulamba (Camb H)	Erith	Aug 5
8	11.33/-0.9	Mario Dobrescu (If)	Newham	Jun 24
9	11.39/1.6	Zachary Nwogwugwu (Ton)	Ashford	May 12
10	11.40/-0.7	Olutimilehin Esan (Craw)	Birmingham	Jul 14

200 METRES

1	22.00/1.9	Mario Dobrescu (If)	Newham	Jun 24
2	22.0	Amir Sultan-Edwards (B&B)	Tooting Bec	Jun 30
3	22.39	Remi Jokosenumi (SB)	Hendon	Jun 9
4	22.4	George Sudderick (Walton)	Winchester	May 19
5	22.4	Marcus McLean (Sale)	Ellesmere Port	Jun 17
6	22.7	Jacob Byfield (B&B)	Dartford	Jun 3
7	22.86/0.4	Evan Lloyd Jones (B'end)	Newport	Jun 24
8	22.87/0.2	Nathan Biggs (B&R)	Nuneaton	Aug 12
9	22.9	Graig Anya-Joseph (Bas)	Basildon	Jun 3
10	22.9	Ben Wallace (Wirr)	Ellesmere Port	Jun 17

300 METRES

1	34.81	Amir Sultan-Edwards (B&B)	Birmingham	Jul 14
2	35.12	George Sudderick (Walton)	Birmingham	Jul 14
3	35.31	Mario Dobrescu (If)	Finsbury Park	May 31
4	36.06	Joel Vernon (Hallam)	Birmingham	Jul 14
5	36.25	Ben Brinsdon (Bir)	Birmingham	Jul 13
6	36.29	Reuben Henry-Daire (Read)	Lee Valley	Aug 12
7	36.32	Charlie Carvell (B'nth)	Birmingham	Jul 13
8	36.36	Will Lovejoy (Here)	Cardiff	Jul 7
9	36.50	Alexander Poustie-Williamson (Edin)	Grangemouth	Jun 9
10	36.52	Samuel Shippey (Col H)	Birmingham	Jul 13



Graig Anya-Joseph (27)

800 METRES

1	1:59.10	Gilad Nachshen (SB)	Watford	Jun 13
2	1:59.75	Dylan McBride (Willow)	Belfast	Jun 26
3	1:59.81	Edward Henderson (AFD)	Watford	Aug 8
4	1:59.99	Jai Sispal (Leam)	Birmingham	Jul 14
5	2:00.10	Aaron Duncan (Lewes)	Brighton	May 30
6	2:00.67	Aidan Lynch (Sale)	Birmingham	Jul 14
7	2:00.88	Samuel Reardon (B&B)	Bromley	Aug 13
8	2:01.0	Jacob Reynolds (Card)	Cardmarthen	May 30
9	2:01.02	Lewis Watt (A'deen)	Scotstoun	Jun 1
10	2:01.64	Kyle Rabjohn (R&Z)	Birmingham	Jul 14

1500 METRES

1	4:07.15	Felix Vaughan (S Lon)	Coulsdon	Sep 5
2	4:09.35	Edward Henderson (AFD)	Watford	Jul 25
3	4:10.50	Jacob Reynolds (Card)	Cardiff	Jul 14
4	4:10.56	Thomas Archer (Lon Hth)	Watford	Jul 25
5	4:11.24	Mukhtar Musa (SB)	Watford	Sep 5
6	4:12.51	Dafydd Jones (Carm)	Cardiff	Jul 14
7	4:14.18	James Wardle (Rush)	Loughborough	Aug 1
8	4:14.66	Dylan McBride (Willow)	Belfast	Jun 9
9	4:15.23	Joseph Chamberlain (D&T)	Watford	Jul 25
10	4:15.66	Ross O'Brien (Giff N)	Livingston	Jul 18



Amir Sultan-Edwards

GARY MITCHELL

3000 METRES

1	9:07.28	Woody Jerome (AFD)	Watford	Jul 25
2	9:12.51	Ryan Martin (AFD)	Watford	May 30
3	9:14.81	James Wardle (Rush)	Bedford	Aug 25
4	9:16.06	Jacob Reynolds (Card)	Yate	May 23
5	9:16.61	Joshua Robins (Bir)	Tipton	Jul 17
6	9:17.57	Charlie Wagstaff (AFD)	Basingstoke	Jul 18
7	9:18.43	Adam Beer (L'nelli)	Swansea	Jul 25
8	9:20.12	Fraser Sproul (Kend)	Liverpool	Aug 12
9	9:20.39	Michael Gar (AFD)	Watford	Jun 27
10	9:20.96	Sam Smith (Wharfi)	Liverpool	Aug 12

80 METRES HURDLES

1	10.91/0.5	Freddie Fraser (Nene V)	Bedford	Aug 26
2	11.11/1.6	Oliver D'Rosario (Taun)	Bedford	Sep 15
3	11.12/1.7	Joseph Purbrick (Hunts)	Peterborough	Jun 30
4	11.15/1.7	Ruben Hedman (Brain)	Peterborough	Jun 30
5	11.17/0.6	Elliott Evans (Ports)	Birmingham	Jul 13
6	11.20/1.6	Oliver Early (Chelm)	Bedford	Sep 15
7	11.24/0.5	Toby Bishop (Have)	Bedford	Aug 26
8	11.32/1.6	Sam Sanusi (Have)	Bedford	Sep 15
9	11.37/0.6	Sebastian Wallace (Horsh BS)	Birmingham	Jul 13
10	11.46/1.9	Benjamin Verbickas (C&N)	Leigh	Jul 7

HIGH JUMP

1	1.99	David Bazuaye (VP&TH)	Horspath	Sep 1
2	1.90	Adam Robinson (And)	Horspath	Sep 1
3	1.84	Luke Ball (Yate)	Bath	May 19
3	1.84	Aaron Eweka (Have)	Birmingham	Jul 14



GARY MITCHELL

POLE VAULT

1	4.01	Lazarus Benjamin (Sale)	Bedford	Aug 25
2	3.91	Dan Dearden (Horsh BS)	Twickenham	Sep 30
3	3.75	William Foot (C'field)	Sheffield	Jun 20
3	3.75	Alfie Edwards (Wake)	Liverpool	Aug 12
5	3.71	Aidan Brindley (N Ayr)	Bedford	Aug 25
5	3.71 i	Barnaby Corry (B&B)	Carshalton	Sep 23
7	3.61 i	Thomas Todd (Nerja)	Antequera, ESP	Feb 17
8	3.54	William Trott (Swan)	Newport	Jun 23
9	3.51	Tim Penley (Mil K)	Bedford	Aug 25
9	3.51 i	Ori Bartle (Lewes)	Carshalton	Sep 23

LONG JUMP

1	6.90	Mario Dobrescu (If)	Barking	Jul 1
2	6.76/0.5	Jerel Livingston Traff	Birmingham	Jul 13
3	6.57	Adam Robinson (And)	Bournemouth	Sep 9
4	6.55	Sam Sanusi	Chelmsford	Jun 9
5	6.40	Damope Akinyemi (NEB)	Brentwood	May 23
6	6.39/0.7	Jack Fayers (Ips)	Birmingham	Jul 13
7	6.38 i	Alfie Bugg (York)	Sheffield	Feb 25
8	6.36	Oliver Early (Chelm)	Brentwood	May 23
8	6.36/0.9	Kyle Wilkinson (Elgin)	Bedford	Aug 25
10	6.31	Oliver D'Rozario (Taun)	Yeovil	Jun 23

TRIPLE JUMP

1	13.57/1.7	Aaron Ashmead-Shoye (NEB)	Birmingham	Jul 13
2	13.44	Joshua Ogunfolaju (Chelm)	Chelmsford	May 12
3	13.19	Jacob Byfield (B&B)	Ashford	Jun 9
4	12.87/-1.3	Oliver D'Rozario (Taun)	Bedford	Aug 26
5	12.79	Ethan Court (W&B)	Birmingham	Jun 16
6	12.76/1.2	Oliver Crawford (Berk Sch)	Birmingham	Jul 13
7	12.75/-0.6	Damope Akinyemi (NEB)	Bedford	Aug 26
8	12.73	Ayo Opaleye (Hunts)	Bury St Edmunds	Sep 16
9	12.41	Alex Tartelin (Berk Sch)	Basingstoke	Jun 6
9	12.41	Aran Yavuz (S'end)	Southend	Aug 27

SHOT

1	15.41	Jack Halpin (Gate)	York	May 7
2	14.47	Dillon Claydon (B&B)	Ashford	Jun 9
3	14.34	Rhys Allen (Soton)	Horspath	Sep 1
4	13.92	Levi Onipede (Kent Sch)	Ashford	Jun 9
5	13.82	Theo Bishop (Prest)	Blackpool	Aug 25
6	13.80	Graig Anya-Joseph (Col H)	Chelmsford	May 12
7	13.66	Jadiel Wahab (Serp)	Yeovil	Jun 9
8	13.62	Segae Ugbe (Mont)	Aberdeen	Aug 19
9	13.55	Zak Wall (Card Arch)	Bedford	Sep 8
10	13.44	Patrecee Bell (IoM Sch)	Birmingham	Jul 13

DISCUS

1	46.98	Dillon Claydon (B&B)	Crawley	Jun 16
2	45.26	Harry Booker (Team K)	Lee Valley	Aug 12
3	44.39	Rhys Allen (Soton)	Hornchurch	Jul 21
4	43.99	Tyler Pattison (Ports)	Horspath	Sep 1
5	41.89	Matthew Taylor (Liv H)	Sheffield	Jun 17
6	41.89	Cameron Try (Thet)	Peterborough	Jun 30
7	41.72	James Lupton (Prest)	Liverpool	Aug 11
8	41.63	James Rollo (I'ness)	Aberdeen	Aug 19
9	41.44	Joshua Schrijver (B&W)	Gloucester	Aug 12
10	41.12	Oliver Beach (Chich)	Birmingham	Jul 13

HAMMER

1	56.08	Jack Halpin (Gate)	Middlesbrough	Sep 2
2	50.40	Ben Ixer (S'end)	Birmingham	Jul 13
3	50.22	Owen Merrett (Yate)	Gloucester	Sep 9
4	47.87	Harry Ricketts (Swin)	Bedford	Aug 25
5	47.37	William Compton (FoD)	Birmingham	Jul 13



Jack Halpin

3	1.84	Kimani Jack (SB)	Hendon	Aug 5
6	1.83	Arthur Haines (B&H)	Brighton	Jun 29
7	1.82	Samuel Turnbull (Pit)	Aberdeen	Aug 19
8	1.81	Luca Michalowski (Charn)	Leicester	Jun 9
9	1.80	Damope Akinyemi (NEB)	Brentwood	May 23
9	1.80	Israel Bakare (Croy)	Crawley	Jun 16
9	1.80	Oliver D'Rozario (Taun)	Yeovil	Jun 23
9	1.80	Noor-Eldin Mahmoud (TVH)	Wormwood Scrubs	Jul 21
9	1.80	Oliver Early (Chelm)	Horspath	Sep 1
9	1.80	Sam Coupland (S'port W)	Litherland	Sep 1

Mario Dobrescu



6	46.55	George Harrison (Nene V)	Braintree	Aug 12
7	46.54	Chibueze Ogbonna (Esx Sch)	Birmingham	Jul 13
8	46.40	Matthew Heywood (B'burn)	Wigan	Sep 16
9	46.11	Harry Blake (M&M)	Bedford	Aug 25
10	46.04	Joe Adams (SNH)	Hemel Hempstead	Jun 9

JAVELIN

1	70.66	Benjamin East (Team K)	Swindon	Sep 16
2	61.25	Bradley James (Have)	Birmingham	Jul 14
3	52.23	Callum Taylor (Ports)	Portsmouth	Sep 16
4	50.76	Benjamin Hocking (SB)	Basildon	Jun 3
5	50.05	Luke Twigger (B&H)	Birmingham	Jul 14
6	50.00	Milan Trajkovic (E&H)	Birmingham	Jul 14
7	48.46	Ollie Wear (Strat)	Nottingham	Sep 8
8	47.35	Toby Jermyn (Ips)	Birmingham	Jul 14
9	47.24	Liam Cawley (Ports)	Bedford	Aug 25
10	46.82	Marley Saring (Har)	Birmingham	Jul 14

PENTATHLON

1	3058	Sam Sanusi (Have)	Bedford	Sep 15
2	3051	Oliver D'Rozario (Taun)	Yeovil	Jun 23
3	2944	Jai Sispaal (Leam)	Bedford	Sep 15
4	2889	Sammy Ball (Read)	Horspath	Jul 7
5	2883	Zak Wall (Card Arch)	Swansea	Jun 9
6	2875	Elliott Evans (Ports)	Ashford	Jun 23
7	2827	Oliver Early (Chelm)	Brentwood	May 23
8	2825	Orefoelowa Adepegba (Thurr)	Bedford	Sep 15
9	2803	William Kong (Nene V)	Bedford	Sep 15
10	2778	Toby Bishop (Have)	Bedford	Sep 15

100 METRES

1	12.1	Tyra Khambai-Annan (Houns)	Dartford	May 19
2	12.14	Trezeguet Taylor (Traff)	Stretford	Jun 9
3	12.15/1.3	Sophie Walton (Horw)	Bedford	Aug 25
4	12.16/1.4	Nia Wedderburn-Goodison (Harrow)	Lee Valley	Aug 1
5	12.22/1.4	Joy Eze (Gate)	Bedford	Aug 25
6	12.3	Amelia Verney (B'mth)	Bournemouth	May 13
7	12.3	Kayleigh Watson (Carl)	Litherland	May 19
8	12.36/1.4	Alyson Bell (Giff N)	Bedford	Aug 25
9	12.38/1.4	Karen Mayindu (BFFTA)	Bedford	Aug 25
10	12.4	Jeslyn Ageyi-Kyem (Walton)	Walton	Apr 21
10	12.4	Ashley Nemits (Warr)	Litherland	May 19
10	12.4	Success Eduan (Sale)	Ellesmere Port	Jun 17

200 METRES

1	24.71/-1.1	Success Eduan (Sale)	Birmingham	Jul 14
2	24.76/-1.1	Joy Eze (Gate)	Birmingham	Jul 14
3	24.82/-1.8	Sophie Walton (Horw)	Birmingham	Jul 13
4	25.07/-1.8	Isabel Male (RSC)	Birmingham	Jul 13
5	25.16i	Ava Jones (Donc)	Sheffield	Dec 2
6	25.19/1.9	Alyson Bell (Giff N)	Grangemouth	Aug 4
7	25.3	Amelia Verney (B'mth)	Winchester	May 19
8	25.35/-0.8	Ashley Nemits (Warr)	Liverpool	Aug 12
9	25.38/1.4	Afoma Oforo (M'bro)	Sheffield	Jun 17
10	25.39/1.8	Poppy Malik (Notts)	Nuneaton	Aug 11

300 METRES

1	39.20	Jeslyn Ageyi-Kyem (Walton)	Birmingham	Jul 14
2	39.69	Poppy Malik (Notts)	Birmingham	Jul 14
3	39.76	Ashley Nemits (Warr)	Birmingham	Jul 14
4	40.25	Nandy Kihuyu (Hallam)	Birmingham	Jul 14
5	40.6	Natalie Groves (Spenn)	Leeds (BP)	Jun 9
6	40.61	Isabelle Bloem (Hal)	Birmingham	Jul 14
7	40.9	Mia Morrisroe (Liv H)	Bebington	Jun 9
8	40.95	Emily Bowart (Ton)	Ashford	Jun 9
9	40.98	Imogen Pughe (W Ches)	Birmingham	Jul 13
10	40.99	Isabelle Skelton (SinA)	Birmingham	Jul 13

800 METRES

1	2:09.86	Zakia Mossi (B&B)	Eltham	Jul 7
2	2:11.98	Alice Brown (Have)	Milton Keynes	Jun 2
3	2:12.32	Ruby Simpson (Hallam)	Sheffield	Jun 17
4	2:12.56	Victoria Lightbody (Lisb)	Belfast	May 26
5	2:12.59	Ines Curran (Gate)	Sheffield	Jun 17
6	2:12.77	Naomi Toft (B&B)	Bromley	May 19
7	2:13.41	Ellie Dolby (B&B)	Bromley	May 21
8	2:14.14	Ruby Bell (Sale)	Stretford	May 15
9	2:14.36 i	Ava Taperell (Gate)	Sheffield	Feb 4
10	2:14.55	Maisie Collis (Herne H)	Brighton	May 30

1500 METRES

1	4:26.3	Beatrice Wood (Salis)	Woking	Jun 3
2	4:32.76	Maisie Collis (Herne H)	Birmingham	Jul 14
3	4:33.15	Samia Jones (Menai)	Cardiff	Jul 7
4	4:33.44	Katie Johnson (Edin)	Bedford	Aug 25
5	4:34.02	Naomi Toft (B&B)	Street	May 5
6	4:34.37	Holly Weedall (Vale R)	Milton Keynes	Jun 2
7	4:36.23	Ines Curran (Gate)	Jarrow	Jul 25
8	4:37.45	Zakia Mossi (B&B)	Lee Valley	Aug 11
9	4:39.12	Eva Holland (Herne H)	Birmingham	Jul 14
10	4:39.28	Anna Hedley (Fife)	Grangemouth	Sep 5

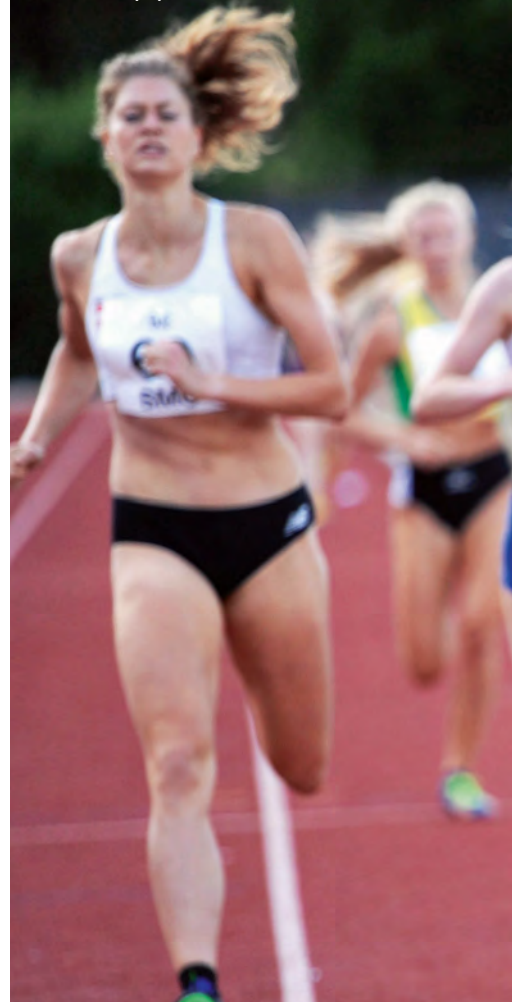
3000 METRES

1	9:39.2	Beatrice Wood (Salis)	Portsmouth	Sep 15
2	9:51.34	Anna Hedley (Fife)	Scotstoun	Jun 1
3	9:55.32	Pippa Roesler (AFD)	Basingstoke	Jul 18
4	9:59.8	Samia Jones (Menai)	Bangor	Sep 16
5	10:03.14	Valencia Wright (Giff N)	Crownpoint	Aug 21
6	10:16.30	Anyia MacLean (Gars)	Linwood	Jun 26
7	10:19.02	Ines Curran (Gate)	Middlesbrough	May 12
8	10:20.41	Maayan Radus (SB)	Watford	Apr 4
9	10:23.17	Isabelle Wilkins (Hunts)	Watford	Jul 25
10	10:25.05	Ruby Horton (AFD)	Basingstoke	Jul 18

75 METRES HURDLES

1	11.01/1.9	Mia McIntosh (D&T)	Birmingham	Jul 13
2	11.09/2.0	Katie Chapman (Exe)	Exeter	Jun 16

Zakia Mossi (61)



Beatrice Wood (87) and Holly Weedall (11)



GARRY MITCHELL

3	11.17/2.0	Lydia Smith (Taun)	Exeter	Jun 16
4	11.23/2.0	Willa Gibb (SG)	Exeter	Jun 16
5	11.24/1.9	Emily Frimpong (Bexley)	Birmingham	Jul 13
6	11.26/1.5	Ella Manning (AFD)	Birmingham	Jul 13
7	11.27/1.9	Elle Grace Hinchliffe (Shef/Dearn)	Birmingham	Jul 13
8	11.31/1.5	Emily Knight (E&H)	Chelmsford	Jun 9
8	11.31/1.7	Charlotte Rutter (Darl)	Birmingham	Jul 13
10	11.34/0.2	Coirliidh Cook (Centr)	Scotstoun	Jun 17
10	11.34/1.7	Myah Booth (B'burn)	Birmingham	Jul 13

HIGH JUMP

1	1.73	Mabel Smith (Herne H)	Epsom	May 5
2	1.69	Isabelle Humphreys (Craw)	Crawley	Jun 16
3	1.68	Rhiana Burrell (Bir)	Sportcity	Aug 5
3	1.68	Lara Scott (Soton)	Bedford	Sep 16
5	1.67	Abbey Orr (VPCG)	Aberdeen	Aug 19
5	1.67	Jilly Lefebvre (N Ayr)	Aberdeen	Aug 19
7	1.65	Gabriella Thoburn (S Lon)	Mill End	Jun 12
7	1.65	Katie Chapman (Exe)	Yeovil	Jun 23
7	1.65	Fiona Barkley (Yate)	Yeovil	Jun 23
7	1.65	Georgina Scoot (Torb)	Exeter	Jul 8
7	1.65	Ella Rush (Amber)	Sportcity	Aug 5
7	1.65	Megan Hamilton-Strong (Exe)	Bedford	Sep 16

POLE VAULT

1	3.75	Gemma Tutton (Jaen)	Avilés, ESP	Jun 17
2	3.23	Amy Hunt (Wake)	Cleckheaton	Aug 19



3	3.16	Lucinda White (Ton)	Bedford	Aug 25
4	3.10	Emilie Oakden (Lewes)	Brighton	Jun 29
5	3.01 i	Amelia Hatchard (Lewes)	Carshalton	Sep 23
6	3.00	Lucy Hughes (Com)	Exeter	Jul 22
7	2.94	Isabel Thomas (Card)	Newport	Jun 24
8	2.91	Isla Cramer (Tam)	Bedford	Aug 25
9	2.90 i	Lottie Pinchess (Cham)	Sheffield	Nov 25
10	2.84	Abbie O'Neill (B&A)	Antrim	May 18

LONG JUMP

1	5.87/0.8	Lydia Smith (Taun)	Exeter	Jun 16
2	5.72/1.3	Katie Chapman (Exe)	Exeter	Jun 16
3	5.70	Cleo Tomlinson (Horsh BS)	Birmingham	Jul 14
4	5.69	Ella Rush (Amber)	Birmingham	Jul 14
5	5.59	Lana Blake (B'mth)	Crawley	Jun 16
6	5.55	Rachel Okoro (WSEH)	Birmingham	Jun 19
7	5.52	Carys Poole (Swan)	Swansea	Jun 9
8	5.48	Meg Willis (Norw)	Birmingham	Jul 14
9	5.45/2.0	Julia Winogrodzka (Bolt)	Belchatów, POL	Sep 22
10	5.41	Melissa Booth (Sale)	Stretford	Jun 9

TRIPLE JUMP

1	11.80/1.6	Georgina Scoot (Torb)	Bedford	Aug 25
2	11.60/1.5	Rachel Okoro (WSEH)	Lee Valley	Aug 12
3	11.26	Amelia Gray (Over)	Horspath	Sep 1
4	11.25	Melissa Booth (Sale)	Wigan	Sep 16
5	11.24	Imogen Lewis (Lass)	Grangemouth	Jul 4
6	11.22	Charlie Yates (Amber)	Nottingham	May 12

7	11.17	Sileena Farrell (Dartf)	Dartford	Jul 25
8	11.15i	Millie Leighton (Strat)	Birmingham	Feb 10
9	10.98	Ruth-Ann Otaruoh (TVH)	Horspath	Sep 1
10	10.82/-1.1	Anna McKinly (NI Schs)	Loughborough	Sep 1

SHOT

1	14.36	Omolola Kuponiyi (Have)	Ipswich	Sep 2
2	12.80	Vivian Duruh (Law)	Grangemouth	Aug 4
3	12.69	Gabriella Jones (Ports)	Woking	Sep 2
4	12.47	Freya Witheat (Wat)	Bedford	Sep 16
5	12.46	Je'nae James (Herne H)	Tooting Bec	Sep 29
6	12.46 i	Erin Lobley (Hallam)	Sheffield	Dec 1
7	12.36	Katie Chapman (Exe)	Exeter	Jun 3
8	12.13	Zara Obamakinwa (M&M)	Lee Valley	Aug 11
9	12.13	Olivia Austin (Soton)	Woking	Sep 2
10	12.05	Daphney Adebayo (Shel/Dearn)	Cudworth	May 20

DISCUS

1	41.21	Zara Obamakinwa (M&M)	Lee Valley	Aug 11
2	37.71	Alice Brown (Have)	Lee Valley	Apr 2
3	35.16	Lily Carlaw (R&N)	Corby	May 12
4	35.01	Olivia Austin (Soton)	Woking	Sep 2
5	34.88	Katie Webb (D&T)	Twickenham	Sep 30
6	34.20	Milli Yoki (Com)	Exeter	Sep 2
7	33.66	Holly Adams (KuH)	Nottingham	Sep 8
8	32.18	Lucy James (Brack)	Eton	May 13
9	31.68	Freya Killilea (Have)	Birmingham	Jul 14
10	31.40	Sophie Wheadon (Team K)	Sandy	Sep 29

HAMMER

1	53.14	Lara Moffat (Mil K)	Bedford	Aug 25
2	51.76	Lily Murray (Thanet)	Lee Valley	Aug 12
3	45.27	Freya Brennand (Worth)	Bournemouth	Jun 17
4	45.03	Stella Coutts (C'nauld)	Meadowmill	Sep 1
5	44.60	Gypsy Nash (M&M)	Bromley	Aug 20
6	44.34	Katie Gibson (Kett)	Kettering	Apr 21
7	44.18	Beth Matthews (And)	Portsmouth	Sep 15
8	43.88	Chloe Lipscomb (Craw)	Birmingham	Jul 13
9	42.68	Amy Bunting (Linc W)	Birmingham	Jul 13
10	42.55	Danielle McNamara (Falk)	Aberdeen	Aug 19
10	42.55	Dawn Russell (Law)	Livingston	Sep 8

JAVELIN

1	44.64	Harriette Mortlock (Bas)	Ipswich	Sep 2
2	43.30	Jessica Lewis (B&W)	Birmingham	Jul 14
3	42.90	Megan Galpin (And)	Pihtipudas, FIN	Jun 28
4	42.44	Jess Thompson (H'gate)	Birmingham	Jul 14
5	41.46	Alex Arbon (SinA)	Birmingham	Jul 14
6	38.98	Eva Durand (Mil K)	Loughborough	May 27
7	37.98	Chardonnay Bowles (Worth)	Horsham	Jul 6
8	37.14	Lucinda White (Ton)	Ashford	May 13
9	36.58	Holly Turnbull (B&H)	Birmingham	Jul 14
10	36.08	Milli Yoki (Com)	Horspath	Sep 1

PENTATHLON

1	3321	Ella Rush (Amber)	Bedford	Sep 16
2	3252	Rhiana Burrell (Bir)	Bedford	Sep 16
3	3177	Katie Chapman (Exe)	Yeovil	Jun 23
4	3167	Megan Hamilton-Strong (Exe)	Yeovil	Jun 23
5	3161	Isabelle Harding (Inv EK)	Ashford	Jun 24
6	3142	Jilly Lefebvre (N Ayr)	Grangemouth	Jun 2
7	3127	Carys Poole (Swan)	Swansea	Jun 9
8	3108	Lucy Chalmers (Slough J)	Bedford	Sep 16
9	3070	Maisie Jeger (Newb)	Bedford	Sep 16
10	3053	Scarlett Rolls (S'end)	Bedford	Sep 16



Harriette Mortlock

100 METRES

1	11.99/2.0	Ossari Acquah (NEB)	Lee Valley	Aug 1
2	12.0	Kyle Daley (Oxf Sch)	Horspath	Jun 10
3	12.1	Yaw Afirifah-Mensah (Notts)	Nottingham	Jun 23
4	12.13/2.0	Fabia Powell (Corby)	Loughborough	Aug 25
5	12.16/1.0	Rhys Ofori (Ilf)	Lee Valley	Aug 29
6	12.2	Abdual Bangura-Issa (Lon Sch)	Mile End	Jun 12
7	12.23/0.7	Malachi Amadi (SB)	Hendon	Aug 25
8	12.3	Jack N'Douba (Lon Sch)	Mile End	Jun 12
8	12.3	I Noor (Esx Sch)	Chelmsford	Jul 18
10	12.4	Deji Bello (S Lon)	Coulsdon	Jun 10
10	12.4	Hayden Evans (Walton)	Bournemouth	Jun 17
10	12.4	William Houghton (St Alb)	St. Albans	Aug 5
10	12.4	Ryan Brady (B&W)	Gloucester	Aug 12

200 METRES

1	24.57/1.6	Ossari Acquah (NEB)	Lee Valley	Aug 1
2	24.8	Daniel Jones (Newc S)	Stoke	Jun 9
3	24.86/0.8	Yaw Afirifah-Mensah (Notts)	Coventry	May 19
4	25.05/1.8	Malachi Amadi (SB)	Hendon	Aug 25
5	25.2	Alex Leadbeater (Leigh)	Wigan	Jul 21
6	25.30/0.5	Daniel Simpson (E&E)	Kingston	Jun 9
7	25.3	Deji Bello (S Lon)	Walton	Jul 8
7	25.3	Dante Clarke (Herne H)	Carshalton	Aug 19
9	25.46/-0.3	Fabian Powell (Corby)	Lee Valley	Aug 29
10	25.6	Hayden Evans (Walton)	Bournemouth	Jun 17
10	25.6	William Houghton (St Alb)	Braintree	Jul 8

800 METRES

1	2:08.09	Finn O'Neill (Derry)	Tullamore, IRL	Jul 14
2	2:10.51	Henry Dover (C&T)	Lee Valley	Aug 12
3	2:10.53	Will Steadman (Chelm)	Lee Valley	Aug 12
4	2:10.77	William Rabjohns (Poole)	Kingston	Jul 28
5	2:12.38	Reef Page (Inv EK)	Watford	Aug 8
6	2:12.52	Jacob Asher-Relf (Kett)	Kettering	Aug 7
7	2:13.33	Luca McGrath (C&C)	Peterborough	Jun 30
8	2:14.0	Jimmy Geller (WG&EL)	Chelmsford	Jul 4
9	2:14.2	Harry Prescott (Brack)	Basingstoke	Aug 29
10	2:14.62	Lachlan Buchanan (I'ness)	Aberdeen	Aug 18

1500 METRES

1	4:23.11	William Rabjohns (Poole)	Exeter	Jul 31
2	4:26.37	Isaac Morris (C&C)	Watford	May 30
3	4:27.72	Finlay Ross (WG&EL)	Leeds	Aug 2
4	4:28.65	Lachlan Buchanan (I'ness)	Grangemouth	Sep 5
5	4:29.79	Christo Chilton (Herne H)	Milton Keynes	Jun 2
6	4:33.67	Jimmy Geller (WG&EL)	Watford	May 30
7	4:34.60	Henry Dover (C&T)	Chelmsford	May 12
8	4:34.97	Alex Adams (Strat)	Nottingham	Sep 8
9	4:35.5	Harry Prescott (Brack)	Reading	Sep 2
10	4:35.8	Quinn Miell-Ingram (Rad)	Abingdon	Sep 22

75 METRES

1	11.5	Reggie Lucas-Merry (Bas)	Chelmsford	Jul 4
2	11.5	Jaiden Dean (Norw)	Bury St Edmunds	Sep 16
3	11.6	Max Roe (P'boro)	Bury St Edmunds	Sep 16
4	11.7	Travis Scottow (Soton)	Basingstoke	Aug 29
5	11.74	Dominic Alexandru (Have)	Chelmsford	May 12
6	11.95/1.6	Hayden Christian (Woking)	Carshalton	Sep 8
7	12.00/0.0	James Ince (Prest)	Bedford	Sep 8
8	12.0	William Odgers (C'ley)	Bournemouth	Jun 17
8	12.0	D Amoako (Esx Sch)	Chelmsford	Jul 4
10	12.11/0.7	Isaac Helyer (N Abb)	Exeter	Jul 22

HIGH JUMP

1	1.67	Travis Scottow (Soton)	Portsmouth	Jul 12
2	1.65	Charlie White (Charn)	Leicester	Jun 9



William Rabjohns (3054), Harry Prescott (3094) and Isaac Morris (3050)

3	1.62	Rio Williams (Worth)	Kingston	Jul 28
4	1.60	Zac Roberts (Salf M)	Salford	Sep 2
5	1.57	Finn O'Neill (Derry)	Antrim	Aug 4
6	1.56	Jakob Roberts (W'borne)	Bournemouth	Jun 9
6	1.56	Kieran Bouwmeester-Reid (W'borne)	Wormwood	Jun 17
6	1.56	Justin Price (Bas)	Brighton	Jul 21
6	1.56	Oscar Webb (Win)	Kingston	Jul 21
10	1.55	Matthew Tait (Lass)	Aberdeen	Aug 18
7	10.99	James Priest (Finn)	Wrexham	Sep 29
8	10.86	Alastair Brown (Finn)	Bury St Edmunds	Sep 16
9	10.67	Ethan Woodward (Leigh)	Carlisle	Jun 17
10	10.60	Harvey Benney (Com Sch)	Exeter	Sep 2

POLE VAULT

1	2.56	Tony Murray (Shef/Dearn)	Sheffield	Jun 23
2	2.50 i	Rudi May (Shef/Dearn)	Sheffield	Nov 25
3	2.41	Arthur Reilly (Shef/Dearn)	Sheffield	Apr 20
4	2.40	Luke Mills (Com)	Cam Brea	Sep 15
5	2.35	Toby Splain (Read)	Reading	Sep 14
6	2.31 i	Jack Hughes (Esx Sch)	Carshalton	Feb 11
7	2.04	Max Thomas (Swan)	Newport	Jun 23
7	2.04	Harry Newton (Swan)	Newport	Jun 23
9	2.01	Finn Kitteridge (B&B)	Carshalton	Sep 23
10	2.00	Harvey Benney (Com Sch)	Cam Brea	Apr 22
10	2.00	George Mackenzie (BWF)	Blackburn	May 13
10	2.00	Finn Williams-Stein (Learn)	Loughborough	Jun 13

LONG JUMP

1	5.90	Dante Clarke (Herne H)	Tooting Bec	Aug 25
2	5.28/1.9	Deji Bello (S Lon)	Lee Valley	Aug 12
3	5.21	Finn O'Neill (Derry)	Belfast	Jun 16
3	5.21	Oliver Thompson (Abing)	Birmingham	Jul 3
5	5.19	Aaron White (Berk Sch)	Reading	Jul 5
5	5.19/0.5	Nathaniel Hanson (NEB)	Kingston	Jul 28
7	5.18	Fabian Powell (Corby)	Loughborough	Aug 25
8	5.16	Philip Oladunjoye (Abing)	Woking	Jun 10
8	5.16/-0.2	Ossari Acquah (NEB)	Kingston	Jul 28
10	5.13	Jaydon Shaw (Saff)	Corby	Jul 8

SHOT

1	13.44	Travis Scottow (Soton)	Lee Valley	Aug 12
2	13.39	Ethan Mullan (Finn)	Bangor	Aug 21
3	12.05	Finlay Arnold (Macc)	Warrington	Aug 19
4	12.03	Finn O'Neill (Derry)	Belfast	Aug 25
5	11.88	S Onouha (Esx Sch)	Chelmsford	Jul 4
6	11.27	Ethan Witchell (Card)	Swindon	Jul 21

DISCUS

1	38.44	Travis Scottow (Soton)	Portsmouth	Sep 16
2	33.33	Ethan Witchell (Card)	Newport	Jun 24
3	33.06	Mikun Adeniran (BMH)	Basingstoke	Sep 9
4	32.64	Timi Babatunde (Dartf)	Erith	Sep 22
5	31.07	Matthew Smith (Woking)	Woking	Sep 2
6	30.34	Alex Jackson (D&T)	Ipswich	Sep 2
7	30.02	Finlay Wrey Brown (Win)	Portsmouth	Sep 16
8	29.92	Alastair Brown (Finn)	Peterborough	Jun 3
9	28.63	Dante McNichol (Judd Sch)	Kingston	Jul 28
10	27.70	Billy Buxton (Chelt)	Woking	Sep 2

JAVELIN

1	48.59	Joshua Roberts (Strat)	Kettering	Sep 29
2	46.03	Blaine Lynch (Finn)	Bangor	Jul 24
3	42.53	Felix Mcardle Hodge (Ton)	Birmingham	Jul 3
4	39.77	Josh Clarke (B&H)	Portsmouth	Sep 16
5	39.25	Tom Rutter (HAWC)	Portsmouth	Sep 16
6	39.00	Sam Graham (BMH)	Swindon	Jul 15
7	38.73	Flynn Dodkin (New FJ)	Basingstoke	Aug 29
8	38.29	Seb Brindley (Suff Sch)	Birmingham	Jun 19
9	36.57	Roraigh Browne (D&T)	Hemel Hempstead	Jun 9
10	36.43	Finlay Wrey Brown (Win)	Poole	Jun 17

PENTATHLON

1	2534	Finn O'Neill (Derry)	Belfast	Aug 25
2	2107	Reef Page (Inv EK)	Carshalton	Sep 9
3	2099	Travis Scottow (Soton)	Exeter	Sep 23
4	1964	Hayden Christian (Woking)	Carshalton	Sep 8
5	1955	James Ince (Prest)	Clayton le Moors	Apr 14
6	1952	Dante Clarke (Herne H)	Carshalton	Sep 8
7	1876	Daniel Hardy (M&M)	Dartford	Aug 27
8	1851	Daniel Martin (Giff N)	Jarrow	Sep 22
9	1659	Cosmo Johnson (Hallam)	Jarrow	Sep 22
10	1658	Dwayne Francis (Herne H)	Carshalton	Sep 8

100 METRES

1	12.54/1.3	Rayne Tapper (Harrow)	Bedford	Aug 25
2	12.7	Lily T-Smith (New FJ)	Sandown	Jul 15
3	12.82/-2.0	Renee Regis (E&H)	Lee Valley	Aug 11
4	12.92/-0.1	Faith Akinbileje (B&B)	Bromley	Aug 13
5	13.0	Jasmine Pattison (AFD)	Horspath	Apr 22
5	13.0	Sapphire Kaley (Herne H)	Kingston	Jul 15
7	13.04	Niah Akintokun (SB)	Lee Valley	May 13
8	13.09/1.3	Tiwaah Boateng (Newp)	Cardiff	May 12
9	13.10	Vanessa Granada (Hours)	Lee Valley	May 13
10	13.1	Sierra Jalloh (S'port W)	Litherland	Jun 30

150 METRES

1	19.0	Lily T-Smith (New FJ)	Bournemouth	Jun 17
2	19.1	Sapphire Haley (Herne H)	Tooting Bec	May 19
2	19.1	Rayne Tapper (Harrow)	Hemel Hempstead	Jul 21
4	19.3	Lia Bonsu (Croy)	Tooting Bec	May 19
5	19.39	Kilali Samuel-Horsfarr Dejeva (B&B)	Bromley	May 19
6	19.47/0.5	Faith Akinbileje (B&B)	Bedford	Sep 8
7	19.6	Natachi Nwosu (Sale)	Ellesmere Port	Jun 17
7	19.6	Vanessa Granada (Hours)	Wormwood Scrubs	Jul 21
9	19.61/1.9	Tyla Werrett (Bath)	Yate	Jun 17
10	19.7	Tiwaah Boateng (Newp)	Hereford	Jun 17
10	19.7	Mehitabelle Angelo (Leeds C)	Bebington	Jul 21
10	19.7	Evie Noblett (Prest)	Bebington	Jul 21

200 METRES

1	25.71/-1.8	Renee Regis (E&H)	Lee Valley	Aug 11
2	26.18/0.9	Rayne Tapper (Harrow)	Willesden	Jul 24
3	26.7	Tiwaah Boateng (Newp)	Newport	Jun 30
4	26.8	Niah Akintokun (SB)	Grays	May 6
4	26.8	Lily T-Smith (New FJ)	Bournemouth	Jun 3
6	26.83/i	Erin Ramsay (Ayr S)	Emirates Arena	Mar 10
6	26.83	Angelique Abberley (Roth)	Birmingham	Jul 3
8	26.89/1.2	Jenna Hilditch (VPCG)	Kilmarnock	May 13
9	26.9	Sierra Jalloh (S'port W)	Lancaster	May 7
10	26.99/-1.9	Lia Bonsu (Croy)	Kingston	May 13

800 METRES

1	2:17.63	Katie Sakaria (G&G)	Kingston	May 13
2	2:21.6	Stephanie Okoro (Have)	Colchester	Jun 3
3	2:21.63	Erin Little (Chelm)	Chelmsford	May 12
4	2:22.19	Charlotte Wormley (Craw)	Kingston	May 13
5	2:22.34	Sophie Dunbobbin (W&SV)	Loughborough	Jul 11
6	2:22.36	Eleanor Strevens (E'bne)	Brighton	Jun 30
7	2:22.4	Elise Homer (Hal)	Wakefield	Jul 22
8	2:22.8	Lauren Waddington (Chor ATC)	Blackburn	May 13
9	2:23.18	Ruby Styler (Hallam)	Cudworth	May 13
10	2:23.39	Nneka Okoh (Chelm)	Chelmsford	May 12

1500 METRES

1	4:48.05	Scarlett Livingstone (Exe)	Exeter	Jun 26
2	4:50.5	Annie Mann (Soton)	Portsmouth	Sep 6
3	4:51.18	Erin MacFarlane (Pit)	Grangemouth	Jul 4
4	4:55.23	Charlotte Wormley (Craw)	Crawley	Jun 20
5	4:55.79	Lauren Wormley (Craw)	Crawley	Jun 20
6	4:55.9	Ruby Vinton (Ips)	Basildon	Jun 3
7	4:56.08	Darcy Dryden (Yeov O)	Birmingham	Jul 3
8	4:56.52	Sophie Dunbobbin (W&SV)	Loughborough	Aug 1
9	4:57.19	Lauren Madine (E Down)	Belfast	Aug 30
10	4:57.35	Beth Hamilton (Mans)	Loughborough	Aug 1

70 METRES HURDLES

1	10.9	Lia Bonsu (Croy)	Portsmouth	Jun 17
---	------	------------------	------------	--------



Scarlett Livingstone

2	11.1	Tomi Adejuwon (Read)	Eton	Sep 1
3	11.16	Amber Hughes (S'port W)	Stretford	May 28
4	11.3	Ruby Wisbey (W Ches)	Ellesmere Port	Jun 17
4	11.3	Sophie Lisk (Card Arch)	Newport	Jun 30
4	11.3	Madison Lockey (H'gate)	Bebington	Jul 21
4	11.3	Emily Rankin (Prest)	Bebington	Jul 21
8	11.31/2.0	Lorna Willmott (Chelt)	Exeter	Jul 22
9	11.34/0.6	Katie Marsh (Nene V)	Hendon	Jul 8
10	11.35/0.6	Gracie Wall (Bed C)	Hendon	Jul 8

HIGH JUMP

1	1.59	Cynthia Asiegbu (Esx Sch)	Chelmsford	Jul 4
2	1.58	Kimberley Knight (N&P)	Exeter	Jun 3
3	1.56 i	Mya McMahon (Dunf)	Emirates Arena	Jan 13
4	1.55	Seren Griffiths (Card Arch)	Cardiff Met	Jun 3
5	1.54	Gracie Wall (Bed C)	Bedford	Apr 21
6	1.53	Sophie Lisk (Card Arch)	Stoke Gifford	Jul 21
7	1.52	Frances Hogg (York)	York	Sep 30
8	1.51	Lucy Lane (Strat)	Abingdon	Jul 8
8	1.51	Amy Wall (Soton)	Hornchurch	Jul 21
10	1.50	Darcy Revitt (Sy Sch)	Birmingham	Jul 3
10	1.50	Madisyn Woodley (Abing)	Bournemouth	Jul 8
10	1.50	Mabel-Rose Scales (HW)	Crawley	Aug 26
10	1.50	Oliwia Cwienczek (Yeov O)	Yeovil	Sep 9

POLE VAULT

1	2.91 i	Nyree Perry (N Som)	Carshalton	Sep 23
2	2.55	Bo Rason (N&P)	Carn Brea	Sep 15
3	2.51	Hannah Russell (Lewes)	Bedford	Aug 25
4	2.35 i	Sydney Ellison (L&M)	Sportcity	Jan 7
5	2.21 i	Ruby Coldwell (Tam)	Carshalton	Feb 11
5	2.21 i	Natalia Ivanov (Walton)	Carshalton	Sep 23
7	2.20	Holly Guite (Swan)	Neath	May 13
7	2.20	Charley O'Neill (Tam)	Telford	Sep 2
9	2.13	Zowie Dodge (Bas)	Dartford	Sep 30
10	2.05	Amy Georgelin (Com)	Carn Brea	May 12

LONG JUMP

1	5.20	Sophia Bridle (Har)	Woodford	Aug 21
2	4.96	Sarah Lyons (Swan)	Neath	May 23
2	4.96	Stroma Fraser (I'ness)	Inverness	Jun 14
4	4.90 i	Mya McMahon (Dunf)	Emirates Arena	Feb 8
4	4.90	Milly Gosling (NSP)	Gateshead	Apr 15
4	4.90	Amy Wall (Soton)	Southampton	Jul 10
7	4.84	Tomi Adejuwon (Read)	Eton	Sep 1
8	4.83	Larissa Pickering (Barns)	Cudworth	Jun 30
8	4.83	Stephanie Okoro (Have)	Hornchurch	Sep 16
10	4.82	Tyla Werrett (And)	Bath	May 19

SHOT

1	12.20	Meghan Porterfield (VPCG)	Grangemouth	Jun 8
2	10.95	Annabel Amadin (Sale)	Stretford	Aug 27
3	10.84	Maegan Hopkins (Chelm)	Peterborough	Aug 5
4	10.66	Amber Hughes (S'port W)	Leigh	Apr 21
5	10.63	Mia Greenidge-Knell (Read)	Eton	Sep 1
6	10.37	Angela Kelly (A'deen)	Grangemouth	Jul 15
7	10.17	Chisom Nwafor (Buck Sch)	Milton Keynes	Jun 9
8	10.08	Chanel Lovelock (WSEH)	Carshalton	Sep 9
9	10.02	Evie Noblett (Prest)	Ellesmere Port	Jun 17
10	10.01	Lily Thompson (Darl)	Jarrow	Sep 5

DISCUS

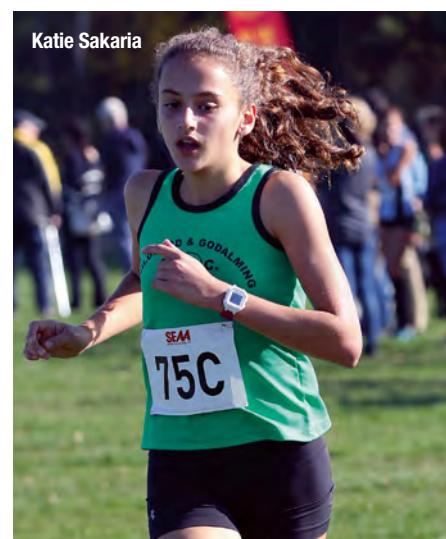
1	35.86	Meghan Porterfield (VPCG)	Craigswood	May 19
2	31.68	Nubia Evans-Shields (Ply)	Exeter	Jun 26
3	30.58	Katie Ennis (Have)	Hornchurch	Sep 16
4	30.48	Angel Kelly (A'deen)	Aberdeen	Aug 18
5	29.57	Annabel Amadin (Sale)	Stretford	Aug 27
6	29.40	Marvellous Igbinidu (I'ness)	Aberdeen	Aug 18
7	27.65	Willow Bedding (Hunts)	Kettering	Sep 29
8	26.57	Mia Greenidge-Knell (Read)	Bracknell	Jul 11
9	25.94	Erin Quinn (Annan)	Barrow	Jun 23
10	25.85	Beau-Lily Barrington-Hibbert (Dev Sch)	Birmingham	Jul 3

JAVELIN

1	41.66	Hannah Lewington (Swin)	Birmingham	Jun 19
2	37.64	Dulcie Yelling (B&H)	Crawley	Sep 2
3	34.90	Ellie McCurdy	Aberdeen	Aug 18
4	33.26	Cordeila Walker (Carm)	Carmarthen	Jul 26
5	32.57	April Palmer (Brack)	Kingston	Jul 28
6	31.69	Eleanor Orme-Herbert (Charn)	Loughborough	Aug 25
7	31.24	Aysha Jones (Mil K)	Stoke Gifford	Jul 21
8	30.83	Eloise White (B&H)	Brighton	Jun 30
9	30.27	Ella Gillespie (Sale)	Bedford	Sep 8
10	29.91	Katie Marsh (Camb H)	Dartford	Aug 27

PENTATHLON

1	2805	Stroma Fraser (I'ness)	Grangemouth	Jul 15
2	2722	Mya McMahon (Dunf)	Grangemouth	Jul 15
3	2461	Lia Bonsu (Croy)	Carshalton	Sep 9
4	2436	Amber Hughes (S'port W)	Jarrow	Sep 22
5	2434	Angela Kelly (A'deen)	Grangemouth	Jul 15
6	2418	Zoe Sharpe (I'ness)	Grangemouth	Jul 15
7	2414	Codie Mcholim (Lark)	Livingston	Aug 5
8	2388	Jenna Hilditch (VPCG)	Grangemouth	Jul 15
9	2384	Georgina Mabbott (Gate)	Jarrow	Sep 22
10	2380	Amy Wall (Soton)	Exeter	Sep 23



Katie Sakaria

MARK EASTON



Steve Smythe, results editor

AWARD CEREMONY

WHILE races are usually won by the most deserving, anything involving public votes is a lottery and a popularity contest as the US electorate can bear witness.

Last weekend *Strictly* was not won by the best dancer but the most popular and it seems it is more important to have a high social media presence than be good at something.

In the BBC SPOTY awards, few would argue that winning a Tour de France is up there with anything but in previous years the Kenyan-born Chris Froome has not found it sufficient.

Geraint Thomas's win was deserved but netball – not even an Olympic sport – gaining two wins for a Commonwealth title shows a well-organised media campaign can pay dividends over what's fair.

Even the *AW* awards raise eyebrows. Dina-Asher-Smith wins the international award but is not ranked first in the merit rankings in either sprint.

Additionally, Jo Pavey has never run a masters race and barely competed in 2018 but still heavily outvotes all but one master record-breaker because she is also known and admired by all in the sport.

I prefer races to polls and votes. It is a pity presidential and elections aren't raced for so the best really can win.

INDOOR

DECEMBER 16

ABERDEEN OPEN GRADED MEETING

Mixed events: **60:** **r1.2:** 3 Z Clark (TVH, W) 7.49. **r1.4:** 1 R Harrison (A'deen, W) 7.85; 4 G Leek (Edin, M55) 8.21. **r1.5:** 2 R Lorimer (Arb, U20W) 8.02; 5 T Fowlie (Elgin, U15W) 8.25. **r2.1:** 1 J McFarlane (Centr, U20) 7.17; 2 S MacKenzie (I'nness, U20) 7.18; 3 S Park (Lass, M35) 7.28. **r2.2:** 2 Z Clark (TVH, W) 7.49. **r2.3:** 5 R Harrison (A'deen, W) 7.88. **r2.4:** 1 S Jakisa (VPCG, W) 7.83; 2 L Young (Banc, W) 7.97; 3 E De Klerk (Dund H, W) 7.99; 5 R Lorimer (Arb, U20W) 8.08. **r2.5:** 1 G Leek (Edin, M55) 8.14. **SP:** **A:** 1 B Masson (A'deen, M70) 9.92. **M70 men:** **60H:** 1 B Masson (A'deen) 11.92. **Women:** **60H:** 1 C Neat (A'deen, U20) 9.40.

SUTCLIFFE INDOOR 60m SERIES,

Eitham

Men: **60:** **r1.1:** 5 N Ojumu (Herne H, U17) 7.43. **r1.2:** 2 M Lewis (Herne H, U17) 7.37; 3 M Ayode (Herne H, U17) 7.42. **r1.3:** 1 P Mulamba (Camb H, U17) 7.28; 3 J Chike-Michael (Camb H, U17) 7.48. **r1.4:** 4 M White (HW, M50) 8.04; 5 W Odele (Camb H, M50) 8.09. **r1.5:** 6 E Abbate (Camb H, U13) 8.19. **r1.6:** 5 P Wignall (HW, M65) 8.90. **r2.1:** 1 E Amoadzie (Mdx Sch) 6.97; 3 I Adesan (Camb H, U20) 7.17; 4 P Mulamba (Camb H, U17) 7.35. **r2.2:** 3 M Lewis (Herne H, U17) 7.38; 4 M Ayode (Herne H, U17) 7.42; 5 N Ojumu (Herne H, U17) 7.45. **r2.3:** 2 J Chike-Michael (Camb H, U17) 7.43. **r2.4:** 5 M White (HW, M50) 8.16. **r2.5:** 1 W Odele (Camb H, M50) 8.09. **r2.6:** 2 A Adade-Boateng (Camb H, U13) 8.60; 4 P Wignall (HW, M65) 8.90. **Women:** **60:** **r1.1:** 1 E Jackson (Camb H, U17) 7.99. **r1.4:** 1 N Costley (Herne H, U17) 8.04. **r2.1:** 1 E Jackson (Camb H, U17) 7.83; 2 N Costley (Herne H, U17) 7.90; 3 D Aderinto (Camb H) 7.94. **r2.4:** 4 L Akinfolanri (B&B, U13) 8.64.

NORTH YORKSHIRE OPEN, Sheffield

Mixed events: **60:** **r2:** 3 R Bennett (York, U20W) 7.8. **HJ:** 1 S Linsell (Leeds C, M55) 1.69. **TJ:** 2 L Richardson (WSEH, W) 11.09; 3 G Plater (Leeds C, U20W) 10.74. **Men:** **400:** **r1:** 1 A Walker-Khan (Shef) 48.4; 2 R Middleton (York) 49.2. **60H:** 1 G Orton (Holm) 8.7. **SP:** **A:** 1 D Upton (R&Z, M40) 12.29; 2 J Twiddle (KuH, M50) 11.93. **B:** 1 D Upton (R&Z, M40) 13.03. **SP:** **B:** 1 Twiddle 13.10. **SP:** **B:** 1 P Hewkin (MMT, M60) 9.85. **Women:** **60:** **r1:** 1 R Bennett (York, U20) 7.8; 2 C Richardson (Dur, U17) 8.2; 3 N Aspinall (York, U17) 8.2. **200:** **r1:** 1 T Anderson (Dur, U17) 25.9. **60H:** 1 L Hadaway (York, U20) 8.8; 2 E Race (Works, U20) 9.2. **LJ:** 1 Hadaway 6.14; 2 G Plater (Leeds C, U20) 5.26. **SP:** **A:** 1 Hadaway 11.84; 2 E Race 10.53. **U17:** **60H:** 1 N Lannie (Donc) 9.2. **LJ:** 1 K Archer (Womb) 5.37. **SP:** **A:** 1 J Salkeld (H'gate) 11.14. **U15:** **Pen:** 1 F Hogg (York) 2753 (10.3, 4.79, 7.50, 1.54, 2.37, 4.2); 2 C Dickson (H'gate) 2457 (10.2, 4.43, 7.71, 1.45, 2.49, 7.3); 3 F Eddin (Yeak) 2364 (10.5, 4.33, 7.12, 1.48, 2.50, 7.7). **U13:** **150:** **r1:** 1 N Marshall (York) 21.9. **60H:** 1 O Weatherstone (York) 10.5; 2 O

Tweddle (York) 11.0. **Pen:** 1 E Pounder (York) 2382 (9.8, 4.30, 1.41, 6.27, 2:47.8); 2 K Clague (York) 2289 (11.1, 4.13, 1.41, 7.95, 2:42.0); 3 E Maude (York) 2030 (10.1, 4.59, 1.25, 5.93, 3:07.0)

DECEMBER 15-16

SOUTH OF ENGLAND AA COMBINED EVENTS & OPEN CHAMPIONSHIPS, Lee Valley

Men: **Hepl:** 1 L Church (Ton) 5316 (7.39, 6.71, 12.69, 1.98, 8.52, 4.35, 2:45.19); 2 J Phipps (Bir) 5198 (6.84, 6.91, 9.58, 1.77, 8.69, 5.10, 3:01.82); 3 R Bonifas (BMH) 5150 (7.39, 6.65, 10.91, 2.01, 8.50, 4.45, 2:55.36); 4 B Clarke (Worc) 5118 (7.38, 6.83, 10.14, 1.95, 8.81, 4.05, 2:35.77); 5 D Ryan (Herne H, U20) 5101 (7.12, 6.73, 12.85, 1.77, 8.39, 3.95, 2:50.36); 6 H Hillman (Card) 4733 (7.15, 6.07, 10.88, 1.62, 8.52, 4.15, 2:49.76); 7 K Kazemaks (Woking) 4649 (7.46, 6.05, 12.22, 1.80, 8.87, 3.95, 2:56.25); 8 T Hughes (Hallam) 4601 (7.48, 6.43, 9.74, 1.98, 9.29, 3.45, 2:47.44); 9 A Clegg (BRAT) 4371 (7.63, 6.26, 11.10, 1.80, 9.53, 3.35, 2:46.70); 10 D Awde (Woking) 4088 (7.69, 5.91, 8.16, 1.53, 9.26, 3.85, 2:45.30); 11 C Ashdown-Taylor (Brack, U20) 4001 (7.61, 5.79, 10.87, 1.71, 9.71, 3.65, 3:09.75). **U20:** **Hepl:** 1 A Adesina (Thurr) 4722 (7.26, 6.84, 12.14, 1.84, 8.59, 3.05, 2:59.41); 2 L Chashchin (Harl) 4402 (7.54, 6.69, 9.04, 1.84, 9.25, 3.75, 3:03.45); 3 P Kastner (Walton) 4374 (7.44, 6.42, 11.85, 1.84, 8.72, 3.05, 3:14.75); 4 J Broadbent (Bas) 4353 (7.26, 6.01, 10.28, 1.78, 8.62, 3.15, 3:03.04); 5 D Roffey (E&E) 4311 (7.50, 6.24, 7.83, 1.90, 9.16, 2.95, 2:43.71); 6 D Fullbrook (Ton) 4103 (7.46, 6.11, 10.26, 1.81, 9.21, 2.65, 3:00.91); 7 A Booth (Poole) 4036 (7.40, 5.87, 9.62, 1.69, 8.91, 3.15, 3:09.54). **U17:** **Hepl:** 1 O Thatcher (Soton) 4409 (7.58, 6.24, 12.06, 1.81, 9.15, 3.50, 3:02.24); 2 G Seery (Thanet) 4099 (7.76, 5.96, 11.57, 1.84, 9.05, 2.35, 2:56.01); 3 O Early (Chelm) 4054 (7.74, 6.10, 9.12, 1.78, 8.87, 2.85, 2:59.46); 4 G Zoppos (TVH) 4022 (7.65, 6.18, 11.62, 1.54, 8.83, 2.65, 2:59.37); 5 O Adepegba (Thurr) 3921 (7.82, 6.09, 10.72, 1.84, 9.18, 2.35, 3:07.25). **U15:** **Pen:** 1 S Ball (Read) 3027 (8.86, 5.73, 11.70, 1.75, 2:13.41); 2 B Nolan (Ton) 2683 (9.07, 5.49, 12.59, 1.51, 2:21.15); 3 W Lamprell (ps) 2649 (9.37, 5.19, 13.48, 1.63, 2:25.39); 4 J Blanc (Have) 2607 (8.60, 5.37, 8.18, 1.57, 2:16.70). **Women:** **Pen:** 1 S Connolly (N Down) 3647 (8.77, 1.70, 10.21, 5.50, 2:38.50); 2 M Chantree (Chelm, U20) 3354 (9.47, 1.70, 8.85, 5.40, 2:41.15); 3 M Cluley (Herne H, U20) 2948 (8.84, 1.46, 7.76, 4.99, 2:47.83); 4 M Bean (Gt Yar, U20) 2841 (10.07, 1.52, 7.73, 4.92, 2:39.56); 5 A English (Swale, U20) 2753 (9.95, 1.52, 7.84, 4.43, 2:38.66); 6 A Hanslow (Crow, U20) 2664 (10.20, 1.43, 7.77, 4.54, 2:35.77); 7 A Mills (And, U20) 2215 (11.41, 1.52, 7.79, 4.57, 3:11.25). **U17:** **Pen:** 1 R O'Brien (Ton) 3406 (9.75, 1.63, 9.33, 4.96, 2:18.61); 2 L Woodward (SB) 3282 (9.51, 1.51, 10.33, 5.22, 2:31.63); 3 L Chalmers (Slough J) 3255 (9.08, 1.54, 9.82, 5.02, 2:25.08); 4 A Montagne (Team K) 3255 (9.44, 1.60, 10.33, 4.93, 2:36.94); 5 E Manning (AFD) 3218 (9.11, 1.51, 7.93, 5.10, 2:28.11); 6 M Hutton (K&P) 3158 (9.55, 1.57, 9.60, 5.04, 2:38.86); 7 I Humphreys (Crow) 2998 (9.68, 1.60, 9.14, 4.64, 2:41.80); 8 M Willis (Norw) 2831 (10.00, 1.48, 7.63, 5.00, 2:38.87); 9 K Willis (Norw) 2816 (10.16, 1.42, 6.95, 4.60, 2:20.69); 10 G Scoot (Ton) 2751 (10.15, 1.63, 8.03, 4.86, 2:59.21); 11 I Walton (AFD) 2729 (9.19, 1.48, 7.66, 4.64, 2:54.47); 12 S Teale (Ashf) 2713 (9.60, 1.42, 10.10, 4.70, 2:58.95); 13 S Taiwo (Thurr) 2682 (9.84, 1.39, 8.89, 4.64, 2:45.00); 14 G Kirkham (And) 2600 (9.67, 1.48, 8.55, 5.09, 3:19.24); 15 E Longhurst (Worth) 2569. **U15:** **Pen:** 1 L Fellows (SMR) 3015 (9.71, 1.60, 8.63, 5.03, 2:46.07); 2 L Turbutt (Ashf) 2615 (10.36, 1.42, 8.19, 4.65, 2:41.35); 3 G Baker (Ton) 2578 (10.28, 1.51, 8.29, 4.71, 2:57.91); 4 T Glazebrook (TVH) 2457 (9.82, 1.33, 5.85, 4.58, 2:40.94); 5 M Woodley (Slough J) 2431 (10.61, 1.45, 6.34, 4.63, 2:45.75); 6 M Drewett (VoA) 2392 (10.29, 1.45, 6.45, 4.13, 2:43.93); 7 C Sampson (Charm) 2389 (10.60, 1.30, 8.24, 4.78, 2:50.26); 8 A Warre (Swin) 2378 (10.41, 1.39, 6.35, 4.86, 2:53.97); 9 S Allen-McKenna (Thurr) 2373 (9.94, 1.39, 7.60, 9.60, 4.68, 3:07.40); 10 H Pain (Norw) 2324 (10.83, 1.39, 6.57, 4.16, 2:37.28); 11 C Lovelock (WSEH) 2317 (10.44, 1.30, 9.60, 4.68, 3:07.40); 12 S Bridle (Harl) 2314 (10.72, 1.27, 6.51, 5.04, 2:48.62); 13 J Sargeant (Bexley) 2314 (10.48, 1.36, 6.98, 4.39, 2:48.04).

5.10, 2:28.11); 6 M Hutton (K&P) 3158 (9.55, 1.57, 9.60, 5.04, 2:38.86); 7 I Humphreys (Crow) 2998 (9.68, 1.60, 9.14, 4.64, 2:41.80); 8 M Willis (Norw) 2831 (10.00, 1.48, 7.63, 5.00, 2:38.87); 9 K Willis (Norw) 2816 (10.16, 1.42, 6.95, 4.60, 2:20.69); 10 G Scoot (Ton) 2751 (10.15, 1.63, 8.03, 4.86, 2:59.21); 11 I Walton (AFD) 2729 (9.19, 1.48, 7.66, 4.64, 2:54.47); 12 S Teale (Ashf) 2713 (9.60, 1.42, 10.10, 4.70, 2:58.95); 13 S Taiwo (Thurr) 2682 (9.84, 1.39, 8.89, 4.64, 2:45.00); 14 G Kirkham (And) 2600 (9.67, 1.48, 8.55, 5.09, 3:19.24); 15 E Longhurst (Worth) 2569. **U15: **Pen:** 1 L Fellows (SMR) 3015 (9.71, 1.60, 8.63, 5.03, 2:46.07); 2 L Turbutt (Ashf) 2615 (10.36, 1.42, 8.19, 4.65, 2:41.35); 3 G Baker (Ton) 2578 (10.28, 1.51, 8.29, 4.71, 2:57.91); 4 T Glazebrook (TVH) 2457 (9.82, 1.33, 5.85, 4.58, 2:40.94); 5 M Woodley (Slough J) 2431 (10.61, 1.45, 6.34, 4.63, 2:45.75); 6 M Drewett (VoA) 2392 (10.29, 1.45, 6.45, 4.13, 2:43.93); 7 C Sampson (Charm) 2389 (10.60, 1.30, 8.24, 4.78, 2:50.26); 8 A Warre (Swin) 2378 (10.41, 1.39, 6.35, 4.86, 2:53.97); 9 S Allen-McKenna (Thurr) 2373 (9.94, 1.39, 7.60, 9.60, 4.68, 3:07.40); 10 H Pain (Norw) 2324 (10.83, 1.39, 6.57, 4.16, 2:37.28); 11 C Lovelock (WSEH) 2317 (10.44, 1.30, 9.60, 4.68, 3:07.40); 12 S Bridle (Harl) 2314 (10.72, 1.27, 6.51, 5.04, 2:48.62); 13 J Sargeant (Bexley) 2314 (10.48, 1.36, 6.98, 4.39, 2:48.04).**

DECEMBER 13

GATESHEAD HARRIERS OPEN SERIES, Gateshead

U15 mixed events: **60:** **r5:** 1 M Wyatt (M'bro, U15W) 8.18. **r6:** 1 D Garbutt (Darl, U15W) 8.19. **r8:** 1 J Chrisp (Blyth, U13) 8.34; 2 R Brunton (NSP, U13) 8.58. **r11:** 1 C Lawson (N'humb Sc, U13) 8.51. **r12:** 3 C Okey (M'bro, U15W) 8.16. **U17:** **SP:** 1 L Giles (Gate, U17W) 12.17; 2 P Ellis (Gate, U17W) 11.47. **Mixed events:** **60:** **r1.1:** 1 J Errington (J&H, U20) 7.03; 2 K Walton (Gate, U20) 7.14; 4 M Lawson (Gate, U17) 7.37. **r1.2:** 1 J McKeown (Gate, U17) 7.27; 2 D Lennie (Gate, U17) 7.40. **r1.3:** 1 D Turner (Blyth, U17) 7.48. **r1.4:** 1 M Lumb (Gate, U17) 7.48; 6 N Caygill (J&H, U20W) 7.93. **r1.5:** 5 P Ellis (Gate, U17W) 8.01. **r1.7:** 1 J Ions (NE Vets, M45) 7.87. **r1.9:** 1 J Eze (Gate, U17W) 7.87; 2 M Costello (Gate, U17W) 7.97; 6 E Smart (NSP, M60) 8.69. **r1.10:** 2 C Richardson (Dur, U17W) 8.06; 3 J Lively (NSP, U17W) 8.13. **r1.12:** 4 K Storey (Gate, W50) 8.77. **r2.5:** 4 C Richardson (Dur, U17W) 8.09. **r2.6:** 1 D Towart (Tyne, M40) 7.84; 3 P Ellis (Gate, U17W) 7.97; 5 M Costello (Gate, U17W) 8.00. **r2.7:** 1 J Ions (NE Vets, M45) 7.80; 2 J Eze (Gate, U17W) 8.06. **r2.8:** 4 N Caygill (J&H, U20W) 7.93. **r2.9:** 1 D Turner (Blyth, U17) 7.50. **r2.10:** 2 D Lennie (Gate, U17) 7.40. **r2.11:** 1 J Errington (J&H, U20) 7.09; 2 K Walton (Gate, U20) 7.12; 3 J McKeown (Gate, U17) 7.30; 5 M Lumb (Gate, U17) 7.47; 6 M Lawson (Gate, U17) 7.50. **HJ:** 1 L Reveley (Blay) 2.00. **SP:** 1 S Littlemore (Gate, W) 13.52; 2 K Carmichael (M'bro, U20W) 10.01. **Men:** **60H:** 1 J Nicholson (Gate, U20) 8.35. **SP:** 3 T Straker (NSP, M65) 10.18. **U17:** **SP:** 1 J Halpin (Gate) 14.09. **U17 women:** **60H:** 1 C Rutter (Darl) 9.03. **U15:** **60H:** **r1:** 1 D Garbutt (Darl) 9.70; 2 A Geoghegan (Morp) 9.76

DECEMBER 12

BMC SHEFFIELD OPEN SERIES, Sheffield

Men: **800:** **A:** 1 G Gisborne (Hallam, U17) 1:56.34. **Mixed events:** **800:** **B:** 1 M Smith (Bir, W) 2:04.78. **Sheffield Run Jump Throw Series, Sheffield** **Mixed events:** **60:** **r1.7:** 1 B Chanda (Hallam, U17) 7.49. **r1.8:** 1 S Palmer (Shef/Dearn, W) 7.91; 2 A Bagley (Shef/Dearn, U20W) 8.07. **r1.9:** 1 L Proctor (C'field, U17W) 8.14. **800:** **r2:** 1 S Wigfield-Turner (Hallam, U17W) 2:21.77. **r4:** 3 K Pye (Notts, M55) 2:24.25; 5 T Simms (Wake, U13W) 2:28.93. **3000:** 6 N Unknown (Grantham, W) 10:22.83. **PV:** **A:** 1 A White (Linc W, M45) 3.25; 2 J Simms (Wake, U17) 3.15; 3 A Hunt (Wake, U15W) 3.15; 4 J James (Shef/Dearn, U17) 3.15; 5 W Lane (Shef/Dearn, U15) 3.05; 6 L Green (C'field, U17W) 2.75. **B:** 1 R May (Shef/Dearn, U13) 2.45; 2 E Hunt (Wake, U15W) 2.45; 3 H Moody (C'field, U15W) 2.45. **C:** 1 G Heppinstall (Shef/Dearn) 4.80; 2 J Paoluzzi (Sheff) 4.20; 3 B Clarke (Worc) 4.00; 4 W Foot (C'field, U17) 3.60; 6 L Hall (C'field, U13W) 3.20; 7 E Henshall (Liv H, U20W) 3.20; 8 J James (Shef/Dearn, U17) 3.20; 9 W Lane (Shef/Dearn, U15) 3.20. **LJ:** 1 T Mycroft (Shef/Dearn, U15W) 4.97. **SP:** **B:** 1 L Holmes (Wake, W) 11.75. **Men:** **60H:** 1 D Milandu (Shef/Dearn) 8.44; 2 J Paoluzzi (Sheff) 8.70. **Women:** **SP:** **A:** 1 M Marlicka (AZS AWF Warszawa) 11.59; 2 S Palmer (Shef/Dearn) 11.20. **U17:** **SP:** 1 A C Rimmer (Shef/Dearn) 10.97; 2 P Memanyte (Der, U15) 10.46. **B:** 1 L Forrest (Roth) 10.60.

DECEMBER 2

SOUTH YORKSHIRE OPEN, Sheffield

U13 boys: **600:** **r1:** 1 B Nutter (Barns) 1:42.79. **U15 girls:** **200:** **r1:** 1 A Jones (Donc) 25.16; 2 N Kihuyu (Hallam) 25.88. **600:** **r1:** 1 E Shipley (Hallam) 1:39.78. **r2:** 1 H Davies (Hallam) 1:43.61. **HJ:** 1 C Coates (Donc) 1.60; 2 E Marshall (Wake) 1.60; 3 F Hogg (York) 1.56. **U15:** **150:** **r1:** 1 M Fedzin (York) 21.67. **600:** **r1:** 1 A Tolley (Hallam) 1:48.19. **HJ:** 1 S Redfern (Stock H) 1.40.

DECEMBER 1

LONDON UNIVERSITIES & COLLEGES LUCA CHAMPIONSHIPS, Lee Valley

LONDON Universities & Colleges Athletics saw a turnout of over 230 London students for the day, which encompassed the University of London Championships and the United Hospitals Championships for the London medical schools. Standout performances included Daniel Cork of Kings throwing a PB and championship record of 15.29m in the shot. Brunel team captain Remi Jessop took double sprint gold to help her team win their first ever LUCA title as they took the overall Championships. King's College won the Hospital Championships. **Men:** **60:** 4 D Ryan (Herne H, U20) 7.20. **60H:** **r1:** 1 Ryan 8.48; 2 H Hillman (Card) 8.63. **LJ:** 1 J Aki-Sawyer (K&P, U20) 6.64. **SP:** 1 D Cork (Newp) 15.29; 2 D Ryan (Herne H, U20) 12.62



BIG BARCELONA 24-HOUR WIN FOR MacDONALD

OVERSEAS

AUSTRALIA

Perth, December 14

Men: 5000: 6 JOSEPH TURNER 15:29.30

Albert Park, December 13

STEWART McSWEYN retained his Zatopek title in a PB 27:50.89. Japan's Hitomi Niya was a clear women's winner in 31:32.50, with improving 41-year-old Sinead Diver second in a PB 31:50.98. **Men 10,000:** 1 S McSweyn 27:50.89, 2 J Rayner 28:12.07, 3 J Bruce 28:49.70, 17 NICK EARL 30:20.81. **SP:** 1 D Birkinhead 19.29. **1500:** 2 MADELEINE MURRAY 4:18.36. **10,000:** 1 H Niiya (JPN) 31:32.50, 2 S Diver 31:50.98, 3 E Pashley 32:17.81, 4 E Brichacek 32:22.38, 5 C Buscomb (NZL) 32:28.37, 6 P Campbell 32:39.16

CHINA

Shenzhen, December 16

COURSE records fell in both men's and women's races.

Men: Mar: 1 E Kipngetich (KEN) 2:09:44; 2 B Muluneh (ETH) 2:11:19; 3 S Ndungu (KEN) 2:12:15; 4 M Abera (ETH) 2:12:23. **Women: Mar:** 1 M Seboka (ETH) 2:27:12

BOTSWANA

Zonal U20 Championships,

Gaborone, December 12

SOUTH AFRICAN world U20 champion Kayle Blignaut's throw of 20.90m won gold in the boy's shot put.

Men: 100: 1 S Dingiswayo 10.36. **SP:** 1 K Blignaut 20.90

ETHIOPIA

Assela December 4-9

AT 2500m altitude, Kebede Endale won the 1500m in 3:37.0.

Men: 800: 1 O Amamo 1:47.2. **1500:** 1 K Endale 3:37.0; 2 T Lemi (U20) 3:37.4; 3 Amamo 3:39.6. **10,000:** B Tolasa 29:30.4. **Women: 1500:** 1 D Welteji 4:17.0. **3000:** A Tariku 9:00.7. **5000:** 1 F Worku 15:53.0; 2 B Sado 15:53.2. **10,000:** 1 R Tusa 33:40.6

INDIA

Tata Steel Kolkata, December 16

ETHIOPIA gained a double through Birhanu Legese and Dibaba Kuma.

In a tactical race, Legese surged in the final 2km and won by a second in 75:48 while Kuma won a similarly tactical women's race in 87:34, four seconds ahead of compatriot Ftaw Zeraf.

Men: 25km: 1 B Legese (ETH) 75:48; 2 B Yegsaw (ETH) 75:49; 3 A Kipruto (KEN) 75:52; 4 E Kiptanui (KEN) 75:52;

6 R Chenonges (UGA) 76:01. **Women: 25km:** 1 D Kuma (ETH) 87:34; 2 F Zeraf (ETH) 87:39; 3 F Matanga (TAN) 87:45; 4 D Azimeraw (ETH) 87:54; 5 F Kiplagat (KEN) 87:57

IRELAND

Drogheda, December 15

Women: 5km: 2 CATHERINE O'CONNOR 18:19

All Ireland Uneven Age Group Championships, Proudstown, December 15

Novice men: 6km: 1 ZAK HANNA 19:36; 6 NEIL McCARTAN NNT; 19 LORCAN MAGEE; 22 GERARD HEANEY; 24 ANDREW MILLIGAN; 25 PHILIP GOSS; 30 EGIN HUGHES.

U19: 6km: 3 CONALL McCLEAN; 6 PETER GRACEY; 7 MICEAL McCAUL; 9 TONY McCAMBRIDGE. **U17: 5km:** 1 ADAM FERRIS; 6 JAMES GRACEY; 7 SEAN McGINLEY. **U15 3.5km:** 2 JACK McCAUSLAND; 3 PEARCE McBRIARTY; 5 JOEL CHAMBERS. **U11 1.5km:** 10 LUKE McCAUSLAND. **Novice women 4km:** 4 SARAH GRANT; 7 E O'Grady (IRL).

U15 3.5km: 3 KATIE McCLEERY. **U13 2.5km:** 8 LUCY FOSTER. **U11 1.5km:** 2 EMER McKEE

ITALY

Pisa Marathon, Pisa, December 16

Men: Mar: 14 TOM PAYN 2:35:53; 16 RAHIL SACHAK-PATWA 2:37:26; 25 EDWARD BROOKS 2:40:40; 56 JONATHAN KETTLE (M40) 2:48:29; 87 R Reismann (EST/M45) 2:54:45

JAPAN

Hofu, December 16

Men: Mar: 1 Y Kawauchi 2:11:29; 2 S Bat-Ochir (MON) 2:12:12; 3 E Chebotibin (KEN) 2:12:17; 4 S Yamashita 2:12:28. **Women: Mar:** 1 H Yoshimatsu 2:38:58

LITHUANIA

Siauliai, December 14

B: 1 K Afrifah-Mensah (Notts, U17) 3:20; 2 A Hunt (Wake, U15W) 3:20; 3 L Michalowski (Charn, U17) 3:20; 5 I Cramer (Tam, U17W) 3:00. **LJ: B2:** 1 M Spink (Roth, U20W) 5.49; 2 K Archer (Womb, U17W) 5.31; 3 L Robinson (Stock H, U17W) 5.28. **C:** 2 A Pawlett (Stock H, U17W) 5.73; 4 Waterworth 5.56. **TJ:** 1 J Gittens (Leeds C, M55) 11.11; 2 H Aitchison (Stock H, U17W) 10.94; 5 M Yalakhue (Notts, U15W) 9.89. **SP: B:** 1 J Johnson (Hallam, W45) 10.18

Men: 60H: r1: 1 B Clarke (Worc) 8.86; 2 R Paoluzzi (W3A) 8.92. **r2:** 1 Clarke 8.87; 2 Paoluzzi 8.88

U20: SP: A: 1 N Langley (Donc) 12.58

U13: 75: 1 T Wade (2dash) 10.5; 2 M Taylor (C'field) 10.5

M60: SP: A: 1 P Hewkin (MMTG) 9.40

Women: 60H: r1: 1 R Johns (Shef/Dearn, U20) 9.30. **SP: A:** 1 L Church (Nene V, U20) 10.68. **SP: B:** 7 S Allcock (SinA, W55) 6.87

U17: 60H: r1.1: 1 A Pawlett (Stock H) 8.82; 2 K Sait-Stewart (Norw) 9.11; 3 A Briggs-Good (Notts) 9.35; 4 L Robinson (Stock H) 9.43. **r1.2:** 1 N Lannie (Donc) 9.23; 2 E Misantoni (Stock H) 9.24; 3

Hept: Men: 1 Y Yaremich 5871 (7.02, 7.41, 13.02, 2.01, 8.14, 5.00, 2:51.95)

NIGERIA

Abuja, December 11-16

NSE UKO IMAOBONG, only 14 years-old, won the 400m in 52.36 ahead of African bronze medalist Yinka Ajayi.

Women: 400: 1 Nse Uko Imaobong 52.36; 2 Y Ajayi 52.46. **100H:** 1 T Amusan 13.04. **LJ:** 1 E Brume 6.62. **TJ:** G Anigbata 13.76.

RUSSIA

Moscow, December 13

Men: 600: 1 T Chaly 1:19.21

SPAIN

Málaga, December 15

U16 women: 60: A (1.4): 1 GEMMA TUTTON 8.03. **1000:** 1 FLORENCE SARGENT 3:09.66

Lanzarote, December 8

Men: HM: 13 PAUL SWAN (M55) 85:02. **Women HM:** 2 TREENA JOHNSON (W55 90:44. **Women: Mar:** 8 KAREN McLAUGHLIN (W45) 3:27:34. **10km:** 3 BELLA BAYLISS (W40) 41:38

Barcelona, December 16/17

GRANT MacDONALD of Glasgow's Garscube Harriers won with a distance of 251.373km (156.195 miles).

MacDonald also won this race in 2016 but improved his 24-hour PB by over 10km this time around.

His distance puts him fourth on the Scottish all-time 24-hour list, 17th on the GB all-time 24-hour rankings and surpasses the individual guideline standard set by British Athletics for the 2019 24-hour world championships to be held in Albi, France, next October.

Wendy Shaw covered 216.117km (134.28 miles) which surpasses the women's team standard for the 2019 world championships.

Men 24Hours: 1 GRANT MacDONALD 251.373; 5 PAUL RADFORD (M50) 224.172; 9 RY WEBB 216.902; 21

NATHAN MONTAGUE 188.099; 28 BRIAN ROBB 177.407. **12Hours:** 12 MACDONALD 121.993; 17 RADFORD 119.531; 22 ROBB 117.448; 27 WEBB 116.307; 34 MONTAGUE 114.440.

Women 24Hours: 4 WENDY SHAW (W40) 216.117; 7 ROZ GLOVER (W45) 158.952. **12Hours:** 3 ADRIANA ANGHIEL 119.784; 4 SHAW 118.977; 20 GLOVER 85.881

Aranjuez, December 16

Men: 10km: 24 MAX TRAVERS 33:29

Venta De Banos, December 16

Men: 10.6km: 1 V Rono (KEN) 34:16; 2 J Guerra 34:22; 3 A Habte (ERI) 34:35.

Women: 7.6km: 1 L Gidey (ETH) 27:22; 2 H Feysa (ETH) 27:40; 3 I Monteiro (POR) 29:17; 4 M Perez 29:35

Yecla, December 16

Men: 10km: 1 B Yernataw (BRN) 28:54; 2 P Ankan (TUR) 29:03; 3 A Mechaal 29:22; 4 A Abadiá 29:22. **Women: 8km:** 1 T Gemechu (ETH) 25:32; 2 N Tanui (KEN) 25:38; 3 T Gebre 26:45; 4 M Pérez 27:02

TURKEY

Mersin, December 16

KENNETH LIMO won in a course record of 2:10:12.

Men: Mar: 1 K Limo (KEN) 2:10:12; 2 H Kipchumba (KEN) 2:10:43. **Women: Mar:** 1 K Tilahun ETH 2:33:18. **15km:** 1 D Meringor (KEN) 48:36; 2 J Kimeli (KEN) 49:20

USA

Boston, December 15

Mixed: 3000: E Purrier (W) 8:48.92

Sacramento (Addn), December 2

Women: Mar: 181 ASHLEY SANDERSON 2:55:03

Jacksonville, December 15

GENE DYKES ran an astonishing M70 world record for the marathon of 2:54:23 to better Ed Whitlock's seemingly unbeatable 2:54:48 set in 2004 (News, p6-7).

Mar: G Dykes 2:54:23 (M70 rec)



Grant MacDonald: recovers from his 24-hour win

ROBBIE BRITTON

Women: 60: 1 R Jessop (D&T, U20) 8.07. **r1:** 1 Jessop 8.07. **HJ:** 1 A Teska (Brun U) 1.70

NOVEMBER 25

NOTTINGHAMSHIRE OPEN GRADED

OPEN & QUADKIDS, Sheffield

Mixed events: 60: r1.1: 2 J Rogers (Corby, U17) 7.50. **r1.2:** 4 K Waterworth (Stock H, U20W) 8.01. **r1.3:** 3 I Male (RSC, U15W) 8.12. **r1.4:** 2 M Spink (Roth, U20W) 8.02. **r1.5:** 2 H Murray (Stock H, U17W) 8.12. **r1.7:** 2 C Ashmore (Mans, M55) 8.47. **r1.11:** 1 N Kihuyu (Hallam,

U15W) 8.04. **r2.1:** 3 Rogers 7.50; 8 Waterworth 8.08. **r2.2:** 3 Kihuyu 7.90; 4 Murray 8.03; 5 Male 8.08. **r2.3:** 3 J Winogrodzka (Bolt, U15W) 8.27. **300:** r3: 3 G Jones (Corby, U20W) 40.49; 4 Murray 41.12. **r4:** 2 I White (Long, U15W) 42.61. **r6:** 2 N Kihuyu (Hallam, U15W) 41.99. **800: r3:** 4 J Donaldson (Corby, M55) 2:25.19. **3000:** 1 G Moffatt (Dark PK, M50) 10:04.42; 2 A Wetherill (Mans, M60) 10:06.90. **HJ: B:** 3 S Linsell (Leeds C, M55) 1.65. **PV: A:** 1 L Green (C'field, U17W) 2.90; 2 L Pinchess (Charn, U15W) 2.90; 5 R May (Shef/Dearn, U13) 2.50.

B: 1 K Afrifah-Mensah (Notts, U17) 3:20; 2 A Hunt (Wake, U15W) 3:20; 3 L Michalowski (Charn, U17) 3:20; 5 I Cramer (Tam, U17W) 3:00. **LJ: B2:** 1 M Spink (Roth, U20W) 5.49; 2 K Archer (Womb, U17W) 5.31; 3 L Robinson (Stock H, U17W) 5.28. **C:** 2 A Pawlett (Stock H, U17W) 5.73; 4 Waterworth 5.56. **TJ:** 1 J Gittens (Leeds C, M55) 11.11; 2 H Aitchison (Stock H, U17W) 10.94; 5 M Yalakhue (Notts, U15W) 9.89. **SP: B:** 1 J Johnson (Hallam, W45) 10.18

Men: 60H: r1: 1 B Clarke (Worc) 8.86; 2 R Paoluzzi (W3A) 8.92. **r2:** 1 Clarke 8.87; 2 Paoluzzi 8.88

U20: SP: A: 1 N Langley (Donc) 12.58

U13: 75: 1 T Wade (2dash) 10.5; 2 M Taylor (C'field) 10.5

M60: SP: A: 1 P Hewkin (MMTG) 9.40

Women: 60H: r1: 1 R Johns (Shef/Dearn, U20) 9.30. **SP: A:** 1 L Church (Nene V, U20) 10.68. **SP: B:** 7 S Allcock (SinA, W55) 6.87

U17: 60H: r1.1: 1 A Pawlett (Stock H) 8.82; 2 K Sait-Stewart (Norw) 9.11; 3 A Briggs-Good (Notts) 9.35; 4 L Robinson (Stock H) 9.43. **r1.2:** 1 N Lannie (Donc) 9.23; 2 E Misantoni (Stock H) 9.24; 3

E Hincliffe (Shef/Dearn) 9.35. **r2:** 1 Pawlett 8.81; 2 Sait-Stewart 9.25; 3 N Lannie (Donc) 9.32; 4 E Hincliffe (Shef/Dearn) 9.42; 5 L Robinson (Stock H) 9.49. **SP: A:** 1 L Forrest (Roth) 10.61

U15: 60H: r1.2: 1 Winogrodzka 9.18

TRACK & FIELD

DECEMBER 15

5000m's OF CHRISTMAS, Battersea

Mixed events: 5000: D: 1 M Duignan (Lon C AC, W35A) 18:48.11. **E:** 2 V Carter (TVH, W45) 17:42.96; 8 A Birch (Lon C AC, W) 18:56.00. **F:** 2 L Custance (Clap C, W35) 17:41.17; 7 J Skinner (Fulham, W40) 18:14.99; 13 L Wertheim (Clap C, W) 18:33.19. **G:** 3 R Harvey (Clap C, W) 17:12.63. **I:** 1 T Harrison (C&C, U20) 15:18.40; 2 L Smith (Mil K) 15:23.67; 3 N Bowker (Clap C) 15:44.50; 8 C Booth (Chelt, U20) 16:08.75

DECEMBER 8

ALF PALMER TRACK WALKS, Horsham

Men: 5000m: 1 L Legon (Camb H) 23:44; 2 J Bell (Steyn, M55) 27:50; 3 L

Carty (AFD, U15W) 28:48; 4 M Martin (Sy WC, M60) 29:45

M75: 1 R Penfold (Steyn) 32:43; 2 S Lightman (Sy WC) 35:39. **M80:** A Thomson (E&H) 34:23. **3000m:** N Hart (AFD, U17) 12:20. **2000m:** 1 E Purser (Ports, U13) 12:08; 2 L Burr (Ton, U13) 13:41; 3 J Ellison (B&B, U15) 14:01

Women: 5000m: 1 L Carty (AFD, U17W) 28:48; 2 J Benson (Asf, U20) 28:56; 3 M Morris (M&M, U17) 29:00; 4 G Whittingham (Ashf, U17) 29:05; 5 M Peddle (Lought, W50) 30:43

W50: 2 S Davies (AFD) 32:00. **W55:** G Legon (Bex) 31:21. **3000m:** 1 K Stringer (M&M, U15) 16:34; 2 A Smith (B&B, U15) 16:16. **2000m:** 1 C Wallis (AFD, U15) 12:29; 2 N Mitchell (Win, U15) 13:26; 3 L Billingham (AFD, U13) 13:46

SWINDON WINTER THROWS

M40 men: PenWt: 1 D Upton (R&Z) 25:43 (32.09, 12.19, 33.73, 24.75, 10.45)

M55: PenWt: 1 S Pomeroy (Abing) 29:92 (34.58, 10.62, 31.00, 29.36, 12.98)

M60: PenWt: 1 A Ahmet (Rad) 23:18 (27.17, 9.64, 24.99, 25.25, 10.30)



The winning Brunel team at the LUCA Championships

CROSS-COUNTRY

DECEMBER 16

BERKSHIRE CHAMPIONSHIPS, Pangbourne

AMELIA QUIRK won the women's race by more than a minute but organisers were disappointed that just one senior women's team closed in.

The Southern champion was second in Liverpool before then going on to place fifth in Tilburg the previous week.

Alex Tovey notched up his sixth win in a row and his seventh in all as he ran out a narrow winner over Rob Corney.

Men (12km): 1 A Tovey (Bir) 38:24; 2 R Corney (Read RR) 38:35; 3 E Stockdale (Read) 39:35; 4 I Farnworth (Read, U20) 39:47; 5 M Apsley (Read RR) 40:00; 6 J Branch (Wyc P) 40:17; 7 M Green (Newb) 40:26; 8 J Craggs (Newb, M35) 40:39; 9 J Gregory (Read RR) 40:53; 10 C O'Neill (Newb) 41:03; 11 M Worringham (Read RR, M40) 41:07; 12 R O'Brien (Read) 41:20; 13 L Jolly (Read, M35) 41:54; 14 D May (H War, M35) 42:06; 15 D Lewis (Read) 42:12; 16 A Rennie (Read, M45) 42:27; 17 C Lucas (Read RR) 42:39; 18 D Mccoy (Read RR) 42:44; 19 R Faulkner (Read) 43:06; 20 P Marshall (Newb, M35) 43:15

M45: 2 S Barnes (Newb) 44:20. **M50:** 1 R McHarg (Belg, M50) 44:29. **M55:** 1 B Kirsopp (Read RR) 46:32; 2 P Jewell (Read RR) 46:43

TEAM: 1 Read RR 58; 2 Newbury 83
M40 TEAM: 1 Newbury 24; 2 Read RR 40; 3 Reading 63; 4 Read RR B 72

U20 (9km): 1 A Sutton (Read) 30:03; 2 D Brookling (WSEH) 30:19; 3 E Stevens (Read) 30:25; 4 M Cooper (Brack) 31:23; 5 T Nike (Read) 32:51; 6 T Draper (Team K) 33:00

U17 (6km): 1 M McGarvie (Hill) 18:08; 2 O Hall (Brack) 18:17; 3 A Gambrell (Cookham) 18:20; 4 J Rennie (Read RR) 18:25; 5 M Raynor (Read) 18:30; 6 T Allen (Newb) 18:30; 7 R van Heerde (WSEH) 18:32; 8 H Withers (Brack) 18:35; 9 H Fieldsend (Brack) 18:43; 10 B Rollings (Read) 18:59

TEAM: 1 Bracknell 34; 2 Newbury 56; 3 WSEH 58

U15 (4.5km): 1 L Hynes (WSEH) 15:21; 2 S Hodgson (WSEH) 15:48; 3 M Stevens (Brack) 15:51; 4 O Craggs (Read) 15:52; 5 C Borgnis (Brack) 16:06; 6 M Nye (Brack) 16:11; 7 W Goddard (WSEH) 16:15; 8 J Campbell (WSEH) 16:19; 9 M Knight (WSEH) 16:27; 10 L Baker (Read) 16:31

TEAM: 1 WSEH 15; 2 Bracknell 29; 3 Reading 43; 4 Cookham 63; 5 WSEH B 63

U13 (3km): 1 A Dias (Brack) 9:09; 2 N Thomas (BMH) 9:20; 3 J Abass (WSEH) 9:20; 4 B Dewar (WSEH) 9:21; 5 N Rollins (WSEH) 9:26; 6 G Thomas (WSEH) 9:28; 7 T Brooks (Brack) 9:43; 8 C Bleazard (Cookham) 9:44; 9 S Pemberton (Brack) 9:48; 10 O Bailey (Brack) 9:51

TEAM: 1 WSEH 18; 2 Bracknell 27; 3 Reading 57; 4 T Kennet 74

Women (8km): 1 A Quirk (Brack, U20) 28:13; 2 K Walker (Read, U20) 29:38; 3 S Crumley (Read) 30:11; 4 J Franklin (Newb, W35) 30:31; 5 A Boniface (Read) 31:18; 6 V Duncan (Newb) 32:45; 7 R Turton (Tip) 32:58; 8 L Marlow (Brack) 33:11; 9 M Cook (Newb, W40) 33:24; 10 R Allen (Newb, W45) 33:51; 11 S Francis (Read, W45) 34:15; 12 K Bennet (Team K)



Start of the Sunday League in Willian

GRAHAM SMITH

34:35; 13 H Pool (Read RR, W40) 34:57; 14 H Wood (Read) 35:45; 15 R Downie (Newb, U20) 35:56; 16 L Daniells (Read, W35) 35:57; 17 G Offer (Marl J) 35:59; 18 N Rickett (Read RR, W35) 37:55; 19 J Eaton (Newb, W55) 38:05; 20 L Whiley (Read RR, W55) 38:15

TEAM: Reading 18
W35 TEAM: 1 Newbury 14; 2 Read RR 31

U20 (6km): 1 I Fry (Newb) 20:07; 2 N Reid-Smith (AFD) 20:14; 3 M Ormond (WSEH) 20:24; 4 E Carey (Brack) 20:43; 5 A Wilks (Brack) 21:09; 6 H Barnard (Brack) 21:20

U17 (5km): 1 A Young (WSEH) 18:20; 2 H Walker (Read) 18:38; 3 N Harris (Read) 18:48; 4 E van Heerde (WSEH) 18:50; 5 L Wells (Brack) 19:21; 6 A Hancock (Read) 19:29; 7 F Jones (Brack) 20:01; 8 A Chadwick (Read) 20:02; 9 H Read (Brack) 20:09; 10 C Holden (C'ley) 20:29

TEAM: 1 Reading 19; 2 Bracknell 33
U15 (4km): 1 J Young (WSEH) 13:45; 2 E Harris (WSEH) 13:53; 3 N Camp (WSEH) 13:58; 4 A Baines (Brack) 14:20; 5 J Hatch (WSEH) 14:22; 6 L Robertson (Newb) 14:35; 7 C Terry (Cookham) 14:37; 8 J Ridley (Cookham) 14:49; 9 M Dave (Brack) 15:00; 10 J Davies (WSEH) 15:09

TEAM: 1 WSEH 11; 2 Bracknell 37; 3 Reading 60
U13 (3km): 1 J Robertson (Newb) 9:40; 2 F Wilcox (WSEH) 10:05; 3 K Fraser (Team K) 10:09; 4 E Elson (Read) 10:11; 5 I Thorpe (Brack) 10:13; 6 M Fieldsend (Brack) 10:15; 7 E Newman (Read) 10:18; 8 H Haldane (Read) 10:24; 9 O Gibbons (WSE) 10:38; 10 S Brancato (Cook) 10:43

TEAM: 1 Reading 34; 2 Bracknell 44; 3 Cookham 54; 4 Bracknell B 99

BLACKHEATH & BROMLEY CHRISTMAS YACHT HANDICAP 5, Hayes
Overall: 1 O Bright (B&B, U17) 27:08; 2 A Harrington (B&B, U20) 29:00; 3 T Brash (B&B, U15) 29:04; 4 L Ercolani (B&B, M45) 29:39; 5 T Desborough (B&B) 31:09; 6 B Marks (B&B, U17) 32:46; 7 J Butler (B&B, W45) 32:55; 8 S Hough (B&B, M45) 33:22; 9 N Haffenden (B&B, M50) 33:51; 10 P Keregyarto (B&B, M40) 33:55

M55: 1 S Pairman (B&B) 34:22

Women: 1 Butler 32:55; 2 J Bradshaw (B&B, W45) 36:17; 3 G Horton (B&B, U17) 38:38

CYCLISTS v HARRIERS, Irvine

Overall (5.5M): 1 C McKenzie (Cors) 26:22; 2 B Richardson (Irv, M40) 27:49; 3 K Neill (Ayr S, M40) 28:05; 4 C MacDonald (Moth) 29:25

M60: C Miller (Irv) 33:05

Women: 1 T McIntosh (Ayr S) 32:08; 2 R Crewe (W'lands CC) 33:23; 3 L Beresford (W'lands CC) 36:06

PECO LEAGUE, Temple Newsam

Men (5M): 1 N Marsh (Ton) 29:02; 2 C Elson (Roundhay Runners) 30:07; 3 J Sambrook (LUUCCC) 30:20; 4 T Forrest (Ack) 30:31; 5 S Stratton (LUUCCC) 30:41; 6 T Baldwin (Salt) 31:05; 7 A Burns (Wharf, M35) 31:17; 8 M Hallam (Vall) 31:28; 9 J Callis (Leeds C) 31:34; 10 W Cunningham (Ripon) 31:48

M45: 1 M Fillingham (Salt) 32:50. **M50:** 1 A Brown (Salt) 33:50. **M55:** 1 S Dunbar (Salt) 34:39. **M65:** 1 M Pickering (Ilkley) 40:11

TEAM: Div.1: 1 Wharf 195; 2 R'har 329; 3 Hyde P 452; 4 Vall 500; 5 Saittae 570; 6 Abbey 810; 7 Horsf 1175. **Div.2:** R'welle 676. **Div.3:** Weth 841. **VECTS:** 1 Saittae 494; 2 Abbey 809; 3eg St Ther/Vall 926

U17 (2M): 1 F Roden (Abbey R, U15) 8:44; 2 R Sarsfield (Abbey R, U15) 8:49; 3 R Forrest (H'gate, U15W) 8:53; 4 G Couttie (H'gate, U15) 8:54; 5 D Linstrum (Weth, U15) 8:59; 6 J Harris (H'gate, U15) 9:09; 7 A Powell (Otl) 9:11; 8 J Walker (Vall, U13) 9:13; 9 E Whitaker (H'gate, U15W) 9:14; 10 T Midwood (H'gate, U15) 9:18; 11 H Forrest (H'gate, U13W) 9:20; 15 L Langan (York, U13W) 9:37; 17 A Whitaker (H'gate, U15W) 9:44; 33 S Robinson (R&Z, U13W) 10:20

U11 (1M): 1 R Mirfin (Vall) 5:23; 2 M Bellwood (Keigh, U11W) 5:30; 3 C Aylesbury 5:33; 4 L Walker (Bing) 5:34; 17 I Atkinson (Spen, U11W) 5:55; 19 A O'Sullivan (Keigh, U11W) 5:56

Women (5M): 1 H Cross (York T, W35) 33:33; 2 B Garland (Chich) 34:06; 3 A Rogers (Abbey R) 34:46; 4 P Munro (Ilkley, W50) 35:34; 5 C Goecker (H'gate, W35) 35:38; 6 K Ball (Ack, W40) 35:40; 7 S Lewis (Round, W40) 36:33; 8 A Young (H'PH) 36:34; 9 R Plinder (York T, W35) 36:37; 10 R Winter (Ack) 36:41

W45: 1 C Howard (Round) 38:22. **W65:** 1 L Ball (Vall) 46:12

TEAM: Div.1: 1 R'hay 192; 2 Abbey 435;

3 Hyde P 439; 4 Harr 461; 5 Vall 523; 6 Horsf 564; 7 Wharf 567. **Div.2:** Ack 439

Div.3: Weth 397. **VECTS:** 1 R'hay 569; 2 Vall 608; 3 Harr 707

REIGATE HOLLY RUN, Priory Park, Reigate, Surrey

ALISTAIR MASSON won the men's six-mile race by a minute from top junior – Aldershot's Marcus Shantry. Another junior, Jamie Goodge, was featuring well in the race but opted just to complete the four-mile two-lap event which he won by more than five minutes, *Martin Duff reports.*

The senior men and women were given the option of racing over either four or six miles, but the team awards were limited to the six-miler for the men and the four-miler for the women.

Inter-Counties champion Will Barnicoat won the U17 boys' race over three miles from Aldershot team-mate Dylan Spencer as they added the age group team race.

It was a similar story in the U15 boys' race, Southern silver medalist Ethan Scott leading fellow club member Liam Stone as Aldershot collected more team medals.

For the women, Croydon junior Jessica Moore came out on top against former winner and top master, heptathlete Diana Norman.

Overall (6M): 1 A Masson (DMV) 33:37; 2 M Shants (AFD) 34:30; 3 J Tidd (WSEH) 34:57; 4 D Woolmer (Walton, M35) 35:35; 5 H Fleming (Walton) 35:49; 6 J Crossley (M&M, M35) 35:59; 7 P Wright (Rane) 36:12; 8 J Haasz (Croy) 36:34; 9 M Major (M&M) 36:54; 10 D White (Croy) 37:37

M50: 1 D Moore (DMV) 38:01

M60: 1 Read RR 58; 2 Newbury 83

M40: 1 Newbury 24; 2 Read RR 40; 3 Reading 63; 4 Read RR B 72

Women: 1 S Roberts 46:06; 2 M Ruks (Walton, W40) 46:43; 3 M Nixon (Saint&S, W40) 50:24; 4 N Atkins (K&P, W50) 50:55

Overall (4M): 1 J Goodge (Ton, U20) 22:04; 2 J Chivers (Hay H, M40) 27:38; 3 J Moore (Croy, U20W) 28:15; 4 D Norman (E&E, W40) 29:03; 5 C Verschoyle (DMV) 29:05; 6 H Flynn (S Lon, W) 29:41; 7 M Armstrong (Croy, W35) 29:44; 8 D Suggitt (Unatt, W) 29:49; 9 E Amos (Walton, W) 31:17; 10 G George (E&E, M45) 31:56

M45: 2 A Spies (Sutt R) 34:18. **M60:** 1 P Martin (DMV) 32:31

Women: 1 Moore 28:15; 2 Norman 29:03; 3 Flynn 29:41; 4 Armstrong 29:44; 5 Suggitt 29:49; 6 Amos 31:17; 7 E Barrett 32:08; 8 L Wagstaff (AFD, U20) 32:21; 9 K Kudmore 34:00; 10 P Cumbers (Sutt R) 34:24

W65: 1 M Matthews (Tadw) 38:39

TEAM: Croydon 20
U17 (3M): 1 W Barnicoat (AFD) 15:52; 2 D Spencer (AFD) 16:41; 3 E Scott (AFD, U15) 16:56; 4 L Stone (AFD, U15) 17:21; 5 L Stringer (M&M) 17:37; 6 J Moore (DMV, U15) 17:59; 7 G Wallace (M&M) 18:32; 8 R Rivero-Stevenet (G&G, U15) 19:15; 9 L Hill (Croy) 19:27; 10 C Turner (AFD) 19:33

TEAM: 1 AFD 9; 2 Croydon 20

U15 TEAM: 1 AFD 12; 2 Holl Sp 31

U13 (2M): 1 M Pickering (S Lon) 10:58; 2 J Hunt (Holl S) 11:03; 3 J Barker (E&E) 11:26; 4 J Hunt (Holl S) 11:29; 5 A Chapman (E&E) 11:54; 6 T Spencer (AFD) 11:54; 7 A Walters (Holl S) 11:55; 8 W John-Cox (Reig) 12:01; 9 S Rolaston (Reig) 12:02; 10 J Valkenburg (E&E) 12:08

TEAM: 1 Holl Sp 13; 2 E&E 18; 3 Reigate P 31

U11 (1M): 1 S Alexander (DMV) 6:48; 2 L Higgins (E Grin) 6:49; 3 M Orchard (Reig) 6:51

TEAM: 1 DMV 18; 2 Reigate Priory Sch 26; 3 Reigate P 42

U17 women (3M): 1 K Goodge (Ton) 19:15; 2 M Wise (Ton, U15) 19:35; 3 H Clark (B&B, U15) 19:51; 4 C Young (M&M) 20:00; 5 A Cox (Craw, U15) 20:02; 6 E Osmond (B&B) 20:19; 7 K Valkenburg (E&E, U15) 20:20; 8 E Savory (AFD) 20:21; 9 M Henson (Holl S, U15) 20:48; 10 C Borgars (AFD, U15) 20:59

U15 TEAM: 1 AFD 22; 2 Croydon 40; 3 Croydon B 53

U13 (2M): 1 L Denece (Reig) 11:36; 2 S Osborn (E&E) 12:00; 3 P Wells (Holl S) 12:08; 4 G Martin (B&B) 12:11; 5 G Fordham (E&E) 12:18; 6 R Stockley (E&E) 12:22; 7 Z Girling (E&E) 12:25; 8 A Bloomfield (DMV) 12:27; 9 A Bailey (AFD) 12:32; 10 E Deveney (B&B) 12:34

TEAM: 1 E&E 13; 2 B&B 25; 3 Holl Sp 42
U11 (1M): 1 K Foss (Craw) 7:01; 2 A Cox (Craw) 7:11; 3 Y Badawi (Reig) 7:32

6M TEAM: 1 Croydon 29; 2 Dorking MV 31; 3 Walton 43

TEAM: 1 Crawley 15; 2 Reigate P 24; 3 M&M 25

SUNDAY LEAGUE, Willian

Overall: 1 T Kearns (Harp A) 26:39; 2 C Bruce (Trent P, M40) 26:56; 3 P Adams (St Alb S) 27:16; 4 B O'Connor (Royst) 27:38; 5 C Stewart (Fairlands Valley) 27:52; 6 S Norris (Wat J, M40) 27:57; 7 T Beech (Royst) 28:11; 8 S Aiken (Trent P, M45) 28:18; 9 M Ames (Wat J, M40) 28:21; 10 D McAlpine (Fairlands Valley) 28:23

M50: 1 S Bowran (Harp A) 29:26. **M55:** 1 M O'Sullivan (Trent P) 31:42. **M60:** 1 D Desborough (Gard CR) 31:54; 2 P Crockford (Lon Hth) 32:34. **M70:** 1 C Taylor (Trent P) 38:52

Women: 1 E Rowley (Trent P) 31:02; 2 M Hall (Gard CR, W40) 32:01; 3 L Rowedder (Herts P) 32:17; 4 B Gay (Guest) 32:44; 5 C Hucklestep (Trent P, W35) 32:53; 6 J Conway (St Alb S) 33:07; 7 L Hicks (Harp A) 33:07; 8 Z Davidson (Royst) 33:09; 9 B Bohane (Royst) 33:23; 10 S Hawkins (Fairlands Valley, W35) 33:37

W45: 1 S Heitanen (Lon Hth) 33:50; 2 W Walsh (St Alb S) 33:59. **W65:** 1 Y Gordon (Fairlands Valley) 36:27

THREE COUNTIES LEAGUE, Letchworth Garden City

Overall: 1 T Harris (Ampt, M35) NTT; 2 A Ash (Ampt); 3 R Barnes (Stop); 4 T Webb (N Herts); 5 H Smith (Ampt); 6 S Green (Ampt, M35); 7 P Mackrell (Leight R, M35); 8 A Bowler (N Herts, M35); 9 I Halpin (Ampt); 10 M Waite (Ampt, M45)

Women: 1 N Lawrence (N Herts); 2 C Lathwell (Stop, W40); 3 H Broom (Bigg, W35); 4 K Barnett (W'boro); 5 N Morgan (Bigg, W40); 6 A McKeown (N Herts, W45); 7 P Adams (N Herts, W45); 8 S Knight (Bed H, W45); 9 J Naylor (Bed H, W45); 10 N Garner (Bigg)

DECEMBER 15

ALTRINCHAM AND DISTRICT AC SENIOR XMAS HANDICAP

John Leigh Park, Altrincham Handicap: 1 H McKenna 38:35 (Actual 38:35); 2 P Pattison 38:38 (28:58); 3 G Nichol 38:57 (29:37)

Fastest: M Berks 25:13



THAMES HARE & HOUNDS' ALUMNI RACE, Wimbledon Common

IN ATROCIOUS weather conditions, with freezing rain, this ever-popular event between teams of Old Boys from public schools attracted a near record field and was one of the highlights of the hosts' 150th anniversary year.

It was William Ryle-Hodges who retained his grip on the individual trophy though his Eton College team were headed by Rochester Maths for the King Henry VIII open team award.

Olivia Papaioannou led Shrewsbury to the women's team cup.

Overall: 1 W Ryle-Hodges (Eton) 26:43; 2 H Lane (Sherborne) 27:11; 3 C Payas (St John's) 27:46; 4 J McMullan (Chart) 27:59; 5 J Campbell (Sedberg) 28:15; 6 R Ollington (RGS, Guild) 28:23; 7 D Grassly (Harrow, U20) 28:31; 8 P Killingly (Winch) 29:07; 9 T Hole (Sherb) 29:12; 10 C Tongue (Shrews) 29:15; 11 D Lewin (Stony) 29:27; 12 J Ashley (Roch, M40) 29:34; 13 R Smyth (Wells) 29:37; 13 L Copeland (W'minster) 29:42; 14 L McMeekin (Roch, M45) 29:48

M40: 3 E Cartwright (Harrow) 30:26; **M50:** 1 B Thornton (Eton) 33:12; **M55:** 1 R Rigby (Ample) 33:30; 2 C Finill (Harr County) 34:24; **M60:** 1 G Watts (gst) 30:11; 2 R Kerr (Sherb) 35:49; 3 H Balfour (Eton) 36:54

TEAM: 1 Rochester Maths 59; 2 Eton 97; 3 Sherborne 108; **M40:** 1 Rochester 13; 2 Sherborne 34; 3 Eton 69; **M50:** 1 Eton 26; 2 Sherborne 38; 3 Bradford 63; **M60:** 1 Sherborne 20; 2 Eton 46; 3 King Edward's Birm 47; **M65:** 1 Winchester 26; 2 Warwick 29; 3 Milton 29

Women: 1 O Papaioannou (Shrews) 30:04; 2 J Prior (gst) 33:02; 3 J Cram (Malvern) 33:54; 4 C Matthews (st) 34:53; 5 A Brennan (A'forth, W40) 36:45; 6 C Holmes (gst) 38:33

W45: S Allen (Densit) 39:51; **W55:** P Amos (Well) 45:59
TEAM: 1 Shrewsbury 29; 2 Malvern 30; 3 St John's Leatherhead 30

ESSEX LEAGUE, Horseheath

BEN DAVIS led Havering to a comprehensive men's team victory and they lead the overall team standings after three matches.

Lauren Deadman made it a double for Havering as she too led her club to a team win, as they too top the overall senior women's league.

Men (XC): 1 B Davis (Have, U20) 27:41; 2 G Twist (Have) 27:57; 3 T Keen (C&C, U20) 28:15; 4 L Harknett (Orion, U20) 28:16; 5 R Osman (Col H) 28:39; 6 A Finch (Thurr) 28:41; 7 M Gilbert (C&C) 28:46; 8 R Huckle (C&C, U20) 28:54; 9 R Warner (Have, M35) 29:01; 10 G Day (Orion, U20) 29:31; 11 S Dhillon (Thurr, U20) 29:32; 12 C Bloomfield (B'cay, M40) 29:37; 13 S Atkins (Have, U20) 29:42; 14 P Grange (Have, M35) 29:49; 15 R Gillard (S'end) 29:51; 16 O Thomas (Chelm, U20) 30:04; 17 L Taylor (S'end, M40) 30:09; 18 J Ray (S'end) 30:10; 19 C Holmes (S'end, M40) 30:12; 20 K Swan (Brain) 30:24; 21 C Molloy (C&C) 30:28; 22 F Richardson (C&T, U20) 30:23; 23 S Norris (S'end, U20) 30:33; 24 T Newell (Thurr, U20) 30:35; 25 N Filer (Col H, M35) 30:38; 26 J Stewart (Have, U20) 30:40; 27 J Boshor (GFD) 30:43; 28 I Brown (Bas, U20) 30:46; 29 R Mahem (C&C) 30:54; 30 A Waitahaka (Have, M35) 31:16
M45: 1 B Foot (Orion) 31:46; 2 M

Chester (Have) 32:07; 3 T Draper (Thurr) 32:12; **M50:** 1 A Smalls (Col H) 31:41; 2 C Read (Orion) 31:49; 3 C Dyce (C&C) 32:00; **M55:** 1 D Aguilar (C&C) 33:21; 2 T Pecoraro (Have) 33:42; **M60:** 1 M Bridgeland (Chelm) 33:56; 2 B Langley (Hals) 36:39; **M65:** 1 D Butler (B'cay) 34:26; **M70:** 1 P Binns (S'end) 41:22

TEAM: Div 1: 1 Havering 65; 2 Southend 124; 3 Orion 172; 4 Col H 214; 5 Thurrock 212; 6 Grange F 403; **Div 2:** 1 C&C 105; 2 Halstead 655; 3 Phoenix St 823; **M40:** 1 Orion 196; 2 Havering 198; 3 Col H 233; 4 C&C 244; 5 Springfield 264; 6 Billericay 286

U17 (XC): 1 L Wheeler (Thurr) 21:35; 2 Z Bridgeland (Chelm) 22:08; 3 D Millward (Col H) 22:10; 4 S Wheatley (S'end) 22:13; 5 O Lill (Bas) 22:33; 6 T Palmer (Col H) 22:38; 7 J Rashbrook (Bas) 22:46; 8 M Warner (S'end) 22:59; 9 F Lowe (Thurr) 23:20; 10 I Fullerton (Brain) 23:21

TEAM (4 to score): 1 Thurrock 42; 2 Basildon 44; 3 Chelmsford 55

U15 (XC): 1 A Ford (Have) 14:40; 2 C Howell (Have) 14:48; 3 L Randall (S'end) 15:02; 4 T Linsell (Bas) 15:19; 5 J Wharton (C&T) 15:23; 6 G Hey (S'end) 15:28; 7 G Keen (C&C) 15:29; 8 F Tall (S'end) 15:39; 9 B Maguire (S'end) 15:41; 10 D Harrod (Thurr) 15:51

TEAM: 1 Southend 26; 2 Havering 43; 3 C&C 64; 4 Chelmsford 92
U13 (XC): 1 H Dover (C&T) 10:50; 2 W Steadman (Chelm) 10:58; 3 O Prince (Brain) 11:49; 4 T Wood (Chelm) 11:52; 5 M Smith (C&C) 11:58; 6 G Green (C&C) 11:59; 7 T Peacock (Thurr) 12:01; 8 D Robins (Chelm) 12:14; 9 G Martin (Chelm) 12:16; 10 M Courtois (C&C) 12:18

TEAM: 1 Chelmsford 23; 2 C&C 39; 3 Havering 56; 4 Colchester & T 87
Women (XC): 1 L Deadman (Have) 23:42; 2 J Mitchell (Have, U20) 24:11; 3 F Hughes (C&C) 24:58; 4 V Hiscok (Ben) 25:02; 5 C Bishop (Bas) 25:03; 6 R Luxton (Chelm, W35) 25:11; 7 K Tydeman (Bas) 25:26; 8 G Bailey (Have) 25:34; 9 S Worley (B'cay) 25:57; 10 H Bretscher (C&C) 26:12; 11 A Hennington (Col H, W40) 26:17; 12 H Lamkin (S'end) 26:34; 13 D Appleton (Have, W45) 26:41; 14 R Broome (Chelm, U20) 26:43; 15 D Morley (Col H, W45) 26:48; 16 R Matson (Have) 26:56; 17 C Haines (C&C) 27:08; 18 L Juby (Orion, W35) 27:19; 19 R Cooke (Col H) 27:27; 20 S Pennington (S'end) 27:32

W35: 3 L Douglass (Bas) 28:21; **W40:** 2 H Rogerson (Orion) 27:41; 3 L Gosling (Orion) 29:20; **W45:** 3 T Radley (Thurr) 27:34; 4 W King (Chelm) 27:54; 5 A Trauttmansdorff-Weinsberg (Orion) 28:39; 6 A Oakman (Col H) 29:30; **W50:** 1 S Godfrey (C&C) 27:56; 2 K Cameron (C&C) 29:18; 3 J Farrell (Thurr) 29:43; **W55:** 1 C Deacon (B'cay) 31:41; **W60:** 1 B Nordin (lf) 31:19; **W65:** 1 L Tanner (Spring S) 34:07

TEAM: Div 1: 1 Havering 24; 2 Chelmsford 67; 3 Col H 79; 4 Southend 92; 5 Orion 102; 6 Benfleet 195; **Div 2:** 1 C&C 56; 2 Thurrock 135; 3 Billericay 170; **W35:** 1 Col H 60; 2 Orion 70; 3 C&C 87; 4 Thurrock 92; 5 Havering 118; 6 Southend 132

U20 (XC): 1 G Burrell (Bas, U17) 20:14; 2 H Instance (Thurr, U17) 20:19; 3 H Dyce (C&C, U17) 20:59; 4 S Rand (Have) 21:04; 5 E Gray (C&T) 21:10; 6 S Wetheridge (Bas, U17) 21:33; 7 F Haines (C&C, U17) 21:36; 8 G Goodall (Brain) 22:18; 9 H Bolton (Chelm, U17) 22:23; 10 J Williams (S'end) 22:24; 11 A Cole

(Orion, U17) 22:25; 12 M Rapley (Bas) 22:37; 13 A Rex (Bas) 22:45; 14 S Clark (C&C, U17) 23:00; 15 S Sirkett (Orion, U17) 23:11

U20/U17 TEAM: 1 Basildon 32; 2 C&C 40; 3 Orion 48

U15 (XC): 1 M Harris (Bas) 15:35; 2 D Eves (Thurr) 15:53; 3 M Harris (Bas) 16:01; 4 M Presland (Col H) 16:07; 5 N Sewell (Have) 16:17; 6 S Foley (Have) 16:24; 7 F Seymour (Bas) 16:43; 8 C Trew (Bas) 16:45; 9 C Rand (Have) 16:49; 10 J Elvin (Thurr) 16:54

TEAM: 1 Basildon 19; 2 Havering 33; 3 Thurrock 69; 4 Southend 73; 5 C&C 73; 6 Col H 101

U13 (XC): 1 E Little (Chelm) 12:03; 2 H Watson (Chelm) 12:07; 3 R Higgins (Have) 12:19; 4 K Atkinson (Chelm) 12:23; 5 S Okoro (Have) 12:24; 6 K Atkinson (Chelm) 12:25; 7 F Long (Have) 12:38; 8 M Costin (Bas) 12:45; 9 A Bower (Chelm) 12:47; 10 G Bilbie (Chelm) 12:55

TEAM: 1 Chelmsford 13; 2 Havering 26; 3 C&C 86

LEWIS & HARRIS SERIES, Stornoway

Men (9.6km): 1 M MacKenzie (Storn) 38:02; 2 W MacRury (Cambus) 42:18; 3 N Ferguson (Storn, M35) 42:18

U17 (6.4km): 1 D Morrison 26:22; 2 S Greenslade 27:04; 3 D Stewart 27:16
U15 (4.2km): 1 M Macdonald (Stornoway R) 18:44; 2 C Macleod 25:25

U13 (3.2km): 1 C Morrison 12:10; 2 L Maclean 12:24; 3 I Matheson 13:25; 4 F Macleod 13:52; 5 W Gillies 14:04

U11 (1.7km): 1 J Nicolson 6:11; 2 S Nicolson 6:30; 3 S MacLennan 6:45

Women (6.4km): 1 M Hamilton 31:54; 2 J Miller (Wests) 32:24; 3 A Macdonald (Storn) 33:55; 4 V Hamilton (Storn) 35:05

U20 (6.4km): 1 S Graham (Storn) 33:05

U15 (4.2km): 1 R Murray 18:48

U13 (3.2km): 1 S Maciver (Stornoway Runnin) 13:02; 2 K Mcmurdo 13:19; 3 F Greenstock 14:25; 4 M Maclean 14:34; 5 A Harrison 15:03

U11 (1.7km): 1 E Murray 7:01; 2 J Muir 7:34; 3 A Stewart 7:35

SOUTH OF THAMES CCA 7.5

CHAMPIONSHIPS, Beckenham

IN A high-quality women's race Lucy Reid defied the near freezing conditions and the wind chill to add the 7.5-mile championship to the five-mile that she won in 2015, *Martin Duff reports*.

This race is the longest women's cross-country championship in the country and the association has been ahead of curve when it comes to women competing over the same distances as men.

It was in 2001 that the women started competing over the same distance in their events and over 100 finished here.

Reid was in front from the start as the women followed the leading men who ran most of the opening lap in the wrong direction, though returned from the country on the correct path after a marshal turned them around.

Reid then extended her advantage on the two correctly run larger laps that completed the distance as Nicole Taylor assumed second from two-time winner Amy Clements.

Second in this race here two years ago, on a similar course, Reid said: "We went the wrong way but it was then rectified but it was one of the coldest races that I have done."

Despite taking the first two spots Tonbridge was only second in the team stakes behind favourites Belgrave.

However, it was not all plain sailing for them as their 5-mile champion from just three weeks earlier, Sharon Haileselase, suffered terribly from the cold and drifted back down the large field as fourth-placed Georgie Fenn led them home.

There were at least three other former women's champions in the field and 2009 winner Clare Elms was first veteran home but took the W50 award, ahead of 2008 winner Ruth Hutton, as Teresa Murphy took the W40 medal and Anna Garnier the W60 gong.

The men's race saw a first major championship victory for Stephen Ferroni as he led his Brighton & Hove City club to a men's team win over Tonbridge. However, it was Aldershot's Joe Morwood who led the men out on the wrong track as a sizeable group that also contained eventual third placer Jamie Bryant and Ben Cole followed.

Also there for the ride were five-mile bronze medalist Colin High and two-time previous champion Paskar Owor.

Of the wayward running in the first lap, Ferroni said: "No one knew where they were going but the early pace was quite comfortable."

It was Morwood who picked up the race on the second lap, once the runners were on the correct route, as the now 21-year-old winner added: "I stayed 5-10 metres down but I knew I had good hill ability."

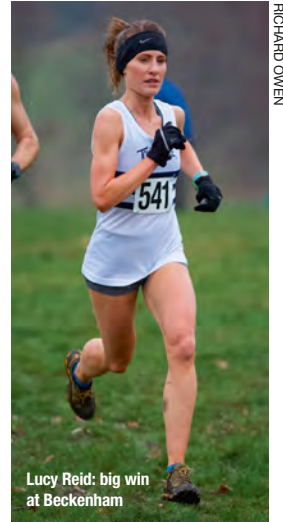
It was about a mile out from the finish that the Brighton man firstly closed the gap up a hill and then pushed on for home to win by around 60 metres.

A promising runner in the young athletes' age groups, before losing interest, Ferroni is now back on song and put his new success down to training in a large group under coach Allison Benton.

"I like being able to race well again," added the winner, who admitted to having "chest problems earlier in the year, which are now all resolved."

Brighton's men also had former Masters International winner Howard Bristow take the M40 title as Andy Howey (M50) and Steve Smythe (M60) took the other age group awards.

Overall: 1 S Ferroni (B&H) 37:57; 2 J Morwood (AFD) 38:10; 3 J Bryant (Ton) 38:32; 4 B Cole (Ton) 38:43; 5 C High (G&G) 38:51; 6 J Auchin (THH) 38:58; 7 A Jaksevicus (Belg) 39:00; 8 T Menges (M&M) 39:06; 9 J Knapp (Soton) 39:08; 10 W Cork (B&H) 39:10; 11 K Moore (B&H) 39:40; 12 G Pollner (G&G) 39:47; 13 S Goldsworthy (G&G) 39:51; 14 P Owor (Belg, M35) 40:01; 15 M Ellis (Ton) 40:06; 16 H Bristow (B&H, M40) 40:09; 17 D Dibaba (Kent) 40:13; 18 T Tarragano (B&H, U20) 40:28; 19 J Turner (B&H) 40:30; 20 B Tyler (M&M) 40:35; 21 T Collins (M&M) 40:39; 22 B Harding (Kent) 40:41; 23 M Cummings (Herne H) 40:42; 24 A Warburton (Notts) 40:43; 25 T Foster (G&G) 40:47; 26 R McDowell (HW, M35) 40:48; 27 P Chambers (High) 41:05; 28 A Luce (Belg) 41:08; 29 P Lighting (Kent, M35) 41:14; 30 S Coombes (Herne H, M45) 41:15; 31 L Laylee (Herne H, U20) 41:22; 32 J Rendall (Ton, M40) 41:23; 33 D Bradley (Ton) 41:27; 34 E Chuck (Dulw) 41:36; 35 A Hobbly (Herne H) 41:37; 36 L Reid (Ton, W) 41:42; 37 R Laing (Kent, M40) 41:48; 38 J Clark



Lucy Reid: big win at Beckenham

(HW) 41:51; 39 B Courtney-Pinn (Belg) 41:57; 40 J Clayton (B&H, U20) 42:00; 41 A Dudney (Kent) 42:04; 42 J Bowler (Kent, M35) 42:06; 43 A Clarke (Herne H) 42:08; 44 D Pettit (Kent) 42:12; 45 Z Purnell (HW, U20) 42:32; 46 G Cole (Ton) 42:34; 47 B Pitcairn-Knowles (Ton, U20) 42:38; 48 R Finley (Belg) 42:42; 49 T Desborough (B&H) 42:44; 50 A Jago (Arena) 42:49; 60

M45: 2 P Sanders (Kent) 43:58; 3 W Pitt (Kent) 44:11; 4 S Davies (Dulw) 44:28; 5 K Klidzia (SoC) 46:24; 4 P Lee (HW) 46:37; 5 T Booth (G&G) 46:55; 6 P McDougall (Belg) 47:14; 7 A Noble (Ashf D) 47:45

M55: 1 A Howey (Tun W) 43:38; 2 S Corfield (SoC) 49:59; 3 S Pairman (B&B) 50:54; 4 B Fursey (M&M) 51:03; **M60:** 1 S Smythe (Dulw) 49:35; 2 S Austin (Tun W) 52:04; 3 R Zietz (SoC) 52:53; 4 M Beechor (Beck) 53:28; 5 J Barron (Kent) 54:10; **M65:** 1 W Hill (Craw) 56:49; **M70:** 1 D Beattie (Craw) 58:53; 2 G Newton (Tadw) 59:13; 3 R Sealbore (Beck) 61:42

Women: 1 Reid 41:42; 2 Taylor 43:31; 3 A Clements (Kent, W35) 44:35; 4 G Fenn (Belg) 45:46; 5 S Haileselase (Belg) 45:54; 6 S Robertson (Ton) 46:14; 7 C Ansell (Herne H) 46:30; 8 E Mace (Dulw, W35) 46:30; 9 S Amend (Belg, W35) 46:30; 10 C Elms (Dulw, W50) 46:57; 11 R Brown (Belg) 47:12; 12 K Rowland (Kent) 47:16; 13 M Hall (Belg) 47:41; 14 E Howsham (Belg) 48:02; 15 M Miasiewicz (Dulw) 48:45; 16 A Brown (Craw, W35) 48:55; 17 B Macey (Ashf) 49:25; 18 T Murphy (Kent, W40) 49:44; 19 C Bird (Ton) 49:49; 20 S Hanley (Kent) 50:30; 21 L Thompson (Ton) 50:51; 22 G Wiley (Kent) 51:02; 23 R Hutton (S Lon, W50) 51:15; 24 P Blackledge (B&H, W45) 51:25; 25 F Clark (Craw, W35) 51:26

W45: 2 A Farrall (Kent) 52:05; 3 S Aldridge (Craw) 52:21; 4 J Holford (Tun W) 53:08; 5 S Haffenden (B&B) 54:37; 6 S Dowling (Kent) 54:42; **W50:** 3 O Balme (Dulw) 53:04; 4 M Lennon (Dulw) 53:48; 5 M Synnott-Wells (Fane) 55:00; **W55:** 1 A Norris (Dulw) 53:31; 2 C Ulliott (B&H) 54:21; 3 C Costiff (Ashf) 56:34; **W60:** 1 A Garnier (THH) 55:54; 2 M Bradshaw (Tun W) 56:23; 3 J Quattrill (S Lon) 58:22

W65: 1 R Tabor (Dulw) 60:25
TEAM: 1 Belg 68; 2 Tonb 78; 3 Kent 98; 4 Dulw R 128; 5 B&H 156; 6 Dulw R B 261

DECEMBER 9

CC6 LEAGUE, Stoney Cross

Men (9km): 1 M Marshall (Soton) NNT; 2 M Stockley (E'leigh); 3 A Garrod (Soton Tri); 4 N Jennings (Roms); 5 J Moor (Win); 6 A Simpson (Stubb G, M45); 7 A White (Win); 8 G Brayn (Win); 9 P Sansome (Win, M40); 10 O Hawkins (Southampton Tri Club)
Women (9km): 1 V Sesto (New F, W45); 2 S Perry (Win, W40); 3 I Emmett (Win); 4 B Lord (Stubb G); 5 C Hoskins (Win, W40); 6 A Burch (Tott, W35); 7 B Tovey (Roms, W35); 8 S Rushty (Southampton Tri Club, W40); 9 P Freeman (Win, W35); 10 E Scott (Lyminster, U20)

FROSTBITE FRIENDLY LEAGUE, Hinchbrook Park

Overall (XC): 1 D Hudson (BRJ) 27:21; 2 J Hall (Hunts) 27:35; 3 B Heron (Eye) 28:56; 4 M Barry (Hunts) 29:13; 5 R Mahen (C&C) 29:19; 6 A Tate (Ely) 29:22; 7 D Connell (Hunts) 29:35; 8 S Mead (Rams) 29:42; 9 T Farrer (Hunts) 29:46; 10 R Park (C&C) 29:51; 11 D Matthews (Hunts) 30:04; 12 D Burgess (March) 30:07; 13 A Beer (BRJ) 30:10; 14 C Pell (C&C) 30:10; 15 R Santos (Riv) 30:20
Women: 1 L Marriott (Rams) 32:05; 2 E Livry (Hunts) 32:52; 3 C Brooks (Riv) 33:21; 4 M Brett (Rams) 33:45; 5 R Runciman (Ely) 33:57; 6 T Alcaraz (March) 34:11; 7 S Duffy (BRJ) 34:35; 8 C Haines (C&C) 34:42; 9 S Caskey (PACTRAC) 34:52; 10 J Cocker (C&C) 34:54
U17 (XC): 1 C Molloy (C&C) 9:00; 2 S Staines (Nene V) 9:02; 3 H Croft (Hunts) 9:14; 4 B Joyce (Riv) 9:18; 5 L Conway (BRJ) 9:22; 6 O Mills (Hunts) 9:26; 7 K Duffy (BRJ) 9:27; 8 C Burke (Hunts) 9:28; 9 J Preston (Hunts) 9:32; 10 L Benningfield (March) 9:42; 14 J Davey (BRJ, U17W) 10:21; 29 E Talbot (C&C, U17W) 10:32; 34 O Corner (PACTRAC, U17W) 10:42; 37 C Boie (Nene V, U17W) 10:43; 48 D Taylor (Riv, U17W) 10:44; 41 L Queens (C&C, U17W) 10:45

RYSTON RUNNERS OPEN LEAGUE, Shoultham Warren

Overall (6.5km): 1 M Wegrzyn 21:22; 2 R Davidson (B'ville) 21:23; 3 C Stanforth (Ryst) 21:53; 4 S Goodall (Norw, M50) 22:01; 5 J Stearn (B'ville) 22:54; 6 B Keeley (Ryst) 23:11; 7 N Bensley (Ryst, M45) 23:13; 8 A Simmonds (Ryst, M35) 23:21; 9 C Cooke (St Eds, M55) 23:50; 10 M Sheldrick (Ryst, M45) 24:20
M40: 1 S Smith (Thet) 24:28. **M45:** 3 M Stone (B'ville) 24:33. **M50:** 2 S Holmes (Camb T) 25:55; 3 S Robins (Ryst) 25:58. **M55:** 2 D Frammingham (Ryst) 26:38. **M60:** 1 N Homey (Kesw) 26:33. **M65:** 1 F Gribben (B'ville) 28:18. **U17:** 1 T Legh-Heyton (Ryst) 24:31; 2 R Lingwood (Der) 24:51; 3 S Swales (Der) 26:14
Women: 1 K Willis (Norw, U17) 25:03; 2 F Viney (B'ville) 25:26; 3 A Hales (B'ville) 27:12; 4 R Booth (Ryst, U17) 28:04; 5 C Wilshaw (Camb T, W35) 29:05; 6 C Smith (Thet, W40) 29:14; 7 C Ashton (Unatt, W40) 29:23; 8 J Mason (Ryst) 30:21; 9 G Williams (Wym) 30:39; 10 J Walsingham (Ryst, W45) 31:07
W40: 3 E Peck (Thet) 32:24. **W45:** 2 D Last 32:45; 3 S Gauvin (Fen) 33:14. **W50:** 1 E Bird (St Ed) 33:22. **W55:** 1 S Porter (B'ville) 38:09. **W60:** 1 L Blakie (Ryst) 36:54
U15 (3km): 1 J Kandola (Norw) 10:27; 2

T Crane (Norw, U15W) 11:04; 3 M Short (Norw, U15W) 11:51; 4 J Koullman (Ryst) 12:00; 5 B Wilson (Thet, U13W) 12:12; 6 C Crane (Norw, U13) 12:17; 7 L Gilding (Der, U13) 12:19; 8 O Took (Ryst, U13) 12:20; 9 I Williams (Norw, U13W) 12:23; 10 T Paine (Wym C, U13) 12:44; 11 T Cheeseborough (Der, U13) 12:47; 12 J Gilding (Der, U13) 12:54; 13 C Wing (Thet, U13) 12:58; 14 E Goldring (Ryst, U13W) 13:05; 15 M Benson (NNH, U13) 13:17
U11 (2km): 1 C Easter (Norw, U11W) 8:13; 2 H Ashton (Norw) 8:17; 3 J Linstead (Norw) 8:17; 4 E Avowlanu (CoNAC (George White), U11W) 8:21; 5 E Barton (Diss, U11W) 8:42; 6 A Black (Ryst) 8:48

TRI-COUNTY CHAMPIONSHIPS (Inc AVON, SOMERSET & WILTSHIRE CHAMPIONSHIPS), Bath

Men (10.3km): 1 S Nott (Caine) 34:10; 2 P Burden (Taun, M40) 34:45; 3 S Byrne (Swin) 35:11; 4 O Beale (W'bury, M40) 35:36; 5 J Donworth (Frome) 35:52; 6 M Chandler (B&W) 35:56; 7 B Hawkins (Taun) 36:00; 8 S Martinez Gonzalez (Swin) 36:01; 9 R Montacute (Roy Eng) 36:09; 10 C Green (Wells) 36:15; 11 W Crudington (Bath) 36:37; 12 W Brewin (Soton) 36:39; 13 C Chessell (Swin, M35) 36:42; 14 C Roxburgh (Avon VR) 37:05; 15 A Hamblin (W'bury) 37:13; 16 A Daniel 37:19; 17 P Gardiner (Chipp) 37:22; 18 A Glover (W'bury) 37:22; 19 P Bains (B&W) 37:32; 20 Z Hurrell (Wells) 37:32; 21 G Woods (SW Vets) 37:40; 22 A Woods (SW Vets) 37:57; 23 B Glynn 38:09; 24 S Marchant (S'ville) 38:10; 25 L Byrne (Swin, M35) 38:11; 26 A Ind (Newb, M40) 38:20; 27 S Underwood (Soton) 38:41; 28 R Davidson (Salis, M40) 38:48; 29 S Watkins (B&W) 38:51; 30 C Elmer (Bath) 38:54
M50: 1 H Hampton (Oxf C) 39:11
U20 (5.7km): 1 J Howorth (Bath) 18:10; 2 W Stockley (Bath) 18:14; 3 B Lloyd (Wells) 18:16; 4 B Donomey (Salis) 18:26; 5 L Campbell (Wells) 18:48; 6 B Rawlins (W'bury) 19:05; 7 J Davies (Bath, U17) 19:10; 8 C Smith (N Som) 19:14; 9 R Howorth (Bath) 19:21; 10 S Cobb (Taun) 19:31; 11 O Copping (Bath) 19:33; 12 P Mochan (Swin, U17) 19:40; 13 T Bower (Cardiff Met Uni) 19:49; 14 J Harrod (W'bury, U17) 20:02; 15 E Pierce (Swin) 20:06; 16 G Hayward (W'bury, U17) 20:24
U15 (3.8km): 1 J Ponter (Taun) 12:17; 2 S Robinson (W'bury) 12:29; 3 T Heal (Taun) 12:38; 4 D Maydew (Wells) 12:45; 5 R Jones (New FJ) 12:58; 6 T Watson (Wells) 13:04; 7 L Bailey (Salis) 13:10; 8 T Hummel (Wells) 13:11; 9 D Fisher (Taun) 13:13; 10 B Glover (Wells) 13:24
U13 (2.8km): 1 D Stoneman (Bath) 9:51; 2 H Maxwell (Bath) 9:57; 3 J Harvey (Wells) 10:10; 4 J Markey (Avon VR) 10:17; 5 M Evans (B&W) 10:21; 6 J Pritchard (Mar J) 10:22; 7 S Holloway (N Som) 10:25; 8 J Cobb 10:27; 9 N Heal (Taun) 10:30; 10 H Cotineau (Chipp) 10:32
Women (6.6km): 1 K Drew (Taun) 24:38; 2 I Talbot Price (B&W) 25:11; 3 C O'donoghue (B&W) 25:20; 4 H Southcott (Wells) 26:04; 5 K Booth (Taun) 27:26; 6 C Hurcum (Chipp) 27:35; 7 E Hines (Chipp, W40) 27:54; 8 V Cranston (Avon VR, W45) 28:07; 9 G Lawton (Avon VR) 28:19; 10 M Maxwell (Chipp, W45) 28:32; 11 J Marlow (Avon VR) 28:56; 12 D Hier (Avon VR, W55) 29:11; 13 E

Clarke (Salis) 29:17; 14 K Rose (Caine) 29:31; 15 V Cooper (Bath, W45) 29:40; 16 J Maddocks (Chipp, W45) 30:14; 17 M Hobbs (W'bury, W50) 30:43; 18 L Heal (Taun) 30:55; 19 J Hatt (Chipp) 31:01; 20 H Newman (Avon VR) 31:07
W50: 2 S Mylchreest (Chipp) 31:41
U20 (4.7km): 1 E Thorner (Wells) 17:32; 2 R Hamilton-James (W'bury, U17) 18:16; 3 E Hobbs (W'bury, U17) 18:31; 4 P Pellow (Wells, U17) 18:32; 5 A Burt (Bath) 18:53; 6 E Maylor (Bath, U17) 19:04; 7 H Bigger (Wells, U17) 19:11; 8 L Livesey (W'bury) 19:20; 9 C Brown (Taun) 19:37; 10 L Fitzpatrick (Bath) 19:38; 11 C Edington (Mar J) 19:53; 12 I Lobotson (Bath, U17) 20:02; 13 S Read (Bath) 20:10; 14 E Porter 21:08; 15 R Oram (Swin, U17) 21:16

U15 (3.8km): 1 B Wood (Salis) 13:07; 2 D Jones (Yate) 13:52; 3 A Bridger-Morales (N Som) 14:25; 4 E Treby (Bath) 14:27; 5 K Howard (W'bury) 14:29; 6 L Jones (New FJ) 14:44; 7 L Rai (Swin) 14:52; 8 F Buglass (Avon VR) 14:54; 9 O Cranston (Avon VR) 14:59; 10 I Tanner (IF) 15:02
U13 (2.8km): 1 K Devereux (N Som) 10:39; 2 C Lee (W'bury) 10:44; 3 L Chance (W'bury) 10:53; 4 S Nicholls (Salis) 10:56; 5 C Houlden (B&W) 11:01; 6 M O'dea (Wells) 11:05; 7 E Ruck (W'bury) 11:14; 8 N Costa Jafrate (Chipp) 11:19; 9 T Piercy (Mend) 11:34; 10 E Smith (Badtri) 11:35

U15 (3.8km): 1 B Wood (Salis) 13:07; 2 D Jones (Yate) 13:52; 3 A Bridger-Morales (N Som) 14:25; 4 E Treby (Bath) 14:27; 5 K Howard (W'bury) 14:29; 6 L Jones (New FJ) 14:44; 7 L Rai (Swin) 14:52; 8 F Buglass (Avon VR) 14:54; 9 O Cranston (Avon VR) 14:59; 10 I Tanner (IF) 15:02
U13 (2.8km): 1 K Devereux (N Som) 10:39; 2 C Lee (W'bury) 10:44; 3 L Chance (W'bury) 10:53; 4 S Nicholls (Salis) 10:56; 5 C Houlden (B&W) 11:01; 6 M O'dea (Wells) 11:05; 7 E Ruck (W'bury) 11:14; 8 N Costa Jafrate (Chipp) 11:19; 9 T Piercy (Mend) 11:34; 10 E Smith (Badtri) 11:35

U15 (3.8km): 1 B Wood (Salis) 13:07; 2 D Jones (Yate) 13:52; 3 A Bridger-Morales (N Som) 14:25; 4 E Treby (Bath) 14:27; 5 K Howard (W'bury) 14:29; 6 L Jones (New FJ) 14:44; 7 L Rai (Swin) 14:52; 8 F Buglass (Avon VR) 14:54; 9 O Cranston (Avon VR) 14:59; 10 I Tanner (IF) 15:02
U13 (2.8km): 1 K Devereux (N Som) 10:39; 2 C Lee (W'bury) 10:44; 3 L Chance (W'bury) 10:53; 4 S Nicholls (Salis) 10:56; 5 C Houlden (B&W) 11:01; 6 M O'dea (Wells) 11:05; 7 E Ruck (W'bury) 11:14; 8 N Costa Jafrate (Chipp) 11:19; 9 T Piercy (Mend) 11:34; 10 E Smith (Badtri) 11:35

DECEMBER 8

GREATER MANCHESTER COUNTY CHAMPIONSHIPS, Boggart Hole Clough

Men (XC): 1 B Cobb (Bury) 36:15; 2 W Beauchamp (Salif) 36:31; 3 N Harrison (Sale) 36:53; 4 G Raven (Sale) 37:05; 5 J Hudak (E Ches) 37:19; 6 K Hunt (Sale) 37:36; 7 M Shaw (Chorlton) 37:51; 8 G Browne (E Ches) 37:55; 9 B Lima (Salif) 38:02; 10 J Gritt (Royt) 38:04; 11 S Aspinwall (Sale) 38:23; 12 J Kovacs (Salif) 38:26; 13 A Bradford (Sale) 38:26; 14 T Taylor (Salif) 38:44; 15 F Macdonald Oulds (Chorlton) 39:18; 16 D Rich (Sale) 39:44; 17 C Donnelly (Sale) 39:56; 18 D Hudson (Salif, M40) 39:59; 19 M Burks (Alt) 40:15; 20 R Downs (Wilm) 40:22
U15 (XC): 1 M O'Malley (Traff) 23:12; 2 D Racle (Alt) 23:12; 3 O Makinson (Bury) 23:44; 4 S Gee (Sale) 24:39; 5 R Smyk (O&R) 24:51; 6 J Wilkinson (Traff) 25:41
U17 (XC): 1 C Williams (Traff) 19:38; 2 J Bentley (Traff) 19:46; 3 O Cook (Salif) 19:54; 4 B Batho (Stock H) 19:56; 5 S Kalambouka (Bury) 20:19; 6 A Bailey (Traff) 20:24; 7 B Forrest (Bury) 20:29; 8 T Walsh (Stock H) 20:40; 9 B Quinton (Bury) 20:43; 10 E Corden (Stock H) 20:52
U15 (XC): 1 S Bryan (Salif) 11:32; 2 T Middleton (Horw) 11:35; 3 S Hopkins (Salif) 11:49; 4 A Der (Manc H) 11:55; 5 F Mayoh (Stock H) 11:56; 6 G Dani (E Ches) 12:02; 7 R Rigby (Sale) 12:05; 8 T Manton (Stock H) 12:14; 9 A James (Salif) 12:26; 10 J Ellwood (Stock H) 12:26
U13 (XC): 1 J Spark (Sale) 10:09; 2 L Carrington (E Ches) 10:14; 3 M Russell (Salif) 10:25; 4 O Schofield (Sale) 10:31; 5 F Meredith (Sale) 10:34; 6 C Atkiss (Traff) 10:35; 7 J Mcgraw (E Ches) 10:37; 8 J Colajourn-lynn (Sale) 10:37; 9 E Nation (Salif) 10:37; 10 E Isaacs (Horw) 10:55
Women (XC): 1 D Fegan (Sale) 26:11; 2 L Riches (Leigh) 26:26; 3 S Downs (Sale) 26:36; 4 S Bent (Salif) 26:57; 5 E Apsley (Stock H) 27:10; 6 L Lombard



Mac O'Malley (left) gains a narrow win in the Greater Manchester under-20 race

(Bolt) 27:19; 7 J Downs (Sale) 27:38; 8 L Blann (Alt) 29:10; 9 B Mcmanus (E Ches) 29:12; 10 L Kilcourse (Salif) 29:18; 11 H Price (Bury) 29:28; 12 H Simpson (E Ches) 29:45; 13 B Faulkner (Rochdale Tri) 30:08; 14 K Knox (Salif) 30:09; 15 M Munks (Traff) 30:21
U20 (XC): 1 A Cunningham (Sale) 22:41; 2 C Hooper (Salif) 24:21; 3 L McGuinness (E Ches) 24:46; 4 H Corden (Stock H) 24:55; 5 C Young (Sale) 25:39; 6 R Bailey (Bolt) 25:43
U17 (XC): 1 K Hodgkinson (Leigh) 21:46; 2 L Gregg (Ross) 23:14; 3 S Mason (Salif) 24:04; 4 M Lewis (E Ches) 24:11; 5 A Davies (Stock H) 24:14; 6 E Collier (Salif) 24:22; 7 A Davey (Sale) 24:43; 8 R Pollitt (Leigh) 24:49; 9 J Birchall (Salif) 25:03; 10 A Stiles (Manc H) 25:30
U15 (XC): 1 K Stringer (Sale) 13:09; 2 E Baldwin (Horw) 13:25; 3 O Brown (Sale) 13:33; 4 G Heath (Horw) 13:34; 5 L Dixon (Horw) 13:36; 6 R Barlow (E Ches) 13:37; 7 E Russell (Salif) 13:38; 8 A Bratt (Salif) 13:40; 9 C Doohan (Traff) 13:44; 10 F Potts (Bury) 13:53
U13 (XC): 1 F Murdooch (Stock H) 10:55; 2 E Bowker (E Ches) 10:59; 3 J Reed (Sale) 11:02; 4 N Robinson (Leigh) 11:02; 5 S Clough (Sale) 11:10; 6 L Edwards (Leigh) 11:18; 7 C Wilkinson (Horw) 11:21; 8 S Ellwood (Stock H) 11:24; 9 A Clough (Sale) 11:29; 10 I Bryan (Salif) 11:30

(Bolt) 27:19; 7 J Downs (Sale) 27:38; 8 L Blann (Alt) 29:10; 9 B Mcmanus (E Ches) 29:12; 10 L Kilcourse (Salif) 29:18; 11 H Price (Bury) 29:28; 12 H Simpson (E Ches) 29:45; 13 B Faulkner (Rochdale Tri) 30:08; 14 K Knox (Salif) 30:09; 15 M Munks (Traff) 30:21
U20 (XC): 1 A Cunningham (Sale) 22:41; 2 C Hooper (Salif) 24:21; 3 L McGuinness (E Ches) 24:46; 4 H Corden (Stock H) 24:55; 5 C Young (Sale) 25:39; 6 R Bailey (Bolt) 25:43
U17 (XC): 1 K Hodgkinson (Leigh) 21:46; 2 L Gregg (Ross) 23:14; 3 S Mason (Salif) 24:04; 4 M Lewis (E Ches) 24:11; 5 A Davies (Stock H) 24:14; 6 E Collier (Salif) 24:22; 7 A Davey (Sale) 24:43; 8 R Pollitt (Leigh) 24:49; 9 J Birchall (Salif) 25:03; 10 A Stiles (Manc H) 25:30
U15 (XC): 1 K Stringer (Sale) 13:09; 2 E Baldwin (Horw) 13:25; 3 O Brown (Sale) 13:33; 4 G Heath (Horw) 13:34; 5 L Dixon (Horw) 13:36; 6 R Barlow (E Ches) 13:37; 7 E Russell (Salif) 13:38; 8 A Bratt (Salif) 13:40; 9 C Doohan (Traff) 13:44; 10 F Potts (Bury) 13:53
U13 (XC): 1 F Murdooch (Stock H) 10:55; 2 E Bowker (E Ches) 10:59; 3 J Reed (Sale) 11:02; 4 N Robinson (Leigh) 11:02; 5 S Clough (Sale) 11:10; 6 L Edwards (Leigh) 11:18; 7 C Wilkinson (Horw) 11:21; 8 S Ellwood (Stock H) 11:24; 9 A Clough (Sale) 11:29; 10 I Bryan (Salif) 11:30

MIGHTY OAKS OPEN, Magherafelt
Men (XC): 1 A McGrady (E Down) 23:29; 2 N Weir (Willow, W40) 24:25; 3 V McKenna (Acorns) 24:26; 4 G Lyons (Gareth Lyons, M40) 24:26; 5 B Morrow (Ballym R) 24:28; 6 S Stewart (Springw) 25:25; 7 G Campbell (Willow) 25:32; 8 D Proctor (Willow) 25:39; 9 M Kerr (Carmen R, M40) 25:54; 10 K Scullion (Ballym R, M40) 25:58
M45: 1 M Weir (N Down) 26:40; 2 M Smith (Mallusk) 26:54. **M50:** 1 C McLaughlin (Derry TC) 26:49; 2 Dempsey (Acorns) 27:47. **M55:** 1 N Connor (Ballym R) 26:38; 2 G Keenan (VP&Conns) 28:24. **M60:** 1 F Rea (N Down) 29:52; 2 N Mawhinney (Scrabo Striders) 30:19
U18 (XC): 1 J Moore (Carmen R, U20) 17:59; 2 M Canille (Scrabo Striders, U20) 19:33; 3 J Nugent (Armagh, U20) 19:51; 4 J Clarke (Armagh, U20) 20:07; 5 A Shaw (Acorns, U20) 20:36
U16 (XC): 1 J Chambers (Loughview AC, U17) 12:05; 2 R Wilson (Springw, U17) 12:19; 3 P Nugent (Armagh, U17) 12:43; 4 S Heaney (Derry TC, U17) 13:08; 5 B Acheson (Willow, U17) 13:11; 6 D Playfair (Loughview AC, U17) 13:17; 7 M Murray (E Down, U17) 13:56; 8 M Mccauley (Newry AC, U17W) 14:31; 9 I Perry (Loughview AC, U17W) 14:47; 10 R

MIGHTY OAKS OPEN, Magherafelt
Men (XC): 1 A McGrady (E Down) 23:29; 2 N Weir (Willow, W40) 24:25; 3 V McKenna (Acorns) 24:26; 4 G Lyons (Gareth Lyons, M40) 24:26; 5 B Morrow (Ballym R) 24:28; 6 S Stewart (Springw) 25:25; 7 G Campbell (Willow) 25:32; 8 D Proctor (Willow) 25:39; 9 M Kerr (Carmen R, M40) 25:54; 10 K Scullion (Ballym R, M40) 25:58
M45: 1 M Weir (N Down) 26:40; 2 M Smith (Mallusk) 26:54. **M50:** 1 C McLaughlin (Derry TC) 26:49; 2 Dempsey (Acorns) 27:47. **M55:** 1 N Connor (Ballym R) 26:38; 2 G Keenan (VP&Conns) 28:24. **M60:** 1 F Rea (N Down) 29:52; 2 N Mawhinney (Scrabo Striders) 30:19
U18 (XC): 1 J Moore (Carmen R, U20) 17:59; 2 M Canille (Scrabo Striders, U20) 19:33; 3 J Nugent (Armagh, U20) 19:51; 4 J Clarke (Armagh, U20) 20:07; 5 A Shaw (Acorns, U20) 20:36
U16 (XC): 1 J Chambers (Loughview AC, U17) 12:05; 2 R Wilson (Springw, U17) 12:19; 3 P Nugent (Armagh, U17) 12:43; 4 S Heaney (Derry TC, U17) 13:08; 5 B Acheson (Willow, U17) 13:11; 6 D Playfair (Loughview AC, U17) 13:17; 7 M Murray (E Down, U17) 13:56; 8 M Mccauley (Newry AC, U17W) 14:31; 9 I Perry (Loughview AC, U17W) 14:47; 10 R

Magee (Drom, U17W) 15:10;
U14 (XC): 1 C Broderick (Lisb, U15) 6:14; 2 J Shepherd (Acorns, U15) 6:25; 3 L Madine (E Down, U15W) 6:36; 4 E Monro (Loughview AC, U15) 6:48; 5 R Rossiter (Loughview AC, U15W) 6:52; 6 B Johnston (Willow, U15W) 7:14; 7 N Dunne (N Dev, U15W) 7:36; 8 C Miskelly (Willow, U15W) 7:53
U12 (XC): 1 A Sullivan (Loughview AC, U13) 2:22; 2 W McCausland (Omagh, U13) 2:24; 3 L Rimmer (Drom, U13W) 2:26; 4 A Smith (B&A, U13W) 2:26; 5 E McCallister (Springw, U13W) 2:29; 6 L Kelly (Armagh, U13W) 2:34; 7 L Martin (Termonkeen, U13W) 2:35; 8 G Moore (Armagh, U13W) 2:36; 9 S Stevenson (Drom, U13W) 2:37; 10 I Dunne (N Dev, U13) 2:41
M50 (XC): 1 G Ferguson (Unatt, M55) 22:58; 2 B Todd (Orangegrove, M65) 23:29; 3 B Bamber (Ballym R, M65) 27:21; 4 F Boal (B'drain, M65) 29:30; 5 J Proctor (Willow, M65) 29:44; 6 J Galbraith (Ballym R, M65) 31:16; 7 A Cox (N Down) 33:45
Women (XC): 1 K Moore (N Down) 20:03; 2 K Wilton (Jog Lisburn, W45) 20:16; 3 C Diver (Beech, W40) 20:28; 4 J Murphy (Lag V, W40) 20:54; 5 O O'kane (Lag V, W50) 21:05; 6 M Sturm (Omagh) 21:20; 7 S Lavery (Beech) 21:22; 8 L Gibson (VP&Conns, W35) 21:25; 9 S Higgins (Lag V, W35) 21:30; 10 C O'Connor (E Down) 21:39
W35: 3 N Kellelt (E Down) 22:19. **W40:** 3 E Connor (Derry TC) 22:48. **W45:** 2 J Redpath (Drom) 22:30; 3 J Nixon (Drom) 24:35. **W50:** 2 P Campbell (Omagh) 26:27; 3 P McCafferty (Mallusk) 26:40.
W55: 1 D Mckeay (Drom) 24:57; 2 P Shields (Murlough) 25:25. **W60:** 1 J Mcminn (N Down) 26:52;
U18 (XC): 1 C Lagan (Finn Valley AC, U20) 21:24; 2 E Quinn (Omagh, U20) 21:52; 3 N Heaney (Omagh, U20) 22:24; 4 Z Surgenor (Ballym R, U20) 22:32; 5 C Mcquaid (Omagh, U20) 24:06

MID LANCS LEAGUE, Hyndburn
Men (10km): 1 D Bebbington (Prest) 33:29; 2 J Douglas (Bord H) 33:44; 3 N Dunn (Prest, U20) 34:01; 4 L Betts (Sale) 35:20; 5 D Collinge (B'burn) 36:26; 6 B Smith (L&M) 36:33; 7 T Bentley (B'burn) 37:08; 8 R Copley (Kendal AA C, U20) 37:14; 9 M Hartley (B'burn) 37:29; 10 D Brown (L&M) 37:31; 11 S Bolland (L&M, M40) 37:34; 12 S Hall (Ribb, M40) 37:50; 13 A Thomas (Lancaster University, U20) 37:52; 14 M Toft (Lyth) 38:02; 15 J Gebbie (B'burn, U20) 38:07; 16 T Hartley (Kendal AA C) 38:11; 17 C Holmes (B'burn) 38:28; 18 M Holgate (L&M, M40) 38:31; 19 C Davies (B'burn, M40) 38:37; 20 E Fletcher (Ellen) 39:21; 21 B Sache (Lancaster University) 39:23; 22

M Bonner (Hoad, M40) 39:34; 23 G Rigal (Sedbergh, U20) 39:37; 24 B Sowerby (Prest) 39:39; 25 S Bird (Sedbergh, U20) 39:50; 26 M Chippendale (B'burn, M50) 39:52; 27 K Rowlands (L&M) 39:54; 28 T Marper (Kirkby Milers) 39:58; 29 Q Gratix (Kendal AA C, M40) 39:59; 30 F Rafferty (S'port W, M50) 40:02

M50: 3 D Copley (Kendal AA C) 42:22. **M60:** 1 C Shuttleworth (Prest) 43:01; 2 M Egner (Kendal AA C) 43:36; 3 P Quibell (Wesh) 43:52. **U20:** 7 H Shelbourne (Lancaster University) 40:22; 8 N Smith (B'burn) 41:39; 9 J Cooper (Lev V) 42:14; 10 P Smalley (Sedbergh) 44:51

TEAM: 1 B'burn 69; 2 L&M 101; 3 Prest 134; 4 Kend 204; 5 Lanc U 213; 6 Lyth 297; 7 Clay 320; 8 Kirkby M 358

VETS: 1 L&M 28; 2 Kend 52; 3 Wig D 69. **M50:** S'port W 22. **M60+:** Wesh 15

U20: Lanc U 16
U17 men/women (6km): 1 M Ramsden (B'burn, U17) 21:59; 2 B Wilson (Chorley Ac & Tri, U17) 22:10; 3 P Powell-Smith (Ribb, W35) 22:23; 4 C O'hara (Hoad, U17) 22:26; 5 S Taylor (Helm, W35) 22:32; 6 O Sutcliffe (Liv PS, U17) 22:36; 7 J Fairchild (Prest, W) 22:41; 8 C Taylor (Ross, U17) 22:42; 9 S Hodgkinson (B'burn, U17) 22:44; 10 L Eichmeier (L&M, U17) 22:50; 11 O Beaumont (L&M, U17) 22:53; 12 J Tickle (Blackpool Flyde & Wyre AC, U17) 22:58; 13 E Salt (Ellen, U17) 23:00; 14 E Pannone (Ellen, U20W) 23:10; 15 L Abbot (Lyth, W35) 23:15

Women: 1 Powell-Smith 22:23; 2 Taylor 22:34; 3 Fairchild 22:41; 4 Pannone 23:10; 5 Abbot 23:15; 6 C McKeown (Bord H, W45) 23:25; 7 A Mason (L&M) 23:55; 8 K Buckingham (B'burn) 24:04; 9 R Douglas (Bord H) 24:08; 10 J Goomey (Lyth, W45) 25:20; 11 M Elliott (B'burn, U20) 25:23; 12 E Johnston (Helm) 25:32; 13 C Cardus (Lyth, W45) 25:59; 14 C Constable (S'port W, W45) 26:15; 15 R Brown (Bord H) 26:16; 16 T Robb (Clayton Le Moors Harriers) 26:19; 17 L Varney (Kendal AA C, W45) 26:26; 18 N Thompson (Lancaster University) 26:32; 19 D Brearton (Wig D, W35) 26:42; 20 H Fletcher (Sedbergh) 26:48

W55: 1 A Cooke (Hoad) 30:25; 2 C Kevan (Kendal AA C) 30:36; 3 I Roche (Clayton Le Moors Harriers) 31:44. **W65:** 1 D Priestley (Kendal AA C) 33:06. **U20:** 3 R Lewis (Lancaster University) 27:29; 4 J Cliff (Lancaster University) 27:30; 5 A Slattery (Sedbergh) 27:54; 6 I Fawcett (Lancaster University) 29:00

U17 TEAM: 1 L&M 27; 2 B'burn 29; 3 Ross 31; 4 Liv PS 39

Women TEAM: 1 Lyth 25; 2 Bord 27; 3

Prest 46; 4 B'burn 56; 5 Clay 69; 6 Lanc U 70; 7 Wig D 76; 8 S'port W 80. **VETS:** 1 Lyth 11; 2 S'port W 44; 3 Clay 45. **W45:** Lyth 31. **W55+:** Kend 13. **U20 TEAM:** Lanc U 12

M70 (within U17/SW): 1 A Appleby (Prest) 27:27; 2 D Young (Wesh) 35:57; 3 B Chester (Chorley Ac & Tri) 45:06

TEAM: Wesh 7
U15M/U17W (3km): 1 R Ashton (L&M, U15) 8:53; 2 J Dickinson (Liv PS, U15) 9:09; 3 J Mckay (Clayton Le Moors Harriers, U15) 9:13; 4 J Hughes (Chorley Ac & Tri, U15) 9:18; 5 D Lilley (Chorley Ac & Tri, U15) 9:23; 6 T Durney (Prest, U15) 9:27; 7 J Villiers (Barlick, U15) 9:28; 8 M Swarbrick (BWF, U15) 9:41; 9 T Swarbrick (L&M, U15) 9:42; 10 L Hargreaves (Hynd, U15) 10:15 23 C Edwards (Wig D, U17W) 10:36; 24 A Davies (B'burn, U17W) 10:38; 27 F Royle (Chorley Ac & Tri, U17W) 10:49; 28 B Holt (Clayton Le Moors Harriers, U17W) 10:50; 31 D Whipp (BWF, U17W) 10:57; 32 P Hayashi (L&M, U17W) 10:59; 33 B Reid (Chorley Ac & Tri, U17W) 11:01; 38 J Dean (S'port W, U17W) 11:22; 43 J Aherne (Trawd, U17W) 11:30

U15 TEAM: 1 L&M 28; 2 Liv PS 30; 3 B'burn 48; 4 Clay 59; 5 Prest 65

U13M/U15W (3km): 1 I Butler (B'burn, U13) 10:31; 2 D Thompson (B'burn, U13) 10:38; 3 J Lamb (Chorley Ac & Tri, U13) 10:39; 4 H Ewbank (Ellen, U13) 10:42; 5 O Logan (S'port W, U15W) 10:43; 6 W Walker (Trawd, U13) 10:46; 7 T Watson (B'burn, U13) 10:48; 8 G Hodson (Chorley Ac & Tri, U15W) 10:49; 9 R Eaton (BWF, U13) 10:51; 10 J Warren (Prest, U13) 10:51; 19 E Chamley (B'burn, U15W) 11:22; 21 S Parkinson (Wig D, U15W) 11:23; 25 L Huxley (Prest, U15W) 11:25; 26 A Stratton (Trawd, U15W) 11:26; 32 M Markham (Lyth, U15W) 11:31; 33 K Mathison (Chorley Ac & Tri, U15W) 11:32; 34 E Dorrington-levy (Clayton Le Moors Harriers, U15W) 11:33; 35 R Wilding (Wig D, U15W) 11:36

U13 TEAM: 1 B'burn 9; 2 Traw 29; 3 Prest 30; 4 Chorley 59; 5 Liv PS 62; 6 Clay 78

U15 girls TEAM: 1 B'burn 28; 2 Chorley 36; 3 Clay 42; 4 Prest 46; 5 Traw 56; 6 Liv PS 84

U11 (2km): 1 S Stephenson (Trawd) 7:29; 2 H Smith (Trawd) 7:31; 3 T Fitzpatrick (Trawd) 7:33; 21 K Collin (Kendal-Helm Composite, U11W) 8:24; 24 G Scott (BWF, U11W) 8:28; 29 S Yates (Liv H, U11W) 8:36

Boys TEAM: 1 Traw 6; 2 B'burn 19; 3 Prest 42

Girls TEAM: 1 L&M 32; 2 B'burn 36; 3 Chorley 42
U13 girls (2.5km): 1 J Waiting (Trawd) 10:34; 2 H White (Clayton Le Moors Harriers) 10:38; 3 S Bohannon (Lyth) 10:48; 4 L Rickerby (Chorley Ac & Tri) 10:55; 5 L Ingram-weston (Chorley Ac & Tri) 11:06; 6 M Hillier (WESPA) 11:07; 7 A Halstead (Clayton Le Moors Harriers) 11:09; 8 H Culshaw (Wig D) 11:11; 9 B Kershaw (BWF) 11:31; 10 S Smith (Clayton Le Moors Harriers) 11:32

TEAM: 1 Clay 17; 2 Traw 28; 3 Chorley 35; 4 Prest 41; 5 B'burn 62; 6 BWF 70

LINDSAYS SCOTTISH NORTH DISTRICT CHAMPIONSHIPS, Gordonstoun

Additional: 7 E Davidson (Nene V) 27:26; 8 F Murray (E Suth) 27:42; 9 K Schenk (Forres) 28:02; 10 G Bee (I'ness)

28:05; 11 F MacLennan (I'ness) 28:07; 12 W Nicolson (High H, M40) 28:11; 13 R Burnett (I'ness, M45) 28:28; 14 R Strachan (JSKRC) 28:36; 15 P Rogan (Moray, M45) 28:40; 16 T Roche (JSKRC, M40) 29:01; 17 E Coull (Ross C, M40) 29:04; 18 G Whiteside (High H, M40) 29:11; 19 F Javier Cabrera Valdes (High H) 29:16; 20 P Miller (I'ness, M45) 29:22

M50: 1 A Keith (HBT) 29:44; 2 F Mackintosh (High H) 31:10; 3 D Spencer (NHH) 31:21. **M55:** 1 D Weir (Forres) 30:25; 2 S Macdonald (Moray) 33:55. **M60:** 1 G Laing (I'ness) 34:51. **M70:** 1 A Sutherland (I'ness) 35:41

U20 (6.5km): 1 M Abernethy (Fraser) 25:04; 2 S Gardiner (I'ness) 25:51; 3 L Williams (I'ness) 26:01; 4 J Buchan (Fraser) 26:20; 5 B Johnstone (I'ness) 27:45; 6 J Geddes (I'ness) 28:13

TEAM: I'ness 10
U17 (5.5km): 1 L Davidson (I'ness) 19:45; 2 B Milne (Moray) 20:29; 3 A Smith (I'ness) 20:58; 4 D Scott (Forres) 21:07; 5 D Mopake (Ross C) 21:16; 6 D Morrison (Storn) 21:30; 7 J Milne (Moray) 21:32; 8 B Cameron (Forres) 21:37; 9 A Ellen (Ross C) 21:41; 10 K Sutherland (Ross C) 22:00

TEAM: 1 I'ness 15; 2 Ross C 24; 3 Storn 31
U15 (4km): 1 L Cairns (I'ness) 13:32; 2 E Rollo (I'ness) 13:53; 3 D Macdonald (I'ness) 14:17; 4 S Perry (Forres) 14:44; 5 R Black (Shett) 14:48; 6 B Sharpe (I'ness) 15:03

TEAM: I'ness 6
U13 (3.1km): 1 R Taylor (Moray) 12:49; 2 W Cook 13:12; 3 J Henderson (I'ness) 13:25; 4 S Coull (Ross C) 13:41; 5 S Burnett (I'ness) 13:46; 6 C Morrison (Storn) 14:06; 7 B Webster (I'ness) 14:15; 8 L Maclean (Storn) 14:21; 9 T Palmer (Elgin) 14:27; 10 C Rosa (Nairn) 14:27

TEAM: 1 I'ness 15; 2 Storn 28; 3 Ross C 29; 4 Moray 35; 5 Nairn 39; 6 Elgin 59
Women (8.5km): 1 E Mackenzie (Storn) 30:20; 2 C Morrison (HHR, W40) 30:36; 3 K Rogan (Moray) 30:46; 4 A Hudson (I'ness) 31:35; 5 T Wilson (JSK RC) 31:48; 6 M Davie (Forres) 32:08

Women (8.5km): 7 K Lyons (High H, W45) 32:35; 8 S Gollan (E Suth, W50) 32:56; 9 I Craft (Moray) 33:06; 10 I Mackay (L'aber) 33:22
W40: 2 M Slater (Moray) 33:38; 3 C Black (Shet) 34:14. **W45:** 2 H Cameron (Forres) 35:08; 3 S Strachan (P'head) 35:13.

W50: 2 H Gardiner (I'ness) 36:30
U20 (6.5km): 1 G Whelan (Moray) 29:47; 2 S Graham (Storn) 34:25; 3 M Weir (Elgin) 39:40

U17 (5.5km): 1 M Keith (I'ness) 21:05; 2 E Andrew (I'ness) 23:12; 3 E Gardiner (I'ness) 24:22; 4 K Riddick 25:24; 5 R Gillies (I'ness) 27:19; 6 L Ahrens 27:43

TEAM: I'ness 6
U15 (4km): 1 A Gollan (E Suth) 15:41; 2 E Smith (Moray) 15:55; 3 R Ross (E Suth) 16:25; 4 K Arnaud (I'ness) 16:33; 5 M Hickey (Ross C) 16:46; 6 R Murray (Storn) 16:54

TEAM: Moray 23
U13 (3.1km): 1 G Macdonald (I'ness) 13:27; 2 A Cairns (I'ness) 13:34; 3 Z Sharpe (I'ness) 14:19; 4 B Urquhart (Moray) 14:30; 5 K Burnett (I'ness) 14:50; 6 Z Gill (Moray) 14:53; 7 N Taylor (Moray) 15:25; 8 S Maciver (Storn) 15:49; 9 K Mcmurdo (Storn) 15:49; 10 M Lynch (Ross C) 15:55

LINDSAYS SCOTTISH WEST DISTRICT CHAMPIONSHIPS, Kilmarnock

Additional Men (8.5km): 7 G Baillie (E Kilb) 31:16; 8 R Thomson (Cambus) 31:17; 9 D Bradford (Shett) 31:25; 10 J Ferguson (E Kilb) 31:27; 11 R Mair (Kil'k) 31:33; 12 M Deason (Shett) 31:36; 13 L Cheskin (Shett) 31:38; 14 R Simpson (Shett) 32:01; 15 R Gray (I'clyde) 32:04; 16 S Gibson (Cambus) 32:07; 17 J Lennox (Shett, M40) 32:26; 18 B Hukins (Cambus, M40) 32:32; 19 C Jardine (Cambus) 32:35; 20 D Mcquade (Bella H) 32:45

M40: 3 I Reid (Cambus) 32:49. **M45:** 1 J Carter (Cambus) 33:40; 2 A Cameron (Moth) 34:20; 3 C McCaffrey (Westerlands XC Club) 39:18; 3 C Miller (Irv) 39:45

U20 (6.5km): 1 C Wright (Kilb) 22:56; 2 G Smith (Cambus) 23:10; 3 L Raeburn (Shett) 23:12; 4 R Gray (I'clyde) 23:17; 5 C Watson (I'clyde) 23:28; 6 J Burns (Shett) 23:37; 7 F Todd (Glas U HH) 23:54; 8 J Mackinnon (Cambus) 23:57; 9 C Kennedy (Kilb) 24:00; 10 A Merry (Glas U HH) 24:32

TEAM: 1 Kilb 21; 2 Cambus 22; 3 Shett 27; 4 I'clyde 28; 5 Glas U 30
U17 (5.5km): 1 J Trainer (Gars) 19:57; 2 C McLeW (Cambus) 20:06; 3 J Patton (Kilb) 20:10; 4 H Lloyd McGill (G'nock) 20:13; 5 L Hannigan (Kilb) 20:15; 6 E Carolan (Giff N) 20:35; 7 R Whitelaw (Glas Sc Sp) 20:37; 8 S Sprang (Ayr S) 20:40; 9 R MacGregor (Cambus) 20:44; 10 D McNair (Kilb) 20:50

TEAM: 1 Kilb 18; 2 Cambus 22; 3 Giff N 33; 4 G'nock 44;
U15 (4km): 1 G Campbell (Shett) 15:01; 2 H Paterson (Giff N) 15:12; 3 D Gilchrist (Law) 15:16; 4 F Reid (Spring) 15:18; 5 J Luc (Giff N) 15:34; 6 F Ross-Davie (Gars) 15:36; 7 R Woods (Cambus) 15:38; 8 L Roddis (Cambus) 15:38; 9 R O'brien (Giff N) 15:38; 10 C Berry (Gars) 15:46

TEAM: 1 Giff N 16; 2 Gars 28; 3 Cambus 32; 4 Law 41; 5 Kil'k 71; 6 VPCG 79
U13 (3.2km): 1 F Currie (Gars) 12:16; 2 J Burns (Shett) 12:21; 3 S Mcglenann (VPCG) 12:22; 4 M New (Kilb) 12:24; 5 C Shennan (Giff N) 12:28; 6 M Murphy (Giff N) 12:42; 7 A Robin (Giff N) 12:45; 8 C Chong (Giff N) 12:49; 9 T Adamson (I'clyde) 12:50; 10 O Patton (Kilb) 12:52

TEAM: 1 Giff N 18; 2 Kilb 31; 3 Gars 33; 4 VPCG 70; 5 Ayr S 72; 6 E Kilb 105
Women (8.5km): 2 G Macdonald (Bella RR) 36:06; 8 L Chisholm (Gars, W40) 36:17; 9 H Terrance (Spring) 36:53; 10 R Joss (Shett) 36:56

W40: 3 A Robin (Bella RR) 38:28. **W45:** 1 L Currie (Dumb) 37:25; 2 A Chong (Giff N) 39:20; 3 C Wharton (Bella RR) 41:14. **W50:** 1 M McCutcheon (Giff N) 39:15; 2 M Wylie (Dumb) 40:44; 3 M Callaghan (Spring) 41:53. **W55:** 1 L Wang (Giff N) 44:51; 2 A Smith (Aird) 45:19; 3 A Noble (Troon) 46:45. **W60:** 1 P Hands (Moth) 47:39. **W65:** 1 A White (Gars) 45:24

VETS TEAM: 1 Bella R 24; 2 Giff N 28; 3 Gars 45
U20 (6.5km): 1 E Wallace (Giff N) 26:19; 2 C Stewart (Glas U HH) 27:04; 3 C McKenna (Giff N) 27:28; 4 R Mowat (Giff N) 27:34; 5 H Little (VPCG) 28:00; 6 L

McKenna (Giff N) 28:28; 7 H Thompson (Kilb) 30:36; 8 A Paton (Glas U HH) 31:12

TEAM: 1 Giff N 8; 2 Glas U 20
U17 (5.5km): 1 R Davidson (Ayr S) 22:02; 2 L Evans-haggerty (VPCG) 22:18; 3 H Barnes (Giff N) 22:27; 4 H Anderson (E Kilb) 22:34; 5 E Frew (Ayr S) 22:57; 6 H Chong (Giff N) 23:04; 7 F Wallace (Giff N) 23:15; 8 J Carswell (Giff N) 23:32; 9 A Anderson (Glas Sc Sp) 23:43; 10 L Sutherland (Kilb) 23:47

TEAM: 1 Giff N 16; 2 Kilb 41; 3 VPCG 49; 4 I'clyde 51
U15 (4km): 1 V Wright (Giff N) 16:29; 2 H Hastie (Kilb) 17:01; 3 Z Flower (Giff N) 17:05; 4 J Cash (Giff N) 17:13; 5 H Ryding (Giff N) 17:15; 6 M Reid (Glas Sc Sp) 17:24; 7 N Murphy (N Ayr) 17:30; 8 K Paul (Giff N) 17:33; 9 E Ellor (Shett) 17:35; 10 C Frew (W'moss) 17:46

TEAM: 1 Giff N 8; 2 Kilb 51; 3 Cambus 79; 4 E Kilb 88; 5 Kil'k 98; 6 Springb 113
U13 (XC): 1 A Patel (VPCG) 4:52; 2 I Stroma Hubbard (Ayr S) 5:01; 3 J Gilchrist (Law) 5:02; 4 A Wade (Giff N) 5:03; 5 A Street (N Ayr) 5:03; 6 A Beaton (G'nock) 5:03; 7 K Donnelly (Giff N) 5:06; 8 S Rae (Niths) 5:07; 9 K Johnson (G'nock) 5:08; 10 O Warboys (Kil'k) 5:08

TEAM: 1 Giff N 29; 2 Ayr S 30; 3 VPCG 31; 4 Law 45; 5 Cambus 79; 6 N Ayr 91

WARE CUP, Loughton, Essex

Overall: 1 S Humphrey (VP&TH) 27:54; 2 G Day (Orion, U20) 28:01; 3 L Haulknett (Orion, U20W) 28:09; 4 D Moses (Orion) 28:31; 5 W Kirk (VP&TH) 28:38; 6 G Powers (Eton M, M40) 29:11; 7 C Selya-Hammer (VP&TH, M35) 29:22; 8 N Cook (VP&TH, M40) 29:24; 9 G Coombes (Ilf, M45) 29:26; 10 B Glasgow (Orion, M40) 29:39

M55: 1 P Cates (Eton M) 32:29
Women: 1 Haulknett 28:09; 2 S Flanagan (Eton M, W40) 34:17; 3 V Sillc (VP&TH, W35) 35:23; 4 C Evans (VP&TH) 35:27; 5 C Fisher (Eton M) 35:41; 6 J Heyman (Eton M, W35) 36:44; 7 Z Woodward (Eton M, W55) 36:55; 8 B Hirtwistle (VP&TH) 37:07; 9 K Gaffney (Loughton, W50) 37:51; 10 B Norbin (Ilf, W60) 37:54

DECEMBER 5 MIDLANDS POLICE & SERVICES LEAGUE, Derby

Overall: 1 O Ellis (Raf Cosford) 31:47; 2 S Bott (Derbys. Police) 32:27; 3 N Dale (W.Mids Police, M40) 32:51; 4 D Roberts (Leics. Police) 33:41; 5 S Shanks (Prison/Civil Service, M40) 34:04; 6 J Parker (Leics. Police) 34:33; 7 D Ullah (W.Mids Police) 34:35; 8 J Walkley (Raf Cosford) 34:46; 9 K Webster (Derbys. Pol, M45) 35:13; 10 W Usher (Gloucs. Pol, M40) 35:22



Daniel Bebbington: Mid Lincs win

STEVIE JACKSON

ROAD

DECEMBER 16

EAST COAST HOSPICE SANTA DASH 5km, Gorleston

Overall: 1 R Chenery (Ips J) 16:25; 2 K Bage (Wym) 17:15; 3 D Oliver (Norw) 17:47

Women: 1 C Cummings (Wym, W35) 19:11; 2 L Duffin (Wvney) 22:36; 3 L Black (BecB, W35) 22:51

DULWICH R XMAS HANDICAP 5.1km, Dulwich Park

Overall: 1 C Wyngard (W55) 47:45 (actual 25:15); 2 M Dodds (M60) 47:53 (25:23); 3 S Lundon (W45) 48:34 (24:04)
Fastest: 1 G Galezia (M45) 20:11
Women: 1 M Lennon (W50) 23:02

GRAVESEND SANTA DASH 5km/10km, Gravesend

Overall (5km): 1 R West 19:18; 2 P Webster (Swanley, M40) 19:52; 3 S Gibson 21:55

Women: 1 L Walker (W45) 23:21; 2 S Smith (Sitt, W35) 25:18; 3 E Tanner (Danson Runners, U20) 26:37

Overall (10km): 1 J Wells (Ashf D, M40) 37:56; 2 W Withecombe (Beck) 39:09; 3 A Austen 40:01

Women: 1 O Cockell (Swale AC, W45) 46:50; 2 L Berkman (Swale AC, W35) 47:53; 3 J Walker (W35) 48:55

KENT CHRISTMAS CRACKER 5, Sholden

Overall: 1 C Brisley (Inv EK, U20) 25:33; 2 M Collyer (Coas S) 28:40; 3 L Hardie (M40) 29:29

Women: 1 A Cardwell (Than) 35:25; 2 S Maguire (Cant, W50) 37:07; 3 N Bedwell 37:25

LOSSIEMOUTH TURKEY TROT 10 (Inc SCOTTISH NORTH DISTRICT CHAMPIONSHIPS), Lossiemouth

Overall: 1 K Wilson (Moray) 50:41; 2 J Wilson (Moray) 54:38; 3 E Davidson (Moray) 55:12; 4 D Macdonald (In'ness, M40) 55:31; 5 J Kelly (Metro) 55:40; 6 T Roche (JSKRC, M40) 56:21

M45: 1 P Rogan (Moray) 57:58. **M60:** 1 F Barton (Keith) 64:07; 2 G McPherson (Metro) 66:02; 3 B Urquhart (Fraser) 67:04. **M70:** 1 A Sutherland (In'ness) 72:27

Women: 1 K Rogan (Moray) 64:33; 2 M Baxter (JSKRC, W40) 64:59; 3 L Allan (Fraser, W40) 66:11; 4 U Britton (Kilcoole AC) 66:36; 5 A Hudson (In'ness) 66:51

W40: 3 K Comisso (High H) 68:06; 4 M Slater (Moray) 68:18; 5 H Wyness (Metro) 68:53. **W50:** 1 M Mackie (Nairn RR) 74:24. **W55:** 1 R Wolfe (Metro) 75:47

RUN THROUGH OLYMPIC PARK 10km, Stratford, London

Overall: 1 J Vis (Sale) 32:38; 2 T Tuohy (Dulw R, M55) 35:13; 3 C Micalaf (M45) 35:29

M60: 1 Tarry 40:49
Women: 1 A Whaley (Ravens) 39:01; 2 E Drury 39:32; 3 M Taylor (Lewes) 39:34

TRAVELLERS 6, Denby Dale

Overall: 1 S Hinchcliffe (P'stone) 32:52; 2 B Butler (Wake, M35) 34:11; 3 S Nutter (Barns, U17) 34:20

Women: 1 F Davies (Roth, W45) 38:35; 2 H Roby (Long) 42:05; 3 H Beck (Wake, W35) 42:27

WATERSIDE 10km, Buckden

Overall: 1 D Hudson (BRJ) 32:53; 2 J Uff (BRJ) 34:38; 3 R Santos (Riv) 35:39

Women: 1 J O'regan (Riv, W35) 37:15; 2 S Duffy (BRJ, W35) 41:47; 3 O Baker 43:35

WOLVERHAMPTON TURKEY TROT 5

Overall: 1 J Morris (W&B) 26:54; 2 J Pickett (W&B, U20) 27:09; 3 M Williams (Tip, M40) 27:44

U20: 2 H Dyal (W&B) 27:52
Women: 1 H Pearson (W&B) 32:23; 2 S McWilliam (BRAT) 33:04; 3 K Butler 33:16
M70: 1 C Smith (W&B) 45:57

DECEMBER 15

TAVY 5km, Tavistock

Overall: 1 B Thomas (Tav) 17:05; 2 A Peyton-Jones (Ply H, M35) 17:32; 3 D Warren 17:59

Women: 1 S Lake (Tav, W40) 19:12; 2 J Allison (Ply H, W45) 20:43; 3 N Kelly (Tav) 21:46

DECEMBER 13

WESTON PROM 5, Somerset

Overall: 1 C McMillan (Weston) 28:11; 2 L Murray (Cleve, M40) 28:46; 3 B Haines (Weston, M40) 28:52

M50: M Robinson (B&W) 29:06. **M60:** J Goodland (B&W) 31:48

Women: 1 C Broughton (GWR) 32:11; 2 K Dicks (GWR) 32:27; 3 L Meech (Cleve) 32:28
W60: P Withers (Weston) 39:46. **W65:** M Palmer (W'bury) 44:09

DECEMBER 12

RUN THROUGH CHASE THE MOON OLYMPIC PARK 10km, Stratford

Overall: 1 J McDowell (Vegan) 34:22; 2 R Lowe (Harl) 34:47; 3 D Searle 36:41

Women: 1 K Owens (Craw, W35) 40:12; 2 S Starr 42:04; 3 A Sansom (W40) 42:16

ARMADA ATHLETICS NETWORK WINTER 3km SERIES, Plymouth

Overall: 1 S Yearling (Ply H, U17) 10:06; 2 T Brew (Tav, U20) 10:11; 3 J Beaton 10:23

Women: 1 M Shorey (Ply, U13) 11:21; 2 S Lake (Tav, W40) 11:31; 3 N Farrington (Tav, U17) 11:42

STREET 5km SERIES, Street

Overall: 1 C Green (Wells) 16:35; 2 W Loveridge (Chard) 17:00; 3 T Dukes (Wells, M40) 17:07

Women: 1 H Southcott (Maid N, W35) 19:00; 2 Z Kurie (Wells) 19:05; 3 R Astington (Running For Time) 19:22

W45: 1 G Pearson (Running For Time) 20:52. **W70:** 1 S Nicholls (Burns) 26:32

DECEMBER 9

ABERYSTWYTH CHARITY 10km

Overall: 1 O Thorogood (SWRR) 34:43; 2 R Johnson (Aberys, M40) 34:55; 3 O Schiavone (Aberys, M35) 35:11

M40: 2 M Horsman (Cardig) 35:28
Women: 1 C Glover 38:45; 2 F Cronqvist (Aberystwyth University Harrier) 39:04; 3 D Morris (Brec, W35) 41:24
W70: 1 A Coulson 55:32

BECCLES TURKEY TROT 10, Beccles

Overall: 1 L Cook (W'vney) 56:54; 2 T Gavin (Felix, M35) 57:35; 3 J Last (Fram, M40) 57:46

M50: 1 D Solomon (Felix) 61:18. **M55:** 1 J Moore (Norf G) 61:46; 2 R White (Wym)



Ryan Burling: winning at Milton Keynes

64:40. **M60:** 1 P Hurr (N Norf) 65:34. **M65:** 1 S Mead (S'mkt) 67:46. **M70:** 1 R McCullough (Ips J) 73:03

Women: 1 L Thomas (Ips J) 61:45; 2 J Watkinson (Wym, W35) 67:23; 3 E Attwood (S'mkt) 69:30

W45: 1 A Carter (Tri-Anglia) 70:06; 2 S Spence (Bure) 70:37. **W70:** 1 C Spong (Gt Yar RR) 98:54

BORDERS LEAGUE 5, Anglesey

Overall: 1 J Boden (W'sey) 26:25; 2 D Bennett (Elles P, M40) 26:39; 3 S Skates (P'atyn, M40) 27:11

M45: 1 L Jones (Dees) 27:28; 2 R Pearce (W'sey) 27:51; 3 J Brown (Buck) 28:37. **M65:** 1 B Beecroft (Wirr) 33:54; 2 G Nixon (P'atyn) 34:26

TEAM: Div.1: 1 W'sey 225; 2 Buck 331; 3 P'atyn 360; 4 Hs 450; 5 W Ches 703; 6 Wirr 1960; 7 Elles P 500

Div.2: Elles P 294
VETS TEAM: 1 Buck 310; 2 Hs 476; 3 Ches TC 479

Women: 1 E Kearney (Wirr) 29:43; 2 H Cowley (Hels) 30:58; 3 S Kearney (Wirr, W40) 32:38

W50: 1 C Cook (Buck) 34:32. **W55:** 1 E Collins (Denb) 36:06; 2 C Shaw (Hels) 37:22. **W65:** 1 M Rees (W'sey) 39:56

W70: 1 C Birch (A'gele) 40:34; 2 M Oliver (Eryn) 47:57

TEAM: Div.1: 1 Buck 42; 2 W Ches 48; 3 Hs 69; 4 Ches TC 83; 5 W'sey 83; 6 P'atyn 249; 7 Elles P 500

Div.2: Wirr 19
VETS TEAM: 1 Buck 25; 2 Ches TC 73; 3 Hs 76

DRAYCOTE WATER WINTER 10km SERIES, Kites Hardwick

Overall: 1 A Wright (R&N) 34:27; 2 A Siggers (Kenil, M35) 35:11; 3 M Sanders (Uk net) 36:44

Women: 1 E Damant (Rane, W35) 39:30; 2 M Price (Merc, W45) 40:26; 3 S Davis (R&N, W50) 41:28

W60: 1 J Robertson 47:55. **W70:** 1 J Johnson (Mid M) 57:53

GREENWICH PARK WINTER 10km

Overall: 1 J Booth (E Lon, M35) 37:30; 2 B Barnes (RAF) 39:49; 3 C Godefroy 39:59

Women: 1 S Clark (Kent, W40) 44:11; 2 H Frank (Gard CR) 46:23; 3 E Irons (Brent R) 46:30

KEYWORTH TURKEY TROT HALF-MARATHON, Keyworth

Overall: 1 J Kershaw (Absolute Triathlon Club - East Midlands) 72:32; 2 C Kilburn 74:37; 3 B Raeside (Notts, M35) 74:57

M40: 1 A Ford (Barns H) 76:46; 2 T Stokes (Ere V) 77:10; 3 M Kingston-Lee

(GRC) 77:29. **M60:** 1 M Jacobs 86:45; 2 K Ford (Holme P) 87:26; 3 S Whitaker 90:52

Women: 1 A Daniel 85:16; 2 K Lomas (Charm) 86:40; 3 A Thackray (Charm) 86:59

W45: 1 C Hay (Red) 88:28. **W50:** 1 C Heaton (Holme P) 91:16; 2 J Bramley-maye (Rush) 98:06. **W60:** 1 C Bexton (Beeston) 1:45:34; 2 J McGeorge (Holme P) 1:48:34. **W70:** 1 J Braker (GRC) 1:53:41

KIRKISTOWN RACE TRACK HALF-MARATHON, Kircubbin

Overall (10km): 1 C Geoghegan 39:13; 2 A Perry (W) 43:45; 3 N Mawhinney 45:59

Women: 1 Perry 43:45; 2 A Williams 58:52

Overall (HM): 1 A Ladd (Mallusk, M35) 85:45; 2 P Lloyd 91:55; 3 J Lilley 1:40:06

MILTON KEYNES WINTER HALF-MARATHON, Willen Lake

Overall (chip times only): 1 R Burling (Guern) 68:17; 2 G Wheeler (Mil K) 68:53; 3 S Winters (Mil K) 71:16; 4 A Davey (Leeds) 72:13; 5 J Clay (L Buzz) 73:39; 6 T Wright (Corn, M50) 74:36; 7 T Dell (Mil K) 74:42

M65: J Skelton (Mil K) 93:21
Women: 1 K Rennie (Dac, W40) 83:14; 2 J Sharples (L Buzz) 84:30; 3 R Winter (Ack) 87:10

W50: 1 D Ditchfield (Bed H) 95:08; 2 J Mitchell 97:39; 3 L Jenkinson-Thorne 98:27; 4 S Andereg (Mil K) 98:56. **W55:** 1 C Findlay (Dac) 1:40:36; 2 R Edwards (Redway) 1:41:02. **W60:** L Hembury (Tring) 95:42

SNEYD STRIDERS CHRISTMAS PUDDING 10, Bloxwich

Overall: 1 A Whitvam (Morp, M40) 54:39; 2 S Hall 57:54; 3 P Wolfe (C&S) 58:13

M45: 1 C Stainton (Warley Woods Pacers) 58:19; 2 R Mole (B&R) 59:56. **M65:** 1 C Mason (S Der) 70:26

Women: 1 S Mackness (Notts) 62:11; 2 L Hill (Tip, W40) 63:31; 3 E Watters (Bir) 64:23

W45: 1 A Clutterbuck (RSC) 68:26; 2 H Pike (BRAT) 71:30

Overall (5M): 1 P Patel 27:53; 2 J Stimpson (W) 28:00; 3 J Read (Bir) 28:02

M50: 1 D Masser (Hinck) 29:56
Women: 1 Stimpson 28:00; 2 V Burgess (Vegan, W55) 36:43; 3 S Cox (Spa, W50) 36:47

TELFORD 10km, Telford

Additional: 26 J Morwood (AFD) 30:17; 27 C Smith (Tyne Br) 30:18; 28 A Richmond (Bide, M35) 30:19; 29 N Martin (Sale) 30:20; 30 R Wilson (Linc W) 30:25; 31 C Holdsworth (RVH) 30:28; 32 M Brown (Salf) 30:28; 33 T Drabble (Stock H) 30:30; 34 A Bampton (Chelt) 30:30; 35 R Axe (Card) 30:32; 36 J Kay (Bolt) 30:33; 37 K Quinn (S Lon, M35) 30:34; 38 C Duffy (RL) 30:34; 39 P Navesey (Craw) 30:37; 40 J Lunn (Bed C) 30:37; 41 T Merson (Exm H) 30:45; 42 A Pointon (AFD) 30:46; 43 G Smith (Swan) 30:49; 44 D Mulryan (Poole R) 30:52; 45 S Spencer (Notts, M35) 30:55; 46 A Smith (P&B) 30:55; 47 C Perry (Vale R) 30:56; 48 M Grieve (Leeds C) 30:59; 49 M Dumbrell (Phoe) 31:02; 50 H Halford (Bir) 31:03; 51 S Eglan (AFD) 31:03; 52 G

King (Win) 31:06; 53 B Price (Chelt, M35) 31:07; 54 C Davidson (RVH) 31:09; 55 C Maher (RL) 31:10; 56 I Williams (Tip) 31:11; 57 J Kilgour (Der) 31:11; 58 B Savill (Croy) 31:11; 59 R Samuel (Eryn) 31:12; 60 J Ashcroft (Leeds C) 31:12; 61 E Brennan (Ikley, U20) 31:13; 62 G Smith (Charm) 31:13; 63 C Carpanini (MickMorris) 31:15; 64 H Allen (B&W) 31:16; 65 M Hobbs (Swan, M35) 31:17; 66 R Bentley (Kent, M35) 31:18; 67 M Jenkin (Bide, M40) 31:19; 68 W Strangeway (Linc W) 31:20; 69 D Robinson (BRAT, M35) 31:21; 70 D Mapp (Bide) 31:21; 71 A Wall-Clarke (Soton) 31:22; 72 P Graham (P'pridd R) 31:22; 73 M Davis (Avon VR, U20) 31:24; 74 L Pollard (Chelt) 31:26; 75 J Cole (TRP, M35) 31:29; 76 B Moore (WSEH) 31:32; 77 K Loundes (Manx, M35) 31:35; 78 K Taylor (B&W) 31:36; 79 G Anderson (Stock H) 31:41; 80 W Ferguson (CLC, M35) 31:42; 81 H Hardcastle (Der) 31:45; 82 C Hayward (High) 31:46; 83 E Cross (AFD) 31:47; 84 C Perrin (C&S) 31:48; 85 D Kashi (Sale) 31:50; 86 T Scott (Tyne Br, M45) 31:50; 87 J Croft (S Lon) 31:51; 88 M Walsh (Netherhall, M35) 31:53; 89 M Williams (Tip, M40) 31:54; 90 A McDonnell (R&N) 31:56; 91 A Woodward (Notts, M35) 32:02; 92 A Stacey (M35) 32:03; 93 P Featherstone (Herm, M40) 32:04; 94 J Turner (B&H) 32:04; 95 R de-Camps (Chelt) 32:04; 96 M Hashi (ESM) 32:05; 97 R Challinor (Liv H) 32:06; 98 J Bonness (Traff) 32:12; 99 A Crossland (High) 32:13; 100 M England (Chelt, M35) 32:14; 101 M Hall (Shrews) 32:19; 102 R Carter (Tip) 32:15; 103 A Watt (B&W) 32:17; 104 P Roddy (THH) 32:18; 105 O Corea (Bir, M40) 32:20; 106 J Tuttle (Mil K) 32:24; 107 J Moody (B&W) 32:27; 108 A Lee (Chelt, M35) 32:27; 109 H Brocklehurst (B'ville) 32:28; 110 K Watson (SinA) 32:28; 111 T Comerford (Mil K) 32:29; 112 J Connors (Yate) 32:29; 113 D Moszak (P'boro) 32:29; 114 R McTaggart (B'mth) 32:29; 115 R Carpenter (Tip) 32:31; 116 J Morris (W&B) 32:34; 117 G Jones (Mil K) 32:34; 118 D Richardson (Stoke, M45) 32:34; 119 G Watson (Chelt, U20) 32:36; 120 E Bowingdon (&I) 32:37; 121 S Milliet (WSEH) 32:37; 122 J Gordon (Springw) 32:37; 123 S Corbishley (Tip) 32:39; 124 M Chronicle (MKDP, U20) 32:41; 125 D Wight (Chelt) 32:43; 126 M Craig (Hallam) 32:43; 127 R James (Ply) 32:44; 128 P Coon (Netherhall, M35) 32:46; 129 J Drakeford (B'ville) 32:46; 130 E Flynn (Elles P) 32:48; 131 C Richardson (Ross) 32:48; 132 E Richards (Card) 32:49; 133 K Ulrikens (NOR) 32:51; 134 R White (Tip, M35) 32:51; 135 W Ruiz (B&B) 32:53; 136 A Larkin (Roth) 32:53; 137 E Hosker Thornhill (AFD, W) 32:54; 138 J Andrews (TRP) 32:54; 139 S Lewis (P'pridd R, M40) 32:55; 140 C Moulton (Boalloy, M35) 33:00; 141 J Parker (Chelt, M45) 33:01; 142 T Cuthbertson (Mil K) 33:02; 143 M Green (N Wal RR, M40) 33:03; 144 O Stepney (Abing) 33:04; 145 C Wilson (Donc) 33:07; 146 T Iverson (Builth, M35) 33:07; 147 C Jones (Chelt) 33:09; 148 B Neale (TRP) 33:11; 149 J Todd (WSEH) 33:12; 150 J Mills (Wrex) 33:14; 151 M Powell (Leic C, M40) 33:15; 152 H Read (Abing) 33:17; 153 H Carruthers (Bir, W) 33:20; 154 T Mahon (W&S) 33:20; 155 R Loojey (AFD) 33:20; 156 M Ince (BRAT, M40) 33:21; 157 D Aubrey (Chelt) 33:21; 158 B Duncan (Worc) 33:24; 159 J Scott



(VP&TH) 33:25; 160 L Parrington (L&M, M35) 33:25; 161 J Nesbitt (Worc, W) 33:25; 162 J Uff (Race Hub, M35) 33:26; 163 A Thomas (Der) 33:28; 164 J Fradley (Newc S, U20) 33:29; 165 M Costello (Tel) 33:34; 166 M Vardy (Newb) 33:35; 167 A Salmon (B&W) 33:37; 168 J Bowler (Kent, M35) 33:38; 169 G Lee (Leic C, M50) 33:38; 170 O Saville (Bed C, M35) 33:39; 171 A Wilson (Yate) 33:41; 172 W Bryan (Soton) 33:41; 173 C Dyson (Woking) 33:41; 174 L Small (AFD, W) 33:45; 175 R Nokes (Stoke) 33:46; 176 J James (Wells, M50) 33:47; 177 C Duck (Leeds C, W) 33:47; 178 J Tranvag (Exe U) 33:49; 179 L Crookes (Leeds C, W) 33:49; 180 D Bissuel (W&B) 33:49; 181 M Finbow (S Lon) 33:51; 182 M Roberts (Deestr, M35) 33:51; 183 J Bingham (Chelt, M40) 33:51; 184 A Doherty (Chelt, M35) 33:55; 185 S Croft (R Rose, M35) 33:56; 186 R McKenna (Shrews, M40) 33:58; 187 M Benson (Netherhall, M35) 33:58; 188 T Slattery (Corn, U20) 33:58; 189 C Evans (Card, W) 34:00; 190 S Gilbert (Dezives, M40) 34:03; 191 N Gaskell (Ribb, M45) 34:04; 192 L Montgomery (Corby) 34:04; 193 B Haycock (C&S) 34:07; 194 L Sheppard (Worc) 34:09; 195 L Beresford (Ripley, M35) 34:11; 196 O Smith (Soton) 34:11; 197 C Adams (N Der, M40) 34:12; 198 S Long (Notts, M40) 34:13; 199 S Brookes 34:17; 200 J Scott-Buccleuch (Stock H, M40) 34:20; 201 L Aherne (Parc BB, M50) 34:22; 202 M Lawlor (M40) 34:22; 203 J Davies (Soton, M35) 34:23; 204 H Doran (Charn, W) 34:24; 205 B Carrington (Tip, M35) 34:25; 206 D Nicholls (Les C, M35) 34:26; 207 N Laurenson (Bla PJ, M35) 34:27; 208 J Lambie (Shrews) 34:33; 209 T Farnsworth (Bla PJ) 34:34; 210 S Hudson (WSEH, U20) 34:35; 211 P Thompson (B'ville, M45) 34:36; 212 D Thomas (Chelt) 34:37; 213 A McKeirrell (Eton M) 34:42; 214 B Owen (Leeds U, W) 34:44; 215 N Malone (Prest) 34:49; 216 M Leadbeater (L&M, M35) 34:50; 217 N Devine (Roth, W) 34:54; 218 K Malby (B&W, W) 34:55; 219 R Price (Shrop S, M35) 34:55; 220 N Lewis (BRAT, M35) 34:55; 221 C Davies (Salif, W) 34:55; 222 S Waters (Shrews) 34:56; 223 M Appleton (B&R) 34:56; 224 R Simmons-Perez (Trent P, U20) 34:58; 225 R Campbell (Worc, M35) 35:00

M40: 16 B Lloyd (RSC) 35:08; 17 C Bagshaw (Tel) 35:16; 18 F Cornacchia (Buzards) 35:16; 19 A Haney (Chorlton) 35:22; 20 M James (Chelt) 35:22; 21 A Tsolakis (BRAT) 35:26; **M45:** 6 M Thomas (Croft A) 35:20; 7 D Potter (Mid M) 35:22; 8 P Bowes (Shrop S) 35:33; 9 J Newey (Bla PJ) 35:39; **M50:** 4 M Kingsbury (Charn) 35:51; 5 K Francis (Shrews) 37:01; 6 D Edmondson (Clay) 37:24; 7 P Coupe (Tel) 37:25; **M55:** 1 S Walmough (Warr) 35:59; 2 T Tuohy (Dulw) 36:08; 3 D Crewe (Salif) 36:52; 4 M Kennish-Ward (Bla PJ) 38:42; **M60:** 1 A Wetherill (Mans) 37:04; 2 J Haynes (Bish S) 38:05; 3 A Cornford (Crewk) 39:43; 4 S Boynton (B Lib) 40:16; **M65:** 1 D Jackson (Bla PJ) 39:02; 2 P Savill (Shrews) 42:24; 3 R Cattle (Mid M) 42:37; **M70:** 1 K Uzzell (Stone MM) 46:40; **U20:** 9 M Clutterbuck (WSEH) 35:23

Women: 18 J Bannerman (f'ness) 35:16; 19 K Longley (Liv PS, W40) 35:31; 20 G Malir (Leeds C) 35:33; 21 O Stones (Leigh, U20) 35:57; 22 B Garland (Chich) 36:08; 23 M Browne (BRAT) 36:22; 24 E Renondeau (Vale R, W35) 36:24; 25 K

Kvernmo (Troms° L°peklubb (Norway)) 36:28; 26 C Hoyte (Arena, W45) 36:36; 27 S Crumly (Read) 36:51; 28 S Willhoit (Shrews) 37:00; 29 J Elgood (Ilkley, U20) 37:01; 30 M Trafford (Arena) 37:06; 31 K Edwards (Leam, W40) 37:11; 32 A Sharp (Soton) 37:13; 33 B Tipping (BRAT) 37:32; 34 C Finlay (P'boro) 37:37; 35 R Gifford 37:40; 36 J Bjil (Warks U) 37:48; 37 R Doherty (Higham) 38:01; 38 A Bagnall (P'atyn) 38:03; 39 J Lutwyche (Bir) 38:12; 40 N Curtis (Scun, W35) 38:12; 41 J Marsden (Elles P, W35) 38:20; 42 C Connell Higgs (Eryn) 38:34; 43 E McDowall (Head, W45) 38:58; 44 S Iliffe (N Der) 38:59; 45 G Moore (N Wal RR, W35) 39:00; 46 R Hair (C&C) 39:01; 47 E Ford (Warks U) 39:13; 48 S Avery (Elles P, W50) 39:19; 49 J Laing (S Der) 39:27; 50 A Ritchie (Mil K) 39:31; 51 A Yetton (Ply H, W35) 39:32; 52 M Vernon (Trent, W45) 39:35; 53 F Sharp (Knowle & Dorrige) 39:37; 54 L Calrow (W&B) 39:39; 55 A Hadley (Tip) 39:42; 56 W Daniels (W45) 39:46; 57 R Coupe (Tel, W45) 39:54; 58 B Timmings (Redditch STARS) 40:00

W40: 4 H King (Morp) 40:02; 5 L Callaghan (Trent) 40:42; 6 C Hinton (Spa) 40:45; **W45:** 6 L Marsden (Swint) 40:59; 7 J Dickens (Trent) 41:25; 8 M Green (Knowle & Dorrige) 42:09; **W50:** 2 J Sheppard 41:03; 3 V Sivertsen (Buzards) 41:26; 4 T West (Works) 41:47; 5 F Price (Avon VR) 42:15; 6 S Evans (Here C) 43:25; 7 C Williamson 44:00; **W55:** 1 P Barber (Tip) 44:27; 2 K Bond (Dav RR) 44:54; 3 G Boynton (York A) 45:04; 4 D Farmer (Mil K) 46:25; **W60:** 1 D Baldwin (Mil K) 43:48; **W65:** 1 Y Gordon (FVS) 44:53; **W70:** 1 A Dockery (B&W) 49:22; 2 M Crosswell (Worc) 55:14; 3 S Swinnerton (S Ches) 58:28

NOVEMBER 30

HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km, Hyde Park, London
ANNABEL GUMMOW won in a PB 17:13 with a two-minute women's victory from W50 masters international Susan McDonald.

Overall: 1 T Bowerman (AFD) 15:56; 2 P Lighting (Kent, M35) 16:06; 3 D Lee (Datch, M40) 16:16

M40: 2 M Sayers (N Herts) 16:44; 3 N Hume (Gard CR) 16:49; **M45:** 1 A Bond (Serp) 16:22; 2 A Beaumont (Derp) 17:24; 3 D Kelly (Higham) 17:28; **M55:** 1 J Bere (High) 18:12; **M60:** 1 J Haynes (Bish S) 18:55; 2 M Milward (Fulham) 19:41; **M65:** 1 D Cox (WG&EL) 18:36; 2 A Roberts (Serp) 19:43; **U20:** 1 B Beckwith (E&H) 16:42

Women: 1 A Gummow (Win) 17:13; 2 S McDonald (S Lon, W50) 19:06; 3 L Woolhouse (Vets, W50) 20:19

W50: 2 R Hutton (S Lon) 20:30; **W65:** 1 R Tabor (Dulw) 23:17; 2 P Clarke (Sutt R) 24:32; 3 M Rayner (W4H) 25:02

FELL

DECEMBER 16

THE STOOP AND CURLY WURLY JUNIOR RUNS, Haworth
Overall (4.9M/700ft): 1 J Wood (Ilkley) 30:27; 2 S Tosh (Ross) 30:33; 3 H Holmes (P&B) 31:15; 4 R Howie (Wharf) 31:30; 5 J Cummings (Ilkley) 31:55; 6 I Holmes (Bing, M50) 31:59

M60: C Shuttlesworth (Prest) 39:44

TEAM: Ilkley 20

Women: 1 N Jackson (Ribb) 36:03; 2 N Tarrega (Knave) 37:31; 3 L Collins (Calder V) 39:17; 4 H Wood (Ilkley) 39:21

W40: J Buckley (Calder V) 39:32; **W50:** N Geere (Spn) 43:33

TEAM: Calder V 26

U17 (2.9km/300ft): 1eq J Muir (Wharf/A Thompson (Wharf)) 11:24; 3 G Safranauskas (Sale) 12:16

U17 women: 1 P Anderson (Ilkley) 13:32; 2 C Safranauskas 14:51

U15 (1.6km/150ft): 1 J Villier (Barl) 6:07; 2 T Middleton (Horw) 6:11; 3 J Brogden (Otl) 6:32

U11: A Peaker (K&C) 6:34

U15 girls: 1 A Lane (Wharf, U13) 7:02; 2 H White (Clay, U13) 7:12; 3 K Buckley (K&C, U11) 7:29

DECEMBER 15

TOUR DE HELVELLYN, Askham
Overall (37.3M/6562ft): 1 A Perry 3:45:20; 2 R Harris 3:48:38; 3 D Summers 3:56:47; 4 N Brenchley 4:06:25; 5 K Sutor (M40) 4:06:48; 6 P Rutter 4:09:14

M50: D Harrison 4:39:06; **M60:** L Jones 5:10:00

Women: 1 S Verjee 4:24:18; 2 C Morgan (W40) 4:34:35; 3 S Harley 4:38:55; 4 C Nance 4:38:55

W50: K Davis 5:08:38

SKIRRID, Llanvihangel Crucorney Overall (3.6M/1476ft): 1 M Hopkinson (Mynydd D) 29:51; 2 B Arkell (MDC) 32:04; 3 P Murrin (Chep, M40) 32:16; 4 M Holloway (Brec) 32:26; 5 A Whitehead 32:38

M50: S Simms (MMRT) 35:03; **M60:** P Dodd (Chep) 37:48

Women (all Mynydd D): 1 H Brown (W40) 37:00; 2 R Probert (W40) 37:23; 3 H Hopkinson 38:36

W50: N Morgan 38:37

DECEMBER 7-9

EXODUS ULTRA, Llangadog
Overall (160km/7100m, age not declared): 1 T Wiggins (Dur F) 26:45:05; 2 J Scott 29:43:31; 3 G Crowley (Dark Pk) 31:31:10

Women: 1 K Love (Fatt) 43:27:08; 2 L Phillips (P'taigne) 45:46:07

DECEMBER 1

BLORENGE, Abergavenny
Overall (4km/427m, Mynydd D unless stated): 1 N Hopkinson 26:19; 2 P Murrin (Chep, M40) 27:20; 3 B Arkell (MDC, U20) 29:38; 4 M Whipple (MDC) 30:00

M50: P Tucker 32:23; **M60:** J Aggleton (MDC) 34:13

TEAM: 1 MDC 12; 2 Mynydd D 22; 3 Chep 56

Women: 1 H Brown (W40) 32:18; 2 R Probert (W40) 33:03; 3 C Patterson 33:50

W50: R Davies (Mynydd D) 38:01

TEAM: Mynydd D 6

MULTI-TERRAIN

DECEMBER 16

COTTRELL PARK CHRISTMAS CRACKER 6, Cardiff
Overall: 1 L Williams (San D) 37:25; 2 J Reardon (Aberdare) 38:35; 3 B Butter-madden (Pen, M35) 38:52

Women: 1 A Beynon-Thomas (Swan) 40:47; 2 E Wookey (Lis) 43:21; 3 L Wright (Card, U20) 43:28



Jack Wood: celebrates his Stoop win

DAVE WOODHEAD

ELSECAR RUNNING FESTIVAL

SANTA DASH, Elsecar
Overall (8km): 1 J Frary 30:26; 2 A Norton (Steel) 30:38; 3 L Nash 31:09

Women: 1 S Coop 39:32; 2 J Heseltine 39:55; 3 A Laidler (Rothwell & District Harrie) 40:30

Overall (5km): 1 S Crownshaw (Killa) 23:10; 2 J Walshaw 23:59; 3 M Plant (Danum) 25:29

Women: 1 L Vamplew (Ack) 29:47; 2 J Burden (Spn C) 30:03; 3 J Daniel 30:40

EVESHAM FESTIVE 10km, Evesham

Overall: 1 A Doherty (Chelt) 36:53; 2 T Bristowe (Redditch STARS) 37:43; 3 N Drabble (Bla PJ) 39:44

Women: 1 L Cashmore (W45) 43:18; 2 K Wright (Strat, W55) 43:56; 3 L Lewis-painter (Eve, W45) 47:02

HOOKY CHRISTMAS CANTER 7, Hook Norton

Overall: 1 S Upton (Wit) 44:04; 2 C Mckeown (Spa, M35) 45:01; 3 A Herbert (Cher R&J) 45:15

Women: 1 L Leach (Eynsh, W35) 53:55; 2 C Murphy (Spa, W35) 54:02; 3 C Sugden 57:10

LOFTUS POULTRY RUN 8, Loftus

Overall: 1 M Scott (R&Z) 41:41; 2 D Shaw (New M) 41:55; 3 G Jayasuriya (M&C) 43:05; 4 D Newton (New M) 43:14; 5 L Kemp (T'ley) 44:34; 6 H Allan (New M) 44:49; 7 A Rigby (New M) 45:15; 8 R Scott (R&Z) 45:29; 9 P O'Mara (Tyne Br) 46:39; 10 M Joyeux (Quak) 46:55

M40: 1 P Brown (New M) 47:27; 2 A Ackerley (N Yks M) 48:17; **M50:** 1 M Murray (New M) 48:25; **M60:** 1 B Roberts (N Yks M) 57:10; **M70:** 1 N Scruton (Scar) 59:10

Women: 1 H Archer (C&C) 48:42; 2 S Bulman (New M, W45) 51:45; 3 E Barnbrook (New M) 52:01; 4 A Smith (Sun, W35) 52:47; 5 W Chapman (Sun S, W45) 53:57

W45: 3 K Neesam (New M) 57:30; **W55:** 1 S Haslam (Scar) 59:06

PONTARDAWE 5km, Pontardawe

Overall: 1 C Jones (Swan) 18:38; 2 C Lewis 19:26; 3 A Lewis (Neath) 19:38

Women: 1 A Evans (Pontardawe) 20:58; 2 D Davies (W50) 24:30; 3 E Richards (Dar) 24:39

THETFORD TRAILS 10km, Norfolk

Overall: 1 S Ramsey (Hadleigh) 35:42; 2 M Coles (Norw RR, M40) 38:26; 3 H Morrison (M40) 40:10

Women: 1 J Behan (Norw RR, W345) 41:32; 2 E Bellenger (W35) 44:19; 3 E Wix (W'bridge, W35) 44:26

WESTONBIRT HOUSE 10km, Tetbury

Overall: 1 A Gardiner (San D) 36:19; 2 J Diaz (Swin Tri) 37:14; 3 B Cox 37:44

Women: 1 S Moody (K'wood Tri) 37:14; 2 S Kelly (Woot B) 42:48; 3 M Vinolo-Young (Corsh) 43:48

DECEMBER 15

BERNADETTE BOWER LIFE FOR A LIFE TREE 5km, Whitworth

Overall: 1 L Mcmanus (Salif) 18:04; 2 G Booth (Royd R) 18:45; 3 R Jackson (Horw, M50) 18:50

Women: 1 J Pilling (Roch) 20:36; 2 J Barton (Roxh, W45) 22:57; 3 S Riley 23:45

ELSECAR RUNNING FESTIVAL

Overall (6.7M): 1 R Hanson (Steel) 49:29; 2 S Ross (Steel) 49:43; 3 D Maloney (Steel) 50:07

Women: 1 E Roberts 53:34; 2 R Hurley 54:55; 3 C Hanson (Steel) 57:10

Overall (HM): 1 R Bateson (Corriferara.it Athletica ita) 83:51; 2 W Hunter 85:37; 3 P Casson 92:43

Women: 1 K Morris 94:52; 2 J Brady (Tynedale Harriers & C) 96:34; 3 L Lewin 98:46

Overall (20M): 1 C Ellison 2:56:46; 2 D Harding 3:02:30; 3 A Hyde (W) 3:07:21

Women: 1 Hyde 3:07:21; 2 M Deacon (Hal) 3:10:31; 3 V Robinson 3:11:31

Overall (Mar): 1 T Forrest 3:00:47; 2 A Coyle 3:14:35; 3 J Baker (Stad R) 3:31:39

Women: 1 J Swindell (Ack) 3:55:00; 2 C Rees (Time2Run Events) 4:14:05; 3 C Presti (UKRunChat) 4:26:45

FOXTRAIL 5km SERIES, North Berwick

Overall: 1 F Henry (E Loth, U17W) 21:35; 2 R Henry (Muss, M40) 21:41; 3 J Page (Dunbar, M45) 23:01; 4 C Roberts (Race Fitn, W35) 23:34

Women: 1 F Henry 21:35; 2 Roberts 23:34; 3 S Nunney (W35) 25:34

W40: J Kilpatrick 25:40; **W45:** L Rettie 26:26

DECEMBER 12

TROSSACHS NIGHT TRAIL SERIES, Aberfoyle

Overall (5.5M): 1 F Roberts (Howg) 31:11; 2 E Sedman (Grang TC) 31:29; 3 S Paterson (Grang TC) 31:48; 4 A Merry (Glas U, U20) 31:49; 5 S Fisher (Howg) 32:45

M40: K Richmond (Shett) 33:10; **M50:** M Anderson 35:21; **M60:** B Dickson 36:28

Women: 1 J Martin (Shett) 38:17; 2 M Williams (W40) 41:45; 3 S Chisholm (Glas U, U20) 42:01

W50: H Dean (Centr) 42:50

THE NATIONAL RUNNING SHOW

19th - 20th January 2019

The N.E.C.

FREE TICKET

FOR **ATHLETICS WEEKLY** READERS

USE CODE **AW** AT **NATIONALRUNNINGSHOW.COM**



Don't forget to head to the **AW Club Corner** where you can win competitions, see archived editions, and meet the AW team!

OUR SPONSORS AND PARTNERS



CROSS-COUNTRY

Wednesday December 26

SOUTH LONDON H BOXING DAY H'CAP
Farthing Downs. 11am.
southlondonharriers.org

Saturday December 29

CAMBRIDGE H CHAMPIONSHIP 7.5

Joyden's Wood, Bexley. Noon.
cambridgeharriers.org.uk

HENTY RELAY

Richmond Park. Noon.
ranelagh-harriers.com

HERCULES WIMBLEDON LAURISTON 5

Wimbledon Common.
herculeswimbledonac.org.uk

Sunday December 30

SOUTHERN LEAGUE

Lord Wandsworth College, Hook. 11am.
southerncrosscountryleague.co.uk

SOUTH ESSEX LEAGUE 6

Hadleigh Downs. 10am.

Saturday January 5

BUCKINGHAMSHIRE/BEDFORDSHIRE CHAMPIONSHIPS

Hughenden Park, High Wycombe.
bucksaa.org.uk

CHESHIRE CHAMPIONSHIPS

Birchwood Forest Park, Warrington.
cheshireaa.com

CUMBRIA CHAMPIONSHIPS

TBC.
facebook.com/groups/114674541912211

ESSEX U17/U20/SENIOR CHAMPIONSHIPS

Writtle College, Chelmsford.
essexroadrunning.org.uk

GLOUCESTERSHIRE CHAMPIONSHIPS

Rendcombe College, Cirencester.
athletics4u.co.uk

HAMPSHIRE CHAMPIONSHIPS

Fairthorne Manor, Curdridge.
hampshireathletics.org.uk

HUMBERSIDE CHAMPIONSHIPS

Quibell Park, Scunthorpe.
kcaa.org.uk

KENT CHAMPIONSHIPS

Brands Hatch, West Kingsdown.
kcaa.org.uk

LANCASHIRE CHAMPIONSHIPS

Witton Park, Blackburn.
lancsaa.co.uk

LEICESTERSHIRE CHAMPIONSHIPS

Rotherby Farm.
ira.org.uk

MERSEYSIDE CHAMPIONSHIPS

Sherdley Park, St Helens.
merseysidecountyaa.org.uk

MIDDLESEX CHAMPIONSHIPS

Horsenden Hill, Greenford. 1pm.
middlesexaa.org.uk

NORTHAMPTONSHIRE CHAMPIONSHIPS

Abthorpe.
northantsathletics.org.uk

NORTH DOWN RELAYS

Castle Park, Bangor. Noon.
northdownac.co.uk

NORTH WALES JUNIOR LEAGUE

Ysgol Morgan Clwyd, Wrexham. 10.30am.
northwalesxc.com

NORTH WALES CHAMPIONSHIPS

Rhug Estate, Corwen.
northwalesxc.com

NOTTINGHAMSHIRE/DERBYSHIRE CHAMPIONSHIPS

Wollaton Park, Nottingham. 11am.
nottsaaa.org

STAFFORDSHIRE CHAMPIONSHIPS

Wolverhampton. Noon.
staffs-athletics.org.uk

START FITNESS NORTH EASTERN HARRIER LEAGUE

Temple Park, South Shields. Noon.
harrierleague.com

SURREY CHAMPIONSHIPS

Lloyd Park, Croydon. 11am.
surreyathletics.org.uk

SUSSEX CHAMPIONSHIPS

Little Common, Bexhill.
sussexathletics.net

WARWICKSHIRE/WORCESTERSHIRE CHAMPIONSHIPS

Newbold Revel, Stretton-Under-Fosse.
warwickshireathletics.co.uk/county-cross-country-championships

YORKSHIRE CHAMPIONSHIPS

Lightwater Valley Pk, North Stainley. 11am.
facebook.com/events/244349682916977

Sunday January 6

CAMBRIDGESHIRE CHAMPIONSHIPS

Priory Park, St Neots. 11am.
cambathletics.org.uk

CC6 LEAGUE

Badger Farm, Winchester. 9.30am.
cc6.co.uk

EAST YORKSHIRE LEAGUE

Sledmere House, Sledmere. 10am.
bridlingtonrr.co.uk/page14.html

GWENT LEISURE CENTRE LEAGUE

Meend Farm, Monmouth. 11am.
herfordshireathletics.org.uk

HEREFORDSHIRE LEAGUE

TBC. 11am.

HERTFORDSHIRE CHAMPIONSHIPS

Verulam Park, St Albans. 11am.
hertscaa.org.uk

LINCOLNSHIRE CHAMPIONSHIPS

Biscathorpe.
lincsathletics.com

NORFOLK CHAMPIONSHIPS

Charles Burrell Centre, Thetford.
athleticsnorfolk.org.uk

OXFORDSHIRE CHAMPIONSHIPS

Horspath Stadium, Oxford. 9.55am.
oxfordshireathletics.org.uk

PECO LEAGUE

West Park.
pecocx.co.uk

SOUTH WEST INTER-COUNTIES

Aldon Hill, Yeovil.

SUFFOLK CHAMPIONSHIPS

Culford Sch, Bury St Edmunds. 11.30am.
suffolkathletics.org.uk

WEST YORKSHIRE WINTER LEAGUE

Pudsey. 10am.
westyorkshirerwinterleague.blogspot.co.uk

Wednesday January 9

CUMBRIA SCHOOLS CHAMPIONSHIPS

TBC.
facebook.com/groups/114674541912211

MIDLANDS POLICE & SERVICES LEAGUE

Milford Common. 2pm.
csaa.org.uk/W MidlandsServicesXCfixtures18-19v2.pdf

NORTHERN POLICE LEAGUE

South Yorkshire.
slateman.co.uk/npccl

Saturday January 12

ALTON SPORTS HAMPSHIRE LEAGUE

Prospect Park, Reading. Noon.
hampshireathletics.org.uk/events/hxcl.html

BA STORES OPEN

Broomhill Farm, Westhill.
events.scottishathletics.org.uk/events/21034-17908-ba-stores-cross-country

BIRMINGHAM LEAGUE

1: Northampton. 2: Spa S. 3: Droitwich.
birminghamccleague.co.uk

CAMBRIDGE HARRIERS CLUB 10

Joyden's Wood, Bexley. Noon.
cambridgeharriers.org.uk

CHILTERN LEAGUE

Keysoe.
chilterncccl.co.uk

CORNWALL SCHOOLS CHAMPIONSHIPS

Truro School, Truro.
csaa.cornwallathletics.org

ESSEX LEAGUE

Epping Forest, Chingford. 10am.
colchesterharriers.co.uk

LEICESTERSHIRE SCHOOLS RELAY

Townley Park, Burnley. 12.30pm.
midlancs.org.uk

MANCHESTER AREA LEAGUE

Heaton Park, Manchester. Noon.
maccl.co.uk

MID LANCs LEAGUE

Townley Park, Burnley. 12.30pm.
midlancs.org.uk

MIDLAND WOMEN'S LEAGUE

1: Spa Striders. 2: Droitwich.
midlandathletics.org.uk

NORTH MIDLANDS LEAGUE

Wollaton Park, Nottingham. 1pm.
northmidsexleague.co.uk

NORTH WALES SENIOR LEAGUE

Northop. 2pm.
northwalesxc.com

SIMPLYHEALTH GREAT STIRLING INTERNATIONAL (inc INTER DISTRICT)

Culterf, 9.30am.
greatrun.org

START FITNESS METROPOLITAN LEAGUE

Wormwood Scrubs Park, White City.
metleague.co.uk

START FITNESS SURREY MEN'S LEAGUE

1/2: Mitcham Common. 3/4: Oxshott.
surreyleague.org

INDOOR

Saturday December 22

MANCHESTER PV CHRISTMAS OPEN

Sportcity.
vaultmanchester.com

TRACK ACADEMY SPRINT CHALLENGE

Willesden. Noon.
trackacademy.co.uk

Tuesday January 1

LEE VALLEY NEW YEAR OPEN

Lee Valley. 10am.
visitleevalley.org.uk/athletics

Friday January 4

BMC/GLASGOW METRIC MILER MEETING

(Inc SCOTTISH 3000m CHAMPS)
scottishathletics.org.uk

SKY HIGH POLE VAULT OPEN

Emirates Arena.
scottishathletics.org.uk

Saturday January 5

ENGLAND ATHLETICS U20/SENIOR COMBINED EVENTS CHAMPIONSHIPS

Sheffield. Until Sunday January 6.
englandathletics.org

LONDON U13/U15/U17 GAMES

Lee Valley. Until Sunday January 6.
visitleevalley.org.uk/athletics



5km and 2km events. For more info, see greatrunlocal.org

Wythenshawe Park: 9am Sunday
Debdale Park: 9am Sunday
Boggart Hole Clough: 9am Sunday
Birchfields Park: 11am Sunday
Salford Quays: 6.45pm Thursday
Burrs Country Park: 9.30am Sunday
Gibside: 9.15am Sunday
Sunderland: 9.30am Sunday
Souter Lighthouse: 9.30am Sunday
Stockton: 9.30am Sunday
Glasgow Quays: 6.30pm Wednesday
Southwold: 9.30am Sunday
Needham Lake: 9.30am Sunday
Ashford Kingsnorth: 9.30am Sunday
Holbrook: 9am Sunday
Newmarket: 11am Sunday
Birmingham Ley Hill: 9.30am Saturday
The Vale Birmingham: 10.30am Sunday
Edgbaston: 9.30am Sunday
Portsmouth Lakeside: 9.30am Sunday
Lancing Beach Green: 9.30am Sunday
Queen Elizabeth Olympic Park: 9.30am Sunday

MIDLAND COUNTIES OPEN

Alexander Stadium, Birmingham.
midlandathletics.org.uk

SCOTTISH ATHLETICS INDOOR LEAGUE

Emirates Arena.
events.scottishathletics.org.uk

Sunday January 6

BMC SHEFFIELD GRAND PRIX

Sheffield EIS. 1pm.
britishmilersclub.com

SALE HARRIERS OPEN SERIES

Sportcity. 10.30am.
saleharriersmanchester.com

SOUTH LONDON ATHLETIC NETWORK OPEN MEETING

Carshalton.
entries.opentrack.run/2019/slan_indoor_open

WELSH ATHLETICS JUNIOR OPEN (Inc S & E WALES REGIONAL CHAMPS)

Cardiff.
welshathletics.org

WINDSOR, SLOUGH, ETON & HOUNSLOW AC WINTER SERIES

Eton. 12.30pm.
wseh.info

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

NEXT ISSUE

AW IS OUT ON
JANUARY 10, 2019



MARK SHEARMAN

SEB COE
EXCLUSIVE INTERVIEW
WITH THE IAAF PRESIDENT

2019 PREVIEW

WE SET THE SCENE
FOR THE YEAR AHEAD

READY FOR STIRLING
LOOK AHEAD TO THE CROSS
COUNTRY INTERNATIONAL

Tuesday January 8

GRANGEMOUTH OPEN POLE VAULT
Grangemouth.
online-entries.co.uk

Wednesday January 9

GRANGEMOUTH OPEN GRADED
Grangemouth. 6.30pm.
online-entries.co.uk

Friday January 11

WELSH ATHLETICS SHOT IN DARK OPEN
Cardiff.
welshathletics.org

MULTI-TERRAIN

Saturday December 22

CHRISTMAS PUDDING DASH 5
Village Hall, Pett, East Sussex. 10.30am.
nice-work.org.uk
EXTREMELY JOLLY 7.5
Escot Hse, Ottery St Mary, Devon. 10.30am.
jollyrunning.uk/extremely-jolly
RUNTHROUGH GREENWICH PARK 5km/10km
Greenwich Park, London. 10am.
runthrough.co.uk

Sunday December 23

ELVES 11
Park Drive, Maldon, Essex. 9am.
topdayevents.com
PORTSMOUTH COASTAL WATERSIDE HALF-MARATHON/MARATHON/50km
Langstone Harbour, Portsmouth. 8am.
fitprobab.biz
RATTLER SCROOGE 7
Church La, Mevagissey, Cornwall. 10.30am.
mudcrew.co.uk
RUNTHROUGH CHASE THE SUN HYDE PARK 5km/10km
Hyde Park, London. 7pm.
runthrough.co.uk
TORRINGTON CHRISTMAS CAPER 9
Torrington. 11am.
en-gb.facebook.com/events/766940843512465
XMAS AT THE MUSEUM 5.2
Hatfield Road, Langford, Essex. 10am.
midessexcasuals.org.uk

Wednesday December 26

BEAT THE FOX 5km
Village Green, Fremington. 10.30am.
fremingtontrailblazers.co.uk
BEECRAIGS FESTIVE HANDICAP
Beecraigs Country Park, Linlithgow.
lothianrunningclub.org.uk
BRAITHWELL BOXING DAY 4.3
Butchers Arms, Rotherham. 11am.
maltbyrunningclub.com
CHEVIN CHASE 7
Aireborough Leisure Centre, Guiseley. 11am.
airecentre-pacers.co.uk
CROWN TO CROWN BOXING DAY 5km
Westley Heights Country Pk, Basildon. 11am.
pitsearunningclub.org.uk
ESSAR CHESTER ROUND WALLS 4.6
Race Course (Roodee), Chester. 10.30am.
westcheshireac.co.uk
LOUTH HUBBARDS HILLS BOXING DAY FUN RUN
Hubbards Hills, Louth, Lincs. 10.30am.
louth-ac.org.uk
PINEWOOD TRAILS BOXING DAY 5km
Black Park Country Park, Wexham, Buckinghamshire. 9.30am.
bucksvoice.net/pinewoodtrails

SALTWOOD BOXING DAY 3

The Green, Saltwood, Hythe, Kent. Noon.
nice-work.org.uk

Thursday December 27

SATURN RUNNING RUN HOME CHALLENGE 6-HOUR
Wokingham Waterside Centre, Earley, Berkshire. 9.30am.
saturunning.co.uk

Friday December 28

COLEY CANTER 8
Northwram Community Sports & Activity Club, Halifax. 10am.
northwrampumas.co.uk/coleycanter
GREAT BARROW CHALLENGE MARATHON (DAY 1)
Academy, Church Rd, Barrow. 8am.
thegbc.co.uk
PHOENIX YEAR END MARATHON
Elmbridge Xcel Leisure Centre, Walton-on-Thames, Surrey. 9am.
phoenixrunning.co.uk

Saturday December 29

CASTLEWELLAN XMAS CRACKER 8.6
Castlewellan FC, Co Down. 1pm.
newcastleac.org
GREAT BARROW CHALLENGE 5km/10km/HALF-MARATHON/MARATHON (DAY 2)
Barrow, Suffolk. 8am.
thegbc.co.uk
ILFORD 10
Limbourne Rd, Chigwell Row. 10.30am.
ilfordathleticclub.co.uk
PHOENIX FROZEN 6-HOUR (DAY 1)
Xcel Leisure Centre, Walton-on-Thames, Surrey. 9am.
phoenixrunning.co.uk

Sunday December 30

ADLINGTON WINTER WARMER 10km
Miners Arms Adlington, Cheshire. 10am.
crazylegsevents.co.uk
GREAT BARROW CHALLENGE MARATHON (DAY 3)
The Academy, Church Road, Barrow, Suffolk. 8am.
thegbc.co.uk
GUT BUSTER 10km/10
Butlers Lands Farm, Mortimer, Berks. 10am.
thegutbuster.co.uk
JOLLY HOLLY JOG 10km
Mallorie Park Drive, Ripon, North Yorkshire. 11am.
riponrunners.org.uk/jolly-holly-jog-10k
PHOENIX FROZEN 6-HOUR (DAY 2)
Xcel Leisure Centre. 9am.
phoenixrunning.co.uk
PLAIN CRAZY 12.5
Land Warfare Centre, Warminster. 9am.
warminsterbritishlegion.co.uk
SIX GEESSE A LAYING 10
Pleasance, High St, Chipping Ongar. 10am.
essextrailevents.com
TWIXMAS 10km
Wicor Rec Ground, Fareham. 10am.
ruralrunning.org
WEST BROMWICH H WINTER WARMER 5
Sandwell Valley Country Park, West Bromwich. 10.30am.
westbromwichharrisers.com

Monday December 31

FLITCH WAY NEW YEAR'S EVE MARATHON
Great Notley, Essex. 10am.
challenge-running.co.uk

LIVERBIRD MARATHON DOUBLE (DAY 1)

Otterspool Riverside Promenade, Liverpool, Merseyside.
PETERBOROUGH NEW YEARS EVE 10km
Ferry Meadows Country Park. 10am.
sublimerracing.com
WYE WANDER 5.5
Piercefield Park, Chepstow. 11am.
sites.google.com/site/rogueunsevents/home/our-events/wye-valley-wander

Tuesday January 1

BOX HILL KNACKER CRACKER 10km
Ryker's Cafe Car Park, Box Hill, Mickleham, Surrey. 11am.
trionium.com/knackercracker
BROWN WILLY RUN (7M)
Jamaica Inn, Cornwall.
HAIR OF THE DOG 6.4
Good Easter, Chelmsford, Essex. 11am.
tra-uk.org
HARDMOORS 15/30
Village Hall, Fylingdales, N Yorks. 9am.
hardmoors110.org.uk
LAMBERHURST NEW YEAR'S DAY 5km/10km
Village Hall, Lamberhurst, Kent. 10.30am.
nice-work.org.uk
LIVERBIRD MARATHON DOUBLE (DAY 2)
Otterspool Riverside Promenade, Liverpool, Merseyside.
PORTOBELLO BEACH 4
Portobello Beach, Edinburgh.
portobellorunners.co.uk
RACE OVER THE GLENS 5.5
Glenariff Forest Park, Waterfoot, Co Antrim. Noon.
raceovertheglens.co.uk

Wednesday January 2

LENZIE JOG
Lenzie Union Parish Church Hall, Glasgow. 11am.
lenziecommunitycouncil.org.uk

Saturday January 5

FITSTUFF 63 5km/10km SERIES
Newlands Corner, Guildford, Surrey. 9am.
g3series.co.uk
HELLSTONE HALF-MARATHON/MARATHON
Dorchester, Dorset. 9am.
hellstone-marathon.co.uk
KYMIN WINTER 4
Monmouth School Sports Club. 2pm.
monross-trailblazers.co.uk
LETCWORTH FIRST SATURDAY OF THE MONTH 5km
Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am.
firstsaturday5km.org.uk
RUN FOREST RUN - TOLLYMORE 5km/10km
Tollymore Forest Park, Bryansford Road, Newcastle, Co. Down. 11am.
bom2runnevents.com

Sunday January 6

CENTURION GRAND PRIX 5
John Henry Newman Catholic College, North Solihull, Birmingham. 11am.
centurionrc.org.uk
CLIVEDEN 6
National Trust Cliveden House, Taplow, Buckinghamshire. 10am.
burnhamjoggers.org.uk
HIT THE TRAIL 5
Carousel Public House, Stockport. 11am.
bellevueracers.com
MID ESSEX LEAGUE RACE 3
Witham.

OLD MONKS STUART PAILO 5.5

Village Hall, Hart, Cleveland. 11am.
hartpoolburnroad.co.uk
PLYMPTON JANUARY JAUNT 10km
Speedway Track, Marsh Mills, Plymouth, Devon. 9am.
plymouth.roundtable.co.uk
RESOLUTION RUN 6-HOUR
Langstone Rd, Langstone, Hants. 9.30am.
onthewhistle.co.uk
RUNTHROUGH BRIXTON 10km
Brockwell Park, London. 9.30am.
runthrough.co.uk
TADWORTH 10
Queen's Stand, Epsom Downs. 10.30am.
tadworth.org.uk
WIRRAL WAY HALF-MARATHON
Wirral Country Park, Thurstaston. 9am.
time2runnevents.co.uk

Thursday January 10

BEECHENHURST NIGHT RACE 10km
Beechenhurst Lodge, Lydney, Glos. 7.15pm.
rogueunrs.co.uk

Friday January 11

STARLIGHT RELAY (4x2.25M)
Rose Lane, Derby. 7pm.
peakrunning.co.uk/starlighttrails

ROAD

Saturday December 22

LANCASTER CHRISTMAS CRACKER 10km
George & Dragon Pub, St George's Quay, Lancaster. 11am.
lancaster-race-series.co.uk
SALTWELL 10km
Saltwell Park, Gateshead. 11.30am.
saltwellharrisers.org.uk

Sunday December 23

BURNHAM ON SEA XMAS JINGLE 4
Berrow Road, Burnham on Sea. 7.30pm.
baspool.com
CHESTERFIELD UNIT 1 SANTA 5km
Queens Pk, Chesterfield. 9.30am.
entrycentral.com/festival/1305
HAZELBANK CHRISTMAS RUN 5
Hazelbank Park, Newtownabbey. 11am.
facebook.com/events/24488625618990
RISBOROUGH RUN IN THE PARK 5km
Wades Park, Princes Risborough. 9am.
risboroughruninthepark.weebly.com
RUDOLF RED NOSE 5
Blackpool Fire Station, Blackpool. 11am.
weshamroadrunners.co.uk
WARD GREEN 6
Genn Lane Community Centre, Barnsley, South Yorkshire. 11am.
barnsleyac.co.uk

Monday December 24

BURNLEY CHRISTMAS CRACKER 2/4
Towneley Park, Burnley, Lancashire. 9am.
cannonballevents.co.uk/burnley-christmas-cracker

Wednesday December 26

AYLESBURY BOXING DAY 5km
Market Square, Aylesbury, Buckinghamshire. 9.45am.
voaac.org.uk
AYRODYNAMIC TURKEY TROT 5km/10km
Citadel Leisure Centre, S Harbour Street, Ayr. 11.15am.
ayrodynamic.org.uk

BARROW RUNNERS BOXING DAY HANDICAP 6

Humphrey Perkins School, Barrow On Soar, Leicestershire. 10.30am.
barrowrunners.co.uk
BROCAGH BAY 5km/10km
Castlebay Community Centre, Brocagh. 10.15am.
facebook.com/BrocaghBayRun
BURREN TOWNLANDS 6/12
Burren Heritage Centre, Warrenpoint. 10.30am.
burrenathletics.com

CLEVEDON BOXING DAY 4

Little Harp, Clevedon, Avon. 11am.
clevedonac.co.uk
EHH BOXING DAY 10km
Saltshouse Road, Hull, E Yorks. 10am.
easthullharrisers.com
GLYNNEATH 5
Glynneath Social Club, Glynneath, West Glamorgan. 11am.
glynneath5.com

GREENCASCADE 5
Greencastle Community Centre. Noon.
greencastle5.com
LARNE AC BOXING DAY RUN
Glynn Rugby Club, Larne, Antrim. 11am.
larneac.co.uk

LEYLAND BOXING DAY 10km
Worden Park, Leyland, Lancashire. 10am.
ukroadraces.info

POOLE ROUND THE LAKES BOXING DAY 10km
Poole Park, Poole, Dorset. 10am.
pooleac.co.uk

PORTHCAWL LIONS 38 FURLONGS (4.75)
Hi Tide Inn, Porthcawl, Glamorgan. 11am.
porthcawllions.org.uk

STOCKPORT STARS & GARTERS 5km
Hillgate, Stockport, Cheshire. 10am.
stockportharrisers.niftyentries.com/StarsandGarters

WITHAM BOXING DAY 5
Witham FC, Spa Road, Witham, Essex. 11am.
withamrc.org.uk

Thursday December 27
PILOT INN 4
Pilot Inn, Hardwicke, Gloucestershire. 11.30am.
severnac.com

WHEATON ASTON ROMAN 10km
St Mary's School, Wheaton Aston, Staffordshire. 11am.
newportrunningclub.org.uk

Friday December 28
HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km
Bandstand, Hyde Park, London. 12.30pm.
serpentine.org.uk

Saturday December 29
RUNTHROUGH LEE VALLEY VELOPARK MILE/5km/10km/10M/HALF-MARATHON
Lee Valley VeloPark, London. 9am.
runthrough.co.uk

Sunday December 30
BRENTFORD YEAR END 10
Freman College, Buntingford, Hertfordshire. 10.30am.
roystonrunners.co.uk

GLOUCESTER NEW YEARS EVE 10
Kingsway Sport Pavilion, Quedgeley, Gloucester. 10am.
beyondthelimitations.org.uk

MASSEY FERGUSON RC NEW YEAR'S EVE RACE PACE 3.55

Coventry, West Midlands. 10am.
masseyrunners.org.uk

NEWCASTLE WINTER WONDER 6-HOUR

Town Moor, Newcastle. 9am.
northeastmarathonclub.co.uk/winter-wonder-runs.php

OLD FATHER TIME VETS 5

Llandaff RFC, Western Ave, Cardiff. 1pm.
lescroupiersrunningclub.org.uk

PEDNOR INTERNATIONAL 10

Chesham, Buckinghamshire. 10am.
arctic1.co.uk

RIBBLE VALLEY 10km

Roeifield Leisure Centre, Clitheroe. 10am.
blackburnharriers.co.uk

RISBOROUGH RUN IN THE PARK 5km

Wades Park, Princes Risborough. 9am.
risboroughruninthepark.weebly.com

STAPLEHURST END OF YEAR 10

High Street, Staplehurst, Kent. 10am.
runningandriding.co.uk

TEMPO 10km SERIES

Mickleton Road, Stratford-upon-Avon, Warwickshire. 10.30am.
tempoevents.co.uk

Monday December 31

ELY NEW YEAR'S EVE 10km

Village Hall, Little Downham, Ely, Cambridgeshire. 11am.
newyeareve10k.co.uk

LOUGH 5

Loughmacrory, Noon.
lough5.com

NOS GALAN 5km

Mountain Ash, Glamorgan. 7pm.
nosgalan.co.uk

RAF MARHAM NEW YEAR'S EVE 10km

Upper Marham, Norfolk.
marhamflyers.co.uk

Tuesday January 1

CLEETHORPES NEW YEAR'S DAY 10km

Cleethorpes CC, Cleethorpes, North East Lincolnshire. 10.30am.
cleethorpesac.co.uk

JUNCTION BROADSTONE QUARTER MARATHON

Junction Sports Centre, Broadstone, Dorset. 10.30am.
poolerunners.com

KEWSTOKE HANGOVER 10km

Village Hall, Kewstoke, Somerset. 11am.
westonac.co.uk

MORPETH NEW YEAR'S DAY 11km

Grange House Field, Morpeth, Northumberland. 1pm.
morpethharriers.freesevers.com

PILOT INN 5km

Hardwicke, Gloucestershire. 11.30am.
sevmac.com

ROCK NEW YEAR'S DAY RUN 10km

Rock Football Club, Rock, Co Tyrone. Noon.
rocknewyearsdayrun.co.uk

SERPENTINE NEW YEAR'S DAY 10km

Hyde Park, London. 11am.
serpentine.org.uk/pages/nyd10k.html

WIRKSWORTH HANGOVER 5

Malt Shovel pub, Wirksworth, Derbyshire. 11am.
runningwithdavid.com

WYE VALLEY RUNNERS NEW YEAR'S DAY 10km

Rowing Club, Hereford. 11am.
wyevalleyrunners.co.uk

WYMONDHAM AC NEW YEAR'S DAY 10km

Ex Servicemens Club, Wymondham, Norfolk. 10.30am.
wymondhamac.org.uk

Wednesday January 2

BEITH HARRIERS NEW YEAR RACES

Garnock RFC, Lochshore Industrial Estate, Glegarnock. 11.30am.
beithharriers.btck.co.uk

LEICESTER CITY WINTER 5km SERIES

Victoria Park, London Road, Leicester. 7.30pm.
nice-work.org.uk

LUMPHANAN DETOX 10km

Village Hall, Lumphanan, Aberdeenshire. 11.30am.
lumphanan.com

MINEHEAD SEAFRONT 3

Park Lane, Minehead, Somerset. 7pm.
mineheadrunningclub.co.uk

SOUTH SHIELDS MONTHLY MILE

South Shields Ferry Landing, Ferry Street, South Shields, Tyne and Wear. 7.15pm.
runeatsleep.co.uk/themonthlymile

Thursday January 3

NOTTINGHAM 5km WINTER SERIES

Victoria Embankment, Nottingham. 7pm.
nice-work.org.uk

Friday January 4

EALING MILE

Lammas Park, Ealing, London. 12.30pm.
ealinghalfmarathon.com/the-mile-series

POWER OF 5km

Salt Ayre, Morecambe, Lancashire. 7pm.
lancasterathletics.co.uk

RUN-4-IT METRO PROMS 3km

WINTER SERIES

Promenade, Aberdeen. 1pm.
metroaberdeen.co.uk

Saturday January 5

QEOP WINTER 10km SERIES

Queen Elizabeth Olympic Park, London. 9.30am.
theraceorganiser.com

RUNTHROUGH VICTORIA PARK 5km/10km/HALF-MARATHON

Victoria Park, London. 9.30am.
runthrough.co.uk

Sunday January 6

BARROW 5km/10km

Barrow, Suffolk. 9am.
thebbc.co.uk

MORNINGTON CHASERS REGENT'S PARK 10km WINTER SERIES

Regents Park, London. 9am.
chaser.me.uk/tenk/tenk.php

NICE WORK RICHMOND PARK NEW YEAR 5km/10km

East Sheen Gate, Richmond Park, Richmond, Surrey. 10am.
nice-work.org.uk

NORTH LAKES HALF-MARATHON

Cockermouth, Cumbria. 10am.
thenorthlakeshalfmarathon.co.uk

RISBOROUGH RUN IN THE PARK 5km

Wades Park, Princes Risborough, Buckinghamshire. 9am.
risboroughruninthepark.weebly.com

START ME UP 6-HOUR

Hayes Cycle Circuit, Hayes, London. 9am.
runningmiles.co.uk/start-me-up

STOKE STAMPEDE 10km

Stoke St Gregory, near Taunton, Somerset. 11am.
stokestampedo.co.uk

WOODCOTE 10km

Village Hall, Woodcote, Berkshire. 10.15am.
woodcote10k.org.uk

Tuesday January 8

CRYSTAL PALACE

CANTER 5km

Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.
crystalpalacecanter.wordpress.com

Wednesday January 9

ARMADA ATHLETICS NETWORK

WINTER 3km SERIES
Central Park, Plymouth, Devon. 7pm.
armadaathletics.co.uk

RUNTHROUGH CHASE THE MOON

OLYMPIC PARK 5km/10km
Queen Elizabeth Olympic Park, London. 7pm.
runthrough.co.uk

STREET 5km SERIES

United Reformed Church Hall, Street, Somerset. 7.30pm.
wellsctharriers.org.uk

TRACK

Saturday December 22

SURREY WC OPEN

Lewes. 11.30am.

Sunday December 30

NENE VALLEY HARRIERS THROWS

PENTATHLON

Peterborough.
nvh.org.uk

Saturday January 5

MIDLAND COUNTRIES WINTER

THROWS OPEN
Alexander Stadium, Birmingham. Until Sunday January 6.
midlandathletics.org.uk

WALKS

Wednesday December 26

BRIGHTON BOXING DAY 5

Preston Park, Brighton. 10.30am.

SOUTHEND-ON-SEA AC 2M

Southend-on-Sea. 9.30am.

Sunday December 30

SARNIA ROCQUAINE CIRCUIT ROAD

WALK
Rocquaine Circuit. 9am.
sarnia.wordpress.com

OVERSEAS

Wednesday December 26

BELGOOLY ANNUAL 4

Belgooly, Ireland.
<https://belgooly.com/events/belgooly-st-stephens-day-4-mile>

Sunday December 30

TOGHER AC 5km

Community Centre, Togher, Ireland. 1pm.
togherathletics.org/

togheracroadrace2018

Sunday January 6

IAAF CROSS COUNTRY PERMIT

San Giorgio su Legnano, Italy.
iaaf.org

ATHLETICS WEEKLY

PUBLISHING

Athletics Weekly, The Great Run Company, The Space Holborn, 235 High Holborn, London WC1V 7LE

General enquiries: officemanager@athleticsweekly.com

athleticsweekly.com

twitter.com/athleticsweekly facebook.com/athleticsweekly

EDITORIAL

EDITOR **Jason Henderson**

jason.henderson@athleticsweekly.com

EDITORIAL DIRECTOR **Euan Crumley**

euau.crumley@athleticsweekly.com

PRODUCTION EDITOR **Mike Taylor**

07712-583796 / mike.taylor@athleticsweekly.com

WEB EDITOR **Jessica Whittington**

07584-528799 / jessica.w@athleticsweekly.com

PRODUCT REVIEWER **Paul Freary**

paul.freary@athleticsweekly.com

PHOTOGRAPHER **Mark Shearman MBE**

mark@athleticsimages.com

Editorial contributors: Alastair Aitken, Steve Bateson, Trevor Baxter, David Brown, Michael Butcher, Martin Duff, Jean-Pierre Durand, Kevin Fahey, David Griffiths, Paul Halford, Jeremy Hemming, Ruth Jones, Paul Larkins, Matt Long, Keith Mayhew, Tom McNab, Gary Mitchell, Steven Mills, John O'Hara, Steve Roe, Victah Sailer, Harry Shakeshaft, Denis Shepherd, John Shepherd, Simon Turnbull, Dan Vernon, Mel Watman, Stuart Weir, John Wragg

RESULTS

RESULTS EDITOR **Steve Smythe**

results@athleticsweekly.com

FIXTURES COMPILER **Steve Mosley**

whatson@athleticsweekly.com

Results team: Steve Green, Nigel Harding, Hannah Makins, Malcolm McCausland, Jackie Sibthorp, Les Venmore

Athletics Data: Jacky Brett, John Falvey, Hayley Livesey, Steve Way

ADVERTISING & MARKETING

HEAD OF PUBLISHING SALES **Neil Presland**

07471-035555 / neil.presland@thegreatruncompany.com

PUBLISHING, PRINTING & DISTRIBUTION

MANAGING DIRECTOR, GREAT RUN PUBLISHING **Wendy Sly**

wendy.sly@thegreatruncompany.com

PRINTING **Cliffe Enterprise Ltd**

Unit 6F, Southbourne Business Park, Courtlands Road, Eastbourne BN22 8UY
Tel: 01323-405980. www.cliffe-enterprise.com

RETAIL DISTRIBUTION **Seymour Distribution**

2 East Poultry Avenue, London EC1A 9PT / Tel: 020-7429 4000

SUBSCRIPTIONS AND BACK ISSUES

Warners Group Tel: 01778-392018

subscriptions@warnersgroup.co.uk

backissues@warnersgroup.co.uk

© Athletics Weekly 2018. Registered at the Post Office as a newspaper

» While Athletics Weekly takes every care to help readers with training, diet and injuries, neither they, nor their contributors, can accept responsibility for illness or injury caused as a result of advice given. We also cannot take responsibility for loss or damage to supplied material.

» Athletics Weekly takes no responsibility for the content of advertisements placed in the magazine.

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

HEMERY STANDS TEST OF TIME

MORE SPRINT HURDLERS NEED TO STEP UP TO 400m HURDLES, SAYS THE 1968 OLYMPIC CHAMP

DAVID HEMERY believes today's athletes are struggling to match the 400m hurdles time he set half a century ago because not enough talented sprint hurdlers have the appetite for the hard work involved in stepping up to the one-lap race.

At the Mexico Olympics in 1968 he ran a world record of 48.12 to win gold. All these years later only two Brits – Kriss Akabusi with 47.82 and Dai Greene with 47.84 – have beaten the mark and Hemery says more athletes with a background of 110m hurdles need to give it a go.

Speaking at the Sports Journalists' Association awards where he received a special president's award, Hemery said: "I would still be in the medals at



Sports Journalists' Association president Patrick Collins (right) presents David Hemery with an award earlier this month

STEVE ROWE

championships with the times I was running. But to be able to run that kind of time after three days of competition takes a massive amount of endurance.

"To be successful you need a combination of being a decent hurdler and being willing to do a mammoth amount of work. The ones who are super-fast sprint hurdlers often don't want to do

the work it takes to do the 400 hurdles.

"It was over 20 years before Kriss Akabusi took my British record. He had the speed on the flat but then he had to learn to hurdle."

Hemery also reckons he could have run faster. "I'm sorry I retired when I did but they told us that sprinters reached their

peak at 24. The reason that was true was that there wasn't any professional support and people went out to work. So when I was 28 I was thinking that I was four years past my sell by date but at the Munich Olympics there were people in their early thirties running PBs. But I don't know what times I could have run if I had carried on."

TAMBERI SPRINGS OVER RECORD HEIGHT



Gianmarco Tamberi: cleared 2.46m

MARK SHEARMAN

ITALIAN high jumper Gianmarco Tamberi last week smashed Javier Sotomayor's long-standing world record in Verona by jumping 2.46m ... although he was assisted by a small gymnastics springboard.

The 26-year-old, who is well known for sporting a half beard on his face, won the world indoor and European titles in 2016.

At the exhibition event in Verona he bounded toward the high jump to the sounds

of Queen's *We Will Rock You* before hitting the springboard and soaring over the bar.

Elsewhere in the world of high jump, in Moscow on January 20 the world and European champion Maria Lasitskene will team up with London Olympic champion Anna Chicherova in a 'battle of the sexes' competition against European medallist Ilya Ivanyuk and London Olympic champion Ivan Ukhov.

TILBURG TROUBLE FOR BELGIAN

THE innocuous-looking wooden obstacles at the recent European Cross Country Championships in Tilburg in Holland did in fact cause some athletes problems.

Belgium's Simon Debognies, for example, will miss the start of the 2019 season as the European under-23 5000m champion fractured a metatarsal in his foot after tripping on one of the barriers.

AW

SUBSCRIPTION OFFER

6 FREE ISSUES

EVERY RUN, EVERY JUMP, EVERY THROW - EVERY WEEK

80-PAGE BUMPER ISSUE WITH EVENT-BY-EVENT GUIDE

EVERY RUN, EVERY JUMP, EVERY THROW - EVERY WEEK

80-PAGE BERLIN EUROPEAN CHAMPS COVERAGE SPECIAL

ATHLETICS WEEKLY

6 FREE ISSUES

YOUR GREAT DEAL

- Your first 6 issues **FREE** worth £29.70
- **SAVE** over 40% on the shop price
- Delivery straight to your door

After your first 6 FREE issues, your AW subscription will continue at the low rate of £8.99 each month, saving over 40% on the shop price*. You can cancel at any time.

THERE ARE TWO WAYS YOU CAN ORDER:

1. Order online at <https://www.mymagazinesub.co.uk/athletics-weekly/promo/AWMAGSEP18/>
2. Or call 01778 392018 (open Mon-Fri 8am-6pm, Sat 9am-5pm)

Offer valid in the UK only

OPAP

23-24.03.19

LIMASSOL MARATHON GSO

BOOK NOW



EXCELLENT RACE WEEKEND PACKAGES

MARATHON | HALF MARATHON | 10K | 5K

#RUNLIMASSOL AT LIMASSOLMARATHON.COM