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AW & RONHILL
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EDITOR'S LETTER

Throwing the towel in

BOXING referees stop the bout if fighters
are suffering too much. Likewise, their
trainers throw the towel into the ring.

But should marathon runners be
similarly stopped if they are doing too
much damage to themselves?

This week I read a new biography about
distance legend Jim Peters (see p.24) and
was reminded about how his Dorando
Pietri-style collapse at the end of the 1954
Empire Games marathon "made women
weep and grown men lose their lunch".

Peters, the first man to break 2:20 for
26.2 miles, suffered from headaches
and dizziness for the rest of his life. Rob
Hadgraft, the author, also reveals that
medical records from those Games in
Vancouver "showed myocardial (muscular
tissue of the heart) changes had taken
place during the race".

Added to this, on pages 22-23 of this
issue long-time contributor Martin Duff
brings us disturbing evidence that far too
many older ex-athletes suffer from heart
problems by, possibly, having run too
hard when they were younger, often while

suffering from a cold or virus.

Now, do not get me wrong, the healthy
benefits of running massively outweigh
the bad. If anything, most people are too
careful these days.

Yet safety measures prevent boxers
from taking too much punishment – and
marathon running is almost as brutal.

» LAST week we had the SPOTY storm.
This week it's Liz Jones and her ill-
informed rant against sport and Fatima
Whitbread in the *Daily Mail*. You can tell
there isn't much real athletics going on at
the moment, can't you?

In religious circles, such columnists
might have a fatwa thrown at them. In this
case we should just chuck Fatima at her.

» ATHLETICS WEEKLY is 66 years old this
week. The magazine started in December
1945, just in time to cover the 1948
London Olympics, and now we're poised
for surely our most exciting year ever with
the 2012 Games imminent.

Jason Henderson, Editor



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Pavey waits as trio selected

JO PAVEY is likely to contest a spring marathon to try to secure an Olympic berth after missing out in the first wave of selections this week.

Paula Radcliffe, Mara Yamauchi and Scott Overall became the first athletes confirmed by the British Olympic Association for London 2012 after UKA nominated the trio to give them plenty of time to prepare.

However, despite being first Brit in this year's Virgin London Marathon on an encouraging debut, Pavey has the choice of aiming for another 26-miler to run a quicker time or hoping she has done enough so she can focus fully on peaking for the Olympics.

In her second marathon, in New York in November, Pavey improved her PB by 18 seconds to 2:28:24. However, she may be left to rue the decision to choose the tough course.

Just hours after hearing of the decision on Tuesday, her husband, coach and agent, Gavin Pavey, said: "This time around New York hasn't impressed them (the selectors), so she's worried that even if someone runs 2:28:10, they may go with them, even though New York's worth maybe a couple of minutes."

Ahead of the deadline of April 22, already two other women, Claire Hallissey (2:29:27) and Louise Damen (2:30:00) have the



Jo Pavey: will chase fast time in the spring

MARK SHEARMAN

Olympic 'A' standard of 2:31:00.

"She'll probably end up running a spring marathon, but we've hadn't had a chance to talk much about it," said Gavin, who added that a wait-and-see approach or going for the 5000m or 10,000m standards were also options.

Radcliffe, who returned to form after injury with 2:23:46 in Berlin in September, is only the third British competitor in athletics to be selected for a fifth Olympics. She follows javelin thrower Tessa Sanderson, who represented Britain in six Games, and Chris Maddocks, who went to five.

She said: "To represent your country at a home Olympics is something special and I'm

over the moon to be selected for Team GB. I was pleased to get the qualifying time in Berlin earlier this year and my sole focus is getting in the right shape for London. I'm just fully concentrating on being fully prepared for next year."

Yamauchi, who is another to have struggled with injuries, is not far ahead on season's bests of Pavey with her 2:27:24 from Yokohama, but selectors took note of her fine competitive record, including Olympic sixth in 2008.

Overall, meanwhile, will compete in his first Olympics after he was rewarded for his excellent debut of 2:10:55 in Berlin.

Scott Overall: set for his Olympic debut in 2012



MARK SHEARMAN

Radcliffe's Games CV

THE world marathon record-holder has made history by becoming the third British athlete to be selected for five Olympics. However, having fallen at her previous four attempts, she will be looking to London to cap a great career.

1996 Atlanta 5000m fifth

Finishing behind China's Wang Junxia, she repeated her position from the world championships the previous year

2000 Sydney 10,000m fourth

Despite setting a UK record, she was once again found wanting for speed at the end

2004 Athens marathon DNF

Now the world's best-ever marathoner by some margin, the overwhelming favourite pulled out with 6km to go

2008 Beijing marathon 23rd

Did well to make the start line after an injury-hit build-up but valiantly fought the pain to finish



Horwill meets the Queen

BMC founder Frank Horwill was rewarded for 50-plus years service to athletics with an audience with the Queen to collect his MBE on November 30th, writes Will Cockerell.

The 84-year-old was honoured in the Queen's Birthday Honours in June, having coached 49 Great Britain & Northern Ireland distance athletes and formed the BMC in 1963.

He explained that the Queen asked: "Are you a coach?"

"Yes, ma'am – runners," was Horwill's reply.

"That's a very important job," she announced.

"Thank you, ma'am, give us a kiss," he claims to have responded.

His guests afterwards at the luncheon included Shiree Hines, the former England Schools cross-country and 1500m champion, who in 1971 became the first under-17 to break the five-minute mile.

Others present included the BMC's Pat Fitzgerald and Matthew Fraser Moat, while current athletes to attend included Chris Smith (TVH), Orlando Edwards (SBH), Sara Luck (Hav), Catherine Bryson (Belg), Ros Kieran (HHH), Lauren Stewart (WGEL) and Bernadine Pritchett (WGEL).



JANE WINGROVE

Kiprop heading North again

WHEN Asbel Kiprop returns to the Bupa Great Edinburgh Cross Country for the second year in succession in January, it will finally be as the proud owner of an Olympic gold medal.

The Kenyan, who crossed the line second in the 1500m in Beijing behind Rashid Ramzi, the Moroccan subsequently disqualified for doping, this week attended a ceremony in Nairobi to collect what should have been his all along.

Kiprop added world 1500m gold last summer having finished runner-up in this year's Great Edinburgh. He leads the entries so far for the 3km race at Holyrood Park on January 7.

On being awarded gold. Kiprop said: "I am happy because I have gotten what is mine. It was unfair to compete with a person who was using drugs but at least there is some sense of justice.



MARK SHERMAN

Robbed: Asbel Kiprop comes home second behind drug user Rashid Ramzi

"I am disappointed that he (Ramzi) denied Kenya a chance to have its national anthem played at the stadium. It could have been more special if I had won it in the stadium rather

than to be awarded later."

Although he is now better known as a track runner, Kiprop will be at home on the tough Edinburgh course in January too. He sprang to prominence when winning the world junior cross-country title in Mombasa in 2007.

In addition to the 3km race, the televised event will feature for the second year an International Team Challenge. A Great Britain & Northern Ireland team will take on the United States and a European Select team in both senior and junior races for men and women. With no World Cross this season, the event is set to have a higher status.

The fixture also includes inter-district races, while entries are available for the mass open events via greatrun.org

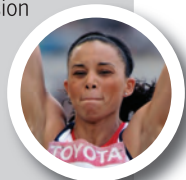


NEWS BRIEFS

Hazel on funding

HEPTATHLETE Louise Hazel has won her appeal to be put back on Lottery funding after missing out on this year's original selections in October.

The Commonwealth champion had been a controversial omission given her 15th place at the World Championships in Daegu in August.



De Vos on BOA board

UKA chief executive Niels de Vos has been re-elected to the board of the British Olympic Association. De Vos, who has served a two-year term on the board, is one of six national governing body representatives who will remain in the role until 2016.

Bill Kingsbury

BILL KINGSBURY, a former Welsh shot put champion and record-holder and prolific coach, has died at the age of 84.

Bill represented the Army in seven different sports and in 1954 reputedly turned down the then notable sum of £2000 to instead pursue athletics.

He had a best of 15.37m in the shot and also threw over 60 metres in the javelin.

As well as coaching many, including hammer thrower Carys Parry, he was still competing for his club, Rhondda AC, in the Welsh Athletics League until the age of 71.

"If they're going there for training like everyone else they will

have to get up earlier to get there." **LONDON'S TRANSPORT COMMISSIONER PETER HENDY'S WARNING IN THE TELEGRAPH TO ATHLETES HEADING FOR THE TRAINING VENUES AHEAD OF THE OLYMPIC GAMES.**

"The BOA's current conduct is unworthy, especially on the part of the host national Olympic committee when the world comes to London next year"

QUOTES OF THE WEEK

DICK POUND, the former head of WADA, on the fact that the BOA is still sticking to its bylaw of a lifetime doping ban.

"Woke up 2an email today saying i will be paid for a race i did in 2007. The drug cheat who beat me has finally paid back her winnings! Nice!"

Jemma Simpson on Twitter.

"What shocked me was that one minute you're thinking, 'I'm

here just watching the game,' and the next your life can change in such dramatic fashion. And you're in a position where you can do nothing about it – not only as an individual but also collectively."

CURTIS ROBB, the 1992 Olympic 800m finalist, explains to the Liverpool Echo how being present to witness the Hillsborough tragedy inspired him into a medical career.



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Fat to fit Fulcher gets the call up

WHEN Chris Fulcher took up running five years ago, it was just to shed some weight after a life of abusing his body. Never did the long-term couch potato and drug user imagine that as well as losing eight stone, he would gain a Welsh international vest.

The 44-year-old's international debut at the British & Irish Masters International in Glasgow last month came after running "turned his life around" and he trimmed down from 18 stone.

Now weighing only 10 stone, the 5ft 6in Port Talbot AC runner has found a new "drug" as he logs between 50 and 100 miles a week.

Fulcher's weight spiralled in his mid-twenties, not helped by his poor lifestyle habits. "I'd



Chris Fulcher: now Welsh international

come home and get stoned, lie on the settee and stuff my face and that was my life," he said.

He attempted to put matters right but he admitted: "I tried for years giving up the smoking and the drugs and it just wasn't happening. I was always putting it off until tomorrow."

It was seeing a picture of himself similar to the one shown left, as well as his father having a heart attack that made him do something about it.

So he took up cycling, although when he fell off his bike and broke his wrist, he feared it could, at best, send him back to square one. As a window-fitter he was then unable to work because of the fracture so had

The biggest losers

STORIES of people losing weight and becoming good athletes are nothing new of course. For example, Bournemouth AC's Steve Way went from 16 to 11 stone in three years and quit smoking to clock 2:19:38 for the marathon aged 35 last year.

Meanwhile, further up the elite scale, Germany's Martina Strutz won pole vault silver at the World Championships after dropping one and a half stone in recent years. Leading into last season, she toned up to add 28 centimetres to her long-standing PB and set a national record of 4.80m.



Martina Strutz (below): lost over 20lbs in weight



Chris Fulcher: lost massive eight stone

to stay active some other way.

He joined a gym, started running on a treadmill and within about three months had lost three to four stone.

"When I was on my bike and people used to run past me I'd think, "Idiots. Go and get a bike!" he said, but realising it was not as bad as he imagined, he eventually started racing.

His improvements over

the past couple of years were rewarded with a place in the Glasgow race where he was asked to step down to compete in the M35 category.

"To be selected for the Welsh team was beyond my wildest dreams," said Fulcher, who added of his changed habits: "The commitment is there for the running and it's completely changed my life around."

Thrower regains weightlifting title

SHOT-PUTTER Bronwin Carter recently won her 13th world title at the World Masters Weightlifting Championships, writes Martin Duff.

The 60-year-old, a former 13-metre thrower at her best as a senior, overcame injury in the over-60 female 75kg weight category at the event in Limassol, Cyprus, regaining the title she missed out on last year.

She said: "It didn't help when the whole computer system went down. It was halfway

through the first lifting, but it got a bit confusing when they thought I was the German girl. I ended up lifting at about 9pm and my body clock had wound down by then. It was quite comfortable in the end but I could have lifted a bit more."

Carter, who still competes in the Southern Veterans' League, added: "I didn't do the good total I was hoping for. I only did 97kg and I wanted to go over 100kg. The snatch was always going to be hard for me because of my neck injury."



Bronwin Carter: 13-metre shot putter

After shelving plans to cut back on her weightlifting, she will be try to defend her title in Ukraine next year, while juggling that sport with her own athletics competitions and a role as manager of City of Portsmouth's UK Women's League team.

Carter, who also coaches several athletes, including UK trials runner-up Katy Watts, said: "I enjoy it and I still get nervous, but you have to look after your body a bit more to stay supple and flexible."

SPOTY list criticised

THE BBC is to review its nomination process for next year's Sports Personality of the Year amid criticism of the shortlist for this year's event.

A poll of 27 "expert" sports editors produced the final 10 containing, controversially, no women for the prestigious award, which will be handed out in Manchester on December 20.

The validity of the process was further called into question by the fact that the publications on the panel included lads' mags *Nuts* and *Zoo* and regional newspaper the *Manchester Evening News*, who chose three foreign footballers who play for Manchester clubs.

Many declared their outrage at the absence of top female stars including ultra runner Lizzy Hawker and triathlete Chrissie Wellington, while high-profile individuals and a group of MPs complained publicly too.

The public will have the final say via a phone vote.

The BBC said in a statement: "We will be reviewing the shortlisting process for next year's show."



MARK SHEARMAN



MARK SHEARMAN

Mo Farah and Dai Greene have both made the BBC Sports Personality short list

The statement continued: "It is too early to say what, if any, changes will be made to the process but please rest assured that we will seek the opinions of people both within and outside the BBC before deciding on the appropriate methodology for 2012."

"The current system was introduced in 2006 and at

least two women have always previously been shortlisted for the main award.

"Having considered a wide range of alternative mechanisms, we remain convinced that the current system is fair, independent and robust."

Mo Farah, who is third favourite with the bookies, and Dai Greene are on the shortlist.

Comment

WHILE it is good news that the BBC is to review the process for next year, I am amazed there has been so much fuss over the nominations for 2011, given that the BBC Sports Personality award has diminished in status in recent years. Since the process became a phone vote in 2006, we have seen dubious results, including one which appears to have been more of a lifetime achievement award for Ryan Giggs in 2009 (remember when he was popular?). I'm quite alarmed so many people still care who wins.

Of course, nowadays anyone with an internet account can register their disapproval publicly and if enough people speak out on one topic – regardless of how many think the complete opposite – it becomes a "national outrage".

So, disregarding the possibility that the top 10 most-deserving candidates all happen to be male, they tweeted in their thousands.

I do wonder whether half of those who tweeted their disgust at the likes of Chrissie Wellington being left out had heard of her before last week. But they do now – the furore has done wonders for her status.

Paul Halford



Lifetime award for Arnold

MALCOLM ARNOLD received a lifetime achievement award at the Sportscoach UK Coaching Awards held in London last week.

The Bath-based coach was recognised for his four decades of service to the sport. One of his first successes was Uganda's 1972 Olympic 400m hurdles champion

John Akii-Bua, while Dai Greene's world championships win this year in the same event took his athletes' major medal haul to nearly 70.

He is pictured receiving his award from the Princess Royal, Sportcoach UK's patron.

UKA/England Athletics was named governing body of the year.

Sedykh honour for Bennett

SHETTLESTON Harrier Chris Bennett received the award of the Hammer Circle for most improved senior athlete for 2011 from twice Olympic champion Yuriy Sedykh recently.

The Russian, who was in Grangemouth for a two-day coaching clinic, presented an autographed

copy of the meeting programme from the Cork Games of 1995 where he broke the world record.

The award was one of several handed out – one of which is the Sedykh Trophy for the outstanding overall performance of the year, which went to Sophie Hitchon.



Yuriy Sedykh: world record-holder visits Scotland

Vernon helps Surrey gathering

ANDY VERNON took time out from his preparation for the European Cross Country Championships to help out at a young athletes' development day last Sunday.

European Cross trials winner Vernon, who is among Britain's top medal hopes for the event in Slovenia, was joined by another of the country's top cross-country runners Keith Gerrard at the Surrey County young athletes' squad event.

Richard Xerri, who is also Surrey under-15 and under-13 manager, organised the event to help prepare the athletes in those age groups for the Southern Inter-Counties this weekend. He hopes to open future events out to other age groups.

"I ran for Hampshire as a



Andy Vernon (back, left): Euro Trials winner spent last Sunday inspiring youngsters

youngster," said Vernon, who had completed a 13-mile run earlier in the day, "but we never did anything like this. It's a brilliant idea."

The event at Richmond Park was supported by Perseverance Clinic and included a group run, yoga and strengthening session. Xerri was delighted that

Vernon and Gerrard were able to give of their time to advise and run with the youngsters.

He said: "They seemed to enjoy it. They did yoga so it was a bit different for them. It was all about bringing a group together from various clubs, which we don't tend to do much of really."

However, the emphasis was on team spirit with the Southern Inter-Counties in Croydon in mind.

"Quite a few of the parents were keen for their youngsters to meet those from other clubs because otherwise they go to these events and they don't know anyone," said Xerri. "The key was to bring them together earlier and then when they get to race day there's no division there and they all know each other straight away."

AW and Ronhill club awards

AWIS asking for nominations for its inaugural club awards.

The awards, which are being sponsored by Ronhill, are primarily linked to contribution over the last 12 months to the sport and athletes rather than simply success.

Winners will receive a special trophy from AW and Ronhill, plus a prize for the club from Ronhill.

To make your suggestion for one or more of the four categories, visit athleticsweekly.com by December 15. Winners and runners-up will be announced on December 22. Here are the categories:

» **Top running club:** This will recognise achievement during 2011 and take into account all age groups and all terrains, whether road, cross country, fell or multi-terrain.

» **Top track and field club:** This will reflect success during 2011 and cover all age groups and leagues.

» **Top development:** In honour of a club which is doing the most to further young-athlete development and coaching in general.



» **Top club:** The most prestigious award will recognise one or more of the many facets of a club, including coaching, success, opportunities for members and what the club is doing for its region and social efforts.

AW athletes of the year

» Don't forget you can still vote for AW's athletes of the year at athleticsweekly.com:

- International man of the year
- International woman of the year
- British man of the year
- British woman of the year
- British junior man of the year
- British junior woman of the year

» Great clubwomen

FOLLOWING the feature on the 100 greatest domestic harrier clubmen from the past 25 years, Will Cockerell is compiling a similar women's list.

Any votes, opinions and information would be welcome at willcockerell@gmail.com



Opportunities at Athletics Weekly

Performance writers

ATHLETICS WEEKLY is looking for writers to contribute to our growing Performance section.

The section aims to give athletes and coaches advice on how to run faster, throw further and jump higher and further.

Ideally, we are looking for coaches or athletes and ex-athletes with an ability to write clear and original articles. An ability to provide quality photographs to complement the articles is also desirable.

Most especially, there are opportunities for writers to contribute articles explaining the technical elements of field events.

Articles will be paid for on a freelance basis. Those interested should email david.lowes@athleticsweekly.com

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TAKE



TWO

THE OTHER SIDE OF TATYANA CHERNOVA, THE RUSSIAN HEPTATHLETE WHO SPOILED JESSICA ENNIS'S HOPES OF GOLD IN DAEGU AND COULD DO SO AGAIN IN LONDON

WORDS: DAVID FEARNHEAD. PICTURES: KUBAN AIRLINES AND MARK SHEARMAN

It wasn't meant to be this way. The script for the 2011 World Championships in Daegu read that Jessica Ennis would successfully defend her title and be propelled onwards to a famous homecoming and gold in London 2012. Step forward the tall, blonde figure of Tatyana Chernova. The imperious Russian, a bronze medallist at the last Olympics, fancied something with a little more prestige. She tore up the script in a display which sent a clear signal to the world of multi-eventing. A true rival for Ennis's 2012 Olympic crown had arrived.

Chernova executed her plan perfectly in Korea and confessed immediately afterwards that it all felt rather easy. Was it? "I was surprised how easy it was to break my personal best and to win the gold medal, but the preparation and training I had to do before – that was not easy," she says from her winter training camp in Tashkent, Uzbekistan.

Chernova's plan for Daegu was simple enough, it just required her to step up and deliver at or near personal-best level in every event. If she could stay close to Ennis, her chance would come in the javelin.

The PBs came. She matched her lifetime bests in both the 100m hurdles and 200m, as well as pushing her outdoor shot put PB out beyond the 14-metre mark with 14.17m. In six of the seven events Chernova posted her best marks of the year in Daegu.

"It was important not to make mistakes, to do the events precisely and clean," she says. "The first day I took the battle to Jessica, and the javelin throwing only strengthened my leadership position. Before that final run, the 800m, I felt that victory was so close – and between us only two

minutes eight seconds of running as it turned out. This gave me more strength. I knew I could win it."

Ennis needed to open up a nine-second gap between herself and Chernova, but on the finishing straight it was the Russian who closed in. So was born that now iconic photo of the diminutive Ennis crossing the line dejectedly with the 6ft 2in Chernova immediately behind her giving her two-gun victory salute to the skies.

Some in the British press wrote that Ennis had conceded her world title to the Russian. They were wrong. Ennis had put in an impressive performance, putting 20 more points on the board than when she took the title in Berlin two years ago. However, Chernova had just posted her personal best of 6880, 57 points better than Ennis's own PB from the European Championships in Barcelona 2010.

Chernova had been in the shadows of other great heptathletes such as Ennis and Nataliya Dobrynska, so how does it feel to be finally No.1?

"To be the best – it's very nice!" she says with an infectious smile. "To show good results, break personal records, to beat my rivals – it's an incredible feeling. A sense of satisfaction, joy and happiness! "Sometimes you can't immediately understand and feel what's happened. This feeling you can only fully enjoy once you are standing on the podium with a medal!"

Speaking to her some two hours after her victory was a bizarre experience, and perhaps a telling one about the calibre of her personality. "How are you?" she asked with genuine interest. "How am I? You've just won gold and the World Champs and you are asking how I am!" I replied with incredulity.

OPPOSITE:
Tatyana Chernova says she is just as happy in make-up and heels as she is in training kit and spikes

"There were the prerequisite athletics poses in training gear clutching a shot, the traditional medal-round-the-neck pose, and then came the ones she had most been waiting for. On went the heels, the make-up and the dresses. She smiles as she looks back on her transformation, saying: "I like to look as a woman, not always as the athlete"



"On the finishing straight it was the Russian who closed in. So was born that now iconic photo of the diminutive Ennis crossing the line dejectedly with the 6ft2in Chernova immediately behind her giving her two-gun victory salute to the skies"

ABOVE: Tatyana Chernova dwarfs Jessica Ennis as the Russian finishes strongly in the 800m to win the world heptathlon title in Daegu

"I know, it's great. I'm happy!" she responded.

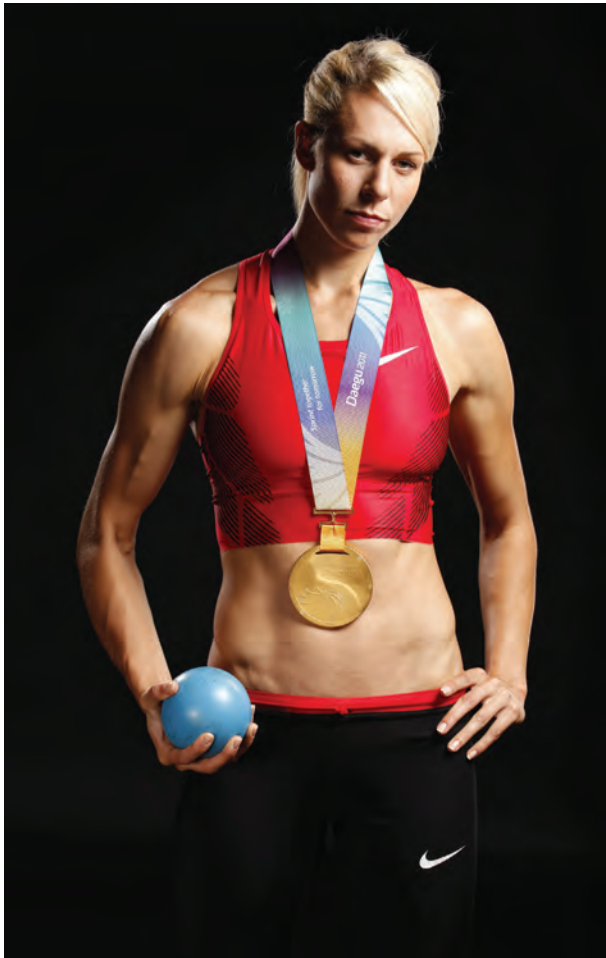
Chernova is a slap in the face for all those who coach that an athlete must be a selfish individual thinking only of their own personal gains. Telling, too, was what she had said to the camera at the start of that final event, the 800m, when it was almost a given that gold would be hers – "Mummy, I love you. It's all for you!" With that you get a sense of what Chernova is all about – repaying the investment that her parents put into their daughter and she's done so with World Championships gold.

She has enjoyed her success too. Her new-found fame has allowed her to upgrade to a new Jaguar XK and spend the day doing a rather glamorous shoot for Russian airline Kuban.

There were the prerequisite athletics poses in training gear clutching a shot, the traditional medal-round-the-neck pose, and then came the ones she had most been waiting for. On went the heels, the make-up and the dresses. She smiles as she looks back on her transformation, saying: "I like to look as a woman, not always as the athlete."

Chernova was always destined to be an athlete, though. Her mother, Lyudmila, was part of the Soviet Olympic team of Moscow 1980 which took the gold in the 4x400m relay and her father, Sergei Chernov, is a famous coach in Russia.

He has worked with his daughter for nine years alongside Vladimir Kudryavtsev, in the same stable as 7.42m Russian long-jumper Tatyana Kotova.



Home is Krasnodar, a south-west enclave on the mighty Russian continent – land of the Black Sea Cossacks who fought off the Ottoman Turks and later resisted the Red Army. Perhaps this reveals where those strong genes and fighting spirit originate. It's a region she's proud to come from and one which sets her apart from her Moscow-trained team mates. Chernova has always done things her own way, and she's had her successes, but she looks at 2011 as a vintage year.

"I started this year with good performances," she says. "I was second in Gotzis, and then after two weeks set a personal record at the competitions in Kladno. I added 110 points to my record at the World Championships. I think that is a great success in itself."

So what changed to make Chernova fulfil her potential? "I concentrated on making everything I did in training come together and show the best performance," she says. "I prepared to start this year with more self-confidence in my abilities. I knew that I could win, and it was all just in my hands."

Then she reveals something I was not expecting. That old nugget about competing harder and demanding more than many athletes seem to trundle out was sidelined. Chernova revealed a key to her success was doing less, not more.

"This year, I rested a little more and didn't compete in winter," she says. "Therefore, at the beginning of the summer season, I had a lot of energy stored and a great desire to deliver."

"In terms of training there was nothing unusual. Training and travel, rest and many competitions. This year with my coach we slightly changed the composition of my team. It is easier with the new group. It's more comfortable and enjoyable. We can always support each other and learn something from everyone."



DIETMAR STIPLOVSEK

FAR LEFT: Tatyana Chernova has a solid day one, but it is her day two scores that make her tough to beat.

ABOVE: Tatyana Chernova winning the heptathlon at the 2008 Hypo Meeting in Gotzis, Austria

LEFT: One year after winning world youth gold, Tatyana Chernova continued her fine form with gold at the 2006 IAAF World Junior Championships in Beijing



"In terms of training there was nothing unusual. I concentrated on making everything I did in training come together and show the best performance. I prepared to start this year with more self-confidence in my abilities. I knew that I could win, and it was all just in my hands"



Ennis vs Chernova

| | | |
|------------------|-------------------------|------------------|
| January 28, 1986 | Born | January 29, 1988 |
| 1.66m | Height | 1.89m |
| 57kg | Weight | 63kg |
| 6823 | Heptathlon | 6880 |
| 12.79 (1156) | 100m hurdles | 13.32 (1077) |
| 1.95m (1171) | High jump | 1.87m (1067) |
| 14.67m (839) | Shot | 14.54m (830) |
| 23.11 (1068) | 200m | 23.50 (1029) |
| 6.51m (1010) | Long jump | 6.82m (1112) |
| 46.71m (796) | Javelin | 54.49m (947) |
| 2:07.81 (997) | 800m | 2:06.50 (1016) |
| 7037 | Sum of PB scores | 7078 |



ABOVE LEFT: The long jump is one of Tatyana Chernova's best events and she boasts a PB of 6.82m

ABOVE RIGHT: After finally putting together a near-flawless two days of competition, Tatyana Chernova was rewarded with gold in Daegu

Chernova has an abundance of talent, and a mental strength which shows through by her calmness under pressure. Those who expected her to fold when she took the lead at the World Championships were quick to realise that this was no pretender to the throne. She is not letting herself get carried away though. She knows next year Ennis will be back and harder to beat. "Of course Jessica at home will feel confident. She will have a lot of fans in the stadium," she says.

Does she feel any intimidation because of this? "No, I think this will make it more interesting to compete," she replies. "Jessica is a good athlete. She successfully competed since 2009 and won all the competitions in a row, showing good results. I like her as a sportswoman and I am glad to have such a strong rival in competition. Great

"I don't have weak events. Sure there are specifics for which I have not yet matured and don't quite have the desired strength. Other events I don't perform technically perfect. These are not weak events, but they are my reserves."

results are always born in the struggle."

She is quick to point out that Ennis won't be the only British athlete she'll have to look out for. "Louise [Hazel] has great potential," she insists. "We've competed together at various events and I've seen what she is capable of. She's a talented girl."

So what of London 2012? Chernova says she's not yet made up her mind if she will compete in the indoors next year. "It's just a case of seeing how I feel," she says.

Before the interview ends I ask her what she feels are her strongest events. "I think they are long jump and javelin. I love these events very much. Every time I do them with great pleasure."

To have a lesson in the Chernova brand of positive thinking I dare to ask what are her weaknesses. "I don't have weak events," she responds. "Sure there are specifics for which I have not yet matured and don't quite have the desired strength. Other events I don't perform technically perfect. These are not weak events, but they are my reserves."

And Olympic gold in London? "This is my dream and I think it can come true. It's all in my hands and my legs!"

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Running on water

DAVID LOWES ATTENDED THE VALENCIA MARATHON TO CHECK OUT A MARATHON WITH A RAPIDLY RISING PROFILE

FOR UK runners who like to run two marathons a year, London or Brighton will be on the to-do lists of spring targets with continental sojourns to places such as Rotterdam or Amsterdam viable alternatives. Come the autumn, though, the choices of a good, fast race may be limited on home soil, even though the more adventurous may consider perhaps Berlin, Frankfurt, Florence or New York.

However, time lost through illness or injury can put the best laid-plans in jeopardy so a back-up marathon can be a worthwhile consideration.

Running a second marathon overseas gives the aspirant chance to mix it with athletes of whom they have no prior knowledge and offers them the opportunity of gaining experience outside of the UK. In the case of Valencia, there is a strong chance the weather conditions will be conducive to running well. An added bonus is that the athlete can mix in a mini-holiday in one of Spain's most attractive cities.

RIGHT: The Valencia Marathon features a scenic course and often great weather

BELOW: Isaiah Kosgei ran inside 2:08 to win this year

"This year's marathon started at 9am with clear blue skies and a temperature of 13C and by the time the slick Kenyan athletes sprinted toward the finish line it was a warm but not overly uncomfortable 17C with not even the slightest trace of wind"



Valencia's architecture mixes the old with the new as well as the futuristic and innovative avant-garde styles thrown in for good measure. It is without doubt a must-visit city and if a non-running spouse or partner is in tandem then the shops and restaurants will keep them happy for days on end.

The start and finish areas of the marathon give a glimpse of the future in the form of the striking City of Arts and Sciences buildings. Valencia was once prone to flooding, so the city council took drastic action and diverted the river so that the original course became one of the most desired parts of the city. It now encompasses an 11km park, ideal for running, cycling and just plain chilling out.

The city is extremely flat and the super-smooth road surface that hosts the yearly European Grand Prix of Formula-1 means the course is super-quick.

This year's marathon started at 9am with clear blue skies and a temperature of 13C and by the time the slick Kenyan athletes sprinted toward the finish line it was a warm but not overly uncomfortable 17C with not even the slightest trace of wind.

The finishing straight is unique with the race ending on a man-made track built over water. Indeed, the event is billed as "running on water". The race this year over 42.195m ended in a test of speed and strength over 100m with three Kenyan athletes striving to break the finishing tape.





With around 7000 competitors and an additional 5500 running the accompanying 10km, it may not be one of the biggest around, but it has the potential to rival many of the “big city” events all over Europe, thanks in part to the kind weather and excellent road surface.

The winner, Isaiah Kosgei, who believes himself capable of 2:04 in future, said: “If the right opposition and pace was provided, a very fast time could be achieved.” With team-mates Nicholas Kemboi and Francis Bowen only a few strides behind, the awe-inspiring finishing straight with water on either side took on even more significance with no treading of water by the African medallists.

The first female, Jimma Abo of Ethiopia, had similar sentiments about the course said: “The course was fast and, although I ran with the men it was no problem. I can go much faster.” Kosgei’s time of 2:07:59 after passing halfway in 64:18 was a course record as well as a lifetime best and the second fastest ever recorded in Spain. Abo’s debut of 2:34:23 with no one to push her suggested much better things to come and Valencia’s Marta Esteban was a popular runner-up in 2:38:05.

Access to Valencia is relatively easy with flights to the city from the UK or Alicante and a 90-minute train journey presenting no problems. Accommodation is plentiful and the rates are reasonable and moving around is easy thanks to cheap taxis and the underground network.

A four or five-day break gives the runner the opportunity to check out the city and the beautiful running routes along the beach and harbour area, where the America’s Cup has also been held. The beach is huge with around 100m between the restaurants and the Mediterranean.

With four men inside 2:09 this year, the Valencia Marathon, although not a hidden gem, is a potential sleeping giant. A world-class clocking is pending for the



ABOVE: Valencia is an ideal city for runners to combine a marathon with a holiday

LEFT: The course is flat and features smooth roads, making it super fast

best, while for those slower it could prove a catalyst for an end-of-year tonic. Cristobal Grau, of the Valencia City Council sports department, said: “Because of the success of the event this year, it will probably mean a considerable increase in the number of participants in 2012.”

» For more information contact David Gómez at Valencia Tourism, promocion-dg@turisvalencia.es or go to www.turisvalencia.es

WHITE lightning

WILL COCKERELL REMINISCES WITH ALBERTO JUANTORENA ABOUT HIS UNIQUE OLYMPIC 400/800 DOUBLE

IT HAS been tried by many since 1896, and Arthur Wint came close in 1948, but only one man has achieved the unwieldy 400m-800m double at Olympic level. Observes that man: "The 800m and 1500m, they are family. The 200m and 400m, another family. The 400m and 800m, they divorce!"

Alberto Juantorena, who visited Britain this week to offer assistance to the Cuban Solidarity Campaign, briefly excelled at basketball, but was ordered to switch to track because he had the speed but not the coordination.

However, the man who would acquire the nickname "White Lightning" threw himself into his new life and had just nine months to get ready for the 400m at the Munich Olympics of 1972. Such was his talent, he surged into the semi-finals but missed out on a berth in the final by an inch, courtesy of the Finn, Markku Kukkoaho. "I'll never forget that guy!" he said.

Hooking up with Polish coach Sigmunt Zabierzowski, they developed a father-son bond and embarked on a ferocious four-year spell which would include days of running in sand on hills for up to 25km per day and bench-pressing 80 per cent of his body weight up to 40 times.

Zabierzowski knew early on that his protégé had the potential to be a great two-lapper. Juantorena observes: "He was training me in secret for the 800m. I did not know!"

Just five months before Montreal at the Cuban Championships, Zabierzowski asked him to pace the 800m as a favour. Juantorena paced, stayed in, and ran 1:46.1.

At the 1976 Olympics, observers didn't rate the newcomer's chances in the 800m. They said he was too raw. He said: "But my coach told me one thing: 'If you want to win this event, you must pass the first lap faster than the others.' They like to do the first lap in 52, 53. I make them do 50.5!"

"This was okay for you?" I ask.

He replied: "It was walking! I could do 44.6, so 50 was walking!" The plan was then to attack at 500 "right to the end!"

"[Rick] Wohlhuter was running beside



RIGHT: Alberto Juantorena won the Olympic 400m and 800m titles in 1976

"But my coach told me one thing: 'If you want to win this event (800m), you must pass the first lap faster than the others.' They like to do the first lap in 52, 53. I make them do 50.5!"

me all the time, but he burn himself, and then [Ivo] Van Damme kills him 20 metres from the line because he was ex-hausted. Death. He was destroyed, because I was bmm, bmm, bmm. 2.75m stride! Bmm, bmm, bmm! And he was running outside me. I was running 800m, but Wohlhuter runs 820m."

With a 1:43.5 world record tucked away, two rounds of the 400m heats were the following day.

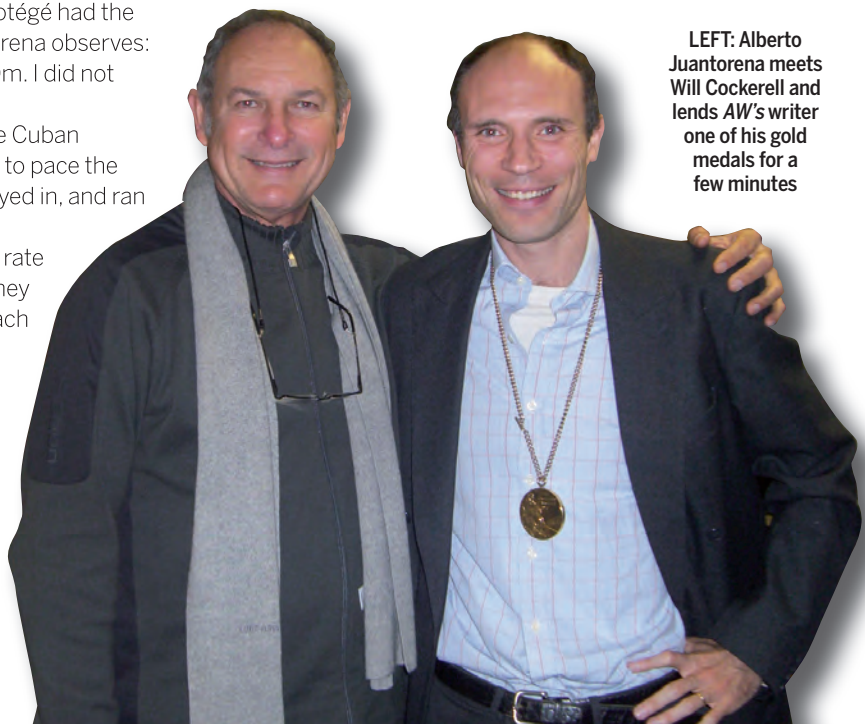
"My American friends [Fred] Newhouse and [Herman] Frazier confessed to me: 'He must be tired – he's not a superman, he's run six times! Let's pass the first 200m quickly!' But the advice of my coach was, 'don't bite the hook! You must wait.'

"It (the final) was a very difficult race, and I was given lane two, a bad lane, but I was watching them. I control the race and, in the last 50 metres, I go. It was the perfect race. Both of them – the 800m and 400m perfect. Because I was very analytic, very concentrated, I had control of my emotions."

Juantorena can't wait for London 2012 and as Cuba's deputy sports minister he'll send a crack squad. He said: "We have the hurdler Dayron Robles, the triple jump (Alexis Copello), the hammer throw, the javelin, and don't forget the decathlon. Don't forget the name Leonel Suarez!"

He drapes 154g of Olympic gold round my neck. "Which event is this for?" I ask. "Search me," comes the reply.

That's the knotty problem with winning multiple golds at the same Olympics – it's so difficult to keep track.



LEFT: Alberto Juantorena meets Will Cockerell and lends AW's writer one of his gold medals for a few minutes

Countdown to London 2012!

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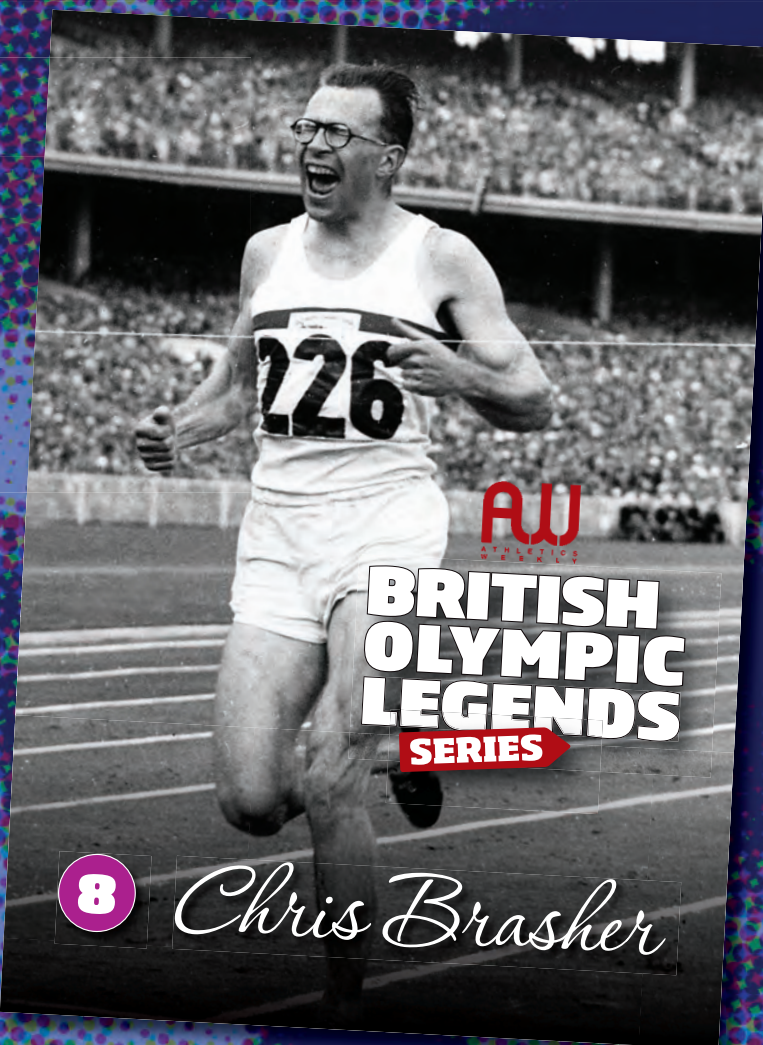
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CHRIS BRASHER

While many athletes can claim to have shaped their sport through athletic performance, few can claim to have left the kind of legacy that Chris Brasher has. In athletic circles, despite his Olympic title, he is still perhaps best known for the events of May 6, 1954, when he helped pace his friend Roger Bannister to break the four-minute mile mark. Brasher's contribution was immense, having set the standard over the first two laps at the Iffley Road track in Oxford before Chris Chataway took over, paving the way for Bannister's glory in 3:59.4. That Bannister was indebted to his friend was unquestionable: on Brasher's death in 2003, Bannister said: "Chris was gallant and brave right to the end, he had won so many battles in his life. He did so much for Britain."

By his early twenties, Brasher was merely a capable but exceptional flat runner, his only noteworthy success being victory in the World Student Games 5000m in 1951. Conscious though that his basic speed was not world class, he turned to the punishing discipline of the 3000 metres steeplechase and duly

005



Some of the other British Olympic greats to come:

Tessa Sanderson, Christine Ohuruogu, Linford Christie, Mary Peters, Steve Ovett, Jonathan Edwards, Mary Rand, Lynn Davies ...

Heartbreaking training?

MARTIN DUFF ASKS IF LONG-TERM HIGH-INTENSITY TRAINING COULD CAUSE MORE CARDIAC PROBLEMS IN LATER LIFE THAN IS REALISED

REGULAR *Athletics Weekly* readers will be aware that I have been trying to ascertain if the instances of heart damage to high-intensity long-term trainers, like myself, has caused the damage. It is not possible to make any meaningful statistical analysis of the research as the sample data that I have received seems to be skewed in favour of runners with problems. Nevertheless some interesting pointers have emerged.

My aim in this is to help the current generation of runners avoid the problems that myself and others over the age of 60 now face thanks to the training we did 30 or 40 years ago. It is also to warn older and longer-term runners to watch out for any symptoms that might be the forerunner of heart problems later.

Did our training lengthen our lives? Or is it now shortening them? I think the answer might be "both". On the one hand, we have protected ourselves against artery blockage and subsequent heart attacks but, on the other, we may have caused other tissue damage.

From everything that runners have told me, it seems there are instances where atrial fibrillation (AF), which can put the patient more at risk of a stroke, has not been recognised by GPs. Some of you, like me, were initially diagnosed with exercise-induced asthma. I eventually "undiagnosed" myself and later the heart damage was recognised (firstly to a valve and then of AF). I was then moved from aspirin to warfarin and beta blockers. Running with the latter is like driving a car with the hand-brake on!

Former Scottish international Cameron Spence, who has just received a pacemaker, says: "I was getting treated for asthma as they thought this was the problem causing my breathlessness. I was nearly two years taking inhalers and pills until they realised it was something else.

"Finally, they put me on the treadmill, which told them nothing, and a 24-hour heart monitor and that showed that I had an irregular heartbeat."

Bill Adcocks, former 2:10:48 marathoner and winner of the Fukuoka Marathon in 1968, said lightheartedly: "It has to be said that those of us of a certain age ran in races when pacemakers were not allowed!"

Some of you have not been so lucky and have had strokes. These could have been avoided if the probability of AF had been recognised and treatment made earlier. So, for those of you not on aspirin, warfarin or other anticoagulant drugs, please take note. The drug Pradaxa is also used, but I understand that it cannot be used where there is a leaky or damaged valve.

If a long-term trainer is exercising and suddenly finds a shortage of breath, it is unlikely to be a result of "old age". It



could be AF so my recommendation is to see your GP. If it is, treatment can be prescribed.

Current athletes training to high intensity will inevitably ask what they can do to avoid the problems?

Many years ago, Chris Brasher, the 1956 Olympic steeplechase gold medallist and founder of the London Marathon, wrote an article in, I believe, the *Observer*, in which he warned runners not to train through heavy colds, flu or viruses. At the time we largely dismissed the idea because we had to get our mileage in. Yet now it seems it may have been a sensible suggestion and that the high-intensity training we all did 40 or so years ago, through colds and illnesses, may have damaged our hearts, leading to valve damage, irregular heartbeat and AF.

Dr Chris Pepper, Consultant in Cardiology and Cardiac Electrophysiology at Nuffield Leeds Hospital told one of *Athletics Weekly's* readers: "It is well-recognised that long-distance competitive running increases the risk of atrial fibrillation. Some estimates put this at around twentyfold ... I am sure there is much to be discovered about the reasons underlying the increased risk of AF in runners."

My own cardiologist, Dr James Sneddon, agrees. However, the problem is, as my electrocardiologist, Dr Martin Lowe, explains, most GPs and even cardiologists typically see just one case of heart damage caused by high-

RIGHT: Martin Duff, the author of this article, paces a young Ian Stewart to a sub-four mile in Reading in 1969

intensity training during their careers and therefore do not recognise the symptoms or the cause.

In my survey, I found most with problems put it down to running, with responses such as:

- » “My cardiologist said he was aware of those in his area of expertise who suspect that marathon running (and presumably anything longer) can contribute to heart problems.”
- » “Running to a high training level over a lot of years.”
- » “Cardiologist said running might have contributed.”
- » “Running”.
- » “Athletes’ heart”.
- » “High-mileage training”.

Canadian cardiologist Dr Larry Cresswell, who writes on www.athletesheart.blogspot.com, told me: “Endurance athletes have a much greater risk of atrial arrhythmias than non-athletes. These arrhythmias aren’t generally life-threatening, but they do cause grief and often require treatment.” The problem is that the symptoms have to be recognised and the appropriate medication given.

AF, if not treated with blood-thinning drugs like aspirin, warfarin or Pradaxa, can lead to a stroke and it is important that GPs recognise the symptoms and get the diagnosis right. Failure to do so results in the stroke, as has happened to some runners.

An irregular heartbeat need not be a problem to the sedentary population because missing one beat with a pulse rate of, say, 60 means that there is a couple of seconds between beats rather than one.

If, however, the athlete’s heart rate is the more likely 30 or 40, then missing one beat can mean a gap of four seconds. Miss three beats and the gap is eight seconds and the athlete will feel dizzy when rising from a chair and will need a pacemaker.

So what action should present-day high-intensity trainers take?

- » Avoid running with flu or other viruses.
- » Avoid training while run-down.
- » Most importantly, gain regular monitoring by qualified personnel for the onset of any atrial arrhythmias.

Dr Andreas Wolff has carried out some very interesting research which shows that there is a link between high-intensity training and heart damage. He looked at 300 top male Finnish orienteers and compared them with a larger sample of non-athletes. Both sets were approaching 50 years of age. He found that there was a 5.8 times more frequent development of AF in the athletes.

The treatment referred to by Dr Cresswell is discussed by Wolff and the AF can be treated now in the first instance by drugs such as beta-blockers, Flecainide or similar. Only if that does not solve the problem should ablation (where a probe is inserted up an artery into the heart to mend damage) be tried. Finally, a pacemaker can be fitted to both ensure an adequate beat and limit the maximum.

I would very much like the results of my survey to be available to GPs and cardiologists so that they do not continue to miss the reasons for the symptoms that we are presented with. Dr Lowe is to receive a lot of data from me shortly and says that he has seen more than the odd case and is very interested in following up the research. He may well then publish something in *The Lancet*.



LEFT: Bill Adcocks, one of the world’s top marathoners during the Sixties, is one of many who have helped Martin Duff with research

One correspondent, Sandra Brown, says that critical factors for increased risk include:

1. An unsustainably high combined training and racing workload, compromising the immune system, which leads to inflammation of the heart, organs or muscles.
2. Combining high mileage training and racing with one or more of the following:

- » High-intensity running, at a level unsustainable for the individual, sufficient to undermine the immune system and cause inflammation of the heart or other organs and muscles.
- » Employment, home and other life factors contributing to stress on the system.
- » Dietary or genetic factors predisposing to stress on the system, with risk of metabolic syndrome, diabetes or heart disease.

Brown then adds her recommendations to athletes in order to avoid damaging strain on the system:

- » Don’t train or race when unwell.
- » Don’t race or train beyond exhaustion and make yourself unwell (as a committed athlete and high performer, I have done this in races several times).
- » Recognise when there are life and work stresses and back off to avoid overload.
- » Allow yourself to recover after races.

If any other long-term trainers would like to complete the heart questionnaire, please contact me at martinduff@btinternet.com

» **Martin Duff is a former 14:20 5000m runner who has logged over 130,000 miles in training. He has also completed a module in statistics as part of a diploma in management studies**

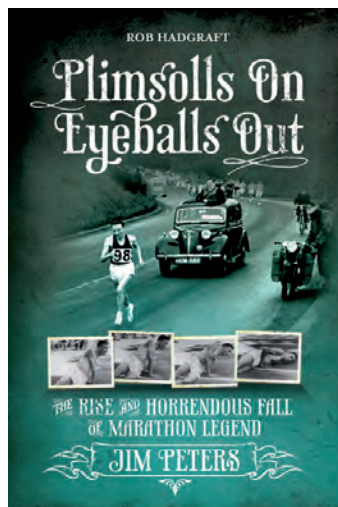
Plimsolls on, eyeballs out

A NEW BOOK BY **ROB HADGRAFT** TELLS THE ROLLERCOASTER STORY OF ONE OF THE WORLD'S GREATEST MARATHONERS

HALF a century ago, the career of Jim Peters was every bit as turbulent and exciting as Paula Radcliffe's is today. He revolutionised the marathon – smashing world records in style – and his collapse in the latter stages of the Empire Games in 1954 was every bit as dramatic as Radcliffe's disaster in Athens.

Rob Hadgraft's biography of Peters takes its title from the Woolworth's plimsolls he wore en route to becoming, among other things, the first man to break 2:20 for the marathon.

After being beaten into retirement as a track runner after finishing eighth in the 10,000m at the 1948 London Olympics behind Emil Zatopek, Peters re-invented himself as a marathon runner and claimed his first world record – knocking



a massive five minutes off the world record when he clocked 2:20:42 in the Polytechnic Marathon, on a course later judged to be slightly over-distance.

He then took the record under 2:20 with 2:18:40.4 in the Poly event in 1953 and followed this with further world record improvements – 2:18:34 in Turku and 2:17:39 again in the Poly race.

Fast times aside, Peters was renowned for his work ethic and vicious front running style.

After his fourth world record, *The Times* reported: "Like Zatopek, he looks as if he has to flog himself to achieve such astonishing times."

Hadgraft goes further, saying: "The mild-mannered dispensing optician from Essex became a demon running machine when he pulled on his kit. His motto was 'kill or be killed' and his fierce training programme horrified friend and foe alike."

Hadgraft adds: "Peters was no stylist, he lacked tactical nous, ignored conventional wisdom and ran 'ugly'. But guts and sheer bloody mindedness saw him grind out victories, no matter how harsh the conditions."

One race did break him, though. The Empire Games in 1954 in Vancouver was run in a heatwave and saw him collapse in 'Dorando Pietri style' in the latter stages. It made "women weep and grown men lose their lunch" – and even the Duke of Edinburgh turned away and couldn't bear to watch.

He never recovered from that experience and Hadgraft's book beautifully tells the story of his

magnificent rise and dramatic final fall. Distance legend Dave Bedford also contributes and writes in the foreword: "All these years later his name is still revered and he showed that by dint of hard work, dedication and guts, anything is possible."

» *Plimsolls on, eyeballs out: the rise and horrendous fall of marathon legend Jim Peters, by Rob Hadgraft, is published by Desert Island Books at £14.99*



» Bolt biography

STEVEN DOWNES, the well-known athletics writer and former editor of *AW*, has brought out a book that is certain to be a sure-fire hit in the run-up to London 2012 – a biography about Usain Bolt.



Usain Bolt – the story of the world's fastest man, chronicles his life, from his humble beginnings on the streets

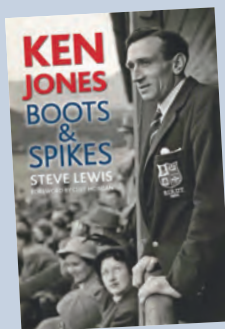
of Jamaica to world records and gold medals at the Beijing Olympics and World Championships in Berlin and Daegu.

This is a small paperback book minus the large colour photographs that fill other books that have been produced on the world's fastest man. But it is a light, entertaining read and written with flair and accuracy. It is also a track fan's delight as it contains a chunky section of stats at the back.

» *Usain Bolt – the story of the world's fastest man, by Steven Downes, is published by Sportsbooks at £7.99*

» Boots and spikes

KEN JONES was a top Welsh sprinter and rugby player. He won 44 caps for Wales and in athletics was a 4x100m medallist at the 1948 Olympics and team captain at the 1954



Europeans in Berne.

Now rugby writer Steve Lewis has told his story in a grand hardback book that features stacks of vintage black

and white photos.

» *Ken Jones – Boots and Spikes, by Steve Lewis, is published by Sportsbooks Ltd at £18.99*

» Snap happy

BUDDING sports photographers should be interested in an official London 2012 book that aims to guide rookie snappers through taking pictures of runners, jumpers

and throwers at next year's Olympic Games.

Andy Hooper, the chief photographer on the *Daily Mail*, offers advice on techniques and equipment, legal issues and general rules on taking sports snaps.

There are also chapters on the key sports with 12 pages dedicated to photographing track and field, for example.

» *Capture the Moment, a practical guide to sports photography – London 2012 and beyond, by Andy Hooper, is published by Wiley at £14.99*



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A NEW PUBLICATION FROM ATHLETICS WEEKLY

The Greatest Olympic Athletes

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- » Features on the greatest Olympic athletes of our time including Michael Johnson, Carl Lewis, Al Oerter, Kelly Holmes, Irena Szewinska, Jackie Joyner-Kersey, Daley Thompson, Seb Coe and many more
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Under-13 girls' rankings

75m

| | | |
|-------------|-------------------------|---------|
| 9.9 | Kennedy Bays | Brack |
| 10.0 | Lucy Hoad | Reig |
| 10.0/10.47 | Rebekah Tiler | Bing |
| 10.1/10.41 | Beth Leckie | Gate |
| 10.1/10.28 | Krystal Matthews | E&H |
| 10.1/10.19 | Kelly Chadwick | Sale |
| 10.1/10.35 | Isabelle Reynolds-Duffy | Sale |
| 10.1/10.11 | Isio Orogun | Dartf |
| 10.13 | Natalie Robbins | Edin |
| 10.15 | Nicole Farmer | B&B |
| 10.19 | Amber-Leigh Hall | Read |
| 10.2 | Erin Cunningham | Cov |
| 10.2/10.38 | Ebony Carr | Mil K |
| 10.2 | Grace Jacobs | AFD |
| 10.2 | Shya Pinnock | Glouc |
| 10.2/10.51 | Coralie Mido | Croy |
| 10.2 | Amelia Reynolds | Newp |
| 10.2 | Kaisha Buchanan | Mans |
| 10.2/10.20w | Jessica Leonard | SHS |
| 10.2/10.0w | Corey Wilson | C'field |

100m

| | | |
|------------|------------------|---------|
| 12.8/13.25 | Kennedy Bays | Brack |
| 13.00 | Krystal Matthews | E&H |
| 13.00 | Holly Kerr | Stroud |
| 13.0/13.22 | Amber-Leigh Hall | Read |
| 13.0 | Lucy Edmondson | B'nth |
| 13.0/13.07 | Yvette Westwood | Yate |
| 13.1/13.32 | Corey Wilson | C'field |
| 13.1/13.60 | Rebekah Tiler | Bing |
| 13.12 | Natalie Robbins | Edin |
| 13.14 | Amelia Reynolds | Newp |
| 13.16 | Alisha Rees | Banc |
| 13.18 | Chiamaka Okafor | Chelm |
| 13.20 | Lucy Hoad | Reig |
| 13.213/51 | Shannon McNeil | Bas |
| 13./13.50 | Alice Byles | Oxf C |
| 13.2 | Abby Newton | Roth |
| 13.2 | Modupe Shokunbi | Hav M |
| 13.2/13.39 | Lauren Cooper | Poole R |
| 13.2/14.49 | Neve Evans | Wrex |
| 13.24 | Casey Alexander | Shett |

150m

| | | |
|--------------|-------------------|---------|
| 19.1 | Amelia Reynolds | Newp |
| 19.39 | Kennedy Bays | Brack |
| 19.5/20.24 | Rebekah Tiler | Bing |
| 19.8 | Valentina Granata | VP&TH |
| 19.9/20.73 | Jessica Leonard | SHS |
| 19.99 | Isio Orogun | Dartf |
| 20.0/20.41 | Krystal Matthews | E&H |
| 20.0 | Yvette Westwood | Yate |
| 20.0 | Sydney King | H'gate |
| 20.0/20.42 | Rebecca O'Hara | Ton |
| 20.0 | Amber-Leigh Hall | Read |
| 20.0/21.64 | Ashlyn Bland | Gate |
| 20.07/19.93w | Natalie Robbins | Edin |
| 20.1 | Corey Wilson | C'field |

| | | |
|------------|--------------------|--------|
| 20.1/20.28 | Amber Alleyne | Harrow |
| 20.1/22.32 | Beth O'Shaughnessy | Liv H |
| 20.2/20.24 | Ebony Carr | Mil K |
| 20.2 | Lucy Hoad | Reig |
| 20.2/20.93 | Beth Leckie | Gate |
| 20.2 | Grace Jacobs | AFD |

200m

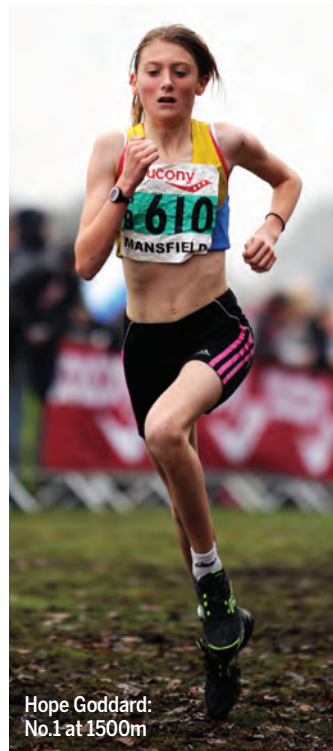
| | | |
|--------------|-------------------|---------|
| 26.78 | Amelia Reynolds | Newp |
| 27.00 | Isio Orogun | Dartf |
| 27.02 | Amber-Leigh Hall | Read |
| 27.03 | Shannon McNeil | Bas |
| 27.1/27.12 | Alice Byles | Oxf C |
| 27.15 | Kennedy Bays | Brack |
| 27.18 | Casey Alexander | Shett |
| 27.3 | Lucy Edmondson | B'nth |
| 27.3/28.39 | Ashlyn Bland | Gate |
| 27.3/27.65 | Amiker Best | Pit |
| 27.33/26.81w | Natalie Robbins | Edin |
| 27.4/27.65 | Krystal Matthews | E&H |
| 27.4/27.68 | Grace Jacobs | AFD |
| 27.4/27.49 | Lauren Cooper | Poole R |
| 27.4 | Modupe Shokunbi | Hav M |
| 27.45 | Lucy Hoad | Reig |
| 27.50 | Corey Wilson | C'field |
| 27.51 | Rebecca O'Hara | Ton |
| 27.56 | Zoe Steele | Bed C |
| 27.6/27.81 | Josephine Akoro | Chelm |
| 27.6/28.03 | Brittany Robinson | TVH |
| 27.6/27.27w | Yvette Westwood | Yate |
| /28.14 | | |

800m

| | | |
|---------|---------------------|---------|
| 2:21.4 | Cari Hughes | Menai |
| 2:21.98 | Sophie Tooley | W Suff |
| 2:22.3 | Rebecca O'Hara | Ton |
| 2:22.80 | Khahisa Mhlanga | Chelm |
| 2:22.95 | Anna Nicole Rowe | Liv H |
| 2:23.03 | Alex Barbour | WSEH |
| 2:23.77 | Jodie Judd | Chelm |
| 2:23.88 | Lucy Donaghy | Stock H |
| 2:24.3 | Ashton Greenwood | Spen |
| 2:24.5 | Elizabeth Greenwood | B'burn |
| 2:24.61 | Hope Goddard | Brack |
| 2:25.28 | Leah Davie | Pit |
| 2:25.4 | Lucy Parker | C&C |
| 2:25.58 | Sophie Davies | WSEH |
| 2:25.61 | Marella Whitfield | Harrow |
| 2:26.00 | Lucy Brett | DMV |
| 2:26.17 | Charlotte Stafford | Oxf C |
| 2:26.2 | Elisabeth Curzen | Soton |
| 2:26.26 | Ellie Brazil | Notts |
| 2:26.56 | Ruby Goodall | Corby |

1500m

| | | |
|---------|---------------------|--------|
| 4:45.38 | Hope Goddard | Brack |
| 4:47.84 | Sophie Tooley | W Suff |
| 4:49.0 | Elizabeth Greenwood | B'burn |
| 4:50.92 | Khahisa Mhlanga | Chelm |



Hope Goddard:
No.1 at 1500m

| | | |
|---------|---------------|--------|
| 4:54.46 | Cari Hughes | Menai |
| 4:55.09 | Sabrina Sinha | Camb H |
| 4:55.6 | Katie Hughes | C&N |
| 4:57.24 | Imani Wilson | Hallam |
| 4:57.35 | Alex Barbour | WSEH |
| 4:57.4 | Leah Davie | Pit |
| 4:58.05 | Lucy Parker | C&C |
| 4:58.09 | Niamh Brown | Reig |
| 4:58.24 | Grace Goddard | Brack |
| 4:58.61 | Hannah Thear | Chilt |
| 4:59.45 | Jodie Judd | Chelm |
| 4:59.91 | Niamh Brown | Cambus |
| 5:01.6 | Rebecca Craig | Kilb |
| 5:01.9 | Sophie Davies | WSEH |
| 5:01.9 | Laura Stark | Kilb |
| 5:02.21 | Isobel Davis | Leam |

70m hurdles*

| | | |
|-------------|-------------------|---------|
| 11.38 | Millie Cavanagh | Soton |
| 11.47 | Jessica Appeagyei | VP&TH |
| 11.6 | Hollie Williamson | Shrews |
| 11.66 | Chloe Esegbona | Stoke |
| 11.7/11.78 | Sarah Omoregie | P'broke |
| 11.72 | Amber-Leigh Hall | Read |
| 11.8/13.53 | Olivia Williams | W Ches |
| 11.85 | Lois Drummie | E Grin |
| 11.85 | Brittany Wood | R&N |
| 11.89 | Alice Hopkins | Oxf C |
| 11.89 | Chanda Lamb | Ton |
| 11.9/11.92 | Faye Gibbon | B&V |
| 11.9/11.92 | Georgia Silcox | Yeov O |
| 11.9/12.13 | Molly Thomson | Liv H |
| 12.0/12.69i | Lauren Brown | C&S |
| 12.0/12.46 | Sydney King | H'gate |

MARK SHEARMAN

| | | |
|------------|-------------------|---------|
| 12.0/12.02 | Pippa Reilly | N Som |
| 12.0/12.04 | Annalise James | Gate |
| 12.0/12.38 | Isabel Fumpston | Poole R |
| 12.0/12.04 | Maya Stewart-Riza | I'ness |

High jump

| | | |
|------|-------------------------|---------|
| 1.55 | Emily Thorpe | AFD |
| 1.55 | Anyia Turner | Exe |
| 1.53 | Rebecca Oliver | Sheff |
| 1.51 | Abby Ward | Wake |
| 1.50 | Hollie Williamson | Shrews |
| 1.49 | Sienna Sexton | Norw |
| 1.49 | Evie Gubb | N Dev |
| 1.49 | Megan Close | Worth |
| 1.48 | Isabelle Cain-Daley | Strat |
| 1.47 | Philippa Monk | G&G |
| 1.47 | Rebecca Hawtin | D&T |
| 1.47 | Natoya Rimmer | Gt Yar |
| 1.46 | Beth Keswick | W Suff |
| 1.46 | Jamiyla Robinson-Pascal | B&B |
| 1.46 | Phoebe Tan | Lisb |
| 1.45 | Millie Cavanagh | Soton |
| 1.45 | Shereen Raouf | S'end |
| 1.45 | Ria Fairnington | Morp |
| 1.45 | Sian Keegan | M&M |
| 1.45 | Breagha Campbell | Herne H |
| 1.45 | Lois Drummie | E Grin |
| 1.45 | Amara Francis | Harrow |
| 1.45 | Lauren Grubb | Ips |
| 1.45 | Katie Bower | Sheff |
| 1.45 | Anna Marshall | SMR |

Pole vault

| | | |
|------------|---------------------|--------|
| 2.60 | Kerenza Hurr | Corn |
| 2.53i/2.52 | Rebecca Gray | Corn |
| 2.40 | Bethany Trevail | N&P |
| 2.40 | Carys Jones | Carm |
| 2.40 | Stephanie Broomhead | Harrow |
| 2.35 | Molly Caudery | Corn |
| 2.30 | Lauren Eckersley | Nerja |
| 2.23i/2.22 | Emma Martin | E&H |
| 2.23i/2.20 | Tamsin Campbell | Craw |
| 2.20 | Bethany Newton | Notts |
| 2.10 | Ffion Llewellyn | B'end |
| 2.03i | Polly Saunders | Lewes |

Long jump

| | | |
|------|-------------------|--------|
| 5.10 | Millie Cavanagh | Soton |
| 5.00 | Hollie Williamson | Shrews |
| 5.00 | Holly Kerr | Stroud |
| 4.89 | Chloe Hughes | Dees |
| 4.83 | Jasmin Hedman | NEB |
| 4.81 | Natrika Wildman | Pend |
| 4.77 | Annabel Kitchen | H&F |
| 4.76 | Molly Melling | Prest |
| 4.75 | Alice Byles | Oxf C |
| 4.75 | Emily Thorpe | AFD |
| 4.75 | Sinmi Solanki | E&H |
| 4.72 | Millie Fakande | Cwmb |

| | | |
|------|------------------|----------|
| 4.70 | Lucy Hoad | Reig |
| 4.67 | Leigh Thompson | VP&TH |
| 4.66 | Kelly Chadwick | Sale |
| 4.63 | Esther Banks | Suss Sch |
| 4.63 | Lois Drummie | E Grin |
| 4.63 | Ashton Greenwood | Spn |
| 4.62 | Corey Wilson | C'field |
| 4.61 | Hannah Lincoln | Roth |

Shot (2.72kg)*

| | | |
|-------|-------------------------|----------|
| 11.11 | Sophie Mace | Walton |
| 10.44 | Gemma Kinsley | Wig D |
| 10.33 | Bethan Lewis | Carm |
| 10.09 | Sarah Omoregie | P'broke |
| 10.08 | Leah Hillman | Pend |
| 9.94 | Jessica Hirst | Hal |
| 9.83 | Sophie Ullah | Sale |
| 9.75 | Melissa Bird | Chelt |
| 9.66 | Natalie Robbins | Edin |
| 9.49 | Millie Cavanagh | Soton |
| 9.38 | Akina Gondwe Onobrauche | B&B |
| 9.37 | Luisa Chantler | Oxf C |
| 9.13 | Katie Stark | I'ness |
| 9.12 | Brittany Wood | R&N |
| 9.10 | Kira Walker | Ports |
| 8.97 | Stephanie Howe | WG&EL |
| 8.95 | Rebekah Tiler | Bing |
| 8.88 | Alisha Levy | SNH |
| 8.86 | Sophia Wybourne | Soton |
| 8.85 | Samantha Haftke | Kent Sch |
| 8.85 | Jody Edwards | K&P |



Millie Cavanagh: top of long jump, hurdles and pentathlon lists

Discus (0.75kg)*

| | | |
|-------|--------------------|----------|
| 38.20 | Sophie Mace | Walton |
| 32.13 | Nnenna Eronini | VP&TH |
| 29.56 | Melissa Bird | Chelt |
| 28.87 | Luisa Chantler | Oxf C |
| 26.42 | Mary Flockhart | I'ness |
| 26.24 | Leah Hillman | Pend |
| 25.82 | Bethan Lewis | Carm |
| 25.28 | Ashleigh Dekker | Hant Sch |
| 24.89 | Sarah Omoregie | P'broke |
| 24.85 | Jenny Pyatt | H&F |
| 24.60 | Gemma Kinsley | Wig D |
| 24.53 | Anna Barnett | B&B |
| 24.44 | Phillippa Davenall | Col H |

| | | |
|-------|------------------|-------|
| 24.40 | Amber Rimington | Dees |
| 24.26 | Alisha Levy | SNH |
| 24.19 | Rebecca Porter | Pit |
| 23.84 | Jade Alexander | Brack |
| 23.66 | Stephanie Howe | WG&EL |
| 23.60 | Nancy Harman | B&H |
| 23.54 | Freya Gutteridge | Hav M |

Javelin (400g)*

| | | |
|------------------------|-----------------------|----------|
| 33.13 | Alisha Levy | SNH |
| 31.94 | Leah Hillman | Pend |
| 30.78 | Laurie Dawkins | Exe |
| 30.06 | Gemma Kinsley | Wig D |
| 29.82 | Bethan Rees | C&S |
| 29.69 | Ellie-Jo Doran | Carl |
| 29.57 | Mary Flockhart | I'ness |
| 29.42 | Lara Charman | B&H |
| 29.06 | Millie Cavanagh | Soton |
| 27.89 | Megan Mingle | SSH |
| 27.69 | Laura Graham | Suff Sch |
| 27.62 | Francesca Garrott | Tel |
| 27.35 | Rosie Stanton | Newb |
| 27.18 | Arabella Heap | C'field |
| 27.13 | Bella Taylor | Som Sch |
| 26.45 | Jenny Pyatt | H&F |
| 26.44 | Anya Turner | Exe |
| 26.38 | Amelia Ritchie | Suss Sch |
| 26.12 | Catriona Jamieson | Horsh BS |
| 25.99 | Emilie Knights-Toomer | Ashf |
| Resident non-UK | | |
| 26.21 | Naoimh McGranaghan | Finn/IRL |

Pentathlon*

| | | |
|------|-------------------|----------|
| 2459 | Millie Cavanagh | Soton |
| 2426 | Breaghna Campbell | Herne H |
| 2341 | Molly Thomson | Liv H |
| 2267 | Amy Stone | Der |
| 2182 | Kelsey Wilson | Donc |
| 2110 | Alice Hopkins | Oxf C |
| 2071 | Lois Drummie | E Grin |
| 2068 | Anya Turner | Exe |
| 2058 | Erin Bateman | Horsh BS |
| 2023 | Amy Montgomery | Lag V |
| 1996 | Sophie Ullah | Sale |
| 1943 | Ash Colvin | BWF |
| 1922 | Alison Crocker | Craw |
| 1915 | Sian Keegan | M&M |
| 1912 | Abigail Moss | Chich |
| 1902 | Ada'ora Chigbo | N Som |
| 1892 | Katya Oldfield | Ports |
| 1863 | Reagan Binnie | Law |
| 1859 | Ellie Grace | Donc |
| 1857 | Holly Fielder | Inv EK |

* age-group implements/hurdles

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A 'legend' before his time

JACK KIRBY IS ONE OF BRITAIN'S MOST TALENTED HURDLERS, WRITES **STEVE ROE**

HILLINGDON AC's Jack Kirby knows all about the name calling at his club, writes *Steve Roe*.

Billy Thornhill, once his team-mate, is known as "Billy Goat" and Jack's training partnership with Jack McDermott has earned the two chums the title "Chuckle Brothers". Jack himself is known as "the Ledge".

But the light-hearted banter and the sobriquets aside, there is something serious about 15-year-old Jack – his undoubted status as one of the country's most promising young hurdlers.

His pathway to success began with numerous victories, sprint races generally, at primary school. He started hurdling after moving to secondary school, having by that time joined Hillingdon. "My mate's aunt worked in the council's sports and development department and she advised me to join the club," he remembers.

Although Jack topped Hillingdon's rankings in a few events during his first season, it was in his second year as an under-13 that he started winning and showing real progress, as a hurdler. Then, in 2009, a 12.175 hurdles time ranked him fourth nationally.

The year 2010, when victory in the under-15 Middlesex 60 indoor hurdles gave Jack his first county title, was a learning curve. "The hurdles were higher and I was facing older athletes," he explains.



Jack Kirby: top-ranked British under-15 boy in the 80m hurdles in 2011

Jack's longstanding coach, Angela Wilcox, says: "We work on the technical side of the hurdling. But for speed he is in Claire Thompsett's group. I think being with a different group (for the sprints) is very beneficial for him."

Jack confirms: "Knowing I have done the speed work means I can tackle the hurdles with confidence."

The coaching was clearly pivotal when Jack moved to 80m hurdles this year. He finished it No.1 in the UK rankings and won all his races – except for one at the English Schools Championships, where he fell and broke his wrist in the semi-final. Jack, who had won his heat with 11.08, which would have won the final, says:

"My first hurdle was good in the semi-final, then I tried to speed up to reach the second. But my body was in front, I was leaning too far forward. And with my legs going lower and lower I just fell and landed on my wrist. I knew straight away it was bad."

After a six-week lay-off, it was as if he had never been away when he won both heat and final in the Southern Inter-Counties Championships at Abingdon.

Three weeks later, to prove his versatility, the teenager improved his long jump PB to 5.75m, an under-15 league record in an Alder Valley League match.

Of the long jump and high jump, Wilcox says: "I have no doubt Jack could be top-10 ranked in both, but he has chosen to concentrate on the hurdles. I honestly feel that next year, as an under-17, that he will hold his own in the 100m hurdles."

Although his coach will not make predictions about what Jack might achieve time-wise next summer, he has in mind a 100m hurdles time of

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14.2 or under. It would mean qualification for the English Schools. Highlighting the frustration of what happened this year, Wilcox says of his heat: "Honestly, he was in a different class in that race. The other athletes were hardly over their final hurdles when he finished."

Jack's dad, Anthony, agrees and, being a 7.42m long jumper in his youth, knows a thing or two about good performances.

One thing that the athlete, father and coach agree on is that the 400m hurdles is not on Jack's agenda. "No, because anything further than 200m and Jack would prefer to take a cab," says Wilcox wryly.

"I have no doubt Jack could be top-10 rated in both but he has chosen to concentrate on the hurdles"

ANGELA WILCOX, on Jack Kirby's decision to choose hurdles over the long jump

FACTFILE JACK KIRBY

| | |
|--|---|
| Born: November 5, 1996 | Achievements: |
| Club: Hillingdon | 2010 (U15) 60H: 1st Middlesex Champs (i). 80H: 3rd Middlesex Champs |
| Coach: Angela Wilcox | |
| PB: 60H: 8.91 (i). 75H: 12.1. 80H: 11.08/11.0. HJ: 1.50. LJ: 5.75 | 2011: (U15) LJ: 3rd Middlesex Champs (i). 60H: 1st Middlesex Champs (i). 80H: 1st Middlesex Schools; 1st Southern Inter-Counties Champs; 1st Middlesex Champs |

Don't treat U17s as children

THE CONTROVERSIAL NEW UNDER-17 COMPETITION RULE PROPOSAL HAS DIVIDED THE SPORT. DR PHIL THOMAS EXPLAINS WHY IT SHOULD NOT HAPPEN

SWANSEA Harriers' proposal to stop under-17 athletes taking part in senior competition is based on false assumptions, unproven assertions, an absence of evidence and will be injurious to athletes' development and progression and to the sport as a whole. In seeking to apply change on a "one size fits all" proposition, the proposal is divorced from the reality of competition at grass roots level.

Swansea claim: "The past is littered with a number of athletes who are outstanding at under-17 and junior levels, but who for a number of reasons don't figure largely when they are seniors." No one would dispute this but their conclusion "that overusing may be a contributory factor in this well documented dropout rate" is an assertion without evidence and represents their opinion, not proven fact. Among females in particular there is no evidence to suggest that Swansea's opinion is well-founded.

The main reasons for females dropping out at under-17 level are boys and booze. Other significant factors having an impact include part-time work (evenings and weekends), a burgeoning social life, examinations and the discovery that athletics is not the only sport in the world – especially if their boyfriend plays another sport.

I find it amazing that Swansea make no reference to the impact of hormonal changes on the female psyche which is central to triggering the other



DETTMANN/ISTOCK

factors referred to above. The only reliable evidence would be exit surveys conducted when athletes leave the sport. Swansea provide no such evidence. In its absence all that is available for consideration is anecdotal and that does not support Swansea's assertions.

As for the impact of exams, this applies no matter which league under-17s compete in. To suggest that under-17 athletes will be adversely affected during their exam period by competing in the senior league rather than the YAL or NJL is irrelevant nonsense.

The proposal is also contradictory because, while it wants to prevent under-17 athletes competing in senior leagues, it is willing to allow "exceptional athletes ... having been identified as more able and talented" to compete at national and international championships. They say: "We feel that it may be possible to allow for special contingencies to be made for the few athletes to whom this refers, subject to specified standards being achieved, and provided that

there are safeguards in place to prevent the potential abuse of their abilities."

This appears to be modified by the suggestion that only under-17s who appear in the top ten of senior rankings should be identified as "exceptional". Yet there appear to be no such athletes in the current men's rankings and a handful in the women's rankings. Even the most cursory glance at the junior rankings draws attention to the poor level of competition in the NJL which is why many under-17s choose senior competition instead. Forcing athletes to compete in a league which does not meet their developmental needs will lead to disillusion and departure.

In addition, it is nonsensical to claim that preventing under-17s from competing in senior leagues extends the club's 'duty of care' towards athletes. A club's duty of care already includes pro-active involvement through the club's competition policy and the coaching advice offered within that policy as to which level of competition is suitable for each athlete.

By preventing under-17s from competing at their appropriate level of competition athletes would know they are being forced to compete below their ability. This would discourage, not encourage, their participation. Most clubs do exercise their duty of care and select athletes for events suited to their development and talent. Swansea should not assume otherwise without producing evidence.

The Swansea proposal is based on unfounded assumptions and assertions. It does not take account of what is happening at grassroots. It cannot be in the interest of a talented under-17 athlete to take part in competition based on age when the standard is below that they are capable of achieving by competing against senior athletes.

The claim that under-17 drop out rates are significantly affected by their competing against seniors is an urban myth. In brief, passing the Swansea proposal without undertaking proper structured research based on exit surveys, is making change based on ignorance and prejudice. As such they should be rejected and UKA should establish a credible research programme for the benefit of athletes rather than the satisfaction of committees.



MARK SHEARMAN

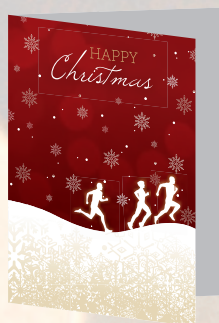
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» Less nannyism

APART from the fact the proposed new rule to bar under-17 athletes from senior competition is contradictory and practically unworkable, it is completely unnecessary and counter-productive to our sport.

The proposal starts from the standpoint that the under-17 age group is the most vulnerable to being overexposed to competition and that overusing under-17s may be contributing to their leaving the sport. Yet no evidence is given to support this.

To make this true, it must be assumed that club committees, coaches, team managers and parents are wilfully colluding in ensuring that every under-17 is taking part in every competition available to them and that each is incapable of exercising any care and discretion in the discharge of their respective duties. We must also assume that these under-17s are also either part of this collusion or are being coerced in some sort of Dickensian tragedy.

Not only is this nonsense, but insulting to the hard work put in by those involved, particularly the clubs, whose skill and knowledge in advising parents and athletes is otherwise being called into question.

Similarly, we recognise that "pushy" parent syndrome does surface from time to time. However, the dangers of overexposure are well-known and there is sufficient knowledge and experience among the volunteers within our clubs to deal with such situations.

As a sport, we should be seeking to offer as many opportunities for participation across as many different ranges of ability as possible so athletes

have a choice (this applies to all age groups). Thereafter, we should continue to give the benefit of trust that our volunteers deserve in guiding athletes to exercise that choice.

The under-17 age group is one that particularly benefits from as wide a choice as possible, as it is arguably the age group with the greatest range of abilities. Further, under-17s face GCSEs and are likely to miss fixtures early in the season and thus find themselves with fewer fixtures to attend, so it is clear that maximising their competition opportunities is desirable to maintain their interest.

Finally, it is suggested this rule should not apply to those with precocious talent, provided they meet some sort of standard. How would this work? Who would set the standard? Who would be responsible for checking that the standard had been met? Who would be penalised if an athlete without the standard competed, either by accident or design and how would they be penalised?

But most importantly, why should exemptions be only for the precocious? How does being exceptional make the potential for over competition any less detrimental? Notwithstanding that this is simply elitist, it is demonstrably unworkable.

So, please can there be less "nannyism" and more respect for our clubs and the volunteers who give so much of their time for our great sport?

Matthew Hargreaves,
Tamworth AC

» U17 rule outrage

THE under-17 rule proposed by Swansea, supported by UKA and Lord Coe is now endorsed

LETTER OF THE WEEK

» A true cross-country course

IT WAS a refreshing change to get a real cross-country course at the recent British and Irish Masters International in Glasgow. One of the attractions of cross country should be the variety of courses, but in recent years cross-country courses generally have been dumbed down and many are instantly forgettable. One might as well hold some races on the road.

I thought the course to be generally fair and not treacherous to those with good descending technique. I could name one or two long-established courses down South which are steeper and scarier than Bellahouston Park. However, I accept these are the exception rather than the rule, so descending has

become a neglected art these days, and some people had problems as a result.

Saying this, I would have made two minor changes to the Bellahouston course. I would have relocated the start further away from the first hill so that the runners were a little more spread out when they reached the first descent. There was also a tarmac path crossing halfway down this descent and it would have been helpful to have this covered in the carpet, etc, used to such good effect for path crossings elsewhere on the course.

So thanks, SVHC, for a memorable course and for a good weekend overall. Just a shame about the weather!

Geoff Newton, M65 runner

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by the editor of *Athletics Weekly*. This suggests things are getting desperate and the rule change will be rejected.

What of Clovis Asong, Jessica Judd and Emelia Gorecka and their fragile and developing minds and bodies? Well, Gorecka is an under-20, so a bad example. Will Asong and Judd give up athletics next year? I don't think so. They don't appear to have been thrown into any senior leagues for a point either.

I hope the editor's post box is full of indignant letters from their parents and coaches on his statement about their minds and bodies and will shortly be the ex-editor. Lord Coe also needs to ask for the full facts before supporting rule changes. He should stick to looking after the Olympics.

Why are Swansea so keen on banning under-17s from

competing when they don't use them in their senior leagues? Swansea are a large club and probably have no understanding of what it's like trying to find adequate competition for under-17s in a small club.

The introduction of the new leagues will hasten the departure of under-17s, not ensure their retention. Try relying on their coaches who know them best.

As for UKA, let's have the full facts and an in-depth study before supporting rule changes.

Start by looking at the under-13s that compete 70 to 80 times in a season and see how many of them drop out.

Terry Letheby, Walton AC

SEB COE has not endorsed a rule change, as far as we are aware, although he wrote the foreword for the 2013 UK Youth Development League – Editor

Eilish McColgan

SCOTTISH RECORD-HOLDER FOR 3000M STEEPLECHASE EXPLAINS HER COMEBACK FROM INJURY

SINCE breaking the navicular bone in her foot at the Aviva London Grand Prix in August, Eilish McColgan has come through the hardest period in her life. However, the resilient 21-year-old is well on the road to recovery and says that the injury has not altered her goal of making the team for the London Olympics over 3000m steeplechase next year.

Despite sustaining that injury in a water jump at Crystal Palace, the UK trials runner-up went on to run another 550m to set a Scottish record and Olympic 'B' qualifying mark of 9:44.80.

She says: "I almost walked over the final water jump so I know I can run faster. I now have three metal screws going through the bone to hold it all together. The whole experience has been very difficult, but it has made me stronger."

She is guided by her mother Liz, the 1991 world 10,000m champion and former London Marathon winner. Having such high-achieving parents – her father Peter represented Northern Ireland at steeplechase – can bring her unwanted pressure, but she says she benefits from their experiences.

She also takes advantage of being part of one of the highest-calibre distance-



MARK SHEARMAN

Eilish McColgan: 9:44.80 for 3000m steeplechase in 2011 and hopes to qualify for the London Olympics

running groups in Scotland, based at Caird Park in Dundee, which includes fellow GB internationals Morag MacLarty, Jenny Tan and Sarah Kelly.

When she regains full fitness, she will do a track session, a sustained treadmill run and a tempo road or grass session each week during the winter, interspersed with lots of steady running.

Her training regime has been very different of late because of the injury. She explains: "My rehab has gone really well and I am further ahead than scheduled. The programme incorporates many mind-numbing exercises for my foot which also involves some work on the trampette and in the pool. It takes hours to complete each day, but I have been doing it religiously. I can't wait to start training properly again and will gradually increase the amount of running I am doing until I am fully fit."

Depending on how her rehab progresses, McColgan may go on the UKA altitude trip to Kenya in January, but certainly hopes to be in Font Romeu in April and also go

"It was only when she smartened up her diet that she started to realise her potential. She used to eat a large burger and chips from McDonalds every day for lunch!"

to Portugal with her training group. In order to focus her attention on training for 2012, McColgan, who works part-time in Sweatshop and is on UKA development funding, is on a year out from her maths and accountancy degree at Dundee University.

Although she was Inter-Counties champion at under-13 level, she says it was only when she smartened up her diet that she started to realise her potential. She used to eat a large burger and chips from McDonalds every day for lunch!

» The above sessions are specific to the individual athlete and may not be suitable for other athletes. Eilish McColgan was interviewed by Emily Moss

» Typical weekly training (winter)

| | |
|-----------|--|
| Monday | (am) 5 miles easy (7:15 pace) (pm) 5 miles easy (6:55-7:00 pace) |
| Tuesday | (am) 5 miles easy (7:15 pace) (pm) Track session such as: 20x400m (1 minute recovery) or 2000m, 1000m, 800m, 600m, 400m, 200m (90, 60, 45, 30, 20 seconds recovery) |
| Wednesday | (am) 5 miles easy (7:15 pace) (pm) 5 miles easy (6:55 pace). Sit-ups, core, gym ball work, bodyweight exercises |
| Thursday | (am) 5 miles easy (7:15 pace) (pm) 3 miles sustained on treadmill (5:20 pace) |
| Friday | Rest if tired or: (am) 5 miles easy (pm) 5 miles easy |
| Saturday | (am) Road/grass session 1.5 mile hard run. 8 hill sprints. 3 mile hard run (pm) 5 miles easy (7:15 pace) |
| Sunday | 8-9 miles (7:10 pace). Sit-ups, core, gym ball work, bodyweight exercises |

FACTFILE EILISH MCCOLGAN

| | |
|---------------------|--|
| Club | Dundee Hawkhill |
| DOB | November 25, 1990 |
| Coach | Liz McColgan |
| PBs | 1500m 4:14.44 (2011). 3000m 9:19.07 (2011). 5000m 15:52.69 (2011). 3000mSC 9:44.80 (2011) |
| Achievements | |
| 2011: | European U23 SC 6th. UK World Trials 5000m silver. BUCS 2000mSC gold. UK Indoor Trials 1500m 4th. BUCS Indoor 1500m bronze. European Team Championships SC 9th |
| 2008: | Commonwealth Youth Games 1500m 9th, 3000m 8th. Scottish U20 1500m silver. Scottish Senior 3000mSC silver |
| 2007: | Scottish U23 1500mSC silver |
| 2006: | Scottish 1500m silver. Scottish Schools 1500m silver. Scottish U23 1500m silver. |

Wheels in motion

HAYLEY GINN SPOKE TO **PAUL ODERMATT**, THE COACH OF MULTIPLE WORLD RECORD-HOLDER **MARCEL HUG** OF SWITZERLAND, ABOUT THEIR SUCCESSFUL PARTNERSHIP

Atletics Weekly: How did you get into coaching wheelchair racing?

Paul Odermatt: More than 20 years ago I was teaching at a school for the disabled and that's where it started. I had kids in wheelchairs and I also began working with racing chairs. I did this for some time and then I studied as a coach in Switzerland, which began to grow and within the last 12 years I have become responsible for all of the juniors. Switzerland is not so big, it is very comfortable, so I can go to different parts of Switzerland to coach. Most of the juniors come to Nottwil for training three to four times per week and, alongside them, I also work with Marcel on the elite side who trains twice a day.

AW: On what do you base your coaching philosophy?

PO: One of the important things for me is that I try to understand the athlete. Who is this athlete? What are they able to do? What are their weaknesses? Then I try to develop their strengths so I focus on their good side first. I never work on the problems first. For example, if I was working with an athlete that was very good at starts, then this would be a very good place for me to start working. It's the same in lifestyle too. As time moves on, the other areas that the athlete is not so strong in I try to develop over time slowly – but first I try to see only the positives.

AW: How do you begin to build on the negatives?

PO: When we are working on the athlete's positive side, piece by piece we can also involve the negatives or problems that they have. First, the athlete must believe, "I am good!" but the problem is that most young athletes spend more time with a negative attitude and say things like, "I cannot do this," or "I have problems at school".

It is often the case that the junior disabled athletes have come from a background where people have always focused on the negatives. So once the athlete can find something they are good at and can say, "I am good at that," we package the



Coach Paul Odermatt gives advice to wheelchair racer Marcel Hug

things that they are not so good at, such as coordination, and build it in one small piece at a time. In training I would start introducing small exercises that would develop the weaker areas, but I wouldn't tell the athlete. Instead I would say, "you need to work on this," and not over-emphasise it.

AW: If you went through your week, starting Monday through to Sunday, at this time of the season, what would Marcel Hug be doing each day?

PO: Monday morning he has a French lesson as he is currently learning some different languages. After that, we have our first training session of the week on the track in the afternoon. Then in the evening he has a gym session. Monday is focused on shorter distances.

The first part of the session is coordination, so he spends 15 minutes pushing left, right, forward and so on. Marcel is very good at this and has a repertoire of different exercises. It may sound a little strange, but I also try to work with rhythm. This means, for example, I have Marcel push once on the left, once on both and once on the right. We start slowly and then build up the pace of these drills. We might change the pace of pushing, so perhaps four short, four long, four short, four long and then faster and faster. Then we might take things in twos, so two short, two long and so on.

Marcel is now able to do one short, one long, one short, one long very quickly.

On a Tuesday morning we would do a session indoors out of the chair – normally floor-based exercises. We also use medicine balls for exercises that develop push-strength, including overhead and simple push-throws.

Most times Marcel works with a training partner for these types of sessions. An example exercise would be one where they would both have a bar to support them while they kneel trying to push each other over. In the afternoon we have another session on the track and then in the evening again. The Tuesday afternoon session is more endurance-based and in the evening it is technical and short.

In the morning on a Wednesday he has another session on the track, road, or roller when the weather isn't good followed by another track session in the afternoon or evening followed by the gym.

AW: On a Monday you have taken a more short-to-long approach with around a 70 per cent focus on speed in the afternoon followed in the evening by a 5km or fartlek-based session. Then on the Tuesday, is it reversed?

PO: Absolutely right. On the Tuesday evening there are more athletes, so we can work on elements such as drafting one

another or starts with particular focus on practising positioning from the start of the 800m and 1500m.

As Marcel is the strongest athlete of the group I am always making sure that he is being worked. Therefore, I will often make him start behind, to the side or in an awkward position in relation to the other athletes so that he has to work harder. I will sometimes put cones down and instruct him that he must be in front of all the other athletes by the time he reaches the cone.

Sometimes I mark out a corridor that Marcel must stick in and get through before he is obstructed so that he gets to know the optimal position or racing line. This also helps push the other athletes in the group to chase or practise difficult starts and puts them in a simulated competition environment.

AW: So back to Wednesday. After the track session, you are back in the gym in the evening, while in the morning you might have been on the rollers so that might well be a fairly relaxed session. How does a Thursday look?

PO: On the Thursday morning Marcel will have another core or stabilisation session

“As Marcel is the strongest athlete of the group I am always making sure that he is being worked. Therefore, I will often make him start behind, to the side or in an awkward position in relation to the other athletes so that he has to work harder”

and he has an EMS (electrical muscle stimulation) session once a week.

This depends on where we are in the year. If we are preparing for a competition, it is more for activation. If it is following a competition such as the Virgin London Marathon, it will have a relaxation approach.

In the afternoon on the Thursday he will have another track session where we do short-work, starting with accelerations and then top speed plus work over 400m.

In the evening we are back on the track with more athletes when he will have distances from 1500m up to 5000m.

On a Friday morning he rests and in the evening he has a short gym session.

On Saturday mornings he is normally free to rest as well, but sometimes it depends upon the location.

There are times when we will train in the morning at Nottwil and then he rests in the afternoon, whereas at other times he has the morning free and we train in the East part of Switzerland in the afternoon. His family lives in the east part, so when he goes home to visit them we train there instead.

AW: So what would that Saturday session typically look like?

PO: Normally at this time of the year when preparing for the track events, this would be on the track, but in the fall this would be on the road. We have a very good road without cars and in the winter time we can go up as far as half-marathon distance. So for example, when building up for the marathon, he did a half or a marathon on the road. With the exception of competition falling on a Sunday, the Sunday is always rest.

» Hayley Ginn is UKA apprentice coach for Paralympic sprints and wheelchair racing

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Weighty workouts

DISTANCE RUNNERS LIKE TO RUN, BUT TO MAKE THEM STRONG AND PERFORM EVEN BETTER, THE FOLLOWING SIMPLE EXERCISES CAN BE INCLUDED IN THEIR WEEKLY WORKOUTS, WRITES **ROY STEVENSON**

Upper-body exercises

Bench press

PLACE weight on the bar and lie on your back on the bench. Hold the bar about an inch above your chest, with hands elbow-width apart. Push the bar smoothly towards the ceiling, until your arms are straight. Return the bar to its original position. Keep your shoulders retracted back, and do not push upwards with your back.



START



FINISH

Seated row

THIS requires a machine. Sit with your arms outstretched and chest against the chest pad. Reach forward and grip the handles tightly. Pull the handles back with a rowing motion, then forwards again until your arms are nearly straight.



START



FINISH

Overhead press

THIS can be done on a machine or using a bar or dumbbells. Using a machine is recommended for beginners. Adjust the seat so your shoulders are below the level of the handles. Grasp the handles and push upwards until your arms are nearly straight. Lower gently down until your elbows are parallel with the ground.

With barbells: straddle a bench in sitting position, with legs apart for support. Hold barbell at chest level and raise it above your head to full arms length while keeping back straight. Return barbell to original position. Exhale each time you push the bar up.



START



FINISH

Lat pull down

USE a machine for this. Grasp bar with hands wide apart and sit down. This will pull the weight up. Sit down and lock your thighs underneath the support bar. Leaning backwards at about a 60-70 degree angle, pull the bar downwards, keeping your elbows pointing outwards. Pull the bar down to your upper chest, then slowly release it back upwards until your arms are straight. Keep your shoulders in their joint and do not let them be pulled upwards beside your ears.

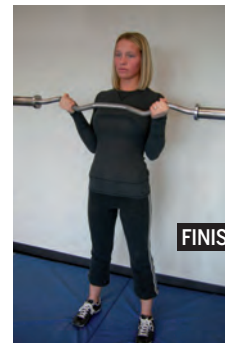


START



FINISH

START



FINISH

Bicep curl

STAND with barbells in front of you, hands shoulder-width apart in underhand grip. Keep your elbows at your sides and using only your lower arms, raise the bar to your chest. Return to starting position. This can also be done with dumbbells.



Tricep extension

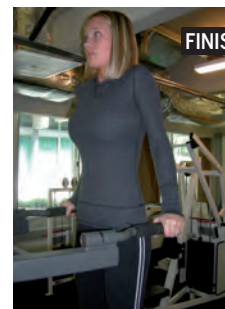
GRASP barbell in the middle, with hands about 30cm apart. Raise the bar over your head, extending your arms. Then lower the barbell behind your neck. Raise to straight above your head again.

Dips

YOU'LL need a machine for this. Stand on counterweight and hold the handgrips by your sides. Slowly lower yourself downwards until your arm is at a right angle at the elbow. Then extend your arms until they are straight again.



START



FINISH

Core exercises

Sit-ups

GOOD old-fashioned sit-ups can be effective for runners. Place feet under a bar or have someone hold them down. Position knees at right angles, and start lying on back. Pull yourself up until your elbows touch your knees, then slowly lower yourself back to the mat. Do not bounce off your back.



Back extensions

THIS is best done on a simple back-extension machine. Place the back of your calf muscles against the foot rack. Start in the downward position with hips bent at 90 degrees. Slowly contract your back muscles to raise your trunk in a straight line with your legs. It is not necessary to arch your back upwards.

Lie with abdomen across bench, waist just over the edge of the bench. Have someone hold your ankles firmly and do the same exercise as above.



Leg exercises

Leg press

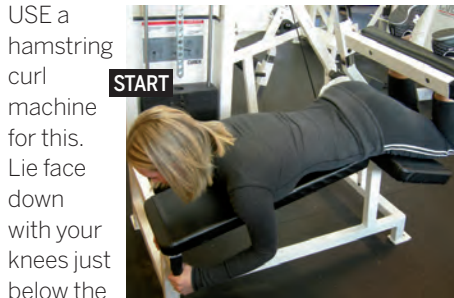
YOU'LL need a leg-press machine for this. Sit with your back against the backrest and place your feet shoulder-width apart on the foot platform. Slowly extend your legs out until they are almost straight. Pause for one second then slowly lower your legs back until they are bent at a 90-degree angle at the knees.

Avoid the squat with barbell. It is not recommended for beginners without correct technique coaching, and has a high risk of injury if that is not done right.



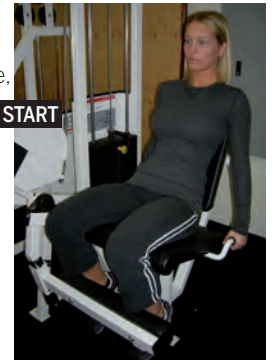
Hamstring curl

USE a hamstring curl machine for this. Lie face down with your knees just below the end of the bench. Place your ankles under the ankle pad, and slowly contract your hamstrings to raise the ankle bar as close to your backside as you can. Avoid lifting your hips off the bench. Hold yourself firmly down on the bench.



Leg extension

USING a leg extension machine, sit with your back against the backrest. Place ankles under the padded ankle bar. Slowly contract your quadriceps so your legs straighten. Pause when they are straight, and then slowly



FINISH

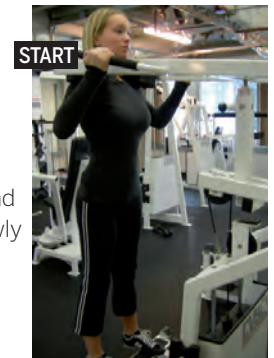


lower back so weight almost touches the weight stack.

If your gym has a four-way hip machine you should add in hip flexion, hip extension, leg adduction and leg abduction.

Calf raise

STAND with shoulders under padded bar, feet shoulder-width apart on metal plate. Keep legs and back straight. Slowly rise up using your calf muscles, then lower slowly. Do not bounce.



FINISH



» Roy Stevenson has a master's degree in exercise physiology and coaching and teaches exercise science at Seattle University. To view some of his running articles, see roy-stevenson.com

Twitching muscles

DR JASON KARP EXPLAINS THE DIFFERENCES BETWEEN FAST AND SLOW-TWITCH MUSCLE FIBRES AND HOW TO MAKE THEM WORK TO YOUR ADVANTAGE

HAVE you ever noticed that you can exercise for long periods of time, but get tired quickly when lifting heavy weights? Or you may be able to lift heavy weights, but can't run for more than five minutes on the treadmill. Which of these applies to you is all down to your muscle fibres.

Types of muscle fibres

OF ALL the muscle's compartments, the fibres are the ones that distinguish between people. Humans have three different types of muscle fibres (as well as gradations between them), the proportions of which are genetically determined (see "characteristics of the three muscle-fibre types" table opposite).

Slow-twitch (ST) fibres are used for aerobic activities requiring low-level force production, such as walking and maintaining posture. Most activities of daily living use ST fibres, which have many characteristics needed for good endurance, such as perfusion with a large network of capillaries to supply oxygen, lots of myoglobin to transport oxygen, and plenty of mitochondria – "energy powerhouses" that contain enzymes responsible for aerobic metabolism. To be a good endurance athlete, you need a large proportion of ST fibres.

Fast-twitch (FT) fibres, which are used for short, intense exercise, including sprinting and weightlifting, are divided into fast-twitch A (FT-A) and fast-twitch B (FT-B). FT-A fibres, which contain both endurance and power characteristics, represent a transition between the two extremes of ST and FT-B fibres. They are recruited for prolonged anaerobic activities with a relatively high-

"You can see the difference between the fibre types when eating a turkey dinner. The dark meat of your turkey, so coloured due to its myoglobin content, is ST fibres and the white meat is FT fibres"



Usain Bolt: world record-breaker has high number of fast twitch fibres

PICTURES: MARKSHERMAN

condition known as the size principle. Small motor units, which contain ST muscle fibres, have the lowest firing threshold and are recruited first. Demands for larger forces are met by the recruitment of increasingly larger motor units. The largest motor units that contain the FT-B fibres have the highest threshold and are recruited last.

No matter what the exercise intensity, ST motor units are always recruited first. If the exercise intensity is low, ST motor units may be the only ones that are recruited. If the exercise intensity is high, such as when lifting heavy weights, running or cycling fast, ST motor units are recruited first, followed by FT-A and, finally, FT-B, if needed.

Determining fibre type

THE only way to directly determine your fibre type is with a muscle biopsy, during which a needle is stuck into the muscle and a few fibres are plucked out to be examined under a microscope. Since research has repeatedly shown that there is a significant, positive relationship between the proportion of FT fibres and muscular strength and power, it's possible to estimate your fibre type without a biopsy by measuring muscular strength or speed (see "Determining your muscle fibre type" table opposite).

Implications for training

YOUR fibre type proportion will play a major role in the amount of weight you can lift, the number of reps you can complete per set, and the desired outcome, such as increased muscular strength or endurance.

For example, someone with a greater proportion of FT fibres will not be able to complete as many repetitions at a given relative amount of weight as someone with a greater proportion of ST fibres and therefore will not attain as high a level of muscular endurance as the ST-fibred person.

Similarly, someone with a greater proportion of ST fibres won't be able to lift as heavy a weight or run as fast as will someone with a greater proportion of FT fibres and therefore won't be as strong or powerful as will the FT-fibred person.

While most people do the same workouts to focus on a specific goal, your training should reflect your physiology. For example, if you have more ST fibres, you're best suited for endurance activities and your training should focus on aerobic exercise or weight training for muscular endurance, using more

force output, such as running a long sprint and carrying heavy objects. FT-B fibres, which are very sensitive to fatigue, are only recruited for short anaerobic, high-force production activities, such as sprinting, jumping, and lifting very heavy weights. To be a good sprinter or jumper, you need a large proportion of FT-B fibres.

You can see the difference between the fibre types when eating a turkey dinner. The dark meat of your turkey, so coloured due to its myoglobin content, is ST fibres and the white meat is FT fibres. But if you want to run a great marathon, don't reach for the dark meat too quickly! Unfortunately, the type of meat you eat has no impact on your endurance or sprinting ability. You are born with a specific percentage of ST, FT-A, and FT-B fibres, which vary from muscle to muscle and from person to person. Muscles involved in maintaining posture, like those of the abdominal and lumbar back regions, are composed mainly of fatigue-resistant ST fibres.

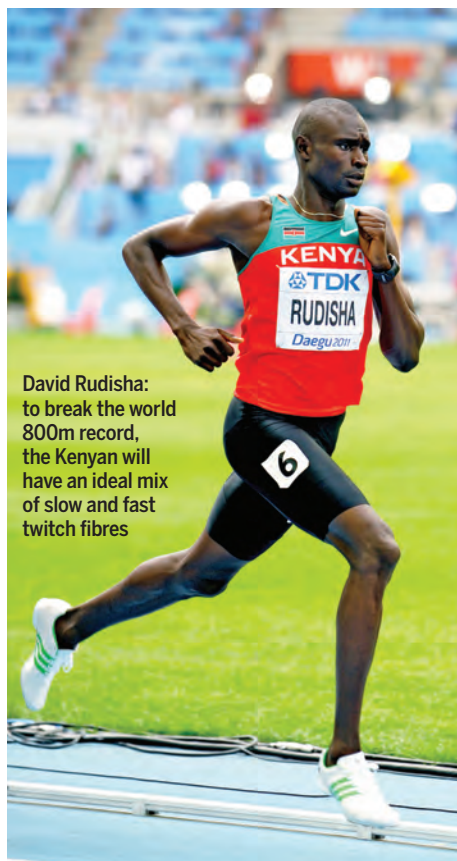
Recruitment of muscle fibres

MUSCLES produce force by recruiting motor units, a group of muscle fibres innervated by a single motor neuron. All muscle fibres of a motor unit are of the same type (ST, FT-A, or FT-B). During voluntary contractions, the pattern of recruitment is controlled by the size of the motor unit, a

reps of a lighter weight. If you have more FT fibres, you're best suited for anaerobic activities and your training should focus on anaerobic exercise and weight training for muscular strength, using fewer repetitions of a heavier weight. However, if you have more ST fibres and want to become stronger and faster, you should try to increase the intensity of your weight training workouts and speed of your cardio workouts as your training progresses. Conversely, if you have more FT fibres and want to increase endurance, you should try to increase the duration of your cardio workouts and number of reps of your strength training workouts as your training progresses.

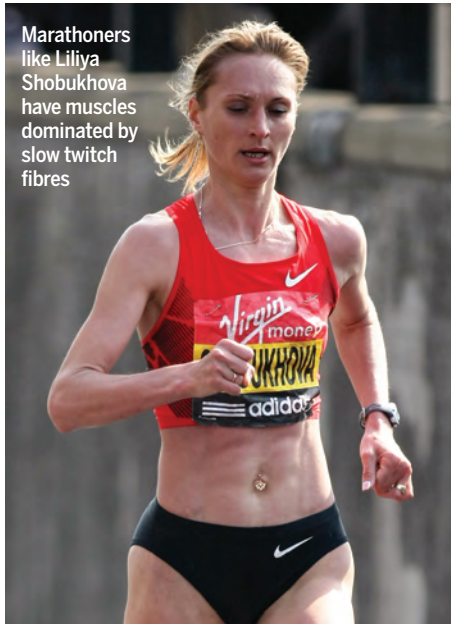
Although the type of fibre cannot be changed from one to another, training can change the amount of area taken up by the fibre type in the muscle. In other words, there can be a selective hypertrophy of fibres based on the type of training.

For example, you may have a 50-50 mix of FT to ST fibres in a muscle, but since FT fibres have a larger cross-sectional area than ST fibres, 65 per cent of that muscle's area may be FT and 35 per cent may be ST. Following a strength training programme, the number of FT and ST fibres will remain the same at 50-50, but the cross-sectional area will change. This happens because the ST fibres will atrophy (become smaller) while the FT fibres will hypertrophy (grow larger).



David Rudisha: to break the world 800m record, the Kenyan will have an ideal mix of slow and fast twitch fibres

Marathoners like Liliya Shobukhova have muscles dominated by slow twitch fibres



Depending on the specific training stimulus, the muscle may change to a 75 per cent FT area and a 25 per cent ST area. The change in area will lead to greater strength, but decreased endurance. In addition, since the mass of FT fibres is greater than that of ST fibres, you'll gain muscle mass.

Conversely, if you train for muscular endurance, the FT fibres will atrophy while the ST fibres hypertrophy, causing a greater area of ST fibres. The area of the muscle, which began at 65 per cent FT and 35 per cent ST before training, may change to 50 per cent FT and 50 per cent ST following training. The endurance capabilities of the muscle will increase while its strength will decrease.

Hypertrophy will only occur in those muscle fibres that are overloaded, so the FT-B motor units must be recruited during training in order to be hypertrophied. Training with a low or moderate intensity will not necessitate the recruitment of FT-B motor units. Therefore, the training intensity must be high.

To maximize your training, tailor it to match your muscle fibre composition. If you train smart enough, not only will you have the best results of all your training partners, you'll have something interesting to talk about over your next turkey dinner!

» **Dr Jason Karp PhD is a speaker, writer, author and exercise physiologist. See more at runcoachjason.com**

Characteristics of the three muscle fibre types

| | Slow-twitch (ST) | Fast-twitch A (FT-A) | Fast-twitch B (FT-B) |
|-----------------------|------------------|----------------------|----------------------|
| Contraction time | Slow | Fast | Very fast |
| Size of motor neuron | Small | Large | Very large |
| Resistance to fatigue | High | Intermediate | Low |
| Activity | Aerobic | Long-term anaerobic | Short-term anaerobic |
| Force production | Low | High | Very high |
| Mitochondrial density | High | High | Low |
| Capillary density | High | Intermediate | Low |
| Oxidative capacity | High | High | Low |
| Glycolytic capacity | Low | High | High |

Determining your muscle fibre type

Establish your 1-rep max (the heaviest weight you can lift just once) for each muscle group. Do as many repetitions at 80 per cent of 1-rep max as you can.

<7 reps: muscle group = >50 per cent FT fibres

>12 reps: muscle group = >50 per cent ST fibres

7-12 reps: muscle group = 50/50 per cent FT/ST fibres

In addition to the above method, ask yourself the following questions:

1. Are you able to do lots of reps when lifting weights or do you fatigue after a few? If the former, you probably have more ST fibres. If the latter, you have more FT fibres.

2. Are you better at sprint and power activities or endurance activities? If the former, you have more FT fibres. If the latter, you have more ST fibres.

3. Which type of workouts feel easier and more natural: (a) long runs and sustained running at a hard pace or (b) sprints and intervals? If you answered (a), you have more ST fibres. If you answered (b), you have more FT fibres.

4. Which workouts do you look forward to more: (a) aerobic workouts or (b) anaerobic workouts? If you answered (a), you have more ST fibres. If you answered (b), you have more FT fibres.

(People tend to become excited about tasks at which they excel, while being more anxious about tasks that are difficult.)

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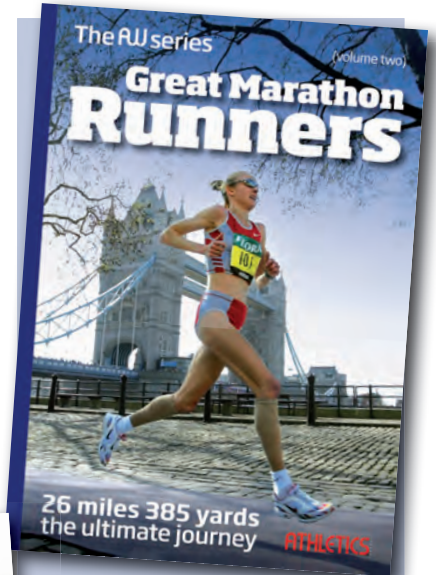


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OVERSEAS

AUSTRALIA

Frankston, December 3

Women: 800: 1 BRONWEN CARDY (W55) 2:57.1. **5000:** 3 CARDY 20:29.1

Sydney, November 27

Women: DT: D Samuels 58.40

BARBADOS

Bridgetown, December 3/4

Women HM: 3 AMY CHALK (W35) 83:49. **10km:** 4 CHALK 37:04

BELGIUM

Roeselare, November 27

FORMER world cross-country champion and European 10,000m record-holder Mohammed Mourhit from Belgium had his first race for five years and finished 33rd. He is currently training a reported 160-180km per week, but there were 25 Belgians ahead of him and he finished almost three minutes down on the winner, Atelaw Bekele.

Men: 9.41kmXC: Additional: 33 M Mourhit 30:54

CHINA

Shanghai, December 4

Men: Mar: W Kimutai (KEN) 2:10:21. **Women: HM:** 1 M Kinukawa (JPN) 70:22. **Mar:** H Kebelush (ETH) 2:24:09

Macau, December 4

Men: Mar: 47 KRISTIAN DUANE FRANCIS 2:48:17

FRANCE

Les Mureaux, December 4

Men: 9.03kmXC: 1 P Melly (KEN) 24:28; 2 S Saiti 24:34; 3 N Dawud 24:41. **Women: 4.81km:** 1 L Macharia (KEN) 14:30; 2 Y Shlyakhova (RUS) 14:38; 3 M Komu (KEN) 14:52

St Priest, November 27

Women 4.9km: 9 KATIE GOOD 17:29

HONG KONG

Hong Kong, November 27

Women HM: 4 ROSAMUND BARKER (W45) 93:52. **10km:** 2 ANGELINA KONG (W40) 39:29

JAPAN

Fukuoka, December 4

ANDREW LEMONCELLO failed in his attempt to run a 2:12:00 Olympic 'A' standard in the 65th running of one of the world's most famous marathons. He was on target at halfway, which he passed in 65:39, but a hamstring injury meant he slowed over 13 minutes on his second half and he struggled in with 2:24:31.

He said: "It was a really tough day out there. My hamstring started to hurt at 15km and got really bad at 30km. The last 12km was the longest of my life!"

Japanese-based Kenyan Josphat Ndambiri won on his debut marathon in 2:07:36. He passed halfway in 63:29 and broke clear with a 14:32 5km after 25km to take a 62-second victory over James Mwangi.

Third-placed Yuki Kawauchi gave himself a good chance of London Olympic selection with 2:09:57.

Irishman Alistair Cragg was attempting to break John Treacy's Irish record and was on course when he was with the leaders at halfway, but he dropped out shortly after reaching

25km in the leading group in 75:11.

Men Mar: 1 J Ndambiri (KEN) 2:07:36; 2 J Mwangi (KEN) 2:08:38; 3 Y Kawauchi 2:09:57; 4 M Imai 2:10:32; 5 D Safronov (RUS) 2:11:29; 6 K Maeda 2:11:46; 7 D Baranovskiy (UKR) 2:12:08; 8 M Dent (AUS) 2:12:23; 31 ANDREW LEMONCELLO 2:24:31

Kosa, December 4

WHILE Martin Mathathi won the international 10 mile race easily in 46:20, the domestic race was keenly contested as 16 Japanese ran between 47:08 and 47:34!

Men: 10M: 1 M Mathathi (KEN) 46:20; 2 A Mwangi (KEN) 47:05. **Japanese 10M:** Y Iwai 47:08

Yokohama, December 3/4

Men: 5000: 1 P Tanui (KEN) 13:18.52; 2 E Waweru (KEN) 13:18.62; 3 J Ndiku (KEN) 13:19.04; 4

C Langat (KEN) 13:20.09. **10,000:** 1

J Wanjuki (KEN) 28:13.46. **Women:**

3000: 1 M Wainina (KEN, U20) 9:04.10

Ageo, November 20

Men: HM: 1 C Ondiba (KEN) 62:27; 2 Y Shitara 62:34

Yokohama, November 19/20

Men: 5000: B Karoki (KEN) 13:19.55; 2 C Langat (KEN) 13:24.89

KENYA

Eldoret, November 20

Men: Mar: 1 P Koech 2:15:49; 2 D Sambu 2:16:23; 3 P Kosgei 2:16:57.

12km: D Kipruto 32:33.5. **Women: Mar:** 1 R Jeptoo 2:36:15. **12km:** J Jepakirui 40:39.3

Embu, November 19

Men: 12km: 1 I Koech 36:03; 2 L Chumba 36:05; 3 L Nyariki 36:06; 4 A Limaar 36:10; 5 S Ndirangu 36:19; 6 W Too 36:34. **U20 8km:** 1 J Korir 23:48.

Women 8km: 1 W Kwamboka 28:04; 2 G Cherono 28:04; 3 T Chelagat 28:25; 4 A Ruto 28:30. **U20 6km:** 1 Z Njeri 21:06

LIBYA

Beirut, November 27

Men: Mar: 1 T Jifar, (ETH) 2:11:14; 2 S Malakwen (KEN) 2:11:31; 3 J Rotich (KEN) 2:13:16. **Women: Mar:** 1 S Kedir (ETH) 2:31:38; 2 B Urgesa (ETH) 2:32:52; 3 S Pretot (FRA, W40) 2:33:07

NEW ZEALAND

WORLD youth champion Jacko Gill improved his senior PB with a first-round throw of 20.38m. The mark is an Olympic 'B' standard, a New Zealand record and a world age-16 and 17 best. He wasn't finished there, though, as later in the evening he competed in a junior competition with the 6kg implement and set further world age-16 and 17 bests, improving his own mark by almost a metre to 22.3m. Only German David Storl has thrown further as a teenager with 22.73m and the Kiwi has three years remaining.

Men: SP: J Gill (U18) 20.38 (rec). **U20 SP:** Gill 22.31 (U20 rec)

NETHERLANDS

WORLD marathon champions Abel Kirui and Edna Kiplagat suffered defeats.

Heerenberg, December 4

Men: 15km: 1 P Langat (KEN) 42:43; 2 H Mekonnen (ETH) 42:55; 3 J Mwangangi (KEN) 43:13; 5 U Buta (NOR) 43:51; 8 A Kirui (KEN) 44:08.

Women: 15km: A Afework (ETH) 49:17; 2 E Kiplagat (KEN) 49:42; 3 H Kibet (KEN) 49:48

PORTUGAL

Lisbon, December 4

Men Mar: 33 LAZLOE BODEN (M50) 2:51:07.



Josphat Ndambiri: Fukuoka Marathon winner

PICTURES: VICTOR SALLER

Amora, November 27

Men: 10kmXC: R Teixeira 32:00; 2 P Ribeiro 32:03. **Women: 9kmXC:** 1 D Felix 31:01; 2 E Machado 31:14

SINGAPORE

Singapore, December 4

Men Mar: 1 C Kanyao (KEN) 2:14:33; 2 L Chjelimo (KEN) 2:14:38; 31 MARK WILLIAMS (M40) 2:53:57; 36 STUART MCLAY (M45) 2:56:45. **Women: Mar:** 11 Jerotich (KEN) 2:36:41; 15 JULIE FOREMAN (W45) 3:28:10

SPAIN

Alcobendas, December 4

ERITREAN Kidane Tadesse defeated 2010 world champion Joseph Ebuya.

Men: 10.1kmXC: 1 K Tadesse (ERI) 30:10; 2 J Ebuya (KEN) 30:13; 3 H Macharinyang (KEN) 30:33; 4 K Menjo (KEN) 31:20. **Women: 5.9km: XC:** 1 P Jepletting (KEN) 20:06; 2 F Goshu (ETH) 20:11; 3 D Checa 20:28

Madrid, December 4

Men ZXC: 29 JAMES McLACHLAN (U20)

Lanzarote, November 30

Men HM: 7 ROB GRANTHAM 73:18; 13 MALCOLM FOWLER (M45) 74:53; 14 ANDREW GREEN (M40) 75:08; 25 NIGEL BARNES (M45) 78:39; 39 LEE CHRISTMAS (M50) 82:59. **Women HM:** 12 JULIE DALZELL (W40) 93:26.

Lanzarote, November 27

Men 10km: 11 FOWLER 34:48; 12 GRANTHAM 34:54

Gandia, November 13

Women HM: 1 MAXINE MCKINNON (W50) 81:28

SWITZERLAND

Geneva, December 3

KENYAN Paul Kipkorir defended his title in Switzerland's biggest road race, clocking 20:45.4 for the 7.5km.

Portugal's Clarisse Cruz led the women's 4.8km in 15:36.8 as more than 24,000 finished to establish a new record.

Men: 7.5km: 1 P Kipkorir 20:45.4; 2 A Tadesse (ERI) 20:50.0; 3 M Rotich (KEN) 20:51.0; 4 T Mbishe (KEN) 21:03.9. **Women: 4.8km:** 1 C Cruz (POR) 15:36.8; 2 J Muia (KEN) 15:43.7; 3 C Chepkwony (KEN) 15:50.2

UNITED ARAB EMIRATES

Dubai, November 11

Women: 5km: 8 DEBBIE POWELL (W40) 19:20

USA

Las Vegas, December 4

Men: HM: S Houseworth 63:12. **Women: HM:** 1 B Willis (AUS) 70:40; 2 A Hastings 71:22; 3 K McGregor 71:45; 19 KATHY BUTLER (W35) 79:58

Sacramento, December 4

Men: Mar: 1 E Monyenye (KEN) 2:11:50; 2 R Bak 2:14:17; 25 BRAD POORE 2:24:08. **Women: Mar:** 1 S Biset Abhra (ETH) 2:33:40

Cheney, December 3

Women: PV: KMonterola (VEN) 4.25 (rec)

Annapolis, December 3

Men: 400: Ht: 7: 3 TOBY ULM 48.54

Ithaca, December 3

Men: LJ/TJ: M Halim (USV) 7.85/16.87 (rec)

Normal, December 3

Men: 60: 2 JAMES McLACHLAN (U20) 7.02. **Ht:** 1 JAMES McLACHLAN (U20) 7.04

Providence, December 3

Men: 600: Ht: 1: 3 HENRY TUFNELL (U20) 1:22.74

Lake Charles, December 2

Men: 2000: 4 ALEX BRUCE-LITTLEWOOD 5:40.80

Jonesboro, December 2

Women: 55: Ht: 4 KARA-ARETHA GRAHAM 7.46

Notre Dame, December 2

Men: 400: 6 TONDERAI TOMU 49.96.

Women: 3000: 1 KIRSTY LEGG 9:19.60; 2 KATIE CLARK 9:27.09; 7 BECKY HOWARTH 10:25.74

Nampa, December 2

Men: 3000: 1 MATTHEW CLOWES 8:32.84. **Women: 3000:** 4 GINA PALETTA 10:10.31

Mesa, November 24

ANDREW LEMONCELLO warmed up for his Japanese marathon with a solid low-key 10km, finishing ahead of world 1500m bronze medallist Matt Centrowitz, who was taking part in his first road race.

Men 10km: 1 ANDREW LEMONCELLO 29:44; 2 M Centrowitz 30:05



A 5.30pm start for the Las Vegas Half-marathon ensured runners saw the city at its best

PICTURES: VICTOR SALLER

INDOOR

DECEMBER 4

MANCHESTER OPEN, Sportcity
Mixed events: 60: r1.1: N Abed (Sale) 6.98; 2 S Miller (Pres, U20) 7.13; 4 J Platt (C&N, U17) 7.33. **r1.11:** 1 B Sargent (Wrex, U17W) 8.01; 2 A Carr (Sale, U17W) 8.12. **r1.14:** 1 S Roberts (Wrex, U15) 7.50; 2 M Miller (Dearne ALC, U15) 7.62. **r1.6:** 1 H Jones (Wig D, W) 7.64; 3 H Hopwood (E Ches, U20W) 8.08. **r1.7:** 1 W Andrews (E Ches, W40) 8.84. **r1.8:** 1 J Platt (C&N, U17) 7.32. **r2.1:** 5 H Jones (Wig D, W) 7.66. **r2.2:** 1 N Abed (Sale) 7.00. **r2.3:** 4 H Hopwood (E Ches, U20W) 8.10; 5 A Carr (Sale, U17W) 8.19. **r2.4:** 3 W Andrews (E Ches, W40) 8.86. **300:** r1: 1 O Smith (Dees, U20) 35.26; 2 T Mosley (Sale) 35.89; 3 D Needham (Wig D, U20) 36.37. **r2:** 1 H Jones (Wig D, W) 38.93. **r3:** 1 J Platt (C&N, U17) 35.89. **r7:** 1 S Roberts (Wrex, U15) 37.83; 2 B Sargent (Wrex, U17W) 41.23. **600:** r1: 1 L Smallwood (B&B) 1:20.18; 2 R Yates (Traff) 1:20.49; 3 J Fehily (Traff) 1:24.10. **r4:** 2 E Smith (Warr, U15W) 1:43.36. **HJ:** 1 D Hammond (Sale) 2.00; 2 S Okome (U20) 1.90; 6 A McLaughlin (Liv Sp, U17W) 1.70. **B:** 1 W Laing (L&M, W45) 1.55. **PV:** A: 1 M Salt (Dearne ALC, U17) 3.20; 2 J Hollingworth (Dearne ALC, U17) 3.20; 3 A Roberts (Wake, U17W) 3.10; 4 M Miller (Dearne ALC, U15) 2.90; 8 Z Harrop (Sale, U15) 2.70; 9 M Ogden (Sale, U15) 2.70; 10 R Whipp (Wig D, U15W) 2.45. **B:** 1 N Cole (Dearne ALC, U20) 4.50; 2 A Hague (Dearne ALC, U17) 4.40; 3 H Coppell (Wig D, U17) 4.10; 4 P Hicks (Gates) 4.00; 5 M Salt (Dearne ALC, U17) 3.50; 6 J Hollingworth (Dearne ALC, U17) 3.20. **LJ:** A: 5 W Laing (NVAC, W45) 4.68. **B:** 9 A Wale (Wrex, W40) 4.57. **Men: 60H:** r1: 1 H Koutras (Wig D) 8.35; 2 R Yates (Traff) 8.83. **U17: 60H:** r2: 1 M Campleman (Leeds C) 8.84; 2 J Fincham-Dukes (Leeds C) 8.89. **U17 women: 60H:** r2: 1 A Carr (Sale) 9.21; 2 T Cuff (Traff) 9.37. **U15: 60H:** 1 C Crampton (Leeds C) 9.69

ABERDEEN POLE VAULT CHALLENGE, Aberdeen

M60 men: PV: 1 R Masson (A'deen) 2.65
W45 women: PV: 1 J Lyon (A'deen) 2.35

WINDSOR, SLOUGH, ETON & HOUNSLOW AC WINTER SERIES, Eton

Mixed events: 60: r1.3: 1 M Chant (And, U17) 7.29. **r1.4:** 2 J Hatton (Read, U15) 7.47. **r1.5:** 1 W Kennedy (Bath, U15) 7.41; 2 J Hadley (VoA, U17) 7.46. **r1.6:** 1 M Dorey (WSEH, U17) 7.40. **r1.8:** 3 A Leiper (AFD, M50) 8.12. **r1.9:** 4 J Whitlock (WSEH, W35) 8.55. **r2.1:** 4 M Chant (And, U17) 7.29; 1 E Wright (Yate, U15W) 8.19. **r2.11:** 1 L Shallow (Read, U13) 8.45. **r2.2:** 3 J Hatton (Read, U17) 7.36. **r2.3:** 2 W Kennedy (Bath, U15) 7.39. **r2.4:** 3 J Hadley (VoA, U17) 7.50. **r2.7:** 2 M Baker (HM, M50) 7.93. **Men: 60H:** r1: 1 A Johnson (Oxf C) 8.54; 2 N Fox (St Marys Uni) 8.86; 3 S Sleep (BMH) 8.89; 4 M Ryan (SBH) 8.90. **r2:** 1 A Johnson (Oxf C) 8.44; 2 N Fox (St Marys Uni) 8.88; 3 S Sleep (BMH) 8.93; 4 M Ryan (SBH) 8.96. **PV:** 1 S McLennan (WSEH) 4.15; 2 S Walker (WSEH) 4.00. **U20: 60H:** r1: 1 S Maguire (WSEH) 8.59. **r2:** 1 S Maguire (WSEH) 8.68. **U17: 60H:** r1.1: 1 A Walker (WSEH) 8.39; 2 E Burgess (Bic) 8.88; 3 M Dorey (WSEH) 9.00. **r1.2:** 1 J Hatton (Read) 8.73. **r2.1:** 1 A Walker (WSEH) 8.41; 2 J Hadley (VoA) 8.99. **r2.2:** 1 J Hatton

(Read) 8.67. **PV:** 1 C Maw (Winchester) 3.55; 2 M Curtis (Wimbourne) 3.40. **U15: 60H:** r1: 1 L Batup (Brack) 9.27. **r2:** 1 L Batup (Brack) 9.37. **M35: PV:** 1 C Mills (WSEH) 4.00. **M40: HJ:** 1 W Gadd (E Gryn) 1.70. **M45: HJ:** 1 M Roach (Poole) 1.60. **Women: 60H:** r2: 1 H Pattie-Belleli (WSEL, U20) 9.31. **PV:** 2 A Humble (WSEH, U20) 2.95. **U20: HJ:** 1 C Hayes (AFD) 1.70. **U15: 60H:** r1: 1 K Barker (BMH) 9.21. **r2:** 1 K Barker (BMH) 9.36. **HJ:** 1 K Barker (BMH) 1.55. **U13: 60H:** r1: 1 A Cook (BMH) 10.85. **r2:** 1 A Cook (BMH) 10.83. **W55: PV:** 1 S Yeomans (Watford) 2.50

BRITISH SCHOOLS PENTATHLON, Kelvin Hall, Glasgow

ENGLAND were again dominant, providing three of the four winners and, for the first time in several years, all four winning teams, *Denis Shepherd reports.*

Joshua Olaware performed consistently well in all the under-18 boys' events but in the end won by just nine points from Wales' David Omoregie. The latter started in the best possible fashion, breaking Colin Jackson's Welsh 60m hurdles record of 8.14 with 8.09 in his first year in the age-group, and still led after three events. Olaware then produced a 703m long jump, just short of his PB, to go into a clear lead, which Omoregie all but clawed back in the 800m, failing to take gold by around half a second. His team-mate Aled Price won the scrap for bronze as just six points separated three athletes. England's David Hall produced the best of several good 200m performances with 23.09.

The consistent English trio of Anthony Hogg, Alex Law and James Gavigan were the only three to score over 3000 in the under-16 event, Hogg's 8.54 hurdles being the top performance of the competition. The latter two swapped places compared to the English Schools championships, while fourth was Ireland's Sam Healy, winner of the England under-15 pentathlon last winter.

With top points in the under-18 girls' hurdles, high jump and long jump and the second-best score in the shot, Ireland's Sarah McCarthy had a long lead before the 800m and ran her own race, losing 175 points to runner-up Nikita Campbell-Smith but still finishing with 92 points to spare. McCarthy, predominantly a spare-jumper with silver in that event from the Schools International in Cardiff to her name, had the best jump by 48cm and achieved PBs in the hurdles and high jump. Campbell-Smith was the under-16 winner two years ago, while Hannah Dunderdale repeated her third place of last season but improved by 138 points.

The under-16 girls' event saw Ebony Wake lead from the first event to win by 156 from England team-mates Lucy Turner and Amy Cooper, who were separated by only four points.

England manager Geoff Cunliffe was delighted with the team's overall performance. "They had brilliant team spirit and provided us with our best result for some time, despite being on paper our weakest team in recent years," he said. **U18 men: Pen (60H, SP, 200, LJ, 800):** 1 J Olaware (ENG, U20) 3559 (8.24, 12.25, 23.30, 7.03, 2:21.06); 2 D Omoregie (WAL, U17) 3550 (8.09, 12.21, 23.64, 6.79, 2:17.86); 3 A Price

(WAL, U17) 3372 (8.67, 12.66, 23.33, 6.28, 2:16.41); 4 N Hunt (ENG, U17) 3371 (8.57, 13.63, 23.52, 6.79, 2:30.07); 5 C Nolan (IRL) 3366 (8.65, 9.70, 23.61, 6.54, 2:07.64); 6 A Murphy (SCO, U20) 3318 (8.72, 14.55, 24.28, 5.90, 2:15.62); 7 E Stam (IRL, U20) 3318 (8.79, 13.09, 24.15, 6.28, 2:15.00); 8 D Hall (ENG, U20) 3302 (8.73, 11.90, 23.09, 6.03, 2:14.83); 9 H Hall (ENG, U20) 3195 (8.83, 10.52, 24.48, 5.98, 2:06.26); 10 E Mcguire (IRL) 3153 (8.93, 10.38, 23.64, 5.79, 2:09.04); 11 J Gemmill (SCO, U20) 3110 (8.86, 10.94, 24.46, 5.84, 2:10.84); 12 M Collins (WAL, U17) 3082 (9.07, 10.45, 23.20, 5.77, 2:14.17); 13 M McGarvey (IRL, U20) 3024 (8.51, 8.15, 23.88, 6.31, 2:21.38); 14 A Stanley (SCO, U17) 2777 (9.55, 8.52, 24.82, 5.30, 2:04.61); 15 D Webster (SCO, U20) 2668 (9.42, 14.08, 25.37, 5.15, 2:32.48); - J Bailey (WAL, U20) DNF (8.82, 9.57, 24.84, NM, DNS). **H60: Pen (60H, LJ, 200, SP, 800):** 1 A Hogg (ENG, U17) 3154 (8.54, 6.13, 24.11, 10.50, 2:17.34); 2 A Law (ENG, U17) 3096 (8.69, 6.39, 24.29, 10.68, 2:22.84); 3 J Gavigan (ENG, U17) 3036 (8.89, 6.10, 25.09, 12.22, 2:20.79); 4 S Healy (IRL, U17) 2994 (8.84, 6.31, 24.57, 11.00, 2:26.19); 5 A Hutchison (IRL) 2891 (8.96, 5.66, 25.17, 10.68, 2:16.47); 6 H Sutherland (ENG, U15) 2860 (9.25, 4.94, 25.44, 13.18, 2:13.22); 7 T Gee (WAL, U17) 2843 (9.49, 5.42, 24.40, 10.93, 2:14.20); 8 R Gealy (WAL, U17) 2824 (8.92, 5.18, 24.31, 11.11, 2:22.02); 9 J Daly (IRL) 2799 (9.14, 5.69, 24.50, 11.09, 2:26.65); 10 G Griffiths (WAL, U17) 2637 (9.39, 5.66, 23.89, 10.72, 2:38.45); 11 D Polatajko (SCO, U17) 2581 (9.52, 5.09, 24.48, 10.95, 2:27.54); 12 T Trotman (WAL, U15) 2479 (9.54, 5.61, 25.40, 9.89, 2:32.54); 13 T Chandler (SCO, U15) 2436 (9.29, 4.86, 26.17, 9.92, 2:23.43); 14 G Fleming (SCO, U17) 2390 (9.78, 5.45, 27.29, 10.77, 2:25.58); 15 A Doran (IRL) 2382 (9.62, 5.30, 25.69, 9.17, 2:28.43); 16 H Matthews (SCO, U17) 2252 (9.63, 4.62, 25.95, 9.12, 2:26.43). **U18 women: Pen (SP, 60H, LJ, HJ, 800):** 1 S McCarthy (IRL, U17) 3576 (9.09, 9.03, 5.72, 1.68, 2:37.03); 2 N Campbell-Smith (ENG, U17) 3484 (9.01, 9.20, 5.18, 1.62, 2:23.12); 3 H Dunderdale (ENG, U20) 3320 (9.69, 9.07, 4.88, 1.50, 2:24.18); 4 H Lister (SCO, U20) 3188 (8.08, 9.23, 4.99, 1.56, 2:31.41); 5 E Dacey (WAL, U20) 3111 (8.11, 9.38, 5.14, 1.59, 2:41.94); 6 L James (ENG, U20) 3065 (7.80, 9.66, 5.24, 1.59, 2:41.85); 7 N Millet (IRL, U20) 2987 (7.05, 9.32, 5.03, 1.47, 2:33.44); 8 G Bates (WAL, U17) 2972 (8.85, 9.48, 4.96, 1.50, 2:43.14); 9 I Roberts (WAL, U20) 2948 (9.54, 9.19, 4.45, 1.41, 2:34.38); 10 K Morris (WAL, U17) 2918 (7.65, 9.38, 4.56, 1.56, 2:39.60); 11 E Cowell (ENG, U17) 2867 (8.09, 9.46, 4.73, 1.68, 3:04.01); 12 E Kristoffersen (SCO, U17) 2819 (6.43, 9.71, 4.86, 1.56, 2:42.73); 13 A McFeggart (IRL, U17) 2799 (7.65, 9.91, 4.27, 1.62, 2:40.82); 14 M McNamara (IRL, U20) 2669 (8.23, 9.74, 4.61, 1.47, 2:51.32); 15 C Harvey (SCO, U17) 2550 (7.02, 9.92, 4.68, 1.38, 2:44.50); 16 N Manson (SCO, U20) 2230 (8.56, 10.31, NM, 1.65, 3:02.36). **U16: Pen (LJ, 60H, HJ, SP, 800):** 1 E Wake (ENG, U17) 3266 (5.42, 9.27, 1.59, 8.94, 2:41.88); 2 L Turner (ENG, U17) 3110 (5.11, 9.40, 1.53, 9.02, 2:39.98); 3 A Cooper (ENG, U17) 3106 (4.74, 10.04, 1.56, 8.66, 2:23.26); 4 E Canning (SCO, U17) 3065 (5.20, 9.61, 1.53, 7.09, 2:32.03); 5 E Borthwick (ENG, U15) 3049 (4.85, 9.92, 1.56, 8.88, 2:32.90); 6 D Ni-raian (IRL) 2981 (4.71, 9.80,

1.62, 10.59, 2:54.11); 7 L Dwyer (IRL) 2939 (4.87, 9.25, 1.50, 8.12, 2:43.87); 8 G McKenzie (IRL, U17) 2838 (4.75, 9.75, 1.59, 9.32, 2:58.62); 9 P McNicol (SCO, U15) 2807 (4.58, 9.67, 1.44, 7.40, 2:32.04); 10 S Williams (WAL, U15) 2790 (4.66, 9.62, 1.41, 7.78, 2:35.26); 11 N Quinn (IRL) 2766 (4.57, 10.62, 1.53, 7.71, 2:30.82); 12 A Stewart (SCO, U15) 2734 (4.55, 9.93, 1.50, 6.79, 2:35.56); 13 R Unwin (WAL, U17) 2727 (4.56, 9.79, 1.50, 7.60, 2:43.21); 14 E Batchelor (SCO, U17) 2687 (4.66, 9.83, 1.41, 7.22, 2:37.51); 15 C Taylor (WAL, U17) 2581 (4.55, 9.39, 1.41, 8.95, 3:04.30); 16 L Fligelstone (WAL, U17) 2492 (4.60, 9.70, 1.41, 7.23, 2:56.77)

NOTTINGHAMSHIRE ATHLETICS NETWORK OPEN GRADED, Sheffield

Mixed events: 60: r1.2: 3 J McGrath (Donc, U15) 7.7. **r1.4:** 4 P Massey (Sheff, U17W) 8.0. **r1.5:** 2 K Edwards (Sheff, U17W) 8.1; 3 E Rawson (2DASH, U15W) 8.2. **r2.1:** 6 M White (Mans, M40) 7.8. **r2.2:** 1 J McGrath (Donc, U15) 7.6; 5 J Wood (Notts, U15) 7.7. **r2.4:** 3 K Edwards (Sheff, U17W) 8.1; 5 A Howe (Doncaster, U17W) 8.2. **r2.5:** 1 E Rawson (2DASH, U15W) 8.3; 2 A Barrett (C'field, U15W) 8.3. **300:** r2: 6 R Norris (Mansfield, U17W) 41.8. **r3:** 2 C McLennaghan (Notts, U15W) 41.3. **PV:** A: 4 P Collings (C'field, U20W) 3.20. **B:** 1 V Price (C'field, U17W) 2.90; 2 B Newton (Notts, U15W) 2.60. **U20 men: SP:** 1 T Kirk (Donc) 12.14. **Women: SP:** A: 1 S Palmer (Derby, U20) 10.26. **U15: 60H:** r1.1: 1 E Schaanning (C'field) 9.6. **r2:** 1 Schaanning 9.8

DECEMBER 1

YOUNG ATHLETES' OPEN, Jarrow
U17 men: 60: 1 A Simpson (Gate) 7.4. **Ht:** 1 A Simpson (Gate) 7.5
U15: 60: 1 R Cole (Gate) 7.5
U13 girls: 60: 1 B Leckie (Gate) 8.6. **Ht:** 1 B Leckie (Gate) 8.5; 2 C Cole, Lewis Paul (Gate) 8.8

TRACK

DECEMBER 3

MMTG WEIGHT PENTATHLON, Derby
Men: PenWt: 1 S Ridgway (Mil K, U20) 2220 (47.79, 7.59, 30.60, 19.70, 32.12)
U20: PenWt: 1 R Doran (Newb) 3272 (45.31, 11.14, 33.74, 32.80, 15.46)
U17: PenWt: 1 L Barnes (Mil K) 3696 (38.88, 11.91, 37.32, 40.04, 16.80)
U15: PenWt: 1 J Kuehnell (Newb) 3436 (42.03, 9.38, 27.71, 21.78, 16.04)
M35: PenWt: 1 M Roberson (Mil K) 2755 (49.35, 10.53, 29.87, 37.69, 13.03)
M50: PenWt: 1 S Woolley (Mans) 2957 (37.60, 10.69, 32.61, 35.41, 13.85)
M80: PenWt: 1 G Roberts (Spark) 2391 (24.60, 6.38, 16.46, 10.79, 10.56)
Women: PenWt: 1 K Presswell (Mil K, U20) 2721 (36.46, 9.11, 30.06, 21.72, 12.08)
U15: PenWt: 1 G Holland (Burt) 2906 (32.77, 8.79, 17.09, 24.09, 11.58)

NOVEMBER 19

MMTG HAMMER PENTATHLON (INC BRITISH SCOTTISH HAMMER CHAMPIONSHIPS), Derby
U17: PenHT (3kg, 4kg, 5kg, 6kg,

726kg): 1 R Morawski (ESM) 251.59 (67.39, 62.45, 55.05, 42.21, 24.49); 2 A Sydee (Lut, U20) 237.95 (60.76, 52.64, 50.27, 41.59, 32.69)
M35: PenHT (4kg, 5kg, 6kg, 726kg, 9kg): 1 S Minnick (Donc) 267.07 (64.77, 57.55, 57.31, 45.00, 42.44)
M50: PenHT (4kg, 5kg, 6kg, 726kg, 9kg): 1 M Roberts (C&S) 226.53 (57.15, 51.80, 44.45, 39.75, 33.38); 2 G Middleton (C&S) 183.01 (41.42, 40.91, 39.09, 32.70, 28.89); 3 S Woolley (Mans) 179.56 (43.80, 39.99, 36.64, 32.95, 26.18)
M55: PenHT (4kg, 5kg, 6kg, 726kg, 9kg): 1 C Howell (C&S) 169.24 (42.36, 37.24, 35.82, 29.48, 24.34)
M60: PenHT (3kg, 4kg, 5kg, 6kg, 726kg): 1 B Hawksworth (Der) 213.61 (51.82, 43.02, 45.21, 39.84, 33.72)
M75: PenHT (2kg, 2.5kg, 3kg, 3.5kg, 4kg): 1 B Sumner (Nene V) 189.81 (45.75, 41.22, 37.29, 34.71, 30.84)
M80: PenHT (2kg, 2.5kg, 3kg, 3.5kg, 4kg): 1 G Roberts (Spark) 126.77 (28.60, 28.69, 25.59, 23.36, 20.53)
U15 women (all women:2kg, 2.5kg, 3kg, 3.5kg, 4kg)
PenHT: 1 T Morawska (ESM) 196.75 (45.76, 42.75, 36.85, 33.63, 33.26)
W55: PenHT: 1 P Higgins (Shrews) 129.51 (30.25, 26.94, 25.68, 24.16, 22.48)
W60: PenHT: 1 R Hutton (W'borne) 148.13 (37.04, 30.55, 29.64, 26.22, 24.68)

OCTOBER 23

ABERDEEN FETCH EVERYONE MILE, Mixed events: Mile: 3 C Milne (W50) 5:45.0

OCTOBER 16

NORTHERN VETERAN'S AC 10,000 CHAMPIONSHIPS, Leigh
Mixed events: 10,000: 1 P Simons (Salf, M45) 34:39.0; 2 S Nolan (Horw, M50) 35:11.7; 3 M Farran (Leeds C, M50) 36:00.3; 4 P Bailey (S'port W, M60) 38:35.7; 6 F Day (E Ches, M60) 39:47.5; 9 F Gibbs (Bing, M70) 41:48.8; 13 J Needham (Roch, W55) 44:23.9

SEPTEMBER 21

CHARNWOOD CLUB CHAMPIONSHIPS, Loughborough
U17 men: SP: 1 C Czerniak (Charn) 12.20
W40 women: SP: 1 L Oliver (Charn) 9.27

SEPTEMBER 19

CHARNWOOD CLUB CHAMPIONSHIPS, Loughborough
U15 boys: 200: 1 O Sinclair (Charn) 22.8
M50: 200: 1 J Statham (Charn) 25.5

SEPTEMBER 14

CHARNWOOD CLUB CHAMPIONSHIPS, Loughborough
U17 men: PV: 1 E Walsh (Charn, U15) 3.10
U15: 400: 1 O Sinclair (Charn) 55.0

SEPTEMBER 12

CHARNWOOD CLUB CHAMPIONSHIPS, Loughborough
U15 boys: 100: 1 O Sinclair (Charn) 11.3
W40 women: 100: 1 L Oliver (Charn) 13.5

SEPTEMBER 4

STRATFORD UPON AVON CLUB CHAMPIONSHIPS, Stratford
U17 men: 100H: 1 A Grant (Strat) 14.6; 2 J French (Strat) 14.7
U15: HJ: 1 R Dwyer (Strat) 1.78
U13 girls: HJ: 1 I Cain-Daley (Strat) 1.48

Andy Ward (961) leads the Percy Pud 10km



FLAMING PHOTOGRAPHY

ROAD

DECEMBER 4

ALAN GREEN MEMORIAL 10, Westgate on Sea

Overall: 1 A Jackson (Sitt) 54:43; 2 C Jones (Ashf D, M35) 58:34; 3 D Hollidge 60:37

TEAM: Ashford & District

Women: 1 T Oldershaw (Padd W, W40) 62:46; 2 S Gruber 66:49; 3 S Mooney (Lark) 67:02; 4 S Hawkins (M'stone, W45) 68:14

TEAM: Maidstone H

ALEXANDRA PARK 5km, Manchester

Overall: 1 J Cunningham (Jer) 16:40; 2 S Livesey (Acc, M35) 17:25; 3 J Chaplin (B'burn, M55) 18:07

Women: 1 J Morley (Acc) 21:24; 2 C Anderson (Swint) 23:29

BROMHAM PUDDING RUN 10km, Chippenhain

Overall: 1 T Fisher (Avon VR) 33:02; 2 M Towler (Avon VR) 33:43; 3 P Mosley (B'mth, M35) 34:07

Women: 1 J Thompson (Bath, W50) 38:00; 2 N Webber (Bath, U20) 39:14; 3 Z Brown (Bath) 39:40

W45: 1 S Kelly (Woot B) 41:46

GREAT NETHER HEYFORD SANTA 5, Frole

Overall: 1 G O'Brien (M40) 27:57; 2 D Barrick (unatt) 32:43; 3 J Lowdon (Woot RR, W) 34:17

Women: 1 Lowdon 34:17; 2 J Ferguson (unatt, W45) 39:37

GUY'S 10, Bilborough

Overall: 1 B Fish (B'burn) 50:46; 2 T Boardman (Leigh) 51:16; 3 S Robinson (BWF) 53:06; 4 S Littler (Wesh, M35) 54:08; 5 A Buttery (Ross, M40) 55:56; 6 S Hallas (Prest, M35) 56:46

M40: 2 M Rogers (Wig P) 57:52. **M45:** 1 P Cruse (Lyth) 59:38. **M50:** 1 P Muller (Horw) 59:26; 2 S Moran (Ast&T) 61:36. **M55:** 1 K Hesketh (Prest) 62:01; 2 K Addison (R Rose) 63:36. **M60:** 1 A Hudson (Wesh) 64:49

Women: 1 C Heys (Clay) 62:03; 2 C Betmead (BWF, W40) 62:11; 3 M Neal (March, W35) 63:34; 4 S Cumber (Hal, W40) 66:01; 5 L Hesketh (Clay) 66:55

W35: 2 J Khoueir (Holm) 67:33. **W50:** 1 P Walsh (Prest) 68:59. **W55:** 1 M Hesketh (Prest) 68:52. **W60:** 1 J Adams (Norten Vets) 80:25; 2 C Douglass (R Rose) 82:55. **W65:** 1 J Deakin (Prest) 87:30. **W75:** 1 E Elkington (L&M) 96:51

HELENA TIPPING MEMORIAL 10km, Wrexham

Overall: 1 C Prior (Ches TC) 32:36; 2 P Brook (Ches TC) 32:43; 3 B Rothery (Eryri) 33:01; 4 D Weston (Wrex) 33:16; 5 P Butler (Osw) 33:35; 6 J Evans

(Eryri) 33:47; 7 J Bowie (Trismart) 34:56

M45: 1 I Cooper (Elles P) 35:02. **M50:** 1 T Partridge (Wrex) 35:28. **M55:** 1 J Woodcock (Menei TT) 38:55. **M70:** 1 T Orrell (Clay) 45:26. **U20:** 1 H Valentine (S Ches) 35:26

Women: 1 E Parry (Wrex, W35) 37:46;

2 L Grantham (Wirr, W35) 40:00; 3 H Davies (Wrec, W45) 41:06

W70: 1 B Jones (Bro D) 54:21

JOGSCOTLAND CHRISTMAS CRACKER 5km, Glasgow

Overall: 1 A Lawler (Law, U17) 17:00; 2 S Hakeem (Cambus) 19:06; 3 J Buick (Edin, M45) 19:19

Women: 1 P Dickson 20:54; 2 H Fawcett (U20) 22:24

KINGSTON 10km

Overall: 1 M Withey (Stroud) 32:02; 2 B Thursby-Pelham (JRL, M35) 34:22; 3 H Johnston (Purple P) 34:24

Women: 1 K Meredith (High) 37:48; 2 S Boast (Bed C) 38:00; 3 N De Villiers (Chelm) 39:01

W45: 1 K Warner (Woking) 41:39

KPMG GLASGOW UNIVERSITY 5

Overall: 1 T Fay (Shett) 25:14; 2 A Peters (Shett) 26:07; 3 T Martyn (Edin U HH) 26:42

M45: 1 P O'Kane (HBT) 28:28; 2 A Derrick (Cald) 28:44. **M50:** 1 J Farquhar (Pit) 28:36

Women: 1 S Inglis (Edin U HH) 28:47;

2 G Rankin (Kilb) 29:02; 3 L Chisholm (Gars, W35) 29:03; 4 J Emsley (Centr) 29:41; 5 A McDonald (Centr) 29:51; 6 K Pennel (Pit, U20) 30:00; 7 K White (Gars) 30:17; 8 R Joss (Mighty Giffnock North) 30:28; 9 C Mearthar (Unatt) 31:33

NENE VALLEY HARRIERS 10, Peterborough

Overall: 1 A Hains (Card) 49:35; 2 M Powell (Tip) 52:35; 3 J Pike (NEB, M35) 53:08; 4 J Herbert (Nene V, M40) 53:45; 5 D Green (B&W) 53:50; 6 M Moore (Nene V, M35) 55:50; 7 I Bailey (E Ant) 55:59; 8 N Grimer (Nene V, M40) 56:13; 9 J Siddens (Slea TR, M40) 56:36; 10 S Fell (Stam S, M35) 56:57

M55: 1 T Epps (Wym) 64:53

Women: 1 A Hutchinson (Card) 58:08;

2 P Taylor (Nene V, W40) 60:33; 3 R Jones (Nene V) 64:35; 4 K Sherwood (C&C) 66:32

W40: 2 J Stones (Mab) 68:11. **W45:** 1 C Heaton (Holme P) 67:15; 2 D Wait (March) 71:25. **W55:** 1 C Sharp (Unatt) 74:40. **W60:** 1 A Furbank (Riv) 75:31

OTTERTON REINDEER RUN 10km, Budleigh Salterton

Overall: 1 L Bolam (Sidm) 37:04; 2 G Hill (Sidm, M45) 37:44; 3 D Tomlin (Teign, M35) 37:55

Women: 1 L Commander (SWRR) 42:26; 2 C Hodgson (B&W) 43:09; 3 C Pleasence (Exrn H) 44:26

PERCY PUD 10km, Sheffield

VETERANS led the way in this event with Andy Ward and Anthony Whiteman both breaking 32 minutes. Former international Carl Thackery, who boasts a sub-28 track time, was the first M45.

Overall: 1 A Ward (Clowne, M40) 31:13; 2 A Whiteman (SB, M40) 31:46; 3 J Lings (Sheff TC) 32:19; 4 C Ryde (Donc) 32:27; 5 A Challenger (Hallam) 32:32; 6 M Hobbs (Hallam) 33:10; 7 A Norton (Mans) 33:21; 8 P Faulkner (Hallam, M40) 33:28; 9 G Felton (Barns, M40) 33:36; 10 C Edgell (Hallam) 33:40; 11 R Baker (Hallam) 33:53; 12 T Bailey (Notts) 33:55; 13 C Thackery (Hallam, M45) 34:08; 14 B Beattie (Hallam) 34:09; 15 P Cooper (Hallam) 34:12;

16 N Elliott (Wake) 34:39; 17 D Furniss (Hallam, M40) 34:43; 18 W Beauchamp (Sheff RC) 34:48; 19 J Morgan (Dark Pk, M40) 34:52; 20 M Thompson (Sheff, M50) 34:54; 21 M Winn-Smith (Camb H) 34:56; 22 M Sprot (Hallam) 34:59

M40: 7 D Palmer (SCS) 35:18. **M50:** 2 C Ireland (Sheff RC) 36:01. **M60:** 1 P Keen (Hallam) 38:57; 2 T Brown (SCS) 39:17. **M65:** 1 D Trickett (Hallam) 39:48

Women: 1 F Davies (Kingstone, W35) 38:02; 2 J Horne (Sheff RC) 38:27; 3 S Burns (Roth, U20) 38:40; 4 J Seymour (Hallam, W35) 39:39; 5 N Hatswell (Roth, U20) 39:40

W35: 3 E Wolf (P'stone) 40:05. **W40:** 1 L Haley (SCS) 41:20. **W45:** 1 P Wilkie (Hallam) 41:33; 2 J Ridgeway 42:07; 3 K Morris 42:59. **W50:** 1 L Leggett (Denb DT) 40:57; 2 J Wakeman (Barns) 44:22. **W55:** 1 D Kesterton 46:10; 2 C Ferris (Killa) 46:22; 3 C Beattie (SCS) 46:26; 4 J Chambers (Hallam) 46:56. **W60:** 1 Y Twelvetree (T'ley) 48:22

PERIVALE 5

Overall: 1 M Cummings (Herne H) 26:09; 2 S Renfer (TVH) 26:18; 3 R Wilson (ESM) 26:35; 4 R Weston (Serp) 26:39; 5 M Addison (Met P) 26:47

M45: 1 N Rackham (Metros) 27:21. **M50:** 1 M Giles (Sutt R) 28:28; 2 G Evans (Lon Hth) 29:48. **M60:** 1 T Griffin (Tring) 32:53. **M65:** 1 E Fogarty (ESM) 34:28. **M70:** 1 P Warren (Rane) 37:59

Women: 1 L James (WSEH) 32:13; 2 P Thomas (ESM, W45) 33:54; 3 A Cope (Serp) 34:15

W45: 2 C Manera (ESM) 34:20. **W50:** 1 C Meek (Hillingdon Triathletes) 35:54. **W55:** 1 A Sanders-Reece (Morrn) 35:03

REGENTS PARK WINTER 10km

Overall: 1 T Heslop (VP&TH) 34:55; 2 J Poole 35:08; 3 J Matthewman (High) 35:14

M40: P Dove (unatt) 35:43

Women: 1 L Tolmli (Radley) 38:37; 2 L Slinger (W35) 39:43

W45: S Doyle 42:57

ULVERSTON PUDDING 10km

Overall: 1 D Parkinson (Kend) 32:05; 2 M Sawrey (Traff) 32:16; 3 C Holgate (Ely, M35) 33:29; 4 H Stainton (Hoad) 33:31; 5 J Bartlett (Barr) 33:36; 6 B Abdelnoor (Amble) 33:43; 7 R Maddams (Horw, M35) 34:18; 8 H O'Donnell (Amble) 34:50

M60: 1 M Walsh (Kend) 39:12

Women: 1 M Hyder (Helm, U20) 38:52; 2 J Taylor (L&M, W40) 40:12

W40: 2 S Ayers (Kesw) 40:23. **W55:** 1 M Smith (Kend) 46:50. **W60:** 1 L Lyness (Barr) 43:44

WOLVERHAMPTON TURKEY TROT 5,

Overall: 1 R Jones (Tip) 25:33; 2 C Sommer (Hunc) 27:54; 3 M Eustace (C&S, M50) 27:57

M60: 1 P Williams (Wrek) 32:12

Women: 1 A Wilson (W&B, W40) 32:18;

2 D Blakeman (Sneyd, W35) 33:52

WOMEN'S CHRISTMAS CRACKER CHASE 10km/5km, Worthing

Overall: 1 S Kingston (Fitt, W35) 39:15;

2 S Fry (Seaf, W35) 42:29; 3 C Malone 43:48

Overall (5km): 1 L Potten (Horsh J) 20:17; 2 V Purnell (Horsh J, W50) 20:31;

3 R Arthur (K2) 21:56

CHRISTMAS CRACKER BEACH FRONT 10km, Aberdeen

Overall: L Calder (A'deen U) 36:25

Women: C Milne (W50) 39:19

GARDEN CITY RUNNERS FESTIVAL 5 Hertfordshire

Overall: 1 R Scott (Gard CR) 26:43; 2 S Kemble (Garde CR) 27:51; 3 S Jackson (FVS) 28:12

M55: D Desborough (Gard CR) 29:11

TEAM: 1 Garden City R 8; 2 North Herts RR 19; 3 St Albans Striders 26

Women: 1 S Onn (St Alb) 31:40; 2 V Bird (Gard CR) 38:00

TEAM: 1 Garden City R 7; 2 St Albans 9; 3 Barnet & District 9

DECEMBER 3

ELSWICK HARRIERS NORMAN WOODCOCK MEMORIAL 5, High Gosforth Park, Newcastle upon Tyne

PHILIP HURST, in his first competitive outing since July, overcame cold, windy conditions to win his own club's promotion. *Les Venmore reports.*

Hurst was expected to be given a hard race by Ethiopian Yared Hagos, who held a slight lead in the early stages over his rival. Hurst caught Hagos after the first of the three laps around the ambulance track adjacent to the racecourse.

Hurst was leading by eight seconds after the second lap, though Hagos reduced this deficit before the last 200m. However Hurst's track speed – he was fifth in the UK Championships 1500m – proved decisive as he sprinted away to an eight-second victory.

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CROSS-COUNTRY

DECEMBER 4

BOOTH DECORATORS LEAGUE, Long Eaton

Overall: 1 C Rainsford (Hean) 23:54; 2 J Rainsford (Hean, U20) 24:47; 3 C Allwood (SinA) 25:07; 4 R Robinson (SinA) 25:22; 5 A Deeming (Hean, M40) 25:49; 6 M Bickerstaff (Ripley) 26:01; 7 P Clarke (Hean) 26:41; 8 S Ashmore (Hean) 26:43; 9 I Monaghan (C' field, M40) 26:44; 10 I Hunter (Kimb) 27:05; 11 D Taylor (Ripley) 27:13; 12 S Leverton (N Der, M50) 27:23; 13 B Crawford (Long E) 27:32; 14 M Curran (SinA) 27:34; 15 C Wright (Kimb) 27:37; 16 T Clayton (N Der, M45) 27:38; 17 M Boot (Long E, U20) 27:38; 18 T Holling (Belp) 27:48; 19 J Fyfe (Kimb, M50) 27:51; 20 M Jones (Ripley, M40) 27:56

M55: 1 R Cockayne (SinA) 31:13. **M65:** 1 B Hampton (N Der) 33:27

Women: 1 L Holmes (Ripley) 30:13; 2 W Mulleneux (Hean) 31:24; 3 J Burke (Hean, W45) 32:07; 4 T Hemsall (Belp, W45) 32:11; 5 Y Hobday (Hean, W50) 32:30; 6 S Hopkinson (Mans) 32:51; 7 C Moss (Ripley) 32:58; 8 L Moakes (SinA, W35) 33:18; 9 L Harvey (Hean) 33:28; 10 M Newton (Hean, U15) 33:50

W40: 1 M Hodson (SinA) 33:50. **W60:** 1 E Robinson (Ripley) 38:14

OVERALL TEAM: 1 Heanor 22; 2 Sutton 19; 3 Ripley 18; 4 Long E 16; 5 Kimb 11

BORDERS LEAGUE, Peebles

Men: 1 A Crichton (Dumb, U20) 25:11; 2 M Reid (Moorf, M35) 26:21; 3 D Wright (HBT, M35) 26:30; 4 C Mattocks (HBT, M35) 26:46; 5 A Fallas (C'thy) 26:47; 6 A Craig (TLJT, U17) 26:53; 7 W Whittie (C'thy, M45) 26:59; 8 G Glendinning (Bella RR, M40) 27:03; 9 F Johnston (Gala) 27:05; 10 A Fletcher (Berw, M45) 27:26; 11 H Jones (HBT) 27:33; 12 A Robertson (Loth, U20) 27:37; 13 M Bryson (Gala, M45) 27:43; 14 I Rowland (Dumb, M45) 27:54; 15 S McCormack (Lanc U, W) 27:58

M50: 1 R Gallagher (Lauder) 28:43.

M55: 1 D Nightingale (Gala) 30:50.

M60: 1 C Murphy (Wool) 31:48

Women: 1 M McCormack 27:58; 2 S Ridley (Edin, W45) 28:46; 3 C Morgan (C'thy, W35) 29:40; 4 S Blake (Penic) 30:09; 5 S Oneil (HBT) 31:10; 6 H McGrath (Law, W45) 31:18; 7 K Jenkins (HBT, W35) 31:28; 8 A Henderson (P' bello, W35) 32:06; 9 R Anderson (Dumb, W45) 32:30; 10 A Lloyd (HBT) 32:34

W40: 1 J Jackson (C'thy) 33:37. **W50:** 1 S Macnab (Lauder) 38:57

U17: 1 J Mclean (Selkirk, U15) 9:01; 2 J Stanners (Selkirk, U15) 9:26; 3 K Stevens (Moorf, U15) 9:44; 4 A Larionov (RSC, U15) 9:53; 5 R Britton (Moorf, U15) 10:03; 6 A Brown (Morp, U15W) 10:05; 7 C Clark (Lass) 10:06; 8 J Logan (Gala, U11) 10:07; 9 J Agnew (Lauder, U13) 10:08; 10 S Collins (Moorf, U17W) 10:09

CC6 LEAGUE, Stoney Cross

Men: 1 S Herring (New F, M40); 2 J Davies (Lords); 3 S Driscoll (Tott, M45); 4 D Campion (Lords); 5 M Adams (Roms, M40); 6 M Watson (Tott); 7 A Kellaway (Hard, M40); 8 P Sidaway (E'leigh, M50); 9 E Morgan (Soton); 10 M Balistrari (Roms)

M55: 1 N Newton (Hard).

Women: 1 F Lynskey (New F); 2 C Dyer (Tott, W35); 3 L Buis (Tott, W40); 4 S Rushby (E'leigh, W35); 5 D Tew (E'leigh); 6 S Sleath (Hard, W45); 7 C Mcateer (Soton, U20); 8 J Jury (Tott); 9 S Aplin (E'leigh); 10 J Morgan (Hard, W50)

COMPLETE RUNNER WEST

YORKSHIRE LEAGUE, Wakefield

Men: 1 M Buckingham (Holm) 30:55; 2 S Deakin (Leeds C) 31:06; 3 J Thomas (Card) 31:54; 4 M Hilton (Leeds C) 32:06; 5 D Turnbull (Holm) 32:35; 6 J Townsend (Leeds C) 32:51; 7 M Pierson (Holm) 33:03; 8 J Smith (Leeds C) 33:07; 9 D Worton (Leeds C, U20) 33:08; 10 B Crowther (Hal) 33:09; 11 S Kerfoot-Roberts (Hal, U20) 33:27; 12 R Smith (Holm) 33:31; 13 M Roscoe (Leeds C, M45) 33:37; 14 M Kaye (Holm, U20) 33:41; 15 P Lockwood (Wake) 33:51; 16 F Slemek (Leeds U) 34:21; 17 G Hull (Leeds C, M45) 34:23; 18 C Miller (H'gate) 34:26; 19 S MacDonald (Bing, M45) 34:50; 20 T Travis-Pollard (Holm, U20) 34:53

M50: 1 J Holah (P&B) 36:14; 2 M Farran (Leeds C) 37:31; 3 J Watson (Valley Striders) 37:49. **M55:** 1 J Lester (Sky) 36:17; 2 A Normandale (York) 37:14; 3 J Ewart (Holm) 38:38. **M60:** 1 G Bell (Bing) 41:13; 2 S Carter (Keigh) 43:04; 3 N Robson (Bing) 43:22. **M65:** 1 A Bye (Sky) 49:17. **M70:** 1 F Gibbs (Bing) 44:55

TEAM: 1 Leeds 42; 2 Holm 59; 3 Bing 219; 4 Wakes 279; 6 Hali 322

U17: 1 B Travis (Hal) 18:02; 2 J Hall (Wharf) 18:03; 3 L Stedman (Spem) 18:05; 4 M Wharton (Hal) 18:14; 5 J Castelow (Hal) 18:14; 6 M O'Connor (Wake) 18:30

U15: 1 J Schofield (York) 14:45; 2 L Byram (Holm) 14:54; 3 W Ingram (Wake) 15:07; 4 E Cairsea (Bing) 15:25; 5 K Savage (Leeds C) 15:31; 6 S Convery (Wake) 15:37

U13: 1 R Etherington (Weth) 12:01; 2 B Dawson (Leeds C) 12:22; 3 S Waterman (Holm) 12:28; 4 M Merrick (Bing) 12:35; 5 J Ambler (R'well) 12:37; 6 J Newbold (Wharf) 12:50

U11: 1 F Westhead (Ilkley) 6:09; 2 M Hill (Wake) 6:11; 3 J Dickinson (York) 6:16

Women: 1 K Walshaw (Holm) 19:28; 2 K Parry (Leeds C) 19:42; 3 R Bamford (Oft) 20:10; 4 N Squires (Hallam) 20:16; 5 J Buckley (Bing, W35) 20:22; 6 H Berry (Holm, W35) 20:33; 7 E Birchall (Leeds C) 20:36; 8 S Morley (Ilkley, W35) 20:43; 9 K Hallas (Leeds C) 20:44; 10 G Smith (Kirks) 20:50

W40: 1 L Mawer (Weth) 21:40; 2 K Farquhar (Holm) 21:55; 3 E Barclay (Ilkley) 21:58. **W45:** 1 K Oddy (Hal) 22:12; 2 D Haggar (Ilkley) 22:20; 3 A Dennison (Bing) 23:06. **W50:** 1 S Becconsall (Bing) 21:00; 2 G Myers (Wharf) 21:52; 3 S Sunderland (Vall) 24:56. **W55:** 1 J Todd (Wharf) 25:39; 2 J Morley (Wold) 25:51; 3 S Morley (Ilkley) 28:45. **U20:** 1 C Lambert (Weth) 21:31; 2 S Smith (Wake) 21:50; 3 A Sutcliffe (P&B) 22:37; 4 R Harrison (Sky) 22:55; 5 E Legg (Weth) 23:10; 6 L Flint (Leeds U) 23:25; 7 E Cavany (KuH) 23:30; 8 L Christie (Leeds U) 24:31; 9 F Carney (Leeds U) 25:10; 10 F Wiles (Leeds U) 25:26

TEAM: 1 Holm 40; 2 Leeds 43; 3 Ilk 92; 4 Skyrac 118; 5 Wetherby 138

U17: 1 H Brown (Sky) 16:48; 2 G Malir (Ilkley) 16:52; 3 H Wood (Sky) 17:34; 4 B Ellis (Spem) 17:45; 5 E McArthur (Weth) 17:54; 6 K Harris (York) 17:57

U15: 1 A Mason (Wake) 11:55; 2 E Eadon (York) 12:41; 3 M Travis (Hal) 13:08; 4 L Redmond (Hal) 13:10; 5 M Webster (H'gate) 13:14; 6 M Moore (Weth) 13:25

U13: 1 N Grenier (York) 10:24; 2 M Berriman (Hal) 10:31; 3 B Oates (Wake) 10:49; 4 E Byram (Holm) 10:56; 5 V Merrick (Bing) 11:01; 6 S Cross (Weth) 11:03

U11: 1 L Shepherd (Holm) 6:39; 2 S Waterman (Holm) 6:51; 3 L Jeal (Weth) 7:01

DOWNS LEAGUE, Epsom Downs

U15: 1 P Bearman (K&P) 11:13; 2 K Lyer (Croy) 11:30; 3 N Inkester (SRU) 11:35; 4 B Barry (SRU) 11:42; 5 I Johnston (Croy) 11:54; 6 N Wellard (K&P) 11:55; 7 J Rady (Holl S) 12:03; 8 R Spalding (Croy) 12:10; 9 H Haile (Croy, U15W) 12:15; 10 N Hart (K&P) 12:30

Girls: 2 S Lawrence (Croy.) 12:45; 3 R Ingram (E&E) 12:55; 4 E Butcher (K&P) 13:30

U13: 1 H Reynolds (K&P) 11:50; 2 O Harhara (Croy) 12:13; 3 T Orr (E&E) 12:22; 4 J Kavanagh (Croy, U13W) 12:57; 5 G Bell (SRU, U13W) 13:03; 6 A Gurteen (E&E) 13:20; 7 C Watkins (SRU) 13:30; 8 J Kelly (E&E) 13:38; 9 A Jones (E&E, U13W) 13:41; 10 Z Barker (E&E) 13:54

Girls: 4 C Williams (SRU) 13:56; 5 A Hancock (SRU) 13:56

U11: 1 M Eagling (Croy) 10:46; 2 G Hooke (K&P) 10:49; 3 S Shaw (HWPS) 10:54

Girls: 1 D Corradi (SRU) 11:42

WENT LEAGUE, Swansea

Men: 1 B Nagy (E&H) 28:48; 2 W Evans (Carm) 29:23; 3 A Davies (Brec, M45) 29:42; 4 T Phillips (WG&E) 29:46; 5 J Dalgleish (Stroud) 29:52; 6 M Johnson (B&W) 30:00; 7 J Mills (Card) 30:22; 8 R Gardiner (Adare) 30:32; 9 M Roberts (Swan, M40) 30:49; 10 C Pristavec (Les C) 30:55; 11 N Wood (Dartf) 31:13; 12 M Ellis (W'bury) 31:21; 13 J Collier (W'bury) 31:25; 14 M Wells (B'end) 31:48; 15 E Penny (Utah) 31:49; 16 A Glover (W'bury, M35) 31:53; 17 P Hart (Card U) 31:58; 18 D Coales (Bath, M40) 32:03; 19 E Ibrahim (Card) 32:13; 20 N Dukes (Les C, M35) 32:16; 21 C Williams (Neath, M40) 32:26; 22 I Lloyd (Swan, M50) 32:31; 23 C Hudson (Bath U) 32:33; 24 D Jones (Bath) 32:35; 25 M Emery (B'end) 32:36

M55: 1 D Wintle (GWR) 35:35; 2 M McGeoch (Les C) 35:47; 3 E Lepore (Les C) 36:17. **M60:** 1 R Morris (San D) 38:55. **M65:** 1 T Jefferies (W'bury) 39:27

Women: 1 A Whitcombe (Swan, W40) 17:28; 2 A Grady (Roth) 18:52; 3 K Roberts (B'end) 19:08; 4 D Kennedy (B&W) 19:34; 5 P Phillips (Port T, W40) 19:39; 6 K Beecher (Les C) 19:44; 7 S Haikala (Brec, W40) 19:50; 8 A Nixon (FoD, W50) 19:52; 9 M Jinny-Jones (G'town) 19:56; 10 R Underhill (Card U) 20:05; 11 A Davies (Bath U) 20:07; 12 L O'Duffy (Les C, W40) 20:11; 13 L Smith (W'bury) 20:16; 14 S Turvey (Croft A) 20:18; 15 M Watson (TROTS, W45) 20:26; 16 E Bayliss (Myn) 20:30; 17 H Marshall (Aberys) 20:30; 18 J Coker (Les C, W50) 20:33; 19 V Tester (W'bury) 20:39; 20 C Skinner 20:52

W55: 1 A Saxena (Newp) 22:40. **W60:** 1 A James (Les C) 23:49

HEREFORDSHIRE WINTER LEAGUE, Buith Wells

Men: 1 J Barnes (Here, U20) 36:02; 2 J Pugh (Buith) 36:55; 3 T Iverson (Buith) 37:20; 4 J Pullen (Wye V, M45) 37:50; 5 S Rees (Rhay, M40) 39:00; 6 S Moore (Wye V, M40) 39:16; 7 C Berry (Led, M45) 39:26; 8 J Shingler (Lud) 39:45; 9 G Gregory (Tel, U20) 39:56; 10 M Link (Here C, M40) 40:06

M50: 1 N Sewell (Malv) 42:17. **M55:** 1 G Kay (Here C) 44:12. **M60:** 1 S Herington (Here C) 46:04

Women: 1 C Evans (Here, U20) 42:01; 2 R Johnstone (Malv, W40) 43:45; 3 A Champ (Wye V, W35) 46:08; 4 A Cooke (Here C, W50) 47:22; 5 S Holton (HTC, W35) 47:54; 6 L Smith (Croft A, W45) 49:02; 7 S Sherwood (Wye V, W45) 49:16; 8 B Ansfeld (Wye V, W35) 49:27; 9 H Nottle (Buith) 49:46; 10 N Goodwin (HTC, W35) 50:43

W55: 1 J Edwards (Wye V) 54:25. **W60:** 1 N Banning-Boddy (Rhay) 59:26. **W65:** 1 C Motteram (Wye V) 61:02

MEDIS ISLE OF MAN LEAGUE, Glen Lough

Overall: 1 A Corlett (Nthn (IOM)) 31:30; 2 N Armstrong (Manx, M40) 32:47; 3 G Epifani (Manx, M40) 32:55; 4 J Halligan (Manx) 33:41; 5 A Watson (Manx, M40) 34:53; 6 J Broughton (Nthn (IOM)) 35:00; 7 J Kinley (Manx TC, M45) 35:08; 8 M Lambden (Manx, M55) 35:13; 9 R Jamieson (Nthn (IOM)) 35:37; 10 B Corkill 35:39

Women: 1 J Lee (Eryri, W35) 23:54; 2 G Griffiths (Manx, W45) 24:02; 3 K Burge (W35) 24:31; 4 J Quane (Nthn (IOM), W40) 25:29; 5 C Mayers (W40) 27:02; 6 S Walker (Manx, W40) 28:13

U17: 1 J Moore (Western) 22:02; 2 S Garrett (Manx) 22:52; 3 S Moore (Western) 23:35; 4 M Turner (Nthn (IOM)) 26:00; 5 I Quane (Rams) 26:46; 6 O Dickinson (Manx) 26:59

U13: 1 D Mullarkey (Manx) 11:31; 2 A Gerrard (Western) 12:15; 3 B Keibell (Castle P) 12:24; 4 L Brew (Western) 12:41; 5 J Cowin (Manx) 12:53; 6 A Bell (Western) 13:11

U11: 1 N Caley (Manx) 5:43; 2 J Strickett (Nthn (IOM)) 5:51; 3 R Owen (Foxdale School) 6:09

U15 girls: 1 S Cox (Manx) 20:11; 2 B Cain (KWC) 22:31; 3 A Kinley (St Ed) 22:50

U13: 1 A Cringle (Manx) 12:49; 2 A Clarke-Smith (Manx) 13:14; 3 C L Dickinson (Manx) 13:36

U11: 1 J Hill (Nthn (IOM)) 5:56; 2 A Aumonier (Manx) 6:19; 3 A Sharpe 6:30

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE, Croft Autodrome

Men: 1 M Scott (R&Z, U20) 28:09; 2 M Jones (M&C) 28:16; 3 P White (M'bro) 28:26; 4 J Gajasuriya (M&C) 28:40; 5 P Bentley (N Yks M) 29:16; 6 D Roberts (R&Z) 29:22; 7 A Blowers (New M) 29:25; 8 J Wilson (Loft) 29:42; 9 G Grounds (Bill MH, M40) 30:06; 10 J Hunter (Loft, M50) 30:14; 11 A Pearson (N Yks M, M40) 30:23; 12 A Minister (Hart) 30:41; 13 C Rumsey (M&C) 30:49; 14 D Middlemas (Loft) 31:06; 15 K Patterson (Bill MH, M40) 31:08

M55: 1 G Reid (Ayc) 34:08. **M60:** 1 T Moss (N Yks M) 35:41

TEAM: 1 R&Z 99; 2 M&C 133; 3 Loftus 138; 4 H pool BRH 140; 5 NYMAC 150

U17: 1 W Parker (New M) 21:50; 2 L Watson (M'bro) 22:47; 3 M Coulthard (Shild) 23:13; 4 W Crossen (Ayc) 23:30; 5 R Scarborough (Scar) 24:09; 6 D Davison (New M) 26:05

U13: 1 J Allen (M'bro) 8:05; 2 J Wood (Darl) 8:31; 3 I Suleman (Middle MM) 8:36; 4 J Jardine (M'bro) 8:45; 5 O Cockerill (Bev) 8:47; 6 D Swinson (M'bro) 9:02

U11: 1 S Hornsby (Darl) 7:35; 2 J Cowperthwaite (Middle MM) 7:45; 3 J Kent (Loft, U11W) 7:55

Women: 1 A Etherington (Shild, U17) 24:36; 2 Z Hewitson (Shild, U17) 25:08; 3 M Winzer (R&Z, U20) 25:11; 4 B Caygill (Darl, W35) 25:58; 5 N Kent (Loft, W40) 26:11; 6 A Owen (Loft) 26:58; 7 G Rodgers (Loft, U20) 27:22; 8 M Scott (Ayc) 27:32; 9 K Aspin (New M, W40) 27:50; 10 J Keavney (Swaled, W45) 27:55; 11 N Dawson (Bev, U17) 28:03; 12 L Jefferies (Quak) 28:23; 13 L Noble (Darl, W45) 28:16

W55: 1 P Costello (Redc) 29:28. **W60:** 1 P Kirby (T&S) 33:50. **W70:** 1 M Codling (T&S) 44:29

TEAM: 1 Loftus 33; 2 Darl 63; 3 R&Z 67

U15: 1 P Stone (M'bro) 17:11; 2 G Clark (M'bro) 17:56; 3 H Kitchener (M'bro) 18:24; 4 L Ogden (Scar) 18:38; 5 G Cuff (M'bro) 19:16; 6 C Rodgers (Loft) 19:29

U13: 1 E Clapton (Scar) 8:34; 2 S Jones (Darl) 9:03; 3 R Kitchener (M'bro) 9:05; 4 L Hunter (Darl) 9:06; 5 L Kirkham (R&Z) 9:26; 6 F Dinsdale (R&Z) 9:30

OXFORD MAIL LEAGUE, Culham

Overall: 1 S Naylor (Bed C) 29:42; 2 S Smith (C&C) 30:20; 3 P Fernandez (Abing) 30:40; 4 O Ellis (Abing) 31:07; 5 S Male (Oxf C, M45) 31:08; 6 N Marley (Cov) 31:12; 7 J Cornish (W Horse, U20) 31:23; 8 B Leggate (Ciren) 31:37; 9 C Dettmar (Head, M40) 31:38; 10 J Entwistle (Norw) 31:45; 11 T Perchard (Ox B) 31:53; 12 T Wright (Banb) 31:56; 13 M Fallows (Ciren) 32:04; 14 P Jegou (W Horse) 32:07; 15 E Crowley (Head) 32:10

M45: 2 J Atyeo (Oxf C) 32:32. **M50:** 1 S Tavener (Head) 33:35. **M55:** 1 B Gardner (Swin) 33:59. **M60:** 1 P Malloy (Swin) 36:25; 2 J Exley (Oxf C) 37:19

TEAM: 1 Abington 214; 2 Newb 233; 3 Head 284; 4 Ciren 287; 5 Swindon H 295

U17/U15: 1 N Clinton (Swin) 17:23; 2 W Ballard (Swin) 17:41; 3 C Von Eitzen (Rad, U15) 17:43; 4 M Raymond (Swin) 17:53; 5 N Gillis (Team K, U15) 17:58; 6 T Beigel (Banb) 18:00

U13: 1 W Crisp (Swin) 7:36; 2 C Harrison (W Horse) 7:57; 3 D Stokell (Rad) 7:59; 4 J Hancox (Rad) 8:01; 5 J Traynor (Abing) 8:05; 6 O Onay (W Horse) 8:05

U11: 1 S Hart (Team K) 3:59; 2 H Inley (Rad) 4:06; 3 J McLaughlin (Team K) 4:08

Women: 1 S Crumby (Newb) 26:03; 2 E Ridley (Wit) 26:28; 3 M Hawtin (Oxf C, U20) 26:40; 4 J Franklin (Newb) 26:54; 5 J Webb (W'stock) 27:39; 6 J Walker (Oxf C, U20) 27:54; 7 H Preedy (Team K) 28:13; 8 S Usher (Alch, W35) 28:14; 9 M Bartlett (Banb, W40) 28:32; 10 S Davies (Oxf C, W35) 28:47

W45: 1 S Van Huysteen (Newb) 29:39. **W55:** 1 S Fowler (Newb) 31:53. **W65:** 1 K Williamson (Eynsh) 33:31

TEAM: 1 Newbury 21; 2 Team K 40; 3 Oxford Brookes 49; 4 Headington 69

U17/U15: 1 L Bellamy (Swin) 13:02; 2 S Sunderland (Oxf C, U15) 13:26; 3 C Huynh (Swin, U15) 13:37; 4 S Lloyd (W Horse) 13:42; 5 Y Ryder (Team K, U15) 13:49; 6 G Parker (Abing) 13:53; 7 M Perrin (Swin, U15) 13:55; 8 J Harrison (W Horse, U15) 14:11; 9 D White (Rad, U15) 14:21; 10 C Scaplehorn (Team K, U15) 14:48

U13: 1 F Bunn (Abing) 8:29; 2 J Upjohn (Oxf C) 8:32; 3 F Rowe (Rad) 8:40; 4 C Cox (Team K) 8:41; 5 V Tilling (Abing) 8:50; 6 L Fellows (Team K) 8:53

U11: 1 C Bradley (Team K) 4:20; 2 S Wheeler (Bic) 4:23; 3 E Kretting (Team K) 4:36

PIRIE 10, Coulsdon

Overall: 1

Daniel Woodgate: maiden victory at Chiltern League



MARK EASTON

TADLEY RACE, Hampshire

Overall: 1 M King (Win) 31:29; 2 J Knight (Over) 33:15; 3 R Usher (Read RR) 34:31; 4 R Oakley (Over) 34:40; 5 A Blenkinsop (Read RR) 35:03
M40: J Peake (W Horse) 35:44. **M50:** E Dodwell (Read RR) 37:10. **M60:** C Hill (BMH) 40:40
Women: 1 S James (Purple P) 37:39; 2 L Whiley (Read RR, W50) 38:19; 3 H Garforth (Read J, W35) 38:57
W45: A Leggett 41:33

WATLING WINTER 10km

Overall: 1 G Crone (Fire S, M40) 43:02; 2 S Mead (W'stock, M45) 43:02; 3 R Bones (Read RR) 44:57
Women: 1 M Spalton (Belg, W35) 47:52; 2 J Laws (Barn, W50) 49:31

DECEMBER 3

APEX SPORTS CHILTERN LEAGUE, St Albans, Hertfordshire

DANIEL WOODGATE won his first Chiltern League in commanding style, coming home 41 seconds clear of Matt Bergin.

Marshall Milton Keynes continued to dominate in division one, while Dacorum & Tring look set to go up at the end of the season.

In the women's race, Carolyn Boosey and Rebecca Murray won the senior and junior women's races respectively, coming home well clear of the rest of the fields.

Bracknell remain in division two but won all of the women's age-group races as the Goddard twins, Hope and Grace, dominated the under-13 event.

Div 1: Overall: 1 D Woodgate (Lut) 30:35; 2 M Bergin (Bed C, U20) 31:16; 3 T Comerford (Mil K) 31:20; 4 D Bellinger (Oxf C) 31:46; 5 S Tuttle (Mil K) 31:52; 6 J Drinkwater (Bed C) 32:16; 7 D Nevins (Harrow) 32:25; 8 C Lambert (Mil K, U20) 32:30; 9 J Cooper

(Harrow) 32:30; 10 S Brookes (Lon H, gst) 32:31; 11 F Downs (Chilt H) 32:33; 12 K Al-Abaidy (WSEH, U20) 33:03; 13 P Norris (Harrow) 33:05; 14 A Goodall (WSEH, U20) 33:08; 15 C Dettmar (Head, M40) 33:12; 16 S Millett (WSEH) 33:17; 17 C May (VoA) 33:23; 18 S Coombes (L Buzz, gst) 33:28; 19 M Robinson (Head) 33:30; 20 A McMulklin (Lut) 33:35; 21 D Hamblin (VoA, M40) 33:44; 22 B Corfield (L Buzz) 33:55; 23 C Emmerson (Bed C, U20) 34:02; 24 J Critchlow (Harrow, M50) 34:19; 25 S Green (Mil K) 34:23; 26 A Turnbull (Bed C, M40) 34:31; 27 S Still (Lut, M40) 34:41; 28 S Earley (Bed C, M40) 34:44; 29 D Gurton (VoA, U20) 34:48; 30 B Kennard (WSEH, U20) 34:49

M50: 2 S Taverner (Head, M50) 35:22. **M60:** 1 J Skelton (Mil K) 38:31; 2 R Treadwell (Oxf C) 39:22

TEAM: 1 Marshall Milton K 1659; 2 Bedford & County 1651; 3 Harrow 1487; 4 Windsor, Slough, Eton & Hounslow 1484; 5 Vale of Aylesbury 1440; 6 Headington RR 1404

M40 TEAM: 1 Headington 639; 2 Bedford & C 607; 3 Aylesbury 585
U20 TEAM: 1 Windsor 548; 2 Bedford & C 546; 3 Milton K 485
U17: 1 L Dee (Herts P, gst) 21:03; 2 J Rowe (WSEH) 21:50; 3 K Wye (WSEH) 22:01; 4 P Taylor (VoA) 22:03; 5 J Chapman (WSEH) 22:06; 6 G Gillingwater (Chilt H) 22:20

TEAM: 1 Windsor 122; 2 Chiltern H 104; 3 Aylesbury 88; 4 Bedford & C 87
U15: 1 J Barraclough (Bed C) 15:39; 2 J McCarty (Chilt H) 15:46; 3 J Janes (Bed C) 15:56; 4 B Hughes (Chilt H) 16:24; 5 K Hammond (Harrow) 16:38; 6 K Lindars (VoA) 16:47

TEAM: 1 Bedford & C 118; 2 Chiltern H 97; 3 Harrow 77; 4 Milton K 64
U13: 1 A Yabsley (Mil K) 9:54; 2 D Murphy (Mil K) 10:04; 3 W Mullins (Bed C) 10:06; 4 A Denison-Smith (Chilt H)

10:07; 5 T Conway (Chilt H) 10:18; 6 A Tremlett (Harrow) 10:20

TEAM: 1 Milton K 143; 2 Chiltern H 139; 3 Bedford & C 132; 4 Windsor 118

OVERALL MALE: 1 Bedford & C 1988; 2 Milton K 1896; 3 Windsor 1769; 4 Harrow 1682; 5 Aylesbury 1678

Women: 1 C Boosey (VoA) 23:40; 2 D Barnes (WSEH) 24:20; 3 R Newstead (Bed C) 24:25; 4 E Moss (WG&EL, gst) 24:36; 5 L Bromilow (Mil K) 24:45; 6 S Thomas (Chilt H) 25:08; 7 E Antcliffe (Harrow) 25:16; 8 C McMahon (Lut) 25:28; 9 C Lathwell (Lut, W35) 25:36; 10 M Stedman (WSEH, W50) 25:48; 11 E Roche (Mil K) 25:52; 12 J Austin (VoA, W45) 25:57; 13 C Harris (Head) 26:00; 14 E Curtis-Smith (B'brook) 26:04; 15 C Oldfield (VoA) 26:07; 16 G Duckworth (L Buzz, W55) 26:30; 17 L James (WSEH) 26:40; 18 V Curtis-Smith (B'brook) 27:00; 19 A Young (Chilt H, W35) 27:05; 20 J Craft (Head, W35) 27:10

TEAM: 1 Aylesbury 300; 2 Milton K 282; 3 Chiltern H 282; 4 Bearbrook 277; 5 Headington 276; 6 Windsor 240
W35 TEAM: 1 Chiltern H 226; 2 Milton K 209; 3 Tring 201

U20/U17: 1 R Murray (Bed C, U17) 16:44; 2 A Burgin (Bed C) 17:13; 3 S Draper (Harrow, U17) 17:33; 4 M Haynes (WSEH) 17:52; 5 J Leggett (Mil K, U17) 17:57; 6 G Childs (Mil K, U17) 18:18; 7 R Walcott-Nolan (Lut, U17) 18:31; 8 A Rust (Bed C, gst) 18:38; 9 L Hawtin (Oxf C, U17) 18:45; 10 K Marshall (WSEH, U17) 18:50

TEAM: 1 Milton K 63; 2 Windsor 60; 3 Bedford & C 53; 4 Luton 50

U15: 1 L Russell (Bed C) 10:19; 2 K Rodd (Bed C) 10:23; 3 B Hawtin (Oxf C) 10:30; 4 C Lewis (Chilt H) 10:31; 5 S Kerr (Bed C) 10:41; 6 S Deegan (Bed C) 10:41

TEAM: 1 Bedford & C 134; 2 Windsor 102; 3 Chiltern H 88; 4 Milton K 82
U13: 1 E Cackle (WSEH) 10:46; 2 S Davis (WSEH) 10:48; 3 M Whitfield (Harrow) 10:51; 4 E McCaffray (Bed C) 10:53; 5 E Highton (WSEH) 10:54; 6 N Scott (WSEH) 11:08

TEAM: 1 Windsor 186; 2 Bedford & C 151; 3 Milton K 150; 4 Chiltern H 144
OVERALL FEMALE: 1 Windsor 588; 2 Milton K 577; 3 Chiltern H 539; 4 Bedford & C 507; 5 Luton 414

OVERALL (M&W combined): 1 Bedford & C 2495; 2 Milton K 2473; 3 Windsor 2357; 4 Chiltern H 2026; 5 Aylesbury 2018; 6 Harrow 1983

Div 2

Men: 1 J Parslow (Dac) 31:50; 2 M Salt (Dac, M20) 32:10; 3 W Langley (Wyc P) 32:32; 4 A Cracknell (Dac) 32:39; 5 P Adams (St Alb Str) 33:04; 6 C Hilton (S&NH, M20) 33:10; 7 J Humphreys (Rad, M20) 33:51; 8 E Blake (St Alb Str) 33:58; 9 R Larsen (Brack) 34:10; 10 J Scott (St Alb Str) 34:12; 11 F Fulcher (Handy X, M40) 34:29; 12 P Lastras (St Alb Str) 34:33; 13 T Wright (Banb) 34:38; 14 A Mourindin (Brack) 35:08; 15 J Cousins (Wyc P) 35:18

TEAM: 1 St Albans S 683; 2 Dacorum (Owls) 575; 3 Watford 527; 4 Wycombe P 494; 5 Handy C 345; 6 Thame R 338
M40 TEAM: 1 St Albans S 300; 2 Watford 252; 3 T Balancise 225
U17: 1 S Halstead (Brack) 20:48; 2 J McMurray (St Alb) 21:12; 3 M Axe (Wyc P) 21:36; 4 B Rochford (Wat) 21:38; 5 M Seddon (Brack) 21:58; 6 C Hewitt (Rad) 22:39

TEAM: 1 Bracknell 39; 2 Wycombe 37; 3 St. Albans 32; 4 Watford 15
U15: 1 C Von eitzen (Rad) 15:50; 2 D Ridington (Brack) 16:07; 3 T Verberna (Wat) 16:25; 4 H O'Brart (Wat) 16:29; 5 B Lawrence (Wyc P) 16:41; 6 J Down (St

Alb) 17:03

TEAM: 1 Watford 61; 2 Bracknell 57; 3 Biggleswade 43; 4 St. Albans 39

U13: 1 S Barton (Bigg) 10:16; 2 A Wilmshurst (St Alb) 10:38; 3 B Clarke (St Alb) 10:43; 4 D Weathers (Wyc P) 11:02

TEAM: 1 St. Albans 70; 2 Wycombe 48; 3 Dacorum 42; 4 Stevenage 41

OVERALL MALE: 1 St. Albans Str 683; 2 Watford 636; 3 Dacorum 630; 4 Wycombe 614; 5 Handy Cross 345

Women: 1 L Rogers (Wyc P) 24:09; 2 D Steer (St Alb Str, W45) 25:29; 3 S Onn (St Alb Str) 26:13; 4 M Bartlett (Banb, W35) 26:25; 5 M Allen (Wyc P, W35) 26:52; 6 Z Lowe (St Alb Str, W45) 27:08

W55: 1 E O'Sullivan (Team Bal) 29:23
TEAM: 1 St Albans St 180; 2 Wycombe 137; 3 Watford 127; 4 Thame 114; 5 Handy Cross 112; 6 Dacorum 83

W35 TEAM: 1 St Albans St 165; 2 Watford 127

U20/U17: 1 B Berger-North (Brack, U17) 17:48; 2 F Brereton (Brack, U17) 17:55; 3 R McClay (Brack) 18:13; 4 R Turton (Brack, U17) 18:30; 5 A Smith (St Alb, U17) 18:37; 6 R Harris (S&NH, U17) 18:59

TEAM: 1 Bracknell 36; 2 Stevenage 17; 3 St. Albans 15; 4 Wycombe 7

U15: 1 S Rayment (Brack) 10:16; 2 M Humphreys (Rad) 10:39; 3 H Ridley (Bigg) 10:40; 4 M Doran (S&NH) 11:05; 5 A West (St Alb) 11:08; 6 S Marais (Brack) 11:21

TEAM: 1 Bracknell 56; 2 St. Albans 49; 3 Stevenage 37; 4 Watford 35

U13: 1 H Goddard (Brack) 10:00; 2 G Goddard (Brack) 10:13; 3 A Bowers (Brack) 10:29; 4 E Read (Brack) 11:10; 5 M Styles (Wyc P) 11:29; 6 C Duke (S&NH) 11:30

TEAM: 1 Bracknell 102; 2 St. Albans 84; 3 Stevenage 60; 4 Dacorum 60; 5 Wycombe 58; 6 Watford 19

OVERALL FEMALE: 1 Wycombe 205; 2 Bracknell 194; 3 Watford 181

OVERALL (M&W combined): 1 St Albans St 863; 2 Wycombe 819; 3 Watford 817; 4 Dacorum 785; 5 Bracknell 492; 6 Stevenage 461

U11 boys: 1 S Hudson (Brack) 5:01; 2 D Brookling (WSEH) 5:08; 3 P Phillips (Wyc P) 5:10

TEAM: 1 Chiltern H 135; 2 St. Albans 106; 3 Wycombe 104

U11 girls: 1 S Morton (Chilt H) 5:22; 2 M Relton (Bed C) 5:33; 3 E Benthall (Lut) 5:36

TEAM: 1 Chiltern H 187; 2 Bracknell 183; 3 Aylesbury 161

BIRMINGHAM LEAGUE

Div 1: Cofton Park

Overall: 1 P Thompson (Brat, U20) 31:18; 2 J Lilly (Tip) 31:25; 3 E Giles (Bir, U20) 31:32; 4 B Livesey (Bir) 31:35; 5 D Roper (Chelt) 31:38; 6 D Beier (Tip) 31:42; 7 D Cliffe (B'ham U) 31:44; 8 P Hinch (Tip) 31:48; 9 W Gray (B'ham U, U20) 31:48; 10 T Spencer (Cov G) 31:56; 11 J Gratton (B'ham U) 32:04; 12 M Rose (Cov G, U20) 32:09; 13 B Ande (Bir) 32:15; 14 M Jackson (B'ham U) 32:17; 15 J Norman (Owls) 32:23; 16 B Norris (B'ham U) 32:27; 17 M Armstrong (Cov G) 32:30; 18 P Miles (Owls) 32:34; 19 S Kerr (Lough) 32:38; 20 M Williams (Tip) 32:39; 21 J Durrant (B'ham U) 32:40; 22 C Booker (Hales) 32:41; 23 R Holroyd (Staffs M, U20) 32:54; 24 A Cornwell (B'ham U) 33:04; 25 M Granger (Tip) 33:10; 26 M Hartley (Staffs M) 33:13; 27 O Ziff (B'ham U) 33:16; 28 T Jervis (B'ham U) 33:18; 29 S Hazell (Cov G) 33:21; 30 N Stirk (Tip) 33:27; 31 S Mears (Lough) 33:29; 32 J Goringe (Bir) 33:30; 33 M Sullivan (Lough) 33:31; 34 C Perrin (C&S, U20)

33:36; 35 H Carter (C&S) 33:38; 36 A Jones (Lough, U20) 33:38; 37 C Perry (Lough) 33:39; 38 A Kaighin (Chelt) 33:40; 39 N Marley (Cov G) 33:42; 40 O Harradence (RSC) 33:47; 41 S Stabler (Owls, U20) 33:51; 42 I Williams (Tip) 33:54; 43 J Griggs (Cov G) 33:55; 44 S Duffy (Stoke) 33:56; 45 S Densham (Lough) 33:56; 46 S Bazell (Stoke) 33:57; 47 C Carson (Kenil, M40) 34:00; 48 T Holden (Tip) 34:02; 49 S Robinson (B'ham U) 34:06; 50 R Kay (Tip) 34:08; 51 P Clamp (Tipton) 34:12; 52 D Carr (Cov G) 34:15; 53 H Speed (Cov G) 34:15; 54 K Gomez (Lough) 34:16; 55 E Banks (Brat) 34:17; 56 P Wolfe (C&S) 34:27; 57 T Meakin (Owls) 34:28; 58 J Burgess (Staffs M) 34:29; 59 J Wilkie (Chelt) 34:29; 60 P Thompson (B'ville) 34:31; 61 C Matthews (Lough) 34:33; 62 O Corea (B'ville) 34:35; 63 J Perrin (C&S, U20) 34:38; 64 P Kennil (Kenil) 34:40; 65 J Ross (Staffs M, U20) 34:40; 66 D Price (Lough) 34:42; 67 M Matthews (Brat) 34:43; 68 G Corcoran (Lough, U20) 34:44; 69 N Corker (RSC) 34:47; 70 R Simpkins (Kenil) 34:48; 71 B Sharman (Bir) 34:49; 72 R Andrew (B'ville, M45) 34:51; 73 M Cook (B'ville) 34:54; 74 A Wall-Clarke (Lough) 34:58; 75 G Briggs (Staffs M) 35:00

M50: 1 K Amos (Staffs M) 38:21. **M55:** 1 D Hollins (Staffs M) 36:21; 2 R Stanier (Tip) 39:19.

TEAM: 1 Birm Un 78; 2 Tip 91; 3 Cov G 150; 4 Lough S 201; 5 Bir 222; 6 OWLS 345

Div 2, Northampton

Overall: 1 C Rimmer (Tel) 34:13; 2 R Harper (Leam) 34:39; 3 R Grant (R&N, U20) 35:11; 4 R de-Camps (Glouc) 35:26; 5 C Lamb (R&N) 35:28; 6 L Roberts (Worc, U20) 35:36; 7 S Nelson (R&N, M35) 35:41; 8 S Millward (Glouc) 35:45; 9 G Allen (Leam, U20) 35:54; 10 R Heath (Tel, U20) 36:01; 11 A Miles (Sphin, M35) 36:09; 12 P Hammond (W&B) 36:11; 13 P Mountford (D&S) 36:16; 14 D Evans (W&B, M35) 36:29; 15 R Lomas (B&R) 36:36; 16 J Carr (Worc, U20) 36:43; 17 D Brazier (W&B) 36:46; 18 T Foulerton (Leam) 36:52; 19 A de-Camps (Glouc) 36:58; 20 M Flint (Newc S, M45) 37:01; 21 G Singh (W Brom, M35) 37:03; 22 W Miles (Worc, M45) 37:06; 23 S Pye (Amaz F) 37:14; 24 L Slater (D&S) 37:15; 25 J McMullen (Strat, U20) 37:17; 26 C Perez (R&N) 37:18; 27 D Riley (Spark, M45) 37:22; 28 L Robinson (R&N, U20) 37:37; 29 G Wilson (Tel, M55) 37:44; 30 G Spellman (R&N, M45) 37:47

M50: 1 J Furness (D&S) 38:33; 2 D Williams (Tam) 38:51; 3 H Davies (Strat S) 40:01. **M55:** 2 A Norman (Severn) 41:49. **M60:** 1 P Hawcroft (B&R) 43:54. **M65:** 1 D Whyment (Amaz F) 49:23. **M70:** 1 R Wilson (Strat) 49:39

Div 3 Nuneaton

Overall: 1 M Amos (Nun) 35:38; 2 S Bentley (Knowle&D) 36:35; 3 S Walley (Trenth) 36:42; 4 R Dare (CLC) 36:44; 5 M Cornes (BC Tri) 37:01; 6 J Jennings (Knowle&D) 37:10; 7 A Sprague (Dud K) 37:24; 8 C Platt (Trenth) 37:34; 9 P Gibbings (Trenth, M45) 37:44; 10 T Price (Knowle&D) 37:48; 11 M Hull (Trenth, M50) 37:53; 12 M Birkett (Sneyd S) 37:56; 13 J Thomas (Trenth, M40) 37:57; 14 S Reid (Telf H) 37:58; 15 J Read (Knowle&D) 38:00; 16 H Redford (Mass F) 38:17; 17 I Yates (Trenth) 38:19; 18 M O'Shea (Northb'k, M50) 38:21; 19 B Danvers (K&S, M40) 38:30; 20 A Brearley (Trenth) 38:38

M55: 1 B Park (K&S) 41:10. **M60:** 1 G Farmer (Oak Pk) 43:17. **M70:** 1 G Patton (Mass F) 44:23

TEAM: 1 Birm Un 78; 2 Tip 91; 3 Cov G 150; 4 Lough S 201; 5 Bir 222; 6 OWLS 345

Div 2, Northampton

Overall: 1 C Rimmer (Tel) 34:13; 2 R Harper (Leam) 34:39; 3 R Grant (R&N, U20) 35:11; 4 R de-Camps (Glouc) 35:26; 5 C Lamb (R&N) 35:28; 6 L Roberts (Worc, U20) 35:36; 7 S Nelson (R&N, M35) 35:41; 8 S Millward (Glouc) 35:45; 9 G Allen (Leam, U20) 35:54; 10 R Heath (Tel, U20) 36:01; 11 A Miles (Sphin, M35) 36:09; 12 P Hammond (W&B) 36:11; 13 P Mountford (D&S) 36:16; 14 D Evans (W&B, M35) 36:29; 15 R Lomas (B&R) 36:36; 16 J Carr (Worc, U20) 36:43; 17 D Brazier (W&B) 36:46; 18 T Foulerton (Leam) 36:52; 19 A de-Camps (Glouc) 36:58; 20 M Flint (Newc S, M45) 37:01; 21 G Singh (W Brom, M35) 37:03; 22 W Miles (Worc, M45) 37:06; 23 S Pye (Amaz F) 37:14; 24 L Slater (D&S) 37:15; 25 J McMullen (Strat, U20) 37:17; 26 C Perez (R&N) 37:18; 27 D Riley (Spark, M45) 37:22; 28 L Robinson (R&N, U20) 37:37; 29 G Wilson (Tel, M55) 37:44; 30 G Spellman (R&N, M45) 37:47

M50: 1 J Furness (D&S) 38:33; 2 D Williams (Tam) 38:51; 3 H Davies (Strat S) 40:01. **M55:** 2 A Norman (Severn) 41:49. **M60:** 1 P Hawcroft (B&R) 43:54. **M65:** 1 D Whyment (Amaz F) 49:23. **M70:** 1 R Wilson (Strat) 49:39

Div 3 Nuneaton

Overall: 1 M Amos (Nun) 35:38; 2 S Bentley (Knowle&D) 36:35; 3 S Walley (Trenth) 36:42; 4 R Dare (CLC) 36:44; 5 M Cornes (BC Tri) 37:01; 6 J Jennings (Knowle&D) 37:10; 7 A Sprague (Dud K) 37:24; 8 C Platt (Trenth) 37:34; 9 P Gibbings (Trenth, M45) 37:44; 10 T Price (Knowle&D) 37:48; 11 M Hull (Trenth, M50) 37:53; 12 M Birkett (Sneyd S) 37:56; 13 J Thomas (Trenth, M40) 37:57; 14 S Reid (Telf H) 37:58; 15 J Read (Knowle&D) 38:00; 16 H Redford (Mass F) 38:17; 17 I Yates (Trenth) 38:19; 18 M O'Shea (Northb'k, M50) 38:21; 19 B Danvers (K&S, M40) 38:30; 20 A Brearley (Trenth) 38:38

M55: 1 B Park (K&S) 41:10. **M60:** 1 G Farmer (Oak Pk) 43:17. **M70:** 1 G Patton (Mass F) 44:23

TEAM: 1 Birm Un 78; 2 Tip 91; 3 Cov G 150; 4 Lough S 201; 5 Bir 222; 6 OWLS 345

Div 2, Northampton

Overall: 1 C Rimmer (Tel) 34:13; 2 R Harper (Leam) 34:39; 3 R Grant (R&N, U20) 35:11; 4 R de-Camps (Glouc) 35:26; 5 C Lamb (R&N) 35:28; 6 L Roberts (Worc, U20) 35:36; 7 S Nelson (R&N, M35) 35:41; 8 S Millward (Glouc) 35:45; 9 G Allen (Leam, U20) 35:54; 10 R Heath (Tel, U20) 36:01; 11 A Miles (Sphin, M35) 36:09; 12 P Hammond (W&B) 36:11; 13 P Mountford (D&S) 36:16; 14 D Evans (W&B, M35) 36:29; 15 R Lomas (B&R) 36:36; 16 J Carr (Worc, U20) 36:43; 17 D Brazier (W&B) 36:46; 18 T Foulerton (Leam) 36:52; 19 A de-Camps (Glouc) 36:58; 20 M Flint (Newc S, M45) 37:01; 21 G Singh (W Brom, M35) 37:03; 22 W Miles (Worc, M45) 37:06; 23 S Pye (Amaz F) 37:14; 24 L Slater (D&S) 37:15; 25 J McMullen (Strat, U20) 37:17; 26 C Perez (R&N) 37:18; 27 D Riley (Spark, M45) 37:22; 28 L Robinson (R&N, U20) 37:37; 29 G Wilson (Tel, M55) 37:44; 30 G Spellman (R&N, M45) 37:47

ESAA CUP NATIONAL FINAL

Princethorpe College, Rugby

JACK CRABTREE, the English Schools' junior 1500m silver medalist, was the star of the show as he won the intermediate boys' race in some style, leading West Manchester's West Hill School to a silver team medal in sunny but blustery conditions, *Brian Aitken reports*.

Leading from the start, Crabtree forced the pace on at the midway point and opened up a seven-second gap on team-mate Zac Miller on the long descent to the finish. A relieved Crabtree said: "I've had a chest infection for a few weeks so was just happy to win. I took it on at the start, settled into an even pace going uphill before opening up on the last downward stretch."

Hertfordshire's St Albans School retained their team title.

Tom Kendrick was a delighted winner of the junior race. Like Crabtree, he forced the pace from the front early on in the race. He had for company Tom Angell and Samuel Henning, who were unable to stay with Kendrick's sustained surges over the latter part of the course. The team winners were Taunton's Queen's College with all four counters in the top 20.

The intermediate girls' race was a closely fought affair with Helsby High School's Cheshire-based Jessica Parsons taking the spoils. Hannah Morton was rewarded for her front-running efforts with second place, while Holly Brown came through third.

Essex's Southend High School won the team prize.

Breagha Campbell of James Allen's Girls' Schools took first in the junior race race with Bromley's Sabrina Sinha and Cheshire's Katie Hughes taking second and third. Loretto Grammar School won the team event.

Inter boys: 1 J Crabtree (West H) 15:19; Z Miller (West H) 15:26; 3 R Lightowler (St Alb) 15:36; 4 G Elliott (Eastw) 15:54; 5 C Davis (Ayles) 15:58; 6 A Thorpe (St Alb) 16:04; 7 G Cooke (RGS) 16:05; 8 J Nadin (Eastw) 16:07; 9 D Totton (Tom Rich) 16:16; 10 M Shackleton (LancRGS) 16:17

TEAM: 1 St Albans 41; 2 West Hill 68; 3 Lancaster RGS 96

Juniors: 1 T Kendrick 10:15; T Angell (RBloomf) 10:21; 3 S Henning (DrChallG) 10:22; 4 T Dodd (KE5way) 10:24; 5 M Jackson (RGS) 10:34; 6 B Jones (QunsCol) 10:37; 7 R Hall (DrChallG) 10:41; 8 F King (QuinsCol) 10:44; 9 D Wilde (QuinsCol) 10:46; 10 W Perkin (DrChallG) 10:48

TEAM: 1 Queens C, Taunton 40; 2 Dr Challoners 54; 3 St Columbas 99

Inter girls: 1 J Parsons (HelsbyHS) 10:45; 2 H Morton (AylesHS) 10:49; 3 H Brown (QunsCol) 10:53; 4 B Croft (Beacons) 11:01; 5 H Knowles Jones (Loretto) 11:13; 6 C Cayton-Smith (Trettherr) 11:16; 7 L Good (StHndGr) 11:17; 8 V Hiscock (StHndGr) 11:18; 9 C Podmore (AltrGS) 11:20; 10 L Hallam (Coopers) 11:22

TEAM: 1 Southend HS Grls 51; 2 Coopers' Company and Coborn 87; 3 Beaconsfield HS 125

Juniors: 1 B Campbell (Jallens) 9:07; 2 S Sinha (Bromley) 9:19; 3 K Hughes (KingMac) 9:25; 4 T Orchard (KingMac) 9:28; 5 A Rowe (StHilda) 9:29; 6 L Mullin (LoughHS) 9:31; 7 S Pickering (IlkleyGS) 9:34; 8 C Lydon (Loretto) 9:36; 9 E Barlow (Loretto) 9:36; 10 A Barbour (Holt) 9:38

TEAM: 1 Loretto GS 115; 2 James Allen's Grls 138; 3 St Albans Girls' 139

GRAND PRIX EXPRESS NORTH

WALES JUNIOR LEAGUE, Wrexham

U15 boys: 1 I Hughes (Menai) 11:37; 2 B Paxton (Wrex) 11:50; 3 T Henry (Dees) 11:56; 4 L Bennett (Menai) 12:25; 5 R Kirby (Shrews) 12:26; 6 G Leach (Dees) 12:34

U13: 1 M Roberts (Col B) 9:39; 2 T Evans (Wrex) 9:46; 3 M Willis (Wrex) 10:00; 4 L Henry (Dees) 10:11; 5 M Vaughan (Col B) 10:38; 6 E Greenland (Dees) 11:18

U11: 1 J Tidridge (Osw) 8:33; 2 J Davies (Menai) 8:46; 3 M Jones (Penmorfa) 8:54

U15 girls: 1 A Cawthra (Maldwyn) 9:49; 2 A Backshall (Col B) 9:54; 3 M Davies (Menai) 10:03; 4 L Davis (Dees) 10:36; 5 A Williams (Col B) 10:41; 6 R Moorcroft (Col B) 11:22

U13: 1 C Hughes (Menai) 8:22; 2 R Williams (Wrex) 8:39; 3 E Russell (Wrex) 8:46; 4 M Owen (Dees) 8:57; 5 F Davies (Col B) 9:02; 6 G Morris (Col B) 9:13

U11: 1 C Vaughan (Col B) 5:54; 2 H Roberts (Col B) 5:59; 3 S Paxton (Wrex) 6:03

2:09 EVENTS HAMPSHIRE LEAGUE, Popham, Hampshire

JUNIOR Harvey Dixon won his first senior league race as his club, Aldershot, Farnham & District, dominated with five in the top six finishers and all within 48 seconds of each other.

Only Winchester's Andy Greenleaf broke the monopoly as he finished third behind Neil Phillips, but former South of England under-15 and 2010 English Schools champion Dixon was away and clear up ahead.

Inter-counties champion George Butler of Southampton AC, built on his victory in the previous match in the under-15 race.

Men: 1 H Dixon (AFD, U20) 26:46; 2 N Phillips (AFD) 27:04; 3 A Greenleaf (Win) 27:10; 4 A Clark (AFD) 27:15; 5 S Connor (AFD) 27:21; 6 J Grace (AFD, U20) 27:34; 7 S Way (B'mth, M35) 27:37; 8 J Hutchins (BMH) 27:43; 9 N Earl (Read) 27:56; 10 H Carter (Ports, U20) 28:02; 11 R Horton (Poole, U20) 28:04; 12 M Bennet (Soton) 28:06; 13 I Bailey (AFD, U20) 28:08; 14 M Greenwood (AFD, M35) 28:19; 15 C Bradbury (Read) 28:21; 16 J Baker (Chich) 28:33; 17 I Habgood (B'mth) 28:39; 18 B Powell (AFD) 28:40; 19 J Cieluszecki (B'mth) 28:42; 20 T Spencer (Soton) 28:45; 21 D Ragan (BMH) 28:52; 22 A Provost (AFD, U20) 28:58; 23 A Murchison (Win, M40) 29:06; 24 J Roberts (Read, U20) 29:10; 25 M Reiver (Soton) 29:19

M40: 2 C Dixon (Soton) 29:29; 3 T Dicker (AFD) 29:45; 4 Z Grice (Ports) 30:13. **M50:** 1 P Stoodley (Win) 30:59; 2 K Donkin (AFD) 31:37; 3 J Osman (E'leigh) 31:45. **M60:** 1 P Adams (AFD) 33:49; 2 D Powell (BMH) 36:29; 3 I Graham (B'mth) 37:10

TEAM: Div 1: 1 Aldershot, Farnham & District 18; 2 Bournemouth 102; 3 Reading 115; 4 Southampton 117; 5 Winchester & District 195; 6 Basingstoke & Mid Hants 211. **Div 2:** 1 City of Portsmouth 310; 2 Andover 311; 3 Havant 441. **Div 3:** 1 Camberley 347; 2 Haslemere Border 425; 3 Totton RC 463

M40 TEAM: Div 1: 1 Aldershot 20; 2 Winchester 22; 3 Overton H 46

U17: 1 J Davies (Read) 15:23; 2 T Smith (AFD) 15:56; 3 B Bradley (AFD) 16:05; 4 B Wilson (Poole R) 16:14; 5 B Westhenry (Wey SP) 16:18; 6 D Mulryan (Poole R) 16:30



Jessica Parsons: winning the ESAA Cup intermediate girls' race

TEAM: 1 Aldershot 12; 2 Reading 30; 3 Basingstoke 52; 4 Bournemouth 52

U15: 1 G Butler (Soton) 12:29; 2 M Smith (Ports) 12:34; 3 C Gregory (Read) 12:37; 4 C Upton (Win) 12:51; 5 R Walbridge (W'borne) 12:58; 6 W Downham (Ports) 13:03

TEAM: 1 Camberley 27; 2 Portsmouth 29; 3 Southampton 30; 4 Aldershot 46

U13: 1 J Boswell (AFD) 9:56; 2 P Copeland (W'borne) 10:02; 3 I Farnworth (Read) 10:15; 4 S Pocknee (AFD) 10:23; 5 T Verney (Ports) 10:27; 6 A Rowe (Guern) 10:29

TEAM: 1 Aldershot 21; 2 Reading 28; 3 Guernsey island 37; 4 Camberley 40

Women: 1 C Mitchell (Soton) 19:54; 2 C Thorp (Ports) 20:16; 3 L Elliott (Win, W45) 20:22; 4 L Perrio (Guern) 20:44; 5 G Baker (AFD, U17) 20:49; 6 R Robinson (AFD, U20) 20:52; 7 J Blomquist (AFD) 21:11; 8 L Gent (AFD, U17) 21:22; 9 L Bardsley (Read) 21:33; 10 L Hartney (Read RR, W45) 21:41; 11 R Stewart (AFD, U17) 21:54; 12 E Gilmore (Ports, U20) 22:08; 13 S Shiel-Rankin (AFD, U17) 22:09; 14 M Courtney (SB, U20) 22:14; 15 R Phillips (Soton) 22:19; 16 R Howard (AFD, U17) 22:24; 17 P Disley-May (AFD, U17) 22:28; 18 K Hazliitt (Win, W40) 22:38; 19 H Howard (E'leigh) 22:42; 20 J Harrop (Havant, W50) 22:45

W40: 2 S Elder (AFD) 22:54. **W45:** 3 M McCallum (Win) 23:19. **W50:** 2 J Leggett (Fleet) 26:13. **W55:** 1 M Van Nueten (Over) 29:29. **U20:** 4 J Bowling (Win) 22:59; 5 K Hickson (Soton) 23:03; 6 J McLachlan (Win) 23:27; 7 M Stewart (Soton) 23:42; 8 S Darling (Camb T) 24:13; 9 V Stoodley (Win) 24:32; 10 A Bream (Havant) 24:38

TEAM: 1 AFD 18; 2 Winchester 44; 3 Southampton 47; 4 Reading 53; 5 Portsmouth 54; 6 Eastleigh RC 127

W35 TEAM: 1 Winchester 10; 2 Reading 26; 3 Aldershot 45; 4 Fleet & C 56; 5 Reading RR 65; 6 Victory 77

U20 TEAM (n/s): 1 Aldershot 6; 2 Winchester 38; 3 Southampton 39

U17: 1 C Chalwin (BMH) 19:03; 2 A

Mundell (Salis) 19:14; 3 C Aitken (Read) 20:22; 4 F Arnott (Soton) 20:27; 5 E Kemp (Read) 20:29; 6 J Helyar (BMH) 20:48

TEAM: 1 Reading 15; 2 Basingstoke & Mid Hants 25; 3 City of Salisbury 29; 4 Southampton 31

U15: 1 E Hood (Poole) 13:30; 2 K Shiel-Rankin (AFD) 13:53; 3 D D'Santos (AFD) 14:06; 4 H Knapton (Win) 14:14; 5 E Stoodley (Win) 14:33; 6 G Wildash (BMH) 14:40

TEAM: 1 AFD 12; 2 Winchester & D 19; 3 Portsmouth 50; 4 Southampton 53

U13: 1 B Dence (B'mth) 10:46; 2 G Copeland (W'borne) 10:57; 3 L Wildash (BMH) 11:03; 4 H Froud (New F) 11:17; 5 K Walker (Read) 11:28; 6 S Burrows (AFD) 11:31

TEAM: 1 AFD 28; 2 Camberley 47; 3 Winchester 59; 4 Southampton 61

KENT LEAGUE, Sparrows Den

BY ROMPING to his third successive league victory, Dean Lacy once again proved far superior to those who are, on paper, his chief rivals, *Steve Roe reports*.

His victory at Sparrows Den was as decisive as the previous two.

Men: 1 D Lacy (Camb H) 30:37; 2 M Coleman (M&M) 31:10; 3 B Cole (Ton) 31:27; 4 S Coombes (Dartf) 31:34; 5 T Collins (M&M) 31:37; 6 J Rendall (Ton) 31:59; 7 A Gilbert (M&M, U20) 32:11; 8 J Tyler (M&M) 32:20; 9 D Bradley (Ton) 32:24; 10 C Norris (B&B) 32:27; 11 P Tucker (B&B) 32:36; 12 J Bryant (Ton, U20) 32:37; 13 J Swallow (B&B) 32:46; 14 C Holmes (Inv EK) 32:54; 15 C Minns (Beck, M35) 33:03; 16 M Wilkins (Inv EK) 33:11; 17 S Rigby (Folk) 33:17; 18 B Tyler (M&M) 33:45; 19 D Brewer (B&B) 33:50; 20 S Thackeray (Beck) 33:52; 21 T Cox (Ton, U20) 34:07; 22 G Cole (Ton) 34:09; 23 A Newson (Inv EK, U20) 34:12; 24 J Keywood (Ton, U20) 34:14; 25 A Green (Dartf RR, M40) 34:15; 26 P Hasler (Padd W, M40) 34:18; 27 J Hogg (M&M) 34:19; 28 A Pickett (Dartf) 34:30; 29 G Robb (Padd

DAVID GREENHILL

W, M35) 34:30; 30 S Flack (M&M, M35) 34:41; 31 C Ferri (Beck, M40) 34:44; 32 C Thomas (Inv EK, U20) 34:52; 33 T Corby (Inv EK) 34:53; 34 W Mercer (B&B, U20) 34:55; 35 R Tomlinson (M&M, M40) 35:03; 36 T Erskine (M'stone) 35:10; 37 J Armstrong (Bexley, M45) 35:16; 38 G Turner (B&B) 35:23; 39 J Addison (Beck, M35) 35:29; 40 J Ridger (Padd W) 35:31

M50: 1 N Kinsey (B&B) 36:03; 2 G Heslop (Ashf) 36:05; 3 K Williams (Ashf) 37:00; 4 S Keywood (Ton) 37:20.

M55: 1 M Martin (Padd W) 37:39; 2 A Newman (Padd W) 39:54. **M60:** 1 G Coates (B&B) 41:07; 2 T Edgley (Inv EK) 41:54

TEAM (4 to score): 1 Medway & Maidstone 22; 2 Tonbridge 30; 3 Blackheath & Bromley 53; 4 Invicta East Kent 85; 5 Beckenham RC 105; 6 Paddock Wood 160

TEAM (12 to score): 1 Medway & Maidstone 443; 2 Tonbridge 445; 3 Blackheath & Bromley 510

U20: 1 S Molloy (Ton, U17) 16:58; 2 C De'ath (Ton, U17) 17:14; 3 J West (M&M, U17) 17:28; 4 W Somogyi (Bexley, U17) 17:34; 5 T Wright (Bexley, U17) 17:42; 6 N Armstrong (Bexley, U17) 17:49

TEAM: 1 Tonbridge 11; 2 Bexley 15; 3 Medway & Maidstone 41

U15: 1 G Duggan (Ton) 13:38; 2 J Goss (Ashf) 13:54; 3 T Forsyth (Ashf) 13:57; 4 J Pitcher (Inv EK) 14:20; 5 J O'Hara (Bexley) 14:27; 6 B Howard (Inv EK) 14:31

TEAM: 1 Ash 20; 2 Ton 23; 3 B&B 27

U13: 1 A Kinloch (Thanet) 10:53; 2 S Rowatt (M&M) 11:10; 3 J Goodge (Ton) 11:11; 4 C Davis (B&B) 11:35; 5 A Williams (Camb H) 11:45; 6 N Agunbiade (B&B) 11:46

TEAM: 1 Tonbridge 19; 2 Blackheath & Bromley 28; 3 Medway & Maidstone 29

U20 women: 1 A Clay (Inv EK, U17) 14:56; 2 N Taylor (Ton, U17) 15:49; 3 A Wood (Ton, U17) 16:05; 4 S Parks (Camb H, U17) 16:17; 5 E Hume (Inv EK, U17) 16:21; 6 K Curran (B&B, U17) 16:43

U20 TEAM: Blackheath & Bromley 10

TEAM: 1 Tonbridge 14; 2 Invicta East Kent 16; 3 Blackheath & Bromley 27

U15: 1 B Clay (Inv EK) 10:40; 2 L Melvin (Dartf) 11:20; 3 A Weston (Inv EK) 11:22; 4 S Driscoll (Ton) 11:24; 5 T Ellis-Jarman (Than) 11:52; 6 N Bridson Hubbard (B&B) 11:54

TEAM: 1 Invicta East Kent 12; 2 Tonbridge 22; 3 B&B 29

U13: 1 N Kingston (B&B) 9:31; 2 J Keene (B&B) 9:47; 3 E Cohen (Ton) 9:53; 4 G Taylor (B&B) 9:56; 5 G Allan (Ton) 9:59; 6 K Fuss (Thanet) 10:08

TEAM: 1 Blackheath & Bromley 7; 2 Tonbridge 15; 3 Invicta East Kent 68

ESSEX VETERANS' CHAMPIONSHIPS, Chigwell Row

M40: 1 S Hempsted (If) 32:20; 2 M Bland (Hav M) 32:24; 3 P Barker (Thrift, M45) 32:25; 4 P Dobson (Spring S) 32:39; 5 S Rice (Thurr) 32:47; 6 P Spowage (Col H, M45) 33:19; 7 R Dzikowski (WG&EL, M45) 33:21; 8 G Cavell (WG&EL) 33:24; 9 A Coleman (B'cay) 33:26; 10 A Smalls (Col H) 33:29; 11 L Martin (Spring S) 33:39; 12 J Green (Thurr, M45) 33:43; 13 B Herrington (Harw) 33:45; 14 G Chandler (Spring S) 33:59; 15 K Harris (Spring S) 34:07; 16 S Philcox (If, M45) 34:38; 17 N Swift (Orion, M45) 34:42; 18 P West (Col H, M45) 34:43; 19 A Clark (Ben, M45) 34:45; 20 K Jacob (B'cay, M45) 34:58

M50: 1 I Campbell (Met P) 32:04; 2 D Butler (B'cay, M55) 32:39; 3 T Pamphilon (WG&EL) 33:34; 4 M Bridgeland (Chelm) 33:40; 5 E Paul.

(Orion) 33:48; 6 A Butler (Thruff, M55) 35:39; 7 D Brock (Orion) 35:48; 8 P Jeggo (Springfield) 36:00; 9 J Metcalfe (Thurr) 36:04; 10 M Valbonesi (Ben) 36:25; 11 P Davies (Hals) 36:32; 12 I Budge (B'cay) 36:40; 13 N Rankin (Ben) 36:42; 14 A Morris (Ben) 36:52; 15 G Kent (Chelm) 37:02; 16 I Maynard (E Esx) 37:18; 17 T Knightley (If) 37:21; 18 M Cooper (Thruff) 37:25; 19 A Coleman (WG&L) 37:35; 20 K Sexton (Ben) 37:36
M55: 3 A Catton (If) 37:52. **M60:** 1 R Steven (Harl RC) 38:02; 2 P Binns (S'end) 38:28; 3 J Tennant (Harl RC) 39:06; 4 A Whiston (Col H) 39:45; 5 R Selwyn (Castle P) 40:13; 6 S Herington (Wood RC) 40:15; 7 M Bumstead (Thurr) 40:46; 8 B Adams (Dag 88) 41:56. **M70:** C Ross (Chelm) 45:13
Women (W35+): 1 D Appleton (Hav M) 34:19; 2 K Malcom (Eton M) 37:13; 3 A Oakman (Col H) 37:27; 4 E Serventi (WG&L) 37:36; 5 B Pritchett (WG&L, W40) 37:37; 6 T Swindell (Thurr, W45) 37:46; 7 D Morley (Col H, W40) 38:00; 8 S Mhlanga (Chelm) 38:46; 9 L Higgs (Col H, W50) 38:57; 10 N Lagden (S'end) 39:20; 11 J Watson (Ben, W40) 39:28; 12 S Colbert (Spring S, W40) 39:50; 13 V Dodds (Ben, W40) 40:08; 14 E Prideaux (B'cay) 40:21; 15 T Noble (Thurr, W40) 41:24; 16 C Inch (Orion, W50) 41:38; 17 J Sullivan (Hav M) 41:53; 18 L Gaffney (Loughton, W40) 41:58; 19 L Sinclair (WG&L) 42:20; 20 C Tisbury (Harw, W50) 42:37
W55: L Tanner (Spring S) 42:56. **W60:** L Cudmore (Col H) 50:54. **W75:** P Jones (If) 52:52

INTER-UNIVERSITY VARSITY MATCH, Roehampton Vale, Surrey
 HONOURS were shared between Oxford and Cambridge as neither the "gentlemen's" nor "ladies'" race winners were able to lead their University to victory. *Martin Duff reports.*

Oxford's Richard Franzese, winner in 2008 and now in his fifth blues match in seven years, regained his title, but had to concede the team honours to Cambridge, who now lead the series, which began in 1882, by 62 wins to 59.

Robin Brown led for Cambridge for much of the first half of the men's race before Franzese took over for what he thought was a surprise victory.

It was a similar story in the 36th women's race, where Cambridge's Lucy Gossage took an individual victory, but Oxford added the team title to increase their series lead, 23 to 13.

Men (7.5M): 1 R Franzese (Oxf) 38:40; 2 R Brown (Camb) 38:56; 3 W

Ryle-Hodges (Camb, U20) 39:06; 4 J Shadbolt (Oxf, U20) 39:09; 5 A Lanham (Oxf) 39:19; 6 B Davies (Camb) 39:25; 7 T Watkins (Camb, U20) 39:28; 8 W MacKay (Camb) 39:31; 9 A Young (Camb) 39:40; 10 H Mitchell (Oxf, U20) 39:43; 11 A Muir (Oxf, U20) 39:56; 12 S Ledger (Oxf) 40:04; 13 T Frith (Oxford, U20) 41:03; 14 C McGurk (Oxf) 41:42; 15 J Chettle (Camb) 42:52; 16 S Ashcroft (Camb) 43:57
TEAM: 1 Cambridge 35; 2 Oxford 43
Women (4M): 1 L Gossage (Camb) 23:17; 2 J Chen (Oxf, U20) 23:33; 3 J Klapotocz (Oxf, U20) 23:38; 4 H Munn (Oxf) 23:54; 5 T Carleton (Oxf) 24:02; 6 C Mullarkey (Oxf) 24:12; 7 R Moore (Cambridge, U20) 24:29; 8 M Roche (Camb) 25:12; 9 O Tuohy (Camb) 25:23; 10 P Keen (Camb) 25:36; 11 J Boyd (Oxf) 25:46; 12 R Penfold (Camb) 26:50
TEAM: 1 Oxford 14; 2 Cambridge 25

Old Boys Overall (4M): 1 D Bruce (Oxf) 20:36; 2 F Thompson (Oxf) 20:49; 3 A Walsh (Oxf) 21:26; 4 B Reynolds (Oxf) 21:38; 5 P Townsend (Camb, gst) 21:52; 6 S Molden (Oxf) 22:22; 7 M Bishop (Oxf) 22:31; 8 R Hewitt (Camb) 22:41; 9 D Taylor (Oxf) 22:43; 10 E Catmur (Oxf) 22:45; 11 M Leach (Camb, gst) 22:48; 12 R Brackston (Camb, gst) 22:53; 13 A Robinson (Oxf) 22:54; 14 C Assmundson (Oxf) 23:05; 15 A Weir (Oxf, M40) 23:14; 16 P Gould (Camb, U20, gst) 23:19

Women: 1 C Bishop (Oxf, gst) 24:49; 2 J Leitch (Oxf) 25:48; 3 C Baudouin (Oxf, gst) 26:25; 4 C Whitcombe (Oxf) 26:41; 5 M Gorman (Oxf, gst) 28:54
OLD BLUES MATCH (9 to score): 1 Oxford 48; 2 Cambridge 167

MANCHESTER AREA LEAGUE, Manchester

MATT BARNES led an Altrincham one-two at a muddier than usual Wythenshawe Park. *Stephen Green reports.*

The overnight rain and stiff wind, plus the "welcome" return of the stream crossing and woodland section made the flat course a little more testing than previously. Barnes took up the running immediately with Dave Norman following closely.

By lap two of three, the gap between the two clubmates had grown to more than 100 metres before Barnes extended the lead even further.

Trafford, after being third and fourth in the first two matches, led by Gavin Tomlinson in fifth, easily took the team event from Sale.

Further down the field, finishing in a decent 23rd place was 800m specialist

Michael Rimmer in a rare outing over the country.

The women's race was also a routine affair for Lucy Gorman. Taking up the lead from the gun, the Sale Harrier had a winning margin of 90 seconds by the finish from Gemma Connolly. Trafford, led by Vicky O'Donnell in fourth, matched the men to take the team win from Sale.

Men: 1 M Barnes (Alt) 32:26; 2 D Norman (Alt) 33:50; 3 G Raven (Sale) 34:09; 4 M Shaw (Salf) 34:18; 5 G Tomlinson (Traff) 34:22; 6 J Bleakley (Traff) 34:29; 7 S Doyle (Vale R, M40) 34:37; 8 J Mercer (Skip) 34:43; 9 B Martin (Traff) 34:53; 10 D Bradford (Shett) 35:03; 11 J Wignall (Sale, U20) 35:12; 12 I Wetherall (Sale, M45) 35:14; 13 R Hughes (Salf) 35:16; 14 S Morrow (Liv H) 35:23; 15 D Nicholls (Macc) 35:31; 16 G Hogg (Traff) 35:41; 17 T Charles (Traff) 35:47; 18 L Renton (Warr, U20) 35:47; 19 B Scarlett (Sale) 35:55; 20 N Brooks (Sale) 36:00; 21 R Downs (Wilm, M45) 36:09; 22 H Mead (Salf) 36:13; 23 M Rimmer (Liv PS) 36:15; 24 C Leigh (Traff, M40) 36:19; 25 J Hudak (E Ches, U20) 36:20; 26 R Ganose (Alt, U20) 36:29; 27 D Matkin (Stock H) 36:34; 28 M Grace (Salf) 36:36; 29 C Rowlinson (Sale, U20) 36:48; 30 M Hunt (Traff, M40) 36:52
M50: 1 S Doxey (Swint) 39:00. **M55:** 1 T McGaff (Wilm) 37:37. **M60:** 1 L Best (Stock H) 40:46

U17: 1 H Buttress (Warr) 24:51; 2 K Acton (Stock H) 25:02; 3 K Morgan (Wirr) 25:40; 4 A Bradford (Sale) 25:50; 5 J Ardern (Stock H) 25:58; 6 S Chadwick (Stock H) 26:00
U15: 1 J Taylor (Wirr) 16:25; 2 D Lawton (Traff) 16:26; 3 R Babcock (Traff) 16:43; 4 S Mayon (Sale) 17:07; 5 E Gilchrist (Sale) 17:28; 6 J Hornby (Stock H) 17:42

U13: 1 G Lewis (E Ches) 12:22; 2 L Gamble (Warr) 12:25; 3 C Ahern (Macc) 12:33; 4 J Spilsbury (Sale) 12:42; 5 A Spilsbury (Sale) 12:48; 6 P Magner (Stock H) 13:02

U11: 1 S Evans (Warr) 11:34; 2 C Fazakerley (Manc H) 11:57; 3 B Batho (Stock H) 12:01
Women: 1 L O'Gorman (Sale) 26:47; 2 G Connolly (SHS) 28:10; 3 D McVey (Wilm, W35) 28:24; 4 V O'Donnell (Traff) 28:44; 5 J Leventon (Traff) 28:49; 6 E Beedham (Sale) 29:03; 7 S Kearney (Wirr, W35) 29:07; 8 A Farmer (Macc, W35) 29:21; 9 T Hernandez (Salf) 29:24; 10 C Byrne (Stock H) 29:34; 11 J Dawes (Traff) 29:35; 12 C Stevinson (Wilm, W35) 29:37; 13 A Jordan (Stainl) 29:41; 14 H Griffiths (Sale) 29:45; 15 S Johnstone (Macc,



Matt Barnes en route to an easy win in the Manchester League

HARRY SHAKESHAF

W35) 30:04; 16 A Drasdo (Traff, W40) 30:13; 17 S Ratcliffe (E Ches, U20) 30:15; 18 G Birch (Chilt, U20) 30:36; 19 K Wooddoyle (Stock H, W45) 30:43; 20 L Geldart (Salf) 30:51

W50: 1 J Cordingley (Sale) 33:07; 2 C Hawkes (Wilm) 33:13; 3 N Mowat (Wilm) 33:55. **W55:** 1 A Hirsch (Belle V) 34:50; 2 S Exon (Traff) 37:28; 3 P Appleton (SHS) 39:02. **W60:** 1 A Dinsmoor (Stock H) 37:52; 2 F Mudway (W Ches) 41:42. **W65:** 1 P Lynch (Macc) 41:28; 2 M Gregory (Manc H) 48:48; 3 J Skitt (Manc H) 51:16. **U20:** 3 T Watson (Sale) 31:45

U17: 1 T McCormick (Vale R) 17:34; 2 M Davies (G Man Sch) 17:54; 3 D Wallis (Macc) 18:26; 4 E Kearney (Wirr) 18:33; 5 F Nuttall (Wirr) 19:36; 6 I Nutter (Stock H) 19:54

U15: 1 M Ashelby (E Ches) 12:56; 2 E Apsley (Stock H) 13:05; 3 C Simms (Salf M) 13:31; 4 F Whyte (Sale) 13:35; 5 R Clegg (E Ches) 13:35; 6 E Downs (Stock H) 13:48

U13: 1 L Donaghy (Stock H) 11:30; 2 E Twite (Sale) 11:40; 3 K Whiteoak (Stock H) 11:42; 4 G Astonmassey (H&F) 11:47; 5 D Stringer (Manc H) 11:55; 6 K Jarrett (Stock H) 12:25

U11: 1 E Kenny (Manc H) 10:00; 2 M Taylor (Manc H) 10:08; 3 B Thornton (Sale) 10:09

MALCOLM CUP, Ballyclare, Northern Ireland

Overall: 1 D Reid (Derry) 22:40; 2 R Hold (Willow, U20) 22:49; 3 G Roberts (Derry) 22:55; 4 A O'Hara (NBH, M35) 23:02; 5 E McGinty (Derry) 23:05; 6 M McKillop (St. Malachy's) 23:07; 7 N Logan (Derry) 23:07; 8 C Roberts (Derry, M40) 23:12; 9 N Johnston (Springw, U20) 23:24; 10 A McCullough (NBH) 23:27; 11 A Wright (Willow, U17) 23:35; 12 S Taylor (Anna) 23:37; 13 R Johnson 23:38; 14 P McIntyre (IRL) 23:43; 15 R Hughes (Co Ant) 23:44

M45: 1 F Marsh (N Down) 23:56; 2 C Hutchinson (Larne) 25:09; 3 B Brady (Larne) 25:16. **M55:** 1 G McClure (NBH) 29:09; 2 J Kennedy (B&A) 32:38. **U20:** 3 K Gargon (St. Malachy's) 24:36; 4 B Barren (Willow) 24:54

U17: 1 D Curry (Beech) 15:58; 2 L Gaitens (St.P) 16:02; 3 C Jennings (Beech) 16:20; 4 C Connolly (St. Malachy's) 17:57; 5 R Maguire (St.M Ennis) 18:22; 6 N McKeever 18:50
U15: 1 C Magee (Beech) 12:16; 2 L Magee (Beech) 12:18; 3 M Dooris (St. Michaels Enniskillen) 12:20; 4 T Mccracken (Domore AC) 12:20; 5 N McIlhatton (Beech) 12:21
U13: 1 C Conlon (Beech) 5:50; 2 D Bamislie (Willow, U13W) 5:56; 3 J Mccool (St. Malachy's) 6:06; 4 C Dempsey (B&A) 6:12; 5 K Bittles (Beech) 6:19

U11: 1 D Ma (NBH) 3:27; 2 O Shields (Foyle V) 3:32; 3 C Browne (Beech) 3:33

Vets Overall: 1 P Carroll (Anna, M40) 17:07; 2 M Wright (Anna, M40) 17:11; 3 N Carly (NBH, M40) 17:24; 4 P McCafferty (Derry, M40) 17:51; 5 N Mckibbin (Drom, M40) 18:02; 6 C McLaughlin (Foyle V, M40) 18:03; 7 C McMullan (Anna, M35) 18:14; 8 M Magee (Beech, M40) 18:23; 9 E Furey (Derry, M35) 18:50; 10 S Lavery (Derry, M45) 18:59; 11 D McGinty (Derry, M50) 19:02; 12 T Leitch (Orangegrove, M40) 19:04; 13 D Connolly (Derry, M50) 19:06; 14 L Johnston (NBH, M50) 19:08; 15 C Davidson (E Ant, M45) 19:11; 16 G Keenan (Orangegrove, M45) 19:12; 17 P Jenkins (NBH, M35) 19:14; 18 V Purnell (Invictus, M40) 19:17; 19 G Coy (N Down, M50) 19:22; 20 A Hall (Drom, M35) 19:24

M55: 1 R Curran (Ballym R) 21:56; 2 G O'Doherty (Springw) 19:37. **M60:** 1 T Eakin (N Down) 19:39. **M65:** 1 C McMonagle (Derry) 20:27. **M70:** 1 D Crawford (NBH) 28:36

Women: 1 J Craig (N Down) 19:46; 2 L Fitzpatrick (Beech, U20) 19:57; 3 P O'hagan (St. Peters AC) 19:58; 4 M Campbell (Derry) 20:21; 5 D Matchett (N Down, W45) 20:28; 6 D Quinn (Foyle V) 20:32; 7 Y Wilson (Ballyclare High) 20:36; 8 G Burrn (Drom, W35) 20:41; 9 S O'Kane (Lag V, W40) 20:48; 10 C Lilburn (Derry) 21:05

W35: 2 R McGill (Lag V) 21:10. **W50:** 1 F McCourt (Lag V) 21:59

U17: 1 D Curry (Beech) 15:58; 2 L Gaitens (St.P) 16:02; 3 C Jennings (Beech) 16:20; 4 C Connolly (St. Malachy's) 17:57; 5 R Maguire (St.M Ennis) 18:22; 6 N McKeever 18:50
U15: 1 C Magee (Beech) 12:16; 2 L Magee (Beech) 12:18; 3 M Dooris (St. Michaels Enniskillen) 12:20; 4 T Mccracken (Domore AC) 12:20; 5 N McIlhatton (Beech) 12:21
U13: 1 C Conlon (Beech) 5:50; 2 D Bamislie (Willow, U13W) 5:56; 3 J Mccool (St. Malachy's) 6:06; 4 C Dempsey (B&A) 6:12; 5 K Bittles (Beech) 6:19

U11: 1 D Ma (NBH) 3:27; 2 O Shields (Foyle V) 3:32; 3 C Browne (Beech) 3:33



Athletes tackle the brook in the Varsity match

RAY O'DONOGHUE

MIDLAND WOMEN'S LEAGUE, Northampton

BETH POTTER won a hard-fought battle against team-mate Lauren Deadman as Loughborough Students easily won the team event.

British Masters International winner Clare Martin was third, while Angie Copson also excelled. The W60 beat all the W50s and finished just ahead of former British 10,000m champion Zara Hyde Peters.

Overall: 1 B Potter (Lough Un, U20) 24:57; 2 L Deadman (Lough U) 25:05; 3 C Martin (Telf, W35) 25:16; 4 I Lake (Birm U, U20W) 25:21; 5 N Roberts (Birm U, U20W) 25:36; 6 K Addy (Lough U, U20W) 25:57; 7 R Buxton (Cov G) 25:58; 8 J Douglas (Lough U) 26:02; 9 F Briscoe (Cov G) 26:03; 10 R Pearson (Lough U) 26:06; 11 E Damant (Lough U) 26:28; 12 L Scott (Bir) 26:29; 13 S Conner (Warw U) 26:32; 14 K Wingham (R&N, W35) 26:42; 15 T Dutt (Lough U, U20W) 26:43; 16 J Emery (Cov G) 26:56; 17 G Bridge (Birm U, U20) 27:14; 18 S Hollingshead (Trent, W35) 27:19; 19 M Vernon (Trent, W40) 27:27; 20 M Kirkham (Cov G) 27:33; 21 V Smith (Birm U) 27:41; 22 K Wright (Strat, W45) 27:45; 23 L Howell (B'ville) 27:49; 24 A Wilson (W&B, W40) 27:52; 25 S Street (Tip) 27:54; 26 D Rasgauski (Strat) 28:05; 27 M English (Sphinx, U20) 28:06; 28 I Peace (Ken, W35) 28:10; 29 J Pulsford (R&N) 28:27; 30 R Wood (Warw U) 28:34; 31 S Hogan (B&R, U20W) 28:35; 32 I Walder (BRAT) 28:37; 33 H Talbot (Nun, W35) 28:41; 34 S Lynch (Tip, U20W) 28:50; 35 K Anderson (Strat) 28:53; 36 L Thompson (Trent) 28:55; 37 E Kitchen (Warw U) 28:55; 38 C Holmes (Trent) 28:58; 39 D Thomas (Trent) 28:58; 40 E Tune (BRAT) 29:02; 41 S Davies (Tip) 29:03; 42 J Beekingham (Birm U, U20W) 29:05; 43 C Hulme (C&S, U20W) 29:12; 44 C Rice (Warw U) 29:15; 45 A Cooper (R&N, W35) 29:21; 46 B Smith (N'brook, W35) 29:23; 47 A Critchley (N'brook) 29:28; 48 M Hensman (B'ville) 29:29; 49 E Monk (Halesowen, U20W) 29:30; 50 K Williams (Tip) 29:32

W40: 3 S Evans (Spark) 30:59. **W45:** 2 T Woolley (Centurion) 29:36; 3 Z Hyde-Peters (Cov G) 29:51. **W50:** 1 K Williams (R&N) 30:22; 2 S Tawney (Leamington) 30:55; 3 M Kenchington (BRAT) 31:09. **W55:** 1 C Fisher (Dud K) 33:34; 2 K Newton (Cobra) 34:48; 3 L Pym (B'ville) 36:39. **W60:** 1 A Copson (R&N) 29:49; 2 B Parkinson (R&N) 37:58. **TEAM:** 1 Lough U 15; 2 Cov G 32; 3 Birm U 41; 4 Trent 73; 5 Bir 75; 6 Warw U 80; 7 Stratford 83; 8 Tip 100

RED ROSE LEAGUE, Rossendale

Men: 1 C Fell (Ross) 39:55; 2 E Wylie (Ross, U20) 40:50; 3 N Schofield (Ross, M45) 40:52; 4 M Shakeshaft (Bury) 40:56; 5 M Nuttall (B'burn, M40) 41:02; 6 J Wright (Tod, M40) 41:25; 7 A Holt (Ross, M35) 41:39; 8 P Thompson (Clay, M40) 41:40; 9 N Barber (Tod, M35) 41:43; 10 A Dalton (Ross, U20) 41:59; 11 D Dixon (Tod, M35) 41:59; 12 L Eccleston (Ast&T, U20) 42:06; 13 P Bolton (Ross) 42:14; 14 R Warner (B'burn, U20) 42:36; 15 A Foster (Ast&T) 42:47; 16 K Livesey (Wharf, M40) 42:50; 17 A Staveley (Burn RR, M50) 43:17; 18 B Coop (Bury, U20) 43:41; 19 D Walton (Ross, U20) 43:43; 20 G Bagnall (VP&TH, M40) 43:50; 21 J Knowles (Burn RR, M40) 44:08; 22 J Moores (Ross, U20) 44:26; 23 M Walsh (Darw, M40) 44:33; 24 S Ford (Ast&T, M35) 44:33; 25 S Mollay (Ross, M40) 44:37; 26 M Ellithorn (Chor H, M45) 44:40; 27 R Stones (B'burn) 44:54; 28 T Livesey (Prest) 44:55; 29 A Milligan (Bury, M45) 45:07; 30 J Lloyd (Tod) 45:16. **M50:** 2 S Nolan (Horw) 45:17; 3 K Thomas (Burn RR) 46:49. **M55:** 1 B Greaves (O&R) 50:19; 2 J Singleton (Clay) 52:17; 3 P Hodgson (Tod) 54:37. **M60:** 1 T Hesketh (Horw) 51:00; 2 I Hamilton (Ast&T) 56:37; 3 N Eames (Roch) 57:05. **M65:** 1 P Roberts (Roch) 66:58; 2 N Shuttleworth (G'dale) 67:22. **M70:** 1 J Parker (Horw) 61:27. **TEAM:** 1 Rossendale 36; 2 Todmorden 149; 3 Blackburn 156; 4 A&T 184; 5 Clayton le Moors 200. **VETS TEAM:** 1 Burnden 38; 2 Rossendale 54; 3 Clayton le Moors 80. **U20 TEAM:** 1 Rossendale. **U17 TEAM:** 1 D Mahoney (B'burn) 19:28; 2 J Kay (Bolt) 20:14; 3 D Walsh (Ross) 21:05; 4 L Xmoore (Leigh) 21:39; 5 R Sciacca (Chor AC) 21:45; 6 J Steward (E Ches) 21:47. **TEAM:** 1 Chorley 24; 2 Bolton 25; 3 Bury 31; 4 Ross 38. **U15:** 1 R Wong (B'burn) 16:25; 2 C Mahoney (B'burn) 16:47; 3 B Heywood (Bury) 16:51; 4 C Brown (O&R) 17:11; 5 J Marchant (Pend) 17:14; 6 F Tallon (Chor AC) 17:34. **TEAM:** 1 Blackburn 22; 2 Oldham 24. **U13:** 1 J Lamanna (O&R) 10:08; 2 S Wardle (Leigh) 10:12; 3 M Barnes (Pend) 10:21; 4 N Dunn (Wig D) 10:29; 5 T Crocken (Pend) 10:36; 6 B Abbott (B'burn) 10:44. **TEAM:** 1 Pendle 16; 2 Rossendale 34; 3 Oldham & R 39; 4 Bolton 41. **U11:** 1 B Forrest (Bury) 7:42; 2 E Glasgow-Lattibeaudiere (O&R) 7:53; 3 G Yates (Bury) 8:02. **Women:** 1 L Brindle (Horw) 22:51; 2 L

Thompson (Leigh) 23:02; 3 B Taylor (B'burn, U20) 23:21; 4 K Buckley (Bury, U17) 23:44; 5 S Yeomans (Ross) 23:47; 6 S Johnson (Leigh, U17) 23:56; 7 E Flanagan (Ross, U20) 24:46; 8 D Cartwright (Radc, W35) 24:56; 9 S Budgett (Horw, W45) 25:19; 10 A Howarth (Leigh, U20) 25:22; 11 E Lee (Leigh, U20) 25:39; 12 N Wood (Acc) 25:43; 13 T Bleasdale (Chor H) 25:52; 14 H Jackson (Bolt MTC) 26:09; 15 J Davison (Roch, U20) 26:13; 16 K Geelan (Bury, W35) 26:16; 17 I Kneale (Burn RR, W45) 26:18; 18 B Jones (Leigh, U17) 26:30; 19 N Fellowes (Chor H, W40) 26:39; 20 G Leck (Leigh, U17) 26:40. **W35:** 3 J Nelson (Darw) 28:19. **W40:** 2 N Murphy (Ross) 29:19; 3 F Walker (Horw) 30:42. **W45:** 3 J Shaw (Darw) 28:00. **W50:** 1 A Blomfield (Roch) 27:01; 2 K Brierley (Tod) 27:04; 3 A Ferguson (Burn RR) 27:09. **W55:** 1 J Needham (Roch) 28:13. **W60:** 1 W Dodds (Clay) 29:05. **W65:** 1 M Parfitt (Tod) 33:09. **U20:** 6 H Leathley (Clay) 26:42. **U17:** 5 L Leason (G'dale) 26:56; 6 E Longshaw (Ross) 27:32; 7 H Ballantyne (B'burn) 28:10; 8 R Mather (O&R) 28:14; 9 C Cole (Bury) 28:24; 10 E Sagar-Hesketh (Hynd) 28:51. **TEAM:** 1 Leigh 19; 2 Ross 27; 3 Horwich 52; 4 Chorley 56; 5 Roch 57; 6 Burn 58. **U17 TEAM:** 1 Leigh 9; 2 Bury 22. **U15:** 1 S Hill (Most) 18:23; 2 R Wickham (B'burn) 18:46; 3 R Flanagan (Ross) 19:03; 4 H Tidd (Warr) 20:00; 5 L Peplow (Bolt) 20:12; 6 A Kean (Bury) 20:25. **TEAM:** 1 Moston 21; 2 Rossendale 21; 3 Blackburn 30. **U13:** 1 E Greenwood (B'burn) 10:48; 2 C Howarth (Ross) 12:01; 3 C Bateson 12:08; 4 R Bailey (Bolt) 12:11; 5 S Longshaw (Ross) 12:11; 6 S Murphy (Ross) 12:24. **TEAM:** 1 Rossendale 11; 2 Bolton 24; 3 Leigh 28; 4 Blackburn 42. **U11:** 1 N Irvine (Clay) 8:18; 2 K Baptista (Wig D) 8:26; 3 E Hutchinson (Hynd) 8:30

SURREY LADIES LEAGUE, Richmond Park, Surrey

LUCY MACALISTER continued her recent good form with a start-to-finish victory that left the rest of the 350-plus field trailing throughout, *Martin Duff reports.*

"I felt pretty fresh as I've been off with a virus for a couple of weeks," said the winner. "I'm going to have a bit of a break from racing now and resume again in January."

Emily Alden was a comfortable second as the battle for third was tight. First Fiona Clark kicked on, then

Elms had a go, before Marta Casavieja gained the nod.

Women: 1 L MacAlister (THH) 20:28; 2 E Alden (E&E) 21:05; 3 M Casavieja (Walton) 21:15; 4 C Elms (Dulw, W45) 21:17; 5 F Clark (Rei P) 21:20; 6 R Clifton (THH) 21:22; 7 B Woodland (S Lon) 21:33; 8 K Snowden (Herne H, U20) 21:45; 9 A Marz (Clap C) 21:52; 10 Z Shannon (DMV) 21:56; 11 A Tracey (G&G, U20) 21:58; 12 S Moore (W4H, W35) 22:01; 13 S McCaill (S Lon, U20) 22:05; 14 F Love (Clap C) 22:05; 15 S Amend (Belg) 22:06; 16 K Ellison (Herne H) 22:18; 17 J Rodriguez (Woking) 22:27; 18 C Grima (HW) 22:31; 19 F Maycock (Belg, W40) 22:41; 20 C Molinero (Walt C) 22:52; 21 F Ford (Rane) 22:57; 22 S Pemberton (Eps O) 23:01; 23 Y Goater (G&G) 23:05; 24 Z West (E&E, W35) 23:07; 25 R Bennett (Bord R) 23:08; 26 N Quispell (Belle V) 23:11; 27 R Coe-O'Brien (S Lon) 23:13; 28 B Mcnicholas (Eps O) 23:13; 29 E Hogg (THH) 23:14; 30 S Keats (Running In, W35) 23:15; 31 M Galea (Clap C) 23:20; 32 N Wilson (Reig, W35) 23:22; 33 M Synnott-Wells (Rane, W45) 23:23; 34 R Hutton (S Lon, W45) 23:24; 35 C Stephens (W4H) 23:25; 36 C Lawson (G&G) 23:26; 37 C Costiff (S Lon, W50) 23:30; 38 J Fernando (HW) 23:38; 39 E Stavreski (THH, W35) 23:42; 40 C Mollison (Eps O) 23:47; 41 S Robson (HW, W35) 23:49; 42 O Balme (Dulw, W40) 23:54; 43 T Heaton (Belg, W35) 23:57; 44 P Major (THH, W45) 24:02; 45 I Peters (Hast R) 24:03; 46 A Hegveld (Belg, W45) 24:04; 47 R Green (Wimb W) 24:05; 48 S Harrison (Woking) 24:06; 49 L Ferguson (W4H) 24:08; 50 S Swaine (Herne H) 24:10. **W50:** 2 P Iannella (S Lon) 24:12; 3 R Thevenet-Smith (Woking) 24:40. **W55:** 1 A Garnier (THH) 24:32; 2 C Steward (Dulw) 26:58; 3 S Smith (DPR) 27:52. **W60:** 1 J Davies (E&E) 25:15; 2 R Tabor (Dulw) 25:23; 3 M Poole (THH) 28:27. **U20:** 4 L Kavanagh (Holl S) 24:38; 5 A Mitchell (S Lon) 25:35; 6 G Miles (K&P) 27:06. **TEAM Div 1:** 1 South London H 78; 2 Thames Hare & Hounds 78; 3 Hercules Wimbledon 156; 4 Woking 164; 5 Dulwich R 177; West 4 H 185; 7 Clapham Chasers 192; 8 Dorking & Mole Valley 205; 9 Herne Hill H 206; 10 Wimbledon Windmillers 243; 11 Ranelagh H 243; 12 Reigate Priory 253; 13 Thames H&H B 273; 14 Stragglers 339; 15 S London B 364. **TEAM Div 2:** 1 Belgrave H 51; 2 Guildford & Godalming 84; 3 Epsom Oddballs 97; 4 Runnymede 140; 5 Walton 140; 6 Epsom & Ewell 163; 7 Sutton R 483; 8 Kingston & Polytechnic 267; 9 Sutton R 281; 10 Elmbridge RR 291. **U17:** 1 M Austin (G&G) 17:28; 2 E Harrison (G&G) 17:33; 3 L Thompson (K&P) 18:27; 4 M Thompson (K&P) 18:38; 5 S Storey (G&G) 19:40; 6 I Broughton (Herne H) 20:01. **TEAM:** 1 Guildford & Godalming 24; 2 Kingston & Polytechnic 39; 3 Herne Hill H 54. **U15:** 1 A Chandler (Reig) 17:29; 2 L Lafreniere (G&G) 17:30; 3 Z Illis (HW) 18:11; 4 S O'shaunnessy (Herne H) 18:15; 5 A Gibbs (G&G) 18:16; 6 L Drummond (E&E) 18:27; 7 A Billups (S Lon) 18:28; 8 H Earman (G&G) 18:33; 9 K Phillips-Darko (S Lon) 19:18; 10 N Allan (K&P) 19:19. **TEAM:** 1 S London 44; 2 Reigate P 45; 3 Guildford & G 50; 4 Hercules W 64; 5 Herne H 84; 6 Woking 94. **Standings after 2 matches:** 1 Reigate P 95; 2 Guildford & G 96; 3 Herne H 123; 4 S London 124; 5 Hercules W 169;



6 Woking 173. **U13:** 1 G Millard (Herne H) 13:00; 2 B Allan (DMV) 13:10; 3 N Brown (Reig) 13:23; 4 G Holden (S Lon) 13:33; 5 H Morris (DMV) 13:38; 6 A Whitworth (DMV) 13:40; 7 I Padt (HW) 13:44; 8 J Kavanagh (Croy) 13:55; 9 G Bell (Storn) 14:01; 10 E O'shaunnessy (Herne H) 14:24. **TEAM:** 1 Dorking & Mole Valley 32; 2 Herne Hill H 35; 3 South London H 62; 4 Hercules W 79; 5 Reigate P 88

NORTH WEST LONDON YA LEAGUE Trent Park

U17 boys (5.4km): 1 S Wilson (SB) 21:40; 2 R Mudd (SB) 21:53; 3 S Shindler-Glass (ESM) 22:22; 3 R Cox (SB) 22:48; 5 D Pinder (ESM) 22:57; 6 R Johnson (SB) 23:13; 7 K Langford (SB) 23:40; 8 M Mohamed (Gst) 23:41; 9 J Sothcott (SB) 23:56; 10 C McCormick (SB) 24:07. **TEAM:** 1 Shaftesbury Barnet 13; 2 Shaftesbury barnet B 41; 3 Ealing Southall & Middlesex. **U15 (4.4km):** 1 M Farah (ESM) 16:19; 2 J Wooldridge (Lon Hth) 16:20; 3 Y Harazi (E&H) 16:37; 4 J Naylor (Lon Hth) 16:42; 5 A Machin-Paley (High) 16:58; 6 J Millett (High) 17:03; 7 J Cooper (TVH) 17:10; 8 B Hatch (High) 17:30; 9 G Springer (High) 17:47; 10 T Butler (Barn) 17:58. **TEAM:** 1 Highgate H 28; 2 Ealing Southall & Middlesex 34; 3 Barnet & District 53. **U13 (2.4km):** 1 A Spink (ESM) 12:05; 2 K Mahiddine (TVH) 12:12; 3 T Fawden (High) 12:21; 4 A Mendes Da Costa (TVH) 12:40; 5 N Davies (SB) 12:46; 6 L Taylor (E&H) 12:51; 7 C Rathbone (TVH) 12:54; 8 J Hayden (E&H) 12:57; 9 D Wilks (ESM) 13:03; 10 R Kent (Barn) 13:11. **TEAM:** 1 Thames Valley H 29; 2 Ealing Southall & Middlesex 51; 3 Enfield & Haringey 57. **U11 (2.2km):** 1 J Harper (SB) 10:06; 2 T Dickson (High) 10:32; 3 N Cowley-Andrea (TVH) 10:46. **TEAM:** 1 Shaftesbury Barnet 28; 2 Highgate H 33; 3 Thames Valley H 43. **U17 Girls (5.4km):** 1 F Lenton (SB) 18:17; 2 H Viner (High) 18:55; 3 Y Raykov (Lon Hth) 20:04; 4 G Doolan (Gst) 20:31; 5 S Sato (SB) 20:47; 6 D McLennaghan (E&H) 21:05; 7 J Elliott (ESM) 22:18. **TEAM:** 1 Shaftesbury Barnet 14; 2 Highgate H 18; 3 London Heathside 19. **U15 (2.6km):** 1 M Garden (SB) 13:19; 2 E Hattchett (E&H) 13:24; 3 J Connery (E&H) 13:32; 4 E Goodhart (TVH)



13:43; 5 N Allin (E&H) 13:53; 6 E Dwan (SB) 14:08; 7 S Parker (Barn) 14:14; 8 G Casciolo (SB) 14:18; 9 E Doolan (High) 14:24; 10 L Beckford (Lon Hth) 14:36
TEAM: 1 Enfield & Haringey 10; 2 Shaftebury Barnet 15; 3 London Heathside 33

U13 (2.2km): 1 S Jacob (E&H) 10:45; 2 C Marshall (ESM) 11:08; 3 J Hurley (SB) 11:18; 4 M Briscoe (High) 11:22; 5 E Wallace (ESM) 11:26; 6 R Lynch (ESM) 11:28; 7 R Connery (E&H) 11:38; 8 L Dowling (E&H) 11:40; 9 S Bowen (Lon Hth) 11:42; 10 C McLennaghan (E&H) 11:44
TEAM: 1 Ealing Southall & Middlesex 13; 2 Enfield & Haringey 16; 3 Highgate H 37

U11 (1.2km): 1 C Turner (High) 7:14; 2 F Ham (Barn) 7:29; 3 C Buckley (TVH) 7:35
TEAM: 1 Thames Valley H 15; 2 Highgate H 16; 3 Barnet & District 26

NOVEMBER 30

MIDLANDS POLICE AND SERVICES CROSS COUNTRY LEAGUE, RAF Cosford

Overall: 1 R Bugden (Raf Cosford) 33:35; 2 B Gamble (Staffs. Police) 33:46; 3 D Riley (W.Mids Police, M45) 37:04; 4 D Giles (Staffs. Police) 37:14; 5 K Monk (Fire Service, M45) 37:25; 6 D Pitcher (Derbys. Police, M40) 37:35; 7 D Edgar (Fire Service) 37:43; 8 C Dunne (W.Mids Police, M40) 37:53; 9 J Walkley (Raf Cosford) 38:07; 10 M Moore (Fire Service, M45) 38:13

M50: 1 P Orme (Derbys. Police) 38:32;

M55: 1 P Jones (Fire Service) 40:53;

M65: 1 M West (Fire Service) 49:35

Women: 1 C Howard (Derbys. Police, W40) 41:12; 2 D Blakeman (W.Mids Police, W35) 43:10; 3 K Kemp (Leics. Police, W50) 45:49; 4 G Russon (W.Mids Police, W40) 46:26; 5 D Wilne (Staffs. Police, W35) 48:18

W40: 3 J Lovatt (Staffs. Police) 49:30;

W55: 1 J Sharpe (Leics. Police) 55:13

NOVEMBER 27

BORDERS LEAGUE, Galashiels

Men: 1 A Crichton (Dumb, U20) 22:22; 2 J Symonds (Kend) 22:28; 3 D Hastie (Teav) 23:46; 4 M Reid (Moorf, M35) 23:47; 5 D Wright (HBT, M35) 23:49; 6 C Mattocks (HBT, M35) 23:52; 7 A Fallas (C'thy) 23:53; 8 F Johnston (Gala) 23:58; 9 A Craig (TLJT, U17) 24:02; 10 S Whitlie (C'thy, M45) 24:08; 11 A Fletcher (Berw, M45) 24:23; 12 C Balfour (Unatt, U20) 24:37; 13 M Bryson (Gala, M45) 24:39; 14 G Glendinning (Bella RR, M40) 24:41; 15 T Hobbs (Moorf, M40) 24:46

M50: 1 A Ward (Edin) 25:18; 2 T Mccoll (Norb) 26:06; 3 D Ball (Penic) 26:14; **M55:** 1 D Nightingale (Gala) 27:11; 2 L Tunbull (Norb) 27:56; 3 A Paul (N'land) 28:03; **M60:** 1 S Wallace (HEL P) 27:44; 2 C Murphy (Wool) 28:06; 3 M Hulme (Cors) 29:33; **M65:** 1 A Gordon (HBT) 32:15; **M70:** 1 B Bennet (Penic) 42:42; 2 I Nimmo (C'thy) 43:22

Women: 1 C Morgan (C'thy, W35) 25:54; 2 S Ridley (Edin, W45) 25:54; 3 M Wright (HBT, W35) 26:32; 4 K Jenkins (HBT, W35) 26:36; 5 S Dunbar (Penic) 26:56; 6 R Anderson (Dumb, W45) 28:22; 7 A Henderson (P' bello, W35) 28:23; 8 R Fagan (Gala, W35) 28:31; 9 G Dungan (Gala, W35) 28:43; 10 C Wallace (Bord R) 30:28; 45

W40: 1 J Jackson (C'thy) 30:04; 2 F Shepherd (Gala) 31:14; 3 J Holmes (Bord R) 31:20; **W45:** 3 A Pogson (Gala) 31:20; **W50:** 1 M Pattison (Muss) 35:10; **W55:** 1 A Nimmo (C'thy) 36:27

U17: 1 R Marr (Gala) 10:42; 2 J Mclean (Selkirk Track & Field, U15) 10:45; 3 J

Adkin (Moorf, U15) 10:47; 4 J Stanners (Sco Sch, U15) 11:02; 5 K Stevens (Moorf, U15) 11:15; 6 T Otton (Gala, U13) 11:16; 7 A Larianov (RSC, U15) 11:29; 8 R Bagley (Berw, U15) 11:36; 9 L Mercer (Unatt, U15W) 11:48; 10 R Britton (Moorf, U15) 11:54

NOTTS MINI LEAGUE, Retford

U15 boys: 1 P Mumford (Notts) 15:36; 2 M Hardwick (Works) 16:03; 3 A Elaoui (Notts) 16:05; 4 S Godwin (Notts) 16:48; 5 L Bowers (Retford) 17:13; 6 T Hubbard (Newk) 17:15; 7 L Ellis (Rush) 17:53; 8 L Richardson (Ret) 17:55

U13: 1 S Barker (Mansfield) 11:26; 2 J Lonsdale (Works) 11:32; 3 J Tuffin (Notts) 11:50; 4 B Jones (Notts) 11:51; 5 B Burnham (SinA) 12:02; 6 D Little (Worksop) 12:50; 7 G Earle (Works) 12:55; 8 H Purdell (4LifeTri Club) 12:56

U11: 1 J Carrington (Newk, U13) 6:17; 2 X Salcedo (4LifeTri Club, U11) 6:23; 3 A Needham (Works, U11) 6:27

U15 girls: 1 C Peach (Newk) 11:53; 2 G Clarke (Notts) 12:15; 3 M Campbell (Rush) 12:38; 4 J Dewsbury (Ret) 12:43; 5 S Home (Notts) 13:16; 6 M Bowes-hall (Newark) 13:36; 7 H Clay (4Life) 13:36; 8 S Oakes (Works) 14:00

U13: 1 O Mathias (Newk) 7:51; 2 I Roberts (Notts) 7:52; 3 C Ripley (Newk) 8:34; 4 E Beeson (Mans) 8:35; 5 E Bowmar (SinA) 8:37; 6 E Pemington (Notts) 8:39; 7 I Clarke (Rush, U13) 8:58; 8 K Flisher (Man) 8:59

U11: 1 L Bates (Newark) 4:24; 2 L Harrop (Work) 4:31; 3 A Hooper (Rushcliffe) 4:32

PECO LEAGUE, Ackworth

Men: 1 P Marchant (R'well, M35); 2 A May (Vall); 3 D Fisher (Vall); 4 S Midwood (Vall); 5 D Rhys (Leeds Met Tri); 6 S Pass (Salt, M40); 7 G Thomas (Vall); 8 A Robinson (Wake); 9 J Parker (Vall); 10 J Rogers (Abbey R)

M50: C Lines (Ack). M55: 1 N Pearce (Ilkley). M60: 1 C Gill (STAC). M65: 1 R Archer (Aire. M70: 1 M Coles (Sky). M75: 1 G Hardman (STAC)

TEAM: Division 1: 1 Valley Striders 92; 2 Abbey Runners 237; 3 Horsforth H 285; 4 Rothwell H 428; 5 Saitaire Striders 533; 6 Kirkstall H 536; 7 Ackworth RR 637; 8 Bradford Airedale TC 722

Division 2: 1 St Theresa's 467; 2 Hyde Park 577; 3 Chapel Allerton 705; 4 Airecentre Pacers 1065; 5 Ilkley H 1428

VETS TEAM: 1 Horsforth H 368; 2 St Theresa's 413; 32 St Bede's 461

YA: 1 E Cairns (Bing, U15); 2 M Merrick (Ilkley, U13); 3 J Brown (R'well, U15); 4 E Bickerdike (Ilkley, U15); 5 L Williamson (Ilkley, U15W); 6 J Laidler (R'well, U15W); 7 W Collumb (R'well, U15); 8 S Cross (Weth, U13W); 9 B Nurse (Abbey R, U13); 10 A Verity (R'well, U13)

U11: 1 E Brennan (Ilkley); 2 L Hargreaves-madhas (Wharf); 3 R Matthews (Ilkley)

Women: 1 N Stanford (Swan); 2 T Morris (Vall, W40); 3 J Payne (LUCCC); 4 E Burrows (Ack); 5 A Skillicorn (Abbey R); 6 S Haughton (Aire); 7 M Jones (Vall); 8 S Williams (Abbey R, W45); 9 C Sarell (HPH); 10 R Pilling (Kirks)

W35: 1 K Ball (Ack). **W50:** 1 M Hart (Horsf). **W55:** 1 C Davies (R'well) **W60:** 1 L Morris (Aire) **W65:** 1 I Eden (Ilkley). **W70:** 1 H Morath (Abbey) **TEAM: Division 1:** 1 Abbey Runners 103; 2 Valley Striders 120; 3 Kirkstall H 149; 4 Ackworth RR 151; 5 Horsforth H 181; 6 Chapel Allerton 199; 7 Hyde Park 253; 8 Rothwell H 272

Division 2: 1 Wetherby Runners 110; 2 Airecentre Pacers 163; 3 Saitaire

Striders 183; 4 Eccleshill RR 246; 5 Bradford Airedale TC 269

VETS TEAM: 1 Abbey Runners 95; 2 Horsforth H 105; 3 Rothwell H 139

NOVEMBER 26

MID LANCASHIRE LEAGUE, Sefton Park, Liverpool (held in UK trial)

Men (9.8km): 1 J Mellor (Liv H) 30:04; 2 P Huck (Barr) 31:21; 3 J Douglas (Bord) 31:28

M40: M Nuttall (B'burn) 34:01

U20: 1 J Vis (S'port W) 33:23; 2 P Vis (S'port W) 33:27; 3 J Benson (Barr) 33:38

TEAM: 1 Liverpool H 68; 2 Southport Waterloo 94; 3 Barrow & Furness Striders 197; 4 Liverpool H B 215; 4 Horwich RMI H 283; 6 Preston H 326; 7 Liverpool Pembroke & Sefton 345; 8 Blackpool Wyre & Fylde 376

VETS TEAM: 1 Southport Waterloo 22; 2 Astley & Tyldesley RR 90; 3 Preston H 91

U20 TEAM: 1 Liverpool H 20; 2 Liverpool Pembroke & Sefton 33

M50+ TEAM: 1 Southport Waterloo 20; 2 Wesham RR 32; 3 Barrow & Furness Striders 63

M60 TEAM: 1 Clayton Le Moors H 25; 2 Chorley 41; 3 Wigan Phoenix 44

U17 (5.5km): 1 J Coleman (Prst) 18:23; 2 W Turner (Liv PS) 18:42; 3 A Weymouth (Bord) 18:44

TEAM: 1 Liverpool H 34; 2 Liverpool Pembroke & Sefton 36; 3 Kendal 49; 4 Chorley 59; 5 Southport Waterloo 59; 6 Leigh H 60

U15 (3km): 1 P Dever (Prest) 9:45; 2 A Kershaw (S'port W) 10:23; 3 R Wong (B'burn) 10:24

TEAM: 1 Preston H 22; 2 Southport Waterloo 42; 3 Blackburn H 64; 4 Liverpool H 122; 5 Liverpool Pembroke & Sefton 126

U13 (3km): 1 T Rogerson (Liv H) 11:07; 2 A Moorcroft (Liv H) 11:10; 3 T Crocker (Pend) 11:12

TEAM: 1 Liverpool H 20; 2 Pendle 37; 3 Preston H 64; 4 Liverpool Pembroke & Sefton 81; 5 Rossendale H 96; 6 Preston H B 138

U11 (1.9km): 1 M Brame (Liv H) 7:02; 2 C Linton (BWF) 7:22; 3 G Robinson (BWF) 7:22

Women (8.1km): 1 L Howarth (Leigh) 28:24; 2 R Thompson (Horw) 30:48; 3 K Longley (Liv PS, W35) 30:52

U20: 1 E Flanagan (Ross) 33:48; 2 N Jackson (Prest) 34:27

TEAM: 1 Accrington RR 32; 2 Liverpool Pembroke & Sefton 34; 3 Liverpool H 58; 4 Leigh H 61; 5 Wigan Phoenix 66; 6 Preston H 71; 7 Southport Waterloo 71; 8 Barrow & Furness Striders 92

VETS TEAM: 1 Accrington RR 13; 2 Preston H 34; 3 Wigan Phoenix 40

W45+ TEAM: 1 Accrington RR 13; 2 Red Rose Runners 38; 3 Lytham St Annes RRC 43

U17 (4.4km): 1 K Walker (Liv H) 17:21; 2 S Johnson (Leigh) 17:33; 3 L Gowland (BWF) 17:47

TEAM: 1 Leigh H 14; 2 Liverpool H 14; 3 Preston H 42; 4 Liverpool H B 54

U15 (3km): 1 M Betread (BWF) 11:02; 2 R Johnson (Liv PS) 11:26; 3 A Wood (Ribble) 11:34

TEAM: 1 Preston H 45; 2 Liverpool H 51; 3 Ribble Valley 72; 4 Rossendale H 83; 5 Blackpool Wyre & Fylde 87; 6 Liverpool H 104

U13 (3km): 1 E Greenwood (B'burn) 11:15; 2 G Handley (Prest) 12:07; 3 D Impett (BWF) 12:08

TEAM: 1 Liverpool H 42; 2 Preston H 61; 3 Rossendale H 61; 4 Liverpool Pembroke & Sefton 74

U11 (1.9km): 1 L Miller (Liv H) 7:36; 2 S Bland (Kend) 7:45; 3 S Atkinson (Helm H) 7:50

LIVERPOOL & DISTRICT LEAGUE, Sefton Park, Liverpool

TEAM (M&W):

1 Liverpool H 34; 2 Southport Waterloo 69; 3 Wirral 161; 4 Liverpool RC 294; 5 Wallasey 315; 6 Spectrum Striders 341; 7 Liverpool Pembroke & Sefton 342; 8 Penny Lane Striders 408

Standings after 2 races: 1 Liverpool H 95; 2 Wirral 328; 3 Southport Waterloo 415; 4 Wallasey 443; 5 Liverpool Pembroke & Sefton 512; 6 St Helens Sutton 803; 7 Ellesmere Port RC 852; 8 Chester TC 873

CHINGFORD LEAGUE, Alexandra Palace

Corrected individual result

Overall: 1 S Brookes (Lon Hth) 26:52; 2 R Hope (VP&TH, M40) 26:59; 3 T Stasionis (E&H) 27:04; 4 S Humphrey (VP&TH) 27:12; 5 B Powell (WG&L) 27:14; 6 J Stroud (Orion) 27:46; 7 D Moses (Orion) 27:54; 8 J Cordwell (VP&TH, M35) 27:57; 9 R McCormick (Barn, M45) 28:01; 10 P Williams (Trent P) 28:24; 11 S Joyce (Orion) 28:32; 12 A Horton (Barn) 28:50; 13 J Roche (WG&L, M35) 29:03; 14 C Symonds (WG&L, M35) 29:13; 15 B Jenkins (Orion) 29:17; 16 M Mollay (WG&L, M40) 29:22; 17 L Proudlock (Lon Hth, M45) 29:33; 18 S Aiken (Trent P, M40) 29:47; 19 N McGoun (Orion) 30:02; 20 T Cursley (Trent P) 30:10; 21 D Brennan (E&H) 30:14; 22 G Cavell (WG&L, M40) 30:20; 23 A Brown (E&H, M55) 30:25; 24 W Morris (Barn) 30:26; 25 J Taylor (Barn, M35) 30:27; 26 A Mason (Barn, M45) 30:29; 27 N Cook (VP&TH) 30:39; 28 P Brown (ELR) 30:41; 29 B Foot (Orion, M40) 30:43; 30 R Patel (Barn) 30:51

M50: 1 A Cunningham (Barn) 31:08; 2 D Brock (Orion) 31:28; 3 G Evans (Lon Hth) 32:14; **M55:** 2 D Wilcock (Barn) 32:09; 3 R Tremaine (Lon Hth) 33:40; **M60:** 1 R Green (WG&L) 37:10; 2 J Clarke (Barn) 37:39; 3 C Taylor (Trent P) 38:01; **M65:** 1 J Few (Eton M) 39:33; **M70:** 1 T Kimber (Barn) 43:03

Women: 1 A Gounelas (Eton M) 31:38; 2 J Kent (Barn, W40) 32:04; 3 K Malcolm (Eton M, W35) 32:32; 4 N Froud (Barn, W45) 33:56; 5 K Flannery (Trent P, W35) 33:56; 6 K Murphy (Barn, W40) 34:25; 7 S Pearce (Trent P) 34:28; 8 T McPherson (Eton M, W35) 35:49; 9 H Real (Loughton) 35:51; 10 S Bolster (Eton M) 36:13; 11 J Hardwick (Trent P, W35) 36:43; 12 C Perry (Barn) 36:55; 13 C Inch (Orion, W50) 37:05; 14 J McCormick (Trent P, U20) 37:42; 15 L Gaffney (Loughton, W40) 37:45; 16 C Churchill (Barn) 37:49; 17 C White (Lon Hth, W50) 37:53; 18 C Wagh (Eton M) 38:19; 19 L Jones (Trent P, W45) 38:30; 20 L Taylor (Guest) 38:50

NOVEMBER 12

SHROPSHIRE YOUNG ATHLETES' LEAGUE, Much Wenlock

U17 men: 1 J Morris (Osw) 19:31; 2 J Kershaw (Osw) 19:41; 3 J Burrows (Tel) 19:55; 4 B Ashcroft (Shrews) 20:16; 5 R Furlong (Tel) 20:36; 6 G Speakman (Shrews) 20:48

U15: 1 A Burrows (Tel) 16:43; 2 J Forrester (Tel) 16:48; 3 J Stamp (Wrekin C) 17:18; 4 A Charlesworth (Wen) 17:44; 5 T Langley Tanner (Lud) 17:53; 6 M Yapp (Lud) 17:55

U13: 1 F Fielding (Packwood H Sch) 11:36; 2 R Crutchley (Maldwyn) 11:54; 3 J Roura (Tel) 12:10; 4 C Van Onsele (Osw) 12:38; 5 J Schofield (Packwood H Sch) 12:43; 6 E Rochelle (Tel) 12:44; 7 S Waterhouse (Packwood H Sch) 12:44; 8 B Starling (Wrekin C) 13:18

U11: 1 F Stevens (Shrews) 6:49; 2 A

Veitch (Wrekin C) 6:50; 3 G Jones (Wen) 6:52

U17 women: 1 M Turner (Lud) 19:33; 2 I Pestana (Tel) 20:39; 3 D Goddard (Shrews) 21:00; 4 Z Partridge (Wen) 21:32; 5 E Bryan (Tel) 21:55; 6 A Partridge (Wen) 21:57; 7 L Owen (Maldwyn) 22:41; 8 H Bishton (Shrews) 23:36

U15: 1 I Bradley (Tel) 12:12; 2 D Rowlinson (Tel) 12:29; 3 A Cawthra (Maldwyn) 12:49; 4 C Evans (Maldwyn) 13:13; 5 M Wong (Tel) 13:26; 6 P Goddard (Shrews) 13:35; 7 I Cotham (B'nth) 13:36; 8 H Barnett (Wrekin C) 13:48

U13: 1 E Wade (Tel) 8:51; 2 K Smith (Shrews) 9:24; 3 E Sykes (Shrews) 9:28; 4 G Benbow (Wen) 9:34; 5 L Williams (Maldwyn) 9:46; 6 F Garret (Tel) 9:47; 7 B Herbert (B'nth, U15) 9:59; 8 H Price (Osw) 10:02

U11: 1 J Humphreys (Wrekin C) 7:15; 2 I Boden (Wen) 7:16; 3 S Craig (Tel) 7:34

NOVEMBER 6

GLIDDON & SQUIRE NORTH DEVON LEAGUE

St Michael's School, Tawstock

Men (no times taken): 1 S Antell (N Dev RR); 2 J Pugsley (Kingsley, U20); 3 S Mathers (Kingsley); 4 P Rigler (Dawl, M35); 5 I Waldron (W Buck, M50); 6 A Clark (Horwood); 7 B Colvin (unatt); 8 D Crosbie (W Buck); 9 D Smallwood (Horwood); 10 J Lloyd (Horwood) **U19:** 1 N Seccombe (Shebb); 2 C Pickard (Pilton); 3 R Carter (N Dev); 4 N Bodinetz (Kingsley); 5 B Ainger (Kingsley); 6 H Gwasbari (N Dev); **U15:** 1 S Wordley (N Dev); 2 B Hall (N Dev); 3 X Wesolowski (W Buck); 4 E Johnson (N Dev); 5 L Colvin (Bide Coll); 6 J Crobie (W Buck)

U13: 1 A Oliver (N Dev); 2 C Choules (N Dev); 3 J Hillyer (Kingsley); 4 E Parry (W Buck); 5 S Rickard (Pilton); 6 B Talbot-Adams (Bide Coll)

U11: 1 M Rees (N Dev); 2 J Pilkington (W Buck); 3 J Choules (N Dev)

Women: 1 V Crosbie (W Buck, W40); 2 V Skelton (N Dev RR, W40); 3 M Evans (Kingsley); 4 S Oades (Kingsley); 5 S Watts (unatt); 6 L Stalla (Kingsley); 7 S Carter (unatt); 8 C Wafa (Kingsley); 9 C Rattigan (N Dev RR, W45); 10 N Banbury (unatt)

U19: 1 K Tang (Kingsley); 2 F Karlsson (Lampard); 3 A Jackson (Kingsley)

U15: 1 N Ferreira (N Dev); 2 D Waldron (W Buck); 3 E Napier (Kingsley); 4 S J Vanstone (Torr); 5 S Whiteley (Park); 6 R Challacombe (N Dev)

U13: 1 N Hemansbrook (W Buck); 2 A Heath (W Buck); 3 M Gallagher (Park); 4 E Silvester (N Dev); 5 M Wordley (N Dev); 6 EM Banbury (Chulm)

U11: 1 H Martin (Pyw'thy); 2 E Silvester (Orch V); 3 M Moores (Pyw'thy)

NOVEMBER 3

RENFREWSHIRE SCHOOLS CHAMPIONSHIPS

Linwood

Boys: secondary 3 (1.25M approx): 1 E Gillham 8:19; 2 A Irvine; 3 D McGuire 9:02

Secondary 2 (1.125M approx): 1 E Tait 7:23; 2 S McLardie 7:40; 3 K Carmichael 7:50

Secondary 1 (1M approx): 1 C Thomson 6:06; 2 R Findlay 6:22; 3 N Watts 6:24

Girls: secondary 3 (1.125M approx): 1 S Dempsey 7:57; 2 G Gillham 8:00; 3 C MacLean 9:07

Secondary 2 (1M approx): 1 E Kelly 6:22; 2 R Connolly 6:26; 3 E Fraser 6:56

MULTI-TERRAIN

DECEMBER 4

DUCK POND WADDLE, Worthing, West Sussex

Overall: 1 H Carter (Ports, U20) 55:04; 2 C Faires (T Fitty) 56:05; 3 A Simpson (Stubb) 57:01; 4 G Bwerinofa 58:22; 5 N McAlpine (S Downs, M40) 58:27; 6 M Horrocks 58:55

Women: 1 A Nunn 66:30; 2 N Swan (Seaf, W35) 67:09; 3 C Aquilina (Arena, W50) 68:17

EDWINSTOWE CHRISTMAS 10km, Workstep

Overall: 1 G Lowe (Clowne, M35) 35:47; 2 E Donovan (Les C) 36:17; 3 D Winter (Ask, M35) 38:04

Women: 1 R Barrett (San D) 41:52; 2 L Perrins (T'ley) 44:08

FULL MONTE CUTE 10.5

Ham Hill, Yeovil, Somerset

CHARWOOD'S Matthew Law came out on top with a minute's victory over local man Mark Wills.

Overall: 1 M Law (Charn) 74:55; 2 M Wills (Yeo) 75:51; 3 P Rose (Yeo, M45) 76:28; 4 T Mellor (Taunt) 77:27; 5 P Synnott (T Bath, M45) 78:00

M55: R Boulter (Yeo) 86:56. **M60:** G Newton (Axe V) 91:22

Women: 1 C P'rosser (Wells, W35) 86:18; 2 D Devaney (Mayo, W35) 87:59

W50: E Wood (Axe V) 95:47

TEAM (M&W): Wells City H

BLYTH SANDS HANDICAP 5, Blyth / Seaton Sluice, Northumberland

Overall: 1 I Hope (Sun, W50) 25:36; 2 C Price (Dur, U18W) 26:58; 3 R Pease (Gate, U18W) 29:35; 4 M Drozdowicz (Morp, W50) 29:41; 5 D Kirkland (Aln, M35) 29:58; 6 C Young (Blyth, W55) 30:30; 7 D McAllister (Heat, M45) 30:46; 8 H Christopher (Blyth, W40) 31:29; 9 D Cox (Blyth, M65) 31:34; 10 G Robson (NSP, M40) 32:07; 11 A Hodgson (Sun, M40) 32:19

Fastest: Kirkland 29:58; L Ayton (Dur, U20) 33:37; McAllister 33:46

Women: Price 35:58; Hope 37:36; L Herron (Blyth) 38:06

TEAM (Mixed) (3 to Score): 1 Blyth 39; 2 Heaton H 58; 3 North Shields Poly 94

CAULDSTANE SLAP, West Linton, Edinburgh

Overall (5.5M): 1 C Eades (Loth, M40) 41:06; 2 E McKechnie (HBT, W) 41:11; 3 I Normand (HBT, M40) 42:39; 4 P McLelland (HBT, M40) 42:45

Women: 1 McKechnie 41:11; 2 E Wardlaw (HBT 42:59; 3 M McCracken (HBT) 45:10



Tara Krzywicki: Bolton by Bowland win

Runners enjoy the sea air at the Blyth Sands race



W50: D MacDonald (HBT) 52:41

Handicap: 1 P Toohy (Ferr, M40) 51:46; 2 D Steele (M50) 53:50; 3 Eades 54:06

MANCHESTER CHRISTMAS

PUDDING 5

Manchester

Overall: 1 M Sanders (R'well) 30:52; 2 M Bigley (Macc, M35) 34:55; 3 I Isacson 37:48

Women: 1 H Jones 43:15; 2 C Northcote (Styal, W50) 46:39

NEWCASTLE DALES DASH 10km, Stoke

Overall: 1 S Bazell (Stoke, M35) 36:57; 2 M Lockyer (Newc S) 37:40; 3 C Jefieri (Staffs M) 37:58

Women: 1 J Donnelly (Trent, W35) 42:14; 2 S Hollinshead (Trent, W40) 42:51

.....

DECEMBER 3

ASICS MUD MAN 12km, Camberley, Surrey

Overall: 1 R Lazell (Strag) 47:49; 2 J Croft 49:55; 3 L Clark (Serp) 51:51

M40: C Dowie 52:47

Women: 1 P Dalton (S'oaks, W45) 58:39; 2 L Vere (Thames T) 60:39; 3 N Van Vliederen 60:45

W50: H Mangan 66:27

BAY 2 BAE 10km, Anglesey

Overall: 1 T De Luca 52:43; 2 T Webb 54:41; 3 I Ruck 55:51

Women: 1 J Dickinson 71:52

LANGHOLM 5 HILLS

Overall (4.75M approx, all Annan): 1 K Plummer (M45) 48:07; 2 A Rander 48:47; 3 G Vivers (M50) 49:48

Women: 1 J Priestley (W50) 61:56; 2 L Hoppper (W45) 63:22

DECEMBER 3

SLEEPWALKER 20, Talybont on Usk

Overall: 1 G Green (San D) 2:46:00; 2 T Foster 2:53:00; 3 G Fisher 3:01:00

Women: 1 S Barber 3:20:00; 2 R Lincoln 3:47:00

WANDLEBURY 6, Cambridge

Overall: 1 I Turner 35:57; 2 A Ford 38:37; 3 D Aguilar 39:45

Women: 1 J Breslin 42:44; 2 J Hutchinson 44:11

DECEMBER 20

JOHN O'GROAT'S TRAIL RUN

Men (6M, All North High H): 1 D Patton 39:41; 2 K Patterson 44:33; 3 D Spencer 44:47

Women: 1 J Henry 47:40; 2 E Dunnett (U17) 48:04; 3 O Dunnett (U17) 48:04

Handicap: 1 R Campbell; 2 S Christie; 3 G Angus

Short course (3.8M): M.Taylor 27:45

FELL

DECEMBER 4

BOLTON BY BOWLAND, Clitheroe

Overall (8M/800ft): 1 T Cornthwaite (N'land F) 48:30; 2 J Tighe (N'land F) 49:05; 3 G Cunliffe (Ross) 50:08

Women: 1 T Krzywicki (Acc RR) 59:33; 2 D Gowans (Acc R, W40) 61:08

CARDINGTON CRACKER

Overall (9M/2600ft, all Mercia): 1 A Davies 71:28; 2 S Cale 72:37; 3 P Jones (M40) 77:45

Women: 1 M Price (Mercia) 86:43; 2 A Rowlands (Eryri) 89:22; 3 S Newman (Calder V, W50) 89:22

GRAVY PUD 5, Tintwistle

Overall (5M/1000ft): 1 C Hardman (Salf) 37:23; 2 R Anderson (Holm) 38:19; 3 C Bishop (Sadd, M40) 38:45

Women: 1 O Walwyn Bush (Alt) 40:20; 2 E Gregory (Bow) 48:59

HEXHAMSHIRE HOBBLE, Allendale

Overall (10.5M/1220ft): 1 A Blackett (Dur F) 71:39; 2 D Archer (Dur F) 72:23; 3 P Sanderson (N'land F, M40) 72:50

Women: 1 J Hodgson (Morp) 80:40; 2 B Gregory-Smith (Tyne) 89:51

PENMAENMAWR, Gwynedd

Overall (11M/1500ft): 1 A Peers (Liv H) 72:32; 2 P Brook (Ches TC) 73:03; 3 M Fortes (Eryri) 76:10

TEAM: Eryri H

Women (all Eryri): 1 S Ridgway 82:17; 2 A Rowlands 88:26; 3 W Trimble 97:48

WALKS

DECEMBER 4

SARNIA BOB WRIGHT HANDICAP 2km, Pleinmont, Guernsey

Overall: 1 T Bates (M60) 14:41 (11.06 actual); 2 K Le Noury (M50) 14:47 (12:22)

Fastest: S Le Noury M 9:10

Women: C Bates (W55) 13:21

DECEMBER 3

CAMBRIDGE H LEAGUE, Bexley

Men: 5KW: 1 C Corbishley (M&M, U17) 24:38; 2 S Uttley (If, M50) 25:53; 3 S Allen (Barn, M55) 26:48; 4 R Penfold (Steyning) 29:10; 5 R Emsley (Steyn, M55) 29:16; 6 S Lightman (Sy WC, M65) 29:55; 7 P Hannell (Sy WC, M65) 30:11; 8 A O'Rawe (If, M70) 30:20

U15: 2.5kmW: 1 L Legon (Bexley) 15:00

U11: 1.25kmW: 1 A Johnson (AFD) 8:49

Women: 5kmW: 1 H Middleton (E&H, W45) 28:24; 2 C Cotterill (Ton, U20) 32:00; 3 A Martin (Padd W, W45) 33:38; 4 A Lewis (AFD, W60) 34:06

U15: 2.5kmW: 1 H Butcher (Camb H) 12:57; 2 S Lewis Ward (Camb H) 15:01

U11: 1.2kmW: 1 E Butcher (Camb) 8:54

PARKRUN

DECEMBER 3

Parkrun 5km

Leading age-graded

Brighton Hove Park: C Grice 14:46

Brighton Hove Park: B Tickner 14:30

SM 89.19%

Middlesbrough Albert Park: S Gibson 23:13 W65 88.62%

Wimbledon Common: L O'Hare 18:59 M60 86.76%

Cambridge: M Holmes 27:57 W75 86.76%

Norwich: P Edwards 21:13 W55 86.49%

Wimbledon: C Best 17:08 SW 86.38%

Frimley: P Fudge 21:54 W55 86.12%

Nonsuch Park: M McNally 19:25 M60 85.60%

Wimbledon: D McDonald 17:04 M45 84.38%

Brighton: C Wood 19:30 W45 83.96%

Hull: I Grewar 17:52 M50 83.90%

Brockwell Park: C Ansell 17:39 SW 83.85%

Durham: K Lowery 17:13 M45 82.99%

Bedford: R Holland 18:05 M50 82.89%

Basingstoke: S Bowers 18:10 W35 82.88%

Cardiff Blackweir Park: E Lepore 18:56 M55 82.55%

Middlesbrough Albert Park: K MacPherson 17:03 M40 82.52%

Brighton: F Pepper 17:57 SW 82.45%

Bushy Park: I Johnson 17:13 M45 82.35%

Norwich: D Kelleher 19:51 M60 82.24%

Leicester: G Newill 18:14 M50 82.21%

Bushy: B Mulvany 18:24 M50 82.13%

Cambridge: B Baldelli 17:00 M40 82.12%

Bedford: S Earley 17:08 M40 82.12%

Durham: J Zakrzewski 18:12 W35 82.11%

Leeds Hyde: K McGhie 18:18 M50 81.91%

Falkirk: R Greenaway 19:26 M55 81.82%

Hackney Marshes: P Dickens 15:54 SM 81.77%

Cardiff Blackweir Park: J Edwards 16:14 M35 81.68%

Brockwell: M Mann 20:10 M60 81.67%

Cardiff Blackweir Park: R Morris 20:00 M60 81.62%

Pennington Flash: A Rowe 18:41 M50 81.57%

Bromley: E Murty 18:09 SW 81.54%

Slough: R Brookling 17:16 M40 81.48%

Cardiff Blackweir Park: B Richardson 18:33 M50 81.47%

Durham: T Johnson 20:35 W50 81.45%

Swindon: S Shaughnessy 19:05 M55 81.21%

Glasgow: D Thom 18:19 M50 81.18%

Durham: D Hardy 16:17 U20M 80.92%

Bushy Park: W Cockerell 16:38 M35 80.85%

Male winners

Brighton Hove Park: B Tickner 14:30

Hackney Marshes: P Dickens 15:54

Cardiff Blackweir: J Edwards 16:14

Durham: D Hardy 16:17

Pennington Flash: T Doe 16:18

Middlesbrough Albert: J Neeson 16:27

Bushy Park: A Jackson 16:33



Charlie Grice: leading age-graded performance

Cambridge: R Gregory 16:35

Brockwell Park: A Other 16:37

Belfast Victoria: D Diamond 16:38

Redbridge: M Muir 16:40

Bedford: J Lawler 16:42

Solihull: R Skelton 16:42

Reading: T Lervill 16:50

Belfast: U Athlete 16:53

Cannon Hill Park: T Harrison 16:58

Greenwich: D Thompson 17:01

Newcastle: C Franks 17:01

Sewerby: P Taylor 17:02

Sunderland: J Watson 17:03

Wimbledon: D McDonald 17:04

Leeds Hyde Park: M Nowell 17:06

Poole: M Sanz 17:07

Swindon: B Sampson 17:08

Barrow-in-Furness: P Waite 17:13

Bromley: S Nimmo 17:13

Wanstead Flats Park: L Foster 17:15

Slough: R Brookling 17:16

Worcester: M Wilesmith 17:20

Leicester: N Batavia 17:21

Manchester Platts: B Harris 17:22

Colwick: M Romanienko 17:28

Hull: A Gibson 17:29

Fastest non-winning times

Brighton Hove Park: J Pepper 14:44

Brighton Hove Park: C Grice 14:46

Brighton Hove Park: W Durkin 15:56

Female winners

Wimbledon Common: C Best 17:08

Brockwell Park: C Ansell 17:39

Brighton Hove Park: F Pepper 17:57

Bromley: E Murty 18:09

Basingstoke: S Bowers 18:10

Durham: J Zakrzewski 18:12

King's Lynn: M French 18:36

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Brits in Velenje match

WHO ARE THE KINGS OF EUROPEAN CROSS COUNTRY? WE WILL FIND OUT IN SLOVENIA ON SUNDAY

Words: Steven Mills

Pictures: Mark Shearman

THE European Cross Country Championships has been a very happy hunting ground for our athletes and Great Britain lead the overall medal table with a tally of 80 since the first edition in 1994. Despite the absence of some of our big-hitters, full-size teams will be competing in the six races in Velenje and a sizeable crop of medals are expected.

Senior women

TRIALS winner Hatti Dean leads a strong British team who will be in the shake-up for individual medals as well as the team title. Having missed the track season with injury, the steeplechaser



Hatti Dean: current UK No.1

returned with a vengeance at Sefton Park to defeat arguable pre-race favourite Gemma Steel and Freya Murray, who returns to the British squad after a top-ten finish in 2009.

The Portuguese have taken a stranglehold on the team title although their three-year reign as champions looks in jeopardy as



Ancuta Bobocel: former junior and under-23 champion

their team is missing some familiar faces. Reigning individual champion Jessica Augusto dropped out of the New York City Marathon last month and failed to finish in the trials race two weeks later while Sara Moreira has been suspended after testing positive for a stimulant.

Despite fielding a weakened

team, last year's hosts will still be hopeful for some individual silverware through reigning bronze medallist Dulce Felix, who will be a contender if she's recovered sufficiently from her 2:25:40 marathon PB last month. Their squad also includes the very experienced Ana Dias, who was a top-ten finisher last year.

Very few athletes are as well-travelled as Nadia Ejjafini, who will be looking to strike gold on her debut in this event. Born in Morocco and having previously represented her nation of birth, as well as Bahrain at the 2004 Olympics, Ejjafini gained Italian citizenship in 2009 and the 31-year-old has improved markedly since this switch.

Ejjafini recently improved her marathon PB from 2:37:25 to 2:26:15 and this was followed with a commanding victory in a cross-country race in Llodio. Also watch out for Valeria Straneo, who finished eighth in the Berlin Marathon in a PB of 2:26:33.

Under-23 women

THE British team struck team gold last year and a strong squad, including two top-five finishers from the senior race at the trials, ensure a reasonable chance of a repeat victory. Birchfield Harrier Hannah Walker was the leading under-23 finisher in Liverpool in fourth, one place ahead of three-time junior champion Steph Twell who makes a welcome return to the fray after



Steph Twell: returning to big stage

an ankle break in February. Twell's AFD club-mate Emma Pallant also makes the team after individual bronze last year.

Meryem Erdogan from Turkey front-ran to a convincing victory last year but the reigning champion's form is somewhat unknown having not raced since a pair of DNFs at the European Under-23 Championships in Ostrava. Team-mate Gulcan Mingir, who won the steeplechase in Ostrava, might be the arguable pre-race favourite if Erdogan still lacks form.

The Germans are enjoying something of a long-distance resurgence and they field a strong team including Ostrava steeplechase silver medallist Jana Sussmann and 4:08 1500m runner Corinna Harrer.

Under-23 men

A LACK of interest has been one of the reasons for the downgrade of the IAAF World Cross Country Championships to a biannual event but this championship is

still drawing healthy numbers and this age-group race pits the gold medallists from the 1500m, 3000m steeplechase, 5000m and 10,000m from the European Under-23 Championships.

Sindre Buraas, who won the 5000m in Ostrava and has a PB of 13:28.07, is the pre-race favourite. The Norwegian showed good finishing speed to win in Ostrava and he finished inside the top 30 at the World Cross.

Team-mate Sondre Nordstad Moen will be making his debut in the under-23 ranks after four top-six finishes in the junior race and the 20-year-old showed his pedigree by winning the 10,000m at the European Under-23 Championships.

While Moen is likely to prefer a faster pace, last year's silver medallist Florian Carvalho will be happy with a tactical contest as the Frenchman is by far the fastest 1500m runner in the field at 3:33.60. The European under-23



Abdelaziz Merzoughi: under-20 winner in 2010

champion won the junior race in 2008 and this will be his last chance to capture this age-group title.

The Spaniards boast a very strong team including European under-23 steeplechase winner Sebastian Martos and last year's junior winner Abdelaziz Merzoughi, who holds a steeplechase PB of 8:22.00.

The Brits are led by Mitch Goose, who was 12th at the trials.

The recent race in Tilburg is perhaps most representative when it comes to judging current form. Former bronze medallist Adrienne Herzog prevailed on home-soil ahead of Simret Restle and Sabrina Mockenhaupt, who are both in the German team along with Susanne Hahn.

Fionnuala Britton from Ireland was 16th in the World Cross in March and the first European finisher in a race in Leffrinckroucke recently where she beat Binnaz Uslu from Turkey, who just pipped Britton for a medal last year.

Other contenders include former junior and under-23 champion Ancuta Bobocel and her experienced Romanian team-mate Cristina Casandra as well as Olivera Jevtic from Serbia, who won a bronze medal when Velenje held this event in 1999.

Senior men

HE might not be the same force on the track or on the roads but Sergiy Lebid has a Bekele-like ability when it comes to performing in this race and the Ukrainian will be gunning for his tenth title since winning for the first time in 1998. The 36-year-old, who has only once finished out of the top-10 since 1996, hasn't raced this winter but this is the norm for Lebid, who prefers to prepare at altitude in Russia.

The most likely candidate to stop the nine-time defending champion is last year's runner-up Ayad Lamdassem from Spain. The former Moroccan missed the summer but the 30-year-old finished ahead of Lebid at the Bupa Great Edinburgh 8km cross-country in January before finishing 16th at the World Cross. Most recently,



Sergiy Lebid: Euro Cross legend



Andy Vernon: top five ambition

Lamdassem was the runner-up in a high-calibre contest in Soria.

France won the team title last year and they field another strong outfit which includes Abdellatif Meftah and former junior champion Mourad Amdouni, who were fourth and fifth respectively last year. Their squad is also bolstered by the inclusion of last year's under-23 champion Hassan Chahdi, who has opted for the senior race even though he's still eligible for the under-23 race.

World marathon eighth-placer Ruggero Pertile leads the Italian squad along with Stefano La Rosa while the Belgian duo of Atelaw Bekele and Pieter Desmet might also

be contending for the podium.

British trials winner Andy Vernon says he's aiming for the top five and he leads a squad which should be able to make the team podium after missing out last year. The former junior silver medallist is joined by trials runner-up Mark Draper and 1500m specialist Andy Baddeley, who finished 11th in 2007.



Timetable

| | |
|---------|-------------------------|
| 10.45am | Junior women (3.97km) |
| 11.24 | Junior men (6.07km) |
| 12.07pm | Under-23 women (6.07km) |
| 12.52 | Under-23 men (8.17km) |
| 1.41 | Senior women (8.17km) |
| 2.33 | Senior men (9.87km) |

Times shown are local (one hour ahead of London)

Under-20 women

HAVING taken five of the last six junior team titles including an unprecedented top-six sweep in 2008, the British team are the



Emelia Gorecka: No.1 GB contender

outright favourites to continue this outstanding run. Last year's bronze medallist Emelia Gorecka and Annabel Gummow will be to the fore and while they start as outright favourites for the team prize, the individual title might not be so easily claimed.

The outstanding athlete in the field is Gesa-Felicita Krause and while she's a bit of an unknown quantity at cross-country, the German is already a world-class steeplechaser. The German won the European junior title and finished ninth at the World Championships in a European junior record of 9:32.74.

Other protagonists include former silver medallist Gulshat Fazlitdinova from Russia and reigning silver medallist Amela Terzic from Serbia who won a 1500/3000m double at

the European Junior Championships.

Esma Aydemir, who outsprinted Gorecka and Gummow for the European junior 5000m title in Tallinn, is another starter.



Annabel Gummow: part of strong British team

Under-20 men

THE absence of European junior 5000m and 10,000m champion Gabriel Navarro from Spain leaves this race without a clear-cut favourite although Jonny Hay, who was narrowly outsprinted by Navarro in the 5000m final in Tallinn, should challenge for a medal. The AFD athlete defeated Richard Goodman in the trials, who took fifth in this race as a 16-year-old in 2009.

Leading overseas contenders include European junior steeplechase champion Ilgizar Safiulin from Russia and compatriot Andrey Rusanov, who finished seventh last year. Also watch out for reigning bronze medallist Rui Pinto from Portugal, European junior 5000m silver medallist Bartosz Kowalczyk from Poland and Muhammet Emin Tan from Turkey.

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Manchester Indoor Open Meetings at Sportcity

Start: 10:30. Sundays: Dec 4th, Dec 18th, Jan 8th, Feb 19th, March 4th

Note: U: (Pool A) at 10.30am (Under 5 metres). (Pool B) Over 5 metres.

PV: (A) Low start height at 10.30 (B) Starting height approx 3m 20cm at 1pm increments 15cm

Send 9x6 SAE to Manchester Open, 11 Lincoln Grove, Sale, M33 2JG

Or Full entry details and timetable available to download on

www.saleharriersmanchester.com

Stockport 10

11th December 2011 10:00am

www.stockportharriers.com/race

Men's and women's 1st Prize £200. £200 for course records.



UWIC Indoor Open GP Series 2011/12

Sunday December 11

UWIC GP 1 Christmas Classic (Senior & U20)

60m, 300m, 600m, 3000m, PV, LJ & SP (CE 60m H, SP, HJ & 60m)

VENUE: NIAC, UWIC Cardiff, Cyncoed Road, CF23 6XD

• Electronic timing & EDM at all events • Open GP meetings – All Entries on day.

• Championship events – Pre entry only (see closing dates) • Closed Championships – only qualified

Welsh athletes can compete • Open Championships – Non-welsh Athletes can compete.

• All information, timetables & entry details are available at: www.welshathletics.org



The Gut Buster 10K & 10 Mile

Saturday 31st December 2011

Mortimer, Berkshire

A challenging mixture of country roads, footpaths and woods in South Berkshire.

Ample parking, baggage storage, refreshments. Free mulled wine & mince pies.

Full details at www.mysportingtimes.com

Serpentine New Year's Day 10k and 3k Fun Run

January 1, 2010, Hyde Park, London. 11.00am

Entry: www.serpentine.org.uk/pages/nyd10k.html

Race limit: 600 for 10k, 150 for 3k

NO ENTRIES ON THE DAY

Both races are held on an accurately measured traffic free course entirely within Hyde Park and Kensington Gardens, in association with the Royal Parks. They are held under UK Athletics rules (Licence no. 10312). Race memorabilia for all 10k finishers and medals for the fun run finishers. Cash prizes for the first three men and women in the 10k race



Quedgeley Marathon & 50K

22nd January 2012 at 10.30 am

Severn Vale Sports Centre, Quedgeley, Gloucester

Racing through scenic Gloucestershire countryside.

Enter online or download an entry form at

www.beyondthelimitations.co.uk



Barretts Canterbury 10 – Sunday 29th Jan 2012

Chaucer Technology School, Canterbury, Kent CT1 1SU at 11am
Course record 49:45 (2010) – Patrick Hamilton (Annadale Striders)

Fees: £13.00 affiliated | £15.00 Unattached | On the day £20.00 if race not full.

Online entry at Runnersworld. Cheques to 'Invicta East Kent AC' with C5 SAE to:

Barretts Canterbury 10, 209 Wincheap, Canterbury, Kent, CT1 3TP

Full details on www.invictaeastkentac.org.uk

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Not the Roman IX

15th January 2012 at 11.00am

A 12km Road race on the old Roman 9 course

NFU Sports Club, Knights Lane, Tiddington, Stratford-upon-Avon, CV37 7BZ

Entry: £12 (£14 U/A). No entry on the day. Limit 800. Closing date Jan 3rd,

Trophies & prizes. T-shirt to all finishers. Chip timing.

Full details and online entry from www.stratfordac.co.uk



The Epsom Oddballs
Perch XIII (10K ish!)
Sunday Jan 29th 2012
at 10.30am
Nonsuch Park, Epsom



www.epsomoddballs.org/perch.php



ASICS Watford Half Marathon

Sunday 5th February 2012

Start at Cassiobury Park, Watford at 10.30am

Entry fee: £18 or £20 (U/A). Generous prizes. Race limit 2000.

Online entry at www.sportsystems.com. No entry on the day. Chip timing.

Full details at www.watfordharriers.org.uk

Wokingham Half Marathon

19th February 2012 at 10am

Cantley Park, Wokingham

Entry: £18 Affiliated / £20 Unaffiliated

Chip timed. £500 course record. Entries filling up fast.

Online entry and full event details from

www.wokinghamhalfmarathon.co.uk

Edinburgh Marathon and Half Marathon - 27 May 2012

As the marathon and half marathon places sell out fast, check if you qualify for one of the exclusive entries:

Good 4 Age - Guaranteed entries for full and half, see website

Top Club - 2:40/1:12 Male and 3:00/1:23 female - **FREE ENTRY**

Elite Entry - Sub 2:28/1:07 male and sub 2:48/1:16 female

Visit www.edinburgh-marathon.com/?topclub for details



CROSS-COUNTRY

Saturday December 10

BRUTAL 10km

Bordon Heaths. 10am.

www.brutalrun.co.uk

Entry: £15.

DROMORE OPEN

Dromore Community Centre. 1pm.

mikeevy@yahoo.co.uk

DYSART CUP/ELLIS TROPHY

Richmond Park, London. 2pm.

www.ranelagh-harriers.com

GLOUCESTERSHIRE LEAGUE

Pitville Park, Cheltenham.

www.glosaaa.org.uk

GUERNSEY LEAGUE

Delancey Park. 2pm.

www.guernseyathletics.org.gg

JERSEY JUNIOR LEAGUE

Queen's Valley. 1.15pm.

www.jerseyspartan.com

KENT COUNTY MASTERS' CHAMPIONSHIPS

Rose Hill School, Tunbridge Wells.

www.kcaa.org.uk

KETTERING CHARITY CUP

Wicksteed Park, Kettering. 11am.

www.ktharriers.com

LEEDS RELAYS

Bodington Playing Fields, Leeds.

1pm.

www.leeds.ac.uk/union/sports/crosscountry/relays

Entry: Women: £12/Men: £24.

LIVERPOOL & DISTRICT LEAGUE

Stadt Moers. 2pm.

www.lps-athletics.co.uk

MID LANCs LEAGUE

Astley Park, Chorley. 12.30pm.

www.midlancs.org.uk

NORTH EASTERN COUNTIES CHAMPIONSHIPS

East Cramlington Nature Reserve.

11am.

www.blythrunningclub.org.uk

NORTH STAFFORDSHIRE LEAGUE

Westwood High School, Leek.

12.30pm.

www.nsccl.co.uk

SCOTTISH EAST DISTRICT CHAMPIONSHIPS

Aberdeen. 12.30pm.

www.scottishathletics.org.uk

SCOTTISH WEST DISTRICT CHAMPIONSHIPS

Royal Academy, Irvine. Noon.

www.scottishathletics.org.uk

SEAA INTER COUNTIES (Inc MASTERS' CHAMPS)

Lloyd Park, Croydon.

www.seaa.org.uk

SOUTH EAST LANCASHIRE LEAGUE

Boggart Hole Clough. 1pm.

marilyn.guest@tesco.net

THAMES H&H OLD BOYS/ALUMNI

Wimbledon Common. 2.30pm.

www.thameshareandhounds.org.uk

VETERANS INTER CLUB

Wimbledon Common. 2pm.

www.vetsac.org.uk

WARE CUP

Loughton. 2.30pm.

www.loughtonac.org.uk

WELSH INTER-REGIONAL CHAMPIONSHIPS

Builth Wells.

www.welshathletics.org

Sunday December 11

53-12 LEAGUE

Halstead.

www.53-12xc.com

EAST SUSSEX SUNDAY LEAGUE

Plumpton College. 10.30am.

www.eastsussexcrosscountry.co.uk

EAST YORKSHIRE LEAGUE

Langdale End. 11am.

www.beverleyac.com

LINCOLNSHIRE LEAGUE

Riseholme College, Lincoln.

edwin.butcher@btinternet.com

TRI-COUNTY CHAMPIONSHIPS (AVON, SOMERSET AND WILTSHIRE)

Bath University.

www.wiltshire-athletics.org.uk

UP & RUNNING SOUTH YORKSHIRE LEAGUE

Northern Racing College, Doncaster.

pete.mcl@btinternet.com

WEST MIDLAND YOUNG ATHLETES' LEAGUE

Hatton Estate, Wolverhampton.

www.midlandathletics.org.uk

Wednesday December 14

EAST ANGLIA LEAGUE

Reepham. 2.30pm.

NORTHERN POLICE LEAGUE

Doncaster. 2pm.

www.slateman.co.uk/npcc

Saturday December 17

EAST HULL HARRIERS WINTER LEAGUE

EHH Clubhouse, Hull. 2.10pm.

<http://easthullharriers.com>

Entry: Free.

ESSEX LEAGUE

Colchester.

LONDON CITY RUNNER METROPOLITAN LEAGUE

Ruislip. 1.15pm.

www.metleague.co.uk

SOUTH OF THAMES CHAMPIONSHIPS

Roehampton.

Sunday December 18

GRAEME LE MAISTRE SERIES

Pont Marquet Park. 9am.

www.jerseyspartan.com

IRVINE CYCLISTS v HARRIERS

Irvine Sports Club. 1pm.

www.irvineac.co.uk

NOTTS MINI LEAGUE

Worksop College. 11am.

www.notts-minileague.co.uk

PECO LEAGUE

Middleton Park. 11am.

www.pecoxc.co.uk

RYSTON RUNNERS OPEN LEAGUE

Shouldham Warren, West Norfolk.

11am.

www.rystonrunners.org.uk

THAMES VALLEY LEAGUE

Bearwood College.

<http://txc.org.uk>

THREE COUNTIES LEAGUE

Stopsley.

www.woottonroadrunners.co.uk/xcountry.html

Monday December 26

GUERNSEY BOXING DAY OPEN

L'Ancrese.

www.guernseyathletics.org.gg

Tuesday December 27

NOTTS AC CHRISTMAS RELAY (4x2.75)

Wollaton Park, Nottingham. 11am.

www.nottssac.co.uk

Saturday December 31

ILFORD AC 10

Hainault Forest Country Park,

Chigwell Row. 11am.

www.ilfordathleticclub.co.uk

SHEFFIELD OPEN

Graves Park, Sheffield.

<http://sheffieldrunningclub.org.uk>

Sunday January 1

GUERNSEY HANDICAP 4.75

Rocque Ballan. 11am.

www.guernseyathletics.org.gg

Monday January 2

KENT FITNESS LEAGUE

Avery Hill Park, New Eltham.

kfl.canterburyharriers.org/index.php

TODAY'S RUNNER LEAGUE

Lord Wandsworth College.

web.me.com/bob_ayer/runner/index.html

index.html

Saturday January 7

BEDFORDSHIRE COUNTY CHAMPIONSHIPS

Wing.

www.bedfordshireaaa.org.uk

BERKSHIRE COUNTY CHAMPIONSHIPS

Newbury Showground, Newbury.

www.berkshireathletics.org.uk

BROOKS SUSSEX COUNTY CHAMPIONSHIPS

Stanmer Park, Brighton.

www.sussexathletics.org.uk

BUCKINGHAMSHIRE COUNTY CHAMPIONSHIPS

Wing.

www.bucksaa.org.uk

BUPA EDINBURGH INTERNATIONAL

Holyrood Park, Edinburgh.

www.greatrun.org

CHESHIRE COUNTY CHAMPIONSHIPS

Winsford.

cheshireaa.com

CUMBRIA LEAGUE

Fitz Park, Keswick.

www.athleticscumbria.org.uk

ESSEX COUNTY CHAMPIONSHIPS

Gloucester Park, Basildon.

www.essexathletics.org.uk

DERBYSHIRE COUNTY CHAMPIONSHIPS

Markeaton Park, Derby. 11am.

www.dcaa.org.uk

GLOUCESTERSHIRE COUNTY CHAMPIONSHIPS

Plock Court, Gloucester.

www.glosaaa.org.uk

GREATER MANCHESTER CHAMPIONSHIPS

Woodbank Stadium, Stockport.

www.greatermanchesteraa.co.uk

HAMPSHIRE COUNTY CHAMPIONSHIPS

Dibden Enclosure.

www.athletics.hampshire.org.uk

KENT COUNTY CHAMPIONSHIPS

Willmington GS, Dartford.

www.kcaa.org.uk

MERSEYSIDE AA COUNTY CHAMPIONSHIPS

Sherdley Park, St Helens.

www.merseysideathletics.org

MIDDLESEX COUNTY CHAMPIONSHIPS

Wormwood Scrubs.

www.middlesexaa.org.uk

SCOTTISH INTER-DISTRICT CHAMPIONSHIPS

Holyrood Park, Edinburgh.

www.scottishathletics.org.uk

SURREY COUNTY CHAMPIONSHIPS

Denbies Vineyard, Dorking.

www.surreyathletics.org.uk

YORKSHIRE COUNTY CHAMPIONSHIPS

Thornes Park, Wakefield.

fiona.lancaster@btinternet.com

Sunday January 8

CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS

Priory Park, St Neots.

www.cambsaa.org.uk

CC6 LEAGUE

Badgers Farm, Winchester.

www.cc6.co.uk

EAST SUSSEX SUNDAY LEAGUE

Village Hall, Pett.

www.eastsussexcrosscountry.co.uk

HEREFORDSHIRE WINTER LEAGUE (Inc HEREFORDSHIRE COUNTY CHAMPS)

Monkhall Farm.

<http://herefordrunner.blogspot.com>

HERTFORDSHIRE COUNTY CHAMPIONSHIPS

Stevenage.

www.hertscaa.org.uk

KENT FITNESS LEAGUE

Minnis Bay, Birchington.

<http://kfl.canterburyharriers.org/index.php>

LINCOLNSHIRE COUNTY CHAMPIONSHIPS

Louth.

www.lincathletics.org.uk

NORTHERN VETERANS' JANUARY 5/10km

Smithills, Bolton.

www.nvac.co.uk

OXFORD MAIL LEAGUE

Middleton Cheney.

www.oxonxc.org

SOUTH WEST INTER COUNTIES CHAMPIONSHIPS

Bicton.

Saturday December 17

NORTHERN ATHLETICS OPEN
EIS Sheffield.
www.noaaa-athletics.org.uk

Sunday December 18

MANCHESTER OPEN
Sportcity.
www.saleharriersmanchester.com

Wednesday December 28

GAA METRIC MILER MEETING
Glasgow. 1.30pm

Monday January 2

NEW YEAR SPRINT MEETING
(Inc 800m races)
Lee Valley.
www.leevalleypark.org.uk

Tuesday January 3

GAA METRIC MILER MEETING
Glasgow. 1.30pm

Wednesday January 4

GRANGEMOUTH STADIUM GRADED OPEN
Grangemouth. 6.45pm.
rhonda.jones@falkirk.gov.uk
www.falkirk.gov.uk

Saturday January 7

ENGLAND COMBINED EVENTS CHAMPIONSHIPS
Sheffield. Until January 8.
www.noaaa-athletics.org.uk

Sunday January 8

BMC SHEFFIELD OPEN
Sheffield.
www.britishmilersclub.com
MANCHESTER OPEN
Sportcity.
www.saleharriersmanchester.com
METASWITCH GAMES
Lee Valley. 12.30pm.
www.ehac.co.uk

SCOTTISH ATHLETICS LEAGUE

Kelvin Hall, Glasgow. 10am.
www.scottishathletics.org.uk
UWIC GRAND PRIX
Cardiff.

WINDSOR, SLOUGH, ETON & HOUNSLOW AC WINTER SERIES

Eton. 1pm.
www.wseh.info
Entry: £5 on the day.

Saturday January 14

BRUNEL UNIVERSITY INDOOR SPEED MEETING
Uxbridge.

LEE VALLEY U13/U15 OPEN

Lee Valley. 1.30pm.
www.leevalleypark.org.uk

MIDLAND COUNTIES OPEN

Birmingham HPC. Until Sunday January 15.
www.midlandathletics.org.uk
NORTHERN CHAMPIONSHIPS
EIS Sheffield. Until January 15.
www.noaaa-athletics.org.uk

Sunday January 15

SEAA PENTATHLON CHAMPIONSHIPS
Lee Valley.
www.seaa.org.uk

Thursday January 19

GATESHEAD COLLEGE OPEN

Gateshead.
gatesheadinternationalstadium@gateshead.gov

Saturday January 21

LSAC OPEN MEETING
HiPAC Loughborough.
www.loughboroughsport.com
SCOTTISH NATIONAL OPEN
Kelvin Hall, Glasgow.

www.scottishathletics.org.uk

SEAA CHAMPIONSHIPS

Lee Valley. Until Sunday January 22.
www.seaa.org.uk

WELSH U13/U15/SENIOR CHAMPIONSHIPS

Cardiff. Until Sunday January 22.
www.welshathletics.org
Multi-terrain

Saturday December 10

BATH RUN SERIES (5km)

Bath University, Claverton Down, Bath. 10am.
www.runnerbath.co.uk

Entry: £5. Extra on day: £1.

CHRISTMAS BROADMEADOW MARATHON

Greenway car park, Stratford-upon-Avon, Warwickshire. 9am.
www.madeyarun.com

Entry: £17.

COCKINGTON CHRISTMAS CAPER 7

Cockington Court, Cockington, Devon. 10.30am.
www.fullonsport.co.uk

Entry: £11.

DRUM MANOR 10km

Drum Manor, Cookstown, Co Tyrone. Noon.
www.sperrinrunners.co.uk

Entry: £3.

SAXON SHORE MARATHON

Deal, Kent. 8am.
www.saxon-shore.com

Entry: £40.

Sunday December 11

BUXTON 5km

Buxton Primary School, Buxton, Norfolk. 10.30am.
www.norfolkgazelles.co.uk

Entry: £5. Extra on day: £2.

FROSTBITE FRIENDLY LEAGUE

Hinchingbrooke Park.
www.frostbiteleague.org.uk

MINCE PIE 10

Meridian Leisure Centre, Peacehaven, Sussex. 11am.
www.seafordstriders.org.uk

Entry: £7. Extra on day: £3.

MORTIMER FOREST 10

Moor Park School, Overton, Shropshire. 11am.
www.ludlowrunners.org

Entry: £5. Extra on day: £1.

TATTON YULE YOMP 10km

Tatton Park, Knutsford, Cheshire. 10am.
www.tattonyuleyomp.co.uk

Entry: £11.

WYVERN CHRISTMAS CRACKER 10km

Weston College, Weston-Super-Mare, Somerset. 11am.
www.westonac.co.uk/christmascracker

Entry: £13.

Saturday December 17

BATH SKYLINE 10km SERIES

Sports Training Village, University of Bath, Bath. 11am.

www.relishrunninggraces.com

Entry: £10. Extra on day: £5.

BATTLE CHRISTMAS PUDDING DASH 5

Ashburnham Place, Battle, Kent. 10.30am.

www.nice-work.org.uk

Entry: £11. Extra on day: £2.

Sunday December 18

FOREST OF DEAN CHRISTMAS TREE 5

Coleford, Gloucestershire. 10.30am.
www.fodac.org.uk

HOOKY CHRISTMAS CANTER 7

The Bourne, Hook Norton, Oxfordshire. 11am.
<http://hooknortonharriers.org>

HURST GREEN TURKEY 5

Bayley Arms, Avenue Road, Hurst Green, Lancashire. 1pm.
cbarnes1@live.co.uk

Entry: £5. Extra on day: £2.

KENT CHRISTMAS CRACKER 5

Fowlmead Country Park, Sholden, Kent. 10.30am.

www.nice-work.org.uk

Entry: £11. Extra on day: £2.

LOFTUS POULTRY RUN 8

Loftus Leisure Centre, Loftus, Cleveland. 11am.
www.loftus-ac.co.uk

Entry: £12. Extra on day: £3.

LYNNE EDMONDSON MEMORIAL COWM RESERVOIR 6.6km

Sportsman Pub, Market Street, Whitworth, Lancashire. 11.30am.
info@andemsrunners.co.uk

Entry: £5. Extra on day: £1.

MERTHYR MAWR PUDDING RUN 6

Merthyr Mawr, Bridgend, Mid Glamorgan. 10am.
www.bracklaharriers.co.uk

Entry: £12.

PORTSMOUTH COASTAL WATERSIDE MARATHON

Langstone Harbour, Portsmouth, Hampshire. 9.30am.
www.fitprorob.biz

Entry: £24.

TITTSWORTH RESERVOIR CHRISTMAS CRACKER 8

Tittsworth Reservoir Visitor Centre, near Leek, Staffordshire. 11am.
www.loftus-ac.co.uk

WELLINGTON MONUMENT 6.27

Village Square, Hemyock, Somerset. 10.30am.

Saturday December 24

BLACKPOOL RUDOLF RED NOSE RACE

Blackpool Fire Station, Forest Gate, Blackpool, Lancashire. 11:00.
www.weshamroadrunners.com

Monday December 26

BUNTINGFORD BREWERY BOXING DAY 3.2

Recreation Ground, Pirton, Hertfordshire. 10.45am.
www.boxingdayrun.co.uk

CHEVIN CHASE 7

Guiseley, West Yorkshire. 11am.
www.guiseley.co.uk/airecentre-pacers

CLEETHORPES TURKEY TROT 5.2

Submarine Pub, Cleethorpes, North East Lincolnshire. 11am.
www.woldsvets.co.uk

CROWN TO CROWN 5km

Westley Heights Country Park,

Basildon, Essex. 11am.

www.pitsearunningclub.org.uk

SALTWOOD BOXING DAY 3

Village Green, Saltwood, Kent. Noon.
www.boxingdayrun.org.uk

SHELL CHESTER ROUND THE WALLS 4.5

Race Course (Roodee), Chester. 11am.
westcheshireac.co.uk

TURNERS HILL 4.5

St Leonard's Church, Turners Hill, West Sussex. 11am.
www.sussexraces.co.uk

Tuesday December 27

CASTLEWELLAN CHRISTMAS CRACKER 15km

Castlewellan, Co Down. 1pm.
www.newcastleac.org

VELOCITY END OF '11 RUN 14km

High Street, Staplehurst, Kent. 10am.
www.velocity-events.co.uk

WARMINSTER PLAIN CRAZY 12

Land Warfare Centre, Warminster, Wiltshire. 11am.
www.warminsterbritishlegion.co.uk

Saturday December 31

GUT BUSTER 10km/10Mile

Butlers Lands Farm, Mortimer, Berkshire. 9am.
www.2mevents.com/index.php/event/the-gut-buster

LAURISTON 5

Wimbledon Common, Wimbledon. 2pm.
www.herculeswimbledonac.org.uk

Sunday January 1

BOX HILL KNACKER CRACKER 10km

Ryker's Cafe car park, Box Hill, Mickleham, Surrey. 11am.
www.trionium.com/knackercracker

BROWN WILLY 7

Jamaica Inn, Bolventor, Cornwall. 11am.
www.trurorrunningclub.org.uk

NEW YEARS DAY RESOLUTION RUN 10km

Exhibition Park, Newcastle upon Tyne. Noon.
www.allterainevents.com

STANWICK NEW YEAR RECOVERY RUN 5km/10km/HALF MARATHON

Stanwick Lakes, Wellingborough, Northamptonshire. 11am.
www.ultramarathon.org.uk

Monday January 2

CLIVEDEN 6

National Trust Cliveden House, Taplow, Buckinghamshire. 10am.
www.burnhamjoggers.org.uk

FLADBURY FESTIVE 5.5

Evesham Vale Growers Greenhouses, Lower Moor, Worcestershire. 10.30am.
www.fladburyfestivefive.org

LUMPHANAN DETOX 10km

Village Hall, Lumphanan, Aberdeenshire. 11.30am.
www.lumphanan.net

SEVEN SINS 7

Organs Green Picnic Site, Blakeney, Gloucestershire. 10am.
<http://www.sevensinsrun.com>

SOMERLEY 10km

Somerley Estate, Ringwood, Hampshire. 11:00.
www.charity-run.co.uk

TADWORTH 10

Tattenham Corner, Epsom Downs, Epsom, Surrey. 1pm.
www.tadworth.org.uk

WORTHING HANGOVER 5

Hillbarn Recreation Ground, Worthing, Sussex. 11.30am.
www.westsussexfunrunleague.org.uk

Sunday January 8

AXMOUTH HALF CHALLENGE 5/ CHALLENGE 10

Village Hall, Axmouth, Devon. 11am.
www.axvalleyrunners.org.uk

CENTURION GRAND PRIX 5

John Henry Newman Catholic College, Birmingham. 11am.
www.centurions.org.uk

HIT THE TRAIL 5

Carousel Public House, Stockport, Cheshire. 11am.
sites.google.com/site/hitthetrailrace

JANUARY JAUNT 10km

Speedway Track, Marsh Mills, Plymouth, Devon. 9.30am.
www.plymouth.roundtable.co.uk

Sunday January 15

BATH RUN SERIES (8km)

Bath University, Claverton Down, Bath.
www.runnerbath.co.uk

BROMLEY 10km

Norman Park Track, Bromley, London.
www.mccpromotions10kseries.com/bromley-10k.php

OH MY OBELISK 11

Dawlish Leisure Centre, Dawlish, Devon.
www.dawlishcoasters.co.uk

ROPSLEY RAID 6/13

Village Hall, Ropsley, Lincolnshire. 10am.
www.ropsleyroadrunners.co.uk

ROUGH 'N' TUMBLE 10

Village Hall, Milton Lilbourne, Wiltshire.
www.grassrootsevents.co.uk

THORNBURY RIVERBANK ROLLICK 9

Thornbury, Bristol. 11am.
www.thornburyrunningclub.co.uk

WELLINGBOROUGH 5/10/15km SERIES

Irchester Country Park, Irchester, Near Wellingborough, Northamptonshire.
www.justracinguk.com

ROAD

Saturday December 10

MORETON MORRELL CHRISTMAS CRACKER 10/20km

Warwickshire College, Moreton Morrell, Warwickshire. 11am.
www.raceways.eu

Entry: £10/£12. Extra on day: £2.

Sunday December 11

ABERYSTWYTH 10km

Plascrug Leisure Centre, Aberystwyth, Ceredigion. 1.30pm.
www.aberystwythac.org.uk

Entry: £12. Extra on day: £1.

ANDY READING 10km

Bicester Sports Association, Chesterton, Oxfordshire. 10.30am.
www.alchester-runningclub.co.uk

Entry: £11.

BEDFORD HARRIERS HALF-MARATHON

Wootton Upper School, Bedford. 10am.
hello@bedfordharriers.co.uk
www.bedfordharriers.co.uk
 Entry: £17.

BORDERS LEAGUE
 Tattenhall.
www.bordersleague.org.uk

CHRISTCHURCH CHRISTMAS 10km
 Christchurch, Dorset. 11am.
www.christchurch-runners.org.uk
 Entry: £8.

EAST MALLING TURKEY RUN 6.5
 East Malling, Kent.
www.maidstoneharriers.co.uk

KEYWORTH TURKEY TROT HALF-MARATHON
 Keyworth, Nottinghamshire. 10.15am.
www.turkeytrot.org.uk

LONGRIDGE 7
 Civic Hall, Longridge, Lancashire. 11am.
www.ukroadraces.info
 Entry: £7. Extra on day: £2.

LOSSIEMOUTH TURKEY TROT 10
 Community Centre, Lossiemouth, Moray. 11am.
www.morayroadrunners.com
 Entry: £10.

PUMA STOCKPORT 10
 Woodbank Park Stadium, Stockport, Cheshire. 10am.
www.stockportharriers.com
 Entry: £12. Extra on day: £2.

SANTA'S XMAS PUD RUN 5km
 Plymouth, Devon. 10am.
www.plymouthcoasters.co.uk

SNEYD RIDERS CHRISTMAS PUDDING 10
 Sneyd Community School, Bloxwich, Walsall. 10am.
www.sneydriders.org.uk/pudrun.html
 Entry: £12.

SOUTHEAST RUDOLPH RUNS 5
 Esplanade, Southend on Sea, Essex. 10.30am.
www.nice-work.org.uk
 Entry: £13. Extra on day: £2.

UP & RUNNING 10km
 Gullivers Land, Newlands, Milton Keynes, Bedfordshire. 10.30am.
www.racetimingsystems.com
 Entry: £14.

YEOVIL SANTA DASH 4km
 Yeovil, Somerset. 10.30am.
www.yeoviltownrrc.com

Tuesday December 13
AYR SEAFORTH 5km SERIES
 Dam Park, Ayr. 7.15pm.
www.ayrseaforth.co.uk

Wednesday December 14
ARMADA ATHLETICS NETWORK 3km TIME TRIAL
 Central Park, Plymouth, Devon. 7pm.
www.armadaathletics.com
 Entry: £2.

DERBY MIDWEEK 5km/MILE TRAINING RACE
 Alvaston & Boulton CC, Raynesway, Derby. 7.20pm.
www.runningwithdavid.com
 Entry: £3 on the night.

STREET 5km SERIES
 United Reformed Church Hall, Street, Somerset. 7.30pm.
www.wellscityharriers.org.uk
 Entry: £5.

Thursday December 15
WESTON PROM 5 SERIES

Pavilion Bar, Upper Church Road, Weston-Super-Mare, Somerset. 7.30pm.
promrun@westonac.co.uk
www.westonac.co.uk/promrun
 Entry: £4.

Friday December 16
POOLE RUNNERS WINTER 5km SERIES
 Boscombe, Dorset. 7.30pm.
poolerunners5k@virginmedia.com
www.poolerunners.com
 Entry: £2.

Saturday December 17
QUEDGELEY CHRISTMAS 5
 Quedgeley Methodist Church, Gloucester. 2.30pm.
www.beyondthelimitations.co.uk

RONNIE WALKER SALTWELL 10km
 Saltwell Park, Gateshead, Tyne & Wear. 12.30pm.
www.saltwellharriers.org.uk
 Entry: £10. Extra on day: £1.

Sunday December 18
CHRISTMAS JINGLE 4
 Burnham Swim and Sports Academy, Burnham on Sea, Somerset. 10.30am.
www.bospool.com

DERBY RUNNER BOLSOVER 10km
 Bolsover School, Bolsover, Derbyshire. 10.30am.
<http://northderbyshirerc.jimdo.com>
 Entry: £10.

EDINBURGH AC ANNUAL QUEENS DRIVE
 Holyrood Park, Edinburgh. 1pm.
<http://edinburghac.org.uk>

RONHILL SURREY CLASSIC 10km (STAGE 3)
 Equus Equestrian Centre, Horton Country Park, Epsom, Surrey. 9am.
www.runningwithdavid.com
 Entry: £8. Extra on day: £2.

TELFORD 10km
 Telford Town Park, Telford, Shropshire. 10.30am.
www.telfordathleticclub.co.uk
 Entry: £6.

TRAVELLERS 6
 Denby Dale Pie Hall, near Wakefield, West Yorkshire. 11am.
www.denbydaletravellers.org.uk

WVAC TURKEY TROT 10
 Beccles Sports Centre, Beccles, Suffolk. 11am.
www.waveneyvalley.org

Monday December 19
ST MARY'S 5km SERIES
 St Mary's School Sports Centre, Calne, Wiltshire. 6pm.
www.smcsports.co.uk

Monday December 26
AYLESBURY BOXING DAY 5km
 Aylesbury, Buckinghamshire.
www.voac.org.uk

AYRODYNAMIC TURKEY TROT 10km
 Citadel Leisure Centre, Ayr. 11am.
www.ayrodynamic.co.uk

CLEVEDON BOXING DAY 4
 Salthouse Fields, Clevedon, Avon.
www.clevedonac.co.uk

EHH BOXING DAY 10km
 Hull, East Yorkshire.
easthullharriers.com

FIFE BOXING DAY HANDICAP 1.3
 Beveridge Park, Kirkcaldy. Noon.

www.fifeac.co.uk
FIFE BOXING DAY HANDICAP MILE/2 MILE
 Craigtoun Park, St Andrews. 2.30pm.
www.fifeac.co.uk

GLYNNEATH 5
 Glynneath Social Club, Glynneath, West Glamorgan. 11am.
www.glynneath5.co.uk

GREENCASTLE 5
 Community Centre, Greencastle, Co Tyrone. 1pm.
www.greencastle5.com

JERSEY BOXING DAY 10km
 Jersey. 10am.
www.jerseyspartan.com

KELVEDON BOXING DAY 5
 Kelvedon, Essex.
www.withamrc.org.uk

LEYLAND BOXING DAY 10km
 Worden Park, Leyland, Lancashire. 11am.
www.redroseroadrunners.org.uk

POOLE ROUND THE LAKES 10km
 Poole Park, Poole, Dorset.
www.pooleac.co.uk

PORHCRAWL LIONS 38 FURLONGS (4.75)
 Hi Tide Inn, Porthcawl, Vale of Glamorgan. 11am.
www.porthcawllions.org.uk/funrun.html

STOKE STAMPEDE 10km
 Stoke St Gregory, near Taunton, Somerset. 11am.
www.stokestampepe.co.uk

WARD GREEN 6
 Genn Lane Community Centre, Barnsley, South Yorkshire. 11.30am.
www.barnsleyac.co.uk

WITHAM BOXING DAY 5
 Witham FC, Witham, Essex. 11am.
www.withamrc.org.uk

Tuesday December 27
BUNTINGFORD YEAR END 10
 Edwinstree School, Buntingford, Hertfordshire. 10.30am.
www.roystonrunners.org

GLOUCESTER PILOT INN CHRISTMAS 4
 Pilot Inn, Hardwicke, Gloucestershire. 11.30am.
www.severnac.co.uk

JOLLY HOLLY JUG 10km
 Ripon, North Yorkshire.
www.riponrunners.org.uk

LANCASTER FESTIVE 4km
 Salt Ayre Leisure Centre, Lancaster. 11am.
www.lancasterathletics.co.uk

QUEEN'S HEAD CANTER 5km
 Queen's Head pub, Milford, Derbyshire. Noon.
www.runningwithdavid.com

RIBBLE VALLEY 10km (INC NORTHERN CHAMPS)
 Roefield Leisure Centre, Edisford Bridge, Clitheroe, Lancashire. 10.30am.
www.blackburnharriers.co.uk/ribblevalley

SEVERN LOOP 5km
 Quarry Park, Shrewsbury, Shropshire. 10.30am.
www.shrewsburyac.org.uk

THRESHOLD 10km SERIES
 Ilmington Sports & Social Club, Ilmington, Warwickshire. 10.30am.
www.runstratford.co.uk

TODMORDEN HOT TODDY
 Todmorden, West Yorkshire. 11am.

WHEATON ASTON ROMAN 10km
 St Mary's School, Wheaton Aston, Staffordshire. 11am.
www.newportrunningclub.co.uk

WYTHENSHAW FESTIVE 5
 Athletics Track, Wythenshawe Park, Manchester. 9.30am.
www.saleharriersmanchester.com

Wednesday December 28
MASSEY FERGUSON PACE RACE 3.55
 War Memorial Park, Coventry, Warwickshire. 11am.
www.masseyracers.co.uk

Friday December 30
BROOKS SERPENTINE LAST FRIDAY 5km
 The Bandstand, Hyde Park, London. 12.30pm.
www.serpentine.org.uk

Saturday December 31
BOULEY BAY HILL CLIMB
 Bouley Bay, Jersey. 2.30pm.
www.jerseyspartan.com

ELY NEW YEAR'S EVE 10km
 Ely, Cambridgeshire.
www.elyrunners.co.uk/newyearseve10k

LIVERBIRD MARATHON DOUBLE (DAY 1)
 Liverpool, Merseyside. Noon.
www.100marathonclub.org.uk

NOS GALAN 5km
 Mountain Ash, Glamorgan. 7pm.
www.nosgalan.co.uk

PEDNOR INTERNATIONAL 10
 Chesham, Buckinghamshire. 10am.
www.chiltern-harriers.org.uk

WATERSIDE 5
 Buckden, near St Neots, Cambridgeshire. 10am.
www.nicetri.co.uk

Sunday January 1
BROOKS SERPENTINE NEW YEARS DAY 10km
 The Boathouse, Hyde Park, London. 11am.
www.serpentine.org.uk

CHARD FLYER NEW YEAR'S DAY 10km
 Chard CC, Chard, Somerset. 11am.
chardflyer.btck.co.uk

CLEETHORPES NEW YEAR'S DAY 10km
 Cleethorpes CC, Cleethorpes, North East Lincolnshire. 11.15am.
www.cleethorpesac.co.uk

HEREFORD NEW YEAR'S DAY 10km
 Rowing Club, Hereford.
www.yealleyrunners.co.uk

KEWSTOKE HANGOVER 10km
 Village Hall, Kewstoke, Somerset. 11am.
www.westonac.co.uk

LIVERBIRD MARATHON DOUBLE (DAY 2)
 Liverpool, Merseyside. Noon.
www.100marathonclub.org.uk

MORPETH 11km
 Grange House Field, Morpeth, Northumberland. 1pm.
www.morpethharriers.freesevers.com

PORTOBELLO PROMATHON 4
 Edinburgh.

SEVERN AC NEW YEAR'S DAY 5
 Pilot Inn, Hardwicke, Gloucestershire. 11.30am.
www.severnac.co.uk

WHATSTANDWELL HANGOVER 5
 Derwent Hotel, Whatstandwell, Derbyshire. 11am.
www.runningwithdavid.com

WYMONDHAM NEW YEAR'S DAY 10km
 Ex-Servicemen's Club, Wymondham, Norfolk. 11.30am.
www.wymondhamac.org.uk

Monday January 2
BEITH HARRIERS NEW YEAR 4.8
 Lochshore Industrial Estate, Glangarnock, North Ayrshire. 11.30am.
www.beithharriers.btk.com

CENTRAL LANCASHIRE NEW YEAR'S HALF-MARATHON
 Village Hall, Catforth, Lancashire. 10am.
www.fyldecoastrunning.com

GODIVA NEW YEAR 5
 Kirby Corner Road, Coventry, Warwickshire.
www.coventry-godiva-harriers.org.uk

JUNCTION QUARTER-MARATHON
 Junction Sports Centre, Broadstone, Dorset. 10.30am.
poolerunners.com

OLD FATHER TIME MASTERS 5 (Inc WELSH MASTERS CHAMPS)
 Llandaff RFC, Western Avenue, Cardiff.
www.lescroupiersrunningclub.org.uk/old-father-time

Tuesday January 3
CRYSTAL PALACE CANTER 5km
 Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.
canter5k@hotmail.com

Wednesday January 4
MINEHEAD SEAFRONT 3 SERIES
 Carousel Amusement Arcade, Minehead, Somerset. 7.25pm.
www.mineheadrunningclub.co.uk/seafront_races.html

Thursday January 5
RAMSAY BAKERY FIREMAN'S RUNS SERIES
 Fire Station, Ramsey, Isle Of Man. 7pm.
www.iomnac.co.uk

Friday January 6
RUN-4-IT METRO PROMS 3km SERIES
 Aberdeen Beach Promenade, Aberdeen. 1pm.
www.metroaberdeens.co.uk

Saturday January 7
CHESTERFIELD NO WALK IN THE PARK 5km
 Queens Park, Chesterfield, Derbyshire. 9.30am.
<http://northderbyshirerc.jimdo.com>

Sunday January 8
BORDERS LEAGUE
 Abergele.
www.bordersleague.org.uk

FIRST CHANCE 10km
 Quay Climbing Centre, Exeter, Devon. 10.30am.
www.firstchance10k.co.uk

GARSTANG 10km
 Garstang High School, Garstang, Lancashire. 11am.
www.shoestringresults.com

GLOUCESTER NEW YEAR 10
Severnvale Sports Centre,
Quedgeley, Gloucester. 10.30am.
www.gloucesterac.co.uk/newyear10

GORING, WOODCOTE AND DISTRICT 10km
Village Green, Woodcote, Berkshire. 10.03am.
www.lions-gwd.org.uk

MILBORNE 9.97
Milborne St Andrew, Dorset. 10.30am.
jane.mills5@btinternet.com

MORNINGTON CHASERS WINTER 10km SERIES
The Hub, Regent's Park, London. 9am.
www.chaser.me.uk

Wednesday January 11

ARMADA ATHLETICS NETWORK 3km TIME TRIAL
Central Park, Plymouth, Devon. 7pm.
www.armadaathletics.co.uk

DERBY MIDWEEK MILE/5km TRAINING RACE
Alvaston & Boulton CC, Raynesway, Derby. 7.20pm.
www.runningwithdavid.com

STREET 5km SERIES
United Reformed Church Hall, Street, Somerset. 7.30pm.
www.wellscityharriers.org.uk

PARKRUNS

Aberdeen – Beach Esplanade. 9.30am.

Abingdon – Rye Meadow.

Andover – Charlton Playing Fields.

Ashford – Bedford Lakes Country Park.

Banstead – Banstead Woods.

Barnsley – Locke Park.

Barrow-in-Furness – Barrow Park.

Basingstoke – War Memorial Park.

Bedford – Bedford Park.

Belfast – Victoria Park.

Belfast – Waterworks Park.

Birmingham – Cannon Hill Park.

Bolton – Leverhulme Park.

Bradford – Lister Park.

Bramhall – Bramhall Park.

Brighton – Hove Park.

Bristol – Ashton Court Estate

Camberley – Frimley Lodge Park.

Cambridge – Milton Country Park.

Cardiff – Blackweir.

Cheam – Nonsuch Park.

Conkers – near Ashby de la Zouch.

Coventry – War Memorial Park.

Croydon – Lloyd Park.

Croydon – Riddlesdown.

Croydon – Roundshaw Downs.

Durham – Graham Sports Centre.

Eastleigh – Lakeside County Park.

Edinburgh – Silverknowes Promenade. 9.30am.

Edmonton – Pymmes Park.

Enfield – Grovelands Park.

Falkirk – Callendar Park. 9.30am.

Forest of Dean – Covenham Enclosure.

Glasgow – Pollock Park. 9.30am.

Great Yarmouth – Gorleston Cliffs.

Greenwich – Avery Hill Park.

Hanley – Hanley Park.

Huddersfield – Greenhead Park.

Hull – East Park.

Inverness – Bught Park. 9.30am.

Isle of Wight – Medina.

King's Lynn – The Walk.

Kingston – Canbury Gardens.

Killerton – near Exeter.

Leamington – Newbold Comyn.

Leeds – Hyde Park.

Leeds – Roundhay Park.

Leicester – Braunstone Park.

Leigh – Pennington Flash.

Liverpool – Princes Park.

London – Brockwell Park.

London – Bushy Park.

London – Crystal Palace Park.

London – Finsbury Park.

London – Hackney Marshes.

London – Hampstead Heath.

London – Norman Park.

London – Oak Hill Park.

London – Wanstead Flats.

London – Wimbledon Common.

London – Wormwood Scrubs.

Middlesbrough – Albert Park.

Manchester – Heaton Park.

Manchester – Platt Fields Park.

Manchester – Wythenshawe Park.

Milton Keynes – Willen Lake.

Newcastle – Exhibition Park.

Newport – Tredegar House.

Norwich – Eaton Park.

Nottingham – Colwick.

Oldham – Alexandra Park.

Pontefract – Pontefract Racecourse.

Poole – Poole Park.

Richmond – Old Deer Park.

Richmond – Richmond Park.

Reading – Thames Valley Park.

Redbridge – Valentines Park.

Sheffield – Concord Sports Centre.

Sheffield – Endcliffe Park.

Slough – Black Park Country Park.

Solihull – Brueton Park.

Stockport – Woodbank Park.

Strathclyde – Strathclyde Country Park. 9.30am.

Sunderland – Silksworth Sports Complex.

Swindon – Lydiard Park.

Trowbridge – Southwick Country Park.

Whitstable – Promenade.

Worcester – Worcester Woods.

Entry: Free. Recurs every Saturday. 9am unless stated.
www.parkrun.com

TRACK

Saturday December 17
ANDOVER TRACK MARATHON
Charlton Lakes Athletics Track,
Andover, Hampshire. 10.10am.
www.tzruns.com/andover

Saturday December 31
NEW YEAR SPRINT MEETING
Musselburgh Racecourse. Until
Sunday January 1.
www.sportingworld.co.uk/newyearsprint/index.html

WALKS

Saturday December 10
BIRCHFIELD CHRISTMAS HANDICAP
Alexander Stadium, Birmingham.
www.birchfieldharriers.net

SURREY WC CHRISTMAS CUP
Monks Hill, Surrey. 2.30pm.
www.surreywalkingclub.org.uk

Sunday December 11
SARNIA WALKING CLUB HILL CLIMB
Le Val des Terres. 9am.

lenourjedburgh@cwgsy.net
<http://sarnia.wordpress.com>
UP & RUNNING WINTER LEAGUE
St Johns, Isle of Man. 10am.
www.manathletics.com

Saturday December 17
ALF PALMER MEMORIAL
Horsham. 11am.
www.steyningac.co.uk

ILFORD AC OPEN
Redbridge Cycle Circuit, Hainault. 1pm.
www.ilfordathleticclub.co.uk

Sunday December 18
SARNIA WALKING CLUB 3
L'Anresse. 9.30am.
lenourjedburgh@cwgsy.net

Monday December 26
ENFIELD BOXING DAY OPEN
Lee Valley, London. 10.30am.
www.racewalkuk.com

Saturday January 7
SURREY WC OPEN 10km
Monks Hill, Surrey. 2pm.
www.surreywalkingclub.org.uk

Sunday January 8
SARNIA WALKING CLUB 3km HANDICAP
Osmond Priaulx. 9.30am.
lenourjedburgh@cwgsy.net

YORKSHIRE WINTER LEAGUE
South Bank Club, York, North Yorkshire.
www.racewalkuk.com

Saturday January 14
STEYNING OPEN 15km
Steyning. 2pm.
www.steyningac.co.uk

OVERSEAS

Sunday December 11
SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS
Velenje, Slovenia.
www.european-athletics.org

Sunday December 18
LOTTO CROSS CUP
Brussels, Belgium.
www.lottocrosscup.be

Friday January 6
IAAF CROSS-COUNTRY PERMIT
San Giorgio, Italy.
www.iaaf.org

Sunday January 15
EUROPEAN ATHLETICS CROSS-COUNTRY PERMIT
Rovereto, Italy.
www.european-athletics.org

IAAF CROSS-COUNTRY PERMIT
Seville, Spain.
www.iaaf.org

Saturday January 21
EAA INDOOR AREA PERMIT MEETING
Reykjavik, Iceland.
www.european-athletics.org

Sunday January 22
EAA CROSS COUNTRY PERMIT
Elgoibar, Spain.
www.european-athletics.org

ATHLETICS WEEKLY

Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1GR
General enquiries: officemanager@athleticsweekly.com
www.athleticsweekly.com
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SUBSCRIPTIONS & BACK ISSUES Warners Group
Tel: 01778-392018 / subscriptions@warnersgroup.co.uk
backissues@warnersgroup.co.uk

Editorial

Tel: 01733-808550 / Fax: 01733-808530
EDITOR Jason Henderson
jason.henderson@athleticsweekly.com
DEPUTY EDITOR Paul Halford
paul.halford@athleticsweekly.com
PRODUCTION EDITOR Mike Taylor
mike.taylor@athleticsweekly.com
WEB EDITOR Jon Mulkeen
jon.mulkeen@athleticsweekly.com
COACHING EDITOR David Lowes
david.lowes@athleticsweekly.com

PRODUCT REVIEWER Paul Freary
paul.freary@athleticsweekly.com
PHOTOGRAPHER Mark Shearman
mark@athleticsimages.com

Editorial contributors: Alastair Aitken, Nicola Bamford, Steve Bateson, Trevor Baxter, Chris Broadbent, Leon Creaney, Will Cockerell, Martin Duff, Kevin Fahey, Doug Gillon, David Griffiths, Tim Grose, Jeremy Hemming, Ruth Jones, Ron Macey, Keith Mayhew, Tom McCook, Steven Mills, Emily Moss, John O'Hara, Lesley Richardson, Harry Shakeshaft, Denis Shepherd, Luke Stott, Colin Petty, Tim Watt.

Results

Fax: 01733-808535
RESULTS EDITOR Steve Smythe
results@athleticsweekly.com
FIXTURES COMPILER Steve Mosley
whatson@athleticsweekly.com

Results compilers: Jacky Brett, Alistair Dalgleish, Clare Elms

Results team: Pam Ball, Maria Brett, Linda Campbell, Matt Coffey, Rachael Elliott, John Falvey, Nigel Harding, Stewart Haynes, Sara Henderson, Sue Parrish, Steve Roe, Jackie Sibthorp, Les Venmore

Advertising & marketing

Tel: 01733-808540 / Fax: 01733-808541
HEAD OF ADVERTISING AND MARKETING Heidi Wilson
heidi.wilson@athleticsweekly.com
ADVERTISING AND OPERATIONS MANAGER Rebecca Carbery
rebecca.carbery@athleticsweekly.com
RACE ADVERTISING MANAGER Catherine Dugdale
catherine.dugdale@athleticsweekly.com

Publishing & distribution

Tel: 01733-808540 / Fax: 01733-808541
PUBLISHER Richard Hughes
RETAIL DISTRIBUTION Seymour Distribution
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www.hearingdogs.org.uk

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"I'm a cockroach, get me out of here!"

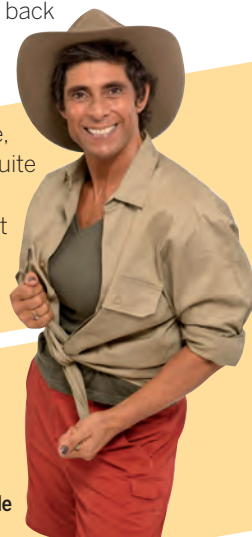
FATIMA WHITBREAD endured one of the most memorable moments of ITV's reality show *I'm a Celebrity ... Get Me Out of Here!* when a cockroach ran up her nostril. But the former world javelin champion emerged from the jungle with a well-deserved bronze medal.

"Jungle life has been the most wonderful experience I've ever had," said the former world record-holder. "I have a hard exterior but underneath I'm a softie. In the beginning everyone is tense and you put up walls to protect yourself."

Whitbread follows in the footsteps of fellow athlete Linford Christie, who took part in the reality show in 2010.



She added: "The trials have been the best thing for me and failure wasn't an option. I've got to know myself better; it's brought me back to Fatima the person, being back in the jungle. I've got to quite like myself again. I can't believe this has happened to me."



Fatima Whitbread: survived the celebrity jungle

"She says it's worse than being third behind Tessa in LA in 1984"

Stodge, Horlicks and glory

MODERN Olympians do not know they are born, according to 1948 London Games athlete Bill Nankeville.

The former 1500m runner was featured in the *Daily Mail* last week reminiscing over the '48 Games with his showbiz son Bobby Davro and he said: "We ate stodge, ran on grass that became mud, didn't do it for money – and went home on the bus when our races were done."

One of Britain's top milers of the period, Nankeville added: "I never trained more than an hour-and-a-half a day in my career. Two-mile warm-up, two-mile warm-down and some 300s in between. And we didn't go to training camps in Africa, unlike the British athletics team of today who have a training base in Kenya."

As for diet, he said: "If I needed building up a bit, my coach would give me a cup of sherry, egg and sugar, the old tonic. We never had drugs. We just had Horlicks ... and the tonic."

Davro added that he learned about his dad's running exploits by chance. "I found boxes of medals, pictures and athletics shirts in a cupboard when I was five," he said.

Hep champ has a low profile

SHE may have succeeded Jessica Ennis as world heptathlon champion in Daegu last summer, but Tatyana Chernova does not have quite the same status in her home country as Britain's 2012 Olympic hopeful, it seems.

After hearing that Chernova had done a photoshoot with Russia's Kuban Airlines, AW got in touch with the company's press office to source photos for this week's feature. However, there followed a few emails back and forth without any progress, not helped by the language barrier, until the KA press officer finally wrote: "I have no idea even who is Chernova. Is she flight attendant, manager or somebody else?"



Tatyana Chernova: mistaken for Russian air hostess

Fortunately, Chernova herself came to the rescue via her KA contacts in the end, hence the photos you see within her feature starting on page 12 of this magazine.

Drugs are for life, not just Christmas

THE World Anti-Doping Agency should plough resources into expanding on Norwegian evidence that suggests that athletes who take drugs may enjoy a residual effect even after they stop. That is the view of *Herald* sportswriter Doug Gillon, who adds that WADA could then "present a watertight case to CAS which would allow all national Olympic committees to adopt the BOA

stance and exclude cheats for life".

Gillon, a contributor to AW in recent years, said the Norwegian research argued: "Effects of previous strength training can be long-lived, even after prolonged subsequent inactivity, and retraining is facilitated by a previous training episode. Anabolic steroids ... may also have implications for exclusion periods after a doping offence."

NEXT WEEK

84-page bumper issue with 2011 end-of-year review and action from the European Cross Country Champs
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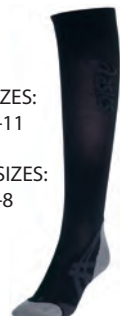
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