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Cover: Keith Gerrard wins the Saucony English National Cross in Sunderland (Mark Shearman)

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



EDITOR'S COMMENT

The grand National

YOU will struggle to find a more gruelling and intense race than the National Cross showdown between Keith Gerrard and Steve Vernon in Sunderland last Saturday. Both men left everything bar their souls on the course as they slugged it out like boxers – mano y mano – over 12km of brutal underfoot conditions.

Set against a backdrop of snow-covered fields and boasting a history that dates back to 1876, this classic slug-fest made trendier tough guy-style challenges look like a stroll in the park. There have surely been cleaner mud-wrestling fights than this, while few races can match the rich tradition and in-depth quality of the fields.

I'm embarrassed to admit I got lapped, although it was also an honour to be passed by athletes of such calibre.

This bird's eye view reminded me how fast they move, even when wading through treacle.

Problem is, the media tent was empty. AW aside, there were two or three north-east reporters who were doubling up as officials, plus one or two enthusiasts capturing the action on video. Meanwhile, the cult of celebrity and glamour of road racing drew Fleet Street to New Orleans instead – a situation that must frustrate event sponsor Saucony.

Brendan Foster, one of the spectators in Sunderland, once called the National "the greatest cross-country race in the world". When he won the senior title at Parliament Hill in 1977, AW described it as "a unique event which equally belongs to the star and the scrubber ... To win the National is the ambition of every British distance runner".

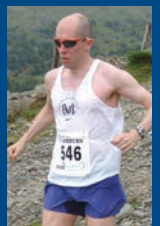
That can still be the case, but only if big names and media turn up. Without them it is the sport's best-kept secret.

• For how to improve the status of the National, see athleticsweekly.com



"I have absolutely no idea who won that. They all look the same."

AW



Jason Henderson, Editor

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AW

Sport's not just about winning

SELECTION controversies are as common as selection announcements, but this latest one seems to have caused particular



annoyance. However, with UKA's aims driven by meeting UK Sport targets

purely to win medals (and not to contribute to the long-term development of a sport or reward the country's best with an international cap), perhaps the blame does not lie with the federation.

It is maybe time to start lobbying the higher powers for a change in approach. *Paul Halford, News editor***What they said about the controversial selections**

● **Jason Henderson** (athleticsweekly.com)

"There is such a heavy reliance on the 'criteria', British Athletics may as well let a computer pick the team. Would a football manager choose a team based on statistics such as passes, tackles, goals and suchlike, or do they instead use common sense, instinct and flair."

● **Jon Brown** (Twitter)

"Ericsson should be on his hands and knees trying to get @chrisohare1500to compete for GB at Euro indoors."

● **Sally Gunnell** (Twitter)

"Very sad selectors not picked @CharlieGrice1 as he has qualifying time. No wonder we lose young talent to other sports."

● **Paula Radcliffe** (Twitter)

"Totally ridiculous".

EURO INDOORS: FIVE TOP-TEN GB ATHLETES WILL WATCH GOTHENBURG ON TV

Standards leave Brits at home

UKA'S TOUGH qualification criteria for the European Athletics Indoor Championships which begin tomorrow (Friday March 1) contributed to the omission of 11 GB athletes who would have been ranked in the top 15 in their events.

European Athletics did not lay down any entry requirements for Gothenburg, but UKA not only imposed tough standards in some events but failed to pick some athletes who met these.

UKA's general policy was aimed at selecting those capable of finishing in the top six. However, five athletes who would have been in the top 10 on the Gothenburg entry sheet and therefore thus potential top-six finishers are missing from the team but believed to have been interested in a place.

The most controversial omissions, Chris Warburton and Charlie Grice in the 1500m, both went under the qualifying mark of 3:42.00. Only two entered athletes have run quicker than 3:38.00 this season and some would argue that the typical nature of championship middle-distance races can leave them wide-open.

The same applies to the 3000m, where Lee Emanuel just missed the UKA standard of 7:50,



MARK SHERMAN

Charlie Grice: one of disgruntled milers

but his season's best would have ranked him seventh on the entries. Both 1500m athletes had appeals rejected and would have been 15th

and 17th quickest in the field.

The quickest British 1500m runner apparently did not inform UKA of his interest in competing in time. As the federation failed to contact him within the three days after his breakthrough mile performance and before the team was announced, it means a Brit who would have been second quickest among the metric milers is missing.

Britain's team of 29 is smaller by three than the corresponding team for the last European Indoors in Paris in 2011.

The squad is also dwarfed by the 44 who will travel to Gothenburg from Italy and the 34 French athletes competing.

The Brits who would have been ranked in the top 15

Event	Name	Mark	Rank
M1500	Chris O'Hare	3:37.25+	2nd
M1500	Chris Warburton	3:41.20	15th
M3000	Lee Emanuel	7:51.46	7th
M3000	Tom Humphries	7:54.79	11th
M60H	Gianni Frankis	7.67	9th
MLJ	Matthew Burton	7.94	13th
W60	Montell Douglas	7.25	9th
W60	Hayley Jones/Annabelle Lewis	7.31	13th
W800	Lynsey Sharp	2:03.07	8th
W800	Alison Leonard	2:03.88	13th
W3000	Emily Stewart	8:59.38	12th

DOPING: LONDON LEADS THE WAY IN WAR ON DRUGS IN DISTANCE RUNNING

Marathons to get tough on cheats

THE VIRGIN London Marathon has joined forces with the rest of the World Marathon Majors events in introducing tougher penalties for drug cheats.

Elite athletes who compete in the series, which also includes the Tokyo, Boston, Berlin, Chicago and New York Marathons, stand to lose out on payments if found to be guilty of a doping offence.

Changes in the contracts

mean that organisers could suspend payment or demand repayment of prize money, time bonuses and appearance fees.

"This is a great initiative and a very positive and strong move by the World Marathon Majors, which is once again leading the field by example," said women's marathon record-holder Paula Radcliffe. "I would love to see all major events follow its lead. The cheats need to understand that

they are not welcome in our sport and will be caught and made to pay. This is a step forward in increasing the deterrent and showing athletes and managers that cheating won't be tolerated. Having to pay back all money won while cheating is common sense and a logical element that has been missing for a long time. It is clear that any monies won while cheating are tantamount to fraud and should be returned."

PISTORIUS: DISABILITY SPRINTER AWAITS FULL TRIAL AFTER BEING GRANTED BAIL

'Remedy' had banned substance

THE "drug" which police found at the home of Oscar Pistorius, claimed by the defence as merely a legal herbal remedy, contained a substance which is banned in-competition after all. However, the Paralympian is unlikely to be competing any time soon, given he is due to appear in court in June to try to escape a sentence of up to 25 years.

He was granted bail last week after being arrested on the charge of premeditated murder of his girlfriend, Reeva Steenkamp.

Following reports that steroids were found by police at the home of Oscar Pistorius, the sprinter's defence claimed they were referring to a legal herbal remedy.

The substance is understood to be testis compositum, a sexual performance-enhancer. Its exact composition is not certain, but most versions of the product sold online seem to contain "cortisone acetatum", which is banned in-competition when ingested using certain methods. Although it is not tested for in out-of-competition tests, a doping offence is committed if traces of it are found during an in-competition test. But there is no suggestion the athlete had or intended to use it to break sporting rules.

Meanwhile, Pistorius's coach, Ampie Louw, had been quoted as



Oscar Pistorius: due to appear in court in June

MARK SHEARMAN

saying that he would try to get the South African back in training this week.

A statement issued by Louw read in part: "I am still in shock following the heart-breaking events that occurred last week and my thoughts and prayers are with both of the families involved. I had spent some time with Reeva recently after being introduced to her by Oscar, giving her training tips and advice and she would often be at the track with me whilst Oscar was training.

"I found her to be delightful, very friendly and, like Oscar, committed to her training and I

found the two of them to be very happy in each other's company."

In another series of twists, it emerged Oscar's brother, Carl, was facing a charge of a "culpable homicide" of a female biker in a road incident in 2010.

Earlier the chief police investigator on the Oscar Pistorius case was removed from the role after it was publicised that he was facing seven charges of murder.

It is believed the last time Pistorius raced was against a horse in a publicity stunt in Doha in December. As with many of his races, he won – but his biggest battle lies ahead.

NEWS BRIEFS

Bolt in Paris

USAIN BOLT is to run the 200m at the Samsung Diamond League in Paris on July 6.

The Jamaican, who is competing in the Stade de France for the fourth time, will race Christophe Lemaitre.

Three Kenyans positive

ATHLETICS Kenya has announced three of its country's athletes have been banned following positive doping tests.

Nixon Cherutich, a 2:14 marathoner, and Wilson Erupe Loyalani, who improved his best by four minutes to win the Seoul Marathon last year in 2:05:37, will each serve five-year suspensions after testing positive for nandrolone and EPO respectively.

Moses Kiptoo, a 2:08 marathon man, received a one-year ban.

Merga leads Ethiopian team

IMANE MERGA will defend his world cross-country title in Bydgoszcz on March 24 despite dropping out of last weekend's Ethiopian trial.

He will be joined by Olympic 10,000m bronze medallist Tariku Bekele in a strong Ethiopian line-up.

Tirunesh Dibaba, the Olympic 10,000m champion, will lead the women's team. Her sister, Genzebe, is only named as reserve despite setting a world lead for 3000m of 8:26.95 in Stockholm last week.

Cardiff match

THE Wales v England Indoor U20 match on March 10 in Cardiff will include senior GP events. Anyone wishing to compete in these (60m, 300m, 600m, mile, LJ, SP) email james.thie@welshathletics.org

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ENDURANCE: 2013-2014 DATES PUBLISHED AS VETS VOTE AGAINST CHANGE FOR HOME INTERNATIONAL

Fixture calendar forming for next winter

WE MAY still be in the grips of winter, but many of next season's cross-country fixtures have recently been provisionally announced.

Officials are keen to publicise next winter's calendar as soon as possible to help club and league secretaries with their planning.

Most of the dates are on the traditional weekends with the European Cross Trials in Liverpool on November 23 and Inter-Counties at Cofton Park on March 8 the highlights of the domestic calendar.

The Saucony English National Cross Country Championships will take place at a to-be-arranged Midlands venue on February 22.

One potential change to the traditional calendar was thrown out by the British Masters Athletic Federation, who considered moving its international fixture from the autumn to the spring.

The idea of combining the British and Irish Masters International with the seniors' Home Countries International, being held at Wollaton Park on March 22, was presented by the English Cross Country Association.

It was a move supported by Bridget Cushen, BMAF honorary secretary, as it could have meant the ECCA would cover most of the expenses. However, the BMAF committee voted strongly against



MARK SHEARMAN

moving from the usual November date.

Cushen said the potential financial saving the plan would have offered is much needed – that is despite the fact the athletes largely self-finance their trips to the annual fixture.

"The way ahead is that athletics is one family from cradle to the grave. That is current IAAF thinking," said Cushen, who is also on the IAAF's masters committee.

Other supporters of the idea say a spring date would lead to the event being staged when athletes are close to their peak.

Each home countries international features only four races, the senior version including a total of around 100 athletes and the veteran event involving just over three hundred.

Endurance fixtures - 2013-2014 winter

Sep 21	Area 6 & 4 Stage Relays	Various
Oct 5	Area Cross Country Relays	Various
Oct 12	ERRA Road Relay Champs	Sutton Park
Oct 13	National Young Athletes' Relays	Sutton Park
Oct 19	League weekend 1	
Nov 2	ECCA Cross Country Relays	TBC
Nov 9	League weekend 2	
Nov 16	Masters International	Eirias Park, Colwyn Bay
Nov 23	UK Cross Challenge & European Trial	Liverpool
Dec 7	League weekend 3	
Dec 8	European Cross	Belgrade, Serbia
Jan 4	County Cross Champs	Various
	Great Edinburgh Cross	Edinburgh
Jan 11	League weekend 4	
	UK Cross Challenge	Antrim
Jan 18	Cardiff Cross Challenge	Cardiff
Jan 25	Area Cross Country Championships	Various
Feb 1	BUCS Champs	TBC
Feb 2	European Clubs Champs	TBC
Feb 8	League weekend 5	
Feb 15	Welsh National Championships	TBC
Feb 22	ECCA Cross Country Championships	Midlands
March 1	League weekend 6	
March 8	CAU Championships & UK Cross Challenge	Cofton Park
March 15	Area Road Relays	Various
March 22	Home International	Wollaton Park
	English Schools Champs	Castle Donnington
March 29	SIAB Schools International	Bolton
April 5	ERRA National Road Relays	Sutton Park

Compiled by Graham Heeley

The SIAB Schools International, another very small event in terms of athletes, is sometimes combined with the senior home international, as is the case this year at Dinefwr Estate, near Llanelli, on March 23. However, they will be held on separate dates next winter.

Graham Heeley, officials secretary for the English Cross Country Association, said: "It would make sense to me to have the schools, the veterans, the home international as a big day of athletics from the youngsters to the seniors."

LONG JUMP: OLYMPIC CHAMPION HEADING DOWN UNDER FOR HEAD-TO-HEADS AGAINST TOP AUSTRALIAN

Rutherford to take on arch rival Watt in comeback comps

GREG RUTHERFORD will be back in action for the first time since winning the Olympic long jump title when he takes on Australian Mitchell Watt on his home soil twice this spring.

Watt, the 2011 world champion and pre-Games favourite before winning the silver medal in London, will present a tough challenge for the Brit in Perth

on March 16 and Melbourne on April 6.

After having engaged in several post-Olympic celebrity appearances, Rutherford could be playing catch-up this year as he had a late start to winter's training due to surgery. However, he is looking forward to throwing himself in at the deep end Down Under.

"The 2006 Commonwealth Games in Melbourne were my first major championship. The crowd and atmosphere then was amazing and I certainly enjoyed it a lot and think I will again this time around," said Rutherford, who trails 4-3 on the career head-to-head against Watt.

"I've never been to Perth, but

my training partner Steve Hooker (Australian pole vaulter) got me all excited about it. I've heard the facilities are great and it's a fast track and a good place to jump.

"I'll be staying in Perth for a couple of days and will hopefully be able to enjoy the Western Australian lifestyle with a visit to the beach."

MIDDLE-DISTANCE: MILER ENCOURAGED BY MILLROSE TIME AND HOPING FOR BIG PB THIS SUMMER

Peters optimistic for outdoor challenge

RICHARD PETERS is confident he can radically improve his 1500m PB this summer after smashing his mile best on the boards earlier this month, writes *Kevin Fahey*.

The 23-year-old Bristol & West AC runner briefly went top of the UK rankings with his time of 3:56.04 until another America-based Brit, Chris O'Hare, topped that in style with 3:52.98 in the Millrose Games.

At least O'Hare has a respectable 3:37.95 1500m outdoors to his name but Peters, who won the English Schools title in 2008 finishing ahead of Olympian Ross Murray, only boasts a best of 3:42.69 and he knows it is time to drastically revise that.



Richard Peters: 3:56.04 indoor mile this month

"Yeah, I was really pleased with the result," said Peters from his base at Boston University.

"Training has been going well so I knew I had a decent time in me. It was just a case of getting the race for it.

"I'm definitely moving in the right direction and I know I have more to give in the right competitive setting. Shamefully I'm unlikely to run indoors again this year so my attempts to run a faster mile will have to be put on hold until next year.

"That certainly doesn't mean I won't be going after it outdoors, though. My training for the next six to seven weeks is going to be geared toward running a big PB in the 1500m so I'm excited to see what will happen!

"I'm definitely stronger and faster than ever and I'm just

hoping it all comes good at the right time. Saying that, you make your own luck, so instead of hoping, I'm just going to keep my head down and work hard!"

Mike Down coached Peters when he was in Bristol and feels he has the potential to become one of Britain's best 1500m runners.

"In my 50 years as a coach he is the most talented middle-distance athlete I have worked with and I think he has only begun to scratch the surface," said Down.

"I know Richard is as good as Ross Murray and probably James Shane and on his day could beat both of them and hopefully this summer he can show that. Whatever happens it is a great start to the year."

FACILITIES: PRINCESS ANNE SEES BLACKBRIDGE VENUE UP AND RUNNING AGAIN

Gloucester track gets royal seal of approval

PRINCESS ANNE formally opened the newly relaid track at Blackbridge in Gloucester last Thursday.

Her Royal Highness met athletes and coaches who have been benefiting from the £350,000 worth of refurbishments since it was re-opened in November.

The track had been shut down five years earlier after failing a UKA inspection because it had fallen into disrepair.

Richard Blackwell, a director of Gloucester Athletics Track Management Ltd, said: "This is a huge honour, not just for the new track but for the sport in the city.

"It is a great privilege to be afforded a royal visit and we are extremely grateful to the many people who have made this event possible."



Princess Anne with Bob Purcell, managing director of the Gloucester track

FISHPHOTOGRAPHY/ALAMY

Bob Mortimer

THE funeral of Bob Mortimer, the former coach and mentor to Olympic decathlon champion Daley Thompson, took place on Monday.

As well as his role in guiding one of Britain's greatest-ever athletes from an early age, he was team manager for Newham & Essex Beagles, taking them from the Southern League division to the first division of the British Athletics League.

He was one of the stalwarts of the Beagles coaching set up with George Curtis and Dave Green through the 1980s and 1990s and helped athletes of all levels all through his distinguished coaching career.

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Athletes told to walk on by

CONSTERNATION OVER THE ABSENCE OF RACE WALKING FROM THE 2014 COMMONWEALTH GAMES IN GLASGOW

ATHLETES past and present have been expressing their extreme dismay that race walking will be no part of the Commonwealth Games in Glasgow next year.

Race walking has featured in the Friendly Games at every edition since 1966 but despite Britain's rich heritage in the field, the Glasgow 2014 organising committee opted not to put it on.

This was after the Commonwealth Games Federation recommended in 2006 that



Uproar: race walkers are livid their event has been left out of the 2014 Commonwealths

MARK EASTON

Walks legends air protests to organisers

SEVERAL of the big names of British race walking have lobbied Glasgow 2014 in vain to try to get them to rethink their exclusion of the walks.

● **Ollie Flynn (1978 Commonwealth 30km champion) wrote to the organisers pointing out the success of walking in Delhi 2010 and London 2012:** "As to the London Olympics there were something like 25 nations competing in the men's 50km and 20km race walks and a similar number of nations in the women's 20km race walk," he wrote in part. "Race walking has never before been so represented at the Olympics and no doubt one of the events with the highest number nations competing in any athletics event."

● **Chris Maddocks (five-time Olympian and UK 50km record-holder) in his letter to Glasgow:** "Whatever one's opinions are about race walking, it is undoubtedly

an event that at Commonwealth level and above has athletes of the highest calibre in terms of fitness and strength. Lab tests would go some way to proving this. The walk events also create drama and, dare I say it, some controversy; but, witnessed live as for example in London 2012 (spectator numbers around 50,000) and by tens of thousands at the Commonwealth Games in Manchester 2002, it can be athletics at its best."

● **Steve Taylor (former Commonwealth racewalker, chief race walking judge for London 2012) addressed two arguments used by Glasgow and the CGF:** He said comments regarding the subjective nature of the judging of the event could also be applied to boxing, gymnastics, hockey, netball and rugby sevens.

Regarding cost, he pointed to the high expense of staging rugby sevens, which has been added to the programme.

He added: "The recent London Olympics saw the Commonwealth represented in the race walking events with distinction by athletes from Australia, Canada, Great Britain, India, New Zealand and South Africa. Race walking has shown an increase in popularity both by the number of competing nations and the interest of the general public, not bad for an event that is reported to be on a downward spiral."

● **Bill Sutherland (1970 Commonwealth 20 miles bronze medallist) wrote:** "By dropping the race walks you are actually denying a future generation of participating in a major Games as a stepping stone to world and Olympic Standard competition. Race walking, through the Race Walking Association, are trying very hard to encourage and develop younger race walkers throughout the United Kingdom and, although there are no international standard walkers in Scotland presently,

I believe there is some positive interest in Dundee."

● **Robert Dobson (Commonwealth Games, 1970) added to his views in *Your Say* (p28):**

"When I competed in 1970 the 20 miles walk was 10 miles out, 10 miles back. Now internationally the courses have been shortened to a maximum length of 2km, hence multiple laps, so there should be no problem in finding a course – after all, there will be a marathon."

● **Peter Marlow (London 2012 walks race director, member of the IAAF race walk committee):** As well as pointing out that entry figures for the walks were not particularly low compared to other events, he argued an alternative to closing the roads for comparatively few competitors. He recommended a track 10,000m for men and women, which would also provide good competition for those not quite ready for an international 20km.

A statement from Glasgow 2014

"THE Commonwealth Games Federation recommended the removal of race walks from the sports programme in 2006 largely due to low participation levels.

"As a result, and supported by further analysis from Commonwealth Games Scotland around entry levels and cost benefit, race walking was not included in the sports programme for Glasgow 2014's bid.

"This programme was subsequently voted on in 2007 by all Commonwealth Games Associations to award Glasgow the Games for 2014 and as such

no technical, operational or venue planning has been considered for these events.

"A review undertaken by the CGF following Delhi 2010 and published in 2011 found that, while race walk entry levels had shown slight improvement, they were still insufficient to sustain the event as a compulsory element.

"However, the CGF noted race walking could be an optional addition to the sports programme for future host cities.

"Following this decision, Glasgow 2014 investigated the inclusion of race walk events in

our sport programme, including scheduling, participant scope, route and venues. Unfortunately, we are simply not in a position to accommodate the impact of this change at such a late stage in our Games planning and delivery.

"While not possible for the Glasgow 2014 edition of the Games, there are a number of other elite events that race walk athletes can still aspire towards, including the 2016 Olympic Games and potentially the Gold Coast Commonwealth Games in 2018 if selected as an optional sport in its programme."

race walking be removed from the programme. Glasgow 2014's bid the following year did not therefore include walking. Despite lobbying from high-profile officials in the walking community, the organisers decided in a subsequent review not to add them to the programme.

UK under-23 20km walks record-holder Tom Bosworth, said he is "gutted" he won't get the chance to improve on his 11th place from Delhi.

Bosworth, whose PB set last year of 1:24:49 puts him within a minute of the qualifying standard for this year's World Championships, said: "Delhi was my first experience of a major Games in quite an extreme country and it was amazing. It's called the 'Friendly Games' and that's what it was so I'm disappointed I can't be involved with it again. I'm not just aiming for Commonwealth Games – there are other competitions, but I still class it as a big major."

A lack of entries for the walks events has been cited as the prime reason for the downgrading to

"It's called the 'Friendly Games' and that's what it was so I'm disappointed I can't be involved with it again"

TOM BOSWORTH, on the Commonwealth Games



optional at Commonwealth level. However, as research from Peter Marlow, walks race director for

London 2012 and a member of the IAAF race walk committee, highlights, the walks have been no worse than other disciplines in this respect (see table).

Andi Drake, himself a former international and now coach to Bosworth and to 2010 Commonwealth women's 20km champion Jo Jackson, said: "I'm appalled that they've done this to the race walk events, likewise if they'd done it to any events. It's seems hypocritical that other events have similar numbers of participants but we'd never consider removing any of the other events, I'm sure.

"From a performance perspective, it was really important for Jo Jackson to learn how to win a big event."

CGF responds

"WHILE there have been numerous discussions by our members at respective general assemblies regarding the position of race walks, and it's true that issues such as overall depth and quality have been raised, ultimately there has been no change to its status – ie, race walks, like many other disciplines remains an 'optional' element of the sports programme.

"The most recent occasion upon which this matter was discussed was at the federation's 2011 general assembly in St Kitts where our 71 member nations and territories agreed that race walks would indeed remain eligible, but not obligatory, for inclusion within future editions of the Commonwealth Games.

"This decision in effect empowers hosts to consider the events inclusion within the overall athletics programme. Insofar as Glasgow 2014 is concerned race walks was not included within their bid to host the Games."

Competitors for selected disciplines at last four Commonwealth Games

	1998		2002		2006		2010		Average	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
10,000m	14	9	20	11	10	10	16	8	15	9.5
20km walk	17	13(10km)	7	10	10	9	16	9	12.5	10
50km walk	13	N/A	9	N/A	10	N/A	N/A	N/A	10.5	N/A
Marathon	26	11	23	15	17	23	24	16	22.5	16.25
Pole vault	10	15	10	15	7	15	13	13	10	14.5
Shot	14	8	15	16	15	12	14	12	14.75	12
Triple	11	6	12	11	12	9	12	11	12	9.25
Discus	11	11	16	13	16	14	15	10	13.5	12
Hammer	11	12	9	20	13	12	13	17	11.5	14
3000m s'chase	10	N/A	9	N/A	14	14	12	9	11.25	11.25
400m hurdles	20	7	13	12	22	13	18	11	18.25	10.75
Heptathlon	-	10	-	10	-	12	-	12	-	11
Decathlon	15	-	12	-	13	-	12	-	13	-

(Stats sourced by Peter Marlow)



Muddy marv



AFTER an early morning blizzard hit the north-east of England, athletes and organisers awoke to find Herrington Country Park, the venue for the 2013 Saucony National, covered in a three-inch blanket of snow. Later, more than 3000 club runners competing in ten age-group races ploughed through mud that was as thick as tar, sticky as chewing gum and as black as the coal

KEITH GERRARD RETAINED HIS TITLE AMID SNOWY AND MERCILESSLY MUDDY CONDITIONS AT HERRINGTON COUNTRY PARK

Report: Jason Henderson Pictures: Mark Shearman

that was once mined from this famous colliery area.

With local heroes such as Steve Cram and Brendan Foster among the spectators, the highlight of the day was the 126th senior men's race where Keith Gerrard retained his title after a titanic battle with Steve Vernon. Only three seconds separated the two gladiators at the finish, whereas Louise Damen's winning margin was somewhat bigger in the

senior women's race – with the mud-loving marathoner a full minute ahead of her rivals.

In the younger age groups, Emelia Gorecka won an amazing seventh consecutive National Cross title – her first having come at the same Sunderland venue when the races were last staged here in 2007. Some favourites came unstuck in the conditions though, most notably Weynay Ghebresilasie, the Eritrean Olympian and asylum seeker

who won the northern title last month running for Sunderland Harriers.

Despite having trained on the course in recent weeks, he was beaten into third in the junior men's race as Ian Bailey gave a demonstration in how to handle traditional English cross-country conditions while also helping Aldershot, Farnham & District to five of the ten team titles.

With Tonbridge winning two team titles, it was a successful day for southern clubs. However, the main men's team victory – together with a development grant of £500 – went to local club Morpeth Harriers.

els

Gerrard the victor

Senior men

IN ONE of the closest, most gruelling and hard-fought races in recent National Cross history, Keith Gerrard defended the blue riband men's title after a titanic battle with northern champion Steve Vernon.

Gerrard, from the Isle of Man and racing for Newham & Essex Beagles, said it was the muddiest, toughest race of his career after he just edged Vernon by three seconds over 12km of rolling hills and strength-sapping mud.

Twelve months earlier the 26-year-old had won his first National senior crown in unseasonably warm conditions at Parliament Hill in London. This time, he claimed victory on a brutal course that started as snow-covered fields but had cut up into an old-fashioned mudbath by the time the final race of the day arrived.

"When I won last year I don't think I had a spot of mud on me at the finish but today was easily the muddiest and also the toughest race of my life," said Gerrard, who added his experience included his several world and Euro championships.

"Steve pushed me so hard," Gerrard added. "We were kicking the hell out of each other for 12km. There were a couple of times where I thought I might



Keith Gerrard: exhausted champion

have it lost but I just managed to pull it out of the bag at the end."

Indeed, credit should go to Vernon for pushing Gerrard into such uncharted territory. The Stockport man at least had the satisfaction of earning an impressive seventh National Cross individual medal. As for the conditions, he thought Alton Towers in recent years was just as muddy, but Sunderland was "harder" as it was a stickier kind of mud.

"I had to fight for every stride because if I'd given Steve anything he would have run away with it," Gerrard added.

"In the closing stages we swapped the lead several times and with 350-400m Steve had the lead going up the hill. But in the last 200m something just got



into me and I just managed to find enough to win."

Holding his huge trophy, he grinned: "This was my trophy and it is such a historic trophy I didn't want to let anyone take it!"

Ironically, though, Gerrard had prepared for the race by training on largely firm trails at altitude in Albuquerque and he had flown into the UK only 48 hours before the event. "I did the same last year and it worked," he said, "so I thought why not try it again."

He added: "I have been doing all my track sessions and tempo runs on beautiful dirt tracks and paths, though, so when I saw the snow on the course here I was a bit worried."

Gerrard and Vernon also had to zig-zag through lapped runners from quite early in the race on a course that had been altered slightly from 2007, when it was last held here, in order to make it more spectator-friendly.



Neilson Hall: gritty bronze

Gerrard, who is coached by Art Acevedo, added: "I'm really proud to have turned my form around as I didn't seem to be in good form when I went out to the States in early January and I had a really bad run at the Euro Cross in December (59th) and was more than a minute behind Steve and the other Brits."



Steve Vernon (left) and Keith Gerrard go toe to toe



Snowy spectacle: the 1000-plus senior men's race gets under way

Cram in his element

ONE of several endurance greats in Herrington Park last weekend, Steve Cram says he enjoyed mixed success in the National but generally he has nothing but fond memories of the event.

"I ran the National a good few times, not always with a great deal of success," he smiled.

"The best year I remember as a youngster was 1977 at Parliament Hill when Brendan Foster won. I remember getting a bus down with a bunch of lads and we stayed in London and had a great weekend." (Cram was 13th in the youths' race, 72sec behind winner Mick Morton).

He added: "I had some really good runs and really bad ones and I think the best I did as a senior was 28th at Temple Park."

On the history and tradition of the race, he said: "It's a real mix of the best athletes and club runners who are here enjoying a great weekend. When you're a youngster there's a big sense of occasion. Cross-country is generally very character building, but this has a bit more sparkle to it. I love the National."

Behind, Neilson Hall placed third, followed by Shaun Dixon, Daniel Garbutt, Mike Skinner, James Wilkinson and Jonny Taylor, while Morpeth Harriers scored a popular local victory as they took the team honours ahead of Leeds City AC. Dixon especially put in an eye-opening performance as he was only 174th last year and 61st in 2012 and he's improving fast aged 30.

Such was the quality of the field, BUCS champion Stephen Connor was back in 14th and Chris Warburton, who was unlucky not to earn selection for the Euro Indoors at 1500m, built some valuable stamina ahead of the summer by finishing 34th.

As for Gerrard's plans now. He is toying with the idea of racing a half-marathon somewhere. The Inter-Counties and subsequent World Cross are also tempting. "Especially as it's only once every two years now," he added.

Under-20 men

THE rolling hills and treacle-esque surface led to traditional English cross-country conditions. So it was somewhat apt to see an Englishman, Ian Bailey, cross the finish line as a mud-splattered winner ahead of the heavily-fancied local favourite from Eritrea, Weynay Ghebresilasie.



The junior race gets under way with eventual winner Ian Bailey poised on the left

Courtesy of track PBs that include 8:28 for 3000m steeplechase, the Olympian and former soldier was expected to become the first Sunderland Harrier since 1966 to win a National Cross title.

On that occasion, Brooks Milesen won the youths' title, while the most recent north-east



Ian Bailey: mastered mud for U20 gold

athlete to win the junior men's gold was even further ago – Stephen James of Middlesbrough & Cleveland in 1959.

But amid rumours he had a leg injury, Ghebresilasie struggled in the conditions and finished third, as Michael Callegari of Shaftesbury Barnet also took his scalp in finishing second.

This was despite Ghebresilasie training on the course in recent weeks following Sunderland Harriers taking him under their wing. Also, he had won the northern title at Knowsley Safari Park in similarly snowy conditions last month.

Bailey, who turns 20 early next month, powered 25 seconds clear of his rivals and said: "I'm over the moon. I didn't feel much under pressure as everyone expected Ghebresilasie to win."

"I thought if I could just stay in contention then I knew these conditions would suit me. I used my strength really well to kick on and get the victory. I'm so happy with the way it went."

The Mick Woods-coached athlete, who earned a £300 Sam Haughian memorial grant for his efforts, surged away at the start of the last lap and also led AFD to team gold in a close battle with Tonbridge.

"I used the uphills to my advantage and got a good gap," he said, before adding his next challenge is the senior race at the Inter-Counties next month.

Under-17 men

ADAM HOWARD returned to the top of the podium last weekend after a lean spell caused by a virus and minor knee injury.

The Oldham & Royton athlete won the National title at Alton Towers in 2011 but was only 26th in Parliament Hill last year. However, he is regaining full fitness and on Saturday powered



Zac Miller leads from eventual winner of the under-17 men's race, Adam Howard



The under-17 men get stuck into the snowy conditions in Herrington Country Park

away from Joe Steward of East Cheshire Harriers and Alex Carter of Team Bath AC to win by four seconds.

Coached by Gerald Lee, the 17-year-old said: "It was good fun and I enjoyed it, although it was hard work. I was 20th at the start but slowly picked them off as the race unfolded."

He added: "It's great to be back after a period of being unfit. After a virus I had fluid on my knee. I then got my endurance back but I was lacking the power in my legs on the hills, until today."

Illustrating the depth of quality, 3:44 1500m man Matt Shirling of Liverpool Harriers was 14th, with 1:48 800m runner Sean Molloy in 36th helping secure team gold for Tonbridge AC.

Under-15 boys

DAN EVANS said conditions in Sunderland weren't quite as tough as when he won the northern title in a snowy Knowsley Safari Park last month and the Warrington athlete took his first National Cross title.

The Julian Field-coached runner beat Ben Dijkstra of Leicester Coritanian by 12 seconds with Nathan Gibson in third leading AFD to team gold.

"I put an effort in on the hill and felt I broke away," said Evans, "and on the downhill I felt good and I just went for it and tried to stay away from them."

Under-13 boys

TOM KENDRICK improved from fourth in the previous weekend's Southern Championships to win gold in Sunderland.

The Tonbridge runner, who was taking part in his third National Cross, also led his club to team gold ahead of City of York.

"It was a bit out of the blue," said Kendrick, who combines athletics with rugby. "I was expecting maybe a top five but not to win it."

He added: "The conditions suited me but usually I'm not the best in the mud. Today was amazing."



Under-13 winner Tom Kendrick leads from Joseph Pollard and Freddie Ayre



Local hope Joe Armstrong (433) leads eventual under-15 winner Daniel Evans (666)

Senior women

AS MOST athletes slipped and staggered through Herrington Park's quagmire of a course, Louise Damen skated across the mud with relative ease. The 30-year-old Winchester athlete annihilated a decent field to win by 60 seconds, with Sonia Samuels a clear runner-up and defending champion Gemma Steel a gallant third.

A 2:30 marathoner and National Cross winner at Alton Towers in 2011, Damen believes her experience and background helped her cope better than most, but she struggles to remember muddier ground conditions. "Maybe the Ostend world cross in 2001, when Paula won the women's title and I was a junior – that was pretty muddy," she said.

Clasping a huge trophy engraved with the names of former winners like Zola Budd, Paula Radcliffe and also four-time champion Rita Ridley, who died this month, Damen added: "The National is always a special race to me. I love the history and it's a highlight of the domestic calendar."

Frances Briscoe of Coventry Godiva was the early leader, but Damen started steadily and eased to the front about halfway through the first lap.

"I thought people were queuing



Louise Damen (3837) hits the front with (left to right) Gemma Steel, Lily Partridge, Steph Twell, Emma Clayton and Juliet Doyle

Damen's destruction act

up behind me, but wasn't sure where they are as you just run!" she said, admitting she was partly oblivious to the huge lead she was building up. "Then it was just a question of trying to stretch the gap as much as possible."

On the course, she said: "It sounds like a cliché, but it really is just strength and marathon strength and probably just years of running as I'm getting on a bit."

As Samuels and Steel battled for silver and bronze, Georgia Bruinvels led Aldershot to team gold. Indeed, the quality of the field was shown by the fact the Southern Cross 1-2-3 of Lily Partridge, Steph Twell and Emily Pidgeon from the previous weekend – all AFD runners – finished ninth, 16th and 11th respectively.

Damen will now head to the Inter-Counties hoping to qualify for the World Cross for the first time since 2004.



Sonia Samuels: solid silver medal

The AFD runner, who turned 19 last month, won by 26 seconds as she powered away from runner-up Jenny Walsh of Spensborough and third-placed Rebecca Weston of Invicta East Kent.



Emelia Gorecka: National gold No.7



Louise Damen: emphatic victory

Under-20 women

EMELIA GORECKA won her first National Cross gold as an under-13 in Sunderland in 2007 and last Saturday captured a magnificent seventh consecutive title on the same Herrington Park course.

"It's really special to come back and do it again on my seventh time," she said. "It's great to come back to the place it all started."

On her race, Gorecka added: "The ground was slushy and not hard like Budapest (Euro Cross) in December. So it was more a case of relaxing in the first lap and then opening up. The move was not decisive, it was more gradual."

Now, Gorecka will race the Inter-Counties to qualify for her final IAAF World Cross Country Championships as a junior. She was 23rd in the same city of Bydgoszcz in 2010 and 15th in Punta Umbria in 2011 and this time is going for a top 10 position.

"I really want to mix it up with the Kenyans and Ethiopians again," she said. "Last time I was 15th and I'm familiar with the course and half Polish too. Training has progressed so I'm a different athlete than I was two years ago."

Under-17 women

CRUNCHING through the virgin snow in the first race of the day, Annabel Mason from Wakefield enjoyed a five-second winning margin over Grace Baker, who led AFD to the team title, with Alex Clay of Invicta East Kent third.

Mason won the junior women's race at the European Mountain Running Championships in Turkey by almost a minute, so it was no surprise to see her make



Annabel Mason: U17 winner relished hills



Fighting for positions (left to right): under-15 girls Grace Goddard, Mona Jappinen, Katie Whiteoak and Rosie Johnson

her break one of the big hills halfway through the 5km course.

Fully covered with tights and long-sleeved top, plus gloves and hat, the 16-year-old had a slow start but soon took up pole position with Clay for much of the early stages before forging clear to take her first National Cross title after winning silver last year.

"I thought it was going to be nice and sunny today," she said, "but it's similar to fell running which is my main sport, so I felt at home."

Under-15 girls

LUCY JONES was the self-confessed surprise winner of the day when she beat Harriet Knowles-Jones and 2012 National Cross winner Sabrina Sinha.

The 14-year-old from Leicester burst into tears of joy as she crossed the finish line six seconds clear of her rivals. "I had no idea that I might win," she said. "I was going for top ten or maybe top five at best. I am so surprised."

Outside athletics she is a keen horse rider and began her decisive gallop to the finish while descending the biggest hill in the closing stages.

Jones also led Charnwood AC to team gold and was keen to thank her team-mates for their



Lucy Jones: hoped for top 10 but won gold

support, plus a coaching team that includes Derek Green.

Under-13 girls

KATY-ANN McDONALD has only been training properly since July last year, but coached by Phil Kissi at Herne Hill Harriers she is making her mark and won last weekend's National title by four seconds from Amelia Lancaster of City of Sheffield.

McDonald ran herself to a standstill as she fell to the icy ground moments after crossing the line and then spent most of her AW interview trying to rub her frozen, numb feet with her hands to warm them up.

Guts and determination aside,

she also has talented genes – her mother was an 800m international athlete for Nigeria.

The only downside was that Kissi said it would have been perfect if his former coaching mentor, Frank Horwill, had lived long enough to see McDonald strike National gold.

Kissi, who advised McDonald not to race the previous weekend's rescheduled Southern Cross in order to keep her legs fresh for the National, said: "We trained at home over Christmas in snow so we were used to the conditions and when we saw the course here we thought 'let's take it out' and then stay relaxed – and that's what she did."



Katy-Ann McDonald: newcomer ran perfect race to win

RESULTS

Senior men: 1 K Gerrard (NEB) 41:21; 2 S Vernon (Stock H) 41:24; 3 N Hall (Bed C) 41:47; 4 S Dixon (High) 41:50; 5 D Garbutt (Dur) 41:57; 6 M Skinner (B&B) 42:02; 7 J Wilkinson (Leeds C) 42:04; 8 J Taylor (Morp) 42:05; 9 M Okbazghi (Sheff RC) 42:13; 10 J Gilbert (Kent) 42:14; 11 R Morrell (Morp) 42:18; 12 A Scott (Notts) 42:39; 13 P Nicholls (Tip) 42:49; 14 S Connor (AFD) 42:49; 15 L Timmins (Morp) 42:53; 16 C Smith (Leeds C) 43:04; 17 J Walsh (Leeds C) 43:08; 18 J Lilly (Tip) 43:14; 19 N Torry (Serp) 43:18; 20 J Douglas (Bord H) 43:19; 21 M Nicholson (Morp) 43:19; 22 G Smith (NEB) 43:21; 23 R Kay (Tip) 43:22; 24 M Barnes (AFD) 43:25; 25 J Kelly (Belg) 43:26; 26 A O'Gorman (Stock H) 43:27; 27 A Watson (Notts) 43:29; 28 A Buckley (Leeds C) 43:31; 29 R Burney (Liv H) 43:34; 30 G Priestley (Salf) 43:34; 31 D Deed (Bed C) 43:36; 32 J Gratton (Hallam) 43:37; 33 S Naylor (Bed C) 43:39; 34 C Warburton (Notts) 43:50; 35 D Hallam (OWLS) 44:54; 36 D Jenkin (Dur) 44:03; 37 B Noad (High) 44:05; 38 R Bentley (Kent) 44:13; 39 B Livesey (Bir) 44:15; 40 T Cornthwaite (N'land) 44:17; 41 J Reed (Alt) 44:17; 42 A Combs (Ton) 44:20; 43 S Deakin (Leeds C) 44:22; 44 M Granger (Tip) 44:27; 45 D Woodgate (Lut) 44:30; 46 G Taylor (Morp) 44:32; 47 A Holliday (Tip) 44:36; 48 D Mitchinson (NEB) 44:38; 49 M Janes (Bed C) 44:38; 50 P Hinch (Tip) 44:39; 51 M Lole (Cov) 44:40; 52 R Stephenson (Morp) 44:41; 53 D Lacy (Camb H) 44:45; 54 J Eves (Bed C) 44:47; 55 J Connor (Kent) 44:49; 56 D Russell (High) 44:50; 57 R Anderson (Holm) 44:51; 58 M Burrett (Leeds C) 44:52; 59 S Mitchell (Notts) 44:54; 60 A Tovey (WSEH) 44:57; 61 J Prickett (Inv Ek) 45:03; 62 O Laws (NEB) 45:03; 63 J Thewlis (Notts) 45:05; 64 B Pochee (High, M40) 45:07; 65 F Neuschwander (Kent) 45:09; 66 J Arnold (AFD) 45:13; 67 S Spencer (Notts) 45:14; 68 C Bannon (Cov) 45:15; 69 K Stone (NEB) 45:18; 70 S Hebblethwaite (Kesw) 45:18; 71 C Greenwood (Kent) 45:20; 72 S Robinson (Linc W) 45:20; 73 A Rayner (B&B) 45:23; 74 N Swinburn (Morp) 45:24; 75 I Hudspith (Morp, M40) 45:26; 76 T Collins (M&M) 45:28; 77 E Highton (OWLS) 45:31; 78 J Wills (Leeds C) 45:31; 79 T Hartley (Notts, M40) 45:33; 80 I Harding (Morp) 45:40; 81 R Phillips (Serp) 45:41; 82 C Bell (Kesw) 45:43; 83 O Edwards (SB) 45:44; 84 N Hooker (Leeds C) 45:44; 85 P Hoole (Roth) 45:45; 86 G Jayasuriya (M&C) 45:46; 87 K Bell (Bord H) 45:47; 88 G Watts (SB) 45:48; 89 A Nixon (Stock H) 45:48; 90 J Tighe (N'land) 45:56; 91 L Humphreys (Bed C) 45:56; 92 M Roscoe (Leeds C, M45) 45:57; 93 M Shaw (Salf) 45:59; 94 A Russell (Kend) 46:00; 95 J Simpson (Leeds C) 46:01; 96 O Jones (B&B) 46:03; 97 J Pole (Serp) 46:03; 98 J Savage (Kent) 46:03; 99 K Rojas (B&B) 46:05; 100 C Perry (Vale R) 46:09; 101 P Tucker (B&B) 46:11; 102 E Brown (Knives) 46:12; 103 H Torry (Serp) 46:13; 104 S Renfer (TVH) 46:14; 105 G Raven (Sale) 46:16; 106 H Coates (Walls) 46:22; 107 C Fell (Ross) 46:23; 108 D Fewell (Chelm) 46:25; 109 W MacKay (Bed C) 46:27; 110 R Harris (Roth) 46:31; 111 F Slemek (HW) 46:33; 112 P Townsend (Herts P) 46:34; 113 J Scott (Morp) 46:35; 114 R Scott (High) 46:36; 115 T Spencer (Cov) 46:37; 116 S Ashcroft (ESM) 46:38; 117 J Loxam (Stock H) 46:39; 118 T Crowley (Notts) 46:40; 119 R Brown (Linc W) 46:42; 120 M Blunden (Notts) 46:45; 121 M Cryer

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M45) 54:41; 459 S Pearson (B'ville, M40) 54:44; 460 F Smith (Salt, M55) 54:45; 461 J Armstrong (W'sey, M40) 54:46; 462 M Simpson (Crook) 54:47; 463 D Willumsen (Ton, M45) 54:50; 464 D Winter (Ask) 54:51; 465 C Norman (L Buzz) 54:51; 466 D Brooksbank (Barns, M50) 54:52; 467 M Hewitson (W'boro) 54:52; 468 D Vaughan (W&B) 54:53; 469 A Werede (Sun) 54:53; 470 R Johnson (Sand J) 54:54; 471 T Coates (Gosf) 54:58; 472 D Cross (Dur) 55:00; 473 J French (Blyth) 55:01; 474 J Birch (Newk) 55:02; 475 P Mainwaring (Trent) 55:02; 476 R Petty (High) 55:03; 477 J Ferraro (Lon Hth, M45) 55:05; 478 A Collins (S Lon) 55:05; 479 J Foss (S Lon) 55:05; 480 A Macdonald (Morp) 55:08; 481 T Howarth (Lyth) 55:08; 482 L Millmore (Sand J) 55:12; 483 J Lee (O&R) 55:14; 484 G Hawking (Knives) 55:21; 485 A Taylor (Serp) 55:22; 486 B Martin (Quak, M55) 55:23; 487 S Robertson (Els) 55:24; 488 K Hesketh (Prest, M55) 55:28; 489 M Crawford (R&Z) 55:30; 490 A Freeman (B&R) 55:31; 491 I Salkeld (J&H) 55:34; 492 M Richards (W&B) 55:35; 493 D Gilbert (High) 55:36; 494 A Fletcher (R&Z) 55:37; 495 T Annable (Vale R, M45) 55:42; 496 W Horsley (Elv) 55:45; 497 J Graham (Birt) 55:46; 498 S Nicholls (Wig D) 55:48; 499 S Norris (TVH) 55:50; 500 D Vossler (Win) 55:51; 501 J Gold (VP&TH) 55:53; 502 R Sharp (Gt B) 55:56; 503 A Jones (P&B) 55:56; 504 P Green (Heat, M45) 55:58; 505 P Cuthbert (W'sey, M40) 55:58; 506 P Windle (Wesh) 55:59; 507 R Orr (Kesw) 56:01; 508 J Bridgewater (Crook, M40) 56:01; 509 P Gill (Birt, M40) 56:03; 510 G Jones (W'sey) 56:03; 511 A Castile (Salf, M40) 56:04; 512 S Windsor (Bord H) 56:05; 513 N Mitchell (Lon Hth, M50) 56:08; 514 P Leppard (Hill) 56:10; 515 B Najafi (Low F, M55) 56:10; 516 R Daniel (B&B) 56:12; 517 S Lanchham (B&R) 56:12; 518 G Megaw (G&G) 56:13; 519 C Ellis (Loft, M55) 56:14; 520 D Robins (Heat) 56:16; 521 J Stephens (Low F) 56:16; 522 D Taylor (Ripley) 56:17; 523 L Wren (Ayc) 56:17; 524 M Connelly (Els, M45) 56:18; 525 S Boswell (AFD) 56:19

TEAM (6 to score): 1 Morpeth H 153; 2 Leeds C 169; 3 Tipton H 195; 4 Bedford C 261; 5 Notts 262; 6 Newham & EB 327; 7 Kent 337; 8 Highgate H 401; 9 Salford H 597; 10 AFD 663; 11 Blackheath & B 556; 12 Stockport H 762; 13 Serpentine RC 834; 14 Coventry G 855; 15 OWLS 969; 16 Tonbridge 1262; 17 Border H 1428; 18 Herne Hill H 1440; 19 Sund 1587; 20 Keswick 1642; 21 WG&L 1683; 22 Hillingdon 1757; 23 Bourneville 1824; 24 Gateshead H 1847; 25 Charnwood 1861; 26 London Heathside 1937; 27 Rotherham H 1979; 28 B&H City 2031; 29 Durham C 2072; 30 York Knives 2091; 31 N Derbyshire 2274; 32 W&B 2223; 33 Halesowen 2234; 34 S Shields 2235; 35 New Marske H 2273; 36 Sheffield RC 2441; 37 Wirral 2497; 38 Wandless H 2563; 39 Tyne B 2598; 40 Sunderland Strollers 2733; 41 Elswick H 2803; 42 N Shields Poly 2917; 43 East Ches 2933; 44 Jarrold & H 2940; 45 Wallasey 3097; 46 Birtley 3104; 47 Heaton H 3137; 48 Low Fell RC 3138; 49 Asknern District RC 3143; 50 Crook 3146

79 teams closed in

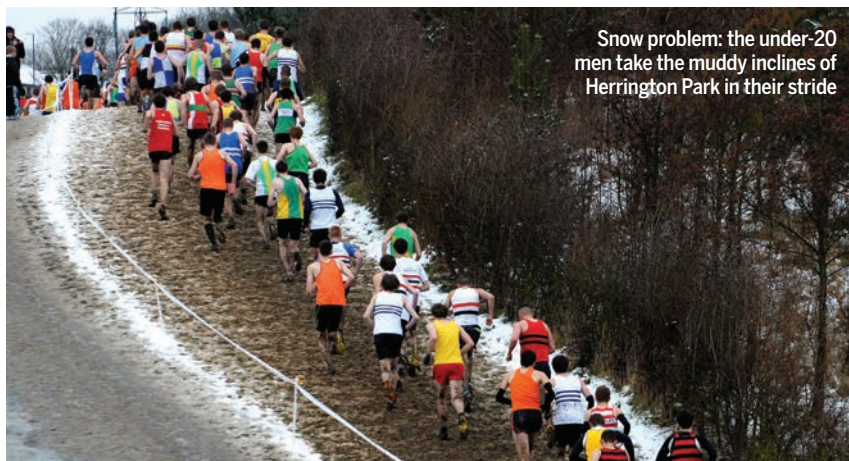
TEAM (9 to score): 1 Morp 382; 2 Leeds 423; 3 Notts 579; 4 Bed C 651; 5 Tip 627; 6 High 969; 7 Kent 1095; 8 N&EB 1291; 9 AFD 1673; 10 Salf 1738; 11 B&B 1848; 12 Serp 2007; 13 Sund 2791; 14 Cov G 2824; 15 Ton 3028; 16 Border 3158

38 teams closed in 9 runners

U20 men: 1 I Bailey (AFD) 33:47; 2 M Callegari (SB) 34:12; 3 W Ghebresilassie (Sun) 34:34; 4 H Pearce (Ton) 34:41; 5 J Gray (BRAT) 34:51; 6 L Russo (Ton) 34:55; 7 E Shepherd (WG&EL) 35:05; 8 W Gray (B&H) 35:13; 9 F Bailey (SB) 35:16; 10 T Smith (AFD) 35:20; 11 C Johnson (Gate) 35:27; 12 J Grace (AFD) 35:32; 13 M Leach (Bed C) 35:37; 14 C Perrin (C&S) 35:40; 15 K Reilly (Ton) 35:41; 16 A Brecker (Stoke) 35:42; 17 B Alcock (Bed C) 35:48; 18 B Bradley (AFD) 35:53; 19 M Bergin (Bed C) 35:54; 20 O James (Sun) 35:55; 21 O Lockley (Manx) 36:00; 22 T Bains (Hallam) 36:04; 23 H Curling (AFD) 36:10; 24 C Joslin-Allen (Ton) 36:11; 25 D Owen (Chelt) 36:15; 26 B Houghton (Donc) 36:17; 27 A Weymouth (Bord H) 36:18; 28 R Driscoll (Ton) 36:19; 29 R Skelton (Hast) 36:23; 30 M Mohamed (TVH) 36:24; 31 B Travis (Hal) 36:26; 32 S Eglan (AFD) 36:27; 33 J Nixon (Stock H) 36:27; 34 J Stockings (WG&EL) 36:39; 35 R Grant (Bir) 36:43; 36 J Perrin (C&S) 36:45; 37 M Greive (Bord H) 36:50; 38 T Cox (Ton) 36:52; 39 J Goodwin (Bed C) 37:02; 40 R Ganose (Alt) 37:05; 41 L Betts (Sale) 37:07; 42 J Allen (R&N) 37:09; 43 J Bland (HW) 37:11; 44 N Ditton (WSEH) 37:16; 45 H Earl (Bord H) 37:18; 46 M Wood (Leeds C) 37:20; 47 D Johnson (Gate) 37:23; 48 J Crossfield (Hal) 37:31; 49 D Overin (R&Z) 37:39; 50 J Robertson (Scar) 37:43; 51 S Greenwood (Gate) 37:45; 52 J Ali (Norw) 37:47; 53 W Parker (New M) 37:50; 54 A Villard (SMR) 37:52; 55 J Woodcock-Shaw (Spen) 37:53; 56 C Lloyd (Ton) 37:58; 57 T Devlin (Ton) 38:00; 58 L Ingham (Kend) 38:03; 59 B Smith (L&M) 38:10; 60 L Taylor (Newk) 38:13; 61 P Sesemann (B&B) 38:16; 62 B Maskell (Gate) 38:19; 63 H Foster (Notts) 38:20; 64 J Baines (Der) 38:21; 65 J Williams (Bed C) 38:26; 66 M Harrison (Read C) 38:27; 67 J Johnston (Ross) 38:27; 68 T Hook (Norw) 38:28; 69 A Chambers (Liv H) 38:34; 70 J Toomey (HW) 38:37; 71 J Nisbet (Morp) 38:45; 72 Z Bamber (Vale R) 38:52; 73 P Roddy (Kenil) 38:54; 74 F Brodie (Gosf) 38:55; 75 J Villette (Cov) 38:57; 76 D Rich (Sale) 38:58; 77 C Rowlinson (Sale) 39:08; 78 T Hooley (Der) 39:12; 79 G Burrell (Hal) 39:14; 80 C Knapp (Ton) 39:18

TEAM (4 to score): 1 AFD 41; 2 Ton 49; 3 Bed C 88; 4 Gate 171; 5 Sale 301; 6 Bexley 463; 7 Liv PS 465; 8 Derby 486

U17 men: 1 A Howard (O&R) 20:32; 2 J Steward (E Ches) 20:36; 3 A Carter (Bath) 20:36; 4 Z Miller (Traff) 20:40; 5 J Rowe (WSEH) 20:41; 6 E Bowker (Vale R) 20:43; 7 C DeAth (Ton) 20:47; 8 G Duggan (Ton) 20:49; 9 J Douglas (Bed C) 20:50; 10 R Isaacson (Bed C) 20:51; 11 E Makepeace (Charn) 20:53; 12 D McManus (Worc) 20:56; 13 L Cotter (Roth) 20:57; 14 M Shirling (Liv H) 21:00; 15 B Rochford (Wat) 21:01; 16 C Field (Warr) 21:02; 17 B Priddle (Read) 21:03; 18 K Wood (C&C) 21:06; 19 L Dee (SB) 21:12; 20 J Chapman (WSEH) 21:14; 21 D Jarvis (Liv H) 21:15; 22 M Dickinson (Wells) 21:15; 23 S Simpson (Soton) 21:15; 24 L Clark (Gate) 21:16; 25 M Arnold (AFD) 21:17; 26 R Webb (B&B) 21:19; 27 D Lawton (Traff) 21:20; 28 A Shariff (Liv H) 21:21; 29 J Hall (Wharf) 21:21; 30 J James (Bed C) 21:23; 31 L Emmett (SSH) 21:25; 32 G Clinkle (WSEH) 21:26; 33 D Love (Lock W) 21:27; 34 R Evans (Wirr) 21:28; 35 J Lancaster (Sheff) 21:28; 36 S Molloy (Ton) 21:29; 37 H Rossouw (Ton) 21:30; 38 E Cross (Tam) 21:31; 39 N Meredith (Read) 21:33; 40 C Gregory (Read) 21:35; 41 A Benfield



Snow problem: the under-20 men take the muddy inclines of Herrington Park in their stride

(Burt) 21:37; 42 C Critchley (WSEH) 21:38; 43 H Thompson (Leic C) 21:40; 44 R Mudd (SB) 21:42; 45 J West (Ton) 21:45; 46 S Whitehead (Vale R) 21:48; 47 A Kershaw (S'port W) 21:50; 48 G Gathercole (WSEH) 21:52; 49 M Sheen (Vale R) 21:54; 50 N Orr (Bord H) 21:55; 51 N Armstrong (Bexley) 21:55; 52 L Clements (Soton) 21:55; 53 M Rainbow (Read) 21:56; 54 S Knee-Robinson (Bed C) 21:59; 55 X Tansey (Leic C) 22:01; 56 D Oliver (Norw) 22:02; 57 C Charleston (Chelm) 22:03; 58 T Loring (Leic C) 22:05; 59 L Vine (Tip) 22:05; 60 M Pearce (SB) 22:06; 61 A Barr (Gate) 22:06; 62 M Shackleton (L&M) 22:08; 63 B Foreman (Ton) 22:09; 64 M Wharton (Hal) 22:10; 65 N Holt (Soton) 22:10; 66 L Stedman (Spen) 22:11; 67 S Johnson (Mans) 22:12; 68 D Haynes (L&M) 22:14; 69 C Milnes (Hallam) 22:18; 70 L Dobson (Liv H) 22:21; 71 J O'Hara (Bexley) 22:21; 72 W Ruiz (B&B) 22:23; 73 P James (Inv EK) 22:24; 74 M Tesfaldet (Herne H) 22:28; 75 J Goss (Inv EK) 22:30; 76 J Richardson (GAC) 22:30; 77 C Plewinski (Notts) 22:31; 78 S Headley (Bed C) 22:32; 79 K Acton (Stock H) 22:33; 80 K Savage (Leeds C) 22:34; 81 L Burthorn (Warr) 22:35; 82 S Wilson (SB) 22:35; 83 J Cripwell (Gate) 22:36; 84 J Castelow (Hal) 22:38; 85 W Stockwell (Inv EK) 22:38; 86 B Everson (Traff) 22:39; 87 P Clark (Notts) 22:39; 88 P Ellis (Soton) 22:40; 89 S Garrett (Manx) 22:41; 90 W Whitmore (Ton) 22:41; 91 A Yardsley (Manx) 22:41; 92 K McMorran (Bung) 22:43; 93 T Goulding (Birt) 22:44; 94 J Jones (Sun) 22:45; 95 W Roud (Ton) 22:46; 96 J Willis (M&C) 22:47; 97 A Burns (Newk) 22:49; 98 J McCrae (Nene V) 22:50; 99 E Stones (Linc W) 22:50; 100 P Davis (Spen) 22:51

TEAM (4 to score): 1 Ton 88; 2 WSEH 99; 3 Bed C 103; 4 Liverpool H 133; 5 Reading 149; 6 Shaftesbury Barnet H 205; 7 Vale Royal 213; 8 Southampton 228; 9 Trafford 263; 10 Leicester Coritanian 275; 11 Gateshead 278; 12 Bexley 343; 13 Invicta East Kent 362; 14 Halifax H 369; 15 Wirral 462; 16 Spenborough & District 536; 17 Tynedale H 661; 18 Croydon H 664

U15 boys: 1 D Evans (Warr) 15:02; 2 B Dijkstra (Leic C) 15:14; 3 N Gibson (AFD) 15:25; 4 S Ferroni (B&H) 15:27; 5 A Hampsen (Nene V) 15:35; 6 G Elliott (Chelm) 15:37; 7 T Hutchinson (York) 15:37; 8 H Milner (Der) 15:40; 9 M Mahamed (Soton) 15:42; 10 J Armstrong (Gate) 15:43; 11 J Shields (Sheff) 15:43; 12 A Thompson (Leic C) 15:43; 13 J Boswell (AFD) 15:44; 14 A Kinloch (Ton) 15:47; 15 J Goodge (Ton) 15:57; 16 J Sotheran (W'borne) 15:59; 17 A Roden (Sale) 16:01; 18 R Beale (Roth) 16:03; 19 C Durney (Prest)

16:03; 20 E Olsen (Herne H) 16:04; 21 E Caires (Bing) 16:07; 22 M Farah (ESM) 16:08; 23 C Mills (AFD) 16:11; 24 K Ali-ahmed (SB) 16:11; 25 C Brown (Traff) 16:12; 26 H Moore (Barns) 16:13; 27 S Willis (Bed C) 16:15; 28 D Maguire (Manc H) 16:15; 29 J Schofield (York) 16:18; 30 E Nicholls (Ton) 16:18; 31 R Babcock (Traff) 16:21; 32 C Wilson (Donc) 16:25; 33 J Lonsdale (Traff) 16:26; 34 E Gilchrist (Sale) 16:27; 35 C Cohen (Ton) 16:27; 36 T Clarke (Liv H) 16:28; 37 D Rickards (AFD) 16:29; 38 S Brown (Ton) 16:35; 39 R Huckle (C&C) 16:35; 40 W Collumb (R'well) 16:35; 41 C O'Brien (Sale) 16:39; 42 J Turner (Stroud) 16:40; 43 R Riyad (ESM) 16:43; 44 D Stead (Roth) 16:45; 45 B Musgrove (R&N) 16:45; 46 C Smith (Leic C) 16:46; 47 N Davies (SB) 16:46; 48 F Robinson (Tyne) 16:47; 49 R Spalding (Croy) 16:48; 50 T Ralph (Ton) 16:48; 51 B Smith (AFD) 16:50; 52 S Garratt (New M) 16:52; 53 G Lewis (E Ches) 16:52; 54 M Steward (E Ches) 16:52; 55 B Read (Wake) 16:53; 56 T Angell (Bed C) 16:53; 57 A Waterson (Norw) 16:55; 58 J Spence (York) 16:55; 59 P Copeland (W'borne) 16:57; 60 C Innes (Cov) 16:59; 61 L Beeby (Leic C) 16:59; 62 L Piper (E Ches) 17:00; 63 W Mullins (Bed C) 17:01; 64 G Mills (H'gate) 17:02; 65 O Dane (Sheff) 17:03; 66 R Green (Morp) 17:03; 67 A Brown (H&P) 17:04; 68 A Gill (Leic C) 17:04; 69 J Wood (C&C) 17:05; 70 J Graves (Ton) 17:05; 71 P Cook (Read) 17:06; 72 P Jarvis (York) 17:07; 73 S Ward (Stock H) 17:07; 74 M Barnes (Pend) 17:08; 75 J Owen (Vale R) 17:08; 76 P Magner (Stock H) 17:09; 77 J Brennan (SB) 17:10; 78 B Stickings (B&B) 17:11; 79 L Spear (Norw) 17:12; 80 K Walker (Sedge) 17:12; 81 M Ward (Der) 17:15; 82 L Cooper (Hast) 17:17; 83 R Dykes (Warr) 17:19; 84 P Bouttier-butle (Leic C) 17:21; 85 D Skinner (Linc W) 17:21; 86 C Outsider (Blay) 17:22; 87 E Colman (Liv H) 17:22; 88 T Taylor (Manc H) 17:23; 89 J McGraw (Amber) 17:23; 90 W Parsons (Vale R) 17:23; 91 C Davis (B&B) 17:24; 92 T Crorken (Pend) 17:26; 93 J Hibbert (Sheff) 17:27; 94 R Ashforth (C&S) 17:27; 95 S Rowatt (Ton) 17:29; 96 O Dickinson (Wells) 17:29; 97 H Hardcastle (Der) 17:33; 98 A McBain (Warr) 17:35; 99 C Wilson (Ton) 17:37; 100 B Black (Herne H) 17:38

TEAM (4 to score): 1 AFD 76; 2 Tonbridge 94; 3 Leic C 121; 4 City of York 166; 5 Bed C 249; 6 Sale 263; 7 Trafford 263; 8 Sheffield 290; 9 Derby 324; 10 Liverpool H 346; 11 Nene V 363; 12 Herne H 383; 13 Croy 427; 14 Ealing, SM 455; 15 Gates 463; 16 B&B 481; 17 Darlington H 547; 18 Morpeth 585; 19 Halifax 743; 20 Sunderland 773

U13 boys: 1 T Kendrick (Ton) 11:07; 2 F Ayre (Bed C) 11:11; 3 J Pollard (Charn) 11:14; 4 G Groom (Barn) 11:24; 5 M Rawlings (Read) 11:28; 6 J Slater (Sheff) 11:29; 7 J Harper (SB) 11:34; 8 J Cowperthwai (M'bro) 11:38; 9 T Wright (S'end) 11:40; 10 J Puxty (Ton) 11:41; 11 C Blaikie (Kend) 11:43; 12 T Gostelow (Charn) 11:44; 13 N Ackroyd (W Suff) 11:47; 14 A Manthorpe (Sheff) 11:48; 15 J Hughes (Dur) 11:51; 16 J Dickinson (York) 11:51; 17 K Hedley (Morp) 11:51; 18 A Stackhouse (Burt) 11:52; 19 N Smith (York) 11:53; 20 J Fielding (ESM) 11:58; 21 T Bourne (W'borne) 12:00; 22 R Coupland (AFD) 12:01; 23 J West (Leic C) 12:01; 24 C Crick (Ton) 12:03; 25 L Pope (S Lon) 12:03; 26 J Ambler (R'well) 12:03; 27 A McMillan (York) 12:05; 28 J Wigfield (Wirr) 12:06; 29 W Peel (Hal) 12:06; 30 S Cohen (Herne H) 12:07; 31 L Gamble (Warr) 12:09; 32 M Merrick (Bing) 12:10; 33 B Forrest (Bury) 12:11; 34 D Daly (Traff) 12:17; 35 A Richardson (Linc W) 12:12; 36 G Pool (Hast) 12:12; 37 S Hudson (Brack) 12:12; 38 L Rossouw (Ton) 12:14; 39 R Curtis (New M) 12:14; 40 B Smith (AFD) 12:15; 41 J Dempsey (SB) 12:16; 42 C Daly (Traff) 12:17; 43 E Hutchinson (York) 12:21; 44 E Dee (SB) 12:21; 45 T Keen (C&C) 12:22; 46 O Millard (Herne H) 12:23; 47 T Nelson (Wharf) 12:24; 48 M Brame (Liv H) 12:28; 49 E Kearney (Wirr) 12:29; 50 C Stainsby (Shild) 12:30; 51 T Evans (Newk) 12:31; 52 S Pocknee (AFD) 12:32; 53 B Skertchly (Manc H) 12:33; 54 S Brooks (Bing) 12:34; 55 J Brennan (H'gate) 12:34; 56 A Shiret (SB) 12:35; 57 E Brennan (Ilkley) 12:35; 58 L White (Long) 12:35; 59 A Searle (R&N) 12:36; 60 R Gladman (SNH) 12:36; 61 J Stubblings (Warr) 12:37; 62 F Westhead (Ilkley) 12:38; 63 H Cox (SSH) 12:39; 64 J Larder (Louth) 12:39; 65 J Humphries (Vale R) 12:40; 66 B Brooks (Ton) 12:40; 67 L Garrett (Lon Hth) 12:41; 68 G Dickinson (Manx) 12:41; 69 N Farquhar (Holm) 12:42; 70 S Costley (Lon Hth) 12:42; 71 O Hussey (B&B) 12:42; 72 J Morton (Sheff) 12:43; 73 A Mcomillan (New M) 12:43; 74 O Plunkett (Ton) 12:44; 75 A Birkett (Kend) 12:45; 76 J Ford (SHS) 12:45; 77 S Willis (Bed C) 12:46; 78 B Bergstrand (New M) 12:47; 79 G Kerry (ESM) 12:47; 80 M Wakefield (SSH) 12:47; 81 M Fuller (Sheff) 12:48; 82 R Arthur (Chester-le-Street AC) 12:48; 83 T Naisby (AFD) 12:49; 84 L Chesters (Sale) 12:49; 85 B Allan (Nene V) 12:50; 86 T Fulton (SB) 12:52; 87 K Ezek (Herne H) 12:52; 88 C Allen (Dur) 12:53; 89 E Bell (Charn) 12:54; 90 N Wiltshire (Abing) 12:55; 91 J Reed (Chester-le-Street AC) 12:56; 92 B Garwell (Bost) 12:56; 93 A Stewart (Bing) 12:57; 94 M Nehaili (Belg) 12:58;

95 E Walker (Read) 12:59; 96 A Kearney (Wirr) 12:59; 97 H Boyd (Sale) 12:59; 98 W Tucker (GAC) 13:00; 99 C Laing (Ton) 13:00; 100 P Kirby (Morp) 13:00

TEAM (4 to score): 1 Tonbridge 73; 2 York 105; 3 Shaftesbury 148; 4 Sheffield 173; 5 AFD 197; 6 Charnwood 225; 7 Wirral 282; 8 Herne H 294; 9 Morpeth 338; 10 ESM 341; 11 Warrington 356; 12 N Marske 385; 13 Rugby & Northampton 393; 14 Chester-le-Street 406; 15 B&B 423; 16 Ilkley 442; 17 Rothwell H 496; 18 Low Fell 522

Senior women: 1 L Damen (Win) 29:31; 2 S Samuels (Sale) 30:31; 3 G Steel (Charn) 30:40; 4 E Clayton (Bing) 30:54; 5 O Walwyn (Norw) 31:01; 6 G Bruinvels (AFD) 31:06; 7 J Doyle (Charn) 31:07; 8 F Briscoe (Cov) 31:10; 9 L Partridge (AFD) 31:31; 10 K Brough (Warr) 31:34; 11 E Pidgeon (AFD) 31:46; 12 C Duck (Leeds C) 31:46; 13 S Tunstall (Kent) 31:51; 14 L Deadman (Hav M) 32:12; 15 K Walshaw (Holm) 32:14; 16 S Twell (AFD) 32:17; 17 T Jones (Belg) 32:29; 18 S Johnson (Roth) 32:38; 19 A Greggor (AFD) 32:40; 20 P Keen (Havant) 32:42; 21 E Murty (B&B) 32:48; 22 L O'Gorman (Sale) 32:52; 23 L Waite (AFD) 32:54; 24 C Martin (Tel. W35) 32:59; 25 L Small (AFD) 33:04; 26 N Roberts (Bir) 33:08; 27 T Armouath (Bir) 33:10; 28 J Fairchild (Traff) 33:12; 29 D Allen (Leigh) 33:15; 30 J Jagger (B&W) 33:17; 31 K Good (Stock H) 33:19; 32 T Parkinson (W&B) 33:21; 33 C Firth (WSEH) 33:28; 34 A Snook (J&H) 33:28; 35 E Fowler (Nun) 33:36; 36 Z Wray (Hallam) 33:39; 37 K Rushton (Norw) 33:44; 38 A Crook (S'port W) 33:54; 39 B Proctor (AFD) 33:58; 40 S Burns (Roth) 33:59; 41 N Squires (Hallam) 34:07; 42 N Rogers (Colc) 34:10; 43 S Richards (Leeds C) 34:11; 44 A Gill (Bing) 34:12; 45 S Rust (Lon Hth) 34:13; 46 B Glover (Serp) 34:17; 47 N Farrow (Linc W) 34:20; 48 R Robinson (AFD) 34:22; 49 A Lavender (Osw) 34:24; 50 K Goodhead (B&W) 34:36; 51 S Pemberton (Serp) 34:37; 52 M Johnson (Serp) 34:38; 53 V Callaway (Charn) 34:50; 54 C McKeown (Bord H, W40) 34:56; 55 E Holt (was Pearson) (Morp) 34:58; 56 H Berry (Holm, W35) 35:04; 57 A Gounelas (Eton M) 35:06; 58 E Leslie (J&H, W45) 35:11; 59 M Vernon (Trent, W40) 35:12; 60 I Brinsden (E&E) 35:15; 61 J Spencer (Vale R) 35:16; 62 L Jackson (WG&EL, W45) 35:20; 63 K Spilsbury (Vale R) 35:21; 64 R Gardiner (SB) 35:22; 65 A Fithern (Tip) 35:25; 66 C Green (B&W) 35:27; 67 J Fawcett (Roth) 35:30; 68 R Cave (Team Balance) 35:31; 69 E Willits (York) 35:38; 70 L Clarke (Stock H) 35:46; 71 J Griffiths (Leigh) 35:53; 72 H Bateson (L&M) 35:55; 73 L Pickles (Wharf) 35:59; 74 L Stewart (WG&EL) 36:01; 75 A Dargie (Els, W35) 36:02; 76 M Kirkham (Cov) 36:06; 77 C Green (P&B) 36:08; 78 M Snell (L&M) 36:09; 79 S Amend (Belg) 36:12; 80 S Morley (Ilkley, W35) 36:13; 81 A Howe (Lon Hth, W40) 36:14; 82 V Crawford (Serp) 36:16; 83 E Lee (BRAT) 36:17; 84 S Kearney (Wirr, W35) 36:18; 85 M Ellis (Loff) 36:20; 86 J Reed (Notts) 36:20; 87 C Thompson (Sheff RC, W35) 36:21; 88 G Griffiths (Manx, W45) 36:23; 89 V Hayes (Chelm) 36:24; 90 K Hewitson (Hallam) 36:27; 91 J Bradford (Leic C) 36:30; 92 J Rhodes (Belg) 36:33; 93 S Ludlow Taylor (Serp) 36:35; 94 C Robson (Hallam) 36:36; 95 J Wedmore (Herne H) 36:37; 96 J Bradley (Serp) 36:43; 97 D Thomas (Trent) 36:45; 98 D Laforet (Serp) 36:46; 99 C Charlton (Red) 36:47; 100 K Malcolm (Eton M, W40) 36:51; 101 F Maycock (Belg,

W45) 36:52; 102 S Mackness (Tel) 36:54; 103 C McManus (NSP, W35) 36:56; 104 L Howell (B'ville) 36:56; 105 J Leventon (Traff) 36:58; 106 A Fox (Dur) 36:59; 107 J Caddick (Tip) 37:00; 108 B Blakeman (W&B, W35) 37:01; 109 L Jardine (Heat) 37:07; 110 R Ross (Hallam) 37:07; 111 A Magee (Charn) 37:14; 112 H Robinson (J&H, W50) 37:21; 113 T Barlow (TVH) 37:22; 114 H Cavill (Sale) 37:23; 115 M Ferrier (Gate) 37:26; 116 K Stuart (Sphin) 37:27; 117 E Storrar (Lon Hth) 37:29; 118 G Bourke (Serp) 37:32; 119 S Lister (Black B, W35) 37:34; 120 S Lovell (Leeds C) 37:34; 121 K Mcneaney (W'sey) 37:38; 122 Z Hyde-Peters (Cov, W50) 37:39; 123 C Denny (Serp) 37:40; 124 C Holden (Tip) 37:40; 125 S Bulman (New M, W35) 37:41; 126 M Avery (was Holt) (Sun) 37:42; 127 L Richards (Ton) 37:42; 128 S Mhlanga (Chelm, W35) 37:47; 129 T Hernandez (Salf) 37:48; 130 K Farquhar (Holm, W40) 37:51; 131 H Griffiths (Traff) 37:56; 132 K Storrar (Barns, W40) 37:59; 133 S Flanagan (Eton M, W35) 38:00; 134 C Mayers (Manx, W40) 38:06; 135 J Nicholls (Sale, W40) 38:09; 136 J Halford (W&B, W45) 38:15; 137 H Palmer (Serp) 38:16; 138 S Roberts (B'ville) 38:18; 139 L Robertson (Black B, W35) 38:20; 140 S Phillips (Darl, W50) 38:22; 141 L Johnson (Charn) 38:25; 142 R Silson (Bord H) 38:35; 143 E Brown (Brid, W35) 38:37; 144 K Morgans (W&B) 38:38; 145 H Barsham-Rolfe (Belg) 38:40; 146 S Davies (Tip) 38:41; 147 H Ward (Serp) 38:45; 148 L Denison (Serp, W35) 38:47; 149 S Marr (Tyne Br) 38:48; 150 C Gaunt (Hallam) 38:49; 151 L Stenton (Hallam) 38:49; 152 J Keavney (Swaled, W45) 38:50; 153 M Bagnati (Serp) 38:58; 154 L Bone (SSH, W35) 38:58; 155 A Sugars (Stop, W40) 39:00; 156 L Noble (Darl, W45) 39:01; 157 C Spencer (K'worth) 39:03; 158 T Ball (B&R) 39:05; 159 A Thorpe (Sun S) 39:11; 160 K Aspin (New M, W45) 39:15; 161 A Banner (Els, W40) 39:25; 162 J Brignall (Heat) 39:28; 163 R Ball (Sun S) 39:33; 164 S Knox (Serp, W40) 39:36; 165 J Jackson (Loft, W40) 39:37; 166 N Cameron (Heat, W40) 39:39; 167 J Bell (Gate) 39:42; 168 W Sanchez (Lon Hth) 39:44; 169 S Lowery (Sheff RC) 39:49; 170 K Lomas (Charn) 39:53; 171 S Gutchner (SSH, W35) 39:57; 172 C Anthony (W Suff, W50) 39:57; 173 B Ganose (Alt, W45) 39:57; 174 J Wargent (Team B, W40) 40:02; 175 J Bass (TVH) 40:05; 176 E Hope (Norw) 40:08; 177 M Voice (Kenil) 40:10; 178 S Rock (B'ville, W35) 40:13; 179 M Synnott-Wells (Rane, W45) 40:14; 180 C Stickings (B&B, W40) 40:15; 181 F Alexander (Riple) 40:15; 182 L Needham (Holm) 40:18; 183 L Ellis (GWR) 40:27; 184 J Finch (Notts) 40:29; 185 J Bolton (Kingstone, W45) 40:30; 186 H Grant (C&C, W50) 40:32; 187 H Christopher (Blyth, W40) 40:33; 188 L Jefferies (Quak) 40:36; 189 J Worboys-Hodgson (Denb DT, W40) 40:38; 190 L Graham (Brix, W35) 40:39; 191 M Koth (Lyth, W35) 40:42; 192 H Davies (Kew, W45) 40:44; 193 J Mumford (Cov, W45) 40:45; 194 C Diamond-Howe (Low F, W35) 40:46; 195 L Bennett (New M, W40) 40:49; 196 P Barber (Tip, W50) 40:51; 197 S Hunter (Blyth, W45) 40:52; 198 J Ridgard (E Ches, W45) 40:52; 199 R Bentley (Dur) 40:53; 200 A Smith (M&C) 40:55; 201 L D'Albey (Belg) 40:56; 202 N Woodward (Aur) 41:00; 203 K Hoyland (Lyth) 41:01; 204 N Mowat (Wilm, W50) 41:01; 205 N Cendrowicz (High, W40) 41:04; 206 F Shenton (Elv, W50) 41:04; 207 M Hensman (B'ville, W35) 41:05;

208 I Bagi (Serp) 41:05; 209 L Kemp (W'boro) 41:06; 210 L Fawke (Folk) 41:07; 211 L Atkinson (Gate) 41:08; 212 M Loraine (Gate, W55) 41:11; 213 J Shotton (Sun S, W45) 41:15; 214 A Blomfield (Roch, W50) 41:18; 215 L Chapman (Blyth) 41:23; 216 V Hardwicke (Ross, W40) 41:25; 217 J Thomas (WG&EL, W45) 41:26; 218 J Street (Sale) 41:30; 219 N Pullin (BRAT) 41:33; 220 H Gallagher (SSH, W35) 41:34; 221 K Scott (H&P) 41:37; 222 J Kisler (Sun S, W35) 41:37; 223 P James (Roth, W45) 41:39; 224 J Ellis (Wilm, W40) 41:39; 225 L Priestley (Black B, W35) 41:39; 226 M Haughan (Salt, W40) 41:40; 227 M Macqueen (E Ches, W40) 41:42; 228 K Sergeant (Clare) 41:47; 229 J Clarke (S'bridge, W55) 41:49; 230 C Hall (Wirr) 41:51; 231 R Gibson (W&B) 41:51; 232 M Silva (Bord H) 41:51; 233 S Dicks (Loft) 41:54; 234 L Blizzard (Belg, W35) 41:59; 235 Z Woodward (Eton M, W45) 42:00
TEAM (4 to score): 1 AFD 42; 2 Charnwood 174; 3 Serpentine 231; 4 Hallamshire 261; 5 Sale 273; 6 Belgrave H 289; 7 Rotherham 348; 8 Holmfirth H 383; 9 Cov G 399; 10 London H 411; 11 W&B 420; 12 Tipton 442; 13 Eton M 525; 14 J&H 549; 15 Trafford 598; 16 WG&EL 621; 17 Bourneville 627; 18 Gateshead 705; 19 Sheffield RC 709; 20 Heaton 734; 21 Elswick 736; 22 Border H 737; 23 Blackhill B 747; 24 Trent RC 748; 25 Sunderland 757; 26 Loftus & Whitby 795; 27 S Shields H 805; 28 N Marske 829; 29 Bluth 880; 30 Tonbridge 887; 31 Brid RR 945; 32 Elvet S 995; 33 Clarendon RR 1032; 34 Barnsley 1123; 35 Lytham St Annes RRC 1143; 36 Wilmslow RC 1146; 37 Kenilworth R 1167; 38 G Western R 1185; 39 Crook 1219; 40 Sedgfield 1229; 41 Low Fel 1241; 42 Folkestone RC 1275; 43 Denby DT 1276; 44 Kirkstall H 1303; 45 Aurora H 1309; 46 Aycliffe RC 1388
Auditors: 1 E Gorecka (AFD) 21:35; 2 J Walsh (Spen) 22:01; 3 R Weston (Inv EK) 22:09; 4 G Taylor-Brown (Sale) 22:36; 5 J Andrews (AFD) 22:47; 6 R Murray (Bed C) 22:56; 7 L Lake (Norw) 23:01; 8 E Bird (SB) 23:03; 9 A Burgin (Bed C) 23:03; 10 E Hosker Thornhill (AFD) 23:10; 11 K Ingle (RSC) 23:15; 12 B Straw (Bir) 23:21; 13 M Hawtin (Oxf C) 23:24; 14 L Gent (AFD) 23:56; 15 M Haynes (WSEH) 24:03; 16 N Taylor (Ton) 24:08; 17 A Pettitt (Vale R) 24:16; 18 M McBrien (RSC) 24:21; 19 L Riches (Leigh) 24:25; 20 J McLachlan (Win) 24:31; 21 A Tracey (G&G) 24:34; 22 C Lambert (Weth) 24:35; 23 C Price (Dur) 24:38; 24 T McCormick (Vale R) 24:49; 25 S Hodgson (L&M) 24:52; 26 E Waugh (R&N) 24:58; 27 R Lundgren (Gosf) 25:01; 28 A Collins (AFD) 25:02; 29 J Anthony (W Suff) 25:05; 30 N Wilkinson (Ton) 25:10; 31 E Erskine (Der) 25:13; 32 K Walker (Liv H) 25:17; 33 N Potgeiter (Norw) 25:19; 34 V Walker (SB) 25:20; 35 G Schwienek (C&C) 25:26; 36 S Sales (WG&EL) 25:28; 37 P Disley-May (AFD) 25:31; 38 C Dullaghan (AFD) 25:34; 39 N Jackson (Prest) 25:39; 40 N Webber (Bath) 25:43; 41 Z Hewitson (Shild) 25:44; 42 R Donohue (Liv H) 25:46; 43 O Perez (Liv H) 25:58; 44 C Thompson (Sheff) 25:58; 45 E Sproul (Kend) 26:00; 46 C Marsh (Roth) 26:03; 47 B Ansell (Sheff) 26:05; 48 A Shepherd-Barron (Ton) 26:08; 49 S Shiel-Rankin (AFD) 26:13; 50 A Clinkard (Der) 26:14; 51 C Parkin (B&B) 26:17; 52 K Moulds (Vale R) 26:21; 53 R Miller (Der) 26:27; 54 R Haynes (AFD) 26:28; 55 A Reed (B&B) 26:35; 56 L Reid (Ton) 26:42; 57 R Turton (Brack) 26:44; 58 C Hubbard

(Newk) 26:50; 59 M Shreeves (Bed C) 26:54; 60 S Johnson (Bol) 27:01; 61 S Tucker (GAC) 27:10; 62 B Jones (Leigh) 27:11; 63 C O'hare (Gate) 27:11; 64 L Fenwick (Win) 27:15; 65 M Stoddart (RSC) 27:21; 66 H Wells (Hill) 27:23; 67 C Blake (R&N) 27:24; 68 N Moss (Louth) 27:28; 69 B Morningg (Black B) 27:28; 70 B Armstrong (Bexley) 27:31
TEAM (3 to score): 1 AFD 16; 2 Bed C 74; 3 V Royal 93; 4 Tonbridge 94; 5 Royal Sutton Coldfield 94; 6 Liverpool H 117; 7 Shaftesbury 119; 8 Derby 134; 9 Gateshead 227; 10 Mansfield H 262
U17 women: 1 A Mason (Wake) 18:00; 2 G Baker (AFD) 18:05; 3 A Clay (Inv EK) 18:08; 4 M Smith (Leic C) 18:18; 5 A Griffiths (Leic C) 18:33; 6 S Foreman (Ton) 18:45; 7 A Donnelly (Linc W) 18:47; 8 M Betmead (BWF) 18:55; 9 B Owen (Scar) 18:56; 10 C Wilson (C&C) 19:02; 11 H Nuttall (Charn) 19:06; 12 L Turner (Bir) 19:09; 13 G Malir (Ilkley) 19:14; 14 C Loreda (NSP) 19:15; 15 J Gibbon (Read) 19:16; 16 E Curran (Sheff) 19:17; 17 M Williams (Stock H) 19:17; 18 S Rainsley (Cov) 19:23; 19 K Wood (York) 19:24; 20 R Howard (AFD) 19:28; 21 C Thomas (Linc W) 19:35; 22 S Riches (Chelm) 19:40; 23 E Milbourn (WSEH) 19:40; 24 C Plowden-Roberts (AFD) 19:41; 25 B Gibson (AFD) 19:42; 26 M Hodgson (L&M) 19:43; 27 L Melvin (Dartf) 19:45; 28 R Firth (Wake) 19:47; 29 C Pain (York) 19:52; 30 K Buckley (Bury) 19:54; 31 R Ward (Linc W) 19:56; 32 C Ross (Leic C) 19:57; 33 C Slack (Hallam) 19:59; 34 H Preedy (AFD) 19:59; 35 Z Knappy (Keigh) 20:00; 36 S Reid (Ips) 20:03; 37 A Etherington (Shild) 20:03; 38 S Lawrence (Croy) 20:05; 39 L Coward (Inv EK) 20:07; 40 S Montgomery (Blay) 20:15; 41 S Salih (Ton) 20:16; 42 E Shirley (Leic C) 20:20; 43 S Forster (Bir) 20:25; 44 A Wood (Ton) 20:25; 45 M Blake (SSH) 20:26; 46 E Kearney (Stock H) 20:28; 47 R Kodd (Bed C) 20:34; 48 I Bradley (Tel) 20:36; 49 F McLellan (C&C) 20:37; 50 A Hearmon (Sedge) 20:38; 51 E Wilkinson (Spen) 20:45; 52 F Beckett (Wake) 20:49; 53 K Walford (Kett) 20:53; 54 C Critchley (WSEH) 20:53; 55 B Ellis (Spen) 20:55; 56 R Jones (Hgate) 21:00; 57 L Farquhar (Holm) 21:06; 58 A Brown (Morp) 21:09; 59 E Hollis (Charn) 21:13; 60 J Evans (Vale R) 21:17; 61 E McKane (Inv EK) 21:19; 62 S Spencer (Holm) 21:21; 63 E Downs (Stock H) 21:23; 64 B Smith (Roth) 21:27; 65 E Wortley (M'bro) 21:29; 66 J Bonilla-allard (Norw) 21:30; 67 C Cook (Bury) 21:32; 68 A Harris (Bed C) 21:32; 69 O Will (ESM) 21:34; 70 R Firth (Wake) 21:36; 71 R Sykes (Holm) 21:38; 72 B Frost (Blyth) 21:41; 73 R Bourne (Blay, U15) 21:44; 74 D Booth (Der) 21:45; 75 M Johnson (Mans) 21:47; 76 T Adams (Ton) 21:49; 77 B Ellis (Harb) 21:51; 78 E Pyatt (Vale R) 21:52; 79 J Swain (Chelm) 21:54; 80 J Laidner (R'well) 21:57; 81 M Soanes (Norw) 21:59; 82 R Wade (Chelm) 22:02; 83 S Jones (C&C) 22:06; 84 E Pound (Sheff) 22:09; 85 L Scott (Vale R) 22:10; 86 R Borrowes (Leic C) 22:12; 87 S Taylor (Sheff) 22:13; 88 E Newark (Bexley) 22:14; 89 L Sidey (B&B) 22:17; 90 R Pedley (Hunts) 22:17; 91 N Fisher (Chelm) 22:26; 92 A Coulson (Sun) 22:28; 93 A Hughes (Stock H) 22:28; 94 Z Garlick (R&N) 22:29; 95 M Cox (SSH) 22:30; 96 H Townend (Barns) 22:31; 97 E Dutton (Roth) 22:32; 98 C O'neil (York) 22:34; 99 J Southam (Leic C) 22:39; 100 R Clegg (Stock H) 22:40
TEAM (4 to score): 1 AFD 71; 2 Leic C 83; 3 Tonbridge 118; 4 Wakefield District H 151; 5 Birtley 270; 6 Stockport H

273; 7 Chelmsford 274; 8 V Royal 325; 9 Rotherham 399; 10 Reading 405; 11 B&B 412; 12 ESM 469; 13 Sunderland 485; 14 Herne H 496
U15 girls: 1 L Jones (Charn) 17:12; 2 H Knowles-jone (Warr) 17:18; 3 S Sinha (Camb H) 17:24; 4 K Whiteoak (Stock H) 17:25; 5 R Johnson (Liv PS) 17:39; 6 G Goddard (Brack) 17:44; 7 L Mullin (Charn) 17:50; 8 S Tooley (W Suff) 17:57; 9 M Jöppinen (AFD) 17:59; 10 E Greenwood (B'burn) 18:01; 11 G Handley (B'burn) 18:06; 12 N Brown (Reig) 18:11; 13 E Clapton (Scar) 18:13; 14 H Morton (Chilt) 18:14; 15 H Goddard (Brack) 18:15; 16 P Chambers (Gate) 18:16; 17 H Thear (Chilt) 18:16; 18 K Lowery (Macc) 18:17; 19 S Rayment (Brack) 18:19; 20 D D'Santos (AFD) 18:21; 21 J Judd (Chelm) 18:22; 22 G Fear (High) 18:23; 23 G Taylor (B&B) 18:24; 24 S Markwick (Hast) 18:24; 25 A Newcombe (C&C) 18:28; 26 E Smith (Warr) 18:33; 27 S Brennan (Liv H) 18:35; 28 R Dale (L&M) 18:39; 29 H Cox (Charn) 18:44; 30 K Astin (Manx) 18:47; 31 K Ditton (WSEH) 18:51; 32 E Mulvaney (Charn) 18:51; 33 C Venton (Chelm) 18:52; 34 A Setyabule (Herne H) 18:53; 35 H Willis (Brack) 18:54; 36 s Starkey (R&Z) 18:55; 37 S McGrail (Warr) 18:57; 38 R Pantony (AFD) 18:57; 39 A Hinchly (Vale R) 18:58; 40 L Donaghy (Stock H) 19:02; 41 A Seager (Charn) 19:03; 42 A Towns (Sale) 19:04; 43 H Morris (DMV) 19:06; 44 S Tarver (Wirr) 19:07; 45 D Setyabule (Herne H) 19:08; 46 L Robinson (Wake) 19:08; 47 D Chalmers (C&C) 19:09; 48 O Matthias (Newk) 19:11; 49 S Burnett (Bir) 19:12; 50 M Wilson (Hallam) 19:14; 51 C Lydon (Sale) 19:16; 52 A Chalmers (C&C) 19:20; 53 A Ralph (Ton) 19:21; 54 M McCarthy (Hallam) 19:23; 55 M Moore (Weth) 19:25; 56 N Bridson-hubb (B&B) 19:26; 57 D Webb (Liv H) 19:26; 58 O Sykes (Holm) 19:26; 59 J Downs (Stock H) 19:28; 60 S Pickering (Ilkley) 19:31; 61 H Davies (W Suff) 19:33; 62 S O'shaughnessy (Herne H) 19:33; 63 L Redmond (Hal) 19:34; 64 K Brown (Herne H) 19:35; 65 E Mahon (Gate) 19:36; 66 B Haggard (Hast) 19:37; 67 C Hedley (Blyth) 19:37; 68 G Curry (RSC) 19:38; 69 s Roberts (Notts) 19:40; 70 L Epton (Linc W) 19:44; 71 J Chapman (Hull A) 19:47; 72 P Tilney (AFD) 19:50; 73 G Clarke (Notts) 19:55; 74 H Wooler (Bexley) 19:57; 75 M Hough (Vale R) 19:58; 76 D Impett (B'burn) 19:59; 77 L Langford (SB) 20:01; 78 G Aston-mass (Warr) 20:01; 79 G Smith (Leic C) 20:01; 80 M Clapp (Harb) 20:02; 81 M Whitfield (Harrow) 20:02; 82 P Pitcairn-knowle (Ton) 20:03; 83 E Higton (WSEH) 20:03; 84 n Mellor (Stoke) 20:03; 85 L Meredith (Read) 20:04; 86 L Williamson (Ilkley) 20:08; 87 A Weston (Inv EK) 20:09; 88 D Elliott (Sun) 20:10; 89 s Mander (Tip) 20:13; 90 L Woodhall (Hgate) 20:14; 91 M Wilson (Harrow) 20:14; 92 K Dolan (Tip) 20:18; 93 M Guy (B&B) 20:19; 94 E White (Newk, U13) 20:22; 95 J Isaacs (York) 20:23; 96 E Jalkanen (AFD) 20:25; 97 E Cox (SSH) 20:25; 98 E Howe (Croy) 20:25; 99 N Grenier (York) 20:27; 100 F McPate (Eton) 20:27
TEAM (4 to score): 1 Charnwood 69; 2 Bracknell 75; 3 AFD 139; 4 Warrington 143; 5 Herne H 205; 6 Blackburn h 233; 7 Chelms 261; 8 Stock 265; 9 B&B 274; 10 Hallam 337; 11 WSEH 348; 12 Newark 380; 13 Gates 442; 14 Ton 448; 15 Ilkley 457; 16 Harrowgate H 473; 17 Harrow 495; 18 York 495; 19 Reading 550; 20 Leic C 564; 21 Bexley 581; 22 Croydon 584; 23 ESM 675
U13 girls: 1 K McDonald (Herne H) 11:26; 2 A Lancaster (Sheff) 11:30;

3 J Waine (Leic C) 11:33; 4 S Millard (Herne H) 11:40; 5 K Faes (Ton) 11:49; 6 A Cunningham (Sale) 11:54; 7 K Walker (Read) 11:57; 8 A Moore (Barns) 12:01; 9 J Rattray (Charn) 12:02; 10 A Saker (Hale) 12:09; 11 A Brown (Herne H) 12:13; 12 M De Lara (Sheff) 12:14; 13 K Mhlanga (Chelm) 12:15; 14 N Kingston (B&B) 12:15; 15 E Negus (Nun) 12:16; 16 T Walford (Kett) 12:17; 17 S Burrows (AFD) 12:20; 18 Y Austridge (B&B) 12:22; 19 G Copeland (W'borne) 12:27; 20 D Stringer (Manc H) 12:27; 21 E McCaffray (Bed C) 12:27; 22 E Carey (Brack) 12:29; 23 L Miller (Liv H) 12:30; 24 L Murphy (W Suff) 12:31; 25 L Hedger (M'bro) 12:33; 26 E O'shaughnessy (Herne H) 12:36; 27 N Nugent (Sale) 12:36; 28 T De Klerk (AFD) 12:37; 29 M Newton (W Suff) 12:37; 30 M Tomsett (Brack) 12:37; 31 K Martindale (Wirr) 12:38; 32 S Morton (Chilt) 12:40; 33 R Purves (Gosf) 12:41; 34 E Cockle (AFD) 12:42; 35 E Twite (Sale) 12:44; 36 C Sharp (Dartf) 12:45; 37 L Hunter (Darl) 12:45; 38 R Jones (Stock H) 12:46; 39 M Boyer (Warr) 12:46; 40 G Denham (Vale R) 12:46; 41 I Chaudry (Gate) 12:47; 42 H Seager (Charn) 12:47; 43 E Here (Charn) 12:48; 44 E Simpson (Sheff) 12:48; 45 M Osullivan (K&P) 12:48; 46 L Goddard (Wirr) 12:49; 47 M Reiton (Bed C) 12:50; 48 B Strange (Liv H) 12:50; 49 G Allan (Ton) 12:50; 50 O Green (Sale) 12:50; 51 L Squibbs (AFD) 12:51; 52 R Kitchener (M'bro) 12:54; 53 E Cohen (Ton) 12:55; 54 I Davies (C&S) 12:55; 55 V Merrick (Bing) 12:55; 56 E Saunders (Read) 12:56; 57 E Bond (Inv EK) 12:56; 58 F Johnson (Bed C) 12:57; 59 J Carley (Ashf) 12:58; 60 F Brint (Sale) 12:58; 61 B Barlow (Manc H) 12:59; 62 S Bonny (AFD) 13:00; 63 A Ratcliffe (AFD) 13:00; 64 A Stiles (Manc H) 13:02; 65 J Gray (Tav) 13:03; 66 S Pohlman (Chilt) 13:04; 67 G De Campos (Manc H) 13:04; 68 K Noble (Darl) 13:05; 69 C Williamson (Gosf) 13:06; 70 L Ferris (Warr) 13:06; 71 M Atkinson (Charn) 13:06; 72 S Dale (L&M) 13:07; 73 N Hudson (Brack) 13:08; 74 N Irvine (B'burn) 13:09; 75 E Wright (Carl) 13:10; 76 L Dickinson (Manx) 13:10; 77 M Moore (Tip) 13:11; 78 L Cramb (Shild) 13:12; 79 C McKnespiey (Carl) 13:12; 80 J Hodder (Wirr) 13:13; 81 E Griffin (Herne H) 13:14; 82 N Watson (Harb) 13:14; 83 L Kirkham (R&Z) 13:14; 84 N Grimes (Leic C) 13:15; 85 F Ireland (Liv H) 13:15; 86 M Shermer (C&S) 13:17; 87 G Mitchell (Strat) 13:18; 88 M Power (Sale) 13:19; 89 O Allum (W Suff) 13:19; 90 H Cookson (B'burn) 13:19; 91 E Crownshaw (Hallam) 13:21; 92 M Taylor (Roth) 13:22; 93 A Garcia (Sheff) 13:23; 94 M Sproul (Kend) 13:23; 95 M Watson (Harb) 13:24; 96 M Pritchard (Bed C) 13:24; 97 C Dimmick (Vale R) 13:25; 98 E Kenny (Manc H) 13:25; 99 S Bland (Kend) 13:26; 100 G Walker (Goole Y) 13:26
TEAM (4 to score): 1 Herne H 42; 2 Sale 118; 3 AFD 130; 4 Sheffield 151; 5 Charn 165; 6 Ton 209; 7 Manchester H 212; 8 Bed C 222; 9 Liverpool 305; 10 Bracknell 325; 11 B&B 326; 12 Gosforth H 391; 13 Stock 395; 14 Reading 452; 15 Kendal 532; 16 Newark 622; 17 ESM 625; 18 Birtley 648; 19 Houghton H 708; 20 Ilkley 733; 21 R&Z 742; 22 N Marske 752; 23 Sedgfield 771; 24 CleS 779; 25 Elswick 1009

AGE-GROUP ATHLETES PROVE DOING THE DOUBLE IS NO TROUBLE AT NIA AS SEVEN MEETING RECORDS ARE SET

Words: **Jessica Whittington**

Pictures: **David Griffiths**

WITH some of the stars of last year's event such as Katarina Johnson-Thompson, Jodie Williams and Adam Gemili having moved up into the senior ranks, age-group athletes from across the country were ready to steal the spotlight at Birmingham's NIA.

Fans were treated to seven meeting records as well as one UK best performance across two days of action.

Storming to two of those championship best marks was Blackheath & Bromley AC's Dina Asher-Smith. Great things were expected from the 17-year-old, who did the double, taking both the under-20 60m and 200m, but the sprinter admitted she had surprised even herself with the fast times she posted.

"I did not even consider that I could run 23.44," smiled Asher-Smith, who broke the 200m

In seventh heaven



Dina Asher-Smith: championship bests in under-20 60m and 200m

meeting record set eight years ago and jumped to second on the UK indoor under-20 all-time rankings. Only Amy Spencer, with her 23.20 from 2003, is quicker.

With a 7.34 meeting record secured in the 60m heats on Saturday followed up by 7.36 in the final, Asher-Smith admitted her success would take a little

while to sink in. "I think I came fifth in my first year here, as an under-15. I was like, 'Oh my gosh, I made the final, I came fifth, I can't believe it!'" she said. "So if you'd told me that in four years I would have broken two under-20 championship records I would have told you not to be so silly! To be here and doing that is amazing."

It was a successful weekend all-round for the training group of Asher-Smith's coach, John Blackie. Shannon Hylton set a meeting record in the under-17 60m, crossing the line in 7.50, also winning the 200m in 24.08, while twin sister Cheriece won the 300m, her 38.69 taking her to third on the UK all-time list for her age group. There was also silver for Rachel Dickens in the under-20 400m.

Although Clovis Asong's 47.45 in the under-20 400m final wasn't quite a meeting record, it was enough to secure him the gold in a tight and thrilling



Shannon Hylton: meet record in U17 60m and also won 200m



Clovis Asong: 47.45 to win U20 men's 400m

race and confirm his massive potential for the future. The Sale Harrier stormed to the fastest indoor time by a British junior since 2002.

Crossing the line in 47.56, Liverpool Harriers & AC sprinter Alex Boyce was narrowly nudged into second, with Asong admitting the rival runner was always in his sights.

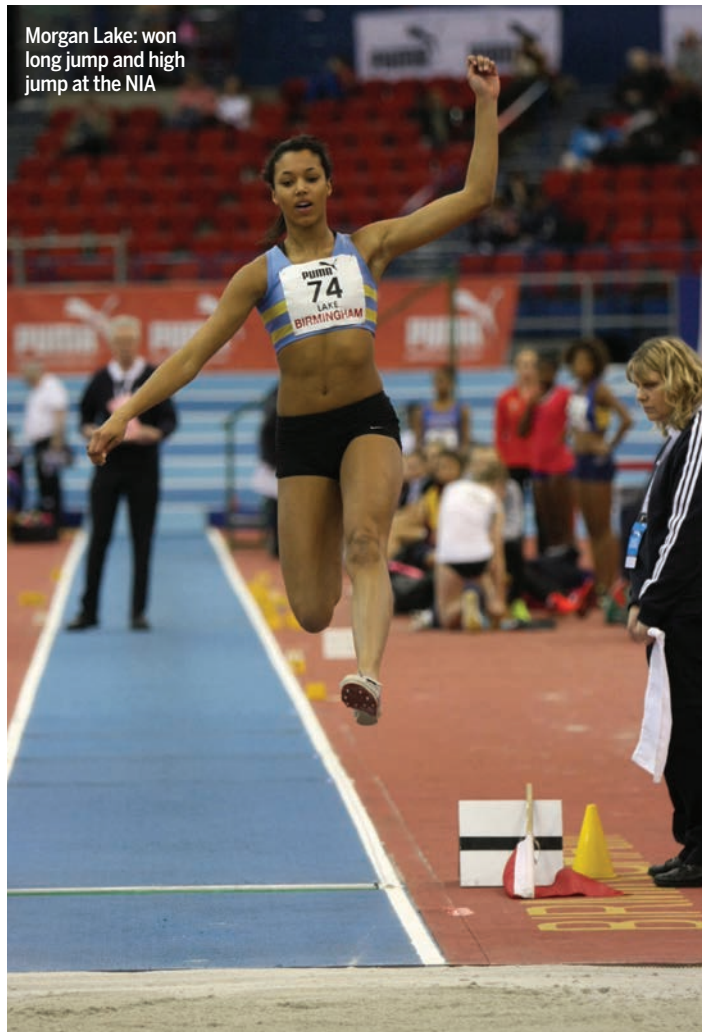
"I feel pretty happy right now," he said. "I was expecting a good time but I wasn't expecting it to be quite that quick.

"Coming into the race I knew that Alex Boyce was going to be my main rival. I had him in sight so thought I'd better get off quick because I knew he'd be coming for me. I got off quick but he got to the 200m mark before I did, so I stuck with it, ran my own race then managed to pull it back at the end."

Having suffered with some knee problems last season, the 18-year-old is confident that the rehab he has received has done the trick. "I cut my season short last season," he said. "I've done some work on my knees and thankfully it is better this year."

Although he was disappointed with his result at the recent European Trials in Sheffield, he says he has put that behind him and may also target a couple of 200m events this season to work on his personal best. "I might give the 800m a shot too," he added with a laugh.

Windsor, Slough & Eton's

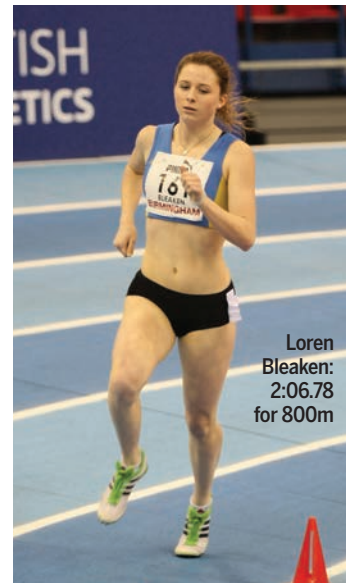


Morgan Lake: won long jump and high jump at the NIA

Morgan Lake continued to impress this weekend, completing a "double double". The national under-17 heptathlon champion added victory in the high jump on Sunday to the long jump title she picked up on Saturday, meaning she now holds both titles indoors and outdoors. That was after only just missing

out on the national senior high jump title at the age of 15 earlier this month.

An under-15 boys 300m race was added to the programme for 2013, with Owen Richardson of Basingstoke & Mid Hants AC taking the opportunity to become the first athlete to win the title, clocking a UK best performance



Loren Bleaken: 2:06.78 for 800m



Lucy Bryan: 4.15m U20 meeting record

as well as setting a decent championship best for the 2014 competition with a time of 36.87. The 300m has only recently replaced the 400m as the championship event for under-15 boys.

Yasmin Miller broke Serita Solomon's six-year-old under-20 60m hurdles meeting record with victory in the final on Sunday. The Derby AC athlete took gold in 8.26, just 0.04 off the UK best record set in 1986.

Further meeting records came for Loren Bleaken in the under-20 800m, the Team Bath AC runner posting 2:06.78 to record the fastest indoor time by a British junior since 2004, as well as Bristol & West AC's Lucy Bryan who jumped 4.15m in the under-20 pole vault to demolish Katie Byres' record of 4.01m set in 2010.



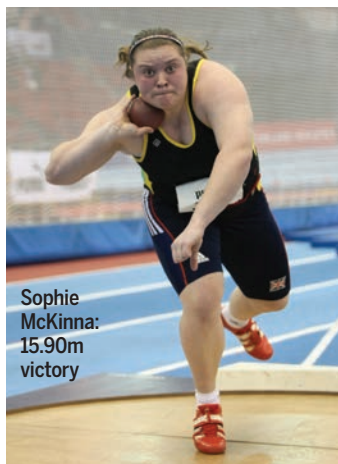
Owen Richardson: 36.87 UK U15 best in new 300m event



Yasmin Miller: 8.26 meet record in 60m hurdles

Sophie McKinna put in another promising performance, the Great Yarmouth & District AC athlete following up her UK under-20 shot put record set in Linz a few weeks ago with an impressive 15.90m in last weekend's shot competition.

Reflecting on the strength of the weekend's performances and the importance of meets such as the indoor age-group championships, double Commonwealth Games champion Leon Baptiste, who was at the NIA to support two athletes he is coaching, said: "These events are paramount to



**Sophie McKinna:
15.90m
victory**

the success of up-and-coming athletes. To come and compete against each other, whether

you win or lose, it's good to be competitive and hopefully that will breed success in the future."

Having been out of competitive action himself due to a knee injury that dashed his London 2012 dreams, the 27-year-old hopes to balance his coaching career with returning to competition in the near future.

With both his athletes winning medals, Baptiste tipped Charnworth AC's Owin Sinclair as a "huge young sprint sensation" and one to keep an eye out for.

With 21.97, Sinclair added silver in the under-17 200m final to the fourth place claimed in

the 60m, while Doncaster AC's Beth Dobbin finished behind Dina Asher-Smith for silver in the under-20 200m.

"Owin broke the under-15 record for the 100m last year, and he was quicker than Mark Lewis-Francis," said Baptiste.

"He's superb and hopefully one for the future. After fourth in the 60m he was a little bit down and he wanted to come back and win the 200m but at the end of the day he got two PBs, you can't ask for much more.

"If someone gives it their best ever, you've got to be happy with that, so I'm a happy coach!"

RESULTS

U20 men: 60: 1 C Ujah (E&H) 6.68; 2 O Edoburun (E&H) 6.88; 3 A Thomas (Brack) 6.88; 4 R Wells (Taun) 6.89; 5 D Hammond (B&R) 6.91; 6 J Street (S Lon) 6.93; 7 J Dewar (WG&EL) 7.02; 8 E Prendergast (B&W) 7.07. **SF1:** 1 C Ujah (E&H) 6.75; 2 E Prendergast (B&W) 6.98; 3 A Da Silva (Card) 7.07; 4 J Hamilton (Orion) 7.08; 5 C Stone (B&W) 7.08; 6 A Hatley (Poole) 7.09; 7 D Power (IRL) 7.11; 8 T Carnegie (Herne H) 7.13. **SF2:** 1 D Hammond (B&R) 6.85; 2 A Thomas (Brack) 6.87; 3 O Edoburun (E&H) 6.91; 4 R Ejakuekwu (Sale) 6.94; 5 J Cox (Bed C) 6.98; 6 J Raradza (Der) 7.07; 7 M Popoola (Herne H) 7.18; 8 T Williams (B&V) 7.20. **SF3:** 1 R Wells (Taun) 6.87; 2 J Street (S Lon) 6.89; 3 J Dewar (WG&EL) 6.90; 4 E Dickson-Earle (Bigg) 6.97; 5 O Ogunipide (Tel) 6.99; 6 K Palmer-Francis (Orion) 6.99; 7 T Reeve (W&B) 7.07. **H1:** 1 J Street (S Lon) 6.94; 2 A Da Silva (Card) 7.09; 3 A Hatley (Poole) 7.11; 4 D Power (IRL) 7.18. **H2:** 1 R Ejakuekwu (Sale) 6.98; 2 J Cox (Bed C) 7.04; 3 M Popoola (Herne H) 7.17. **H3:** 1 R Wells (Taun) 6.94; 2 C Stone (B&W) 7.07; 3 T Carnegie (Herne H) 7.15; 4 T Williams (B&V) 7.16. **H4:** 1 J Hamilton (Orion) 7.03; 2 O Edoburun (E&H) 7.12; 3 N Wade (Bir) 7.20. **H5:** 1 E Prendergast (B&W) 6.99; 2 O Ogunipide (Tel) 7.02; 3 J Dewar (WG&EL) 7.04; 4 J Whitworth (Corby) 7.20. **H6:** 1 A Thomas (Brack) 6.85; 2 D Hammond (B&R) 6.88; 3 J Raradza (Der) 7.10; 4 T Reeve (W&B) 7.14. **H7:** 1 C Ujah (E&H) 6.79; 2 E Dickson-Earle (Bigg) 7.00; 3 K Palmer-Francis (Orion) 7.02. **200:** 1 R Prescod (E&H) 21.63; 2 N Selby (Sale) 21.76; 3 C Stone (B&W) 21.91; 4 A Da Silva (Card) 22.26. **SF1:** 1 M Hudson-Smith (Bir) 21.40; 2 R Prescod (E&H) 21.63; 3 A Da Silva (Card) 21.75; 4 M Popoola (Herne H) 22.50. **SF2:** 1 C Stone (B&W) 21.73; 2 D Trueman (Stroud) 21.98; 3 S Gordon (Card) 22.44. **SF3:** 1 N Selby (Sale) 21.62; 2 D Heald (Sale) 21.93; 3 K Palmer-Francis (Orion) 22.21. **H1:** 1 M Hudson-Smith (Bir) 21.33; 2 A Da Silva (Card) 22.02; 3 M Popoola (Herne H) 22.44. **H2:** 1 D Trueman (Stroud) 22.10. **H3:** 1 N Selby (Sale) 21.94; 2 D Power (IRL) 22.32. **H4:** 1 D Heald (Sale) 22.06; 2 R Prescod (E&H) 22.24; 3 S Gordon (Card) 22.40. **H5:** 1 C Stone (B&W) 21.93; 2 K Palmer-Francis (Orion) 22.34. **400:** 1 C Asong (Sale) 47.45; 2 A Boyce

(Liv H) 47.56; 3 O Smith (Dees) 48.12; 4 V Dos Santos Soares (TVH) 48.35; 5 J Paul (WSEH) 49.52. **SF1:** 1 C Asong (Sale) 48.60; 2 J Paul (WSEH) 49.17. **SF2:** 1 O Smith (Dees) 48.74; 2 S Atkinson (Wake) 49.38; 3 N Petrou (Leeds C) 49.45; 4 J Gillingham (Bas) 49.99; 5 L Hebblethwaite (Stoke) 50.33. **SF3:** 1 A Boyce (Liv H) 48.93; 2 V Dos Santos Soares (TVH) 49.17. **H1:** 1 N Petrou (Leeds C) 50.43. **H2:** 1 C Asong (Sale) 48.94; 2 R Lee (Cwmb) 49.80. **H3:** 1 A Boyce (Liv H) 49.69. **H4:** 1 V Dos Santos Soares (TVH) 49.64; 2 J Paul (WSEH) 50.28. **H5:** 1 O Smith (Dees) 49.41; 2 S Atkinson (Wake) 50.36. **800:** 1 M McLaughlin (WG&EL) 1:50.59; 2 J Bransberg (Skyrac) 1:50.86; 3 K Langford (SB) 1:53.31; 4 D Gurton (VoA) 1:55.09; 5 S Greeves (Norw) 1:56.29; 6 T Blundell (Bir) 1:56.73. **H1:** 1 J Bransberg (Skyrac) 1:57.15; 2 T Blundell (Bir) 1:57.70; 3 N Landeau (ESM) 1:57.72. **H2:** 1 M McLaughlin (WG&EL) 1:51.10; 2 K Langford (SB) 1:53.24; 3 D Gurton (VoA) 1:53.82; 4 S Greeves (Norw) 1:55.13; 5 R Granville (Carm) 1:56.05. **1500:** 1 E Dorey (CI) 3:56.23; 2 S Halsted (Brack) 3:57.21; 3 K Roberts (Carm) 3:58.13; 4 J Coleman (Pres) 4:03.33; 5 R Harvie (WSEH) 4:03.82. **60H:** 1 D King (Ply) 7.75; 2 J McCall (VPCG) 7.88; 3 E Dickson-Earle (Bigg) 7.90; 4 D Omogreie (Card) 7.92; 5 M Everest (P'boro) 8.06; 6 A Creamer (IRL) 8.12; 7 J Wright (R&N) 8.19; 8 N Wilson (Bir) 8.37. **H1:** 1 D King (Ply) 7.76; 2 D Omogreie (Card) 7.95; 3 A Creamer (IRL) 8.16; 4 N Wilson (Bir) 8.17; 5 R Claricoats (Hav M) 8.36; 6 A Grant (Strat) 8.73; 7 P Heffernan (IRL) 8.74. **H2:** 1 J McCall (VPCG) 7.90; 2 M Everest (P'boro) 8.12; 3 J Auburn (B&H) 8.18; 4 J Heenan (Gran) 8.37; 5 M McGarvey (Derry) 8.42; 6 C Mitchell (Pres) 8.81; 7 B Timewell (Yeov) 8.85; 8 C McKie (St Alb) 8.93. **H3:** 1 E Dickson-Earle (Bigg) 7.87; 2 J Wright (R&N) 8.03; 3 K Riley-Laborde (E&H) 8.22; 4 K Beswick (B&B) 8.39; 5 J Olawore (Hav M) 8.40; 6 J Taylor (Wig D) 8.45; 7 J Josephs (Sutton) 8.94. **HJ:** 1 C Kandu (E&H) 2.09; 2 J Hill (SSH) 2.06; 3 M Alner (CI) 2.03; 4 M Paulin (Chelm) 1.99; 5 A Cranin (Newb) 1.95; 6 J Roach (Poole) 1.95; 7 M Hartley (Liv H) 1.90; 8 T Buckle (SB) 1.90; eq9 H Shepherd (Worc) / R Ferguson (Lass)/J Bailey (Card)/S Guest (B'end)/K Jones

(SNH) 1.90; 14 J Watson (Bigg) 1.90; 15 R Waterson (WSEH) 1.90. **PV:** 1 J Phipps (Woking) 5.05; 2 D Gardner (SNH) 4.90; 3 H Coppell (Wig D) 4.80; 4 S Adams (VPCG) 4.60; 5 N Cole (Dearn) 4.60; 6 D Callan (Card) 4.30; 7 J Sutcliffe (Sale) 4.20; 8 N Pentin (C'field) 4.20; eq9 S Scarfi (Swan)/S Bass-Cooper (Soton) 4.00. **LJ:** 1 M Causer (SHS) 7.26; 2 J Grenfell (P'boro) 7.08; 3 J Olawore (Hav M) 6.98; 4 S Adams (Win) 6.72. **TJ:** 1 E Uwaifo (E&H) 15.22; 2 L Fanutza-Davis (E&H) 14.94; 3 D Oamen (SN) 14.10; 4 A Howell (Sale) 14.05; 5 M Nevers (Notts) 14.02; 6 N Amadi (E&H) 13.85; 7 A James (Leic) 13.73. **SP:** 1 G Thompson (SB) 17.57; 2 Y Zatat (WG&EL) 17.20; 3 J Watson (WSEH) 16.72; 4 M Field (Card) 15.53; 5 O Holway (C&C) 13.10; 6 F Francis (Leic) 12.91; 7 T Kirk (Donc) 12.72; 8 N Togun (Scun) 12.62. **U17 men: 60:** 1 R Arthur (E&H) 6.98; 2 C Downes (R&N) 7.00; 3 T Etienne (HW) 7.01; 4 O Sinclair (Charn) 7.01; 5 T Ramdhan (Bexley) 7.02; 6 M Richardson (BMH) 7.04; 7 K de Escofet (D&S) 7.14; 8 J McGrath (Donc) 7.20. **SF1:** 1 R Arthur (E&H) 7.00; 2 M Richardson (BMH) 7.07; 3 K de Escofet (D&S) 7.11; 4 J Broome (Cov) 7.15; 5 S Roberts (Swan) 7.23; 6 J Olasunkanmi (TVH) 7.25; 7 E Ajala (Sale) 7.33; 8 D Burnham (Gt Yar) 7.34. **SF2:** 1 C Downes (R&N) 7.03; 2 T Etienne (HW) 7.04; 3 O Sinclair (Charn) 7.07; 4 F Vainio-Doiseul (Camb H) 7.16; 5 I Abdul Karim (Herne H) 7.20; 6 K Thomas (Cambus) 7.26; 7 S Anderson (Bir) 7.32; 8 N Prentice (Bir) 7.35. **SF3:** 1 T Ramdhan (Bexley) 7.00; 2 J McGrath (Donc) 7.18; 3 J Wood (Notts) 7.19; 4 R Miller (HW) 7.21; 5 J Dawkins (Newp) 7.23; 6 A Thomas (Cambus) 7.26; 7 E Metcalfe (Bigg) 7.34; 8 J Ebanks (C&C) 7.35. **H1:** 1 K de Escofet (D&S) 7.04; 2 A Thomas (Cambus) 7.28; 3 J Ebanks (C&C) 7.33; 4 C Macdonald (Team K) 7.35; 5 J Davies (P'boro) 7.43; 6 K McDermoth (High) 7.47. **H2:** 1 T Ramdhan (Bexley) 7.10; 2 D Burnham (Gt Yar) 7.23; 3 Z Haddon (Garn) 7.39; 4 L Grievson (Banb) 7.29. **H3:** 1 C Downes (R&N) 7.07; 2 J Dawkins (Newp) 7.26; 3 S Anderson (Bir) 7.28; 4 J Billington (Stoke) 7.37; 5 D Wong (Norw) 7.41; 6 O Harnett (Bath) 7.44. **H4:** 1 T Etienne (HW) 7.11; 2 K Thomas (Cambus) 7.23; 3 T Kenwright (Worc) 7.34; 4 N Massamba (Bir) 7.36; 5 E Werr (R&N) 7.41; 6 B Harrison (Yeov) 7.45.

H5: 1 R Arthur (E&H) 7.13; 2 J Olasunkanmi (TVH) 7.32; 3 N Prentice (Bir) 7.33; 4 E Ajala (Sale) 7.33; 5 T Reynolds (Cwmb) 7.45. **H6:** 1 O Sinclair (Charn) 7.19; 2 F Vainio-Doiseul (Camb H) 7.21; 3 E Metcalfe (Bigg) 7.32; 4 K Andrews (Sale) 7.35. **H7:** 1 M Richardson (BMH) 7.17; 2 S Roberts (Swan) 7.22; 3 J Field (Sutt) 7.37; 4 A Lane (Salis) 7.42; 5 S Hamilton (Hale) 7.44; 6 J Brown (Gran) 7.49. **H8:** 1 R Miller (HW) 7.22; 2 I Abdul Karim (Herne H) 7.29; 3 C Williams (Kett) 7.34; 4 W Kennedy (Bath) 7.39; 5 J Chatee (And) 7.47. **H9:** 1 J McGrath (Donc) 7.10; 2 J Wood (Notts) 7.16; 3 J Broome (Cov) 7.19; 4 C Harrison (S Lon) 7.34; 5 M Watson (M&M) 7.40. **200:** 1 R Gorman (Notts) 21.76; 2 O Sinclair (Charn) 21.97; 3 S Roberts (Swan) 22.40; 4 K de Escofet (D&S) 22.72; 5 C Macdonald (Team K) 22.80. **SF1:** 1 S Roberts (Swan) 22.44; 2 C Macdonald (Team K) 22.49. **SF2:** 1 O Sinclair (Charn) 22.16; 2 K Sobotie (SNH) 22.55; 3 K Andrews (Sale) 22.73. **SF3:** 1 R Gorman (Notts) 21.92; 2 K de Escofet (D&S) 22.35; 3 M Richardson (BMH) 22.55. **H1:** 1 K de Escofet (D&S) 22.51; 2 M Richardson (BMH) 22.77. **H2:** 1 O Sinclair (Charn) 22.49; 2 S Roberts (Swan) 22.50; 3 K Thomas (Cambus) 22.80. **H3:** 1 R Gorman (Notts) 22.55; 2 K Andrews (Sale) 22.73. **H4:** 1 C Macdonald (Team K) 22.45; 2 J Olasunkanmi (TVH) 22.90. **H5:** 1 K Sobotie (SNH) 22.80. **400:** 1 B Robbins (Edin) 48.91; 2 J Ness (Salis) 49.28; 3 M Chant (And) 49.31; 4 S Cooke (Sutt) 50.59; 5 K Sobotie (SNH) 50.75; 6 S Livingston (Cl) 50.76. **H1:** 1 M Chant (And) 50.13; 2 K Sobotie (SNH) 50.37; 3 D Neal (Pres) 51.15. **H2:** 1 B Robbins (Edin) 49.78; 2 S Livingston (Cl) 50.36; 3 E Scott (Taun) 51.20. **H3:** 1 J Ness (Salis) 50.26; 2 S Cooke (Sutt) 51.09. **800:** 1 S Ball (Camb H) 1:56.81; 2 J Barnes (Cov) 1:57.25; 3 G Chapman (Bath) 1:58.15; 4 J Salisbury (Pres) 1:58.77. **H1:** 1 S Ball (Camb H) 1:58.72; 2 J Lewis (Luton) 1:58.73; 3 J Salisbury (Pres) 1:59.24. **H2:** 1 G Chapman (Bath) 1:58.29; 2 J Barnes (Cov) 1:58.41; 3 E Ahmed (Hallam) 1:59.50; 4 J Hatton (Leic) 1:59.61. **1500:** 1 P Dever (Pres) 3:59.70; 2 B Yates (Pres) 4:09.53. **60H:** 1 J Kirby (Hill) 7.94; 2 N Parker (B&H) 8.13; 3 R Dwyer (Strat) 8.25; 4 A Kirsopp (Warr) 8.41; 5 J Weaver (E&H) 8.42; 6 J Filleul (Sheff) 8.47; 7 O Boughen (Read)

8.53. **H1:** 1 J Kirby (Hill) 8.20; 2 J Filleul (Sheff) 8.49; 3 M Schopp (SNH) 8.58; 4 L Read (Osw) 8.61; 5 N Brooks (B'mth) 8.63; 6 L Gardiner (Chelt) 8.66; 7 P Sexton (IRL) 8.69. **H2:** 1 N Parker (B&H) 8.24; 2 R Dwyer (Strat) 8.35; 3 J Weaver (E&H) 8.42; 4 S Livingston (Cl) 8.54; 5 J Spence (Yate) 8.67; 6 L Farnworth (Pres) 8.84. **H3:** 1 O Boughen (Read) 8.44; 2 A Kirsopp (Warr) 8.52; 3 C Bell-Hartley (Chelt) 8.54; 4 K Arnold (Newp) 8.85; 5 L Batup (Brack) 8.86. **H4:** 1 R Dwyer (Strat) 2.00; 2 S Healy (IRL) 1.94; eq3 J Clark (Dartf) M Keller-Jenkins (Swan) 1.94; 5 M Lally (Wat) 1.94; 6 K Marks (IRL) 1.91; 7 J Brown (Gran) 1.85; 8 L Gardiner (Chelt) 1.85; 9 P Neale (Read) 1.85. **PV:** 1 A Hague (Dearn) 4.70; 2 E Walsh (Charn) 4.60; 3 J Lister (Harrow) 4.10; 4 C Maw (Win) 4.00; eq5 T Farres (Porty) J Weller (D&T) J Hollisey-McLean (Swan) 3.80; 8 N Gardner (SNH) 3.80; 9 T Booth (Pres) 3.70. **LJ:** 1 A Law (Hav M) 6.81; 2 T Adeniyi (Camb H) 6.73; 3 S Healy (IRL) 6.51; 4 M Miller (Dearn) 6.47; 5 T Caton-Hand (SHS) 6.42. **TJ:** 1 S Amokwandoh (B&B) 14.34; 2 T Boggan (Bigg) 13.45; 3 C Boons (R&N) 13.27; 4 J Veerapen (Sutt) 12.97; 5 K Metzger (Sale) 12.77. **SP:** 1 K Jones (NEB) 16.62; 2 H Sutherland (Wyc P) 14.62; 3 R Esien (SSH) 13.78. **U15 boys: 60:** 1 C Lytle (Bexley) 7.12; 2 K Oludoyi (Harrow) 7.16; 3 M Olsen (Edin) 7.21; 4 F Rooke (Edin) 7.28; 5 K Allen (Herne H) 7.35; 6 E Fahmy (VP&TH) 7.41; 7 J Efoloko (Sale) 7.41; 8 M Amed (Cov) 7.61. **SF1:** 1 C Lytle (Bexley) 7.22; 2 J Efoloko (Sale) 7.37; 3 K Allen (Herne H) 7.39; 4 C Wells (Exe) 7.49; 5 J Lloyd (Bir) 7.63; 6 B Mattinson (Notts) 7.67. **SF2:** 1 K Oludoyi (Harrow) 7.20; 2 E Fahmy (VP&TH) 7.36; 3 M Amed (Cov) 7.41; 4 M Price (SNH) 7.44; 5 D Mcdonald (IRL) 7.60; 6 B Craven (Ips) 7.64; 7 J Woolley (Tam) 7.66. **SF3:** 1 F Rooke (Edin) 7.21; 2 M Olsen (Edin) 7.37; 3 L Riggall (Dartf) 7.52; 4 B McCarthy (Unatt) 7.55; 5 A Cooper (Norw) 7.59; 6 A Mensuoh (High) 7.62. **H1:** 1 F Rooke (Edin) 7.29; 2 K Allen (Herne H) 7.46; 3 M Price (SNH) 7.47; 4 A Cooper (Norw) 7.61. **H2:** 1 K Oludoyi (Harrow) 7.27; 2 B McCarthy (Unatt) 7.62; 3 B Mattinson (Notts) 7.65; 4 D Mcdonald (IRL) 7.65. **H3:** 1 C Lytle (Bexley) 7.24; 2 M Amed (Cov) 7.61; 3 B Craven (Ips) 7.65; 4 J Lloyd (Bir) 7.65; 5

A Mensuoh (High) 7.66. **Ht4:** 1 M Olsen (Edin) 7.34; 2 C Wells (Exe) 7.47; 3 J Efoloko (Sale) 7.51; 4 A Howard (Havant) 7.69. **Ht5:** 1 E Fahmy (VP&TH) 7.52. **200:** 1 K Oludoyi (Harrow) 23.01; 2 C Elliott (Bolt) 23.11; 3 M Olsen (Edin) 23.36; 4 M Amed (Cov) 23.96; 5 A Cooper (Norw) 23.96. **Ht1:** 1 K Oludoyi (Harrow) 23.28; 2 M Amed (Cov) 23.76; 3 J Efoloko (Sale) 23.85; 4 J Churchill (Exe) 24.03. **Ht2:** 1 C Elliott (Bolt) 23.54; 2 M Olsen (Edin) 23.66; 3 A Cooper (Norw) 23.72; 4 L Riggall (Dartf) 24.01; 5 K Allen (Herne H) 24.30. **300:** 1 O Richardson (BMH) 36.87; 2 J Ratcliffe (Sale) 38.79. **800:** 1 B Greenwood (Perh) 1:59.65; 2 M Lonsdale (Gate) 2:00.19; 3 T Randolph (Tam) 2:04.42; 4 S Wilson (Card) 2:05.22; 5 N Namutenda (Unatt) 2:08.35. **60H:** 1 M Price (SNH) 8.53; 2 H Hillman (Card) 8.62; 3 R Harris (Swan) 8.84; 4 J Ellis (Chelm) 8.99; 5 J Pearson (Thurr) 9.11; 6 E Amedee (Ashf) 9.22; 7 J Thurgood (M&M) 9.24; 8 A Howard (Havant) 9.27. **Ht1:** 1 M Price (SNH) 8.64; 2 R Harris (Swan) 9.02; 3 C Amedee (Ashf) 9.23. **Ht2:** 1 H Hillman (Card) 8.89; 2 J Ellis (Chelm) 8.97; 3 J Thurgood (M&M) 9.12; 4 A Howard (Havant) 9.17. **Ht3:** 1 M Price (SNH) 1.87; 2 J Pearson (Thurr) 1.70. **PV:** 1 A Douglas (Soton) 3.20; 2 F Johnson (Bed C, U13) 2.90; 3 C Neil (Horsh BS) 2.80. **LJ:** 1 D McDonald (IRL) 6.16; 2 A Mensuoh (High) 6.09; 3 B Craven (Ips) 5.88; 4 A Cooper (Norw) 5.72. **SP:** 1 M Price (SNH) 14.74; 2 M Buter (WSEH) 14.60; 3 J Pearson (Thurr) 13.82; 4 L Rowley (Roth) 13.38; 5 O Aldisnogl (TVH) 13.18; 6 H Fairclough (York) 11.77

U20 women: **60:** 1 D Asher-Smith (B&B) 7.36; 2 S Lavin (IRL) 7.57; 3 C Stephenson (Norw) 7.70; 4 R Barrett (SSH) 7.71; 5 D McGifford (Wig D) 7.82; 6 D Walker (Bir) 7.82; 7 F Slater (Herts P) 7.83; 8 J Reavil-Blake (WSEH) 7.84. **SF1:** 1 D Asher-Smith (B&B) 7.42; 2 C Stephenson (Norw) 7.65; 3 D McGifford (Wig D) 7.71; 4 F Slater (Herts P) 7.72; 5 M Taylor (KuH) 7.85; 6 T Miller (BRAT) 7.88; 7 B Wakefield (B&W) 7.93; 8 P Massey (Sheff) 8.06. **SF2:** 1 S Lavin (IRL) 7.56; 2 R Barrett (SSH) 7.64; 3 J Reavil-Blake (WSEH) 7.67; 4 D Walker (Bir) 7.71; 5 S Riley (Pres) 7.73; 6 A Davies (Bath) 7.79; 7 O Caesar (WSEH) 7.93; 8 N Bailey (Kett) 7.96. **Ht1:** 1 D Asher-Smith (B&B) 7.34; 2 D Walker (Bir) 7.79; 3 S Riley (Pres) 7.85; 4 O Caesar (WSEH) 7.94; 5 Z Styles (Worc) 8.04. **Ht2:** 1 S Lavin (IRL) 7.64; 2 C Stephenson (Norw) 7.65; 3 D McGifford (Wig D) 7.73; 4 N Bailey (Kett) 7.98; 5 L Clark (D&T) 8.09. **Ht3:** 1 J Reavil-Blake (WSEH) 7.69; 2 R Barrett (SSH) 7.75; 3 T Miller (BRAT) 7.91; 4 P Massey (Sheff) 8.03; 5 K Clark (Sheff) 8.05. **Ht4:** 1 F Slater (Herts P) 7.75; 2 M Taylor (KuH) 7.83; 3 A Davies (Bath) 7.86; 4 B Wakefield (B&W) 7.86. **200:** 1 D Asher-Smith (B&B) 23.44; 2 B Dobbin (Donc) 24.64; 3 E Reid (Bath) 25.09; 4 S Riley (Pres) 25.35. **Ht1:** 1 D Asher-Smith (B&B) 24.09; 2 B Wakefield (B&W) 25.10; 3 S Riley (Pres) 25.25. **Ht2:** 1 B Dobbin (Donc) 24.82; 2 E Reid (Bath) 24.87. **400:** 1 H McLean (Chelm) 55.19; 2 R Dickens (B&B) 55.76; 3 A Hillyard (Bir) 56.38; 4 S Richards (E&E) 56.42; 5 J Turner (Amber V) 58.56. **Ht1:** 1 A Hillyard (Bir) 57.42; 2 H McLean (Chelm) 57.52; 3 O Caesar (WSEH) 57.73. **Ht2:** 1 R Dickens (B&B) 57.08; 2 S Richards (E&E) 57.86; 3 J Turner (Amber V) 58.05; 4 B Bolton (Sale) 58.86. **800:** 1 L Bleaken (Bath) 2:06.78; 2 E Jenkinson (Soton) 2:09.94; 3 A Hetherington (Carl) 2:12.28; 4 M Hendry (VPCG) 2:13.62; 5 R Chamberlain (Exe) 2:18.58.

Ht1: 1 L Bleaken (Bath) 2:10.14; 2 M Hendry (VPCG) 2:10.29; 3 J Lonsdale (KuH) 2:11.16; 4 N Collier (Gran) 2:17.04. **Ht2:** 1 E Jenkinson (Soton) 2:12.02; 2 A Hetherington (Carl) 2:13.94; 3 R Chamberlain (Exe) 2:14.49; 4 R Scott (Pres) 2:15.04. **1500:** 1 C Jarvis (Stock H) 4:36.26. **60H:** 1 Y Miller (Der) 8.26; 2 S Lavin (IRL) 8.39; 3 L Hutton (Corby) 8.50; 4 D McGifford (Wig D) 8.65; 5 S Clitheroe (WSEH) 8.81; 6 M Smith (Bir) 8.85; 7 K Clark (Sheff) 8.87. **Ht1:** 1 L Hutton (Corby) 8.57; 2 S Clitheroe (WSEH) 8.89; 3 K Clark (Sheff) 8.92; 4 E Dixon (Bath) 9.31; 5 J Robbins (Notts) 9.32. **Ht2:** 1 Y Miller (Der) 8.39; 2 D McGifford (Wig D) 8.74; 3 J Thomas (B&B) 8.75; 4 E Nwofor (NEB) 9.00; 5 N Allen (Herts P) 9.26; 6 H Paton (Worc) 9.28. **Ht3:** 1 S Lavin (IRL) 8.41; 2 M Smith (Bir) 8.66; 3 K Cooke (E&H) 9.08; 4 M Patience (Ilf Group) 9.10. **HJ:** 1 C Hayes (AFD) 1.81; 2 P Lake (Chelm) 1.76; 3 R Pettit (Craw) 1.76; 4 E Gibbons (Worc) 1.73; 5 R Dee (E&H) 1.69; eq6 I Brown (Chic)/F Bodilly (Card) 1.69; eq8 S Murphy (IRL)/E Dixon (Bath)/R Sullivan (Hal) 1.65; 11 D Martin (Ashf) 1.65; 12 N Manson (Giff N) 1.65. **PV:** 1 L Bryan (B&W) 4.15; eq2 C Maurer (Woking)/J Robbins (Notts) 3.40; 4 E Gauntlett (B&W) 3.10; 5 V Price (C'field) 2.90; 6 D Scott (Salis) 2.90. **LJ:** 1 J Thomas (B&B) 5.87; 2 M Brindle (Wig D) 5.81; 3 B Crowley (Sale) 5.74; 4 K Stainton (Bir) 5.68; 5 L James (Sale) 5.64; 6 M Thomas (B&W) 5.42; 7 J Fox (C&C) 5.29. **TJ:** 1 N Campbell-Smith (IRL) 11.96; 2 M Fasipe (E&H) 11.96; 3 M Eales (Bir) 11.79; 4 R Williamson (Wig D) 11.67; 5 L James (Sale) 11.48; 6 Z Overall (WSEH) 11.25; 7 L Stephenson (TVH) 11.24; 8 A Addis (C&N) 11.08; 9 Y Lakin (SB) 11.02; 10 G Adeyinka (R&N) 10.97; 11 N Wainwright (Wig D) 10.90; 12 L Hodgson (Sheff) 10.83; 13 A Unsworth (Pres) 10.76. **SP:** 1 S McKinna (Gt Yar) 15.90; 2 S Duquenne (SB) 14.25; 3 A Sherry (Chelt) 11.70; 4 C Mitchell (Spen) 10.73; 5 F Brown (Soton) 10.51; 6 A Galloway (C&C) 10.50. **U17 women:** **60:** 1 S Hylton (B&B) 7.50; 2 H Brier (Swan) 7.59; 3 T Brade (TVH) 7.71; 4 M Bruney (B&B) 7.75; 5 A Aiyoola (Harrow) 7.76; 6 S Malone (Dees) 7.77; 7 K Edwards (Sheff) 7.78; 8 M Marrs (Lisb) 7.86. **SF1:** 1 S Hylton (B&B) 7.60; 2 T Brade (TVH) 7.77; 3 K Edwards (Sheff) 7.78; 4 M Marrs (Lisb) 7.81; 5 M Lake (WSEH) 8.03; 6 D Oduguwa (Mil K) 8.08; 7 S Lloyd-McIear (Charn) 8.10; 8 E Dutton (York) 8.15. **SF2:** 1 H Brier (Swan) 7.56; 2 M Aiyoola (Harrow) 7.75; 3 L Costello (IRL) 7.93; 4 A Skeates (B&W) 7.98; 5 S Ager (R&N) 7.98; 6 E Rawson (Sheff) 8.04; 7 C Crampton (Leeds C) 8.08; 8 T Thompson-Gregory (Leic) 8.11. **SF3:** 1 S Malone (Dees) 7.75; 2 M Bruney (B&B) 7.80; 3 S Fajemisin (Oxf C) 8.02; 4 S Yorke (Chelt) 8.03; 5 C McCarthy (St Alb) 8.06; 6 N Mukerji (C&S) 8.15; 7 Y Songu (B&W) 8.19. **Ht1:** 1 M Aiyoola (Harrow) 7.78; 2 S Fajemisin (Oxf C) 7.95; 3 E Dutton (York) 8.09; 4 S Lloyd-McIear (Charn) 8.12; 5 E O'Connor (C'field) 8.14. **Ht2:** 1 S Hylton (B&B) 7.59; 2 A Skeates (B&W) 8.01; 3 Y Songu (B&W) 8.02; 4 E Rawson (Sheff) 8.05; 5 M Howard (Chelm) 8.13. **Ht3:** 1 H Brier (Swan) 7.62; 2 D Oduguwa (Mil K) 8.02; 3 T Thompson-Gregory (Leic) 8.03; 4 N Mukerji (C&S) 8.05; 5 A McGinley (Ayr S) 8.17. **Ht4:** 1 M Bruney (B&B) 7.77; 2 S Yorke (Chelt) 7.95; 3 C McCarthy (St Alb) 7.97; 4 G Perris-Redding (C&N) 8.10; 5 H Seglah (St Alb) 8.14; 6 A Bowen (Tel) 8.18. **Ht5:** 1 T Brade (TVH) 7.93; 2 S Ager (R&N) 7.94; 3 L Costello (IRL) 7.96; 4 M Lake (WSEH) 7.98; 5 B Catchpole (SSH)

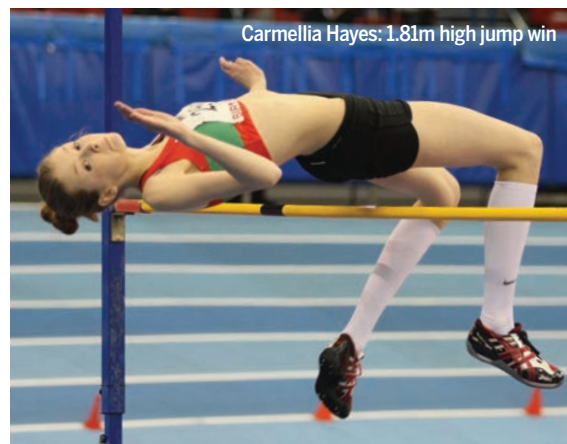
8.13; 6 L Waknell (Rad) 8.16; 7 E Marriott (Mil K) 8.17. **Ht6:** 1 S Malone (Dees) 7.69; 2 K Edwards (Sheff) 7.74; 3 M Marrs (Lisb) 7.76; 4 C Crampton (Leeds C) 8.11; 5 D Scott (Bolt) 8.12. **200:** 1 S Hylton (B&B) 24.08; 2 H Brier (Swan) 24.20; 3 K Edwards (Sheff) 25.12; 4 R Norris (Mans) 25.76. **SF1:** 1 H Brier (Swan) 24.44; 2 K Edwards (Sheff) 25.27; 3 C McCarthy (St Alb) 25.80. **SF2:** 1 S Hylton (B&B) 24.28; 2 C McLennaghan (Notts) 24.39; 3 R Norris (Mans) 25.51; 4 E Rawson (Sheff) 25.79. **Ht1:** 1 C McCarthy (St Alb) 25.84. **Ht2:** 1 S Hylton (B&B) 24.82; 2 E Rawson (Sheff) 25.56. **Ht3:** 1 C McLennaghan (Notts) 25.29; 2 R Norris (Mans) 25.57. **Ht4:** 1 H Brier (Swan) 24.70; 2 K Edwards (Sheff) 25.01. **300:** 1 C Hylton (B&B) 38.69; 2 N McKechnie (Chelm) 39.78; 3 R McGuckian (Lisb) 39.95; 4 K White (Ton) 40.71; 5 E Barrett (C'field) 41.16; 6 P White (SSH) 41.16. **SF1:** 1 C Hylton (B&B) 40.07; 2 K White (Ton) 40.78; 3 P White (SSH) 40.92. **SF2:** 1 N McKechnie (Chelm) 39.98; 2 R McGuckian (Lisb) 39.99; 3 E Barrett (C'field) 40.74; 4 A Carr (Sale) 41.07; 5 M Roberts (Card) 41.90. **Ht1:** 1 C Hylton (B&B) 39.98; 2 E Barrett (C'field) 40.94. **Ht2:** 1 N McKechnie (Chelm) 40.76; 2 L Beckford (Lon Hth) 41.63; 3 M Roberts (Card) 41.65. **Ht3:** 1 K White (Ton) 40.80; 2 A Carr (Sale) 40.91; 3 G Redmond (Bath) 40.94. **Ht4:** 1 R McGuckian (Lisb) 40.66; 2 P White (SSH) 40.74; 3 M Martin (E&H) 41.81. **800:** 1 E Baker (Herts P) 2:21.48; 2 R Prideaux (Chelm) 2:21.54; 3 A Backshall (Col B) 2:21.60. **Ht1:** 1 A Backshall (Col B) 2:16.58; 2 E Baker (Herts P) 2:16.67; 3 R Prideaux (Chelm) 2:16.73; 4 H Cameron (Edin) 2:21.07; 5 A Edwards (Luton) 2:21.91. **1500:** 1 H Parker (C&C) 4:45.61; 2 E Rafter (IRL) 4:46.81; 3 R Buchanan (Carl) 4:48.98; 4 Y Ryder (Team K) 4:49.13; 5 E Reeves (WSEH) 4:54.82. **60H:** 1 A Barrett (C'field) 8.53; 2 M Marrs (Lisb) 8.72; 3 E Wake (Bir) 8.89; 4 J Simson (Ply) 8.92; 5 M Howard (Chelm) 8.94; 6 M Courtney (Chelt) 8.97; 7 C Williams (WSEH) 8.99; 8 T Cuff (Traff) 9.16. **SF1:** 1 A Barrett (C'field) 8.67; 2 J Simson (Ply) 8.90; 3 C Williams (WSEH) 8.91; 4 E Wake (Bir) 8.94; 5 C Crampton (Leeds C) 9.21; 6 A Bowers (Osw) 9.27; 7 E Foster (G&G) 9.28; 8 C Taylor (Card) 9.28. **SF2:** 1 M Marrs (Lisb) 8.71; 2 M Howard (Chelm) 8.84; 3 M Courtney (Chelt) 8.98; 4 T Cuff (Traff) 9.07; 5 E De Lucis (P'boro) 9.12; 6 L Gauntlett (Bath) 9.13; 7 A Skeates (B&W) 9.17; 8 A Pask (Cov) 9.19. **Ht1:** 1 M Marrs (Lisb) 8.88; 2 T Cuff (Traff) 9.05; 3 L Gauntlett (Bath) 9.07; 4 M Hughes (Hav M) 9.28; 5 F Bee (Strat) 9.33; 6 Z Lucas (Gran) 9.44; 7 S Glover (Worc) 9.46. **Ht2:** 1 E Wake (Bir) 8.92; 2 M Courtney (Chelt) 8.95; 3 J Simson

(Ply) 8.97; 4 E De Lucis (P'boro) 9.15; 5 A Skeates (B&W) 9.23. **Ht3:** 1 A Barrett (C'field) 8.76; 2 C Williams (WSEH) 8.90; 3 A Pask (Cov) 9.03; 4 A Bowers (Osw) 9.14; 5 E Foster (G&G) 9.24; 6 M Bishop (Chelt) 9.32. **Ht4:** 1 M Howard (Chelm) 8.90; 2 C Crampton (Leeds C) 9.29; 3 C Taylor (Card) 9.35; 4 K Garland (Hast) 9.36. **HJ:** 1 M Lake (WSEH) 1.73; eq2 L Armorgie (Herts P)/A MacKenzie (Liv H) 1.70; 4 E Widdop-Gray (SMR) 1.70; 5 L Peattie (Orion) 1.67; 6 N Murphy (IRL) 1.64; 7 E Cartledge (Bed C) 1.64; 8 A Jennings-McLaughlin (Liv PS) 1.60; 9 K Garland (Hast) 1.60; 10 G Parris (Nun) 1.60. **PV:** 1 N Hooper (Sutton) 3.65; 2 A McGovern (Bexley) 3.50; 3 L Connor (Lewes) 3.50; 4 G Pickles (Sale) 3.50; 5 E Gooding (Ashf) 3.40; 6 J Brewster (Horsh BS) 3.40; 7 C Williams (WSEH) 3.30; 8 A Try (WSEH) 3.20; 9 F Hockey (BWF) 3.10; 10 M Bailey (Harrow) 3.00; 11 D Langdale (Tel) 3.00; 12 E Motta (Mil K) 2.90; 13 C Atkins (Swan) 2.90; 14 F Waters (Corn) 2.70. **LJ:** 1 M Lake (WSEH) 5.75; 2 E Walters (Swan) 5.64; 3 S Fajemisin (Oxf C) 5.62; 4 T Thompson-Gregory (Leic) 5.57; 5 A Williams (Sale) 5.45; 6 E Adegoko (Thanet) 5.44; 7 E Hornsby (Nene V) 5.33; 8 M Aiyoola (Harrow) 5.30; 9 E Canning (W'moss) 5.29; 10 A Pask (Cov) 5.17. **TJ:** 1 K Davidson (B&B) 11.80; 2 A Williams (Sale) 11.62; 3 L Pegler (DASH) 11.22; 4 S Quinn (DASH) 10.78; 5 B Mortiboy (Mans) 10.49. **SP:** 1 A Nicoll (Bir) 13.51; 2 S Merritt (Soton) 12.19; 3 M Obijaku (Herne H) 11.57; 4 E Hutchinson (Bath) 10.87; 5 T Buckingham (Barns) 10.69; 6 L Richards (Severn) 10.30; 7 E Ball (W Ches) 10.21; 8 I McHattie (Team K) 10.21. **U15 girls:** **60:** 1 M Scott (IRL) 7.79; 2 L Hoad (Reig) 7.86; 3 B Harris (Sheff) 7.95; 4 M Shokunbi (Hav M) 7.98; 5 D Marshall-Brown (Herne H) 8.00; 6 A Beardmore (Hale) 8.00; 7 V Chinedu (Camb H) 8.11; 8 S Henlon (Sutt) 8.14. **SF1:** 1 M Scott (IRL) 7.90; 2 M Shokunbi (Hav M) 7.94; 3 D Marshall-Brown (Herne H) 8.00; 4 N Okologume (Sutt) 8.02; 5 E Carr (Mil K) 8.02; 6 L Edmondson (B'nth) 8.30. **SF2:** 1 B Harris (Sheff) 7.95; 2 S Henlon (Sutt) 8.11; 3 E Williams (Cwmb) 8.13; 4 K Songu (B&W) 8.14; 5 C Hughes (Dees) 8.15; 6 Z Thompson (NEB) 8.17; 7 E Martin (Sheff) 8.26. **SF3:** 1 L Hoad (Reig) 7.87; 2 V Chinedu (Camb H) 7.90; 3 A Courtney (Chelt) 8.00; 4 K Chadwick (Sale) 8.02; 5 S Skervin (Notts) 8.04; 6 T Bell (Norw) 8.13; 7 Y Westwood (Yate) 8.26. **Ht1:** 1 L Hoad (Reig) 7.97; 2 A Beardmore (Hale) 8.07; 3 Z Thompson (NEB) 8.25. **Ht2:** 1 V Chinedu (Camb H) 8.28; 2 N Okologume (Sutt) 8.19. **Ht3:** 1 M Shokunbi (Hav M) 8.11; 2 E Carr (Mil K) 8.16. **Ht4:** 1 B Harris (Sheff) 7.90; 2 C Hughes (Dees)



Lucy Hoad: under-15 girls 200m winner

8.05; 3 L Edmondson (B'nth) 8.27. **Ht5:** 1 M Scott (IRL) 7.86; 2 K Songu (B&W) 8.21; 3 Y Westwood (Yate) 8.21; 4 E Martin (Sheff) 8.22; 6 H Hall (TVH, U13) 8.50. **Ht6:** 1 D Marshall-Brown (Herne H) 8.09; 2 K Chadwick (Sale) 8.10; 3 S Skervin (Notts) 8.13; 4 T Bell (Norw) 8.16. **Ht7:** 1 S Henlon (Sutt) 8.08; 2 E Williams (Cwmb) 8.11. **200:** 1 L Hoad (Reig) 25.34; 2 A Beardmore (Hale) 25.57; 3 E Williams (Cwmb) 25.71; 4 B Harris (Sheff) 25.74; 5 A Greenwood (Spem) 25.88. **SF1:** 1 L Hoad (Reig) 25.63; 2 A Greenwood (Spem) 25.71; 3 E Carr (Mil K) 26.06. **SF2:** 1 E Williams (Cwmb) 25.55; 2 A Beardmore (Hale) 25.58; 3 B Harris (Sheff) 25.76; 4 A Bland (Gate) 26.13. **Ht1:** 1 A Greenwood (Spem) 26.01; 2 A Bland (Gate) 26.12. **Ht2:** 1 L Hoad (Reig) 25.47; 2 B Harris (Sheff) 25.83. **Ht3:** 1 A Beardmore (Hale) 25.54; 2 E Carr (Mil K) 25.70. **Ht4:** 1 E Williams (Cwmb) 25.62. **800:** 1 N Emerson (Amber V) 2:21.28; 2 R Lord (Leam) 2:22.54; 3 A Barbour (WSEH) 2:22.56; 4 S Davies (WSEH) 2:22.62. **60H:** 1 M Scott (IRL) 9.04; 2 H Williamson (Shrews) 9.10; 3 S Ellis (Reig) 9.22; 4 I Hilditch (B&B) 9.48; 5 G Silcox (Yeov) 9.66; 6 C McSorley (Herne H) 9.75. **SF1:** 1 M Scott (IRL) 9.11; 2 H Williamson (Shrews) 9.12; 3 I Hilditch (B&B) 9.36; 4 C McSorley (Herne H) 9.58; 5 H Mills (And) 9.79; 6 A Hopkins (Oxf C) 9.80. **SF2:** 1 S Ellis (Reig) 9.30; 3 A Beardmore (Hale) 8.00; 4 K Chadwick (Sale) 8.02; 5 S Skervin (Notts) 8.04; 6 T Bell (Norw) 8.13; 7 Y Westwood (Yate) 8.26. **Ht1:** 1 L Hoad (Reig) 7.97; 2 A Beardmore (Hale) 8.07; 3 Z Thompson (NEB) 8.25. **Ht2:** 1 V Chinedu (Camb H) 8.28; 2 N Okologume (Sutt) 8.19. **Ht3:** 1 M Shokunbi (Hav M) 8.11; 2 E Carr (Mil K) 8.16. **Ht4:** 1 B Harris (Sheff) 7.90; 2 C Hughes (Dees)



Carmellia Hayes: 1.81m high jump win

DOUBLE OLYMPIC CHAMPION PASSES ROAD TEST IN UNITED STATES

Pictures: **Victah Sailer**

D OUBLE Olympic champion Mo Farah added the UK half-marathon record to those he has set over 5000m and 10,000m as he won in a course record of 60:59 in a close finish with Ethiopian Gebre Gebremariam. It was the Briton's second half-marathon, having won his first in 60:23 on a New York City course deemed illegal for record purposes.

The Kenyan Cybrian Kotut was third in 62:49 with former London Marathon champion Martin Lel disappointingly only running 64:02 with Scott Overall a solid seventh in 64:51.

Farah said: "It would have been nice to run faster and break 60:00, but I was happy that I raced well and was able to use my track speed to win."

He added: "It's a fast course, but it was a little breezy and we didn't run fast enough early to really break 60:00. But it was a good race for just my second half."

Farah had passed through 5km in a slow 14:32, before a faster split of 14:06 took him through 10km in 28:38, followed by a 10-mile split of 46:30.

In addition to Farah's 60:23 in the NYC Half last year, Steve Jones ran a similarly "aided" mark of 60:59 in 1986 and Paul Evans clocked 60:09 in 1995 on

Farah sets UK best

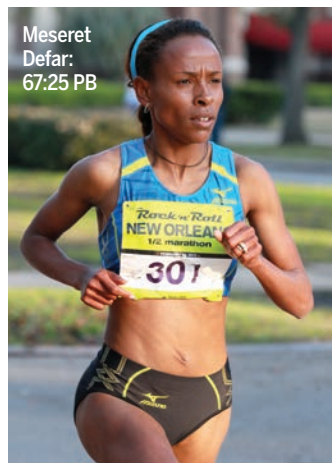


Mo Farah: 60:59 to break Nick Rose's UK mark from 1985

a Marrakech course where the distance was uncertain. So the mark Farah beat last weekend's was the official UK record of 61:03 held by Nick Rose from Philadelphia in 1985.

Farah's next half-marathon will be on April 21 when he runs the first half of the Virgin London Marathon before he begins focussing on the IAAF World Championships in Moscow and then his first marathon in London in 2014.

"It's all a learning curve to me," said Farah, who briefly suffered from a side stitch at the ninth mile. "I'm not sure if it was because I drank too much water or what. I was never feeling too bad, but at the same time



Meseret Defar: 67:25 PB

you really feel your effort later in the race. For sure, I have a lot to learn."

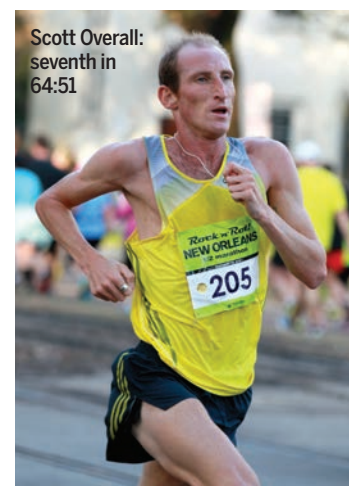
The women's race was also won by a double Olympic gold medallist in her second half-marathon as Meseret Defar won in a 67:25 PB and course record.

Defar passed through 5km in 16:07 and maintained a similar pace through 10km in 32:09 before pushing on through 10 miles in 51:42.

The Ethiopian said: "First I started and I saw my competitors were very good and so I waited until 10km. After that I felt good, my legs relaxed and I start to go. In Philadelphia when I ran I was scared because my first time. I didn't train too much for that

race. I didn't have confidence. But here I had confidence in my second half marathon."

American Shalane Flanagan finished just over a minute back in a 68:31 PB with Mary Ngugi a distant third. Helen Clitheroe had a solid run ahead of her marathon debut in April to finish fourth in 71:46, just ahead of Kara Goucher, and the Preston athlete went top of the 2012 UK rankings.



Scott Overall: seventh in 64:51



Mo Farah with his coach Alberto Salazar

RESULTS

Men: HM: 1 MO FARAH 60:59; 2 G Gebremariam (ETH) 61:00; 3 C Kotiut (KEN) 62:48; 4 M Lel (KEN) 64:02; 5 M Ondara 64:03; 7 SCOTT OVERALL 64:51.

Women: HM: 1 M Defar (ETH) 67:25; 2 S Flanagan 68:31; 3 M Ngugi (KEN) 70:32; 4 HELEN CLITHEROE (W35) 71:46; 5 K Goucher 71:49; 8 B Adere (ETH) 76:00



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Selection dismay

ALONG with many others, including a number of high-profile athletes and commentators, I was astonished that no British male runner was selected for the 1500m at the forthcoming European Indoor Championships.

There were three potential candidates and I believe all had strong cases for a place in the team. The main arguments for their inclusion are as follows ...

On second thoughts, what's the point of listing the arguments? Those in authority appear to take no notice of arguments, athletes, aspirations or indeed, the long term future of the sport.

Bob Warburton, via email

Hampstead promise

I WANT to reassure all athletes that the City of London Corporation, which is responsible for Hampstead Heath, is totally committed to staging the UK's top cross country events at Parliament Hill.

The difficult decision by the South of England Athletic Association and City of London Corporation to reschedule this year's cross country championships was due to extraordinarily poor – and unsafe – ground conditions after what was the wettest winter on record, and severely compacted snow and ice.

Running the event in spite of this would have seriously jeopardised the health, safety and well-being of athletes, officials and staff – with access to the course for ambulance crews almost impossible.

More than anyone we want Hampstead Heath to remain the spiritual home of cross country

running and I have no doubt that the City Corporation can be trusted to offer its complete support to future major cross country events.

Paul Maskell, City of London Corporation's leisure and events manager, Hampstead Heath

Vera Duerdin

WE were saddened to learn of the death of Vera Duerdin. She worked hard to promote her club, Bury & Ratcliffe AC, and was ambitious for their success. Together with a number of far-sighted officials she also worked to promote women's athletics to a standard that today's young women quite rightly demand and deserve.

Athletics in general and Bury AC in particular owe a huge debt to this gritty northern lady and her husband, Lawson, for a lifetime of loyalty, dedication and service to the sport they loved.

Pam and Eric Horwill, Dudley and Stourbridge Harriers AC

Poor show

WHAT a shabby way to treat a European champion! I refer to the way in which Jenny Meadows was presented with her gold medal from the 2011 European Indoor Championships at the Birmingham Grand Prix earlier this month.

Jenny had been cheated out of her medal in the first place and now that this wrong has been righted, British Athletics had the opportunity to recognise and celebrate her achievement by presenting the medal to her on a podium in front of an appreciative crowd. Instead it was given to her during a post-race interview by the BBC (although I understand Iwan Thomas made more of it in his in-field interview directly afterwards).

LETTER OF THE WEEK

Umbrage at being labelled a jogger

I AM aggrieved by the comments of Ken Pike of Kent AC that the rescheduled Southern Cross Country Championships may be okay for joggers but not any serious athlete as it fell so close to the English National (AW, Feb 14, News).

While I totally understand that it is difficult to peak for two high level competitions in the space of a week, it did not seem to put off one Mo Farah last summer.

What does Mr Pike think they should have done? We were all disappointed by the cancellation,

none more so than me who was planning to travel over 200 miles from Lancashire to run. But it was good that the organisers rearranged it.

I ran in the Southern and National Cross, so thanks, Ken, for calling me a "jogger". I consider myself to be a serious athlete with the strength and courage to run in both races, that's all 27km of it by the way. Or am I still a "jogger"?

Jeremy Gold, Rawtenstall, Lancashire and Victoria Park Harriers & Tower Hamlets AC

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This is not the first time that British Athletics has failed to make an official presentation of upgraded medals. I believe they are wrong and I hope that they do not repeat this error of judgement on future occasions.

Dennis Johnson, Bedford

Two-point thriller

I WONDER if any other cross country league has had a closer finish than the one we've just seen in our Grand Prix Express North Wales League for the division one silver and bronze team medals.

Of the five fixtures, with six athletes to score, Shrewsbury scored 440+259+253+152+169=1273, while Telford scored 233+269+181+419+173=1275.

Only two points separated them, but note also that Telford were ahead by two points on the final day but Shrewsbury scored four points less than their Shropshire neighbours to win by two points.

David Alun Williams, secretary North Wales Cross Country Association

Walks disaster

SINCE the introduction of race walking into the athletics programme of the 1966 Commonwealth Games, it has featured in every subsequent games. Alas the sequence will cease in 2014 because Glasgow saw fit not to include it in their original bid programme.

Given the popularity of the 2012 Olympic walks, with crowds six deep lining the entire route of London's Mall and Constitution Hill and the successes of home country walkers in past championships, the news is deeply disturbing.

England's Johanna Jackson will be denied the opportunity of defending her Commonwealth title and our aspiring future champions will not be able to "cut their teeth" in a championship often regarded as a stepping stone towards world and Olympic competition.

Roll on 2018. I'm sure Australia will right this injustice.

Bob Dobson, 1970 Commonwealth Games walker, Cardiff

o *News focus, 10-11*



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LJ 2
Mitchell Watt
8.54m



HJ Stability
Blanka Vlasic
2.08m



TJ 2
Olga Rypakova
15.25m

Warm Swedish welcome

DESPITE THE COLD SCANDINAVIAN CLIMATE, THE COMPETITION IS EXPECTED BE HOT INSIDE THE ARENA

Words: Steven Mills

Pictures: Mark Shearman

THIS 32nd edition might not go down as a classic as many of the continent's finest have chosen not to compete this winter and, while the Brits will be without the services of their three Olympic champions, the team nevertheless arrives with medal chances throughout the three-day programme.

Meanwhile, a knowledgeable and passionate Swedish crowd will be pinning their hopes on Michel Torneus in the long jump and world No.1 Abeba Aregawi over 1500m.

Men's sprints

Not since 1987 has a British sprinter failed to make the podium in the 60m and UK indoor champion James Dasaolu and Dwain Chambers will be keen to continue this remarkable trend. Both of them have demonstrated sharp form with 6.58 season's bests but the latter has been



hampered by a back injury which still appeared to bother the 2009 champion in Birmingham a fortnight ago as he failed to progress from his heat.

Even if Chambers was at full fitness, the outcome would not be a certainty. The field is headed by Italy's Michael Tumi and Frenchman Jimmy Vicaut, who have posted times Chambers has not matched since 2010. Tumi leads the rankings with a national record of 6.51 from world finalist Vicaut, who has run between 6.53 and 6.57 in his six races this year.

The British trio of Nigel Levine, Richard Strachan and Michael Bingham are ranked inside the top seven in Europe and, while this depth stands them in good stead for the relay, the individual 400m will be a much tougher assignment. Brian Gregan could emulate former two-time champion David Gillick as the Irishman leads the rankings with a 46.07 PB.

The powerfully-built Russian Pavel Trenikhin, who won in Glasgow, is always a danger indoors, while European outdoor champion Pavel Maslak arrives fresh from a win over Strachan at the XL Galan in Stockholm last week.

Sergey Shubenkov, whose mother Vera was a 6800-plus heptathlete, looks set to add the 60m hurdles title to his European outdoor and under-23 crowns. He won the Russian indoor title in a PB of 7.50 before finishing second in Birmingham. Only the thickness of a vest separates the next seven fastest, but Andy Pozzi will be in the fray for medals if he has recovered from a recent niggle which forced him to miss the trials final.

Men's middle-distances

The non-selection of any British representatives in the 1500m has been a big talking point, but a full quota of athletes have been chosen for the 800m. Indoor rookie Michael Rimmer leads the rankings from Mukhtar Mohammed and, along with UK indoor champion Joe Thomas, they all have reasonable medal chances if they run tactically well.

Despite the paucity of fast times, sub-1:44 outdoor performer Kevin Lopez of Spain will be a danger based on his victory over a strong field in Karlsruhe containing, among others, defending champion Adam Kszczot from Poland.



World indoor 1500m silver medallist İlham Tanui Özbilen ran a solo 3:37.49 at the Balkan Championships and the Kenyan import could give the Turks something to cheer about, although steeplechase specialists Mahiedine Mekhissi-Benabbad and Bouabdellah Tahri will feature prominently in their secondary event. In a slower race though, the balance of power might shift to the Spanish trio, including Arturo Casado, and Poland's half-miler Marcin Lewandowski.

Hayle Ibrahimov almost outsprinted Mo Farah for the title two years ago and, suffice to say, the Azerbaijani will benefit from the double Olympic champion's absence this year. It will be interesting to see how the continent's fastest 1500m runner, Ciaran O'Lionaird, fares as he steps up in distance.

Men's field

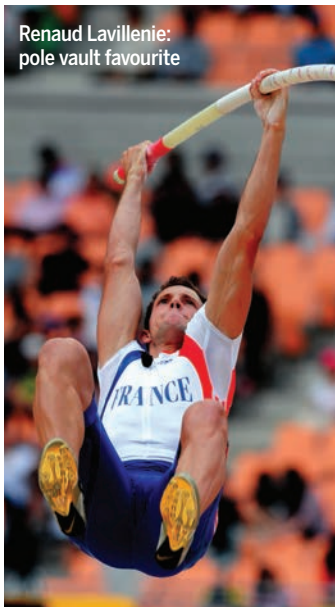
Britain's Robbie Grabarz faces three athletes who have jumped higher than he has in 2013, including world outdoor silver medallist, Aleksey Dmitrik. The 28-year-old has defeated Grabarz twice and his season's best of

2.36m is five centimetres superior to Grabarz's best mark this winter. However, Grabarz has deliberately competed sparingly in a ploy to be as fresh as possible for Gothenburg and the Olympic bronze medallist showed convincing form with two good attempts at 2.39m at the UK Indoor Championships.

Other threats come from Russia's Sergey Mudrov and Italy's Silvano Chesani, who cleared 2.34m and 2.33m respectively to win their domestic indoor titles.

The standard of the pole vault would grace any major global championship, but Olympic champion Renaud Lavillenie won't be too daunted by the opposition as he goes for a "three-peat". The 2009 and 2011 champion is unbeaten this year and comes into the competition on the back of a world-leading 5.94m vault. Bjorn Otto is only ranked four centimetres behind Lavillenie, but the German had to settle for the silver behind the reigning champion at three major championships last year.

Expectations will be high for Olympic fourth-placer Michel Torneus as he improved the Swedish long jump record to 8.20m for victory in Stockholm last week. Russian Aleksandr Menkov and Christian Reif from Germany could deny a home victory, though. If Britain's Chris Tomlinson approaches top form for the first



Renaud Lavillenie:
pole vault favourite



Robbie Grabarz: Olympic medallist
is going for Euro Indoor glory in
Gothenburg

time this winter, he will be there or thereabouts.

Marian Oprea is reaching the tail end of his career, but the Romanian could claim his first major senior title. The perennial minor medallist leads the fledging triple jump rankings with 17.17m.

A rare gold medal could be won for Serbia by Asmir Kolasinac in the shot put as he comes fresh from victory at the Balkan Championships in a season's best of 20.54m.

Women's sprints

Gothenburg has twice hosted these championships and on both occasions British athletes have come away with medals in the 60m – through Andrea Lynch in 1974 and Bev Kinch in 1984. Surely this is a good omen for Asha Philip, who is ranked second in Europe this year with a PB of 7.15.

Unlike in some events, most of Europe's best in the 60m are giving these championships their due regard and this should ensure a high-quality final. Mariya Ryemyen of Ukraine is the fastest with a PB of 7.12 and will be looking to upgrade her silver medal from 2011 in the absence of team-mate Olesya Povh. Fellow sub-7.2 performers Verena Sailer of Germany, Ivet Lalova of Bulgaria and British-based Norwegian Ezinne Okparaabo, who is gunning for a hat-trick of European indoor medals, will also be in title contention.

Perri Shakes-Drayton and Eilidh Child started the season with scant indoor experience, but the 400m

hurdlers have enjoyed fruitful campaigns on the flat, which should climax with medals. They ran 51.37 and 51.50 respectively in Birmingham, which ranks them a close second and third in Europe to Ksenia Ustalova's 51.31. Ustalova is the sole Russian representative in the individual with no doubt most of her team-mates choosing to keep their powder dry with the World Championships in Moscow on the horizon.

The Russians have named a strong relay pool, though, but Christine Ohuruogu's inclusion in the British team might give the GB quartet a marginal edge.

Two-time European outdoor champion Nevin Yanit concluded her preparations with a 7.98 Turkish 60m hurdles record to win the Balkan Championships. A quartet of athletes led by Yuliya Kondakova's 7.93 have run slightly



Asha Philip:
60m medal
hopeful

faster, but Yanit is a championship specialist as illustrated by her fifth place at the Olympics.

Women's middle-distances

Team captain Jenny Meadows made an auspicious comeback after 18 months out and her 2:02.86 performance a fortnight ago in Birmingham convinced her to defend the title she was retroactively handed after Evgeniya Zinurova's disqualification due to a doping violation.



Jenny Meadows:
GB team captain

Russian athletes hold the 10 fastest times in Europe, but their selectors have adopted an approach of prioritising quality rather than quantity. Despite an embarrassment of riches to choose from, Yelena Kotulskaya (nee Kofanova) is their sole representative and she'll be the Brit's greatest danger as her outdoor PB of 1:57.77 is marginally faster than Meadows' 1:57.93.

Many events lack a resounding favourite, but the home crowd will be pleased this is not the case over 1500m as Abeba Aregawi arrives in fearless form. The 1500m in Stockholm last week was her first race for her adopted nation and the 22-year-old Ethiopian-born athlete made an emphatic statement with a 3:58.40 national record. Her time was just 0.12 shy of Yelena Soboleva's world indoor record and, even though Soboleva is in the Russian team, she has not broken 4:10 in 2013.

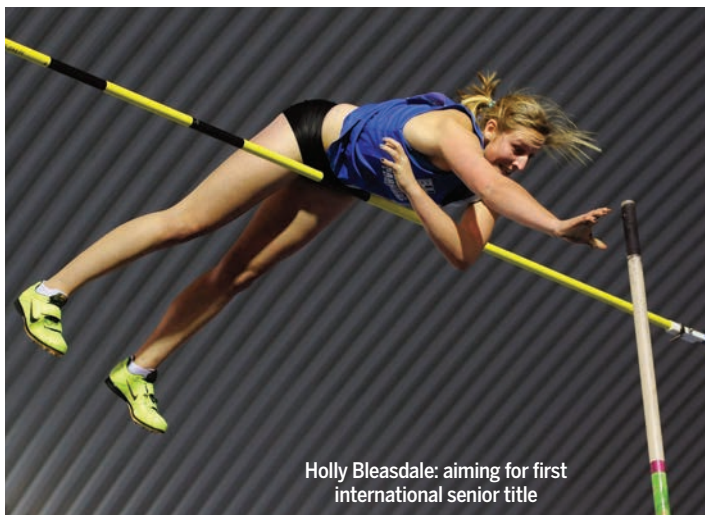


Lauren Howarth: UK 3000m champion

The 3000m is much more difficult to call, though. Yelena Korobkina's 8:50.42 leads the way, but sole British representative Lauren Howarth, who ran 8:52.00 in Birmingham, could cap her breakthrough campaign with a major title. European cross-country champion Fionnuala Britton from Ireland, fourth-placer Almensch Belete from Belgium and former silver medallist Sara Moreira from Portugal are also among the dangers.

Women's field

Holly Bleasdale has a great chance of claiming her first major title as she is the holder of the two best vaults in Europe this year with 4.75m and 4.77m. She had a setback in Stockholm, finishing fourth with 4.45m, but she said the run-up was her best ever, which bodes well for Gothenburg.



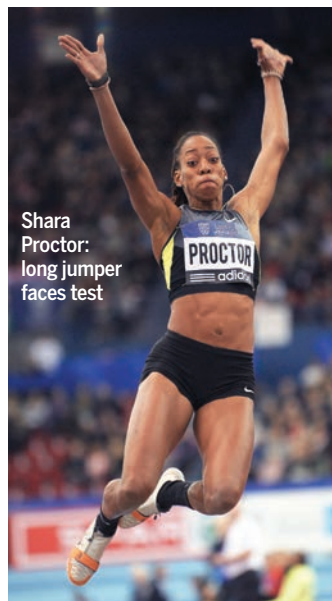
Holly Bleasdale: aiming for first international senior title

She will need to be back on her 4.70m-plus form to fend off the threat of Russia's Anastasiya Savchenko, who has improved vastly since going out in Olympic qualifying last year. Savchenko has upped her PB from 4.60m to 4.71m and beaten Bleasdale in their last two encounters.

Shara Proctor produced a season's best of 6.78m to win in Birmingham and the UK record-holder now comes up against a field including some of her likely rivals at the World Championships this summer. Two of Russia's finest in reigning champion Darya Klishina and world outdoor silver medallist Olga Kucherenko, who holds the world-leading mark at 7.00m, are set to start along with European outdoor champion Eloyse Lesueur from France.

Two-time European outdoor triple jump champion Olha Saladuha makes her first appearance at these championships and the Ukrainian starts as the comprehensive favourite. An operation in the off-season accounts for Yamile Aldama's slow start to the winter, but a 13.91m season's best in Birmingham indicates she's rounding into competitive form.

Yevgeniya Kolodko is one of the few Russian A-listers making the trip, but the Olympic silver medallist might play second-fiddle to Germany's Christina Schwanitz, the holder of the three best puts in 2013, including a world-leading 19.79m.



Shara Proctor: long jumper faces test

Alessia Trost is unbeaten in the high jump this year and the Italian starts as the favourite ahead of former Olympic champion Tia Hellebaut and Spanish veteran Ruth Beitia.

Multi-events

The stunning form Eelco Sinthnicolaas displayed at the Dutch Championships makes him the sizeable favourite in the heptathlon. The 2010 European decathlon silver medallist improved the Dutch record to 6341 and his score moves him into the European all-time top 10. Only Adam Helcelet and 2009 champion Mikk Pahapill with 6040 and 6024 respectively, have also broken the 6000 barrier in 2013.

The pentathlon lacks some lustre with Jessica Ennis, Tatyana Chernova and Nataliya Dobrynska all absent, but the competition should be intriguing nonetheless. Antoniette Nana Djimou Ida will defend her title against a line-up including world No.1 Yekaterina Bolshova, who will be looking to convert her best form to the major events this year.

The field also contains up-and-comers such as Kristina Savitskaya and Laura Ikauniece, who were eighth and ninth aged 21 and 20 respectively at the London Olympics, and 18-year-old Nafissatou Thiam from Belgium, who recently broke Carolina Klufft's world junior record.

Timetable

Friday March 1

- 5.45pm: Shot put (M)
- 6.30pm: Pentathlon 800m
- 6.45pm: 60m hurdles (M)
- 6.55pm: 60m hurdles (W)

Saturday March 2

- 3pm: Long jump (W)
- 3.10pm: Pole vault (W)
- 3.15pm: High jump (M)
- 4.25pm: Triple jump (M)
- 5.05pm: 1500m (W)
- 5.20pm: 3000m (M)
- 5.40pm: 60m (M)

Sunday March 3

- 10.05am: Triple jump (W)
- 10.10am: Shot put (W)
- 10.15am: 400m (W)
- 10.30am: 800m (M)
- 10.45am: 800m (W)
- 11am: 400m (M)
- 11.10am: 3000m (W)

- 3.33pm: Pole vault (M)
- 3.40pm: High jump (W)
- 4pm: Long jump (M)
- 4.45pm: Heptathlon 1000m
- 5pm: 1500m (M)
- 5.15pm: 60m (W)
- 5.30pm: 4x400m (W)
- 5.45pm: 4x400m (M)

Finals only listed – all GMT

GB & NI Team

Men: 60m: Harry Aikines-Aryeetey, Dwain Chambers, James Dasaolu. **400m:** Michael Bingham, Nigel Levine, Richard Strachan.

800m: Mukhtar Mohammed, Michael Rimmer, Joe Thomas.

60m hurdles: Andrew Pozzi.

4x400m: Michael Bingham, Richard Buck, Luke Lennon-Ford, Nigel Levine, Richard Strachan, Conrad Williams.

High jump: Robbie Grabarz.

Pole vault: Steve Lewis.

Long jump: Chris Tomlinson.

Women: 60m: Asha Philip.

400m: Eilidh Child, Shana Cox, Perri Shakes-Drayton. **800m:** Jenny Meadows.

1500m: Laura Muir. **3000m:** Lauren Howarth.

4x400m: Margaret Adeoye, Meghan Beesley, Eilidh Child, Shana Cox, Christine Ohuruogu, Perri Shakes-Drayton. **Pole vault:** Holly Bleasdale.

Long jump: Shara Proctor.

Triple jump: Yamile Aldama.

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Royton on the rise



CELEBRATING ITS 10TH ANNIVERSARY THIS YEAR, ROYTON ROAD RUNNERS IS ENJOYING GROWING SUCCESS, WRITES EMILY MOSS

DESPITE having only been in existence for ten years, Royton Road Runners consistently belies its youth in quality and quantity.

The club was formed in 2003, with 27 founder members, many of whom are actively involved today. With 2013 marking the club's ten-year anniversary, the now 100-member strong side is embarking on a series of celebratory events.

On February 3, 2003, the club's first-ever club run took place, so on the same day earlier this month, members re-enacted this with 92 past and present members running or walking the same route as on the inaugural run ten years ago.

But the celebrations do not stop there. The club is organising a summer ball in July and in October many members are going on an overseas running trip to Amsterdam. Some will be doing TCS Amsterdam Marathon, others will be doing the half-marathon or 8km events, while many will just be going along to encourage their team-mates.

The club's headquarters are at Royton cricket club, which is situated about 1.5 miles north of Oldham in north-west England. As a purely adult club, this cultivates a special atmosphere and Dave Emmanuel, who is in charge of communications and social networking, is quick to explain what he thinks makes this club unique.

"Our ethos is quite simple," he says. "We bring like-minded people together to run. We cater for all standards and are not at all elitist. We like people to take part and have fun."

Emmanuel is keen to point out, nevertheless, that underneath this friendliness lurks a fiercely competitive side to the club, which is arguably what has contributed to its success and attracting new members. "We pride ourselves



on having a strong competition element," he explains. "Our members are keen to race and we have enjoyed notable success in races. However, underpinning all that, we all just want to enjoy ourselves."

Club member Kirsty White adds: "Royton Road Runners is a fantastic group of people, who not only share a love for running, but also a zest for life! Joining this club is one of the best decisions I've ever made."

Such is the club's commitment to get new members involved, Royton Road Runners has a thriving Run England group, which started in January and is led by John Sweeney. Already the group has 50 new runners, many of whom have never run before. Most of these are not yet club members, but it is hoped that many will get a taste for the sport and will feed into the club in the coming months.

This group meets on a Monday evening and in addition to this, there are three or four other training groups, which are organised according to the pace of the runners. Each group has two or three running leaders, who choose the route for that evening, either on local roads in winter or through Tandle Hill Country Park as the evenings get lighter.

Emmanuel explains: "This format stays the same on Mondays and Thursdays, with the main emphasis being for people to enjoy running with other members and stay safe on the roads. We ensure people stay together and never leave anyone behind."

Various groups also meet on a Saturday morning to undertake the weekly long run. The club has also recently begun incorporating twice weekly track sessions on Mondays and Wednesdays, led by level one coach Brian Moore and these are proving increasingly popular, with members realising that complementing their runs with a bit of speed work can pay dividends when it comes to improving their race times.

Many members are marathon runners, with the London and Greater Manchester marathons becoming popular aims. In 2012, 49 members ran 68 marathons between them and Emmanuel is confident the number will be exceeded this year.

ABOVE RIGHT:
Royton Road Runners marks its 10th anniversary this year

BELOW: club members at the Ian Casey 5km





LEFT: from 27 founder members in 2003, Royton Road Runners now boast around 100 members

BELOW LEFT: Ian McBride ran 2:31:44 at the Virgin London Marathon last year

BOTTOM: club president Dave Phillips

Practising what it preaches in terms of wanting to encourage people to race regularly, the club also holds an annual club championships, the winners of which are decided on points accumulated from 17 feeder races throughout the year. This ensures the competitive spirit is kept alive among members. One member, Mike Harrison, explains: "I like the fact that one day I could become club champion. Aside from that, it has to be one of the friendliest, yet at the same time, competitive, running clubs in Britain."

The club also has a roll of honour to recognise those who race a lot. Four members have run over 100 races since the club's formation. Of the 164 club races that have taken place since 2003, Bernie Goodwin has run in 123 of them, so he currently sits at the head of the roll of honour.

The club also organises its annual Royton Trail race in July, which often sees 50-60 members taking part. Such is members' enthusiasm for racing, at local races more than 30% of entrants are Royton Road Runners. "I think that having so many people from our club running in races makes us stand out," reveals Emmanuel. "This also helps attract new members. Interested onlookers see the club colours and people enjoying themselves so decide to join."

One of the club's top runners is Ian McBride, who clocked a club record of 2:31:44 to finish 68th in the Virgin London Marathon last year and with that being only his third outing at the 26.2-mile distance, Emmanuel has high hopes that the 30-year-old will go even faster. "Ian is such a natural talent and won the club championships the past two years," says Emmanuel. "It is a tremendous achievement for a small and new club like ours to boast a runner of the calibre of Ian. It shows we can nurture talented individuals, as well as cater for those who want to run more for the social side."

In addition to Moore, who as well as fulfilling his coaching role is club secretary and deals with all of the results spreadsheets on the internet, there are numerous other hardworking individuals behind the scenes. Dave Phillips is the club president and having been one of the founder members, is viewed as something of a club stalwart by many at the club, especially as he is still an active runner himself, winning many prizes as a M65 athlete. He turns 70 later this year, which will make him the club's sixth still active 70-year-old.

Emmanuel is also quick to credit Ray Shaw, who was one of the core instigators in 2003. "Ray has been the driving force and is a bit of an unsung hero. He is always at the finish



at races cheering everyone on. He is so proud of how the club has developed and gave a moving speech at the club anniversary event," he says.

Emmanuel, meanwhile, ensures the website is up-to-date, writes the reports for the local newspaper and generally ensures people are kept informed about the club through social media sites and the club's newsletter.

The club is also committed to the local community, having established strong links with Dr Kershaw's Hospice in Royton. This became the club's

charity in 2011 and since then they have raised more than £5000 through club social events and individual sponsored runs. The club has also helped out through 'Community Days', which have included activities such as painting fences and tidying up the gardens at the hospice. Emmanuel explains: "We are a sociable club. There are always things happening and we don't get too bogged down in rules and regulations."

From this, it is clear that members of Royton Road Runners want to run and improve. However, it seems that they never lose sight of why they are doing it. They want to use their hobby to help support the community around them and above all, they want to enjoy their running.



Every month, we will announce the winners of the new *Athletics Weekly* Club and Club Ambassador Awards, which are supported by Ronhill and assisted by Hilly Limited and Ridgeway Textiles. The awards reinforce our joint commitment to grassroots club athletics and will culminate in our annual awards.

Each month there will be two awards:

» **Club of the month** and » **Club ambassador**

The winners will be featured in *AW*, entered into the Ronhill Hall of Fame and the club will receive £150 of Ronhill kit and a trophy, while the ambassador wins £100 worth of kit and a trophy.

To enter, go to *AW*'s website at: [athleticsweekly.com/awards](https://www.athleticsweekly.com/awards)

Page and his perfect Arena

BOB PAGE IS THE ARCHETYPAL CLUBMAN AND UNSUNG HERO

BOB PAGE credits his club Arena 80 for his continued love of the sport, as he thinks it provides a friendly atmosphere in which he can coach and be part of.

Possessing the etiquette of a true unsung hero, the modest 54-year-old says: "I was really surprised to receive this as I coach from a completely voluntary stand point and never considered any reward for it apart from what runners give me in the form of performance and personal achievement. I hope by winning this award I can encourage others to put something back into the sport."

Page started running in 1989 to improve his fitness. Keen to fulfil his potential, he started studying the science behind performance, realising that a holistic approach to the sport is necessary in order to achieve highly. As a result, he joined Arena 80 in order to learn from experienced people in the sport.

However, such was his interest, within two years he had attended coaching courses to help support increasing membership numbers at the club. He found these courses to be beneficial to his own running, as well as setting him up for his coaching path.

When the head coach left in 1996, Page stepped in and worked hard at gaining all the knowledge he could to help and encourage others, and ever since, he admits he has found coaching to be "a truly self-satisfying pursuit".

Central to his coaching philosophy is trying to help athletes progress at the appropriate speed. "Being able to impart my experiences and knowledge in the form of guidance to new runners so they don't run before they can walk is key to them staying in the sport and stopping them being injured through trying to over-achieve early on," he explains. "I don't mind what level runners start at, as long as they want to be the best they can be."

He coaches on Mondays at Withdean Stadium in Brighton and on Thursdays in Hove Park, in addition to attending weekend races as an athlete, coach, supporter or official. "The club I coach at is very friendly and has a diverse group of athletes who all encourage each other to achieve their targets but also support each other when the dreaded injuries unfortunately occur," he says. "Arena 80 is known nationally for its female runners and relay winning teams

"He stands in the foulest of weathers giving shouts of encouragement and is always available and willing to give advice to any runner, regardless of what sort of running they want to focus on"

ISOBEL MUIR, on Bob Page



Bob Page: started running in 1989 and soon became a student of the sport

and they always make me very proud to be part of the club."

However, his fondest memory with the club is seeing the men start winning county medals through hard work and dedication. "Athletics and especially running is a pure sport and you only achieve your aim by personal hard endeavour and positive outlook, so being in a position to offer direction and support when things don't always go right is really satisfying," he explains.

In addition to being a level three head coach at Arena, the telecommunications mobile network planner for BT undertakes numerous other roles in the sport. He has been club chairman since 1996, is the Sussex AA road running secretary and an England Athletics road race adjudicator. He is also helping to organise the Brighton Marathon mini mile races.

Page was nominated for this award by one of his athletes, Isobel Muir, who started out as a beginner in the Brighton and Hove parkrun before joining the club and Page's training group about five years ago. She says: "He stands in the foulest of weathers giving shouts of encouragement and is always available and willing to give advice to any runner, regardless of what sort of running they want to focus on.

"He has given me lifts to various races and is always happy to help. I think Bob knows how to pitch himself to the personality of the runner and he gets along with everyone."



RONHILL

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New spring 2013 road and off-road running kit from Ronhill is now available in stores across the UK and online



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AW

On track

NO doubt many of you have been training on the track throughout the winter months.

However, have you taken a close look at what condition it is in? Cold, wet, frost, and snow as well as general usage all affect the surface in different ways and we have an article that tells you all you need to know and more about how to keep

it in pristine condition. It also lists the danger signs to look out for, which if left, can lead to an expensive repair bill.

Bobby Clay is one of the UK's brightest young stars at cross-country and on the track and who has been collecting gold medals for fun so far in her fledgling career and we feature her in *How They Train*.

We also have a look at Mara Yamauchi's tips for the forthcoming marathon season as well as learning what top a Scottish hammer thrower eats from breakfast through to bedtime and it's a lot!

David Lowes,
Coaching editor

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- Track maintenance – Keeping it in tip-top condition
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PRODIGIOUS TALENT BOBBY CLAY AND HER COACH PETER MULLERVY SPOKE TO DAVID LOWES

BOBBY CLAY had a year that most athletes can only dream about in 2012, with a clean sweep of titles ranging from 800m through to the mud and hills of cross-country and all at the tender age of 15.

Coach's view

Her coach, Peter Mullervy, says: "Bobby has always had talent, but she came to the fore as an under-15 when regularly just finishing outside the medals nationally as a first year in most of her races. Her previous coach, James Roberts,

FACTFILE: BOBBY CLAY

Born May 19, 1997
Coach Peter Mullervy
Club Invicta East Kent AC
PBs 300m 41.4 (2011)
 400m 59.19 (2012)
 800m 2:07.29 (2012)
 1500m 4:24.91 (2012)
 3000m 9:34.95 (2012)

Achievements

2012 England U17 800m gold; SIAB International 1500m gold; English Schools 1500m gold; ISF World Schools Cross gold; English National Cross U17 gold; English Schools Cross gold; Inter-Counties Cross U17 gold
2011 England U15 800m gold; English Schools 800m gold; School International Cross 4th; English Schools Cross 4th; English National Cross U15 4th; Inter-Counties Cross U15 4th
2010 English Schools Cross 108th; English National Cross U15 6th
2009 Inter-Counties Cross U13 53rd

Bobby Clay



Bobby Clay trains alongside her sister, Alex Clay (242)

MARK SHEARMAN

has a good philosophy of training mainly on grass whenever possible, which enabled the development of good efficiency at a very low risk of injury. Additionally, his training is based on competitive efforts within a group, with a fun element always present, such as relays.

"Her older sister, Alex, who moved to my group in September 2011, is immensely talented too, winning the South of England Cross title (beating Jessica Judd), England under-17 and the SIAB International 3000m titles along with medals in all the other major championships in 2012."

Mullervy, who has only been coaching Bobby for around six weeks, is a lifelong BMC member and an advocate of the late Frank Horwill's "five pace system". He has visited the sports science lab at Canterbury Christchurch University to find out what their strengths and weaknesses are.

He adds: "It's to make sure we're developing the right elements of their physical make-up, but the results we received surprised me.

Bobby's data bears comparison with the numbers published for Paula Radcliffe from the age of 17 onwards. Alex had similarly good data and it shows us where we must focus our attentions in the future."

Mullervy says: "It's early days in our coaching relationship, but Bobby rings or texts me daily about her training and her parents are my eyes and ears. I am impressed with the confidence and articulateness she has displayed so far in discussing her training and racing plans and her ability to think on her feet when racing."

Athlete's view

The Invicta East Kent athlete says: "I started running when I was about seven years old. I didn't do any training sessions – I just went out on jogs with my mum and sister every now and again. In year three, I won the Kent Primary Schools Championships and also in year six. But other than these primary school races I didn't really race. I was just happy to be running.

"Although I have recently changed

training groups in order to be able to put a greater focus on my track times, it was in James Roberts' training group that my passion for athletics developed and I owe him a lot. Training was always fun and something to look forward to. I feel as if I have matured as an athlete and am able to cope with sessions which are more mentally challenging.

"It's brilliant to have my sister to run with. Up until the end of the year we didn't do any sessions together, although we have always done our recovery runs together.

"My most significant victory is winning the World Schools Cross Country Championships in Malta last March and my best performance so far this season was at the McCain Cross Country Challenge in Cardiff. It was the first time I had ever run as an under-20. I felt so fresh in the race and just really enjoyed the whole race.

"My best race last summer was the England under-17 800m where I ran a PB of 2:07.29 – it all just

○ TYPICAL WINTER WEEK'S TRAINING

- Sunday** Long run of 60-75min or 90min if they get lost!
- Monday** 30-40min steady.
- Tuesday** Track session (aerobic-based): 20x200m or 15x400m with 90sec rest, or 1000m or 1600m reps with 3min rest.
- Wednesday** 30-50mins steady run.
- Thursday** Track session (aerobic-based): 10x300m with 60sec jog or 500m reps with 90sec jog-back rest. This is followed by one of her dad's strength and conditioning sessions, which are 30min and are very intense, using only bodyweight.
- Friday** Compulsory rest.
- Saturday** Hill reps: Usually mixed into a longish run or some fast elements worked into 50-60min running. On an easier week, this may be just an easy "sociable" run.

Next year the volume will increase again and will sometimes involve two sessions on occasional days, but her rest day will remain an important feature for the foreseeable future.

Summer training mirrors the winter with the same aerobic components but reduced by around 10 per cent. The track sessions may be as intense as 4x400m with 4min rest and run as close to 60sec as possible.

○ *The above sessions are specific to the individual athlete and may not be suitable for other athletes.*

seemed to come together.
"A long-term goal of mine is to

run for GB on the track. Therefore this track season I plan to work

really hard to get my PBs down at both the 800m and 1500m.

"I live on a small holding and have many animals including horses, goats, cats, pigs, cows and sheep! I ride my horses almost every day with my mum and Alex, so my life is non-stop.

"I'm also a part of the "Green Machine", set up by Olympian and 400m hurdler Jack Green. We are provided with mentoring from him, monthly seminars, advice and guidance for our sport. I am lucky enough to have fitness and performance testing by Damien Coleman at Canterbury Christ Church University, who have been very helpful and supportive."

Finally, Bobby is keen to emphasise the appreciation she has for her dad. She says: "He's my guidance in everything I do in athletics, whether it's training, nutrition, sleeping, race preparation or just being my dad, and he lends the same support for my sister and the training group as well."

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- V35, V45, V55 female winners: 1st £40, 2nd £20, 3rd £10
- Team prize (4 men or 4 women), 1st prize £100 per team

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On track for summer

Fast food

MARK DRY

"Usually I'll have something pretty light, maybe half a protein shake and a flapjack or an oat bar. I tend to favour a Snickers bar just before warm-up and sipping on a Lucozade energy drink. If required, I'll hit a Red Bull if a little stimulation is required and if I'm still not feeling up for it, I'll usually have a PAS Phase 1, which contains a lot more caffeine – which is more preferable than drinking can after can of Red Bull, which

can leave you feeling bloated."

Here is a sample of timings and a few simple meals the hammer thrower uses to fuel his body.



● **Breakfast (8am):** Generally high carb, usually porridge, sometimes mixes in a handful of nuts, dried fruit or a spoonful of honey or jam. Washed down with a glass of fruit juice or a smoothie. Occasionally he swaps the aforementioned for a bacon omelette with toast or scrambled egg on toast.

● **Post-training snack (11.30):** Protein shake usually containing carbs and taken straight after training and something like a peanut butter and cheese, or bacon and egg bagel.

● **Lunch (2pm):** Vegetable rice with Thai chicken or vegetable rice with tuna or chicken stir fry.

● **Post-training snack (5.30pm):** As above.

● **Evening meal (7.30):** Either – chicken stir-fry with noodles and vegetables in a sauce or steak with homemade chips, vegetables and egg or gammon steak with egg, potato and vegetables.

● **Pre-bed snack (10pm):** Usually a small shake or a spoonful of organic peanut butter and two poached eggs.

MarkDry.com

THE MAJORITY OF RUNNING TRACKS ARE LEFT TO THE ELEMENTS WITH LITTLE THOUGHT TOWARDS EVEN THE MOST BASIC MAINTENANCE PLAN

OF THE 350 synthetic athletics tracks across the country that have been left facing the winter elements recently, many could have been suffering through a lack of care or neglect. What steps can you take to keep your athletics track ready for the forthcoming season?

To understand the type of maintenance your track may need, it is probably best to explain the types of surface currently in use. Colour combinations aside, there are only two basic synthetic track systems: porous and non-porous.

Porous

This system usually consists of two layers of synthetic material, the exception being the pre-fabricated "roll-out" system. The first layer is a 10-12mm black rubber crumb porous base, while the top "wearing layer" is generally sprayed onto this, to a depth of 2-3mm and can be various colours but typically red.

The two layers bond together when laid in ideal conditions and so become one continuous surface. With this type of surface there is generally no need to have a drainage system, as water is dispersed through the entire track surface.



A full professional clean of the track should be made every three to four years



A run-up strip that has been neglected and is now totally unusable

Non-porous

There are three types of non-porous systems currently available:

Type one is sometimes termed a "sandwich system". This typically has a base similar to that of the porous track, to which an intermediary "sealing" layer is applied prior to the installation of the 'top wearing' layer. The sealing layer then enables the top layer to be installed without losing excessive material into the open base layer and maintaining an even, level finish. The wearing layer has all the necessary texture required, but is ultimately non-porous, thus necessitating the installation of a drainage channel on either the inside or outside of the track to enable surface water to drain away.

Type two is the solid polyurethane [PUR] system. This system is constructed using three layers of a poured polyurethane resin that has rubber granules cast into it to give it structure. The depth of the surface is generally 12-14mm. The top wearing layer of this surface has a similar appearance to the sandwich system. The PUR track is one of the most durable of all the systems.

Type three is a kit system, which consists of lengths of prefabricated track surface, usually one-lane wide, which are glued down to the

tarmac sub-base. Care must be taken with this system not to allow debris to collect in the many joints around the surface.

Surface issues

Aside from the possibility of damage caused to the various surfaces by careless use of machinery, the majority of issues are caused by naturally occurring phenomenon. The most common issue for surfaces is the unwelcome growth of weeds, grass and moss to areas of the track that are neglected. During the life of the system, cracks may appear between the surface and the inner and outer kerbs, allowing such things as dirt and seeds to accumulate and thrive.

Once established, the root systems will eventually weaken and undermine the edges, causing cracks to develop and the edges of the track to collapse. To avoid this, care must be taken to regularly clean and spray with a weed-killer all the edges around the track perimeter. In a similar fashion, grasses will try to grow in and around landing pits of the jump run-ups. Again, regular cleaning and removal of early growth will ensure that sand is not left to accumulate against kerb edges and this helps to avoid future issues.

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Cheap DIY repairs can cause more problems than they are worth

The textured track surface will hold a little moisture and, in some locations, moss can be a particular problem if it is allowed to thrive. Regular treatment with a recognised moss inhibitor is recommended, at least quarterly if the location of your track makes it susceptible to moss growth. Areas of the track that are shadowed by trees will require frequent cleaning to prevent the fallen leaves from rotting on the surface. If this material is left, it will blacken the track and the rotting leaves will encourage further growth of other plants.

These areas may also hold pools of water, which when frozen in the winter months open the surface of the track and cause it to crack over time. Another issue with debris that is particularly relevant to non-porous tracks is that when it accumulates in the drainage channels, they will become blocked and prevent the track from draining effectively and this will lead to standing water and encourage unwanted growth of plant life.

Taking all of this into consideration, it is perhaps clear that a little effort on a regular basis will eliminate many of the causes of long-term track degradation and hence the need to spend large sums of money on rectification. As a general rule, a full and professional deep clean of the track should be considered every three to four years.



Tell-tale signs of wear and over-use of a particular area

depending on a track's location and its frequency of use.

Winter tasks

A number of smaller tasks should also be considered in order to fully prepare your track for the winter months:

- 1 Ensure that only "clean" sand is put back into the pits before covering them.
- 2 Remove wooden take-off boards from runways and storing them inside.
- 3 Wherever possible, remove landing mats and storing them in dry and secure storage areas – rabbits, rats and mice love them to "overwinter" in.
- 4 Note any areas where water is pooling to remedy during the summer.
- 5 Check drains are running clear and where possible clear and clean.
- 6 Don't leave grass cuttings on the track over winter to rot down.
- 7 Ensure all covers are secured against potential winter winds and storms.
- 8 Remove all equipment to storage areas – anything left on the track surface, such as hurdles and steeplechase barriers, may well leave a shadow or rust mark when it is moved at the start of the new season.
- 9 Where possible, drain the steeplechase water jump and insulate the feed pipes and valves with a waterproof material.

- 10 If the kerb is removable and is aluminium, put it away, or risk losing it for scrap!

Although not linked to winter maintenance, be mindful of the surface you have and do not mix surface types with DIY repairs. This will cause issues in the long-term, particularly if you repair a non-porous system with a porous repair and will allow water to penetrate the surface, which could lead to further delamination and lifting of the surrounding track if the water freezes. What may seem like a cheap option at the time could end up being costly.

Be aware of the heavy-wear areas of your track, such as the start and finish lines and the ends of the throws and jump run-ups. If these areas are showing the classic signs of wear, like the black base layer showing through, it is wise to seek advice from a registered installer or repairer. The base layer is a much softer material and will degrade far quicker causing potential hazards for athletes.

In summary, try to encourage athletes to vary their areas of training to spread the wear of the track – there are more lanes than the inside as well as starting positions!

Athletics tracks may appear to require very little maintenance, but they do need some attention all year round. A closed track costs money, time and inconvenience and this can be easily avoided with a worthwhile maintenance programme.

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MARASHERMAN

Mara's marathon advice

MARA YAMAUCHI, Britain's second-fastest ever female marathon runner with a world-class 2:23:12, says: "It's all about lifestyle choices. Where you live is critical and what kind of training partners you have, what the weather is like, the training courses you have, if there is a good massage therapist nearby and so on."

Yamauchi (above), who retired recently, climbed the endurance running ladder from national cross-country champion in 1998 to finishing sixth in the Olympics in 2008 and second in the London Marathon in 2009 as well as victory in the Osaka Marathon and a Commonwealth Games 10,000m bronze medal.

When asked what her advice to young athletes is, she says it is vital to get a good lifestyle structure in place.

When it comes to the detail of training, though, did she have a key training session in the lead up to her bigger races? "Yes, I would do two runs of 40km before each marathon," she explains.

"The last 20km of each one would be at a reasonable pace. That would be really tough and the whole run would take me about 2hr 40min."

She adds: "I also found long tempo runs to be very important, over around 20km or half-marathon distance. Often I would do these in races in order to tick that box."

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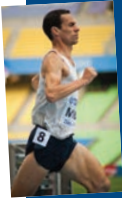
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AW

National excess

DESPITE this being National weekend, there was plenty of other action, especially indoor track and road, both internationally and in the UK.

While British eyes were on Mo Farah in the USA, the most important road race of the weekend was the World Marathon Majors debutant Tokyo. **Steve Smythe, Results editor**



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OVERSEAS

AUSTRALIA

IAAF Walk, Hobart, February 24

Men: 20KmW: 1 J Tallent 82:10; 2 D Bird-Smith 1:22:27; 3 L Adams 1:23:48. **Women:** 20kmW: 1 T Holliday 1:34:32; 2 C Webb 1:35:46; 3 R Tallent 1:36:50

Hobart, February 23

Men: 800: A: 5 GRAHAM HOGG 1:54.98. 5000: 1 C Birm 13:27.35; 2 NICK MCCORMICK 13:34.72; 3 R Gregson 13:37.12; 4 B Robinson 13:37.72. **JT:** 1 Zhao Qinggang (CHN) 80:77. **Women:** 1500: 1 S Kuijken (NED) 4:09.66; 2 Z Buckman 4:10.23; 5 CLAIRE GIBSON 4:18.16. **TJ:** 1 L Leverton 14.07/27

Melbourne, February 19

Men: Mile: 6 GRAHAM HOGG 4:15.1

Hobart, February 17

Men 10km: 2 NICK MCCORMICK 29:16

Western Australia State Championships, Perth, February 15

Men: 5000: 3 SCOTT TAMBLIN 14:58.05

Adelaide, February 16

Men: 100 (1.2): 1 J Ross. 200 (1.7): 1 N Hough 20.71; 2 Ross 20.73. **Women:** 100 (-1.7)/200 (0.7): 1 M Breen 11.59/23.52 (+0.7). 800: 1 K Hetherington 2:02.33. **JT:** 1 K Mickel 58.74

CANADA

Aus Indoor Championships, Moncton, February 23/24

Men: 60H: 2 MATTHEW BAKER 8.93. **Penl:** 3 MATTHEW BAKER 3445 (8.70 60H)

Canada West Championships, Regina, February 22-23

Men: 60: 2 CALUM INNES 6.88. **Ht2:** 2 INNES 8.27. **60H:** 1 INNES 8.01. **PV:** 3 JAMIE SINCLAIR 4.51. **Women:** 60H: 4 HAZEL ROSS 8.73. **Ht1:** 2 ROSS 8.69. **HJ:** 1 EMMA NUTTALL 1.85

CHINA

Hong Kong, February 24

Men: Mar: 70 MARTIN KENNARD (M40) 2:48:45. **Women:** HM: 8 RACHEL SPROSTON (W40) 89:27; 13 ANN CHENG-ECHEVARRIA (W40) 92:41

ETHIOPIA

Addis Ababa, February 24

WORLD marathon bronze medallist Feyisa Lilesa and steeplechaser Hiwot Ayalew won Ethiopia's trials for the World Cross Country Championships.

Hagos Gebhrhiwet, the world 5000m junior record-holder, won the junior race and Alemitu Haroye won the women's equivalent. Non-finishers included Imane Merga and Gelete Burka.

Men 12kmXC: 1 F Lelisa 34:36; 2 Y Demelash 34:41; 3 M Geremew 34:51. **Women:** 8kmXC: 1 H Ayalew 26:22; 2 G Yalew 26:31; 3 Y Melese 26:37; 4 M Melkamu 26:41

FRANCE

Nevers, February 23

Men: PV: eq5 ANDREW SUTCLIFFE 5.45. **Women:** PV: A: 1 KATIE BYRES 4.35; 3 SALLY PEAKE 4.25. B: 3 M Terrisse (B&B/FRA) 3.95

Cannes Half-Marathon, February 24

Men: HM: 19 JENSON BUTTON 79:07. 107 JOHN MORRIS (M65) 87:45. **Women:** HM: 15 LIZ BOWERS (W60) 92:22

Metz, February 23

OLYMPIC champion Renaud Lavillenie maintained his unbeaten record with a world-leading 5.94m. His brother, Valentin, set a PB in third with 5.70m. Kim Collins looked sharp with a 6.53m 60m win.

In the women's 400m it took a Cuban record for Indira Terrero of 52.02 to beat Briton Margaret Adeoye who set a PB of 52.35. Anyika Onuora won the 60m in 7.33.

Men: 60: 1 K Collins (SKN) 6.53 (6.59 ht); 2 A Adams (SKN) 6.64; 3 E Biron 6.68. 1500: 1 B Birgen (KEN) 3:36.66; 2 A Wote (ETH) 3:36.71; 3 A Iguidier (MAR) 3:37.72; 4 F Carvalho 3:42.37. 2000: 1 S Fida (ETH) 5:00.59; 2 B Tahri 5:00.69. 3000: 1 V Rono (KEN) 7:55.68. 60H: A: 1 P Dal Molin (ITA) 7.59; 2 D Bochenek (POL) 7.71; 3 E Abate (ITA) 7.75; 6 GIANNI FRANKIS 7.82(7.83 ht). **PV:** 1 R Lavillenie 5.94 (5.60o, 5.76o, 5.82o, 5.94o, 6.00xxx); 2 K Filippidis (GRE) 5.70; 3 V Lavillenie 5.70. **TJ:** 1 G Saku-Bafuanga (CUB) 16.94. **Women:** 60: A: 1 ANYIKA ONUORA 7.33. **Ht1:** 1 ONUORA 7.39. 400: 1 I Terrero (CUB) 52.02 (rec); 2 MARGARET ADEOYE 52.35; 3 P Anacharis 52.71; 4 M Hurlis 52.71; P Hall (JAM) dnf. 3000: 1 A Ayana (ETH) 8:56.91; 2 R Arrafi (MAR) 8:58.32; 3 S Hilali (MAR) 8:58.88

Lyon, February 23

Men: 1500: 6 JAMIE TAYLOR-CALDWELL 3:59.49

Toulouse, February 23

Men: DT/HT: T LALLEY (M60) 33.75/40.10

GERMANY

German Championships, Dortmund, February 23/24

Men: 60: 1 J Reus 6.56 (6.60 sf). 200:

1 M Kessler 21.12. 400: 1 T Schneider 47.33. 800: 1 R Schembera 1:49.11. 1500: 1 F Orth 3:41.00; 2 H Tesfaye 3:41.05. 3000: 1 C Schlagen 7:55.37. 60H: 1 E Balnuweit 7.61; 2 G Traber 7.68; 3 M Buhler 7.69. **PV:** 1 B Otto 5.85; 2 M Mohr 5.80; 3 H Gruber 5.75; 4 T Scherbarth 5.75; 5 R Holzdeppe 5.70. **LJ:** 1 C Reif 8.06; 2 S Bayer 7.97. **SP:** 1 R Bartels 20.08; 2 M Schmidt 19.71. **Women:** 60: 1 V Sailer 7.18 (7.20 ht, 7.19 sf); 2 T Pinto 7.24. 200: 1 I Weit 23.53. 1500: 1 A Horna 4:13.26; 2 E Sujew 4:13.57; 3 D Suzew 4:14.74. 3000: 1 C Harrer 9:04.21. 60H: 1 N Hildebrand 8.07; 2 C Roleder 8.11. **PV:** 1 K Gadschiew 4.40. **TJ:** 1 J Elbe 13.86. **SP:** 1 C Schwanitz 19.79

IRELAND

Athlone, February 23

Men 1500: 3 GARETH HILL 3:54.97. **Mile:** 2 CONOR BRADLEY 4:02.67. **Women 800:** 1 R Galligan (Glouc/IRL) 2:03.39

AAI Inter Club, Tullamore, February 24

Men: ZXC: 1 S Ciobanu (MDA) 38:26; 2 J McAllister (St Mal/IRL) 38:39; 3 E Flynn (IRL) 38:56; 13 DECLAN REED 40:21; 30 ENMETT MCGINTY 41:40; 35 GREGORY ROBERTS 42:22; 38 COLIN ROBERTS (M40) 42:36. **U20:** ZXC: 1 S Tobin (IRL) 19:31; 2 H Armstrong (IRL) 19:39; 3 I Guiden (IRL) 19:53; 8 BEN BRANAGH 20:20; 9 PADDY ROBB (U17) 20:28; 10 KEVIN MULCAIRE 20:32; 24 JAMES SMYTH (U17) 21:53. **Women:** ZXC: 1 M Cullen (IRL) 27:40; 2 L Byrne (IRL) 28:16; 3 B Connolly (NBH/IRL, W35) 29:21; 4 S McCormack (IRL) 29:28. **U20:** 1 S Fitzpatrick (IRL) 15:18; 2 I Odlum (IRL) 15:20; 3 O Murray (IRL) 15:31

Woodie's DIY AAI Masters Indoor Championships, Athlone (Addn), February 9

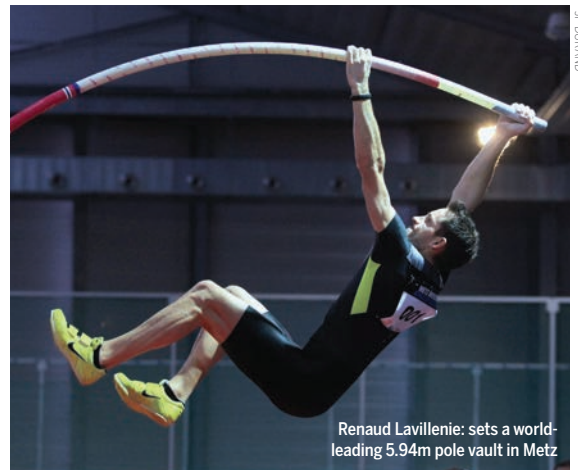
M40: 3000: 1 MATTHEW BIDWELL 8:53.07; 4 JAMES BROWN 9:14.15. **M45:** 1500: 1 CATHAL McLAUGHLIN 4:19.03

JAMAICA

Gibson Relays, Kingston, February 23

Bolt in action over 400m

FOR the second consecutive weekend



Renaud Lavillenie: sets a world-leading 5.94m pole vault in Metz

Usain Bolt warmed up for the more serious business later in the season with a one-lap appearance.

His 45.7-second relay split in the heats for Racers Lions was far short of his best, though, and followed his 46.74 individual effort at the Camperdown Classic.

After his third leg contributed to a winning time of 3:06.9, he sat out the final as planned, allowing his training partner, Yohan Blake, to shine.

The world 100m champion, who has a best for the individual 400m of 46.49, was timed at 44.8 as he tried in vain to chase down the Racers Track Club quartet.

Off a blocks start, Tyson Gay is the only man in history to run below 10, 20 and 45 seconds for 100m, 200m and 400m. However, Blake showed he is not very far away from beating Bolt to emulating Gay.

Bolt, the world record-holder at 100m and 200m, has never broken 45 for the longest sprint despite running 45.35 as a 16-year-old and improving to 45.28 four years later.

Men: LJ: J Jackson 7.86w/3.6. 4x100: Racers Lions TC 38.50 (1h2 38.70); h3: U.Tech 38.90. 4x400: 1, Racers TC 3:03.74; 2, Racers Lions TC 3:04.00.

Women: 100 (-0.1): E Thompson 11.41.



Dennis Kimetto: fast time in Tokyo

4x100: 1, Racers Lions 44.26; 2, UTECH TC 44.36. 4x400: 1, U.Tech 3:32.19; 2, Racers TC 3:33.22

JAPAN

Tokyo Marathon, Tokyo, February 24

DENNIS KIMETTO won the men's race in a course record 2:06:50 with Michael Kipyego just eight seconds back in second. They were excellent times in cold and windy conditions as Tokyo made its debut in the World Marathon Majors.

Pacemakers Wilfred Kigen and Philip Langat led past 10km in 30:15, 20km in 60:52 and halfway in a disappointing 64:22. A further pacemaker Cyrus Njui slightly upped the pace through 25km in 76:13 and then a 15:08 split through to 30km in 1:31:21.

Kimetto, the Berlin Marathon runner-up and world 25km record holder, then upped the pace significantly with a vicious 14:20 5km to 35km and completed the 10km in 28:55 to pass 40km in 2:00:16 and took just 6:34 for his last 2195m. He covered the second half in 62:28.

The winner said: "At 35km I thought I could win the race. The pace maker was a little slow for me and I thought of leaving them behind at times, but I decided to stay with the pace. I want to run the World Championships next, but if that is not possible then I will run Berlin and, if I run Berlin, then I want to go after the world record."

In the women's race the early pace was fast and even and Caroline Kilel led past 10km in 33:31, though the pace slowed through 20km, with Kilel still ahead on 67:52 and halfway in 71:50.

Kebede picked the pace up slightly through 25km in 1:25:21 and then put in a 17:18 split to 30km in 1:42:39, though her fellow Ethiopian Yesi Esayas went in front. Kebede regained the lead through to 40km and it only took a 35:12 10km for Kebede to break clear.

Men: Mar: 1 D Kimetto (KEN) 2:06:50; 2 M Kipyego (KEN) 2:06:58; 3 B Kipyego (KEN) 2:07:53; 4 K Maeda 2:08:00; 5 J Kwambai (KEN) 2:08:02; 6 G Kirwa (KEN) 2:08:17; 7 F Bekele (ETH) 2:09:05; 8 D Sefir (ETH) 2:09:13; 9 T Matsumiya 2:09:14; 10 J Maiyo (KEN) 2:10:18; 11 M Imai 2:10:29; 12 G Kipeteer (KEN) 2:10:41; 252 THOMAS BOOTH 2:47:21. **Women:** Mar: 1 A Kebede (ETH) 2:25:34; 2 Y Esayas (ETH) 2:26:01; 3 I Mikenko (GER, W40) 2:26:41; 4 A Mayorova (RUS) 2:26:51; 5 Y Ozaki 2:28:30; 6 H Johannes (NAM) 2:29:30; 7 M Yoshikawa 2:30:20; 8 N Staravoiava (BLR) 2:30:35; 62 SARAH EDSON 3:04:50; 105 ROSAMUND BARKER (W45) 3:15:51

KENYA

Kenyan Championships, Nairobi, February 16

BOTH Philemon Rono and Margaret Wangare were surprise senior winners. The clearest win of the day went to world junior 1500m champion Faith Chepngetich, who will start as one of the favourites for the under-20 race at the World Cross Country Championships.

Men: 12kmXC: 1 P Rono 35:22; 2 T Kiptoo 35:25; 3 G Kirui 35:26; 4 H Machariyang 35:32; 11 I Koeh; 14 J Mwangangi; 20 C Ndiku; 81 L Komon; B Karoki/M Mathathi/J Ebuya dnf. **Junior 8km:** 1 R Kwemai 23:10; 2 L Barsoton 23:16; 3 M Mukono 23:21; 4 E Kiprono 23:22. **Women: 8km:** 1 M Wangare 26:46; 2 I Cheptai 26:48; 3 J Kisa 26:50; 4 E Chebet 26:52. **U20:** **6km:** 1 F Chepngetich 19:54; 2 A Chebet in 20:02; 3 R Chepngetich 20:04; 4 C Chepkoech 20:08

MALTA

Marsa, February 24

Men: Mar: 14 MARK ANDERSON (M45) 2:51:06. **Women: Mar:** 2 NICOLA GREEN (W40) 2:58:36

NEW ZEALAND

Palmerston North, February 19

Men: 800: 3 SAM PETTY 1:51.55

PUERTO RICO

World's Best 10km, San Juan, February 24

Men: 10km: 1 S Kitwara (KEN) 28:42; 2 J Kogo (KEN) 28:48; 3 K Kiprop (KEN) 28:59; 4 W Chebet (KEN) 29:01; 5 M Kiptoo (KEN) 29:02; 6 D Saleh (KEN) 29:05; 7 Z Tadese (ERI) 29:08; 8 J Kipkoech (KEN) 29:19; 9 E Bett (KEN) 29:30. **Women: 10km:** 1 J Chepkirui (KEN) 31:40; 2 L Chepkurui (KEN) 32:10; 3 E Chemtai (KEN) 32:18; 4 A Alemtu (ETH) 32:42; 5 K McGregor USA 33:12; 6 D Nukuri-Johnson (BDI) 33:13; 12 FREYA ROSS 34:59.

QATAR

Doha, January 26

Men: HM: 3 TOM WHATELEY 74:02. **Women HM:** 1 REBECCA BOTWRIGHT 86:56

RUSSIA

Russian Winter Walk Champs, February 23, Sochi

OLYMPIC champion Yelena Lashmanova gained her third successive win at the event as her 1:25:49 was less than a minute down on her world record time in London.

Pyotr Trofimov set a world-leading 1:18:28 in the men's 20km walk and Sergey Bakulin clocked 2:26:08 in the 35km event.

Men: 20kmW: 1 P Trofimov 1:18:28; 2 A Ruzavin 1:19:06; 3 D Strelkov 1:19:53; 4 A Ivanov 1:21:22 (U20rec). **35km:** 1 S Bakulin 2:26:08 (20km 1:24:45); 2 A Bartsaykin 2:27:43. **Women: 20kmW:** 1 Y Lashmanova 1:25:49; 2 A Kiriyapkina 1:25:59; 3 V Sokolova 1:26:00

St Petersburg, February 17

Women: PV: 1 A Kiryashova 4.56. L/L/TJ: I Ter-Mesrobyan (W40) 6.22/13.09

Russian Championships, Moscow, February 12

EUROPEAN champion Sergey Shubenkov equalled the world lead with a 7.50 win at the 60m hurdles.

Men: 60: 1 A Brednev 6.68. **400:** V Kruglyakov 47.05 (46.97 ht). **800:** 1 I Nesterov 1:47.69 (1:48.11 ht). **1500:** 1 Y Nikolayev 3:39.54. **3000:** 1 V Smirnov 7:47.01; 2 Y Nikolayev 7:47.57; 3 A Safronov 7:48.49; 5 I Safulin 7:54.90



Abeba Aregawi: 3:58.40 for second fastest time ever, indoors

(U23 rec). **60H:** 1 S Shubenkov 7.50 (7.60sf, 7.64 ht); 2 K Shabanov 7.67; 3 A Dryomin 7.74. **HJ:** 1 S Mudrov 2.34; 2 D Semyonov 2.30; 3 D Tsyplakov 2.30. **PV:** 1 A Ivakin 5.65. **LJ:** 1 A Menkov 8.18. **TJ:** 1 R Samitov 17.06; 2 A Fyodorov 16.92. **SP:** 1 M Sidorov 20.10; 2 V Kokoyev 19.97. **Women: 60:** 1 Y Katsura 7.28. **400:** 1 K Ustalova 51.31 (52.05 ht); 2 K Zadorina 52.29. **800:** 1 Y Kotulskaya 2:02.24; 2 M Pospelova 2:02.38. **hts:** A Glazkova 2:00.31; S Podosoyova 2:00.32. non qual: S Cherkasova 2:01.66; Y Soboleva 2:01.93. **1500:** 1 Y Korobkina 4:10.28; 2 S Podosoyova 4:10.47; 3 A Shchagina 4:10.69; 4 Y Soboleva 4:11.02; 5 M Pospelova 4:11.47. **3000:** 1 S Kireyeva 8:48.27; 2 Y Korobkina 8:50.42; 3 N Aristarkhova 8:50.76; 4 N Leontyeva 8:57.80. **5000:** 1 O Glazkova 15:36.08; 2 Y Nagovitsyna 15:36.65; 3 N Gorchakova 15:38.98; 4 Y Zadorzhnaya 15:41.42. **2000SC:** 1 Rodko 6:09.13; 2 Bukina 6:12.76; 3 Bykova 6:16.61. **60H:** 1 Y Kondakova 7.95; 2 O Samylova 8.04; 3 S Topylina 8.09. **HJ:** 1 Kivimiyagi 1.91; 2 Gordeyeva 1.91;. **PV:** 1 A Savchenko 4.70; 2 A Krasnova 4.55; 3 L Yeromina 4.50. **LJ:** 1 D Klshina 6.80 (6.51q); 2 O Kucherenko 6.77 (6.48q); 3 S Denyayeva 6.76 (6.62q). **TJ:** 1 I Gumenyuk 14.41 (& 14.33); 2 V Dolgacheva 14.41 (& 14.07); 3 V Mosina 14.30; 4 Y Koneva 14.23 (13.66q); 5 Y Chernenko 14.19; 6 V Zayalova 14.11. **SP:** 1 Y Kolodko 19.24; 2 Y Soloyyova 18.66

SERBIA

Novi Sad, February 17

Men: SP: 1 M Pezer 20.26

SPAIN

Sabadell, February 24

M50: 60: 4 MARTYN BAKER (M50) 8:37

Seville Marathon, Seville, February 24

Men: Mar: 1 S Busendich (KEN) 2:10:13; 2 Y Shaware (ETH) 2:12:35; 3 E Samal (KEN) 2:13:10; 7 J Carretero 2:15:34; 9 C Martinez 2:17:55; 13 STUART ROBINSON 2:22:11; 168 ROBERT DARGAVEL SMITH (M40) 2:48:03; 264 RICHARD WEBSTER (M45) 2:52:39. **Women Mar:** 1 E Bizuayehu (ETH) 2:29:52; 2 M Tafa (ETH) 2:31:48; 3 W Debele (ETH) 2:32:57; 4 E Navascues in 2:35:38; 12 JILL SMYLLIE 3:01:14; 13 MARIA KELLY (W35) 3:02:02

ALGERIA

Algeria, January 27

Men: HM: 12 ROBERT BRUNDISH 73:23; 254 RICHARD FILE (M65) 91:37

ZARAGOZA

Zaragoza, February 3

Women: PV: 5 LAUREN ECKERSLEY (U15) 2:40

VALLADOLID

Valladolid, February 3

Men: 10kmXC: 1 A Kibet (KEN) 30:41; 2 D Sanz 30:59. **Women: 6.75km:** 1 M Tigabea (ETH) 23:19; 2 E Navascues 23:25; 3 M Dominguez 23:33; 4 A Aguilar 23:40

Sweden
Stockholm, February 21
THE final IAAF meeting of the indoor season was a good one with six world leads.

The highlight was the second fastest ever 1500m by Sweden's Abeba Aregawi, who in a largely solo time trial ran 3:58.40 and just missed out on Yelena Soboleva's world indoor record by only 0.12 of a second.

The former Ethiopian was making her first home appearance since gaining Swedish citizenship. She followed the pacemaker through splits of 30.2, 62.0, 1:35.0 and 2:07.7 and then was on her own. She passed 1000m in 2:40.2 and then 1200m in 3:12.8 and then started to accelerate and her last 200m was just 29.5 and her 300m was 45.6.

Her outdoor Ethiopian record is 3:56.54. Galen Rupp was another to impress as he won the 3000m in a US record 7:30.16 to run the fastest ever non-African indoor time.

Rupp passed halfway in 3:46 and 200m in 5:02, but he upped the pace over the last 600m with laps of 29.5, 29.0 and 28.3.

Behind him, Caleb Ndiku of Kenya improved his PB to 7:31.66, while Abdelaati Iguider ran 7:34.92 in third. Steeplechaser Paul Kipsiele Koeh and Hayle Ibrahim, who set an Azerbaijani record of 7:39.59, were also inside 7:40.

The women's winner at 3000m was also in cracking form. World indoor

1500m champion Genzebe Dibaba was close to the world record with the fifth fastest ever time and world-leading 8:26.57.

Though well over half a lap behind, Eilish McColgan made a big improvement in second with 8:49.31. She moved her to the head of the UK rankings as she beat Almaz Ayana, Siham Hilali and Fionnuala Britton. She is still 15 seconds down on the 8:34.80 recorded by her mother, Liz, though!

At 2000m Dibaba (5:37.2) was ahead of Mesferat Defar's time when she set the world record of 8:23.72, but she couldn't quite up the pace to the same extent in the final kilometre.

Another world indoor champion in great form was Mohamed Aman of Ethiopia, who won the 800m easily in a national record 1:45.05, well ahead of Adam Kszczot's 1:46.62.

Ayanleh Suleiman of Djibouti clocked a world lead of 2:17.05 in the less commonly run 1000m.

Marcin Lewandowski of Poland set a national record of 2:17.77 with Andrew Osagie third in 2:18.78 beating Michael Rimmer and Matt Centrowitz.

The Swedes also had a big win in the field as Michel Torneus set a 8.20m national long jump record ahead of Khotso Mokoena's 8.15m.

Shelly-Ann Fraser-Pryce showed she is getting to grips with indoor running as in the second indoor meet of her career she won the 60m in 7.04, well ahead of Mariya Ryemyen of Ukraine.

Cuba's Yarisley Silva had to wait for her third attempt to clear a world-leading and South American pole vault record of 4.78m. In second, Anastasiya Savchenko set a PB of 4.71m as Holly Bleasdale was a disappointing equal fourth with 4.45m.

400: r1: 1 R Youisif (SUD) 46.79; 2 L Santos (DOM) 46.79. **r2:** 1 P Maslák (CZE) 46.34; 2 RICHARD STRACHAN 46.68; 3 L Gordon (TRI) 47.19; 4 A Ekelund (DEN) 47.36. **R1:** 1 P Balhan (BEL) 1:49.28; 2 GUY LEARMONTH 1:49.33; 3 A Bube (DEN) 1:49.53; 4 J Kubista (CZE) 1:50.00. **R2:** 1 M Aman (ETH) 1:45.05; 2 A Kszczot (POL) 1:46.62; 3 T Kitum (KEN) 1:47.61; 4 A Chemut (KEN) 1:47.79; 7 A Kaki (SUD) 1:50.47. **1000:** 1 A Souleiman (DJJ) 2:17.05; 2 M Lewandowski (POL) 2:17.77; 3 ANDREW OSAGIE 2:18.78; 4 A Vojta (AUT) 2:19.20; 5 MICHAEL RIMMER 2:19.20; 6 M Centrowitz (USA) 2:19.56; 7 MUKHTAR MOHAMMED 2:21.13. **3000:** 1 G Rupp (USA) 7:30.16; 2 C Ndiku (KEN) 7:31.66; 3 A Iguider i (MAR) 7:34.92; 4 P Koeh (KEN) 7:38.35; 5 H Ibrahimov (AZE) 7:39.59; 6 A Rop (KEN) 7:40.16; 7 T Cheru (ETH) 7:43.47; 8 A Wote (ETH) 7:43.99; 9 B Tahri (FRA) 7:44.18. **60H r1:** 1 Y O'Farrill (CUB) 7.76; 2 J Kanervo (FIN) 7.84. **r2:** 1 O Ortega (CUB) 7.62; 2 Xie Wenjun (CHN) 7.68; 3 P Nossmy 7.79; 5 GIANNI FRANKIS 7.87; 6 K Craddock (USA) 8.61. **LJ:** 1 M Torneus 8.20; 2 G Mokoena (RSA) 8.15; 3 Li Jinzhe (CHN) 8.11; 4 P Shalin (RUS) 7.92; 5 Y Tsakonas (GRE) 7.91; 6 CHRISTOPHER TOMLINSON 7.88; 7 MATTHEW BURTON 7.84; 8 Yun Zhiming (CHN) 7.78. **Women: 60:** 1 S Fraser-Pryce (JAM) 7.04; 2 M Ryemyen (UKR) 7.17; 3 M Soumaré (FRA) 7.22; L Jones-Ferrette (ISV) DQ. **400:** r1: 1 D Rosolová (CZE) 52.57; r2: 1 E Floyd (USA) 52.40; 2 Z Hejnová (CZE) 52.42; 3 M Hjelmer 52.93. **1500:** 1 A Aregawi 3:58.40; 2 A Embaye (ETH) 4:09.11; 3 R Arafai (MAR) 4:09.36; 4 T Clement Moser (USA) 4:12.09; 5 M Belete (BRN) 4:12.16; 6 C Tarplee (IRL) 4:13.16. **3000:** 1 G Dibaba (ETH) 8:26.95; 2 EILISH

McCOLGAN 8:49.31; 3 A Ayana (ETH) 8:50.10; 4 S Hilali (MAR) 8:53.12; 5 F Britton (IRL) 8:54.37; 6 P Jelizarova (LAT) 8:56.06; 7 G Dima (ETH) 9:00.88. **HJ:** 1 T Hellebaut (BEL) 1.95; 2 E Green Tregaro 1.92; 3 M Melfort (FRA) 1.89; 4 I Gordeeva (RUS) 1.85. **PV:** 1 Y Silva (CUB) 4.78; 2 A Savchenko (RUS) 4.71; 3 J Ptácniková-Svobodová (CZE) 4.64; eq 4 A Bengtsson/4 HOLLY BLEASDALE/M Nikkanen (FIN) 4.45. **nh:** A Rogowska (POL)

UNITED ARAB EMIRATES

Dubai, February 22

Women: 10km: 2 EMMA PHILLIPS (W35) 39:06; 5 DEBBIE POWELL (W40) 40:31; 13 ELIZABETH DRIVER (W55) 45:19

URUGUAY

San Luis, February 16

Women: 9.82km: 2 ALISON WAKELY (W40) 37:48

USA

Tampa, February 23

Women: 15km: 12 LISA BUOHLER (W40) 61:44

ACC Indoor Championships, Blacksburg, February 22-23

Men: 3000: r1: 5 ZAK SEDDON (U20) 8:25.35. **r2:** 10 DAVID FORRESTER 8:24.40. **LJ:** r1: 3 KIERAN SHOWLER-DAVIS 7.01. **Women: Mile:** 2 VICKY FOUHY 4:43.52; 9 REBECCA CRAIGIE 4:57.55. **Mile: Ht1:** 1 VICKY FOUHY 4:46.96; 6 REBECCA CRAIGIE 4:58.82. **3000:** r1: 2 GEORGIA PEEL (U20) 9:41.04

Mountain West Indoor Championships, Boise, February 22-23
Men: 800: 5 SAM EVANS 1:53.60. **Ht2:** 1 EVANS 1:51.68. **Mile:** 2 EVANS 4:10.04; 3 LUKE CALDWELL 4:10.91. **3000:** 1 LUKE CALDWELL 8:14.66. **5000:** 1 CALDWELL 14:30.30. **Women: 800:** 1 JOSEPHINE MOULTRIE 2:09.75. **Ht1:** 1 MOULTRIE 2:10.04. **Mile:** 1 MOULTRIE 4:42.33; 4 IMOGEN AINSWORTH 4:53.35. **Ht2:** 1 MOULTRIE 5:00.98; 2 IMOGEN AINSWORTH 5:00.99. **3000:** 6 AINSWORTH 9:46.37#

Big Ten Indoor Championships, Geneva, February 22-23
Men: Mile: Ht1: 5 LUKE CARROLL 4:09.51. **TJ:** r2: 2 BABATUNDE AMOSU 15.51. **Women: Mile:** Ht4: 6 LAUREN SCOTT 4:54.99

MPSF Indoor Championships, Seattle, February 22
Men: 60: Ht7: 2 JAMES ALAKA 6.84 **New England Indoor Championships, Boston, February 23**
Men: Mile: r2: 1 HARVEY DIXON 4:07.94; 4 STUART ROSS 4:09.90. **Women: Mile:** r2: 5 MARTHA REYNOLDS 5:00.53. **3000:** r2: 6 EIMEAR BLACK 9:49.69

OVC Indoor Championships, Charleston, February 22
Women: 800: 4 EMMA GILMORE (U20) 2:16.55. **ht:** 3 GILMORE (U20) 2:18.13. **3000:** r2: 7 ABBIE OLIVER 10:23.77. **5000:** r2: 9 OLIVER 18:30.20

RMAC Indoor Championships, Spearfish, February 23
Men: Mile: r2: 2 IEUAN THOMAS 4:10.54; 4 STEPHEN EMERY 4:19.48. **3000:** r3: 4 THOMAS 8:33.80

SEC Indoor Championships, Fayetteville, February 23-24
Men: 60: Ht2: 4 NETHANEEL MITCHELL-BLAKE (U20) 6.82. **200:** Ht1: 2 NETHANEEL MITCHELL-BLAKE (U20) 21.08. **Mile:** 3 ROBBIE FARNHAM-ROSE (U20) 4:02.34. **Ht2:** 2 FARNHAM-ROSE (U20) 4:10.42. **TJ:** r2: 8 JONATHAN ILORI 15.37



Mike Hager leads eventual winner Kevin Archer in the M55+ 1500m at Lee Valley

CONTRIBUTOR

INDOOR

FEBRUARY 24

SALE OPEN SERIES, Sport City

Mixed events: 60: r1.1: I Rahman (Sheff) 6.97; 3 O Lithgow (Wig D, U20) 7.17. r2: 3 H Jones (Wig D, W) 7.50. r1.5: 3 N Catlow (Ribble, U17) 7.50. r1.6: 1 L Paley (Barns, U17) 7.50. r1.10: 1 A Shaw (Barns, W) 7.93; 2 K Johnson (Wig D, U17W) 8.09. r1.11: 1 S Preece (Sale, U20W) 8.08. r2.1: 1 Rahman 6.97. r2.5: 1 A Roberts (Wake, U17W) 7.52. 200: r9: 2 S Greenwood (Pres, W40) 27.56. r13: 1 G George (Sale, U17W) 25.95. 300: r1: 1 Lithgow 35.55. r2: 1 H Jones (Wig D, W) 38.20; 3 A Fitzpatrick (Sale, W) 39.90. r5: 1 S Preece (Sale, U20W) 41.00. 600: r1: 1 S Morrow (Unatt) 1:21.99; 2 J Blackburn (Liv H) 1:23.54. r2: 1 D Chambers (Der, U20) 1:23.99; 2 J Gleave (Warr, U20) 1:26.35. r3: 1 R Bamford (Otley, W) 1:32.94. r4: 1 A Wood (Ribble, U17W) 1:42.69; 2 L Lennon (Ribble, U17W) 1:43.30. **HJ:** A: 1 S Okome (Sale, U20) 1.95. B: 1 A Jennings-McLaughlin (Liv PS, U17W) 1.65; 3 A Ward (Wake, U15W) 1.65; 4 E Corr (Wirral, U17W) 1.60; 5 L Turner (Gate, U17W) 1.60; 17 S Richardson (York, W50) 1.20. **PV:** A: 1 A Roberts (Wake, U17W) 3.45; 2 J Shortall (Pres, U17) 3.35. B: 1 M Walker (BWF, U20) 4.10; 2 C Myers (M'bro, U17) 3.80; 3 A Roberts (Wake, U17W) 3.35; 4 Z Harrop (Sale, U17) 3.20. **LJ:** A: 11 S Richardson (York, W50) 4.03. B: 1 C Jones (Liv H) 6.91

U20 men: SP: 1 J Sheldon (Sale) 12.79
U17 women: 60H: 1 G Dixon (Osw) 9.42

BMAF SOUTH OF ENGLAND CHAMPS (Inc EVAC AND VAC CHAMPS) AND INDOOR PENTATHLON CHAMPS, Lee Valley

V35 mixed events: 3000: r1: 1 D Oxland (Notts, M60) 10:25.83; 2 P Kennedy (WSEH, M60) 10:54.78; 3 G Duckworth (L Buzz, W55) 11:36.28; 4 S Tawney (Leam, W50) 11:42.63. r2: 21 Johnston (E&H, M45) 9:34.70; 3 T Tuohy (Dulw, M50) 9:38.31; 4 M Bridgeland (Chelm, M55) 9:42.23
Men: Pent: 1 A Akehurst (Ports) 3474 (8.75, 6.41, 12.75, 1.87, 3:00.85)
M35: 60: r1: 1 A Carter (E&H, M75) 9.35; 2 D Chambers (AUS, M75) 9.39; 3 C Field (Trent P, M75) 9.77. r2: 11 Foster (EVAC, M65) 8.52; 2 V Novell (Soton, M65) 8.63; 3 C Isetts (K&P, M70) 9.22; 5 B Ferguson (Camb H, M70) 9.30.
r3: 1 R Watkins (BMH, M60) 8.03; 2 N Middleton (Hill, M45) 8.11; 3 M Conk (Leic, M60) 8.34; 4 M Maisey (Herks P, M60) 8.67; 5 G Kitchener (S'oaks, M60) 8.74; 7 B Williamson (Card, M60) 8.78; 6 M Applegate (Salis, M60) 8.85.
r4: 1 J Browne (Mil K, M55) 7.89; 2 A Duncan (Rad, M55) 8.11; 3 K Williams (Kett, M55) 8.40; 4 J Turner (Mil K, M55) 8.65. **r5:** 1 P Logan (K&P, M50) 7.70; 2 G Reddington (WSEH, M50) 7.70; 3 P Guest (Yeov, M50) 7.81; 4 T Holden (Barn, M50) 8.14; 5 D Wilkinson (Luton, M50) 8.15. **r6:** 1 C Morrison (R&N, M45) 7.44; 2 R Samuel (Harrow, M45) 7.56; 3 D Kemp (Dartf, M45) 7.89; 4 P Anastasi (E&H, M45) 7.93; 5 B King (Harrow, M45) 8.10; 6 D Pearson (W'borne, M45) 8.13. **r7:** 1 A Lewis (Harrow, M40) 7.63; 2 M Smith (St Alb, M40) 7.77; 3 B Radcliffe (Hay H, M40) 7.89. **r8:** 1 N Ossai (SB) 7.14; 2 M Collins (EVAC) 7.17. **r9:** 1 J Greenidge (WG&EL) 7.25; 2 B Lewis (E&H, M50) 7.76; 3 W Franklyn (Read, M60) 8.15. 200: r1: 1 B Ferguson (Camb H, M70) 31.4; 2 A Carter (E&H, M75) 31.7. r2: 1 D Wardle (WSEH, M65) 28.51; 2 V Novell (Soton, M65) 28.87; 3 T Bissett (E&E, M65) 29.26; 4 I Foster (EVAC, M65) 30.40. r3: 1 R Watkins (BMH, M60) 26.20; 2 W Franklyn (Read, M60) 26.99; 3 C Monk (Leic, M60) 28.76; 4 B Williamson (Card, M60) 28.88. r4: 1 T James (Bed C, M55) 25.65; 2 I Broadhurst (Wrex, M55) 25.80; 3 A Duncan (Rad, M55) 25.86; 4 I Licietis (Mil K, M55) 27.06. r6: 1 R Huskisson (Nene V, M50) 25.12; 2 G Reddington (WSEH, M50) 25.42; 3 T Holden (Barn, M50) 26.91. r8: 1 P Benedickter (Bed C, M40) 24.98. r9: 1 N Ossai (SB) 22.85. 400: r2: 1 R Watkins (BMH, M60) 60.41; 2 T Bissett (E&E, M65) 67.26. r3: 1 I Broadhurst (Wrex, M55) 58.56; 2 A Duncan (Rad, M55) 58.72; 3 T James (Bed C, M55) 59.14; 4 I Licietis (Mil K, M55) 60.37. r4: 1 R Grew (Exe, M50) 55.26; 2 R Franklin (ESM, M50) 59.01. r5: 1 P Benedickter (Bed C, M40) 54.64; 3 C Taplin (Walton, M45) 56.80; 4 L Croft (Luton, M45) 57.00. 800: r1: 1 D Oxland (Notts, M60) 2:21.20; 2 E Connolly (Soton, M60) 2:29.02; 4 P Hamilton (B&B, M65) 2:39.49. r2: 1 A Cunningham (Barn, M50) 2:11.69; 2 D Wilcock (Barn, M55) 2:13.53; 3 A Gannaway (Win, M50) 2:13.70; 4 T Tuohy (Dulw, M50) 2:15.21; 6 R Daniel (Camb H, M55) 2:20.97; 7 K Archer (Wey, M55) 2:22.84. r3: 1 A Haines (Craw, M45) 2:05.21; 2 P Downhill (Hunts, M40) 2:07.48; 4 A Coleman (Billericay, M45) 2:10.87. 1500: r1: 1 K Archer (Wey, M55) 4:46.95; 2 M Hager (Tipton, M60) 4:46.98; 3 S Thorp (Oxf C, M60) 5:09.41. r2: 2 T Tuohy (Dulw, M50) 4:29.52; 3 A Cunningham (Barn, M50) 4:29.58; 4 A Rolt (VoA, M45) 4:30.00; 6 A Haines (Craw, M45) 4:34.81. 60H: r2: 1 P Davey (Ashf) 9.21. **PV:** 1 C Mills (WSEH) 4.40. **SP:** 1 G Newton (Soton, SEN) 14.18. **Penl:** 1 J Danobrega (Bed C) 2708 (10.14, 5.71, 9.52, 1.60, 3:05.26); 2 S Davey (Ports) 2606
M40: 60H: r1: 1 A Lewis (Harrow) 8.95. **LJ:** 1 N Lincoln (Holl S) 5.88. **TJ:** 1 K Newton (WG&EL) 12.25; 2 N Lincoln (Holl S) 11.31; 3 N Carrington (Bigg) 11.07. **SP:** 1 G Degutis (NEB) 15.49. **Penl:** 1 W Gadd (E Grin) 3047 (9.28, 5.64, 9.78, 1.60, 3:18.28)
M45: PV: 1 G Price (Swan/WMAA) 3.80; 2 D Pearson (W'borne/SWVAC) 3.80; 3 J Andrews (E&E) 3.60; 4 S Eastwood (Bed C) 3.40; 5 J Harrison (Chelm) 3.00. **LJ:** 1 A Lewis (Harrow, M40) 6.16. **Penl:** 11 Allen (Exe/SWVAC) 3378 (9.16, 5.93, 8.51, 1.69, 3:33.04)
M50: 60H: 1 D Wilkinson (Luton) 8.89; 2 G Reddington (WSEH) 8.90; 3 A Leiper (AFD) 9.41. **HJ:** 1 R Phelan (EVAC) 1.51; 2 A Lewis (AFD) 1.51. **PV:** 1 A Leiper (AFD) 3.20; 2 W Martin (Hastings) 3.00. **LJ:** 1 P Guest (Yeov) 5.34. **SP:** 1 Leiper 13.58; 2 T Tipping (Camb H) 13.00. **Penl:** 1 J Mayor (SNH) 3426 (9.43, 5.29, 9.94, 1.51, 3:23.48); 2 P Ley (E&H) 2993; 3 J Dickinson (Hasle) 2666
M55: 60H: 1 T James (Bed C) 9.6. **HJ:** 1 D Blunt (E&E) 1.54; 2 M James (Ports) 1.48. **PV:** 1 A Williams (B&B) 3.50. **SP:** 1 J Fenton (Dartf) 11.28; 2 G Packman (Bed C) 9.74. **Penl:** 1 B Slaughter (E'ne) 3765 (10.00, 5.10, 10.79, 1.45, 3:08.03)
M60: HJ: 1 S Faulkner (Yeov/SWVAC) 1.45; 2 G Kitchener (S'oaks) 1.36. **LJ:** 1 M Maisey (Herts P) 4.34. **SP:** 1 N Griffin (WSEH) 12.71; 2 T Richards (Croy) 11.84; 3 M Shortland (SNH) 9.26. **Penl:** 11 Reeve (W Norf) 3473 (10.42, 4.59, 8.89, 1.42, 3:34.91); 2 A Essex (Lon Hth) 2883; 3 R Singh (MMAC) 2494; 4 S Waddington (S Dev) 2403
M65: TJ: 1 A Cheers (BMH/WMAA) 8.76. **SP:** 1 D Kuester (Bic) 9.56; 2 R Burton (EVAC) 8.91. **Penl:** 1 D Cowley (R&N) 3463 (10.80, 4.18, 9.98, 1.33, 4:07.27); 2 L Dunn (Notts) 3147

M70: 60H: 2 B Ferguson (Camb H) 10.49. **PV:** 1 B Harlick (E&E) 2.20. **LJ:** 1 A Long (Herne H) 4.20. **SP:** 1 B Harlick (E&E) 9.42; 2 P Hallett (Bed C) 9.21. **Penl:** 1 D Haines (Fleet) 2901 (13.14, 3.54, 8.35, 1.21, 4:14.19)
M75: HJ: 1 C Shafto (York) 1.24. **PV:** 1 D Chambers (AUS) 2.10. **TJ:** 1 D Chambers (AUS) 7.26. **SP:** 11 Miller (MMTG) 9.47; 2 G Hickey (B&B) 9.46; 3 J Tyrrell (FVST) 7.91. **Penl:** 1 D Chambers (AUS) 2831 (11.49, 3.50, 8.45, 1.06, 6:22.77)
M80: SP: 1 J Hanus (SCVAC) 6.87. **Penl:** 1 C Taylor (Belg) 2226 (15.92, 2.41, 9.44, 1.00, 7:02.63)
W35 women: 60: r1: 1 V Bonner (Bir, W60) 9.13; 2 M West (Over, W60) 9.53; 3 E McMahon (E&H, W60) 9.70; 4 A Cowley (Gard CR, W60) 10.10; 5 L Ahmet (Rad, W60) 10.39; 6 A Nelson (E&E, W60) 10.40. r2: 1 C Filer (Norw, W55) 9.01; 2 C Alker (Luton, W55) 9.62; 3 C Clements (Dartf, W55) 9.88; 5 I Holder (Woking, W70) 10.71; 6 A Bolitho (Barn, W70) 11.48. r3: 1 K King (Brack, W50) 8.48; 2 J Ellacott (Rad, W50) 9.32; 3 J Holmes (ps, W50) 9.35; 4 M Garland (Wor, W50) 9.39. r4: 1 M Brown (FVS, W45) 8.67; 2 K Hindle (Diss, W45) 8.69; 3 R Waters (Trent P, W55) 8.98. r5: 1 H Channon (Walton) 8.03; 2 M Thomas (Bir, W40) 8.40; 3 K Miles (Win, W40) 8.90. r6: 1 C Powell (B&W, W55) 9.00. 200: r1: 1 M West (Over, W60) 32.01; 2 A Cowley (Gard CR, W60) 34.30. r2: 1 C Powell (B&W, W55) 28.91; 2 C Alker (Luton, W55) 31.90; 3 D Fraser (Linc W, W75) 40.45. r3: 1 K King (Brack, W50) 28.57. r4: 1 K Hindle (Diss, W45) 29.07; 2 T Bezaunce (Ports, W45) 29.21; 3 R Waters (Trent P, W45) 29.78. r5: 1 H Channon (Walton) 27.33. 600: r1: 1 C Marler (Otton/NNVAC, W60) 73.36; 2 M West (Over, W60) 81.47. r2: 1 C Powell (B&W, W55) 63.44; 2 T Talbert (Thurr, W50) 69.72; 3 E Caux (EVAC, W55) 70.21. 800: 2 G Duckworth (L Buzz, W55) 2:43.61; 3 D Farmer (E'ne, W50) 2:47.72; 4 A Sanders-Reece (Morn, W55) 2:48.60; 6 R Tabor (Dulw, W60) 3:00.23; 8 I Hornsey (FVS, W70) 3:32.67. 1500: 1 J Locker (Walton) 5:02.12; 2 L Webb (SB, W45) 5:12.18; 3 M McCarthy (W Suff, W50) 5:20.68; 4 R Tabor (Dulw, W60) 5:21.13; 5 Duckworth 5:24.99; 6 Farmer 5:36.06; 7 A Sanders-Reece (Morn, W55) 5:45.83; 8 R Tabor (Dulw, W60) 6:10.16. **PV:** 1 L Kelly (St Alb) 2.60. **LJ:** 1 H Channon (Walt) 5.33. **SP:** 1 L Kelly (St Alb) 9.79. **Penl:** 1 S McGivern (P'boro) 2810 (10.6, 1.51, 7.21, 4.75, 2:38.67)
W40: TJ: 1 D Jones (Harlow) 9.57. **SP:** 1 S Lawrence (Thur) 10.67. **Penl:** 1 A Wale (Wrex/WMAA) 3144 (9.94, 1.39, 8.87, 4.28, 2:48.00)
W45: PV: 1 A Duke (Worthing) 2.40; 2 M Newton (M&M) 2.30. **Penl:** 1 C Johnson (E&E) 3445 (9.70, 1.36, 9.41, 4.49, 3:00.21); 2 M Brown (FVS) 2580
W50: HJ: 1 T Eades (Dartf) 1.30. **PV:** 1 T Eades 2.40. **LJ:** 1 M Garland (Worc) 4.17; 2 C St. John-Coleman (Chelm) 4.03; 3 Eades 3.90. **TJ:** 1 Eades 8.72; 2 Garland 8.03. **SP:** 1 J Wilson (Read) 10.27. **Penl:** 1 G Clarke (Ryston) 3506 (10.22, 1.36, 8.52, 4.33, 3:11.56); 2 S Frisby (Leic) 3445; 3 L Willis (R&N) 2757
W55: HJ: 1 C Clements (Dartf) 1.27. **PV:** 1 S Yeomans (St Alb) 2.50. **LJ:** 1 C Clements 3.81. **TJ:** 1 Clements 7.71; 2 C Salvary (Barn) 7.11
W60: 60H: 1 E McMahon (E&H) 11.18. **LJ:** 1 R Ahmet (Rad) 3.48; 2 A Cowley (Gard CR) 3.33. **TJ:** 1 Ahmet 7.54. **Penl:** 1 S Hine (R&N) 2864 (11.83, 1.09, 6.30, 2.97, 3:41.02)
W70: SP: 1 L Sissons (E&E) 9.02; 2 B Terry (B&B) 8.13
W70: LJ/TJ: 1 I Holder (Wok) 3.23./6.71

Southland Indoor Championships, Norman, February 22-23

Men: Mile: 1 JOE WADE 4:08.80; 2 ALEX BRUCE-LITTLEWOOD 4:12.07; 4 SAM STABLER 4:13.85. **Mile:** Htl: 1 BRUCE-LITTLEWOOD 4:17.80. 3000: r3: 1 JOE WADE 8:27.68; 3 STEPHEN KERR 8:34.14. 5000: 2 DAN CLIFFE 14:52.08; 6 SAM BRADLEY 15:05.87; 11 KERR 15:27.09. **Women:** Mile: 3 BECKY GOUGH 5:02.55. 3000: r2: 1 BGOUGH 10:10.05

BIG 12 Indoor Championships, Ames, February 23/24

Men: 200: 7 SAM WATTS 21.65. 200: Ht5: 1 WATTS 21.39. **Mile:** 7 THOMAS FARRELL 4:05.90. **Mile:** Htl: 2 FARRELL 4:05.09. **WT:** 1 NICK MILLER 20.63. **Women:** 800: 2 EIJIRO OKORO 2:06.59. **Htl:** 2 OKORO 2:11.88. **LJ:** 3 LORRAINE UGEN 6.37

MVC Indoor Championships, Cedar Falls, February 23-24

Women: 60H: 4 GABRIELLA ADE-ONOJOBI 8.62. **Ht3:** 2 ADE-ONOJOBI 8.67. **LJ:** 11 GEMMA SMITH 5.50. **TJ:** 11 SMITH 11.79

Conference USA Indoor Championships, Birmingham, February 23-24

Men: 800: 1 CHRIS O'HARE 1:52.84; 6 HARRY SAGEL (U20) 1:55.64. **Ht2:** 2 SAGEL 1:54.21. **Ht3:** 1 O'HARE 1:54.14. **Mile:** r2: 1 CHRIS O'HARE 4:15.89. 3000: r2: 3 MARC SCOTT 8:16.85. 5000: 3 SCOTT 14:25.70. **Women:** 800: 7 SARAH HUDAK 2:13.14. 800: **Ht3:** 2 HUDAK 2:11.61. **Mile:** r2: 2 ELINOR KIRK 4:43.73; 3 HUDAK 4:45.46; 7 LOUISA LINGLEY 4:51.44. 3000: r1: 2 NATASHA COCKRAM 10:07.81; 1 ELINOR KIRK 9:23.36; 5 KATE BROWN 9:43.49; 12 SARAH HUDAK 10:15.18. 5000: 2 ELINOR KIRK 16:33.35; 6 KATE BROWN 17:01.67; 9 NATASHA COCKRAM 17:23.10

Heptagonal Indoor Championships, Cambridge, February 23-24

Men: 800: 4 HENRY TUFNELL 1:52.85. **Htl:** 3 TUFNELL 1:52.17. 3000: r2: 7 TOM PURNELL 8:16.81. 5000: 12 JONATHAN GAULT 14:45.92. **TJ:** 3 NANA OWUSU-NYANTENYI 14.99. **Women:** 800: 8 MOLLY RENFER 2:17.73. **Htl:** 3 MOLLY RENFER 2:11.48.

Mile: 7 OLIVIA SADLER (U20) 4:45.00; 10 MEL NEWBERRY 5:00.87. **Ht2:** 3 NEWBERRY 4:53.05; 2 SADLER (U20) 4:48.85. 3000: r1: 4 NEWBERRY 9:47.41

Horizon League Indoor Championships, Youngstown, February 23-24

Men: 60: 6 JAMES MCLACHLAN 6.97. **Ht2:** 3 MCLACHLAN 6.92. **LJ:** 1 MCLACHLAN 7.58. **TJ:** 1 MCLACHLAN 15.09

Sun Belt Indoor Championships, Jonesboro, February 24

Men: 800: Ht4: 1 JO ADAMS 2:17.23. **Mile:** r3: 1 JO ADAMS 5:01.80. 3000: 1 ADAMS 9:48.28. 5000: 3 LOUISE HILL-STIRLING 18:27.62

Indianapolis Polar Bear Run 5, Indianapolis, February 23-24

Women: 5M: 7 ROSIE EDWARDS 29:09; 10 BECKY HOWARTH 30:18

Claremont, February 17

Men: DT: 1 J Wruck (AUS) 64.91

Flagstaff, February 17

Men: HJ: 1 TIMOTHY DUCKWORTH (U20) 1.95. **PV:** 6 DUCKWORTH 4.26

Golden, February 16

Men: 60: 1 J Rankin 6.67; 2 J Dodson 6.68

Baton Rouge, February 15

Men: LJ: 1 J Hick 8.04; 2 F Lapierre (AUS) 7.82

Cedarville, February 1

Men: 5000: 1 JOHN PAUL WILLIAMSON 15:15.67

Wichita, February 2

Women: 60H: Ht3: 1 GABRIELLA ADE-ONOJOBI 8.77

Portland, February 19

Men: 3000: 3 IAN GILLESPIE (M40) 8:42.47

Cambridge, February 3

Men: 5M: 3 IAN NURSE 26:11

Murfreesboro, February 2

Women: 800: r3: 4 YASMIN SMITH 2:10.14; 5 VICKY FOUBY 2:10.27. **Mile:** r3: 7 MEL NEWBERRY 4:58.82

Kingston, February 2

Men: Mile: r1: 1 HARVEY DIXON 4:14.60

Seattle (addn.), January 26

Women: PV: eq6 JAX THOIRS 4.95

Notre Dame, February 2

Men: TJ: B: 5 BABATUNDE AMOSU 15.00

MEADOWBANK OPEN GRADED, Edinburgh

Mixed events: 60: r1.20: 1 K Purves (Lass, U17W) 5.18
U13 boys: SP: 1 F Judge (Lass) 9.41
M50: SP: 1 P Hogg (C'nauld) 10.76
U18 women: 60H: r2: 1 K Purves (Lass, U17) 9.31

ABERDEEN AAC GRADED OPEN, Aberdeen

U16 mixed events: LJ: 1 S Kingham (Elgin, U15W) 5.15
Mixed events: 60: r1.5: 1 W Skinner (A'deen, M50) 8.5; 2 A Stoker (Moray, U13) 8.6. r1.6: 3 K Madigan (A'deen, W40) 8.6. r2.3: 5 W Skinner (A'deen, M50) 8.5. r2.4: 3 K Madigan (A'deen, W40) 8.5
Men: SP: 1 C Sinclair (unatt) 13.02
M60: SP: 1 R Masson (A'deen, M65) 9.55

FEBRUARY 22-24

BUCS CHAMPIONSHIPS, Sheffield

BRITAIN'S university athletes flocked to Sheffield's EIS for the premier indoor event on the students' calendar, *Emily Moss* reports.

With the buzz in the air that is typical of these championships, the 2013 edition did not disappoint, Loughborough retaining men's and women's team titles, two championship bests from André Wright (Brunel) in the 200m and Jade Nimmo (Edinburgh Napier) in the long jump and plenty of close finishes.

Wright warmed up with a bronze in the 60m, an event won by defending champion Tremayne Gilling (Middlesex) in 6.76. The UK indoor silver medalist returned on day two to clock a championship best of 21.18 and beat last year's champion, Antonio Infantino. The 21-year-old said: "I am overwhelmed with joy for the opportunity that God has given me. I was pleased to medal in the 60m, but winning the 200m in that time has taken it to a whole new level."

Thirty-five-year-old James This provided plenty of excitement in the 3000m. Alex Cornwall opened up a 10m gap a couple of laps out, but This showed the experience that befits an athlete who was formerly fourth in the world indoor 1500m, launching an attack on the leader when he hit the bell, pipping him on the line to take the title in 8:40.12. Cornwall had to settle for silver in 8:40.24.

Elsewhere, Ray Bobrownicki (Edinburgh) defended his high jump title with 2.17m. Ricardo Twumasi (Loughborough) led three over 15m in the triple jump with 15.35m and Nick Cruchley (Birmingham) and Matt Devereux (Loughborough) were both over 5m in the pole vault with 5.30m and 5.20m respectively.

Having experienced the US collegiate system last year, Nimmo won her first BUCS title with a championship best of 6.37m to beat world junior bronze medalist Jazmin Sawyers (Sheffield) into second with 6.22m. Last year's UK champion over 100m, Ashleigh Nelson (Middlesex), was a clear winner in the 60m with 7.39, while Loughborough's Lauren Bouchard showed she is returning to top form with a PB 54.41 to win the 400m from 2010 winner Emma Pullen (Cardiff Met 54.49).

In a high-quality 1500m, Melissa Courtney (Brunel) powered home to beat GB internationals Morag McLarty (Dundee) and Emily Stewart (Newcastle), just narrowly shy of

Hannah England's meeting best in 4:20.73.

Courtney said: "It was a fast race, so I just kept trying to push it on and keep in contention. The support from Brunel really helped. At the end I just went for it, as I wanted to cross the line knowing I had given everything. I am so excited to have run sub 4:20 this indoors and win BUCS, as I had never expected that."

Other highlights included Angela Barrett (London) regaining her triple jump title from 2011 with 12.86m and Moe Sasegbon (Herts) winning the high jump on countback from Oxford Brookes' Hayley Pitman and Loughborough's Chloe Boulter, all three athletes clearing 1.75m.

Former English Schools' champion Katie Snowden (Nottingham) stepped up in her first year at university to take the 800m from Loughborough's Carolyn Plateau in 2:10.63 to 2:10.67.
Men: 60: 1 T Gilling (Middx) 6.76; 2 A Ogunlewe (Essex) 6.76; 3 A Wright (Brun) 6.81; 4 S Bajere (Bath) 6.88; 5 D Walker-Khan (Brun) 6.96; 6 J Simpson (Middx) 6.96; 7 D Tobais (Herts) 6.99; 8 J Williams (Leeds) 7.00. **SF1:** 1 T Gilling (Middx) 6.76; 2 S Bajere (Bath) 6.91. **SF2:** 1 A Wright (Brun) 6.80; 2 A Roderique (Lough, U20) 6.99. **SF3:** 1 J Simpson (Middx) 6.99; 2 D Tobais (Herts) 6.89; 3 J Toth (C Lancs) 6.96. **SF4:** 1 J Williams (Leeds) 6.91; 2 O Abiodun (Bark & Dag Coll) 7.00; 4 A Bradnick (Bristol, U20) 7.10. **SF5:** 1 A Ogunlewe (Essex) 6.78; 2 D Walker-Khan (Brun) 6.89; 3 I Adekanmbi (Oxford) 6.98. **H1:** 1 J Williams (Leeds) 6.98; 2 A Roderique (Lough, U20) 7.00. **H2:** 1 J Toth (C Lancs) 6.93. **H3:** 1 R Reeves (Lough) 6.95. **H4:** 1 S Bajere (Bath) 7.00. **H5:** 1 A Wright (Brun) 6.89. **H10:** 1 D Tobais (Herts) 6.98. **H12:** 1 D Walker-Khan (Brun) 6.96. **H13:** 1 T Gilling (Middx) 6.82. **H14:** 1 A Ogunlewe (Essex) 6.95; 2 A Bradnick (Bris, U20) 7.13; 3 C McLean (Manc, U20) 7.18. **200:** 1 A Wright (Brun) 21.18; 2 A Infantino (London) 21.55. **SF1:** 1 L Evans (Leeds Met) 21.88. **SF2:** 1 O Abiodun (Bark & Dag Coll) 21.90. **SF3:** 1 A Crowley (Salford) 21.88. **SF4:** 1 A Infantino (London) 21.67. **SF5:** 1 A Wright (Brun) 21.46; 2 A Bradnick (Bris) 21.98. **H15:** 1 L Evans (Leeds Met) 21.89. **H16:** 1 A Infantino (London) 21.88. **400:** 1 M Warner (Nott Tr) 47.46; 2 D Putnam (Lough) 47.88; 3 C Byron (Nott Tr) 48.44; 4 M Baker (Lough) 49.07; 5 C Wakeford (Card Met) 49.24; 6 D Dempsey (Newc) 49.60. **H3:** 1 D Dempsey (Newc) 49.28; 2 C Wakeford (Card Met) 49.41. **H5:** 1 M Baker (Lough) 49.54; 2 T Ajose (Nott) 49.86. **H9:** 1 C Byron (Nott Tr) 48.72; 2 J Thornton (Bris) 49.54. **SF1:** 1 M Warner (Nott Tr) 48.61. **SF2:** 1 D Putnam (Lough) 48.26; 2 I Ogunlade (Middx) 49.34; 3 A Ademuyewo (West of England (UWE)) 49.54. **SF3:** 1 D Dempsey (Newc) 49.45; 2 J Thornton (Bris) 49.77. **SF4:** 1 C Byron (Nott Tr) 48.72. **SF5:** 1 C Wakeford (Card Met) 49.07; 2 M Baker (Lough) 49.31. **H14:** 1 D Putnam (Lough) 47.80. **H15:** 1 M Warner (Nott Tr) 49.12. **800:** 1 S Dykes (Lough) 1:52.86; 2 J Bird (Bath) 1:53.07; 3 R Needham (Nott Tr) 1:53.60; 4 D Banwell-Clode (Warwick) 1:53.81. **H3:** 1 L Lloyd (Camb, U20) 1:57.33. **SF1:** 1 R Needham (Nott Tr) 1:53.93; 2 L Lloyd (Camb) 1:54.69. **SF2:** 1 J Bird (Bath) 1:54.26; 2 J Webb (Manc Met) 1:54.52; 3 A Bennett (Card Met) 1:54.67. **SF4:** 1 S Dykes (Lough) 1:54.84. **1500:** 1 T Pyllips (Card Met) 3:56.75; 2 E Everard (Northumbria) 3:57.21; 3 M White (Dundee) 3:57.40; 4 D Cheeseman (St



Brunel's Shanice Harrison, André Wright and Melissa Courtney celebrate their victories at Sheffield

Mary's) 3:59.84. **3000:** 1 J Thie (Card Met) 8:40.12; 2 A Cornwall (Birm) 8:40.24; 3 M Burton (Lough) 8:42.65; 4 C Youell (Bath) 8:44.89. **H1:** 1 J Thie (Card Met) 8:30.54; 2 A Teuten (Soton) 8:31.08; 3 P Radley (Bath) 8:43.47. **H2:** 1 J Griffiths (Card Met) 8:43.87; 3 D Nash (Cardiff, U20) 8:48.47. **H3:** 1 A Cornwall (Birm) 8:22.92; 2 M Burton (Lough) 8:24.07; 3 M Aadan (Lon SB) 8:32.16; 4 J Entwistle (Oxf Bro) 8:42.17. **H4:** 1 J Durrant (Birm) 8:44.84. **H5:** 1 J Norman (Leeds Met) 8:35.75; 2 K Billington (St Mary's) 8:37.50; 3 C Youell (Bath, U20) 8:40.50. **60H:** 1 J Porter (Wolv) 8:11; 2 B Kelk (Lough) 8:14; 3 O Okoro (Herts) 8:19; 4 C Wakeford (Card Met) 8:21; 5 J Andrew (Manc) 8:36; 6 M Walcott (Lough) 8:38; 7 A Lee (Birm) 8:49; 8 O Jeffries (Bris) 8:73. **H1:** 1 C Wakeford (Card Met) 8:28; 2 O Jeffries (Bris) 8:42; 3 G Huxley (Lon SB, U20) 8:81; 4 M Cryer (Brun) 8:92. **H2:** 1 B Kelk (Lough) 8:08; 2 O Okoro (Herts) 8:37; 3 A Lee (Birm) 8:45; 4 N Higgins (Card Met, U20) 8:72; 5 C Perry (Nott Tr, U20) 8:76. **H3:** 1 J Porter (Wolv) 8:15; 2 M Walcott (Lough) 8:37; 3 J Andrew (Manc) 8:40; 4 M Sweeney (Birm) 8:57; 5 W Hartley (Bris) 8:77. **4x200:** 1 London 1:26.85; 2 Bath 1:29.63; 3 E Lon 1:29.71; 4 Lough 1:29.88; 5 Card Met 1:31.76; 6 Leeds Met 1:31.80. **H1:** 1 E Lon Uni 1:30.58; 2 Bath 1:32.05. **H2:** 1 Exeter 1:32.49. **H3:** 1 Birm 1:32.11. **H4:** 1 Soton Uni 1:34.58. **H5:** 1 Sheff H 1:32.20; 2 Coventry Uni 1:33.05. **H6:** 1 Leeds Uni 1:33.19; 2 Sheffield 1:34.64. **H7:** 1 Leeds Met 1:30.56; 2 Lough 1:31.03. **H8:** 1 Card Met 1:30.25; 2 London uni 1:31.53. **H9:** 1 R Bobrownicki (Edin) 2:17; 2 S Phelan (Birm) 2:10; 3 M Watson (Soton Solent) 2:10; 4 D Ogunkeyede (Newc) 2:04; 5 C Roe (East Anglia) 2:01; 6 B Moubrey (Derby) 2:01; 7 B Flatley (Reading) 1:98; 8 F Weir (Stirling) 1:95; 9= J Lane (Leeds Met) 1:95; 9= T Gardner (Lough) 1:95; 11 D Guest (Lough) 1:95. **A:** 1 B Moubrey (Derby) 1:95; 2 R Bobrownicki (Edin) 1:95; 3 D Ogunkeyede (Newc) 1:95. **B:** 1 M Watson (Soton Solent) 1:95; 2 J Lane (Leeds Met) 1:95; 3 S Phelan (Birm) 1:95; 4 F Weir (Stirling) 1:95; 5 C Roe (East Anglia) 1:95. **PV:** 1 N Cruchley (Birm) 5.30; 2 M Devereux (Lough) 5.20; 3 D Gardner (Lough, U20) 4.70; 4 C Smith (Warwick) 4.60; 5 J Andrew

(Manc) 4.50; 6 M Sweeney (Birm) 4.40; 7 E Jones (Bath) 4.20; 8 J Moore (Brighton) 4.00; 9 L Bailey (Card Met) 4.00. **LJ:** 1 F Maisey-Curtis (Lough) 7.45; 2 D Guest (Lough) 7.33; 3 P Allen (Sunderland) 7.33; 4 A Hamilton (Queen Mar) 7.31; 5 A McMullen (Ulster) 7.20; 6 C Dolan (Sheffield) 6.99; 7 T Tshireletso (E Lon) 6.91; 8 A Fernandez (E Lon) 6.90; 9 D Harvey (Glamorgan) 6.85. **A:** 1 D Guest (Lough) 7.11; 2 A Timms (Leeds Met) 6.90; 3 A Hamilton (Queen Mar) 6.88. **B:** 1 P Allen (Sunderland) 7.11; 2 F Maisey-Curtis (Lough) 7.10; 2 A McMullen (Ulster) 7.10; 4 T Tshireletso (E Lon) 7.01; 5 D Harvey (Glamorgan) 6.94; 6 J Andrew (Northumbria) 6.90. **60H:** 1 R Twumasi (Lough) 15.35; 2 S Tseng (Lough) 15.10; 3 T Tshireletso (E Lon) 15.07; 4 R Bailey (MMU Cheshire) 14.97; 5 S Hall (Northumbria) 14.78; 6 G Valeri (Royal H) 14.39; 7 J Bones (Sheffield) 14.29; 8 P Kirabo (Anglia Ruskin) 14.25; 9 S Trigg (Oxford) 14.02; 10 A Williams (Card Met) 14.02; 11 C Cribb (Coventry, U20) 13.88. **A:** 1 S Tseng Ke Chen (Lough) 14.56; 2 J Valeri (Royal H) 14.20; 3 J Sawyers (Sheffield) 13.95; 4 C Cribb (Coventry, U20) 13.89; 5 P Kirabo (Anglia Ruskin) 13.84; 6 B Porter (Northumbria) 13.80. **B:** 1 R Twumasi (Lough) 15.11; 2 T Tshireletso (E Lon) 14.93; 3 R Bailey (MMU Cheshire) 14.82; 4 S Hall (Northumbria, U20) 14.78; 5 A Williams (Card Met) 14.19; 6 J Bones (Sheffield) 14.13; 7 S Trigg (Oxford) 13.97. **SP:** 1 R Martisuskas (Leeds Met) 18.09; 2 Z Duquemin (St Mary's) 17.76; 3 G Winter (Lough) 16.29; 4 S Wong Wei Gen (Manc) 15.58; 5 J Lane (Leeds Met) 13.89; 6 A Toward (Northumbria) 13.59. **A:** 1 Z Duquemin (St Mary's) 16.90; 2 S Wong (Manc) 14.46; 3 J Lane (Leeds Met) 14.04; 4 J Barard (Brun) 13.20. **B:** 1 R Martisuskas (Leeds Met) 17.59; 2 G Winter (Lough) 15.50; 3 E Quarshie (Coventry) 13.55; 4 A Bryant (Brun) 13.33. **Women:** 60: 1 A Nelson (Middx) 7.39; 2 M Moore (Card Met) 7.66; 3 J Nimmo (Edin Nap) 7.70; 4 S Harrison (Brun) 7.74; 5 T Hopson (Lough) 7.74; 3 K Cox (Leeds Met) 7.81; 7 G Sheppard (Kent) 7.83. **SF1:** 1 A Nelson (Middx) 7.44; 2 S Harrison (Brun) 7.74; 3 K Cox (Leeds Met) 7.88; 4 C Boomer (Ulster) 7.98; 5 M Kellyman (Derby) 7.99; 6 L

Newman (Plymouth, U20) 8.08. **SF2:** 1 J Nimmo (Edin Nap) 7.63; 2 G Sheppard (Kent) 7.75; 3 M Hanson (Wolv, U20) 7.76; 4 R Chapman (Card Met) 7.81; 5 R Hanagan (Cant Christ) 7.97. **SF3:** 1 T Hopson (Lough) 7.67; 2 M Moore (Card Met) 7.70; 3 S Lawton (Leeds Met) 7.76; 4 H Thomas (Cardiff) 7.96; 5 S Griffiths (Glouc, U20) 8.05. **H1:** 1 A Nelson (Middx) 7.59; 2 K Cox (Leeds Met) 7.84; 3 R Chapman (Card Met) 7.90. **H2:** 1 R Hanagan (Cant Christ) 8.00. **H3:** 1 T Hopson (Lough) 7.75; 2 C Boomer (Ulster) 7.93. **H4:** 1 S Harrison (Brun) 7.80; 2 S Griffiths (Glouc, U20) 8.00. **H5:** 1 G Sheppard (Kent) 7.77; 2 O Callaghan (Lough) 7.88. **H6:** 1 M Moore (Card Met) 7.69; 2 M Hanson (Wolv, U20) 7.86; 3 S Lawton (Leeds Met) 7.87. **H7:** 1 J Nimmo (Edin Nap) 7.67; 2 H Thomas (Cardiff) 7.89; 3 M Kellyman (Derby) 7.98. **200:** 1 S Harrison (Brun) 24.59; 2 K Cox (Leeds Met) 24.81. **SF1:** 1 K Cox (Leeds Met) 24.72; 2 R Williams (Birm) 24.79. **SF2:** 1 J White (Bath) 24.89; 2 A Ika-oqua (Worcester) 24.95. **SF3:** 1 S Harrison (Brun) 24.65. **H1:** 1 S Harrison (Brun) 24.73. **400:** 1 L Bouchard (Lough) 54.41; 2 E Pullen (Card Met) 54.49; 3 R Knight (Lough, U20) 54.97; 4 E Bonnett (Soton) 55.73; 5 L Barrow (Birm) 56.37. **H1:** 1 E Pullen (Card Met) 55.08; 2 M Southwart (Bath) 56.84. **H2:** 1 L Maddox (Nott Tr) 56.88. **H3:** 1 L Bouchard (Lough) 55.71. **H4:** 1 J Knight (Lough, U20) 56.14; 2 D Guest (Lough) 56.21; 2 G Willis (Warwick) 57.69. **H5:** 1 J Simmons (Manc) 56.54. **H7:** 1 R Lington-Payne (Card Met) 57.14. **H8:** 1 E Bonnett (Soton) 55.77; 2 J Harrison (Wolv, U20) 56.58. **H9:** 1 L Barrow (Birm) 56.49. **SF1:** 1 E Pullen (Card Met) 55.53; 2 L Maddox (Nott Tr) 55.93; 3 M Southwart (Bath) 56.75. **SF2:** 1 J Knight (Lough, U20) 55.62; 2 L Barrow (Birm) 56.00; 3 T Watson (MMU Cheshire) 57.91. **SF3:** 1 E Bonnett (Soton) 55.92; 2 J Simmons (Manc) 56.19; 3 D Willis (Warwick) 57.18. **SF4:** 1 L Bouchard (Lough) 55.20; 2 R Lington-payne (Card Met) 56.79; 3 J Harrison (Wolv) 57.47; 4 O Omidiara (Durham) 57.91. **800:** 1 K Snowden (Nott) 2:10.63; 2 C Plateau (Lough) 2:10.67; 3 A Turner (Nott Tr) 2:12.38; 4 S McDonald (Birm) 2:12.73; 5 S Smith (Leeds Met) 2:16.43; 6 D Cocking (Cardiff) 2:17.88. **H1:** 1 S Smith (Leeds Met, U20) 2:13.45; 2 A Turner (Nott Tr) 2:13.47. **H2:** 1 S McDonald (Birm) 2:16.51; 2 C Reynolds (Chichester) 2:16.74; 3 B Bendle (Durham) 2:16.87. **H3:** 1 K Snowden (Nott, U20) 2:16.58; 2 D Cocking (Cardiff) 2:16.78; 3 B Plateau (Lough) 2:13.48; 2 C Ford (Leeds) 2:16.25; 3 E Peters (Card Met) 2:16.66. **SF1:** 1 K Snowden (Nott) 2:14.50; 2 D Cocking (Cardiff) 2:14.65; 3 S Smith (Leeds Met) 2:14.77; 4 A Turner (Nott Tr) 2:15.24. **SF2:** 1 C Plateau (Lough) 2:13.64; 2 S McDonald (Birm) 2:14.84; 3 B Bendle (Durham) 2:15.46; 4 C Ford (Leeds) 2:15.53. **1500:** 1 M Courtney (Brun) 4:20.73; 2 M MacLarty (Dundee) 4:20.83; 3 E Stewar (Newc) 4:21.02; 4 R Clarke (Bath) 4:23.06; 5 H Tarver (Camb) 4:25.30; 6 J Cooke (Birm) 4:31.14; 7 K Turner (Camb) 4:37.21; 8 E Moss (Royal H) 4:40.77; 9 G Coe (Anglia Ruskin) 4:44.45. **H1:** 1 R Clarke (Bath) 4:39.84; 2 E Moss (Royal H) 4:40.66; 3 G Coe (Anglia Ruskin) 4:43.78. **H2:** 1 E Stewart (Newc) 4:34.68; 2 M Courtney (Brun) 4:36.35; 3 K Turner (Camb) 4:41.16. **H3:** 1 J Cooke (Birm) 4:36.95; 2 H Tarver (Camb) 4:36.96; 3 M MacLarty (Dundee) 4:37.08. **3000:** 1 A Beynon (Cardiff) 9:43.34; 2 B Phillips (York) 9:44.37; 3 K Addy (Lough) 9:44.57; 4 J Hickman Dunne (Lough)

9:44.75; 5 A Grady (St Mary's) 9:49.34; 6 L Day (Nott) 10:05.12; 7 J Payne (Leeds) 10:07.04; 8 K Mellor (Leicester) 10:07.28; 9 E Brown (Card Met) 10:14.57; 10 S Caskey (Bangor) 10:17.79; 11 J Harvey (Card Met) 10:23.57; 12 S Cowper (Lincoln) 10:25.84. **HT1:** 1 A Beynon-Thomas (Cardiff) 10:04.62; 2 J Hickman-Dunne (Lough) 10:06.21; 3 L Day (Nott) 10:08.13; 4 E Brown (Card Met) 10:11.51; 5 J Payne (Leeds) 10:18.59; 6 S Caskey (Bangor) 10:18.91; 7 S Cowper (Lincoln) 10:26.51. **HT2:** 1 K Addy (Lough) 10:05.80; 2 A Grady (St Mary's) 10:07.05; 3 B Phillips (York) 10:08.55; 4 K Mellor (Leicester) 10:13.00; 5 J Harvey (Card Met) 10:17.10; 6 R Lancelley (Sheff H) 10:29.52. **60H:** 1 M Nwawulor (Middx) 8:60; 2 K Drew (Sheff H) 8:66; 3 C Humphries (Birm) 8:66; 4 R Brown (Birm) 8:77; 5 M Southwart (Bath) 8:88; 6 D Rooney (Lough) 8:89. **HT1:** 1 K Drew (Sheff H) 8:67; 2 M Southwart (Bath) 8:79; 3 D Rooney (Lough) 8:88. **HT2:** 1 M Nwawulor (Middx) 8:58; 2 L Thompson (Portsmouth) 8:85; 3 J Taylor (Sheff H) 8:90; 4 D Samuels (Lough) 9:10. **HT3:** 1 C Humphries (Birm) 8:81; 2 J Rowland (Brun) 8:93; 3 C Stone (Card Met) 9:01. **HT4:** 1 R Brown (Birm) 8:67; 2 L O'Reilly (Card Met) 8:88; 3 C Taylor (Edin) 9:19. **4x200:** 1 Lough 1:39.46; 2 Card Met 1:39.62; 3 Bath 1:41.82; 4 Birm 1:41.90; 5 Sheff H 1:42.42. **HT1:** 1 Lough 1:40.43; 2 Brunel 1:46.36. **HT2:** 1 Card Met 1:42.83; 2 Middlesex 1:42.91; 3 Birm 1:42.99; 4 Liverpool 1:51.45. **HT3:** 1 Leeds Met 1:44.75; 2 Durham Uni 1:50.89; 3 St Mary's 1:51.41; 4 Plymouth Uni 1:51.98. **HT4:** 1 Sheff H 1:42.95; 2 Bath Uni 1:43.73; 3 Exeter Uni 1:47.35; 4 Leeds Uni 1:50.69; 5 Sheffield 1:51.58. **HJ:** 1 M Sasegbon (Sheff H) 1.75; 2 H Pitman (Oxf Bro) 1.75; 3 C Boulter (Lough) 1.75; 4 K Drew (Sheff H) 1.72; 5 G Armorgie (Lough, U20) 1.69; 6 H Dickson (Northumbria) 1.66. **A:** 1 G Armorgie (Lough, U20) 1.63. **PV:** 1 A Haywood (Lough) 3.80; 2 O Curran (Lough) 3.70; 3 A Rees (Bath) 3.50; 4 L Stickland (Cardiff) 3.40; 5 C Maurer (Bath, U20) 3.30; 6 E Grimsey (Kent) 3.30; 7 N James (Cardiff) 3.10; 7=A Rossi (Birm) 3.10; 9 J Hughes (Sheffield) 3.10; 10 E Lewis (Card Met) 3.10. **LJ:** 1 J Nimmo (Edin Nap) 6.37; 2 J Sawyers (Sheffield) 6.22; 3 R Chapman (Card Met) 6.11; 4 S Warnock (Queen Mar) 6.03; 5 J Taylor (Sheff H) 5.93; 6 H Lewis (Bath) 5.75; 7 F Nicholson (Edin) 5.66; 8 J Rowland (Brun) 5.65; 9 C Wait (Birm) 5.56. **A:** 1 J Nimmo (Edin Nap) 6.04; 2 J Taylor (Sheff H) 5.82; 3 F Nicholson (Edin) 5.75; 4 J Sawyers (Sheffield, U20) 5.70; 5 J Rowland (Brun) 5.62. **B:** 1 S Warnock (Queen Mar) 5.94; 2 H Lewis (Bath) 5.76; 3 R Chapman (Card Met) 5.64; 4 C Wait (Birm) 5.60. **TJ:** 1 A Barrett (Univ C Lon) 12.86; 2 E Pringle (Newc) 12.58; 3 C King (Birm) 12.42; 4 B Partridge (Birm) 12.40; 5 Z Asante (Brun) 12.26; 6 R Hanagan (Cant Christ) 11.62; 7 R Jones (E Lon) 11.32; 8 M O'Sullivan (Cardiff, U20) 11.25; 9 H Pringle (Northumbria) 11.08. **A:** 1 A Barrett (Univ C Lon) 12.32; 2 Z Asante (Brun) 11.94; 3 B Partridge (Birm) 11.93; 4 M O'Sullivan (Cardiff, U20) 11.16; 5 T Burgess (Wolv) 11.08; 6 H Pringle (Northumbria, U20) 11.04. **B:** 1 E Pringle (Newc) 12.47; 2 C King (Birm) 12.13; 3 R Jones (E Lon) 11.56; 4 R Hanagan (Cant Christ) 11.42; 7 L Newman (Plymouth, U20) 10.62. **SP:** 1 S Benson (Cardiff) 13.80; 2 J Rowland (Brun) 13.19; 3 K Bulmer (Newc) 11.89; 4 S Milner (Lough) 11.78; 5 J Taylor (Sheff H) 11.69; 6 C Vernon-Hamilton (Middx) 11.43; 7 E Campbell (Leeds

Met) 11.31; 8 R Doran (Northumbria) 11.25. **A:** 1 S Benson (Cardiff) 12.74; 2 K Bulmer (Newc) 11.70; 3 S Milner (Lough) 11.66; 4 C Vernon-Hamilton (Middx) 11.58; 5 J Taylor (Sheff H) 11.00; 6 L Griffiths (Card Met, U20) 10.68. **B:** 1 J Rowland (Brun) 12.61; 2 L Holmes (Hull) 11.40; 3 E Campbell (Leeds Met, U20) 11.15

FEBRUARY 21

HORSHAM SPRINTS OPEN

Men: 50: r1: 1 G Kagoza (NEB) 6.2. **r2:** 1 R Kagoza (NEB) 6.2. **r3:** 1 R Kagoza (NEB) 6.2
50: **r1:** 1 G Marsh (E'bone) 6.4; 1 A Guilford (Lewes) 6.4. **r2:** 1 G Marsh (E'bone) 6.4; 1 A Guilford (Lewes) 6.4; 1 J Hedges (Horsh BS) 6.4. **r3:** 1 G Marsh (E'bone) 6.4
U17: 50: r1: 1 J Seacombe (Worth) 6.4; 2 A Gorton (Horsh BS) 6.5; 3 J Jenkins (Worth) 6.6. **r2:** 1 J Jenkins (Worth) 6.5; 2 J Seacombe (Worth) 6.6; 2 A Gorton (Horsh BS) 6.6. **r3:** 1 J Seacombe (Worth) 6.5; 2 J Jenkins (Worth) 6.6
U15: 50: r1: 1 J Binns (Worth) 6.7. **r2:** 1 J Binns (Worth) 6.7. **r3:** 1 J Binns (Worth) 6.6
U13: 50H: r1: 1 O Stuart (E Grin) 9.8; 2 A James (Worth) 9.9. **r2:** 1 O Stuart (E Grin) 9.8; 2 A James (Worth) 10.0
Women: 50: r1: 1 K Sheehan (AFD) 7.3. **r2:** 1 K Sheehan (AFD) 7.3. **r3:** 1 K Sheehan (AFD) 7.3
U17: 50H: r1: 1 K Bajorinaite (Horsh BS) 8.1; 2 A Beswick (E Grin) 8.4. **r2:** 1 K Bajorinaite (Horsh BS) 8.2; 2 A Beswick (E Grin) 8.5. **r3:** 1 A Beswick (E Grin) 8.4
U15: 50: r1: 1 C Wirth (Horsh BS) 7.6; 2 A Fenton (E'bone) 7.7. **r2:** 1 C Wirth (Horsh BS) 7.6; 2 M Adenji (E'bone) 7.7. **r3:** 1 C Wirth (Horsh BS) 7.7; 1 M Adenji (E'bone) 7.7
U13: 50H: r1: 1 A Anning (B&H) 9.0. **r2:** 1 A Anning (B&H) 9.0

FEBRUARY 20

LEE VALLEY MIDDLE DISTANCE OPEN, Lee Valley

Mixed events: 800: r7: 2 E Baker (Herts P, U17W) 2:19.30. **r8:** 4 T Tuohy (Dulw, M50) 2:16.28; 5 R Walcott-Nolan (Luton, U20W) 2:19.47; 6 C Dailly (Chelm, U17W) 2:20.00. **r9:** 6 H Parker (C&C, U17W) 2:17.10. **r12:** 3 A Davis (Phoe, U15) 2:05.79. **r17:** 1 B Waterman (ESM) 1:52.27; 2 T Marshall (Card) 1:53.47; 3 J Singh (WSEH, U17) 1:57.87. **1500: r5:** 5 M Bridgeland (Chelm, M55) 4:42.94. **r6:** 5 S Riches (Chelm, U20W) 4:28.81; 7 T Tuohy (Dulw, M50) 4:32.68. **r8:** 1 E Pierce (E&H) 3:59.37

FEBRUARY 17

SOUTHERN COUNTIES VETERANS' CHAMPIONSHIPS, Lee Valley

M35 men: 60H: 1 P Davey (Ashf) 9.1
M40: 60: 1 M Smith (St Alb) 7.9. **400:** 1 P Benedickter (Bed C) 55.5. **LJ:** 1 N Lincoln (Holl S) 6.08. **TJ:** 1 N Lincoln (Holl S) 11.50
M45: 60: 1 D Kemp (Dartf) 7.8; 2 B King (Harrow) 8.0. **200:** 1 K Palmer (S'end) 26.0. **400:** 1 A Haines (Craw) 57.3; 2 L Croft (Bed C) 57.5; 3 G Gallagher (SCVAC) 57.8. **800:** 1 A Haines (Craw) 2:07.4. **3000:** 1 J Johnston (Shett) 9:33.7. **PV:** 1 J Wirths (E&E) 3.60; 2 S Eastwood (Bed C) 3.50; 3 D Warn (Soton) 2.90
M50: 60: 1 G Reddington (WSEH) 7.9; 2 P Ilo (SCVAC) 8.1. **200:** 1 G Reddington (WSEH) 25.8; 2 P Ilo (SCVAC) 26.8. **60H:** 1 G Reddington (WSEH) 9.1; 2 A Leiper (AFD) 9.8. **HJ:** 1 G Capon (Dartf) 1.55. **PV:** 1 A Leiper (AFD) 3.20; 2 W Martin (Hast) 2.90. **LJ:** 1 P Ilo (SCVAC) 5.16. **SP:** 1 Tipping (Camb H) 12.99; 2 A Leiper (AFD) 12.92

M55: 60: 1 J Browne (Mil K) 7.9. **800:** 1 R Daniel (Camb H) 2:24.1. **3000W:** 1 S Uttley (Ilf) 15:28.1. **HJ:** 1 D Blunt (E&E) 1.50. **LJ:** 1 T Wade (TVH) 4.54
M60: 60: 1 R Watkins (BMH) 8.1; 2 W Franklyn (Read) 8.1; 3 G Kitchener (S'oaks) 8.6; 4 M Maisey (Herts P) 8.8. **200:** 1 R Watkins (BMH) 26.1; 2 G Sutton (Newp, M65) 26.6; 3 W Franklyn (Read) 26.7. **400:** 1 R Watkins (BMH) 62.6. **3000W:** 1 J Hall (Vets) 15:49.2. **SP:** 1 T Richards (Croy) 11.92
M65: 60: 1 V Novell (Soton) 8.5. **200:** 1 V Novell (Soton) 29.1; 2 T Bissett (E&E) 29.2. **3000:** 1 P Hamilton (B&B) 11:47.8
M70: 60: 1 C Isetts (K&F) 9.5. **200:** 1 B Ferguson (Camb H) 31.4. **60H:** 1 B Ferguson (Camb H) 11.1. **3000W:** 1 P Hannell (Surrey W) 18:13.7. **PV:** 1 B Harlick (E&E) 2.20. **SP:** 1 B Harlick (E&E) 8.84
M75: SP: 1 G Hickey (B&B) 8.68
M80: SP: 1 J Hanus (SCVAC) 6.94
W35 women: 60: 1 H Channon (VAC) 8.0; 2 L Moulds (E&H) 8.0. **200:** 1 H Channon (VAC) 26.8; 2 L Moulds (E&H) 26.8. **PV:** 1 L Kelly (St Alb) 2.50. **LJ:** 1 H Channon (VAC) 5.24. **SP:** 1 L Kelly (St Alb) 9.81
W40: 60: 1 K Miles (Win) 8.7. **SP:** 1 S Lawrence (Thurr) 10.14
W45: PV: 1 M Newton (M&M) 2.30; 2 J Montgomery (B&B) 2.20
W50: 60H: 1 G Clarke (Ryst) 10.3. **HJ:** 1 G Clarke (Ryst) 1.35; 2 T Eades (Dartf) 1.25. **PV:** 1 T Eades (Dartf) 2.30. **LJ:** 1 G Clarke (Ryst) 4.23; 2 A Rowley-Jones (Croy) 4.05; 3 T Eades (Dartf) 3.84. **TJ:** 1 A Rowley-Jones (Croy) 8.39
W55: 60: 1 C Salvary (Barn) 10.2. **PV:** 1 S Yeomans (St Alb) 2.50. **SP:** 1 F Argent (M&M) 7.28
W60: 60: 1 S Dassist (E&E) 9.8; 2 E McMahon (E&H) 9.8; 3 A Cowley (Gard CR) 10.4. **200:** 1 S Dassist (E&E) 35.0. **60H:** 1 E McMahon (E&H) 11.3. **LJ:** 1 A Cowley (Gard CR) 3.36. **SP:** 1 W Thompson (Belg) 10.12; 2 S Dassist (E&E) 8.14
W65: 60: 1 H Holder (Woking, W70) 10.9. **LJ:** 1 H Holder (Woking, W70) 3.12. **TJ:** 1 H Holder (Woking, W70) 6.86. **SP:** 1 L Sissons (E&E) 8.66; 2 B Terry (B&B) 8.35

FEBRUARY 13

STEEL CUP, Sheffield

Men: 60: A1: 1 J Williams (Leeds U) 7.0. **B1:** 1 B Kelk (Lough S) 7.00. **ns1:** 1 D Putnam (Lough S) 6.97. **200: A1:** 1 D Putnam (Lough S) 21.27. **A2:** 1 J Williams (Leeds U) 21.99. **400: A1:** 1 M Baker (Lough S) 49.56. **3000: A:** 1 M Burton (Lough S) 8:27.47. **60H:** 1 B Kelk (Lough S) 8.16; 2 A Timms (Leeds MU) 8.53. **4x200: r1:** 1 Hallam U 1:32.90; 2 Leeds U 1:33.22; 3 Leeds MU 1:33.67. **r2:** 1 Lough S 1:26.85

Women: 60: A1: 1 S Lawton (Leeds MU) 7.91. **A2:** 1 A Gouenon (Lough S, U20) 7.79; 2 A Other 7.99. **200: A1:** 1 A Alcock (Lough S) 24.56. **3000:** 1 K Addy (Lough S) 10:02.48; 2 A Other 10:22.44; 3 N Squires (Hallam U) 10:25.22.
4x200: r1: 1 Hallam U 1:45.58; 2 Leeds MU 1:45.82; 3 Leeds U 1:48.68. **r2:** 1 Lough S 1:45.89

FEBRUARY 9-10

EASTERN COUNTIES CHAMPIONSHIPS INC ESSEX CHAMPIONSHIPS, Lee Valley

Men: 400: 1 J King (S'end) 49.50. **800:** **HT2:** 5 A Coleman (Bas, M45) 2:12.98. **60H:** 1 B Reed (Chelm) 8.54; 2 J Edgar-Hill (Hav M) 8.65. **HJ:** 1 B Armorgie (Herts P) 2.00. **PV:** 1 M Bartlett (Bas) 4.20; 2 Q Gouil (Camb U) 4.03. **TJ:** 1 M Houlden (Camb U) 13.75; 2 K Brown (S'end) 13.61. **SP:** 1 Y Zatat (WG&EL, U20) 14.92; 2 E Quarshie (Hav M) 13.56
U20: 60: 1 R Palmer (Hunts) 7.11; 2 E Dickson-Earle (Bigg) 7.12. **HT1:** 1 R Palmer (Hunts) 7.12. **HT2:** 1 E Dickson-Earle (Bigg) 7.14. **400:** 1 J Gillingham (Bas) 49.92. **60H:** 1 E Dickson-Earle (Bigg) 8.02; 2 K Riley-Laborde (E&H) 8.24; 3 R Claricoats (Hav M) 8.28; 4 G Hadler (Hav M) 8.52; 5 K Tucker (Hav M) 8.98; 6 M Bailey (W Norf) 9.00. **HJ:** 1 M Paulin (Chelm) 2.03; 2 K Jones (SNH) 1.90. **PV:** 1 L Yarwood (Chelm) 4.20. **LJ:** 1 J Grenfell (P'boro) 6.92. **TJ:** 1 D Oamen (SB) 13.92; 2 D Abiona (Bas) 13.35. **SP:** 1 O Holway (C&C) 13.71; 2 J Allen (W Suff) 13.58; 3 H Williams (WG&EL) 12.41
U17: 60: 1 J Anderson (NEB) 7.31; 2 T Woodbridge (Woodlands Sch) 7.33; 3 K Sobotie (SNH) 7.35; 4 R Shingleton (Brain) 7.47. **HT1:** 1 J Anderson (NEB) 7.30; 2 T Woodbridge (Woodlands Sch) 7.32; 3 R Shingleton (Brain) 7.47. **HT2:** 1 K Sobotie (SNH) 7.46. **400: 1:** K Sobotie (SNH) 51.09. **60H:** 1 A Law (Hav M) 8.42; 2 J Weaver (E&H) 8.42; 3 T Cunningham-Fahie (C&T) 8.70; 4 M Hall (Wat) 8.95. **PV:** 1 E Thompson (Hav M) 3.53; 2 L Nicholson (Bed C) 3.53; 3 J Weller (D&T) 3.43; 4 T Seager (Bed C) 3.43. **LJ:** 1 A Law (Hav M) 6.61. **TJ:** 1 F Choichuadee (Castle View Sch, U15) 12.10. **SP:** 1 A Leeming (Castle View Sch) 12.85
U15: 60: 1 J Pearson (Thurr) 7.59; 2 A Cooper (Norw) 7.62. **HT1:** 1 F Seki (NEB) 7.65; 4 M Otoo (NEB, U13) 8.16. **HT3:** 1 A Cooper (Norw) 7.69. **200:** 1 A Cooper (Norw) 23.93; 2 F Seki (NEB) 24.40. **HT1:** 1 A Cooper (Norw) 24.29. **60H:** 1 M Price (SNH) 8.29; 2 M Shields (Bas) 8.90; 3 J Ellis (Chelm) 8.93. **HT1:** 1 M Price (SNH) 8.43. **HT2:** 1 J Ellis (Chelm) 9.07. **HJ:** 1 M Price (SNH) 1.71. **SP:** 1 M Price (SNH) 14.44; 2 J Pearson (Thurr) 13.77
Women: 60: 1 K Skelding (WG&EL) 7.99. **400:** **HT1:** 6 L Talbert (Thurr, W50) 69.53. **HJ:** 1 B Siddons (Hav M) 1.65; 2 S Bailey (Bas) 1.65. **PV:** 1 L Shortland (SNH) 3.20. **SP:** 1 S Lawrence (Thurr, W50) 11.24
U20: 60: 1 K Sutton (Col H) 7.88; 2 H McLean (Chelm) 7.91; 3 L Clark (D&T) 8.03; 4 T Chambers (Ilf) 8.03; 5 S Akindele (NEB) 8.08. **HT1:** 1 H McLean (Chelm) 7.93. **HT2:** 1 K Sutton (Col H) 7.88; 2 T Chambers (Ilf) 8.08. **HT3:** 1 S Akindele (NEB) 8.02. **200:** 1 H McLean (Chelm) 25.23. **HT1:** 1 H McLean (Chelm) 25.35. **400:** 1 H McLean (Chelm) 56.25; 2 C Dailly (Chelm, U17) 59.98. **800:** 1 K Dodd (Bas) 2:16.63; 2 K Johansen (Chelm) 2:19.19. **60H:** 1 H McLean (Chelm) 8.85; 2 E Nwofor (NEB) 9.10; 3 L Watt (Hunts) 9.28. **HJ:** 1 P Lake (Chelm) 1.78; 2 G Armorgie (Herts P) 1.65. **SP:** 1 A Galloway (C&C) 10.30
U17: 60: 1 M Howard (Chelm) 7.91; 2 M Hughes (Hav M) 8.05; 3 J Packer (S'end) 8.10; 4 A Richards (Orion) 8.16. **HT1:** 1 M Howard (Chelm) 8.05; 2 M Hughes (Hav M) 8.14. **HT3:** 1 A Richards (Orion) 8.18. **200:** 1 M McKechnie (Chelm) 25.66; (25.70 ht, 25.67sf). **300:** 1 McKechnie (Chelm) 40.74. (40.63 ht) **800:** 1 H Parker (C&C) 2:15.19; 2 R Prideaux (Chelm) 2:15.29; 3 A Clark (Loughton) 2:17.96. **1500:** 1 Ives (Bas) 4:39.34. **60H:** 1 M Howard (Chelm) 8.73; 2 G Green (Chelm) 8.93; 3 M Hughes (Hav M) 9.24; 4 G Duke (Chelm) 9.30. **HT1:** 1 M Hughes (Hav M) 9.30; 2 N Harryman (Harlow) 9.47. **HT2:** 1 M Howard (Chelm) 8.93; 2 G Duke (Chelm) 9.26. **HT3:** 1 G Green (E&H) 8.98. **HJ:** 1 L Armorgie (Herts P) 1.72; 2 L Peattie (Orion) 1.60; 3 S Prescott-Smith (Chelm) 1.60; 3 P Sanoz (S'end) 1.60. **PV:** 1 A Rodriguez (SB) 3.00; 2 M Gutteridge (Hav M) 2.90. **LJ:** 1 G Green (E&H) 5.33. **SP:** 1 G Taylor (Hav M) 10.91; 2 R Forder (Hav M) 10.88
U15: 60: 1 M Shokunbi (Hav M) 7.96; 2 S McNeil (Chelm) 8.11; 3 Z Thompson (NEB) 8.32. **SF1:** 1 M Shokunbi (Hav M) 8.02. **SF2:** 1 S McNeil (Chelm) 8.11; 2 Z Thompson (NEB) 8.23; 3 J Hedman (NEB) 8.25. **HT1:** 1 S McNeil (Chelm) 8.22. **HT3:** 1 Z Thompson (NEB) 8.23. **HT5:** 1 M Shokunbi (Hav M) 8.05. **800:** 1 J Judd (Castle View Sch) 2:19.19. **HT1:** 1 J Judd (Castle View Sch) 2:18.68; 2 E Perks (Chelm) 2:18.79. **60H:** 1 F Marriott (C&C) 9.32; 2 C Day (D&T) 9.52. **HT1:** 1 F Marriott (C&C) 9.52. **HT2:** 1 Day 9.74. **PV:** 1 H Brown (P'boro) 3.20. **LJ:** 1 J Hedman (NEB) 5.12. **SP:** 1 Day 10.19
U13: 60: 1 A Hornbuckle (E&H) 8.49 (8.57sf, 8.52 ht); 2 A Akinbiyi (Norw) 8.55 (8.63 ht); 3 E Rowan (S'end) 8.80 (8.70 sf, 8.77 ht). **60H:** 1 Hornbuckle 10.14 (10.24 ht); 2 I Purdie (Hav M) 10.34; 3 E Irukskieta (S'end) 10.64 (10.58 ht)

UK Indoor leaders

MEN

6.58	Dwain Chambers/James Dasaolu	60m	7.15
20.93	Nigel Levine	200m	22.98
46.22	Richard Strachan	400m	51.37
1:46.55	Michael Rimmer	800m	2:02.86
3:37.25	Chris O'Hare	1500m	4:12.39
3:52.98	Chris O'Hare	1M	4:36.59
7:42.00	Mo Farah	3000	8:49.31
7.58	Andy Pozzi	60H	7.99
2.31	Robbie Grabarz	HJ	1.82
5.62	Steven Lewis	PV	4.77
7.94	Matthew Burton	LJ	6.78
16.50	Kola Adedoyin	TJ	13.91
18.59	Greg Beard/Scott Ryder	SP	16.38

WOMEN

	Asha Philip
	Margaret Adeoye
	Perri Shakes-Drayton
	Jenny Meadows
	Laura Muir
	Josephine Moultrie
	Eilish McColgan
	Tiffany Porter
	Isobel Pooley
	Holly Bleasdale
	Shara Proctor
	Yamile Aldama
	Sophie McKinna

CROSS COUNTRY

FEBRUARY 24

EAST SUSSEX LEAGUE, Pett

Overall: 1 E Hickman Casey (E'rne) 27:43; 2 S Parker-Harding (Hast, U20) 28:06; 3 M Bell (Hail, M40) 28:09; 4 G Judges (Hail, M45) 28:09; 5 R Jones (E'rne) 28:36; 6 J Cox (H'field, M40) 29:15; 7 J Larkin (Hast, M40) 29:31; 8 E Dodd (E'rne, U20) 29:48; 9 P Ibarcurcan (Lewis-Clarke State) 30:26; 10 D Skelton (Hast) 30:40; 11 A Rolfe (E'rne, M40) 30:54; 12 R Chrystie (Hail) 31:06; 13 M East (Hast R, M35) 31:14; 14 M Beaumont (N Som, M40) 31:14; 15 M Ely (H'field) 31:39

M45: 2 M Stiller (H'field) 33:29. **M50:** 1A Stewart (Crow) 32:16; 2 A Thornton (Hail) 32:38. **M55:** 1 B Tapsell (Crow) 34:03; 2 P Sargent (Hast R) 34:23.

M60: 1 P Robinson (Corby) 34:16. **M65:** 1 B Hughes (Lewes) 39:11

Women: 1 O Webb (Hail, W40) 32:21; 2 S Fry (Hail, W40) 32:25; 3 S Alvarez (Hail, W40) 32:31; 4 K Brown (Harb, W35) 33:31; 5 M Schuwey (E'rne, U20) 34:08; 6 B Chapman (H'field, W45) 35:00; 7 K Divall (Lewes, W50) 36:13; 8 E Jones (E'rne) 37:57; 9 C Walters (Lewes, W50) 38:15; 10 F Burnham (Hast, W50) 38:52

W35: 2 J Lane (Hail) 39:25. **W45:** 2 J Chicken (Hail) 39:37. **W60:** 1 S Huggett (Hast R) 41:11

TEAM (M&W combined): 1 Hailsham 576; 2 Lewes 728; 3 Heathfield R 760; 4 Hastings R 825; 5 Eastbourne Rovers 832; 6 Hastings AC 862

Final standings

Overall: 1 S Parker-Harding (Hast) 797
Senior: 1 Parker-Harding 797; 2 E Hickman-Casey (E'rne) 796; 3 R Jones (E'rne) 782

M40: 1 G Judges (Hails) 790; 2 J Cox (H'field) 780; 3 J Larkin (hast) 780.

M50: J Lowden (Lewes, M55) 768; 2 A Thornton (Hails) 688; 3 G Purdey

(Hails) 688. **M60:** J Gateley (Hast) 550.

M65: J Coleman (Lewes) 539

Women

Overall: S Fry (Hails) 798

Senior: S Norris (Lewes)

W35: 1 Fry 798; 2 O Webb (Hails) 793;

3 S Alvarez (Hails) W40) 893. **W45:** 1

L Lumber (Hails) 783; 2 B Chapman

I(H'field) 774; 3 D Farmer (E'rne) 766.

W55: 1 A Amies (Lewes) 699; 2 T Audis

9(Hast R) 53. **W60:** 1 S Huggett (Hast

R) 711; 2 S Marzaiola (Hast R) 711

TEAM (M&W combined): 1 Lewes 8; 2

Hailsham 10; 3eq E'rne/Heathfield 23;

5 Crow 33; 6 Hast AC 34

INTER-INSULAR (Channel Islands Championships) Footes Lane, Guernsey

GUERNSEY runners filled the top three places in both senior races in this traditional inter-island event with Steve Dawes claiming his sixth title ahead of Mike Wilesmith and veteran Alan Rowe. Louise Perrio comfortably claimed her fourth successive women's race title ahead of Guernsey's 1500m record-holder Sarah Mercier.

In last month's Hampshire cross-country championships Mercier finished just outside the podium places but here, was a solid second ahead of county runner-up Nat Whitty. Jersey's Jo Gorrod, a past winner of the senior title, was fourth across the line and leading veteran.

Guernsey also won both under-15 events with Katie Rowe. In a closely contested race, English Schools 1500m bronze medallist Katie Rowe saw off a challenge from Gemma Gothard.

Danny Ray was leading under-15 boy and Oliver Terry of Jersey won the under-17 event.

Katie's younger brother, Alex, completed a good day for the Rowe family by winning the under-13 boys'

The start of the senior men's race at Falkirk



event and Florence Gothard went one better than her elder sister to win the under-13 girls' title.

Men: 1 S Dawes (NEB) 33:58; 2 M Wilesmith (Guern) 36:10; 3 A Rowe (Guern, M45) 36:29; 4 T Perchard (Jer) 37:02; 5 W Bodkin (Guern) 37:16; 6 M

Batiste (Guern) 37:23; 7 P Sygrove (Jer) 37:29; 8 D Emery (Guern) 37:40; 9 D

Parkin (Loft, M40) 37:47; 10 J Gower (Guern) 37:53; 11 L Garland (Cl, M35) 37:59; 12 A Turmel (Jer, U20) 38:24;

13 T Swain (Guern) 39:14; 14 N Gorrod (Jer, M50) 39:40; 15 J Coote (Jer, M45) 39:43; 16 J Greenfield (Guern) 39:44;

17 P AHIER (Jer, M45) 39:50; 18 O Terry (Jer, U17) 40:06; 19 J De Garis (Guern) 40:20; 20 D Maher (Jer, M40) 40:55; 21

T Shaw (Guern) 41:19; 22 P Kamau (Jer)

42:28; 23 B Gallagher (Guern, M40) 44:11; 24 P Ingrouille (Guern, M45) 44:58; 25 W Helps (Guern, M35) 45:20

TEAM: 1 Guernsey 25; 2 Jersey 69
M40 TEAM: 1 Guernsey 18; 2 Jersey 18

(on last scorer)
M50 TEAM: Jersey

U17: 1 O Terry (Jer) 25:59; 2 M Thornton (Guern) 26:45; 3 J Ingrouille (Guern) 30:37

TEAM: Guernsey
U15: 1 D Ray (Guern) 18:18; 2 S Maher (Jer) 19:25; 3 D Galpin (Guern) 19:43;

4 A Ottley (Jer) 20:11; 5 J Hugh (Jer) 20:29; 6 C Way (Guern) 20:35; 7 B

Zaman (Jer) 20:45; 8 R Bartram (Guern) 20:55
TEAM: 1 Guernsey 9; 2 Jersey 12

U13: 1 A Rowe (Guern) 13:07; 2 J

Leerson (Jer) 13:13; 3 J Lutz (Jer) 13:18; 4 H Bisson (Guern) 13:23; 5 S

Culverwell (Guern) 13:39; 6 W Brown (Jer) 13:39; 7 J Yeaman (Guern) 13:57; 8

E Robert (Guern) 14:06; 9 I Du Val (Jer) 14:21; 10 L Le Cheminant (Guern) 15:04;

11 D Gilman (Guern) 15:11; 12 J Thornton (Guern) 15:23
TEAM: 1eq Guernsey/Jersey 10 (as last

runners tied)
Women: 1 L Perrio (Guern) 25:08; 2

S Mercier (Guern) 25:37; 3 N Whitty (Guern) 26:06; 4 J Gorrod (Jer, W40) 26:42; 5 C Turmel (Jer, U20) 27:27; 6 N

Neal (Guern, W40) 28:14; 7 K Thompson (Jer, W35) 28:52; 8 G King (Guern, W40) 29:15; 9 A Lewis (Jer, W35) 29:19;

10 E Leask (Shet, U20) 29:30; 11 K Robin (Guern, W40) 30:11; 12 D Leerson (Jer, U20) 30:38; 13 S Thompson (Jer, W45) 30:55; 14 C Andrews (Guern, W35) 31:07; 15 C Green (Guern) 31:08

TEAM: 1 Guernsey 12; 2 Jersey 25
W35 TEAM: 1 Jersey 16; 2 Guernsey 20

W45 TEAM: 1 Jersey 16; 2 Jersey 20
U15: 1 K Rowe (Guern) 21:59; 2 G

Gothard (Jer) 22:01; 3 Y Looksee (Jer) 22:03; 4 J Troy (Jer) 22:58; 5 A Le

Sauvage (Guern) 26:26; 6 J Stapley (Guern) 28:08
TEAM: 1 Jersey 9; 2 Guernsey 12

U13: 1 F Gothard (Jer) 14:24; 2 I

Gallagher (Guern) 14:42; 3 R Hubert (Guern) 15:25; 4 J Staples (Guern) 15:26; 5 A Maher (Jer) 15:52; 6 A

Dallamore (Guern) 16:08; 7 J Cullen (Jer) 16:36; 8 A Galpin (Guern) 16:57; 9

J Gallienne (Guern) 17:08; 10 G Langlois (Guern) 17:11; 11 B Bailey (Guern) 17:17;

12 G Mitchinson (Jer) 17:31
TEAM: 1 Guernsey 9; 2 Jersey 13

FEBRUARY 23

SCOTTISH NATIONAL CHAMPIONSHIPS, Callendar Park, Falkirk

ETHIOPIAN Wegene Tafese won in his first appearance in the championships.

The Ronhill Cambuslang athlete won by 80 metres from Robbie Simpson in 38:41 with Joe Symonds in third.

Beth Potter picked up the gold in the senior women's race from two more GB internationals, Rosie Smith and Susan Partridge.

On a great day for the sport, 1955 athletes took part, representing the largest entry since 1996.

Tafese has only been in Scotland since arriving at the end of 2011 and didn't compete in 2012 when Derek Hawkins won.

Hill runners Simpson and Symonds were always in the hunt and, in a competitive race, barely a minute covered the top 10.

The winner, who spiked his foot, said: "It was as tough as I thought it might be but that is what it should be for the Scottish National. I couldn't get away at all until into the third lap and I am delighted to win. I won the Scottish 10km title at Stirling last September, but this feels even more special and I enjoy cross country. All the hard work in training has paid off today."

Freya Ross has won the senior women's title six of the last seven years but, like Hawkins, she was absent as she is altitude training in the United States.

The 2008 champion Partridge, and Smith, after two bronzes and silver, were hopeful of success in the women's race, but it was 21-year-old Potter, a regular champion in this competition in the younger age-groups over the years, who took gold.

She won in 28.14 for the 8km, with Smith just six seconds back and Partridge a further seven seconds behind.

Potter said: "It feels great to be senior champion at just turned 21. I've won Scottish titles at age groups, but last year I wasn't too well after coming back from Kenya.

"I have been a lot more on-form this winter. I raced Freya earlier this season and beat her in Edinburgh and then she beat me in Antrim. It would maybe have been an even better race if she had been here between the four of us but it was hard enough with three!



Beth Potter: wins the Scottish title

"I enjoyed racing against Rosie and Susan and I'm just pleased I was strong enough to win it. As I say, it's a great title to have against your name."

The age-group titles were shared around and it was a particularly good day for Glasgow clubs as Cambuslang, Victoria Park Glasgow and Giffnock North athletes regularly climbed the podium, but the likes of Lasswade, Greenock Glenpark and Stornoway also gained individual medals.

Rhona Auckland recovered from a recent injury to win the under-20 crown in the colours of Edinburgh University.

Auckland won team gold with British under-20s at the European Cross Country Championships in December but then hurt her knee while carrying a suitcase downstairs. Back in training recently, she proved strong enough to win by almost 30 seconds in 16:45 from Halina Ressa and Alex Lamond.

Lasswade AC's UK indoor championship finalist Ross Matheson took the men's under-20 title by just three seconds in one of the best races of the day as he edged out David Vernon.

Garscube's Catriona Graves won the under-17 women's title and Lewis Boyle won a fine under-17 men's contest.

Josh Kerr had looked the clear favourite at under-15 boys' race and so it proved with Gillian Black (VP Glasgow) likewise peerless among the girls.

Ryan Gray was arguably the least unexpected champion of the day, but it was no less impressive at that. He maintained his long unbeaten run with another dominant display in the under-13 boys' race, while Shelby Morrison (Greenock Glenpark) won the equivalent girls' race.

Men (8km): 1 W Tafese (ETH) 38:41; 2 R Simpson (Dees R) 38:55; 3 J Symonds (Hunters Bog Trotters) 39:00; 4 S McDonald (Centr) 39:12; 5 S Fontana (VPCG) 39:12; 6 M Strain (HBT) 39:15; 7 A Hay (Centr) 39:17; 8 D Selman (Cors) 39:37; 9 S Gibson (Cambus) 39:38; 10 A Hendry (Centr) 39:45; 11 J Newsom (Centr) 39:52; 12 K Greig (Forres) 40:00; 13 M Deason (Shett) 40:11; 14 A Butchart (Centr) 40:19; 15 K Hood (Cors, M40) 40:24; 16 R Houston (Centr) 40:27; 17 S Trainer (G'nock) 40:30; 18 C McKenzie (Cors) 40:41; 19 I MacCorquodale (Cambus) 40:44; 20 A Crichton (Dunb) 40:49; 21 L Oates (Shett) 40:57; 22 M Pollard (Belg) 40:59; 23 P Sorrie (Shett) 41:00; 24 B Mackie (Edin) 41:05; 25 M Sullivan (Shett) 41:09; 26 D Munro (Cambus) 41:18; 27 M Haskett (TVH) 41:21; 28 B Hukins (Cambus) 41:23; 29 P Gierjatowicz (Edin U HH) 41:40; 30 A Fallas (C'thy) 41:41; 31 M Wright (Centr) 41:43; 32 K Wilson (Cambus, M40) 41:44; 33 S Pilkington (Cors) 41:46; 34 T Fay (Shett) 41:48; 35 R Cartwright (Giff N) 41:48; 36 D Cummins (W Wat) 41:53; 37 L Millar (Centr) 41:57; 38 S Cairns (Tyne Br, M45) 42:01; 39 G Baillie (E Kilb) 42:09; 40 R Gilroy (Cambus, M35) 42:12; 41 A Wright (C'gie, M35) 42:23; 42 H Haines (HBT) 42:28; 43 A Little (Shett, M45) 42:30; 44 J Joy (Adeen) 42:32; 45 B Clark (Cors) 42:33; 46 T Martyn (Edin U HH) 42:38; 47 A Hood (Centr) 42:43; 48 M Anderson (Cors, M35) 42:50; 49 K Richmond (Shett, M40) 42:51; 50 B Phillips (Lass) 42:57; 51 D Wright (HBT, M35) 43:00; 52 J Carpenter (Cors) 43:13; 53 C Reid (Edin) 43:14; 54 K Docherty (Bella RR) 43:14; 55 C McGill (Edin, M35) 43:14; 56 B McGarrity (Shett) 43:17; 57 A Sivakumaran (Edin

U) 43:18; 58 S Lyon (G'nock) 43:23; 59 G Glendinning (Bella RR, M40) 43:25; 60 P Leck (Kilb) 43:34; 61 A Anthony (Centr, M35) 43:38; 62 D Ashworth (Clay) 43:41; 63 H Spoering (Glas U HH) 43:43; 64 D Clarkson (Edin) 43:48; 65 S O'Brien (Edin, M35) 43:58; 66 G Hastie (Cambus, M40) 43:54; 67 J Findlay (Irv, M35) 43:55; 68 M Williamson (Bella RR) 43:56; 69 R Ward (Edin, M35) 44:28; 70 M Consani (Gars, M35) 44:00; 71 A Campbell (Cambus) 44:02; 72 A Rouse (Edin, M35) 44:04; 73 G Taylor (Edin) 44:10; 74 B Paterson (Falk, M35) 44:18; 75 A Warburton (Notts) 44:20; 76 A Wilson (Glas U HH) 44:21; 77 P Moffett (Falk) 44:24; 78 G Barrie (Dund H, M40) 44:27; 79 N McAlinden (W'lands) 44:28; 80 J Fergusson (E Kilb) 44:28; 81 A Hart (Edin, M40) 44:29; 82 R Milne (Cors, M35) 44:30; 83 G Green (P'ello, M35) 44:34; 84 S Rafferty (I'clyde) 44:38; 85 R Riddell (Cors) 44:41; 86 C Partridge (Loth, M35) 44:41; 87 C Hutchinson (HBT) 44:41; 88 D Muir (Law, M35) 44:42; 89 C Dougherty (Bella RR) 44:42; 90 D Fulton (HBT) 44:43; 91 S Martin (Kil'k, M40) 44:44; 92 I Whiteside (Edin U HH) 44:46; 93 P Miller (I'ness, M40) 44:50; 94 C Walsh (Bella H, M40) 44:52; 95 B Turner (Falk, M35) 44:55; 96 J MacNamara (Cambus, M35) 44:59; 97 A Macrae (I'ness, M35) 44:59; 98 D Henderson (G'nock) 44:59; 99 M Bax (Perth RR) 45:03; 100 K O'donoghue (G'nock) 45:05

TEAM: 1 Centr 62; 2 Cambus 115; 3 Cors 155; 4 Shett 159; 5 HBT 209; 6 Edin 308; 7 Edin U 308; 8 Bella RA89; 9 G'mock 491; 10 Falk 747; 11 Gars 847; 12 C'gie 85; 13 E Kilb 884; 14 Spring 1070; 15 Kirkin 1108; 16 I'clyde 1161; 17 Gala 1164; 18 Bella H 1175; 19 Glas U 1176; 20 VPCG 1249

U20 (8km): 1 R Matheson (Lass) 25:49; 2 D Vernon (VPCG) 25:52; 3 D Colley (Falk) 26:53; 4 S Orr (Cambus) 27:05; 5 J Wightman (Edin) 27:09; 6 J Hamilton (Cambus) 27:12; 7 A Christy (Cors) 27:14; 8 M McNeill (Loth) 27:35; 9 E Sloan-Dennison (VPCG) 27:42; 10 R Mountford (Kilb) 27:48; 11 M Ferguson (Banc) 28:02; 12 S Burgess (Adeen) 28:07; 13 P Bowman (C'dale) 28:16; 14 R Miller (Edin) 28:22; 15 T McDonald (Bella H) 28:28; 16 C Mason (L&M) 28:35; 17 C Milne (Centr, SEN) 28:40; 18 Z Delaney (Fife) 28:49; 19 G Williams (I'clyde) 28:53; 20 B Stevenson (Falk) 28:58; 21 B Bristow (Cambus) 29:21; 22 M Houston (I'clyde) 29:43; 23 D Smith (Adeen) 29:46; 24 G Rankin (Kilb) 29:59; 25 S McAlpine (Pit) 30:05; 26 C Haxton (Kilb) 30:10; 27 S Lobdell (St And U) 30:10; 28 S Paris Jnr (Cambus) 30:14; 29 M McKenna (Cambus) 30:19; 30 D McKellar (Storn) 30:20; 31 G Boyne (Glas U HH) 30:26; 32 S Stirling (Falk) 30:31; 33 S Michael (I'ness) 30:37; 34 A Jack (Edin) 30:48; 35 C Heirs (VPCG) 31:04; 36 E Paton (Fife) 31:05; 37 S Forsyth (Glas U HH) 31:09; 38 P Gillespie (Perth) 31:29; 39 J Adam (Shet) 31:33; 40 E Ahmad (VPCG) 31:34

TEAM: 1 Cambus 59; 2 VPCG 86; 3 Edin 95; 4 Glas U 126

U17 (6.4km): 1 L Boyle (VPCG) 23:15; 2 J Glen (I'clyde) 23:24; 3 R Thomson (Cambus) 23:25; 4 E Gillham (Kilb) 23:37; 5 A Thompson (Pit) 23:47; 6 A Lawler (Law) 23:49; 7 S Chalmers (I'ness) 23:52; 8 G McArdle (Kilb) 23:53; 9 C Jardine (VPCG) 24:09; 10 R Muir (Dund H) 24:30; 11 R Tennant (Ips) 24:42; 12 J Thomas (Living) 24:53; 13 D Robertson (Cambus) 24:55; 14 B Potrykus (Pit) 24:57; 15 C Matthews (Kilb) 24:59; 16 K Rafferty (VPCG) 25:01; 17 L McLoone (VPCG)

25:03; 18 L Rees (Fife) 25:05; 19 L Foss (Law) 25:08; 20 R Stephen (Cambus) 25:13; 21 M Lancaster (Giff N) 25:22; 22 J McLean (Moorf) 25:33; 23 A Chepelin (Cos) 25:39; 24 E Rose (Dund H) 25:42; 25 J Adkin (Moorf) 25:58; 26 P Loneragan (Giff N) 25:59; 27 S Murray (A'deen) 26:00; 28 S McLuckie (Law) 26:03; 29 D O'Hare (Edin) 26:04; 30 M Gillespie (Perth) 26:11; 31 T Murray (Kilb) 26:12; 32 J Kennedy (Law) 26:20; 33 C Symmons (A'deen) 26:23; 34 J Stanners (Moorf) 26:25; 35 F MacLennan (I'ness) 26:32; 36 M Cameron (Edin) 26:35; 37 J Houston (I'clyde) 26:35; 38 J Sheridan (Cambus) 26:44; 39 M Young (Cors) 26:47; 40 C Hunter (I'clyde) 26:51; 41 C Wighton (Kilb) 26:55; 42 R Marr (Gala) 26:55; 43 I Lawson (Lass) 27:03; 44 L Cheskin (Moorf) 27:05; 45 D Stansfield (Centr) 27:22; 46 D Gillespie (Kilb) 27:24; 47 C Clark (Lass) 27:27; 48 A Mitchell (Living) 27:30; 49 J MacGregor (Cambus) 27:30; 50 L Sirel (Kirk O) 27:34

TEAM: 1 VPCG 43; 2 Kilb 58; 3 Cambus 74; 4 Law 85; 5 Moorf 125; 6 I'clyde 134

U15 (4km): 1 J Kerr (Edin) 13:27; 2 C Maclean (Storn) 13:43; 3 A Carcas (Edin) 13:51; 4 S McKay (VPCG) 14:01; 5 I Davies (Centr) 14:06; 6 T Otton (Gala) 14:09; 7 S Sweeney (Strathe) 14:12; 8 E Mckerral (Kilb) 14:18; 9 S Lisle (I'ness) 14:19; 10 L Shaw (I'ness) 14:24; 11 A Addison (Cors) 14:24; 12 L McKeown (VPCG) 14:24; 13 J Ingledeew (Fife) 14:27; 14 J MacKinnon (VPCG) 14:34; 15 P Harper (Glas S Sp) 14:37; 16 C Dickson (Kilb) 14:38; 17 F Stirling (Ayr S) 14:39; 18 J Kerr (Centr) 14:39; 19 C Stewart (Giff N) 14:48; 20 G Gillespie (Law) 14:48; 21 K Stevens (Moorf) 14:57; 22 J Geddes (I'ness) 15:00; 23 J McIntosh (Gala) 15:04; 24 C Morris (Pit) 15:05; 25 J Law (VPCG) 15:06; 26 R Forbes (I'clyde) 15:08; 27 L Serpell (VPCG) 15:08; 28 S Davidson (Centr) 15:09; 29 M Lymas (E Kilb) 15:10; 30 M Crawford (Centr) 15:11; 31 A Johnstone (I'ness) 15:12; 32 S Millar (Adeen) 15:15; 33 R Gray (Giff N) 15:20; 34 E Brodie (Giff N) 15:22; 35 K Carolan (Giff N) 15:22; 36 R McLaren (Pit) 15:22; 37 G Smith (Cambus) 15:23; 38 G Haggerty (VPCG) 15:24; 39 J Rawlinson (Nairn) 15:30; 40 S McLardie (Kilb) 15:30; 41 E McMillan (Banc) 15:33; 42 O Leach (Moth) 15:34; 43 T White (Pit) 15:35; 44 A Comerford (Kilb) 15:35; 45 J Donald (Dund H) 15:35; 46 R Gray (I'clyde) 15:37; 47 G Malcolm (Kinn) 15:40; 48 J Agnew (Gala) 15:41; 49 C Kehoe (Kilb) 15:41; 50 A Merry (Dund H) 15:42

TEAM: 1 VPCG 55; 2 I'ness 72; 3 Centr 81; 4 Kilb 108; 5 Giff N 121; 6 Gala 131

U13 (3.2km): 1 R Gray (I'clyde) 12:14; 2 A Johnson (VPCG) 12:37; 3 A Scott (Fife) 12:52; 4 M Swinton (Edin) 12:58; 5 S Paton (Cambus) 13:09; 6 C Watson (I'clyde) 13:11; 7 M Lowrie (Giff N) 13:15; 8 R Stephen (Cambus) 13:17; 9 L Priest (C'dale, U15) 13:19; 10 M Hewitt (Unatt) 13:24; 11 M Tait (Lass) 13:26; 12 J Arnaud (I'ness) 13:28; 13 F Carcas (Edin) 13:29; 14 A Moreland (VPCG) 13:30; 15 E Boyle (Kinn) 13:33; 16 S Addison (Cors) 13:36; 17 G Rees (Fife) 13:37; 18 L Ross (Ayr S) 13:38; 19 A Brady (VPCG) 13:41; 20 A MacAngus (Kilb) 13:46; 21 L Reilly (Cambus) 13:48; 22 A Johnston (Pit) 13:50; 23 A Hogg (Gala) 13:51; 24 K Munro (Storn) 13:53; 25 R Allan (Edin) 13:55; 26 D Pollock (Cambus) 13:55; 27 F Strachan (A'deen) 13:55; 28 T Stewart (Giff N) 13:55; 29 C Ryan (Centr) 13:59; 30 E McLevy (Ayr S) 14:00; 31 J Logan (Gala) 14:04; 32 R Nicolson (Ayr S) 14:06; 33 C Milarvie (VPCG) 14:08; 34 G Chambers (Helen)

14:09; 35 H Gellatly (Perth) 14:10; 36 M Miller (Helen) 14:11; 37 E Hood (Moorf) 14:13; 38 R Thompson (Pit) 14:14; 39 C Palmer (Centr) 14:15; 40 L Campbell (Helen) 14:17; 41 D McGarrie (Gars) 14:18; 42 J Burns (Shett) 14:19; 43 N Boyle (Giff N) 14:19; 44 B Shaw (Giff N) 14:20; 45 C Barry (Kilb) 14:22; 46 S Aitken (Fife) 14:23; 47 J Irvine (Gars) 14:24; 48 M Bown (Centr) 14:28; 49 L Forsyth (Strathe) 14:31; 50 R Warnock (I'clyde) 14:31

TEAM: 1 Cambus 60; 2 VPCG 68; 3 Edin 102; 4 Fife 119; 5 Giff N 122; 6 I'clyde 140

Women (8km): 1 B Potter (SB) 28:14; 2 R Smith (Dur) 28:20; 3 S Partridge (Leeds C) 28:27; 4 A McGhee (VPCG) 29:24; 5 A Campbell (SB) 29:25; 6 S Hood (Tip) 29:36; 7 E Curran (Kilb) 30:00; 8 G Palmer (Edin) 30:02; 9 E Mooney (Loth, W35) 30:14; 10 L Chisholm (Gars, W35) 30:17; 11 F Matheson (Falk, W50) 30:28; 12 H Sharpe (Fife) 30:30; 13 J Maclean (Edin, W35) 30:32; 14 J Emsley (Centr) 30:47; 15 C Buchanan (Centr) 30:50; 16 N Duncan (P'ello) 30:52; 17 T Hill (High) 30:55; 18 F Thompson (TVH) 30:57; 19 D Lauder (Gala, W35) 31:02; 20 L Morrison (Centr) 31:14; 21 M Crawford (Fife) 31:18; 22 S Inglis (Loth) 31:26; 23 J Oliver-Bell (Traff) 31:30; 24 C Rankin (Kilb) 31:39; 25 G Cormack (A'deen) 31:47; 26 M Sandison (Spring) 31:50; 27 E McKechnie (HBT) 31:59; 28 C Ward (HBT, W35) 32:15; 29 K Tait (Kil'k) 32:20; 30 S Ridley (Edin, W45) 32:22; 31 J Dunbar (Edin, W40) 32:22; 32 M Davies (Forres) 32:25; 33 C McCracken (Bella H, W35) 32:35; 34 A Mason (Shett, W35) 32:36; 35 E Rice (I'clyde) 32:36; 36 L Stoddart (Edin) 32:45; 37 J Henderson (Helen, W40) 32:45; 38 K Jenkins (HBT, W35) 32:52; 39 C Gordon (HBT, W35) 32:53; 40 L Gamble (L'gow) 32:57; 41 M Hunter (Spring, W40) 32:58; 42 R Joss (Giff N) 33:04; 43 H McGrath (Law) 33:07; 44 G Carr (Cors, W35) 33:12; 45 H Langham (Edin U HH) 33:14; 46 A McKimmie (Fife) 33:20; 47 T Morgan (For) 33:24; 48 M McCracken (HBT) 33:26; 49 E Baxter (G'nock) 33:28; 50 N Christie (Edin, W35) 33:34

TEAM: 1 Edin 57; 2 VPCG 51; 3 Centr 67; 4 HBT 74; 5 Fife 157; 6 Gala 257; 7 Loth 260; 8 Dund 267; 9 Edin U 267; 10 Cors 275; 11 Spring 284; 12 Shett 310

U20 (4.8km): 1 R Auckland (Banc) 16:45; 2 H Rees (Fife) 17:12; 3 A Lamond (Kirk O) 17:28; 4 K Pennel (Pit) 17:39; 5 S Potter (VPCG) 17:47; 6 K Bristow (Cambus) 17:58; 7 R Dunn (Edin) 18:11; 8 M MacLennan (I'ness) 18:28; 9 M Brown (Pit) 18:51; 10 A Bender (St And U) 19:06; 11 E Buchan (A'deen) 19:06; 12 E Eadie (Kilb) 19:07; 13 A Carroll (Edin U) 19:19; 14 M Brown (Cambus) 19:39; 15 K Sprang (Ayr S) 19:54; 16 J Cruickshanks (Fife) 20:17; 17 K Taylor (St And U) 20:49; 18 L Christy (Glas U HH) 20:53; 19 E Brown (A'deen) 20:59; 20 M Morledge (St And U) 21:37

TEAM: 1 Cambus 23; 2 Pit 37; 3 Fife 40; 4 St And U 47

U17 (4.8km): 1 C Graves (Gars) 17:52; 2 M Davies (Sale) 18:01; 3 E Mackinnon (Cambus) 18:04; 4 G Gillham (Kilb) 18:16; 5 C Cowan (Giff N) 18:23; 6 F Mcleish (Unatt) 18:27; 7 A Paisley (Annan) 18:32; 8 S Taylor (Kil'k) 18:37; 9 L Penrice (Giff N) 18:54; 10 A Frankland (Lass) 19:00; 11 S Dempsey (Kilb) 19:02; 12 S Findlay (Edin) 19:11; 13 R MacLennan (Nairn) 19:15; 14 H Campbell (I'ness) 19:21; 15 N Scott (Giff N) 19:28; 16 R Bonomi (Cambus) 19:31; 17 A Simpson (Kinn) 19:34; 18 R Stewart (Edin) 19:40; 19 E Stickle (A'deen, U20) 19:42; 20 L Craig (Stew) 19:45; 21 A Hunter (Edin) 19:50; 22 K

Sandilands (Gala) 19:54; 23 A Morrison (VPCG) 20:00; 24 J Mcclintick (Cors) 20:01; 25 J Nimmo (Falk) 20:02; 26 M Wightman (Edin) 20:05; 27 G Callander (Gars) 20:12; 28 E Boddie (Edin) 20:16; 29 E McCorquodale (Centr) 20:17; 30 M Mullhorn (Kinn) 20:19

TEAM: 1 Giff N 29; 2 Edin 51; 3 Cambus 57; 4 Gars 65; 5 Stew 94; 6 Falk 114

U15 (4km): 1 G Black (VPCG) 15:05; 2 L Stark (Kilb) 15:29; 3 H Still (Giff N) 15:41; 4 R Metcalfe (Giff N) 16:01; 5 K Oakley (Ayr S) 16:12; 6 H Addison (Cors) 16:13; 7 L Fraser (I'ness, U17) 16:13; 8 R Saxby (Giff N) 16:21; 9 N Moran (Kilb) 16:26; 10 S Eunsom (Giff N) 16:27; 11 H Lewin (Edin) 16:33; 12 L Glading (Falk) 16:37; 13 J Reekie (Kilb) 16:38; 14 Z Bates (Edin) 16:39; 15 M Ferguson (Edin) 16:41; 16 T Hickey (VPCG) 16:45; 17 L Davie (Pit) 16:51; 18 K MacAngus (Kilb) 16:58; 19 H Blackburn (Nairn) 16:58; 20 K Turnbull (Kilb) 16:59; 21 F Still (Edin) 17:02; 22 V Robertson (Kirk O) 17:07; 23 M Paterson (Helen) 17:09; 24 L Massie (Forres) 17:10; 25 R Craig (Kilb) 17:12; 26 B McGregor (Edin) 17:13; 27 P McCluskey (Kirk O) 17:14; 28 A Brocklebank (Fife) 17:15; 29 J Lee (Kirk O) 17:18; 30 A Paton (Kirk O) 17:21; 31 M Robinson (Helen) 17:27; 32 L McLeod (A'deen) 17:33; 33 F McArthur (Giff N) 17:34; 34 L Carey (Cambus) 17:37; 35 N Shaw (Moorf) 17:37; 36 L Theron (A'deen) 17:39; 37 A Cruickshanks (Anst) 17:41; 38 H Mclelland (Giff N) 17:43; 39 E Russell (Centr) 17:44; 40 P Mckellar (Storn) 17:45; 41 R Kirk (Caith) 17:45; 42 R Watson (Edin) 17:45; 43 C Allan (Kilb) 17:54; 44 K Aitken (Fife) 17:59; 45 A Harkins (Shett) 17:59; 46 E Hunter (Moth) 18:00; 47 C Wright (Edin) 18:00; 48 A Gilchrist (Edin) 18:09; 49 E Kelly (Kilb) 18:14; 50 M Ure (VPCG) 18:19

TEAM: 1 Giff N 25; 2 Kilb 42; 3 Edin 61; 4 Kirkin 108; 5 VPCG 136; 6 Helen 198

U13 (3.2km): 1 S Morrison (G'nock) 13:54; 2 K Gallagher (Centr) 14:02; 3 E Wallace (Giff N) 14:05; 4 N Miller (Giff N) 14:06; 5 D Kelly (Giff N) 14:11; 6 H Little (VPCG) 14:16; 7 I Strathdeed (Edin) 14:31; 8 E Lawton (Giff N) 14:35; 9 E Nicholson (Pit) 14:37; 10 C Cameron (Edin) 14:41; 11 S Calvert (Living) 14:52; 12 B Neilson (Edin) 14:54; 13 E Gallagher (Centr) 14:56; 14 R Tytler (Kilb) 14:57; 15 F Conway (Giff N) 14:59; 16 C Bough (Edin) 15:00; 17 F Grant (Moorf) 15:03; 18 L Agnew (Giff N) 15:03; 19 L Dickson (Lass) 15:09; 20 S Tait (Lass) 15:11; 21 M Cromar (Cambus) 15:16; 22 J Christie (Falk) 15:18; 23 M Rogers (G'nock) 15:22; 24 M Woods (Poole) 15:24; 25 M Wallace (Moorf) 15:25; 26 E Paisley (Annan) 15:28; 27 I Crawford (Pit) 15:32; 28 N Doohan (G'nock) 15:34; 29 H Scott (Centr) 15:34; 30 N Culliton (Falk) 15:40; 31 E Smith (Gars) 15:41; 32 S Phillips (Edin) 15:42; 33 E Crusher (Giff N) 15:42; 34 K O Mullholland (Cambus) 15:43; 35 K Bruce (Helen, U15) 15:47; 36 N Henson (Perth) 15:51; 37 R Bannatyne (Kilb) 15:52; 38 E Henderson (Lark) 15:53; 39 C Campbell (I'ness) 15:55; 40 N Brechan (Gars) 15:56; 41 Z Nicholson (Pit) 15:57; 42 F Sealy (Banc) 15:58; 43 T Mathers (A'deen) 16:04; 44 F Forbes (Edin) 16:04; 45 B Craig (Kilb) 16:06; 46 G Molloy (VPCG) 16:07; 47 G Carmichael (I'clyde) 16:07; 48 E Johnstone (Kilb) 16:09; 49 J Macleod (Cors) 16:10; 50 E Harrower (Dund H) 16:11; 51 C McGarvey (Banc) 16:12; 52 M Forrest (G'nock) 16:13; 53 N Mackay (Shett) 16:15; 54 C Hill (I'ness) 16:17; 55 C Hogg (Gala) 16:19

TEAM: 1 Giff N 20; 2 Edin 45; 3 Central 68; 4 G'nock 104; 5 Kilb 144; 6 Pit 163

WELSH SCHOOLS' CHAMPIONSHIPS, Brecon

Senior boys (6.4km): 1 M Ward (Card&Vale) 19:15; 2 M Edwards (Card&Vale) 19:46; 3 N Jones (NE) 19:57; 4 D Stewart (Afan NT) 20:11; 5 G Jones (Powys) 20:16; 6 J Hunt (Glam V) 20:26; 7 J Gooch (Card&Vale) 20:39; 8 S Longville (Card&Vale) 20:50; 9 E Slade (Card&Vale) 20:55; 10 Z Lewis (Dyfed) 20:56; 11 I Cooke (Dyfed) 21:09; 12 J Morris (Powys) 21:11; 13 R Llyr (Dyfed) 21:26; 14 E Wynne (SE) 21:28; 15 J Griffith (Eryri) 21:38; 16 K John (Afan NT) 21:49; 17 B Sutton (Dyfed) 21:53; 18 J Preece (Card&Vale) 21:56; 19 B Dunster (Powys) 22:01; 20 E Lewis (Dyfed) 22:07; 21 L Haworth (Dyfed) 22:10; 22 I Phillips (Card&Vale) 22:12; 23 T Sidorowicz (SE) 22:44; 24 I Jones (Card&Vale) 23:04; 25 M Tucker (Powys) 23:11; 26 R Boghust (Powys) 23:21; 27 T Hall (SE) 23:32; 28 M Whitehall (NE) 23:41; 29 E Richards (Card&Vale) 23:43; 30 D Vanderpas (Dyfed) 24:07
TEAM: 1 Cardiff & the Vale 45; 2 Dyfed 92; 3 Powys 124; 4 Afab Nedd Tawe 169
Middle (5.7km): 11 Hughes (Eryri) 18:13; 12 J Cove (Card&Vale) 18:27; 3 C Lewis (Card&Vale) 18:54; 4 L Bradley (Dyfed) 19:12; 5 A Rees (Afan NT) 19:19; 6 N Jones (Card&Vale) 19:24; 7 N Neary (Dyfed) 19:33; 8 C Beare (Dyfed) 19:39; 9 M Jones (SE) 19:41; 10 T Pritchard (SE) 19:49; 11 L Brunt (Card&Vale) 20:08; 12 G Kay (Powys) 20:12; 13 C Wellman (NE) 20:17; 14 R Gooch (Card&Vale) 20:22; 15 H Arnall (NE) 20:26; 16 K Williams (SE) 20:29; 17 D George (Card&Vale) 20:34; 18 J Rees (Dyfed) 20:35; 19 A Price (Glam V) 20:36; 20 A Williams (NE) 20:39; 21 L Hatch (Glam V) 20:41; 22 B Williams (Dyfed) 20:42; 23 A Liles (Dyfed) 20:43; 24 K Owen (Eryri) 20:46; 25 J Manley (NE) 20:47; 26 R James (Eryri) 20:52; 27 G Leach (NE) 20:54; 28 C Evans (Dyfed) 21:04; 29 T Chapman (Dyfed) 21:05; 30 M Lewis (SE) 21:07
TEAM: 1 Cardiff&Vale 53; 2 Dyfed 82; 3 NE Wal 132; 4 SE Wal 139; 5 Eryri 179
Juniors (4.3km): 1 J Heyward (Card&Vale) 13:31; 2 M Williams (Dyfed) 13:47; 3 C Smith (NE) 13:48; 4 J Crutchley (Powys) 13:49; 5 O Thomas (Glam V) 14:01; 6 B Edwards (Glam V) 14:08; 7 D Lambropoulos (Afan NT) 14:19; 8 E Lawrence (Afan NT) 14:21; 9 C Linton (Eryri) 14:24; 10 M Roberts (Eryri) 14:25; 11 R Jones (Card&Vale) 14:26; 12 O Barbarelli (Eryri) 14:28; 13 T Evans (NE) 14:34; 14 A Phillips (Dyfed) 14:43; 15 I Read (SE) 14:44; 16 T Arnold (SE) 14:45; 17 J Vincent (Card&Vale) 14:46; 18 T Jones (Dyfed, U20) 14:47; 19 J Alder (Card&Vale) 14:49; 20 L Hughes (NE) 14:52; 21 S Robinson (Card&Vale) 14:54; 22 B Bartlett (Afan NT) 14:57; 23 C Pacleham (Dyfed) 15:04; 24 T Acreman (Glam V) 15:08; 25 J Petersen (Card&Vale) 15:09; 26 L Bartlett (Afan NT) 15:10; 27 J Hamilton (SE) 15:11; 28 J Brookes (Eryri) 15:12; 29 I Thomas (Dyfed) 15:14; 30 A George (Card&Vale) 15:15; 31 D Griffiths (Powys) 15:16; 32 C Jones (Eryri) 15:17; 33 M Williams (Eryri) 15:19; 34 L Lees (Powys) 15:24; 35 S Martin (Afan NT) 15:25; 36 A Thomas (Dyfed) 15:26; 37 S Hughes (Dyfed) 15:27; 38 G Hughes (Eryri) 15:28; 39 M Tobin (Afan NT) 15:28; 40 R Cain (Eryri) 15:29
TEAM: 1 Cardiff & the Vale 94; 2 Dyfed 122; 3 Eryri 124; 4 Afan Nedd Tawe 137; 5 NE Wales 176; 6 SE 220; 7 Powys 238
Year 7 (2.8km): 1 L Davies (Powys) 9:41; 2 K Forest (Eryri) 9:54; 3 R James (Dyfed) 9:55; 4 B Whelan (Card&Vale) 10:00; 5 B Thomas (Dyfed) 10:07; 6 A

Davies (Card&Vale) 10:14; 7 L Davies (Dyfed) 10:18; 8 R Allin (Card&Vale) 10:19; 9 H Steele (NE) 10:24; 10 J Booth (Dyfed) 10:25; 11 L Ryan (Card&Vale) 10:26; 12 B Fairbairn (Dyfed) 10:27; 13 S Jones (Eryri) 10:28; 14 I Williams (Dyfed) 10:31; 15 W Thompson (Dyfed) 10:31; 16 C Ross (Afan NT) 10:33; 17 T Davies (Glam V) 10:33; 18 T Milford (Afan NT) 10:34; 19 G Peers (NE) 10:35; 20 R Morris (Powys) 10:36; 21 T Hillman (SE) 10:37; 22 O Jones (Afan NT) 10:38; 23 R Prosser Wrench (SE) 10:39; 24 J Wilkes (Dyfed) 10:40; 25 M Moore (NE) 10:41; 26 J Beetham (Powys) 10:42; 27 J Young (Afan NT) 10:43; 28 J Evans (Dyfed) 10:44; 29 I Lloyd (Card&Vale) 10:45; 30 G Anthony (SE) 10:46; 31 O Edwards (Card&Vale) 10:47; 32 E Davies (SE) 10:48; 33 R James (Card&Vale, U20) 10:49; 34 T Wilde (Powys) 10:50; 35 H Tulliver (Eryri) 10:51
TEAM: 1 Dyfed 50; 2 Cardiff & the Vale 89
Senior girls (4.8km): 1 G Garner (Eryri) 17:57; 2 L Sharp (Eryri) 18:56; 3 M Rezougui (Glam V) 19:06; 4 R Evans (Glam V) 19:11; 5 M Withers (Dyfed) 19:15; 6 E Davies (Afan NT) 19:18; 7 A Morris (Card&Vale) 19:20; 8 L Bell (Dyfed) 19:51; 9 H Redwood (Glam V) 20:06; 10 I Evans (Afan NT) 20:18; 11 K O'Neill (Dyfed) 20:28; 12 R Homer (Dyfed) 20:35; 13 R Middleton (Card&Vale) 20:43; 14 M Turner (Dyfed) 20:57; 15 F Bray (Card&Vale) 21:29; 16 M Harb (Card&Vale) 21:36; 17 F Hyde (SE) 22:00; 18 E Harvard (Glam V) 22:08; 19 A Richards (Afan NT) 22:19; 20 C Harwood (Card&Vale) 22:24; 21 N John (Card&Vale) 22:45; 22 M Carter-davies (Dyfed) 23:01; 23 B Jackson (SE) 23:39; 24 L Williams (SE) 23:55; 25 L Heckler (Dyfed) 24:06
TEAM: 1 Dyfed 72; 2 Cardiff & the Vale 92
Middle (4.3km): 1 E Atkinson (Card&Vale) 14:35; 2 K Seary (Card&Vale) 14:44; 3 H Davies (Powys) 14:57; 4 C Page (Dyfed) 15:14; 5 L Philippart (Afan NT) 15:17; 6 L Davies (NE) 15:23; 7 M Davies (Eryri) 15:29; 8 A Lawson (Card&Vale) 15:34; 9 B Jenkins (Card&Vale) 15:35; 10 E Hayes (Card&Vale) 16:04; 11 A Broadley (Card&Vale) 16:14; 12 K Steggles (Card&Vale) 16:28; 13 R Yates (Glam V) 16:41; 14 C Harries (Dyfed) 16:54; 15 B Jenkinson (Eryri) 17:00; 16 A Williams (Eryri) 17:01; 17 F Quan (Dyfed) 17:05; 18 A Howell (Dyfed) 17:10; 19 P Hughes (NE) 17:15; 20 L Garvey (Dyfed) 17:16; 21 K Salmon (Dyfed) 17:17; 22 M Martin (Powys) 17:18; 23 L Davies (Eryri) 17:19; 24 N James (Card&Vale) 17:20; 25 M Mair (Dyfed) 17:21
TEAM: 1 Cardiff&Vale 41; 2 Dyfed 94; 3 Eryri 164; 4 Glam V 179; 5 NE Wal 205
Junior (3.5km): 1 C Hughes (Eryri) 12:38; 2 J Bradley (Dyfed) 12:54; 3 I Morris (Powys) 12:56; 4 G Waddington (Card&Vale) 13:01; 5 A Jones (Dyfed) 13:06; 6 E Lighthart (Card&Vale) 13:07; 7 L Davies (Dyfed) 13:10; 8 A Williams (Dyfed) 13:11; 9 I Parry-Jones (SE) 13:18; 10 H Jehu (Glam V) 13:21; 11 S Allin (Card&Vale) 13:21; 12 B Harris (Afan NT) 13:26; 13 I Dodd (Glam V) 13:29; 14 E Coupar (Card&Vale) 13:35; 15 B Evans (Glam V) 13:36; 16 B Meopham (Dyfed) 13:37; 17 C Thomas (Dyfed) 13:45; 18 S Glynn (Dyfed) 13:48; 19 A Garvey (Dyfed) 13:50; 20 C Williams (Eryri) 13:51; 21 L Stockley (SE) 13:52; 22 A Harding (Card&Vale) 13:55; 23 M Tucker (Powys) 13:57; 24 I Rhead (SE) 13:59; 25 N Reid (Glam V) 14:01; 26 M Owen (Dyfed) 14:02; 27 C Exton (Card&Vale) 14:06; 28 L Thomas (Eryri) 14:11; 29 E Griffin (Card&Vale)

14:12; 30 H Pryce (Powys) 14:15; 31 O Howells (Glam V) 14:18; 32 S Wilson (Eryri) 14:20; 33 L Jones (Eryri) 14:23; 34 M Jolley (NE) 14:26; 35 A Lewis (Afan NT) 14:27
TEAM: 1 Dyfed 55; 2 Cardiff & the Vale 84; 3 Glam V 148; 4 Eryri 154; 5 Powys 174
Year 7 (2.8km): 1 L Dennis (Glam V) 10:03; 2 A Fisher (Powys) 10:28; 3 J Wadey (Card&Vale) 10:37; 4 H Roberts (NE) 10:51; 5 K Frizelle (Card&Vale) 11:00; 6 S Evans (Powys) 11:07; 7 A Gammon (Glam V) 11:17; 8 C Pike (Eryri) 11:21; 9 K Kearsay (SE) 11:24; 10 C Hopkins (Afan NT) 11:25; 11 A Goncalves (SE) 11:28; 12 A Hayes (Card&Vale) 11:29; 13 O Ritson-walton (Powys) 11:34; 14 Z Hamm (Glam V) 11:35; 15 T Hughes (Dyfed) 11:36; 16 B Seymour (SE) 11:37; 17 M Weston (Dyfed) 11:40; 18 F Vineall (SE) 11:41; 19 C Vaughn (NE) 11:45; 20 R Horton (Glam V) 11:46; 21 H Roberts (NE) 11:47; 22 C Bill (Card&Vale) 11:48; 23 N Morgan (Dyfed) 11:49; 24 M Clode (Card&Vale) 11:51; 25 S Edwards (Afan NT) 11:53; 26 L Cornelius (Card&Vale) 11:55; 27 T Jones (Card&Vale) 11:57; 28 S Davies (Card&Vale) 11:58; 29 G Page (Dyfed) 11:59; 30 E Lewis (Dyfed) 12:00; 31 C Churchill (Dyfed) 12:02; 32 C Donnelly (Eryri) 12:03; 33 C Bird (NE) 12:04; 34 J Grabham (Glam V) 12:05; 35 F Morgan (Card&Vale) 12:06
TEAM: 1 Dyfed 50; 2 Cardiff & the Vale 89; 3 Powys 169; 4 NE 180; 5 SE 187; 6 Eryri 187; 7 Afan NT 188

SOMERSET SCHOOLS' CHAMPIONSHIPS, Ilton

U20 men: 1 J Walton 19:44; 2 J Coles 19:55; 3 R Preece 20:43; 4 I Taschimowitz 20:50; 5 P Bridge 21:11; 6 S Harris 21:22;
U17: 1 O Fox 16:03; 2 S Sommerville 16:52; 3 C Martin 16:55; 4 L Prior 17:11; 5 W Peppercorn 17:34; 6 A Walton 17:41
U15: 1 D Wilde 12:35; 2 J Bridge 12:45; 3 O Rodgers 13:06; 4 B Seager 13:08; 5 J Price 13:21; 6 F Day 13:25
U13: 1 D Dukes 9:19; 2 C Ellis 9:36; 3 M Green 9:41; 4 O Thorne 9:44; 5 H Dray 10:00; 6 D Yeoman 10:03
U20 women: 1 H Rogers 13:54; 2 R Carver 14:37; 3 H Toomey 14:42; 4 E Cheetham 16:06; 5 O Barber 16:35; 6 A Abrahams 18:10
U17: 1 H Brown 13:19; 2 J Jones 14:14; 3 H Lord 14:28; 4 F Fitzgerald 14:44; 5 G

Smalley 14:55; 6 E Falkingham 15:20
U15: 1 E Sykes 11:35; 2 L Baldwin 11:45; 3 I Keeling 11:56; 4 I Cooper 12:08; 5 K Price 12:25; 6 L Lavallin 12:29
U13: 1 E Sidman 7:08; 2 S Hamilton 7:22; 3 F Keeling 7:31; 4 E Thorne 7:33; 5 V McCabe 7:39; 6 C Little 7:40

FEBRUARY 22 GLASGOW SCHOOLS CHAMPIONSHIPS, Nether Pollok

Senior boys (4.2km, no times taken): 1 A Stanley; 2 M D Jama; 3 G Kahilu; 4 L Dale; 5 M Aitchison
Secondary 4 (3.8km): 1 S McKay; 2 A McConnell; 3 E McFadden; 4 W Graham; 5 R Durnin
Secondary 3 (3km): 1 E Urquhart; 2 R Barr; 3 F Purves; 4 K Carolan; 5 B O'Neill;
Secondary 2 (2.8km): 1 J Law; 2 M Dunn; 3 M Habton; 4 J Stewart; 5 G E Haggerty
Secondary 1 (2.8km): 1 A Smith; 2 H Nimmo; 3 T Stuart; 4 C Milrarvie; 5 S Briggs
Senior girls (3.6km): 1 E Kemsley; 2 E Edgar; 3 J Eadie; 4 T McGeachy; 5 N Simpson
Secondary 4 (3km): 1 K Turnbull; 2 G Callander; 3 A Harrison; 4 L Davidson; 5 M Corrigan
Secondary 3 (2.6km): 1 E O'Donnell; 2 H McLelland; 3 E Cook; 4 A Rankin; 5 C Gillan
Secondary 2 (2.6km): 1 S Eunson; 2 T Hickey; 3 L Findlay; 4 K Justice; 5 M Ure
Secondary 1 (2.6km): 1 N Daly; 2 M Craig; 3 M Blair; 4 E McGuire; 5 M Hoodon

FEBRUARY 21 NORTH OF SCOTLAND SCHOOLS' CHAMPIONSHIPS, Gordonstoun

U17 boys (6km): 1 C Cunningham 18:50; 2 L Shaw 18:51; 3 D Jardine 18:59; 4 F MacLennan 19:18
U15 (4km): 1 J Geddes (MB) 14:49; 2 R Oliver-Jones (TR) 15:33; 3 N Baranov (Gor) 15:36; 4 A Velzian (Char) 15:39
U14 (3km): 1 J Arnaud 10:42; 2 M Macdonald 10:49; 3 K Beaton 10:59; 4 D Mackenzie 11:09
U17 girls (4km): 1 L Fraser 16:33; 2 M Macintosh 16:40; 3 L Massie 16:47; 4 H Blackburn 16:58
U15 (3km): 1 A McFadyen 11:53; 2 J Monkman 12:09; 3 M Flockhart 12:31; 4 R Matheson 12:32
U14 (3km): 1 S Green 11:22; 2 C

Nankivell 11:31; 3 G Whelan 11:38; 4 E Robinson 11:52

FEBRUARY 20 MIDLANDS POLICE & SERVICES LEAGUE, Milford Common

Overall: 1 B Gamble (Staffs P) 34:22; 2 O Ellis (Raf Cosford) 35:58; 3 T Sandy (Staffs P) 37:52; 4 R Hagggett (WM Pol) 38:10; 5 C Meir (Staffs P) 38:13; 6 K Webster (Derbys P, M40) 38:50; 7 S Bott (Derbys P) 39:02; 8 A Moore (Fire Service, M40) 39:13; 9 K Kemp (Fire Service, M45) 39:23; 10 G Hobbs (Leics P, M50) 40:02
M55: 1 B Mills (WM Pol) 44:18; 2 S Clews (Pris/CS) 44:30. **M65:** 1 A Jeavans (Pris/CS) 48:12
Women: 1 C Howard (Derbys P) 42:54; 2 D Blakeman (WM Pol, W35) 43:36; 3 S Rose (WM Pol, W35) 46:10; 4 L Sandy (Staffs P) 47:09; 5 K Kemp (Leics P, W50) 48:04; 6 G Russon (WM Pol, W40) 48:16

FEBRUARY 9 START FITNESS NORTH EASTERN HARRIER LEAGUE

CORRECTED MEN'S TEAM: Div 1: 1 Morpeth H 65; 2 Sunderland H 72; 3 Durham City H 93; 4 South Shields H 163; 5 Gateshead H 204; 6 Sunderland Strollers 225 Div 2; 1 Tyne Bridge H 76; 2 Tynedale H 128; 3 Alnwick H 166 Div 3; 1 Blackhill Bounders 99; 2 Jesmond Joggers 126; 3 Newcastle University 137
Revised times in U17/20 women's race: Fastest: Lundgren 19:40; O'Hare 21:18; Bowling 22:19

TEVIOTDALE HARRIERS CHAMPIONSHIPS, Hawick

Men (6M, all Tey): 1 C Greive 43:35; 2 D Scott 45:26; 3 A Inglis 47:22
H'cap: Inglis
U17 (2.5M): 1 K Potts 16:32; 2 K Pringle 18:27
Handicap: Pringle 14:07
U13 (1M): 1 J Waugh 5:53; 2 D Mercer 6:08
H'cap: Mercer 5:23
U11 (1M): F Clyde 5:32
H'cap: L Renwick 5:22
Women (2.5M): 1 P Paxton 18:23; 2 L Corbett 18:35
H'cap: D Inglis 16:43
U13 (1M): 1 I Inglis 6:08; 2 H Crawford 6:32
H'cap: Crawford 5:22
U11 (1M): C Lothian 6:46

Nearly 500 athletes took part in the Welsh Schools at Brecon



CARIBREZE



LINDSAY CREW

Luton's John McDonnell (left) and Cirencester's Jo Emery (right) on their way to comfortable victories in 30:45 and 36:42 respectively at the Bourton 10km



STITCHING CREW

ROAD

FEBRUARY 24

BOURTON 10km, Bourton

Overall: 1 J McDonnell (Lut) 30:45; 2 D Roper (Chelt) 31:35; 3 O Mott (B&W) 31:44; 4 C Illman (Ciren) 32:04; 5 J Bolton (W'stock, M40) 32:59; 6 H Bishop (Severn, U17) 33:11; 7 J Parker (Chelt, M40) 33:18; 8 T Wright (Banb) 33:24; 9 D Bell (Ciren) 33:25; 10 D Milne (CLC, M40) 33:28; 11 B Price (Chelt) 33:29; 12 C McCarthy (Kenil) 33:30; 13 A Bailey (Chelt, M35) 33:31; 14 A Williams (Ciren, M35) 33:32; 15 A Burgess (Oxf C) 33:36; 16 D Jordan (Chelt, M40) 33:37; 17 R Minton (Strat, M35) 33:48; 18 J Richardson (Oxf C, M45) 33:59; 19 D Hamilton (Abing) 34:13; 20 R Mullins (Chelt, M35) 34:24; 21 T Jones (Wit, M35) 34:26; 22 D Nazarenko (Chelt, U20) 34:38; 23 S Kimber (WSEH) 34:41; 24 D Walmsley (Bourt, M50) 34:42; 25 J Barnes (Chelt) 34:52; 26 J Rose (Severn) 34:53; 27 E Mezzetti (Oxf C) 34:54; 28 D Cantwell (W'stock, M45) 34:59

M45: 3 J Mansfield (Tewk) 35:21. **M60:** 1 A Daley (Glouc) 39:59; 2 M Walsh (Kend) 40:10. **M65:** 1 M Ford (Chelt) 38:55; 2 T Shelbourn (Ciren) 41:01; 3 D Parsons (Oxf C) 41:38. **M70:** 1 R Wilson (Strat) 44:42
Women: 1 J Emery (Ciren) 36:42; 2 B Wynn (Chelt, U20) 38:00; 3 K Wright (Strat, W45) 38:30; 4 J Wassell (Stroud, W45) 38:39; 5 N Eaton (Stroud) 39:24; 6 V Wilkinson (Chelt, W35) 39:28; 7 L McRitchie (Chelt, W35) 39:31; 8 J Fifield (Stroud, W35) 39:36; 9 N Denning (Ciren, W40) 39:38
W40: 2 D Bridges (Eynsh) 40:43; 3 M Carroll (Almost) 41:25; 4 A Steer (CLC) 41:45. **W45:** 3 S Bland (Strat) 41:18. **W50:** 1 L Gettins (Comp) 44:14; 2 D Evans (Glouc) 44:54; 3 N Hovey (Glouc) 44:56. **W55:** 1 D Barry (RSE) 45:07; 2 S Baldwin (RSE) 45:30. **W60:** 1 S Smith (RSE) 48:07. **W65:** 1 K Williamson (Eynsh) 45:20; 2 J Johnson (Learm) 49:54

GREAT NORTH WEST HALF-MARATHON, Blackpool

Overall (HM): 1 M John (Oth) 68:54; 2 I Quinn (Barr) 70:53; 3 M McBride (Royt) 71:09; 4 M Swenson (Penny L, M35) 73:13; 5 P Woodward (B&W) 73:36; 6 C Nicoll (Der TC, M40) 74:30; 7 M Flatley (M'ton, M40) 74:40; 8 J Barnes-Gott (Serp) 74:46; 9 B Johnson (S'port W) 74:46

M40: 3 R Braybrooks (Lon Hth) 75:22; 4 P Abraham (Alt) 75:40; 5 S Waterhouse (BWF) 76:22; 6 S Walker (Bolt) 77:28; 7 J Connolly (Penny L) 77:32; 8 S Carroll (Royt) 77:50. **M45:** 1 P Simons (Salf) 76:48. **M50:** 1 P Cruise (Lyth) 81:56. **M55:** 1 M Sharkey (M'ton) 85:39. **M60:** 1 G Webber (Lyth) 90:04. **M65:** 1 J Murray () 97:52
Women: 1 D McVey (Wilm, W35) 83:55; 2 V Slack (Manc TC, W35) 87:31
W40: 1 A Sterling (Keigh) 93:55. **W45:** 1 C Stevens (Keigh) 93:30. **W50:** 1 B Wright (BWF) 88:50; 2 A Duckworth (Clay) 91:17. **W55:** 1 P Dickinson (Prest) 1:44:11. **W70:** 1 R Armstrong (Donc) 2:05:52
Overall (HMWC): 1 A Golithly (BWAA, M45) 75:59

ACTION HEART 5, Kingswinford

Overall: 1 R Jones (W&B) 26:59; 2 S Abrahams (Tip) 28:04; 3 I Mansell (Centu) 28:36
M45: 1 P Rogers (Tip) 29:00
Women: 1 S Ward (BRAT) 32:09; 2 M Duckworth (Tip, U17) 34:26

BABCARY 7.5, Babcary

Overall: 1 T Hawkins (Wells, M40) 43:01; 2 P Maskell (Wells) 43:05; 3 M Pearce (Crewk, M40) 43:18; 4 B Phillips (Yeov O) 43:52; 5 J Shapland (S'well, M50) 46:09
M55: 1 N Brooke (Yeov T) 49:05
Women: 1 R Harvey (Yeov T, W40) 51:30; 2 K Williams (San D) 52:16
W45: 1 C Spenser (Maiden) 58:26; 2 L Lascelles (Maiden) 58:27

BEN DEARG COAST 10km, Kilclief

Overall: 1 J Brown (Larne, M35) 34:59; 2 J Kelly (Newc S, M45) 37:23; 3 J McConnell (Up and Runners, M40) 37:58
Women: 1 D Magee (Newc, U17) 46:26; 2 P Campbell (Larne) 48:06

9BAR CASTLE COMBE CHILLY 10km, Wiltshire

Men: 1 G Obrian (Swin, M40) 34:44; 2 J Taylor (T Bath) 36:45; 3 A Jones (RM Tri) 36:52
Women: 1 M Kerfoot (Bitt, W35) 39:31; 2 H Winters (Glouc) 40:38

CAPITAL RUNNERS RICHMOND PARK 10km, Richmond

Overall: 1 R Weston (Serp) 34:23; 2 J Whetman (THH, M35) 35:19; 3 R Robinson (Unatt) 36:48
Women: 1 F Heyns (Wimb W) 43:39; 2 K Pincott (Unatt) 46:00

LOSTOCK 6, Lostock

Overall: 1 A Jones (Stock H) 29:44; 2 A Valentine (Bolt, M35) 32:22; 3 P Freary (Belg, M40) 33:02; 4 J Mulvany (Royt) 33:03; 5 J Hilton (Wig P) 33:08; 6 M O'Neill (Wig P) 33:30; 7 R Wilkins (Racepace) 33:47; 8 G Kay (Horw, M35) 34:03; 9 J Knowles (Burn RR, M40) 34:04; 10 R Howarth (Horw, M35) 34:08
M40: 3 P Mannion (Ast&T) 34:53. **M45:** 1 P Rice (Horw) 34:59; 2 B Brock (Trawd) 36:00. **M50:** 1 S McMyler (Horw) 35:48. **M60:** 1 S Owen (Salf) 35:52. **M70:** 1 K Robson (Manc TC) 51:58; 2 R Hill (Clay) 55:09; 3 M McDonald (N Vets) 60:22. **U20:** 1 B Flanagan (Swint) 42:21; 2 A Wilson (Unatt) 54:10
Women: 1 A Allen (Leigh, W45) 38:22; 2 M Lowe (Horw) 39:25; 3 V Collier (Racepace, W40) 42:41

NETHERHALL 10, Maryport

Overall: 1 R Lightfoot (Ellen) 52:00; 2 R Maddams (Kesw, M35) 56:08; 3 B Hodgson (Carl Tc) 58:10
Women: 1 L Finlay (Dumf, W40) 62:29; 2 L Tweedale (Carl Tc) 71:19
W55: 1 S Cain (Pennylane Striders) 73:40

SNAKE LANE 10, Pocklington

Overall: 1 C Ryde (Donc) 51:59; 2 P Marchant (R'well, M35) 52:28; 3 M Sanders (R'well) 52:58; 4 P Taylor (Brid) 53:20; 5 M Pierson (Holm) 53:44; 6 S Carmichael (Bev, M40) 54:30; 7 A May (Vall, M35) 54:58; 8 D Fisher (Vall) 55:03; 9 R Patterson (P&B, M45) 55:11; 10 D Speck (York A, M35) 55:18; 11 A Grant (H'gate, M40) 56:05; 12 J Wardman (R'well) 56:10; 13 M Hall (Ilkley, M50) 56:23; 14 G Moore (NSP, M40) 56:31; 15 A Chadfield (Bill MH, M35) 56:45; 16 N Hackett (S'ches) 56:48
M40: 4 A Dobby (RAF Menw) 57:01; 5 A Lyons (CoH) 57:47. **M45:** 2 A Masterman (GVS) 57:46; 3 R Gray (Weth) 58:06; 4 A Da Costa () 59:48; 5 S Large (Horsf) 60:00. **M50:** 2 P Teece (Bill MH) 60:42; 3 M Dalton (Bev) 61:28. **M55:** 1 S Rennie (CoH) 59:45; 2 G Dalton (CoH) 59:57; 3 T Clough (Leeds C) 62:48; 4 H Heavisides (Ilkley) 64:09. **M60:** 1 S Frith (P'stone) 67:54. **M65:** 1 G Cumber (Hal) 67:06; 2 N Scruton (Scar) 68:20
Women: 1 M Neal (March, W35) 62:23; 2 S Cumber (Hal, W40) 62:43; 3 M Sykes (Holm, W40) 63:03; 4 H Beck (Wake) 63:06; 5 S Stansfield (Stock H) 64:07; 6 R Eadie (HPH) 64:39; 7 B

Wilson (Clee, W45) 64:43; 8 C Wood (Brid) 65:22; 9 B Massey (Ilkley, W40) 65:25; 10 T Johnson (Dews, W50) 65:47; 11 E Brown (Brid, W35) 66:03; 12 L Farmery Hague (Abbey R, W35) 66:48; 13 J Horne (Sheff RC) 66:59
W40: 4 C Lyons (CoH) 67:53; 5 J Clarke (Linc W) 69:39. **W45:** 2 S Malir (Ilkley) 67:46; 3 M Craig (Wold) 68:03; 4 W Marks (H'gate) 68:46; 5 S Morgan (Drif) 69:47; 6 J Masterman (GVS) 70:20; 7 J Barley (Leeds C) 71:49. **W50:** 2 L Leggett (Denbydale Travellers) 68:28; 3 K Gordon (Drif) 75:00. **W55:** 1 S Haslam (Scar) 69:30; 2 H Burkitt (Clee) 73:31; 3 P Costello (Redc) 74:18; 4 C Davies (R'well) 74:29; 5 J Chambers (Hallam) 76:16; 6 E Mitchell (Hal) 77:15. **W65:** 1 S Gibson (Dar) 81:13. **W70:** 1 M Lenaghan (Kipp) 93:28

TARPLEY 10, Bury St. Edmunds

Overall: 1 M Spencer (Ips J) 54:36; 2 A Cooney (Saxm) 56:20; 3 G Webb (Bas) 56:24
M55: 1 J Oakes (C&C) 60:11. **M65:** 1 R McCullough (Ips J) 70:32
Women: 1 J Williams (Ips J, W40) 64:27; 2 B McCorquodale (Harw, W35) 68:24
W45: 1 V Jennings (Ips J) 70:40. **W55:** 1 C Wright (Corby) 74:49. **W60:** 1 V Manly (E Vets) 82:53

TARPLEY 20, Bury St. Edmunds

Overall: 1 S Robinson (St Ed) 1:53:37; 2 M Newton (Spring S) 1:55:19; 3 P Holley (Newm, M45) 1:56:21; 4 S Bird (WG&L, W) 2:00:49
Women: 1 Bird 2:00:49; 2 N Brinkmann (Titan Tri Sport (BTF), W35) 2:14:27
W60: 1 A Newton (BRJ) 2:57:49

TUNBRIDGE WELLS HALF-MARATHON, Tunbridge Wells

Overall: 1 T Payn (Win) 67:11; 2 P Martelletti (VP&TH) 70:01; 3 A Jackson (Sitt) 70:46; 4 S Fennell (Ton) 71:33; 5 J Rendall (Ton, M35) 71:53; 6 D Bradley (Ton) 72:42; 7 T Fewster (Ton) 72:56; 8 J Mason (Herne H) 73:45; 9 N Smith (Unatt, M40) 73:57; 10 C Minns (Beck, M35) 74:10; 11 D Elsy (VP&TH, M35) 74:52
M45: 1 G Burnett (Charn) 75:26. **M50:** 1 A Eastment (N Elth) 82:35
Women: 1 D McDermot (Ton) 81:58; 2 T Oldershaw (Padd W, W45) 82:37; 3 H Howard (E'leigh) 84:21; 4 F Love (Clap C) 86:17
W40: 1 A Farrall (Kent) 91:51; 2 D Mewis (Beck) 93:53. **W45:** 2 P Dalton (S'oaks) 92:55. **W50:** 1 L Hayes (W'hurst) 97:37; 2 B Wenman (Cant) 97:57. **W55:** 1 J

Wiley (7oaks Triathlon Club) 1:40:46; 2 A Anscomb (Unatt) 1:43:17; 3 P Birchall (Cant) 1:44:12

WESTON RUN 5, Weston-upon-Trent

Overall: 1 J Wildrienne (Team Derby Runner) 26:56; 2 C Parker (Burt, U20) 27:25; 3 R Whitelegg (Hinck, M40) 27:41
M50: 1 R Parkin (Der) 29:06; 2 R Fox (Long E) 29:12
Women: 1 R Olivant (Der) 31:38; 2 S Terry (Long E) 31:43
W40: 1 S Spencer (Der) 32:19. **W50:** 1 J Mather (Long E) 34:42. **W55:** 1 C Rowe (Long E) 36:55; 2 P Speechley (Unatt) 37:43

WINCHESTER 10km, Winchester

Overall: 1 A Dunbar (Norw) 31:56; 2 G Watkins (Roy Eng) 32:48; 3 O Hind (E'leigh) 33:19; 4 D Kiralyfi (HW) 33:32; 5 T Stevens (E'leigh) 33:53; 6 P Berntsen (Win) 34:47; 7 M Kiralyfi (Unatt) 34:53
M40: 1 T Kenderdine (Hale) 35:28. **M55:** 1 P Guest (Ports J) 38:48. **M60:** 1 K Best (Dumf) 37:48
Women: 1 I Menzies (Unatt) 36:55; 2 A Reid (Unatt) 40:24
W60: 1 S Bowry (Liss) 44:39

WINSLOW LIONS 10km, Winslow

Overall: 1 C May (VoA) 33:06; 2 K Spielmann (Unatt, M40) 34:23; 3 J Davis (VoA, U17) 34:34
M45: 1 K Miller (David Lloyd Redway Runners) 35:24
Women: 1 A Hickey (M'head) 38:59; 2 E Curtis-Smith (Bear RC) 39:17; 3 K Henderson (Unatt) 39:51
W45: 1 A Knowles (Mil K) 40:04. **W55:** 1 D Baldwin (Mil K) 42:34

ST LUKE'S HOSPICE 10

Basildon, Essex
Men: 1 T Grimes 56:29; 2 C Lewin 57:49; 3 R Warburton 57:53
M45: L Mangleshot 58:48
Women: 1 A Cope 68:35; 2 E Smith 71:30

FEBRUARY 22

BROOKS SERPENTINE LAST FRIDAY 5km, Hyde Park, London

ALTHOUGH well outside his course best time of 14:44, set when coming home first here, almost exactly two years earlier, James Shane was back in winning ways, *Martin Duff reports.*

Shane, who has been out of action since the Loughborough International in May last year, notched up his third February Last Friday 5km in successive years with 15:23. This was his tenth victory here, with his first being in 2005.

Annabel Gummow, the Midland junior cross-country champion, easily took the women's race in 17:29, as second-placed Clare Elms, 30 years her senior was nearly a minute down with 18:25 as she ran with her 12-year-old son but went top of the UK W45 rankings.

Down the field, new M80 Richard Pitcairn-Knowles ran 28:51.

Overall: 1 J Shane (NEB) 15:23; 2 R Weston (Serp) 15:37; 3 J Davis (HW) 15:59
M80: R Pitcairn Knowles (Sev) 28:51. **U13:** 1 A Elms (Camb H) 18:24
Women: 1 A Gummow (B&W, U20) 17:29; 2 C Elms (Dulw, W45) 18:25
W40: 1 V Carter (Serp) 19:17; 2 S Knox (Serp) 19:47. **W45:** 2 P Dalton (S'oaks) 20:09. **W50:** 1 K Horsman (Bed H) 21:06; 2 D Farmer (E'bne) 21:10. **W55:** 1 A Sanders-Reece (Morn) 21:37; 2 S Musson (Ton) 21:55; 3 A Riddell (Morn) 22:44



STEVIE BATESON

Hookes 16:53; 3 L Pope 16:57; 4 A Armitage-Hookes 17:14; 5 D Ashton 18:56
U17 girls: 1 F Basham 18:23; 2 E Rees 20:18; 3 E Evans 22:11; 4 M Ashton 25:19; 5 E Kenyon 29:54
U15: 1 F Armitage-Hookes 20:09; 2 S Lewis-Ward 21:55; 3 C McSorley 22:31; 4 N Chu 22:34; 5 N Riley 22:42
U13: 1 B Fanner 19:18; 2 L Elms 19:22; 3 C Murphy 19:24; 4 A Evans 19:29; 5 F Anderson 19:51

FEBRUARY 3

CHAMPIONSHIPS, Greenock

Men: TEAM: 1 G'nock 44; 2 Bella H 97; 3 Bella R 100
U17 (3M): 1 E Gillham (Kilb) 17:10; 2 K Dean (Kilb) 19:30; 3 W Charlie (Kilb) 19:32; 4 R Todd (I'clyde) 20:08; 5 L Dale (Glas Sc Sp) 20:15; 6 L Arthur (G'nock) 21:29; 7 G Battcock (Giff N) 22:22
U15 (2M): 1 E Trout (Kilb) 10:22; 2 C Stewart (Giff N) 10:33; 3 M Ewan (Kilb) 10:34; 4 P Harper (Glas Sc Sp) 10:58; 5 T Conon (Kilb) 11:01; 6 C Aidan (Kilb) 11:10; 7 R Forbes (I'clyde) 11:20; 8 K Carolan (Giff N) 11:23; 9 M Mackinnon (I'clyde) 11:49; 10 E Brodie (Giff N) 11:58
TEAM: 1 Kilb 9; 2 Giff N 20
U13 (2M): 1 R Gray (I'clyde) 10:45; 2 M Lowrie (Giff N) 11:26; 3 J Lowrie (Giff N) 11:37; 4 H Josh (Kilb) 11:42; 5 B Calum (Kilb) 11:46; 6 T Stewart (Giff N) 12:01; 7 R Warnock (I'clyde) 12:08; 8 M Miller (Helen) 12:14; 9 N Boyle (Giff N) 12:28; 10 G Chalmer (Helen) 12:38
TEAM: 1 Giff N 11; 2 Inver 21; 3 Kilb 23
U11 (1M): 1 S Jenkins (Giff N) 6:36; 2 E O'Donnell (Giff N) 6:44; 3 H McGill (G'nock) 6:46
TEAM: 1 Giff N 7; 2 Kilb 26; 3 G'nock 34
Women: TEAM: 1 Inver 15; 2 Bella H 19; 3 Bella R 38
U17 (3M): 1 L Penrice (Giff N) 20:54; 2 N Scott (Giff N) 21:47; 3 E Edgar (Glasgow FrontRunners) 22:44; 4 C Simpson (I'clyde) 23:42; 5 K Williams (I'clyde) 27:37
U15 (2M): 1 H Still (Giff N) 11:22; 2 R Craig (Kilb) 12:05; 3 S Eunson (Giff N)

FEBRUARY 21 WESTON PROM RUN 5

Weston-super-Mare, Somerset
Men: 1 S Campbell (W'bury) 27:07; 2 S Goss (B&W, M40) 27:19; 3 A Cooke (B&W) 27:28
M50: N Hides (Cleve) 28:24. **M60:** D Wintle (GWR) 30:15
Women: 1 S Voller (W'bury) 30:39; 2 J Belyavin (B&W) 30:57; 3 P Gardiner (B&W, W45) 31:18; 4 A Cutts (SWRR) 31:47
W40: L Croker (Cleve) 32:38

FEBRUARY 14 SOUTHWARK MINI LONDON MARATHON TRIALS 3M, Burgess Park,

U17 boys: 1 F Corr 16:34; 2 J Petterm 18:56; 3 L Saldukas 20:01; 4 J Doukrou 20:15
U15: 1 E Olsen 15:41; 2 N Bekele 16:36; 3 A Williams 16:39; 4 W Langley 16:43; 5 L Pashov 16:47
U13: 1 A Elms 16:49; 2 N Armitage-

12:07; 4 M Natalie (Kilb) 12:17; 5 R Saxby (Giff N) 12:23; 6 A Catriona (Kilb) 12:28; 7 F Emma (Kilb) 12:29; 8 M Robinson (Helen) 12:45; 9 L Mulaghton (G'nock) 12:55; 10 F Mearthur (Giff N) 12:57
TEAM: 1 Giff N 9; 2 Kilb 12; 3 Glas SoS 44
U13 (2M): 1 E Wallace (Giff N) 11:40; 2 S Morrison (G'nock) 11:50; 3 D Kelly (Giff N) 12:11; 4 E Lawton (Giff N) 12:35; 5 C Kim (Kilb) 12:38; 6 C Rachael (Kilb) 12:44; 7 M Rogers (G'nock) 12:49; 8 L Agnew (Giff N) 12:51; 9 E Colville (I'clyde) 12:54; 10 N Doohan (G'nock) 12:55
TEAM: 1 Giff N 8; 2 G'nock 19; 3 Kilb 24
U11 (1M): 1 N Mccheyne (I'clyde) 6:49; 2 J Dougall (Giff N) 6:52; 3 F Davidson (Giff N) 7:00
TEAM: 1 Giff N 10; 2 Inver 15; 3 Kilb 55

MULTI-TERRAIN

FEBRUARY 24 DALWOOD 3 HILLS CHALLENGE

Axe Valley, Devon
Men: 1 M Robinson (Tamr) 66:26; 2 T Lenton (Axe V) 70:32; 3 S Baylis (Axe V) 71:02; 4 A Peirs (T&C) 74:14
M40: A Stobbs (Exe) 74:34. **M50:** A Trigg (Erme V) 77:07. **M60:** P Baylis (Axe V) 85:21
Women: 1 A Greenhaigh (Axe V) 81:45; 2 F Bond (Honi, W45) 85:25
W55: E Wood (Axe V) 90:53

BALDOCK BEAST HALF-MARATHON Hertfordshire

Men: 1 S Harrison (Trisports) 72:57; 2 C Palmer (Ampt) 74:50; 3 G Spellman (R&N, M40) 77:12
M50: M Jones (Ampt) 81:41
Women: 1 M Pritchard (FVS) 80:49; 2 C Hogan (Serp) 91:20
W55: D Glynn (Royst) 1:42:34

TOUGH 10 CHALLENGE

Weston-super-Mare, Somerset
Men: 1 L Rankin (Stroud) 60:09; 2 L Murray (Cleve) 61:17; 3 T Doyle (unatt) 61:55; 4 A Daniels (unatt, M40) 61:58;



STEVIE BATESON

Karl Grey leads the Flower Scar Fell race

5 R Forsbrook (Chelt) 62:08; 6 P Clark (unatt) 62:30
M50: M Cooper (Cleve) 64:15. **M55:** P Wheddon (BAD) 66:39
Women: 1 A Grainger (B&W) 63:42; 2 K Wray (S'ville) 68:59; 3 L Manson (Cleve) 69:46; 4 J Poole (Cleve) 70:09
W45: S Kelly (Woott B) 72:51

CALNE SMARTT SMASHER 10km, Calne

Overall: 1 S Nott (Wilt Sch, U20) 32:14; 2 B Cooke (RWBHRC, M40) 36:58; 3 J Pinkney (Unatt) 37:29
Women: 1 J Wilcockson (Unatt) 43:41; 2 C Blake (Chipp, W40) 44:29

CORNWALL FIRE & RESCUE SERVICE HALF MARATHON, Bodmin

Overall: 1 N Loewendahl (Unatt) 82:48; 2 S Nicholas (StARR) 83:02; 3 R Burnham (Newq RR, M40) 85:03
Women: 1 I Wykes (Mud Crew) 92:52; 2 S Daw (E Corn, W45) 1:40:29

TERRY NORTLEY RADCLIFFE 10, Manchester

Overall: 1 J Vis (S'port W) 57:47; 2 D Lockett (Salf, M45) 58:36; 3 A Buttery (B'burn, M40) 60:47
Women: 1 T Walker (Salf) 65:53; 2 S Becconsoll (Bing, W50) 68:19

DEVILLA FOREST 15km, Tulliallan

Overall: 1 E Taylor (Perth RR) 56:13; 2 C Love (Dund H, M40) 56:25; 3 J Lawson (P'ello, M35) 57:09
Women: 1 Y Thandrayan (P'ello, W40) 65:57; 2 K Kennedy (C'gie, W40) 66:16
Overall (5km): 1 A Thompson (Pit, U17) 17:07; 2 D Newport (Unatt, M40) 18:44; 3 G Malcolm (Kinr, U15) 18:49
Women: 1 E McCorquodale (Centr, U17) 20:53; 2 P Coutts (Kinr) 23:08

PONTYPOOL 10km, Pontypool

Overall: 1 R McFlynn (Fair W) 35:30; 2 M Jones (Newp) 37:39; 3 S Thomas (A'dare, M40) 37:41
Women: 1 N Gething (Parc BB, W40) 41:03; 2 H Duffield (Chep, W40) 43:25

HEARTBREAKER RUN FESTIVAL 10km HALF-MARATHON & MARATHON, Fordingbridge

Overall: 1 W Newbery (Unatt) 38:50; 2 D Claydon (Unatt) 41:22; 3 G Hiley-jones (Unatt) 42:54
Women: 1 K Bailey (Unatt, W35) 43:37; 2 J Jury (Unatt) 50:51
Overall (HM): 1 S Holloway (Salis)

78:01; 2 L Chalk (Stubbs G) 81:04; 3 O Harries (Soton, M45) 81:49
Women: 1 S Chaloner (Poole, W45) 92:56; 2 C Pleasance (Unatt, W35) 95:06
Overall: 1 A Weir (THH, M45) 2:43:54; 2 S Durkin (Knives, M40) 2:45:13; 3 D Symons (THH, M40) 2:56:42
Women: 1 J Meek (Tav, W35) 3:02:36; 2 M Varvel (VOT, W40) 3:12:12

FEBRUARY 23 HUMAN RACE TUFF MAN 8km TRAIL RUN

Gatwick, West Sussex
Men: 1 K Quinn 28:38; 2 J Croft 30:48; 3 L Harris 31:28
Women: 1 J Stretton 34:52; 2 H Godwin 38:07

BILDON BOUNDARY WAY HALF-MARATHON RELAY

Overall (4 legs in pairs): 1 Saitaire 97:00; 2 Bail 38:32; 3 Bail B 1:54:05; 4 Salt B 1:54:41; 5 York Ac 2:04:50

BRUTAL 10 Bordon, Hampshire

Men: 1 D Blomquist 46:20; 2 J Brown 48:25; 3 R Bull 51:41
M40: P Le Maitre 53:44
Women: 1 R Cassidy 57:12; 2 B La Freniere 58:00

GLENBRITTE TRAIL 10, Portree

Overall (all Skye & L): 1 J Rossiter 60L49; 2 H Standen (U17) 71:32; 3 K McCluskie (inder-17) 75:24; 4 C Walker (U17) 78:12; 5 R MacAskill 78:37
M45: A Wilson 79:43
Women: 1 D Lupton 84:09; 2 W MacRuary (W50) 86:51; 3 S Mather (W45) 90:08

FEBRUARY 17 REIGATE 10km Surrey

Men: 1 A Meager 36:52; 2 A Elliott 37:17; 3 S Hawkes 37:26
Women: 1 K Thomas 43:34; 2 A Ghi'Dau 43:49

BROUBSTER TRAIL RACE, nr Thurso

Overall (8.5M, all NHH): 1 K Cormack 55:44; 2 D Spencer 60:41; 3 B Newlands 62:10; 4 R Aitken 63:38; 5 S Harrison 63:38
Women: 1 L Stanger 64:26; 2 J Klimas 73:38; 3 N Falconer 73:38
Short race (4 miles) - Women: 0 Dunnett 27:03

UK 5km leaders

Men		Women	
14:13	Richard Weir	16:42	Laura Weightman
14:49	Declan Reid	17:18	Lauren Jeska
15:23	Nigel Stark	16:49	Hayley Haining
16:06	Robert Quinn	18:25	Clare Elms
16:46	Mike Cadman	19:21	Jane Clarke
17:33	Gavin Dalton	20:18	Isobel Burnett
18:20	Francis Hurley	21:52	J Morley/Linden Nicholson
19:33	Scott Balfour	22:55	Shirley Gibson
20:13	Les Haynes	31:08	Beryl Normansell
23:54	John Smithurst	32:43	Diana Green
27:25	Richard Pitcairn-Knowles	nm	

UK 10km leaders

MEN		WOMEN	
29:16	Nick McCormick	33:43c	Stephanie Twell
30:29	Ian Leitch	35:31c	Julie Briscoe
30:47	Andrew Ward	34:35	Emma Stepto
33:39	Stephen Whiting	36:14c	Clare Elms
34:31	Tony Tuohy	39:19c	Jane Harrop
35:42c	Paul Muller	41:55c	Karen Cook
36:32c	Kevin Best	44:23	Jane Morley
38:55	Martin Ford	45:20	Kate Williamson
44:42	Roger Wilson	54:46c	Kathy Cartledge
48:54	Tony Berry	62:15c	Evelyn Elkington
58:56c	William Davies	nm	

JANUARY 1

TORTOISE AND HARE RELAY, Giffordtown

Overall (2x2x1.8M, runners run twice): 1 K Atkinson (M50)/J Thomson (M50) (Fife) 42:14; 2 G Malcolm, E Boyle (Kinr) 45:03; 3 A Thomson/B Thomson (Fife) 45:21
U20: M Mills/A Scott (Fife) 46:42
Mixed: 1 S Laycock/A Laycock (Kinr) 45:43; 2 M Hill (Kinr)/A Milne (Fife) 46:58
Women: 1 C Kibble/J Kibble (Fife) 48:02; 2 P Coutts/J Gordon (Kinr) 48:11; 3 P Cruickshanks/A Cruickshanks (Anst) 50:18

DECEMBER 29

BRUTAL 10

Longmoor, Aldershot, Hampshire
Overall: 1 P Bray 47:30; 2 J Hoad 50:12; 3 A Barton 50:31
Women: 1 H Higham 57:09; 2 R Cassidy 57:23

DECEMBER 24

PIGGY LANE INVITATIONAL FUN RUN

Lancashire
Overall: 1 B Smith (L&M, U20) 8:48; 2 C Mason (Ed U, U20) 8:52; 3 A Bateson (L&M, U20) 8:55
Women: 1 S Hodgeson (L&M, U20) 8:56; 2 H Bateson (L&M) 9:45
U15: G Hallam (L&M) 10:29

DECEMBER 16

RUDOLPH'S RAMPAGE

Painswick, Gloucestershire
Overall: 1 R Smith (Stroud) 33:10; 2 O Starkey (Sev) 33:16; 3 S Bryden (M40) 33:46
M50: B Davies (Chelt) 36:20
Women: 1 L Barry (CLC) 36:20; 2 P Woods (CLC) 40:07
W45: J Marshal (Cots) 42:37

DECEMBER 1

OFFERTON REINDEER RUN 10km, Sidmouth, Devon

Overall: 1 I Bolam (Sid'mth) 39:33; 2 D Tomlin (T'bridge) 39:35; 3 P Devine-Wright (Axe V, M40) 40:34
M40: 2 P Monaghan (Torb) 40:47
Women: 1 J Whitfield (W35) 47:58; 2 M Hunt (F Every) 50:09

NOVEMBER 18

BEDDINGTON PARK 10km, London

Men: 1 C Dyson 36:17; 2 P Berg 38:31; 3 M Constantinou 38:57
Women: 1 P Major (THH, W45) 41:42; 2 S Poll 42:52

FELL

FEBRUARY 24

ILKLEY RACE, Ilkley

Overall (5M/1260ft): 1 T Adams (Ilkley) 35:54; 2 S Watson (Wharf) 38:28; 3 J Mountain (Skip, U23) 38:53; 4 J Wright (Tod, M40) 39:18; 5 S Fisher (How, U23) 40:20
TEAM: Ilkley 28
Women: 1 E Clayton (Bing) 42:03 (rec); 2 A Mason (Wake, U23) 42:53; 3 H Fines (Calder V) 43:13
W40: P Mumro (Weth) 45:53
TEAM: Wharf 29
U18 (2M): 1 H Muir (Wharf) 13:47; 2 E Hinchcliffe (Holm) 13:57; 3 J Lockwood (Wharf) 14:31
U18 women: 1 L Haines (Ilkley, U14) 15:23; 2 L Williamson (Ilkley) 15:51; 3 E Robinson (K&C) 16:01
U14 (1M): 1 M Merrick (Bing) 7:13; 2 A Stewart (Bing) 7:29; 3 H Shelbourne (Holm) 7:33
U14 women: 1 V Merrick (Bing) 7:35; 2 S Pickering (Ilkley) 7:41; 3 T Melechi (Ilkley) 8:01
U12 (1M): 1 B Green (Ross) 7:10 (rec);

2 L Parker (Pennine) 7:19; 3 D Rees (Holm) 7:25

U12 women: 1 B Morley (Ilkley) 7:59; 2 K Atkinson (K&C) 8:29; 3 L Shutt (Bing) 8:31

FEBRUARY 23

MOEL Y CI, Tregarth

Overall (5M/950ft, all Eryri): 1 M Cliffe (M40) 38:53; 2 DW Jones (M40) 39:29; 3 D Mashi 40:01
Women: 1 L Grantham (Ches TC) 49:00; 2 B Taylor (Bang U) 49:13; 3 A Brand-Barker (W50) 49:38

FLOWER SCAR, Todmorden

Overall (6.5M/2297ft, all Calder V): 1 K Gray (M40) 45:59; 2 T Ellis 46:00; 3 A Whitten 49:31
Women: 1 L Jeska (Tod) 54:25; 2 H Rhodes-Patterson (DUAXC) 58:49; 3 L Brindle (Horw) 59:31
W50: S Newman (Calder V) 60:12

QUANTOCKS, Stowey

Overall (7.4M/1700ft): 1 B Gibbison (Mynydd D) 55:33; 2 I Luke 55:58; 3 D Sheldrick (Taun) 58:58
M40: R Parker (Ryde) 59:56
Women: 1 L Barry (Chelt LC) 59:23; 2 K Beecher (Les C) 60:43; 3 S Francis (N Dev RR, W40) 64:03

INOV-8 HIGH CUP NICK, Dufton

Overall (9M/1500ft): 1 R Lightfoot (Ellen) 61:56; 2 S Bond (Dark Pk) 64:02; 3 J Davies (B'dale F, M40) 65:56
Women: 1 E Hemstock (Pennine) 83:55; 2 R Hill (Wharf, W40) 84:01; 3 P Walsh (Prest, W50) 89:11

BLEASDALE CIRCLE, Bleasdale

Overall (5M/1250ft): 1 R Hope (P&B) 36:10; 2 S Swarbrick (Bowl, M40) 38:38; 3 K Steinegger (Amble) 40:11
U18: G Cooke (S'port W) 46:46



Fabian Deuter: first in the Enfield Walk

TEAM: 1 Bowl 12; 2 Clay 78; 3 Chor 95
Women: 1 N Sweeney (P&B) 47:00; 2 R Browne (Bowl, W50) 47:58; 3 D Gowans (Acc RR, W40) 48:09
TEAM: Bowl 14

FEBRUARY 22

MR SPARKLE'S DARK UN, Tockholes

Overall (5M/702ft): 1 M Russell (Saif, M40) 33:00; 2 M Tillotson (Bolt) 35:03; 3 C Davies (Sadd, M50) 35:59
Women: 1 D Gowans (Acc RR, W40) 40:39; 2 J Hopkins 42:55; 3 J Greenhalgh (Horw, W40) 43:06

WALKS

FEBRUARY 23

ENFIELD LEAGUE, Enfield

Men: 5MW: 1 F Deuter (Hill) 39:35; 2 F Reis (If, M50) 40:27; 4 C Wilkinson (Enfield HAC, U17) 43:04; 5 D Crane (Sy

WC, M35) 43:09; 6 S Uttley (If, M55) 43:12; 7 C Hobbs (Ashford AC, M55) 43:29; 8 S Allen (Barn, M55) 43:40; 9 J Hall (Belg, M60) 45:02; 10 P Ryan (If, M55) 45:47; 12 J Ralph (E&H, M55) 46:51; 13 S Allen (If, M55) 47:06; 14 S Lightman (Sy WC, M65) 47:31; 15 S Bennett (If, M50) 47:56; 17 K Bobbett (Hill, M60) 48:32; 18 A Cox (Hill, M60) 48:35; 21 A Thomson (E&H, M75) 50:07; 22 P King (Belg, M60) 50:22; 23 M Harran (Herne H, M70) 51:30
Women: 1 G Narviliene (ESM, W35) 42:00; 2 S Brown (Belg, W40) 46:04; 3 H Middleton (E&H, W50) 48:10; 4 M Noel (Belg, W45) 49:24; 5 S Beardsmore (Abingdon A, W40) 49:42; 6 A Belhambers (Steyning AC, W55) 51:45; 7 F Bishop (Woking, W50) 52:07; 8 C Duig (Ryston R, W55) 52:59; 9 S Barnett (Enfield HAC, W60) 53:17; 10 A Martin (Padd W, W45) 53:56

PARKRUN

FEBRUARY 23

PARKRUN 5km

Leading age-graded

Aberdeen: C Milne 19:02 W50 91.47%
Telford Town: G Wilson 17:09 M55 90.36%
Cambridge: M Holmes 27:26 W75 90.00%
Bushy: K Best 17:52 M60 89.77%
Poole: S Way 15:01 M35 89.56%
Burgess: R Tabor 22:31 W60 88.69%
Little Stoke: P Parry 16:40 M50 88.49%
Edinburgh Silverknowes: R Marshall 18:55 M60 87.87%
Leicester: J Poole 14:42 SM 87.76%
Leamington: M Williamson 19:36 W50 87.70%
Hilly Fields: C Elms 18:56 W45 87.47%
Bushy: B Goater 15:17 U20M 87.29%
Leamington: C Taylor 17:09 U20W 86.64%
Cardiff Blackweir: C Wright 21:30 W55 86.52%
Leicester: M Booth 18:23 M55 85.74%
Glasgow Pollok: L Corbett 24:22 W65 85.74%
Leicester: A Garnier 21:42 W55 85.72%
Medina: S McMorran 17:39 M50 85.62%
St. Albans: P Edwards 21:48 W55 85.33%
Bushy: R Axe 15:11 U23M 85.29%
Northampton: E O'Sullivan 20:29 W50 84.99%
Cheltenham: C Cowley 23:17 W60 84.53%
Stockport: A Jones 15:31 SM 84.49%
Liverpool Princes: S Cooper 22:20

W55 84.45%
Basingstoke: M Anderson 18:25 M55 84.15%
Huddersfield: D Watson 16:28 M40 84.15%
Poole: J Aylmore 18:00 M50 83.96%
Cambridge: M Holt 20:10 M65 83.95%
Bushy: C Ansell 17:38 SW 83.93%
Cannon Hill: A Abdi 16:06 U17M 83.90%
Cardiff Blackweir: L Carter 18:19 M55 83.89%
Poole: J Cieluszecki 15:43 M35 83.86%
Cannon Hill: T Dodd 17:00 U15M 83.47%
Cannon Hill: B Boulter 17:00 U15M 83.47%
Leeds Hyde: S Jordan 19:13 M60 83.46%
Sheffield Endcliffe: J Roden 15:38 U23M 83.41%
St. Albans: R Palmer 16:40 M40 83.14%
Little Stoke: E Hobbs 20:01 U13W 83.13%
Hull: T Hirst 19:00 M55 82.96%
Brighton Hove: C Wood 19:59 W45 82.87%
Congleton: S Doyle 16:36 M40 82.85%
Redbridge: S Philcox 17:23 M45 82.84%
Brighton Hove: B Martin 18:28 U13M 82.83%
Newport: H Evans 16:29 M40 82.81%
Congleton: M Fowler 17:49 M50 82.78%
Cardiff Blackweir: S Wade 15:39 U23M 82.75%
Solihull: J Jennings 17:08 M45 82.75%
Banstead: C Phelan 18:08 M50 82.66%

Edinburgh Silverknowes: A Bryce 18:10 M50 82.51%
Huddersfield: G Comish 15:49 SM 82.51%
Manchester Heaton: S Hill 18:47 U17W 82.51%
Leicester: R Billington 17:20 M45 82.44%
Manchester Heaton: K Chapman 17:20 M45 82.44%
Mile End: D Niccol 17:59 SW 82.30%
Newbury: N Gillis 16:55 U17M 82.30%
Little Stoke: R Allen 19:47 U13W 82.29%
Cardiff Blackweir: R Morris 20:02 M60 82.22%
Bushy: A Fay 18:51 M55 82.21%
Cambridge: J Jenkins 20:26 M65 82.09%
Bramhall: R Currie 19:03 M55 82.04%

Fastest male first finishers
Leicester: J Poole 14:42
Poole: S Way 15:01
Bushy: R Axe 15:11
Stockport: A Jones 15:31
Basingstoke: D Ragan 15:33
Sheffield Endcliffe: J Roden 15:38
Cardiff Blackweir: S Wade 15:39
Huddersfield: G Comish 15:49
Norwich: P Arnold 15:53
Cannon Hill: E Banks 16:03
Glasgow Pollok: U Athlete 16:13
Stoke-on-Trent: S Duffy 16:13
Leeds Hyde: C Smithard 16:15
Strathclyde: G Turner 16:19
Solihull: J Read 16:23
Cambridge: B Shephard 16:27
Bramhall: J Bleakley 16:28
Newport: H Evans 16:29
Brighton Hove: A Other 16:30

Congleton: S Doyle 16:36
Havant: J Baker 16:36
Aberdeen: R Gauld 16:37
Camp Bastion: L Athersmith 16:37
Carlisle: J Buis 16:37
Manchester Platts Field: U Athlete 16:38
Little Stoke: P Parry 16:40
St. Albans: R Palmer 16:40
King's Lynn: M Pyatt 16:41
Dulwich: P Bell 16:46
Inverness: G Lennox 16:48
York: C Thornton 16:48
Edinburgh Silverknowes: P Avent 16:51
Gunnersbury: D Norman 16:51
Finsbury: W Brewin 16:54
Telford Town: W Dashper 16:54
Belfast Waterworks: B Grew 16:54
Newbury: N Gillis 16:55
Leamington: P Hawkins 16:57
Walsall: J Carter 16:57
Burnley: D Walton 16:58
Hull: A Cross 16:58
Slough: J Repper 16:59
Burgess: R Ward 17:00
Wimbledon Common: B Green 17:00
Brockwell: T Aldred 17:02

Fastest non-winning men
Bushy: B Goater 15:17
Poole: J Cieluszecki 15:43
Norwich: N Earl 15:57
Cardiff Blackweir: E Takata 15:59
Bushy: A Jackson 16:00
Poole: U Athlete 16:02
Cannon Hill: A Abdi 16:06
Cardiff Blackweir: O Williams 16:24
Huddersfield: D Watson 16:28
Cardiff Blackweir: H Wright 16:29

Fastest female first finishers

Leamington: C Taylor 17:09
Bushy: C Ansell 17:38
Mile End: D Niccol 17:59
Leeds Hyde: K Young 18:10
Wimbledon Common: R Clifton 18:14
Cannon Hill: S Khan (was Slade) 18:19
Bromley: F Fullerton 18:20
Cardiff Blackweir: R Underhill 18:23
Shoeburyness: K Whitmarsh 18:23
Cambridge: R Jones 18:46
Manchester Heaton: S Hill 18:47
Edinburgh Silverknowes: H Smith 18:48
Poole: H Dyke 18:51
Leicester: C Smith 18:54
Hilly Fields: C Elms 18:56
Sheffield Endcliffe: Y Goater 18:56
York: H Tufts 19:01
Aberdeen: C Milne 19:02
Durham: S Kemshall 19:08
Oak Hill: K Philp 19:09
Gunnersbury: I Rea 19:11
Frimley: F Johnson 19:18
Manchester Platts Field: C Brown 19:19
Brighton Hove: E Proto 19:21
Walsall: A Hopcroft 19:21
Northampton: T Mobby 19:32
Swindon: S Kelly 19:36
Wycombe Rye: T Neale 19:36

Fastest non-winning women
Leeds Hyde: J Latham 18:33
Cardiff Blackweir: E Wookey 18:59
Edinburgh Silverknowes: A Howe 19:04
York: H Wilkinson 19:09
Leeds Hyde: H Williams 19:19
Cardiff Blackweir: F Langridge 19:21
Edinburgh Silverknowes: J Kibble 19:21

SPONSORED BY:  **runbritain** CLAIM YOUR RANKING AT RUNBRITAIN.COM
WE ARE ROAD RUNNING

To advertise your event, call 01733-808545 or email catherine.dugdale@athleticsweekly.com

The Finchley 20 17th March 2013
Ruislip, Middlesex
Start: 9.00am

EXCELLENT PREPARATION FOR THE LONDON MARATHON
The race has a 700 limit and is always fully subscribed.
Race incorporates the Middlesex County 20 mile champs.

Online entry at www.hillingdonac.co.uk Course Record: 1 hr 39 min Bill Adcocks 1972

HOSPICE HEROES FUN RUN
24 MARCH 2013

CALLING ALL MEN... BE A HERO FOR ST MARY'S!

life changing
Birmingham
St Mary's Hospice
www.bsmh.org.uk

29th Hastings Half Marathon
(Including Sussex Half Marathon Champs)
Sunday 24th March 2013 – 10:30am start

Free Creche, Park and Ride and Quality Programme, Extensive prize list.
Computer Chip timing. Entry Fee: £22 for club runners / £24 unattached.

FOLKESTONE 10 Good Friday 29th March at 11am
Community School, Hythe, CT21 6HS

Entry: £16 / £18 (UA). Online, by post or on the day. Full details at www.folkestone10.co.uk

Run the Bridge 
Halton 5 mile road race 31st March 2013
Runcorn Bridge to Hale Village
Entry: £12 Club / £14 U/A (All +£3 on the day)

More information at www.runhalton.co.uk

24th Brooks Paddock Wood Half Marathon
Sunday 7th April 2013 at 10am
Eldon Way, Paddock Wood, Kent, TN12 6BE

Fees: £17 (£19 U/A), £25 on the day subject to limit. Cheques to "Paddock Wood AC".
Full details plus online entry with no surcharge available from www.paddockwoodhalf.co.uk

GREAT WREXHAM ROAD RUNNER 

WWW.WREXHAM10K.CO.UK
SUNDAY 7TH APRIL 2013
10KM RUNNING EVENT

CLOSED ROAD EVENT CHIP & NAT TIMING SYSTEM

7th Sevenoaks Rotary 10k Run & 1.5k Fun Run
Sunday 17th March 2013
Knole Park, Sevenoaks, Kent

ROTARY CLUB of SEVENOAKS
Registered Charity No. 1027915
In aid of the Disabled, Homeless & Disadvantaged & Rotary Supported Charities
www.sevenoaksrotary10k.co.uk

THE 11th GREAT GRIZEDALE FOREST TRAIL RACE
SUNDAY 24TH MARCH 2013 - 1.00PM

The most scenic traffic free 10 mile (approx.) forest trail race in the country.
Superb undulating course, run on traffic free, wide, well surfaced (not tarmac) man-made forest trails with fantastic views. www.grizedale10.co.uk

Forest of Dean Trails Half-Marathon
www.forestofdean-halfmarathon.co.uk

Speech House, Royal Forest of Dean, Gloucestershire, GL16 7EL Date: Sunday 24 March 2013
Start: 10am Entry: £18 or £20 U/A

Beautiful woodland Course. Chip timed & officially measured. Mile marked & fully marshalled. Medals for all finishers. Changing. Free parking. Toilets, bar, refreshments and Baggage Store.

KPMG Easter Runs 2013 **KPMG 32nd Guernsey Easter Runs**
29th March to 1st April 2013

Beautiful Guernsey • Fun & friendly races • Fast courses
Social events • kids races • £2,000 of cash prizes!
20% off travel with Condor Ferries.
www.guernseyathletics.org/gg/easter

10k-XC-Relay-Half  Find us on Facebook

VICTORIA PARK OPEN 5 MILE
SATURDAY 6 APRIL 2013 - START 2.30pm

2010 EVENT WAS THE FASTEST 5 MILE RACE IN THE UK SINCE 2003
CASH PRIZES FOR WINNERS

for entry, contact Major Carr on 020 8504 6108 or 07961 617 502
or email: major_carr@yahoo.co.uk
enter online at: www.runnersworld.co.uk
or download a form from www.vphthac.org.uk/open5 or www.runbritain.com

Chedworth Roman Trail
A scenic 10 mile multi-terrain race organised by Cirencester Athletics Club
Sunday 7th April 2013 at 10.30am
Entry fees: £9 / £11(U/A). £2 extra on the day
www.cirencester-ac.org.uk

Lymm.com 10K
Sunday 14th April, 10am
Lymm High School, Lymm, Cheshire

Entry: £18 / £20 (U/A) Prizes: £150/£100/£50 + Vets/Team prizes.
Goody Bag for all finishers. UKA Licence: 2013-104206
Visit: <http://lymm.com/10k>

CROSS-COUNTRY

Saturday March 2 BROOKS SUSSEX LEAGUE

Lancing.
sussexathletics.org.uk
CHINGFORD LEAGUE
Highams Park.
attwoodbc.co.uk/chingford_league.htm
GWENT LEAGUE
Penlan Leisure Centre, Brecon.
gwent-league.org.uk
HERCULES WIMBLEDON v RANELAGH H MOB MATCH
Richmond Park, Roehampton.
herculeswimbledonac.org.uk
MID LANCs LEAGUE
Beacon Park, Skelmersdale. 12.30pm.
midlancs.org.uk

NORTH WEST LONDON YOUNG ATHLETES' LEAGUE
Horsenden Hill.
START FITNESS NORTH EAST HARRIER LEAGUE
Alnwick Gardens.

Sunday March 3 BORDER LEAGUE

Lightwater.
CC6 LEAGUE
Fleming Park, Eastleigh. 9.30am.
cc6.co.uk/wordpress
DERBY RUNNER LEAGUE
Holly Hays Wood.
derbyrunnerleague.co.uk
EAST MIDLANDS LEAGUE
Darley Park.
EAST YORKSHIRE LEAGUE
Sewerby.
beverleyac.com
FENN WIGHT SUFFOLK WINTER LEAGUE
Bury.
raceres.org.uk

FROSTBITE FRIENDLY LEAGUE
Hinchingbrooke Park.
frostbiteleague.org.uk
GLIDDON AND SQUIRE NORTH DEVON LEAGUE
West Buckland School.
jmw@westbuckland.devon.sch.uk
MABAC LEAGUE
Richmond Park. 11am.
mabac.org.uk
OXFORD MAIL LEAGUE
Harwell. 10am.
oxonxc.org
PECO LEAGUE
Bodington Fields, Leeds.
pecoxc.co.uk

TODAY'S RUNNER WINTER LEAGUE
Staunton Country Park. 11am.
bobayer.com/trw/

Wednesday March 6

EAST ANGLIAN LEAGUE
RAF Barnham. 2.30pm.
Steve Langley. 01359-237105.
MIDLANDS POLICE & SERVICES LEAGUE
Hewell Grange. 2pm.
westmidlandspoliceathletics.co.uk

Saturday March 9

ACTIVE BELFAST OPEN
Musgrave Park, Belfast.
CAU INTER-COUNTIES CHAMPIONSHIPS INC McCAIN UK CROSS CHALLENGE SERIES
Cofton Park, Birmingham.
uka.org.uk
DOWNs LEAGUE
Epsom Downs.
SOUTH LONDON H V BLACKHEATH H MOB MATCH
Hayes.
southlondonharriers.org
SSAA SECONDARY SCHOOLS' CHAMPIONSHIPS
Irvine.
ssaa.co.uk

Sunday March 10

NORTH YORKSHIRE AND SOUTH DURHAM LEAGUE
The Flatts, Thirsk. 1pm.
new-marske-harriers.co.uk
WEST GLAMORGAN LEAGUE
Margam Park.
westglamleague.co.uk

Wednesday March 13

NORTHERN POLICE LEAGUE
Witton Park, Blackburn. 2pm.
slateman.co.uk/npcl

Saturday March 16

BMAF CHAMPIONSHIPS
Herrington Country Park, Sunderland.
bmaf.org.uk
ESAA SCHOOLS' CHAMPIONSHIPS
Swadlingcote, Derbyshire.
esaa.net

Sunday March 17

BROOKS WESTWARD LEAGUE
Plymouth.
ironbridgerunnerevents.co.uk/
westward

KENT FITNESS LEAGUE RELAYS
Nurstead Court, Nurstead.
kfl.canterburyharriers.org

Wednesday March 20

PSUK CHAMPIONSHIPS
Cofton Park, Birmingham.
westmidlandspoliceathletics.co.uk

Saturday March 23

HOME COUNTRIES INTERNATIONAL
Dinefwr, Carmarthenshire.
welshathletics.org
SIAB SCHOOLS' INTERNATIONAL
Dinefwr, Carmarthenshire.
welshathletics.org
START FITNESS NORTH EAST HARRIER LEAGUE
Prudhoe.

Sunday March 24

GWENT LEISURE CENTRE LEAGUE
Rogerstone School. 11am.
griffithstownharriers.co.uk/glcl.html
NOTTS MINI LEAGUE
Newark.
nottssac.co.uk
RYSTON RUNNERS OPEN LEAGUE
Shouldham Warren, Norfolk. 11am.
rystonrunners.org.uk

INDOOR

Saturday March 2

CHELMSFORD YOUNG ATHLETES' OPEN
Chelmsford.
chelmsford.gov.uk/athletic-events
ENGLAND ATHLETICS U15/ U17 COMBINED EVENTS CHAMPIONSHIPS
Sheffield EIS. Until Sunday March 3.
englandathletics.org
NORTHERN IRELAND AGE GROUP CHAMPIONSHIPS
University of Ulster, Jordanstown.
athleticsni.org
SCOTTISH NATIONAL U18/U20 CHAMPIONSHIPS
Emirates Arena, Glasgow.
scottishathletics.org.uk

Sunday March 3

SCOTTISH NATIONAL U14/U16 CHAMPIONSHIPS
Emirates Arena, Glasgow.
scottishathletics.org.uk
WINDSOR, SLOUGH, ETON & HOUNSLOW AC WINTER SERIES

Eton. 12.30pm.
wseh.info

Wednesday March 6

GRANGEMOUTH STADIUM GRADED OPEN
Grangemouth. 6.45pm.
falkirkcommunitytrust.org
NEWHAM AND ESSEX INDOOR SPRINT SERIES
Newham. 7pm.
justiming-live.co.uk/newham2013.html

Thursday March 7

JARROW YOUNG ATHLETES' GRAND PRIX
Jarrow.

Saturday March 9

BRITISH MASTERS CHAMPIONSHIPS
Lee Valley. Until Sunday March 10.
bvaf.org.uk
VAULT MANCHESTER 2013
Sportcity.
vaultmanchester.com

Sunday March 10

CELTIC CUP
Cardiff.
welshathletics.org
JARROW MINOR ATHLETE GRAND PRIX
Jarrow.

Wednesday March 13

CRYSTAL PALACE INDOOR 60M OPEN
Crystal Palace.
justiming-live.co.uk/crystal-palace2013.html

Sunday March 17

SALE OPEN SERIES
Sportcity. 10.30am.
saleharriersmanchester.com

Thursday March 21

GATESHEAD COLLEGE OPEN SERIES
Gateshead. 6.30pm.
gateshead-harriers.co.uk

Saturday March 23

BRUNEL OPEN JUMPS AND SHOT FESTIVAL
Uxbridge.
londonathletics.org
MIDLAND COUNTIES OPEN
Alexander Stadium, Birmingham.
Until Sunday March 24.
midlandathletics.org.uk

MULTI-TERRAIN

Saturday March 2

ABNEY CHEADLE RUN 5km
Abney Hall, Cheshire. 9.30am.
abneycheadlerun.co.uk
ENDURANCELIFE CTS NORTHUMBERLAND 10km/HALF-MARATHON/MARATHON/ULTRA
Bamburgh Castle, Northumberland.
endurancelife.com
G3 10km SERIES
Newlands Corner, Drove Road, Guildford, Surrey.
g3series.co.uk

LEGENDS OF SHERWOOD 5/10km
Sherwood Pines Forest Park, Mansfield, Nottinghamshire. 2pm.
ratraceadventure.com/notorious
LETCORTH FIRST SATURDAY OF THE MONTH 5km
Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am.
firstsaturday5km.org.uk
MAJOR SERIES NORTH 5/10km
Bramham Park, Wetherby, West Yorkshire. 10am.
majorseries.com

MARJORY'S HEALEY DASH FOR THE CHRISTIE 5km
Albion Inn, Whitworth Road, Rochdale, Lancashire. 2pm.
info@andemrunners.co.uk
NIGHT TERROR 6
Arley Hall, Northwich, Cheshire. 7pm.
nightterror.co.uk

RAS DEWI SANT COASTAL PATH HALF-MARATHON/MARATHON
St David's, Pembrokeshire.
man-upuk.com
SOLE DESTROYER 5/10km
Little Houghton, Northampton. 11am.
muckyraces.co.uk

SPERRIN HARRIERS LOUGH FEA 10
Lough Fea, Cookstown.
sperriharriers.co.uk
TROLLERS TROT 25
Upper Wharfedale School, Treshfield, North Yorkshire. 9am.
runalong.net

WHITE CLIFFS ENDURANCE RUN 50/100
Village Hall, Lympe, Kent.
ultra-trails.com

Sunday March 3

BHF WYRE FOREST 5/10km
Wyre Forest Visitors Centre, Callow Hill, Bewdley, Worcestershire. 11am.
bhf.org.uk

Submit your fixture online at athleticsweekly.com

Beacon Easter Bunny Run 10K
(and 3K fun run)
Sunday April 14th 2013 at 11am
Lower Car Park on Beacon Hill, Loughborough, LE12 8TA
www.beaconbunnyrun.org
Supporting East Midlands Air Ambulance

Downton multi-terrain 10K
Sunday 28th April 2013 at 2pm
Downton Leisure Centre, Downton, Wiltshire SP5 3NF
Race on the rolling countryside of the adjacent Downs.
Entry: £10 / £12 (U/A). On the day +£2. Also part of RaceNewForest's 'A Tri-ing Day' with open water swim (400m or 1.1K) & cycle time trial (20K or 40K)
Details and online entry at www.racenewforest.co.uk

NORTH LINCOLNSHIRE HALF MARATHON
flat & fast
SUNDAY 28th APRIL 2013
Glanford Park, Scunthorpe
Cash prizes + course record (73:35 / 87:47)
Traffic free course. Chip timed. Online entry. BARR Gold standard.
www.northlincshalf.co.uk

Hartland Hartbreaker
5th May 2013 at 11am
Hartland Abbey, near Bideford, Devon
Entry: £15 or £18 for either 8 or 17 miles of Hartbreaker.
www.hartlandhartbreaker.com

BIDEFORD HALF-MARATHON

Bideford AAC, The Pill, Bideford, Devon. 10.30am.
bidefordaac.co.uk

BUSHY PARK 10km

Diana car park, Bushy Park, London. 10.30am.
mccpromotions10kseries.com

CAMBRIDGE BOUNDARY RUN

HALF-MARATHON/MARATHON
Coldhams Business Park, Noon.
cuhh.org.uk

CENTURION GRAND PRIX 5

John Henry Newman Catholic College, Birmingham. 11am.
centurions.org.uk

CLAPHAM COMMON 5/10/15km

SERIES
Clapham Common, Clapham, London. 10am.
innovationsports.co.uk

EDINBURGH RESOLUTION RUN 5km

Cramond Foreshore, Edinburgh.
stroke.org.uk/resolution

GO INSANE 10km

Poplar Park Equestrian Centre, Hollesley, Suffolk. 10am.
insaneterrainrunning.com

JOHN AUSTIN HALF-MARATHON

Brockenhurst College, Brockenhurst, Hampshire. 10.30am.
johnaustinhalf.co.uk

LACTIC FLASHBACK 8

Hare & Hounds Pub, Millbrook, Cheshire. 11am.
sites.google.com/site/kiwiclассevents

LEEDS RESOLUTION RUN

5/10/15km
Temple Newsam, Leeds.
stroke.org.uk/resolution

LINCOLNSHIRE POACHER

CHALLENGE 10km/HALF-MARATHON
Woodland Waters, Ancaster, Lincolnshire. 11am.
toonieexpress.co.uk

MANCHESTER RESOLUTION RUN

5/10/15km
Heaton Park, Manchester.
stroke.org.uk/resolution

MARCH HAIR RAISER 10km

Kingswood Nursery School, Albrington, Shropshire. 11am.
wolvesandbilstonac.co.uk

PRESTON PARK 5km

Preston Park, Stockton, Teesside. 10am.
rushcliffe.gov.uk/10k

RUSHCLIFFE 10km

Rushcliffe Country Park, Ruddington, Nottinghamshire. 10.30am.
steyningstingerhalf-marathon/marathon

STEYNING STINGER HALF-MARATHON/MARATHON

Steyning Grammar School, Steyning, West Sussex. 9am.
steyningac.co.uk

SWAVESEY VILLAGE COLLEGE

HALF-MARATHON
Village College, Gibraltar Lane, Swavesey, Cambridgeshire. 10am.
swaveseyvillagecollege.org.uk

THAMES RIVERSIDE 20

Bishop's Park, London.
claphamchasers.co.uk

TRIATHLON SHOW 5/10km

Sandown Race Course, Esher, Surrey. 10.30am.
triathlonshow.co.uk/10Krun.aspx

TROTTERS 5

Smithills Sports Centre, Bolton, Lancashire. 10am.
burndenroadrunners.co.uk

Saturday March 9

BACK 2 THE TRENCHES 5km

Sandy Lane, Nutfield, Surrey. 10am.
back2thetrenches.co.uk

GREENWICH PARK TOUGH

5/10/15km
Greenwich Park, London. 9.30am.
thefixevents.com

MAJOR SERIES SOUTH 5/10km

Eridge Park, Tunbridge Wells, Kent. 10am.
majorseries.com

NEW FOREST FESTIVAL OF

RUNNING 10km/10m
Red Shoot Camping Park, Linwood, Hampshire. 10am.
nakedstrength.co.uk

NEW FOREST FESTIVAL OF RUNNING

LADIES ONLY 5/HALF-MARATHON
Red Shoot Camping Park, Linwood, Hampshire. 2.30pm.
nakedstrength.co.uk

NITRO NORTH 6km

Moel Famau Country Park, Llanferres, Denbighshire. 7pm.
thisonecounts.co.uk

YORKSHIRE TERRIER 5/10km

Newburgh Priory Estate, Thirsk, North Yorkshire. 2pm.
ratraceadventure.com/notorious

Sunday March 10

BELFAST RESOLUTION RUN 5/10km

Queen's Sport, Upper Malone, Belfast.
stroke.org.uk/resolution

BOLTON HILL MARATHON

Moss Bank Park, Moss Lane, Bolton, Lancashire. 9.30am.
hillrunner.org.uk

BRUMMIES 10km BURN

Garnons Estate, Bishopstone, Herefordshire. 11am.
tasteforadventure.co.uk

DELAMERE RESOLUTION RUN

5/10km
Delamere Forest, Cheshire. 11am.
stroke.org.uk/resolution

DEVIL'S CHALLENGE 7

Devils Pit, Barton Le Clay, Bedfordshire. 10am.
devils-challenge.co.uk

DUNSTABLE DOWNS 5/10km

Creasey Park Drive, Dunstable, Bedfordshire. 9.15am.
dunstableroadrunners.org

GARTMORN 6

Carsebridge, Sauchie, Alloa.
weecountyharriers.co.uk

GLASGOW RESOLUTION RUN 5km

Bellahouston Park, Glasgow.
stroke.org.uk/resolution

GREAT WESTERN 10km

Leweston School, Longburton, Dorset. 11am.
yeoviltownnrc.com

GRIZZLY 9/20

Esplanade, Seaton, Devon. 10.30am.
axevalleyrunners.org.uk

KEIGHLEY BIG K 10km

Victoria Park, Keighley, West Yorkshire. 9am.
big10k.org.uk

LOOE 10

Millpool car park, Looe, Cornwall. 10am.
looeponiers.com

NEW FOREST FESTIVAL OF

RUNNING 20m/50km
Red Shoot Camping Park, Linwood, Hampshire. 9.30am.
nakedstrength.co.uk

NEW FOREST FESTIVAL OF

RUNNING HALF-MARATHON
Red Shoot Camping Park, Linwood,

Hampshire. 2.30pm.
nakedstrength.co.uk

RODDLESWORTH ROLLER 6

Abbey Village School, Abbey, Lancashire. 11am.

RUN THROUGH BUSHY PARK 10km

Bushy Park, London. 10.30am.
runthrough.co.uk

SEVENOAKS RESOLUTION RUN

5/10km
Knole Park, Sevenoaks, Kent.
stroke.org.uk/resolution

VALE GALLOP 10km

Hurst Road, Walton on the Hill, Surrey. 10am.
thevalegallop.co.uk

Saturday March 16

BHF BEDGEBURY FOREST 10km

Bedgebury Forest, Goudhurst, Kent. 9am.
bhf.org.uk

BRUTAL 10km

Windmill Hill, Frimley, Surrey. 10am.
brutalrun.co.uk

CARTMEL LAKELAND TRAILS

10/18km
Racecourse, Cartmel, Cumbria.
lakelandtrails.org

D33 ULTRA

Duthie Park, Aberdeen.
deesidewayultra.webnode.com

EXMOOR COASTAL 40

Minehead, Devon.
adventurehub.com

GIN PIT DOUBLE MARATHON

Tyldesley, Manchester. Until Sunday March 17.

MIGHTY DEERSTALKER 5/10km

Traquair House, Innerleithen. 3pm.
ratraceadventure.com/notorious

NIGHT TERROR 6

Ashton Court, Bristol. 7pm.
nightterror.co.uk

ROCKSOLIDRACE 5km

Escot Park, Ottery St Mary, Devon. 11am.
RockSolidRace.com

SOUTH DEVON 10km

South Devon College, Paignton, Devon. 4pm.
southdevon.ac.uk

VIVA EXTREME 8 (DAY 1)

Vaynol Estate, Bangor, Gwynedd. 9am.
vivaextrmeme.com

Sunday March 17

BUTLEIGH 7

Playing field, Back Town, Butleigh, Somerset. 11.30am.
wellscityharriers.org.uk

CAPITAL RUNNERS BUSHY PARK

10km
Bushy Park, Hampton, London. 10am.
capitalrunners.com

COTSWOLD WHOLEHOG 10km

Woodchester Mansion, Woodchester, Gloucestershire. 11am.
cotswoldcare.org.uk

DRAYCOTE WATER RUN 5

Rugby, Warwickshire. 10am.
mytonhospice.org

DUNDEE RESOLUTION RUN 5km

Campderdown Park, Dundee.
stroke.org.uk/resolution

FERNDOWN ROTARY 10km

Avon Heath Country Park, Ringwood, Hampshire. 10am.
ferndownrotary.co.uk

FLYING MONK 10

Charlton Park Estate, Malmesbury, Wiltshire. 10am.
triferris.com

FRISTON FOREST 5km

Friston Forest, Litlington Road, Seaford, Lincolnshire. 9.30am.
entrycentral.com

GREAT BARROW SPRING

CHALLENGE MARATHON
The Academy, Church Road, Barrow, Suffolk. 8am.
greatbarrowchallenge.co.uk

GREAT HORWOOD MAD MARCH

HARE 5km
Great Horwood School, Great Horwood, Buckinghamshire. Noon.
office@greathorwood.bucks.sch.uk

KNOLE PARK SEVENOAKS 10km

Knole Park, Sevenoaks, Kent. 11am.
sevenoaksrotary10k.co.uk

LIGHTWATER VALLEY 10km

Lightwater Valley Theme Park, North Stainley, North Yorkshire.
riponrunners.org.uk

MUD & MAYHEM THETFORD 10km

Theftord Forest, Brandon, Suffolk. 11am.
gobeyondultra.co.uk

NORTHERN BEAST 5

Kelsall Hill Equestrian Centre, Tarporley, Cheshire. 11am.
thebeastrun.co.uk

PLYMPTON MAD MARCH HARE 10km

St Boniface Arena, Plympton, Devon. 9am.
plymouth.roundtable.co.uk

RESOLUTION RUN 5/10/15km

Regent's Park, London.
stroke.org.uk/resolution

RODWAY EASY RUNNER 6

Mangotsfield School, Mangotsfield, Bristol. 10am.
easyrunner.co.uk

RYTON 10km

Cosford Grange Farm Shop, Shifnal, Shropshire. 10am.
telfordathleticclub.co.uk

SOUTHPORT RESOLUTION RUN 5km

Victoria Park, Southport.
stroke.org.uk/resolution

ST PADDY'S DAY 5km

Embankment, Bedford. 11am.
zero3events.com

TRI-ADVENTURE 12km

Collingwood College, Camberley, Surrey. 11am.
triadventure.co.uk

VIVA EXTREME 8 (DAY 2)

Vaynol Estate, Bangor, Gwynedd. 9am.
vivaextrmeme.com

WILD WARRIOR 10km

Wild Park Farm, Brailsford, Derbyshire. 10am.
xrunner.co.uk

Friday March 22

USN JURASSIC COASTAL

CHALLENGE
Chesil Beach Holiday Park, Weymouth, Dorset. Until Sunday March 24.
votwo.co.uk

Saturday March 23

CLAIRE HOUSE EXCALIBUR

MARATHON
Loggerheads Country Park Mold, Flintshire.
claire-house.org.uk

DIRTY DOZEN 12km

Mereworth, Maidstone, Kent. 10am.
dirtydozenraces.com

ENDURANCELIFE CTS SUSSEX

10km/HALF-MARATHON/
MARATHON/ULTRA
Birling Gap, East Dean, East Sussex.
endurancelife.com

HAMPTON FERRY CHARITY 5km

Hampton Ferry, Boat Lane, Evesham, Worcestershire. 11am.
hamptonferry.com

HORSEPLAY 5/10km

Hambelden Estate, Henley on Thames, Oxfordshire. 2pm.
ratraceadventure.com/notorious

ORION 15

Bury Road, Chingford, London. 10am.
orionharriers.org.uk

RUN RICHMOND SPRING

RIVERSIDE 10km
Riverside car park, Richmond, London. 9.30am.
thefixevents.com

SNAKES PIT CHALLENGE 5km

Borley, Essex. 11am.
stnicholashospice.org.uk

XENDURANCE 5/10km

Dorney Lake, Eton, Berkshire. Noon.
f3events.co.uk

Sunday March 24

AN RES HELLYS 10

Helston RFC, Clodgey Lane, Helston, Cornwall. 10.30am.
carrickleisure.co.uk

BRISTOL RESOLUTION RUN

5/10/15km
Ashton Court, Bristol.
stroke.org.uk/resolution

BURY ST EDMUNDS RESOLUTION

RUN 5/10/15km
Nowton Park, Bury St Edmunds.
stroke.org.uk/resolution

CALNE ROTARY BOWOOD 10km

Bowood House, Derry Hill, near Calne, Wiltshire. 10am.
calnerotary.co.uk

CANTERBURY 10km

Village Hall, Station Road, Chartham, Canterbury, Kent. 10am.
runningandriding.co.uk

CLEEVEWOLD 14

Tithe Barn, Postlip, Winchcombe, Gloucestershire. 10.30am.
cheltenhamharriers.co.uk

CONTI LIGHTNING 12-HOUR

Catton Park, Walton-on-Trent, Derbyshire.
contilightningrun.co.uk

CRAIGAVON RESOLUTION RUN

LILLESHELL MONUMENTAL 10km
Lilleshall CC, Lilleshall, Shropshire.
11.30am.
newportrunningclub.co.uk

LV BRENTWOOD HALF-MARATHON
Sawyer's Hall Lane, Brentwood, Essex.
brentwoodhalf.org

MONTANE ULTRA 26
Rivington and Blackrod School,
Rivington Lane, Bolton, Lancashire.
10.30am.
ultra26.com

OXFORD RESOLUTION RUN 5/10km
Shotover Park, Oxford.
stroke.org.uk/resolution

RINGWOOD RABBIT RUN 5/10km
Red Shoot Camping Park, near
Ringwood, Hampshire. 10.30am.
ringwoodrabbitrun.org

ROTARY CLUB OF CALNE BOWOOD 10km
Bowood House, Derry Hill, Calne,
Wiltshire. 9am.
calnerotary.co.uk

SPIRTHILL 6/12km
Spirthill, Wiltshire. 9am.
eventslogicuk.com

ST GILES HOSPICE LICHFIELD 5km
Beacon Park, Lichfield, Staffordshire.
stgileshospice.com

STANFORD HALL HALF-MARATHON
Stanford Hall, Lutterworth,
Leicestershire.
justracinguk.com

THORNEY 10km
Bedford Hall, Thorney,
Cambridgeshire. 10.30am.
thorneyrunningclub.co.uk

WARWICK RESOLUTION RUN 5/10km
Warwick Castle, Warwick.
stroke.org.uk/resolution

WATER OF LIFE 10km/HALF-MARATHON
Bisham Abbey National Sports
Centre, Bisham, Berkshire. 10am.
purplepatchrunning.com

WHERE'S WALLY 10km
Victoria Park, London. 11am.
literacytrust.org.uk/whereswally

ROAD

Friday March 1

POOLE RUNNERS WINTER 5km
Boscombe Pier, Dorset. 7.30pm.
poolerunners.com

RUN-4-IT METRO PROMS 3km
WINTER SERIES
Promenade, Aberdeen. 1pm.
metroaberdeen.co.uk

Saturday March 2

ALBERTVILLE 5
Duncrue Street, Belfast. 2PM.
albertvilleharriers.org

ASCOT HOTEL 10km
NSC, Douglas, Isle of Man.
manxathletics.com/manxharriers

CHESTERFIELD NO WALK IN THE PARK 5km
Queens Park, Chesterfield,
Derbyshire. 9.30am.
northderbyshireirc.jimdo.com

CUPAR 5
Cupar, Fife.
fifeac.co.uk

MERSEYVEND HALEWOOD 5km
Environment Centre, Okell Drive,
Liverpool, Merseyside. 10am.
knowsleyharriers.com

SELF TRANSCENDENCE 10
Battersea Park, London. 8am.

uk.srichinmoyraces.org

SEVERN AC GLOUCESTER RELAYS (MEN: 4x3M/WOMEN 3x3Mm)
White Horse, Sandhurst,
Gloucestershire. 2.30pm.
severnathletic.org.uk

STANLEY PARK BLACKPOOL 10km
Blackpool Sports Centre, Blackpool,
Lancashire. 11am.
fyldecoastrunning.org

Sunday March 3

ADDIDAS SILVERSTONE HALF-MARATHON
Silverstone Circuit, Towcester,
Northamptonshire. Noon.
adidashalfmarathon.co.uk

ALEXANDRA PARK WOMEN'S 5km SERIES
Alexandra Park, Moss Side,
Manchester. 10am.
openathletics.org

BATH HALF-MARATHON
Great Pultney Street, Bath. 11am.
bathhalf.co.uk

BERKHAMSTED HALF-MARATHON
Berkhamsted CC, Berkhamsted,
Hertfordshire. 10am.
berkhamstedhalfmarathon.co.uk

CAMBUSLANG DOWN BY THE RIVER 3/10km
Cambuslang Sports Club, Glasgow.
10.40am.
cambuslangharriers.org

CHEADLE SPRING 5
Station Road Youth Club, Cheadle,
Staffordshire. 10am.
theadlerunningclub.co.uk

CITY OF NEWPORT HALF-MARATHON
International Sports Village, Newport,
Gwent. 9am.
stdavidshospicecare.org

COMBE ST NICHOLAS 10km
Combe St Nicholas, Somerset. 10.45am.
combe10k@hotmail.co.uk

DEVIZES 10km
Nursted Road, Devizes, Wiltshire. 11am.
devizesrunningclub.org.uk

DROITWICH HALF-MARATHON
Gaudet Luce Golf Club, Droitwich,
Worcestershire. Noon.
droitwichac.co.uk

DUCHY MARATHON
Penventon Park Hotel, Redruth,
Cornwall. 10.30am.
cornwallac.org.uk

EASTBOURNE HALF-MARATHON
Princes Park, Royal Parade,
Eastbourne, Sussex. 10am.
eastbournehalf.co.uk

ESSEX 20
Village Hall, Langham, Essex. 10am.
essexroadrunning.org.uk

FRANK HARMER MEMORIAL 10km
Brockwell Park, Herne Hill, London.
10.30am.
hernehillharriers.org

GLASSON DOCK GRIZZLY HALF-MARATHON
Victoria Inn, Glasson Dock, Lancaster.
9am.
ukroadraces.info

GORING 10km
Bourdillon Field, Goring, Oxfordshire.
11am.
goring10k.co.uk

GREENWICH MERIDIAN 10km
Greenwich Park, London. 10am.
cambridgeharriers.org.uk

HAWESWATER HALF-MARATHON
Village Hall, Bampton, Cumbria.

11.30am.
edenrunners.co.uk

HIGH LEGH ROBERT MOFFAT MEMORIAL 10km
High Legh, Cheshire. 11am.
highleggh.org.uk

HOGWEED HILLY HALF-MARATHON
Village Hall, Horton, Gloucestershire.
10.30am.
hogweedtrotters.co.uk

ISLAND RACE HALF-MARATHON
Menai Suspension Bridge, Menai,
Anglesey. 9am.
theislandrace.com

LASSWADE 10
Ferguson Park, Rosewell, Midlothian.
Noon.
lasswade-ac.org.uk

LLANELLI WATERSIDE HALF-MARATHON
Scarlets Stadium, Llanelli. 9am.
humanbeingactive.org/half-marathon

MORNINGTON CHASERS WINTER 10km SERIES
The Hub, Regent's Park, London. 9am.
chaser.me.uk

NAIRN 10km
Nairn Community Centre, Nairn,
Highlands. 2.30pm.
nairnroadrunners.co.uk

NORTON 9
Royal Hotel, Norton, SYorkshire. 11am.
askerndrc.org

PITSFORD WATER MARATHON
Brixworth Country Park, Brixworth,
Northamptonshire. 9.30am.
madeyarun.com

RODING VALLEY HALF-MARATHON
Ashton Playing Fields, Woodford
Green, Essex. 9am.
rvhm.org.uk

RUN ETON DORNEY 5/10/20km
Dorney Lake, Eton, Berkshire.
votwoevents.co.uk

SAUMAREZ PARK 5km SERIES
Saumarez Park, St Martins,
Guernsey. 10am.
leemerrienrunning.com

SMOKIES LADIES ONLY 10
Arbroath Sports Centre, Arbroath,
Worcestershire. Noon.
arbroathfooters.com

SOUTHBOURNE FAST & FLAT 5/10km
St Katharines School, Southbourne,
Sussex. 11am.
southbournefastandflat.info

ST DAVID'S DAY 5/10km
Bute Park, Cardiff.
bmftraining.com

SURREY TEMPEST 10/SPITFIRE 20
Dunsfold Park, Cranleigh, Surrey.
9.30am.
eventstolive.co.uk

THANET 20
Christchurch C of E School,
Ramsgate, Kent. 9am.
thanetroadrunners.org.uk

WRAP UP & RUN 10km
War Memorial Park, Coventry,
Warwickshire. 10am.
Cutteslowe Park, Oxford. 10am.
ageuk.org.uk/10k

WYMONDHAM 20
Ex-Servicemen's Club, Wyomondham,
Norfolk. 10am.
wymondhamac.org.uk

WEDNESDAY MARCH 6

MARSH TRACKS 5km
Marsh Road, Rhyll. 7pm.
prestatynrunningclub.com

TEDDY HALL RELAYS
Oxford University.
ouccc.objectis.net/competitions/teddy-hall-relays

Thursday March 7

BURNHAM ON SEA WINTER 5km SERIES
Berrow Road, Burnham on Sea,
Somerset. 7.30pm.
bospool.com

RAMSEY BAKERY FIREMAN'S RUNS SERIES
Fire Station, Ramsey, Isle of Man. 7pm.
iomnac.co.uk/firemansseries.aspx

Saturday March 9

9BAR GROUNDHOG MARATHON
Telford Running Track, Oakengates,
Telford, Shropshire. 10am.
codrc.co.uk

BHF REGENTS PARK 5/10km
Regent's Park, London. 10.30am.
bhf.org.uk

CARMEN 10
Carrickmore GFC, Omagh. 11am.
carmen10k.com

DENTDALE 14
Dent Primary School, The Laning,
Dent, Cumbria. 1pm.
dentdale.com/dentrun.htm

JACK CRAWFORD SPRINGBURN CUP 10km
Leisuredrome, Bishopbriggs,
East Dunbartonshire.
springburnharriers.com

SHAKESPEARE RACEWAY 5/10km/HALF-MARATHON
Long Marston Airfield, Stratford-Upon-Avon, Warwickshire. 11am.
raceways.eu

Cleethorpes. 6.45pm.
cleethorpesac.co.uk

CRYSTAL PALACE CANTER 5km
Top car park, NSC, Crystal Palace,
London, SE19. 12.30pm.

TYNE BRIDGE HARRIERS WINTER 5km SERIES
Newcastle.
tynebridgeharriers.com

TV guide

FRIDAY MARCH 1

European Indoor Champs, Gothenburg – 9am-12noon...BBC2
European Indoor Champs – 9am-12:15pm.....Eurosport
European Indoor Champs – 3:40-7pm.....BBC2
European Indoor Champs – 3:45-7pm.....Eurosport
European Indoor Champs – 10:30pm-12am.....Eurosport

SATURDAY MARCH 2

European Indoor Champs – 2:30-4.25pm.....BBC1
European Indoor Champs – 4.25-6pm.....BBC2
European Indoor Champs – 5:15-6.45pm.....Eurosport
European Indoor Champs – 10:45pm-12am.....Eurosport

SUNDAY MARCH 3

European Indoor Champs – 7:45-9am.....Eurosport
European Indoor Champs – 10-11:40am.....BBC2
European Indoor Champs – 2:45-6pm.....Eurosport
European Indoor Champs – 3:15-6pm.....BBC2
European Indoor Champs – 10:30pm-12am.....Eurosport

MONDAY MARCH 4

IAAF World Champs preview – 8:30-8:45am.....Eurosport
Ultra Trail du Mont Blanc – 8:45-9:15am.....Eurosport
European Indoor Champs – 10:15-11:45am.....Eurosport

Sunday March 10

ADDICTION NI 10km
Ozone Centre, Ormeau Park, Belfast.
1pm.
addictionni.com

ASICS STAFFORD 20
Staffordshire University, Stafford.
10.30am.
alsager5.co.uk

BHF LONGLEAT HALF-MARATHON
Longtleat House, Warminster,
Wiltshire. 9.30am.
bhf.org.uk/longleat

BLACKMINSTER HALF-MARATHON
Blackminster Business Park,
Evesham, Worcestershire. 9.30am.
theblackminsterhalf.co.uk

BLACKPOOL SPRING 5km
Stanley Park Arena, Blackpool,
Lancashire. 11am.
bwfac.co.uk

CAMBRIDGE HALF-MARATHON
City Centre, Cambridge. 9am.
onestepbeyond.org.uk

CITY OF SALISBURY 10
Salisbury Leisure Centre, Salisbury,
Wiltshire.
salisbury-arc.org

CLOUGH TAYLOR PEOPLE'S 10km
Donington Park Motor Racing Circuit,
Castle Donington, Leicestershire. 11am.
cloughdaylorpeoplesrun.co.uk

ELLESMERE HALF-MARATHON
Ellesmere, Shropshire. 11am.
trismart.org.uk

FRADLEY 10km
Fradley, Staffordshire. 10.30am.
kpevents.net

JAGUARS MUD MARCH HARE 10km
Village Hall, Church Road,
Frettenham, Norfolk.
coltishalljaguars.co.uk

KIBWORTH 6
Kibworth, Leicestershire.
roadhogs.org.uk

LYDD HALF-MARATHON (Inc BRITISH MASTERS' CHAMPS)
Banks Sports Club, Dennes Lane,
Lydd, Kent. 10am.
lyddhalf.co.uk

MK FESTIVAL OF RUNNING 10km/HALF-MARATHON
Xscape Centre, Milton Keynes,
Bedfordshire. 10am.

Submit your fixture online at athleticsweekly.com

mkhalf.co.uk
NEWTON'S FRACTION HALF-MARATHON
 South Kesteven Sports Stadium, Grantham, Lincolnshire. 10.30am.
granthamac.com
RETFORD HALF-MARATHON
 East Retford RFC, Ordsall Road, Ordsall, Nottinghamshire. 10am.
retfordac.co.uk
RUN NORTHUMBERLAND HALF-MARATHON
 Kirkley Hall, Ponteland, Tyne & Wear. 9.30am.
runnorthumberland.org
SHEFFIELD VARSITY 10km
 Don Valley Stadium, Sheffield, South Yorkshire. 10.30am.
sheffieldvarsity10k.co.uk
SIBLYBACK LAKE 10km
 Siblyback Lake, Liskeard, Cornwall. 10am.
digdeepuk.org
SIDCUP 10
 Chislehurst & Sidcup Grammar School, Sidcup, Kent. 10am.
kentac.org.uk
SPEN 20
 Princess Mary Stadium, Cleckheaton, West Yorkshire. 10am.
spenac.co.uk
ST HELENS 10km
 Langtree Park, St Helens, Merseyside. 9am.
sthelens10k.com
TOUR DE TROUGH 3x14 RELAY
 Dolphinholme, Lancashire. 9am.
 alan.taylor7@tesco.net
TRAFFORD 10km
 Partington Leisure Centre, Partington, Manchester. 9.30am.
altrincham-athletics.co.uk
WORTHING 20
 Goring by Sea, West Sussex. 9am.
worthingharriers.com
WRAP UP & RUN 10km
 Crystal Palace, London. 10am.
ageuk.org.uk/10k
ZOOM MAD MARCH 10/20
 Burton Recreation Ground, Burton, Dorset. 10.30am.
zoomtri.com

Wednesday March 13
ARMADA ATHLETICS NETWORK 3km
 Life Centre, Central Park, Plymouth, Devon. 7pm.
armadaathletics.co.uk
CHICHESTER CORPORATE CHALLENGE 4.5km
 North Street, Chichester, Hampshire. 7.20pm.
chichester-corporate-challenge.org.uk
GRAVESEND FLOODLIT 5/10km SERIES
 Cyclopark, The Tollgate, Gravesend, Kent. 7pm.
nice-work.org.uk
STREET 5km SERIES
 United Reformed Church Hall, Street, Somerset. 7.30pm.
wellscityharriers.org.uk

Friday March 15
WIRRAL SEASIDE 5km
 Leasowe Lighthouse, Wirral, Merseyside. 11am.

Saturday March 16
CLYDEBANK 5km
 Playdrome, Clydebank, Glasgow.
clydesdaleharriers.co.uk

EAST SURREY LEAGUE RELAYS
 Dorking.
ED PRICKETT MEMORIAL RELAYS
 University Park Campus, Nottingham.
su-web.nottingham.ac.uk/~athclub/edprickett.html
ESSEX RELAY CHAMPIONSHIPS
 Chelmsford, Essex.
essexathletics.org.uk
MAXIFUEL F3 EVENTS HALF-MARATHON
 Dorney Lake, Eton, Berkshire. 8.30am.
f3events.co.uk
RHAYADER ROUND THE LAKES 5/20
 Leisure Centre, Rhayader, Powys. 1pm.
rhayaderac.org.uk
VALE OF CLWYD 5km
 Village Hall, Llanyrnog, Clwyd. 11am.
out-fit.org.uk

Sunday March 17
ALDI ASHBY 20
 Hood Park Leisure Centre, Ashby-de-la-Zouch. 10am.
ashby20.co.uk
ALLOA HALF-MARATHON
 Leisure Bowl, Parkway, Alloa.
alloahalfmarathon.co.uk
ALTAMUSKIN 5
 Community Centre, Altamuskin. Noon.
 run@altamuskin.com
BROADLAND HALF-MARATHON
 Village Hall, South Walsham, Norfolk.
nrr.org.uk
BROOKS FLEET HALF-MARATHON
 Calthorpe Park, Fleet, Hampshire. 10.30am.
fleethalfmarathon.com
CARTERTON 10km
 Carterton Leisure Centre, Carterton, Oxfordshire. 10.30am.
carterton-tc.gov.uk
COLCHESTER HALF-MARATHON
 Weston Homes Community Stadium, Colchester, Essex. 9am.
colchesterhalfmarathon.co.uk
DRONFIELD 10km
 Pentland Road, Dronfield Woodhouse, Derbyshire. 10am.
7thdronfield10k.org.uk
EAST HULL 20
 Saltshouse Road, Hull, East Yorkshire. 10am.
easthullharriers.com
ERROL VILLAGE 6km
 Errol Community Centre, Perth. 1.30pm.
EXBURY GARDENS 10km
 Exbury Gardens, Exbury, Hampshire. 9.30am.
hardleyrunners.co.uk/exbury10k.htm
F3 EVENTS WINTER 5/10km
 Dorney Lake, Eton, Berkshire. 1pm.
f3events.co.uk
FINCHLEY 20
 Ruislip, Middlesex.
hillingdonac.co.uk
GAINSBOROUGH & MORTON STRIDERS 10km
 Morton Primary School, Morton, Lincolnshire. 10am.
gainsboroughrunningclub.co.uk
GLOUCESTER 20
 Seven Vale Sports Centre, Quedgeley, Gloucester. 10.30am.
gloucesterac.co.uk
HURDEN 9/18
 Offord, near Huntingdon, Cambridgeshire. 10am.
nicetri.co.uk
INVERNESS 5km/HALF-MARATHON

Inverness Sports Centre, Inverness. 1pm.
invernesshalfmarathon.co.uk
JIMMY'S 10km
 Ballydugan Road, Downpatrick. Noon.
eastdownac.co.uk
LEIGHTON 10km
 Vandyke Upper School, Leighton Buzzard, Bedfordshire. 10am.
leightonfunrunners.org.uk
MINCHINHAMPTON 10km
 Minchinhampton Primary School, Stroud, Gloucestershire. 10.30am.
minch10.co.uk
MIZUNO READING HALF-MARATHON
 Green Park, Reading, Berkshire. 10am.
readinghalfmarathon.com
NASEBY BATTLEFIELD 10km/HALF-MARATHON
 Naseby, Northamptonshire. 11am.
onyourmarksevents.org
OUT-FIT VALE OF CLWYD 10km
 Denbigh, Clwyd. 11am.
out-fit.org.uk
RACE TO THE EYE 30km
 Whitehall Gardens, Westminster, London. 1pm.
regonline.activeeurope.com
RUNLIVERPOOL HALF-MARATHON
 The Moor, Falmouth, Cornwall. 9.30am.
cornwallhospicecare.co.uk
PEIR HEAD, LIVERPOOL, MERSEYSIDE. 9:30am.
runliverpool.org.uk
SCOTLAND KILOMATHON 6.55/13.1/26.2km
 Edinburgh.
kilomathon.com
SCOTTISH NATIONAL YOUNG ATHLETES CHAMPIONSHIPS
 Rouken Glen.
scottishathletics.org.uk
SOUTH YORKSHIRE HALF-MARATHON
 Dearneside Leisure Centre, Goldthorpe, South Yorkshire. 10am.
barnsleyac.co.uk
ST ANNES 10
 St Annes Fire Station, St Annes on Sea, Lancashire. 11.00am.
weshamroadrunners.com
ST CLARE HOSPICE 10km
 St Clare Hospice, Hastingwood, Essex. 10.30am.
stclarehospice.org.uk/10krun.html
STAFFORD HALF-MARATHON
 Stafford Street, Stafford. 10am.
staffordbc.gov.uk/halfmarathon
TONBRIDGE 10km
 Stocks Green School, Leigh Road, Tonbridge, Kent. 10am.
runningandriding.co.uk
TRIMPELL 20
 Salt Ayre Sports Centre, Lancaster. 11am.
shoestringresults.com
WARWICK CASTLE HALF-MARATHON
 Warwick Castle, Warwick. 9am.
bhf.org.uk/warwick
WELSH RELAY CHAMPIONSHIPS
 Llandow Racing Circuit, Llandow.
welshathletics.org
WRAP UP & RUN 10km
 Tatton Park, Knutsford, Cheshire. 10am.
 Southampton Common. 10am.

Wednesday March 20
DERBY MIDWEEK MILE/5km TRAINING RACE
 Alvaston & Boulton CC, Raynesway, Derby. 7pm.
runningwithdavid.com

Saturday March 23
BODYFIT LORTON SCHOOL 10km
 Lorton School, Lorton, Cumbria. 11am.
bodyfitpersonaltraining.co.uk
CONISTON 14
 John Ruskin School, Coniston, Cumbria. 11am.
coniston14.com
LARNE HALF-MARATHON
 Chaine Memorial Road, Larne. 11am.
larnehalfmarathon.com
MIDLAND COUNTIES MEN'S 12-STAGE/WOMEN'S 6-STAGE RELAYS
 Sutton Park, Sutton Coldfield.
midlandathletics.org.uk
NEWTONMORE 10
 Village Hall, Newtonmore, Highlands. 11am.
sientries.co.uk
NIGEL BARGE MEMORIAL 10km
 Garscube Sports Centre, Glasgow. 2pm.
maryhillharriers.com
SELF TRANSCENDENCE 10km
 Battersea Park, London. 8am.
uk.srichinmoyraces.org
SELSDON HALF-MARATHON
 Selsdon Park Road, Selsdon, Surrey. 10am.
selsdonhalfmarathon.verycool.co.uk
WEYMOUTH 10km (DAY 1)
 Riviera Hotel, Weymouth, Dorset. 10am.
mccpromotions10kseries.com

Sunday March 24
ATLANTIC COLLEGE 10km
 Atlantic College, Llantwit Major, Vale of Glamorgan. 11am.
B&Q EASTLEIGH 10km
 Fleming Park Leisure Centre, Eastleigh, Hampshire. 10am.
BEDFORD HARRIERS OAKLEY 20
 Lincroft Middle School, Oakley, Bedfordshire. 10am.
CASTLEWELLAN SPRING LAKE 10km/5km
 Castlewellan GAC, Castlewellan.
EPILEPSY ACTION BRADFORD 10km
 Bradford, West Yorkshire.
ESSENTIAL SPORTS BANBURY 15
 Spiceball Park Sports Centre, Banbury, Oxfordshire. 10.30am.
GOAL-DEN-GIRLS WOMEN'S ONLY 10km
 Hilton Hotel, North Promenade, Blackpool, Lancashire. 11am.
HASTINGS HALF-MARATHON (Inc SUSSEX CHAMPS)
 Sea Road, St Leonards On Sea, East Sussex. 10.30am.
HBA 5/10/20
 Llanelli Leisure Centre, Park Crescent, Llanelli, Carmarthenshire. 10am.
HEMINGTON 10km
 Primary School, Hemington, Somerset. 11.30am.
HYDE PARK 12/16/20/24
 Hyde Park, London. 9.45am.
IRONBRIDGE HALF-MARATHON
 Town Park, Telford, Shropshire. 10.30am.
JIM DINGWALL ROUND THE HOUSES 10km
 Grangemouth Stadium, Glasgow.
KINGSTON BREAKFAST RUN 8.2/16
 Market Square, Kingston-upon-Thames, Surrey.
LOUGHBOROUGH HALF-MARATHON
 Market Street, Loughborough, Leicestershire. 9am.
ROTHER VALLEY 10km
 Rother Valley Country Park, Sheffield, South Yorkshire. Noon.
RUN GARIOCH ACCORD

ENERGY HALF-MARATHON
 Garioch Sports Centre, Inverurie, Aberdeenshire. 10am.
RUN GARIOCH SPECSAVERS 5/10km
 Garioch Sports Centre, Inverurie, Aberdeenshire. 10am.
SAN DOMENICO 20
 Merthyr College, Merthyr Tydfil. 10am.
SKEGNESS 10km
 Skegness, Lincolnshire.
SOUTHERN MEN'S 12-STAGE / WOMEN'S 6-STAGE RELAYS
 Stantonbury Stadium, Milton Keynes, Bedfordshire.
STOWMARKET HALF-MARATHON
 Hall Orchard, Buxhall, Suffolk. 11am.
TAVY 13
 Tavistock College, Crowndale Road, Tavistock, Devon. 10am.
THIRSK 10
 Race Course, Thirsk, N Yorks., 11am.
UNDERWOOD 10km
 Underwood Primary School, Nottingham.
WEYMOUTH 10km (DAY 2)
 Riviera Hotel, Weymouth, Dorset. 10am.
WILMSLOW HALF-MARATHON
 Wilmslow RFC, Wilmslow, Cheshire. 10.30.
WRAP UP & RUN 10km
 Princesshay Park, Exeter, Devon. 10am.
 Harewood House, Leeds, West Yorkshire. 10am.
YEOVIL HALF-MARATHON
 Huish Park Stadium, Lufton Way, Yeovil, Somerset. 9am.

PARKRUNS
 Aberdeen – Beach Esplanade. 9.30am
 Aberystwyth – Plascrug Park
 Abingdon – Rye Meadow
 Andover – Charlton Laying Fields
 Ashford – Bedford Lakes Country Park
 Ballymena – Ecos Park
 Banstead – Banstead Woods
 Barking – Barking Park
 Barnsley – Locke Park
 Barnstaple - Rock Park
 Barrow-in-Furness – Barrow Park
 Basingstoke – War Memorial Park
 Bedford – Bedford Park
 Belfast – Falls Park
 Belfast – Queen's University
 Belfast – Victoria Park
 Belfast – Waterworks Park
 Bexley – Danson Park
 Birmingham – Cannon Hill Park
 Bolton – Leverhulme Park
 Bradford – Lister Park
 Bramhall – Bramhall Park
 Bridlington – Sewerby Hall
 Brighton – Hove Park
 Bristol – Ashton Court Estate
 Bristol – Little Stoke Park
 Bristol – Little Stoke Park
 Burnley – Townley Park
 Camberley – Frimley Lodge Park
 Cambridge – Milton Country Park
 Cardiff – Blackweir
 Carlisle – Chances Park
 Cheam – Nonsuch Park
 Chelmsford – Central Park
 Cheltenham
 Chester-le-Street – Riverside Park
 Congleton – Astbury Mere
 Conkers – near Ashby de la Zouch
 Coventry – War Memorial Park
 Craigavon – Citypark Park. 9.30am
 Crawley – Tilgate Park
 Croydon – Lloyd Park
 Croydon – Riddlesdown

Croydon – Roundshaw Downs
 Darlington – South Park
 Dewsbury – Crow Nest Park
 Dulwich – Dulwich Park
 Dundee – Camperdown Country Park
 Durham – Graham Sports Centre
 Durham – White Water Centre
 Eastbourne – Shinewater Park
 Eastleigh – Lakeside Country Park
 Edinburgh – Silverknowes
 Promenade. 9.30am
 Edmonton – Pymmes Park
 Enfield – Grovelands Park
 Falkirk – Callendar Park. 9.30am
 Farnham – Alice Holt
 Forest of Dean – Covenham Enclosure
 Fritton – Fritton Lake Country Park
 Gateshead – Saltwell Park
 Glasgow – Pollock Park. 9.30am
 Great Yarmouth – Gorleston Cliffs
 Greenwich – Avery Hill Park
 Guildford – Stoke Park
 Harrogate – The Stray
 Havant – Staunton Country Park
 Hornchurch – Harrow Lodge Park
 Huddersfield – Greenhead Park
 Hull – East Park
 Inverness – Bugt Park. 9.30am
 Ipswich – Chantry Park
 Isle of Wight – Medina
 Islington – Highbury Fields
 Killerton – near Exeter
 King's Lynn – The Walks
 Kingston – Canbury Gardens
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 London – Gladstone Park
 London – Hackney Marshes
 London – Hampstead Heath
 London – Mile End Park
 London – Norman Park
 London – Oak Hill Park
 London – Walthamstow
 London – Wanstead Flats
 London – Wimbledon Common
 London – Wormwood Scrubs
 Manchester – Heaton Park
 Manchester – Platt Fields Park
 Manchester – Wythenshawe Park
 Mansfield Woodhouse – Manor Park
 Sports Complex
 Middlesbrough – Albert Park
 Middlesbrough – Stewart Park
 Milton Keynes – Willen Lake
 Newbury – Greenham Common
 Newcastle – Exhibition Park
 Newport – Tredegar House
 Northampton – Northampton
 Racecourse
 Norwich – Eaton Park
 Nottingham – Colwick
 Oldham – Alexandra Park
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 Oxford – Cutteslowe & Sunnymead
 Park
 Plymouth – Plymbridge Woods
 Pontefract – Pontefract Racecourse
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 Sheffield – Concord Sports Centre
 Sheffield – Endcliffe Park
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 Slough – Black Park Country Park
 Slough – Upton Court Park
 Solihull – Brueton Park
 South Ealing – Gunnersbury
 Southampton – Common
 Southampton – Royal Victoria
 Country Park
 Southend – Gunners Park
 St Albans – Verulamium Park
 St Andrews – Craigtoun Country
 Park. 9.30am
 Stockport – Brabyns Park
 Stockport – Burnage RFC
 Stockport – Woodbank Park
 Stoke – Hanley Park
 Strathclyde – Strathclyde Country
 Park. 9.30am
 Sunderland – Silkworth Sports
 Complex
 Swindon – Lydiard Park
 Tredegar – Parc Bryn Bach
 Trowbridge – Southwick Country Park
 Twickenham – Crane Park
 Upper Sheringham – Sheringham Park
 Walsall – Arboretum
 Waltham Abbey – Gunpowder Park
 Whitley Bay – Links Common
 Whitstable – Promenade
 Wolverhampton – West Park
 Woodley Woodford Park
 Worcester – Worcester Woods
 Wycombe – The Rye
 York – York Racecourse
 Entry: Free. Recurs every Saturday.
 9am unless stated.
parkrun.com

TRACK

Saturday March 2
HAMMER CIRCLE WINTER
THROWS TRIALS
 Loughborough.
hammer-circle.com

Saturday March 9
WARWICK UNIVERSITY v COVENTRY
UNIVERSITY VARSITY MATCH
 Warwick University. Noon.
varsity.radio.warwick.ac.uk

Sunday March 10
ARTHUR KILLBERRY OPEN THROWS
 Crookham Common. 9am.
newburyac.org.uk
BLACKPOOL WINTER WARM UP
 Blackpool. 11.30am.
bwfac.co.uk

Saturday March 16
CAMBRIDGESHIRE AA THROWS
OPEN
 Cambridge.
SWINDON HARRIERS' WINTER
THROWS INVITATIONAL SERIES
 Swindon.
swindonharrriers.com

Sunday March 17
SARNIA WALKING CLUB 10,000m
WALK OPEN
 Osmond Prialux. 8.30am.

Tuesday March 19
CORBY AC OPEN
 Corby. 7pm.

WALKS

Saturday March 2
ASCOT HOTEL OPEN
 NSC, Douglas.
manxathletics.com/manxharrriers

Sunday March 3
MOLLY BARNET WALKS
 Coventry.
SARNIA WALKING CLUB 5km
 Saumarez Park, Guernsey. 8.30am.
sarnia.wordpress.com

Saturday March 9
CAMBRIDGE HARRIERS WINTER
LEAGUE
 Bexley.
cambridgeharrriers.org.uk
SAM SHOEBOTTOM TROPHY
 Simister.

Sunday March 10
NATIONAL CHAMPIONSHIPS
 Victoria Park, London.
SARNIA WALKING CLUB 10km
 Delancey Park, Guernsey. 9.30am.

OVERSEAS

Friday March 1
EUROPEAN ATHLETICS INDOOR
CHAMPIONSHIPS
 Gothenburg, Sweden.
 Until Sunday March 3.
IAAF RACE WALKING CHALLENGE
 Taicang, China.

Saturday March 2
US INDOOR CHAMPIONSHIPS
 Albuquerque, New Mexico, USA.
 Until Sunday March 3.

Saturday March 9
EUROPEAN WINTER THROWING CUP
 Bar, Montenegro. Until March 10.

Sunday March 10
LOTTO CROSS CUP
 Ostend, Belgium.
NAGOYA WOMEN'S MARATHON
 Nagoya, Japan.

Sunday March 17
EUROPEAN ATHLETICS WALKING
PERMIT MEETING
 Lugano, Switzerland.
ROME MARATHON
 Rome, Italy.
SEOUL INTERNATIONAL
MARATHON
 Seoul, Korea.

Tuesday March 19
EUROPEAN MASTERS INDOOR,
ROAD AND CROSS-COUNTRY
CHAMPIONSHIPS
 San Sebastian, Spain. Until March 24.

Sunday March 24
IAAF WORLD CROSS COUNTRY
CHAMPIONSHIPS
 Bydgoszcz, Poland.

ATHLETICS WEEKLY

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Athletes are top of the crops

SHOULD female athletes wear crop tops at cross-country meetings? This modern debate raised its midriff again last weekend at the English National in snowy Sunderland.

The English Cross Country Association devoted half a page near the front of its programme to warn athletes against wearing them. Reminding everyone about the horrendous conditions in Alton Towers in 2011, the organisers said: "Despite the awful conditions clubs and coaches allowed young athletes to wear crop tops."

The ECCA added that treating under-13 girls suffering from exhaustion and cold stretched medical services to the hilt at the Midlands venue two years ago and its advice for last weekend's event continued: "The Fell Racing Association has rules which prevent the wearing of unsuitable clothing in bad weather conditions. While not wanting to go this far



MARK SHERMAN

Several athletes ignored official dress code advice

and ban crop tops at the National, the ECCA feels clubs and coaches should take a more responsible

approach when the weather is bad."

As far as AW could see, no one came a cropper in Sunderland.

Despite the snowy and muddy conditions, there was little wind and temperatures were chilly but not extremely cold.

Given this, a number of athletes defied – or perhaps didn't notice – the official advice and wore short tops anyway.

It did not appear to harm their performances either. Gemma Steel (pictured), the 2012 champion on the comeback trail from injury, enjoyed a good run placing third in the senior women's race.

Cream of the crop tops, though, was probably Katy-Ann McDonald, who charged to an impressive victory in the under-13 girls' race wearing a short vest, pants and long socks.

Everyone is different, however, and under-17 winner Annabel Mason, a hardy fell runner from Wakefield, was wrapped in long-sleeved top, hat and gloves and said: "In conditions like this, no way am I wearing vest and shorts!"

It's the longest warm-up in history

JOHN REYNOLDS admits the 32nd Bath half marathon on March 10 will be "a race with a difference".

The 51-year-old Wells City Harrier has decided that just running the half is far too simple so has concocted an impressive warm-up routine to spice up his weekend.

"I have decided to run to Bath from my home in Radstock but via the Mendip Hills which is around 57 miles to the start line," he said.

"I'll be leaving at 7.45 on Saturday evening and running through the night to make sure I reach Bath Abbey at 10.30am for the 11m start."

As warm-ups go it seems pretty extreme but Reynolds's motivation is to raise money for the National

John Reynolds: ultra ambition



Osteoporosis Society, based at Camerton near his home.

"I am on a tight schedule to ensure I reach the start on time so there will be no slacking on this challenge and I am just hoping the weather will be kind to me, especially over the Mendip hills," he said.

Needless to say Reynolds, who set an unofficial world record last year of running 440 miles in under seven days, won't be attacking his PB of 96 minutes but is aiming to complete the Bath two-lap event in around two hours – and then get a lift home!

For more info, including how to join Reynolds during his run, see championrun.org.uk

Quick on the draw

ATHLETICS and graffiti joined forces in Birmingham last month when Brooks advertised its shoes on the side of the Custard Factory in the city.

The street art took three days to complete and can be seen in a time lapse video on YouTube.



NEXT WEEK

Coverage from the European Athletics Indoor Championships in Gothenburg

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