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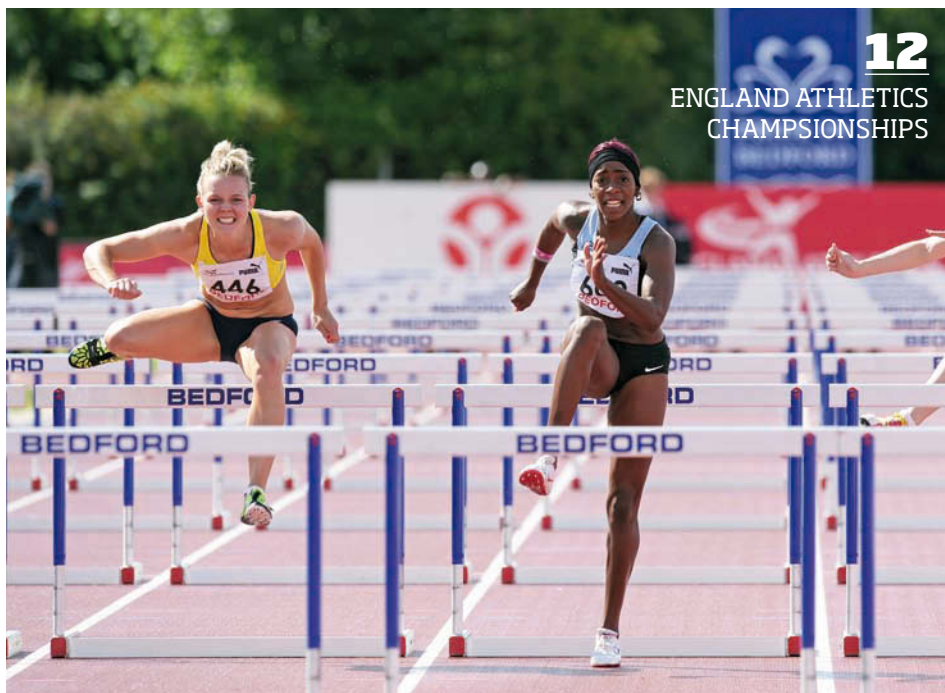
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## EDITOR'S LETTER

### Why Bannister is my hot favourite

THE lighting of the flame is perhaps the most magical moment of any Olympics. From the Spanish archer in 1992 to Muhammad Ali in 1996 and Cathy Freeman in 2000, it is a chance for the host city to stamp its personality on the Games and the memory is etched in the minds of billions of people for eternity.

Given this, speculation is high when it comes to who will have this honour next year. There is only one candidate, though, as far as I am concerned – Sir Roger Bannister (see p.28-29).

Owner of the most talked-about athletics performance in history, Bannister is one of the few genuine sporting heavyweights. By running the first-sub-four-minute mile he conquered the Everest of athletics. Later, he went on to forge an equally formidable career in medicine and sports administration.

The quintessential Englishman, Bannister is a throwback to the Corinthian spirit and *Chariots of Fire* era that is such a big part of the history of sport in Britain. He also represents the No.1 Olympic sport and, aged 82, continues to hold his 6ft-plus frame with poise, dignity and considerable aura.



**"I hope they don't expect me to do it in four minutes."**

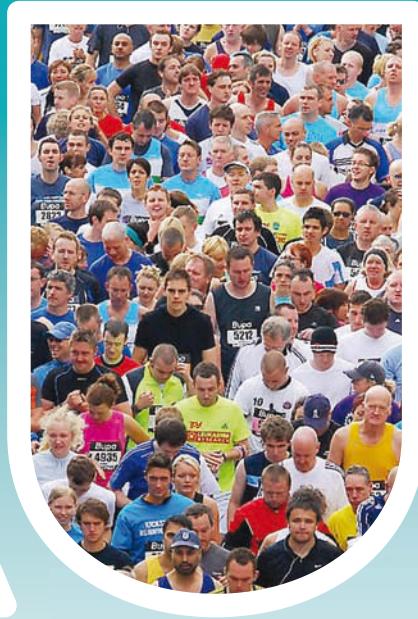
While other candidates are forever in our faces on television and may possibly have their careers and profiles in mind, Sir Roger is a slightly elusive figure who would only want to do it for the right reasons.

In 2004 Seb Coe helped twist his arm so he would join in with the 50th anniversary celebrations of the sub-four-mile. I hope he does it again, as there would be no finer person to light the flame.

**Jason Henderson, Editor**

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# Tomlinson tipped for medal

CHRIS TOMLINSON has been told he can become a medallist at London 2012 after his recent UK long jump record.

Tomlinson took the distance in Britain to a new level when he leapt 8.35m at the Diamond League in Paris earlier this month, breaking the old mark by five centimetres.

It was actually a centimetre further than the mark that won Olympic gold in Beijing in 2008 and British Olympic long jump hero Lynn Davies believes everything now is about to change for Tomlinson.

Davies said: "It has indicated we have a potential Olympic medallist. If you had asked me before the event, I would not have said that. But this could be the making of Chris.

"He has shown what he can do and must ensure he has the belief to go even further."

Davies, president of UK Athletics, carved out his special place in the history of British sport by winning Olympic long jump gold in Tokyo in 1964.

He revealed how the confidence he gained from that ultimate glory made him feel almost indestructible and that Tomlinson must now make the most of that essential tool – mind games.

Davies said: "When I became



UKA president Lynn Davies believes long jumper Chris Tomlinson has high hopes of a medal next year at the London Games

Olympic champion I had such a strong sense of my own ability and that is what this jump will do for Chris.

"Belief is such an important aspect of sport. Chris has been around for a long time and he has always expressed frustration, saying that there is a big one out there – well the big one has been achieved. And now to go even bigger.

"He has the speed, but the key is putting it all together at the right time. He is a big guy, but he

has shown what he can do.

"Long jumping sounds simple – you run fast and jump well. But it is about getting all the technical bits right."

Tomlinson, 29, who competes for Newham & Essex Beagles in the British Athletics League, won bronze at last summer's European Championships in Barcelona, yet has regularly failed to make an impact outdoors on the world or Olympic stage.

But the Middlesbrough-born

star is in the frame for 2012 after finishing second to Panama's Olympic champion Irving Saladino in Paris.

His jump of 8.35m, smashing his old personal best by six centimetres and taking him to third on the world rankings, led the competition before Saladino cleared 8.40m – and it is those distances that Davies believes Tomlinson must now aim for in the 12 months ahead.

Even though Saladino triumphed in Beijing with 8.34m, it was the lowest winning distance for 32 years at the Olympics. All the champions between those times had cleared at least 8.50m.

Davies said: "It will give Chris great confidence and the timing in relation to next month's World Championships in Daegu is brilliant.

"All athletes will be looking at Daegu as a powerful pointer towards London. With the exception of one or two events, it will give a perspective of where they are and who they are up against in relation to 2012.

"If Chris can get up to 8.40m, in another 12 months he could be hitting 8.50m.

"I follow everything, but as it's the event that I took part in, it is special to have another British athlete coming through."

## New figures show true Olympic fans to miss out

LESS than one per cent of the available athletics tickets for London 2012 will go to committed fans as part of the BOA allocation supposedly designed for loyal followers of each sport – according to a figure reported by a newspaper last week.

*The Mirror* said the number of tickets sold by the BOA to UKA for the benefit of those in the sport, up to then a closely guarded secret, was 8000.

As already reported by

*Athletics Weekly*, some of UKA's allocation was passed on to the British Athletics Supporters Club (BASC), who sold them to 700 of its 1400 members.

The newspaper said half of the 8000 went to BASC with the remainder going to officials, volunteers, coaches and UKA sponsors.

With half of the 80,000 seats in the stadium reserved for sponsors, VIPs and the media, that brings the total number of available tickets over 15

sessions to 600,000. The BASC allocation of 4000 is 0.7 per cent of that.

The *Mirror* article claimed that under this BOA scheme, "London 2012 chief Sebastian Coe had pledged to give sports clubs priority." However, in fact, none of the federations were bound by LOCOG to ensure the tickets went to fans.

UKA has previously said that 80 per cent of its allocation went to BASC, the home country federations, Olympians

and the friends and families of competing athletes. Taken with *The Mirror's* claims, that leaves 1600 – most of which would go to UKA staff, sponsors and other stakeholders.

The ticketing saga has been the biggest controversy to hit organisers in the build-up to London 2012. *Athletics Weekly's* mailbox was overloaded with letters from readers complaining they were unable to buy any tickets despite making huge applications.

# Twitter saga brought to end

UKA HEAD coach Charles van Commenee says he has drawn a line under his row with world triple jump champion Phillips Idowu.

The dispute started when Idowu wrote on Twitter that he was not competing at the European Team Championships. Van Commenee accused him of announcing it to the public before informing UKA through the proper channels.

However, calling Van Commenee, a "blatant liar", Idowu insisted he had told UKA he would be available for the event in Stockholm well before the team was announced.

The row overshadowed the competition in Sweden, after which the Dutch coach said he would seek a reconciliation with Idowu.

Van Commenee said last week during a lunch with members of the Sports Journalists' Association in London: "We are leaving the incident behind us."

"We are focused on the



Phillips Idowu: all eyes on Daegu

World Championships and then London 2012, that is what we have in common."

However, questions remain over how such a misunderstanding between a leading athlete and the federation could occur, particularly as Van Commenee said Idowu's coach, Aston Moore was at the selection meeting and said the athlete was willing to compete.

It is also unclear whether Idowu's name was included on the initial team sheet purely for PR reasons even though it was known he wasn't available. He said in an interview with BBC Radio Five Live: "Even before the team was announced I knew I was going to be selected, but was told not to say anything about not competing until the official press release had gone out."

Van Commenee said last week that British athletics would not be following other sports into banning athletes from using Twitter in the build-up to London 2012.

"I will talk about Twitter and social media with the athletes but we are not going to ban it," he said.

"In a squad of over 100 you can't monitor what everyone is saying at all times. We can give advice and reasons for doing things but they are adults. Sanctions or bans are not feasible."

## Ennis to be busy at Birmingham trials

JESSICA ENNIS is set to compete in five events at the Aviva Trials and UK Championships in Birmingham on July 29-31.

The world heptathlon champion will contest the high jump, 100m hurdles, long jump, shot put and javelin – five of the disciplines she is honing for the defence of her title

at the IAAF World Championships in Daegu next month.

On the Saturday, Ennis will try to regain the titles she won when she last competed at the UK Championships in 2009 – the 100m hurdles and high jump, plus the shot put. Her hectic weekend will continue the next day with the long jump and javelin.

### Ennis's trials schedule

#### Saturday

2.45pm	Shot put
3.50pm	100m hurdles heats
4.57pm	High jump
7.06pm	100m hurdles final

#### Sunday

3.40pm	Long jump
6.37pm	Javelin

## Athletes star in TV ad

SOME of Britain's top athletes will be appearing in a TV advert for insurance company Aviva due to premiere next Wednesday after the ITV Evening News.

Jessica Ennis, Christine Ohuruogu, Chris Tomlinson, Louise Hazel, Laura Turner, Danny Lucker, Conrad Williams, Darren Campbell and Danny Nobbs are among those who star in the 40-second commercial, which celebrates the insurer's 12-year sponsorship of athletics.



Gemma Weetman (left) and Louise Hazel are just two of the athletes in the campaign

## NEWS BRIEFS

### Dominguez is cleared

WORLD steeplechase champion Marta Dominguez was cleared of a second doping charge last week.

The Spaniard had been a vice president of her country's national federation until she was named in a doping probe called "Operation Greyhound".

A Spanish judge last week declared her innocent of administering drugs without a prescription. In April a charge of supplying a banned substance was dropped against her.

She is still being investigated for alleged tax irregularities.



### Kenyan team for Daegu

DAVID RUDISHA (above), Milcah Chemos, Linet Masai and Vivian Cheruyiot have been included in Kenya's 55-strong team for this year's IAAF World Championships.

Rudisha, the world athlete of the year for 2010, will be joined by world steeplechase No.1 Chemos, while Masai and Cheruyiot are due to compete in both the 5000m and 10,000m.

### Endurance talk

JACK DANIELS, author of the popular Daniels' Running Formula, will be among the speakers at the European Endurance Conference at Heathrow on October 8-9.

Also due to speak is Terrence Mahon, coach to Deena Kastor and Meb Keflezighi. For more info, see [uka.org.uk/coaching](http://uka.org.uk/coaching)

### Mansfield relays

THE next edition of the ECCA National Relays will be held in Mansfield on November 5 – not next spring as indicated in last week's edition of AW.

## QUOTES OF THE WEEK

*If they knock on our door and say I have a British passport, I can run this fast and jump this far, then we'll select them. End of story. That's the rule. And I abide by the rules like I stop at red traffic lights.*

**Charles van Commenee explains to the Sports Journalists Association why he has no problem with "imported" British athletes**

*Don't worry I'll be there. I'm happy with where I am in training and that it's all coming together at the right time.*

**Olympic 400m champion CHRISTINE OHURUOGU says she will be ready for the World Trials this month despite pulling out of the Aviva Birmingham Grand Prix**



Christine Ohuruogu: fighting for fitness

*I like my tester, he's polite, he's quick, and doesn't laugh at my penis :-)*

**DAI GREENE on Twitter**

*It's probably one of the greatest atmospheres ever. For me it started the whole Olympic spirit.*

**Namibian former sprinting great FRANK FREDERICKS reacts to the British team's ban on athletes attending the London 2012 opening ceremony, saying that as chairman of the IOC Athletes' Commission, he would work to find a compromise**

# Harry AA has sympathy

HARRY AIKINES-ARYEETEY says he empathises with 23-year-old British international sprinters Toby Sandeman and Alex Nelson, who have announced their retirements from the sport this month, writes Paul Halford.

Following the shock news concerning former European junior champion Nelson, 20.37 200m runner Sandeman announced on his Facebook page he had lost the "spark" for the sport.

The Thames Valley Harrier, who won the European under-23 title just two years ago this month, wrote last week: "I have not been enjoying myself for a while ... and I needed at least that with everything else I was going through ... so unless the spark comes back neither am I."

Nelson swapped the running track for life as a car salesman, saying he lost motivation to train and compete, partly due to repeated injuries.

Aikines-Aryeetey, a close rival of Nelson during their junior



Harry Aikines-Aryeetey: has overcome injuries

days, has also undergone a series of injuries in recent years and said he could understand their state of mind.

After winning the England Athletics title in Bedford on Saturday, he said: "It's one of the hardest things about the sport. When you get injured and you're thinking, 'I don't know when I'm going to see my next race, let alone when I'm going to break

that sub-10 barrier, I don't know when I'm going to be in the mix and running fast again, it's difficult."

Nelson had the upper hand on Aikines-Aryeetey before the 2005 IAAF World Youth Championships 100m, which the latter won. Nelson, who took silver on that occasion, fell out of love with the sport, though.

Aikines-Aryeetey said: "Alex was such a talented athlete – 20.49 at age 19. Toby Sandeman who went from about 20.79 to 20.39 in about two weeks, which was unbelievable, but some people are made for the sport, some people aren't.

"I don't think I'd ever think of giving up the sport because it's fun. As long as you don't take away the fun aspect."

Sandeman, who was coached by Ron Roddan, improved his PB from 21.28 to 20.37 in 2009. The professional model won the British trials for the IAAF World Championships in Berlin that year but, having been picked for the team, missed the event due to a foot injury.

## Fleet's book tells story of 'a lucky man'

SEVERAL Olympians, including Dorothy Tyler, Paul Nihill and Donna Fraser, attended the launch last weekend of Croydon coach Mike Fleet's book *I Also Ran by Mike Who?*

Fleet, who ran 1:48 for 800m in 1962 and was a medalist at the World Student Games, hosted the launch at the Lexus Croydon showrooms.

Talking about the theme of his book, Fleet, now 73, said: "As a person who didn't quite reach the

top, not making the Olympics was a big disappointment, but having got over that, I looked at my life in athletics and thought, 'wow, how lucky I've been.'

In conjunction with the launch of his book, Fleet promoted the charity sale of athlete-signed bookmarks which has already raised £1500 for Cardiac Risky in the Young (CRY).

Sir Roger Bannister, Martyn Rooney, Steph Twell, Donna Fraser and Mary Peters are among those

who have signed a bookmark containing their photograph.

Fleet began the project after Cecilia Barriga, Croydon Harriers girls' captain, died suddenly a few years ago, aged just 15.

Bookmarks and copies of the book (£20 including p&p) will be available from the charity via the CRY website next week. Go to [www.c-r-y.org.uk](http://www.c-r-y.org.uk) or call Ben on 01737-363222.

Any athletes who are willing to feature on the bookmarks are asked to provide a copyright-free action shot and be willing to personally sign 50.

Appearing in the photo on the left are (left to right): Twinelle Hopeson, Emily Jackson (Lexus Croydon hostess), Martyn Rooney, Steph Twell, Mike Fleet, Nicola Fleet, Donna Fraser, Jonny Hay and Joscelynn Hopeson.



MARTYN ROONEY



# Davenport starts afresh to forget the past

RICHARD DAVENPORT says he is trying to forget his past as a teenage prodigy in order to make the most of a senior career which is finally producing after years of injury, writes Paul Halford.

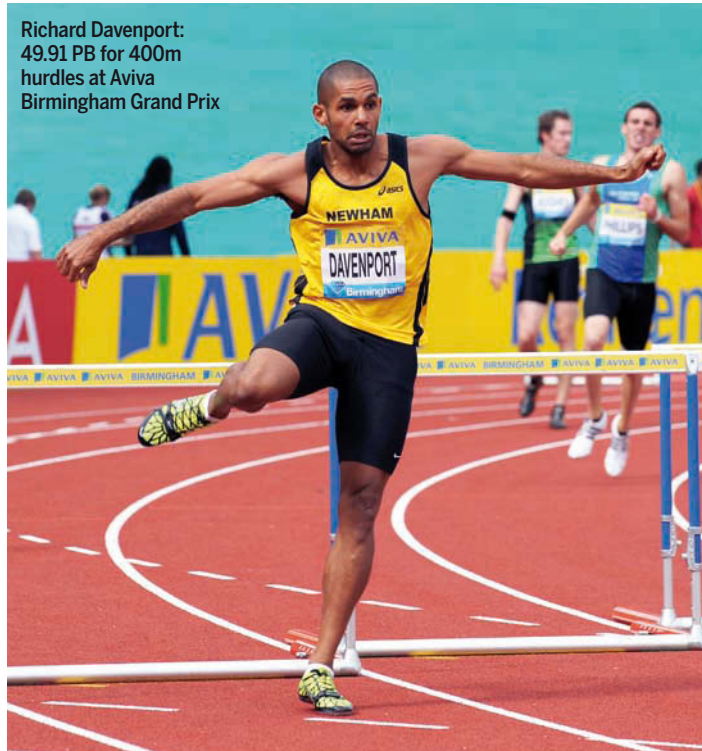
The Gloucester AC athlete set a UK junior 400m hurdles record of 50.20 en route to finishing seventh at the IAAF World Junior Championships in Grosseto in 2004.

But he missed the whole of 2006 and 2007 with a back injury. He raced just once in 2008 – on the flat – and did not return to the hurdles until last year. It was a solid comeback, leading to a PB of 50.09.

This season the 25-year-old has been in the form of his life and he took victory in a PB of 49.91 by eight tenths of a second in the B race at the Aviva Birmingham Grand Prix earlier this month.

Afterwards he told *Athletics Weekly* he has decided to try to put his past behind him.

"Mentally I feel like a completely different person," Davenport said. "Whereas then I used to win a lot. I've had to learn to lose a lot. I've got to try to separate myself from what I achieved because I don't want it to hold me back. I feel it piles expectation on me and the last couple of weeks I've thought I need to forget what I was and concentrate on who I am now and see how fast I can be now.



**Richard Davenport:**  
49.91 PB for 400m  
hurdles at Aviva  
Birmingham Grand Prix

MARK SHEARMAN

I'm starting to win and I've got to push on from where I am now and not dwell on the past."

So debilitating was his injury that he took his former coach, David Farrow, to court. He claimed for damages, saying Farrow ignored his complaints of back pain, but he lost the case.

Now training under Nick Dakin, he admits that during his injuries he thought "loads of times" that there was no way back into the sport.

"I had two ops," he explained. "After the first one – I thought that must be it. Then after the second one I thought I can't see

me getting back from this. It hits you mentally when you're in bed not walking and you think I don't see how I'm going to be able to sprint again. But Nick Dakin and his group have got me back into shape."

But even now, the injuries are not completely behind him.

"I can manage it," he said. "I've got to be very careful in the gym. It has a point I can push to where any further and it will shut down for a week or so. But it's been a learning experience over the last two years or so. And myself and my coach have finally found a balance."

Much has changed in the 400m hurdles since Davenport's junior days. In 2004, his 50.20 made him third on the UK rankings. However, with his 49.91 he is only eighth in the country for 2011 despite there being a long way still to go in the season.

"Guys push you on and everyone's tried to respond," he said. "Sub-50 isn't such a big barrier for people now – it's now 49."

However, he believes there is more to come after a faltering display at Birmingham.

"They never are [perfect] for me unfortunately, but it's nice to get a PB, smashing [hurdle] 10 as hard as I did," he said.

"There's a couple of weeks to the trials and every race to me is better. Time sometimes depends on the elements, but to win by that margin in Birmingham, I'm quite pleased."

**"Mentally I feel like a completely different person. Whereas then I used to win a lot. I've had to learn to lose a lot. I've got to try to separate myself from what I achieved because I don't want it to hold me back"**

RICHARD DAVENPORT

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# Okoro confident for Lucerne test

MARILYN OKORO will be looking to put down another marker when she lines up for the 800m in Lucerne tonight (Thursday), writes *Kevin Fahey*.

The 26-year-old British international believes she is running into form just at the right time after moving to third in the UK rankings for the year with 2:00.60 at the British Milers' Club Gold Standard meeting in Watford last week.

That was her fastest time for two years and both Okoro and coach Ayo Falola believe she is ready to go sub-two minutes and challenge her lifetime best of 1:58.74 – if not tonight then very shortly.

"I felt so good at the Diamond League meeting in Birmingham but only managed 2:02.41 so I felt I needed another race quickly so entered the BMC meeting at Watford," said Okoro.

"That was a really good confidence boost because it has been a frustrating season for me so far. It is nice to feel that I am getting back closer to where I was before the injuries last year.

"Lucerne will be a great opportunity for me. I have not done that many high-profile



Marilyn Okoro: rounding into form following injury

MARK SHERMAN

After tonight Okoro will switch her attentions to the Aviva UK Trials and securing her place in the Great Britain team for the IAAF World Championships in South Korea.

"The women's 800m is always very competitive and you can never discount anyone in the UK, someone always seems to pop up," added Okoro.

"The trials have never been easy and won't be again but that is a good situation because it keeps the event very healthy. But as far as I am concerned I am grateful that it is a late season. I am now really looking forward to the trials and I wouldn't have said that a few weeks ago.

"I have had to reconstruct myself to get back to where I was in 2008 (reaching the semi-finals of the Olympic Games in Beijing, finishing third in the IAAF World Athletics final and winning the Aviva London Grand Prix in a personal best of 1:58.45) but now I'm feeling better and stronger.

"I have worked hard in the past few years and I deserve to give myself the best chance to qualify for the Worlds."

races this year so hopefully I can get stuck in.

"I have the confidence now to get involved and get that qualifying time for the World Championships."

Tara Bird set an ideal pace at the Watford meeting going through the bell in 58 seconds and then taking Okoro onto the 500m mark before the Shaftesbury Barnet athlete forged clear and showed

excellent form to post the second fastest 800m time in BMC history.

"Watford has given Maz a lot of confidence and if the conditions and pacing are right in Lucerne she can definitely go under two minutes," said Falola.

"Her training times suggest she is in better shape than when she ran her PB and now it is all about finding the right race to show that."

## CLUBS NEWS

### Stragglers to run the country

STRAGGLERS running club of Kingston, Surrey, will celebrate their 30th year by completing a continuous relay from John O'Groats to Land's End, writes *Martin Duff*.

A group of 20 members will combine to cover the 874 miles.

Club spokesman Roy Reeder said they were not chasing any times. "We are definitely not going for the record. I wasn't aware there was one."

Made up of five women and 15 men, the team hope to run the relay over six days between July 17-23 and are raising funds for Macmillan Cancer Support, YMCA London

South West and the National Centre for Young People with Epilepsy (NCYPE).

The record time for an individual runner to complete the route, as reported by the Land's End John O'Groats Club, is nine days and two hours by Andi Rivett in July 2008.

» SEE <http://www.stragjogle.co.uk> for more

### Honour for league organiser

LEAGUE supremo Mike Baggs has been honoured with a University of London 'Union Laurel' in recognition

of his outstanding service to the London Colleges Cross Country League, from which he retired as Honorary Secretary at the end of last season, writes *Martin Duff*.

Baggs had been secretary for 32 years, the last 31 of which were consecutive. He has just retired from his job at University College London and felt it right to also bow out from league administration. He has also organised the students Hyde Park relays for many years.

The league is a major component of cross-country running at the university and countless students have enjoyed running in their six fixtures, one of which incorporates the University of London

Championship meeting.

As secretary, Baggs was the league, attending every race and, after acting as starter, managed the recording of times and positions at the finish before using his own computer programme to furnish *Athletics Weekly* with the results.

A distance runner in his younger days Baggs was badly injured when hit by a car and had to stop competing, subsequently working tirelessly to ensure the continuance of the league. Commenting on his marathon stint as secretary, he owned up to having done it all for purely selfish reasons – he enjoyed being involved despite being no longer being able to run.

Church Street, Stoke on Trent ST4 1DJ. Telephone: 01782 410411



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### CUSHION SHOES WOMENS

### COMPETITION

### GIRLS



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SPRINTERS ARE BLOWN TO QUICK TIMES, BUT THESE RELATIVELY NEW CHAMPIONSHIPS STRUGGLED IN SOME OTHER EVENTS

**Report:** Paul Halford

**Pictures:** Mark Shearman

**T**HE programme for this event listed for its championship records those of the historic AAA Championships. None of the marks were broken and, although this meeting, now in its second year, has links to those championships inaugurated in 1880, it would have a long way to go before it could match them in stature, judging by the general entry level here.

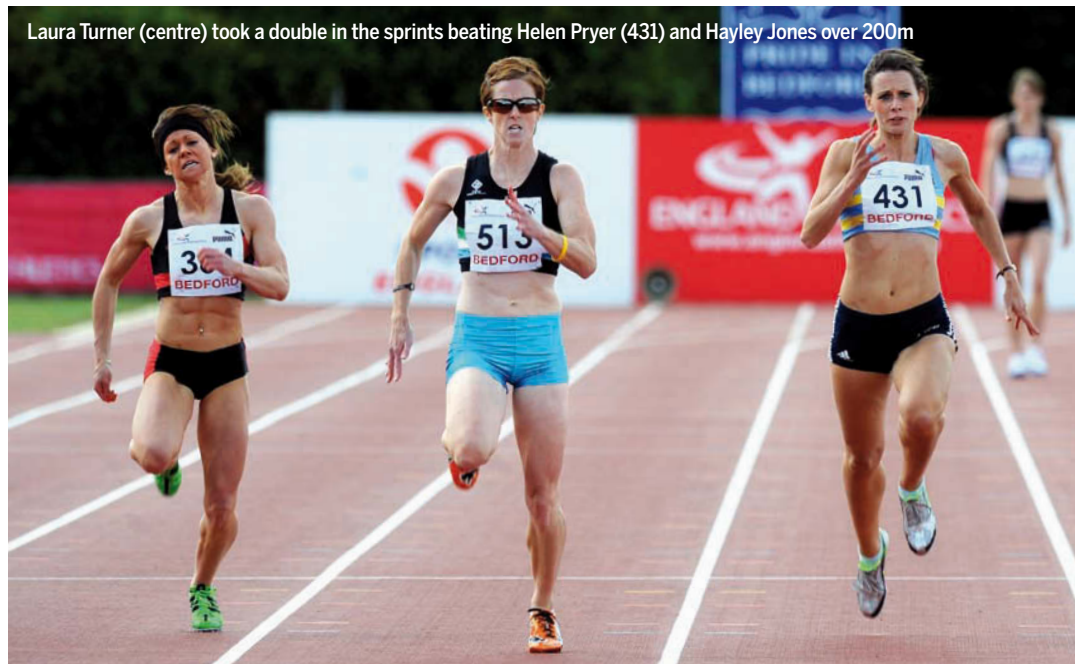
That is to be expected since the England Senior Championships, although a reincarnation of the AAA event in one sense, is neither a trial event nor a UK championship.

Nevertheless, despite low standards and poor turnout in some events, there were sufficiently good marks to suggest that the English senior event, which had been long overdue a comeback, deserves to be part of the calendar.

Several athletes looking for World Championships places seemed to agree. Top athletes have a tendency to compete abroad now rather than in Britain, but Harry Aikines-Aryeetey, Laura Turner, Conrad

# Winds of change

Laura Turner (centre) took a double in the sprints beating Helen Pryer (431) and Hayley Jones over 200m



Williams and Abdul Buhari were among those competing.

Aikines-Aryeetey, who won the 100m, explained why he was keen to take part: "This is awesome. We need an England Champs. The Welsh and the Scottish have got theirs. And look at what's happened. It's a championships. Things turn around. You never know what's going to happen."

Aikines-Aryeetey himself produced one of the highlights of the meeting, his 10.09 to win the 100m being his fastest-ever but wind-assisted

But he was outdone by

Laura Turner, who completed a winning double in the sprints, headed by her wind-legal 11.22 in the 100m.

The women's triple jump stood out on day two. Nadia Williams produced her best-ever jump of 13.94m – albeit with an illegal following wind of 2.8m/sec – to take victory. Behind her five more women surpassed 13 metres in a competition described from the commentary box by renowned statistician Peter Matthews as the best-ever in depth women's triple jump in Britain.

On the other hand, though,

the men's high jump had just three starters and was won in 2.20m. At least in the women's equivalent one competitor had to miss out on a medal, while it was the same story in the and the men's 3000m steeplechase and the pole vault, where 3.60m was enough to take the title.

Appropriately, Mel Watman launched his book *The Official History of the AAA* on the second day. The book stated that the inaugural championships attracted only 80 entries. England Athletics will be hoping its senior championships grow similarly.



Nadia Williams: led six women over 13 metres

## Williams wins top triple

NADIA WILLIAMS won a high-class triple jump competition which saw six women over 13 metres.

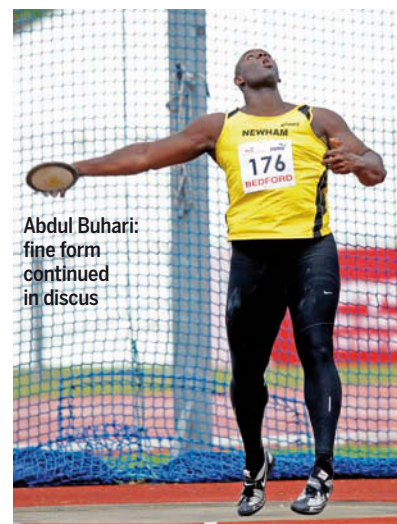
Although her winning leap of 13.94m, like most in the competition, was aided by an illegal following wind, she edged closer to becoming just the third British woman to leap over 14 metres.

The 2006 Commonwealth bronze medallist is benefitting from switching

in January to being coached by Peter Stanley, who guided Jonathan Edwards to his world triple jump record.

"I'm over the moon," she said. "My season started quite slowly."

She added: "I've come back from injury at the start of the year so it was a case of let's see how the season goes, but every competition I've done has been better and better."



Abdul Buhari: fine form continued in discus

## Reliable weather in Bedford

ATHLETES say that you don't need to look at the weather forecast before heading to Bedford International Stadium – it will be wet and windy.

That proved true last weekend. Continuous heavy rain opened the event and caused a delay to the pole vault, although after a couple of hours that gave way to mild, dry weather and sunny spells, though the wind was to remain strong all weekend. Day two was mainly dry with a few downpours.

## Turner at the double

THE opening day sparked to life with the last two races, the 100m finals, with Laura Turner posting the first of two sprint victories of the weekend.

The Harrow AC athlete sailed under the UKA 'A' standard for the World Championships with 11.23. Five minutes later Aikines-Aryeetey ran 10.09, but if ever there was evidence that wind gauges don't tell the whole story, this was it.

The winds had been strong but legal for the heats and semis of the 100m races, so it was a shock to see the gauge had registered a following wind of just 0.1m/sec. It was similarly surprising that for Harry Aikines-Aryeetey's race it was 3.5m/sec.

Fortune plays a big part when it comes to wind speeds, Turner admitted.



Harry Aikines-Aryeetey (left) overcame the challenge of Craig Pickering in the 100m

"I think someone upstairs was looking down on me today," she said. "I've had a bad run of luck with wind speeds over the years so I'm quite happy with that. This is the first time that I've run at Bedford and had a tail wind.

"There's definitely a bit of luck involved. It's up and down today. The boys had a plus three so I'm lucky to get a still reading and very happy that's legal and I've got the qualifying time now."

Turner, who has bettered that time twice before with 11.11 and 11.19, easily overcame UK record-holder Montell Douglas and quickly improving Margaret Adeoye.

Turner goes to third on the UK rankings for the year behind Jeanette Kwakye and Anyika Onuora. Doulgas set a season's best with 11.39 and Adeoye, who is better over 200m, was just a hundredth off her PB with 11.49.

Turner, coached by Linford Christie, said: "I always start

slow in the season and my coach gets me ready at the right time. I was starting with 11.5 and getting quicker every week. I did 11.30 two weeks ago and 11.23 today, so I'm knocking little bits off here and there every week, which is the aim, and to run quicker at the AAA (UK Trials) and then run quicker at the World Champs hopefully."

Turner returned on day two to take the 200m in 23.47 – 0.18 seconds off her PB.

## Harry highlights men's sprints

THOUGH denied a PB by a 3.5m/sec wind reading in the final, Harry Aikines-Aryeetey posted a solid 10.14 (2.0) to win his semi-final. It was just four hundredths off his best and suggests he will finally break through the 10.1 barrier soon.

Craig Pickering also showed

**"I've never run that fast before and, now I have, it's in the bank."**

**HARRY AIKINES-ARYEETAY**

he is approaching his best-ever shape as he ran 10.17 in the final after a legal 10.19 in the semi-final. Luke Fagan was third with 10.20.

Aikines-Aryeetey was philosophical about the wind reading.

"It is what it is," he said. "You've just got to accept it. It happens – you can't turn around and say it wasn't [3.5] because it was. There might have been a gust, most probably was. I've got to go out and do it again.

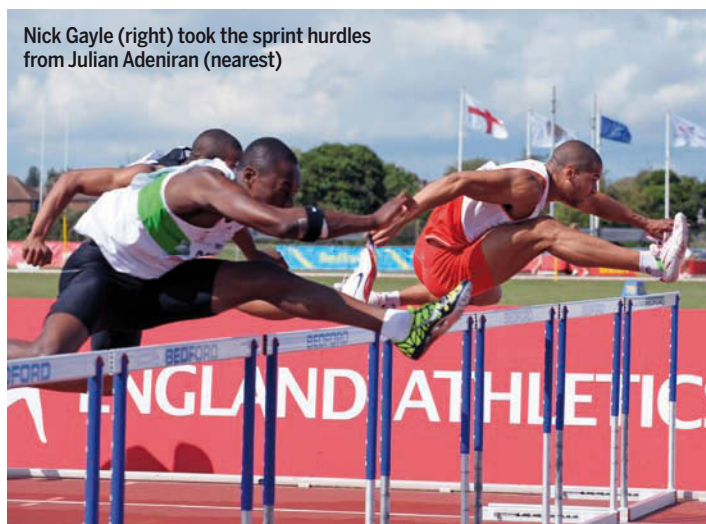
"I've never run that fast before and, now I have, it's in the bank."

Pickering, after running his fastest time since 2008, was disappointed that his semi-final time, which had first flashed up as an 'A' standard 10.18, was rounded up to 10.19.

He credited guidance from new coach Michael Khmel and his training group for being back near his best this season.

"I changed coaches in October. It's good to train with Harry, Leon Baptiste, James Dasaolu, Joel Fearon. We've got a good training group so we push each other all the way. That's a factor. I think I'm enjoying it a bit more than I was in the last couple of years. I'm putting less pressure on myself."

Fagan followed his PB of 10.37 in the 100m with a win in



Nick Gayle (right) took the sprint hurdles from Julian Adeniran (nearest)



Mervyn Luckwell:  
75.35m to win javelin

the 200m in another lifetime best. He was a class apart as he clocked 20.74, with Jeffrey Lawal-Balogun second and 400m specialist Conrad Williams third.

"I've been running into a lot of minuses so this is the first time I've been able to put it together," said the 2007 European junior 200m bronze medallist after improving by 0.12 on the PB he ran in that year.

### Hughes quick in the hurdles

DAVID HUGHES overcame heavy rain to clock a solid 50.73 and win the 400m hurdles.

The Sale Harrier, who competed for Britain in the high hurdles at European and Commonwealth level before switching to the one-lap event last year, said: "There was no chance I was going to run a PB today. It's important I keep winning my races now as I've had a very mixed season. As we go into the trials, it's about winning and consistency."



David Hughes: 400m hurdles victory in heavy rain storm



Alex Smith: 71.47m in hammer

### Brewer back in action

AFTER a ridiculously slow and tactical women's 1500m, the men's 1500m James Brewer produced an encouraging display after injury to take the men's event.

Celia Taylor's 4:45 to take the metric mile after an opening lap of 90 seconds was far slower than any winning time from a AAA 1500m, which was held between 1968 and 2006.

Brewer won a sprint finish in 3:51.37 after the strong winds caused him to abandon hopes of gaining the 3:42 qualifier for the World Student Games.

Since winning a European under-23 silver medal and reaching the semi-finals of the World Championships in 2009, the Cheltenham AC athlete has been severely hampered by a stress response in his foot and another in his femur. "It's good to be on the track and racing having had so long off," he said. "I've only really got back the last couple of months."

Hughes is optimistic heading into the trials despite his season's best of 49.81 ranking him only seventh in the UK in arguably the country's most in depth discipline.

"To be competitive it's going to come down to mental preparation and I've got a lot of experience from my time in the 110s," he said, adding: "I'm actually quite happy today. I'm 10 years behind everyone else. Being in an event one year

when everyone else has been in it 10 years is very difficult, but fortunately I'm a competitor, I tend to perform when it counts and I work pretty well under pressure."

Emily Parker took nearly two seconds off her PB to win the women's event.

In the sprint hurdles, Nick Gayle and Angelita Broadbelt-Blake also produced good winning performances – 13.81 (2.4) and 13.12 (2.1).



Emily Parker: 400m hurdles champion



James Brewer was pleased to be back on form in the 1500m men's race



Winner Celia Taylor (left) in the 1500m with Faye Fullerton (centre), who was sixth

## Other highlights

» **Emma Raven** recovered from a fall in the 3000m steeplechase to take gold in 10:28.60.

» The women's 800m final came down to a battle between **Karen Harewood**, 35, and **Georgia Peel**, 17, and experience triumphed over youth as the Corby athlete clocked 2:06.07.

» Also turning back the years was triple jumper **Julian Golley**. The 39-year-old, who took his AAA outdoor title in 1992 and has also won five AAA indoor titles, took English gold with 15.55m.

» **Justina Heslop** lapped the entire field in the 5000m with a solo 15:58.54. **James Walsh** had to run on his own much of the time too as he easily won the men's race.

Emma Raven took a tumble in the steeplechase but got up to win



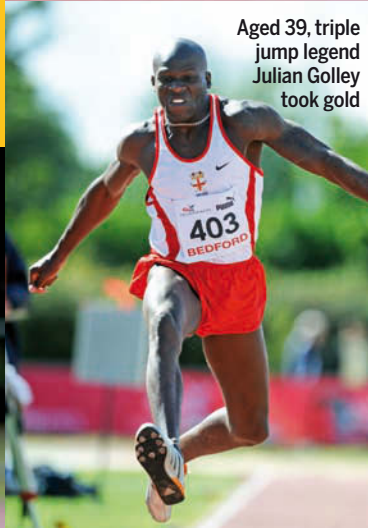
James Walsh: runaway 5000m winner



Justina Heslop: lapped rivals in 5000m



Aged 39, triple jump legend Julian Golley took gold



Veteran Karen Harewood (460) took the 800m from youngster Georgia Peel (313)

## Throwers make light work of conditions

SOME of Britain's best throwers were in action in Bedford, producing good marks despite unhelpful conditions in some cases.

After his recent World Championships 'A' standard of 65.44m in the discus, Abdul Buhari took victory with 62.19m.

Alex Smith won the hammer with 71.42m while UK No.2 Sarah Holt threw 64.49m to take the women's event.

Eden Francis took the shot put title with 16.53m and behind her Rachel Wallader moved up to second on the UK rankings this year with a PB of 16.28m.

Greg Beard put the shot 17.58m to take the gold medal by just a centimetre from Zane Duquemin.

## Parallel Success events

MANY rising stars who hope to compete at the 2012 Paralympics were in action over the weekend after the organisers introduced several disability events to the programme.

Three-time Paralympic champion Stephen Miller, one of Britain's most successful ever

at that level, won the club throw with 28.64m.

Paralympic silver medallist Ben Rushgrove took a double victory in the disability sprints, clocking 13.06 and a wind-assisted 26.07. The win was decided on a points system so athletes competing over different disability categories could be matched.

On points, Jenny McLoughlin, a T37 athlete, was adjudged the 100m winner over partially sighted T11 runner Tracey Hinton in the 100m, but turned the tables in the 200m.

Wheelchair athlete Hannah Cockroft, a double world champion in the T34 category, won the 100m on points in 19.19.



Left: Kieran Tscherniawsky in the discus

Stephen Miller: winner of club throw

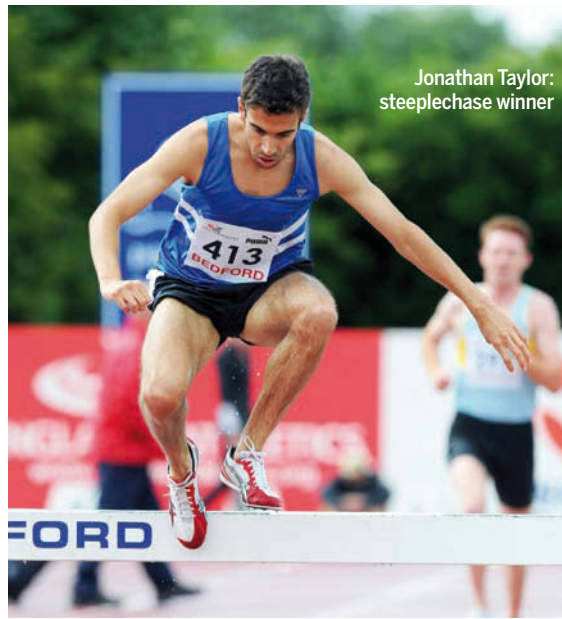


### RESULTS

(a) = 16th;(b) = 17th

#### Men

**100 (a) (3.5):** 1 H Aikines-Aryeetey (Sutt) 10.09; 2 C Pickering (Mil K) 10.17; 3 L Fagan (E&H) 10.20; 4 R Pierre (WSEH) 10.26; 5 J Lawal-Balogun (Kent) 10.38; 6 R Scott (NEB) 10.39; 7 N Thomas (TVH) 10.41; 8 J Fearon (Bir) 10.42. **SF1 (1.9):** 1 C Pickering (Mil K) 10.19; 2 R Pierre (WSEH) 10.30; 3 J Lawal-Balogun (Kent) 10.40; 4 G Cackett (Belg) 10.45; 5 C Dack (S'end) 10.56; 6 C Williams (Kent) 10.65; 7 R Odumusu (SB) 10.68; 8 R James (Bir) 10.70. **SF2 (2.0):** 1 H Aikines-Aryeetey (Sutt) 10.14; 2 J Fearon (Bir) 10.34; 3 N Thomas (TVH) 10.36; 4 E Ayanful (WG&EL) 10.53; 5 L Slue (Harrow) 10.54; 6 J Browne (Kent) 10.55; 7 J Ejehu (WG&EL) 10.56; 8 J Geohagen (SB) 10.57. **SF3 (0.7):** 1 L Fagan (E&H) 10.37; 2 R Scott (NEB) 10.42; 3 M Findlay (NEB) 10.45; 4 A Wright (M&M) 10.58; 5 R Graham (Herne H) 10.61; 6 M Hanson (E&H) 10.63; 7 A Matthews (WSEH) 10.73. **Ht1 (0.0):** 1 J Fearon (Bir) 10.52; 2 M Findlay (NEB) 10.69; 3 A Matthews (WSEH) 10.75; 4 J Browne (Kent) 10.77; 5 W De (TVH) 10.90. **Ht2 (0.1):** 1 L Fagan (E&H) 10.46; 2 J Lawal-Balogun (Kent) 10.58; 3 G Cackett (Belg) 10.64; 4 C Williams (Kent) 10.72; 5 R Odumusu (SB) 10.89. **Ht3 (0.1):** 1 R Scott (NEB) 10.47; 2 N Thomas (TVH) 10.58; 3 E Ayanful (WG&EL) 10.66; 4 R James (Bir) 10.71; 5 D Showler-Davis (BMH) 10.96; 6 A Buhari (VP&TH) 10.99. **Ht4 (0.8):** 1 H Aikines-Aryeetey (Sutt) 10.37; 2 R Graham (Herne H) 10.62; 3 C Dack (S'end) 10.65; 4 J Ejehu (WG&EL) 10.65; 5 M Hanson (E&H) 10.74. **Ht5 (0.1):** 1 C Pickering (Mil K) 10.29; 2 R Pierre (WSEH) 10.44; 3 L Slue (Harrow) 10.63; 4 A Wright (M&M) 10.64; 5 A Syers (NEB) 10.64; 6 J Geohagen (SB) 10.79; 7 E Winn (E&H) 10.89; 8 T Butcher (KuH) 10.99. **200 (b) (1.5):** 1 L Fagan (E&H) 20.74; 2 J Lawal-Balogun (Kent) 21.12; 3 C Williams (Kent) 21.26; 4 L Evans (B'burn) 21.39; 5 A Wright (M&M) 21.63; 6 L Wooldridge (Kent) 21.67; 7 R Evans (Stock H) 21.78. **SF1 (0.5):** 1 L Fagan (E&H) 20.99; 2 L Evans (B'burn) 21.45; 3 R Evans (Stock H) 21.54; 4 A Wright (M&M) 21.64; 5 I Ojuriye (Herne H) 21.68; 6 L Slue (Harrow) 21.77. **SF2 (3.4):** 1 C Williams (Kent) 21.21; 2 J Lawal-Balogun (Kent) 21.23; 3 C Craig (Sale) 21.54; 4 L Wooldridge (Kent) 21.62; 5 D Putnam (B&B) 21.73; 6 L Sylvester (TVH) 21.89; 7 T Mosley (Leeds C) 21.92. **Ht1 (1.1):** 1 L Fagan (E&H) 21.63; 2 L Slue (Harrow) 21.88; 3 T Mosley (Leeds C) 21.91; 4 I Ojuriye (Herne H) 21.92; 5 J Kibirige (Bath) 21.96. **Ht2 (1.0):** 1 L Baptiste (E&H) 21.41; 2 L Evans (B'burn) 21.56; 3 J Hussain (Craw) 21.67; 4 D Putnam (B&B) 21.76; 5 L Sylvester (TVH) 21.86. **Ht3 (1.0):** 1 J Lawal-Balogun (Kent) 21.54; 2 L Wooldridge (Kent) 21.82; 3 A Wright (M&M) 21.95. **Ht4 (0.3):** 1 C Williams (Kent) 21.46; 2 C Craig (Sale) 21.58; 3 R Evans (Stock H) 21.59; 4 D Lima (BRAT) 21.69; 5 U Hameed (Sale) 21.97. **400 (a):** 1 R Tobin (BMH) 46.50; 2 T Druce (Cl) 47.47; 3 M Warner (Notts) 47.72; 4 D Riley (Gate) 47.77; 5 P Phillips (Herne H) 48.55; 6 C Clarke (Mil K) 48.82; 7 J Hornblow (Der) 48.99; 8 D Putnam (B&B) 49.79. **Ht1 (0.1):** 1 R Tobin (BMH) 47.73; 2 D Riley (Gate) 47.78; 3 M Threadgold (Belg) 48.72; 4 M Hamilton (Herts P) 48.89; 5 G Hawkes (Card) 49.25. **Ht2 (0.2):** 1 M Warner (Notts) 47.75; 2 C Clarke (Mil K) 47.77; 3 D Putnam (B&B) 48.24; 4 J Hornblow (Der) 48.49; 5 L Zvasiya (Bir)



Jonathan Taylor: steeplechase winner

49.25; 6 L Baird (Traff) 49.28. **Ht3 (1.1):** 1 T Druce (Cl) 47.45; 2 P Phillips (Herne H) 48.30; 3 P Judson (Notts) 48.59; 4 N Wake (Herts P) 48.66; 5 R Allen (R&N) 48.76. **800 (b):** 1 S Fennell (Ton) 1:49.87; 2 B Scarlett (Swin) 1:50.61; 3 H Fisher (Soton) 1:50.71; 4 C Warburton (Notts) 1:51.01; 5 D Stepany (Phoe) 1:51.63; 6 K Flannery (Gate) 1:51.75; 7 A De-Camps (Glouc) 1:53.40; 8 J Brocklehurst (Strat) 1:54.58. **Ht1 (a):** 1 S Fennell (Ton) 1:54.16; 2 H Fisher (Soton) 1:54.19; 3 A De-Camps (Glouc) 1:54.30; 4 B Scarlett (Swin) 1:54.44. **Ht2:** 1 C Warburton (Notts) 1:54.59; 2 D Stepany (Phoe) 1:55.00. **1500 (b):** 1 J Brewer (Chelt) 3:51.37; 2 S Mitchell (B&W) 3:51.76; 3 T Egerton (Traff) 3:52.31; 4 R Weir (Der) 3:52.69; 5 O Walpole (Exe) 3:54.30; 6 R Hodges (KuH) 3:57.70; 7 C Bradbury (Read) 3:59.00; 8 A Hickey (S'end) 3:59.15. **5000 (a):** 1 J Walsh (Leeds C) 14:22.82; 2 A Combs (Ton) 14:29.19; 3 T Anderson (Win) 14:30.50; 4 S Phillips 14:42.73; 5 J Ellis (N&EB) 14:47.70; 6 J Trollope (Bir) 14:52.70; 7 M Soloman (VPCG) 15:09.71; 8 P Hinch (Tip) 15:10.86; 9 S Duffy (Stoke) 15:12.80; 10 M Jackson 15:45.91. **110H (b) (2.4):** 1 N Gayle (Sale) 13.81; 2 J Adeniran (SB) 13.87; 3 E Okoro (Bir) 13.94; 4 M Hudson (Sheff) 14.16; 5 J Hylton (Bir) 14.31; 6 D Davis (WG&EL) 14.35; 7 A Blow (BMH) 14.79. **Ht1 (1.0):** 1 A Al-Ameen (NEB) 13.83; 2 N Gayle (Sale) 13.93; 3 D Davis (WG&EL) 14.09; 4 A Blow (BMH) 14.46; 5 M Walcott (Lough S) 14.69; 6 A Johnson (Oxf C) 15.44. **Ht2 (0.9):** 1 J Adeniran (SB) 13.94; 2 E Okoro (Bir) 13.98; 3 M Hudson (Sheff) 14.13; 4 J Hylton (Bir) 14.25; 5 T Riley (Manx) 15.42; 6 A Wilson (VP&TH) 15.85. **400H (b):** 1 D Hughes (Sale) 50.73; 2 A Kunkel (USA) 50.98; 3 S Merrill (Bir) 51.54; 4 E Harrison (B&B) 51.76; 5 B Carne (Harrow) 52.28; 6 C Wakeford (Sale) 52.77; 7 O Robinson (Bing) 52.90; 8 D Dempsey (Leeds C) 54.48. **Ht1 (a):** 1 A Kunkel (USA) 51.38; 2 E Harrison (B&B) 52.28; 3 C Wakeford (Sale) 53.01; 4 T Grantham (Sheff) 53.49; 5 A Clements (WSEH) 54.68. **Ht2:** 1 D Hughes (Sale) 51.58; 2 S Merrill (Bir) 52.54; 3 O Robinson (Bing) 53.25; 4 P Irving (Cl) 53.63; 5 A Faulkner (Yeov O) 54.81; 6 D Holiday (KuH) 55.80. **Ht3:** 1 B Carne (Harrow) 52.84; 2 D Dempsey

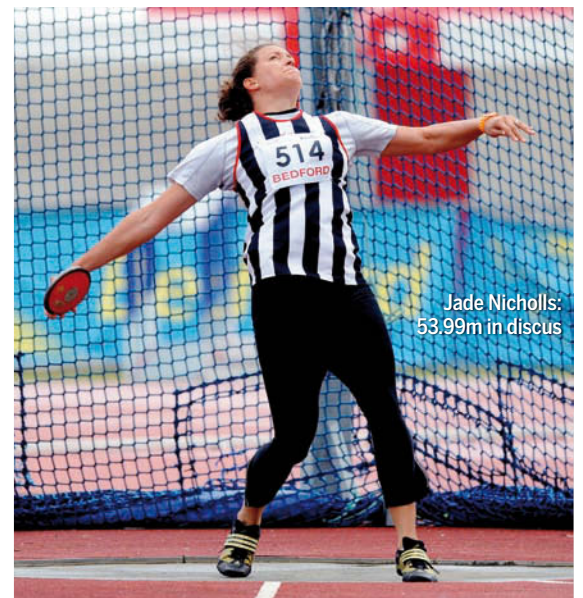
(Leeds C) 53.48; 3 J Lodowski (E&H) 54.2; 4 C Forde (Charn) 55.62; 5 S Parsons (B&H) 56.00. **3000SC (b):** 1 J Taylor (Morp) 8:54.51; 2 T Doe (Linc W) 9:07.72; 3 R Morrell (New M) 9:28.30; 4 M Grant (SB) 9:44.25. **HJ (a):** 1 R Grabarz (NEB) 2.20; 2 B Challenger (WG&EL) 2.11; 3 R Sithole (Charn) 2.03. **PV (b):** 1 M Eaves (NEB) 5.20; 2 N Cruchley (Hale) 5.10; 3 M Holden (Kent) 4.80; 3 N Quiney (Croy) 4.80; 5 M Cullen (Sale) 4.65. **TJ (a):** 1 J Golley (NEB) 15.55; 2 B Amosu (Croy) 15.51; 3 M McKernan (Bir) 15.30; 4 D Lewis (SB) 15.01; 5 D March (M&M) 14.81; 6 J Okeyemi (Harrow) 14.72; 7 M Morsia (Ashf) 14.57; 8 I Ilori (B&B) 14.42; 9 G Matthews (Sheff) 14.31; 10 R Twumasi (Sale) 13.88; 11 J Lawrence (B&B) 13.82. **SP (a):** 1 G Beard (Belg) 17.58; 2 Z Duquemin (Cl) 17.57; 3 A Oshodi (WG&EL) 16.29; 4 R Mohan (E&H) 15.71. **DT (b):** 1 A Buhari (NEB) 62.19; 2 C Scott (SB) 59.91; 3 Z Duquemin (Cl) 56.93; 4 D Coleman (Card) 53.50; 5 S Cooke (NEB) 52.49; 6 T Norman (WG&EL) 52.13; 7 M Plowman (Yeov O) 49.21; 8 C Linque (WG&EL) 47.33; 9 D Douglas (WG&EL) 45.63. **HT (b):** 1 A Smith (Sale) 71.47; 2 M Floyd (Sale) 69.69; 3 J Bedford (Bir) 69.24; 4 S Bown (NEB) 66.29. **JT (a):** 1 M Luckwell (Mil K) 75.35; 2 D Pembroke (WSEH) 71.41; 3 N Crossley (Chelt) 71.28; 4 C Lacy (Camb H) 68.46; 5 B Byrd (Stoke) 66.72. **Wheelchair/disability: 800 (a):** W Smith (Norw) 1:50.76. **1500 (b):** 1 W Smith (Norw) 3:35.60; 2 S Bloor (Stock H) 3:38.60. **CT (a):** 1 S Miller (Gate) 28.64; 2 T Green (Mil K) 24.56; 3 K Murphy (Bir) 23.64.

#### Women

**100 (a) (0.1):** 1 L Turner (Harrow) 11.23; 2 M Douglas (B&B) 11.39; 3 M Adeoye (E&H) 11.49; 4 L Bloor (Traff) 11.51; 5 K Thomas (Mil K) 11.68; 6 J Batten (Stroud) 11.73; 7 D Osei (Herne H) 11.88; 8 N Pearson (Traff) 12.03. **Ht1 (0.0):** 1 L Turner (Harrow) 11.36; 2 J Batten (Stroud) 11.69; 3 K Thomas (Mil K) 11.74; 4 L Onyeforo (E&H) 12.01; 5 E Bailey (R&N) 12.09; 6 S Pledger (Bolt) 12.19. **Ht2 (1.2):** 1 M Douglas (B&B) 11.51; 2 N Pearson (Traff) 12.08; 3 S Bown (Read) 12.2; 4 A Francis (WG&EL) 12.26. **Ht3 (0.4):** 1 L Bloor (Traff) 11.56; 2 M Adeoye (E&H) 11.64;

3 D Osei (Herne H) 11.92; 4 A Shand Whittingham (B&B) 12.11; 5 T Hopson (Croy) 12.12. **200 (b) (2.5):** 1 L Turner (Harrow) 23.47; 2 H Pryer (WSEH) 23.70; 3 H Jones (Wig) 23.76; 4 K Thomas (Mil K) 24.03; 5 M Cooksey (Bir) 24.73; 6 S Oskan (WSEH) 24.97. **Ht1 (0.4):** 1 H Jones (Wig) 23.51; 2 H Pryer (WSEH) 23.60; 3 K Thomas (Mil K) 24.25; 4 S Oskan (WSEH) 24.55. **Ht2 (3.5):** 1 L Turner (Harrow) 23.59; 2 K Sotherton (Bir) 23.71; 3 M Cooksey (Bir) 24.28. **400 (b):** 1 N Okyere (Bir) 53.08; 2 S Oskan (WSEH) 53.61; 3 M Nottingham (Liv H) 53.83; 4 T Bird (WG&EL) 54.20; 5 D Hunt (WSEH) 54.29; 6 H Pryke (Manx) 54.70. **Ht1 (a):** 1 N Okyere (Bir) 53.97; 2 S Oskan (WSEH) 54.43; 3 L Wake (Herts P) 55.36; 4 L Owusu (WSEH) 55.92; 5 A Freeman (Spenn) 56.47. **Ht2:** 1 D Hunt (WSEH) 54.67; 2 K Wall (Bas) 55.16; 3 M Nottingham (Liv H) 55.33; 4 N Ferguson (Traff) 57.65; 5 S Echel-Thomson (Phoe) 57.82. **Ht3:** 1 N Sanders (WSEH) 53.69; 2 T Bird (WG&EL) 54.94; 3 H Pryke (Manx) 55.30; 4 L Langowski (Cov) 55.36. **800 (a):** 1 K Harewood (Corby, W35) 2:06.07; 2 G Peel (AFD) 2:07.66; 3 A Tracey (G&G) 2:08.24; 4 C Plateau (Rad) 2:08.36; 5 L Lennon (NEB) 2:09.66; 6 J Sparke (WG&EL) 2:10.26; 7 G Kersey (Bas) 2:11.80; 8 M Jones (AFD) 2:13.52; 9 J Hill (Sale) 2:13.58. **1500 (b):** 1 C Taylor (Cov) 4:45.33; 2 P Aukett (SB) 4:47.08; 3 N Taschmowitz (Taun) 4:47.29; 4 J Sparke (WG&EL) 4:47.59; 5 E Murty (B&B) 4:48.81; 6 F Fullerton (Hav M) 4:49.34; 7 C Gaughan (York) 4:52.51. **5000 (b):** 1 J Heslop (Clap C) 15:58.54; 2 L O'Gorman (Sale) 17:19.00; 3 S Johnson (Leic) 17:20.02; 4 J Pulsford (R&N) 17:34.67; 5 I Ainsworth (B&W) 17:34.92. **100H (b) (2.1):** 1 A Broadbelt-Blake (TVH) 13.12; 2 A Helsby (Liv H) 13.25; 3 S McCreavy (Sale) 13.39; 4 K Robilliard (Cl) 13.49; 5 S Gaynor (WG&EL) 13.78; 6 L Dewdney (Gate) 13.85. **Ht1 (1.6):** 1 A Broadbelt-Blake (TVH) 13.27; 2 S McCreavy (Sale) 13.56; 3 S Gaynor (WG&EL) 13.82; 4 H Riley (Manx) 14.50; 5 C Whalley (Mil K) 14.69. **Ht2 (3.7):** 1 A Helsby (Liv H) 13.45; 2 K Robilliard (Cl) 13.66; 3 S Solomon (B&B) 13.69; 4 L Dewdney (Gate) 13.97. **400H (b):** 1 E Parker (E&E) 58.04; 2 J Kinney (WSEH) 58.87; 3 N Desai (Traff) 59.07; 4 G Coveny (ESM) 60.68; 5 N Hill (Hav M)

61.28; 6 J Surman (Bir) 61.89; 7 C Dack (S'end) 64.96. **Ht1 (a):** 1 J Kinney (WSEH) 59.47; 2 S Wood (Dur) 61.98; 3 J Surman (Bir) 62.03; 4 R Marino (Sheff) 62.15; 5 M Thomas (Bir) 64.2; 6 L Douglass (Bas) 65.72. **Ht2:** 1 E Parker (E&E) 59.98; 2 N Desai (Traff) 60.35; 3 G Coveny (ESM) 61.03; 4 N Hill (Hav M) 61.74; 5 L Burke (WSEH) 63.69. **3000SC (a):** 1 E Raven (Bing) 10:28.60; 2 S Hood (Edin) 10:32.20; 3 P Keen (Havnt) 10:57.20; 4 S Henry (WG&EL) 11:04.20; 5 E Brown (Card) 11:15.80; 6 K Spilsbury (Vale R) 11:35.60. **HJ (b):** 1 M Sasegbon (SNH) 1.74; 1 F Smithson (Lon Hth) 1.74; 3 A Lassu (Sale) 1.69; 4 G Clements (Dartf) 1.69. **PV (a):** 1 S Smith (Craw) 3.60; 2 R Thomas (Liv H) 3.45; 3 K MacKintosh (WG&EL) 3.45; 4 E Taylor (Bath) 3.30. **LJ (a):** 1 A Woodman (Bir) 6.25; 2 A Russell (Wig) 6.19; 3 A Harris (Bir) 6.15; 4 P Agbo (TVH) 6.10; 5 A Irozuru (Sale) 6.01; 6 K Murray (WG&EL) 5.71; 7 A Barrett (TVH) 5.62; 8 E Martin (HW) 5.54; 9 E Lovell (Hast) 5.52. **TJ (b):** 1 N Williams (SB) 13.94/2.8; 2 L Samuel (Bir) 13.77/2.4; 3 Y Regis (WSEH) 13.68/4.8; 4 C Matthews (NEB) 13.18/2.3; 5 H Frankson (WG&EL) 13.14/3.6; 6 S Gutzmore (Bir) 13.06/1.6; 7 K Hilton (Wig) 12.89/0.9; 8 S Aneto (WG&EL) 12.52/1.4; 9 A Barrett (TVH) 12.29/-2.6; 10 C Linskill (Sale) 12.28/1.2; 11 D Bakre (E&H) 11.90/1.5; 12 M Robbins (C&N) 11.77/1.8. **SP (b):** 1 E Francis (Bir) 16.53; 2 R Wallader (WSEH) 16.28; 3 R Peake (Sale) 16.03; 4 G Clements (Dartf) 12.90; 5 L Earl (KuH) 12.88; 6 S Thomas (Bir) 12.63. **DT (a):** 1 J Nicholls (SB) 53.99; 2 E Francis (Bir) 52.30; 3 S Brown (B&B) 51.57; 4 S Henton (B'burn) 48.56; 5 M Harrison (E&H) 42.66; 6 C Williams (Carm) 40.08. **HT (a):** 1 S Holt (Sale) 64.49; 2 Z Derham (Bir) 61.64; 3 R Gair (Tragg) 61.24; 4 N Cruchley (Hale) 55.34; 5 H Murray (Bir) 54.00; 6 K Wilson (Traff) 49.04. **JT (b):** 1 T Ward (Sheff) 49.51; 2 H Thomas (Leigh) 49.36; 3 K Watts (Ports) 48.52; 4 R Semenyth (Sale) 46.79; 5 K Herbert (M&M) 46.39; 6 E Meakins (Herts P) 45.41; 7 S Thomas (Bir) 41.62. **Wheelchair: 800 (a):** 1 J Jones (New M) 2:07.79; 2 H Cockroft (Leeds C) 2:08.48; 3 A Wafula Strike (Harl) 2:11.03; 4 G Oliver (Hal) 2:11.46; 5 N Emerson (BWRA) 2:14.60



Jade Nicholls: 53.99m in discus



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# Record GB medal haul in Ostrava

GREAT BRITAIN RETURNED FROM THE CZECH CITY WITH 19 MEDALS AT THE EUROPEAN UNDER-23 CHAMPIONSHIPS

**Pictures:** Jean-Pierre Durand

**T**HE European Under-23 Championships might not be the highest priority for both fans and athletes when it comes to international championships, but a number of star performers at this year's event in Ostrava ensured that athletics fans the world over sat up and took note.

First held in 1997, this year's competition was the eighth edition of the championships, and the event has in the past helped launch the careers of many stars, including Swedish heptathlon queen Carolina Klüft, 2004 Olympic 800m champion Yuriy Borzakovskiy, and European 400m hurdles champion Dai Greene.

The best performances in Ostrava came in the horizontal



Lawrence Okoye: after recent big PB, showed he is also capable of winning titles

jumps as Darya Klishina smashed Klüft's competition record in the long jump and the previously unheralded Sheryf El-Sheryf of Ukraine made great strides – three of them, in fact – in the triple jump to obliterate his PB and produce the surprise of the championships.

Closer to home, the event was a resounding success for Great Britain too. Pre-event favourites such as Holly Bleasdale, Lawrence Okoye, Jack Green and James Alaka all lived up to

expectations to win their events, while Nigel Levine came away from the weekend with two gold medals, winning the individual 400m and the 4x400m relay.

There were many other great medal-winning performances, such as Sophie Hitchon's national record in the hammer to win bronze, and Britain came away with medals in all but two of the men's track events.

With 19 medals in total – six of them gold – it was Britain's best ever medal haul at the European

Under-23 Championships, and they ranked second on the medals table behind Russia.

But other nations struggled. France had hoped to send an all-conquering team comprising the likes of double European sprint champion Christophe Lemaitre and world indoor record-holder Teddy Tamgho, but Lemaitre withdrew before the event began and Tamgho sustained a season-threatening ankle injury during warm up. It left France with just one gold medal and a distant 14th place on the medals table.

## » Britain's record at the European Under-23 Championships

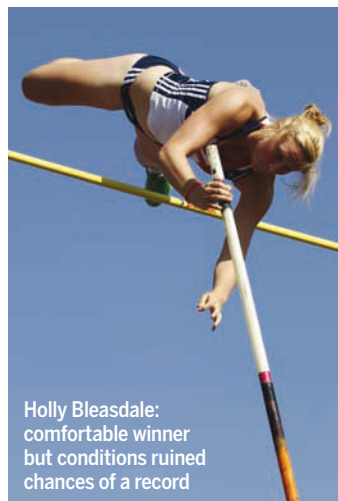
Year	No. of golds	No. of medals	Medal table rank
1997	5	10	3
1999	3	8	6
2001	6	11	2
2003	5	10	3
2005	3	9	5
2007	6	11	2
2009	7	18	2
2011	6	19	2

## Age no barrier for Bleasdale and Okoye

RECENT UK record-breaker Holly Bleasdale went into the pole vault final with the intention of not only winning, but of breaking Yelena Isinbayeva's championship record and possibly her own UK record too.

Although the wind put paid to any record-breaking exploits, Bleasdale achieved her main goal of the weekend – and indeed her season – to take gold and become the first British female winner of a pole vault title at an international championships.

Bleasdale, the youngest finalist, entered the competition with a first-time clearance at 4.30m, then took two attempts at 4.45m to move into the lead – a position she maintained through to the end. Despite a strong challenge from Greece's Ekaterini Stefanidi (4.45m)



Holly Bleasdale: comfortable winner but conditions ruined chances of a record

and Germany's Annika Roloff (4.40m), both of whom set PBs, Bleasdale easily negotiated those heights with massive clearances and secured the gold with a first-time 4.55m jump.

She then moved the bar up to a would-be championship record of 4.66m, but it was not to be.

"It was really windy out there, it was fine in warm-up, but at 4.50m I could really feel it," said Bleasdale, who revealed she had cleared 4.70m with ease during warm-up. "I've been watching the guys on the podium this week and I really wanted to be there, it really inspired me and ultimately you come to Championships to win medals, so I'm really happy."

Lawrence Okoye has in the past been a victim of his own inconsistency, but in Ostrava he was cool and collected. Like Bleasdale, the 19-year-old went to the Czech Republic with a fair bit of pressure on his shoulders having recently smashed the UK record and world age-19 best in the discus with 67.63m.

Also like Bleasdale, Okoye was the youngest finalist in his event, and he took an early lead in round two with 59.24m. He improved

to 60.70m in round three, which remained his best of the day as no other competitor broke the 60-metre barrier.

Ukraine's Mykyta Nesterenko, who has not quite lived up to the promise he showed when winning the world youth title at the same venue four years ago, threw 59.67m for silver with Norway's Fredrik Amundgard taking bronze (59.42m).

Okoye's team-mate Brett Morse had hoped to challenge for a medal, but the Welsh record-holder bombed out in qualifying with three no-throws.

"I'm disappointed with the distance but over the moon with the result," said the 6ft 6in Okoye, Britain's only male field event medallist in Ostrava. "I didn't throw well today but it's about winning titles and I think if I'd have been more relaxed I might have thrown better."

## Levine and Green blaze over one lap

HOPES were high in the 400m hurdles and there had been talk of a possible GB medal sweep, but in a final where all of the non-British competitors set PBs, Great Britain had to settle for gold and silver through Green and Nathan Woodward.

Woodward had been fastest in the semis, while Green conserved his energy for the final – a tactic that paid off as the training partner of European champion Dai Greene came through strong to win in 49.13 from Woodward's 49.28.

Green becomes the fourth Briton in a row to win this title after Rhys Williams in 2005, Greene in 2007 and Lloyd Gumbs in 2009. In a high-quality final, third Brit Niall Flannery finished eighth in 50.32 as Serbia's Emir Bekric took bronze with a national record of 49.61.

"It was always going to be close today and I think it always will be," said Green. "It's also a shame that Niall couldn't be up there with us, but he'll be back. Pretty much everything went to plan for me except for the last hurdle where my strides were off – that last hurdle was definitely the key moment in the race. I was also closer to Nathan than I'd normally be at halfway, but I had to be to be in with a chance of winning it."

The 400m flat was sweet redemption for Levine, who missed out on a medal when finishing fourth at the 2007 European Junior Championships and had to settle for silver at the European Under-23 Championships two years ago. But it was a close finish as his 46.10 was just good enough to hold off Ireland's Brian Gregan (46.12). Luke Lennon-Ford ensured two Brits made the podium, taking bronze in 46.22.

"I finished second last time and I really wanted to win it," said Levine. "I've been a bit nervous and I wasn't well at the start of the week, but if I didn't believe I could win, I wouldn't have come."

Great Britain ended the week on a high, taking gold in the final event of the championships – the men's 4x400m. Levine ran a



Jack Green: led British 1-2 in 400m hurdles

strong first leg to give the team an early lead. He handed over to Thomas Phillips – the sub-50 400m hurdler who missed out on an individual spot on the team due to the strength in depth of his specialist event – and he passed on to Jamie Bowie. Lennon-Ford then did enough on the last leg to secure the gold in 3:03.53 – the fastest time by a British under-23 quartet since 1992.

## Klishina and El-Sheryf dominate the jumps

WORLD indoor record-holder Teddy Tamgho had to withdraw from the triple jump after picking up a season-threatening ankle injury while warming up for the qualifying round. But even if the Frenchman had been fit for the final, he would have had to have been on top form to win.

Ukraine's Sheryf El-Sheryf produced one of the biggest shocks of not only this year's championships, but in the history of the event. The 22-year-old opened with a PB of 16.99m, which he extended to 17.04m in round two – a mark that remained the lead until the very last jump of the competition. With the gold medal guaranteed, El-Sheryf produced an astounding leap of 17.72m to obliterate his PB and smash the championship record by 15 centimetres, winning by almost a metre from Russia's Aleksey Fyodorov (16.85m).

Before the final, El-Sheryf's PB stood at 16.92m, while his pre-2011 best was 16.60m, set indoors three years ago. With

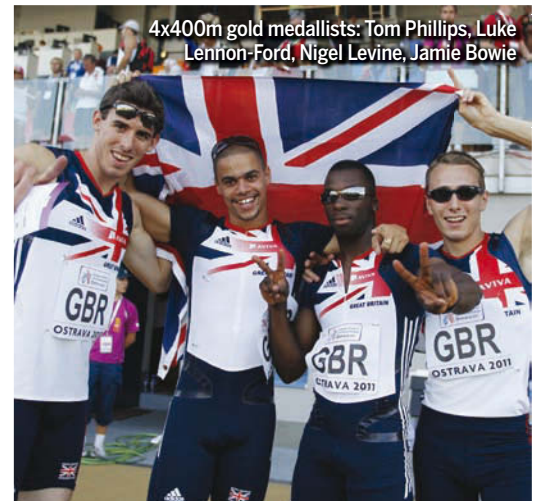


Sheryf El-Sheryf: surprise star of the weekend

his 17.72m. El-Sheryf now moves from 345th to 23rd on the world all-time list with a distance that Tamgho has only twice bettered outdoors. If the Ukrainian is able to replicate this kind of form next month, the World Championships triple jump final could be a three-horse race between Tamgho, El-Sheryf and Britain's Phillips Idowu.

The other outstanding quality event of the championships was the women's long jump. European indoor champion Darya Klishina went into the final as favourite, but still managed to surpass the lofty expectations as she set a PB and smashed the championship record with 7.05m in the first round.

It remained the best jump of the day as the Russian won by 31cm from Serbia's Ivana Spanovic and Germany's Sosthene Moguenara. The previous championship record of 6.86m was set eight years ago by Swedish heptathlon star Carolina Klufft.



4x400m gold medalists: Tom Phillips, Luke Lennon-Ford, Nigel Levine, Jamie Bowie



James Alaka: gold in 100m, silver in 200m

## Near double gold for Alaka, record for Hitchon

JAMES ALAKA maintained the trend of British 100m winners at the European Under-23 Championships with his victory in Ostrava, but just fell slightly short in the 200m in his quest for a sprint double.

Britain looked set for gold in the 100m half way through the final, but not from Alaka as team-mate Andrew Robertson had the early lead. But Alaka – who since 2009 has been studying in the USA at the University of Washington – moved into top gear in the closing stages, as did Italy's Michael Tumi. Alaka, 21, charged into the lead in the nick of time to take the win in 10.45 into a strong -1.5m/sec headwind.

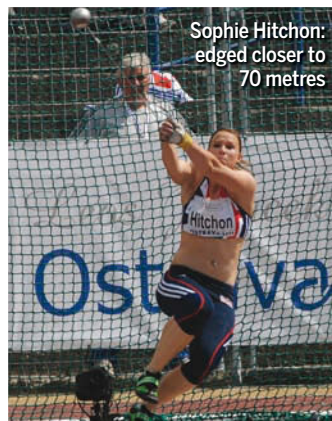
Robertson – who only finished fourth in his semi-final – finished third behind Tumi in 10.52. Not only is it the third consecutive European under-23 100m title won by a Briton, it is also the third time in a row in which Britain has had

at least two 100m medallists.

Just 24 hours after winning the 100m, Alaka won silver in the longer sprint. Greece's Likourgos-Stefanos Tsakonas, who was fastest in the semi-finals earlier in the day, once again came out on top with a PB of 20.56 (-1.4m/s). Alaka was close behind with 20.60, just 0.01 shy of the PB he set in the semis, while Pavel Maslak of the Czech Republic took bronze in 20.67, 0.04 ahead of Britain's Danny Talbot.

World junior champion Sophie Hitchon improved her own British record in the hammer to take bronze. Hitchon, the youngest of all the finalists, took an early lead with 67.95m and improved in round two with her best throw of the day, a national record of 69.59m.

But in that same round Romania's Bianca Perie moved into the lead with her 70.57m, improving to 71.59m in round four. Poland's Joanna Fidorow



Sophie Hitchon: edged closer to 70 metres

HANSE SJÖGREN

was the surprise package. She went into the championships with a PB of 66.82m, but improved to 68.97m in qualifying and then 70.06m in the final to take silver.

"I knew I was in PB shape so I'm pleased, but that 70m is becoming a bit of a barrier for me at the minute," said Hitchon. "I'm really pleased with how I've done though, that 70m will come eventually. The Polish girl threw an unbelievable PB – it was a really amazing throw so she deserved it."

### Best of the rest

TWO athletes won all four of the women's distance titles between them, but did so in very differing styles. Lays Abdullayeva decimated the field in the 10,000m to set a championship record of 32:18.05, having lapped all of her opponents.

Two days later, the Ethiopian-turned-Azerbaijani athlete won the 5000m. She broke away from the field early on and at one point was running at sub-15-minute pace. Unopposed, she faded slightly in the final few kilometres but won in 15:29.47 – 16 seconds ahead of Russia's Yekaterina Gorbunova.

Britain's Stevie Stockton reeled in the other Russian, Elena Korobkina, over the final few laps to take bronze with a PB of 15:58.51. Team-mates Hannah Walker and Emma Pallant both finished inside the top eight.

The other distance double came from European indoor 1500m champion Yelena Arzhakova, whose tactical nous shone through. The Russian went out hard in the 800m, passing half way in 58.61 as Britain's



Lynsey Sharp: PB for 800m silver

Lynsey Sharp held back. Even with just half a lap to go, Sharp looked out of it but she gritted her teeth and worked her way through the field as most of her opponents began to pay for the early hot pace.

Arzhakova held on for gold with a PB of 1:59.41, and with a late charge Sharp almost overtook Turkey's Merve Aydin for the silver, but ultimately finished third with a big PB of 2:00.65 – 1.3 seconds better than her previous best and almost four seconds faster than her pre-2011 PB.

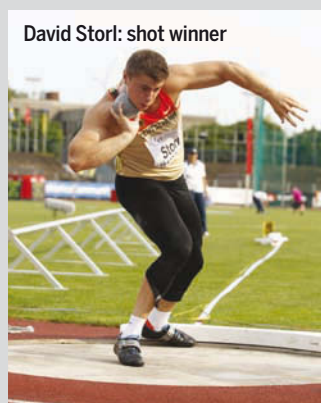
Arzhakova returned two days later to win a tactical 1500m in 4:20.55 as Britain's Stacey Smith finished seventh in 4:23.53, later admitting she got her tactics wrong.

James Shane came close to becoming the first British man to win the European under-23 1500m title, but in a tactical final he finished second behind Florian Carvalho of France, 3:50.42 to 3:50.58.

In the shorter men's middle-distance final, Poland's Adam Kszczot took an expected 800m victory in 1:46.71, although Spain's Kevin Lopez provided a stiff challenge on



Adam Kszczot: expected 800m gold



David Storl: shot winner

the second lap and finished just 0.22 behind. Britain's Mukhtar Mohammed ran a strong final 100m to grab the bronze in 1:48.01.

After Sondre Nordstad Moen's 10,000m gold on day one, team-mate Sindre Buraas made it a Norwegian distance double in winning the 5000m in 14:22.69. Britain's Ross Millington lost out in a sprint finish, crossing the line just 0.09 behind to take silver.

After gold and silver in the men's 400m hurdles, Meghan Beesley completed the set with bronze in the women's final. Ukraine expectedly



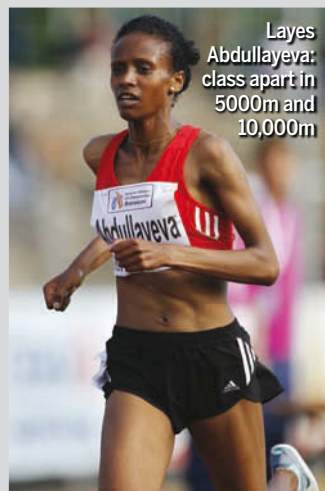
Meghan Beesley: smashed 56 seconds for first time

took gold and silver, although pre-event favourite Hanna Titimets was beaten to gold by team-mate Anna Yaroshchuk, 54.77 to 54.91. Beesley had the run of her life to take bronze in 55.69, smashing her PB.

Russia's Sergey Shubenkov exacted his revenge on Lawrence Clarke in the men's 110m hurdles after the Brit beat him to gold two years ago at the European Junior Championships. In Ostrava, Shubenkov came out on top with 13.56 (-0.4m/s), 0.02 ahead of Hungary's Balazs Baji as Clarke took bronze in a photo finish from France's Thomas Delmestre, clocking 13.62.

Germany's David Storl broke the competition record in the shot with 20.45m, and team-mate Julia Fischer won the discus (59.60m).

Having won gold in the men's 4x100m at the past two editions of the European Under-23 Championships, the pressure was on Great Britain in the sprint relay. Although they came close to matching the winning time from two years ago, their 39.10 was not quite enough for gold as Italy won in 39.05. Germany finished 0.09 behind Britain to take bronze.



Lays Abdullayeva: class apart in 5000m and 10,000m

**RESULTS**

(a= 14, b=15, c=16, d=17)

**Men: 100 (-1.5) (b):** 1 JAMES ALAKA 10.45; 2 M Tumi (ITA) 10.47; 3 ANDREW ROBERTSON 10.52; 4 F Basciani (ITA) 10.57; 5 D Obou (ITA) 10.59; 6 E Misans (LAT) 10.63; 7 D Karlik (HUN) 10.64; 8 E Viles (ESP) 10.69. **H1 (-0.4) (a):** 1 Basciani 10.50; 2 Karlik 10.52; 3 Viles 10.53; 4 ROBERTSON 10.54. **H3 (-0.9):** 1 ALAKA 10.49; 2 Obou 10.57. **200 (-1.4) (c):** 1 L-S Tsákonas (GRE) 20.56; 2 JAMES ALAKA 20.60; 3 P Maslák (CZE) 20.67; 4 DANIEL TALBOT 20.71; 5 A Linnik (BLR) 20.81; 6 S Colvert (IRL) 21.03; 7 A Wilson (SUI) 21.07; 8 I J Ramos (ESP) 21.11. **SF1 (0.8):** 1 ALAKA 20.59; 2 Linnik 20.64; 3 Wilson 20.68; 4 Colvert 20.76. **SF2 (-0.2):** 1 Tsákonas 20.57; 2 Maslák 20.66; 3 TALBOT 20.75; 4 Ramos 20.89. **Ht2 (-0.7):** 1 Maslák 20.99; 2 TALBOT 21.29. **Ht3 (-0.9):** 1 Linnik 20.87; 2 Wilson 21.13; 3 ALAKA 21.25. **400 (c):** 1 NIGEL LEVINE 46.10; 2 B Gregan (IRL) 46.12; 3 LUKE LENNON-FORD 46.22; 4 V Krasnov (RUS) 46.29; 5 M-I Anne (FRA) 46.32; 6 M Fórmanski (POL) 46.33; 7 Y Hutsoł (UKR) 46.56; 8 V Butrym (UKR) 46.96. **H1 (a):** 1 LENNON-FORD 46.60; 2 Butrym 47.25. **Ht2:** 1 LEVINE 46.22; 2 Gregan 46.32. **Ht3:** 1 Krasnov 46.25. **800 (b):** 1 A Kszczot (POL) 1:46.71; 2 K López (ESP) 1:46.93; 3 MUKHTAR MOHAMMED 1:48.01; 4 G Benedetti (ITA) 1:48.05; 5 M Scapini (ITA) 1:48.43; 6 A Lieghio (IRL) 1:48.77; 7 J Van Den Broeck (BEL) 1:49.41; 8 P Renaudie (FRA) 1:49.82. **Ht3:** 1 MOHAMMED 1:48.20; 2 Renaudie 1:48.20. **1500 (d):** 1 F Carvalho (FRA) 3:50.42; 2 JAMES SHANE 3:50.58; 3 D Bustos (ESP) 3:50.59; 4 A Vojta (AUT) 3:50.75; 5 J D'hoedt (BEL) 3:51.56; 6 T Benizit (GER) 3:51.76; 7 I Tukhtachev (RUS) 3:51.83; 8 A Imedio (ESP) 3:51.93; 9 C Ulus (TUR) 3:52.29; 10 K Kits (EST) 3:52.92; 11 S Maslov (UKR) 3:53.14; 12 M Tolstikhin (RUS) 3:53.25. **H1 (c):** 1 Tukhtachev 3:41.37; 2 Bustos 3:41.37; 3 Carvalho 3:41.54; 4 SHANE 3:41.55; 5 Ulus 3:41.67; 6 Benizit 3:41.82. **Ht2:** 1 D'hoedt 3:46.07; 2 Tolstikhin 3:46.09; 3 Kits 3:46.24; 4 Vojta 3:46.25; 5 Robinson 3:46.52; 6 A Lates (TUR) 3:46.80; 7 K Zebrowski (POL) 3:46.93; 8 V Corrales (ESP) 3:47.06; 9 B Cantero (FRA) 3:47.30; 10 DANIEL CLORLEY 3:47.74. **5000 (c):** 1 S Buraas (NOR) 14:22.69; 2 ROSS MILLINGTON 14:22.78; 3 J Van Der Wielen (NED) 14:23.31; 4 E Johansson (SWE) 14:24.44; 5 R Alraiz (ESP) 14:24.62; 6 I Tekele (ISR) 14:24.75; 7 R Ringer (GER) 14:24.86; 8 S Platonau (BLR) 14:26.18; 9 A El Mazouy (ITA) 14:27.90; 10 B Albuquerque (FRA) 14:29.01; 11 V Shalavov (RUS) 14:29.24; 12 ADAM BITCHELL 14:29.57; 13 S Denissel (FRA) 14:29.64; 14 A Hahn (GER) 14:30.09; 15 B Abdi (BEL) 14:30.52; 16 S Bouchikhi (BLR) 14:32.71; 17 M Cominotto (ITA) 14:36.82; 18 JOHN McDONNELL 14:40.31. **10,000 (a):** 1 S N Moen (NOR) 28:41.66; 2 A El Mazouy (ITA) 28:46.97; 3 M Roba-Kinkal (GER) 28:57.91; 4 R Pozdyaykin (RUS) 29:07.23; 5 V Shalavov (RUS) 29:15.84; 6 K Naert (BEL) 29:18.73; 7 S Garain (BEL) 29:25.47; 8 M Lundens (BEL) 29:26.49; 9 M Ekvall (SWE) 29:27.58; 10 S Platonau (BLR) 29:34.59; 11 C Ryffel (SUI) 29:35.32. **110H (-0.4) (c):** 1 S Shubenkov (RUS) 13.56; 2 B Baji (HUN) 13.58; 3 LAWRENCE CLARKE 13.62; 4 T Delmestre (FRA) 13.62; 5 A Dryomin (RUS) 13.74; 6 M Mazák (CZE) 13.81; 7 V Yukicevic (NOR) 13.90; 8 J Marquart (GER) 13.91. **SF1 (-0.8):** 1 Shubenkov

13.64; 2 CLARKE 13.65; 3 Delmestre 13.84; 4 Mazák 13.87. **SF2 (-0.9):** 1 Baji 13.68; 2 Dryomin (RUS) 13.72. **H1 (-0.3) (b):** 1 CLARKE 13.73; 2 Delmestre 13.87. **400H (c):** 1 JACK GREEN 49.13; 2 NATHAN WOODWARD 49.28; 3 E Bekric (SRB) 49.61; 4 N Andriyanov (RUS) 49.62; 5 H Grillas (FRA) 49.76; 6 D Gollnow (GER) 49.97; 7 T Koroknai (HUN) 50.28; 8 NIALL FLANNERY 50.32. **SF1 (b):** 1 WOODWARD 49.59; 2 Andriyanov 50.12. **SF2:** 1 FLANNERY 50.16; 2 Koroknai 50.31. **SF3:** 1 Bekric 50.41; 2 GREEN 50.86. **Ht2 (a):** 1 FLANNERY 51.14. **Ht4:** 1 GREEN 51.23. **Ht5:** 1 WOODWARD 50.85. **3000SC (d):** 1 S Martos (ESP) 8:35.35; 2 A Merzougui (ESP) 8:36.21; 3 A Ghinea (ROU) 8:38.51; 4 A Abadia (ESP) 8:41.82; 5 P Nasti (ITA) 8:42.37; 6 T Pepiot (FRA) 8:43.48; 7 K Zalewski (POL) 8:45.33; 8 T E Kårbø (NOR) 8:46.96; 9 E Senorski (SWE) 8:50.02; 10 L Oslizlo (POL) 8:52.38; 11 B Karus (GER) 8:56.80; 12 H Duvar (TUR) 9:05.66. **4x100 (d):** 1 Italy 39.05; 2 GREAT BRITAIN & NI 39.10 (ANDREW ROBERTSON, KIERAN SHOWLER-DAVIS, RICHARD KILTY, DANIEL TALBOT); 3 Germany 39.19; 4 Poland 39.40; 5 Czech Republic 39.41; 6 Netherlands 39.60; Greece DNF; France DQ. **Ht1:** 1 Germany 39.47. **Ht2:** 1 GREAT BRITAIN & NI 39.31 (ANDREW ROBERTSON, KIERAN SHOWLER-DAVIS, RICHARD KILTY, DEJI TOBAS); 2 Italy 39.45; 3 Czech Republic 39.89. **4x400 (d):** 1 GREAT BRITAIN & NI 3:03.53 (NIGEL LEVINE, THOMAS PHILLIPS, JAMIE BOWIE, LUKE LENNON-FORD); 2 Poland 3:03.62; 3 Russia 3:04.01; 4 France 3:04.04; 5 Germany 3:04.93; 6 Spain 3:07.58; 7 Latvia 3:08.42; 8 Italy 3:09.07. **H1 (c):** 1 GREAT BRITAIN & NI 3:06.77; (LOUIS PERSENT, THOMAS PHILLIPS, HARRY DORAN, JAMIE BOWIE); 2 Russia 3:07.79. **HJ (d):** 1 B Bondarenko (UKR) 2.30 (2.10, 2.18, 2.21, 2.24, 2.26, 2.28, 2.30, 2.32xxx); 2 S Mudrov (RUS) 2.30; 3 M A Sancho (ESP) 2.21; 4 S Kiecana (POL) 2.21; 5 M Fassinotti (ITA) 2.21; 6 J Rutkowski (POL) 2.21; 7 K Foroughi (IRL) 2.18; 8 M Bubenik (SVK) 2.18; 9 A Melon (CRO) 2.18; 10 M Salomon (FRA) 2.14; 11 S Birinci (TUR) 2.14; 12 A Naumovich (BLR) 2.14. **GpA (b):** 1 J Mudrov 2.14; eq2 Foroughi/Rutkowski 2.14; 4 Bubenik 2.11; 5 E Svensson (SWE) 2.08; eq6 D Amels (NED)/DAVID SMITH 2.08. **GpB:** eq1 Bondarenko/Kiecana 2.14; eq3 Birinci/Fassinotti/Melon/Salomon 2.11; 7 Sancho 2.11; 8 Naumovich 2.11; 9 K Nilsen (NOR) 2.08. **PV (c):** 1 P Wojciechowski (POL) 5.70 (5.40xo, 5.55xo, 5.65o, 5.70o, 5.75x, 5.85xx); 2 K Dilla (GER) 5.60; 3 D Zhelyabin (RUS) 5.55; 4 C M Stechik (ITA) 5.55; 5 A Ivakin (RUS) 5.50; 6 R Holzdepp (GER) 5.50; 7 I Yeryomin (UKR) 5.30; 8 R Jørgensen (DEN) 5.30; 9 P Pujats (LAT) 5.30. **LJ (b):** 1 A Menkov (RUS) 8.08/0.1 (7.36/0.2, 7.90/1.5, 7.9/0.7, 8.08/0.1, x, x); 2 M Chuva (POR) 7.94/0.6; 3 G Victorin (FRA) 7.86/1.8; 4 D Aucunya (LTU) 7.81/1.0; 5 E Misans (FRA) 7.57/0.2; 6 R Ollikainen (FIN) 7.71/0.6; 7 A Camara (GER) 7.71/0.6; 8 E Cáceres (ESP) 7.64/1.1; 9 O Huet (FRA) 7.57/0.2; 10 N Stempnick (BEL) 7.54/0.6; 11 K Podgórski (POL) 7.47/0.8; 12 M Vadeikis (LTU) 7.44/0.9. **TJ (d):** 1 S El-Sheryf (UKR) 17.72/1.3 (16.99/1.2, 17.04/1.7, 16.88/1.0, x, x, 17.72/1.3) (CBP); 2 A Fyodorov (RUS) 16.85/1.3; 3 Y Kovalyov (RUS) 16.82/2.3; 4 D Greco (ITA) 16.55/2.3; 5 A G Baciu (ROU) 16.44/1.6; 6 Z Atanasov (BUL) 16.39/1.6; 7 Y Zhukov

(RUS) 16.31/1.8; 8 D Aucunya (LTU) 16.25/2.9; 9 I Syuin (EST) 16.25/1.2; 10 K Hoffmann (POL) 16.21/1.4; 11 P Volou (CYP) 15.49/0.9; 12 N Lenard (ROU) 15.29/0.7. **GpA (c):** 1 Fyodorov 16.43/1.3. **GpB:** 1 El-Sheryf 16.45/-0.1; 2 Syuin 16.32/0.9. **SP (a):** 1 D Stori (GER) 20.45 (x, x, 19.79, x, 20.45, x) (CBP); 2 D Savytysky (UKR) 19.18; 3 M Premeru (CRO) 18.83; 4 M Stasek (CZE) 18.43; 5 L Práslil (CZE) 18.41; 6 P Cronie (NED) 18.38; 7 H Müller (GER) 18.37; 8 S Bakhar (BLR) 18.29; 9 H Pakisjärvi (FIN) 18.14; 10 M Bedewitz (GER) 17.80. **DT (d):** 1 LAWRENCE OKOYE 60.70 (53.97, 59.24, 60.70, 56.39, x, 57.49); 2 M Nesterenko (UKR) 59.67; 3 F Amundgård (NOR) 59.42; 4 M Premeru (CRO) 58.93; 5 C Harting (GER) 58.65; 6 D Jasinski (GER) 57.71; 7 G Wolf (GER) 57.34; 8 T Vonavka (CZE) 56.43; 9 M Dvornikov (RUS) 56.41; 10 Y Trémos (GER) 55.08. **GpA (c):** 1 OKOYE 59.97; 2 Jasinski 59.84; 3 Wolf 59.19; 4 Seres 59.09. **GpB:** 1 Nesterenko 59.00; 2 Trémos 58.06; BRETT MORSE NM. **HT (d):** 1 P Fajdek (POL) 78.54 (72.66, 76.74, 78.54, 77.21, 77.52, 77.54); 2 Cienfuegos (EST) 73.03; 3 A Dubitski (BLR) 72.52; 4 M Johansson (SWE) 72.27; 5 W Nowicki (POL) 72.20; 6 S Kalamoyets (BLR) 71.84; 7 A Martynuk (UKR) 71.47; 8 A Hudi (HUN) 70.75; 9 A Kochnev (RUS) 70.67; 10 D Szabó (HUN) 70.62; 11 N Rauhub (POL) 70.44; 12 E Henriksen (NOR) 69.89. **JT (c):** 1 T Wöschler (GER) 84.38 (84.38, 77.19, x, -, -); 2 F Avan (TUR) 84.11; 3 D Tarabin (RUS) 83.18; 4 K Amb (SWE) 79.48; 5 L Grzeszczuk (POL) 79.02; 6 S Lehtola (FIN) 78.50; 7 T Röhler (GER) 78.20; 8 D Kosyynsky (UKR) 78.09; 9 T Laanmäe (EST) 73.20; 10 K Szalecki (POL) 71.94. **Dec (a/b):** 1 Tat Van Der Plaetsen (BEL) 8157 (11.29/-1.9, 7.68/1.3, 13.31, 2.07, 48.64, 14.68/-0.9, 37.73, 5.10, 63.57, 4.35/84); 2 E Mikhan (BLR) 8152; 3 M Dudaš (SRB) 8117; 4 A D Helcelet (CZE) 7966; 5 I Shkurenov (RUS) 7894; 6 K Kazmierczak (GER) 7800; 7 D Distelberger (AUT) 7735; 8 P Osion (SWE) 7724. **20km Walk (d):** 1 P Bogatyrev (RUS) 1:24:20; 2 D Tomala (POL) 1:24:21; 3 D Strelkov (RUS) 1:24:25; 4 V Filipchuk (RUS) 1:24:30; 5 M Helebrandt (HUN) 1:25:14; 6 F Tontodonati (ITA) 1:26:07; 7 V-M Partanen (FIN) 1:26:37; 8 R Macchia (ITA) 1:28:31

**Women: 100 (-1.7) (b):** 1 A Ograzeanu (ROU) 11.65; 2 D Pizhankova (UKR) 11.69; 3 L Günther (GER) 11.75; 4 A Kielbasinska (POL) 11.77; 5 E Gaydu (FRA) 11.79; 6 V Pytachenko (UKR) 11.90; 7 Y Filatova (RUS) 12.01; 8 J Saint-Marc (FRA) 32.85. **200 (-1.0) (c):** 1 D Pizhankova (UKR) 23.20; 2 A Kielbasinska (POL) 23.23; 3 M Hjelmert (SWE) 23.24; 4 M Dopheide (NED) 23.32; 5 K Vassel (NED) 23.61; 6 A Hagen (NED) 23.62; 7 A Ograzeanu (ROU) 23.69; 8 M Opon (POL) 23.95. **SF1 (0.6):** 1 Hjelmert 23.20; 2 Dopheide 23.35; 3 Hagen 23.39; 4 Ograzeanu 23.51; 5 Opon 23.62; 6 E Garcia (ESP) 23.87. **SF2 (0.7):** 1 Pizhankova 23.26; 2 Kielbasinska 23.40; 3 Vassel 23.70; 4 J Gasser (SUI) 23.81; 5 E Gaydu (FRA) 23.82; 6 N Whelan (IRL) 23.92; 7 EMILY DIAMOND 23.98; 8 M Panteleyeva (RUS) DNF. **Ht1 (-2.1) (b):** 1 Hjelmert 23.62. **Ht4 (-1.4):** 1 Hagen 23.87; 2 DIAMOND 23.96. **400 (c):** 1 O Topilskaya (RUS) 51.45; 2 Y Terekhova (UKR) 52.63; 3 L Schmidt (GER) 52.66; 4 M Redif (TUR) 53.08; 5 A Lohvynenko (UKR) 53.43; 6 M Gayot (FRA) 53.86; 7 L Kloster (NOR) 54.18; 8 Dopheide (NED) DQ. **800 (b):** 1 Y Arzhakova (RUS) 1:59.41; 2 M Aydin

(TUR) 2:00.46; 3 LYNSEY SHARP 2:00.65; 4 A Bulanova (RUS) 2:01.40; 5 A Kesselring (GER) 2:02.97; 6 S Büchel (SUI) 2:04.25; 7 K Broniatowska (POL) 2:04.62; 8 M Lavric (ROU) 2:12.99. **Ht1 (a):** 1 Merve 2:04.48; 2 SHARP 2:04.58. **1500 (d):** 1 Y Arzhakova (RUS) 4:20.55; 2 T Karakaya (TUR) 4:20.80; 3 C Harrer (GER) 4:21.52; 4 K Broniatowska (POL) 4:22.06; 5 D Urbanik (POL) 4:22.37; 6 D Sujew (GER) 4:22.89; 7 STACEY SMITH 4:23.53; 8 E Sujew (GER) 4:23.88; 9 L De Grande (BEL) 4:25.24; 10 S Treacy (IRL) 4:25.97; 11 D Cunha (POR) 4:27.89; 12 V Pohorylska (UKR) 4:28.40. **Ht1 (c):** 1 Karakaya 4:08.63; 2 Arzhakova 4:08.77; 3 Harrer 4:08.94; 4 Urbanik 4:09.04; 5 Sujew 4:09.13. **Ht2:** 1 Sujew 4:14.85; 2 Broniatowska 4:14.89; 3 SMITH 4:15.05. **5000 (d):** 1 L Abdullayeva (AZE) 15:29.47; 2 Y Gorbunova (RUS) 15.45; 3 STEVIE STOCKTON 15.58.51; 4 C Calvin (FRA) 16:02.07; 5 O Skrypak (UKR) 16:05.65; 6 B Mimic (SRB) 16:08.94; 7 EMMA PALLANT 16:12.57; 8 HANNAH WALKER 16:13.06; 9 J J Soethout (GER) 16:24.00; 10 E Korobkina (RUS) 16:27.92; 11 M Barinová (CZE) 16:35.82; 12 M Matosevic (CRO) 16:38.59. **10,000 (b):** 1 L Abdullayeva (AZE) 32:18.05 (CBP); 2 L Kovalenko (UKR) 33:35.36; 3 C Ribeiro (POR) 34:10.39; 4 L Hahner (GER) 34:12.05; 5 O Rebouli (GRE) 34:15.15; 6 M Matosevic (CRO) 34:28.94; 7 C S Rocha (POR) 34:46.29; 8 V Malevich (BLR) 34:46.79. **100H (-1.0) (c):** 1 A Talay (BLR) 12.91; 2 L Urech (SUI) 13.00; 3 C Roleder (GER) 13.10; 4 A Diawara (FRA) 13.26; 5 N Argunova (RUS) 13.26; 6 O Yanovska (UKR) 13.49; 7 Y Toure (FRA) 13.62; 8 A Jerez (ESP) 13.81; 5 I Loncarec (CRO) 13.81. **H3 (-0.6):** 1 Talay 13.05; 2 Zagreb 13.26; 3 Toure 13.38; 4 M Murphy (IRL) 13.79; 5 E Tuveson (SWE) 13.90; 6 E Nicolau (CYP) 14.55. **400H (c):** 1 A Yaroshchuk (UKR) 54.77; 2 V Titimets (UKR) 54.91; 3 MEGHAN BEESLEY 55.69; 4 V Barbosa (POR) 55.81; 5 J Barr (IRL) 56.62; 6 C Klopsch (SWE) 57.05; 7 V Arrieta (SUI) 57.43; 8 M Koscielniak (POL) 57.99. **Ht1 (a):** 1 Titimets 56.22; 2 Barbosa 56.70; 3 Koscielniak 57.20. **Ht2:** 1 BEESLEY 57.38. **3000SC (c):** 1 G Mingir (TUR) 9:47.83; 2 P Sussmann (GER) 9:48.01; 3 M Shatalova (UKR) 9:48.22; 4 M Szlezak (POL) 9:48.77; 5 M Tresch (SUI) 9:51.96; 6 ELLISH McCOLGAN 9:52.02; 7 G Martinelli (ITA) 9:53.12; 8 E Krchová (CZE) 9:54.71; 9 P Jelizarova (LAT) 9:56.8; 10 L Sekanová (CZE) 10:07.61. **Ht1 (a):** 1 Krchová 9:55.99. **Ht2:** 1 Mingir 10:01.18; 2 Szlezak 10:03.00; 3 McCOLGAN 10:03.19. **4x100 (d):** 1 Ukraine 44.00; 2 Russia 44.14; 3 France 44.26; 4 GREAT BRITAIN & NI 44.34 (ANNABELLE LEWIS, EMILY DIAMOND, TOREMA THOMPSON, ASHA PHILIP); 5 Italy 44.41; 6 Netherlands 44.61; 7 Poland 44.67; 8 Czech Republic 45.31. **Ht1:** 1 GREAT BRITAIN & NI 44.42 (ANNABELLE LEWIS, EMILY DIAMOND, TOREMA THOMPSON, ASHA PHILIP); 2 Ukraine 44.56. **4x400 (d):** 1 Russia 3:27.72; 2 Ukraine 3:30.13; 3 France 3:31.73; 4 Poland 3:36.42; 5 Romania 3:36.76; 6 Portugal 3:37.28; 7 Norway 3:40.10. **HJ (c):** 1 E Petre (ROU) 1.98 (1.80, 1.84o, 1.87o, 1.90o, 1.92xo, 1.94o, 1.96xxo, 1.98xxo, 2.00xxx) (CBP); 2 O Okuneva (UKR) 1.94; 3 B

Ayhan (TUR) 1.94; 4 T Angelsen (NOR) 1.92; 5 M Ogradnik (POL) 1.92; 6 Y Kostrova (RUS) 1.92; 7 A Šimić (CRO) 1.90; 8 M-L Jungfleisch (GER) 1.87; 9 H Van Hesseche (BEL) 1.87; 10 A Shorstova (RUS) 1.84. **PV (d):** 1 HOLLY BLEASDALE 4.55 (4.30o, 4.45xo, 4.50o, 4.55o, 4.65xxx); 2 E Stefanidi (GRE) 4.45; 3 A Roloff (GER) 4.40; 4 A K Schmid (SUI) 4.30; 5 M Dahlström (SWE) 4.25; 6 A Savchenko (RUS) 4.20; 7 D Groot (NED) 4.20; 8 L Schilder (NED) 4.20; 9 V Von Eynatten (GER) 4.00; 10 G Benecchi (ITA) 3.90; 11 L Mánou (GRE) 3.90; K Bauer (GER) NM. **GpA (b):** 1 Roloff 4.15; eq2 Schmid/Stefanidi 4.15; eq4 Benecchi/Schilder 4.15. **GpB:** 1 BLEASDALE 4.15 (4.05o, 4.10o, 4.15o); 2 Groot 4.15; 3 Savchenko 4.15; 4 Dahlström 4.15; 5 Von Eynatten 4.15; 6 Mánou 4.15. **LJ (d):** 1 D Kliskina (RUS) 705/1.1 (705/1.1, x, 6.53/1.3, x, -, 6.71/1.3); 2 I Španovic (SRB) 6.74/3.2; 3 S T Moguenara (GER) 6.74/1.8; 4 A Jagaciak (POL) 6.62/1.8; 5 M Griva (LAT) 6.59/2.0; 6 N Mironchuk-Ivanova (BLR) 6.54/2.75; 7 L Strati (ITA) 6.36/1.6; 8 Y Gubar (RUS) 6.27/0.8; 9 M Azpeitia (ESP) 6.26/0.5; 10 N Panayi (CYP) 6.12/1.6. **GpA (c):** 1 Kliskina 6.81/-0.8. **TJ (b):** 1 P Papahristou (GRE) 14.40/1.2 (14.40/1.2, x, x, 13.98/1.2, -, -); 2 T Corma (ROU) 13.92/0.0; 3 A Jagaciak (POL) 13.86/0.0; 4 J Elbe (GER) 13.73/0.7; 5 H Knyazheva (UKR) 13.61/1.1; 6 E D'elicio (ITA) 13.57/1.2; 7 M Azpeitia (ESP) 13.47/0.9; 8 S Denyayeva (RUS) 13.31/1.2. **SP (b):** 1 Y Kolodko (RUS) 18.87 (17.10, 18.22, 17.83, x, 18.84, 18.87); 2 S Kleeborg (GER) 17.92; 3 M Boekelman (NED) 17.88; 4 P Guba (POL) 17.17; 5 A Márton (HUN) 17.09; 6 H Obleshchuk (UKR) 16.87; 7 O Sviridova (RUS) 16.81; 8 S Burkhardt (GER) 16.38. **DT (b):** 1 J Fischer (GER) 59.60 (56.31, 56.45, 57.97, 57.90, 56.98, 59.60); 2 N Kashtanava (BLR) 56.25; 3 A Márton (HUN) 54.14; 4 C Anagnostopoulou (GRE) 53.43; 5 I Rodrigues (POR) 52.71; 6 D Apostolico (ITA) 51.63; 7 G Glatre (FRA) 50.88; 8 A-K Weller (GER) 50.32. **HT (c):** 1 B Perie (ROU) 71.59 (67.83, 70.57, 69.38, 71.59, 69.60, 68.61) (CBP); 2 J Fiodorov (POL) 70.06; 3 SOPHIE HITCHON 69.59 (67.95, 69.59, 63.13, 68.68, 67.77) (NR); 4 K Safránková (CZE) 67.94; 5 J Guehaseim (FRA) 67.09; 6 A Kastrova (BLR) 65.09; 7 J Králová (CZE) 65.05; 8 J Ozorai (HUN) 63.48; 9 G Wolfarth (GER) 63.30; 10 T Raad (NOR) 62.73. **GpA (b):** 1 Fiodorov 68.97; 2 Safránková 66.55; 3 Králová 66.44; 4 HITCHON 66.02 (x, 66.02, x); **GpB:** 1 Perie 69.12; Guehaseim 65.75. **JT (c):** 1 S Mayer (GER) 59.29 (52.41, 58.48, 55.20, 59.29, 53.94, 57.82); 2 V Rebryk (UKR) 58.95; 3 O Sormunen (FIN) 58.54; 4 S Utraiainen (FIN) 56.25; 5 H Hatsko (UKR) 55.58; 6 A Wessman (SWE) 55.50; 7 T Jelaca (SRB) 55.44; 8 L Schol (NED) 53.77. **Hep (c/d):** 1 G Šadeiko (EST) 6134 (13.68/0.4, 1.78, 12.35, 24.44/-1.4, 6.20/2.3, 47.93, 2:21.57); 2 K Čachová (CZE) 6123; 3 Y Maksimava (BLR) 6075; 4 A Belyakova (RUS) 6010; 5 C Schäfer (GER) 5941; 6 A Fyodorova (UKR) 5896; 7 K Savitskaya (RUS) 5834; 8 J Nagy (ROU) 5772. **20km Walk (d):** 1 Mineyeva (RUS) 1:31:42; 2 N Okhotnikova (RUS) 1:31:51; 3 J Takács (ESP) 1:31:55; 4 A Palmisano (ITA) 1:36:26; 5 E Giorgi (ITA) 1:38:41; 6 A Kažemaka (POL) 1:39:36; 8 E Menuet (FRA) 1:41:52; 9 G Enache (ROU) 1:43:56; 10 M Jasinska (POL) 1:44:18

# SALISBURY 5-4-3-2-1

## Trail Marathon & 10/20/30/50k

MT Run/walk in Historic Wessex  
**SUNDAY 14th AUGUST 2011**

UK Athletics Licence 2011-102447

Chip Timing

**42k Run starts 09:30**

50k/09:00 30k/10:00 20k/10:30 10k/11:00

From Fire Station Salisbury  
Wiltshire SP2 7TN

Entry Fees ~ Runners £17 (£15 Club) ~ Walkers £7,  
\*Late entry + £3

On line @ [www.salisburyfirestation.info](http://www.salisburyfirestation.info)

Event Director Salisbury Fire Station Ashley Road  
Salisbury Wiltshire SP2 7TN

Medals & Certificates to all finishers

01722-332211

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BIRCHFIELD



## Birchfield Harriers Open Meeting

Saturday 27th August, 2011

### AT ALEXANDER STADIUM

U11	75m, 150m, 600m, Long Jump
U13G	75m, 150m, 800m, 1200m LJ HJ Shot
U13B	100m, 200m, 800m, 1500m, LJ HJ Shot
U15	100 200(G) 400(B) 800 1500 LJ HJ TJ Shot Disc Jav
U17	100 300(W) 400(M) 800 Mile LJ HJ TJ Shot Disc Jav
U20	400m, 800m, 1 mile, LJ HJ TJ Shot Discus Javelin
3/400h	300mH, U17W, 400mH, U17M, SM, SW
Sen/U20	100/200 challenge – combined 100/200 times
Senior	400m, 800m, 1 mile, HJ LJ TJ Shot Discus Javelin
4x100m	U15B/G, U17M/W, SW/SM, EOD only
Walks	2k walk U17 & vets      3k walk Seniors (A standard)

Separate Masters/Vets events if sufficient entries.

Entry forms from website: [www.birchfieldharriers.net](http://www.birchfieldharriers.net)  
or phone 0121 344 4858 or 01543 820907

E-mail: [stuart.paul@usa.net](mailto:stuart.paul@usa.net)

Electronic Timing – EDM –

Closing date: Friday 19th August, 2011

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2012  
one year to go

# Rise to the 2012 challenge!

WITH ONE YEAR TO GO, ATHLETICS CONTINUES TO STRIVE TO MAKE THE MOST OF LONDON 2012

IN July 2005, when London won the right to stage the Olympics, *Athletics Weekly* asked the following question on its front cover: "Can athletics meet the 2012 challenge?"

Inside the issue, UKA chief executive Dave Moorcroft told *AW* that Seb Coe's 2012 bid team had showed what can be achieved when people work together.

"Athletics," he said, "has a reputation of being the most fractured of sports. There is a lack of desire to be unified and the sport has never been comfortable with the relationships within it."

Clubs, schools, coaching and the possible role of the Olympic Stadium in the future of the sport were all vital factors, Moorcroft explained. But he added: "We need athletes, coaches and volunteers to wake up every day telling themselves that the London Olympics in 2012 is their goal."

Since then, Moorcroft, Dave Collins and others have been replaced at UKA by a new generation of coaches of administrators – most notably Niels de Vos, Ed Warner and Charles van Commenee.

Recent years have seen elite athletes increasingly brought together to train in high performance centres, while England Athletics and other home country organisations have worked hard to make the most of the "2012 effect" at grassroots.

Now, we have one year before the start of the Olympic Games, so the question is: has athletics risen to the 2012 challenge?

Is the GB elite team stronger than it was six years ago? With Jessica Ennis and Phillips Ildowu leading the way, together with six UK records this summer – half of them set by 19-year-olds – then the answer is undoubtedly yes.

Does the next generation of athletes look promising? Absolutely – just look at the superb results from the recent IAAF World Youth Championships and European Under-23 Championships and judge for yourself.

Are the clubs and leagues stronger than they were six years ago? That is more debatable, although England Athletics has made strides in this area with initiatives such as its Athletics Networks. Similarly, it is hard to tell whether athletics has gained a stronger foothold in schools, despite the good work being done by governing bodies and sponsors such as Aviva.

Are track and field facilities better nowadays? They are far from perfect universally, but there is no doubt that new and improved indoor training facilities exist. The Olympic Stadium is also, hopefully, going to be a huge boost for athletics after 2012.

All this has been achieved with still a year to go. The most important year of all, too.

Jason Henderson, Editor

## London 2012 special contents

THIS special 26-page section of this week's *Athletics Weekly* celebrates the 'one-year-to-go' milestone with a series of London 2012-related features. They include:

- » **The story so far:** Danny Collins looks at the key dates and events during London's journey to stage the Games.
- » **Who will light the flame at the opening ceremony?** We look at the main contenders.
- » **Gold medal predictions:** With one year to go, Steven Mills picks his London 2012 winners.
- » **Ticketing controversy:** Two readers debate whether hardcore fans should have had priority treatment.
- » **UKA's Ed Warner tells Jason Henderson** why the governing body is keen to avoid a post-Games hangover.
- » **If Olympic hopefuls fail in London, don't despair:** Mel Watman explains that there is often a great life after athletics.
- » **One of Britain's oldest Olympians, Jack Braughton,** is interviewed.
- » **Club focus:** An in-depth look at one of the clubs who hope to benefit most from the 2012 effect, **Woodford Green with Essex Ladies.**

# LONDON 2012

WITH ONE YEAR TO GO, THE BUILD-UP TO THE LONDON OLYMPICS HAS BEEN A ROLLER COASTER RIDE SO FAR, WRITES **DANNY COLLINS**

## the story so far

**T**EN YEARS is a long time in the life of any sport. For athletics, it is an eternity. From the humiliation sustained by the Picketts Lock fiasco to the very cusp of "the greatest show on earth", British athletics has provided its followers with the full spectrum of emotions down the years. Here we chart the events, performances and individuals that have left an indelible mark upon the build-up to London 2012.

### October 4, 2001

#### Picketts Lock bombshell

THE embryonic plans of a bid for the 2012 Olympics were almost brought to an abrupt standstill before they could begin in 2001 when Britain handed back the responsibility of holding the 2005 World Championships in Picketts Lock, north London, to the IAAF. Cue a wave of indignation and embarrassment as many people asked: "If London cannot organise a World Championships, how could it host an Olympics?"

The Labour Government cited the rapidly spiralling costs of a new 43,000-seater stadium as unacceptable, with Sheffield's Don Valley Stadium being mooted as a possible successor. The IAAF did not take kindly to such a suggestion, stating: "Like the Olympics, if you change the city you change everything."

They were not alone in their



Seb Coe: brushed aside the disappointment of the cancelled Picketts Lock plans to front London 2012's Olympic bid

disappointment. A bemused Sebastian Coe gave a damning verdict: "People abroad must be looking at us with incredulity, and if I was sitting on the IAAF committee I'd genuinely wonder if we in Britain were capable of operating a wheel stall."

Coe would go on to dispel such fears, and in the year London had been expected to host the World Championships he would prove vital in helping to secure the city the greatest sporting event of them all.

### July 15, 2003

#### Big bid deadline

THIS was the deadline to submit a bid to the IOC and London found competition from Madrid, New York, Paris, Moscow, Havana, Istanbul, Leipzig and Rio de Janeiro.

### May 18, 2004

#### Then there were five

THE IOC reduced the nine contenders to just five cities: London, Moscow, Paris, New York and Madrid.

### July 6, 2005

#### London's bid victory

LONDON made history on July 6, 2005, in Singapore when it was announced as the host for the 2012 Olympics – the first city to host the Games three times, following 1908 and 1948.

Previous failed bids for an Olympics in Birmingham and Manchester had shown beyond doubt that London was the only feasible location for a Games, and so it would prove as the Government backed the London bid in May 2003.

During a tumultuous process in which London had long been in the shadow of the frontrunner, Paris, a late surge saw the London bid, led by Coe, secure the Games. Much weight was given to the theory that the last-minute campaigning of Tony Blair and David Beckham had won the Games for London. This would be to do a great disservice to a bid, first conceived by the BOA in 1997, which formulated the powerful idea of a legacy for the Games.

Following the resignation of Barbara Cassani in 2004 as the bid's chairman, Coe took the reins and successfully led the London bid to a four-vote victory over Paris in the final round of voting. Coe would go on to oversee the deliverance of the ideas he had so passionately impressed upon the IOC.

Coming only four years after London had handed back to the IAAF the responsibility for hosting the 2005 World Championships, the awarding of the Olympics in 2005 was a turnaround of remarkable gravity.

There was bad news, though, when the bid victory was overshadowed by terrorist attacks in London on July 7.



Seb Coe on his way to delivering London's bid



Controversial: London 2012 logo



**June 4, 2007**

**Logo splits opinion**

THERE was uproar as a controversial Olympic logo was unveiled. The design divided opinion and led to strong criticism in some quarters.

London 2012 organisers, however, insisted it was a modern and flexible design that was aimed mainly at the younger generation.

**May 2008**

**Stadium work begins**

ALMOST as if the Olympic organisers were intent on proving that London would deliver upon all of its promises, work began on the Olympic Stadium in Stratford three months early in mid-2008.

The laying of foundations for the £496m stadium began after the process of removing thousands of tonnes of contaminated soil had been completed ahead of schedule.



A star is born: Usain Bolt shocks the world at the 2008 Olympics



Man in charge: Charles van Commenee was appointed head coach of UKA in 2008

**August 2008**

**Bolt from the blue**

A TIME of 9.69 seconds was all it took to put athletics back on the map. When Usain Bolt stormed to the Beijing Olympic 100m gold, he not only redefined what was thought possible, but he also re-introduced an exhilaration the sport had so urgently needed since the days of Carl Lewis and Daley Thompson. Millions of floating athletics fans around the world returned to the sport, astounded by what the Jamaican, who few outside of athletics circles had heard of before, had achieved.

Bolt, of course, was far from a new kid on the block. The youngest world junior

champion in history, he had for long been predicted great things – the real shock came in how quickly his talent blossomed, and blossom it did. Following a 9.72 world record run early in the season, he would prove a man for the big occasion, taking three world records and three gold medals in front of over a billion viewers around the globe.

It wasn't only his supreme talent that delighted fans, either. His demeanour, relaxed yet controlled, endeared him to a new generation of fans, and gave athletics the front pages for the right reasons.

His exploits, allied with his fascinating rivalry with the brilliant Tyson Gay, will provide London with the expectation and electricity it will need to become a truly great Olympics.

When Beijing ended, too, it was a crucial moment for London as the baton of responsibility very much passed to the British city in that moment and the glare of the spotlight moved away from China and toward the 2012 host.

**September 2008**

**New chief coach for UKA**

THE English football team has made a habit of appointing expensive foreign coaches to no avail in recent years. Their athletics counterparts have proved much more successful following the appointment of Charles Van Commenee as head coach in 2008.

The Dutchman, who coached Kelly Sotherton and Denise Lewis to Olympic heptathlon bronze and gold medals respectively, as well as leading the Dutch team to their second best Olympic performance in 2008, has proved himself a tough taskmaster. Only last week he

MARK SHEARMAN

MARK SHEARMAN

announced that British athletes would not attend the Olympic opening ceremony.

A public disagreement with Phillips Idowu following his withdrawal from the European Team Championships does a disservice to a man who inspires great confidence and loyalty from his athletes. Van Commenee has made a habit of identifying the major problems facing British athletics, and he is beginning to see the fruits of his labour present themselves as 2012 approaches.

Where Britain missed out on its target of five medals in Beijing, a strong nucleus of truly world-class talent accompanied by a larger group of potential medal hopes has been assembled by Van Commenee. Dai Greene, Jess Ennis, Mo Farah and Idowu provide the real possibility of gold medals in Stratford, with a supporting cast of Jenny Meadows, Perri Shakes-Drayton, Chris Tomlinson and Greg Rutherford likely to challenge for podium positions.

Van Commenee will be tasked with ensuring that Britain's athletes retain their focus as the pressure of 2012 mounts, and for this reason alone he will be integral to the success of the Games.

## August 2009

### Jessica Ennis comes of age

SYDNEY had Cathy Freeman, Beijing had Liu Xiang and London will have Jessica Ennis. For the Sheffield athlete has become, undoubtedly, the face of the Games so far.

The prodigiously-talented heptathlete announced her Olympic credentials to the world in 2009 when she won gold at the World Championships by a resounding 238 points.



Wenlock and Mandeville, the official mascots of the Olympics and Paralympics



After world and European gold, Jessica Ennis has become the face of the 2012 Games

MARR SHEARMAN

## May 19, 2010

### Mascots unveiled

WENLOCK and Mandeville, the official mascots of the Olympics and Paralympics, were shown to the public for the first time. They were named after Much Wenlock and Stoke Mandeville, both of which had strong parts to play in the history of the Olympics and Paralympics, and their release was accompanied by a video.

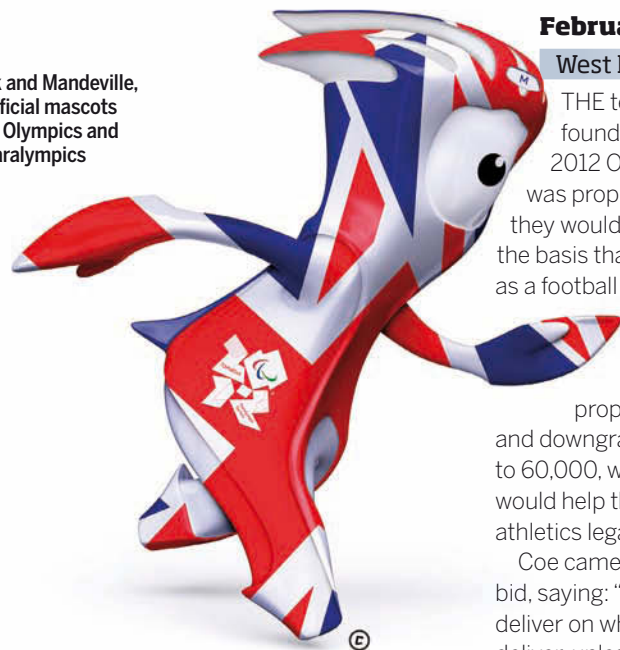
## February 11, 2011

### West Ham win stadium bid

THE term "legacy" was one of the very foundations on which the bid for the 2012 Olympics was based. So when it was proposed by Tottenham Hotspur that they would bid for the Olympic Stadium on the basis that they would redevelop it solely as a football venue and instead redevelop Crystal Palace, it was met with widespread anger.

West Ham's rival bid, which proposed to retain the athletics track and downgrade the capacity from 80,000 to 60,000, was widely seen as the bid which would help the Olympic Park provide an athletics legacy.

Coe came out in support of West Ham's bid, saying: "It's really serious that we deliver on what we said we were going to deliver, unless we are prepared to trash our international reputation."





Seb Coe and Denise Lewis with the Olympic torches

The ticketing process for the London Olympics was met with anger and frustration from the many thousands of people who missed out

The Hammers' bid would go on to be approved by the Olympic Park Legacy Company and, despite protestation and appeals from Tottenham and Leyton Orient, they will call the Olympic Stadium their home following the Games.

### June 25, 2011

#### Ticketing trouble

IF EVER a golden ticket existed, it is for the London Games, as millions of Britons will attest. Where Athens struggled to fill even some of the most popular events, and where Beijing was often forced to bring in hundreds of choreographed supporters, London has almost sold out – a year in advance.

A fantastic story in itself, and a promise of capacity venues fulfilled; however, the ticketing process was not without controversy. Astronomical sums bid for tickets, confusion about payment methods, millions left empty-handed – you name it, sports fans found fault with it.

More than one million applied for the limited supply of 100m final tickets, and the few remaining athletics tickets were snapped up early in the second chance ballot, held for the million of those who had been allocated no tickets in the original sale.

Anger reverberated about the sale of tickets to EU citizens, the perceived unfairness of the allocation process and the ability of the Olympic ticket website to

withstand phenomenal demand.

However, the fact remains that all athletics sessions will be sold out – a fantastic signal for the Games ahead if ever there was one.

### July 27, 2011

#### One year to go

NEXT Wednesday will mark the “one year to go” milestone as London prepares to welcome the world.



A recent aerial image of the London 2012 Olympic Stadium

WHO DO YOU THINK IS THE BEST PERSON TO LIGHT THE OLYMPIC FLAME IN LONDON NEXT YEAR?

THE Olympic flame is the most enduring image of any Games and the lighting of it at the opening ceremony next year will be a massive event and is a huge honour for whoever is picked to do it. Here are the leading contenders ...

» **Sir Steve Redgrave**

THE five-time Olympic champion in rowing is Britain's most successful Olympian and is universally admired and respected. As speculation rises over who will light the flame at the opening ceremony, his odds have also shortened from 2/1 to 6/4.

6/4

» **Sir Chris Hoy**

CYCLING legend would be a popular choice and, being Scottish, would show the UK-wide significance of the Games.

8/1

» **Dame Kelly Holmes**

OLYMPIC 800m and 1500m champion is the leading contender among representatives from the premier Olympic sport. Since retiring, she has also proved herself a fine ambassador of athletics.

10/1

Dame Kelly Holmes:  
10/1 with the bookies

» **Lord Coe**

THE chairman of the London 2012 organising committee divides opinion, with people either loving or hating the idea. An Olympic legend on the track and the man who led the bid victory, he would be a perfect choice. But also, crucially, he has a big hand in the decision and so is unlikely to vote for himself.

10/1

# Baptism of FIRE



» **The Queen**

IT IS hard to see the Queen stepping up to light the flame, but if William succeeds her in the next 12 months then it suddenly becomes more likely.

16/1

» **Tom Daley**

THE young diving champion is loved by old and young people from a variety of sports. Clean

cut and personable, he is not surprisingly on the shortlist of candidates.

25/1

» **Daley Thompson**

ARGUABLY Britain's greatest ever track and field athlete, Thompson is a bona fide sporting legend and is close friends with Seb Coe, the London 2012 chairman who has recently stated publicly that Thompson would be his choice.

25/1

## » Sir Roger Bannister

THE man who set the world's first sub-four-minute mile is one of the most respected figures in world sport and, now in his 80s, would carry considerable gravitas. See *Editor's Comment*, page 4.

**33/1**

## » Princess Anne

THE BBC Sports Personality of the Year in 1971, she went on to compete in equestrian events at the 1976 Olympics, making her the only member of the British Royal Family ever to take part in the Games.

**33/1**

## » David Beckham

THE former England and Manchester United captain had a prominent role at the 2002 Commonwealth Games opening ceremony and was also in Singapore as part of the London 2012 team that won the bid to stage the Games.

**33/1**

## » David Cameron

AS Prime Minister, he would be a well-known figure globally. But politics and sport often enjoy an uneasy friendship and picking a Conservative leader would not go down well with Labour voters.

**50/1**

## » Boris Johnson

LONDON'S mayor has had a big part to play in the build-up to the Games. Johnson's successor would also have an outside chance of landing the role, too.

**50/1**



Outside chance: Boris Johnson



Tanni Grey-Thompson and Jonathan Edwards: both rated as 50/1 chances

## » Dame Tanni Grey-Thompson

BRITAIN'S best-known Paralympian has, like Dame Kelly Holmes, turned into a great ambassador for athletics since retirement. She is well-known, well-respected and represents the ever-growing area of disability sport.

**50/1**

## » Jonathan Edwards

OLYMPIC and world triple jump champion has a great CV for the job, but he is more likely to be reporting for the BBC during the Games than playing such a major part in it.

**50/1**

## » Denise Lewis

LIKE Jonathan Edwards, the Olympic heptathlon champion will probably be part of the BBC team in London. But fans of athletics will enjoy the fact there are so many contenders from the No.1 Olympic sport.

**50/1**

## » Steve Cram

WELL known, highly regarded and a great athlete, but Cram's unfortunate failure to win gold on the Olympic stage means he is one of the outsiders for this particular job.

**50/1**

## » Sir Matthew Pinsent

AN Olympic gold medal winner and well known to the public, but if a rower is going to do the job then surely it will be Redgrave not Pinsent.

**50/1**

## » Paula Radcliffe

THE world marathon record-holder will be going for gold over 26 miles in London hopefully, but if one of the current athletes was picked then she would be a perfect choice.

**50/1**

## » Steve Ovett

COE'S former sparring partner, Ovett was Olympic 800m champion in 1980 and would be a quirky choice. But his preference to stay out of the limelight and the fact he lives in Australia works against him.

**50/1**

## » Amir Khan

CURRENTLY one of Britain's top sportsmen, the next year could see Khan's star rise further. But much will have to change before he starts to overtake the likes of Steve Redgrave, Kelly Holmes and Seb Coe in the running.

**66/1**

## » Andy Murray

LIKE Khan, a well-known figure. But tennis is not as closely entwined with the Olympics in the same way athletics, gymnastics and swimming are, so he remains an outsider.

**66/1**

## » Sally Gunnell

EVERYONE'S favourite ex-athlete deserves her place on this list, but is she a big enough hitter to land the role? The bookies don't think so.

**66/1**

## » ODDS courtesy of William Hill



Sally Gunnell: one of many athletes in contention

## From London to London

### The flame lighters since 1948

**2008:** Li Ning, winner of six Olympic medals in artistic gymnastics in 1984

**2004:** Nikolaos Kaklamanakis, a 1996 Olympic champion in sailing.

**2000:** Cathy Freeman,

would go on to win the 400m title at the Sydney Games and was seen to represent the aboriginal people.

**1996:** Muhammad Ali, Olympic boxing champion in 1960 and along with Pele perhaps the most famous sports star in history.

**1992:** Antonio Rebollo, Paralympian who competed in three Games shot a flaming arrow to light the flame.

**1988:** Chung Sun Man, Sohn Mi-Chung and Kim Won-Tak, two young track athletes and a school teacher were Seoul's choice.

**1984:** Rafer Johnson, the 1960 Olympic decathlon champion.

**1980:** Sergey Belov, basketball player who helped the Soviet Union win gold in 1972.

**1976:** Stephane Prefontaine and Sandra Henderson, youngsters representing English and French Canada.

**1972:** Gunther Zahn, the middle-distance runner was Munich's choice.

**1968:** Norma Enriqueta and Basilio de Sotelo, a sprinter who became the first woman to light the flame.

**1964:** Yoshinori Sakai, an athlete born on the day the atom bomb exploded over Hiroshima.

**1960:** Giancarlo Peris, who was picked by Rome organisers after winning a junior cross country race.

**1956:** Ron Clarke and Hans Wikne, the famous Australian distance runner and equestrianism Olympian.

**1952:** Paavo Nurmi and Hannes Kolehmainen, the multi-Olympic gold medal winning duo from Finland.

**1948:** John Mark, the 400m runner with Olympian good looks was picked by London organisers.



# Fantasy OLYMPICS

JESSICA ENNIS, MO FARAH AND PHILLIPS IDOWU ARE SET TO WIN GOLD FOR BRITAIN AS **STEVEN MILLS** MAKES SOME LIGHT-HEARTED PREDICTIONS AHEAD OF NEXT YEAR'S GAMES

**Pictures:** Mark Shearman

## MEN

### 100m Usain Bolt

THE reigning champion has only lost once since Beijing and the world record-holder has compiled a 9-1 head-to-head over inconsistent big-meet performer Asafa Powell and 2-1 over Tyson Gay, whose body is struggling to meet the rigours of top-class athletics.

### 200m Usain Bolt

UNBEATEN since September 2007, Bolt still has a comfortable ascendancy over his leading rivals even when he's not close to world record-breaking form. A Bolt v Tyson Gay final would be welcomed as the pair haven't met in a 200m race since 2007.

### 400m Kirani James

THIS event is in a period of transition but NCAA champion Kirani James from Grenada could emerge as the next dominant force. Given the somewhat disappointing standards state-side, London could crown the first non-American winner since 1980.



Mo Farah: genuine gold medal hope



Usain Bolt: barring injury, looks set to successfully defend his Olympic titles in the 100m and 200m

### 800m David Rudisha

WORLD record-holders haven't fared particularly well in recent editions and not since 1972 has the fastest athlete in the world claimed this title. Rudisha's coach, however, has said his pupil is yet to reach his peak and he starts as the logical favourite.

### 1500m Amine Laalou

THE under-rated Moroccan has made a comfortable transition from the 800m and he broke the 3:30-barrier for the first time last year. Laalou is yet to prove himself in a major event but the 29-year-old has all of the attributes to become an Olympic champion in a race which lacks an outright favourite.

### 5000m Mo Farah

CHAMPIONSHIP races often boil down to who has the best finish on the last lap and Farah is by no means a slouch in this department. This year's performances have elevated the UK record-holder from a medal outsider to a firm title contender.

### 10,000m Kenenisa Bekele

WHEN an athlete has compiled a track record as formidable as Bekele's, they start as the automatic favourite regardless if they

have been sidelined for most of the past two seasons. Bekele has never lost at this distance and how do you beat an athlete who has run 26:17.53 and can also run close to 50 seconds for the last lap of a race?

### 110m hurdles David Oliver

COULD we see three athletes dip under the 13-second barrier for the first time in the same race? David Oliver, Dayron Robles and Liu Xiang are all healthy but the American seems to have a narrow edge at the moment.

### 400m hurdles Jeshua Anderson

THE former world junior champion is the most promising of the up-and-coming Americans and he should only continue to build on what's already been a stellar breakthrough season with NCAA and US titles as well as his first sub-48 clocking. Don't write off improving Brit Dai Greene, though!

### 3000m steeple Brimin Kipruto

THE Kenyans have an abundance of world-class exponents but reigning champion Brimin Kipruto and Athens gold medallist Ezekiel Kemboi remain perennial fixtures at the forefront of the steeplechase.



Emmanuel Mutai: good at both major championships and big city races

**4x100m Jamaica**

ONLY a dropped baton should prevent the Jamaicans from retaining their title.

**4x400m USA**

THE American system isn't producing quarter-milers of the highest calibre at the moment but they still boast outstanding depth and they can always tap into their pool of 400m hurdlers if necessary.

**Marathon Emmanuel Mutai**

CHOOSING the winner of the Olympic marathon is never an easy task but Emmanuel Mutai brings a combination of big-city victories, fast times and a medal-winning performance from the World Championships.

**20km walk Valeriy Borchin**

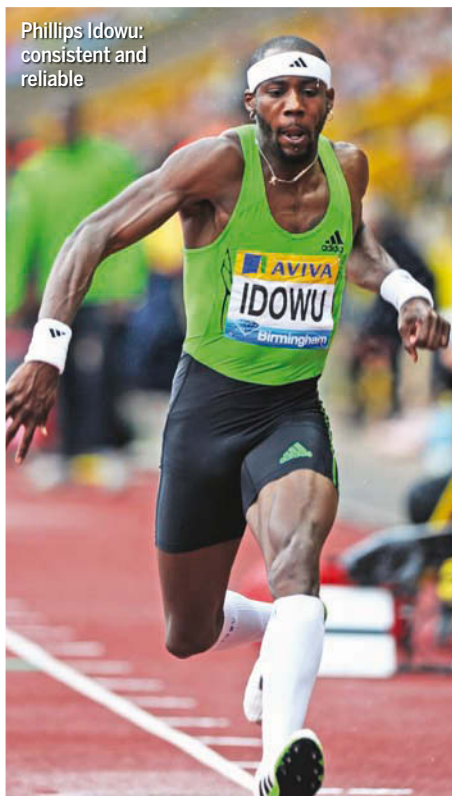
THE masterful Russian is unbeaten in more than three years and the 25-year-old is favoured to win his second Olympic title.

**50km walk Yohann Diniz**

AS strong as the Russians are in the walks, they aren't as fancied in this event. Two-time European champion Yohann Diniz from France is normally well prepared for major championships but this is a difficult race to call.

**Long jump Fabrice Lapierre**

LAPIERRE has won world indoor and Commonwealth titles but a marginally wind-aided mark of 8.78m shows he has the ability to land one of the major titles too.



Phillips Idowu: consistent and reliable

**Triple jump Phillips Idowu**

A change in attitude has helped transform the local hero from an erratic championship performer to one of the dependable athletes of the British team and while Teddy Tamgho has produced distances in excess of Idowu's PB, the Frenchman is yet to deliver the goods on the main stage outdoors.

**High jump Mutaz Essa Barshim**

THE Russians have a redoubtable record but the Qatari is getting on to equal terms with their leading exponents. Barshim won the Asian title with 2.35m and at 20, it's reasonable to suggest he is yet to reach his peak.

**Pole vault Renaud Lavillenie**

THE Frenchman achieved a national record of 6.03m during the indoor season and Lavillenie is the safe bet especially when reigning champion Steve Hooker and former world champion Brad Walker are perennially injured.

**Shot Dylan Armstrong**

ARMSTRONG has established himself as a legitimate contender for the gold medal and the Americans have a reputation for under-performing. In fact, they haven't won this title since 1996.

**Discus Robert Harting**

A 70m throw is something of a rarity but the Berlin world champion is close to breaking this barrier which will make him a firm contender ahead of European champion Piotr Malachowski and reigning champion Gerd Kanter.



Andreas Thorkildsen: outstanding championship performer

**Javelin Andreas Thorkildsen**

THE Norwegian has accumulated a championship record which very few athletes in the world can match and the 29-year-old, who has finished no lower than second at a major championships since winning the Athens Olympics, will be aiming to emulate Jan Zelezny with a hat-trick of titles.

**Hammer Primoz Kozmus**

REIGNING champion Primoz Kozmus must have been lured back to the international fray by the lethargic standards in this discipline. In only his third competition on his comeback, the Slovenian cleared 77m and with another winter's training in the bank, Kozmus should achieve 80m which is likely to land a second Olympic title.

**Decathlon Ashton Eaton**

WORLD heptathlon record-holder Ashton Eaton has been setting the pace in the decathlon this year and at 23, the NCAA champion should be close to his peak next year. Eaton has already improved from 8457 to 8729 and there's still room for improvement in the throws. He is tipped to become the next athlete to break the 9000 barrier too.



Dylan Armstrong: could likely beat the strong US challenge

**WOMEN**

**100m Jura Levy**

THIS might seem an obscure choice but Yuliya Nesterenko and Shelly-Ann Fraser-Pryce were also far from household names a year before their Olympic triumphs. Levy finished third at the Jamaican Championships in a PB of 11.10 and it should only be a matter of time before the 20-year-old breaks the 11-second barrier.

**200m Veronica Campbell-Brown**

CAMPBELL-BROWN has been on the circuit for more than a decade now but the Jamaican has retained optimum form as she prepares for her fourth Olympics. Campbell-Brown is renowned as a consummate championship performer and recent form indicates she can challenge for a third successive title.

**400m Allyson Felix**

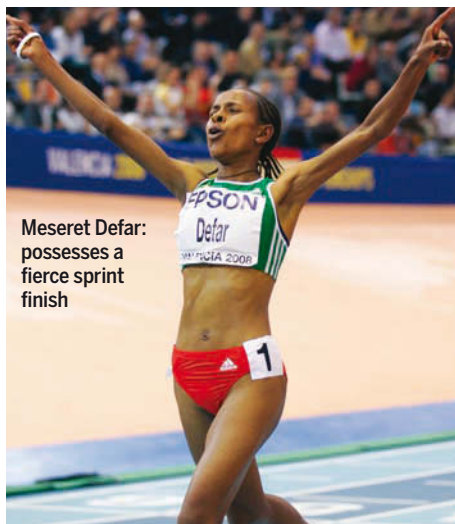
FELIX hasn't committed herself to a 200m/400m double yet but the three-time world 200m champion must take heart from the fact she has won 17 of her past 22 races and she seldom looks over-exerted. If Felix opts solely for the 200m, Francena McCorory is emerging as a possible title contender. Defending champion Christine Ohuruogu has a lot to find at this stage.

**800m Caster Semenya**

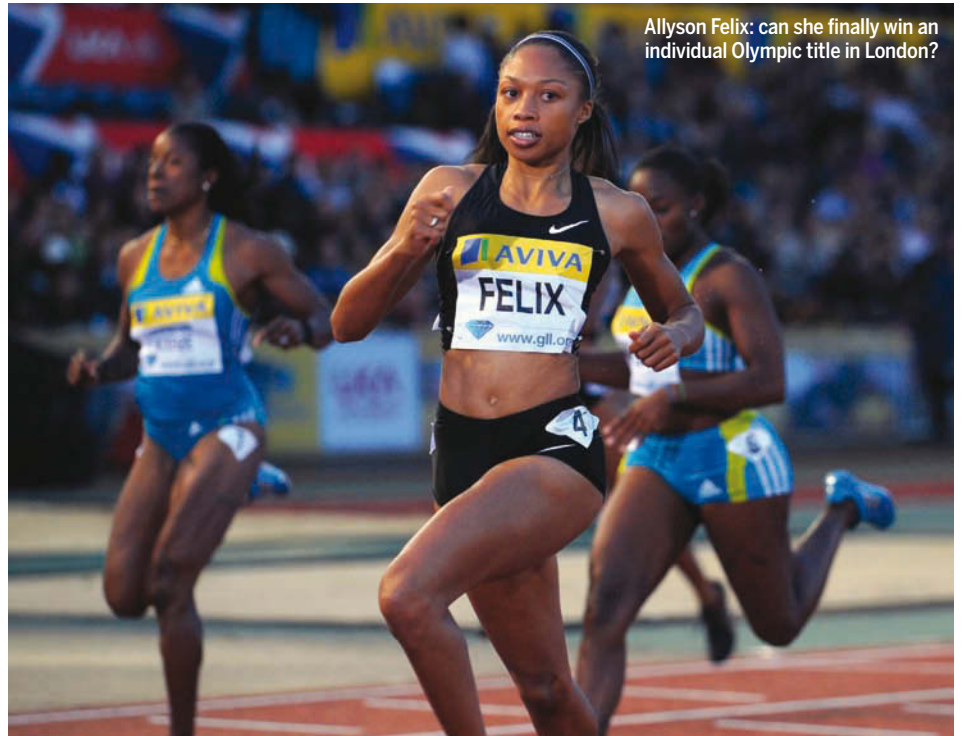
THE South African hasn't been entirely convincing but the world champion from Berlin looks a class apart when she's in her best form. She can front-run and she's a sprinter too.

**1500m Abeba Arigawi**

THE balance of power in the middle-distances has been tilting from the Eastern Europeans to the Africans and Abeba Arigawi, who ran 4:01.96 in just her second 1500m race last year, might claim Ethiopia's first Olympic title at this distance.



Meseret Defar: possesses a fierce sprint finish



Allyson Felix: can she finally win an individual Olympic title in London?

**5000m Meseret Defar**

TIRUNESH DIBABA has been struggling to steer clear of injuries since the Beijing Olympics but arch-rival Meseret Defar is back in shape after a low-key 2010. The Athens champion recently notched up a record eighth sub-14:30 performance and the former world record-holder is tough to match in a sprint finish.

**10,000m Vivian Cheruiyot**

THIS event should play to the strengths of the Kenyan, who made her Olympic debut at the age of 16 in Sydney. While Cheruiyot is the reigning world 5000m champion, she is sometimes vulnerable in a sprint finish and even though she certainly is not lacking speed, her win at the World Cross Country Championships points towards a successful 10,000m campaign.

**100m hurdles Sally Pearson**

THE Commonwealth champion is regarded as one of the finest technicians in the event and this attribute means the Australian is much more consistent than many of her contemporaries. Pearson will have added incentive to improve on her silver medal from Beijing as she's half-British.

**400m hurdles Natalya Antyukh**

IRINA PRIVALOVA spotted a gap in the market in 2000 as she made a seamless transition from the sprints and former Olympic 400m bronze medallist Natalya Antyukh could strike the gold medal in a similar manner. The Russian is still a relative newcomer and the European champion has the qualities to approach the world record of 52.34.

**3000m steeple Milcah Chemos**

THE Kenyan women have taken a bit of time to come to grips with this discipline but the Rift Valley nation have the calibre of athletes to match the achievement of their male counterparts. Commonwealth champion Milcah Chemos has demonstrated the sprint finish to blunt the strength of the front-running Russians.

**4x100m Jamaica**

BEIJING was a bit of a bloodbath as many of the top quartets failed to finish but assuming all of the changeovers are navigated without a hiccup, Jamaica should have the edge over the Americans.

**4x400m USA**

THE Russians and Jamaicans have provided legitimate challenges to the USA in the past but the reigning champions should have a comfortable ascendancy over their rivals next year.

**Marathon Mary Keitany**

THIS event has produced some unexpected outcomes before but the course is flat and the weather shouldn't be too debilitating and in conditions which should resemble something of a big-city marathon, this edition is likely to mirror the form-guide more than it usually does.

**20km walk Olga Kaniskina**

SINCE winning the world title in 2007, Olga Kaniskina has won ten of her eleven races and while her compatriots are challenging her in the rankings, Kaniskina still holds the upper hand at the major events.

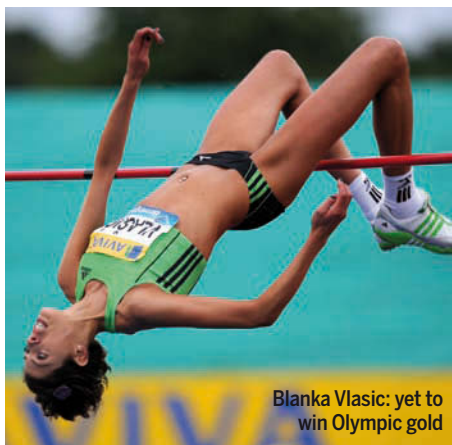




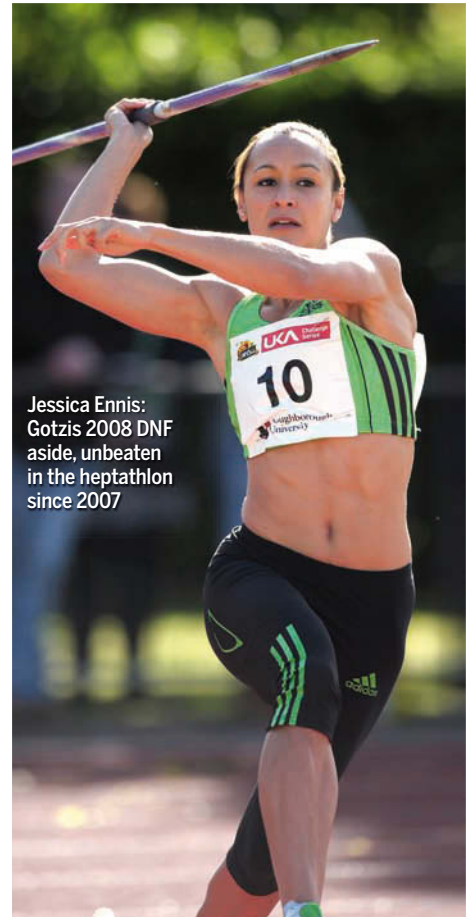
Sally Pearson:  
consistent performer  
in competitive event



Olga Kaniskina:  
unbeatable at major  
championships



Blanka Vlasic: yet to  
win Olympic gold



Jessica Ennis:  
Gotzis 2008 DNF  
aside, unbeaten  
in the heptathlon  
since 2007

**Long jump** Brittney Reese

THE world record of 7.52m isn't within reach of the current crop but if Brittney Reese sharpens her technique, the world long jump champion should be able to put even more distance between herself and her rivals.

**Triple jump** Yargelis Savigne

THE Beijing final produced the best ever competition in depth but the overall standard has nosedived since. Yargelis Savigne from Cuba finished fifth in 2008 with 15.05m and a distance in this range could suffice for the title.

**High jump** Blanka Vlasic

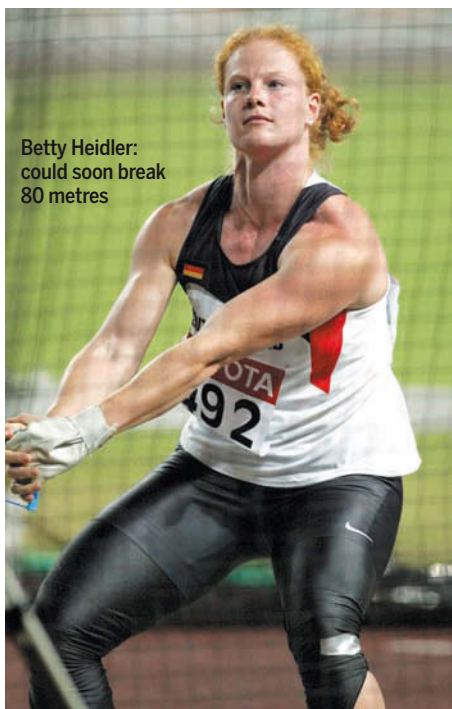
VLASIC hasn't been entirely convincing this year but the Croat has only lost a handful of competitions in the past four years. The destination of the gold medal could depend on how well reigning champion Tia Hellebaut fares on her second comeback from maternity leave.

**Pole vault** Yelena Isinbayeva

WHILE Holly Bleasdale has been hurtling toward the summit of the world pole-vault rankings, Yelena Isinbayeva remains the athlete to beat in what's likely to be her final Olympic appearance. After a brief hiatus, Isinbayeva cleared 4.85m during the indoor season and this suggests she'll be re-approaching five-metre form.

**Shot** Valerie Adams

NADEZHDA OSTAPCHUK defeated Valerie Adams eight times last year but the New Zealander ended her season with a confidence-boosting victory over the Belarussian at the Continental Cup and this was the reigning Olympic champion's fourth win over Ostapchuk in their past five major competitions.



Betty Heidler:  
could soon break  
80 metres

**Discus** Dani Samuels

THE outcome could depend on the length of European champion Sandra Perkovic's ban after she tested positive for a stimulant but regardless of this outcome, world champion Dani Samuels from Australia, who first broke the 60m-barrier at the age of 18, will be in the fray.

**Javelin** Barbora Spotakova

IT IS rare when the same medallists make the podium at successive Olympic Games but reigning champion and world record-holder Barbora Spotakova is a notch above the rest of the competition along with Mariya Abakumova and Christina Obergfoll.

**Hammer** Betty Heidler

THE German improved the world record to 79.42m and the European champion is the likely candidate to break the 80m-barrier.

**Heptathlon** Jessica Ennis

WHILE Tatyana Chernova and Hyleas Fountain are capable on a good day of out-scoring the British athlete, Jessica Ennis has a supreme championship temperament and the world champion has scored PBs in every major event she's contested. Excluding an injury-induced DNF in Gotzis in 2008, Ennis hasn't lost a heptathlon since the World Championships in 2007.

# Should track fans have had

**YES**, ARGUES **HOWARD JOHNS**, DIE-HARD ATHLETICS FANS SHOULD BE REWARDED FOR THEIR LOYALTY TO THE SPORT

**C**OACHES, officials, volunteers and ex-athletes who have devoted a lifetime to athletics have been thrown into a ticket lottery with the masses. It is not fair.

These die-hard athletics enthusiasts have devoted many hours every week – often for many decades – and yet they have had the same chance to buy tickets as people who have never set foot inside an athletics arena before. And a slim chance at that!

Some of these hardcore athletics people have spent thousands of pounds over many years attending past events – not only attending the Olympics, Paralympics and World Championships, but also the European Championships, Commonwealth Games, countless national championships and grand prix events, plus age-group meetings like the European and world junior championships.

They have stood with a Union flag, cheering on British athletes with a tear in their eye. But now that the Olympics are going to

The Olympic Stadium is taking shape, but how many true athletics fans will be there next year?



GETTY IMAGES

be staged on home turf, perhaps for the only occasion in their lifetime, they are forced to watch it on television.

Some say that the ticket lottery system has been completely fair, but there are some athletics fans out there who have been attending domestic championships in the UK since the 1940s – literally – and in addition have spent countless hours (at great expense) coaching or officiating. Can you imagine how flat they

will have felt when their ticket application was rejected?

The fact an athletics man like Seb Coe is in charge of the whole thing makes it even more painful. He fought for the Olympic stadium legacy to go to athletics, so why not try to give a little help to genuine, bona fide athletics fans when it comes to watching the action in a year's time?

This is the same for other sports too. If I had spent a large proportion of my spare time coaching young swimmers several times per week for the past half-century and attended national championships in that sport virtually every year for several decades, then I think I would be quite gutted to find my ticket application rejected.

Coe has called for people to suggest alternative answers. Well, outside the Olympics, in sports like football and rugby, the spectators have more chance of getting tickets if they are paid-up members of supporters clubs. At events like Wimbledon, is it not true that

members of tennis clubs also find it easier to get tickets? Is that not fair? So why could the same not happen here?

Why have spotty teenagers from Latvia with no interest in sport (but perhaps with a rich dad who fancies taking them on a whim!) ended up with just as much chance of watching these London Games than Mr Jack Patriot, who has lived in London since birth, devoted his life to supporting his sport, and would kill for the chance to set foot in the Olympic stadium?

**“He [Seb Coe] fought for the Olympic stadium legacy to go to athletics, so why not try to give a little help to bona fide athletics fans when it comes to watching the action in a year's time?”**



Tickets at events such as European Championships are geared towards track fans

# London 2012 ticket priority?

**NO**, SAYS **PETE BRETT**, THE LONDON OLYMPIC GAMES HAVE BEEN PAID FOR BY UK TAXPAYERS NOT JUST SOME ATHLETICS ANORAKS

**A**PPARENTLY the general consensus of the athletics community is that anyone involved in the sport from a timekeeper to a marathon runner, feels they have a divine right to Olympics tickets over members of the general public.

Why?

I understood that it is the taxes paid by the general public, colossal corporate sponsorship deals, as well as money generated from the National Lottery that have paid for the 2012 Olympic stadia, roads, infrastructure, etc. Or was it just the taxes of people who belong to athletics clubs?

I am fortunate enough to be able to afford to attend a lot of major sporting events around the world and I have never heard tennis players in the local park whinge at not getting Wimbledon centre court tickets, or rugby fans incandescent with rage that they can't get to Twickers and watch England hammer Scotland again.

I've been to Augusta for the Masters, where there is a waiting



The Olympics have been paid for by the public

GETTY IMAGES

list more than 20 years long for tickets, but you never hear the golfing fraternity say it is unfair, because if they want to go they save up and pay whatever the rate is for a ticket on the open market, and on eBay it often approaches four figures.

I've been fortunate enough to get my tickets, like everyone else, through a ballot, but if I hadn't I wouldn't have moaned. I would have probably had to pay some agency well over the odds to acquire them, but that is life.

**"It [the Olympic Games] will cost a fortune but that doesn't matter because it will lift the country's spirits for a glorious fortnight and the beauty of it is everyone can enjoy it either in the flesh or on the television. We have all paid our taxes so we all had an equal chance of securing tickets"**

Clearly some readers of *Athletics Weekly* feel the prices being asked are too high, but that is the commercial reality of staging a global event like this. You can't hand over a fiver at the turnstile anymore and expect to sit down in the home stretch.

Seb Coe has done a great job getting the Games here and thanks to his efforts and the taxes of the tens of millions of people who live and work here, the greatest show on earth will be run brilliantly.

It will cost a fortune, but that doesn't matter because it will lift the country's spirits for a glorious fortnight and the

beauty of it is everyone can enjoy it either in the flesh or on the television.

We have all paid our taxes so we all had an equal chance of securing tickets.

Sorry *AW* readers, but you have no more right to first pick than someone who follows Yeovil Town FC might expect seats at a World Cup final.

The ticketing process has been totally fair and if you were unlucky in the lottery then try again in the future opportunities and, if still unsuccessful, then take it on the chin and sit back and enjoy the action on television rather than moaning about it.



Park players across the UK never whinge at not getting preferred Wimbledon tickets

# Life after 2012

ED WARNER, THE UKA CHAIRMAN, TELLS AW EDITOR **JASON HENDERSON** HOW THE SPORT PLANS TO AVOID A POST-OLYMPIC HANGOVER

**D**OOMMONGERS believe the sport is poised to endure a depressingly bleak post-Olympic period. Once the London Games are over, sponsors will run for the hills and funding will dry up. Media interest will wane and the influx of new athletes, coaches and officials into clubs will not be as big as we'd like. In short, the sport will suffer a heavy and painful post-Olympic hangover.

An alternative, more positive school of thought is that the Games will inspire athletes, sponsors and media to get more involved in the sport in the run-up to the 2014 Commonwealth Games and, possibly, the 2017 IAAF World Championships in London. Invigorated by a new generation of members, grassroots clubs will thrive and the elite team, buoyed by success in 2012, will go on to even greater things in Rio 2016 and beyond.

Naturally, Ed Warner is a firm believer in the latter view. He is not only chairman of UKA, but also one of the most positive and optimistic characters in the sport. Saying this, he is hardly leaving things to chance and the governing body is working hard to influence as many areas as they can. No one, after all, wants to be reaching for aspirin and anti-depressant pills in autumn next year.

**Athletics Weekly:** What are your thoughts generally on the post-2012 apocalypse theory?

**Ed Warner:** Well, there are a few different strands to tackle on that. The first is you control what you can control ahead of 2012. It is public knowledge that a number of deals expire after 2012 – they were timed that way. Others go on longer, such as the BBC deal, which finishes in 2015 and encompasses the Commonwealth Games in Glasgow. But clearly we don't wait until the Games are over before talking to our sponsors about possible renewals, or thinking about alternative commercial partners if the present deals were to fall away and not be renewed. So we're working extremely hard on that right now and want to get ourselves into a position in the next few months so we can either sign up existing contracts or find replacements if necessary.

What we want to do is use the excitement surrounding the build up to 2012 to establish as much financial certainty for the sport as possible. However, you could argue that if Britain is phenomenally successful in athletics in 2012, then the value of being the biggest sponsor would go up and, let's hope not, but if we are disappointing then the value will go down – and why would we want to take that risk?

Our job (at UKA) is to guarantee the long-term stability of the sport so that's why we're talking to sponsors now and it's our hope to work with as many of the present sponsors as possible as they have been great supporters and friends of the sport. Aviva has been the main sponsor for 12-13 years now, which is a really long time, and I'd love them to continue sponsoring the sport.

**AW:** How about areas outside sponsorship, such as your staff?

**EW:** If we look at the elite team – and I'm not just talking about the athletes but Charles van Commenee, Peter Eriksson, Dan Pfaff, Derek Evely, Kevin Tyler, key medical staff like Neil Black and all key coaches and sports science and physios – we want to ensure we have their commitment to UKA as soon as possible because we believe we have a phenomenal team that's proving a success.

A new system has been established in the past three years or so and it's really bearing fruit. In the last week

**BELOW:** UKA chairman Ed Warner says the governing body is talking to sponsors now about renewing deals rather than waiting until after the Olympics



*"Since the nadir of Athens and Beijing there has been a pretty sharp upswing in the standard of the elite British team but at grassroots level it's a bit like turning a super tanker around"*

UKA chairman ED WARNER



Ed Warner: is keen to use excitement surrounding London 2012 to create financial security for the sport

we've had three British field events records – that's unbelievable! And you go back a few weeks, Mo Farah broke the European 10,000m record. So when bringing in Charles, Peter and Kevin, we wanted them to impart their knowledge to a generation of British coaches and that clearly is happening. And if any of those people choose not to be here beyond 2012, we have great people to step into their shoes. But at the same time I'd love as many of them as possible to commit to working with the British team ahead of Rio.

So we're talking to them now to understand their ambitions, personal career plans, what they want to get out of their jobs and what we can do to ensure that this is now just a three or four year period up to a home games and that there is no post-games hangover but real longevity there.

Mixing Brits and foreigners (in the performance programme) has at times been a difficult cocktail. But Charles has brought an attention to detail, professionalism and he realises it's a team effort. He has been unambiguously good for athletics. The same goes for Peter on Paralympics side. Long may they stay here, but I don't take it for granted either.

Then, if I look at some staff in key office, I don't want Niels (de Vos, the CEO) to look at 2012 as being the pinnacle of his administration career in athletics and wonder if his next job is in another job or field.

If we win 2017 for example then that's a major attraction for a chief executive and a big thing for him to get his teeth into and it will ensure no post-2012 hangover. So I look at the human capital of the sport as being hugely important.

**AW:** Surely the Games will act as a catalyst for growth and be hugely inspiring.

**EW:** Ticket demand for 2012 took us all by surprise. I

remember getting a call from head of ticketing at LOCOG a few months ago who wanted a meeting with me. It started with him saying 'are you sitting comfortably, now I want to talk you through the ticket prices for 2012'. Now, I have to say I had to pull my jaw up off the table when he talked me through the top end ticket prices and I felt he had given himself a really tough ask to sell those tickets. But as it turns out, by a mad scramble, they have gone like hot cakes.

The £700-odd price for some athletics tickets has been oversubscribed. So the public recognises in its heart that track and field athletics is the cornerstone of the Olympic Games. It's the blue ribbon sport. It's in the second week of the Games and we have so many great memories from past Olympics.

The names trip off the tongue – the Daleys, Sebs, Steves, Tessa Sanderson, Denise Lewis, Jonathan Edwards ... and what we need to do is let people realise that are many other occasions they can see these great athletes. Birmingham seated 12,500 (at the Aviva Grand Prix) and sold out six weeks ago. Crystal Palace sells out despite being held in a crumbling old facility. We need to work at it so that people don't just flick their interest to something else entirely and forget about athletics for four years. I am sure we can do that and I'm sure we will do that.

There will be a database for example that LOCOG is going to make available to us. Not just people who have got tickets but people who applied for them. So there is a proven spectator base there and if we can secure the Olympic Stadium with West Ham then there are some great events that can be staged there.

Winning the European Team Championships in Gateshead, for example, is very, very important for us. One year on from the Games to see the GB team on home soil – it is an important stake in the ground.

**BELOW:** Ed Warner has enjoyed his time as UKA chairman and would love to continue after 2012. "If I'm wanted!" he adds



**AW:** This is all elite athletics, though. What about grassroots? I did a Southern League division one meeting yesterday in the south-west of England where there were only four athletes in my 5000m race, with three from the same club (an A and B runner, plus a guest).

**EW:** If you ask me where the real pinch point is in sport, is it local track and field, coaches and administrators, and if they have the capacity to handle an upswing in the interest in the sport. The answer, in some cases, is 'no' and it is 'yes' in others but you can see the strain.

The problem is that the coaches are voluntary. In middle England parents pay quite a lot for tennis lessons, but athletics costs a couple of quid a night so the economics is very different. In other words, we don't have a paid pool of coaches, which is great in a way as it makes the sport accessible to lots of people but it also puts an enormous pressure on that pool of coaches.

There are also factors like safety, CRB checking, some crumbling track facilities – there's a whole mix of things which the home country chief executives are dealing with. And it's not easy, it's a slow burn. You're working with local authorities and there are no easy fixes, but I do believe if you look at the number of children experiencing, for example, Quad Kids every year – it's going up by leaps and bounds. So the trick is to work with the current volunteers but also to inspire the next generation of athletes who feel maybe their best days are behind them on the track but want a very rewarding life in the sport.

The Athletics Networks initiative has also been pretty successful in making clubs realise that they are not alone and that the problems in each club are usually quite similar.

As for leagues, I think they realise they need more regionalisation, snappy shorter competitions and event-specific competitions. The Super8 format also has scope, although still trying to get some traction on it.

**AW:** Elite and grassroots are very much linked, though. Because the more winners we have in London next year, then this will inspire a greater number of grassroots athletes.

**EW:** If you drew a graph of the success of British athletics and broke it into elite and grassroots then you'd see they have different rhythms to them. We'd have a much shorter curve for elite. And we have also come off I believe something of a trough.

The three gold medals in Athens masked a very poor team performance. Kelly Holmes' two golds and the men's 4x100m was fantastic but then you have Kelly Sotherton's bronze and that was it, with lots of failures to reach finals. Then in Beijing we didn't deliver as we would have liked, so that's your nadir, probably, across those two Olympics. And I think there's been a pretty sharp upswing since then.

But grassroots it's like turning a super tanker around - there's a much longer wait. At grassroots there is no magic wand - there are thousands of clubs and coaches and tens of thousands of young athletes.

**AW:** Does this part of the job feel overwhelming?

**EW:** Yes, but you break it down. And we have some really good people, in the home countries doing a great job. I think England Athletics was criticised by some in its early stages but I think it is really succeeding now.

**"When bringing in Charles van Commenee, Peter Eriksson and Kevin Tyler, we wanted them to impart their knowledge to a generation of British coaches and that clearly is happening"**

UKA chairman ED WARNER

But there is nothing that England, or Scottish Athletics, or any home country governing body can do that will create a headline in a national newspaper in the same way, for example, that an athlete like Mo Farah can when he broke the European 10,000m record.

Gradually they just have to chip away at the perception of the naysayers and I think they are doing a great job in that. But it's a bit of a thankless task because they don't have the sugar rush of a major championships where they can say 'look aren't we doing well'.

Also, we have a chief executives' forum where the home country CEOs meet with Niels once per month. That's going well. As for success, I feel perceptions do lag the reality sometimes.

**AW:** How about government funding and lottery money? Is the sport in the lap of the gods with regards it drying up post-Olympics?

**EW:** We are and we aren't. Success breeds success and in the last few months, for example, we have got more money for our Paralympic programme because had a great World Championships in Christchurch with a massive medal haul. So if you are successful then you can get a bigger share of the pie.

The only problem is that the pie can shrink dramatically. So we are trying to become as independent of the lottery as possible and nirvana will be the day when everything we get from the lottery is a bonus but we're a long way off that at the moment.

The health care budget is enormous compared to money that goes into sport, but it's a false economy to cut sports funding because the more sport we do then the healthier we will become as a nation. But it may well happen.

Also in sport you have the tussle between grassroots and elite funding. But I believe there's a close relationship because role models like Jessica Ennis inspire youngsters to get off their couch to try sport. But I suspect we will be fighting a rearguard action with all the other Olympic sports.

I'm an admirer of sports minister Hugh Robertson and he is an articulate lobbyist for sport in Westminster, but you can't hide from the fact that sport has a more junior status than health. We're talking about a hill of beans compared to the health budget – and similarly the education budget. All we can do is give the sports minister the ammunition to fire on behalf of sport.

**AW:** As for yourself, can you envisage being chairman of UKA for much longer after 2012?

**EW:** I can see myself being there, but people have got to want me to be there. It's up to the UKA board and members' council. I'm in my second term and it runs until Jan 2013. I hope it gets rolled over.

# Beyond 2012

IF SOME OF THE CURRENT 2012 HOPEFULS FAIL TO MAKE THE LONDON GAMES, IT NEED NOT BE THE END OF THE WORLD, SAYS **MEL WATMAN**

**H**AVING in most cases been professional athletes from quite an early age, few of today's stars are likely to achieve high distinction in other fields once their competitive days are over. That wasn't always the case, and in the course of researching and writing *The Official History of the AAA* (1880-2010), which is published this month, I found numerous cases of men who found fame elsewhere after hanging up their spikes.

The first five presidents of the AAA set a good example. The Earl of Jersey (second in the 1865 Oxford v Cambridge mile) was appointed Governor-General of New South Wales in 1890; Viscount Alverstone, who as Richard Webster set a world amateur two miles best in 1865, became Attorney-General in 1885 and while serving as England's Lord Chief Justice presided over the Dr Crippen trial in 1910; Sir Montague Shearman, one of the founders of the AAA and its inaugural 440 yards champion in 1880, was also involved as a barrister in several high-profile trials and became a judge in 1914; Lord Desborough (second in the 1876 Inter-Varsity three miles) was an extraordinary all-rounder who rowed for Oxford, climbed the Matterhorn and swam across Niagara as well as being an MP between 1880 and 1900; while Lord Burghley, the 1928 Olympic 400m hurdles champion and a key figure in AAA, IAAF and IOC circles, was also an MP from 1931 until 1943 when he was appointed Governor and Commander-in-Chief of Bermuda. The sixth president, Harold Abrahams, wasn't exactly an under-achiever either!

Here are some further examples of athletes who have accomplished so much off the track too.

» **Norman Pritchard (1900 Olympic 200m & 200m hurdles silver medallist; 2nd 1900 AAA 120 yards hurdles):** As Norman Trevor, acted in Hollywood silent films starring Ronald Colman and Clara Bow.

» **Philip (Noel-) Baker (2nd 1920 Olympic 1500m; 4th 1911 AAA mile):** Served as Minister of Fuel and Power in Clement Attlee's Government and in 1959 was awarded the Nobel Peace Prize for his campaigning for an international arms control treaty.

» **Harold Alexander (Irish mile champion; 15th 1914 AAA mile):** As Earl Alexander of Tunis, became one of Britain's most famous and decorated soldiers; in 1937 he became



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the youngest General in the British Army and in 1944 was promoted to the highest rank of Field Marshal.

» **William Milligan (5th 1920 AAA 880 yards):** Became Solicitor-General for Scotland and Lord Advocate.

» **Frederick Browning (3rd 1923 AAA 440 yards hurdles):** "Boy" Browning rose to rank of Lieutenant General and during the Second World War was appointed by Winston Churchill to command the 1st Airborne Division; in 1932 he married the celebrated writer Daphne du Maurier (author of "Rebecca").

» **Arthur Porritt (3rd 1924 Olympic 100m; 3rd 1924 & 1926 AAA 220 yards):** Surgeon to King George VI and the Queen; Governor-General of his native New Zealand.

» **Vernon Morgan (3rd 1928 & 1929 AAA steeplechase):** Sports editor of Reuters.

» **Howard Ford (1st 1929 AAA pole vault):** Appointed RAF Air Vice Marshal in 1960.

» **Jack Longland (2nd equal 1929 AAA pole vault):** Member of 1933 Mount Everest expedition (set up camp at 27,400ft), was knighted for services to education and for 20 years was chairman of the popular BBC radio quiz *My Word!*

» **Godfrey Rampling (1st 1936 Olympic 4x400m; 1st 1931 & 1934 AAA 440 yards):** Had a distinguished Army career and lived to be 100, but maybe his greatest claim to fame was being the father of accomplished actress Charlotte Rampling!





» **Joe Simpson (2nd 1932 AAA 440 yards hurdles):**

As Sir Joseph Simpson, became Commissioner of the Metropolitan Police.

» **Ralph Kilner Brown (1st 1934 AAA 440 yards hurdles):**

The brother of 1936 Olympic 400m silver medallist Godfrey Brown, he became a High Court judge.

» **William Loader (1st 1935 AAA Junior 100 yards):**

Author 25 years later of the highly esteemed book *Testament of a Runner*.

» **Laurence Reavell-Carter (2nd 1936 AAA discus):** As a prisoner of war in 1944, he took part in "the great escape" of movie fame, and actually got away from the Stalag Luft III camp, only to be recaptured.

» **Arthur Wint (1948 Olympic 400m champion; 1st 1946 & 1952 AAA 440 yards, 1st 1946, 1950 & 1951 880 yards):** Became a surgeon and served as Jamaica's High Commissioner in London from 1974 to 1978.

» **Alan Turing (5th 1947 AAA marathon):** His vital work as a code-breaker at Bletchley Park was said to have shortened the war considerably; *Time* magazine named him as one of the 20th century's most important people for his role in the creation of the modern computer and ranked 21st in a BBC poll to determine the 100 greatest Britons.

» **Terry Higgins (2nd 1951 AAA 440 yards):** Served as an MP from 1964 to 1997 when he was created Baron Higgins of Worthing.

» **Norris McWhirter (4th 1951 AAA 220 yards):** He and twin brother Ross made publishing history with their *Guinness Book of Records*.

» **Roger Bannister (first four-minute miler in 1954; 1st 1952 AAA 880 yards, 1st 1951, 1953 & 1954 mile):** The neurologist was knighted in 1975 for services to medicine.

» **Chris Chataway (world 5000m record breaker in 1954; 1st 1952 & 1955 AAA 3 miles):** ITV's first newscaster, he became an MP in 1959, served as a Minister in Edward Heath's Government, and was knighted in 1995 while chairman of the Civil Aviation Authority.

» **Menzies (Ming) Campbell (1st 1964 & 1967 AAA 220 yards):** Knighted in 2004 for services to Parliament, he led the Liberal Democrats in 2006/07.

» **Jeffrey Archer (1966 AAA 100 yards & 220 yards semi-finalist):** MP and best-selling novelist.

» **Seb Coe (1980 & 1984 Olympic 1500m champion and multi world record breaker; 1st 1981 AAA 800m, 1st 1989 1500m):** An MP from 1992 to 1997, he was created a life peer, Baron Coe of Ranmore, in 2000 and led London's successful 2012 Olympic bid.

» **The Official History of the AAA by Mel Watman is a hardback of 388 pages plus 64 pages of photos, and includes highlights of each AAA Championships from 1880 onwards. Published by SportsBooks Ltd. Cost £19.99. See [sportsbooks.ltd.uk](http://sportsbooks.ltd.uk)**

ABOVE LEFT: Norris McWhirter was a fine sprinter in the Fifties before going on to produce the *Guinness Book of Records* with twin brother Ross

ABOVE TOP: Sir Roger Bannister was knighted for his services to medicine

ABOVE: Seb Coe went on to become an MP and led London's bid to host the Olympics

# A world of

DAVID THURLOW MEETS JACK BRAUGHTON, WHO HAD TO TAKE A DAY OFF WORK TO COMPETE AT THE 1948 OLYMPICS

# DIFFERENCE

Jack Braughton: the experience of racing for Britain at the last London Olympics was very different to the one that athletes will enjoy in one year's time

**O**N SATURDAY July 31, 1948, Jack Braughton took the morning off work and caught the No.12 bus from Peckham Rye to Wembley Stadium. The fare was 2½d and he lost half a day's pay. He was off to the Olympic Games – to run for Great Britain in heat one of the 5000m. Having finished eighth and failed to qualify, he changed and then caught the bus home for tea, a journey of over an hour. His participation in the Games was over.

How different it all is now, but for Braughton that one race was a wonderful moment in a very long career. For he had been chosen to run in the greatest sports event in the world, the first Olympics after World War II. Now aged 90, still running and ballroom dancing four times a week, he looks back on it with pride.

He started running at school, choosing running – and following his father – over a possible career with Grimsby Town FC. He joined Cleethorpes Harriers and then, when the club closed, Grimsby Harriers, for whom he won the Eastern Counties junior cross-country title in 1939.

He ran a bit during his Army service and of a time when he posted to India, he recalled: "I was a Warrant Officer and had a bearer called Jacob who looked after me. I hadn't done any running for a while and one night I saw him coming back from a run and suggested that I went with him. He agreed and said if I went with him I would be safe." So began his trail to Wembley.

He said: "When I got back to the UK I started running again. That would be 1946/7, and I went down to the Tooting Bec track in south London to join Belgrave Harriers. I had run with some of them, people like Charlie Smart, who was a good distance runner.

"I thought they trained there, but it was like being in a foreign country. I met the very young Gordon Pirie and Blackheath Harriers members. The Blackheath captain was an ex-Olympic sprinter,

Charles Wiard and, after they had asked me what I did, I joined them. That was Sydney Wooderson's club and I ran against him. We had just moved into a flat at Peckham. So I went training at Hayes, where the club's headquarters is, and at the Ladywell track at Catford in south London. In 1948 I had my best year."

In 1947 British team manager Jack Crump had ranked him fifth best on merit in Britain for the year. He finished 28th in the 1948 National behind Wooderson, who won a thrilling race for his last major title before retirement.

Working as a building-site manager, he only trained twice a week, but it was bringing results because in the London-to-Brighton road relay he ran a brilliant last leg to bring his club in third, 16 seconds faster than his closest opponent. He went on to win the Surrey three miles, a title



he held until Pirie took over in 1952, in a personal best of 14:49.4, but did not run in the Inter-Counties for his county, Peckham, where he lived, was in Surrey in those days. He said: "I was never picked for Surrey. I asked their team manager, George Pallett, why not and he said they never knew whether I was fit! I told him he should read the results in *Athletics* magazine."

At the AAA Championships' 3 miles he ran 14:24.4, a lifetime best by 20 seconds, to finish fourth behind Dutchman Wim Slijkhuis, who would be the bronze medallist in the Olympic 5000m. In second and third places in the AAA event were Alec Olney, of Thames Valley Harriers, and Bill Lucas, of Belgrave. Jack said: "It was one of the few times that Bill Lucas ever beat me. I knew I had to finish in the first three home runners to get in the team

**"So it's the Olympics?  
He can run in his own  
time, not mine"**

because they had announced that. So I was very happy to come fourth and get the third place on the team.”

He had no coach, no mentor, just his own twice-a-week training, mixing fartlek with fast and slow bursts. His neighbours did not even know he was a runner, let alone an Olympian, until they saw him on television winning at the Surrey Championships.

He said: “I was working as a building site manager in the private sector and my boss would not give me time off for the Games. The team manager got in touch with him and was told that ‘if he wants to run, he runs in his own time not mine’. I asked him and he said the same. So I stayed at home for most of the Games doing a normal day’s work. I took two days off unpaid.

“That was the way it was then. I did not get any help with my training, I did not get any food parcels, nothing, but I was very proud to be selected. We were living in a flat and saving for a house. My son, Graham, had not been born then and we could not afford to lose my pay.”

He was not the only one in this predicament. Years later he met race-walker Harold Martineau, who was fifth in the Olympic 50km event and told him he had the same problem.

On picking up his kit and blazer to walk with the team at the opening ceremony, he ended up with the wrong tracksuit. The clothing was laid out for him on the bed in the athletes’ village that he never used, but someone had swapped the tracksuit and the one he had did not fit him.

He added: “I went there again to warm up for my heat and met Zatopek. Somebody nicked my watch. I never got that back and I suspected a very well built shot putter who had just come out of prison.”

When it came to the competition, Braughton and his two team-mates were disappointing and failed to qualify.

Braughton said: “I did not get much out of it. There was not much to cheer about. I was just not fit enough. End of story. I ran much slower than I did normally.

“Just one of those things. I had no coach, no one to fall back on. In those days it often went that way.

“The people in charge were always looking for university students and people with plenty of time to train. Some time later I had a letter from the AAA asking if I could take six months off and go to New Zealand to race. Of course I could not afford to take six months off. You had to be able to afford to it. It has all changed now. It has gone right the other way.”

After his heat Braughton caught the bus home and had tea with his wife, who had not gone to watch but asked if he had enjoyed it. His mother had refused an offer from her local newspaper in Grimsby to take her down to London.

He did not return to either the stadium or the athletes village. He said: “No one queried why you were not there. I could have been dead and buried as far as they were concerned. I just turned up and did what I had to do. It was just like any athletics meeting.” He added: “It was not much of a thing in those days. There was no money in it. It was just a sport that people enjoyed.

“I did not allow athletics to interfere with my home life. That had priority. I never ran for Britain again. I did not have the time. I did not look to do it. I was just happy to get out and run, and that is what I did and I was always available to run for the club. Eventually, like everyone else, I had plenty

**“I’m still pretty fit. I slip out and jog round the park at the rear of my house. One neighbour who had watched me said to another ‘he doesn’t seem to get any faster, does he?’ I enjoy running two or three miles. I race between lamp posts, jog between two, race between three. It keeps me fit”**

of time to get out and run. Later I was able to make time but sadly not in 1948. But I enjoyed my life.”

Far from the Olympics being the end of his career, he ran 14:32.8 for 3 miles in 1949 and continued to win county titles. Probably his best achievement came in 1955 when, trained by Franz Stampfl, he caught the coach’s anger when he ran in the Poly marathon a week before the Southern 3 miles. In each he did a lifetime best, 2:36:44 for sixth on his 26-mile debut and 13:51.10 for the latter.

Braughton went on racing until he was 80 – “when I ran out of opponents,” he said. He won veteran titles and broke age records until then. He was a familiar figure all over the country, always wearing his bobble hat.

The book *The Centenary History of the Blackheath Harriers* described him: “This man was one of the most relaxed and graceful movers the club has ever had and a great asset on track, road and country. The outstanding distance runner of the club track team in this period (1948-1950s), he possessed the smooth inexorability of leg action that one associated with the superlative Finnish distance runners and performed with distinction over a variety of distances from the half mile to the marathon.

“Apart from some fine runs in the London to Brighton Relay, he was one of the only ones to attempt to challenge the overwhelming supremacy of Jim Peters and Stan Cox at the marathon. He was also one of the few runners directly following the war to see the necessity for British distance men to increase their training in order to match the performances of continental athletes like Zatopek. But there was always a hard-headed commonsense and realism about this northerner, which recognised a limit to what amateurs like himself could achieve in this coming age of full-time athletics”.

Braughton said, “I’m still pretty fit. I slip out and jog round the park at the rear of my house. One neighbour who had watched me said to another ‘he doesn’t seem to get any faster, does he?’ I enjoy running two or three miles. I race between lamp posts, jog between two, race between three. It keeps me fit.” And so does his ballroom dancing four times a week.

He is also a director of the companies that look after the Blackheath Harriers club headquarters and the track at Bromley, and he helps with judging and anything else “whenever I am needed”.

The happy 90-year-old widower concluded: “If I die tomorrow I have had a good time. That’s what life is all about. Not to have won but taken part.”

**» THIS is an edited version of an article that appears in the latest issue of *Track Stats*, the quarterly journal of the NUTS. An annual subscription costs £17 for UK residents with cheques payable to NUTS and sent to Liz Sissons, 9 Fairoak Lane, Chessington, Surrey KT9 2NS**

#### FACTFILE JACK BRAUGHTON

##### Born

February 22,  
1921, Grimsby,  
Lincolnshire

##### Height

5ft 8½in (1.74m)

##### Weight

10st 2lb (64kg)

##### PBs

1 mile: 4:12.0,  
2 miles: 9:23.0,  
3 miles: 13:51.0,  
6 Miles: 30:01.0,  
Marathon:  
2:36:44.



# In the shadow of the **OLYMPICS**

IN THE FIRST OF A NEW MONTHLY SERIES OF IN-DEPTH CLUB PROFILES, **EMILY MOSS** LOOKS AT WOODFORD GREEN WITH ESSEX LADIES, WHOSE HOME IS JUST SIX MILES AWAY FROM THE LONDON 2012 OLYMPIC STADIUM IN STRATFORD

**ABOVE TOP:** Former past presidents at the 2008 centenary celebrations

**ABOVE:** David Bigham holds the club record in the decathlon

**ABOVE MIDDLE:** Social events have always been a big part of the club

**ABOVE RIGHT:** One of Woodford Green's finest, Geoff Elliott was a decathlete and Empire Games pole vault champion in the 1950s

**W**HAT DO 82-year-olds John Hayward and Ken Bray, 13-year-old Daniel Rowden and Olympian Dan Awde have in common? All are members of Woodford Green with Essex Ladies, one of the country's leading athletics clubs and all feel proud to promote their club and continue its fine heritage.

You only have to visit Ashton Playing Fields on a Tuesday or Thursday evening and observe the many members circling the track or speak to some of the club's stalwarts and you will gain an insight into what WGEL is all about.

The numerous photos on the walls of the clubhouse show that Woodford has not been short of Olympians in the past and is continuing to churn out international stars. However, the club prides itself on more than just success on the track, promising to help youngsters develop as individuals through their experiences. For the current crop of talent, even more so than for other British athletes, 2012 has an extra special meaning, unsurprising when you consider that this community club is one of the closest to the site of next year's Olympics.

Many say athletics is a selfish sport, but WGEL recognise the need to give and take, working for the community, who in turn help provide new recruits. One of the founder members of the British League in 1969 and an ever-present since, team success has always played an important role, but not to the extent of neglecting the individual. The club is still keen to recruit and develop youngsters at grassroots level, placing emphasis on long-term development.

As a result of this nurturing, it is clear that athletes want to remain loyal to the club for years to come. Club nights include a mix of excited youngsters, elites and veterans. Despite the variety on show, all have one thing in common: they exhibit a passion for the sport and with next year's Olympics on their doorstep is very important to them.

Based at its current location since 1947, but founded in 1908 as "Woodford Green Men's Club", it dropped the "Men's" in 1911 and amalgamated with Essex Ladies in 1999. In the 1930s the club used Hackney Wick stadium and held Great Britain's first-ever floodlit meeting there. Interestingly, this will be the press centre car park at the Olympics next year, showing just how close Woodford's roots are to the Olympic experience.



The 21st-century has so far seen 11 Olympians for WGEL with Joice Maduaka being the club's most regular international. Prior to amalgamation, Woodford had 11 Olympians dating back to Harry Payne, who set a world marathon record in 1929, with the most famous being Derek Johnson, who won silver over 800m in 1956.

Essex Ladies had 10 Olympians, with Dorothy Parlett (née Manley) winning 100m silver at the 1948 London Games, two-time Olympian Gladys Bird (née Taylor) – still a major player behind the club's success today – and obviously Sally Gunnell taking Olympic glory in 1992.

So what is it that has made WGEL so successful for so long? Tony Maxwell, past president and life member of the club, boldly states: "The success is down to consistently excellent administrators, coaches and financial backing combined with the general ambition of the club, which promises to never be satisfied just to succeed locally."

Gladys Bird's boundless energy and enthusiasm for the sport shows exactly why she had such success as an athlete and is now able to combine coaching a talented sprints group with managing the British League team. She loves nothing more than to pass on her personal experiences to the youngsters she works with and is one of many volunteers on whose work WGEL thrives. She says: "I get goose pimples just imagining what it would be like to run in front of a home crowd next year, cheering every British vest before they have even run a step. There is only one word to describe it – magic."

One of the club's home-grown, genuine 2012 hopefuls is decathlete and Beijing Olympian Dan Awde, who is currently occupying top spot in the UK 2011 rankings and is equal seventh all-time. Surprisingly, he does not think that an Olympics so close to home will bring added pressure.

He explains: "I just want to enjoy it with the extra support on home soil. I know all eyes will be on me this time." Having trained with the club in his early days, Awde admits that the club has greatly assisted his rise to elite level. He says: "They still always ask me to compete in British League and Southern Men's and I try to help out when I can. I would like

to do more for the club in the future, even if it is just raking the pit at open meetings or presenting awards."

Awde also says that the club's successful history has inspired him. He says: "The number of past Olympians that the club boasts is incredible and they've set down a marker. I want to beat the records and get my name on the board and leave a legacy."

Similarly, Tosin Oke, who recently defended his Nigerian triple jump title, presented the awards at the latest young athletes' awards evening, inspiring the youngsters with his Commonwealth gold medal.

Most of the administrators involved with the club have been there throughout their lives, usually starting out as athletes before turning their hands to coaching and officiating; contributing to the club's friendly, family-orientated feel.

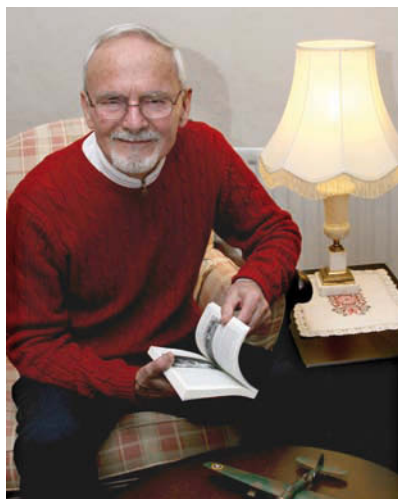
**"They still always ask me to compete in British League and Southern Men's and I try to help out when I can. I would like to do more for the club in the future, even if it is just raking the pit at open meetings or presenting awards"**

#### Woodford Green with Essex Ladies' DAN AWDE

Many WGEL members have quite literally spent their lives involved with the club. The club's oldest members are three 82-year-olds: John Hayward, Ken Bray and Charles Stockings; all still involved and their all-consuming passion to promote their club is evident before they even open their mouths. Hayward recalls joining in 1950 upon leaving the army and becoming captain at 22. He admits he has great pride for the club due to its number of Olympians, but also enjoyed his involvement due to the strong social life in place. His passion rings strongly with every word: "I see my commitment to the club along the same lines as a marriage. It has always been a big part in my life and the whole family were involved. I have undertaken officiating roles for 60 years and I have loved every minute of it."

**ABOVE LEFT:** Woodford has had many fine athletes over the years such as, here, the class of 1958

**ABOVE:** Dan Awde is one of Woodford's current 2012 hopefuls



ABOVE: John Hayward, life member, past president and author of the original (first 60 years) history of Woodford Green

RIGHT: One of Woodford Green with Essex Ladies' winning moments, this time in 2007



In addition to his six national veteran titles and British M50 800m record of 2:08.2 32 years ago, Hayward was also the driving force behind much of the British League success, managing the team between 1987 and 1993 with the help of captain Alan Bird and catapulting the club from division five to the first division in consecutive years. European 400m silver medallist and Olympian John Salisbury took over and remains involved still today, as does Bird.

Hayward credits the financial support of Martin Nicholson, along with that of two anonymous benefactors for the club's longevity in the top flight, believing it is not possible to stay at that level without sufficient funds.

Practising what it preaches, WGEL was the first club to go to Europe as a club in 1958, when they participated in two matches in Sweden. Hayward names this, along with competing in the European inter-club competition in the Berlin Olympic stadium in 1964 and meeting Jesse Owens, as his greatest memories with the club.

Bray, meanwhile, has been the club's photographer for 60 years and takes pride on having organised a huge firework display and "It's a Knockout" tournaments in the 1970s to raise money for the clubhouse. He has occupied virtually every role at the club at some point or other, having been president, social secretary, founder of "The Evergreens" (social club for older members) and press officer, in addition to being Essex steeplechase champion in 1954 and running the inaugural London marathon in under three hours aged 51.

Summing up the ethos of the club, he says: "Woodford Green has been my second home for 60 years and I just can't get away from it."

***"The club has always been friendly to new members and is athlete-centred, rather than a social club. I always ensured I looked after the elite and club athlete equally and this culture has continued"***

KEITH HOPSON

Stockings is an avid supporter, with son Paul having competed in more Metropolitan Cross Country League races than any other WGEL athlete and grandson James a promising steeplechaser, placing fourth under-17 at the English Schools recently. Another to have dedicated his life to the sport is former hammer national event coach Ron Bowden, who produced numerous internationals in his 60 years coaching, including numbers one, three and eight on the all-time list in his specialist event, in addition to David Jones (one of UK's top sprinters in the early 1960s), multi-eventer Kim Hagger and Gladys Bird.

Jean Burgess has been with the club since 1958 and today is coach secretary, regularly fulfilling coaching and officiating duties. Former Olympian Edith Peacock was president for 13 years and Jean Pickering is still a member. Keith Hopson has undertaken virtually every role in his 55 years involvement, having been secretary, treasurer, president, UK Women's team manager, along with finance officer for the BAL. He reveals: "The club has always been friendly to new members and is athlete-centred, rather than a social club. I always ensured I looked after the elite and club athlete equally and this culture has continued."

Lifelong Woodford resident Dorothy Parlett is one of the few surviving athletes of the 1948 home Olympics, although she admits that the level of competition and the hype that goes with the biggest sporting festival on Earth was quite different in her day. She says: "There was no build-up to it, I just went and ran, having trained for it for a few months prior. I don't follow the sport now, but would like to see the women's 100m final next year if I was offered a ticket."

Team success remains at the heart of WGEL'S ambitions for the future. The British Men's League team has not moved from the top flight since 2000, winning the League in 2005 and subsequently going on to win division 2 of the European Clubs' Competition in Istanbul in 2006. The women's side is now also in the Premier division, having oscillated between the top two flights in recent years.

Both teams have a good balance between home-grown athletes and those who have joined for higher competition and as former internationals themselves, Gladys Bird and



Salisbury understand the needs of the elite. Part of the reason for the club's success is that it is able to field a team closer to the potential full strength than some of the other leading clubs. However, when key athletes are missing, WGEL perhaps has less depth than some of the other top clubs.

The club also enjoys considerable success on the roads and in cross country. In line with the club's intentions, cross-country team manager Terry McCarthy reiterates: "My policy is to retain all our athletes by keeping in regular touch and being sensitive to their needs. This is particularly important with developing athletes who go away to university. In return, most athletes are happy to put something back into the club. Communication with the athletes is vital – ensuring that they know they are wanted. Our London City Runner Metropolitan Cross Country League is the section's bread and butter, and we often field 30-40 men in these races, which regularly have 300-350 finishers. We enjoy a fierce but friendly rivalry with clubs like Serpentine and Shaftesbury, which benefits the league and the sport."

With members as young as 11, WGEL is keen to offer them the opportunity to train and develop alongside the country's elite. Thirteen-year-old Rowden was invited to go along having run well in a schools cross-country race. He is full of admiration for the club and fully aware of the prestige and history. He says: "I love being part of such a great club. I am inspired by watching some of the country's top juniors on club nights and I like looking at the photos and achievements of past Olympians. There is a good atmosphere with the Olympic site so close by and I would love one day to be part of such a special sporting event."

At the other end of the age spectrum, club stalwart Bernadine Pritchett echoes similar views, having been involved with the club since 1980. She uses three phrases to sum up the club's assets: "Team spirit, comradeship and athlete-orientated."

Having set most of her lifetime bests at the age of 39 and claimed numerous British masters titles, the UK indoor W35 800 record and a European gold and world indoor

silver, Pritchett knows all too well about longevity in the sport. She was inspired by the club's top athletes in her early days, as well as access to excellent coaching and competition.

She says: "There are so many people who have remained associated with the club for most of their lives. I have so many special memories ranging from family camping trips with the club in the 1970s, to racing at the European clubs in Italy in the 1980s to scoring one point in my race in a Jubilee Cup match, only for the club to go on and win the title by one point."

Another of the club's assets is keeping youngsters involved. The "WASPS", supervised by Level-3 coach Phil Sharkey, are aged between 8 and 11 and meet on Saturday mornings, with the purpose being to supply them with a fun introduction to athletics, through games and relays. They are encouraged to join the club at 11 and try a variety of events, rather than being channelled into specific event groups. Youngsters are put in groups based on ability rather than age and are encouraged to compete in the club's monthly open graded meetings to test out their skills. Great emphasis is placed on rewarding those who do well, but also those who are willing, enthusiastic and improving. Athlete of the match awards are distributed at competitions and an annual awards night rewards good performances and commitment. This system of rewards ensures that youngsters have something to work toward

**ABOVE LEFT: the hooped vest of Woodford Green dominates in the Essex 100m final**

**ABOVE: Willy Heiberg, one of Woodford's finest distance runners**

#### FACTFILE WOODFORD GREEN WITH ESSEX LADIES AC

**Members:** 670. **Competing athletes:** 467. **Youngest:** 11. **Oldest:** 82. **Number of Olympians:** 32. **Number of countries represented at Olympics by WGEL athletes:** 7. **Number of hosted matches 2010:** 11. **Distance to Olympic Stadium:** 5.5 miles (6.1 miles by car). **Number of officials involved with Olympics:** 8. **British League/UK Women's League achievements:** Top flight of BAL since

2000. Won League 2005 and won European Clubs 2006. Top flight of UK Women's since 2010. **Cross Country achievements:** London Metropolitan League won 7 of the last 11 titles including 2009-2011; Southern Cross 3rd team 2008 and 2010; Southern 12-stage 3rd team 2008, 2009 and 2011; National 12-stage 6th 2008; National Cross 5th team 2010; Women's 1st team SEAA Cross 2010

**RIGHT: Derek Johnson won the 1954 Empire Games 880 yards title and 1956 Olympic 800m silver**

and feel their interests and abilities are being noticed and rewarded. The club is just as keen to encourage youngsters into administrative roles, and last year, as part of the Lea Valley club network, 15 older teenagers were mentored in officiating and team managing roles at three indoor inter-club matches named "10 out of 10". Several went on to take Level-1 official courses and assistant coaching courses.

There are usually 11 different groups on club nights, so coaches liaise to ensure safety on the track. The club has a good relationship with local schools, who feed interested children into the club and the club helps them with matches in exchange. For 20 years, WGEL has organised a schools' cross-country league over four weeks in October, which last year saw 350 children from 28 schools take part. The club therefore prides itself on proactive recruitment and the statistics support such an approach, with 84 youngsters having joined within the last 12 months. As part of the Olympic build-up, various organisations are trying to encourage new people through taster sessions and the club is trying to incorporate these initiatives into the existing coaching structure and open meetings.

However, it is not all rosy. Like many clubs, WGEL has only limited facilities and is the only club in the top flight of the British League not to have a stand, meaning it cannot host a match. The clubhouse was built from the club's funds in 1976 and the weights room was built in 1980. The London Marathon helped with the financing of a sports hall six years ago, which is also used for training and warming up.

The track is used most days for general use, and sometimes groups like the scouts book the track for the day. Always keen to strike up links with the community, seven schools use the track weekly and last year there were 19 school sports days.

**RIGHT: Middle-distance runner Jo Fenn is one of the club's best known female athletes**



Another concern is linked to the unquestioned support of the officials and coaches. While this is highly commended, the club is overly reliant on older people who have been fulfilling these roles for years and fresh young blood would be welcomed to ensure WGEL can continue its fine tradition. Furthermore, the lack of an Olympic legacy at Woodford was a disappointment for many at the club. The facilities at Ashton Playing Fields were being considered by UKA and the Borough of Redbridge as a formal LOCOG training site. However, the Borough were unimpressed with what they and the club would have received through the deal and, after expressing dissatisfaction, LOCOG did a deal with Barking. LOCOG had said it would ship in container type buildings and remove them afterwards, meaning the upgrade would have been limited to track surfaces and new equipment, no storage extensions and no improved permanent security, leaving the new assets at great risk.

As an Olympic-standard training facility, the club would need new equipment and higher staffing levels. No country has asked for use of the track yet, but it is listed as a potential training venue.

But as one of the clubs closest to the Olympic site, there is no doubt that WGEL will take some legacy, even if it is just renewed enthusiasm for its members. Certainly stalwarts like Hayward, Bray and Stockings will be wholehearted in their support for all Britain's athletes, but will surely give their flags an extra special wave for WGEL's own Olympians.



# Your Say

Write to: **Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1GR**, email: [jason.henderson@athleticsweekly.com](mailto:jason.henderson@athleticsweekly.com) or fax **01733-808530**

(Please supply full postal address, telephone number and t-shirt size)

## » Painfully long meets

LAST Sunday I was one of a small team who had the misfortune to officiate at a meeting of the Young Athletes League. In weather that made a recent trip to Alton Towers seem like a picnic outing, common sense prevailed and the programme was watered down.

I am sure many agree it is time the programme for this league was reviewed so it can be completed within, say, three hours rather than the present six hours or so.

The programme should be spread over two meetings, with one sprint event, one middle distance and reduced field events. The present system does not persuade parents and others to become involved in athletics.

**Ian Barnes, Darlington H&AC**

## » Tough of the track!

I WAS impressed but not surprised to read that Mo Farah is currently global No.1 at 5000 and 10,000m.

The reason I am not surprised stems from your description of Mo and his training partner Galen

Rupp returning to the track, after brilliant performances at the Aviva Birmingham Grand Prix, for some extra training.

This down to earth, dedicated, "Tupperesque" attitude transcends sport and is displayed by people for whom just being good is not enough. It can be seen in the musician practising for hours until his fingers bleed, or the artist devoting years of his life to one painting.

It involves lots of hard work but with Farah we are seeing results.

There's no doubt that the comic strip hero Alf Tupper would have been proud to be mentioned alongside Mo Farah.

**Tony Haygarth, Leeds**

## » Travel apathy

TEAMS from the South East of England are failing to show up for matches in the South West with increased regularity.

Newquay & Par AC put on a most hospitable Southern League match earlier this month but only two men's teams and

## LETTER OF THE WEEK

### » Lille was great! Bring on Daegu and London

I WAS fortunate to attend all of the IAAF World Youth Championships in Lille – a true athletics feast. There was proper competition (not tactical slow races, or paced Diamond League style concoctions) and endless PBs, as might be expected of stretched juniors.

Top memories include Jacko Gill's shot win by four metres; the girls 3000m final, boys 800m final (quicker than some Diamond League races!); Christian Brennan's eight races in five days for her three medals; Desiree Henry's stunning 200m; the

magnificent hammer throw from Louisa James to take an early final lead followed by the tension while the contest unfolded to leave her with gold; and the happiness on Jessica Judd's podium face.

Entry to the stadium and parking were free and organisation was magnifique!

One of the few negatives was no GB medley relay teams. If we ignore relays at junior level how do we expect seniors to grasp the baton?

I hope to enjoy Daegu as much and feel lucky to have tickets for four 2012 sessions.

**George Coulthard, Cumbria**

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three women's teams showed up, leaving everyone chasing around trying to make sure that events had enough officials.

This reluctance of teams to travel beyond the M25 is disrespectful to the effort put in by teams at the further edges of the realm to get to competitions.

To paraphrase the Bard: "And athletes of London and the South East shall think themselves accursed they were not here to compete on the field of Par on St Godfrey's Day (July 9)" – and perhaps be docked a large number of points for not showing up!

**Peter Impett, Wimborne**

## WEB TALK » Join the discussion at [athleticsweekly.com/messageboard](http://athleticsweekly.com/messageboard)

**This week we asked "who should light the Olympic flame?"**

"Dorothy Tyler would be my first choice. But I'll happily go along with Steve Redgrave, as long as they have a torch relay around the stadium of Dorothy Tyler to Dorothy Hyman to Mary Rand to Ann Packer to Mary Peters.

"As long as they do that, and Chas and Dave perform I'll be happy."

**Flumpy**

"The torch should come into the stadium carried by the oldest surviving Olympian

(who can walk), be passed through the hands of a few Olympic greats, and the flame should be lit by the youngest Olympian on the GB team, who will probably be a 16-year-old gymnast. That way you get a nod to the past, and a nod to the much-trumpeted legacy at the same time."

**sidelined**

"It would be an insult to great Olympians if Roger Bannister got to light the flame because of some arbitrary barrier that he broke – he has nothing to do with the Olympic Games. He should definitely be involved

and I would love him to carry it into the stadium, but actually lighting the flame has to go to someone more appropriate."

**mump boy**

"I keep coming back to Derek Redmond. The very essence of what the Olympics is all about.

"Derek and his dad should light the flame or at least bring it in the stadium. I'm in tears just thinking about it."

**Flumpy**

"David Beckham would be a travesty. It's hard to see past Sir Steve in terms of sporting success. He'd probably head the list. Dame Kelly Holmes

would be good too.

"I don't think it's fair on a competing athlete to expect them to do it. Too many nerves and distractions from competing."

**usedtoit33**

"How about one from left field? Ben Helfgott survived Buchenwald concentration camp before emigrating to Britain and competing for GB in weightlifting at the Melbourne Olympics."

**Guto Nyth Bran**

"Ben Helfgott can't do it – he's a 'plastic brit'!"

**mump boy**

# A Pozzi-tive rivalry

BRITAIN'S LATEST YOUNG HURDLING TALENT THANKS HIS TRAINING PARTNER FOR HIS SUCCESS, WRITES **EMILY MOSS**

**A**FTER Andrew Pozzi broke his training partner Jack Meredith's UK junior 110m hurdles record recently, he partly credited his work with the world junior bronze medallist himself for his improvement this season.

Andrew ran 13.29 over the shortened hurdles earlier this month to make himself favourite as the No.1 on paper going into this week's European Junior Championships in Tallinn.

The 19-year-old, who will be joined in the British team in the hurdles by Meredith and Ben Kelk (see page 72), explains: "I find training with Jack really positive as we get on really well, but we push each other every day. It is great to be able to train at such a high level.

"British junior men's hurdling has been at an all-time high in recent years, with Lawrence (Clarke) breaking the record two years ago and winning the European junior title and now Jack and me. Certainly their



Andrew Pozzi:  
UK junior 110m  
hurdles record-holder

MARK SHEARMAN

successes have inspired me and made me work harder to compete against them. It's an exciting era for the event."

Indeed, his record time in Mannheim elevated him to sixth on the world all-time list, being three hundredths quicker than Meredith's previous mark and eight hundredths faster than Clarke achieved.

Having started studying for a business studies with marketing degree at the University of West England, Bristol, last autumn, Andrew travels 40 minutes to train at Bath University six days a week to benefit from the expertise of hurdles guru Malcolm Arnold and be part of a top-class training group.

Andrew says: "My training has increased significantly compared with what I was doing in previous years, with the inclusion of weights and

heavy lifting. It is reassuring to be coached by one of the best hurdles coaches in the world and, despite the high-quality group, the atmosphere is always very laid-back, which suits my character perfectly."

He is also quick to praise the work he has done with former coach Paul Bearman, with whom he still trains when he is home in Warwickshire.

After his 2010 outdoor season was written off through a stress fracture to the left foot, he is keen to make the most of this summer. Speaking of the injury, he says: "It was particularly disheartening, as I had enjoyed such a good winter. At times it felt like there was no light at the end of the tunnel. However, it has made me really enjoy training and racing this year and it has definitely spurred me on to better things."

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He is keen to build on his World Youth Championships semi-final performance of two years ago. "I learned a lot from the World Youths, where I was naive and I think that unfamiliar environment was one of the reasons that I underperformed," he says. "It taught me a lot about how to conduct myself and I feel much more at ease with an international championships now."

Having taken wins at the England Under-20 Championships, Midland Championships and Loughborough International and a silver at the BUCS Championships, his season could not have gone much better so far. But he is hoping the trip to Estonia will see him achieve his main goal for the year.

He explains: "My objective has always been to do well at the Europeans. Obviously I am thrilled to have broken the record, but the times I run are a bonus."

## FACTFILE ANDREW POZZI

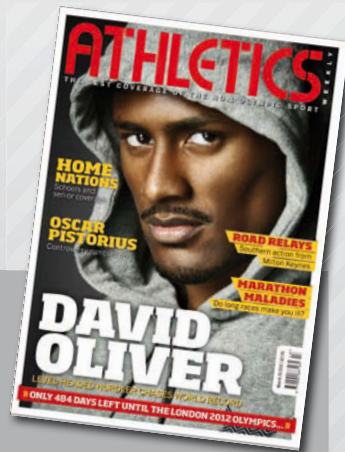
- Born** May 15, 1992
- Coach** Malcolm Arnold
- Club** Stratford-upon-Avon
- PBs** 110HU20: 13.29 (NR); 60HU20: 7.67 (NR); 110H: 14.30/13.79w; 60H: 7.87
- Achievements 2011:** England Athletics under-20 Indoor and Outdoor 1st; Midland under-20 1st; Loughborough International 1st; Mannheim Bauhaus Junior Gala 1st; BUCS Indoors and Outdoors 2nd

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# 24 hours from Tulsa

AFTER FOUR YEARS IN THE UNITED STATES, GREAT BRITAIN DISTANCE RUNNER LEWIS TIMMINS EXPLAINED TO AW COACHING EDITOR **DAVID LOWES** THE PROS AND CONS OF STUDYING AND TRAINING ACROSS THE POND

**Pictures:** Mark Shearman

**Athletics Weekly:** How did you come to go over to the United States?

**Lewis Timmins:** After finishing my studies at high school, I applied to Loughborough University to study sports science. However, I just missed the grades and ended up going through clearing and attending Northumbria University where I studied for a year. It was during this time that I actually made good improvements on the national cross-country scene and made my first England squad and then ran in the World Junior Cross Country.

I was contacted by the University of Tulsa, and more specifically Andrew Maloney, who offered me the opportunity to move across to the States. He had noticed my cross-country performances and discussed the opportunity to head over there to study and train. I felt it was an excellent chance to move my running forward and he contacted me regularly and really made me feel wanted.

**AW:** Did your performances improve and also in the way that you expected?

**LT:** During my first year there, my performances did not improve and I almost left after four months, but the assistant coach persuaded me to see out the first semester. After a few months at home though, I was actually really excited to go back.

It wasn't until I came home for the Inter-Counties cross country in March 2008 that I saw how much I had improved as an athlete when I finished 16th in the senior world trial in my first ever 12km. I was selected for the World Students, but I had to withdraw due to commitments back in the US.

After this I made my debut over 5km and ran 14:09, which again, really showed that I had made a step forward. Overall, I cannot complain about how I performed while in the US. I made two GB teams and gained my first British vest on the track, which was a huge personal goal of mine since starting out as a youngster.

**"Overall, I cannot complain about how I performed while in the US. I made two GB teams and gained my first British vest on the track"**

LEWIS TIMMINS after his first year in the United States



Lewis Timmins says there are lots of differences between the American and British systems and studying in the US may not be for everyone

However, there were certainly a few negative times and opportunities missed. This past year was a disaster. During the autumn I suffered a stress fracture, which prevented me from racing my final cross-country season, which was hugely frustrating as I had set myself what I felt were very achievable and realistic goals.

**AW:** Was the coaching any different to the UK?

**LT:** It was very different to anything I had personally experienced. I had always worked very closely with my coaches and planned my training daily, often analysing and critiquing how runs and sessions had felt and how they went. As a youngster, I would go down to training and my coach at the time, Harry Gilroy, would always ask how I felt or how my day had been, and he would

often alter or prescribe a session that fitted in with how I was that day.

Later on during my junior years, Spencer Brown set out my training for a while and again, he would always discuss such things. When I moved over to the US, I was very much left to my own devices, setting my own runs and having to review more in-depth myself about how my training was going. So maybe days when I felt tired or run down, I would have had someone there to tell me to back off – I didn't – so at times I often over-trained.

I made a point to go in and see the head coach at least once a week to discuss my previous week's training and also the forthcoming week, but it was never quite the same as when I was at home. It was very much generic feedback, with a reflection of the team as a whole rather than me.

The workouts were also non-specific that all of the distance guys on the team did. You have to remember that the coach is paid to win championships and conferences, so their first aim is to get the most out of you to achieve their goals. That's one of the downsides of the NCAA system – as a distance athlete you are competing in three seasons with cross country, indoors and outdoors. So you're essentially in racing mode for most of the year and it's difficult to periodise and train as you might normally as it's essential that you're never too far away from your racing best. I always had this feeling of being able to run quite well, but never great.

**AW: How did you adapt to a new lifestyle?**

**LT:** I enjoyed the lifestyle over there and after a few months of adjusting, found it to be quite good. However, I always missed the UK and how we live over here. You would be surprised how different the two countries are.

Food was a big thing for me – I never really enjoyed it. The general way of life, attitudes, beliefs and behaviours are of course much different and something I certainly prefer back in the UK. But I like how the US approaches high school, college and professional sport. It's a very professional and methodical system, which is great and you can sit and watch high school sports on local and national TV. I made some amazing friends out there. Strangely though, I would say the majority of those friends are not American, although I do have several great friends who are – they often took me in during holidays and made me feel very welcome in their home. I got to spend a lot of time in St Louis with my good friend Brad Harris and his family.

**AW: Would you recommend the set-up to anyone else?**

**LT:** To any athlete that was in my position before I went to the States, yes, if you are not receiving any type of funding or support. I think it's the only way I can see a way to continue training and racing without the stress of having to go to work and earn and fund yourself. I was able to receive the same level of support that a lottery-funded athlete would at home and compete in some very high-quality races. The coach though isn't necessarily interested in any European or GB squad aspirations – all they are interested in is their job safety or job development.

There are some great positives, but also some huge negatives such as not being able to come back and make a GB squad. My advice to anyone interested in moving over to the US would be to talk

to a lot of people. A former team-mate of mine, John Beattie, has recently set up an excellent website providing just about all the information you might need to help you understand the system a little more. It is [www.trackboundusa.co.uk](http://www.trackboundusa.co.uk). Everyone has a very different view of their times in the NCAA system and what guys such as Rory Fraser, Dave Bishop and Ross Millington will have experienced while at New Mexico will certainly be very different to myself, and there are many others too such as Steve Lisgo, Kris Gauson and Joe McDonald at Butler with their own experiences.

**AW: What was good and not so good?**

**LT:** There are a number of pros and cons, just as there would be with any system or university anywhere in the world.

From my personal perspective, I would say the negatives were poor communication between the head coach and me, which often led to confusion during sessions and planning races for the season. Another major downside from my experience, was that it seemed there was a clear lack of planning long-term in my training, which often frustrated me and left me feeling as though I was simply been used for the better of the university and coach.

The good points are obviously when you travel to the big meets, such as Stanford and Mt Sac at the expense of someone else, the provision of training equipment and goodies. There is also medical support, such as massage and various other forms of treatment, which leads into another negative as these aren't always effective and are certainly not provided by professionals anywhere near the level of many of our UK therapists.

**AW: Why have you decided to settle back in the UK?**

**LT:** It's very difficult to stay out in the US post-collegiately, and it's even tougher if you wish to continue running at a competitive level, unless of course you are good enough to warrant a pro contract as Lee Emmanuel did, or a world-class athlete where a multi-national corporation moves you over there to train with one of the world's best coaches, as is the case with Mo Farah. As much as I enjoyed my time over there, I just felt it was time to move on and I missed home and the camaraderie of training and racing with pals.

**» THE views expressed are solely those of Lewis Timmins and are a reflection of his experiences at Tulsa University and are in no way intended to influence anyone against this establishment or any other in the United States**

## Trackbound USA website

### An athlete's perspective of NCAA track

JOHN BEATTIE (13:42.03 and 28:32.21 for 5000m/10,000m) and Steven Morrow (1:50.00 for 800m) are athletes who have been through both the US (Tulsa) and UK (Loughborough) university systems and are the co-founders of [www.trackboundusa.co.uk](http://www.trackboundusa.co.uk). It endeavours to answer all of the questions for any athlete considering a move across to the US.

Detailed answers to the most commonly asked questions form the substance of the site. With UK university tuition fees set to rise to £9000 per year, many British athletes will be looking to head across the Atlantic to pursue an athletics scholarship. Although this is nothing new, there is much to consider and this new site looks to be a source where athletes can find accurate and useful information with the intention of helping them make informed decisions.

Trackbound USA gives much more than just general advice. It leaves no stone unturned with, for example, a list of universities and their altitude, which may be an important factor for those wanting to gain the benefits of that aspect. It even gives a conversion of times done at altitude and what they correlate to at sea-level.

Overviews of the academic process, athletics (coaching, season structure), college life, eligibility, air travel, recruitment and scholarships are covered in a realistic and informative format.

Features will be added to those already published, which include one on Andrew Lemoncello.



**John Beattie:** has launched the Trackbound USA website to give student athletes advice

THIS SEASON'S LATEST RACE DAY KIT – MANY WITH MATCHING SETS – WILL HAVE YOU LOOKING AND FEELING GREAT AND ALL ARE AVAILABLE NOW FOR WHATEVER EVENT TAKES YOUR FANCY

**MEN**

**Gore**

**Magnitude singlet and split shorts**

SUPER LIGHT and weighing in at only 70g (large), it amazed our testers and one commented: "It's so light you hardly notice you are wearing anything and it's exceptionally comfortable due to the highly breathable fabric." The shorts are only marginally heavier at 80g and come complete with an inner lining and vented fabric to ensure comfort on the longest runs.

**Cost:** £37.99 each



**Ronhill**

**Advance vest and race shorts**

THE 100 per cent recycled polyester fabric proves to be environmentally sound as well as lightweight and breathable in a premium moisture-wicking treatment. The flat-lock seams ensure no chaffing, the reflective trim will prove useful on darker nights and the bright colour we tested could be used over a long-sleeve shirt to add a hi-viz effect. The shorts have a water-resistant treatment, and a zip pocket for keys and coins.

**Cost:** £23.50 each



# Race day kit

**Mizuno**

**Burnout singlet and Premium square leg shorts**

THE moisture management fabric, complete with perforations, makes this vest highly breathable and quick-drying. The shorts have an inner lining with an elasticated and drawstring waist and an ultra-light rip-stop fabric to complete the lightweight performance appeal.

**Cost:** £30 each



**Xempo**

**T-shirt and singlet**

THESE shirts are about showing off your running performance as well as being a performance product. The breathable fabric of both the singlet and T-shirt features



a colour-coded grading badge to show off your half or marathon PB. The black with gold is available to those with sub-2:30 marathon bests with various other colours being available to indicate times in 15-minute increments.

**Cost:** £22 (T-shirt), £18 (singlet)

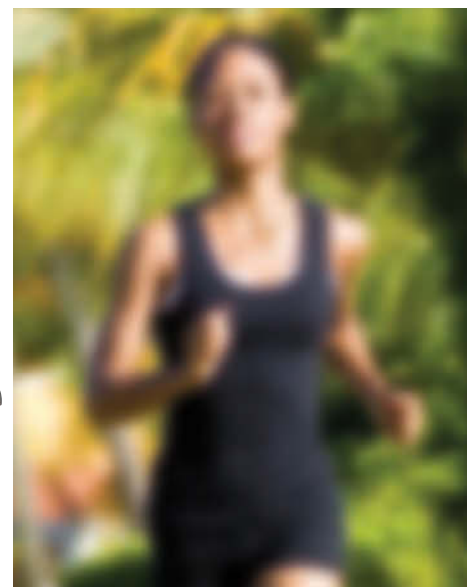
**Helly Hansen**

**Pace short sleeve half-zip shirt and Pace shorts**

AIMED at adventure events, this T-shirt and shorts combo is equally at home on the trails or road. The T-shirt features a super-soft feel fabric that proved very breathable and very comfortable even after extended wear.

The shorts have an inner brief and are a slightly longer length to ensure a comfortable and more relaxed fit.

**Cost:** £46 (shirt), £30 (shorts)



## Adidas

### Adizero singlet and shorts

THESE products are the ultimate in lightweight performance from adidas. Both the vest and shorts proved very popular among the *Athletics Weekly* testers with striking colours and a great-fitting lightweight fabric. The fabric also wicks moisture well and quickly dries – great for longer distance events.

**Cost:** £30 each



## Asics

### Performance singlet and Sprinter short tight

THE X-static fabric incorporated into the back panel of this vest makes it highly breathable and great at wicking moisture from the body. The integrated stretch panels at the shoulders make a great-fitting garment. The short tights are a good alternative to longer length shorts for those looking for more support and provide a good “chaff-free” fit.

**Cost:** £30 (singlet), £25 (tight)



## Salomon

### X-tee and Exo three-quarter tights

AT home in the mountains, this outfit provides a comfortable, fast-drying and moisture-wicking fabric T-shirt, with great three-quarter-length tights. Our testers loved these tights as an alternative to shorts, ideal for trail and off-road events, which provide great support with a superb fit.

**Cost:** £20 (T-shirt), £70 (tights)



## Brooks

### Essential two-in-one short and Equilibrium short-sleeve T-shirt

THE two-in-one shorts were popular with our testers and they voted them “best buy” shorts, particularly in view of their very reasonable price. The inner Lycra shorts proved supportive and really comfortable with the longer-length outer great for training, competing or even leisure use. A zip pocket completes the great garment.

The soft-touch feel of the shirt makes it a comfortable garment with a relaxed fit.

**Cost:** £18 (short), £21 (short-sleeve T-shirt)



## Craft

### Marathon vest

THIS was voted the “best singlet” by our testers owing to its exceptionally light weight and soft-touch feel of the fabric. Highly ventilated with a great “next-to-the-skin” feel that dries quickly, it was the first choice and deemed ideal as a summer performance singlet.

**Cost:** £23



**WEBSITES**

- » [www.xempo.co.uk](http://www.xempo.co.uk)
- » [www.gorunningwear.com](http://www.gorunningwear.com)
- » [www.mizunorunning.eu](http://www.mizunorunning.eu)
- » [www.adidas.com/uk/running](http://www.adidas.com/uk/running)
- » [www.hellyhansen.com](http://www.hellyhansen.com)
- » [www.craft.se](http://www.craft.se)
- » [www.salomonrunning.com](http://www.salomonrunning.com)
- » [www.ronhill.com](http://www.ronhill.com)
- » [www.brooksrunning.co.uk](http://www.brooksrunning.co.uk)
- » [www.asics.co.uk](http://www.asics.co.uk)

## WOMEN

## Adidas

### Adizero T-shirt and shorts

THESE products are the ultimate in lightweight performance from adidas. All the *Athletics Weekly* testers liked the striking colours and the great-fitting, lightweight fabric. The fabrics wick moisture well and dry very quickly, great for those longer-distance events.

**Cost:** £30



**Ronhill**

**Aspiration contour vest and racer short**

OUR testers liked the flattering feminine neckline of this vest, along with its slightly-longer slim fit. The fabric is both supportive and stretchy to add to the comfort. The relaxed fit of the shorts features a wind-resistant fabric along with an inner brief made from 50 per cent bamboo charcoal fabric, which is highly moisture-wicking.

**Cost:** £24.50 (vest), £23.50 (short)



**Brooks**

**LSD jacket, Glycerin support tank and Infiniti tight shorts**

THIS is an outfit that could cover all weather conditions and the tank, shorts and super-lightweight jacket are an excellent purchase. The rip-stop jacket packs into its own pocket and is perfect for



emergency use in a sudden downpour. The tanktop has a supportive inner bra in a colourful, comfortable and moisture-wicking fabric. The shorts proved a great fit with a useful zip pocket and supportive feel.

**Cost:** £51 (jacket), £31 (tank), £26 (short)

**Epiphany short-sleeve T-shirt and Infiniti shorts**

OUR testers loved the super-soft feel of the fabric with its stretchy and comfortable fit. The "racer-style" shorts also proved popular with contrast panels that



provide a stretchy, breathable fit for added comfort.

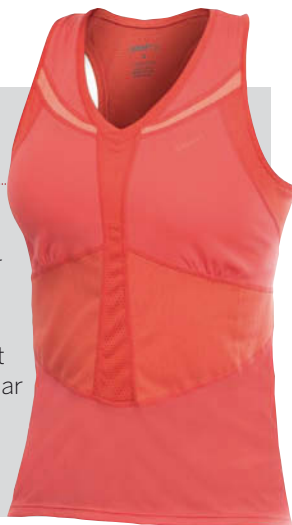
**Cost:** £16 (short sleeve T-shirt), £23 (shorts)

**Helly Hansen**

**Pace supportive singlet and shorts**

THIS supportive singlet proved to be "just right" for our testers for running or gym-based workouts. The lightweight, stretchy and breathable fabric was also extremely comfortable. The relaxed fit of the shorts proved popular and ideal for all types of sessions.

**Cost:** £30



**Craft**

**PR singlet and Performance shorts**

THE body-contoured fit of the singlet incorporated a supportive inner bra and proved a popular and comfortable fit with our testers. The shorts featured a soft-feel fabric and comfort fit cut in a colour popular as an alternative to pink or black.

**Cost:** £26 each



**Mizuno**

**Burnout singlet and Premium mid tight**

OUR female testers liked the tailored fit of the singlet and its highly breathable fabric.

The tights were popular with those wanting an alternative to regular shorts, with the zip pocket proving useful and the tailoring being a comfortable fit.

**Cost:** £30 (singlet), £25 (tight)



**Salomon**

**X-tee and Exo three-quarter tights**

OUR testers loved these tights as an alternative to shorts

and were ideal for trail and off-road events, providing great support with a superb fit. The T-shirt is reasonably priced and along with the tights makes a great outfit.

**Cost:** £20 (tee), £70 (tights)





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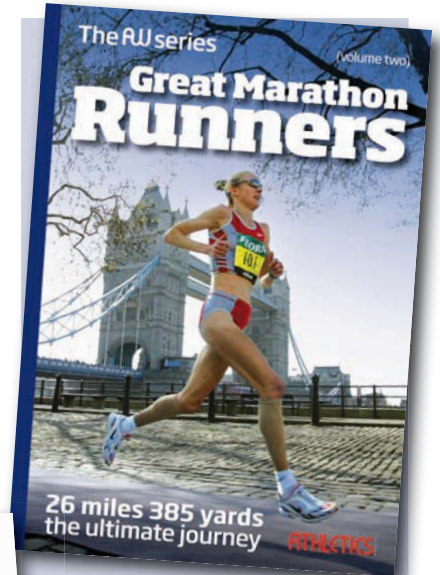


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OVERSEAS

AUSTRALIA

**Stockport, July 16**  
**Women: 400:** 3 FAYE HARDING 54.87

AUSTRIA

**Heiligenblut-Grossglockner  
 Berglauf, Gsund, July 17**  
**Men:** 6 ORLANDO EDWARDS 77:28; 15  
 TOM OWENS 84:14

BELARUS

**Belarus Championships, Grodno,  
 July 7**  
**Men: SP:** P Lyzhin 20.17. **20KW:** I  
 Trotskiy 1:20:48. **Women: SP:** N  
 Mikheevich 19.05

BELGIUM

**Heusden, July 16**  
 WORLD record-holder Yelena  
 Isinbayeva returned to competition  
 with a first-time clearance at 4.60m  
 before bowing out at 4.70m in a  
 competition held in wet and windy  
 conditions.  
 European indoor 3000m champion  
 Helen Clitheroe set a PB and went to  
 second on the UK rankings at 5000m  
 but could only finish eighth and was  
 outside the UKA standard for the World  
 Championships.  
**Men: 200 (2.4):** T Mpuang (RSA)  
 20.76. **400 r1:** 1 RICHARD BUCK  
 46.48. **800:** 1 A Chemut (KEN)  
 1:45.74; 2 T Mulder (USA) 1:46.05.  
**r5:** 4 ED JACKSON 1:49.94. **1500:**  
 1 B Wiotton Tanui (KEN) 3:35.93; 8  
 NICK McCORMICK 3:40.71. **B:** 9  
 LEE EMANUEL 3:45.46. **5000:** 1 A  
 Rop (KEN) 13:10.37; 2 D Bett (KEN)  
 13:13.66; 3 A Kiplimo (UGA) 13:14.33;

World rankings leaders 2011

MEN		WOMEN			
100:	Asafa Powell (JAM)	9.78/1.0	Carmelita Jeter (USA)	10.70/2.0	
200:	Usain Bolt (JAM)	19.86/0.7	Shalonda Solomon (USA)	22.15/1.0	
400:	Rondell Bartholomew (GRN)	44.65	Allyson Felix (USA)	49.81	
800:	David Rudisha (KEN)	1:43.46	800:	Svetlana Usovich (BLR)	1:58.12
1500:	Silas Kiplagat (KEN)	3:31.39	1500:	Maryam Jamal (BRN)	4:00.33
1M:	Haron Keitany (KEN)	3:49.09	1M:	Hind Dehiba (FRA)	4:29.59
3000:	Yenew Alamirew (ETH)	7:27.26	3000:	Sentayehu Ejigu (ETH)	8:45.75
5000:	Imane Merga (ETH)	12:54.21	5000:	Meseret Defar (ETH)	14:29.52
10,000:	Mo Farah (GBR)	26:46.57	10,000:	Sally Kipyego (KEN)	30:38.35
10km:	Micah Kogo (KEN)	27:15	10km:	Joice Chepkirui (KEN)	30:43
HM:	Zersenay Tadese (ERI)	58:30	HM:	Mary Keitany (KEN)	65:50
Mar:	Emmanuel Mutai (KEN)	2:04:40	Mar:	Mary Keitany (KEN)	2:19:19
(DH):	Geoffrey Mutai (KEN)	2:03:02	3000SC:	Milcah Chemos (KEN)	9:12.89
3000SC:	Paul Kipsiele Koech (KEN)	8:01.83	100H:	Saly Pearson	12.48/0.7
110H:	David Oliver (USA)	12.94	400H:	Zuzana Hejnova (CZE)	53.29
400H:	LJ van Zyl (RSA)	47.66	HJ:	Blanka Vlasic (CRO)	2.00
HJ:	Jesse Williams (USA)	2.37	PV:	Martina Strutz (GER)	4.78
PV:	Brad Walker (USA)	5.84	LJ:	Brittney Reese	17.99/1.8
LJ:	Mitchell Watt (AUS)	8.44/0.8	TJ:	Yargelis Savigne (CUB)	14.99/-0.1
TJ:	Teddy Tamgho (FRA)	17.91/1.4	SP:	Nadezhda Ostapchuk (BLR)	20.94
SP:	Dylan Armstrong (CAN)	22.21	DT:	Sandra Perkovic (CRO)	69.99
DT:	Robert Harting (GER)	68.99	HT:	Betty Heidler (GER)	79.42
HT:	Aleksey Zagorniy (RUS)	81.73	JT:	Christina Obergfoll (GER)	68.01
JT:	Andreas Thorkildsen (NOR)	88.30	Hep:	Jessica Ennis (GBR)	6790
Dec:	Ashton Eaton (USA)	8729	20kW:	Vera Sokolova (RUS)	1:25:08
20kW:	Zhen Wang (CHN)	78:30	4x100:	USA	42.28
50kW:	Sergey Bakulin (RUS)	3:38:46	4x400:	USA	3:22.92
4x100:	Jamaica	38.33			
4x400:	Texas A&M	3:00.45			

19 RYAN McLEOD 13:50.42. **B:** 3 RORY  
 FRASER 13:42.87; 9 LUKE CRAGG  
 13:55.55. **110H (1.6):** F Townsend (USA)  
 13.43. **400H:** 1 C Fredericks (RSA)  
 49.25; 4 RICHARD DAVENPORT 50.38.  
**3000sc:** B Bruce (USA) 8:26.16. **TJ:** 8  
 KOLA ADEDOYIN 15.24/0.2. **4x400:**  
 1 Belgium 3:02.81; 2 RSA 3:03.37.  
**Women: 100 (0.0):** 1 D Ferguson-  
 McKenzie (BAH) 11.15; 2 B Pierre (USA)  
 11.18; 5 JEANNETTE KWAKYE 11.39.  
**h1 (1.3):** 4 KWAKYE 11.55; 5 JOICE  
 MADUAKA (W35) 11.58. **200 (1.2):** 5  
 A Foster (N Down/IRL) 23.79. **5000:**  
 1 A Belete (ETH) 15:09.71; 2 G Ayalew  
 (ETH) 15:10.45; 3 W Mekasha (ETH)  
 15:11.50; 4 K Smith (NZL) 15:14.02; 5  
 A Hastings (USA) 15:15.56; 6 A Dulce  
 Felix (POR) 15:22.16; 7 N Ejafini (ITA)  
 15:28.70; 8 HELEN CLITHEROE (W35)  
 15:29.37; 16 SONIA SAMUELS 16:10.44.  
**PV:** 1 Y Isinbayeva (RUS) 4.60; 2 C  
 Hingst (GER) 4.60; 6 SALLY PEAKE 4.10  
**Liege, July 13**  
 IN very cold conditions, times were  
 slow with both Jodie Williams and

Jeanette Kwakye outside 11.60 for  
 100m.  
**Men: 100 (0.3):** 1 T Padgett (USA)  
 10.13; 2 D Patton (USA) 10.26; 7 R  
 Salaam (USA) 10.46. **800:** 8 NICK  
 McCORMICK 1:49.92. **3000:** L Lomong  
 7:50.36. **110H (0.2):** 1 J Brown (USA)  
 13.29; 5 R Brathwaite (BAR) 13.67.  
**Women: 100 (-0.1):** 1 G Asumnu (USA)  
 11.39; 4 JODIE WILLIAMS (U20) 11.65;  
 6 JEANNETTE KWAKYE 11.73. **1500:** A  
 Schmidt 4:11.64. **100H (-0.6):** 1 N Ali  
 (USA) 12.84; 2 TIFFANY PORTER 13.02;  
 8 SARAH CLAXTON 13.60. **400H:** N  
 Wilson (JAM) 56.97  
**Kortrijk, July 9**  
**Additional: Men: 100 A2 (2.4):** 6  
 MARK HANSON 10.70. **B2 (0.6):** 1  
 HANSON 10.90

BULGARIA

**Balkan Championships, Sliven,  
 July 2/3**  
**Men: TEAM:** 1 Greece 159; 2 Bulgaria  
 157; 3 Romania 154. **200 (-0.2):** P  
 Kremenski 20.79. **DT:** E Olgundeniz

(TUR) 63.05. **Women: TEAM:** 1  
 Romania 170; 2 Greece 160.5; 3  
 Bulgaria 150. **100 (0.8):** I Lalova  
 10.96. **400/400H:** V Stambolova  
 53.34/54.23. **4x100:** Bul 44.49. **TJ:** 1 A  
 Banova 14.34; 2 C Bujin (ROU) 14.13.  
**DT:** D Tomasevic 61.95

BRAZIL

**Rio de Janeiro, Inc World Military  
 Championships, July 17**  
**Men: Mar:** 1 P Ngoie (FRA) 2:18:17; 2 E  
 Kiprono (KEN) 2:18:27. **Women: Mar:**  
 Kum Ok Kim (KOR) 2:35:22

CANADA

**Toronto, July 13**  
**Men: 100 (-2.0):** 1 W Dix (USA) 10.18;  
 2 L Clarke (JAM) 10.33; 3 S Effah 10.38.  
**SP:** D Armstrong (CAN) 21.23. **JT:** S  
 Russell 84.81 (rec). **Women: 100H**  
 (-1.2) 1 P George 12.87; 2 P Felicien  
 12.88  
**Canadian Junior Championships,  
 Winnipeg, July 8-10**  
**Men: 400 B:** 1 HODSON HARDING

(U20) 48.57. **400 h3:** 1 HARDING 48.52

CROATIA

**Varazdin, July 16**  
**Men: DT:** R Fazekas (HUN) 63.26

**CZECH REPUBLIC**  
**Usti Nad Labem, July 12**  
**Men: SP:** 1 R Winger (USA) 20.76; 2 A  
 Borodkin (UKR) 20.14; 3 C Veliz (CUB)  
 20.11. **DT:** J Marcell 63.53. **Women:**  
**400:** D Rosolova 51.51; 2 D Trotter  
 (USA) 52.72  
**Pizen, July 13**  
**Men: PV:** J Kudlicka 5.81. **Women:**  
 PV: J Ptacnikova 4.31  
**Czech Championships, Brno,  
 July 2/3**  
**Men: 110H (2.9):** M Mazac 13.62.  
**Women: PV:** J Ptacnikova 4.20. **DT:** V  
 Cechlova 63.74. **JT:** B Spotakova 64.65.  
**DT:** 1 J Marcell 65.71

ESTONIA

**Jogeva, July 12**  
**Men: DT:** G Kanter 65.97

FRANCE

**French U20 Champion ships,  
 Dreux, July 15-17**  
**Men: PV:** 1 E Denecker 5.63 (U20 rec).  
**HT (6kg):** Q Bigot 77.98  
**Tarare July 9**  
**Men: 400H:** 3 RHYS WILLIAMS 50.56.  
**Women: 400H:** 2 J Kinney (WSEH/IRL)  
 57.90; 5 TRACEY DUNCAN 58.46

GERMANY

**Ratigen, July 16/17**  
 WHILE Jennifer Oeser went to third on  
 the world lists with 6663, in seventh  
 Louise Hazel gained an 'A' standard for  
 the Olympics with 6166.  
 After she equalled her PB in the  
 high jump and set new figures in the  
 800m, Hazel's tally was 10 points  
 above that which took her to the  
 Commonwealth title last year.  
 The 6166 will be listed as wind-  
 assisted as the average wind readings  
 for the three applicable events is  
 greater than 2m/sec. However, using  
 her second-best long jump of 6.36m,  
 her tally comes out as a legal 6150 –  
 exactly the Olympic standard.  
 Hazel already had the 'A' standard  
 for Daegu as the Commonwealth  
 Games fell within the qualification  
 period for that.  
 Larbi Bouraada set an African  
 record of 8302 in winning the men's  
 decathlon.  
**Men: Dec:** 1 L Bouraada (ALG) 8302  
 (Afr rec) (10.61w/3.4, 7.94w/2.7,  
 12.82, 2.06, 48.19, 14.65/-0.3, 40.34,  
 4.70, 58.05, 4:21.42); 2 R Freimuth  
 8287; 3 P Behrenbruch 8232; 4 W  
 Coertzen (RSA) 8095; 5 C Chinin  
 (BRA) 8045. **Women: Hep:** 1 J Oeser  
 6663 (13.14/1.2, 1.80, 13.85, 23.95/1.3,  
 6.70w/2.8 (& 6.42/-0.4), 47.19,  
 2:12.09); 2 A Grabuste (LAT) 6507;  
 3 L Schwarzkopf 6380; 4 R Fransen

Fast times at altitude as Kenya gets set for Daegu

**KENYA**  
**Kenyan Championships, Nairobi,  
 July 14-16**  
 SILAS KIPLAGAT set a world-leading  
 mark of 3:31.39 at the 1500m narrowly  
 ahead of Olympic winner Asbel Kiprop,  
 who ran 3:32.26 and Daniel Kipchirchir  
 Komen. Both Collins Cheboi and Nixon  
 Chepseba were also inside 3:34.  
 Kenya will clearly have the  
 strongest middle-distance teams in  
 the World Championships, though the  
 selectors chose Chepseba in fifth  
 rather than Kipchirchir, who found  
 3:32.47 insufficient for selection.  
 Brimrin Kipruto won the  
 steeplechase in 8:20.19.  
 World 800m record-holder David  
 Rudisha won easily in a front-running  
 1:43.76 to confirm himself as a huge  
 favourite for Daegu.  
 The 5000m was won by junior  
 Isaiiah Koech in 13:21.31 as former  
 world champion Eliud Kipchoge

qualified for his fifth world  
 championships in third.  
 Times were sensational in the  
 longer distances considering the  
 altitude. Hitherto unknown Peter  
 Kirui won the 10,000m in 27:32.1,  
 which the experts estimate is worth  
 a minute quicker at sea level.  
 There were seemingly world-class  
 Kenyan and African records in both  
 walks for David Kimutai and Grace  
 Wanjiru, which casts great doubts on  
 the course measurement.  
 The top women's performance  
 came from Janeth Jepkosgei, who won  
 the 800m in 1:59.34.  
**Men: 200/400:** A Mureta 21.07/45.70.  
**800:** 1 D Rudisha 1:43.76 (1.45.3  
 sf, 1:46.7 ht); 2 J Kivuva 1:44.40;  
 3 A Kirwa Yego 1:44.76; 4 J Kinyor  
 1:45.07; 5 D Mutua 1:45.55; 8 B Lalang  
 1:46.88. **1500:** 1 S Kiplagat 3:31.39;  
 2 A Kiprop 3:32.26; 3 D Kipchirchir  
 Komen 3:32.47; 4 C Cheboi 3:33.94;

5 N Chepseba 3:33.96. **5000:** 1 I  
 Koech (U20) 13:21.31; 2 T Longosiwa  
 13:22.89; 3 E Kipchoge 13:23.48; 4 M  
 Kiptoo 13:25.45; 5 J Chesari 13:26.89;  
 6 V Yator 13:26.06. **10,000:** 1 P Kirui  
 27:32.9; 2 W Kiprop 27:32.9; 3 M  
 Mathathi 27:38.6; 4 G Mutai 27:38.9;  
 5 P Tanui 27:44.5; 6 K Kipkemoi  
 27:48.5; 7 J Bett 27:50.0. **3000sc:**  
 1 B Kipruto 8:20.19; 2 R Mateeleng  
 8:21.39; 3 A Chirchir 8:22.34; 4 W  
 Komen 8:22.63; 5 A Mutai 8:27.49.  
**20kmW:** D Kimutai 1:18:20 (rec).  
**Women: 800:** 1 J Jepkosgei 1:59.34;  
 2 E Sum 1:59.66; 3 C Koech 1:59.68.  
**1500:** 1 H Obiri 4:08.68; 2 J Chepkirui  
 4:08.80; 3 N Langat 4:08.90. **5000:**  
 1 S Kibet 15:38.5; 2 L Masai 15:40.5;  
 3 M Cherono 15:42.4. **10,000:** 1 V  
 Cheriuyot 31:55.8; 2 S Kipyego 31:57.8;  
 3 P Jepleting 31:59.1. **3000sc:** 1 M  
 Chemos 9:32.0; 2 L Rotich 9:32.2; 3  
 M Njoroge 9:34.0. **20kmW:** G Wanjiru  
 1:28:15 (rec)



David Rudisha:  
 victory in 1:43.76

Orlando Edwards conquers a mountain race in Germany with more than 2000m climb



(HOL) 6198; 4. Fransen NED 6198 (13.84/1.6, 1.86, 13.06, 24.49w/2.9, 6.28/1.0, 36.83, 2:12.09); 5 J Mächtigt 6194; 6 J Samuelsson (SWE) 6173; 7 LOUISE HAZEL (13.36/1.2, 1.71, 11.63, 23.90/2.9, 6.41/2.3, 42.87, 2:15.36) 6166; 8 C Rath 6098

#### Eberstadt, July 16/17

**Men:** **HJ:** I Ukhov (RUS) 2:24; 2 J Baba (CZE) 2:24; 6 MARTYN BERNARD 2:20; 8 TOM PARSONS 2:15. **Women:** **HJ:** 1 S Shkolina (RUS) 1:99; 2 B Vlasic (CRO) 1:97; 3 D Amata (NIG) 1:95 (eq rec); 4 M Aitova (KAZ) 1:93; 5 E Green-Tregaro (SWE) 1:93

#### Bottrop, July 15

**Men:** **100 (-0.6):** 1 A Waugh (JAM) 10.21; 2 R Salaam (USA) 10.24 (10.11/0.3 ht); 3 MARLON DEVONISH 10.25. **h2 (0.3):** 3 DEVONISH 10.28. **200 (-0.9):** 1 Waugh 20.51; 2 DEVONISH 20.60. **800:** M Brahimi (ALG) 1:45.84. **1500:** 1 A Iguider (MAR) 3:36.13; 7 ANDY BADDELEY 3:38.38. **110H (-1.0):** 1 D Berger (USA) 13.49; 2 J Porter (USA) 13.50; 3 T Akins (USA) 13.51. **LJ:** 1 L Felipe Meliz (CUB) 8.06/0.3; 2 L Manyonga (RSA) 8.06/0.7. **DT:** J Fernandez (CUB) 63.77.

**Women:** **200 (0.7):** T Townsend (USA) 22.82. **800:** J Hartmann 2:01.45. **3000sc:** 1 A Ayana (ETH) 9:30.23; 2 A Birtukan (ETH) 9:35.72; 9 K Harty (WSEH/IRL) 10:08.84. **100H (-0.3):** 1 K Castlin (USA) 12.91; 4 GEMMA BENNETT 13.24; 8 ANGELITA BROADBELT-BLAKE 14.05. **h1 (0.0):** 4 BROADBELT-BLAKE 13.47. **h2 (1.6):** 3 BENNETT 13.24. **LJ:** B Glenn (USA) 6.76/0.3

#### Karlsruhe, July 12

MARTINA STRUTZ set a German record and a world lead of 4.78m in the pole vault, while Steve Lewis took some useful scalps with second with 5.62m as he lost out on countback. **Men:** **PV:** 1 S Kucheryanu (RUS) 5.62; 2 STEVEN LEWIS 5.62; eq 3 J Clavier (FRA)/K Filipidis (GRE)/B Walker (USA)/M Mohr/ B Otto 5.52. **Women:** **PV:** 1 M Strutz, 4.78; 2 B Holliday (USA) 4.50; 3 A Battke 4.50

#### Zugspitze, July 10

ORLANDO EDWARDS won the 17.9km uphill-only Zugspitze race to the top of Germany's highest mountain. It begins at 1100m above sea level finishes at 2960m, incorporating a climb of over 2000m and a gain of

400m in the last 1.3km.

**Men:** **17.9km:** 1 ORLANDO EDWARDS 2:04:45; 2 M Barz 2:06:45

#### GREECE

##### Rethimno, July 13

**Men:** **100 (2.8):** 1 R Sakalauskas (LTU) 10.10; 2 A Rouge-Serrett (AUS) 10.20; 3 M Burns (TRI) 10.27. **110H (1.0):** 1 K Douvalidis 13.53; 2 GIANNI FRANKIS 13.89; 3 ALEX AL AMEEN 14.11. **HJ:** 1 V Ninov (BUL) 2.23; 2 SAMSON ONI 2.23. **LJ:** 1 L Tsatoumas 8.26/1.4 (& 8.22 & 8.20). **DT:** 1 V Alekna (LTU) 67.88; 2 M Israel (EST) 66.40; 3 R Fazekas (HUN) 63.60. **Women:** **100 (2.0):** 1 K Stewart (JAM) 11.10; 2 J Atkins (USA) 11.30. **200 (1.6):** 1 Atkins 22.68. **100H (2.1):** 1 L Smith (USA) 12.76; 2 GEMMA BENNETT 13.08. **TJ:** D Veldakova (SLO) 14.33/1.2

#### IRELAND

##### Dublin, July 16

**Men:** **5M:** 1 PADDY HAMILTON 24:56; 4 GREGORY ROBERTS 25:12; 8 ALAN O'HARA 26:01. **Women:** **5M:** 2 JULIE TURLEY 27:58; 4 G Ganiel (NBH/IRL) 28:40; 7 BREEGE CONNOLLY 29:32; 9 CATHY McCOURT (W35) 29:53

#### IAU World Trail Championship, Connemara, July 9

**Men:** **70km:** 1 E Clavery (FRA) 6:39:07; 2 J Loutitt (CAN) 6:40:32; 3 P Bringer (FRA) 6:47:50; 15 STUART MILLS (M45) 7:10:42; 16 JULIAN RENDALL 7:16:50; 29 ALLEN SMALLS (M40) 7:39:47; 35 CRAIG STEWART 7:47:00; 48 CRAIG MATTOCKS 8:06:32; 100 GRAEME COLHOUN 10:36:07. **Women:** **70km:** 1 M Gobert (FRA) 7:41:31; 2 C Mora (ITA) 7:50:02; 3 LUCY COLQUHOUN (W40) 7:57:20; 12 KATE JENKINS (W35) 8:55:03; 19 ADELA SALT (W35) 9:36:40; 26 HEATHER FOUNDLING-HAWKER (W45) 10:38:24

**Tom McDonough/Joe Harkin 5km, Dundalk, July 9**

**Men:** **5km:** 1 PADDY HAMILTON 15:03; 10 NIGEL McKIBBIN (M40) 16:41. **Women:** **5km:** 1 JULIE TURLEY 16:50; 4 GERALDINE BRANAGH (W45) 19:15

#### Tullamore, June 18

**Women:** **HJ:** 1 PHILIPPA ROGAN (U20) 1.75

#### Woodies DIY National League – Division 1, Sligo, June 12

**Men:** **LJ:** 1 ADAM McMULLEN 7.23. **SP:** 1 ANDREW DOYLE (U20) 13.63. **HT:** 1

DOYLE 51.55. **Women:** **HT:** 1 MAGGIE DONNELLY 48.04

#### ITALY

MARTYN ROONEY continued to struggle to find his best form as he clocked 46.36 for second in his first race for a month.

##### Padua, July 17

**Men:** **100 (-1.6):** 1 N Carter (JAM) 10.10; 2 M Frater (JAM) 10.31. **400:** 1 L Spence (JAM) 46.34; 2 MARTYN ROONEY 46.36; 3 O Pistorius (RSA) 46.65. **800:** 1 K Robinson (USA) 1:46.74. **110H (-0.5):** 1 D Robles (CUB) 13.26; 2 T Akins (USA) 13.30; 3 J Brown (USA) 13.31; 5 WILLIAM SHARMAN 13.63. **PV:** STEVE LEWIS nh. **DT:** 1 V Alekna (LTU) 67.05; M Israel (EST) 65.35. **Women:** **200 (-0.8):** 1 K Stewart (JAM) 23.04. **800:** 1 Y Santiusti (CUB) 1:58.91; 5 EMMA JACKSON 2:00.26. **1500:** A Schmidt (USA) 4:08.09. **100H (-1.3):** 1 N Ali (USA) 12.98; B Foster-Hylton (JAM) 13.29. **LJ:** 1 B Glenn (USA) 6.69w (6.42); 2 L Griva (LAT) 6.62w (6.53); 3 T Dobija (POL) 6.62/1.6

##### Nouvo, July 13

**Men:** **100 (3.7):** 1 T Kimmons (USA) 9.97 (10.15/0.3 ht); 2 J Harvey (JAM) 10.04. **200 (0.5):** 1 J Gatlin (USA) 20.47; 3 LEON BAPTISTE 21.01. **400:** 4 CHRIS CLARKE 46.76. **800:** M Wiecezorek (USA) 1:46.50. **1500:** D Torrance (USA) 3:39.56. **Women:** **100 (1.0):** 1 C Russell (JAM) 11.27. **200 (1.5):** 1 A McLaughlin (JAM) 23.07; 2 J Beard (USA) 23.18; 3 SHANA COX 23.83. **1000:** 1 M Defar (ETH) 31:05.05; 2 T Kiros (USA) 32:29.33

#### Italian Championships, Turin, June 25/26

**Men:** **100 (-0.7):** M Galvan 10.38. **200 (0.1):** A Howe 20.51. **400:** M Vistalli 45.88. **HJ:** S Chesani 2.28. **LJ:** 1 S Dacastello 7.82; 2 A Howe 7.68. **TJ:** F Donato 17.7/0.2. **HT:** 1 N Vizzoni 76.29; 2 M Lingua 76.12. **10,000W:** J Nkouloukidi 39:44.70. **Women:** **1500:** E Cusma 4:13.38. **10,000:** 1 N Ejaffini 32:28.80; 2 V Straneo 32:35.11. **100H:** M Caravelli 13.05. **400H:** J Bencosme (U20) 50.55. **PV:** A Giordano Bruno 4.40. **TJ:** S La Mantia 14.40. **HT:** 1 S Salis 69.57; 2 E Palmieri 66.78

#### JAPAN

##### Osaka, June 26

**Women:** **400H:** S Kubokura 55.34 (rec) **Fukagawa June 25**

**Men:** **10,000:** 1 G Ngatuny (KEN) 27:43.82; 2 J Rungar (KEN) 27:44.86; 3 A Mwangi (KEN) 27:47.51; 4 K Watanabe 27:47.79. **Women:** **10,000:** 1 S Chepyego (KEN) 31:27.98; 2 S Nishikawa 32:12.64

##### Abashiri, June 22

**5000:** 1 H Thuo (KEN) 13:15.53; 2 E Waweru (KEN) 13:18.94. **10,000W:** 1 Y Suzuki 39:51.44. **Women:** **10,000** (male pacemakers): 1 M Kinukawa 31:10.02; 2 Y Miyachi 32:15.09

#### PUERTO RICO

##### CAC Championships, Mayaguz, July 15

JAMAICA, with 10 golds and 26 medals, topped the medal table ahead of Mexico.

**Men:** **100 (-0.5):** 1 K Bledman (TRI) 10.05; 2 D Bailey (ANT) 10.11; 3 D Lee (JAM) 10.18. **200 (1.1):** M Mathieu (BAH) 20.60. **400:** R Quow (TRI) 45.44. **800:** A González (CUB) 1:48.15. **1500:** N Herrera (VEN) 3:44.92. **5000:** J Uribe (MEX) 14:08.10. **10,000:** J Romero (MEX) 28:54.06. **HM:** L Collazo 67:08. **3000SC:** L Ibarra (MEX) 8:55.86. **110H (0.7):** 1 E Keddo (JAM) 13.49; 2 H Cotto 13.54 (rec). **400H:** 1 L Green (JAM) 49.03; 2 F Sanchez (DOM) 49.41; 3 J Gordon (TRI) 50.27; 4 J Culson 50.27. **HJ:** T Barry (BAH) 2.28. **PV:** C Sánchez (MEX) 5.00. **LJ:** T Smith (BER) 8.06/0.8. **TJ:** S Laine (HAI) 17.09/-0.5. **SP:** O Richards (JAM) 19.16. **DT:** J Morgan (JAM) 60.20. **HT:** R Janet (CUB) 71.65. **JT:** G Martinez (MEX) 81.75. **Dec:** M Sánchez (PUR) 7397.

**4x100:** 1 Jamaica 38.81; 2 Trinidad 38.89; 3 St. Kitts 39.07 (rec). **4x400:** 1 Bahamas 3:01.33; 2 Trinidad 3:01.65; 3 Jamaica 3:02.00. **20kmW:** A Segura (CRC) 1:28:56. **Women:** **100 (0.5):** 1 S Hackett (TRI) 11.27; 2 J Levy (JAM) 11.36; 3 S Facey (JAM) 11.39. **200 (1.4):** N Smith (BAH) 22.80. **400:** S Lloyd (JAM) 51.69. **800:** G Medina (MEX) 2:01.50. **1500:** S López (MEX) 4:22.65. **5000:** M Romero (MEX) 16:05.68. **HM:** M Coira (URU) 81:07. **3000sc:** K Hinds (JAM) 9:54.67. **1000 (0.9):** 1 V Dixon (JAM) 12.77; 2 B Merlano (COL) 12.89 (rec). **400H:** A Sutherland (JAM) 56.75. **HJ:** L Spencer (LCA) 1.82. **PV:** K Monterola (VEN) 4.00. **LJ:** B Stuart (BAH) 6.81/0.7 (rec). **TJ:** 1 A Alexander (TRI) 13.50/-1.3. **SP:** C Borel-Brown (TRI) 19.00. **DT:** 1 D Caballero (CUB) 62.06. **HT:** J Moreno (COL) 67.97. **JT:** 1 F Nuñez (DOM) 54.29 (rec). **Hep:** G Quintana (MEX) 5704. **4x100:** 1 Trinidad 43.47; 2 Jamaica 43.63. **4x400:** 1 Jamaica 3:29.86

**RUSSIA**

##### Russian Under 23 Championships, Yerino, June 24/25

**Men:** **400:** V Krasnov 46.32. **110H:** K Shabanov 13.36 (U23 rec). **JT:** D Tarabin 85.10. **Women:** **200 ht (-0.4):** A Kapachinskaya 22.55. **400:** O Topilskaya 51.10. **800:** Y Arzhakova 2:00.11. **5000:** Y Gorbonova 15:19.94. **100H (1.2):** N Argunova 13.03 (13.02/0.4 ht). **DT:** Y Pecherina 62.27

**Movo Mesto, July 13**

**Men:** **SP:** L Kurthy (HUN) 20.09. **DT:** M Samimi (IRI) 63.25. **Women:** **200 (-1.2):** 2 M Ottey (W50) 24.64

#### SLOVENIA

##### International Youth Mountain Running Challenge, Gorenja Vas, June 26

**Men:** **ZMR:** 15 JAMIE CROWE (SCO) 16:02; 18 FELIX MCGRATH (ENG) 16:17; 19 LLOYD HECKLER (WAL) 16:29; 21 NATHAN JONES (WAL) 16:32; 22 ZAC DELANEY (SCO) 16:35; 24

ADAM HARRIS (SCO) 16:45; 26 SAM LONGVILLE (WAL) 17:03; 28 DOMINIC MAHONEY (ENG) 17:16; 29 TIM ORR (ENG) 17:20. **Women:** **ZMR:** 5 FFION PRICE (WAL) 14:58; 9 HALINA REES (SCO) 15:14; 14 LOUISE MERCER (SCO) 15:31; 17 MEGAN WITHERS (WAL) 15:39; 20 CHARLOTTE EDGE (ENG) 15:45; 21 RHIANWEDD PRICE (WAL) 15:53; 28 EMMA DUNNETT (SCO) 16:33; 32 SHANNON JOHNSON (ENG) 17:09; 34 LAUREN MUNRO-BENNETT (ENG) 17:39

**SPAIN**

**Avila, July 17**

**100 (0.0):** A Rodriguez 10.25 (10.14/3.3 ht). **PV:** L Borges (CUB) 5.72. **TJ:** 1 A Copello (CUB) 17.68; 2 Y Betanzos (CUB) 17.23/0.3. **Women:** **PV:** Y Silva (CUB) 4.55. **LJ:** 3 LARA RICHARDS 5.91/3.5 (5.81/0.0).

##### Arganda del Rey, June 29

**Women:** **LJ:** 1 LARA RICHARDS 5.88/1.9

##### Can Dragó, July 9

**Women:** **400:** 1 MARIA THOMAS 55.76

##### Barcelona, July 6

**Men:** **800:** 4 HARRY SAGEL (U20) 1:53.59

##### Seville, June 26

**Men:** **800:** 1 K Lopez 1:45.92

##### Aviles, June 25

**Women:** **HJ:** R Beitia 1.93

##### Pego, May 7

**Women:** **10km:** 1 MAXINE MCKINNON (W50) 38:00

#### SWEDEN

##### Huddinge, July 12

**Men:** **800:** M Hamada (EGY, U20) 1:46.44 (U20 rec)

##### Växjö, July 7

**Men:** **DT:** 1 BRETT MORSE 60.88

#### SWITZERLAND

##### Bern, June 25

**Women:** **PV:** N Buchler 4.50 (mx)

##### Chiasso, June 23

**Women:** **LJ:** I Pusterla 6.81/0.5 (rec) (& 6.77 (rec))

##### Wohlen, June 19

**Men:** **400:** 1 MATTHEW SCHWEIGER 49.76

#### TURKEY

##### European Deaf Athletics Championships, Kayseri, July 12

**Men:** **100 (1.9):** 4 JOHN RUDDY 10.90.

**Women:** **400:** 3 LAUREN PEFFERS 57.46. **100H (3.6):** 3 REBECCA ZELIC (U20) 15.31. **HT:** 4 BETH SEWELL 46.86; 5 BETHAN LISHMAN 41.75

#### USA

##### Subaru 4, Buffalo, July 15

**Men:** K Adung (ETH) 18:29. **Women:** M Brown (CAN) 21:31

##### Portland, July 9

WITH his first shot of the season, Carl Myerscough went top of the UK rankings.

**Men:** **SP:** 1 CARL MYERSCOUGH 19.31. **DT:** 1 MYERSCOUGH 61.90

##### US Junior Championships, Eugene, June 23/25

**Men:** **100 (2.2):** M Bracy 10.05. **200 (1.5):** 1 S McLean 20.64; 2 P Hardy 20.65. **400:** R Mance 45.85. **110H (1.9):** E Lovett 13.33 (13.23/1.8 ht). **Dec:** K Lazas 8016 (U20 rec). **Women:** **100 (1.1):** 1 A Scott 11.12; 2 E Gardner 11.18. **200 (0.9):** 1 A Scott 22.83; 2 J Davis 22.93. **100H (1.6):** T Wilson 13.15. **HJ:** S Briscoe 1.88

##### Fuse, June 26

**Women:** **100:** r1 (0.3): C Fukushima 11.24. r2 (3.4): Fukushima 11.16

##### Indianapolis, June 11

**Men:** **1500:** 5 ANDREW SHERMAN 3:47.54

#### ATHLETICS WEEKLY

# Great Scott makes up for 100m amid GB successes

JULY 6-17  
**WORLD MASTERS CHAMPIONSHIPS**  
 Sacramento, USA

OVER the final seven days of these championships (the first five days were covered in last week's issue), Britain finished fifth on the medals table, *Martin Duff reports.*

Darren Scott made amends for cramping up in the final of the M40 100m earlier in the meeting with a 200m victory, while the British star of the championships was W70 thrower Euan Williams, who won five gold medals.

Williams added to her two golds from earlier in the week with victory in the javelin (31.57m), weight (12.78m) and throws pentathlon.

In the 200m, Scott clocked 22.20 to beat team-mate Mark Dunwell, the winner of the 100m, as four Brits made the final. The wind that had been against the runners in the early rounds had abated by the time of the final and conditions were good.

"I was so made up to win gold, as I was not sure if I would be able to run that fast, due to my cramp in the 100m," said Scott. "The British crowd was brilliant, they were all singing *You'll Never Walk Alone*; it was fantastic. We had the best supporters in the world."

Later in the week Scott was narrowly denied victory in the 400m by American Eric Prince, his 49.81 earning silver.

Caroline Powell's 64.21 easily headed Joylyn Saunders-Mullins for a British one-two in the W55 400m.

Julia Hubbard just squeezed home ahead of America's Dena Birade by one hundredth of a second to win the W35 200m gold in 25.50 after a last-gasp effort. The 35-year-old, who returned to the sport in 2011 after nearly six years out, set her best time of the year.

In the 200m, American Willie Gault, a former relay world senior record-holder and 100m winner here, fell just 10m from the line when he was well ahead.

Virginia Mitchell and Geraldine Finegan took a British one-two in the W45 400m hurdles.

In the M45 sprint hurdles, Greg Dunson was quickest in qualifying in 15.24, but he failed to finish the final. Barry Ferguson made amends in the M65 group with a comfortable victory over 100m hurdles in 16.92. Jean Fail then also picked up gold in the W60s over 80m hurdles in 14.56.

Bowman, who had been denied a string of medals in the M75 age group over the first nine days of the championships, finally took gold in the 80m hurdles in 14.99.

Britain took six silvers in the 800m events through Alastair Dunlop (M55), Denise Morley (W40), Laura Mahady (W50), Angela Copson (W60), Pat Gallagher (W65) and Anne Martin (W75). However, on the final day, Martin cut seven seconds from her own W75 world record to win the 2000m steeplechase with 11:40.62.

In the 1500m races, the outstanding Kiwi Ron Robertson won M70 gold in a world age-group record 4:52.95 and slashed nearly 50 seconds from the 2000m steeplechase world best with 7:10.03. The Brits had to wait



Darren Scott celebrates his 200m victory – one of 32 for Britain in Sacramento

a long time for 1500m victory, but Gallagher delivered with a W65 win in 6:18.83.

Andrea Jenkins narrowly took the W35 weight with 15.42m in the fifth round at the start of the second week. The following day she threw 51.72m in the hammer, to again narrowly head Frenchwoman Catherine Medec, who had led for the first three rounds but who bounced back to take the weight pentathlon from the 35-year-old.

Also in the weight, there were minor medals for Jane Thrush (W40) and Janet Smith (W45). Thrush later matching her bronze in the hammer, while Susan Francis picked up silver in the W40 shot. Thrush then returned to take the gold in the weights pentathlon. Britain's oldest competitor, Les D'Arcy, (M90) notched up three third places in the throws.

Steve Whyte then took the M45 heavy pentathlon by 200 points, finally sealing victory with a 1709m weight toss, nearly three metres better than the next best, to seal his margin.

Britain rarely wins medals in the 10,000m, but Mike Deegan added to his bronze from the cross-country in the first week with silver in the M55 group, finishing 24 seconds down on the winner in 35:18.41. The 37C temperatures caused problems for some runners in the longer track races and Deegan's medal was the only one over 25 laps for the British men's team. However, in the women's 10,000m, Copson lapped the entire field in the W60 class with 41:22.70, as cross-country winner Ros Tabor added silver while Sue Ridley won bronze in the W45s with 40:08.90.

Ed Shillabeer took the only British walks gold as he clocked 2:03:21 in the M70 20km walk.

Britain took four golds in the relays at the end of the meeting, but the host nation ended up dominating the medals table by sheer weight of numbers.

PICTURES: LESLIE RICHARDSON

4 JOE APPIAH 15.19. **hts (d):** APPIAH 14.71/-1.7. **400H (a):** W Chambers (JAM) 55.53. **4x100 (f):** 1 GB 43.42; 2 USA 43.55. **4x400 (f):** USA 3:23.15. **HJ (e):** B Ashley (USA) 1.82. **PV (a):** P Friedenbach (USA) 4.50. **LJ (d):** 1 M Morrin (FRA) 6.88; 3 APPIAH 6.57/1.5.

**Prelim (c):** APPIAH 6.44/1.3. **SP (a):** O Rohwer (GER) 16.50. **DT (a):** S Lyakhov (RUS) 53.66. **JT (c):** E Bevans (CAN) 63.44. **Wt (d)/Wt Pent (e):** M Venter (SAF) 16.79/4065. **Mar (f):** T Torres (USA) 2:32.30. **Mar TEAM:** USA 7:59:42. **10km W (b):** L Silva (POR) 44:41.09. **M40 TEAM:** Australia 2:31:52. **20kmW (e):** S Kollmorgen (AUS) 1:41:35. **TEAM:** Australia 5:39:58

**M45: 200 (b) (0.3):** K Mulazim (USA) 23.09. **(a) hts:** LINCOLN CAMPBELL 25.29/-2.3. **400 (e):** K Mulazim (USA) 50.70. **800 (a):** M Sherar (CAN) 1:58.11. **1500 (d):** 1 R Schwerkolt (AUS) 4:06.91; 5 ROBERT ANDREW 4:11.61.

**hts (c):** ANDREW 4:21.40. **10,000 (d):** F Fontaneda (ESP) 31:32.85. **3000SC (f):** G Pelletier (FRA) 9:51.08. **110H (e) (-2.9):** D Ashford (USA) 15.37. **110H (f):** GREG DUNSON 15.24/0.8.

**400H (a):** 1 G Gonzales (PUE) 57.00; 2 JONATHAN TILT 59.68. **4x100 (f):** 1 USA 44.73; 5 GB 52.16. **4x400 (f):** USA 3:24.84. **HJ (e):** A Zapala (CZE) 1.87. **PV (a):** D Besmer (USA) 4.20. **LJ (d):** A Scindwein (GER) 6.73. **SP (a):** S Gyngell (AUS) 17.91. **DT (b):** C Bolles (USA) 49.09. **JT (c):** R McConnell (USA) 58.30. **Wt (d):** M Ostrom (USA) 14.37. **Wt Pent (e):** 1 STEVE WHYTE 4394 (54.08, 14.55, 42.16, 42.21, 17.09); 2 Gyngell 4166. **Mar (f):** D Fionini (CAN) 2:46.18. **Mar TEAM:** 1 USA 8:40:11; 3 GB 10:27:04. **10km W (b):** R Banda (MEX) 47:34.76. **M45 TEAM:** Germany 2:29:18. **20kmW (e):** Banda 99:37. **TEAM:** Germany 5:17:42

**M50: 200 (b) (-0.1):** 1 M Sullivan (USA) 23.36; 2 PAT LOGAN 23.65; 4 JOHN WRIGHT 23.99; 5 MICHAEL VASSILIOU 24.36; 7 JEFF BATTISTA 25.08. **sf:** LOGAN 23.94/-0.6. WRIGHT 24.18/-0.1, VASSILIOU 24.23/-0.6, BATTISTA 24.59/-0.7. **hts (a):** WRIGHT 24.48/-2.5. LOGAN 24.59/-0.5.

**VASSILLOU 24.70/-1.1, BATTISTA 24.90/0.6. MATTHEWS 27.62/-3.0. 400 (e):** 1 M Sullivan (USA) 51.93; 6 VASSILLOU 54.70. **sf (d):** KERMIT BENTHAM 53.18, VASSILLOU 53.31, BOB LEWIS 54.63. **hts (c):** VASSILLOU 54.60, BENTHAM 54.62, LEWIS 56.20, BATTISTA 57.61. **800 (a):** A LeBourne (USA) 2:01.30. **1500 (d):** A Le Bourne (USA) 4:15.87. **hts (c):** MALCOLM DOWN 4:35.68; 3 PHILIP (c): S Polikarpov (KAZ) 32:30.31. **3000SC (f):** C Deigan (CAN) 10:27.06. **100H (e) (-0.5):** D McLeod (USA) 14.64. **hts (c):** JAMES TENNYSON 15.94/-0.5.

**400H (a):** D Gatling (USA) 56.86. **PV (c):** P Babits (USA) 4.60. **4x100 (f):** 1 USA 45.92; 2 GB 46.49. **4x400 (f):** 1 USA 3:31.76; 2 GB 3:43.38. **LJ (f):** 1 J Woerner (GER) 5.98; 3 USA 5.91. **GUEST 5.66/3.2 (5.59/2.0). Prelim (e):** GUEST 5.64/2.6. **TJ (b):** 1 W Knage (GER) 13.90; 4 DAVID DIXON 12.59/2.5 (11.96/-0.5). **Prelim (a):** DIXON 12.34/4.0. **SP (b):** M Kostin (RUS) 16.14. **DT (c):** E Riewerts (USA) 54.23. **HT (a):** 1 G Gassenbauer (AUT) 56.82; 10 DARREN GIBSON 42.61. **LJ (f):** L Avila (COL) 61.39. **Wt Pent (e):** T Jensen (DEN) 4408. **Mar (f):** 1 GAVIN

JONES 2:40:14; 2 MARTIN TIGHE 2:40:37; 3 U Bernd (GER) 2:40:44. **Mar TEAM:** Germany 8:19:05. **10km W (b):** G de Los Angeles (MEX) 50:07.16. **M50 TEAM:** Australia 2:39:55. **20kmW (e):** U Schroter (GER) 1:46:44. **TEAM:** Italy 5:59:30

**M55: 200 (b) (-0.4):** 1 O Payton (USA) 24.17; 4 WALLY FRANKLYN 25.72. **sf:** ERIC SMART 25.34/-0.3, FRANKLYN 25.46/-0.3. **hts (a):** SMART 25.70/-1.9, FRANKLYN 26.38/-2.8, TOM PHILLIPS 27.20/-2.8. **400 (e):** 1 M Davis (USA) 55.85; 3 FRANKLYN 57.11. **sf (d):** FRANKLYN 57.31. **hts (c):** FRANKLYN 59.37. **800 (a):** 1 P Hawes (AUS) 2:07.87; 2 ALASTAIR DUNLOP 2:09.12. **1500 (d):** 1 K Bateman (AUS) 4:12.35; 3 DUNLOP 4:25.81; 5 GERARD FAIRLEY 4:27.71. **hts (c):** DUNLOP 4:46.43, FAIRLEY 4:45.84, FRED PIDGEON 5:01.20. **10,000 (c):** 1 J Ramirez (COL) 34:54.28; 2 MIKE DEEGAN 35:18.41; 3 R Becker (USA) 35:30.02. **3000SC (f):** M Van Der Hoorn (NED) 10:39.20.

**100H (e) (-0.9):** H Kriener (AUT) 15.11. **400H (a):** A Cipriani (ITA) 63.94. **PV (c):** C Brown (USA) 3.95. **4x100 (f):** 1 USA 48.08; 2 GB 50.73. **4x400 (f):** 1 USA 3:49.28; 3 GB 4:09.46. **LJ (f):** 1 J Nicola (FIN) 5.65; 2 TREVOR WADE 5.46/4.0 (5.26/1.7). **prelim (e):** WADE 5.01/2.7. **TJ (a):** G Werthner (AUT) 12.48/2.9. **SP (b):** 1 J Goldhammer (USA) 14.36; 3 DAVID ABERNETHY 13.87. **prelim (a):** ABERNETHY 13.82. **DT (c):** 1 R Fruguglietti (USA) 52.25; 5 ABERNETHY 45.91. **prelim (b):** ABERNETHY 41.20. **HT (a):** J Goldhammer (USA) 53.37. **JT (d):** M Brown (USA) 59.39. **prelim (c):** JOHN CROSS 31.72. **Wt Pent (e):** Goldhammer 4602. **Mar (f):** K Bateman (AUS) 2:43:07. **Mar TEAM:** USA 9:20:30. **10km W (b):** 1 J Matthews (USA) 46:55.46; 18 ROD DUNN 62:39.56. **M55 TEAM:** USA 2:37:17. **20kmW (e):** Matthews 97:07. **TEAM:** USA 5:26:11

**M60: 200 (b) (-0.1):** R Peterson (USA) 25.43. **400 (e):** C Allie (USA) 55.91. **hts (c):** FRANCIS CANNON 70.84. **800 (a):** 1 C Loaliza (COL) 2:11.65; 6 DAVID OXLAND 2:17.77. **1500 (d):** 1 N Shaeed (USA) 4:35.97; 3 OXLAND 4:37.88; 10 IAN SNOW 4:48.66. **hts (c):** OXLAND 4:52.20, SNOW 4:56.70. **10,000 (a):** 1 H Karkkainen (FIN) 38:05.81; 5 PAUL WILLIAMS 40:31.63. **2000SC (f):** 1 R Kongerskov (DEN) 7:13.60; 5 SNOW & 25.17. **100H (e) (-0.3):** 1 T Wilson (USA) 14.78; 4 TONY WELLS 16.65. **hts (c):** WELLS 17.05/-3.7. **300H (a):** 1 T Wilson (USA) 45.42; 4 TONY WELLS 50.24. **4x100 (f)/4x400 (f):** USA47.93/3:54.56. **HJ (b):** M Jamrich (USA) 1.66. **PV (e):** S Morris (USA) 3.25.

**LJ (a):** J Crittenden (USA) 5.29/1.6. **TJ (d):** Y Harama (JPN) 11.82. **SP (c):** A Buserud (NOR) 14.92. **DT (d):** M Gryc (CZE) 50.51. **HT (b):** Buserud 59.73. **JT (a):** E Kiuru (FIN) 57.52. **Wt Pent (e):** Buserud 4630. **Mar (f):** 1 T McClusky (USA) 2:52:43; 4 Alan Appleby 3:14:02. **Mar TEAM:** USA 9:47:04. **10km W (b):** 1 G Morotti (ITA) 49:33.13; 3 IAN RICHARDS 50:01.34. **M60 TEAM:** Mexico 2:36:45. **20kmW (e):** 1 J Camarena (MEX) 1:42:58; 3 RICHARDS 1:47:22. **TEAM:** Mexico 5:24:06

**M65: 200 (b) (-1.1):** S Robbins (USA) 26.12. **(a) hts:** CHUCK ISETTS 30.80/-1.9. **400 (e):** P Crombie

(AUS) 59.38. **hts (c):** ALBERT ELAND 71.39, ERIC JONES 71.45. **800 (a):** 1 G Patton (USA) 2:21.25; 10 ELAND 2:36.74; 12 JONES 2:49.20. **1500 (d):** 1 G Patton (USA) 4:46.05; 4 GB 57.92. **4x400 (f):** 1 USA 4:08.51; 5 GB 4:58.02. **HJ (b):** R Abugattas (PER) 1.56. **PV (e):** J Altendorf (USA) 3.84. **LJ (a)/TJ (d):** P Ahomaki (FIN) 5.51/11.28. **SP (c):** 1 P Fencl (CZE) 13.67; 8 PETER VIRGO 11.14. **DT (d):** 1 Mohr (GER) 45.98; 10 VIRGO 33.85. **HT (b):** H Viertbauer (AUT) 50.58. **JT (a):** T Soderberg (DEN) 42.73. **Wt Pent (f):** P Economides (USA) 4357. **Mar (f):** G Garcia (BRA) 2:48.44. **Mar TEAM:** Spain 11:53.36. **10km W (b):** A Jamieson (AUS) 50:11.38. **M65 TEAM:** Australia 2:42:27. **20kmW (e):** Jamieson 1:42:57. **TEAM:** Australia 5:44:06. **M70: 200 (b):** R Lida (USA) 27:78/-0.1. **400 (e):** R Lida (USA) 63.58. **800 (a):** M McDonald (USA) 2:34.37. **1500 (d):** R Robertson (NZL) 4:52.95. **10,000 (c):** P Sandery (AUS) 40:36.20. **2000SC (f):** Robertson 7:10.03. **80H (e) (-2.9):** A Hamaekers (GER) 14.04. **400H (a):** M Stevenson (AUS) 51.74. **4x100 (f)/4x400 (f):** USA 50.07/4:27.19. **HJ (b):** J Dobroth (USA) 1.57. **PV (d):** D Issett (USA) 3.20. **TJ (d):** S Backlund (FIN) 10.41. **DT (c):** R Roszczak (POL) 44.51. **HT (e):** E Burke (USA) 55.12. **JT (b):** G Stenlund (USA) 52.23. **Wt Pent (f):** Burke 4508. **Mar (f):** H Rio (COL) 3:17.17. **Mar TEAM:** USA 11:29:03. **10km W (b):** 1 H Streider (AUT) 58:56.04; 3 ED SHILABEER 60:06.43. **M70 TEAM:** USA 3:16:41. **20kmW (e):** 1 SHILABEER 2:03:21; 2 Streider 2:04:12. **TEAM:** USA 6:49:07. **M75: 200 (b) (0.4):** 1 H Coogan (AUS) 29.42; 4 TONY BOWMAN 30.73. **(a) hts:** BOWMAN 32.60/-2.1. **400 (e):** H Coogan (AUS) 66.41. **800 (a):** D Carr (USA) 2:46.02. **1500 (d):** B Pereira (POR) 5:35.28. **10,000 (a):** 1 Pereira 43:10.01; 13 PETER ROBINSON 81:22.17. **2000SC (f):** D Carr (AUS) 9:36.09. **80H (e) (0.5):** 1 BOWMAN 14.99; 2 Y Ueda (JPN) 15.95. **hts (d):** BOWMAN 15.32/-0.7. **300H (a):** 1 A Aadm (CAN) 55.87; 3 BOWMAN 57.12. **4x100 (f)/4x400 (f):** USA 66:48/4:27.17. **HJ (a):** D Spainhower (USA) 1.40. **PV (d):** R Barrera (URA) 2.50. **TJ (b):** L Fischer (GER) 9.71. **HT (c):** R Ward (USA) 44.99. **JT (a):** V Porokhin (RUS) 42.54. **Wt (b):** P Speckens (GER) 15.90. **Wt Pent (d):** T Hancock (AUS) 4290. **Mar (f):** M Roslars (ESP) 3:50.38. **Mar TEAM:** USA 13:46:21. **10km W (b):** 1 A Poisner (USA) 67:25.90; 5 DAVID STEVENS 70:12.42. **M75 TEAM:** USA 3:26:04. **20kmW (e):** S Tsukrov (RUS) 2:20:48. **TEAM:** USA 7:24:21. **M80: 200 (b) (0.6)/400 (e):** H Tanaka (JPN) 30.78/71.53. **800 (a):** E Fee (USA) 2:53.71. **1500 (d):** E Whitlock (CAN) 5:48.93. **10,000 (a):** 1 Whitlock 42:39.95; 6 DEREK HOWARTH 57:58.28. **2000SC (f):** G Linde (USA) 11:06.76. **80H (e) (-0.8):** J Przyborowski (POL) 19.24. **200H (a) (-1.8):** Fee 37.31. **4x100 (f):** Japan 76:93. **4x400 (f):** Mexico (8:43.72). **HJ (a):** R Propst (USA) 1.06. **PV (d):**

T Hinks (USA) 2.20. **TJ (b):** Y Shimizu (BRA) 7.80. **HT (c):** H Lewellen (USA) 39.27. **JT (a):** W Platts (USA) 36.48. **Wt (b):** Z Benek (CZE) 16.25. **Wt Pent (d):** L Saarenen (FIN) 4432. **Mar (f):** M Kulamoto (JPN) 3:54:00. **10km W (b):** J Starr (USA) 71:22.61. **M80 TEAM:** USA 3:53:37. **20kmW (e):** Star 2:30:52. **M85: 200 (b) (0.3):** H Flores (PER) 37.85. **400 (e):** M Ussami (BRA) 1:53.78. **800 (a):** R Englert (USA) 4:27.12. **1500 (d)/10,000 (a):** J Canelo (POR) 8:25.25/67:19.12. **200H (a) (-1.8):** H Flores (PER) 45.13. **4x100 (f):** Mexico 1:48.39. **HJ (a):** G Roudibush (USA) 1.05. **PV (d):** W Opperman (NZL) 1.10. **HT (c)/JT (a)/Wt (b)/Wt Pent (d):** A Rantala (FIN) 28.63/24.33/11.20/3814. **10km W (b):** K Amanio (JPN) 79:46.55. **20kmW (e):** S Vallabhajosyula (IND) 2:50:07. **M90: 200 (b) (0.0):** J Manno (USA) 42.65. **400 (e):** E Pauwels (BEL) 2:10.40. **800 (a)/1500 (d):** I A Vergara (MEX) 4:40.00/10:16.29. **HJ (a):** 1 G Skiverick (NOR) 1.05; 3 LES D'ARCY 0.80. **TJ (b):** D Bulkley 4.18. **HT (c):** 1 F Fischer (BRA) 21.97; 3 D'ARCY 17.74. **JT (a):** Scriverick 22.88. **Wt (b):** 1 P Frech (GER) 7.65; 3 D'ARCY 6.60. **Wt Pent (d):** P Frech (GER) 3356. **M95: HJ (b)/TJ (b):** L McPhie (USA) 0.80/2.92. **HT (c):** A Fonseca (BRA) 22.01.

**Women**

**W35: 200 (b) (-1.2):** 1 JULIA HUBBARD 25.50; 2 D Birade (USA) 25.51. **sf (b):** HUBBARD 26.56/-1.9. **400 (e)/800 (a):** E Baggolini (ITA) 56.48/2:11.70. **1500 (d):** I Grutters (NED) 4:50.13. **10,000 (d):** M Manchia (ITA) 39:26.49. **2000SC (f):** A Paya (ESP) 7:38.52. **100H (e) (-0.7):** C Soualbane (FRA) 15.33. **400H (a):** Baggolini 60.94. **4x100 (f):** 1 USA 51.26; 4 GB 53.29. **4x400 (f):** 1 USA 4:03.60; 5 GB 4:46.61. **HJ (d):** S Witteveen (ARG) 1.68. **LJ (b):** N Sorokina (UKR) 5.95. **TJ (e):** F Borgonovo (ITA) 11.70. **SP (c):** G Francis (T&T) 12.16. **HT (b):** 1 ANDREA JENKINS 51.72; 2 C Medec (FRA) 50.65. **Wt (a):** 1 JENKINS 15.42; 2 C Medec 15.35. **Wt Pent (HT, SP, DT, JT, Wt) (d):** 1 Medec 3648; 2 JENKINS 3580 (46.91, 10.12, 38.28, 26.51, 16.15). **Mar (f):** S Gigliotti (USA) 3:00:43. **10km W (b):** B Schenker (GER) 53:29.78. **W35 TEAM:** Canada 2:57:14. **20kmW (e):** Shenker 1:51:34. **W40: 200 (b) (-0.6):** 1 L Daley (USA) 26.16; 7 LOUISE OLIVER 28.05. **sf (b):** OLIVER 28.03/-1.0. **hts (a):** OLIVER 28.59/-1.8. **400 (e):** 1 L Daly (USA) 57.42; 3 DENISE MORLEY 59.64. **hts (c):** MORLEY 60.07. **800 (a):** S Friend (USA) 2:10.02; 2 MORELY 2:15.28. **1500 (d):** 1 S Friend-Uhl (USA) 4:28.52; 13 SARAH WELLS 5: 13.62; 14 MICHELLE HOOTEN 5:15.01. **hts (b):** HOOTEN 5:15.42; WELLS 5:20.50. **10,000 (d):** M Coordt (USA) 37:08.13. **2000SC (f):** L Ryan (USA) 6:49.58. **80H (e) (-1.8):** E Nagel (GER) 11.75. **400H (a):** L Daly (USA) 63.95. **4x100 (f):** USA 51.42. **4x400 (f):** 1 USA 4:03.49. **HJ (d):** S Neider (USA) 1.62. **LJ (b):** 1 C Ansaldi (ITA) 5.10; 9 OLIVER 4.72/1.6. **Prelim (a):** OLIVER 4.55/3.1. **TJ (e):** 1 L peterson (LAT) 11.36; 6 OLIVER 9.66/0.5. **SP (c):** 1 A Shiman (RUS) 12.71; 2 SUSAN LAWRENCE 11.24. **HT (b):** 1 D Lachat (SUI) 42.01; 3 JANE THRUSH 39.42; 6 LAWRENCE 35.95. **Wt (a):** 1 M Kosmale (LUX) 12.96; 3 THRUSH 12.25; 8 LAWRENCE 9.77. **Wt Pent (d):** 1 THRUSH 3216



Julia Hubbard: took a narrow W35 200m win

(37.33, 10.23, 32.05, 26.94, 11.77); 2 Shiman 3152; 3 LAWRENCE 2866 (35.51, 10.88, 29.68, 28.08, 7.29); 8 CATERINA HALDEN 2501 (33.42, 8.39, 28.98, 14.38, 9.80). **Mar (f):** A Bednosky (USA) 50:81. **10km W (b):** N Sunderland (NZL) 57:03.15. **W40 TEAM:** USA 3:13:15. **20kmW (e):** Sunderland 1:56:55. **TEAM:** Australia 6:28:36. **W45: 200 (b) (0.0):** M Icarre (FRA) 25.05. **400 (e):** 1 J Black (USA) 68.71; 3 VIRGINIA MITCHELL 60.47. **hts (c):** MITCHELL 60.86. **800 (a):** L Valle (USA) 2:20.73. **1500 (d):** 1 C De Baets (BEL) 4:42.87; 9 JANE PIDGEON 5:05.11; 12 SHARON RAMAGE 5:12.76. **hts (c):** PIDGEON 5:10.19. **RAMAGE 5:28.59. 10,000 (d):** 1 S Gibbs (NZL) 36:03.59; 3 SUE RIDLEY 48:09.90. **2000SC (f):** Valle 6:58.89. **80H (e) (-2.6):** M Pellegrinelli (SUI) 11.76. **400H (a):** 1 MITCHELL 65.85; 2 G Finegan (IRE) 66.75; 6 ORINA JOHNSON 78.04. **4x100 (f):** 1 USA 52.23; 2 GB 55.24. **4x400 (f):** 1 Australia 4:08.32; 4 GB 4:52.76. **PV (b):** P Wolff (FRA) 3.10. **LJ (d):** M Biskup (POL) 5.40. **SP (c):** M Barriotes (CHI) 12.90. **HT (c):** 1 G Mik (NED) 48.73; 4 JANET SMITH 42.14. **Wt (a):** 1 C McCahill (NZL) 15.48; 3 SMITH 13.29. **Wt Pent (d):** 1 Mik 4034; 9 SMITH 3172 (37.78, 8.13, 29.46, 18.99, 12.15). **Mar (f):** 1 S Gibbs 3580 (46.91, 10.12, 38.28, 26.51, 16.15). **Mar TEAM:** 1 USA 9:46:42; 2 GB 12:56:42. **10km W (b):** K Grimes (USA) 56:51.16. **W45 TEAM:** Australia 2:46:36. **20kmW (e):** Grimes 2:01:25. **TEAM:** USA 6:32:30. **W50: 200 (b) (-0.7):** 1 J Upshore (USA) 26.54; 5 AVERILL McCLELLAND 27.99; 8 JANE HORDER 29.32. **sf (b):** McCLELLAND 28.02/0.3. **HORDER 29.09/-1.5, WENDY DUNN 29.12/-1.5. hts (a):** McCLELLAND 28.20/-2.4. **HORDER 29.61/-1.1, DUNN 29.70/-1.2, KELLY 30.57/-2.4, DENISE TIMMS 31.66/-2.4. 400 (e):** 1 J Forster (AUS) 61.09; 5 LAURA MAHADY 63.35. **hts (c):** MAHADY 62.57. **800 (a):** 1 E Pretorius (SAF) 2:23.73; 2 MAHADY 2:24.72. **1500 (d)/10,000 (d):** M Regonisi (CLE) 4:51.63/38:29.00. **2000SC (f):** E Henn (GER) 8:27.26. **80H (e) (-1.9):** 1 J Upshore 12.19; 3 SALLY STAGLES 12.97; 4 HORDER 13.40; 6 GAYE CLARKE 14.22. **hts (d):** STAGLES 12.97/-2.2. **HORDER 13.37/-2.2, CLARKE 13.77/-2.2. 300H (a):** 1 M Kay (AUS) 46.07; 2 HORDER 47.59; 4 CLARKE 53.09. **4x100 (f):** 1 USA 51.88; 3 GB 53.51. **4x400 (f):** 1 GB 4:20.59; 2 Germany 4:22.22. **PV (b):** C Forcellini (ITA) 3.00. **LJ (d):** 1 M Kay (AUS) 5.24; 5 McCLELLAND 4.45/0.9. **SP (d):** 1 A

Marghiva (MOL) 14:34. **prelim (c):** WENDY DUNSFORD 9.67. **HT (b):** O Lewis (USA) 54.67. **Wt (a):** 1 H Lewis (USA) 18.76; 8 DUNSFORD 10.86. **Wt Pent (e):** U Englehardt (GER) 4563; 8 DUNSFORD 2827. **Mar (f):** 1 Regonisi 3:10:53; 9 BISHOP 4:27:52. **Mar TEAM:** Germany 11:06:18. **10km W (b):** 1 L Ventris (AUS) 49:51.84; 13 FIONA BISHOP 68:01.60. **W50 TEAM:** France 3:16:24. **20kmW (e):** Ventris 1:42:20. **TEAM:** Mexico 7:56:08. **W55: 200 (b) (-2.6):** 1 W Alexis (CAN) 28.66; 2 CAROLINE POWELL 29.23; 3 JOAN TRIMBLE 29.87. **hts (a):** POWELL 29.39/-0.6, TRIMBLE 30.77/-2.2. **400 (e):** 1 POWELL 64.21; 2 JOYLYN SAUNDERS-MULLINS 68.23. **800 (a)/1500 (d):** R Quibel (CAN) 2:37.00/5:22.48. **10,000 (d):** K Martin (USA) 39:56.53. **2000SC (f):** K Martin 8:22.01; 2 ANNE DARBY 9:32.25. **80H (e) (-1.3):** 1 M Sanguos (ESP) 13.82; 2 CAROLE FILER 14.07. **300H (a):** 1 Sanguos 51.93; 2 FILER 52.85; 5 FIONA ARGENT 63.96. **4x100 (f):** 1 GB 60.15; 2 USA 69.81. **4x400 (f):** 1 GB 4:39.13; 2 Australia 5:12.15. **PV (b):** 1 K Glynn (USA) 2.85; 2 SUE YEDOMANS 2.80. **LJ (d):** 1 T Jacobs (NED) 4.84; 2 FILER 4.45/2.2. **SP (d):** M Kendall (USA) 12.92. **HT (b):** R Welding (USA) 39.22. **Wt (a):** 1 Welding 12.83; 4 VILMA THOMPSON 11.85. **Wt Pent (e):** A Jensen (DEN) 4101. **Mar (f):** C Kennedy (USA) 3:00:48. **Mar TEAM:** USA 10:03:43. **10km W (b):** B Nell (SAF) 54.58.31. **W55 TEAM:** Canada 2:58:18. **20kmW (e):** Nell 1:56:47. **TEAM:** USA 6:44:47. **W60: 200 (b) (-0.1):** 1 S Warren (USA) 30.30; 8 MOIRA WEST 32.67. **hts (b):** WEST 32.31/-2.0. **400 (e):** 1 K Heagney (AUS) 69.22; 7 CAROLINE MARLER 75.22; 8 WEST 77.97. **sf (d):** MARLER 72.06, WEST 72.78. **800 (a):** 1 J Jensen (DEN) 2:38.93; 2 ANGELA COPSON 2:40.54; 6 MARLER 2:49.98. **1500 (d):** Jensen 5:48.92. **10,000 (d):** 1 COPSON 41:22.70; 2 ROS TABOR 44:09.14; 3 J Stewart (NZL) 44:16.17. **2000SC (f):** I Rodriguez (COL) 9:31.99. **80H (e) (-1.0):** 1 JEAN FAIL 14.56; 2 T Kokkenen (FIN) 14.86. **300H (a):** M Metsankyla (FIN) 53.75. **4x100 (f):** 1 USA 58.75; 5 GB 64.69. **4x400 (f):** Australia 4:55.53. **HJ (c):** A Steekelenberg (NED) 1.32. **LJ (a):** W Perkins (AUS) 4.32/1.0. **TJ (d):** M Taylor (AUS) 9.56. **DT (b):** M Tomanek (BEL) 13.92. **JT (a):** J Klimesova (CZE) 33.90. **Wt (c):** M Mensey (USA) 16.23. **Wt Pent (d):** Tomanek 4394. **Mar (f):** L Rivas (CLE) 3:23:23. **Mar TEAM:** USA 10:56:48. **10km W (b):** H Carr (AUS) 57:19.43. **W60 TEAM:** USA 3:09:04. **20kmW (e):** Carr 1:58:11. **TEAM:** Australia 6:38:51. **W65: 200 (b) (1.6):** C Lafayette-Boyd (CAN) 31.05. **400 (e):** M Allison (AUS) 71.33. **800 (a):** 1 O Haakensveen (NOR) 2:52.57; 2 PAT GALLAGHER 2:53.58. **1500 (d):** 1 GALLAGHER 6:18.85; 2 M Matsuda (JPN) 6:20.17. **10,000 (d):** L Petrie (AUS) 44:14.72. **2000SC (f):** A Lang (AUS) 10:49.86. **80H (e) (-1.5):** 1 M Maier (AUT) 15.56; 4 PAT OAKES 19.33. **300H (a):** M Allison (AUS) 54.06. **4x100 (f):** Australia 63.83. **4x400 (f):** Australia 5:16.39. **HJ (c):** 1 M Maier (AUT) 1.18; 4 OAKES 1.08. **LJ (a) (-1.8):** 1 C Lafayette-Boyd (CAN) 4.18/2.0; 5 OAKES 3.12/1.5. **TJ (d):** 1 Lafayette-Boyd 8.39; 5 OAKES 7.26/2.5 (7.13/2.0). **DT (a):** J Brassier (NED) 28.01. **JT (b):** M Garcia (GUA) 28.46. **Wt (c):** 1 J Banens (AUS) 12.58; 6 PAT

STANLEY 7.20. **Wt Pent (d):** 1 J Banens (AUS) 3562; 5 STANLEY 1649. **Mar (f):** C Bordato (JAM) 5:03:10. **10km W (b):** P Karetie (FIN) 63:36.98. **W60 TEAM:** USA 3:21:45. **20kmW (e):** Karetie 2:14:20. **TEAM:** USA 7:04:41. **W70: 200 (b) (0.9):** 1 K Bergen (USA) 32.23; 7 DOROTHY FRASER 37.19. **hts:** FRASER 36.96/-0.3. **400 (e):** 1 A Stobaus (AUS) 76.63; 4 FRASER 85.70. **800 (a)/1500 (d):** J Daprano (USA) 3:03.13/6:30.07. **10,000 (d):** J Flores (POR) 48:08.96. **80H (e) (-1.4)/200H (a) (-1.3):** E Sauer (GER) 18.58/40.60. **4x100 (f):** 1 Germany 69.99; 2 GB 76:78. **4x400 (f):** Germany 6:47.55. **HJ (c):** K Bergen (USA) 1.25. **LJ (a):** 1 Sauer 3.66/3.0; 4 IRIS HOLDER 3.34/3.1. **TJ (d):** 1 C Bortignon (CAN) 7.33; 2 HOLDER 7.21/2.5 (6.82/2.0). **DT (b):** T Kanari (JPN) 27.15. **JT (b):** 1 EVAUN WILLIAMS 31.57; 2 B Sisley (USA) 24.47. **Wt (c):** 1 WILLIAMS 12.78; 2 M Tosh (CAN) 12.46. **Wt Pent (d):** 1 WILLIAMS 5418 (35.21, 10.21, 27.14, 30.23, 11.92); 2 H Hriksen (EST) 4295; 6 CAROLE DERRIER 3282 (25.44, 6.17, 18.95, 13.40, 9.26). **Mar (f):** M Sarko (ARG) 4:19:37. **10km W (b):** E Richardson 64:03.90. **W70 TEAM:** USA 3:21:45. **20kmW (e):** L Walters (USA) 2:13.31. **TEAM:** USA 2:22:41. **W75: 200 (b) (-0.1):** 1 Uobera (USA) 34.82; 8 BETTY STEEDMAN 44.70. **hts:** STEEDMAN 44.18/-1.5. **400 (e):** E Mazenga (ITA) 86.74. **800 (a):** 1 H Visser (CAN) 3:46.59; 2 ANNE MARTIN 3:48.14. **1500 (d):** 1 Visser 7:40.85; 2 MARTIN 7:46.20. **10,000 (d):** D LeClerc (FRA) 51:18.57. **2000SC (f):** 1 MARTIN 11:40.62; 2 D Cumming (NZL) 13:06.40. **80H (e) (-1.2)/200H (a) (-2.2):** B Jordan (USA) 18.73/41.71. **4x100 (f):** USA 70.19. **HJ (c):** C Donley (USA) 1.07. **LJ (a):** A Lary (USA) 3.22/3.4. **TJ (d):** 1 B Jordan (USA) 6.99; 5 MARTIN 6.48/1.2. **DT (b):** F Meiler (USA) 20.14. **JT (c):** C Winklemann (GER) 19.19. **Wt (c):** V Worrell (AUS) 10.48. **Wt Pent (d):** Winklemann 3906. **Mar (f):** S J Roskinka (POL) 5:47:43. **10km W (b):** S Dockstader (USA) 75:36.43. **W60 TEAM:** USA 4:15:28. **W80: 200 (b) (-0.4):** R Kriescott (GER) 41.69. **400 (e):** E Marirez (MEX) 1:49:77. **800 (a):** L Montgomery (CAN) 4:00.53. **1500 (d):** T Wilson (USA) 8:32.02. **10,000 (d):** R Angelis (GER) 82:24.25. **HJ (c):** no competitor. **LJ (a):** R Kriescott (GER) 2.98/2.4. **TJ (d):** M Kuehne (USA) 5.45. **DT (a)/JT (b)/Wt (c)/Wt Pent (d):** R Hanssens (BEL) 19:02/19:19/9.64/4788. **10km W (b):** R Carrier (USA) 8:18.40. **W85: 200 (b) (-0.4)/400 (e):** P Paterson (USA) 51.43/2:07:79. **800 (a):** T Saito (BRA) 5:23.52. **1500 (d):** Saito 89:55.16. **HJ (c)/LJ (a)/TJ (d):** M: M Valien (USA) 0.84/2.21/4.55. **DT (a):** E Ospiona (COL) 9.11. **JT (b):** Valien 11.62. **10km W (b):** M Ramirez (MEX) 1:51:29.16. **W90: 200 (b) (-0.4)/HJ (c)/LJ (a)/TJ (d):** O Kotelko (CAN) 61.48/0.73/1.40/3.72/1.2.83/6.77/4263. **W95: 200 (b) (-0.4):** M Kaur (IND) 2:29.90.

#### MEDAL TABLE

	Gold	Silver	Bronze	Total
USA	199	173	132	524
Australia	49	40	35	124
Germany	40	39	49	128
Canada	38	27	31	96
GB	32	37	42	111

## TRACK

### JULY 18

#### BMC REGIONAL RACES, Jarrow

**Mixed: 1500:** A: 1 A Wiles (New M) 3:52.0; 2 L Timmins (Morp) 3:56.7; 3 P Martin (Sund) 3:58.4; 4 M Grimes (Durh, U20) 3:58.9; 7 L Ayton (Durh, U17) 4:06.5; 12 L Weightman (Morp, W) 4:16.8. **B:** 2 P Winkler (Morp, U15) 4:22.0; 3 T Goulding (Cle S, U15) 4:22.1; 5 J Adams (R&Z, W) 4:27.7; 7 L Turner (Birt, U15W) 4:43.0; 8 C Loredo (New M, U17W) 4:44.0

### JULY 17

#### EAST ANGLIAN LEAGUE, Braintree

**U17 men: 400:** J Kerridge (S'end) 51.5. **LJ:** A O'Brien (Chelm) 6.31. **SP:** O Holway (C&C) 14.35. **HT:** 1 S Grant (S'end) 44.62; 2 O Holway (C&C) 43.05. **U15: 100:** J Ebanks (C&C) 11.7. **200:** J Ebanks (C&C) 23.5. **HT:** A Slack (C&C) 35.14

**U13: 800:** R Huckle (C&C) 2:20.2. **1500:** B Thorpe (S'end) 4:58.0. **75H:** J Ellis (Chelm) 12.4

**Women: 400:** L Dowsett (C&C) 58.0. **4x100:** Chelm 50.7. **HT:** H Sayer (C&C) 41.15

**U17: 300:** N McKenchnie (Chelm) 40.6. **80H:** G Greenmuid (Chelm) 12.2

**U15: 300:** H Parker (C&C) 42.9. **800:** H Parker (C&C) 2:18.2. **HT:** 1 E Cockell (Brain) 32.95; 2 M Rushmore (Ryst) 27.28

**U13: 1500:** J Judd (Chelm) 5:13.3. **70H:** F Marriott (C&C) 12.5. **4x100:** 1 S'end 56.5; 2 C&C 57.5. **HJ:** S Raouf (S'end) 1.40. **DT:** V Coppolaria (C&C) 23.31

#### Luton

**Men: TJ:** A: J Udemeze (Lut) 13.61. **HT:** A: J Edwards (Hunts) 47.18

**U17: 100H:** A: S Hadley (Norw) 14.4. **HT:** A: 1 M Painter (Norw) 65.60; 2 A Sydee (Lut) 53.82. **ns:** J Potton-Burrell (Lut) 48.15

**U15: 1500:** A: 1 A Waterson (Norw) 4:25.9; 2 R Rowe (C&T) 4:27.1. **HJ:** A: S Bird (Lut) 1.70

**U13: 200:** A: A Cooper (Norw) 26.3. **1500:** A: 1 A Linstead (Norw) 4:57.9; 4 C Gardner (Lut) 5:37.9. **ns:** L Spear (Norw) 4:51.5. **LJ:** A: A Cooper (Norw) 4.79. **JT:** A: D Bainbridge (Norw) 37.80

**U11: 80:** ns: 1 C Ryan (Werr J) 12.2

**Women: 800:** A: 1 C Taylor (Nene V) 2:12.2; 2 S Billington (Lut, U17) 2:15.1. **U15: 5H:** A: E Blunt (Norw) 12.3. **4x100:** Norw 53.4

#### McCAIN YOUNG ATHLETES' LEAGUE

##### Midland Regional Final: Birmingham

**MATCH:** 1 Rugby & Northampton 942; 2 Birchfield 826; 3 City of Stoke 772; 4 Swansea 771; 5 M. Milton Keynes 751; 6 Notts 643; 7 Cheltenham 595.5; 8 Nene Valley 522.5

**U17 men: 100:** A (2.5): 1 N Palmer (Bir) 11.11; 2 C Wardle (R&N) 11.20.

**200:** A (2.0): C Wardle (R&N) 22.72. **B (-0.6):** N Palmer (Bir) 22.61. **400:** A: A Sattar (Bir) 51.05. **800:** A: 1 J Knight (Mil K) 1:57.83; 2 D Sheldon (Stoke) 1:59.16. **100H:** A (1.4): 1 L Townsend (R&N) 14.27; 2 J Lowe (Bir) 14.82. **B (2.0):** O Njie (R&N) 14.98. **1500SC:** A: 1 J Phillips (Notts) 4:53.22; 2 K Jack (Nene V) 4:54.52. **4x100:** 1 R&N 44.80; 2 Bir 44.90. **4x400:** 1 Bir 3:30.17; 2 R&N 3:40.37; 3 Stoke 3:44.14. **HJ:** A: J Sykes (Stoke) 1.85. **PV:** A: R May (Bir) 4.50. **LJ:** A: M Durrant-Sutherland (Bir) 6.38. **TJ:** A: 1 M Nevers (Notts) 13.13; 2 J Brown (Bir) 13.02. **SP:** A: L Barnes (Mil K) 12.82. **DT:** A: 1 L Barnes (Mil K) 41.01; 2 J Sykes (Stoke) 39.34; 3 H Ronchetti (R&N) 38.81

**U15: 100:** A (-1.4): 1 R Segun (R&N) 11.41; 2 D Oderinde (Mil K) 11.45; 3 J

Billington (Stoke) 11.93. **B:** T Kerr-Chin (R&N) 11.91. **200:** A (2.0): 1 R Segun (R&N) 23.37; 2 D Oderinde (Mil K) 23.48; 3 J Taylor (Swan) 24.32; 4 J

Billington (Stoke) 24.33. **400:** A: M Snutch (Stoke) 54.80. **800:** A: 1 M Snutch (Stoke) 2:06.60; 2 J McCrae (Nene V) 2:07.60; 3 A Wright (R&N) 2:08.89. **B:** J Mann (Stoke) 2:09.68.

**1500:** A: 1 J Hopkins (Swan) 4:21.82; 2 H Mahoney (Chelt) 4:29.08. **80H:** A (2.6): 1 L Bromley (R&N) 11.87; 2 M Wilson (Swan) 11.96; 3 L Gardiner (Chelt) 12.86. **4x100:** R&N 48.75.

**4x400:** Stoke 3:48.95. **PV:** A: J Ilyk (Notts) 2.70. **DT:** A: J Holdcroft (Stoke) 33.37. **JT:** A: J Pownall (Mil K) 49.65. **B:** R Curtis (Mil K) 49.02

**U13: 100:** A: 1 T Segun (R&N) 12.72; 2 J Lloyd (Bir) 12.82. **200:** A (0): 1 T Segun (R&N) 25.99; 2 J Lloyd (Bir) 26.24; 3 E Johns (Stoke) 26.84. **B (1.3):** T Cheyne (R&N) 26.94. **800:** A: 1 J Harmer (Notts) 2:20.64; 2 A Yabsley (Mil K) 2:24.59; 3 D Fligelstone (Swan) 2:24.71; 4 H Arnall (R&N) 2:24.74.

**1500:** A: 1 D Murphy (Mil K) 4:57.81; 2 O Bowling (Nene V) 4:59.92. **75H:** A (1.0): 1 J Crosby (Swan) 12.42; 2 T Cheyne (R&N) 13.34; 3 N Hatherley (Chelt) 13.72; 4 B Michell (Notts) 13.73.

**B (-1.7):** R Harris (Swan) 13.28. **4x100:** 1 R&N 54.18; 2 Bir 54.46; 3 Swan 54.69. **LJ:** A: J Lloyd (Bir) 4.80

**U17 women: 100:** A: C Jones (Bir) 12.70. **200:** A (1.8): C Jones (Bir) 25.65. **B (1.0):** A Hillyard (Bir) 25.42. **300:** A: 1 A Hillyard (Bir) 40.93; 2 C Robinson (Notts) 41.84. **800:** A: J Finlay (Mil K) 2:19.16. **80H:** A (2.2): 1 K Murdoch (R&N) 11.78; 2 A Davies (Notts) 11.83; 3 R Davies (Mil K) 12.19. **B (2.2):** 1 J Robbins (Notts) 12.25; 2 A Ritchie (Mil K) 12.36. **300H:** A: 1 K Stainton (Bir) 45.03; 2 H Scales (R&N) 48.29. **4x100:** 1 Notts 51.40; 2 R&N 51.49; 3 Bir 52.28.

**4x300:** 1 Bir 2:49.05; 2 Notts 2:57.69; 3 Chelt 2:58.87; 4 Mil K 3:00.04; 5 Swan 3:04.07; 6 R&N 3:08.02; 7 Stoke 3:10.02; 8 Nene V 3:12.93. **PV:** A: J Robbins (Notts) 2.80. **LJ:** A: A Campbell-Smith (Bir) 5.28. **SP:** A: A Sherry (Chelt) 11.85. **DT:** A: 2 E Nicholls (Stoke) 30.88. **HT:** A: 1 K Presswell (Mil K) 42.77; 2 E Croke (Bir) 36.74; 3 A Palmer (Notts) 35.63; 4 D Bird (Chelt) 34.77. **B:** A Sherry (Chelt) 34.64. **JT:** A: 1 K Murdoch (R&N) 41.06; 2 K Morley (Bir) 34.65

**U15: 100:** A (-1.4): 1 H Brier (Swan) 12.36; 2 A Benjamin (Bir) 12.56; 3 S Ager (R&N) 12.67. **200:** A (1.5): 1 H Brier (Swan) 25.29; 2 G Rogers (Bir) 26.17; 3 S Ager (R&N) 26.24. **800:** A: T Stone (Stoke) 2:19.83. **1500:** A: 1 O Gwynn (Swan) 4:57.20; 2 L Holt (Stoke) 4:58.69. **75H:** A: 1 G Rogers (Bir) 11.72; 2 J Merrick (Swan) 11.93; 3 M Courtney (Chelt) 11.96; 4 E Hornsby (Nene V) 12.04. **B (1.1):** 1 E Wake (Bir) 11.56; 2 L Fligelstone (Swan) 11.89; 3 A Martin (Chelt) 12.46. **4x100:** 1 Bir 50.47; 2 Swan 51.45; 3 R&N 51.53; 4 Chelt 51.74; 5 Stoke 53.48. **HJ:** A: E Wake (Bir) 1.66. **PV:** A: C Atkins (Swan) 2.70. **LJ:** A: 1 E Wake (Bir) 5.46; 2 E Hornsby (Nene V) 5.01. **SP:** A: A Nicholl (Bir) 13.53. **DT:** A: A Nicholl (Bir) 36.60. **JT:** A: M Exley (R&N) 31.07

**U13: 75:** A: 1 E Carr (Mil K) 10.38; 2 S Skervin (Notts) 10.38; 3 S Henderson (R&N) 10.59. **150:** A (1.6): 1 E Carr (Mil K) 20.24; 2 S Skervin (Notts) 20.60; 3 C Liburd (R&N) 21.03; 4 B Sutton-Page (Chelt) 21.22; 5 E Woolvin (Bir) 21.33; 6 C Esegbona (Stoke) 21.40; 7 D Allcock (Swan) 21.67. **B (0.6):** 1 S Henderson (R&N) 20.62; 2 M Francique (Notts) 21.33; 3 G Linnett (Mil K) 21.35; 4 G Wray (Chelt) 21.93. **800:** A: E Brazil

(Notts) 2:26.26. **1200:** A: 1 K Ryder (Bir) 4:03.72; 2 L Carmichael (R&N) 4:10.61; 3 G Rafferty (Stoke) 4:12.79; 4 N Finlay (Mil K) 4:15.93; 5 J Oldfield (Nene V) 4:18.43. **70H:** A: 1 C Esegbona (Stoke) 11.66; 2 B Wood (R&N) 12.02; 3 T Malcolm (Mil K) 12.30. **4x100:** 1 R&N 55.99; 2 Swan 57.41; 3 Mil K 57.52; 4 Notts 57.97; 5 Stoke 57.99. **HJ:** A: B Denial (Nene V) 1.42. **SP:** A: M Bird (Chelt) 9.24

**Southern Regional Final: Hendon**

**MATCH:** 1 Enfield & H 860; 2 Windsor S E & H 816.5; 3 Blackheath & B 755; 4 Shaftesbury B 726.5; 5 Reading 715; 6 Harrow 687.5; 7 Tonbridge 664.5; 8 Croydon H 629

**U17 men: 200:** A (-1.0): 1 B Adelaken (Harrow) 22.52; 2 C Newby (E&H) 22.90. **400:** A: 1 P Lucas (Croy) 49.87; 2 E Hall (Ton) 51.11. **800:** A: M McLaughlin (SB) 1:54.5. **1500:** A: 1 J Davies (Read) 4:05.4; 2 S Molloy (Ton) 4:07.6; 3 M Callegari (SB) 4:10.5. **3000:** A: 1 P Chambers (Croy) 9:00.7; 2 P Croust (SB) 9:03.6; 3 J Rowe (WSEH) 9:16.1. **B:** D Nolan (Croy) 9:17.6. **100H:** A (-0.6): 1 A Walker (WSEH) 13.78; 2 T Healy (Ton) 13.82; 3 J Hatton (Croy) 14.26; 4 A Lloyd (B&B) 14.27; 5 K Beswick (Croy) 14.32. **B (1.1):** D Trusser (Read) 14.85. **400H:** A: T Healy (Ton) 56.12. **1500SC:** A: 1 D McGuigan (Harrow) 4:41.8; 2 C Critchley (WSEH) 4:44.1; 3 B Priddle (Read) 4:48.2; 4 R Cox (SB) 4:52.3. **4x100:** 1 Croy 44.17; 2 E&H 44.42; 3 B&B 44.80; 4 SB 45.59; 5 Harrow 45.60; 6 Read 46.35; 7 WSEH 46.85. **4x400:** 1 Ton 3:31.02; 2 Croy 3:35.0; 3 Read 3:42.4; 4 WSEH 3:44.4. **PV:** A: D Ditton (WSEH) 3.80. **SP:** A: 1 L Roach-Christie (Harrow) 15.48; 2 N Percy (SB) 15.30; 3 M Blandford (Ton) 13.47; 4 L Mascarentas (B&B) 12.88. **B:** D Hollet (B&B) 12.15. **DT:** A: 1 N Percy (SB) 53.83; 2 M Blandford (Ton) 47.92; 3 L Roach-Christie (Harrow) 40.50; 4 L Mascarentas (B&B) 40.00. **HT:** A: 1 N Percy (SB) 64.67; 2 T Campbell (WSEH) 58.95; 3 F McGuigan (Harrow) 58.07; 4 D Palmer-Leandre (E&H) 40.91. **JT:** A: M Blandford (Ton) 57.77

**U15: 100:** A (2.1): 1 R Arthur (E&H) 11.33; 2 C Kema (SB) 11.34; 3 A Hakeem (Read) 11.60; 4 J Harding (Harrow) 11.78; 5 R Page (WSEH) 11.96; 6 A Ajiboye (B&B) 12.00. **B (1.2):** 1 M Forde (E&H) 11.77; 2 J Collis (Harrow) 11.97. **200:** A (-1.9): 1 R Arthur (E&H) 22.96; 2 A Hakeem (Read) 24.09; 3 R Page (WSEH) 24.30; 4 J Harding (Harrow) 24.38. **B (-1.7):** J Collis (Harrow) 24.05.

**400:** A: C Scales (SB) 53.94. **800:** A: 1 G Duggan (Ton) 2:02.4; 2 J Singh (WSEH) 2:02.5; 3 G F Mellor (E&H) 2:07.9; 4 H Stainthorpe (Croy) 2:08.5; 5 K Hammond (Harrow) 2:09.6. **B:** T Rottier (E&H) 2:08.3. **1500:** A: 1 P Asgodum (E&H) 4:19.8; 2 B Kelsey (SB) 4:21.5; 3 G Cuckle (WSEH) 4:22.9. **B:** 1 P Asgodum (E&H) 4:19.9; 2 J Finnegan (WSEH) 4:25.0. **80H:** A (1.8): 1 M Dorey (WSEH) 11.59; 2 C Kema (SB) 12.03; 3 J O T U (Croy) 12.10; 4 J Weaver (E&H) 12.35; 5 O Boughen (Read) 12.36; 6 L Church (Ton) 12.73. **B (1.8):** 1 P Neale (Read) 12.35; 2 L McKenzie (Croy) 12.62; 3 J Major (WSEH) 12.74; 4 D Higginson (Harrow) 12.82. **4x100:** 1 B&B 47.04; 2 E&H 47.13; 3 SB 47.86; 4 Croy 47.98; 5 WSEH 48.33; 6 Read 48.71. **4x400:** 1 WSEH 3:46.2; 2 SB 3:46.5; 3 E&H 3:50.2; 4 B&B 3:53.1; 5 Read 3:55.1; 6 Ton 3:55.4. **PV:** A: 1 T Rottier (E&H) 3.00; 2 P Neale (Read) 2.60. **LJ:** A: G Butler (WSEH) 5.82. **HT:** A: T Redman (Ton) 44.83

**U13: 100:** A (-0.9): 1 K Oludoyi (Harrow) 12.35; 2 W Aduntow (SB)

12.43. **200:** A (-1.8): W Aduntow (SB) 26.32. **B (-0.2):** 1 S O'Donoghue (Harrow) 26.74; 2 N Haque (SB) 26.79.

**800:** A: T Kendrick (Ton) 2:14.8. **75H:** A (-0.2): 1 S Bazanye-Lutu (E&H) 12.54; 2 S Day (Ton) 13.95. **B:** 1 O O'Sahon-Lubel (E&H) 13.04; 2 K Elliot (Croy) 13.89; 3 A Tokuta (Harrow) 13.99.

**4x100:** 1 Harrow 51.59; 2 SB 52.29; 3 E&H 52.85; 4 B&B 54.10; 5 WSEH 55.08; 6 Ton 55.24; 7 Read 55.69. **HJ:** A: K Shelley (Harrow) 1.45. **LJ:** A: W Aduntow (SB) 5.09. **SP:** A: 1 N Haque (SB) 10.63; 2 M Buter (WSEH) 9.86; 3 M Montgomery (Croy) 9.53. **B:** T Clark (SB) 8.96

**U17 women: 100:** A (1.1): 1 O Ceaser (WSEH) 11.92; 2 D Asher-Smith (B&B) 11.96; 3 U Nwachukwu (E&H) 12.33. **200:** A (-2.3): 1 A Pipi (E&H) 25.89; 2 E Brown (Harrow) 25.96. **300:** A: 1 N Dickens (B&B) 39.76. **400:** A: 1 N Swafield (WSEH) 4:50.6; 2 E Hunt (SB) 4:53.2. **3000:** A: 1 S Draper (Harrow) 10:30.9; 2 M Davison (WSEH) 10:48.5. **80H:** A (-0.4): 1 S Clitheroe (WSEH) 11.83; 2 R Jones (B&B) 12.26; 3 K Cook (E&H) 12.30; 4 T Russell (Ton) 12.49.

**300H:** A: E Duck (WSEH) 47.85. **B:** 1 T Benson (Read) 48.06; 2 K Cook (E&H) 48.22. **4x100:** 1 B&B 48.87; 2 E&H 50.47; 3 WSEH 51.29; 4 SB 52.79; 5 Ton 53.00. **4x300:** 1 B&B 2:49.1; 2 E&H 2:52.6; 3 WSEH 3:02.4; 4 Read 3:10.0; 5 SB 3:13.4. **HJ:** A: G Westwood (Read) 1.70. **PV:** A: M Glynn (Harrow) 2.70. **TJ:** A: 1 K Thomas (Harrow) 10.88; 2 F Read (B&B) 10.42. **SP:** A: 1 D Opara (Read) 12.10; 2 Y Cazeau (E&H) 10.19. **B:** I Adekunle (E&H) 9.83. **DT:** A: 1 D Opara (Read) 32.89; 2 Z Overall (WSEH) 31.20; 3 K Thompson (SB) 30.78. **B:** A Holder (Read) 31.17. **HT:** A: B Bratton (B&B) 38.47. **JT:** A: K Alexander (Read) 33.19

**U15: 100:** A (2.2): 1 S Hylton (B&B) 12.47; 2 K Miller (Harrow) 12.61; 3 T Beckles (E&H) 12.78; 4 E Smith-Hahn (Croy) 12.88; 5 K Hannawin (Read) 12.90. **200:** A (-2.9): 1 M Bruney (B&B) 25.78; 2 E Smith-Hahn (Croy) 26.00.

**B (-2.5):** C Hylton (B&B) 26.23. **800:** A: B Croft (WSEH) 2:13.0. **1500:** A: 1 R Killip (WSEH) 4:47.5; 2 N Connor (SB) 4:49.9; 3 L Melvin (Ton) 4:55.5. **B:** J Savill (WSEH) 4:52.5. **75H:** A (1.5): 1 S Irving (Croy) 11.13; 2 A Hurlock (B&B) 11.81; 3 G Green (E&H) 12.16; 4 N Carlisle (Ton) 12.23; 5 C Williams (WSEH) 12.33. **B (-0.8):** 1 S Hylton (B&B) 12.12; 2 S Baxter (Ton) 12.22. **4x100:** 1 B&B 49.83; 2 Croy 49.97; 3 E&H 51.37; 4 Read 52.17; 5 Ton 52.71; 6 SB 53.03. **HJ:** A: G Green (E&H) 1.55. **PV:** A: 1 A Rodriguez (SB) 3.25; 2 M Lowe (Read) 2.60; 3 N Lewis (E&H) 2.40; 4 M Bailey (Harrow) 2.40. **LJ:** A: 1 F Tubb (Read) 5.02; 2 S Cordell (B&B) 4.94. **SP:** A: 1 S Irving (Croy) 12.42; 2 C Pritchard (Read) 10.01. **B:** B Keating (Read) 9.78. **DT:** A: 1 Y Sofolarin (B&B) 34.03; 2 C Pritchard (Read) 31.88; 3 J Stevens (Ton) 29.66. **JT:** A: K West (Read) 29.12

**U13: 75:** A (-0.5): 1 N Farmer (B&B) 10.15; 2 A Hall (Read) 10.19; 3 B O'Hara (Ton) 10.28; 4 K Matthews (E&H) 10.47; 5 C Mido (Croy) 10.51; 6 A Alleyne (Harrow) 10.54. **B (-0.9):** 1 Q Adebayo (Harrow) 10.49; 2 S Sempar (E&H) 10.68. **150:** A (-0.1): 1 A Alleyne (Harrow) 20.28; 2 K Matthews (E&H) 20.41; 3 C Mido (Croy) 20.79; 4 T Orelaja (B&B) 20.85; 5 G Seymour (WSEH) 21.23; 6 P Thomas (Read) 21.85. **B (-0.7):** 1 R Spencer (Croy) 20.97; 2 S Sempar (E&H) 21.13; 3 P Johnson (B&B) 21.31; 4 A Alleyne (Harrow) 21.38. **800:** A: 1 B O'Hara (Ton) 2:22.6; 2 A Barbour (WSEH)

2:27.3; 3 S Riskey (B&B) 2:27.6. **B:** S Davies (WSEH) 2:25.6. **1200:** A: 1 A Russo (Ton) 3:55.8; 2 M Whitfield (Harrow) 4:00.0; 3 H Willis (Read) 4:02.4; 4 L Langford (SB) 4:05.4; 5 E Cockle (WSEH) 4:05.7; 6 G Taylor (B&B) 4:08.2; 7 O Coll (E&H) 4:14.9.

**B:** 1 E Highton (WSEH) 3:59.2; 2 J Keene (B&B) 4:05.1; 3 J Allan (Ton) 4:12.4. **70H:** A (-0.4): 1 C Lamb (Ton) 12.03; 2 D Writh (Read) 12.24; 3 I Hildrith (B & B) 12.42; 4 E Russell (Harrow) 12.46.

**B (-0.4):** 1 A Hall (Read) 12.15; 2 U Lazeratada (Ton) 12.45. **4x100:** 1 B&B 54.70; 2 Harrow 55.46; 3 E&H 55.98; 4 Croy 56.26; 5 Read 56.79; 6 Ton 57.10; 7 SB 57.78. **LJ:** A: S Solanke (E&H) 4.53. **SP:** A: A Gondwe-Onbrauche (B&B) 8.68

**Northern 2 N: Whitley Bay**

**MATCH:** 1 Houghton 658; 2 South Shields 505; 3 North Shields Poly 383; 4 Tyndale 303; 5 Gateshead B 97

**U17 men: HT:** R Straker (NSP) 41.72. **U15: 80H:** C Decon (Ssh) 12.8

**Northern 2 NE: Shildon**

**MATCH:** 1 Scarborough 405; 2 Darlington & Z 239; 3 Shildon 192; 4 Darlington 191; 5 Durham City 121

**U17 men: TJ:** K Arhmed (Scar) 12.92. **U17 women: 800:** B: B Mills (Scar) 2:21.5

**Northern Regional Final: Sportcity**

**MATCH:** 1 Sale HM 990; 2 Gateshead 841.5; 3 Preston 820.5; 4 Liverpool H 677.5; 5 Doncaster 666.5; 6 Wakefield 638; 7 City of Sheffield 637.5; 8 Crewe & Nantwich

52.5. **B:** J Salisbury (Prest) 54.4. **800:** L Penswick (Prest) 2:08.0. **B:** 1 J Salisbury (Prest) 2:05.8; 2 B Webster (Sheff) 2:08.2. **1500:** 1 P Dever (Prest) 4:18.8; 2 P Tyson (Liv H) 4:26.0. **80H:** **A (-2.6):** 1 R McCormick (Sale) 11.9; 2 J Filleul (Sheff) 12.0. **4x100:** 1 Prest 48.5; 2 Sale 48.5. **4x400:** 1 Prest 3:49.8; 2 Gate 3:56.2; 3 Sale 3:56.3; 4 Wake 3:59.9. **PV:** 1 A Hague (Sheff) 4.15; 2 A Jones (Wake) 3.00; 3 T Booth (Prest) 2.80; 4 E Mottershead (Sale) 2.60. **B:** M Salt (Sheff) 3.25. **LJ:** R Cole (Gate) 5.70. **SP:** R Tingle (Prest) 11.55. **U13: 100: A (2.3):** 1 A Rogers (Wake) 12.9; 2 A Collins (Prest) 13.0. **200:** A Rogers (Wake) 26.4. **800:** 1 M Lonsdale (Gate) 2:15.3; 2 E Darr (Prest) 2:17.5; 3 C Dowell (Sale) 2:23.4; 4 O Dane (Sheff) 2:24.8. **1500:** 1 D Tierney (Prest) 4:54.6; 2 E Dunbavin (Wake) 4:55.6; 3 A Manthorpe (Sheff) 4:57.0. **B:** A Moffat (Prest) 4:56.0. **75H: A (-0.5):** 1 O McCormick (Sale) 12.9; 2 J Nicholson (Gate) 13.0. **4x100:** 1 Prest 55.2; 2 Sale 55.8. **LJ:** M Lonsdale (Gate) 4.80. **U17 women: 100:** A Bishell (Sheff) 12.3. **200: A (0.4):** 1 A Mansfield (Liv H) 25.8; 2 B Bolton (Sale) 25.9. **300:** 1 G Eyles (Wake) 40.0; 2 B Bolton (Sale) 40.9. **800:** R Scott (Prest) 2:17.7. **1500:** 1 R Scott (Prest) 4:48.8; 2 E Pound (Sheff) 4:51.9. **B:** B Ansell (Sheff) 4:54.5. **80H:** 1 C Jones (Sale) 12.1; 2 B Porter (Wake) 12.2; 3 C Wilson (Gate) 12.3; 4 M Wells-Nicholls (Liv H) 12.3. **B:** L Randles (Sale) 12.4. **300H:** 1 A Hodgson (Sheff) 45.6; 2 L Bowen (Sale) 47.5. **B:** 1 C Wilson (Gate) 47.2; 2 C Hunter (Sheff) 47.6. **4x100:** 1 Sale 52.0; 2 Gate 52.6; 3 Sheff 52.7. **4x300:** 1 Sale 2:54.8; 2 Sheff 3:03.4; 3 Prest 3:06.5; 4 Gate 3:07.4; 5 Liv H 3:11.6; 6 Wake 3:17.4. **PV:** 1 V Price (Sheff) 3.11; 2 G Valentine (C&N) 2.70. **TJ:** 1 A Howe (Don) 10.90; 2 A Unsworth (Prest) 10.74. **SP:** 1 C Dickinson (Sale) 11.16; 2 N Bewley (Don) 9.91. **DT:** 1 C Dickinson (Sale) 32.39; 2 E Lupton (Prest) 30.97. **U15: 100: A (-0.9):** 1 K Edwards (Sheff) 12.6; 2 A Carr (Sale) 12.7. **B (2.7):** 1 S Addison (Gate) 12.6; 2 A Williams (Sale) 12.7; 3 R Robinson (Sheff) 12.7. **200:** 1 K Edwards (Sheff) 26.0; 2 A Carr (Sale) 26.3. **B:** G George (Sale) 26.0. **800:** 1 R Parkin (Sheff) 2:21.1; 2 A Linney (Liv H) 2:22.1. **1500:** 1 E Curran (Gate) 4:54.1; 2 R Firth (Wake) 4:57.1. **75H: A (0.5):** 1 J Gilmour (Gate) 11.7; 2 A Carr (Sale) 11.9; 3 L Toop (Don) 12.5. **B (-0.7):** 3 Gilmour (Gate) 12.6. **4x100:** 1 Gate 51.7; 2 Sale 52.6; 3 Sheff 52.9; 4 Prest 53.1. **HJ:** A MacKenzie (Liv H) 1.65. **PV:** 1 A Roberts (Wake) 3.00; 2 G Pickles (C&N) 2.60; 3 I Perez (Liv H) 2.50; 4 C Baker (Sheff) 2.50. **LJ:** 1 A Williams (Sale) 5.46; 2 A Lonsdale (Gate) 5.15. **DT:** B Evans (Prest) 28.75. **U13: 75: A (1.5):** 1 K Chadwick (Sale) 10.1; 2 B Leckie (Gate) 10.2; 3 B O'Shaughnessy (Liv H) 10.7; 4 O Huyton (Prest) 10.7. **B (0.8):** 1 Reynolds-Duffy (Sale) 10.4. **150: A (-1.0):** 1 B O'Shaughnessy (Liv H) 20.1; 2 B Leckie (Gate) 20.2; 3 K Chadwick (Sale) 20.4; 4 A Mussett (Don) 20.8; 5 O Huyton (Prest) 21.1; 6 C Gibbons (C&N) 21.3. **B (1.0):** 1 A Bland (Gate) 20.0; 2 1 Reynolds-Duffy (Sale) 20.4; 3 R Oliver (Sheff) 20.8; 4 A Birch (Liv H) 21.2; 5 C Hornby (Prest) 21.4; 6 D Atkinson (Don) 21.9. **800:** A Oliver (Liv H) 2:29.1. **1200:** 1 A Rowe (Liv H) 3:59.9; 2 K Waugh (Gate) 4:01.3; 3 G Handley (Prest) 4:02.1; 4 C Lydon (Sale) 4:09.1; 5 B Oates (Wake) 4:14.0. **B:** 1 E Twite (Sale) 4:02.4; 2 E Mahon

(Gate) 4:05.1; 3 S Hollings (Prest) 4:05.3; 4 E Gray (Liv H) 4:14.4. **70H: A (-0.9):** 1 A James (Gate) 12.0; 2 S Ullah (Sale) 12.1; 3 M Thomson (Liv H) 12.2; 4 E Grace (Don) 12.2. **B (1.9):** A Mussett (Don) 12.4. **4x100:** 1 Sale 54.5; 2 Gate 55.4; 3 Don 56.1; 4 C&N 57.1; 5 Liv H 57.6; 6 Sheff 57.8. **HJ:** A Ward (Wake) 1.43. **LJ:** K Chadwick (Sale) 4.56. **SP:** S Ullah (Sale) 9.14

#### Southern 2 A24: Eastbourne

**MATCH:** 1 Holland S 766; 2 Eastbourne 643; 3 E Grinstead 430; 4 Fleet & C 295; 5 Dorking/Reigate Priory 20. **U15 boys: 100:** A Hutchings (E'bone) 12.0. **U17 women: LJ:** S Rustling (E Grin) 5.22. **U13: 70H/LJ:** L Drummie (E Grin) 11.9/4.63

#### SCOTTISH JUNIOR RELAY CHAMPS Glasgow (S)

**U18 men: 4x100:** 1 Edin 43.88; 2 Law 45.00; 3 Kilb 46.80. **U16: 4x100:** 1 Giff N 46.55; 2 E Kilb 46.71; 3 Cambus 49.56; 4 Kilb 50.84; 5 Ayr S 51.38. **Ht1:** 1 Edin 45.83; 2 E Kilb 46.43; 3 Cambus 49.77; 4 VPCG 50.28; 5 Kilb 50.67; 6 Ayr S 51.79. **U14: 4x100:** 1 Giff N 50.46; 2 Edin 51.43; 3 VPCG 55.62. **Ht1:** 1 Edin 51.83; 2 Giff N 52.35. **U18 women: 4x100:** 1 Edin 50.99; 2 Giff N 51.12; 3 Shett 53.58; 4 Kilb 53.97. **U16: 4x100:** 1 Edin 52.59; 2 Centr 53.06; 3 Kilb 53.24; 4 Pit 54.34; 5 Glas Sc Sp 55.03; 6 Falk 55.38; 7 Ayr S 55.57; 8 Giff N 56.24. **Ht1:** 1 Edin 52.60; 2 Kilb 53.70; 3 Glas Sc Sp 54.18; 4 Falk 54.84; 5 Giff N 55.25. **Ht2:** 1 Centr 52.86; 2 Pit 54.31; 3 Ayr S 54.67; 4 Shett 55.78. **U14: 4x100:** 1 Falk 55.25; 2 Giff N 55.72; 3 Aird 56.84; 4 Ayr S 57.09; 5 VPCG 58.12; 6 Law 58.55; 7 I Ness 59.79. **Ht1:** 1 Falk 56.0; 2 Giff N 56.8

#### Southern Senior Inter-Counties, Hemel Hempstead

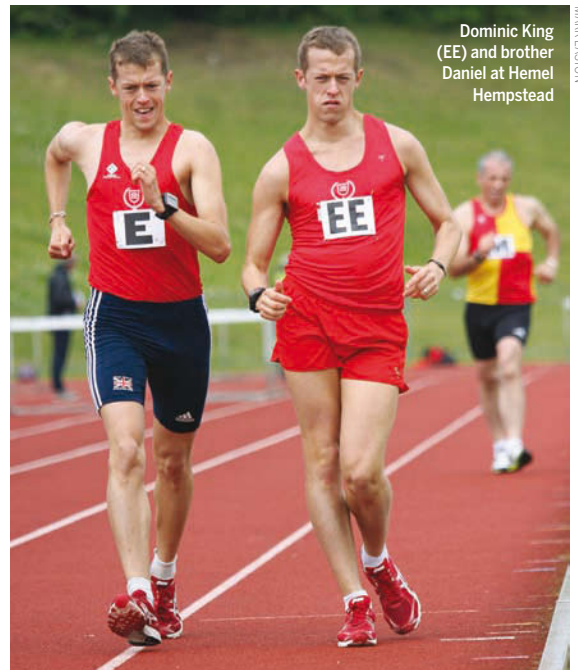
ESSEX led the men's and women's matches with seven events to go and never looked like losing their grip as a combined force for the Southern Counties titles, Alastair Aitken reports.

The outstanding event of the day was the 3km walk, in which internationals Dominic and Daniel King came home clear for a double in the 3km walk for Essex. Dominic's winning time of 12:30.23 was a stadium record and championship best.

**MATCH:** 1 Essex 767; 2 Herts 652; 3 Surrey 600.5; 4 Kent 552.5; 5 Middx 529; 6 Sussex 470; 7 Hants 398; 8 Oxon 186

**Men: 100: A (0.4):** R Kokoza (Essex) 10.97. **400:** 1 M Hunt (Essex) 48.68; 2 A Kendall (Middx) 48.87; 3 M Hamilton (Herts) 49.07; 4 N Atwell (Surrey) 49.78; 5 M Dorington (Sussex) 49.90. **B:** Z Curran (Surrey) 49.74. **800:** H Fleming (Surrey) 1:54.36. **1500:** 1 B Nagy (Herts) 3:56.29; 2 T Haughian (Middx) 3:58.51; 3 C Johnson (Sussex) 3:58.62; 4 M Sanford (Essex) 3:59.25. **5000:** 1 A Bruce-Littlewood (Kent) 15:24.69; 2 T Gardner (Essex) 15:32.39; 3 H Dodwell (Middx) 15:35.80; 4 M Johnson (Hants) 15:38.49. **B:** N Wood (Kent) 15:29.09. **110H: A (-2.1):** 1 Z Saucedo (Herts) 15.21; 2 S Rodger (Sussex) 15.33; 3 J McLean (Essex) 15.61; 4 B Hazell (Hants) 15.94. **B (-2.1):** 1 S Barnarp (Herts) 15.85; 2 B Reed (Essex) 15.94. **400H:** 1 Z Saucedo (Herts) 53.29; 2 A Clements (Surrey) 53.80; 3 J Roghi (Middx) 54.56; 4 G Morris (Kent) 54.81; 5 S Parsons (Sussex) 55.25; 6 P Barnshaw

(Oxon) 55.42. **3000SC:** 1 A Cracknell (Herts) 9:40.99; 2 T Collins (Kent) 9:43.69; 3 R Warner (Essex) 9:46.04. **B:** R Scott (Essex) 9:59.80. **3000W:** 1 Dominic King (Essex) 12:30.23; 2 F Reis (Middx) 13:49.28. **B:** Daniel King (Essex) 13:11.21. **4x100:** 1 Essex 42.90; 2 Surrey 42.97; 3 Sussex 43.56. **4x400:** 1 Essex 3:20.87; 2 Surrey 3:22.36; 3 Herts 3:22.55. **HJ:** S Rodger (Sussex) 1.95. **B:** D Storry (Sussex) 1.95. **PV:** 1 J Phipps (Surrey) 4.60; 2 S McLennan (Middx) 4.50; 3 S Brown (Sussex) 4.30; 4 C Mills (Hants) 4.30; 5 R Wood (Essex) 4.20. **B:** 1 D Ingram (Sussex) 4.20; 2 A Boshier (Surrey) 4.00. **LJ:** 1 K Greenidge-Smith (Herts) 7.15/2.5; 2 E Safo (Surrey) 7.11/3.2; 3 T French (Sussex) 6.88/4.9. **TJ:** 1 J Tele (Essex) 14.44/0.0; 2 S John-Olojo (Surrey) 14.32/2.1; 3 B Pike (Herts) 14.25/2.0; 4 M Morsia (Kent) 14.13/1.9; 5 J Valeri (Sussex) 13.99/1.4. **B:** H Waddington (Surrey) 14.07/0.4. **ns:** John-Olojo 14.21/-0.5. **SP:** E Quarshie (Essex) 13.34. **DT:** 1 A Ralph (Herts) 41.26; 2 A Wheble (Surrey) 40.03. **HT:** 1 A Williamson (Kent) 58.02; 2 S Thurgood (Essex) 57.33. **B:** 1 P Clarke (Essex) 55.41; 2 G Holder (Kent) 55.13. **JT:** 1 D Sketchley (Essex) 58.77; 2 S Harvey (Kent) 57.68; 3 T Ratcliffe (Herts) 54.08. **B:** J Everard (Essex) 55.19. **Women: 100: A (1.6):** S Charles (Middx) 12.25. **200: A (-0.8):** Charles 24.77. **B (0.2):** K Baptiste (Sussex) 25.00. **400:** 1 K Laidlow (Kent) 56.59; 2 K Body (Sussex) 56.97; 3 H Sheppard (Essex) 57.51; 4 J Knight (Surrey) 57.78; 5 T Kafke (Oxon) 57.93. **800:** 1 S Redgrave (Essex) 2:13.43; 2 R Johnson (Middx) 2:17.20. **1500:** 1 C Mitchell (Hants) 4:28.91; 2 L Partridge (Surrey) 4:33.30; 3 E Bird (Herts) 4:35.26; 4 E Grant (Middx) 4:35.44. **B:** 1 R Clark (Surrey) 4:34.24; 2 A Abe (Hants) 4:41.62. **3000:** 1 K Good (Middx) 9:52.90; 2 S Abel (Essex) 10:04.63; 3 F Clark (Sussex) 10:17.32; 4 R Loubser (Kent) 10:23.88. **B:** L Da Silva (Middx) 10:20.59. **100H: A (-3.6):** 1 G Ade-Onotori (Kent) 14.73; 2 E Stevens (Herts) 15.03. **B (-2.7):** 1 L Thompson (Herts) 15.18; 2 A Barclay (Sussex) 15.42. **400H:** 1 S Brown (Kent) 62.44; 2 S McLoughlin (Surrey) 62.62; 3 K Lannon (Hants) 62.89; 4 E Stevens (Herts) 65.25; 5 H Pattie-Belleli (Essex) 65.94. **B:** 1 L Spray (Herts) 64.55; 2 L Douglas (Essex) 65.80. **3000SC:** 1 L Da Silva (Middx) 11:36.01; 2 V Smith (Essex) 11:56.77. **3000W:** S Miles (Middx) 16:24.42. **4x100:** 1 Surrey 48.45; 2 Sussex 48.79; 3 Kent 49.57; 4 Herts 50.06; 5 Essex 50.08; 6 Oxon 51.77. **4x400:** 1 Surrey 3:57.42; 2 Herts 4:05.91; 3 Essex 4:07.97. **HJ:** 1 C O'Connor (Surrey) 1.70; 2 S Langford (Kent) 1.65. **PV:** 1 L Shortland (Herts) 3.60; 2 R Arnheim (Kent) 3.50; 3 K Cowley (Essex) 3.40; 4 A Humble (Middx) 3.10. **LJ:** 1 K Eleyay (Essex) 5.83/0.0; 2 C O'Connor (Surrey) 5.58/-0.4. **TJ:** A Onions (Sussex) 11.24/-1.9. **SP:** 1 S Brown (Kent) 14.29; 2 M Harrison (Essex) 11.94; 3 J Rowland (Surrey) 11.90. **DT:** 1 Brown (Kent) 48.21; 2 P Dawson (Hants) 40.49; 3 M Harrison (Essex) 39.53; 4 S Brown (Middx) 35.12. **B:** H Redman (Essex) 41.46; 5 L Duke (Sussex) 41.31; 6 B Knapp (Herts) 40.23. **B:** 1 C Coker (Essex) 47.39; 2 A Clemens (Middx) 44.52; 3 C Slater (Kent) 42.23. **JT:** 1 E Meakins (Herts) 42.25; 2 S Ellis (Hants) 41.65; 3 E Smith (Essex) 38.04; 4 J Rowlands (Surrey) 37.07



Dominic King (EE) and brother Daniel at Hemel Hempstead

MARK EASTON

#### SOUTH WEST INTER-COUNTIES CHAMPIONSHIPS

##### Exeter

**MATCH:** 1 Devon 614; 2 Somerset 436; 3 Cornwall 385; 4 Dorset 382; 5 Gloucestershire 358; 6 Avon 353; 7 Wiltshire 309. **Men: MATCH:** 1 Devon 365; 2 Cornwall 244; 3 Somerset 237; 4 Dorset 189; 5 Avon 175; 6 Gloucestershire 167; 7 Wiltshire 165. **200 (3.7):** 1 N Kanonic (Gloucs) 21.86; 2 R Tremblen (Gloucs) 21.90. **400:** 1 Bray (Wilts) 49.51. **1500:** 2 S Anderson (Dev, M45) 4:19.81. **5000:** 1 L Scott (Som) 15:27.82; 2 J Denne (Dev) 15:30.06. **4x100:** Avon 43.67. **HJ:** 3 I Allen (Dev, M40) 1.72. **SP:** 1 A Other (Avon) 16.71; 2 D Dawson (Dev) 14.83; 3 G Winter (Gloucs) 14.69; 4 D Brunsden (Dors) 14.33; 5 T Haseler (Gloucs) 13.11; 6 J Preston (Avon) 13.10. **DT:** 1 G Winter (Gloucs) 49.96; 2 D Dawson (Dev) 47.71; 3 J Preston (Avon) 42.43; 4 D Brunsden (Dors) 41.97. **HT:** 1 J Hill (Corn) 56.87; 2 J Milum (Dev) 48.36; 3 M Tommey (Gloucs) 48.03. **JT:** 1 M Smith (Dev) 65.84; 2 S Bennett (Dev) 62.63; 3 A Harris (Dors) 60.39. **U20: 100:** 1 S Bajera (Avon) 10.87; 2 O Styler (Dev) 11.06. **200 (2.7):** 1 O Styler (Dev) 22.21; 2 S Bajera (Avon) 22.37. **5000:** J Trigwell (Dev) 16:10.60. **110H (1.5):** D King (Dev) 14.64. **2000SC:** D Owen (Gloucs) 6:22.67. **PV:** L Bailey (Avon) 4.50. **TJ:** O Borton (Dors) 13.87/-1.5. **SP:** 1 M Halton (Corn) 15.09; 2 A Lees (Dors) 12.40. **DT:** 1 M Halton (Corn) 45.29; 2 A Athersuch (Som) 40.14. **HT:** R Wallace (Gloucs) 52.59. **JTU20M:** 1 S Turnock (Dev) 60.62; 2 R Danaher (Som) 56.46; 3 L Downer (Gloucs) 54.67; 4 J Lelliott (Dors) 54.54; 5 B Thompson (Som) 51.58; 6 H Woodward (Corn) 45.00; 7 R Lea (Wilts) 39.21. **400H:** 1 M Sumner (Dev) 55.8; 2 B Fitzgerald (Dev) 59.1. **U17: 100 (1.6):** R Wells (Som) 11.1. **3000:** 1 K Hale (Gloucs) 9:00.4; 2 C Jones (Corn) 9:02.1; 3 A Carter (Wilts) 9:06.0; 4 L Jacobs (Avon) 9:10.1. **100H (2.7):** 1 J Bush (Dev) 14.71; 2 B Timewell (Som) 14.86. **400H:** 1 R Brown (Wilts) 58.35; 2 R Phillips (Avon) 59.00. **4x100:** Avon 46.06. **HJ:** 1 J Poulton (Wilts) 1.90; 2 M Aldridge (Dors) 1.87; 3 J Bush (Dev) 1.81. **PV:** 1 S Leitch (Som) 3.80; 2 A Harvey (Som) 3.60; 3

J Snook (Dors) 3.60. **SP:** J Banevicius (Corn) 12.41. **DT:** C Pettit (Dev) 43.51. **HT:** 1 G Salter (Gloucs) 52.92; 2 J Lange (Gloucs) 46.27. **JT:** B Green (Dev) 53.72. **U15: 100: r1 (2.9):** 1 W Kennedy (Wilts) 11.57; 2 J Charles (Som) 11.64; 3 L Pryn (Corn) 11.69; 4 A Watts (Dors) 11.81; 5 E Scott (Som) 11.88. **r2:** 1 B Harrison (Som) 11.77; 2 P Channings (Dev) 11.89; 3 B Watt (Avon) 11.97; 4 J Ness (Wilts) 12.00. **200: r1:** 1 R Hamson (Gloucs) 23.7; 2 W Kennedy (Wilts) 24.0; 3 P Channings (Dev) 24.3. **r2:** 1 J Dyer (Avon) 23.9; 2 B Harrison (Som) 23.9; 3 J MacConnell (Som) 24.3. **400:** 1 J Ness (Wilts) 52.72; 2 J MacConnell (Som) 52.73. **800:** 1 L Rutley (Dev) 2:08.64; 2 D Tutton (Gloucs) 2:09.88. **1500:** C Martin (Som) 4:28.33. **3000:** 1 N Oliver (Dev) 9:26.6; 2 D Old (Corn) 9:46.1; 3 O Fox (Som) 9:50.1. **80H (2.5):** 1 J Tostevin (Som) 11.68; 2 J Williamson (Wilts) 11.70; 3 N Brooks (Dors) 11.98; 4 J Rockey (Som) 12.28; 5 C Cross (Corn) 12.31; 6 M Tonks (Gloucs) 12.50; 7 J Spence (Avon) 12.85; 8 T Kirkman (Som) 12.93. **4x100:** 1 Avon 48.09; 2 SOM 48.44; 3 Corn 49.06. **SP:** 1 K Westlake (Corn) 12.58; 2 M Trickey (Som) 11.75; 3 J Rees (Dev) 11.73. **JT:** D Allen (Dev) 44.91. **U13: 100: r1 (4.1):** S Wheeler (Dors) 12.72. **r2 (2.4):** 1 P Sylla (Dors) 12.88; 2 M Whitecross (Gloucs) 13.00. **200: r1 (2.5):** Wheeler 26.5. **1500:** 1 W Stockley (Wilts) 4:44.63; 2 P Copeland (Dors) 4:45.73; 3 J Howorth (Wilts) 4:45.81; 4 B Jones (Som) 4:51.99; 5 F Aldred (Corn) 4:56.47; 6 H Sadler (Avon) 4:57.21; 7 D Wilde (Som) 4:57.32; 8 D Warnes (Avon) 4:57.66; 9 T Blackford (Dev) 4:58.39; 10 O Dickinson (Som) 4:59.76. **75H: r1 (1.6):** 1 L Shepherd (Dors) 12.14; 2 S Talbot (Dev) 12.76; 3 S Dove (Som) 12.94; 4 E Falconer-Cunningham (Wilts) 12.98; 5 J Waresjo (Wilts) 13.30. **r2 (2.4):** 1 T D Cruz (Dev) 13.54; 2 C Thomson (Som) 13.56. **HJ:** 1 P Sylla (Dors) 1.53; 2 A Brooks (Avon) 1.50. **LJ:** 1 P Sylla (Dors) 5.06; 2 J Burke (Wilts) 4.89. **JT:** 1 J Moncur (Dev) 37.55; 2 J Cooper (Wilts) 32.18. **Women: MATCH:** 1 Devon 249; 2 Somerset 199; 3 Dorset 193; 4 Gloucestershire 191; 5 Avon 178; 6 Wiltshire 144; 7 Cornwall 141

# Asong a class apart as England dominate overall

JULY 16

## AVIVA SIAB U17 INTERNATIONAL Cardiff

AS EXPECTED, England won both matches easily – by 114 points in the boys' match and 72 in the girls' equivalent. Ireland, Wales and Scotland followed in that order in both of these schools matches.

The rain which threatened earlier faded away but the wind, which gusted at up to 9m/sec, meant conditions were far from perfect.

The top performance came from English Schools 400m champion Clovis Asong, who was clearly not bothered by the breeze. He won by more than two seconds and his time of 47.04 moved him up to third on the UK all-time under-17 list behind Mark Richardson and Guy Bullock. It was easily a championship best and took 0.35 from his PB. Richardson's UK age best is 46.43.

The other championship record came in the hammer with the Alan Bertram-coached Kimberley Reed looking like she may have the potential to follow on Britain's great recent women hammer junior success of Sophie Hitchon and Louisa James. The Scot won by seven metres as she threw 54.63m. That mark put her ahead of what world junior champion Hitchon (54.56m) and European junior champion James (54.87m) threw at the same age.

Another notable effort came in the field from Oliver Newport, who jumped a PB 7.07m long jump despite a strong 3.7m/sec headwind and moved to third in the UK age group rankings. Meanwhile, Luke Roach improved his PB to 17.32m to put himself more than a metre clear at the top of the shot rankings.

Kelvin Tairou (10.83) and Roy Ejiakuekwu (22.26) were clear winners of the men's sprints, while Dina Asher Smith was equally dominant in the girls' 200m as she won by five metres in 24.69.

IAAF world youth medallist Jessica Judd moved back up to the 1500m and won a slow tactical race in 4:38.00, well over 20 seconds outside her recent PB.

Jacob Paul went into the all-time top 10 400m hurdles as he broke 53 seconds for the first time with a clear 52.72 victory from his Epsom & Ewell and England clubmate Lolu Oluwole-Ojo.

Matt Seddon, younger brother of Zak, who was surprise fifth in the recent World Youth Championships, showed he too has great steeplechase talent with a 4:23.00 victory.

Not everything went England's way, though, as they dropped the baton in the girls' 4x100m and the Irish walkers dominated the 3km event.

This year's event marked 50 years since the first triangular schools' international involving Wales, Scotland and England was staged at Maindy Stadium, Cardiff.

Sandy Robertson, the Scottish team manager, competed in the 200 yards hurdles on that occasion – and Welsh Schools were delighted that he was able to present the awards to the first three finishers in the boys' 100m hurdles.



England's winning 4x400m relay squad included the prodigious Clovis Asong (1), who won the individual one lap in 47.04

### U17 men

**100 (-0.3):** 1 K Tairou (ENG) 10.83; 2 T Williams (WAL) 11.07; 3 A Da Silva (WAL) 11.08; 4 J Otugade (ENG) 11.11.  
**200 (-2.5):** 1 R Ejiakuekwu (ENG) 22.26; 2 M Hudson-Smith (ENG) 22.88. **400:** 1 C Asong (ENG) 47.04 (rec); 2 O Smith (WAL) 49.08; 3 D Heald (ENG) 49.10; 4 M Martensson (IRL) 50.01; 5 M Collins (WAL) 50.20; 6 S Woods (IRL) 51.36; 7 M Ferguson (SCO) 51.49. **800:** 1 S Molloy (ENG) 1:56.20; 2 E Slade (WAL) 1:56.60; 3 J Bransberg (ENG) 1:56.93; 4 D Colley (SCO) 1:58.50; 5 T Earley (WAL) 1:58.92; 6 D Farrell (IRL) 1:59.15. **1500:** 1 W Paulson (ENG) 3:55.40; 2 D Harper (IRL) 3:57.19; 3 J Lamswood (ENG) 3:57.62; 4 K Roberts (WAL) 3:59.17; 5 M Aitchison (SCO) 4:02.12; 6 M Ward (WAL) 4:05.32; 7 S Fitzsimons (IRL) 4:06.10; 8 L Boyle (SCO) 4:06.99. **3000:** 1 J Davies (ENG) 8:47.46; 2 H Martin (ENG) 8:54.07; 3 I Hartnett (IRL) 8:59.97; 4 N Gourley (SCO) 9:06.09; 5 L Heckler (WAL) 9:08.57; 6 J Crowe (SCO) 9:16.51. **100H (-1.6):** 1 J Auburn (ENG) 13.41; 2 M Everest (ENG) 13.50; 3 A Creamer (IRL) 13.63; 4 D Blain (WAL) 13.67; 5 J McCall (SCO) 14.05; 6 D Omoregie (WAL) 14.08; 7

M McGarvey (IRL) 14.15; 8 A Murphy (SCO) 14.23. **400H:** 1 J Paul (ENG) 52.72; 2 L Oluwole-Oji (ENG) 54.52; 3 S Thomson (SCO) 54.89; 4 E Courtney (IRL) 57.08; 5 C Edwards (SCO) 57.27; 6 E Maguire (IRL) 57.68; 7 A Wilmott (WAL) 59.20. **1500SC:** 1 M Seddon (ENG) 4:23.00; 2 R Mountford (SCO) 4:24.32; 3 B Westhenry (ENG) 4:30.83; 4 A Stanley (SCO) 4:34.94; 5 K Larkin (IRL) 4:34.94; 6 M Edwards (WAL) 4:37.70; 7 M Carey (IRL) 4:39.57; 8 O Davies (WAL) 4:42.01. **3000W:** 1 E Lynch (IRL) 12:46.39; 2 L Hickey (IRL) 13:28.29; 3 A Eaton (IRL) 13:28.31; 4 B Parsons (ENG) 15:01.97. **4x100:** 1 (ENG) 42.82; 2 IRL 42.94; 3 WAL 43.66; 4 SCO 44.04. **4x400:** 1 (ENG) 3:18.32; 2 WAL 3:23.06; 3 IRL 3:28.21; 4 SCO 3:30.30. **HJ:** 1 D Cussen (IRL) 1.90; 2 A Heney (IRL) 1.90; 3 R Ferguson (SCO) 1.90; 4 A Craninx (ENG) 1.90; 5 M Field (ENG) 1.90. **PV:** 1 M Etheridge (ENG) 4.50; 2 J Devereux (ENG) 4.15; 3 F O'Rourke (SCO) 3.85; 4 S Adams (SCO) 3.85; 5 D Callan (WAL) 3.70; 5 S Scarfi (WAL) 3.70; 7 J Foley (IRL) 3.70. **LJ:** 1 O Newport (ENG) 7.07/-3.7; 2 D Paul (ENG) 6.75/-2.4; 3 J Dewar (ENG) 6.52/-5.5; 4 E O'Carroll (IRL) 6.46/-2.3; 5 M McGarvey (IRL) 6.43/-1.8; 6 L

Robbins (WAL) 6.35/-0.7; 7 A Murphy (SCO) 6.31/-5.2. **TJ:** 1 E Uwaifo (ENG) 14.46/-1.8; 2 T Sho-Silva (ENG) 13.93/-2.3; 3 D Paul (SCO) 13.59/-0.7; 4 L Robbins (WAL) 13.59/-3.4; 5 C Lavery (WAL) 12.85/-2.2. **SP:** 1 L Roach-Christie (ENG) 17.32; 2 M Field (WAL) 16.24; 3 O Jager (IRL) 16.15; 4 C Clarke (ENG) 15.68; 5 J Kelly (IRL) 15.03; 6 M Reece (WAL) 13.98; 7 A Murphy (SCO) 13.93; 8 D Webster (SCO) 13.08. **DT:** 1 M Field (WAL) 48.08; 2 N Holt (ENG) 42.69; 3 M Hanlon (IRL) 42.00; 4 N Carly (ENG) 41.97; 5 D Webster (SCO) 40.01; 6 L Taylor (WAL) 38.51; 7 J Mulligan (IRL) 38.16. **HT:** 1 M Painter (ENG) 66.41; 2 T Parker (ENG) 64.08; 3 R Moffett (IRL) 57.62; 4 C Wright (SCO) 54.81; 5 J Sweeney (IRL) 54.42; 6 M Reece (WAL) 53.64; 7 B Main (SCO) 52.06; 8 J Palmer (WAL) 51.17. **JT:** 2 F Curtis (ENG) 59.78; 3 T Norton (WAL) 48.64; 4 R Whelan (IRL) 48.55.

### U17 women

**100 (-0.4):** 1 S Papps (ENG) 11.91; 2 D Neita (ENG) 11.97; 3 P Healy (IRL) 12.18; 4 K Christie (SCO) 12.38; 5 M Heelan (IRL) 12.64; 6 B Sargent (WAL) 12.69. **200 (-1.6):** 1 D Asher-Smith (ENG) 24.69; 2 C Manning (IRL) 25.21; 3 K Christie (SCO) 25.48; 4 C Wingfield

(ENG) 25.66; 5 B Sargent (WAL) 25.73; 6 R Jeffreys (WAL) 26.00. **300:** 1 R Dickens (ENG) 39.20; 2 S Bakare (ENG) 39.51; 3 S Carroll (IRL) 40.40; 4 S Gleny (SCO) 41.19; 5 A Barr (IRL) 41.19. **800:** 1 K Dodd (ENG) 2:09.93; 2 K Gillespie (SCO) 2:12.17; 3 L Shanahan (IRL) 2:13.41; 4 L Bell (WAL) 2:13.85; 5 M Rezougui (WAL) 2:16.08; 6 M Hendry (SCO) 2:16.31; 7 A Lally (IRL) 2:16.44. **1500:** 1 J Judd (ENG) 4:38.00; 2 R Walcott-Nolan (ENG) 4:40.31; 3 E Fennelly (IRL) 4:44.26; 4 O'Hare (SCO) 4:49.72; 5 A Quinn (IRL) 4:54.18. **3000:** 1 N Hackett (ENG) 9:57.13; 2 A Wright (ENG) 10:01.05; 3 B Croke (IRL) 10:23.34; 4 R Dunn (SCO) 10:32.54; 5 R Evans (WAL) 10:35.09; 6 C McCarthy (IRL) 10:43.38; 7 E Dunnett (SCO) 10:45.96. **80H (-1.5):** 1 L Hatton (ENG) 11.36; 2 L Anne O'Hara (IRL) 11.65; 3 C Murphy (IRL) 11.94; 4 O Walker (ENG) 11.97; 5 C Jones (WAL) 12.20; 6 E McEvilly (SCO) 12.21. **300H:** 1 C Murphy (IRL) 43.41; 2 S Richards (ENG) 43.86; 3 N Cooper-Millett (IRL) 44.67; 4 C McMillan (ENG) 45.39; 5 E Dacey (WAL) 46.40; 6 K McKean (SCO) 47.17; 7 R Williams (WAL) 47.66; 8 N Fox (SCO) 48.17. **3000W:** 1 A Boylan (IRL) 14:26.93; 2 T Webster (ENG) 15:14.42; 3 K Funnell (ENG) 15:39.93; 4 E Glennon (IRL) 15:52.71. **4x100:** 1 WAL 49.24; 2 Ireland 50.41; 3 SCO 50.45. **HJ:** 1 F Bodilly (WAL) 1.65; 2 C Berry (ENG) 1.60; 3 A McTeggart (IRL) 1.60; 3 P Pettit (ENG) 1.60; 5 C Jones (WAL) 1.60. **PV:** 1 H Grubb (ENG) 3.40; 2 S Cook (ENG) 3.30; 3 H Lawler (SCO) 3.00; 4 E Kristofferson (SCO) 2.90; 5 S Lee (WAL) 2.80; 6 K O'Riordan (IRL) 2.80. **LJ:** 1 C Quansah (ENG) 5.53/-1.6; 2 S McCarthy (IRL) 5.52/-1.8; 3 D McGifford (ENG) 5.48/-0.6; 4 L O'Shea (IRL) 5.33/-1.8; 5 E Walters (WAL) 5.27/-5.5. **TJ:** 1 M Fasife (ENG) 11.71/-0.3; 2 R Williamson (ENG) 11.54/-6.9; 3 A Bednoz (IRL) 11.02/-5.2; 4 J Sheehan (IRL) 10.82/-1.1; 5 H Owen (WAL) 10.46/-3.0. **SP:** 1 A Nicholl (WAL) 12.76; 2 A Sherry (ENG) 12.54; 3 D Opara (ENG) 12.27; 4 L McSweeney (IRL) 11.37; 5 A Rosser (WAL) 11.12; 6 S Parkinson-Browne (IRL) 10.90; 7 G Pasquin (SCO) 10.30; 8 N Symonds (SCO) 10.15. **DT:** 1 S Duquemin (ENG) 43.91; 2 R Hector (ENG) 40.02; 3 A Nicholl (WAL) 38.02; 4 S Parkinson-Browne (IRL) 37.37; 5 A Rosser (WAL) 36.41; 6 H O'Sullivan (IRL) 35.43; 7 K Reed (SCO) 31.15. **HT:** 1 K Reed (SCO) 54.63 (rec); 2 E O'Hare (ENG) 47.15; 3 S Anthony (ENG) 46.08; 4 A Akers (IRL) 45.66; 5 Z Dakin (WAL) 42.49; 6 L McSweeney (IRL) 41.33. **JT:** 1 G Hailstone (ENG) 41.08; 2 N Wilson (ENG) 39.97; 3 C Mansfield (WAL) 39.29; 4 M Arthur (WAL) 36.50; 5 J Burns (IRL) 36.07; 6 N Manson (SCO) 33.37.



David Cussen: a rare win for Ireland in the field with a 1.90m high jump



Grace Hailstone: won the javelin with 41.08m

### MATCH SCORES

Boys	
England	264
Ireland	150
Wales	134
Scotland	116

Girls	
England	239.5
Ireland	167.5
Wales	122
Scotland	98



**1500:** K Humphreys (Dev) 4:41.24.  
**5000:** 1 L Hodgson (Corn) 17:59.56; 2 H Fell (Dev) 18:21.12. **400H:** E Bonnett (Som) 63.15. **DT:** 1 J Walkden (Dev) 40.72; 2 M Tuck (Dors) 40.16. **HT:** 1 B Ogun (Gloucs) 49.75; 2 A Robertson (Gloucs) 42.24; 3 B Lenehan-Hodge (Dev) 42.37  
**U20: 100:** 1 S Wilson (Dors) 12.20; 2 B Brown (Dev) 12.44. **200:** S Wilson (Dors) 25.47. **800:** 1 O Sadler (Avon) 2:16.29; 2 K Turner (Wilts) 2:17.19.  
**1500:** 1 Wolsey (Wilts) 4:42.24.  
**2000SC:** A Thorogood (Som) 7:32.25.  
**HJ:** E Grogan (Som) 1.66. **PV:** K James (Dors) 3.10. **LJ:** G Rowsell (Dors) 5.33. **TJ:** 1 M Gascoigne (Wilts) 10.70; 2 S Wells (Avon) 10.68. **DT:** A Grosjean (Som) 33.00. **JT:** L Smith (Dev) 36.17.  
**100HU20W (2.7):** 1 R Brown (Dev) 14.53; 2 H Clayton (Wilts) 16.36

**U17: 100:** 1 B Wakefield (Avon) 12.18; 2 H Butt (Dors) 12.31. **200:** 1 B Wakefield (Avon) 25.44; 2 H Butt (Dors) 25.96.  
**300:** 1 L Bleaken (Gloucs) 39.60; 2 K Chapman (Wilts) 41.44; 3 M Hardacre (Dev) 41.77. **800:** 1 L Bleaken (Gloucs) 2:11.56; 2 R Chamberlain (Dev) 2:12.53; 3 M Sadler (Avon) 2:13.11; 4 A Mundell (Wilts) 2:17.50. **1500:** G Howie (Dors) 4:52.7. **80H (1.9):** K Chapman (Wilts) 11.70. **300H:** H Dent (Gloucs) 47.83.  
**4x100:** Gloucs 51.70. **PV:** 1 L Bryan (Avon) 3.80; 2 I Hatch (Avon) 3.20; 3 A Other (Avon) 3.10; 4 C Lowe (Corn) 2.70. **TJ:** 1 K White (Dors) 10.54/-1.8; 2 A Other (Gloucs) 10.46. **DT:** R Spear (Dev) 31.67. **HT:** C Stannard (Gloucs) 32.51

**U15: 100: r1 (3.5):** 1 E Wright (Avon) 12.71; 2 J Cook (Wilts) 12.82; 3 J Songu (Avon) 12.83. **200: r1:** M Long (Corn) 26.3. **800: M Long (Corn) 2:20.57.**  
**1500:** C Cayton-Smith (Corn) 4:58.6.  
**75H:** 1 J Simson (Dev) 11.87; 2 S Robertson (Dev) 12.08; 3 G Hoff (Som) 12.42. **4x100:** 1 Avon 51.69; 2 Dev 52.96. **LJ:** R Wotton (Dors) 4.97/0.2. **SP:** E Hutchinson (Wilts) 10.31. **JT:** 1 E Godwin (Dev) 31.37; 2 J Loxton (Som) 29.04

**U13: 100: r1 (2.3):** 1 L Cooper (Dors) 13.34; 2 S Pinnock (Gloucs) 13.36. **r2 (2.1):** 1 H Kerr (Gloucs) 13.0; 2 E Westwood (Avon) 13.1. **200: r1 (2.5):** 1 S Pinnock (Gloucs) 27.35; 2 E Westwood (Avon) 27.58; 3 H Kerr (Gloucs) 27.89. **r2 (2.6):** L Cooper (Dors) 27.56. **800:** L Lavallin (Som) 2:29.13. **1500:** E Wallace (Avon) 5:11.94. **70H: r1:** 1 G Silcock (Som) 11.92; 2 P Reilly (Avon) 12.02; 3 A Sowerby (Wilts) 12.34; 4 I Fumpston (Dors) 12.38; 5 A Turner (Dev) 12.47. **4x100:** 1 Dors 56.4; 2 Avon 57.2; 3 Corn 57.9; 4 Dev 58.0. **HJ:** 1 A Turner (Dev) 1.43; 2 E Gubb (Dev) 1.43. **LJ:** H Kerr (Gloucs) 4.94

## JULY 16

### CUMBRIA LEAGUE, Whitehaven

**U15 boys: 400:** S Nicholson (Barr) 54.8. **800:** S Nicholson (Barr) 2:02.5.  
**LJ:** E Bains (Bord H) 5.74. **TJ:** E Bains (Bord H) 11.98  
**U13: 80:** 1 R Stalker (Cope) 12.3; 2 S Johnson (Kend) 12.5; 3 J Dacre (Barr) 12.5; 4 C Blaikie (Kend) 12.5; 5 J Campbell (Barr) 12.8. **150:** 1 J Ibbotson (Carl) 21.7; 2 H Nixon (Bord H) 22.8; 3 R Stalker (Cope) 23.5; 4 S Johnson (Kend) 23.5; 5 L Evans (Eden) 24.0.  
**800:** S Wilson (Carl) 2:24.0. **JT:** S Wilson (Carl) 32.87  
**U11: 70:** 1 N Sumner (Eden) 10.4; 2 O Justin (Seat) 10.6; 3 L Doran (Cope) 10.7; 4 H Bibby (Seat) 10.8; 5 M Paxton (Kend) 11.2; 6 L Wilson-Piri (Barr) 11.5  
**U17 women: HJ:** E Cummings (Seat) 1.71

**U13: 80:** 1 E Hayhurst (Eden) 11.7; 2 O Ekebugo (Barr) 11.8  
**U11: 70:** 1 R Keen (Barr) 11.2

### EALING BOROUGH TROPHIES, Perivale

**MATCH:** 1 Radley 169; 2 Ealing Southall & Middlesex 112; 3 St Mary's Richmond 69; 4 Thames Valley 49; 5 Queens Park 21  
**U15 girls: 100:** L Waknell (Rad) 12.5.  
**200:** L Waknell (Rad) 26.1. **Mile:** M Humphrys (Rad) 5:20.9. **75H:** G Sunderland (Rad) 11.9. **HJ:** E Widdop-Gray (SMR) 1.55. **SP:** 2 Y Ferguson (ESM, U13) 7.94. **B:** L Murphy (ESM, U13) 6.28. **HT:** T Morawska (ESM) 40.11

### Atalanta: Perivale

**MATCH:** 1 Radley 144; 2 Ealing Southall & Middlesex 107; 3 Hillingdon 39; 4 St Mary's Richmond 29; 5 Thames Valley 28  
**Women: 100: B:** C Moulon (TVH, U20) 12.4. **100H:** M Canning (ESM) 15.3. **HT:** D McCaw (ESM) 49.15. **B:** C Gould (ESM, U17) 37.32

### Farringdon: Perivale

**MATCH:** 1 Hillingdon 123; 2 St Mary's Richmond 117; 3 Radley 82; 4 Ealing Southall & M 71; 5 Serpentine 22; 6 Queens Park 16; 7 Thames Valley 7  
**Men: 200:** J Thurston (Hill) 21.9. **4x200:** Hill 1:34.2

### Jewkes Trophy: Perivale

**MATCH:** 1 Radley 121; 2 Ealing Southall & Middlesex 90; 3 Queens Park 69; 4 St Mary's Richmond 64; 5 Hillingdon 23; 6 Thames Valley 10  
**U17 men: 200:** A Davidson (Hill) 22.8. **800:** J Saissi (Hill) 1:58.6. **4x200:** 1 ESM 1:39.0; 2 Rad 1:42.6; 3 QPH 1:43.9. **HT:** R Morawski (ESM) 60.19  
**U15: 100:** 1 A Amoah (QPH) 11.8; 2 M Koiki (ESM) 12.0. **200:** L Vilona (ESM) 24.3. **SP:** K Jones (ESM) 15.73  
**U13: HJ:** P Lee-Cunningham (SMR) 1.45. **SP:** S Collingridge (SMR) 8.76. **HT:** 2 M McClimont (Rad) 16.97. **A:** M Morawski (ESM) 23.13

### LILY B GIRLS' YOUNG ATHLETES' LEAGUE FINALS

**Cup: Kingston**  
**U17 women: 80H:** E Nanson (AFD) 12.3  
**U15: 800:** L Laffreniere (G&G) 2:23.0.  
**1500:** 1 T Myall (AFD) 4:55.7; 2 M Pocock (AFD) 4:58.4. **75H:** E Foster (G&G) 12.2. **4x100:** G&G 52.5. **LJ:** S Fitzpatrick (K&P) 4.92  
**U13: 1500:** B Campbell (Herne H) 5:05.3. **70H:** C McCsorley (Herne H) 12.5. **HJ:** B Campbell (Herne H) 1.40

### Plate: Kingston

**U15 girls: 75H:** I Grant (Reig) 12.2  
**U13: 200:** 1 L Hoad (Reig) 27.7; 2 N Ologolome (A&D) 28.0. **1500:** N Brown (Reig) 4:59.6. **SP:** S MacE (Walton) 10.76. **DT:** S MacE (Walton) 31.62

## JULY 15

### ESSEX COUNTY CHAMPIONSHIPS

**DAY 6, Braintree**  
**Men: 3000:** P Whittaker (Chelm) 8:32.9  
**U17: 4x100:** Thurr A 46.5. **4x400:** 1 Hav M 3:31.9; 2 Col H 3:44.5. **4xMedley:** 1 Hav M 3:45.4; 2 C&T 3:49.7 (4x8442); 3 Chelm 3:51.4; 4 Chelm B 4:09.8  
**U15: 4x100:** Ifl 48.4. **4xMedley:** 1 Chelm 4:06.7; 2 Orion 4:14.9; 3 Brain 5:23.0. **3x800:** 1 Bas 6:45.3; 2 Chelm 6:58.2  
**U13: 4x100:** 1 Chelm 52.7; 2 Orion 53.5; 3 Col H 54.3. **3x800:** 1 Bas 7:31.0; 2 Orion 7:45.4; 3 Col H 7:51.8; 4 Chelm 7:55.9

**U17 women: 4x100:** 1 Chelm 51.6; 2 Orion 52.1. **4xMedley:** 1 Chelm B 4:24.0; 2 Chelm 4:29.0; 3 Brain 5:38.8.  
**3x800:** 1 Chelm B 7:35.2; 2 Chelm 7:52.2  
**U15: 4x100:** 1 C&T 52.5; 2 Hav M 50.7. **4xMedley:** 1 Chelm B 4:28.4; 2 Orion 4:37.8; 3 Chelm 4:42.1; 4 Brain 5:07.2.  
**3x800:** 1 Chelm B 7:21.8; 2 Bas 7:28.4; 3 Chelm 7:35.4; 4 Orion 7:42.6; 5 C&T 8:04.7; 6 Chelm C 8:14.7  
**U13: 4x100:** Hav M 55.8. **3x800:** 1 Chelm 7:38.8; 2 Orion 8:11.3; 3 Hav M 8:25.6; 4 Bas 8:27.7

### ONE MILE TRACK WALK

**St Peter Port**  
**Men: MileW: r1:** 1 S Le Noury (Sarnia) 7:11.4; 2 P Lockwood (Sarnia, M35) 7:35.8; 3 R Elliott (Sarnia, M50) 8:45.8  
**Mixed events: MileW: r2:** 1 S Le Noury (Sarnia) 7:52.9; 2 K Le Noury (Sarnia, M50) 10:00.5; 3 M Le Sauvage (Sarnia, M70) 10:59.4; 4 J Le Noury (Sarnia, W50, W) 11:07.9; 5 R Druckes (Sarnia, W65, W) 11:29.2

## JULY 14

### BIGGLESWADE TRACK FEST, Sandy

**Mixed events: 100: r1 (2.5):** J Smith (Bigg, U20) 11.1. **r2 (2.9):** 3 C Underwood (Bed C, U15W) 12.8. **r3 (2.5):** 3 M Maisey (Herts P, M60) 13.7. **200: r3 (-0.2):** 2 M Maisey (Herts P, M60) 28.8. **400:** 2 P Benedickter (Bed C, M40) 54.6; 3 L Croft (Bed C, M45) 57.3; 5 E Ceroi (SNH, U15W) 64.6. **800: r1:** K Pye (Charn, M50) 2:17.2. **10,000:** 1 A Scott (Notts) 30:14.5; 2 D Deed (Bed C) 30:14.7; 3 J Gilbert (Kent) 30:22.8; 4 M Janes (Bed C) 31:19.8; 5 J Lawler (Bed C) 31:22.2; 6 K Mason (B&H) 32:42.3; 7 J Chettle (Camb U) 33:23.3; 8 R Palmer (Lut, M40) 33:37.9; 9 L Turnbull (Bed C, M40) 33:56.3; 10 E Phillips (Serp) 34:22.6

### GUERNSEY COMP NIGHT

**St Peter Port**  
**Mixed events: TJ:** 4 R Toll (U13W) 6.68; 6 V Mann (U13W) 6.28; 8 J Gallienne (U13, W) 4.79; 9 D Sargent (U13W) 4.76

## JULY 13

### BERKSHIRE COUNTY U13 CHAMPIONSHIPS, Bracknell

**U17 men: 1500SC:** B Priddle (Read) 4:43.7  
**U13: 75:** 1 A Condon (Slough J) 9.7; 2 R Brackstone (Brake Sch) 9.9; 3 A Warner (WSEH) 10.1; 4 B Lewis-Shallow (Read) 10.2; 5 R Gray (Brack) 10.7; 6 M Nower (Brake Sch) 10.8. **Ht1:** 1 R Brackstone (Brake Sch) 10.5; 2 R Gray (Brack) 11.0. **Ht2:** 1 A Condon (Slough J) 10.0; 2 A Warner (WSEH) 10.4; 3 B Lewis-Shallow (Read) 10.7; 4 M Nower (Brake Sch) 11.0. **150:** 1 A Condon (Slough J) 19.2; 2 R Brackstone (Brake Sch) 19.9; 3 B Lewis-Shallow (Read) 20.8; 4 J Davies (WSEH) 21.0; 5 H Bowers (Read) 21.1; 6 R Gray (Brack) 22.2. **Ht1:** 1 R Brackstone (Brake Sch) 19.6; 2 B Lewis-Shallow (Read) 20.5; 3 J Davies (WSEH) 21.1; 4 R Benson (Read) 23.6. **Ht2:** 1 H Bowers (Read) 21.1; 2 R Gray (Brack) 21.4; 3 S Russell (Brack) 22.8; 4 T Gunter (Read) 22.8. **Ht3:** 1 A Condon (Slough J) 19.3; 2 J Compton-Stewart (WSEH) 21.8; 3 A Melizan (Read) 22.4; 4 B Hughes (Read) 22.5; 5 T Vonka (Read) 24.9. **1000:** 1 A Clayton (Brack) 3:05.9; 2 I Farnworth (Read) 3:08.4. **75H:** L Clothier (Brake Sch) 13.8  
**Women: 3000:** R Phillips (Read) 10:26.0  
**U15: 3000:** 1 S Rayment (Brack) 10:20.0 (CBP); 2 Y Ryder (Team K) 10:37.7  
**U13: 75:** 1 K Bays (Brack) 10.1; 2 A Hall (Read) 10.2. **Ht1:** A Hall (Read) 10.6.  
**150:** 1 K Bays (Brack) 20.0; 2 A Hall (Read) 20.5; 3 P Thomas (Read) 21.4; 4 M Shaw (Read) 22.0. **Ht1:** A Hall (Read) 20.0. **Ht2:** 1 K Bays (Brack) 21.3; 2 P Fenwick (Brack) 21.9. **Ht3:** P Thomas (Read) 21.6. **600:** 1 A Barbour (WSEH) 1:43.0; 2 A Holden (Brack) 1:45.3; 3 A Tickner (Brack) 1:47.5. **1000:** 1 H Goddard (Brack) 3:04.3; 2 S Davies (WSEH) 3:06.4; 3 G Goddard (Brack) 3:07.8; 4 H Willis (Read) 3:10.3; 5 A Bowers (Brack) 3:11.3; 6 C Cox (Team K) 3:24.7. **70H:** 1 D Wirth (Read) 12.2; 2 A Bowers (Brack) 12.4. **4x100:** Read 1 56.7. **JT:** R Stanton (Newb) 24.67

**BIRMINGHAM ROWHEATH OPEN, Birmingham University**  
**Men: 100: r1:** D Lima (Brat Club, U23) 10.83. **r2:** P Mould (B&R, M55) 13.46  
**M60: SP:** D Russell (W&B) 10.9. **DT:** D Russell (W&B) 30.51. **HT:** D Russell (W&B) 31.67  
**U20: DT:** 1 A Damadzic (Bir) 49.70; 2 D Powell (Neath) 42.81  
**U17: 100: r2:** K Howitt (Royal Sutton AC, U15) 11.91. **SP:** T Napierkowski (Oxford) 12.05. **DT:** 1 N Aarre (Dav) 39.04; 2 T Napierkowski (Oxford) 38.79. **HT:** 1 T Fellows (Here) 46.86; 2 J Lange (Glouc) 43.44  
**Women: DT:** K Law (Sale) 48.05. **HT:** 1 H Murray (Bir, U23) 53.93; 2 L Marshall (Wg & El) 53.44; 3 K Yhnell (Glouc) 48.48  
**W75: SP:** R Chrimes (Halesowen C&A) 8.91. **DT:** R Chrimes (Halesowen C&A) 28.78  
**U17: LJ:** N Cambell-Smith (Bir) 5.27. **SP:** C Gale (Bir) 9.77. **HT:** 1 C Stallard (Glouc) 37.76; 2 S Lawton (Tam) 36.86  
**U13: 600:** K Amory (Bir) 1:47.4  
**U11: 150:** H Phillips (K&S) 21.70  
**Mixed events: 200: r2:** N Palmer (Bir, U17) 22.81. **r4:** 2 Y Phippen (Bir, U20) 22.47. **3000:** 1 J Douglas (Charn, M40) 8:50.8; 10 L Crookes (Leic C, U20, W) 10:22.29  
**U13: 75:** J Lloyd (Bir) 10.46

### CHARNWOOD AC GRADED OPEN, Loughborough

**Men: SP:** D Brunt (Sheffield) 14.30  
**M50: HT:** 3 A Mitchell (Sut) 33.68  
**U20: HT:** 1 C Murch (R&N) 61.60; 2 H Brittain (Mans) 48.91  
**U17: HT:** 1 A Gilder (Notts) 63.84; 2 D Sykes (Linc W) 53.73; 3 R Douglas (Charn) 51.98  
**Women: TJ:** 2 H Walsh (Charn) 11.13. **SP:** B Hall (Gran) 11.35. **HT:** S Holt (Sale) 63.02  
**U20: TJ:** 1 K Rowe (R&N) 11.14; 3 C Elphick (Mans) 10.65. **HT:** 2 B Mitchell (Sut) 47.25; 3 D Stanhope (Linc W) 45.92; 4 C Beaumont (Mans) 40.00  
**U17: 300: r1:** R Norris (Mans, U15) 41.72. **r2:** C Ross (Mans, U15) 42.85. **HT:** V Judd (Charn) 35.97  
**U15: TJ:** 4 B Mortiboy (Mans) 10.46. **HT:** G Holland (Burt) 27.38  
**Mixed events: 100: r6 (-0.6):** K Buchanan (Mans, U13W) 13.46. **r8 (-0.1):** 4 C Ashmore (Mans, M45) 12.59; 6 J Statham (Charn, M50) 12.63. **r10 (-2.4):** 3 M White (Mans, M40) 12.11; 5 J Limbrick (unatt, U15W) 12.39. **200: r5 (-1.6):** 3 K Buchanan (Mans, U13W) 28.02. **r9 (-1.3):** 2 M White (Mans, M40) 24.25. **r10 (-0.8):** 5 G Holloway (Charn, U15) 23.48. **400: r5:** R Allen (R&N) 48.98. **1500: r3:** 1 Davis (Leam, U13W) 5:02.2. **r4:** 2 J Bell (Leic C, U13) 4:57.4; 3 C Thomas (Linc W, U15W) 4:57.4; 11 L Jones (Charn, U13W) 5:09.5. **r5:** 2 H Milner (Der, U13) 4:38.4; 8 H Arnall (R&N, U13) 4:51.2; 11 G Burnett (Charn, U13) 4:58.9. **r6:** 3 J Potter (Charn, W) 4:29.7; 9 B Dykstra

(Leic C, U13) 4:36.4; 10 A Thompson (Leic C, U13) 4:39.4; 11 S Coldwell (Charn, U17W) 4:40.7; 17.4 A Smith (Mans, M45) 4:09.0; 5 D Love (Linc W, U17) 4:09.8; 10 G Burnett (Charn, M40) 4:17.7; 14 J Doyle (Charn, W) 4:23.9

### CHELTHENHAM OPEN, Cheltenham

**Men: 100: r1:** 6 J Barrus (Stroud, M65) 14.4. **200: r3:** 3 M Gardiner (Chelt, M40) 24.0. **600:** 1 A De (Glouc) 1:20.4; 2 N Constanti (Glouc) 1:21.2. **1500:** 1 A Phelps (Stroud, U20) 4:00.4; 5 J Currah (Wit, U15) 4:25.6  
**M55: 200:** 2 J Barrus (Stroud, M65) 29.1  
**M60: SP:** R Jegou (W Horse, M65) 10.12. **DT:** R Jegou (W Horse, M65) 32.34  
**U20: SP:** G Winter (Glouc) 17.26. **DT:** G Winter (Glouc) 50.23. **JT:** L Downer (Chelt) 54.40  
**U17: JT:** 1 W Sage (Chelt) 49.43; 2 L Mernagh (Chelt) 49.35  
**U15: 80H:** L Gardiner (Chelt) 12.9  
**Women: 600:** H Sharkey (Hale, U15) 1:43.2. **SP:** 1 A Sherry (Chelt, U17) 12.90; 2 M Wood (Chelt, U10) 10.54; 4 R Bird (Chelt, W45) 8.51. **DT:** 1 A Sherry (Chelt, U17) 35.48; 2 J Williams (Here, U15) 26.39; 7 M Wixey (SW Vets, W90) 7.22. **JT:** 3 R Bird (Chelt, W45) 22.78; 5 W Thompson (Stroud, W45) 21.11  
**W90: SP:** M Wixey (SW Vets) 3.41  
**U15: 75H:** M Courtney (Chelt) 12.3  
**Mixed events: 1500:** 4 A Watson (Stroud, U20, W) 4:40.6  
**U15: 600:** 1 D Tutton (Glouc) 1:31.3; 2 K Horrocks (Chelt, U13W) 1:43.3

### CRAWLEY AC OPEN

**Men: 400:** D Stepany (Phee) 49.58.  
**800:** S Baldock (Hast, M40) 2:01.36.  
**1500:** 8 V Maughn (Herne H, M45) 4:29.37. **LJ:** N Lincoln (Holl S, M40) 6.18. **JT:** V Adcock (Ports, M70) 32.55  
**U15: 100: r1 (1.9):** A Hutchings (E' bne) 11.95. **400 (\*\*):** J Stanley (Reig) 54.9  
**Women: 100 (0.4):** K Baptiste (Craw, U20) 12.44  
**U15: HJ:** E Killick-Bird (E Grin) 1.56  
**U13: HJ:** M Close (Worth) 1.49  
**U15 mixed: 800:** 1 T Carnell (Reig) 2:08.76; 2 J Alger (E' bne) 2:09.07  
**U13: 1500:** 1 H McCann (Reig) 4:53.19; 2 N Brown (Reig, W) 4:59.72  
**U11: 150:** 1 R Longman (Reig) 22.35

### NORTH EASTERN ATHLETICS LEAGUE, Gateshead

**Men: 800:** M Elliott (Gate) 1:54.3  
**U20: 100:** C Carson (Gate) 10.9. **200:** C Carson (Gate) 22.2. **800:** 1 A Ayton (Dur) 1:56.8. **3000:** M Grimes (Dur) 8:40.7  
**U17: 100:** M Greenhow (Gate) 11.1.  
**200:** M Greenhow (Gate) 22.7. **800:** 1 M Wilson (Sun) 1:58.0; 2 J Reid (Gosf) 1:59.0. **PV:** J Phillipson (Blay) 3.20  
**U15: 800:** 1 P Winkler (Morp) 2:09.4; 2 T Goulding (CleS) 2:10.0; 3 J Walker (Els) 2:10.0. **PV:** R Evrett (M' bro) 2.80. **LJ:** Z Haddon (Gate) 5.76  
**U13: 800:** 1 M Lonsdale (Gate) 2:16.2; 2 M Jackson (Tyne) 2:23.6. **75H:** J Nicholson (Gate) 12.9. **LJ:** Lonsdale 4.81  
**Women: 800:** 1 L Weightman (Morp) 2:06.5; 2 A Owen (Loft/whit) 2:17.5.  
**1000:** 1 H Dix (Blay) 9:37.1; 2 M Turner (Morp) 9:56.2; 3 S Wilkinson (Morp) 10:13.2; 4 K Grant (Midd/man) 10:28.6  
**U20: SP:** 1 K Bulmer (J&H) 10.63; 2 T Breen (Blay) 12.67  
**U17: 800:** 4 C Price (Dur) 2:17.8. **3000:** A Etherington (Shield) 10:41.3. **1500SC:** 1 K Coulson (New M) 5:24.8; 2 D Braintwaite (Whit/Loft) 5:10.9  
**U15: 200:** H Lancaster (Sun) 26.3. **LJ:** A Lonsdale (Gate) 5.38  
**U13: HJ:** R Farnington (Morp) 1.45

**WATFORD OPEN**

IN HER first race for two months, Olympic champion Christine Ohuruogu finished fifth in a mixed 400m in a modest 53.80.  
**Men: TJ:** 1 B Pike (D&T, U20) 13.79; 4 G Burler (WSEH, U15) 11.91. **DT:** M Plowman (Yeov O) 45.98  
**M55: DT:** G Packman (Bed C) 29.58  
**M80: DT:** J Hanus (SC Vets) 19.47  
**U20: DT:** C Lines (D&T) 41.70  
**Women: DT:** E Beales (Mil K, W35) 40.89  
**U13: DT:** 1 A Levy (SNH) 23.38; 2 C Buttivant (Chilt) 22.18  
**Mixed events: 400: r1:** 1 N Allin (E&H, U15W) 63.37; 3 M Breen (Herts P, U15W) 65.44. **r3:** 4 R Osei-Tutu (Wyc P, U17W) 59.64. **r5:** 6 L Owusu (WSEH, W) 56.43. **r6:** 3 A Knight (Camb H, M40)

52.89; 5 C Ohuruogu (NEB, W) 53.80; 7 T Sigere (WG&L, W) 55.62. **r7:** 3 Gayle (Racers, U20) 47.47. **800: r3:** 3 S Bourke Dowling (E&H, W45) 2:31.79. **r4:** 5 Mayfield (FVS, M65) 2:27.09. **r6:** 10 L Parker (Camb H, U13W) 2:29.49. **r7:** 8 C Stafford (Oxf C, U13W) 2:28.56. **r8:** 3 F Ashworth (Kett, U15W) 2:22.19. **r9:** 4 M Steer (St Alb, U17W) 2:18.07; 7 E Hunt (SB, U17W) 2:20.20; 8 N Connor (SB, U15W) 2:20.34; 9 L Thorogood (Harrow, U15W) 2:21.05; 11 M Humphreys (Rad, U15W) 2:22.85. **r10:** 1 C Solomon (WG&L, U13) 2:16.56; 4 E Roche (Mil K, U20W) 2:18.46; 6 M Jones (Bas, U13) 2:18.57; 8 R Killip (WSEH, U15W) 2:19.29; 9 M Johnson (Mans, U15W) 2:19.46. **r11:** 3 H Corbin (Woking, W) 2:14.97; 6 R

Robinson (AFD, U20W) 2:16.30; 10 R Johnson (EMS, U17W) 2:17.75. **r13:** 3 M Smith (Leic C, U15W) 2:11.93. **r14:** 3 J McCrae (Nene V, U15) 2:09.20; 5 A Rippin (Mil K, U15) 2:09.59. **r15:** 3 K Ewing (B&B, M50) 2:07.79; 7 J Dee (Herts P, U15) 2:08.55. **r16:** 3 B Kelsey (SB, U15) 2:03.34; 10 R Webster (Oxf C, M45) 2:05.15. **r18:** J Knight (Mil K, U17) 1:58.49. **r21:** 2 T Grant (SB, U20) 1:57.66; 4 A Stewart (Chilt, U20) 1:57.89; 5 W Pincher (EMS, U20) 1:57.99. **r22:** 1 J Prickett (Inv EK, U20) 1:54.57; 5 L Dee (Herts P, U17) 1:56.25; 6 J Phip (WSEH, U20) 1:56.68

**WELSH MASTERS' LEAGUE, Newport**  
**Men: 1500:** 2 P Crane (Neath, M50) 4:34.9

**M50: TJ:** D Osborne (Brec) 10.21. **DT:** 1 D Lantz (Newp) 32.31; 2 G Pugh (Rhon) 32.20  
**M60: 200:** G Sutton (Newp) 26.8. **PV:** G Sutton (Newp) 2.60. **DT:** 1 J Davies (Port T) 31.62; 2 H Morgan (P'broke) 31.18. **JT:** J Davies (Port T) 33.66  
**W50 women: JT:** 1 E Arwyn (Les C) 15.24; 2 H Cole (Rhon) 14.02. **DT:** 1 A Wrightson (Menai) 18.70; 2 E Arwyn (Les C) 18.09; 3 H Cole (Rhon) 11.14  
**Mixed: 800: r3:** 5 R Marks (Sarn H, M60) 2:33.0. **1500:** 1 R Marks (Sarn H, M60) 4:54.4; 2 S Johnson (Les C, M60) 5:07.9; 4 J Coker (Les C, W50) 5:29.1

**JULY 13**  
**BMC REGIONAL RACES, Birmingham University**  
**Men: 800:** 1 T Graves (Bir, U20)

1:53.39; 2 D Banwell-Clode (Cwmb, U20) 1:54.54; 3 S Edwards (Card, U17) 1:55.19. **B:** 1 M McKeown (Cov, U17) 1:58.48; 3 P Harmer (Charn) 1:59.52; 5 C Wood (Bir, U17) 1:59.66. **D:** 3 J Sankey (Cov, U13) 2:22.83; 1 C Gallagher (Liv H, W) 2:10.24; 2 A Griffiths (Leic C, U17W) 2:17.03. **1500:** 1 W Frey (Bir) 3:49.77; 2 J Peters (Card) 3:59.77; 4 M Rose (Cov, U20) 4:02.73. **B:** 11 J Hatton (Leic C, U15) 4:25.34  
**Women: 1500:** C: 1 R Robinson (RSC, U17) 4:38.04; 2 T Armoush (Bir, U20) 4:40.36; 5 E Welch (Corby, U15) 4:58.13

**BMC GOLD STANDARD RACES, Watford**  
 MARILYN OKORO went to third on the UK rankings this season with 2:00.24 in the 800m, while Andrew Osagie

# Child's play for Eilidh as she sharpens up over the flat

**JULY 16-17**  
**SCOTTISH SENIOR & U14 CHAMPIONSHIPS**  
**Scotstoun**

LEE MCCONNELL has urged UKA selectors to draft Eilidh Child into Britain's relay squad after watching the 24-year-old light up the Scottish Championships with a PB of 52.28, *Mark Woods reports.*

On a rare outing away from the hurdles, the European Championships finalist saw her decision vindicated as she went to fifth on the UK rankings for the year. With the world championships in Daegu just a month away and with new US recruit Shana Cox ineligible, McConnell believes that Child should be considered for double duty.

"They're going to have to with that time," said the GB relay stalwart. "None of the other girls are running much quicker. Nicola Sanders ran a 52.5 the other week. But there's definitely a spot open."

Child admits she's available for a call-up for Korea, but the Commonwealth silver medalist insists her top priority is cracking the hurdles when she returns to Bath next week for more fine-tuning with coach Malcolm Arnold ahead of her expected clash with rival Perri Shakes-Drayton at the UK trials in Birmingham.

"This really gives me confidence that my hurdles should be faster," she said. "This gave me an idea of how quick my basic flat speed is so it's now about getting my technique and stride patterns right."

On a weekend in which the conditions provided an extra test,

some familiar faces stepped up to add to their list of Scottish titles. McConnell won the 200m in 23.49 as she sharpens up for the world trials, denying Stacey Downie a sprint double.

Honours were also divided in the men's sprints with Ryan Oswald taking the 200m, 24 hours after finishing second in the 100m where Nick Smith claimed a seventh national title over the distance.

"It's an incredible feat," Smith said. "It was unfortunate there was a false start because first time out, I was rocketing. It always seems to be the case. But I composed myself and came back strong."

Jayne Nisbet claimed the high jump title with a leap of 1.80m, while Andy Frost threw 69.98m in the hammer to hold off rival Mark Dry. "I've not done 69 metres in a while so I knew I had to figure things out," he said. "Now I'm feeling good."

In the field, Jade Nimmo won the long jump in 5.96m, Gus McNroy grabbed top spot in the discus in 54.77m while Susan McKelvie retained the hammer title with 63.32m.

On the track, Pat Swan took the 400m. Eritrean-born Teweldeberhan Mengisteb dominated the 5000m in 14:29.57, while Chris Baillie claimed the 110m hurdles for the fifth time in his career.

One of the best performances of the championships came from a runner-up. In the 5000m, in-form Fiona Matheson set a PB in second and took 40 seconds off the UK W50 record. It was superior to the W45 record too.

In a special pole vault competition, held in Glasgow's city centre in an attempt to capture the public's imagination, Nick Cruchley soared tallest above the crowds, winning the event in 5.31m.

(a) = 16th; (b) = 17th  
**Men: 100 (a): 3.8:** 1 N Smith (SB) 10.37; 2 R Oswald (Sale) 10.39; 3 T Kafunda (NZL) 10.59; 4 C Baillie (Bir) 10.88; 5 G Turnbull (Edin) 10.89; 6 S Charters (Glas C) 10.95; 7 R Frost (Glas C) 10.98. **Ht1 (2.0):** N Smith (SB) 10.53. **Ht2 (1.4):** R Oswald (Sale) 10.67. **Ht3 (2.0):** 1 T Kafunda (NZL) 10.72; 2 G Turnbull (Edin) 10.89; 3 C Baillie (Bir) 10.95. **200 (b) (2.1):** 1 R Oswald (Sale) 21.38; 2 T Kafunda (NZL) 21.42; 3 N Smith (SB) 21.62. **Ht1 (nwi):** T Kafunda (NZL) 21.71. **Ht2 (nwi):** 1 N Smith (SB) 21.51;

2 R Oswald (Sale) 21.80. **400 (b):** 1 P Swan (Sale) 47.90; 2 I Garioch (Moray) 48.10; 3 G Louden (Lass) 48.18; 4 M Paterson (Centr) 48.58; 5 L Stephenson (Tyne) 49.09; 6 B Crawford (Kilb) 49.99. **Ht1 (a):** 1 G Louden (Lass) 48.52; 2 P Swan (Sale) 48.73; 3 S Watson (Shett) 49.64.

**Ht2:** 1 I Garioch (Moray) 48.46; 2 M Paterson (Centr) 48.86; 3 L Stephenson (Tyne) 49.35. **800 (b):** 1 K Gauson (Belg) 1:50.73; 2 C Stewart (Harrow) 1:51.39; 3 C Smith (Wirr) 1:51.71; 4 G Oudney (Harrow) 1:52.03; 5 G Muir (Giff N) 1:52.30; 6 S Ross (VPCG) 1:52.71; 7 D MacLeod (Storn) 1:53.54. **SF2 (a):** 1 K Gauson (Belg) 1:53.90; 2 T Watson (Centr) 1:53.95; 3 C Stewart (Harrow) 1:54.23; 4 S Ross (VPCG) 1:54.64; 5 G Muir (Giff N) 1:54.85. **Ht1:** 1 M Edwards (Adeen) 1:54.03; 2 G Oudney (Harrow) 1:54.48; 3 D MacLeod (Storn) 1:54.61; 4 A Ramsay (VPCG) 1:54.99. **1500 (b):** 1 M Mitchell (Forres) 3:51.11; 2 D Selman (Cors) 3:54.52; 3 C Ruddy (I'clyde) 3:57.18; 4 A Butchart (Centr) 3:59.40.

**5000 (a):** 1 T Mengisteab (Shett) 14:29.57; 2 C Powner (Win) 14:35.45; 3 J Newsom (Centr) 14:45.61; 4 A Hendry (Centr) 14:53.62; 5 M Pollard (Belg) 14:59.81; 6 L Oates (Shett) 15:04.80; 7 N Sheehan (Lass) 15:11.15; 8 D Bradford (Shett) 15:12.92; 9 T Fay (Shett) 15:15.25; 10 S Gibson (Cambus) 15:17.91; 11 M Breen (Cors) 15:20.54; 12 D Cummins (Cors) 15:22.27; 13 L Miller (Centr) 15:39.98.

**110H (b):** 1 C Baillie (Bir) 14.25; 2 N Kelly (VPCG) 15.10; 3 I MacDonald (Shett) 15.14. **Ht1 (0.6):** 1 C Baillie (Bir) 14.34; 2 N Kelly (VPCG) 15.32; 3 I MacDonald (Shett) 15.35. **400H (b):** 1 D Martin (VPCG) 51.37; 2 M Lipton (Kilb) 52.11; 3 F Smith (WG&L) 53.37; 4 E Dyer (Pit) 54.45; 5 C Henderson (Kilb) 55.52. **3000SC (b):** 1 S Lisgo (Edin) 9:00.29; 2 S Bradley (Ton) 9:21.30; 3 M Deason (Shett) 9:36.15; 4 D Munro (Cambus) 9:49.85; 5 M Wright (Centr) 9:59.05. **HJ (b):** R Bobrownicki (VPCG) 2.15. **LJ (b):** 1 K Henderson (Centr) 7.51/0.6; 2 J McLachlan (Norw) 7.49/1.0; 3 D Martin (Ci) 7.10/1.6; 4 D Watson (Glas C) 7.04/0.7. **TJ (b):** 1 D Watson (Glas C) 15.05/2.0; 2 C Clark (Glas C) 14.61/1.5. **SP (a):** 1 D Carlin (Glas C) 15.41; 2 S Thompson (Adeen) 13.89. **DT (a):** 1 A McNroy (SB) 54.77; 2 D Kasselstrand (Edin) 50.83; 3 A Morganella (Liv H) 44.07; 4 S Thompson (Adeen) 42.59. **HT (b):** 1 A Frost (WG&L) 69.98; 2 M Dry

(WG&L) 68.98; 3 C Bennett (Shett) 67.29; 4 D Little (Glas C) 54.98; 5 R McManus (Edin) 46.13. **JT (b):** 1 L Doran (Sheff) 76.85; 2 J Campbell (Chelt) 72.28

**U14: 100 (0.9):** 1 S Marcantonio (Edin) 12.29. **200 (3.4):** 1 S Marcantonio (Edin) 25.16; 2 L Woodman (Annan) 26.6. **Ht1 (2.7):** 1 S Marcantonio (Edin) 26.04; 2 L Woodman (Annan) 26.58. **800:** 1 C McCormack (VPCG) 2:20.2; 2 J MacKinnon (VPCG) 2:20.6; 3 A Johnstone (Nihs) 2:21.4. **80H (1.1):** 1 S Marcantonio (Edin) 13.25; 2 C Batho (Edin) 13.27; 3 D Lambie (Giff N) 13.72. **HJ:** 1 M Duguid (Banc) 1.55; 2 D Lambie (Giff N) 1.45; 2 C McCogray (Centr) 1.45. **LJ:** 1 M Archer (Pit) 4.61; 2 D Lambie (Giff N) 4.60; 3 C McCogray (Centr) 4.49. **DT:** 1 D Wilby (I'ness) 24.91; 2 J Campbell (Shett) 23.14; 3 M Duguid (Banc) 22.93. **HT:** 1 A Costello (Kilb) 30.42; 2 J Campbell (Shett) 19.08. **JT:** 1 C Morris (Pit) 32.75; 2 C McLennan (Edin) 28.98; 3 R Burns (Centr) 28.65. **SP:** 1 R Burns (Centr) 9.50; 2 A McLoone (Shett) 8.82; 3 L Woodman (Annan) 8.65

**Women: 100 (a) (2.7):** 1 S Downie (Edin) 11.88; 2 L Moore (WSEH) 12.06; 3 C Lambert (VPCG) 12.14; 4 L McGawn (WSEH) 12.29. **Ht1 (0.6):** Downie 12.13. **200 (b) (2.3):** 1 L McConnell (SB) 23.49; 2 Downie 23.88; 3 B Finlayson (Edin) 24.37; 4 C Sharp (Edin) 24.74. **Ht1 (1.3):** 1 L McConnell (SB) 23.48; 2 S Downie (Edin) 24.09; 3 B Finlayson (Edin) 24.72; 4 C Sharp (Edin) 24.84.

**400 (b):** 1 E Child (Pit) 52.28; 2 M Heffernan 54.03; 3 E Leggate (VPCG) 55.14; 4 R Nachula (ZMB) 55.47; 5 M Thomas 56.40; 6 D Ramsay (VPCG) 56.90; 7 L Peffers (Edin) 57.81; 8 E Dudgeon (Edin) 57.85. **Ht1 (a):** 1 Leggate 55.22; 2 Heffernan 55.76; 3 Thomas 56.57; 4 Dudgeon 57.66. **Ht2:** 1 Child 53.38; 2 Nachula 55.73; 3 Ramsay 57.29. **800 (b):** 1 A Smit (NZL) 2:05.54; 2 J Tan (Fife) 2:07.34; 3 A Campbell (Living) 2:08.41; 4 K Evans (Edin) 2:09.37; 5 N Sharp (Kilb) 2:11.33; 6 A McGhee (VPCG) 2:13.60; 7 B Brown (Dund H) 2:14.63. **Ht1 (a):** 1 C Gibson (Kilb) 2:11.58; 2 Evans 2:11.79; 3 Sharp 2:12.86; 4 Brown 2:14.11; 5 A McGhee (VPCG) 2:14.67. **Ht2:** 1 Smit 2:13.52; 2 Tan 2:16.42; 3 A Campbell (Living) 2:17.45. **1500 (b):** 1 H Newbould (NZL) 4:19.04; 2 A McGhee (VPCG) 4:20.08; 3 R Greene (NZL) 4:21.86; 4 E Stewart (Edin) 4:29.42; 5 A Smit (NZL) 4:34.29; 6 J Moultrie (VPCG) 4:36.58; 7 S

Potter (VPCG) 4:38.41; 8 H Young (VPCG) 4:43.69. **5000 (b):** 1 S Inglis (Loth) 16:58.35; 2 Matheson (Falk, W50) 17:00.57 (UK W50 rec); 3 K Tait (Kil'k) 18:03.63. **100H (b) (1.2):** 1 C Pennet (Edin) 14.45; 2 Y Milne (Adeen) 14.78; 3 H Belch (Kilb) 14.78; 4 A Wood (Gate) 14.86; 5 L McGawn (WSEH) 15.18. **400H (b):** 1 A Jackson (Edin) 64.68; 2 J Bobbin (Law) 64.88; 3 J Halket (Adeen) 65.87. **HJ (a):** 1 J Nisbet (Edin) 1.80; 2 R MacKenzie (I'ness) 1.65. **LJ (a):** 1 J Nimmo (Sale) 5.96/0.4; 2 S Warnock (Edin) 5.83/0.4; 3 I Ferguson (Edin) 5.80/0.2; 4 F Nicholson (Edin) 5.78/0.1; 5 L McGawn (WSEH) 5.66/0.2. **TJ (b):** Z Asante (Harrow) 12.12/1.5. **SP (b):** 1 K Yates (VPCG) 13.28; 2 A Rodger (Sale) 13.10; 3 R Hunter (Ayr S) 12.65; 4 M Porterfield (Pit) 12.35; 5 M Durbidge (Arb) 12.16. **DT (b):** 1 K Law (Sale) 50.36; 2 N Dhalwai (Bir) 48.76; 3 T Keenan (NZL) 45.79; 4 M Durbidge (Arb) 37.10; 5 J Wyatt (Edin) 35.77; 6 C Reid (Aird) 35.06. **HT (a):** 1 S McKelvie (Edin) 63.32; 2 M Porterfield (Pit) 52.30; 3 R Hunter (Ayr S) 50.33; 4 S Wilson (VPCG) 48.64; 5 J Plain (Falk) 47.29; 6 K Bodley (Ellon) 42.05; 7 L Allan (Arb) 42.01

**U14: 100:** 1 J Cherry (Shett) 12.79; 2 S Henderson (Falk) 12.90; 3 A Rees (Banc) 13.16. **200 (2.6):** 1 Henderson 26.49; 2 N Robbins (Edin) 27.05; 3 G Gordon (I'ness) 27.29. **800:** 1 L Glading (Falk) 2:19.2; 2 P McNICOL (Law) 2:23.7; 3 G Black (VPCG) 2:27.0. **HJ:** 1 S Pearson (Centr) 1.40; 2 P McNICOL (Law) 1.35; 2 E Graham (Dunf) 1.35; 4 C Dudgeon (Pit) 1.35; 5 E Crichton (VPCG) 1.35. **G:** S Lowry (Edin) 1.45. **LJ:** 1 G Gordon (I'ness) 4.78; 2 P McNICOL (Law) 4.61; 3 R Alexander (Giff N) 4.55. **SP:** 1 A Horne (I'ness) 9.88; 2 N Robbins (Edin) 9.51; 3 E Duncan (C'nauld) 8.38. **HT:** 1 V Cleer (Kilb) 31.25; 2 K Cowe (Law) 31.05; 3 S Netherly (Pit) 19.25. **JT:** 1 A Horne (I'ness) 27.79; 2 R Doran (Carl) 27.57; 3 M Flockhart (I'ness) 27.18. **DT:** 1 A Horne (I'ness) 29.73; 2 R Porter (Pit) 22.79; 3 M Flockhart (I'ness) 20.24. **75H (3.4):** 1 S Pearson (Centr) 11.79; 2 H Cussick (Law) 12.60; 3 M Stewart-Rizza (I'ness) 12.93. **Ht1 (2.1):** 1 S Pearson (Centr) 12.07

**George Square, July 15**  
**Men: PV:** 1 N Cruchley (Hale) 5.31; 2 M Nielsen (DNK) 5.31; 3 P Walker (Sale) 5.11; 4 J Thoirs (VPCG) 4.91; 5 J Sinclair (VPCG) 4.36; 5 G Sharp (Prest) 4.36; 7 S Adams (VPCG) 4.21



Eilidh Child: fifth in UK this year

MARK SHEARMAN

impressed with a clear-cut solo victory in the men's race.

**Men: 800: A:** 1 A Osagie (Harl) 1:47.42; 2 J Cook (WG&EL) 1:50.19; 3 M Berridge (BMH) 1:50.58; 4 D Bishop (B&W) 1:50.73; 5 J Thie (Card) 1:51.63; 6 B Green (Warr) 1:51.68; 7 T Burt (Ashf) 1:51.93; 8 R Chesser (Ennis T) 1:52.57; **B:** 1 R Graham-Watson (WSEH) 1:51.42; 2 H Fisher (Soton) 1:51.42; 3 B Wiffen (Ton) 1:52.19; 4 A Bennett (Soton, U20) 1:52.26; 5 C Bradbury (Read) 1:52.74; 6 B Harding (B&B) 1:52.75; 7 T Phillips (WG&EL) 1:53.41; 8 D Platt (N Dev) 1:53.71. **C:** 1 J Slade (Soton) 1:52.02; 2 M Fayers (Hill, U20) 1:52.27; 3 A Provost (AFD, U20) 1:52.40; 4 M McLaughlin (SB, U17) 1:52.60; 5 H Fleming (Walton, U17) 1:53.12; 6 M Kershaw (Card) 1:53.27; 7 J Miller (Chelt) 1:53.93; 8 K Reilly (Inv Ek, U20) 1:54.13. **1500:** 1 J Brewer (Chelt) 3:45.28; 2 A Bruce-Littlewood (B&B) 3:47.67; 3 I Williamson (Bir) 3:48.11; 4 D Clutterbuck (Bas, U20) 3:48.55; 5 P Rupperecht (IRL) 3:49.33; 6 M Bergin (Bed C, U20) 3:52.33; 7 J Shelley (SB) 3:52.37; 1 P Laslett (SB) 3:54.22; 2 K Clements (Ips, U20) 3:54.27; 3 M Glowacki (Hill) 3:56.04; 4 M Willmott (Mil K) 3:57.93; 5 J Grace (AFD, U20) 4:02.61

**Women: 800:** 1 M Okoro (SB) 2:00.60; 2 T Lewis (Australia) 2:01.82; 3 C Best (Crow) 2:02.74; 4 K Dodd (Bas, U17) 2:09.14; 5 S Connor (SB, U20) 2:09.64; 6 E Moss (WG&EL) 2:10.87; 7 G Kersey (Bas, U20) 2:11.14; 8 E Gilmore (Ports, U20) 2:11.46; 9 C Gaughan (York) 2:14.55. **1500:** 1 S Riches (Chelm, U17) 4:31.80; 2 R Croft (WSEH, U15) 4:39.46

## JULY 12

### BMC GOLD STANDARD RACES & TRAFFORD OPEN, Stretford

LISA DOBRISKEY showed she is returning quickly to form with an assured performance on a blustery Trafford evening. *Stephen Green reports.*

The world silver medalist looked composed in recording 4:05.23 in the mixed 1500m – the fastest by a British woman this year. This was only her third outing of the season and she usually saves her best for the major championships.

The 1500m resulted in a battle of the Lukes with Gunn winning the shoot-out versus Cragg in 3:48.69. The stand-out performance of the race was 15-year-old Matt Shirling's 3:53.06 run. The St Helens youngster has improved by more than 12 seconds this year.

Lauren Howarth continued her rise to prominence with a PB 9:10.10 3000m – just ahead of a lifetime best from Beth Potter (9:12.49).

**BMC: Men: 800:** 1 A Wiles (New M) 1:50.61; 2 W Frey (Bir) 1:50.65; 3 S Yates (NEB, U20) 1:51.95; 4 D Cheeseaman (York, U20) 1:52.13; 5 R Hastey (Roth) 1:52.37; 6 A Mariani (WG&EL, U23) 1:52.67; **B:** 1 A Ramsay (VPCG, U23) 1:53.86; 2 B Ryan (NEB, U23) 1:54.31; 3 P Waite (Barr) 1:54.38. **1500:** 1 L Gunn (Der) 3:48.69; 2 L Cragg (Mans) 3:49.19; 3 M Jackson (Liv H, U23) 3:49.82; 4 D Garbutt (Dur) 3:51.33; 5 S Emery (Cov) 3:52.18; 6 T Doe (Linc W) 3:52.62; 7 M Shirling (SHS, U17) 3:53.06; 8 S Bennett (Lough S, U23) 3:53.85; 9 A Morrell (M'bra, U23) 3:53.95; 10 C Matthews (BWF, U20) 3:56.36; 11 M Shaw (New M, U20) 3:57.20; 12 T Straw (Linc W, U23) 3:57.69; 13 J Bleakley (Traff) 3:57.92. **Mixed events: 1500:** 1 S Broadhurst (Warr, U23) 3:59.75; 3 L Betts (Chor AC, U20) 4:01.51; 5 S Atkin (Linc W,

U20) 4:02.12; 8 L Dobriskey (Ashf, W) 4:05.23. **B:** 6 C Tarplee (Lough S, W) 4:17.72

**Open: Men: DT:** 1 S Bissell (Sheff) 42.43; 2 J Taylor (Sheff) 41.88. **HT:** 1 R Bate (Traff) 54.09; 2 S Bissell (Sheff) 51.66. **JT:** W McLoughlin (N Vets, M45) 46.33

**U17: HT:** R Straker (NSP) 44.12

**Women: DT:** 1 J Bate (Traff) 36.72; 2 J Ibbittson (Holm, W50) 27.31. **HT:** 1 J Bate (Traff) 41.98; 2 C Needham (BWF, U17) 38.06

**W50: SP:** J Ibbittson (Holm) 10.71. **HT:** J Ibbittson (Holm) 40.05

**Mixed events: 800: r1:** 1 M Patterson (N Down, U23) 1:54.81; 5 C McGahan (Sale, U17) 1:56.11. **r2:** 3 J Robertson (Scar, U17) 1:57.79. **r5:** 4 L Ball (Linc W, M40) 2:03.65. **r7:** 4 P Aukett (P&B, W) 2:09.24. **r8:** 5 A Campbell (SB, W) 2:10.66; 9 D Wallis (Macc, U17W) 2:17.28. **r9:** 1 B Ansell (Sheff, U17W) 2:15.34; 2 R Scott (Prest, U17W) 2:16.49; 3 L Howarth (Leigh, W) 2:17.42; 4 S Smith (Wake, U20W) 2:19.80.

**1500: r1:** 4 C Arter (Card, W) 4:26.82; 5 A Bracy (USA, W) 4:28.06. **r2:** 2 K Addy (Lough S, U20, W) 4:35.72; 3 H Garnham (York, W) 4:37.42; 4 S Johnson (Leicester Coritanians AC, W) 4:41.16; 5 M Stone (KuH, W) 4:41.27; 6 S McLean (S'port W, M50) 4:41.74.

**3000: r1:** 1 C Kays (E Ches, U23) 8:20.40; 2 J Bailey (Salf, U23) 8:23.22; 3 L Minns (BWF, U23) 8:27.49; 4 D Cliffe (Warr, U23) 8:31.11; 5 M Wood (Leeds C, U20) 8:31.16; 6 D Walton (Leeds C, U23) 8:34.47; 7 D Parkinson (Kend) 8:35.45; 8 J Gratton (Hallam, U23) 8:35.57; 12 C Perrin (Cannock & Staffs AC, U20) 8:50.58; 17 L Howarth (Leigh, W) 9:10.10; 20 B Pater (SB, W) 9:12.86; 22 D Quarmby (BWF, U17) 9:17.71; 25 S Samuels (Sale, W) 9:27.39. **r2:** 3 A Nelson (Liv PS, U17) 9:17.46; 10 J Emery (Cov, W) 9:53.70; 13 A Weaver (Salf, W) 9:58.08; 21 M Allan (Card, W) 10:27.10

**U20: 3000:** 1 M Kaye (Holm) 8:31.16; 2 T Loveridge (Liv PS) 8:32.20; 3 J Vernon-McGuigan (Liv PS) 8:38.69; 4 B Smith (L&M) 8:43.35; 5 T Traviss-Pollard (Holm) 8:44.28; 8 H Tarver (Wirr, W) 9:50.79; 9 A Mellor (unatt, W) 9:55.01; 10 M Huxley (Vale R, W) 10:01.26; 11 L Riches (Leigh, W) 10:07.90; 12 G Ball (Linc W, W) 10:12.95; 13 E Wilson (Barr, W) 10:13.92

**U15: 800: r1:** 1 M Sheen (Vale R) 2:05.00; 2 J Salisbury (Prest) 2:05.9; 3 L Penswick (Prest) 2:06.0; 4 P Dever (Prest) 2:06.3; 5 A Kershaw (S'port W) 2:06.8; 6 C Brown (O&R) 2:08.1; 7 D Boardman (Pend) 2:08.1; 8 N Orr (Bord H) 2:08.6; 9 D Neal (Prest) 2:09.2.

**r2:** 8 A Moran (Pend, W) 2:22.17. **r3:** K Gerrard (Vale R, W) 2:21.04

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**r2:** 8 A Moran (Pend, W) 2:22.17. **r3:** K Gerrard (Vale R, W) 2:21.04

Bainbridge (NOR) 34.95

**W50 women: DT:** L Smith (Camb H) 20.84. **HT:** L Smith (Camb H) 25.75

**U20: DT:** E Duffy-Penny (B&B) 32.72

**U17: DT:** E Dumper (B&B) 30.04

**U15: DT:** Y Sofolarin (B&B) 32.72

**B:** Hendrie (Oxford, M60) 2:50. **TJ:** P Stepney (Abing) 10.31. **DT:** D Kuester (Oxford, M65) 27.52

**M60: 3000:** R Treadwell (Oxf C) 10:42.1. **JT:** D Kuester (Oxford) 32.79

**M65: 3000:** G Jones (Oxf C) 11:33.4. **DT:** R Jegou (Rad) 30.83

**W35 women: 200:** 2 S Van Huyssteen (Newb, W45) 29.8. **800:** 2 S Francis (Read, W40) 2:31.7. **1500:** 4 J Cooper (Newb, W45) 19:52.8. **2000W:** 1 N Blatchford (Abing, W60) 11:45.9; 2 S Fowler (Newb, W55) 12:18.0. **SP:** 1 N Mighty (Rad, W40) 10.47; 2 J Wilson (Read, W45) 9.55. **DT:** Wilson 34.70

**W45: 200:** M Wakefield (Soton) 29.7

**W50: 200:** 4 S Lowry (Read, W65) 37.0

**800:** 2 S Fowler (Newb, W55) 2:59.0

**2000W:** 1 J Howard (Abing) 11:49.5

**PV:** M Coombe (Rad, W65) 1.70. **TJ:** 1 N Gregory (Abing) 7.74; 2 L Ahmet (Rad, W55) 7.73. **SP:** 1 S Bacon (Read, W60) 6.48; 1 B Lewis (Read) 7.84; 2 L Ahmet (Rad, W55) 5.96; 3 C Tuttle (Newb) 5.50; 4 J Howard (Abing) 4.10

**SUSSEX UNDER 15 LEAGUE, Lewes**

**MATCH:** 1 Lewes 128; 2 Brighton 117; 3 Hastings 97; 4 Eastbourne 92

**U15 boys: 1500:** J Algar (E'bone) 4:29.4. **PV:** G Turner (B&H) 2.80. **HT:** 1 E White (Hast) 43.94; 2 L Staples (Lewes) 40.06

**U17 women: PV: ns:** H Turner (B&H) 3.10

**U15: 75H:** K Garland (Hast) 12.3. **PV:** O Connor (B&H) 2.90. **DT:** 1 Adlam (Lewes) 26.45. **HT:** M Cable (Lewes) 26.54

**U13: PV: ns:** T Campbell (Craw) 2.00

**JULY 10**

**BARNESLEY AC OPEN, Cudworth**

**U15 boys: HJ:** E Payne (Hallam) 1.80. **LJ:** E Payne (Hallam) 5.90. **SP:** J Rowley (Roth) 11.92

**U13: 150: Ht1:** 1 J Lugsden (Scun) 22.1; 2 M Greenwood (Spn) 22.2; 3 J Molloy (Sale) 22.2. **Ht2:** C Patterson (Leigh) 22.2. **200: Ht1:** D Singh (KuH) 26.9. **SP:** L Rowley (Roth) 9.59

**U11: 150:** 1 M Greenwood (Spn) 21.2; 2 J Molloy (Sale) 21.4

**U15 girls: 100:** 1 K Edwards (Sheff) 12.6; 2 E Edwards (DASH) 12.7. **Ht1:** K Edwards (Sheff) 12.7. **200: Ht2:** R Bell (Clee) 26.2. **800:** 1 E Curran (Sheff)

2:21.0; 2 B Taylor (Roth) 2:22.9. **SP:** 1 B Thomas (Sky) 10.17; 2 T Buckingham (Barns) 10.07

**U13: 100:** 1 R Tiler (Bing) 13.1; 2 A Newton (Hallam) 13.2; 3 K Chadwick (Sale) 13.5. **Ht1:** R Tiler (Bing) 13.5. **200:** 1 A Greenwood (Spn) 28.0; 2 K Chadwick (Sale) 28.3. **LJ:** 1 K Chadwick (Sale) 4.66; 2 A Greenwood (Spn) 4.62

**U11: 80:** 1 E Race (Works) 12.0; 2 W Danyluk (Hal) 12.0

**NATIONAL JUNIOR LEAGUE**

**Midland Premier Division, Derby**

**HT:** 1 C Murch (R&N, U20) 61.35; 2 B Cole (Card, U20) 51.11; 3 R Douglas (Charn, U17) 44.27

**Humber: Doncaster**

**MATCH:** 1 Donc 448; 2 Sheff 426; 3 Donc 399; 4 Roth 388.5; 5 Boston 244.5

**U20 men: 100:** 1 B Shields (Roth) 10.8; 2 R Anthony (Donc) 10.8; 3 L South (Sheff) 11.1. **200:** 1 L South (Sheff) 21.8; 2 J Flude (Roth) 22.5; 4 A Langton (Donc, U17) 22.9. **B:** B Shields (Roth) 22.3. **4x100:** 1 Sheff 45.7; 2 Roth 45.7; 3 Donc 46.0. **4x400:** 1 Sheff 3:25.9; 2 Donc 3:35.4. **HJ:** L Ramsay (Sheff) 1.96. **PV:** B Billam (Sheff) 4.00. **LJ:** L Ramsay (Sheff) 7.03. **SP:** 1 L Ramsay (Sheff) 13.58; 2 J Carter (Roth) 13.47; 3 M Bradbury (Bost) 13.19; 4 A Pickles (Donc) 12.11. **B:** K Humphrey (Roth) 12.88. **DT:** 1 L Ramsay (Sheff) 42.45; 2 K Humphrey (Roth) 41.20; 3 M Bradbury (Bost) 38.66. **HT:** M Bradbury (Bost) 42.22. **JT:** J Carter (Roth) 61.42

**U20 women: 100:** A Bishell (Sheff, U17) 12.2. **200:** A Kaye (Scun) 25.5. **1500:** E Pound (Sheff, U17) 4:49.5. **B:** B Ansell (Sheff, U17) 4:50.1. **100H:** K Clarke (Sheff) 14.6. **ns:** B Taylor (KuH) 15.9. **400H:** A Hodgson (Sheff, U17) 68.1. **4x100:** 1 Sheff 50.0; 2 Donc 51.0. **4x400:** 1 Sheff 4:11.9; 2 Scun 4:11.9. **PV:** V Price (Sheff, U17) 2.90. **LJ:** G O'Connor (Scun) 5.31. **HT:** L Maplethorpe (Scun) 34.57. **JT:** K Bramhalld (Donc) 39.30

**Basildon: Non Scorers**

**U20 men: 3000:** ns: J Murdoch (WSEH, U17) 9:16.3. **PV: ns:** D Ditton (WSEH, U17) 3:50. **SP: ns:** G Thompson (SB) 13.86

**U20 women: 100: ns (1.5):** A Pippi (E&H, U17) 12.7

**WILSON YOUNG ATHLETES' OPEN, Crossford Bridge**

**U15 girls: 100:** r1: G George (Sale) 12.8

**U13: 100: r2:** 1 Reynolds-Duffy (Sale) 13.4

# UK rankings leaders 2011

Men	Women
<b>100</b> Dwain Chambers 10.01/2.0	<b>100</b> Jeanette Kaywaye 11.15/1.6
<b>200</b> Harry Aikines-Aryeete 20.46/0.8	<b>200</b> Jodie Williams 23.05/-0.2
<b>400</b> Michael Bingham 45.42	<b>400</b> Shana Cox 51.24
<b>800</b> Michael Rimmer 1:45.12	<b>800</b> Jenny Meadows 1:59.22
<b>1500</b> Andy Baddeley 3:36.47	<b>1500</b> Lisa Dobriskey 4:05.23
<b>Mile</b> Andy Baddeley 3:54.29	<b>3000</b> Helen Clitheroe 8:39.81
<b>3000</b> Mo Farah 7:35.81	<b>5000</b> Barbara Parker 15:27.03
<b>5000</b> Mo Farah 13:06.14	<b>10,000</b> Helen Clitheroe 32:11.29
<b>10,000</b> Mo Farah 26:47.57	<b>3000SC</b> Hatti Dean 9:37.95
<b>3000SC</b> Luke Gunn 8:38.18	Barbara Parker 9:37.95
<b>110H</b> Andy Turner 13.22/1.0	Tiffany Porter 12.77/1.0
<b>400H</b> Dai Greene 48.20	Perri Shakes-Drayton 54.77
<b>HJ</b> Tom Parsons 2.31	Jessica Ennis 1.91
<b>PV</b> Steve Lewis 5.62	Holly Bleasdale 4.70
<b>LJ</b> Chris Tomlinson 8.35/	

## ROAD

### JULY 18

#### IRVINE 5, Irvine

**Overall:** 1 D Millar (Irv, M40) 25:14; 2 K Wilson (Cambus, M40) 26:02; 3 J McKnight (Gars) 26:53

**M40:** 3 B Richardson (Irv) 27:49; 4 P Carroll (C'dale) 28:31; 5 M McQuaid (Falk) 28:55; **M50:** D Petrie (Kilb) 29:32

**U20:** T McDonald (Kilb) 27:31

**Women:** 1 J Thomson (VPCG, W45)

31:37; 2 L McGarrity (Troon) 31:39

**W45:** 2 P McCrossan (C'dale) 33:35.

**W55:** K Todd (Kil'k) 36:54

### JULY 17

#### BUPA GREAT NORTH 10km, Gateshead

**SCOTT OVERALL** and Louise Damen were convincing winners in trying conditions.

Overall went inside 30 minutes despite some testing hills and wet and windy weather as he won by 100 metres from Mark Miles while veteran Ian Hudspeth finished a close third to continue his cracking form.

Damen, who recently withdrew from next month's World Championships marathon as she bids to recover full fitness after injury, crossed the line in 33:53 in her first race since her 2:30:00 marathon in London. Kate Avery was also inside 35 minutes in second.

The Powerade Super Series team event saw a clear win for Sunderland Harriers.

**Men:** 1 S Overall (B&B) 29:48; 2 M Miles (Belg) 30:09; 3 I Hudspeth (Morp, M40) 30:13; 4 N Swinburn (Morp) 31:28; 5 M Whitfield (Bing) 31:33; 6 P Hoole (Roth) 32:02; 7 M Blunden (Notts) 32:16; 8 M Hill (Tip) 32:50; 9 A Valentine (Bolt) 33:28; 10 A Pearson (N Yks M) 34:40; 11 S Duffy (Sun) 34:48

**Women:** 1 L Damen 33:53; 2 K Avery (Shield) 34:54; 3 A Hibbs (CleS) 37:56; 4 M Holt (Sun) 38:23

#### POWERADE SUPER SERIES TEAM: 1

Sunderland HAC 4:09:36 (29 S Duffy 34:48, 45 R Sloan 36:41, 57 S Graham 37:06; 46 M Holt (W) 38:23; K Watt (W) 49:02; S Clughen (W) 53:36); 2 North Shields Poly 4:13:06; 3 Gateshead H 4:14:27; 4 Sunderland Strollers 4:17:16; 5 Low Fell 4:19:10; 6 Morpeth H 4:37:28

#### BRENTWOOD 10km (INC ESSEX CHAMPS)

**Overall:** 1 P Molyneux (Spring S) 33:01; 2 C Bloomfield (Bill'cay) 33:29; 3 T Frith (S'end) 33:35; 4 A Law (Bas) 34:33; 5 B Hunter (S'end) 34:43; 6 B Baldelli (C&C, M40) 34:54

**M45:** 1 S Murtagh (Harl) 35:31; 2 S Hart (Hav M) 35:47; **M50:** 1 P Mingay (T'tree) 36:36; 2 A Rugg (WG&EL) 37:22; **M55:** 1 D Butler (Bill'cay) 35:18; **M60:** 1 P Binns (S'end) 39:45; 2 A Whiston (Col H) 39:54

**TEAM:** 1 Billericay Striders 22; 2 Southend 25; 3 Springfield Striders 54

#### Essex Champs

**Overall:** 1 Molyneux; 2 Bloomfield; 3 Frith; **M40:** Murtagh; **M50:** Butler; **M60:** Binns

**Women:** 1 S Stradling (Col H, W35) 36:22; 2 J Allen (Spring S, W35) 38:50; 3 W King (Chelm, W35) 40:00; 12 L Higgs (Col H, W50) 43:33

**W55:** 1 L Tanner (Spring S) 46:06

**TEAM:** 1 Colchester H 11; 2 Benfleet RC 37; 3 Springfield Striders 40

**Essex Champs:** Stradling; **W35:** Stradling; **W45:** Higgs; **W55:** Tanner

#### CASTLE COMBE 10km (INC WILTSHIRE CHAMPS)

**Castle Combe Overall:** 1 P Wyle (B&W) 31:39; 2 S Plummer (Salis) 33:16; 3 C Coleman (WSEH, M40) 33:46; 4 M Towler (Avon VR) 34:31

**M40:** 2 G O'Brien (Swin) 35:22

**Women:** 1 M Wawrzyniak 40:16; 2 N Morgan (Chep) 41:26

#### MILTON KEYNES HALF-MARATHON

**Overall:** 1 P Martelletti (VP&TH) 66:56; 2 M Powell (Wig P) 71:55; 3 I Bailey (Slea) 73:55

**M40:** 1 K Spielman 76:19; **M50:** 1 R Burton 82:53; **M60:** 1 J Skelton 89:08.

**M65:** 1 T Brackstone (SC Vets) 90:25

**Women:** 1 J Ovington (Mil K, W35) 83:14; 2 A Hynes 84:47; 3 K Brown (AFD) 86:21

#### ST IVES DAIRY CREST 10km

**Overall:** 1 M Moore (Werr J) 33:52; 2 C Wartnaby (C&C, M40) 34:35; 3 S Early (Bed C, M40) 34:43

**M70:** 1 J Thomas (Corby) 44:55

**Women:** 1 M Boardman (C&C) 39:53; 2 C Thurgood (Orion) 40:13

**W50:** 1 K Wheeler (Corby) 44:55

#### WORCESTER PITCHCROFT 10km

**Men:** 1 A Hunt 32:42; 2 M Coudwell (Charn, V35) 33:15; 3 M Wilesmith (Guernsey) 34:23; 4 D Harrison (, V50) 34:35; 5 G Cadd (B'ville) 34:47; 6 J Barnes (Here, U20) 34:57

**M50:** R Wadey 37:24

**Women:** 1 L Cox (Tip) 37:33; 2 L Howell (B'ville) 39:10

#### WARDOWN PARK 5km, Luton

**Overall:** 1 N Quigley (Lut) 15:13; 2 O Matthews (Bed C) 15:29; 3 R Powell (Bed C, M40) 16:30

**M40:** 2 R Palmer (Lut) 16:32

**Women:** 1 L Peters (Stop, W35) 18:33; 2 C McMahon (Lut) 19:03

#### WIMBLEDON 10km

**Overall:** 1 P Glynn (HW) 35:41; 2 B Muckle 35:47; 3 M Rabbetts (Wimb W) 36:53

**Women:** 1 M Martins (S Lon) 42:31; 2 F Haynes 43:22

**W50:** 1 B Wenman (Cant) 43:54

#### WYCOMBE HALF-MARATHON

**Overall:** 1 A Cooray (VoA) 68:24; 2 H Torry (Serp) 72:33; 3 D Henderson 72:59; 4 C May (VoA) 74:04

**M40:** 1 A Cooney (Datch) 77:07; **M50:** 1 D Brown (Chilt) 77:11

**Women:** 1 C Abraham (Primera) 79:22; 2 S Amend (Belg) 82:37; 3 E Huepfl (Serp, W40) 84:38

**W50:** 1 S Wolanski (Head) 95:38

#### ALNWICK COASTAL RUN 14

**Men:** 1 I Harding (Morp) 76:27; 2 J Buis (Heat) 77:10; 3 D Purvis (CleS) 79:23; 4 C Franks (Gate) 81:02; 5 P Sanderson (, V40) 82:16;

**Women:** 1 J Hodgson (Morp) 89:56; 2 D Appleton (Hav M, W35) 91:43

#### DUNDEE HALF-MARATHON

**Overall:** 1 C McGill (Edin) 77:23; 2 G Barrie (Dund H) 78:13; 3 A Murphy (Edin) 78:22

**M50:** J Kay (Fife) 81:49

**Women:** 1 C Fortune 93:04; 2 K Scott (C'dale, W45) 93:09

### JULY 16

#### BURTONWOOD 5

**Overall:** 1 D Cliffe (Liv H) 25:32; 2 S Broadhurst (Liv H) 25:38; 3 J Ashcroft (SHS, U20) 26:41; 4 O Park (Warr) 26:59

**M40:** 1 S Doyle (Vale R) 27:03; 2 G Norgrove (Wrex) 27:58; 3 C Rigby (Ast&T) 28:00; **M60:** 1 G Owens (P'atyn) 30:26; 2 P Bailey (S'port W) 30:58

**U20M:** 2 M Shirling (SHS) 27:33

**Women:** 1 L Whitfield (Spec) 30:25; 2 E Collins (Denb, W45) 33:36

**W45:** 2 C Hemming (Spec) 34:16; 3 K Forster (Spec) 34:54



Louise Damen crosses the line at Gateshead Stadium to win the Great North 10km

DAVID HENNINGSON

#### SELF TRANSCENDENCE 10, Battersea Park

**Men:** 1 M Kennard (Tiv) 57:26; 2 D Child (Kent, M50) 58:50; 3 B Shephard (Dulw) 59:18

**Women:** 1 L Stewart (WG&EL) 62:28; 2 J Belyavin (B&W) 69:43

**W60:** M Rayner (W4H, W60) 78:25

#### ELMORE 7, Surrey

**Overall (7M):** 1 K Quinn (Herne H) 36:44; 2 G Brook (Strag) 38:45; 3 N Aitken (Clap C) 39:03; 4 B Evans (G&G) 39:36; 5 A Walker (Reig) 39:45; 6 P O'Callaghan (Tad) 39:59; 7 R Harris (Reig) 40:40; 8 J Brine (Walton) 41:05

**M45:** 1 R Dzikowski (W4H) 41:26; 2 C Plumpton (Ports) 41:28; **M50:** 1 G Querton (S Lon) 41:42; 2 J Foss (S Lon) 43:53; **M55:** 1 I Kitching (S Lon) 42:59; **M60:** 1 M Bruce (Elm) 47:24; 2 F Upcott (S Lon) 48:35; **M65:** 1 G Newton (Tad) 46:43

**Women:** 1 L Custance (Clap C) 41:53; 2 R Nicholson (Woking) 42:58; 3 E Alden (E&E) 44:14

**W35:** 1 Z West (E&E) 46:14; **W40:** 1 S McDonald (S Lon) 46:23; **W45:** 1 M Synnott-Wells (Rane) 47:04; 2 P Flynn (Strag) 48:08; **W50:** 1 R Thevenet-Smith (Woking) 46:23; 2 P Iannella (S Lon) 50:09; **W55:** 1 S Rowland (Rane) 54:16

**W60:** 1 M Yeomans (Norw RR) 32:11

**Women**

1 L Emmett (Bung, W40) 33:03; 2 R Fairclough (Wym) 33:07

**W55:** 1 P Edwards (Norw RR) 36:48

#### SWANAGE HALF-MARATHON

**Overall:** 1 R McTaggart (B'mth) 74:13; 2 S Monro (B'mth) 75:38; 3 B Powell (W Green) 75:59

**M55:** 1 G Rhimes (Ports) 84:27; **M60:** 1 D Cartwright (Poole R) 86:20

**TEAM:** Bournemouth

**Women:** 1 A Jones (Poole R, U20) 86:57; 2 J Chapman (B'mth, W40) 90:47

**W45:** 1 D Hier (Warm) 92:07; **W55:** 1 S Rhimes (E'leigh) 1:40:31; **W60:** 1 C Horder (B'mth J) 99:30; **W70:** 1 J Royal (Dors) 1:55:09

**TEAM:** Littledown H

#### BERNERAY 10km, North Uist

**Overall:** 1 A Laycock (Kinross, M40)

38:00; 2 W MacRury (Storn) 39:04; 3 P Mitchell (Win) 39:56

**Women:** 1 S MacLulich 42:50; 2 S Morrison (W40) 48:00

#### HORNTON 6

STEVE NAYLOR continued to plunder the prizes throughout the area with another victory, this time by two minutes over leading veteran Steve Male.

**Overall (6M):** 1 S Naylor (W'stock) 31:22; 2 S Male (Oxf C, M45) 33:33; 3 N Marley (Cov) 33:36; 4 J Bolton (W'stock) 33:57; 5 A Burgess (Oxf C) 34:46

**M40:** 1 B O'Connor (W'stock) 35:47; **M60:** 1 D Parson (Oxf C) 40:46

**Women:** 1 S Carter (W'stock, W35) 37:53; 2 M Bartlett (Banb, W40) 39:56

**W50:** 1 G Hueter (Oxf C) 46:57

### JULY 15

#### MIKE GROVES 5, Coltishall

**Overall:** 1 C Merrylees (N Norf) 27:30; 2 A Manning (G Yar, M40) 28:56; 3 J Brightly (Norw RR) 30:05

**M60:** 1 M Yeomans (Norw RR) 32:11

**Women**

1 L Emmett (Bung, W40) 33:03; 2 R Fairclough (Wym) 33:07

**W55:** 1 P Edwards (Norw RR) 36:48

#### RYE SUMMER CLASSIC 10km

**Overall:** 1 T Elsey (Herne H) 32:44; 2 D Anderson (Hast) 32:56; 3 R Skelton (Hast, U20) 34:11; 4 M Britten (Hast) 34:35; 5 J Larkin (Hast) 34:41

**M60:** 1 T Avey (Phoe) 40:34; **M70:** 1 M Conway (Inv EK) 47:40

**Women:** 1 C Forsyth (Ashf) 42:12; 2 J Sukoco (Hail, W35) 43:34

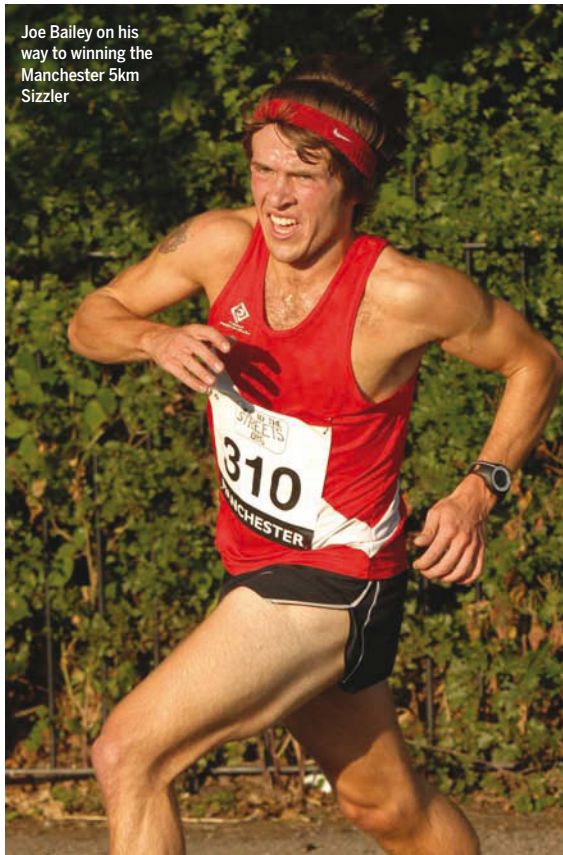
#### BEVERIDGE PARK 5km SERIES, Kirkcaldy

**Overall:** 1 A Hume (C'gie, M40) 17:08; 2 S Clark (Fife) 17:10; 3 A Smith (C'gie) 17:27

**U15:** S Bernard (Fife) 18:25

**Women:** 1 A McGill (Fife) 18:57; 2 J Turner (C'gie) 19:28

**W50:** I Burnett (C'gie) 20:50



Joe Bailey on his way to winning the Manchester 5km Sizzler

HARRY SHANKS/SHUTT



Chris Busaileh heads into an early lead in the Standard Chartered Great City Race 5km

## JULY 14

### STANDARD CHARTERED GREAT CITY RACE, London

CHRIS BUSAILEH and Emily Adams were clear winners in this City race that attracted 6500 runners.

*Athletics Weekly's* quartet finished fifth team (see p.82).

**Overall:** 1 C Busaileh (Steechly B) 15:35; 2 B Shearer (St Char) 15:48; 3 P Halford (AW) 15:48; 4 S Reece (AMEC) 15:52; 5 P Freary (AW, M40) 15:59  
**M40:** 2 C Beecham (P Law) 16:09; 3 S Major (L&G) 16:35

**Barclays Capital 67:** 06; 2 Slaughter & May 68:27; 3 Legal General 68:31; 4 Standard Chartered 68:43; 5 Athletics Weekly 70:07; 6 Capita Symonds 70:53  
**Women:** 1 E Wicks (P South) 16:50; 2 L Bromilow (HSBC) 17:50; 3 A Gabrezgi (Kin E) 18:26; 4 A Merali (Zurich) 18:33; 5 R Smith (HSBC) 18:49

**W45:** 1 P Major (L&G) 20:02  
**TEAM:** 1 HSBC 76:48; 2 Career Legal 82:28; 3 Legal & General 84:40  
**Mixed Team (2M, 2W):** 1 Punter Southall 74:05; 2 Legal & general; 74:23; 3 HSBC 75:58

### MANCHESTER 5KM SIZZLER SERIES, Wythenshawe

**Men:** 1 J Bailey (Salf) 14:38; 2 M Proctor (Roch) 14:45; 3 B Fish (B'burn) 15:11; 4 B Riddell (Salf) 15:17; 5 G Hill (E Ches) 15:27; 6 T Charles (Traff) 15:27; 7 J Scott-Bucclerch (Stock H) 15:46; 8 M Sawrey (Traff) 15:47

**M40:** 1 P Mannion (Ast&T) 16:13; 2 E Fazakerley (Manc H) 16:51; 3 P Payne (Stock H) 16:54; 4 28 C Rigby (Horw) 16:59. **M45:** 1 P Simons (Salf) 16:37; 2 G Rowlinson (Sale) 16:46; 3 G Astin (Stock H) 17:16; 4 P Anderson (Alt) 17:20

U20: T Holloway (Staffs M) 16:53  
**M50:** S McLean (S'port W) 17:58. **M55:** 1 G Ratcliffe (Wirr) 17:14; 2 P Pyrah (Bing) 17:44; 3 G Pendlebury (Salf) 17:52. **M60:** G Cumber (Hal) 19:25; 2 A Melling (Ast&T) 19:37. **M65:** M Smith (Bing) 20:26  
**Women:** 1 D Allen (Leigh) 17:26; 2 S Lomas (Stock H) 18:20; 57 A Talbot (Warr, U23W) 18:29; 72 S Cumber (Hal, W40) 19:00; 78 K WoodDoyle (Stockport Harriers & Ac, W45) 19:15; 79 A Drasdo (Traff, W40) 19:16; 85 N Sykes (Denb DT, W40) 19:31; 127 A Pugh (Alt, W55) 21:15; 135 J Cordingley (Sale, W50) 21:29; 224 C Wolstenholme (Hallam, W65) 25:00

### ROWHEATH MIDSUMMER 5km, Bournville

**Men:** 1 P Thompson (BRAT, U20) 15:05; 2 B Ande (Bir) 15:30; 3 T Spencer (Cov) 15:31; 4 R Harper (Leam) 15:53; 5 E

Banks (BRAT) 15:55; 6 D Beier (Tip) 16:00

**U17:** G Allen (Leam, U17) 16:34. **M40:** C Carson (Kenil) 16:50. **M45:** A Keene (Tip) 17:11

**Women:** 1 J Emery (Cov) 18:32; 2 C Harlan-Marks (B'ville) 18:57  
**W50:** S McNaney (Northb) 21:45

### HARROGATE & DISTRICT SUMMER LEAGUE, Ripon

**Men (8.1km):** 1 M Appleton (Ripon) 29:32; 2 A Dobby (RAF Menw) 31:20; 3 J Orange (R&Z, M45) 31:26

**Women:** 1 J Bucknell (Weth, W35) 35:45; 2 K Best (Otl, W40) 37:49; 49 J Derry (Weth, W45) 38:32

### HILLINGDON 5km

**Overall:** 1 R Thompson 16:26; 2 J Manley 17:13; 3 P Mansi 17:54  
**Women:** 1 C Jones (W50) 21:58

### HARDWICK HALL 6, Chesterfield

**Men (6M):** 1 J Bull (Der, U20) 33:54; 2 N Stirk (Tip) 34:27; 3 A Wetherill (Red, M50) 34:57  
**Women:** 1 C Howard (T'ley, W35) 42:54; 2 L Moakes (SinA, W35) 45:49; 3 D Lock (N Der, W40) 45:51

### HEATON HARRIERS JESMOND DENE HANDICAP 5km

**Newcastle upon Tyne**  
**Overall:** 1 C Franks (Gate) 17:21; 2 T Bell (Heat) 19:24; 3 A Hartley (Els, M40) 19:40  
**Women:** 1 E Tullo (Heat) 21:23; 2 S Bowen (Clare) 22:06

**Handicap:** 1 M Baker (Tyne Br, M50) 37:52; 2 L Franks (unatt, SW) 37:58; 3 I McKinnon (Heat) 38:44  
**Overall Series:** 1 R Checkley (Heat, M70) 30; 2 A Howlett (unatt, M40) 32; 3 S Tweddell (Gate, W50) 40

### UNIVERSITY OF ULSTER ROADSIDE GARAGES 10km, Coleraine

**Men:** 1 E McGinty (Derry) 33:15; 2 P Heron (Larne) 33:50; 3 N Logan (Derry) 33:53; 4 P McIntyre (IRL) 34:02; 5 B McKee (Drom, M45) 34:13; 6 G Slevin (Derry) 34:26  
**M50:** L Johnston 37:08. **M55:** H Boyle (Spring) 38:42. **M60:** I Spiers (Sperrin) 40:34  
**Women:** 1 G Wasson (Spring, W35) 41:07; 2 S O'Kane (Lagan V, W40) 41:50

### TAVY TOWN RELAYS, Tavistock

**Men:** 1 Tavistock 20:50 (J Cole 4:52, R Drage 5:28, A Tofield 5:29, A Holland 5:01); 2 Nameless 20:51 (S Leary 5:26, S Hall 5:17, C Hall 5:21, K Stone 4:47); 3 East Cornwall 21:13 (M Budge 5:18, S Sims 5:25, L Pullen 5:25, D Nash 5:05)  
**Women:** 1 East Cornwall 26:20 (S Daw

6:28, C Davidson 6:46, L Collins 6:52, R Crowle 6:14); 2 Plymouth Harriers 26:43 (A Yetton 5:47, C Hans 7:20, S Spencer 7:13, J Allison 6:23)

## JULY 13

### BROOKS SUMMER TURKEY TROT 4M, Redruth

**Overall:** 1 P Le Grice (Mt B) 20:36; 2 D Alsop (StARR) 20:54; 3 D Nash (E Corn, U17) 20:58

**U17:** C Jones (Corn) 21:23  
**M45:** 1 T Dunn (Corn) 21:39; 2 D Buzza (Corn) 21:43; 3 D Oakes (StARR) 23:04; 4 R Savage (Mt B) 23:11; 5 N Martin (Mile H) 23:21. **M60:** L Best (Stock H) 24:59. **M75:** T Berry (Truro) 30:15

**Women:** 1 L Hodgson (Newq, W35) 23:20; 2 N Tier (Corn) 23:24; 3 E Stepto (Corn, W40) 23:38; 4 J Khan (Hayle) 23:52

**W35:** 2 M Heathcote (Ton) 24:24. **W40:** 2 C Randall (Mt B) 26:54; 3 N Hill (Mt B) 26:56. **W45:** 1 R Crowle (E Corn) 25:56; 2 S Daw (E Corn) 26:53; 3 D Roy (E Corn) 27:00; 4 F Ruetsch (Hayle) 27:13; 5 J Nash (E Corn) 27:58; 6 C Chesterfield (Corn) 28:05. **W55:** S Taylor (Mt B) 30:26

### DONCASTER TOWN CENTRE 5km

VETERANS were given their own race in this town centre event and Julie Buckley took full advantage by not only winning the women's race from England international Sharon Orridge but also setting a British W55 best.

Buckley, who joined the W55 ranks just five days earlier, clocked 17:57 to slash 25 seconds from Janette Stevenson's four-year-old mark.  
**Overall:** 1 D Archer (Hallam) 15:06; 2 M Hill (Tip) 15:11; 3 M Burrett (Leeds C) 15:19; 4 R Brown (Linc W) 15:19; 5 P Hoole (Roth) 15:20; 6 J Clark (Sheff) 15:35; 7 T Jenkins (Hallam) 15:41; 8 M Rushbrook 15:41; 9 R Harris (Roth) 15:44; 10 A Adams (Leeds C) 15:57; 11 C Adams (Roth) 15:58  
**Women:** 1 J Blizard (Roth) 17:20; 2 N Curtis (Scun) 17:27; 3 N Farrow (Linc W) 17:50; 4 L Pritchard (Linc W) 17:51; 5 R Proctor (Hallam) 18:02; 6 H Johnson (Linc W) 18:05; 7 M Jenkins (Hallam) 18:22; 8 G Ball (Linc W) 18:23; 9 S Johnson (Womb) 18:30; 10 J Allen (Roth) 18:39; 11 B Hayward (Linc W) 18:42; 12 H Whitelam (Hallam) 18:56; 13 L Gray (Kimber) 18:59  
**Vets:** 1 S Downlow (Barns, M40) 16:00; 2 S Wright (Donc, M45) 16:04; 3 L Ball (Linc W, M40) 16:09  
**M40:** 3 P Faulkner (Hallam) 16:11; 4 M Jagger (Wold) 16:15; 5 G Felton (Barns) 16:25; 6 D Furnis (Hallam) 16:50. **M45:** 2 P Roberts (Clowne) 16:40; 3 S Whiteley (Barns) 17:29.  
**M50:** 1 C Ireland (Sheff) 16:54; 2 J Cox (Hallam) 17:07; 3 J Watson (THH) 17:11; 4 K Newman (Donc) 17:23; 5 D Brooksbank (Barns) 17:33; 6 T Eastwood (Roth) 17:36; 7 S Hunt 17:36; 8 P Neal (Roth) 17:49; 9 P Shaw (Roth) 17:51. **M55:** 1 S Cordle (Sheff) 17:38; 2 M Page (Donc) 17:51. **M60:** 1 S Green (Wold) 19:29. **M65:** 1 W Allen (Tadcaster) 19:04; 2 P Rowland (Donc) 19:08; 3 V Shirley 19:23  
**Women:** 1 J Buckley (P'stone, W55) 17:57; 2 S Orridge (Long E, W45) 18:17; 3 B Wilson (Clee, W40) 18:41; 4 J Stones (M'thorpe, W40) 18:53  
**W45:** 2 J Baldwin (Donc) 19:01; 3 J Masterman (Goole) 20:28; 4 J Hadley (Roth) 20:32. **W50:** 1 L Leggett (Denb DT) 19:44. **W55:** 2 J Morley (Wold) 21:00; 3 J Chambers (Hallam) 22:06.  
**W60:** 1 B Brown (Wold) 22:17; 2 P Fenelon 23:36

### NOTTS AAA SUMMER LEAGUE, Worksop

**Men:** 1 I Kimpton (Notts) 24:07; 2 J Perkins (Notts) 25:19; 3 P Butcher (S'well, M40) 25:32; 4 C Palmer (Notts, M40) 25:46; 5 R Harris (Long E) 25:51; 6 A Wetherill (Red, M50) 26:19; 7 C Allwood (SinA) 26:25; 8 R Darling (Notts) 26:39; 9 P Tallents (Ret, M40) 26:47; 10 G Hall (Notts Police) 26:58

**M40:** 4 M Johnson (Mans) 27:14; 5 P Whittingham (SinA) 27:58. **M50:** 2 R Fox (Long E) 27:57; 3 P Stafford (Mans) 28:07. **U20M:** 1 T O'Mara (Mans) 27:30  
**Women:** 1 S Harris (Long E, W35) 27:36; 2 N De La Salle (Notts) 27:52; 3 S Gaunt (Notts) 29:52; 4 N Pembleton (SinA) 30:29; 5 L Knights (SinA, W35) 30:50; 6 J Reed (Notts) 31:15; 7 S Hughes (SinA, W35) 31:29; 8 C Charlton (Red) 31:42

**W45:** 1 C Heaton (Holme P) 34:07

### ENDMOOR 10km, Kendal

**Men:** 1 E Simpson (Dallam, M40) 35:08; 2 R Walker (Barr) 35:15; 3 H Stainton (Hoad, U20) 36:15

**Women:** 1 L Tweedale (Carl Tc, W) 43:59; 2 S Ford 45:15

### EAGLESFIELD PADDLE 5km

**Men:** 1 J Fletcher (Bord H) 16:11; 2 P Winskill (Keswick AC) 16:26; 3 S Hebblethwaite (Kesw) 16:38

**M55:** E Williams (R&Z) 17:48  
**Women:** 1 P Wakefield (Bord H, W) 19:28; 2 J Kenyon (W50) 20:07

### SELF-TRANSCENDENCE 2, The Meadows, Edinburgh

**Overall:** 1 S Pilkington (Corst) 9:54; 2 M Sims (HBT) 10:02; 3 A Mackenzie (Storn) 10:22

**M50:** K Rankin (Falk) 11:07  
**Women:** 1 S Inglis (Loth) 10:32; 2 E Curran (Kilb) 10:42; 3 K Pennel (Pit, U20) 11:24

**W50:** D MacDonald (HBT) 13:44. **W60:** B Gilchrist (Ferr) 14:47

### YEOVILTON SERIES 5km

**Men:** 1 J Cole (Tav) 15:12; 2 J James (Wells, M45) 15:47; 3 N Young (B&W, U20) 16:10

**U17:** K Young (B&W) 16:40. **M40:** I Stott (Soton) 16:52. **M45:** 2 M Feighan (Bide) 16:43. **M50:** T Symons (Tav) 16:48.

**M55:** 1 M Lascelles (Maid N) 17:47; 2 G Seward (Exe) 17:53  
**Women:** 1 J Thompson (Bath, W50) 17:49; 2 L Lascelles (Maid N, W45) 18:52; 3 J Moore (Wells, W45) 19:06; 4 C Hodgson 16:12

**W50:** A Sloane (Salis, W50) 21:26

## JULY 12

### RAVENS CRAIG PARK SERIES MILE, Kirkcaldy

**Overall:** 1 A Smith (C'gie) 5:01; 2 C Hutt (C'gie) 5:06; 3 J Thomson (Fife, M50) 5:06

**U13:** A Scott (Fife) 5:41  
**Women:** 1 J Cruickshanks (Anst, U20) 5:53; 2 G Murdoch (C'gie, W45) 5:53 (equals W45 rec); 3 J Wilson (C'gie) 5:57

**W50:** I Burnett (C'gie) 6:10

### THREE BRIDGES RACE

#### Westminster

**Handicap:** 1 D Williams (HW, M60) 19:53 (actual 16:53)

**Fastest:** S Stevens (Win) 12:47

**Women:** L Ferguson 15:21

### BOOTH DECORATORS LEAGUE Ashbourne

**Overall (4.9 miles):** 1 J Mee (Mans) 27:21; 2 C Rainsford (Hean) 27:45; 3 D Annable (Belp) 28:01; 4 J Stephens

(Wirk) 28:06; 5 J Rainsford (Hean, U20) 28:19; 6 G Irvine (Belp) 28:33; 7 R Robinson (Sutt) 28:45

**M40:** 1 A Deeming (Hean) 29:19. **M45:** 1 D Boot (Long E) 30:22

**Women:** 1 L Palmer (Hean) 32:31; 2 E Collinge (Mans) 33:14; 3 S Ilsley (Belp, W45) 34:09; 4 L Holmes (Rip) 34:25; 5 M Wilcocks (Sutt) 35:20

### ROSE INN 4 SERIES

#### Redwick, Wales

**Overall:** 1 A Humphries (Swan) 20:02; 2 C Carpanini (Newp, U20) 20:22; 3 S Paterson (Les C) 20:40; 4 N Dukas (Les C, M35) 21:49; 5 S Shields (San D) 21:54

**M40:** 1 S Thomas (Isl) 22:15. **M45:** 1 S Penny (Chep) 22:34. **M50:** 1 B Richardson (Les C) 23:09; 2 S Davies (G'town) 23:20; 3 J Goodland (B&W) 24:04. **M55:** 1 M Murphy (Les C) 24:50

**Women:** 1 S Wilder (San D) 23:59; 2 J Horler (Chep, W40) 25:09

**W40:** 2 L Summers (Chep) 26:00; 3 N Morgan (Chep) 26:58. **W50:** 1 J Scholey (Les C) 29:17. **W60:** 1 B Avery (Chep) 30:11

## JULY 11

### FRAMPTON VILLAGE 10km

**Overall:** 1 M Ellis (W'bury) 32:11; 2 S McGuigan (B&W) 32:25; 3 G Hughes (Durs) 32:47; 4 X Brown (Stroud, U17) 33:19; 5 A Halliday (B'ville) 34:00; 6 A Williams (Ciren) 34:21; 7 G Cadd (B'ville) 34:23; 8 A Bailey (Almost) 34:52

**M55:** 1 M McNamara (Stroud) 38:09; 2 A Norman (Severn) 38:13. **M60:** J Davies (Meir) 40:50

**Women:** 1 E D'Alton (W'bury) 36:10; 2 S Voller (W'bury) 38:29; 3 J Wassell (Stroud, W45) 38:36; 4 C Harlan-Marks (B'ville) 39:16

**W45:** K Galpin (Almost) 42:20. **W55:** S Ashton (Chep) 45:46. **W60:** A Roberts (Cleve) 48:56; 2 J McCullum (Hogw) 49:17. **W70:** V Pawlyn (Eve) 55:41

## JULY 3

### BRORA 10km

**Overall:** 1 G Lennox (Cambus) 35:44; 2 J Trevellyn (N High) 36:04; 3 M Taylor 36:39

**Women (all N High):** 1 N Falconer 46:26; 2 M Hughes (W40) 48:40

## WITHERNSEA 5

**Men:** 1 S Bateson (E Hull) 26:03; 2 P Taylor (Brid) 26:45; 3 C Ryde (Donc) 27:45

**M50:** B Atkinson (Barr) 27:59; 2 P Duncan (Linc W) 28:43  
**Women:** 1 N Dawson (Bev AC, U20) 33:47; 2 R Fielding-Smith (CoH, W40) 34:11

**W55:** J Morley (Wold) 34:48. **W60:** B Brown (Wold) 37:35

### WINSTON RUNNERS LADIES 5km, Manchester

**Women:** 1 S Fox (W40) 21:39; 2 S Stevens (W40) 21:42; 3 N Lavin (RRC, W35) 21:48

**W50:** J Cordingley (Sale) 21:54

### LAUNCESTON 10, Cornwall

**Men:** 1 J Cole (Tav) 56:22; 2 A Woods (Wirr) 58:09; 3 C Snook (Corn) 58:54

**Women:** 1 V Pincombe (W35) 63:16; 2 E Stallard (Corn, W40) 65:57  
**W60:** J Mills (Laun RR) 81:17

### THURLBY 10km, Bourne

**Men:** 1 M Moore (Werr, J, V35) 35:32; 2 J Horman (Liv H) 36:01; 3 R Hawse (Mab) 37:17;

**Women:** 1 E Richmond (Werr, J) 40:55; 2 J James (Slea, W50) 46:08

## MULTI-TERRAIN

**JULY 17**  
**KELSO CRAWLERS 10km**  
**Men:** 1 W Murphy (Harm, M45) 37:18; 2 W Garrick (2 Scots) 37:48; 3 C Hutchinson (HBT) 37:51; 4 W Jarvie (P'bello, M50) 38:09  
**Women:** 1 J Close 42:45; 2 K Thomson (Lauder) 43:06

## SHERWOOD PINES FOREST 10km & 5km, Mansfield

**Men (10km):** 1 P Butcher (S'well, M45) 33:45; 2 C Carson (Kenil, M40) 35:38; 3 P Whittingham (SinA, M45) 37:01  
**Women:** S Sutcliffe (W35) 40:26; 2 E Collinge (Mans) 41:02  
**Men (5km):** 1 A Ashton (Herm) 18:17; 2 R Marr (Gala, U15) 18:31; 3 D Whittaker 19:13  
**Women:** 1 H Thornton (W35) 21:32; 2 C Greasley (W35) 23:33

## RICHMOND OLD DEER PARK 10km

**Men:** 1 K Kyereme (SB) 30:54; 2 H Lobb (Bed C) 31:48; 3 S Dixon (High) 32:16; 4 J Mohamed (NEB) 32:51; 5 R Scott (High, V35) 33:02; 6 F Del Valle (Serp) 33:42; 7 F Slembeck (Leeds U) 33:53; 8 T Jeffery 34:33; 9 A Clare (WG&EL) 34:39; 10 B Hales (Runny) 34:46  
**Women:** 1 J Khan 37:59; 2 S Holliday (Win) 38:46; 3 H Howard (E'leigh, W) 39:33; 4 R Rowan (Rane, W40) 40:01

## LEIGH LEGACY 10km

**Men:** 1 T Pilkington (Wig P) 35:16; 2 M Swenson 35:27; 3 L Eccleston 36:18  
**Women:** 1 J Roe 39:18; 2 L Blizard (Belg, W35) 39:51; 3 J Riley (W40) 41:27

## FAIRLANDS VALLEY CHALLENGE 50km, Stevenage

**Overall (50km, hrs and mins only):** 1 P Fernandez (Abing) 3:57; 2 I Kitley (SAF) 4:08; 3 P Stockdale (Uk net) 4:12  
**Women:** 1 G Carter (Serp) 4:59; 2 G Handoll (Ryst, W45) 5:01  
**Overall (26.2M, hrs & mins only):** 1 S Spiers (Harp) 3:28; 2 L McDonagh (262RRC) 3:38; 3 D Ross (100MC) 3:40  
**Women:** 1 L Barry (100MC, W35) 3:40; 2 B Griffiths (unatt) 3:45  
**W45:** 1 K Masson (C&C) 3:53  
**Overall (18.7M, hrs & mins only):** 1 E Phillips (Serp) 2:27; 2 C Hames (unatt) 2:27; 3 J Attwooll (Serp) 2:28  
**Women:** 1 F Russell (Morn, W40) 2:34; 2 A Riddell (Morn, W55) 2:39  
**Overall (12.3M, hrs & mins only):** 1 A Reeves (Serp, M40) 1:26; 2 S Buckle (St Alb) 1:27; 3 B Skov (St Alb) 1:35  
**Women:** 1 S Price (FVS) 1:55; 2 J O'Reagan (C&C) 1:59

## TARRANT VALLEY 10km, Blandford Forum

**Men:** 1 N Young (B&W, U20) 34:50; 2 K Young (B&W, U17) 36:12; 3 R Clark 36:42; 4 P Rabjohns (Poole) 37:33; 5 I Kennedy (W'borne, M50) 37:44  
**Women:** 1 S Chaloner (Poole, W45) 41:46; 2 L Faulkner (Dors, W45) 43:27

## GIBBET HILL 10km, Haslemere

**Men:** 1 L Kemp (W'ley) 35:02; 2 B

Evans (G&G) 36:22; 3 N Baker (Denm, M40) 36:45  
**Women:** 1 E Taylor-Gooby (Mid M) 40:40; 2 L Bartlett (G&G) 44:02; 3 J Hunt 44:12  
**W55:** J Georghiou (Farn,) 45:42

## ROYTON TRAIL 5

**Men:** 1 I Grime (NEB, M40) 29:45; 2 A Buttery (Ross, M40) 30:31; 3 I McBride (Royt) 30:40; 4 M Flatley (M'ton, M40) 31:08; 5 D Lockett (Salf, M45) 31:29; 6 M Lowden (M'ton) 32:16; 7 C Newton (O&R) 32:21; 8 I Roberts (Roch) 32:22; 9 C Merchant (Roch) 32:23; 10 S Carroll (Royt, M40) 32:28  
**M50:** 1 B Cassidy (Royt) 35:02; 2 J Cook (Roch) 35:06. **M55:** I Aitchison (Roch) 36:22. **M60:** J Reilly (Middle) 36:42  
**Women:** 1 B Jenkins (Salf, W40) 33:51; 2 J Khouery (Holm, W35) 36:18; 3 A Sedman (Belle V, W45) 37:26

## ESSEX & HERTS LEAGUE BOB MATCH, Trent Park

**Overall (9km):** 1 L Reynolds (FVS) 30:36; 2 S Riley (St Alb) 30:47; 3 T Crouch (St Alb) 31:02; 4 M Dickinson (Gard CR) 31:15; 5 R McCormick (Barn, M45) 31:28; 6 G Ramsay (FVS) 31:56; 7 P Williams (Trent P) 32:03; 8 S Aiken (Trent P, M40) 32:33; 9 P Adams (St Alb) 32:41  
**M45:** 2 T Fowler (Gard CR) 32:47. **M50:** 1 D Desborough (Gard CR) 34:27  
**TEAM:** 1 Garden City Runners 424; 2 Trent Park 438; 3 Barnet & District 474; 4 St Albans Striders 490; 5 Orion H 688  
**VET TEAM:** 1 Garden City Runners 82; 2 Barnet & District 97; 3 Trent Park 146  
**Women:** 1 V Webster (St Alb) 33:14; 2 K Philp (Gard CR) 34:47; 3 K Brown (Gard CR) 35:02; 4 M Hall (Gard CR) 35:03; 5 J Kent (Barn, W40) 35:37; 6 S Onni (St Alb) 37:17  
**W40:** 2 C Hale (Gard CR) 38:03; 3 K Murphy (Barn) 38:25. **W45:** 1 Z Lowe (St Alb) 38:16; 2 S Daniels (Bish S) 39:12  
**TEAM:** 1 St Albans Striders 63; 2 Garden City Runners 79; 3 Barnet & District 109; 4 Trent Park 125; 5 Orion H 183  
**VET TEAM:** 1 Barnet & District 15; 2 St Albans Striders 21; 3 Trent Park 24

## REIGATE PRIORY SUMMER 10km

LAURA GENT ensured her maiden 10km race yielded a victory on a pleasant evening in Priory Park, Martin Duff reports.  
 The 16-year-old ran with Kelly Jarvis for the first half before going away up the big hill at the halfway point.  
 Men's winner Paul O'Callaghan led from the start.

**Overall:** 1 P O'Callaghan (Tad) 35:02; 2 K Leonard (S Lon) 35:31; 3 P Cheetham (Barnes) 36:45  
**M40:** 1 D Williamson (Tad) 36:54; 2 D Moore (THH) 37:14. **M45:** 1 D Baker 37:42. **M50:** 1 J Foss (S Lon) 38:08.  
**M55:** 1 I Kitching (S Lon) 38:14. **M60:** 1 T Avey (Phoe) 41:48; 2 G Smith (E&E) 42:48  
**Women:** 1 L Gent (Reig, U17) 42:06; 2 K Jarvis (Ling) 42:47

## JULY 10 CHICHESTER CHALLENGE 25km Lavant

**Overall (42km):** 1 E Marais 3:14:40; 2 R Houghton (Win, M40) 3:18:07; 3 H Johnston (Purple P) 3:25:17  
**Women:** 1 U Schultz (Head, W40) 4:09:30; 2 F Cooke (March, W50) 4:42:58  
**Overall (25km)**  
 1 S Holloway (Salis) 2:18:17; 2 A O'Brien

# Speedy Turtle hits form

## PARKRUNS

**Women**  
 GEMMA TURTLE was the quickest woman of the week.  
**Bushy Park:** G Turtle 16:35  
**Richmond Park:** L Hasell 17:15  
**Strathclyde:** M Duff 17:58  
**Heaton Park:** L Jeska 18:03  
**Edinburgh:** K Husband 18:09  
**Brueton:** J Evans 18:17  
**Edinburgh:** C Cox 18:28  
**Hackney Marshes:** H Gilbert 18:37  
**Bushy Park:** J Rodriguez 18:43  
**Braunstone:** J Toon 18:45  
**Heaton Park:** C Taylor 18:50  
**Falkirk:** T Brindley 18:56  
**Sheffield:** J Seymour 19:02  
**Edinburgh:** N Milne 19:07  
**Bolton:** M Lowe 19:16  
**C Palace:** A Shaw 19:18  
**Kingston:** V Blackburn 19:21  
**Newcastle:** U Lemke 19:21  
**Hackney Marshes:** K Malcolm 19:26  
**Eastleigh:** E Foran 19:28  
**Reading:** J Perrin 19:28  
**Black Park:** T Neale 19:29  
**Coventry:** J Brown 19:31

**Men**  
 POOLE: S Coombes 15:58  
**Gorleston:** B F Russell 16:05  
**Norwich:** J Preston 16:10  
**Braunstone:** A Sabin 16:12  
**Bromley:** A Rayner 16:20  
**Bushy Park:** A Lawrence 16:23  
**Wanstead Flats:** R Ward 16:24  
**Braunstone:** J Williams 16:24  
**Bushy Park:** R Stannard 16:25  
**Reading:** J Lennox 16:25  
**Main Beach:** B Beer 16:28  
**Brighton & Hove:** B Shearer 16:30  
**Glasgow:** E Sloan-Dennison 16:30  
**Cambridge:** B Davis 16:32  
**Sheffield Hallam:** R Baker 16:33  
**Hull:** J Rowe 16:35  
**Leeds Hyde Park:** D James 16:36  
**Glasgow:** G McCardle 16:36

(N Elth) 2:10:19; 3 N Boyce (Ports J, M50) 2:19:37  
**Women:** 1 J Williams (Brack FR) 2:25:10; 1 C Groul (Tone Z, W45) 2:25:55  
**Overall (15km):** 1 E Porter (Chich, U20) 68:15; 2 R Gregory (N Elth) 73:53; 3 J Briscoe (Fishy B) 74:47  
**Women:** 1 A Pantall (W40) 89:54; 2 S Mgil 90:13

## WELLINGTON 10

**Men:** 1 E Richards (Wells, M40) 55:19; 2 O Evans (SWRR) 58:59; 3 P Thompson (Spark) 60:49  
**Women:** 1 E Sutcliffe (Exm H) 67:30; 2 S Burd (WRN) 69:30; 3 J Porter (Run F) 72:43

## CRANLEIGH 10km

**Overall:** 1 L Kemp 34:24; 2 S Bates (E&E) 38:22; 3 R Saxby (M40) 39:05  
**M60:** 1 A Clarke (Wav'ly) 44:20  
**Women:** 1 Y McAuley (Trinity U) 42:14; 2 L Bartlett (G&G) 42:47  
**M40:** 1 R Atkins (Wav'ly) 43:49. **W65:** 1 P Elliot (Wav'ly) 51:22

## JULY 5

**KRUNCE FOREST SERIES, Kingshill nr Aberdeen**  
**Overall (3.5M/500ft, all Cosmic):** 1 S Peachey 22:58; 2 R Brookes 23:48; 3 C Russell 24:01; 4 B Abrahams 24:23  
**M40:** J Williamson 24:39  
**Women:** 1 V Oldham (W40) 26:56; 2 P Musgrave 29:00; 3 L Delaney 30:36

**Wimbledon Common:** J Stead 16:37  
**Frimley Lodge:** R Brookling 16:38 U  
**Wimbledon Common:** T Elson 16:38  
**Black Park:** A Stewart 16:40

## Age Graded

DOUBLE Olympic finalist Sheila Carey again came out on top of the age-graded standings from fellow internationals Paula Fudge and Gemma Turtle as women set 11 of the 12 top scores. Former international Grenville Tuck, who was first M60 at Wimbledon, had the third best male score.  
**Brueton:** S Carey 21:50 W60 93.89%  
**Frimley Lodge:** P Fudge 21:06 W55 90.28%  
**Bushy Park:** G Turtle 16:35 SW 89.25%  
**Black Park:** F Kennedy 19:45 W50 89.03%  
**Edinburgh:** K Husband 18:09 W45 87.97%  
**Falkirk:** J Waterhouse 21:27 W55 87.65%  
**Belfast Victoria:** T Eakin 18:39 M60 86.77%  
**Pontefract:** L Leggett 20:22 W50 86.33%  
**Wimbledon Common:** A Garnier 21:11 W55 86.31%  
**Richmond Park:** L Hasell 17:15 SW 86.18%  
**Bushy Park:** S Lambert 26:13 W70 85.95%  
**Leamington:** M Williamson 19:56 W50 85.95%  
**Glasgow:** G McCardle 16:36 U15 85.44%  
**Wimbledon Common:** G Tuck 18:47 M60 85.36%  
**Newport:** P Parry 17:01 M45 85.31%  
**Bedford:** C Wright 21:26 W55 85.30%  
**Sheffield Hallam:** D Kesterton 22:22 W55 85.17%  
**Belfast Victoria:** D Seaton 19:54 M65 85.09%

**Wimbledon M60 winner Grenville Tuck**  
**Coventry:** R Elliott 18:53 M60 84.91%  
**Wimbledon Common:** K Spacie 22:43 M75 84.89%  
**Pool:** S Coombes 15:58 M35 84.86%  
**Huddersfield:** L Mannion 22:49 W60 84.73%  
**Cambridge:** R Holland 17:41 M50 84.73%  
**Middlesbrough Albert:** S McLay 17:00 M45 84.71%  
**Brighton & Hove:** K Hoyte 17:10 M45 84.56%  
**Brighton & Hove:** J Lowdon 18:07 M50 84.08%  
**Black Park:** M Mardall 24:25 W60 83.98%  
**Frimley Lodge:** R Brookling 16:38 M40 83.97%  
**Brueton:** S Carey 21:50 W60 83.89%  
**Newcastle:** H Robinson 20:01 W45 83.51%  
**Abingdon:** N Gomm 20:02 W45 83.44%  
**Killerton:** S Gibson 24:36 W60 83.33%  
**Heaton Pk:** L Jeska 18:03 W35 83.19%  
**Glasgow:** E Sloan-Dennison 16:30 U20 83.03%

## JULY 3

**TOTTENHAM MARSHES 5km,**  
**Men:** 1 S Humphrey (VP&TH) 28:20; 2 S Aiken (Trent P, V40) 29:23; 3 M Young 30:02  
**Women:** 1 A Mann (Gard CR, W35) 35:20; 2 L Taylor 36:26

## RAS CWM ARIAN 10km, Hermon

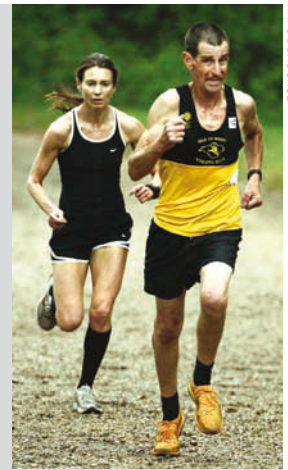
**Men:** 1 L Ladd (Carm) 38:26; 2 R Simpson (P'broke, V35) 41:04; 3 J Jones (Carm, M40) 41:15  
**Women:** 1 A Hayes (Les C, W40) 46:36; 2 L Eynon (TROTS, W50) 50:05

## BRACKNELL SAMARITANS 10km, Crowthorne

**Overall (10km approx):** 1 B Martin-Dye (Brack FR, M40) 36:41; 2 S Balbi (Brack FR) 37:46; 3 I Collier (M40) 37:56  
**Women**  
 1 J Hartney (Read RR, W45) 40:51; 2 J Galpaladas 46:01; 3 J Noad (M'head, W50) 47:13  
**Overall (5km approx):** 1 R Brookling (M40) 16:52; 2 J Fox (U17) 20:13; 3 P Hemmings 20:37  
**Women:** 1 D Taylor (Read, W45) 21:31; 2 C Gibbons (U17) 25:27

## BIRDSEDGE CHALLENGE 6, Huddersfield

**Men:** 1 S Dimelow (Dark Pk, M40) 33:53; 2 D Thompson (Barns) 35:22; 3 J Broom (Barns H, M40) 35:43  
**Women:** 1 P Griffin (Barns H) 41:07; 2 D Broom (Barns H, W45) 41:46



Wimbledon M60 winner Grenville Tuck

**KINGSCLERE 5**  
**Overall (5M approx):** 1 J Knight (Over) 28:54; 2 S Holmes (Over) 29:02; 3 J Craggs (Newb) 29:50  
**M50:** 1 N Sirs (Exe) 33:55. **M55:** 1 R Taylor (Newb) 35:52. **M60:** 1 M Cornwall (Newb) 37:44. **M65:** 1 E Tilbury (Over) 38:58  
**Women:** 1 L Woodley 31:21; 2 H Oliver (Over) 34:25

## JULY 2

**OSMOTHERLY PHOENIX TRAIL**  
**Overall (17M, h:m only):** 1 J Morgan 2:32; 2 M Small 2:41; 3 J Allerton 2:42  
**Women:** 1 S Morgan 3:01; 2 L Wilson 3:04; 3 L Clough 3:08  
**Overall (26M)**  
 1 N Ridsdale (M40) 3:36; 2 P Radford 3:56; 3 J Johnson 4:04; 4 S Illingworth MBE 4:26; 5 C Bagnall 4:26  
**Women:** 1 D Johnson 4:36; 2 K Dawson 5:00; 3 F Cooke 5:01  
**Overall (33M):** 1 J Rogers 4:40; 2 S Neill 4:47; 3 M Beale 4:47; 4 D Jelley 4:47; 5 S Deakin 4:59  
**Women:** 1 C Walton 5:22; 2 J Lovell 6:15; 3 V Mousley 6:28

## JULY 2

**JUNE 30**  
**YORKSHIRE VETERANS' GRAND PRIX SERIES, Meanwood**  
**Overall (5M approx):** 1 D Watson (Holm, M40) 26:08; 2 G Mulholland (Stain, M35) 26:24; 3 Neil Armitage (P&B, M40) 27:20; 4 W Kerr (Aire, M35) 27:22; 5 J Holah (P&B, M50) 27:27

**M55:** M Chambers (Aire) 30:25. **M60:** C Gill (St Ther) 30:58. **M65:** K Watson (Horsf) 33:52. **M70:** M Coles (Vall) 34:48

**TEAM:** 1 Pudsey & Bramley 779; 2 Pudsey Pacers 737; 3 Holmfirth H 731  
**Women:** 1 K Pickles (Puds P, W40) 30:59; 2 J Khoueiry (Hom, W35) 32:04; 3 M Sykes (Holm, W40) 32:19; 4 H Barber (Horsf, W40) 33:05

**W50:** L Crabtree (Hali) 35:14. **W55:** A Johnson (Horsf) 39:57. **W60:** C Wilkes (Horsf) 43:39. **W70:** M Lenaghan (C'gates) 48:01

**TEAM:** 1 Pudsey Pacers 358; 2 Horsforth H 355; 3 Stainland Lions 334

## JUNE 29

### FINCH COASTERS' WOODLAND 5 Crowthorne, Berkshire

**Overall (5M approx):** 1 F Slembeck (P&B) 29:23; 2 I Gosling (Read RR) 30:53; 3 A Chappell (Brack FR, M40) 32:06; 4 S Mitchell (M40) 32:11; 5 B Young (Brack FR) 32:18; 6 J Hatton 32:28  
**M50:** 1 E Dodwell (Read RR) 35:54  
**Women:** 1 A Swales (Army) 38:20; 2 B Fowler (Sand J, W40) 38:50  
**W45:** 1 C Marks (Read RR) 40:16

### SUE ROTHWELL CHILDREN OF CHERNOBYL 5km, Rochdale

**Overall:** 1 D Nicholls (Wilm) 16:05; 2 C Barnes 17:15; 3 R Brewster (Clay, M55) 18:03  
**Women:** 1 J Davidson (Roch, U20) 19:44; 2 J Brady (Acc RR) 20:37; 3 A Brewster (Clay, W50) 27:53

### MONAUGHTY FOREST RUN, Elgin]

**Overall (4M approx):** 1 S Pride (Forres, M40) 24:39; 2 P Rogan (Forres, M40) 25:04; 3 J Goodall (Keith, M50) 25:13; 4 P Murdoch (Keith) 25:22; 5 R Paterson (Forres) 25:39  
**Women:** 1 N Beaton (Moray) 31:24; 2 K Rogan (Forres, U20) 31:30; 3 R Wright (Forres, W35) 36:04  
**W45:** D Dolan 38:407

## JUNE 26

### DOWNLANDS FAYRE 5, Hassocks

**Overall (5M approx):** 1 T Gedin (Arena) 28:03; 2 P Carr (Seaf, M40) 30:00; 3 M Roweth (Arena, M40) 30:56  
**Women:** 1 J Bryce (Burg HR, W35) 32:08; 2 K Lo (Hay H) 34:22  
**TEAM (M&W combined):** 1 Arena 80; 2 Seaford Striders; 3 Burgess Hill R

## JUNE 16

### BEACH BASH, Balmedie

**Overall (3.5M/300ft):** 1 D Whitehead (Dees R) 23:56; 2 K Harper (Cosmic) 24:53; 3 N Easton 28:55  
**M40:** D McDonald (Cosmic) 29:11.  
**M50:** M Johnston (Metro) 31:44  
**Women:** 1 L Clark 35:01; 2 L Delaney (Cosmic) 35:36; 3 A Gallon 35:40  
**W50:** A Hamilton (Cosmic) 36:02

## CROSS-COUNTRY

### JULY 3

#### WATLINGTON 10km, Oxon

**Overall:** 1 S Frear (W'stock) 39:38; 2 R Kemp 44:22; 3 R Bones (Read RR) 44:37  
**Women:** 1 J Laws (Barn, W50) 49:34; 2 B King 51:05

## JUNE 29

### PORTSMOUTH SUMMER OPEN 5, Horndean

**Overall (5M):** 1 J Manning (Denm) 28:35; 2 P Cardy (Ports) 28:43; 3 D Bailey (Vict, U20) 29:12; 4 N Baker (Denm, M40) 29:23; 5 M Gordon (Havant, U20) 31:02; 6 P Mitchinson (Vict) 31:12

**M40:** 2 N Mc Alpine (S Downs) 31:26.

**M50:** 1 P Guest (Ports J) 32:21. **M55:** 1 P Spurge (Ports J) 35:03  
**Women:** 1 E Alden (M'hurst) 32:38; 2 A Carpenter (Chich, W35) 35:01; 3 E Jolly (WRN) 35:13

**W45:** 1 K Nelson (Havant) 38:54; 2 N Proudlock (Liss) 39:03

## WALKS

### JULY 14

#### ST JOHN'S 10km, Isle of Man

**Overall:** 1 M George (M45) 45:52; 2 A Cowin (U17) 55:42; 3 C Cale 57:40

**M60:** S Cox 58:31. **U20:** J Bellando 59:21

**Women:** 1 M Jackson (W50) 58:24 (Island W50 rec); 2 S Walker (W40) 59:42; 3 M Turner 61:35

### JULY 5

#### WOODFORD TUESDAY WALK Woodford, Essex

**Overall:** 1 M Bradley (E&H) 29:22.10; 2 H Middleton (E&H, W) 29:42.18; 3 M Harran (Sy WC) 29:45.38

**Women:** 1 H Middleton (E&H) 29:42.18; 2 C Duhig (Ryst) 30:24.84

## FELL

### JULY 17

#### HOLME MOSS, Holmbridge nr Huddersfield

**Overall (16M/4000ft):** 1 S Harding (Macc) 2:35:30; 2 S Cale (Mercia) 2:38:15; 3 R Pattinson (P&B, M45) 2:41:09

**M50:** M Stenton (Dk Pk) 2:56:16  
**TEAM:** 1 Macclesfield H 28; 2 Dark Peak FR 39; 3 Glossopdale H 60

**Women:** 1 H Berry (Holm) 3:06:43; 2 N Spinks (Dark Pk, W40) 3:19:42; 3 M Sykes (Holm) 3:47:09

**W50:** K Sinkinson (Holm) 3:52:46

**TEAM:** Holmfirth H 150

### KENTMERE

**Overall (11.9M/3300ft):** 1 R Jebb (Bing) 88:38; 2 M Donnelly (B'dale F) 89:03; 3 D Milliken (Horw, M40) 96:12  
**Women:** 1 F Hughes (Camb U) 1:54:55; 2 L Roberts (Kend) 1:57:13; 3 R Browne (Bowl, W40) 2:07:18

### JULY 16

#### INGLEBOROUGH, Ingleton

**Overall (7M/2000ft):** 1 L Taggart (Manx F, M40) 48:04; 2 M McGoldrick (Wharf) 51:28; 3 S Wurr (Dur U Old B) 51:41

**Women:** 1 L Adams (Hallam) 54:11; 2 S Newman (Calder V, W50) 59:37

### ENGLISH JUNIOR UPHILL CHAMPIONSHIPS, Sedbergh

**U18 (distance/ascent not measured):** 1 F McGrath (W'bury) 22:12; 2 J Johnston (Ross) 22:26; 3 A Weymouth (Bord) 22:44

**U18 women:** 1 L Riches (Leigh) 25:50; 2 B Taylor (B'burn) 27:06; 3 J Gilbert (Newq) 29:17

**U16:** 1 M Wharton (Calder V) 22:21; 2 J Hall (Wharf) 22:29; 3 B Traviss (Hali) 22:41

**U16 women:** 1 A Mason (Wake) 25:12; 2 G Malir (Ikley) 27:48; 3 S Searson (B'burn) 28:18

**U14:** 1 L Byram (Holm) 12:18; 2 J Willis (M&C) 12:40; 3 C Richards (Helm H) 13:11

**U14 women:** 1 B Owen (Scar) 13:35; 2 E Greenwood (B'burn) 14:53; 3 M Travis (Hali) 15:18

**U12:** 1 A Thompson (Leic C) 8:56; 2 J Lund (K&C) 9:32; 3 C Lowrie (Wharf) 9:40

**U12 women:** 1 L McGuinness (E Ches)

10:15; 2 L Byram (Pend) 10:50; 3 I Burrow (Helm H) 11:05

### JULY 13

#### STIPERSTONES, Shropshire

**Overall (3.2M/800ft, all Mercia):** 1 S Cale 27:07; 2 P Jones (M40) 28:32; 3 I Grindley (M45) 29:16

**Women:** 1 M Price (Mercia) 31:53; 2 R Stafford (Mercia) 37:28; 3 M Lloyd (Lough S) 38:21

### THE DRUID, Mold

**Overall (5M/1200ft):** 1 R Grantham (Elles P) 32:36; 2 J Brown (Buck) 33:37; 3 I Houston (Wrec TC, M40) 33:55

**Women:** 1 L Grantham (Wirr) 39:14; 2 K Tittlow (Warr) 39:17; 3 S Hammond (Tatten, W45) 40:49

### MADDY MOSS MASH, Tillicoultry

**Overall (6M/2500ft):** 1 A Anthony (Ochil) 50:31; 2 K Richmond (Bella R, M40) 52:56; 3 M Harris (Fife, M50) 53:09

**Women:** 1 C Rankin (Kilb) 60:17; 2 S Robertson (W'lands CC) 62:26; 3 E Wardlaw (HBT) 65:50

### BLACK ROCKS, Matlock

**Overall (5.5M/850ft):** 1 P Hodgkinson (E'wash) 36:09; 2 K Webster (Mat, M40) 36:57; 3 S Cooper (Shelt) 39:16  
**Women:** 1 D Lee (Mat) 44:18; 2 S Curtis (Pennine, W40) 45:29; 3 L Holmes (Ripley) 46:47

### JULY 12

#### COCK HOWE AND BEYOND, Clay Bank

**Overall:** 1 C Bell (Howg) 39:05; 2 P Butler (Loft) 40:38; 3 C Taylor (Esk V, U20) 42:00

**TEAM:** 1 North York Moors 40; 2 Loftus & Whitby 56; 3 Esk Valley FR 60

**Women:** 1 A Raw (Bing, W45) 49:51; 2 K Aspin (N Marske, W40) 52:37; 3 J Jackson (Loft, W40) 53:35

### WAUGH'S WELL, Edenfield

**Overall (4M/1000ft):** 1 J Hall (Wharf, U16) 33:31; 2 S Carey (Tod, U18) 34:04; 3 J Dugdale (Clay) 35:25

**Women:** 1 N Jacksons (Prest) 39:48; 2 E Flanagan (Ross) 40:53; 3 G Myers (Wharf, W50) 42:12

### JULY 11

#### TRUNCE SERIES, Oxspring

**Overall (4.25M/550ft):** 1 A Swift 24:54; 2 P Hague 25:8; 3 D Hague 26:03

**Women:** 1 P Griffin 30:34; 2 J Latham 30:45; 3 J Bolton (W40) 32:17

### JULY 9

#### TAL Y FAN, Rowen

**Overall (8.5M/2400ft):** 1 B Grantham (Elles P) 72:54; 2 R Watson (B Combe) 73:48; 3 S Tosh (Ross) 73:49

**Women:** 1 A Kendal (Knave) 85:08; 2 S Barnwell (Eryri) 89:24; 3 W Collins (Denbigh) 91:09

### HEPTONSTALL

**Overall (9M/1500ft):** 1 S Carey (Tod, U18) 53:01; 2 A Thorpe (Clader V, M40) 53:09; 3 P Crabtree (Wharf, M40) 55:02

**Women:** 1 K Walshaw (Holm) 55:42; 2 A Johnson (Calder V, W40) 60:56

### JAMES COULSON LAXEY, Isle of Man

**Overall (8.5M/2200ft, all Manx F):** 1 S Skillicorn 70:43; 2 R Sellors (M40) 75:24; 3 P Sykes 76:24

**Women:** 1 K Burge 82:34; 2 R Wallace (Manx H) 90:23; 3 S Curphey (Manx H) 98:49



Women's winner  
Helen Berry  
descending at  
Holme Moss

### JULY 7

#### MURDER MILE, Silsden

**Overall (1M/800ft):** 1 I Holmes (Bing, M45) 7:19; 2 J Crossfield (Hali, U17) 7:36; 3 J Craig 7:41

**U14:** N Caires (Bing) 7:42. **U12:** J Lund (K&C) 8:19

**Women:** 1 E Lambert (Wharf, U14) 9:30; 2 L Pickles (Wharf) 10:00; 3 E Child (U14) 10:44

**U12:** L Shoot 11:42

### JULY 6

#### COSDON, Belstone

**Overall (3.2M/1030ft, all Oke):** 1 T Gill 30:415; 2 A Vallance 31:23; 3 P Crease 34:10

**Women:** 1 L Skye 42:44; 2 E Cunnington 50:35; 3 M Cooper 53:36

### RESTON SCAR SCAMPER, Staveley

**Overall (3.75M/985ft):** 1 M Addison (Helm, H) 27:06 (rec); 2 B Abdelnoor (Amble) 27:15; 3 C Newman (Wharf) 29:26

**Women:** 1 N White (Kend) 34:13; 2 L Varney (Kend, W40) 36:50; 3 S Taylor (Bing) 37:20

### JULY 5

#### TWENTY BARRIERS CHALLENGE, Carnforth

**Overall (5M/500ft):** 1 S Littler (Wesh) 32:50; 2 S Swarbrick (Bowl) 33:40; 3 D Anderson (Tri Prest) 33:45

**Women:** 1 S Tunstall (Kend) 35:20; 2 S Ford 41:15; 3 J Taylor (L&M, W40) 41:43

### BLACK HILL RACE, Earlston

**Overall (8.2km/220m):** 1 C Grieve (Tev) 35:03; 2 J Bates 35:26; 3 K Murray (Tev) 36:02

**Women:** K Maxwell (Gala) 39:02

**U16 (White Hill, 3.2km/100m):** 1 R Marr (Gala) 14:00; 2 E Lemmon 16:35; 3 J Agnew (Lauder) 17:16

**U16 women:** K Maxwell (Gala) 17:49

### SALTWELL, Stanhope

**Overall (5.5M/1000ft):** 1 D Graham (Gosf) 41:02; 2 L Bushwell (Gosf) 42:01; 3 D Archer (Dur F) 42:12

**Women:** 1 K Robertson (N'land F, W40) 49:48; 2 B Gregory-Smith (Tyne) 53:24; 3 D Metcalfe (Dur F) 54:26

### JULY 4

#### HATHERSAGE GALA, Hope Valley

**Overall (4.5M/925ft):** 1 S Bond (Dark Pk, 29:03; 2 S Pyke (Staffs M, M40) 60:51; 3 J Wilson (Fat B) 31:16

**Women:** 1 L Gibson (Totley) 36:22; 2 L Such (Hallam) 36:28; 3 S McKay (Totley) 38:45

### JULY 3-4

#### SAUNDERS LAKELAND MOUNTAIN MARATHON, Great Langdale

**Klets:(29.3km/1725m+20.7km/1350m):**

**men:** 1 S Birkinshaw 9:23:07; 2 S Ohly 10:32:49; 3 S Harding 10:44:51

**Scafell:(29.7km/1965m+18.5km/1305m in pairs):** overall: T Gibbs/H Aggleton 10:22:43

**Mixed:** A Llewellyn/S O'Neil 12:06:30  
**Bowfell(23.7km/1640m+20.1km/1180m):**

**Overall:** D Woolnough/A Fulbrook 11:41:59

**Mixed:** B Stadden/L Porter (V40) 13:03:51

**Women:** K Nash/R Browne (W40) 13:03:59

**Kirkfell(21km/1395m+18.7km/1260m):** overall: T Beasant/D Schorah 9:31:32

**Mixed:** K Hodgson/B Penrose 11:20:39  
**Women:** K Thompson/J Brown (V40) 13:59:01

**Carrock Fell(18.8km/1080m+18.3km/1090m):** overall: M Spooner/M Beresford 10:05:31

**Mixed:** C Naylor/B Mason 11:20:06  
**Women:** V Lawson/A Gibbs 12:57:00

**Harter Fell (16.5km/885m+15.2km/950m):** overall: A Powell/T Boxford 8:17:19

**Mixed:** K Broatch/D Broatch (V40) 8:33:47

**Women:** C Towler/J Nixon 9:35:31

**Wansfell (14.4km/735m+16km/915m):** overall: A Whelan/H Whelan 7:10:35

**Mixed:** P Thompson/B Thompson (V40) 7:34:20  
**Women:** R Maxwell/A Carrington 9:10:05

**Bedafell (14.4km/735m+16km/915m):** overall: V Hasabella/S Phillips (mixed) 10:07:04

**Women:** A Mills/L Parish 13:33:19

# Seven athletes to watch

**STEVEN MILLS**  
NAMES SOME TOP  
CONTENDERS AT THE  
EUROPEAN JUNIOR  
CHAMPIONSHIPS  
IN TALLINN ON JULY  
21-24

**Pictures:** Mark Shearman

» **Jimmy Vicaut (FRA) – 100m**  
JIMMY VICAUT only turned to the sport in 2009, but even though he's only been training five days a week since then, the 19-year-old has won world junior bronze, and gold in the 4x100m relay at the European Championships. While he was perhaps expected to claim more than bronze last year, the Frenchman, who leads the European junior rankings with 10.20, should make amends in Tallinn.

Citing Tyson Gay as one of his inspirations, he is often compared to treble European champion Christophe Lemaitre. Indeed, when he ran 10.16 at the age of 18 last year, he was one tenth of a second faster than the European No.1 was at the same age.

» **Dafne Schippers (NED) – heptathlon**

WHILE Jessica Ennis is strongly touted as the Olympic gold medal favourite for the heptathlon next



**Jimmy Vicaut:**  
French  
favourite



**Jodie Williams:**  
sprint hope

year, Schippers has been earmarked as another potential global combined events champion. Not only does the Dutchwoman lead the European junior rankings with 6172, but she is also a very talented sprinter. En route to her Dutch junior heptathlon record in Gotzis, the world junior heptathlon champion sped to a national and European under-20 leading mark of 22.90 in the 200m and she also holds the national junior 60m record at 7.28.

» **Jodie Williams (GBR) – 100m, 200m, 4x100m**

FORTUNATELY for Britain's most promising ever junior sprinter, Schippers is not entered for the sprints, so the Herts Phoenix athlete is favourite to take a sprint double. That would replicate her achievement at the 2009 World Youth Championships. Last year, in addition to winning world junior 100m gold, she ran a UK junior record of 11.24, while her 22.79 at 200m ranks her second only to Kathy Cook in GB junior terms.

» **Dmitriy Kroyter (ISR) – high jump**

THE Siberian-born jumper scooped Israel's first-ever world

youth title in 2009 and, after honours at the European Youth Olympic Festival in Moscow and at the inaugural Youth Olympic Games in Singapore last summer, Dmitriy Kroyter looks set to make an instant impression at junior level. The 18-year-old has improved his PB by six centimetres to 2.28m this year.

» **Angelica Bengtsson (SWE) – pole vault**

DURING the course of the indoor season, the former gymnast improved the world junior record from 4.48m to 4.62m and, although illness forced her to miss the European Team Championships, the 17-year-old seems to be regaining the form which propelled her to three Swedish indoor records.

» **Zigismunds Sirmais (LAT) – javelin**

DESPITE far from ideal conditions in Sofia earlier this year, Zigismunds Sirmais smashed his idol Andreas Thorkildsen's world junior record and improved it to 84.69m last month. Sirmais, who trains with 2004 Olympic silver medallist Vadims Vasilevskis, leads the European junior rankings by four metres. He will be looking to make up for last year's World Junior Championships where he finished seventh.

» **Mariya Kuchina (RUS) – high jump**

THE indoor season potentially marked a changing of the guard in Russian high jumping as Mariya Kuchina beat Athens Olympic champion Yelena Slesarenko in her home town of Volgograd, before setting a world indoor junior best of 1.97m just two weeks after her 18th birthday. Kuchina, who achieved the best mark by a junior since the 1980s, will renew her rivalry with Alessia Trost of Italy, to whom she lost at the IAAF World Youth Championships in 2009.

## Strong British team

SPRINTER Jodie Williams leads the medal hopes in one of the largest teams Britain has sent to a European Junior Championships.

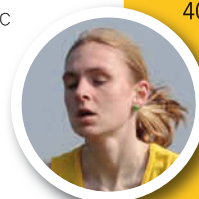
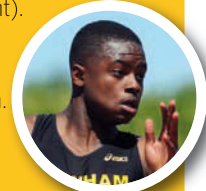
**Men: 100m:** David Bolarinwa; Adam Gemili; Sam Watts. **200m:** Bolarinwa (right).

**400m:** Jarryd Dunn. **800m:** Guy Learmonth.

**1500m:** Cameron Boyek; Adam Cotton; Charlie Grice. **5000m:** Jonny Hay. **10,000m:** Karl Billington; Paul Thompson; David Vernon. **110H:** Ben Kelk; Jack Meredith; Andy Pozzi. **400H:** Paul Bennett; Ben Hopkins. **4x100m:** Bolarinwa; Gemili; Jordan Kirby-Polidore; Judah Simpson; Dannish Walker Khan; Watts. **4x400m:** George Caddick; Dunn; David Lagerberg; Greg Loudon; Dominic Smith. **Pole vault:** Cameron Walker-Shepherd. **Long jump:** James McLachlan. **Javelin:** Joe Dunderdale; Richard Shuttleworth. **Women: 100m:** Marilyn Nwawulor; Jodie Williams. **200m:** Williams.

**400m:** Lucy James; Katie Kirk; Kirsten McAslan. **800m:** Rowena Cole. **1500m:** Jennifer Walsh. **3000m:** Emelia Gorecka\*; **5000m:** Gorecka\*; Annabel Gummow (left). **400H:** Abigail Fitzpatrick; Megan Southwart; Sophie Wood. **4x100m:** Jennie Batten; Mica Moore; Nwawulor; Annie Tagoe; Bianca Williams; Jodie Williams. **4x400m:** Yimika Adewakun; Zoey Clark; Amelia Clifford; James; Kirk; McAslan. **High jump:** Emma Nuttall; Isobel Pooley. **Pole vault:** Katie Byres (below). **Triple jump:** Ahtollah Rose. **Javelin:** Izzy Jeffs. Freya Jones; Kike Oniwinde. **Hammer:** Abi Carter; Myra Perkins. **Heptathlon:** Katarina Johnson-Thompson

\*Gorecka will compete in either the 3000m or 5000m






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 **BRECON Lions 10 - Inc East Wales Champs**  
 August 7th 2011 at 10.30am  
 Start and finish on Brecon's athletics track  
 £12 affiliated, £14 (U/A). All £15 on the day. Cheques payable to Brecon 10  
 Entry Form & SAE to Derek White, 3 Camden Crt, Brecon, Powys LD3 7RP  
[www.brecon10.com](http://www.brecon10.com) or contact Derek at [dagjan@aol.com](mailto:dagjan@aol.com)

14th August 2011  
**30<sup>th</sup> Newark half marathon**  
  
 Sunday 14<sup>th</sup> August at 10am  
 A flat town & rural course. Start / finish in the historic centre of Newark-on-Trent.  
 Technical T-shirt to all finishers. Chip timing.  
 Extensive prize list. Seven drinks stations.  
 Affiliated £15 / Unattached £17. £2 extra on the day (but ineligible for individual prizes)  
[www.newarkhalf.co.uk](http://www.newarkhalf.co.uk)

**11th Cransley Hospice 10km and Half Marathon**  
 Sunday 18<sup>th</sup> September at 11am prompt  
 From Cranford, near Kettering, Northamptonshire, NN14 4AQ  
 Run on undulating country roads. Entry-£13 club or £15 U/A (+£3 on the day).  
 Inc Northants Half Marathon champs (Email: [mike\\_burgouk@yahoo.co.uk](mailto:mike_burgouk@yahoo.co.uk))  
[www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk) or [www.ktharriers.com](http://www.ktharriers.com)

**10k Run, Hyde Park, London. Sunday 21<sup>st</sup> August 2011**  
**Win a London 2012 marathon place**  
  
 Plus a full biomechanical assessment & production of sports/running insole worth £150 from Profeet for the winner.  
 Please visit our website for more details and to register  
<http://bit.ly/hydepark10k>  
 All money raised goes to fund research into Crohn's disease  
 forCrohns registered charity number: 1129871

 **31<sup>ST</sup> BURNHAM BEECHES HALF MARATHON**  
 Sunday 21<sup>st</sup> August 2011 at 10.00 am  
 Caldicott School, Farnham Common, Bucks, SL2 3SL  
 BARR Gold event. SEAA Course Certificate 06/112.  
 Inc Southern Counties Veterans AC (SCVAC) Champs  
 Entry fees: £16 UKA affiliated, £18 other runners. Entries on the day +£4  
 Postal entries to: Burnham Joggers, PO BOX 2307, Maidenhead, SL6 0WD  
 Or online at [WWW.burnhamjoggers.co.uk](http://WWW.burnhamjoggers.co.uk)

**Englefield Run 10k 2011**  
  
 Englefield Estate, Berkshire Sunday 28<sup>th</sup> August  
 10k Multi-terrain, 3.2k Under 15s, 2k Fun Run  
 Take part at [www.Englefieldrun.info](http://www.Englefieldrun.info)

 **Maidenhead Town Centre**  
 Sunday Sept 4<sup>th</sup> at 9:30  
**Flat, Fast and Traffic free.**  
 Entry Fee: £18 (Affiliated) / £20 (Unaffiliated).  
 Both £4 extra on the day.  
 Email [info@purplepatchrunning.com](mailto:info@purplepatchrunning.com) Online entry available.  
 Entry forms and details at [www.purplepatchrunning.com](http://www.purplepatchrunning.com)

**2011 CHELTENHAM HALF MARATHON**  
  
**Run Cheltenham Half Marathon**  
 Sunday 4<sup>th</sup> September 2011 at 2:05pm  
 Traffic free out and back course. Starting & finishing alongside the famous home straight of the Cheltenham Gold Cup.  
 For more information, download entry forms or online entry, log on to  
[www.runcheltenham.org.uk](http://www.runcheltenham.org.uk)

 **One2go Lee Valley Trail Marathon**  
 Sat 10th Sept 2011 at 10am  
**Hackney Marsh Centre**  
 Following the Olympic walk & cycle route alongside the stunning waterways of the River Lee & around the rapids of the Olympic Water Sports Centre in an almost traffic free route. Start and finish at the new Hackney Marsh Centre. For information on One2go events & registration:  
[www.one2go.org.uk](http://www.one2go.org.uk)

**HIGHLAND PERTSHIRE MARATHON & HALF MARATHON**  
  
 SATURDAY 10TH SEPTEMBER 2011  
**Golf Club, Aberfeldy, PH15 2BH** Lifeboats  
 Pasta Party on Friday. Ceilidh & BBQ at Town Hall after the race.  
 Marathon: Start - 9am, Entry - £30. Half-Marathon: Start - 9:30am, Entry - £25  
[www.highlandperthshiremarathon.co.uk](http://www.highlandperthshiremarathon.co.uk)

**City of Portsmouth A.C ~ celebrating 65 years of Road Races**  
 **Victory 5 Mile** 11am Sunday 18 September  
 Flat, fast & traffic free with PB potential. Race Records 22.44(m)25.35(w)  
**£3000 in prizes** ~ Top 10 Men & Women + vet categories from Over 40 to Over 70  
 To celebrate the 65th year all finishers will receive a special commemorative award  
 Information & Entry Form at [www.portsmouthathletic.co.uk](http://www.portsmouthathletic.co.uk)  
 or enter at [www.runnersworld.co.uk](http://www.runnersworld.co.uk) or [www.runningdiary.co.uk](http://www.runningdiary.co.uk)  
 Enquiries to 02392 651446 or e mail [victory5@athleticevents.co.uk](mailto:victory5@athleticevents.co.uk)  


**The Three Counties Challenge - September 23-25 2011**  
  
 Get involved in North Wales' biggest running festival of 2011.  
 Fri 23<sup>rd</sup> Sept - Llandudno - Elite Mile and 5K race  
 Sat 24<sup>th</sup> Sept - Llanberis - Mountain Race  
 Sun 25<sup>th</sup> Sept - Newborough, Anglesey - Trail race  
 Enter online at [www.cmudc2011.org](http://www.cmudc2011.org)  
 3 events - 3 days across 3 counties open to runners of all abilities. Take part in one or all three events

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**Run Preston 2011**  
**SUN 25<sup>th</sup> September 2011**  
 10km, 5km, 7.5km run  
 & new for 2011, chip timing  
  
 Enter online at [ukreults.net](http://ukreults.net), [runnersworld.co.uk](http://runnersworld.co.uk), [runbritain.com](http://runbritain.com), [shoestringresults.com](http://shoestringresults.com) or  
 download an entry form from [www.preston.gov.uk/majorevents](http://www.preston.gov.uk/majorevents)

**Take the ultimate challenge 09.10.11**  
**The Eden Project Marathon**  
 Too far?...Try the Eden Project Half Marathon  
  
 Featuring multi-terrain courses through Eden, varied countryside and mining areas. Themed memento, t shirt, pasty and goodie bag to all finishers.  
 Places are limited so register now [www.edenproject.com/marathon](http://www.edenproject.com/marathon)

## CROSS-COUNTRY

### Friday August 5

**GUERNSEY CHALLENGE HERM 6km**  
Herm. 6.30pm.  
[www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)

## FELL

### Monday August 1

**GUERNSEY CHALLENGE**  
Jerbourg, Guernsey. 6.30pm.  
[www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)

## MULTI-TERRAIN

### Thursday July 21

**JOAN RHODES/FRED NORRIS MEMORIAL 5km**  
Mason's Arms, Sion Street, Radcliffe, Manchester. 7.15pm.  
[www.fvspartans.org.uk](http://www.fvspartans.org.uk)  
Entry: £4. Extra on day: £1.

### Friday July 22

**POOLE RUNNERS SUMMER 3.5 SERIES**  
Upton Country Park, Poole, Dorset. 7.30pm.  
[www.poolerunners.com](http://www.poolerunners.com)  
Entry: £2 on the night.

### Saturday July 23

**BINGLEY SHOW 3**  
Myrtle Park, Bingley, West Yorkshire. 1pm.  
[www.bingleyharriers.org.uk](http://www.bingleyharriers.org.uk)  
Entry: £7.50.  
**ELSWICK EXPRESS 10**  
Village Hall, Elswick, Preston Lancashire. 11am.  
[www.weshamroadrunners.com](http://www.weshamroadrunners.com)  
Entry: £10. Extra on day: £1.  
**LOVE LIFE LOVE RUNNING FESTIVAL 10km**  
Birches Valley, Cannock Chase, Cannock, Staffordshire. 1pm.  
[www.lllr.co.uk](http://www.lllr.co.uk)  
Entry: £16.  
**MUSSELBURGH FESTIVAL 10km**  
Loretto School Playing Fields, Musselburgh, East Lothian. 10.30am.  
[www.musselburghac.com](http://www.musselburghac.com)  
Entry: £16.

### Sunday July 24

**BLACKPOOL BEACH 10km**  
Solaris Centre, South Promenade, Blackpool, Lancashire. 11am.  
Entry: £10. Extra on day: £2.  
**CROSS BAY CHALLENGE HALF-MARATHON**  
Cark Airfield, Flookburgh, Cumbria. 12.30pm.  
[www.crossbayrun.org.uk](http://www.crossbayrun.org.uk)  
Entry: £23.  
**DOWNLAND RUNNING FESTIVAL 30**  
Playing Fields, Clayton, West Sussex. 9am.  
[www.haywardsheathharriers.co.uk](http://www.haywardsheathharriers.co.uk)  
Entry: £7. Extra on day: £2.  
**EVERY WHICH WAY BUT LOOSE 14**  
Village Hall, Umberstone, Devon. 8.30am.  
<http://axevalleyrunners.org.uk>  
Entry: £5.  
**HAILEYBURY 10km**  
Haileybury, Hertford Heath, Hertford. 11am.  
[www.musclehelp.com](http://www.musclehelp.com)  
Entry: £17.

**JACK AND JILL 5**  
Playing Fields, Clayton, West Sussex. 11am.  
[www.haywardsheathharriers.co.uk](http://www.haywardsheathharriers.co.uk)  
Entry: £4. Extra on day: £2.  
**LITTLEPORT LEISURE 10km**  
Littleport Leisure Centre, Littleport, Cambridgeshire. 10.45am.  
<http://littleport10k.co.uk>  
Entry: £8. Extra on day: £2.  
**PUMA PUDSEY 10km**  
Pudsey Leisure Centre, Market Place, Pudsey, West Yorkshire. 10.45am.  
[www.pudseypacers.com](http://www.pudseypacers.com)  
Entry: £9. Extra on day: £1.

**RNLI SUMMER SERIES 10km**  
Rhyl Lifeboat Station, Rhyl, Clwyd. 10am.  
[www.rnli.org.uk/summerseries](http://www.rnli.org.uk/summerseries)  
Entry: £18.  
**SURREY SLOG HALF-MARATHON**  
Duke of Kent School, Peaslake Road, Ewhurst, Surrey. 10am.  
[www.mabac.org.uk](http://www.mabac.org.uk)  
Entry: £10.  
**THAMES TOWPATH HALF-MARATHON**  
Marlow RFC, Marlow, Buckinghamshire. 10am.  
[www.purplepatchrunning.com](http://www.purplepatchrunning.com)  
Entry: £16.

### Wednesday July 27

**CROWTHORNE WOODLAND 5**  
Upper Broadmoor Road, Crowthorne, Berkshire. 7.30pm.  
[w5@finchcoasters.org.uk](mailto:w5@finchcoasters.org.uk)  
[www.finchcoasters.org.uk](http://www.finchcoasters.org.uk)  
Entry: £7. Extra on day: £1.  
**GATTON SUMMER RUN 10km**  
Royal Alexandra & Albert School, Gatton Park, Redhill, Surrey. 7.30pm.  
[www.rpac.org.uk](http://www.rpac.org.uk)  
Entry: £5. Extra on day: £2.  
**JOYDENS WOOD 5km SERIES**  
Joydens Wood, Dartford, Kent. 7.15pm.  
[www.dartfordroadrunners.co.uk](http://www.dartfordroadrunners.co.uk)  
Entry: £5.  
**LINDA CRABTREE COWM 6.7km**  
Sportsman Pub, Whitworth, Rochdale, Lancashire. 7pm.  
[info@andemrunners.co.uk](mailto:info@andemrunners.co.uk)  
Entry: £4. Extra on day: £1.  
**MILLBROOK MONSTER 10km**  
Hare & Hounds Pub, Millbrook, Cheshire. 7.30pm.  
<http://sites.google.com/site/kiwiclassicerevents/>  
Entry: £6. Extra on day: £1.

### Thursday July 28

**BRADFORD ON AVON 5km SERIES**  
Barton Farm Country Park, Bradford on Avon, Wiltshire. 7pm.  
[www.dbmax.co.uk](http://www.dbmax.co.uk)  
Entry: £5.50. Extra on day: £1.

### Friday July 29

**NEAR AS DAMN IT 10km SERIES**  
SLH HQ, Brighton Road, Coulsdon, Surrey. 7.30pm.  
[www.southlondonharriers.org](http://www.southlondonharriers.org)  
Entry: £3.  
**WEDDING DAY 7km**  
Hampton Hill CC, Bushy Park, Hampton Hill, Middlesex. 7.30pm.  
[www.stragglers.org](http://www.stragglers.org)  
Entry: £8.

### Saturday July 30

**GYRN GALLOP 7**  
Village Hall, Rhiwlas, Shropshire. 2pm.  
[www.oswestryolympians.co.uk](http://www.oswestryolympians.co.uk)  
Entry: £5.  
**KINGSBURY 12km**  
Kingsbury Water Park, Kingsbury, Staffordshire. 6.30pm.  
[www.tamworthac.org](http://www.tamworthac.org)  
Entry: £8. Extra on day: £2.  
**TYWARDREATH TROTTER 7**  
New Inn, Tywardreath, Cornwall. 6.30pm.  
[www.tywardreathtrotter.co.uk](http://www.tywardreathtrotter.co.uk)  
Entry: £8. Extra on day: £2.

### Sunday July 31

**BORTH BEACH 10km**  
It's a Gift, Borth, Ceredigion. 4.30pm.  
<http://users.aber.ac.uk/keh/borth10k/home.htm>  
Entry: £6. Extra on day: £1.  
**BRIGHTON TRAILBLAZER 10km**  
Woodingdean, Brighton, Sussex. 11am.  
[www.brightonsports.co.uk](http://www.brightonsports.co.uk)  
Entry: £10. Extra on day: £5.  
**EXMOOR SEAVIEW 17**  
West Somerset Community College Sports Centre, Minehead, Somerset. 10am.  
<http://mineheadrunningclub.co.uk>  
Entry: £7.

**GUERNSEY CHALLENGE CLIFF RACE 8km**  
Icart Point, Guernsey. 6.30pm.  
[www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)  
**JAMES HERRIOT COUNTRY 14km**  
Castle Bolton, near Leyburn, Wensleydale, North Yorkshire. 11am.  
[www.ukresuits.net](http://www.ukresuits.net)  
Entry: £9. Extra on day: £1.  
**RNLI SUMMER SERIES 10km**  
Pendine Sands, Carmarthenshire. 11am.  
[www.rnli.org.uk/summerseries](http://www.rnli.org.uk/summerseries)  
Entry: £18.  
**ROUGEMONT CHASE 7.4km**  
Weeton, North Yorkshire. 12.30pm.  
[www.weetonshow.com/rougemont.html](http://www.weetonshow.com/rougemont.html)  
Entry: £1.50 on the day.  
**SOUTHPORT BEACH 10km**  
LEGACY EVENT  
Southport Beach, Southport, Merseyside. 10am.  
[www.legacyevent.org](http://www.legacyevent.org)  
Entry: £15.

### Monday August 1

**BLAISE BLAZER 4**  
Blaise Castle, Bristol. 7.30pm.  
[www.westburyharriers.co.uk](http://www.westburyharriers.co.uk)  
Entry: £3 on the day.

### Tuesday August 2

**GUERNSEY CHALLENGE 5km**  
Saumarez Park, Guernsey. 6.30pm.  
[www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)  
**PYRARCH PANORAMIC 5**  
Sycamore Inn, Parwich, Derbyshire. 7.15pm.  
[graham.johnson@uniscan.com](mailto:graham.johnson@uniscan.com)  
Entry: £5.

### Wednesday August 3

**CHORLEY HARRIERS 4.4 SERIES**  
Baron's Rest, Astley, near Chorley, Lancashire. 7.30pm.  
[www.chorleyharriers.co.uk](http://www.chorleyharriers.co.uk)  
Entry: £4. Extra on day: £2.

**HASELBURY 10km**  
North Perrott CC, Crewkerne, Somerset. 7.15pm.  
[www.haseburytrail.btck.co.uk](http://www.haseburytrail.btck.co.uk)  
**MOULTON PIE AND PEAS 5**  
Lion Pub, Main Road, Moulton, Cheshire. 7.30pm.  
[www.valeroyalathleticclub.co.uk](http://www.valeroyalathleticclub.co.uk)  
Entry: £9.

### Thursday August 4

**CUERDEN VALLEY BADGER 10km SERIES**  
The Barn, Berkeley Drive, Bamber Bridge, Lancashire. 7.30pm.  
[ckenny@lancswt.org.uk](mailto:ckenny@lancswt.org.uk)  
[www.lancswt.org.uk](http://www.lancswt.org.uk)  
Entry: £6 on the night.  
**DEESTRIDERS 5 SERIES**  
Corus Sports & Social Club, Rowleys Drive, Shotton, Flintshire. 7.30pm.  
[www.deestridersrunningclub.net](http://www.deestridersrunningclub.net)  
Entry: £4. Extra on day: £2.  
**GUERNSEY CHALLENGE CLIFF RACE 8km**  
Icart Point, Guernsey. 6.30pm.  
[www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)

### Friday August 5

**GWR TOWPATH 10km SERIES**  
Greville Smyth Park, Ashton, Bristol. 7.30pm.  
[www.greatwesternrunners.org.uk](http://www.greatwesternrunners.org.uk)  
Entry: £6.  
**RNLI SUMMER SERIES 10km**  
Skegness Beach, Skegness, Lincolnshire. 6.30pm.  
[www.rnli.org.uk/summerseries](http://www.rnli.org.uk/summerseries)  
Entry: £18.

### Saturday August 6

**FIRST SATURDAY IN THE MONTH 5km**  
Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am.  
[www.firstsaturday5km.org.uk](http://www.firstsaturday5km.org.uk)  
Entry: £2.  
**GUILDFORD MONTHLY 5km TIME TRIAL**  
Stoke Park, opposite Guildford Spectrum, Guildford, Surrey. 9am.  
[www.ggac.co.uk](http://www.ggac.co.uk)  
Entry: Free.  
**LIVERPOOL BIG FUN RUN 5km**  
Sefton Park, Liverpool, Merseyside. 11am.  
[www.bigfunrun.com](http://www.bigfunrun.com)  
Entry: £12.

**ORION HARRIERS FOREST 5**  
Epping Forest, London. 10am.  
[www.orionharriers.org.uk](http://www.orionharriers.org.uk)  
Entry: £6. Extra on day: £2.  
**RNLI SUMMER SERIES 10km**  
Crosby Beach, Crosby, Merseyside. 10am.  
[www.rnli.org.uk/summerseries](http://www.rnli.org.uk/summerseries)  
Entry: £16.

**WANDLEBURY 5**  
Wandlebury Country Park, Near Babraham, Cambridgeshire. 10am.  
[www.newmarketjoggers.co.uk](http://www.newmarketjoggers.co.uk)  
Entry: £8. Extra on day: £2.

### Sunday August 7

**DYRHAM PARK 10km SERIES**  
Dyrham Park, Dyrham, near Bath, Gloucestershire. Noon.  
[www.relishrunningraces.com](http://www.relishrunningraces.com)  
Entry: £14. Extra on day: £6.  
**IDLE 10km**

## What's On TV guide

**BBC Red Button**  
Friday July 22: 7-9pm – Diamond League, Monaco  
**BBC3**  
Friday July 29: 7-9pm – Diamond League, Stockholm.  
**BBC2**  
Saturday July 30: 6-7.30pm – UK Trials and World Championships.  
**BBC2**  
Sunday July 31: 6-8pm – UK Trials and World Championships.  
**British Eurosport**  
Thursday July 21: 4.45pm – European Junior Championships. 6.30pm – European Outdoor Classic, Lucerne.  
Friday July 22: 5pm & 11pm – European Junior Championships.  
Sunday July 24: 5pm – European Junior Championships.

Woodhouse Grove School, Apperley Bridge, West Yorkshire. 10.30am.  
[www.idleac.co.uk](http://www.idleac.co.uk)  
Entry: £8. Extra on day: £1.  
**LAMBOURN FESTIVAL 5**  
Lambourn Sports Club, Bockhampton Road, Lambourn, Berkshire. 10.30am.  
[www.lambourn.info](http://www.lambourn.info)  
Entry: £8. Extra on day: £2.  
**MILLAND VALLEY 13**  
Milland Sports Pavilion, Milland, Sussex. 10.30am.  
[www.liss-runners.org.uk](http://www.liss-runners.org.uk)  
Entry: £10. Extra on day: £2.  
**RUNNERS' QUEST HALF-MARATHON**  
Hackney Marshes, Homerton Road, London. 10.30am.  
[www.ufdance.co.uk](http://www.ufdance.co.uk)  
Entry: £18. Extra on day: £2.  
**SHEFFIELD BIG FUN RUN 5km**  
Rother Valley Country Park, Sheffield, South Yorkshire. 11am.  
[www.bigfunrun.com](http://www.bigfunrun.com)  
Entry: £12.  
**ST JAMES'S PLACE 10km**  
Cirencester Park, Cirencester. 10am.  
[www.sjp.co.uk](http://www.sjp.co.uk)  
Entry: £10. Extra on day: £2.  
**TOTNES 10km**  
Totnes Leisure Centre, Totnes, Devon. 11am.  
[www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk)  
Entry: £7.

### Tuesday August 9

**MASSEY FERGUSON CORPORATE 5**  
Sports Pavilion, University of Warwick, Coventry, Warwickshire. 6.30pm.  
[www.masseyunrunners.co.uk](http://www.masseyunrunners.co.uk)  
Entry: £8. Extra on day: £2.  
**RUNNINGSPEC 7**  
Wilson's Playing Fields, Whalley Road, Clayton-le-Moors, Lancashire. 7.15pm.  
[www.runningspec.com](http://www.runningspec.com)  
Entry: £5 on the day.

### Wednesday August 10

**ARMADA 5km SERIES**  
Saltram Park, Plymouth. 7pm.  
[www.armadaathletics.com](http://www.armadaathletics.com)  
Entry: £1.  
**CROWN TO CROWN 5km**  
Westley Heights Country Park, Basildon, Essex. 7.30pm.

www.pitsearunningclub.org.uk  
Entry: £1.  
**RNLI SUMMER SERIES 10km**  
Gwithian Beach, Hayle, Cornwall.  
5.30pm.  
www.rnli.org.uk/summerseries  
Entry: £18.  
**WOLDS DASH SERIES**  
Hubbards Hills, Louth, Lincolnshire.  
7pm.  
www.louth-ac.org.uk  
Entry: £3 on the night.

## ROAD

### Thursday July 21

**FAIRLANDS VALLEY RELAYS (Inc HERTFORDSHIRE CHAMPS) (MEN-5x3km/WOMEN-3x3km)**  
Marriotts Gymnastic Centre, Stevenage, Hertfordshire. 7.30pm.  
www.fvspartans.org.uk  
Entry: Women: £9/team. Men: £15/team. All entries on the day.  
**HARWICH 5km SERIES**  
Dovercourt Sea Scout Hall, Harwich, Essex. 8pm.  
www.harwichrunners.co.uk  
**KINGSBRIDGE FAIRWEEK 10km**  
Embankment Road, Kingsbridge, Devon. 7.30pm.  
harriet@htemptle7.wanadoo.co.uk  
Entry: £6 on the day.  
**WHITE HORSE 5km SERIES**  
White Horse, Sandhurst, Gloucestershire. 7.45pm.  
www.severnac.co.uk  
Entry: £4. Extra on day: £1.

### Friday July 22

**BOSTON FRIDAY 5.4 SERIES**  
B Hive, Punchbowl Lane, Boston, Lincolnshire. 7pm.  
www.bostonanddistrictac.com  
Entry: £5.  
**SELF TRANSCENDENCE 3xMILE RELAY**  
Blackweir, Cardiff. 7pm.  
races@runandbecome.com  
http://uk.srichinmoyraces.org

### Sunday July 24

**DARTFORD HALF-MARATHON**  
Central Park Athletics Arena, Dartford, Kent. 9am.  
www.dartfordharriersac.co.uk  
Entry: £17. Extra on day: £5.  
**DEAL DINOSAUR 10km**  
Walmer Sea Scout Hut, near Deal Castle, Deal, Kent. 10am.  
www.dealtri.co.uk  
Entry: £12.  
**DEREHAM CELEBRATION 5km**  
The Park, Station Road, Dereham, Norfolk. 9.15am.  
www.derehamrunners.co.uk  
Entry: £5.  
**ELMBRIDGE 10km**  
Xcel Leisure Centre, Walton-on-Thames, Surrey. 9am.  
www.elmbridgeroadrunners.co.uk  
Entry: £10.  
**GLOUCESTER HALF-MARATHON**  
Newent Leisure Centre, Newent, Gloucestershire. 10.30am.  
www.gloucesterac.co.uk  
Entry: £12.50.  
**HARROGATE TOWN CENTRE 10km**  
Harrogate, North Yorkshire. 10.30am.  
www.harrogate-harriers.co.uk  
Entry: £10. Extra on day: £1.

**HENGISTBURY HUNDRED 10km**  
Bistro on the Beach, Southbourne, Dorset. 9am.  
www.bodyinmotion.co.uk  
Entry: £5. Extra on day: £5.  
**LUTON 10km**  
Vauxhall Recreation Club, Gypsy Road, Luton, Bedfordshire. 11am.  
www.lutonathleticclub.co.uk  
Entry: £8. Extra on day: £2.  
**MARSKE VICTORIAN 10km**  
Mermaid Pub, Marske, Teesside. 10.15am.  
http://new-marske-harriers.co.uk  
Entry: £8.  
**MOONRAKER 10km**  
Bowlee Country Park, Middleton, Manchester. 11am.  
www.middletonharriers.co.uk  
Entry: £8. Extra on day: £2.  
**REDBRIDGE 10km**  
Fairlop Waters Country Park, Ilford, Essex. 5pm.  
www.redbridge10k.com  
Entry: £21.

### Monday July 25

**SELF TRANSCENDENCE RELAY (3x1M)**  
South Carriage Drive, Battersea Park, London. 7pm.  
races@runandbecome.com  
http://uk.srichinmoyraces.org  
Entry: £10.50/team.

### Tuesday July 26

**BRIDGE INN (BRISTOL) 5km SERIES**  
Bridge Inn, Bridge Road, Shortwood, Bristol. 7.30pm.  
c.j.elson@bris.ac.uk www.bristolandwestac.org.uk  
Entry: £5 on the night.  
**BURTON PIDSEA 4**  
Black Bull, Burton Pidsea, East Riding of Yorkshire. 7.15pm.  
http://easthullharriers.com  
Entry: £4.  
**VETS AC 5**  
Battersea Park, London. 7pm.  
www.vetsac.org.uk

### Wednesday July 27

**BACK IN A FLASH 5km SERIES**  
Coate Water Country Park, Swindon, Wiltshire. 7.30pm.  
www.grassrootsevents.co.uk  
Entry: £4. Extra on day: £1.  
**BEXHILL SEAFRONT 5km**  
Bexhill Sailing Club, Bexhill-on-Sea, Sussex. 7pm.  
info@bexhillrunners.co.uk  
www.bexhillrunners.co.uk  
Entry: £7. Extra on day: £2.  
**DOUG ANDERSON MEMORIAL 5km**  
Bedford Park, Park Avenue, Bedford. 7.30pm.  
www.bedfordharriers.co.uk  
Entry: £6. Extra on day: £1.50.  
**LAXTON 10km**  
Village Hall, Station Road, Laxton, East Yorkshire. 7pm.  
laxton10k@yahoo.co.uk  
www.vikingstriders.co.uk  
Entry: £8.  
**LINCOLN WELLINGTON 5km SERIES**  
Yarborough Leisure Centre, Lincoln. www.lwac.org.uk  
**SELF TRANSCENDENCE EDINBURGH 3xMILE RELAY**  
The Meadows, Edinburgh. 7.15pm.

races@runandbecome.com  
http://uk.srichinmoyraces.org  
Entry: £2.

### Thursday July 28

**GLOUCESTER FESTIVAL 7**  
Pilot Inn, Hardwicke, Gloucestershire. 7.30pm.  
www.severnac.co.uk  
Entry: £4. Extra on day: £1.  
**MANCHESTER 5km SIZZLER SERIES**  
Wythenshawe Park Track, Wythenshawe, Manchester. 7.30pm.  
fechin@kemptoncourt.com www.saleharriersmanchester.com  
Entry: £5. Extra on day: £1.  
**STOURPORT FAST & FURIOUS 5km SERIES**  
Stourport Sports Club, Kingsway, Stourport-on-Severn. 7.15pm.  
www.pitchero.com/clubs/kidderminsterstourportac  
Entry: £4 on the night.

### Friday July 29

**BROOKS SERPENTINE LAST FRIDAY 5km**  
The Bandstand, Hyde Park, London. 12.30pm.  
malcolmfrench@aol.com www.serpentine.org.uk  
Entry: £2 in advance only.

### Saturday July 30

**DORNEY DASH 10km**  
Eton College Rowing Centre, Dorney Lake, Dorney, Berkshire. 10am.  
www.datchetdashers.com  
Entry: £14.  
**DURBEVILLE DASH 10km**  
Durbeville Centre, Wool, Dorset. 2pm.  
Entry: £9.  
**GUERNSEY CHALLENGE 4km**  
Pleinmont, Guernsey. 6.30pm.  
www.guernseyathletics.org.gg  
**HECKINGTON 10**  
Showground, Heckington, Lincolnshire. 10am.  
www.heckingtonshow.org.uk  
Entry: £10.  
**LANCASTER 5km SERIES**  
Salt Ayre Leisure Centre, Lancaster. 6.30pm.  
www.lancasterathletics.co.uk  
Entry: £3.50. Extra on day: £1.  
**SELF TRANSCENDENCE 10km**  
South Carriage Drive, Battersea Park, London. 8am.  
races@runandbecome.com  
http://uk.srichinmoyraces.org  
Entry: £8. Extra on day: £1.

### Sunday July 31

**CLIVIGER 6**  
Sports Pavilion, Mount Lane Sports Field, Cliviger, Lancashire. 11.30am.  
www.pendleandburnleygrandprix.co.uk  
Entry: £5.  
**HARLOW 10**  
Mark Hall Sports Centre, London Road, Harlow, Essex. 9.30am.  
www.thehrc.org.uk  
Entry: £12. Extra on day: £3.  
**JANE TOMLINSON'S YORK 10km**  
York, West Yorkshire. 9am.  
www.runforall.com  
Entry: £26.  
**MAGOR MARSH 10km**  
Undy FC, Undy, Gwent. 10.30am.

www.chepstowharriers.org.uk  
Entry: £8.  
**TENBY 10km**  
Tenby, Pembrokeshire. 11am.  
www.tenby10k.org.uk  
Entry: £8. Extra on day: £2.  
**WELLINGBOROUGH 5**  
New Memorial Sports Park, Wellingborough, Northamptonshire. 10.30am.  
www.wdac.org.uk  
Entry: £10. Extra on day: £2.

### Monday August 1

**BROOKS SCOTTISH GAS 5km/10km**  
Granton, Edinburgh.  
http://edinburghac.org.uk  
**SELF TRANSCENDENCE 2M**  
South Carriage Drive, Battersea Park, London. 7pm.  
races@runandbecome.com  
http://uk.srichinmoyraces.org  
Entry: £3.50.

### Tuesday August 2

**BOOTH DECORATORS LEAGUE**  
Shiple Hall CC, Shiple Park Heanor, Derbyshire. 7.30pm.  
**BUSHY'S GREAT SOUTH RUN**  
Port Erin, Isle of Man. 7pm.  
www.iomathletics.co.uk  
Entry: £5.  
**CRYSTAL PALACE CANTER 5km**  
Top car park, NSC, Crystal Palace, London. 12.30pm.  
canter5k@hotmail.com  
Entry: Free.  
**RUN EXE SUMMER 5km SERIES**  
Mill on the Exe, Exeter, Devon. 7pm.  
www.ironbridgerunners.co.uk  
Entry: £5.

### Wednesday August 3

**BUGATTI 10km**  
Village Hall, Gretton,

Gloucestershire. 7.30pm.  
http://athleticprowess.co.uk  
Entry: £10. Extra on day: £2.  
**BUNGAY 10km SERIES**  
Village Hall, Sun Road, Broome, Norfolk. 7.30pm.  
www.bungayblackdogrunningclub.co.uk  
Entry: £6. Extra on day: £1.  
**CROXBY 4.4**  
Croxby crossroads, Lincolnshire. 7pm.  
www.woldsvets.co.uk  
Entry: £3 on the night.  
**ELLENBOROUGH 10km**  
Netherhall RFC, Maryport, Cumbria. 7.15pm.  
www.ellenboroughac.org.uk  
Entry: £4. Extra on day: £1.  
**JOY CANN 5**  
Huncote, Leicestershire.  
www.lrrl.co.uk  
**PEWSEY VALE MIDWEEK 5**  
Pewsey Vale School, Pewsey, Wiltshire. 7.30pm.  
www.pewseyvalerunningclub.org  
Entry: £7. Extra on day: £2.  
**PORTSMOUTH PROMENADE 5km SERIES**  
Mountbatten Centre, Portsmouth, Hampshire. 7.15pm.  
www.portsmouthathletic.co.uk  
Entry: £5. Extra on day: £1.  
**SAMPHIRE HOE 5km SERIES**  
Samphire Hoe, Dover, Kent. 7.30pm.  
www.nice-work.org.uk  
Entry: £8. Extra on day: £2.  
**SPENCERS DASH 3.7 SERIES**  
Spencers Arms, Barugh Green, Barnsley, South Yorkshire. 7pm.  
www.barnsleyharriers.org.uk  
Entry: £3 on the night.  
**YATELEY 10km**  
Yateley Centre, School Lane, Yateley, Hampshire. 7.30pm.  
yateleyrr@raceahead.net

## adidas Women's 5K Challenge

Hyde Park, London  
Sunday 11th Sept 2011

For more details, call 020 7902 0200  
or visit [womenschallenge.co.uk](http://womenschallenge.co.uk)



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Submit your fixture online at [athleticsweekly.com](http://athleticsweekly.com)

[www.yateley10series.info/](http://www.yateley10series.info/)  
Entry: £11

## Thursday August 4

### KIDLINGTON AC MOTA-VATION 4 SERIES

Chipping Norton RFC, Chipping Norton, Oxfordshire. 7.30pm.  
[www.kidlingtonrunning.org.uk](http://www.kidlingtonrunning.org.uk)  
Entry: £6.50.

### LLOYDS TSB FITNESS 4

Pilot Inn, Hardwicke, Gloucestershire. 7.30pm.  
[www.severnac.co.uk](http://www.severnac.co.uk)  
Entry: £2.

### STEVENAGE MIDWEEK 5km SERIES

Marriotts School, Stevenage, Hertfordshire. 7.30pm.  
[www.races.fvspartans.org.uk](http://www.races.fvspartans.org.uk)  
Entry: £5.

## Friday August 5

### BLISWORTH FRIDAY 5

Blisworth FC, Northampton. 7.30pm.  
[www.woottonroadrunners.co.uk](http://www.woottonroadrunners.co.uk)  
Entry: £8. Extra on day: £2.

### BOSTON FRIDAY 5.4 SERIES

B Hive, Punchbowl Lane, Boston, Lincolnshire. 7pm.  
[www.bostonanddistrictac.com](http://www.bostonanddistrictac.com)  
Entry: £5.

### GOBOWEN 5

Playing Fields Pavilion, Gobowen, Shropshire. 7pm.  
[www.oswestryolympians.co.uk](http://www.oswestryolympians.co.uk)  
Entry: £5.

### SPERRIN HARRIES 5

Loughry Campus, Killycolp Road, Cookstown. 7.30pm.  
[harraghy@utvinternet.com](http://harraghy@utvinternet.com)

## Saturday August 6

### BASSINGHAM BASH 5

Bassingham, Lincolnshire. 2.30pm.  
[bill@kre-nergy.co.uk](http://bill@kre-nergy.co.uk)  
Entry: £6. Extra on day: £1.

### CHESTERFIELD NO WALK IN THE PARK 5km

Queens Park, Chesterfield, Derbyshire. 9am.  
<http://ndrc.co.uk>  
Entry: £3.

### CRANHAM BOUNDARY CHASE 5.8

Cranham CC, Cranham, Gloucestershire. 6pm.  
[wilsonanne691@aol.com](mailto:wilsonanne691@aol.com)  
Entry: £5. Extra on day: £1.

## Sunday August 7

### ALEXANDRA PARK 5km

Alexandra Park, Whalley Range, Manchester. 11.30am.  
[alexandrapark5k@openathletics.org](mailto:alexandrapark5k@openathletics.org)  
[www.openathletics.org](http://www.openathletics.org)  
Entry: £3.

### BASILDON 5km

Gloucester Park, Basildon, Essex. 11am.  
[www.havenshospices.org.uk](http://www.havenshospices.org.uk)  
Entry: £8. Extra on day: £2.

### BRECON LIONS 10

Penlan, Brecon, Powys. 10.30am.  
[dagian@aol.com](mailto:dagian@aol.com) [www.brecon10.com](http://www.brecon10.com)  
Entry: £12. Extra on day: £3.

### BURTON 10km

Market Place, Burton-On-Trent, Staffordshire. 10am.  
[info@runburton.co.uk](mailto:info@runburton.co.uk)  
[www.runburton.co.uk](http://www.runburton.co.uk)  
Entry: £12.

### HELENSBURGH HALF-MARATHON

Helensburgh Swimming Pool, Helensburgh, Dunbartonshire.

9.30am.

[www.helensburghhaac.co.uk](http://www.helensburghhaac.co.uk)  
Entry: £10. Extra on day: £2.

### INDIAN QUEENS HALF-MARATHON

Indian Queens, near Newquay, Cornwall. 10am.  
[www.newquayroadrunners.co.uk](http://www.newquayroadrunners.co.uk)  
Entry: £10.

### ISLE OF MULL HALF-MARATHON

Craignue, Isle of Mull. Noon.  
[www.mullrunners.com](http://www.mullrunners.com)  
Entry: £12. Extra on day: £3.

### JIM DINGWALL 10km

Brantingham Park, Elloughton. 10am.

[andylyons\\_kuh@hotmail.com](mailto:andylyons_kuh@hotmail.com)

Entry: £10. Extra on day: £2.

### MEERBROOK15km

Meerbrook, near Leek, Staffordshire. 10am.  
[meerbrook15k@btinternet.com](http://meerbrook15k@btinternet.com)  
[www.meerbrook15k.co.uk](http://www.meerbrook15k.co.uk)

Entry: £10. Extra on day: £1.

### MID KENT 5

Staplehurst CC, Frittenden Road, Staplehurst, Kent. 9am.

[www.midkent5.co.uk](http://www.midkent5.co.uk)

Entry: £8. Extra on day: £2.

### REGENT'S PARK 10km SERIES

The Hub, Regent's Park, London. 9.30am.

<http://regentsparkraces.org>

Entry: £10.

### SALE 10

Wythenshawe Park Track, Wythenshawe, Manchester. 9am.  
[fechin@kemptoncourt.com](mailto:fechin@kemptoncourt.com)

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

Entry: £9. Extra on day: £2.

### STURMINSTER NEWTON HALF-MARATHON

High School, Bath Road, Sturminster Newton, Dorset. 10.30am.

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

Entry: £8. Extra on day: £2.

### TENBURY 10km

Tenbury Swimming Pool, Tenbury Wells, Worcestershire. 11am.  
[www.ludlowrunners.org](http://www.ludlowrunners.org)

Entry: £6. Extra on day: £2.

### WAGON & HORSES 10

Wagon & Horses Inn, Lancaster, Lancashire. 9am.  
[www.lancasterathletics.co.uk](http://www.lancasterathletics.co.uk)

Entry: £8. Extra on day: £2.

## Monday August 8

### SELF TRANSCENDENCE 5km

South Carriage Drive, Battersea Park, London. 7pm.  
[races@runandbecome.com](http://www.races@runandbecome.com)  
<http://uk.srichinmoyraces.org>  
Entry: £4.

## Tuesday August 9

### AYR SEAFORTH 5km SERIES

Dam Park, Ayr. 7.15pm.

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

### RICHMOND PARK 10km

Richmond Park, Richmond, London. 7.30pm.

<http://sloweb.org.uk/trail/summer2011>

Entry: £5. Extra on day: £2.

### ROSE INN 4 SERIES

Redwick, Gwent. 7.30pm.

[www.chepstowharrisers.org.uk](http://www.chepstowharrisers.org.uk)

Entry: £6 on the night.

### WAVERTREE MYSTERY 5km SERIES

LHAC Clubhouse, Wavertree Stadium, Liverpool, Merseyside. 7.15pm.

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

Entry: £2.

## Wednesday August 10

### ASHFORD SUMMER 5km SERIES

Victoria Park, Ashford, Kent. 7pm.  
[www.nice-work.org.uk](http://www.nice-work.org.uk)  
Entry: £8. Extra on day: £2.

### LEE COLDWELL MEMORIAL 5km

Wombwell Sports Stadium, Wombwell, South Yorkshire. 7pm.

[allemby@blueyonder.co.uk](mailto:allemby@blueyonder.co.uk)

Entry: £4 on the night.

### NOTTS AAA SUMMER LEAGUE

Terversal, Nottinghamshire. 7.15pm.

<http://nottsaaa.org>

### SADDLEWORTH 6

Churchill Playing Fields, Greenfield, Oldham, Lancashire. 7.30pm.

[www.saddleworth6.org.uk](http://www.saddleworth6.org.uk)

### STAFFS KNOT 5

Cannock Chase Visitors Centre, Hednesford, Staffs. 7.15pm.

[www.staffordharrisers.org](http://www.staffordharrisers.org)

Entry: £10.

### ULVERSTON SUMMER 10km

Glaxo SmithKline Sports Club, Ulverston, Cumbria. 7.15pm.

[www.hhharrisers.fsnet.co.uk](http://www.hhharrisers.fsnet.co.uk)

Entry: £6.

### YEOVILTON SUMMER 5km SERIES

Nuffield Pavilion, RNAS Yeovilton, Ilchester, Somerset. 7.15pm.

[raceentries@hotmail.co.uk](mailto:raceentries@hotmail.co.uk)

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

Entry: £5.

## Thursday August 11

### HARWICH 5km SERIES

Dovercourt Sea Scout Hall, Harwich, Essex. 8pm.

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

### LLANELLI FUSION 5km SERIES

Llanelli Leisure Centre, Llanelli, Carmarthenshire. 7pm.

[enquiries@humanbeingactive.org](mailto:enquiries@humanbeingactive.org)

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

Entry: £5. Extra on day: £1.50.

### MANCHESTER 5km SIZZLER SERIES

Wythenshawe Park Track, Wythenshawe, Manchester. 7.30pm.

[fechin@kemptoncourt.com](mailto:fechin@kemptoncourt.com)

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

Entry: £5. Extra on day: £1.

### RUISLIP 5km SERIES

Ruislip Clubhouse, Bury Street, London. 6.40pm.

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

Entry: £3.

## Friday August 12

### MYNYDDISLWYN MILE

Church Inn, Mynyddislwyn, Gwent. 7pm.

[www.islwynrunningclub.org.uk](http://www.islwynrunningclub.org.uk)

Entry: £3. Extra on day: £2.

### RYE SUMMER CLASSIC SERIES

5km

Rye Nature Reserve, Rye, Sussex. 7pm.

[www.nice-work.org.uk](http://www.nice-work.org.uk)

Entry: £10. Extra on day: £2.

### SAUMAREZ PARK 5km SERIES

Saumarez Park, Guernsey. 6pm.

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

Entry: £2.

### ST LEVAN 10km

St Levan, Cornwall. 7pm.

[www.stlevan10k.co.uk](http://www.stlevan10k.co.uk)

Entry: £6. Extra on day: £2.

## Parkruns

Abingdon – Rye Meadow.

Ashford – Bedfont Lakes Country Park.

Banstead – Banstead Woods.

Barnsley – Locke Park.

Basingstoke – War Memorial Park.

Bedford – Bedford Park.

Belfast – Victoria Park.

Belfast – Waterworks Park.

Birmingham – Cannon Hill Park.

Bolton – Leverhulme Park.

Bradford – Lister Park.

Bramhall – Bramhall Park.

Brighton – Hove Park.

Bristol – Ashton Court Estate

Camberley – Frimley Lodge Park.

Cambridge – Milton Country Park.

Cardiff – Blackweir.

Conkers – near Ashby-de-la-Zouch.

Coventry – War Memorial Park.

Croydon – Lloyd Park.

Croydon – Roundshaw Downs.

Eastleigh – Lakeside County Park.

Edinburgh – Silverknowes

Promenade. 9.30am.

Edmonton – Pymmes Park.

Enfield – Grovelands Park.

Forest of Dean – Covenham

Enclosure.

Glasgow – Pollock Country Park.

9.30am.

Great Yarmouth – Gorleston

Cliffs.

Greenwich – Avery Hill Park.

Huddersfield – Greenhead Park.

Hull – East Park.

Kingston – Canbury Gardens.

Killerton – near Exeter.

Leamington – Newbold Comyn.

Leeds – Hyde Park.

Leeds – Roundhay Park.

Leicester – Braunstone Park.

Leigh – Pennington Flash.

Liverpool – Princes Park.

London – Brockwell Park.

London – Bushy Park.

London – Crystal Palace Park.

London – Finsbury Park.

London – Hackney Marshes.

London – Norman's Park.

London – Wimbledon Common.

London – Wormwood Scrubs.

Middlesbrough – Albert Park.

Manchester – Heaton Park.

Manchester – Platt Fields Park.

Milton Keynes – Willen Lake.

Newcastle – Exhibition Park.

Newport – Treddegar House.

Norwich – Eaton Park.

Oldham – Alexandra Park.

Poole – Poole Park.

Richmond – Old Deer Park.

Richmond – Richmond Park.

Reading – Thames Valley Park.

Redbridge – Valentines Park.

Sheffield – Concord Sports

Centre.

Sheffield – Endcliffe Park.

Slough – Black Park Country Park.

Solihull – Brueton Park.

Stockport – Woodbank Park.

Strathclyde – Strathclyde Country

Park. 9.30am.

Sunderland – Silksworth Sports

Complex.

Swindon – Lydiard Park.

Whitstable – Promenade.

Entry: Free.

Recurs every Saturday.

9am unless stated.

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

## TRACK

### Thursday July 21

#### SUSSEX U13 LEAGUE

West: Crawley

## Monday July 25

**SOUTHERN COUNTIES VETERANS' LEAGUE**  
Herts & N. Middlesex: Hemel Hempstead. Kent: Erith. Sussex: Lewes.  
[www.scvac.org.uk](http://www.scvac.org.uk)

## Tuesday July 26

**BMC GOLD STANDARD**  
Trafford.  
[www.britishmilersclub.com](http://www.britishmilersclub.com)  
**BMC REGIONAL OPEN**  
Exeter. 8pm.  
[www.britishmilersclub.com](http://www.britishmilersclub.com)  
**EXETER OPEN**  
Exeter. 6.35pm.  
[www.exeterharriers.co.uk](http://www.exeterharriers.co.uk)  
Entry: £4.  
**TRAFFORD GRAND PRIX (DISTANCE/THROWS)**  
Trafford. 6pm.  
[www.traffordac.co.uk](http://www.traffordac.co.uk)  
Entry: £4.

## Wednesday July 27

**CHELTHENHAM OPEN**  
Cheltenham.  
[www.athleticprowess.co.uk](http://www.athleticprowess.co.uk)  
**DARTFORD HARRIERS OPEN**  
Dartford. 6.15pm.  
<http://dartfordharriersac.co.uk>  
**DUNREN GRADED OPEN**  
Linwood. 7pm.  
[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)  
**INTER-SERVICES COMBINED EVENTS CHAMPIONSHIPS**  
HMS Temeraire. Until Thursday July 28.  
[www.raf.mod.uk/rafathletics](http://www.raf.mod.uk/rafathletics)  
**MANX HARRIERS LEAGUE**  
Douglas.  
[www.manxathletics.com](http://www.manxathletics.com)  
**MEDWAY & MAIDSTONE OPEN**  
Sutton Valence. Noon.  
[chrisbowman@uk2.net](mailto:chrisbowman@uk2.net)  
<http://mandmac.org>  
Entry: £3 on the day.  
**NORTH EASTERN ATHLETICS LEAGUE**  
Gateshead. 7pm.  
[www.gateshead-harriers.co.uk](http://www.gateshead-harriers.co.uk)  
**WATFORD OPEN**  
Watford. 7pm.  
[www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)  
Entry: £3.

## Thursday July 28

**CHESHIRE SCHOOLS COUNTY MINORS (YEAR 7) FINALS**  
Warrington. 5pm.  
[www.cheshireaa.com](http://www.cheshireaa.com)

## Friday July 29

**AVIVA WORLD TRIALS AND UK CHAMPIONSHIPS**  
Alexander Stadium, Birmingham.  
Until Sunday July 31.  
[www.uka.org.uk](http://www.uka.org.uk)

## Saturday July 30

**BWA/THROWS DISABILITY CHALLENGE**  
Stoke Mandeville. Until Sunday July 31.  
[www.uka.org.uk](http://www.uka.org.uk)  
**McCAIN NORTHERN IRISH YOUNG ATHLETES' LEAGUE FINAL**  
Antrim.  
[www.niathletics.org](http://www.niathletics.org)  
**NORTHERN INTER COUNTIES**  
Leigh.

[www.noaea-athletics.org.uk](http://www.noaea-athletics.org.uk)  
**SCOTTISH NATIONAL U18 CLOSED CHAMPIONSHIPS**  
Scotstoun.  
[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)  
**SEAA COMBINED EVENTS CHAMPIONSHIPS**  
Abingdon. Until Sunday July 31.  
[www.seaa.org.uk](http://www.seaa.org.uk)  
**SOUTHERN ATHLETICS LEAGUE**  
1: Harrow, Milton Keynes, Stevenage, Worthing. 2: Andover, Eastbourne, Walthamstow, Winchester.  
[www.southernathletics.org.uk](http://www.southernathletics.org.uk)  
**SOUTHERN MEN'S LEAGUE**  
1: Bedford, Grays (TBC), Parliament Hill, TBC, Woking (TBC). 2N: Bedford, Cambridge, Grays (TBC). 2S: Hastings, Parliament Hill, TBC. 2W: Guildford, Woking (TBC), Yeovil.  
[www.sussexbarn.com/sml/](http://www.sussexbarn.com/sml/)  
**WELSH SENIOR LEAGUE**  
Aberdare.  
[www.welshathletics.org](http://www.welshathletics.org)  
**WEST YORKSHIRE LEAGUE**  
Wakefield. 6.45pm.  
[www.wakefield-harriers.co.uk/wyftfl/wyftfl.htm](http://www.wakefield-harriers.co.uk/wyftfl/wyftfl.htm)

## Sunday July 31

**AVON LEAGUE**  
Yate. 11.30am.  
[www.avonleague.org.uk](http://www.avonleague.org.uk)  
**CHESHIRE LEAGUE**  
Ashton-under-Lyne, Bury, Connaught Quay.  
[www.cheshireaa.com](http://www.cheshireaa.com)  
**KENT YOUNG ATHLETES' LEAGUE**  
Sutton Valence.  
[www.kcaa.org.uk/kyal.htm](http://www.kcaa.org.uk/kyal.htm)  
**SCOTTISH NATIONAL U16 CLOSED CHAMPIONSHIPS**  
Scotstoun.  
[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)  
**SOUTHERN U13 INTER-COUNTIES CHAMPIONSHIPS**  
Kingston.  
**WELSH U15 LEAGUE**  
East: Hereford.  
[www.welshathletics.org](http://www.welshathletics.org)

## Tuesday August 2

**NORTH DOWN YOUTH GAMES**  
Bangor.  
[www.northdownac.co.uk](http://www.northdownac.co.uk)  
**TONBRIDGE AVRIL BOWRING MEMORIAL OPEN**  
Tonbridge. 6.40pm.  
[www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk)  
**TRAFFORD GRAND PRIX (SPRINTS/HURDLES/JUMPS)**  
Trafford. 6.30pm.  
[www.traffordac.co.uk](http://www.traffordac.co.uk)  
Entry: £4.  
**WOKING OPEN**  
Woking. 6.30pm.  
[www.wokingac.com](http://www.wokingac.com)  
Entry: £2.50.  
**WOODFORD GREEN OPEN**  
Woodford. 6.25pm.  
[www.wgel.org.uk](http://www.wgel.org.uk)  
Entry: £3 on the day.

## Wednesday August 3

**AVON AA OPEN**  
Stoke Gifford. 7pm.  
[www.bristolandwestac.org](http://www.bristolandwestac.org)  
Entry: £3.  
**CWMBRAN OPEN**  
Cwmbran.  
[www.cwmbranharriers.co.uk](http://www.cwmbranharriers.co.uk)  
**EASTERN VETERANS' LEAGUE**

**Central: Milton Keynes. Essex: Southend. Fenland: Kings Lynn.**  
[www.evac.explorertravel.co.uk](http://www.evac.explorertravel.co.uk)  
**GRANGEMOUTH STADIUM GRADED OPEN**  
Grangemouth. 6.45pm.  
[rhonda.jones@falkirk.gov.uk](mailto:rhonda.jones@falkirk.gov.uk)  
[www.falkirk.gov.uk](http://www.falkirk.gov.uk)  
**GUERNSEY CHALLENGE**  
Footes Lane, Guernsey. 6.30pm.  
[www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)  
**IFFLEY ROAD MILES**  
Oxford. 7.30pm.  
[ouacifixtures@googlegmail.com](mailto:ouacifixtures@googlegmail.com)  
[www.ouccc.org.uk/iffley-road-mile-meeting](http://www.ouccc.org.uk/iffley-road-mile-meeting)  
Entry: £3. Extra on day: £2.  
**LEE VALLEY SPRINTS EVENING**  
Lee Valley. 7pm.  
[www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)  
Entry: £5.  
**MIDLANDS VETERANS' LEAGUE**  
East: Loughborough. North: Sutton Coldfield. South: Bromsgrove.  
<http://mvfl.wordpress.com>  
**NORTHERN VETERANS' LEAGUE**  
Leigh. 7pm.  
[www.nvac.co.uk](http://www.nvac.co.uk)  
**VETS AC OPEN**  
Wimbledon. 7pm.  
[www.vetsac.org.uk](http://www.vetsac.org.uk)

## Thursday August 4

**BIGGLESWADE THROWS FEST**  
Sandy. 6.30pm.  
[www.biggleswadeac.org.uk](http://www.biggleswadeac.org.uk)  
Entry: £3.

## Friday August 5

**AVIVA LONDON GRAND PRIX**  
Crystal Palace. Until Saturday August 6.  
[www.uka.org.uk](http://www.uka.org.uk)  
**INTERNATIONAL CHILDRENS' GAMES**  
East Kilbride. Until Sunday August 7.  
[www.ICG-lanarkshire2011.co.uk](http://www.ICG-lanarkshire2011.co.uk)  
**WELSH MASTERS' OPEN CHAMPIONSHIPS**  
Cardiff.  
[www.welshmastersathletics.com](http://www.welshmastersathletics.com)

## Saturday August 6

**DERBYSHIRE MINI LEAGUE**  
Derby.  
<http://dcaa.org.uk>  
**MIDLAND U13/U15/17 CHAMPIONSHIPS**  
Birmingham. Until Sunday August 7.  
[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)  
**NORTHERN U15/U17 CHAMPIONSHIPS**  
Cudworth. Until Sunday August 7.  
[www.noaea-athletics.org.uk](http://www.noaea-athletics.org.uk)  
**SEAA U15/U17 CHAMPIONSHIPS**  
Ashford. Until Sunday August 7.  
[www.seaa.org.uk](http://www.seaa.org.uk)  
**UK WOMEN'S LEAGUE**  
Premier: Hendon. 1: Southampton. 3: Leeds.  
[www.ukwal.org.uk](http://www.ukwal.org.uk)

## Sunday August 7

**AYRSHIRE HARRIERS CHAMPIONSHIPS**  
Ayr. 11.30am.  
[billsimpson@uku.co.uk](mailto:billsimpson@uku.co.uk)  
**GATESHEAD MINOR ATHLETES' OPEN**  
Gateshead. 9.30am.  
[www.gateshead-harriers.co.uk](http://www.gateshead-harriers.co.uk)  
**INGRAMS LEAGUE**

## BMC Nike Grand Prix, Trafford, July 23

FRESH from his bronze medal at the European Under-23 Championships in Ostrava, Mukhtar Mohammed will top the entries for the fourth Grand Prix of the year.

The 21-year-old won his first international medal in the Czech Republic over the weekend and meeting organiser Stephen Green is delighted that he wants to run the 800m.

"I can remember Mukhtar at the start of his career running 1:49 at Sport City and it is great to see someone like him emerge through the BMC races and get quicker and quicker," said Green.

"He has always been a big supporter of our events at Trafford and we are delighted to have him here."

Joining Mohammed, who is ranked second in the UK this summer with a personal best of 1:46.58 last month, in a strong 800m line-up are Ugandan runner Julius Mutekanga, who has also clocked 1:46 this season and Zambian athlete Prince Mumba, who is based in America and coached by Joe Douglas at the Santa Monica Track Club.

"We also have Irishman David Campbell, who has a best of 1:45 this year, plus Richard Jones of America (1:45.5 in 2011) and British runners Ed Jackson and Ricky Stevenson so it should be a cracking race," added Green.

The women's 800m is headed by Coventry Godiva's Celia Taylor, currently eighth in the UK rankings with a season's best of 2:03.34, while Karen Harewood is also entered.

The men's 3000m looks an intriguing prospect with a trio of top young runners from Japan – Masato Kihara, Takuya Fukatsu and Tsuyoshi Makabe, who have all run under 28 minutes for 10,000m entered.

"I believe they are guest of the Japanese Athletics Federation and are over here to get experience of running in England before the Olympics," said Green.

Kenya's Bislake Kiplagat, who boasts a PB of 7:44, is also entered while, Luke Gunn heads the British entry. In the women's 3000m British runners Faye Fullerton, Juliet Doyle and Lauren Howarth are all entered.

In the men's 1500m New Zealander Malcolm Hicks is looking to break 3:40 and will be joined by leading Irish runners Rory Chesser (3:39 this year) and Ciaran O'Leonard (3:40). In the women's 1500m Kerry Harty will be looking to follow up her win at Solihull in which she ran her fastest time (4:15.99) for two years.



Mukhtar Mohammed

MARK SHEARMAN

York. 11.15am.  
[www.athleticsyork.org.uk](http://www.athleticsyork.org.uk)  
**JSB PLUMBING FORTH VALLEY LEAGUE FINAL**  
Grangemouth. 10.30am.  
[www.jsbplumbing-forthvalley.fsnet.co.uk](http://www.jsbplumbing-forthvalley.fsnet.co.uk)  
**PETROFAC GRAMPIAN ATHLETICS LEAGUE**  
East: Dundee. North: Inverness.  
<http://grampianathleticsleague.synthasite.com>  
**SOUTH WEST INTER-COUNTIES CHAMPIONSHIPS**  
Exeter.  
**UK WOMEN'S LEAGUE**  
2: Glasgow.  
[www.ukwal.org.uk](http://www.ukwal.org.uk)

## Tuesday August 9

**BMC GOLD STANDARD**  
Trafford.  
[www.britishmilersclub.com](http://www.britishmilersclub.com)  
**CORBY AC OPEN**  
Corby. 7pm.  
[enquiry@corbyac.com](mailto:enquiry@corbyac.com)  
[www.corbyac.com](http://www.corbyac.com)  
Entry: £3 on the day.  
**NORTHERN U20/SENIOR WOMEN'S 2000m S/C CHAMPIONSHIPS**  
Trafford.  
[www.noaea-athletics.org.uk](http://www.noaea-athletics.org.uk)  
**TRAFFORD GRAND PRIX (DISTANCE/THROWS)**

Trafford. 6pm.  
[www.traffordac.co.uk](http://www.traffordac.co.uk)  
Entry: £4.

## Wednesday August 10

**BMC GOLD STANDARD**  
Watford. 7.45pm.  
[www.britishmilersclub.com](http://www.britishmilersclub.com)  
**CHARWOOD AC GRADED OPEN**  
Loughborough. 6.45pm.  
[www.charwoodac.com](http://www.charwoodac.com)  
Entry: £3. Extra on day: £2.  
**NEATH OPEN**  
Neath.  
[www.neath-harriersac.moonfruit.com](http://www.neath-harriersac.moonfruit.com)  
**NORTH EASTERN ATHLETICS LEAGUE**  
Gateshead. 7pm.  
[www.gateshead-harriers.co.uk](http://www.gateshead-harriers.co.uk)  
**ROSENHEIM LEAGUE FINAL**  
Kingsmeadow. 6.45pm.  
**WATFORD OPEN**  
Watford. 7pm.  
[www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)  
Entry: £3.  
**WELSH 3000m CHAMPIONSHIPS**  
Neath.  
[www.welshathletics.org](http://www.welshathletics.org)

## Saturday August 13

**BMC YOUNG ATHLETES' PB CLASSIC**  
Birmingham Uni.  
[www.britishmilersclub.com](http://www.britishmilersclub.com)  
**BRITISH ATHLETICS LEAGUE**

**Premiership:** Sportcity. 1: Gateshead. 2: Abingdon. 3: Kingston. 4: Abingdon.  
[www.bal.org.uk](http://www.bal.org.uk)  
**CELTIC GAMES**  
 Antrim.  
**ENGLAND ATHLETICS U15/ U17 COMBINED EVENTS CHAMPIONSHIPS**  
 Stoke-on-Trent.  
[www.Englandathletics.org](http://www.Englandathletics.org)  
**EXETER COMBINED EVENTS OPEN**  
 Exeter. Until Sunday August 14.  
[www.exeterharriers.co.uk](http://www.exeterharriers.co.uk)  
**HIGHLAND ATHLETICS OPEN WITH HIPPO**  
 Inverness. 10am.  
[www.gohippo.co.uk](http://www.gohippo.co.uk)  
**MID LANCASHIRE LEAGUE**  
 1/2: Preston.  
[www.midlancs.org.uk](http://www.midlancs.org.uk)  
**SOUTHERN MEN'S LEAGUE**  
 1: Aldershot, Bedford, Woking, Woodford. 2N: Bedford, Parliament Hill, Woodford. 2S: Canterbury, Crawley. 2W: Aldershot, Oxford, Plymouth.  
[www.sussexbarn.com/sml/](http://www.sussexbarn.com/sml/)  
**WELSH U17 COMBINED EVENTS CHAMPIONSHIPS**  
 Stoke.  
[www.welshathletics.org](http://www.welshathletics.org)

**Sunday August 14**

**ALDER VALLEY GIRLS' LEAGUE**  
 Bracknell.  
[www.wseh.info/AlderValleyGirls](http://www.wseh.info/AlderValleyGirls)  
**EASTERN YOUNG ATHLETES' LEAGUE**  
 Braintree, Hemel Hempstead,

Thurrock, Ware.  
[raygibbins1@activemail.co.uk](mailto:raygibbins1@activemail.co.uk)  
**LOUISE ARTHUR-GERALD CODD MATCH**  
 Haverfordwest.  
[www.welshathletics.org](http://www.welshathletics.org)  
**NITHSDALE AC GRADED OPEN**  
 Dumfries. Noon.  
[nacsecretary@hotmail.co.uk](mailto:nacsecretary@hotmail.co.uk)  
[www.nithsdaleac.org.uk](http://www.nithsdaleac.org.uk)  
**NORTH OF ENGLAND LEAGUE**  
 1: Blackburn. 2E: Whitley Bay. 2EC: Derby. 2W: Stretford. 2WC: Ashton-under-Lyne. 3E: York. 3EC: Cudworth. 3W: Warrington. 3WC: Leigh. 4E: Hexham. 4EC: Cleckheaton. 4W: Wrexham. 4WC: Stockport.  
[www.northernathletics.org.uk](http://www.northernathletics.org.uk)  
**SCOTTISH ATHLETICS LEAGUE**  
 1/2: Grangemouth.  
[www.scottishleague.org.uk](http://www.scottishleague.org.uk)  
**SOUTHERN U17 INTER-COUNTIES**  
 Kingston.  
[www.seaa.org.uk](http://www.seaa.org.uk)  
**UP & RUNNING MIDLAND LEAGUE**  
 1: Nottingham. 2: Stoke. 3: Tamworth. 4: Dudley. 5: Tipton (TBC). 6: Kidderminster. 7: Nuneaton.  
[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)  
**WELSH SENIOR LEAGUE**  
 Brecon.  
[www.welshathletics.org](http://www.welshathletics.org)

**WALKS**

**Saturday July 23**  
**ENFIELD LEAGUE HALF-MARATHON**  
 Hillingdon. 2pm.

**Tuesday July 26**

**VETS AC 5**  
 Battersea Park, London. 7pm.  
[www.vetsac.org.uk](http://www.vetsac.org.uk)

**Friday July 29**

**SARNIA TRACK 5km**  
 Osmond Priaulx. 6.30pm.  
[lenouryjedburgh@cwgsy.net](mailto:lenouryjedburgh@cwgsy.net)  
[http://sarnia.wordpress.com](http://http://sarnia.wordpress.com)  
 Entry: £1.

**Sunday July 31**

**ILFORD AC OPEN 5**  
 Redbridge Cycle Circuit, Hainault. 2.30pm.

**OVERSEAS**

**Thursday July 21**

**EUROPEAN JUNIOR CHAMPIONSHIPS**  
 Tallinn, Estonia. Until Sunday July 24.

**Friday July 22**

**SAMSUNG DIAMOND LEAGUE Monaco.** [www.iaaf.org](http://www.iaaf.org)

**Saturday July 23**

**AAI JUVENILE CHAMPIONSHIPS**  
 Tullamore, Ireland. Until July 24.  
[www.athleticsireland.ie](http://www.athleticsireland.ie)  
**EUROPEAN PREMIUM MEETING**  
 Barcelona, Spain.

**Sunday July 24**

**EUROPEAN PERMIT MEETING**  
 Lapinlahti, Finland.  
**EUROPEAN YOUTH OLYMPIC FESTIVAL**  
 Trabzon, Turkey. Until Friday July 29.

**Wednesday July 27**

**EUROPEAN PERMIT MEETING**  
 Joensuu, Finland.

**Thursday July 28**

**EUROPEAN PERMIT MEETING**  
 Minsk, Belarus.

**Friday July 29**

**SAMSUNG DIAMOND LEAGUE**  
 Stockholm, Sweden.

**Saturday July 30**

**DUBLIN ATHLETIC BOARD OPEN**  
 Dublin, Ireland. 7pm.

**Tuesday August 2**

**EUROPEAN PERMIT MEETING**  
 Karlstad, Sweden.  
**FOLKSAM GRAND PRIX**  
 Karlstad, Sweden.  
[www.folksamgp.se](http://www.folksamgp.se)

**Friday August 5**

**BERLIN 10km**  
 Berlin, Germany.

**Saturday August 6**

**AAI SENIOR CHAMPIONSHIPS**  
 Dublin, Ireland. Until August 7.

**Wednesday August 10**

**EUROPEAN CLASSIC MEETING**  
 Cuxhaven, Germany.

**Friday August 12**

**FISU UNIVERSIADE**  
 Shenzhen, China. Until August 23.

**ATHLETICS WEEKLY**

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**Samsung Diamond League, Monaco, Friday July 22**

MO FARAH defends his mantle as the world's leading distance runner as he takes on a crack field in the 5000m.

The US-based Brit won a tactical race in Birmingham, but his own UK record of 12:57.94 is up for renewal if this runs at a truer pace. Imane Merga, who is the world No.1 on paper with 12:54 this year, is in the field again, having been outclassed by Farah in New York and Birmingham.

Farah's American training partner Galen Rupp came closest to him in Birmingham and he is also in the line-up.

Usain Bolt returns to the 100m after a couple of appearances at 200m in the Diamond League so far this year. The Jamaican meets compatriots Nesta Carter and Michael Frater, American Michael Rodgers and France's Christophe Lemaître.

After two consecutive Diamond League victories, Welshman Dai Greene faces perhaps the highest-class 400m hurdles field assembled yet this season.

Five men in the field have run quicker this year than Greene's season's best of 48.20, although the European and Commonwealth beat two of them – Bershawn Jackson and Cornel Fredericks en route to those victories in Lausanne and Birmingham. However, here he also faces world No.1 LJ van Zyl, Jeshua Anderson and Angelo Taylor, who have all gone sub-48 in 2011.

Triple jumper Phillips Idowu looks to maintain his winning ways after Birmingham and his rivals include Sheryf El-Sheryf, the Ukrainian who jumped 17.72m to win the European under-23 title last weekend.

Britain's Goldie Sayers hopes to continue her good form in the javelin against a field that includes world No.1 Christina Obergföll.

UK record-holder Tiffany Porter lines up in the 100m hurdles against, among others, Australia's Sally Pearson.

Meanwhile, world 1500m bronze medallist Lisa Dobriskey attempts to discover her best form for the first time this year as she takes on a world-class field.

Allyson Felix goes in the 200m, leaving Amantle Montsho the favourite in the 400m.



Mo Farah

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## London train travel firmly on track

PEOPLE in the south-west of England who have wined at the cost of travelling up to Gateshead again for next year's English Schools Championships (*Dip Finish*, AW, July 14) will be pleased to hear it won't cost as much to get to the Olympics.

South West Trains have this month announced special rail ticket prices for routes to Waterloo next summer. These include a day return from Salisbury for just £26.50.

The company has also teamed up with Network Rail to provide more late night services and a dedicated website has been created at [nationalrailgamestravel.co.uk](http://nationalrailgamestravel.co.uk)

## Schools suffer clash

ORGANISERS of the 2012

English Schools Championships have been forced to switch dates due to an unexpected clash with the Diamond League meeting at Crystal Palace. The Gateshead event was planned for July 13-14 but will now be July 6-7 so that TV cameras and officials do not have to be in two places at the same time!

## Betting ban for 2012

ATHLETES and media at next year's Olympics are to be banned from betting on the Games by the International Olympic Committee.

Betting expert Derek McGovern wrote in *The Mirror*: "The IOC is so scared of a betting scandal at next year's London games they are to impose a blanket ban. Those who face action by the IOC disciplinary commission must hand over telephone bills, bank statements, internet service records, computers and hard drives. That means the fittest men at the Games will not be the 1500metre runners – but the bookies' runners."

# AW targets Olympic medal!

ATHLETICS WEEKLY has reopened calls for a media race at the London Olympics after the magazine finished fifth out of almost 400 teams at the Standard Chartered Great City Race last week.

Racing in a traffic-free 5km course on the streets of central London, Paul Halford, AW's deputy editor and a 2:28 marathoner, took the individual bronze medal in a field of 6500 runners with a PB of 15:48. Paul Freary, our products editor and a former sub-14min man in his heyday, was fourth in 15:59. Steve Smythe, results editor and sub-2:30 marathoner, clocked 18:39, while AW editor Jason Henderson clocked 19:41 to make up the four-man team.



Running reporters: Jason Henderson, Steve Smythe, Paul Halford and Paul Freary

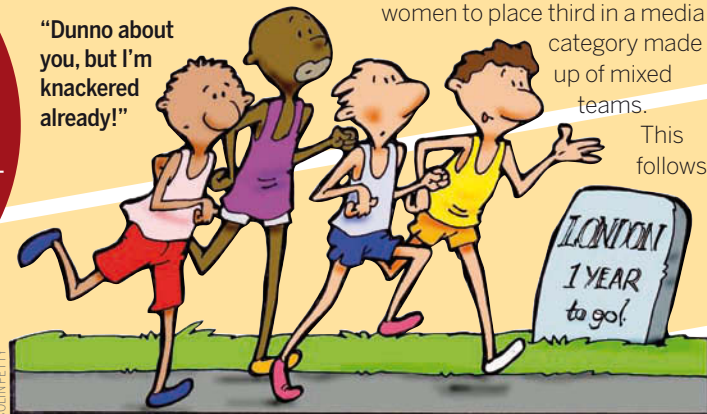
AW's total time of 1hr 10min 07sec was 20 minutes quicker than *Runner's World*, although our monthly magazine rival featured two men and two women to place third in a media category made up of mixed teams.

This follows

Henderson winning one of the 800m media races at last year's European Championships in Barcelona – illustrating that AW journalists really do practise what they preach.

But calls for a media race in London 2012 have so far not been taken up. There are often media races at the IAAF World Championships and European Championships – usually during the afternoon break mid-way through the track and field programme. But London 2012 say there are no plans at the moment to have a media burn-up at next year's Games.

» SEE Results



COURTESY

"Dunno about you, but I'm knackered already!"

## One year to go milestone madness

WHILE AW has been quick off the blocks with our London 2012 "one year to go" special issue, there is a strong chance you might get tired of reading about it all by the middle of next week.

Media activity surrounding the July 27 milestone is expected to be massive with TV crews, newspaper and magazine journalists all clampering to cover the event – and the BBC especially

expected to give it mammoth coverage.

Organised interviews and photo and filming opportunities will take place at venues such as the main stadium and aquatics centre, with a big evening gathering at Trafalgar Square. Big names likely to be put forward to talk about the Games include 400m hurdles legend Ed Moses, plus GB medal hopes and LOCOG officials.



Ed Moses: Olympic enthusiast

MARK SHERMAN

# NEXT WEEK

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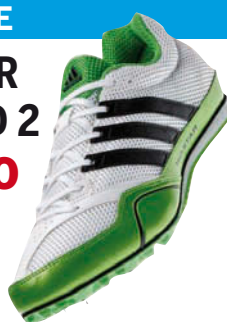
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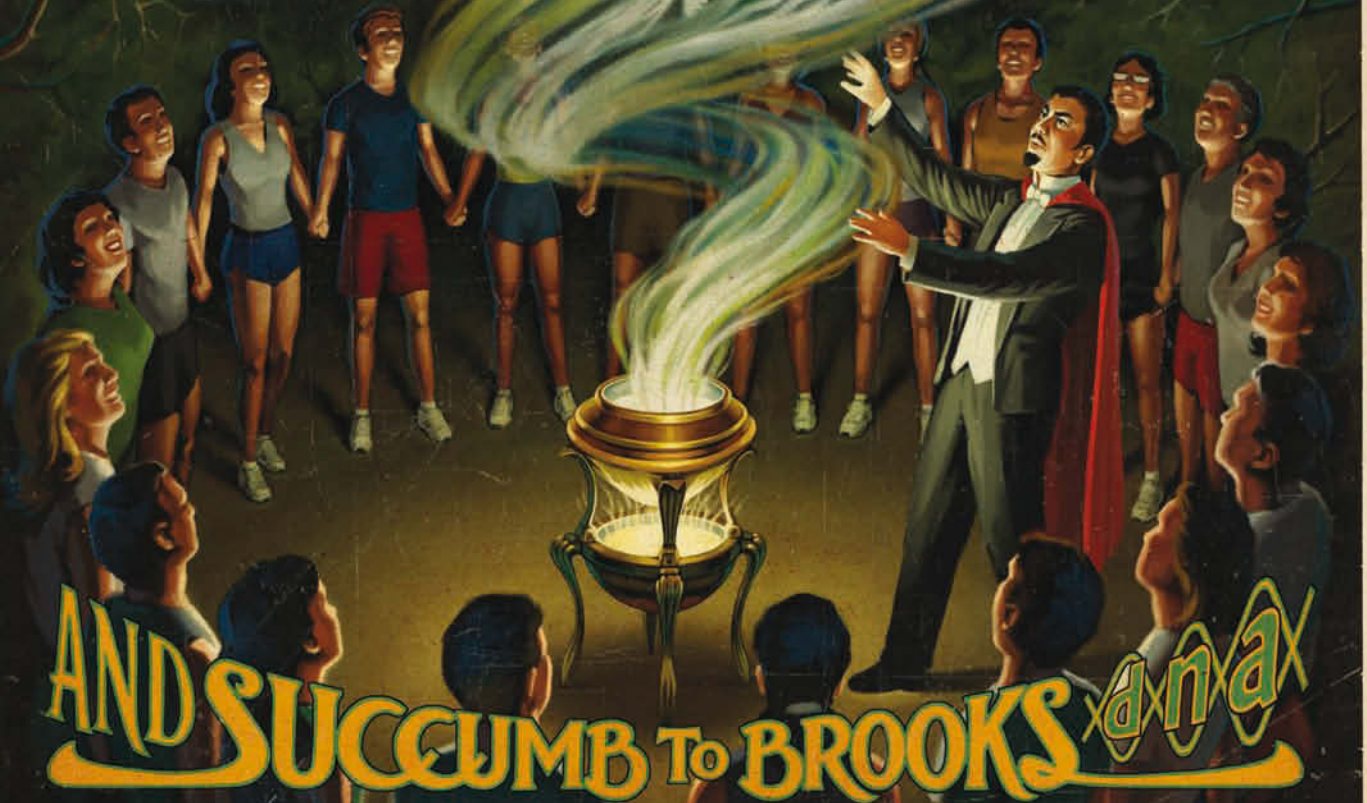
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**3**

*David Hemery*

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A teal starburst graphic with a jagged, sunburst-like edge. Inside the starburst, the text "#03" is written in large, white, bold, sans-serif font. Below it, the words "EVENT: 400M HURDLES" are written in a smaller, white, sans-serif font, flanked by two vertical white lines.

# #03

EVENT:  
400M HURDLES

# David Hemery

Immortalised by David Coleman's breathless commentary, David Hemery's crowning moment in the 1968 Olympics was even more remarkable in that he smashed the then world record in the 400m hurdles by nearly a second. No one was more surprised than Hemery himself, a modest man from Cirencester blessed with remarkable natural talent.

## DAVID HEMERY



When David Hemery scorched round the track in the 400m hurdles at the Mexico City Olympic Games in 1968, becoming the first British man for 36 years to win an

Olympic title in a world record, it was another David - the commentator Coleman - that was to seal his performance among the pantheon of the all-time great runs.

Close your eyes and you can still hear David Coleman's breathless commentary even now: "And it's David Hemery in the lead for Great Britain. It's Hemery...it's Hemery...it's Hemery! Hemery takes the gold, Hennige, of West Germany, the silver, and who cares who's third? It doesn't matter."

As it happened, third-placed Briton John Sherwood probably cared, but Coleman's famous oversight was forgivable given Hemery's amazing world-record run. "I suppose I've a lot to thank David Coleman for," he said, a typically understated comment from a man whose coach, Bill Smith, described him as "the most naturally gifted, well-behaved and grateful athlete" he'd ever known.





## DAVID HEMERY

Hemery was indeed blessed with amazing natural talent. Born in Cirencester on July 18th, 1944, he began sprinting at the age of nine. At school, he was mainly a half-miler, although he was hugely versatile, recording excellent performances as a teenager over 440y, 120y hurdles and the long jump. Although he ran 58.6 for 440y hurdles at the age of 19 (in the 1963 Midland Championships), it wasn't until 1965 that Hemery and coach Smith realised that he could prove to be a world-beater at the distance.

"I was asked if I wanted to run a 600m indoors, even though I'd never run that distance before," said Hemery. "I was second in 1:11.2, and then two weeks later ran 1:09.8. We realised that, with this sort of over-distance speed and my high hurdling ability, the 400m hurdles should be the event in which I could be closest to world class."

Still, it would be two years before he could actually prove it. During much of 1966, Hemery was restricted by injury to competing over the 120y hurdles, and missed practically the 1967 season, again through injury. His expectations, then, for Olympic year were quite modest.





"I REMEMBER  
LANDING OVER THE  
TENTH HURDLE AND  
REALISING I HAD  
FORGOTTEN TO GO AT  
IT LIKE THE FIRST"

## DAVID HEMERY



**HEMERY WINS  
BBC SPORTS  
PERSONALITY  
OF THE YEAR**





## I KNEW I HAD TO GET OUT FAST DURING THE FIRST HALF OF THE RACE

"I thought that if I didn't get any injuries, I could get under 50 seconds and make the team," says Hemery. "It was my coach who always thought I could get under 49. Although I would never believe I would get to the times he said I would do, he was never more than a few tenths out."

His progression before the Olympics was steady rather than dramatic: he set UK records of 50.7 (440y hurdles) in April, 50.5 in May, 49.8 in June and 49.6 in August. On paper he ranked number four behind Geoff Vanderstock, Boyd Gittens and Ron Whitney, who was to remain the rival he respected the most. Indeed, Whitney was the fastest in the heats with an Olympic record of 49.06. "I knew I had to get out fast during the first



IT WAS A MEASURE OF  
HEMERY'S PERFORMANCE  
THAT HE MADE HIS RIVALS  
SEEM ORDINARY

half of the race because he came on so strong, but he started the final incredibly slowly," remembers Hemery.

That final was one of the greatest fields ever assembled in the event, but it was a measure of Hemery's performance that he made his rivals seem ordinary. Drawn in lane six, he hared out of the blocks and had made up the stagger on Whitney in the lane outside him in virtually no time at all. He sped past the half-way mark in an unprecedented 23.3 and it soon became clear to the packed stadium - and everyone watching around the world - that he was either going to win by a metaphoric

## DAVID HEMERY

mile, or collapse in the closing stages.

"My coach had told me to go at the tenth hurdle as if it was the first in a high hurdles," says Hemery. "Really attack it, he said, and you get the carry-over for the run-in. I remember landing over the tenth and realising I had forgotten to go at it like the first. I tried to sprint but all I could do was stride and wait for the crowd's reaction when someone is catching you. I had only looked over my right shoulder, so I didn't know how close the others were."

His fears proved to be unfounded. Fuelled by his stamina training, he never tired and crossed the line an amazing seven metres clear of Hennige. His time was a staggering 48.12, smashing the world record by 0.82, while Sherwood, 'forgotten' in the excitement, crossed the line in third, to give Britain two medals in the same event for the first time since 1924.

Even Hemery admits he was surprised by the time. "As I was walking down the ramp, I had heard 48.1 announced in English but I didn't know if they had made a mistake and meant 49.1," he says. "I thought it might have been about 48.9, something like that, because of the wind and

**"THE MOST  
NATURALLY  
GIFTED, WELL-  
BEHAVED AND  
GRATEFUL  
ATHLETE"**



## DAVID HEMERY

the rain. Before the final, I thought I might be capable of 48.8 - perhaps even 48.4 on a good day. But the cold and rain may have cost me up to half a second."

Hemery reappeared later in the Games for the 4x400m relay and again excelled himself, clocking 45.1 in the heats and 44.6 in the final. But having worked so hard and having achieved his goal, he revealed shortly after that he would be saying goodbye to the 400m hurdles and instead focusing on decathlon and 110m hurdles, where he reduced the UK record and retained his Commonwealth Games title. He did return to his main event for the 1972 Munich Games, reaching the final, but after a blistering first 200m, he tired in the closing stages and eventually finished fourth.

But Hemery will forever be immortalised among the Olympic greats for the manner of his victory, and his modesty in achieving that greatness. As his coach, Billy Smith, also remarked: "He never shirked a task and I never heard him once moan, although at times I knew he felt like hurling his training gear in the nearest lake. We were a great team - and a happy one."

# DAVID HEMERY - A CAREER IN STATISTICS

## INTERNATIONAL CHAMPIONSHIPS

**1966:** 1st 120yh Commonwealth Games, sf 110mh Europeans

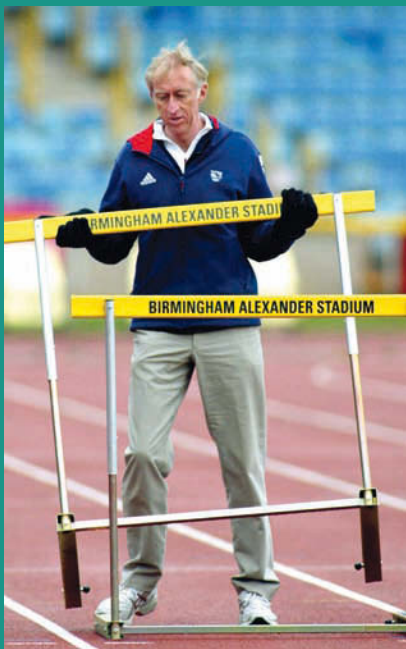
**1968:** 1st 400mh, 5th 4x400m Olympics

**1969:** 2nd 110mh Europeans

**1970:** 1st 110mh Commonwealth Games, 1st 110mh, 4th 4x400m World Universities

## NATIONAL CHAMPIONSHIPS

Won NCAA 440yh 1968, AAA 120yh 1966, 440yh 1968, 400mh 1972; Junior 120yh 1963.



## PERSONAL BESTS

**100m** 10.9 (1969),  
**200m** 21.8 (1970),  
**400m** 47.1 (1972),  
**1500m** 4:18.5 (1969),  
**110mh** 13.72, 13.66w (1970), 13.6 (1969);  
**300mh** 34.6 (1972),  
**400mh** 48.12A (1968), 48.52 (1972); **HJ** 1.86 (1969), **PV** 3.00 (1969),  
**LJ** 7.17 (1969), **SP** 11.29 (1969), **DT** 32.30 (1969),  
**JT** 44.66 (1969).

## INDOORS

**500y** 56.7 (1967), **600y** 1:09.8 (1966), **50yh** 6.0 (1966), **60yh** 7.1 (1966),  
**60mh** 7.9 (1977)

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**STEVE OVETT**

800m: Moscow 1980

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**MARY PETERS**

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**LYNN DAVIES**

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