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Cover: Eilidh Child flying the flag for Scotland as home medal favourite (Photo: PA)

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



MARK SHEARMAN

6 SAINSBURY'S ANNIVERSARY GAMES

EDITOR'S COMMENT

Season set for take-off

SO far this has been a summer of empty seats and big-name athletes going AWOL. Of Britain's three Olympic champions, Jessica Ennis-Hill is enjoying a baby break, while Mo Farah and Greg Rutherford did not compete at the Sainsbury's series meetings in Birmingham, Glasgow and London. Not surprisingly, the events were sparsely attended as a result.

Creating temporary track and field facilities in Horse Guards Parade for last weekend's Anniversary Games was an organisational triumph. The athletes also loved it.

Yet the stands were nowhere near full despite ticket prices being slashed on the eve of the event and then offered for free to runners at the National Lottery Anniversary Run at the Olympic Park on the day itself.

This follows the frenzy for track and field tickets in 2012 and 2013 and is in stark contrast to the packed scenes at the Tour de France in Yorkshire earlier this month and London Marathon in April.

Le Tour and the London Marathon, of course, are free to watch and some would argue street athletics should be the same. Certainly, UKA's ticket strategy has been, at best, questionable, with the cheapest seats for the Anniversary Games being, at £54.25, more expensive than the cheapest at Wimbledon centre court, London 2012 athletics or FIFA World Cup matches. Even Monaco's Diamond League saw prices range from £6 to £31.

No doubt ticket price policies, big-name athlete drop-outs and subsequent audience apathy will be key topics when UKA reviews the 2014 season. Or, to be more accurate, the first half of the season, because everything is just about to move up a gear.

The Commonwealth Games is upon us. Farah, Rutherford and Usain Bolt are coming to Glasgow and the atmosphere is surely going to be amazing. For me, the Games I've covered in Kuala Lumpur, Manchester and Melbourne have felt almost as big as the Olympics.

As for next year, I'm looking forward to the Anniversary Games returning to London's Olympic Stadium – and why not some (affordable) street athletics in the capital as well?

AW



Jason Henderson, Editor

Spring all year round...



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Capital classic



Spectacular setting: Tiffany Porter (right) beats Brianna Rollins (left) and Sally Pearson (centre)

ATHLETES ON PARADE AS BRITISH CAPITAL CELEBRATES TWO-YEAR ANNIVERSARY OF LONDON 2012

Report: Jess Whittington

Pictures: Mark Shearman

WITH the Olympic Stadium out of action this summer, the Anniversary Games moved across the city to Horse Guards Parade and The Mall to celebrate two years since London 2012.

A number of Olympic and Paralympic champions were back in the English capital and some reigned supreme once again. From David Weir working his magic over a mile on The Mall to Renaud Lavillenie hitting the

heights at Horse Guards Parade, fans were treated to some world-class performances and brilliant battles at a unique and iconic venue.

Six-time Paralympic gold medallist Weir returned to the scene of his London 2012 marathon victory and was dominant once again. Cruising over the line in 3:20, he beat the Netherlands' 2004 Paralympic 400m champion Kenny van Weeghel by a second to receive a boost ahead of racing over 1500m at the Commonwealth Games next week.

"Winning in such an iconic location is great," said Weir. "I finish here for the London marathon so to get the opportunity to come out and compete here again is great for me as a Londoner."

Porter gears up for Glasgow

TIFFANY PORTER was another British athlete to warm up well for the Glasgow Games as the sprint hurdler claimed the scalps of both world champion Brianna Rollins of the US and Olympic champion Sally Pearson, the latter being one of Porter's biggest Commonwealth rivals.

"I'm just really excited to come away with the win," said the world bronze medallist who clocked 12.71 to Rollins' 12.75 and Pearson's 12.79. "It's a confidence boost and things seem to be clicking at the right time."

The 'B' 100m hurdles race was won by another Glasgow-bound athlete, though the discipline will form only one seventh of her workload in the Scottish city. Heptathlete Brienne Theisen-



Eaton of Canada ran 13 seconds flat to take eight hundredths of a second off her lifetime best.

World record-holder and Olympic champion Aries Merritt was relegated to fourth in the 110m hurdles as world silver medallist Ryan Wilson of the US, Shane Brathwaite of Barbados

Mike Rogers: amid suspect starting procedures, the American won the 100m from the age-less Kim Collins



Fabiana Murer: Brazilian won the women's pole vault on Horse Guards Parade



David Weir: popular winner on The Mall

Ryan Wilson: won an ultra-close men's sprint hurdles race



and British No.1 William Sharman all ran 13.24, with Wilson judged the winner ahead of Brathwaite in a photo finish.

Andy Turner won the 'B' 110m hurdles race in 13.49 and now concentrates on defending his Commonwealth title at an event to which he goes as the England athletics team captain.

Spotlight on sprints

DESPITE the event taking place in such a unique setting, it seemed to run fairly smoothly, though it wasn't completely without controversy. Chat of ticket prices and empty seats (*Comment*, page 4) aside, the sprint starts

and a lack of women's 100m times were also topics of conversation.

Richard Kilty was less than impressed after a men's 'B' 100m race in which he said the gun did not sound properly. The world indoor champion had been hoping to use the outing as a confidence booster ahead of the Commonwealth Games but as it was he trailed in last in 10.60 and later said how he slowed thinking there had been a false start before realising the race was still on and working to catch the rest of the field.

"This run was meant to be used as race practice and a

confidence boost before the Commonwealths and through no fault of my own it's messed me up a little bit," he said.

The race was won by his fellow England team-mate Harry Aikines-Aryeetey in 10.26.

Joining Aikines-Aryeetey in 100m victory was Mike Rodgers of the US who ran a speedy 9.91 in the final race of the meeting. His reaction time was recorded as 0.082, though, and it was one of three starts which would usually be considered illegal. Jamaica's Nesta Carter, who finished third, and Britain's 9.96 man Chijindu Ujah, in fourth, also had reaction times of less than

the allowable 0.10 of a second.

The majority of attention understandably went to the fourth man in that field, Kim Collins, though as at the age of 38 he ran a St Kitts & Nevis record of 9.96 for the runner up spot and fastest time ever recorded by a man over the age of 35.

The Evergreen sprinter, who won a Commonwealth title in 2002 before claiming world gold a year later, explained how not overthinking the race had worked in his favour.

"I think the problem was I kept on trying too hard," he said. "Today I didn't feel 100 per



Richard Browne: defeated Jonnie Peacock



Allyson Felix: beat Shelly-Ann Fraser-Pryce but no time was given

cent (he had suffered cramp in his hamstring a couple of days before) but I said I'm just going to run my race and there it was."

Having benefitted from a blistering start, Jamaica's world and Olympic champion Shelly-Ann Fraser-Pryce was pipped by Olympic 200m gold medallist Allyson Felix of the US, though how close the pair were in finishing is unknown, as a problem with the timing equipment meant their marks were unavailable.

The 'B' race was won by Margaret Adeoye, who now goes on to represent England over 400m in Glasgow.

Hannah Cockroft was another athlete to have won multiple golds at London 2012 and although she didn't get the best of starts she surged through the field and clocked 18.44 for 100m victory.

Jonnie Peacock beat Richard Browne in the men's T44 100m in London two years ago but the American turned the tables on his British rival this time around as he ran 10.90 to Peacock's 11.00.

Sophie Hahn, one of many youngsters who was inspired to take up the sport following London 2012, won the T37/38 100m in 13.48, while Poland's Michal Derus ran 10.87 for T47 victory from Britain's Ola Abidogun and Rhys Jones won a battle of the Brits with 11.99 in the T36/37 100m.



Hannah Cockroft: wheelchair racer enjoyed clear win in 100m

Reid and Davies on form

FRESH from her world record at the Sainsbury's Glasgow Grand Prix the weekend before, Stef Reid continued her winning ways in the long jump. The Paralympic



Stef Reid: long jump victory

silver medallist has broken the world record for the F44 classification twice this season, with 5.45m in the US in April and 5.47m at Hampden Park. At Horse Guards Parade a second-round leap of 5.39m was enough for victory ahead of France's world and Paralympic sprint champion Marie-Amélie Le Fur with 5.21m.

On going up against her French rival who she will again face at the IPC European Championships in Swansea next month, Reid said: "It makes me push harder in every round, which is great preparation for the Europeans."

Another Brit was victorious in the F42 shot as world and Paralympic throws champion Aled Davies went almost a metre and a half further than anyone else could manage with 14.02m.

Field events on Parade

ONE VAULT was all it took for Renaud Lavillenie to claim victory. The world pole vault record-holder entered the competition at 5.70m and went easily clear on his first attempt before skipping straight to 5.83m. It wasn't to be as the Olympic champion failed all three attempts at that height and although he already had victory wrapped up he said he would have liked to have gone higher for the crowd.

"It was a good 5.70m jump so I was very happy with that but then it was only one jump so I wasn't happy with that," he said. "The crowd was amazing and it was crazy for me to jump here." In second, British record-holder Luke Cutts cleared a season's best of 5.60m.

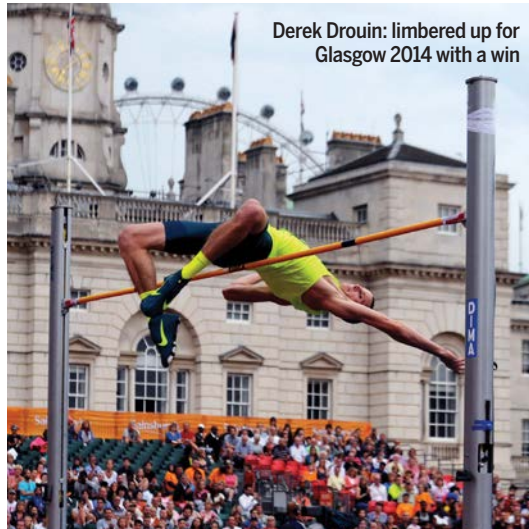
Over in the women's event and after two failed attempts at 4.55m, Brazil's 2011 world champion Fabiana Murer opted to skip to 4.65m for her final go and it proved to be a winning decision.

She went on to attempt 4.81m but failed her three goes and finished with a clearance ten centimetres higher than Australia's Alana Boyd, who defends her Commonwealth title in Glasgow. Olympic champion Jenn Suhr and Suhr's fellow American Mary Saxon.

Another athlete gearing up for Glasgow is world and Olympic bronze medallist Derek Drouin who won the men's high jump



Blanka Vlasic: high jump delight



Derek Drouin: limbered up for Glasgow 2014 with a win



Genzebe Dibaba: one-mile triumph

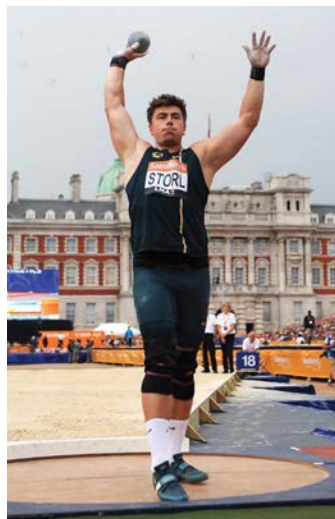
with 2.32m on countback from Olympic Erik Kynard of the US, who went one better than the Canadian in London two years ago.

Following injury, Croatia's two-time world champion Blanka Vlasic is working to get back towards the sort of form that saw her clear 2.08m in 2009 and she enjoyed first-time clearances up to her winning height of 2.00m.

German athletes dominated the evening's throws action. David Storl threw a 21.97m shot put PB to beat Joe Kovacs of the United States, who has thrown 22.03m this year, as four men went over the 20 metre mark before Christina Schwanitz won the women's event with 19.92m from American Michelle Carter's 19.80m.

Olympic long jump champion Greg Rutherford had been forced

to withdraw from the competition with a knee niggle, but there was still a battle between British athletes as Chris Tomlinson leapt 7.94m to beat UK champion JJ Jegede. Olympic decathlon world record-holder Ashton Eaton



David Storl: imperious form in shot put

finished one centimetre behind in third with 7.87m. The women's event was won by world indoor and European champion Éloyse Lesueur of France with 6.65m.

Marvellous miles on The Mall

AHEAD of Kim Collins going sub-10 seconds over 100m, Bernard Lagat had also again proven that age is no barrier. In a men's two-mile road race missing double world and Olympic champion Mo Farah, who decided to give the event a miss to concentrate on his Glasgow 2014 preparations, the 39-year-old beat his fellow American Garrett Heath, clocking 8:27, as Emmanuel Bett of Kenya was third and Luke Caldwell finished as top Briton in fifth.

Genzebe Dibaba of Ethiopia, who broke the world records for 1500m, 3000m and two miles



Bernard Lagat: replaced Mo Farah and entertained crowd in the two miles

indoors earlier this year, held off American Morgan Uceny to win the women's mile – 4:28 to 4:29 – as a British athlete again placed fifth, Helen Clitheroe clocking 4:36.

RESULTS

Men: 100 (1.0): 1 M Rodgers (USA) 9.91; 2 K Collins (SKN, M35) 9.96; 3 N Carter (JAM) 10.00; 4 C Ujah (GBR/E&H) 10.13 (Nb Rodgers, Carter and Ujah all had reactions below 0.1). **B (1.6):** 1 H Aikines-Aryeetey (GBR/Sutt) 10.26; 2 C Martina (NED) 10.29; 3 K Daly (GBR/B&B) 10.36; 4 R Kilty (GBR/Gate) 10.60. **110H (-0.4):** 1 R Wilson (USA) 13.24; 2 W Sharman (GBR/Belg) 13.24; 2 S Brathwaite (BAR) 13.24; 4 A Merritt (USA) 13.48. **B (1.8):** 1 A Turner (GBR/Sale) 13.49; 2 S Adams (USA) 13.54; 3 A Al-Ameen (GBR/NEB) 13.61; 4 L Clarke (GBR/WSEH) 13.63. **HJ:** 1 D Drouin (CAN) 2.32; 2 E Kynard (USA) 2.32; 3 M Fassinotti (ITA) 2.25; 4 C Baker (GBR/Sale) 2.21; 5 D Jonas (USA) 2.21; 6 A Smith (GBR/SB) 2.16. **PV:** 1 R Lavillenie (FRA) 5.70; 2 L Cutts (GBR/Dearne) 5.60; 3 S Lewis (GBR/NEB) 5.50; 3 B Walker (USA) 5.50; 5 K

Menaldo (FRA) 5.35; 6 A Dutra (BRA) 5.35. **LJ:** 1 C Tomlinson (GBR/NEB) 7.94/-0.6; 2 J Jegede (GBR/NEB) 7.88/-0.3; 3 A Eaton (USA) 7.87/0.1; 4 C Taylor (USA) 7.74/0.6; 5 M Hartfield (USA) 7.62/0.3; I Gaisah (NED) NM. **SP:** 1 D Storl (GER) 21.97; 2 J Kovacs (USA) 21.44; 3 K Roberts (USA) 21.06; 4 R Whiting (USA) 20.41; 5 N Mulabegovic (CRO) 19.71; 6 M Fortes (POR) 19.17. **Women: 100:** 1 A Felix (USA) NTT; 2 S Fraser-Pryce (JAM) NT; 3 C Jeter (USA) NT; 4 S Solomon (USA) NT. **B (-0.7):** 1 M Adeoye (GBR/E&H) 11.61; 2 S Papps (GBR/WSEH) 11.69; 3 B Knight (USA) 11.70; 4 A Bailey (JAM) 11.74. **100H (0.9):** 1 T Porter (GBR/WG&EL) 12.71; 2 B Rollins (USA) 12.75; 3 S Pearson (AUS) 12.79; 4 L Idlette (DOM) 13.00. **B (-0.6):** 1 B Thiesen-Eaton (CAN) 13.00; 2 K Castlin (USA) 13.01; 3 S Solomon (GBR/B&B) 13.41;

4 L Hatton (GBR/Corby) 13.89. **HJ:** 1 B Vlasic (CRO) 2.00; 2 R Beitia (ESP) 1.96; 3 C Lowe (USA) 1.93; 4 E Green (SWE) 1.93; 5 I Pooley (GBR/AFD) 1.87; 6 X Zheng (CHN) 1.84. **PV:** 1 F Murer (BRA) 4.65; 2 J Suhr (USA) 4.55; 2 A Boyd (AUS) 4.55; 4 M Saxer (USA) 4.55; H Paxton (GBR/Bir) NH. **LJ:** 1 É Lesueur (FRA) 6.65/-0.6; 2 F Jimoh (USA) 6.63/0.4; 3 C Nettye (CAN) 6.59/0.5; 4 M Jover (ESP) 6.36/0.4; 5 K Costa (BRA) 6.30/0.0; 6 Y Urrutia (COL) 5.81/-2.0. **SP:** 1 C Schwanitz (GER) 19.92; 2 M Carter (USA) 19.80; 3 C Borel (TRI) 18.99; 4 T Brooks (USA) 18.63; 5 F Johnson (USA) 18.25; 6 E Francis (GBR/Bir) 17.00

Disability

Men: 100: T44: 1 R Browne (USA) 10.90; 2 J Peacock (GBR/Charn) 11.00; 3 A Fourie (RSA) 11.10; 4 F Streng (GER) 11.20. **T47 (-0.5):** 1 M Derrus

(POL) 10.87; 2 O Abidogun (GBR/Horw) 11.32; 3 V Trunov (RUS) 11.42; 4 K Powell (GBR, U20) 11.63. **T36/37 (-0.7):** 1 R Jones (GBR) 11.99; 2 G Ballard (GBR, M35) 12.45; 3 P Blake (GBR) 12.46; 4 B Rushgrove (GBR) 12.63. **SP: F42:** 1 A Davies (GBR) 14.02; 2 F Tinnemeier (GER) 12.65; 3 T Pillay (RSA) 11.91; 4 M Tomic (CRO) 11.79; 5 M Al-Joburi (SWE) 11.40; 6 E Etienne (FRA) 10.89. **Women: T37/38: 100 (-0.9):** 1 S Hahn (GBR, U20) 13.48; 2 M Goncharova (RUS) 13.67; 3 O Breen (GBR, U20) 13.84; - M Francois-ellie (FRA) DNF. **T34: 100 (0.5):** 1 H Cockroft (GBR) 18.44; 2 A Siemons (NED) 19.38; 3 D Vranken (NED) 20.12; 4 C Dewald (USA) 23.50. **F44:** 1 S Reid (GBR/Charn) 5.39/0.9; 2 M Le Fur (FRA) 5.21/-0.8; 3 I Pruysen (NED) 4.69/-1.9; 4 L Sugar (GBR) 4.48/0.0; 5 M Van Gansewinkel (NED) 4.30/0.0

Road

Men (1M Wheelchair): 1 D Weir (Weir Arc, M35) 3:20; 2 K Van Weeghel (NED) 3:21; 3 T Hamerlak (POL) 3:22; 4 J Cassidy (CAN) 3:22; 5 B Lakatos (Rade) 3:23; 6 R Colman (AUS) 3:23; 7 E Blichfeldt (Dengie 100) 3:24; 8 S Bloor (C&N) 3:37. **Men (2M):** 1 B Lagat (USA, M35) 8:27; 2 G Heath (USA) 8:29; 3 E Bett (KEN) 8:31; 4 D Cabral (USA) 8:33; 5 L Caldwell (DMV) 8:34; 6 D Ulrey (USA) 8:37; 7 J Hay (AFD) 8:41; 8 J Bolas (USA) 8:42; 9 C Birmingham (AUS) 8:43; 10 R Millington (Stock H) 8:50; 11 J Taylor (Morp) 8:52; 12 C Leslie (USA) 9:01. **Women (1M):** 1 G Dibaba (ETH) 4:28; 2 M Uceny (NED) 20.12; 3 Z Buckman (AUS) 4:33; 4 G Lacaze (AUS) 4:34; 5 H Clitheroe (Prest, W40) 4:36; 6 S Garcia (USA) 4:36; 7 S Twell (AFD) 4:38; 8 C Mogee (USA) 4:40; 9 L Wallace (USA) 4:47; 10 M Courtney (SB) 4:48

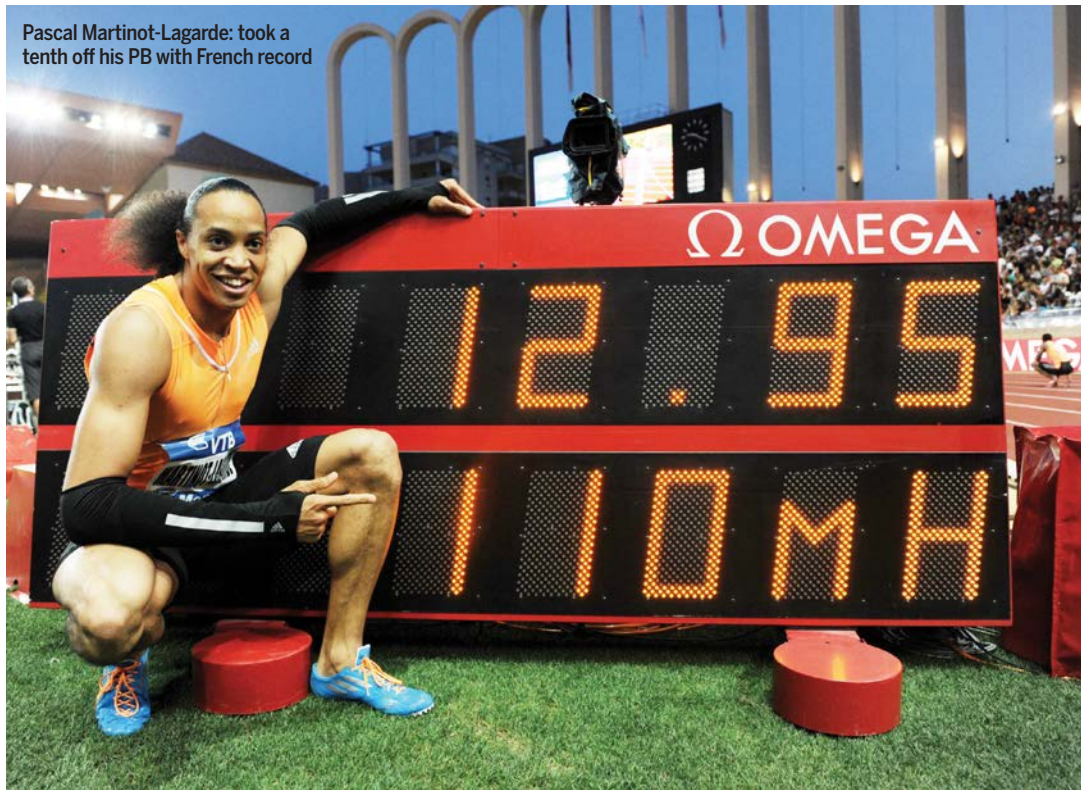
Top marks in Monaco

TERRIFIC MARKS AS DIAMOND LEAGUE CIRCUIT MOVES TO SUNNY MONACO

Pictures: Jean-Pierre Durand

THE FINAL Diamond League meet before Glasgow 2014 saw superb performances from Silas Kiplagat, Nijel Amos, Pascal Martinot-Lagarde and Caterine Ibarguen

The men's 800m and 1500m races in Monaco last week were highly-anticipated, but while they produced super-fast times the winners were slightly unexpected. First Nijel Amos from Botswana defeated David Rudisha in a red-hot 800m. Then Silas Kiplagat turned his Kenyan team-mate Asbel Kiprop over in a sizzling 1500m world record attempt.



Pascal Martinot-Lagarde: took a tenth off his PB with French record

Caterina Ibarguen: 15.31m was a huge South American record and best mark in the world since 2008



Kiprop had gone into the 1500m with Hicham El Guerrouj's 16-year-old world record of 3:26.00 in his sights. The mark was missed by 1.64sec, but not by the two-time world champion. Leading along the back straight he was tracked by his compatriot Silas Kiplagat, the Commonwealth champion, who judged his finish perfectly to surge ahead in a 54.41 last lap and cruise over the line in a world-leading and Diamond League record time of 3:27.64.

The mark puts him fourth on the world all-time list behind just El Guerrouj, Bernard Lagat and Noureddine Morceli, leapfrogging Kiprop, who on Friday clocked 3:28.45.

So El Guerrouj's world record wasn't broken, but the world junior mark was as Ronald Kwemoi followed his fellow Kenyans over the line in 3:28.81 and a total of seven men went sub-3:30. Ayanleh Souleiman ran a Djibouti record 3:29.58 in fourth, Abdalaati Iguider a

3:29.83 PB in fifth and Aman Wote beat his own Ethiopian record with 3:29.91 in sixth as New Zealand's Nick Willis ran 3:29.91 for seventh to also set a national record after the pacemaker had towed the runners around in 54.08 (winner was 6th at this stage), 1:50.84 (800m) and 2:47.49 (1200m).

The prodigious Amos won an 800m that saw five men dip under 1:43 as the Olympic silver medallist ran a world-leading and meeting record time of 1:42.45.

Surging ahead into the home straight past the front-running Rudisha, the Botswana two-lap specialist beat a field including European under-23 champion Pierre-Ambroise Bosse who ran a French record 1:42.53 in second, world indoor and outdoor champion Mohammed Aman with a 1:42.83 season's best for third and Kenya's Ferguson Cheruiyot Rotich with a 1:42.84 PB for fourth.

Part of a thrilling finish, world record-holder Rudisha just

couldn't demonstrate the same level of strength at the end and he faded to fifth but still clocked a 1:42.98 season's best. Britain's Andrew Osagie ran 1:45.68 for eighth.

As usual, field action got the meeting started, and what a start. Following Valerie Adams' 53rd consecutive win with 20.38m in the shot to wrap up her victory in this season's 'Diamond Race' and Piotr Malachowski's 65.84m to win the discus it was again Catherine Ibargüen's time to shine in the triple jump.

Colombia's world champion trailed Russia's Yekaterina Koneva after five rounds, the world indoor champion having leapt a 14.89m personal best in the second round, but Ibargüen wasn't going to give up that easily. After fouling on her fourth and fifth attempts she saved the best until last and responded with a world-leading Diamond League and South American record of 15.31m to go fifth on the world all-time list.

There was no 2.43m clearance for world high jump champion Bohdan Bondarenko but his 2.40m for victory is a meeting record and saw him ahead of Mutaz Essa Barshim with 2.37m. Long jump victory went to Jinzhe Li with a best of 8.09m as Britain's Chris Tomlinson finished fourth with 7.94m. Brazil's Fabiana Murer



Nijel Amos: 1:42.45 in 800m as David Rudisha clocked 1:42.98 yet was only fifth

won the pole vault with 4.76m to beat Jenn Suhr of the US with 4.71m, while Barbora Spotakova continued her winning ways with a 66.96m season's best in the javelin.

Four athletes went sub-11 seconds in the women's 100m led by the ever improving US sprinter Tori Bowie with a world-leading 10.80. Following her over the line was Jamaica's Veronica Campbell-Brown with 10.96 and

then Murielle Ahoure of Ivory Coast and Nigeria's Blessing Okagbare, both with 10.97.

The top two went sub-20 seconds in the men's 200m, American Justin Gatlin with a world-leading meeting record mark of 19.68 to lower his PB and Jamaica's Nickel Ashmeade with 19.99. It was Gatlin's first ever sub-20 performance and led to boos on social media due to his previous drugs convictions.

There was a second national record of the evening for France as Pascal Martinot-Lagarde ran 12.95 to pip Cuba's Orlando Ortega with a 13.01 personal best. World champion LaShawn Merritt cruised to 400m victory – 44.30 his winning time, while Jamaica's Kaliese Spencer extended her lead in the 400m hurdles Diamond Race as the world indoor silver medallist clocked 54.09 for clear victory. World champion Zuzana Hejnová, in her first competition since taking time away from the track because of a foot injury, clocked 55.86 for seventh.

Ajee Wilson ran a US under-23 best in the 800m to end the winning streak of Kenya's Eunice Sum who hadn't lost a race since June of last year. Wilson's 1:57.67 is a world lead and world champion Sum's 1:57.92 a season's best. Further down the field and Britain's Jess Judd again dipped under the two minute barrier with 1:59.99 for eighth.

Genzebe Dibaba claimed 5000m victory in a world leading time of 14:28.88 but she had to push hard to beat her fellow Ethiopian Almaz Ayana with 14:29.19, while the American record was broken by Molly Huddle who clocked 14:42.64 for sixth. The evening's final event – the 3000m steeplechase – was won by Kenya's world leader Jairus Birech in 8:03.33.

RESULTS

Men: 200 (-0.5): 1 J Gatlin (USA) 19.68; 2 N Ashmeade (JAM) 19.99; 3 C Lemaitre (FRA) 20.08; 4 T Gay (USA) 20.22; 5 C Mitchell (USA) 20.28; 6 R Bailey (USA) 20.37; 7 R Dwyer (JAM) 20.48; 8 S McLean (USA) 20.67. **400:** 1 L Merritt (USA) 44.30; 2 G Roberts (USA) 44.62; 3 I Makwala (BOT) 44.90; 4 T McQuay (USA) 44.92; 5 L Santos (DOM) 44.97; 6 CONRAD WILLIAMS 45.53; 7 K Borlée (BEL) 45.60; 8 M Anne (FRA) 45.87. **800:** 1 N Amos (BOT) 1:42.45; 2 P Bosse (FRA) 1:42.53 (rec); 3 M Aman (ETH) 1:42.83; 4 F Rotich (KEN) 1:42.84; 5 D Rudisha (KEN) 1:42.98; 6 M Lewandowski (POL) 1:44.24; 7 A Rowe (AUS) 1:44.40 (eq rec); 8 ANDREW OSAGIE 1:45.68; 9 A Kaki (SUD) 1:46.90; D Souleiman (USA) DNF. **1500:** 1 S Kiplagat (KEN) 3:27.64 (Diamond League record); 2 A Kiprop (KEN) 3:28.45; 3 R Kwemai (KEN, U20) 3:28.81 (World U20 rec); 4 A Souleiman (DJI) 3:29.58 (rec); 5 A Igider (MAR)

3:29.83; 6 A Wote (ETH) 3:29.91 (rec); 7 N Willis (NZL) 3:29.91 (Area rec); 8 L Manzano (USA) 3:30.98; 9 M Centrowitz (USA) 3:31.09; 10 H Ingebrigtsen (NOR) 3:31.46 (rec); 11 I Özbilen (TUR) 3:33.10; 12 J Cronje (RSA) 3:33.69; 13 F Carvalho (FRA) 3:35.68. **3000sc:** 1 J Birech (KEN) 8:03.33; 2 C Kipruto (KEN) 8:09.81; 3 H Yego (KEN) 8:10.23; 4 M Hughes (CAN) 8:12.81; 5 B Nganga (KEN) 8:15.01; 6 E Jager (USA) 8:15.49; 7 P Koech (KEN) 8:18.29; 8 B Taleb (MAR) 8:19.19; 9 V Garcia (ESP) 8:20.08; 10 B Kipruto (KEN) 8:21.49; 11 A Mutai (KEN) 8:23.53; 12 D Huling (USA) 8:24.04; 13 J Koech (BRN) 8:26.79. **110H (0.2):** 1 P Martinot-Lagarde (FRA) 12.95; 2 O Ortega (CUB) 13.01; 3 S Shubenkov (RUS) 13.14; 4 R Wilson (USA) 13.18; 5 A Riley (JAM) 13.19; 6 D Oliver (USA) 13.38; 7 A Merritt (USA) 13.47; 8 D Bascou (FRA) 13.61. **HJ:** 1 B Bondarenko (UKR) 2.40; 2 M Barshim

(QAT) 2.37; 3 I Ukhov (RUS) 2.34; 4 E Kynard (USA) 2.34; 5 D Drouin (CAN) 2.34; 6 A Protsenko (UKR) 2.34; 7 M Fassinotti (ITA) 2.30; 8 N Tobe (JPN) 2.30; 9 Zhang Guowei (CHN) 2.30; 10 A Dmitrik (RUS) 2.30. **LJ:** 1 Li Jinzhe (CHN) 8.09/0.5; 2 I Gaisah (NED) 8.01/0.9; 3 L Rivera (MEX) 8.00/0.5; 4 CHRISTOPHER TOMLINSON 7.94/0.0; 5 A Menkov (RUS) 7.93/1.0; 6 M Hartfield (USA) 7.88/-0.1; 7 C Taylor (USA) 7.88/0.6. **DT:** 1 P Malachowski (POL) 65.84; 2 J Fernández (CUB) 65.46; 3 G Kanter Gerd (EST) 64.98; 4 E Hadadi (IRI) 64.47; 5 P Milanov (BEL) 62.99; 6 R Urbanek (POL) 62.56; 7 D Ståhl (SWE) 61.60; 8 B Harradine (AUS) 61.25.

Women: 100 (0.8): 1 T Bowie (USA) 10.80; 2 V Campbell-Brown (JAM) 10.96; 3 M Ahouré (CIV) 10.97; 4 B Okagbare (NGR) 10.97; 5 A Felix (USA) 11.01; 6 S Fraser-Pryce (JAM) 11.01; 7 M

Soumaré (FRA) 11.03. **800:** 1 A Wilson (USA) 1:57.67; 2 E Sum (KEN) 1:57.92; 3 W Nanyondo (UGA) 1:58.63; 4 J Jepkosgei (KEN) 1:58.70; 5 E Poistogova (RUS) 1:59.31; 6 M Beckwith-Ludlow (USA) 1:59.32; 7 L Roesler (USA) 1:59.44; 8 JESSICA JUDD 1:59.99; 9 R Lamote (FRA) 2:00.06; 10 J Fedronic (FRA) 2:00.41. **5000:** 1 G Dibaba (ETH) 14:28.88; 2 A Ayana (ETH) 14:29.19; 3 V Kibiwot (KEN) 14:33.73; 4 S Kipyego (KEN) 14:37.18; 5 B Saina (KEN) 14:39.49; 6 M Huddle (USA) 14:42.64; 7 M Cheronno (KEN) 14:44.56; 8 S Rowbury (USA) 14:48.68; 9 J Kisa (KEN) 14:59.93; 10 S Hassan (NED) 15:08.05; 11 M Belete (BRN) 15:11.60; 12 C Calvin (FRA) 15:12.83; 13 K Conley (USA) 15:37.09. **400H:** 1 K Spencer (JAM) 54.09; 2 G Moline (USA) 54.73; 3 C Tate (USA) 55.07; 4 A Yaroshchuk-Ryzhykova (UKR) 55.24; 5 W Theron (RSA) 55.29; 6 A Oluwakemi (BRN) 55.38; 7 Z Hejnová (CZE) 55.86;

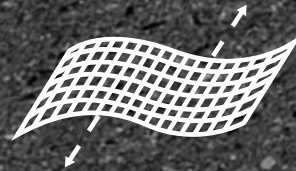
8 K Carter (USA) 55.94. **PV:** 1 F Murer (BRA) 4.76; 2 J Suhr (USA) 4.71; 3 E Stefanidi (GRE) 4.71; 4 L Ryzih (GER) 4.65; 5 A Sidorova (RUS) 4.55; 6 A Boyd (AUS) 4.55; eq 7 M Fiack (FRA) / V Boslak (FRA) / Y Silva (CUB) 4.40; eq 10 M Lotout (FRA) / N Büchler (SUI) 4.40; 12 K Bauer (GER) 4.40; J Svobodová (CZE) NM. **TJ:** 1 C Ibargüen (COL) 15.31/0.0; 2 E Koneva (RUS) 14.89/0.6; 3 K Williams (JAM) 14.59/1.2; 4 Y Urrutia (COL) 14.58/0.7; 5 P Mamona (POR) 14.34; 1.6; 6 M Gay (CUB) 14.33/0.8; 7 I Gumenyuk (RUS) 14.11/0.2; 8 Li Yanmei (CHN) 13.62/0.4. **SP:** 1 V Adams (NZL) 20.38; 2 L Schwanitz (GER) 19.54; 3 M Carter (USA) 19.05; 4 C Borel (TTO) 18.96; 5 E Kolodko (RUS) 18.81; 6 F Johnson (USA) 18.79. **JT:** 1 B Špotáková (CZE) 66.96; 2 M Ratej (SLO) 64.58; 3 K Mickle (AUS) 62.94; 4 M Palameika (LAT) 61.41; 5 L Stahl (GER) 60.32

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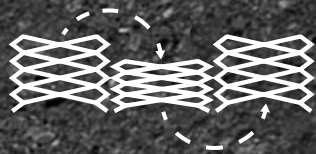
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Let the Games begin!

SCOTLAND STAGES THE COMMONWEALTH GAMES FOR ONLY THE THIRD TIME IN THE EVENT'S 84-YEAR HISTORY AS IT HITS GLASGOW THIS WEEK

Previews: Paul Halford, Jason

Henderson, David Lowes, Steve

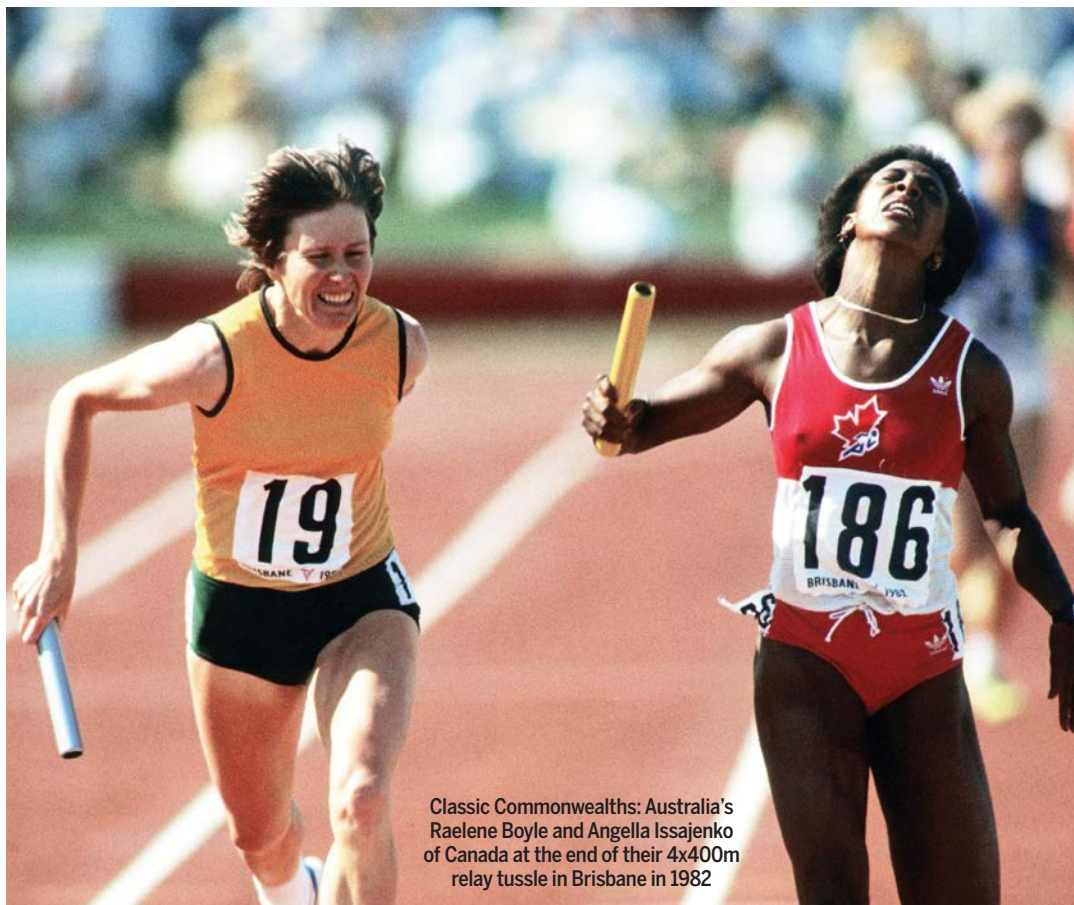
Smythe and Jess Whittington

Pictures: Mark Shearman

FROM Roger Bannister to Filbert Bayi and Raelene Boyle to Ato Boldon, the Commonwealth Games has produced some of the greatest athletics moments in history.

Who can forget the "miracle mile" between Bannister and John Landy? Or the tragic collapse of Jim Peters at the end of the marathon at the same Vancouver Games of 1954?

In Christchurch in 1974, Tanzanian Bayi smashed the world 1500m record with an amazing gun-to-tape performance. Sprinters such as Boyle – a seven-time gold medalist for Australia – plus Trinidadian Boldon and Jamaican legend Don Quarrie have helped light up the Games, while other track and field stars



Classic Commonwealths: Australia's Raelene Boyle and Angella Issajenko of Canada at the end of their 4x400m relay tussle in Brisbane in 1982

who have won Commonwealth titles include Daley Thompson, Kip Keino, Sally Gunnell, Herb Elliott, Tessa Sanderson, Peter Snell, David Hemery, Liz McColgan, Paula Radcliffe – the list goes on and on.

Unfairly, the Games is sometimes dismissed as a low-quality, Mickey Mouse affair. This is true in some events compared to global championships, but in many events the standard is very high. After all, would a Games featuring Jamaican sprinters or Kenyan distance runners be anything other than great?

The Commonwealth is also home to almost a third of the world's population. It is the friendliest third, too, because the Games has above all things earned a reputation for its good-natured, feel-good atmosphere.

Since the first Games in Hamilton, Canada, in 1930 – where only 11 nations and 131 track and

field athletes (all of them men) took part – the event has grown massively and survived financial and political crises.

London, Cardiff, Manchester and Edinburgh have staged it when it has been held on British soil, but the Commonwealth Games offers a rare chance for athletes to compete for their home nations. So Glasgow 2014 is definitely a Scottish event and the host nation's athletes will enjoy nothing more than beating their English neighbours.

Certainly, we will be in for a treat if the action is as close as the famous men's 200m final at the 1982 Games in Brisbane, for example, where Allan Wells of Scotland and Mike McFarlane of England could not be separated by judges and were both awarded with gold medals.

Scotland has a great chance of success, too, with strong medal

hopes including 400m hurdler and this week's cover star Eilidh Child, 800m runner Lynsey Sharp and 1500m man Chris O'Hare.

The Games will also welcome some of the true global superstars of the sport, such as Usain Bolt (albeit "only" in the relay), New Zealand shot putter Valerie Adams and the much-anticipated appearance of Olympic and world champion Mo Farah.

In the following pages, we offer an event-by-event preview to the track and field programme and in the next two issues of *Athletics Weekly* we will be producing our unusual in-depth and unrivalled coverage to the Games.

Meanwhile, to complement our magazine articles, the AW website is also now packed with Commonwealth Games-related news stories, features, historical information and statistics.

Jason Henderson, Editor



Commonwealth legend: Filbert Bayi

Thompson to upset Jamaica?



Richard Thompson (right): sprint challenger

100m

NO USAIN BOLT, no Yohan Blake and four of the fastest five Jamaicans this year are missing, but a strong Caribbean challenge is assured, including from Bolt's countrymen.

Trinidad & Tobago will have their quickest three in the shape of world No.2 Richard Thompson, Keston Bledman and Darrel Brown.

Thompson clocked 9.82 when winning his national title in June and also went under 10 seconds in Hengelo.

However, Jamaica's Nickel Ashmeade seems to be the man in-form, though, after his 9.97 win in Glasgow left Thompson trailing sixth.

Thanks to a combination of an early selection deadline and England's selection criteria, Britain's fastest two of Chijindu

Nickel Ashmeade: Jamaican is in fine form



Ujah and James Dasaolu will be absent.

However, England's Adam Gemili looks poised to go under 10 seconds in the right conditions and surely challenge for a medal. He has clocked 10.04 this year and

Adam Gemili: plans to get in the mix



has opted for this event rather than the 200m in which he reached the world final with 19.98 last year.

Harry Aikines-Aryeetey has matched his PB this season and believes his recent 10.21 and 10.41 clockings were mere blips caused by a tactical misjudgment and hamstring niggle respectively.

Richard Kilty will be there or thereabouts if he can rediscover his world indoor title-winning form from March. The Middlesbrough athlete will be making his first senior appearance at a major outdoor championships.

Jamaica's Kemar Bailey-Cole and Jason Livermore will be

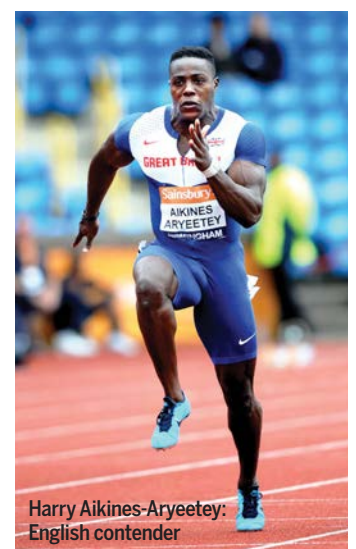
ones to watch out for, as will St Kitts and Nevis's Antoine Adams and Jason Rodgers. Their more illustrious compatriot, the 2003 world champion and 2011 bronze medallist, Kim Collins, will be missing, despite having clocked 10.07 this year, after disagreements with his federation in recent years.

Zambia's Gerald Phiri, formerly based in Sheffield, is one of the quickest this year but he has had to pull out with an ankle injury.

Simon Magakwe, who recently clocked a South African record of 9.98 and compatriot Akani Simbini (10.02), have not been nearly as quick at sea level.

Facts and figures

- **Predictions:** 1 Richard Thompson (TTO); 2 Nickel Ashmeade (JAM); 3 Kemar Bailey-Cole (JAM). **Predicted mark:** 9.99
- **Reigning champion:** Lerone Clarke (JAM) 10.00
- **Commonwealth record-holder:** Usain Bolt (JAM) 9.58
- **Games record-holder:** Ato Boldon (TRI) 9.88
- **Home countries:** England – Harry Aikines-Aryeetey, Adam Gemili, Richard Kilty, N Ireland – Leon Reid, Jason Smyth
- **History:** The 1976 Olympic 200m champion Don Quarrie won the first three Games titles held over 100m between 1970 and 1978.



Harry Aikines-Aryeetey: English contender

Weir set for his moment of glory

200m

JAMAICA will field an even stronger trio in the 200m than in the shorter sprint, led by world No.1 Warren Weir, who has run 19.82 this year.

Could the 2013 world bronze medallist finally come out of the shadow of Usain Bolt and Yohan Blake?

Jamaica's Rasheed Dwyer (20.04) and Jason Livermore (20.25) will also be looking to make the final.



Warren Weir: 19.82 in 2014

St Kitts and Nevis 20.08 man Antoine Adams lead his country's charge, backed up by Brijesh Lawrence and Lestrod Roland.

Danny Talbot could represent the best chance for the home nations, but taking over from fellow England sprinter Leon Baptiste as Commonwealth champion will be a tall order.

The British champion has been on top form this year as shown by his recent PB of 20.36.

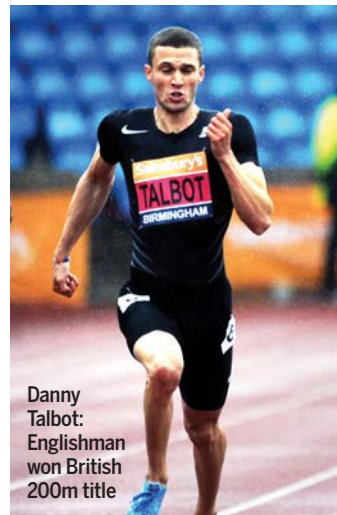
England's James Ellington has not been far behind and this season has run his third quickest ever time of 20.45.

Chris Clarke, also of England, has been short of his 20.25 form of last year and will surely need to improve to make the final.

Akani Simbini is not as strong in the 200m as the 100m. Another South African Wayde van Niekerk will be one of the quickest among

the entries at 20.19, but he is thought to be just doing the 400m.

Others who could make an impact are Trinidad & Tobago's Rondell Sorillo (20.22), Shavez Hart (20.25) and Canada's Andre de Grasse (20.38) and Brendon Rodney (20.41).



Danny Talbot: Englishman won British 200m title

Facts and figures

- **Predictions:** 1 Warren Weir (JAM); 2 Rasheed Dwyer (JAM); 3 Aaron Brown (CAN).
- Predicted mark:** 19.98
- **Reigning champion:** Leon Baptiste (ENG) 20.45
- **Commonwealth record-holder:** Usain Bolt (JAM) 19.19
- **Games record-holder:** Frankie Fredericks (NAM) 19.97
- **Home countries:** England – Chris Clarke, James Ellington, Danny Talbot, Guernsey – Tom Druce, N Ireland – Leon Reid, Jason Smyth
- **History:** Three athletes have won double gold – Quarrie, Fredericks and Allan Wells, though the latter shared one of his golds with Mike McFarlane.

Kirani leads quality one-lap sprint

400m

WITH seven of the world's fifteen sub-45 men this year in the starting line-up, this looks set to be the best-standard ever 400m at the Commonwealths.

Iwan Thomas's Games record could well go and the overwhelming favourite to be the owner of it after the final is Olympic champion Kirani James.



Kirani James: Olympic champ

Having run below 44 seconds twice this year, including his Central American record of 43.74, he could be on the cusp of something very special, although he won't have the usual rivalry of world champion LaShawn Merritt to push him.

If not Merritt then could Botswana's Isaac Makwala push him close?

The 27-year-old has made a remarkable improvement this year. He came into the season with a PB of 45.25, although he had run 20.21 for 200m. He slashed that to 44.92 then 44.83 and then an incredible African record of 44.01. However, that was Chaux de Fond, which is just marginally below the height at which performances are ruled to be altitude-assisted.

It regularly sees stunning results and UKA refused to consider performances there for European qualification purposes this year. Makwala also ran 19.96 for 200m, making it the best-ever one-day 200m-400m double.



Nigel Levine: joins Martyn Rooney and Michael Bingham in England team

Deon Londore, who has run 44.36 this year, will be one to watch, as will South Africa's Wayde van Niekerk, although after a 44.36 he had a modest most recent race.

Olympic fourth-placer Chris Brown of Bahamas is a threat and other contenders include Trinidad and Tobago's Lalonde Gordon, Bahamas' Latoy Williams and Jamaica's Akheem Gauntlett.

England's Martyn Rooney is in his best form a while and could be in medal contention. His teammate Michael Bingham has also been impressive, but Nigel Levine has been out of sorts.

Facts and figures

- **Predictions:** 1 Kirani James (GRN); 2 Isaac Makwala (BOT); 3 Wayde van Niekerk (RSA).
- Predicted mark:** 43.99
- **Reigning champion:** Mark Muttai (KEN) 45.49
- **Commonwealth record-holder:** Kirani James (GRN) 43.74
- **Games record-holder:** Iwan Thomas (WAL) 44.52
- **Home countries:** England – Michael Bingham, Nigel Levine, Martyn Rooney, Guernsey – Tom Druce
- **History:** Kenyan Charles Asati who won the first two one-lap races after the race became metric, is the only double champion.

Rudisha v Amos promises to be great

800m

ONE of the big attractions of the Games appears in this event in the guise of David Rudisha.

The Kenyan provided one of the highlights of the last major championships in Britain, the 2012 Olympics, when he set this world record. Since then he has been plagued with injuries and he



David Rudisha: two-lap legend

returned to racing only last month.

After what was for him a slow comeback defeat of 1:47, he appears to be quickly heading back towards top form. He showed this with his 1:43.34 world lead to win at the Sainsbury's Glasgow Grand Prix. However, his fifth place in one of the fastest-ever two-lap races in Monaco shows it will be tough.

Botswana's Nijel Amos, the Olympic silver medallist was the winner there, taking the world lead to 1:42.45 and will be favourite.

Two other Kenyans are naturally expected to be in the mix and here they are the relatively inexperienced Evans Kiporir and national champion Ferguson Cheruiyot, who competed at the world championships last year.

England's Andrew Osagie would surely be in with a shout of a medal at his best, but after 1:45.37 early season there have been doubts



Michael Rimmer: UK winner

over his fitness and he was only third at the British Championships.

Mike Rimmer won on that occasion and a good third in 1:45.89 in Glasgow shows he is coming into form to gain an overdue first major medal.

South Africa's Andre Olivier was only 0.24 ahead of Rimmer then and is a medal challenger.

Australia's Alex Rowe, Uganda's Ronald Musagala and Canada's Brandon McBride are among other contenders for the podium.

Facts and figures

● **Predictions:** 1 Nijel Amos (BOT); 2 David Rudisha (KEN); 3 Ferguson Rotich (KEN). **Predicted mark:** 1:42.68

● **Reigning champion:** Boaz Lalang (KEN) 1:46.60

● **Commonwealth record-holder:** Rudisha 1:40.91

● **Games record-holder:** Steve Cram (ENG) 1:43.22

● **Home countries:** England – Mukhtar Mohammed, Andrew Osagie, Michael

Rimmer, Scotland – Guy Learmonth, Wales – Joe Thomas, N Ireland – Daniel Mooney

● **History:** No one has ever retained their title. Mike Boit is the only gold medallist who has also won a silver.

Following famous footsteps

1500m

THE event has had some memorable winners since it was first run in 1970 after changing from the imperial mile. Kip Keino, Filbert Bayi, Dave Moorcroft, Steve Cram (twice) and Peter Elliott are just some of those illustrious names.

The current rankings see James Magut of Kenya out in front with a 3:30.62 clocking courtesy of his fifth place at the Diamond League in Doha. Astonishingly, Olympic and two-time World



Charlie Grice: emphatic winner of British title earlier this season

Kenyan's. Watch out too for the other Kenyan pairing of Ronald Kwemoi who ran 3:31.48 recently in Lausanne and Elijah Manangoi with a 3:35.0 performance from their trials in Nairobi and a bunch of runners from Australia including Ryan Gregson, Collis Birmingham and Jeff Riseley.

How will the home runners fare? They will have to be at their very best to advance to the final and the stage could be set for either England's Charlie Grice or Chris O'Hare to elevate themselves to the next level. Along with Jake Wightman and David Bishop all have hit form at the right time with PB's in Glasgow and Dublin and all will need to be in PB shape again to ensure a berth in the final. If the final is a slow run affair then anyone could take an unexpected medal. With a partisan crowd behind O'Hare and all of the home country runners, this may just be the catalyst needed to produce a surprise performance.

Facts and figures

● **Predictions:** 1 Ronald Kwemoi (KEN); 2 James Magut (KEN); 3 Nick Willis (NZL).

Predicted mark: 3:34.68

● **Reigning champion:** Silas Kiplagat (KEN) 3:41.78

● **Commonwealth record-holder:** Bernard Lagat (KEN) 3:26.34

● **Games record-holder:** Filbert Bayi (TAN) 3:32.06

● **Home countries:** England – Lee Emanuel, Charlie Grice, Richard Peters, Scotland – David Bishop, Chris O'Hare, Jake Wightman, Wales – Chris Gowell, N Ireland – Daniel Mooney

● **History:** The 1968 Olympic champion Kip Keino and the 1983 world champion Steve Cram are the only double champions.

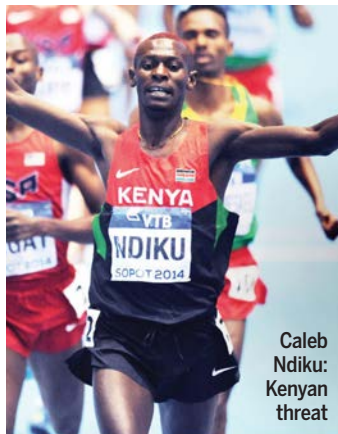
championship winner, Asbel Kiprop who won in Doha with 3:29.18 has not been selected for the Kenyan team. Magut with his victory from Delhi 2010 has the pedigree and experience to repeat that result, but will have stern opposition from Nick Willis of New Zealand – a former winner and bronze medallist, Johan Cronje of South Africa as well as the other

Farah faces tough challenge

5000m

IF ENGLAND'S Mo Farah has recovered from his recent illness and hasn't lost too much fitness, expectations will be high. However, with only one race since his London marathon debut, the form book doesn't give a clear picture.

His winning time of 13:23.42 from the Portland Track Festival in mid-June is mediocre by his standards, but if he starts in close to his best form the mantle of pre-



Caleb Ndiku: Kenyan threat

race favourite will be his. Farah will not be competing, though, without an intention of winning another 5000/10,000m double to go with his Olympic and world collections. They are, after all, the only medals missing from his repertoire.

Top of the Commonwealth rankings is Caleb Ndiku of Kenya with a 13:01.71 clocking, while compatriot Isiah Koech (13:07.55) is also a threat. With the top ranked Kenyan runners not competing, it will nevertheless still be an African threat at the front along with third runner Joseph Kitur Kiplimo. Ndiku, the world indoor champion, is many pundits' favourite.

England's Andy Vernon, a much improved athlete this year, is ranked third with a fine 13:11.56 and could be in the mix if the race goes his way. Uganda's Moses Kipsiro, the 5000m/10,000m champion from Delhi 2010, has

uncertain form going into Glasgow but could be a major threat. His namesake Moses Kibet will also be vying for a medal and Australia's Collis Birmingham and Canada's Cam Levins should feature at some stage of the race.

England's Tom Farrell will be another looking to impress as will Scotland's Luke Caldwell as both make their senior games debuts.



Andy Vernon: fine form in 2014

Facts and figures

- **Predictions:** 1 Caleb Ndiku (KEN); 2 Mo Farah (ENG); 3 Isiah Koech (KEN).
- Predicted mark:** 13:27.44
- **Reigning champion:** Moses Kipsiro (UGA) 13:31.25
- **Commonwealth record-holder:** Daniel Komen (KEN) 12:39.74
- **Games record-holder:** Augustine Choge (KEN) 12:56.41
- **Home countries:** England – Mo Farah, Tom Farrell, Andy Vernon. IOM – Keith Gerrard. Scotland – Luke Caldwell
- **History:** The 1960 Olympic 5000m champion Murray Halberg is the only double winner of the event, taking gold over three miles in both 1958 and 1962.

Farah favourite for test over 25 laps

10,000m

THE 10,000m comes on the penultimate evening of the athletics schedule and is the last event on the track on the Friday evening. If Mo Farah has proved his fitness with a victory on the first day of competition over half the distance, he will start a clear favourite as this is, in many aficionados' eyes, his best event.

Although Farah heads the rankings, his 27:21.71 comes from last year's epic World Championship final victory in Moscow. The Kenyan threesome is nowhere near the standard of their current top athletes, nevertheless they cannot be discounted and their times of just over 28 minutes at the Kenyan trials, albeit at altitude in Nairobi, give a false indication of their capabilities.

Josphat Bett has a lifetime best of 26:48.99 set three years ago and Peter Kirui also ran 27:25.63 in 2011. Charles Cheruiyot has a



Mo Farah: world and Olympic double champion

marathon time of 2:09.05 from this year's Warsaw event and so should be strong.

Cameron Levins of Canada has a 27:36.00 to his name from this year from Palo Alto in California and Australian Ben St Lawrence has a 27:37.55 clocking and will be near the front as will Timothy Totoitch of Uganda (27:43.27) and Moses Kipsiro (27:44.53). England's other

runner Jonny Mellor will have to raise his level significantly to keep near the sharp end.

For Scotland, Luke Caldwell, Callum Hawkins and Andrew Lemoncello will be looking for PBs roared on by the home crowd.

Chris Thompson, the European silver medallist from 2010, withdrew this week, though, after failing to recover fitness in time after a lower leg injury.

Like Farah, Thompson raced in the Virgin Money London Marathon in April but has struggled to regroup for the track season.

Facts and figures

- **Predictions:** 1 Mo Farah (ENG); 2 Josphat Bett Kipkoech (KEN); 3 Peter Kirui (KEN). **Predicted mark:** 27:45.86
- **Reigning champion:** Moses Kipsiro (UGA) 27:57.39
- **Commonwealth record-holder:** Paul Tergat (KEN) 26:27.85
- **Games record-holder:** Wilberforce Talel (KEN) 27:45.39
- **Home countries:** England – Mo Farah, Jonathan Mellor. IOM – Keith Gerrard. Scotland – Luke Caldwell, Callum Hawkins, Andrew Lemoncello. Wales – Adam Bitchell, Dewi Griffiths
- **History:** Australian Dave Power, who won the six miles in Cardiff in 1958, is the only winner who won an additional medal, taking second in 1962.

Parchment starts as No.1 on paper

110m hurdles

HANSLE PARCHMENT of Jamaica is favourite courtesy of his fast 12.94 from Paris this season, but William Sharman from England is also in great form this summer and will be battling for gold.

Parchment was fifth in the last Games in Delhi – an event that was won by Andy Turner, who returns in Glasgow to defend his title.

The 24-year-old Parchment also won the Olympic bronze medal in 2012 in a sprint hurdles final where he finished one place ahead of Lawrence Clarke – the third English athlete in this event in Glasgow.

In those London Games, Parchment became the first Jamaican to win an Olympic medal in the event and this month he became the first Jamaican to run the distance in under 13 seconds when he set a world-leading mark.



Delhi 2010 (l to r): Will Sharman, Andy Turner and Lawrence Clarke return next week

Sharman has a tremendous championship record, though. After a breakthrough performance that saw him finish fourth in the 2009 World Championships, he proved it was no fluke by coming fifth in the same event in 2011 and 2013. In between these global finals, he won silver in the 2010

Commonwealth Games behind Turner as Clarke finished third to complete an English medal sweep.

Other contenders in Glasgow include Wayne Davis, a Trinidadian who used to compete for United States as a junior, plus Ryan Brathwaite, the 2009 world champion from Barbados, and his brother Shane.

Andrew Riley of Jamaica has also shown fine form lately. Finally, look out for UK-based Alex Al-Ameen representing Nigeria, plus Welsh junior sensation David Omoregie.

Facts and figures

- **Predictions:** 1 Hansle Parchment (JAM); 2 William Sharman (ENG); 3 Andrew Riley (AUS). **Predicted mark:** 13.17
- **Reigning champion:** Andy Turner (ENG) 13.38
- **Commonwealth record-holder:** Colin Jackson (WAL) 12.91
- **Games record-holder:** Jackson 13.08
- **Home countries:** England – Lawrence Clarke, William Sharman, Andy Turner
- **History:** Colin Jackson won two gold medals and two silver medals, and controversially missed the Games in 1998.

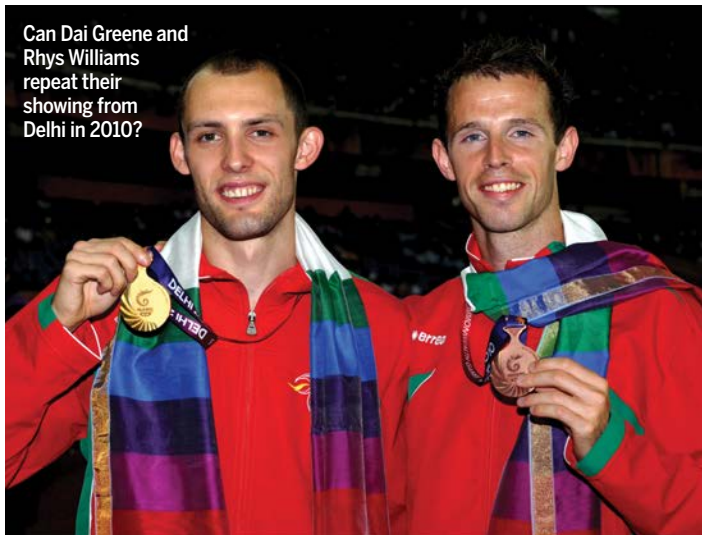
Greene in a race against time

400m hurdles

THE big question is whether the reigning champion from Delhi, Dai Greene, will be fit enough to defend his title.

The 2011 world and 2010 European and Commonwealth gold medallist has barely raced in 2014 due to injury problems but has shown good signs of coming back to form.

After missing the first part of the season following a winter that saw him have his third hernia operation, the Welshman returned on July 8 to beat 2013 world champion Jehue



Can Dai Greene and Rhys Williams repeat their showing from Delhi in 2010?

Jamaica also posting decent marks this year.

Runner-up in the 110m hurdles at the Commonwealth Youth Games in 2008, Fredericks has been steadily improving in recent years and the 24-year-old finished just outside the medals at the IAAF world youth and junior championships.

Along with Greene, medal contenders from the home nations include Niall Flannery and Rhys Williams. Flannery, particularly, has been in great form this year with a 48.80 PB and his first British title, while Williams won Commonwealth bronze in 2010 and European gold in 2012.

Watch out, too, for Jeffrey Gibson of Bahamas, Leford Green of Jamaica and Boniface Mucheru of Kenya.

Then there's LJ van Zyl of South Africa – the 2006 Commonwealth champion, 2010 silver medallist and an Olympic finalist in 2008 and 2012.

Facts and figures

- **Predictions:** 1 Cornel Fredericks (RSA); 2 Roxroy Cato (JAM); 3 Annsert Whyte (JAM). **Predicted mark:** 48.64
- **Reigning champion:** Dai Greene (WAL) 48.52
- **Commonwealth record-holder:** Samuel Matete (ZAM) 47.10
- **Games record-holder:** LJ Van Zyl (RSA) 48.05
- **Home countries:** England – Niall Flannery, Sebastian Rodger, Richard Yates. Wales – Greene, Rhys Williams
- **History:** Ken Roche, who won the final two events held over the old imperial 440 yards, is the only double champion.

Gordon of Trinidad & Tobago in Budapest with a time of 49.89.

There could be a rematch in Glasgow, with the 22-year-old Gordon due to compete in Scotland. Yet there are much faster athletes on paper in 2014.

Cornel Fredericks of South Africa leads the rankings with 48.42, with Roxroy Cato and Annsert Whyte of

Kenyans are ready to sweep up

3000m steeplechase

IT'S impossible to look beyond Kenya in this event. Of all the distance races, they dominate the men's steeplechase more than any and their big goal will be sweep the medals again.

They managed this feat from 1998-2010 and in fact the last non-Kenyan to win a medal was Graham Fell, representing Canada, when he took bronze in 1994.

Fell also ran for England for a



Jairus Birech: world No.1 so far in 2014

spell, but the last athlete to win a medal in an England vest was Colin Walker with bronze in 1990.

For a Kenyan defeat in this event, you have to go back to 1970 when Tony Manning of Australia beat Kenyans Ben Jipcho and Amos Biwott. Fell also took gold in 1986, but those Edinburgh Games were boycotted by Kenya due to the UK's stance over apartheid.

The Kenyan trio in Glasgow is led by 2014 world No.1 Jairus Birech, 2004 and 2012 Olympic champion Ezekiel Kemboi and former world junior champion Jonathan Ndiku.

Birech is in great form and won the 'chase convincingly at the Diamond League in Monaco last week. There, he showed a strong front-running style to win.

In the battle for minor positions, Jacob Araptany of Uganda leads the way, with England's James Wilkinson hoping to make an

impact after a season that has seen him break into the UK all-time top 10 with a big 8:22.76 PB.

Leeds City's Wilkinson ran that time in Spain in mid-June and later won the British title in Birmingham from Luke Gunn.

Canadians Taylor Milne, Chris Winter and Matt Hughes have also all broken 8:30 this year.



James Wilkinson: in form

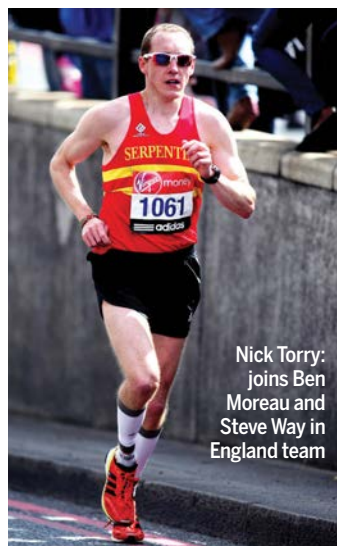
Facts and figures

- **Predictions:** 1 Jairus Birech (KEN); 2 Ezekiel Kemboi (KEN); 3 Jonathan Ndiku (KEN). **Predicted mark:** 8:12.34
- **Reigning champion:** Richard Mateelong (KEN) 8:16.39
- **Commonwealth record-holder:** Brimin Kipruto (KEN) 7:53.64
- **Games record-holder:** Johnstone Kipkoech (KEN) 8:14.72
- **Home countries:** England – Luke Gunn, James Wilkinson. Scotland – Stephen Lisgo
- **History:** Olympic champion Ezekiel Kemboi with a gold and two silver medals is the most successful steeplechaser.

Kenyans at forefront of an open race

Marathon

THE fastest runner in the field is Stephen Chemlany of Kenya with a 2:06:24 clocking from his runners-up spot at the Seoul marathon back in March. The next quickest is Erick Ndiema also of Kenya with 2:07:01 courtesy of his second place at the Hamburg event in



Nick Torry: joins Ben Moreau and Steve Way in England team

May. The third Kenyan, John Kelai boasts a 2:09:09 from Eindhoven, but that was way back in 2005 and his current standing of 2:13:41 is ordinary by African standards. Uganda's Abraham Kiplimo with a best of 2:09.23 this year should be another challenging for a medal but their star athlete, Olympic and world champion, Stephen Kiprotich will be missing due to fatigue from too many recent marathons.

The Australians have Martin Dent, although his 2:12:23 is from 2011, Michael Shelley (2:11:23 from 2011) and Liam Adams (2:14:09 from 2013). With no pacemakers as in all the major big city marathons, a championship event is very much a matter of excellent pace judgement and patience. Surprise results are not uncommon and the medals in this race are by no means easy to predict.

The England team sees an evenly matched trio with Ben Moreau (2:15:52), Nicholas Torry (2:15:08) and 40-year-old ex-



Derek Hawkins: guaranteed great home support

smoker Steve Way (2:16:27) and all will be looking to advance those times over the roads and streets of Glasgow. Scotland's duo of Derek Hawkins (2:14:04) and Ross Houston (2:18:28) will hope the crowds can spur them on to finish ahead of the English contingent.

Look out too for the impressive Paul Pollock of Northern Ireland.

The event which takes place on the first day of the Games, starts and finishes in Glasgow Green and takes in iconic landmarks and will cross the River Clyde four times. The medal ceremony however, will take place in Hampden Park.

Facts and figures

- **Predictions:** 1 Erick Ndiema (KEN); 2 Stephen Chemlany (KEN); 3 John Eriku Kalel (KEN). **Predicted mark:** 2:08:54
- **Reigning champion:** John Eriku Kalel (KEN) 2:14:35
- **Commonwealth record-holder:** Wilson Kipsang (KEN) 2:03:23
- **Games record-holder:** Ian Thompson (ENG) 2:09:12
- **Home countries:** England – Ben Moreau, Nick Torry, Steve Way. Scotland – Derek Hawkins, Ross Houston. Wales – Andrew Davies. N Ireland – Paul Pollock
- **History:** The 1983 World champion Rob de Castella, is the only double champion, winning in both 1982 and 1986.

From Olympic bronze to Glasgow gold

High jump

OF THE six men who have cleared 2.40m or above in 2014 in what seems to be something of a new golden era for the event, just one of those comes from a Commonwealth nation.

Therefore Derek Drouin goes into the men's high jump as the clear favourite, the Canadian having set his 2.40m personal best and Commonwealth record in Des Moines, USA, in April, and he also has the benefit of having Olympic experience behind him.

The 24-year-old won Olympic bronze in 2012 alongside Qatar's Mutaz Essa Barshim and Robbie Grabarz, who was prevented from trying to make his first Commonwealth Games in Glasgow by the recurrence of a knee injury which ruled the English athlete out for the summer season.



Derek Drouin:
Canadian favourite

Drouin also has world bronze to his name.

Canada has another athlete at the top end of the Commonwealth rankings in Michael Mason, who finished seventh at the last edition of this event in 2010 and possesses a PB of 2.31m. He has cleared 2.28m this season.

Tom Parsons leads the entries from the home nations with his

2.30m outdoor personal best. The English jumper cleared that same height indoors at the beginning of the year, while his best outdoors in 2014 is 2.25m. Fellow Englishman Chris Baker has gone higher than him this season though with his clearance of 2.27m in May.

The pair are set to be joined by the likes of Scottish athletes Allan Smith and David Smith, both of whom have also cleared 2.25m this season, in Glasgow.

Facts and figures

- **Predictions:** 1 Derek Drouin (CAN); 2 Mike Mason (CAN); 3 Tom Parsons (ENG).
- Predicted mark:** 2.38m
- **Reigning champion:** Donald Thomas (BAH) 2.32
- **Commonwealth record-holder:** Derek Drouin (CAN) 2.40
- **Games record-holder:** Nick Saunders (BER) 2.36
- **Home countries:** England – Chris Baker, Martyn Bernard, Tom Parsons, Jersey – Simon Phelan, Scotland – Raymond Bobnicki, Allan Smith, David Smith
- **History:** This is a good event for double champions, with four athletes having achieved that feat though Lawrie Pecham, who won in 1966 and 1970 also won a silver medal in 1974.

Thoirs is a home medal hope

Pole vault

WITH his clearance of 5.70m in Des Moines, USA, in April, England's Steve Lewis leads the Commonwealth rankings and will be looking to go one better than his silver from Delhi in 2010 and complete a full set of medals, the Newham & Essex Beagle also having bagged bronze in 2006.

Lewis bounced back from no-heighting in Ostrava and at the European Team Championships in June to claim the UK title, but again failed to register a vault at the Paris leg of the Diamond League series.



Jax Thoirs:
Scottish challenger

season's rankings with 5.65m, a height six centimetres below his best, while hoping to make the most of the home advantage will be 21-year-old Jax Thoirs who also features high up on the season list with his 5.60m outdoor PB. The 6ft 6in Glasgow City athlete, who was a Scottish national gymnast as a youngster, also cleared 5.61m to improve his own national record indoors at the beginning of July.

Like Thoirs, England's 2010 bronze medallist Max Eaves has the benefit of having competed at Hampden Park at the Sainsbury's Glasgow Grand Prix a fortnight ago, though each only enjoyed one clearance apiece at 5.35m. Eaves did go on to clear a PB of 5.62m the weekend before the Games, however. Also hoping to use the home support to his advantage will be Gregor MacLean who heads into the competition with a 5.45m PB set this year, as does Paul Walker of Wales, though his mark came indoors in March.

Facts and figures

- **Predictions:** 1 Jax Thoirs (SCO); 2 Shawn Barber (CAN); 3 Steven Lewis (ENG).
- Predicted mark:** 5.60m
- **Reigning champion:** Steve Hooker (AUS) 5.60
- **Commonwealth record-holder:** Dmitriy Markov (AUS) 6.05
- **Games record-holder:** Hooker 5.80
- **Home countries:** England – Luke Cutts, Max Eaves, Steve Lewis. Wales – Paul Walker. Scotland – Gregor Maclean, Jax Thoirs
- **History:** Three athletes have been double champions, England's Geoff Elliott and Australians Trevor Bicknell and Steve Hooker.

The man with the 5.82m personal best from 2012 is joined in Glasgow by fellow English athlete Luke Cutts, who broke Lewis' British record in clearing 5.83m indoors in January. Cutts has a best of 5.60m outdoors this year.

Canadian record-holder Shawn Barber is also a big medal hope as he sits behind Lewis in this

Rutherford is aiming to step up

Long jump

WITH his 8.51m UK record set in Chula Vista in April, Greg Rutherford leads the long jump entries, though the Olympic champion has had his final preparations for Glasgow interrupted by a knee niggle which forced him to pull out of both the Sainsbury's Glasgow Grand Prix and London Anniversary Games earlier this month.

Should he be back to near his best by the time of the Games,



Greg Rutherford: silver in 2010

the 27-year-old looks set to go one better than the silver he claimed in Delhi with a leap of 8.22m as he goes up against fellow Englishmen Chris Tomlinson and British Champion JJ Jegede.

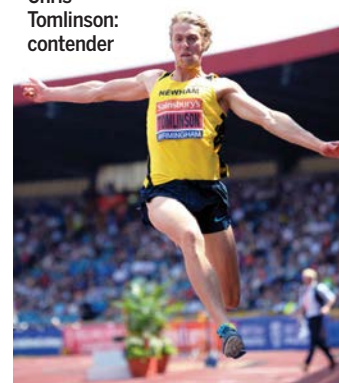
With his 8.35m PB from 2011 Tomlinson had been the joint UK record-holder with Rutherford before the Jonas Tawiah-Dodoo-coached athlete extended the mark by 16cm, and having only gone beyond 8m in one competition this year the Newham & Essex Beagle will be keen to post a similar mark to that of his 8.23m season's best to make his presence felt.

Between the two in the Commonwealth rankings is South Africa's Zarck Visser who was one centimetre off his 2013 PB when he leapt 8.31m at altitude in April. Rushwal Samaai also features in the South Africa team and is another of the eight athletes

entered who have broken eight metres this season. The others are Jegede with 8.05m, Australians Henry Frayne (PB 8.27m) and Robert Crowther with 8.10m and 8.03m respectively and Jamaica's Damar Forbes, who has leapt 8.10m this year but has a PB of 8.25m set in 2013.

Yusuf Alli's Games record of 8.39m could be under threat.

Chris Tomlinson: contender



Facts and figures

- **Predictions:** 1 Greg Rutherford (ENG); 2 Chris Tomlinson (ENG); 3 Zarck Visser (RSA). **Predicted mark:** 8.24m
- **Reigning champion:** Fabrice Lapierre (AUS) 8.30
- **Commonwealth record-holder:** James Beckford (JAM) 8.62
- **Games record-holder:** Yusuf Alli (NGR)
- **Home countries:** England – JJ Jegede, Greg Rutherford, Chris Tomlinson
- **History:** The 1964 Olympic champion Lynn Davies is one of two double champions, the other being Australian Gary Honey.

Idowu poised to make great return

Triple jump

PHILLIPS IDOWU returned to jump a best of 16.99m this season having announced last year that he would be taking a step back from athletics "for the foreseeable future" to pursue other interests.

The man who won gold in 2006, three years before he added a world title to that Commonwealth

crown, made a low-key return to competitive action in Sydney in March and although he has not come close to his four-year-old 17.81m PB in the past few years he leads the UK rankings and sits behind only Arpinder Singh, who broke the Indian record with 17.17m in June, on the Commonwealth list.

In 1994, 2002 and 2010 it took a leap of 17m-plus to make it on to the podium, and while those sorts of distances might not be required to secure a medal this time around competition could be close.

Idowu's England team-mates Nathan Fox and Nathan Douglas have leapt 16.69m and 16.65m respectively this season, while UK champion Julian Reid is fourth in the Commonwealth rankings with his 16.82m season's best set after the June 1 qualifying deadline.

The reigning Commonwealth champion, Tosin Oke, is also among those entered, but the Nigerian, who possesses a PB of 17.23m from 2012, will likely need



Tosin Oke: reigning champion

to do better than his legal best leap of 16.60m this season if he is to make it on to the podium for a second time.

He has jumped 17.21m this summer, though, but that mark was assisted by an illegal wind, with his legal best this season placing him 10th on the Commonwealth rankings.

Oke competed for England at the 2002 Games where he finished fifth behind team-mate and winner Jonathan Edwards (Idowu took silver) and he later switched allegiance to first represent Nigeria at the 2009 World Championships.

Facts and figures

- **Predictions:** 1 Phillips Idowu (ENG); 2 Tosin Oke (NGR); 3 Arpinder Singh (IND). **Predicted mark:** 16.85m
- **Reigning champion:** Tosin Oke (NGR) 17.16
- **Commonwealth record-holder:** Jonathan Edwards (ENG) 18.19
- **Games record-holder:** Edwards 17.86
- **Home countries:** England – Nathan Douglas, Nathan Fox, Phillips Idowu
- **History:** Three athletes have won double titles – Australians Jack Metcalfe and Ian Tomlinson and Englishman Keith Connor. World record holder Jonathan Edwards is the only triple medallist with one gold and two silver medals.



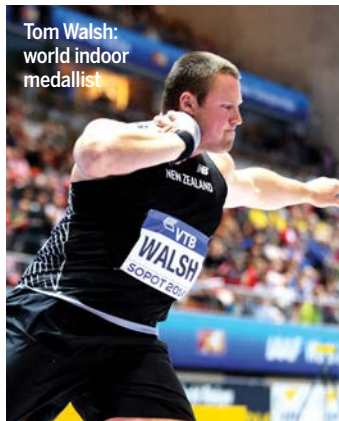
Phillips Idowu: 2006 champion in Melbourne

New Zealanders will look to dominate

Shot

YOUNG Kiwi prodigy Jacko Gill may have been stealing all the headlines in recent years, but his team-mate Tom Walsh suddenly came to prominence last winter and perhaps starts as favourite.

Walsh has clearly been benefitting from training with New Zealand shot-putting legend



Tom Walsh: world indoor medallist

Valerie Adams. After opening the Australian outdoor season with big PBs, including a national record 20.61m, he improved still further to 21.26m to win bronze at the IAAF World Indoor Championships in Sopot, Poland, in March.

He has thrown 21.23m this summer and has another three throws over Gill's PB of 20.70m.

However, the 19-year-old world junior champion, is fast-improving also and could be a threat.

If anyone can break up a potential New Zealand stranglehold, Jamaica's O'Dayne Richards could be the man.

He backed up his 21.11m early-season with a recent 20.97m. Despite wins in past years in the Central American Championships and World University Games, he was just 20th in qualifying at last year's Worlds, though.

Canada's Tim Nedow threw



Scott Rider: won UK title this summer

20.98m in April and more recently 20.45m so he cannot be discounted either.

South Africa's Orazio Cremona, Nigeria's Stephen Mozia and Canada's Justin Rodhe are the only other athletes over 20 metres this year.

Britain's best hopes are Jersey's Zane Duquemin, England's Scott Rider and Wales' Ryan Spencer-Jones, who have a chance of making the final if they find top form in Glasgow.

Facts and figures

- **Predictions:** 1 Tom Walsh (NZL); 2 Tim Nedow (CAN); 3 O'Dayne Richards (JAM).
- Predicted mark:** 20.88m
- **Reigning champion:** Dylan Armstrong (CAN) 21.10
- **Commonwealth record-holder:** Armstrong 22.21
- **Games record-holder:** Armstrong 21.10
- **Home countries:** England – Scott Rider. Jersey – Zane Duquemin. Wales – Ryan Jones, Gareth Winter
- **History:** Harry Hart, Dave Steen and Geoff Capes each won two golds, though Canadian Steen also won an additional bronze.

Harradine is the man to beat

Discus

IN the absence of Commonwealth No.1 and 2012 world junior champion Fedrick Dacres, an open battle for the title is expected.

Defending champion Benn Harradine has thrown furthest this season with 65.94m and last year set an Oceania record of 68.20m.

Vikas Dowda, who won silver on home soil in Delhi, is second to him in the standings.

Jamaica's Jason Morgan has been just short of 65 metres so far this year but if he can reproduce his 67.15m form of 2012 he will be



Benn Harradine: 2010 winner

mainly around 61-metre territory. That said, he set a season's best of 63.34m two weekends ago.

Jersey's Zane Duquemin, who threw over 63 metres in 2012, has been more consistent over 60 metres this year despite a season's best of 61.15m, but he will need to improve to put himself in contention for a medal.

Apostolos Perrellis and Orestis Antoniades of Cyprus, Victor Hogan of South Africa will also be hoping to get in among the medals.

Facts and figures

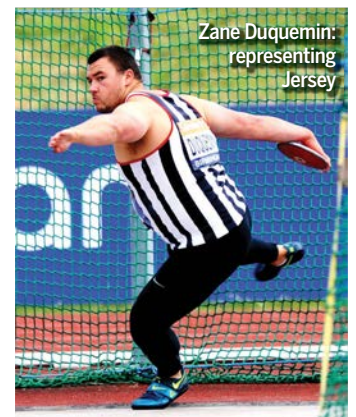
- **Predictions:** 1 Benn Harradine (AUS); 2 Vikas Gowda (IND); 3 Julian Wruck (AUS).
- Predicted mark:** 63.65m
- **Reigning champion:** Benn Harradine (AUS) 65.45
- **Commonwealth record-holder:** Frantz Kruger (RSA) 70.32
- **Games record-holder:** Kruger 66.39
- **Home countries:** England – Carl Myerscough, Tom Norman. Jersey – Zane Duquemin. Wales – Brett Morse. Scotland – Angus McInoy, Nick Percy
- **History:** South Africans Harry Hart, who also won a shot double, and Stephanus du Plessis are the only double champions in the event.

in with a shout of gold.

Australia's Julian Wruck, who was 11th in last year's Worlds, is the only other to have gone over 65 metres in 2014.

Wales' Brett Morse was considered before this season to be a genuine gold medal contender.

He threw his best of 66.84m, but this year he has been struggling



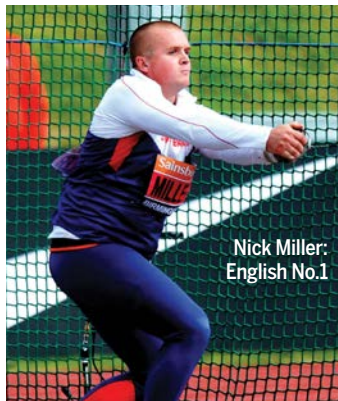
Zane Duquemin: representing Jersey

Comeback man spins for gold

Hammer

JIM STEACY of Canada won silver in Melbourne 2006 and missed Delhi 2010 with injury, but he is almost a metre ahead of his nearest rivals on paper going into Glasgow 2014.

His closest competitor is Nick Miller, the US-based English youngster who has been a minor revelation in 2014 with a PB of 74.38m.



Nick Miller:
English No.1

The Cumbrian athlete, who studies at Oklahoma State University but hails from Carlisle, won the British title last month and has said all season that Commonwealth gold is his main goal for the year.

Alex Smith is another English athlete with podium ambitions in this event, while the host nation will also have plenty to cheer as Mark Dry, Chris Bennett and Andy Frost form a strong trio.

England has a fine record in this event, too. Howard Payne, for example, won three titles in 1962, 1966 and 1970, plus silver in 1974, while Mick Jones took a memorable victory on home soil in Manchester in 2002 and Bob Weir, a former GB team captain, won the hammer title in 1982 before later winning the Commonwealth discus crown in 1998!

Two-time Olympian and

Canadian record-holder Steacy is the favourite, though, and the 30-year-old from Saskatoon will be hoping he can keep the athletes from the home nations at bay.

Other contenders include Constantinos Stathelakos of Cyprus, but Chris Harmse, 41, the reigning champion from South Africa, is not down to compete in Glasgow.



Mark Dry:
Scottish
hope

Facts and figures

● **Predictions:** 1 Jim Steacy (CAN); 2 Alex Smith (ENG); 3 Nick Miller (ENG).

Predicted mark: 74.56m

● **Reigning champion:** Chris Harmse (RSA) 73.15

● **Commonwealth record-holder:** Harmse (RSA) 80.63

● **Games record-holder:** Stuart Rendall (AUS) 77.53

● **Home countries:** England – Nick Miller, Alex Smith, Amir Williamson. Wales – Jonathan Edwards, Osian Jones, Matthew Richards. Scotland – Christopher Bennett, Mark Dry, Andy Frost. N Ireland – Dempsey McGuigan

● **History:** England's Howard Payne, who won three titles and also a silver medal, stands alone as the most successful athlete.

Kenyans can throw as well as run!

Javelin

KENYANS usually enjoy success in distance events, but not so much in the field. Yet Julius Yego from the East African nation is favourite to win the men's javelin.

The 25-year-old famously taught himself the technique after watching videos of top throwers like Jan Zelezny on YouTube and he went on to win African and All-Africa Games gold medals, while at the 2010 Commonwealth Games he was seventh in his first javelin contest outside of Africa.

Since then, he reached the final of the London Olympics, finishing 12th, and then last year came fourth with a national record of 85.40m in the IAAF World Championships in Moscow. Given this, he is captain of the Kenyan track and field team in Glasgow.

In what is one of the most intriguing events of the men's field events programme, Keshorn Walcott of Trinidad & Tobago is



Julius Yego:
self-taught
javelin
thrower

another gold medal contender and, like Yego, a pioneer for this event in a nation better known for its sprinters. In 2012 the 21-year-old became the first black male athlete to win an Olympic throwing event although he struggled in 2013 with injury.

The Trinidadian also suffered a minor setback recently when his javelins were damaged in a flight

to Glasgow and he had to try to find replacement spears to throw in training. But the former world junior champion is expected to turn up for the final challenging for gold.

Australians Hamish Peacock and Josh Robinson are front runners to challenge for the minor medals. The top home nation hope, meanwhile, is British champion Lee Doran.

The Welsh thrower was fifth in Delhi four years ago and has bounced back after ankle problems and then surgery to be in fine form this year.

Facts and figures

● **Predictions:** 1 Julius Yego (KEN); 2 Keshorn Walcott (TTO); 3 Hamish Peacock (AUS). **Predicted mark:** 83.45m

● **Reigning champion:** Jarod Bannister (AUS) 81.71

● **Commonwealth record-holder:** Steve Backley (ENG) 91.46

● **Games record-holder:** Marius Corbett (RSA) 88.75

● **Home countries:** England – Joe Dunderdale, Benji Pearson. Wales – Lee Doran. Scotland – James Campbell

● **History:** Steve Backley with three golds and a silver medal is easily the most successful athlete. The only other thrower with four medals is his training partner Mick Hill, who won three silvers and a bronze.

Bolt to bring down the curtain in style

4x100m relay

PRESUMING all the teams in with a shout of a medal manage to bring the baton home in the heats, the final will close the week-long programme with a bang. The 4x100m relay rarely runs smoothly and some mishaps and upsets will be expected at one of the three changeovers – let's hope it isn't a home country team!

With the current rankings and form not a reliable indicator of the eventual outcome due to the infrequency with which the event is run, the top teams should still come from the mighty Jamaicans, England and Trinidad & Tobago with a whole bunch of well-drilled countries ready to snatch a medal.

Jamaica currently top the rankings with a swift 37.71 seconds courtesy of their performance in the heats of the IAAF World Relays



Usain Bolt: ready to make a much-anticipated appearance

in Nassau in May and all being well they will have the fastest man on the planet on the last leg, Usain Bolt. He will be treated the same as a home country athlete by the crowd, such is his popularity and his antics are sure to raise the decibels even higher than they might have been.

The Great Britain team in the Bahamas recorded a swift 37.93 in their heat, but the pool

of runners in Glasgow is slightly different with Richard Kilty, Harry Aikines-Ayre, Mark Lewis-

Francis, Adam Gemili and Andrew Robertson making up the numbers (Dwain Chambers withdrew this week). The English team will still be hoping with a smooth race that they can bring the baton home and be on the podium. Trinidad & Tobago recorded 38.04 at the same venue in the final and finished ahead of the GB team (38.19) and they will be looking to improve on that significantly.

Controversially, two of England's fastest athletes, Chijundu Ujah and James Dasaolu have not been selected.

Facts and figures

- **Predictions:** 1 Jamaica; 2 England; 3 Trinidad & Tobago. **Predicted mark:** 38.04
- **Reigning champion:** England 38.74
- **Commonwealth record-holder:** Jamaica 36.84
- **Games record-holder:** England 38.20
- **Home countries:** England – Wales
- **History:** England have won the title seven times, Canada five and perhaps surprisingly Australia and Jamaica only twice.

England expects tough battle

4x400m relay

THE 4x400m is always one of the most exciting races of any championship and this should prove to be no exception with at least four teams challenging for three medals and don't be surprised if it is decided over the closing metres.

Out in front in the Commonwealth rankings are the Bahamas, the Olympic champions, with their 2:57.59 clocking from the IAAF World Relays in Nassau in May. However, they finished runners-up on home-soil just behind a super-quick USA



Martyn Rooney: great record as an anchorman

(2:57.25 world-lead) and if they can repeat that time then they will not be far away from taking the gold

medals at Hampden Park. Their strong squad is made up of Chris Brown, Demetrius Pinder, Alonzo Russell, Latoy Williams and Jeffery Gibson.

Trinidad & Tobago who clocked a national record of 2:58.34 in third place also have an extremely robust squad and Lalonde Gordon, Zwede Hewitt, Deon Lendore, Renny Quow, Jereem Richards and Jarrin Solomon will be looking to improve those figures yet again.

The England squad, fourth in the Bahamas with a 3:00.32 clocking had Michael Bingham, Conrad Williams, Nigel Levine and Martyn Rooney out that day and were somewhat unlucky when Levine's shoe came off in a spiking incident and he ran almost the whole of leg three with one spike.

The team is strengthened this time by one-time decathlete Daniel Awde and Matthew Hudson-Smith who clocked a superb lifetime best of 44.97 at the Sainsbury Glasgow Grand Prix earlier this month.

With Rooney on the last leg and hopefully firing on all cylinders, don't be surprised to see England get very close if they can give the Loughborough man a sniff of victory and the crowd may well play a vital part in cheering him on to what would be an unexpected victory.

Jamaica (3:01.17) and Nigeria (3:01.48) shouldn't be discounted either.

Facts and figures

- **Predictions:** 1 Bahamas; 2 England; 3 Trinidad & Tobago. **Predicted mark:** 2:58.34
- **Reigning champion:** Australia 3:03.30
- **Commonwealth record-holder:** Bahamas 2:56.72
- **Games record-holder:** Jamaica 2:59.03
- **Home countries:** England – Wales – Scotland
- **History:** England have won the title seven times with Kenya's four being the next best.

Warner hopeful despite injury

Decathlon

DAMIAN WARNER is back in multi-event action and will be the one to beat as he goes into the competition with an 8512 point personal best achieved when claiming bronze at last year's World Championships in Moscow.

The Canadian suffered with an ankle injury during the early part of this season but set a 110m hurdles personal best of 13.52 at his national championships in



Ashley Bryant: English confender

June, where he also competed in the 400m and long jump, and finished seventh at the World Indoor Championships in March with a heptathlon lifetime best of 6129 points. He'll be looking ensure the title remains with a Canadian athlete, his countryman Jamie Adjetey-Nelson having won in 2010.

Top of the Commonwealth rankings this season is South Africa's Willem Coertzen with 8199 points set at altitude in April. He holds the area record with his 8343 points achieved when finishing ninth in Moscow, though, and will be hunting for his first major title. The 31-year-old started out in combined events as a Shaftesbury Barnet Harrier in 2007 and also finished ninth at the 2012 Olympics.

England's Ashley Bryant and John Lane are ranked second and

third with 8141 and 7848 points respectively, with Bryant's tally a personal best achieved in Gotzis in June, which should act as a welcome confidence boost to the European under-23 fourth-place athlete.

Lane, from City of Sheffield AC, improved his heptathlon personal best by 549 points to better the British record by four points in January and will be looking to transfer that level of success outdoors.

Joining them on the England team is 2010 bronze medallist Martin Brockman who has a season's best of 7496 points but a personal best of 7712 points set when winning that medal in Delhi.

Ben Gregory, David Guest and Curtis Matthews are the Welsh athletes in action, led by Gregory with a 7517-point PB set this season.

Facts and figures

- **Predictions:** 1 Damian Warner (CAN), 2 Willem Coertzen (RSA); 3 Ashley Bryant (ENG). **Predicted mark:** 8145
- **Reigning champion:** Jamie Adjetey-Nelson (CAN) 8070
- **Commonwealth record-holder:** Daley Thompson (ENG) 8847
- **Games record-holder:** Thompson 8663
- **Home countries:** England – Martin Brockman, Ashley Bryant, John Lane – Wales – Ben Gregory, David Guest, Curtis Matthews, N Ireland – Pater Glass
- **History:** World record-holder and double Olympic champion Daley Thompson won three successive titles.

Weir heads para event programme

Disability events

SIX-TIME Paralympic champion David Weir will be favourite to add yet another title to his collection as he goes in the 1500m, one of three disability events on the schedule for men.

The Englishman has dominated the middle and long-distances in the T54 category for years.

Weir, who will head to the IPC Europeans in Swansea next month, said recently: "I have followed the England football team for years – so it'll be nice to wear the England vest for a change."

His main opposition could come from Australia's Kurt Fearnley, the fastest this year, and Canada's Josh Cassidy.

Canada's Alexandre Dupont could also challenge for medals and the only other athlete from the home countries is England's Will Smith.

In the 100m T37 (cerebral palsy), Paralympic champion world No.2

Fanie van der Merwe should start favourite, having improved to 11.52 this year.

Fellow South Africans Charl du Toit, who has run 11.83 this year, and Andrea Dalle Ave, who has clocked 12.51 in 2014.

Hoping to spoil the South Africans' party will be England's Rhys Jones, who has a season's best of 11.99.

The combined F42-F44 discus will be decided on points to allow for the various levels of disability.

Paralympic champion Aled Davies heads up the F42 classification, having set a world record of 49.08m, this year. India's Jai Deep could be his closest challenger.

England's Dan Greaves ought to have a clear run for victory in the F44 category, while Commonwealth No.3 Don Elgin of Australia is also there.

Disability events at the Games made their debut in Manchester in 2002.



David Weir: T54 1500m favourite

British athletes in Para events

- **Men's T37 Para 100m:** England – Daniel Hooker. Scotland – Lewis Clow, Jason Mclean. Wales – Rhys Jones
- **Men's T54 1500m:** England – Will Smith, Dave Weir
- **Men's F42-44 Discus:** England – Dan Greaves. Wales – Aled Davies

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Michelle-Lee looking Ahye-ok

100m

THE result may be in doubt, but one thing looks sure: the race will be quicker than Delhi's winning time of 11.37.

The controversial race saw Natasha Mayers eventually ruled the winner after Sally Pearson, the first across the line, was subsequently disqualified for a false start and then the upgraded Oludamola Osayomi was penalised for doping.

Eight of the fastest in the Commonwealth this year are Jamaican, but the nation is by no means guaranteed the gold.

Trinidad and Tobago's Michelle-Lee Ahye is the fastest in the field with 10.82 and is unbeaten in 10 finals at the distance in 2014, having improved from 11.06 this year.

Ahye gave a glimpse of her potential in finishing sixth at the 2014 World Indoor Championships



Ashleigh Nelson and Bianca Williams will be in action for England

over 60m, but has come a long way since.

The other in the way of the Jamaicans is Nigeria's Blessing Okagbare, who has clocked an African record of 10.97 this year. She is also entered for the 200m, 4x100m relay and long jump, in which she has a PB of 7.00m.

The Jamaican trio are led by 2004 and 2008 Olympic 200m and 2007 world 100m champion Veronica Campbell-Brown. The 32-year-old has been a tenth of a second off her best with 10.86 this year. She has won half of her four outings at 100m this year, her most recent loss being in Monaco to world No.1 Torie Bowie.

Kerron Stewart, the 2008 Olympic silver medallist, and Schillonie Calvert, a world relay champion, bolster Jamaica's chances having run 11.02 and 11.08 respectively this year.

The improving Bianca Williams and Asha Philip of England head the home nations' charge in this event, while their compatriot Ashleigh Nelson is also on top form.

However, in the battle for medals, they will have to contend with Nigeria's Gloria Asumnu, Australia's Melisa Breen and Trinidad & Tobago's Kai Selvon.

Pearson, the Olympic and Commonwealth 100m hurdles champion, is entered for this event and is another podium contender if she decides to compete before her main event.



Michelle-Lee Ahye: Trinidadian favourite



Hannah Brier: one of two athletes for Wales



Rachel Johncock: Welsh No.1



Asha Philip: in with a chance of a medal

Facts and figures

- **Predictions:** 1 Michelle-Lee Ahye (TTO); 2 Veronica Campbell-Brown (JAM); 3 Blessing Okagbare (NGR). **Predicted mark:** 11.04
- **Reigning champion:** Natasha Mayers (SVG) 11.37
- **Commonwealth record-holder:** Shelly-Ann Fraser-Pryce 10.70
- **Games record-holder:** Debbie Ferguson (BAH) 10.91
- **Home countries:** England – Ashleigh Nelson, Asha Philip, Bianca Williams, N Ireland – Amy Foster, Wales – Hannah Brier, Rachel Johncock
- **History:** Raelene Boyle of Australia with two golds and a silver is the most successful athlete at 100m.

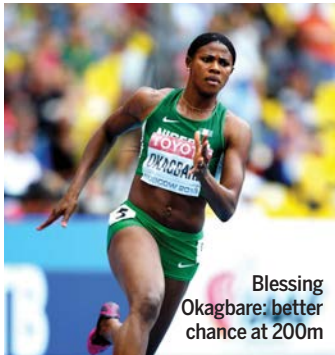
Blessings in store for sprinter-jumper

200m

IN her quest for four medals in Glasgow, Blessing Okagbare has strong chances of gold here.

The Nigerian's PB of 22.23 was set this year and her next three fastest times have been better than the best result of the No.2 in the line-up, Bahamas' Antonique Strachan, the 2012 world junior champion at 100m and 200m.

Okagbare is also due to go in the 100m, long jump and 4x100m.



Blessing Okagbare: better chance at 200m



Quality England trio (l to r): Jodie Williams, Anyika Onuora and Bianca Williams

The home nations, boosted by a revolution in British women's sprinting, have stronger chances here than in the shorter event.

Jodie Williams became the quickest Brit since 2004 with her 22.60 recently, when she beat Strachan and finished just 0.19 behind Okagbare.

Bianca Williams, who has run

four sub-23s this season, including her 22.79 from when she only narrowly lost to Allyson Felix, also has a chance of a medal.

The fifth-ranked of five Englishwomen to have run below 23 seconds this season is the experienced Anyika Onuora.

However, competition for medals will be tight, particularly in the presence of Bahamas' Sheniqua Ferguson and Jamaica's Schillonie Calvert, Samantha Henry-Robertson, Anneisha McLaughlin, who have been sub-23 in 2014.

Facts and figures

- **Predictions:** 1 Blessing Okagbare (NGR); 2 Jodie Williams (ENG); 3 Anneisha McLaughlin (JAM). **Predicted mark:** 22.50
- **Reigning champion:** Cydonie Mothersille (CAY) 22.89
- **Commonwealth record-holder:** Merlene Ottey (JAM) 21.64
- **Games record-holder:** Ottey 22.19w
- **Home countries:** England – Anyika Onuora, Bianca Williams, Jodie Williams. Wales – Hannah Brier. N Ireland – Amy Foster
- **History:** Three athletes – all Olympic medallists – have won a double gold. Marjorie Jackson, Raelene Boyle and Merlene Ottey.

Amantle's mantle in jeopardy

400m

DEFENDING champion Amantle Montsho has been short of her best form this year, her 50.37 being more than a second outside her PB. The Botswana athlete has also not won on the circuit since a low-key race in April.

Having won the 2011 world title and finishing as runner-up to Christine Ohuruogu on her title defence, she is a solid championship performer, though, and cannot be discounted.



Amantle Montsho: only third quickest in 2014

Novlene Williams-Mills, who won bronze in the 2006, Commonwealths, is the No.1 on paper with her 50.05 in winning the Jamaican title. However, after a string of Diamond League victories early-season, she has had two third place finishes, being beaten in one of them by Jamaica's Stephanie McPherson.

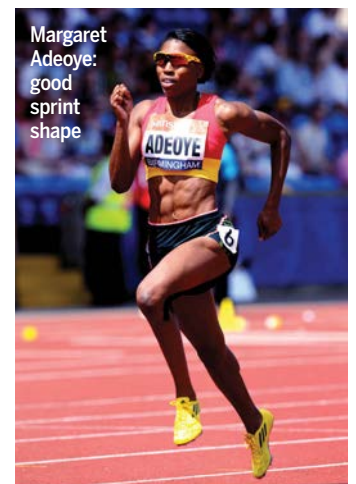
McPherson, who went sub-50 last year, is another contender, while her compatriot Christine Day is second quickest in the Commonwealth this year with 50.16.

These could be some way clear, but others in with a chance of a medal are Kineke Alexander of Saint Vincent and the Grenadines, Nigeria's Patience George and Foloshade Abugan, Zambia's Kabange Mupopo and India's Poovamma Machettira.

England's Shana Cox is the quickest from the home nations with her 52.11 from New York.

Compatriot Kelly Massey, who has run a PB of 52.29 this year, will be hoping to improve after reaching the semi-final in 2010.

England's Margaret Adeoye has been edging towards the 400m in the past couple of seasons, but has recently shown great 100m form with 11.28. Her season's best of 52.27 is down on her 2013 personal best of 51.93.



Margaret Adeoye: good sprint shape

Facts and figures

- **Predictions:** 1 Novlene Williams-Mills (JAM); 2 Amantle Montsho (BOT); 3 Christine Day (JAM). **Predicted mark:** 50.36
- **Reigning champion:** Amantle Montsho (BOT) 50.10
- **Commonwealth record-holder:** Cathy Freeman (AUS) 48.63
- **Games record-holder:** Montsho 50.10
- **Home countries:** England – Margaret Adeoye, Shona Cox, Kelly Massey. IOM – Harriet Pryke
- **History:** There have been no double champions at 400m though Raelene Boyle also won four golds at 100m and 200m. Two champions – Fatima Yusuf and Ailann Pompey – also won a silver while Sandie Richards also won two bronzes.

Sum spearheads red-hot race

800m

WORLD champion Eunice Sum has lost one race this year – to American Aje Wilson – and tops the Commonwealth rankings with her 1:57.92 from that race in Monaco. Her only defeat last year too was when finishing second at her national championships.

Third in that race was Uganda's Winnie Nanyondo, who has improved her PB by nearly three seconds this year.

Scotland's Lynsey Sharp is in



Eunice Sum: Kenyan favourite

the form of her life and has been consistent in the immediate vicinity of the two-minute barrier this season.

The European champion looks well capable of winning a medal and thus emulating her father Cameron, who took bronze at 100m and 200m in 1982.

It was at the last Games in Britain – in Manchester in 2002 – that Charlotte Moore set the UK junior record of 1:59.75 in finishing sixth. This could be an appropriate time, therefore, for England's Jess Judd to supersede her in the record books, having missed the mark by just two hundredths on her season debut.

Canada's Melissa Bishop and Jamaica's Natoya Goule are the other sub-two runners this year.

Aside from the favourite, Kenya have Janice Busienei and Agatha Kimaswai.

The home nations are well-represented in this event with seven athletes entered, although Laura Muir, who clocked 2:00.94 indoors this year, may drop out after contesting her stronger event, the 1500m.

New Zealand's Angie Smit and Canada's Jessica Smith are others to watch out for.



Jessica Judd: leads the English challenge

Facts and figures

- **Predictions:** 1 Eunice Sum (KEN); 2 Winnie Nanyondo (UGA); 3 Lynsey Sharp (SCO). **Predicted mark:** 1:59.12
- **Reigning champion:** Nancy Langat (KEN) 2:00.01
- **Commonwealth record-holder:** Pamela Jelimo (KEN) 1:54.01
- **Games record-holder:** Maria Mutola (MOZ) 1:57.35
- **Home countries:** England – Jessica Judd, Jenny Meadows, Marilyn Okoro. Scotland – Emily Dudgeon, Laura Muir, Lynsey Sharp, N Ireland – Katie Kirk
- **History:** Both Kirsty Wade and Maria Mutola won two gold medals.

This race might be Games' highlight

1500m

THIS could well be one of the races of the Games – all the ingredients are there for a fast and enthralling battle right down to the line. However, the favourite will be Hellen Obiri of Kenya who clocked 3:57.05 when winning in Eugene in May and with her team-mate Faith Kipyegon third in that same race (3:58.01), the pair look the likely protagonists on current form. The third Kenyan Sheila Keter only has a best this year of 4:12.0 from their trials in Nairobi at altitude.

With Scotland's Laura Muir (4:00.07) and England's Laura Weightman (4:00.17) in the form of their lives – a sub-4 clocking for the pair is imminent and that will take them into medal territory and with the backing of a partisan crowd who knows what may happen? Weightman was eighth in the Eugene race in a PB at the time, but has steadily and consistently improved since and will start in a



Home nation hopes (left to right): Hannah England, Laura Muir and Laura Weightman

confident frame of mind. Muir will have the pressure of Scotland on her shoulders and if she can handle that, she is more than capable of producing a top performance after finishing just ahead of Weightman in Paris, agonisingly close to ducking under the four-minute barrier. There was not much

between the pair at the British Championships where Weightman was the victor and expect much of the same here too.

Australia's Zoe Buckman has clocked 4:04.09 courtesy of the Eugene race and cannot be discounted as well as Canadian Nicole Sifuentes (4:04.87). England's Hannah England cannot be discounted if she shows her true form and has the experience of Olympic, world, European and Commonwealth Games behind her and will need to be at her very best to figure as will Jemma Simpson who will need to improve significantly to advance to the final.

Facts and figures

- **Predictions:** 1 Hellen Obiri (KEN); 2 Laura Muir (SCO); 3 Laura Weightman (ENG). **Predicted mark:** 4:02.85
- **Reigning champion:** Nancy Langat (KEN) 4:05.26
- **Commonwealth record-holder:** Faith Kipyegon (KEN) 3:56.98
- **Games record-holder:** Langat 4:05.26
- **Home countries:** England – Hannah England, Jemma Simpson, Laura Weightman. Guernsey – Sarah Mercier, Scotland – Laura Muir.
- **History:** Kelly Holmes won two gold and a silver medal in her three 1500m finals.

Kenyans ready to show Mercy in 5km

5000m

MERCY CHERONO of Kenya heads the Commonwealth lists courtesy of her Rome Diamond League clocking of 14:43.11 in June where she placed fourth and this gives her a nine-second buffer over the next fastest athlete, compatriot Janet Kisa who clocked 14:52.59 in



Mercy Cheronu: leading Kenyan

that race for fifth place. The other Kenyan, Margaret Muriuki has a best of 14:40.48 from the Bislett Games in Oslo last year and if the trio perform at those levels it is going to be hard for anyone to give them a run for their money.

Nevertheless, medals are up for grabs and Jo Pavey cannot be discounted in a fast run race even though in some cases she is twice the age of some of her competitors. The scene is set for young Emelia Gorecka to shine too and her recent form has been excellent with a home-straight sprint finish victory over Pavey in a slowly run British championships.

The AFD runner won't be fazed by the occasion with a European Junior title and medals aplenty and at senior level a runner-up spot at last year's European Team Championship in Gateshead. Jessica O'Connell of Canada is

another who could be vying for a medal although she will have to improve her 15:13.21 clocking.

With the England team a blend of age and youth in Pavey and Helen Clitheroe (both 40) and Gorecka (20), don't be surprised if either comes away with a medal. The Scotland team of Beth Potter, Steph Twell and Laura Whittle will hope to rise to the occasion in front of a home crowd and PBs will be largely on their minds.



Emelia Gorecka and Jo Pavey: one-two in the British Championships 5000m

Facts and figures

- **Predictions:** 1 Mercy Cheronu (KEN); 2 Janet Kisa (KEN); 3 Emelia Gorecka (ENG). **Predicted mark:** 15:24.66
- **Reigning champion:** Vivian Cheruiyot (KEN) 15:55.12
- **Commonwealth record-holder:** Cheruiyot 14:20.87
- **Games record-holder:** Paula Radcliffe (ENG) 14:31.42
- **Home countries:** England – Helen Clitheroe, Emelia Gorecka, Jo Pavey. Guernsey – Sarah Mercier, Scotland – Elizabeth Potter, Stephanie Twell, Laura Kenney, Wales – Elinor Kirk
- **History:** There have been no double champions at 5000m, but Angela Chalmers won twice when it was a 3000m.

Africans poised to dominate

10,000m

JULIA BLEASDALE and Jo Pavey excelled at the London Olympics and two years Bleasdale is again ready to take the Kenyans on although Pavey has this week withdrawn to concentrate on the 5000m (see above).

Bleasdale heads the rankings with 31:42.02 set at the Payton Jordan International in May. Since then she has raced sporadically with a 15:11.68 5000m at the Rome Diamond League and an 8:48.90 over 3000m a week later in the New York Diamond League.

British Olympians: Julia Bleasdale (right) is aiming for a medal but Jo Pavey has since withdrawn to focus on the 5000m



discounted and Chepkirui with little form over 10,000m other than a 30:39 10km in Berlin last year, has a class 66:18 half-marathon from Prague this year, so she should be in the mix.

Elinor Kirk, running in the colours of Wales, has clocked a fine 32:17.05 this year at the Stanford Invitational and will be looking to improve on that and get up in the leading bunch.

Sonia Samuels ran in the Payton Jordan Cardinal Invitational in May and clocked a lifetime best of 32:39.36 and will be another looking to improve on that.

Scotland's Beth Potter ran her PB this year at the Highgate Harriers 10,000m in poor conditions clocking 32:45.69 and urged on by the largely Scottish crowd she will be looking to significantly improve on that.

With hopefully a fast run race and decent conditions, expect the medals to be decided over the final 400m.

Facts and figures

- **Predictions:** 1 Florence Kiplagat (KEN); 2 Joyce Chepkirui (KEN); 3 Julia Bleasdale (ENG). **Predicted mark:** 31:37.65
- **Reigning champion:** Grace Momanyi (KEN) 32:34.11
- **Commonwealth record-holder:** Paula Radcliffe (ENG) 30:01.09
- **Games record-holder:** Salina Kosgei (KEN) 31:27.83
- **Home countries:** England – Julia Bleasdale, Kate Avery, Sonia Samuels. Wales – Elinor Kirk. Scotland – Elizabeth Potter
- **History:** Liz McColgan won the first two 10,000m races to be held in the Games in 1986 and 1990.

The Kenyan trio of Florence Kiplagat (32:30.92), Joyce Chepkirui (32:33.19) and Emily Chebet will be sure to feature. Although Kiplagat has concentrated more on the marathon of late, her PB of 30:11.53 set in 2009 makes her the class act. Chebet with a 30:47.02 clocking from last year cannot be

Porter v Pearson battle awaits

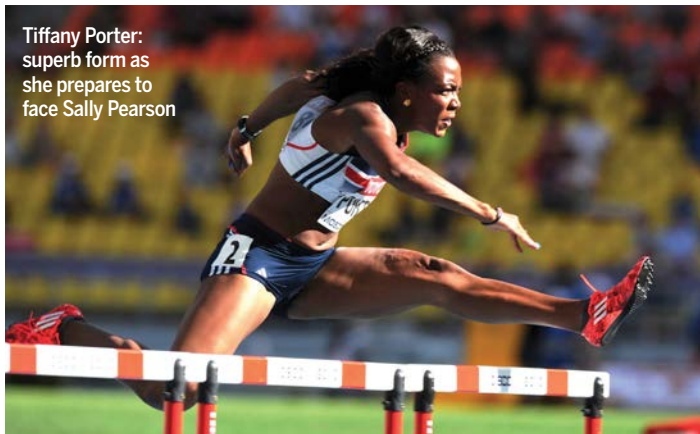
100m hurdles

A GREAT duel is in prospect, with Sally Pearson of Australia attempting to defend her title in the face of strong opposition from Tiffany Porter of England.

Porter goes into the Games with the upper hand, too, after her confidence-boosting victory at the Sainsbury's Anniversary Games last weekend.

There, she beat Pearson, plus world champion Brianna Rollins of

Tiffany Porter: superb form as she prepares to face Sally Pearson



(and the Europeans in Zurich next month) could be her first gold medal.

Pearson, though, will be tough to beat – as the 27-year-old is the Olympic champion and finished second in the World Championships in Moscow last year (one place in front of Porter) despite an injury-hit year.

If successful, Porter will become the first English athlete to win this event since Sally Gunnell in 1986.

Other contenders include Angela Whyte – the Canadian has run a swift 12.89 in 2014 and finished runner-up at the 2006 and 2010 Commonwealth Games to Pearson and Brigitte Foster-Hylton of Jamaica respectively.

Jamaican trio Monique Morgan, Danielle Williams and Indira Spence, all of whom have run under 13 seconds this year, will also be dangerous.

Facts and figures

- **Predictions:** 1 Sally Pearson (AUS); 2 Tiffany Porter (ENG); 3 Angela Whyte (CAN). **Predicted mark:** 12.75
- **Reigning champion:** Sally McClellan (AUS) 12.67
- **Commonwealth record-holder:** McClellan-Pearson 12.28
- **Games record-holder:** McClellan-Pearson 12.67
- **Home countries:** England – Tiffany Porter, Serita Solomon. Guernsey – Kylie Robilliard
- **History:** Pam Kilborn won three successive hurdles races. Her first two were at 80m hurdles and the last one at 100m.

the United States, and goes into Glasgow 2014 in great shape.

Porter was born in the United States, but her mother is English and she has held dual nationality since birth. Since switching to GB, she has so far won minor medals in the IAAF World Championships, World and European Indoor Championships, but Glasgow

Spencer is a threat to golden Child

400m hurdles

EILIDH CHILD has been dubbed the poster girl of the Games but the Scottish hurdler faces a tough job if she wants to claim gold in Glasgow.

She is almost one second slower than Kaliese Spencer on paper and the Jamaican has a formidable record that includes world junior gold in 2006, fourth place in the 2012 Olympics and 2009/2011 world finals, plus world indoor 400m flat silver from earlier this year.

Child definitely has a chance,

Kaliese Spencer: Jamaican is ranked clear No.1



and draw on the huge support that the crowd in Hampden Park is expected to provide.

Other contenders include Janieve Russell of Jamaica. Born in Manchester – Jamaica as opposed to England – the 20-year-old won the world junior title in 2012 and, as a talented all-rounder, placed ninth in the 2009 world youth long jump.

Wenda Nel of South Africa, Nikita Tracey of Jamaica and Janeil Bellille of Trinidad & Tobago are also expected to be in the mix.

England's No.1 Meghan Beesley has been replaced by Laura Wake after sustaining a stress fracture.

Eilidh Child: sure to enjoy massive support



though. She was runner-up four years ago in Delhi and her improvement since was shown when she was fifth in the world final in Moscow last year.

Despite the pressure, the Pitreavie AC athlete has shown a calm attitude in the build-up as well, insisting that she plans to enjoy and relish the experience

Facts and figures

- **Predictions:** 1 Kaliese Spencer (JAM); 2 Eilidh Child (SCO); 3 Janieve Russell (JAM). **Predicted mark:** 53.85
- **Reigning champion:** Muizat Odumosu (NGR) 55.28
- **Commonwealth record-holder:** Melaine Walker (JAM) 52.42.
- **Games record-holder:** Jana Pittman (AUS) 53.82
- **Home countries:** England – Hayley McLean, Ese Okoro, Laura Wake. Scotland – Eilidh Child. N Ireland – Christine McMooney
- **History:** Three athletes – all Olympic or world champions – have won double gold – Debbie Flintoff, Sally Gunnell and Jana Pittman. Flintoff also won a silver medal.

Chaser Chemos is the athlete to beat

3000m steeplechase

MILCAH CHEMOS won gold four years ago and the Kenyan is tipped to defend her title in Glasgow.

Since her 9:40.96 Games record in Delhi, she has since finished fourth in the London Olympics and won the world title in Moscow last year. In addition, she holds the Commonwealth record with 9:07.14.



Milcah Chemos: defending champion

Ideally, Chemos would love to lead Kenya to the kind of medal sweep that her male team-mates are used to pulling off. But there are only two Kenyans in the event.

A one-two is certainly possible, however, because Chemos is joined in the Kenyan team by Purity Kirui, the 2010 world junior champion.

The battle for bronze is led by Australian runner Genevieve LaCaze. The 24-year-old has been in good form lately, with a number of races in the UK already this summer, and has a season's best of 9:33.19.

With more than half of the field being from the home countries, though, there's a good chance one of them can win a medal.

Here, Eilish McColgan is the No.1 contender. The daughter of former Commonwealth champion Liz McColgan, she won the British title earlier this summer and has the

ability to make the podium.

The Dundee Hawhill athlete was ninth in the IAAF World Championships last year and goes into the Games full of confidence despite her much-publicised heart scare after she felt unusual palpitations earlier this year.

In addition, Scotland is represented by Lennie Waite, who was sixth in Delhi four years ago.

Other contenders include Madeleine Heiner and Victoria Mitchell of Australia.



Eilish McColgan, Rachael Bamford and Lennie Waite are all running in Glasgow

Facts and figures

- **Predictions:** 1 Milcah Chemos (KEN); 2 Purity Kirui (KEN); 3 Genevieve LaCaze (AUS). **Predicted mark:** 9:18.45
- **Reigning champion:** Milcah Chemos (KEN) 9:40.96
- **Commonwealth record-holder:** Chemos KEN 9:07.14.
- **Games record-holder:** Dorcus Inzikuru (UGA) 9:19.51
- **Home countries:** England – Rachael Bamford, Pippa Woolven. Scotland – Eilish McColgan, Lennie Waite, N Ireland – Kerry O'Flaherty
- **History:** The event has only been held twice and no one has won more than one medal.

Kenya aims for a clean sweep

Marathon

A CHAMPIONSHIP marathon is rarely run in the manner of the fast big city events around the world with designated pacemakers and this makes the outcome much more difficult to predict. The formbook shows who has the fastest times, but this can mean little in a cat-and-mouse run affair and the Glasgow weather may have a bearing too if it is wet and windy.

Out in front is Paris marathon winner, Flomena Cheyech Daniel of Kenya with a fine 2:22:44 – a repeat of that will see her difficult to



Susan Partridge: Scot is ready for the biggest race of her life

Facts and figures

- **Predictions:** 1 Philes Ongori (KEN); 2 Flomena Cheyech (KEN); 3 Caroline Kilel (KEN). **Predicted mark:** 2:24:56
- **Reigning champion:** Irene Jerotich (KEN) 2:34.32
- **Commonwealth record-holder:** Paula Radcliffe (ENG) 2:15:25.
- **Games record-holder:** Lisa Martin (AUS) 2:25:28
- **Home countries:** England – Louise Damen, Alyson Dixon, Amy Whitehead. Scotland – Hayley Haining, Susan Partridge, Joasia Zakrzewski. N Ireland – Gladys Ganiel
- **History:** Australians Lisa Martin and Kerryn McCann both won two titles.

beat. Her compatriot Philes Ongori has a lifetime best of 2:24:20 set in Rotterdam three years ago and should figure at the front. The third Kenyan Caroline Kilel has a best of 2:22:34 from last year in Frankfurt and all three are capable of winning.

There could well be many athletes who are capable of

snatching an unexpected medal on the day with current times indicating that the one who can run an inspired race may get the rewards. Helalia Johannes of Namibia has run 2:28:27 earlier this year but has a PB of 2:26:09 from London two years ago and will be looking to improve on that.

Watch out too for Canada's Lanni Marchent with 2:28:00 from Toronto last year. The England contingent of Louise Damen, Amy Whitehead and Alyson Dixon will all be looking to chip away at their current PB's and may be capable of a surprise on the day.

Scotland's trio of Susan Partridge, Hayley Haining and Joasia Zakrzewski will be hoping the fervour of the crowds lining Glasgow's streets will inspire them.

Partridge in particular, has the experience of World and European championship marathons and this may give her the edge when it comes to pacing her efforts over the 26 mile 385 yard journey.

Spencer seeks medal upgrade

High jump

LEVERN SPENCER leads the St Lucia team in Glasgow and in this season's Commonwealth rankings she leads the high jump entries too with her 1.96m clearance from April, a height two centimetres down on her personal best.

Spencer was the only athlete from her nation to make it on to the podium in 2010 when she claimed bronze and she'll be looking to

Isobel Pooley: 1.91m PB



cleared 1.94m recently but has a personal best of 1.96m from December which equalled the world youth best, has opted to miss the World Junior Championships held the week before the Games for her shot at Commonwealth glory.

The 18-year-old is set to also go up against the likes of Leontia Kallenou of Cyprus, who arrives in Glasgow with a 1.92m national record under her belt from May, and England's Isobel Pooley who equalled her PB in clearing 1.91m in June.

Bethan Partridge also competes for England and has a PB of 1.83m set indoors in February, while representing the host nation are Emma Nuttall, Jayne Nisbet and Rachael MacKenzie, who have all also set personal bests this year, Nuttall and Nisbet with 1.88m and 1.87m respectively set indoors and MacKenzie with 1.81m outdoors.

secure herself a spot in the top three again four years later.

Jeannelle Scheper joins her on the team, the 19-year-old having cleared 1.91m at the beginning of July to form part of an entry list which includes five athletes who have cleared 1.90m or higher this summer.

Australia's world youth champion Eleanor Patterson, who

Facts and figures

- **Predictions:** 1 Lavern Spencer (LCA); 2 Eleanor Patterson (AUS); 3 Isobel Pooley (ENG). **Predicted mark:** 1.95m
- **Reigning champion:** Nicola Forrester (CAN) 1.91
- **Commonwealth record-holder:** Hestrie Cloete (RSA) 2.06
- **Games record-holder:** Cloete 1.96
- **Home countries:** England – Bethan Partridge, Isobel Pooley, IOM – Reagan Dee, Scotland – Rachael MacKenzie, Jayne Nisbet, Emma Nuttall
- **History:** Three athletes – Dorothy Odam, Debbie Brill and Hestrie Cloete – have won double gold. Both Odam and Cloete had 12 years in between the gold medals, though in Odam's case it was because of the War.

Australia set to continue its success

Pole vault

AUSTRALIA'S Alana Boyd looks set to continue her nation's dominance in this event at the Commonwealth Games as the reigning champion goes into the competition with a season's best which is 20 centimetres higher than any other Commonwealth athlete has achieved this summer.

Boyd, who struggled with injury in 2013, cleared 4.65m in Mannheim at the beginning of July to secure her spot at the top of the rankings, while she is also the owner of the Commonwealth record with her 4.76m best from 2012. Her brother Matt goes in the men's event in Glasgow.

With 4.45m cleared in Cardiff earlier this month, Zoe Brown broke her Northern Ireland record for the fifth time in 2014 and will surely look to add to that tally in Glasgow. Like a number of vaulters, including Scotland's Jax Thoires in the men's event, Brown began



Henrietta Paxton: Scottish representative

Sally Peake is one of two athletes to have cleared a best of 4.40m this season, the other being Liz Parnov who is joined on the Australia team by her older sister Vicky.

Wales' Peake claimed the UK title in June and went higher than she ever has outdoors with 4.40m at the Glasgow Grand Prix.

With British record-holder Holly Bleasdale taking a break from competitive action in 2014 with the aim of returning to full fitness for 2015, Sally Scott and Katie Byres are England's two representatives while Henrietta Paxton goes for Scotland.

her sporting career as a gymnast and placed sixth in the event at the Commonwealths in 1998 before switching to pole vault for the 2002 and 2006 Games.

Canada's Alysha Newman sits third in the rankings with her 4.41m personal best from earlier this year and a similar performance should be enough to make the podium.

Facts and figures

- **Predictions:** 1 Alana Boyd (AUS); 2 Alysha Newman (CAN); 3 Liz Parnov (AUS). **Predicted mark:** 4.60
- **Reigning champion:** Alana Boyd (AUS) 4.40
- **Commonwealth record-holder:** Boyd 4.76
- **Games record-holder:** Kym Howe (AUS) 4.62
- **Home countries:** England – Katie Byres, Sally Scott, IOM – Olivia Curran, Scotland – Henrietta Paxton, Wales – Sally Peake, N Ireland: Zoe Brown
- **History:** This is another new event, won by Australia each time. Kym Howe and Tatiana Grigorieva have each won a gold and a silver.

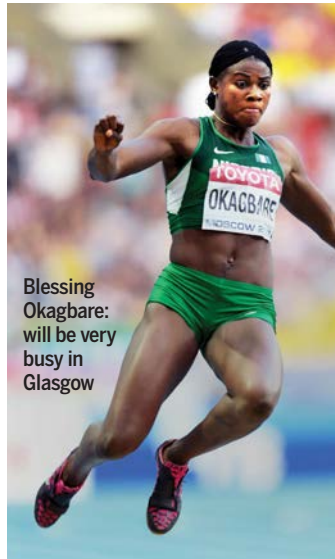
Okagbare and Proctor a class apart

Long jump

WITH the event missing England's Commonwealth rankings leader, Katarina Johnson-Thompson, Nigeria's Blessing Okagbare will be the one to watch here if she chooses to compete. The world silver and Olympic bronze medallist has another packed schedule for Glasgow as she is also entered for the 100m and 200m and forms part of Nigeria's 4x100m relay squad.

Okagbare, who also possesses world 200m bronze as a part of her medal collection, has a long jump best this year of 6.86m from May, while her lifetime best is 7.00m from 2013.

England's Shara Proctor sits close to Okagbare on season rankings though, her 6.82m when finishing third at the Glasgow Grand Prix at Hampden Park earlier



Blessing Okagbare: will be very busy in Glasgow

this month being 13 centimetres off her lifetime best. The UK record-holder has Commonwealth Games experience too, having competed at the 2002 Games in Melbourne for Anguilla.

If Okagbare should opt to stick

purely with the sprints then gold should be Proctor's for the taking and she looks set to become the first athlete from any of the home nations to claim a podium place at this event since Jade Johnson won silver in 2002.

Joining her on the England team are Lorraine Ugen and Jazmin Sawyers. Ugen jumped 6.73m indoors in March and has a season's best of 6.38m, while Sawyers leapt 6.49m for silver at the Sainsbury's British

Championships but has a 2012 PB of 6.67m.

Looking to make the most of the home support will be Jade Nimmo and Sarah Warnock, the latter having leapt a 6.42m PB to claim UK bronze behind Sawyers in Birmingham. Nimmo's best of 6.47m was set in 2012.

Other athletes who should feature include Canada's Christabel Nettey, Australia's Brooke Stratton and Bianca Stuart of Bahamas.

Facts and figures

- **Predictions:** 1 Blessing Okagbare (NGR); 2 Shara Proctor (ENG); 3 Christabel Nettey (CAN). **Predicted mark:** 6.75
- **Reigning champion:** Alice Falaiye (CAN) 6.50
- **Commonwealth record-holder:** Elva Goulbourne (JAM) 7.16
- **Games record-holder:** Bronwyn Thompson (AUS) 6.97
- **Home countries:** England – Shara Proctor, Jazmin Sawyers, Lorraine Ugen. Scotland – Jade Nimmo, Sarah Warnock
- **History:** New Zealander Yvette Williams is the only double champion and she also won a shot and discus gold medal.

Williams heads Jamaican bid

Triple jump

AS Kimberly Williams and Shanieka Thomas lead the Commonwealth rankings as the only two athletes who have leapt 14 metres or further this year, the title looks likely to stay with Jamaica, with 2005 world champion Trecia-Kaye Smith having claimed Commonwealth gold on the past two occasions – and bronze at the edition before that.

Williams has been gradually working her way up the rankings at major championships, the 25-year-old having finished sixth at



Yamile Aldama: fifth on rankings

the London Olympics, fifth at the 2012 World Indoor Championships, fourth at the outdoor World Championships in Moscow and third at the World Indoors in Sopot in March.

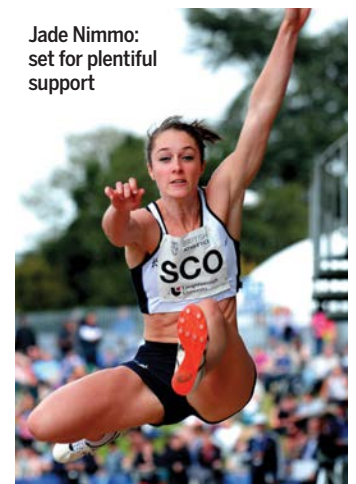
Her longest leap this year of 14.59m is just three centimetres off her personal best set a year ago and more than half a metre further than anyone else has managed this summer.

Australia's Linda Leverton leapt a lifetime best of 13.93m in Melbourne in April, while Trinidad and Tobago record-holder Ayanna Alexander – entered for both the long jump and the triple jump – also features in the top five this summer with 13.86m. The 2010 silver medallist's national record best is 14.15m.

Ranked fifth this summer is England's Yamile Aldama, the 42-year-old 2012 world indoor gold medallist having a personal best of 15.29m but not having broken 14 metres legally yet this

year, though she did jump a windy 14.05m earlier this month. Her legal season's best is a 13.85m leap from Hengelo in June.

Joining Aldama on the England team are Laura Samuel and Chioma Matthews. Samuel has a personal best of 13.75m and has jumped 13.58m this year, while Matthews has a 13.77m leap to her name and her best this season is 13.19m.



Jade Nimmo: set for plentiful support

Facts and figures

- **Predictions:** 1 Kimberly Williams (JAM); 2 Ayanna Alexander (TTO); 3 Yamile Aldama (ENG). **Predicted mark:** 14.25
- **Reigning champion:** Trecia Smith (JAM) 14.19
- **Commonwealth record-holder:** Francoise Mbango (CMR) 15.39
- **Games record-holder:** Ashia Hansen (ENG) 14.86
- **Home countries:** England – Yamile Aldama, Chioma Matthews, Laura Samuel. Scotland – Jade Nimmo, Sarah Warnock
- **History:** The only two champions – Ashia Hansen and Trecia Smith – have won two gold medals each.

Who will be second to Adams?

Shot put

VALERIE ADAMS is the clearest favourite for gold in any event in Glasgow.

The New Zealander, who is on an unbeaten streak of 53, won at the 2006 and 2010 Games and, barring a no-show or something extraordinary, will join Val Young and Judy Oakes as winners of three titles in the event.

The most dominant athlete in any event of the last 10 years,



Valerie Adams: 100% win record since 2010

since 2005 she has only been beaten by athletes who have subsequently failed drugs tests and could have thus been denied a 104-competition winning streak.

The last time Adams, who also won silver in the 2002 Games, lost to another athlete from the Commonwealth was in 2004 to Trinidad & Tobago's Cleopatra Borel.

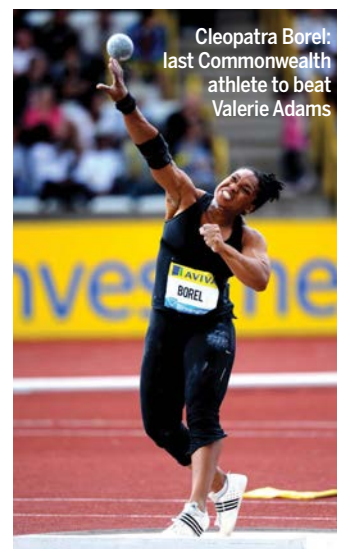
Borel is still going strong aged 35 and is second on the Commonwealth rankings this year with a mark 1.36m below the season's best of Adams.

She herself is more than a metre and a half ahead of her nearest challenger, Canada's Julie Labonte.

British champion Eden Francis is not far behind in terms of season's bests so a bronze could be possible.

England's Rachel Wallader and Sophie McKinna will also be looking to rank highly.

Just ahead of them on the rankings is Trinidad and Tobago's Annie Alexander. They will also have to contend with Cypriot Florentia Kappa, the only other to have thrown more than 16 metres this season.



Cleopatra Borel: last Commonwealth athlete to beat Valerie Adams

Facts and figures

- **Predictions:** 1 Valerie Adams (NZL); 2 Cleopatra Borel (TTO); 3 Julie Labonte (CAN). **Predicted mark:** 20.65
- **Reigning champion:** Valerie Adams (NZL) 20.47
- **Commonwealth record-holder:** Adams (NZL) 21.24
- **Games record-holder:** Adams (NZL) 20.47
- **Home countries:** England – Eden Francis, Sophie McKinna, Rachel Wallader. Scotland – Alison Rodger, Kirsty Yates
- **History:** Val Young won three successive titles and also won a silver, but this was surpassed by Judy Oakes, who won three gold medals and two silver medals.

On-form Samuels to rule the circle

Discus

DANI SAMUELS, the surprise 2009 world champion, has finally improved this season after a couple of years of stagnation and is a massive favourite.

The Australian's PB of 67.99m is more than six metres better than that of the Commonwealth No.2, Kellion Knibb of Jamaica.

Samuels, a former world youth and world junior champion who



Dani Samuels: six metres ahead of the rest

her best form this year, is a medal contender with a season's best of 58.25m.

New Zealand's Siositina Hakeai, Jamaica's Danniell Thomas and India's Krishna Poonia will be tough to beat for the minor medals, though.

Canada's Julie Labonte and Australia's Christie Chamberlain and Tarryn Gollshewsky will also be hoping to make the top half in the final.

British champion Eden Francis and Scotland's Kirsty Law will be looking to challenge too. Shadine Duquemin is among Jersey's best hopes at the Games.

England's Jade Lally was sixth in 2010 and, although she has been a couple of metres down on

won Commonwealth bronze in 2010, is clearly among the world's top three this year along with Sandra Perkovic and Gia Lewis-Smallwood.

Knibb is in her first major championships, having added nearly six metres to her best this year with 61.34m.

India's Seema Punia, third in 2010 and second in 2006, will be hoping to make the podium for the third time.

Facts and figures

- **Predictions:** 1 Dani Samuels; 2 Krishna Poonia (IND); 3 Jade Lally (ENG). **Predicted mark:** 65.24
- **Reigning champion:** Krishna Poonia (IND) 61.51
- **Commonwealth record-holder:** Daniela Costan (AUS) 68.72
- **Games record-holder:** Beatrice Faumuina (NZL) 65.92
- **Home countries:** England – Eden Francis, Jade Lally. Jersey – Shadine Duquemin. Scotland – Kirsty Law
- **History:** Beatrice Faumuina won two golds and a silver medal.



Jade Lally: medal hopeful for England

Favourite Frizell is target for Hitchon

Hammer

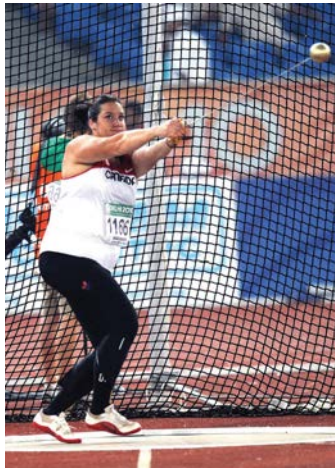
SULTANA FRIZELL is the reigning champion and Commonwealth record-holder and it's difficult to look beyond the Canadian for the gold medal.

The clear second favourite, though, is England's Sophie Hitchon, the UK record-holder, former world junior champion and finalist at London 2012.

The 23-year-old Blackburn athlete believes the pressure of London 2012 will arm her for the big stage in Glasgow and she is definitely aiming for the podium, ideally gold.

Frizell, a former figure skater, won gold in Delhi 2010 by more than three metres from Welsh thrower Carys Parry and England's Zoe Derham.

Parry again returns this year, but Hitchon is one of only three



Sultana Frizell: former figure skater looks set to dance around her rivals

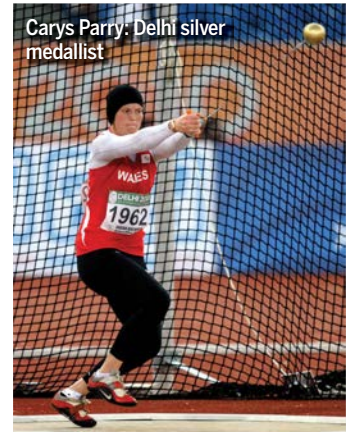
throwers to break the 70-metre barrier this year, the others being Frizell and Julia Ratcliffe of New Zealand.

Ratcliffe comes from Hamilton – the venue for the first Commonwealth Games in 1930

– and studies economics at the prestigious Princeton University in the United States. Only 21, she was fourth in the 2012 World Junior Championships.

The host nation also has good representation, in the form of Rachel Hunter, Myra Perkins and Susan McKelvie, who is coached by 2002 Commonwealth champion Lorraine Shaw.

This relatively new event at the Games made its debut in Kuala Lumpur in 1998.



Carys Parry: Delhi silver medalist

Facts and figures

- **Predictions:** 1 Sultana Frizell (CAN); 2 Sophie Hitchon (ENG); 3 Julia Ratcliffe (NZL). **Predicted mark:** 72.34
- **Reigning champion:** Sultana Frizell (CAN) 68.57
- **Commonwealth record-holder:** Frizell (CAN) 75.73
- **Games record-holder:** Frizell (CAN) 68.57
- **Home countries:** England – Shaunagh Brown, Sophie Hitchon, Sarah Holt. Wales – Carys Parry. Scotland – Rachel Hunter, Susan McKelvie, Myra Perkins
- **History:** Another newish event with no double champions but Lorraine Shaw won a medal of each colour.

Mickle heads strong line-up

Javelin

FOURTH in Melbourne 2006, second in Delhi 2010, could Kim Mickle be poised to win gold in Glasgow?

The 29-year-old won silver at the IAAF World Championships last year and was named Australian athlete of the year in 2013.

But she faces two-time and reigning Commonwealth champion Sunette Viljoen of South Africa.

Then there's Kathryn Mitchell, also from Australia, who was fifth in the IAAF World Championships last year and is coached by German Uwe Hohn, the only man



Kim Mickle: looking to bounce back from recent third in Monaco

in history to throw further than 100 metres with an old-specification spear.

This high-quality contest means that Goldie Sayers is something of an outsider to make the podium.

The 32-year-old thrower, who is following in the footsteps of fellow English athlete and three-time Commonwealth javelin champion Tessa Sanderson, has returned in 2014 after injuries and surgery and can never be ruled out due to her ability to rise to the big occasion.

In 2008, for example, Sayers was fourth – and she looked on course

to challenge for a podium place in London 2012 – but she has not won a major senior medal and her Commonwealth Games record includes sixth in Manchester 2002.

Mickle's last performance was a below-par third in Monaco, but the favourite believes a week or so of rest in the athletes' village will set her up for victory.

Sayers is sure to enjoy the best support, though, after an amazing comeback that, for a period, looked like it might never happen.



Sunette Viljoen: set to create good competition

Facts and figures

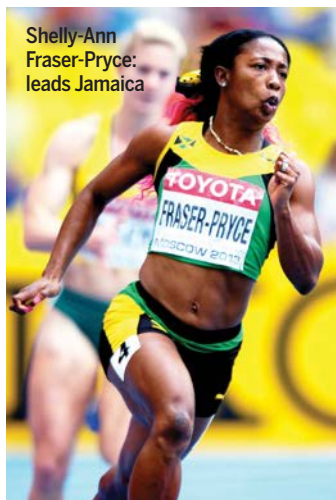
- **Predictions:** 1 Kim Mickle (AUS); 2 Sunette Viljoen (RSA); 3 Kathryn Mitchell (AUS). **Predicted mark:** 65.35
- **Reigning champion:** Sunette Viljoen (RSA) 62.34
- **Commonwealth record-holder:** Viljoen (RSA) 69.35
- **Games record-holder:** Louise McPaul (AUS) 66.96
- **Home countries:** England – Isabelle Jeffs, Freya Jones, Goldie Sayers
- **History:** Out of several double champions, Olympic champion Tessa Sanderson won three gold medals.

Gold must surely go to Jamaica

4x100m relay

THE rankings show, not surprisingly, Jamaica and Trinidad & Tobago at the top of the 2014 rankings with 42.28 and 42.57 respectively. Jamaica's time was recorded at the IAAF World Relays in Nassau in May when finishing way behind the USA who won in a world-lead of 41.88 seconds.

In that race Britain finished fifth in 42.75 with an all-English team and they will be looking to improve on that to push for a podium place in Glasgow. Nigeria finished one



Shelly-Ann Fraser-Pryce leads Jamaica

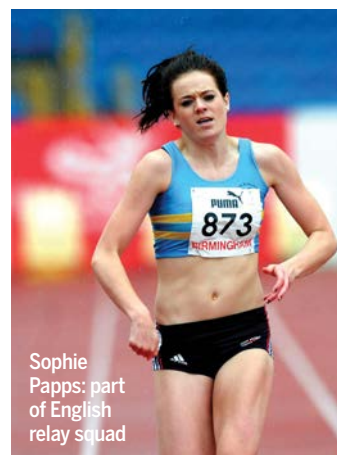
place ahead of GB in the Bahamas and they will also pose a big threat as will Canada and the Bahamas.

Jamaica's squad consists of Schillonie Calvert, Veronica Campbell-Brown, Shelly-Ann Fraser-Pryce, Kerron Stewart and Natasha Morrison and with the fastest of that quintet running 10.70 and the slowest 11.06 it is going to be difficult for any team to challenge the Caribbean girls unless of course, the inevitable rule infringements intervene.

The England squad is made up of Louise Bloor, Hayley Jones, Ashleigh Nelson, Bianca Williams, Asha Philip and Sophie Papps and will need a well-drilled routine to ensure a medal is theirs. The Trinidad & Tobago team may have some unfamiliar names in their quintet but nevertheless pose a threat to any team. Their athletes include: Michelle-Lee Ahye,

Kamaria Durant, Deborah John, Lisa Whickham, Reyare Thomas and Kai Selvon.

Likewise, Nigeria don't have household names in their squad (Dominique Duncan, Gloria Asumna, Deborah Odeyemi and Lawreta Ozah) but they do have the impressive Blessing Okagbare on the anchor leg.



Sophie Papps: part of English relay squad

Facts and figures

- **Predictions:** 1 Jamaica; 2 England; 3 Trinidad & Tobago. **Predicted mark:** 42.24
- **Reigning champion:** England 44.19
- **Commonwealth record-holder:** Jamaica 41.29
- **Games record-holder:** Bahamas 42.44
- **Home countries:** England - Scotland
- **History:** Australia and England have won seven sprint titles plus a further four medley golds..

Relay battle could go down to wire

4x400m relay

TOP of the Commonwealth rankings are Jamaica with 3:23.26 which they recorded when well beaten by a top-class USA team (3:21.73 world lead) at the IAAF World Relays in Nassau. The Caribbean girls finished just ahead of Nigeria (3:23.41) and well clear of a Great Britain team which had Scotland's Eilidh Child leading off and therefore cannot be counted in the rankings.

The Jamaican squad is made up of Christine Day, Shericka Jackson, Anastasia le-Roy, Stephanie McPherson and Novelene Williams-Mills and looks strong enough to maintain their mantle at the top. However, Nigeria will have other thoughts though and their squad is made up of Folashade Abugan, Ada Benjamin, Patience George, Regina George, Oluwafunke Oladoye and Omolara Ometosho and are well capable of taking the coveted gold medal.



Christine Ohuruogu might face GB team-mate Eilidh Child in the one-lap relay

England's team of Margaret Adeoye, Shana Cox, Emily Diamond, Kelley Massey, Victoria Ohuruogu and her sister Christine will have to improve significantly to approach the Jamaican and Nigerian squads but nonetheless they have a strong and eager team and should be in the medals.

Ohuruogu senior is only running in the relay in Glasgow and so

should be fresh and ready to run a fast last leg should it be needed by the team.

Ready to pounce are the Trinidad & Tobago team of Janeil Bellille, Shawna Fermin, Jasanne Lucas, Romona Modeste, Dominique Williams (3:30.71); Australia: Jess Gulli, Morgan Mitchell, Lyndsay Pekin, Caitlin Sargent, Lauren Wells (3:30.92) and the Bahamas: Christine Amertil, Lenece Clarke, Shakeitha Hengfield, Shaunae Miller, Miriam Byfield (3:31.71) and any of those could also make the podium.

The Scotland squad of Eilidh Child, Zoey Clarke, Kirsten McAslan, Gemma Nicol, Diane Ramsay and Lynsey Sharpe will be looking to make the final and then feed off the raucous home crowd to excel themselves.

Facts and figures

- **Predictions:** 1 Jamaica; 2 Nigeria; 3 England. **Predicted mark:** 3:23.34
- **Reigning champion:** India 3:27.77
- **Commonwealth record-holder:** Jamaica 3:18.71
- **Games record-holder:** Australia 3:25.63
- **Home countries:** England - Scotland
- **History:** England have won four gold and four silver medals.

Brianne must be the best bet for gold

Heptathlon

ENGLAND has great history in this event and recent results from the nation's younger talents seem to indicate that the heptathlon is to remain similarly strong for years to come.

However, Katarina Johnson-Thompson, who leads the world rankings with her 6682 point personal best set when winning the prestigious Hypo Meeting in Gotzis in June and had been one of England's biggest gold medal contenders, has been forced to withdraw with a foot injury.

In her absence, world silver medallist Brianne Theisen-Eaton is the athlete to beat, the 25-year-old having set a Canadian record of 6641 points in finishing behind Johnson-Thompson in Gotzis.

Theisen-Eaton, who is the wife of decathlon world record-holder



Brianne Theisen-Eaton: favourite

Ashton Eaton, warmed up for the Games by running a 13 second-flat 100m hurdles PB at the London Anniversary Games on Sunday to take eight hundredths of a second off her lifetime best and her seven-discipline best is more than

500 points better than any other Commonwealth athletes have managed this season.

The next three athletes in the season's Commonwealth rankings are all from either Canada or England. Canada's Jessica Zelinka with 6128 points sits third, while her compatriot Angela Whyte is ranked fifth but is entered for the 100m hurdles and 4x100m relay in Glasgow. Between the two Canadians is England's 17-year-old Morgan Lake but she chose to travel with the GB team to Eugene

to challenge for the world junior title.

Sitting behind Johnson-Thompson and Lake on this year's UK rankings is Jessica Taylor and she goes to Glasgow as a part of the England team with a personal best of 5813 points set in May.

Joining her on the team is Grace Clements who claimed Commonwealth bronze in 2010 in a competition won by team-mate Louise Hazel. Clements' lifetime best of 5819 was set when winning her medal in Delhi.

Facts and figures

- **Predictions:** 1 Brianne Theisen-Eaton (CAN); 2 Jess Zelinka (CAN); 3 Jessica Taylor (ENG). **Predicted mark:** 6520
- **Reigning champion:** Louise Hazel (ENG) 6156
- **Commonwealth record-holder:** Jess Ennis (ENG) 6935
- **Games record-holder:** Jane Flemming (AUS) 6695
- **Home countries:** England – Grace Clements, Jessica Taylor.
- **History:** Olympic champions Mary Peters and Denise Lewis both won two gold medals

Clegg is going for sprints gold

Disability events

SCOTLAND has high hopes that Libby Clegg can give the host nation a gold medal. The 24-year-old races in the T12 100m – one of three women's disability events in the Glasgow 2014 where medals are up for grabs.

Clegg, who has an eye condition called Stargardt disease that gives her only slight peripheral vision in her left eye, is the athlete to beat in the event.

The 100m silver medallist from the last two Paralympics was born in Cheshire but moved to Newcastleton in the Scottish Borders as a child and went to



Libby Clegg: Scottish hope

school in Edinburgh.

Clegg's boyfriend is also Scottish – the rugby sevens international

Michael Maltman – and she adds: "I love the traditions and its identity. Most of my family live in Scotland and I'd like to settle there when I'm older."

Clegg's rivals include Tracey Hinton – a Welsh athlete who is now 44 and whose experience dates back to the 1992 Paralympics in Barcelona.

In the F37-38 long jump, Australia's Jodi Elkington is the marginal No.1 on paper. Other contenders include her team-mate Ella Parady, South Africa's Juanelie Meijer, England's Bethany Woodward and Wales's Bev Jones.

The T54 1500m for wheelchair racers features Australia's two-time Paralympian Madison de Rozario – the fastest in the world in 2014. She will face tough competition from team-mate Christie Dawes, Canada's Diane Roy and the English duo Jade Jones and Shelly Woods.

Many of the disability athletes in Glasgow are using the meeting

as a warm-up for the IPC Athletics European Championships in Swansea, which starts on August 18.

The 2010 Commonwealth Games in Delhi saw Katrina Hart of England win the T37 100m, Diane Roy of Canada took the T54 1500m and Louise Ellery of Australia won the F32-53 shot put.

Disability events at the Games made their debut in Manchester in 2002.



Shelly Woods: competes in the T53/54 1500m for England

British athletes in Para events

- **Women's T11/T12 Para 100m:** England: Serina Litt, Scotland – Libby Clegg, Wales – Tracey Hinton
- **Women's T37/38 LJ:** England – Fiona Clarke, Bethany Woodward, Wales – Beverley Jones
- **Women's T53/54 1500m:** England – Jade Jones, Lauren Rowles, Shelly Woods, Scotland – Meggan Dawson-Farrell, Samantha Kinghorn
- **Women's Para LJ:** Wales – Olivia Breen

Commonwealth rankings

THE TOP 10 IN EACH EVENT IN THE COMMONWEALTH IN 2014 OUTDOORS, PLUS NOTABLE OTHERS AND DOMESTIC RUNNERS. ATHLETES IN BOLD ARE ENTERED FOR GLASGOW IN THOSE EVENTS

ABBREVIATIONS

- i Indoor Performance
- A Altitude; p – points
- dh Downhill
- mx Mixed event
- + Intermediate time
- e Estimated time
- ? Doubt about time or nationality

MEN

- 100m**
- 9.82 **Richard Thompson (TTO)**
 - 9.93 Kemarley Brown (JAM)
 - 9.96 Chijindu Ujah (ENG)
 - 9.97 **Nickel Ashmeade (JAM)**
 - 9.98 Nesta Carter (JAM)
 - 9.98A **Simon Magakwe (RSA)**
 - 10.00 **Keston Bledman (TTO)**
 - 10.01 **Antoine Adams SKN**
 - 10.02 Yohan Blake (JAM)
 - 10.02A **Akani Simbine (RSA)**
- Others**
- 10.04 Adam Gemili (ENG)
 - 10.05 Darrel Brown (TTO)
 - 10.05 Jason Livermore (JAM)
 - 10.06 Ramon Gittens (BAR)
 - 10.08 Harry Aikines-Aryeetey (ENG)
 - 10.12 Richard Kilty (ENG)
 - 10.40 Jason Smyth (NIR)
 - 10.44 Leon Reid (NIR)

- 200m**
- 19.82 **Warren Weir (JAM)**
 - 19.95 Nickel Ashmeade (JAM)
 - 19.96 Isaac Makwala (BOT)
 - 20.04 **Rasheed Dwyer (JAM)**
 - 20.08 **Antoine Adams (SKN)**
 - 20.16 Aaron Brown (CAN)
 - 20.17 **Carvin Nkanata (KEN)**
 - 20.19 **Wayde van Niekerk (RSA)**
 - 20.20 Adam Gemili (ENG)
 - 20.22 **Rondell Sorrillo (TTO)**
 - 20.25 Jason Livermore (JAM)
- Others**
- 20.34 Brijesh Lawrence (SKN)
 - 20.35 Shavez Hart (BAH)
 - 20.36 Dan Talbot (ENG)
 - 20.38 **Andre de Grasse (CAN)**
 - 20.44 James Ellington (ENG)
 - 20.57 Chris Clarke (ENG)
 - 20.91 Leon Reid (NIR)
 - 21.30 Jason Smyth (NIR) (2013)
 - 21.95 Tom Druce (GUE)

- 400m**
- 43.74 **Kirani James (GRN)**
 - 44.01 **Isaac Makwala (BOT)**
 - 44.36 Deon Lendore (TTO)
 - 44.38 **Wayde van Niekerk (RSA)**
 - 44.59 **Chris Brown (BAH)**
 - 44.91 **Lalonde Gordon (TTO)**
 - 44.97 **LaToy Williams (BAH)**
 - 44.97 Matthew Hudson-Smith (ENG)
 - 45.00 Javon Francis (JAM)
 - 45.00 **Akheem Gauntlett (JAM)**
 - 45.03 **Martyn Rooney (ENG)**
 - 45.04A **Pako Seribe (BOT)**(45.21)
- Others**
- 45.13 **Michael Bingham (ENG)**
 - 45.18 **Bralon Taplin (GRN)**
 - 45.68 **Nigel Levine (ENG)**
 - 47.50 **Tom Druce (GUE)**

- 800m**
- 1:42.45 **Nijel Amos (BOT)**
 - 1:42.84 **Ferguson Cheruiyot (KEN)**
 - 1:42.98 **David Rudisha (KEN)**
 - 1:43.34 **Asbel Kiprop (KEN)**
 - 1:44.2A Alfred Kipketer (KEN) (1:45.67A)
 - 1:44.30 Ferguson Cheruiyot (KEN)
 - 1:44.40 **Alex Rowe (AUS)**
 - 1:44.42 **Andre Olivier (RSA)**
 - 1:44.6A Job Kinyor (KEN)(1:44.70)
 - 1:44.69 Robert Biwott (KEN)
 - 1:44.85 Jeremiah Mutai (KEN)
 - 1:45.27 **Ronald Musagala (UGA)**
- Others**
- 1:45.35 **Brandon McBride (CAN)**
 - 1:45.37 **Andrew Osagie (ENG)**
 - 1:45.50A **Evans Kipkorir (KEN)**
 - 1:45.81 **Joshua Ralph (AUS)**
 - 1:45.89 **Michael Rimmer (ENG)**
 - 1:46.56 **Mukhtar Mohammed (ENG)**
 - 1:46.85 **Guy Learmonth (SCO)**
 - 1:47.03 **Joe Thomas (WAL)**
 - 1:49.97 **Daniel Mooney (NIR)** (2013)

- 1500m**
- 3:27.64 Silas Kiplagat (KEN)
 - 3:28.45 Asbel Kiprop (KEN)
 - 3:28.81 **Ronald Kwemai (KEN)**
 - 3:32.91 **Nick Willis (NZL)**
 - 3:30.61 **James Magut (KEN)**
 - 3:31.22 Bethwell Birgen (KEN)



- 3:31.48 **Ronald Kwemai (KEN)**
 - 3:32.29 Collins Cheboi (KEN)
 - 3:33.31 **Johan Cronje (RSA)**
 - 3:34.09 Vincent Kibet (KEN)
- Others**
- 3:35.0A **Elijah Mwanangoi (KEN)**
 - 3:35.06 **Chris O'Hare (SCO)**
 - 3:35.49 **Jake Wightman (SCO)**
 - 3:35.59 **Charlie Grice (ENG)**
 - 3:36.17 **Ryan Gregson (AUS)**
 - 3:38.93 **Richard Peters (ENG)**
 - 3:39.08 **Chris Gowell (WAL)**
 - 3:39.27 **David Bishop (SCO)**
 - 3:40.66 **Lee Emanuel (ENG)**
 - 3:42.11 **Daniel Mooney (NIR)**

- 5000m**
- 12:59.82 Edwin Soi (KEN)
 - 13:00.53 Paul Tanui (KEN)
 - 13:01.71 **Caleb Mwangangi Ndiku (KEN)**
 - 13:01.74 Thomas Longosiwa (KEN)
 - 13:03.85 Lawi Lalang (KEN)
 - 13:07.55 **Isiah Koech (KEN)**
 - 13:08.23 John Kipkoech (KEN)
 - 13:11.14 Cornelius Kangogo (KEN)
 - 13:11.50 **Andy Vernon (ENG)**
 - 13:15.38 **Cam Levins (CAN)**
- Others**
- 13:18.57 **Collis Birmingham (AUS)**
 - 13:20.33 **Nick Willis (NZL)**
 - 13:22.27 **Tom Farrell (ENG)**
 - 13:23.42 **Mo Farah (ENG)**
 - 13:33.28 **Luke Caldwell (SCO)**
 - 14:23.36 **Keith Gerrard (IOM)**

- 10,000m**
- 26:49.41 Paul Tanui (KEN)

- 26:52.36 Bidan Karoki (KEN)
 - 26:54.61 Stephen Sambu (KEN)
 - 27:21.61 Emmanuel Kipkemei Bett (KEN)
 - 27:21.71 **Mo Farah (ENG) (2013)**
 - 27:23.66 James Mwangi (KEN)
 - 27:25.56 William Malel Sitonik (KEN)
 - 27:26.92 Edward Waweru (KEN)
 - 27:28.27 Kareem Thuku (KEN)
 - 27:30.94 Kenneth Kipkemoi (KEN)
 - 27:36.00 **Cam Levins (CAN)**
- Others**
- 27:43.27 **Timothy Toroitich (UGA)**
 - 28:06.2A **Josphat Bett (KEN)**
 - 28:06.5A **Peter Kirui (KEN)**
 - 28:42.68 **Andrew Lemoncello (SCO)**
 - 28:48.59 **Dewi Griffiths (WAL)**
 - 28:49.57 **Callum Hawkins (SCO)**
 - 28:49.77 **Chris Thompson (ENG)**
 - 28:50.43 **Adam Bitchell (WAL)**
 - 28:52.90 **Jonathan Mellor (ENG)**
 - 28:59.63 **Luke Caldwell (SCO)**
 - 29:29.47 **Keith Gerrard (IOM) (2013)**

- Marathon**
- 2:04:29 Wilson Kipsang (KEN)
 - 2:04:55 Stanley Biwott (KEN)
 - 2:05:00 Eliud Kipchoge (KEN)
 - 2:05:42 Dickson Chumba (KEN)
 - 2:06:08 Bernard Koech (KEN)
 - 2:06:24 **Stephen Chemlany (KEN)**
 - 2:06:30 Sammy Kitwara (KEN)
 - 2:06:44 Gilbert Kirwa (KEN)
 - 2:06:58 Michael Kipyego (KEN)
 - 2:07:01 **Eric Ndiema (KEN)**
- Others**
- 2:09:23 **Abraham Kiplimo (UGA)**
 - 2:15:04 **Nick Torry (ENG) (2013)**
 - 2:15:52 **Ben Moreau (ENG) (2013)**
 - 2:16:27 **Steve Way (ENG)**
 - 2:16:50 **Derek Hawkins (SCO)** (2013)
 - 2:17:10 **Paul Pollock (NIR) (2013)**
 - 2:17:47 **Andrew Davies (WAL)**
 - 2:18:28 **Ross Houston (2013)**

- 3000m steeplechase**
- 8:02.37 **Jairus Birech (KEN)**
 - 8:04.12 **Ezekiel Kemboi (KEN)**
 - 8:04.64 Brimin Kipruto (KEN)
 - 8:05.47 Paul Koech (KEN)
 - 8:09.07 Hillary Yego (KEN)

8:09.81 Coneslus Kipruto (KEN)
8:10.72 Jonathan Ndiku (KEN)
 8:11.86 Gilbert Kirui (KEN)
8:12.81 Matt Hughes (CAN)
 8:15.83 Abel Mutai (KEN)
 8:16.96 Clement Kemboi (KEN)

Others
8:20.84 Jacob Araptany (UGA)
8:22.76 James Wilkinson (ENG)
8:27.81 Taylor Milne (CAN)
8:28.17 Chris Winter (CAN)
8:34.64 James Nipperess (AUS)
8:35.45 Luke Gunn (ENG)
8:38.68 Stephen Lisgo (SCO)

110m hurdles

12.94 Hansle Parchment (JAM)
 13.19 Andrew Riley (JAM)
 13.20 Wayne Davis II (TTO)
 13.21 William Sharman (ENG)
 13.29 Shane Brathwaite (BAR)
 13.35 Greggmar Swift (BAR)
 13.37 Ryan Brathwaite (BAR)
 13.41 Lawrence Clarke (ENG)
 13.42 Mikel Thomas (TTO)
 13.44 Omar McLeod (JAM)
13.47 Andy Turner (ENG)

Others
13.54 Alex Al-Ameen (NGR)
13.56 Tyrone Akins (NGR)

400m hurdles

48.42 Cornel Fredericks (RSA)
48.48 Roxroy Cato (JAM)
48.58 Annsert Whyte (JAM)
48.80 Niall Flannery (ENG)
48.95 Jeffrey Gibson (BAH)
48.95 Rhys Williams (WAL)
48.96A LJ van Zyl (RSA) (48.97)
49.00 Leford Green (JAM)
49.25A Boniface Mucheru (KEN)
49.29 Jehue Gordon (TTO)
 49.39 Amaechi Morton (NGR)

Others
49.46 Rick Yates (ENG)
49.51 Seb Rodger (ENG)
49.89 Dai Greene (WAL)

4x100m relay

37.71 Jamaica
37.93 England
38.04 Trinidad & Tobago
38.55 Canada
38.76 St Kitts/Nevis
39.21 Australia
39.27 Barbados
39.28 Nigeria
39.50A South Africa (39.76)
39.76 Cayman Islands

Others

39.86 Antigua
39.93 Singapore
40.15 New Zealand
40.30 Wales
40.30 Scotland

4x400m relay

2:57.59 Bahamas
2:58.34 Trinidad & Tobago
3:00.32 England
3:01.17 Jamaica
3:03.6A Kenya (3:04.69)
3:04.48 Nigeria
3:04.61 Australia
3:04.67 Canada
3:05.95 Botswana
3:06.58 Scotland

High jump

2.40 Derek Drouin (CAN)
2.29 Tom Parsons (ENG)
2.28 Michael Mason (CAN)
2.28 Fernan Djoumessi (CMR)
2.28 Ryan Ingraham (BAH)
2.28 Ray Bobrownicki (SCO)
2.28A Kabelo Kgosiemang (BOT) (2.26)
2.27 Chris Baker (ENG)
2.25 Trevor Barry (BAH)
2.25 Brandon Starc (AUS)

Others

2.25 Allan Smith (SCO)
2.25 David Smith (SCO)
2.22 Martyn Bernard (ENG)
2.15 Simon Phelan (JER)

Pole vault

5.70 Steve Lewis (ENG)
5.65 Shawn Barber (CAN)
5.62 Max Eaves (ENG)
5.60 Jax Thoirs (SCO)
5.52 Nikansros Stylianou (CYP)
 5.50 Jason Wurster (CAN)
5.50 Luke Cutts (ENG)
5.45 Gregor Maclean (SCO)
5.41 Joel Pocklington (AUS)
 5.40 Harry Coppell (ENG)

Long jump

8.51 Greg Rutherford (ENG)
8.31A Zarck Visser (RSA) (8.18)
8.23 Chris Tomlinson (ENG)
8.13A Rushwal Samaai (RSA)
8.10 Henry Frayne (AUS)
8.10 Damar Forbes (JAM)
8.05 J J Jegede (ENG)
8.03 Robbie Crowther (AUS)
 8.02 Godfrey Mokoena (RSA)
 7.96A Tera Langat (KEN)

Triple jump

17.17 Arpinder Singh (IND)
16.99 Phillips Idowu (ENG)
16.91 Latario Collie-Minns (BAH)
 16.82 Julian Reid (ENG)
16.73 Olu Olamigoke (NGR)
16.69 Nathan Fox (ENG)
16.68A Godfrey Mokoena (RSA) (16.38)
16.65 Nathan Douglas (ENG)
 16.61 Kola Adedoyin (ENG)
16.60A Yordanis Duranona (DMA)
Others
16.60 Tosin Oke (NGR)

Shot

21.23 Tom Walsh (NZL)
21.11 O'Dayne Richards (JAM)
20.98 Tim Nedow (CAN)
20.70 Jacko Gill (NZL)
20.63 Orazio Cremona (RSA)
20.46 Stephen Mozia (NGR)
20.35 Ray Brown (JAM)
20.19 Justin Rodhe (CAN)
 19.86 Jaco Engelbrecht (RSA)
 19.82 Ramone Baker (JAM)
Others
18.53 Zane Duquemin (JER)
18.34 Scott Rider (ENG)
18.32 Ryan Spencer-Jones (WAL)
17.90 Gareth Winter (WAL)

Discus

66.75 Fedrick Dacres (JAM)
65.94 Benn Harradine (AUS)
65.62 Vikas Gowda (IND)
65.01 Julian Wruck (AUS)
64.72 Jason Morgan (JAM)
 63.96 Chad Wright (JAM)
63.89 Apostolos Parelis (CYP)
63.47 Victor Hogan (RSA)
63.34 Brett Morse (WAL)
 62.80 Stephen Mozia (NGR)

Others

62.51 Carl Myerscough (ENG)
61.77 Orestis Antoniadis (CYP)
61.15 Zane Duquemin (JER)
59.30 Tom Norman (ENG)
58.61 Nick Percy (SCO)
56.82 Angus McInroy (SCO)

Hammer

75.27 James Steacy (CAN)
74.38 Nick Miller (ENG)
73.52 Alex Smith (ENG)
73.27 Mark Dry (SCO)
72.60 Constantinos Stathelakos (CYP)
72.58 Chris Bennett (SCO)
 71.39 Chris Harmse (RSA)

71.19 Andy Frost (SCO)
70.37 Kamalpreet Singh (IND)
Others
70.07 Amir Williamson (ENG)
66.62 Dempsey McGuigan (NIR)
66.28 Jonathan Edwards (WAL)
65.91 Osian Jones (WAL)
62.80 Matthew Richards (WAL)

Javelin

84.44 Julius Yego (KEN)
83.94 Keshorn Walcott (TTO)
82.48 Josh Robinson (AUS)
82.24 Hamish Peacock (AUS)
79.69 Stuart Farquhar (NZL)
 79.57A Robert Oosthuizen (RSA)
 78.58 Ray Dykstra (CAN)
78.19 Luke Cann (AUS)
 78.05 Matthew Outzen (AUS)
 78.02 Ravinder Singh (IND)

Others

77.59A Rocco van Rooyen (RSA)
76.61 Lee Doran (WAL)
76.13 Joe Dunderdale (ENG)
74.71 Benji Pearson (WAL)
70.39 James Campbell (SCO)

Decathlon

8199A Willem Coertzen (RSA)
8141 Ashley Bryant (ENG)
7846 John Lane (ENG)
7601 Jake Stein (AUS)
 7572 Friedrich Pretorius (RSA)
 7565 Osman Muskwe (ENG)
7537 Guillaume Thierry (MRI)
 7533 Liam Ramsay (ENG)
7517 Ben Gregory (WAL)
7506 Brent Newdick (NZL)
Others
7510 Peter Glass (NIR) (2013)
7496 Martin Brockman (ENG)
7394 David Guest (WAL)
7378 Curtis Matthews (WAL)



Steve Lewis: pole vault leader

2014 Commonwealth

Sunday July 27

- 09:02 Men's marathon**
- 09:30 Women's marathon**
- 14:30 Women's long jump T37/38 – Final**
- 14:37 Men's 100m – Heats
- 15:35 Women's hammer – Qualifying
- 15:40 Men's shot – Qualifying
- 15:55 Women's 100m – Heats
- 16:55 Women's 400m – Heats
- 17:40 Men's 5000m – Final**

Monday July 28

- 10:00 Men's discus F42/44 – Final**
- 10:07 Men's decathlon 100m
- 10:35 Women's 100m T12 – Heats
- 11:00 Men's decathlon long jump
- 11:05 Men's 100m T37 – Heats
- 11:10 Men's high jump – Qualifying
- 11:25 Men's 400m – Heats
- 11:45 Men's hammer – Qualifying
- 12:20 Women's 1500m – Heats
- 12:25 Men's decathlon shot
- 19:00 Men's decathlon high jump
- 19:05 Women's hammer – Final**
- 19:10 Women's 100m – Semi-finals
- 19:20 Men's shot – Final**
- 19:35 Men's 100m – Semi-finals
- 20:00 Women's 100m T12 – Final**
- 20:15 Women's 400m – Semi-finals
- 20:40 Men's 100m T37 – Final**
- 21:05 Men's decathlon 400m
- 21:10 Women's triple jump – Qualifying
- 21:35 Women's 100m – Final**
- 21:50 Men's 100m – Final**

Tuesday July 29

- 10:02 Men's decathlon 110m hurdles
- 10:05 Men's long jump – Qualifying
- 10:30 Women's heptathlon 100m hurdles
- 10:50 Men's decathlon discus
- 10:55 Men's 110m hurdles – Heats
- 11:25 Women's 1500m T54 – Heats
- 11:30 Women's heptathlon high jump
- 11:50 Men's 1500m T54 – Heats
- 12:15 Men's 400m hurdles – Heats
- 12:50 Women's 400m hurdles – Heats
- 13:10 Men's decathlon pole vault
- 13:25 Men's 800m – Heats
- 18:30 Men's decathlon javelin
- 18:40 Women's triple jump – Final**
- 19:07 Women's 10,000m – Final**
- 19:40 Women's heptathlon shot
- 20:05 Men's 400m – Semi-finals
- 20:30 Women's 400m – Final**
- 20:45 Men's 110m hurdles – Final**
- 20:50 Men's hammer – Final**
- 21:00 Men's decathlon 1500m
- 21:30 Women's heptathlon 200m
- 21:50 Women's 1500m – Final**

Wednesday July 30

- 10:02 Men's 200m – Heats
- 10:05 Women's long jump – Qualifying
- 10:40 Men's discus – Qualifying
- 10:45 Women's high jump – Qualifying
- 11:30 Men's 400m hurdles – Semi-finals
- 11:50 Women's heptathlon long jump
- 11:55 Women's 800m – Heats
- 18:30 Women's heptathlon javelin

Games timetable **AJ**



GLASGOW 2014

XX COMMONWEALTH GAMES



- 18:37 Women's 200m – Heats
- 18:40 Men's high jump – Final**
- 18:45 Men's long jump – Final**
- 19:45 Women's 3000m steeplechase – Final**
- 20:05 Women's heptathlon 800m**
- 20:15 Women's javelin – Final**
- 20:30 Men's 400m – Final**
- 20:40 Women's shot – Final**
- 20:55 Men's 800m – Semi-finals
- 21:40 Women's 400m hurdles – Semi-finals

Thursday July 31

- 18:00 Men's discus – Final**
- 18:07 Women's 200m – Semi-finals
- 18:25 Men's 200m – Semi-finals
- 18:50 Women's 800m – Semi-finals
- 19:15 Women's long jump – Final**
- 19:20 Women's 1500m T54 – Final**
- 19:35 Men's 1500m T54 – Final**
- 19:45 Women's discus – Qualifying

- 19:50 Men's 800m – Final**
- 20:15 Men's 400m hurdles – Final**
- 20:25 Women's 400m hurdles – Final**
- 20:45 Women's 200m – Final**
- 21:10 Men's 200m – Final**
- 21:35 Women's 100m hurdles – Heats

Friday August 1

- 18:02 Men's 1500m – Heats
- 18:05 Women's high jump – Final**
- 18:10 Men's pole vault – Final**
- 18:15 Women's discus – Final**
- 18:35 Women's 4x400m relay – Heats
- 19:10 Men's 4x400m relay – Heats
- 19:45 Men's 3000m steeplechase – Final**
- 20:05 Men's 10,000m – Final**
- 20:40 Men's javelin – Qualifying
- 20:45 Women's 800m – Final**
- 20:55 Men's triple jump – Qualifying
- 21:10 Women's 4x100m – Heats
- 21:35 Men's 4x100m – Heats
- 22:10 Women's 100m hurdles – Final**

Saturday August 2

- 19:00 Women's pole vault – Final**
- 19:07 Women's 5000m – Final**
- 19:10 Men's triple jump – Final**
- 19:20 Men's javelin – Final**
- 19:35 Men's 1500m – Final**
- 19:50 Women's 4x400m – Final**
- 20:10 Men's 4x400m – Final**
- 20:50 Women's 4x100m – Final**
- 21:15 Men's 4x100m – Final**

Timetable is subject to late changes

WOMEN

100m

- 10.85 Michelle-Lee Ahye (TTO)
- 10.86 Veronica Campbell-Brown (JAM)
- 10.97 Blessing Okagbare (NGR)
- 11.00 Samantha Henry-Robinson (JAM)
- 11.01 Shelly-Ann Fraser-Pryce (JAM)
- 11.02 Kerron Stewart (JAM)
- 11.03 Remona Burchell (JAM)
- 11.06 Natasha Morrison (JAM)
- 11.08 Schillonie Calvert (JAM)

Others

- 11.11 Melissa Breen (AUS)
- 11.14 Dina Asher-Smith (ENG)
- 11.17 Bianca Williams (ENG)
- 11.19 Asha Philip (ENG)
- 11.40 Amy Foster (NIR)
- 11.27 Ashleigh Nelson (ENG)
- 11.45 Rachel Johncock (WAL)
- 11.57 Hannah Brier (WAL)

200m

- 22.23 Blessing Okagbare (NGR)
- 22.50 Anthonique Strachan (BAH)
- 22.53 Shelly-Ann Fraser-Pryce (JAM)
- 22.60 Jodie Williams (ENG)
- 22.67 Samantha Henry-Robinson (JAM)
- 22.67 Simone Facey (JAM)
- 22.72 Anneisha McLaughlin (JAM)
- 22.74 Dina Asher-Smith (ENG)
- 22.77 Michelle-Lee Ahye (TTO)
- 22.79 Bianca Williams (ENG)

Others

- 22.92 Anyika Onuora (ENG)
- 23.63 Hannah Brier (WAL)
- 24.32 Amy Foster (NIR)

400m

- 50.05 Novlene Williams-Mills (JAM)
- 50.16 Christine Day (JAM)
- 50.37 Amantle Montsho (BOT)
- 50.40 Stephanie-Ann McPherson (JAM)
- 50.8 Kineke Alexander (VIN) (51.23)
- 50.84 Anastasia LeRoy (JAM)
- 51.00 Kaliese Spencer (JAM)
- 51.1 Carline Muir (CAN) (52.13)
- 51.23 Shericka Williams (JAM)
- 51.29 Patience Okon George (NGR)

Others



Novlene Williams-Mills: 400m best

- 51.32 Foloshade Abugan (NGR)
- 51.67 Kabange Munpopo (ZAM)
- 51.73 Machettira Poovamma (IND)
- 52.11 Shana Cox (ENG)
- 52.29 Kelly Massey (ENG)
- 52.72 Margaret Adeoye (ENG) (52.69i)
- 54.83 Harriet Pryke (IOM) (54.22i)
- 4:06.97 Kate van Buskirk (CAN)
- 4:07.07 Nikki Hamblin (NZL)
- 4:07.37 Jemma Simpson (ENG)
- 4:31.27 Sarah Mercier (GUE)

800m

- 1:57.92 Eunice Sum (KEN)
- 1:58.63 Winnie Nanyondo (UGA)
- 1:58.70 Janeth Jepkosgei (KEN)
- 1:59.67 Lynsey Sharp (SCO)
- 1:59.70 Melissa Bishop (CAN)
- 1:59.77 Jessica Judd (ENG)
- 2:00.08 Alison Leonard (ENG)
- 2:00.28 Natoya Goule (JAM)
- 2:00.32 Jenny Meadows (ENG)
- 2:00.56 Tintu Luka (IND)

Others

- 2:00.59 Angela Smit (NZL)
- 2:01.42 Jessica Smith (CAN)
- 2:01.57 Marilyn Okoro (ENG)
- 2:01.89 Emily Dudgeon (SCO)
- 2:02.78 Katie Kirk (NIR)
- 2:02.92 Laura Muir (SCO)

1500m

- 3:57.05 Hellen Obiri (KEN)
- 3:58.01 Faith Kipyegon (KEN)
- 4:00.07 Laura Muir (SCO)
- 4:00.17 Laura Weightman (ENG)
- 4:01.31 Viola Kibiwott (KEN)
- 4:01.54 Eunice Sum (KEN)
- 4:04.09 Zoe Buckman (AUS)
- 4:04.83 Irene Jelagat (KEN)
- 4:04.87 Nicole Sifuentes (CAN)
- 4:05.27 Hannah England (ENG)

Others

5000m

- 14:33.73 Viola Kibiwott (KEN)
- 14:37.18 Sally Kipyego (KEN)
- 14:39.49 Betsy Saina (KEN)
- 14:43.11 Mercy Cherono (KEN)
- 14:52.59 Janet Kisa (KEN)
- 15:00.19 Agnes Tirop (KEN)
- 15:01.73 Irene Jelagat (KEN)
- 15:04.87 Jo Pavey (ENG)
- 15:07.45 Emelia Gorecka (ENG)
- 15:11.68 Julia Bleasdale (ENG)

Others

- 15:13.21 Jessica O'Connell (CAN)
- 15:18.60 Stephanie Twell (SCO) (2013)
- 15:20.92 Laura Whittle (SCO)
- 15:24.40 Helen Clitheroe (ENG)
- 15:40.79 Beth Potter (SCO)
- 15:42.13 Elinor Kirk (WAL)
- 16:45.39 Sarah Mercier (JER)

10,000m

- 30:42.26 Sally Kipyego (KEN)
- 30:57.30 Betsy Saina (KEN)
- 31:28.07 Selly Chepyego (KEN)
- 31:42.02 Julia Bleasdale (ENG)
- 31:45.24 Dorica Obare (KEN)
- 31:48.6A Florence Kiplagat (KEN)
- 32:11.04 Jo Pavey (ENG)
- 32:17.05 Elinor Kirk (WAL)
- 32:22.14 Grace Kimanzi (KEN)
- 32:29.61 Lanni Marchant (CAN)

Others

- 32:33.1A Joyce Chepkirui (KEN)
- 32:39.36 Sonia Samuels (ENG)
- 32:45.69 Beth Potter (SCO)
- 32:46.0A Emily Chebet (KEN)

Marathon

- 2:18:57dh Rita Jeptoo (KEN)
- 2:20:21 Edna Kiplagat (KEN)
- 2:20:24 Florence Kiplagat (KEN)
- 2:20:41dh Jemima Jelagat (KEN)
- 2:22:44 Flomina Cheyech (KEN)
- 2:23:00dh Sharon Cherop (KEN)
- 2:23:22dh Philes Ongori (KEN)
- 2:24:16 Lucy Kabuu (KEN)
- 2:24:35 Caroline Rotich (KEN)
- 2:26:03 Janet Rono (KEN)

Others

- 2:28:27 Helaria Johannes (NAM)
- 2:30:34dh Lanni Marchant (CAN)
- 2:31:08 Alyson Dixon (ENG) (2013)
- 2:31:23 Jessica Trengove (AUS)
- 2:32:21 Louise Damen (ENG)
- 2:34:20 Amy Whitehead (ENG)
- 2:36:40 Hayley Haining (SCO) (2013)
- 2:30:46 Susan Partridge (SCO) (2013)
- 2:39:26 Gladys Ganiel (NIR) (2013)
- 2:41:27 Joasia Zakrewski (SCO)

3000m steeplechase

- 9:21.91 Milcah Chemos (KEN)
- 9:22.58 Hyvin Jepkemoi (KEN)
- 9:23.43 Purity Kirui (KEN)
- 9:24.07 Lydia Chepkurui (KEN)
- 9:33.19 Genevieve LaCaze (AUS)
- 9:36.61 Madeleine Heiner (AUS)
- 9:41.02 Fancy Cherotich (KEN)
- 9:42.01 Victoria Mitchell (AUS)
- 9:42.88 Gladys Kipkemboi (KEN)
- 9:43.25A Rosaline Chepngetich (KEN)

Others

- 9:44.69 Eilish McColgan (SCO)
- 9:48.17 Lennie Waite (SCO)
- 9:52.94 Kerry O'Flaherty (NIR)
- 9:54.24 Pippa Woolven (ENG)
- 9:54.57 Rachael Bamford (ENG)

100m hurdles

- 12.59 Sally Pearson (AUS)
- 12.65 Tiffany Porter (ENG)
- 12.89 Angela Whyte (CAN)
- 12.94 Monique Morgan (JAM)
- 12.95 Shermaine Williams (JAM)
- 12.98 Indira Spence (JAM)
- 12.98 Kierre Beckles (BAR)
- 12.99 Danielle Williams (JAM)
- 13.01 Samantha Scarlett (JAM)
- 13.05 Samantha Elliott (JAM)

Others

- 13.22 Serita Solomon (ENG)
- 13.54 Kylie Robilliard (GUE)

400m hurdles

- 53.41 Kaliese Spencer (JAM)

54.39	Eilidh Child (SCO)
54.75	Janeive Russell (JAM)
54.82	Wenda Nel (RSA)
55.12	Ristananna Tracey (JAM)
55.18	Nikita Tracey (JAM)
55.22	Nickeisha Wilson (JAM)
55.41	Janeil Bellille (TTO)
55.55	Meghan Beesley (ENG)
Others	
56.43	Hayley McLean (ENG)
56.67	Ese Okoro (ENG)
56.97	Christine McMahon (NIR)
57.17	Laura Wake (ENG)

4x100m relay

42.28	Jamaica
42.59	Trinidad & Tobago
42.67	Nigeria
42.74	England (Great Britain)
43.33	Canada
43.46	Bahamas
44.36	Australia
44.53	British Virgin Is (IVB)
44.66	Wales
45.11	Cyprus
Others	
46.55	Scotland

4x400m relay

3:23.26	Jamaica
3:23.41	Nigeria
3:27.30	Great Britain (mixed)
3:30.91	Trinidad & Tobago
3:30.92	Australia
3:31.71	Bahamas
3:32.58	Canada
3:35.36A	Kenya
3:35.89	Scotland
3:37.26	Botswana

High jump

1.96	Levern Spencer (LCA)
1.94	Eleanor Patterson (AUS)
1.93	Morgan Lake (ENG)



Kimberly Williams: triple jump leader

1.92	Leontia Kallenou (CYP)
1.91	Nicole Oudenaarden (CAN)
1.91	Isobel Pooley (ENG)
1.91	Jeannelle Scheper (LCA)
1.90	Katarina Johnson-Thompson (ENG)
Others	
1.89	Sarah Cowley (NZL)
1.89	Sahana Kumari (IND)
Others	
1.88i	Emma Nuttall (SCO)
1.87i	Jayne Nisbet (SCO)
1.82	Bethan Partridge (ENG) (1.83i)
1.81	Rachael McKenzie (SCO)
1.70	Reagan Dee (IOM)

Pole vault

4.65	Alana Boyd (AUS)
4.45	Zoe Brown (NIR)
4.41	Alysha Newman (CAN)
4.40	Liz Parnov (AUS)
4.40	Eliza McCartney (NZL)
4.40	Sally Peake (WAL)
4.35	Lucy Bryan (ENG)
4.30	Vicky Parnov (AUS)
4.30	Henrietta Paxton (SCO)
4.30	Nina Kennedy (AUS)
Others	
4.15	Sally Scott (ENG)
3.80	Olivia Curran (IOM) (4.05i)

Long jump

6.92	Katarina Johnson-Thompson (ENG)
6.86	Blessing Okagbare (NGR)
6.82	Shara Proctor (ENG)
6.73	Christabel Nettey (CAN)
6.70	Brooke Stratton (AUS)
6.68	Ese Brume (NGR)
6.65	Bianca Stuart (BAH)
6.62	Margaret Gayen (AUS)
6.59	Brianne Theisen-Eaton (CAN)
6.56	Mayookha Johnny (IND)
Others	
6.73iA	Lorraine Ugen (ENG) (6.59)
6.49	Jazmin Sawyers (ENG)
6.42	Sarah Warnock (SCO)
6.24	Jade Nimmo (SCO)

Triple jump

14.59	Kimberly Williams (JAM)
14.00	Shanieka Thomas (JAM)
13.93	Linda Leverton (AUS)
13.86	Ayanna Alexander (TTO)
13.85	Yamile Aldama (ENG) (14.05w)
13.72	Mayookha Johnny (IND)
13.59	Blessing Ibrahim (NGR)

13.58	Laura Samuel (ENG)
13.55	Nneka Okpala (NZL)
13.51	Tamara Moncrieffe (JAM)
Others	
13.44	Chioma Matthews (ENG)

Shot

20.46	Valerie Adams
19.10	Cleopatra Borel (TTO)
17.45	Julie Labonte (CAN)
17.15	Annie Alexander (TTO)
17.07	Eden Francis (ENG)
17.05	Dani Samuels (AUS)
16.82	Danniel Thomas (JAM)
16.76	Rachel Wallader (ENG)
16.48	Taryn Suttie (CAN)
16.47	Sophie McKinna (ENG)
Others	
16.09	Kirsty Yates (SCO)
15.53	Alison Rodger (SCO)

Discus

67.99	Dani Samuels (AUS)
61.34	Kellion Kriebb (JAM)
59.72	Seema Antil (IND)
59.65	Siositina Hakeai (NZL)
59.38	Danniel Thomas (JAM)
59.17	Krishna Poonia (IND)
58.25	Jade Lally (ENG)
57.83	Chinwe Okoro (NGR)
57.64A	Elizna Naude (RSA)
57.15	Kirsty Law (SCO)
Others	
56.84	Julie Labonte (CAN)
56.79	Christie Chamberlain (AUS)
56.29	Eden Francis (ENG)
53.44	Shadine Duquemin (JER)

Hammer

75.73	Sultana Frizell (CAN)
71.53	Sophie Hitchon (ENG)
70.28	Julia Ratcliffe (NZL)
67.43	Jillian Weir (CAN)
66.85	Shaunagh Brown (ENG)
66.80	Carys Parry (WAL)
66.73	Heather Steacy (CAN)
66.30	Rachel Hunter (SCO)
66.29	Paraskevi Theodorou (CYP)
65.54	Sarah Holt (ENG)
Others	
63.82	Susan McKelvie (SCO)
63.11	Myra Perkins (SCO)

Javelin

66.83	Kim Mickle (AUS)
66.10	Kathryn Mitchell (AUS)
64.77A	Sunette Viljoen (RSA) (64.23)
64.50	Liz Gleadle (CAN)

63.92	Kelsey-Lee Roberts (AUS)
62.75	Goldie Sayers (ENG)
58.83	Annu Rani (IND)
58.63	Izzy Jeffs (ENG)
58.56	Nadeeka Lakhmali (SRI)
57.60	Mackenzie Little (AUS)

Others

55.36	Freya Jones (ENG)
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Heptathlon

6682	Katarina Johnson-Thompson (ENG)
6641	Brianne Theisen-Eaton (CAN)
6128	Jessica Zelinka (CAN)
6081	Morgan Lake (ENG)
6018	Angela Whyte (CAN)
5833	A Salcia Slack (JAM)
5813	Jessica Taylor (ENG)
5789	Rachael McIntosh (CAN)
5770	Jessica Tappin (ENG)
5732	Natasha Jackson (CAN)

Others

5710	Grace Clements (ENG)
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HOST NATION MEDAL
HOPE IS IN THE
FORM OF HER LIFE,
WRITES JESSICA
WHITTINGTON

MAIN IMAGE: MARK SHEARMAN

Look SHARP

LYNSEY SHARP wanted so badly to compete at the Commonwealth Games on her home soil that she considered switching her track spikes for a racing bike.

Luckily for the sport of athletics that threat never came into fruition as the 800m runner made an impressive return to action following the injury woes that plagued her in 2013.

The 24-year-old has worked her way back to now being one of the host nation's leading medal hopes for the Games, at which athletics action gets underway at Hampden Park on Sunday. But just a few months ago she didn't know if she'd make it to Glasgow at all.

Sharp's injury problems began back in May 2013 when she started to experience pain in her foot. Lengthy investigation followed before it was discovered that a tendon problem was to blame. She first had surgery in September, followed by another minor operation in October, as surgeons worked to remove her plantaris which had become embedded in her Achilles tendon.

"I didn't really display the normal symptoms of that injury so it was difficult to diagnose," explains Sharp, who also required a period on an IV drip in hospital as recently as April of this year. "When I got a scan my plantaris didn't show up because it was wrapped around my Achilles, so when they did the surgery it was a little bit exploratory and they didn't know if they were going to find a plantaris at all."

The Edinburgh AC athlete's recovery might have taken a lot longer than it should have but she wasn't prepared to just sit and wait. Bike sessions formed part of her routine and with the clock ticking and Sharp's strength in the saddle proving, she began to seriously consider a switch in her sporting career.

"It must have been about November time," says the Scot, reflecting back on when thoughts of a switch to cycling really

Lynsey Sharp: goes into Glasgow 2014 as one of the host nation's top medal contenders



started to form. "I had my first surgery in September and the second one exactly a month later at the end of October. I'd been doing bike sessions since May so I'd had almost six months of biking and my quads were so strong.

"I was pushing myself sometimes harder on the bike than I felt like I was in running sessions maybe the year before. I kept having problems with the wounds, but I could do the bike, there wasn't any problem.

"At that point I wasn't really sure whether it would happen running wise because I hadn't done any running up to that point. I was so desperate to be competing in Glasgow that I thought that if I couldn't run by 'X' then I'd give cycling a shot."

She set herself a deadline of around December time. "But then I went out to South Africa at the start of January and things started to turn around," Sharp adds.

Since then the Olympic semi-finalist has gone from strength to strength. Although her injury still requires treatment and she may need cleanup surgery in

September, it's something the athlete is able to manage.

Although when it comes to her performances, she isn't just merely managing. No.1 in the UK rankings this season, the Scot is also the third quickest this summer out of those due to be in Glasgow thanks to her 1:59.67 personal best run at the Lausanne leg of the Diamond League series at the beginning of July.

That mark is the second lifetime best Sharp has recorded this season, as she also ran 2:00.09 in Hengelo in June,

and following her sub-2:00 in Switzerland she warmed up for the Games with another - 1:59.72 for victory in Madrid last Saturday.

"I feel kind of like, even though it's been horrendous and I wouldn't wish it on anyone else, in some way it was meant to be, I don't know why," Sharp says of her struggles. "It has definitely taught me a lot of lessons along the way and in the end I've got here."

With her coach Terrence Mahon having left his lead endurance coach role at UK

Lynsey Sharp: middle-distance runner has overcome nightmare injuries



Athletics last September to return to the USA, Sharp has been spending time working with the training group of sprints and jumps coach Rana Reider. While the work she has been doing is clearly paying off in the two-lap event, Sharp has also been honing her speed over shorter distances and is included in Scotland's 4x400m relay squad for the Games.

"I've learnt a lot from the sprinters," she says. "Also in the gym, because I wasn't able to run as much, I did a lot of strength stuff which has worked really well."

On her one-lap plans for the Games, she adds: "The 4x400m heats are the same day as the 800m final so we'll have to see how it goes but I'd love to do the 4x400m as well."

Back on the subject of her main event and Sharp is looking forward to providing the Hampden Park crowd, plus the masses tuning in across the globe, with what she believes could be one of the athletics highlights.

"The Kenyans are going to be so strong," she says, with Eunice Sum and Janeth Jepkosgei – world champions in 2013 and 2007 respectively - currently leading the Commonwealth rankings with respective times of 1:57.92 and 1:58.70.

"It's a really strong event which is good," she adds, "because it means it's probably going to be one of the highlights of the track and field programme and it will be a great final."



Gradual progress: Sharp started her season at BMC meets before progressing to Diamond Leagues

Sharp, who won bronze at the Commonwealth Youth Games in 2008, knows it's not only the Kenyans she needs to watch out for, though. Joining her on the Scotland team is Laura Muir, who has an 800m personal best of 2:00.80 from 2013, though Muir's priority is the 1500m and attempting to do the double could prove too much. Then there's England's Jessica Judd who ran 1:59.77 in Oslo in June to miss the UK junior record by just two hundredths of a second.

On the subject of a possible head-to-head with Muir in Glasgow, Sharp says: "I think it's quite rare to have two Scottish people at that level in the same event so to have the opportunity

for Scottish people to see that in their own country is amazing."

An emphatic victory at the British Championships at the end of June secured Sharp her spot on the GB team for the European Championships in Zurich two weeks after the Commonwealths. It's an event to which she will go as the reigning champion, despite having initially come away from Helsinki with silver, as ten months after standing on a podium topped by Yelena Arzhakova the Russian was handed a two-year ban for doping and Sharp upgraded to gold.

She belatedly received her gold medal at the Glasgow International Match at the beginning of this year from her

father, Cameron Sharp, himself a five-time Commonwealth Games sprint medallist, with one of those medals claimed the last time Scotland hosted the Games in Edinburgh in 1986. He also won European 200m silver in 1982.

Sharp junior already has one European medal. Now she moves on to Glasgow where she will look to join her father in claiming a senior Commonwealth one, too.

● Lynsey Sharp wears the new Nike Zoom Air Pegasus 31 – a highly responsive, high-mileage speed shoe featuring Zoom Air cushioning for a fast, quick-off-the-ground feel and response. See nike.com



On her marks: Sharp is aiming for a medal in Glasgow

**FACTFILE:
LYNSEY SHARP**

Born July 11, 1990 **Coach** Rana Reider
Club Edinburgh AC **PBs** 400: 54.74; 800: 1:59.67

Achievements (800m):

- 2014 UK Championships gold,
- 2012 European Championships gold, Olympic Games 7th sf, UK Championships gold
- 2011 European U23 Championships bronze, Scottish Championships gold, Aviva U23 Championships gold
- 2010 Scottish Championships bronze (400)
- 2008 Commonwealth Youth Games bronze, Scottish Championships silver, Scottish Indoor Championships gold

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European champs

IN THE COUNTDOWN TO THIS YEAR'S MAJOR CHAMPIONSHIPS, WE CONCLUDE OUR SERIES LOOKING BACK AT THEIR HISTORIES EVENT BY EVENT

Men's pole vault

THE first European champion was German Gustav Wegner who won in Turin on countback with a 4.00m vault from Bo Ljungberg.

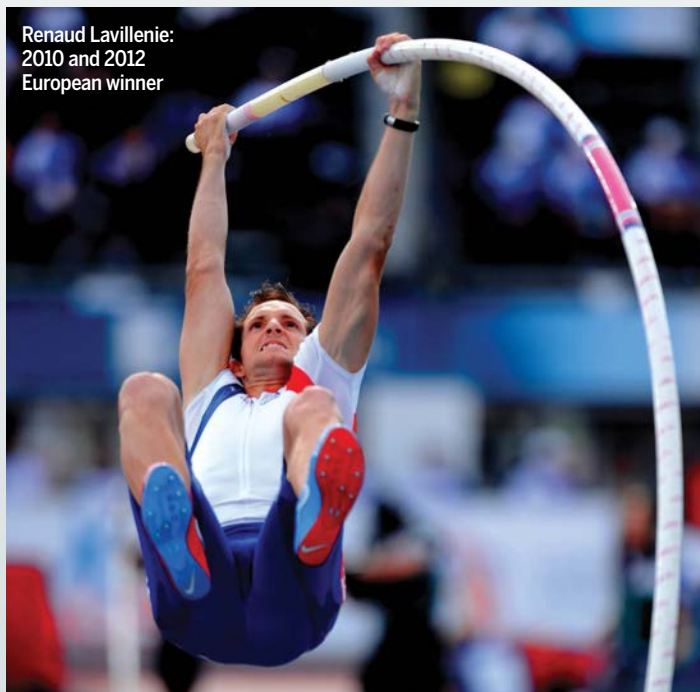
In Paris in 1938, the Swede was again second to a German but this time Karl Sutter was the victor.

The Germans were absent post-war in Oslo in 1946 and Sweden were appropriately the beneficiaries as Allan Lindberg was a clear winner with 4.17m and European record-holder and home favourite Erling Kaas vaulted a then championship record 4.10m but went home without a medal.

In 1950 in Brussels, Ragnar Lundberg was the European record-holder and he gave Sweden another gold as he improved the championship best to 4.30m as he fought off the challenge of two Finns, who took the other medals.

The 1954 event in Bern was a stamina-sapping affair as 20 achieved the qualifying height and the final took six hours.

Finland did even better as Eeles



Renaud Lavillenie:
2010 and 2012
European winner

ALL PICTURES: MARK SHARMAN

Bubka was injured for Helsinki in 1994 but Gataullin would have been tough to beat as, now in Russian colours following the Soviet break-up, he vaulted 6.00m.

In 1998 in Budapest, the 1992 Olympic champion Maksim Tarasov won Bubka-style with just two jumps, first-time clearances at 5.70m and 5.81m. However, he became the first winner in 64 years not to set a championship best.

In Munich in 2002, there was a change of sorts as Israel won gold, albeit by a former Russian, Alex Averbukh, and he defended his title in a wet and windy Gothenburg in 2006.

In Barcelona in 2010 and in Helsinki in 2012, France finally won a gold medal as Renaud Lavillenie started to dominate the event, the latter with a top-class 5.97m, before he went on to win Olympic gold in London.

Landstrom increased the record to 4.40m, though he only won on countback from Lundberg.

Commonwealth champion Geoff Elliott cleared 4.30m for a share of bronze.

The 1958 final in Stockholm, which was the first in which Sweden did not win a medal, took six hours. Landstrom retained his title but again only on countback with 4.50m.

In 1962 in Belgrade, Finland won again and, benefitting from the glass-fibre poles, world record-holder Pentti Nikula took gold with 4.80m as his nation took three of the first four places.

Standards continued to rise in Budapest in 1966 and eventual Olympic champion Wolfgang Nordwig of East Germany raised the championship best to well over five metres with 5.10m.

In Athens in 1969, Nordwig retained his title with 5.30m and even attempted a world record.

In Helsinki in 1971, the East German achieved the triple as he improved the championship best to 5.35m.

Nordwig had retired by Rome in 1974 when the top six were separated by just five centimetres and Vladimir Kishkun's 5.35m gave him gold on countback from eventual Olympic champion Wladyslaw Kozakiewicz.

In 1978 in Prague, 5.35m would have only been good enough for seventh and there were 10 championship records in the final as the Soviets held on to the title through Vladimir Trofimenko, who vaulted 5.55m.

In 1982 in Athens, three cleared 5.60m and again there was Soviet gold – this time for Aleksandr Krupsky over team-mate Vladimir Polyakov.

By 1986 in Stuttgart, Sergey Bubka had begun to dominate and the world champion advanced the championship best to 5.85m and had some attempts at a world record 6.05m.

Rodion Gataullin of the Soviet Union no-heighted in qualifying in Germany but, in Split in 1990, he won with a vault of 5.85m. Bubka had an off-day and his 5.70m was only good enough for sixth.



Alex Averbukh:
dominated
at turn of
millennium

Gold medal winners

1934	Gustav Wegner (GER)	4.00
1938	Karl Sutter (GER)	4.05
1946	Allan Lindberg (SWE)	4.17
1950	Ragnar Lundberg (SWE)	4.30
1954	Eeles Landstrom (FIN)	4.40
1958	Eeles Landstrom (FIN)	4.50
1962	Pentti Nikula (FIN)	4.80
1966	Wolfgang Nordwig (GDR)	5.10
1969	Wolfgang Nordwig (GDR)	5.30
1971	Wolfgang Nordwig (GDR)	5.35
1974	Vladimir Kishkun (URS)	5.35
1978	Vladimir Trofimenko (URS)	5.55
1982	Aleksandr Krupsky (URS)	5.60
1986	Sergey Bubka (URS)	5.85
1990	Rodion Gataullin (URS)	5.85
1994	Rodion Gataullin (RUS)	6.00
1998	Maksim Tarasov (RUS)	5.81
2002	Alex Averbukh (ISR)	5.85
2006	Alex Averbukh (ISR)	5.70
2010	Renaud Lavillenie (FRA)	5.85
2012	Renaud Lavillenie (FRA)	5.97

British medallists

Bronze: Geoff Elliott (GBR)

Most successful athlete and Briton: Wolfgang Nordwig won three successive gold medals and Britain's only medal has been a share of bronze for Geoff Elliott.

Commonwealth Games

Men's pole vault

THE first ever Commonwealth vault in Hamilton in 1930 was a poor-standard event as Vic Pickard's 3.73m was sufficient for gold. Howard Ford of England matched that mark for a silver.

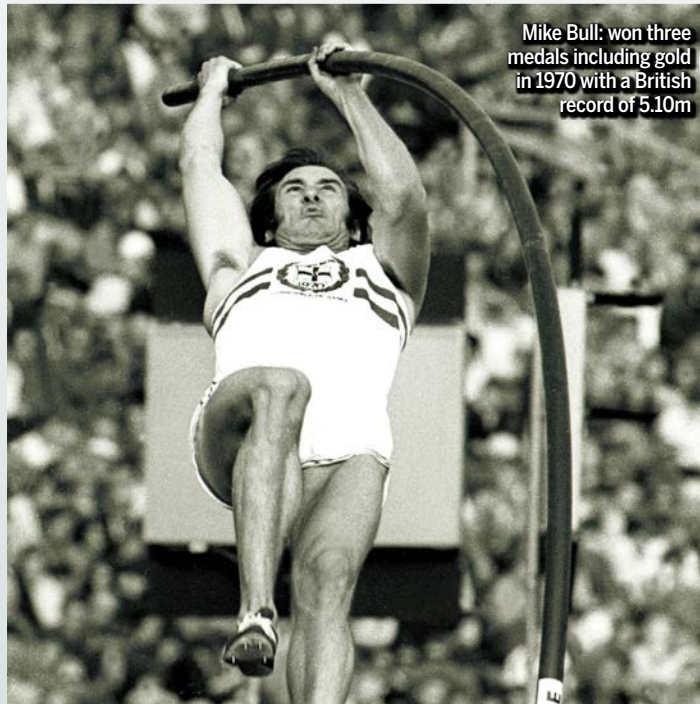
Canada retained the title in London in 1934, with Sylvanus Apps defeating his compatriot Alf Gilbert in a jump-off, achieving 3.88m, having cleared 3.81m initially.

In Sydney in 1938, there was an advance in standards as South African Andries du Plessis took the Games record over four metres with 4.11m.

In Auckland in 1950, standards dropped again as England's Tim Anderson found 3.96m good enough to win, albeit a height matched by the silver medallist.

The event was much better class in Vancouver in 1954, where the top three bettered the Games record and decathlete Geoff Elliott equalled his Empire record of 4.27m. Elliott retained his title in Cardiff in 1958, though he wasn't in the same form as all the medallists cleared 4.16m.

In Perth in 1962, there was a big advance in standards as the fibreglass poles began to take effect. The first six beat Elliott's Games



Mike Bull: won three medals including gold in 1970 with a British record of 5.10m

record. The winner was Australian teenager Trevor Bickle with 4.50m. He won again in Kingston in 1966 as he took the record all the way up to 4.80m, though Northern Ireland's Mike Bull pushed him close with 4.72m.

The Northern Ireland athlete was in even better form in Edinburgh in 1970 and he took the Games mark up to a British record 5.10m.

In Christchurch in 1974, Bull won his third successive medal but was narrowly beaten by Australian Don Baird clearing the same height as he had when winning decathlon gold. Brian Hooper, who had gone on to become better known for his appearances on TV's Superstars, won the first British vault bronze.

Hooper won another bronze in Edmonton in 1978 as Bruce Simpson of Canada took gold; both he and Baird cleared 5.10m. Bull no-heighted as did current top masters vaulter Allan Williams.

Three athletes cleared 5.20m in Brisbane in 1982 with Ray Boyd winning gold for the home nation, but Jeff Gutteridge and more surprisingly Scotland's Graham Eggleton took the other medals.

In Edinburgh in 1986, England finally returned to the top of the

podium with Andy Ashurst winning. Decathlon great Daley Thompson finished sixth. Though it was a Games record 5.30m, it was well outside the world top 100 that year.

The record advanced modestly in Auckland in 1990 when Australia regained the title through Simon Arkell's 5.35m. Ashurst failed his opening height of 5.00m, though Ian Tullett took silver for England.

Finally in 1994 in Victoria, there was a world-class entry from Commonwealth record-holder

Ockert Brits. However, the 5.85m vaulter failed his opening height of 5.50m and gold went to young Welsh vaulter Neil Winter, with a 5.40m Games record as a record nine cleared 5.20m.

Another South African, Riaan Botha, who had also failed his opening height in Canada, fared far better in Kuala Lumpur in 1998 as he moved the record to a more respectable 5.60m.

The silver originally went to New Zealander Denis Petushinskiy, but his failed drug test allowed Mauritius's Kersley Gardenne to advance to a bronze.

In Manchester in 2002, Brits returned and in the best contest yet, six were over 5.50m or better. The South African won with 5.75m and Australia's Paul Burgess won his second successive silver while Dominic Johnson gained St Lucia's first medal.

In Melbourne in 2006, there was a home gold medal for Steve Hooker, who increased the record to 5.80m in defeating Commonwealth record-holder Dmitriy Markov. Steve Lewis won a bronze for England.

Lewis advanced to second in Delhi in 2010 as he shared the winning height with Hooker, who retained his title.

Gold medal winners

1930	Vic Pickard (CAN)	3.73
1934	Sylvanus Apps (CAN)	3.88
1938	Andries du Plessis (RSA)	4.11
1950	Tim Anderson (ENG)	3.96
1954	Geoff Elliott (ENG)	4.26
1958	Geoff Elliott (ENG)	4.16
1962	Trevor Bickle (AUS)	4.50
1966	Trevor Bickle (AUS)	4.80
1970	Mike Bull (NIR)	5.10
1974	Don Baird (AUS)	5.05
1978	Bruce Simpson (CAN)	5.10
1982	Ray Boyd (AUS)	5.20
1986	Andy Ashurst (ENG)	5.30
1990	Simon Arkell (AUS)	5.35
1994	Neil Winter (WAL)	5.40
1998	Riaan Botha (RSA)	5.60
2002	Okkert Brits (RSA)	5.75
2006	Steve Hooker (AUS)	5.80
2010	Steve Hooker (AUS)	5.60

British medallists

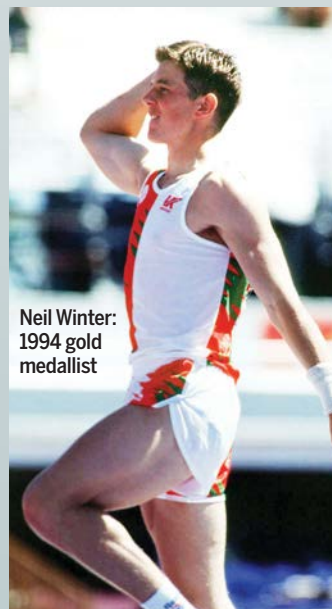
Gold: Tim Anderson (Eng, 1950), Geoff Elliott (Eng, 1954, '58), Mike Bull (Nir, 1970), Andy Ashurst (Eng, 1986), Neil Winter (Wal, 1994)

Silver: Howard Ford (Eng, 1930), Bull (Nir, 1966, 1974), Ian Tullett (Eng, 1990), Steve Lewis (Eng, 2010)

Bronze: Brian Hooper (Eng, 1974, 1978), Graham Eggleton (Sco, 1982), Lewis (Eng, 2006)

Most successful athlete and Briton

There have been three double champions: England's Geoff Elliott and Australia's Trevor Bickle and Steve Hooker. Northern Ireland's Mike Bull is the only athlete to have won three medals.



Neil Winter: 1994 gold medallist

AW

Double standards?

NEWS of Gareth Warburton's provisional doping suspension (p.54) has come as a shock and opinion is divided over whether it is undue national bias to hope or assume he has not deliberately doped himself.

After all, if he were Russian, we would all be tut-tutting.

I do not believe such bias we sometimes

have is totally unfounded: some countries like Britain have a good record despite thorough testing, plus we have a right to be more suspicious of athletes and set-ups we know a lot less about.

Paul Halford, Deputy editor



KJT out of Glasgow

KATARINA JOHNSON-THOMPSON, who was the strong favourite for heptathlon gold at the Glasgow Commonwealth Games next week, has pulled out due to a stress reaction in her foot.

She still hopes to compete in the European Championships in the long jump.

She will be replaced by Jessica Tappin by Team England, who announced other late changes.

Meghan Beesley has withdrawn from the 400m hurdles after a stress fracture in the foot and her place will be taken by Laura Wake.

Chris Thompson has been withdrawn from the 10,000m as he is not over a leg injury.

Jo Pavey will contest the 5000m, but her 10,000m spot will go to Kate Avery. Dwain Chambers has withdrawn from the relay.

GLASGOW 2014: ENGLAND RELAY RUNNERS HAVE CONFIDENCE IN IMPROVED SPEED

Harry positive despite Bolt obstacle

TAKING on a fresh Usain Bolt in the relay in Glasgow may be a daunting challenge, but Harry Aikines-Ayre believes the England 4x100m relay squad are up to the task.

Despite not having raced this year because of injury, Bolt is set to anchor the Olympic title-holders and world record-setters.

British sprint relay squads have a habit of failing to pass the baton around, but Aikines-Ayre is confident, given GB's rise in standards in the sprints this year.

"We're very well drilled," said the 10.08 100m performer. "Our mentality has changed – it's not about dropping the baton or previous mistakes, but it's about the fact that our individual leg speeds have all improved. I think you'll see us pressuring the Jamaicans more."

As well as Bolt, Jamaica will have two other sub-10 100m runners in Nickel Ashmeade and Kemar Bailey-Cole, plus 19.79 200m man Warren Weir.

Clearly Jamaica will be favourites, but with England able to call upon Adam Gemili, James Ellington, Danny Talbot and

Harry Aikines-Ayre: ready to face the six-time Olympic champion



Richard Kilty, Aikines-Ayre does not believe they will have to employ a risky strategy in terms of changeovers.

He said: "We don't have to take risks because all of our flat speeds have improved. We don't need to think about stretching the checkmarks just because we need a headstart.

"We know we can go toe to toe with most people in terms of flying speed. I know my top speed is up with almost anyone in the world; I pretty much own that back straight. Everyone's confident

in their own ability, which is very important."

Aikines-Ayre is optimistic in the individual 100m too after equalling his PB this season.

He won the 'B' race the Sainsbury's Anniversary Games on Sunday to bounce back from Lucerne, where a hamstring niggle kept him back to a time of 10.41.

"I feel like there's more to come, especially as I prefer the rounds to one-off runs," said the Sutton & District AC athlete.

"I do think I'm capable of under 10 seconds."

Ennis-Hill delighted with newborn

JESSICA ENNIS-HILL gave birth to her first child last week, announcing the birth of Reggie on Twitter and posting an accompanying picture (right).

The Olympic heptathlon champion tweeted: "Our beautiful baby boy Reggie Ennis-Hill was born yesterday. We couldn't be happier"

Having announced in January that she would miss the whole of this season through pregnancy, the Sheffield athlete hopes to return to regain her world title next year.



The name Reggie for babies has grown in popularity in recent years in the UK, but the choice of Ennis-Hill and husband Andy could see it rise further from its position of 148th on the rankings for last year.

Ennis-Hill was narrowly beaten in the maternity stakes, however, by arch rival Tatyana Chernova.

The Russian, who caused an upset to demote Ennis-Hill into second in the 2011 world championships, gave birth to a daughter, Anna seven days earlier.

VOLUNTEERS: FORMER WORLD RECORD-HOLDER WANTS ATHLETICS CLUBS AND GROUPS TO BACK 'JOIN IN' INITIATIVE

Find and support volunteers, urges Moorcroft

AS THOUSANDS of members of the public give freely of their time to help bring Glasgow 2014 to fruition, former world 5000m record-holder David Moorcroft is spearheading a campaign to encourage more volunteers into sport.

Building on the appreciation for the Games Makers and their enjoyment of London 2012, Join In aims to marry up sports clubs, groups and events with those wanting to become more involved.

The registered charity hopes also that, as a result, more people will become physically active.

Moorcroft, the former chief executive of UK Athletics, hopes athletics will embrace the concept and has encouraged the sport to appreciate its vast volunteer workforce.



Supporting 'Join In': David Moorcroft with Mo Farah

He recognises athletics has more of a problem than many sports when it comes to volunteers.

"Athletics is so officials-intensive – often there are as many officials as athletes – and it's not a hugely wealthy sport," he said.

"Sometimes the volunteers in

athletics can be taken for granted. Now we've got professional coaches and high-performance, etc, if we're not careful we can disregard the volunteers and, while the professional structure is great, we've got to remember that it all starts with a club, a volunteer, a community."

Through a network of around 250 local leaders and a database of clubs and potential volunteers, Moorcroft believes the approach has made a difference in sport overall and wants athletics clubs to think about ways of introducing new ones.

"Without volunteers sport would crumble and I think Join In is an opportunity to ratchet that up a bit and to take over from where the (London 2012) Games left off because from that moment in time volunteers really did have a status," he said.

◆ Dave Moorcroft is director of sport for Join In, a London 2012 legacy charity that puts more volunteers into community sport. For further information visit joininuk.org

Farah double would be 'incredible'

LIKE many British athletics supporters, former Commonwealth champion David Moorcroft is hoping Mo Farah can add two more gold medals to his trophy cabinet in Glasgow.

Moorcroft, who won the 1982 title over 5000m following victory in 1978 over 1500m, said: "If he did get the double at

the Commonwealths, what an unbelievable four years since 2010 it would have been. He could do something nobody else has ever done – the double at the Commonwealth Games, Worlds, Europeans and Olympics, all within four years."

If he has recovered from recent injury, Farah is set to begin his

campaign on Sunday with the 5000m followed later in the week by the 10,000m. He is also due to compete in both events in the European Championships.

"As with anyone like that, like Usain Bolt, you don't want to see them beaten," he added. "My guess is Mo won't run unless he feels he can win."



Mo Farah: can he win two more titles?



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EVENTS: BRITISH-ONLY PRIZE FUND AND FREE ELITE ENTRIES UP FOR GRABS AFTER LAUNCH OF 26-MILE EVENT

Manchester Marathon will be bigger in 2015

AN increased field size and British-only prize fund has been confirmed for next year's event for next year's ASICS Greater Manchester Marathon.

Running legend Ron Hill and Britain's second fastest ever female marathoner, Mara Yamauchi, helped to launch the event described by organisers as "the UK's flattest, fastest and friendliest marathon".

The race has origins which date back more than a century. After vanishing in 2002 the event was resurrected in 2012 and next year takes place on Sunday April 19 – in between the Brighton and London marathons. It starts and finishes near Old Trafford, home of Manchester United FC, and attracts many with a course that features just 54m elevation gain.

As well as the British-only prize fund there are three time bonuses on offer to UK-registered runners



Marathon launch: Mara Yamauchi with Ron Hill (centre) and race director Simon Hill

only – £10,000 for the top male and female who clock under 2:10 or 2:20 respectively, £3000 for the top male and female who dip under 2:15 and 2:15 respectively and £500 for all who go sub-2:20 for men and sub-2:30 for women.

While time bonuses are not cumulative, they are in addition to

the cash prize fund.

At this year's event the top four men, led by Andi Jones with a course record 2:16:55, all broke the 2:20 mark. Emily Wicks won the women's 2014 title in 2:38:21, also a course record.

Free elite entries are available to men who have run below 69:00

for half-marathon or 2:30 for marathon and women who have clocked under 1:19:00 or 2:50 in 2013 or 2014.

"I am pleased to announce that registration to the ASICS Greater Manchester Marathon 2015 is now officially open," said race director Simon Hill, who has increased the field size to 12,500.

"We already are the UK's flattest, fastest and friendliest marathon and we are on track to become the UK's No.2 marathon.

"I'd like to express a big thank you to all our sponsors and partners for their continued support and to all the runners who choose Manchester as their spring marathon destination. We are looking forward to delivering another great race next April."

● For more information and to enter, see greatermanchester-marathon.com

Warburton denies drugs positive

WELSH 800m international Gareth Warburton has protested his innocence following news of his provisional suspension on doping charges.

The Cardiff AC athlete, who competed in the 2012 Olympics and was fourth in the last Commonwealth Games, has been withdrawn from Wales' team for Glasgow. He will appear before a UK Anti-Doping disciplinary panel after the presence of prohibited substances was suspected.

In a statement, Warburton (pictured below), said: "The news of this anti-doping rule violation has come as a great shock to me.



MARK SHEPHERD

From the outset, I would like to state that I have not knowingly taken any banned substance.

"As a professional athlete, I have always supported and have been an advocate of clean sport. Nothing has changed in this regard. However, I recognise that the responsibility for this situation lies with me and I'm committed to working with UK Anti-Doping and will fully cooperate in the legal process.

"I'd like to take this opportunity to wish the best to all my team mates heading to the Commonwealth Games and apologise that I won't be able to join them as part of Team Wales."

Warburton had been used in ore-event publicity as a due participant in the Welsh Athletics International in Cardiff last week, one day before UKA released the news, although he did not race.

Details of the substance in question have not been released, but if found guilty Warburton would be added to the only three British athletes are currently serving a doping ban – Ian Burns, Carl Fletcher and Bernice Wilson.

Flying visit pays off

WHEN the chance arose to run at the historic Iffley Road track and attack the British M45 mile record, David Cowlshaw got straight on to his travel agent.

Jetting in and out of the UK within just 24 hours from his home in Madrid, Cowlshaw's determination was rewarded as he smashed the mark by seven seconds with 4:26.34.

"It is my first British record and I am still a few seconds off the marks for 800m and 1500m, but it would be good to have a go at them as well," said the 46-year-old.

"It was also the first BMC race I have ever won as I was never good enough in the past!"

Cowlshaw was up at 4.30am UK time in his Madrid home on Saturday morning to catch a flight to Heathrow and then hopped on a coach to Oxford. He had a B&B overnight but faced another early start on Sunday to catch a 4am bus back to Heathrow for his flight home.

Adrian Haines, who held the record and was also in the race, had issued an open invite on Facebook in co-operation with the BMC to see whether a race especially for veterans was feasible.

"I am delighted that Dave broke my record – I wouldn't have invited him from Spain otherwise!" he said.



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COMMONWEALTH GAMES

Action from the first two days of the track and field programme, with our reporters and photographer in Glasgow offering you definitive, in-depth coverage and behind-the-scenes news

GLASGOW FINALS

In the first of two special issues covering the 2014 Commonwealth Games, the July 31 magazine reports on the men's and women's marathon races, plus the men's 100m, 5000m, shot put, F42/44 discus, T37 100m, together with the women's 100m, hammer, T12 100m and F37/38 long jump

WORLD JUNIOR CHAMPS

Coverage from Eugene, Oregon as the leading teenage athletes on the globe battle for medals

COMPRESSION GARMENTS

Top recommendations from AW's products reviewers

STRENGTH TRAINING ADVICE

Our performance section looks at the overhead press

NEWS, RESULTS, FIXTURES ...

All the favourites, including the latest news and results, forthcoming fixtures and readers' letters

AW IS ON SALE JULY 31



Commonwealth Games coverage in next week's AW

MARK SHERMAN

AW

Smooth running

THE final article on biomechanics looks at Mo Farah's arms and core and how these aid his fluent and powerful stride. The more fluent and efficient you are, the less energy you will waste and this will leave you with more in the tank.

The feature on page 60 is all about how the runner can

smoothly (as is possible) get back into shape after giving birth.

The article takes you through the various changes

and effects to the musculoskeletal system and also, importantly, what you need to do to get you back in shape that little bit quicker after the event.

Scotland's Luke Caldwell is our 'How They Train' athlete this week and he goes in the Commonwealth Games 5000 metres in Glasgow on Sunday.

All the usual columns are there too ... enjoy!

David Lowes, Coaching editor

PERFORMANCE GUIDE

- 56 Efficient running – Mo Farah's arms and core
- 57 Coaching courses – nationwide dates
- 58 Over the bump – running post-pregnancy
- 60 Sports science – skin wetness sensitivity
- Coaching corner – racing season prep
- 61 How They Train – Luke Caldwell

Efficient running

IN THIS FINAL ARTICLE IN THE SERIES **MATT LONG, JAMIE FRENCH AND BARRY COOK BEGIN WITH A LOOK AT HOW MO FARAH USES HIS ARMS AND CORE WHILE RUNNING**

TWO weeks ago we explored the biomechanical focus which coach Alberto Salazar developed in trying to get Dathan Ritzenhein to run more efficiently. Last week we concentrated on how to make efficient biomechanical adjustments to both gait cycle and foot placement. In continuing to build upon the research of Dr Jessica Leitch of Oxford University (*BMC News*, 2013), our final piece focuses predominantly on the good practice which can be observed in Mo Farah's arms and core.

Arms

The arms act as levers, which in biomechanical terms are a series of connected rigid bars which rotate about an axis of rotation or fulcrum. As levers, the arms are important to the provision and application of force by both initiating movement (on the start line) and continuing movement. Video analysis confirms that Farah holds his arms relatively high with a markedly bent elbow. Not only does the drive of his arms backward balance his lower body forces, it also helps to effect greater forward propulsion.

Farah's shoulders tend to remain relaxed, allowing the arms to move more freely and therefore assist in propelling him forwards. There is very little movement where the arms cross the chest and this prevents the body from rocking from side to side as often occurs with runners experiencing fatigue. His hands tend to remain open with his relaxed thumbs placed on his index fingers.



Farah holds his arms relatively high with a markedly bent elbow

Core

It is the ability of the transversus abdominis, both internal and external obliques, the quadratus lumborum and the diaphragm to stabilise the core of the body during movement. This provides a stable platform for the limbs to move and exert force. While present at the Luzhniki Stadium for the 2013 World Championships in Moscow, Long observed that Farah was able to keep a relatively level and stable pelvis even during the latter part of his 10,000m final. If the hips remain low this tends to look like a sitting position which restricts stride length and the amount of force that can be generated by the drive leg pushing downward and backward.

Keeping his hips high allows for Farah's longer stride length to be maintained throughout his races aiding force to be more directly transferred up through

his legs, hips and upper body and thus facilitating greater forward propulsion. Grimshaw et al (2007) note that at foot strike the hip is flexed to around 45 degrees and that during the drive off phase the hip extends to approximately 9% at toe-off. By maintaining a tall posture with high hips, the knee is prevented from collapsing inwards, leading to a more efficient application of force, and in turn helping Britain's best to run faster.

We know that both coach and athlete need to develop a detailed understanding of how the lever movement and core stability can improve performance. But how do we begin to do this by making short, medium and long-term interventions?

Short-term

Long regularly shouts instructions when coaching with national mentor Bud Baldaro and Sally

Straw with the Birmingham University squad which contains international athletes. For example, he will shout "run as if you had a helium balloon attached to the top of your head" to try to ensure that athletes immediately maintain a tall posture with high hips.

A second example often recommended is the command-based analogy to "not spill the bucket of water". Getting the athlete to visualise a bucket of water seated inside the pelvis and a forward or backward tilting pelvis "spilling" the water helps them to maintain a "neutral pelvis". It also encourages the coach to develop an understanding of neuro-linguistic programming in terms of an awareness of the learning preferences of diverse athletes. The use of verbal instructions to invoke mental imagery will work better with some athletes than others.

Medium-term

A medium-term method favoured by French in his coaching at Leeds Met University is to periodically get runners to hold crisps between their fingers and thumb in order that they learn to maintain both relaxed hands and shoulders. In terms of working core stability, a dynamic plank (pic 1) whereby left and right legs are alternatively moved away from the core and side to side would be an



appropriate drill to be performed over a microcycle or mesocycle of training. Other effective drills are lateral side bends weighted with a dumbbell (pic 2) and medicine ball work with forwards, backwards and overhead movement.

The maintenance of a level pelvis is dependent upon hamstring and lower-back flexibility as well as hip flexor strength so both the lengthening and strengthening of muscle groups around the pelvis is paramount. Isometric squats (pic 3) can help to develop strength in this area which also aids foot placement. In order to prevent the inward collapsing of the foot at the point of ground contact, the gripping of a towel with the toes to strengthen the foot arch is recommended.

Long-term

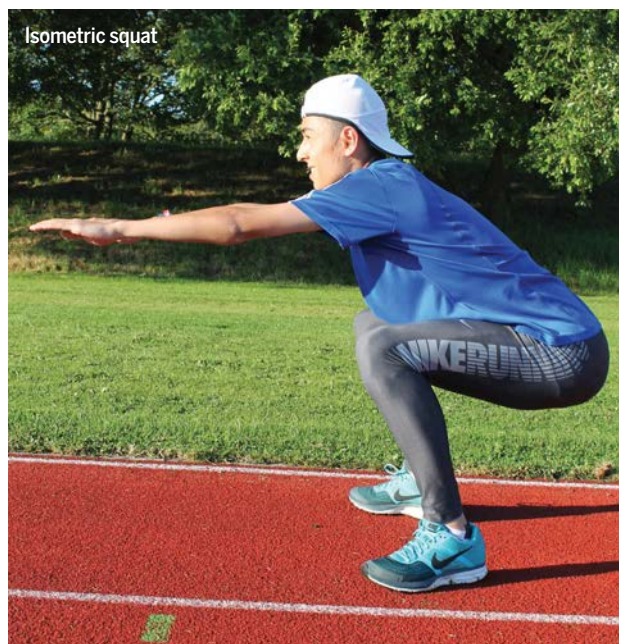
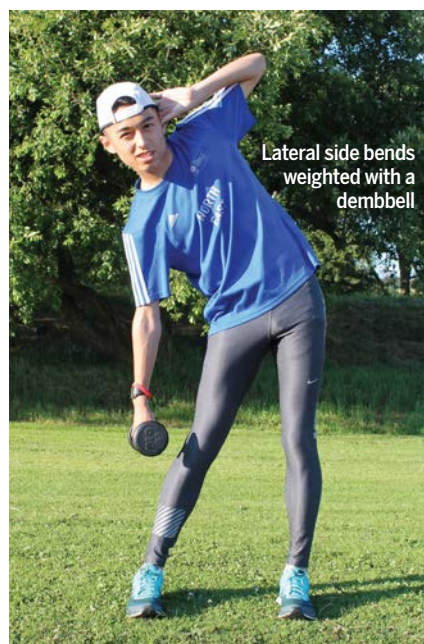
Farah has undoubtedly progressively developed the fitness components of his training in terms of its frequency, intensity and

duration over the years. This leads to him being able to more correctly model best practice in technical terms because the onset of fatigue will be delayed. It has often been said that 10,000 hours of practice is needed to reinforce skill. Having said this, if a skill is practiced badly due to fatigue, that badly practiced skill will be reinforced, rather than the technically proficient and efficient skill needed for optimum performance.

Also beware that biomechanical adjustments if effected inappropriately, can lead to negative unintended consequences in terms of both performance and injury.

● The exercises shown are not deemed to be perfect technique and are for demonstration purposes only

● Dr Matt Long, Jamie French and Barry Cook are UKA coach education tutors



Coaching courses



ENGLAND

● Coach in Running Fitness

Oct 4-5: SportPark, Loughborough University, Loughborough.

Cost: £400 (EA affiliated £250).

● Athletics Coach

Oct 4-5: Yate Outdoor Sports Complex, Yate. Cost: £400 (EA affiliated £250).

Oct 11-12: University Academy Keighley, Utley, Keighley.

Cost: £400 (EA affiliated £250).

● Coaching Assistant

Oct 4-5: Sports Activity and Research Centre, University of Chichester, Chichester.

Cost: £225 (EA affiliated £165).

● Leadership in Running Fitness

Oct 5: Sennocke Centre, Sevenoaks School, Sevenoaks.

Cost: £150 (EA affiliated £130).

Oct 11: Lancashire Constabulary Training Centre, Police HQ, Hutton.

Cost: £150 (EA affiliated £130).

Contact: englandathletics.org

NORTHERN IRELAND

● Coaching Assistant

Oct 11 & 18: Lakeland Forum, Enniskillen. Cost: £150.

● Leader in Running Fitness

Oct 4: Mary Peters Track, Belfast. Cost: £90.

November 16: Belfast Model School for Girls, Belfast. Cost: £90.

Contact: info@athleticsni.org

SCOTLAND

● Coaching Assistant

Oct 18-19: Robert Gordon University Sport, Garth Dee, Aberdeen. Cost: £150 (SA affiliated 50% subsidy available).

Contact: Jim Goldie: coaching@scottishathletics.org.uk

WALES

● Coaching Assistant

Sept 27-28: Llandarcy Academy of Sport, Neath, Port Talbot.

Cost: £150.

● Leadership in Running Fitness

Oct 11: North Wales Indoor Athletics Centre, Connah's Quay, Deeside. Cost: £90.

Contact: dave.goodger@welshathletics.org

IN THIS FOLLOW-UP ARTICLE ON PREGNANCY AND THE ATHLETE, **JENNY BLIZARD** LOOKS AT HOW IT AFFECTS THE MUSCULOSKELETAL SYSTEM

THE first article on pregnancy and the athlete (*AW*, June 19) covered mainly the physiological responses to exercise on the mother and the foetus and provided guidelines for safe exercise. This article provides a detailed guide on how pregnancy affects the musculoskeletal system and what you can do to maximise your post-natal recovery in order to enhance and speed up your return to sport.

Pregnancy results in a natural, yet gradual weight gain all over, but obviously most marked in the abdominal area. This causes a change to the centre of gravity and balance, often causing marked changes to the natural curvature of the spine. Along with this, the hormonal influences from six weeks gestation onwards can result in joint laxity, which is normal in pregnant women but can often lead to joint dysfunction and pain. The hormone relaxin is believed to cause an increase in extensibility (length changes) in all ligaments, but most noticeably in the pelvic girdle. Ligaments still exhibit laxity for up to five months after birth and if breastfeeding, throughout the whole of this process and weeks beyond cessation.

Athletes can often return to activity rapidly provided that they look after themselves during the ante-natal period and immediately post-natal.

Functional stability

This is essential for the wide variety of tasks that we perform. It is required to allow enough compression or connection between the bones of our joints so that they don't fall apart. Several components of our body coordinate to provide this stability

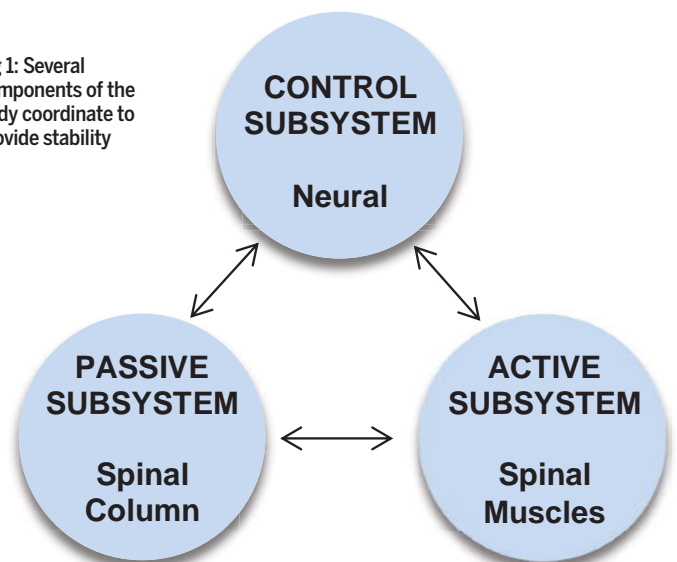


Over the bump

(see fig 1). The passive system includes the joints and ligaments, which connect the bones and reinforce and support the joints to prevent them from separating or dislocating. The active system includes all the muscles and tissues that connect the muscles, together known as the myofascial system.

Contractions of specific muscles work to compress the joint surfaces together, creating stability. We also need the joints to move and this is coordinated by the amazing control system consisting of the brain, nerves and all the receptors that are in your muscles and joints that send information to the brain. This system regulates how much contraction or compression and stability you need and controls the firing and timing of specific muscles. You need stability with mobility. Think of buildings designed to withstand earthquakes – they are built to bend and deform, but re-establish their form after the perturbation. Hence stable, but mobile.

Fig 1: Several components of the body coordinate to provide stability



The challenges to this system during pregnancy

The core is likened to a cylinder with the diaphragm at the top, the spine at the rear and the deepest layer of your abdominal muscles, which are the postural stabilising muscles, creating the cylindrical shape. Finally, the pelvic floor forms the bottom. This cylinder works together to ensure effective

load transfer during movements such as a stable trunk to allow movement of the arms and legs.

During pregnancy the abdominal wall gets stretched with the growing bump, the diaphragm becomes elevated and the pelvic floor has to withstand the extra load. As can be imagined, this is a major change to both the cylinder's structure and function.

The main function of the cylinder however is respiration and both stability and continence will obviously always be sacrificed for this. We have to breathe – basically, if you don't breathe properly, your stability and continence mechanisms will never work properly either. It is surprising just how many women neglect this during pregnancy!

In addition, as the weight of the baby changes so does your centre of gravity – you have to re-establish balance and you do this in one of two ways: Either use your mid-spinal extension muscles, which helps to maintain extension in your upper back, or squeeze the rear part of your pelvic floor and gluteal muscles to stabilise through your hips.

The problem arises when these changes and substitution strategies are not kept in check throughout the ante-natal period and balance is re-established in the post-natal period. This has profound implications for you as an athlete.

The abdominal wall and implications in pregnancy

As your abdominal wall stretches in the last trimester of your pregnancy, the midline fascia that

connects all of your abdominal muscles at the front comes under significant tension and in a large proportion of women can develop a separation known as “rectus diastasis” in the final stages of pregnancy. The substitution strategies that can develop as a result of this to achieve stability can cause an increase in downward pressure on the contents of your pelvis and have been shown to lead to prolapse and bladder incontinence.

What you need to work on

Providing a detailed ante-natal and post-natal programme is far beyond the scope of this article, but the information provides you with a guide to what happens to your body and what areas you need to work on in your plan. Pilates classes aimed at the pregnant woman will be perfect for you.

Firstly, your breathing pattern will become shallow and the mechanics of how you should breath will be reversed. Simple, regular deep-breathing exercises throughout pregnancy will allow you to continually focus on the correct breathing pattern, which should then become easily re-established post-natally. A deep breath starts in your belly, rises up

into your mid chest and then finally opens up your upper chest. During pregnancy this becomes reversed, so the upper chest rises initially.

Maintaining an upright posture by using your spinal extensors, will ultimately overload your joints in your upper back – think then post-natally when you no longer have a bump and you will be sat down for repeated periods of time feeding. Upper back pain is very common after pregnancy! Think also that fixing through these muscles will make the spine rigid, which has implications for trunk rotation during your athletics. Practicing regular trunk rotation exercises as well as the breathing exercises should help maintain good trunk movement.

The other common substitution strategy is using your gluteal muscles and rear pelvic floor muscles to maintain balance and to grip with to effectively hold the pelvis together. This strategy will have implications post-natally for your hip motion. Limitations in hip flexion and rotation will predominantly be affected, but for those involved in field events and hurdling, abduction movements (out to the side) will severely affect your technique. Additionally, this strategy, if not released at some

“Throughout pregnancy, it is important that you work on your breathing pattern at the same time as working on good abdominal control”

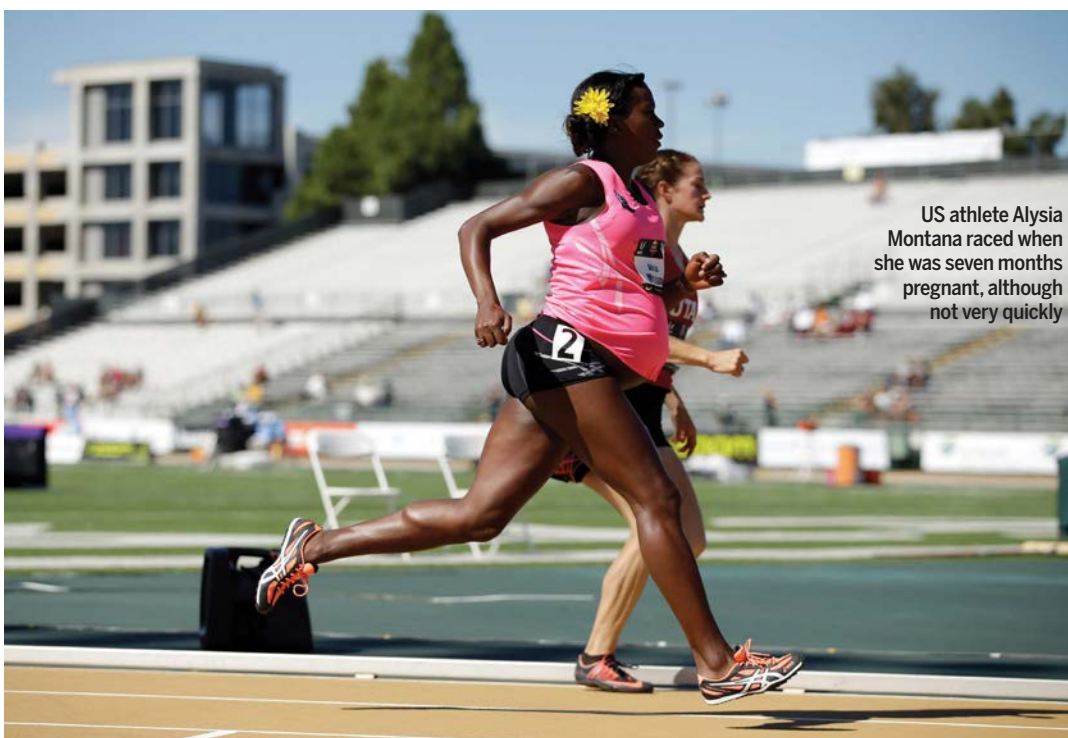
point, can ultimately cause groin pain as the structures at the front of the hip are constantly placed under tension. Despite your bump, hip flexion exercises to ensure your glutes do not predominate can still be achieved.

Throughout pregnancy, it is important that you work on your breathing pattern at the same time as working on good abdominal control. This will hopefully prevent the substitution strategies post-natally that we discussed earlier and reduce the potential for a diastasis recti. In terms of your athletic performance, you will be in a much better position to return to sport earlier and your core cylinder should be in a stronger position to start to stabilise again.

Finally we finish at the bottom of the cylinder, which is the pelvic floor.

In a previous article (AW, May 15) by Jean Johnson and Mark Buckingham, the pelvic floor was given attention and there is much more information readily available on the internet, TV, women's magazines and information from your midwife. It is my experience, however, that for those women who engage in sport in particular, the tendency is not for the pelvic floor to weaken post-natally, but for it to become dysfunctional. Further research is being published currently, which supports this theory and brings about changes to guidelines for assessing and treating this dysfunction.

If you think about the way many muscles respond to trauma, they have a tendency to weaken as well as become contracted. Treatment is provided to strengthen the muscle at the same time as



US athlete Alysia Montana raced when she was seven months pregnant, although not very quickly

releasing this contracted tissue. Consider also that if you were to fall and cut your knee, with or without stitches, then at first you protect, then gradually as the wound heals you start to bend and straighten the knee. The wound may open a little, but eventually it heals and scar tissue rarely develops because you are using it all of the time.

Now think about the pelvic floor post-natally, for at least a minimum of six weeks you just don't go there! Despite encouragement to do pelvic floor exercises, the pelvic floor is usually very tender even just to perform basic toileting needs.

So how exactly is it going to heal? In a contracted state of course! Breathing exercises aiming to stretch and drop the pelvic floor on the "in breath" and slowly draw up the pelvic floor on the "out breath" help to prevent dysfunction. It is my opinion that all post-natal women should have their pelvic floor assessed at six weeks, especially those who are athletic or who engage in heavy lifting.

A few final tips

FEEDING POSITIONS

As you will be feeding your baby constantly, use this time to work on your posture. It's so common to see women slumped in bed or in a chair. If in bed, lie on your side with a pillow under your baby to bring it up to your breast or bottle. This takes the least strain on a tired body and won't allow further postural imbalances to develop. If sitting, then set yourself up with a feeding chair and stick to it. Use a dining chair, sit upright with a pillow behind if needed and put one or two pillows under your baby to again bring up to you rather than you hold your baby.

Finally, place one or two pillows, or a stool under your feet, to bring your knees up to level with your hips. Just in this position, your postural muscles will be in a position to work again. You can also start to do your breathing and pelvic floor exercises in this position – a perfect opportunity to have time to look after you, when time is short.

CARRYING YOUR BABY

Limit holding your baby on one hip – you will be surprised how many women come to see me with low back pain and hip pain upon commencing running again. Instead, use a long wrap to either cradle your baby in front or on your back.

Changes during pregnancy

Posture changes with increasing weight of the baby

- Stretching of the abdominal wall
- Difficulty taking a full breath
- Rectus diastasis – separation of abdominal wall in last trimester
- Back pain can lead to the postural muscles being inhibited

Impact of labour and delivery and possible areas for trauma

- Pelvic floor
- Abdominal wall
- Pubic symphysis and sacroiliac joints

Summary

It is imperative that to hasten your return to the sport, you look after yourself well in the ante-natal period by attending a class or, if preferred, one-to-one sessions with a qualified women's health physiotherapist. I would also strongly recommend that you have a post-natal MOT with a good women's health physiotherapist in order to maximise your recovery and prevent any complications in the future.



● **Jenny Blizard is a chartered physiotherapist who specialises in women's health physiotherapy. Visit blizardphysiotherapy.co.uk or email info@blizardphysiotherapy.co.uk**

Sports science

SENSITIVITY TO SKIN WETNESS

● **AWARD-winning research** by a Loughborough University PhD student into the body's sensitivity to skin wetness could influence the design of a major international retailer's sports clothing. Davide Filingeri's study, which discovered that people are more sensitive to skin wetness in certain areas of the body, was funded by Decathlon, a French sporting goods chain store.

It won him the 2014 Jack Borgenicht PhD student award and he is hoping the research will help the chain improve the design of their sports shirts with



Wet skin: influencing the design of kit

different materials used in the problem areas. The study looked at whether people perceive skin wetness differently across their body, and whether some regions are more sensitive to it than others. He found that people were more sensitive to skin wetness in the lateral and lower back – the areas that are also more sensitive to cold.

As sweat evaporates it leads to a chilly sensation and that horrible cold and wet feeling all athletes endure as the garment sticks to the skin. Filingeri, who is based in the Environmental Ergonomics Research Centre, said: "Skin wetness has been shown to be one of the main reasons for thermal discomfort."

The student tested 12 regions of the bodies of 16 men, applying a cold-dry stimuli to induce a sensation of wetness, both in a normal environment and when the temperature was 33 degrees and 50% relative humidity.

Coaching corner

RACING SEASON PREPARATION

● **I KNOW it's still only July, but come August I haven't any middle-distance track races left and was wondering when I should commence my cross country training.**

● **YOU** should really be looking hard to find some more track races as if you start your winter work soon it is going to be an awfully long winter. If you have achieved your goals over 800m and 1500m then why not turn your attention to 400m or 3000m depending on whether you come from a speed or an endurance background?

A different focus can give a new impetus and keep your spirits high until the end of August. It will also give you the chance of gaining an unexpected PB too!

If you follow a periodised plan then for a middle or long-distance

runner the month of September is usually called the transition phase. This is where you take a complete break from training (usually around two weeks) or at least an active break where you do other activities such as walking, cycling or swimming. The body needs a rest before embarking on the next workload and it helps any niggles to heal in this interim period.

The first part of the winter work should only be steady running and some tempo and hill work can then be integrated as fitness returns. Just as with the summer season, those who get fit from the beginning of the season rarely hold their form for when it matters in the championship races.

Going back to the track, I would search for some races and, although the British Milers' Club events don't cater for 400m, they do have the some 3000m events that they provide all over the country throughout the summer months.

REPRESENTING SCOTLAND AT THE COMMONWEALTH GAMES, LUKE CALDWELL SPOKE TO **EMILY MOSS** ABOUT HIS TRAINING IN THE UNITED STATES

HAVING graduated from Oxford University with a degree in physics two years ago, Luke Caldwell went to study for a Masters at New Mexico University, Albuquerque, in an attempt to unleash some of his athletic potential. Two years on, the 22-year-old has run for Great Britain on the track and cross country and boasts personal bests of 13:29.94 and 28:59.63 for 5000m and 10,000m respectively.

The Commonwealth Games-bound athlete, who will compete in the eagerly anticipated 5000m this Sunday, credits his training programme in Albuquerque for his big improvement, which has not only seen him represent Great Britain over 5000m at the European Team Championships earlier this season in Braunschweig, but also included a fifth place in the European Cross in Belgrade and a top-10 finish in the NCAA cross country last November.

Reflecting on his training environment, which includes the dirt trails in and around the city of Albuquerque as well as up in the foothills for his long Sunday

Luke Caldwell



Luke Caldwell: credits his training in Albuquerque for his improvement

MARK SHERMAN

something like 10x400m – I need a group pulling me along to do that one well!"

He also places emphasis on drills, strides, weights and core work to complement his running training. Drills and strides will usually be included on a Monday and Thursday to work on his form, while the weights are included on Tuesdays and Fridays after running training sessions.

Having now finished his time at New Mexico, Caldwell has been back in Britain focusing on his final preparations for the Glasgow Games where he says he "hopes to be competitive and run to his potential".

He is yet to finalise what he is doing next year but, depending on what support he can get, he hopes to train full-time. As for his long-term plans, he says: "I want to discover how good I can be. After running, I think I would like to do scientific research in academia or industry somewhere."

His weights routine varies, but includes heavy loads and exercises such as squats and clean pulls. "I am slowly learning how to do more technical lifts," he says. "I always finish a weights session with around 10min of core work." The example training week was all done in Albuquerque at about 1600m above sea-level. Long runs are done at around 6:30 pace, but it depends on the terrain.

run, Caldwell reveals: "The group is great and includes a fair few Brits, such as Adam Bitchell, Jake Shelley, Alex Cornwell and Ross Matheson. The group all has different strengths so we can push each other on different sessions. There is almost always someone who is feeling good!"

As for his training regime, it usually includes a session of something like 6x1 mile with a 90-second recovery on a Tuesday and a 10-mile tempo on a Friday,

plus a variety of steady and easy long runs in between – usually at about 6:30 pace. Caldwell explains: "I think I have responded well to the very consistent high-quality training and recovery over here. We don't kill ourselves in training that often, but that means we can put in solid sessions week upon week. I also think that the concentrating on strength-based training works very well for me. My favourite sessions are probably tempo-type workouts and my least favourite would be

FACTFILE: LUKE CALDWELL

Born August 2, 1991
Club Dorking & Mole Valley
Coach Robert Russell
PBs 1500m: 3:42.14 (2013); 5000m: 13:29.94 (2013); 10,000m: 28:59.63 (2014)
Achievements
 2014 European Team 5000m 6th
 2013 European U23 5000m 5th; European Cross 5th
 2012 English Cross 19th

TYPICAL TRAINING WEEK

Monday	(am)	60min steady plus drills and strides.
	(pm)	35min easy.
Tuesday	(am)	6 x 1 mile with 90sec recovery plus weights.
Wednesday	(am)	70min steady.
	(pm)	35min easy.
Thursday	(am)	70min steady + drills and strides.
	(pm)	35min easy.
Friday	(am)	10 mile tempo plus weights
	(pm)	35min easy.
Saturday	(am)	60min easy.
Sunday	(am)	1hr 45min up in foothills.

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



Luke Caldwell: races 5000m in Glasgow this weekend

MARK SHERMAN

AW

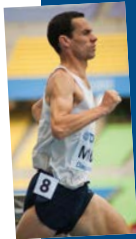
Too little, too late

TOM PARSONS' 2.29m high jump came after the European selection deadline. What a pity

the UKA-organised Jumps Fest, instead of being overshadowed by another which was also run by the

federation at the same time, could not have been held earlier in the season to aid athletes in selection bids.

Steve Smythe, Results editor



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OVERSEAS

AUSTRIA

Linz, July 19

FORMER Commonwealth Games pole vault medalist Irie Hill set a world W45 record of 3.61m.

110H: r1 (-1.0): 1 EDIRIN OKORO 14.30. **r2 (-1.1):** 1 OKORO 14.30. **Women: 800:** 5 CALLY READ 2:12.93. **PV:** 5 IRIE HILL (W45) 3.61 (World W45 rec)

Linz, July 14

APPEARING in the results as Emanuel Lee of USA and thus initially not noted, the Commonwealth 1500m hopeful's first completed race since early May saw him fade in the last 100 metres.

Men: 1000: 12 LEE EMANUEL 2:20.29

BELGIUM

Heusden-Zolder, July 19

Men: 100: (0.4): 1 M Bracy (USA) 10.13; 2 A Powell (JAM) 10.15; 3 K Bledman (TTO) 10.22. **200: (-0.1):** 1 S Hara (JPN) 20.63; 2 T Tinmar (FRA) 20.70. **400:** 1 J Solomon (TTO) 44.98. **2 Mant. Mitchell (USA)** 45.12; 3 J Borlée 45.37; 4 J Harris (USA) 45.45; 5 P Seribe (BOT) 45.56; 6 J Watrin 45.73. **800:** A: 1 T Kitum (KEN) 1:43.65; 2 M Balla (QAT) 1:44.12; 3 A Chemut (KEN) 1:44.72; 4 E Greer (USA) 1:44.91; 5 R Martin (USA) 1:45.65. **B:** 1 H Abda (USA) 1:45.85. **1500:** 1 W Leer (USA) 3:34.26; 2 P Hannes 3:34.49; 3 F El Kaam (MAR) 3:34.69; 4 T Cheru (ETH) 3:35.12; 5 D Bustos (ESP) 3:35.59; 6 V Mutai (KEN) 3:35.63; 7 T Moukrime 3:35.96; 8 B Cantero (FRA) 3:36.08; 9 A Chesebe (KEN) 3:37.95; 10 M Fleet (USA) 3:38.62. **B: 1 P Casey (USA)** 3:37.60; 2 R Hill (USA) 3:37.84. **5000:** 1 A Choge (KEN) 13:06.71; 2 J Kipkoech (KEN) 13:09.58; 3 L Lalang

Ulster athletes impress in Dublin

IRELAND

Athletics Ireland Senior Championships, Dublin, July 19-20

ULSTER athletes dominated the women's events, with the northern women picking six titles in the Morton Stadium, *Malcolm McCausland reports.*

Former world youth and junior medallist Ciara Mageean made a stunning comeback after an absence of more than two years on Saturday to win her heat of the 1500m. She followed that up in the final by taking the lead with 300m to run and running away from former European cross-country champion Fionnuala Britton to regain the title she last won in 2011. Mageean's time of 4:15.35 put her almost three seconds in front of Britton with another Northern Ireland athlete Kerry O'Flaherty taking the bronze medal in 4:18.77.

"I've had a long wait to get back here and race on the track and win the national title," said Mageean, who is now coached by former marathoner Jerry Kiernan. "It means an awful lot to me. I was comfortable coming through the bell, but I knew there were strong girls behind me and I needed to push because I've been out a while and I didn't know what to expect."

England under-23 champion Katie Kirk played the waiting game to perfection to win her first Irish national title in the 800m. After sitting back in the pack for a slow opening lap of

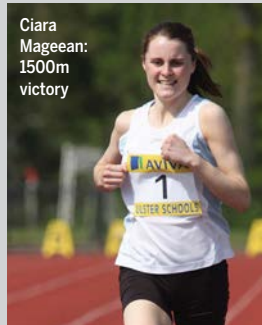
68 seconds, the 21-year-old Queen's University student struck for home at the 200m mark. Kirk was pressed down the final straight by Irish record holder Rose-Anne Galligan but had enough in reserve for a convincing win albeit in a slowish 2:09.01.

"I'm absolutely delighted," said Kirk. "We were talking about it and my dad, who is my coach (Mark Kirk), said, 'you've never even won a national medal before, anything can happen', so it's actually brilliant to come out here and win today."

Northern Ireland record-holder Amy Foster successfully defended her 100m title but only after a sweat. The City of Lisburn athlete crossed the line together with up-and-coming teenager Phil Healy from Cork. After much deliberation, the officials could not split them on the photofinish and declared it a dead heat with both women credited with a legal 11.49.

Lagan Valley's Mandy Gault provided possibly the surprise result of the championships when she took the 400m in the same time as runner-up and established Irish international Sinead Denny. The 30-year-old's 54.24 was a personal best by half a second. In contrast Christine McMahon's victory in the 400m hurdles went by the formbook, the QUB student having a massive margin of more than six seconds at the finish, reached in 57.73.

Northern Ireland's best hope of a medal in Glasgow, Zoe Brown,



Ciara Mageean: 1500m victory

defeated Irish record-holder Tori Pena in the pole vault for the second time in less than a fortnight. Brown had first-time clearances up to and including 4.30m while Pena, who has a best of 4.60m, went out at 4.20m. Brown's recent Northern Ireland record of 4.45m ranks her second in the Commonwealth behind Australia's Alana Boyd.

Men: 100: Ht4 (0.9): 1 JONATHAN BROWNING 10.75. **400:** 1 B Gregan 46.56. **Ht1:** 3 C Woods (N Down/IRL) 49.42. **800:** 6 MICHAEL DYER 1:51.58. **800:** Ht3: 4 MICHAEL QUINN 1:53.86. **1500:** 7 J O'Hare (Anna/IRL) 3:48.81; 10 GARETH HILL 3:54.48. **1500:** 1 Ciaran O'Leard 3:43.85. **Ht1:** 6 HILL 3:55.85; 8 STEPHEN PRENTICE 3:59.02. **Ht2:** 4 O'Hare 3:55.00. **5000:** **Ht1:** 7 CONOR CURRAN 15:47.58; 10 FRANCIS MARSH (M45) 16:26.70.

Ht2: 14 GREGORY ROBERTS 15:09.28; 15 STEPHEN KERR 15:15.18; 19 G Murray (St Mal/IRL) 15:32.38. **10000:** 2 E McGinley (Anna/IRL) 30:15.54. **110H (0.9):** 3 T Reynolds (N Down/IRL) 15.12. **3000SC:** 9 DALTON MCGUIGAN (U20) 9:51.55. **400H:** 1 T Barr 50.04. **10000W:** 1 A Wright (Belg/IRL) 42:09.79. **4x400:** 1 NORTH DOWN 3:18.70. **HT:** 2 D McGuigan (Finn V/IRL) 64.47. **JT:** 6 MATTHEW STOCKTON (U20) 51.62. **10000W:** 1 A Wright 42:09.79. **Women 100 (0.5):** eq1 A Foster (Lisb/IRL) 11.49/P Healy 11.49. **Ht1 (-1.7):** 1 Foster 11.84. **200 (-1.6):** 1 K Proper 23.23. **400:** 1 MANDY GAULT 54.24. **Ht2:** 1 GAULT 55.11. **800:** 1 KATIE KIRK 2:09.01; 2 R Galligan (Newb/IRL) 2:09.14; 4 ERIN MCILVEEN 2:11.61. **Ht1:** 1 Galligan 2:11.65; 1 MCILVEEN 2:14.52; 2 KIRK 2:14.56. **1500:** 1 C Mageean (UCD/IRL) 4:15.35; 2 F Britton 4:18.33; 3 K O'Flaherty (Newb/IRL) 4:18.77; 9 EMMA MITCHELL 4:28.81. **1500: Ht1:** 1 Mageean 4:28.11; 8 RACHEL GIBSON 4:36.11. **Ht2:** 3 O'Flaherty 4:31.17; 5 MITCHELL 4:32.38. **5000:** 1 Britton 15:39.40; 7 JOANNE MILLS 18:04.10. **100H (-0.8):** 3 NAOMI MORGAN (U20) 15.13. **400H:** 1 C McMahon (B&A/IRL) 57.73. **5000W:** 3 REBECCA COLLINS 26:36.67. **PV:** 1 Z Brown (Rah S/IRL) 4.30; 2 T Pena 4.20; 3 C Wilkinson (B&A/IRL) 3.80. **LJ:** Proper 6.27/-0.11. **T:** 3 MARY DEVLIN 11.08/2.9 (11.06/1.1). **DT:** 4 KATHY HETHERINGTON 42.80

(KEN) 13:11.27; 4 K Kipkemoi (KEN) 13:13.16; 5 C Derrick (USA) 13:14.51; 6 Y Demelash ETH 13:16.73; 7 D Wolde ETH 13:17.04; 8 J Hitrane (MAR) 13:25.62; 9 S Osaka (JPN) 13:26.15; 10 B Abdi 13:26.87. **D:** 1 CALLUM HAWKINS 14:14.88; 4 ALEX O'GORMAN 14:19.41; 9 JONATHAN THEWLIS 14:24.59. **400H:** 1 J Dutch (USA) 49.15; 2 J Gayman (USA) 49.87. **SP:** 1 T Nedow (CAN) 20.22; 2 T Stanek (CZE) 19.89. **Women: 100: (1.6):** G Asumnu (NGR) 11.22. **200: (0.3)** 1 S Solomon (USA) 22.67; 2 T Townsend (USA) 22.72; 3 J Samuel NED 22.88. **800:** 1 M Bishop CAN 2:00.20; 2 S Verstegen (NED) 2:00.55; 3 J Smith (CAN) 2:00.92; 4 N Sifuentes (CAN) 2:02.02; 7 H Crofts (CAN) 2:02.37; 9 C Mathias (LUX) 2:02.53 (rec). **1500:** A: 1 M Bahta (SWE) 4:03.88; 2 P Nengampi (KEN) 4:03.98; 3 I Måkestad Bovim (NOR) 4:04.11; 4 A Embaye (ETH) 4:04.62; 5 N Fernández (ESP) 4:04.67; 6 A Mwangi (KEN) 4:05.23; 7 E Coburn (USA) 4:05.29; 8 K Van Buskirk (CAN) 4:05.38; 9 M Magnani (ITA) 4:06.05; 10 H Kampf (USA) 4:06.16; 11 B Desalegn (ETH) 4:07.05; 12 V Lagat (KEN) 4:07.47; 13 D Krebs (GER) 4:08.16. **C:** 5 STEPHANIE BARNES 4:27.31. **100H: (0.2):** 1 N Ali (USA) 12.75; 2 S Bakker (NED) 12.94; 3 A Zagré 12.98. **3000SC:** 1 N Bush (USA) 9:24.59; 2 H Jepkemoi (KEN) 9:30.15; 3 D Martin ESP 9:33.02; 4 J Furlan (CAN) 9:33.45 (rec); 5 F Cherotich (KEN) 9:42.42; 6 J Sussmann GER 9:43.52; 7 C Groenewoud (CAN) 9:45.42; 12 V Mitchell (AUS) 10:01.49. **HJ:** 1 N Thiam 1.90; 2 M Demireva (BUL) 1.90. **4x400:** BEL 3:32.04. **1500:** 1 CAROLYN CAMERON 2:21.85

SPAIN

Madrid, July 19

EUROPEAN champion Lynsey Sharp just missed her PB and UK rankings-

topping time with a fast and clear 800m victory in 1:59.72 after pacemaker Casandra Tate had run a foolhardy 56.05 opening lap. **Men: 200 (2.5):** 1 M Mitchell (USA) 20.47; 2 J Herrera (MEX) 20.49; 3 W Spearman (USA) 20.60; 4 A Adams (SKN) 20.79. **B: (2.0):** C Nellum (USA) 20.66. **400:** 1 L Williams (BAH) 45.17; 2 R Quow (TTO) 45.36; 3 K Clemons (USA) 45.37; 4 B Spratting (USA) 45.61; 5 RABAH YOUSIF 46.06. **B:** 1 D Pinder (BAH) 45.61. **800:** 1 J Kinyor (KEN) 1:46.11; 2 A Olivier (RSA) 1:46.13. **1500:** 1 C Cheboi (KEN) 3:36.49; 2 V Kibet (KEN) 3:37.94. **110H: (3.0):** 1 A Harris (USA) 13.18; 2 S Brathwaite (BAR) 13.32; 3 W Davis (TTO) 13.34; 4 B Bajji (HUN) 13.38; 5 G Traber (GER) 13.39; 6 D Berger (USA) 13.56; 7 O Osagahae (USA) 13.64. **LJ:** 1 E Cáceres 8.16w/4.1 (7.98/2.0); 2 J Okutu 8.05w/2.9 (7.90/2.0); 3 T Stewart (USA) 8.02/1.5; 4 G Mokoena (RSA) 8.00/1.4. **SP:** 1 R Whiting 20.91; 2 O Richards (JAM) 20.33; 3 B Vivas 20.11. **HT:** 1 D Nazarov (TKJ) 80.51; 2 M Al-Gamal (EGY) 78.23; 3 D Lukyanov (RUS) 75.02. **Women: 100: (2.6)** 1 B Pierre (USA) 11.08; 2 K Stewart (JAM) 11.08; 3 L Lawson (USA) 11.16; 4 C Horn (RSA) 11.16. **400:** 1 S McPherson (JAM) 50.45; 2 I Terrero 51.65; 3 C Day (JAM) 51.72; 4 F Guei (FRA) 51.73; 5 S Williams (JAM) 51.77; 6 D Trotter (USA) 52.42. **800:** 1 LYNSEY SHARP 1:59.72; 2 C Lipsey (USA) 2:00.91; 3 L Thomas (USA) 2:00.95; 7 JEMMA SIMPSON 2:02.54; 9 J Simpson (USA) 2:05.08; 11 C Semanya (RSA) 2:06.84. **3000:** 1 S Ndiwa (KEN) 8:48.30; 2 P Cheruiyot (KEN) 8:49.94. **400H:** 1 K Spencer (JAM) 55.08; 2 H Titimets (UKR) 55.49; 3 T Williams (USA) 55.81; 4 N Wilson (JAM) 56.34. **PV:** 1 T Sutej (SLO) 4.40. **DT:** 1 N Semenova (UKR) 60.27

SWEDEN

Karlstad, July 16

Men: 400: 1 RABAH YOUSIF 45.67; 3 JARRYD DUNN 46.93. **HT:** 1 D Nazarov (TKJ) 79.62; 2 M Lomnický (SVK) 77.93; 3 D Söderberg (FIN) 77.57; 4 S Ziolkowski (POL) 75.40. **JT:** 1 R Arai 81.36. **Ht2:** 2 V Vesely (CZE) 81.36

SWITZERLAND

Luzern, July 15

ATHLETES looking for fast Swiss times were disappointed.

Returning from a drugs suspension, Asafa Powell was only third in the 100m in 10.30. Harry Aikines-Aryeeteey was just 12th fastest with a 10.42.

Michelle-Lee Ayhe maintained her unbeaten record at 100m with a clear win over Tianna Bartoletta in 11.09. She then won the 200m in a PB-equaling 22.77 but clutched her hamstring as she finished and had to be carried off the track.

In the 100m, Bianca Williams ran a disappointing 11.51, finishing ahead of another Jamaican drug suspension returnee, Sherone Simpson.

More encouragingly for Brits, Laura Whittle improved her six-year old 5000m PB with a fine second. Goldie Sayers was over 60 metres in the javelin and Lawrence Clarke won the B hurdles. **Men: 100: (-0.8):** 1 J Forte (JAM) 10.24; 2 A Adams (SKN) 10.29; 3 A Powell (JAM) 10.30; 4 K Bledman (TTO) 10.30; 5 A Simbine (RSA) 10.38; 6 J Reus (GER) 10.38. **B: (-0.8)** 1 K Hyman (CAY) 10.23; 6 HARRY AIKINES-ARYEETEY 10.42. **200: (-0.9):** 1 W van Niekerk (RSA) 20.60; 3 W Spearman (USA) 20.81; **B: (-0.8):** 1 Reus 20.55; 2 Young (USA) 20.58. **800:** 1 A Rowe (AUS) 1:45.73; 2 M Baala (QAT) 1:45.79; 3 J Riseley (AUS) 1:46.23. **3000SC:** 1 C Kemboi (KEN) 8:21.50; 2 L Kemboi

(KEN) 8:22.25; 3 D Cabral (USA) 8:22.40; 4 B Nganga (KEN) 8:23.18; 5 C Forsys (USA) 8:24.09; 6 A Bayer (USA) 8:25.71; 7 S Uliczka (GER) 8:26.79; 8 J Koech (KEN) 8:26.82; 9 C Winter (CAN) 8:28.17. **110H: (-0.7):** 1 A Harris (USA) 13.28; 2 O Ortega (CUB) 13.30; 3 S Brathwaite (BAR) 13.30; 4 A Riley (JAM) 13.31; 5 S Adams (USA) 13.50; 6 W Davis (TTO) 13.60. **B: (-0.7):** 1 LAWRENCE CLARKE 13.51; 2 B Bajji (HUN) 13.71. **400H:** 1 C Fredericks (RSA) 49.03; 2 R Cato (JAM) 49.09; 3 A Whyte (JAM) 49.51; 4 L J van Zyl (RSA) 49.64. **TJ:** 1 A Copello (CUB) 17.00/-0.5. **Women: 100: (-0.7):** 1 A Ayhe (TTO) 11.09; 2 T Bartoletta (USA) 11.20; 3 S Calvert (JAM) 11.32; 6 BIANCA WILLIAMS 11.51; 7 S Simpson (JAM) 11.57. **200: (-0.9):** 1 Ayhe 22.77; 2 A Strachan (BAH) 22.99; 3 T Townsend (USA) 23.03; 6 V Campbell-Brown (JAM) 23.13; 7 A McLaughlin (JAM) 23.15; 8 D Trotter (USA) 23.41. **5000:** 1 S Ndiwa (KEN) 15:15.14; 2 LAURA WHITTLE 15:20.92; 3 Y Mori (JPN) 15:25.58; 4 D Félix (POR) 15:27.13; 6 F Britton (IRL) 15:38.01. **100H: (0.0):** 1 AUSTIN (USA) 12.81; 2 S Pearson (AUS) 12.90; 3 B Rollins (USA) 12.95. **400H:** 1 G Moline (USA) 55.28; 2 C Tate (USA) 55.43; 3 W Nel (RSA) 55.63; 4 J Russell (JAM) 55.70; 5 L Wells (AUS) 55.98. **HJ:** M Jungfleisch (GER) 1.95. **PV:** 1 J Suhr (USA) 4.60; 2 N Büchler 4.50; 3 T Sutej (SLO) 4.40; 4 M Saxon (USA) 4.40; 5 K Hutson (USA) 4.40; 4 q L Parnov (USA)/T Pena (IRL) 4.20; **LJ:** 1 B Reese (USA) 6.46/-0.7 (& 6.45); 2 C Netthey (CAN) 6.46/-0.6 (& 6.31. **SP:** 1 V Adams (NZL) 20.42; 2 V Kolodko (RUS) 19.08; 3 C Borel (TTO) 18.72. **JT:** 1 C Hussong (GER) 63.34; 2 H Hatsu-K-Fedusova UKR 63.10; 3 GOLDIE SAYERS 60.32; 4 K Patterson (USA) 59.42; 7 K Molitor (GER) 57.87

TRACK

JULY 20

NEWHAM ATHLETICS NETWORK
OPEN SERIES, Newham

Men: 100 (1.1): 1 J Browne (Kent) 10.52; 2 O Abiodun (WG&EL) 10.58; 3 L Slue (Harrow) 10.64; 4 J Hamilton (Orion, U20) 10.81; 5 K Williams (E&H) 10.84; 6 J Hylton (Bir) 10.88; 7 J Grant (Harrow) 10.90. **r1 (1.0):** 1 J Browne (Kent) 10.59; 2 L Slue (Harrow) 10.67; 3 O Abiodun (WG&EL) 10.77; 4 J Hamilton (Orion, U20) 10.83; 5 K Williams (E&H) 10.85; 6 J Grant (Harrow) 10.97. **r2 (-0.1):** 1 A Adewale (E&H) 10.74; 2 J Hylton (Bir) 10.90. **r4 (-0.9):** 2 J Appiah (Kent, M40) 11.73; 4 R Samuel (Harrow, M45) 11.94. **200: r1 (1.2):** 1 J Hylton (Bir) 21.18; 2 F Owolade (B&B) 21.23; 3 O Abiodun (WG&EL) 21.94. **r2 (1.3):** 5 M Vassiliou (E&H, M50) 24.64; 7 M Jones (E&H, M50) 25.34. **110H (0.2):** 1 J Hylton (Bir) 14.24; 2 J Appiah (Kent, M40) 15.46; 3 M Dore-Weeks (High) 15.74; 4 L Thompson (NEB) 15.79. **Mixed events: 400: r1:** 1 G Lock (E&H, U20) 48.73; 2 B Tindogo (NEB, M35) 49.23; 3 L Thompson (NEB) 49.44; 4 M Skee (E&H) 49.45. **r3:** 2 V Oshurougu (NEB, W) 52.80; 3 M Iheke (K&P, W) 53.78; 6 K Larose (WG&EL, W) 56.12. **r4:** 2 S Banjo (NEB, W) 57.38. **Women: 100 (1.2):** 1 M Douglas (B&B) 11.38; 2 N Gilbert (E&H) 11.67; 3 S Charles (SB) 12.11; 4 A Kiddle (WSEH) 12.25; 7 A Ndiaye (Serp, U13) 13.08. **r1 (1.7):** 1 M Douglas (B&B) 11.37; 2 N Gilbert (E&H) 11.74; 3 S Charles (SB) 12.19; 4 A Kiddle (WSEH) 12.30. **r2 (-2.3):** 1 A Ndiaye (Serp, U13) 13.31. **200 (-0.8):** 1 M Douglas (B&B) 23.83. **100H (2.6):** 1 A Barclay (Craw) 14.18; 2 B McLinden (Wirr) 15.28

SOUTHERN COUNTIES U17 INTER
COUNTY MATCH, Portsmouth

U17 men: 100: A: 1 R Miller (Surrey) 10.8; 2 N Stewart (Mdx) 11.0; 3 T Craig (Kent) 11.0; 4 R Coles (Win) 11.1; 5 J Parry (Bucks) 11.1. **B:** 1 L Riggall (Kent) 11.2. **200: A:** 1 S Crowie (Mdx) 22.0; 2 T Ogunjimi (Kent) 22.4; 3 J Parry (Bucks) 22.6; 4 E Ogunleye (Essex) 22.7; 5 J Binns (Sussex) 22.7; 6 D Luke (Surrey) 22.9; 7 L Smith (Herts) 22.9. **B:** 1 T Adedeye (Mdx) 22.5; 2 P Christie (Essex) 22.5; 3 T Craig (Kent) 22.8. **400: A:** 1 F Bigg (Sussex) 50.3; 2 J Burton (Kent) 50.5; 3 L Smith (Herts) 51.2. **800: A:** 1 B Grover (Herts) 1:59.1; 2 J Tommy (Mdx) 1:59.2; 3 J Wales (Soton) 1:59.4. **1500:** 1 D Ray (Gurnsey) 4:06.1; 2 H Spawforth (Surrey) 4:11.2. **3000:** 1 J Cvetkovic (AFD) 9:03.8; 2 C Bampton (Bucks) 9:04.3; 3 T Fawden (Mdx) 9:08.2; 4 J Boswell (AFD) 9:10.1. **100H: A:** 1 R Sakala (Surrey) 13.7; 2 L Beard (Essex) 13.8; 3 B Isaac (Kent) 14.0; 4 M Price (Herts) 14.0; 5 G Vaughan (Mdx) 14.1; 6 O Lawrence (Soton) 14.1. **B:** 1 S Bazanyne-Lutu (Mdx) 14.5; 2 R Green

(Herts) 14.6; 3 C Amedee (Kent) 14.7; 4 B Thorpe (Essex) 14.7. **400H: A:** 1 B Sticking (Kent) 55.5; 2 G Vaughan (Mdx) 56.3; 3 R Green (Herts) 57.4; 4 M Oku-Ampofo (Essex) 57.9; 5 S Rafique (Surrey) 58.1; 6 D Ringrose-Voase (Win) 58.6. **B:** 1 R Collings (Essex) 57.9; 2 A Lomax (Surrey) 58.8. **1500SC: 1:** E Nicholls (Kent) 4:42.6; 2 D Richards (Herts) 4:50.4; 3 R Bolton (Herts) 4:54.8. **4x100:** 1 Middlesex 44.3; 2 Kent 44.3; 3 Sussex 44.9; 4 Hampshire 44.9; 5 Buckinghamshire 46.9. **4x400:** 1 Kent 3:26.7; 2 Essex 3:28.1; 3 Hampshire 3:31.1; 4 Hertfordshire 3:35.6; 5 Buckinghamshire 3:37.9; 6 Sussex 3:39.9; 7 Middlesex 3:40.8. **HJ: A:** 1 J Crookes (Soton) 1.90; 2 M Oku-Ampofo (Essex) 1.85. **PV: A:** 1 N Gardner (Herts) 4.20; 2 S Devlin (Sussex) 4.10; 3 B Barrett (Essex) 3.60; 4 K Apps (Soton, U15) 2.90. **B:** 1 G Turner (Sussex) 4.00; 2 H Smith (Essex) 3.20. **LJ: A:** 1 K Pottle (Essex) 6.37; 2 M Price (Herts) 6.32. **TJ: A:** 1 J Veeraper (Surrey) 14.20; 2 J Bright-Davies (Mdx) 13.73; 3 J Crookes (Soton) 13.22. **SP: A:** 1 D Olajiga (Surrey) 16.20; 2 S Collingridge (Mdx) 13.89; 3 S Wellington (Soton) 12.67. **DT: A:** 1 S Collingridge (Mdx) 42.04; 2 E Jenkinson (Soton) 40.47; 3 M Rushdon (Kent) 38.93. **B:** 1 M Callaway (Soton) 40.40. **HT: A:** 1 J Haines (Sussex) 56.77; 2 B Prain-Singh (Essex) 55.56; 3 A Jacques (Kent) 52.56; 4 U Amadi (Mdx) 45.88; 5 P Cassidy (Surrey) 44.88. **B:** 1 A Lewis (Sussex) 42.60. **JT: A:** 1 K Brown (Essex) 52.35; 2 A Ingham (Herts) 51.59; 3 S Staples (Sussex) 50.56; 4 H Parsons (Kent) 50.15

U17 women: 100: A: 1 E Carr (Bucks) 12.2; 2 I Bryant (Soton) 12.4; 3 C McCarthy (Herts) 12.6; 4 S Haigh (Sussex) 12.7. **5 S Henlon (Surrey) 12.7. B:** 1 A Teal (Soton) 12.3; 2 J Breach (Sussex) 12.5; 3 E Wood (Herts) 12.7. **200: A:** 1 D Blake (Kent) 25.1; 2 C McCarthy (Herts) 25.6; 3 A Teal (Soton) 25.8; 4 S Haigh (Sussex) 25.8; 5 N Okologume (Surrey) 26.0. **B:** 1 D Kuyppers (Kent) 25.5; 2 S Segun (Herts) 26.0. **300: A:** 1 E Wood (Herts) 40.6; 2 N Allin (Mdx) 41.6; 3 R O'Hara (Kent) 41.9. **B:** 1 I Munday (Kent) 41.7; 2 E Hack (Herts) 41.7. **800: A:** 1 S Mansfield (Sussex) 2:14.5; 2 H Thear (Bucks) 2:15.4; 3 E Grice (AFD) 2:15.9; 4 E Perks (Essex) 2:16.9; 5 M Wilson (Mdx) 2:17.4; 6 A Earlam (Surrey) 2:17.8; 7 G Taylor (Kent) 2:19.4; 8 M Whitfield (Herts) 2:21.5. **B:** 1 L Langford (Herts) 2:19.6; 2 J Keene (Kent) 2:21.6. **1500:** 1 J Keene (Kent) 4:44.1; 2 V Hiscock (Essex) 4:47.7; 3 N Taylor (Bucks) 4:50.0; 4 S Markwick (Sussex) 4:54.8. **3000:** 1 J Judd (Essex) 10:13.6; 2 P Monk (Surrey) 10:20.2. **80H: A:** 1 H Sarti (Surrey) 11.6; 2 I Hilditch (Kent) 11.7; 3 S Ridley (Win) 11.7; 4 L Thompson (Mdx) 11.7; 5 J Breach (Sussex) 12.0; 6 A Semark (Herts) 12.3. **B:** 1 M Hildrew (Surrey) 11.7; 2 C McSorley (Kent) 12.0; 3 M Cavanagh (Soton) 12.2; 4 D

Phillips (Mdx) 12.2; 5 A Carroll (Herts) 12.3. **300H: A:** 1 H Sarti (Surrey) 45.4; 2 Benton (Essex) 45.6; 3 L Connor (Sussex) 46.8; 4 H Day (Kent) 46.8; 5 K Oldfield (Soton) 46.9; 6 A Carroll (Surrey) 47.0. **B:** 1 J Mitchell (Surrey) 45.7. **1500SC: 1:** K Fuss (Kent) 5:01.4; 2 N Scott (Surrey) 5:42.0; 3 M Styles (Bucks) 5:51.9. **4x100:** 1 Kent 49.3; 2 Surrey 49.5; 3 Herts 49.4; 4 Bucks 50.3; 5 Hampshire 50.4; 6 Sussex 51.7; 7 Essex 51.9. **4x300:** 1 Hertfordshire 2:48.6; 2 Kent 2:49.7; 3 Middlesex 2:51.6; 4 Essex 2:52.5; 5 Surrey 2:53.0; 6 Buckinghamshire 2:57.5; 7 Sussex 3:01.3. **HJ: A:** 1 L Armorie (Essex) 1.65; 2 G Mee (Mdx) 1.65; 3 J Hoyte (Herts) 1.65; 4 L Milnthorpe (Sussex) 1.60; 5 K Oldfield (Soton) 1.60. **PV: A:** 1 L Connor (Sussex) 3.50; 2 J Robinson (Herts) 3.40; 3 P Croft (Kent) 2.80; 4 E Martin (Mdx) 2.70. **B:** 1 T Campbell (Sussex) 3.30; 2 E Breen (Herts) 2.70. **LJ: A:** 1 J Breach (Sussex) 5.33; 2 L Thompson (Mdx) 5.26; 3 J Robinson-Pascal (Kent) 5.22. **TJ: A:** 1 T Orelaja (Kent) 11.17; 2 R Reynolds (Surrey, U15) 11.02; 3 L Johnston (Bucks) 10.88; 4 M Bullman (Essex) 10.76. **B:** 1 G Sullivan (Kent) 11.13; 2 M Hildrew (Surrey) 10.84; 3 E Lindsey (Essex) 10.61. **SP: A:** 1 E Hodgson (Soton, U15) 12.52; 2 G Olaosebikan (Mdx) 11.98. **B:** 1 M Cavanagh (Soton) 11.43. **DT: A:** 1 E Wilcox (BMH) 39.22; 2 F Gutteridge (Essex) 34.79; 3 N Eronini (Mdx) 34.67; 4 A Barnett (Kent) 31.69; 5 C Coleman (Surrey) 30.84. **B:** 1 E Green (Soton) 33.80. **HT: A:** 1 S Howe (Essex) 52.62; 2 E Chandler (Mdx) 50.14; 3 H Pearce (Soton) 42.90; 4 A Stevens (Herts) 42.38; 5 H Owen (Kent) 39.37; 6 E Fossett (Surrey) 37.30. **B:** 1 P Davenall (Essex) 47.68. **JT: A:** 1 C Coleman (Surrey) 40.57; 2 E Green (Soton) 38.53. **B:** 1 E Fossett (Surrey) 37.29; 2 M Cavanagh (Soton) 36.83

SOUTH WEST LEAGUE DIVISION 2,
Plymouth

Men: 200: r1: 1 N Hunt (Wim, U20) 22.12. **800:** 1 S Anderson (Armada, M50) 2:12.41; 3 S Lang (SWVAC, M60) 2:25.50. **1500:** 1 S Anderson (Armada, M50) 16:31.17. **400H: r1:** 1 N Edwards (Armada, M40) 59.39. **HJ:** 1 N Hunt (Wim, U20) 1.95. **TJ:** 1 N Hunt (Wim, U20) 13.47. **U20: 5000:** 1 C Kennedy (Wim) 16:14.69. **DT:** 1 M Curtis (Wim) 43.11; 2 R Smith (Dor) 39.99. **U17: HJ:** 1 S Robins (N&P) 1.90. **U15: 100: r1:** 1 R Okumu (Dor) 11.72; 2 T Anderson (Wim) 12.00. **200: r1:** 1 R Okumu (Dor) 23.86. **Women: PV:** 1 T Carter (Wim, W40) 2.85. **LJ:** 6 P Hine (Wim, W50) 3.71. **DT:** 1 M Pearson (SWVAC, W65) 21.41. **HT:** 1 M Brett (N&P, U20) 46.40; 2 H Slade (Dor, U20) 34.84; 3 R Hutton (Wim, W65) 23.23. **U17: 3000:** 1 S Temple (N&P, U15) 10:43.83. **LJ:** 1 J Simson (Armada) 5.60. **HT:** 1 E White (Wim) 41.83. **U15: 3000:** 1 G Copeland (Wim) 10:16.05. **PV:** 1 B Trevail (N&P) 2.45. **SP:** 1 B Burley (Wim) 11.26. **DT:** 1 B Burley (Wim) 26.94

WILSON YOUNG ATHLETES' OPEN
MEDAL MEETING, Crossford Bridge

U13 girls: DT: 1 L Whitehouse (W&B) 26.90

WELSH SENIOR LEAGUE, Brecon

Men: 100: r1: 1 M Wilson (Swan, U20) 11.0. **110H: r1:** 1 G Elsdon (U20) 47.7; 2 R Price (Carm, U20) 15.3. **400H: r1:** 4 D Osborne (Brec, M50) 70.6. **HJ: 3:** W Edwards (Carm, U17) 1.85. **PV: 1:** E

Haddon (Swan) 4.20; 2 S Scarfi (Swan, U20) 4.20. **LJ: 1:** A Price (Carm, U20) 6.70. **SP: 1:** P Maitland (Swan, M40) 12.19. **DT: 1:** K Evans (Carm, U20) 39.97; 2 P Roberts (Swan, M40) 37.33. **HT: 1:** R Wells (Swan) 53.79. **JT: 1:** A Morgan (Carm) 57.89; 2 J Llewelyn (Carm) 56.68; 5 C Northey (Brec, M45) 37.11. **U17: 100H: r1:** 1 T Williams (Carm) 14.6; 2 R Williams (Swan) 14.6. **JT: 1:** R Dangerfield (B&W) 54.27; 2 N James (Swan) 51.14. **Women: 1500: r1:** 2 J Bradley (P'broke, U17) 4:53.7. **100H: r1:** 1 C Taylor (Card, U20) 15.4. **4x100: r1:** 1 Swan 51.8. **PV: 1:** E Jones (Swan) 3.10. **LJ: 1:** Morrisson (Swan) 5.72; 3 Taylor (5.25. **SP: 1:** L Griffiths (Card) 11.00; 5 K Llewelin (P'broke, W50) 7.63. **DT: 2:** Llewelin 25.49. **HT: 1:** T Wells (Swan) 50.15; 4 Llewelin 25.82. **JT: 1:** Llewelin 18.47. **U20: 400: r1:** 1 R Donnison (Carm) 58.4. **SP: 1:** A Rosser (Swan) 12.47. **HT: 1:** C Smith (Swan) 43.39. **U17: SP: 1:** A Humble (Carm) 10.00. **HT: 1:** H Powell (Neath) 40.72; 2 A Madan (P'broke) 34.20

JULY 19-20

UK ATHLETICS JUMPS & THROWS
FEST, Birmingham

TOM PARSONS achieved an outdoor best this summer with a 2.29m win in the high jump. **Men: HJ: A:** 1 J Broom-Edwards (NEB) 2.10; 2 D Storry (Worth) 1.95; 3 M Ashley (Notts) 1.95; 4 J Horne (P'boro, U17) 1.90. **B:** 1 T Parsons (Bir) 2.29; 2 R Bobrownicki (VPCG) 2.25; 3 M Roberts (NEB) 2.22; 4 B Starc (AUS) 2.22; 5 D Smith (SB) 2.19; 6 N Bojic (SRB) 2.19; 7 M Edwards (Bir) 2.16; 8 S Phelan (NEB) 2.13; 9 S Johnson (Bed C) 2.05. **PV: 1:** A Carpenter (SB) 4.80; eq: 2 L Yarwood (Sale)/ N Cruchley (Hale) 4.60; 4 N Hunt (And, U17) 4.35; 5 C Mills (WSEH, M35) 4.20. **B:** 1 G Heppinstall (Wake, U17) 3.85. **C:** 1 S Bass-Cooper (Soton, U20) 4.45; 2 T Dobbs (Wig, U17) 4.25; 3 E Jones (Card) 4.25; 4 J Parkinson (Wyc P, M35) 4.05. **LJ: A:** 1 J Reid (Bir) 7.86; 2 Ewulo (WG&EL) 7.40; 3 A Fernandez (NEB) 7.12; 4 J Davies (Sale) 7.08; 5 J Kelly (Bir) 6.90; 6 P Ogun (Croy) 6.87. **TJ: A:** 1 B Williams (Sale) 16.04/1.8; 2 N Okolo (SB) 15.67/1.4; 3 J Sawyers (WSEH) 14.98/0.3; 4 J Golley (NEB, M40) 14.97/1.5; 5 S Trigg (Erme) 14.75/0.9; 6 N Childs (TVH) 14.64/1.5; 7 M Nevers (Notts, U20) 14.50/1.3. **B:** 1 J Bagge (DEN) 14.92/1.5; 2 P Ogun (Croy) 14.73/1.7; 3 M Madden (Notts) 14.61/1.1; 4 S Amokwandoh (B&B, U20) 14.44/1.8; 5 J Richards-Thompson (VP&TH) 14.05/0.3; 6 R Sutherland (Wyc P, U20) 13.87/2.1; 7 R Tranter (Wale) 13.74/1.1. **SP: 1:** D Birkinhead (AUS) 17.91; 2 J Stevenson (NEB) 15.43; 3 A Hill-King (Win, U20) 12.67. **DT: 1:** G Thompson (SB) 54.03; 2 A Damadzic (Bir) 51.57; 3 T Norman (WG&EL) 50.56; 4 C Linque (WG&EL) 47.75; 5 M Plowman (Sheff) 47.62. **B:** 1 P Raison (AUS) 44.20; 3 D Brown (Liv Ps, M45) 31.51. **HT: A:** 1 M Dry (WG&EL) 70.78; 2 T Driessen (AUS) 68.24; 3 J Bedford (Bir) 65.80; 4 M Bomba (Liv H) 65.67; 5 H Peacock (AUS) 64.38; 6 C Shorthouse (Bir) 63.53; 7 A Warner (NEB) 59.81; 8 M Lasis (Craw) 57.79. **B:** 1 O Barnfield (W&B) 52.06; 2 R Martin (Bed C) 50.32; 3 D Burrell (Lut, M50) 48.75. **JT: A:** 1 R Leonard (Card) 56.66; 2 C Lacy (Have) 56.55; 3 C Martin (Herts P, U20) 55.17; 4 A Ingham (Bigg, U20) 52.85; 7 D Brown (Liv Ps, M45) 40.05. **B:** 1 B Buwembo (E&H) 73.09; 2 J Campbell (Chelt) 70.39; 3 G Johnson-Assoon (Herne H) 65.99; 4 N Crossley (Chelt) 61.05; 5 D McKay (W Ches) 57.48

U20: SP: 1: K Jones (NEB) 17.24; 2 J Watson (WSEH) 16.75. **DT: 1:** J Lasis (Craw) 48.81. **B:** 1 A Hill-King (Win) 42.47. **HT: A:** 1 T Head (NEB) 65.01; 2 J Lange (Glouc) 61.42. **B:** 1 T Fellowes (Bir) 57.02; 2 A Gillatt (Scun) 55.66; 3 I Huskinson (Nene V) 50.93; 4 K Acraman (Hill) 43.02. **U17: SP: 1:** R Shaw (Nene V) 14.36. **DT: B:** 1 J Briggs (BRAT) 44.58; 2 J Jones (FoD) 43.48. **HT: A:** 1 A Reynolds (Chelm) 54.33. **B:** 1 E Jeans (Prest) 50.82; 2 J Briggs (BRAT) 46.10; 3 M Dawes (Banb) 45.42

Women: HJ: A: 1 Z Timmers (AUS) 1.85; 2= S Cowley (NZL) 1.77; 2= R MacKenzie (I'ness) 1.77; 2= B Partridge (Bir) 1.77; 5 V Hubbard (Bir) 1.72; 6 J Morrish (Corn, U20) 1.67. **B:** 1 E Cowell (Soton, U20) 1.74; 2 E Widdop-Gray (SMR, U20) 1.68; 3 G Parris (Nun, U17) 1.62; 4 A Hempleman-Adams (B&W, U20) 1.62; 5 C Hibbert (Lut, U20) 1.62. **PV: A:** 1 O Curran (Bir) 4.05; 2 S Scott (Traff) 3.95; 3 B Raine (Card) 3.65; 4 C Blunt (KuH) 3.45; 5 J Swannack (Prest, U17) 3.25; 6 J Robbins (Notts, U20) 3.15. **B:** 1 D Langdale (Tel, U17) 3.25; 2 S Morrison (Woking) 3.25; 3 A Williams (Sale, U17) 3.05; 4 B Roberts (Bir, U20) 2.85; 5 C Doggett (Sale, U17) 2.75. **LJ: A:** 1 A Russell (Wig D) 6.24/0.7; 2 R Chapman (Exe) 6.17/1.1; 3 A Harris (Bir) 6.16/0.4; 4 K Eleyae (Swan) 5.95/0.9; 5 F Nicholson (Bed C) 5.86/1.3; 6 S Hibbert (Lut) 5.74/1.2; 7 H Jarosinski (K&S) 5.58/0.8; 8 A Barrett (TVH) 5.54/0.3. **B:** 1 M Martin (E&H, U20) 5.39; 4 N Bailey (Ket, U20) 5.20. **TJ: A:** 1 S Swanson (Swan) 11.80/0.9; 2 B Mortiboy (Notts, U20) 11.40/0.8; 3 S Worrall (W&B) 11.02/0.9; 4 A Kelly (Traff) 11.02/0.1; 5 I Charters (WSEH, U17) 10.75/0.0. **B:** 1 L Leverton (AUS) 13.30/0.0; 2 L Samuel (Bir) 13.17/0.1; 3 S Whight (WSEH) 12.83/0.0; 4 Z Asante (B&B) 12.59/1.6; 5 M Robbins-Hulse (Traff) 12.48/1.4; 6 L Zialor (Mil K, U17) 11.22/0.2. **SP: 1:** E Francis (Bir) 14.53; 2 K Mullahall (AUS) 14.28; 3 A Rodger (Sale) 13.88; 4 A Nicoli (Bir, U20) 13.46; 5 D Opara (AUS) 13.22; 6 R Hall (Nene V) 11.37; 7 E Campbell (Notts) 11.25. **SP: 1:** E Rathbone (Stoke, U17) 11.05. **DT: 1:** Gollshewsky (AUS) 55.68; 2 J Lally (SB) 54.75; 3 S Hakeai (NZL) 54.05; 4 E Francis (Bir) 51.24; 5 K Law (Sale) 50.66; 6 C Chamberlain (AUS) 50.26; 7 S Henton (B'burn, W40) 47.54; 8 A Holder (Read, U20) 46.67; 9 A Nicoll (Bir) 40.40. **B:** 1 Britane (TVH) 41.18; 2 E Bue (Worc, U20) 38.34; 3 E Kirk-Odunubi (B&H) 36.67; 4 S Fortune (Notts) 48.01; 11 Z Dakin (Swan, U20) 47.64. **B:** 1 L Webster (W&B) 45.09; 2 C Stallard (Glouc, U20) 44.10; 3 S Wise (Lut) 43.27; 4 E Beardmore (W&B) 42.09; 5 E Cook (Bir, U20) 40.26. **JT: A:** 1 C Doran (Wig D) 38.90; 2 T Stephens (Card, U20) 37.88; 3 N Davenport (B'end, U20) 37.00; 4 B Roberts (Bir, U20) 34.12. **B:** 1 K Roberts (AUS) 58.38; 2 R Semenytsch (Sale) 48.51; 3 I Britane (TVH) 47.71; 4 E Meakins (Herts P) 46.49; 5 N Wilson (Sale, U20) 43.91; 6 S De Kremer (Corby) 40.44; 7 L Lockwood (Have) 40.13. **U17: HT: B:** 1 L Presswell (Mil K) 49.38; 2 R Collins (Der) 45.68; 3 P Barnes (Mil K) 42.44; 4 C Lockett (Worc) 42.42; 5 H Walker (Bir) 37.99



Tom Parsons: 2.29m in Birmingham Jumps Fest

THEHORN

JULY 19

LEAP, Loughborough

ADAM GEMILI has a double sprint winner with 10.20 and 20.53.

In the 400m, Nigerians Folasade Abugan in 51.21 and Patience George with 51.66 defeated world champion Christine Ohuruogu, who was third in a European qualifying time of 51.66 in only her second 400m race of the year.

Anyika Onuora showed good stamina to go to second in the UK rankings with 51.78.

Olympic decathlete Daniel Awde clocked a PB 45.84 in the 400m while UK record-holder Montell Douglas won the 100m in 11.43.

Men: 100: r1.1 (0.0): 1 R Douglas (Donc) 10.66; 2 K Ennis (Banb) 10.76; 3 L Giblin (Kuh) 10.89; 4 B Stephenson (Lough S) 10.97. **r1.2 (-0.8):** 1 A Wright (M&M) 10.82. **r2.1 (-1.0):** 1 R Gittins (BAR) 10.25; 2 O Egwero (NGR) 10.32; 3 W Fraser (BAH) 10.41; 4 H Bruintjies (RSA) 10.48; 5 R Smith (Rad) 10.49; 6 S Osewa (Lough S) 10.59; 7 C Lawson (SB) 10.59; 8 E Skervin (Notts) 10.62.

r2.2 (-0.5): 1 A Ogunlewe (NGR) 10.56; 2 A Syers (Lough S) 10.58; 3 J Smyth (IRL) 10.65; 4 D Putnam (Lough S) 10.73; 5 R Anthony (Donc) 10.82; 6 A Wright (M&M) 10.88; 7 O Sinclair (Charn, U17) 10.93. **r2.3 (-1.0):** 1 B Robinson (Herne H) 10.91. **r2.4 (-0.2):** 1 R Taylor (Lough S) 10.96. **A (0.2):** 1 A Gemili (B&B) 10.20; 2 W Fraser (BAH) 10.27; 3 R Gittins (BAR) 10.29; 4 E Ogho (NGR) 10.36; 5 H Bruintjies (RSA) 10.40; 6 M Joseph (NGR) 10.53; 7 T Leahart (AUS) 10.67. **B (-1.3):** 1 R Smith (Rad) 10.61; 2 S Osewa (Lough S) 10.61; 3 A Syers (Lough S) 10.65; 4 J Hammond (AUS) 10.69; 5 N Levine (WSEH) 10.71; 6 J Smyth (IRL) 10.71. **C (0.0):** 1 R Evans (Stock H) 10.55; 2 J Jung (AUS) 10.55; 3 C Lawson (SB) 10.57; 3 E Skervin (Notts) 10.57; 5 O Sinclair (Charn, U17) 10.91. **200: r1 (-0.5):** 1 A Gemili (B&B) 20.53; 2 B Lawrence (SKN) 20.91; 3 R Evans (Stock H) 21.00; 4 J Geddes (AUS) 21.07. **r1.1 (0.0):** 1 D Lima (POR) 20.95; 2 V Dos Santos Soares (POR) 21.03; 3 A Infantino (SB) 21.18; 4 K Ennis (Banb) 21.25; 5 N Levine (WSEH) 21.36; 6 A Wright (M&M) 21.37. **r3 (0.2):** 1 D Putnam (Lough S) 21.14; 2 D Cowan (HW) 21.34; 3 L Giblin (Kuh) 21.42; 4 B Robinson (Herne H) 21.65; 5 A Boyce (Liv H) 21.75; 6 P Shand (Tipton) 21.97.

400: r1: 1 D Awde (WG&L) 45.84; 2 N Ekelund Arenander (DEN) 46.22; 3 R Buck (Lough S) 46.27; 4 C Burns (AUS) 46.68; 5 N Saihu (NGR) 46.99; 6 Y Fonsat (FRA) 47.38. **r2:** 1 J Bowie (I'ness) 46.18; 2 S Koumi (Bir) 46.22; 3 V Dos Santos Soares (POR) 46.27; 4 E Okoro (Bir) 46.73; 5 K Robertson (SB) 46.84; 6 E Erayokan (NGR) 47.00; 7 N Hilton (Liverpool) 48.04. **r3:** 1 D Cowan (HW) 46.87; 2 G Loudon (Lass) 46.96; 3 A Boyce (Liv H) 47.66; 4 F Francios (SWE) 47.94; 5 H Grillas (FRA) 48.33; 6 P Swan (Edin) 48.55; 7 C Byron (Bir) 48.89. **r4:** 1 M Edwards (Lough S) 48.21; 2 S Walton (Glas) 48.37; 3 H Doran (Liv PS) 48.60; 4 B Higgins (Ips) 48.93; 5 D Higham (Liv PS) 48.94. **110H: A (-0.8):** 1 G Swift (BAR) 13.54; 2 T Atkins (NGR) 13.88; 3 D King (Ply) 13.96; 4 D Boothearts (BEL) 14.14; 5 N Hough (AUS) 14.18; 6 D Feeney (Amber) 14.29.

B (-0.9): 1 L Doucoure (FRA) 13.73; 2 A Wilson (VP&TH) 15.06; 3 J Yarde (WSEH) 15.11; 4 L Thompson (NEB) 15.94; 5 M Copeland (Der) 15.99. **H1 (3.4):** 1 D King (Ply) 13.70; 2 N Hough (AUS) 13.95; 3 D Feeney (Amber) 14.05; 4 R Thomas (Herne H, U20) 14.31; 5 T Moakes (Lough S) 14.93; 6 J Yarde

(WSEH) 14.97. **H2 (2.0):** 1 G Swift (BAR) 13.42; 2 R Forbes (CAY) 13.69; 3 D Boothearts (BEL) 13.80; 4 J Lane (Sheff) 14.58; 5 A Wilson (VP&TH) 14.86; 6 M Copeland (Der) 15.69; 7 L Thompson (NEB) 15.73. **400H: r1:** 1 A Taketoshi (JAP) 50.24; 2 M Omara (FRA) 51.19; 3 F Bellabous (FRA) 51.69; 4 B Ashby (Herne H) 53.01. **r2:** 1 D Martin (VPCG) 51.90; 2 M Alozdiss (CYP) 52.08; 3 M Baker (Lough S) 52.41; 4 S Plumb (Lough S) 53.17; 5 O †strand (SWE) 53.41. **r3:** 1 L Gumbs (Lough S) 51.81; 2 D Dempsey (Gate) 52.74; 3 T Moakes (Lough S) 52.81; 4 J Lodowski (E&H) 53.92; 5 L Thompson (NEB) 55.00. **PV:** 1 M Eaves (Lough S) 5.62; 2 F Pocklington (AUS) 5.06; 2= G MacLean (Lough S) 5.06; 4 A Sutcliffe (Unatt) 5.06; 5 D Gardner (Lough S) 4.91; 6 C Myers (M'bro, U20) 4.76. **LJ:** 1 B Pickup (Lough S) 7.36/0.6; 2 D Martin (Glas) 6.99/-0.2; 3 S Hall (Gate) 6.92/0.1. **JT:** 1 S Farquhar (NZL) 78.18; 2 N Crossley (Chelt) 68.51; 3 J Campbell (Chelt) 67.70.

Women: 100: r1.1 (-0.9): 1 M Douglas (B&B) 11.61; 2 L Bloor (Lough S) 11.70; 3 J Sule (NGR) 11.79; 4 L Ozoh (NGR) 11.82; 5 A Whittaker (AUS) 11.89; 6 M Cutmore (AUS) 11.94. **r1.2 (0.8):** 1 A Gouenon (Lough S) 11.68; 2 E Nelson (AUS) 11.71; 3 M Gayen (AUS) 12.09. **r2.1 (0.3):** 1 M Douglas (B&B) 11.43; 2 L Bloor (Lough S) 11.55; 3 J Sule (NGR) 11.67; 4 L Ozoh (NGR) 11.70. **r2.2 (1.1):** 1 A Gouenon (Lough S) 11.77; 2 M Hoult (Kuh) 12.08; 3 R Campsall (York) 12.11; 4 M Taylor (Lough S) 12.24. **200: r1.1 (0.0):** 1 A Rubie (AUS) 23.87; 2 A Allcock (Lough S) 23.94; 3 A Whittaker (AUS) 24.12; 4 L Jones (NZL) 24.59. **r2 (-0.3):** 1 L Wake (Lough S) 24.21; 2 J Knight (Lough S) 24.66; 3 M Mitchell (AUS) 24.88. **400: r1:** 1 F Abugan (NGR) 51.21; 2 P Ogun George (NGR) 51.66; 3 C Ohuruogu (NEB & Essex) 51.66; 4 A Onuora (Liv H) 51.78; 5 V Ohuruogu (NEB & Essex) 53.72; 6 A Benjamin (NGR) 54.27. **r2:** 1 C Sargent (AUS) 52.96; 2 M Ikeke (K&P) 53.26; 3 J Gulli (AUS) 53.86; 4 D Ramsay (VPCG) 55.32. **r3:** 1 J Knight (Lough S) 54.23; 2 Z Ballentyne (NZL) 54.91; 3 K Camp (NZL) 55.33; 4 K Stainton (Lough S, U20) 55.62; 5 B Cull (NZL) 56.48. **r4:** 1 P Bing (NZL) 53.99; 2 K Baillie (NZL) 55.26; 3 K Larose (WG&L) 55.27; 4 A Ika-Oqua (W&B) 55.62; 5 S Coleby (Dur) 56.43; 6 K Katsanevakis (AUS) 57.14. **100H: r1 (0.1):** 1 K Beckles (BAR) 13.47; 2 F Morrison (NZL) 13.48; 3 K Robilliard (Lough S) 13.54; 4 M Nwawur (Harrow) 13.92; 5 O Walker (C&S, U20) 14.22. **r2 (1.0):** 1 M Jenneke (AUS) 13.27; 2 K Drew (Soton) 13.57; 3 A Broadbelt-Blake (TVH) 13.72; 4 R Kingston (Rad) 14.56; 5 K Beckles (BAR) 14.62; 6 D Samuels (Lough S) 15.04. **A (-1.5):** 1 K Beckles (BAR) 13.57; 2 F Morrison (NZL) 13.70; 3 K Robilliard (Lough S) 13.73; 4 M Nwawur (Harrow) 13.98; 5 K Drew (Soton) 14.03; 6 A Broadbelt-Blake (TVH) 14.42. **B (-0.7):** 1 O Walker (C&S, U20) 14.57; 2 R Kingston (Rad) 15.14; 3 D Samuels (Lough S) 15.41.

400H: r1: 1 J Hayes (USA) 56.18; 2 A Chaboudez (FRA) 56.53; 3 S Petersen (DEN) 56.83; 4 A Ogoemunam (NGR) 57.01; 5 D Rodriguez (URU) 58.10; 6 L Wake (Lough S) 58.65. **r2:** 1 A Dauwens (BEL) 56.69; 2 L Pekin (AUS) 58.61; 3 A Naibe-Wey (Herne H) 59.55; 4 V Jakobsen (NOR) 59.95; 5 H Lloyd (Lough S) 60.65; 6 K Dixon (E&H) 61.22; 7 E Valles (ESP) 61.27. **r3:** 1 E Komocki (Notts) 60.81; 2 L Delgado (POR) 61.33; 3 C Robertson (Erme) 62.06; 4 M Dixon (W&B) 65.88; 5

G Whitfield (Newc U, U20) 67.47. **HJ:** 1 V Dronsfield (SWE) 1.76; 2 R MacKenzie (I'ness) 1.76. **PV:** 1 L Parnov (AUS) 4.33; 2 H Paxton (Bir) 4.13; 3 C MacGuire (Edin) 3.93; 4 A Roberts (Dearne, U20) 3.93; 5= V Parnov (AUS) 3.93; 5= K Byres (Sale) 3.93; 7 S Cook (Bir) 3.78; 8 K James (WG&L) 3.63. **LJ:** 1 S Stanwell (AUS) 5.55/-0.4. **JT:** 1 L Whittingham (Lough S) 52.70; 2 R Semenytsch (Lough S) 47.99.

SIAB SCHOOLS' INTERNATIONAL, Cardiff
ENGLAND won the Schools International with plenty in hand. Ryan Gorman equalled his UK lead in the 200m with 21.53, but fell just short of his record from last year.

Scotland's Josh Kerr surprised Markhim Lonsdale with a PB win in the 1500m.

Will Battershill and Archie Walton gained an England one-two in the steeplechase. Battershill winning by just 0.04 with a UK lead of 4:18.15.

Wales' Ryan James made a huge improvement to win the 400m hurdles in 53.45.

Ireland's Eoin Sheridan set a meeting record in the discus with 55.43m, but George Armstrong also bettered the previous record.

Fresh from a UK under-17 lead at 800m, Sabrina Sinha won the 1500m while Harriet Knowles-Jones removed Yvonne Murray's record with a 9:29.11 win in the 3000m.

Ireland's Michaela Walsh set new marks in both the shot (15.08m) and hammer (58.29m).

Two field marks fell to English women: Emma Hampllett won the javelin with 51.52m and Naomi Ogbeta set a PB of 12.28m in the triple jump, though there is a superior windy mark.

MATCH (combined): 1 England 494; 2 Ireland 359; 3 Wales 246; 4 Scotland 223

U17 men: 100 (-2.1): 1 O Bromby (ENG) 10.92; 2 K Oludoyi (ENG) 10.98; 3 M Olsen (SCO) 11.16. **200 (-0.7):** 1 R Gorman (ENG) 21.53; 2 T Harries (ENG) 21.67; 3 M Olsen (SCO) 22.17; 4 K Jones (WAL) 22.23; 5 C Newell (IRL) 22.38; 6 S Lawlor (IRL) 22.46; 7 S Wilson (SCO) 22.52. **400:** 1 B Masterson (IRL) 48.58; 2 O Richardson (ENG) 48.87; 3 M Pagan (ENG) 49.01; 4 J Fitzsimons (IRL) 50.15; 5 T Arnold (WAL) 50.27; 6 J Ford (WAL) 50.82. **800:** 1 D Rowden (ENG) 1:52.92; 2 J Heyward (WAL) 1:53.01; 3 H Abdi (Lough S) 1:54.21; 4 M Nasir (IRL) 1:55.62; 5 B Claridge (WAL) 1:55.96; 6 B Greenwood (SCO) 1:56.58; 7 E Urquhart (SCO) 1:59.84. **1500:** 1 J Kerr (SCO) 3:56.23; 2 M Lonsdale (ENG) 3:57.61; 3 C Cohen (ENG) 3:58.28; 4 C Maclean (SCO) 3:58.58; 5 L Horgan (IRL) 3:58.91; 6 K Mcgrath (IRL) 4:01.43; 7 M Williams (WAL) 4:01.57. **3000:** 1 K Mulcaire (IRL) 8:36.76; 2 S Ferroni (ENG) 8:37.85; 3 J Dee (ENG) 8:44.70; 4 F Curtin (IRL) 9:00.49; 5 C Smith (WAL) 9:06.84; 6 S McKay (SCO) 9:16.29; 7 J Arthur (SCO) 9:19.29. **100H (-1.9):** 1 J Murphy (IRL) 13.55; 2 E Akanni (ENG) 13.64; 3 M Shields (ENG) 13.70; 4 H Hillman (WAL) 13.71; 5 R Harris (WAL) 14.31; 6 B Fisher (IRL) 14.46; 7 D Mason (SCO) 14.49. **400H:** 1 R James (WAL) 53.45; 2 R Cole (ENG) 53.61; 3 T Pitkin (ENG) 56.02; 4 S Essuman (WAL) 56.94; 5 C Barnes (IRL) 56.95; 6 H Bell (SCO) 57.63; 7 I Wilson (SCO) 57.64. **1500SC:** 1 W Battershill (ENG) 4:18.15; 2 A Walton (ENG) 4:18.19; 3 C Stewart (SCO) 4:31.34; 4 S Collins (IRL) 4:33.87; 5 P Lynch (IRL) 4:35.36; 6 O Moyle (WAL) 4:38.18; 7 A Liles (WAL)

4:41.17; 8 E McKerral (SCO) 4:42.28. **3000W:** 1 A Egan (IRL) 12:59.52; 2 A Bell (IRL) 13:46.07; 3 L Logan (ENG) 14:18.36; 4 T Snook (ENG) 14:30.70. **4x100:** 1 ENG 41.93; 2 IRL 42.19; 3 WAL 42.73. **4x400:** 1 ENG 3:18.38; 2 WAL 3:22.01; 3 IRL 3:23.45; 4 SCO 3:24.09. **HJ:** 1 K Marks (IRL) 2.00; 2 L Johnson (ENG) 1.95; 3 B McGuire (SCO) 1.90; 4 R Marrs (IRL) 1.90. **PV:** 1 A Douglas (ENG) 4.23; 2 Y Kanash (IRL) 4.03; 3 C Moriarty (SCO) 3.73; 4 R Grimwade (WAL) 3.73; 5 A Lowe (SCO) 3.63; 6 R Davies (WAL) 3.43. **LJ:** 1 P Sylja (ENG) 6.93/-0.8; 2 M Miller (ENG) 6.82/-0.5; 3 R Ryan (IRL) 6.77/-0.2; 4 B Fisher (IRL) 6.40/-0.8. **TJ:** 1 K Metzger (ENG) 14.59/-1.9; 2 O Salu (ENG) 14.07/-1.4; 3 J Hoang (IRL) 13.49/-1.8; 4 T Walley (WAL) 13.14/-1.9; 5 C O'Callaghan (IRL) 12.92/-0.6. **SP:** 1 E Evans (SCO) 16.71; 2 N Thomson (WAL) 16.12; 3 W Knight (ENG) 16.03; 4 E Sheridan (IRL) 15.53; 5 D Cartwright (ENG) 15.30; 6 J French (IRL) 15.26; 7 H Bell (SCO) 12.94. **DT:** 1 E Sheridan (IRL) 55.43; 2 G Armstrong (ENG) 54.92; 3 A Barkley (IRL) 52.19; 4 G Evans (SCO) 49.87; 5 P Swan (ENG) 47.52; 6 N Thomason (WAL) 40.15. **HT:** 1 J Norris (ENG) 66.84; 2 N Thomson (WAL) 62.43; 3 G Marvel (ENG) 60.11; 4 C Mullins (SCO) 54.40; 5 A Christie (IRL) 52.31; 6 B O'Donnell (IRL) 49.61; 7 J Mitchell (SCO) 46.25; 8 O Murphy (WAL) 43.23. **JT:** 1 G Davies (ENG) 70.07; 2 J Whiteaker (ENG) 67.41; 3 J Magee (IRL) 58.56; 4 R Dangerfield (WAL) 53.45; 5 N James (WAL) 52.96.

U17 women: 100 (-1.3): 1 M Marrs (IRL) 12.01; 2 A Rees (SCO) 12.11; 3 M Shokunbi (ENG) 12.17; 4 A Reynolds (WAL) 12.19; 5 J Wrisberg (SCO) 12.24; 6 G Akpe-moses (IRL) 12.41; 7 A Beardmore (ENG) 12.57. **200 (-0.1):** 1 C McLennaghan (ENG) 24.09; 2 A Reynolds (WAL) 24.46; 3 A Rees (SCO) 24.70; 4= S Mawdsley (IRL) 25.15; 4= S Treacy (IRL) 25.15; 6 D Kuypers (ENG) 25.99; 7 S Henderson (SCO) 25.36.

300: 1 E Barrett (ENG) 38.65; 2 C Reid (ENG) 38.87; 3 E Williams (WAL) 38.97; 4 J Cherry (SCO) 38.99; 5 A Forkan (IRL) 39.51; 6 Z Nash (WAL) 40.87; 7 R Smith (SCO) 40.91; 8 A Campion (IRL) 41.38. **800:** 1 C McAulay (ENG) 2:09.65; 2 C Hughes (WAL) 2:10.81; 3 C Sweeney (IRL) 2:10.98; 4 E Baker (ENG) 2:12.95; 5 J Reekie (SCO) 2:13.67; 6 J Parry-Jones (WAL) 2:14.91; 7 K Anderson (SCO) 2:18.63; 8 L Whitelaw (IRL) 2:20.28. **1500:** 1 S Sinha (ENG) 4:23.35; 2 R Johnson (ENG) 4:23.89; 3 N Power (IRL) 4:34.88; 4 A Hamill (IRL) 4:40.50; 4:43.71; 5 H Addison (SCO) 4:49.55; 6 B Evans (WAL) 4:52.26. **3000:** 1 H Knowles-Jones (ENG) 9:29.11; 2 N Brown (ENG) 9:44.21; 3 G Black (SCO) 10:03.79; 4 H Davies (WAL) 10:12.04; 5 I Carron (IRL) 10:12.36; 6 I Morris (WAL) 10:16.96; 7 L Stark (SCO) 10:24.38.

80H (-1.7): 1 A Barrett (ENG) 11.20; 2 M Scott (IRL) 11.62; 3 S Elliott (ENG) 11.71; 4 C O'mahoney (IRL) 11.78; 5 A Bowers (WAL) 12.19; 6 I Menzies (SCO) 12.38. **300H:** 1 A Borel (IRL) 43.19; 2 M Hughes (ENG) 43.38; 3 D Brimacombe (ENG) 43.49; 4 A Bowers (WAL) 43.82; 5 C Whelan (IRL) 45.26; 6 G Gordon (SCO) 46.17; 7 L Williams (WAL) 46.44; 8 B Buchanan (SCO) 47.92. **1500SC: ns:** 1 E Griffin (WAL) 5:12.22; 2 A Armstrong (IRL) 5:21.84; 3 K Turnbull (SCO) 5:24.73; 4 K Naismith (SCO) 5:40.11; 5 C Whelan (IRL) 5:45.17; 6 A Powell (WAL) 5:55.00. **3000W:** 1 S Lewis-ward (ENG) 14:27.08; 2 N O'connor (IRL) 14:39.97; 3 H Butcher (ENG) 15:07.48; 4 C Kennedy (IRL) 15:07.96; 5 M Stratton-thomas (WAL) 17:42.08. **4x100:** 1 ENG 46.68; 2 IRL 46.76; 3 SCO 47.37; 4 WAL 49.20.

4x300: 1 ENG 2:43.02; 2 IRL 2:43.26; 3 WAL 2:44.72; 4 SCO 2:47.58. **HJ:** 1 A Ward (ENG) 1.74; 2 T Tapley (ENG) 1.71; 3 S Lecky (IRL) 1.68; 4 C Deeley (IRL) 1.60; 5 A Gullen (SCO) 1.60; 6 E McNicol (SCO) 1.60. **PV:** 1 T Hooper (ENG) 3.55; 2 R Gray (ENG) 3.43; 3 C Jones (WAL) 3.33; 4 F Llewellyn (WAL) 2.93; 5 K Cronie (SCO) 2.83; 6 M Dunford (IRL) 2.83; 7 H McDiarmid (SCO) 2.73. **LJ:** 1 E Morland (IRL) 5.87/-0.9; 2 S Fajemisin (ENG) 5.79/-0.2; 3 N Harryman (ENG) 5.72/-0.4; 4 R Alexander (SCO) 5.54/-0.5; 5 S Moar (SCO) 5.25/-1.2; 6 C Hughes (WAL) 5.20/-1.0. **TJ:** 1 N Ogbeta (ENG) 12.28/-2.0; 2 M Carey (IRL) 12.10/-0.3; 3 E Gargan (ENG) 11.33/-1.8; 4 L Mills (IRL) 10.94/-0.4; 5 S Moar (SCO) 10.81/-1.0; 6 R Alexander (SCO) 10.56/-1.4; 7 S Williams (WAL) 10.42/-1.9. **SP:** 1 M Walsh (IRL) 15.08; 2 D Oladipo (ENG) 13.95; 3 M Obijaku (ENG) 13.90; 4 K Whiteley (WAL) 12.51; 5 A Horne (SCO) 12.38; 6 N Fogarty (IRL) 11.33; 7 N Feighan (SCO) 11.31; 8 S Omoregie (WAL) 11.16. **DT:** 1 S Mace (ENG) 43.64; 2 S Merrit (SCO) 41.97; 3 D Milne (SCO) 40.09; 4 A Rimmington (WAL) 36.70; 5 A Doyle (IRL) 35.04; 6 K Whiteley (WAL) 32.14; 7 S Hoey (IRL) 31.26. **HT:** 1 M Walsh (IRL) 58.29; 2 K Lambert (ENG) 54.29; 3 A Herrington (ENG) 54.22; 4 A Rimmington (WAL) 53.96; 5 S Hoey (IRL) 53.76; 6 E Pearce (WAL) 52.29; 7 E Rae (SCO) 50.02; 8 N Robbins (SCO) 44.04. **JT:** 1 E Hampllett (ENG) 51.52; 2 O O'brien (IRL) 45.10; 3 L Dawkins (ENG) 39.27; 4 G Casey (IRL) 36.60; 5 M Flockhart (SCO) 36.54

UK U19 DEVELOPMENT U13/U15 LEAGUE
MIDLAND PREMIER 1, Rugby
MATCH: 1 Swansea H 524.5; 2 Rugby & N 519.5; 3 Birchfield H 498; 4 Cardiff AAC 432; 5 Charnwood 353.5; 6 Solihull & SH297.5.

U15 boys: 100: 1 K Chambers-Brown (Bir) 11.1; 2 L Gealy (Swan) 11.8; 3 A Leeson (R&N) 12.0. **B:** 1 T Williams-Greene (Bir) 11.5; 2 J Hughes (Swan) 11.5. **ns1:** 1 C Griffiths (S Wales) 12.0. **200:** 1 K Chambers-Brown (Bir) 22.6; 2 K Buxton (Charn) 23.7; 3 A Leeson (R&N) 23.7. **300:** 1 T Jasper (R&N) 37.3; 2 J Draisney (Swan) 37.8; 3 T O'Hanlon (SSH) 39.0. **800:** 1 J Vincent (Card) 2:06.8. **1500:** 1 A Searle (R&N) 4:25.1; 2 B Rouse (Charn) 4:26.1. **80H:** 1 M Thompson (Swan) 11.7; 2 T Thomas (Charn) 11.7; 3 J O'Leary (R&N) 11.8; 4 J Lewis (Card) 12.5. **B:** 1 S Tutt (R&N) 12.5; 2 T Britt (Card) 12.8. **4x100:** 1 Bir 47.8; 2 Swan 48.6. **PV:** 11 Hosgood (Swan) 2:60. **SP:** 1 K Chambers-Brown (Bir) 12.34. **DT:** 1 S Hill (Swan) 34.59; 2 J Morse (Card) 32.44. **HT:** 1 K Grimwade (Card) 46.25; 2 S Hill (Swan) 35.96. **JT:** 1 T Williams-Greene (Bir) 43.55; 2 R Hodges (R&N) 42.94

U13: 100: 1 J Edwards (Bir) 12.7. **200:** 1 J Edwards (Bir) 25.6. **800:** 1 E Lee (Swan) 2:23.0. **1500:** 1 E O'Shea (Charn) 4:41.0; 2 A Caulfield (R&N) 4:49.6; 3 A Stapleton (Bir) 4:52.3; 4 L Thomas (Swan) 4:56.1. **B:** 1 G Shephard (Charn) 4:51.1; 2 D Swain (Bir) 4:53.3; 3 B Hope (R&N) 4:56.5. **5H:** 1 T Cook (Swan) 12.3; 2 A Bowers (R&N) 13.1; 3 C Jennings (Bir) 14.0. **B:** 1 J Ricketts (Bir) 12.9; 2 L Thomas (Swan) 13.0. **4x100:** 1 Bir 53.7; 2 Swan 55.3. **HJ:** 1 Z Elliott (Bir) 1.50; 2 A Mohsin (Card) 1.45. **LJ:** 1 Z Elliott (Bir) 5.30. **SP:** 1 J Edwards (Bir) 9.03

U15 girls: 300: 1 J Kiffin (Charn) 42.6; 2 C Robertson (SSH) 42.8. **800:** 1 P Carmichael (R&N) 2:22.2; 2 N Reid (Card) 2:22.3. **1500:** 1 A Gammon

England expects some Glasgow glory

JULY 19

BMC GRAND PRIX, Oxford

THE preparations of Hannah England and Richard Peters as they head to Glasgow this week couldn't have been more different. *Kevin Fahey reports.*

Admittedly both were winners in their final sharpening up races ahead of the Commonwealth Games when they will be representing England in the 1500m but since both finished third in the British Championships their paths have clearly diverged.

While England, who was fourth in the 1500m at the World Championships in Moscow last year, headed to Font Romeu to train at the British Athletics high-altitude training resort in the French Pyrenees, Peters was scrapping around trying to find a fast race to run the European Championships qualifying standard of 3:37.50.

He couldn't get into the Diamond League race – where all four Brits ran PBs – and after fruitless hours spent on the phone and email (as a student in America he is not allowed an agent) ended up running a lacklustre effort in Belgium so the opportunity was lost.

That left him determined to retain his mile title and restore his bruised confidence.

"It is important that I keep my eyes focused on the Commonwealth Games to ensure I do well there because I am really excited about my first senior championship. My training has been going really well and I know I can run 3:36 or quicker, but my priority was to win because I think anything less would have dented my confidence."

Veteran coach Mike Down was rather more outspoken about Peters' lack of opportunity.

"Since Rich finished third in the British Championships, I feel we have had little support or encouragement from the federation and it has been a really tough two weeks," said Down.

On the evidence of her win as she sprinted clear of Marilyn Okoro in the final 200 metres, England has spent her time profitably in Font Romeu and her time of 2:00.50 earned her a £500 bonus.

"I only came back on Thursday and the BMC were good enough to fit me into the race because it was important for me to race today before going to the Commonwealth Games," said England.

"I had not raced at Oxford since I was 18, but I did a lot of my training here growing up so it was good to come back and I felt really good."

"It was the perfect race for me having Maz (Marilyn Okoro) in the field. As for Glasgow the first aim is to make the final and then finish as high as I can."

"I think I did okay in Delhi four years ago (she was fourth) but the field was a bit thin there and it looks a lot stronger this time."

Four years ago Charlotte Purdue was a team-mate of England in Delhi, finishing fourth in the 10,000m and sixth in the 5000m and, while injuries denied her the chance of making the team this year, it was good to see her looking competitive again.

Purdue had no answer when Elle Vernon sped clear in the final 300m

to add the 5000m title to her success in the 3000m at the Grand Prix in Trafford the previous week, but she at least posted a season's best of 16:03.94 after the race was delayed by a thunderstorm.

"I really enjoyed that," said Purdue. Paul Goodall avenged his defeat against Anthony Whiteman at Trafford with a much better tactical run that saw him come through late in the 800m.

"When Tony came by me again I thought 'not this time' and this time I had something left," said Goodall. "It was nice to win."

Central AC's 22-year-old Andrew Butchart smashed his PB by more than 50 seconds to win the 5000m in 13:58.05 and go 12th on the UK 2014 rankings and become second quickest in Scotland behind Tom Farrell.

"I thought I was fit enough to get close to 14 minutes but wasn't sure I would go under it so I am delighted," said Butchart, who won his first BMC prize of £200 in their Best of British initiative. Seven of the top nine ran lifetime bests as they broke 14:30.

Looking to the future, 16-year-old Guernsey athlete Danny Ray won the Peter Coe Mile for under-17 men in a PB of 4:19.75, while in the Frank Horwill Mile for under-17 women 15-year-old Sophie Tooley of West Suffolk retained her title with a PB of 4:54.22.

At the other end of the age scale, Dave Cowlishaw set a UK M45 mile best of 4:26.34. M50 Mike Trees was second and narrowly outside his age-group record set here last year.

Men: 800: 1 P Goodall (Norw) 1:49.09; 2 A Whiteman (SB, M40) 1:49.51; 3 J Webb (Liv H) 1:49.69; 4 S Mollay (Ton, U20) 1:49.96; 5 E Aston (Bir) 1:51.07; 6 T Sein (Kenya) 1:51.95. **B:** 1 H Fleming (Walton, U20) 1:52.51; 2 D Chambers (Der, U20) 1:52.72; 3 S Mackay (I'ness) 1:54.34. **C:** 1 H Carter (BMH) 1:52.37; 2 M White (Dund H) 1:52.51; 3 D Gurton (W Green) 1:52.66; 4 I Williamson (Bir, M35) 1:52.68; 5 D Stepney (Phoe) 1:52.70; 6 J Littlehales (Stock H) 1:52.91; 7 G Duggan (Ton, U20) 1:53.24; 8 S Ferguson (Rad) 1:53.60. **D:** 1 G Smith (Swan) 1:53.09; 2 J Hiorns (Notts) 1:53.51; 3 D Ragan (BMH) 1:53.78; 4 N Armstrong (Bexley, U20) 1:55.17. **E:** 1 S Mitchell (Notts) 1:50.94; 2 T Frith (S'end) 1:52.13; 3 J Trigwell (Exe) 1:52.96; 4 R de-Camps (Glouc) 1:54.04; 5 A Jones (E&H) 1:54.31; 6 H Davis (Kent) 1:54.40; 7 T Bowerman (AFD) 1:54.41. **F:** 1 N Gillis (Team K, U20) 1:52.48; 2 J del Azar (Brack, U20) 1:53.39; 3 P Tobin (Swan) 1:54.06; 4 M Seddon (Brack, U20) 1:54.19; 5 R Wilson (Linc W) 1:54.55; 7 A Burrows (Tel, U17) 1:56.24. **G:** 1 J Tobin (Swan, U20) 1:53.97; 2 J Ansell (Kent) 1:54.98; 10 C Bell (Hallam, U17) 1:58.52. **5000:** 1 A Butchart (Centr) 13:58.05; 2 W Gray (B&H) 14:13.84; 3 J Hopkins (Card) 14:16.38; 4 A Cooray (VoA, M35) 14:18.15; 5 A Dunbar (Norw) 14:21.87; 6 M Armstrong (SB) 14:22.82; 7 T Debele (Leeds C) 14:23.87; 8 J Davies (Read) 14:24.86; 9 I Bailey (AFD) 14:29.28; 10 J Townsend (Leeds C) 14:32.38; 11 J Martin (Stock H) 14:34.21; 12 C Smith (Leeds C) 14:34.85; 13 B Russell (Liv H) 14:35.45; 14 M Leach (Bed C) 14:45.97; 15 S Fontana (VPCG) 14:56.47; 16 J Guilment (Phoe) 14:58.44. **B:** 1 D Shaw

Storming run: Hannah England defeats Marilyn Okoro at a wet Oxford



(New M) 14:34.91; 2 J Gilbert (Kent) 14:36.82; 3 P Asgodom (E&H, U20) 14:41.97; 4 J Connor (Kent) 14:42.18; 5 J Bull (Der) 14:43.59; 6 C Rainsford (Hean) 14:48.82; 7 F Downs (Chilt) 14:50.99; 8 C Ruddy (Belg) 14:52.68; 9 J Griffiths (Swan) 14:53.56; 10 D Norman (Alt, M35) 14:54.42; 11 S De La Fuente (ESP, M35) 14:59.55; 12 D Selman (Cors) 15:04.99; 13 W MacKay (Bed C) 15:08.96; 14 C Phillips (Hart (C'ley) 15:21.32; 15 S Bayton (Cald V) 15:25.68; 16 D Thorne (Read) 15:30.12; 17 S Antell (Bide) 15:37.48. **C:** 1 N Earl (Norw) 14:45.12; 2 J Poole (Serp) 14:50.42; 3 B Cole (Ton) 14:52.08; 4 J Bancroft (Wells) 15:01.84; 5 J Gregory (Read) 15:07.58; 6 M Dickinson (Wells, U20) 15:09.24; 7 E Banks (BRAT) 15:17.56; 8 J Hoad (Win) 15:19.18; 9 J Rodgers (N Som) 15:28.26; 10 T Cox (Ton) 15:30.54; 11 R McTaggart (B'mth) 15:30.98; 12 A Robinson (HW) 15:34.46; 13 D Blomquist (C'ley, U20) 15:41.49; 14 D Kiralyfi (HW) 15:42.07; 15 M Dumbrell (Horsh J) 15:42.53; 16 D Bradley (Ton) 15:43.44. **Mile:** 1 R Peters (B&W) 4:01.99; 2 R Weir (Der) 4:02.08; 3 A Heyes (Hallam) 4:02.70; 4 L Gunn (Der) 4:03.51; 5 S Mitchell (B&W) 4:03.89; 6 J Cook (WG&EL) 4:04.63; 7 D Cheeseman (York) 4:04.95; 8 A Tovey (WSEH) 4:05.68; 9 W Paulson (Stroud) 4:06.83; 10 D Proctor (Sale) 4:08.91; 11 J Walker (Giff N) 4:09.64; 12 N Samuels (Sale) 4:11.36; 13 J West (Ton, U20) 4:15.30; 14 D Hallam (OWLS) 4:18.02. **B:** 1 D Brown (Ton) 4:07.01; 2 A Hickey (S'end) 4:07.91; 3 I Rawlinson (Tip) 4:08.10; 4 E Pierce (E&H) 4:09.11; 5 M Dowling (NEB) 4:09.46; 6 J Bird (ips) 4:10.07; 7 P Crout (SB, U20) 4:10.35; 8 N Duggan (Craw) 4:12.03; 9 K Wood (C&C, U20) 4:12.55; 10 A Pitts (USA) 4:12.79; 11 E Shepherd (WG&EL) 4:13.59; 12 A Pilcher (Der) 4:14.89; 13 G Hogg (Traff) 4:16.32; 14 B Martin (Traff) 4:17.26. **C:** 1 B Harding (Kent) 4:14.34; 2 T Heslop (VP&TH) 4:15.78; 3 J McNally (Liv H) 4:17.00; 4 J Grace (AFD) 4:17.37; 5 H Pearce (Ton) 4:17.93; 6 P Hodgkinson (Notts) 4:18.14; 7 H Speed (Cov) 4:18.65; 10 J King (B'mth, U20) 4:29.59. **D:** 1 D Cowlishaw (Alt, M45) 4:26.34; 2 M Trees (Belg, M50) 4:34.32; 3 G Duracn (Unattached/Sweden, M50) 4:34.53; 4 S Anderson (Ply, M50) 4:36.32; 5 M Serafin (CZE, M45) 4:40.24; 6 R Andrew (RSC, M50) 4:42.58; 8 D Blackman (Soton, M45) 4:47.83; 9 T Tuohy (Dulw, M50) 4:48.33; 10 H Bampton (Oxf C, M45) 4:48.93. **E:** 1 D Ray (Guern, U17) 4:19.75; 2 G Elliott (Bas, U17) 4:28.37; 3 W Perkin (Chilt, U17) 4:30.14; 5 F Birnie (N&P, U15) 4:48.74. **A:** 1 E Veidis (USA, W) 4:40.03;

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2 J Walsh (Wake, W) 4:47.51; 4 S Tooley (W Suff, U17W) 4:54.22; 5 M Haynes (WSEH, W) 4:55.63; 6 Z Macdermid (NZL, U15W) 4:57.47; 7 M Snowden (WSEH, W) 5:04.38; 8 C Elms (Dulw, W50) 5:05.42; 9 R Penfold (Oxf U, W) 5:09.77; 10 V Weir (Ply, U17W) 5:10.02; 11 R Croft (WSEH, U20W) 5:12.68; 12 E Hood (Poole, U17W) 5:14.13; 13 Z Doyle (Belg, W35) 5:14.13

Women: 800: 1 H England (Oxf C) 2:00.50; 2 M Okoro (SB) 2:01.77; 3 K Brown (Stew) 2:03.22; 4 K Snowden (Herne H) 2:04.04; 5 J Tan (Fife) 2:04.11; 6 D Hunt (WSEH) 2:04.64; 7 R McClay (Brack) 2:05.19; 8 J Williams (Amman) 2:05.56. **B:** 1 J Cooke (Chelt) 2:05.06; 2 C Plateau (Rad) 2:05.57; 3 M Long (B&W, U20) 2:05.77; 4 M Borge (NOR) 2:06.02; 5 G Kersey (Bas) 2:06.38; 6 M Jones (AFD) 2:07.16; 7 S Smith (Wake) 2:08.47; 8 J Ockenden (Poole R) 2:08.28; 2 N Whitty (Guern) 2:08.37; 3 K Holt (Stoke) 2:09.43; 4 K Gillespie (Centr, U20) 2:09.44; 5 J Hill (Sale) 2:09.59; 6 A Turner (Amber) 2:09.90; 7 A Gibson (Morp) 2:10.74; 8 R Chamberlain (Exe, U20) 2:12.44. **D:** 1 G Dawkins (Cl) 2:11.50; 2 K Grant (Norw) 2:11.77; 3 N Shaw (Der) 2:12.34; 4 B Strange (Card) 2:12.79; 5 H Nuttall (Charn, U20) 2:12.93; 6 N Collier (GAC) 2:13.32; 8 E Weeks (Exe) 2:17.60. **E:** 1 C Green (B&W) 2:11.15; 2 C Toogood (NOR) 2:11.94; 3 K Turner (Bath) 2:12.30; 4 K Seary (Card, U20) 2:12.34; 5 L Hayes (Stoke) 2:12.77; 6 K Eravisto (Notts, W35) 2:14.32; 7 H Waters (W Suff) 2:14.87; 8 F de Mauny (Walton) 2:16.81. **F:** 1 J Spencer (Vale R) 2:14.89; 2 O Gwynn (Swan, U20) 2:15.61; 3 E Read (Brack, U17) 2:16.97; 4 D Webb (Liv H, U17) 2:18.15; 5 G Rafferty (Stoke, U17) 2:20.70; 6 S Nash (Yate, U17) 2:21.83. **5000:** 1 E Vernon (Stock H) 16:00.00; 2 C Purdue (AFD) 16:03.94; 3 L Deadman (Have) 16:20.00; 4 L Partridge (AFD) 16:21.12; 5 L Small (AFD) 16:21.53; 6 H Bartholomew (SWE) 16:31.45; 7 C Browning (AFD) 16:53.27; 8 G Bruinvels (AFD) 16:55.09; 9 G Hillier (Charn) 16:56.00; 10 E O'Brien (IRL) 17:37.36

Mixed non BMC events: Mile: r2: 1 M Ludford (BRAT, M55) 5:16.86. **r3:** 3 J Richardson (Oxf C, M45) 4:52.89; 7 E Hussey (Sky, U13) 5:17.66. **r4:** 2 L Newell (Oxf C, M35) 4:28.09; 6 J Bolton (W'stock, M40) 4:39.80



Sophie Tooley (centre, with Victoria Weir and Liz Hood) won the Peter Coe trophy for first under-17 in the women's mile

(Card) 4:56.1: 2 E Wintsch (R&N) 4:58.3. **75H:** 1 A Bates (SSH) 11.6; 2 S Channer (Bir) 11.7; 3 H Davies (Swan) 12.1. 4 R Akiir-Bua (R&N) 12.2. **4x100:** 1 Bir 52.5; 2 SSH 52.8; 3 R&N 53.2. **HJ:** 1 A Bailey (SSH) 1.55; 2 P Harland (Bir) 1.55. **PV:** 1 Smith (Bir) 2.90; 2 P Hunt (Charn) 2.40. **LJ:** 1 A Bailey (SSH) 4.97; 2 C Lord (Card) 4.95. **SP:** 1 N Birmingham (Bir) 10.61. **DT:** 1 R Evans (Swan) 26.62. **HT:** 1 F Palmer (Card) 42.40; 2 C McGeachie (Swan) 29.85 **U13:** 75: 1 L Walker (Bir) 9.7; 2 Tustin (Card) 10.1; 3 C Hier (Swan) 10.4; 4 V Johnson (Charn) 10.5; 5 E Truslove (R&N) 10.5; 6 M Takwoing (SSH) 10.6. **B:** 1 H Evans (Swan) 10.2; 2 A Kamania Simmons (Bir) 10.6. **ns:** 1 A Blenkinsop (R&Z) 10.6. **150:** 1 J Regis (Bir) 19.6; 2 Tustin (Card) 19.9; 3 C Hier (Swan) 20.2; 4 V Johnson (Charn) 20.4; 5 E Truslove (R&N) 20.6; 6 M Takwoing (SSH) 20.6. **B:** 1 A Evans (Swan) 21.2. **1200:** 1 M Atkinson (Charn) 3:53.8; 2 J Drummond (Bir) 3:59.9; 3 M Williams (R&N) 4:01.6; 4 S Vella (Card) 4:03.9; 5 C Gwyther (Swan) 4:06.0. **B:** 1 A Stock-Clarke (Charn) 4:06.8; 2 H Walker (R&N) 4:13.9; 3 B Thomas (Swan) 4:15.9. **70H:** 1 V Johnson (Charn) 11.3; 2 G Woodward (R&N) 12.0; 3 E Greenway (Bir) 12.1. **B:** 1 A Draper (R&N) 12.5. **4x100:** 1 Swan 54.3; 2 R&N 56.9; 3 Charn 57.2; 4 Card 57.2. **HJ:** 1 K Woodward (SSH) 1.45. **SP:** 1 J Regis (Bir) 8.67. **JT:** 1 A Pearce (R&N) 25.98

MIDLAND PREMIER 2, Stoke

MATCH: 1 Cheltenham 548; 2 Stoke 510; 3 Milton Keynes 508; 4 Notts 500; 5 Wolverhampton & Bilston 433 **U15 boys: 100:** 1 E Greatrex (W&B) 11.9. **200:** 1 E Greatrex (W&B) 23.2; 2 H Baggaley (Stoke) 24.3. **B:** 1 C Steven (Stoke) 24.0. **1500:** 1 S Maddock (Stoke) 4:23.8. **80H:** 1 S Derbyshire (Stoke) 11.5; 2 E Greatrex (W&B) 11.8; 3 J Phillips (Mil K) 12.5; 4 D Carpenter (Chelt) 12.6. **B:** 1 T Shea (Stoke) 12.1. **4x100:** 1 Chelt 48.8; 2 Stoke 49.2 **U13: 100:** 1 L Ananjack Nourmy (W&B) 12.7. **200:** 1 A Orpwood-Colton (Notts) 26.6; 2 A Douglas (Stoke) 27.0. **800:** 1 A Saul-Braddock (W&B) 2:21.3; 2 J Lilley (Chelt) 2:24.8. **1500:** 1 F Willmore (Chelt) 4:52.7; 2 R Hickman (Mil K) 4:54.8. **75H:** 1 L Ananjack Nourmy (W&B) 13.6. **4x100:** 1 W&B 53.2. **SP:** 1 L Ananjack Nourmy (W&B) 10.90. **JT:** 1 J Palmer (Mil K) 33.70 **U15 girls: 75H:** 1 H Tilley (Chelt) 11.8. **PV:** 1 D Barnes (Notts) 2.40. **SP:** 1 S Ross (Mil K) 10.29. **HT:** 1 A Purchase (Notts) 43.45; 2 M Walsh (W&B) 41.34; 3 S Ross (Mil K) 39.55 **U13: 75:** 1 A Tivey (Notts) 10.6; 2 H Shannon (Chelt) 10.7. **150:** 1 F Ilkpepe (Chelt) 20.7; 2 A Tivey (Notts) 21.2; 3 M Millington (Stoke) 21.4. **B:** 1 H Shannon (Chelt) 21.1; 2 E Brown (Notts) 21.6; 3 J Russell (W&B) 21.6. **1200:** 1 King (Mil K) 4:03.1. **70H:** 1 S Heffter (Chelt) 12.5. **ns:** 1 S Brown (Chelt) 11.4; 2 N Sodzi (Chelt) 11.4; 3 C Bailey (Unatt) 12.4; 4 I Bolland (W&B) 12.4. **4x100:** 1 Chelt 54.8

MIDLAND EAST 2A, Burton

MATCH: 1 Coventry G 538; 2 Banbury 388; 3 Burton AC 381; 4 Tamworth 272; 5 Corby 253; 6 Bicester 196 **U15 boys: 300:** 1 J Simpson (Burt) 38.7. **800:** 1 C Abberley (Burt) 2:07.0. **SP:** 1 M Ross (Cov) 12.09. **DT:** 1 M Ross (Cov) 34.31 **U13: 100:** 1 R Crombleholme (Corby) 12.9. **1500:** 1 O Knox (Banb) 4:59.2. **HJ:** 1 T Couzens (Bic) 1.45. **SP:** 1 E Sheffield (Burt) 9.43 **U15 girls: 100:** 1 O Ogunnowo (Tam) 12.5; 2 A Anson (Banb) 12.8. **200:** 1 O

Ogunnowo (Tam) 26.3. **75H:** 1 C Bates (Cov) 11.9; 2 H Dubber (Banb) 11.9; 3 E Silvester (Burt) 12.4. **4x100:** 1 Banb 52.8; 2 Tam 53.0; 3 Cov 53.1. **HT:** 1 T Wareing (Cov) 35.54 **U13: 150:** 1 N Williams (Cov) 21.6; 2 H Griffiths-Brown (Bic) 21.7. **1200:** 1 M Taylor (Cov) 4:04.3; 2 E Clawley (Tam) 4:07.1. **70H:** 1 N Williams (Cov) 12.2. **LJ:** 1 H Griffiths-Brown (Bic) 4.51

MIDLANDS EAST 2B, Sutton-in-Ashfield

U15 girls: 75H: 1 C Jones (Der) 11.8. **LJ:** 1 C Jones (Der) 4.96. **JT:** 1 R Walton (Der) 35.05 **U13: 75:** 1 F Beedie (Der) 10.2; 2 C Gillicker (SinA) 10.7. **150:** 1 A Hunt (GAC) 19.5; 2 F Beedie (Der) 19.6; 3 C Gillicker (SinA) 21.1. **B:** 1 J Oates (GAC) 21.3; 2 M Archer-Dytech (Newk) 22.0. **1200:** 1 H Braybrook (GAC) 4:08.3. **70H:** 1 H Barnden (Der) 11.7; 2 R Johns (SinA) 11.9. **4x100:** 1 GAC 56.4. **JT:** 1 A Peart-Roddie (SinA) 25.21

MIDLAND WEST 1, Bath

U15 boys: 200: 1 B Paris (Card A) 23.1; 2 W Hines (B&W/Mend) 23.8. **80H:** 1 J Moore (Yate) 12.8. **B:** 1 S Roberts (Bath) 13.0. **PV:** 1 K Cameron (B&W/Mend) 3.56; 2 J Hoogendoorn (Card A) 2.60. **HT:** 1 T Molton (Yate) 36.37 **U13: 200:** 1 W Browne (Bath) 26.2. **75H:** 1 D Murathodzie (Card Arch) 12.2; 2 R Howorth (Bath) 12.7. **B:** 1 T Cabango (Card Arch) 12.9 **U15 girls: 75H:** 1 L Rouseil (Yeov O/Wells) 11.8; 2 R Chick (Cwm) 12.3; 3 N Fortune (B&W/Mend) 12.5. **B:** 1 A Ahia (Card Arch) 12.4; 2 E Lloyd (B&W/Mend) 12.4. **HT:** A: 1 G Holt (Bath) 28.87; 2 A Loughlin (B&W/Mend) 28.12 **U13: 150:** 1 R Bowen (Bath) 20.5; 2 M Emery (Card Arch) 21.6; 3 S Pope (Cwm) 21.9; 4 J Frazer (B&W/Mend) 22.0. **B:** 1 G Morgan (Card Arch) 21.9. **70H:** 1 G Morgan (Card Arch) 11.5; 2 T Jackson (B&W/Mend) 11.9. **B:** 1 E Jones (Card Arch) 12.3. **LJ:** 1 T Jackson (B&W/Mend) 4.50

MIDLAND WEST 2A, Swansea

MATCH: 1 North Devon AC 474; 2 South Wales 449; 3 Neath H 326; 4 Newport H 235; 5 Hereford & C 189 **U15 boys: 100:** 1 O Mighten (Newp) 11.7. **800:** 1 O Hewitt (Here) 2:06.6. **HT:** 1 F Dart (N Dev) 41.02 **U13: 800:** 1 F Richards (Newp) 2:13.6; 2 M Humphreys (South/Wales) 2:20.7. **1500:** 1 C Richards (Newp) 4:54.8. **HJ:** 1 F Richards (Newp) 1.52 **U15 girls: 300:** 1 A Heath (N Dev) 42.5; 2 I Dodd (South/Wales) 43.0. **800:** 1 I Dodd (South/Wales) 2:18.7. **B:** 1 H Jehu (South/Wales) 2:21.8. **75H:** 1 J Meek (South/Wales) 12.3; 2 M Gallagher (N Dev) 12.5. **SP:** 1 C Davey James (N Dev) 11.19; 2 S Watkins (Neath) 10.53. **HT:** 1 S Watkins (Neath) 39.65. **JT:** 1 E Morgan (Here) 33.41 **U13: 75:** 1 C Sutton (N Dev) 10.3; 2 M Sully (South/Wales) 10.7. **B:** 1 E Tyrrell (N Dev) 10.7. **150:** 1 C Sutton (N Dev) 20.0; 2 B Moule (Neath) 21.0; 3 M Sully (South/Wales) 21.3; 4 J Taylor (Newp) 22.0. **B:** 1 S Phillips (N Dev) 21.4; 2 A Phillips (Neath) 21.4. **1200:** 1 F Higginson (South/Wales) 4:04.7; 2 M Jones (Neath) 4:07.2; 3 H Turner (N Dev) 4:08.6. **70H:** 1 C Sutton (N Dev) 11.8; 2 K Bacakova (Neath) 12.3. **B:** 1 S Phillips (N Dev) 11.7. **4x100:** 1 N Dev 55.8; 2 Neath 57.9. **JT:** 1 B Moule (Neath) 32.65

MIDLAND WEST 2B, Swindon

MATCH: 1 Swindon Harriers 458; 2 Bromsgrove & Redditch 339; 3 Worcester

AC 329; 4 Forest of Dean AC 237; 5 Gloucester AAC 165 **U15 boys: 200:** 1 W R Crisp (Swin) 24.4. **300:** 1 J Pearson (B&R) 38.54. **800:** 1 O Morgan (Worc) 2:05.7; 2 H Kearn (Swin) 2:06.0. **1500:** 1 W Crisp (Swin) 4:27.6. **80H:** 1 M Raymond (Swin) 12.6; 2 J Pearson (B&R) 13.0. **HJ:** 1 W Crisp (Swin) 1.70. **PV:** 1 J Castle (Swin) 2.72 **U13: 800:** 1 B McIntyre (Swin) 2:21.4 **U13 girls: 75:** 1 H New (Swin) 10.6. **150:** 1 H New (Swin) 21.1; 2 E Duncan (Worc) 21.7; 3 L Vale (B&R) 21.9. **B:** 1 K Harris (Worc) 21.9. **1200:** 1 R Oram (Swin) 4:13.2; 2 A Nicod (B&R) 4:17.9. **70H:** 1 H New (Swin) 11.6; 2 E Harrison (Worc) 12.5. **4x100:** 1 Worc 58.0

NORTHERN PREMIER 1, Preston

MATCH: 1 Sale Harriers Manchester 596.5; 2 Preston H 475.5; 3 City of Liverpool 474.5; 4 Wirral 446; 5 Leeds City 377.5; 6 Gateshead 372 **U15 boys: 100:** 1 J Leatherd (Prest) 11.7; 2 W Curtis (Gate) 11.9; 3 T Sanni (Leeds C) 12.0. **ns:** 1 P Uplish (Liv H) 11.9. **200:** 1 J Leatherd (Prest) 23.8; 2 J Purvis (Gate) 23.9. **300:** 1 W Curtis (Gate) 38.1; 2 J Hart (Liv H) 38.7. **80H:** 1 R Keen (Sale) 11.8; 2 P Delaney (Wirr) 12.1; 3 E Birss (Gate) 12.2; 4 S Jones (Liv H) 12.5. **4x100:** 1 Sale 48.3; 2 Gate 49.5; 3 Prest 49.7. **HJ:** 1 S Jones (Liv H) 1.86. **LJ:** 1 J Leatherd (Prest) 5.73. **SP:** 1 J Adderley (Sale) 11.53. **DT:** 1 J Adderley (Sale) 33.49. **JT:** 1 M Madeloso (Liv H) 44.64 **U13: 800:** 1 C Woodworth (Wirr) 2:18.4. **75H:** 1 W Lancaster (Prest) 13.4; 2 B Rudman (Sale) 13.5; 3 F Robson (Gate) 13.6. **4x100:** 1 Sale 53.9; 2 Wirr 54.8. **SP:** 10 Kitchingmam (Leeds C) 9.33; 2 W Lancaster (Prest) 8.84. **JT:** 1 S Bannon (Liv H) 32.56 **U15 girls: 100:** 1 K Chadwick (Sale) 12.6. **200:** 1 K Chadwick (Sale) 25.7. **800:** 1 A Cunningham (Sale) 2:16.7; 2 C Crook (Prest) 2:20.2. **1500:** 1 I Miller (Liv H) 4:48.4; 2 O Green (Sale) 4:50.3. **75H:** 1 E Darrah (Wirr) 11.6; 2 E Berry (Liv H) 11.7; 3 M McHugh (Sale) 11.8; 4 L Beales (Gate) 12.1. **B:** 1 G Bowser (Sale) 11.9; 2 E Scarborough (Gate) 12.5. **4x100:** 1 Sale 51.4; 2 Liv H 52.4. **PV:** 1 M Waters (Sale) 2.60. **LJ:** 1 G Preston (Liv H) 5.03. **DT:** 12 Aspell (Wirr) 28.43; 2 A Burton (Leeds C) 27.91. **HT:** 1 O Ashworth (Sale) 35.57; 2 A Tynan (Liv H) 28.47. **JT:** 1 M Sanders (Leeds C) 35.97 **U13: 75:** 1 A Matambo (Liv H) 10.3; 2 C Mairs (Sale) 10.3; 3 E Hedges (Wirr) 10.5. **B:** 1 M Lowndes (Sale) 10.4. **ns:** 1 D Weymount (Sale) 10.6. **ns2:** 1 E Sword-Gargan (Liv H) 10.7. **150:** 1 L Obi (Sale) 20.0; 2 A Matambo (Liv H) 20.7; 3 E Craven (Prest) 21.2; 4 N Dawson (Leeds C) 21.2; 5 E Hedges (Wirr) 21.6; 6 T Anderson (Gate) 22.0. **B:** 1 C Penketh (Wirr) 21.1; 2 E Doyle (Liv H)

21.4; 3 L Nealon (Sale) 21.6; 4 S Claxton (Leeds C) 21.7. **1200:** 1 E McNiven (Liv H) 3:49.6; 2 G Varley (Gate) 4:00.9; 3 M Gibbons (Sale) 4:02.4; 4 P Cooke (Leeds C) 4:03.5. **B:** 1 T Hewitt (Gate) 4:03.4; 2 L Crawford (Sale) 4:05.6. **70H:** 1 T McHugh (Sale) 12.4; 2 K Arsenyeanu (Leeds C) 12.5. **B:** 1 L McTiffin (Sale) 12.1. **4x100:** 1 Sale 53.7; 2 Liv H 55.4; 3 Leeds C 57.0; 4 Wirr 57.3. **SP:** 1 Z Price (Liv H) 10.09

NORTHERN PREMIER 2 – Cleckheaton

Most races started with flag/whistle **MATCH:** 1 City of Sheffield AC 547; 2 Harrogate H458; 3 Kingston Upon Hull A 441; 4 Doncaster AC 415; 5 Team N Cumbria 391; 6 City of York AC 316 **U15 boys: 80H:** 1 J Connelly (Carl) 12.3. **HJ:** 1 B Longden (Sheff) 1.75; 2 T Flatters (York) 1.70. **DT:** 1 J Tranmer (KuH) 35.59. **HT:** 1 B Schofield (York) 38.36 **U13: 75H:** 1 B Spray (Sheff) 13.5. **SP:** 1 S Kerry (KuH) 9.08 **U15 girls: 75H:** 1 A Linaker (York) 11.9; 2 M Colbeck (Donc) 12.1; 3 V Morgan (KuH) 12.3; 4 M Busby (Carl) 12.4. **LJ:** 1 M Colbeck (Donc) 5.27; 2 L Hadaway (York) 5.21. **SP:** 1 M Magee-Sharpe (Donc) 10.60; 2 B Jones (Sheff) 10.38. **DT:** 1 O Stevenson (KuH) 33.28; 2 B Jones (Sheff) 32.86; 3 M Magee-Sharpe (Donc) 27.59. **HT:** A: 1 O Stevenson (KuH) 50.66; 2 T Simpson-Sullivan (Eden) 33.22; 3 M Mellor (H'gate) 27.43. **B:** 1 K Miller (Carl) 31.15; 2 G Sanders (KuH) 25.95 **U13: 150:** 1 F Ventour (Sheff) 20.6; 2 B Studholme (Carl) 21.0; 3 A Rolfe (York) 21.0; 4 H Solway (KuH) 21.1. **B:** 1 E Heap (Sheff) 21.0. **70H:** 1 N Lannie (Donc) 11.9; 2 I White (H'gate) 12.3. **HJ:** 1 B Studholme (Carl) 1.45. **LJ:** 1 A Rolfe (York) 4.80; 2 F Ventour (Sheff) 4.64

NORTHERN EAST 1, Sheffield

MATCH: 1 Rotherham 508; 2 Chesterfield 484.5; 3 Middlesbrough (Mandale) 440.5; 4 Hallamshire 306; 5 Spensborough 229 **U15 boys: 100:** 1 J Walker (C'field) 11.7; 2 J Etia (Hallam) 11.7. **B:** 1 O Wilby (C'field) 12.0. **200:** 1 J Etia (Hallam) 23.9. **300:** 1 I Wappat (M'bro) 38.7; 2 D Owusu (Hallam) 39.0. **4x100:** 1 C'field 49.4. **LJ:** 1 O Wilby (C'field) 5.72. **SP:** 1 J Walker (C'field) 11.76 **U13: 1500:** 1 W Tighe (C'field) 4:58.4. **75H:** 1 O Dakin (C'field) 12.7. **4x100:** 1 M'bro 54.6; 2 C'field 54.9 **U15 girls: 100:** 1 P Mukendi (M'bro) 12.9. **1500:** 1 T Simpson (Hallam) 4:37.0. **75H:** 1 G Craft (Hallam) 12.5. **4x100:** 1 M'bro 52.6; 2 Roth 53.5. **DT:** 1 E Botham (C'field) 27.42. **HT:** 1 L Hill (C'field) 43.60

U13: 75: 1 L Revitt (Hallam) 10.5; 2 T Miller (M'bro) 10.7. **150:** 1 L Revitt (Hallam) 20.8; 2 T Miller (M'bro) 21.0. **800:** 1 K Rennocks (Roth) 2:25.9. **1200:** 1 E Crownshaw (Hallam) 4:02.6. **B:** 1 J Hill (Hallam) 4:14.7. **4x100:** 1 Roth 57.4; 2 M'bro 57.6. **LJ:** 1 L Revitt (Hallam) 4.54

NORTHERN WEST 1, Crewe

MATCH: 1 Crewe & Nantwich 554.0; 2 Wigan & District 527; 3 West Cheshire 453.3; 4 Trafford 428.5; 5 Lancaster & Morecambe 410.2; 6 Blackburn 343.7 **U15 boys: 100:** 1 D Duggan (W Ches) 11.8; 2 B Malkin (C&N) 12.0. **200:** 1 G Campbell (W Ches) 24.1. **80H:** 1 C Massey (B'burn) 12.1; 2 L Palin (C&N) 12.5. **B:** 1 N Massey (B'burn) 12.9. **HT:** 1 J Roberts (B'burn) 36.62 **U13: 100:** B: 1 J Onyas (L&M) 13.0. **200:** B: 1 Onyas 26.7. **800:** 1 J Stanley (L&M) 2:21.3; 2 S Dean (W Ches) 2:22.8. **1500:** 1 A Bould (C&N) 4:45.7; 2 R Scarborough (Wig D) 4:58.2; 3 J Chapman (W Ches) 4:58.9. **75H:** 1 E Bradley (W Ches) 12.3; 2 B Hughes (Wig D) 12.8. **HJ:** 1 J Grant (Traff) 1.49; 2 B Hughes (Wig D) 1.49. **LJ:** 1 Bradley 4.84. **SP:** 1 Grant 9.94 **U15 girls: 75H:** 1 M Tipping (W Ches) 12.5. **DT:** 1 I Griffin Morris (W Ches) 30.15. **HT:** 1 I Griffin Morris (W Ches) 31.22; 2 C Stuchbury (Wig D) 25.15 **U13: 150:** 1 D Seyi (Wig D) 21.9. **B:** 1 H Campbell (C&N) 21.6. **1200:** 1 T O'Keefe (W Ches) 4:06.5; 2 K Hamilton (L&M) 4:10.0; 3 A Davies (B'burn) 4:14.7; 4 M Goodman (C&N) 4:16.8. **70H:** 1 A Pawlett (W Ches) 12.5. **4x100:** 1 B'burn 57.6. **SP:** 1 E Littlefair (B'burn) 8.98. **JT:** 1 E Littlefair (B'burn) 25.44

NORTHERN WEST 3, Litherland

MATCH: 11 TYH 2021 21 691.5; 2 Southport Waterloo 537.5; 3 Leigh Harriers 344; 4 Menai 296; 5 Halton & F 248; 6 Colwyn Bay 232; 7 Hyndburn 147 **U15 boys: 800:** 1 M Parry (Col B) 2:09.3. **DT:** 1 C Schwabauer (Menai) 38.35 **U13: 200:** 1 Z Price (Menai) 26.9. **1500:** 1 J Pielles (S'port W) 4:57.2. **75H:** 1 G Quayle (Nthn (IOM)) 13.5. **HJ:** 1 J Stuart (S'port W) 1.48; 2 Quayle (1.46) **U15 girls: 800:** 1 E Alderson (S'port W) 2:18.3. **HJ:** 1 A Sibbald (Nthn (IOM)) 1.55. **HT:** 1 F Christian (Manx) 25.48 **U13: 75:** 1 A Williams (Menai) 10.7. **150:** 1 F Medlicott (S'port W) 21.8. **1200:** 1 K Hodgkinson (Leigh) 3:43.2. **4x100:** 1 Manx 57.6

NORTHERN WEST 4, Oldham

MATCH: 1 Bolton U 685.5; 2 Blackpool Wyre & Fylde 623; 3 St Helens Sutton 518; 4 Manchester 411; 5 Bury 383; 6 Oldham & Royton 272.5; 7 Altrincham 157; 8 SFM 443

UK 400m outdoor leaders - 2014

MEN		WOMEN		
44.97	Matthew Hudson-Smith	Sen	51.66	Christine Ohuruogu
46.39	Elliott Rutter	U20	53.44	Sabrina Bakare
48.32	Owen Richardson	U17	56.04	Carys McAulay
35.21	Joseph Massimo	U15 (300)	40.8	M Mamudu/E Adikpe
49.60	Rick Beardsell	V35	57.32	Lesley Owusu
51.71	Graeme Harrison	V40	57.28	Monique Krefting
53.5	Andy Knight	V45	62.02	Shirley Dowling
54.5	Neil Tunstall	V50	64.40	Clare Elms
57.9	Tennyson James	V55	64.6	Fiona Palmer
57.56	Ray Watkins	V60	63.9	Caroline Powell
61.45	Paul Anthony	V65	74.40	Maira West
68.1	Laurence Oldfield	V70	87.5	Kath Stewart
74.13	Anthony Treacher	V75	110.58i	Dorothy Fraser
87.63	John Seymour	V80	nm	

U15 boys: 100: 1 R Timmons (Bolt) 11.9. **800:** 1 C Finlayson (BWF) 2:09.4. **80H:** 1 C Lamb (SHS) 12.4
U13: 1500: 1 B Preddy (BWF) 4:58.7
U15 girls: 100: ns: 1 H Kelly (Bolt) 12.7. **200:** 1 H Kelly (Bolt) 26.2. **4x100:** 1 Bolt 52.9. **1 G Lever (Bolt) 5.14.** **1 C Horrocks (Bolt) 4.94.** **HT:** 1 L Fairclough (SHS) 27.40
U13: 75: 1 T Taiwo (Bolt) 10.2; 2 G Goodsell (Bury) 10.7. **150:** 1 K Rushton (BWF) 21.4; 2 E Wood (Bolt) 21.7; 3 G Goodsell (Bury) 21.7. **B:** 1 C Rossington (Bolt) 21.4. **800:** 1 B Smyth (Manc H) 2:29.3. **1200:** 1 G De Campos (Manc H) 4:04.5; 2 D Whipp (BWF) 4:09.0; 3 E Ramsden (Bolt) 4:12.5. **70H:** 1 G De Campos (Manc H) 12.0; 2 E Arnold (Bolt) 12.4

SOUTHERN PREMIER 1, Tooting Bec

MATCH: 1 Blackheath & Bromley 485; 2 Southampton AC 448; 3 Tonbridge AC 447; 4 Enfield & Haringey A 446; 5 Reading AC 433; 6 Herne Hill H349
U15 boys: 100: 1 J Barling (E&H) 11.4; 2 T Seal (Ton) 11.4; 3 J Millar (Read) 11.6; 4 S Jones (Soton) 11.7; 5 A Nwodo (Herne H) 12.0. **B:** 1 D Kale (Herne H) 11.7; 2 A Martell (E&H) 11.7; 3 S Bridges (Soton) 11.7; 4 T King (Read) 11.9. **200:** 1 J Barling (E&H) 23.8; 2 R Jarvis (Soton) 23.8. **B:** 1 S Bridges (Soton) 23.9. **300:** 1 R Jarvis (Soton) 37.5; 2 D Ajiboye (E&H) 39.0. **B:** 1 L Olowe (Soton) 38.0. **800:** 1 M Rawlings (Read) 2:04.2; 2 H Cowie (B&B) 2:07.4; 3 T Korkmaz (Herne H) 2:08.9. **B:** 1 J Chen (Herne H) 2:08.4; 2 C Lee (Ton) 2:09.4. **1500:** 1 K Kemp (Read) 4:20.3; 2 B Pitcairn-Knowles (Ton) 4:23.3. **80H:** 1 T Seal (Ton) 11.3; 2 S Jones (Soton) 12.4. **B:** 1 G Rosam (Soton) 12.4; 2 F Sofolarin (B&B) 12.9. **4x100:** 1 Soton 46.6; 2 B&B 49.2; 3 Herne H 49.4. **HJ:** 1 A Tejan-Thomas (E&H) 1.82. **PV:** 1 R Hajipanayi (E&H) 3.00; 2 C Laing (Ton) 2.90; 3 K Apps (Soton) 2.90. **SP:** 1 A Scopes (Ton) 13.75. **B:** 1 C French (Ton) 12.24. **DT:** 1 A Scopes (Ton) 42.67. **HT:** 1 A Scopes (Ton) 41.88; 2 J Lancaster (B&B) 41.88. **JT:** 1 T Seal (Ton) 42.81

U13: 100: 1 R Blake-buttlar (Herne H) 12.4; 2 E Lake (Ton) 12.4. **200:** 1 E Lake (Ton) 25.7; 2 M Xavier (B&B) 26.6. **B:** 1 R Blake (Herne H) 25.7. **1500:** 1 P Guy (B&B) 4:46.5; 2 Z Colvin (Read) 4:48.9; 3 M Ali (Herne H) 4:53.5; 4 J Guillen (E&H) 4:55.2; 5 J Kingston (Ton) 4:56.0. **B:** 1 K Lundy (B&B) 4:57.3; 2 T McGlynn (Ton) 4:59.9. **75H:** 1 D Animashau (Read) 13.0; 2 C Raju (B&B) 13.0; 3 J Cavallos (E&H) 13.1; 4 D Smith (Ton) 13.4. **B:** 1 L Swaby (Ton) 13.0. **4x100:** 1 Ton 52.2; 2 B&B 53.2; 3 E&H 53.9; 4 Herne H 55.0; 5 Soton 55.4; 6 Read 55.7. **LJ:** 1 E Lake (Ton) 5.01; 2 M Xavier (B&B) 4.89. **SP:** 1 T Mills (B&B) 9.81; 2 S Khan (E&H) 9.14; 3 J Wise (Soton) 8.79. **JT:** 1 J Wise (Soton) 39.61; 2 T Mills (B&B) 34.33
U15 girls: 100: 1 N Alfred (Herne H) 12.4; 2 A Ellis (E&H) 12.8. **B:** 1 M Daley (E&H) 12.6; 2 N Farmer (B&B) 12.9. **200:** 1 N Alfred (Herne H) 25.9; 2 A Ellis (E&H) 25.9. **300:** 1 E Adikpe (Read) 40.8; 2 Boffey (E&H) 41.3; 3 R Atkins-Dykes (B&B) 42.4; 4 M Shaw (Herne H) 43.0. **800:** 1 M Shaw (Herne H) 2:21.4; 2 N Bowley (Read) 2:22.0. **B:** 1 E Saunders (Read) 2:22.7. **1500:** 1 K Walker (Read) 4:53.9; 2 M Smith (B&B) 4:58.5. **75H:** 1 A Hornbuckle (E&H) 11.4; 2 E Adikpe (Read) 11.5; 3 R Gilby (Ton) 12.2; 4 K Purser (B&B) 12.4. **B:** 1 M Sims (E&H) 11.8; 2 K Slade (Read) 12.5. **4x100:** 1 E&H 50.0; 2 Read 51.9; 3 B&B 52.2; 4 Herne H 52.4. **HJ:** 1 M Bates (Read) 1.55. **PV:** 1 M Bates (Read) 2.80. **LJ:** 1 E Adikpe (Read) 5.27; 2 K Harris (B&B)

5.16; 3 A Hornbuckle (E&H) 5.06. **SP:** 1 E Hodgson (Soton) 12.94; 2 E Locke (B&B) 11.60; 3 A Ellis (E&H) 11.11; 4 D Marshall-Brown (Herne H) 10.51. **DT:** 1 C Kohler (Ton) 29.21; 2 E Keith (B&B) 27.08; 3 L Runnacles (Read) 26.39; 4 C Marsden (B&B) 26.58. **HT:** 1 V Wiltshire (B&B) 48.08; 2 L Runnacles (Read) 38.74; 3 A Boahene (E&H) 28.57; 4 C Kohler (Ton) 26.90. **B:** 1 C Marsden (B&B) 40.76; 2 L Spratley-Kemp (Read) 40.76; 3 A Boahene (E&H) 28.57; 4 C Kohler (Ton) 26.90. **JT:** 1 E Locke (B&B) 38.29; 2 M Matova (E&H) 31.01
U13: 75: 1 A Regis (E&H) 9.8; 2 O Adamson (Herne H) 10.0; 3 E Belgrave (Read) 10.5; 4 H Childs (Soton) 10.5. **B:** 1 E Whybrow (Read) 10.3; 2 A Coe (WG&L) 10.4; 3 M Pottinger (Herne H) 10.6. **ns1:** 1 R Heppburn (E&H) 10.3; 2 A Other (Unatt) 10.3. **150:** 1 A Regis (E&H) 18.7; 2 O Adamson (Herne H) 19.0; 3 T Baldie (B&B) 19.5; 4 E Whybrow (Read) 20.2; 5 H Childs (Soton) 20.5; 6 E Goddard (Ton) 21.3. **B:** 1 R Heppburn (E&H) 20.4; 2 M Pottinger (Herne H) 20.5; 3 G Griffiths (Soton) 20.5; 4 A Nelson (B&B) 21.2; 5 J Nightingale (Read) 21.4. **1200:** 1 I Meers (B&B) 3:58.7; 2 L King (Herne H) 4:04.2; 3 A Mulvihill (E&H) 4:09.5; 4 E King Powrie (Ton) 4:09.6. **B:** 1 A Johnstone (Ton) 4:11.8; 2 E Penlington (B&B) 4:14.8; 3 J Tabraham (Herne H, U11) 4:18.4. **70H:** 1 L Matthews (Soton) 11.5; 2 A Lowe (Read) 11.9; 3 E McGrath (Ton) 12.3; 4 A Asgar Ali (E&H) 12.3. **4x100:** 1 E&H 53.1; 2 Read 54.7; 3 Soton 55.6; 4 Ton 56.0; 5 B&B 57.0. **HJ:** 1 E Belgrave (Read) 1.55; 2 J Collins (Herne H) 1.44. **LJ:** 1 O Adamson (Herne H) 5.13; 2 T Baldie (B&B) 4.71. **SP:** 1 T Baldie (B&B) 9.79; 2 A Lowe (Read) 8.85; 3 S Callaway (Soton) 8.81. **JT:** 1 S Callaway (Soton) 29.38

SOUTHERN PREMIER 2, Hornchurch

MATCH: 1 Croydon 515; 2 Harrow 489; 3 WSEH 465.5; 4 Crawley 458.5; 5 Team Dorset 454; 6 Havering M 413
U15 boys: 100: 1 T Johnson (Croy) 11.2; 2 J Persad (Craw) 11.6; 3 R Okumu (Dor) 11.7. **B:** 1 C Ajeh (Croy) 11.5; 2 D Olaniji (Harrow) 11.8. **ns1:** 1 J Reid (Croy) 12.0. **ns2:** 1 J Thomas (Harrow) 11.6. **200:** 1 J Persad (Craw) 23.3; 2 R Okumu (Dor) 23.5; 3 C Ajeh (Croy) 24.0. **B:** 1 J Thomas (Harrow) 23.1; 2 J Reid (Croy) 24.2; 3 C McIntosh (Poole) 24.3; 4 J Blanchard (Craw) 24.4. **300:** 1 J Massimo (Craw) 36.7; 2 T Randerson (W'borne) 39.0. **800:** 1 G Crocker (Craw) 2:04.4. **80H:** 1 O Onyiejekwe (Croy) 11.9; 2 A Tokuta (Harrow) 12.3; 3 T Pitts (Craw) 13.0. **4x100:** 1 Williams (Chilt) 2.29.8. **1500:** 1 S Bickerstaff (Harrow) 4:52.9. **75H:** 1 E Rossiter (Wey SP) 13.0; 2 A Rowlands (Harrow) 13.4; 3 M Law (Have) 13.5. **B:** 1 J Ennis (Croy) 13.8; 2 B Hamberger (Have) 14.0. **4x100:** 1 Croy 51.3; 2 Have 52.9. **HJ:** 1 L Owona (WSEH) 1.51; 2 U Ajeh (Croy) 1.48. **LJ:** 1 J Morris (Have) 5.08; 2 C Hagan (Croy) 4.80. **SP:** 1 A Gbeyo (Croy) 10.34. **JT:** 1 M Law (Have) 43.79
U15 girls: 100: 1 S Linturn (Craw) 12.7; 2 A Alleyne (Harrow) 12.8; 3 T Salami (Croy) 12.9; 4 K Williams (WSEH) 12.9. **B:** 1 A Alleyne (Harrow) 12.9. **200:** 1 A

Alleyne (Harrow) 25.6; 2 T Salami (Croy) 25.9; 3 S Linturn (Craw) 26.0. **300:** 1 O Brothers (Craw) 41.3. **B:** 1 S Bishop (Craw) 42.0. **75H:** 1 E Russell (Harrow) 12.1; 2 B Burley (W'borne) 12.3; 3 M Hughes (Have) 12.3; 4 C Gordon (Croy) 12.4. **B:** 1 S Dooley (Have) 12.1. **4x100:** 1 Croy 49.9; 2 Craw 50.7; 3 WSEH 51.9; 4 Harrow 52.1. **HJ:** 1 S Fung (Harrow) 1.56. **PV:** 1 S Fung (Harrow) 2.70; 2 N Purchas (Craw) 2.60. **B:** 1 C Cole (Craw) 2.60. **SP:** 1 D Mihalcea (Harrow) 11.36; 2 B Burley (W'borne) 11.30. **DT:** 1 R Siggins (Have) 28.36; 2 Y Lloyd (WSEH) 27.04. **HT:** 1 R Denton-Snape (WSEH) 29.12; 2 A Headley (Croy) 27.98. **B:** 1 R Harvey (WSEH) 28.92; 2 R Jenoure-Jackson (Croy) 26.93. **JT:** 1 D Mihalcea (Harrow) 31.55
U13: 75: 1 M Sey (Croy) 10.1; 2 K Marshall (Craw) 10.4; 3 C Yearwood (Harrow) 10.4; 4 J Kavanagh (Have) 10.6; 5 C Kirkpatrick (Wey SP) 10.7. **B:** 1 T Bryan (Croy) 10.6. **ns1:** 1 Z Dake (Croy) 10.4. **150:** 1 M Sey (Croy) 19.9; 2 C Yearwood (Harrow) 20.4; 3 K Marshall (Craw) 20.5; 4 C Kirkpatrick (Wey SP) 21.2; 5 J Kavanagh (Have) 21.8; 6 K Walas (WSEH) 21.9. **B:** 1 K Bowley (Croy) 20.6; 2 K Bristowe (Craw) 20.9; 3 I Denis (Harrow) 20.9; 4 E King (Have) 21.6. **1200:** 1 M Johnson (Dor) 4:01.3; 2 M Hanson (WSEH) 4:05.1; 3 S Peters (Hill) 4:16.1. **B:** 1 E Jeffries (Poole) 4:17.4; 2 K Kennedy (WSEH) 4:19.8. **70H:** 1 M Sey (Croy) 11.2; 2 J Spencer-Smith (Harrow) 11.7; 3 D Karas (WSEH) 11.8; 4 M Hodges (Have) 11.9. **B:** 1 G Newson (Have) 12.2; 2 J Copeman (WSEH) 12.5. **4x100:** 1 Croy 52.2; 2 Harrow 53.0; 3 Craw 55.0; 4 Have 56.1; 5 WSEH 56.2; 6 Team D 57.8. **HJ:** 1 K Karas (WSEH) 1.44. **LJ:** 1 K Walas (WSEH) 4.68. **SP:** 1 J Spencer-Smith (Harrow) 9.27. **JT:** 1 J Copeman (WSEH), 27.71

SOUTHERN NORTH 1, Wormwood Scrubs

MATCH: 1 TVH 533; Bed C 532; Chilt 523; 4 Or 468; 5 Herts P 246; Bas 208
U15 boys: 100: 1 D Odita (Chilt) 12.0. **200:** 1 N Cox (Bed C) 23.8. **300:** 1 N Cox (Bed C) 38.2; 2 H Kettle (Chilt) 38.9; 3 E Njie (TVH) 39.0. **1500:** 1 M Webb (Bas) 4:29.8. **80H:** 1 D Odita (Chilt) 12.0; 2 R Stewart (Orion) 13.0. **4x100:** 1 Bas 49.5. **PV:** 1 F Johnson (Bed C) 3.00. **LJ:** 1 D Odita (Chilt) 5.70. **SP:** 1 C Constantinou (Orion) 12.15. **JT:** 1 J Foot (Orion) 45.12
U13: 100: 1 T Gallmore (Orion) 12.5. **B:** 1 J Mclean-Meade (Orion) 12.9. **200:** 1 J Mclean-Meade (Orion) 26.3; 2 S Conteh (TVH) 26.3. **800:** 1 C Reid (Chilt) 2:18.6. **1500:** 1 A Williams (Chilt) 4:51.5; 2 A Worrall (Bed C) 4:52.3. **B:** 1 E Blythman (Bed C) 4:59.6. **75H:** 1 H Kitchen (TVH) 12.1; 2 B Noble (Bed C) 12.9. **B:** 1 S Simmons (Bed C) 13.9. **4x100:** 1 Orion 53.7; 2 TVH 54.7; 3 Bed C 56.0. **LJ:** 1 M Patterson (Chilt) 4.90; 2 J Mclean-Meade (Orion) 4.81. **JT:** 1 L Case (Bed C) 32.91
U15 girls: 100: 1 H Hall (TVH) 12.6; 2 E Brown (Orion) 12.7. **B:** 1 E Yeboah (TVH) 12.8. **200:** 1 H Hall (TVH) 26.2. **800:** 1 I Weir (TVH) 2:19.5. **1500:** 1 L Nichols (Bed C) 4:57.6. **HT:** 1 S Judge (Bed C) 32.32. **JT:** 1 A Jones (Chilt) 35.93
U13: 75: 1 M Henson (Chilt) 10.4; 2 M Penfold (Orion) 10.5; 3 S Ground (TVH) 10.5. **B:** 1 H Tanyi (Orion) 10.6. **150:** 1 C Hetherington (Herts P) 20.2; 2 M Henson (Chilt) 20.5; 3 L Atkinson (Orion) 20.7; 4 K Lohan (TVH) 21.5; 5 D Dornel (Bed C) 22.0. **B:** 1 L Simpson (Herts P) 21.2; 2 L Armstrong (Chilt) 21.6; 3 K Chamba Ngaz (TVH) 21.6; 4 B Smith (Orion) 21.8. **800:** 1 C Buckley (TVH) 2:27.7. **1200:** 1 R Abbott (Bed C) 4:04.2; 2 H Tanyi (Orion) 4:11.9;

3 E Alderson (Chilt) 4:15.2. **70H:** 1 C Hetherington (Herts P) 11.5. **4x100:** 1 TVH 55.4; 2 Orion 56.7; 3 Chilt 57.3. **HJ:** 1 M Penfold (Orion) 1.45

SOUTHERN NORTH 2, Perivale

MATCH: 1 Hillingdon AC 680.5; 2 Wycombe P589; 3 ESM 498.5; 4 Vale of Aylesbury AC 484; 5 St. Marys Rich 458; 6 Team Hounslow AC 223
U15 boys: 100: 1 P Lyon (ESM) 11.9; 2 C Russell (Hill) 11.9. **200:** 1 L Southwell (Hill) 23.7. **300:** 1 R Hook (ESM) 38.7. **80H:** 1 J Widdop-Gray (SMR) 12.9. **4x100:** 1 ESM 47.4; 2 Hill 48.9; 3 VoA 49.2. **PV:** 1 T Hale (VoA) 2.70. **DT:** 1 A Mawdsley (VoA) 34.71
U13: 800: 1 J Hodgson (Hill) 5:22.8. **1500:** 1 M Perry (VoA) 4:54.5. **75H:** 1 L Clow (ESM) 13.0. **LJ:** 1 R Williamson (Team Hounslow) 4.93
U15 girls: 4x100: 1 ESM 53.1; 2 Hill 53.1; 3 Wyc P 53.5. **PV:** 1 E Hudson (Wyc P) 2.50. **LJ:** 1 H Thurston (ESM) 5.08. **HT:** 1 L Taylor-Barnes (Hill) 30.85. **JT:** 1 E Walker (Wyc P) 31.05
U13: 75: 1 M Faulkner (ESM) 10.5; 2 O Lowrie (Wyc P) 10.5; 3 K Johnson (Team Hounslow) 10.7. **B:** 1 E Stonebridge (ESM) 10.6. **150:** 1 Z Owolana (Hill) 20.1; 2 O Lowrie (Wyc P) 20.9; 3 Faulkner 21.1; 4 K Shirtcliffe (SMR) 21.3; 5 Johnson 21.9. **B:** 1 E Stonebridge (ESM) 21.5; 2 E Hester (Hill) 21.7; 3 F Culy (SMR) 21.7. **800:** 1 O Lowrie (Wyc P) 2:25.4; 2 L O'Brien (ESM) 2:29.7. **1200:** 1 K Stilwell (Wyc P) 3:55.4. **B:** 1 H Hodgkinson (Wyc P) 4:10.6. **70H:** 1 Z Owolana (Hill) 11.9. **4x100:** 1 Hill 54.7; 2 Wyc P 56.0; 3 SMR 56.3

SOUTHERN SOUTH 1, Kingston

MATCH: 1 Bracknell AC 549; 2 Ashford & Thanet 447.5; 3 Kingston AC & Polyte 433.5; 4 B&H 404; 5 Camberley & District 385; 6 Winchester & DAC 302
U15 boys: 100: 1 D Stoller (Win) 11.8; 2 K Milton (Brack) 11.9. **200:** 1 K Milton (Brack) 24.3. **B:** 1 G Olosunde (Brack) 24.2. **1500:** 1 M Cooper (Brack) 4:28.2. **80H:** 1 D Stoller (Win) 12.1; 2 J Zeller (Brack) 12.2; 3 J Timmins (Ashf) 12.4; 4 H Bolden (C'ley) 13.0. **PV:** 1 G Maher (Ashf) 3.60. **SP:** 1 J Anderson (Thanet) 14.14; 2 C Ashdown-Taylor (Brack) 13.11. **DT:** 1 J Anderson (Thanet) 39.06. **JT:** 1 D Stoller (Win) 45.20
U13: 100: 1 H Dyke (Ashf) 12.8. **200:** 1 H Dyke (Ashf) 26.4. **1500:** 1 M Borgnis (Brack) 4:56.9. **75H:** 1 L Cressey (Thanet) 12.3; 2 O Heard (C'ley) 13.0; 3 C Brown (Win) 13.2. **B:** 1 T Ayo-oyo (C'ley) 13.5. **4x100:** 1 B&H 55.9. **HJ:** 1 L Cressey (Thanet) 1.63; 2 M Sann (C'ley) 1.45. **JT:** 1 J McCafferty (Brack) 36.22
U15 girls: 300: 1 A Anning (B&H) 41.0; 2 P Fennell (Brack) 41.9. **1500:** 1 M O'Sullivan (K&P) 4:40.5; 2 E Carey (Brack) 4:49.8. **B:** 1 A Quirk (Brack) 4:51.4. **75H:** 1 B Bretherton (C'ley) 12.1; 2 A Prickett (Ashf) 12.3; 3 J Deacon (Brack) 12.3. **PV:** 1 I Deacon (Brack) 2.90. **SP:** 1 E Froome (Win) 10.43. **HT:** 1 E Fitzgerald (B&H) 25.51
U13: 75: 1 O Breslin (Brack) 10.2; 2 A Bell (K&P) 10.6. **B:** 1 M Robinson (Brack) 10.2; 2 J Woodroffe (K&P) 10.4; 3 T Gascoine (B&H) 10.7. **150:** 1 O Breslin (Brack) 20.1; 2 A Bell (K&P) 20.5; 3 L Fall (Win) 20.8; 4 A Ward (Ashf) 21.0; 5 A Dornbusch (B&H) 21.1; 6 F Smith (C'ley) 22.0. **B:** 1 N Bennett (Brack) 20.5; 2 L Tunnacliffe (K&P) 21.0. **800:** 1 K Sittampalam Main (Brack) 2:29.8. **1200:** 1 S Mair (Brack) 4:08.1. **B:** 1 A Woolston (Brack) 4:13.4. **70H:** 1 J Curtis (Ashf) 11.6; 2 N Bennett (Brack) 11.9; 3 F Robinson (B&H) 12.2; 4 F Smith (C'ley) 12.4. **4x100:** 1 Brack 53.9; 2 K&P 56.4; 3 B&H 57.3; 4 Ashf 57.6; 5

Win 57.9. **HJ:** 1 J Curtis (Ashf) 1.60; 2 J Woodroffe (K&P) 1.40. **JT:** 1 F Robinson (B&H) 24.66

SOUTHERN SOUTH 2, Horsham

MATCH: 1 Portsmouth 731.5; 2 Bournemouth/Poole/NFJ 612.5; 3 Guildford & G 582.5; 4 Chichester 508; 5 AFD 503.5; 6 Horsham Blue Star 453.5; 7 Lewes 279.5; 8 Havant 205
U15 boys: 100: 1 J Linington (Lewes) 12.0; 2 O Nicholson (AFD) 12.0. **300:** 1 L Younghouse (Ports) 39.0. **800:** 1 H Boyd (G&G) 2:08.1. **1500:** 1 B Martin (Lewes) 4:27.4. **B:** 1 T Yeates (Ports) 4:29.9. **80H:** 1 J Mitchell (Poole R) 12.8. **4x100:** 1 Lewes 48.3. **HJ:** 1 M Fieldus (G&G) 1.70. **PV:** 1 C Dearden (Horsh BS) 3.20; 2 J Harris (Lewes) 3.00. **JT:** 1 E Bayley (Horsh BS) 45.82
U13: 800: 1 B Walters (Lewes) 2:23.7. **1500:** 1 T Page (Horsh BS) 4:50.9; 2 C Crook (Havant) 4:52.4; 3 J Goldfinch (Ports) 4:56.0. **4x100:** 1 Ports 55.5. **SP:** 1 L Dodson (G&G) 9.13. **JT:** 1 M Forster (New FJ) 33.35
U15 girls: 800: 1 J Czura (Ports) 2:19.4. **1500:** 1 C Lance Jones (G&G) 4:50.9. **75H:** 1 Sheerin (B'mth) 11.8. **B:** 1 C Sidaway (B'mth) 12.5. **4x100:** 1 B'mth 52.3. **PV:** 1 F Fitchett (Lewes) 2.60. **B:** 1 L Thompson (Lewes) 2.60. **SP:** 1 H Molyneux (B'mth) 11.94; 2 G Osborne (Ports) 11.79. **DT:** 1 D Broom (B'mth) 30.29. **B:** 1 Molyneux 28.84. **HT:** 1 K Yorke (Ports) 36.29; 2 Molyneux 34.53; 3 L Carter (Lewes) 32.30
U13: 75: 1 G Buchanan-Robinson (G&G) 10.6; 2 A McFall (AFD) 10.6; 3 M Wilton (Ports) 10.7. **ns:** 1 T Chliwna (B'mth) 10.6. **150:** 1 Chliwna 20.9; 2 E Borisov (G&G) 21.2; 3 S Hunt (Ports) 21.9. **B:** 1 O Flaherty (Horsh BS) 21.7; 2 R Hannibal (B'mth) 21.8; 3 A Russell-Moore (G&G) 21.8; 4 L Bradley (Chilt) 21.9. **5 A McMonagle (Ports) 22.0.** **1200:** 1 R Gainsford (Lewes) 4:06.4; 2 C James (Ports) 4:07.6; 3 E Monday (AFD) 4:12.7; 4 A Russell-Moore (G&G) 4:18.0. **70H:** 1 H Thurgood (Ports) 11.7; 2 I Harrison (Poole R) 11.8; 3 G Buchanan-Robinson (G&G) 12.0. **B:** 1 Y Bridet (B'mth) 12.1; 2 M Wilton (Ports) 12.1. **4x100:** 1 G&G 56.0; 2 Ports 57.1. **LJ:** 1 G Buchanan-Robinson (G&G) 4.66. **SP:** 1 S Vincent (Ports) 9.31. **JT:** 1 H Thurgood (Ports) 28.18; 2 R Marchesan (Horsh BS) 24.72; 3 H Williams (Lewes) 24.55

SOUTH 3A, Carshalton

MATCH: 1 Walton AC 646; 2 Woking AC 448; 3 Woking 431; 4 Sutton & D 417; 5 Holland Sports 409; 6 Reigate P 307
U15 boys: 100: 1 M Logan (Worth) 11.8; 2 J O'Connor (Walton) 11.8. **ns1:** 1 R Macilenn (Wat) 12.0. **300:** 1 T Ricketts (Sutt) 38.8. **800:** 1 H Young (Woking) 12.4; 2 Logan 12.9. **4x100:** 1 Worth 49.1
U13: 75H: 1 C Holder (Reig) 12.1; 2 H Fisher (Holl S) 13.1
U15 girls: 100: 1 S Fisher (Holl S) 12.9. **300:** 1 F Forbes (Sutt) 43.0. **SP:** 1 H Taylor (Walton) 11.66. **DT:** 1 T Jones (Walton) 29.59. **HT:** 1 R Forrester (Worth) 37.10; 2 A Banbury (Walton) 31.29; 3 I Rapela (Woking) 28.36. **JT:** 1 N Bell (Walton) 32.50
U13: 75: 1 E Dore (Worth) 10.5; 2 T Araga (Woking) 10.6. **ns:** 1 K Abiwu (Sutt) 10.7. **150:** 1 T Araga (Woking) 20.4; 2 T Bonu (Sutt) 20.4; 3 I Adams (Worth) 21.5; 4 M Nunan (Holl S) 21.9. **B:** 1 L Hirst (Worth) 20.9; 2 L Eaton (Woking) 21.6; 3 J McFarlane (Sutt) 21.9. **1200:** 1 D Corradi (Sutt) 3:59.2; 2 C Vaughan (Walton) 4:04.7; 3 L Grant (Reig) 4:06.4; 4 A Jones (M'have) 4:16.4. **B:** 1 E Kenyon-Brown (Reig) 4:15.9. **70H:** 1 E Dore (Worth) 12.2. **4x100:** 1 Sutt 55.3; 2 Worth 56.2. **HJ:** 1 L Felstead (Worth) 1.41

SOUTHERN SOUTH 3B, Gillingham

MATCH: 1 Medway & M 569.5; 2 Hastings 490; 3 South London H 420; 4 Bexley AC 354; 5 E Grin. 342; 6 Dartford 288.5; 7 Medway Park Phoenix 133
U15 boys: 800: 1 J Cunningham Marsh (M&M) 2:06.4. **1500:** 1 T Dean (E Grin) 4:19.3; 2 L Taylor-Costin (Dartf) 4:23.1. **3000:** 1 I Milham (M&M) 12.1. **DT:** 1 P Bartlett (S Lon) 35.00; 2 J Okusanya (Bexley) 34.23
U13: 100: 1 J Oshunrinde (M&M) 12.9. **1500:** 1 A May (Dartf) 4:53.9. **LJ:** 1 J Oshunrinde (M&M) 4.92
U15 girls: 100: 1 M Walsh (M&M) 12.6; 2 M Green (Croy) 12.9. **ns:** 1 K Eyiowuawi (Kent) 12.8. **300:** 1 L Allen-Aigbodion (S Lon) 42.3. **800:** 1 H Page (Dartf) 2:17.4; 2 K Aslett (Hast) 2:20.0. **1500:** 1 C Sharp (Dartf) 4:48.4. **75H:** 1 L Allen-Aigbodion (S Lon) 11.6; 2 P Dinley (M&M) 12.2. **4x100:** 1 M&M 52.9. **HJ:** 1 R Hawkins (Bexley) 1.65; 2 J Oni (M&M) 1.60. **B:** 1 A West (M&M) 1.55. **DT:** 1 M Willis (Dartf) 26.53. **HT:** 1 V Pellett (E Grin) 34.26; 2 G Thomas (Bexley) 32.79; 3 P Abernitye-Ang (M&M) 28.00
U13: 75: 1 M John (Bexley) 10.3; 2 A Reid (S Lon) 10.5; 3 E Featherstone (M&M) 10.7. **150:** 1 M John (Bexley) 21.0; 2 A Reid (S Lon) 21.6; 3 Z Hammond (Hast) 21.9. **1200:** 1 H Cooper (Hast) 4:03.1; 2 M Rose (Dartf) 4:12.4. **70H:** 1 L Farley (M&M) 12.5. **4x100:** 1 S Lon 57.7; 2 M&M 57.8. **HJ:** 1 L Maunders (M&M) 1.40

CRYSTAL PALACE OPEN

Men: 100: r1 (-1.8): 1 L McLaughlin (Croy) 10.75; 2 N Thomas (TVH) 10.80; 3 J Street (S Lon) 10.83; 4 T Olubi (B&B) 10.96. **r3 (-1.3):** 1 C Pope (Herne H) 10.88. **r4 (-1.0):** 4 A Gordon (K&P, M40) 12.06. **r5 (-1.8):** 2 L Campbell (E Grin, M45) 12.00; 4 G Minetti (Herne H, M45) 12.14. **200: r1 (-1.9):** 1 T Campbell (B&W) 21.50; 2 L McLaughlin (Croy) 21.71; 3 J Street (S Lon) 21.89. **r4 (-1.1):** 2 G Minetti (Herne H, M45) 24.39
Mixed events: 400: r1: 1 A Bell (Camb H) 48.52; 2 S Palmer (E&H) 49.26; 3 C Cox (Craw) 49.49; 4 N Samuyiwa (Craw, U20) 49.57; 5 B Winstanley (Soton) 49.82; 6 O Parsons (SMR, U20) 50.26.
800: r1: 8 A Coleman (B'cay, M45) 2:10.97. **r2:** 4 M Canham (N Abb, U13W) 2:17.94. **1500:** 4 S Parvizi-Wayne (SB, U20W) 4:37.73

JULY 18

SOUTHERN COUNTIES VETERANS' LEAGUE KENT DIVISION 1, Dartford

Men: MATCH: 1 Cambridge 59; 2 Ashford 50; 3 Dartford 49; 4 B&B 47; 5 M&M 40; 6 Bexley 27
M35 men: 100: 2 P Davey (Ashf, M40) 11.9; 4 M Ronchetti (M&M, M40) 12.7. **B:** 3 T Phillips (B&B, M60) 13.1. **800:** 1 C Sharp (Dartf, M40) 2:03.6. **LJ:** 1 S Lake (Ashf, M40) 5.52. **DT:** 2 T Tipping (Camb H, M50) 33.47
M50: 100: 1 D Kemp (Dartf) 12.7; 2 P Presnell (Ashf, M55) 13.3; 5 R Sibley (M&M, M60) 13.9. **800:** 1 R Daniel (Camb H, M55) 2:23.9. **DT:** 1 P Ebbage (Ton, M55) 31.33
M60: LJ: 1 P Oakes (Ashf) 4.65
Final Standings: 1 Cambridge 30.5; 2 Dartford 28; 3 Ashford 26; 4 B&B 20.5; 5 M&M 15; 6 Bexley 6
Women: MATCH: 1 Cambridge 65; 2 B&B 62; 3 Dartford 60; 4 Bexley 39; 5 M&M 7
W35 women: DT: 1 H Daniel (Camb H, W50) 25.81; 2 B Terry (B&B, W65) 18.87
W50: 100: 1 H Godsell (B&B, W60) 14.7; 2 T Eades (Dartf, W55) 15.0. **LJ:** 1 T Eades (Dartf, W55) 4.13; 2 J Montgomery (B&B) 3.67. **DT:** 1 A Goad (Dartf, W55) 22.31; 2 L Smith (Camb H)

20.38; 4 P Oakes (M&M, W65) 16.99
W60: 800: 1 R Tabor (Dulw) 2:55.0; 2 H Godsell (B&B) 3:04.5. **LJ:** 1 C Clements (Dartf) 3.58
Final Standings: 1 Cambridge 31; 2 B&B 30.5; 3 Dartford 29; 4 Bexley 18; 5 M&M 12

DIVISION 2, Dartford

Men: MATCH: 1 Padd W 82; 2 Brom V 69; 3 Invicta 57; 4 Swan & D 47; 5 Sev'oaaks 43; 6 I&I 28; 7 Dart B 8
M35 men: 100: B: 1 L Percival (Padd W, M60) 13.9. **800:** 2 G Kitchingham (Orp, M45) 2:13.7
M50: 100: ns: 1 C Leon (B&B, M55) 13.5. **LJ:** 1 I Tomlinson (Inv EK, M55) 5.16
Final Standings: 1 Padd W 38.5; 2 Brom V 36; 3 Invicta 31; 4 Swan & D 22; 5 Sev'oaaks 21; 6 I&I 9; 7 Dart B 8
Women: MATCH: 1 Padd W 55; 2 Swan & D 52; 3 Brom V 47; 4 B&B B 34; 5 I&I 18
W50 women: 800: 1 A Unsel (Brom Vets, W65) 3:15.6
Final Standings: 1 Padd W 34; 2 Swan & D 26; 3 B&B B 24.5; 4 Brom V 20.5; 5 I&I 11

COVENTRY GODIVA CLASSIC

INC MIDLAND 3000m

CHAMPIONSHIPS, Coventry

Men: 100: r1: 1 D Gain (Rad) 10.85.
200: r1 (0.3): 1 D Gain (Rad) 21.58.
3000: 1 R Jones (W&B) 8:31.44; 2 P Wilson (Tip) 8:34.34; 3 A Peat (Bir) 8:38.88; 4 B Jones (Cov) 8:40.80; 5 M Williams (Wolverhampton & Bilston) 8:41.10; 6 S Byrne (Tip) 8:41.40; 7 R Smith (Notts) 8:42.91; 8 M Whitehouse (Notts, M35) 8:45.64; 10 P Clark (Notts, U20) 8:48.94; 11 S Nelson (W'boro, M35) 8:49.99; 12 T Hartley (Notts, M45) 8:50.30; 13 R Keal (Notts, M40) 8:54.20; 15 J Douglas (Charn, M40) 8:56.92; 20 P Thompson (B'ville, M40) 9:17.49
U17: 3000: 1 D Wilkinson (Learn, U15) 9:40.75

U17: 3000: 1 D Wilkinson (Learn, U15) 9:40.75
Women: 100: r1: 1 C Jones (Bir, U20) 12.06; 2 R Barrett (SSH, U20) 12.18; 4 E Belcher (SSH, U17) 12.60. **200: r1 (0.5):** 2 E Belcher (SSH, U17) 25.89. **3000:** 1 E Hughes (Mans, U20) 10:00.68; 2 B Hawling (Chelt) 10:02.72; 3 A Hopcroft (Bir, U20) 10:06.49; 4 E Waugh (R&N) 10:19.15
U20: SP: F20: 1 S Fortune (Dees) 10.76
U15: 3000: 1 B Hinett (Cov) 10:11.06.
75H: 1 C Bates (Cov) 11.62
U13: 70H: 1 N Williams (N2) 11.77; 2 A Poole (Cov) 12.18
Disability: 100: H1 (-0.7): 1 G Oliver (Leeds C) 18.12; 2 H Cockcroft 18.60.
200: H1 (-0.3): 1 G Oliver (Leeds C) 31.71; 2 J Jones (New M, U20) 32.36; 3 H Cockcroft 32.44

JULY 17

KENT AC 1500m CHAMPIONSHIPS, Catford

Mixed events: 1500: 2 N Armitage-Hookes (Camb H, U15) 4:17.9; 6 A Armitage-Hookes (Camb H, U15) 4:22.4; 10 K Newton (Herne H, M50) 4:35.9

JULY 16

NEWHAM & ESSEX BEAGLES OPEN SERIES, Newham

Men: 100: r1 (-1.3): 1 C Ujah (E&H) 10.27; 2 R Pierre (WSEH) 10.53; 3 C Lawson (SB) 10.57; 4 L McLaughlin (Croy) 10.73; 5 F Owolade (B&B) 10.74; 6 T Gilling (W&B) 10.79; 7 J Olan (B&B) 10.81. **r2 (-0.7):** 1 E Amaning (TVH) 10.71; 2 N Thomas (TVH) 10.88; 3 J Hamilton (Orion, U20) 10.90. **r3 (1.2):** 1 J Duru (WG&L) 10.99; 3 Z Plummer (SB, U20) 11.10; 7 A Hemoh (NEB, U17)

11.17. **r5 (-0.3):** 1 K Williams (E&H) 10.88; 3 E Sarfo (Sutt, U15) 11.72. **r7 (-0.7):** 1 C Ujah (E&H) 10.27; 2 R Pierre (WSEH) 10.60; 3 C Lawson (SB) 10.76; 4 F Owolade (B&B) 10.77; 5 E Amaning (TVH) 10.85. **200: r1 (0.5):** 1 R Pierre (WSEH) 21.37; 2 L McLaughlin (Croy) 21.92. **r2 (-1.7):** 1 J Hylton (Bir) 21.63.
400: r1: 1 L Lennon-Ford (TVH) 47.00; 2 R Morrissey (IRL) 47.26; 3 L Smallwood (B&B) 47.71; 4 I Ogunlade (Herne H) 49.28; 5 O Hutchinson (Bir) 49.00; 6 B Tindogo (NEB, M35) 49.94. **1100 (0.6):** 1 J Hylton (Bir) 14.04; 2 A Blow (BMH) 14.51; 3 A Wilson (VP&TH) 14.92; 4 J Yarde (WSEH) 14.98; 5 L Thompson (NEB) 15.58
Women: 100 (0.3): 1 S Charles (SB) 12.27; 4 A Ndiaye (Serp, U13) 13.29; 6 E Scott (TVH, W50) 14.46. **400:** 1 K Larose (WG&L) 55.41; 2 S Banjo (NEB) 57.35; 4 E Scott (TVH, W50) 68.54

LIVINGSTON OPEN

Mixed events: 100: r1: 2 J MacLennan (Centr, U15) 11.65. **r3:** 5 B Lynch (Falk, M60) 13.84. **400: r1:** 1 B Crawford (Kilb) 49.93. **1500: r2:** 1 C Feechan (Cambus, M55) 4:46.11; 2 L Dickson (Lass, U15W) 4:50.67. **r3:** 3 R Gray (I'clyde, U15) 4:24.24; 6 R Burns (Pit, W) 4:36.32. **LJ:** 1 E Canning (W moss, U20W) 5.69; 2 A Stewart (W moss, U17W) 5.34
U17 men: SP: 1 L Fries (DEU) 13.27

BMC GOLD STANDARD, Watford

Men: 800: 1 K Merber (USA) 1:48.08; 2 R Charles (SB) 1:48.65; 3 C Warburton (Notts) 1:48.91; 4 B Coldray (Stroud) 1:49.18; 5 J McCurray (St Alb, U20) 1:49.21; 6 G Heath (USA) 1:49.47; 7 J Cook (WG&L) 1:49.57; 8 H Dixon (AFD) 1:50.58; 9 J Hay (AFD) 1:52.04. **B:** 1 S Ferguson (Rad) 1:52.76; 2 I Williamson (Bir, M35) 1:53.05; 3 J McCarthy (Chilt, U20) 1:53.10; 4 T Richardson (Bas) 1:53.19; 5 J Lewis (SB, U17) 1:53.33; 6 A Beddoes (COK, U20) 1:53.63; 7 T Holden (S Lon, U20) 1:53.67; 8 N Harris (Sutt) 1:53.70; 9 H Coutinho (Chelt) 1:54.53; 10 S Jones (St Alb, U20) 1:55.20. **1500:** 1 C O'Leary (IRL) 3:37.72; 2 R Masters (USA) 3:38.00; 3 A Bueno (DEN) 3:38.44; 4 E Everard (Kilk) 3:40.41; 5 R Chessier (Ennis T) 3:42.65; 6 A Bruce-Littlewood (B&B) 3:44.07; 7 J Davies (Read) 3:44.53; 8 M Bergin (Bed C) 3:44.84; 9 M Callegari (SB) 3:45.15; 10 T Hook (Norw, U20) 3:46.03; 11 D Worton (Wake) 3:47.56; 12 J Trigwell (Exe) 3:49.67; 13 P Radley (Owl) 3:50.67; 14 E Shepherd (WG&L) 3:51.02; 15 M Ward (Card) 3:53.42. **B:** 1 I Rawlinson (Tip) 3:48.78; 2 A Hickey (S'end) 3:48.82; 3 M Thomas (Hast) 3:49.04; 4 L Lloyd (Herne H) 3:49.29; 5 C MacLean (B&W) 3:49.35; 6 D Musson (Notts) 3:52.08; 7 N Duggan (Craw) 3:52.28; 8 D Hallam (OWLS) 3:52.55; 9 M Leach (Bed C) 3:53.44; 10 J del Azar (Brack, U20) 3:53.54; 11 C Youell (Chelm) 3:57.73; 12 J Williams (Read) 3:58.66
Women: 800: 1 M Okoro (SB) 2:02.24; 2 P Wright (USA) 2:04.65; 3 S Sinha (Camb H, U17) 2:06.91; 4 J Monteiro (Chelm) 2:07.23; 5 G Kersey (Bas) 2:07.34; 6 M Edwards (WG&L) 2:07.80; 7 M Courtney (SB) 2:09.45; 8 H Edwards (Herne H) 2:09.99. **B:** 1 V Ockenden (Poole R) 2:09.57; 2 E Leask (Guern) 2:10.52; 3 L Hallam (Have, U20) 2:11.02; 4 M Mayor (was Hutchison) (Hill) 2:11.25; 5 L Bond (WSEH) 2:11.68; 6 C Toogood (NOR) 2:11.84; 7 C Ford (Camb H) 2:12.94; 8 K Eravisto (Notts, W35) 2:14.55; 9 Y Ryder (Newb, U17) 2:18.19. **1500:** 1 L Deadman (Have) 4:17.45; 2 K Macdermid (NZL, U17) 4:17.72; 3 M Jones (AFD) 4:17.77; 4

A Tracey (G&G) 4:22.08; 5 A Gibson (Morp) 4:23.63; 6 K Grant (Norw) 4:25.18; 7 S Astin (Manx) 4:25.80; 8 I Lake (Norw) 4:32.41; 9 P Woolven (Wyc P) 4:37.69; 10 M Reynolds (WSEH) 4:40.00

WATFORD OPEN GRADED

U23 mixed events: HJ: 1 A Coward (SB, U20) 1.95; 7 L Davis (SB, U13) 1.45
Mixed events: 400: r1: 2 A Slatcher (Bed C, W50) 64.74; 3 E Caux (E Vets, W55) 66.90; 6 C Hurley (SB, W50) 69.24. **r3:** 1 H Thear (Chilt, U17W) 59.77. **r4:** 4 R Croft (WSEH, U20W) 57.09. **r6:** 6 H Kettle (Chilt, U15) 53.29. **r7:** 1 A Bryant (WSEH) 48.40; 2 D Doggett (C&C, U20) 50.00; 6 S Hazel (Lut, U20) 50.30. **800:** 7.6: 1 O Lowrie (Wyc P, U13W) 2:27.80; 9 J Kent (Barn, W45) 2:32.29. **r7:** 7 L Jay (Lut, U13W) 2:29.54; 10 R Canham (Lut, W40) 2:31.04. **r8:** 2 B Forster (E&H, U15W) 2:21.63; 3 A McGighe (Strat, U13W) 2:22.08; 9 B Lafreniere (G&G, W35) 2:25.81. **r9:** 1 L Lafreniere (G&G, U17W) 2:17.89; 3 S Wager-Leigh (Chilt, U15W) 2:20.42; 4 C Thornton (E&H, U17W) 2:20.55; 5 E Williams (Kett, U13W) 2:21.61; 6 M Pocock (AFD, U17W) 2:21.93; 7 L Gee (Lon Hth, U17W) 2:21.93; 10 B Pritchett (WG&L, W45) 2:23.11. **r10:** 4 L Langford (SB, U17W) 2:19.11; 5 S Bickerstaff (Harrow, U13) 2:20.12; 6 J Ratcliff (WG&L, U20W) 2:21.09; 8 J Hurley (SB, U15W) 2:21.36. **r11:** 4 M Perry (VoA, U13) 2:20.39. **r12:** 5 H Goodwin (Bed C, W) 2:15.39; 7 R Prideaux (Chelm, U17W) 2:15.69; 9 N Kipps (Orion, W) 2:16.66; 10 J Judd (Chelm, U17W) 2:17.70; 11 A Quantrill (C&C, U15W) 2:19.82; 12 S Risky (B&B, U17W) 2:21.07. **r13:** 5 F McClay (Brack, U17W) 2:14.46; 6 F Ashworth (Kett, U20W) 2:14.61; 8 L Everson (B&B, U17W) 2:15.56; 10 A Chandler (Reig, U20W) 2:16.23; 11 L Van Oudthoorn (AFD, U13) 2:16.71; 12 D McDougall (Wyc P, U13) 2:17.79; 14 L Edwards (Harrow, U13) 2:18.29. **r14:** 1 C Dadds (E&H, U15) 2:09.71; 6 M Steer (St Alb, U20W) 2:13.60; 10 S Fihosy (Lut, U13) 2:15.03; 12 S Evans (Warr, U13) 2:17.02. **r15:** 1 H Parker (C&C, U20W) 2:08.47; 4 B Abubacker (Lut, U15) 2:09.04; 5 J Viney (Bed C, U15) 2:09.19; 6 K Mhlanga (Chelm, U15W) 2:09.55; 11 M Austin (G&G, W) 2:13.74; 12 S Parvizi-Wayne (SB, U20W) 2:17.25. **r17:** 3 D Streeter (SNH, U15) 2:04.41; 5 H Digby (Brack, U15) 2:06.03; 7 C Crick (Ton, U15) 2:06.42; 8 M Trees (Belg, M50) 2:06.60; 10 E Dee (SB, U15) 2:07.14. **r18:** 6 R McClay (Brack, W) 2:04.46; 8 S Stebbings (Lut, M40) 2:04.73; 10 A Shiret (SB, U15) 2:06.15. **r19:** 1 J Wager-Leigh (Chilt, U17) 1:59.62. **r20:** 3 M Rawlings (Read, U15) 2:00.75. **r21:** 5 K Ahmed (SB, U17) 1:59.80. **r22:** 7 H Sloman (Orion, U17) 1:59.44; 9 W Hells (Lut, U17) 1:59.71. **r23:** 1 S Shore (Belg) 1:54.07; 2 M Bartram (W Suff, U20) 1:54.93; 3 B Kelsey (SB, U20) 1:55.83; 4 T Ntibazonkiza (SB, U20) 1:55.93; 5 N Mapperley (C'ley, U20) 1:56.20; 6 P Asgodom (E&H, U20) 1:56.56; 7 P Asgodom (E&H, U20) 1:56.60; 8 M Bray (Bed C, U20) 1:57.00; 10 C Charleston (Chelm, U20) 1:57.17. **r24:** 1 J West (Ton, U20) 1:51.65; 2 L Dee (SB, U13) 1:51.89; 3 M Jebbari-el-majdoub (TVH) 1:52.13; 4 M Woodley (Chelm) 1:52.36; 5 D Carter (Inv EK) 1:52.59; 6 A Jones (E&H) 1:53.99; 7 D Owen (Chelt) 1:54.54

CHELTENHAM MIDSUMMER OPEN MEETING, Cheltenham

U15 mixed events: 150 (1.8): 1 J Donoghue (B&W, U13) 21.47
Men: 150 (0.0): 1 D Trueman (Stroud, U20) 16.21; 2 A Smitherman (Chelt)

16.74. **HT:** 1 A Frost (WG&L) 69.83
Mixed events: 300: 1 D Trueman (Stroud, U20) 34.73. **400: r1:** 1 J Hocking (Worc, U17) 50.98. **800: r2:** 6 I Sheppard (Strat, U13W) 2:26.89. **1500: r2:** 10 Z Wassell (Stroud, U17W) 4:45.27; 12 G Knapp (Stroud, U15W) 4:51.95; 13 H Emery (N Som, U15W) 4:57.96; 15 M Ford (Chelt, M70) 5:18.69
U20: HT: 1 B Main (Shett) 51.47
U17: HT: 1 J Briggs (BRAT) 49.61
U15: HT: 1 K Grimwade (Card) 44.49
U13: JT: 1 B McIntyre (Swin) 33.87
Women: 150 (1.8): 1 J Horder (Chelt, W55) 21.22. **PV:** 1 S Cook (Bir) 3.60. **HT:** 1 B Sewell (Card) 42.26
U20: 150 (2.2): 1 D Willoughby (Glouc) 18.70; 2 F Chapman (Chelt, U17) 19.73; 4 R Phelps (Chelt, U17) 20.08. **HT:** 1 C Stallard (Glouc) 44.13
U17: HT: 1 E Thrall (Glouc) 45.71; 2 C Lockett (Worc) 42.61
U15: 150 (1.8): 1 A Williams (Chelt) 20.00; 2 N Smith (Stroud) 20.18; 3 A Vaile (Glouc) 20.43. **PV:** 1 C Walder (N Som) 2.60. **HT:** 1 F Palmer (Card) 38.37
U13: 150: r1 (2.2): 1 H Shannon (Chelt) 20.70; 2 A Dance (Chelt) 20.82; 3 H Kearsey (FoD) 21.85. **r2 (3.7):** 1 E Duncan (Worc) 21.07; 2 K Harris (Worc) 21.57; 3 M Hucker (C&S) 21.98
W50: HT: B: 1 K Jones (Yate) 32.46. **JT: B:** 1 J Wakelam (B&R, W55) 21.45
W55: HT: B: 1 J Wakelam (B&R) 33.37

CRAWLEY OPEN

Mixed events: 100: r8 (-1.9): 1 C Harvey (Lewes, M40) 12.14. **400: r2:** 3 S Reed-Cayton (Craw, W45) 62.80; **r5:** 1 S Cooke (Sutt, U20) 49.47; 2 S Thomas (Phoe, U20) 49.73; 3 N Samuyiwa (Craw, U20) 50.15. **1500: r1:** 2 A Millard (Inv EK, U13W) 5:13.42. **r4:** 1 A Brewer (Lewes, U13) 4:59.4. **r3:** 9 D Angel (Horsh B, M50) 4:38.7; 10 J Briggs (Arena, W45) 4:43.7; 11 L Harris (Worth, U20W) 4:43.7
Men: SP: r1: 1 J Watson (WSEH, U20) 17.27. **r2:** 1 E Watson (WSEH, U20) 15.40. **HT:** 1 C Bennett (SB) 68.18; 2 M Evans (Worth) 48.85; 3 S Evans (Worth) 47.06
U20: SP: 1 J Watson (WSEH) 17.37. **HT:** 1 J Watson (WSEH) 51.55; 2 W Cox (Craw) 46.76
U17: HT: 1 J Haines (Craw) 55.19
M45: SP: 1 C Turner (Unatt) 11.20
Women: HT: 1 L Duke (Worth) 43.63
U20: HT: 1 E Baker (Worth) 33.79
U15: HT: 1 V Pellett (E Grin) 42.15; 2 L Carter (Lewes) 34.78; 1 A Banbury (Walton) 32.44; 2 A Steer (Craw) 25.96
U13: LJ: 1 D Bourne (K&P) 4.72
W50: HT: 1 K Wier (SMR) 32.56
W65: HT: 1 R Hutton (W'borne) 28.47

SAUCONY HAMPSHIRE GRAND PRIX, Basingstoke

Men: 100: r3: 3 R Watkins (BMH, M60) 12.84; 4 V Novell (Soton, M65) 13.98.
400: r1: 1 O Smith (Chich) 48.84; 2 J Slade (Soton) 48.96; 3 R Young (Soton, U20) 49.10; 4 S Barker (Win, U20) 49.52. **r3:** 2 R Watkins (BMH, M60) 59.05. **400H:** 1 J Messenger (Win, U20) 56.09; 5 T Miller (Havant, U17) 57.92; 6 A Lomax (Walton, U17) 58.87. **HJ:** 1 M Watson (Soton) 2.10. **PV:** 1 B Hazell (BMH) 4.20; 3 D Warn (Soton, M45) 3.05. **SP:** 1 A Leiper (AFD, M50) 11.07
Mixed events: 800: r1: 1 H Carter (BMH) 1:52.92; 1 B D Spawforth (G&G, U17) 1:55.97; 3 C Sheridan (BMH, U17) 1:56.16. **r2:** 1 B O'Connor (BMH, U20) 1:56.26; 1 J Wales (Soton, U17) 1:59.87. **r3:** 2 W Crisp (Swin, U15) 2:01.59. **r4:** 3 A Rodrigues (C'ley, U15) 2:09.66. **r5:** 3 R Robinson (G&G, U20W) 2:18.66. **r8:** 1 M Deadman (BMH, U15W) 2:19.68. **3000: r1:** 1 M Revier (Soton) 8:34.12; 2 N Clinton (Swin, U20) 8:34.41; 3 S Naylor

Malcolm marks his farewell in Wales

JULY 15 WELSH ATHLETICS INTERNATIONAL, Cardiff

CHRISTIAN MALCOLM ran his last race in Wales as he participated in the 4x100m relay.

A four-time Olympian, the 1998 world junior champion ran the opening leg for Wales' winning team and received a standing ovation.

He said: "It was fantastic to be able to run one final time in a Welsh vest – and in front of my family and so many friends. The crowd were fantastic and I'd just like to thank everyone who has supported me over the years. I've had a great career and I've shown that you can achieve your dreams if you are prepared to work hard."

He is expected to officially hang up his spikes later this season.

Malcolm had been hoping to end his career at the Commonwealth Games, but the latest in a series of injuries in training limited his build-up to two races and a 21.96 best – well outside the Wales qualifying time.

Until the emergence of the latest breed in recent years, Malcolm was arguably Britain's most talented ever sprinter.

As a junior he clocked 10.12 for 100m and 20.29 for 200m when winning silver at the first of his four Commonwealth Games in 1998.

However, injuries were never far away throughout his senior career and promising early-season runs would often be followed by disappointment at championships.

He proved to be better at 200m and his highlights included a fifth in the 2000 Olympics, the year in which he won European indoor gold.

The following year he achieved what is still his PB – 20.08 in reaching the final of the world championships. He was fifth in the final and remains third on the UK all-time list.

His hopes in the 2004 Olympics, in which he might have been part of Britain's eventual 4x100m winning quartet, were blighted a serious kidney condition.

He achieved a great comeback to place fifth in the 2008 Games and just missed out on a final place in 2012.

Welsh athletes on their way to Scotland showed encouraging form.

Chris Gowell became the first athlete to break four minutes for the mile on Welsh soil for 25 years when he won in a PB 3:58.25.

In the field, Carys Parry set a Welsh hammer record of 66.80m.

Lee Doran won the javelin with 73.08m and Brett Morse was successful in the discus with 58.84m.

New Zealand's world junior shot champion Jacko Gill warmed up for Glasgow with a throw of 18.99m.

Men: 100: A (-1.1): 1 A Syers (NEB) 10.63; 2 D Hammond (WAL) 10.73; 3 M Bheka (Card) 10.89; 4 G Hopkins (Card) 10.96. **B (-1.9):** 1 R Tremblen (Card) 10.94. **200: 1 D Heald** (ENG/North, U20) 22.01; 2 E Powell (ENG/Midlands, U20) 22.09; 3 G Matthew (ENG/South, U20) 22.11. **B (-2.0):** 1 D Lima (POR) 21.55. **400: 1 A Carew** (AUS) 47.92; 2 D Guest (WAL) 48.25; 3 S Blanch (WAL, U20) 48.84; 4 J Reid (ENG/North, U20) 48.91; 5 H Pocock (ENG/South, U20) 50.13. **B:** 1 A Ademuyewo (Sale) 47.93; 2 C Byron (Bir) 48.43; 3 F Owsley (B&W, U20) 48.86; 5 R James (Card, U17) 50.66. **800: 1 D Bishop** (SCO) 1:50.22; 2 E Slade (WAL) 1:50.32; 3 J Matthews (NZL) 1:50.46; 4 C Hill (Card) 1:52.15; 5 D Banwell-Clode (Cwm) 1:52.67; 6 J O'Hara (ENG/South, U20) 1:52.70; 7 J Preece (WAL, U20) 1:56.80; 8 M Wigelsworth (ENG/North, U20) 1:57.53. **Mile:** 1 C Gowell (WAL) 3:58.25; 2 S Mitchell (B&W) 4:02.24; 3 J Cove (WAL, U20) 4:14.19; 4 T George (ENG/Midlands, U20) 4:14.37; 5 B Houghton (ENG/North, U20) 4:14.98; 6 K Wood (ENG/South, U20) 4:15.25; 7 S Petty (N Dev) 4:19.64; 8 J Oey (AUS) 4:19.73. **3000: 1 A Bitchell** (WAL) 8:19.62; 2 C Hulson (Sale) 8:19.88; 3 S Halsted (ENG/South, U20) 8:29.56; 4 E Makepeace (ENG/Midlands, U20) 8:30.26; 5 G Smith (Swan) 8:35.36; 6 J Hopkins (WAL, U20) 8:46.28; 7 C Lovatt (Swan, U20) 8:47.08. **400H: 1 P**



Christian Malcolm: final appearance on home soil

Bennett (WAL) 51.68; 2 P Byrne (IRL) 51.68; 3 K Medwood (BIZ) 51.72; 4 C McAlister (ENG/South, U20) 53.85; 5 A Davies (ENG/North, U20) 54.83; 6 R Cooper (WAL, U20) 56.53; 7 T Christie (ENG/Midlands, U20) 56.94. **4x100: 1 WAL** 40.62; 2 USA 41.49; 3 WAL (U20) 41.99; 4 ENG/North (U20) 43.17; 5 ENG/Midlands (U20) 44.39. **4x400: 1 WAL** 3:17.65; 2 ENG/North (U20) 3:20.68; 3 ENG/South (U20) 3:20.98; 4 WAL (U20) 3:21.59. **PV: 1 P Walker** (WAL) 5.30; 2 J Pocklington (AUS) 5.30; 3 N Cruchley (Hale) 5.30; 4 A Sutcliffe (Sale) 5.30; 5 B Gregory (VoA) 5.00; 6 S McLaren (AUS) 4.55; 7 E Walsh (ENG/Midlands, U20) 4.55; 8 N Cole (ENG/North, U20) 4.55. **SP: 1 J Gill** (NZL) 18.99; 2 R Spencer-Jones (WAL) 17.48; 3 G Winter (Card) 17.12; 4 S Lincoln (York) 16.69. **DT: 1 B Morse** (WAL) 58.84; 2 C Mathews (Card) 44.69; 3 S McLaren (NZL) 42.84. **HT: 1 A Frost** (WG&E) 67.22; 2 J Edwards (Ply) 62.00; 3 M Richards (Card) 60.75; 4 O Jones (WAL) 59.37. **JT: 1 L Doran** (WAL) 73.08; 2 J Copsey (Card) 66.52; 3 L Angell (ENG/South, U20) 59.82; 4 C Lacy (Have) 58.04; 5 C Swan (WAL, U20) 57.43; 6 B Whipp (ENG/North, U20) 49.22. **U20: SP: 1 J Watson** (ENG/South) 17.10; 2 A Graham (ENG/North)

16.14; 3 C Lavery (WAL) 14.20; 4 N Aarre (ENG/Midlands) 12.43. **DT: 2 M Blandford** (ENG/South) 49.39; 3 N Aarre (ENG/Midlands) 46.36; 4 D Fleming (ENG/North) 44.72; 1 M Williams (WAL) 39.18. **HT: 1 J Palmer** (WAL) 66.98; 2 T Head (ENG/South) 62.80; 3 T Fellowes (ENG/Midlands) 57.59; 4 R Douglas (ENG/North) 57.47. **U17: 3000: 1 M Willis** (Wrex, U15) 8:57.25; 2 R Jones (Card, U15) 9:29.55; 3 E Lawrence (Swan, U15) 9:39.72; 4 L Davies (Brecon, U15) 9:41.57. **U15: 4x100: 1 Cardiff Archers 'A'** 46.44; 2 P'broke 46.55; 3 Brecon 47.08; 4 Neath 48.19; 5 Card 48.60. **U13: 4x100: 1 Cardiff Archers 'A'** 51.54; 2 Pontyclun AC 'A' 55.36; 3 Cardiff Archers 'B' 55.80. **Women: 100: A (-2.0): 1 M Moore** (WAL) 11.91; 2 H Brier (WAL, U17) 11.93; 3 H Thomas (Wrex) 12.24; 4 F Agyapong (ENG/South, U20) 12.36; 5 C Jones (ENG/Midlands, U20) 12.44. **B (-1.1): 1 S Malone** (Dees, U20) 12.12; 2 K Edwards (ENG/North, U20) 12.25. **200: 1 J Duck** (Mil K) 24.00; 2 A Reynolds (WAL, U17) 24.73; 3 K Ewary (ENG/North, U20) 24.76; 4 F Agyapong (ENG/South, U20) 25.11. **400: 1 S Bundy-Davies** (WAL) 52.71; 2 E Pullen (Card) 54.14; 3 A Desforges (ENG/Midlands, U20) 56.73; 4 S

Preece (ENG/North, U20) 57.32; 5 M Roberts (WAL, U20) 57.58; 6 A Other (ENG/South, U20) 57.73. **800: 1 A Smit** (NZL) 2:02.78; 2 J Cooke (WAL) 2:06.21; 3 K Dodd (ENG/South, U20) 2:09.04; 4 L Van Dalen (NZL) 2:09.35; 5 C Ross (ENG/Midlands, U20) 2:11.07; 6 R Scott (WAL, U20) 2:11.53; 7 B Strange (Card) 2:11.91; 8 K Fraser (ENG/North, U20) 2:12.91. **Mile: 1 R Price** (WAL) 4:41.71; 2 E Stevens (Bir) 4:52.96; 3 K Seary (WAL, U20) 4:53.73; 4 G Tuckfield (ENG/South, U20) 5:01.48; 5 M O'Connell (ENG/Midlands, U20) 5:01.86. **3000: 1 E Kirk** (WAL) 9:12.50; 2 A Donnelly (ENG/North, U20) 9:43.74; 4 C Wilson (ENG/South, U20) 9:58.67; 5 A Other (Unknown) 10:03.71; 6 R Evans (Card, U20) 10:09.77. **100H: 1 M Jenneke** (AUS) 13.44; 2 O Walker (ENG/North, U20) 14.28; 3 S Irving (ENG/South, U20) 14.62; 4 M Courtney (ENG/Midlands, U20) 14.67; 5 A Howarth (Leigh) 14.81; 6 C Taylor (WAL, U20) 15.55. **4x100: 1 WAL** 45.45; 2 All Stars 47.14; 3 WAL (U20) 47.67; 4 ENG/North (U20) 47.78; 5 ENG/South (U20) 47.82; 6 ENG/Midlands (U20) 47.94. **4x400: 1 Tm A** 3:37.53; 2 Tm B 3:43.52; 3 S Peake (WAL) 4:25; 3:51.67; 4 ENG/North (U20) 3:53.30; 5 WAL (U20) 3:53.54. **PV: 1 Z Brown** (NI/SB) 4.45; 2 S Beech (WAL) 4.25; 3 K James (WG&E) 4.00; 4 V Parnov (AUS) 4.00; 5 H Paxton (Bir) 4.00; 6 C MacGuire (SCO) 4.00; 7 J Robbins (ENG/Midlands, U20) 3.55; 8 G Pickles (ENG/North, U20) 3.40. **HT: 1 J Ratcliffe** (NZL) 67.45; 2 C Parry (WAL) 66.80; 3 S McKelvie (Edin) 62.75; 4 S Brown (B&B) 59.41; 5 K Presswell (ENG/South, U20) 54.67; 6 Z Dakin (WAL, U20) 47.69; 7 K Lambert (ENG/Midlands, U17) 45.46; 8 M Okul (ENG/North, U17) 35.76. **U17: 3000: 1 H Davies** (Brecon) 10:23.15; 2 A Gammon (Card, U15) 10:50.44; 3 A Fisher (Card, U15) 10:51.94. **U15: 4x100: 1 Cwmbran H** 51.02. **U13: 4x100: r1: 1 Neath** 55.28; 2 Cardiff Archers 'A' 56.05

(Bed C, M35) 8:44.17; 4 W Stockley (T Bath, U17) 8:54.87; 7 D Long (B'mth, U20) 8:56.67; 11 J Beeks (BMH, U17) 9:17.92; 16 T Yeates (Ports, U15) 9:41.25; 17 L Brenton (Soton, W) 9:44.92; 19 K Jacobs (Swin, W35) 9:51.60; 20 J Czura (Ports, U15W) 9:52.44. **r2: 1 M Heyden** (C'ley, U15) 9:39.66; 2 D Cooke (C'ley, U15) 9:41.43; 6 H Howard (E'leigh, W) 10:20.60; 7 C Lance Jones (G&G, U15W) 10:21.98; 8 S Burrows (AFD, U15W) 10:25.18; 10 T Horton (AFD, U15W) 10:26.15; 13 L Rochford (AFD, U17W) 10:40.77; 14 E Rose (Ports, U15W) 10:43.84.

U20: HJ: 1 N Hunt (Soton) 2.00. **PV: 1 S Bass-Cooper** (Soton) 4.30. **LJ: 1 N Hunt** (Soton) 6.75. **SP: 1 N Hunt** (Soton) 13.76; 2 A Hill-King (Win) 13.06. **U17: 400: 1 R Brackstone** (Brack) 50.95; 2 H Spawforth (G&G) 51.25. **HJ: 1 J Crookes** (Foster) 1.90; 2 A Jones (Soton) 1.90; 3 G Foster (Win) 1.85. **PV: 1 D Cedro** (Harrow) 3.70. **SP: 1 S Wellington** (Soton) 13.05. **U15: 100: r1 (-1.2): 1 S Bridges** (Soton) 11.68; 2 D Stoller (Win) 11.89. **400: 1 R Jarvis** (Soton) 53.04; 2 A Day (Slough Juniors) 53.97. **HJ: 1 M Gair** (BMH) 1.80;

2 C Button (loW) 1.75. **PV: 1 K Apps** (Soton) 2.75. **JT: 1 D Stoller** (Win) 47.16; 2 B Upfold (Soton) 45.68. **U13: 800: 1 B Pattison** (BMH) 2:07.48. **Women: 100: r2: 5 M West** (Win, W65) 15.59. **300H: 2 H Cooke** (Scun, U17) 45.25. **PV: 1 C Cabbage** (Ports, W40) 2.45. **SP: 1 C Cabbage** (Ports, W40) 9.06. **JT: 1 K Watts** (Jer) 49.15. **U20: PV: 1 A Try** (WSEH) 3.35. **JT: 1 J Campbell** (Soton) 39.18; 2 L Davies (BMH) 37.34. **U17: 100: r1: 1 A Teal** (Soton) 12.60; 2 L Bomphrey (BMH) 12.68. **300: r1: 1 D Brimecome** (BMH) 41.91. **r2: 1 G Davies-Redmond** (T Bath) 41.70. **PV: 1 S Dowson** (Harrow) 3.20. **LJ: 1 D Brimecome** (BMH) 5.21. **SP: 1 S Merritt** (Soton) 13.58. **JT: 1 S Merritt** (Soton) 41.46; 2 M Bilsland (Unatt) 38.03. **U15: 100: r1 (-0.6): 1 M Edwards** (BMH) 12.52. **300: r1: 1 P Fenwick** (Brack) 41.19; 2 B Davies (Ports) 41.98; 3 A Clare (BMH) 42.01. **r2: 1 L Dockerill** (Ports) 43.00. **HJ: 1 H Haugvik** (BMH) 1.55. **PV: 1 D Deacon** (Brack) 3.05. **LJ: 1 J McClutchie** (And) 5.04. **SP: 1 E Hodgson** (Soton) 12.56; 2 A Cook (BMH) 10.65. **JT: 1 E Serridge** (Win) 30.20

U13: 800: 1 E Sidman (Wells) 2:20.82. **HJ: 1 J Collins** (Herne H) 1.53. **SP: 1 S Vincent** (Ports) 9.11; 2 H Thurgood (Ports) 8.74

STOCKPORT SUMMER OPEN

Mixed events: 400: 1 M Coogan (E Ches, M40) 55.8. **Women: 1500SC: 1 L Riches** (Leigh) 4:59.6; 2 A Goddard (Warr, U20) 5:21.0; 3 D Wallis (Macc, U20) 5:30.6. **LJ: 2 C Newbigging** (G Man Sch, U13) 4.52

BERKSHIRE U13 CHAMPIONSHIPS, Bracknell

U17 men: 1500SC: 1 P Cook (Read) 4:51.3. **U15: 3000: 1 C Kemp** (Read) 9:35.9; 2 A Giacometto (Read) 9:53.4. **U13: 75: 1 J Oladunjoye** (Slough J) 10.3. **r2: 1 J Oladunjoye** (Slough J) 10.4. **150: 1 J Oladunjoye** (Slough J) 20.2. **r1: 1 J Oladunjoye** (Slough J) 20.5. **75H: 1 D Animashaun** (Read) 13.7. **HJ: 1 S Bladon** (Team K) 1.54. **LJ: 1 J Oladunjoye** (Slough J) 5.26. **JT: 1 A Goodliff** (Slough J) 35.71. **Women: 3000: 5 D Taylor** (Read, W45) 11:28.9

U20: 3000: 1 P Bowden (Brack) 10:14.9. **U17: 3000: 1 G Goddard** (Brack) 10:06.0; 2 H Goddard (Brack) 10:06.9. **1500SC: 1 A Barbour** (WSEH) 5:08.3; 2 M Compton-Stewart (WSEH) 5:27. **U15: 3000: 1 M Tomsett** (WSEH) 10:39.2; 2 A Quirk (Brack) 10:42.2; 3 A Forrest (Brack) 10:52.4. **U13: 75: 1 O Breslin** (Brack) 10.5; 2 E Belgrave (Read) 10.5. **r1: 1 O Breslin** (Brack) 10.4; 2 C Williams (Brack) 10.7. **r2: 1 E Belgrave** (Read) 10.7. **150: 1 O Breslin** (Brack) 20.5; 2 N Bennett (Brack) 20.8; 3 A Lowe (Read) 21.1; 4 C Williams (Brack) 21.2; 5 J Nightingale (Read) 21.7. **r1: 1 C Williams** (Brack) 21.0; 2 A Lowe (Read) 21.1; 3 J Nightingale (Read) 21.7; 4 C Johnson (Brack) 22.0; 5 D Karas (WSEH) 22.0. **r2: 1 O Breslin** (Brack) 20.3; 2 N Bennett (Brack) 20.8; 3 L Broadbent (Read) 22.0; 4 L Bowyer (WSEH) 22.0. **600: 1 K Sittampalam** (Main (Brack)) 1:45.2; 2 J Nightingale (Read) 1:46.4; 3 K Karas (WSEH) 1:46.5. **1000: 1 M Brown** (Team K) 3:08.9; 2 S Stapaniou (C'ley) 3:14.0; 3 A Young (Slough J) 3:17.3; 4 A Jones (M'head) 3:22.6; 6 A Woolston (Brack) 3:29.7; 7 N Harris (Read) 3:29.8. **4x100:**

1 WSEH 56.9; 2 Read 57.0; 3 Team K 57.9. **HJ: 1 J Smith** (WSEH) 1.54; 2 E Belgrave (Read) 1.47; 3 K Angell (Team K) 1.41. **LJ: 1 K Walas** (WSEH) 4.71. **SP: 1 M Eldridge** (Team K) 9.72; 2 J Smith (WSEH) 9.13; 3 A Lowe (Read) 8.77. **DT: 1 C Payne** (Newb) 30.03; 2 M Eldridge (Team K) 24.83. **JT: 1 M Quaintance** (Team K) 26.90; 2 K Angell (Team K) 26.03; 3 M Eldridge (Team K) 24.20

ESAA CUP EAST ANGLIA REGIONAL A FINAL, Hendon

U16 men: 100: 1 A Wilton 11.5. **B: 1 A Liddell** 11.6. **300: 4 S Owen** 38.1; 6 A Watson 38.6. **B: 2 J Winn** 37.8. **800: 2 A Shiret** 2:07.5. **800HJ16M: B: 6 E Windsor** 15.2; 9 G Kuderovitch 12.8. **HJ: 1 P Obi** 1.87; 2 J Winn 1.81. **PV: 1 B Hasna** 3.20; 2 H Smith 3.20; 3 J Breaker-Rolfe 3.20; 4 M Stocker 3.20; 7 A Wilton 3.00; 10 T Walker 2.60. **TJ: 2 A Liddell** 12.40. **SP: 2 P Keeffe** 13.51; 5 S Oronti 12.16; 7 M Buckley 12.15. **DT: 2 K Owen** 33.11. **HT: 2 M Smith** 62.84; 6 A Skingle 42.24; 9 S Ekaira 40.59. **U14: 100: B: 1 S Bennett** 11.9. **200: B: 2 M Akhigbe** 26.5. **80H: 1 K Johnson** 12.2; 4 R O'dea 13.2. **PV: 1 L Flinn** 2.70. **LJ: 2 M**

Akhigbe 5.11. **TJ:** 1 S Bennett 11.76. **SP:** 6 H Kalsi 10.70. **HT:** 2 J Omotosho (36.41) **U16 women:** **100:** 1 M Bourne 12.5; 2 Z Thompson 12.7. **200:** 1 K Short 26.1. **80H:** 1 G Okunola 12.4; 3 S Dooley 12.8; 4 G Crook 12.9. **B:** 1 H Badger 12.6. **TJ:** 2 B Abass 9.96 **U14:** **200:** 4 C Sagers 28.1. **B:** 1 U Okafor 27.2. **75H:** 1 E Irukskieta 11.7; 2 I Purdie 12.2. **HJ:** 1 U Okafor 1.41. **LJ:** 1 C Forman 5.12

ROSENHEIM LEAGUE WEST DIVISION, Woking

Men: 100: ns: 2 R Shephard (E&E, M55) 13.1. **1500:** 3 B Bradbury (Woking, M60) 5:01.8. **SP:** 1 C Dack (K&P) 14.44 **M60:** **SP:** ns: 1 T Richards (Croy) 11.07. **JT:** ns: 1 T Richards (Croy) 35.39; 2 J Eastwood (Walton) 31.49 **M80:** **SP:** ns: 1 C Taylor (Belg) 9.32 **Women: 400:** 1 N Kendall (K&P, U20) 5:7. **800:** 1 L Kipling (Rane, W40) 2:26.4 **W70:** **SP:** ns: 1 L Sissons (E&E) 8.48

MANCHESTER MILE, Sportcity

CHRIS LIVESEY won the main race after the return of this event, which took place from 1943-1952.

The meeting was held in memory of David Coleman, who died last December. The TV commentator was a member of Manchester AC and won the Manchester Mile in 1949. Coleman was the only non-international to win the race.

Sydney Wooderson, a one-time world mile record-holder, was another former winner.

U17 mixed events: Mile: r1: 1 B Barlow (Manc H, U15W) 5:01.59 **Mixed events: Mile:** r5: 3 L Rudd (Stock H, W35) 5:05.87. r6: 1 C Livesey (Prest) 4:19.79; 6 E Fazakerley (Manc H, M45) 4:50.47

WEST YORKSHIRE LEAGUE, Cleckheaton

Men: 1500: 4 K McGhie (Spen, M50) 4:40.26. **HJ:** 1 S Linsell (M50) 1.70 **U13:** **150:** r1: 1 T Khullar (Sky) 20.63; 2 C Howes (Pontefract) 21.05; 3 F Firth (Long) 21.08. **800:** r1: 1 M Burgin (Hal) 2:19.18 **Women: 1L:** 7 M Williams (York, W65) 3:02

U17: **100:** r1: 1 E Newsome (Spen) 12.42. **1500:** 1 L Robinson (Wake) 4:54.27. **SP:** 1 A McCurdie (Wake) 11.60 **U15:** **1500:** 1 A Francis (Sky) 4:58.95 **U13:** **150:** r1: 1 A Rolfe (York) 21.07; 2 M Howson (Leeds C) 21.24; 3 E Gill (Hal) 21.47; 4 M Drake (Wake) 21.98

JULY 15

CORBY AC OPEN, Corby **U17 mixed events: 300:** r2: 2 J Kiffin (Charn, U15W) 4:28 **Mixed events: 100:** r7: 4 A Hunt (GAC, U13W) 13.3. **r8:** 3 D Donald (Mijas, M55) 12.6. **200:** r3: 1 S Frisby (Leic C, W50) 30.9. **r7:** 2 D Donald (Mijas, M55) 25.6; 5 A Hunt (GAC, U13W) 27.1. **400:** r1: 5 W Paterson (Corby, M55) 62.6. **r2:** 2 J Trent (Kett, U15) 54.6; 4 R Bowers (R&N, M45) 56.5. **r3:** 1 D Willis (Corby) 49.1. **800:** r4: 3 H Codling (Kett, U13) 2:20.2

JULY 14

SOUTHERN COUNTIES VETERANS' LEAGUE **MID LONDON DIVISION, Perivale** **M35 men: 200:** 1 G Harrison (Serp, M40) 23.7; 3 S Partridge (Hill, M45) 25.2. **B:** 1 G Palmer (Hill, M45) 25.8; 2 P Marriott (Herne H, M50) 26.2. **ns:** 1 T Noel (Chelt, M50) 26.1. **3000:** **B:** 2 K Newton (Herne H, M50) 9:49.2. **HJ:** 1 G Palmer (Hill, M45) 1.60. **LJ:** 1 S

Partridge (Hill, M45) 5.65. **JT:** 1 K Seldon (Hill, M55) 33.83 **M50:** **200:** 1 K Sankofa (Herne H, M55) 26.1; 2 K Smart (Metros, M55) 27.2. **800:** 1 G Ironmonger (Herne H) 2:15.1. **3000:** 1 G Ironmonger (Herne H) 10:00.5; 3 A Mansi (Hill, M65) 11:17.6. **HT:** 1 G Power (Herne H) 32.71. **JT:** 1 G Francis (Herne H, M55) 32.07; 2 A Butler (Hill) 32.01. **ns:** 1 K Seldon (Hill, M55) 37.26 **M60:** **200:** 1 R Fraser (Herne H, M65) 28.0. **3000:** 1 M Mann (Herne H, M65) 11:33.1; 3 D Milsom (Hill, M75) 12:40.7. **LJ:** 1 R Fraser (Herne H, M65) 4.49. **HT:** ns: 1 S Hillier (BA) 31.38. **JT:** 1 R White (Hill, M65) 29.88 **W35 women: HT:** 1 T Gould (ESM) 35.18. **ns:** 1 J Smith (BA, W45) 38.97. **JT:** 1 T Hickey (Serp, W40) 26.44; 2 S St Luce (Herne H, W55) 24.32 **W50:** **3000:** 1 J Nodder (Serp, W55) 12:25.9; 2 C Jones (ESM, W55) 12:47.4. **LJ:** 1 S St Luce (Herne H, W55) 3.42. **HT:** 1 K Weir (Hill) 34.35. **JT:** 1 C Browne (Serp, W55) 18.11 **W60:** **200:** 1 H White (Hill) 33.1. **3000:** 1 A Riddell (Serp) 13:29.0. **HT:** 1 B Macanas (Herne H) 23.05

SOUTH WEST LONDON DIVISION - FIELD ONLY, Wimbledon

M50 men: HJ: 1 S Berkeley (K&P) 1.50; 2 D Blunt (E&E, M60) 1.45. **JT:** 2 D Orchard (HW) 33.72; 4 R Bole (K&P, M55) 30.15 **M60:** **TJ:** 1 D Blunt (E&E) 9.54; 2 C Lawrie (HW, M65) 8.50. **DT:** 1 T Richards (Croy) 37.45; 2 R Roach (Walton, M65) 27.57; 3 B Harlick (E&E, M70) 27.07 **W35 women: HJ:** 1 D Norman (E&E, W40) 1.40; 2 N Murphy (K&P, W50) 1.20. **TJ:** 1 D Norman (E&E, W40) 10.22. **SP:** 1 D Norman (E&E, W40) 10.92. **HT:** 1 W Dunsford (E&E, W50) 26.48 **W50:** **HJ:** 1 C Johnson (E&E) 1.35. **TJ:** 1 A Rowley-Jones (Croy) 8.99; 2 N Murphy (K&P) 7.52. **SP:** 1 W Dunsford (E&E) 8.53; 2 D Singleton (Walton, W55) 8.33. **ns:** 1 C Johnson (E&E) 11.28. **HT:** 1 D Singleton (Walton, W55) 26.21; 2 L Sissons (E&E, W70) 24.34 **W60:** **SP:** 1 L Sissons (E&E, W70) 8.60. **ns:** 1 S Dassie (E&E) 7.99. **HT:** ns: 1 S Dassie (E&E) 20.12

HERTS & NORTH MIDDLESEX DIVISION, Hemel Hempstead

M40 men: 200: 1 M Vassiliou (E&H, M50) 25.0 **M50:** **200:** 1 M Jones (E&H) 25.2; 2 R Allen (Harrow) 25.9; 3 T Holden (Barn) 26.2. **ns:** 1 B Lewis (E&H) 25.2; 2 T James (Bed C, M55) 25.9; 3 S Elikwu (Met P, M55) 26.4. **800:** 1 L Mangelshot (Ware J) 2:15.9; 2 D Wilcock (Barn, M60) 2:16.0; 3 D Skeffington (E Down) 2:18.0. **3000:** 1 A Mason (Barn) 9:57.3. **HJ:** 1 J Mayor (SNH, M55) 1.50; 2 S Elikwu (Met P, M55) 1.45. **LJ:** 1 P Ilo (Barn) 5:09; 2 S Elikwu (Met P, M55) 5:07; 3 J Mayor (SNH, M55) 4.97. **JT:** 1 T Ratcliffe (D&T) 48.63 **M60:** **200:** 1 D Wilcock (Barn) 27.9 **W60 women: 3000:** 1 B Ralph (Chilt) 13:52.2. **LJ:** 1 E McMahon (E&H) 3.46; 2 A Cowley (Gard CR) 3.31

JULY 13

NORTH OF ENGLAND LEAGUE DIVISION 2EC, Spinkhill **MATCH:** 1 City Of Sheffield 473; 2 Lincoln Wellington 340; 3 Chesterfield 329; 4 Rotherham 325; 5 Doncaster 292; 6 Leeds City 192. **Men: 100:** 1 D Gardiner (Sheff) 10.8. **B:** 5 M Bramhall (Linc W, M55) 13.5. **400:** 5 M Bramhall (Linc W, M55) 52.5. **60.9:** **5000:** 1 J Townsend (Leeds C) 15:32.2; 2 R Brown (Linc W) 15:35.2.

B: 1 J Stone (Linc W) 15:39.1. **110H:** 1 M Damiao (Leeds C) 15.9. **400H:** 1 M Feeney (C field) 56.0. **3000SC:** 1 M Bowser (Linc W) 9:50.6; 2 H Wood (Sheff) 9:58.9; 3 C Ireland (Sheff RC, M50) 11:27.4. **B:** 1 S Robinson (Linc W) 9:56.9. **HJ:** 1 J Lane (Sheff) 2.00. **LJ:** 1 L Ramsay (Sheff) 7.08; 2 R Banigo (Leeds C, U17) 6.50. **B:** 3 J Gittens (Leeds C, M50) 5.17. **TJ:** 3 J Gittens (Leeds C, M50) 11.60. **SP:** 1 D Brunt (Sheff, M35) 13.91; 2 T Kirk (Donc) 13.44; 3 A Timms (Leeds C) 13.30. **B:** 1 J Lane (Sheff) 13.45. **DT:** 1 S Bissell (Sheff) 45.01; 2 M Wearing (C field) 42.89. **B:** 1 J Lane (Sheff) 41.99. **HT:** 1 S Bissell (Sheff) 53.28; 2 A Elston (Roth) 47.63; 3 W Roddis-Clarke (Linc W, M35) 46.33; 4 D Ottor (Donc, M40) 36.56. **JT:** 3 D Long (Donc, M40) 41.92 **Women: 100:** 1 E Barrett (C field, U17) 12.5. **B:** 1 A Barrett (C field, U17) 12.4. **200:** 1 E Barrett (C field, U17) 25.7. **1500:** 1 N Farrow (Linc W) 4:36.8; 2 R Lanceley (Roth) 4:42.6; 3 E Curran (Sheff, U20) 4:44.9. **B:** 2 A Atkinson (Sheff, U20) 4:47.0. **3000:** 1 A Gray (Roth) 10:04.4. **B:** 1 R Edwards (Roth) 10:23.6. **100H:** 1 K Drew (Team S) 13.8. **B:** 1 K Clark (Sheff) 14.6. **4x100:** 1 Sheff 49.7; 2 Linc W 50.4; 3 Donc 51.7. **4x400:** 1 Sheff 4:13.1; 2 Roth 4:13.8. **LJ:** **B:** 5 D Timms (Linc W, W50) 4.28. **TJ:** **A:** 1 A Howe (Donc, U20) 10.84. **SP:** 1 L Chamberlin (Linc W) 11.63; 4 H Barker (Leeds C, W50) 7.60. **HT:** 1 C Lebond (Roth) 42.33. **B:** 1 H Rodgers (Roth, U20) 35.13

DIVISION 3EC, Cudworth

MATCH: 1 Scunthorpe & District 380; 2 Bingley Harriers 352; 3 Cleethorpes & District 336; 4 Newark 311; 5 Barnsley 297; 6 Hallamshire Harriers Sheffield 258 **Men: 100:** 1 A Leach (Bing, U20) 10.9. **SP:** 1 M Hammond (Scun, M45) 10.84. **DT:** 1 M Hammond (Scun, M45) 35.03. **HT:** 1 A Gillatt (Scun, U20) 4:9.69. **B:** 1 M Hammond (Scun, M45) 38.81 **Women: 100:** 1 A Shaw (Barns) 11.9; 2 R Bell (Clee, U20) 12.4. **400:** 1 A Kaye (Scun) 57.3; 2 R Shaw (Barns) 58.0. **4x100:** 1 Bing 51.9. **4x400:** 1 Scun 4:07.9; 2 Barns 4:12.4. **LJ:** 1 H Cooke (Scun, U17) 10.81. **SP:** 1 S Benson (Bing) 12.58; 2 T Buckingham (Barns, U17) 11.88. **DT:** 2 T Buckingham (Barns, U17) 33.54; 3 E Fox (Hallam, U20) 32.17

DIVISION 3W, Blackpool

MATCH: 1 Blackpool, Wyre & Fylde 443; 2 Rossendale Harriers 357; 3 Manchester Harriers 307; 4 Border Harriers 281; 5 Lancaster & Morecambe/Kendal 223; 6 Hyndburn 218 **Men: 100:** 1 J Conchie (Hynd) 10.9. **B:** 1 Fennell (Manc H) 10.8; 3 S Wells (BWF, M35) 11.2. **200:** 2 S Wells (BWF, M35) 22.8. **B:** 5 B Ward (Manc H, M40) 24.8. **400:** **B:** 2 B Ward (Manc H, M40) 54.8. **3000SC:** 1 J Johnston (Ross) 9:54.0. **PV:** 1 M Wright (BWF) 4.50. **HT:** **B:** 1 S Bashforth (BWF, M50) 31.92 **Women: 100:** 1 K Wypier (BWF) 12.1; 2 A McCorry (Border H, U20) 12.2; 6 A McClelland (L&M, W55) 14.0. **3000:** 1 E Japp (BWF) 10:28.2. **4x100:** 1 BWF 51.4. **PV:** 1 F Hockey (BWF, U17) 3.55. **HT:** 1 C Needham (BWF, U20) 38.45. **B:** 1 R Todd (BWF, U20) 34.90. **JT:** 1 D Nyakyoma (Border H) 42.85; 2 A Peers (BWF, U20) 35.56

DIVISION 3WC, Halifax

MATCH: 1 Spenborough & District 365; 2 East Cheshire H 364; 3 Halifax Harriers 356; 4 St Helens S 329; 5 Macclesfield Hs 252; 6 Deeside AAC 125



Chris Livesey: Manchester Mile winner

Men: 100: 1 A Shearer (E Ches) 10.9; 2 D Beadley (Hal, U20) 11.0; 3 G Asson (SHS, U17) 11.1. **B:** 1 L Greenwood (Spen, U20) 11.0; 2 L Sutcliffe (Hal, U20) 11.1. **200:** 1 L Greenwood (Spen, U20) 22.1; 3 G Asson (SHS, U17) 22.9. **400:** **B:** 2 M Coogan (E Ches, M40) 54.9. **5000:** 2 K Ogden (Spen, M40) 16:25.8. **PV:** 1 R Grant-Smith (Macc, M45) 3.20. **TJ:** 1 T Caton-Hand (SHS, U20) 13.75. **B:** 2 P Robinson (SHS, M40) 11.13. **SP:** 1 N Crimmen (Spen, M45) 12.13. **DT:** 2 N Crimmen (Spen, M45) 32.13. **HT:** **B:** 1 N Crimmen (Spen, M45) 37.49 **Women: 3000:** 1 S Cumber (Hal, W40) 10:44.0. **4x400:** 1 E Ches 4:12.8. **SP:** **B:** 2 P Picton (SHS, W60) 5:77. **DT:** 1 J Hirst (Hal, U17) 30.58. **HT:** 1 E Greenwood (Hal, U20) 39.75. **B:** 1 J Hirst (Hal, U17) 35.93; 3 S Bolland (Spen, W70) 16.53

SCOTTISH WOMEN'S ATHLETIC LEAGUE, Edinburgh

Women: 100: **A (3.3):** 1 S Downie (Edin) 12.09; 2 C George (Ayr S) 12.24. **B (1.3):** 1 C Murdoch (Giff N, U17) 12.47; 5 K Madigan (Aber, W40) 13.72. **ns (0.0):** 1 N Zibi (CMR) 12.16. **200:** **A (0.9):** 1 S Downie (Edin) 24.57; 6 S Young (Tay, W35) 26.56. **B (3.0):** 1 C Murdoch (Giff N, U17) 25.47. **ns (0.9):** 1 N Zibi (CMR) 24.75. **400:** 1 A Gaffney (VPCG) 56.62; 2 A Jackson (Edin) 57.49; 3 A Ademuyeye (Aber) 57.86; 6 S Young (Tay, W35) 60.40. **B:** 1 B Finlayson (Edin) 55.72. **800:** 1 K Stewart (Aber, U20) 2:13.41; 2 A Kennedy (Edin) 2:17.25; 3 K Anderson (Tay, U17) 2:17.26. **1500:** 1 L Dunn (Edin) 4:23.16; 2 R Burns (Pit) 4:36.60. **3000:** 1 G Cormack (Aber) 10:22.96. **B:** 1 C Thompson (VPCG, W35) 10:54.63; 2 S Ridley (Edin, W45) 10:55.94; 3 V Oldham (Aber, W45) 10:59.35. **100H:** **A (0.4):** 1 H Ross (VPCG) 13.92; 2 C Taylor (Ayr S) 14.17; 3 C Pennet (Aber) 15.27. **B (4.0):** 1 N Fox (Pit, U20) 15.87. **400H:** 1 L Stoddart (Edin) 65.12; 2 M Dobson (Aber) 65.40. **4x100:** 1 Edin 48.02; 2 VPCG 49.54; 3 West 49.85; 4 Loth 51.23. **4x400:** 1 Edin 3:48.49; 2 Aber 3:52.45; 3 West 4:05.93; 4 Loth 4:06.95. **PV:** 1 A Gordon (Pit, U20) 3.75; 2 G Cooke (Edin) 3.30. **LJ:** 1 R Robertson (Loth, U20) 5.51. **TJ:** 1 C Harvey (Ayr S, U20) 11.13; 2 R Robertson (Loth, U20) 11.13; 3 E Robertson (Tay, U20) 11.12; 5 E Batchelor (Forth V, U20) 10.73. **B:** 8 M Nkouindjin (CMR) 12.33. **SP:** 1 K Yates (Edin) 15.03; 2 M Porterfield (VPCG) 12.48; 3 E Ruyle (Aber) 11.69. **DT:** 1 E Ruyle (Aber) 38.89; 2 B Trevis (Forth V, U17) 32.21. **B:** 1 E Runcie (Aber, U17) 33.03. **HT:** 1 R Hunter (Ayr S) 60.41; 2 M Porterfield (VPCG) 52.46; 3 N Robbins (Edin, U17) 41.12. **B:** 1 S Fowler (Edin, U17) 32.25; 3 K Madigan (Aber, W40) 29.11. **JT:** 1 A Rennie (Edin) 42.42; 2 M Murray (Tay) 39.18. **B:** 1 P Gass (Edin) 40.13

U17: **100:** **A (2.1):** 1 J Wrisberg (Giff N) 12.17. **200:** **B (2.9):** 1 J Wrisberg (Giff N) 25.90. **300:** 1 S Henderson (Forth V) 40.68. **800:** 1 L Massie (Loth) 2:19.06. **80H:** **A (3.6):** 1 G Summers (Aber) 12.25; 2 Menzies (Giff N) 12.30; 3 S Parsons (Forth V) 12.36. **4x100:** **B:** 1 West 51.56; 2 Forth V 52.17; 3 Aber 52.86; 4 Tay 52.93. **JT:** 1 M Flockhart (Loth) 37.33 **U15:** **100:** **A (2.0):** 1 S McCabe (Tay) 12.76; 2 E Huxley (Pit) 12.87; 3 A Donaghy (Giff N) 12.90. **200:** **A (2.0):** 1 A Donaghy (Giff N) 26.22. **800:** 1 L Dickson (Loth) 2:21.48. **1500:** 1 K Gallagher (Forth V) 4:56.21; 2 Z Aziz (Edin) 4:57.56; 3 N Miller (Giff N) 4:59.76. **75H:** **A (1.1):** 1 J Henry (VPCG) 11.73; 2 B McAndrew (Pit) 11.88; 3 G Carter (Aber) 11.89. **4x100:** 1 West 52.86 **U13:** **200:** **A (1.4):** 1 E Mailer (Forth V) 28.10. **B (1.5):** 1 K Sharkey (Forth V) 28.18. **800:** 1 A Ballantyne (Giff N) 2:29.48. **B:** 1 E Frew (Ayr S) 2:29.67. **70H:** **A (2.0):** 1 E Mailer (Forth V) 11.93. **B (1.0):** 1 K Sharkey (Forth V) 12.18. **4x100:** **B:** 1 Forth V 55.04; 3 Edin 56.57; 2 West 56.62; 4 Tay 57.95

FELL

JULY 20

KENTMERE HORSESHOE (English Championships counter) **Overall (11.9M/3300ft):** 1 T Addison (Helm, H) 87:55; 2 R Hope (P&B, M40) 90:24; 3 K Gray (Calder V, M40) 90:38; 4 R Findlay-Robinson (Dark Pk) 91:53; 5 M Addison (Helm H) 92:53; 6 M Donnelly (B'dale F, M40) 93:00; 7 W Neill (Mercia, U23) 93:08; 8 O Johnson (Dark Pk) 93:27; 9 B Mounsey (Calder V) 93:57; 10 K Collison (B'dale F) 94:28; 11 T Ellis (Calder V) 94:45; 12 M Mikkelsen-Barron (B'dale F) 95:28; 13 D Kay (P&B, M40) 96:05; 14 C Roberts (Kend, M50) 96:16; 15 S Watson (Wharf) 96:22; 16 T Mason (Wharf) 96:30; 17 S Godsman (Calder V, M40) 96:56; 18 N Leigh (Horw) 97:50; 19 P Vale (Mercia, M40) 98:35; 20 N Northrop (Dark Pk) 99:05 **M55:** W Brocter (Helm H) 1:49:37. **M60:** N Pearce (Ilkley) 1:57:45. **M65:** B Grant (Harr) 1:58:47. **M70:** N Bush (Ilkley) 2:25:25 **Women:** 1 H Berry (Holm, W40) 1:50:20; 2 M Price (Mercia, W40) 1:52:59; 3 J Jepson (Dark Pk, W45) 1:54:20; 4 E Gould (Mercia) 1:56:40; 5 H Orr (B Combe) 1:56:50; 6 R Sheffield (Amble) 1:58:01; 7 S Taylor (Helm H) 1:58:27; 8 H Robinson (Amble, W40) 2:01:09; 9 L Munro-Bennett (Helm H, U23) 2:03:11; 10 C Rice (G'dale) 2:04:27; 11 A-M Jones (Alt, W60) 2:05:52; 12 C Oliffe (Dark Pk) 2:06:11 **W65:** L Lord (Clay) 2:38:29

GREAT HUCKLOW, near Sheffield

Overall (6M/1000ft): 1 T Saville (Dark Pk) 46:21; 2 P Butcher (S well, M40) 49:09; 3 C Jeffrey (Staffs M, M40) 49:14; 4 A Wainwright (M40) 49:25; 5 D King (Clowne, M40) 49:33
M50: S Bell (Dark Pk) 50:54. **M60:** G Berry (Dark Pk) 63:48. **M70:** B Allsop (Bux) 76:28
Women: 1 C Gibbons (Totley) 59:39; 2 N Greaves (Pennine, W40) 60:48; 3 Ellie Crownshaw (U20) 60:56
W50: P Goodall (Totley) 61:44. **W60:** D Kesterton (Smiley) 65:13

JULY 19 TYN LON VOLVO SNOWDON INTERNATIONAL, Llanberis

ITALY'S Cesare Maestri and Northern Ireland's Sarah McCormack emerged victorious in the men's and women's races, run over a course which was reduced to eight miles because of conditions higher in the mountain, Denis Shepherd reports.

Six-time winner Andi Jones took his traditional place at the head of the field as the record number of 650 set off on the shortened route, but in close attendance were Italian runners Maestri, Erik Rosaire and Paulo Gallo, as it became apparent that the Italian team was one of the strongest for many years.

By the time the leading group turned at the new summit of Clogwyn Bride, Italian Rosaire had taken on the running with Jones and Maestri hot on his heels, and it soon became clear that Jones would have his work cut out to add a seventh title with the Italian trio, along with England's Morgan Donnelly and Ireland's Tim O'Donoghue, all running strongly.

Approaching the last mile, a close finish appeared to be on cards as only 30 seconds separated the first five, but Maestri made the decisive break with 800m remaining to win in 47:20, 23 seconds ahead of Rosaire with O'Donoghue (47:50) stealing third in an absorbing last 400m. Jones, who was sixth, paid tribute to the winning Italian team in what was probably his last run in the event before relocating to Qatar. The organisers made a touching presentation to the Stockport man, in recognition of his contribution to Snowdon's racing history.

In the women's event McCormack had set up a formidable lead by halfway, where she was 45 seconds clear of 20th winner Tessa Hill with Italy's Elisa Compagnoni and England's Lindsey Brindle not too far behind. McCormack's lead at Clogwyn was over a minute and she was free to enjoy the closing stages with a big smile as she came home to win by over two and a half minutes in 55:21. The minor placings were still undecided, but Arc'teryx runner Hill held her composure over the closing mile to hold off a fast-finishing Compagnoni by eight seconds. Brindle and Charlotte Morgan were just a handful of seconds behind, with the latter leading Scotland to team gold.

Overall (8M/3300ft): 1 C Maestri (ITA) 47:20; 2 E Rosaire (ITA) 47:43; 3 T O'Donoghue (IRL) 47:51; 4 P Gallo (ITA) 47:57; 5 M Donnelly (ENG, M40) 47:59; 6 A Jones (ENG) 48:34; 7 C Farrell (ENG) 48:36; 8 J Kevan (IRL) 48:53; 9 K Greig (SCO) 49:25; 10 I Holmes (ENG, M40) 49:41; 11 A Bogle (NIR) 50:10; 12 S Bond (Dark Pk) 50:15; 13 M Kallenberg (Card) 50:18; 14 O Espinar (SPA) 50:42; 15 L Taggart (IOM, M40) 51:02; 16 F Jones (WAL) 51:08; 17 P Ryer (WAL)

51:09; 18 M Roberts (Eryri) 51:15; 19 R Roberts (Eryri) 51:29; 20 A Vaughan (WAL) 51:30; 21 I Bailey (NIR) 51:32; 22 I Conroy (IRL) 51:45; 23 G Mulholland (NIR) 51:48; 24 D De La Ossa (SPA) 52:06; 25 A Fallas (SCO) 52:44; 26 S Lynch (NIR) 52:50; 27 K Richmond (SCO, M40) 53:01; 28 B Nephew (USA) 53:23; 29 G Hughes 54:10; 30 B Furey (IRL) 54:23; 31 J Washington (Calder V) 54:29; 32 J Helliwell (Calder V) 54:57; 33 B Corkhill (IOM) 54:58; 34 J Waldie (SCO) 55:03; 35 D Summers (W'bury) 55:12; 36 C Connor 55:19; 37 S McCormack (NIR, W) 55:21; 38 N Wood 55:23; 39 G Davies (Aberys U) 55:24; 40 L Beresford (Ripley) 55:57; 41 M Cliffe (Eryri, M40) 56:11; 42 J Williams 56:17; 43 C Fitzpatrick (M40) 56:31; 44 H Brassington 56:32; 45 J Parkinson (Eryri, M40) 56:46; 46 A Donald (Card) 57:06; 47 D Jones (Eryri, M40) 57:10; 48 R Johnson (Mynydd D, M40) 57:21; 49 A Gannon (Menai, M50) 57:32; 50 D Roberts (M50) 57:42

M60: N Pearce (Ilkley) 62:42. **M65:** G Gunner (Croft A) 74:28. **M70:** B Robbins (Eryri) 82:41
U23: J Morris (A'gele) 60:30
TEAM: 1 ITA 7; 2 ENG 18; 3 IRL 33
Women: 1 McCormack 55:21; 2 T Hill (Arcteryx) 57:58; 3 E Compagnoni (ITA) 58:05; 4 L Brindle (Horw) 58:08; 5 C Morgan (SCO) 58:10; 6 A Rowlands (WAL) 59:45; 7 H Page (ENG) 59:50; 8 P Maddams (ENG) 59:57; 9 D Baum (SCO) 61:37; 10 C Rice (Gdale) 62:06; 11 J Lee-Taggart (WAL) 62:10; 12 C Rankin (SCO) 62:27; 13 H Fines (ENG) 62:56; 14 D Wilson (NIR) 63:01; 15 C O'Conner (NIR) 63:16; 16 H Elmore (Dark Pk, W40) 63:36; 17 H Jarvis (WAL) 63:42; 18 L Shaughnessy (IRL) 64:54; 19 E Hand (IRL) 65:03; 20 H Leigh (B'burn) 65:40; 21 M Jones (Mynydd D, W40) 66:39; 22 L Clough (Chor, W45) 67:42; 23 Z McLennan (Ches TC, U23) 68:23; 24 A Blackhall (L'ber, W40) 68:26; 25 R Pilling (P&B) 68:29; 26 C Hili (MALTA) 68:35; 27 N O'Ceallaigh (Sli C) 68:42; 28 C Prosser (Dark Pk) 69:04; 29 A Darlington (Knave) 69:12; 30 R Law (Eryri) 70:15
W50: B Savage (Clay) 78:09. **W55:** B Phillips (Sospa) 82:40
TEAM: 1 SCO 26; 2 ENG 28; 3 NIR 30

**JULY 14
 TRUNCE SERIES, Oxspring, Penistone**
Overall (4.5M/558ft, clubs not declared): 1 T Saville 24:11; 2 J Williams 24:42; 3 S Pyke (M40) 25:50; 4 N Hooker 26:26; 5 R Bateson 26:28
M50: M Quinn 27:56. **M60:** K Holmes 30:50
Women: 1 J Briscoe 27:37; 2 J Sugden (W40) 31:19; 3 Ellie Crownshaw 34:04
W50: P Goodall 35:04
U16 (2.5M/250ft approx): 1 J Crownshaw 15:26; 2 N Raine 15:31; 3 S Jennings 15:51
U16 women: 1 Eve Crownshaw 17:21; 2 H Claydon 17:42; 3 E Deacon 18:18

**JULY 13
 WHARFEDALE SHORT JUNIOR RACES (English championships counter and Yorkshire championships), Kettlewell**
U18 (4.07M/1094ft): 1 J Hall (Wharf) 30:22; 2 L Byram (Holm) 30:40; 3 J Hindle (B'burn) 33:07
Yorks: 1 Hall; 2 Byram; 3 G Green (Holm) 36:16
U18 women: 1 J Willison (Der C) 40:44; 2 B Jenkinson (Eryro) 41:51; 3 I Wharton (Calder V) 42:54
Yorks: 1 Wharton; 2 L Williamson (Ilkley) 43:18; 3 E Crownshaw (Bradfield) 47:46

U16 (4.07M/1094ft): 1 T Hutchinson (York) 31:32; 2 C Richards (Helm H) 31:48; 3 T Marchant (Pend) 33:48
Yorks: 1 Hutchinson; 2 S Waterman (Holm) 34:24; 3 J Lund (K&C) 34:33
U16 women: 1 E Clapton (Scar) 36:18; 2 L Haines (Ilkley) 36:28; 3 S Dale (L&M) 37:34
Yorks: 1 Clapton; 2 Haines; 3 J Elgood (Ilkley) 37:55
U14 (2.6M/845ft, all Yorks): 1 N Smith (York) 20:30; 2 J Dickinson (York) 20:44; 3 T Nelson (Wharf) 20:49
U14 women: 1 E Daves (Eden) 23:12; 2 K Atkinson (K&C) 23:40; 3 I Burrow (Helm, H) 24:30
Yorks: 1 Atkinson; 2 O Roper (Bing) 25:45; 3 P Cooke (Leeds C) 25:57
U12 (1.23M/469ft): 1 S Almond (Eden) 10:11; 2 B Edmondson (Brough) 10:32; 3 L Hudson (K&C) 10:35
Yorks: 1 Hudson; 2 C Durrans (Holm) 10:47; 3 J Muir (Wharf) 10:51
U12 women: 1 B Holt (Clay) 10:54; 2 C Rylance (Amble) 11:40; 3 L Carr (K&C) 11:42
Yorks: 1 Carr; 2 C Barrett (Wharf) 11:48; 3 L Fryers (K&C) 11:56

**JULY 12
 ALVA GAMES, Alva (BOFA championships counter)**
Overall (1.5M/1300ft): 1 T Mason (Wharf) 20:50; 2 A Dunn (Helm H, U40) 21:08; 3 S Watson (Wharf) 21:47
M45: P Lambert (Wharf) 23:04
U23: D Bulmer (Wharf) 25:25
Women: 1 H Robinson (Amble, W40) 25:44; 2 C Rankin (Kilb) 26:13; 3 J Turner (W40) 28:42
U23: K Macmy (Wee C) 39:14

MULTI-TERRAIN
**JULY 20
 FAIRLANDS VALLEY CHALLENGE, Stevenage, Hertfordshire**
Overall (50km): 1 B Walsh (St Alb) 4:01:30; 2 J Sample 4:30:06; 3 D Ross (100 Mara, M40) 4:34:18
Women: 1 A Stearns (Graves, W35) 5:04:50; 2 K Lew (Wing) 5:18:51
W45: J Summers (NHRR) 5:44:49
Overall (26.2M): 1 J Gordon (R Eng) 3:43:07; 2 A Hall (Serp, M40) 4:05:05; 3 F Leistner (LD Walk, W35) 4:05:05
Women: 1 Leistner (W35) 4:05:05; 2 N Hunt (Allen, W35) 4:35:30
Overall (18.7M): 1 C Bruce (Trent P) 2:06:05; 2 S Buckle (St Alb) 2:33:11; 3 A Blaize (North RR, M40) 2:43:32
Women: 1 R Andrews (R&N) 2:43:37; 2 S Cook (W45) 2:55:34
Overall (12.6M): 1 J Simpson (St Alb, M40) 2:05:53; 2 H Lu 2:11:20; 3 C Keenan 2:11:25
Women: 1 S Gregson (W45) 2:25:34; 2 A Sewell (Bed H, W45) 2:35:53

LION'S BRIDGE MARATHON, Gin Pit Village
Overall: 1 J Godfrey (CoH, M40) 3:18:35; 2 B Wittenberg (Sport W, M35) 3:25:53; 3 M Tonks (Nun, M35) 3:28:10
Women: 1 C Hemming (Spec, W45) 3:41:39; 2 B Taylor Jones (Unatt) 3:54:54; 3 C Descendis (Unatt) 4:05:13

NORTHUMBERLAND COASTAL RUN 14, Beadnell
Overall: 1 K Jeffress (Sun, M35) 78:57; 2 D Purvis (CleS, M35) 80:15; 3 I Twaddle (NSP, M40) 80:48
M40: 2 A Tatham (N Yks M) 81:25. **M45:** 1 R Pattinson (P&B) 82:45; 2 P Walker (Morp) 84:09. **M50:** 1 G Penn (NSP) 88:19. **M55:** 1 J Stephens (Low F) 93:00. **M60:** 1 B Najafi (Low F) 1:40:59. **M65:** 1 H Matthews (Els) 1:45:37
Women: 1 D Appleton (Have, W40)

91:21; 2 C McManus (NSP, W35) 91:34; 3 R Anderson (Dunb, W50) 96:12
W45: 1 K Bridge (Eden) 1:40:01; 2 J Oswald (HELP) 1:41:14. **W50:** 2 M Drozdowicz (Els) 1:49:14. **W55:** 1 L Valentine (Sun S) 1:51:38; 2 H Lambert (NRP) 2:00:22



Italian Cesare Maestri: winner at Snowdon

SURREY SLOG HALF-MARATHON, Holmbury Hill, Surrey
Overall (tough 13.1M): 1 K MacIntosh (M40) 87:53; 2 J Harris (M40) 90:16; 3 J Ashworth-Beaumont (M40) 90:24
Women: 1 B Levene 96:55; 2 L Hales (W40) 1:45:20

DUNDEE RUNNING ADVENTURE MARATHON (DRAM) AND HALF-MARATHON, Dundee
Overall (mar): 1 R Van Gompel (Dund) 2:49:40; 2 S Macdougall (Bella H) 2:56:23; 3 D Henderson (M40) 3:01:26; 4 S Mason (Dund, M40) 3:10:14; 5 C Stewart (M40) 3:15:47; 6 D Wilkinson (Fleet Feet TC) 3:16:46
Women: 1 V Hunter 3:15:55; 2 J Payne (Edin) 3:21:04; 3 T Majeed 3:29:29
Overall (HM): 1 R Gauld (S'haven) 76:11; 2 R Cartwright 78:14; 3 R Harrison (M'fith TC) 79:57
Women: 1 S Mullins (Fife) 87:28; 2 J Carrasco (Dund) 91:08; 3 K Macpherson (Fife, W35) 93:51
JEAN CARR HILL CHALLENGE, Fochabers
Overall (55M): 1 K Wilson (Moray) 36:27; 2 P Murdoch 39:11; 3 J Goodall (Keith, M40) 39:49; 4 G Lawrence 43:02; 5 G Angus (Keith, M50) 43:40
Women: 1 R Pirie (Spey) 50:15; 2 M Slater (Moray, W35) 50:43; 3 S Houston (Moray, W45) 50:54

**JULY 19
 HAYTOR HELLER, Newton Abbott**
Overall (tough 6M approx): 1 J Parkinson (P&B) 39:44; 2 J Nolan 43:11; 3 N Holmes (Erme V, M45) 43:32
Women: B Collingbourn (SW Vets, W55) 55:00

ISLE OF JURA HALF-MARATHON AND 10km, Craighouse
Overall (HM): 1 J Fox 91:09; 2 L Corson 92:31; 3 D Rowntree 98:24
M55: J Lutowski 1:41:39
Women: 1 K Wallis (Helen) 1:41:50; 2 K Smith 1:50:32
Overall (10km): L Semall 37:38; 2 J Anderson 39:24; 3 A Hope 40:29
Women: 1 J Jackson 45:16; 2 C Morris 54:59; 3eq Y Cunningham/F MacDonald 56:18

SNOWDON SUPER CUP, Llanberis
Overall (9.7km): 1 J Walsh (Leeds C) 29:49; 2 R Samuel (Eryri) 29:55; 3 T Adams (Ilkley) 30:10; 4 T Cornthwaite (N'land F) 30:35; 5 A Osborne (Leeds C) 30:41; 6 Y Iida (JAP) 30:53
M40: V Capitan 34:38
U23: N Jones (Liv H) 31:51

Women: 1 E Clayton (Bing) 34:09; 2 S Tunstall 35:38; 3 K Hulls (Bris, W40) 36:44; 4 B Penty (High) 36:53
U23: S Adkin (Moorf) 37:17

**JULY 18
 WASHBURN VALLEY RELAY, Yorkshire Water**
Overall (3stages not measured, 3-4M): 1 Ot 58:45 (T Midgley 18:23, S Harrington 22:06, L Dunne 18:16); 2 Weth 58:55 (P Nelson 18:08, P Millgate 22:22, J Kwallah 18:25); 3 Skip 60:44 (C Keeby 18:40, N Maloney 23:47, J Hood 18:17); 4 Knave 61:48 (S Creasey 19:12, C Roberts 23:21, N Stabbs 19:15); 5 Wharf 62:31 (D McGuire 19:08, C Holmes 22:51, P Crabtree 20:32)
Mixed: 1 Idle 64:25 (L Winder 19:19, S Clegg 23:59, D Edmondson 21:07); 2 Bail 65:27 (E Stoney 21:31, Q Lewis 22:35, G Holme 21:21); 3 Ilkley 67:34 (Rebecca Mon-Williams 22:24, Ruaridh Mon-Williams 25:35, M Mon-Williams 19:35)
Women: 1 K'stall 70:12 (S Sisimayi 21:42, N Jackson 28:16, E Ballantyne 20:14); 2 Knave 71:06 (S Attwood 21:20, C Holmes 28:24, N Hogan 21:22); 3 Skip 74:55 (K Chown 22:31, A-M Bulcock 29:21, M Ives 23:03); 4 Abbey 75:50
Fastest: Leg 1: Nelson 18:08
Leg 2: Harrington 22:06
Leg 3: Dunne 18:16

POOLE RUNNERS SUMMER SERIES 3.5M, race 4, Upton House Country Park, Poole, Dorset
Overall: 1 J Partridge (Poole R) 18:32; 2 S Brown-Aravia (Purb, U20) 19:06; 3 A Clark (Poole R) 19:35; 4 D Cross (Poole R) 19:48; 5 D Hicks (Poole, M40) 19:53; 6 J Bassingir (Poole, M45) 20:12
M50: M Grist (Poole R) 21:10. **M60:** 1 H Murray (Purb) 21:05; 2 A Lewis (Poole R) 23:22. **M65:** 1 I Barnes (Poole R) 22:39; 2 B Long 25:21
Women: 1 A Jones (Poole R) 21:07; 2 S O'Connor (Poole R, U20) 21:22; 3 C Stanzel (Poole R) 21:31; 4 B Griffith (Poole R) 22:02
W45: L Goldsack (Purb) 23:54. **W50:** H Lewis 25:24. **W60:** L Dominey (Poole R) 29:13. **W65:** S Barret (Poole R) 27:56.
W70: J Royal (Dorset D) 31:44
U15 Overall (1.5km approx): 1 J Jack (Poole R, U13) 4:44; 2 L Brown-Aravia (Purb, U15W) 4:44; 3 F Harris (Poole, U130) 4:47
U13: 3 J Smith (Poole R) 5:01
Girls: 1 Brown-Aravia (U13) 4:44; 2 L Short (Poole R) 5:13

**JULY 17
 STAFFORDSHIRE MOORLANDS SERIES, Biddulph Grange**
Overall (4.5M approx): 1 R Holroyd (Stone) 25:55; 2 S Myatt (Trenth) 27:34; 3 J Burgess (Stone) 27:55
M40: J Goodwin (Boalloy) 28:00
Women: 1 D Thomas (Trenth) 32:41; 2 B Dawid (Newc, W35) 35:17

ROAD

JULY 20

BISHOPS WALTHAM 5

Overall: 1 J Sawyer (Stubb G) 28:14; 2 S Johnston (Serp) 29:44; 3 A Piddington (Stubb G) 30:31

Women: 1 H Nicholls (Stubb G, W35) 32:43; 2 D Hall (Stubb G) 33:32

BLACKPOOL SUMMER 10km

Overall: 1 L Craine (BWF) 35:40; 2 P Lowery (L&M, M50) 36:13; 3 J Unsworth (BWF) 36:32

Women: 1 J Beckett (Crook) 40:51; 2 M Hushion (M'ton, W45) 41:08

BRACKENWOOD FESTIVAL 5km

Overall: 1 B O'Connor (BMH, U20) 17:10; 2 M Mannion (Win, M45) 17:20; 3 M Soane (BMH, M35) 18:08

Women: 1 C Earl (BMH) 20:18

CATERHAM ROTARY HALF-MARATHON, Redhill

Overall: 1 M Collins (Lon Hth, M35) 80:48; 2 J Pewter (Hay H) 82:40; 3 S Pearce 83:22

Women: 1 N Harvey (S Lon, W35) 83:45

DEREHAM 5km, Dereham

Overall: 1 A Harrell (Norw) 15:48; 2 M Wegryzn 16:09; 3 T Oldman (Bung, U17) 16:10

M55: 1 P Hurr (N Norf) 18:58. **M60:** 1 P Johnson (Norf G) 19:44. **U20:** 1 K McMorrnan (Bung) 16:14

Women: 1 I Lake (Norw) 17:25; 2 N Alford (Norw) 19:03

W40: 1 S Adcock (Norw) 19:49. **W50:** 1 S Roberts 20:42

ELMBRIDGE 10km, Walton-on-Thames

EMILY WICKS made it three wins in 11 days as she retained her title in 34:53, *Martin Duff reports.*

Hayley Munn tried to go with Wicks in the early stages but finished more than a minute behind.

Wicks said: "The course had changed this year with the majority of it being on the towpath so I am pleased to have run 40 seconds quicker than last year and dip under 35 minutes." The course had to be altered to avoid not only the usual car boot sale but also a festival that caused tailbacks on the usual road section.

In only her third outing over the distance, Munn improved her four week old PB by three seconds.

Overall: 1 A Maud (Clap C) 31:48; 2 J Stead (Herne H) 33:07; 3 J Waldron (NEB) 33:20; 4 K White (HW, M35) 33:32; 5 B Harrold (DMV, M35) 33:40; 6 N Aitken (Clap C, M40) 33:45; 7 P Lowe (Strag) 33:47; 8 G Upton (Belg) 34:01; 9 A Fergus (THH, M35) 34:07; 10 W Bell (S Lon) 34:39; 11 E Wicks (AFD, W) 34:53

M40: 2 P Cheetham (Barnes) 35:04. **M50:** 1 K Hegvold (Belg) 36:25. **M60:** 1 B Bradbury (Woking) 37:53; 2 I Kitching (S Lon) 38:25; 3 P Rand (Tadw) 40:20.

M70: 1 T Brackstone (SC Vets) 44:41. **TEAM:** 1 Clapham C 80; 2 Stragglers 179; 3 Wimbledon W231

Women: 1 Wicks 34:53; 2 H Munn (E&H) 35:58; 3 M Renfer (K&P) 37:36; 4 A Aronson (THH) 38:03; 5 T Barlow (TVH) 38:33; 6 L Harris 38:55; 7 N Gentry (S Lon) 39:28; 8 J Fawcett (Lon C AC) 39:28; 9 I Rea (W4H, W35) 39:32

W35: 2 C Pleasance (G&G) 40:37; 3 K Carter (Wimb W) 40:41. **W45:** 1 L Thomas (HW) 40:29; 2 R Hutton (S Lon) 40:40. **W50:** 1 J Balfour (Strag) 43:02. **W55:** 1 M Horne (Rane) 43:22

TEAM: 1 Clapham 60; 2 Guildford & Godalming 73; 3 South London H 81

FROME HALF-MARATHON/10km

Overall (HM): 1 T Dudden (Bath) 79:11; 2 A Bowles 86:33; 3 R Wheeler 86:48

M65: 1 J Bateman (RRC) 93:54

Women: 1 D Hier (Avon VR, W50) 95:00; 2 L Holton (Affinity Wellbeing) 96:07

Overall (10km): 1 P Ryman (Frome) 34:50; 2 R Ayling (Avon VR) 35:47; 3 G Dunstone (Chipp, M40) 36:17

Women: 1 F Price (Avon VR, W45) 40:51; 2 J Westwood (Avon VR, W45) 44:14

Overall (5km): 1 M Davis (Avon VR, U13) 18:28; 2 W Laye (B'nth) 19:06; 3 F Jones (Frome, U13) 19:36

Women: 1 J Harrison (Yeov O, W55) 20:15; 2 I Ibbotson (Bath, U13) 23:57

HARLOW 10, Harlow

Overall: 1 J Shelley (SB) 54:42; 2 P Whittaker (S'end) 54:58; 3 P Capdevila 56:33

Women: 1 A Gounelas (Eton M) 63:32; 2 N Brockbank (Spring S, W35) 65:32

W45: 1 K Murphy (Barn) 68:05

HARROGATE TOWN CENTRE 10km

Overall: 1 M Scott (R&Z, U20) 30:55; 2 T Debele (Leeds C, U20) 31:01;

3 R Holroyd (Staffs M) 31:55; 4 S Harrington (Otl, M35) 33:38; 5 K Ogden (Spen, M40) 33:39; 6 G Dunn (T&S, M45) 33:42; 7 S Davies (Belg) 34:31; 8 J Cherriman (Leeds C) 34:43

M50: 1 M Hall (Spen) 36:33

Women: 1 S Barlow (Ripon, W35) 36:40; 2 C Lambert (Weth, U20) 36:57;

3 T Green (Ripon) 37:48; 4 V Needham (York) 39:25

W35: 2 R Cesar De Sa (Sky) 40:22.

W60: 1 D Bland (Bail) 47:42

HERMITAGE 10km, Whitwick

Overall: 1 A Watson (Notts, M35) 31:52; 2 M Adcock (Herm, M35) 33:38; 3 M Couldwell (Charn, M35) 34:04

Women: 1 E Ault (Barr R) 37:43; 2 M Evans (Hunc) 39:26

W55: 1 L Porter (W End) 45:20

INVERCLYDE WATERFRONT 5km, Greenock

Overall (age not declared): 1 S Campbell 16:22; 2 R Gray 17:24; 3 A Osborne 18:04

Women: 1 J Knowles 18:39; 2 Rachael Bushfield 19:24

LEEDS 10km, Leeds

Overall: 1 N Williams (N Yks M) 31:45; 2 J Wells (Leeds C, M35) 32:24; 3 I Mitchell (Tip, M35) 32:30; 4 L Sanneh (GAM) 33:12; 5 J Parapia (Otl, M35) 33:19; 6 J Hobbs (Vall, M35) 33:47; 7 N Hughes 34:17; 8 D Jerome (Leeds C, U20) 34:29; 9 Z Whitehead (Sky) 34:33; 10 S Newton (Ack, M35) 34:45

Women: 1 P Munro (Weth, W45) 35:36; 2 E Yates (Knaves, W45) 38:25

W35: 1 K Garvican (Abbey R) 40:53.

W50: 1 S Malir (Ilkley) 41:37

LUTON 10km (Inc BEDFORDSHIRE CHAMPIONSHIPS), Luton

Overall: 1 S Coombes (Herne H, M40) 33:41; 2 A Inskip (Bed C) 34:10; 3 G Turner (L Buzz) 36:33

Women: 1 F Vidler 44:46; 2 S Thorne (Dunst, W45) 45:04

MA GNIFICENT 7, Saltash

Overall: 1 C Rimmer (Ply H) 38:49; 2 G Gibson (Exe) 39:26; 3 M Robinson (Tel) 40:08

M40: 1 P Waumsley (Tamar) 40:37; 2 J Thomas (Corn) 41:08. **M45:** 1 P Whear (Carr R) 41:18. **M50:** 1 D Buzza (Corn) 42:05; 2 S Wherry (Corn) 42:41. **M55:** 1 D Scrivens (Ply H) 45:47; 2 M Davis (Newq RR) 46:05. **M60:** 1 T Hughes (W

Horse) 44:13

Women: 1 E Stepto (Corn, W40) 42:03;

2 E Schuck (Hayle) 44:37

W65: 1 J Mills (Laun RR) 54:47

NATIONAL LOTTERY ANNIVERSARY RUN 5, London Olympic Park

Overall: 1 L Allen (Norw) 26:15; 2 T Pilbersek (WG&EL) 26:21; 3 R Prout (Thriff) 26:26

M45: 1 M Symes (C'ley) 27:21. **M60:** 1 S Mead () 32:55. **M70:** 1 T Rea (Drag) 37:57

Women: 1 P Bowden (Brack, U20) 30:13; 2 R Mayles (David Lloyd Redway Runners, W35) 30:36

W40: 1 S Hall () 32:47. **W55:** 1 G Harrison (Pits) 34:31; 2 P Bennett (E Lon) 36:45. **W60:** 1 J Barrow-Green (VP&TH) 38:28

NEW MARSK VICTORIAN 10km, Marske by the Sea

Overall: 1 W Indelbu 31:18; 2 M Gunby (WG&EL) 32:16; 3 J Bulman (New M, M40) 32:33; 4 T Learoyd (New M) 33:58; 5 P Brown (New M, M35) 34:41

M45: 1 M Murray (N Yks M) 35:54. **M65:** 1 N Scruton (Scar) 40:58

Women: 1 A Morrow (Hart) 39:11; 2 K Neesam (New M, W45) 39:33; 3 J Lee (Tyne Br, W40) 39:50

W40: 2 N Kent (Loft) 40:10; 3 L Bennett (New M) 41:12. **W45:** 2 K Aspin (New M) 40:56. **W50:** 1 S Phillips (Darl) 41:28.

W60: 1 P Costello (Redc) 47:50

PENNY LANE STRIDERS 10km, Liverpool

Overall: 1 P N Jones (Warr, M40) 34:11; 2 D Hamilton (S'port W, M45) 35:20; 3 G Howell (Liv H) 35:33

Women: 1 J Clague (Liv H, W40) 39:32; 2 C Wilson (Liv H) 41:38

W60: 1 R Rogers (W Ches) 48:05. **W65:** 1 S Stewart (S'port W) 52:17

ST IVES 10km, St Ives

Overall: 1 P Vernon (PACTRAC, M35) 33:36; 2 A Birch (Nene V) 33:51; 3 C Darling (Camb T, U20) 34:14; 4 M Moore (C&C, M40) 34:34

Women: 1 O Robson (St Ed, W40) 36:59; 2 H Archer (W Suff, U20) 37:26; 3 C Somerton (C&C) 38:24; 4 C Brown (C&C) 38:41; 5 M Neal (March, W35) 38:56; 6 E Hodson (OxU) 39:11; 7 R Lindley (SoC) 39:50

W35: 2 K Samuelson (C&C) 40:10; 3 L Marriott (Rams) 40:26. **W45:** 1 N McBride 42:32

SWANSEA HALF-MARATHON, Swansea

Overall: 1 M Wells (B'end) 74:39; 2 M Roberts (Unatt, M40) 75:54; 3 S Mahon (Unatt, M40) 77:05

M45: 1 C Parker (Port T) 79:21. **M50:** 1 T Guest (Swan) 79:38

Women: 1 K Oldroyd (Uk net) 83:22; 2 C Evans (Here, U20) 88:21

W45: 1 S Watson (Les C) 91:04. **W55:** 1 G Hulland 14:43:42

TORFAEN MIC MORRIS 10km, Pontypool

Overall: 1 C Carpanini (Swan) 30:15; 2 P Matthews (Swan, M35) 30:43; 3 M Collins (MickMorris, M35) 30:48

Women: 1 L Summers (Ponty, W45) 40:26; 2 K Jones (Llis, W40) 42:25

TRENTHAM 10km, Tittensor

Overall: 1 D Lipscomb 34:20; 2 J Skelton 34:26; 3 S Myatt (Trent) 35:09

M65: 1 J Corbett (Trent) 41:18

Women: 1 M Vernon (Trent, W40) 38:44; 2 M Buckle (Newc S, W35) 42:23. **W65:** 1 D Fellows (C&S) 51:14. **W70:** 1 J Bryan (C&S) 59:08



Nat Williams (1893) won the Leeds 10km in 31:45

WORCESTER PITCHCROFT 10km

Overall: 1 S Hawkes (Amaz F, M35) 34:05; 2 M Hadley (Hale, M45) 34:38; 3 J Richards (Wye V, M40) 34:55

M65: 1 J Morris (W&B) 40:27

Women: 1 S Khan 39:03; 2 F Maycock (Belg, W45) 40:19

W50: 1 S Lane (Worc) 42:55. **W55:** 1 J Clarke (S'bridge) 45:39; 2 L Bowers (Croft A) 45:48

GRANT & STONE WYCOMBE HALF-MARATHON & 10km, High Wycombe

Overall (13.1M): 1 A Cooray (VoA) 70:02; 2 C May (VoA) 76:19; 3 D Brown (Chilt, M50) 79:54

M55: 2 Jones (VoA) 81:28

Women: 1 S Paradine (W40) 96:28; 2 K Elliott (Chilt) 97:15

W60: B Ralph (Chilt) 1:49:52

Overall (10km): 1 F Downs (Chilt) 33:50; 2 M Green (Read RR) 35:22; 3 P Gregory (VoA, M55) 36:14

TEAM: 1 Read RR 56; 2 Read RR B 339

Women: 1 L Hartney (Read RR, W45) 39:52; 2 Z Phillips (Datch) 42:58

W60: M Moody (Vets) 48:08

TEAM: 1 Read RR 37; 2 Marlow Striders 134; 3 Burnham Joggers 236

GREAT BUSTARD 5, Pewsey

Overall (5.5M approx): 1 P Keen (Swin, M45) 35:03; 2 L Byrne (Swin) 35:55; 3 P Mikolas (T Bath) 36:11

M60: R Pitt (Pews) 38:52

TEAM: 1 Pewsey Vale 32; 2 Swindon Striders 49; 3 Swin St B 94

Women: 1 S Cave (Swin St) 46:35; 2 V Bradley 46:47

JULY 19

BOURTON ONE MILE CHALLENGE

Overall: 1 D Roper (Chelt) 4:30; 2 A Bailey (Chelt, M40) 4:37; 3 J Parker (Chelt, M40) 4:38

Women: 1 R Felton (SB, W35) 5:11; 2 S Crombie-hicks (Bourt, W40) 5:28

ELMORE 7, Chipstead, Surrey

STUART MAJOR posted his ninth individual victory in this longstanding race.

Overall: 1 S Major, (S Lon, M40) 38:55; 2 M Woodman (Staff) 40:27; 3 R Jones (Herne H) 40:40; 4 P O'Callaghan (Tad) 40:59

M55: 1 G Quarton (S Lon) 43:26; 2 J Foss (S Lon) 43:44; 3 S Hutton (Tadw) 46:19. **M60:** 1 Kitching (S Lon) 44:58.

M65: M Bruce (Elmb) 50:25. **M70:** C Ford (RRC) 56:26

U17: J Lyne (S Lon) 43:16

Women: 1 M Nicholson (Elmb, W35) 48:22; 2 P Major (S Lon, W45) 49:30

W45: 2 S Upton (SoC) 51:05. **W55:** P Iannella (S Lon) 52:08

ELSWICK EXPRESS 10, Elswick

Overall: 1 D Rigby (Prest) 53:26; 2 J Mcicroy (Larne) 56:13; 3 R Affleck (Prest, M40) 57:08

M55: 1 P Muller (Horw) 59:49; 2 S Moran (Ast&T) 62:18. **M65:** 1 G Cumber (Hal) 69:37

Women: 1 S Cumber (Hal, W40) 62:20; 2 D McVey (Wilm, W35) 62:46; 3 M Hyder (Helm) 62:59

W40: 2 C Carrus (Wesh) 69:04. **W45:** 1 M Little 71:22. **W50:** 1 B Wright (BWF) 69:18; 2 J White 72:14. **W55:** 1 J Jefferson (R Rose) 76:06. **W65:** 1 J Mitchell (Skelm) 81:03

HORNTON 6, Hornton

Overall: 1 D Bruce (High) 32:42; 2 J Bolton (W'stock, M40) 33:10; 3 J Eve (Head, M40) 35:07

Women: 1 J McBain (Alch, W35) 38:55; 2 M Pank (Alch) 39:08

ROUND ARRAN RELAY, Brodick

Overall: 1 Centr 5:26:09 (C McCaughey 60:34, S Green 61:06, R Russell 54:53, D Eckersley 45:53, D MacKinlay 57:19, L Miller 46:34); 2 Gars 5:55:33 (J McManus 68:40, R MacLennan 68:03, S Porteous 59:59, D Campbell 54:00, A Blair 54:50, D McPartin 50:01); 3 Kil'k 6:01:20 (R Lyndsay 70:31, S Murdoch 68:52, C Drummond 60:24, S Martin 42:43, R Naughton 53:10, M McDonald 65:40); 4 Irv 6:13:10 (A Allardyce 67:33, M Livingston 71:41, C Whitby 65:55, J Miller 52:22, C Miller 62:08, S Brown 53:31); 5 Ayr S 6:15:00; 6 L'gow (mixed) 6:25:30

Mixed: 1 L'gow 6:25:30 (A Gallie 75:22, D Robertson 71:36, D Stark 75:01, M Hughes 48:54, S Hyslop 61:20

McLeod enjoys Sunderland win

JULY 16

SUNDERLAND 5km Silksworth Sports Complex, Tyne & Wear

RYAN McLEOD led the record field of 350 runners, from the start, *Les Venmore reports.*

After the first short lap, McLeod held a 100m lead over teenager Jed Marshall (eventually to finish 11th), Lewis Timmins (winner in 2012 and 2013) and Calum Johnson. The advantage was stretched to 35 seconds at the finish line, with Johnson taking second place ahead of Timmins.

Guy Bracken was once again the leading veteran in 15th position. Sharon Barlow also led throughout in the women's race finishing in 42nd position overall. Barlow, in the W35 category, finished 16 seconds ahead of Alex Snook with Emma Holt taking the third spot.

The event also incorporated the North Eastern Counties Championship, with McLeod and Snook taking the titles.

Overall: 1 R McLeod (Tip) 14:40;



Ryan McLeod: a clear win at Sunderland:

2 C Johnson (Gate, U20) 15:15; 3 L Timmins (Morp) 15:18; 4 K Calvert (Sun) 15:21; 5 D Johnson (Gate, U20) 15:22; 6 D Jenkin (Dur) 15:23; 7 N Shrubbs (Morp) 15:31; 8 K Jeffress

(Sun) 15:51; 9 S Ellis (NSP) 15:55; 10 J Askew (Dur) 15:57; 11 J Marshall (Gate, U17) 15:58; 12 M Fenwick (Tyne Br) 15:59; 13 S Brand (Gate) 16:01; 14 T Straughan (Morp) 16:05; 15 G Bracken

DAVID HEWITSON

(NSP, M50) 16:15; 16 K Heron 16:22; 17 E Kelly (Morp, U17) 16:23; 18 T Scott (Tyne Br, M40) 16:24; 19 C Smith (Morp) 16:27; 20 M Hedley (Jes J) 16:30

M45: 1 P Walker (Morp) 17:05; 2 W Pearson (Crook) 17:27; 3 P Waterston (Morp) 17:27. **M50:** 2 K Smith (Tyne Br) 16:55; 3 P Redman (Sun) 17:51.

M55: 1 G Bayne (Morp) 18:37; 2 J Stephens (Low F) 18:55. **M60:** 1 P Richardson (Sun) 19:46. **M65:** 1 H Matthews (Els) 20:22

Women: 1 S Barlow (Rip, W35) 17:15; 2 A Snook (J&H) 17:31; 3 E Holt (Morp) 17:48; 4 C McManus (NSP, W35) 18:14; 5 V Gibbs (Morp, W35) 18:14; 6 M Czarnecka (J&H) 18:48; 7 L Rodgers (Tyne Br, W40) 18:59; 8 J Lee (Tyne Br, W40) 19:00; 9 C Simpson (J&H, W35) 19:21; 10 K Aspin (N Marske, W45) 19:32

W55: 1 A Cummings (NSP) 21:26; 2 L Chapman (Morp) 22:32. **W70:** 1 C Lee (Els) 27:12

NECAA Championship
1 McLeod; 2 C Johnson; 3 Timmins

Women:
1 Snook; 2 Holt; 3 McManus

Thompson 54:23, K White 62:34); 3 N Ayrs 6:45:51 (L Lynn 89:00, S Day 67:58, M Preston 66:31, J Comrie 49:15, A Kerr 70:39, F Comrie 62:28); 4 Camp'tn 6:52:44

Women: 1 Bella R 7:42:56 (J Herbert 1:41:22, M Shepherd 88:52, J MacDonald 75:58, H McCrorie 62:15, R McRobert 70:47, M Smillie 63:42); 2 Gars 7:49:29 (L Crilly 81:05, C Wilson 79:27, I Martin 83:55, C Dow 70:18, K MacLellan 92:30, C MacAdam 62:14)

Fastest - Leg 1 (11.5M) - Overall: 1 McCaughey 60:34; 2 K Campbell (Camp'tn) 64:55

Women: E Mooney (Loth) 74:48
Leg 2 (10.5M) - Overall: 1 Green 61:06; 2 K Neill (Ayr S) 65:10

Women: J Emsley (Centr) 67:26
Leg 3 (11M) - Overall: 1 Russell 54:53; 2 Porteous 59:59

Women: Robinson 64:57
Leg 4 (7.5M) - Overall: 1 Martin 42:43; 2 Eckersley 45:53

Women: S McManus (Kelv) 49:19
Leg 5 (8.5M) - Overall: 1 Naughton 53:10; 2 Thompson 54:23

Women: McRobert 70:47
Leg 6 (8.5M) - Overall: 1 Millar 46:34; 2 McPartin 50:01

Women: Fortune 53:17

KENNEDY KANE MCARTHUR FESTIVAL OF RUNNING 10km, Dervock

Overall: 1 A Boyd (NBH) 34:16; 2 G Henderson (Unatt, M40) 35:19; 3 N Johnston (Springw, U20) 35:39

Women: 1 G Quigley (Larne, W35) 43:54; 2 L Doyle 46:47

Overall (HM): 1 B Campbell 74:29; 2 B Atkinson (E Down, M35) 76:07; 3 S Joyce (Springw, M35) 78:58

M60: 1 H Boyle 88:54
Women: 1 C McCourt (NBH, W40) 85:13; 2 J White (Unatt, W40) 90:52

W55: 1 M Mackin 1:43:24

MUSSELBURGH 10km, Musselburgh

Overall: 1 A Douglas (F'clyde) 31:00; 2 B Mackie (Edin, M35) 32:53; 3 S Johnston (Edin, M35) 33:45; 4 C Reid (Edin) 33:55; 5 L Johnson (Edin, M35) 33:57;

6 R Riddell (Cors) 34:18; 7 J Lawson (P'bello, M35) 34:28; 8 N Jack (Edin) 34:36; 9 S Bradley (Unatt, M40) 34:49;

10 P Faulkner (C'thy, M40) 34:53; 11 M Fullerton (P'bello, M40) 34:55

M50: 1 S Hay (Dumb) 35:51; 2 P Buchanan (P'bello) 36:19; 3 G Noble (Dumb) 36:46; 4 J Harper 36:54

Women: 1 N Duncan (P'bello) 37:27; 2 V Bailie (Edin, W35) 38:46; 3 J Maclean (Edin, W40) 39:45

W40: 2 D Mathie (P'bello) 41:48; 3 J Wilson-Young (Edin) 41:57. **W50:** 1 M Western (C'gie) 42:48. **W60:** 1 M Fleming (C'gie) 46:52

THE FIXADDICTION 10 & 5km, Eton/ Dorney, Buckinghamshire

WINDSOR's Charlotte Firth set a new personal best of 17:56 when placing first overall in the 5km event.

Overall: 1 M Higgins (M40) 35:59; 2 E Nicholson 36:24; 3 G Lock 41:03

Women: E McDonnell 46:46; 2 G Hughes 47:48

Overall (5km): 1 C Firth (WSEH) 17:56; 2 O Seaman (M40) 20:55; 3 J Cardy (W40) 20:57

Women: 1 Firth 17:56; 2 Cardy 20:57

JULY 18 CHUDLEIGH CARNIVAL 6, Devon

Overall (5M 944yds): 1 T Merson (B&W) 28:49; 2 A Chambers (W'bury) 29:30; 3 P Monaghan (Tor, M45) 31:30

M40: 1 K Squibb (Tiv) 31:57; 2 D Milford (Teign) 32:56. **M45:** M Shapland (Tiv)

34:45. **M50:** K Roberts (Tiv) 34:59
TEAM: 1 Teignbridge Trotters; 2 Tiverton H 26; 3 South Devon 42

Women: 1 N Flanagan (SW Dev) 37:15; 2 C Andrews (Erme V, W40) 37:28

W55: K Cook (SWRR) 39:55. **W65:** A Lucas (Tor) 41:30

TEAM: 1 Teignbridge 23; 2 S Dev 41; 3 South West RR 42

BEVERIDGE PARK 5km SERIES, Kirkcaldy

Overall: 1 B Hukins (Cambus, M35) 15:29; 2 B Gibson (Dund H, M35) 17:35; 3 A Smith (C'gie) 17:54

Women: 1 J Dunlop (Dund RR) 21:10; 2 M Dawson (Unatt, W40) 23:46

BROOKS SERPENTINE LAST FRIDAY 5km, London Hyde Park

Overall: 1 E McCormack (Dulw) 16:50; 2 S Murtagh (Harl RC, M50) 17:03; 3 C Berthelton (Serp, M40) 17:09

M50: 2 G Hester 17:42. **M60:** 1 D Cox (WG&EL) 17:45

Women: 1 L Rea (W4H, W35) 19:43; 2 N Boloorsaz (Unatt, W35) 20:05

W45: 1 S McDonald (S Lon) 20:39. **W55:** 1 A Sanders-Reece (Morn) 22:38; 2 K Hancock (Serp) 22:51. **W60:** 1 S Musson (Ton) 21:33

SEA 2 SKY 10km, Newcastle

Overall: 1 B Teer (E Down) 34:33; 2 D O'Flaherty (Newc) 36:02; 3 W Mckee 36:26

Women: 1 A Perry 43:19

TARA KINDER MEMORIAL 10km, Elvaston Castle

Overall: 1 D Annable (Hean) 33:00; 2 M McGinty (Derw R, M35) 35:03; 3 S Pearce (Shelt, M35) 35:09

Women: 1 L Palmer (Hean, W35) 37:50; 2 L Inslay (Hean, W40) 39:21

W50: 1 J Burke (Hean) 43:01

JULY 17 STATONS MIDWEEK LEAGUE MOB MATCH, Welwyn

Overall (10km): 1 B Nagy (Barn) 33:12; 2 T Crouch (St Alb) 33:55; 3 D Davies (Gard CR) 34:14; 4 S Buckle (St Alb) 34:19; 5 G Ramsay (FVS, M40) 35:04; 6 M Vaughan (NHRR, M40) 35:21; 9 A

Mason (Barn, M50) 36:07
TEAM: 1 St Albans Striders 204; 2 North Herts RR 666; 3 Barnet & District 742

VET TEAM: 1 St Alb 60; 2 NHRR 97
Women: 1 L Farrar (St Alb) 38:38; 2 J Kent (Barn, W45) 39:10; 3 M Hall (Gard CR, W35) 40:33; 4 M Cooper (Barn, W45) 41:28; 5 A McKeown (NHRR, W40) 41:55

W65: J Howes (Bish S) 52:55
TEAM: 1 St Alb 80; 2 NHRR 136; 3 Gard CR 140; 4 Harlow RC 169; 5 Barn 171

VET TEAM: 1 Barn 15; 2 NHRR 20; 3 St Alb 22

SALE SIZZLER 5km, Manchester

Overall: 1 M Abu-Rezeq (Alt) 14:26; 2 M Barnes (Alt, M35) 14:56; 3 A Norman (Alt) 15:08; 4 S Robinson (Salf) 15:20; 5 J Vis (S'port W) 15:26; 6 P Vis (S'port W) 15:37; 7 L Johnston (Liv H, U20) 15:56; 8 S Bruton (Salf) 16:00

M40: 1 C Banno-Thornton (Alt) 16:25; 2 C Merchant (Roch) 16:39; 3 C Barber (Sale) 16:58. **M45:** 1 C Batho (Stock H) 17:23. **M50:** 1 D Crewe (Salf) 16:56; 2 G Savage (Sale) 17:56. **M55:** 1 A Rafferty (Sale) 18:49. **M60:** 1 D Gee (Manc H) 17:47; 2 M Oldham (Manc H) 18:59.

M65: 1 S Curran (Salf) 19:53. **M70:** 1 B Boynton (Congle) 21:44; 2 V Murphy (Salf) 22:32

Women: 1 C Duck (Leeds C) 16:54; 2 J Knass (Stock H) 17:34; 3 M Vernon (Trent, W40) 18:03; 4 K White (Sale) 18:21; 5 M Williams (Stock H, U17) 18:32; 6 A Hilldrup (Lymm, W35) 18:57

W45: 1 K Wood-Doyle (Stock H) 19:56; 2 J Ellis (Wilm) 20:28; 3 F Eaton (Lymm) 20:44. **W55:** 1 S Becconsall (Bing) 19:13; 2 J Mulryan 21:33; 3 J Cordingley (Sale) 21:35. **W60:** 1 J Needham (Roch) 21:27; 2 D Wakefield (Salf) 23:12; 3 H Todd (Stock H) 23:29. **W65:** 1 A Dinsmor (Stock H) 25:10

JULY 16 HORWICH JUBILEE SERIES 5, Rivington

Overall: 1 N Pendlebury (Leigh) 26:41; 2 J Hilton (Wig P) 27:59; 3 D Smith (Leigh, M35) 28:37

M50: 1 P Rice (Horw) 29:54. **M65:** 1 E Ranicar (Bolt) 34:19

TEAM: 1 Horw 36; 2 Wig D 71; 3 Wig P

72; 4 B'burn 90; 5 Chor 93; 6 Lost 127
Women: 1 M Lowe (Horw) 31:55; 2 J Taylor (Wig D, W50) 32:23

W45: 1 D Kirkman 34:23. **W55:** 1 A Ferguson (Burn RR) 37:14

Women: 1 B'den RR 29; 2 Swint 44

BRIGHTON PHOENIX 10km, Hove, East Sussex

ON A perfect evening for racing and as the temperature cooled slightly, Ben Tickner returned from a teaching assignment in Luxembourg to win with ease and set a race record, *Martin Duff reports.*

The former Southern cross-country champion took the lead from the start and running out towards Portslade, the first 5km was into a slight breeze as Tickner moved away from Worthing 20 winner Kevin Rojas and Sussex League winner Kev Mason. After the turn, the Tickner increased his advantage to win by more than a minute in 30:05, his best since 2011.

The time took 19 seconds from Dean Lacey's 2011 course best. "It was quite easy to speed up between 6 and 7km as it is slightly downhill," said Tickner, after only his second race in the UK this year.

Tickner has one more year of his contract to serve in Luxembourg but plans more races here in the meantime.

The women's race saw a good return to form for Elspeth Turner in 38:30. The 49-year-old improved on her recent times by around a minute, but she ran 74:07 in the Great North Run in 1986.

Overall: 1 B Tickner (Phoe) 30:05; 2 K Rojas (B&H) 31:25; 3 K Mason (Worthing) 32:32; 4 J Baker (Chich, M35) 32:42; 5 G Godden (B&H, M45) 33:06; 6 P Acaye (Phoe) 33:10; 7 L Chalk (Stubb G) 33:32; 8 M Woodman (Staff H, M35) 34:13; 9 L Taub (B&H, M35) 34:29; 10 S Parker-Harding (Phoe) 34:39

M45: 2 L Sida (Lewes) 35:29. **M50:** 1 S Fletcher (Seaf) 35:55; 2 J Burrell (Lewes) 37:15. **M55:** 1 M Lascelles (Maid N) 38:26. **M65:** 1 A Haig (Phoe) 42:45.

U20: 1 P Radford (Hay H) 35:07
Women: 1 E Turner (Hors H, W45) 38:30; 2 L Lascelles (Maid N, W50) 38:58; 3 E Proto (Arena) 39:55

W35: 1 M Lazell (Hay H) 40:36. **W40:** 1 D Tarleton (Arena) 40:34. **W50:** 2 C Wood (Arena) 41:10; 3 L Hayes (W'hurst) 44:19

BITTON 5km SERIES, Race 3, Bristol, Avon

Overall: 1 A Potter (W'bury) 16:18; 2 O Sheppard (T Bath) 16:45; 3 J Bowditch (Bitt) 16:51

W45: 1 F Hughes (T bath) 17:34. **M55:** 1 P Mountain (B&W) 18:28; 2 D Gunstone (T Bath) 18:45

Women: 1 F Blackmore (Bitt, W35) 19:15; 2 A Britton (Bitt) 21:11

W45: D Drake (Bitt) 21:18

STAMFORD STRIDERS 5km

Overall: 1 J Pike (NEB) 16:09; 2 M Moore (Nene V, M40) 16:33; 3 S Haw (P'boro, U20) 16:39

M45: S Beard (Nene V) 17:41. **M60:** M Booth (Mid V) 19:19. **M70:** T Fone (Eye) 22:09

Women: 1 G Mullins (Nene V) 18:40; 2 R Jones (Nene V) 20:11

W65: A Copson (R&N) 20:48

JULY 15 SEVERN AC 5km, Sandhurst

Overall: 1 G Rush (Chelt) 14:53; 2 James (B&W) 14:54; 3 D Roper (Chelt) 15:00; 4 A Bailey (Chelt, M40) 15:42; 5 W Ferguson (CLC) 15:42; 6 B Price (Chelt) 15:45; 7 J Parker (Chelt, M40) 15:49; 8 T Lowe (Chelt) 15:54

M40: 3 J Aran (CLC) 16:43; 4 A Gore (Chelt) 16:49. **M45:** 1 E Smith (Bour) 17:08; 2 D Salisbury (B Pear) 17:12; 3 M Keeling (Sew) 17:31. **M50:** 1 R Anderson 16:52; 2 D McGrath (Almost A) 18:12. **M60:** M Rees (Les C) 16:01 Br M60 rec. **M65:** G Ashton (Worc) 20:32

W40: 2 V Wilkinson (Chelt) 16:18
TEAM: 1 Cheltenham 29; 2 CLC Striders 198; 3 Severn 204

Women: 1 J Jagger (B&W) 16:50; 2 J Sanzo (B&W, W35) 17:09; 3 H Sharpe (B&W) 18:10; 4 M James (BRAT, W45) 18:17; 5 S Crombie-Hicks (Bour, W40) 18:21; 6 H Winters (Glouc) 18:46; 7 L Walsley (Bour, W40) 18:59

W40: 2 V Wilkinson (Chelt) 19:11
U17: S Tothill (Worc) 19:51
TEAM: 1 Bristol & West 6; 2 CLC 30

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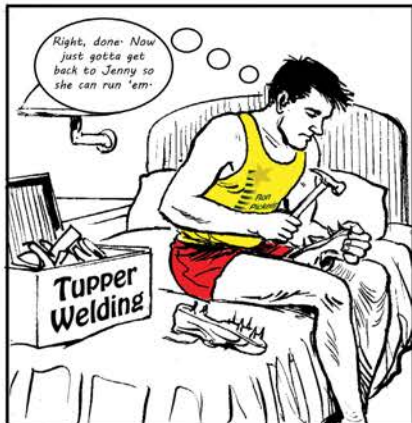
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THE TOUGH OF THE TRACK

Writer: Matthew J.J. Crehan @Matt_Crehan Artist: Mike Dorey

After suffering a slight injury in training, Alf Tupper, the Tough of the Track, has had to settle with sitting in the audience of the 2014 Glasgow Commonwealth Games, where he's met up with some of the England Athletics distance squad to help them prepare.



ATHLETICS WEEKLY Race & Events directory

TO ADVERTISE YOUR EVENT ON THIS PAGE IN AW, PLEASE CALL 01733-808545
OR EMAIL CATHERINE.DUGDALE@ATHLETICSWEEKLY.COM

The John Gerrard Memorial T&F Open



Where: Leigh Harriers AC, Leigh Sports Village WN7 4GX
When: Sunday 27th July 2014 from 11:30
Events: 75m-Mile + jumps and throws u9-15s
Visit: www.leighharriers.org for more information



Castle Combe Wiltshire 10K Champs

30th July 2014 at 7pm (Inc Wiltshire Junior 3K Champs)

Castle Combe race circuit, Chippenham

Officially measured 10k, run on the flat, smooth running surface of the famous race circuit. Safe and traffic-free. Chip timing including lap splits. (10k run is 3.4 race circuit laps).

Online entry price: £13 Attached, £15 Unattached. On the day entry: +£2

Full details and online entry at

www.dbmax.co.uk **DB:MAX**



Brecon Lions 10 Miles Road Race

Sunday 3rd August 2014 at 10.30am

Start and finish on Brecon's Athletic Track, LD3 9SR

£13 affiliated, £15 (U/A). All entries £15 on the day. Cheques to 'Brecon 10' Forms, cheques & SAE to Derek White, 3 Camden Crt, Brecon, Powys LD3 7RP

Full details at www.brecon10.com



Under UKA rules (Licence no. 2014-12332)

Bassingham Cricket Club present their annual

BASSINGHAM BASH 5-MILE ROAD RACE

Bassingham Village Gala, Bassingham, Lincs. (between Newark and Lincoln - accessible from the A1 and A46).

Saturday 9th August 2014, 2.30pm

Flat fast rural course with over £500 worth of PRIZES

First three men and first three ladies. Veteran (Over 40, 45, 50) male and female. Spot and local runner prizes
Men's Course Record: 24.41 Ben Livesey 2013 Ladies Course Record: 29.03 Sarah Wilkinson 2010

Enter on the day or via: <http://bassingham.play-cricket.com>



THE BABCOCK HELENSBURGH SUMMER 7



AUGUST 10, 9.30am www.helensburghaac.co.uk

Kimbolton Castle 1/2-Marathon

Sunday 17th August - 10am start
(ARA measured and approved)

Undulating but fast.

Potential PBs available here!

Raising money for British Heart Foundation

Information and entries: nicetri.co.uk
or call 07539-213097



Headington RoadRunners 5 mile road race

Sunday 31st August at 9.30am

Race HQ: OXSRAD Leisure Centre, Marsh Lane, Oxford, OX3 0NQ.

Fast & flat. Chip timing & PB potential. Takes in tracks on Bypass & Marston Ferry Road.

Fees: £12 Club (£14 U/A). Entries on the day if not full. An Oxfordshire Grand Prix Race.

Prizes: First three men and women, plus vet categories & teams. Race mug to all finishers

Forms and online entry at www.hrr.org.uk/h5m



Carver Wolverhampton City Marathon / Half Marathon

Sunday 7th September from 8.55am

West Park, Wolverhampton WV1 4PS

Inc Banks's 10K Run, Children's Mini Marathon, Cousins 20K Cycle & wheelchair event

Full details and entry forms at

www.carverwolverhamptonmarathonevents.co.uk

Chest Heart & Stroke Scotland ROADBLOCK RUN

Edinburgh - Arthur's Seat 10K - 21st September

www.roadblockrun.com



Sunday 21st September 2014

LARKING GOWEN

IPSWICH HALF MARATHON

www.ipswichhalfmarathon.co.uk



14th Cransley Hospice 10km and Half Marathon

Sunday 21st September at 11am prompt

From Cranford, near Kettering, Northamptonshire, NN14 4AQ

Run on undulating country roads. Entry-£15 club or £17 U/A (+£3 on the day).

Enter online at:

www.cransleyhospice.org.uk

The Birmingham Fun Run

Sunday 21 September 2014
11.00am, Sutton Park town gate

Register by 31 August 2014 online at www.birminghamfunrun.co.uk

Lead sponsor:

Sponsored by:

THE FOURTH BONFIRE BURN 10K

Sunday 2nd November 2014 10.30am

Start and finish: Histon & Impington Recreation Ground, Cambridge CB24 9LU. Male / Female

Age groups: 14 upwards. Memento for all finishers. Chip timing. £13 entry fee (Under-18 £6).

Register NOW online at www.bonfireburn10k.co.uk - info call 01223-232514

NEW for 2014 - TEAM COMPETITION AND UNDER-18 CATEGORY

EDEN MARATHON 2014

The Eden Project Marathon and Half Marathon:
Beyond your personal best 19th October 2014

Featuring challenging multi-terrain courses through spectacular areas of mining heritage, beautiful countryside and Eden. Themed memento, t shirt, pasty and a pint for all finishers. Places are limited so register now www.edenproject.com/marathon

FELL

Thursday July 24
STONEY MIDDLETON (5.3M/656ft)
 Stoney Middleton.

Saturday July 26
BEETHAM SPORTS (5.8M/928ft)
 Lake District.

BEN RINNES FIVE TOPS (14M/4921ft)
 Dufftown.

LINGMELL DASH (4.5M/2500ft)
 Lake District.

PUSH-UP-THE-PINCYN (6.2M/1299ft)
 Clawddnewydd.

Sunday July 27
BRIDGES OR BUST (7.6M/1542ft)
 Shropshire.

JAMES HERRIOT RUN (8.7M/1001ft)
 Castle Bolton.

Wednesday July 30
RAVENSCAR RUMBLE (4.7M/787ft)
 North York Moors.

Thursday July 31
HEART OF THE LAKES RYDAL ROUND (9M/3002ft)
 Lake District.

MULTI-TERRAIN

Wednesday July 23
BLACK KNIGHT CHARGE 6
 Ashton under Lyne, Manchester. 7.30pm.

race-results.co.uk
HAMSTREET TORCH 5km
 Village Hall, Hamstreet, Kent. 7pm.
nice-work.org.uk
WEST BROMWICH HARRIERS 5km
 Q3 Academy, Great Barr, Birmingham. 7.30pm.
whbac.co.uk

Thursday July 24
JOAN RHODES & FRED NORRIS MEMORIAL 5km
 Nellie Halstead Track, Cams Lane, Radcliffe, Manchester. 7.15pm.
radcliffeac.org.uk
PURDOWN PURSUIT 10km
 Masons Arms, Stapleton, Bristol. 7pm.
tach.org.uk

RUDYARD LAKE 5
 Rudyard, Staffordshire. 7.15pm.
staffsmoorlands-ac.co.uk

Friday July 25
CRANBROOK 5km/10km
 High Weald Academy, Cranbrook, Kent. 7.30pm.
nice-work.org.uk
WEDDING DAY 7km
 Hampton Hill CC, Hampton Hill, Middlesex. 7.30pm.

Saturday July 26
CORNWOOD CHALLENGE 10km
 Cornwood, Devon. 6.30pm.
cornwoodchurch.com
DEVILS CHIMNEY CHASE 10km
 Old Pats RFC, Cheltenham, Gloucestershire. 6pm.
almostathletes.co.uk
POOLE RUNNERS RELAY
 Holton Lee, East Holton, Holton Heath, Dorset. 3pm.

poolerunners.com/holton-lea-relays
RICHMOND SUMMER RIVERSIDE 10km
 RAA Ground, Twickenham Road, Richmond. 9.30am.
thefixevents.com

SUMMER AROUND THE RESERVOIR MARATHON
 Holiday Inn Hotel, Bedford Road, Northampton. 9am.
madeyarun.com

TRENT PARK 5km HANDICAP
 Snakes Lane, Oakwood, Middlesex. 9.30am.

trentparkrc.org
TYWARDREATH TROTTER 7
 New Inn, Tywardreath, Cornwall. 6.45pm.

tywardreathtrotter.co.uk
WOMEN'S RUNNING LIVERPOOL 10km
 Sefton Park, Liverpool. 10am.
wr10k.co.uk

Sunday July 27
BATH 10km/HALF-MARATHON/MARATHON
 University of Bath, Bath. 10am.
relishrunningraces.com

BRIGHTON TRAILBLAZER 10km
 Falmer Road, Woodingdean, Brighton, East Sussex. 11am.

brightonsports.co.uk
CHALLENGE RUN 11km
 Monmouth School Sports Centre, Monmouth. 10.45am.

monmouthtriclub.co.uk
DALWOOD FAYRE 10km (ISH)
 Tuckers Arms, Dalwood, Devon. 7pm.
axevalleyrunners.org.uk

DIVIS AND BLACK MOUNTAIN 10km
 Divis Mountain, Divis Road, Belfast. 11am.
actiononhearingloss.org.uk/belfasthillsrun

DOWN TOW UP FLOW HALF-MARATHON
 Windsor Leisure Centre, Windsor, Buckinghamshire. 10am.
purplepatchrunning.com

DURBERVILLE DASH 10km
 Durberville Centre, Wool, Dorset. 11am.
egdonheathharriers.com

EXMOOR SEAVIEW 17
 Minehead CC, Minehead, Somerset. 10am.
mineheadrunningclub.co.uk

LITTLEPORT 10km
 Littleport Leisure Centre, Littleport, Cambridgeshire. 10.45am.
littleport10k.co.uk

PLYMOUTH 6 MOOR MILES
 Leg O' Mutton, Yelverton, Devon. 10.30am.

plymouthharriers.org
RUNTHROUGH WIMBLEDON HALF-MARATHON
 Wimbledon Common. 9am.
runthrough.co.uk

SALTAIRE SHAKER 15km
 Robert's Park, Saltaire, West Yorkshire. 10.30am.

saltaireshaker.com
SEVEN STILES 4
 Henfield Leisure Centre, Henfield, West Sussex. 11am.

henfieldjoggers.co.uk
SOUTHAMPTON BIG FUN RUN 5km
 Southampton Common, Southampton. 11am.
bigfunrun.com/southampton

Tuesday July 29
CHAMPAGNE LEAGUE
 Village Hall, Lockington, East Yorkshire. 7.15pm.
cityofhullac.co.uk

Wednesday July 30
BUNGAY SUMMER 10km SERIES
 Maltings Meadow Sports Ground, Bungay, Suffolk. 7.15pm.
bungayblackdogrunningclub.co.uk
CRAWFORDSBURN 5km
 Crawfordsburn Country Park, Bangor. 7.15pm.
northdownac.co.uk

JOYDENS WOOD 5km SERIES
 Summerhouse Drive, Joydens Wood, Kent. 7.15pm.
dartfordroadrunners.co.uk
MILLBROOK MONSTER 10km
 Stalybridge Country Park, Millbrook, Cheshire. 7.30pm.
hydevillagestriders.org.uk/millbrook-monster

SAMPHIRE HOE 5km SERIES
 Samphire Hoe, Dover, Kent. 7.30pm.
nice-work.org.uk

STAFFS KNOT 5
 Cannock Chase Visitor Centre, Hednesford, Staffordshire. 7.15pm.
staffordharriers.org

SUMMER SERIES 10km
 Maltings Pavilion, Pirnhov Street, Ditchingham, Suffolk. 7.30pm.

bungayblackdogrunningclub.co.uk
WOODLAND 5 SERIES
 Upper Broadmore Road, Crowthorne, Berkshire. 7.30pm.

finchcoasters.org.uk

Thursday July 31
FAIRLANDS RELAYS
 Stevenage, Hertfordshire.
fvspartans.org.uk
NEAR AS DAMN IT 10km SERIES
 Brighton Road, Coulsdon, Surrey. 7.30pm.
southlondonharriers.org

Friday August 1
F1 JAGERMEISTER 10km
 University of Nottingham. 7pm.
formulaonecc.co.uk

POOLE RUNNERS SUMMER 3.5 SERIES
 Upton Country Park, Poole, Dorset.

Saturday August 2
ABNEY CHEADLE RUN 5km
 Abney Hall, Cheadle, Cheshire. 9.30am.
abneycheadlerun.co.uk

FRISTON FOREST ADDER 10
 Friston Forest, Litlington Road, Seaford, Lincolnshire. 9am.
multisport-management.co.uk

HADLEIGH CASTLE 10km
 Hadleigh Country Park, Hadleigh, Essex. 9.45am.
theraceorganiser.com

LETCHWORTH FIRST SATURDAY OF THE MONTH 5km
 Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am.
firstsaturday5km.org.uk

ORION HARRIERS FOREST 5
 Jubilee Retreat, Chingford, London. 10am.
orionharriers.org.uk

RAILWAY ULTRA 27/36
 Coalport, Telford, Shropshire.
codrc.co.uk

ROUND THE ROCK 48
 St Helier, Jersey. *roundtherock.co.uk*
WOMEN'S RUNNING BRISTOL 10km
 Blaise Castle, Bristol. 10am.
wr10k.co.uk

Sunday August 3
HARTING 10
 Petersfield Road, South Harting, West Sussex. 10.30am.
liss-runners.org.uk
HORSELESS STEEPLECHASE 2.5/5/10
 Barbury Castle Estate, Swindon, Wiltshire. 11am.
horseless-steeplechase.org.uk

INDIAN QUEENS HALF-MARATHON
 Indian Queens, Cornwall. 10am.
newquayroadrunners.co.uk

PEAKSKYRACE 29
 Buxton Community School, Buxton, Derbyshire. 10am.
peakskyrace.co.uk

RIVERSIDE RUNNERS ANNIVERSARY 10km
 Riverside Park, St Neots, Cambridgeshire. 10.30am.
10k.riversiderunnersraces.co.uk

RUNTHROUGH RICHMOND PARK HALF-MARATHON
 Richmond Park, Richmond. 10am.
runthrough.co.uk

STOCKPORT 10km LEGACY EVENT
 Woodbank Park, Stockport, Manchester. 11am.
legacyevent.org

SUNDERLAND MILES FOR MEN 5km
 Herrington Country Park, Sunderland, Tyne & Wear. 11am.

TOTNES 10km
 Borough Park, Totnes, Devon. 11am.
teignbridgetrotters.co.uk

VANGUARD WAY MARATHON
 Lloyd Park, Croydon, Surrey. 9.30am.
vanguardway.org.uk

WREKIN CHALLENGE 24-HOUR
 Wrekin Mountain, Telford, Shropshire. 11am. Until Monday August 4.
shropshiremind.org

Monday August 4
BLAISE BLAZER 4 SERIES
 Blaise Castle, Bristol. 7.30pm.

Tuesday August 5
ST IVES BAY 10km
 Surf Life Saving Hut, Hayle, Cornwall. 7pm.

Wednesday August 6
CHORLEY HARRIERS ASTLEY PARK 7km SERIES
 Baron Rest Pub, Astley, Chorley, Lancashire. 7.30pm.
chorleyharriers.co.uk

PIE AND PEAS 5
 Lion Pub, Main Road, Moulton, Cheshire. 7pm.
valeroyalathleticclub.co.uk

PIGGS TROPHY RACE 10km
 Mickleover Sports Club, Mickleover, Derbyshire. 7pm.

Thursday August 7
BADGER 10km
 The Barn, Berkeley Drive, Bamber Bridge, Lancashire. 7.30pm.

Friday August 8
GWR TOWPATH 10km SERIES
 Greville Smyth Park, Bristol. 7.30pm.
greatwesternrunners.org.uk

TV guide

BBC
 Commonwealth Games – live coverage from Glasgow 2014 on terrestrial and Red Button.
British Eurosport
 Commonwealth Games – daily highlights from Glasgow.
British Eurosport
 IAAF World Junior Champs – regular live and delayed action.

Saturday August 9

CRANHAM 5
 The Knoll, Cranham CC, Cranham, Gloucestershire. 4m.
cranhambeast.co.uk
LACOCK ABBEY 10km
 Lacock Abbey, Lacock, Wiltshire. 10am.
relishrunningraces.com
MAIDEN NEWTON MADNESS 10km
 Maiden Newton Youth Centre, Maiden Newton, Dorset. 7pm.
maidennewtonrunners.wix.com
STOURBRIDGE STUMBLE 10km
 Mary Stevens Park, Oldswinford, Stourbridge, West Midlands. 6pm.
srlclub.co.uk

Sunday August 10

BORTH BEACH 10km
 It's a Gift, Borth, Aberystwyth, Ceredigion. 3pm.
aberystwythac.co.uk
CANNOCK CHASE 10km
 Birches Valley, Rugeley, Cannock, Staffordshire. 10.30am.
cannockchase10k.co.uk
CAPITAL RUNNERS BUSHY PARK 10km
 Bushy Park, Hampton, London. 10am.
capitalrunners.com
FIND A VOICE 5km
 Ashford RFC, Ashford, Kent. 11am.
GORDS 6
 Fownhope Recreation Park, Fownhope, Herefordshire. 11am.
wyevalleyrunners.co.uk
HARDMOORS 26.2 SALT BURN 10km/HALF-MARATHON/MARATHON
 Saltburn Leisure Centre, Saltburn-by-the-Sea, Cleveland. 9am.
262.hardmoors110.org.uk
KIRSTE MEMORIAL 5
 Grove Wood Primary School, Rayleigh, Essex. 10.30am.
benfleetrainingclub.com

ROUNDWAY RAMPAGE DEVIZES 7
 Devizes Sports Club, Devizes, Wiltshire. 10am.
devizesrunningclub.org.uk

SALISBURY 5-4-3-2-1 10km/21km/30km/50km/MARATHON
 Salisbury Fire Station, Ashley Road, Salisbury, Wiltshire. 9.30am.

SHERWOOD PINES 5km & 10km
 Sherwood Pines, near Edwinstowe, Nottinghamshire. 11.30am.
retfordac.co.uk

STANDISH WOODLAND CHASE 10
 Horsemarling Farm, Stonehouse, Gloucestershire. 11am.

WELCOME TAVERN 10km
 Welcome Tavern, Walton Park, Preston, Lancashire. 11am.

EVENT SPOTLIGHT: BASSINGHAM BASH

The Basingham Bash takes place for the 10th time this year. The fast, flat, five-mile race is held in Lincoln on August 9 and features more than £500 worth of prizes.

The event is ideal for runners in the Lincolnshire area looking for a mid-summer five-mile PB opportunity.

The men's course record of 24:41 was set by Ben Livesy last

year, while the women's course mark of 29:03 was set by Sarah Wilkinson in 2010.

Entries should be sent to Bill Taylor, 1 Hallfield, Basingham, Lincoln LN5 9PF. Call 01522-788701 or email bill@kre-anergy.co.uk.

Postal entries close on August 4 and cost £8 attached (£10 unattached) with £2 extra on the day and cheques payable to Basingham Cricket Club.



ROAD

Thursday July 24

IPSWICH SUMMER 5km SERIES

Christchurch Park, Ipswich, Suffolk. 7.30pm. nice-work.org.uk

KINGSBRIDGE FAIRWEEK 10km

Kingsbridge, Devon. 7.30pm. kingsbridgefairweek.co.uk

MALDON SUMMER HANDICAP 5km SERIES

Promenade Park, Maldon, Essex. 7.30pm.

tiptreeroadrunners.co.uk/maldon-5k-summer-series.html

TODMORDEN PARK 5km SERIES

Centre Vale Par, Todmorden, Lancashire. 7pm. cannonballevents.co.uk

Friday July 25

3km ON THE GREEN SERIES

McLellans Arch, Glasgow Green, Glasgow. 12.30pm. 3konthegreen.com

CLACTON SUMMER 5km SERIES

Marine Parade West, Clacton-on-Sea, Essex. 7.30pm.

nice-work.org.uk

MILK RUN 5

Joey Dunlop Leisure Centre, Ballymoney. 7.30pm.

springwellrunners.com

NEWSTEAD ABBEY DASH 5km (Inc NOTTINGHAMSHIRE CHAMPS)

Newstead Abbey Park, Ravenshead, Nottinghamshire. 7.30pm.

redhillroadrunners.com

SOUTH CHESHIRE 5km SERIES

Queens Park, Crewe, Cheshire. 7pm.

southcheshireharriers.org.uk

WORSTEAD FESTIVAL 5

Worstead, Norfolk.

nabr.co.uk

Saturday July 26

DORNEY DASH 10km

Eton Dorney Lake, Eton, Berkshire. 10am.

datchetdashers.com/dorney-dash

HECKINGTON SHOW 10

Heckington, Lincolnshire. 10am.

heckingtonshow.org.uk

LANCASTER 5km SERIES

Salt Ayre Leisure Centre, Lancaster. 6.30pm.

lancaster-race-series.co.uk

YORK AND DISTRICT SUMMER 10km LEAGUE

The Cricket Club, Stillington, North Yorkshire. 7pm.

pockrunners.com

Sunday July 27

BALLATER 10

Monaltrie Park, Ballater, Aberdeenshire.

deesiderunners.com

CAPITAL RUNNERS RICHMOND PARK 10km

East Sheen Gate, Richmond Park, Richmond, Surrey. 10am.

COOKSTOWN ARDS HALF-MARATHON

Ards.

DINOSAUR 10km (Inc KENT CHAMPS)

Walmer Sea Scout Hut, Deal, Kent. 10am.

dealtri.co.uk

GREAT WARFORD 10

David Lewis Centre, Great Warford, Cheshire. 10am.

ukresults.net

JIM DINGWALL 10km

Brantingham Park, Elloughton, East Yorkshire. 10am.

humberrunner.co.uk

MAGOR MARSH CHARITY 10km

Undy United FC, Undy, Gwent. 10.30am.

chepstowharriers.org.uk

TENBY 10km

The Croft, Tenby, Pembrokeshire. 11am.

tenby10k.org.uk

TOWNELEY PARK 10km

Burnley, Lancashire.

pendleandburnleygrandprix.co.uk

WELLINGBOROUGH 5

Sywell Road, Wellingborough, Northamptonshire. 10.30am.

wdac.org.uk

Monday July 28

SELF TRANSCENDENCE 5km

Battersea Park, London. 7pm.

uk.srichinnmoyraces.org/races/london

Tuesday July 29

HARWICH 5km SERIES

Promenade, Harwich, Essex. 8pm.

harwichrunners.co.uk

ISLE OF JURA 10km

Village Hall, Craighouse, Isle of Jura. Noon.

ISLE OF JURA HALF-MARATHON

Village Hall, Craighouse, Isle of Jura. Noon.

LINCOLN WELLINGTON 5km SERIES

Yarborough Leisure Centre, Lincoln. 7pm.

lwac.org.uk

SEVERN AC GLOUCESTER FESTIVAL 10km

Red Hart, Blaisdon, Gloucestershire. 7.30pm.

severnathletic.org.uk

WELCOME TAVERN TUESDAY 5km SERIES

Welcome Tavern, Walton Park, Preston, Lancashire. 7pm.

ukroadtraces.info

YORKSHIRE VETERANS' GRAND PRIX

Crossgates. 7.30pm.

yvaa.org

Wednesday July 30

BACK IN A FLASH 5km SERIES

Coate Water Country Park, Swindon, Wiltshire. 7.30pm.

grassrootsevents.co.uk

BEXHILL RUNNERS 5km SERIES

De La Warr Parade, Bexhill-on-Sea, East Sussex. 7pm.

bexhillrunnerstriathletes.co.uk

CASTLE COMBE SUMMER 10km (Inc WILTSHIRE CHAMPS)

Castle Combe Race Circuit, Castle Combe, Wiltshire. 7pm.

dbmax.co.uk

DOUG ANDERSON MEMORIAL 5km

Bedford.

DOWNPATRICK RGU 10km

Ardglass Road, Downpatrick. 7.30pm.

eastdownac.co.uk

EREWASH VALLEY RC 4

Navigation Inn, Risley Lane, Breaston, Derbyshire. 7.15pm.

evrc.co.uk/content/run-4

KILMAURS GALA 5km

Morton Park, Kilmaurs. 7pm.

LAKESIDE 5km SERIES

Hilsea Lido, Portsmouth, Hampshire. 7.15pm.

portsmouthathletic.co.uk

PETERBOROUGH GRAND PRIX 5km

Werrington, Cambridgeshire. 7pm.

nvh.org.uk

THE RUN 4

Navigation Inn, Breaston, Derbyshire. 7.15pm.

evrc.co.uk

Thursday July 31

FAST AND FURIOUS 5km

Stourport, Worcestershire. 7.30pm.

pitchero.com/clubs/kidderminsterstourportac

SALE SIZZLER 5km SERIES

Wythenshawe Park, Manchester. 7.30pm.

saleharriersmanchester.com

Friday August 1

BLISWORTH FRIDAY 5km

Blisworth FC, Blisworth, Northamptonshire. 7.30pm.

woottonroadrunners.co.uk

CARDIFF SUMMER SERIES 4

Pontcanna Fields, Cardiff. 7.30pm.

cardiffrunningevents.org

EALING MILE

Lammas Park, Ealing, London. 12.30pm.

ealingmile.com

LANCASHIRE FIRE AC RELAY (3x2.67)

Blackpool Fire Station, Forest Gate, Blackpool, Lancashire. 7.15pm.

waywell.dave@hotmail.co.uk

SAUMAREZ PARK 5km SERIES

Saumarez Park, Castel, Guernsey. 6.15pm.

leemerrienrunning.com

Saturday August 2

CHESTERFIELD NO WALK IN THE PARK 5km

Queens Park, Chesterfield, Derbyshire. 9.30am.

northderbyshireirc.jimdo.com

MEERBROOK 15km

Meerbrook Village Hall, Leek, Staffordshire. 10am.

meerbrook15k.com

NORTH WEST 5km GRAND PRIX

Environment Centre, Okell Drive, Liverpool, Merseyside. 10am.

knowsleyharriers.com

NORTHAMPTON MAGIC MILE

The Racecourse, Northampton. 10am.

northamptonmagicmile.webs.com

SELF TRANSCENDENCE 10km

Battersea Park, London. 8am.

uk.srichinnmoyraces.org/races/london

Sunday August 3

ABERDOUR FESTIVAL DONKEY BRAE 7

Silversands Playing Fields, Aberdour, Aberdour Festival. 10am.

aberdourfestival.org.uk/donkey-brae.html

ALEXANDRA PARK WOMEN'S 5km SERIES

Alexandra Park, Moss Side, Manchester. 10am.

openathletics.org

ASDA FOUNDATION YORK 10km

City Centre, York, North Yorkshire. 9.30am.

runforall.com

BHF VICTORIA PARK 10km

Victoria Park, Hackney, London. 10.30am.

bhf.org.uk/victoriapark

BIG BIFF'S 5km

South Park, Darlington, Co Durham. 10am.

teamwoodcock.co.uk

LUTTERWORTH 5

Lutterworth RFC, Ashby Lane, Bitteswell, Leicester. 10.30am.

lutterworthcharity5milefunrun.org.uk

REGENT'S PARK SUMMER 10km SERIES

The Hub, Regent's Park, London. 9.30am.

regentsparkraces.org

RYE SUMMER CLASSIC SERIES 10km

Rye Harbour Nature Reserve, Rye, East Sussex. 7.30pm.

nice-work.org.uk

STURMINSTER NEWTON HALF-MARATHON

High School, Sturminster Newton, Dorset. 10.30am.

sturhalf.co.uk

WAGON & HORSES 10

Wagon & Horses Inn, Lancaster. 11am.

lancaster-race-series.co.uk

TRACK

Thursday July 24

SUSSEX UNDER 13 LEAGUE DIVISION WEST

Horsham.

sussexathletics.org.uk

WORCESTER AC OPEN

Worcester. 6.30pm.

worcester-ac.co.uk

Saturday July 26

DERBYSHIRE MINI LEAGUE

Derby. 10am.

derbyshireathletics.org.uk/MiniTField.html

EASTERN COUNTIES CHAMPIONSHIPS

Cambridge.

easternaa.co.uk

EASTERN VETERANS' CHAMPIONSHIPS

Sandy.

evac.org.uk/t&f.html

HERNE HILL HARRIERS 125TH ANNIVERSARY OPEN MEETING

Tooting Bec. Noon.

hernehillharriers.org

MID LANCASHIRE LEAGUE

Preston.

midlancs.org.uk

SOUTH YORKSHIRE LEAGUE

Cudworth. 10am.

sycaa.co.uk

Sunday July 27

COMMONWEALTH GAMES

Glasgow. Until Saturday August 2.

glasgow2014.com

JOHN G

Darlington.
necaa.info
WELSH ATHLETICS & WELSH SCHOOLS COMBINED EVENTS CHAMPIONSHIPS
Newport. *welshathletics.org*

Tuesday July 29

BMC REGIONAL RACES
Tavistock. 8pm.
britishmilersclub.com
TRAFFORD GRAND PRIX (SPRINTS/ HURDLES/JUMPS ONLY)
Stretford. 6.30pm.
traffordac.co.uk
UK YOUTH DEVELOPMENT U17/ U20 LEAGUE DIVISION MIDLAND PREMIER 1
Swansea. 10.15am.
ukydl.org.uk

Wednesday July 30

MIDLAND VETERANS' LEAGUE
East: Nuneaton. North: Sutton Coldfield. South: Worcester.
mvfl.wordpress.com
NORTHERN VETERANS' LEAGUE
Leigh. 7pm.
nvac.co.uk
WATFORD OPEN GRADED MEETING
Watford. 7pm.
watfordharriers.org.uk

Saturday August 2

HOME COUNTRIES COMBINED EVENTS INTERNATIONAL
Stoke. Until Sunday August 3.
NORTHERN ATHLETICS U15/U17 INTER COUNTIES CHAMPIONSHIP
Derby.
noeaa-athletics.org.uk
MIDLAND JOINT LEAGUE
1: Stoke. 2: Loughborough. 3: Kettering. 4: Banbury. 5: Telford. 6: Stourport.
SOLEUS SOUTHERN MEN'S LEAGUE PLAYOFF MATCH
Eton.
southernmensleague.org.uk
SOUTHERN ATHLETICS LEAGUE
1: Bromley, Chelmsford, Portsmouth, Stevenage. 2 North: Hemel Hempstead, Parliament Hill, Perivale, Peterborough. 2 South: Crawley, Eltham, Tonbridge, Worthing. 3 North: Cambridge, Grays, Hendon, Lee Valley. 3 South: Bournemouth, Horsham, Winchester, Yeovil.
southernathletics.org.uk
YORK BENENDEN HEALTH SUMMER LEAGUE
York.
cityofyorkathleticclub.net

Sunday August 3

ALDER VALLEY GIRLS' LEAGUE
Aldershot. 11.30am.
wseh.info/aldervalleygirls
EASTERN YOUNG ATHLETES' LEAGUE
Bedford, Peterborough, Sandy, Watford.
eyal.org.uk
FIELD FEST OPEN
Bath.
MID LANCASHIRE LEAGUE
Lancaster.
midlancs.org.uk
SOUTH OF ENGLAND AA U15/U20 INTER COUNTY CHAMPIONSHIPS
Hendon.
seaa.org.uk

SOUTH WEST LEAGUE CUP MATCH
Exeter.
swathletics.org.uk
WEST YORKSHIRE LEAGUE
Wakefield. 1pm.
wakefield-harriers.co.uk/wytfll/wytfll.htm

Monday August 4

MILE END OPEN 2014
Mile End.
justiming-live.co.uk/mile-end2014.html

Tuesday August 5

CORBY AC OPEN
Corby. 7pm.
smyton.org/corbyacn
TONBRIDGE AC EVENING OPEN MEETING
Tonbridge.
tonbridgeac.co.uk

Wednesday August 6

GRANGEMOUTH STADIUM OPEN GRADED MEETING
Grangemouth. 6.45pm.
falkirkcommunitytrust.org
OXFORD CITY AC OPEN GRADED MEETING
Horspath.
oxfordcityathleticclub.com
VETERANS INTER-CLUB SERIES
St Ives.
WOKING AC OPEN EVENING – U13 – SENIORS
Woking.
register.wokingac.com/Competitor

Thursday August 7

ABERDEEN AAC CLUB CHAMPIONSHIPS & OPEN MEETING
Aberdeen. 6pm.
aberdeenaac.co.uk
BIGGLESWADE AC JUMPS THROWS OPEN
Sandy. 6.30pm.
biggleswadeac.org.uk
THE FIRMUS ENERGY SUPER 5
Belfast. 6pm.
laganvalleyac.co.uk

Friday August 8

INVERNESS HARRIERS JUMPS & THROWS FESTIVAL
Inverness.
invernessharriers.org.uk

Saturday August 9

ATHLETICS NORTHERN IRELAND OPEN MEETING
Belfast.
BMAF CHAMPIONSHIPS
Birmingham. Until Sunday August 10.
bvaf.org.uk
BRITISH ATHLETICS LEAGUE
Premiership: Sportcity. 1: Lee Valley. 2: Bath. 3: Abingdon. 4: Bournemouth.
bal.org.uk
ENGLAND ATHLETICS U15/ U17 COMBINED EVENTS CHAMPIONSHIPS
Bedford. Until Sunday August 10.
englandathletics.org
GLASGOW AA/BMC REGIONAL RACES
Hutchesons Grammar, Glasgow. 7pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx
NORTH OF ENGLAND LEAGUE
1: Blackburn. 2E: Middlesbrough. 2EC:

Rotherham. 2W: Bebington. 2WC: Leigh. 3E: Whitley Bay. 3EC: Wakefield. 3W: Hyndburn. 3WC: Warrington. 4E: Jarrow. 4EC: Grimsby. 4W: Wrexham. 4WC: Pbreston.
noeaa-athletics.org.uk
SOUTHERN WOMEN'S LEAGUE
1: Wimbledon. Premier: Eton.
swtfl.co.uk
UK YOUTH DEVELOPMENT LEAGUE NORTHERN IRELAND
Belfast.

Sunday August 10

ALDER VALLEY BOYS' LEAGUE
Aldershot. 11.30am.
wseh.info/aldervalleyboys
AVON LEAGUE
Gloucester. Noon.
avonleague.org.uk
GATESHEAD YOUNG ATHLETES' OPEN MEETING
Gateshead.
gateshead-harriers.co.uk
MEDWAY & MAIDSTONE AC OPEN
Gillingham.
mandmac.org
UK YOUTH DEVELOPMENT U13/U15 LEAGUE SCOTLAND FINAL
Grangemouth. 11am.
ukydl.org.uk
YORKSHIRE & DISTRICT LEAGUE
Wakefield, Wakefield, Wakefield.

WALKS

Saturday August 2
CENTURION ASSOCIATION 100 (Inc UK RACE WALKING CHAMPS)
Southend-on-Sea. Noon. Until Sunday August 3.
southend-on-sea-athletic-club.co.uk

Sunday August 3

SARNIA WALKING CLUB 3.8 HANDICAP
Rocquaine Bay, Guernsey. 9.30am.
sarnia.wordpress.com

OVERSEAS

Tuesday July 22
IAAF WORLD JUNIOR CHAMPIONSHIPS
Eugene, Oregon, USA. Until Sunday July 27.

Saturday July 26
ATHLETICS IRELAND JUVENILE CHAMPIONSHIPS

Tullamore, Ireland. Until Sunday July 27.
EUROPEAN ATHLETICS AREA PERMIT MEETINGS
Pergine Valsugana, Italy.

Saturday August 2
ATHLETICS IRELAND COMBINED EVENTS CHAMPIONSHIPS

Tullamore, Ireland. Until Sunday August 3.

Monday August 4

ROCK N ROLL HALF-MARATHON (Inc IRISH CHAMPS)
Dublin, Ireland.

Tuesday August 5
EUROPEAN ATHLETICS CLASSIC MEETINGS

Malmö, Sweden.
european-athletics.org

ATHLETICS WEEKLY

Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1GR
General enquiries: *officemanager@athleticsweekly.com*
www.athleticsweekly.com
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Subscriptions and back issues

Warners Group
Tel: 01778-392018 / *subscriptions@warnersgroup.co.uk*
backissues@warnersgroup.co.uk

Editorial

Tel: 01733-808550 / Fax: 01733-808530
EDITOR **Jason Henderson**
01733-808531 / *jason.henderson@athleticsweekly.com*
DEPUTY EDITOR **Paul Halford**
01733-808532 / *paul.halford@athleticsweekly.com*
PRODUCTION EDITOR **Mike Taylor**
01733-808533 / *mike.taylor@athleticsweekly.com*
WEB EDITOR **Jessica Whittington**
07584-528799 / *jessica.w@athleticsweekly.com*
COACHING EDITOR **David Lowes**
01733-808536 / 07930-318651 / *david.lowes@athleticsweekly.com*
PRODUCT REVIEWER **Paul Freary**
paul.freary@athleticsweekly.com
PHOTOGRAPHER **Mark Shearman MBE**
mark@athleticsimages.com

Editorial contributors: Alastair Aitken, Steve Bateson, Trevor Baxter, Dominic Bliss, Jenny Blizard, Mark Buckingham, Will Cockerell, David Cox, Martin Duff, Kevin Fahey, Tim Grose, Jeremy Hemming, Eleanor Jones, Ruth Jones, Matt Long, Keith Mayhew, Tom McCook, Steven Mills, Emily Moss, John O'Hara, Harry Shakeshaft, Denis Shepherd, Colin Petty

Results

Fax: 01733-808535
RESULTS EDITOR **Steve Smythe**
01733-808534 / *results@athleticsweekly.com*
FIXTURES COMPILER **Steve Mosley**
01733-808545 / *whatson@athleticsweekly.com*
Results team: Jacky Brett, Kamila Banachowicz, Matt Coffey, Ian Dovaston, John Falvey, Nichola Gibson, Steve Green, Nigel Harding, Hannah Makins, Malcolm McCausland, Steve Roe, Denis Shepherd, Jackie Sibthorp, Les Venmore

Advertising & marketing

Tel: 01733-808540 / Fax: 01733-808541
ADVERTISING SALES MANAGER **Jason Veall**
07884-133100 / *jason.veall@athleticsweekly.com*
ADVERTISING AND OPERATIONS MANAGER **Rebecca Carbery**
01733-808540 / *rebecca.carbery@athleticsweekly.com*
DIGITAL MARKETING EXECUTIVE **Sarah Mackness**
01733-808539 / *sarah.mackness@athleticsweekly.com*
RACE ADVERTISING MANAGER
Catherine Dugdale
01733-808545 / *catherine.dugdale@athleticsweekly.com*
CLASSIFIED MANAGER
Amanda Bailey
07785-467432 / *amanda.bailey@athleticsweekly.com*

Publishing & distribution

Tel: 01733-808538 / Fax: 01733-808530
PUBLISHER **Richard Hughes**
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www.virginmoneylondonmarathon.com

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www.basclub.org.uk

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www.greatrun.org

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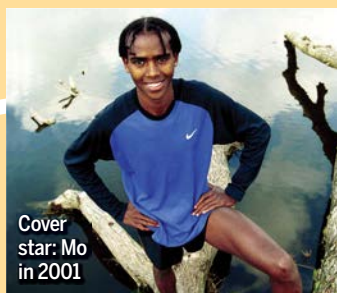
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No Mo for AW on Twitter

DESPITE featuring in this magazine since the mid-1990s and having appeared on the front cover around 30 times, Mo Farah is seemingly not a fan of AW and has blocked us from following him on Twitter.

The Olympic and world champion was interviewed by AW's editor after winning the 1999 National cross country title at Newark and, among other things, was on our cover in September 2001 – long before the wider media either knew nor cared who he was.

But this week AW editor Jason Henderson found himself blocked from following Farah and, to our surprise, we found the official AW



Cover star: Mo in 2001



Blocked account: Mo Farah's Twitter account is off limits for AW and magazine editor

Twitter account was also blocked.

Wondering why, we can only guess that Farah and his wife Tania, a former club athlete, have taken exception to one of our stories.

Earlier this summer, for example, we ran a feature on Taoufik Makhloufi, where the Olympic 1500m champion said he was friends with Farah and had trained with him in Kenya. However, we later heard Farah was surprised by Makhloufi's comments – which the

Algerian gave one of our reporters at a meeting – and that the Briton had chatted and said hello to him a few times but nothing more.

Or perhaps it was a story we ran in 2011 when Farah put a call out on Twitter for a training partner to join him on a Sunday long run in the north-east of England. We then tracked down the lucky athlete and ran a photo and some quotes in this column, but Tania Farah later complained about it.

Glasgow media, on your marks ...

AFTER noting the popularity of media races at recent meetings like the 2013 World Championships in Moscow, organisers of the forthcoming Commonwealth Games in Glasgow have weaved an event for journalists and photographers into the Glasgow 2014 track and field programme.

Traditionally, the media race over 800m as they enjoy a much-appreciated chance to run in the same arena as the elite athletes.

But on this occasion the distance at Hampden Park will be one mile during one of the afternoon breaks in the athletics schedule.

It remains to be seen whether any journos will get close to the four-minute barrier that Sir Roger Bannister famously breached over 60 years ago.

Puppy love in Scotland

DOGS Trust Glasgow has named 11 Lurcher puppies after Commonwealth Games athletes in order to help them find good homes.

Hayley Haining and Eilish McColgan are among those who are involved in the initiative and the story about the two-month-old

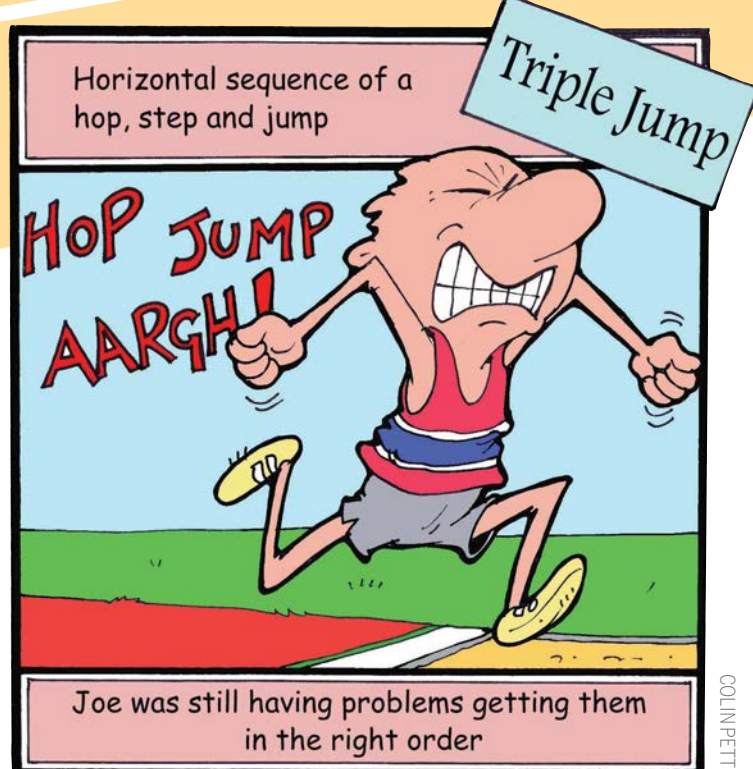
puppies has already proved popular for obvious reasons.

Haining said: "I am thrilled to have a puppy named after me and it was lovely to meet all the pups and especially little Hayley. She has long legs and looks like she has the makings of a champion runner already. I hope she brings me luck!"



Hayley Haining (centre, blue): Scottish marathon runner with the 11 Lurcher puppies

An alternative guide to athletics ...



Horizontal sequence of a hop, step and jump

Triple Jump

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Joe was still having problems getting them in the right order

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