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

24 BMC 50TH ANNIVERSARY



EDITOR'S COMMENT

A dream meeting

FOR fans who wanted an Olympic and Paralympic encore, the Sainsbury's Anniversary Games is the perfect answer. Held exactly a year after London 2012, it features three days of world-class athletics. The only difference from last year's Games is that instead of medals the athletes will battle for confidence-boosting performances ahead of the IAAF World Championships in Moscow.

Those lucky enough to get tickets are in for a treat, while armchair athletes can soak up the BBC's live broadcast, not to mention AW's unrivalled coverage next week. Since taking the baton from Fast Track, UKA has thrown itself into the world of major events organisation with relish and, if this summer's superb Sainsbury's Series meets in Birmingham are anything to go by, the action in the Olympic Stadium is going to be incredible.

Usain Bolt, Mo Farah and Jess Ennis-Hill are set to light up the Olympic Stadium and UKA say it's been like organising a three-day world champs – with only six months to do it!

● CONGRATULATIONS to the GB teenage class of 2013 after topping the medals table at the European Junior Championships in Rieti. Such performances do not guarantee senior success, but they certainly point to a promising future for British Athletics.

With nine gold, six silver and four bronze medals, GB were ahead of Russia and Germany. In fact, we won more golds than France, Italy, Sweden, Belgium and Poland combined.

AW



Jason Henderson,
Editor

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How age is a factor in athletics

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Four-page preview of the action from the Olympic Stadium, including event-by-event lowdown and the big names to look out for

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Cover: Mo Farah takes the British 1500m record in Monaco (Mochizuki/Durand)



CONGRATULATIONS!

Elliot Safo

Sweatshop Track Club Member

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in a lifetime best of 7.86m



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AW

The disappearing sprinters

NO Asafa Powell. No Tyson Gay. No Yohan Blake. And now no Kim Collins. I am not the first person to ask whether there will be anyone left to run in the 100m at the Worlds.



One thing's for sure – the 100m final

line-up could have a very different look about it in Moscow.

Dominated by USA and Jamaica recently, this is one contest to find the world's fastest man that could just feature more Europeans than North Americans.

Paul Halford, News editor

'Let Kim run', fans urge

FANS of 2003 100m champion Kim Collins have started up a petition to get the IAAF to give him special permission to compete at the World Championships after his federation in St Kitts and Nevis refused to pick him.

The 37-year-old, who earlier this year became the oldest man to go sub-10 in the 100m and would have been a medal contender in the event, was kicked off the London 2012 team by his country's Olympic association, who said he had broken their rules by leaving the athlete's village to visit his wife and coach in a hotel.

Ervis Huggins, public relations officer of the SKNAAA, said: "Mr Collins has been in the media making a bunch of frivolous remarks about not just the SKNAAA, but the country. Mr Collins has said in the media many times that he has no intentions of representing the Federation."

DRUGS: LONDON 2012 CHIEF EXPLAINS WHY LIFE BANS ARE UNLIKELY TO HAPPEN

Coe leads call for longer penalties

SEB COE, an IAAF vice president, has urged the sport's governing body to increase the standard length of ban for drug offences from two years to four years.

He was speaking in the light of the recent revelations that sprinters Tyson Gay and Asafa Powell had tested positive, bombshells dropped on the same day that represented the biggest drugs scandal in athletics in years.

"We have to go back from two years to four years. The move down to two did a lot of damage to my sport," Coe told BBC Radio 5 Live.

"It is for the clean athletes. I don't care about the cheats we weed out. These people are trashing my sport."

He added: "It is depressing. Trust sits at the heart of this."

"I don't think trust is gone entirely but it was a bad day for the sport. The big challenge here is to go on fighting, this is not a fight we can afford to lose."

Several have called for a life ban for those testing positive for banned drugs. However, the man



MARK SHERMAN

Seb Coe: wants four-year bans but says life terms would be legally problematic

who along with Sergey Bubka is favourite to take over from Lamine Diack as president of the IAAF said it would be difficult to implement.

"If I could bring lifetime bans in I would," he said. "The legal inhibitor to be able to do that is profound. We are not going to be able to have life bans. They would be challenged and when we have done it we have lost."

"Four years does make people

think – it is a big chunk of your career – but two years with appeals is often only 18 months. Too many athletes have been prepared to take the risk."

Last week discus thrower Traves Smikle admitted to being one of five Jamaican athletes believed to have tested positive at the national trials in June. Powell, Sherone Simpson, Veronica Campbell-Brown and another discus thrower Allison Randall have also been named.

Like Gay and Powell, Smikle, who recorded his PB of 67.12m on his way to representing Jamaica at the Olympics, denied knowingly ingesting a banned substance.

Last week American Carmelita Jeter and Jamaican Shelly-Ann Fraser-Pryce drew both condemnation and support after they walked out of a press conference when the first question was asked about drugs

Two minutes earlier the host of the conference began proceedings by announcing the two athletes said they would not answer questions on the subject.

WORLD CHAMPS: RACE WALKER OVERTURNS CONTROVERSIAL SELECTION DECISION

Walker Wright wins Moscow appeal

UK 5km race walk champion Alex Wright has been added to the Great Britain & Northern Ireland team for the IAAF World Championships after a successful appeal against his omission.

He was added to the 60 named last week after the appeal panel ruled: "Upon reconsideration it was concluded that if last week's Sainsbury's British Championships 5km walk in which he set a new British record had been classed as a trial race, then his subsequent victory as well as possession of the 'A' standard would have led to automatic selection in round one of the selection process."

He will compete in Moscow in the

20km, for which there was no trial at the British Championships.

However, respected statistician and meeting announcer Peter Matthews is among several outraged by the omission of a number of athletes who could have been sent based on IAAF entry standards.

He wrote in Athletics International: "Sixteen events with no British entrant must be a record of the worst kind for a British team at a major senior championships. Just one male distance runner and no woman at 5 or 10k! Once again UK Athletics have an excessively elite policy... Yet they have picked masses of relay runners, far more than needed to cover any injuries

etc. The coaches who run such things at UKA simply do not understand the problems caused by the IAAF's unfortunately high 'A' standards in various field events.

MARK SHERMAN
Alex Wright: surprisingly left out of initial team

SPRINTS: LIVERPOOL ATHLETE HAS DILEMMA AFTER SURPRISE 400M CLOCKING

Onuora unsure over one-lap option

ALTHOUGH Anyika Onuora will compete at the World Championships over 200m and is also in Britain's 4x400m relay squad, she is keeping an open mind about her future choice of event.

The Liverpool Harrier was in the rare position of having the IAAF 'A' standard in the 100m, 200m and 400m.

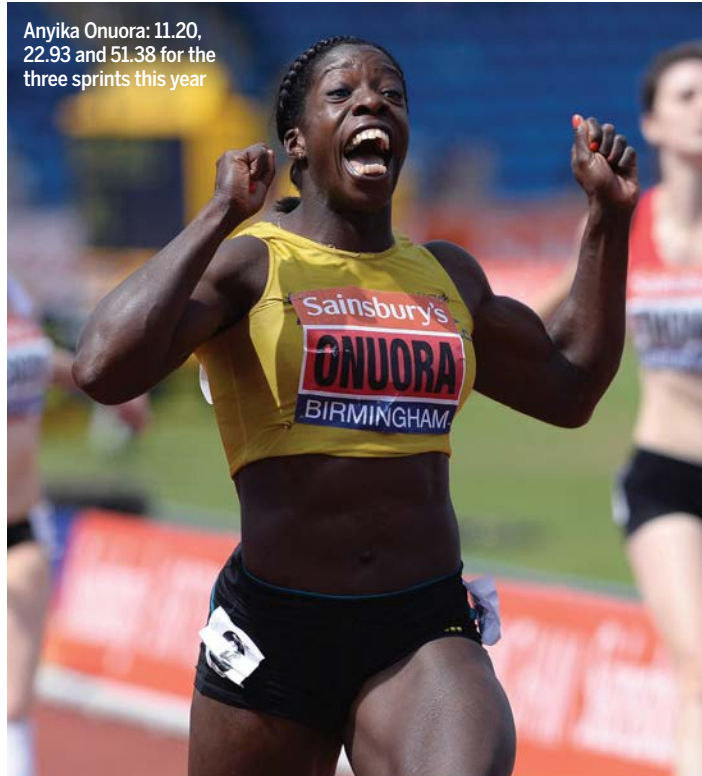
She has always been better known for her prowess over 100m and 200m. However, this year she followed up clockings of 11.20 and 22.93 by making her debut over one lap.

Having run 52.11 in June, she improved to 51.38 in Nancy a month later.

The UK trials 200m champion, who has recently switched to being coached by Rana Reider, said: "I was surprised by the 400m time. It was purely to help my 200, but with the 400 I'm in ridiculous shape and I'm shocked by it."

Onuora, who competed at 100m and 200m for Britain at the London 2012 Olympics, is laid back about what the future holds for her.

The 28-year-old said: "I'll see. I haven't trained for the 400m at all. During the meets we did in Gainesville in early April my coach was just shocked by the fact I was running so quick and that planted



Anyika Onuora: 11.20, 22.93 and 51.38 for the three sprints this year

MARSHERMAN

the seed for him to say she's got to run a 400m. In Anney I only found out two days before. He literally springs it all on me, which is good because then I don't have time to think about it and I just get out there and run.

"I'll see what happens. I'm happy to do whatever.

"The hardest part is being selected and then being consistent during the season and then now I have the decision on

what event to do, which is good."

Onuora's marginally better event according to the IAAF scoring tables is the 100m for 1162 points, compared to 1154 for the 400m and 1148 for the 200m.

Britain's greatest-ever all-round sprinter was, of course, Eighties star Kathy Cook, whose marks of 22.10 and 49.43 for the longer distances are still UK records. Her 100m time of 11.10 was a record until 2008.

NEWS BRIEFS

Rutherford still out injured

OLYMPIC long jump champion Greg Rutherford's participation at the World Championships hangs very much in the balance after he pulled out of this weekend's Sainsbury's Anniversary Games with injury.

Selectors for the World Championships left the long jump open until July 30 as neither he nor Chris Tomlinson, with whom he shares the UK record, have the 'A' standard of 8.25m.

Rutherford heads the rankings with 8.22m over Tomlinson's 8.21m, but unless the latter goes four centimetres further at the Olympic Stadium only one of them will be going to Moscow.

Blake to miss Moscow

WORLD 100m champion Yohan Blake has called time on his season after failing to recover from a hamstring injury he suffered in April.

He has not competed since a 200m in Kingston on June 8.

His place on the Jamaican team for Moscow at 100m will be taken by Nesta Carter, who with a time of 9.87 is No.2 in the world this year behind Justin Gatlin.

Moscow ticket sales up

THE IAAF has announced that tickets for the World Championships in Moscow next month have sold out for the final weekend.

Concern had been expressed over the sluggish ticket sales for the event on August 10-18, but over all the sessions 80.6% of the capacity has now been reached.

The IAAF is optimistic the evening sessions will sell out.

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GLASGOW 2014: COMMONWEALTH GAMES ORGANISERS MARK ONE YEAR TO GO WITH COLLECTION OF IMAGES

The countdown is on to the Commonwealths

THE one-year-to-go mark to the Glasgow 2014 Commonwealth Games was marked on Tuesday by the launch of nine stunning portraits.

The images of a 16ft tall, inflatable number one at well known locations such as Stirling Castle and the Forth Rail Bridge were part of a day celebrated by thousands in Glasgow ahead of the event which will take place from July 23 until August 3.

Sir Chis Hoy hosted a cycling challenge in the city's shopping zone and the mascot Clyde was



Forth Bridge: iconic image

involved with street performances from dancers and musicians.

The locations for the nine images were the shoreline of Carnoustie, the RRS Discovery in Dundee, Calton Hill in Edinburgh, the Forth Rail Bridge, Clyde Auditorium in Glasgow, Glen Etive in the Highlands, Loch Lomond, St Andrew's golf course and Stirling Castle.

Lord Smith of Kelvin, Chairman of Glasgow 2014, said: "Today marks an important moment in the journey towards the biggest sporting and cultural festival

Glasgow and Scotland has ever hosted.

"With one year to go, the organising committee is making great strides towards our ultimate goal of delivering an outstanding Games for the athletes of the Commonwealth.

"I'm delighted to see how the city and the nation are getting set to welcome the world to enjoy our landscape, our friendship and truly great international sport."

Prices for the one million tickets will start at £15 for all sports with half-price tickets for under-16s

Kukri lends support

KUKRI, the official kit supplier to England's Commonwealth Games team has announced it will support up to 20 athletes who hope to compete at Glasgow 2014.

Each athlete will be offered a package including financial support, kit sponsorship and PR support. The athletes will share their experience through social media and video diaries.

Any athletes who are interested should apply to Kathleen Wood on woody@kukrisports.com including details of "why they want to be part of the Kukri family".

and over-60s. Two thirds of all sports tickets are £25 or under and the four-week-long application process for them will begin on August 19.

The track and field events will take place from July 27-August 2 at Hampden Park, where capacity will be 44,000.



Glasgow track and field: July 27, 2014

Kwakye still unsure on comeback timing

BEIJING 100m finalist Jeanette Kwakye admits she is still undecided about her return to competition.

Since reaching the Olympic final in China in 2008 and running her best of 11.14, the 30-year-old has been blighted by injury and missed out on returning to the Games last year.

Kwakye has not competed in more than 12 months and had double Achilles surgery last autumn.

"I still have to sit down with my coach and decide where we go. Nothing is set in stone at the moment," said Kwakye, who set a UK indoor 60m record of 7.08

on her way to world indoor silver in 2008.

"If it is something that I do return to properly in the next few months then I would definitely aim for a winter season. I'd do the indoors to set me up for a nice outdoor season, but if not then we might just look towards the outdoors. There's so many different options and decisions to make."

Having spent much of her time recently working with schools and the community through her role as a mentor with the Sky Sports Living for Sport initiative, she added: "I'm putting my fingers in different pies to see if anything

comes into fruition before I make a decision about whether or not to go back to training in September."

She was speaking to *AW* at Premiership rugby club London Wasps as she and Adam Gemili took the players through a sprint session before their appearance in the JP Morgan Premiership Rugby 7s at Allianz Park on August 3.

And earlier this week she tweeted: "Last school visit of the year tomorrow... Then I have a twiddly thumb August! No competitions and no @SkySportsLFS – someone gimme a job!!"



Jeanette Kwakye: future unclear

MARK SHEARMAN

● Jeanette Kwakye tells athleticsweekly.com the future's bright for British sprinting – see our website for more on this and other stories

MIDDLE-DISTANCE: ONE-LAPPER BEGINS STEP UP IN DISTANCE AT OXFORD

Sanders relishing a new challenge

NICOLA SANDERS admitted that running the 800m was like an "alien" encounter, but the experience doesn't seem to have frightened her off totally, writes *Kevin Fahey*.

The 31-year-old, who took world 400m silver with 49.65 in 2007, proved she still relishes a challenge as she chose the British Milers' Club Grand Prix A race to make her first appearance of the season after injury.

That is always a big hurdle to overcome for any athlete, but when you have spent your career achieving huge success over one lap then to choose such an occasion to step up into a different world must have been a daunting experience.

"That was hard and so alien!" said Sanders.

"I have been so nervous all week thinking about this race so I am glad that it is all over and done with. I had hoped I could go under the radar in the BMC, but that was



Nicola Sanders: 2:05.8 over 800m last weekend

MARK SHERMAN

not going to be the case!"

The race was also packed with some very experienced 800m women and a swift opening lap of 59.0 seconds ensured that Sanders was tested to the full.

While she finished last in 2:05.8, Sanders certainly didn't fall apart

and gave every indication that she will be pursuing her step up to a new event that could re-energise her career.

"I have only been back training for four weeks after a pulled calf and then suffering more problems with my ongoing back injury which I have had for years," added Sanders.

"I just don't seem to be able to cope with block work and fast sessions any longer with my back and I was getting fed up with running crap times for 400m. I just wasn't enjoying it at all.

"So I thought this season, give my body a new challenge and have some fun. Everyone keeps telling me I should have moved up to 800m years ago and I admit I was stuck in a rut.

"I'll now do a couple more low-key 800m races and then hopefully have a good winter and take it from there. But at least I am enjoying my athletics again and that will keep me going."

Great Run Club Challenge hots up

SHETTLESTON HARRIERS has entered the fray in the race to win a five-day trip to the Great Ethiopian Run on November 24 after the club's top seven runners averaged 38:04 at the Bupa Great Edinburgh Run.

The Scottish team is competing to win the Great Run Club Challenge against clubs such as Gateshead Harriers and Stockport Harriers ahead of the final races – the Bupa Great North Run on

September 15 and the Bupa Great South Run on October 27.

They were led home in the July 14 race by Paul Sorrie, who clocked 31:34. The event was won by Andrew Lemoncello.

Other qualifying races are the Bupa Great Yorkshire Run on September 29, the Bank of Scotland Great Scottish Run half-marathon on October 6 and the Bupa Great Birmingham Run on October 20.

The winners of each race, based on the average time of their fastest seven men and women to finish, will be placed into a draw after the Bupa Great South Run.

The winning club will see their 14 contestants travel for a long weekend stay from Thursday to Monday at the four-star Yaya Africa Athletics Village just outside Addis Ababa, the Ethiopian capital. They will also get the chance to meet Haile Gebrselassie.

NEWS BRIEFS

Chester Marathon prizes

THE organisers of the MBNA Chester Marathon have announced a prize fund of £7500 for this year's race on October 6.

The winning male and female will each receive £1250, plus £750 bonus for breaking course records, which stand at 2:27:24 and 2:48:11.

The prize list goes down to the top 10 men and women.

Organisers promise a fast course and elite athlete packages. See chestermarathon.co.uk for more.

Wilne 10km

ATHLETES who have run quicker than 31:30 (male) or 36:30 (female) qualify for a free elite pace in the Wilne 10km on September 1 and half-price entry is offered to athletes within a minute of those times.

Free accommodation is also a possibility depending on availability and standard.

The race incorporates the Midland, Midland masters and Derbyshire championships.

Bristol Half-marathon

ORGANISERS of the Bristol Half-marathon on September 15 are offering free entries and accommodation to leading athletes. Those that have run quicker than 66:00 (men) or 76:00 (women) will be given first consideration.

British-only prize money will be offered to the top 10 men and women. Email bud@baldaro.com for more details.

Bassingham Bash

THE Bassingham Bash on August 10 could prove to be one of the fastest five-milers in the country, its organisers hope.

Advertised as being on a fast, flat course, the course records for the Lincolnshire race are held by Ben Livesey and Sarah Wilkinson at 24:58 and 29:03. A prize fund of more than £500 is on offer.

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NEWS BRIEFS

BASC bursaries

THE British Athletics Supporters' Club is looking to assist coaches and officials with bursaries.

BASC will award sums of up to £250 "in their pursuit of higher standards possibly, but not exclusively, by attendance on a course run by England Athletics".

In return the club will expect them to keep BASC club members updated on their progress.

Those interested should write to jackie@basclub.org.uk by August 31 explaining why they should receive a bursary. The selection will be at the discretion of the BASC directors.

England Athletics awards

THE deadline for nominations for the 2013 England Athletics awards is August 21.

The awards, which are sponsored by *Athletics Weekly*, *Sweatshop* and the AAA of England, see prizes given to clubs, coaches, volunteers and officials over 10 categories.

To cast your votes, see englandathletics.org/awards-2013

The national winners will be announced at the annual awards event at the Hilton Metropole at Birmingham's NEC on October 19.

This event also includes the England Hall of Fame presentations.

Lionel Peters

STATISTICIAN Lionel Peters has died at the age of 76.

He was a member of the executive committee of the National Union of Statisticians and produced the newsletter and website *World Junior Athletics News*.

Having set up *WJAN* in 1994, the publication was to feature many of today's biggest names during their formative years. For example, the May 2001 issue carried the first mention of a 14-year-old Usain Bolt after he finished second in the Jamaican High Schools Championships under-18 200m in 22.04 and also was runner-up in the under-200m and 400m at the CARIFTA Games in Barbados in 21.81 and 48.28.

The funeral will be held on Tuesday July 30 at Hendon Cemetery, London NW7.

FACILITIES: NEARLY £1M INVESTED IN A HOME FOR ONE OF THE UK'S OLDEST CLUBS

New SLH track venue opened

A BEQUEST of £200,000 from their former president John Jewell, who died in 2008, has led to South London Harriers unveiling what could be the first full track and field facility to open in the UK since London 2012, writes *Ian Lamont*.

Track Coulsdon, based at Woodcote School, a state school jointly running the project in south Croydon, has been three years in the making and cost £800,000, with funding from bodies including Mayor of London and London Marathon, as well as Sport England's post-Olympic legacy pot.

It was officially unveiled last week, just a few days short of a year since the start of London 2012.

Now the school is the envy of the nation, the headmaster believes, while the club hopes youngsters can be inspired to better its silver medal-winning Olympians Gordon Pirie (5000m, 1956) and Tom Richards (marathon, 1948).

"I'm not aware of any school in the country that has athletics facilities as good as this, with a full eight-lane track," said headteacher Mark Southworth, whose business plan includes hiring it to local private schools Whitgift and Caterham.

Clubs including Croydon Harriers, Reigate Priory, Belgrave Harriers and Sutton Runners were represented among about 150 people who witnessed the opening.

Addressing them, Mr

Track Coulsdon: new facility has opened one year after London 2012



Southworth recalled how he had spoken at SLH's clubhouse on July 21, 2010, saying the facilities would be a "win, win, win project" for the school, club and wider community.

"When I spoke of that vision, it was more in hope than expectation," he confessed. "At that point we were £600,000 short."

"Perhaps we were in the right place at the right time with London 2012. Perhaps we just had brilliant fundraisers," he added, referring to Brian Cakebread, chairman of governors, and SLH club members Peter Emery, Richard Carter and Ian Lymath who, he said, had been "working full-time" on the project.

Mr Lymath added: "Who could believe that a couple of

waterlogged football pitches could be transformed into this glorious arena?"

Referring to Mr Jewell's bequest, he said: "It was an immense sum and the spending of it a huge responsibility. Peter Emery was determined this once-in-a-lifetime legacy should not be thrown away."

Formed in 1871, SLH is one of the four oldest clubs in the country, having begun in Peckham before moving to Coulsdon.

"It has taken 100 years to get a track in the same location," he said. SLH's clubhouse is at the Comrades Club, but many of their 600 members have, until now, made a tortuous journey across and out of the borough to train at Crystal Palace.

Hill gains display honour

RON HILL was the choice of *AW*'s readers when asked to nominate the final "icon" in the British Athletics heritage display at the Sainsbury's Anniversary Games this weekend.

The number of icons on show at the Sainsbury's Series meetings in Birmingham recently is being

expanded as the mobile museum of memorabilia hits Stratford this week.

When *AW* readers were given the chance to vote via the magazine and website, Ron Hill, the former European, Commonwealth and Boston marathon winner, emerged as the fans' favourite.

Wall of fame: Ron Hill is *AW* readers' choice





CONGRATULATIONS!

Hayley McLean

Sweatshop Track Club Member

2013 European Junior 400m Hurdles Champion
in a lifetime best of 57.26 seconds



Formed in 2010 in association with adidas, the Sweatshop Track Club offers support and equipment to 36 of Britain's most promising junior athletes every year – giving medal hopefuls the support they need today to help them be the best they can be tomorrow. Find out more at sweatshop.co.uk/trackclub



Running riot in Rieti

GB'S YOUNGSTERS TOPPED THE MEDAL TABLE WITH SUPERB PERFORMANCES

Pictures: Jean-Pierre Durand

GREAT Britain claimed more medals than ever before at a European Junior Championships, returning with a total haul of 19, including nine golds, from the 22nd edition of the event held in Rieti in Italy.

In often far less than favourable conditions, the 58-strong GB team claimed six silvers and four bronzes as well as those nine golds to better the previous biggest-ever tally by one medal to top the table ahead of Russia (22, eight gold) and Germany (11, four gold).

Gritty Gorecka grabs gold

EMELIA GORECKA went into the competition looking to end her junior career on a high and, thanks to a dominant performance in the women's 3000m, she claimed the gold she had been craving. The world junior bronze medallist, who was also entered into the 5000m but later withdrew, went to Rieti looking to go one better than her silver in Tallinn two years ago and should be pleased with a season's best time of 9:12.53 that saw her 13 seconds clear of second-placed Emine Hatun Tuna of Turkey.



Emelia Gorecka: one of nine British gold medal winners as GB topped medals table

Medal table

		G	S	B
1	GBR	9	6	4
2	RUS	8	7	7
3	GER	4	1	6
4	TUR	3	2	1
5	POL	2	4	1
6	FRA	2	3	4
7	UKR	2	2	3
8	ITA	1	4	2
9	BEL	1	2	1
9	HUN	1	2	1
11	FIN	1	2	0
12	NED	1	1	2

Coming on a "Super Saturday" that saw the British team claim four gold medals in less than an hour of action, Gorecka contributed to what was the most successful single session for GB in European Junior Championships history, with nine medals claimed in total.

"I'm over the moon to finally get a gold at a track championship," the former European cross-country champion said after the race.

"About half way round I realised there was a Turkish athlete behind me, and a couple of years ago I got outsprinted by a Turk, so all I was thinking about was pushing on and not letting it happen again.

"With 100m to go I thought I was safe as I didn't hear the crowd roaring too much like they did in Gateshead a few weeks ago," added the 19-year-old, who recently made her senior debut at the European Athletics Team

Championships. There, another gritty performance saw her win a huge scrap for second place to gain vital points for GB.

"The crowd are amazing here, but I probably won't experience anything like Gateshead for a long time," she continued.

"It feels amazing – I've been a junior for four years now, so to finally have a gold medal around my neck feels amazing, and I just can't believe it – it finishes off my junior career really well."

Prior to the competition, Gorecka had explained her intention was to race both the 3000m and 5000m, though admitted that after her bronze in the 3000m at last year's world juniors it had been enough for her "emotionally and physically" but that she would see how she felt with regards contesting both distances in Rieti. As it was, she later withdrew from the 5000m being held the next day, leaving team-mates Rebecca Weston and Alex Clay to try for the title. Having led for the majority of the race, Weston was passed with two laps to go, eventually finishing just outside the medals, her 16:09.90 placing her fourth in a race won by Jip Vastenburger of Netherlands in 16:03.31. Clay clocked 16:41.04 for eighth.

A 5000m medal had already been secured for GB, however, as the day before had seen Jonathan Davies battle with Italy's Samuele Dini for silver, Dini eventually crossing the line just ahead to pip Davies into bronze – 14:36.25 to 14:36.62. Turkey's Ali Kaya had the title all tied up, clocking 13:49.76 to add 5000m gold to the 10,000m title he claimed on the first day of competition in a championship and national junior record 28:31.16.

Davies' team-mate Michael Callegari had also dug deep in pursuit of a medal, but he finished fourth in 14:42.54.

British European Junior Championships GB medallists

GOLD	Dina Asher-Smith 200m	SILVER	Desiree Henry 200m
GOLD	Women's 4x100m team	SILVER	Nick Percy Discus
GOLD	Nethaneel Mitchell-Blake 200m	SILVER	Jazmin Sawyers Long jump
GOLD	Hayley McLean 400m hurdles	SILVER	Leon Reid 200m
GOLD	Zak Seddon 3000m steeplechase	SILVER	Sophie McKinna Shot put
GOLD	Emelia Gorecka 3000m	SILVER	Sophie Papps 100m
GOLD	Elliot Safo Long jump	BRONZE	Jonathan Davies 5000m
GOLD	Chijindu Ujah 100m	BRONZE	Matthew Hudson-Smith 200m
GOLD	Jake Wightman 1500m	BRONZE	Jacob Paul 400m hurdles
		BRONZE	Men's 4x400m relay

Brits sensational in sprints

A BRITISH clean sweep in the men's 200m saw Nethaneel Mitchell-Blake lead home team-mates Leon Reid (20.92) and Matthew Hudson-Smith (20.94) with his personal best 20.62. Coincidentally, 20.62 was the time that Reid had clocked in his semi final earlier in the day to qualify as quickest ahead of Mitchell-Blake for the final and their identical PBs take them to joint fourth on the British junior all-time list.

"It just goes to show that Great Britain's 200m sprinting is the best in Europe, and hopefully we can go and try and conquer the world now," Mitchell-Blake said, adding: "This is just the beginning."

Dina Asher-Smith had led a British one-two in the women's 200m, a strong finish seeing her cross the line in 23.29 into a 2.2m/sec wind. Asher-Smith and team-mate Desiree Henry had looked pretty evenly matched at the bend, before Asher-Smith turned on the gas to power ahead



Clean sweep: 200m 1-2-3 for Nethaneel Mitchell-Blake, Leon Reid and Matthew Hudson-Smith

of her compatriot, Henry clocking 23.56 for silver.

"I just went in there with the aim of getting a PB, but to get gold instead is just fantastic," explained Asher-Smith, who at 17 was recently named as the youngest member on the GB squad for the IAAF World Championships in Moscow.



Dina Asher-Smith and Desiree Henry: gold and silver in 200 metres



Sprint king: Chijindu Ujah won 100m title

Overjoyed with her silver, Henry added: "I am absolutely over the moon. I said that I wouldn't mind coming second to someone as great as Dina. She's had an amazing season and it was a championship performance – she's done it on the day so I'm really happy for her."

Asher-Smith and Henry were back in action a day later, lining up alongside Yasmin Miller and Steffi Wilson in the women's 4x100m relay. Having clocked a national junior record of 43.89 to qualify as fastest for the final, the quartet bettered the record they had only recently set with 43.81 to take the title. France claimed silver with 44.00 as the Netherlands clocked 44.22 for bronze.

Hudson-Smith was another GB athlete in relay action, as he joined Alex Boyce, Ben Snaith and George Caddick in the final event of the championships, the 4x400m relay, where a bronze was claimed in 3:05.14 behind Russia and Poland. The top two times of 3:04.87 and 3:05.07 were national junior records.

In shorter sprint action, Chijindu Ujah followed in the footsteps of the likes of Darren Campbell and Dwain Chambers as he became the 11th GB sprinter to win the men's European junior 100m title.

Bulgaria's Denis Dimitrov went into the competition as the top-ranked junior so far this year and was always going to offer a threat, but Ujah proved his intent on



4x100 relay team: gold and UK record from Wilson, Asher-Smith, Miller and Henry



Zak Seddon: lived up to billing of favourite in 3000m steeplechase to win in 8:45.91

Thursday by clocking a season's best 10.32 to win his heat before going on to record 10.50 in the second semi. He picked up from where he left off on Friday, a strong start seeing him cross the line in 10.40 for gold ahead of the Bulgarian, who couldn't close the gap and clocked 10.46 for silver.

Germany's Robert Polkowski claimed bronze with 10.53 while Ujah's team-mate Josh Cox placed sixth with a 10.72 clocking.

"I'm overwhelmed with how it went," admitted Ujah after the race. "I've had a rough season so far, so to come out and be crowned European junior champion means a lot.

"This is my first gold medal,

and I'm really happy to do it here at the European Juniors," he added. "Hopefully there are many more to come."

Sprint success continued in the women's race for GB, as Sophie Papps claimed the silver behind Stella Akakpo of France. In far from ideal conditions, Akakpo got over a slightly slow start to clock 11.52, two tenths of a second ahead of Papps.

McLean beats the barriers

A PERSONAL best of 57.26 for Hayley McLean in the women's 400m hurdles final took her to third on the UK under-20 all-time list behind Perri Shakes-Drayton

and Meghan Beesley. The 18-year-old admitted she felt thrilled and emotional to have claimed victory in a race that saw her finish ahead of France's Joan Medjid (57.34) and Stina Troest of Denmark (57.41). McLean's team-mate Shona Richards clocked a 58.33 PB for fifth.

"I'm very emotional, especially when I've worked all season to come here and get a gold medal," commented McLean.

"My coach said that I needed to get out and attack the first 200m a bit harder, as in my heat and semi I didn't really attack it enough. My plan was to dominate from the beginning and just hold on, and I think that's what I did."

With Russian duo Timofey Chalyy and Aleksandr Skorobogatko going into the men's 400m hurdles leading the rankings, Britain's Jacob Paul knew he was going to have to dig deep if he was going to come away with a medal and, thanks to a personal best 50.71, he did just that, finishing behind Chalyy, who set a championship and national junior record with his 49.23 for gold, and Skorobogatko who clocked 50.13 for silver.

"I came in ranked third behind the two world-leading Russians, but there was a big gap of almost two seconds, so I knew that it was going to be a fight for the bronze medal as there were a few of us closely ranked in the 51-second region," he explained.

"British 400m hurdling is definitely looking up," he added. "The senior athletes are performing so well at the moment, which makes it such a competitive event, so it's just a case of keeping going and trying to catch up to them really."

Seddon wins the 'chase

ZAK SEDDON went into the men's 3000m steeplechase as a big favourite and didn't disappoint, running a superb tactical race to comfortably claim gold in 8:45.91, almost two seconds clear of second-placed Viktor Bakharev of Russia (8:47.81) and Turkey's Ersin Tekal (8:54.54).

After a strong start, the world youth and world junior finalist



Hayley McLean: captured 400m hurdles title



Jake Wightman: strong finish to take 1500m title for Britain

dropped back to encourage Bakharev to take the lead, before attacking with 200m to go clear.

"I knew I had to take the first two laps out hard," he said. "My biggest opposition was the Russian, so my plan was to take the first two laps out hard, let him pass me, follow him until he tired and then I knew I'd have the confidence to take him near the finish.

"My confidence grew as the finish got closer, and I felt really strong. I knew I could win. This is the perfect end to my season and I couldn't have hoped for better."

Wise Wightman kicks when it counts

JAKE WIGHTMAN made sure that the European junior 1500m title remains with a British athlete, kicking when it counted to follow on from 2011 winner Adam Cotton.

Perhaps he had been inspired by Mo Farah's European record over the distance in Monaco the day before, as Wightman, son of Geoff (a 2:13 marathoner) and Susan (née Tooby, a 2:31

marathoner) overpowered Turkey's Süleyman Bekmezci for the top spot, clocking 3:44.14 to the Turk's 3:44.45.

The early stages of the race had seen the 19-year-old work with team-mate Matt McLaughlin at the front and with 400m to go the pair picked up the pace. As McLaughlin tired, Wightman powered on, McLaughlin finishing eighth in 3:46.88.

"I thought I'd give it a go at 400m (to go) but then realised I probably wouldn't make it," he said. "So when he (the Turkish runner-up) came past it spurred me on a little bit and helped me to find something else and pass him again in the end."

Safo and Sawyers jump to it

ELLIOT SAFO won the men's long jump title, matching Olympic champion Greg Rutherford's feat from 2005. Safo had taken an early lead before Belgian athlete Mathias Broothaerts added 19cm to his personal best to take top spot with 7.84m, only for the Brit to respond with a leap of 7.86m to

take the title by just 2cm and add 13cm to his personal best. His team-mate Feron Sayers finished sixth with 7.48m.

"This was my main aim for the season," said Safo, "so to actually come away with the win makes me so happy. Shocked, but happy.

"It was a tough competition – I knew I had a 7.80m in me, but I didn't know how much further, so to jump 7.86m is pretty good," he added.

GB claimed a second long jump medal courtesy of Jazmin Sawyers, who leapt a best of 6.63m to finish just 7cm behind winner Malaika Mihambo of Germany.

"I'm really happy, but I can't help but have a bit of disappointment," admitted the world junior bronze medallist. "I really wanted to grab on to that gold at the end, but the German girl jumped brilliantly and I couldn't do it today."



Elliot Safo: PB to win long jump

Strong silvers for McKinna and Percy

A FOURTH-round throw of 17.09m in the women's shot final saw Sophie McKinna become Britain's first female shot medallist at these championships as she claimed silver behind Turkey's recently crowned world youth champion Emel Dereli.

After McKinna took an early lead, her Turkish rival unleashed a final-round throw of 18.04m to claim a national record along with her European junior gold.

"Throwing well with your first throw gives you confidence for the remaining five rounds, and it's the most consistent series I've put together in my whole career, so I'm happy with that, but I'd still have liked to have thrown a bit further!" admitted McKinna, who was just three centimetres short of her UK junior record.

"Of course, I'm always here to win, but sometimes on the day someone is a little bit better than you, and you have to accept that and move on to the next competition. Hopefully onwards and upwards."

Another GB throws athlete to secure silver was Nick Percy, who claimed a discus medal thanks to a third-round throw of 62.04m



Sophie McKinna: Britain's first female shot medallist at these championships



Nick Percy: silver in discus

to place him behind Hungarian athlete Róbert Szikszai, who achieved a national junior record 64.75m.

"I was just so happy when I knew the silver was safe – I was literally in tears," he said. "Going into the last throw knowing the silver was in the bag, I didn't really care that it was my worst throw!"

"I'm just so overjoyed. I didn't expect a silver, maximum a bronze on a good day, but never a silver."

"I was just so happy when I knew the silver was safe - I was literally in tears"

Discus silver medallist, NICK PERCY

Best of the rest

INTERNATIONALLY the highlights came courtesy of the likes of **Aníta Hinriksdóttir** (see *How They Train*, page 56), who added European junior 800m gold to the title she claimed in Donetsk a week previously, and **Nafissatou Thiam**, who secured the heptathlon title in style.

With GB's **Jessica Judd** having withdrawn prior to the championships, Icelandic **Hinriksdóttir** went into the race as favourite and her 2:01.14 clocking sealed the victory ahead of **Olena Sidoroska** of the Ukraine (2:01.46) for Iceland's first-ever European Junior Championships gold medal.

Over in the heptathlon and not only were Belgian **Thiam's** 6298 points enough for a national junior record, but impressively her score bettered **Tia Hellebaut's** senior record too.

Five personal bests – in the 100m hurdles, long jump, shot, javelin and 800 – helped her finish 217 points clear of Sweden's **Sofia Linde**, whose 6081 points were enough for silver in a competition that saw the top 11 placed athletes record lifetime bests.

Frenchman **Wilhem Belocian** upset the home fans with his victory in the men's 110m hurdles as he saw off Italian favourite **Lorenzo Perini**, bettering the championships record the Italian set earlier on in the competition on his way to a European junior record of 13.18. **Perini's** 13.30 was enough for silver and a national record, however, in a race that saw GB's **David Omoregie** finish fifth with 13.49.

There was joy for the home fans in the women's triple jump, however, as **Ottavia Cestonaro** claimed her nation's sole gold of this year's championships. A final-round leap of 13.41m from the Italian placed her ahead of Romania's **Elena Andreea Panturoiu** (13.36 PB).

The European Junior Championships, which has now been going since 1970, returns in the summer of 2015 to the Swedish city of Eskilstuna.

RESULTS

Men: 100 (-1.5): 1 CHIJINDU UJAH 10.40; 2 D Dimitrov (BUL) 10.46; 3 R Polkowski (GER) 10.53; 4 Z Stromšík (CZE) 10.56; 5 E Hagberg (SWE) 10.68; 6 JOSH COX 10.72; 7 S Dutamby (FRA) 10.74; 8 M Bakalár (CZE) 10.75. **SF1 (-1.5):** 4 ROY EJIAKUEKWU 10.75. **SF2 (-0.9):** 1 CHIJINDU UJAH 10.50. **SF3 (-1.4):** 2 JOSH COX 10.67. **Ht3 (-0.5):** 3 ROY EJIAKUEKWU 10.66. **Ht5 (+0.5):** 1 CHIJINDU UJAH 10.32. **Ht6 (+1.6):** 2 JOSH COX 10.54. **200 (-0.7):** 1 NETHANEEL MITCHELL-BLAKE 20.62; 2 LEON REID 20.92; 3 MATTHEW HUDSON-SMITH 20.94; 4 M Lawler (IRL) 20.99; 5 E Desalu (ITA) 21.16; 6 MM Zeze (FRA) 21.22; 7 D Dimitrov (BUL) 21.33; 8 R Vanderbemden (BEL) 21.39. **SF1 (+1.8):** 1 LEON REID 20.62. **SF2 (+1.4):** 2 MATTHEW HUDSON-SMITH 20.88. **SF3 (+1.5):** 1 NETHANEEL MITCHELL-BLAKE 20.70. **Ht1 (-0.2):** 1 LEON REID 20.85. **Ht3 (-0.4):** 1 MATTHEW HUDSON-SMITH 21.09. **Ht4 (-0.5):** 1 NETHANEEL MITCHELL-BLAKE 21.05. **400:** 1 P Ivashko (RUS) 45.81; 2 P Dobek (POL) 46.15; 3 T Jordier (FRA) 46.21; 4 M Ruzic (CRO) 46.84; 5 B Mandrou (FRA) 46.97; 6 M Raovic (SRB) 46.99; 7 R Smolen (POL) 47.02; 8 D Peremetov (RUS) 48.57. **SF1:** 6 BEN SNAITH 47.66. **Ht3:** 3 BEN SNAITH 47.26. **800:** 1 P Zwicker (GER) 1:49.58; 2 A Botterman (BEL) 1:49.80; 3 L Morgana (FRA) 1:50.04; 4 D Andújar (ESP) 1:50.14; 5 N Franzmar (AUT) 1:50.42; 6 RICHARD CHARLES 1:50.59; 7 G Manceaux (FRA) 1:50.81; 8 S Migliorati (ITA) 1:53.46. **SF1:** 4 RICHARD CHARLES 1:50.46. **SF2:** 8 JORDAN BRANSBERG 1:54.88. **HT2:** 7 ELLIOT SLADE 1:54.14. **Ht3:** 1 RICHARD CHARLES 1:51.10. **Ht4:** 1 JORDAN BRANSBERG 1:51.06. **1500:** 1 JAKE WIGHTMAN 3:44.44; 2 S Bekmezci (TUR) 3:44.15; 3 J Lawnik (GER) 3:45.43; 4 S Tobin (IRL) 3:45.73; 5 BI Horodyskyj (UKR) 3:45.93; 6 N Bursac (SRB) 3:46.41; 7 R Finnegan (IRL) 3:46.80; 8 MATTHEW McLAUGHLIN 3:46.84; 9 S Dubrovskiy (RUS) 3:47.21; 10 F Gasbarri (ITA) 3:49.45; 11 MH Petterson (NOR) 3:55.37; SHAUN WYLLIE DNF. **SF1:** 4 MATTHEW McLAUGHLIN 3:50.83. **SF2:** 2 JAKE WIGHTMAN 3:43.95; 4 SHAUN WYLLIE 3:45.02. **5000:** 1 A Kaya (TUR) 13:49.76; 2 S Dini (ITA) 14:36.25; 3 JONATHAN DAVIES 14:42.54; 5 B Van Nunen (NED) 14:43.47; 6 D Bošnjak (CRO) 14:43.54; 7 S Castele (BEL) 14:49.89; 8 E Roudloff-Levisse (FRA) 14:53.51; 9 A Bossy (ESP) 15:05.79; A Boucheliga (FRA) DNF; V Honcharenko (UKR) DNF; A Saddened (FRA) DNF; S Bekmezci (TUR) DNS. **10,000:** 1 A Kaya (TUR) 28:31.16; 2 L Dini (ITA) 29:31.11; 3 D Bošnjak (CRO) 29:59.07; 4 M Strelkov (RUS) 30:08.49; 5 J Garcia (ESP) 31:12.70; 6 A Tóth (HUN) 31:34.94; 7 D Martinez (ESP) 31:36.07; 8 A Yotovskiy (BUL) 31:43.71; 9 M Partenopo (ITA) 31:49.29; 10 M Godilias (GRE) 31:58.49; 11 H Armstrong (IRL) 32:16.19; 12 I Szógi (HUN) 32:28.57; 13 S Bekkewell (NOR) 32:29.96; 14 D Dolynchuk (UKR) 34:07.26; 15 U Kutlieš (SRB) 35:11.42. **3000sc:** 1 ZAK SEDDON 8:45.91; 2 V Bakharev (RUS) 8:47.81; 3 E Tekal (TUR) 8:54.54; 4 P Reinhardt (GER) 8:55.64;

5 I Quazzola (ITA) 8:55.65; 6 J Dybdal Abrahamson (DEN) 8:59.58; 7 O Zoghiami (ITA) 8:59.62; 8 H Habjaoui (FRA) 9:04.23; 9 M El Yarrouri (FRA) 9:06.40; 10 G Basconcelo (ESP) 9:07.24; 11 D Butkevicius (LTU) 9:12.96; 12 A Zoghiami (ITA) 9:17.42. **110H (+0.9):** 1 W Belocian (FRA) 13.18; 2 L Perini (ITA) 13.30; 3 B Peña (SUI) 13.31; 4 R Robillart (FRA) 13.40; 5 DAVID OMOREGIE 13.49; 6 J De Bont (NED) 13.54; 7 M Meyer (SUI) 13.84; J Colomo (ESP) DNF. **SF1 (-1.5):** 2 DAVID OMOREGIE 13.54. **SF2 (-0.8):** 5 KHAH RILEY-LABORDE 13.96. DAVID KING DNS. **Ht1 (+1.4):** 3 DAVID KING 13.74. **Ht2 (+1.6):** 4 KHAH RILEY-LABORDE 13.83. **Ht3 (+0.1):** 1 DAVID OMOREGIE 13.45. **400H:** 1 T Chalyy (RUS) 49.23; 2 A Skorobogatko (RUS) 50.13; 3 JACOB PAUL 50.71; 4 P Adamczyk (POL) 50.89; 5 P Agafonov (RUS) 50.98; 6 B Kiely (IRL) 51.98; 7 J Hanßen (GER) 51.99; 8 L Vaillant (FRA) 52.29. **SF2:** 1 JACOB PAUL 51.13. **Ht1:** 1 JACOB PAUL 50.74. **HJ:** 1 T Potye (GER) 2.20; 2 A Skabeika (BLR) 2.18; 3 M Akimenko (RUS) 2.18; 4 A Gerencsér (HUN) 2.16; 5 S ERIKSSON (FIN) 2.14; 6 P Kipra (BLR) 2.14; 7 P Sawczynski (POL) 2.14; 8 A Glebauskas (LTU) 2.12; 9 T Sanders (GER) 2.12; 10 E Meloni (ITA) 2.10; 11 V Dorofeyev (UKR) 2.10; 12 T Ivanov (BUL) 2.10. **qB:** eq10 CHRIS KANDU 2.03. **PV:** 1 EG Dolve (NOR) 5.30; 2 A Chapelle (FRA) 5.25; 2 L Kobelev (RUS) 5.25; 4 ROWAN MAY 5.25; 5 D Lyubushkin (RUS) 5.20; 6 O Zernikel (GER) 5.15; 7 I Miranda (POR) 5.15; 8 L Wirth (AUT) 5.10; 9 DANIEL GARDNER 5.10; 10 L Hallanz (GER) 5.00; 10 L Skorish (ISR) 5.00; 12 M Meeuse (NED) 5.00; 13 A Sinno (ITA) 4.94. **qA:** 5 ROWAN MAY 5.05. **qB:** 4 DANIEL GARDNER 4.95. **LJ:** 1 ELLIOT SAFO 7.86/-0.3; 2 M Broothaerts (BEL) 7.84/-1.0; 3 G-E Anouman (FRA) 7.60/-0.40; 4 F Heinele (GER) 7.56/+0.5; 5 J Taléus (SWE) 7.49/0.0; 6 FERON SAYERS 7.48/-0.5; 7 B Gabrielsen (DEN) 7.44/-0.5; 8 S Hartmann (GER) 7.26/0.0; 9 LM Jacobs (ITA) 7.20/0.0; 10 F Kiselkov (RUS) 7.16/+0.5; 11 S Acera (ESP) 7.09/-0.8; 12 I Neagoe (ROU) 6.73/-0.4; 2 ELLIOT SAFO 7.62/-1.3. **qB:** 4 FERON SAYERS 7.33/-0.5. **TJ:** 1 L Aghasyan (ARM) 16.01/+1.4; 2 K Pulli (FIN) 15.88/-0.1; 3 V Kozlov (RUS) 15.85/-0.1; 4 EFE UWAIFO 15.70/+0.5; 5 T Kaukolahi (FIN) 15.57/+0.6; 6 L Dallavalle (ITA) 15.51/+0.7; 7 C Boboc (ROU) 15.47/+0.4; 8 T Veszelka (SVK) 15.42/+0.6; 9 E Accetta (ITA) 15.37/0.0; 10 T Hell (GER) 15.32/+0.5; 11 K Smal (BLR) 15.17/+0.9; 12 M Tüzen (TUR) 14.66/-1.6. **qA:** 3 EFE UWAIFO 15.47. **SP:** 1 M Pezer (BIH) 20.44; 2 F Mihaljevic (CRO) 20.23; 3 A Regín (POL) 20.07; 4 D Krzyzan (POL) 19.98; 5 M Sivonen (FIN) 19.81; 6 P Zabinskis (LTU) 19.20; 7 T Kööppikkä (FIN) 18.57; 8 T Rakovszky (HUN) 18.46; 9 A Mrdenovic (SRB) 18.29; 10 A Gorlewski (POL) 18.22; 11 P Simon (HUN) 17.94; 12 B Zupancic (SLO) 17.82; 13 T Djurovic (MNE) 17.77. **DT:** 1 R Szikszai (HUN) 64.75; 2 NICHOLAS PERCY 62.04; 3 A Dobrenkiy (RUS) 61.54; 4 M Pezer (BIH) 60.83; 5 D Poška (LTU) 59.96; 6 A Khudiakov (RUS) 57.66; 7 KP Ragonese (ITA) 56.98; 8 M Klaus (GER) 56.86; 9 G Ott (SUI) 56.53; 10 GREGORY THOMPSON 55.96; 11 F Mihaljevic

(CRO) 55.84; 12 M Pilato (ITA) 54.62. **qA:** 6 GREGORY THOMPSON 56.13. **qB:** 1 NICHOLAS PERCY 60.63. **HT:** 1 V Pronkin (RUS) 78.34; 2 B Pásztor (HUN) 77.35; 3 M Bortolato (ITA) 73.43; 4 S Lang (GER) 72.81; 5 Ö Baltaci (TUR) 72.66; 6 M Anastasákis (GRE) 72.44; 7 H Jonsson (ISL) 71.85; 8 M Kokkonen (FIN) 71.66; 9 J Austnes (NOR) 70.11; 10 W Lahtinen (FIN) 67.32; 11 P González (ESP) 67.20; 12 A Larsson (SWE) 66.55. **qA:** 9 MICHAEL PAINTER 67.76. **qB:** 8 CALLUM BROWN 66.45. **JT:** 1 J Weber (GER) 79.68; 2 M Bohdan (UKR) 78.77; 3 G Komarov (RUS) 73.95; 4 K Oleszczuk (POL) 73.24; 5 T Kuusela (FIN) 73.06; 6 N Rivasz-Tóth (HUN) 72.41; 7 J Karvinen (FIN) 71.40; 8 L Wieland (SUI) 69.68; 9 P Batzávalis (GRE) 67.84; 10 J Kinnunen (FIN) 65.37; 11 J Kubeš (CZE) 64.07; 12 G Cakšs (LAT) 63.90. **qA:** 8 BENJI PEARSON 66.23. **10kmW:** 1 P Parshin (RUS) 41:01.55; 2 V Minei (ITA) 41:08.76; 3 A Martin (ESP) 41:13.95; 4 N Markov (RUS) 41:50.88; 5 M Tur (ESP) 41:51.24; 6 F Fortunato (ITA) 42:23.99; 7 JAMIE HIGGINS 42:25.06; 8 A Turkou (BLR) 42:28.29; 9 S Senoduncu (TUR) 42:46.39; 10 M Carvalho (POR) 43:00.20; 11 V Sokolov (RUS) 43:01.29; 12 T Bagdány (HUN) 44:17.90. **Dec:** 1 Y Likhanov (RUS) 7975; 2 A Cherkasov (RUS) 7790; 3 T Nowak (GER) 7778; 4 J Öiglane (EST) 7604; 5 F Ekholm (SWE) 7573; 6 A Martin (FRA) 7556; 7 F Samuelsson (SWE) 7542; 8 T Tšernjavski (EST) 7356; 9 V Adamchuk (UKR) 7336; 10 F Christ (GER) 7301; 11 B Gföhler (SUI) 7280; 12 M Toth (FRA) 7230. **4x100:** 1 POL 39.80; 2 GER 39.96; 3 ITA 40.00; 4 FRA 40.07; 5 GBR (JOSH COX, NETHANEEL MITCHELL-BLAKE, LEON REID, ROY EJIAKUEKWU) 40.09; 6 SUI 40.26; 7 ESP 40.89; 8 POR 40.94. **SF1 Re-Run:** 1 GBR (JOSH COX, NETHANEEL MITCHELL-BLAKE, LEON REID, ROY EJIAKUEKWU) 39.96. **4x400:** 1 RUS 3:04.87; 2 POL 3:05.07; 3 GBR (ALEX BOYCE, MATTHEW HUDSON-SMITH, BEN SNAITH, GEORGE CADDICK) 3:05.14; 4 FRA 3:05.41; 5 GER 3:06.40; 6 HUN 3:10.77; 7 ITA 3:11.44; 8 TUR 3:13.93. **SF1:** 2 GBR (ALEX BOYCE, SCOTT ATKINSON, ELLIOT RUTTER, GEORGE CADDICK) 3:08.31

2:03.93; 5 K Trost (GER) 2:04.34; 6 V Vasilieva (RUS) 2:04.54; 7 C Gess (GER) 2:04.90; 8 S Cleirigh-Buttner (IRL) 2:06.23. **SF2:** 5 LOREN BLEAKEN 2:07.43. **1500:** 1 N Pryshchepa (UKR) 4:18.51; 2 S Ennaoui (POL) 4:20.20; 3 A Dybedokken (NOR) 4:21.27; 4 A Arik (TUR) 4:22.57; 5 N Soltan (UKR) 4:22.96; 6 J Geyer-Carles (FRA) 4:23.50; 7 L Simiuc (ROU) 4:23.69; 8 C Espejo (ESP) 4:25.51; 9 S Pitoül (GRE) 4:27.19; 10 A Guliaeva (RUS) 4:27.26; 11 LG Achim (ROU) 4:30.11; 12 C Granz (GER) 4:31.96. **3000:** 1 EMELIA GORECKA 9:12.53; 2 EH Tuna (TUR) 9:25.83; 3 A Petrova (RUS) 9:30.00; 4 L Carton (BEL) 9:34.09; 5 A Stefani (ITA) 9:38.53; 6 A Sjöström (SWE) 9:42.05; 7 S Pitoül (GRE) 9:43.83; 8 K Kószás (HUN) 9:55.61; 9 N Masrhalmi (NED) 10:03.17; 10 M Petrea (ROU) 10:06.33; 11 A Wójcik (POL) 10:14.82. **5000:** 1 J Vastenburg (NED) 16:03.31; 2 O Kettunen (FIN) 16:03.79; 3 E Kudachkina (RUS) 16:08.12; 4 REBECCA WESTON 16:09.90; 5 EH Tuna (TUR) 16:29.99; 6 M Rehberg (GER) 16:32.28; 7 S Collins (IRL) 16:33.54; 8 ALEX CLAY 16:41.04; 9 A Sjöström (SWE) 16:46.84; 10 A Audiard (FRA) 17:03.79; 11 A Luijten (NED) 17:10.93; 12 K Helle (NOR) 17:13.62; EMELIA GORECKA DNS. **3000sc:** 1 O Kettunen (FIN) 9:45.51; 2 M Mišmaš (SLO) 9:51.15; 3 M Rehberg (GER) 10:00.04; 4 M Larsson (SWE) 10:12.83; 5 AMY-ELOISE NEALE 10:19.32; 6 H Mårtensson (NOR) 10:29.14; 7 V Kalyuzhna (UKR) 10:29.41; 8 N Fedorova (RUS) 10:31.53; 9 A Drahotová (CZE) 10:31.92; 10 DE Loghin (ROU) 10:36.42; 11 KATIE INGLE 10:39.12; 12 M Hukka (FIN) 10:48.23. **SF1:** 3 AMY-ELOISE NEALE 10:13.74. **SF2:** 4 KATIE INGLE 10:20.67. **100H (+1.3):** 1 N Zbären (SUI) 13.17; 2 S Lavin (IRL) 13.34; 3 H Kane (FRA) 13.36; 4 A Sene (FRA) 13.48; 5 R Hurske (FIN) 13.53; 6 T Errandonea (ESP) 13.79; 7 M Zapalska (GER) 13.85; F Hofmann (GER) DQ. **Ht4 (+0.9):** 6 YASMIN MILLER 15.16. **400H:** 1 HAYLEY McLEAN 57.26; 2 J Medjid (FRA) 57.34; 3 S Troest (DEN) 57.41; 4 V Svortevik (NOR) 57.60; 5 SHONA RICHARDS 58.33; 6 C Salterberg (GER) 58.40; 7 K Pahltzsch (GER) 59.16; 8 E Trost (SLO) 59.33. **SF1:** 1 HAYLEY McLEAN 57.76. **SF2:** 8 JESSICA TURNER 1:01.09. **Ht1:** 1 HAYLEY McLEAN 58.48. **Ht2:** 3 JESSICA TURNER 59.28. **Ht3:** 1 SHONA RICHARDS 58.96. **HJ:** 1 K Tabashnyk (UKR) 1.90; 2 A Yaryshkina (RUS) 1.88; 3 I Herashchenko (UKR) 1.84; 4 D Delophant (FRA) 1.81; 5 T Godisín (GRE) 1.81; 5 L Kallenuo (CYP) 1.81; 7 LD Grozav (ROU) 1.81; 8 A Rydz (POL) 1.81; 9 L Zupic (CRO) 1.78; 10 D ROSSIT (ITA) 1.78; 10 H Tuuri (FIN) 1.78; 12 S Lällä (FIN) 1.78; 13 U Dindune (LAT) 1.69. **PV:** 1 A Lutkovskaia (RUS) 4.30; 2 P Plum (NED) 4.25; 3 S Malavisi (ITA) 4.20; 4 N Guillon-Romarin (FRA) 4.15; 5 F Bruni (ITA) 4.15; 6 R Koll (EST) 4.05; 7 LUCY BRYAN 4.05; 8 C Amat (ESP) 3.95; 9 F Kappes (GER) 3.95; 10 K Bondarenko (RUS) 3.80; 11 R Šilhanová (CZE) 3.80; B Arikazan (TUR) NM. **qB:** eq1 LUCY BRYAN 4.05. **LJ:** 1 M Mihambo (GER) 6.70/+0.9; 2 JASMIN SAWYERS 6.63/+0.5; 3 M Bekh (UKR) 6.44/-0.3; 4 M Luzolo

(GER) 6.27/+0.1; 5 T Carvalho (POR) 6.16/+0.8; 6 E Malmberg (SWE) 6.15/+0.6; 7 J Petrokaite (LTU) 6.13/+0.9; 8 O Cestonaro (ITA) 6.07/+0.5; 9 A Martín-Sacristán (ESP) 6.00/-0.2; 10 A Sene (FRA) 5.93/+0.7; 11 J Gerter (GER) 5.88/-0.2; 12 B Melnyk (UKR) 5.56/+0.2. **qA:** 1 JASMIN SAWYERS 6.38. **TJ:** 1 O Cestonaro (ITA) 13.41/-0.5; 2 E Panturoiu (ROU) 13.36/-0.6; 3 A Peleteiro (ESP) 13.29/-0.1; 4 F Marincu (ROU) 13.23/-1.4; 5 D Nidbaikina (RUS) 13.17/-2.0; 6 Y Sariyeva (AZE) 13.13/-1.4; 7 L Johnson (SWE) 13.06/-1.1; 8 V Bovanko (UKR) 12.90/-1.3; 9 H Krasutka (UKR) 12.84/0.0; 10 A Lefcenco (ROU) 12.74/-0.8; 11 V Sadohina (RUS) 12.51/-0.4; 12 R Diallo (FRA) 12.42/-1.5. **SP:** 1 E Dereli (TUR) 18.04; 2 SOPHIE MCKINNA 17.09; 3 K Piirimäe (EST) 16.80; 4 B Toimil (ESP) 15.82; 5 F Roos (SWE) 15.82; 6 M Dossow (GER) 14.79; 7 M Cantarella (ITA) 14.63; 8 C Rønning (NOR) 14.61; 9 L Jokeit (GER) 14.41; 10 L Wehrle (GER) 14.09; 11 L Bengtson (SWE) 13.93; 12 RS Pierre-Louis (FRA) 13.38. **qA:** 1 SOPHIE MCKINNA 15.83. **DT:** 1 N Shirobokova (RUS) 54.21; 2 K Makul (POL) 53.25; 3 T Yuryeva (UKR) 53.15; 4 I Zarakaitė (LTU) 50.37; 5 B Toimil (ESP) 50.15; 6 J Kintana (ESP) 49.17; 7 SHADINE DUQUEMIN 48.95; 8 MA Basile (ITA) 48.45; 9 E Ljungberg (SWE) 48.27; 10 RK Müller (GER) 47.38; 11 K Nykya (UKR) 47.25; 12 K Urbaniak (GER) 46.16. **qA:** 7 SHADINE DUQUEMIN 46.97. **HT:** 1 H Zinchuk (BLR) 65.44; 2 R Gyrúráz (HUN) 65.01; 3 B Banga (HUN) 63.89; 4 M Kopron (POL) 63.13; 5 A Shamotina (UKR) 62.71; 6 A Shtaybelka (BLR) 60.59; 7 I Korosidou (GRE) 60.49; 8 H Völgyi (HUN) 60.42; 9 LOUISA JAMES 59.53; 10 H Rinnekar (FIN) 59.41; 11 M Petersson (SWE) 58.67; 12 M Åström (SWE) 56.97. **qA:** 4 LOUISA JAMES 59.46. **JT:** 1 S Finck (SWE) 57.91; 2 C Hussong (GER) 57.90; 3 S Kolak (CRO) 57.79; 4 MB Jensen (NOR) 52.71; 5 A Moreno (ESP) 52.70; 6 M Safonova (RUS) 52.46; 7 T Fetiskina (UKR) 52.17; 8 M Witek (POL) 51.29; 9 L Jasuniante (LTU) 51.27; 10 A Mickiewicz (POL) 50.92; 11 E Vivod (SLO) 50.36; 12 S Fässler (SUI) 48.98. **10kmW:** 1 A Drahotová (CZE) 44:15.87; 2 O Golyatkina (RUS) 44:21.03; 3 N Drahotová (CZE) 44:45.27; 4 E Leontyeva (RUS) 45:23.95; 5 L García-Caro (ESP) 47:17.74; 6 A Clemente (ITA) 47:53.13; 7 F Vaiciukeviciute (LTU) 48:02.43; 8 A Rodzina (BLR) 48:19.13; 9 A Cano (ESP) 48:32.17; 10 F Ferreira (POR) 49:16.70. **3ep:** 1 N Thiam (BEL) 6298; 2 S Linde (SWE) 6081; 3 M Lindemans (BEL) 5831; 4 N Visser (NED) 5774; 5 L Mokrášová (SVK) 5649; 6 AS Gudmundsdóttir (ISL) 5383; 7 L Muller (NED) 5366; 8 F Nasella (ITA) 5323; 9 M Skogström (SWE) 5290; 10 R Vitorino (POR) 5278; 11 E Tornhed (SWE) 5276; 12 L Groenewald (GER) 5251. **4x100:** 1 GBR (YASMIN MILLER, DINA ASHER-SMITH, STEFFI WILSON, DESIREE HENRY) 43.81; 2 FRA 44.00; 3 NED 44.22; 4 BEL 44.73; 5 SUI 45.33; 6 ITA 45.34; 7 FIN 47.18; GER DNF. **SF2:** 1 GBR 43.89. **4x400:** 1 POL 3:32.63; 2 RUS 3:33.36; 3 GER 3:33.40; 4 UKR 3:36.31; 5 ITA 3:37.61; 6 ROU 3:38.57; 7 FRA 3:40.21; 8 CZE 3:43.36

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OLYMPIC CHAMPION DROPS DOWN TO METRIC MILE WITH DEVASTATING EFFECT

Pictures: Neal Simpson,

Jiro Mochizuki & Jean-Pierre

Durand

THE Olympic 5000m and 10,000m champion Mo Farah can now add the title of "supermiler" to his CV. Or rather super-metric-miler after smashing the European record for 1500m on a glorious night in Monte Carlo last Friday.

Showing an amazing turn of speed for a man who is poised to make his marathon debut next year, Farah smashed the European 1500m record with 3:28.81 as he finished hot on the heels of Asbel Kiprop's 3:27.72.

Farah also broke Steve Cram's 28-year-old British record of 3:29.67 behind Kiprop, as the Kenyan went to No.4 on the world all-time rankings and Farah zoomed to No.6 on the list of fastest metric milers in history.

Only Moroccan Hicham El Guerrouj, the world record-holder with 3:26.00, plus American Bernard Lagat and Algerian Noureddine Morceli have run faster than Kiprop.

For Farah, his performance shattered the 16-year-old area record held by Fermin Cacho of Spain with 3:28.95.

Farah's achievement also appropriately fell the day before the British Milers' Club 50th anniversary celebrations in Oxford. Farah, of course, ran many of his early races in BMC meets. In 2004, for example, he was second to Craig Mottram at the 50th anniversary of the sub-four-minute mile in Oxford, the 21-year-old Newham & Essex Beagle runner falling just outside the magical four-minute barrier on that occasion. Farah's first-ever appearance in the London Grand Prix in 1999 came in a junior mile race, too, which he won in 4:12.21.

How he has progressed from

those early days, though. Indeed, how he has come on since the 2008 Olympics, when he was dunked out in the heats of the 5000m.

He is now the world's greatest all-round distance runner and some experts are even suggesting he may be the best of all-time. Certainly, he could seal that unofficial title if he takes down one of the world records at 5000m or 10,000m and then goes on to achieve a world-class marathon mark (see Comment, pages 52-53).

Speaking to the BBC moments after the race, Farah said: "Training's going pretty well and the aim was to come out here and work on my speed."

Never one to rest on his laurels, he added with a tiny tinge of frustration in his voice: "It would have been nice to get closer to Asbel but he's a great athlete, he's got another gear and he kept stretching away."

Commentating on the BBC, Cram said he was "shocked" at Farah's performance. The duo had joked about the UK record before the race, but no one was sure just how fast the Alberto Salazar-coached athlete could go.

Of course, in addition to Cram, Farah has now run faster over 1500m than Seb Coe, Steve Ovett, Peter Elliott and other British supermilers. The British



"Renaud Lavillenie delighted the French crowd who stayed put to see out his victory in the pole vault"

Renaud Lavillenie:
5.96m Diamond League record and world lead

record for one mile – held by Cram with 3:46.32 – is surely within his grasp, but there are not many opportunities this season unless he suddenly switches to the Emsley Carr Mile at the Olympic Stadium this weekend instead of the 3000m.

While Farah used to race 1500m and the mile a lot as a youngster in recent years he has not run shorter than 3000m very often, so he said of the three-and-three-quarter lap effort in Monte Carlo: "It was a shock to the system. I'm not used to that kind of speed. It's a different feeling – weird!"

Ominously, ahead of the IAAF World Championships in Moscow next month, where he will run the 5000m and 10,000m, he said of his training: "I'm a lot further ahead now than I was last year."

Farah ran a well-judged race and was in seventh place a couple of seconds adrift of the pacemaker who went through 400m in 52.95. Kiprop was in third at that stage but Farah moved up to fourth as the pacemaker passed 800m in 1:50.40 after a 57.45 second lap.

On the third lap the pace did not let up. Now on his own, Kiprop passed through the bell

in 2:32 with Farah fighting for second place. The tall Kenyan ran his third lap in 55.51 as he passed 1200m in a scintillating 2:45.91, with Farah scrapping to stay in contention several metres behind.

Around the final bend, Kiprop looked majestic with his huge stride bounding towards the finish. In contrast, the shorter Farah was battling his way into second place and finished strongly to secure second ahead of Caleb Ndiku, the Kenyan also breaking 3:30 with 3:29.50, as a flurry of sub-3:35 clockings and PBs followed.

Elsewhere at the meeting there were seven world leading marks for 2013. They came in the women's 400m and high jump, plus men's 5000m, javelin, pole vault and of course 1500m.

Renaud Lavillenie delighted the French crowd who stayed put to see out his victory in the pole vault. With the win secured thanks to his 5.86m clearance, he went on to clear 5.96m for a Diamond League record as well as the world lead.

USA's Brad Walker cleared 5.78m and Germany's Björn Otto 5.70m for second and third respectively, as Britain's Steve Lewis cleared a season's best 5.70m and placed sixth.



Delight: Farah's 1500m time was a surprise to everyone, himself included



Asbel Kiprop:
3:27.72 to go
No.4 all-time

Jehue Gordon won the men's 400m hurdles against a strong field in an impressive 48.00. The Trinidad and Tobago runner showed fine form in a race that saw Olympic champion Felix Sanchez back in sixth.

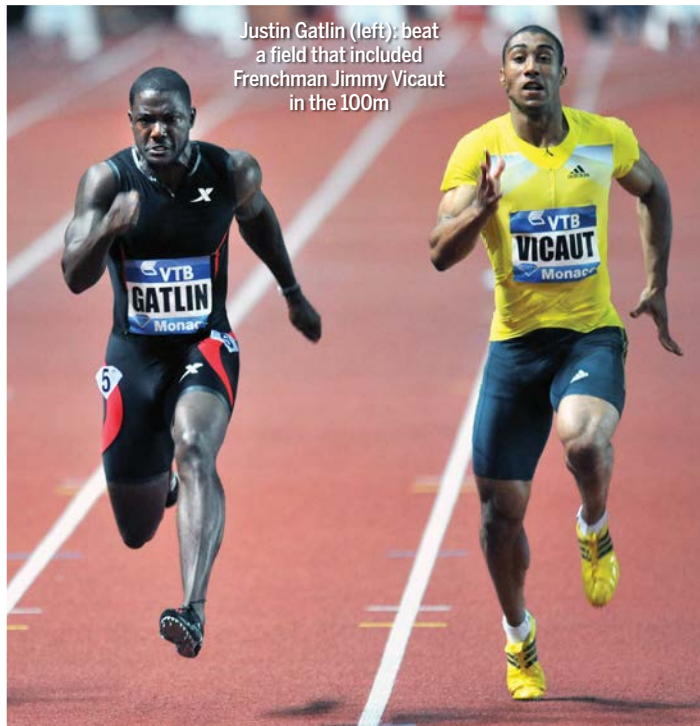
Amantle Montsho of Botswana ran a Diamond League record of 49.33 in the women's 400m as she destroyed the field. Stephanie McPherson of Jamaica and Francena McCorory also broke the 50-second barrier as Anyika Onuora, the UK 200m champion from last weekend, ran 51.63 in sixth.

"I did not expect to run this quick, honestly," said Montsho. "For some reason I always seem to run fast here and I love the crowd's support. Now I really need to take a rest and focus on Moscow. I really want to be on that podium."

In the long jump, Blessing Okagbare of Nigeria won with 7.04m (2.1), from Darya Klishina of Russia (6.98m) and Shara Proctor of Britain (6.74m).

It was a top-quality contest with a rare seven-metre jump but surprisingly was not a world lead. The No.1 mark this year remains Brittney Reese's winning effort of 7.25m at the IAAF Diamond League event in Doha.

"I would say nine out of ten. It's a PB for me," said Okagbare. "My fourth and fifth jumps were better but I fouled them. My seven metres jump was far from



Justin Gatlin (left) beat a field that included Frenchman Jimmy Vicaut in the 100m

perfect, and we're working on a lot of different things."

In the 100m hurdles, Olympic champion Sally Pearson of Australia was again beaten as she ran 12.75 for fifth in a race won by Queen Harrison of the United States with 12.64. Britain's Tiffany Porter was fourth with 12.70.

Brigetta Barrett, the American champion, won the women's high jump with 2.01m after a tremendous battle with Anna Chicherova and Blanka Vlasic. Later, Barrett showed off her amazing singing ability just before the fireworks brought the meeting to an explosive finale.

The men's 5000m was so

fast that Farah's training partner Galen Rupp was dropped as the Kenyans ran at well under sub-13-minute pace. Edwin Soi out-sprinted Bahraini junior Albert Rop as they came into the final straight and maintained his lead under pressure to win in a world leading 12:51.34 as the top four men broke the 13-minute barrier.

There was more world-class action in the javelin when Vitezslav Vesely, the Czech Republic's European javelin champion, threw a world leading 87.68m to beat Russia's Dmitry Tarabin and Norway's 2004 and 2008 Olympic champion Andreas Thorkildsen.

Murielle Ahoure of the Ivory Coast ran a swift 22.24 to narrowly win the women's 200m from American Tiffany Townsend and Jamaican Shelly-Ann Fraser-Pryce.

Jenny Simpson, the world 1500m champion from the United States, won the women's metric mile in a season's best of 4:00.48. Runner-up Hellen Obiri clocked 4:00.93, followed by Brenda Martinez and Shannon Rowbury of the United States. It was a pleasing event for American middle-distance fans who had earlier seen the US milers slightly off the pace in the fast men's 1500m.

Duane Solomon hung on to win the men's 800m with a swift 1:43.72, despite almost being caught in the closing stages by fast-finishing Pierre-Ambroise Bosse – a Frenchman roared on by the home crowd.

Croatian Sandra Perkovic defied a sore throat to win the discus with 65.30m after a battle with Cuba's Olympic bronze medallist Yarelis Barrios. In the women's 3000m steeplechase, Milcah Chemos clocked a meeting record of 9:14.17 as she held off Lydia Chepkurui by one second.

The men's 100m, meanwhile, was won by Justin Gatlin with 9.94 (-0.4) as the American edged out Dentarius Locke of the US (9.96) and Jimmy Vicaut of France (9.99).

RESULTS

Men: 100 (-0.4): 1 J Gatlin (USA) 9.94; 2 D Locke (USA) 9.96; 3 J Vicaut (FRA) 9.99; 4 M Rodgers (USA) 10.07; 5 K Collins (SKN) 10.08; 6 K Bailey-Cole (JAM) 10.10; 7 N Ashmeade (JAM) 10.13; 8 C Silmon (USA) 10.20. **800:** 1 D Solomon (USA) 1:43.72; 2 P Bosse (FRA) 1:43.76; 3 K López (ESP) 1:43.93; 4 M Lewandowski (POL) 1:44.20; 5 R Rodríguez (COL) 1:44.33; 6 T Mulder (USA) 1:44.34; 7 T Kitum (KEN) 1:44.45; 8 F Cheruiyot (KEN) 1:44.89; 9 J Mutai (KEN) 1:45.06. **1500:** 1 A Kiprop (KEN) 3:27.72; 2 MOHAMED FARAH 3:28.81; 3 C Ndiku, (KEN) 3:29.50; 4 B Birgen (KEN) 3:30.77; 5 I Özbilien (TUR) 3:31.30; 6 C Cheboi (KEN) 3:31.53; 7 B Tahri (FRA) 3:32.73; 8 M Centrowitz (USA) 3:33.58; 9 F Carvalho (FRA) 3:33.59; 10 N Symmonds (USA) 3:34.55; 11 S Denissel (FRA) 3:37.73; 12 H Driouch (QAT) 3:39.13; 13 L Manzano (USA) 3:44.59. **5000:** 1 E Soi (KEN)

12:51.34; 2 A Rop (KEN) 12:51.96; 3 I Koech (KEN) 12:56.08; 4 T Longosiwa (KEN) 12:59.81; 5 L Lalang (KEN) 13:00.95; 6 G Rupp (USA) 13:05.17; 7 A Choge (KEN) 13:11.02; 8 B True (USA) 13:13.98; 9 H Ibrahimov (AZE) 13:27.94; 10 C Birmingham (AUS) 13:29.48; 11 A Lozano (ESP) 13:32.32; 12 Y Sato (JPN) 13:34.18; 13 A Bayer, (USA) 13:36.6; 14 Y Demelash (ETH) 13:39.97; 15 CHRIS THOMPSON 13:40.26; B Lagat (USA) DNF. **400H:** 1 J Gordon (TRI) 48.00; 2 J Dutch (USA) 48.20; 3 J Culson (PUR) 48.35; 4 M Hanne (SEN) 48.50; 5 J Gaymon (USA) 48.64; 6 F Sánchez (DOM) 48.83; 7 K Clement (USA) 48.93. **PV:** 1 R Lavillenie (FRA) 5.96 (5.70o, 5.86o, 5.96o, 6.02xxx); 2 B Walker, (USA) 5.78; 3 B Otto (GER) 5.70; 4 L Borges (CUB) 5.70; 5 J Kudlicka (CZE) 5.70; 6 STEVEN LEWIS 5.70 (5.60o, 5.70xx0, 5.78xxx); 7 C Xue (CHN) 5.60; eq8 D Dossévi (FRA) /G

Gibilisco (ITA) 5.40; 10 K Filippidis (GRE) 5.40; 11 V Lavillenie (FRA) 5.40; R Holzdeppe (GER) NM. **TJ:** 1 C Taylor (USA) 17.30/1.6; 2 D Greco (ITA) 17.25/0.3; 3 P Pichardo (CUB) 16.94/1.3; 4 F Donato (ITA) 16.84/-0.2; 5 A Fedorov (RUS) 16.72/2.4; 6 Y Rapinier (FRA) 16.57/0.6. **JT:** 1 V Vesely (CZE) 87.68; 2 D Tarabin (RUS) 84.33; 3 A Thorkildsen (NOR) 83.71; 4 R Avramenko (UKR) 83.52; 5 K Amb (SWE) 80.71; 6 Z Sirmas (LAT) 75.79. **4x100:** 1 USA Red 37.58; 2 USA Blue 38.26; 3 CAN 38.33; 4 FRA 39.06; 5 ESP 39.10; IITA DNF

Women: 200: (-0.5): 1 M Ahoure (CIV) 22.24; 2 T Townsend (USA) 22.26; 3 S Fraser-Pryce (JAM) 22.28; 4 k Duncan (USA) 22.46; 5 J Tarmoh (USA) 22.72; 6 C Williams (USA) 22.77; 7 A Silva (BRA) 23.06; C Jeter (USA) DNS. **400:** 1 A Montsho (BOT) 49.33; 2 S

McPherson (JAM) 49.92; 3 F McCorory (USA) 49.96; 4 R Whyte, (JAM) 50.86; 5 F Guei (FRA) 51.58; 6 ANYIKA ONUORA 51.63; 7 S Williams (JAM) 51.95; N Williams-Mills, (JAM) DNF. **1500:** 1 J Simpson (USA) 4:00.48; 2 H Obiri (KEN) 4:00.93; 3 B Martinez (USA) 4:00.94; 4 S Rowbury (USA) 4:01.28; 5 G Anderson (USA) 4:01.48; 6 V Kibiwot (KEN) 4:02.50; 7 M Belete (BRN) 4:03.63; 8 N Langat (KEN) 4:03.91; 9 G Burka (ETH) 4:04.36; 10 S Teferi (ETH) 4:04.55; 11 N Rodríguez (ESP) 4:06.20; 12 M Jamal (BRN) 4:07.31; 13 T Moser (USA) 4:07.42. **3000sc:** 1 M Cheywa, (KEN) 9:14.17; 2 L Chepkurui (KEN) 9:15.18; 3 F Cherotich (KEN) 9:36.82; 4 S Kipp (USA) 9:37.23; 5 EILISH McCOLGAN 9:45.72; 6 J Cheever (USA) 9:49.48; 7 C Perraux (FRA) 9:51.95. **100H (-0.5):** 1 Q Harrison (USA) 12.64; 2 Y Lewis (USA) 12.69; 3 K Wells (USA) 12.70; 4

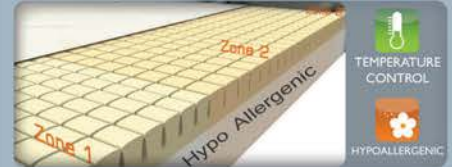
TIFFANY PORTER 12.70; 5 S Pearson (AUS) 12.75; 6 N Ali (USA) 12.79; 7 C Billaud (FRA) 12.91. **HJ:** 1 B Barrett (USA) 2.01; 2 A Chicherova (RUS) 1.98; 3 B Vlašić (CRO) 1.98; 4 E Green Tregaro (SWE) 1.95; 5 R Beitia (ESP) 1.92; 6 A Šimic (CRO) 1.92; 7 L Spencer (LCA) 1.92; 8 E Jungmark (SWE) 1.89. **LJ:** 11 B Okagbare (NGR) 7.04/2.1 (6.86/1.5, 7.04w, 7.00/0.0, x, x, 5.45/1.8); 2 D Klishina (RUS) 6.98/2.4 (& 6.90/2.2 & 6.75/-0.2); 3 SHARA PROCTOR 6.74/0.6; 4 L Griva (LAT) 6.64/1.8; 5 T Bowie (USA) 6.63/1.1; 6 T Polk (USA) 6.54/0.7; 7 F Jimoh (USA) 6.36/1.5. **DT:** 1 S Perkovic (CRO) 65.30; 2 Y Barrios (CUB) 64.24; 3 G Lewis-Smallwood (USA) 63.63 4 Z Sendritsje (LTU) 61.67; 5 D Samuels (AUS) 61.32; 6 N Müller (GER) 60.51; 7 M Robert-Michon (FRA) 59.49. **4x100:** 1 USA Red 41.75; 2 USA Blue 41.78; 3 FRA 43.36; 4 CZE 44.10

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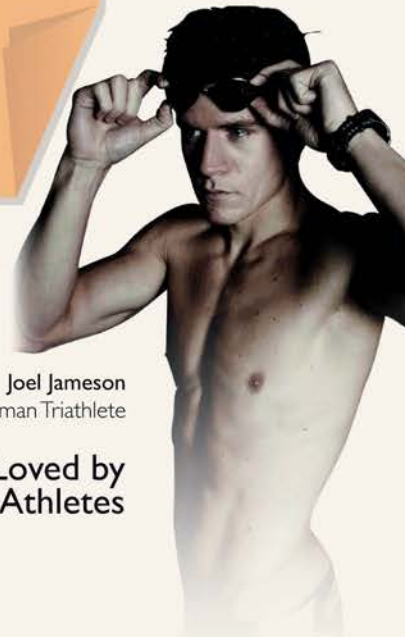
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At Oxford's Iffley Road, men's mile winner Richard Peters (166) follows Sebastian Dennis of Germany, eventual runner-up Jonny Mellor (162) and Steve Mitchell (157)



Billy White: leads the Peter Coe Mile from winner George Elliott (224) and Jamie Dee



Mike Trees: UK M50 one mile record of 4:32.05

A festival of miling

OXFORD SAW A SUB-4 MILE ON THE 50TH ANNIVERSARY OF THE BRITISH MILERS' CLUB

Report: Kevin Fahey

Pictures: Mark Shearman

IT WAS nothing less than the 50th birthday celebration of the British Milers' Club deserved than a sub-four-minute mile at the spiritual home of British middle distance running and Richard Peters didn't disappoint.

And not just any sub-four mile either; surely the 2013 champion had to run quicker than Sir Roger Bannister's landmark achievement of 3:59.4 set on the same track 59 years ago to give the club's 50th celebrations a golden glow?

If the 23-year-old Bristol & West AC runner was feeling under pressure as the quickest man in the field – he ran 3:56.04 indoors in America last winter – he didn't show it but then again Peters is a laid-back character.

He was also a man with something to prove after narrowly missing out on a medal in the 1500m at the British Championships the previous weekend, a performance that drew a sharp rebuke from his coach Mike Down for failing to keep his concentration.

But this time Peters, who is a student at Boston University and has picked up some of that American 'can-do' attitude, was alert and focused and not just because his coach was tracking his every move as he provided live race commentary.

"I was on the start line and looked up at the banner facing us with the words '3:59.4 and beyond' and thought that is a cool thing to do," said Peters.

"To be honest I didn't feel too good at 800m so had to get myself motivated to stick with

Jonny Mellor who started to force it on the third lap. I had to go with him and hang in there and then once we reached the bell I started to feel better."

Bristol & West clubmate Steve Mitchell hit the front at the bell, reached in 3:01.6 (59.0 and 1.02 for the previous quarters), with Mellor and Peters just behind and a small gap to James Wilkinson and then with 200m to go Mellor attacked again.

But his burst wasn't decisive and Peters had that extra gear to edge ahead in the final 50 metres for a narrow but important victory.

"It definitely feels a cool thing to do to win a mile on this track and run under four minutes," added Peters.

"I will remember this for a long time and not just because this was the first time I have run under four minutes outdoors. I am really happy that I have come here and won."

Mellor was rewarded for his aggressive running with a personal best time of 3:58.76 to ensure the pair created their own little piece of middle distance history as the first two men to both run under four minutes at Iffley Road in the same race. Even Craig Mottram and Mo Farah (3:56.64 and 4:00.07 respectively)

couldn't manage that for the 50th anniversary of the Bannister achievement in 2004.

BMC founder Frank Horwill, who sadly passed away last year, would have liked that.

He would have also enjoyed the way teenagers Sophie Tooley and Gemma Shepherd attacked the Frank Horwill mile for under-17 women with the former kicking hard off the top bend for an impressive victory and dipping under five minutes for the first time.

"I came third last year behind the Clay sisters so it is really nice to come back here and win and in a PB," said 14-year-old Tooley.

"When I saw the start list I knew two of the other girls were faster than me so reckoned I would do well to make the top three but I gave my all and I am delighted."

Similar sentiments were expressed by George Elliott who won the Peter Coe mile for under-17 men. The 15-year-old from Chelmsford, who has been running mostly the 800m this season, unleashed a terrific finish to overhaul Billy White of Brighton Phoenix.

"It is an amazing feeling to win here," said Elliott, who recently switched coaches to Martin Brown, who advises James Shane. "This



Philip Hurst: 3000m win



Stevie Stockton: leads the women's mile from eventual winner Alison Leonard (102)

is definitely my best win ever.”

Back to the seniors and the other notable performance came in the D race with 50-year-old Belgrave Harrier Mike Trees breaking the British Masters over-50s record.

Guy Bracken’s time of 4:37 was Trees’ target and he achieved that comfortably with a time of 4:32.05.

“I turned back to running after being a professional triathlete until I was 42,” said Trees. “I was living in Asia and won the Japanese title for ten years but having returned to England I find running is far more time efficient. “I really wanted to break the record in a big meeting like this because there are some spurious times in the masters.”

Trees was also delighted to see that victory in a hard-fought race went to 21-year-old Eliot Buckner in 4:20.94 after a good duel with Blair Brown, Richard Powell and Chris McGurk, who had helped organise the meeting.

“I was at Loughborough University with his dad Jack and we were both studying geography,” added Trees. “He was pretty quick and it is great to see his boy doing so well.”

In the other record attempt City of Stoke’s former Royal Marine Lee Riley narrowly failed to break his own world record for carrying a 40lb pack after probably going off too hard. But he still managed 5:17.7 which was a brave effort.

Tonbridge runner Steve



Abraham Kiplagat: takes 800m from Rory Graham-Watson (5) and Guy Learmonth

Fennell won the B race after out-kicking British cross country international Keith Gerrard though he was disappointed with his time.

One of the closest finishes of the meeting came in the mile C race with Liverpool Harriers’ Harry Harper showing a welcome return to form as he out-dipped Chad Lambert of Marshall Milton Keynes to win by five hundredths.

“This is my first serious race back after a shin injury plus I have also moved to London for a new job and it has taken time to settle in,” said Harper.

“I have only managed to complete a few sessions so I have to be pleased with that and it is nice to win. Now I’ll be looking for some more races at the end of the season and then get into winter training.”

“Mentally I was not quite with it in the 800m but I thought I have not come all this way not to race so the organisers let me run the mile and the pace was just right at the start and my legs felt okay,” said Leonard. “In the end it was well worth the journey.”

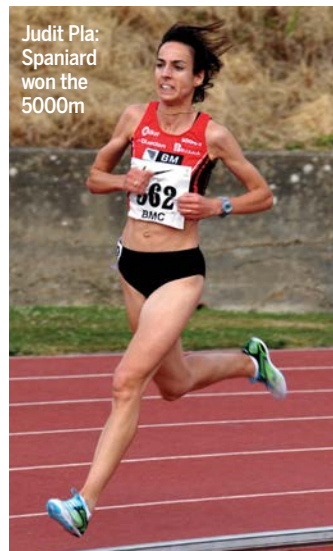
A gusting wind down the back straight was a constant talking point and certainly hampered runners all afternoon but for a demonstration of mental toughness one need look no further than to Canadian Diane Cummins in that women’s 800m.

The 39-year-old experienced international, who was third in her national trials, needs to run under two minutes to have a chance of qualifying for the World Championships and she wasn’t going to let a little wind distract her from her goal as she followed the pacemaker through the bell in 59 seconds and then struck out on her own.

The chasing pack were at least 10 metres adrift but if they thought Cummins would falter they were sadly mistaken as she defied the wind and showed tremendous strength and determination to clock a season’s best of 2:03.6.

“I am chasing times but also running out of time!” admitted Cummins.

“I was hoping to go through the bell in 58 seconds today as I have only managed that once this summer but we were just a little off that and then I was left out on my own. But I felt I ran the race well.



Judith Pla: Spaniard won the 5000m

There wasn’t the same drama in the women’s race but Alison Leonard was more than delighted to atone for failing to finish the 800m half an hour earlier with a solid victory over Stevie Stockton.



Diane Cummins: leads the 800m from Chanelle Price and Shelayna Oskan-Clarke



Alex Dunbar (far right): on his way to winning the men’s ‘B’ 3000 metres in 8:24.43



Laura Deadman: ran 9:18.29 to beat Gemma Kersey in the women's 3000m

"I am on the reserve list for London next weekend or I may race in Belgium to try and get the two minutes."

American Chanelle Price was rewarded with a PB of 2:04.3 in second with Shelayna Oskan-Clarke third, also just under 2:05. There was also a season's best for Scot Claire Gibson but the most interesting British result came from Nicola Sanders.

It must have been a long time since the former international

400m runner finished last in any event but as this was her first competition of the summer following injury and at a new distance that was of little consequence for the 31-year-old.

"I am just glad I have got the first one out of the way" said Sanders, who last ran over two laps in 2009 when she recorded 2:03.41 in the Mt Sac Relays.

While the men's 800m had a quality field the winning time of 1:49.59 from Kenyan Abraham Kiplagat was disappointing although Brits Rory Graham-Watson and 21-year-old Guy Learmonth pushed him close.

The women's 5000m also promised much but when both Jessica Augusto of Portugal and Sabine Fisher of Switzerland dropped out around 2000m, eventual winner Judit Pla of Spain and runner-up Emily Stewart were left totally isolated so it reflects well on them that they ran an impressive 15:42.80 and 16:05.30 respectively.

"I am really pleased with that for my first 5000m and I enjoyed it," said Stewart, who in contrast revealed she hasn't been enjoying the steeplechase this season.

The magic of the mile

DAVID LOWES DESCRIBES THE HISTORY AND SIGNIFICANCE OF LAST WEEKEND'S MEETING

SATURDAY May 6, 1954 went down in athletics folklore. It was the day that two men set about doing what many thought impossible – helping one man run under four-minutes for four laps of a 440-yard track.

The odds were stacked against them: plenty had tried, none had succeeded. The wind that day looked as if it would have the last laugh. Suddenly, though, the flag on the tower of St John the Evangelist began to drop and at 6pm the attempt was on!

The pacing of the two Christophers, Brasher and Chataway was excellent, and a 25-year-old medical student from Oxford, Roger Bannister, strained every sinew as he strove for the finish line and immortality in front of 3000 delirious spectators. He broke the tape and the time-keepers clicked their stopwatches. Bannister couldn't have given any more on the crisp cinders of Iffley Road and collapsed into the arms of his friend, Rev Nicholas Stacey.

Momentarily time seemed to



stand still. Then it was announced – 3min 59.4sec – a world record. Pandemonium then ensued!

Fast forward to July 20, 2013 – the spiritual home of the mile still remains – albeit bearing little resemblance to that of 59 years ago. In the BMC's 50th anniversary year, the club offered no apologies for dropping the metric equivalent in favour of the quirky 1609m.

As the runner's toed the line for the 'A' race, thoughts of 1954 would surely be going through their minds? A troublesome breeze on the back-straight wouldn't drop and a sub-four attempt was in jeopardy. Two runners embraced the occasion – Richard Peters winning in 3:58.70 with Jonny Mellor close behind in 3:58.76.

RESULTS

Men: 800: A: 1 A Kiplagat (KEN) 1:49.59; 2 R Graham-Watson (WSEH) 1:49.68; 3 G Learmonth (Lass) 1:49.72; 4 J James (TRI) 1:50.15; 5 P Goodall (Norw) 1:50.50; 6 E Vining (AUS) 1:51.50; 7 Z Curran (WSEH) 1:53.25; **B:** 1 E Everard (Kilk) 1:51.41; 2 D Bishop (B&W) 1:51.61; 3 M Dyer (N Down) 1:52.11; 4 S Petty (N Dev) 1:52.28; 5 D Stepany (Phoe) 1:52.45; 6 K Gauson (Edin) 1:52.82; 7 C Smith (Wirr) 1:53.30; **C:** 1 J Webb (Liv H, U20) 1:52.54; 2 T Syckelmoore (BMH) 1:53.04; 3 R Needham (Notts, U20) 1:53.52; 4 M Patterson (N Down) 1:54.25; **D:** 1 B Coldray (Stroud) 1:51.23; 2 Unknown (I) 1:52.32; 3 M Dowling (IRL) 1:53.01; 4 D Banwell-Clode (Cwmb) 1:53.10; 5 M Schmidt (DEN) 1:53.44; 6 C Youell (Chelm, U20) 1:55.03; **E:** 1 L Lloyd (Herne H, U20) 1:53.12; 2 M Reedt (DEN) 1:53.80; 3 T Gayle (Notts) 1:53.95; 4 D Gurton (VoA, U20) 1:54.62; 5 N Burnside (SB) 1:54.76; **F:** 1 C Bradbury (Read) 1:53.66; 2 J Morgan (Newp) 1:53.73; 3 A Brecker (Stoke) 1:53.82; 4 J Taylor-Caldwell (ESM) 1:54.08; 5 N Lingley (WSEH) 1:54.18; 7 B Everson (Traff, U20) 1:57.51; **G:** 1 D Studley (B&W) 1:52.69; 2 S Greeves (Norw, U20) 1:54.44; 3 S Bedford (Wells, U20) 1:54.49; 4 J Darby (K&P) 1:54.66; 5 T Bowerman (AFD) 1:54.96; **H:** 1 J Miller (Chelt) 1:54.87; 1

1 D Musson (Notts, U20) 1:55.20; 4 T Cobden (C&C, U17) 1:56.73; 5 J Preece (Card, U20) 1:57.47; 3 L Conway (Read, U20) 1:57.41; **K:** 1 D Eeles (Horsh BS, U17) 1:57.43; 2 J Gjesdal (NOR, U20) 1:57.80; **Mile: A:** 1 R Peters (B&W) 3:58.70; 2 J Mellor (Liv H) 3:58.76; 3 S Mitchell (B&W) 4:00.49; 4 J Wilkinson (Leeds C) 4:02.57; 5 F Baddick (NEB) 4:04.22; 6 M Fayers (Hill, U20) 4:04.51; 7 W Paulson (Stroud, U20) 4:04.96; 8 R Chesser (Ennis T) 4:05.33; 9 L Sales Ferre (Stoke) 4:06.11; 10 J Thie (Card, M35) 4:06.26; 11 J Cook (WG&EL) 4:06.81; 12 S Dennis (GER) 4:07.58; 13 A Tovey (WSEH) 4:09.53; 14 J Riley (USA) 4:09.90; 5 J Tartt (S'port W) 4:05.34; 2 K Reilly (Ton) 4:08.01; 3 K Gerrard (NEB) 4:08.23; 4 J Hay (AFD) 4:09.09; 5 J Tartt (S'port W) 4:09.48; 6 D Garbutt (Dur) 4:09.80; 7 A George (Glouc, U20) 4:10.48; 8 D Bermingham (IRL) 4:11.17; 9 L Dee (SB, U20) 4:12.85; **C:** 1 H Harper (Liv H) 4:09.90; 2 C Lambert (Mil K) 4:09.95; 3 N Down (AUS) 4:11.51; 4 T Dalton (Severn) 4:12.98; 5 G Smith (Swan) 4:14.04; 6 C Joslin-Allen (Ton, U20) 4:14.26; 7 C Smith (Leeds C) 4:15.12; 8 G Hogg (Traff) 4:15.27; 9 T Holden (SLH, U17) 4:15.79; 10 M Haskett (TVH) 4:18.65; **D:** 2 R Powell (Traff, U20) 4:21.30; 4 K Wood (C&C, U20) 4:23.13; 5 A Speake (B&W, U20)

4:23.70; 6 P Clark (Notts, U20) 4:24.01; 7 L Probert (Ton, U20) 4:24.78; 13 M Trees (Belg, M50) 4:32.05; **E:** 1 G Elliott (Chelm, U17) 4:23.41; 2 B White (Phoe, U17) 4:24.91; 3 J Dee (SB, U17) 4:26.97; 4 J Platt (And, U17) 4:33.58; 5 C Charleston (Chelm, U17) 4:33.86; **3000: A:** 1 P Hurst (Els) 8:06.36; 2 N Hall (Bed C) 8:08.68; 3 A Cornwell (WG&EL) 8:09.50; 4 J McDonnell (Lut) 8:12.61; 5 N Goolab (Belg) 8:14.59; 6 P Thompson (BRAT) 8:17.03; 7 M Shirling (Liv H, U20) 8:22.27; 8 C Hartley (TVH) 8:27.82; 9 G Hill (Sale) 8:30.01; 10 J Grace (AFD) 8:32.32; 11 S Mitchell (Notts) 8:33.56; 12 R Galt (Stroud) 8:34.11; 13 J Bailey (Sale) 8:43.34; **B:** 1 A Dunbar (Norw) 8:24.43; 2 T Straw (Linc W) 8:26.60; 3 L Russo (Ton) 8:27.80; 4 M Leach (Bed C) 8:28.08; 5 S Fontana (VPC6) 8:29.77; 6 C Perry (Vale R) 8:31.96; 7 S Densham (Charn) 8:37.61; 8 B Halliwell (Stroud) 8:38.43; 9 D Ragan (BMH) 8:41.43; 10 S Eglen (AFD, U20) 8:46.42; 13 E Cross (Tam, U17) 8:57.57; **5000: A:** 1 N Torry (Serp, M35) 14:18.38; 2 M Hobbs (Swan) 14:37.97; 3 D Woodgate (Lut) 14:42.13; 4 P Martelletti (VP&TH) 14:42.71; 5 J Kelly (Belg) 14:42.82; 6 S De La Fuente (ESP, M35) 14:43.93; 7 J Guillant (Phoe) 14:45.09; 8 C Hawkins (Kilb) 14:47.24; 9 S Naylor (Bed C) 14:48.48; 10 T Loveridge (Liv PS) 14:49.28; 11

S Duffy (Stoke) 15:01.11; 12 D Bruce (High) 15:14.45; **B:** 1 B Connor (Der) 14:40.08; 2 K Rojas (B&H) 14:57.01; 3 R Brown (Linc W) 15:04.14; 4 M Revier (Soton) 15:12.02; 5 L Humphreys (Bed C, M35) 15:15.28; 6 S Phillips (Soton) 15:19.91; 7 E Banks (BRAT) 15:20.70; 8 K Mason (Worth) 15:21.17; 9 J Perkins (Notts) 15:21.71; **Women: 800: A:** 1 D Cummins (CAN, W35) 2:03.6; 2 C Price (USA) 2:04.3; 3 S Oskan-Clarke (WSEH) 2:04.4; 4 C Plateau (Rad) 2:05.1; 5 C Gibson (Kilb) 2:05.2; 6 H Stellingwerf (CAN) 2:05.6; 7 K Rahmouni (ESP) 2:05.7; 8 N Sanders (WSEH) 2:05.8; **B:** 1 K Snowden (Herne H, U20) 2:05.52; 2 V Fouhy (WSEH) 2:05.70; 3 L Kirk (Sky) 2:06.20; 4 M Jones (AFD) 2:06.41; 5 K Kirk (Lag V) 2:07.37; 6 A Simmonds (Notts) 2:07.48; 7 S Herrick (USA) 2:10.11; **C:** 1 A Campbell (SB) 2:08.06; 2 R Clarke (E&E) 2:08.92; 3 K Holt (Stoke) 2:10.09; 4 M Edwards (Dartf) 2:11.41; **D:** 1 C Cayton-Smith (Corn, U17) 2:07.68; 2 J Cooke (Chelt) 2:07.84; 3 A Turner (Amber) 2:09.48; 4 S Smith (Wake, U20) 2:10.99; 5 D Barnes (N&P) 2:11.49; 6 E Moss (WG&EL) 2:11.95; 7 K McDonald (Herne H, U15) 2:12.01; 8 J Hill (Sale) 2:12.27; 9 G Coe (C&C) 2:12.49; **E:** 1 B Strange (Card) 2:12.37; 2 H Nuttall (Charn, U17) 2:12.93; 3 H Waters (W Suff) 2:13.50; 4 K Rushton

(Norw) 2:13.67; 5 S Johnson (Roth) 2:13.67; 6 L Hayes (Stoke, U20) 2:14.07; 7 R Scott (Prest, U20) 2:14.43; 8 K Eravisto (FIN) 2:15.60; **F:** 1 K Anderson (Stoke) 2:15.24; 2 M O'Connell (Chelt, U20) 2:16.44; 3 H Brown (Taun, U17) 2:16.74; 4 R Killip (WSEH, U17) 2:17.95; **G:** 2 G Rafferty (Stoke, U15) 2:18.81; **Mile: A:** 1 A Leonard (B'burn) 4:42.39; 2 S Stockton (Vale R) 4:43.59; 3 S McDonald (J&H) 4:46.38; 4 K Wootton (Cov) 4:50.12; 5 T Harris (NZL) 4:51.75; 6 K Turner (Bath) 4:53.43; 7 N Boland (Crus) 4:53.79; 8 B Straw (Bir, U20) 4:56.32; **B:** 1 S Tooley (W Suff, U15) 4:58.66; 2 G Shepherd (Bath, U17) 5:01.57; 3 L Hallam (Hav M, U17) 5:05.20; 4 H Davies (Brec, U17) 5:06.82; 5 D Webb (Liv H, U17) 5:10.61; 6 S Chapman (WSEH, U17) 5:14.27; 7 J Czura (Ports, U13) 5:18.19; 9 L Carmichael (R&N, U15) 5:26.70; 10 S Botham (Mil K, U15) 5:27.20; **3000: A:** 1 L Deadman (Hav M) 9:18.29; 2 G Kersey (Bas) 9:24.91; 3 E Baker (Stock H) 9:35.68; 4 J Potter (Charn) 9:39.27; 5 A Gibson (Morp) 9:52.85; 6 L Day (Notts) 10:08.24; 7 G Hillier (Charm) 10:18.93; **5000: A:** 1 J Pla (ESP, W35) 15:42.80; 2 E Stewart (Edin) 16:05.30; 3 V Lehmann (SUI) 16:36.76; 4 K Goodhead (B&W) 17:04.11; 5 S Kemsall (Scun) 17:16.47; 6 B Proctor (AFD) 17:27.69

HANNAH COCKROFT BEGINS A GOLD MEDAL RUSH FOR GREAT BRITAIN

Words: Kate McCall

Pictures: Getty Images

DDOUBLE Paralympic champion Hannah Cockroft secured Great Britain's first gold medal, clocking 31.78 in the 200m T34.

With the temperature soaring on the opening day of competition, conditions out on the track were scorching. But Cockroft kept her cool as she cruised home to retain the title she won two years ago in New Zealand in championship record time.

The 20-year-old, who also contests the 100m T34, was pleased with the win, admitting that victory was by no means certain.

"It's cool to come out here, especially since London, and just retain my title. The World Championships two years ago was my senior debut, and it's cool to come out here a little bit more experienced now, knowing a bit more about what's going to happen, and still win," she laughed.

"I have not raced many of those girls this year, so in the back of my mind I was thinking,

Wheels of fire



Hannah Cockroft: cruised to 200m gold in T34 category

they might have trained a lot this year – they could be right on my tail."

Aled Davies also clinched gold on the opening day of competition, smashing the shot put F42 world record with 14.71m on his fifth attempt. Davies was pleased to have finished on top of the podium after his bronze medal from the Games last year.

"Coming in to this, I had a lot to prove after London, but I knew there was a big one in the tank," he explained. "I really wanted to come here and perform on the big stage, and I also wanted to beat the ex-world record holder (Darko Kralj) – the guy who

beat me in London."

High jumper Jonathan Broom-Edwards, 25, impressed on his senior international debut, clearing 2.08m (912 points) to secure F42/44 silver behind Paralympic champion Maciej Lepiato.

There was disappointment, however, for Shelly Woods, who trailed in sixth in the semi-finals of the 5000m T54. Woods, who won world bronze two years ago, admitted that she struggled with the heat.

Day two started brilliantly for the GB & NI team, as Josie Pearson added the world title to her Paralympic gold with victory,

and a world record, in the discus F51/52/53.

Pearson's throw of 7.09m (1128 points) put her well clear of the field and was more than 30cm further than her previous best.

"To have your best performance at a major championships and your preparation to be spot-on is an amazing feeling," she said. "That seven-metre mark has been the thorn in my side the whole winter, so to do that here is a real confidence-booster."

Leicestershire's Dan Greaves was unable to get the better of Paralympic champion Jeremy Campbell in the F44 discus. The three-time world champion registered a mark in only two of his six attempts, with a best of 54.58m, while the American's consistency helped give him the edge with a winning throw of 58.86m.

Greaves was disappointed his first throw was declared a foul, and reflected on the competition with mixed feelings.

"It would have been lovely to defend my title, and I don't believe that first throw was a foul," he said.

"I had a bit of turmoil with the judges about it, which kind of put my rhythm off, but it's a silver medal at the World Championships. I know I am in better shape than the distance represents."

Kyron Duke took bronze in the F41 shot put, throwing 11.64m, whilst Libby Clegg secured silver in the T12 200m.

Brazil's Alan Fonteles Cardoso Oliveira smashed the world record as he took gold in the 200m T43, clocking 20.66, while Jarryd Wallace led an American 1-2-3 in the T44 200m with his second world record of the championships, finishing in 22.08.

In the absence of quadruple



Josie Pearson: world record in the F51/52/53 discus



Aled Davies: shot put world record in F42 category

Paralympic champion David Weir, Switzerland's Marcel Hug was quick to take on the mantle of the man to beat in the men's T54 events.

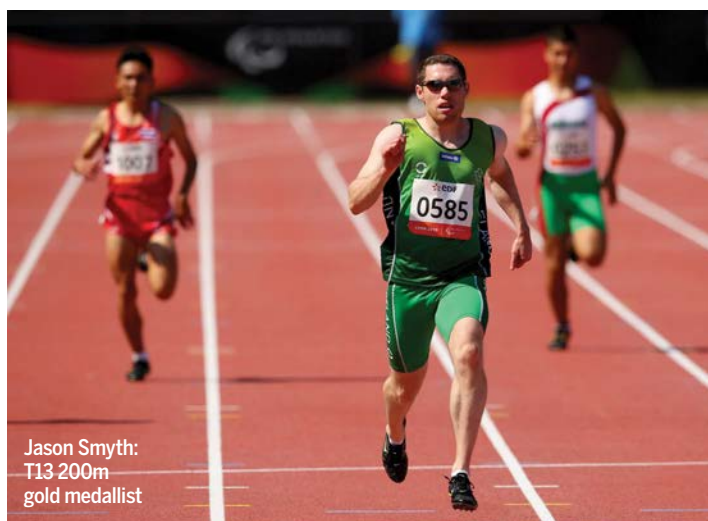
Hug, 27, has frequently found himself in Weir's shadow, picking up silver behind the Londoner three times at the World Championships in 2011.

But the man dubbed the "Silver Bullet" made his intentions clear, kicking off his campaign with gold in the 10,000m and 400m.

There was gold for Ireland too,

as double Paralympic champions Jason Smyth and Michael McKillop made winning look easy. Smyth equalled his world record mark of 21.05 to take gold in the 200m T13, while McKillop tore up the field – and his own world record – to take home his third consecutive world 800m T37 title in 1:57.17.

● **THIS week's issue includes a report of only the first two days from Lyon. See next week's AW for a full round-up**



Jason Smyth:
T13 200m
gold medalist

RESULTS

Men

T11: 200: 1 L Prado (BRA) 22.55; 2 A Shikongo (NAM) 22.71; 3 D Silva (BRA) 22.86. **5000:** O Santos (BRA) 15:33.37
T12: 200: 1 M Michalski (POL) 21.78; 2 F Trikolich (RUS) 22.25; 3 A Loginov (RUS) 22.49. **5000:** 1 E Chentouf (MAR) 14:32.27; 2 A Zhiou (TUN) 15:18.38
T13: 200: 1 J Smyth (IRL) 21.05 (eq WR); 2 N Johannes (NAM) 21.59; 3 J Ntutu (RSA) 22.09. **LJ:** 1 L Gutierrez (CUB) 7.33
T36: LJ: 1 R Pavlyk (UKR) 5.44 (WR)
T37: 800: 1 M McKillop (IRL) 1:57.17; 2 B Scott (AUS) 2:02.81
T37/38
LJ: 1 A Onufriyenko (UKR) 5.95
T42: LJ: 1 A Yamamoto (JPN) 6.11
T42/44: HJ: 1 M Lepiato (POL) 2.13 (WR); 2 JONATHAN BROOM-EDWARDS 2.08
T43: 200: 1 A Oliveira (BRA) 20.66; 2 B Leeper (USA) 21.78; 3 D Behre (GER) 23.45
T44: 200: 1 J Wallace (USA) 22.08 (sf. 22.32 (WR)); 2 D Prince (USA) 22.34; 3 J Singleton (USA) 22.34
T46: 5000: S Nouioua (ALG) 15:09.92. **LJ:** 1 Liu Fuliang (CHN) 7.10
T52: 800: 1 R Martin (USA) 1:59.52; 2 L Perez (MEX) 2:00.11; 3 S Toyoji (USA) 2:03.28. **1500:** 1 R Martin (USA) 3:51.28; 2 T Geierspichler (AUT) 3:51.80
T53: 400: 1 B Lakatos (CAN) 49.02; 2 H Li (CHN) 49.53; 3 R Colman (AUS) 49.59
T54: 400: 1 M Hug (SUI) 47.15; 2 M Schuh (GER) 47.52; 3 K van Weeghel (NED) 47.57. **10,000:** 1 M Hug (SUI) 23:04.75; 2 S Watanabe (JPN) 23:05.24; 3 J-P Compaore (CAN) 23:05.93
F11: DT: S Casinos (ESP) 39.32
F12: SP: 1 A Holivets (UKR) 15.52

F33/34: JT: 1 M Kaedi (IRI) 43.41
F37/38: DT: 1 M Zhabnyak (UKR) 55.71; 2 D Xia (CHN) 51.99
F41: SP: 1 B Tyszkowski (POL) 12.18; 2 J Santos (BRA) 11.67; 3 KYRON DUKE 11.64
F42: SP: 1 ALED DAVIES 14.71 (WR); 2 F Tinnemeier (GER) 13.93; 3 D Kralj (CRO) 13.20
F44: DT: 1 J Campbell (USA) 58.86; 2 DAN GREAVES 54.58; 3 A Matusik (SVK) 52.39
F46: JT: 1 Devendra (IND) 57.04; 2 A Mirshekari (IRI) 52.62
F54/55/56: DT: 1 L Diaz (CUB) 45.32 (WR); 2 D Mitrovic (SRB) 32.25
F57/58: JT: 1 M Khalvandi (IRN) 50.23; 5 NATHAN STEPHENS 39.86

Women

T11: 800: 1 A Minetti (ITA) 2:21.82; 2 B Arango (COL) 2:24.85. **LJ:** 1 L Spoladore (BRA) 4.07
T12: 200: 1 O Boturchuk (UKR) 24.98; 2 LIBBY CLEGG 25.31; 3 H Kolnikova (SVK) 25.50
T34: 200: 1 HANNAH COCKROFT 31.78 (CBP); 2 R Little (AUS) 33.73; 3 A Siemons (NED) 34.54; 5 MELISSA NICHOLLS 38.38
T53: 200: L Huang (CHN) 29.76
T54: 200: 1 T McFadden (USA) 28.69; 2 A Kotaja (FIN) 30.31. **5000:** 1 T McFadden (USA) 12:08.07; 2 M Schaer (SUI) 12:08.33; 3 E Wolf (SUI) 12:08.41; 8 JADE JONES 12:10.81
F11/12: DT: 1 S Oksem (RUS) 40.80
F35/36: SP: 1 M Pmamazan (UKR) 12.35; 2 Q Wu (CHN) 10.43
F51/52/53: DT: 1 JODIE PEARSON 7.09 (WR); 2 B Richter (CAN) 6.09; 3 Z Cole (USA) 5.80
F55/56/57: SP: 1 M Willing (GER) 9.03
F58: SP: 1 A Ortiz (MEX) 11.43; 4 I Wyludda (GER) 11.05



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Olympic encore

TWELVE MONTHS AFTER LONDON 2012, MANY OF THE MAIN ATHLETES ARE RETURNING TO THE OLYMPIC STADIUM

Words: Steven Mills

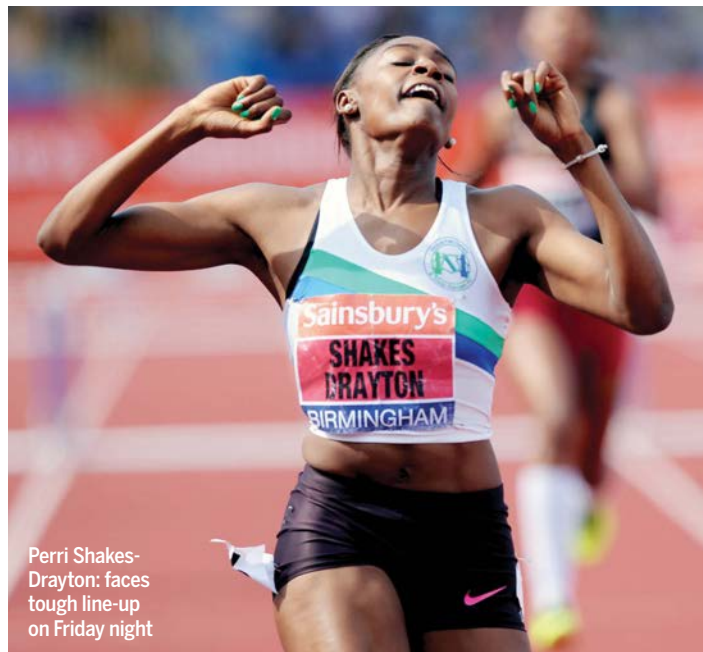
Pictures: Mark Shearman

ONE year after the Olympic Games, London will once again be at the epicentre of world athletics as a plethora of champions including Mo Farah, Usain Bolt and hopefully Jessica Ennis-Hill return to the setting of their gold medal triumphs. Drug scandals have dominated the back pages lately but these off-track controversies should hopefully be put to one side as capacity crowds should rekindle the feel-good factor of the Games.

Friday July 26

6.55pm – women's pole vault (Diamond League)

Jenn Suhr returns to the scene of her Olympic triumph although the mantle of favourite lies with Yarisley Silva from Cuba, who is the holder of the four best vaults outdoors this year including the world-lead of 4.90m. The silver medallist at the Olympics also has a 2-1 head-to-head record on Suhr



Perri Shakes-Drayton: faces tough line-up on Friday night

this year including a win over her at the Sainsbury's Grand Prix in Birmingham. Fabiana Murer from Brazil doesn't have such good memories of this stadium as the world champion didn't even get through qualifying last year but the 32-year-old is in good form with a 4.73m season's best.

7pm – men's discus (DL)

Piotr Malachowski's form has waned since launching the seventh longest throw of all-time of 71.84m in June although the Pole did record his second best

mark of the year of 68.53m in his penultimate competition to show he is slowly finding his ability. Olympic champion Robert Harting, whose 35 competition win-streak was ended by Malachowski last month, is absent but the field still contains the two previous Olympic champions in Gerd Kanter and Virgilijus Alekna, who are both also ranked inside the all-time top-five. UK champion Brett Morse is ranked inside the world's top-10 in 2013 with 66.84m and the world finalist will be looking for some scalps.

7.52pm – men's 100m B

Moscow-bound Harry Aikines-Aryeetey leads the domestic cast although he could be called up to the 'A' race if someone pulls out. The runner-up at the UK Championships in a 10.08 PB is joined by third and fourth-placers Andrew Robertson and Mark Lewis-Francis with European under-23 champion Adam Gemili also lining up while 10.10 performer Joel Fearon will be hoping to make an impact after false-starting in the semi-finals at the UK Championships.

8.04pm – women's 400m hurdles (DL)

This is shaping up to be the best race of the season in this event as the five fastest are set to race. Zuzana Hejnová from Czech Republic has dominated the commercial circuit with seven wins from seven races although the Olympic bronze medallist's unblemished record might be put under some jeopardy as she faces Kori Carter for the first time. The newcomer won't be going to the World Championships as she missed her trials semi-final with food poisoning but the 21-year-old won the much-coveted NCAA title in a world-leading 53.21 which is two-tenths faster than Hejnová's PB. Meanwhile, Perri Shakes-Drayton has been a perennial top-three fixture on the Diamond League circuit and the UK champion will be looking to give the Czech another close race.

8.09pm – men's high jump (DL)

Bohdan Bondarenko is an unrecognisable athlete this year to the one who finished an anonymous 11th at the European Championships and seventh in the Olympic final. The Ukrainian has won all but one competition this summer and his 2.41m clearance in Lausanne translated to the world's best jump outdoors since 1994. The Olympic final which promised much last year was a disappointingly flat affair but this contest could be a classic as Bondarenko goes head-to-head with Mutaz Essa Barshim, who improved his Asian record to 2.40m in his last high-profile competition in Eugene. Olympic bronze medallist Robbie Grabarz, US champion Erik Kynard and 2010 European champion Aleksandr Shustov are also in the field.

8.15pm – women's 3000m (DL)

Mercy Cherono comes fresh from



Bohdan Bondarenko: high jumper has been one of the revelations of 2013 season so far

winning the 5000m at the Kenyan Trials and she steps down to the distance where she's twice won the world junior title. The American middle-distance fraternity will be keen to see how Jordan Hasay fares on her European debut while controversial Moscow omission Stephanie Twell will no doubt be hoping to prove the selectors wrong with a strong performance.

8.31pm – women's triple jump (DL)

World University Games champion Yekaterina Koneva is expected to prosper with Diamond League leader Caterina Ibargüen from Colombia and world champion Olha Saladuha from Ukraine both absent.

8.36pm – women's 1500m

The absence of Abeba Aregawi, Genzebe Dibaba and the withdrawal of the leading Kenyans leaves this race without an outstanding candidate. Dutch-based Ethiopian Sifan Hassan has enjoyed a breakthrough season with a runner-up finish to Aregawi in Lausanne in a 4:03.73 PB while the experienced Moroccan duo of Siham Hilali and Btissam Lakhoud will also be in contention for a high-profile victory. USA's Gabriele Anderson arrives fresh from a 4:01.48 PB in Monaco while Hannah England and Laura Weightman will seek to conclude their preparations for Moscow on a high note after contrasting fortunes at the UK Championships.

8.46pm – men's 200m (DL)

Warren Weir's bronze medal last year came as something of a surprise but he's proved that performance was no fluke with a mightily consistent season including victory at the Jamaican Championships in a 19.79 PB. Nickel Ashmeade, the only athlete other than Usain Bolt to beat Weir over 200m this year, is in the field along with Christophe Lemaitre, who endeavours to run both sprint events.



Warren Weir leads 200m entries

8.56pm – women's 800m (DL)

In-form Brenda Martinez pushed her 1500m PB down to 4:00.94 in Monaco but she turns her attention back to the distance she'll compete in at the World Championships. The runner-up at the US Championships will be confident of taking her first high-profile victory of the season with world-leader Francine Niyonsaba from Burundi

Usain Bolt: makes welcome return to the British capital



a late scratch. Marilyn Okoro and Jessica Judd could both place well as this is not the strongest field.

9.08pm – women's 4x100m relay

This races provides an invaluable chance for nations to try out new combinations and to practice exchanges in a competitive environment before the World Championships. The much-chastised British sprint relay team have qualified for Moscow after missing out on an Olympic berth and a sharp showing will no doubt act as a confidence booster. The world-lead is held by a US team including Carmelita Jeter who ran 41.75 in Monaco.

9.21pm – men's 400m (DL)

The three medallists from the Olympic Games reconvene a year later although the outcome shouldn't be much different as Kirani James arrives with the two fastest times in the world to his name including a 43.96 world-lead which was only two-hundredths slower than his winning time at the Olympics. Silver medallist Luguélin Santos, who started the season promisingly by running his fourth fastest time ever of 44.74 in April, hasn't broken 45-seconds since while bronze medallist Lalonde Gordon hasn't run faster than 45.67 all season. Moscow-bound leading European Pavel Maslak this year and he'll be hoping to replicate this form on home-soil.

9.33pm – men's 800m

American half-milers could take a clean sweep as the fastest in the field this year are US champion Duane Solomon (1:43.27), runner-up Nick Symmonds (1:43.70) and Brandon Johnson, who recently improved to 1:43.84 in Madrid. Two-time European indoor champion Adam Kszczot always improves in the build-up to major championships so the wily Pole shouldn't be discounted either.

9.48pm – men's 100m

Sprinting is in desperate need of some good press in light of Asafa Powell and Tyson Gay's positive drug tests so let's hope Usain Bolt, who returns to the setting of his three gold medals from last summer, gets inspired to produce his best run of the season. The Jamaican, who has 'only' clocked 9.94 for the 100m this year, will be hoping to get out of the blocks better than he has done this year otherwise he could be vulnerable to his second defeat of 2013. James Dasaolu, who rocketed up the world-rankings and UK all-time lists with a 9.91 PB in the semi-finals at the UK Championships, won't get many better chances to defeat the world record-holder and a straight final will help the cause of the injury-prone Brit, who was forced to sit out the final in Birmingham with cramp. Nesta Carter and a rejuvenated Kim Collins, who ran his first sub-10 clocking since 2003 in Lausanne, will also be in contention.

Marilyn Okoro and Jessica Judd are in the 800m



Saturday July 27

2pm – men's long jump (DL)

The highest quality competition of the season took place away from the spotlight at the World University Games in Kazan and the two protagonists will renew their rivalry. Luis Rivera, who leapt out to a world-lead and Mexican record of 8.46m, faces Aleksandr Menkov again whose loss to Rivera in Kazan was his first defeat of the season. Menkov still jumped a PB of 8.42m twice and he's still widely regarded as the favourite for the world title in Moscow in two weeks' time.

2.11pm – 100m hurdles

2008 Olympic champion Dawn Harper-Nelson equalled her fastest pre-championships performance of 12.53 in Lausanne and the silver medallist from last year will be aiming to go one better. Olympic champion Sally Pearson has been struggling with an Achilles injury this year and her results have been markedly compromised while Jessica Ennis-Hill admits her participation hangs in the balance because of a persistent ankle injury.

2.17pm – men's pole vault

Renaud Lavillenie has been in stunning form with 5.90m-plus vaults in his last three competitions, including a 5.96m season's best in Monaco last Friday. Such form makes the Olympic champion a clear-cut



Renaud Lavillenie: popular Frenchman is in top form



Valerie Adams: Olympic champion

favourite ahead of the German duo of Björn Otto and Raphael Holzdeppe. Steve Lewis also set a season's best of 5.70m in Monaco and this stadium holds fond memories for the UK record-holder who was joint fifth in the Olympics.

2.22pm – 110m hurdles heats (DL)

Almost every leading sprint hurdles exponent will be in action including a rejuvenated David Oliver, whose 13.03 world-lead in Lausanne was his fastest time in two years. The American contingent should comprise a formidable showing in the final as US champion Ryan Wilson, world champion Jason Richardson and Olympic champion and world record-holder Aries Merritt are also set to compete. The previous Olympic champion Dayron Robles continues his comeback after threats of retirement although team-mate Orlando Ortega is ranked third in the world with 13.08 and should head the Cuban challenge.

2.40pm – women's shot put (DL)

This competition should be a formality for Valerie Adams even though the line-up includes two of the three other throwers to surpass the 20m-barrier in 2013 in US record-holder Michelle Carter and Christina Schwanitz. Adams recently handed Schwanitz her first

defeat of the season in Lucerne where she won with 20.76m to Schwanitz's 19.65m and recent form suggests she could even surpass the 21m-barrier.

2.44pm – women's 100m heats (DL)

This event is always one of the highlights although last year's final was an anti-climax after Shelly-Ann Fraser-Pryce pulled up in the final. She still went on to retain her Olympic title and her form couldn't be much better twelve months later. The Jamaican comes up against US champion English Gardner and the more familiar figure of Carmelita Jeter, who is finding form just in time for her title defence in Moscow. The greatest threats to Fraser-Pryce though might come from Blessing Okagbare, who broke 11-seconds for the first time at Crystal Palace last year, and in-form Murielle Ahoure off the back of 10.91 and 22.24 100m and 200m PBs.

3.05pm – men's 400m hurdles

Dai Greene's build-up to Moscow has by no means been perfect and injury knocked him out of Monaco just as it looked as though he was coming back into form after winning the UK title. Greene, who has been short of top-class racing this year, faces world silver medallist Javier Culson while two-time Olympic champion Felix Sanchez is

coming back into shape. US champion Michael Tinsley is another threat while Rhys Williams will be aiming for top spoils domestically ahead of Greene.

3.16pm – Emsley Carr mile (DL)

This might not produce the fireworks of the 1500m in Monaco but a stellar field has been assembled and a world-leading time is a possibility if they go with the pacemakers. Silas Kiplagat holds the world-lead at 3:49.48 and the Kenyan will be aiming for a repeat win after triumphing last year. He will expect stiff competition from his Kenyan team-mate Bethwel Birgen and Oslo Dream Mile winner Ayanleh Souleiman from Djibouti. Will Mo Farah's training partner Galen Rupp produce something special as he steps down in distance?

3.27pm – women's 200m

Allison Felix races for the first time since finishing second at the US Championships and the Olympic champion should make a winning return to form as most of her main rivals will be missing. Newly crowned European under-23 champion Jodie Williams will be looking to make an impact as she builds up for her World Championships debut next month.

3.31pm – women's javelin (DL)

Mariya Abakumova set an early-season world-lead of 69.34m but the Russian record-holder's form has since slipped and she's been beaten on four occasions by Germany's Christina Obergföll, who is the event's perennial bridesmaid with six major silver and bronze medals since the 2005 World Championships. Another victory over the reigning world champion will further cement her mantle as favourite in Moscow next month though.

3.37pm – men's 3000m steeplechase (DL)

Expect a Kenyan procession as the line-up includes three of their best in 18-year-old Kenyan Trials winner Conseslus Kipruto, 2008 Olympic

champion Brimin Kipruto and reigning Olympic bronze medallist Abel Mutai.

3.50pm – women's long jump

Darya Klishina didn't even make the Olympic team last year but a series of good showings in 2013, including victory in wet conditions at the World University Games with 6.90m convinced her federation to grant her automatic selection for the World Championships. UK record-holder Shara Proctor, who is inching towards the 7m-barrier, is one of Klishina's main rivals along with Janay DeLoach Soukup, who defeated Klishina in Rome. Jessica Ennis-Hill, whose long jump all but secured the Olympic heptathlon title, is also hoping to compete.

3.55pm – women's 400m

Christine Ohuruogu concluded her Olympic preparations by splashing through the puddles for victory in the more austere surroundings of Crystal Palace last year and you can always count on the 2008 Olympic champion to find her best form as the major championships approach. Amantle Montsho isn't racing but a repeat victory will still be difficult to emulate as she faces a triumvirate of sub-50 athletes on 2013 form. US champion Natasha Hastings has broached this barrier along with Francena McCorory and Jamaica's Stephanie McPherson, who arrive fresh from 49.92 and 49.96 PBs in Monaco.



Christine Ohuruogu: returns to scene of her 400m Olympic silver

4.07pm – 110m hurdles final (DL)

This hasn't been a vintage season for the sprint hurdles so far but London has arranged the best line-up of the year so we could witness the first sub-13 performance of the season.

4.20pm – women's 100m final (DL)

Shelly-Ann Fraser-Pryce has won her four 100m races this season including Eugene in a marginally wind-assisted 10.71 and the Jamaican will be seeking another win twelve months after claiming her second Olympic 100m title on this track.

4.32pm – men's 3000m

Daniel Komen's revered world record of 7:20.67 has been suggested as a time within Mo Farah's repertoire off the back of his European 1500m record and while the double Olympic champion is capable of running comfortably inside 7:30, Farah's competitive record in this event suggest he's more likely to race it, rather than chase a fast time. His winning time over 5000m last year was modest by his standards at 13:06.04 and he won the 3000m the year before in 7:40.15. Even if he doesn't go flat-out, Farah should still set a long overdue outdoor PB as his lifetime best of 7:38.15 was set in 2006. Certainly, it would be a major shock if he is beaten, because his opposition in London is very good but not the absolute very best that's out there.

4.50pm – men's 4x100m relay

The Olympics last year climaxed with Usain Bolt anchoring Jamaica to the Olympic title in a world record of 36.84 and the triple Olympic champion will no doubt take the anchor leg of his Racers Track Club team in the weekend's curtain closer. British sprinting is in rude health and a confident showing will boost their medal-winning prospects next month in Moscow.



Usain Bolt: will he bring house down in the 4x100m relay?

Sunday July 28

THE premier Paralympians on the planet descend on London just as the IPC World Championships in Lyon draw to an end. Leading athletes include David Weir in the mile, Jonnie Peacock in the 100m, Richard Whitehead in the 200m, Dan Greaves in the discus and Stef Reid in the long jump as they attempt to recreate the excitement of just under 12 months ago.



David Weir: part of stellar line-up

Disability programme

- 2.45pm F42/44 men's discus
- 2.58pm T54 men's 200m
- 3.04pm F42-44 women's long jump
- 3.15pm T33/34 women's 100m
- 3.27pm T36 men's 100m
- 3.40pm T46 men's 100m
- 3.45pm F31/32/51 women's club
- 3.51pm T36/37 men's 800m
- 4.01pm T37 women's 100m
- 4.07pm F57/58 men's javelin
- 4.12pm T11 women's 200m
- 4.18pm F42 men's shot
- 4.23pm T42 men's 200m
- 4.33pm T35 women's 100m
- 4.41pm T53 men's 100m
- 4.52pm T12 women's 100m



Jonnie Peacock: in action Sunday



UNSUNG HERO

ALASTAIR AITKEN MEETS ONE OF THE FORGOTTEN CHAMPIONS FROM THE GOLDEN AGE OF BRITISH DISTANCE RUNNING

MIKE TAGG is not a name many of today's athletes would remember as being a great runner, but he certainly was. The Norfolk athlete won English Schools, National and International cross-country titles, in addition to being an Olympian on the track.

I last interviewed him 38 years ago in 1965. Despite a stitch he had finished runner-up to David Atkin in the youths' race at the National at Parliament Hill. However, the Norfolk Gazelle athlete did win gold as a teenager at the English Schools.

As a junior on the track in 1965 he ran 4:07.0 for the mile at the Inter-Counties on cinders at the White City. It was the seventh fastest in the world by a junior that year and third fastest ever by a British junior at the time. The same year he also won the AAA junior mile in 4:12.0 from Peter Stewart, who ran 4:12.4.

Following this, he went on to win the National junior cross-country title in 1966 and 1967 and the International (forerunner to the World Cross) junior title in 1966 and the senior International title in Vichy in 1970, where he led England to team victory over Belgium and Tunisia.

Later, Mike and his sister Mary Green (née Tagg) ran for Britain in the 1968 Olympics and their parents surprised them by going out to watch them in Mexico City.

"My mother had cancer so I did not think she would travel," remembers Tagg, speaking from his home in Wymondham, Norfolk. "They could not really afford the trip to Mexico to watch, but the bank manager lent them the money to go. Things were different in those days with banks!"

Tagg was 13th of 36 runners in the 10,000m in 30:18.0 behind the winner Naftali Temu of Kenya, who ran 29:27.4. As he was advised by national coaches, the Briton ran a steady pace all the way and felt completely fresh afterwards and even ran back to his hotel. He did think, though, that he could have done better by being less conservative.

His sister Mary, meanwhile, was fifth fastest in the 400m semi-final in a PB of 53.6. Mary's husband Andy was also a good athlete – he often trained with Tagg and won the AAA mile at the White City in 1967 with a championship record of 4:00.6 ahead of Olympic 1500m men Alan Simpson and John Whetton.

Tagg was never beaten as a senior over 10 miles on the road in the UK and another notable achievement was finishing second in the European Games 10,000m in Athens in 1969. He ran his fastest 10,000m in Helsinki in 1971 with 28:14.65 and he also clocked a PB of 13:41.4 that year for 5000m in Munich.

Even though Tagg raced for 20 years, missing hardly any training over that period, it was really after university in 1971 that he gradually concentrated on his career outside of running. After he left Reading University and his Loughborough course, he worked for adidas and eventually became a managing director of Nike UK. In 1978 he founded his own company, Mr Shoes.

It was a bitter blow for Tagg to fall ill with leukaemia seven years ago but it is under control and, he says optimistically, "just another hurdle to get across".

Originally he was coached by Tom Park at the Great Yarmouth club but he went on to coach himself. Park was important to begin with because Tagg felt racing is 90 per cent mental and that easing down before a race was an important thing that many athletes fail to do.

Another of his strong views involves the disbanding of the home countries for the World Cross Country Championships. The passion for cross country was lost, he feels, particularly as it all fell under one body with some of the board not that interested in cross-country.

Tagg was born on a farm at East Ruston on November 13, 1946. "I grew up on the farm then when my sister Mary was about ten and I was seven," he remembers. "My father did his own thing and bought a little nursery of six acres. We stayed in Norfolk but moved nearer Norwich and both worked at that tender age for our parents, who were trying to make the best of a tough life. There were times when we did not know where the next penny was going to come from. I was helping my dad when I was eight or nine and doing that in the summer holidays for a 40 to 50-hour week. That was my character building."

Tagg began going to his local club aged 10, mainly to accompany his sister, who was already an English Schools competitor. Then, at Thorpe Grammar School, he had the chance to run in the football lessons as he did not feel he would be as good at football as others.

He says: "I qualified for the English Schools cross country in Peterborough. That was the day I realised that I was not the best in England because I had only qualified as the eighth athlete for Norfolk and just made the team. I was a long way behind the guy who won that."

"At the English Schools you lined up in pens. I was the eighth athlete in the pen and, knowing a little bit about track running, when the gun goes you go but if you get a second gun you stop."

"In that cross-country race the gun went again so I stopped. I found I was on my own, the last kid to start in the playing field. Everyone else had gone. I just kept going past people and I was 12th and the guy who won it was not far ahead. I know I ran the fastest. That gave me unbelievable confidence. People thought I had run 'great' but I ran better than great."

On the track he went on to achieve an English Schools junior boys' mile record of 4:32.0.

On his junior National victory, he says: "I won it by a street then I went on to win the International junior at Rabat. I defended my National title the year after and because I was too old to run the junior I ran the senior. I finished about 14th at Barry and in the scoring."

Amazingly, Tagg recalls bookies on the course at the 1966 National Cross and his father won a few pounds after getting his son at odds of 5-1.

Due to its reputation and quality, though, it was the English 'National' Tagg prized most. In 1969 he won it at Parliament Hill over the nine-mile, three-lap course. His time was 47:47

as he beat a field of 1046 starters, including runner-up Dick Taylor of Coventry Godiva, who won in 1967.

"I was at Reading University and I had not got a lot of money," he recalls. "I hitched up from Reading to London on the Friday afternoon. I met Chris (his future wife) who I had known from school. We went to Hatton Garden after meeting in London. She bought her engagement ring because I had not got the money to pay for it. We stayed at her grandparents in Eltham and we went to Parliament Hill and that was the greatest run of my life."

On his senior National win, he says: "There were the guys watching from Coventry Godiva who shouted (to Taylor), 'He is absolutely knackered, Dick. It is time to go!'"

"So I just pushed a little as I felt absolutely great. I found I had increased my lead by 50 to 70 yards and I was able to jog the last lap and felt I could have won by another minute. Dick was not so good in the mud. Even the Ethiopians would not have beaten me that day. It was one of those days everything was dead right."

At the European 10,000m in 1969 in Greece, Jurgen Haase of East Germany won by two seconds from runner-up Tagg with the legendary Gaston Roelants of Belgium fifth and Mike Freary the second Brit in sixth.

"I ran the last 400m faster than Haase," says Tagg. "He got the jump on me before the bell. I held him every inch of the way. At the end of the day, once again, I was not that satisfied with my result. If I had run to the total maximum ability I would have won that race but that is life. He won it. Whether he won it fairly and squarely is another matter."

To train for these races, Tagg ran 100 miles a week regularly, but he reckons he would do more quality work if he had his time again. "To race fast you have to train fast," he says.

At the 1970 International cross country in Vichy, Tagg beat Roelants by two seconds with Trevor Wright third and Dick Taylor fourth. Roelants' shoe had come off and he complained to the officials afterwards about a collision with Tagg when he cut in. Tagg recalls: "He was a great winner, but a poor loser!"

He adds: "We had to hurdle in the race. I thought Roelants would have a massive advantage with the barriers. I never did a steeplechase in my life because I could never do it. But when I took the barriers with Roelants (1964 Olympic steeplechase champion) I came out level with him and could see this was my day and the more the race went on, the more I felt confident and kicked quite easily."



ABOVE: Mike Tagg and sister Mary after being selected for the 1968 Mexico Olympics

FAR LEFT: Mike Tagg and a shoeless Ron Hill lead the 1968 Inter-Counties in Windsor

"Even the Ethiopians would not have beaten me that day"

MIKE TAGG on his 1969 National Cross win

Herne Hill on a high



LONDON CLUB HERNE HILL HARRIERS IS RIDING THE WAVE OF THE CAPITAL'S OLYMPIC SUCCESS, WRITES **EMILY MOSS**

LAST YEAR will always be remembered as a vintage year of British sport with the hosting of a home Olympic Games. This has had a positive impact on London club Herne Hill Harriers, which has not only seen an increase in membership, but last year was also one of the club's most successful years in their history.

Both men's and women's teams gained promotion within their respective British League and UK Women's Leagues and the under-13 girls won the Southern relay and National cross country relay team titles.

The success has continued into this year, with the under-13 girls claiming the national hat-trick after winning the team title at the National Cross, led by individual winner Katy-Ann McDonald, who has gone on to set a UK age-12 best for 800m this summer.

Over 20 junior members were selected for the English Schools Championships earlier this month, with five winning medals: Fawaaz Okunule (inter boys' 100m gold), Michaela Obijaku (inter girls' shot silver), Catriona McSorley (junior girls' 75m hurdles bronze), Marvin Popoola (senior boys' 200m bronze) and Kishon Allen (junior boys' 100m bronze). Also, the 2012 senior girls' 400m champion Jessie Knight, 2011 World Youth 800m finalist and Commonwealth Youth finalist Katie Snowden and Popoola have been selected to represent England U20s at the Welsh International on July 31.

Other promising juniors include World Cross Country representative Lewis Lloyd, three-time English Schools 200m champion Funtó Fabiumi-Alade and former English Schools 100m hurdles and combined events champion Blade Ashby. Rebecca Zelic is competing for GB in the Deaflympics in 100m hurdles, 400m hurdles and 200m this month.

The men's team has enjoyed a successful season in the

ABOVE RIGHT (left to right): Saskia Millard, Katy-Ann McDonald and Alex Brown at the National Cross Country Relays

BELOW: Steve Bosley, Ivor Northey and Geoff Jerwood with London Council chairman Tony Shiret at the London Region Awards last year. All have over 30 years' service to the club as secretary, coaches and team managers



Premier division of the British League and the women are well-placed in division one of UK Women's League.

The senior men's cross country team retained their Surrey County and Surrey League cross country titles, with the under-13 boys also winning their county and league titles.

Youngsters also won the East Surrey League, the boys' team won the Ebbisham League and the seniors won the South of Thames 5-mile titles.

Veteran athletics is also thriving, with the club having won numerous M40 road relay titles through the 2000s and Alan Long is currently ranked No.1 M70 in the UK for long jump.

These achievements underline how the club enjoys success across all disciplines. As past president veteran athlete Keith Newton says: "Many clubs say they cater for all disciplines, but few actually do it. We genuinely do and if people come to Tooting Bec on a Tuesday or Thursday evening they will see 200-plus athletes doing all of the events."

Newton goes on to emphasise the friendly nature of the club, which offers competition for all its members who are aged between eight and eighty. "We are local and friendly but also national and international in aspirations," he adds. "We place emphasis on nurturing and developing our own young athletes, but our doors are also genuinely open to welcome new members, unlike some other clubs that operate waiting lists."



Distance coach and former president Stan Allen offers similar views, saying: "Herne Hill is a club with athletes of all possible standards. It practises an open-door policy in a deprived part of South London with coaching and advice readily available over all events from dedicated and regular coaches and advisors. The club also fulfils an important need for those moving to a seemingly harsh environment as college and university students or those moving to London for work."

Herne Hill Harriers was founded in 1889 by a group of boys who met regularly in a tuck shop at 99 Milkwood Road, Herne Hill and the club is planning to celebrate its 125th anniversary next year with a series of celebration events including a dinner, a family day at the track and several social events. The founder boys held three or four paper chases in the early part of 1888 and during the winter of 1889-89 they founded Herne Hill Harriers.

The leading members at the time of the foundation were two pairs of brothers, Charles and Harry Otway and Arthur and Ernest Davall, who together with Harry Simpson, Fred Woodham, Harry Death, John Jefferies, George Grieve and Will Suffield, are all commemorated each year in the Founders Cup presented annually for the senior men's best performance. Most of the founder members were cross country and distance runners, but Woodham ran 11.0 for 100 yards and Harry Otway became a proficient race walker. Charles Otway was also a leading figure in AAA in the early years. Herne Hill has gone on to provide many officials in the technical and administration areas of the sport, such as President of AAA Ron Goodman, South of England presidents, South of Thames officials and Surrey officials.

The club has continued being a successful endurance club, largely thanks to middle distance coach James McDonald, who club secretary Steve Bosley describes as 'inspirational'. McDonald leads a large endurance group, who train on a 1.5km perimeter stretch on Streatham Common on the A23 during the week, with Sunday sessions in Richmond Park.

"Due to the commitment of the young athletes and their parents managed to turn a well-known South London club into a middle distance powerhouse. Somehow there seems to be a tangible bond linking the various groups throughout the squad. In the past ten years, I have seen us grow from eternal bridesmaids, always missing out, to winning three under-13 girls national team titles, as well as virtually every middle distance race at the Surrey County Championships in the U13-U17 age groups," reveals McDonald.

The club has not let its limited facilities hold it back. Bosley says: "The track is very old-fashioned, with no stand or clubhouse and we can't hold League meetings due to the hammer cage and because the long jump pit is on the inside of the track. But next month the track is being renovated. We are in a heavily populated part of South London, with a big turnover of people and are fighting for our identity against other sports."

As a result, the club tries to publicise its good results to promote the club and develop a good community reputation. This includes charity work and last year the club organised sports relief miles at Tooting Bec, which raised over £18,500 for the charity and they are holding another next March.



ABOVE (left to right): Eloise O'Shaughnessy, Alex Brown, Saskia Millard and Katy-Ann McDonald with Steve Cram after winning the 2013 National Cross U13 team title in Sunderland

The club also works alongside schools and takes part in many initiatives such as Quadkids, Sportshall and summer holiday sports programmes. Herne Hill has increased its number of volunteers to help with the four open meetings it holds each year, as well as the Frank Harmer Memorial 10km road race in March, the Emer Casey Memorial 10km road race in October in Brockwell Park and a six-mile open cross country race on Streatham Common. The club was awarded for its achievements by being made the England Athletics London region club of the year and Ivor Northey was the London development coach of the year.

However, none of this would have been possible without the support of many people working behind the scenes. Jak Stegner is club president, while last year's president Garry Power is part of the veteran men's team, which has qualified for the Southern Final. Geoff Jerwood, Andy Lea Gerrard and Dave Wilson continue to work hard as team managers and have played a role in the rapid rise of the senior teams through the divisions of the national league.

Wilson was awarded Life Membership of the club in recognition of his near 30 years' service to the club and Rupert Mainwaring is club treasurer.

But the final word goes to club secretary Bosley. "It is extremely gratifying to everyone associated with the club that we continue to achieve richly deserved honours, especially as many athletes who joined as youngsters are now playing a prominent role in the successes of our senior teams.

"For every athlete's success there are lots of people who contribute their time and efforts to allow the club to function and help the athletes compete and improve. On behalf of all members I would like to thank them, as they enable Herne Hill Harriers to survive and continue to flourish."

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

Each month there will be two awards:

● **Club of the month** and ● **Club ambassador**

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

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

Winchester's FINEST

MICHAELA McCALLUM IS THE LATEST WINNER OF THE RONHILL AMBASSADOR OF THE MONTH PRIZE

HAVING represented England and GB as a marathon runner, 47-year-old Michaela McCallum has been a key member of the committee at Winchester AC and led the campaign to get funding for a track. More recently she has focused her efforts on developing the junior section of the club and coaching a group of middle-distance runners.

McCallum started running when she was 10 after she was offered the chance to run 800m against the boys rather than play netball. She ran barefoot and won and from that day on she was hooked.

Moving around a lot as a youngster, she enjoyed stints as a member of Sale, Glasgow and Central athletics clubs, meeting her husband George at the latter. George went on to be an international sprinter, winning bronze at the 1986 Commonwealth Games in Edinburgh. McCallum, meanwhile, stopped running for a while, but did the Edinburgh Marathon for fun the day before her 20th birthday, finishing in 3:34. She got back into regular running in her mid-20s and ran cross country for North London AC, before moving to Spain and finishing second in the Seville Marathon in 1997.

However, her best performances came with two young children after a move to Italy. Under the guidance of local coach Alberto Bagliani, she improved her marathon mark to a PB of 2:38:28 and won the Florence Marathon in 1999.

"My dream was to go to the Olympics, but I didn't make the qualifying times. I am very happy to have gained GB and England vests in half marathon and marathon," says McCallum.

Although McCallum is now more involved with coaching and administration roles at Winchester AC, she still enjoys running in a few races outside of her job, where she has her own physio practice. "I run a few times a week now but still enjoy taking part in cross-country events and get dragged out for the odd track race!" she says.

However, Andy Greenleaf, who nominated McCallum for this award, explains she is still a valuable member of the Winchester team. "While Michaela now focuses on coaching others, she still regularly participates in the Hampshire Road Race League, often placing very well individually and in the WADAC scoring team," says Greenleaf.

McCallum also co-organised a club trip to the Welsh Castle Relays, which saw 60 club members take part. "Michaela has also been WADAC 'ever present' in the race competing in the past 10 runnings of the race," explains Greenleaf.

In addition to her athletics achievements, McCallum was on the club committee for



10 years as development officer, which included leading a project to get the track in Winchester. Greenleaf adds: "Despite so many roadblocks, Michaela worked hard with the council, university, running club and a whole load of other people to gain sufficient support to get approval for the track. Without this enthusiasm to achieve a goal that would provide benefit to so many others, Winchester may not have ended up with such facilities."

Now, she is currently trying to improve local leisure facilities and get an indoor athletics facility. In addition, she has developed the junior section of the club, which now has more than 350 juniors. "I have recently stepped off the committee to concentrate more on coaching. I coach with fellow middle distance coach John O'Shea and we have around 24 young teenagers in the group. It's exciting and very rewarding to see the children improve their times and gain confidence at racing," she says. Together with her husband, they manage the Youth Development under-17 and under-20 team having taken them through from under-13s and the National Young Athletes' League. She also officiates as a track judge and the rest of the time offers encouragement at races. "Her approachable personality makes her a popular member of the club," says Greenleaf.

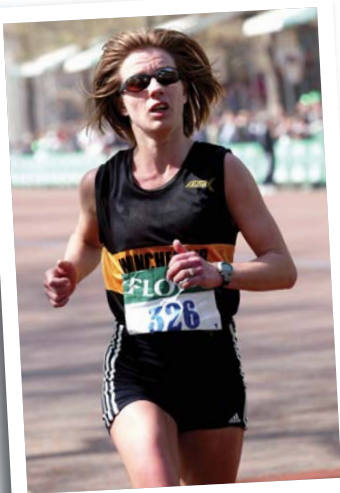
McCallum names her fondest memories as travelling to events on the team bus and now doing the same with young athletes at the club. She says: "In athletics there is something for everyone. Some of my best friends have been made in the sport and they are friends for life."

Winchester Athletics Club is clearly a big part of McCallum's life. Her husband recently stepped down as chairman after four years, whilst son Stuart, 17, is a promising middle distance runner. Their younger son Rory, 15, is a hockey goalie and aspires to make the England team.

"At Winchester AC there is always something happening. Everyone has so much energy and it takes lots of people to make it work the way it does. The club is evolving all the time which makes it so exciting," she reveals.

ABOVE RIGHT: Michaela McCallum runs for fun today and takes coaching more seriously

BELOW: Michaela McCallum was a GB international in the marathon






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UKA'S ANTI-DOPING EDUCATION
CO-ORDINATOR DAVID WALSH TELLS
JASON HENDERSON NO SUPPLEMENT
IS 100% SAFE

PICTURES: MARK SHEARMAN

ABOVE RIGHT: was former world 100m record-holder Asafa Powell an inadvertent doper through taking supplements?

IT IS the question that UKA's anti-doping education officer David Walsh fears most. "What advice," I ask him, "do you give athletes who ask if supplements are safe?"

"The supplements question is the one question that I hate within my role," he admits, "because it's the only question that I can't give a definite answer to. And I hate not being able to give a definite answer."

We are speaking at the UKA offices at Alexander Stadium a few weeks before the Asafa Powell and Tyson Gay news breaks – and Walsh adds: "With supplements you can't give 100% guarantees."

"This is simply because if you look at the WADA list it says 'this substance, this substance and similar substances', so that leaves it open for anything else that has been developed. And if you're testing for a range of banned substances within a supplement, if there's something out there that you don't know about – and that you're not testing for – then you can't say that the supplement is 100% clean. You can say that it's tested for this list and nothing's been found, but that doesn't mean it's 100% clean, which is a tricky place to be."

In the late 1990s, a number of drugs positives for the steroid Nandrolone were linked to food supplements. Since then, the supplements industry has become more regulated and tests its products more thoroughly, but as former world record-holder Powell appears to have discovered this month, taking supplements remains a risky business.

Most of the British team supplement their diet with drinks, powders, gels, energy and protein bars and suchlike, for example. In fact, are there any elite athletes who do not?

"Probably one or two," says Walsh, "but I think they're



a rarity. A leading bobsledder told me if he had the time and financial clout to have a chef with him to source good organically-sourced food to give him straight after training, he would do that. But he can't so he uses supplements and sources them as best he can."

So what does Walsh tell these athletes? "It's about making them aware there is no 100% guarantee. It's about reducing the risk as much as possible. So you've got to use the reputable manufacturers and find the people who are testing the products – and not just testing but *how* are they testing it. Some might be testing more rigorously than others."

Walsh's "no 100% guarantee" will probably make supplements companies squirm, but Walsh adds: "Even food is not 100% guaranteed. For example if you're in South America – and we have some big meets coming up in that part of the world – there may be an issue with meat."

In the UK, a company called HFL Sport Science has the job of testing supplements for banned substances. Their laboratories analyse a huge range of supplements and the ones that are clean – and contain what they say on the label – are given a kitemark and are listed on the Informed Sport website (informed-sport.com).

Walsh explains: "HFL used to be a WADA (World Anti-Doping Association) accredited lab but you can't be a WADA-accredited lab and test supplements for supplements companies. So they rescinded their WADA accreditation and now do supplements testing."

"If they test something and nothing is found, the companies are allowed to put a label on their product saying it's been tested. But HFL is now pushing for a protocol across

the whole consortium so a single logo can be produced (there are currently similar companies that do this job across Europe) so athletes will know the supplement has been tested."

Walsh continues: "So with Maximuscle, who are tested by HFL, every batch of every ingredient of every product has been tested by HFL. A batch is about 1.5 tonnes and a sample will be one small part of that batch. So if contaminant is over the opposite side of the room, you won't find it. But they do A and B samples and they store the B sample. So if athletes test positive then they can go back to the batch and test it."

"Within HFL, since they've been running the Informed Sport programme in 2008 they've tested 2678 products and of those there have been two incidents of positive findings. So that's 0.07%. Those two incidents were also both found prior to the supplement being released."

"That's great, but they have just done another survey where they purchased 24 supplements from 12 major brands across Europe and over the internet (from 12 EU nations, including UK) with 114 samples from the 24 products – and out of the 114, none of which had anything banned on the label, 11 of them were positive for at least one steroid or stimulant that would result in a ban. So that's 10%."

Substances found included anabolic agents like Testosterone and Nandrolone, plus stimulants like Methylhexanamine and Sibutramine.

These alarming results, which included energy and protein products, powders, tablets, capsules and bars, were released by HFL last month. Some products claimed they had been tested and were "doping free" but none of the products on the Informed Sport programme were included.

This is a mild improvement from tests by HFL done in the past, though. A similar study in 2007 involving analysis of 58 supplements purchased via stores and the internet in the United States showed that 25% of supplements were contaminated by steroids and 11% with banned stimulants.

In 2008, 152 supplements bought via stores and the internet in the UK showed 10.5% were contaminated with steroids or stimulants. It's important to add, however, that these surveys focused on products that did not undergo regular banned substance testing.

So the overwhelming message is that if you feel you have to use supplements then only buy ones that have been passed as clean by HFL on the Informed Sport website. Otherwise, you're taking a big risk of ingesting a banned substance.

The difficult topic of supplements is just one subject that Walsh talks about in his education role. Indeed, such a job would probably not have existed 20 years ago, but now he is part of a three-man team at UKA along with anti-doping manager David Herbert and anti-doping co-ordinator Ellen Butcher.

Walsh's background is ideal in several ways. In athletics, he was a javelin thrower as a youngster before turning to rugby. Later, his children began to do athletics and he got involved as a long and triple jump coach, plus pole vault when his son began to do the event.

Outside athletics, he worked in the prison service for 11 years delivering, piloting and analysing drug rehabilitation programmes. "It was an interesting audience," he says.

His role at UKA was one of Baroness Tanni Grey-Thompson's recommendations following her 2009 review of anti-doping. He saw an advert with just hours before the deadline, sent his application flying and got the job.

His office work aside, he spends weekends spreading the anti-doping message at events like the English Schools Championships, targeting not only children but their parents and coaches. Sometimes he even has to go abroad and he tells the story of a time he had to fly to Florida at late notice to inform athletes of changes to the "whereabouts programme".

Have athletes become "cleaner" and more knowledgeable in recent years?

"I certainly think athletes are more aware of all aspects now," he says. "For me if I can help to make athletes more informed so they can make a more informed choice, then it's up to them what choice they make."

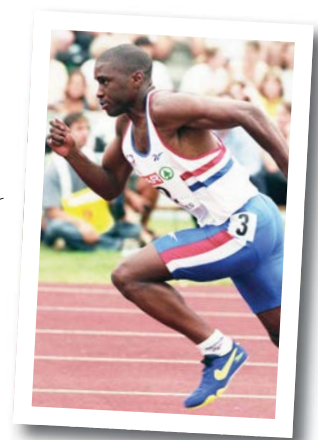
"Personally I believe the vast majority – particularly of our athletes – are clean. But there will always be someone who can circumvent the rules in whatever way they can."

Will the sport ever totally win the war against drugs? "I'd love to hope so," he continues. "But I honestly don't know. We're certainly edging closer with things like the biological passport. It's so much more difficult to cheat because you're not reliant on catching the person at a certain time while the substance is in their system. And this is why we've had more positives recently, because the biological passport is working. And it's great as it sends a message out there to athletes and helps them make their decision."

Just what "standard" of athlete can be tested, too? Drug testing has been known to take place at the English Schools and also masters championships, so should everyone be on their toes? "Any registered athlete can be tested in or out of competition – they're the rules," he says.

Walsh adds that the "pool" of athletes likely to be tested is likely to grow in the next 12 months, for example, due to the Commonwealth Games and the huge number of potential team members from the home countries.

Finally he smiles: "Anti-doping is perhaps not the sexiest title and often the reaction is 'I don't do drugs'. But people probably do but just not in the way they think they do. For example, they might grab something from the chemist without even thinking about it much."



ABOVE: retired international Mark Richardson tested positive for Nandrolone but was cleared, claiming it was the result of supplement contamination

UKA advice on supplements

"THE World Anti-Doping Agency (WADA) recommends extreme caution regarding supplement use. The use of dietary supplements by athletes is a concern because in many countries the manufacturing and labelling of supplements may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. A significant number of positive tests have been attributed to the misuse of supplements and taking a poorly labelled dietary supplement is not an adequate defence in a doping hearing."

● See britishathletics.org.uk/anti-doping and ukad.org.uk

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REVISITED

HERE IS AN EXTRACT FROM **GEOFF WIGHTMAN'S** NEW E-BOOK ON HIS MEMORIES OF ANNOUNCING THE ACTION IN THE OLYMPIC STADIUM 12 MONTHS AGO

PICTURES: MARK SHEARMAN

Saturday August 4, 2012

AS I WENT to bed last night I wondered whether the Saturday night session could deliver two gold medals for GB and, if it did, whether the noise levels might match Stadium Australia on "Magic Monday". What would we call our equivalent? "Super Saturday", I decided. Nice one. I awoke at 6.30am and switched on BBC TV. "Welcome to Super Saturday," they said. I passed the Waitrose newsstand "It's Super Saturday," screamed the front page headlines. Righteo. I should have got in first with that on the Friday night PA announcements.

I have discovered that there is one specific athlete introduction that always aggravates my throat. It first happened at Crystal Palace last year and it happened again this morning ...

RIGHT: Greg Rutherford was one of three British gold medallists in the Olympic Stadium on 'Super Saturday' August 4



"TYSON GAYYYYYYYYYYYYY" I can't help myself and, sure enough, I felt a rasp at the back of my throat. Please God, preserve my voice. This is only session two out of 19. The two things I still fear most are losing my voice and mispronouncing notable names. As a precaution, I check all pronunciations with Garry (co-commentator in the stadium, Garry E Hill) and he has a computer gizmo that gives the phonetics on screen. I am also inhaling steam from my bathroom basin three times a day, drinking beetroot and cherry juice and sucking two Vocalzone pastilles per session.

Jess Ennis set herself up for gold with a strong penultimate session, the crowd went 'batshit' as Garry would put it and I beetled away from the Stadium to The Mall for the 20km walk. Staff volunteer Jamie gives me a lift there in an electric-powered Games Mini and, after a delay in sourcing Mall (MLL pass) accreditation, necessitating me having to be escorted to the booth by the head of security, I arrive about 40 minutes before the start.

There is an elaborate pre-show routine involving the Grenadier Guards band playing and Bryan Burnett doing some excellent stuff to camera. The race walk itself is notable for the defending Olympic champion collapsing, while in fourth place on the last lap, and the 19-year-old Chinese winner high fiving the crowd around the last 2km circuit. Co-commentator Dave Ainsworth liked my "The bell dings for Ding" line as he went into the last lap.

I have spent a lot of time trying to arrange my return transport to The Mall tonight because the last finisher arrives around 18.25. The medal ceremony is set for about 18.35 and this is my announcing schedule back at the Olympic stadium (ten miles away).

- **19.00:** Men's 400m hurdles semi-final (no chance – GH will cover that)
- **20.05:** Women's 400m semi-final (should be okay)
- **20.35:** Heptathlon 800m (no problem)
- **21.15:** Men's 10,000m (easy)

Paul Hardy, IAAF competitions manager, kindly offers me a lift in the IAAF car which has Olympic lanes access. Thank you, Paul. However with hindsight, I should have run for the Tube because this is how my re-make of John Cleese's stress-filled *Clockwise* film panned out.

- **18.50:** Medal Ceremony goes late because the Guatemalan medallist is in doping control.
- **18.55:** We can't leave because the medal presenter, the

Mo Farah: electrifying excitement to win 25-lap thriller



Russian IAAF Council member is also in our car.

● **19.10:** The Russian Council member has to hang back to check on the welfare of his athlete – that was the defending Olympic champion, who collapsed. He eventually passes us near Simpson's of Piccadilly in the back of an ambulance, with blue lights flashing.

● **19.15:** We leave.

● **19.50:** The Olympic lanes are no use to us because there are none in our part of the West End. Hence, at 19.30 on a Saturday night we have crawled through both Piccadilly Circus AND Trafalgar Square. After 35 minutes in the car we have made a net journey of 400 metres. I rest my forehead against the back of the driver's chair. "Where are you?" texts UKA chair Ed Warner from the Stadium: "Garry is announcing on his own and Dai Greene only just made the final".

● **20.05:** After hitting every red light ever installed in the East of London, we are in another slow queue to get into the stadium. I offer to run from there but it is a vehicle check area. Terry Colton, the Athletics Competitions Manager is also in the car and agrees to run with me and show me a short-cut once we get there. Terry and I were first and second in the British Universities 5000m Championships in 1980. This is the re-match.

● **20.10:** We go into a vehicle access area which requires us to get out of the car, to have our belongings scanned and the car searched thoroughly. What?

The scanning takes several minutes and the security guys have a query about Dave Katz's race measuring equipment. Dave works for New York Marathon and is also anxious to get to the stadium to see his wife but he nobly waves us to go on. We roar off. Thanks, Dave.

● **20.19:** Terry and I leap out of the car and start running. We run for about half a mile through the outskirts of the stadium and along alleyways that I never knew existed.

● **20.24:** I burst through the Event Presentation room doors and plonk myself down in my seat in the booth, sweating like a hobgoblin. Garry and I high five (he has to do this journey next week but is relieved to end a solo 90-minute announcing stint). I put my headset on. "Nine minutes until we introduce the first heptathlon 800m start," says Florian. We carry on as

if nothing happened. Production assistants Matt Bates and Kyleah Widdecombe have my Butler notes set out on the desk in front of me, just as I like them and Kyleah passes me a bottle of water. I take a deep breath.

Around 18 minutes later, Jess Ennis wins the Olympic heptathlon, a moment or two after Greg Rutherford had won the long jump, then Mo brings the house down to win the 10,000m. Mary Wittenberg, the New York Marathon race director tweets my announcement about "this is the event where we are taking the stadium into orbit."

Journalist Paul Kelso says that the music was switched down and the presentation was much better: "LOCOG is listening to feedback. The DJ was much better. We enjoyed *Baggy Trousers* on Mo's lap of honour." He had previously objected to a Mexican Wave being encouraged in the women's 10,000m. Personally, I thought the wave worked well because it kept pace with the athletes, captured the crowd's enthusiasm and I always enjoy sound manager Peter Key's excellent choices of music.

There is a triple protest around the heptathlon bronze medal, regarding something that happened in the final 800m heat – meaning protest, counter-protest etc. There is a strict protocol to be observed and Bill Bailey of the Jury of Appeal came in to tell us this process, looking more flustered than I have ever seen him. There are 80,000 people who have waited on in the stands for Jess's victory ceremony and Florian decides to set it up ready to go, albeit later than advertised as soon as the appeals are resolved, "even if it is after midnight".

A total of 80,000 people sing the national anthem lustily. Jess weeps. I had to then read the final line of the ceremony script, with difficulty. Garry reaches for a tissue because he has something in his eye. We are all athletics fans through and through and this was our sport's finest hour. Seb announces that Super Saturday was better than Sydney's Magic Monday. I really should have copyrighted that name.

● **Diary of an Also-Ran, by Geoff Wightman, is available via Kindle at [amazon.co.uk](https://www.amazon.co.uk) for £2.99**



ABOVE: Geoff Wightman's new e-book

LEFT: heptathlete Jessica Ennis was part of a truly incredible athletics session



Just the ticket



HOW DOES THE SEATING SYSTEM WORK FOR A MEET LIKE THE SAINSBURY'S ANNIVERSARY GAMES? **JASON HENDERSON** MET UKA'S TICKETING GURU GEORGIA BEKYRA TO FIND OUT

MAIN PICTURE: MARK SHEARMAN

TICKETS for the first two days of this weekend's Sainsbury's Anniversary Games sold out in an incredible 75 minutes. All the preparation that led to that moment, though, took somewhat longer.

Georgia Bekyra is a marketing executive at UKA responsible for ticketing and a key figure in the huge groundwork that was needed prior to the frantic Friday morning in late April when the ticket hotline and website went live.

Long before the tickets went on sale, the process walking around the Olympic Stadium counting – and then double-checking – the number and lay-out of seats. It involved spreadsheets galore, close liaison between UKA and Ticketmaster, plus the added challenge of weaving into the equation the fans who had bought tickets when the meeting was originally scheduled to take place at Crystal Palace not Stratford. "You do not want to be in my head," jokes Bekyra, as she explains how the ticketing process for a huge event like the Sainsbury's Anniversary Games actually works.

"The first thing you need is a manifest for the stadium and to do this you need to sometimes hand count the seats," she says. "Before you go on sale there are many steps you have

to take. If you've done the steps well, then selling them is the easy part."

So back in the winter, Bekyra spent four solid days in the Olympic Stadium counting the seats. "One of my friends helped me," she says. "I would count a row and he would double check the number to see we had the same figure."

This has to be done in order to avoid a nightmare scenario where a seat is sold that does not exist. The positioning of seats and whether they offer a decent view might change over time, too.

For example television broadcast equipment such as camera platforms might create a restricted view for some seats. If this happens she makes what she calls a "seat kill" in her planning documents.

Once the mind-numbing task of counting seats has been done, Bekyra says: "We need to put these into an Excel spread sheet. So we need to build the whole of the stadium seat by seat on Excel. Then I add the layers – the seat kills, seats for sponsors, the sound system, space broadcast people will take up, media, officials etc."

Bekyra only started working for UKA in March 2012, but she has vast experience in this line of work. A former shot put and discus thrower from Greece, she came to England to study marketing at Leicester University before returning to Athens to work as a production co-ordinator in tennis at the 2004 Olympics and Paralympics.

Her main experience for her role at UKA, though, came during a seven-year stint working for Greek football club Panathinaikos. As a lifelong supporter of the club, it was a dream job and she was a ticketing supervisor during a period that saw the club play, for example, huge Champions' League games against clubs like Barcelona, not to mention massive local derby matches with Olympiacos.

"The demand was incredible for the Barcelona games," Bekyra remembers. "The stadium holds about 65,000 and tickets were gone in literally minutes."

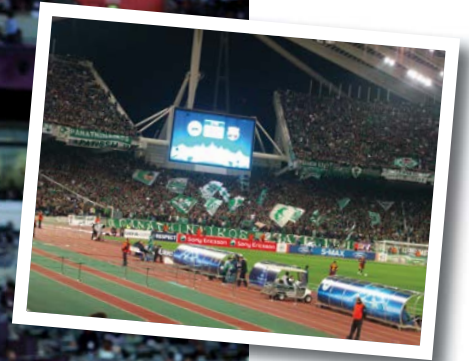
"It was my dream job and I could have stayed forever, but my progress had stalled a bit," she adds. "So when I saw the job at UKA, it looked great. A couple of Skype interviews later, I got it!"

Once lots of this background work is done, Bekyra liaises with Ticketmaster – the ticket sales and distributions company – and she will let them know the price bands and other details such as artwork for websites.

As a former thrower, Bekyra is also well aware of the desire of lots of fans to be seated close to events they are interested in. "People want to see specific events so you have to give them opportunity to see pole vault for example which might be at the opposite end of the stadium," she says.

BELOW: Georgia Bekyra, in charge of ticketing at UKA, spent four days counting seats at the Olympic Stadium before the Sainsbury's Anniversary Games tickets went on sale





ABOVE: Greek football club Panathinaikos is where Georgia Bekyra learnt her ticketing trade

LEFT: the Olympic Stadium is set to be full again this weekend

The trickiest aspect of selling the Sainsbury's Anniversary Games tickets, though, was that there were already lots of fans who had bought tickets last autumn when everybody – including UKA – thought the London Grand Prix and Diamond League was going to be held at Crystal Palace as usual. It was only in the new year that the Olympic Stadium venue became a possibility, which meant those fans who had bought tickets for Crystal Palace were given the chance to get seats before the rest of the general public.

“One of the best things we did was to honour the Crystal Palace people,” says Bekyra. “But it was also our biggest challenge.”

When tickets for the London Grand Prix at Crystal Palace first went on sale, there was an initial discount of 25%. This was followed by a month-long early-bird price with a 10% discount and then the general sale. So all these people had to be weaved into the ticket-selling plans for the new event at the Olympic Stadium.

“Thankfully it worked like a charm,” she says. “If you bought a ticket for Crystal Palace for £9 you could still get it for £9 for the Olympics Stadium.”

Indeed, looking after these loyal fans is an important part of the equation and Bekyra adds that UKA does lots of work analysing the type of people who attend meetings. They also gear their efforts towards athletics clubs, with discount offers and such like.

Doing this kind of job means Bekyra has naturally become pretty knowledgeable when it comes to stadia generally and when she visits various arenas for sport or music she usually spots things that most people would not. She smiles: “Yes I might glance at a section and think ‘okay that must be

1000 seats and that one is about 500’ and then I can guess the number of seats in the stadium just by looking at it. I also often wonder why people put seats in places where it’s obvious you’re not going to be able to use them because they might be blocked by camera platforms for example.”

Her favourite arenas? Apart from the Olympic Stadium, of course, she says the Olympic stadium in Rome – the home of Roma and Lazio football clubs and venue for the Diamond League in the Italian capital – is probably her No.1 choice due to the great atmosphere and views it delivers.

Needless to say she’s also been a keen observer at a host of UK stadia now – from Fulham’s Craven Cottage to the City of Manchester Stadium – which staged the 2002 Commonwealth Games before becoming home to Manchester City FC – to her university days when she visited Leicester City’s then home, Filbert Street and, later it’s new ground, the Walkers Stadium.

The first time she visited the Olympic Stadium in London was during one evening session at the Olympics. “I just thought ‘wow!’ I was very high up but I could see very well. When that happens, it is not an accident either. It has been designed very well and is done on purpose.

“But back then we thought the 2013 London Grand Prix was going to be at Crystal Palace. So I’m really looking forward to July 26 to see the Olympic Stadium full again.”

In a way, Georgia Bekyra will have helped guide every one of those spectators to their seats. Then, when it’s over, she will move on to a new seating plan – or manifest – for the 2017 IAAF World Championships in London, not to mention the many other indoor and outdoor events UKA will stage between now and then.

Forerunner of a DYNASTY

ACCORDING TO A FELLOW INTERNATIONAL, THE LATE TODD BENNETT LED THE WAY FOR THE RECENT SUCCESS OF BRITISH 4X400M TEAMS

BRITISH athletics lost one of its best-known athletes from the Eighties when Todd Bennett's six-month battle with cancer ended last week. He was 51. The former world indoor 400m record-holder enjoyed great success as an athlete, clocking an outdoor best of 45.27 and most recently as coach and team manager for Southampton AC.

Among his many achievements were winning 400m gold at the European Junior Championships in 1981 before going on to claim a silver medal as a part of the 4x400m relay team alongside Kriss Akabusi, Garry Cook and Phil Brown at the 1984 Olympics in Los Angeles.

He became European indoor champion over the distance in 1985, where he broke the world record thanks to his 45.56 clocking, and went on to retain his indoor title two years later. He also claimed silver at the World Indoors in 1985.

"We are very sad to announce that Todd Bennett has passed away at home after a six-month battle with cancer," read a statement from Southampton AC.

"Todd was dedicated to the sport of athletics during his life as an athlete, coach and team manager and was an inspiration to a huge number of young athletes, and school children who he coached and supported ...

"Following his retirement as an athlete he encouraged many to take up and participate in the sport he loved. Vanessa, his wife, and children, Aaron and Daena, will miss him dearly."

In 2008 he launched the Team Superschools Challenge, an initiative spearheaded by Bennett and Olympic gold medallist Darren Campbell designed to promote sport to school children.

Campbell tweeted: "Thank you Todd Bennett for allowing me to know a special man, father, husband, athlete and friend. You will always be in my heart! #RIP"

Olympic 4x100m gold medallist Jason Gardener, speaking on behalf of the UKA board, said: "It is a very sad day for



ABOVE RIGHT: one of Britain's best-ever sprinters, Todd Bennett held the world indoor record for 400 metres

BELOW: in recent years Bennett had coached and acted as team manager in order to help the next generation



athletics and my thoughts are with Todd's family. I, like many, was inspired as a child watching Todd achieve such great success on the track representing Great Britain & NI.

"I was fortunate to meet and work with Todd through his school engagement programme where he inspired thousands of young people throughout the UK to take part and enjoy sport as well as raising funds for school sport. He will be greatly missed, but I am sure his legacy will continue."

Roger Black wrote on Twitter: "@krissakabusi and I were privileged to spend time with Todd Bennett during his battle with cancer. He fought hard, never complained – legend."

Akabusi added: "A good fella, he's made the transition we all have to make, he fought the good fight and we shall see him soon."

Also among those to pay tribute to the 400m great was fellow ex-400m runner and Southampton athlete Iwan Thomas, who tweeted: "RIP Todd Bennett a truly great athlete, man, husband and father..... X."

A GB international 400m runner from a later generation, Mark Richardson, said: "Utterly tragic that Todd Bennett has lost his battle 2 cancer. A gutsy competitor – one of the key architects of the GB 4x400m dynasty #RIP"

● **A cremation for family and close friends is on Thursday July 25 at 11.45am in the East Chapel, Southampton Crematorium. This is followed by a celebration of Todd's life for the public from 2pm at Romsey Abbey, with black attire not necessary. Family flowers only but monetary donations are requested to be sent to funeral directors Wendy Powell at Henry Powell & Sons, Totton, SO40 9GB and these will be shared between Southampton AC (for the clubhouse/stand developments) and Cancer Research UK**

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4x100m

Men's 4x100m

Jamaica

36.84

London

11.8.12

THE USA used to dominate the 4x100m, but it's all been Jamaica since Usain Bolt emerged as the world's greatest sprinter.

The Caribbean outfit had set a world record in the 2008 Olympics of 37.10 to blow apart the previous record of 37.40, then ran the second best time in history in winning gold in the 2009 World Championships with 37.31.

That record was improved again in 2011 when Jamaica retained the World Championships title in 37.04 and that was the target at the onset of the London Olympics. In the heats, the Americans had improved their American record to 37.38, while Jamaica won the other heat in 37.39.

In the final, the USA were to go faster, smashing the American record and equalling the former world record, but they were still left two metres adrift of their rivals, who smashed the 37-second barrier with 36.84.

American Trell Kimmons held a narrow lead over Nesta Carter, which was maintained by Justin Gatlin over Michael Frater down the backstraight. However, 100m and 200m silver medallist Yohan Blake, got them back level despite USA having Tyson Gay on the bend.

It was Ryan Bailey who had the impossible job of trying to match Bolt, and by 50 metres, Bolt was clear and on his way to his sixth Olympic gold medal.

Canada were initially given bronze before being disqualified when third-leg runner Jared Connaughton stepped outside his lane, meaning Trinidad and Tobago were promoted to third place.

Here is the result from the world record race from London 2012...



Relay world record-breakers: Yohan Blake, Usain Bolt, Nesta Carter and Michael Frater

MARK SHERRMAN

- 1 Jamaica 36.84
- 2 USA 37.04
- 3 Trinidad & Tobago 38.12
- 4 France 38.16
- 5 Japan 38.35
- 6 Netherlands 38.39
- 7 Australia 38.43
- 8 Canada dq

World record history

The first recorded 4x100m mark was set by AC Sparta Praha in Prague in 1897. It was club teams who set the improving marks with AIK Stockholm setting three with a best of 45.0 in 1907.

The first time by a nation was recorded by Great Britain with 43.0 in the 1912 Olympic semi-final and that lasted to the next semi as Sweden ran 42.5. Then in the third semi Germany ran 42.3, which became the first official IAAF record.

Britain were slightly slower with 42.4 in winning the final but four years later, USA took gold in 42.2. The record lasted another four years as Britain beat it in the heats of the Olympics with 42.0, but USA went faster in the heat (41.2), semi and final (both 41.0). USA matched the time and record in the 1928 Olympics.

Silver medallists Germany then

ran 40.8 in 1928 and 40.6 in 1932, but in 1932 the Olympic magic enabled USA to regain it with 40.0 in Los Angeles. That too lasted four years until Jesse Owens helped the Americans break the 40-second barrier with 39.8.

The record lasted 20 years and predictably it fell to the USA in another Olympic final at Melbourne as they recorded 39.5. In 1960,

PREVIOUS WORLD RECORDS

37.86	USA	Helsinki	10.8.83
37.83	USA	Los Angeles	11.8.84
37.79	France	Split	1.9.90
37.79	Santa Monica	Monaco	3.8.91
37.67	USA	Zurich	7.8.91
37.50	USA	Tokyo	1.9.91
37.40	USA	Barcelona	8.8.92
37.40	USA	Stuttgart	21.8.93
37.10	Jamaica	Beijing	22.8.08
37.04	Jamaica	Daegu	4.9.11

Women's 4x100m

THE world record had stood at 41.37 for 27 years, but in what many people thought would be a closely matched final in the 2012 Olympics, the USA quartet obliterated the GDR's mark.

On paper, Tianna Madison, 200m champion Allyson Felix, Bianca Knight and world champion Carmelita Jeter looked good. However, Jamaica seemed to have the much faster quartet in Shelly-Ann Fraser-Pryce, Sherone Simpson, Veronica Campbell-Brown and Kerron Stewart. But USA won easily in 40.82 even though Jamaica set a national record of 41.41.

It was the first time USA's women had won Olympic sprint relay gold since 1996 and was achieved with some superb slick baton passing.

The London 2012 result was...

1	USA	40.82
2	Jamaica	41.41
3	Ukraine	42.04
4	Nigeria	42.64
5	Germany	42.67
6	Netherlands	42.70
7	Brazil	42.94
	DNF	Trinidad

World record history

The first women's 4x100m mark was a less than impressive 62.2 by a Finnish club team in 1908 and a different team from that nation achieved the first sub-60-time in 1911 with 58.8.

The women's RAF team set a 4x110 yards record of 55.2 in 1919 in Stamford Bridge, which

Germany equalled it in Cologne and again in the Olympic semi and final.

That record was blown apart by the USA in Moscow, though, with 39.1 in 1961 and they inevitably improved it in the 1964 Olympics to 39.0, although it took Bob Hayes making up a six-metre gap on the anchor leg for them to win gold.

The next significant mark was a 38.6 by the University of Southern California in Provo in 1967 over the

USA

40.82

London

10.8.12



The United States team of Bianca Knight, Carmelita Jeter, Tianna Madison and Allyson Felix smashed the 27-year-old East German world record

was superior to the then 4x100m record. Thereafter German club teams took over, but the last non-ratified record was England's 51.8 over the imperial distance in Paris in 1921.

Records started to be ratified in 1922 and it was a British team who first broke the 50-second barrier with 49.8 in Gothenburg for 4x110 yards in 1926.

German club team TSV Munchen 1860 broke 49 with 48.8 in 1930 and then USA took that record and the 48 and 47-second barrier with 46.9 to win the 1932 Olympic title in Los Angeles.

The first official IAAF record was set by Germany with 46.4 in the 1936 Olympic heats.

USA and Germany shared the first sub-46 with 45.9 in the 1952

slightly longer 4 x 110 yards.

Jamaica matched that in the 1968 Mexico Olympic heats and improved to 38.3 in the semi and both times were anchored by Lennox Miller, who also anchored USC in Provo.

The Mexico altitude then enabled USA to run 38.2 in the final, and they equalled it in winning gold in Munich. The time became 38.19 when electronic times were finally recognised in 1977.

Olympic final in Helsinki. Then Australia and Germany ran 44.9 in the 1956 Melbourne Olympic heats before Australia ran 44.5 in the final.

USA clocked 43.9 to win the 1964 Olympic title and then achieved another ground-breaking run of 42.8 to take the 1968 title at altitude. Germany

equalled the record to win the gold in Munich in 1972.

From a year later GDR took over ownership for 39 years with a 42.6 in Potsdam and gradually took it down, achieving the first sub-42 in Potsdam in 1980 with 41.85 and improving that to 41.60 to win Olympic gold in 1980 in Moscow.

PREVIOUS WORLD RECORDS

GDR	42.51	Rome	8.9.74
GDR	42.50	Karl Marx Stadt	29.5.76
GDR	42.27	Potsdam	19.8.78
GDR	42.10	Karl Marx Stadt	10.6.79
GDR	42.09	Turin	4.8.79
GDR	42.09	Berlin	9.7.80
GDR	41.85	Potsdam	13.7.80
GDR	41.60	Moscow	1.8.80
GDR	41.53	Berlin	31.7.83
GDR	41.37	Canberra	6.10.85

The first sub-38 was by USA in winning the first world title in 1983 in 37.86, which they improved on with 37.83 in the following year's Olympics. Six years later came a huge surprise when France won the European title in 37.79, a time that was matched by Santa Monica Track Club, anchored by Carl Lewis, who ran an incredible 8.9 on the closing leg.

Thereafter the record remained with USA and then Jamaica.



Relay rivals: United States and Jamaica

Second-class citizens?

STEVE SMYTHE
CRITICISES IAAF
STANDARDS AND
UKA POLICIES WHICH
MAKE IT EASIER TO
REPRESENT YOUR
COUNTRY IN SOME
EVENTS

SELECTION criteria and standards have changed over the years. There used to be one simple qualifying mark per event and many countries, including Britain, would take nearly all the athletes they could. The USA still do but that may be to avoid litigation! Most other countries now try to be more selective for a variety of reasons, such as costs and to keep standards high. For something to be fair, it has to be in athletes' interest and logical, but this isn't happening with standards and selection criteria.

Of course there are now 'A' and 'B' standards and various changing criteria that make it difficult for the layman to know what athletes have to do to guarantee their selection.

Looking at the small differences between some A and B standards, surely it would make sense and give equality to all track and field events to go back to one simple standard, which, if they want to make it elitist but fair, should be about 30th in the world rankings in each event.

Clearly the IAAF wants field qualifying time reduced, and shows a huge bias towards sprinters, but how can it be fair that this year more than 60 athletes have made the 'A' standards in each of the men's and women's 100m and 200m, but only eight athletes have done so in each of the men's triple jump and discus. You thus have more than seven times as many athletes gaining the standards in the sprints.

Male hammer throwers, long jumpers and high jumpers and women triple jumpers and high



Lawrence Clarke: finished one place outside the medals at London 2012 despite not being ranked in the world's top 20

MARK SHERMAN

in the world top 20 at 110m hurdles in 2012, but finished fourth in the Olympic final.

Is it healthy for the sport to have so many events with no British representation? Some say this raises standards, but it could also be demoralising if you know even if you are British No.1 and have the standard, you won't get selected.

The hundreds of British supporters there, the UK media and television would surely also like to see more British representation, even if they won't necessarily make the final. But if they are selected and raise their game, they might.

This year GB selections are being made two weeks before they need to be. Obviously some feel that athletes chasing times or marks isn't good for them. But this year, the summer has only really started in the last few weeks and athletes have had to compete in conditions far removed from perfect and suitable for world-class marks. Additionally, some athletes had early-season injuries and are only going into top form later in the season. Now the weather is perfect and conditions are good and yet the athletes are discouraged from continuing their improvement in form.

What happens now if someone shows world-class form at the Sainsbury's Anniversary Games? Surely the objective should be to be pick the best team possible.

Athletes need to peak in August not reach it in early July.

Chris Thompson ran 27:40 for the 10,000m early summer and looked to be returning to form. Only six countries, Kenya (7), Ethiopia (8), Eritrea (2), Uganda (1), Australia (1) and Japan (2) have faster runners. He is the European No.1 on times and a former European silver medallist. Wouldn't he have benefited for future championships to be there?

Steph Twell has less of a case in world terms, being 43rd, but like Thompson, she was a fraction

jumpers are others that find being in the world top 15 in 2013 does not guarantee you are good enough to gain an 'A' qualifier.

There is a feeling that we are weak in some events, like the women's high jump, but it's worth noting that Morgan Lake and Isobel Pooley, who weren't even close to 'B' standards, are currently ranked higher in the world (equal 33rd) than a fair proportion of selected Britons such as sprinters Harry Aikines-Aryeetey, Asha Philip, Jody Williams and James Ellington, who gained 'A' standards.

Triple jumper Julian Reid, who was never considered for selection, is ranked even more highly at 27th.

With regards to 'B' standards, 127 women have achieved the women's 200m mark of 23.30, while the women's 10,000m (32:05) has just 29 and 10 of them are athletes not good enough to be in the country's top three. Why should 10,000m runners and field-eventers be discriminated against?

The vast difference in IAAF standards is not UKA's fault, even if it does mean athletes are treated unfairly in their perception of how

good they are, but they are totally to blame for their current policy.

In the Seventies, there were undoubtedly British passengers at championships – athletes who just about squeezed a standard and then stopped training to enjoy being at an Olympics. On occasions British throwers struggled in morning qualifying rounds to approach anywhere near their pre-championship distances. However, in recent years, Britain has had more field finalists, among them many who ranked well outside the world's top 12.

If every country took such a hardline view of just picking those likely to make the top eight, the championships would be cut in half and you could negate the need for semi-finals, and in some cases even heats!

Why is there now this obsession with only selecting top-eight potential? Would it be a disaster if someone finished 13th if they set a PB? Lottery money shouldn't be squandered on no-hopers, but how do you know what will happen at a championship?

Lawrence Clarke wasn't ranked

Number of athletes worldwide attaining IAAF 'A' and 'B' standards during 2013 as at July 18

100: M: 10.15 (66), 10.21 (100)
 W 11:28 (63), 11.36 (100)
 200: M: 20.52 (68), 20.60 (99)
 W 23.05 (65), 23.30 (127)
 400: M: 45.28 (26), 45.60 (53)
 W 51.55 (36), 52.35 (100)
 800: M: 1:45.30 (37), 1:46.20 (69)
 W 2:00:00 (22), 2:01.50 (72)
 1500: M: 3:35.00 (34), 3:37.00 (73)
 W 4:05.00 (24), 4:09.00 (75)
 5000: M: 13:15.00 (49) 13:20.00 (64)
 W 15:18.0 (41), 15:24.0 (56)
 10,000: M: 27:40 (20) 28:10 (59)
 W 31:45.00 (15), 32:05.00 (29)
 3000SC: M: 8:26 (53), 8:32 (75)
 W 9:43 (34), 9:48 (53)
 110H: M: 13.40 (22), 13.50 (53)
 100H: W: 12.94 (38), 13.10 (77)
 400H: M: 49.40 (33), 49.60 (44)
 W: 55.40 (28), 56.55 (56)
 HJ: M: 2.31 (13) 2.28 (35)
 W: 1.95 (14), 1.92 (27)
 PV: M: 5.70 (22), 5.60 (53)
 W 4.60 (20), 4.50 (34)
 LJ: M: 8.25 (11), 8.10 (29)
 6.75 (19), 6.65 (31)
 TJ: M: 17.20 (8), 16.85 (22)
 W 14:40 (12), 14.20 (23)
 SP: M: 20.60 (23), 20.10 (42)
 18.30 (19), 17.20 (55)

DT: M: 66.00 (8) 64.00 (32)
 62.00 (24), 59.50 (46)
 HT: M: 79.00 (10) 76.00 (32)
 72.00 (22), 69.50 (40)
 JT: M: 83.50 (17), 81.00 (38)
 W 62.00 (12), 60.00 (28)
 20kW: M: 1:24:00 (120), 1:26:00 (182)
 W 1:36 (111), 1:38 (152)
 50kW: M: 4:02:00 (49), 4:16:00 (90)
 Mar: M: 2:17:00 (463)
 W 2:43:00 (361)
 Dec: 8200 (15) 8000 (33)
 Hep: 6100 (20), 5950 (34)

World rankings of British athletes selected*

W400H 4th Perri Shakes-Drayton
 100 5th James Dasaolu
 WLJ eq5th Shara Proctor
 W400H 7th Eilidh Child
 HJ eq7th Robbie Grabarz
 DT 8th Brett Morse
 W100H 10th Tiffany Porter
 400H 10th Dai Greene
 W400 11th Christine Ohuruogu
 5000 12th Mo Farah
 W1500 12th Hannah England
 WHep 13th Katerina Johnson-Thompson
 WLJ 15th Lorraine Ugen
 400H 15th Rhys Williams
 110H 16th Will Sharman
 W800 17th Marilyn Okoro

HT 19th Sophie Hitchon
 W800 20th Jessica Judd
 PV 23rd Steve Lewis
 100 24th Dwain Chambers
 400H 24th Sebastian Rodger
 200 25th Delano Williams
 W400H 27th Meghan Beesley
 200 27th Adam Gemili
 800 27th Michael Rimmer
 W3000SC 31st Eilish McColgan
 W1500 33rd Laura Weightman
 100 37th Harry Aikines-Aryeetey
 W100 40th Asha Philip
 1500 40th Chris O'Hare
 800 41st Andrew Osagie
 200 43rd James Ellington
 W800 46th Laura Muir
 W200 49th Jodie Williams
 W200 51st Anyika Onuora
 3000SC 61st James Wilkinson
 Marathon 91st Susan Partridge
 20kW 91st Alex Wright

No 2013 marks

Jess Ennis (Hep), Mo Farah (10,000m), Sonia Samuels (Mar)
 *As at July 18

Top 50 world rankings of British athletes those not selected*

W400 10th Perri Shakes-Drayton (400H selection)
 WPV eq14 Holly Bleasdale (injured)

W1500 21st Lisa Dobriskey (injured)
 HJ eq22nd Tom Parsons
 PV eq23rd Luke Cutts
 TJ 27th Julian Reid
 200 31st Richard Kilty (4x100m selection)
 TJ 32nd Nathan Douglas
 W400 32nd Anyika Onuora (200m/4x400m selection)
 400 33rd Michael Bingham (4x400m selection)
 WHJ eq 33rd Morgan Lake
 WHJ eq 33rd Isobel Pooley
 WLJ 34th Abigail Irozuru
 WTJ 36th Yamile Aldama
 400H 36th Richard Yates
 DT 38th Jade Lally
 400 38th Richard Strachan
 HJ 38th Allan Smith
 100 41st Joel Fearon
 400H 43rd Ben Sumner
 W5000 43rd Steph Twell
 400H 45th Niall Flannery
 200 47th Daniel Talbot
 W400 48th Shana Cox (4x400)
 HT 50th Mark Dry
 WPV eq50th: Lucy Bryan
Others with 'A' or 'B' standards who could have been selected where free spaces were open
 100H 71st Serita Solomon
 *As at July 18

outside the 'A' standard. Further, while the former world junior 1500m champion still isn't yet at her best, she would have gained so much from competing and it could have helped her preparation for next year's Commonwealth and European events.

Jade Lally has dominated the discus domestically this year and has a 'B' standard. She has been consistent, showed good form in the European Team Championships, for which Britain had to select her and set a season's best of 60.23m to win the trial. It only took a throw of 59.94m to qualify for the 2011 World final and 62.08m to make the top eight.

To highlight the lack of consistency, more than half of those selected for individual events are not in the current world top 20.

If we are trying to be elitist and cut costs, do we need so many

relay runners? At first I thought we had been allowed to field two teams or had found some proviso that we could have an 8x200m team to take on the Americans!

We have nine named for the women's 4x400m and that doesn't include hurdler Meghan Beesley, who ran at Gateshead last month, and former relay regular Marilyn Okoro – both of whom could be drafted in too. Many of those selected in the squad won't get a run and are ranked well outside the world top 50.

And one final complaint: It's not easy fitting lot of events into the summer, but did the European under-23 event have to be the same weekend as the Trials? It was a pity that the likes of Adam Gemili and Danny Talbot didn't have the opportunity to compete in what was marginally better conditions at Birmingham.

Farah's 1500m creates

JASON HENDERSON
WONDERS IF MO FARAH'S MARATHON DEBUT NEXT APRIL IS TOO SOON

IT IS amazing to think that Mo Farah's thoughts (and training) at the end of this summer will turn to the marathon. He has just run a European 1500m record of 3:28.81 and yet the 30-year-old Briton is poised to put his track spikes to one side and lace up his road shoes to tackle 26.2 miles.

After showing such dazzling speed over the metric mile, is it the right time to make his marathon debut? In April 2014 he is due to compete in the Virgin Money London Marathon. It is an exciting



MARK SHEARMAN

Marathon man: Mo Farah runs in London next April despite his amazing track form

idea, but the prospect of him attacking various track distances is also appealing.

Plus, perhaps the marathon can wait. Whereas his superhuman form at 1500m to 3000m certainly will not last forever.

Farah's run in Monaco showed what fantastic range he has. Indeed, he became only the third man after Paavo Nurmi and Sandor Iharos to hold the European 1500m and 10,000m records simultaneously. I'd say the only athletes in the modern-day era who can match him for range are those shown in the panel on the opposite page.

When it comes to "range", of the athletes mentioned I believe Aouita is the most impressive. Bear in mind the Moroccan ran his marks in the Eighties and had

A tale of talent and overcoming adversity

WE'RE led to believe league athletics is dying. If so, no one told the hardy athletes from the extreme south-west corner of the UK this summer.

Despite overcoming the obstacle of travelling huge distances to most of the matches, the Southern Men's

League Division One West was won by Newquay & Par AC, with Cornwall neighbours Cornwall AC winning Division Two West.

The Newquay & Par team travelled more than 1500 miles to get to its four fixtures in Windsor, Bournemouth,

Guildford and Yeovil this summer. Cornwall AC, meanwhile, is based even closer to Land's End.

Larry Garnham, coach at Newquay & Par, says: "This sounds out a message to other clubs. League athletics is not dead or even dying.

Our youngsters have shown that with great team spirit anything can be achieved."

Garnham adds: "With travelling times in excess of four hours for most fixtures, we not only made every match on time but were usually the first team to arrive, often a couple of hours before the first event.

"This is even more impressive when you look at the ages of the athletes. This isn't some hardened group of old timers just along for the beer. This is a team of predominantly teenagers who get up at the crack of dawn – around 5am – snatch glimpses of sleep on the mini-bus and then work their socks off at the match to great effect.

"There are no prima donnas. Everyone chips in. Everyone is exhausted at the end of the day, everyone is excited at the result, everyone is keen to work for the benefit of all!

"Not only did our athletes have staggering mileage to conquer, compared to all their rival teams but never did they use it as an excuse for a poor turnout or a weak team."



Newquay & Par back row (l to r): Brett Marsh, Lee Hamilton, Lawrence Mitchell, Dan Pearce, Jay Hill, Kieran Rowe, Matt Jones, Jack Wightman, Chris Harris. Front: Mark Bracher, Corey Cross, Kyle Chapman, Dan Nash, Sam Robins, Sam Lane de Courtin

a dilemma

	800m	1500m	Mile	3000m	5000m	10,000m	Marathon
Mo Farah	1:48.69	3:28.81	3:56.49	7:34.47i	12:53.11	26:46.57	-
Haile Gebrselassie	1:49.35i	3:31.76i	3:52.39	7:25.09	12:39.36	26:22.75	2:03:59
Kenenisa Bekele	-	3:32.35	4:01.57i	7:25.79	12:37.35	26:17.53	-
Said Aouita	1:43.86	3:29.46	3:46.76	7:29.45	12:58.39	27:26.11	-
Daniel Komen	-	3:29.46	3:46.38	7:20.67	12:39.74	27:38.32	-

only one serious crack at 10,000m, where he beat the reigning Olympic champion at the time, Alberto Cova of Italy. His 1500m and 5000m times (not to mention 2000m and two miles) were world records and after winning the Olympic 5000m title in 1984 he dropped down to 800m to take bronze at the 1988 Games. As if that's not enough, he also ran an 8:21 steeplechase.

Unfortunately, we never saw Aouita tackle a marathon. The same is true for Daniel Komen and, so far, Kenenisa Bekele. Herein lies a huge dilemma for Farah and his coach Alberto Salazar.

Just how much longer do they spend chasing track times? Or perhaps Salazar believes Farah can run a marathon and return to the track with no ill effects? Also, no one wants to see Farah tackle 26.2 miles when he is past his peak and beginning to decline.

What distance would you most like to see Farah tackle next? I asked this question on Twitter last week and got a few replies for 800m! Clearly some are intrigued by how fast he can go over two laps. Certainly, his PB, set in the British League in 2003, is dated.

One mile is perhaps a more obvious target, though. The British and European record is held by Steve Cram with 3:46.32 and surely within his range given the fact Farah beat Cram's 1500m best in Monaco.

Problem is, there are few one mile races these days, unless Farah makes a last-minute switch to the Emsley Carr Mile at this weekend's Sainsbury's Anniversary Games.

Currently, Farah is set to run the 3000m – and this is another highly intriguing distance for him

to tackle. Chances are, his race in London on Saturday will not be a world record attempt. If it was, he would definitely have to run faster and harder than ever before because Komen's 7:20.67 is one of the toughest in the books.

Then there is the 5000m. One of the quirkiest facts about the Monaco race is that Farah now sits No.6 on the world all-time lists for 1500m but over his Olympic gold-winning distance of 5000m he is only the 31st quickest in history.

The world 5000m record is 12:37.35 by Bekele and would seem within Farah's scope. The Ethiopian, meanwhile, also holds the 10,000m record with 26:17.53 – around half a minute quicker than Farah's best.

Track times aside, it is easy to see why the marathon is so appealing. To become the first British winner in London since Eamonn Martin would be a huge achievement. It's generally accepted the road scene is more lucrative, too.

Call me greedy or old-fashioned, but I'd also like to see Farah have a crack at winning the World Cross at some stage!

So Farah and Salazar have what you might call a "nice problem". He is in the form of his life, but no athlete ever quite knows how long it will last. When in top form, you always think there are greater days ahead, but sometimes there aren't.

The British mile record is at Farah's mercy. World record attempts at 3000m, 5000m and 10,000m are mouth-watering ideas. But do we want him to exhaust his ability on the track and enter the marathon as a semi-spent force?

NEXT WEEK

○ SAINSBURY'S ANNIVERSARY GAMES

All the action from the three-day meeting at the Olympic Stadium with reports, photographs galore, behind-the-scenes news and results

○ IPC WORLD CHAMPIONSHIPS

As the disability athletics event in Lyon draws to a close, we bring you a wrap-up from the meet

○ MOSCOW UPDATES

With the IAAF World Championships just days away, we bring you the latest news relating to athletes who are ready to make their mark in Russia, plus those missing with injuries

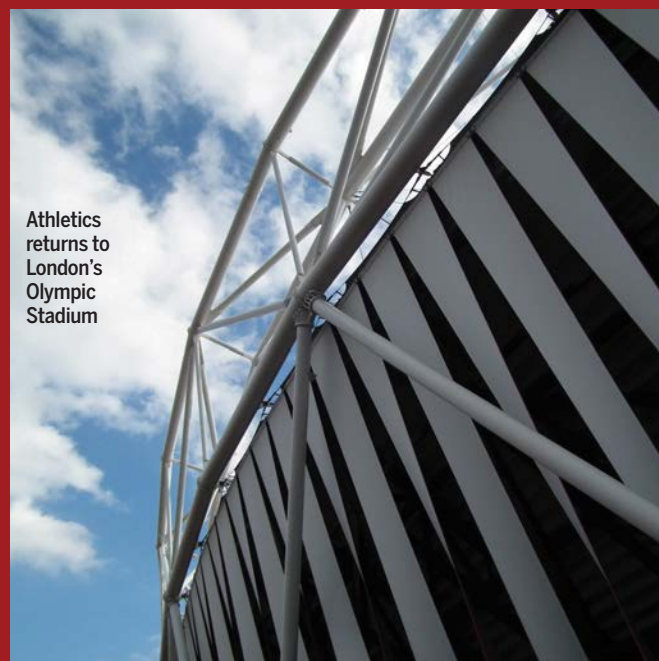
○ MODEL ATHLETE

Interview with British Championship sprints hurdles medallist Nick Gayle and his growing success as a male model

○ TRAINING ADVICE

Mid-summer advice in our Performance section

AW HITS THE SHOPS ON AUGUST 1



Athletics returns to London's Olympic Stadium

EDDIE MONK

Your Say

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

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

Selection anger

WITH regard to the selection of the team for Moscow, the conclusion must be that for a number of athletes there is now a temptation to say: "We are not British Athletics".

I suggest it would have saved time, effort and paper for the selection committee to publish the following selection criteria – "we'll pick whoever we like". This would at least have the virtue of honesty, rather than causing the inconsistencies of policy which they seek to justify through sub-clauses.

No doubt the response will be made that in a world where funding is based upon numbers of finalists or medallists, the committee must seek to get the best value from the money invested in British Athletics by only selecting those whom they consider (however mechanical they try to make it, this remains a subjective judgment; why not just say so?) will perform most effectively or will learn to perform most effectively at the World Championships.

This, when considered carefully from a business perspective, suggests that insufficient money has been placed in the section of the budget for championship expenses to meet the circumstance of a full team being picked, and thus, by implication, that British Athletics does not trust itself to produce sufficient athletes to fill a team.

The responsibility of the national governing body, whatever the political climate, is to confirm the selection of any athlete who has achieved the qualifying standard, and then only to decide between athletes in the happy circumstance where more athletes than places

are available. Not to do so is both an abrogation of that responsibility and an arrogation of its own position.

One of the sub-clauses in the selection policy refers to the performance of athletes at previous championships. I offer three responses to this:

- Awarding a British vest to an athlete may inspire a greater performance, even more so if the athlete failed to live up to that responsibility on a previous occasion.

- Alternatively, if this appears hopelessly romantic in a funding-driven organisation, the selection committee must have no faith in the staff they employ as psychologists and support staff to assist those athletes who have disappointed on a previous occasion. In which case funding from a different budget is being used unwisely.

- A single, if unstatistical, example to warn against such a policy. Since everyone seems agreed that athletics cannot exist without him (although a full house at the Birmingham Diamond League seemed to enjoy themselves perfectly well in his absence), I refer British Athletics to round one, heat four of the 2004 Olympics in the 200m, where the athlete in fifth place entered with a season's best of 19.93:

- 1 M Jedrusinski (POL) 20.63Q
- 2 T Unger (GER) 20.65Q
- 3 J Batangdon (CMR) 20.92Q
- 4 G Pauer (HUN) 21.02Q
- 5 U Bolt (JAM) 21.05
- 6. C Nsiah (GHA) 21.06
- 7. H A Al Dalhami (OMA) 21.82
- 8. R Matsuda (JPN) 24.59

Whatever happened to him?

J L Ainsworth, Rugby

LETTER OF THE WEEK

• A thrilling and timely return to Stratford

DESPITE all the negative drugs stories in athletics this month, I'm looking forward immensely to the Sainsbury's Anniversary Games this weekend. No wonder the tickets sold out in less than two hours. With Usain Bolt, Mo Farah and hopefully Jess Ennis-Hill it looks like a veritable feast of athletics.

Critics have said the recent doping stories mark the death knell for athletics. Surely that's not the case. Athletics has survived these kind of negative incidents for years and has proved it is stronger than the cheating minority who cause the disruption.

Seb Coe said in the *Guardian* a few days ago: "I hope it

(Anniversary Games) shows track and field at its very best and that, when it's properly choreographed and you've got the right facilities, it's as competitive as any sport out there for the affections of a nation.

"I hope it does take people back a few months to what London was like and how they were enjoying themselves and how their kids were wanting to join clubs. It's a massive moment."

I wholeheartedly agree and will relish every moment, not to mention the IAAF World Championships that follows swiftly in its footsteps.

William Pendleton, via email

Brooks Sports, the specialist running company, is happy to sponsor *Athletics Weekly's* 'Letter of the Week'. Brooks Sports has long been associated with producing technical, innovative running footwear and apparel and its products are stocked by specialist running retailers. For more information visit www.brooksrunning.co.uk. Each week's letter will win a Brooks 'Podium' technical T-shirt. Please specify size: S/M/L/XL and include your address, telephone and email.



• Baton throwing

I WRITE with reference to the letter in last week's *AW* from Richard Holland regarding the disqualification of the Herts junior boys 4x100m relay team at the English Schools Championships in Birmingham.

While I can sympathise with the Herts 4x100m junior boys team's disqualification at the English Schools I do not agree with Richard Holland's view that this is appalling or petty.

Rule 118(3) from the UK Athletics Rules for Competition states the following: "On completion of the final leg the baton is to be handed to an official by the last runner. It is not to be dropped or thrown from the hand. Failure to comply with this instruction may lead to disqualification."

The rule is quite clear and far from being petty is there to prevent accidents and injuries taking place

to fellow competitors or officials. A baton dropped or thrown at such speed could easily end up taking the eye out of an official or any number of other unfortunate possibilities.

Athletes at this level are well aware of the rules and frankly they only have themselves to blame. Unfortunately this will be a harsh lesson learned as Richard pointed out. But a better lesson to have learned than having to live with causing a serious injury to someone.

And as for drawing similarities with rules in football, while I agree that being penalised for taking shirts off is ludicrous, I feel that the rule around going into the crowd to celebrate with supporters is exactly on a par with dropping or throwing a baton. It is downright dangerous.

Jeremy Gold, Rawtenstall

• *I wonder if the kids realised the rule even existed – Editor*

Broome brushes rivals aside

MULTI-TALENTED YOUNGSTER HAS COME A LONG WAY IN JUST ONE YEAR OF LONG JUMPING

JUST a year after trying long jump for the first time, Eleanor Broome has won English Schools and England Athletics under-15 indoor long jump titles and currently tops the UK age group rankings with 5.86m.

In fact, the 14-year-old would be the perfect model to show other budding young athletes that you can enjoy different sports alongside athletics and still succeed at the highest level. The Rugby & Northampton AC long jump ace finds her gymnastics tumbling training complements her athletics.

More remarkable is that Eleanor only trains once or twice a week as the rest of the time she is training for tumbling. Eleanor says: "About three times a month I travel to Bedford for long jump with my lead coach, Ian Roberts. My tumbling training has similarities to my long jump training and helps me stay springy."

Eleanor first went along to the club aged about 11 after winning the county schools 100m title. Boasting a PB of 12.6 for the sprint event, Eleanor tried long jump in a league meeting last year and recorded 4.34m and decided to join in a jumps session at the club.

Roberts, an England Athletics mentor, was visiting at that session



Eleanor Broome: English Schools long jump champion

and immediately predicted she would win the English Schools this year. Eleanor says: "As I didn't really know what I was doing, Ian sorted out a run up for me and explained what the aim was and I jumped around 5.50m. After that, long jump became my main event."

Success followed soon. She won the national indoor under-15 championships with 5.52m. Reflecting on her English Schools win with 5.70m, she said: "I was really pleased to win as I know there are some really good jumpers

in the year above me so it will be a lot harder to get a medal next year.

"I didn't really know what English Schools was before going, but I really enjoyed getting to know people in the Northants team from different athletics clubs."

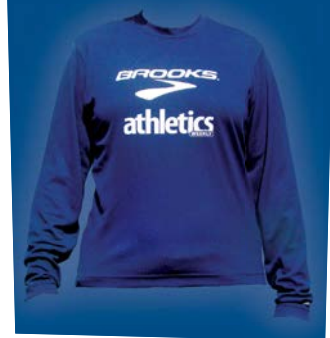
Eleanor hopes to improve her PB and win the Midland and England Athletics age-group titles. She would also like to try a javelin competition as she really enjoys the event. She has also qualified for the English Schools Combined Events in September, having won the regional event last month.

"I was persuaded by the school to have a go, although I was a bit reluctant as I had only done the other events in PE lessons," she said. "I quite like doing other events at lesser competitions, but at present have no ambitions to be a multi-eventer. I am a bit nervous about the English schools, as it will be a much bigger event."

Brooks Sports are delighted to sponsor **Young Athlete**. Specialising in running shoes and apparel, we are keenly working with **Athletics Weekly** to showcase some of Britain's talented youngsters out there waiting in the wings and starting to prove themselves.

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The young athlete featured each week will receive a Podium long sleeve T-shirt, emblazoned with the **Brooks** and **Athletics Weekly** logos.



The talented youngster has no intention of giving up her tumbling. She says: "Next year I want to try and get to the British Championships for tumbling, but I would also like to represent England in long jump. Hopefully I can carry on doing both athletics and tumbling and I am happy to just see what happens for now and enjoy it while I can."

The Caroline Chisholm School pupil credits her PE teacher, Amanda Greenmore, for encouraging her with athletics, as well as her mum, Jenny, for driving her to training and competitions. Jenny is full of praise for the approach Roberts has adopted with his protégée.

"Eleanor is very lucky to have such a high level coach as Ian Roberts and he is perfect for her personality, as she is quiet and new to the event," she said. "Ian has been positive about her tumbling and doesn't expect athletics to be all-consuming for her at this age."

FACTFILE: ELEANOR BROOME

Born	February 6, 1999	Coach	Ian Roberts
Club	Rugby & Northampton AC	PBs	100m: 12.6. LJ: 5.86m. Pent: 2734
Achievements			
2013	English Schools long jump 1st; Northants Schools and County 100m and long jump 1st; England Athletics under-15 indoor long jump 1st; Midland indoor long jump 1st; East Anglia Schools combined events 1st		
2012	England Athletics under-15 long jump 2nd		



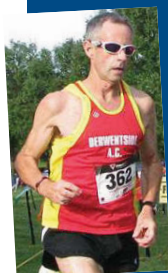
Support junior athletics via the Ron Pickering Memorial Fund. See rpmf.org.uk

AW

Ice queen on fire

MOST of the 'How They Train' articles in this magazine are about British athletes, but from time-to-time we include overseas athletes and some noteworthy names have been Janay DeLoach and Lasse Viren.

This week we feature a 17-year-old from Iceland who has had a memorable year with the last month being spectacular. Anita Hinriksdóttir



and her coach, Gunnar Páll Jóakimsson are personal friends and I've closely monitored her progress

since last autumn when she attended my BMC Residential Training weekend at Spinkhill, near Sheffield.

With victories at the IAAF World Youth Championships in Donetsk, Ukraine, and the European Junior Championships in Rieti, Italy, in the space of 10 days, all with a fearless front-running approach, she has now been elevated to a whole new status and deservedly so.

David Lowes, Coaching editor

PERFORMANCE GUIDE

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Anita Hinriksdóttir: pushes the male athletes to their limits on the trails in Iceland

DAVID LOWES LOOKS AT THE TRAINING THAT HAS TAKEN ICELAND'S EQUIVALENT OF JESSICA JUDD TO EIGHTH ON THE YOUTH ALL-TIME LIST WITH 2:00.49

Pictures: Gunnlaugur Júlíusson & Gunnar Páll Jóakimsson

THE name of 17-year-old Anita Hinriksdóttir might be unfamiliar to many, but that may not be the case for much longer. Earlier this month, the super-talented Icelandic athlete won her country's first global gold medal when she ran the 800m at the IAAF World

Youth Championships in Donetsk, clocking a championship record.

There was little time to celebrate victory though, as within days last week she was back on the track to take on the best Europe had to offer in the U20 age group in Rieti. With just a heat and a final she won both in her usual swashbuckling style from gun-to-tape, although this time she was pushed all the way in the final clocking 2:01.14 with Olena Sidorska of Ukraine only a couple of strides adrift. Discounting heats, the young Iclander's last four races have been 2:01.17, 2:00.49, 2:01.13 and 2:01.17 – all victories or course!

When she returned home from Italy there was a civic reception organised in her honour along with a congratulatory message from the Prime Minister. Those things

may be the norm in future for the usually media shy athlete.

The task in Rieti was much tougher as she was running against older athletes, however thankfully, it was only two races in three days. With Britain's Jessica Judd, the pre-race favourite, pulling out with a niggler, the pressure of being one of the favourites shifted to her slender shoulders. Hinriksdóttir said: "Donetsk was always my No.1 goal for the season and anything else would be a bonus. Rieti was more for experience as I don't have a lot of that in tactical races."

During the winter I witnessed her run 2:03.27 indoors in the Icelandic capital in a race she won by 25 seconds, just failing to lap the backmarker! She has set frequent PBs this year and had a win in the European Team Championships third league in Banka Bystrica, winning by almost seven seconds in an Icelandic record of 2:01.17 and coming back the following day to take the 1500m with an Icelandic youth record of 4:16.51.

A week later in Mannheim at the Bauhaus Junior Gala the youngster stopped the clock with an outstanding 2:00.49 to go second on this year's world under-18 lists behind USA's prodigious Mary Cain.

She says: "That is definitely my

FACTFILE: ANITA HINRIKSDOTTIR

Born January 13, 1996 **Coach** Gunnar Páll Jóakimsson
Club Reykjavik Sportsclub
PBs 400m: 54.29 (2013); 800m: 2:00.49 (2013); 1500m: 4:16.51 (2013). Indoors: 400m 55.42 (2013); 800m 2:03.27 (2013); 1500m 4:19.57 (2013); 2000SC 6:34.80 (2012)

Achievements

2013 European Junior gold; World Youth gold; Euro Team Third League 800m gold, 1500m gold, 4x400m silver; Europe Small States 400m gold, 800m gold, 4x400m gold; European Indoor SF
 2012 World Junior 800m 4th

TYPICAL TRAINING WEEK IN WINTER 2012-2013

Monday	Speedwork at indoor track; warm-up with many sprint drills; 8-10 accelerations over 60m, 120m, 150m (the longer ones are constant acceleration up to 90m and 120m with last 30m holding top speed); 1x250m (400m pace) + 2x150m (slightly faster than 400m pace) + 4x120m (fast), 3-7min rec.
Tuesday	Gym work: 20-30min (with and without weights, clean, plyometrics, walking over hurdles, one leg squats, core work); endurance, 7-10km with 3-5 x 1100m-1500m efforts at 10km pace.
Wednesday	Special endurance and speed at indoor track. 2x600m (6min rec) + 3x400m (4 min rec) + 4x300m (3min rec) + 6x200m (2min rec). First three sets at constant 800m pace (30-32sec per 200m), last set in 28-30sec.
Thursday	Gym work: 30-40min (similar to Tuesday). Endurance and speed for about 50min with younger group athletes (13-17 years old) – fartlek, hills, relays – all on cinder paths and grass when possible.
Friday	Recovery jog and 40min circuit strength training.
Saturday	General endurance changes to special endurance in preparation for indoor season. 6x200m (2min rec) + 1x1000m (3min rec) + 1 x mile (4min rec) + 6x200m (2min rec) average times: 31sec, 3:10 and 5:25 – or 5x1000m in 3:05 (3min rec). Outdoor on cinder paths, but use indoor track if outdoor conditions are unsuitable (December-March more often indoors than outdoors).
Sunday	Rest day.

Total mileage = 25 to 30 miles

Coach Jóakimsson: “Over Easter we did quite a few days with double sessions to total 50 miles and it was a positive experience for the future. Our plan is to have weeks of 40 miles next winter and 50 miles for 2014-15 (sometimes more when in training camps). Next winter the workload will also increase. Anita will do two days per week with double sessions and Thursday will then be threshold running with older athletes instead of fartlek with younger athletes. A visit to a physiotherapist is included every other week. So far she has never had any injuries that have affected her training and did not miss a single session last winter.”

TYPICAL TRAINING WEEK IN SPRING-SUMMER OVERVIEW 2012-2013

Coach Jóakimsson: “Three days of track work if not competing. One day is a recovery day of jogging and stretching while another consists of an easy 10km, or a 10km with a 15min section at 10km race pace. The other day will be fartlek-type work lasting 50min, which for Anita is an easy day.

“She does fitness exercises after a run at least three days a week (core exercises) and always has a recovery day after competition. In my group we have athletes of both genders with some 1:51-2:00 800m runners and Anita runs on the track and trail work with them but does less volume and has longer recovery times.”

One of the key sessions is on cinder trails with undulating hills on a circuit of either 1 or 2 miles where the group do efforts varying between 250m-1200m with jog recoveries. Example variations are: 2.2km circuit x 3 – first circuit 4x300m-400m (one with steep hill), second circuit 1x1100m (with steep hill) + 1x300 and third circuit same as first; 1 mile circuit x 3 - first circuit 2x500m, second 1x1200m and third same as first.

Example track sessions:

2x200m in 30sec (2min rec) + 1x800m in 2:10 (6 min recovery) + 1x500m in 72 (6min rec) + 1x400m in 64sec (3min rec) + 1x200m in 26.5sec (working at two different speed levels – faster work only in spikes).
4x200m in 29-30sec (2min rec) + 1x600m in 1:26.5 (10min rec) + 1x300m in 41sec + 1x200m in 26.5sec.

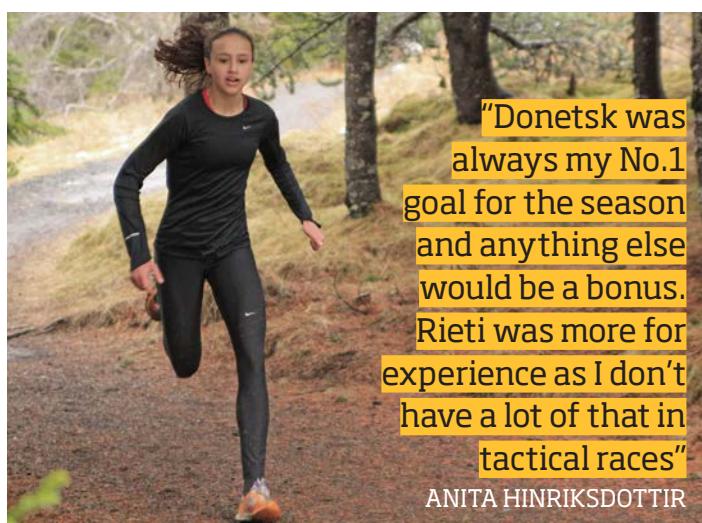
● The above sessions are specific to the individual athlete and may not be suitable for other athletes

best run to date, especially as it was the first time I've run negative splits!”

Last year, along with her coach, Gunnar Páll Jóakimsson, she flew all the way from their Icelandic base of Reykjavik to attend a British Milers' Club three-day residential course near Sheffield when many BMC members deemed travelling 150 miles or so too far!

Apart from the hard training sessions it was also a good opportunity for the youngster to improve her English. Needless to say, she won the award for “best female athlete” at the course!

Their trip wasn't easy either, they landed at Manchester Airport before taking a train to Sheffield and their return journey involved travelling to Gatwick for a return flight. However, travelling such distances are the norm for both



“Donetsk was always my No.1 goal for the season and anything else would be a bonus. Rieti was more for experience as I don't have a lot of that in tactical races”

ANITA HINRIKSDOTTIR

as she races in Scandinavia and across much of Europe.

At the BMC course her raw talent was evident for all to see as she pushed the boys to their limits with her fearless front-running. Despite a somewhat unorthodox

forward lean running style and a long arm carriage, her stride is nevertheless majestic and Jóakimsson is working hard to improve her biomechanics.

At the IAAF World Junior Championships in Barcelona

last year Hinriksdóttir finished a tantalising fourth in the 800m, setting two Icelandic records en route to the final. Britain's own starlet Jess Judd took silver that day and the comparisons between the two are very similar, even down to almost identical birthdays, albeit one year apart.

Hinriksdóttir began running with her parents at the IR club in Reykjavik when she was just 10 and she says: “I had ambitions right from the start and had some success in road races, in middle-distance racing, though it has been a gradual progression.”

She adds: “I trained with my age-group coach in the first few years and when I was 14 I went to Gunnar's group a few days a week and this increased gradually so that by the time I was 16 most of my running was with his group.”

Coaching courses



ENGLAND

Coaching Assistant

September 7-8: Prince of Wales Stadium Sport Centre, Cheltenham. **Cost:** £190 (EA affiliated £145).

Leadership in Running Fitness

September 7: Hadley Stadium, Smethwick. **Cost:** £110.

September 7: Truro Prep School, Truro. **Cost:** £110.

September 8: The Julie Rose Stadium, Ashford. **Cost:** £110. Athletics Leader

NORTHERN IRELAND

Coaching Assistant

September 14-15: Mary Peter's Track, Belfast. **Cost:** £135

Leader in Running Fitness

October 6: Mary Peter's Track, Belfast. **Cost:** £75.

Contact: info@athleticsni.org

SCOTLAND

National Coaching Weekend

September 14: Emirates Arena, Glasgow. **Cost:** Free to coach members of Scottish athletics.

National Coaching Days

September 15: Pitreavie, Dunfermline. (Hurdles W1). Emirates Arena, Glasgow. (Vertical & Horizontal Jumps W1). Ayrshire Athletics Arena, Kilmarnock. (Javelin) Grangemouth Stadium. (Shot, discus & hammer W1). Emirates Arena, Glasgow. (Speed & relays W1). (All days are free).

Coaching Assistant

September 21/22: Craigswood Sports Centre, Livingston. **Cost:** £150 (50% subsidy available to those eligible).

Contact: Jim Goldie at coaching@scottishathletics.org.uk

WALES

Coaching Assistant

September 14/15: North Wales Indoor Athletics Centre, Deeside College, Deeside. **Cost:** £150.

Contact: dave.goodger@welshathletics.org

Jóakimsson studied physical education and exercise physiology at San Jose State University, California and finished a master's degree in 1987. He attends many coaching clinics all over Europe in his thirst for knowledge and, indeed, I first met him while lecturing in Finland three years ago. He is also a member of the BMC. He is using all of his vast knowledge and experience to develop the young Icelandic athlete into hopefully a world star in the senior ranks with a hard, yet sensible approach to training and racing.

With the perception in Britain that Iceland is a cold and inhospitable place to live, the average temperature for the coldest month is a surprisingly bearable 2C and she says: "It's actually good in the summer months and probably better in the winter than most people think and besides we have a very good indoor track!"

Although the standard for middle-distance running isn't particularly strong for her needs on the island, she still gets good competition in the sprinting events where she hones her speed.

Hinriksdóttir recalls her first meaningful win: "It was at a youth festival in 2006 when I was aged 10 and I won a 600m race in 2:00.14. It meant a lot at that time." Her first race outside Iceland was in Helsinki in 2010 over 800m at the Nordic School Festival. She won the 800m race in 2:18.1, which was a six-second improvement on her previous best. Her progress since then year on year has been relentless.

The likeable yet shy Hinriksdóttir says her favourite session is "any



Anita Hinriksdóttir: winning the European Junior title in Rieti over 800m added to her World Youth gold in Donetsk a week earlier

specific 800m track work – easy and fast reps – and also running on the trails."

However, she says: "Longer threshold sessions are my least favourite."

With her short-term goals already achieved, her long-term target is the Olympics in Rio when she will still only be aged 20. Her aunt, Martha Ernstsóttir, a marathon runner, went to the Sydney Olympics and is someone the youngster looks upon as a role model.

Having achieved the 'B' standard for the IAAF World Championships in Moscow this summer she was tempted to go. However, after pondering over the task with her coach and asking for advice from others, both coach and athlete

realised that doing the World Youth and Euro Junior events could mean up to six 800m races in the space of 11 days and that it would be better to concentrate on them, take a breather, and then perhaps look for a fast race towards the end of the season.

Although success has come early in her career, the road ahead is still a long one and both athlete and coach are well aware of the many pitfalls synonymous with talented youngsters falling by the wayside. However, if talent, determination and good coaching are just three ingredients that pave the road with gold, then Anita Hinriksdóttir is on her way.

One thing is certain, she certainly won't be an unknown outside of Iceland any more.

ANITA HINRIKSDÓTTIR: YEARLY PROGRESSION

	Age	400m	800m	1500m	3000m	5000m/10,000m
2006	10	–	2:48.28 (i)	–	–	48:58
2007	11	–	2:39.4	–	–	43:38
2008	12	–	2:29.98	–	–	40:33
2009	13	–	2:26.08	4:51.20	–	40:07
2010	14	62.41 (i)	2:18.1	4:44.83	10:20.65	39:58
2011	15	58.10	2:08.64	4:28.59	10:05.45	–
2012	16	55.21	2:03.15	4:22.08	–	17:36
2013	17	54.29	2:00.49	4:16.51	–	17:20

Perception or reality?

BARRY COOK EXPLAINS HOW COACHES CAN HELP ATHLETES ASSESS THEIR PERFORMANCES REALISTICALLY

AN EXPECTED win or a surprise defeat can produce over-confidence or insecurities within the athlete or team. How does that happen and how do we ensure that our interpretation as coaches, of what happened are facts and are based on reality? Understanding the process that can lead to either of these behaviours can give some insights into how we jump to conclusions and then consider how we can as coaches help athletes decipher the information that they are receiving.

We all react to what we see and hear in our own unique way. Two witnesses to the same event see it differently. Ask five people following a football match, "what was the game like?" and you will get five differing versions. Why and how does this happen and what are the implications of this for coaches?

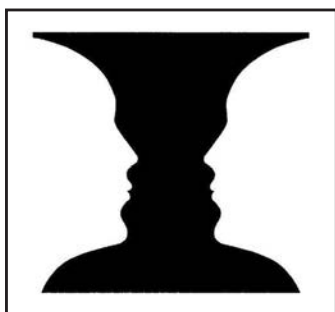
The human brain cannot process all of the information that it's getting at any one time. It's far too much. So we select some of the data that is important to us and ignore the rest. We select that information on previous experiences, which is different for everyone.

Research by Chris Argyris and Donald Schon developed the idea of mental models we develop that enable the brain to cope with all the information that it is receiving at that moment in time. Mental models influence how we perceive the world through our senses by filtering the information based on those previous experiences.

We all have our own memory bank that we use to decide which selective piece of information we



choose at that moment in time that is important to us. See how you perceive the picture below. Do you see a vase or do you see two faces?



Argyris further developed his ideas to look at the process of how we interpret and draw conclusions from the information we select and in the 1970s developed a model called the "ladder of inference". This describes the thinking process that we go through, usually without realising it, to get from a fact to a decision or action.

I Take Actions
I Adopt Beliefs
I Draw Conclusions
I Make Assumptions
I Interpret Reality
I Select Data
Reality and Fact

Imagine an athlete competes in a race. We then debrief them in what they think happened. They begin with something that happens that is based in reality and fact – the kind that would be captured by a video camera. They then select some of that data.

To this selected data they add meaning to it by taking that experience and putting their interpretation on what has happened and develop assumptions about what they see, hear and feel. They then draw conclusions from the information they have now collated and reinforce these conclusions with their beliefs that have developed over their lifetime. This will form the basis of their actions (which in this case is what happened) based on their beliefs.

Case study

A level-4 hurdles coach recounted a story of an athlete that took part in an indoor hurdles race at Lee Valley athletics centre. The athlete was expected to win but was beaten into second place albeit with the same time as the winner.

The athlete's perception was that it was a terrible race and then recounted everything he had done wrong. The reality was, as the coach pointed out, his second

fastest time ever over the distance while the winner pulled a PB out of the bag that was far superior to his previous mark and could not have been expected. Things that happen like this are out of the control of that coach's athlete.

Your view of what you saw may be completely different from the perception of the athlete and your role as a coach is to get to the reality of what happened. We may well be planning the next stage of their training based on this view. There is no time-scale for going from bottom rung to top rung. It could be in seconds. It may happen over a much longer period of time.

The athlete may feel that they have not competed well or they may feel they have performed beyond what they expected. They may not have seen something that is crucial to the outcome or they may not have selected that particular piece of information.

Practice

The coach should also take time to explore their assumptions and the beliefs underpinning them and then consider:

- Are my observations and actions taken based on facts or are they the facts as I see them?
- Have I ascended the ladder of inference or am I still based in fact and reality?
- Do I tend to jump to certain rungs?
- Do I tend to select only part of the data?
- Did I see a vase or two faces?

In a future article I will discuss a communication model that can help communicating reality with our athletes.

● Barry Cook is a qualified endurance event group coach and UKA coach tutor. He can be contacted at tacit.training@gmail.com

Physio's bench

● I'M A sprinter and I find that my lower back is always stiff until I warm-up for a long period of time. This obviously affects my running style with reduced drive from the upper leg muscles in particular. Do I need my back checked out and are there any exercises that I should or should not be doing?

● THERE may well be some issues in the back, which will undoubtedly be found to be tight and stiff. However, you have to look at the bigger picture as to why you are always tight in the back. The commonest cause is tightness in the hip flexors or at the front of the hip and into the lateral thighs. This has the effect of tipping your pelvis forward, which extends the back and makes it stiff.

There is also often weakness in the abdominals and in the gluts as part of this pattern. This is where the weakness comes in.

Seeing an experienced physio in running injuries will get the back moving and sort out the pelvis posture. It is also possible that the stiffness in the back is altering the way in which the nerves send their signals to the legs, which has a "weakness" effect. Again, it comes down to the whole picture. Resolve the way the back and pelvis works and you will find the stiffness goes and your performance improves.

The basics would be core work to control the pelvis, flexion mobility work for the spine, hip flexor and lateral thigh lengthening stretches and glut work. These all need to be in the context of good core control, which then leads to drills to bring the pelvis control into your running. I would not at this stage do back extension exercises.

THE 6 ages of athletics

COACHES NEED TO CONSIDER A LOT MORE THAN AN ATHLETE'S DATE OF BIRTH WHEN IT COMES TO "AGE", WRITE **MATT LONG AND JAMIE FRENCH**

THE date is Saturday, July 26, 1980 and Britain has come to a standstill to watch a gladiatorial combat over two laps in Moscow. It's Seb Coe versus Steve Ovett, or should we say Steve Ovett versus Seb Coe?

In his autobiography *Running My Life*, Coe recalls: "As the gun went off, I did what no one else in an Olympic final can risk doing – I started too slowly. When we came to break lanes, I was already seven metres adrift, but didn't realise it."

Coe effectively forfeited the gold medal with some 250 metres remaining. He said: "The big brutal mistake ... was not following when the pace picked up halfway down the back straight ... By the time I'd emerged from my somnolence and pulled the rip cord, it was too late. I was just too far adrift... Ovett closed the door and the race."

Ovett became the first Briton since Tommy Hampson in 1932 to win Olympic 800m gold, with a despondent Coe taking silver. So what was the difference between the two men in a race that Coe was overwhelmingly expected to win? A look at the notion of "athletics age" offers some clues.

Chronological age

This is classed as the time since birth. Coe was a year younger at 23. They met once as teenagers at the English Schools Cross Country



Steve Ovett winning the 1980 Olympic title from Seb Coe, a race he was not expected to win

MARK SHERMAN

Championships in 1972, 16-year-old Ovett finishing second and 15-year-old Coe back in 10th place.

Biological age

The physical development of a person for a given chronological age is termed their biological age. Ovett matured more quickly than Coe over two laps, running 1:52.5 as a 16-year-old in 1972.

At the same age in 1973, Coe was the owner of a still promising, but far more modest PB of 1:56.0.

As a 17-year-old in 1973 Ovett ran a phenomenal 1:47.3 at the AAA Championships at Crystal Palace. In the same year the Brighton man burst on to the international scene in winning the European junior 800m title in Duisburg.

A 17-year-old Coe by comparison was almost eight seconds slower in recording 1:55.1 in a time trial before succumbing to injury for the rest of 1974.

As an 18-year-old, Ovett ran a European junior record of 1:45.77 in

taking silver at the 1974 European Championships in Rome.

By contrast an 18-year-old Coe was once again some eight seconds in arrears in running 1:53.8 in the summer of 1975.

When they met in Moscow in 1980, significantly Ovett had already peaked at 800m, running his lifetime best of 1:44.1 in taking a European silver two years previously and ahead of Coe, who clinched the bronze.

Coe would not peak over two laps until a year after Moscow when he ran his longstanding world record of 1:41.73 in 1981. This being said, going into Moscow, Coe carried the world record of 1:42.33 set in 1979 in Oslo into the final, which was well ahead of Ovett's aforementioned best.

Training age

Training age is classified as the amount of time spent in the sport since commencement of focused training. Coe first ventured down

to Hallamshire Harriers at the age of 13, so effectively he had 10 years under his belt by the time he met his arch rival. Similarly, Ovett had a training age of around 10 years after his first race of note in March 1970, in finishing 37th at the English Schools Cross Country championships in Blackburn.

Developmental age

This is the emotional and social maturity of the athlete. Athletes with higher developmental ages may be able to deal with the anxieties of competition more. Coe was publicly trumpeted as being both mature and accommodating, while Ovett was perceived as the self-styled bad boy of British athletics, frequently refusing to deal with the media.

During the heats of the 800m in Moscow, a more introspective Coe appeared to go about the business of qualifying for the final far more quietly than the charismatic Ovett, who famously produced his "I love you" hand gestures to his fiancée Rachel at home whenever in proximity of the nearest trackside camera.

Relative age

Relative age is the proximity of birthday to the start of the academic year. According to the work of Cobleby et al (2009), the time of year that people are born has a profound effect on the chances of success in a wide variety of contexts. The school academic year uses birthday to group together children into year groups, which means those that are born in September or October are chronologically and often developmentally and biologically approximately a year older than those born in August in the same class. Although Coe and Ovett are a year apart in chronological age, their birthdays being September 29 (Coe) and October 9 (Ovett), there would be no significant difference between them with their relative ages. It is however, interesting to note that as both were born in the first quarter of the academic year, their relative

ages are likely to have given them advantages over other competitors who were born later in the academic year.

Competition age

This variable is critical and perhaps best explains why Ovett as the massive underdog overcame his comparatively faster rival. Coe had five international championships of note prior to Moscow. Significantly, these were limited to European, rather than global competition. Ovett by contrast had seven international championships of note prior to Moscow. Critically, unlike Coe, the Brighton man tasted global competition at the Montreal Olympics in 1976. After making an initial tactical error not dissimilar to Coe four years later in Moscow, Ovett had finished fifth. Further invaluable global experience was gained in winning the World Cup 1500m a year later in 1977.

Discussion

By the time Coe and Ovett met in Moscow, the differences in their respective chronological ages were an irrelevance. In terms of biological age, Ovett had already peaked in terms of speed over 800m, two years prior to Moscow. However, Coe would not peak over two laps until a year after Moscow and he was also significantly quicker in July 1980. In terms of



Steve Ovett: tasted global competition in the Montreal Olympic Games in 1976

developmental age, Coe apparently "bottled" the final after struggling to sleep the night before due to nerves, whereas Ovett continued to exude the kind of confidence he displayed in the heats.

With nothing to choose between them in terms of relative age, competition age is surely key in explaining Ovett's unexpected triumph. Unlike Coe, he had learned the hard way about defeat due to tactical naivety on the global stage four years earlier in Montreal.

Conclusions - so what?

Athlete and coach should:

- Remember that chronological age is a poor predictor of competitive performance because children grow at different rates, which is one of the key factors of the success of junior athletes.
- Work on long-term athlete development with a view to establishing relevant indicators of biological maturation.
- Explore a range of events in order to avoid drop out, especially during teenage years. Fundamentals and Foundation must be put in place before progression to Event Group, Event Specialism and ultimately Performance stages of development.
- Consider training age as a guide to frequency, intensity and duration of training programme.
- Take account of developmental age in terms of engendering mental strength into their approach to competition.
- Take on board that appropriate level of competition is relative to stage of development. They should work together on developing systematic and incrementally progressive competition over a period of years, working through club, county, regional, national and ultimately international platforms if and when appropriate.

● Dr Matt Long is UKA coach education tutor and Jamie French is UKA regional trainer. The assistance of UKA coaching qualifications workforce manager Neil Wheeler is also acknowledged

Coaching corner

● HOW often and when is it best for endurance runners to do weight training? I read somewhere it's best to do it after your hard sessions as you could hinder recovery if you did so on easy days. Is this correct?

● IT IS best to do your weights after your sessions and not on the recovery days. Recovery is just that and punishing your muscles and joints with weights does not allow the system to heal and adapt.



However, it is also true to say that it is not ideal to do heavy weights immediately after a session. The body is at its most fatigued and strained and heavy weights will cause further trauma on what are potentially vulnerable tissues.

Weights in an endurance runner should be worked into a seasonal programme. This means that blocks of weights should be put into your training when you are working on longer runs and less track and speed work. This time of year is not ideal when you are racing and doing track work.

The autumn, though, after your end-of-season break, is a good time to build-up to the cross-country season and again just after the cross country season ends in late winter or early spring prior to the period when you will increase your track work.

A block of at least four weeks and ideally six to eight weeks of targeted weights will help your speed and power while your running is kept on steady base-type work.

A&W

Summer holidays

IT seems many British athletes may have already gone on holiday. The standard of the Southern and Northern Inter-

counties and Vets inter-area was poor.

Kent failed to field a single athlete in the men's match at Abingdon and most counties left places unfilled. The Northern fixture held their 10,000m track championships and it attracted just three women and one man.

Steve Smythe, Results editor

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OVERSEAS

BELGIUM

Kortrijk, July 14

Women: **3000**: 3 STEPHANIE BARNES 9:54.76

Belgian Championships, Brussels, July 20-21

THE Borlee brothers took the honours, Kevin setting a European lead at 400m of 44.73 from brother Dylan's 45.80, which took more than a second from his previous best, while Jonathan won the 200m in 20.38.

Men: 200 (-0.4): 1 J Borlée 20.38 (20.79/0.0 ht). **400**: 1 K Borlée 44.73 (45.37 ht); 2 D Borlée 45.80; 3 W Ouywe 45.88; 4 A Gillet 45.98. **110H (1.1)**: 1 A Degheelt 13.55 (13.74/0.4 ht); 2 L Doucouré (FRA) 13.83 (13.83/0.0 ht). **Women 100 (-1.7)**: A Zagré 11.46. 200: (-1.6) 1 H Claes 23.33 (23.30/1.1 ht); 2, O Borlée 23.41. **100H (0.0)**: 1 A Zagré 12.85 (12.84/1.7 ht); 2 S Aerts 12.95; 3, Berings 13.28. **400H**: 1 A Dauwens 55.96

BERMUDA

Island Games, Hamilton, July 15-19

Men: 100 (0.6): 1 Houston 10.34; 4 GLENN ETHERINGTON 10.96. **H3 (2.7)**: 2 ETHERINGTON 10.90. **400**: 1 JOSEPH REID (U20) 48.48; 2

DONALD MACLEOD 48.88; 3 ROBBIE STENHOUSE (U20) 49.21; 4 HYWEL ROBINSON 49.92. **Ht1**: 1 REID 49.29; 2 MACLEOD 49.73; 4 SAM WALLBRIDGE (U17) 50.58. **Ht2**: 1 CHRIS MCNAUGHT (U20) 50.02. **Ht3**: 1 ROBINSON 49.95; 2 STENHOUSE (U20) 50.22. **800**: 1 DONALD MACLEOD 1:54.87; 2 ELLIOTT DOREY (U20) 1:55.41. **Ht1**: 1 DOREY 1:55.84. **1500**: 1 DOREY 3:55.64; 2 RYAN FAIRCLOUGH 3:57.88; 5 IOLO HUGHES (U17) 4:03.73. **5000**: 2 OLIVER LOCKLEY 15:36.11. **10000**: 1 KEVIN LOUNDES 32:13.07; 2 THOMAS FAY 32:43.79; 4 LOCKLEY 33:42.12. **110H (nwi)**: 2 ETHERINGTON 14.76. **400H**: 1 WALLBRIDGE 55.66. **4x400**: 1 JERS 3:24.81. **SP**: 3 CONNOR LAVERY (U20) 13.35. **Women: 800**: 1 EMMA LEASK 2:11.37; 3 EILIDH MACKENZIE 2:13.51; 4 NATALIE WHITTY 2:13.86; 5 RACHAEL FRANKLIN 2:14.39; 6 GEMMA DAWKINS 2:17.26; 8 KATIE ROWE (U17) 2:19.65. **Ht1**: 2 FRANKLIN 2:16.46; 3 WHITTY 2:16.51; 4 MACKENZIE 2:16.71. **Ht2**: 1 LEASK 2:16.97; 2 ROWE 2:17.27; 4 DAWKINS 2:17.63. **1500**: 1 MACKENZIE 4:33.26; 2 SARAH MERCIER 4:33.56; 6 FRANKLIN 4:38.32; 7 ROWE 4:40.81. **5000**: 1 MERCIER 17:34.63; 2 SARAH LIVETT 18:30.17. **10000**: 2 GAIL GRIFFITHS (V45) 38:14.62; 4 LIVETT 39:46.30; 5 HANNAH HOWARD 39:48.52. **100H (-0.1)**: 2 HANNAH RILEY 14.81. **4x100**: 2 IOM 51.35; 3 JERS 51.55; 4 YNYS MÓN 51.80. **4x400**: 3 W ISLES 4:08.86; 4 GUERN 4:09.70. **DT**: 2 ANDREA DE BRUIN (U20) 36.25. **JT**: 2 THORA CANT (U17) 37.51; 3 ZOE FITCH (U17) 34.96.

ISLAND GAMES HALF MARATHON, Hamilton, July 19

Men HM: 1 KEVIN LOUNDES 74:38. **Women HM**: 2 GAIL GRIFFITHS (W45) 86:40; 4 NIKKI NEAL (W40) 92:11; 6 DOLEEN GALBRAITH (W50) 97:20

CZECH REPUBLIC

Ústí nad Labem, July 20

BULGARIAN Georgi Ivanov set a national shot record of 21.09m as world champion David Storl betted 20 metres but ended up seventh.

Men: SP: 1 G Ivanov (BUL) 21.09 (rec); 2 L Prasil 21.01; 3 J Kovacs (USA) 20.70; 4 D Richards (JAM) 20.16; 5 M Stasek 20.08; 6 T Nedow (CAN) 20.05; 7 D Storl (GER) 20.00

FINLAND

Lahti, July 17

THE 2009 world champion, Caster Semanya, won a low-key 800m in just 2:06.58, but the day's best marks came from Yvette Lewis, who won the 100m hurdles in a PB 12.67, and Edino Steele, who won the 300 m 32.32.

Men: 200 (-1.0): 1 M Forsythe (JAM) 20.62; 2 E Steele (JAM) 20.88. **300**: 1 Steele 32.32; 2 R Miller (BAH) 32.40 (rec). **3000SC**: 1 J Ndiku (KEN) 8:25.08; 2 A Genest (CAN) 8:25.75. **LJ**: 1 Z Visser RSA 8.09/-0.9; 2 I Gaisah (GHA) 8.08/0.7; 3 G Mokoena (RSA) 8.06/0.5. **JT**: 1 A Mannio 82.01; 2 T Wirkkala 80.35. **Women: 100 (-1.1)**: 1 G Asumnu (USA) 11.38. **800**: 1 C Semanya (RSA) 2:06.58. **3000**: P Nengampi KEN 8:57.50. **100H (1.5)**: 1 Y Lewis (USA) 12.67; 2 L Smith (USA) 12.85. **HJ**: 1 L Spencer LCA 1.88

Lapinlahti, July 21

WORLD No.1 and US record-holder Brianna Rollins won the 100m hurdles in a windy 12.47 after a legal 12.65 heat. **Men: 100 (1.8)**: 1 M Bracy (USA) 10.09. **1500**: 1 T Teweldebrhan (ERI) 3:38.56. **3000SC**: 1 C Winter (CAN) 8:28.92. **110H (1.6)**: 1 J Porter USA 13.52. **PV**: 1 A Jeng (SWE) 5.60; 2 J Bergius 5.60. **LJ**:

1 Z Visser (RSA) 8.19/1.0; 2 G Mokoena (RSA) 8.01/1.5; 3 T Evila 8.01/1.4. **JT**: 1 S Lehtola 81.67; 2 A Ruuskanen 81.57; 3 A Mannio 80.63. **Women 100 (1.1)**: 1 T Bowie USA 11.32. 800: 1 C Semanya (RSA) 2:04.48. **3000**: 1 P Nengampi (KEN) 8:51.60; 2 M Bahta (ERI) 8:58.55 (rec). **100H (2.4)**: 1 B Rollins (USA) 12.47 (12.65/0.4 ht); 2, V Thomas (USA) 12.99

GERMANY

Bottrop, July 19

Men: 400: 1 Solomon (TRI) 45.62. **1500**: H Tesfaye (GER) 3:36.23; 2 Elliott (USA) 3:36.88; 3 Zebrowski (POL) 3:37.46; 4 Orth 3:38.72; 5 Bolas (USA) 3:38.77; 6 Anou (ALG) 3:38.87; 7 Corrales (ESP) 3:38.91. **5000**: 1 A Kibet (QAT) 13:21.17; 2 C Rutto (KEN) 13:21.38; 3 B Legesse ETH 13:25.00. **110H**: 1 M Buhler 13.45; 2 E Balnuweit 13.51; 3 A John 13.52. **Women: 100 (1.1)**: 1 Krasucki (BRA) 11.24 (11.20/2.3 ht); 3 AMY FOSTER 11.52 (11.45/2.5 ht). **200**: 11 Weit 23.10. **1500**: D Sujew (GER) 4:06.89; 2 G Tsegay (ETH, U18) 4:07.47; 3 C Harrer 4:07.53; 4 E Sujew 4:08.82. **3000SC**: 1 K Kowalska (POL) 9:42.38; 2 Schlumpf (SUI) 9:46.98 (rec); 5 KERRY HARTY 10:16.70; 7 SARAH BENSON 10:46.84. **LJ**: 1 M Bauschke 6.53/2.1

Dillingen, July 21

Men: 1000: 1 B Seurei (BRN) 2:16.44; 2 S Too (KEN) 2:17.33. **LJ**: 1 C Reif 8.22/1.4. **Women: LJ**: 1 M Bauschke 6.63/2.4 (6.43/0.3); 2 M Weitzel 6.54/0.0

IRELAND

Morton Games/ Imc, Dublin, July 17

ANDY VERNON went top of the UK 3000m rankings with a PB 7:45.75 behind Mexican Juan Luis Barrios.

Men 100: A (-1.0): 4 ANDRE WRIGHT 10.75; 5 LEE MCLAUGHLIN 10.93. **Ht**: JASON SMYTH 10.61; A McMullen (IRL) 10.89; MCLAUGHLIN 10.92; WRIGHT 10.92. **400: A**: 1 R Quow (TRI) 45.77; 2 M Mitchell (USA) 45.82; 6 RORY EVANS 47.56; 8 RICK BEARDSSELL 48.68. **B**: 3 C Woods (IRL) 48.54; 4 BEN MAZE 48.96. **800**: 1 M English 1:45.32; 2 Loxsom (USA) 1:45.75; 3 Wiecezorek (USA) 1:45.86; 4 Robinson 1:45.86; 5 Romanin (CAN) 1:46.08; 6 A Rodríguez (ESP) 1:46.63. **A**: 5 CONALL KIRK (U20) 1:52.36; 9 PAJO HAMILTON 1:54.00. **B**: 2 M McKillop (IRL) 1:54.63; 3 GARETH HILL 1:54.88.

1000: 1 Leslie (USA) 3:55.85; 2 Phillips (USA) 3:56.27; 3 Barrios (MEX) 3:57.34; 4 Miller (USA) 3:57.35; 5 Zaizan (ROU) 3:57.73; 6 Boylan-Pett (USA) 3:57.75; 7 McCarthy 3:57.93; 8 A Sánchez (ESP) 3:57.97; 9 Everard 3:58.93; 12 ALASTAIR HAY 4:01.67; 13 CONOR BRADLEY 4:01.83. **3000**: 1 Barrios 7:45.12; 2 ANDY VERNON 7:45.75; 3 Mead (USA) 7:46.184 NICK McCORMICK 7:54.61; 11 CARL SMITH 8:18.03; 12 JOE TOWNSEND 8:20.63; 17 NICK HOOKER 8:32.49. **400H**: 1 T Barr 50.042 J Harvey (IRL) 52.00; 3 MATTHEW SUMNER 52.32; 5 MARTIN LIPTON 52.94; 8 TOM GRANTHAM 54.94. **PV**: eq1 LUKE CUTTS/ T Bychokv (ESP) 5.56; 4 RHYS SEARLES 4.76. **DT**: 2 CHRIS REYNOLDS 47.53; 4 JEMIE WILLIAMSON 44.88. **Women 100 (-0.2)**: 5 L Moore (IRL) 12.11; 8 MARILYN NWAUWULOR 12.28. **400**: 2 GEMMA NICOL 53.29; 5 ABIGAYLE FITZPATRICK 54.80. **800**: 1 Mackey (USA) 2:02.21; 2 Crowe 2:02.63; 3 Cummins (CAN) 2:02.80; 4 Pérez (ESP) 2:02.87; 5 Everard 2:02.96; 6 CAROLYN PLATEAU 2:03.04. **1500**: 1 DUDGEON 2:03.09. **Mile**: 1 Felnagle (CAN) 4:30.44; 2 H Stellingwerff (USA) 4:30.95; 3 Doaga

ROU 4:32.89; 4, Higginson USA 4:34.47; 8 LENNIE WAITE 4:37.53; 9 RACHEAL BAMFORD 4:38.50

ITALY

Lignano Sabbiadoro, July 16

Men: 100 (-0.2): 1 J Harvey 10.11. **400**: 1 R McDonald 45.28; 2 A Hall (USA) 45.56. **800**: 1 E Greer (USA) 1:46.38. **1500**: 1 B Blankenship (USA) 3:37.03. **100H (-0.8)**: 1 O Osaghae (USA) 13.47. **Women: 100 (-0.7)**: S Solomon (USA) 11.15. **400**: 1 L Grenot 51.53. **800**: 1 H Kampf (USA) 2:00.04; 2 P Wright (USA) 2:00.20; 3 L Wallace (USA) 2:00.30. **1500**: 1 K Grace (USA) 4:07.04; 2 S Brown (USA) 4:07.70; 3 S Roman (SLO) 4:07.95; 4 M Huddle (USA) 4:08.09; 10 JOSEPHINE MOULTRIE 4:10.43. **100H (-1.4)**: 1 K Wells 12.85 (-1.4). **LJ**: 1 F Jimoh 6.44/-0.1

POLAND

Polish Championships, Torun, July 19-21

Men: 100 (0.5): K Zalewski 10.31 (10.24/2.4 ht). **200 (1.1)**: 1 Zalewski 20.49. **400**: 1 M Marciniszyn 45.98. **1500**: 1 K Zebrowski 3:38.94; 2 M Lewandowski 3:38.98. **3000SC**: 1 M Demczyszak 8:26.30; 2 K Zalewski 8:26.60; 3 T Szymkowiak 8:28.00. **110H (0.2)**: 1 A Noga 13.29 (13.48/-0.7 ht). **HJ**: 1 S Kiecana 2.25. **PV**: 1 L Michalski 5.60. **TJ**: 1 Lewandowski 16.54/-0.5. **SP**: 1 T Majewski 20.69. **DT**: 1 P Malachowski 66.87; 2 R Urbaneek 65.30; 3 Szuster 61.21. **HT**: 1 S Ziolkowski 77.74; 2 W Nowicki 75.64; 3 P Fajdek 75.22. **JT**: 1 H Chmielak 80.28. **20kw**: 1 A Brzozowski 1:22.16; 2 L Nowak 1:22.42. **Women: 100 (0.8)**: 1 M Popowicz 11.29 (11.29/1.0 ht). **200 (1.0)**: Popowicz 23.24 (23.35/1.9 ht). **800**: 1 Cichocka 2:03.26. **1500**: 1 R Plis 4:09.30. **5000**: K Jarzynska 15:47.31. **100H (1.4)**: 1 Koleczek 13.21. **400H**: 1 J Linkiewicz 56.86. **HJ**: 1 J Kasprzycka 1.92. **PV**: A Rogowska 4.55. **LJ**: 1 T Dobija 6.58/0.3. **TJ**: 1 A Jagaciak 14.20/0.8. **DT**: 1 Z Glanc 59.13. **HT**: 1 A Włodarczyk 76.93. **20kw**: 1 A Dygacz 1:30:58

RUSSIA

Moscow, July 15

ANTONINA KRIVOSHAPKA won the 400m in a world-leading 49.57, depositing Kseniya Ryzhova, who ran 50.65. **Men: 400H**: V Antnmanis 49.93. **HJ**: 1 L Missirov 2.26; 3 A Silnov 2.18. **HT**: 1 S Litvinov 80.89; 2 D Lukyanov 79.61; 3 A Zagorniy 79.26; 4 A Pozdnyakov 79.06. **Women: 400**: 1 A Krivoshapka 49.57; 2 K Ryzhova 50.65. **r2**: T Firova 50.93. **800**: 1 Y Poistogova 1:59.81; 2 Y Sobolova 2:00.17. **400H**: A Ott 56.01. **LJ**: 1 O Zhukovskaya 7.02/2.0. **SP**: 1 Y Kolodko 19.38. **DT**: 1 S Saykina 61.09. **HT**: 1 Y Riger 75.09; 2 G Khanafeyeva 75.02; 3 A Bulgakova 74.22

SWITZERLAND

Luzern, July 17

IN her first international race, US record-holder Brianna Rollins won the 100m hurdles in 12.63. Jamaican Jason Young went sub-20 in the 200m to early injury in 19.98. In a top-class pole vault competition which saw the top 10 better 4.41m, world No.1 Yarisley Silva gained another victory in 4.85m. In the 400m hurdles Rhys Williams improved his PB to 48.84, finishing third behind Justin Gaymon's winning 48.69, while William Sharman just missed his

season's best with a 13.48 110m hurdles behind Jamaica's Andrew Riley.

Men: 100: A (0.0): 1 J Saily Ndure (NOR) 10.07; 2 Hyman (CAY) 10.17; 6 JAMES ELLINGTON 10.37; R Thompson (TRI)/A Adams (SKN) dnf. **B: (0.0)**: 1 K Anderson (JAM) 10.29; Bailey (ANT)/Bracy (USA)/W Spearmon (USA) dq. **200: (-0.3)**: 1 J Young (JAM) 19.98; 2 Saily Ndure 20.36; 3 C Mitchell (USA) 20.51; 4 A Wilson (USA) 20.65; 5 W Spearmon (USA) 20.68; 6 Makwala (BOT) 20.70; 7 M Mitchell (USA) 20.73. **B: (0.3)**: 1 A Edward (PAN) 20.37; 2 S Tsákonas (GRE) 20.49; 3 M Anderson 20.66. **800**: 1 C Jock (USA) 1:46.18; 2 B Johnson (USA) 1:46.41; 3 A Kiplagat (KEN) 1:46.54; 4 S Kirogong (KEN, U20) 1:46.59. **3000**: 1 C Kangogo (KEN) 7:42.51; 2 E Jager (USA) 7:43.36; 3 D Torrence (USA) 7:43.48; 4 C Derrick (USA) 7:44.01; 5 M Huling (USA) 7:44.42; 6 Estrada (MEX) 7:47.77; 7 G Gathimba (KEN) 7:48.74; 8 Mukono (KEN, U20) 7:51.71. **110H: A (-0.5)**: 1 A Riley (JAM) 13.32; 2 R Brathwaite (BAR) 13.36; 3 J Richardson (USA) 13.38; 4 M Thomas (TRI) 13.47; 5 WILLIAM SHARMAN 13.48; 6 S Brathwaite (BAR) 13.61; 7 D Thomas (JAM) 13.63; dnf, Porter USA. **400H: A**: 1 J Gaymon (USA) 48.69; 2 O Cisneros (CUB) 48.76; 3 RHYS WILLIAMS 48.84; 4 Bekric (SRB) 49.01; 5 C Fredericks (RSA) 49.03; 6 J Dutch (USA) 49.14. **B**: 1 L Green (JAM) 48.94; 2 A Whyte (JAM) 49.77; 3 L Van Zyl (RSA) 49.78; 4 RICHARD YATES 50.11; 7 BEN SUMNER 50.88. **TJ**: 1 R Grinell (USA) 16.78/0.5. **DT**: 1 D Jasinski (GER) 64.46; 2 Hogan (JAM) 62.73; 3 Fernández (CUB) 62.46; 4 B Harradine (AUS) 61.07; 5 Münch (GER) 60.73; 6 Mayer (AUT) 60.57; 7 Olgundeniz (TUR) 60.50. **4x100**: 1 POR 39.23; 2 USA 39.28; 3 SWE 39.42. **Women 100: A: (-0.6)**: 1 C Russell (JAM) 11.20; 2 F Krasucki BRA 11.29; 3 S Ferguson (BAH) 11.36; 7 V Sailer (GER) 11.44. **B (-0.3)**: 4 A Foster (Lisb/IRL) 11.65. **200: (0.0)**: 1 S McLaughlin (JAM) 22.79; 2 F Krasucki 22.85. **400**: 1 C Day (JAM) 51.91; 2 SHANA COX 52.32; 3 S Williams (JAM) 52.33; 4 J Beard (USA) 52.83. **100H (-0.4)**: 1 B Rollins (USA) 12.63; 2 Q Harrison (USA) 12.79; 3 K Castlin (USA) 12.80; 4 V Thomas (USA) 12.95. **400H**: 1 S Wells (CAN) 55.65. **HJ**: 1 Demireva (BUL) 1.87. **PV**: 1 L Silva (CUB) 4.81; 2 S Spiegelburg (GER) 4.71; 3 N Büchler 4.61 (rec); 4, M Sauer (USA) 4.61; 5 Svobodová (CZE) 4.51; 6 T Peta (IRL) 4.41. **LJ**: 1 L Griva (LAT) 6.58/0.7. **SP**: 1 V Adams (NZL) 20.76; 2 C Schwanitz (GER) 19.65; 3 N Kleiner (GER) 18.32. **JT**: 1 L Stahl (GER) 65.24; 2 V Rebryk UKR 63.94; 3 K Mickle (AUS) 62.38; 4 Sudarushkina (RUS) 62.22. **4x100**: 1, USA 43.75; 2 CZE 44.53; 3 SUI 44.76



Rhys Williams: PB in Switzerland

England take schools honours in Dublin

IRELAND

SIAB Schools' International, Dublin, July 20

ENGLAND gained an overwhelming victory with the hosts a clear second and Wales in third.

In the 200m, Ryan Gorman climbed to 16th on the UK all-time under-17 list with another season to go as he improved his PB from 21.78 to 21.45. His clubmate Charlotte McLennaghan made it a Notts double with 23.89.

Five of the first six women set PBs in the 300m, the exception being winner Cheriece Hylton, who clocked 38.10 for a meeting record.

The men's 400m was a much closer race with the first three separated by less than a tenth as ESAA runner-up Jacob Ness won in 48.81.

The men's 100m was run into a strong headwind and English champion Fawwaz Okunola edged Welsh champion Shaun Pearce with 10.95. Wales took the women's equivalent through Hannah Brier.

Christian von Eitzen won the 800m in 1:56.41 and only team-mate Daniel Rowden could keep that close to him. He couldn't make it a double though in the 1500m, though, as Scotland's Gavin McArdle was stronger.

England dominated the women's middle-distance with Molly Long taking the 800m in 2:08.81 from Isobel Ives, while Rosie Johnson, as in the ESAA event, just had the speed to hold off Harriet-Knowles Jones as both set PBs with the winning time 4:25.11.

Knowles-Jones was the top cross-country runner of her age group last winter and Jac Hopkins, who was the male standout, also had to settle for second as Gus Cockle again impressed in the 3000m, winning in 8:38.46.

The women's race saw another England victory, though Abbie Donnelly's win over Sophia Parvizi-Wayne was a reversal of their form in Birmingham.

Alicia Barrett won the 80 metre hurdles by five metres. In breaking 11 seconds, she did what no British under-17 has done with a legal wind, although her 10.99 was assisted by a hefty 2.8m/sec tailwind.

Jack Kirby was equally dominant in the 100m hurdles. He won in 13.07, missing his electronic PB set in the English Schools heats by a single hundredth of a second, though this was into a tough 1.5m/sec wind.

The 300m hurdles saw an English hiccup as their No.1 Chelsea Walker could only manage fifth behind Scotland's Katie Purves and Wales' Lucy Figelstone.

Unusually 400m hurdles winner Joshua Brown (55.43) was only third in the English Schools, gaining a run as ESAA winner Sam Wallbridge was winning the Island Games for Guernsey in Bermuda.

Another English victory went to steeplechaser Michael Bartram, who edged team-mate Charlie Davis.

England also won the men's 3000m walk with Cameron Corbishley's PB 13:07.94 as the top three were separated by just six seconds. Ireland's Sinead Burke easily won the women's race.

Ireland's biggest successes came on the field. Sam Healy won the long

Steeplechase winner: Michael Bartram



jump with 7.01m, Maria Carey took the triple with 11.48m and Keith Marks won the high jump with 2.00m.

In the throws, Andrew Barkley won an exciting discus competition that saw the first four separated by less than a metre and Adam King easily won the hammer with 65.01m.

Wales had their usual success in the throws through Adele Nicoll. The Birchfield Harrier won the shot in a PB 13.75m by a huge margin and also took the discus with 42.19m.

Otherwise, it was all England in the field. There were PB wins for Kierra Barker in the high jump with a 1.75m leap, Abigail Roberts in the pole vault on countback at 3.80m and Stefan Amokwandoh, who impressed with a UK under-17 lead 14.44m triple jump. Archie Leeming added a whole metre to his shot best with a 15.71m throw.

Three other English throwers won easily with PBs. Rebecca Keating won the hammer with 51.20m, while there was a javelin double for world schools bronze medalist Harry Hughes and Emma Hamplott. Hughes won by 12 metres with an UK rankings-leading 69.30m, while Hamplott maintained her unbeaten run in not having lost at a javelin competition since the 2011 English Schools and she set a UK age-14 best of 45.65m.

Overall MATCH: 1 ENG 489; 2 IRL 333; 3 WAL 260; 4 SCO 239

U17 men: MATCH: 1 ENG 252; 2 IRL 178; 3 SCO 123; 4 WAL 120

100 (-2.1): 1 F Okunola (ENG) 10.95; 2 S Pearce (WAL) 10.97; 3 Z Irwin (IRL) 11.04; 4 O Bromby (ENG) 11.14; 5 K Jones (WAL) 11.27; 6 I Nzewi (IRL) 11.37; 7 K Thomas (SCO) 11.38; 8 A Thomas (SCO) 11.59. **(2.3):** 1 M Bayona-Martinez (WAL) 11.27; 2 R Paterson (SCO) 11.60; 3 S Wilson (SCO) 11.70. **200 (1.4):** 1 R Gorman (ENG) 21.45; 2 S Pearce (WAL) 21.62; 3 Z Irwin (IRL) 21.64; 4 C Downes (ENG) 21.96; 5 C Jordan (IRL) 22.47; 6 A Thomas (SCO) 22.68; 7 K Thomas (SCO) 22.78; 8 J Dawkins (WAL) 22.89. **400:** 1 J Ness (ENG) 48.81; 2 B Robbins (SCO) 48.90; 3 K Sobotie (ENG) 48.90; 4 M McGeady (IRL) 50.70; 5 R Pike (WAL) 50.77; 6 F White (SCO) 51.04; 7 M Harris (IRL) 51.30; 8 H Davies (WAL) 51.39. **800:** 1 C von Eitzen (ENG) 1:56.41; 2 D Rowden (ENG) 1:56.87; 3 J Reid (IRL) 1:57.58; 4 N Sheehan (IRL) 1:58.80; 5 S Murray (SCO) 1:59.15; 6 B Greenwood (SCO, U15) 1:59.15;

7 J Heyward (WAL, U15) 1:59.93; 8 T Arnold (WAL, U15) 2:04.05. **1500:** 1 G McArdle (SCO) 3:59.56; 2 C von Eitzen (ENG) 4:02.27; 3 J Cove (WAL) 4:02.66; 4 E Horgan (IRL) 4:04.39; 5 P Murchin (IRL) 4:07.75; 6 G Duggan (ENG) 4:09.82; 7 J Kerr (SCO) 4:11.70; 8 A Rees (WAL) 4:12.45. **3000:** 1 G Cockle (ENG) 8:38.46; 2 J Hopkins (WAL) 8:42.64; 3 P Dever (ENG) 8:42.92; 4 E Gillham (SCO) 8:42.95; 5 J Glen (SCO) 9:00.09; 6 C Lovatt (WAL) 9:00.89; 7 D Dunne (IRL) 9:04.73; 8 P Gibbons (IRL, U20) 9:12.71. **100H (-1.5):** 1 J Kirby (ENG) 13.07; 2 J Foley (IRL) 13.68; 3 N Parker (ENG) 13.70; 4 S Healy (IRL) 13.75; 5 M Wilson (WAL) 13.86; 6 K Jones (WAL) 14.38; 7 D Campbell (SCO) 14.60; 8 B Sorbie (SCO) 14.85. **400H:** 1 J Brown (ENG) 55.43; 2 M Quilligan (IRL) 56.05; 3 J Filleul (ENG) 56.10; 4 D Campbell (SCO) 56.83; 5 R James (WAL) 56.87; 6 M Behan (IRL) 57.44; 7 P Clark (SCO) 57.83; 8 O Moyshe (WAL) 58.39. **1500SC:** 1 M Bartram (ENG) 4:24.57; 2 C Davis (ENG) 4:25.47; 3 A Thompson (SCO) 4:25.73; 4 C Lewis (WAL) 4:32.74; 5 D O'boyle (IRL) 4:37.18; 6 F Glass (SCO) 4:40.49; 7 T McGinty (IRL) 4:40.63; 8 N Neary (WAL) 4:40.67. **3000W:** 1 C Corbishley (ENG) 13:07.94; 2 A Egan (IRL) 13:12.16; 3 C Wilkinson (ENG) 13:14.66; 4 A Tobin (IRL) 14:13.23. **4x100:** 1 ENG 41.72; 2 WAL 42.67; 3 IRL 42.86; 4 SCO 44.39. **4x400:** 1 ENG 3:26.17; 2 SCO 3:26.72; 3 WAL 3:28.52. **HJ:** 1 K Marks (IRL) 2.00; 2 P Neale (ENG) 1.97; 3 D Mahon (IRL) 1.91; 4 W Grimsey (ENG) 1.88; 5 B McGuire (SCO) 1.85; 6 T Trotman (WAL) 1.80; 7 G Cuthbert (SCO) 1.80; 8 I Parry (WAL) 1.75. **PV:** 1 C Myers (ENG) 4.40; 2 N Hunt (ENG) 4.40; 3 J Hollisey-McLean (WAL) 3.80; 4 S Fennell (IRL) 3.60; 5 M Devanney (SCO) 3.40; 6 C Robertson (SCO) 3.00. **LJ:** 1 S Healy (IRL) 7.01; 2 T Adeniyi (ENG) 6.79; 3 J Fincham-Dukes (ENG) 6.72; 4 L Bellintani (IRL) 6.37; 5 T Chandler (SCO) 6.16; 6 K Arnold (WAL) 6.09; 7 J Davies (WAL) 6.03; 8 A Hunter (SCO) 5.62. **TJ:** 1 S Amokwandoh (ENG) 14.44; 2 T Melville (ENG) 13.64; 3 D Prout (IRL) 13.52; 4 O Aghedo (WAL, U15) 13.34; 5 S Joyce (IRL) 13.21; 6 C Wilson (SCO) 12.59; 7 G Francis (WAL) 12.58; 8 W Godding (SCO) 12.56. **SP:** 1 A Leeming (ENG) 15.71; 2 A Awonusi (IRL) 15.23; 3 N Thomason (WAL) 15.01; 4 G Evans (SCO) 14.74; 5 T Gercs (ENG) 14.36; 6 J Kelly (IRL) 13.92; 7 M Guthrie (SCO) 13.42; 8 M Williams

England: won the 4x100m relay



(WAL) 12.64. **DT:** 1 A Barkley (IRL) 46.51; 2 T Guy (ENG) 46.40; 3 G Evans (SCO) 46.29; 4 A Mead-Briggs (ENG) 45.65; 5 R Mcmahon (IRL) 42.68; 6 C Wright (SCO) 41.91; 7 M Williams (WAL) 41.84; 8 S Bleach (WAL) 33.98. **HT:** 1 A King (IRL) 65.01; 2 C Wright (SCO) 62.27; 3 J Williams (IRL) 59.93; 4 N Thomason (WAL) 57.20; 5 L Parkes (ENG) 56.13; 6 J Mirfin (ENG) 55.92; 7 B Main (SCO) 54.70; 8 S Livett (WAL) 47.76. **JT:** 1 H Hughes (ENG) 69.30; 2 D McLean (WAL) 57.52; 3 M Childs (ENG) 56.29; 4 R Jenkinson (IRL) 52.00; 5 A Hastings (SCO) 49.16; 6 R Dangerfield (WAL) 47.76; 7 J Magee (IRL) 43.74; 8 C Alexander (SCO) 42.05

U17 women: MATCH: 1 England 237; 2 Ireland 155; 3 Wales 140; 4 Scotland 116

100 (0.5): 1 H Brier (WAL) 11.91; 2 I Lansiquot (ENG) 12.03; 3 S Malone (WAL) 12.10; 4 K Edwards (ENG) 12.12; 5 M Marrs (IRL) 12.14; 6 S Henderson (SCO) 12.39; 7 M Scott (IRL, U15) 12.49; 8 J Cherry (SCO) 13.02. **ns (1.1):** 1 K Priest (WAL) 12.69; 2 J Concannon (SCO) 12.85; 3 N Guest (SCO) 12.98. **200 (1.2):** 1 C McLennaghan (ENG) 23.89; 2 H Brier (WAL) 24.22; 3 R Norris (ENG) 24.78; 4 E Williams (WAL, U15) 24.86; 5 S Henderson (SCO) 24.92; 6 S Mawdesley (IRL) 25.37; 7 K Berney (IRL, U20) 25.45; 8 J Concannon (SCO) 25.55. **300:** 1 C Hylton (ENG) 38.10; 2 K Stewart (SCO) 38.66; 3 E Barrett (ENG) 38.85; 4 E Musgrove (SCO) 39.83; 5 M Roberts (WAL) 40.50; 6 Z Nash (WAL) 40.76; 7 J Duignan (IRL) 41.51; 8 C Gallagher (IRL) 41.98. **400:** 1 M Long (ENG) 2:08.81; 2 I Ives (ENG) 2:09.07; 3 A Lally (IRL) 2:09.33; 4 C Sweeney (IRL) 2:11.50; 5 K Searly (WAL) 2:12.66; 6 J Reekie (SCO) 2:15.84; 7 K Anderson (SCO) 2:17.56; 8 A Backshall (WAL) 2:20.80. **1500:** 1 R Johnson (ENG) 4:25.11; 2 H Knowles-Jones (ENG) 4:25.65; 3 C Hughes (WAL, U15) 4:33.33; 4 O Gwynn (WAL) 4:39.57; 5 G Black (SCO) 4:41.89; 6 C Cowan (SCO) 4:48.76; 7 A Hamill (IRL) 4:52.01. **3000:** 1 A Donnelly (ENG) 9:53.68; 2 S Parvizi-Wayne (ENG) 10:00.60; 3 G Gillham (SCO) 10:11.02; 4 K Oakley (SCO) 10:20.47; 5 I Carron (IRL) 10:25.76; 6 N Cotter (IRL) 10:33.87; 7 L Philippart (WAL) 10:39.21; 8 L Davis (WAL) 11:15.84. **800 (2.8):** 1 A Barrett (ENG) 10.99; 2 K McGowan (IRL) 11.49; 3 M Marrs (IRL) 11.51; 4 M Courtney (ENG) 11.64; 5 C Robison (SCO) 11.85; 6 A Bowers

(WAL) 11.92; 7 L Figelstone (WAL) 12.01; 8 P McNicol (SCO) 12.04. **300H:** 1 K Purves (SCO) 42.81; 2 L Figelstone (WAL) 43.39; 3 K McGrory (IRL) 43.41; 4 K Doyle (IRL) 44.02; 5 C Walker (ENG) 44.02; 6 G Davies-Redmond (ENG) 45.31; 7 V Gittins (WAL) 45.34; 8 P McNicol (SCO) 45.52. **3000W:** 1 S Burke (IRL) 14:31.16; 2 H Butcher (ENG) 15:15.17; 3 E Glennon (IRL) 15:30.36; 4 E Dainton (WAL) 15:52.23; 5 R Greatbatch (ENG) 17:51.07; 6 A Phipps (WAL, U15) 18:43.97. **4x100:** 1 ENG (U20) 46.58; 2 IRL 47.60; 3 WAL 47.91; 4 SCO 49.33. **4x300:** 1 ENG 2:37.66; 2 SCO 2:41.25; 3 IRL 2:43.09; 4 WAL 2:46.19. **HJ:** 1 K Barker (ENG) 1.75; 2 S Dawkins (IRL) 1.72; 3 L Armorie (ENG) 1.69; 4 N Murphy (IRL) 1.66; 5 A Black (SCO) 1.63; 6 A Gullen (SCO) 1.60; 7 A Curle (WAL) 1.55; 8 L Davey (WAL, U15) 1.50. **PV:** 1 A Roberts (ENG) 3.80; 2 E Gooding (ENG) 3.80; 3 A Gordon (SCO) 3.50; 4 K Mullen (SCO) 3.20; 5 C Atkins (WAL) 3.05; 6 C Jones (WAL, U15) 2.90; 7 M O'connor (IRL) 2.70; 8 M Dunford (IRL) 2.30. **LJ:** 1 S Fajemisin (ENG) 5.58; 2 R Richardson (ENG) 5.33/0.6; 3 K McGowan (IRL) 5.29; 4 M Coomber (IRL) 5.29; 5 E Walters (WAL) 5.28; 6 C Hughes (WAL, U15) 5.26/0.0; 7 E Canning (SCO) 5.25/-0.4; 8 C Robison (SCO) 4.43/-0.4. **TJ:** 1 M Carey (IRL) 11.48/-0.3; 2 K Davidson (ENG) 11.44/-1.0; 3 H McAuley (IRL) 11.39/-1.4; 4 A Williams (ENG) 11.16/-2.4; 5 E Batchelor (SCO) 10.58/-0.6; 6 S Williams (WAL) 10.34/-3.2; 7 F Walters (WAL) 10.33/1.5; 8 M McKinnon (SCO) 10.29/-1.9. **SP:** 1 A Nicoll (WAL) 13.75; 2 S Merritt (ENG) 12.15; 3 S Cunningham (IRL) 10.96; 4 M Obijaku (ENG) 10.66; 5 S Fortune (WAL) 10.37; 6 H Morgan (SCO) 10.07; 7 K Brady (IRL) 9.96; 8 A Horne (SCO) 9.89. **DT:** 1 A Nicoll (WAL) 42.19; 2 D Mile (SCO) 40.47; 3 K Woodcock (ENG) 40.38; 4 K Cronin (IRL) 36.03; 5 R Forder (ENG) 35.84; 6 S Fortune (WAL) 33.77; 7 A Torsey (IRL) 30.36; 8 K Ord (SCO) 26.02. **HT:** 1 R Keating (ENG) 51.20; 2 E Bowie (SCO) 46.33; 3 A Akers (IRL) 46.28; 4 A Vaughen-Witts (IRL, U20) 45.24; 5 E Webb (ENG) 43.58; 6 A Rimmington (WAL, U15) 40.76; 7 C Nethery (SCO) 40.27; 8 C Smith (WAL) 35.89. **JT:** 1 E Hamplott (ENG) 45.65; 2 L Davies (ENG) 41.72; 3 T Stephens (WAL) 41.29; 4 E Cockrill (WAL) 37.18; 5 J Burns (IRL) 35.85; 6 O O'brien (IRL) 32.92; 7 E McGinty (SCO) 30.16; 8 K Ord (SCO) 29.91

TRACK

JULY 21

MID LANCASHIRE LEAGUE, Ormskirk

Men: 100: r2: 6 J Wright (Chorley, M50) 12.4. **r3:** 3 M Angland (B'burn, M40) 12.1. **200: r2:** 3 J Wright (Chorley, M50) 26.0. **3000:** 1 M Barnes (Pendle, U15) 9:35.1. **HJ:** 1 C Mann (Guest, U20) 2.02. **SP:** 2 D Brown (Liv PS, M45) 10.14. **JT:** 1 D Brown (Liv PS, M45) 37.12
47.81; 2 C Davison (B'burn) 34.77
U13: 100: r1: 1 M Greaves-Thomas (Liv PS) 11.6; 2 J Leatherd (Pres) 11.9. **400:** r1: 1 P Blezard (Pres) 54.3; 2 E Latimer (Liv PS) 54.7. **800:** 1 H Lucas (Wig D) 2:08.9; 2 S Matthews (BWF) 2:09.6.
1500: 1 L Thompson (Pendle) 4:26.8. **HJ:** 1 L Halstead (BWF) 1.73. **DT:** 1 E Jeans (Pres) 34.12. **HT:** 1 E Jeans (Pres) 47.81; 2 C Davison (B'burn) 34.77
U13: 100: r1: 1 L Houghton (Pres) 13.0. **800:** 1 J Dee-Ingham (Wig D) 2:21.5; 2 K Atkins (Pendle) 2:22.4. **HJ:** 1 K Finch (Liv PS) 1.45. **SP:** 1 T Bebbington (Pres) 47.81; 2 J Kent (BWF) 35.05
Women: 4x100: 1 BWF 51.8. **HJ:** 1 R Culshaw (Wig D) 1.70. **LJ:** 1 M Brindle (Wig D, U20) 5.53; 4 K Laughton (Horw, W45) 4.22. **TJ:** 1 A Unsworth (Pres, U20) 11.00; 2 K Laughton (Horw, W45) 10.24. **JT:** 1 L Hillman (Pendle, U15) 29.79
U17: TJ: 2 G Newcombe (Pres, U15) 10.13
U15: 300: r1: 1 H Stephenson (Horw) 42.6. **r2:** 1 A Birch (Guest) 43.0. **800:** r1: 1 E Alderson (S'port W) 2:16.7; 2 A Bradshaw (BWF) 2:19.9; 3 E Greenwood (B'burn) 2:21.4. **4x100:** 1 Pres 52.7. **SP:** 1 L Hillman (Pendle) 11.03. **DT:** 1 L Hillman (Pendle) 29.18
U13: 100: r1: 1 L Lewis (Liv PS) 13.5. **200: r1:** 1 J Aziz (BWF) 28.4; 2 G Shinley (Guest) 28.4. **4x100:** 1 Guest 55.8; 2 Liv PS 56.2. **HJ:** 1 A Darby (Guest) 1.40; 2 J Murphy (Liv PS) 1.40

KENT YOUNG ATHLETES' LEAGUE DIVISION 1 & NON SCORING, Ashford

U15 boys: 200: A: 1 C Lyttle (Bexley) 23.27. **B:** 1 M Aregbesola (Bexley) 24.04. **300: A:** 1 J Fuggle (Tonb) 38.33; 2 P Banks (Ashf) 38.88; 3 W Milham (M&M) 39.00. **B:** 1 J Saddler (Tonb) 38.03. **1500: A:** 1 J Berry (M&M) 4:23.18. **800H: A:** 1 E Akanni (Bexley) 11.41; 2 J Thurgood (M&M) 11.90; 3 S Thomson (Tonb) 12.56; 4 I Sankch (B&B) 12.65; 5 J Timmins (Ashf) 12.68. **4x100: A:** 1 Bexley 48.12; 2 Tonb 48.91; 3 B&B 49.96. **HJ:** A: 1 J Thurgood (M&M) 1.75; 2 E Akanni (Bexley) 1.70. **HT: A:** 1 J Anderson (Thanet) 36.22
U13: 100: A: 1 R Kuypers (M&M) 12.92. **200: A:** 1 I Milham (M&M) 25.33. **1500: A:** 1 D Schofield (Tonb) 4:59.60. **75H: A:** 1 I Milham (M&M) 12.43; 2 C Crick (Tonb) 13.49. **4x100: A:** 1 M&M 55.66; 2 B&B 55.71. **SP: A:** 1 H Cowie (B&B) 8.89
U15 girls: 200: A: 1 J Smith (Tonb) 26.03; 2 M Cienciala (B&B) 26.18. **300: A:** 1 R O'Hara (Tonb) 41.35. **1500: A:** 1 A Ralph (Tonb) 4:58.11; 2 Y Austridge (B&B) 4:59.94. **75H: A:** 1 M Beaman-Browne (B&B) 12.06. **4x100: A:** 1 B&B 50.90; 2 Tonb 52.86; 3 Thanet 53.05. **LJ: A:** 1 G Sullivan (Ashf) 5.14. **DT: A:** 1 A Barnett (B&B) 28.64
U13: 75: A: 1 O Skeen (Thanet) 10.45; 2 K Harris (B&B) 10.54. **B:** 1 M Brooks (B&B) 10.69. **150: A:** 1 O Skeen (Thanet) 20.10; 2 M Brooks (B&B) 20.62; 3 E Westall (Med PP) 21.12; 4 A Root (Tonb) 21.13. **1200: A:** 1 E Westall (Med PP) 4:05.50; 2 M Smith (B&B) 4:05.55; 3 E Laffey (Inv EK) 4:11.91; 4 S Palmer (Tonb) 4:17.98; 5 E Featherstone (M&M) 4:19.82. **4x100: A:** 1 B&B 56.27. **HJ: A:** 1 J Curtis (Ashf) 1.40

KENT YOUNG ATHLETES' LEAGUE DIVISION 2, Ashford

U15 boys: SP: A: 1 O Hussey (Dartf)

12.45. **JT: A:** 1 H Parsons (Dartf) 48.47. **B:** 1 O Hussey (Dartf) 42.73
U13: 200: A: 1 B Sutton (Dartf) 26.24
U15 girls: 200: A: 1 V Chinedu (Camb H) 25.84. **300: A:** 1 Orogun (Dartf) 41.17. **1500: A:** 1 H Page (Dartf) 4:45.37.
4x100: A: 1 Camb H 52.90. **HJ: A:** 1 R Hawkins (Bexley) 1.60. **SP: A:** 1 D Oladipo (Camb H) 10.76
U13: 75: A: 1 M Ashong (Camb H) 10.37; 2 L Chambers (Ashf) 10.56; 3 K Woolcott (Dartf) 10.64. **150: A:** 1 M Ashong (Camb H) 20.63; 2 K Woolcott (Dartf) 21.20; 3 G Scopes (B&B) 21.51; 4 S Farrance (Ashf) 21.56. **B:** 1 A Williams (Camb H) 20.85. **1200: A:** 1 J Sellar (Dartf) 4:11.41. **4x100: A:** 1 Ashf 57.92. **JT: A:** 1 M Courtney (Camb H) 25.81

SUSSEX UNDER 15 LEAGUE WEST DIVISION, Horsham

U15 boys: 80H: A: 1 A Price (Horsh) 12.9. **4x100:** 1 Horsh 50.0. **PV: A:** 1 C Neil (Horsh) 3.40. **LJ: A:** 1 A Price (Horsh) 5.71
U15 girls: HJ: A: 1 T Campbell (Craw) 1.60. **PV: A:** 1 T Campbell (Craw) 3.10. **HT: ns:** 2 R Forrester (WDH) 33.23. **JT: A:** 1 C Jamieson (Horsh) 29.49

SOUTHERN SENIOR INTER COUNTIES, Abingdon

AMIR WILLIAMSON produced the performance of the meeting with a 71.0m hammer victory, smashing his previous best of 68.79m.
Men: 100: A: 1 K Ennis (Oxfordshire) 10.9; 2 H McQueen (Essex) 11.0. **200: A (-1.2):** 1 A Infantino (Herts) 21.33; 2 K Ennis (Oxfordshire) 21.53; 3 D Cowan (Surrey) 21.54; 4 H McQueen (Essex) 21.94. **400: A:** 1 M Edwards (Herts) 48.53; 2 T Kuria (Surrey) 48.87; 3 L King (Middlesex) 49.11; 4 S Malpas (Essex, U20) 49.47. **B:** 1 N Atwell (Surrey) 48.12; 2 M Hamilton (Herts) 49.08; 3

J Gillingham (Essex, U20) 49.96. **800: A:** 4 T Richardson (Essex, U20) 1:57.63. **1500: A:** 1 D Gibbon (Essex) 3:58.15; 2 G Grundy (Surrey) 3:58.22. **5000: A:** 1 P Martelletti (Middlesex) 14:57.68; 2 B Rochford (Herts, U20) 15:53.78. **B:** 1 M Ryall (Middlesex) 15:32.08. **ns:** 1 R Thompson (Middx) 15:21.70. **110H: A (-3.4):** 1 A Al-Ameen (Essex, guest) 14.5; 2 B Ashby (Surrey) 14.6; 3 G Akin (Middlesex) 15.3; 4 A Johnson (Oxfordshire) 15.4; 5 G Hadler (Essex, U20) 16.5. **B (-2.3):** 1 J Yarde (Surrey, ns, U20) 15.79. **400H: A:** 1 A Clements (Surrey) 52.75; 2 A Wing (Herts) 54.11; 3 H Hadler (Essex, U20) 56.71. **B:** 2 C Gaddes (Herts, U20) 55.13; 3 L Thompson (Essex) 55.62. **3000SC: A:** 1 R McKinlay (Middlesex) 9:40.01; 2 R Warner (Essex) 9:48.17. **3000W: A:** 1 D King (Essex) 12:27.11; 2 F Reis (Middlesex, M50) 14:07.44; 3 S Allen (Herts, M55) 16:28.65. **B:** 1 D King (Essex) 12:52.72; 2 J Hall (Middlesex, M60) 16:06.13. **ns:** 1 J Borgars (Herts, M65) 18:57.30. **4x100:** 1 Oxfordshire 41.74; 2 Herts 42.98; 3 Middlesex 43.33. **4x400:** 1 Surrey 3:18.85; 2 Essex 3:25.38. **PV: A:** 1 J Phipps (Surrey, U20) 4.70; 2 M Etheridge (Essex, U20) 4.40. **B:** 1 L Yarwood (Essex, U20) 4.40. **LJ: A:** 1 P Oluayemi (Surrey) 6.89. **TJ: A:** 1 D Wellstead (Surrey) 14.28; 2 K Brown (Essex) 14.05. **SP: A:** 1 Y Zatat (Essex, U20) 15.54; 2 P Wilkins (Oxfordshire, M45) 11.26; 3 J Garner (Herts, M45) 10.93. **B:** 1 S Thurgood (Essex, M35) 13.29. **DT: A:** 1 T Norman (Surrey) 51.87; 2 P Wilkins (Oxfordshire, M45) 47.59; 3 Y Zatat (Essex, U20) 46.65. **B:** 1 C Linque (Essex) 45.97; 2 A Wheble (Surrey) 40.65; 3 J Garner (Herts, M45) 30.36. **HT: A:** 1 A Williams (Essex) 71.01; 2 P Derrien (Surrey, M40) 43.87. **B:** 1 P Clarke (Essex) 54.66. **JT: A:** 1 B Buwembo (Essex) 65.80; 2 G Johnson-Assoon (Surrey) 59.07; 3 C Martin

(Herts, U20) 54.47. **B:** 1 D Sketchley (Essex, M35) 56.22; 2 T Ratcliffe (Herts, M45) 52.81
Women: 100: B (-1.2): 1 L Wake (Herts) 12.30. **200: B (-1.4):** 1 E Brown (Middlesex, U20) 25.48; 2 M Howard (Essex, U17) 25.82. **400: A:** 1 N McKenzie (Essex) 55.86; 2 J Knight (Surrey, U20) 55.91; 3 K Galley (Kent) 56.86; 5 A Smith (Middlesex, U20) 57.02; 4 D Willis (Herts) 57.07. **B:** 1 J Ryan (Essex) 57.15. **800: A:** 1 E Baker (Herts, U17) 2:10.88; 2 L Fairweather (Middlesex) 2:16.26; 3 K Johansen (Essex, U20) 2:16.41; 4 B Hodgson (Oxfordshire, U20) 2:16.60; 5 H Edwards (Surrey) 2:17.58. **B:** 1 S Grover (Herts, U20) 2:18.0; 3 A Clark (Essex, U17) 2:19.2. **1500: A:** 1 A McGuigan (Middlesex) 4:43.46; 3 V Hiscock (Essex, U17) 4:50.53. **B:** 1 V Carter (Middlesex, W40) 5:07.11. **3000: A:** 1 E Hosker Thornhill (Kent) 10:05.50; 2 S Cowper (Surrey) 10:20.22. **100H: A (-1.2):** 1 S Solomon (Kent) 13.88; 2 H Thomas (Essex, U20) 14.68; 3 C Gaynor (Herts) 15.01; 4 J Thomas (Surrey, U20) 15.47; 5 K Cooke (Middlesex, U20) 15.78. **B:** 1 A Naibe-Wey (Surrey) 62.82; 5 H James (Kent) 64.21; 6 H Shepherd (Essex) 64.36. **B:** 1 P Lowe (Herts) 61.45; 2 C Netley (Hants) 65.79. **3000SC: A:** 1 A Bream (Hants) 11:39.74; 2 V Smith (Essex) 11:49.81. **3000W: A:** 1 G Narviliene (Middlesex, W35) 14:32.43. **4x100:** 1 Essex 48.48; 2 Middlesex 49.27; 3 Kent 49.29; 4 Herts 49.94; 5 Oxfordshire 51.79. **4x400:** 1 Herts 3:51.56; 2 Essex 3:56.22; 3 Hants 4:15.00. **HJ: A:** 1 M Sasegbon (Herts) 1.70; 2 P Lake (Essex, U20) 1.70; 3 E Widdop-Gray (Middlesex, U17) 1.65; 5 A Akim (Surrey, W40) 1.60. **PV: A:** 1 L Henderson (Kent, U20) 3.00; 2 M Bailey

Ruddock double inspires Midland victory

JULY 21

VETERANS INTER AREA MATCH, Solihull

MIDLAND MASTERS were easy winners as Elena Ruddock gained a 12.43-25.21 sprint double.
 An interesting winner of the 400m was national 100km champion and 24-hour international Emily Gelder. As a change for the summer she has tried veterans athletics, and she was also second in the 1500m.
MATCH: 1 MM 502, WelshAA 412, SCV 411, EV 352, VAC 249, SWV 82, NI 46
M35 men: 100: 1 J Wood (SCV) 11.25. **200:** 2 C Millard (WM, M45) 23.67. **400:** 2 P Benedickter (EV, M40) 55.29. **1500:** 1 N Hazelwood (Mid) 4:17.43; 4 J Grainger (WM, M45) 4:30.03. **110H:** 1 G Dunson (MM, M45) 15.83; 3 P Benedickter (EV, M40) 17.70. **PV:** 1 C Mills (SCV) 4.22. **TJ:** 2 S Lake (SCV, M40) 11.78. **SP:** 1 G Degutis (EV, M40) 15.40. **HT:** 1 J Pearson (MM, M45) 56.66
560: 100: 1 N Tunstall (SWV) 12.27; 2 R Allen (Vets) 12.48; 3 M Stephenson (SCV) 12.78; 4 D Brown (MM, M55) 13.04; 5 W Paterson (EV, M55) 13.07. **200:** 1 P Logan (Vets) 24.54; 2 N Tunstall (SWV) 24.59; 3 I Broadhurst (WM, M55) 25.68; 4 M Woods (SCV) 26.35; 5 I Lucietis (EV, M55) 26.80; 6 P Clayton (MM, M55) 27.20. **400:** 1 M Vassiliou (Vets) 56.18; 2 K Deevy (MM, M55) 56.96. **800:** 1 R Andrew (MM)

2:07.53; 2 S Price (WM) 2:13.54; 3 A Gannaway (Vets) 2:14.73; 4 J Metcalf (EV) 2:16.94. **1500:** 1 M Cadman (MM) 4:35.05; 2 P Crane (WM) 4:47.67; 3 T Symons (SWV) 4:49.97. **3000:** 1 M Cadman (MM) 9:48.44; 2 R Sheen (WM) 9:50.89. **100H:** 1 N Tunstall (SWV) 14.44; 2 G Reddington (SCV) 14.85; 3 D Wilkinson (EV) 15.22; 4 P Edwards (MM) 15.54. **HJ:** 1 R Phelan (EV) 1.50. **PV:** 1 J Andrews (SCV) 3.60; 2 M Davies (WM, M55) 3.00; 4 J Bradley (MM, M65) 2.40. **LJ:** 3 A Earle (MM, M55) 4.91. **TJ:** 1 A Earle (MM, M55) 11.21; 2 S Langford (SCV) 10.39. **SP:** 1 A Leiper (SCV) 12.56; 2 J Moreland (MM) 11.67. **DT:** 1 J Moreland (MM) 46.18; 2 A Leiper (SCV) 35.61; 3 D Stokes (WM) 33.91; 4 G Packman (EV, M55) 29.27. **JT:** 1 K Murch (MM) 53.59; 2 J Powell (WM) 44.49; 3 S Langdon (SCV, M55) 41.73; 4 K Seldon (SWV, M55) 35.94
M60: 100: 1 A Ross (Vets) 12.42; 2 G Sutton (WM, M65) 12.44; 3 C Monk (MM) 13.03; 4 C Padmore (SCV) 13.11; 5 T Wells (EV) 13.83. **200:** 1 A Ross (Vets) 25.44; 2 G Sutton (WM, M65) 25.94; 3 C Padmore (SCV) 27.34; 4 C Monk (MM) 27.71; 5 T Wells (EV) 28.52. **400:** 1 S Barrett (SCV) 59.56; 2 S Nelson (MM) 62.93; 3 J Watkins (WM) 65.14. **800:** 1 D Oxland (WM) 2:19.16; 2 D Butler (EV) 2:21.85; 3 P Kennedy (SWV) 2:25.12. **1500:** 1 Oxland 4:45.77; 2 J Skelton (EV) 5:07.59; 2 S Thorp



1500m winner: Nick Hazelwood

(SCV) 5:07.59. **3000:** 1 Butler 9:57.68; 2 Oxland 10:36.42; 3 D Michael (SCV) 11:05.59; 4 M Mann (Vets, M65) 11:13.45. **HJ:** 1 G Ward (WM) 1.45; 2 A Herdman (SWV) 1.45. **LJ:** 1 A Herdman (SWV) 4.67; 2 R Singh (MM) 4.58; 3 Ross 4.45; 5 A Cheers (WM, M65) 4.00. **SP:** 1 N Griffin (SCV, M65) 12.22; 2 T Richards (EV) 12.15; 3 G Ward (WM) 10.33; 4 D Russell (MM) 9.19. **HT:** 1 B Scott (EV) 34.97; 2 D Russell (MM) 34.20; 3 C Melluish (SCV, M65) 33.62. **M70: 100:** 1 M Dugan (SWV) 14.56; 2 T Crockier (MM, M75) 15.33; 3 C

JEREMY HINDMANN

Field (SCV, M75) 16.06. **3000:** 1 R Wilson (MM) 12:26.41; 2 G Orme (WM) 12:29.59. **HJ:** 1 T Crockier (MM, M75) 1.25. **SP:** 1 P Hallett (EV) 8.99; 2 M Dugan (SWV) 8.50; 3 J Singh (MM, M75) 8.23
W35 women: 100: 1 E Ruddock (MM) 12.43; 2 I Barauskiene (SCV, W45) 14.03. **200:** 1 E Ruddock (MM) 25.21. **400:** 1 E Gelder (SCV) 67.38. **800:** 1 J Kind (MM, W40) 2:31.48. **1500:** 1 L Webb (VAC, W45) 5:04.55; 2 E Gelder 5:10.47; 3 J Phillips (WM, W45) 5:26.21. **3000:** 1 A Critchlow (VAC, W45) 10:43.27; 2 S Haikala (WM, W40) 10:48.41. **HJ:** 1 S McGivern (EV) 1.45; 2 I Barauskiene (SCV, W45) 1.40; 2 R Jensen (WM) 1.40. **LJ:** 1 S McGivern (EV) 4.99; 2 I Barauskiene (SCV, W45) 4.60; 3 A Vale (WM, W40) 4.44. **TJ:** 1 I Barauskiene (SCV, W45) 10.11. **SP:** 1 C Parker (MM, W40) 11.92; 2 R Jensen (WM) 9.99; 3 S Lawrence (SCV, W40) 9.60. **DT:** 1 C Parker (MM, W40) 36.68; 2 S Lawrence (SCV, W40) 32.29. **HT:** 1 S Lawrence (SCV, W40) 34.29; 2 C Parker (MM, W40) 32.59. **JT:** 1 S Lawrence (SCV, W40) 28.10; 2 K Addis (MM, W40) 26.55
W50: 100: 1 K King (SCV) 13.49; 2 C Filer (EV, W55) 14.24; 4 J Trimble (VAC, W55) 14.79. **200:** 1 K King (SCV) 28.55; 2 S Frisby (MM) 30.20; 3 G Clarke (EV) 30.63; 4 S Hooper (WM) 30.67; 5 J Trimble (VAC, W55) 31.47. **800:** 2 M McCarthy (EV) 2:43.20; 1 C Wood

(SCV) 2:43.49. **1500:** 1 K Brooks (MM) 5:19.25; 2 C Wood (SCV) 5:27.55; 3 M McCarthy (EV) 5:31.47. **3000:** 1 C Wood (SCV) 11:27.86; 2 H Grant (EV) 11:51.25. **80H:** 1 J Horder (MM, W55) 13.10; 2 G Clarke (EV) 13.88. **HJ:** 1 S Frisby (MM) 1.35; 2 G Clarke (EV) 1.30; 2 T Eades (SCV) 1.40; 3 L Willis (MM) 1.30. **PV:** 1 C Filer (EV, W55) 1.50. **LJ:** 1 C Filer (EV, W55) 4.51; 2 M Garland (WM) 4.42; 3 L Willis (MM) 4.03; 4 M Rowley-Jones (SCV) 3.79. **TJ:** 1 J Pryce (MM) 9.45; 2 M Rowley-Jones (SCV) 8.67; 3 M Garland (WM) 8.59; 4 C Filer (EV, W55) 8.06. **SP:** 1 C Johnson (EV) 10.75; 2 J Wilson (SCV) 10.72; 3 A George (MM) 8.19; 4 R Prells (WM, W55) 7.31. **HT:** 1 J Wilson (SCV) 37.27; 2 D Murch (MM) 31.90; 3 R Prells (WM, W55) 30.40; 4 G Clarke (EV) 25.78. **JT:** 1 J Wilson (SCV) 23.57; 2 D Murch (MM) 22.75
W60: 100: 1 V Bonner (SCV) 14.53; 2 E McMahon (EV) 15.38; 3 S Hine (MM) 15.85. **400:** 1 M West (SCV) 74.66. **800:** 1 R Avery (WM) 3:13.77; 2 S James (SCV) 3:14.93. **3000:** 1 A Copson (MM, W65) 11:51.94; 2 C Birch (WM, W65) 13:12.28. **HJ:** 1 E McMahon (EV) 1.10; 2 S Hine (MM) 1.05; 2 L Ahmet (SCV) 1.05. **LJ:** 1 M West (SCV) 3.72; 2 E McMahon (EV) 3.35. **SP:** 1 R Martin (EV) 8.65; 2 S Dassist (SCV) 7.92; 3 E Arwyn (WM) 6.86; 4 V Kirkland (MM) 6.22. **DT:** 1 R Martin (EV) 20.30; 2 S Dassist (SCV) 17.33

(Middlesex, U17) 3.00; 3 M Gutteridge (Essex, U17) 2.70. **B:** 2 T Eades (Kent, W50) 2.20. **LJ:** A: 1 A Barrett (Middlesex) 5.83; 2 J Thomas (Surrey, U20) 5.78. **TJ:** A: 1 A Barrett (Middlesex) 12.83; 2 C Hemmings (Kent, U20) 11.18; 3 N Harryman (Essex, U17) 10.94. **B:** 1 Z Asante (Middlesex) 12.39; 3 K Ronald (Essex, U20) 10.81. **SP:** A: 1 E Gatrell (Surrey, W35) 15.06; 2 L Underdown (Kent) 12.24; 3 C Vernon-Hamilton (Herts) 11.78. **DT:** A: 1 S Milner (Essex) 47.44; 2 L Underdown (Kent) 44.02; 3 L Britane (Middlesex) 42.30; 4 E O'Hara (Oxfordshire, U20) 37.23; 5 R Hector (Herts, U20) 36.72; 6 A Mitchell (Surrey, W45) 34.55. **B:** 1 H Redman (Essex) 40.73; 2 G Brown (Kent, U20) 38.87. **HT:** A: 1 E O'Hara (Oxfordshire, U20) 49.49; 2 C Gould (Middlesex, U20) 46.83; 3 D Kent (Kent) 44.00; 4 C Lethby (Surrey) 42.97; 5 C Cockell (Essex, U20) 38.33; 6 R Stansbury (Hants, W35) 37.87. **B:** 1 D McCaw (Middlesex) 46.08. **JT:** A: 1 E Meakins (Herts) 43.31; 2 E Christmas (Essex) 39.89; 3 S Ellis (Hants) 39.54; 4 L Britane (Middlesex) 38.82; 5 D Kabahinda (Kent, U20) 36.42

EBBISHAM BOYS' LEAGUE DIVISION 1 & NON SCORING, Walton

U15 boys: 100: A: 1 K Allen (Herne H) 11.3; 2 T Johnson (Croy) 11.7. **B:** 1 C Marcell (Herne H) 11.9. **ns2:** 1 A Adeniran (Herne H) 11.9. **200:** A: 1 K Allen (Herne H) 23.5; 2 T Johnson (Croy) 24.4. **B:** 1 C Cranston (Herne H) 23.4. **ns2:** 1 A Adeniran (Herne H) 23.4. **800:** A: 1 K Connor (Croy) 27.07. **80H:** A: 1 A Adeniran (Herne H) 11.8; 2 O Tyrrell (K&P) 13.0. **B:** 1 C Marcell (Herne H) 12.9. **4x200:** 1 Herne H: 1:38.5; 2 Croy 1:42.0; 3 HW: 1:48.7. **U13: 100:** A: 1 A Aggey (Croy) 12.7; 2 J Rowlands (Herne H) 12.9; 3 A Davis (K&P) 13.0. **B:** 1 J Jones (Croy) 13.0. **ns2:** 1 N Marshall (Croy) 12.9. **200:** A: 1 E Lloyd (Croy) 26.6; 2 A Davis (Croy) 26.9. **ns4:** 1 N Marshall (Croy) 26.4; 2 J Hall (Herne H) 26.8. **300:** A: 1 T Ricketts (Sutton) 42.0. **800:** A: 1 S Shaw (K&P) 2.20. **B:** 1 J Beltrao (K&P) 2.21. **75H:** A: 1 M Hemans (Croy) 12.4. **B:** 1 J Jones (Croy) 12.4. **ns:** 1 J Hourihane (dmv) 13.8. **4x200:** 1 Croy 1:53.0; 2 K&P 1:59.3; 3 Herne H: 2:04.7. **ns:** 1 Croy 2:03.8. **HJ:** A: 1 A Aggey (Croy) 1.45. **LJ:** A: 1 E Lloyd (Croy) 5.05. **U11: 75:** ns3: 1 T White (K&P) 10.9

DIVISION 2, Walton

U15 boys: 80H: A: 1 S Yamakawa (Walton) 11.9. **4x200:** 1 Walton 1:48.8. **SP:** A: 1 D Barnaby (S Lon) 12.47. **U13: 100:** A: 1 E Murray (S Lon) 12.6. **75H:** A: 1 C Chalder (DMV) 13.4. **4x200:** 1 S Lon 2:02.1. **DT:** A: 1 S Mace (Walton) 33.17. **JT:** A: 1 S Mace (Walton) 35.70

SCOTTISH ATHLETICS LEAGUE DIVISION 1 & GUESTS, Grangemouth

Men: 200: A (-1.4): 1 G Louden (Lass) 21.91; 3 S Revie (Edin, U20) 22.38. **400:** A: 1 P Swan (Edin) 49.14; 2 S Watson (Shett) 49.49; 3 M Lipton (Kilb) 49.68; 4 S Wright (Lass, U20) 49.92. **800:** A: 1 A Butchart (Centr) 1:53.70; 2 M Ferguson (A'deen, U20) 1:55.96. **1500:** A: 1 M Edwards (A'deen) 3:55.25; 2 T Watson (Centr) 3:56.53; 3 L Oates (Shett) 3:58.16. **B:** 1 S Reilly (Centr) 3:57.73. **5000:** A: 1 R Matheson (Lass) 14:54.03; 2 S McDonald (Centr) 14:55.45; 3 S Burgess (A'deen, U20) 15:51.90. **B:** 1 R Russell (Centr) 15:38.28. **110H:** A: 1 A Murphy (Kilb, U20) 15.97; 2 C Brown (Centr) 15.99. **400H:** A: 1 D Martin (VPCG) 52.71. **3000SC:** A: 1 A Hendry (Centr) 9:35.16. **B:** 1 M Wright (Centr) 9:51.24. **4x100:** 1 VPCG 43.52. **4x400:**

1 Lass 3:25.55; 2 A'deen 3:25.66. **HJ:** A: 1 R Ferguson (Lass, U20) 2.01; 2 A Sinclair (Edin, U20) 1.95; 3 J Lochans (Kilb, U20) 1.90. **PV:** A: 1 J Thoires (VPCG) 4.40; 2 A Murphy (Kilb, U20) 4.00; 3 P O'Donnell (Shett, U20) 4.00; 4 J Mann (A'deen) 4.00. **B:** 1 J Sinclair (VPCG) 4.00. **LJ:** A: 1 P Muirhead (Centr) 7.01; 2 G McKay (Edin) 6.92; 3 S Lyon (A'deen) 6.85. **SP:** A: 1 S Thompson (A'deen) 14.60. **DT:** A: 1 A McInroy (Shett) 50.34; 2 S Thompson (A'deen) 43.57. **HT:** A: 1 C Bennett (Shett) 71.24

MATCH: 1 Lass 285; 2 Centr 282; 3 Edin 262; 4 A'deen 259; 5 Falk 231; 6 Kilb 230; 7 VPCG 184; 8 Shett 102

Standings after 3 matches: 1 Centr 21; 2 Kilb 19; 3 Falk 16; 4 A'deen 15; 5 Edin 14; 6 Lass 13; 7 VPCG 7; 8 Shett 3

DIVISION 2, Grangemouth

MATCH: 1 I'nness 313; 2 Arb 276; 3 Pit 227; 4 Giff N 217; 5 W'moss 142; 6 Cors 126; 7 Fife 101; 8 C'dale 66

Standings after 3 matches: 1 I'nness 23; 2 Arb 21; 3 Giff N 18; 4 W'moss 13; 5 Pit 11; 6 Cors 10; 7 C'dale 6; 8 Fife 5

Men: 400: A: 1 E Dyer (Pit, U20) 50.25. **5000:** A: 1 C McKenzie (Cors) 14:55.59. **110H:** A (-3.3): 1 F Smith (Pit) 15.72. **400H:** A: 1 J Lawrie (Pit, U20) 55.83. **HJ:** A: 1 D Smith (Giff N) 2.17

SOUTH WEST LEAGUE DIVISION 1, Carn Brea

Men: 200: r2: 3 P Guest (Yeov, M50) 26.1. **110H:** r2: 1 R Reeks (Poole) 15.9. **LJ:** 1 N Clements (Yeov) 7.29; 8 P Guest (Yeov, M50) 5.50. **DT:** 5 R Shadrack (N Som, M45) 32.67. **HT:** 1 A Elkins (Poole) 58.93; 2 J Hill (N&P) 57.21; 3 B Marsh (N&P, M35) 42.27

U20: 400: 1 J Wightman (N&P) 50.1. **110H:** 1 N Hunt (Wim) 15.8. **LJ:** 1 N Hunt (Wim) 6.88. **SP:** 1 N Hunt (Wim) 14.37; 2 J Banovicus (Corn) 12.64

U17: 200: r1: 3 S Wheeler (Poole, U15) 24.4. **400:** ns: 2 J Bassett (Taun, U13) 58.2. **1500SC:** 1 S Lane de Courtin (N&P) 4:42.5; 2 D Taylor (Taun) 4:50.8.

4x400: 1 Taun 3:41.9. **PV:** 1 D Hubble (Corn) 3:25; 2 S Robins (N&P) 3.15. **SP:** 1 M Trickey (Yeov) 12.48

U15: 300: r1: 1 J Nancarrow (Corn) 37.9. **80H:** r1: 1 L Shepherd (Poole) 12.1; 2 R Long (Wim) 12.6. **4x400:** 1 Taun 3:57.9. **PV:** 1 F Caudery (Corn) 3.05

U13: 75H: r1: 1 A Paulin (Taun) 14.0. **Women: 1500:** 5 J Harrison (Yeov, W55) 5:35.2. **JT:** 1 A Vage (Corn, U20) 32.68

U17: 1500SC: 1 C Cayton-Smith (Corn) 5:23.7; 2 A Hine (Wim) 5:33.8. **ns:** 1 R Jeffries (Poole, U15) 5:53.0. **HJ:** 1 A Chigbo (N Som, U15) 1.55

U15: 300: r1: 1 G Doyle-Lay (Corn) 42.9. **1500:** 1 G Copeland (Wim, U13) 5:03.4. **LJ:** 1 G Doyle-Lay (Corn) 5.21; 2 G Silcox (Yeov) 4.92

U13: 70H: r1: 1 S Parker (N Som) 12.1. **r2:** 1 C Walder (N Som) 12.3

TRAFFORD U15 MEDAL MEETING, Stretford

U15 mixed events: 1500: 1 P Magner (Stok H) 4:27.4; 5 B Barlow (Manc H, U15W) 4:44.7

U15 boys: 80H: 1 B Clarke (Worc) 12.8. **SP:** 1 D Cartwright (D&S) 13.25. **DT:** 1 C Lee (Spn) 33.04

U13: 200: r1: 1 H Briscoe (Alt) 26.9. **800:** 1 M Brame (Liv H) 2:17.8; 2 B Lee (Vale R) 2:18.7; 3 R Stokoe (DASH) 2:19.7; 4 L Chesters (Sale) 2:20.4; 5 S Evans (Warr) 2:22.3. **75H:** r1: 1 J Watson (Tel) 12.6; 2 C Stewart (DASH) 13.0; 3 G Hurst (Traff) 13.5; 4 L Chesters (Sale) 13.7. **r2:** 1 B Higgins (Charn) 13.1. **HJ:** 12 J Kelly (Vale R) 31505.00; 13 M Brame (Liv H) 31505.00

U11: 75: r1: 1 L Suarez (S'port W) 10.5. **r2:** 1 S Worthington (Sale) 10.9. **r3:** 1 S Unwin (Stock H) 10.6. **r4:** 1 M Frith (Macc) 10.8. **150:** r2: 1 L Suarez (S'port W) 21.2; 2 S Unwin (Stock H) 21.2

U15 girls: 800: 1 C Wilde (C&S) 2:20.5; 2 E Twite (Sale) 2:22.1. **75H:** r1: 1 R Conway (C'field) 12.4

U13: 75: r1: 1 E Vernon (Tel) 10.4; 2 A Gill (Worc) 10.6; 3 L Hodgson (Bolt) 10.7

r2: 1 H Wickerson (Col B) 10.5. **r3:** 1 E Jackson (Sale) 10.1; 2 E Shaw (Stoke) 10.3; 3 I Clarkespool (Longford) 10.6

r4: 1 H Leah (Sale) 10.7. **r5:** 1 M Nugent (Vale R) 10.7. **150:** r1: 1 H Wickerson (Col B) 20.9; 2 R Prestage (Ross) 21.9

r2: 1 I Clarkespool (Longford) 20.7; 2 A Gill (Worc) 20.8; 3 E Shaw (Stoke) 20.9. **r3:** 1 S McLean (Leigh) 21.4; 2 H Leah (Sale) 21.5. **r4:** 1 E Wright (H&F) 21.4. **r5:** 1 E Jackson (Sale) 20.3. **r6:** 1 L Marshall (SHS) 21.7; 2 E Scarborough (Sedge) 21.7. **800:** r1: 1 N Harrison (Stock H) 2:25.3. **1200:** 1 B Thornton (Sale) 4:04.0; 2 E Twite (Sale) 4:12.3; 3 P Croft (Wirr) 4:13.6; 4 D McMinn (Traff) 4:18.5. **70H:** r1: 1 E Jackson (Sale) 11.6; 2 G Kelly (Prest) 11.9; 3 J Oglunduru (Traff) 12.1; 4 E Scarborough (Sedge) 12.2. **r3:** 1 A Gill (Worc) 12.1. **DT:** 1 T McHugh (Sale) 36.43; 2 L Hill (C'field) 25.66. **JT:** 1 E Vernon (Tel) 32.12

U11: 75: r3: 1 T Hill (Bolt) 11.2

JULY 20-21

SOUTH OF ENGLAND AA COMBINED EVENTS & 3000M CHAMPIONSHIPS, Hendon

Men: Dec: 1 O Muskue (Rad) 6874 (11.43, 6.82/2.5, 13.71, 1.98, 51.96, 16.06, 45.45, 4.03, 48.07, 5:24.71); 2 P Barrett (Herts P) 6240 (12.00, 6.25/1.1, 11.08, 1.83, 51.39, 15.50, 30.29, 3.63, 40.62, 4:27.05); 3 M Cryer (B&B) 5994 (11.68, 6.42/3.3, 10.49, 1.74, 51.02, 15.85, 29.86, 3.53, 33.96, 4:39.51); 4 B Gibb (Yeov) 5836 (12.56, 5.97/-0.6, 12.96, 1.77, 63.54, 16.87, 37.94, 4.53, 56.70, 5:24.87); 5 M Baker (Horsh BS) 5723 (11.89, 5.92/1.4, 10.09, 1.86, 53.07, 15.72, 24.92, 3.63, 42.18, 5:08.87); 6 J Moulard (Sale) 5619 (11.97, 5.70/1.5, 10.78, 1.59, 53.73, 16.36, 36.38, 3.43, 40.37, 4:52.53); 7 J Moore (Craw) 5288 (12.06, 5.73/1.5, 9.24, 1.68, 54.05, 18.85, 25.92, 4.03, 37.64, 4:45.00); 8 D Oakes (M&M) 5071 (12.00, 5.61/1.6, 13.27, 1.68, 56.39, 21.00, 32.74, 3.43, 43.69, 5:28.37); 9 A Pritchard (Macc) 4735 (12.75, 5.28/0.1, 8.35, 1.56, 58.78, 17.55, 32.18, 3.43, 37.98, 5:00.22)

U20: Dec: 1 O Tresise (BMH) 5661 (11.64, 5.93/1.7, 11.16, 1.71, 52.16, 16.83, 33.39, 3.23, 34.57, 4:54.79); 2 T Carter (E&H) 5128 (12.21, 5.60/3.1, 10.65, 1.59, 54.63, 17.13, 27.23, 2.83, 50.86, 5:08.51); 3 J Lane (Ashf) 4546 (11.78, 5.13/0.7, 10.46, 1.65, 55.37, DQ, 28.87, 3.33, 33.82, 5:29.73)

U17: 3000: 1 J Rowe (C&T) 8:57.03; 2 G Butler (Soton) 9:05.59; 3 C Charleston (Chelm) 9:08.13; 4 C Cohen (Ton) 9:17.53. **Oct:** 1 R Farrell (Soton) 4522 (6.17/0.0, 15.26, 36.23, 54.36, 1.85, 11.09, 31.87, 5:10.85); 2 J Davison (BMH) 4189 (5.19/2.1, 14.57, 24.93, 53.39, 1.73, 9.43, 23.29, 4:23.96); 3 J Crookes (BMH) 4169 (5.96, 15.04, 29.98, 56.03, 1.88, 8.86, 24.36, 4:56.67); 4 J Tarrant (Craw) 4065 (5.48/1.2, 15.00, 34.72, 58.86, 1.61, 11.76, 34.48, 5:17.91); 5 S Rees (SMR) 4046 (5.63/0.7, 15.73, 35.22, 54.89, 1.64, 8.92, 26.72, 4:48.23); 6 T Stephens (Oxf C) 3895; 7 L Batup (Brack) 3685; 8 S Cunningham (Craw) 3610; 9 D Carlsson-Smith (SB) 3267

U15: 3000: 1 A Kinloch (Ton) 9:08.32; 2 J Goodge (Ton) 9:11.24; 3 T Fawden (High H) 9:17.51; 4 J Boswell (AFD)

9:21.49; 5 P Burgess (HHH) 9:35.35; 6 J Patterson (Col T) 9:43.66; 7 J Wood (C&C) 9:43.74; 8 S Henning (Chit) 9:45.41; 9 J Mc Ardle (Trent P) 9:45.44; 10 H Reynolds (K&P) 9:47.95. **Pen:** 1 S Talbot (Exe H) 2865 (12.85, 11.63, 6.00/0.3, 1.69, 2:13.81); 2 A Jones (Soton) 2747 (11.72, 9.49, 6.34/1.7, 1.81, 2:35.65); 3 O Lawrence (Soton) 2459 (12.74, 10.32, 5.54/1.0, 1.69, 2:26.97)

Women: Hep: 1 G Weetman (WGEL) 5181 (14.43, 1.57, 11.80, 25.45, 5.46/1.0, 35.76, 2:22.19); 2 E Bucket (BMH) 5056 (14.61, 1.63, 11.04, 26.14, 5.82, 31.09, 2:28.18); 3 S Geary (Yeov) 4437 (15.33, 1.51, 9.44, 26.25, 5.26/0.4, 25.06, 2:27.56); 4 C Ward (SNH) 4129 (15.45, 1.54, 7.89, 27.48, 4.38/0.7, 35.86, 2:35.10); 5 H Buckley (Read) 3760 (18.82, 1.63, 9.57, 29.28, 4.62/0.0, 33.52, 2:42.47); 6 M Hallett (Soton) 3308

U20: Hep: 1 A Hussain (Oxf C) 3964 (16.01, 1.54, 8.53, 26.30, 4.57/0.5, 19.95, 2:33.79)

U17: 3000: 1 C Wilson (C&C) 10:14.66; 2 S Markwick (Hast) 10:22.94; 3 G Holloway (Thurr) 10:24.97; 4 R Ellis (Chic) 10:27.94; 5 C Venton (Chelm) 10:42.07; 6 E Milbourn (AFD) 10:44.87; 7 L Rochford (And) 10:47.06. **Hep:** 1 K Garland (Hast) 4262 (12.01, 1.62, 7.81, 26.56, 5.22/0.9, 23.92, 2:38.79); 2 B Crocker (Craw) 4122 (13.03, 1.62, 8.82, 28.06, 5.27/0.8, 24.89, 2:37.64); 3 A Short (B&H) 3955 (12.45, 1.44, 7.00, 25.84, 5.16/1.8, 20.14, 2:36.03); 4 D Brimecome (BMH) 3949 (12.90, 1.50, 7.38, 27.06, 4.90/2.2, 25.15, 2:32.75); 5 S Cowler (Herts P) 3829 (12.31, 1.50, 7.40, 27.09, 4.95/1.8, 18.80, 2:40.08); 6 M Marshall (Worth) 3708 (13.77, 1.50, 9.14, 27.66, 4.37/-2.0, 25.95, 2:43.80); 7 F McQuire (D&T) 3701 (12.56, 1.47, 9.07, 28.89, 4.71/1.3, 23.42, 2:44.71); 8 S Shackel (Craw) 3657 (13.35, 1.29, 7.33, 27.17, 4.81/1.1, 30.04, 2:39.14); 9 B Mulvany (Rad) 3286; 10 J Breach (Chic) 3066

U15: 3000: 1 S Sinha (Camb H) 10:03.57; 2 J Keene (B&B) 10:19.66; 3 A Newcombe (C&C) 10:34.78; 4 N Kingston (B&B) 10:55.28. **Pen:** 1 K Oldfield (Soton) 2853 (4.57/0.9, 12.10, 7.21, 1.60, 2:32.6); 2 L Arnold (M&M) 2812 (4.63/1.4, 12.67, 7.97, 1.60, 2:36.3); 3 B Ayles (Oxf C) 2723 (4.68/0.8, 11.89, 6.53, 1.42, 2:27.6); 4 N Parcell (Herts P) 2680 (4.80/2.3, 12.36, 9.94, 1.42, 2:48.5); 5 I Deacon (Brack) 2625 (4.63/0.4, 12.30, 7.22, 1.48, 2:39.9); 6 A Durrant (M&M) 2597 (4.69/1.9, 12.45, 6.66, 1.51, 2:42.0); 7 R Hawkins (Bex) 2574 (4.65/3.3, 13.51, 5.83, 1.69, 2:48.0); 8 J O'Dowda (Oxf C) 2515 (4.58/0.9, 12.49, 6.29, 1.45, 2:38.5); 9 I Sheerin (B'mth) 2440 (4.39/1.2, 12.51, 8.66, 1.42, 2:51.9); 10 J Down (Chelms) 2427 (4.65/1.7, 12.53, 8.51, 1.36, 2:52.0); 11 E Isaacs (Ashf) 2359 (4.60/0.2, 12.26, 7.19, 1.30, 2:46.3); 12 R Loomes (DMV) 2358 (4.65/0.7, 13.73, 7.41, 1.39, 2:43.9); 13 O Galloway (B'mth) 2337 (4.56/1.5, 13.37, 7.40, 1.33, 2:41.0); 14 E Franklin (Slough) 2306 (4.56/0.3, 13.02, 6.82, 1.39, 2:49.3); 15 L Wenborn (D&T) 2284 (4.30/2.2, 12.95, 6.99, 1.42, 2:50.0); 16 K Ellis (Wok) 2249 (4.32/0.8, 13.14, 7.07, 1.39, 2:49.6); 17 A Hopkins (Rad) 2229; 18 N Scott (M&M) 2221; 19 H Badger (Chelms) 2200

JULY 20

BIRMINGHAM GAMES, Birmingham

Men: 100: r1 (1.9): 1 T Guke (C&S) 10.99. **r2 (-1.3):** 1 G Lima (BRAT) 11.00; 4 N Ossai (SB, M35) 11.26. **r3 (-0.6):** 1 R Tremblen (Chelt) 10.89; 2 S Eruchie

(Bir) 10.93; 3 O Ogunpide (Tel, U20) 11.03. **r4 (-1.9):** 1 J Ross (AUS) 10.6; 2 D Hammond (B&R, U20) 10.9; 3 C Craig (Sale) 10.9; 4 J Huggins (E&H) 11.0; 6 J Radzda (Der, U20) 11.1. **200:** r1 (-1.0): 1 T Campbell (B&R) 21.58; 2 R Beardsell (Sheff) 21.89. **r2 (2.1):** 2 P Shand (Tip) 21.40; 1 J Hornblow (Der) 21.47; 3 D Hammond (B&R, U20) 21.65; 4 N Ossai (SB, M35) 22.06; 5 F Batcherlor (Bir, U20) 22.48. **r3 (2.6):** 1 N Pryce (RSC) 21.38; 2 S Tully-Middleton (Bir) 21.44; 3 D Trueman (Stroud, U20) 21.61; 4 G Hopkins (Card) 21.63; 5 J Huggins (E&H) 21.71; 6 J Radzda (Der, U20) 21.81. **r4 (-0.7):** 1 J Ross (AUS) 21.55; 2 R Strachan (Traff) 21.62. **400:** r1: 1 E O'Neill (Traff) 49.38; 3 J Skervin (Notts, U20) 50.41. **r2:** 1 B Winstanley (Soton) 48.58; 2 D Dell (Card) 48.79; 3 R Beardsell (Sheff) 48.83; 4 J Eades (Marl J) 49.08; 5 R Allen (R&N) 49.54; 6 J Thornton (B&W) 49.63. **r3:** 1 S Adeyemi (Herne H) 48.83; 2 G Hopkins (Card) 49.54; 3 A Barnes (RSA) 49.54; 4 T Ajose (Nott U) 49.60. **r4:** 1 R Strachan (Traff) 46.09; 2 S Eruchie (Bir) 46.51; 3 M Warner (Notts) 47.21; 4 J Houghton (Sheff) 48.00; 5 N Kanonik (Bir) 48.16; 6 C Byron (Bir) 48.28; 7 T Kuria (Woking) 48.90. **3000:** 1 G Lee (Leic C, M45) 8:57.60. **110H (-2.3):** 1 S Thingalaya (IND) 13.83; 2 J Ortiz (Bir) 14.34; 3 J Porter (Bir) 14.39; 4 D Feeney (Amber) 14.67; 5 A Blow (BMH) 14.75. **400H:** 1 C Wakeford (Sale) 52.45; 2 A Clements (WSEH) 53.13; 3 P Bennett (Card) 53.51; 4 D

HAMMERAMA & KUGELFEST HAMMER DEVELOPMENT OPEN, Livingston

Men: HT: 1 R McManus (Glasgow City) 49.37
U20: HT: 1 C Stoney (Glas) 52.52
U18: HT: 1 C Mullins (Moorfoot, U17) 45.03
U16: HT: 2 A Costello (Kilb, U15) 38.72; 3 A Peck (Ayr S, U15) 38.48
Women: HT: 1 R Hunter (Ayr S) 56.80; 2 M Porterfield (VPCG) 50.86; 3 K Dunlop (Unatt) 41.55; 4 L Allan (Pit) 40.37
U20: HT: 1 K Reed (Edin) 55.97; 2 J Plain (Falk) 47.28
U18: HT: 1 K Cowe (Glas, U17) 36.69
U16: HT: 1 N Robbins (Edin, U15) 48.59; 2 K Cowe (Glas, U17) 42.11; 3 S Pliego (Law, U15) 32.49; 4 H Fawcett (Kilb, U15) 28.50
W50: HT: 1 I Walters (Unatt, W55) 22.21

PLASTICS PLUS MIDLAND LEAGUE DIVISION 3, Tamworth

MATCH: 1 Coventry Godiva H 380; 2 Cannock & Stafford 323; 3 Telford 319; 4 Newport H 304; 5 Corby 219; 6 Tamworth A 209
Men: 200: B: 5 P Edwards (C&S, M50) 26.8. **400:** A: 1 S Marshall (Cov) 49.9.
5000: A: 1 P Ward (Tel, M45) 16.18.7.
400H: B: 3 P Edwards (C&S, M50) 67.3. **HJ:** A: 4 S Ainge (C&S, M45) 1.60.
PV: A: 3 K Powell (Newp, M50) 2.80.
B: 1 J Bradley (Tel, M65) 2.80. **SP:** A: 1 W Stuart (Cov, M40) 12.08; 3 R Eales (Newp, M45) 11.28. **HT:** A: 1 A Berrow (Tam) 47.83
Women: 200: A: 1 R Williams (Newp) 24.9. **400:** A: 1 R Williams (Newp) 56.0; 2 L Langowski (Cov) 57.3. **3000:** A: 1 R Hall (Corby) 10.15.3; 2 F Sweeney (Tel, U17) 10.34.0; 3 S Gray (C&S, W35) 10.48.2. **100H:** A: 1 O Walker (C&S, U20) 14.7. **PV:** A: 1 D Langdale (Tel, U17) 3.00; 3 J Hodson (Corby, W40) 2.50.
LJ: A: 1 M Arthur (Newp, U20) 5.25. **SP:** A: 1 C Parker (Cov, W40) 12.14. **DT:** A: 1 C Parker (Cov, W40) 35.85. **HT:** A: 1 C Parker (Cov, W40) 35.37; 3 K Moody (C&S, W45) 33.16. **JT:** A: 1 S Huggins-Ward (Cov) 41.68; 2 M Arthur (Newp, U20) 39.00

SOUTHERN WOMEN'S LEAGUE PREMIER DIVISION, Eton

MATCH: 1 WSE & H 403; 2 Reading 328.5; 3 Guildford 296.5; 4 Newquay & Par 195; 5 South London Harriers 188; 6 Victoria Park Harriers 149; 7 Hercules Wimbledon 97; 8 Horsham 23
Women: 100: A: 1 S Harrison (S Lon) 12.3. **200:** A: 1 S Harrison (S Lon) 25.0.
400: A: 1 L Owusu (WSEH) 57.7; 2 G Tatam (Read, U17) 60.7. **800:** A: 1 R Croft (WSEH, U17) 2:15.6. **1500:** B: 2 D Taylor (Read, W45) 5:20.5. **3000:** A: 2 E Reeves (WSEH, U17) 10:44.6. **100H:** A: 1 H Shurley (WSEH) 14.3. **B:** 1 C Quansah (WSEH, U20) 15.0. **400H:** A: 1 J McCabe (WSEH) 62.5; 2 L Delgado (VP&TH) 63.9; 3 V Maguire (G&G, U20) 65.8. **4x100:** 1 WSEH 49.4; 2 Read 51.9.
4x400: 1 WSEH 4:11.1. **HJ:** A: 1 P Rogan (Read, U20) 1.68; 2 A de Beaux (G&G, U20) 1.65. **PV:** A: 1 L Stickland (Horsh BS) 3.60; 2 A de Beaux (G&G, U20) 3.50; 3 A Holder (Read, U20) 2.0. **B:** 1 J Brewster (Horsh BS, U17) 3.40. **LJ:** A: 1 L Newman (N&P, U20) 5.36. **B:** 1 I Charters (WSEH, U17) 5.15. **TJ:** A: 1 L Newman (N&P, U20) 11.28; 2 I Charters (WSEH, U17) 11.22; 3 A de Beaux (G&G, U20) 10.83. **B:** 3 M Austin (Read, W45) 9.55. **SP:** A: 1 R Wallader (WSEH) 15.90; 2 D Opara (Read, U20) 12.41; 3 I Obi-Adewole (S Lon, U20) 10.34; 4 G Olaosebikan (VP&TH, U17) 9.85. **DT:** A: 1 D Opara (Read, U20) 41.05; 2 L James (WSEH) 37.50; 3 I Obi-Adewole

(S Lon, U20) 34.83. **B:** 1 A Holder (Read, U20) 38.63; 2 J Smith (WSEH, W45) 32.12. **HT:** A: 1 C Gould (WSEH, U20) 45.05; 2 M Brett (N&P, U20) 44.86; 3 A Herrington (Read, U17) 39.83. **B:** 1 J Smith (WSEH, W45) 40.84; 2 D Opara (Read, U20) 38.50. **JT:** A: 1 A Fitzgibbon (WSEH) 44.18; 2 H Webb (Horsh BS, U20) 38.24; 3 K West (Read, U17) 35.54; 4 C Coleman (G&G, U17) 35.27. **B:** 2 G Westwood (WSEH, U20) 35.05
U17: 80H: A: 1 H Sarti (G&G) 12.1
U15: 100: A: 1 K Bays (WSEH) 12.9; 2 O Lewis (VP&TH) 12.9. **800:** A: 1 A Earlam (G&G) 2:22.8. **1500:** A: 1 V Robinson (G&G) 4:54.4; 2 M Goodrum (WSEH) 4:56.4. **B:** 1 C Lance Jones (G&G, U13) 5:05.2. **75H:** A: 1 L Thompson (VP&TH) 11.9; 2 L Allen-Aigbodion (S Lon) 12.1. 3 M Hildrew (G&G) 12.2. **4x100:** 1 WSEH 51.1; 2 VP&TH 52.1; 3 G&G 52.5; 4 Read 52.6. **LJ:** A: 1 J Wood (G&G) 5.27; 2 L Thompson (VP&TH) 5.04. **DT:** A: 1 N Eronini (VP&TH) 33.71; 2 L Runnacles (Read) 31.37. **B:** 1 C Stacey (Read) 28.80. **JT:** A: 1 K Holt (Read) 29.03

DIVISION 1, Crawley

MATCH: 1 Haywards Heath Harriers 251.5; 2 Harlow 242.5; 3 Paddock Wood 146; 4 Dorking & Mole Valley 131; 5 Chiltern Harriers 50; 6 Swale Combined 34
Women: 1500: A: 1 M Heslop (Padd W, W45) 5:21.9. **B:** 1 T Oldershaw (Padd W, W45) 5:28.7. **3000:** A: 2 T Oldershaw (Padd W, W45) 10:44.3. **B:** 1 M Heslop (Padd W, W45) 11:00.1. **HJ:** A: 1 D Jones (Harl, W40) 1.47. **LJ:** A: 1 N Harryman (Harl, U17) 5.35. **TJ:** A: 1 D Jones (Harl, W40) 9.92. **HT:** A: 4 J Denyer (Hay H, W55) 20.67
U17: 80H: A: 1 N Harryman (Harl) 12.4
U15: 1500: A: 1 E Palmer (DMV, U13) 5:00.9

SWEATSHOP SOUTHERN ATHLETICS LEAGUE

DIVISION 1, Abingdon

MATCH: 1 Southampton 222.5; 2 Radley 191.5; 3 Walton 172; 4 Herts Phoenix 138
Men: 400: A: 1 J Slade (Soton) 48.86.
800: B: 3 D Blackman (Soton, M45) 2:07.08. **110H:** A: 1 A Johnson (Rad) 15.16. **400H:** B: 2 J Tilt (Soton, M50) 60.92. **3000SC:** A: 1 G Fisher (Soton) 9:59.95. **4x100:** 1 Rad 43.56. **HJ:** A: 1 B Armorgie (Herts P) 2.00; 2 N Hunt (Soton, U20) 1.90. **PV:** A: 1 S Bass-Cooper (Soton, U20) 4.40; 2 G Conlon (Walton, M35) 4.40. **B:** 1 C Timmings (Walton, M40) 3.20; 2 D Warn (Soton, M45) 3.20. **LJ:** A: 1 J Dorrian (Rad, U20) 6.77; 2 N Hunt (Soton, U20) 6.70. **TJ:** A: 1 N Hunt (Soton, U20) 13.48. **SP:** A: 1 G Newton (Soton, M35) 14.09. **B:** 1 M Small (Soton, M55) 10.97; 2 J Davis (Walton, M50) 10.03. **DT:** A: 1 G Newton (Soton, M35) 40.94. **B:** 1 M Small (Soton, M55) 33.90. **HT:** A: 1 D Avery (Soton, U20) 50.38. **ns:** 2 M Small (Soton, M55) 35.83; 1 J Davis (Walton, M50) 32.07. **JT:** A: 1 T Anstice (Rad, U17) 51.43; 2 N Hunt (Soton, U20) 49.12. **B:** 2 J Davis (Walton, M50) 36.19; 3 M Small (Soton, M55) 35.27
Women: 100: A: (-2.4): 2 S McLoughlin (Walton, W35) 13.02. **200:** A: 3 S McLoughlin (Walton, W35) 26.79.
400: A: 1 E Jenkinson (Soton, U20) 57.07; 2 S McLoughlin (Walton, W35) 57.96; 3 D Lee (Herts P, U17) 59.35.
800: A: 1 F Parry (Walton) 2:15.13; 2 B Hodgson (Rad, U20) 2:19.56. **1500:** A: 1 L Webb (Soton) 4:43.71. **3000:** A: 1 C Mitchell (Soton) 9:33.91; 2 J Locker (Walton, W35) 10:28.82. **100H:** A: 1 C Humphries (Herts P) 14.98. **400H:** A: 1 L Webb (Soton) 65.25. **2000SC:** A:

400m UK outdoor leaders

Men		Women	
45.23	Nigel Levine	Sen	50.50
47.14	Ben Snaith	U20	52.77
48.7	Jacob Ness	U17	54.58
53.16	Gregor Gillespie	U15	40.91
49.67	Lawrence Baird	V35	57.16
50.67	Michael Gardiner	V40	58.20
53.51	Glenn Gray	V45	63.1
53.5	Kermit Bentham	V50	61.48
56.2	David Elderfield	V55	61.6
57.0	Ray Watkins	V60	74.66
63.30	Derek Wardle	V65	87.6
68.86	Lyndsey Fairbrother	V70	101.5
75.8	Rodney Mills	V75	100.14i
86.0	Brian Ashwell	V80	nm

1 J Locker (Walton, W35) 7:39.24; 2 A Sharp (Soton, U17) 7:56.66. **4x100:** 1 Rad 51.83. **4x400:** 1 Herts P 4:04.57; 2 Soton 4:09.45. **HJ:** B: 2 K Reynolds (Rad, W45) 1.45. **LJ:** A: 1 H Perrin (Rad, U20) 5.22. **DT:** A: 1 C Letheby (Walton) 35.90; 2 E O'Hara (Rad, U20) 35.06; 3 E Green (Soton, U17) 32.42. **HT:** A: 1 E O'Hara (Rad, U20) 50.05; 2 C Letheby (Walton) 42.07. **B:** 1 A Baird (Rad) 41.03; 2 S O'Brien (Walton, U20) 36.71. **JT:** A: 1 E Meakins (Herts P) 44.80; 2 J Campbell (Soton, U17) 39.63. **B:** 1 S Ellis (Soton) 38.50; 3 K Reynolds (Rad, W45) 23.46. **ns:** 1 E Green (Soton, U17) 33.21

DIVISION 2 N, Hemel Hempstead

MATCH: 1 Bedford & County 235; 2 Dacorum & Tring 173; 3 Newham & Essex Beagles 148; 4 Barnet & District 119
Men: 100: A: 1 E Copperwhite (D&T, U20) 11.0. **ns:** 15 T James (Bed C, M55) 13.2. **200:** A: 2 A Hemoh (NEB, U17) 22.8. **400:** A: 1 V Nutakor (NEB) 49.8.
1500: B: 2 R McCormick (Barn, M50) 4:44.7. **3000:** B: 2 A Mason (Barn, M50) 10:10.4. **HJ:** A: 1 S Phelan (NEB) 2.06; 2 L Johnson (Bed C, U17) 1.90. **PV:** A: 1 J Weller (D&T, U17) 3.80; 2 L Nicholson (Bed C, U17) 3.60. **B:** 2 S Eastwood (Bed C, M45) 3.00. **ns:** 2 L Redford (D&T, U17) 3.20. **TJ:** A: 1 H Bisriyru (NEB, U17) 13.00. **SP:** A: 1 M Laurinavicius (NEB) 14.93; 2 D Larrington (Bed C) 13.28; 3 J Garner (D&T, M45) 11.03. **B:** 1 M Baptiste (NEB) 13.35. **DT:** A: 1 M Baptiste (NEB) 43.74; 3 J Garner (D&T, M45) 32.62. **HT:** A: 1 R Martin (Bed C) 50.31. **ns:** 1 D Kerr (Bed C, M40) 45.12
Women: 200: B: 4 A Rochester (Barn, W50) 30.6. **ns:** 1 A Slater (Bed C, W50) 28.2. **400:** A: 1 L Russell (Bed C, U17) 58.6; 4 A Rochester (Barn, W50) 68.2. **B:** 2 A Slater (Bed C, W50) 63.2. **800:** A: 1 J Wilkinson (Bed C, W40) 2:17.2; 2 S Grover (D&T, U20) 2:19.7; 3 J Kent (Barn, W45) 2:34.1. **B:** 1 S Boxer (Barn, W50) 2:47.1. **1500:** A: 1 J Wilkinson (Bed C, W40) 4:37.7; 2 J Kent (Barn, W45) 5:13.4. **B:** 3 K Murphy (Barn, W45) 5:29.5. **ns:** 1 N Peters (Bed C) 4:44.7; 2 L Russell (Bed C, U17) 4:47.8. **3000:** A: 1 J Wilkinson (Bed C, W40) 10:19.4; 2 K Murphy (Barn, W45) 11:23.1. **400H:** A: 1 L Buxton (Bed C, W35) 68.2. **HJ:** A: 1 E Cardledge (Bed C, U17) 1.65. **PV:** A: 1 J Eastwood (Bed C) 3.00; 2 N Brunning (D&T, W40) 2.70.
Men: 100: A: 2 L Buxton (Bed C, W35) 5.08; 3 N Brunning (D&T, W40) 4.62. **TJ:** A: 1 K Smith (NEB) 11.43; 2 N Brunning (D&T, W40) 10.78; 3 B Sergeant (Bed C, U17) 10.74. **SP:** A: 1 L Buxton (Bed C, W35) 10.87. **DT:** A: 1 G Jenkins (NEB) 35.69

DIVISION 2 N, Peterborough

MATCH: 1 City of Norwich 228; 2

Peterborough 203; 3 Ipswich 156; 4 Hillingdon 130
Men: 200: A: 2 S Crowie (Hill, U17) 22.7. **400:** A: 1 E Holland (Norw, U17) 50.7. **1500:** A: 1 T Hook (Norw, U20) 4:03.2. **HJ:** A: 1 J Horne (P'boro, U17) 1.90. **JT:** A: 1 P Dowding (Ips) 56.80; 3 K Seldon (Hill, M55) 34.16
Women: 100: A: 1 N Tikare (Hill, U20) 12.5. **B:** 4 E Welbourn (Ips, W50) 14.5. **200:** ns: 2 E Welbourn (Ips, W50) 30.0. **800:** A: 1 S McGivern (P'boro, W35) 2:26.4; 4 L Conway (Hill, W55) 2:58.8. **3000:** A: 2 L Conway (Hill, W55) 12:57.2. **400H:** A: 1 S Calcott (P'boro) 65.3. **4x100:** 1 P'boro 51.9. **HJ:** B: 2 C Filer (Norw, W55) 1.40. **LJ:** B: 3 L Conway (Hill, W55) 3.50. **TJ:** A: 1 S McGivern (P'boro, W35) 10.58. **SP:** A: 1 S Pam (P'boro, U20) 12.25. **HT:** A: 1 G Vickery (Norw, U20) 42.77

DIVISION 2 S, Woking

MATCH: 1 Croydon Harriers 202; 2 Woking 200; 3 Tonbridge 178; 4 North Devon 122
Men: 100: B: 3 S Beak (Woking, M45) 12.0. **200:** A: 3 S Beak (Woking, M45) 23.9. **3000SC (no WJ):** A: 1 T Cox (Ton) 9:39.5; 2 P Chambers (Croy, U20) 9:55.3. **B:** 1 S Molloy (Ton, U20) 10:10.3. **HJ:** A: 1 L Church (Ton, U17) 1.93. **PV:** A: 1 J Phipps (Woking, U20) 4.00. **SP:** A: 1 R Irving (Croy, M45) 12.10. **HT:** A: 1 P Kelly (Woking, M45) 40.26; 2 R Irving (Croy, M45) 33.22. **B:** 1 N Phipps (Woking, M60) 28.43
Women: 400: A: 1 K White (Ton, U17) 59.4; 3 V Mitchell (Woking, W50) 63.2. **800:** A: 1 S Lawrence (Croy, U17) 2:21.6. **B:** 1 J Barclay (Woking, W50) 2:47.8. **2000SC (no WJ):** A: 1 K Trinder (Woking, W45) 8:24.4. **B:** 1 J Barclay (Woking, W50) 8:59.6. **4x100:** 1 Ton 51.5. **PV:** A: 1 C Maurer (Woking, U20) 3.30. **ns:** 1 K Trinder (Woking, W45) 2.20. **TJ:** A: 1 C Linskill (N Dev) 11.87; 2 J Ware (Ton, U17) 10.59. **SP:** A: 1 E Gattrell (Woking, W35) 15.43; 2 S Irving (Croy, U17) 10.05. **DT:** A: 1 E Gattrell (Woking, W35) 42.93; 2 J Stevens (Ton, U17) 37.65; 4 S Navratnam (Croy, U17) 30.05. **HT:** A: 3 A Cryer (Woking, W45) 27.16. **JT:** A: 1 E Fossett (Croy, U17) 34.00

DIVISION 2 S, Swindon

MATCH: 1 Brighton & Hove 225; 2 Swindon 188.5; 3 Havant 125.5; 4 Winchester 122
Men: 100: A: 1 T French (B&H) 10.8. **3000:** A: 1 H Bristow (B&H, M35) 8:57.3. **110H:** A: 1 P Moreno (B&H) 15.4. **B:** 1 M Hewitt (B&H) 15.6. **PV:** A: 1 C Maw (Win, U17) 4.20; 2 P Moreno (B&H) 4.10. **B:** 1 D Ingram (B&H) 4.10. **LJ:** A: 1 S Adams (Win, U20) 7.00; 2 T French (B&H) 6.99. **B:** 1 J Valeri (B&H) 6.85. **TJ:** A: 1 J Valeri (B&H) 14.35; 3 T Jackson (Swin, M50)

11.51. **DT:** A: 1 A Hill-King (Win, U20) 40.26; 2 P Vermes (B&H, U20) 38.33. **HT:** B: 1 T Jackson (Swin, M50) 31.63. **JT:** A: 1 D Brice (B&H) 56.63
Women: 100: A: 1 A Chaundy (Swin, U17) 12.6. **400:** A: 1 E Piatek (Swin, U17) 59.0. **800:** A: 1 E Dixon (B&H, U20) 2:16.9. **1500:** A: 1 L Doughty (Swin, W40) 5:03.7. **2000SC:** A: 1 S Stoodley (Win, U17) 7:59.6; 2 C Bishop (B&H, W40) 8:23.6. **4x400:** 1 Havant 4:10.5; 2 Swin 4:13.3. **LJ:** A: 1 M Gascoigne (Swin, U20) 5.31. **TJ:** A: 1 M Gascoigne (Swin, U20) 11.11; 2 I Levy (B&H, U17) 10.48. **B:** 1 A Chaundy (Swin, U17) 11.01. **DT:** A: 1 E Kirk-Odonubi (B&H) 37.33. **JT:** A: 1 G Hailstone (B&H, U20) 35.87

DIVISION 3 N, Perivale

MATCH: 1 Dartford H 272; 2 Ealing, Southall & Middlesex 267; 3 Highgate H 264.5; 4 Huntingdonshire 179.5
Men: 100: A: 1 R Palmer (Hunts, U20) 11.0; 4 J Jarty (ESM, M40) 11.3. **200:** A: 1 D Hall (Dartf, U20) 22.4. **400:** ns: 3 R Franklin (ESM, M50) 57.6. **800:** ns: 1 A John (ESM, M40) 2:06.8. **HJ:** A: 1 J Clark (Dartf, U17) 1.85; 4 R Phelan (Hunts, M50) 1.50. **PV:** A: 1 M Densley (ESM) 4.00. **SP:** A: 1 J Edwards (Hunts) 14.74; 2 J Fenton (Dartf, M55) 9.85. **DT:** A: 1 J Edwards (Hunts) 46.43. **HT:** A: 1 J Edwards (Hunts) 54.01; 2 R Morawski (ESM, U20) 52.02. **B:** 1 N Bulman (Hunts, M35) 42.74. **ns:** 1 B Ellingham (Hunts, M45) 32.48. **JT:** A: 1 M Sane (High, M40) 42.12; 2 J Fenton (Dartf, M55) 40.09. **B:** 1 P Searing (Dartf, M50) 34.11
Women: 100: A: 1 E Edwards (ESM, U17) 12.6. **800:** A: 1 H Pollak (ESM) 2:17.9; 2 H Viner (High, U20) 2:18.2. **2000SC:** A: 1 G Doolan (High) 7:40.0. **4x100:** 1 ESM 51.9. **4x400:** 1 High 4:11.9. **HT:** A: 1 D McCaw (ESM) 45.11. **B:** 1 T Morawski (ESM, U17) 40.49; 2 H Searing (Dartf, U20) 34.60

DIVISION 3 N, Battersea

MATCH: 1 Oxford City 300; 2 Serpentine 292; 3 Loughton 200; 4 Biggleswade 155
Men: 200: A: 1 E Metcalfe (Bigg, U17) 22.4. **400:** B: 2 C Warren (Loughton, M50) 59.7. **3000:** ns: 1 W Green (Serp, M35) 8:56.8. **TJ:** A: 1 G Davies (Oxf C, M40) 12.79. **SP:** A: 1 D McIntosh (Serp, M50) 10.46. **JT:** A: 4 T McGahan (Serp, M60) 29.92
Women: 800: A: 1 A Clark (Loughton, U17) 2:19.2. **2000SC:** A: 1 S Pemberton (Serp) 7:57.9; 2 J Walker (Oxf C) 7:58.6. **B:** 2 G Hueter (Oxf C, W55) 9:01.6. **DT:** B: 1 J Cherry (Oxf C, W40) 29.24. **JT:** A: 3 S Ingham (High, W55) 21.64

DIVISION 3 N, Kings Lynn

MATCH: 1 West Norfolk/Diss 212; 2

Braintree & District 127; 3 Woodford Green with Essex Ladies 99; 4 West Suffolk 72

Men: DT: A: 1 J Allen (W Suff, U20) 38.75. **HT:** A: 1 J Allen (W Suff, U20) 42.07; 3 F Harford (WG&E, M45) 33.69
Women: 2000SC: A: 1 E Moyes (W Suff, U17) 7:41.6. **HJ:** A: 1 A Akim (WG&E, W40) 1.70. **HT:** A: 1 M Rushmore (W Norf/Diss, U17) 44.79; 2 C Cockell (Barn, U20) 37.61

DIVISION 3 N, Watford

MATCH: 1 265.5 265.5; 2 Watford Harriers 233.5; 3 Vale of Aylesbury 211; 4 Colchester & Tendring 96; 5 Orion Harriers 43

Men: HJ: A: 1 M Lally (Wat, U17) 1.90. **HT:** A: 1 R Walker (Orion, M35) 46.23
U20: DT: ns: 1 D Jibunoh (Thurr) 47.02
Women: 800: A: 3 J Austin (VoA, W45) 2:39.7. **1500:** A: 1 J Austin (VoA, W45) 5:14.1. **SP:** A: 1 S Lawrence (Thurr, W40) 10.07. **DT:** A: 1 S Lawrence (Thurr, W40) 31.28. **HT:** A: 1 S Lawrence (Thurr, W40) 34.77; 2 N Robson (Orion, U17) 33.94; 3 B Russell (VoA, W55) 25.90. **JT:** A: 1 S Lawrence (Thurr, W40) 27.78

DIVISION 3 S, Hastings

MATCH: 1 Hastings 300.5; 2 Chichester 165.5; 3 Lewes/Haywards Heath 153; 4 Invicta East Kent 122

Men: 100: ns: 2 M Rahman (Lewes/Hay H, M50) 12.7. **200:** ns: 1 G Cooper (Hast, M35) 12.5. **800:** A: 1 S Baldock (Hast, M40) 2:02.5. **3000:** A: 2 J Baker (Chic, M35) 8:58.3. **3000SC:** B: 1 P Cousins (Lewes/Hay H, M50) 10:52.1. **LJ:** A: 3 B Radcliffe (Lewes/Hay H, M40) 5.71. **SP:** A: 1 M Grant (Lewes/Hay H, U20) 12.77; 4 J Gilbert (Inv EK, M70) 6.91. **JT:** A: 4 J Gilbert (Inv EK, M70) 22.69
Women: 100H: A: 1 E Lovell (Hast) 15.2. **PV:** A: 1 L Connor (Lewes/Hay H, U17) 3.40

DIVISION 3 S, Salisbury

MATCH: 1 City of Salisbury 255; 2 City of Plymouth/Erme Valley 200; 3 199 199; 4 Bracknell 152; 5 Sutton & District 110

Men: 100: A: 1 A Thomas (Brack, U20) 10.8. **B:** 4 L Campbell (E Grin, M45) 12.0. **ns:** 1 F Joseph (Army) 10.9. **200:** A: 1 A Thomas (Brack, U20) 22.5; 5 L Campbell (E Grin, M45) 24.8. **1500:** A: 1 S Halsted (Brack, U20) 4:04.8; 2 S Anderson (Ply/Erme, M45) 4:17.3. **3000:** A: 1 S Anderson (Ply/Erme, M45) 9:20.2. **ns:** 1 J Domoney (Salis, U15) 9:54.8. **SP:** A: 1 M Wiseman (Brack, M40) 14.30; 3 P Spivey (E Grin, M50) 9.82. **B:** 2 D Woolcott (Salis, M55) 9.45. **DT:** A: 1 M Wiseman (Brack, M40) 49.15; 4 P Spivey (E Grin, M50) 28.45. **B:** 1 J Drzewiecki (Brack, M55) 33.46. **HT:** A: 1 P Spivey (E Grin, M50) 49.12; 2 M Wiseman (Brack, M40) 46.04; 3 C Smale (Sutt, M45) 35.28. **B:** 1 R

Mungham (Brack) 45.59. **JT:** B: 1 M Wiseman (Brack, M40) 40.98. **ns:** 1 A Munro (Salis, M55) 30.08

Women: 100: A: 4 K King (Brack, W50) 13.6. **200:** B: 3 K King (Brack, W50) 28.4. **800:** A: 1 C Hollamby (E Grin, U17) 60.8. **1500:** A: 1 H McClay (Brack, U17) 2:18.4; 2 A Mundell (Salis, U20) 2:19.3. **2000SC:** A: 1 R Berger-North (Brack, U20) 7:29.5. **B:** 1 P Bowden (Brack, U20) 7:50.4. **HJ:** B: 1 T Gribble (Ply/Erme, W40) 1.35. **DT:** B: 1 K King (Brack, W50) 21.40. **JT:** A: 2 L New (Salis, W50) 25.21. **B:** 1 K King (Brack, W50) 21.15

NORTHERN U15 / U17 INTER-COUNTY CHAMPIONSHIPS, Hull

U17 men: 100: r1 (1.9): 1 T Somers (Yorks) 10.89; 2 J Allen (Derbys) 11.19. **400:** r1: 1 T Somers (Yorks) 50.31; 2 A Sandall (Lincs) 50.50. **1500:** 1 J McGraw (Derbys) 4:02.54; 2 B Lewis (Yorks) 4:03.95; 3 D Evans (Ches) 4:07.79; 4 J Walley (Lincs) 4:09.12; 5 J Naisbitt (Yorks) 4:11.59. **3000:** 1 A Sharif (Mersey) 9:02.44; 2 L Byram (Yorks) 9:10.92; 3 C Durney (Lincs) 9:15.68; 4 L Dobson (Mersey) 9:17.04. **100H (-0.1):** 1 O Whellans (North East) 14.02; 2 L Farnworth (Lincs) 14.23; 3 J Hobson (Yorks) 14.27; 4 J Gill (Yorks) 14.79; 5 D Whitehead (North East) 14.88. **HJ:** 1 A Hogg (North East) 1.90. **PV:** 1 A Hague (Yorks) 3.80; 2 C Grayson (Ches) 3.70; 3 D Lavelle (Lincs) 3.60; 4 A Jones (Yorks) 3.50; 5 C Dietrich (North East) 3.40; 6 J Shortall (Lincs) 3.40. **LJ:** 1 T Caton-Hand (Mersey) 6.61/0.9; 2 J Marchan (Gr Manc) 6.57/1.7; 3 M Miller (Yorks) 6.34/0.9. **SP:** 1 B Wharton (Yorks) 12.45. **HT:** 1 M Croft (North East) 51.11; 2 J Small (Yorks) 49.94; 3 O Bryce (Yorks) 45.68; 4 J Booth (Gr Manc) 40.21
U15: 100: r1 (1.0): 1 D Jones (Mersey) 11.60; 2 I Dore (Yorks) 11.63; 3 D Weller (North East) 11.77; 4 J Ratcliffe (Ches) 11.79; 5 W Schofield (GM) 12.00. **r2 (2.0):** 1 J Leatherd (Lincs) 11.81; 2 R Brown (GM) 11.97. **r3 (0.6):** 1 M Greaves-Thomas (Lincs) 11.55; 2 L Renton (Yorks) 11.96. **200:** r1 (2.3): 1 J Milton (Mersey) 22.89; 2 I Dore (Yorks) 23.45; 3 J Ratcliffe (Ches) 23.57; 4 A Whittingham (Derbys) 24.08; 5 J Pemberton (GM) 24.13. **r2 (1.4):** 1 D Jones (Mersey) 23.61; 2 W Aldred (GM) 24.11; 3 J Leatherd (Lincs) 24.21; 4 F Williamson-Taylor (Ches) 24.22. **800:** r1: 1 G Mills (Yorks) 2:02.71; 2 L Thompson (Lincs) 2:05.30; 3 J Evans (Ches) 2:07.45; 4 H Milner (Derbys) 2:08.13; 5 J Lenehan (Mersey) 2:08.91. **r2:** 1 R Etherington (Yorks) 2:04.10. **80H:** r1 (0.3): 1 W Aldred (GM) 11.33; 2 T Matthewson (Yorks) 12.45; 3 C Outterside (NE) 12.81; 4 W Seed (Humbs) 12.88. **r2 (1.0):** 1 R Brown (GM) 12.14; 2 G Orton (Yorks) 12.37. **4x100:** 1 Yorkshire 47.25; 2

Lancashire 47.26; 3 Gtr Manchester 47.40; 4 Merseyside 48.10; 5 Cheshire 48.38; 6 Derbyshire 48.42; 7 North East Counties 49.10. **LJ:** 1 C Meakin (Ches) 5.97/1.7. **SP:** 1 L Rowley (Yorks) 14.28; 2 H Fairclough (Yorks) 13.47; 3 A Nugent (North East) 11.52. **HT:** 1 A Jeal (North East) 46.63; 2 E Jeans (Lincs/IoM) 45.63; 3 A Nugent (North East) 41.49; 4 W Schofield (GM) 38.08; 5 C Davison (Lincs/IoM) 36.01; 6 J Darby (Yorks) 35.73; 7 H Fairclough (Yorks) 34.62

U17 women: 100: r1 (1.2): 1 E O'Connor (Derbys) 12.59; 2 V Giblin (GM) 12.59. **r2 (1.8):** 1 A Other (Humbs) 12.34; 2 C Paterson (Humbs) 12.48. **400:** r1: 1 A Carr (Yorks) 60.15; 2 K Lawler (Lincs) 60.29; 3 G Hirst (North East) 60.48. **r2:** 1 A Other (Humbs) 59.15; 2 C Slack (Yorks) 60.59. **1500:** 1 S Montgomery (North East) 4:36.88; 2 S Brennan (Mersey) 4:41.19; 3 S Tarver (Mersey) 4:44.49; 4 A Wood (Lincs) 4:54.75. **3000:** 1 C Pain (Yorks) 10:30.00; 3 S Burnett (North East) 10:30.96; 4 L Woodhall (Yorks) 10:36.40; 5 L Davies (Derbys) 10:38.74. **80H:** r1 (1.9): 1 Z Lucas (Lincs) 11.65; 2 T Cuff (GM) 11.84; 3 C Bartlett (Mersey) 12.19. **r2 (2.6):** 1 J Ward (GM) 12.38; 2 M Raine (North East) 12.38. **HJ:** 1 L Chappell (Yorks) 1.63; 2 J Ward (GM) 1.60; 3 E Corr (Mersey) 1.60. **PV:** 1 H Newell (Lincs) 3.10; 2 F Hockey (Lincs) 3.00; 3 A Williams (Gtr Manc, U15) 2.70. **LJ:** 1 A Carr (Yorks) 5.47/0.7; 2 L Chappell (Yorks) 5.20/0.9; 3 M Bruce (Derbys) 5.19/1.7. **SP:** 1 T Buckingham (Yorks) 11.58; 2 V Adams (Yorks) 9.92; 3 S Dowse (Lincs) 9.85; 4 K Pattison (Humbs) 9.77; 5 K Enderwick (North East) 9.76. **HT:** 1 M Okul (Humbs) 40.27; 2 H Rodgers (Yorks) 39.23; 3 B Cooke (North East) 34.17; 4 G Trace (Derbys) 34.07; 5 S Chadwick (Lincs) 32.71; 6 R Collins (Derbys) 32.35. **U15: 100:** r1 (0.8): 1 B Harris (Yorks) 12.48; 2 A Bland (North East) 12.55; 3 F Coope (Derbys) 12.75. **r2 (0.6):** 1 A Mussett (Yorks) 12.73; 2 D Loudon (Lincs) 12.88. **200:** r1 (1.0): 1 A Bland (North East) 25.05; 2 B Harris (Yorks) 25.21. **r2 (0.0):** 1 A Greenwood (Yorks) 26.07. **800:** r1: 1 E Alderson (Mersey) 2:14.49; 2 N Emerson (Derbys) 2:15.18; 3 K Lowery (Ches) 2:16.43; 4 A Cunningham (GM) 2:21.80; 5 A Lancaster (Yorks) 2:22.30; 6 L Garwood (Humbs) 2:22.57. **r2:** 1 A McTiffin (Lincs) 2:21.58; 2 T Hammond (Yorks) 2:22.50; 3 M Boyer (Cheshire) 2:22.86. **75H:** r1 (1.9): 1 C Esegbona (Ches) 11.68; 2 G Hollis-Lawrence (Yorks) 12.02; 3 M Thomson (Mersey) 12.04; 4 A Chadbond (GM) 12.04; 5 A Sibbald (Lincs) 12.21; 6 R Conway (Derbys) 12.36. **r2 (1.3):** 1 E Darroch (Mersey) 12.27. **4x100:** 1 Yorkshire 50.72; 2 Lancashire 51.30; 3 Merseyside 51.69; 4 Gtr Manchester 52.35; 5 Cheshire 52.37; 6 Derbyshire 52.44. **LJ:** 1 R Oliver (Yorks) 5.15; 2 A Rowe (Mersey) 5.14; 3 Z Enechi (GM) 5.13; 4 E Gargan (North East) 5.07; 5 A Linaker (Yorks) 4.97; 6 H Smith (Mersey) 4.94. **SP:** 1 L Hillman (Lincs/IoM) 11.25; 2 G Kinsley (GM) 10.97; 3 J Hirst (Yorks) 10.29; 4 A Rowe (Mersey) 9.85. **HT:** 1 O Stevenson (Humbs) 44.17; 2 J Hirst (Yorks) 39.94; 3 L Hillman (Lincs/IoM) 37.17; 4 C Brown (Derbys) 34.85; 5 M Ascough (Yorks) 31.97; 6 C Price (Mersey) 30.81; 7 E Doran (Lincs/IoM) 27.53; 8 A Barnsdale (Lincs) 27.11

NORTHERN 10.000m CHAMPIONSHIPS, Hull

Mixed events: 10,000: 1 M Crawley (Dur) 31:56.94; 2 T Bean (York) 32:06.74



Charlotte Browning wins over Vicky Fouhy at the Saucony Grand Prix

INNOVOT

JULY 18

WORCESTER AC OPEN, Worcester

Mixed events: 200: r10: 6 L Oldfield (Worc, M65) 29.0; 7 J Steel (Chelt, M65) 29.5. **r4:** 1 J Pearson (B&R, U13) 26.6. **r8:** 1 D Banks (Worc, U15) 23.9. **r9:** 1 D Willoughby (Glouc, U17W) 25.5; 2 K Constable (Glouc, U17W) 25.9. **300:** r2: 1 J Hocking (Worc, U15) 38.1. **400:** r1: 1 Billaud (B&R, U20W) 57.6; 2 D Willoughby (Glouc, U17W) 59.0. **800:** r2: 1 J Cavens (Worc, U13) 2:22.3; 2 J Bremner (Stroud, U13) 2:24.3. **r4:** 2 S Efiang (Hale, U17) 1:59.4. **3000:** r1: 1 M Hawkins (Worc, U15W) 10:39.0. **r2:** 2 P Barlow (Glouc, M40) 9:11.5; 5 T Mortimer (Stroud, U15) 9:40.4
U20 men: JT: 1 W Sage (Chelt) 49.02
U17: PV: 1 L Gardiner (Chelt) 3.70
U15: PV: 1 N Hatherley (Chelt) 2.60
M65: DT: 1 Bowles (Worc) 34.22
U20 women: DT: 1 E Crooke (Bir) 36.14. **JT:** 1 E Crooke (Bir) 33.54
U15: HJ: 1 N Smith (Stroud) 1.55. **DT:** 1 M Bird (Chelt) 33.52
W45: JT: 1 R Bird (Worc) 23.69

JULY 17

SAUCONY HAMPSHIRE GRAND PRIX, Basingstoke

Men: 100: r3 (-1.9): 2 R Watkins (BMH, M60) 12.83. **400:** r1: 1 R Graham-Watson (WSEH) 49.03; 2 C Greenaway (Soton) 49.77; 3 B Winstanley (Soton) 49.89; 4 S Carter (Soton) 49.96. **r2:** 3 D Elderfield (BMH, M55) 56.60. **r3:** 2 R Watkins (BMH, M60) 57.43. **400H:** 1 J Davison (BMH, U17) 56.86; 2 T Stephens (Oxf C, U17) 58.42; 3 T Hatton-Brown (BMH, U17) 58.64. **HJ:** 1 N Hunt (Soton, U20) 1.95. **PV:** 1 S Sleep (BMH) 4.30; 2 A Leiper (AFD, M50) 3.20; 3 D Warn (Soton, M45) 3.00. **SP:** 1 G Newton (Soton, M35) 13.62
Mixed events: 800: r1: 1 G Smith (Swan) 1:52.67; 2 R Chesser (NEB) 1:53.07; 3 T Syckelmoore (BMH) 1:53.92; 4 T Bowerman (AFD) 1:54.97. **r10:** 1 K Brown (Herne H, U15W) 2:22.05. **r11:** 1 S Burrows (AFD, U15W) 2:20.79. **r2:** 1 L Chiossoe (BMH, U20) 1:55.25; 3 J Platt (And, U17) 1:57.23; 4 N Clinton (Swin, U20) 1:57.37. **r3:** 1 S McCallum (Win, U20) 1:56.55; 2 J Currah (Wit, U17) 1:56.64; 3 B O'Connor (BMH, U20) 1:57.79; 4 A Davis (Phoe, U15) 1:58.80. **r4:** 3 J Ladhams (BMH,

U17) 1:59.56. **r5:** 1 C Browning (AFD, W) 2:05.08; 2 V Fouhy (WSEH, W) 2:05.55; 3 M Courtney (SB, W) 2:09.74. **r6:** 3 C Sheridan (BMH, U15) 2:05.23; 4 J Beeks (BMH, U15) 2:05.62; 5 W Crisp (Swin, U15) 2:05.89; 6 J Domoney (Salis, U15) 2:07.80. **r7:** 4 G Stenhouse (Jer, M45) 2:13.81; 6 L Bellamy (Swin, U20W) 2:14.38; 7 N Hall (Hill, M50) 2:17.63. **r8:** 5 J Helyar (BMH, U20W) 2:18.19; 6 G Harvey (Abing, U17W) 2:18.68; 7 S Mansfield (Craw, U17W) 2:18.96; 8 A Mundell (Salis, U20W) 2:19.41; 9 E Grice (AFD, U17W) 2:19.66. **3000:** r1: 1 A Tovey (WSEH) 8:17.29; 2 R Fitzgibbon (Phoe, U20) 8:24.11; 3 J Guilman (Phoe) 8:26.09; 4 M Hobbs (Swin) 8:27.67; 5 J Grace (AFD) 8:27.91; 6 G Granger (Woking) 8:33.62; 7 T Smith (AFD, U20) 8:35.41; 8 H Pearce (Tonb, U20) 8:40.27; 9 C Carpanini (Swin) 8:41.56; 10 S Jones (Swin) 8:44.96; 14 B Bradley (AFD, U20) 8:56.93; 17 J Alger (Phoe, U17) 9:02.98. **r2:** 1 C Hilton (SNH, U20) 8:47.90; 5 J Smith (Soton, M40) 9:13.04. **r3:** 1 R Coupland (AFD, U15) 9:53.56

U20: PV: 1 S Bass-Cooper (Soton) 4.40; 2 M Popkov (SB) 4.00. **LJ:** 1 N Hunt (Soton) 6.80. **SP:** 1 N Hunt (Soton) 14.77; 2 H Ridgers (Soton) 13.89. **JT:** 1 M Muckelt (Ports) 49.55
U17: 400: 1 M Richardson (BMH) 50.90. **PV:** 1 C Maw (Win) 4.40; 2 T Farres (Ports) 3.80. **JT:** 1 T Hatton-Brown (BMH) 50.56
U15: 100 (0.1): 1 O Richardson (BMH) 11.82. **400:** 1 R Brackstone (Brack) 53.46. **HJ:** 1 A Jones (Soton) 1.75. **PV:** 1 A Douglas (Soton) 3.40. **LJ:** 1 A Jones (Soton) 6.32. **SP:** 1 E Hill-King (Win) 12.25. **JT:** 1 E Jenkinson (Soton) 44.47
U15: 800: 1 N Wiltshire (Abing) 2:22.0; 2 B Pattison (BMH) 2:22.4
M50: SP: 1 A Leiper (AFD) 12.91
Women: 100: r1 (-1.2): 5 K King (Brack, W50) 13.83. **r2 (-0.9):** 2 C Dawkins (Ports, W50) 14.39; 5 M West (Over, W60) 15.35. **400:** 1 M Aitchison (AFD, U20) 56.10; 2 E Jenkinson (Soton, U20) 57.08; 3 R McClay (Brack) 57.24; 5 T Bezance (Ports, W45) 64.75. **PV:** 1 N Brunner (D&T, W40) 3.00. **LJ:** 3 M West (Over, W60) 3.58. **JT:** 1 K Watts (Traf) 49.53; 2 S Ellis (Soton) 41.55
U20: PV: 1 A de Beaux (G&G) 3.40. **JT:** 1 P Barker (Soton) 36.95



Billie-Jo Harris (right) beats Ashlyn Bland in under-15 100m at the Northern Inter-Counties

DAVID HEWITSON

U17: 300: 1 H McCloy (Brack) 41.53.
SP: 1 S Merritt (Soton) 11.83. **JT:** 1 J Campbell (Soton) 40.40; 2 M Bilsland (BMH) 38.02
U15: 300: r1: 1 P Fenwick (Brack) 42.6
U13: 800: r1: 1 A Brown (Herne H) 2:23.48; 2 A Pigden (Ports) 2:23.59; 3 R Poole (BMH) 2:26.55; 4 A Garside (Win) 2:27.44
W50: SP: 1 K King (Brack) 9.23

CAMBRIDGE HARRIERS OPEN, Eitham

Mixed events: 100: r2: 4 I Presnell (Ashford, M50) 13.15. **400: r1:** 1 F Morgan (Bexley) 48.92; 2 V Nutakor (NEB) 49.21; 3 C Perry (Camb H, U20) 49.76; 4 J Berth-Jones (Camb H, U20) 49.96; 5 S Ball (Camb H, U17) 50.54. **r2:** 1 L Heffernan (M&M, U17) 51.38. **800: r1:** 4 I Milham (M&M, U13) 2:17.84. **r2:** 1 M Warner (M&M, U15) 2:20.80
Men: DT: 1 C Linque (WGEL) 46.60
150: DT: 1 T Tipping (Camb H) 36.06.
DT: 1 T Tipping (Camb H) 43.13; 2 P Wishart (Camb H) 33.71
600: DT: 1 P Hawney (Camb H) 34.04
Women: 400: 1 K Galley (B&B) 57.00; 2 R Dickens (B&B, U20) 58.22

BMC REGIONAL RACES, Eitham

Men: 800: A: 1 J O'Hara (Bexley, U17) 1:52.28; 2 K Reilly (Ton) 1:52.48; 3 L Lloyd (Herne H, U20) 1:52.91; 4 A Cornwell (WG&EL) 1:53.14; 5 N Goolab (Belg) 1:53.69; 6 A Gilbert (M&M, U20) 1:53.73. **B:** 1 T Cox (Ton) 1:54.56; 2 W Somogyi (Bexley, U20) 1:55.21; 3 R Lewis (Lut, U20) 1:56.09; 5 N Inkester (Sutt, U17) 1:58.29. **C:** 4 J Goss (Inv EK, U17) 1:58.80. **D:** 5 M Boxall (Craw, U15) 2:02.70. **1500: A:** 1 T Frith (S'end) 3:49.47; 2 L Russo (Ton) 3:53.00; 3 J West (Ton, U20) 3:56.00; 4 S Molloy (Ton, U20) 3:57.48; 5 B White (Phoe, U17) 3:58.27; 6 K Everett-Arnarsson (Hast) 3:59.35; 8 J Dee (SB, U17) 4:01.90; 9 W Fuller (B&B, U17) 4:03.81. **B:** 1 A Howard (Ton, U20) 4:04.51. **3000: A:** 1 T Holden (S Lon, U17) 8:43.34; 3 A Wright (S Factor, U20) 8:49.27; 8 T Tuohy (Dulw, M50) 9:27.82
Mixed events: 800: E: 1 A Elms (Camb H, U15) 2:09.43; 3 I Everson (B&B, U17W) 2:16.69; 4 R Prideaux (Chelm, U17W) 2:17.51; 6 C Elms (Camb H, W45) 2:18.93. **1500: C:** 1 E Bird (SB, U20W) 4:25.52; 2 B Proctor (AFD, W) 4:38.90; 3 G Baker (AFD, U20W) 4:41.15; 6 S Markwick (Hast, U17W) 4:51.73; 7 F Reid Lloyd (Herne H, U17W) 4:54.60

CRAWLEY AC OPEN MEETING

Men: 100: r1 (-1.6): 1 D Onifade (HHH) 10.91; 2 J Cann (Craw, U20) 11.01. **400: r1:** 1 S Tucknott (B&H) 49.88. **800: 2:** A Haines (Craw, M45) 2:04.78; 5 M McLoughlin (Hay H, M50) 2:17.36. **1500:** 5 A Briffett (Lewes, U15) 4:28.12. **LJ:** 1 T French (B&H) 6.96. **SP:** 1 J Watson (WSEH, U20) 13.51
Mixed events: 200: r3 (-0.8): 2 P Logan (K&P, M50) 25.04
U20: SP: 1 J Watson (WSEH) 15.02
U15: 100: r1 (-0.8): 1 J Binns (Worth) 11.84. **200 (-0.8):** 1 J Binns (Worth) 23.88; 2 W Martin (Hast) 24.33. **800:** 15 Rogers (Hast) 2:07.20. **JT:** 1 J Whiteaker (Ton) 59.23
U13: 800: 1 T Thyre (Craw) 2:20.15; 2 D McDougall (Wyc P) 2:24.22. **SP:** 1 N Rees (LH) 8.96
M40: LJ: 3 N Lincoln (Holl S) 5.79
Women: 400: 2 S Read-Cayton (Craw, W45) 63.37
U13: 200: r1 (-1.1): 1 A Anning (B&H) 27.81. **JT:** 1 N Trier 24.87. **U11: 60: r1 (-1.4):** 1 O Orfenon (Craw) 9.28
W50: JT: 1 C Garratt (Worth) 31.97

INVICTA EAST KENT OPEN, Canterbury

Mixed events: Mile: 5 E McKane (Inv EK, U20W) 5:18.37; 7 L Coward (Inv EK, U17W) 5:24.58
Men: SP: 2 J Gilbert (Inv EK, M70) 7.24
M70: SP: 1 J Gilbert (Inv EK) 10.12. **JT:** 1 J Gilbert (Inv EK) 26.72
U15 girls: JT: 1 E Knights-Toomer (Ashf) 29.02

LEE VALLEY SPRINT EVENING OPEN, Lee Valley

Mixed events: 100: r1 (-2.4): 8 E McMahon (E&H, W60) 16.14. **r3 (-0.3):** 5 C Clarke (Hill, U13W) 13.35. **r6 (0.0):** 6 R Allen (Harrow, M50) 12.62. **r8 (-1.1):** 4 L Wood (Traff, W) 12.00; 6 A Pipi (E&H, U20W) 12.11. **r9 (-0.5):** 1 N Smith (Unatt, U15) 11.67; 5 T Nuga (NEB, W) 12.16; 6 R Samuel (Unatt, M45) 12.20. **r10 (0.9):** 5 N Gilbert (E&H, W) 11.90. **r15 (-0.8):** 2 C Lyttle (Bexley, U15) 11.17. **r17 (0.5):** 1 R Tremblen (Chilt) 10.80; 2 E Tawiah-Kwabena (E&H) 10.97; 5 J Greenidge (WG&EL, M35) 11.21. **r18 (-0.6):** 1 K Williams (E&H) 10.79; 2 F Collymore (B&B) 10.96. **r19 (1.2):** 1 D Dowding (Herne H) 10.73; 2 G Cunningham (Unatt) 10.76; 3 A Infantino (SB) 10.86; 4 A Boyce (Herne H) 10.86. **r20 (0.9):** 1 L Sylvester (Unatt) 10.66; 2 A Murdoch (VP&TH) 10.67; 3 J Smith-Bent (Unatt) 10.79; 4 O Simpson (Unatt) 10.85; 5 R Harris (E&H, U20) 10.86; 6 R Graham (Herne H) 10.90; 7 D Obeng (Lough S) 10.90. **r21 (0.0):** 1 K Showler-Davis (BMH) 10.59; 2 T Abeyie (WG&EL) 10.66; 3 J Browne (Kent) 10.68; 4 C Lawson (SB) 10.71; 5 J Thomas (Bir) 10.77. **r23 (-0.9):** 2 K Allen (Herne H, U15) 11.47. **r24 (1.7):** 1 J King (S'end) 10.85; 2 J Rhoden-Stevens (Herne H, U20) 10.98. **r25 (0.5):** 1 F Owlade (B&B) 10.53; 2 M Popoola (Herne H, U20) 10.75; 3 F Okunola (Herne H, U17) 10.83; 4 N Gilbert (WSEH, U20) 10.90; 7 F Vainio-Doiseul (Camb H, U17) 11.20. **200: r1 (-1.8):** 2 H Hall (TVH, U13W) 27.06; 3 L Oliver (Unatt, W40) 27.80. **r2 (0.1):** 2 C Clarke (Hill, U13W) 27.32. **r3 (1.4):** 3 A Beackon (E&H, U15W) 26.14. **r4 (1.5):** 3 R Allen (Harrow, M50) 25.43. **r6 (2.0):** 6 K Skelding (WG&EL, W) 24.94. **r9 (0.1):** 1 N Stewart (E&H, U17) 22.47. **r12 (0.1):** 3 G McLaren (S Lon, U20) 22.48. **r13 (-0.4):** 1 J Rhoden-Stevens (Herne H, U20) 21.93. **r15 (1.0):** 1 K Williams (E&H) 21.54; 2 J Smith-Bent (Unatt) 21.74; 4 F Afrifa (Herne H, U17) 22.46. **r16 (0.9):** 1 D Dowding (Herne H) 21.51; 2 D Corbin (E&H) 21.92; 4 N Gilbert (WSEH, U20) 22.15; 5 F Vainio-Doiseul (Camb H, U17) 22.75. **r17 (-0.2):** 1 K Showler-Davis (BMH) 21.42; 2 M Popoola (Herne H, U20) 21.64; 3 G Cunningham (Unatt) 21.70; 4 M Edwards (E&H) 21.74; 5 H Byrne (Craw) 21.77. **r18 (0.4):** 1 C Clarke (NEB) 20.91; 2 A Infantino (SB) 21.28; 3 L Sylvester (Unatt) 21.31; 4 F Owlade (B&B) 21.41
W50 women: 80H (-0.2): 1 C Johnson (Unatt) 13.85; 2 G Clarke (Unatt) 13.88

CAMBRIDGESHIRE AA DEVELOPMENT OPEN, St. Ives

Mixed events: 100: r1 (2.6): 1 R Palmer (Hunts, U20) 10.7; 2 C Morter (C&C) 10.9. **r2 (2.0):** 2 O King (Hunts, U15) 11.5; 3 A Cooper (Norw, U15) 11.8. **r3:** 2 L Thomas (Hunts, U15) 12.0. **r4:** 1 S Durnan (Hunts, U15) 12.0. **r5:** 5 A Slatcher (Bed C, W50) 13.7. **200: r1 (1.7):** 5 A Cooper (Norw, U15) 23.8. **r2 (2.3):** 1 O King (Hunts, U15) 23.6. **r5 (0.9):** 1 H England (Hunts, U13) 26.8
Men: Mile: 12 T Keen (C&C, U13) 5:18.6. **JT:** 1 J Curtis (Mil K) 59.43
Women: Mile: 1 H Parker (C&C, U17)

3000m UK outdoor leaders

Men	Women
7:45.75 Andy Vernon	8:43.46 Laura Weightman
8:13.75 Michael Callegari	9:11.80 Jessica Judd
8:21.39 Gus Cockle	9:24.99+ Bobby Clay
8:53.0 Ben Dijkstra	10:03.57 Sabrinha Sinha
8:25.64 Matthew Barnes	9:55.56 Debbie Rees
8:54.97 Ben Pochee	9:29.10 Andrea Whitcombe
8:52.9 Gordon Lee	10:04.92 Clare Elms
8:56.18 Mike Trees	10:23.68 Fiona Matheson
10:02.48 David Crossland	11:18.2 Jane Laws
9:48.7 David Butler	11:42.0 Nancy Hitchmough
11:02.8 Roy Treadwell	11:51.94 Angela Copson
11:47.0 Gordon Orme	17:03.79i Betty Stracey

5:10.7; 2 E Leggate (C&C, W35) 5:17.0; 3 A Newcombe (C&C, U15) 5:19.0; 8 H Grant (C&C, W50) 6:07.0. **2000SC:** 1 P Keen (Camb U) 7:11.1
U15: Tj: 1 J Kennard (C&C) 10.42; 2 A Omotwoju (C&C) 9.75
U13: HJ: 1 H Bruce (Hunts) 1.45

JULY 16 MC GOLD STANDARD RACES, Stretford

MUKHTAR MOHAMMED looked serene in recording a 1500m best of 3:45.82 in a rare over-distance foray. *Stephen Green reports.*

The Sheffield RC man passed through 800m in 1:57 before slowing down in the latter stages. The UK trials 800m silver medallist, would surely have gone several seconds quicker had he had some company later on. Jamaine Coleman recorded a superb PB several seconds down.

Chris Warburton won a close 800m, the Notts AC athlete moving away in the last 100m to win from the improving Luke Minns in 1:50.16.

Men: 800: A: 1 C Warburton (Notts) 1:50.16; 2 L Minns (BWF) 1:50.79; 3 J Cook (WG&EL) 1:51.31; 4 C Smith (Wirr) 1:51.61; 5 L Betts (Sale) 1:51.89; 6 B Martin (Traff) 1:52.04; 7 M Patterson (N Down) 1:53.52; 8 J Webb (Liv H, U20) 1:56.96. **B:** 1 N Akpan (Liv H, U20) 1:52.25; 2 J Lamswood (KUH, U20) 1:52.58; 3 M Clowes (Staffs M) 1:52.87; 4 A Smith (P&B, U20) 1:53.18; 5 J Tartt (S'port W) 1:53.31; 6 D Banwell-Clode (Cwm) 1:53.67; 7 J Oguntayo (Sale) 1:53.73; 8 W Frey (Bir) 1:54.00; 9 P Taylor (Vale A, U20) 1:54.18. **C:** 1 M White (Dund H) 1:54.18; 2 G Hogg (Traff, U20) 1:54.81. **1500: A:** 1 M Mohammed (Sheff RC) 3:45.82; 2 J Coleman (Prest, U20) 3:51.51; 3 M Shirling (Liv H, U20) 3:51.82; 4 J Morgan (Newp) 3:52.42; 5 T Gayle (Notts) 3:52.43; 6 M Salter (Leeds C) 3:52.88; 7 J Poole (B&B) 3:53.44; 8 S King (Mans) 3:54.31; 9 R Moore (Sale, U20) 3:54.94; 10 O James (Sun, U20) 4:01.02. **B:** 1 G Hill (Sale) 3:54.50; 2 M Haskett (TVH) 3:54.97; 3 A Brecker (Stoke) 3:56.32; 4 B Sutherland (Wyc P, U20) 3:57.51; 5 E Bowker (Vale R, U17) 3:57.78; 6 C Perry (Vale R) 3:57.85; 7 E Buckner (NEB) 3:59.85; 9 D Lawton (Traff, U17) 4:00.93; 10 P Clark (Notts, U20) 4:01.50. **C:** 1 D Owen (Chelt) 3:57.76; 2 D Chambers (Der, U20) 3:58.59; 3 J Morris (Stock H) 3:59.96; 5 D Love (Linc W, U20) 4:02.59; 6 L Jones (Tarr, U17) 4:03.21

TRAFFORD GRAND PRIX (DISTANCE & THROWS ONLY), Stretford

JACK CRABTREE was an emphatic winner of the Northern 3000m title after a early tussle with Jack Nixon. Hannah Nuttall's 4:24.36 over 1500m, was a breakthrough run for the

young Charnwood athlete.

Ultra-consistent Michael Bomba, was again impressive in the hammer, returning a 68.15m throw.

U15 mixed events: 800: r1: 1 J Fradley (Newc S) 1:57.68; 2 P Blezard (Pres) 1:59.98; 3 C Bell (Hallam) 2:03.57; 4 L Thompson (Pendle) 2:04.84; 5 J Lenehan (S'port W) 2:07.14. **r2:** 1 J La Manna (O&R) 2:09.40; 4 C Hughes (Menai, U15W) 2:12.16; 10 M Boyer (Warr, U15W) 2:21.81. **r3:** 4 A Cunningham (Sale, U15W) 2:19.85; 5 A Lancaster (Sheff, U15W) 2:22.19; 6 E Robinson (K&C, U15W) 2:22.31. **r4:** 2 B Barlow (Manc H, U15W) 2:19.51; 4 K Whiteoak (Stock H, U15W) 2:20.90; 5 M Beckett (Pres, U15W) 2:21.63
U20: 3000: 1 J Crabtree (AFD, U17) 8:39.37; 2 J Nixon (Stock H) 8:45.68; 3 B Houghton (Dunc) 8:47.31; 4 B Maskell (Gate) 8:52.77; 5 L Cotter (Roth) 8:53.45; 10 F Bell (Hallam, U20W) 10:35.48; 11 A Pratt (Sale, U17W) 10:40.57
Mixed events: 800: r1: 2 H Baxter (Linc W, U20) 1:57.39; 4 P Dever (Pres, U17) 1:57.66; 5 M Snutch (Stoke, U17) 1:57.87; 6 D Jarvis (Liv H, U20) 1:57.93. **r2:** 3 Z Howe (B'burn, U20) 1:57.16; 4 J McCann (C&S, U20) 1:57.76. **r3:** 1 J Brown (C&N, U17) 1:58.95. **r4:** 2 M Hunt (Traff, M40) 2:00.38; 8 D Richardson (Stoke, M40) 2:06.59. **r7:** 7 N Shaw (Der, W) 2:12.02. **r8:** 3 R Johnson (Liv PS, U17W) 2:11.33; 4 E Alexander (Soton, W) 2:12.49; 6 D Wallis (Macc, U20W) 2:17.70. **r9:** 4 R Scott (Pres, U20W) 2:15.49. **r10:** 3 D Webb (Liv H, U17W) 2:15.44; 4 S Brennan (Liv H, U17W) 2:16.05. **r11:** 2 E Pyatt (Vale R, U20W) 2:19.82. **r12:** 7 J Kind (Sutt, W40) 2:30.00. **1500: r1:** 1 L Clarke (Stock H, W) 3:56.91; 2 J McNally (Penny Lane) 3:58.05; 3 C Smith (Leeds U) 3:59.35; 9 M Sheen (Vale R, U17) 4:10.47; 10 C Durney (Pres, U17) 4:11.18. **r3:** 4 L Kirk (Skyrac, W) 4:18.88; 6 E Stewart (Edin, W) 4:19.82; 7 I Modahl (Sale, U20W) 4:19.90. **r4:** 7 H Nuttall (Charn, U17W) 4:24.36; 10 T McCormick (Vale R, U20W) 4:30.13; 11 A Hinchly (Vale R, U17W) 4:31.68. **r5:** 3 S Whiteside (Liv H, W) 4:36.23. **3000: r1:** 1 T Debele (Brad A, U20) 8:26.69; 2 A Watson (Notts, M35) 8:27.77; 3 J Martin (Stock H) 8:28.70; 4 C Hawkins (Kilb) 8:32.51; 5 M Whitehouse (Notts, M35) 8:34.49; 6 R Brown (Linc W) 8:35.72; 7 A Buckley (Leeds C, M35) 8:38.72; 8 R Best (New M) 8:39.75; 9 J Tighe (Salf) 8:40.31; 10 R Park (Chelt, U20) 8:41.66; 11 T Jenkins (Hallam, M35) 8:49.47; 13 T Travis-Pollard (Holm, U20) 8:51.85; 14 R Mountford (Kilb, U20) 8:53.74; 15 C Fell (Ross, M35) 8:54.42; 16 R Warner (B'burn, U20) 8:56.32. **r2:** 3 C Duck (Leeds C, W) 9:28.97; 11 G Malir (Liv H, U20W) 9:44.02; 17 K Wood (York, U20W) 9:55.61; 20 H Brown (Skyrac, U20W) 10:32.81; 24 M Sykes (Holm, W40) 10:47.19

Men: DT: 7 L Golding (Pendle, M45) 31.74. **HT:** 1 M Bomba (Liv H) 68.15; 2 O Jones (Liv H) 57.23; 3 S Sarav (Traff) 47.93. **JT:** 1 B Whipp (Wig D, U20) 51.77; 4 R Hunteback (C&N, M45) 40.71
U20: DT: 1 F Ashman (C&N) 46.29. **HT:** 1 F Mulvaney (Liv H) 40.69
U17: DT: 1 J Mirfin (E Ches) 39.62. **HT:** 1 J Mirfin (E Ches) 55.96; 2 J Booth (Sale) 44.71
M50: HT: 1 I Cooley (Roth, M55) 36.89
M70: DT: 1 J Watts (NVAC) 35.99
Women: DT: 1 E Ball (W Ches, U17) 35.11; 2 E Fox (Hallam, U20) 32.74. **HT:** 1 J Mayho (Bing) 54.34; 2 H Rodgers (Roth, U17) 39.64; 4 J Burke (Sale, U20) 36.72

BAVON AA OPEN MEETING, Stoke Gifford

Mixed events: 100: A: 1 C Stone (B&W, U20) 10.6. **C:** 2 R Kissoon (B&W, U15) 11.8. **800: A:** 1 R Peters (B&W) 1:49.8; 2 W Paulson (Stroud, U20) 1:52.3; 5 W Christofi (B&W, U20) 1:57.6. **B:** 5 S Price (Rhon, M50) 2:12.3. **C:** 4 M Cowton (Yate, M50) 2:17.8; 5 G Hughes (Bath, M50) 2:18.3; 6 P Mountain (B&W, M55) 2:20.6. **D:** 1 K Turner (Bath, W) 2:15.3; 2 H Brown (Taun, U17W) 2:17.8. **3000: 6:** K Goodhead (B&W, W) 9:52.1; 8 J Sanzo (B&W, W35) 10:02.3; 9 G Hughes (Bath, M50) 10:06.0; 12 C Green (B&W, W) 10:11.4; 14 H Sharpe (Fife, W) 10:17.3; 16 F Dannah (N Som, W35) 10:21.9; 18 P Mountain (B&W, M55) 10:34.1; 20 J Wassell (Stroud, W45) 10:40.3. **PV:** 1 C Macquister (B&W) 4.53; 2 E Jones (Carm) 4.33; 3 C Court (Card) 4.03
Men: 200: A: 1 C Stone (B&W, U20) 21.9. **C:** 4 M Cowton (Yate, M50) 26.9. **DT:** 1 J Preston (B&W) 40.36
U20: 400H: 1 R Phillips (Yate) 56.6
U15: 100: 1 W Hines (B&W) 12.0; 2 D Walters (N Som) 12.0
U13: 100: 1 J Holbrook (Yate) 13.0
Women: 200: 1 L Jones (Card) 24.9. **400H:** 2 S Bentley (St Alb, U17) 68.1. **JT:** 1 K West (Read, U17) 37.85; 2 L Dawkins (Exe, U15) 36.64
U17: 100: 1 Z Nash (B'end) 12.4. **SP:** 1 R Marston (B&W) 10.61
U15: 100: 1 A Reynolds (Newp) 12.6.
200: 1 A Reynolds (Newp) 26.0. **800:** 1 E Leather (Yate) 2:22.4. **DT:** 1 C Clayton (B&W) 27.48

CORBY AC OPEN, Corby

Mixed events: 100: r4: 2 W Paterson (Corby, M55) 13.1. **r6:** 5 L Hatton (Corby, U20W) 11.8. **400: r1:** 5 W Paterson (Corby, M55) 62.7. **800: r4:** 3 J Kiffin (Charn, U15W) 2:22.8; 6 J Drummond (Bir, U13W) 2:27.4. **r5:** 2 N Roberts (Bir, W) 2:17.8; 3 K Pye (Charn, M50) 2:18.8; 4 J Gordon (Kett, U17W) 2:20.2; 5 A Searle (R&N, U13) 2:21.1; 6 A Coleman (Kett, U17W) 2:21.5; 7 A Cunningham (Corby, U13) 2:23.9
Men: 3000: r1: 7 I Van Lokven (Mil K, M55) 10:13.3. **r2:** 1 B Dijkstra (Leic

C, U15) 8:53.0; 2 G Lee (Leic C, M45) 8:53.5; 7 J Hope (Kett, U17) 9:18.1
Women: 3000: 1 R Hall (Corby) 10:17.5; 5 R Flavell (Bir, U15) 10:51.5; 11 K Brooks (Harb, W50) 11:27.6

JULY 15

BMC REGIONAL RACES, Durham

Men: 800: A: 1 P White (M'bro) 1:53.6; 3 S Barras (J&H, U20) 1:56.5; 4 A Bailes (Birt, U20) 1:56.8. **B:** 2 M Bailey (M'bro, U17) 1:57.4; 3 H Johnson (Gate, U17) 1:57.8; 5 M Lonsdale (Crook, U15) 1:59.3. **C:** 1 T Peel (J&H, U20) 1:57.3; 2 O Dane (Sheff, U15) 1:57.5; 6 A Hill (Walls, U17) 1:59.0. **D:** 4 S Millar (A'deen, U15) 2:01.6
Mixed events: 800: F: 1 S McDonald (J&H, W) 2:08.7; 2 N Baker (M'bro, U15) 2:09.0; 5 K Brown (Stew, W) 2:15.1. **G:** 4 A Gibson (Morp, W) 2:11.0; 5 G Rutherford (NSP, W) 2:11.7; 6 T Brannon (NSP, M45) 2:12.2. **H:** 1 K MacPherson (Tyne Br, M45) 2:11.0; 4 S Montgomery (Blay, U17W) 2:13.9; 5 P Stone (M'bro, U17W) 2:16.6; 6 C Loreda (NSP, U20W) 2:18.0. **I:** 2 P Chambers (Gate, U17W) 2:19.6; 3 A Cormack (Morp, U17W) 2:19.7; 5 K Waugh (Gate, U15W) 2:20.9; 6 S Burnett (Birt, U17W) 2:21.2. **J:** 1 J Halpin (CleS, U13) 2:19.1; 2 J Reed (CleS, U13) 2:19.9; 3 E Daglish (H&P, U17W) 2:21.6; 4 L Hedger (M'bro, U15W) 2:22.0. **K:** 2 J Cowperthwaite (M'bro, U13) 2:21.7; 3 R Mott (Dur, U15W) 2:22.4
Women: 800: L: 3 L Davison (NSP, W40) 2:31.2; 5 K Loughney (NSP, W45) 2:35.8

SOUTHERN COUNTIES VETERANS' LEAGUE MID LONDON DIVISION, Battersea

M35 men: 200: A: 1 G Harrison (Serp, M40) 24.0; 3 N Middleton (Hill, M45) 25.7. **B:** 2 G Palmer (Hill, M45) 25.7. **HJ:** 1 G Palmer (Hill, M45) 1.55. **LJ:** 1 S Partridge (Hill, M45) 5.96
M50: 200: 1 K Sankofa (HHH) 25.8.
3000: 1 N Rackham (Metros) 9:44.3. **HT:** 1 S Hillier (BA, M55) 31.04; 2 K Seldon (Hill, M55) 28.24. **JT:** 1 G Francis (HHH, M55) 35.38; 2 K Seldon (Hill, M55) 34.09
M60: 200: 1 A Long (HHH, M70) 29.8; 2 R White (Hill, M65) 30.1. **3000:** 1 M Mann (HHH) 11:14.4. **LJ:** 1 R White (Hill, M65) 4.13; 2 A Long (HHH, M70) 4.08. **JT:** 1 D Prentice (HHH) 30.51; 2 R White (Hill, M65) 30.26
W35 women: JT: 2 S St Luce (HHH, W55) 23.56
W50: 3000: 2 C Jones (ESM, W55) 12:45.3. **HJ:** 1 S St Luce (HHH, W55)

1.10; 2 L Conway (Hill, W55) 1.10. **LJ:** 1 S St Luce (HHH, W55) 3.40. **HT:** 1 K Weir (Hill) 26.28; 2 B MaCanas (HHH, W55) 23.91
W60: 200: 1 H White (Hill) 34.5

JULY 14

WESSEX YOUNG ATHLETES' LEAGUE, Poole

MATCH: 1 Southampton Ac 408; 2 Camberley 358; 3 Aldershot 284; 4 Poole Ac 271; 5 Newbury 110
U17 men: HJ: A: 1 R Webb (W'borne) 1.90
U15: 100: A: 1 S Wheeler (Poole) 11.4; 2 R Long (W'borne) 11.8. **200:** A: 1 S Wheeler (Poole) 23.8. **80H:** A: 1 L Shepherd (Poole) 11.6; 2 R Long (W'borne) 11.7
U13: 800: A: 1 L Murphy-Parry (W'borne) 2:22.8
U17 women: 1500: A: 1 A Hine (W'borne) 4:53.6
U15: 75H: A: 1 O Hunter (Poole) 12.1
U13: 70H: A: 1 E Stark (W'borne) 12.1. **JT:** A: 1 M Taylor (W'borne) 25.10

EAST ANGLIAN LEAGUE, Ipswich

MATCH: 1 Ipswich 994; 2 Southend 535.5; 3 Col & T 504.5; 4 W Suffolk 425.5; 5 Waveney 202; 6 Ryston 197; 7 Breckland 139.5
Men: 400: B: 1 L Bowker (Ips, M40) 56.0. **3000:** A: 1 R Tennant (Ips, U20) 8:57.5. **TJ:** A: 1 R Graham (Ips) 13.70. **DT:** A: 1 J Allen (W Suff, U20) 38.66. **HT:** A: 1 O Thompson (Brec, U20) 45.17; 2 J Allen (W Suff, U20) 43.30. **JT:** A: 1 M Mortimore (Ips) 61.58. **B:** 1 P Dowding (Ips) 57.22
U17: 1500: A: 1 J Rowe (C&T) 4:04.9. **4x100:** 1 W Suff 46.00. **HJ:** A: 1 L Taylor (W Suff) 1.85. **HT:** A: 1 D Howe (Brec) 48.18. **JT:** A: 1 M Childs (Ips) 55.64
U15: 100: A: 1 E Ogunleye (C&T) 11.8. **4x100:** 1 Ips 50.00. **HJ:** A: 1 C Jones (Ips) 1.75. **SP:** A: 1 B Prais-Singh (S'end) 12.27. **DT:** A: 1 B Prais-Singh (S'end) 36.18. **HT:** A: 1 B Prais-Singh (S'end) 46.35
U13: 1500: A: 1 M Snowdon (Ips) 4:55.1; 2 A Try (Brec) 4:58.2. **75H:** A: 1 J Wilson (C&T) 13.4
Women: 800: B: 3 M McCarthy (W Suff, W50) 2:44.4. **1500:** B: 1 C Anthony (W Suff, W50) 5:37.6. **4x100:** 1 S'end 51.6. **HJ:** A: 2 G Clarke (Ryst, W50) 1.35. **LJ:** A: 5 G Clarke (Ryst, W50) 3.94. **SP:** B: 3 J Cork (S'end, W65) 5.79. **DT:** A: 1 G Howe (Ips) 35.54. **HT:** A: 1 G Howe (Ips) 45.03; 3 G Clarke (Ryst, W50) 22.14
U15: 75H: A: 1 Blowers (Ips) 12.0. **DT:** A: 1 L Fulcher (Ips) 26.52. **HT:** A: 1 L

Fulcher (Ips) 44.23; 2 M Browne (Brec) 34.34
U13: 100: A: 1 J Ogunleye (C&T) 13.4; 2 E Rowan (S'end) 13.5. **200:** A: 1 J Ogunleye (C&T) 27.9; 2 E Rowan (S'end) 28.3. **1500:** A: 1 C Summers (Ips) 5:13.1; 2 O Allum (W Suff) 5:13.2. **70H:** A: 1 E Irukskieta (S'end) 11.9; 2 M Craig (Ips) 12.5. **4x100:** 1 S'end 56.30. **JT:** A: 1 G Ramsey (Ips) 27.65

Cambridge

MATCH: 1 Camb & Col 892; 2 Luton 600.5; 3 Peterborough 522.5; 4 Brintree 494.5; 5 Hunts 479.5; 6 Leighton B 231
Men: 100: A (-0.5): 1 R Palmer (Hunts, U20) 10.84. **DT:** A: 1 G Parsons (C&C, M40) 34.49. **HT:** A: 1 N Bulman (Hunts, M35) 43.19
U17: 200: A (1.9): 1 J Ebanks (C&C) 22.84. **100H:** A (2.1): 1 L Hunt (C&C) 14.83. **4x100:** 1 Brain 46.70. **HJ:** A: 1 J Horne (P'boro) 1.85. **JT:** A: 1 A Pavelin (C&C) 53.78
U15: 100: A (2.1): 1 L Sweeney (Lut) 11.75. **B (0.4):** 1 L Coker (Lut) 11.78. **ns:** 1 O King (Hunts) 11.78. **200:** A (0.7): 1 L Sweeney (Lut) 23.91. **B (1.8):** 1 O King (Hunts) 23.82. **4x100:** 1 Hunts 48.46
U13: 100: A (1.8): 1 T Lawrence (Luton) 12.78. **ns:** 1 M Challis (Brain) 13.00. **200:** A (1.9): 1 T Lawrence (Luton) 26.31.
800: A: 1 S Minty (L Buzz) 2:22.50.
1500: A: 1 T Keen (C&C) 4:55.34; 2 B Roberts (P'boro) 4:56.58. **4x100:** 1 C&C 45.68. **LJ:** A: 1 H England (Hunts) 4.87
Women: 200: A (2.0): 1 K Reid (Lut, U17) 25.99. **800:** A: 1 S Billington (Lut, U20) 58.79. **400:** A: 1 H Parker (C&C, U17) 2:15.28; 2 S McGivern (P'boro, W35) 2:26.30. **4x100:** 1 C&C 51.05. **HJ:** A: 1 E Scales (P'boro, U17) 1.60. **LJ:** A: 1 J Fox (C&C, U20) 5.25. **TJ:** A: 1 J Fox (C&C, U20) 11.23; 2 K Ronald (Brain, U20) 10.67. **SP:** A: 1 S Pam (P'boro, U20) 12.01; 2 A Galloway (C&C, U20) 10.78. **HT:** A: 1 C Cockell (Brain, U20) 39.80
U15: 100: A (2.0): 1 T Nelson (Lut) 12.73. **300:** A: 1 M Sims (P'boro) 42.67.
800: A: 1 L Parker (C&C) 2:18.95; 2 C Hilliam (P'boro) 2:19.14. **75H:** A (1.2): 1 F Marriott (C&C) 11.85; 2 M Sims (P'boro) 12.41. **B (1.5):** 1 A Omitowoju (C&C) 12.18
U13: 70H: A (0.7): 1 E Forrest (P'boro) 12.10; 2 N Covell (Hunts) 12.10. **B (0.8):** 1 M Watling (P'boro) 12.50. **HJ:** A: 1 E Forrest (P'boro) 1.45; 2 H Bruce (Hunts) 1.45
U11: 80: ns: 1 L Duncan (Brain) 11.62

CHESHIRE LEAGUE, Crewe

MATCH: 1 Crewe & Nantwich 481; 2 Trafford 245; 3 Halton & Frodsham 185; 4 Stockport H 168; 5 Manchester H 156; 6 St Helens Sutton 143
Men: TJ: A: 1 J Marchan (Traff, U17) 12.83
U20: DT: ns: 1 F Ashman (C&N) 44.17
U17: 4x100: 1 C&N 46.9
U15: 200: A: 1 J Pemberton (Traff) 23.9. **LJ:** A: 1 J Pemberton (Traff) 5.71
U13: 800: AB: 1 J Birtles (H&F) 2:19.5; 2 J Williamson (C&N) 2:23.1. **4x100:** 1 C&N 54.4
Women: 4x100: CD: 1 C&N 50.6
U15: 4x100: 1 C&N 53.5
U13: 4x100: 1 C&N 57.0; 2 H&F 57.2

JULY 13

UK YOUTH DEVELOPMENT U13/U15 LEAGUE

MIDLAND WEST 1, Yate

MATCH: 1 North Somerset AC 597; 2 Team Bath 555; 3 Yate & District AC 534.5; 4 Yeovil & Wells City 333.5; 5 Telford AC 323; 6 Cwmbran Harriers

278; 7 Carmarthon & D. HAC 163
U15 boys: 100: A: 1 T Pallot (Yate) 11.9; 2 A Gordon (Bath) 12.0; 5 J Evans (Carm, U11) 12.9. **200:** A: 1 A Gordon (Bath) 24.4; 2 T Pallot (Yate) 24.4; 3 J Evans (Carm, U11) 26.4. **800:** A: 1 T Arnold (Cwmb) 2:06.9; 2 J Bridge (Yeov/Wells) 2:07.9; 3 E Joyce (Yate) 2:08.8. **1500:** A: 1 W Stockley (Bath) 4:29.4. **80H:** A: 1 J Davies (Tel) 12.9. **4x100:** 1 Yate 48.4; 2 N Som 49.6. **HJ:** A: 1 J Evans (Carm, U11) 1.58. **HT:** A: 1 T Bridges (Bath) 41.11
U13: 100: A: 1 E Rosser (Cwmb) 12.9. **200:** A: 1 E Rosser (Cwmb) 26.1; 2 J Holbrook (Yate) 27.0. **800:** A: 1 H Bailey (Bath) 2:22.3. **1500:** A: 1 R Horworth (Bath) 4:43.6; 2 A Noble (Yate) 4:52.6. **75H:** A: 1 J Watson (Tel) 12.7; 2 H Cox (N Som) 13.3; 3 H McKibbin (Bath) 13.7; 4 K O'Shea (Carm) 13.9. **4x100:** 1 N Som 55.1; 2 Yate 55.9. **HJ:** A: 1 O Thorner (Yeov/Wells) 1.45
U15 girls: 200: A: 1 E Williams (Cwmb) 25.5. **800:** A: 1 Parry-Jones (Cwmb) 2:20.2. **75H:** A: 1 G Silcox (Yeov/Wells) 12.3; 2 S Bleazard (Tel) 12.5. **4x100:** 1 Yate (U17) 52.7; 2 N Som (U17) 53.0. **LJ:** A: 1 M Fakande (Cwmb) 4.99. **HT:** A: 1 H Cunningham (Yate) 27.53; 2 C Azariah (Yeov/Wells) 26.27. **JT:** A: 1 F Garrett (Tel) 33.12
U13: 75: A: 1 E Bakare (N Som) 10.5; 2 G Fakande (Cwmb) 10.6. **150:** A: 1 G Fakande (Cwmb) 20.3; 2 K Lodge (Yate) 20.7; 3 S Parker (N Som) 21.4; 4 R Bowen (Bath) 21.5; 5 E Bristol (Tel) 22.0. **B:** 1 J Dunn (Cwmb) 21.1; 2 T Wyatt (Yate) 21.6; 3 S Mwaura (Bath) 22.0. **800:** A: 1 L McNab (Bath) 2:22.4; 2 H Emery (N Som) 2:27.8. **1200:** A: 1 E Hobbs (Yate) 4:03.8; 2 A Sweeney (Tel) 4:10.4; 3 E Thorner (Yeov/Wells) 4:18.6; 4 O Burton (N Som) 4:18.6. **70H:** A: 1 S Parker (N Som) 11.9; 2 E Vernon (Tel) 12.3. **4x100:** 1 N Som 57.3. **LJ:** A: 1 E Bakare (N Som) 4.59. **SP:** A: 1 E Bakare (N Som) 9.44. **JT:** A: 1 E Vernon (Tel) 35.33; 2 I Hurst (Bath) 27.69; 3 C Morgan (Cwmb) 24.82

MIDLAND WEST 2A, Hereford

MATCH: 1 Cardiff Archers 681; 2 North Devon AC 606; 3 Bridgend, Barry & Va490; 4 Swindon 451; 5 Newport 402; 6 Neath 376; 7 Hereford & County AC 318; 8 Gloucester 269
U15 boys: 100: A: 1 E Wharton (Newp) 11.8; 2 B Sutton (N Dev) 12.0. **200:** A: 1 E Wharton (Newp) 24.0; 2 B Sutton (N Dev) 24.1. **300:** A: 1 B Sutton (N Dev) 37.3. **80H:** A: 1 B Paris (Card Arc) 12.6. **4x100:** 1 Card Arc 49.8
U13: 75H: A: 1 D Murahodicz (Card Arc) 13.0. **B:** 1 T Cabango (Card Arc) 13.5. **4x100:** 1 Card Arc 55.0. **JT:** A: 1 J Tossell (N Dev) 32.77
U15 girls: 100: A: 1 A Reynolds (Newp) 12.7. **75H:** A: 1 I Wakefield (N Dev) 11.9; 2 M Evans (Neath) 12.1. **HJ:** A: 1 E Gubb (N Dev) 1.56. **PV:** A: 1 A Moore (Here) 2.40. **LJ:** A: 1 I Wakefield (N Dev) 5.00. **HT:** A: 1 S Watkins (Neath) 34.64; 2 C Nicholls (Glouc) 32.92; 3 C Jones (B'end/B&V) 28.58
U13: 75: A: 1 F Waddon (Newp) 10.4. **B:** 1 A Williams (Newp) 10.4. **150:** A: 1 F Waddon (Newp) 20.1; 2 S Barnett (Glouc) 21.3; 3 H Longden (B'end/B&V) 21.3; 4 B Alexander (Swin) 21.3; 5 S Phillips (N Dev) 21.3; 6 E Brown (Card Arc) 21.8. **B:** 1 A Williams (Newp) 20.5; 2 C Sutton (N Dev) 21.5; 3 L Probert (Here) 21.5; 4 E Harrett (B'end/B&V) 21.8. **1200:** A: 1 E Silvester (N Dev) 4:09.0; 2 F Higginson (B'end/B&V) 4:10.5. **70H:** A: 1 B Alexander (Swin) 12.4; 2 I Breeden (Card Arc) 12.4; 3 L McLoughlin (B'end/B&V) 12.5. **B:** 1 E Thomas (Card Arc) 12.5. **4x100:** 1

B'end/B&V 57.0; 2 Card Arc 57.2; 3 N Dev 57.5. **SP:** A: 1 O Brewin (Newp) 9.36; 2 C Davey (N Dev) 9.25. **JT:** A: 1 I Afzal (Card Arc) 25.81

NORTHERN PREMIER 1, Gateshead

MATCH: 1 City of Liverpool 514.5; 2 Gateshead 489.5; 3 Preston H 488; 4 Sale Harriers Manchester 481; 5 Sheffield 399.5; 6 Doncaster 300.5
U15 boys: 100: A (1.4): 1 D Jones (Liv H) 11.61; 2 D Weller (Gate) 11.63; 3 J Leatherd (Prest) 11.93. **200:** A (2.1): 1 D Jones (Liv H) 23.69; 2 D Weller (Gate) 23.92; 3 J Leatherd (Prest) 24.17. **B (-0.2):** 1 L Foreman (Gate) 24.33. **300:** A: 1 L Foreman (Gate) 38.30; 2 P Bleazard (Prest) 38.53. **B:** 1 J Efoloko (Gate) 37.10. **800:** A: 1 P Bleazard (Prest) 2:04.80. **1500:** A: 1 T Rogerson (Liv H) 4:27.75. **80H:** A (-0.2): 1 A Roney (Gate) 11.97; 2 E Ilzobhbie (Tel) 12.36; 3 T Matthewson (Donc) 12.73. **B (1.5):** 1 J Severs (Gate) 12.97. **4x100:** 1 Gate 47.40; 2 Sale 47.72; 3 Prest 48.58; 4 Liv H 49.22. **SP:** A: 1 A Nugent (Gate) 11.63. **DT:** A: 1 E Jeans (Prest) 36.34. **HT:** A: 1 E Jeans (Prest) 44.54; 2 P Bleazard (Gate) 44.44; 3 W Schofield (Sale) 38.50. **JT:** A: 1 J Brown (Sale) 42.66
U13: 200: A (-0.5): 1 L Houghton (Prest) 26.78; 2 D Winchcole (Sale) 27.00. **1500:** A: 1 M Brame (Liv H) 4:40.92; 2 L Chesters (Sale) 4:56.32. **75H:** A (1.1): 1 K Walker (Sheff) 13.41; 2 L Chesters (Sale) 13.42; 3 O Herring (Gate) 13.70; 4 L Parker (Prest) 13.83. **B:** 1 S Bradley (Gate) 13.13; 2 E Coles (Prest) 13.73. **4x100:** 1 Gate 53.58; 2 Sale 54.01; 3 Liv H 54.99; 4 Prest 55.35. **HJ:** A: 1 K Walker (Sheff) 1.49; 2 A Foreman (Gate) 1.47. **LJ:** A: 1 O Herring (Gate) 4.80. **SP:** A: 1 T Bebbington (Prest) 9.65
U15 girls: 200: A (1.2): 1 A Bland (Gate) 25.27; 2 K Chadwick (Sale) 25.77; 3 A Rowe (Liv H) 25.79; 4 A Mussett (Donc) 25.98. **800:** A: 1 A Rowe (Liv H) 2:18.08. **1500:** A: 1 L Strange (Liv H) 4:52.16; 2 A Lancaster (Sheff) 4:52.56; 3 M Beckett (Gate) 4:53.42; 4 E Twite (Gate) 4:59.91. **75H:** A (1.7): 1 I Care (Sale) 11.82; 2 M Thomson (Liv H) 11.84; 3 G Hollis-Lawrence (Sheff) 12.08. **B (1.1):** 1 G Honeyman (Gate) 12.07; 2 E Berry (Liv H) 12.08. **4x100:** 1 Liv H 50.73; 2 Gate 51.34; 3 Sale 51.85; 4 Prest 52.20; 5 Sheff 52.62. **HJ:** A: 1 K Bower (Sheff) 1.56. **PV:** A: 1 A Williams (Sale) 2.80. **LJ:** A: 1 K Chadwick (Sale) 5.18; 2 R Oliver (Sheff) 5.05; 3 E Gargan (Gate) 4.97; 4 H Smith (Liv H) 4.96; 5 M Melling (Prest) 4.96. **SP:** A: 1 M Nagy (Sheff) 9.97. **DT:** A: 1 S Ullah (Sale) 26.87. **HT:** A: 1 C Price (Liv H) 32.95; 2 O Ashworth (Sale) 26.84; 3 K Wilson (Donc) 26.74
U13: 75: A (0.6): 1 K Cairns (Prest) 10.10; 2 T Sesay (Liv H) 10.19; 3 L Beales (Gate) 10.44; 4 E Heap (Sheff) 10.68. **150:** A (1.1): 1 E Jackson (Sale) 19.78; 2 K Cairns (Prest) 19.83; 3 L Beales (Gate) 20.24; 4 A Bagley (Sheff) 20.57; 5 G Shirley (Liv H) 20.59; 6 E Riley (Donc) 20.68. **B (-0.6):** 1 E Heap (Sheff) 20.76; 2 G Preston (Liv H) 21.00; 3 J Scott (Gate) 21.33; 4 H Leah (Sale) 21.62. **800:** A: 1 E Wilkinson (Sheff) 2:28.11; 2 B Thornton (Sale) 2:28.83. **1200:** A: 1 J Longley (Gate) 4:07.99; 2 N Nugent (Sale) 4:08.76; 3 E Watts (Donc) 4:16.42. **70H:** A (1.0): 1 E Jackson (Sale) 11.36; 2 L Beales (Gate) 11.56; 3 A Darby (Liv H) 11.82; 4 G Kelly (Prest) 12.11. **B (1.4):** 1 E Derby (Liv H) 12.37; 2 T McHugh (Sale) 12.50. **4x100:** 1 Liv H 53.95; 2 Sale 55.66; 3 Gate 56.07; 4 Prest 57.11; 5 Sheff 57.12. **HJ:** A: 1 A Darby (Liv H) 1.43. **B:** 1 F Ireland (Liv H) 1.40. **LJ:** A: 1 T Sesay (Liv H) 4.67. **B:** 1 G Preston (Liv H) 4.62. **SP:** A: 1 E Jackson (Sale) 8.67



Mukhtar Mohammed:
1500m PB at Stretford

DAVE GREENWOOD

ROAD

JULY 22

SELF TRANSCENDENCE 5km, London Battersea Park

Overall: 1 R Evans (S Lon) 15:56; 2 W Brevin 16:06; 3 A Lawrence (Morp) 16:13

M65: 1 M Mann (Dulw) 19:59

Women: 1 T Harris (Wellington College) 17:46; 2 L Reid (Ton, U20) 19:20

JULY 21

BENTHAM BEAGLE BASH 10km, High Bentham

Overall: 1 P Webb 36:17; 2 P Lowery (L&M, M45) 37:36; 3 C Barnes (B'burn, M35) 38:10

Women: 1 H Booth (L&M) 41:52; 2 M Snell (L&M) 43:26

W70: 1 K Cartledge (Benth) 56:27

BISHOPS WALTHAM 5,

Overall: 1 J Sawyer (Stubb G, U20) 29:20; 2 S McMorran (Stubb G, M50) 29:40; 3 A Pace (E'leigh, M40) 30:17
Women: 1 K Bailey (Win, W45) 32:23; 2 G Quaye (Fare, W50) 35:41

BRORA 10km

Overall: 1 G Lennox (I'nness) 33:35; 2 S MacKenzie (Forres, M50) 35:07; 3 P Miller (I'nness) 36:26

Women: 1 J Lynch (I'nness) 40:05; 2 O Dunnett (NHH, U20) 41:03

BLACKPOOL SUMMER 10km

Overall: 1 A Whitwam (AFD, M35) 33:47; 2 D Newton (Quak, U17) 34:57; 3 P Muller (Horw, M55) 36:21

Women: 1 K Fitzpatrick () 37:16; 2 C O'Dwyer (Bolt, W35) 37:49

CROSS BORDER CHALLENGE 10km, Gretna

Overall: 1 A Weymouth (Bord H, U20) 34:39; 2 B Hodgson (Carl Tc) 35:31; 3 S Beckett (Crook) 36:10

Women: 1 H Dent 41:57; 2 N Ashurst 42:23

ARLEY HALF-MARATHON

Overall: 1 T Elly (Warr) 69:07; 2 A Green (Warr, M50) 72:21; 3 G Green (Warr, M45) 74:34

Women: 1 K Erlander 90:27; 2 J Abbott 90:58

DEREHAM 5km, Dereham

Overall: 1 A Harrell (Norw) 15:50; 2 P Sanford (Norf G, M35) 16:03; 3 K McMorran (Bung, U17) 16:09

M45: 1 S Goodall (Wym) 16:24. **M55:** 1 P Johnson (Norf G) 18:42. **M60:** 1 K Youngs (Norf G) 19:15

Women: 1 D Nimcock (Norw) 17:45; 2 R Ross (Hallam) 17:50; 3 O Robson (St Ed, W40) 18:20; 4 E Patel 18:37

W45: 1 D Broom (Barns) 20:20. **W50:** 1 J Clarke (Norw) 19:03; 2 T Curl (Norw) 19:28. **W65:** 1 V Manly (E Vets) 24:14. **W75:** 1 A Martin (Wym) 27:39

DINOSAUR 10km, Deal

Overall: 1 M Coleman (M&M, M35) 32:46; 2 D Smith (Ton, M45) 34:07; 3 S Rigby (S Kent) 34:45

Women: 1 E Storrar (Lon Hth) 40:51; 2 C Harvey 42:43

ELMBIDGE 10km, Walton-on-Thames

PHIL and Emily Wick provided a family double, *Martin Duff reports.*

In the men's race, the 2012 runner-up, made his intentions clear from the start and seemed determined to repeat his 2005 victory. By the 2km mark, the 29-year-old had opened up a 100m lead on Alister Moses of Reigate

as the chasing pack led by Ollie Garrod and Tim Haughian were already being stretched.

By 4km, Wicks was extending the gap and was then out of sight by 6km. At the finish he was almost two minutes clear in 30:52 minutes, beating his previous winning time by two seconds and adding the Elmbridge resident prize.

Not to be outdone in the women's race Emily produced an equally dominating performance. As early as 2km she was pulling ahead of the following group led Carla Molinaro of Walton.

By 6km Wicks had stretched the lead to more than two minutes as she won in 35:33.

Overall: 1 P Wicks (Belg) 30:52; 2 A Moses (Reig, M35) 32:48; 3 T Haughian (WSEH) 32:56; 4 O Garrod (E&E, U20) 33:08; 5 S Wilson (SB, U17) 33:42; 6 P O'Callaghan (Tadw, M35) 33:48; 7 N Aitken (Clap C, M35) 33:56; 8 R Carol (Clap C, M35) 34:01; 9 C Minns (Beck, M35) 34:03; 10 J Ellis (Clap C) 34:47; 11 B Wallace (Herne H, M35) 34:53; 12 P James (Clap C) 34:54; 13 M Boyle (Herne H, M50) 35:00

M40: 1 S Whitehead (Rane) 35:29. **M45:** 1 S Fraser (HW) 35:25; 2 P Pearson (S Lon) 35:32. **M50:** 2 K Hegvold (Belg) 35:39; 3 G Ironmonger (Herne H) 37:28. **M60:** 1 C Ambrose (RRC) 39:42. **M65:** 1 A Purkiss (Strag) 42:39

TEAM (6 to score): Clapham Chasers 3:40:10; 2 Wimbledon Windmilers 3:41:33; 3 Ranelagh H 3:42:46

Women: 1 E Wicks (AFD) 35:33; 2 S Evans (Wimb W) 38:04; 3 H Taranowski (W4H, W40) 38:35; 4 C Molinaro (Walton) 38:53; 5 J Cleghorn (Strag, W45) 39:52

W40: 2 B Tull (Read RR) 40:50; 3 J Hadfield (Elm) 41:40. **W45:** 2 M Synnott-Wells (Rane) 42:07; 3 J Balfour (BMF) 42:16

Women TEAM (4 to score): 1 West 4 H 2:59:56; 2 Clapham 3:00:26; 3 Ranelagh 3:01:17

FROME 10km/HALF-MARATHON
Overall: 1 P Ryman (Frome) 34:56; 2 O Thwaites (Bath) 35:47; 3 M Grist (Poole R, M50) 36:52

Women: 1 T Rogers 43:13; 2 B Baggio (Unatt, W40) 45:23

Overall (HM): 1 I Habgood (B'mth) 74:42; 2 J Ward (Bide, M40) 76:29; 3 M Worringham (Read RR, M35) 79:58

M65: 1 J Bateman (RRC) 97:45
Women: 1 S Voller (W'bury, W35) 87:59; 2 S Kelly (Woot B, W45) 91:02

FROME 5km, Frome
Overall: 1 T Watts (Wells, M40) 18:47; 2 J Rowe (Wells, M40) 18:49; 3 B Harris 22:19

Women: 1 A Darville (Frome, U13) 25:54; 2 H Barton 27:37

FURZETON 4x2.5M relay Milton Keynes, Buckinghamshire
Overall (4x2.5M): 1 Shenley Striders 61:04 (M Shead 15:03, A Kirschner 14:13, C St Leger-Harris 15:37, W Clark (W) 16:11); 2 DLRR 61:25 (G Biddle 15:14, J Sangster (W) 17:11, J Down 14:47, W Shippin 14:13); 3 Team Amigos 61:56; 4 Amphill & Flitwick Flyers 63:15; 5 Garda 67:22; 6 Rio Hopefuls 68:19; 7 Old F Park R 69:42; 8 Shenley B 70:28; 9 DLRR B 73:34; 10 Club Sportivo 74:08

Fastest: D Doherty (T Amigo) 13:59; Kirschner/Shippin 14:13;

Women: R Cave (T Amigo) 14:55; Clark 16:11

23 teams finished

MOUNT EPHRAIM 10km, Boughton

Overall: 1 R Sloane (Traff) 36:30; 2 T Newman (Warks U, U20) 36:38; 3 G Kitchingham (Orp, M45) 36:59

Women: 1 A Heather-Hayes (Tun W, W35) 38:18; 2 M Heslop (Padd W, W45) 38:35

GRANT & STONE HIGH WYCOMBE HALF MARATHON, Buckinghamshire

SRI LANKAN Olympian Anuradha Cooray appeared unaffected by the strength-sapping heat as he continued his domination in these parts with a 68:56 and victory by more than seven minutes.

Overall (13.1M): 1 A Cooray (VoA) 68:56; 2 F Downs (Chilt) 76:00; 3 E O'Gorman (Chilt) 77:00

M45: 1 A Jackson (SB) 77:12; 2 M Tankard (Oxf C) 79:22. **M50:** D Brown (Chilt) 82:35

Women: 1 S Crombie-Hicks (Bourt, W40) 87:38; 2 J Singer (VP&TH, W40) 89:29

W45: S Enhard (Compt, W45) 90:15

INVERCLYDE WATERFRONT 5km, Greenock

Overall: 1 S Lyons 16:07; 2 R Gray (U14) 16:38; 3 D Henderson 16:50

M55: McGrattan 18:03
Women: 1 L Clarke 20:34; 2 S Morrison (U14) 19:20

LUTON 10km, Bedfordshire

Overall: 1 T Best (Lut) 36:25; 2 R Palmer (unatt, M40) 36:32; 3 M Davern (unatt, M45) 37:38

Women: 1 S Palley (St Finn/IRE, W40) 40:02; 2 K Meeten (Bed H, W45) 42:01 (U14) 19:20

MAGNIFICENT 7, Saltash

Overall: 1 P Ellis (Hayle) 40:33; 2 J Thomas (Corn, M35) 41:01; 3 C Snook (Corn, M35) 41:39

M60: 1 T Hughes (W Horse) 45:00
Women: 1 E Stepto (Corn, W40) 41:55; 2 H Tregenza (Corn) 47:29

W50: 1 R Crowle (E Corn) 50:54. **W60:** 1 J Watson (Falm) 58:47

NEW MARSKE VICTORIAN 10km, Marske by the Sea

Overall: 1 W Indelbu 31:22; 2 B Douglas (Dur) 32:06; 3 J Askew (Dur) 32:06;

4 J Bulman (New M, M40) 32:11; 5 S O'Grady (New M, M35) 32:20; 6 J Clifford (New M, M40) 34:13; 7 K Jeffers (Tyne Br) 34:17; 8 R Smith (Dur, W) 34:19; 9 A Pearson (New M, M40) 34:24; 10 M Lamb (Hart, M45) 34:27;

11 C Rumsey (M&C) 34:37; 12 M Joyeux (Quak) 34:50

M40: 4 D Fielden (Ayc) 35:10. **M50:** 1 P Teece (Bill MH) 36:04. **M55:** 1 P Walton (RN) 38:50. **M65:** 1 N Scruton (Scar) 40:40

Women: 1 Smith 34:19; 2 T Waller (Hart, W40) 36:48; 3 K Matthew (M'boro, W35) 38:49; 4 K Grant (M'boro) 39:05

W35: 2 L Rodgers 40:13. **W40:** 2 N Kent (Loft) 40:24. **W50:** 1 S Philips (Darl) 41:00

ROTHER VALLEY 10km, Sheffield

Overall: 1 J Woodthorpe (Barns, W) 34:45; 2 A Larkin 34:54; 3 A Bagley (Tyne Br, U20) 36:05

Women: 1 Woodthorpe 34:45; 2 S Warwick (Unatt, W35) 46:14

ST IVES 10km, St Ives

Overall: 1 T Bracegirdle (Muddy MM) 33:01; 2 T Windley (Spring S) 33:09; 3 P Halford (Werr J, M35) 33:36; 4 A Birch (Nene V) 33:53; 5 G Anderson (C&C) 34:52

M45: 1 D Annetts (N Herts) 35:23
Women: 1 J Khan (Hayle) 36:32;



Former international Andy Green set a UK M50 lead in the Arley Half-Marathon

HARRY SHAKESHAFT

2 J Zakrzewski (Bed C) 39:37; 3 C Somerton (C&C) 40:00
W50: 1 M Twitchett (C&C) 42:22

TUNNEL 2 TOWERS 5km, London Southwark Park

Overall (5km): 1 G Taylor 16:11; 2 B Mcmillan 17:11; 3 J Hall (Unatt, M35) 18:03

Women: 1 S Kohlitz 19:47; 2 E Pagan (Unatt, W35) 20:03

Overall (5km): 1 A Archer 15:29; 2 M Mohammed 19:08

JULY 20 DORNEY DASH 10km, Datchet

Overall: 1 C Coleman (WSEH, M40) 34:21; 2 S Gumbrell (Hart RR) 34:56; 3 J Law (Tun W, M35) 35:02

M60: 1 B Bradbury (Woking) 38:37; 2 G Rhimes (Ports) 39:42. **M70:** 1 T Brackstone (SC Vets) 44:54

Women: 1 T Jones (Belg) 35:19; 2 L Locks (Hart RR, W35) 36:54; 3 K Meredith (High) 37:50; 4 C Day (THH) 38:42; 5 M Urner (Serp) 38:48; 6 A Bagshaw (Morp) 39:12

W45: 1 S Enhard (Comp) 40:28; 2 J Perrin (Read RR) 40:57. **W55:** 1 S Rhimes (E'leigh) 46:46. **W70:** 1 P Elliott (W'ley) 50:13

BERNERAY 10km, North Uist

Overall: 1 D MacKenzie (M40) 42:09; 2 N MacKenzie 42:59; 3 A MacDonald (N Uist) 43:27

Women: 1 S Morrison (N Uist, W45) 49:42; 2 C Ross 53:04; 3 L Weir (Storn) 55:00

BEVERIDGE PARK 5km SERIES

Overall: 1 M Taylor (HBT) 18:14; 2 I Taylor (C'gie, M45) 18:24; 3 S Peters (Dund RR) 18:28

Women: 1 J Turner (C'gie, W40) 19:22; 2 J Dunlop (Dund RR) 21:45

BOURTON ONE MILE CHALLENGE, Bourton-on-the-Water

Overall: 1 C Winwood (Bourt) 4:39; 2 M James (Severn, M35) 4:54; 3 M Smith (Bourt, M45) 4:58

Women: 1 S Crombie-Hicks (Bourt, W40) 5:30; 2 H Winters (Glouc) 5:36

BURTONWOOD 5, Burtonwood

Overall: 1 M Smith (S Ches, M40) 26:54; 2 S Doyle (Vale R, M40) 27:04; 3 Z Bamber (Vale R, U20) 27:33

M45: 1 J Noakes (Macc) 27:55. **M50:** 1 G MacNeil (Wilm) 28:20; 2 J Rose (Holm) 28:45; 3 C Bishop 29:05; 4 T Landry

(Knows) 29:41; 5 P Schumann (Roby) 29:49. **M55:** 1 C Martin (Spec) 29:49; 2 T McGaff (Wilm) 29:50

Women: 1 D McVey (Wilm, W35) 30:01; 2 K Longley (Liv PS, W35) 30:27; 3 J Taylor (Wig D, W50) 31:46

W40: 1 J Ellis (Wilm) 33:08. **W45:** 1 I Kneale (Burn RR) 34:25; 2 B Ganose (Alt) 34:32. **W50:** 2 K Forster (Spec) 34:40. **W55:** 1 S Cain (Penny L) 37:31

CLACTON SUMMER 5km SERIES

Overall: 1 M Haskell (Felix, U15) 18:09; 2 S Moore (Spring S, M45) 18:48; 3 S Wade (Enf R, W45) 18:56

Women: 1 Z Ashe (Unatt, W35) 21:46; 2 T Clarke (Tri&R) 23:48

GREAT BUSTARD 5, Pewsey

Overall: 1 S Nott (Caine) 26:24; 2 W Lillis (Newb, M40) 30:25; 3 S Goulding (Swin, M50) 31:43

Women: 1 T Simmons (T Bath) 34:20; 2 E Dean (unatt, W45) 36:27

KENNEDY KANE MCARTHUR FESTIVAL OF RUNNING 10km/Half-Marathon, Dervock

Overall (10km): 1 M Mccooe (Ballym R) 36:11; 2 N Connor (Ballym R, M50) 37:45; 3 B Brady (Larne, M45) 38:20

Women: 1 G Turley (Springw) 40:58; 2 L Hassan (Springw) 42:21

Overall (HM): 1 J Neeson (Ballym R) 80:17; 2 P Thompson (Springw, M35) 82:17; 3 M Walker (Unatt, M40) 82:21

M65: 1 S Hogg (Lag V) 98:20
Women: 1 J Balmer (N Down, W35) 86:56; 2 K McLaughlin (Springw, W40) 96:29

MUSSELBURGH FESTIVAL 10km

Overall: 1 A Douglas (I'clyde) 31:26; 2 C Reid (Edin) 34:25; 3 R Clark (HBT) 34:29; 4 R Turner (Edin, M40) 34:46

M40: 2 M Fullerton (P'belo) 35:07. **M60:** 1 K Sambrook (Edin) 41:00

Women: 1 N Duncan (P'belo) 35:14; 2 J Malko (Cors) 38:08

W40: 1 J Wilson-Young (Edin) 40:09; 2 Y Thandrayan (P'belo) 42:12. **W45:** 1 R Anderson (Dumb) 41:19; 2 A Peat (Ferran) 41:55. **W65:** 1 E Gilchrist (Ferran) 49:57

ROUND ARRAN RELAY, Brodick

Overall (58.5M): 1 Kil'k 5:53:31 (S Martin 67:20, C Drummond 72:05, S Ferguson 61:59, G Cameron 42:54, R Naughton 53:48, A Murray 55:25); 2 Centr 5:57:14 (L Millar 61:01, S McDonald 56:48, S Green 58:02,

Olympic Lottery winners

JULY 13

NATIONAL LOTTERY ANNIVERSARY RUN 5, London Olympic Park

BRITISH sporting heroes Sir Chris Hoy, Paula Radcliffe, Nicola Adams and Victoria Pendleton joined 15,000 members of the public at The National Lottery Anniversary Run in Queen Elizabeth Olympic as the stadium opened its doors for the first time since last summer's Games.

Participants took on the five-mile run alongside current and former British Olympic and Paralympic athletes before being cheered home by 30,000 spectators.

Hoy, Great Britain's most successful Olympian, officially started the run, while Pendleton and Radcliffe competed in a race won by Alex Cornwell in 25:40.

Middlesbrough's Josephine Stone was first woman in 28:14 as Radcliffe eased back to competition with 32:27, while Olympic cycling gold medalist Victoria Pendleton clocked 36:43 for her five miles.

Radcliffe said that the event had provided her with some wonderful memories. "It was heart-breaking to not be able to take part in London 2012 through injury," she said. "The National Lottery Anniversary Run has now given me the chance to run on the track and celebrate so much of what is great about British sport with thousands of people. Everyone has been thrilled with the experience and it has been wonderful to be a part of this fabulous event."

Overall: 1 A Cornwell (WG&EL) 25:40; 2 R Prout (Thrift) 26:05; 3 A Jackson (Sitt) 26:08; 4 T Pibersek (WG&EL) 26:24; 5 A Milne (E&H) 26:37; 6 T Stevens (Datch) 26:39; 7 N Shasha (Orion, M35) 26:47; 8 D Wallis (G&G, U17) 26:49

M40: 1 A Mills (Bed H) 27:42. **M45:** 1 P Holley (Newrm) 27:32; 2 T Grose (Waltton) 28:03. **M50:** 1 T Barbat (W'sey) 29:57. **U20:** L Murphy (WG&EL) 27:47. **U17:** 19 C McKie (W Suff) 27:49

Women: 1 J Stone (M'bro) 28:14; 2 D O'Reilly 29:45; 3 K Kandola (E Esx) 30:32; 4 R Murray (Bed C, U20) 30:40; 5 R Mayles (David Lloyd RR) 30:49; 6 S Thomas (Chilt) 30:54; 7 P Stone (M'bro, U15) 30:56; 8 T Jordan (S'mk, W35) 31:14; 9 C McMahon (Lut) 31:24; 10 N Brockbank (Spring S, W35) 31:28; 11 R Gardiner (SB) 31:32; 12 L Davies (Leeds C) 31:33; 13 L Legon (Bexley) 31:42; 14 S Davis () 31:44; 15 J Finch (Notts) 31:48

W40: 1 J Newens (RRC) 32:06; 2 S Spencer (Der) 32:46; 3 J Rayfield (Read) 33:51. **W45:** 1 M Mulvey (Woot RR) 34:47. **W50:** 347 C Wheeler (Overy) 32:54; 658 J Davies (Reading J) 34:42; 801 C Austin (Spark) 35:21. **W55:** 715 B Nordin (If) 34:56. **W60:** 1037 S Bowry (Liss) 36:13; 1632 C Steward (Dulw) 38:06



Alex Cornwell, first across the line in the Olympic Stadium



Victoria Pendleton: debut 5-mile race

K Hislop 59:24; G Appleby 72:12; B Sturrock 49:47; 3 Irv 6:17:00 (M Livingstone 73:13; B Richardson 66:51; S Stirrat 66:30; C Millar 49:00; J Sneddon 66:53; G Irving 54:33); 4 Gars 6:21:44; 5 Bella R 6:41:00
Women: 1 Gars 6:43:13 (G Beaton 75:33; K White 69:20; C McCallum 76:39; D Clark 51:50; K Scott 68:30; J O'Neil 61:12); 2 Bella R 7:50:58 (C Baxter 86:53; M Smillie 92:49; L Mackay 82:52; R McRobert 60:53; M Shephard 78:17; L Gray 69:14)

Mixed: 1 N Ays 6:58:30 (M Preston 79:01; S Daye 71:26; A Reid 73:53; F Comrie 55:50; D Taylor 74:26; D Reid 63:54); 2 Kil'k 7:00:18 (G Thomson 81:22; J White 83:40; J Millar 71:23; M McDonald 55:42; J Parker 63:24; M Gorman 64:47); 3 W'lands CC 7:24:16; 4 Ayr S 7:32:37; 5 Loth 7:50:04
Fastest: Leg 1 (7.5M): Millar 61:01
 Leg 2 (8.5M): McDonald 56:48
 Leg 3 (8.5M): Green 58:02
 Leg 4 (11.5M): Cameron 42:54
 Leg 5 (10.5M): Naughton 53:48
 Leg 6 (11M): Sturrock 49:47

STRATFORD SUMMER 6

Overall: 1 A Smith (Cov) 32:04; 2 P Gould (Kenilworth Runners, M35) 32:40; 3 P Brookes (Holm, U20) 32:42
Women: 1 K Wright (Strat, W50) 37:08; 2 R Kuuselo (Knowle & Dorridge, W35) 38:03

JULY 19

CHUDLEIGH CARNIVAL 5.6, Devon

Overall (5M 944yds): 1 T Merson (B&W) 28:54; 2 A Chambers (B&W) 30:05; 3 P Monaghan (Torb, M45) 31:32; 4 S Longthorpe (Torb) 31:34; 5 J Parkinson (Torb, M45) 32:33; 6 S Goss

(B&W) 32:36

M45: 3 G Smart (T'bridge) 34:02. **M60:** J Shapland (N Dev) 34:28

TEAM: 1 Bristol & West 9; 2 Torbay 12; 3 Teignbridge Trotters 59

Women: 1 J Meek (Tav) 34:18; 2 E Lake (Erme V) 37:37; 3 K Cook (SWRR, W55) 38:16

W40: 1 C Andrews (Erme V) 38:46.

W45: 1 C Hewitt (Tiv) 39:10; 2 C Parkinson (Torb) 39:22

TEAM: 1 Erme Valley 113; 2 Teignbridge 140; 3 South West RR 162

SEA 2 SKY 10km, Newcastle

Overall: 1 D Travers (Newry, M35) 36:40; 2 D O'Flaherty (Newc) 36:45; 3 P Carlin (St Lol) 37:35
Women: 1 C McCorkell (Lag V) 42:29; 2 C Prenter 42:41

JULY 18

HARWICH RUNNERS' 5km, Essex

Overall: 1 C Sellens (Col H) 15:56; 2 S Gooding-Matthews (Harw) 17:12; 3 J Nears (Col H) 17:13

M55: D Wright (Col H) 18:23

Women: 1 K Hodgkiss (Harw) 18:55; 2 L Shewhbridge (Col H) 19:30

W50: F Norris (Col H) 21:27. **W55:** A Piercy (Harw) 23:47

HARDWICK HALL 6, Pilsley

Overall: 1 B Connor (Der, U20) 33:12; 2 P Roberts (Clowne, M45) 36:14; 3 T Clayton (N Der, M50) 36:54

Women: 1 N Wright (N Der) 44:07; 2 S Ilesley (Unatt, W50) 44:18

JCB LAKESIDE 5, Rocester

Overall: 1 B Gamble (Tip) 25:41; 2 I Salt (Uttox) 27:51; 3 J Burgess (Staffs M, M35) 29:04

M55: 1 D Hollins (Staffs M) 29:58

Women: 1 D Johnson (Bir, U20) 33:33; 2 K Lamplough (Staffs M, W35) 34:00

W50: 1 C Higgs (Staffs M) 34:04. **W60:** 1 C Kilkenny (C&S) 35:40

LAXTON 10km, Laxton

Overall: 1 P Baker (CoH, M35) 35:09; 2 A Lyons (CoH, M40) 35:50; 3 T McKee (CoH) 36:07

M50: 1 D Clark (Abbey R) 37:03

Women: 1 C Stansfield (Bev) 38:27; 2 A Campbell (Hull Spr, W40) 42:25

SALE SIZZLER 5km, Manchester

Overall: 1 M Abu-Rezeq (Alt) 14:28; 2 J Walsh (Leeds C) 14:43; 3 J Bailey (Salf) 14:48; 4 M Sawrey (Stock H) 15:19; 5 T Ely (Salf) 15:30; 6 J Dixon (N Som) 15:31; 7 D Norman (Alt) 15:40

M40: 1 M Grace (Salf) 16:27; 2 T Greenald (E Ches) 16:59. **M45:** 1 A Holloway 17:24; 2 D Byers (Traff) 17:26; 3 S Pennington (Salf) 17:29. **M50:** 1 G Matthews (E Ches) 17:16; 2 G Astin (Stock H) 17:56. **M55:** 1 S Shaughnessy (Stock H) 18:33; 2 D Carrington (Alt) 18:44. **M60:** 1 S Owen (Salf) 18:39; 2 M Curley (Sale) 19:41. **M65:** 1 S Curran (Salf) 20:46. **U17:** 1 K Acton (Stock H) 16:58

Women: 1 J Fairchild (Traff) 16:39; 2 B Jenkins (Salf, W40) 17:50; 3 E Crowe (Wrex, W40) 18:06; 4 T Walker (Salf) 18:09; 5 J Knass (Stock H) 18:23; 6 L Clarke (Stock H) 18:24; 7 S Whiteside (Liv H) 18:26; 8 M Vernon (Trent, W40) 18:26; 9 M Lowe (Horw) 18:45; 10 H Jackson (Manc TC) 19:00

W45: 1 A Drasdo (Traff) 19:47. **W50:** 1 A Blomfield (Roch) 20:47; 2 C Northcote (Styal) 21:56. **W55:** 1 L Turton (Stock H) 22:51. **W65:** 1 J Dolan (Alt) 24:53

JULY 17

SUNDERLAND 5km, Silksworth

LEWIS TIMMINS defended his North East title ahead of a record field of 302, *Les Venmore reports.*

Timmins pulled away from long-term challenger Mark Hood in the final 300m. He was 15 seconds quicker than last year with a road PB.

Alyson Dixon maintained her excellent form to finish 15th, smashing Freya Murray's course record of 16:13 set in 2008 by a 21seconds.

It also took Dixon to the top of this year's UK 5km road rankings and took 18 seconds off her previous best.

Overall: 1 L Timmins (Morp) 14:40; 2 M Hood (Sun) 14:45; 3 C Johnson (Gate, U20) 14:58; 4 J Askew (Dur C) 15:08; 5 Mark McLeod (Morp) 15:10; 6 G Jayasuriya (M&C) 15:11; 7 A Burn (J&H) 15:12; 8 R Floyd (Morp) 15:15; 9 D Jenkin (Dur C) 15:15; 10 R Stephenson (Morp) 15:27; 11 B Douglas (Dur C) 15:34; 12 G Bracken (NSP, M50) 15:47; 13 K Calvert (Sun) 15:48; 14 G Cook (NSP) 15:51; 15 A Dixon (Sun S, SW) 15:52; 16 S Rankin (Sun S) 15:55; 17 N Shrubbs (Morp) 15:57; 18 J Scott (Morp) 15:59; 19 J Marshall (Gate, U17) 16:00; 20 S Morley (Tyne Br) 16:01; 21 A Graham (Walls) 16:04; 22 G Thorpe (Sun S, M40) 16:11; 23 M Barker (Sun) 16:13; 24 H Johnson (Gate, U17) 16:17; 25 P Wilson (Hart) 16:18; 28 L Bennett (Els, M40) 16:26; 31 A Pearson (N Marske, M40) 16:32

U20: 2 J Wilkinson (Dur) 16:46. **U17:** 2 J Jones (Sun) 16:49; 3 J Bell (Black B) 16:52; 4 I Dunn (Blay) 16:55

M45: 1 P Walker (Morp) 16:56; 2 K MacPherson (Tyne Br) 17:00; 3 A Thompson (Els) 17:17; 4 P Redman (Sun) 17:28. **M50:** 2 A Macdonald (Morp) 17:48. **M60:** 1 G Pemberton (NE Vets) 19:17; 2 P Richardson (Sun) 19:29. **M65:** 1 R Wells (Morp) 20:58

Women: 1 Dixon 15:52 (rec); 2 A Snook (J&H) 17:32; 3 A Dargie (Els, W35) 17:45; 4 T Waller (Hart, W40) 17:54; 5 S Dann (NSP, W35) 18:10; 6 M Avery (Sun) 18:12; 7 T Millmore (Birt) 18:25; 8 E Leslie (J&H, W45) 18:31; 9 C McManus (NSP, W35) 18:37; 10 C Simpson (J&H, W35) 19:02

W45: 2 D Vaughan (Quak) 21:37. **W50:** 1 H Robinson (J&H) 20:08. **W55:** 1 A Cummings (NSP) 20:44; 2 N Rees (NSP) 23:31

NECAA: 1 Timmins; 2 Hood; 3 Johnson. **Women:** 1 Dixon; 2 Snook; 3 Dargie

BRIGHTON PHOENIX 10km

Overall: 1 N Boniface (Horsh J, M35) 32:15; 2 J Baker (Chich) 32:37; 3 W Green (Serp, M35) 32:47; 4 B Camfield (Horsh J, M45) 34:36; 5 P Hasler (Padd W, M40) 34:43; 6 D Carter (Phoe) 34:49

M50: 1 B Warren (Phoe) 36:53
Women: 1 L Biddlestone 40:12; 2 C Wood (Arena, W50) 40:17

W35: 1 I Muir (Arena) 40:53. **W45:** 1 C Ulliott (B&H) 42:49. **W50:** 2 V Purnell (Horsh J) 44:32. **W65:** 1 S Garner (Seaf) 50:55; 2 P Rich (Worth S) 52:13

HORWICH JUBILEE 5 SERIES, Rivington

Overall: 1 A Valentine (Bolt, M35) 26:16; 2 C Farrell (Horw) 27:02; 3 J Hilton (Wig P) 27:59

M50: 1 S McMyler (Horw) 29:57. **M60:** 1 R Maciejkowicz (Horw) 31:53. **M65:** 1 J Whittington (Wig P) 31:45

TEAM: 1 Horw 28; 2 Wig P 54; 3 Wig D 113; 4 Chor 122; 5 Lost 168

Women: 1 L Proctor (Bolt, W40) 32:10; 2 K Irwin (Wesh, W40) 34:28

W55: 1 A Ferguson (Burn RR) 36:05
TEAM: 1 B'den RR 21; 2 Lost 46; 3 Swint 55

JULY 16

WHITE HORSE 5km Sandhurst, Gloucester

WHILE most runners felt their times were slowed by about half a minute in temperatures of 28C, Martin Rees took three seconds from his own British M60 best road time set in May, *Martin Duff reports.*

This added to his age-group records in the 10km, 10 mile and half-marathon this year. Rees said that he would be back at this race in August and September for more record attempts.

Overall: 1 D Roper (Chelt) 15:27; 2 I Williams (Tip) 15:55; 3 J Parker (Chelt, M40) 15:59

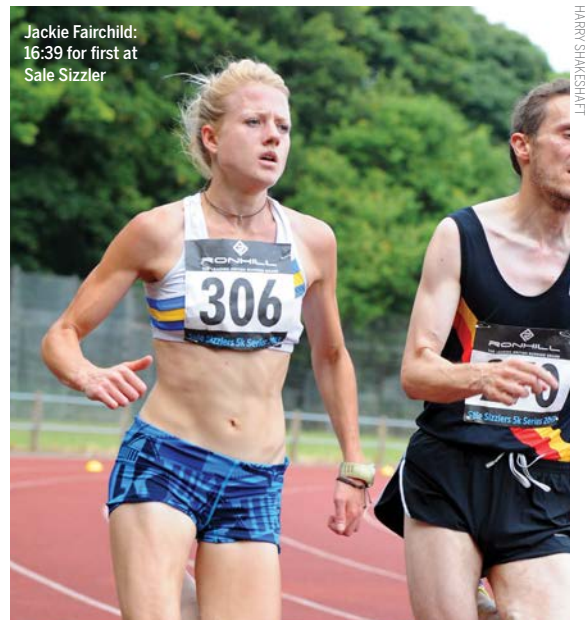
M40: 2 D Jordan (Chelt) 16:28. **M45:** M Keeling (Sev) 17:03. **M60:** M Rees (Les C) 16:14. **M70:** L Davis (Sev) 21:39

U20: K Hale (Sev) 16:40
TEAM: 1 Cheltenham 28; 2 Severn 100

Women: 1 A Fitten (Tip) 18:32; 2 J Fletcher (Sev, W35) 18:58; 3 V Wilkinson (Chelt, W35) 19:24

W40: L Walmsley (Bourt) 19:30. **W55:** 1 K Morton (Stroud) 21:26; 2 A Lane (Bourt) 22:04; 3 A Lewis (Durs) 23:39

TEAM: 1 Stroud 23; 2 CLC Striders 28; 3 Bourton 30



Jackie Fairchild: 16:39 for first at Sale Sizzler

HARRY SHAKESHAF

MULTI-TERRAIN

JULY 21

MRS E'S BIG WHEEZE 10km

Lyme Regis, Devon

FORMER British & Irish Vets International champion Tim Hartley, on holiday in the area, showed the locals the way home with an easy victory.

Overall: 1 T Hartley (Notts, M45) 36:15; 2 M Clist (Axe V) 38:08; 3 T Lenton (Axe V) 39:34

Women: 1 S Spiller (Honi) 47:26; 2 J Davey (Honi, W50) 50:02

AYLSHAM TOWN 10km, Aylsham

Overall: 1 R Heath (Hav 90, M35) 35:35; 2 S Cannell (Unatt) 37:34; 3 S Balfe (Norw) 38:24

M50: 1 M Garrett (Norw RR) 39:50.

M65: 1 J Bone (Gt Yar RR) 45:46

Women: 1 P Wake (Reep, W40) 47:17; 2 C Harrison (Unatt) 47:22

W50: 1 B Sauerzapf (Bung) 49:48

CLAPHAM COMMON RACE SERIES

London

Overall (15km): 1 P McDougall (M40)

61:54; 2 T Lindback 63:47; 3 J Fung 64:124

Women: 1 K McKenzie 65:20; 2 L Edwards 71:45

Overall (10km): 1 P Canavan 36:13; 2 A Metcalf 38:52; 3 D Barnes 39:36

Women: 1 K Morgan 40:03; 2 C Cooney 41:16

Overall (5km): 1 C Ore 18:30; 2 J Lidbetter 18:51; 3 A Cousins 19:10

Women: 1 C Brewer 22:21; 2 S Christodoulou 23:13

PORTSMOUTH JOGGERS'

STANSTED SLOG, Hampshire

Overall (13.5M approx): 1 H Addington (Card) 2:41:55; 2 J Manning (Denm) 2:42:30; 3 A Simpson (Stubb, M40) 2:46:41

Women: 1 K Rushton (SWRR, W40) 3:04:17; 2 S Sleath (Hardley, W50) 3:24:38

A SURREY SLOG

Overall: 1 A Green (unatt) 87:44; 2 J Ashworth-Beaumont (unatt, M40) 93:37; 3 C Finill (Harrow, M50) 94:39

Women: 1 L Hales (Windle, W40)

1:42:43; 2 M Oldham (Wok, W40) 1:43:02

W50: A Sinnott (Hay H) 1:48:25

JULY 20

HAYTOR HELLER 6, Teignbridge

Overall (6.5M approx): 1 J Parkinson (unatt) 39:28; 2 B Tesfey (Ex'mth) 41:08; 3 T Lenton (Axe V) 41:48

M45: N Holmes (Erme) 42:43

Team: 1 Exmouth H 29; 2 South West RR 71; 3 Okehampton 103

Women: 1 J Allison (Plym, W40) 51:39; 2 K Watkins (unatt, W40) 51:54

Team: 1 Exmouth 78; 2 South Molton Strugglers 104; 3 Somer 107

HAMPTON 2.5km

Yaxley, Cambridgeshire

Overall: 1 C Evans (Yax) 7:48; 2 G

Fitzgibbon (Yax, W) 8:20; 3 S Lowings (Hampton) 8:27

Women: 1 G Fitzgibbon (Yax) 8:20; 2 Z Jackson (unatt) 8:52

RICHMOND RIVERSIDE 10km

Overall: 1 B Kennard (U20) 35:34; 2 S Woolley 36:56; 3 P Wright 38:25

Women: 1 S MacAra 42:22; 2 J Bouley (W50) 43:59

TOCKENHAM VILLAGE FAIR 5km

Nr Wootton Bassett, Wiltshire

Overall: 1 A Gbenga (unatt) 17:34; 2 O Gunther (USA) 17:35; 3 B Cooke (Woott B, M40) 17:36

Women: 1 H Brown (unatt, W40) 22:56; 2 D Dee (unatt, W40) 22:57

JULY 19

POOLE RUNNERS SUMMER SERIES

3.5M, race 4, Poole

Overall: 1 S Summerell (Zoom) 19:58; 2 S O'Herilhy (Poole, M40) 20:02; 3 J Towner (Poole R) 20:03; 4 N Acharya (Purb, 40) 20:06; 5 A Clark (Poole R) 20:08; 6 J Campbell (Purb) 20:22

M55: M Lascelles (M Newton) 21:06.

M60: H Murray (Purb) 21:21. **M65:** 1

I Barnes (Poole R) 23:16; 2 G Scott (Poole R) 24:15

Women: 1 L Lascelles (M Newton, W45)

22:42; 2 L O'Lerilhy (Poole, W40) 23:01; 3 L Moore (Poole R) 27:40. **W65:** S

Barrett (Poole R) 27:44. **W70:** J Royal

(Dors D) 31:04

U15 Overall (1M approx): 1 G Balfour (B'mth, U13) 4:48

Girls: 1 B Bickell (Poole R, U13) 4:50

TARA KINDER MEMORIAL 10km,

Elvaston Castle

Overall: 1 R Kay (Tip) 32:22; 2 M

McInty (Unatt) 35:33; 3 C Hinds (Herm, M40) 36:39

M40: 2 S Hawkins (Shelt) 37:29. **M50:**

1 J Robertson (Der) 37:12; 2 S Knopik (Hatt D) 38:29. **Women:** 1 R Oliviant (Der)

40:05; 2 J Burke (Hean, W50) 42:30

W45: 1 E Quince (Shelt) 44:02

TIN TIN 10km, Chard, Devon

Overall: 1 M Pearce (Crewk, M40)

37:06; 2 L Baron (Yeo) 37:56; 3 P Bridge (Wells, U200) 38:15

M50: R Clifton (Chard) 40:41. **M60:** N

Brooke (Yeo) 41:34

Women: 1 E Hitchens (Haldon, W35)

40:56; 2 K Hill (Taunt) 41:36

W65: S Nicholls (Burn'Sea) 41:54

JULY 17

GOLDEN ACRE RELAY,

Leeds

Overall (3x2.75M): 1 York Boys (U15)

44:22 (T Hutchinson 14:43, J Schofield 15:02, B Lewis 14:37); 2 We're Orange

46:48 (J Dudley 15:10, J Kwailah 16:01, Q Lewis 16:27, S Watkins 16:23); 5 York

Boys C (U15) 48:46 (J Dickinson 16:05,

E Hutchinson 16:17, A McMillan 16:24);

6 Nearly There 49:04; 7 Bail (mixed)

16:10; 8 Chapel A50:03; 9 Hyde P

50:08; 10 York Men 50:09

Fastest: B Lewis 14:37

M40: Skyrac 52:45 (D Parker 17:44, J

Forey 16:30, M Hawkins 18:31)

Fastest: R Ashton (Otl) 15:49

Women: 1 York 17:20 (K Mellor 16:39, V

Needham 17:11, E Ballantyne 17:20); 2

Skyrac 54:20 (H Wood 18:15, H Brown

16:58, J Beaumont 19:07); 3 Fox on the

Run 55:29 (A Fox 17:04, E Grayson-

Bollon 20:09, L Clegg 18:16); 4 York

Girls (U15) 57:27 (N Grenier 18:46,

G Rothwell 20:01, J Isaacs 18:40); 5

Robbie (U15) 59:18

W35: Beck's Posh 61:02 (B Lawrence

20:54, A Pattinson 20:43, H Barber

19:25)

Fastest: Mellor 16:39

W35: R Cesa de Sa (Skyrac) 18:41

U15: T Melechi (Robbie) 18:33

Mixed: 1 Bail 49:49 (Q Lewis 14:59, E

Stoney 18:40, M Gurney 16:10); 2 York

51:20; 3 Hell Yeah 51:54

DUFFTOWN HILL 5, Dufftown

Overall: 1 K Wilson (Moray) 29:29; 2 T

Forrest (C'gorm) 29:59; 3 P Murdoch

(Keith) 31:29; 4 P Taylor (Moray) 31:54;

5 J Stuart (Keith) 33:40

M40: M Winton 36:10. M50: N Buchan

(Jogscot) 38:14

Women: 1 A Cruickshank (Jogscot)

40:10; 2 C Reilly (Moray) 40:15; 3 H Low

(Moray, W40) 40:46

W50: S Houston (Moray) 42:00

PARKRUN

JULY 20

Parkrun 5km

Leading age-graded

Hackney Marshes: D Cox 17:49 M60

90.02%

Frimley: A Soane 17:50 M55 89.16%

Southampton: L Russell 16:40 U23W

88.80%

St. Albans: P Edwards 20:58 W55

88.72%

Telford: K Fawke 17:13 W35 87.85%

Leamington: M Williamson 19:57 W50

87.27%

Belfast Ormeau: T Eakin 18:54 M60

87.15%

Trowbridge: P Wylie 15:03 SM 87.11%

Middlesbrough Albert: M Lonsdale

16:18 U15M 87.05%

Edinburgh Silverknoves: L Brown

19:02 W45 87.01%

Edinburgh Silverknoves: R Marshall

19:08 M60 86.87%

Rother Valley Country: R Harris 15:50

M40 86.86%

Shoeburyness: A Hickey 14:53 SM

86.67%

Belfast V: F Marsh 16:37 M45 86.66%

Edinburgh Silverknoves: J Hudson

18:53 M60 86.45%

Riverside: M Hood 15:01 SM 86.32%

Bushy: E Pallant 17:10 SW 86.21%

Falkirk: I Stewart 18:00 M55 86.10%

Hackney Marshes: P Whelpton 18:49

M60 86.00%

Strathclyde: A Chisholm 18:11 M55

85.95%

Rother Valley Country: C Thackery

17:14 U20W 85.91%

Hull: S Mason 17:37 M50 85.79%

Basingstoke: M Bliss 17:57 M55

85.61%

Wolverhampton West: D Smith 16:36

M45 85.41%

Belfast Waterworks: M Shields 18:28

M55 85.36%

Liverpool Princes: E Gray 18:44 U13W

85.26%

Nonsuch: N Reissland 17:05 M45

84.96%

Norwich: C Robilliard 18:54 M60

84.86%

Glasgow Pollok: G Taylor 17:25 M50

84.68%

Rushcliffe: G Vaughan 20:53 W50

84.45%

Abingdon: P Thomas 17:45 M50

84.45%

Cardiff Blackweir: M Murphy 18:50

M55 84.43%

Nonsuch: P Flynn 20:07 W50 84.38%

St. Albans: A Miles 18:41 M55 84.37%

Middlesbrough Albert: G Thorpe 16:11

M40 84.34%

Manchester Platts: A Townsend 17:22

M45 84.25%

Bushy: S Hayes 15:34 SM 84.22%

Shoeburyness: S Le Mare 17:40 M50

84.16%

Cannon Hill: C Richardson 17:40 U20W

84.10%

Pegwell Bay Country: J Spencer-Wood

19:25 M60 84.08%

Falkirk: K Rankin 18:26 M55 84.07%

Wolverhampton West: M Williams

15:44 M35 83.77%

Cardiff Bl: P Cook 16:48 M40 83.74%

Strathclyde: T Quinn 18:32 M55

83.62%

Newbury: L Hartney 19:23 W45

83.55%

Maidstone: L Weeks 17:46 SW 83.50%

Belfast Ormeau: L Johnston 18:16

M50 83.43%

Wythenshawe: M Curley 19:45 M60

83.40%

Edinburgh Silverknoves: C Cox 17:45

SW 83.38%

Milton Keynes: I Van Lokven 18:27 M55

83.29%

Redbridge: S Philcox 17:19 M45

83.16%

Burnley: P Freary 17:03 M45 83.15%

CROSS-COUNTRY

JUNE 30

WATLINGTON SUMMER CROSS-COUNTRY, Oxfordshire

Overall: 1 T Letts (North RR, M45) 42:15; 2 O Byrne (B'brook, M45) 43:27; 3 R Kemp (Abing) 43:49
Women: 1 M Grace 46:40; 2 V Broadbent (B'brook) 48:25

WALKS

JULY 21

SARNIA WALKING CLUB 10km, St Sampsons

Men: 10KW: 1 C Thomson (Sarnia, M45) 51:31; 2 S Le Noury (Sarnia) 55:28; 3 J Le Noury (Sarnia) 57:08; 4 P Lockwood (Sarnia, M40) 60:50; 5 T Bates (Sarnia, M60) 63:32
Women: 1 J Le Noury (Sarnia, W50) 76:58; 2 R Druckes (Sarnia, W65) 78:53

JULY 20

BRITISH ATHLETICS 10km Championships (Inc CAU Champs), Hillingdon Cycle Circuit

TOM BOSWORTH took victory to put the disappointment of missing out on a place in the team for the World Championships behind him.

Bosworth, who took the silver medal behind Alex Wright in the previous weekend's world trials over 5000m, clocked 41:46 on a hilly course that had two big climbs per 2km loop. He was never opposed and took his second national title of the year to go with his 20km title in April.

Bosworth said: "It has been a disappointing few days, but I am really grateful for all the support people have shown me this week and we all need to get behind Alex Wright in Moscow. I will now take a break and start to focus on making the team for next year's European Championships."

Daniel King, despite having a 50km in his legs from Dublin only three weeks ago, got the better of his twin brother and London 2012 Olympian Dominic King.

Ilford AC took the team title, while the Kings led Essex to the CAU team championships.

In the women's race Bethan Davies looked set to build on her victory and Welsh record over 5000m metres at Birmingham last weekend but found the hilly course not to her liking and was removed by the judges at the 8km point while comfortably in the lead.

This left the way clear for Michelle Turner, who was only fourth in Birmingham, to take her first national title ahead of Heather Lewis, who finished in the same position as the previous weekend. Alana Barber in third led both Hyde Park Harriers and Yorkshire to the club and Inter-Counties team championships.

Men: 10KW: 1 T Bosworth (Ton) 41:56; 2 Dan King (Col H) 45:35; 3 Dom King (Col H) 46:55; 4 F Reis (If, M50) 50:51; 5 I Richards (Steyn, M65) 54:01; 6 L Legon (Bexley, U17) 54:51; 7 J Ball (Steyn, M50) 54:56; 8 S Uttley (If, M55) 55:52; 9 G Chapman (Head, M55) 56:06; 10 S Allen (Barn, M55) 56:13; 11 J Hall (Belg, M60) 58:30; 12 D Crane (Sy WC, M35) 59:11; 13 C Cheeseman (Craw, M50) 59:35; 14 A Thomson (E&H, M75) 59:41; 15 S Allen (If, M55) 60:19; 16 S Bennett (If, M50) 60:38; 17 C Berwick (Leic WC, M65) 60:45; 18 M Culshaw (Tam, M45) 62:11; 19 K Bobbett (Hill, M65) 62:48; 20 M Martin (Padd W, M55) 62:59; 21 P King (Belg, M60) 65:31; 22 P Hannell (Sy WC, M70) 66:17; 23 S Lightman (Sy WC, M70) 67:07; 24 G Smolinski (Leic WC, M60) 67:14; 25 M Harran (Herne H, M75) 69:27; 26 R Vroobel (Hill, M50) 71:27

Women: 10KW: 1 M Turner (Nthn (IOM), W40) 50:40; 2 H Lewis (P'broke) 51:46; 3 A Barber (HPH) 55:08; 4 J Nicholls (Leic WC, U20) 55:54; 5 L Whelan (Belg) 56:47; 6 B Gannon (HPH, W35) 58:55; 7 M Noel (Belg, W45) 60:53; 8 P Fixter (Herne H, W35) 63:56; 9 N Blatchford (Abing, W65) 66:07; 10 A Martin (Padd W, W45) 68:03

Women: 1 S Pike 72:11; 2 L Buck (C'land F, W50) 85:38; 3 K Wright (Amble, U23) 88:37

GREAT HUCKLOW, nr Sheffield

Overall (6M/1000ft): 1 J Heneghan (P&B) 46:49; 2 J Ross (Staffs M) 47:06; 3 C Shelton (N Der) 48:13; 4 D King (Clowne, M40) 48:16; 5 M Fowler (Ches HR, M40) 48:26
M50: M Stenton (Dark Pk) 50:29. **M60:** R Taylor (Pennine) 53:34. **M70:** B Allsop (Bux) 71:47
Women: 1 O Walwyn Bush (Alt) 49:34; 2 H Elmore (Dark Pk, W40) 53:25; 3 S Fawcett (Smiley) 56:01
W60: D Kesterton (Smiley) 68:29

CRACOE, Skipton

Overall (2.6M/900ft): 1 J Hall (Wharf, U23) 20:54; 2 S Godsman (Calder V, M40) 21:17; 3 I Nixon (P&B) 21:28
M45: P Dugdale (Kend) 22:50
Women: 1 H Glover (K&C) 24:59; 2 H Robertson (Amble, W40) 26:06; 3 K Hall (Wharf) 27:52
U23: R Hellawell (K&C) 29:53
U17: 1 D Meanwell (B'dale F) 23:22; 2 H Muir (Wharf) 23:23; 3 J Lockwood (Wharf) 26:05

U17 women: 1 E Lambert (Wharf) 28:45; 2 K Lawson (Helm, H) 31:07; 3 L Williamson (Ilkley) 31:07
U14 (1.2M approx): 1 Joshua Boyle (Hynd) 11:49; 2 J Lund (K&C) 11:57; 3 M Merrick (Bing) 12:19
U14 women: 1 V Merrick (Bing) 13:48; 2 I Burrow (Helm H) 13:55; 3 T Knappy (K&C) 14:26
U12 (1M approx): 1 T Marshall (Sett) 8:15; 2 C Crabtree (Wharf) 8:21; 3 L Hargreaves (Wharf) 8:25

U12 women: 1 K Atkinson (K&C) 8:39; 2 B Holt (Clay) 8:56; 3 M Walsh (Helm H) 8:57

JULY 20

SNOWDON SUPER CUP, Llanberis

THIS inaugural uphill-only invitational event was a resounding success, although only a demonstration event. European Championships fifth-placer Steve Vernon and Scots-based Ethiopian runner Wegene Tafese quickly took hold of the race and ran together until the latter broke 25 metres clear on the steepest part of the course, eventually winning by 16 seconds.

GB international Olivia Walwyn took the lead in the women's race from the gun and ran a controlled race to finish 90 seconds ahead of Gina Paletta.

Overall (5M/3300ft uphill): 1 W Tafese (SCO) 40:53; 2 S Vernon (ENG) 41:09; 3 B MacMahon (IRE) 42:28; 4 A Davies (WAL) 43:27; 5 R Samuel (WAL) 44:07; 6 A Osborne (ENG) 44:37; 7 G Priestley (ENG) 45:51; 8 S Cale (ENG) 46:15; 9 N Jones (WAL) 46:31; 10 C Roberts (ENG) 46:59; 11 R Phillips (WAL) 47:10; 12 A O'Gorman (ENG) 47:56; 13 G Griffin (WAL) 50:10; 14 R Challinor (WAL) 50:13; 15 O Walwyn (ENG, W) 50:45
Women: 1 Walwyn 50:45; 2 G Paletta (WAL) 52:15; 3 S Evans (WAL) 55:05; 4 A Bartlett (WAL) 55:51; 5 M Grace-Spalton (ENG) 58:08; 6 A Buckley (ENG) 59:16; 7 C Farrow (ENG) 60:02; 8 E Bayliss (WAL) 61:08; 9 T Lewis-Jones (WAL) 61:28; 10 C Evans (ENG) 63:01

SNOWDON INTERNATIONAL, Llanberis

ANDI JONES was delighted to claim his sixth victory after failing to finish in 2012.

In stiflingly hot conditions, times were irrelevant and it was all about racing as Jones set a blistering pace to lead Murray Strain by 76 seconds at the summit.

The 2012 winner used his supreme descending skills to come within 40 seconds of Jones over the first half of the return journey, but Jones dug deep to land his most satisfying win by 84 seconds.

Rob Hope was an isolated third with Alun Vaughan, who with Strain had led the early chasing pack, in fourth.

England took the team title despite Jones not being one of the nominated team.

Pre-race women's favourite and 2011 winner Pippa Maddams set off strongly but was pressed from the start by Sarah Mulligan, who was aiming to become the first Irish winner of the race.

This soon became a probability as the latter led by two minutes at the summit, after which Maddams, in her comeback after giving birth, dropped back as Jill Mykura of Scotland and Wales' Jackie Lee flew downhill to get back almost in striking distance of the winner, who nevertheless still had 49 seconds to spare over Mykura at the finish.

The latter was joined in the winning Scottish team by Scout Adkin, a good fourth in her first senior race.

Overall (10M/3300ft): 1 A Jones 68:50; 2 M Strain (SCO) 70:14; 3 R Hope (ENG) 70:54; 4 A Vaughan (WAL) 71:25; 5 L Taggart (Dark Pk, M40) 71:37; 6 R Burney (ENG) 71:50; 7 H Haines (SCO) 72:38; 8 S Bond (ENG) 72:47; 9 T Cornthwaite 74:00; 10 F Wild (SCO) 74:05; 11 F Jones 74:09; 12 M Roberts (WAL) 74:21; 13 A Annett (NIR) 74:23; 14 P Ryder (WAL) 74:44; 15 H Aggleton 75:05; 16 G Rovedatti (ITA) 75:19; 17 I Conroy (IRE) 75:23; 18 Mulholland (NIR) 75:33; 19 R Roberts (WAL) 76:01; 20 J Symonds (SCO) 76:48; 21 S Cleary (IRE) 77:21; 22 R Bentley (Eryri) 78:11; 23 S Monti (ITA) 78:19; 24 M Donnelly (ENG) 79:01; 25 R Cleary (IRE) 79:13; 26 I Whitesides (NIR) 80:09; 27 P Jones (Mercia, M40) 80:57; 28 G Heery (M40) 81:23; 29 J Rowley (Hebog) 81:36; 30 J Helliwell (Calder V) 81:39

M50: A Smith (Dees R) 83:45. **M60:** G Owen 94:27
TEAM: 1 England 17; 2 Scotland 19; 3 Wales 30
Women: 1 S Mulligan (IRE) 86:26; 2 J Mykura (SCO) 87:19; 3 J Lee (WAL) 87:54; 4 S Adkin (SCO) 88:37; 5 P Maddams (ENG) 90:10; 6 C Morgan (SCO) 90:51; 7 E Donlon (IRE) 81:08; 8 M Price (ENG, W40) 91:21; 9 C Devitt (IRE) 92:59; 10 H Berry (ENG) 94:56; 11 N Morgan (WAL) 98:21; 12 J Holmes-Thomson (W40) 99:45; 13 H Leigh (B'burn) 99:51; 14 C Cooper (K&C) 1:40:54; 15 B Law (Eryri) 1:42:11; 16 B Taylor (B'burn) 1:42:38; 17 G Wasson (NIR) 1:43:24; 18 L Maddall (Dees R, W45) 1:45:30; 19 L Summers (Chep, W45) 1:46:17; 20 K Worthington (Eryri) 1:46:40
W55: E Tomes (K&C) 1:50:02
TEAM: 1 Scotland 12; 2 Ireland 17; 3 England 23

JULY 18

ESHTON MOOR, Gargrave

Overall (5M/400ft): 1 C Shearer (K&C) 36:06; 2 J Hood (Skip) 36:56; 3 J Green (Ilkley, M45) 37:19
U23: O Roberts (Howg) 38:36
Women: 1 C Sarell (Hyde Pk) 41:50; 2 J Butterworth (Skip, W45) 43:25; 3 E Lambert (Wharf, U17) 46:11
U17: 2 H Thom (K&C) 52:21
U12 (1M approx): 1 F Sprout (Kend) 8:28; 2 C Crabtree (Wharf) 8:44; 3 M Bradley (Ilkley) 8:47
U12 women: 1 K Atkinson (K&C) 9:05; 2 M Sprout (Kend) 9:20; 3 A Jones (Wharf) 9:58

MITHER TAP, Oyne
Overall (4M/1200ft): 1 A Young (Huntly N) 34:05; 2 C Tomlin (Cosmic, M40) 34:12; 3 G French (Garioch) 34:25
M50: D Hurst (Dees R) 37:40
Women: 1 C Largey (Cosmic) 38:40; 2 S Proven (Dees R) 39:33; 3 S Armitage (Cosmic, W50) 40:33
U18 (3km): D Gibb (Huntly N) 13:03
U18 women: F Roberts (Huntly) 22:01

JULY 17

COCK HOLE AND BEYOND, Clay Bank

Overall (7M/1500ft): 1 J Bulman (B Marske, M40) 38:14; 2 Cameron Taylor (Esk V, U20) 39:10; 3 P Butler (Loft, M45) 40:14
M70: R Sherwood (N Marske) 59:37
TEAM: 1 Esk V 34; 2 N Yrk M 52; 3 Loft 71
Women: 1 N Kent (Loft, W40) 48:56; 2 S Gordon (N Marske) 49:25; 3 A Raw (Bing, W50) 49:28
W60: J Young (Elvet) 62:50
TEAM: 1 T&S 23; 2 Loft 24; 3 Scar 28

KERRIDGE CLIMB, Rainow

Overall (1M/312ft): 1 S Bailey (Mercia) 8:15; 2 J Roberts 9:05; 3 C Smale (Bing,

M40) 9:05

Women: 1 S Curtis (Pennine, W40) 10:51; 2 R Lawrence (Macc) 13:11; 3 S Wood 13:11. **U16:** H Burke 13:24

TOM NA BAT, Tomintoul

Overall (3M/600ft): 1 R Campbell (Edin U) 33:06; 2 N Walker nt; 3 J Williamson (Cosmic, M40) 34:53
M50: O Bass (Dees R) 36:09
U17: L Clark (Edin) 48:40
Women: 1 F Gyurok 35:58; 2 C Black

STRATHYRE HILL RACE, Lochearnhead

Overall (2.5M/2500ft): 1 C Harvey 32:26; 2 R Versteeg (NED) 33:30; 3 C Longstaff 35:31

WARTON CRAG, Carnforth

Overall (5.8M/900ft): 1 N Sharp (M40) 41:15; 2 C Edmonds (B Combe) 42:14; 3 L Parrington (L&M) 42:42
M50: A Rowe (Wesh) 43:26. **M70:** G Jameson (L&M) 60:59
U18: J Sharples (Dallam) 49:23
Women: 1 L Manir-Jolley (Wig P, W40) 49:39; 2 T Peters (S'port W) 51:17; 3 L Goddard (L&M, W40) 51:31
W60: W Dodds (Clay) 54:46

NORTH BOVEY FAIR

Overall (3.4M/853ft): 1 G Hurst (Haldon TR) 27:14; 2 D Hilton 28:04; 3 E Hitchins (Haldon TR, W) 30:48
M40: I Lynch 33:05
Women: 1 Hitchins 30:48; 2 H Lynch 47:44; 3 O Hint-Madden 48:47

WAUN FACH

Overall (7M/2000ft): 1 D Birtwistle (Harr) 50:18; 2 E Kirk (Swan, M40) 52:23; 3 J Blore (Chep) 53:26
Women: 1 H Jarvis (Mynydd D) 62:29; 2 H Marshall (Swan) 63:15; 3 V Lawson (Chep, W40) 65:34

JULY 18

ESHTON MOOR, Gargrave

Overall (5M/400ft): 1 C Shearer (K&C) 36:06; 2 J Hood (Skip) 36:56; 3 J Green (Ilkley, M45) 37:19
U23: O Roberts (Howg) 38:36
Women: 1 C Sarell (Hyde Pk) 41:50; 2 J Butterworth (Skip, W45) 43:25; 3 E Lambert (Wharf, U17) 46:11
U17: 2 H Thom (K&C) 52:21
U12 (1M approx): 1 F Sprout (Kend) 8:28; 2 C Crabtree (Wharf) 8:44; 3 M Bradley (Ilkley) 8:47
U12 women: 1 K Atkinson (K&C) 9:05; 2 M Sprout (Kend) 9:20; 3 A Jones (Wharf) 9:58

MITHER TAP, Oyne

Overall (4M/1200ft): 1 A Young (Huntly N) 34:05; 2 C Tomlin (Cosmic, M40) 34:12; 3 G French (Garioch) 34:25
M50: D Hurst (Dees R) 37:40
Women: 1 C Largey (Cosmic) 38:40; 2 S Proven (Dees R) 39:33; 3 S Armitage (Cosmic, W50) 40:33
U18 (3km): D Gibb (Huntly N) 13:03
U18 women: F Roberts (Huntly) 22:01

JULY 17

COCK HOLE AND BEYOND, Clay Bank

Overall (7M/1500ft): 1 J Bulman (B Marske, M40) 38:14; 2 Cameron Taylor (Esk V, U20) 39:10; 3 P Butler (Loft, M45) 40:14
M70: R Sherwood (N Marske) 59:37
TEAM: 1 Esk V 34; 2 N Yrk M 52; 3 Loft 71
Women: 1 N Kent (Loft, W40) 48:56; 2 S Gordon (N Marske) 49:25; 3 A Raw (Bing, W50) 49:28
W60: J Young (Elvet) 62:50
TEAM: 1 T&S 23; 2 Loft 24; 3 Scar 28



Tom Bosworth: wins National 10km title at Hillingdon

MARK EASTON

SPONSORED BY:



CLAIM YOUR RANKING AT RUNBRITAIN.COM

To advertise your event, call 07785-467432 or email amanda.bailey@athleticsweekly.com

The John Gerrard Memorial T&F Open 

Where: Leigh Harriers AC, Leigh Sports Village WN7 4GX
 When: Saturday 27th July 2013 from 11:30
 Events: 75m-1500m + jumps and throws u9-u15s
 Visit: www.leighharriers.org for more information

Babcock Helensburgh Half Marathon
 (Under Scottish Athletics Rules)

SUNDAY 4th AUGUST, 9.30am

For full entry information, visit: www.helensburghaac.co.uk

realbuzz runbritain.com  Under UKA rules (licence no 2013-105855)

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 10th August 2013, 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 Record: 24.58 Ben Livesey 2012; Ladies Record: 29.03 Sarah Wilkinson 2010
 Entry forms available on our website: <http://bassingham.play-cricket.com>

THE Sherwoods DARLINGTON 10KM   Run under UKA rules - Road Race Licence 2013 105335

SUNDAY 11 AUGUST 2013 10.00am

Darlington Borough Council works in Partnership with Rotary Club of Darlington in the organisation of this event.

ADVANCE ENTRY ONLY FOR THE 10km

Kimbolton Castle 1/2-Marathon  

Sunday 18th 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

The Pharmedink 2013 MAIDENHEAD HALF MARATHON 

Maidenhead Town Centre
 Sunday Sept 8th at 9:30
Flat, Fast and Traffic-free.
 Entry Fee: £21 (Affiliated) / £23 (Unaffiliated).
 Both £3 extra on the day.

Email info@purplepatchrunning.com Online entry available.
 Entry forms and details at www.purplepatchrunning.com

UNITY FITNESS & DANCE 

UFD HACKNEY HALF MARATHON SERIES
 RACE 2, SUNDAY 8TH SEPTEMBER 2013
 HACKNEY MARSHES, LONDON E9 5PF

Off road/flat course great PB potential. Online entry at runnersworld.co.uk
 For more information call 07886 884573 or visit the UFD website
www.ufdance.co.uk Email: Info@ufdance.co.uk

asics City of Portsmouth A.C. present the Victory 5 Mile 

11am Sunday 15 September - A classic 5 mile road race since 1946 Flat, fast & traffic free with PB potential. Race Records 22.44(m) 25.35(w)
£250 for male and female winners + **£200** bonus for race record
 Prize fund of **£3500** All age groups to Over 80. Chip Timing.
www.portsmouthathletic.co.uk victory5@athleticsevents.co.uk
 Free entry for elite athletes ~ Phone free on 08006126736

The Birmingham Fun Run  

Sunday 15 September 2013
 11.00am, Sutton Park town gate

Walk, jog or run 5k or 10k to raise money for The Prince's Trust - it costs just £5 to register for the 5k route or £10 for the 10k run
 Register by **30 August 2013** online at www.birminghamfunrun.co.uk

Sponsored by:    

The Farnham Pilgrim Marathon & Half-Marathon  

Sunday, 15th September 2013
 The Sands, near Farnham, Surrey, GU10 1NE

Looking for a well-organised, award-winning, cross-country race, with stunning views and outstanding support? Scan the QR code above with your smartphone, or visit our website: www.farnhampilgrim.org.uk

Chest Heart & Stroke Scotland ROADBLOCK RUN

Edinburgh - Arthur's Seat 10K - 22nd September
www.roadblockrun.com

Sunday 22nd September 2013  

LARKING GOWEN IPSWICH HALF MARATHON 

www.ipswichhalfmarathon.co.uk

Forest of Dean Autumn Half-Marathon 

And Autumn 5K fun run
 Speech House, Royal Forest of Dean, Gloucestershire, GL16 7EL
 Date: Sunday 29th September
 Start: 10am
 Entry: £18 or £20 U/A

Beautiful woodland course. Chip timed & officially measured. Mile marked & fully marshaled. Medals for all finishers. Free parking. Changing, Toilets, bar, refreshments and Baggage Store.
www.forestofdean-halfmarathon.co.uk

31st REDCAR HALF MARATHON   

SUNDAY 29TH SEPTEMBER 2013
 HALF MARATHON STARTS AT 10AM
 WHEELCHAIR RACE 9.55AM

ENTER NOW TO BOOK YOUR PLACE!
 To ENTER Go To: WWW.REDCAR-CLEVELAND.GOV.UK/HALFMARATHON
 FOR MORE INFORMATION: 01642 496421

UNDER UKA RULES (PERMIT NUMBER 2013-105381)

FELL

Thursday July 25

HEART OF THE LAKES RYDAL ROUND (9M/3002ft)

Lake District.
STONEY MIDDLETON (5.3M/656ft)
Stoney Middleton.

Saturday July 27

BEETHAM SPORTS (5.8M/928ft)

Lake District.
BEN RINNES FIVE TOPS (14M/4921ft)

Dufftown.
BLISCO DASH (5M/2133ft)

Great Langdale.
LINGMELL DASH (4.5M/2500ft)

Lake District.
OLD CROWN ROUND (26M/8061ft)

Hesket Newmarket.
PUSH-UP-THE-PINCYN

(6.2M/1299ft)
Clawddnewydd.

Sunday July 28

JAMES HERRIOT RUN

(8.7M/1001ft)
Castle Bolton.

MULTI-TERRAIN

Thursday July 25

DUNDY THUNDER RUN 10km

Dundry Inn, Dundry, Somerset.
7.15pm.

www.tach.org.uk/races.php

JOAN RHODES & FRED NORRIS

MEMORIAL 5km

Nellie Halstead Track, Cams Lane,
Radcliffe, Manchester. 7.15pm.

www.radcliffeac.org.uk

NEAR AS DAMN IT 10km SERIES

Brighton Road, Coulsdon, Surrey.
7.30pm.

www.southlondonharriers.org

RUDYARD LAKE 5

Rudyard, Staffordshire.
www.staffsmoorlands-ac.co.uk

WIZARD 5

Macclesfield Road, Alderley Edge,
Cheshire. 7.30pm.

www.wilmslowrunningclub.org

Friday July 26

WEDDING DAY 7km

Hampton Hill CC, Hampton Hill,
Middlesex. 7.30pm.

www.stragglers.org

Saturday July 27

CORNWOOD CHALLENGE 10km

Cornwood, Devon. 6.30pm.

www.cornwoodchurch.com

DEVILS CHIMNEY CHASE 10km

Old Pats RFC, Everest Road,
Cheltenham, Gloucestershire. 6pm.

www.devilsschimneychase.co.uk

FOREST GATHERER 10km

Evesham, Worcestershire.

www.survival-running.co.uk

GLASGOW BIG FUN RUN 5km

Bellahouston Park, Glasgow. 11am.

www.bigfunrun.com/?glasgow

HURT 12/24km

Lawbrook Lane, Peaslake, Guildford,
Surrey. 9am.

www.thehurt.co.uk

LE TOUR OF EXETER STAGE TWO 8km

Haldon Forest Park, Exeter, Devon.

www.ironbridgerunner.co.uk

POOLE RUNNERS RELAY

Poole, Dorset. 3pm.

www.poolerunners.com

SCORPION RUN 10/20km

Lower Drayton Lane, Stafford.

www.8888sr.com

SUMMER AROUND THE RESERVOIR

MARATHON

Holiday Inn Hotel, Bedford Road,
Northampton. 9.30am.

www.madeyarun.com

TRENT PARK 5km HANDICAP

Snakes Lane, Oakwood, Middlesex.
9.30am.

www.trentparkrc.org

TYWARDREATH TROTTER 7

New Inn, Tywardreath, Cornwall.
6.45pm.

www.tywardreathtrotter.co.uk

Sunday July 28

BATH 10km

University of Bath, Bath. 10am.

www.relishrunningraces.com/bath-running-festival.php

BATH HALF-MARATHON/

MARATHON

University of Bath, Bath. 10am.

www.relishrunningraces.com/bath-running-festival.php

BRIGHTON TRAILBLAZER 10km

Falmer Road, Woodingdean, Brighton,
East Sussex. 11am.

www.brightonsports.co.uk

CAPITAL RUNNERS BUSHY PARK

10km

Bushy Park, Hampton, London. 10am.

www.capitalrunners.com

DOWN TOW UP FLOW HALF-

MARATHON

Gossmore Park, Marlow,
Buckinghamshire. 10am.

www.purplepatchrunning.com

DURBERVILLE DASH 10km

Durberville Centre, Wool. 11am.

www.egdonhealthharriers.com

EDINBURGH BIG FUN RUN 5km

Holyrood Park, Edinburgh. 11am.

www.bigfunrun.com/?edinburgh

EXMOOR SEAVIEW 17

West Somerset Community College,
Minehead, Somerset. 10am.

www.mineheadrunningclub.co.uk

HARLOW 10

Mark Hall Sports Centre, Harlow,
Essex. 9.30am.

www.thehrc.org.uk

KIRKHAM CRICKET KLUB KLASSIC 6

Kirkham and Wesham CC, Kirkham,
Lancashire. 10.30am.

www.weshamroadrunners.co.uk

KIRSTE 5

Grove Wood Primary School,
Rayleigh, Essex. 10.30am.

www.benfleetrunningclub.com/Kirste

PLYMOUTH 6 MOOR MILES

Leg O' Mutton, Yelverton, Devon.
10.30am.

www.plymouthharriers.org

RUNTHROUGH WIMBLEDON HALF

Wimbledon Common. 9am.

www.runthrough.co.uk

Monday July 29

NEWCASTLE BIG FUN RUN 5km

Exhibition Park, Newcastle, Tyne &
Wear. 11am.

www.bigfunrun.com/?newcastle

Tuesday July 30

HARRY KELLY'S 75TH BIRTHDAY

COWM 5km

Cock & Magpie, Whitworth, Rochdale,
Lancashire. 7pm.

info@andemrunners.co.uk

POPPIT SANDS 3

Poppit Sands, near Cardigan.

www.pembrokeshireharriers.org.uk

ST IVES BAY 10km

Surf Life Saving Hut, Hayle, Cornwall.
7pm.

www.stivesbay10k.co.uk

Wednesday July 31

JOYDENS WOOD 5km SERIES

Summerhouse Drive, Joydens Wood,
Kent. 7.15pm.

www.dartfordroadrunners.co.uk

MILLBROOK MONSTER 10km

Hare & Hounds pub, Millbrook,
Cheshire.

<https://sites.google.com/site/kiwiclassicvents>

SAMPHIRE HOE 5km SERIES

Samphire Hoe, Dover, Kent. 7.30pm.

www.nice-work.org.uk

THAMES 10km

Beale Park, Pangbourne, Reading,
Berkshire. 7pm.

www.thames10k.co.uk

WOODLAND 5

Upper Broadmoor Road, Crowthorne,
Berkshire. 7.30pm.

www.finchoasters.org.uk

Thursday August 1

BADGER 10km

The Barn, Berkeley Drive, Bamber
Bridge, Lancashire. 7.30pm.

www.ukresults.net

TOUR OF FIFE TARVIT 4.8

Mansion House, Tarvit, Fife. 7.30pm.

www.fifeac.org

Friday August 2

GWR TOWPATH 10km SERIES

Greville Smyth Park, Bristol, Avon.
7.30pm.

www.greatwesternrunners.org.uk

Saturday August 3

ABNEY CHEADLE RUN 5km

Abney Hall, Cheadle, Cheshire.
9.30am.

www.abneyheadlerun.co.uk

LETCHWORTH FIRST SATURDAY OF

THE MONTH 5km

Letchworth Outdoor Pool, Letchworth
Garden City, Hertfordshire. 9am.

www.firstsatursday5km.org.uk

ORION HARRIERS FOREST 5

Jubilee Retreat, Chingford, London.
10am.

www.orionharriers.org.uk

ROUND THE ROCK 48

Jersey.

www.roundtherock.co.uk

TOTAL WARRIOR TOUGHEST 10km

Shap Abbey, Shap, Cumbria.

www.totalwarrior.co.uk

TOUR OF FIFE CHARIOTS OF FIRE

BEACH 4.2

West Sands, St. Andrews, Fife. 6.30pm.

www.fifeac.org

VANGUARD WAY 66

Lloyd Park, Croydon, Surrey. 9am.

www.vanguardway.org.uk

Sunday August 4

BARBURY HORSELESS STEEPLE

CHASE 2.5/5

Barbury Castle Estate, Shartridge
Farm, Swindon, Wiltshire. 11.15am.

www.horseless-steeplechase.org.uk

GRIMSTHORPE HALF-MARATHON

Grimsthorpe Castle, Bourne,
Lincolnshire. 10am.

www.fat-feet.co.uk

HARTING 10

Petersfield Road, South Harting,
West Sussex.

www.liss-runners.org.uk

INDIAN QUEENS HALF-MARATHON

St Francis Road, Indian Queens,
Cornwall. 10am.

www.newquayroadrunners.co.uk

LUTTERWORTH 5

Lutterworth RFC, Ashby Lane,
Bitteswell, Leicester. 10.30AM.

www.lutterworthcharity5milefunrun.site40.net

SALTAIRE SHAKER 15km

Robert's Park Saltaire, West Yorkshire.
10.30am.

www.runsunday.com/saltaire-shaker-15k.php

STOCKPORT 10km LEGACY EVENT

Woodbank Park, Stockport,
Manchester. 10am.

www.legacyevent.org

TOTAL WARRIOR TOUGHEST 10

Shap Abbey, Shap, Cumbria. 10am.

www.totalwarrior.co.uk

TOTNES 10km

Borough Park, Totnes, Devon. 11am.

www.teignbridgetrotters.co.uk

XTREMERUNNING 5/10km

Weald Country Park, Brentwood,
Essex. 10.30am.

www.xtremerunning.co.uk

TV guide

FRIDAY JULY 26

IAAF Athletics

5.30am – Sky Sports 4

IPC World Champs, Lyon

2.15pm – More4

Sainsbury's Anniversary

Games, London

7.30pm – BBC2

Sainsbury's Anniversary

Games – continued action

8.30pm – BBC1

SATURDAY JULY 27

Sainsbury's Anniversary

Games, London

1.30pm – BBC1

IPC World Champs, Lyon

2.15pm – More4

SUNDAY JULY 28

Sainsbury's Anniversary

Games, London

3pm – Channel 4

Sporting Greats – Usain Bolt

Lacock Abbey, Lacock, Wiltshire. 10am.
www.relishrunninggraces.com
MAIDEN NEWTON MADNESS 10km
 Maiden Newton Youth Centre, Maiden Newton, Dorset. 7pm.
www.maidennewtonrunners.wix.com/maidennewtonrunners
STOURBRIDGE STUMBLE 10km
 Mary Stevens Park, Oldswinford, Stourbridge, West Midlands. 6pm.
www.srclub.co.uk

Sunday August 11
BORTH BEACH 10km
 It's a Gift, Borth, Aberystwyth, Ceredigion. 5pm.
www.aberystwythac.co.uk
FAIRY 5km
 Pittville Park, Cheltenham, Gloucestershire. 10am.
www.linconfund.org
HARDMOORS SALT BURN 10km / HALF-MARATHON/MARATHON
 Saltburn, Redcar and Cleveland. 9am.
www.hardmoors110.org.uk
IRONBRIDGE MUD KILLER 10km
 Ironbridge, Shropshire.
www.kevinmills.co.uk/kickassendurance

NORTHUMBERLAND COAST MARATHON
 Red Lion Inn, Alnmouth, Northumberland. 10.30am.
www.northeastmarathonclub.co.uk
RUNTHROUGH BRIXTON 10km
 Brockwell Park, London. 10am.
www.runthrough.co.uk
SALISBURY 5-4-3-2-1 10/21/30km/MARATHON/50km
 Salisbury Fire Station, Ashley Road, Salisbury, Wiltshire. 9.30am.
salisburyfirestation.info
SOUTHWELL SWINE 6/12
 Southwell RFC, Park Lane, Southwell, Nottinghamshire. 10.30am.
southwellrunningclub.org
STANDISH WOODLAND CHASE 10
 Horsemarling Farm, Standish Lane, Stonehouse, Gloucestershire. 11am.
www.stroudathleticclub.co.uk
WELCOME TAVERN 10km
 Welcome Tavern, Walton Park, Preston, Lancashire. 11am.
www.shoestringresults.com

Tuesday August 13
POPPIT SANDS 3
 Poppit Sands, near Cardigan.
www.pembrokeshireharriers.org.uk

Wednesday August 14
CROWN TO CROWN 5km
 Westley Heights Country Park, Basildon, Essex. 7.30pm.
www.pitsearunningclub.org.uk
DALWOOD FAYRE 10km (ISH)
 Tuckers Arms, Dalwood, Devon. 7pm.
www.axevalleyrunners.org.uk
MIDWEEK MAYHEM 5/10km
 Milton Keynes, Bedfordshire. 7pm.
rtsevents.com
PIGGS TROPHY RACE 10km
 Mickleover Sports Club, Mickleover, Derbyshire. 7pm.
STAFFS KNOT 5
 Cannock Chase Visitor Centre, Hednesford, Staffordshire. 7.15pm.
www.staffordharriers.org
WOLDS DASH SERIES
 Hubbards Hills, Louth, Lincolnshire. 7pm.

www.louth-ac.org.uk
Friday August 16
PEEL HERITAGE TRAIL 7.5
 Peel, Isle of Man. 7pm.
SLEAFORD STRIDERS SUMMER 10km
 Community Centre, Church Lane, Scredington, Lincolnshire. 10.30am.
www.sleafordhalf.com

Saturday August 17
BRUTAL 5/10/21km
 Minley Training Land, Blackwater, Hampshire. 10am.
www.brutalrun.co.uk
LIVERPOOL BIG FUN RUN 5km
 Sefton Park, Liverpool. 11am.
www.bigfunrun.com/?liverpool
RAT ROSELAND 11/20/32/64
 Porthpean Outdoor Education Centre, St Austell, Cornwall.
mudcrewevents.co.uk
TYWYN RACE THE TRAIN 10km/3/5/14
 Tywyn Secondary School, Talylln, Gwynedd.
www.racethetrain.com

ROAD

Thursday July 25
FAST AND FURIOUS 5km
 Stourport, Worcestershire.
www.pitchero.com/clubs/kidderminsterstourportac
FVS MIDWEEK RELAYS (Inc HERTFORDSHIRE CHAMPS)
 Marriotts School, Stevenage, Hertfordshire.
www.fvspartans.org.uk
KINGSBRIDGE FAIRWEEK 10km
 Kingsbridge, Devon. 7.30pm.
www.kingsbridgefairweek.co.uk
LEICESTER CITY 5km SERIES
 Victoria Park, London Road, Leicester. 7.30pm.
www.nice-work.org.uk
SEVERN AC GLOUCESTER FESTIVAL 10km
 Red Hart, Blaisdon, Gloucestershire. 7.30pm.
www.severnathletic.org.uk

Friday July 26
3km ON THE GREEN SERIES
 McLellans Arch, Glasgow Green, Glasgow. 12.30pm.
www.3konthegreen.com
BROOKS SERPENTINE LAST FRIDAY 5km
 The Bandstand, Hyde Park, London. 12.30pm.
www.serpentine.org.uk
LE TOUR OF EXETER STAGE ONE 10km
 Flowerpots Playing Fields, Exeter, Devon.
www.ironbridgerunner.co.uk
NEWSTEAD ABBEY DASH 5km
 Newstead Abbey Park, Ravenshead, Nottinghamshire. 7.30pm.
www.redhillroadrunners.com
SOUTH CHESHIRE 5km SERIES
 Queens Park, Crewe, Cheshire. 7pm.
www.southcheshireharriers.org.uk
WORSTEAD FESTIVAL 5
 Worstead, Norfolk.
www.nnbr.co.uk

Saturday July 27
GREENWICH PARK ORANGE

APPEAL 10km
 Greenwich Park, London. 9.30am.
www.aceracevents.com
HECKINGTON SHOW 10
 Heckington, Lincolnshire. 10am.
www.heckingtonshow.org.uk
LANCASTER 5km SERIES
 Salt Ayre Leisure Centre, Lancaster. 6.30pm.
www.shoestringresults.com
LISBELLAW 10km
 Drumad, Lisbellaw. 11am.
www.freetrams.net/lisbellawunited
MEERBROOK 15km
 Meerbrook Village Hall, Leek, Staffordshire. 10am.
www.meerbrook15k.co.uk

Sunday July 28
ABERDOUR FESTIVAL
 Porthpean Playing Fields, Aberdour.
www.aberdourfestival.org.uk/donkey-brae.html
BALLATER 10
 Monaltrie Park, Ballater, Aberdeenshire.
www.deesiderunners.com
DIVIS AND BLACK MOUNTAIN 10km
 Divis Mountain, Divis Road, Belfast. 11am.
www.actiononhearingloss.org.uk/belfasthillsrun

JIM DINGWALL 10km
 Brantingham Park, Elloughton, East Yorkshire. 10am.
www.humberrunner.co.uk
LES GOLDING MEMORIAL 10km
 Beacon Hill, Herne Bay, Kent. 10am.
www.nice-work.org.uk
MAGOR MARSH CHARITY 10km
 Undy United FC, Undy, Gwent. 10.30am.
www.chepstowharriers.org.uk
MOURNE NEWRY WOMEN'S MINI MARATHON
 Kilbroney Park, Rostrevor. 11am.
www.26extreme.com
TENBY 10km
 The Croft, Tenby, Pembrokeshire. 11am.
www.tenby10k.org.uk
WELLINGBOROUGH 5
 Sywell Road, Wellingborough, Northamptonshire. 10.30am.
www.wdac.org.uk

Monday July 29
SELF TRANSCENDENCE 5km
 Battersea Park, London. 7pm.
www.uk.srichinmoyraces.org

Tuesday July 30
FOYLE VALLEY SERIES 5km
 Foyle Cycle Path, Derry. 7.30pm.
www.foylevalleyac.com
POMPHELY SPORTS BRIDGE INN 5km SUMMER SERIES
 Pomphrey Hill Playing Fields, Mangotsfield, Bristol. 7.30pm.
www.bristolandwestac.org.uk
WELCOME TAVERN TUESDAY 5km SERIES
 Welcome Tavern, Walton Park, Preston, Lancashire. 7pm.
www.shoestringresults.com

Wednesday July 31
BACK IN A FLASH 5km SERIES
 Coate Water Country Park, Coate, Wiltshire. 7.30pm.
www.grassrootsevents.co.uk
BEXHILL RUNNERS 5km SERIES

De La Warr Parade, Bexhill-on-Sea, East Sussex. 7pm.
www.bexhillrunners.co.uk
BROOME SUMMER 10km SERIES
 Village Hall, Broome, Suffolk. 7.30pm.
www.bungayblackdogrunningclub.co.uk
CALIFER VIEWPOINT CHALLENGE
 Grant Park, Forres.
www.forresharriers.org.uk/index.html
DOUG ANDERSON MEMORIAL 5km
 Bedford.
www.bedfordharriers.co.uk
HARLOW LADIES 5km SERIES
 Mark Hall Sports Centre, London Road, Harlow, Essex. 7.30pm.
www.thehrc.org.uk
JOY CANN 5
 Huncote, Leicestershire.
www.huncoteharriersac.co.uk
KILMAURS GALA 5km
 Morton Park, Kilmaurs. 7pm.
LINCOLN WELLINGTON 5km SERIES
 Yarborough Leisure Centre, Lincoln. 7.30pm.
www.lwac.org.uk
POUNDBURY 5km SERIES
 Dorchester Leisure Centre, Dorchester.
www.maidennewtonrunners.wix.com
TODMORDEN PARK 5km SERIES
 Centre Vale Par, Todmorden, Lancashire. 7pm.
www.cannonballevents.co.uk/todmorden.php
TOUR OF FIFE SQUIRREL TWIRL 4
 Village Hall, Falkland, Fife. 7.30pm.
www.fifeac.org

Thursday August 1
KIDLINGTON AC MOTA-VATION 4 SERIES
 Recreation Ground, Combe, Oxfordshire. 7.30pm.
www.kidlingtonrunning.org.uk
LEEK 5
 Leek CC, Leek, Staffordshire.
www.staffsmoorlands-ac.co.uk
LLOYDS TSB FITNESS 4
 Tennis Centre, Plock Court, Gloucester. 7.30pm.
www.severnac.co.uk
MALDON SUMMER HANDICAP 5km SERIES
 Promenade Park, Maldon, Manchester. 7.30pm.
www.tiptreeroadrunners.co.uk
SALE SIZZLER 5km SERIES
 Wythenshawe Park, Manchester. 7.30pm.
www.saleharriersmanchester.com

Friday August 2
BLISWORTH FRIDAY 5km
 Blisworth FC, Blisworth, Northamptonshire. 7.30pm.
www.woottonroadrunners.co.uk
BRIDGE INN FIRST FRIDAY SUMMER SERIES 3
 Bridge Inn, Peebles, Scottish Borders. 7pm.
www.moorfootrunners.co.uk
CARDIFF SUMMER SERIES 4
 Pontcanna Fields, Cardiff. 7.30pm.
www.cardiffrunningevents.org
F1 JAGERMEISTER 10km
 University of Nottingham, Nottingham. 7pm.
www.formulaonecc.co.uk
RYE SUMMER CLASSIC SERIES 10km

Rye Harbour Nature Reserve, Rye, East Sussex. 7pm.
www.nice-work.org.uk
SPERRIN HARRIERS 5
 Loughry Campus, Cookstown. 7.30pm.
www.sperrinharriers.co.uk
TOUR OF FIFE 'UP HELL' TIME TRIAL 1.4
 Mast Car Park, East Lomond, Fife. 7.30pm.
www.fifeac.org

Saturday August 3
CHESTERFIELD NO WALK IN THE PARK 5km
 Queens Park, Chesterfield, Derbyshire. 9.30am.
northderbyshirerc.jimdo.com
NORTH WEST 5km GRAND PRIX
 Environment Centre, Okell Drive, Liverpool, Merseyside. 10am.
www.knowsleyharriers.com
SELF TRANSCENDENCE 10km
 Battersea Park, London. 8am.
www.uk.srichinmoyraces.org

Sunday August 4
ALEXANDRA PARK WOMEN'S 5km SERIES
 Alexandra Park, Moss Side, Manchester. 10am.
www.openathletics.org
BRECON 10
 Penlan Arena, Brecon, Powys.
www.brecon10.com
COLTISHALL JAGUARS MAD MARCH HARE 10km
 Village Hall, Frettenham, Norfolk. 10.30am.
www.coltishalljaguars.co.uk

HELENSBURGH HALF-MARATHON
 Helensburgh Swimming Pool, Helensburgh, Argyll. 9.30am.
helensburghhaac.co.uk
INGLI RUNNERS 10km
 Phoenix Centre, Wern Road, Goodwick, Dyfed. 11am.
www.inglirunners.co.uk
JANE TOMLINSON'S YORK 10km
 York, West Yorkshire. 9am.
www.forallevents.co.uk
REGENT'S PARK SUMMER 10km SERIES
 The Hub, Regent's Park, London. 9.30am.
regentsparkraces.org
STURMINSTER NEWTON HALF-MARATHON
 High School, Sturminster Newton, Dorset. 10.30am.
www.sturhalf.co.uk
TOUR OF FIFE SKULL MOUNTAIN 4
 Village Hall, Falkland, Fife.
www.fifeac.org
WAGON & HORSES 10
 Wagon & Horses Inn, Lancaster. 11am.
www.shoestringresults.com
WPFG HALF-MARATHON
 Mid-Ulster Sports Arena, Cookstown. 2pm.
www.cookstownhalfmarathon.co.uk

Monday August 5
SELF TRANSCENDENCE RELAY (3x1M)
 Battersea Park, London. 7pm.
uk.srichinmoyraces.org/races/london

Tuesday August 6
CRYSTAL PALACE CANTER 5km
 Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.

canter5k@hotmail.com
FOYLE VALLEY SERIES 5
 Foyle Cycle Path, Derry. 7.30pm.
www.foylevalleyac.com
HORSESHOE RELAY (3 X 2)
 Horseshoe Pub, Siston Common,
 Bristol. 7.30pm.
<https://sites.google.com/site/emersonsgreenrunningclub>
MORPETH 10km
 Morpeth, Northumberland.
www.northeastrunner.co.uk
RUN EXE SUMMER 5km SERIES
 Flowerpots Playing Fields, Exeter,
 Devon. 7.30pm.
www.ironbridgerunnerevents.co.uk/summer_5k/index.html
VETERANS AC 5
 Battersea Park, London. 7pm.
www.vetsac.org.uk
WAVERTREE MYSTERY 5km SERIES
 Wavertree Stadium, Liverpool,
 Merseyside.
www.liverpoolharriers.co.uk

Wednesday August 7
CARDIFF SUMMER SIZZLER 5km
 Llandaff RFC, Cardiff. 7.30pm.
www.cardiffrunningevents.org
CROXBY 4.44
 Croxby crossroads, Croxby,
 Lincolnshire. 7pm.
www.woldsvets.co.uk
EASY RUNNER 5km SERIES
 Bitton Station, Bitton, Bristol. 7.30pm.
www.bittonrr.co.uk
ELLENBOROUGH 10km
 Netherall RFC, Maryport, Cumbria.
 7.15pm.
www.ellenboroughac.org.uk
ELLETSON ARMS 10km SERIES
 Elletson Arms, Pilling, Lancashire.
 7pm.
ukroadraces.info
SPENCERS ARMS DASH SERIES
 Spencers Arms, Barugh Green,
 Barnsley, South Yorkshire.
www.barnsleyac.co.uk
THORNES PARK CHALLENGE 5km SERIES
 Thornes Park Athletics Stadium,
 Wakefield, West Yorkshire. 7.15pm.
www.wakefield-harriers.co.uk
TODMORDEN PARK 5km SERIES
 Centre Vale Par, Todmorden,
 Lancashire. 7pm.
www.cannonballevents.co.uk/todmorden.php
YATELEY 10km SERIES
 Yateley Comprehensive School,
 Yateley, Hampshire. 7.30pm.
www.yateley10kseries.info

Thursday August 8
BRAMHALL RUNNERS FOODBANK 5km
 Valley Road, Bramhall, Cheshire.
 7.15pm.
www.bramhallrunners.co.uk
HARWICH 5km SERIES
 Sea Scout Hall, Harwich, Essex. 8pm.
www.harwichrunners.co.uk

Friday August 9
ASHFORD SUMMER SERIES 5km
 Victoria Park, Ashford, Kent. 7pm.
www.nice-work.org.uk
MYNYDDISLWYN MURDER MILE
 Church Inn, Mynyddislwyn, Gwent.
 7pm.
www.islwynrunningclub.org.uk

Saturday August 10
BASSINGHAM BASH 5
 Playing Field, Bassingham,
 Lincolnshire. 2.30pm.
BUXTON PAVILION GARDENS 5km
 Pavilion Gardens, Buxton, Derbyshire.
 9am.
buxtonac.org.uk
DONAGHMORE 5
 Torrent Complex, Donaghmore. 11am.
www.torrentcomplex.btck.co.uk
MORETON MORRELL SCHOOLS OUT 10/20km
 Warwickshire College, Moreton
 Morrell, Warwickshire. 10am.
www.raceways.eu
SIBLYBACK LAKE 5km SERIES
 Siblyback Lake, Liskeard, Cornwall.
 10am.
www.digdeepuk.org

Sunday August 11
ASKERN 10
 Askern Miners Welfare Club,
 Doncaster, South Yorkshire. 10.30am.
www.askernrcc.org
BEARBROOK 10km
 Weston Turville, Aylesbury,
 Buckinghamshire. 9.30am.
www.bearbrookrunningclub.co.uk
BURTON 10km
 Shobnall Leisure Complex, Burton-
 on-Trent, Staffordshire.
www.hattondartsrnningclub.co.uk
CAPITAL RUNNERS RICHMOND PARK 10km
 East Sheen Gate, Richmond Park,
 Richmond, Surrey. 10am.
www.capitalrunners.com
CASTLE COMBE SUMMER 10km (Inc WILTSHIRE CHAMPS)
 Castle Combe Race Circuit, Castle
 Combe, Wiltshire. 2.15pm.
www.dbmax.co.uk
DARLINGTON 10km
 Dolphin Centre, Horsemarket,
 Darlington, Co Durham. 10am.
www.darlington.gov.uk/10k
GREAT WARFORD 10
 David Lewis Centre, Great Warford,
 Cheshire. 10am.
www.ukresults.net
GREAT YARMOUTH HALF-MARATHON
 Ormiston Venture Academy,
 Gorleston, Norfolk. 10am.
www.gyrr.co.uk
HERMITAGE 10km
 Hermitage Leisure Centre, Whitwick,
 Leicestershire. 11am.
www.hermitage10k.co.uk
HOOKY 6
 The Bourne, Hook Norton,
 Oxfordshire. 10.30am.
hooknortonharriers.org
ISLE OF MAN HALF-MARATHON/MARATHON
 Ramsey FC, Ramsey, Isle of Man.
www.isleofmanmarathon.com
ISLE OF MULL 10km/HALF-MARATHON
 Craignure, Isle of Mull. Noon.
www.mullrunners.com
LLANELLI 5km SERIES (Inc WELSH CHAMPS)
 Llanelli Leisure Centre, Llanelli,
 Carmarthenshire. 10am.
www.humanbeingactive.org/5k
LONDON SUMMER 10km
 Regent's Park, London. 10.30am.
www.nice-work.org.uk
MID KENT 5

Staplehurst CC, Staplehurst, Kent.
 9am.
www.midkent5.co.uk
NVAC 10km
 Bispham Fire Station, Blackpool,
 Lancashire. 11am.
www.weshamroadrunners.co.uk
PERSEVERANCE WIMBLEDON DASH 5km
 Wimbledon Park, Wimbledon. 9.30am.
www.herculeswimbledon.org.uk
SUBWAY HELPING HEARTS FAMILY 5km
 Bute Park, Cardiff. 10am.
www.heartresearch.org.uk
THORNEY 5
 Bedford Hall, Thorney,
 Cambridgeshire. 10.30am.
www.thorneyrunningclub.co.uk
UK BACKWARD MILE
 Heaton Park, Manchester. 9.30am.
www.reverserunning.com
VALE OF CLWYD 5km
 Village Hall, Llyandyrnog, Clwyd. Noon.
www.out-fit.org.uk
WEST YORKSHIRE 5
 West Yorkshire Fire & Rescue HQ,
 Bradford Road, Birkenshaw.
www.bradfordairedaleac.com

Tuesday August 13
HEDDINGTON 5km SERIES
 Village Hall, Heddington, Wiltshire.
 7.30pm.
www.calnerunningclub.co.uk
NORTHERN 10km
 Mooragh Park, Ramsey, Isle of Man.
 7pm.
www.iomnac.co.uk
ROSE INN 4 SERIES
 Rose Inn, Redwick, Gwent. 7.30pm.
www.chepstowharriers.org.uk/roseinn.htm

Wednesday August 14
ARMADA ATHLETICS NETWORK 5km SERIES
 Saltram Park, Plymouth, Devon. 7pm.
www.armadaathletics.co.uk
BARNEY MEMORIAL 5km
 Ferry Meadows Water Sports Centre,
 Peterborough, Cambridgeshire.
 7.30pm.
nvh.org.uk
BRAT ROWHEATH 5km (Inc WARWICKSHIRE CHAMPS)
 Rowheath, Warwickshire. 7.45pm.
www.bratclub.co.uk
HARLOW LADIES 5km SERIES
 Mark Hall Sports Centre, London
 Road, Harlow, Essex. 7.30pm.
www.thehrc.org.uk
JOE ASHCROFT SADDLEWORTH 6
 Greenfield Village, Saddleworth,
 Lancashire. 7.30pm.
www.saddleworth6.org.uk
NOTTS AAA SUMMER LEAGUE
 Teversal Visitor Centre, Teversal,
 Nottinghamshire.
SPRINGFIELD 5km SERIES
 Springfield Park, Corsham, Wiltshire.
 7pm.
www.corshamrunningclub.co.uk
THORNES PARK CHALLENGE 5km SERIES
 Thornes Park Athletics Stadium,
 Wakefield, West Yorkshire. 7.15pm.
www.wakefield-harriers.co.uk
ULVERSTON SUMMER 10km
 GSK Sports Club, North Lonsdale
 Road, Ulverston, Cumbria. 7.15pm.
www.ukroadraces.info

YEOVILTON SUMMER 5km SERIES
 Nuffield Bar, RNAS Yeovilton,
 Yeovilton, Somerset. 7.15pm.
www.yeoviltownrrc.com

Thursday August 15
EXETER 10km
 Exeter, Devon. 7pm.
www.city-runs.co.uk/exeter10k
FOXDALE 6
 Foxdale School, Isle of Man. 7pm.
nrw11@hotmail.co.uk
IPSWICH SUMMER 5km SERIES
 Christchurch Park, Ipswich, Suffolk.
 7.30pm.
www.nice-work.org.uk
SALE SIZZLER 5km SERIES (Inc NORTHERN CHAMPS)
 Wythenshawe Park, Manchester.
 7.30pm.
www.saleharriersmanchester.com

Friday August 16
CLACTON SUMMER 5km SERIES
 Marine Parade West, Clacton-on-Sea,
 Essex. 7pm.
www.nice-work.org.uk
NEIL HOWELLS MEMORIAL RACE
 Montgomery.
www.maldwynharriers.org.uk
ST LEVAN 10km
 St Levan Playing Field, Polgigga,
 Cornwall. 7pm.
www.mountsbayharriers.co.uk

Saturday August 17
BHF GREENWICH PARK 10km
 Greenwich Park, London. 10.30am.
www.bhf.org.uk
BRENTWOOD BRIZES PARK 10km
 Trinity School, Brizes Park,
 Brentwood, Essex. 10.30am.
www.nice-work.org.uk
CATFORTH CANTER 5km SERIES
 Village Hall, Catforth, Lancashire.
 6.30pm.
www.ukroadraces.info
PRIDE RUN 10km
 Victoria Park, Tower Hamlets,
 London. 11am.
www.pride10k.org
SHORE 10km
 Old Inn, Castle Street, Killough. 11am.

Sunday August 18
CATHEDRAL TO CASTLEDYKE 30
 Lincoln Cathedral, Lincoln.
bostonanddistrictac.com
EXHIBITION PARK CUP 5km
 Exhibition Park, Newcastle, Tyne and
 Wear. 10am.
www.tynebridgearriers.com
HILTON PUCKRUP HALL 10km
 Puckrup Hall, Tewkesbury,
 Gloucestershire. 11am.
www.fyldecoastrunning.org
ISLE OF WIGHT HALF-MARATHON
 Ryde Esplanade, Appley, Ryde, Isle of
 Wight. 11am.
www.rydeharriers.co.uk
KIMBOLTON CASTLE 10km/HALF-MARATHON
 Kimbolton, Cambridgeshire. 10am.
www.nicetri.co.uk
LEEK HALF-MARATHON
 Leek, Staffordshire.
www.staffs Moorlands-ac.co.uk
LP RUN 5km
 Meadowbank Stadium, London Road,
 Edinburgh. 11am.
www.entrycentral.com
MARK ANNETT MEMORIAL 10km

Warrenpoint, Co Down. 11am.
RAY HARRISON MEMORIAL 10km
 Billingham, Cleveland. 10.30am.
www.marsh-house.org
REVERSE 10
 Bedlinog Climbing Centre, Trelewis,
 Rhondda Cynon Taff. 10am.
www.pontypriddoadentsac.org.uk
SPECTRUM STRIDERS BIRCHWOOD 10km
 Car Park 4, Birchwood Mall,
 Birchwood, Warrington, Cheshire.
 10.30am.
www.spectrumstriders.org.uk
SUMMER LEAGUE 5
 Battersea Park, London.
www.serpentine.org.uk
TENOVUS LAMPETER 5km
 Lampeter Leisure Centre, Lampeter,
 Ceredigion. 2pm.

PARKRUNS

Aberdeen – Beach Esplanade. 9.30am
 Aberystwyth – Plascrug Park
 Abingdon – Rye Meadow
 Andover – Charlton Playing Fields
 Ashford – Bedford Lakes Country
 Park
 Ballymena – Ecos Park
 Banstead – Banstead Woods
 Barking – Barking Park
 Barnsley – Locke Park
 Barnstaple – Rock Park
 Barrow-in-Furness – Barrow Park
 Basingstoke – War Memorial Park
 Bedford – Bedford Park
 Belfast – Falls Park. 9.30am
 Belfast – Ormeau Park. 9.30am
 Belfast – Queen's University. 9.30am
 Belfast – Victoria Park. 9.30am
 Belfast – Waterworks Park. 9.30am
 Bexley – Danson Park
 Birmingham – Cannon Hill Park
 Bolton – Leverhulme Park
 Bradford – Lister Park
 Bramhall – Bramhall Park
 Brandon – Brandon Country Park
 Bridlington – Sewerby Hall
 Brighton – Hove Park
 Brighton – Preston Park
 Bristol – Ashton Court Estate
 Bristol – Little Stoke Park
 Brockenhurst – Brockenhurst College
 Burnley – Towneley Park
 Bury St Edmunds – Nowton Park
 Camberley – Frimley Lodge Park
 Cambridge – Milton Country Park
 Cardiff – Blackweir
 Carlisle – Chances Park
 Cheam – Nonsuch Park
 Chelmsford – Central Park
 Cheltenham – Pittville Park
 Chester-le-Street – Riverside Park
 Colchester – Castle Park
 Congleton – Astbury Mere
 Conkers – near Ashby de la Zouch
 Cookstown – Mid Ulster Sports Arena
 Coventry – War Memorial Park
 Craigavon – Citypark Park. 9.30am
 Crawley – Tilgate Park
 Croydon – Lloyd Park
 Croydon – Riddlesdown
 Croydon – Roundshaw Downs
 Darlington – South Park
 Delamere – Delamere Forest
 Derby – Darley Abbey Park
 Derry City – Promenade. 9.30am
 Dewsbury – Crow Nest Park
 Dulwich – Dulwich Park
 Dundee – Camperdown Country Park
 Durham – Graham Sports Centre

Durham – White Water Centre
 Eastbourne – Shinewater Park
 Eastleigh – Lakeside Country Park
 Edinburgh – Silverknowes Promenade. 9.30am
 Edmonton – Pymmes Park
 Enfield – Grovelands Park
 Enniskillen – Fermanagh Lakeland Forum. 9.30am
 Falkirk – Callendar Park. 9.30am
 Farnham – Alice Holt
 Forest of Dean – Covenham Enclosure
 Fritton – Fritton Lake Country Park
 Gateshead – Saltwell Park
 Glasgow – Pollock Park. 9.30am
 Gorslas – Llyn Llech Owain
 Gravesend – Shorne Woods Country Park
 Great Yarmouth – Gorleston Cliffs
 Greenwich – Avery Hill Park
 Guildford – Stoke Park
 Harrogate – The Stray
 Havant – Staunton Country Park
 Hornchurch – Harrow Lodge Park
 Horndean – Queen Elizabeth Country Park
 Huddersfield – Greenhead Park
 Hull – East Park
 Hull – Peter Pan Park
 Huntingdon – Hinchingsbrooke Country Park
 Inverness – Bught Park. 9.30am
 Ipswich – Chantry Park
 Irvine – Eglinton Country Park. 9.30am
 Isle of Wight – Medina
 Islington – Highbury Fields
 Killerton – near Exeter
 King's Lynn – The Walks
 Kingston – Canbury Gardens
 Leamington – Newbold Cornyn
 Leeds – Cross Flatts Park
 Leeds – Hyde Park
 Leeds – Roundhay Park
 Leeds – Temple Newsam Estate
 Leicester – Braunstone Park
 Leigh – Pennington Flash
 Lewisham – Hilly Fields
 Lisburn – Wallace Park. 9.30am
 Liverpool – Princes Park
 London – Alexandra Palace
 London – Beckton District Park South
 London – Brockwell Park
 London – Burgess Park
 London – Bushy Park
 London – Crystal Palace Park
 London – Finsbury Park
 London – Gladstone Park
 London – Hackney Marshes
 London – Hampstead Heath
 London – Mile End Park
 London – Norman Park
 London – Oak Hill Park
 London – Walthamstow
 London – Wanstead Flats
 London – Wimbledon Common
 London – Wormwood Scrubs
 Maidstone – Museum of Kent Life
 Manchester – Heaton Park
 Manchester – Platt Fields Park
 Manchester – Wythenshawe Park
 Mansfield Woodhouse – Manor Park Sports Complex
 Margate – Palm Bay
 Middlesbrough – Albert Park
 Middlesbrough – Stewart Park
 Milton Keynes – Willen Lake
 Mulbarton – The Common,
 Newark – Sconce and Devon Park
 Newbury – Greenham Common

Newcastle – Exhibition Park
 Newent – Forest Leisure Centre
 Newport – Tredegar House
 Northampton – Northampton racecourse
 Norwich – Eaton Park
 Nottingham – Colwick
 Nottingham – Forest Recreation Ground
 Oldham – Alexandra Park
 Orpington – Goddington Park
 Oxford – Cutteslowe & Sunnymead Park
 Plymouth – Plymbridge Woods
 Pontefract – Pontefract Racecourse
 Poole – Poole Park
 Porthcawl – Porthcawl Seafront
 Portrush – East Strand Beach
 Preston – Avenham Park
 Ramsgate – Pegwell Bay Country Park
 Reading – Thames Valley Park
 Redbridge – Valentines Park
 Redcar – Locke Park
 Redditch – Arrow Valley Country Park
 Richmond – Old Deer Park
 Richmond – Richmond Park
 Rotherham – Clifton Park
 Royston – Wimpole Estate
 Rushcliffe – Rushcliffe Country Park
 Salford – Worsley Woods
 Scunthorpe – Central Park
 Sedgefield – Hardwick Park
 Sheffield – Concord Sports Centre
 Sheffield – Endcliffe Park
 Sheffield – Graves Park
 Sheffield – Hillsborough Park
 Sheffield – Rother Valley Country Park
 Shildon – Hackworth Park
 Slough – Black Park Country Park
 Slough – Upton Court Park
 Solihull – Brueton Park
 South Ealing – Gunnersbury
 South Shields – The Leas
 Southampton – Common
 Southampton – Royal Victoria Country Park
 Southend – Gunners Park
 St Albans – Verulamium Park
 St Andrews – Craigtoun Country Park. 9.30am
 Stockport – Brabyns Park
 Stockport – Burnage RFC
 Stockport – Woodbank Park
 Stoke – Hanley Park
 Strathclyde – Strathclyde Country Park. 9.30am
 Sunderland – Silksworth Sports Complex
 Swindon – Lydiard Park
 Telford – Telford Town Park
 Thetford – Abbey Meadows
 Tollcross
 Tredegar – Parc Bryn Bach
 Trowbridge – Southwick Country Park
 Twickenham – Crane Park
 Upper Sheringham – Sheringham Park
 Walsall – Arboretum
 Waltham Abbey – Gunpowder Park
 Whitley Bay – Links Common
 Whitstable – Promenade
 Winchester – North Walls Recreation Ground
 Wolverhampton – West Park
 Woodley Woodford Park
 Worcester – Worcester Woods
 Workington – Workington Leisure Centre
 Worksop – Clumber Park

Wycombe – The Rye
 York – York Racecourse
 Entry: Free. Recurs every Saturday.
 9am unless stated.
www.parkrun.com

TRACK

Thursday July 25 DUCHY ATHLETICS NETWORK 5000m TIME TRIAL SERIES

Carn Brea.
duchyathleticsnetwork.co.uk
ROSENHEIM LEAGUE EAST DIVISION
 Tooting Bec. 6.45pm.
www.herculeswimbledonac.org.uk
SUSSEX UNDER 13 LEAGUE
 West: Horsham.
www.sussexathletics.org.uk

Friday July 26 SAINSBURY'S ANNIVERSARY GAMES

Olympic Park. Until Sunday July 28.
www.uka.org.uk

Saturday July 27 BMAF DECATHLON/HEPTATHLON CHAMPIONSHIPS

Horspath. Until Sunday July 28.
www.bvaf.org.uk
JOHN GERRARD MEMORIAL YOUNG ATHLETES MEETING
 Leigh.
www.leighharriers.org
LONDON INTER-CLUB CHALLENGE
 Hendon. Noon.
londonathletics.org/liicc2013
MMTG HEAVY WEIGHT PENTATHLON
 Derby.
www.mmtg.org.uk

UK YOUTH DEVELOPMENT U13/ U15 LEAGUE

1: Belfast. 11am.
www.ukydl.org.uk
WEST YORKSHIRE LEAGUE
 Wakefield. 1pm.
www.wakefield-harriers.co.uk/wyftfl/wyftfl.htm

Sunday July 28 AYRSHIRE CHAMPIONSHIPS

Kilmarnock.
www.kilmarnockharriers.com
DEVON OPEN SERIES
 Plymouth.
www.tavistockathletics.com/devonleague/indexdevonleague.htm
DONCASTER DISABILITY OPEN
 Doncaster.
www.doncasterathleticclub.com

GATESHEAD YOUNG ATHLETES' OPEN MEETING

Gateshead. 11.45am.
www.gateshead-harriers.co.uk
LE TOUR OF EXETER STAGE THREE 5000m
 Exeter.
www.ironbridgerunner.co.uk

NORTH EASTERN YOUTH DEVELOPMENT LEAGUE

1: Middlesbrough. 2N: Morpeth. 2S: Jarrow.
www.necaa.info
SLAN SUPER 8 YOUNG ATHLETES' OPEN
 Wimbledon.
SOUTHERN U13 INTER COUNTY CHAMPIONSHIPS
 Kingston.

UK YOUTH DEVELOPMENT U13/ U15 LEAGUE SCOTLAND FINAL

Grangemouth. 11am.
www.ukydl.org.uk

UK YOUTH DEVELOPMENT U17/ U20 LEAGUE

Midland East 1: Loughborough.
 Midland East 2: Derby. Midland Premier 1: Cardiff. Midland Premier 2: Nottingham. Midland West 1: Wolverhampton. Midland West 2a: Sutton Coldfield. Midland West 2b: Newport. Northern East 1: Hull. Northern East 2: Cleckheaton. Northern Premier 1: Preston. Northern Premier 2: Spinkhill. Northern West 1: Bebington. Northern West 2: Ashton-under-Lyne. Southern North 1: Sandy. Southern North 2: Lee Valley. Southern Premier 1: Hendon. Southern Premier 2: Tonbridge. Southern South 1: Croydon. Southern South 2: Erith. Southern South 3a: Dartford. Southern South 3b: Mile End. Southern South 3c: TBC.
www.ukydl.org.uk

Monday July 29 NORTH EAST VETERANS' LEAGUE

Jarrow. 6.30pm.
www.communigate.co.uk/ne/veteransathleticsnortheast

Tuesday July 30 BMC REGIONAL RACES

Exeter. 8pm.
www.britishmilersclub.com
EXETER OPEN
 Exeter.
www.exeterharriers.co.uk
NORTH DOWN AC OPEN
 Bangor.
www.northdownac.co.uk
WOODFORD GREEN OPEN
 Woodford. 6.45pm.
www.wgel.org.uk

Wednesday July 31 CHELTENHAM & COUNTY HARRIERS MIDSUMMER OPEN

Cheltenham.
cheltenhamharriers.co.uk
DUNREN GRADED OPEN
 Linwood. 7pm.
garscube86rav2001@yahoo.com
LEE VALLEY SPRINT OPEN
 Lee Valley. 7pm.
www.visitleevalley.org.uk

MIDLAND VETERANS' LEAGUE

East: Charnwood. North: Sutton Coldfield.
mvftfl.wordpress.com
NORTHERN VETERANS' LEAGUE
 Leigh. 7pm.
www.nvac.co.uk
OXFORD CITY AC OPEN GRADED
 Horspath.
www.oxfordcityathleticclub.com

WELSH ATHLETICS INTERNATIONAL

Cardiff.
www.welshathletics.org
WIRRAL AC 10,000m
 Bebington. 7.45pm.
www.wirralac.co.uk

Thursday August 1 MIDLAND VETERANS' LEAGUE SOUTH DIVISION

Worcester. 7pm.
mvftfl.wordpress.com

Friday August 2

GLASGOW AA/BMC REGIONAL RACES

Glasgow. 7pm.
www.britishmilersclub.com
SUSSEX UNDER 15 LEAGUE WEST DIVISION
 Horsham.
WORLD POLICE & FIRE CHAMPIONSHIPS
 Belfast. Until Tuesday August 6.

Saturday August 3

BRITISH ATHLETICS LEAGUE

Premiership: Hendon. 1: Liverpool. 2: Hendon. 3: Stoke Gifford. 4: Bedford.
www.bal.org.uk
CELTIC GAMES
 Colwyn Bay.
www.welshathletics.org
ENGLAND ATHLETICS U15/ U17 COMBINED EVENTS CHAMPIONSHIPS

Stoke. Until Sunday August 4.

www.englandathletics.org

JSB PLUMBING FORTH VALLEY LEAGUE

1: Grangemouth. 2: Grangemouth.
www.jsbplumbing-forthvalley.fsnet.co.uk
NORTH OF ENGLAND LEAGUE

1: Wakefield. 2E: Morpeth. 2EC: Derby. 2W: Sportcity. 2WC: TBC. 3E: Middlesbrough. 3EC: Doncaster. 3W: Macclesfield. 3WC: Oldham. 4E: Jarrow. 4EC: Barnsley. 4W: Warrington. 4WC: Stockport.

www.noeaa-athletics.org.uk

UK WOMEN'S LEAGUE

Premier: Blackheath. 3: Bedford.
www.ukwal.org.uk

Sunday August 4

ALDER VALLEY GIRLS' LEAGUE

Basingstoke. 11.30am.
www.wseh.info/aldervalleygirls
CENTRAL & SOUTH OF SCOTLAND LEAGUE

1: Linwood. 2: Kilmarnock. 3: Kilmarnock.

www.scottishathletics.org.uk

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www.horshambuestarharriers.org.uk

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grampianathleticsleague.synthasite.com

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www.swathletics.org.uk
UK WOMEN'S LEAGUE
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www.ukwal.org.uk
WELSH ATHLETICS OPEN MEETING (inc WELSH SENIOR LEAGUE)
 Colwyn Bay.
www.welshathletics.org
YORKS & DISTRICT LEAGUE
 Wakefield.

Tuesday August 6

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www.britishmilersclub.com
CORBY AC OPEN

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www.corbyac.com
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Wednesday August 7
BMC GOLD STANDARD RACES
Watford. 7.30pm.
www.britishmilersclub.com
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Loughborough.
www.charwoodac.co.uk
EASTERN VETERANS' LEAGUE
Central: Milton Keynes. Essex: Lee Valley. Fenland: Peterborough. Midlands: Huntingdon.
www.evac.org.uk/t&f.html
GRANGEMOUTH STADIUM OPEN
Grangemouth. 6.45pm.
www.falkirkcommunitytrust.org
WATFORD OPEN GRADED
Watford. 7pm.
www.watfordharriers.org.uk
WLAN OPEN
Perivale.
www.londonathletics.org

Thursday August 8
BIGGLESWADE AC THROWS FEST
Sandy.
www.biggleswadeac.org.uk

Saturday August 10
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www.cityofyorkathleticclub.net
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Derby. 10am.
www.dcaa.org.uk
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Hull.

MID LANCASHIRE LEAGUE
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www.midlancs.org.uk
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www.southernmensleague.org.uk
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www.swtf.co.uk

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Hempstead, Luton. 2 S: Andover,
Kingston, Poole, Tonbridge. 3 N:
Braintree, Bury St. Edmunds,
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www.southernathletics.org.uk
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Yate. Noon.
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Gateshead. 9.30am.
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CHAMPIONSHIPS**
Portsmouth.
**SOUTH OF ENGLAND AA U15/U20
INTER COUNTY CHAMPIONSHIPS**
Hendon.
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**SOUTH WEST INTER-COUNTIES
CHAMPIONSHIPS**
Exeter.
TRAFFORD U15 MEDAL MEETING
Stretford. Noon.
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Monday August 12
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CLUB CHAMPIONSHIPS**
Bromley.
www.bandbhac.org.uk

Tuesday August 13
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EVENING OPEN MEETING**
Tonbridge.
www.tonbridgeac.co.uk
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Wednesday August 14
BMC REGIONAL RACES
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www.britishmilersclub.com
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Eltham. 7.15pm.
www.cambridgeharriers.org.uk
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Lee Valley. 7pm.
www.visitleevalley.org.uk
**OXFORD CITY AC OPEN GRADED
MEETING**
Horspath.
www.oxfordcityathleticclub.com
**ROSENHEIM LEAGUE WEST
DIVISION**
Kingston.
www.kingstonandpoly.org
WIRRAL AC 5,000m
Bebington. 7.45pm.
www.wirralac.co.uk

Thursday August 15
**LAGAN VALLEY AC SUPER 5 OPEN
MEETING**
Belfast. 7pm.
www.laganvalleyac.co.uk
**ROSENHEIM LEAGUE EAST
DIVISION**
Tooting Bec. 6.45pm.
www.herculeswimbletonac.org.uk

WALKS

Sunday July 28
NATIONAL CHAMPIONSHIPS 30km
Coventry.
NATIONAL CHAMPIONSHIPS 50km
Coventry.
**SARNIA WALKING CLUB 3.8
HANDICAP**
Rocquaine Bay, Guernsey. 9.30am.
sarnia.wordpress.com

Friday August 2

SARNIA WALKING CLUB 2km
Les Amarreurs, Vale, Guernsey.
6.30pm.
sarnia.wordpress.com

Saturday August 3
**ISLE OF MAN OPEN 100 (Inc RWA
CHAMPS)**
Isle of Man. Until Sunday August 4.

Tuesday August 6
VETERANS' AC 5
Battersea Park, London.

Saturday August 10
LAMBERT TROPHY 1-HOUR
Bury.

Sunday August 11
SARNIA WALKING CLUB 10km
Quayside, Guernsey. 9.30am.
sarnia.wordpress.com

Thursday August 15
FOXDALE 6
Foxdale, Isle of Man.

Friday August 16
SARNIA WALKING CLUB MILE
Les Amarreurs, Vale, Guernsey.
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OVERSEAS

Saturday July 27
**EUROPEAN ATHLETICS OUTDOOR
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www.athleticsireland.ie

Friday August 2
WORLD MASTERS GAMES
Turin, Italy. Until Sunday August 11.
www.torino2013.org

Saturday August 3
**WMRA LONG DISTANCE MOUNTAIN
RUNNING CHALLENGE**
Szklarska Poreba, Poland.

Monday August 5
**ROCK 'N' ROLL DUBLIN HALF-
MARATHON**
Dublin, Ireland. 9am.
ie.competitor.com/dublin

Wednesday August 7
DUBLIN GRADED MEETING
Dublin, Ireland. 7pm.
www.dublinathletics.com

Saturday August 10
IAAF WORLD CHAMPIONSHIPS
Moscow, Russia. Until August 18.
www.iaaf.org
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August 11.
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Saturday August 17
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ATHLETICS WEEKLY

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Subscriptions and back issues

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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
athleticsimages@aol.com

Editorial contributors: Alastair Aitken, Steve Bateson, Trevor Baxter, Dominic Bliss, Chris Broadbent, Leon Creaney, Will Cockerell, David Cox, Martin Duff, Kevin Fahey, David Griffiths, Tim Grose, Jeremy Hemming, Ruth Jones, Ron Macey, Keith Mayhew, Tom McCook, Steven Mills, Emily Moss, John O'Hara, Ron Parker, Lesley Richardson, Harry Shakeshaft, Denis Shepherd, Luke Stott, 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, Clare Elms, John Falvey, Nichola Gibson, Steve Green, Nigel Harding, Hannah Makins, Steve Roe, Denis Shepherd, Jackie Sibthorp, Les Venmore

Advertising & marketing

Tel: 01733-808540/Fax: 01733-808541
HEAD OF ADVERTISING AND MARKETING Heidi Wilson
07711-263771/heidi.wilson@athleticsweekly.com
ADVERTISING AND OPERATIONS MANAGER Rebecca Carbery
01733-808540/rebecca.carbery@athleticsweekly.com
**RACE ADVERTISING AND CLASSIFIED MANAGER
Amanda Bailey**
07785-467432/amanda.bailey@athleticsweekly.com

Publishing & distribution

Tel: 01733-808540/Fax: 01733-808541
PUBLISHER Richard Hughes
RETAIL DISTRIBUTION Seymour Distribution
2 East Poultry Avenue, London EC1A 9PT/Tel: 020-7429 4071

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Crambo tackles extreme obstacles

STEVE CRAM may have lost his UK 1500m record to Mo Farah last week but the Jarrow Arrow proved he's still super-fit when he conquered an extreme obstacle race in Nottingham last month.

Cram, who still holds the British record for one mile, clocked just outside 84 minutes for a 10km event that included water slides, tightropes, tunnels, hurdles, giant walls, cargo nets, spider's webs, balance beams, mud, water and the assault course.

The X-Runner Water Wipeout race was won by Paskell Blackwell, a watersports rafting specialist, in 53 minutes and 24 seconds, with former triathlete Dan Salcedo just eight seconds behind.

Cram had an enjoyable time, though, and was taking part with



Muddy hell: Steve Cram in the Water Wipeout

several friends and family. He was also raising awareness for the Cram-Alert – an emergency identification tag that he developed after his brother, Kevin, died while out on a training run several years ago.

"It was brilliant, great fun and absolutely

exhilarating," said Cram. "The best bit was definitely the last water slide obstacle."

When asked how the Water Wipeout compared to other races, the middle-distance legend replied "This is not a race, this is survival!"

Cram is not the only runner who is taking part in obstacle races such as this. Events like this X-Runner race, plus other events like Tough Guy, Mud Runner and Spartan Races are becoming hugely popular in the UK and around the world.

See <http://xrunner.co.uk>

A sight for sore eyes

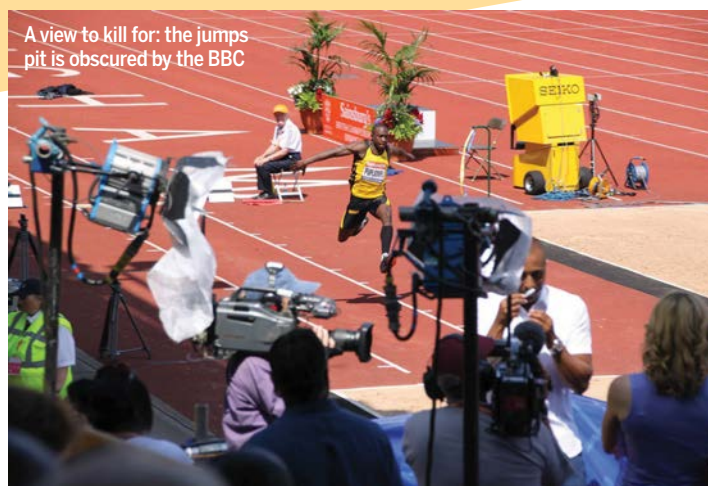
DESPITE the best efforts of UKA to avoid spectators having restricted views at major events (see pages 44-45) there are still cases where fans find their enjoyment of the athletics hampered by TV equipment.

AW reader Stuart Mazdon, for example, bought what he thought were good seats at the Sainsbury's British Championships, only to discover at the Alexander Stadium that he could not see athletes jumping into the nearby sandpit due to a temporary BBC structure

used by presenters such as Gabby Logan and Colin Jackson.

He sent a selection of photos such as the one below to AW and UKA and said: "Why on earth were the BBC allowed to erect a huge podium in a position so obviously certain to get in the way?"

"Not only that, but they casually left a tall ladder standing around to further restrict our view. TV lights were left up high on their poles for the whole of the meeting, not just the two hours of broadcast each day.



A view to kill for: the jumps pit is obscured by the BBC

Paralympian sponsor battle

GREG RUTHERFORD isn't the only London 2012 champion to struggle for sponsorship since the Games. Hannah Cockroft, who defended her IPC 200m title in Lyon last weekend, has also failed to profit from the Paralympics.

She told the *Guardian* recently: "I honestly thought after London 'I've got two gold medals, I'll be sorted, people will want to sponsor me'. But just the way things are, a lot of people got dropped by sponsors because people can't afford to do it any more.

"BMW was only up to the Games, so they dropped me. I was sponsored by a local insurance company as well. No, I don't have very much, just the always-faithful BT."

Not only is Cockroft one of the world's fastest wheelchair racers but she has the looks and personality as well. *Dip Finish* has only just caught up with the news, for example, that she was named "sexiest Paralympian" at London 2012 by *FHM* magazine last year.



Hannah Cockroft: Paralympic and world champ

MARK SHERMAN

Bolt's capital connections

WITH THE UK tax rules temporarily suspended to allow Usain Bolt to compete in this country, the Jamaican is making a rare competitive appearance on British soil at the Sainsbury's Anniversary Games this weekend.

But did you know Bolt is based in the Teddington area of London for most of the European summer.

Problem is, he's such a recognisable figure he daren't ever go into central London for fear of being swamped by fans.

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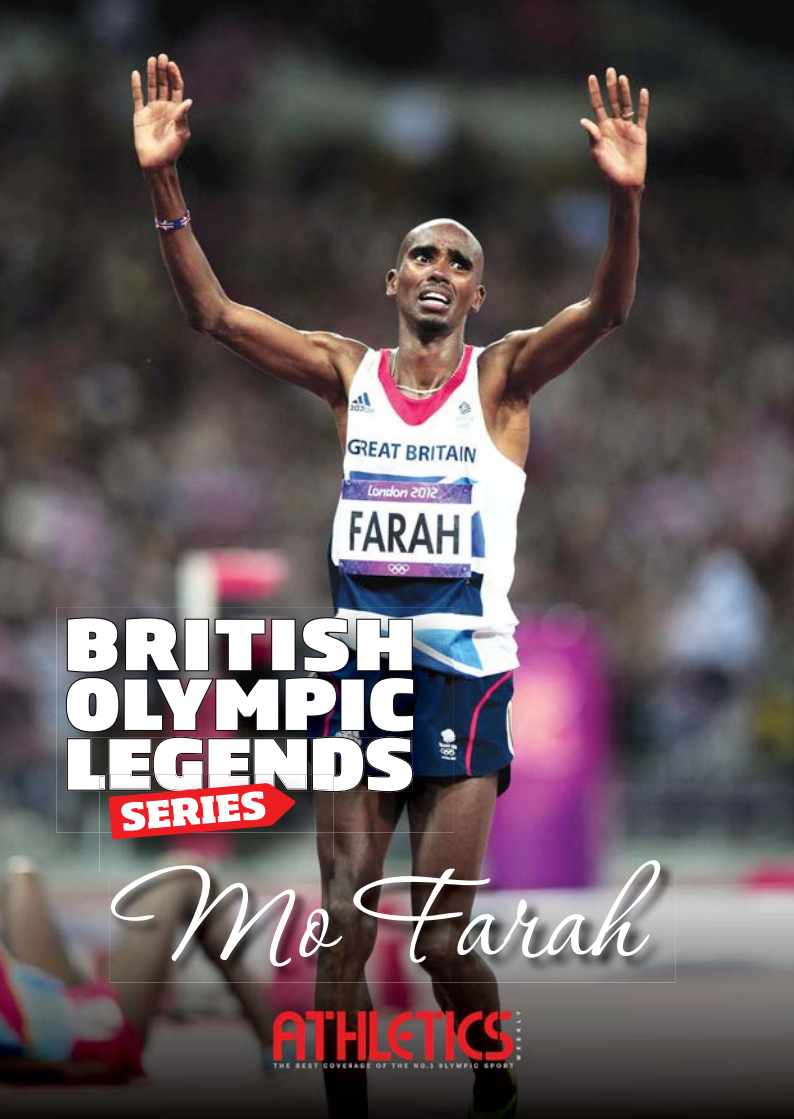
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MO FARAH

EVENT: **5,000M AND 10,000M**

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OT only did Mo Farah create history by sealing a golden distance double that just a handful of legends have managed, but he rivalled Usain Bolt for the unofficial title of coolest athlete of London

2012. On a second Super Saturday of athletics at the Olympic Stadium, Farah joined Emil Zatopek, Vladimir Kuts, Lasse Viren, Miruts Yifter and Kenenisa Bekele as the only athletes to complete the 5000m and 10,000m double in the postwar period. He also became the first Briton to claim this title, with the nearest previous bid coming from Gordon 'puff puff' Pirie, the swashbuckling star of the Fifties who won silver in Melbourne. "It's unbelievable! Two gold medals," said Farah, who

mentioned the word “grafting” several times during post-race interviews when asked to explain his success.


10,000m gold

It didn't look like he had to graft much for his 10,000m win – in fact, he made it look sublimely easy, being in the right place at the right time and winding up the pace with 600m to go. It was a superlative performance from Farah, who became the first non-African to take the Olympic title since Italy's Alberto Cova in 1984 (a Games the East Africans boycotted); over the past four Games no athlete from outside the continent had been on the podium. This time around there were two Western-based athletes on the podium as Farah's training partner and friend Galen Rupp from the USA also ran a brilliant race to finish second.

The last time out, in Beijing, Rupp had been the top athlete born outside Africa, but he was 35 seconds down on winner Kenenisa Bekele and in 13th place. However, perhaps the tide is turning. At the very least, Farah and silver medallist Rupp are two who are showing Western-based athletes can beat the East Africans and they did so in London in a sensationally exciting race. Farah's gold was the third of the night for the host nation on so-called “Super Saturday”.







An 80,000-strong crowd of mainly home spectators had been raising the roof to cheer on anyone in a British vest and fully expected Farah to add Olympic gold to his world 5000m title from last year. The slow early pace was expected but less predictable was Kenenisa Bekele doing some of the leading in the first couple of laps. Farah was not far behind too, rather than assuming his customary early position near the back.

Kenyan then took over with Wilson Kiprop trying to move things along after five laps. Six laps in saw the first notable move as Eritrea's half marathon specialist, Zersenay Tadese - no doubt concerned with his lack of speed - went to the front and four others followed, forming a slight gap. It was on that lap that Kiprop fell and one of his spikes came off and, though he put it back on and eventually rejoined the group, he later pulled out. Despite the move, the second kilometre was even slower than the first, taking 5:59. However, Tadese continued to push on, including a 61-second lap, the quickest up to that point.

With halfway passed in 14:05.79, Tadese regained the lead he had relinquished as Farah took closer order for the first time in a while. Masai then did a lot of the leading as the positions constantly changed behind and, despite a 2:40 seventh kilometre, it was not testing Farah. With five laps to go Farah moved up to third behind Masai and Tariku, with Rupp and



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Kenenisa just behind. Half a lap further on and Farah had his first of many glances around, making sure not to be caught unawares by a sudden burst. However, it would not come for a while, not even when Farah briefly moved into the lead with three to go with Masai on his shoulder.

In the final mile it was building up ready for one almighty explosion, everyone looking around for the killer move just like competitors in the sprint cycle race. The places changed frequently but not the pace which stayed the same. Farah accelerated into the lead with 500m to go but had 10 athletes for company at the bell, representing a massive lead group for that stage in the race at a championships. Tariku gave chase as Farah put in a 53- second lap, while Rupp moved into the silver medal position with 40 metres remaining. Intriguingly, a delighted Rupp's last 400m was almost the same as Farah's, but he was in fourth at the bell.

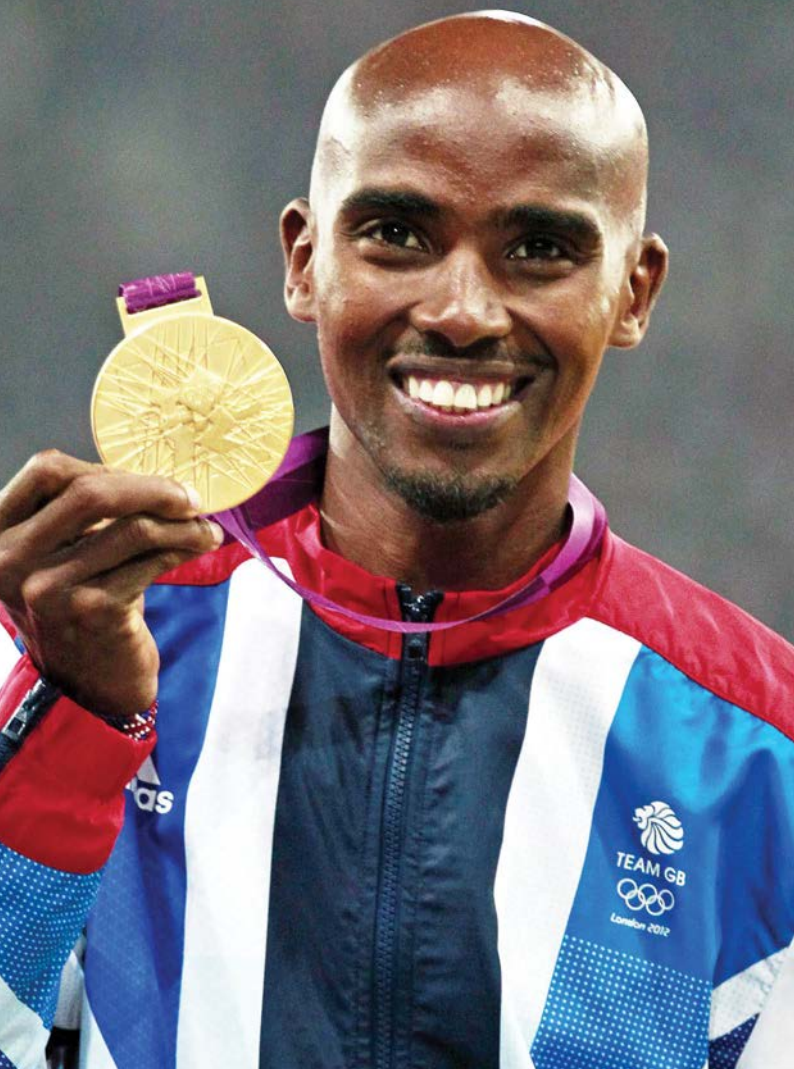
Farah, who was greeted on the track afterwards by wife Tania and daughter Rihanna, said: "Today was the best feeling in my life. It doesn't get better than this. If it wasn't for the support of the crowd, I don't think I'd have won that because it was a very close race.

"With 200m to go I still didn't have a big enough gap so I had to push again and work hard." Rupp admitted that Farah had been talking to him mid-race, prompting him to "relax" and "save










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“save everything for the finish” when athletes were making a move at the front. Defending champion Bekele, who had shown signs this year of getting back to his best, was found to be still wanting in fourth.

The double

And so it was a week later that Mo Farah toed the line for the final of the 5000m. Despite looking sluggish in his heat (he later admitted that he'd had serious recovery work from his team), the anticipation surrounding Farah and the chance of adding to his 10,000m title was palpable. The early stages of the race were painfully slow with opening kilometres of 2:55 and 3:01 - barely inside 15 minutes pace - as Farah coolly loped along at the back.

Things began to heat up in the later stages, though, and Farah made the first real move by taking the lead with 700m to go. Kenyans Thomas Longosiwa and Isiah Koech, Ethiopian Dejen Gebremeskel and Moroccan Abdelaati Iguider, the 1500m bronze medallist a few days earlier, were right on his heels. But he gradually wound up the pace until everyone snapped. The last lap was run in 52.9 and the only serious threat in the closing stages was Gebremeskel, who looked for a moment with 50m to go as if he might unleash a winning surge, only to realise

MO FARAH

he was no match for the flying Briton as he clocked 13:41.66 to win by three tenths of a second.

Bernard Lagat, the former world champion who had beaten Farah to the world indoor 3000m title in March, was also a big threat, but the American was never in a good position and stumbled as he moved out with 100m to go and, although finishing fast, he could only get up to fourth as Longosiwa took bronze.

Gebremeskel said: "It was a good race but we made mistakes. We planned to make the race but we didn't do that. I also made a mistake. I stayed in the pack and struggled to get out easily."

In comparison, Farah made no mistakes. Tired from the 10,000m and with the hopes of a nation resting on his slender shoulders, he soaked up the pressure and won gold with style. Afterwards, David Bowie's *Heroes* played out through the stadium as he took the deserved plaudits and Britain came to grips with the fact it has, undoubtedly, the world's premier distance runner.

Mo Farah was awarded the CBE in the 2013 New Year Honours List.

“ BRITAIN CAME TO GRIPS WITH THE FACT THAT IT HAS THE WORLD'S PREMIER DISTANCE RUNNER ”

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